

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Paula Salmi Linge	67	20:01											
00:33=	03:36=	04:55=	06:23=	07:33=	08:34=	11:26=	13:15=	13:51=	14:36=	15:18=	16:42=	17:59=	19:28=	20:01=
00:33=	03:03=	01:19=	01:28=	01:10=	01:01=	02:52=	01:49=	00:36=	00:45=	00:42=	01:24=	01:17=	01:29=	00:33=
00:00=	00:00=	00:00=	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	Sina Thu	271	20:22											
00:44+	03:34-	05:02+	06:57+	08:00+	09:01+	11:39+	13:23+	14:32+	15:14+	15:54+	17:03+	18:12+	19:43+	20:22+
00:44+	02:50-	01:28+	01:55+	01:03-	01:01=	02:38-	01:44-	01:09+	00:42-	00:40-	01:09-	01:09-	01:31+	00:39+
00:11&	00:13-	00:09#	00:27&	00:07-	00:00=	00:14-	00:05-	00:33&	00:03-	00:02-	00:15-	00:08-	00:02+	00:06#
3	Silje Sundal	71	20:37											
00:44+	03:41+	05:15+	06:39+	07:37+	08:48+	11:45+	13:39+	14:09+	14:46+	15:25+	16:34-	18:02+	20:01+	20:37+
00:44+	02:57-	01:34+	01:24-	00:58-	01:11+	02:57+	01:54+	00:30-	00:37-	00:39-	01:09-	01:28+	01:59+	00:36+
00:11&	00:06-	00:15#	00:04-	00:12-	00:10#	00:05+	00:05+	00:06-	00:08-	00:03-	00:15-	00:11#	00:30&	00:03+
4	Silje Thorsen Borthen	42	21:47											
00:36+	03:48+	05:15+	06:56+	07:53+	09:48+	12:46+	14:18+	14:42+	15:27+	15:54+	17:01+	18:38+	21:08+	21:47+
00:36+	03:12+	01:27+	01:41+	00:57-	01:55+	02:58+	01:32-	00:24-	00:45=	00:27-	01:07-	01:37+	02:30+	00:39+
00:03+	00:09+	00:08#	00:13#	00:13-	00:54&	00:06+	00:17-	00:12-	00:00=	00:15-	00:17-	00:20&	01:01&	00:06#
5	Anne Marie Gausel	105	22:39											
00:35+	04:02+	05:52+	07:35+	08:49+	10:13+	13:16+	15:35+	16:06+	16:50+	17:39+	19:03+	20:17+	21:59+	22:39+
00:35+	03:27+	01:50+	01:43+	01:14+	01:24+	03:03+	02:19+	00:31-	00:44-	00:49+	01:24=	01:14-	01:42+	00:40+
00:02+	00:24#	00:31&	00:15#	00:04+	00:23&	00:11+	00:30&	00:05-	00:01-	00:07#	00:00=	00:03-	00:13#	00:07#
6	Ruth Magrethe Westre	54	23:11											
00:41+	04:23+	05:51+	07:29+	09:07+	10:20+	13:20+	15:28+	16:07+	16:44+	17:18+	18:46+	20:46+	22:32+	23:11+
00:41+	03:42+	01:28+	01:38+	01:38+	01:13+	03:00+	02:08+	00:39+	00:37-	00:34-	01:28+	02:00+	01:46+	00:39+
00:08#	00:39#	00:09#	00:10#	00:28&	00:12#	00:08+	00:19#	00:03+	00:08-	00:08-	00:04+	00:43&	00:17#	00:06#
7	Tine Frantzen	92	23:12											
00:55+	05:27+	07:11+	08:45+	09:54+	11:09+	14:21+	16:12+	16:39+	17:42+	18:14+	19:36+	20:51+	22:36+	23:12+
00:55+	04:32+	01:44+	01:34+	01:09-	01:15+	03:12+	01:51+	00:27-	01:03+	00:32-	01:22-	01:15-	01:45+	00:36+
00:22&	01:29&	00:25&	00:06+	00:01-	00:14#	00:20#	00:02+	00:09-	00:18&	00:10-	00:02-	00:02-	00:16#	00:03+
8	Wibeke Lende	74	24:07											
00:37+	04:18+	05:58+	07:41+	08:50+	10:00+	13:24+	15:22+	15:51+	16:30+	17:05+	18:26+	21:48+	23:34+	24:07+
00:37+	03:41+	01:40+	01:43+	01:09-	01:10+	03:24+	01:58+	00:29-	00:39-	00:35-	01:21-	03:22+	01:46+	00:33+
00:04#	00:38#	00:21&	00:15#	00:01-	00:09#	00:32#	00:09+	00:07-	00:06-	00:07-	00:03-	02:05@	00:17#	00:00=
9	Maren Heradstveit	76	24:27											
00:57+	05:08+	07:36+	09:28+	10:34+	11:57+	14:44+	16:35+	17:08+	18:29+	19:20+	20:43+	22:22+	23:50+	24:27+
00:57+	04:11+	02:28+	01:52+	01:06-	01:23+	02:47-	01:51+	00:33-	01:21+	00:51+	01:23-	01:39+	01:28-	00:37+
00:24&	01:08&	01:09&	00:24&	00:04-	00:22&	00:05-	00:02+	00:03-	00:36&	00:09#	00:01-	00:22&	00:01-	00:04#
10	Helene Lie	228	24:34											
00:40+	04:15+	06:09+	08:13+	09:58+	11:12+	14:38+	16:41+	17:21+	18:17+	18:53+	20:38+	22:18+	23:54+	24:34+
00:40+	03:35+	01:54+	02:04+	01:45+	01:14+	03:26+	02:03+	00:40+	00:56+	00:36-	01:45+	01:40+	01:36+	00:40+
00:07#	00:32#	00:35&	00:36&	00:35&	00:13#	00:34#	00:14#	00:04#	00:11#	00:06-	00:21#	00:23&	00:07+	00:07#
11	Christel Dahl	92	24:54											
00:47+	04:10+	06:49+	08:45+	09:50+	11:02+	14:23+	16:15+	16:47+	17:42+	18:25+	19:52+	22:23+	24:13+	24:54+
00:47+	03:23+	02:39+	01:56+	01:05-	01:12+	03:21+	01:52+	00:32-	00:55+	00:43+	01:27+	02:31+	01:50+	00:41+
00:14&	00:20#	01:20@	00:28&	00:05-	00:11#	00:29#	00:03+	00:04-	00:10#	00:01+	00:03+	01:14&	00:21#	00:08#
12	Heidi Langeland	117	25:06											
00:43+	04:20+	06:06+	07:32+	08:48+	10:30+	13:46+	16:06+	16:32+	18:46+	19:20+	21:00+	22:35+	24:22+	25:06+
00:43+	03:37+	01:46+	01:26-	01:16+	01:42+	03:16+	02:20+	00:26-	02:14+	00:34-	01:40+	01:35+	01:47+	00:44+
00:10&	00:34#	00:27&	00:02-	00:06+	00:41&	00:24#	00:31&	00:10-	01:29@	00:08-	00:16#	00:18#	00:18#	00:11&
13	Kine Strømstad	109	25:18											
00:47+	04:52+	07:30+	09:18+	10:35+	11:48+	15:02+	17:21+	17:51+	19:04+	20:31+	21:59+	23:11+	24:44+	25:18+
00:47+	04:05+	02:38+	01:48+	01:17+	01:13+	03:14+	02:19+	00:30-	01:13+	01:27+	01:28+	01:12-	01:33+	00:34+
00:14&	01:02&	01:19&	00:20#	00:07#	00:12#	00:22#	00:30&	00:06-	00:28&	00:45@	00:04+	00:05-	00:04+	00:01+
14	Kari Borgen	62	25:48											
00:44+	06:28+	07:59+	09:40+	11:14+	12:18+	16:06+	18:45+	19:22+	20:02+	21:06+	22:20+	23:43+	25:15+	25:48+
00:44+	05:44+	01:31+	01:41+	01:34+	01:04+	03:48+	02:39+	00:37+	00:40-	01:04+	01:14-	01:23+	01:32+	00:33=
00:11&	02:41&	00:12#	00:13#	00:24&	00:03+	00:56&	00:50&	00:01+	00:05-	00:22&	00:10-	00:06+	00:03+	00:00=

Class	Navn	Klasse										Tid		
6	Amanda Renshaw	101										19:09		
00:51+	02:44+	03:37+	05:09+	06:45+	09:42+	10:45+	12:26+	14:14+	14:48+	15:42+	17:13+	18:53+	19:09+	
00:51+	01:53+	00:53+	01:32+	01:36+	02:57+	01:03+	01:41+	01:48+	00:34-	00:54+	01:31+	01:40+	00:16+	
00:14&	00:31&	00:09#	00:05+	00:14#	01:12&	00:06#	00:00=	00:16#	00:01-	00:13&	00:10#	00:17#	00:04&	
7	Nidunn Sandvik	228										19:34		
00:50+	02:21+	03:20+	04:58+	06:27+	08:35+	09:41+	11:57+	13:33+	14:12+	15:45+	17:33+	19:14+	19:34+	
00:50+	01:31+	00:59+	01:38+	01:29+	02:08+	01:06+	02:16+	01:36+	00:39+	01:33+	01:48+	01:41+	00:20+	
00:13&	00:09#	00:15&	00:11#	00:07+	00:23#	00:09#	00:35&	00:04+	00:04#	00:52@	00:27&	00:18#	00:08&	
8	Kristin Skadsem	18										19:44		
00:56+	02:41+	03:34+	05:24+	07:12+	09:10+	10:17+	12:22+	14:19+	15:06+	15:50+	17:37+	19:24+	19:44+	
00:56+	01:45+	00:53+	01:50+	01:48+	01:58+	01:07+	02:05+	01:57+	00:47+	00:44+	01:47+	01:47+	00:20+	
00:19&	00:23&	00:09#	00:23&	00:26&	00:13#	00:10#	00:24#	00:25&	00:12&	00:03+	00:26&	00:24&	00:08&	
9	Anne-Siv Gjertsen	27										20:18		
00:47+	02:25+	03:22+	05:05+	06:36+	08:29+	09:40+	11:44+	13:45+	14:39+	16:25+	18:26+	20:00+	20:18+	
00:47+	01:38+	00:57+	01:43+	01:31+	01:53+	01:11+	02:04+	02:01+	00:54+	01:46+	02:01+	01:34+	00:18+	
00:10&	00:16#	00:13&	00:16#	00:09#	00:08+	00:14#	00:23#	00:29&	00:19&	01:05@	00:40&	00:11#	00:06&	
10	Ingunn Voilås	29										20:19		
00:45+	03:31+	04:23+	06:12+	08:00+	10:04+	11:13+	13:11+	15:00+	15:49+	16:39+	18:10+	19:59+	20:19+	
00:45+	02:46+	00:52+	01:49+	01:48+	02:04+	01:09+	01:58+	01:49+	00:49+	00:50+	01:31+	01:49+	00:20+	
00:08#	01:24@	00:08#	00:22&	00:26&	00:19#	00:12#	00:17#	00:17#	00:14&	00:09#	00:10#	00:26&	00:08&	
11	Ane Kristine Rostrup	92										20:21		
00:47+	02:20+	04:13+	05:53+	07:28+	09:23+	10:27+	12:14+	13:12+	14:12+	14:49+	16:51+	18:24+	20:03+	20:21+
00:47+	01:33+	01:53+	01:40+	01:35+	01:55+	01:04+	01:47+	00:58-	01:00+	00:37-	02:02+	01:33+	01:39+	00:18+
00:10&	00:11#	01:09@	00:13#	00:13#	00:10+	00:07#	00:06+	00:34-	00:25&	00:04-	00:41&	00:10#	01:27@	00:18+
12	Berit Bakken	168										21:25		
00:49+	02:24+	03:16+	05:07+	06:42+	09:22+	10:38+	12:33+	14:22+	17:19+	17:59+	19:28+	21:06+	21:25+	
00:49+	01:35+	00:52+	01:51+	01:35+	02:40+	01:16+	01:55+	01:49+	02:57+	00:40-	01:29+	01:38+	00:19+	
00:12&	00:13#	00:08#	00:24&	00:13#	00:55&	00:19&	00:14#	00:17#	02:22@	00:01-	00:08+	00:15#	00:07&	
13	Hanne Hermanrud	115										21:42		
00:54+	02:38+	03:41+	05:40+	07:42+	10:07+	11:27+	13:39+	15:43+	16:42+	17:33+	19:20+	21:23+	21:42+	
00:54+	01:44+	01:03+	01:59+	02:02+	02:25+	01:20+	02:12+	02:04+	00:59+	00:51+	01:47+	02:03+	00:19+	
00:17&	00:22&	00:19&	00:32&	00:40&	00:40&	00:23&	00:31&	00:32&	00:24&	00:10#	00:26&	00:40&	00:07&	
14	Signe Ottesen	116										22:06		
00:52+	03:19+	04:17+	06:06+	07:46+	09:56+	11:06+	13:02+	15:17+	16:54+	18:37+	20:13+	21:51+	22:06+	
00:52+	02:27+	00:58+	01:49+	01:40+	02:10+	01:10+	01:56+	02:15+	01:37+	01:43+	01:36+	01:38+	00:15+	
00:15&	01:05&	00:14&	00:22&	00:18#	00:25#	00:13#	00:15#	00:43&	01:02@	01:02@	00:15#	00:15#	00:03#	
15	Brit Vivian Meling	116										23:27		
01:00+	02:48+	03:51+	05:54+	08:02+	10:29+	11:49+	14:25+	16:57+	18:18+	19:08+	21:03+	23:08+	23:27+	
01:00+	01:48+	01:03+	02:03+	02:08+	02:27+	01:20+	02:36+	02:32+	01:21+	00:50+	01:55+	02:05+	00:19+	
00:23&	00:26&	00:19&	00:36&	00:46&	00:42&	00:23&	00:55&	01:00&	00:46@	00:09#	00:34&	00:42&	00:07&	
16	Andrea Tapken	54										23:37		
01:13+	03:04+	04:10+	06:13+	08:08+	10:29+	11:50+	14:09+	16:27+	17:35+	19:40+	21:24+	23:18+	23:37+	
01:13+	01:51+	01:06+	02:03+	01:55+	02:21+	01:21+	02:19+	02:18+	01:08+	02:05+	01:44+	01:54+	00:19+	
00:36&	00:29&	00:22&	00:36&	00:33&	00:36&	00:24&	00:38&	00:46&	00:33&	01:24@	00:23&	00:31&	00:07&	
17	Ellinor Nesse	116										24:11		
01:20+	03:54+	04:55+	06:54+	08:43+	12:03+	13:12+	15:24+	17:45+	19:04+	19:59+	21:57+	23:47+	24:11+	
01:20+	02:34+	01:01+	01:59+	01:49+	03:20+	01:09+	02:12+	02:21+	01:19+	00:55+	01:58+	01:50+	00:24+	
00:43@	01:12&	00:17&	00:32&	00:27&	01:35&	00:12#	00:31&	00:49&	00:44@	00:14&	00:37&	00:27&	00:12&	
18	Marit Elin Aandahl	80										25:32		
03:16+	05:13+	06:19+	08:25+	10:29+	12:50+	14:04+	16:21+	18:33+	20:15+	21:03+	22:55+	25:13+	25:32+	
03:16+	01:57+	01:06+	02:06+	02:04+	02:21+	01:14+	02:17+	02:12+	01:42+	00:48+	01:52+	02:18+	00:19+	
02:39@	00:35&	00:22&	00:39&	00:42&	00:36&	00:17&	00:36&	00:40&	01:07@	00:07#	00:31&	00:55&	00:07&	
19	Kristin Harbo	92										27:40		
01:10+	03:51+	05:11+	07:21+	09:11+	11:37+	12:58+	15:24+	18:54+	21:58+	23:15+	25:19+	27:19+	27:40+	
01:10+	02:41+	01:20+	02:10+	01:50+	02:26+	01:21+	02:26+	03:30+	03:04+	01:17+	02:04+	02:00+	00:21+	
00:33&	01:19&	00:36&	00:43&	00:28&	00:41&	00:24&	00:45&	01:58@	02:29@	00:36&	00:43&	00:37&	00:09&	
Beste strekktid for klassen														
00:37	01:22	00:44	01:27	01:22	01:45	00:57	01:41	00:58	00:34	00:37	01:21	01:23	00:12	

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

Damer 60 - 64 år

1	Hanna S. Lomeland	47	20:49										
00:56=	02:43=	03:43=	05:33=	07:25=	09:40=	10:45=	12:50=	15:01=	15:59=	16:46=	18:37=	20:28=	20:49=
00:56=	01:47=	01:00=	01:50=	01:52=	02:15=	01:05=	02:05=	02:11=	00:58=	00:47=	01:51=	01:51=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Aud Steinsland	128	20:52										
00:57+	02:48+	03:49+	05:38+	07:30+	09:41+	10:51+	12:55+	15:07+	16:05+	16:53+	18:43+	20:33+	20:52+
00:57+	01:51+	01:01+	01:49-	01:52=	02:11-	01:10+	02:04-	02:12+	00:58=	00:48+	01:50-	01:50-	00:19-
00:01+	00:04+	00:01+	00:01-	00:00=	00:04-	00:05+	00:01-	00:01+	00:00=	00:01+	00:01-	00:01-	00:02-
3	Unni Relling	92	25:30										
01:01+	03:56+	05:24+	07:40+	09:45+	12:15+	13:41+	16:04+	19:07+	20:06+	21:02+	23:06+	25:10+	25:30+
01:01+	02:55+	01:28+	02:16+	02:05+	02:30+	01:26+	02:23+	03:03+	00:59+	00:56+	02:04+	02:04+	00:20-
00:05+	01:08&	00:28&	00:26#	00:13#	00:15#	00:21&	00:18#	00:52&	00:01+	00:09#	00:13#	00:13#	00:01-
4	Halldis Handeland	92	25:50										
01:03+	04:56+	05:51+	08:01+	10:05+	12:31+	13:56+	16:11+	18:47+	19:53+	21:13+	23:25+	25:25+	25:50+
01:03+	03:53+	00:55-	02:10+	02:04+	02:26+	01:25+	02:15+	02:36+	01:06+	01:20+	02:12+	02:00+	00:25+
00:07#	02:06@	00:05-	00:20#	00:12#	00:11+	00:20&	00:10+	00:25#	00:08#	00:33&	00:21#	00:09+	00:04#
5	Ingunn Bjerga	105	27:20										
01:14+	04:47+	05:59+	08:31+	10:39+	13:19+	14:50+	17:25+	19:47+	21:10+	22:25+	24:58+	26:57+	27:20+
01:14+	03:33+	01:12+	02:32+	02:08+	02:40+	01:31+	02:35+	02:22+	01:23+	01:15+	02:33+	01:59+	00:23+
00:18&	01:46&	00:12#	00:42&	00:16#	00:25#	00:26&	00:30#	00:11+	00:25&	00:28&	00:42&	00:08+	00:02+
6	Berit K. Gramstad	113	37:17										
00:55-	14:47+	19:08+	20:57+	22:47+	25:07+	26:11+	28:23+	30:48+	32:10+	33:13+	35:07+	36:56+	37:17+
00:55-	13:52+	04:21+	01:49-	01:50-	02:20+	01:04-	02:12+	02:25+	01:22+	01:03+	01:54+	01:49-	00:21=
00:01-	12:05@	03:21@	00:01-	00:02-	00:05+	00:01-	00:07+	00:14#	00:24&	00:16&	00:03+	00:02-	00:00=
7	Kirsten Larsen	92	38:54										
02:20+	05:08+	06:49+	10:16+	14:36+	18:19+	20:23+	23:41+	26:50+	30:30+	32:08+	35:19+	38:30+	38:54+
02:20+	02:48+	01:41+	03:27+	04:20+	03:43+	02:04+	03:18+	03:09+	03:40+	01:38+	03:11+	03:11+	00:24+
01:24@	01:01&	00:41&	01:37&	02:28@	01:28&	00:59&	01:13&	00:58&	02:42@	00:51@	01:20&	01:20&	00:03#

Beste strekketid for klassen

00:55 01:47 00:55 01:49 01:50 02:11 01:04 02:04 02:11 00:58 00:47 01:50 01:49 00:19

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

Damer 65 - 69 år

1	Kirsten Carlsen	93	22:15										
00:57=	02:36=	03:35=	05:35=	07:34=	09:45=	10:58=	13:28=	16:19=	17:11=	18:09=	19:59=	21:57=	22:15=
00:57=	01:39=	00:59=	02:00=	01:59=	02:11=	01:13=	02:30=	02:51=	00:52=	00:58=	01:50=	01:58=	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=
2	Inger Skretting Opstad	54	22:35										
00:55-	02:50+	03:51+	06:02+	07:58+	10:58+	12:23+	14:39+	16:43+	17:28+	18:20+	20:17+	22:14+	22:35+
00:55-	01:55+	01:01+	02:11+	01:56-	03:00+	01:25+	02:16-	02:04-	00:45-	00:52-	01:57+	01:57-	00:21+
00:02-	00:16#	00:02+	00:11+	00:03-	00:49&	00:12#	00:14-	00:47-	00:07-	00:06-	00:07+	00:01-	00:03#
3	Synnøva Gausel	115	23:06										
01:08+	03:04+	04:05+	06:53+	08:42+	11:56+	13:11+	15:11+	17:22+	18:09+	19:22+	21:07+	22:47+	23:06+
01:08+	01:56+	01:01+	02:48+	01:49-	03:14+	01:15+	02:00-	02:11-	00:47-	01:13+	01:45-	01:40-	00:19+
00:11#	00:17#	00:02+	00:48&	00:10-	01:03&	00:02+	00:30-	00:40-	00:05-	00:15&	00:05-	00:18-	00:01+
4	Margaret Malmin	105	27:19										
01:07+	03:56+	05:13+	07:51+	10:12+	13:20+	14:51+	17:36+	20:10+	21:15+	22:11+	24:23+	26:53+	27:19+
01:07+	02:49+	01:17+	02:38+	02:21+	03:08+	01:31+	02:45+	02:34-	01:05+	00:56-	02:12+	02:30+	00:26+
00:10#	01:10&	00:18&	00:38&	00:22#	00:57&	00:18#	00:15#	00:17-	00:13#	00:02-	00:22#	00:32&	00:08&
5	Aslaug Lura	94	27:34										
01:17+	03:35+	04:52+	07:33+	10:30+	13:05+	14:32+	17:09+	20:02+	21:45+	22:41+	25:04+	27:11+	27:34+
01:17+	02:18+	01:17+	02:41+	02:57+	02:35+	01:27+	02:37+	02:53+	01:43+	00:56-	02:23+	02:07+	00:23+
00:20&	00:39&	00:18&	00:41&	00:58&	00:24#	00:14#	00:07+	00:02+	00:51&	00:02-	00:33&	00:09+	00:05&

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

00:55 01:39 00:59 02:00 01:49 02:11 01:13 02:00 02:04 00:45 00:52 01:45 01:40 00:18

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

Damer 70 - 74 år

1	Turid Nystrøm	68	18:31											
00:51=	02:26=	03:22=	05:00=	06:36=	08:36=	09:43=	11:35=	13:20=	14:03=	14:54=	16:30=	18:13=	18:31=	
00:51=	01:35=	00:56=	01:38=	01:36=	02:00=	01:07=	01:52=	01:45=	00:43=	00:51=	01:36=	01:43=	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=	
2	Haldis Glendrange	68	20:49											
01:03+	02:55+	03:49+	05:40+	07:32+	09:34+	10:49+	12:46+	14:37+	15:51+	17:06+	18:43+	20:35+	20:49+	
01:03+	01:52+	00:54-	01:51+	01:52+	02:02+	01:15+	01:57+	01:51+	01:14+	01:15+	01:37+	01:52+	00:14-	
00:12#	00:17#	00:02-	00:13#	00:16#	00:02+	00:08#	00:05+	00:06+	00:31&	00:24&	00:01+	00:09+	00:04-	
3	Hedvig Anda	116	21:49											
00:56+	02:35+	03:35+	05:26+	07:08+	09:50+	11:01+	13:11+	15:54+	16:44+	18:00+	19:40+	21:32+	21:49+	
00:56+	01:39+	01:00+	01:51+	01:42+	02:42+	01:11+	02:10+	02:43+	00:50+	01:16+	01:40+	01:52+	00:17-	
00:05+	00:04+	00:04+	00:13#	00:06+	00:42&	00:04+	00:18#	00:58&	00:07#	00:25&	00:04+	00:09+	00:01-	
4	Gry V. Thengs	68	21:55											
00:49-	03:08+	04:04+	06:29+	08:45+	10:36+	12:26+	14:23+	16:23+	17:04+	18:10+	19:53+	21:38+	21:55+	
00:49-	02:19+	00:56=	02:25+	02:16+	01:51-	01:50+	01:57+	02:00+	00:41-	01:06+	01:43+	01:45+	00:17-	
00:02-	00:44&	00:00=	00:47&	00:40&	00:09-	00:43&	00:05+	00:15#	00:02-	00:15&	00:07+	00:02+	00:01-	
5	Helga Aaslid	54	22:24											
01:28+	03:01+	03:58+	06:04+	08:02+	10:21+	11:33+	13:49+	16:08+	17:18+	18:24+	20:20+	22:05+	22:24+	
01:28+	01:33-	00:57+	02:06+	01:58+	02:19+	01:12+	02:16+	02:19+	01:10+	01:06+	01:56+	01:45+	00:19+	
00:37&	00:02-	00:01+	00:28&	00:22#	00:19#	00:05+	00:24#	00:34&	00:27&	00:15&	00:20#	00:02+	00:01+	
6	Signe Stang Franzon	105	23:10											
00:54+	02:43+	04:18+	06:32+	08:44+	10:59+	12:15+	14:36+	16:49+	17:43+	18:39+	20:47+	22:48+	23:10+	
00:54+	01:49+	01:35+	02:14+	02:12+	02:15+	01:16+	02:21+	02:13+	00:54+	00:56+	02:08+	02:01+	00:22+	
00:03+	00:14#	00:39&	00:36&	00:36&	00:15#	00:09#	00:29&	00:28&	00:11&	00:05+	00:32&	00:18#	00:04#	
7	Eva Hessen	83	26:07											
01:15+	04:23+	05:34+	07:34+	09:36+	12:14+	13:38+	15:55+	18:31+	20:23+	21:41+	23:47+	25:46+	26:07+	
01:15+	03:08+	01:11+	02:00+	02:02+	02:38+	01:24+	02:17+	02:36+	01:52+	01:18+	02:06+	01:59+	00:21+	
00:24&	01:33&	00:15&	00:22#	00:26&	00:38&	00:17&	00:25#	00:51&	01:09@	00:27&	00:30&	00:16#	00:03#	
8	Helga Klausen	62	26:33											
00:54+	02:52+	03:54+	06:03+	08:38+	11:10+	12:41+	13:59+	16:29+	18:55+	20:18+	22:22+	24:12+	26:16+	26:33+
00:54+	01:58+	01:02+	02:09+	02:35+	02:32+	01:31+	01:18-	02:30+	02:26+	01:23+	02:04+	01:50+	02:04+	00:17+
00:03+	00:23#	00:06#	00:31&	00:59&	00:32&	00:24&	00:34-	00:45&	01:43@	00:32&	00:28&	00:07+	01:46@	00:17+
9	Ragnhild Christiansen	93	28:11											
01:10+	04:23+	05:36+	07:59+	10:16+	13:32+	15:09+	17:52+	20:33+	21:25+	23:14+	25:21+	27:48+	28:11+	
01:10+	03:13+	01:13+	02:23+	02:17+	03:16+	01:37+	02:43+	02:41+	00:52+	01:49+	02:07+	02:27+	00:23+	
00:19&	01:38@	00:17&	00:45&	00:41&	01:16&	00:30&	00:51&	00:56&	00:09#	00:58@	00:31&	00:44&	00:05&	
10	Marit Kløvstad Braut	92	33:33											
01:09+	03:25+	04:37+	06:59+	11:35+	14:12+	15:42+	18:23+	22:38+	25:12+	26:13+	30:55+	33:08+	33:33+	
01:09+	02:16+	01:12+	02:22+	04:36+	02:37+	01:30+	02:41+	04:15+	02:34+	01:01+	04:42+	02:13+	00:25+	
00:18&	00:41&	00:16&	00:44&	03:00@	00:37&	00:23&	00:49&	02:30@	01:51@	00:10#	03:06@	00:30&	00:07&	

Beste strekktid for klassen

00:49 01:33 00:54 01:38 01:36 01:51 01:07 01:18 01:45 00:41 00:51 01:36 01:43 00:14

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29	23:25										
01:08=	03:11=	04:16=	06:23=	08:30=	10:56=	12:14=	14:17=	16:37=	18:13=	19:17=	21:15=	23:01=	23:25=
01:08=	02:03=	01:05=	02:07=	02:07=	02:26=	01:18=	02:03=	02:20=	01:36=	01:04=	01:58=	01:46=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Damer B

1	Wenche M. Sæbbø	3	23:21															
00:29=	00:52=	02:50=	03:47=	05:18=	05:53=	07:09=	07:49=	09:19=	10:02=	12:10=	17:11=	17:37=	19:11=	20:01=	21:04=	22:33=	23:02=	23:21=
00:29=	00:23=	01:58=	00:57=	01:31=	00:35=	01:16=	00:40=	01:30=	00:43=	02:08=	05:01=	00:26=	01:34=	00:50=	01:03=	01:29=	00:29=	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=
2	Lise Isachsen	165	24:10															
00:41+	01:04+	03:06+	04:16+	05:32+	06:09+	07:13+	07:49+	09:21+	10:03+	12:16+	17:17+	19:00+	19:50+	20:39+	21:43+	23:19+	23:45+	24:10+
00:41+	00:23=	02:02+	01:10+	01:16-	00:37+	01:04-	00:36-	01:32+	00:42-	02:13+	05:01=	01:43+	00:50-	00:49-	01:04+	01:36+	00:26-	00:25+
00:12&	00:00=	00:04+	00:13#	00:15-	00:02+	00:12-	00:04-	00:02+	00:01-	00:05+	00:00=	01:17@	00:44-	00:01-	00:01+	00:07+	00:03-	00:06&
3	Hilde Nordbø	93	24:21															
00:40+	01:02+	02:59+	04:18+	05:39+	06:19+	07:35+	08:17+	09:54+	10:35+	12:43+	18:08+	18:46+	20:00+	21:01+	22:00+	23:28+	23:58+	24:21+
00:40+	00:22-	01:57-	01:19+	01:21-	00:40+	01:16=	00:42+	01:37+	00:41-	02:08=	05:25+	00:38+	01:14-	01:01+	00:59-	01:28-	00:30+	00:23+
00:11&	00:01-	00:01-	00:22&	00:10-	00:05#	00:00=	00:02+	00:07+	00:02-	00:00=	00:24+	00:12&	00:20-	00:11#	00:04-	00:01-	00:01+	00:04#
4	Ann-Cathrin Urdal	118	24:35															
00:30+	00:52=	02:54+	03:56+	05:20+	05:55+	07:20+	08:02+	09:48+	10:40+	12:51+	18:23+	19:00+	20:00+	20:59+	22:07+	23:48+	24:14+	24:35+
00:30+	00:22-	02:02+	01:02+	01:24-	00:35=	01:25+	00:42+	01:46+	00:52+	02:11+	05:32+	00:37+	01:00-	00:59+	01:08+	01:41+	00:26-	00:21+
00:01+	00:01-	00:04+	00:05+	00:07-	00:00=	00:09#	00:02+	00:16#	00:09#	00:03+	00:31#	00:11&	00:34-	00:09#	00:05+	00:12#	00:03-	00:02#
5	Ann Karin Tjørhom	93	26:12															
00:33+	00:59+	03:04+	04:25+	06:35+	07:13+	08:26+	09:13+	10:57+	11:46+	13:52+	19:34+	20:30+	21:35+	22:33+	23:41+	25:18+	25:49+	26:12+
00:33+	00:26+	02:05+	01:21+	02:10+	00:38+	01:13-	00:47+	01:44+	00:49+	02:06-	05:42+	00:56+	01:05-	00:58+	01:08+	01:37+	00:31+	00:23+
00:04#	00:03#	00:07+	00:24&	00:39&	00:03+	00:03-	00:07#	00:14#	00:06#	00:02-	00:41#	00:30@	00:29-	00:08#	00:05+	00:08+	00:02+	00:04#
6	Brit Nilsen	88	26:58															
00:34+	00:58+	03:57+	05:10+	06:45+	07:25+	08:54+	09:44+	11:47+	12:35+	14:57+	20:32+	21:06+	22:10+	23:13+	24:25+	26:07+	26:33+	26:58+
00:34+	00:24+	02:59+	01:13+	01:35+	00:40+	01:29+	00:50+	02:03+	00:48+	02:22+	05:35+	00:34+	01:04-	01:03+	01:12+	01:42+	00:26-	00:25+
00:05#	00:01+	01:01&	00:16&	00:04+	00:05#	00:13#	00:10#	00:33&	00:05#	00:14#	00:34#	00:08&	00:30-	00:13&	00:09#	00:13#	00:03-	00:06&
7	Vibeke Lamark	46	27:09															
01:22+	01:48+	03:37+	04:46+	06:08+	06:42+	08:06+	08:47+	11:41+	12:24+	15:31+	20:38+	21:24+	22:41+	23:39+	24:43+	26:17+	26:45+	27:09+
01:22+	00:26+	01:49-	01:09+	01:22-	00:34-	01:24+	00:41+	02:54+	00:43=	03:07+	05:07+	00:46+	01:17-	00:58+	01:04+	01:34+	00:28-	00:24+
00:53@	00:03#	00:09-	00:12#	00:01-	00:08#	00:01+	01:24&	00:00=	00:59&	00:06+	00:20&	00:17-	00:08#	00:01+	00:05+	00:01-	00:05&	
8	Elisabeth Christie Ørke	117	27:30															
00:34+	01:01+	02:46-	04:05+	05:35+	06:03+	07:20+	08:28+	10:49+	11:33+	14:00+	20:09+	20:38+	22:39+	23:54+	25:08+	26:39+	27:10+	27:30+
00:34+	00:27+	01:45-	01:19+	01:30-	00:28-	01:17+	01:08+	02:21+	00:44+	02:27+	06:09+	00:29+	02:01+	01:15+	01:14+	01:31+	00:31+	00:20+
00:05#	00:04#	00:13-	00:22&	00:01-	00:07-	00:01+	00:28&	00:51&	00:01+	00:19#	01:08#	00:03#	00:27&	00:25&	00:11#	00:02+	00:02+	00:01+
9	Ingrid W. Hestness	117	27:47															
00:44+	01:12+	03:44+	04:53+	06:44+	07:21+	09:13+	09:58+	11:40+	12:20+	15:07+	20:48+	21:37+	23:01+	24:00+	25:05+	26:57+	27:25+	27:47+
00:44+	00:28+	02:32+	01:09+	01:51+	00:37+	01:52+	00:45+	01:42+	00:40-	02:47+	05:41+	00:49+	01:24-	00:59+	01:05+	01:52+	00:28-	00:22+
00:15&	00:05#	00:34&	00:12#	00:20#	00:02+	00:36&	00:05#	00:12#	00:03-	00:39&	00:40#	00:23&	00:10-	00:09#	00:02+	00:23&	00:01-	00:03#
10	Anita Glenne Kallhovd	29	27:49															
00:43+	01:06+	03:17+	04:22+	05:54+	06:36+	07:44+	08:28+	10:28+	11:14+	13:33+	19:22+	19:55+	22:52+	23:54+	24:58+	26:55+	27:25+	27:49+
00:43+	00:23=	02:11+	01:05+	01:32+	00:42+	01:08-	00:44+	02:00+	00:46+	02:19+	05:49+	00:33+	02:57+	01:02+	01:04+	01:57+	00:30+	00:24+
00:14&	00:00=	00:13#	00:08#	00:01+	00:07#	00:08-	00:04#	00:30&	00:03+	00:11+	00:48#	00:07&	01:23&	00:12#	00:01+	00:28&	00:01+	00:05&
11	Helen Lomeland	105	28:23															
00:33+	00:57+	04:13+	05:46+	07:17+	07:56+	08:58+	09:45+	11:15+	11:57+	14:05+	21:08+	21:56+	23:07+	24:12+	25:31+	27:21+	27:59+	28:23+
00:33+	00:24+	03:16+	01:33+	01:31=	00:39+	01:02-	00:47+	01:30=	00:42-	02:08=	07:03+	00:48+	01:11-	01:05+	01:19+	01:50+	00:38+	00:24+
00:04#	00:01+	01:18&	00:36&	00:00=	00:04#	00:14-	00:07#	00:00=	00:01-	00:00=	02:02&	00:22&	00:23-	00:15&	00:16&	00:21#	00:09&	00:05&
12	Grethe Anda Fuglestad	116	28:32															
00:40+	01:09+	03:24+	04:50+	06:20+	07:01+	08:28+	09:33+	11:11+	12:03+	14:55+	21:02+	21:37+	22:56+	24:14+	25:43+	27:34+	28:10+	28:32+
00:40+	00:29+	02:15+	01:26+	01:30-	00:41+	01:27+	01:05+	01:38+	00:52+	02:52+	06:07+	00:35+	01:19-	01:18+	01:29+	01:51+	00:36+	00:22+
00:11&	00:06&	00:17#	00:29&	00:01-	00:06#	00:11#	00:25&	00:08+	00:09#	00:44&	01:06#	00:09&	00:15-	00:28&	00:26&	00:22#	00:07#	00:03#
13	Ingunn Anda Haug	67	28:41															
00:35+	01:01+	03:18+	04:41+	06:21+	07:02+	08:41+	09:32+	11:23+	12:17+	14:52+	21:27+	22:09+	23:30+	24:39+	25:56+	27:46+	28:16+	28:41+
00:35+	00:26+	02:17+	01:23+	01:40+	00:41+	01:39+	00:51+	01:51+	00:54+	02:35+	06:35+	00:42+	01:21-	01:09+	01:17+	01:50+	00:30+	00:25+
00:06#	00:03#	00:19#	00:26&	00:09+	00:06#	00:23&	00:11&	00:21#	00:11&	00:27#	01:34&	00:16&	00:13-	00:19&	00:14#	00:21#	00:01+	00:06&
14	Ellen Tindeland	27	28:56															
00:43+	01:11+	03:50+	05:16+	06:50+	07:23+	08:53+	09:40+	11:20+	12:12+	16:15+	22:07+	22:40+	24:12+	25:13+	26:22+	28:03+	28:34+	28:56+
00:43+	00:28+	02:39+	01:26+	01:34+	00:33-	01:30+	00:47+	01:40+	00:52+	04:03+	05:52+	00:33+	01:32-	01:01+	01:09+	01:41+	00:31+	00:22+
00:14&	00:05#	00:41&	00:29&	00:03+	00:02-	00:14#	00:07#	00:10#	00:09#	01:55&	00:51#	00:07&	00:02-	00:11#	00:06+	00:12#	00:02+	00:03#

Class	Navn	Klasse	Tid
15	Ragnhild Auglænd	19	29:19
00:36+	01:00+ 03:13+ 04:25+ 06:14+ 06:54+	08:14+ 09:07+ 10:58+ 11:52+ 14:20+	21:11+ 22:44+ 23:19+
00:36+	00:24+ 02:13+ 01:12+ 01:49+ 00:40+	01:20+ 00:53+ 01:51+ 00:54+ 02:28+	06:51+ 01:33+ 00:35-
00:07#	00:01+ 00:15# 00:15& 00:18# 00:05#	00:04+ 00:13& 00:21# 00:11& 00:20#	01:50& 01:07@ 00:59-
00:08#	00:06+ 00:15-	01:12@ 00:14& 00:25+	
16	Trude Katrine Hermanrud	117	29:48
00:45+	01:13+ 03:35+ 04:53+ 06:34+ 07:20+	08:46+ 09:42+ 11:37+ 12:30+ 15:37+	22:17+ 22:56+ 24:10+
00:45+	00:28+ 02:22+ 01:18+ 01:41+ 00:46+	01:26+ 00:56+ 01:55+ 00:53+ 03:07+	06:40+ 00:39+ 01:14-
00:16&	00:05# 00:24# 00:21& 00:10# 00:11&	00:10# 00:16& 00:25& 00:10# 00:59&	01:39& 00:13& 00:20-
00:22&	00:19& 00:27&	00:12& 00:08&	
17	Keth Berggraf	116	30:13
00:34+	01:00+ 03:03+ 04:13+ 06:13+ 06:50+	08:10+ 08:55+ 10:43+ 11:33+ 14:04+	19:54+ 20:51+ 22:24+
00:34+	00:26+ 02:03+ 01:10+ 02:00+ 00:37+	01:20+ 00:45+ 01:48+ 00:50+ 02:31+	05:50+ 00:57+ 01:33-
00:05#	00:03# 00:05+ 00:29& 00:02+	00:04+ 00:05# 00:18# 00:07# 00:23#	00:49# 00:31@ 00:01-
02:41@	00:32& 00:19# 00:04# 00:03#		
18	Gunn J. Grefstad	2	36:23
00:51+	01:30+ 04:36+ 06:30+ 08:33+ 09:22+	11:34+ 13:09+ 15:01+ 15:55+ 18:48+	25:42+ 26:37+ 29:29+
00:51+	00:39+ 03:06+ 01:54+ 02:03+ 00:49+	02:12+ 01:35+ 01:52+ 00:54+ 02:53+	06:54+ 00:55+ 02:52+
00:22&	00:16& 01:08& 00:57& 00:32& 00:14&	00:56& 00:55@ 00:22# 00:11& 00:45&	01:53& 00:29@ 01:18&
00:43&	00:30& 00:50& 00:15& 00:26@		
Beste strekktid for klassen	00:29 00:22 01:45 00:57 01:16 00:28 01:02 00:36 01:30 00:40 02:06 05:01 00:26 00:35 00:49 00:59 01:14 00:26 00:19		

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

Damer Ny

1	Mariann Waaler	68	14:06
00:46=	05:04= 05:14= 06:34= 08:31= 09:44=	11:56= 13:46= 14:06=	
00:46=	04:18= 00:10= 01:20= 01:57= 01:13=	02:12= 01:50= 00:20=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00=	
2	Beate Bertelsen Borrevik	105	15:42
01:25+	04:57- 05:12- 06:37+ 09:10+ 10:33+	13:18+ 15:22+ 15:42+	
01:25+	03:32- 00:15+ 01:25+ 02:33+ 01:23+	02:45+ 02:04+ 00:20=	
00:39&	00:46- 00:05& 00:05+ 00:36& 00:10#	00:33# 00:14# 00:00=	
3	Tordis Frøytlog	29	22:03
00:58+	11:15+ 11:28+ 13:06+ 15:22+ 16:43+	20:02+ 21:41+ 22:03+	
00:58+	10:17+ 00:13+ 01:38+ 02:16+ 01:21+	03:19+ 01:39- 00:22+	
00:12&	05:59@ 00:03& 00:18# 00:19# 00:08#	01:07& 00:11- 00:02#	
4	Suma Jorige	80	24:21
01:44+	06:07+ 06:31+ 08:57+ 12:35+ 14:09+	20:12+ 23:38+ 24:21+	
01:44+	04:23+ 00:24+ 02:26+ 03:38+ 01:34+	06:03+ 03:26+ 00:43+	
00:58@	00:05+ 00:14@ 01:06& 01:41& 00:21&	03:51@ 01:36& 00:23@	
5	Nina Andersen	101	43:22
02:11+	14:04+ 14:35+ 18:40+ 26:39+ 31:16+	38:57+ 42:33+ 43:22+	
02:11+	11:53+ 00:31+ 04:05+ 07:59+ 04:37+	07:41+ 03:36+ 00:49+	
01:25@	07:35@ 00:21@ 02:45@ 06:02@ 03:24@	05:29@ 01:46& 00:29@	

Beste strekktid for klassen

00:46 03:32 00:10 01:20 01:57 01:13 02:12 01:39 00:20

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

Damer Trim

1	Turid Johanne Kidøy	18	16:04
02:19=	04:16= 05:05= 06:12= 07:00= 09:17=	10:10= 10:51= 11:44= 12:40= 14:11=	15:24= 16:04=
02:19=	01:57= 00:49= 01:07= 00:48= 02:17=	00:53= 00:41= 00:53= 00:56= 01:31=	01:13= 00:40=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00=
2	Janeth Kleppe	128	17:10
02:25+	04:41+ 05:27+ 06:45+ 07:35+ 09:52+	11:11+ 12:02+ 13:10+ 14:10+ 15:28+	16:38+ 17:10+
02:25+	02:16+ 00:46- 01:18+ 00:50+ 02:17=	01:19+ 00:51+ 01:08+ 01:00+ 01:18-	01:10- 00:32-
00:06+	00:19# 00:03- 00:11# 00:02+ 00:00=	00:26& 00:10# 00:15& 00:04+ 00:13-	00:03- 00:08-

Class	Navn	Klasse										Tid
3	Olaug Øyre	105										17:17
03:09+	05:14+	06:10+	07:18+	08:06+	10:31+	11:21+	12:08+	12:48+	13:47+	15:17+	16:37+	17:17+
03:09+	02:05+	00:56+	01:08+	00:48=	02:25+	00:50-	00:47+	00:40-	00:59+	01:30-	01:20+	00:40=
00:50&	00:08+	00:07#	00:01+	00:00=	00:08+	00:03-	00:06#	00:13-	00:03+	00:01-	00:07+	00:00=
4	Synnøve Gjestad	101										19:06
03:11+	05:30+	06:26+	07:52+	08:48+	11:25+	12:39+	13:37+	14:30+	15:48+	17:09+	18:27+	19:06+
03:11+	02:19+	00:56+	01:26+	00:56+	02:37+	01:14+	00:58+	00:53=	01:18+	01:21-	01:18+	00:39-
00:52&	00:22#	00:07#	00:19&	00:08#	00:20#	00:21&	00:17&	00:00=	00:22&	00:10-	00:05+	00:01-
5	Berit Omholt	117										19:35
04:01+	06:23+	07:27+	08:30+	09:25+	12:08+	13:10+	14:05+	14:49+	16:14+	17:47+	19:00+	19:35+
04:01+	02:22+	01:04+	01:03-	00:55+	02:43+	01:02+	00:55+	00:44-	01:25+	01:33+	01:13=	00:35-
01:42&	00:25#	00:15&	00:04-	00:07#	00:26#	00:09#	00:14&	00:09-	00:29&	00:02+	00:00=	00:05-
6	Hanne Berg Nilsen	105										19:37
03:58+	06:21+	07:25+	08:27+	09:24+	12:10+	13:08+	14:06+	14:47+	16:12+	17:45+	18:58+	19:37+
03:58+	02:23+	01:04+	01:02-	00:57+	02:46+	00:58+	00:58+	00:41-	01:25+	01:33+	01:13=	00:39-
01:39&	00:26#	00:15&	00:05-	00:09#	00:29#	00:05+	00:17&	00:12-	00:29&	00:02+	00:00=	00:01-
7	Gerd Katrin Kro	117										19:40
05:42+	08:01+	09:01+	10:09+	10:56+	13:18+	14:12+	14:57+	15:43+	16:43+	17:56+	19:06+	19:40+
05:42+	02:19+	01:00+	01:08+	00:47-	02:22+	00:54+	00:45+	00:46-	01:00+	01:13-	01:10-	00:34-
03:23@	00:22#	00:11#	00:01+	00:01-	00:05+	00:01+	00:04+	00:07-	00:04+	00:18-	00:03-	00:06-
8	Marita Navjord Nicolaysen	71										20:36
03:17+	05:39+	06:28+	07:47+	08:41+	11:29+	12:23+	13:18+	14:08+	16:50+	18:36+	19:59+	20:36+
03:17+	02:22+	00:49=	01:19+	00:54+	02:48+	00:54+	00:55+	00:50-	02:42+	01:46+	01:23+	00:37-
00:58&	00:25#	00:00=	00:12#	00:06#	00:31#	00:01+	00:14&	00:03-	01:46@	00:15#	00:10#	00:03-
9	Brit Svihus	92										20:40
03:00+	05:31+	06:29+	07:53+	08:56+	11:37+	12:40+	13:34+	14:33+	16:54+	18:28+	19:55+	20:40+
03:00+	02:31+	00:58+	01:24+	01:03+	02:41+	01:03+	00:54+	00:59+	02:21+	01:34+	01:27+	00:45+
00:41&	00:34&	00:09#	00:17&	00:15&	00:24#	00:10#	00:13&	00:06#	01:25@	00:03+	00:14#	00:05#
10	Heidi Horne	71										20:41
04:11+	06:32+	07:20+	08:59+	09:48+	12:20+	13:15+	15:14+	16:00+	17:12+	18:42+	19:57+	20:41+
04:11+	02:21+	00:48-	01:39+	00:49+	02:32+	00:55+	01:59+	00:46-	01:12+	01:30-	01:15+	00:44+
01:52&	00:24#	00:01-	00:32&	00:01+	00:15#	00:02+	01:18@	00:07-	00:16&	00:01-	00:02+	00:04#
11	Astrid Espe	80										20:53
03:16+	05:57+	07:32+	08:53+	09:52+	12:41+	13:42+	14:30+	15:23+	16:36+	18:46+	20:06+	20:53+
03:16+	02:41+	01:35+	01:21+	00:59+	02:49+	01:01+	00:48+	00:53=	01:13+	02:10+	01:20+	00:47+
00:57&	00:44&	00:46&	00:14#	00:11#	00:32#	00:08#	00:07#	00:00=	00:17&	00:39&	00:07+	00:07#
12	Anne Turid Lian Vestbakke	116										21:07
03:31+	06:59+	07:58+	09:16+	10:07+	12:53+	14:03+	14:45+	15:53+	17:24+	18:58+	20:29+	21:07+
03:31+	03:28+	00:59+	01:18+	00:51+	02:46+	01:10+	00:42+	01:08+	01:31+	01:34+	01:31+	00:38-
01:12&	00:31&	00:10#	00:11#	00:03+	00:29#	00:17&	00:01+	00:15&	00:35&	00:03+	00:18#	00:02-
13	Sarah Denieul	42										21:11
03:10+	05:24+	06:04+	07:33+	08:26+	10:33+	12:51+	14:12+	14:58+	15:55+	18:59+	20:40+	21:11+
03:10+	02:14+	00:40-	01:29+	00:53+	02:07-	02:18+	01:21+	00:46-	00:57+	03:04+	01:41+	00:31-
00:51&	00:17#	00:09-	00:22&	00:05#	00:10-	01:25@	00:40&	00:07-	00:01+	01:33@	00:28&	00:09-
14	Marianne Johnsen	5										21:13
03:07+	05:38+	07:26+	08:43+	09:43+	12:15+	14:02+	14:54+	16:05+	17:17+	19:02+	20:19+	21:13+
03:07+	02:31+	01:48+	01:17+	01:00+	02:32+	01:47+	00:52+	01:11+	01:12+	01:45+	01:17+	00:54+
00:48&	00:34&	00:59@	00:10#	00:12#	00:15#	00:54@	00:11&	00:18&	00:16&	00:14#	00:04+	00:14&
15	Margot Asheim	105										21:29
03:59+	06:32+	07:43+	08:56+	09:56+	12:41+	14:19+	15:22+	16:12+	17:54+	19:29+	20:50+	21:29+
03:59+	02:33+	01:11+	01:13+	01:00+	02:45+	01:38+	01:03+	00:50-	01:42+	01:35+	01:21+	00:39-
01:40&	00:36&	00:22&	00:06+	00:12#	00:28#	00:45&	00:22&	00:03-	00:46&	00:04+	00:08#	00:01-
16	Synnøve Hognestad	115										21:35
04:17+	06:54+	07:49+	09:19+	10:20+	13:15+	14:27+	15:19+	16:15+	17:28+	19:18+	20:44+	21:35+
04:17+	02:37+	00:55+	01:30+	01:01+	02:55+	01:12+	00:52+	00:56+	01:13+	01:50+	01:26+	00:51+
01:58&	00:40&	00:06#	00:23&	00:13&	00:38&	00:19&	00:11&	00:03+	00:17&	00:19#	00:13#	00:11&
17	Møyfrid Espeli	88										21:41
03:48+	06:30+	07:19+	08:34+	09:44+	12:37+	14:09+	15:05+	15:50+	18:06+	19:40+	21:01+	21:41+
03:48+	02:42+	00:49=	01:15+	01:10+	02:53+	01:32+	00:56+	00:45-	02:16+	01:34+	01:21+	00:40=
01:29&	00:45&	00:00=	00:08#	00:22&	00:36&	00:39&	00:15&	00:08-	01:20@	00:03+	00:08#	00:00=

Class	Navn	Klasse										Tid
18	Trine Selvikvåg	62										21:45
07:47+	09:53+	10:35+	11:36+	12:30+	14:54+	15:42+	16:30+	17:34+	18:40+	20:00+	21:06+	21:45+
07:47+	02:06+	00:42-	01:01-	00:54+	02:24+	00:48-	00:48+	01:04+	01:06+	01:20-	01:06-	00:39-
05:28@	00:09+	00:07-	00:06-	00:06#	00:07+	00:05-	00:07#	00:11#	00:10#	00:11-	00:07-	00:01-
19	Lise Nessa Di Lorenzo	168										21:46
03:45+	05:43+	06:30+	07:51+	08:44+	11:19+	12:52+	15:08+	16:00+	17:03+	18:28+	21:04+	21:46+
03:45+	01:58+	00:47-	01:21+	00:53+	02:35+	01:33+	02:16+	00:52-	01:03+	01:25-	02:36+	00:42+
01:26&	00:01+	00:02-	00:14#	00:05#	00:18#	00:40&	01:35@	00:01-	00:07#	00:06-	01:23@	00:02+
20	Solbjørg Borgersen	233										22:15
03:50+	06:28+	08:11+	09:35+	10:36+	13:32+	15:03+	15:55+	17:06+	18:21+	20:03+	21:29+	22:15+
03:50+	02:38+	01:43+	01:24+	01:01+	02:56+	01:31+	00:52+	01:11+	01:15+	01:42+	01:26+	00:46+
01:31&	00:41&	00:54@	00:17&	00:13&	00:39&	00:38&	00:11&	00:18&	00:19&	00:11#	00:13#	00:06#
21	Mona Nordmark Kaada	178										22:29
03:47+	06:23+	07:11+	08:35+	09:38+	12:33+	13:45+	14:31+	15:24+	17:43+	19:27+	21:46+	22:29+
03:47+	02:36+	00:48-	01:24+	01:03+	02:55+	01:12+	00:46+	00:53=	02:19+	01:44+	02:19+	00:43+
01:28&	00:39&	00:01-	00:17&	00:15&	00:38&	00:19&	00:05#	00:00=	01:23@	00:13#	01:06&	00:03+
22	Synnøve Langvik	93										22:31
03:47+	06:33+	07:34+	09:01+	10:10+	13:41+	14:55+	15:54+	16:50+	18:17+	20:06+	21:38+	22:31+
03:47+	02:46+	01:01+	01:27+	01:09+	03:31+	01:14+	00:59+	00:56+	01:27+	01:49+	01:32+	00:53+
01:28&	00:49&	00:12#	00:20&	00:21&	01:14&	00:21&	00:18&	00:03+	00:31&	00:18#	00:19&	00:13&
23	Janne Helen Byberg	71										22:50
04:13+	06:34+	07:27+	08:42+	09:42+	12:30+	13:29+	15:14+	16:01+	17:15+	20:52+	22:05+	22:50+
04:13+	02:21+	00:53+	01:15+	01:00+	02:48+	00:59+	01:45+	00:47-	01:14+	03:37+	01:13=	00:45+
01:54&	00:24#	00:04+	00:08#	00:12#	00:31#	00:06#	01:04@	00:06-	00:18&	02:06@	00:00=	00:05#
24	Nina Sjursen	76										22:50
03:33+	05:47+	06:50+	08:01+	09:07+	11:36+	12:42+	16:10+	16:59+	18:20+	20:43+	22:01+	22:50+
03:33+	02:14+	01:03+	01:11+	01:06+	02:29+	01:06+	03:28+	00:49-	01:21+	02:23+	01:18+	00:49+
01:14&	00:17#	00:14&	00:04+	00:18&	00:12+	00:13#	02:47@	00:04-	00:25&	00:52&	00:05+	00:09#
25	Ingunn Kristiansen Wiig	105										22:51
04:08+	07:20+	08:36+	10:02+	11:05+	14:03+	15:22+	16:18+	17:19+	18:45+	20:27+	21:57+	22:51+
04:08+	03:12+	01:16+	01:26+	01:03+	02:58+	01:19+	00:56+	01:01+	01:26+	01:42+	01:30+	00:54+
01:49&	01:15&	00:27&	00:19&	00:15&	00:41&	00:26&	00:15&	00:08#	00:30&	00:11#	00:17#	00:14&
26	Unni B. Sundli	92										22:57
03:05+	05:54+	06:57+	08:25+	09:25+	12:28+	13:15+	14:35+	16:32+	19:00+	20:43+	22:08+	22:57+
03:05+	02:49+	01:03+	01:28+	01:00+	03:03+	00:47-	01:20+	01:57+	02:28+	01:43+	01:25+	00:49+
00:46&	00:52&	00:14&	00:21&	00:12#	00:46&	00:06-	00:39&	01:04@	01:32@	00:12#	00:12#	00:09#
27	Anna Berthelsen	117										23:18
03:02+	05:42+	06:44+	08:19+	09:22+	12:36+	13:33+	14:28+	17:40+	19:03+	20:47+	22:26+	23:18+
03:02+	02:40+	01:02+	01:35+	01:03+	03:14+	00:57+	00:55+	03:12+	01:23+	01:44+	01:39+	00:52+
00:43&	00:43&	00:13&	00:28&	00:15&	00:57&	00:04+	00:14&	02:19@	00:27&	00:13#	00:26&	00:12&
28	Randi Bugge	46										23:44
03:56+	08:15+	09:19+	11:04+	12:15+	15:26+	16:19+	17:18+	18:11+	19:25+	21:35+	22:54+	23:44+
03:56+	04:19+	01:04+	01:45+	01:11+	03:11+	00:53+	00:59+	00:53=	01:14+	02:10+	01:19+	00:50+
01:37&	02:22@	00:15&	00:38&	00:23&	00:54&	00:00=	00:18&	00:00=	00:18&	00:39&	00:06+	00:10#
29	Cecilie Kristine Karlsen	93										23:48
02:50+	09:55+	10:42+	11:48+	12:34+	15:14+	15:59+	16:45+	17:36+	19:24+	21:06+	23:01+	23:48+
02:50+	07:05+	00:47-	01:06-	00:46-	02:40+	00:45-	00:46+	00:51-	01:48+	01:42+	01:55+	00:47+
00:31#	05:08@	00:02-	00:01-	00:02-	00:23#	00:08-	00:05#	00:02-	00:52&	00:11#	00:42&	00:07#
30	Marie-Elizabeth Reinseth	27										24:19
06:04+	08:46+	10:22+	11:41+	12:38+	16:55+	17:54+	18:41+	19:31+	20:32+	22:22+	23:41+	24:19+
06:04+	02:42+	01:36+	01:19+	00:57+	04:17+	00:59+	00:47+	00:50-	01:01+	01:50+	01:19+	00:38-
03:45@	00:45&	00:47&	00:12#	00:09#	02:00&	00:06#	00:06#	00:03-	00:05+	00:19#	00:06+	00:02-
31	Ingunn Fandrem	47										24:31
03:51+	06:51+	07:55+	09:36+	10:43+	14:25+	15:37+	16:38+	18:28+	20:01+	22:12+	23:44+	24:31+
03:51+	03:00+	01:04+	01:41+	01:07+	03:42+	01:12+	01:01+	01:50+	01:33+	02:11+	01:32+	00:47+
01:32&	01:03&	00:15&	00:34&	00:19&	01:25&	00:19&	00:20&	00:57@	00:37&	00:40&	00:19&	00:07#
32	Solveig Grønning	47										24:32
03:49+	06:48+	07:53+	09:39+	10:46+	14:28+	15:40+	16:42+	18:32+	20:05+	22:08+	23:46+	24:32+
03:49+	02:59+	01:05+	01:46+	01:07+	03:42+	01:12+	01:02+	01:50+	01:33+	02:03+	01:38+	00:46+
01:30&	01:02&	00:16&	00:39&	00:19&	01:25&	00:19&	00:21&	00:57@	00:37&	00:32&	00:25&	00:06#

Class	Navn	Klasse	Tid
33	Franka Regina Häussler	115	24:45
02:57+	06:27+ 07:35+ 09:11+ 10:15+ 13:32+	14:39+ 15:47+ 16:56+ 18:36+ 21:15+ 23:15+ 24:45+	
02:57+	03:30+ 01:08+ 01:36+ 01:04+ 03:17+	01:07+ 01:08+ 01:09+ 01:40+ 02:39+ 02:00+ 01:30+	
00:38&	01:33& 00:19& 00:29& 00:16& 01:00&	00:14& 00:27& 00:16& 00:44& 01:08& 00:47& 00:50@	
34	Lise Bergli	62	25:01
03:36+	06:30+ 08:27+ 09:39+ 10:38+ 14:50+	15:47+ 18:30+ 20:19+ 21:16+ 23:13+ 24:22+ 25:01+	
03:36+	02:54+ 01:57+ 01:12+ 00:59+ 04:12+	00:57+ 02:43+ 01:49+ 00:57+ 01:57+ 01:09- 00:39-	
01:17&	00:57& 01:08@ 00:05+ 00:11# 01:55&	00:04+ 02:02@ 00:56@ 00:01+ 00:26& 00:04- 00:01-	
35	Marianne Gjesdal Lyngås	253	25:20
03:37+	07:08+ 08:34+ 10:30+ 11:52+ 15:52+	16:55+ 18:04+ 19:03+ 20:35+ 22:40+ 24:23+ 25:20+	
03:37+	03:31+ 01:26+ 01:56+ 01:22+ 04:00+	01:03+ 01:09+ 00:59+ 01:32+ 02:05+ 01:43+ 00:57+	
01:18&	01:34& 00:37& 00:49& 00:34& 01:43&	00:10# 00:28& 00:06# 00:36& 00:34& 00:30& 00:17&	
36	Ingrid Marie Torgersen	253	25:20
03:42+	07:11+ 08:32+ 10:33+ 11:57+ 15:51+	16:59+ 18:07+ 19:07+ 20:39+ 22:45+ 24:22+ 25:20+	
03:42+	03:29+ 01:21+ 02:01+ 01:24+ 03:54+	01:08+ 01:08+ 01:00+ 01:32+ 02:06+ 01:37+ 00:58+	
01:23&	01:32& 00:32& 00:54& 00:36& 01:37&	00:15& 00:27& 00:07# 00:36& 00:35& 00:24& 00:18&	
37	Irene Mæland Torgersen	253	25:21
03:39+	07:13+ 08:36+ 10:34+ 11:55+ 15:54+	16:58+ 18:08+ 19:09+ 20:38+ 22:47+ 24:25+ 25:21+	
03:39+	03:34+ 01:23+ 01:58+ 01:21+ 03:59+	01:04+ 01:10+ 01:01+ 01:29+ 02:09+ 01:38+ 00:56+	
01:20&	01:37& 00:34& 00:51& 00:33& 01:42&	00:11# 00:29& 00:08# 00:33& 00:38& 00:25& 00:16&	
38	Linda Haukås	113	25:23
04:05+	07:23+ 08:29+ 10:14+ 11:29+ 15:03+	16:20+ 17:17+ 18:42+ 20:22+ 22:38+ 24:24+ 25:23+	
04:05+	03:18+ 01:06+ 01:45+ 01:15+ 03:34+	01:17+ 00:57+ 01:25+ 01:40+ 02:16+ 01:46+ 00:59+	
01:46&	01:21& 00:17& 00:38& 00:27& 01:17&	00:24& 00:16& 00:32& 00:44& 00:45& 00:33& 00:19&	
39	Wenke Wannberg	116	25:50
04:30+	07:34+ 08:47+ 10:17+ 11:22+ 14:37+	16:22+ 18:41+ 19:53+ 20:55+ 23:17+ 24:57+ 25:50+	
04:30+	03:04+ 01:13+ 01:30+ 01:05+ 03:15+	01:45+ 02:19+ 01:12+ 01:02+ 02:22+ 01:40+ 00:53+	
02:11&	01:07& 00:24& 00:23& 00:17& 00:58&	00:52& 01:38@ 00:19& 00:06# 00:51& 00:27& 00:13&	
40	Marysa Castelet-Vogt	42	25:52
04:19+	09:05+ 09:50+ 11:20+ 12:25+ 15:53+	16:55+ 17:46+ 18:41+ 20:46+ 23:35+ 25:00+ 25:52+	
04:19+	04:46+ 00:45- 01:30+ 01:05+ 03:28+	01:02+ 00:51+ 00:55+ 02:05+ 02:49+ 01:25+ 00:52+	
02:00&	02:49@ 00:04- 00:23& 00:17& 01:11&	00:09# 00:10# 00:02+ 01:09@ 01:18& 00:12# 00:12&	
41	Anne Brit T. Mæland	93	25:58
03:33+	06:58+ 09:42+ 11:23+ 12:29+ 15:54+	17:15+ 18:17+ 19:32+ 21:10+ 23:15+ 25:05+ 25:58+	
03:33+	03:25+ 02:44+ 01:41+ 01:06+ 03:25+	01:21+ 01:02+ 01:15+ 01:38+ 02:05+ 01:50+ 00:53+	
01:14&	01:28& 01:55@ 00:34& 00:18& 01:08&	00:28& 00:21& 00:22& 00:42& 00:34& 00:37& 00:13&	
42	Sigrun Serigstad	128	26:00
05:11+	07:27+ 09:26+ 10:31+ 11:33+ 15:49+	16:44+ 19:26+ 21:23+ 22:16+ 24:11+ 25:20+ 26:00+	
05:11+	02:16+ 01:59+ 01:05- 01:02+ 04:16+	00:55+ 02:42+ 01:57+ 00:53- 01:55+ 01:09- 00:40=	
02:52@	00:19# 01:10@ 00:02- 00:14& 01:59&	00:02+ 02:01@ 01:04@ 00:03- 00:24& 00:04- 00:00=	
43	Kate Lawson	101	26:09
05:12+	08:27+ 09:32+ 11:09+ 12:03+ 15:34+	16:58+ 17:59+ 19:03+ 20:41+ 22:54+ 24:42+ 26:09+	
05:12+	03:15+ 01:05+ 01:37+ 00:54+ 03:31+	01:24+ 01:01+ 01:04+ 01:38+ 02:13+ 01:48+ 01:27+	
02:53@	01:18& 00:16& 00:30& 00:06# 01:14&	00:31& 00:20& 00:11# 00:42& 00:42& 00:35& 00:47@	
44	Aashild Lone	105	26:16
04:42+	08:47+ 09:49+ 11:29+ 12:47+ 16:11+	18:08+ 18:57+ 20:19+ 21:54+ 23:49+ 25:29+ 26:16+	
04:42+	04:05+ 01:02+ 01:40+ 01:18+ 03:24+	01:57+ 00:49+ 01:22+ 01:35+ 01:55+ 01:40+ 00:47+	
02:23@	02:08@ 00:13& 00:33& 00:30& 01:07&	01:04@ 00:08# 00:29& 00:39& 00:24& 00:27& 00:07#	
45	Brynhild Haaland	101	26:35
03:02+	05:44+ 06:44+ 08:14+ 09:29+ 13:01+	14:34+ 16:03+ 17:25+ 19:32+ 22:54+ 25:19+ 26:35+	
03:02+	02:42+ 01:00+ 01:30+ 01:15+ 03:32+	01:33+ 01:29+ 01:22+ 02:07+ 03:22+ 02:25+ 01:16+	
00:43&	00:45& 00:11# 00:23& 00:27& 01:15&	00:40& 00:48@ 00:29& 01:11@ 01:51@ 01:12& 00:36&	
46	Åse Sellereite	27	26:53
03:59+	08:31+ 09:25+ 10:36+ 11:37+ 14:52+	16:14+ 16:58+ 17:51+ 21:29+ 24:10+ 26:03+ 26:53+	
03:59+	04:32+ 00:54+ 01:11+ 01:01+ 03:15+	01:22+ 00:44+ 00:53= 03:38+ 02:41+ 01:53+ 00:50+	
01:40&	02:35@ 00:05# 00:04+ 00:13& 00:58&	00:29& 00:03+ 00:00= 02:42@ 01:10& 00:40& 00:10#	
47	Anita Edgren	88	27:08
06:17+	09:25+ 10:18+ 11:48+ 12:51+ 16:31+	17:57+ 19:15+ 20:11+ 21:35+ 23:31+ 26:08+ 27:08+	
06:17+	03:08+ 00:53+ 01:30+ 01:03+ 03:40+	01:26+ 01:18+ 00:56+ 01:24+ 01:56+ 02:37+ 01:00+	
03:58@	01:11& 00:04+ 00:23& 00:15& 01:23&	00:33& 00:37& 00:03+ 00:28& 00:25& 01:24@ 00:20&	

Class	Navn	Klasse										Tid
48	Elin Norveel	105										27:19
03:13+	06:01+	08:35+	09:55+	10:59+	14:13+	15:19+	20:48+	21:44+	23:08+	24:52+	26:26+	27:19+
03:13+	02:48+	02:34+	01:20+	01:04+	03:14+	01:06+	05:29+	00:56+	01:24+	01:44+	01:34+	00:53+
00:54&	00:51&	01:45@	00:13#	00:16&	00:57&	00:13#	04:48@	00:03+	00:28&	00:13#	00:21&	00:13&
49	Kirsti Strand Salvesen	256										27:23
04:37+	08:14+	09:30+	11:34+	12:53+	16:43+	18:09+	19:03+	20:18+	21:49+	23:54+	26:14+	27:23+
04:37+	03:37+	01:16+	02:04+	01:19+	03:50+	01:26+	00:54+	01:15+	01:31+	02:05+	02:20+	01:09+
02:18&	01:40&	00:27&	00:57&	00:31&	01:33&	00:33&	00:13&	00:22&	00:35&	00:34&	01:07&	00:29&
50	Sølvi S. Ballestad	105										27:56
03:58+	07:13+	08:24+	10:25+	11:37+	15:29+	16:53+	17:57+	19:22+	23:08+	25:04+	27:06+	27:56+
03:58+	03:15+	01:11+	02:01+	01:12+	03:52+	01:24+	01:04+	01:25+	03:46+	01:56+	02:02+	00:50+
01:39&	01:18&	00:22&	00:54&	00:24&	01:35&	00:31&	00:23&	00:32&	02:50@	00:25&	00:49&	00:10#
51	Anne Grete Friberg	141										28:55
05:15+	08:39+	09:54+	12:03+	13:16+	17:15+	18:44+	19:49+	21:58+	23:41+	25:56+	28:01+	28:55+
05:15+	03:24+	01:15+	02:09+	01:13+	03:59+	01:29+	01:05+	02:09+	01:43+	02:15+	02:05+	00:54+
02:56@	01:27&	00:26&	01:02&	00:25&	01:42&	00:36&	00:24&	01:16@	00:47&	00:44&	00:52&	00:14&
52	Maryam Ghadrn	116										28:57
05:51+	08:49+	09:45+	11:08+	12:27+	15:24+	16:21+	21:08+	21:44+	23:56+	26:34+	27:55+	28:57+
05:51+	02:58+	00:56+	01:23+	01:19+	02:57+	00:57+	04:47+	00:36-	02:12+	02:38+	01:21+	01:02+
03:32@	01:01&	00:07#	00:16#	00:31&	00:40&	00:04+	04:06@	00:17-	01:16@	01:07&	00:08#	00:22&
53	Nina Werness	52										31:03
06:04+	09:32+	10:45+	13:08+	14:31+	18:53+	20:30+	21:58+	23:09+	24:49+	27:50+	29:59+	31:03+
06:04+	03:28+	01:13+	02:23+	01:23+	04:22+	01:37+	01:28+	01:11+	01:40+	03:01+	02:09+	01:04+
03:45@	01:31&	00:24&	01:16@	00:35&	02:05&	00:44&	00:47@	00:18&	00:44&	01:30&	00:56&	00:24&
54	Gro Mariero Totland	59										31:19
04:39+	09:07+	10:34+	12:58+	14:36+	19:25+	20:52+	21:54+	23:27+	24:59+	27:44+	30:11+	31:19+
04:39+	04:28+	01:27+	02:24+	01:38+	04:49+	01:27+	01:02+	01:33+	01:32+	02:45+	02:27+	01:08+
02:20@	02:31@	00:38&	01:17@	00:50@	02:32@	00:34&	00:21&	00:40&	00:36&	01:14&	01:14@	00:28&
55	Gro Skadberg Helliesen	105										31:42
08:46+	13:13+	14:27+	16:32+	17:35+	21:25+	23:08+	24:01+	25:26+	27:21+	29:28+	30:57+	31:42+
08:46+	04:27+	01:14+	02:05+	01:03+	03:50+	01:43+	00:53+	01:25+	01:55+	02:07+	01:29+	00:45+
06:27@	02:30@	00:25&	00:58&	00:15&	01:33&	00:50&	00:12&	00:32&	00:59@	00:36&	00:16#	00:05#
56	Eli Tjetland	116										31:52
05:08+	08:57+	10:12+	11:59+	13:35+	17:16+	18:45+	22:33+	23:47+	26:26+	28:58+	30:49+	31:52+
05:08+	03:49+	01:15+	01:47+	01:36+	03:41+	01:29+	03:48+	01:14+	02:39+	02:32+	01:51+	01:03+
02:49@	01:52&	00:26&	00:40&	00:48&	01:24&	00:36&	03:07@	00:21&	01:43@	01:01&	00:38&	00:23&
57	Tove Kristin K. Helvig	105										31:56
09:01+	14:04+	15:05+	16:36+	17:40+	21:03+	22:27+	23:39+	24:48+	26:53+	29:28+	31:08+	31:56+
09:01+	05:03+	01:01+	01:31+	01:04+	03:23+	01:24+	01:12+	01:09+	02:05+	02:35+	01:40+	00:48+
06:42@	03:06@	00:12#	00:24&	00:16&	01:06&	00:31&	00:31&	00:16&	01:09@	01:04&	00:27&	00:08#
58	Sissel Carlsen Bråstad	88										32:16
04:44+	09:30+	10:49+	13:10+	14:46+	19:36+	21:15+	22:29+	23:42+	25:33+	28:34+	30:49+	32:16+
04:44+	04:46+	01:19+	02:21+	01:36+	04:50+	01:39+	01:14+	01:13+	01:51+	03:01+	02:15+	01:27+
02:25@	02:49@	00:30&	01:14@	00:48&	02:33@	00:46&	00:33&	00:20&	00:55&	01:30&	01:02&	00:47@
59	Lene Haver Schmidt	88										32:16
04:45+	09:27+	10:52+	13:08+	14:45+	19:35+	21:13+	22:31+	23:40+	25:36+	28:34+	30:51+	32:16+
04:45+	04:42+	01:25+	02:16+	01:37+	04:50+	01:38+	01:18+	01:09+	01:56+	02:58+	02:17+	01:25+
02:26@	02:45@	00:36&	01:09@	00:49@	02:33@	00:45&	00:37&	00:16&	01:00@	01:27&	01:04&	00:45@
60	Marit Lothe	37										33:02
04:45+	08:16+	09:50+	11:54+	13:05+	19:09+	20:30+	21:50+	23:44+	27:52+	30:21+	32:18+	33:02+
04:45+	03:31+	01:34+	02:04+	01:11+	06:04+	01:21+	01:20+	01:54+	04:08+	02:29+	01:57+	00:44+
02:26@	01:34&	00:45&	00:57&	00:23&	03:47@	00:28&	00:39&	01:01@	03:12@	00:58&	00:44&	00:04#
61	Randi Wesetvik	116										33:04
03:59+	14:16+	15:26+	17:18+	18:24+	22:03+	23:32+	24:43+	26:30+	28:07+	30:26+	32:08+	33:04+
03:59+	10:17+	01:10+	01:52+	01:06+	03:39+	01:29+	01:11+	01:47+	01:37+	02:19+	01:42+	00:56+
01:40&	08:20@	00:21&	00:45&	00:18&	01:22&	00:36&	00:30&	00:54@	00:41&	00:48&	00:29&	00:16&
62	Anne Lise Tjelta	52										33:53
05:03+	09:10+	10:41+	12:49+	14:18+	18:41+	19:57+	21:12+	22:28+	27:16+	29:55+	32:15+	33:53+
05:03+	04:07+	01:31+	02:08+	01:29+	04:23+	01:16+	01:15+	01:16+	04:48+	02:39+	02:20+	01:38+
02:44@	02:10@	00:42&	01:01&	00:41&	02:06&	00:23&	00:34&	00:23&	03:52@	01:08&	01:07&	00:58@

Class	Navn	Klasse												Tid
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63	Ane Kristine Helvig	105												34:16
06:34+	12:00+	12:55+	14:34+	15:32+	18:47+	22:59+	24:00+	26:27+	28:43+	29:52+	31:35+	33:37+	34:16+	
06:34+	05:26+	00:55+	01:39+	00:58+	03:15+	04:12+	01:01+	02:27+	02:16+	01:09-	01:43+	02:02+	00:39+	
04:15@	03:29@	00:06#	00:32&	00:10#	00:58&	03:19@	00:20&	01:34@	01:20@	00:22-	00:30&	01:22@	00:39+	

64	Hazel Grayston	263												34:44
05:09+	09:32+	11:05+	13:25+	16:14+	21:06+	22:41+	24:04+	26:06+	28:20+	30:59+	33:15+	34:44+		
05:09+	04:23+	01:33+	02:20+	04:52+	04:52+	01:35+	01:23+	02:02+	02:14+	02:39+	02:16+	01:29+		
02:50@	02:26@	00:44&	01:13@	02:01@	02:35@	00:42&	00:42@	01:09@	01:18@	01:08&	01:03&	00:49@		

65	Priya Chilamkurthi	136												36:01
05:50+	09:32+	11:28+	13:29+	14:56+	19:23+	20:43+	25:54+	27:40+	29:32+	32:27+	35:10+	36:01+		
05:50+	03:42+	01:56+	02:01+	01:27+	04:27+	01:20+	05:11+	01:46+	01:52+	02:55+	02:43+	00:51+		
03:31@	01:45&	01:07@	00:54&	00:39&	02:10&	00:27&	04:30@	00:53&	00:56&	01:24&	01:30@	00:11&		

66	Aase Sveinsvoll	94												36:18
08:14+	12:18+	13:35+	15:31+	17:01+	21:24+	25:38+	26:39+	27:58+	30:54+	33:09+	35:08+	36:18+		
08:14+	04:04+	01:17+	01:56+	01:30+	04:23+	04:14+	01:01+	01:19+	02:56+	02:15+	01:59+	01:10+		
05:55@	02:07@	00:28&	00:49&	00:42&	02:06&	03:21@	00:20&	00:26&	02:00@	00:44&	00:46&	00:30&		

67	Siw Øie Norheim	115												39:49
05:29+	10:31+	12:22+	15:15+	17:20+	23:23+	25:28+	27:10+	28:55+	31:19+	34:53+	37:56+	39:49+		
05:29+	05:02+	01:51+	02:53+	02:05+	06:03+	02:05+	01:42+	01:45+	02:24+	03:34+	03:03+	01:53+		
03:10@	03:05@	01:02@	01:46@	01:17@	03:46@	01:12@	01:01@	00:52&	01:28@	02:03@	01:50@	01:13@		

68	Åse Karoline B. Berg	115												39:49
05:26+	10:36+	12:21+	15:13+	17:21+	23:20+	25:31+	27:08+	28:51+	31:21+	34:51+	37:58+	39:49+		
05:26+	05:10+	01:45+	02:52+	02:08+	05:59+	02:11+	01:37+	01:43+	02:30+	03:30+	03:07+	01:51+		
03:07@	03:13@	00:56@	01:45@	01:20@	03:42@	01:18@	00:56@	00:50&	01:34@	01:59@	01:54@	01:11@		

69	Anne Lise Lunde	46												42:21
04:08+	07:24+	08:34+	12:03+	13:39+	17:17+	18:34+	32:22+	34:09+	36:33+	38:17+	41:21+	42:21+		
04:08+	03:16+	01:10+	03:29+	01:36+	03:38+	01:17+	13:48+	01:47+	02:24+	01:44+	03:04+	01:00+		
01:49&	01:19&	00:21&	02:22@	00:48&	01:21&	00:24&	13:07@	00:54@	01:28@	00:13#	01:51@	00:20&		

70	May Kristin Haaland	47												42:29
06:17+	16:26+	18:20+	20:05+	21:11+	26:22+	28:13+	29:46+	34:58+	36:40+	39:56+	41:38+	42:29+		
06:17+	10:09+	01:54+	01:45+	01:06+	05:11+	01:51+	01:33+	05:12+	01:42+	03:16+	01:42+	00:51+		
03:58@	08:12@	01:05@	00:38&	00:18&	02:54@	00:58@	00:52@	04:19@	00:46&	01:45@	00:29&	00:11&		

Beste strekktid for klassen
 02:19 01:57 00:40 01:01 00:46 02:07 00:45 00:41 00:36 00:53 01:09 01:06 00:31

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

Herrer 16 - 39 år

1	Joakim B. Enne Haug	71												19:58		
01:34=	03:21=	04:35=	05:19=	06:45=	07:17=	08:37=	10:09=	13:04=	14:27=	15:33=	16:19=	17:02=	17:30=	18:13=	19:26=	19:58=
01:34=	01:47=	01:14=	00:44=	01:26=	00:32=	01:20=	01:32=	02:55=	01:23=	01:06=	00:46=	00:43=	00:28=	00:43=	01:13=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Magnar Haugenes Rake	92												20:22		
01:47+	03:30+	04:44+	05:24+	06:58+	07:27+	08:40+	10:33+	13:20+	14:43+	15:50+	16:42+	17:27+	18:02+	18:43+	19:51+	20:22+
01:47+	01:43+	01:14=	00:40-	01:34+	00:29-	01:13-	01:53+	02:47-	01:23=	01:07+	00:52+	00:45+	00:35+	00:41-	01:08-	00:31-
00:13#	00:04-	00:00=	00:04-	00:08+	00:03-	00:07-	00:21#	00:08-	00:00=	00:01+	00:06#	00:02+	00:07#	00:02-	00:05-	00:01-

3	Jørgen Strømstad	50												20:44		
01:37+	03:27+	04:41+	05:21+	06:48+	07:18+	08:33-	09:58-	13:05+	14:39+	16:03+	16:45+	17:35+	18:12+	18:59+	20:17+	20:44+
01:37+	01:50+	01:14=	00:40-	01:27+	00:30-	01:15-	01:25-	03:07+	01:34+	01:24+	00:42-	00:50+	00:37+	00:47+	01:18+	00:27-
00:03+	00:03+	00:00=	00:04-	00:01+	00:02-	00:05-	00:07-	00:12+	00:11#	00:18&	00:04-	00:07#	00:09&	00:04+	00:05+	00:05-

4	Andreas Segadal Breiland	194												20:46		
01:59+	03:37+	04:57+	05:33+	07:03+	07:35+	08:48+	10:10+	13:35+	14:50+	16:02+	16:44+	17:28+	17:58+	18:44+	20:13+	20:46+
01:59+	01:38-	01:20+	00:36-	01:30+	00:32=	01:13-	01:22-	03:25+	01:15-	01:12+	00:42-	00:44+	00:30+	00:46+	01:29+	00:33+
00:25&	00:09-	00:06+	00:08-	00:04+	00:00=	00:07-	00:10-	00:30#	00:08-	00:06+	00:04-	00:01+	00:02+	00:03+	00:16#	00:01+

5	Sam McCloy	271												20:55		
01:35+	03:19-	04:50+	05:25+	07:02+	07:30+	08:45+	11:02+	14:07+	15:23+	16:39+	17:17+	18:03+	18:30+	19:15+	20:24+	20:55+
01:35+	01:44-	01:31+	00:35-	01:37+	00:28-	01:15-	02:17+	03:05+	01:16-	01:16+	00:38-	00:46+	00:27-	00:45+	01:09-	00:31-
00:01+	00:03-	00:17#	00:09-	00:11#	00:04-	00:05-	00:45&	00:10+	00:07-	00:10#	00:08-	00:03+	00:01-	00:02+	00:04-	00:01-

Class	Navn	Klasse										Tid				
6	Trond Evensen	116										21:17				
01:36+	03:20-	04:47+	05:20+	06:58+	07:31+	08:46+	10:16+	13:25+	14:58+	16:13+	16:53+	17:42+	18:38+	19:25+	20:43+	21:17+
01:36+	01:44-	01:27+	00:33+	01:38+	00:33+	01:15-	01:30-	03:09+	01:33+	01:15+	00:40-	00:49+	00:56+	00:47+	01:18+	00:34+
00:02+	00:03-	00:13#	00:11-	00:12#	00:01+	00:05-	00:02-	00:14+	00:10#	00:09#	00:06-	00:06#	00:28&	00:04+	00:05+	00:02+
7	Vegard Karlsen	50										21:47				
01:35+	03:24+	04:49+	05:32+	06:59+	07:30+	08:50+	10:24+	13:35+	14:55+	16:10+	16:51+	18:44+	19:16+	20:01+	21:15+	21:47+
01:35+	01:49+	01:25+	00:43-	01:27+	00:31-	01:20=	01:34+	03:11+	01:20-	01:15+	00:41-	01:53+	00:32+	00:45+	01:14+	00:32=
00:01+	00:02+	00:11#	00:01-	00:01+	00:01-	00:00=	00:02+	00:16+	00:03-	00:09#	00:05-	01:10@	00:04#	00:02+	00:01+	00:00=
8	Cato Eike	79										22:10				
01:37+	03:19-	04:32-	05:16-	06:35-	07:07-	08:24-	09:44-	13:23+	14:37+	15:52+	18:25+	19:11+	19:49+	20:33+	21:43+	22:10+
01:37+	01:42-	01:13-	00:44=	01:19-	00:32=	01:17-	01:20-	03:39+	01:14-	01:15+	02:33+	00:46+	00:38+	00:44+	01:10-	00:27-
00:03+	00:05-	00:01-	00:00=	00:07-	00:00=	00:03-	00:12-	00:44&	00:09-	00:09#	01:47@	00:03+	00:10&	00:01+	00:03-	00:05-
9	Rune Svihus	62										22:14				
02:36+	04:16+	05:52+	06:31+	07:52+	08:24+	09:36+	10:59+	14:47+	16:02+	17:10+	17:48+	18:45+	19:33+	20:21+	21:39+	22:14+
02:36+	01:40-	01:36+	00:39-	01:21-	00:32=	01:12-	01:23-	03:48+	01:15-	01:08+	00:38-	00:57+	00:48+	00:48+	01:18+	00:35+
01:02&	00:07-	00:22&	00:05-	00:05-	00:00=	00:08-	00:09-	00:53&	00:08-	00:02+	00:08-	00:14&	00:20&	00:05#	00:05+	00:03+
10	Torbjørn Ims Østby	53										22:17				
01:43+	04:20+	05:46+	06:25+	08:00+	08:33+	09:46+	11:18+	14:30+	15:57+	17:22+	18:10+	18:59+	19:40+	20:26+	21:48+	22:17+
01:43+	02:37+	01:26+	00:39-	01:35+	00:33+	01:13-	01:32=	03:12+	01:27+	01:25+	00:48+	00:49+	00:41+	00:46+	01:22+	00:29-
00:09+	00:50&	00:12#	00:05-	00:09#	00:01+	00:07-	00:00=	00:17+	00:04+	00:19&	00:02+	00:06#	00:13&	00:03+	00:09#	00:03-
11	Magne Habbestad	111										22:24				
01:33-	03:32+	05:00+	05:43+	07:18+	07:51+	09:08+	10:40+	13:55+	15:45+	17:16+	17:55+	18:50+	19:27+	20:22+	21:46+	22:24+
01:33-	01:59+	01:28+	00:43-	01:35+	00:33+	01:17-	01:32=	03:15+	01:50+	01:31+	00:39-	00:55+	00:37+	00:55+	01:24+	00:38+
00:01-	00:12#	00:14#	00:01-	00:09#	00:01+	00:03-	00:00=	00:20#	00:27&	00:25&	00:07-	00:12&	00:09&	00:12&	00:11#	00:06#
12	Morten Fenne	228										22:25				
01:26-	03:23+	04:41+	05:14-	07:07+	07:42+	09:00+	10:58+	14:19+	15:45+	16:58+	18:07+	18:57+	19:38+	20:23+	21:57+	22:25+
01:26-	01:57+	01:18+	00:33-	01:53+	00:35+	01:18-	01:58+	03:21+	01:26+	01:13+	01:09+	00:50+	00:41+	00:45+	01:34+	00:28-
00:08-	00:10+	00:04+	00:11-	00:27&	00:03+	00:02-	00:26&	00:26#	00:03+	00:07#	00:23&	00:07#	00:13&	00:02+	00:21&	00:04-
13	Hans Kristian Bø	66										22:26				
01:42+	03:38+	05:09+	05:47+	07:25+	07:58+	09:20+	10:59+	14:53+	16:21+	17:31+	18:35+	19:21+	19:59+	20:49+	21:56+	22:26+
01:42+	01:56+	01:31+	00:38-	01:38+	00:33+	01:22+	01:39+	03:54+	01:28+	01:10+	01:04+	00:46+	00:38+	00:50+	01:07-	00:30-
00:08+	00:09+	00:17#	00:06-	00:12#	00:01+	00:02+	00:07+	00:59&	00:05+	00:04+	00:18&	00:03+	00:10&	00:07#	00:06-	00:02-
14	Lars Anders Drange	116										23:08				
02:00+	03:57+	06:10+	07:02+	08:36+	09:06+	10:25+	11:50+	15:21+	16:56+	18:08+	18:44+	19:26+	20:00+	20:43+	22:36+	23:08+
02:00+	01:57+	02:13+	00:52+	01:34+	00:30-	01:19-	01:25-	03:31+	01:35+	01:12+	00:36-	00:42-	00:34+	00:43=	01:53+	00:32=
00:26&	00:10+	00:59&	00:08#	00:08+	00:02-	00:01-	00:07-	00:36#	00:12#	00:06+	00:10-	00:01-	00:06#	00:00=	00:40&	00:00=
15	Bjørnar A. Alvær Sandsmark	68										23:24				
01:44+	03:25+	05:08+	05:57+	07:30+	08:04+	09:31+	11:04+	14:29+	16:00+	17:26+	18:25+	19:38+	20:26+	21:21+	22:48+	23:24+
01:44+	01:41-	01:43+	00:49+	01:33+	00:34+	01:27+	01:33+	03:25+	01:31+	01:26+	00:59+	01:13+	00:48+	00:55+	01:27+	00:36+
00:10#	00:06-	00:29&	00:05#	00:07+	00:02+	00:07+	00:01+	00:30#	00:08+	00:20&	00:13&	00:30&	00:20&	00:12&	00:14#	00:04#
16	Asgeir Nærland	88										23:27				
01:58+	03:54+	05:24+	06:14+	08:13+	08:43+	10:05+	12:03+	15:11+	16:40+	18:07+	19:07+	20:05+	20:47+	21:37+	22:57+	23:27+
01:58+	01:56+	01:30+	00:50+	01:59+	00:30-	01:22+	01:58+	03:08+	01:29+	01:27+	01:00+	00:58+	00:42+	00:50+	01:20+	00:30-
00:24&	00:09+	00:16#	00:06#	00:33&	00:02-	00:02+	00:26&	00:13+	00:06+	00:21&	00:14&	00:15&	00:14&	00:07#	00:07+	00:02-
17	Svein Kyllingstad	71										23:30				
02:03+	03:56+	05:35+	06:23+	08:09+	08:48+	10:12+	11:44+	15:13+	16:41+	17:53+	18:55+	20:19+	20:52+	21:37+	22:58+	23:30+
02:03+	01:53+	01:39+	00:48+	01:46+	00:39+	01:24+	01:32=	03:29+	01:28+	01:12+	01:02+	01:24+	00:33+	00:45+	01:21+	00:32=
00:29&	00:06+	00:25&	00:04+	00:20#	00:07#	00:04+	00:00=	00:34#	00:05+	00:06+	00:16&	00:41&	00:05#	00:02+	00:08#	00:00=
18	David Wade	116										23:40				
01:42+	03:34+	05:08+	05:58+	07:47+	08:39+	10:06+	11:40+	15:06+	16:39+	17:59+	18:57+	19:59+	20:53+	21:43+	23:09+	23:40+
01:42+	01:52+	01:34+	00:50+	01:49+	00:52+	01:27+	01:34+	03:26+	01:33+	01:20+	00:58+	01:02+	00:54+	00:50+	01:26+	00:31-
00:08+	00:05+	00:20&	00:06#	00:23&	00:20&	00:07+	00:02+	00:31#	00:10#	00:14#	00:12&	00:19&	00:26&	00:07#	00:13#	00:01-
19	Kjetil Hollund	108										23:59				
01:28-	03:22+	05:09+	05:56+	07:31+	08:06+	09:33+	11:17+	15:09+	16:50+	18:29+	19:26+	20:22+	20:54+	21:48+	23:23+	23:59+
01:28-	01:54+	01:47+	00:47+	01:35+	00:35+	01:27+	01:44+	03:52+	01:41+	01:39+	00:57+	00:56+	00:32+	00:54+	01:35+	00:36+
00:06-	00:07+	00:33&	00:03+	00:09#	00:03+	00:07+	00:12#	00:57&	00:18#	00:33&	00:11#	00:13&	00:04#	00:11&	00:22&	00:04#
20	Rolf André Svellingen	268										24:17				
01:40+	03:39+	05:06+	05:56+	07:29+	08:03+	09:32+	11:06+	14:42+	16:19+	18:16+	19:40+	20:34+	21:13+	22:04+	23:40+	24:17+
01:40+	01:59+	01:27+	00:50+	01:33+	00:34+	01:29+	01:34+	03:36+	01:37+	01:57+	01:24+	00:54+	00:39+	00:51+	01:36+	00:37+
00:06+	00:12#	00:13#	00:06#	00:07+	00:02+	00:09#	00:02+	00:41#	00:14#	00:51&	00:38&	00:11&	00:11&	00:08#	00:23&	00:05#

Class	Navn	Klasse										Tid				
21	Rune Lode	175										24:39				
02:03+	04:16+	05:45+	06:30+	08:08+	08:53+	10:12+	12:13+	15:59+	17:23+	18:37+	20:23+	21:16+	21:59+	22:41+	24:10+	24:39+
02:03+	02:13+	01:29+	00:45+	01:38+	00:45+	01:19+	02:01+	03:46+	01:24+	01:14+	01:46+	00:53+	00:43+	00:42+	01:29+	00:29-
00:29&	00:26#	00:15#	00:01+	00:12#	00:13&	00:01-	00:29&	00:51&	00:01+	00:08#	01:00@	00:10#	00:15&	00:01-	00:16#	00:03-
22	Richard Galle	66										24:44				
02:03+	05:04+	06:36+	07:39+	09:02+	09:33+	10:47+	12:14+	15:30+	17:06+	18:15+	18:56+	19:59+	20:50+	21:29+	24:10+	24:44+
02:03+	03:01+	01:32+	01:03+	01:23-	00:31-	01:14-	01:27-	03:16+	01:36+	01:09+	00:41-	01:03+	00:51+	00:39-	02:41+	00:34+
00:29&	01:14&	00:18#	00:19&	00:03-	00:01-	00:06-	00:05-	00:21#	00:13#	00:03+	00:05-	00:20&	00:23&	00:04-	01:28@	00:02+
23	Andreas Florian Ente	66										25:24				
01:56+	04:02+	06:01+	06:40+	08:27+	08:57+	11:04+	12:31+	17:08+	18:39+	19:53+	21:08+	21:59+	22:46+	23:28+	24:49+	25:24+
01:56+	02:06+	01:59+	00:39-	01:47+	00:30-	02:07+	01:27-	04:37+	01:31+	01:14+	01:15+	00:51+	00:47+	00:42-	01:21+	00:35+
00:22#	00:19#	00:45&	00:05-	00:21#	00:02-	00:47&	00:05-	01:42&	00:08+	00:08#	00:29&	00:08#	00:19&	00:01-	00:08#	00:03+
24	Dag Eivind Watsend	92										25:27				
01:47+	03:50+	05:39+	06:27+	08:06+	08:42+	10:48+	12:26+	15:56+	17:29+	18:57+	19:53+	20:47+	22:24+	23:10+	24:55+	25:27+
01:47+	02:03+	01:49+	00:48+	01:39+	00:36+	02:06+	01:38+	03:30+	01:33+	01:28+	00:56+	00:54+	01:37+	00:46+	01:45+	00:32=
00:13#	00:16#	00:35&	00:04+	00:13#	00:04#	00:46&	00:06+	00:35#	00:10#	00:22&	00:10#	00:11&	01:09@	00:03+	00:32&	00:00=
25	Olav Johannessen	105										25:55				
01:37+	03:52+	05:40+	06:27+	08:14+	08:50+	10:20+	12:02+	15:53+	17:37+	19:18+	20:29+	21:24+	22:46+	23:31+	25:19+	25:55+
01:37+	02:15+	01:48+	00:47+	01:47+	00:36+	01:30+	01:42+	03:51+	01:44+	01:41+	01:11+	00:55+	01:22+	00:45+	01:48+	00:36+
00:03+	00:28&	00:34&	00:03+	00:21#	00:04#	00:10#	00:10#	00:56&	00:21&	00:35&	00:25&	00:12&	00:54@	00:02+	00:35&	00:04#
26	Simen Auli Staff	115										25:57				
02:16+	04:12+	05:54+	06:41+	08:40+	09:13+	10:39+	12:34+	16:44+	18:12+	19:46+	21:33+	22:29+	23:03+	23:53+	25:19+	25:57+
02:16+	01:56+	01:42+	00:47+	01:59+	00:33+	01:26+	01:55+	04:10+	01:28+	01:34+	01:47+	00:56+	00:34+	00:50+	01:26+	00:38+
00:42&	00:09+	00:28&	00:03+	00:33&	00:01+	00:06+	00:23#	01:15&	00:05+	00:28&	01:01@	00:13&	00:06#	00:07#	00:13#	00:06#
27	Rune Hatle	65										26:13				
01:52+	03:51+	05:38+	06:25+	08:16+	08:53+	10:23+	12:09+	16:02+	17:31+	19:22+	20:30+	21:28+	22:05+	22:55+	25:38+	26:13+
01:52+	01:59+	01:47+	00:47+	01:51+	00:37+	01:30+	01:46+	03:53+	01:29+	01:51+	01:08+	00:58+	00:37+	00:50+	02:43+	00:35+
00:18#	00:12#	00:33&	00:03+	00:25&	00:05#	00:10#	00:14#	00:58&	00:06+	00:45&	00:22&	00:15&	00:09&	00:07#	01:30@	00:03+
28	Rune Dahl Fitjar	90										26:46				
01:55+	04:17+	05:57+	06:52+	08:47+	09:28+	11:17+	13:16+	17:21+	19:08+	20:55+	21:52+	22:54+	23:30+	24:30+	26:10+	26:46+
01:55+	02:22+	01:40+	00:55+	00:55+	00:41+	01:49+	01:59+	04:05+	01:47+	01:47+	00:57+	01:02+	00:36+	01:00+	01:40+	00:36+
00:21#	00:35&	00:26&	00:11#	00:29&	00:09&	00:29&	00:27&	01:10&	00:24&	00:41&	00:11#	00:19&	00:08&	00:17&	00:27&	00:04#
29	Torbjørn Fuglestad	116										26:48				
02:10+	04:26+	06:00+	06:46+	08:37+	09:33+	11:20+	13:14+	17:39+	19:35+	21:08+	22:00+	23:01+	23:39+	24:40+	26:20+	26:48+
02:10+	02:16+	01:34+	00:46+	01:51+	00:56+	01:47+	01:54+	04:25+	01:56+	01:33+	00:52+	01:01+	00:38+	01:01+	01:40+	00:28-
00:36&	00:29&	00:20&	00:02+	00:25&	00:24&	00:27&	00:22#	01:30&	00:33&	00:27&	00:06#	00:18&	00:10&	00:18&	00:27&	00:04-
30	Trygve Carlsen Kjørslevik	27										26:51				
02:33+	04:40+	06:57+	07:44+	09:44+	10:22+	11:42+	14:02+	17:23+	19:08+	20:29+	21:34+	22:42+	23:41+	24:37+	26:18+	26:51+
02:33+	02:07+	02:17+	00:47+	02:00+	00:38+	01:20=	02:20+	03:21+	01:45+	01:21+	01:05+	01:08+	00:59+	00:56+	01:41+	00:33+
00:59&	00:20#	01:03&	00:03+	00:34&	00:06#	00:00=	00:48&	00:26#	00:22&	00:15#	00:19&	00:25&	00:31@	00:13&	00:28&	00:01+
31	Riccardo Momoli	37										27:47				
02:11+	04:00+	05:51+	06:48+	08:20+	09:06+	10:45+	12:37+	17:10+	18:55+	20:46+	21:50+	22:59+	23:59+	24:54+	27:17+	27:47+
02:11+	01:49+	01:51+	00:57+	01:32+	00:46+	01:39+	01:52+	04:33+	01:45+	01:51+	01:04+	01:09+	01:00+	00:55+	02:23+	00:30-
00:37&	00:02+	00:37&	00:13&	00:06+	00:14&	00:19#	00:20#	01:38&	00:22&	00:45&	00:18&	00:26&	00:32@	00:12&	01:10&	00:02-
32	Ole-Tobias Frich	116										28:16				
02:00+	04:42+	06:54+	07:45+	09:40+	10:23+	12:02+	13:51+	18:17+	20:10+	21:46+	22:45+	23:45+	25:00+	25:57+	27:32+	28:16+
02:00+	02:42+	02:12+	00:51+	01:55+	00:43+	01:39+	01:49+	04:26+	01:53+	01:36+	00:59+	01:00+	01:15+	00:57+	01:35+	00:44+
00:26&	00:55&	00:58&	00:07#	00:29&	00:11&	00:19#	00:17#	01:31&	00:30&	00:30&	00:13&	00:17&	00:47@	00:14&	00:22&	00:12&
33	Alexander Khorunzhiy	136										28:23				
02:58+	05:09+	07:01+	08:26+	10:07+	10:47+	12:45+	14:29+	19:18+	21:07+	22:41+	23:34+	24:33+	25:11+	26:06+	27:47+	28:23+
02:58+	02:11+	01:52+	01:25+	01:41+	00:40+	01:58+	01:44+	04:49+	01:49+	01:34+	00:53+	00:59+	00:38+	00:55+	01:41+	00:36+
01:24&	00:24#	00:38&	00:41&	00:15#	00:08#	00:38&	00:12#	01:54&	00:26&	00:28&	00:07#	00:16&	00:10&	00:12&	00:28&	00:04#
34	Nathan Bukhalter	37										28:52				
03:17+	05:03+	06:54+	07:52+	09:22+	10:08+	11:46+	13:39+	17:54+	19:51+	21:54+	22:58+	24:01+	25:02+	25:56+	28:20+	28:52+
03:17+	01:46-	01:51+	00:58+	01:30+	00:46+	01:38+	01:53+	04:15+	01:57+	02:03+	01:04+	01:03+	01:01+	00:54+	02:24+	00:32=
01:43@	00:01-	00:37&	00:14&	00:04+	00:14&	00:18#	00:21#	01:20&	00:34&	00:57&	00:18&	00:20&	00:33@	00:11&	01:11&	00:00=
35	Andreas Jørgensen	19										29:42				
02:41+	04:48+	06:55+	07:51+	09:59+	10:37+	12:10+	14:38+	19:58+	22:01+	23:24+	24:42+	25:37+	26:21+	27:17+	28:55+	29:42+
02:41+	02:07+	02:07+	00:56+	02:08+	00:38+	01:33+	02:28+	05:20+	02:03+	01:23+	01:18+	00:55+	00:44+	00:56+	01:38+	00:47+
01:07&	00:20#	00:53&	00:12&	00:42&	00:06#	00:13#	00:56&	02:25&	00:40&	00:17&	00:32&	00:12&	00:16&	00:13&	00:25&	00:15&

Class	Navn	Klasse										Tid								
36	Torbjørn N. Aspelund	62										31:36								
		01:41+	03:38+	05:20+	07:26+	09:19+	09:55+	11:27+	15:10+	19:52+	21:46+	23:24+	26:00+	27:20+	28:21+	29:18+	30:58+	31:36+		
		01:41+	01:57+	01:42+	02:06+	01:53+	00:36+	01:32+	03:43+	04:42+	01:54+	01:38+	02:36+	01:20+	01:01+	00:57+	01:40+	00:38+		
		00:07+	00:10+	00:28&	01:22@	00:27&	00:04#	00:12#	02:11@	01:47&	00:31&	00:32&	01:50@	00:37&	00:33@	00:14&	00:27&	00:06#		
Beste strekktid for klassen		01:26	01:38	01:13	00:33	01:19	00:28	01:12	01:20	02:47	01:14	01:06	00:36	00:42	00:27	00:39	01:07	00:27		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
Herrer 40 - 49 år																				
1	Bård Skogsholm	40										21:36								
		00:41=	01:10=	03:01=	04:10=	05:23=	05:54=	07:13=	07:47=	09:11=	09:48=	11:56=	16:32=	16:55=	17:57=	18:49=	19:44=	20:59=	21:18=	21:36=
		00:41=	00:29=	01:51=	01:09=	01:13=	00:31=	01:19=	00:34=	01:24=	00:37=	02:08=	04:36=	00:23=	01:02=	00:52=	00:55=	01:15=	00:19=	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=
2	Oddmund Nordgård	105										23:19								
		00:38-	01:05-	02:49-	03:50-	05:19-	05:52-	07:09-	07:49+	09:14+	09:55+	12:15+	16:56+	17:55+	19:12+	20:09+	21:11+	22:34+	23:00+	23:19+
		00:38-	00:27-	01:44-	01:01-	01:29+	00:33+	01:17-	00:40+	01:25+	00:41+	02:20+	04:41+	00:59+	01:17+	00:57+	01:02+	01:23+	00:26+	00:19+
		00:03-	00:02-	00:07-	00:08-	00:16#	00:02+	00:02-	00:06#	00:01+	00:04#	00:12+	00:05+	00:36@	00:15#	00:05+	00:07#	00:08#	00:07&	00:01+
3	Håvard Svihus	267										23:34								
		00:39-	01:07-	03:17+	04:38+	06:36+	07:09+	08:28+	09:06+	10:49+	11:28+	13:34+	18:03+	18:42+	19:32+	20:30+	21:29+	22:51+	23:15+	23:34+
		00:39-	00:28-	02:10+	01:21+	01:58+	00:33+	01:19=	00:38+	01:43+	00:39+	02:06-	04:29-	00:39+	00:50-	00:58+	00:59+	01:22+	00:24+	00:19+
		00:02-	00:01-	00:19#	00:12#	00:45&	00:02+	00:00=	00:04#	00:19#	00:02+	00:02-	00:07-	00:16&	00:12-	00:06#	00:04+	00:07#	00:05&	00:01+
4	Arngrim Utskarpen	117										24:07								
		00:35-	00:57-	03:16+	04:14+	05:39+	06:25+	07:41+	08:17+	09:55+	10:39+	12:37+	17:53+	18:31+	19:54+	20:52+	21:57+	23:18+	23:47+	24:07+
		00:35-	00:22-	02:19+	00:58-	01:25+	00:46+	01:16-	00:36+	01:38+	00:44+	01:58-	05:16+	00:38+	01:23+	00:58+	01:05+	01:21+	00:29+	00:20+
		00:06-	00:07-	00:28&	00:11-	00:12#	00:15&	00:03-	00:02+	00:14#	00:07#	00:10-	00:40#	00:15&	00:21&	00:06#	00:10#	00:06+	00:10&	00:02#
5	Steinar Hansen	27										24:11								
		00:28-	00:51-	02:32-	03:37-	04:58-	05:30-	06:43-	07:24-	08:55-	09:42-	12:03+	17:08+	17:59+	19:22+	20:20+	21:15+	23:12+	23:49+	24:11+
		00:28-	00:23-	01:41-	01:05-	01:21+	00:32+	01:13-	00:41+	01:31+	00:47+	02:21+	05:05+	00:51+	01:23+	00:58+	00:55=	01:57+	00:37+	00:22+
		00:13-	00:06-	00:10-	00:04-	00:08#	00:01+	00:06-	00:07#	00:07+	00:10&	00:13#	00:29#	00:28@	00:21&	00:06#	00:00=	00:42&	00:18&	00:04#
6	Ådne Hausberg	7										24:45								
		00:32-	01:00-	03:03+	04:24+	06:02+	06:32+	07:33+	08:10+	09:32+	10:14+	12:23+	17:40+	18:55+	20:01+	21:09+	22:12+	23:58+	24:25+	24:45+
		00:32-	00:28-	02:03+	01:21+	01:38+	00:30-	01:01-	00:37+	01:22-	00:42+	02:09+	05:17+	01:15+	01:06+	01:08+	01:03+	01:46+	00:27+	00:20+
		00:09-	00:01-	00:12#	00:12#	00:25&	00:01-	00:18-	00:03+	00:02-	00:05#	00:01+	00:41#	00:52@	00:04+	00:16&	00:08#	00:31&	00:08&	00:02#
7	Per Ivar Hovstad	116										24:57								
		00:41=	01:07-	03:10+	04:45+	06:51+	07:24+	08:31+	09:14+	10:49+	11:33+	13:42+	18:38+	19:10+	20:23+	21:16+	22:39+	24:02+	24:31+	24:57+
		00:41=	00:26-	02:03+	01:35+	02:06+	00:33+	01:07-	00:43+	01:35+	00:44+	02:09+	04:56+	00:32+	01:13+	00:53+	01:23+	01:23+	00:29+	00:26+
		00:00=	00:03-	00:12#	00:26&	00:53&	00:02+	00:12-	00:09&	00:11#	00:07#	00:01+	00:20+	00:09&	00:11#	00:01+	00:28&	00:08#	00:10&	00:08&
8	Svein Oddvar Netland	116										25:15								
		00:37-	00:56-	02:44-	04:03-	05:29+	05:56+	07:22+	08:21+	09:58+	10:47+	13:06+	18:21+	18:58+	20:22+	21:26+	22:33+	24:10+	24:52+	25:15+
		00:37-	00:19-	01:48-	01:19+	01:26+	00:27-	01:26+	00:59+	01:37+	00:49+	02:19+	05:15+	00:37+	01:24+	01:04+	01:07+	01:37+	00:42+	00:23+
		00:04-	00:10-	00:03-	00:10#	00:13#	00:04-	00:07+	00:25&	00:13#	00:12&	00:11+	00:39#	00:14&	00:22&	00:12#	00:12#	00:22&	00:23@	00:05&
9	Arne Hetlelid	98										25:19								
		00:32-	00:55-	03:47+	04:46+	06:06+	06:40+	08:10+	08:47+	10:35+	11:18+	13:46+	19:06+	19:34+	20:37+	21:35+	22:45+	24:31+	24:55+	25:19+
		00:32-	00:23-	02:52+	00:59-	01:20+	00:34+	01:30+	00:37+	01:48+	00:43+	02:28+	05:20+	00:28+	01:03+	00:58+	01:10+	01:46+	00:24+	00:24+
		00:09-	00:06-	01:01&	00:10-	00:07+	00:03+	00:11#	00:03+	00:24&	00:06#	00:20#	00:44#	00:05#	00:01+	00:06#	00:15&	00:31&	00:05&	00:06&
10	Jakob Ravnås	200										25:40								
		00:37-	00:58-	02:48-	04:34+	06:18+	06:53+	08:00+	08:48+	10:29+	11:10+	13:21+	19:07+	19:38+	20:43+	21:47+	22:51+	24:53+	25:20+	25:40+
		00:37-	00:21-	01:50-	01:46+	01:44+	00:35+	01:07-	00:48+	01:41+	00:41+	02:11+	05:46+	00:31+	01:05+	01:04+	01:04+	02:02+	00:27+	00:20+
		00:04-	00:08-	00:01-	00:37&	00:31&	00:04#	00:12-	00:14&	00:17#	00:04#	00:03+	01:10&	00:08&	00:03+	00:12#	00:09#	00:47&	00:08&	00:02#
11	Øystein Fuglestad	46										25:55								
		00:32-	00:51-	02:47-	04:02-	05:27+	06:02+	07:23+	08:10+	09:36+	10:25+	12:46+	19:03+	19:41+	20:45+	22:04+	23:24+	25:08+	25:36+	25:55+
		00:32-	00:19-	01:56+	01:15+	01:25+	00:35+	01:21+	00:47+	01:26+	00:49+	02:21+	06:17+	00:38+	01:04+	01:19+	01:20+	01:44+	00:28+	00:19+
		00:09-	00:10-	00:05+	00:06+	00:12#	00:04#	00:02+	00:13&	00:02+	00:12&	00:13#	01:41&	00:15&	00:02+	00:27&	00:25&	00:29&	00:09&	00:01+
12	Arne Vagle	200										26:05								
		00:39-	01:04-	03:11+	04:23+	05:42+	06:16+	07:49+	08:29+	10:06+	10:49+	13:35+	18:44+	19:25+	20:30+	21:29+	22:26+	24:42+	25:45+	26:05+
		00:39-	00:25-	02:07+	01:12+	01:19+	00:34+	01:33+	00:40+	01:37+	00:43+	02:46+	05:09+	00:41+	01:05+	00:59+	00:57+	02:16+	01:03+	00:20+
		00:02-	00:04-	00:16#	00:03+	00:06+	00:03+	00:14#	00:06#	00:13#	00:06#	00:38&	00:33#	00:18&	00:03+	00:07#	00:02+	01:01&	00:44@	00:02#

Class	Navn	Klasse										Tid						
13	André Sirevåg	116										26:12						
00:43+	01:09-	03:29+	04:47+	06:12+	06:45+	08:13+	08:50+	10:26+	11:18+	13:43+	19:14+	20:06+	21:15+	22:16+	23:31+	24:58+	25:47+	26:12+
00:43+	00:26-	02:12+	01:18+	01:25+	00:33+	01:28+	00:37+	01:36+	00:52+	02:25+	05:31+	00:52+	01:09+	01:01+	01:15+	01:27+	00:49+	00:25+
00:02+	00:03-	00:29&	00:09#	00:12#	00:02+	00:09#	00:03+	00:12#	00:15&	00:17#	00:55#	00:29@	00:07#	00:09#	00:20&	00:12#	00:30@	00:07&
14	Ingvar Heien	47										26:29						
00:31-	00:55-	03:07+	04:25+	05:38+	06:10+	07:20+	08:04+	10:15+	11:02+	14:07+	18:46+	19:32+	21:51+	22:51+	23:55+	25:25+	26:05+	26:29+
00:31-	00:24-	02:12+	01:18+	01:13=	00:32+	01:10-	00:44+	02:11+	00:47+	03:05+	04:39+	00:46+	02:19+	01:00+	01:04+	01:30+	00:40+	00:24+
00:10-	00:05-	00:21#	00:09#	00:00=	00:01+	00:09-	00:10&	00:47&	00:10&	00:57&	00:03+	00:23&	01:17@	00:08#	00:09#	00:15#	00:21@	00:06&
15	Peter Chapman	117										27:12						
01:09+	01:30+	03:20+	04:15+	05:31+	05:59+	07:09-	07:47=	09:45+	10:20+	12:04+	18:38+	19:27+	22:29+	23:26+	24:17+	25:48+	26:51+	27:12+
01:09+	00:21-	01:50-	00:55-	01:16+	00:28-	01:10-	00:38+	01:58+	00:35-	01:44-	06:34+	00:49+	03:02+	00:57+	00:51-	01:31+	01:03+	00:21+
00:28&	00:08-	00:01-	00:14-	00:03+	00:03-	00:09-	00:04#	00:34&	00:02-	00:24-	01:58&	00:26@	02:00@	00:05+	00:04-	00:16#	00:44@	00:03#
16	Stein Arve Finnestad	136										27:36						
01:09+	01:37+	03:45+	05:09+	06:36+	07:22+	08:39+	09:25+	11:10+	12:09+	14:45+	20:53+	21:38+	22:50+	23:52+	24:58+	26:42+	27:13+	27:36+
01:09+	00:28-	02:08#	01:24+	01:27+	00:46+	01:17-	00:46+	01:45+	00:59+	02:36+	06:08+	00:45+	01:12+	01:02+	01:06+	01:44+	00:31+	00:23+
00:28&	00:01-	00:17#	00:15#	00:14#	00:15&	00:02-	00:12&	00:21#	00:22&	00:28#	01:32&	00:22&	00:10#	00:10#	00:11#	00:29&	00:12&	00:05&
17	Svend Vihovde	116										27:52						
00:30-	00:54-	03:25+	04:48+	06:29+	07:09+	08:52+	09:35+	11:17+	12:06+	14:54+	20:52+	21:28+	22:39+	23:45+	24:58+	26:49+	27:21+	27:52+
00:30-	00:24-	02:31+	01:23+	01:41+	00:40+	01:43+	00:43+	01:42+	00:49+	02:48+	05:58+	00:36+	01:11+	01:06+	01:13+	01:51+	00:32+	00:31+
00:11-	00:05-	00:40&	00:14#	00:28&	00:09&	00:24&	00:09&	00:18#	00:12&	00:40&	01:22&	00:13&	00:09#	00:14&	00:18&	00:36&	00:13&	00:13&
18	Jørgen Nilsen	53										28:18						
04:57+	05:27+	07:27+	08:38+	10:09+	10:38+	11:45+	12:26+	14:02+	14:45+	16:45+	21:54+	22:27+	23:42+	24:44+	25:52+	27:26+	27:55+	28:18+
04:57+	00:30+	02:00+	01:11+	01:31+	00:29-	01:07-	00:41+	01:36+	00:43+	02:00-	05:09+	00:33+	01:15+	01:02+	01:08+	01:34+	00:29+	00:23+
04:16@	00:01+	00:09+	00:02+	00:18#	00:02-	00:12-	00:07#	00:12#	00:06#	00:08-	00:33#	00:10&	00:13#	00:10#	00:13#	00:19&	00:10&	00:05&
19	John Breiland	157										28:56						
00:37-	01:05-	03:37+	04:58+	06:22+	06:56+	07:59+	09:35+	11:19+	12:07+	14:51+	22:08+	22:51+	24:03+	25:15+	26:18+	27:56+	28:32+	28:56+
00:37-	00:28-	02:32+	01:21+	01:24+	00:34+	01:03-	01:36+	01:44+	00:48+	02:44+	07:17+	00:43+	01:12+	01:12+	01:03+	01:38+	00:36+	00:24+
00:04-	00:01-	00:41&	00:12#	00:11#	00:03+	00:16-	01:02@	00:20#	00:11&	00:36&	02:41&	00:20&	00:10#	00:20&	00:08#	00:23&	00:17&	00:06&
20	Martin Simpson	167										29:15						
00:37-	01:01-	03:00-	04:10=	05:38+	07:40+	08:46+	09:24+	11:01+	11:42+	13:48+	18:59+	19:45+	20:53+	22:02+	23:24+	28:30+	28:53+	29:15+
00:37-	00:24-	01:59+	01:10+	01:28+	02:02+	01:06-	00:38+	01:37+	00:41+	02:06-	05:11+	00:46+	01:08+	01:09+	01:22+	05:06+	00:23+	00:22+
00:04-	00:05-	00:08+	00:01+	00:15#	01:31@	00:13-	00:04#	00:13#	00:04#	00:02-	00:35#	00:23&	00:06+	00:17&	00:27&	03:51@	00:04#	00:04#
21	Lars Primstad	62										30:40						
01:43+	03:32+	05:46+	07:06+	08:17+	09:04+	10:11+	11:22+	12:44+	13:22+	15:16+	20:26+	20:58+	22:04+	22:55+	23:50+	28:35+	30:20+	30:40+
01:43+	01:49+	02:14+	01:20+	01:11-	00:47+	01:07-	01:11+	01:22-	00:38+	01:54-	05:10+	00:32+	01:06+	00:51-	00:55=	04:45+	01:45+	00:20+
01:02@	01:20@	00:23#	00:11#	00:02-	00:16&	00:12-	00:37@	00:02-	00:01+	00:14-	00:34#	00:09&	00:04+	00:01-	00:00=	03:30@	01:26@	00:02#
22	Eivind Moi	116										45:18						
02:54+	03:28+	14:23+	16:05+	18:04+	19:03+	20:24+	21:49+	23:28+	24:34+	27:56+	38:05+	39:35+	40:24+	41:38+	42:45+	44:29+	44:54+	45:18+
02:54+	00:34+	10:55+	01:42+	01:59+	00:59+	01:21+	01:25+	01:39+	01:06+	03:22+	10:09+	01:30+	00:49-	01:14+	01:07+	01:44+	00:25+	00:24+
02:13@	00:05#	09:04@	00:33&	00:46&	00:28&	00:02+	00:51@	00:15#	00:29&	01:14&	05:33@	01:07@	00:13-	00:22&	00:12#	00:29&	00:06&	00:06&

Beste strekketid for klassen

00:28 00:19 01:41 00:55 01:11 00:27 01:01 00:34 01:22 00:35 01:44 04:29 00:23 00:49 00:51 00:51 01:15 00:19 00:18

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

Herrer 50 - 54 år

1	Jan Sigurd Eike	79										19:45							
00:28=	02:06=	04:09=	05:32=	06:58=	07:32=	08:51=	10:13=	10:54=	12:16=	13:04=	14:05=	14:39=	15:25=	17:21=	19:14=	19:45=			
00:28=	01:38=	02:03=	01:23=	01:26=	00:34=	01:19=	01:22=	00:41=	01:22=	00:48=	01:01=	00:34=	00:46=	01:56=	01:53=	00:31=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Tore Svendsen	27										19:50							
00:33+	01:59-	03:56-	05:37+	06:53-	07:34+	09:00+	10:29+	11:16+	12:49+	13:55+	14:56+	15:25+	15:55+	17:52+	19:14=	19:50+			
00:33+	01:26-	01:57-	01:41+	01:16-	00:41+	01:26+	01:29+	00:47+	01:33+	01:06+	01:01=	00:29-	00:30-	01:57+	01:22-	00:36+			
00:05#	00:12-	00:06-	00:18#	00:10-	00:07#	00:07+	00:07+	00:06#	00:11#	00:18&	00:00=	00:05-	00:16-	00:01+	00:31-	00:05#			
3	Anders Glenne	7										20:46							
00:38+	02:14+	04:09=	05:44+	07:09+	07:38+	09:28+	10:57+	11:49+	13:25+	14:56+	15:57+	16:25+	16:56+	18:55+	20:14+	20:46+			
00:38+	01:36-	01:55-	01:35+	01:25-	00:29-	01:50+	01:29+	00:52+	01:36+	01:31+	01:01=	00:28-	00:31-	01:59+	01:19-	00:32+			
00:10&	00:02-	00:08-	00:12#	00:01-	00:05-	00:31&	00:07+	00:11&	00:14#	00:43&	00:00=	00:06-	00:15-	00:03+	00:34-	00:01+			

Class	Navn	Klasse										Tid					
4	Øistein Haaland	116										20:57					
00:33+	02:01-	04:10+	05:44+	07:19+	08:26+	09:51+	11:18+	12:07+	13:32+	14:30+	15:29+	16:04+	16:53+	18:52+	20:23+	20:57+	
00:33+	01:28-	02:09+	01:34+	01:35+	01:07+	01:25+	01:27+	00:49+	01:25+	00:58+	00:59-	00:35+	00:49+	01:59+	01:31-	00:34+	
00:05#	00:10-	00:06+	00:11#	00:09#	00:33&	00:06+	00:05+	00:08#	00:03+	00:10#	00:02-	00:01+	00:03+	00:03+	00:22-	00:03+	
5	Øivind Berggraf	116										21:32					
00:37+	02:07+	04:13+	05:34+	06:56-	07:33+	09:45+	11:24+	12:09+	13:50+	14:49+	15:53+	16:25+	17:00+	19:22+	20:56+	21:32+	
00:37+	01:30-	02:06+	01:21-	01:22-	00:37+	02:12+	01:39+	00:45+	01:41+	00:59+	01:04+	00:32-	00:35-	02:22+	01:34-	00:36+	
00:09&	00:08-	00:03+	00:02-	00:04-	00:03+	00:53&	00:17#	00:04+	00:19#	00:11#	00:03+	00:02-	00:11-	00:26#	00:19-	00:05#	
6	Frank Hansen	29										22:08					
00:37+	02:09+	04:03-	05:34+	07:05+	07:59+	09:33+	11:15+	12:43+	14:57+	15:45+	16:53+	17:24+	18:00+	20:12+	21:32+	22:08+	
00:37+	01:32-	01:54-	01:31+	01:31+	00:54+	01:34+	01:42+	01:28+	02:14+	00:48=	01:08+	00:31-	00:36-	02:12+	01:20-	00:36+	
00:09&	00:06-	00:09-	00:08+	00:05+	00:20&	00:15#	00:20#	00:47@	00:52&	00:00=	00:07#	00:03-	00:10-	00:16#	00:33-	00:05#	
7	Arne Øvstebø	71										23:05					
00:43+	02:43+	04:58+	06:44+	08:16+	08:50+	10:27+	12:28+	13:31+	15:22+	16:31+	17:39+	18:11+	18:51+	21:15+	22:26+	23:05+	
00:43+	02:00+	02:15+	01:46+	01:32+	00:34=	01:37+	02:01+	01:03+	01:51+	01:09+	01:08+	00:32-	00:40-	02:24+	01:11-	00:39+	
00:15&	00:22#	00:12+	00:23&	00:06+	00:00=	00:18#	00:39&	00:22&	00:29&	00:21&	00:07#	00:02-	00:06-	00:28#	00:42-	00:08&	
8	Tor Sverre Skåra	266										23:51					
00:30+	02:25+	04:41+	06:31+	08:17+	08:54+	10:36+	12:22+	13:19+	15:09+	16:57+	18:05+	18:37+	19:19+	21:35+	23:20+	23:51+	
00:30+	01:55+	02:16+	01:50+	01:46+	00:37+	01:42+	01:46+	00:57+	01:50+	01:48+	01:08+	00:32-	00:42-	02:16+	01:45-	00:31=	
00:02+	00:17#	00:13#	00:27&	00:20#	00:03+	00:23&	00:24&	00:16&	00:28&	01:00@	00:07#	00:02-	00:04-	00:20#	00:08-	00:00=	
9	Trygve Michaelsen	117										23:56					
00:35+	02:20+	04:47+	06:11+	07:43+	08:18+	10:02+	11:43+	13:11+	14:48+	16:10+	17:15+	17:54+	19:27+	21:42+	23:19+	23:56+	
00:35+	01:45+	02:27+	01:24+	01:32+	00:35+	01:44+	01:41+	01:28+	01:37+	01:22+	01:05+	00:39+	01:33+	02:15+	01:37-	00:37+	
00:07#	00:07+	00:24#	00:01+	00:06+	00:01+	00:25&	00:19#	00:47@	00:15#	00:34&	00:04+	00:05#	00:47@	00:19#	00:16-	00:06#	
10	Håvard Håland	66										23:59					
00:43+	02:38+	04:51+	06:26+	07:55+	08:37+	10:05+	11:43+	13:03+	14:33+	15:28+	18:06+	18:30+	19:02+	21:51+	23:21+	23:59+	
00:43+	01:55+	02:13+	01:35+	01:29+	00:42+	01:28+	01:38+	01:20+	01:30+	00:55+	02:38+	00:24-	00:32-	02:49+	01:30-	00:38+	
00:15&	00:17#	00:10+	00:12#	00:03+	00:08#	00:09#	00:16#	00:39&	00:08+	00:07#	01:37@	00:10-	00:14-	00:53&	00:23-	00:07#	
11	Roger Nyseth	92										24:10					
00:45+	02:33+	05:04+	06:38+	08:14+	08:54+	10:35+	12:30+	13:25+	15:12+	16:19+	17:37+	18:20+	19:05+	21:34+	23:22+	24:10+	
00:45+	01:48+	02:31+	01:34+	01:36+	00:40+	01:41+	01:55+	00:55+	01:47+	01:07+	01:18+	00:43+	00:45-	02:29+	01:48-	00:48+	
00:17&	00:10#	00:28#	00:11#	00:10#	00:06#	00:22&	00:33&	00:14&	00:25&	00:19&	00:17&	00:09&	00:01-	00:33&	00:05-	00:17&	
12	Magnar Møller	62										24:35					
00:48+	02:55+	05:14+	06:45+	08:13+	08:51+	10:33+	12:18+	13:09+	14:48+	15:51+	17:39+	18:11+	18:49+	22:33+	23:57+	24:35+	
00:48+	02:07+	02:19+	01:31+	01:28+	00:38+	01:42+	01:45+	00:51+	01:39+	01:03+	01:48+	00:32-	00:38-	03:44+	01:24-	00:38+	
00:20&	00:29&	00:16#	00:08+	00:02+	00:04#	00:23&	00:23&	00:10#	00:17#	00:15&	00:47&	00:02-	00:08-	01:48&	00:29-	00:07#	
13	Kjell Seland	236										24:48					
00:41+	02:24+	04:40+	06:28+	08:06+	08:44+	10:20+	12:07+	12:55+	15:09+	16:20+	17:22+	18:01+	18:56+	22:29+	24:07+	24:48+	
00:41+	01:43+	02:16+	01:48+	01:38+	00:38+	01:36+	01:47+	00:48+	02:14+	01:11+	01:02+	00:39+	00:55+	03:33+	01:38-	00:41+	
00:13&	00:05+	00:13#	00:25&	00:12#	00:04#	00:17#	00:25&	00:07#	00:52&	00:23&	00:01+	00:05#	00:09#	01:37&	00:15-	00:10&	
14	Sveinung Rosenvinge	116										26:57					
00:40+	02:27+	05:09+	07:21+	09:39+	10:23+	12:13+	14:27+	15:37+	17:33+	18:40+	20:07+	20:45+	21:32+	24:13+	26:12+	26:57+	
00:40+	01:47+	02:42+	02:12+	02:18+	00:44+	01:50+	02:14+	01:10+	01:56+	01:07+	01:27+	00:38+	00:47+	02:41+	01:59+	00:45+	
00:12&	00:09+	00:39&	00:49&	00:52&	00:10&	00:31&	00:52&	00:29&	00:34&	00:19&	00:26&	00:04#	00:01+	00:45&	00:06+	00:14&	
15	Inge Skretting	165										28:45					
00:42+	03:08+	05:25+	07:14+	08:51+	09:29+	11:09+	13:13+	14:49+	16:40+	17:45+	18:59+	19:39+	20:56+	26:24+	28:04+	28:45+	
00:42+	02:26+	02:17+	01:49+	01:37+	00:38+	01:40+	02:04+	01:36+	01:51+	01:05+	01:14+	00:40+	01:17+	05:28+	01:40-	00:41+	
00:14&	00:48&	00:14#	00:26&	00:11#	00:04#	00:21&	00:42&	00:55@	00:29&	00:17&	00:13#	00:06#	00:31&	03:32@	00:13-	00:10&	
16	Torbjørn Salthe	125										29:13					
01:33+	05:44+	07:58+	09:45+	12:17+	13:03+	14:51+	16:35+	17:42+	19:30+	20:50+	22:10+	22:46+	24:39+	27:11+	28:41+	29:13+	
01:33+	04:11+	02:14+	01:47+	02:32+	00:46+	01:48+	01:44+	01:07+	01:48+	01:20+	01:20+	00:36+	01:53+	02:32+	01:30-	00:32+	
01:05@	02:33@	00:11+	00:24&	01:06&	00:12&	00:29&	00:22&	00:26&	00:26&	00:32&	00:19&	00:02+	01:07@	00:36&	00:23-	00:01+	
17	Harald Taksdal	236										30:38					
01:02+	03:05+	06:23+	08:39+	10:42+	11:30+	13:39+	15:54+	17:06+	19:24+	21:02+	22:31+	23:18+	24:25+	27:37+	29:46+	30:38+	
01:02+	02:03+	03:18+	02:16+	02:03+	00:48+	02:09+	02:15+	01:12+	02:18+	01:38+	01:29+	00:47+	01:07+	03:12+	02:09+	00:52+	
00:34@	00:25&	01:15&	00:53&	00:37&	00:14&	00:50&	00:53&	00:31&	00:56&	00:50@	00:28&	00:13&	00:21&	01:16&	00:16#	00:21&	
Beste strekketid for klassen																	
00:28	01:26	01:54	01:21	01:16	00:29	01:19	01:22	00:41	01:22	00:48	00:59	00:24	00:30	01:56	01:11	00:31	

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

Herrer 55 - 59 år

1	Arne Magne Sondresen	92	20:03														
00:37=	02:16=	04:11=	05:27=	06:46=	07:20=	08:39=	10:09=	10:56=	12:17=	13:40=	14:37=	15:10=	16:07=	18:12=	19:32=	20:03=	
00:37=	01:39=	01:55=	01:16=	01:19=	00:34=	01:19=	01:30=	00:47=	01:21=	01:23=	00:57=	00:33=	00:57=	02:05=	01:20=	00:31=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Ole Petter Haukaas	109	20:59														
00:32-	02:02-	04:08-	05:29+	06:52+	07:36+	09:17+	10:53+	11:49+	13:41+	14:27+	15:35+	16:02+	16:41+	18:59+	20:26+	20:59+	
00:32-	01:30-	02:06+	01:21+	01:23+	00:44+	01:41+	01:36+	00:56+	01:52+	00:46-	01:08+	00:27-	00:39-	02:18+	01:27+	00:33+	
00:05-	00:09-	00:11+	00:05+	00:04+	00:10&	00:22&	00:06+	00:09#	00:31&	00:37-	00:11#	00:06-	00:18-	00:13#	00:07+	00:02+	
3	Espen Krogh	7	21:08														
00:37=	01:53-	03:44-	05:28+	06:45-	07:20=	09:07+	10:40+	11:55+	13:22+	14:25+	15:55+	16:27+	17:15+	19:11+	20:35+	21:08+	
00:37=	01:16-	01:51-	01:44+	01:17-	00:35+	01:47+	01:33+	01:15+	01:27+	01:03-	01:30+	00:32-	00:48-	01:56-	01:24+	00:33+	
00:00=	00:23-	00:04-	00:28&	00:02-	00:01+	00:28&	00:03+	00:28&	00:06+	00:20-	00:33&	00:01-	00:09-	00:09-	00:04+	00:02+	
4	Morten Johannessen	7	21:47														
00:33-	02:27+	04:25+	05:53+	07:19+	07:54+	09:19+	10:51+	11:40+	13:12+	14:08+	15:20+	15:51+	16:46+	19:39+	21:08+	21:47+	
00:33-	01:54+	01:58+	01:28+	01:26+	00:35+	01:25+	01:32+	00:49+	01:32+	00:56-	01:12+	00:31-	00:55-	02:53+	01:29+	00:39+	
00:04-	00:15#	00:03+	00:12#	00:07+	00:01+	00:06+	00:02+	00:02+	00:11#	00:27-	00:15&	00:02-	00:02-	00:48&	00:09#	00:08&	
5	Kjell Skjæveland	108	22:12														
00:31-	02:33+	04:42+	06:22+	07:56+	08:29+	10:15+	11:55+	12:52+	14:27+	15:24+	16:35+	17:03+	17:36+	20:00+	21:34+	22:12+	
00:31-	02:02+	02:09+	01:40+	01:34+	00:33-	01:46+	01:40+	00:57+	01:35+	00:57-	01:11+	00:28-	00:33-	02:24+	01:34+	00:38+	
00:06-	00:23#	00:14#	00:24&	00:15#	00:01-	00:27&	00:10#	00:10#	00:14#	00:26-	00:14#	00:05-	00:24-	00:19#	00:14#	00:07#	
6	Dag Helliksen	80	22:23														
00:40+	02:25+	04:49+	06:25+	07:55+	08:29+	09:56+	11:40+	12:31+	14:07+	15:16+	16:17+	16:53+	17:45+	20:08+	21:43+	22:23+	
00:40+	01:45+	02:24+	01:36+	01:30+	00:34=	01:27+	01:44+	00:51+	01:36+	01:09-	01:01+	00:36+	00:52-	02:23+	01:35+	00:40+	
00:03+	00:06+	00:29&	00:20&	00:11#	00:00=	00:08#	00:14#	00:04+	00:15#	00:14-	00:04+	00:03+	00:05-	00:18#	00:15#	00:09&	
7	Lars Bergersen	116	24:11														
00:34-	02:22+	04:33+	06:14+	07:51+	08:30+	10:06+	11:53+	12:47+	14:29+	15:30+	17:14+	18:08+	18:35+	19:16+	21:45+	23:35+	24:11+
00:34-	01:48+	02:11+	01:41+	01:37+	00:39+	01:36+	01:47+	00:54+	01:42+	01:01-	01:44+	00:54+	00:27-	00:41-	02:29+	01:50+	00:36+
00:03-	00:09+	00:16#	00:25&	00:18#	00:05#	00:17#	00:17#	00:07#	00:21&	00:22-	00:47&	00:21&	00:30-	01:24-	01:09&	01:19@	00:36+
8	Kjell Ove Aksland	27	24:23														
00:41+	02:26+	04:36+	06:25+	08:08+	08:49+	10:34+	12:20+	13:23+	15:54+	16:52+	17:55+	18:57+	19:40+	22:07+	23:43+	24:23+	
00:41+	01:45+	02:10+	01:49+	01:43+	00:41+	01:45+	01:46+	01:03+	02:31+	00:58-	01:03+	01:02+	00:43-	02:27+	01:36+	00:40+	
00:04#	00:06+	00:15#	00:33&	00:24&	00:07#	00:26&	00:16#	00:16&	01:10&	00:25-	00:06#	00:29&	00:14-	00:22#	00:16#	00:09&	
9	Per Ingar Hadland	7	24:25														
00:34-	02:19+	04:39+	06:14+	07:54+	08:30+	10:11+	12:05+	13:19+	15:04+	16:08+	18:00+	18:28+	19:01+	22:08+	23:47+	24:25+	
00:34-	01:45+	02:20+	01:35+	01:40+	00:36+	01:41+	01:54+	01:14+	01:45+	01:04-	01:52+	00:28-	00:33-	03:07+	01:39+	00:38+	
00:03-	00:06+	00:25#	00:19#	00:21&	00:02+	00:22&	00:24&	00:27&	00:24&	00:19-	00:55&	00:05-	00:24-	01:02&	00:19#	00:07#	
10	Lars Salvesen	50	24:46														
00:50+	02:41+	05:22+	07:12+	08:52+	09:28+	11:06+	13:01+	14:34+	16:32+	17:37+	18:54+	19:29+	20:12+	22:25+	24:04+	24:46+	
00:50+	01:51+	02:41+	01:50+	01:40+	00:36+	01:38+	01:55+	01:33+	01:58+	01:05-	01:17+	00:35+	00:43-	02:13+	01:39+	00:42+	
00:13&	00:12#	00:46&	00:34&	00:21&	00:02+	00:19#	00:25&	00:46&	00:37&	00:18-	00:20&	00:02+	00:14-	00:08+	00:19#	00:11&	
11	Kjell Lervik	239	25:59														
00:43+	02:43+	05:05+	08:17+	09:51+	10:32+	12:14+	14:13+	15:10+	17:02+	18:18+	19:34+	20:09+	20:54+	23:29+	25:14+	25:59+	
00:43+	02:00+	02:22+	03:12+	01:34+	00:41+	01:42+	01:59+	00:57+	01:52+	01:16-	01:16+	00:35+	00:45-	02:35+	01:45+	00:45+	
00:06#	00:21#	00:27#	01:56@	00:15#	00:07#	00:23&	00:29&	00:10#	00:31&	00:07-	00:19&	00:02+	00:12-	00:30#	00:25&	00:14&	
12	Bjørn H. Engseth	27	26:01														
00:41+	02:36+	05:14+	06:56+	08:48+	09:33+	11:37+	13:42+	15:00+	17:18+	18:33+	19:58+	20:42+	21:36+	24:11+	25:14+	26:01+	
00:41+	01:55+	02:38+	01:42+	01:52+	00:45+	02:04+	02:05+	01:18+	02:18+	01:15-	01:25+	00:44+	00:54-	02:35+	01:03-	00:47+	
00:04#	00:16#	00:43&	00:26&	00:33&	00:11&	00:45&	00:35&	00:31&	00:57&	00:08-	00:28&	00:11&	00:03-	00:30#	00:17-	00:16&	
13	John Lage Bergan	116	26:19														
00:39+	02:08-	04:24+	06:20+	07:44+	09:00+	11:09+	13:58+	14:56+	16:37+	17:49+	19:26+	19:52+	21:20+	23:46+	25:34+	26:19+	
00:39+	01:29-	02:16+	01:56+	01:24+	01:16+	02:09+	02:49+	00:58+	01:41+	01:12-	01:37+	00:26-	01:28+	02:26+	01:48+	00:45+	
00:02+	00:10-	00:21#	00:40&	00:05+	00:42@	00:50&	01:19&	00:11#	00:20#	00:11-	00:40&	00:07-	00:31&	00:21#	00:28&	00:14&	
14	Torbjørn Dahle	92	26:33														
00:52+	02:40+	05:02+	06:53+	08:43+	09:26+	11:10+	13:13+	14:23+	16:14+	18:01+	20:23+	20:58+	21:46+	24:01+	25:52+	26:33+	
00:52+	01:48+	02:22+	01:51+	01:50+	00:43+	01:44+	02:03+	01:10+	01:51+	01:47+	02:22+	00:35+	00:48-	02:15+	01:51+	00:41+	
00:15&	00:09+	00:27#	00:35&	00:31&	00:09&	00:25&	00:33&	00:23&	00:30&	00:24&	01:25@	00:02+	00:09-	00:10+	00:31&	00:10&	

Class	Navn	Klasse										Tid					
15	Tor Inge Halvorsen	5										26:55					
00:47+	02:59+	05:32+	07:33+	09:22+	10:21+	12:08+	14:04+	15:04+	17:11+	18:59+	20:07+	20:38+	21:27+	24:19+	26:11+	26:55+	
00:47+	02:12+	02:33+	02:01+	01:49+	00:59+	01:47+	01:56+	01:00+	02:07+	01:48+	01:08+	00:31-	00:49-	02:52+	01:52+	00:44+	
00:10&	00:33&	00:38&	00:45&	00:30&	00:25&	00:28&	00:26&	00:13&	00:46&	00:25&	00:11#	00:02-	00:08-	00:47&	00:32&	00:13&	
16	Svein Sivertsen	115										27:21					
00:35-	02:25+	04:45+	06:36+	08:20+	09:14+	11:03+	13:00+	14:38+	16:31+	18:04+	19:33+	20:28+	22:19+	24:46+	26:38+	27:21+	
00:35-	01:50+	02:20+	01:51+	01:44+	00:54+	01:49+	01:57+	01:38+	01:53+	01:33+	01:29+	00:55+	01:51+	02:27+	01:52+	00:43+	
00:02-	00:11#	00:25#	00:35&	00:25&	00:20&	00:30&	00:27&	00:51@	00:32&	00:10#	00:32&	00:22&	00:54&	00:22#	00:32&	00:12&	
17	Stein Sigbjørnsen	27										27:24					
00:41+	03:54+	06:37+	08:36+	10:51+	11:35+	13:30+	15:29+	16:31+	18:21+	19:25+	20:48+	21:36+	22:18+	24:57+	26:43+	27:24+	
00:41+	03:13+	02:43+	01:59+	02:15+	00:44+	01:55+	01:59+	01:02+	01:50+	01:04-	01:23+	00:48+	00:42-	02:39+	01:46+	00:41+	
00:04#	01:34&	00:48&	00:43&	00:56&	00:10&	00:36&	00:29&	00:15&	00:29&	00:19-	00:26&	00:15&	00:15-	00:34&	00:26&	00:10&	
18	Sverre Magnar Nordal	116										28:12					
00:52+	03:11+	05:39+	07:47+	09:42+	10:38+	12:54+	14:53+	15:56+	18:36+	19:45+	21:21+	22:04+	22:52+	25:40+	27:28+	28:12+	
00:52+	02:19+	02:28+	02:08+	01:55+	00:56+	02:16+	01:59+	01:03+	02:40+	01:09-	01:36+	00:43+	00:48-	02:48+	01:48+	00:44+	
00:15&	00:40&	00:33&	00:52&	00:36&	00:22&	00:57&	00:29&	00:16&	01:19&	00:14-	00:39&	00:10&	00:09-	00:43&	00:28&	00:13&	
19	John C. Sinnes	93										28:36					
01:12+	02:52+	05:13+	07:21+	09:30+	10:15+	12:01+	13:51+	14:50+	17:10+	18:52+	21:53+	22:30+	23:30+	26:29+	28:01+	28:36+	
01:12+	01:40+	02:21+	02:08+	02:09+	00:45+	01:46+	01:50+	00:59+	02:20+	01:42+	03:01+	00:37+	01:00+	02:59+	01:32+	00:35+	
00:35&	00:01+	00:26#	00:52&	00:50&	00:11&	00:27&	00:20#	00:12&	00:59&	00:19#	02:04@	00:04#	00:03+	00:54&	00:12#	00:04#	
20	Arne Nygaard	66										28:47					
00:39+	02:37+	05:09+	06:55+	08:34+	09:07+	10:56+	12:53+	14:41+	17:04+	18:55+	20:06+	20:44+	21:34+	26:04+	28:01+	28:47+	
00:39+	01:58+	02:32+	01:46+	01:39+	00:33-	01:49+	01:57+	01:48+	02:23+	01:51+	01:11+	00:38+	00:50-	04:30+	01:57+	00:46+	
00:02+	00:19#	00:37&	00:30&	00:20&	00:01-	00:30&	00:27&	01:01@	01:02&	00:28&	00:14#	00:05#	00:07-	02:25@	00:37&	00:15&	
21	Svein Magne Gløppen	93										29:40					
01:00+	03:12+	05:46+	07:41+	10:03+	10:51+	12:33+	14:37+	15:58+	17:55+	19:12+	21:55+	22:31+	23:31+	27:04+	29:00+	29:40+	
01:00+	02:12+	02:34+	01:55+	02:22+	00:48+	01:42+	02:04+	01:21+	01:57+	01:17-	02:43+	00:36+	01:00+	03:33+	01:56+	00:40+	
00:23&	00:33&	00:39&	00:39&	01:03&	00:14&	00:23&	00:34&	00:34&	00:36&	00:06-	01:46@	00:03+	00:03+	01:28&	00:36&	00:09&	
22	Kjell Helge Husebø	115										32:57					
01:51+	04:11+	07:37+	09:54+	11:52+	12:40+	14:51+	17:01+	18:19+	20:19+	22:49+	24:57+	25:52+	26:57+	30:03+	32:07+	32:57+	
01:51+	02:20+	03:26+	02:17+	01:58+	00:48+	02:11+	02:10+	01:18+	02:00+	02:30+	02:08+	00:55+	01:05+	03:06+	02:04+	00:50+	
01:14@	00:41&	01:31&	01:01&	00:39&	00:14&	00:52&	00:40&	00:31&	00:39&	01:07&	01:11@	00:22&	00:08#	01:01&	00:44&	00:19&	
Beste strekktid for klassen																	
00:31	01:16	01:51	01:16	01:17	00:33	01:19	01:30	00:47	01:21	00:46	00:57	00:26	00:27	00:41	01:03	00:31	

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

Herrer 60 - 64 år

1	Bjørn Alsaker	115										17:47					
00:33=	02:49=	03:31=	04:45=	06:26=	07:43=	09:22=	11:27=	12:33=	13:35=	14:15=	15:15=	16:44=	17:29=	17:47=			
00:33=	02:16=	00:42=	01:14=	01:41=	01:17=	01:39=	02:05=	01:06=	01:02=	00:40=	01:00=	01:29=	00:45=	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=			
2	Eivind L. Rake	92										21:06					
00:39+	02:50+	03:32+	04:55+	06:42+	08:00+	10:06+	12:33+	13:56+	15:02+	16:00+	17:32+	19:29+	20:44+	21:06+			
00:39+	02:11-	00:42=	01:23+	01:47+	01:18+	02:06+	02:27+	01:23+	01:06+	00:58+	01:32+	01:57+	01:15+	00:22+			
00:06#	00:05-	00:00=	00:09#	00:06+	00:01+	00:27&	00:22#	00:17&	00:04+	00:18&	00:32&	00:28&	00:30&	00:04#			
3	Tor Geir Espedal	115										21:24					
00:43+	02:54+	03:46+	05:03+	06:49+	08:33+	10:28+	12:55+	14:19+	15:28+	16:28+	17:49+	20:09+	21:03+	21:24+			
00:43+	02:11-	00:52+	01:17+	01:46+	01:44+	01:55+	02:27+	01:24+	01:09+	01:00+	01:21+	02:20+	00:54+	00:21+			
00:10&	00:05-	00:10#	00:03+	00:05+	00:27&	00:16#	00:22#	00:18&	00:07#	00:20&	00:21&	00:51&	00:09#	00:03#			
4	Bjarne Gimre	88										21:31					
00:38+	02:53+	03:40+	05:12+	07:23+	08:42+	10:48+	13:25+	14:52+	16:23+	17:19+	18:22+	20:14+	21:11+	21:31+			
00:38+	02:15-	00:47+	01:32+	02:11+	01:19+	02:06+	02:37+	01:27+	01:31+	00:56+	01:03+	01:52+	00:57+	00:20+			
00:05#	00:01-	00:05#	00:18#	00:30&	00:02+	00:27&	00:32&	00:21&	00:29&	00:16&	00:03+	00:23&	00:12&	00:02#			
5	Svein Berge	126										22:16					
00:37+	02:41-	03:45+	05:10+	06:56+	08:24+	10:18+	12:51+	14:15+	15:30+	16:15+	17:22+	21:10+	21:53+	22:16+			
00:37+	02:04-	01:04+	01:25+	01:46+	01:28+	01:54+	02:33+	01:24+	01:15+	00:45+	01:07+	03:48+	00:43-	00:23+			
00:04#	00:12-	00:22&	00:11#	00:05+	00:11#	00:15#	00:28#	00:18&	00:13#	00:05#	00:07#	02:19@	00:02-	00:05&			

Class	Navn	Klasse										Tid		
6	Jan Hetland	29										23:04		
00:38+	05:00+	05:41+	07:12+	09:10+	10:19+	12:14+	14:39+	16:01+	17:18+	18:16+	19:59+	21:59+	22:45+	23:04+
00:38+	04:22+	00:41-	01:31+	01:58+	01:09-	01:55+	02:25+	01:22+	01:17+	00:58+	01:43+	02:00+	00:46+	00:19+
00:05#	02:06&	00:01-	00:17#	00:17#	00:08-	00:16#	00:20#	00:16#	00:15#	00:18&	00:43&	00:31&	00:01+	00:01+
7	Sveinung Tveit	236										23:30		
00:45+	03:05+	03:54+	05:12+	07:06+	08:21+	10:26+	12:42+	13:58+	16:41+	17:28+	19:27+	22:08+	23:06+	23:30+
00:45+	02:20+	00:49+	01:18+	01:54+	01:15-	02:05+	02:16+	01:16+	02:43+	00:47+	01:59+	02:41+	00:58+	00:24+
00:12&	00:04+	00:07#	00:04+	00:13#	00:02-	00:26&	00:11+	00:10#	01:41@	00:07#	00:59&	01:12&	00:13&	00:06&
8	Arne M. Handeland	92										23:31		
00:51+	03:52+	04:43+	06:34+	08:32+	09:59+	12:08+	14:39+	16:07+	17:27+	18:24+	20:09+	22:08+	23:08+	23:31+
00:51+	03:01+	00:51+	01:51+	01:58+	01:27+	02:09+	02:31+	01:28+	01:20+	00:57+	01:45+	01:59+	01:00+	00:23+
00:18&	00:45&	00:09#	00:37&	00:17#	00:10#	00:30&	00:26#	00:22&	00:18&	00:17&	00:45&	00:30&	00:15&	00:05&
9	Bjørn Sivertsen	99										23:43		
00:46+	03:25+	04:17+	05:46+	07:56+	09:28+	11:51+	14:50+	16:21+	17:44+	18:40+	20:03+	22:11+	23:18+	23:43+
00:46+	02:39+	00:52+	01:29+	02:10+	01:32+	02:23+	02:59+	01:31+	01:23+	00:56+	01:23+	02:08+	01:07+	00:25+
00:13&	00:23#	00:10#	00:15#	00:29&	00:15#	00:44&	00:54&	00:25&	00:21&	00:16&	00:23&	00:39&	00:22&	00:07&
10	Hans Erik Terjesen	116										23:46		
00:39+	03:02+	03:49+	05:29+	08:50+	10:33+	12:27+	15:00+	16:20+	17:29+	18:24+	19:46+	22:25+	23:22+	23:46+
00:39+	02:23+	00:47+	01:40+	03:21+	01:43+	01:54+	02:33+	01:20+	01:09+	00:55+	01:22+	02:39+	00:57+	00:24+
00:06#	00:07+	00:05#	00:26&	01:40&	00:26&	00:15#	00:28#	00:14#	00:07#	00:15&	00:22&	01:10&	00:12&	00:06&
11	Tor Harald Lunde	47										24:41		
00:48+	03:22+	04:44+	06:26+	08:29+	10:40+	12:55+	15:41+	17:14+	18:29+	19:36+	20:48+	23:10+	24:19+	24:41+
00:48+	02:34+	01:22+	01:42+	02:03+	02:11+	02:15+	02:46+	01:33+	01:15+	01:07+	01:12+	02:22+	01:09+	00:22+
00:15&	00:18#	00:40&	00:28&	00:22#	00:54&	00:36&	00:41&	00:27&	00:13#	00:27&	00:12#	00:53&	00:24&	00:04#
12	Magne Tunheim	144										24:42		
00:48+	04:15+	05:03+	07:39+	09:36+	11:00+	12:52+	16:10+	17:23+	18:41+	19:30+	20:44+	22:55+	24:18+	24:42+
00:48+	03:27+	00:48+	02:36+	01:57+	01:24+	01:52+	03:18+	01:13+	01:18+	00:49+	01:14+	02:11+	01:23+	00:24+
00:15&	01:11&	00:06#	01:22@	00:16#	00:07+	00:13#	01:13&	00:07#	00:16&	00:09#	00:14#	00:42&	00:38&	00:06&
13	Tom Hetland	5										24:49		
00:44+	04:20+	05:04+	06:56+	08:35+	12:07+	13:51+	16:38+	17:55+	19:18+	20:10+	21:41+	23:35+	24:29+	24:49+
00:44+	03:36+	00:44+	01:52+	01:39-	03:32+	01:44+	02:47+	01:17+	01:23+	00:52+	01:31+	01:54+	00:54+	00:20+
00:11&	01:20&	00:02+	00:38&	00:02-	02:15@	00:05+	00:42&	00:11#	00:21&	00:12&	00:31&	00:25&	00:09#	00:02#
14	Terje Langeland	98										26:03		
00:50+	03:42+	04:35+	06:46+	09:26+	10:58+	13:44+	16:42+	18:12+	19:44+	20:47+	22:08+	24:27+	25:34+	26:03+
00:50+	02:52+	00:53+	02:11+	02:40+	01:32+	02:46+	02:58+	01:30+	01:32+	01:03+	01:21+	02:19+	01:07+	00:29+
00:17&	00:36&	00:11&	00:57&	00:59&	00:15#	01:07&	00:53&	00:24&	00:30&	00:23&	00:21&	00:50&	00:22&	00:11&
15	Inge Johan Øverland	93										26:10		
00:58+	03:59+	04:56+	06:52+	08:50+	11:01+	13:10+	15:57+	17:25+	20:02+	20:59+	22:37+	24:40+	25:44+	26:10+
00:58+	03:01+	00:57+	01:56+	01:58+	02:11+	02:09+	02:47+	01:28+	02:37+	00:57+	01:38+	02:03+	01:04+	00:26+
00:25&	00:45&	00:15&	00:42&	00:17#	00:54&	00:30&	00:42&	00:22&	01:35@	00:17&	00:38&	00:34&	00:19&	00:08&
16	Lars Tore Kvasseheim	7										26:22		
00:55+	03:21+	04:13+	05:51+	07:49+	09:45+	12:22+	15:24+	16:58+	20:16+	21:24+	22:46+	24:58+	25:58+	26:22+
00:55+	02:26+	00:52+	01:38+	01:58+	01:56+	02:37+	03:02+	01:34+	03:18+	01:08+	01:22+	02:12+	01:00+	00:24+
00:22&	00:10+	00:10#	00:24&	00:17#	00:39&	00:58&	00:57&	00:28&	02:16@	00:28&	00:22&	00:43&	00:15&	00:06&
17	Bjørn Vidar Gunvaldsen	27										26:23		
00:50+	05:59+	08:04+	09:55+	11:56+	14:12+	16:17+	18:50+	20:10+	21:20+	22:13+	23:17+	25:09+	25:59+	26:23+
00:50+	05:09+	02:05+	01:51+	02:01+	02:16+	02:05+	02:33+	01:20+	01:10+	00:53+	01:04+	01:52+	00:50+	00:24+
00:17&	02:53@	01:23@	00:37&	00:20#	00:59&	00:26&	00:28#	00:14#	00:08#	00:13&	00:04+	00:23&	00:05#	00:06&
18	Rolf Kleppe	63										27:43		
00:57+	04:35+	05:47+	07:41+	09:51+	11:33+	13:55+	17:42+	19:16+	20:48+	21:54+	23:42+	25:59+	27:17+	27:43+
00:57+	03:38+	01:12+	01:54+	02:10+	01:42+	02:22+	03:47+	01:32+	01:32+	01:06+	01:48+	02:17+	01:18+	00:26+
00:24&	01:22&	00:30&	00:40&	00:29&	00:25&	00:43&	01:42&	00:28&	00:30&	00:26&	00:48&	00:48&	00:33&	00:08&
19	Terje Stokkeland	69										27:49		
01:15+	04:17+	05:09+	07:04+	09:13+	10:37+	12:48+	15:45+	17:09+	19:02+	19:56+	21:53+	26:26+	27:24+	27:49+
01:15+	03:02+	00:52+	01:55+	02:09+	01:24+	02:11+	02:57+	01:24+	01:53+	00:54+	01:57+	04:33+	00:58+	00:25+
00:42@	00:46&	00:10#	00:41&	00:28&	00:07+	00:32&	00:52&	00:18&	00:51&	00:14&	00:57&	03:04@	00:13&	00:07&
20	Odd Arild Werness	88										27:59		
00:58+	04:04+	05:00+	07:45+	10:08+	11:46+	14:16+	17:37+	19:18+	21:05+	22:21+	23:48+	26:12+	27:29+	27:59+
00:58+	03:06+	00:56+	02:45+	02:23+	01:38+	02:30+	03:21+	01:41+	01:47+	01:16+	01:27+	02:24+	01:17+	00:30+
00:25&	00:50&	00:14&	01:31@	00:42&	00:21&	00:51&	01:16&	00:35&	00:45&	00:36&	00:27&	00:55&	00:32&	00:12&

Class	Navn	Klasse										Tid				
21	Jan Arendal	116										28:03				
	00:45+	03:09+	04:07+	05:56+	08:11+	09:58+	12:27+	15:23+	17:04+	18:54+	20:02+	21:29+	26:12+	27:31+	28:03+	
	00:45+	02:24+	00:58+	01:49+	02:15+	01:47+	02:29+	02:56+	01:41+	01:50+	01:08+	01:27+	04:43+	01:19+	00:32+	
	00:12&	00:08+	00:16&	00:35&	00:34&	00:30&	00:50&	00:51&	00:35&	00:48&	00:28&	00:27&	03:14@	00:34&	00:14&	
22	Svein Ims	65										28:38				
	00:53+	03:40+	04:32+	06:41+	07:39+	09:14+	10:30+	14:22+	17:13+	18:56+	20:37+	21:46+	24:03+	26:13+	28:15+	
	00:53+	02:47+	00:52+	02:09+	00:58-	01:35+	01:16-	03:52+	02:51+	01:43+	01:41+	01:09+	02:17+	02:10+	02:02+	
	00:20&	00:31#	00:10#	00:55&	00:43-	00:18#	00:23-	01:47&	01:45@	00:41&	01:01@	00:09#	00:48&	01:25@	01:44@	
23	Bjørn Bjelland	83										28:53				
	00:54+	03:36+	04:40+	07:45+	10:06+	11:33+	14:02+	16:55+	18:45+	20:29+	21:23+	24:13+	27:15+	28:27+	28:53+	
	00:54+	02:42+	01:04+	03:05+	02:21+	01:27+	02:29+	02:53+	01:50+	01:44+	00:54+	02:50+	03:02+	01:12+	00:26+	
	00:21&	00:26#	00:22&	01:51@	00:40&	00:10#	00:50&	00:48&	00:44&	00:42&	00:14&	01:50@	01:33@	00:27&	00:08&	
24	Rolf Øystein Kluge	7										29:44				
	00:59+	04:54+	05:53+	07:40+	09:58+	11:56+	14:35+	17:42+	20:05+	22:16+	23:33+	25:13+	28:06+	29:18+	29:44+	
	00:59+	03:55+	00:59+	01:47+	02:18+	01:58+	02:39+	03:07+	02:23+	02:11+	01:17+	01:40+	02:53+	01:12+	00:26+	
	00:26&	01:39&	00:17&	00:33&	00:37&	00:41&	01:00&	01:02&	01:17@	01:09@	00:37&	00:40&	01:24&	00:27&	00:08&	
25	Tore R. Tvedt	90										30:56				
	00:57+	03:38+	04:31+	09:50+	11:50+	13:28+	15:59+	18:48+	20:56+	22:39+	23:31+	26:13+	29:27+	30:26+	30:56+	
	00:57+	02:41+	00:53+	05:19+	02:00+	01:38+	02:31+	02:49+	02:08+	01:43+	00:52+	02:42+	03:14+	00:59+	00:30+	
	00:24&	00:25#	00:11&	04:05@	00:19#	00:21&	00:52&	00:44&	01:02&	00:41&	00:12&	01:42@	01:45@	00:14&	00:12&	
26	Egil Røyneberg	93										31:21				
	01:10+	05:01+	06:11+	08:12+	10:50+	12:45+	15:18+	19:36+	21:32+	23:33+	24:37+	26:10+	29:30+	30:47+	31:21+	
	01:10+	03:51+	01:10+	02:01+	02:38+	01:55+	02:33+	04:18+	01:56+	02:01+	01:04+	01:33+	03:20+	01:17+	00:34+	
	00:37@	01:35&	00:28&	00:47&	00:57&	00:38&	00:54&	02:13@	00:50&	00:59&	00:24&	00:33&	01:51@	00:32&	00:16&	
Beste strekktid for klassen																
	00:33	02:04	00:41	01:14	00:58	01:09	01:16	02:05	01:06	01:02	00:40	01:00	01:29	00:43	00:18	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
Herrer 65 - 69 år																
1	Harry Breiland	66										19:37				
	00:39=	02:46=	03:29=	04:57=	06:44=	08:23=	10:09=	12:20=	13:27=	14:49=	15:38=	16:40=	18:36=	19:17=	19:37=	
	00:39=	02:07=	00:43=	01:28=	01:47=	01:39=	01:46=	02:11=	01:07=	01:22=	00:49=	01:02=	01:56=	00:41=	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=	
2	Kjell Svihus	154										21:17				
	00:49+	03:02+	03:49+	06:03+	07:56+	09:13+	11:14+	13:45+	15:06+	16:16+	17:06+	18:12+	20:02+	20:56+	21:17+	
	00:49+	02:13+	00:47+	02:14+	01:53+	01:17-	02:01+	02:31+	01:21+	01:10-	00:50+	01:06+	01:50-	00:54+	00:21+	
	00:10&	00:06+	00:04+	00:46&	00:06+	00:22-	00:15#	00:20#	00:14#	00:12-	00:01+	00:04+	00:06-	00:13&	00:01+	
3	Asgeir Bell	117										21:41				
	00:33-	02:20-	03:02-	04:14-	06:11-	07:41-	09:30-	11:42-	12:52-	15:15+	16:03+	18:10+	19:43+	21:19+	21:41+	
	00:33-	01:47-	00:42-	01:12-	01:57+	01:30-	01:49+	02:12+	01:10+	02:23+	00:48-	02:07+	01:33-	01:36+	00:22+	
	00:06-	00:20-	00:01-	00:16-	00:10+	00:09-	00:03+	00:01+	00:03+	01:01&	00:01-	01:05@	00:23-	00:55@	00:02#	
4	Arne Østensen	90										21:57				
	00:45+	03:00+	03:44+	05:21+	07:01+	08:31+	10:30+	13:27+	14:43+	16:09+	16:50+	18:00+	20:45+	21:33+	21:57+	
	00:45+	02:15+	00:44+	01:37+	01:40-	01:30-	01:59+	02:57+	01:16+	01:26+	00:41-	01:10+	02:45+	00:48+	00:24+	
	00:06#	00:08+	00:01+	00:09#	00:07-	00:09-	00:13#	00:46&	00:09#	00:04+	00:08-	00:08#	00:49&	00:07#	00:04#	
5	Ragnvald Frøyland	128										22:08				
	00:42+	02:40-	03:27-	04:57=	06:44=	07:58-	09:48-	12:18-	13:54+	15:35+	16:25+	17:33+	21:06+	21:48+	22:08+	
	00:42+	01:58-	00:47+	01:30+	01:47=	01:14-	01:50+	02:30+	01:36+	01:41+	00:50+	01:08+	03:33+	00:42+	00:20=	
	00:03+	00:09-	00:04+	00:02+	00:00=	00:25-	00:04+	00:19#	00:29&	00:19#	00:01+	00:06+	01:37&	00:01+	00:00=	
6	Paul A. Paulsen	117										22:24				
	00:53+	03:04+	03:56+	05:30+	07:31+	08:57+	11:21+	14:03+	15:32+	16:51+	17:43+	19:00+	20:55+	22:00+	22:24+	
	00:53+	02:11+	00:52+	01:34+	02:01+	01:26-	02:24+	02:42+	01:29+	01:19-	00:52+	01:17+	01:55-	01:05+	00:24+	
	00:14&	00:04+	00:09#	00:06+	00:14#	00:13-	00:38&	00:31#	00:22&	00:03-	00:03+	00:15#	00:01-	00:24&	00:04#	
7	Per Marthon Mæland	5										22:46				
	00:46+	03:10+	03:51+	05:30+	07:27+	08:44+	10:50+	13:33+	14:54+	16:15+	17:09+	18:41+	21:21+	22:12+	22:46+	
	00:46+	02:24+	00:41-	01:39+	01:57+	01:17-	02:06+	02:43+	01:21+	01:21-	00:54+	01:32+	02:40+	00:51+	00:34+	
	00:07#	00:17#	00:02-	00:11#	00:10+	00:22-	00:20#	00:32#	00:14#	00:01-	00:05#	00:30&	00:44&	00:10#	00:14&	

Class	Navn	Klasse											Tid			
8	Jan Inge Lunde	88											23:14			
	00:42+	03:07+	03:59+	05:35+	07:46+	09:15+	11:50+	14:34+	16:06+	17:30+	18:33+	19:48+	21:51+	22:49+	23:14+	
	00:42+	02:25+	00:52+	01:36+	02:11+	01:29+	02:35+	02:44+	01:32+	01:24+	01:03+	01:15+	02:03+	00:58+	00:25+	
	00:03+	00:18#	00:09#	00:08+	00:24#	00:10-	00:49&	00:33&	00:25&	00:02+	00:14&	00:13#	00:07+	00:17&	00:05#	
9	Leif Gunnar Wikene	43											23:47			
	00:56+	03:41+	04:24+	06:22+	08:22+	10:03+	12:09+	14:35+	15:55+	18:44+	19:28+	20:36+	22:24+	23:23+	23:47+	
	00:56+	02:45+	00:43=	01:58+	02:00+	01:41+	02:06+	02:26+	01:20+	02:49+	00:44-	01:08+	01:48-	00:59+	00:24+	
	00:17&	00:38&	00:00=	00:30&	00:13#	00:02+	00:20#	00:15#	00:13#	01:27@	00:05-	00:06+	00:08-	00:18&	00:04#	
10	Kjell Ingar Olsen	50											26:32			
	01:05+	04:27+	05:49+	07:25+	09:30+	10:59+	13:14+	16:38+	18:28+	20:14+	21:24+	22:55+	25:09+	26:09+	26:32+	
	01:05+	03:22+	01:22+	01:36+	02:05+	01:29-	02:15+	03:24+	01:50+	01:46+	01:10+	01:31+	02:14+	01:00+	00:23+	
	00:26&	01:15&	00:39&	00:08+	00:18#	00:10-	00:29&	01:13&	00:43&	00:24&	00:21&	00:29&	00:18#	00:19&	00:03#	
11	Vidar Gjesdal	109											29:54			
	01:02+	04:02+	05:04+	07:04+	09:44+	11:43+	14:42+	18:07+	20:04+	21:55+	23:09+	24:53+	27:53+	29:23+	29:54+	
	01:02+	03:00+	01:02+	02:00+	02:40+	01:59+	02:59+	03:25+	01:57+	01:51+	01:14+	01:44+	03:00+	01:30+	00:31+	
	00:23&	00:53&	00:19&	00:32&	00:53&	00:20#	01:13&	01:14&	00:50&	00:29&	00:25&	00:42&	01:04&	00:49@	00:11&	
12	Torstein Gjesteland	126											29:54			
	01:31+	04:47+	05:43+	08:02+	10:19+	12:07+	14:28+	17:47+	19:39+	21:33+	22:41+	24:32+	27:09+	29:25+	29:54+	
	01:31+	03:16+	00:56+	02:19+	02:17+	01:48+	02:21+	03:19+	01:52+	01:54+	01:08+	01:51+	02:37+	02:16+	00:29+	
	00:52@	01:09&	00:13&	00:51&	00:30&	00:09+	00:35&	01:08&	00:45&	00:32&	00:19&	00:49&	00:41&	01:35@	00:09&	
13	Terje Gautestad	7											30:09			
	00:59+	04:37+	05:36+	07:41+	10:00+	11:47+	14:31+	18:02+	19:46+	22:54+	24:09+	25:36+	28:13+	29:41+	30:09+	
	00:59+	03:38+	00:59+	02:05+	02:19+	01:47+	02:44+	03:31+	01:44+	03:08+	01:15+	01:27+	02:37+	01:28+	00:28+	
	00:20&	01:31&	00:16&	00:37&	00:32&	00:08+	00:58&	01:20&	00:37&	01:46@	00:26&	00:25&	00:41&	00:47@	00:08&	
14	Sverre Vatland	93											32:53			
	00:58+	04:17+	05:08+	06:44+	09:00+	11:10+	13:48+	17:00+	18:42+	19:56+	26:36+	27:23+	28:59+	31:32+	32:28+	32:53+
	00:58+	03:19+	00:51+	01:36+	02:16+	02:10+	02:38+	03:12+	01:42+	01:14-	06:40+	00:47-	01:36-	02:33+	00:56+	00:25+
	00:19&	01:12&	00:08#	00:08+	00:29&	00:31&	00:52&	01:01&	00:35&	00:08-	05:51@	00:15-	00:20-	01:52@	00:36@	00:25+
15	Olav Habbestad	116											36:46			
	00:46+	09:30+	10:35+	12:00+	14:35+	16:18+	21:53+	24:24+	26:26+	31:14+	31:55+	33:17+	35:27+	36:21+	36:46+	
	00:46+	08:44+	01:05+	01:25-	02:35+	01:43+	05:35+	02:31+	02:02+	04:48+	00:41-	01:22+	02:10+	00:54+	00:25+	
	00:07#	06:37@	00:22&	00:03-	00:48&	00:04+	03:49@	00:20#	00:55&	03:26@	00:08-	00:20&	00:14#	00:13&	00:05#	
16	Magne Frøyland	43											45:14			
	01:49+	06:16+	07:26+	09:00+	21:58+	24:40+	27:07+	31:05+	32:58+	35:33+	37:00+	38:31+	42:57+	44:45+	45:14+	
	01:49+	04:27+	01:10+	01:34+	12:58+	02:42+	02:27+	03:58+	01:53+	02:35+	01:27+	01:31+	04:26+	01:48+	00:29+	
	01:10@	02:20@	00:27&	00:06+	11:11@	01:03&	00:41&	01:47&	00:46&	01:13&	00:38&	00:29&	02:30@	01:07@	00:09&	
17	John Abrahamsen	125											46:56			
	01:08+	07:31+	08:50+	11:51+	14:24+	16:33+	19:15+	22:33+	24:32+	27:06+	28:18+	29:38+	42:54+	46:24+	46:56+	
	01:08+	06:23+	01:19+	03:01+	02:33+	02:09+	02:42+	03:18+	01:59+	02:34+	01:12+	01:20+	13:16+	03:30+	00:32+	
	00:29&	04:16@	00:36&	01:33@	00:46&	00:30&	00:56&	01:07&	00:52&	01:12&	00:23&	00:18&	11:20@	02:49@	00:12&	
Beste strekketid for klassen																
	00:33	01:47	00:41	01:12	01:40	01:14	01:46	02:11	01:07	01:10	00:41	00:47	01:33	00:41	00:20	

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

Herrer 70 - 74 år

1	Arvid Thorsen	5											22:19		
	00:48=	03:05=	04:01=	05:52=	07:48=	10:06=	12:10=	14:48=	16:08=	17:15=	18:10=	19:14=	21:04=	21:54=	22:19=
	00:48=	02:17=	00:56=	01:51=	01:56=	02:18=	02:04=	02:38=	01:20=	01:07=	00:55=	01:04=	01:50=	00:50=	00:25=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Finn Morten Årstad	115											24:03		
	00:48=	03:48+	04:36+	06:00+	07:54+	09:20-	11:25-	14:09-	15:46-	17:04-	17:55-	19:21+	22:18+	23:38+	24:03+
	00:48=	03:00+	00:48-	01:24-	01:54-	01:26-	02:05+	02:44+	01:37+	01:18+	00:51-	01:26+	02:57+	01:20+	00:25=
	00:00=	00:43&	00:08-	00:27-	00:02-	00:52-	00:01+	00:06+	00:17#	00:11#	00:04-	00:22&	01:07&	00:30&	00:00=
3	Svein Glendrange	68											24:30		
	00:50+	03:15+	04:02+	05:38-	07:27-	09:16-	11:28-	13:47-	15:06-	17:35+	18:30+	20:26+	23:05+	24:04+	24:30+
	00:50+	02:25+	00:47-	01:36-	01:49-	01:49-	02:12+	02:19-	01:19-	02:29+	00:55=	01:56+	02:39+	00:59+	00:26+
	00:02+	00:08+	00:09-	00:15-	00:07-	00:29-	00:08+	00:19-	00:01-	01:22@	00:00=	00:52&	00:49&	00:09#	00:01+

Class	Navn	Klasse										Tid		
4	Hilmar Røthing	128										24:32		
00:36-	03:37+	04:16+	08:31+	10:24+	11:58+	14:10+	16:59+	18:12+	19:30+	20:18+	21:19+	23:07+	24:10+	24:32+
00:36-	03:01+	00:39-	04:15+	01:53-	01:34-	02:12+	02:49+	01:13-	01:18+	00:48-	01:01-	01:48-	01:03+	00:22-
00:12-	00:44&	00:17-	02:24@	00:03-	00:44-	00:08+	00:11+	00:07-	00:11#	00:07-	00:03-	00:02-	00:13&	00:03-
5	Tormod Aasliid	54										25:25		
00:50+	03:42+	04:39+	06:37+	08:31+	10:03-	12:12+	15:43+	17:02+	18:40+	19:47+	22:05+	24:01+	24:59+	25:25+
00:50+	02:52+	00:57+	01:58+	01:54-	01:32-	02:09+	03:31+	01:19-	01:38+	01:07+	02:18+	01:56+	00:58+	00:26+
00:02+	00:35&	00:01+	00:07+	00:02-	00:46-	00:05+	00:53&	00:01-	00:31&	00:12#	01:14@	00:06+	00:08#	00:01+
6	Olav Dag Borgersen	154										27:21		
00:45-	03:19+	04:42+	06:28+	08:53+	10:35+	12:51+	15:36+	17:07+	20:12+	21:13+	22:33+	25:59+	26:56+	27:21+
00:45-	02:34+	01:23+	01:46-	02:25+	01:42-	02:16+	02:45+	01:31+	03:05+	01:01+	01:20+	03:26+	00:57+	00:25=-
00:03-	00:17#	00:27&	00:05-	00:29#	00:36-	00:12+	00:07+	00:11#	01:58@	00:06#	00:16#	01:36&	00:07#	00:00=-
7	Norvald Skretting	43										28:02		
00:53+	03:47+	04:35+	06:30+	08:32+	10:44+	12:57+	16:56+	18:33+	20:30+	21:27+	22:56+	25:19+	27:34+	28:02+
00:53+	02:54+	00:48-	01:55+	02:02+	02:12-	02:13+	03:59+	01:37+	01:57+	00:57+	01:29+	02:23+	02:15+	00:28+
00:05#	00:37&	00:08-	00:04+	00:06+	00:06-	00:09+	01:21&	00:17#	00:50&	00:02+	00:25&	00:33&	01:25@	00:03#
8	Steinar Undheim	54										28:14		
00:58+	04:27+	05:23+	06:48+	09:00+	10:40+	12:57+	15:59+	17:28+	19:30+	20:22+	22:06+	25:42+	27:47+	28:14+
00:58+	03:29+	00:56=-	01:25-	02:12+	01:40-	02:17+	03:02+	01:29+	02:02+	00:52-	01:44+	03:36+	02:05+	00:27+
00:10#	01:12&	00:00=-	00:26-	00:16#	00:38-	00:13#	00:24#	00:09#	00:55&	00:03-	00:40&	01:46&	01:15@	00:02+
9	Lars Ernst Ravndal	125										28:15		
00:51+	03:52+	04:59+	07:02+	09:23+	11:30+	13:52+	17:37+	19:09+	21:01+	22:20+	24:22+	26:42+	27:46+	28:15+
00:51+	03:01+	01:07+	02:03+	02:21+	02:07-	02:22+	03:45+	01:32+	01:52+	01:19+	02:02+	02:20+	01:04+	00:29+
00:03+	00:44&	00:11#	00:12#	00:25#	00:11-	00:18#	01:07&	00:12#	00:45&	00:24&	00:58&	00:30&	00:14&	00:04#
10	Svein Eliassen	116										28:18		
01:01+	05:11+	06:26+	08:09+	10:27+	11:59+	14:28+	17:44+	20:05+	22:04+	23:25+	24:40+	26:47+	27:48+	28:18+
01:01+	04:10+	01:15+	01:43-	02:18+	01:32-	02:29+	03:16+	02:21+	01:59+	01:21+	01:15+	02:07+	01:01+	00:30+
00:13&	01:53&	00:19&	00:08-	00:22#	00:46-	00:25#	00:38#	01:01&	00:52&	00:26&	00:11#	00:17#	00:11#	00:05#
11	Ingjald Egeland	7										29:27		
00:44-	03:45+	04:37+	05:57+	08:02+	09:30-	11:43-	14:17-	16:31+	19:22+	21:57+	22:42+	24:11+	27:34+	28:58+
00:44-	03:01+	00:52-	01:20-	02:05+	01:28-	02:13+	02:34-	02:14+	02:51+	02:35+	00:45-	01:29-	03:23+	01:24+
00:04-	00:44&	00:04-	00:31-	00:09+	00:50-	00:09+	00:04-	00:54&	01:44@	01:40@	00:19-	00:21-	02:33@	00:59@
12	Arne Tveita	109										30:35		
00:48=	04:01+	06:37+	08:14+	10:31+	12:15+	14:47+	17:54+	19:34+	21:53+	22:59+	26:22+	28:53+	30:12+	30:35+
00:48=	03:13+	02:36+	01:37-	02:17+	01:44-	02:32+	03:07+	01:40+	02:19+	01:06+	03:23+	02:31+	01:19+	00:23-
00:00=-	00:56&	01:40@	00:14-	00:21#	00:34-	00:28#	00:29#	00:20#	01:12@	00:11#	02:19@	00:41&	00:29&	00:02-
13	Kjell Langvik	93										33:44		
03:39+	06:28+	07:44+	10:47+	13:04+	15:16+	17:39+	21:09+	22:55+	25:58+	26:44+	28:18+	32:15+	33:16+	33:44+
03:39+	02:49+	01:16+	03:03+	02:17+	02:12-	02:23+	03:30+	01:46+	03:03+	00:46-	01:34+	03:57+	01:01+	00:28+
02:51@	00:32#	00:20&	01:12&	00:21#	00:06-	00:19#	00:52&	00:26&	01:56@	00:09-	00:30&	02:07@	00:11#	00:03#
14	Mangor Eikeland	92										34:12		
01:40+	05:16+	06:28+	08:41+	11:49+	14:05+	17:30+	21:36+	23:48+	25:32+	26:57+	28:43+	31:46+	33:28+	34:12+
01:40+	03:36+	01:12+	02:13+	03:08+	02:16-	03:25+	04:06+	02:12+	01:44+	01:25+	01:46+	03:03+	01:42+	00:44+
00:52@	01:19&	00:16&	00:22#	01:12&	00:02-	01:21&	01:28&	00:52&	00:37&	00:30&	00:42&	01:13&	00:52@	00:19&
15	Jan H. Sagen	92										35:38		
01:26+	04:40+	05:49+	08:22+	11:58+	13:51+	16:43+	20:13+	22:09+	23:45+	27:39+	28:48+	30:34+	33:14+	35:05+
01:26+	03:14+	01:09+	02:33+	03:36+	01:53-	02:52+	03:30+	01:56+	01:36+	03:54+	01:09+	01:46-	02:40+	01:51+
00:38&	00:57&	00:13#	00:42&	01:40&	00:25-	00:48&	00:52&	00:36&	00:29&	02:59@	00:05+	00:04-	01:50@	01:26@
16	Arne Brandsberg	29										40:27		
01:14+	06:29+	08:03+	10:33+	13:44+	17:01+	21:00+	25:31+	27:54+	29:52+	31:08+	33:56+	37:55+	39:38+	40:27+
01:14+	05:15+	01:34+	02:30+	03:11+	03:17+	03:59+	04:31+	02:23+	01:58+	01:16+	02:48+	03:59+	01:43+	00:49+
00:26&	02:58@	00:38&	00:39&	01:15&	00:59&	01:55&	01:53&	01:03&	00:51&	00:21&	01:44@	02:09@	00:53@	00:24&
17	Rolv Nærland	63										45:57		
01:03+	04:34+	05:40+	07:56+	10:34+	16:10+	18:56+	22:34+	24:15+	31:46+	36:00+	39:09+	42:37+	45:27+	45:57+
01:03+	03:31+	01:06+	02:16+	02:38+	05:36+	02:46+	03:38+	01:41+	07:31+	04:14+	03:09+	03:28+	02:50+	00:30+
00:15&	01:14&	00:10#	00:25#	00:42&	03:18@	00:42&	01:00&	00:21&	06:24@	03:19@	02:05@	01:38&	02:00@	00:05#
18	Svein Kåre Larsen	92										49:26		
01:06+	06:48+	08:01+	10:03+	13:37+	21:27+	24:40+	29:14+	32:26+	39:28+	40:49+	43:39+	46:44+	48:38+	49:26+
01:06+	05:42+	01:13+	02:02+	03:34+	07:50+	03:13+	04:34+	03:12+	07:02+	01:21+	02:50+	03:05+	01:54+	00:48+
00:18&	03:25@	00:17&	00:11+	01:38&	05:32@	01:09&	01:56&	01:52@	05:55@	00:26&	01:46@	01:15&	01:04@	00:23&

Class	Navn	Klasse										Tid			
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Beste strekktid for klassen

00:36 02:17 00:39 01:20 01:49 01:26 02:04 02:19 01:13 01:07 00:46 00:45 01:29 00:50 00:22

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

Herrer 75 - 79 år

1 Alf Gyland 92 21:35

00:49= 03:55= 04:58= 06:51= 08:38= 10:33= 11:47= 13:50= 16:06= 17:01= 17:56= 19:32= 21:18= 21:35=
 00:49= 03:06= 01:03= 01:53= 01:47= 01:55= 01:14= 02:03= 02:16= 00:55= 00:55= 01:36= 01:46= 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=

2 Jan Bekkeheien 92 21:45

00:47- 02:31- 03:26- 05:19- 07:09- 09:31- 10:45- 12:49- 14:46- 17:01= 17:40- 19:43+ 21:26+ 21:45+
 00:47- 01:44- 00:55- 01:53= 01:50+ 02:22+ 01:14= 02:04+ 01:57- 02:15+ 00:39- 02:03+ 01:43- 00:19+
 00:02- 01:22- 00:08- 00:00= 00:03+ 00:27# 00:00= 00:01+ 00:19- 01:20@ 00:16- 00:27& 00:03- 00:02#

3 Terje Braut 92 22:06

01:00+ 02:55- 04:00- 05:55- 07:46- 10:50+ 12:01+ 14:01+ 15:53- 17:30+ 18:08+ 19:44+ 21:50+ 22:06+
 01:00+ 01:55- 01:05+ 01:55+ 01:51+ 03:04+ 01:11- 02:00- 01:52- 01:37+ 00:38- 01:36= 02:06+ 00:16-
 00:11# 01:11- 00:02+ 00:02+ 00:04+ 01:09& 00:03- 00:03- 00:24- 00:42& 00:17- 00:00= 00:20# 00:01-

4 Kjell Maudal 63 22:57

01:01+ 03:06- 04:13- 06:19- 08:15- 10:36+ 11:52+ 13:56+ 15:52- 18:01+ 18:46+ 20:48+ 22:38+ 22:57+
 01:01+ 02:05- 01:07+ 02:06+ 01:56+ 02:21+ 01:16+ 02:04+ 01:56- 02:09+ 00:45- 02:02+ 01:50+ 00:19+
 00:12# 01:01- 00:04+ 00:13# 00:09+ 00:26# 00:02+ 00:01+ 00:20- 01:14@ 00:10- 00:26& 00:04+ 00:02#

5 Magne Jakobsen 63 23:01

01:01+ 04:03+ 05:00+ 06:52+ 09:01+ 11:19+ 12:56+ 15:06+ 17:17+ 17:56+ 18:47+ 20:36+ 22:26+ 23:01+
 01:01+ 03:02- 00:57- 01:52- 02:09+ 02:18+ 01:37+ 02:10+ 02:11- 00:39- 00:51- 01:49+ 01:50+ 00:35+
 00:12# 00:04- 00:06- 00:01- 00:22# 00:23# 00:23& 00:07+ 00:05- 00:16- 00:04- 00:13# 00:04+ 00:18@

6 Magne Westerheim 93 24:17

01:15+ 03:27- 05:00+ 07:37+ 09:36+ 11:39+ 12:54+ 15:18+ 17:43+ 18:31+ 19:40+ 21:41+ 23:54+ 24:17+
 01:15+ 02:12- 01:33+ 02:37+ 01:59+ 02:03+ 01:15+ 02:24+ 02:25+ 00:48- 01:09+ 02:01+ 02:13+ 00:23+
 00:26& 00:54- 00:30& 00:44& 00:12# 00:08+ 00:01+ 00:21# 00:09+ 00:07- 00:14& 00:25& 00:27& 00:06&

7 Arne Karlsen 105 24:29

00:56+ 03:18- 04:32- 06:46- 08:34- 11:03+ 12:33+ 14:59+ 17:06+ 17:57+ 19:30+ 21:31+ 23:24+ 24:29+
 00:56+ 02:22- 01:14+ 02:14+ 01:48+ 02:29+ 01:30+ 02:26+ 02:07- 00:51- 01:33+ 02:01+ 01:53+ 01:05+
 00:07# 00:44- 00:11# 00:21# 00:01+ 00:34& 00:16# 00:23# 00:09- 00:04- 00:38& 00:25& 00:07+ 00:48@

8 Gunnar Furland 93 26:01

01:03+ 03:21- 04:28- 06:51= 08:45+ 11:34+ 13:14+ 17:07+ 19:32+ 20:43+ 21:32+ 23:33+ 25:39+ 26:01+
 01:03+ 02:18- 01:07+ 02:23+ 01:54+ 02:49+ 01:40+ 03:53+ 02:25+ 01:11+ 00:49- 02:01+ 02:06+ 00:22+
 00:14& 00:48- 00:04+ 00:30& 00:07+ 00:54& 00:26& 01:50& 00:09+ 00:16& 00:06- 00:25& 00:20# 00:05&

9 Sverre Gilje 18 29:06

01:02+ 03:20- 04:24- 06:47- 08:39+ 14:48+ 16:20+ 18:39+ 20:49+ 21:53+ 24:15+ 26:43+ 28:45+ 29:06+
 01:02+ 02:18- 01:04+ 02:23+ 01:52+ 06:09+ 01:32+ 02:19+ 02:10- 01:04+ 02:22+ 02:28+ 02:02+ 00:21+
 00:13& 00:48- 00:01+ 00:30& 00:05+ 04:14@ 00:18# 00:16# 00:06- 00:09# 01:27@ 00:52& 00:16# 00:04#

10 Harald I. Serigstad 68 32:38

01:06+ 03:40- 04:57- 07:16+ 09:45+ 17:56+ 19:17+ 22:26+ 25:00+ 25:38+ 27:54+ 29:59+ 32:21+ 32:38+
 01:06+ 02:34- 01:17+ 02:19+ 02:29+ 08:11+ 01:21+ 03:09+ 02:34+ 00:38- 02:16+ 02:05+ 02:22+ 00:17=
 00:17& 00:32- 00:14# 00:26# 00:42& 06:16@ 00:07+ 01:06& 00:18# 00:17- 01:21@ 00:29& 00:36& 00:00=

11 Øystein Nilsen 57 38:12

00:53+ 02:58- 04:05- 06:09- 08:17- 13:41+ 21:56+ 24:19+ 26:51+ 28:19+ 33:12+ 35:11+ 37:50+ 38:12+
 00:53+ 02:05- 01:07+ 02:04+ 02:08+ 05:24+ 08:15+ 02:23+ 02:32+ 01:28+ 04:53+ 01:59+ 02:39+ 00:22+
 00:04+ 01:01- 00:04+ 00:11+ 00:21# 03:29@ 07:01@ 00:20# 00:16# 00:33& 03:58@ 00:23# 00:53& 00:05&

Beste strekktid for klassen

00:47 01:44 00:55 01:52 01:47 01:55 01:11 02:00 01:52 00:38 00:38 01:36 01:43 00:16

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

Herrer 80 år og eldre

Class	Navn	Klasse	Tid											
1	Sigurd Krosli	31	25:45											
00:46=	02:54=	05:33=	07:08=	07:47=	10:03=	11:34=	13:12=	17:00=	18:26=	19:56=	21:55=	22:42=	24:48=	25:45=
00:46=	02:08=	02:39=	01:35=	00:39=	02:16=	01:31=	01:38=	03:48=	01:26=	01:30=	01:59=	00:47=	02:06=	00:57=
00:00=	00:00=	00:00=	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	Arnulf Fuglestad	29	30:48											
00:55+	03:54+	06:02+	07:50+	08:26+	10:34+	11:44+	14:01+	20:47+	23:01+	25:24+	26:52+	27:51+	29:53+	30:48+
00:55+	02:59+	02:08-	01:48+	00:36-	02:08-	01:10-	02:17+	06:46+	02:14+	02:23+	01:28-	00:59+	02:02-	00:55-
00:09#	00:51&	00:31-	00:13#	00:03-	00:08-	00:21-	00:39&	02:58&	00:48&	00:53&	00:31-	00:12&	00:04-	00:02-
3	Sigurd Holm Sirevåg	93	41:03											
01:10+	03:48+	07:34+	10:02+	11:04+	14:28+	16:36+	18:48+	24:05+	29:14+	31:20+	35:10+	36:40+	39:41+	41:03+
01:10+	02:38+	03:46+	02:28+	01:02+	03:24+	02:08+	02:12+	05:17+	05:09+	02:06+	03:50+	01:30+	03:01+	01:22+
00:24&	00:30#	01:07&	00:53&	00:23&	01:08&	00:37&	00:34&	01:29&	03:43@	00:36&	01:51&	00:43&	00:55&	00:25&
4	Sigurd Kapstad	46	42:09											
01:31+	04:53+	08:39+	11:08+	12:09+	15:33+	17:43+	19:54+	25:14+	30:26+	32:25+	36:10+	37:49+	40:42+	42:09+
01:31+	03:22+	03:46+	02:29+	01:01+	03:24+	02:10+	02:11+	05:20+	05:12+	01:59+	03:45+	01:39+	02:53+	01:27+
00:45&	01:14&	01:07&	00:54&	00:22&	01:08&	00:39&	00:33&	01:32&	03:46@	00:29&	01:46&	00:52@	00:47&	00:30&
Beste strekktid for klassen														
00:46	02:08	02:08	01:35	00:36	02:08	01:10	01:38	03:48	01:26	01:30	01:28	00:47	02:02	00:55

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

Herrer A

1	Fredrik Omdal	74	20:20																					
00:21=	01:50=	02:55=	03:21=	03:50=	04:42=	05:25=	07:33=	08:39=	09:26=	10:06=	10:55=	11:29=	12:29=	12:39=	13:49=	15:08=	15:40=	17:39=	18:09=	18:47=	19:47=	20:04=	20:20=	
00:21=	01:29=	01:05=	00:26=	00:29=	00:52=	00:43=	02:08=	01:06=	00:47=	00:40=	00:49=	00:34=	01:00=	00:10=	01:10=	01:19=	00:32=	01:59=	00:30=	00:38=	01:00=	00:17=	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=	00:00=	
2	Sigurd Oftedal	194	21:30																					
00:21=	01:49-	03:04+	03:38+	04:36+	05:24+	06:09+	08:19+	09:21+	10:08+	10:46+	11:38+	12:19+	13:20+	13:32+	14:48+	15:54+	16:28+	18:33+	18:59+	19:40+	20:47+	21:11+	21:30+	
00:21=	01:28-	01:15+	00:34+	00:58+	00:48-	00:45+	02:10+	01:02-	00:47=	00:38-	00:52+	00:41+	01:01+	00:12+	01:16+	01:06-	00:34+	02:05+	00:26-	00:41+	01:07+	00:24+	00:19+	
00:00=	00:01-	00:10#	00:08&	00:29&	00:04-	00:02+	00:02+	00:04-	00:00=	00:02-	00:03+	00:07#	00:01+	00:02#	00:06+	00:13-	00:02+	00:06+	00:04-	00:03+	00:07#	00:07&	00:03#	
3	Morten Bjerga Sundli	93	21:47																					
00:23+	01:57+	03:08+	03:41+	04:17+	05:02+	05:48+	08:05+	09:09+	10:01+	10:42+	11:39+	12:16+	13:24+	13:37+	14:54+	16:02+	16:36+	18:46+	19:21+	20:05+	21:14+	21:30+	21:47+	
00:23+	01:34+	01:11+	00:33+	00:36+	00:45-	00:46+	02:17+	01:04-	00:52+	00:41+	00:57+	00:37+	01:08+	00:13+	01:17+	01:08-	00:34+	02:10+	00:35+	00:44+	01:09+	00:16-	00:17+	
00:02+	00:05+	00:06+	00:07&	00:07#	00:07-	00:03+	00:09+	00:02-	00:05#	00:01+	00:08#	00:03+	00:08#	00:03&	00:07#	00:11-	00:02+	00:11+	00:05#	00:06#	00:09#	00:01-	00:01+	
4	Kristian Haarr	27	23:51																					
00:24+	02:12+	03:31+	04:02+	04:38+	05:26+	06:16+	08:51+	09:59+	10:52+	11:34+	12:34+	13:20+	14:38+	14:51+	16:21+	17:42+	18:24+	20:48+	21:16+	22:01+	23:14+	23:32+	23:51+	
00:24+	01:48+	01:19+	00:31+	00:36+	00:48-	00:50+	02:35+	01:08+	00:53+	00:42+	01:00+	00:46+	01:18+	00:13+	01:30+	01:21+	00:42+	02:24+	00:28-	00:45+	01:13+	00:18+	00:19+	
00:03#	00:19#	00:14#	00:05#	00:07#	00:04-	00:07#	00:27#	00:02+	00:06#	00:02+	00:11#	00:12&	00:18&	00:03&	00:20&	00:02+	00:10&	00:25#	00:02-	00:07#	00:13#	00:01+	00:03#	
5	Fredrik Sandal	88	24:05																					
00:26+	02:36+	03:46+	04:18+	04:50+	05:38+	06:25+	08:58+	10:11+	11:04+	11:48+	12:56+	13:37+	14:49+	15:01+	16:34+	17:55+	18:31+	20:49+	21:23+	22:09+	23:24+	23:43+	24:05+	
00:26+	02:10+	01:10+	00:32+	00:32+	00:48-	00:47+	02:33+	01:13+	00:53+	00:44+	01:08+	00:41+	01:12+	00:12+	01:33+	01:21+	00:36+	02:18+	00:34+	00:46+	01:15+	00:19+	00:22+	
00:05#	00:41&	00:05+	00:06#	00:03#	00:04-	00:04+	00:25#	00:07#	00:06#	00:04#	00:19&	00:07#	00:12#	00:02#	00:23&	00:02+	00:04#	00:19#	00:04#	00:08#	00:15#	00:02#	00:06&	
6	Aart Joakim in't Veld	93	24:07																					
00:24+	01:51+	03:00+	03:55+	04:32+	05:18+	06:10+	08:50+	10:05+	10:59+	11:40+	12:40+	13:23+	14:41+	14:54+	16:29+	17:40+	18:25+	20:44+	21:11+	21:58+	23:06+	23:46+	24:07+	
00:24+	01:27-	01:09+	00:55+	00:37+	00:46-	00:52+	02:40+	01:15+	00:54+	00:41+	01:00+	00:43+	01:18+	00:13+	01:35+	01:11-	00:45+	02:19+	00:27-	00:47+	01:08+	00:40+	00:21+	
00:03#	00:02-	00:04+	00:29@	00:06-	00:06-	00:09#	00:32#	00:09#	00:07#	00:01+	00:11#	00:09&	00:18&	00:03&	00:25&	00:08-	00:13&	00:20#	00:03-	00:09#	00:08#	00:23@	00:05&	
7	Kristian Nygård Holtan	116	24:35																					
00:31+	02:26+	03:41+	04:46+	05:29+	06:29+	07:23+	09:41+	10:55+	11:51+	12:38+	13:37+	14:18+	15:44+	15:55+	17:17+	18:23+	19:02+	21:19+	22:09+	22:52+	23:59+	24:20+	24:35+	
00:31+	01:55+	01:15+	01:05+	00:43+	01:00+	00:54+	02:18+	01:14+	00:56+	00:47+	00:59+	00:41+	01:26+	00:11+	01:22+	01:06-	00:39+	00:17+	00:50+	00:43+	01:07+	00:21+	00:15-	
00:10&	00:26&	00:10#	00:39@	00:14&	00:08#	00:11&	00:10+	00:08#	00:09#	00:07#	00:10#	00:07#	00:26&	00:01#	00:12#	00:13-	00:07#	00:18#	00:20&	00:05#	00:07#	00:04#	00:01-	
8	Robert Ekehaug	101	25:09																					
00:27+	02:28+	03:51+	04:25+	05:03+	05:52+	06:42+	09:12+	10:24+	11:18+	12:03+	12:48+	13:18+	14:05+	15:15+	15:38+	17:16+	18:41+	19:21+	21:49+	22:20+	23:10+	24:28+	24:48+	25:09+
00:27+	02:01+	01:23+	00:34+	00:38+	00:49-	00:50+	02:30+	01:12+	00:54+	00:45+	00:45-	00:30-	00:47-	01:10+	00:23-	01:38+	01:25+	00:40-	02:28+	00:31-	00:50-	01:18+	00:20+	00:21+
00:06&	00:32&	00:18&	00:08&	00:09&	00:03-	00:07#	00:22#	00:06+	00:07#	00:05#	00:04-	00:04-	00:13-	01:00@	00:47-	00:19#	00:53@	01:19-	01:58@	00:07-	00:10-	01:01@	00:04#	00:21+
9	Torbjørn Brandsæter	115	25:44																					
00:26+	02:08+	03:18+	03:47+	04:21+	07:21+	08:16+	10:34+	11:39+	12:37+	13:15+	14:09+	14:51+	16:05+	16:17+	17:36+	19:06+	19:46+	22:47+	23:14+	23:55+	25:11+	25:29+	25:44+	
00:26+	01:42+	01:10+	00:29+	00:34+	03:00+	00:55+	02:18+	01:05-	00:58+	00:38-	00:54+	00:42+	01:14+	00:12+	01:19+	01:30+	00:40+	03:01+	00:27-	00:41+	01:16+	00:18+	00:15-	
00:05#	00:13#	00:05+	00:03#	00:05#	02:08@	00:12&	00:10+	00:01-	00:11#	00:02-	00:05#	00:08#	00:14#	00:02#	00:09#	00:11#	00:08#	01:02&	00:03-	00:03+	00:16&	00:01+	00:01-	

Class	Navn	Klasse										Tid											
10	Erik Lima	115										26:37											
00:31+	03:05+	04:29+	05:07+	05:50+	06:47+	07:47+	10:17+	11:31+	12:27+	13:19+	14:45+	15:29+	16:44+	17:02+	18:50+	20:10+	20:52+	23:22+	23:52+	24:41+	25:57+	26:17+	26:37+
00:31+	02:34+	01:24+	00:38+	00:43+	00:57+	01:00+	02:30+	01:14+	00:56+	00:52+	01:26+	00:44+	01:15+	00:18+	01:48+	01:20+	00:42+	02:30+	00:30=	00:49+	01:16+	00:20+	00:20+
00:10&	01:05&	00:19&	00:12&	00:14&	00:05+	00:17&	00:22#	00:08#	00:09#	00:12&	00:37&	00:10&	00:15#	00:08&	00:38&	00:01+	00:10&	00:31&	00:00=	00:11&	00:16&	00:03#	00:04#
11	Joar Fuglestad	116										27:12											
00:42+	03:01+	04:19+	05:07+	05:45+	06:54+	07:54+	10:15+	11:39+	12:42+	13:27+	14:42+	15:26+	16:48+	17:00+	18:37+	20:01+	20:41+	23:49+	24:19+	25:12+	26:38+	26:58+	27:12+
00:42+	02:19+	01:18+	00:48+	00:38+	01:09+	01:00+	02:21+	01:24+	01:03+	00:45+	01:15+	00:44+	01:22+	00:12+	01:37+	01:24+	00:40+	03:08+	00:30=	00:53+	01:26+	00:20+	00:14-
00:21&	00:50&	00:13#	00:22&	00:09&	00:17&	00:17&	00:13#	00:18&	00:16&	00:05#	00:26&	00:10&	00:22&	00:02#	00:27&	00:05+	00:08#	01:09&	00:00=	00:15&	00:26&	00:03#	00:02-
12	Martin Blystad	115										28:36											
01:34+	03:36+	05:10+	06:31+	07:04+	08:10+	09:03+	11:44+	13:08+	14:04+	14:55+	15:59+	16:42+	18:02+	18:18+	20:02+	21:26+	22:10+	25:08+	25:38+	26:35+	27:56+	28:18+	28:36+
01:34+	02:02+	01:34+	01:21+	00:33+	01:06+	00:53+	02:41+	01:24+	00:56+	00:51+	01:04+	00:43+	01:20+	00:16+	01:44+	01:24+	00:44+	02:58+	00:30=	00:57+	01:21+	00:22+	00:18+
01:13@	00:33&	00:29&	00:55@	00:04#	00:14&	00:10#	00:33&	00:18&	00:09#	00:11&	00:15&	00:09&	00:20&	00:06&	00:34&	00:05+	00:12&	00:59&	00:00=	00:19&	00:21&	00:05&	00:02#
Beste strekketid for klassen																							
00:21	01:27	01:05	00:26	00:29	00:45	00:43	02:08	01:02	00:47	00:38	00:45	00:30	00:47	00:10	00:23	01:06	00:32	00:40	00:26	00:31	00:50	00:16	00:14

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

Herrer B

1	Geir Sand	105										23:15											
00:26=	02:14=	03:21=	03:58=	04:32=	05:20=	06:10=	09:01=	10:05=	10:55=	11:39=	12:34=	13:11=	14:13=	14:25=	16:14=	17:29=	18:06=	20:20=	20:51=	21:33=	22:39=	22:59=	23:15=
00:26=	01:48=	01:07=	00:37=	00:34=	00:48=	00:50=	02:51=	01:04=	00:50=	00:44=	00:55=	00:37=	01:02=	00:12=	01:49=	01:15=	00:37=	02:14=	00:31=	00:42=	01:06=	00:20=	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=	00:00=
2	Joar Eilevstjønn	67										23:39											
00:34+	02:13-	03:27+	04:10+	04:42+	05:34+	06:26+	09:03+	10:22+	11:23+	12:06+	13:00+	13:42+	15:03+	15:17+	16:38+	17:47+	18:27+	20:39+	21:09+	21:53+	22:58+	23:22+	23:39+
00:34+	01:39-	01:14+	00:43+	00:32-	00:52+	00:52+	02:37-	01:19+	01:01+	00:43-	00:54-	00:42+	01:21+	00:14+	01:21-	01:09-	00:40+	02:12-	00:30-	00:44+	01:05-	00:24+	00:19+
00:08&	00:09-	00:07#	00:06#	00:02-	00:04+	00:02+	00:14-	00:15#	00:11#	00:01-	00:01-	00:05#	00:19&	00:02#	00:28-	00:06-	00:03+	00:02-	00:01-	00:02+	00:01-	00:04#	00:01+
3	Lars Drage	230										24:13											
00:23-	02:19+	03:35+	04:09+	04:45+	05:37+	06:28+	08:51-	10:14+	11:07+	11:56+	12:55+	13:37+	14:45+	14:57+	16:30+	17:39+	18:19+	21:10+	21:40+	22:24+	23:36+	23:54+	24:13+
00:23-	01:56+	01:16+	00:34+	00:36+	00:52+	00:51+	02:23-	01:23+	00:53+	00:49+	00:59+	00:42+	01:08+	00:12=	01:33-	01:09-	00:40+	02:51+	00:30-	00:44+	01:12+	00:18-	00:19+
00:03-	00:08+	00:09#	00:03-	00:02+	00:04+	00:01+	00:28-	00:19&	00:03+	00:05#	00:04+	00:05#	00:06+	00:00=	00:16-	00:06-	00:03+	00:37&	00:01-	00:02+	00:06+	00:02-	00:03#
4	Terje Michaelsen	47										24:45											
00:36+	02:46+	04:11+	04:44+	05:17+	06:04+	07:05+	09:36+	10:51+	11:43+	12:27+	13:28+	14:15+	15:28+	15:41+	17:12+	18:32+	19:36+	21:49+	22:15+	23:01+	24:10+	24:29+	24:45+
00:36+	02:10+	01:25+	00:33-	00:33-	00:47-	01:01+	02:31-	01:15+	00:52+	00:44=	01:01+	00:47+	01:13+	00:13+	01:31-	01:20+	01:04+	02:13-	00:26-	00:46+	01:09+	00:19-	00:16=
00:10&	00:22#	00:18&	00:04-	00:01-	00:01-	00:11#	00:20-	00:11#	00:02+	00:00=	00:06#	00:10&	00:11#	00:01+	00:18-	00:05+	00:27&	00:01-	00:05-	00:04+	00:03+	00:01-	00:00=
5	Tom Furland	62										24:57											
00:23-	02:12-	03:32+	04:15+	04:51+	05:39+	06:32+	09:01=	10:15+	11:15+	12:04+	13:05+	13:49+	15:03+	15:18+	16:46+	18:09+	18:52+	21:24+	22:06+	22:56+	24:12+	24:36+	24:57+
00:23-	01:49+	01:20+	00:43+	00:36+	00:48=	00:53+	02:29-	01:14+	01:00+	00:49+	01:01+	00:44+	01:14+	00:15+	01:28-	01:23+	00:43+	02:32+	00:42+	00:50+	01:16+	00:24+	00:21+
00:03-	00:01+	00:13#	00:06#	00:02+	00:00=	00:03+	00:22-	00:10#	00:10#	00:05#	00:06#	00:07#	00:12#	00:03#	00:21-	00:08#	00:06#	00:18#	00:11&	00:08#	00:10#	00:04#	00:05&
6	Bjørnar André Haug	80										25:00											
00:29+	02:32+	03:59+	04:47+	05:25+	06:27+	07:22+	09:50+	11:01+	11:54+	12:42+	13:45+	14:26+	15:38+	15:50+	17:18+	18:31+	19:12+	21:49+	22:19+	23:05+	24:16+	24:42+	25:00+
00:29+	02:03+	01:27+	00:48+	00:38+	01:02+	00:55+	02:28-	01:11+	00:53+	00:48+	01:03+	00:41+	01:12+	00:12=	01:28-	01:13-	00:41+	02:37+	00:30-	00:46+	01:11+	00:26+	00:18+
00:03#	00:15#	00:20&	00:11&	00:04#	00:14&	00:05#	00:23-	00:07#	00:03+	00:04+	00:08#	00:04#	00:10#	00:00=	00:21-	00:02-	00:04#	00:23#	00:01-	00:04+	00:05+	00:06&	00:02#
7	Oddgeir Eikeskog	93										25:07											
00:26=	02:07-	03:29+	04:05+	04:42+	05:33+	06:27+	09:01=	10:23+	11:22+	12:08+	13:12+	14:04+	15:27+	15:42+	17:14+	18:32+	19:15+	21:45+	22:18+	23:07+	24:27+	24:47+	25:07+
00:26=	01:41-	01:22+	00:36-	00:37+	00:51+	00:54+	02:34-	01:22+	00:59+	00:46+	01:04+	00:52+	01:23+	00:15+	01:32-	01:18+	00:43+	02:30+	00:33+	00:49+	01:20+	00:20=	00:20+
00:00=	00:07-	00:15#	00:01-	00:03+	00:03+	00:04+	00:17-	00:18&	00:09#	00:02+	00:09#	00:15&	00:21&	00:03#	00:17-	00:03+	00:06#	00:16#	00:02+	00:07#	00:14#	00:00=	00:04#
8	Øyvind Rummelhoff	27										25:12											
00:22-	02:27+	03:42+	04:19+	04:56+	05:46+	06:32+	08:55-	10:12+	11:09+	12:00+	12:58+	13:49+	15:02+	15:15+	16:51+	18:36+	19:38+	21:54+	22:24+	23:07+	24:28+	24:55+	25:12+
00:22-	02:05+	01:15+	00:37+	00:37+	00:50+	00:46-	02:23-	01:17+	00:57+	00:51+	00:58+	00:51+	01:13+	00:13+	01:36-	01:45+	01:02+	02:16+	00:30-	00:43+	01:21+	00:27+	00:17+
00:04-	00:17#	00:08#	00:00=	00:03+	00:02+	00:04-	00:28-	00:13#	00:07#	00:07#	00:03+	00:14&	00:11#	00:01+	00:13-	00:30&	00:25&	00:02+	00:01-	00:01+	00:15#	00:07&	00:01+
9	Njål F. Vadla	194										25:22											
00:25-	02:31+	03:50+	04:26+	05:05+	05:55+	06:45+	09:28+	10:41+	11:46+	12:36+	13:42+	14:25+	15:35+	15:51+	17:33+	18:53+	19:33+	22:09+	22:39+	23:28+	24:43+	25:02+	25:22+
00:25-	02:06+	01:19+	00:36-	00:39+	00:50+	00:50=	02:43-	01:13+	01:05+	00:50+	01:06+	00:43+	01:10+	00:16+	01:42-	01:20+	00:40+	02:36+	00:30-	00:49+	01:15+	00:19-	00:20+
00:01-	00:18#	00:12#	00:01-	00:05#	00:02+	00:00=	00:08-	00:09#	00:15&	00:06#	00:11#	00:06#	00:08#	00:04&	00:07-	00:05+	00:03+	00:22#	00:01-	00:07#	00:09#	00:01-	00:04#
10	Per Olav Haarr	62										25:27											
00:26=	02:10-	03:33+	04:13+	04:51+	05:39+	06:55+	09:42+	10:58+	11:52+	12:43+	13:43+	14:23+	15:18+	15:34+	15:47-	17:15-	18:38+	18:59-	19:49-	22:17+	22:47+	23:33+	24:49+
00:26=	01:44-	01:23+	00:40+	00:38+	00:48=	01:16+	02:47-	01:16+	00:54+	00:51+	01:00+	00:40+	00:55-	00:16+	00:13-	01:28+	01:23+	00:21-	00:50+	02:28+	00:30-	00:46+	01:16+
00:00=	00:04-	00:16#	00:03+	00:04#	00:00=	00:26&	00:04-	00:12#	00:04+	00:07#	00:05+	00:03+	00:07-	00:04&	01:36-	00:13#	00:46@	01:53-	00:19&	01:46@	00:36-	00:26@	01:00@

Class	Navn	Klasse										Tid											
11	Svein Erik Kvame	116										26:55											
00:28+	02:28+	03:46+	04:30+	05:10+	06:21+	07:17+	10:00+	11:18+	12:30+	13:18+	14:25+	15:14+	16:30+	16:43+	18:30+	20:08+	20:45+	23:26+	24:05+	24:55+	26:13+	26:35+	26:55+
00:28+	02:00+	01:18+	00:44+	00:40+	01:11+	01:56+	02:43-	01:18+	01:12+	00:48+	01:07+	00:49+	01:16+	00:13+	01:47-	01:38+	00:37=	02:41+	00:39+	00:50+	01:18+	00:22+	00:20+
00:02+	00:12#	00:11#	00:07#	00:06#	00:23#	00:06#	00:08-	00:14#	00:22#	00:04+	00:12#	00:12#	00:14#	00:01+	00:02-	00:23#	00:00=	00:27#	00:08&	00:08#	00:12#	00:02#	00:04#
12	Jone Sæbbø	90										27:02											
00:29+	02:24+	03:42+	04:41+	05:18+	06:24+	07:17+	10:02+	11:30+	12:37+	13:26+	14:30+	15:17+	16:40+	16:58+	18:43+	20:00+	20:50+	23:22+	24:14+	25:02+	26:17+	26:41+	27:02+
00:29+	01:55+	01:18+	00:59+	00:37+	01:06+	00:53+	02:45-	01:28+	01:07+	00:49+	01:04+	00:47+	01:23+	00:18+	01:45-	01:17+	00:50+	02:32+	00:52+	00:48+	01:15+	00:24+	00:21+
00:03#	00:07+	00:11#	00:22#	00:03+	00:18#	00:03+	00:06-	00:24&	00:17&	00:05#	00:09#	00:10#	00:21#	00:06#	00:04-	00:02+	00:13&	00:18#	00:21&	00:06#	00:09#	00:04#	00:05#
13	Inge Løland	114										27:14											
00:30+	02:26+	03:52+	04:32+	05:07+	06:00+	06:57+	09:49+	11:08+	12:14+	13:04+	14:02+	14:51+	16:09+	16:24+	18:10+	20:15+	21:05+	23:38+	24:19+	25:04+	26:29+	26:53+	27:14+
00:30+	01:56+	01:26+	00:40+	00:35+	00:53+	00:57+	02:52+	01:19+	01:06+	00:50+	00:58+	00:49+	01:18+	00:15+	01:46-	02:05+	00:50+	02:33+	00:41+	00:45+	01:25+	00:24+	00:21+
00:04#	00:08+	00:19#	00:03+	00:01+	00:05#	00:07#	00:01+	00:15#	00:16#	00:06#	00:03+	00:12#	00:16#	00:03#	00:03-	00:50#	00:13&	00:19#	00:10&	00:03+	00:19#	00:04#	00:05#
14	Rune Christiansen	93										28:17											
00:24-	02:11-	03:31+	04:27+	05:29+	06:29+	07:28+	10:18+	11:45+	12:52+	13:47+	14:56+	15:54+	17:32+	17:47+	19:48+	21:11+	22:04+	24:42+	25:19+	26:13+	27:34+	27:58+	28:17+
00:24-	01:47-	01:20+	00:56+	01:02+	01:00+	00:59+	02:50-	01:27+	01:07+	00:55+	01:09+	00:58+	01:38+	00:15+	02:01+	01:23+	00:53+	02:38+	00:37+	00:54+	01:21+	00:24+	00:19+
00:02-	00:01-	00:13#	00:19#	00:28#	00:12#	00:09#	00:01-	00:23#	00:17#	00:11#	00:14#	00:21#	00:36#	00:03#	00:12#	00:08#	00:16#	00:24#	00:06#	00:12#	00:15#	00:04#	00:03#
15	Espen Fyhn Nilsen	116										28:37											
00:26=	02:21+	03:58+	04:46+	05:36+	06:34+	07:33+	10:37+	12:13+	13:20+	14:13+	15:35+	16:21+	17:38+	17:54+	19:43+	21:04+	21:56+	24:45+	25:22+	26:16+	27:45+	28:14+	28:37+
00:26=	01:55+	01:37+	00:48+	00:50+	00:58+	00:59+	03:04+	01:36+	01:07+	00:53+	01:22+	00:46+	01:17+	00:16+	01:49=	01:21+	00:52+	02:49+	00:37+	00:54+	01:29+	00:29+	00:23+
00:00=	00:07+	00:30#	00:11#	00:16#	00:10#	00:09#	00:13+	00:32#	00:17#	00:09#	00:27#	00:09#	00:15#	00:04#	00:00=	00:06+	00:15#	00:35#	00:06#	00:12#	00:23#	00:09#	00:07#
16	Øystein Amundrud	90										31:01											
00:26=	03:06+	04:31+	05:14+	05:56+	07:02+	07:56+	10:43+	12:00+	13:01+	14:25+	15:33+	16:24+	18:00+	18:22+	19:56+	21:23+	22:33+	27:39+	28:19+	29:06+	30:21+	30:42+	31:01+
00:26=	02:40+	01:25+	00:43+	00:42+	01:06+	00:54+	02:47-	01:17+	01:01+	01:24+	01:08+	00:51+	01:36+	00:22+	01:34-	01:27+	01:10+	05:06+	00:40+	00:47+	01:15+	00:21+	00:19+
00:00=	00:52#	00:18#	00:06#	00:08#	00:18#	00:04+	00:04-	00:13#	00:11#	00:40#	00:13#	00:14#	00:34#	00:10#	00:15-	00:12#	00:33#	02:52@	00:09#	00:05#	00:09#	00:01+	00:03#
Beste strekktid for klassen																							
00:22	01:39	01:07	00:33	00:32	00:47	00:46	02:23	01:04	00:50	00:43	00:54	00:37	00:55	00:12	00:13	01:09	00:37	00:21	00:26	00:42	00:30	00:18	00:16

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

Herrer C

1	Kjetil Wirak	114										19:50												
01:25=	03:09=	04:22=	05:00=	06:23=	06:56=	08:22=	09:38=	13:15=	14:36=	15:36=	16:14=	16:59=	17:25=	18:09=	19:16=	19:50=								
01:25=	01:44=	01:13=	00:38=	01:23=	00:33=	01:26=	01:16=	03:37=	01:21=	01:00=	00:38=	00:45=	00:26=	00:44=	01:07=	00:34=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Jan Einar Øvremo	50										20:02												
01:13-	03:00-	04:42+	05:18+	06:48+	07:19+	08:37+	10:04+	13:01-	14:21-	15:36=	16:13-	16:58-	17:26+	18:14+	19:32+	20:02+								
01:13-	01:47+	01:42+	00:36-	01:30+	00:31-	01:18-	01:27+	02:57-	01:20-	01:15+	00:37-	00:45=	00:28+	00:48+	01:18+	00:30-								
00:12-	00:03+	00:29#	00:02-	00:07+	00:02-	00:08-	00:11#	00:40-	00:01-	00:15#	00:01-	00:00=	00:02+	00:04+	00:11#	00:04-								
3	Geir Bjaanes	116										20:31												
01:28+	03:16+	04:33+	05:19+	06:49+	07:21+	08:38+	10:03+	13:05-	14:32-	15:54+	16:38+	17:31+	17:55+	18:42+	19:58+	20:31+								
01:28+	01:48+	01:17+	00:46+	01:30+	00:32-	01:17-	01:25+	03:02-	01:27+	01:22+	00:44+	00:53+	00:24-	00:47+	01:16+	00:33-								
00:03+	00:04+	00:04+	00:08#	00:07+	00:01-	00:09-	00:09#	00:35-	00:06+	00:22#	00:06#	00:08#	00:02-	00:03+	00:09#	00:01-								
4	Otte Omdal	65										21:04												
01:47+	03:34+	05:16+	06:02+	07:28+	07:59+	09:15+	10:41+	14:13+	15:32+	16:45+	17:22+	18:10+	18:38+	19:21+	20:33+	21:04+								
01:47+	01:47+	01:42+	00:46+	01:26+	00:31-	01:16-	01:26+	03:32-	01:19-	01:13+	00:37-	00:48+	00:28+	00:43-	01:12+	00:31-								
00:22#	00:03+	00:29#	00:08#	00:03+	00:02-	00:10-	00:10#	00:05-	00:02-	00:13#	00:01-	00:03+	00:02+	00:01-	00:05+	00:03-								
5	Rune Karstensen	37										21:44												
01:56+	04:01+	05:31+	06:18+	07:44+	08:20+	09:40+	11:09+	14:23+	15:46+	16:56+	17:43+	18:26+	18:51+	19:38+	21:11+	21:44+								
01:56+	02:05+	01:30+	00:47+	01:26+	00:36+	01:20-	01:29+	03:14-	01:23+	01:10+	00:47+	00:43-	00:25-	00:47+	01:33+	00:33-								
00:31#	00:21#	00:17#	00:09#	00:03+	00:03+	00:06-	00:13#	00:23-	00:02+	00:10#	00:09#	00:02-	00:01-	00:03+	00:26#	00:01-								
6	Sveinung Svebestad	46										24:11												
01:53+	03:59+	05:27+	06:17+	08:06+	08:45+	10:27+	12:03+	15:27+	17:10+	18:33+	19:19+	20:12+	20:53+	21:47+	23:29+	24:11+								
01:53+	02:06+	01:28+	00:50+	01:49+	00:39+	01:42+	01:36+	03:24-	01:43+	01:23+	00:46+	00:53+	00:41+	00:54+	01:42+	00:42+								
00:28#	00:22#	00:15#	00:12#	00:26#	00:06#	00:16#	00:20#	00:13-	00:22#	00:23#	00:08#	00:08#	00:15#	00:10#	00:35#	00:08#								
7	Nils John Vestøl	83										24:27												
02:06+	03:56+	06:42+	07:29+	08:46+	09:16+	10:52+	12:26+	16:23+	17:43+	19:02+	19:36+	20:21+	20:51+	21:33+	23:53+	24:27+								
02:06+	01:50+	02:46+	00:47+	01:17-	00:30-	01:36+	01:34+	03:57+	01:20-	01:19+	00:34-	00:45=	00:30+	00:42-	02:20+	00:34=								
00:41#	00:06+	01:33@	00:09#	00:06-	00:03-	00:10#	00:18#	00:20+	00:01-	00:19#	00:04-	00:00=	00:04#	00:02-	01:13@	00:00=								

Class	Navn	Klasse										Tid						
8	Geir Frøylog	29										25:02						
02:04+	04:32+	06:30+	07:32+	09:17+	09:52+	11:13+	12:46+	16:37+	18:08+	19:26+	20:22+	21:15+	22:01+	22:46+	24:25+	25:02+		
02:04+	02:28+	01:58+	01:02+	01:45+	00:35+	01:21-	01:33+	03:51+	01:31+	01:18+	00:56+	00:53+	00:46+	00:45+	01:39+	00:37+		
00:39&	00:44&	00:45&	00:24&	00:22&	00:02+	00:05-	00:17#	00:14+	00:10#	00:18&	00:18&	00:08#	00:20&	00:01+	00:32&	00:03+		
9	Hans Bø	66										25:08						
01:53+	03:53+	05:42+	06:35+	08:27+	09:02+	10:58+	12:29+	15:41+	17:12+	18:48+	20:19+	21:13+	22:12+	23:02+	24:28+	25:08+		
01:53+	02:00+	01:49+	00:53+	01:52+	00:35+	01:56+	01:31+	03:12-	01:31+	01:36+	01:31+	00:54+	00:59+	00:50+	01:26+	00:40+		
00:28&	00:16#	00:36&	00:15&	00:29&	00:02+	00:30&	00:15#	00:25-	00:10#	00:36&	00:53@	00:09#	00:33@	00:06#	00:19&	00:06#		
10	Øystein Huglen	27										25:37						
02:10+	04:08+	05:43+	06:23+	07:53+	08:28+	09:54+	11:22+	17:33+	19:06+	20:24+	21:30+	22:24+	22:59+	23:50+	25:01+	25:37+		
02:10+	01:58+	01:35+	00:40+	01:30+	00:35+	01:26=	01:28+	06:11+	01:33+	01:18+	01:06+	00:54+	00:35+	00:51+	01:11+	00:36+		
00:45&	00:14#	00:22&	00:02+	00:07+	00:02+	00:00=	00:12#	02:34&	00:12#	00:18&	00:28&	00:09#	00:09&	00:07#	00:04+	00:02+		
11	Knut Feldmann	93										25:50						
01:56+	04:12+	05:42+	06:41+	08:30+	09:08+	10:42+	12:29+	16:25+	18:08+	19:44+	21:16+	22:19+	22:49+	23:47+	25:13+	25:50+		
01:56+	02:16+	01:30+	00:59+	01:49+	00:38+	01:34+	01:47+	03:56+	01:43+	01:36+	01:32+	01:03+	00:30+	00:58+	01:26+	00:37+		
00:31&	00:32&	00:17#	00:21&	00:26&	00:05#	00:08+	00:31&	00:19+	00:22&	00:36&	00:54@	00:18&	00:04#	00:14&	00:19&	00:03+		
12	Arne Kristian Espedal	68										26:11						
01:42+	03:39+	05:09+	06:31+	07:23+	08:04+	09:32+	10:03+	11:34-	13:11-	17:23+	18:53+	20:12+	20:52+	22:46+	23:25+	24:15+	25:31+	26:11+
01:42+	01:57+	01:30+	01:22+	00:52-	00:41+	01:28+	00:31-	01:31-	01:37+	04:12+	01:30+	01:19+	00:40+	01:54+	00:39-	00:50+	01:16+	00:40+
00:17#	00:13#	00:17#	00:44@	00:31-	00:08#	00:02+	00:45-	02:06-	00:16#	03:12@	00:52@	00:34&	00:14&	01:10@	00:28-	00:16&	01:16+	00:40+
13	Øystein Dahle	92										26:14						
02:16+	04:40+	06:07+	07:06+	08:44+	09:19+	10:49+	12:28+	16:20+	18:26+	20:17+	21:16+	22:28+	23:09+	24:02+	25:32+	26:14+		
02:16+	02:24+	01:27+	00:59+	01:38+	00:35+	01:30+	01:39+	03:52+	02:06+	01:51+	00:59+	01:12+	00:41+	00:53+	01:30+	00:42+		
00:51&	00:40&	00:14#	00:21&	00:15#	00:02+	00:04+	00:23&	00:15+	00:45&	00:51&	00:21&	00:27&	00:15&	00:09#	00:23&	00:08#		
14	Erling Mauland	83										27:04						
01:49+	03:58+	05:31+	06:18+	08:12+	08:45+	10:12+	11:55+	18:41+	20:13+	21:47+	22:37+	23:28+	24:03+	25:02+	26:27+	27:04+		
01:49+	02:09+	01:33+	00:47+	01:54+	00:33=	01:27+	01:43+	06:46+	01:32+	01:34+	00:50+	00:51+	00:35+	00:59+	01:25+	00:37+		
00:24&	00:25#	00:20&	00:09#	00:31&	00:00=	00:01+	00:27&	03:09&	00:11#	00:34&	00:12&	00:06#	00:09&	00:15&	00:18&	00:03+		
15	Ove Oaland	116										27:17						
02:04+	04:07+	06:03+	06:54+	08:51+	09:50+	11:30+	13:15+	16:52+	18:39+	20:37+	22:25+	23:28+	24:06+	25:03+	26:34+	27:17+		
02:04+	02:03+	01:56+	00:51+	01:57+	00:59+	01:40+	01:45+	03:37=	01:47+	01:58+	01:48+	01:03+	00:38+	00:57+	01:31+	00:43+		
00:39&	00:19#	00:43&	00:13&	00:34&	00:26&	00:14#	00:29&	00:00=	00:26&	00:58&	01:10@	00:18&	00:12&	00:13&	00:24&	00:09&		
16	Ivar Knutsen	116										27:25						
02:35+	05:10+	06:58+	07:59+	09:54+	10:41+	12:21+	14:13+	17:41+	19:23+	21:01+	22:20+	23:26+	24:10+	25:05+	26:41+	27:25+		
02:35+	02:35+	01:48+	01:01+	01:55+	00:47+	01:40+	01:52+	03:28-	01:42+	01:38+	01:19+	01:06+	00:44+	00:55+	01:36+	00:44+		
01:10&	00:51&	00:35&	00:23&	00:32&	00:14&	00:14#	00:36&	00:09-	00:21&	00:38&	00:41@	00:21&	00:18&	00:11#	00:29&	00:10&		
17	Otto Alsnes	50										28:05						
02:10+	04:35+	06:35+	07:25+	09:15+	09:55+	11:44+	13:39+	18:38+	20:22+	21:56+	22:45+	23:49+	24:36+	25:36+	27:18+	28:05+		
02:10+	02:25+	02:00+	00:50+	01:50+	00:40+	01:49+	01:55+	04:59+	01:44+	01:34+	00:49+	01:04+	00:47+	01:00+	01:42+	00:47+		
00:45&	00:41&	00:47&	00:12&	00:27&	00:07#	00:23&	00:39&	01:22&	00:23&	00:34&	00:11&	00:19&	00:21&	00:16&	00:35&	00:13&		

Beste strekketid for klassen

01:13 01:44 01:13 00:36 00:52 00:30 01:16 00:31 01:31 01:19 01:00 00:34 00:43 00:24 00:42 00:39 00:30

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

Herrer Ny

1	Oddbjørn Nevestveit	80										11:36				
00:41=	02:50=	03:00=	04:20=	06:33=	07:20=	09:36=	11:12=	11:36=								
00:41=	02:09=	00:10=	01:20=	02:13=	00:47=	02:16=	01:36=	00:24=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Joe McClouann	167										15:06				
01:03+	03:54+	04:14+	05:51+	08:17+	09:25+	12:29+	14:43+	15:06+								
01:03+	02:51+	00:20+	01:37+	02:26+	01:08+	03:04+	02:14+	00:23-								
00:22&	00:42&	00:10&	00:17#	00:13+	00:21&	00:48&	00:38&	00:01-								
3	Johannes Nordgård	134										19:21				
01:14+	04:10+	05:39+	08:19+	11:27+	12:38+	16:30+	19:05+	19:21+								
01:14+	02:56+	01:29+	02:40+	03:08+	01:11+	03:52+	02:35+	00:16-								
00:33&	00:47&	01:19@	01:20&	00:55&	00:24&	01:36&	00:59&	00:08-								

Class	Navn	Klasse	Tid
4	Vebjørn Oftedal	134	19:56
	00:58+ 06:57+ 07:18+ 09:06+ 11:21+ 12:38+ 17:51+ 19:45+ 19:56+		
	00:58+ 05:59+ 00:21+ 01:48+ 02:15+ 01:17+ 05:13+ 01:54+ 00:11-		
	00:17& 03:50@ 00:11@ 00:28& 00:02+ 00:30& 02:57@ 00:18# 00:13-		
Beste strekktid for klassen			
	00:41 02:09 00:10 01:20 02:13 00:47 02:16 01:36 00:11		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer Trim			
1	Andreas Terjesen	213	16:38
	00:47= 02:07= 03:31= 04:31= 04:57= 06:18= 07:05= 07:57= 11:06= 12:11= 12:58= 14:06= 14:45= 16:05= 16:38=		
	00:47= 01:20= 01:24= 01:00= 00:26= 01:21= 00:47= 00:52= 03:09= 01:05= 00:47= 01:08= 00:39= 01:20= 00:33=		
	00:00= 00:00= 00:00= 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	Johannes Kro	51	17:03
	00:42- 02:02- 03:43+ 05:06+ 05:29+ 06:51+ 07:40+ 08:34+ 10:58- 12:04- 13:30+ 14:38+ 15:09+ 16:29+ 17:03+		
	00:42- 01:20= 01:41+ 01:23+ 00:23- 01:22+ 00:49+ 00:54+ 02:24- 01:06+ 01:26+ 01:08= 00:31- 01:20= 00:34+		
	00:05- 00:00= 00:17# 00:23& 00:03- 00:01+ 00:02+ 00:02+ 00:45- 00:01+ 00:39& 00:00= 00:08- 00:00= 00:01+		
3	Jørgen Johnsen	167	17:53
	01:03+ 02:21+ 03:59+ 05:31+ 05:53+ 07:35+ 08:28+ 09:21+ 11:48+ 12:51+ 14:17+ 15:29+ 16:01+ 17:22+ 17:53+		
	01:03+ 01:18- 01:38+ 01:32+ 00:22- 01:42+ 00:53+ 00:53+ 02:27- 01:03- 01:26+ 01:12+ 00:32- 01:21+ 00:31-		
	00:16& 00:02- 00:14# 00:32& 00:04- 00:21& 00:06# 00:01+ 00:42- 00:02- 00:39& 00:04+ 00:07- 00:01+ 00:02-		
4	Bruno Pierfelice	51	18:02
	00:36- 01:43- 03:25- 04:35+ 05:00+ 06:29+ 07:25+ 08:31+ 11:01- 12:31+ 13:44+ 15:25+ 15:59+ 17:29+ 18:02+		
	00:36- 01:07- 01:42+ 01:10+ 00:25- 01:29+ 00:56+ 01:06+ 02:30- 01:30+ 01:13+ 01:41+ 00:34- 01:30+ 00:33=		
	00:11- 00:13- 00:18# 00:10# 00:01- 00:08+ 00:09# 00:14& 00:39- 00:25& 00:26& 00:33& 00:05- 00:10# 00:00=		
5	Morten Moss	109	18:03
	00:56+ 01:57- 03:36+ 04:43+ 05:10+ 06:41+ 07:43+ 08:50+ 11:22+ 12:38+ 13:33+ 14:55+ 15:57+ 17:27+ 18:03+		
	00:56+ 01:01- 01:39+ 01:07+ 00:27+ 01:31+ 01:02+ 01:07+ 02:32- 01:16+ 00:55+ 01:22+ 01:02+ 01:30+ 00:36+		
	00:09# 00:19- 00:15# 00:07# 00:01+ 00:10# 00:15& 00:15& 00:37- 00:11# 00:08# 00:14# 00:23& 00:10# 00:03+		
6	Cristian Eriksson	50	18:33
	00:45- 01:56- 03:38+ 04:54+ 05:21+ 06:54+ 07:51+ 08:54+ 11:33+ 13:02+ 14:24+ 15:46+ 16:23+ 17:57+ 18:33+		
	00:45- 01:11- 01:42+ 01:16+ 00:27+ 01:33+ 00:57+ 01:03+ 02:39- 01:29+ 01:22+ 01:22+ 00:37- 01:34+ 00:36+		
	00:02- 00:09- 00:18# 00:16& 00:01+ 00:12# 00:10# 00:11# 00:30- 00:24& 00:35& 00:14# 00:02- 00:14# 00:03+		
7	Thomas Schanke Eikum	62	18:39
	00:42- 01:57- 03:45+ 05:00+ 05:29+ 08:29+ 09:34+ 12:16+ 13:11+ 14:11+ 15:34+ 16:15+ 18:02+ 18:39+		
	00:42- 01:15- 01:48+ 01:15+ 00:29+ 01:56+ 01:04+ 01:05+ 02:42- 00:55- 01:00+ 01:23+ 00:41+ 01:47+ 00:37+		
	00:05- 00:05- 00:24& 00:15# 00:03# 00:35& 00:17& 00:13# 00:27- 00:10- 00:13& 00:15# 00:02+ 00:27& 00:04#		
8	Jon Kåre Olsen	92	18:48
	00:35- 01:33- 03:04- 04:27- 04:55- 05:15- 07:11+ 08:03+ 09:59- 11:56- 13:54+ 14:41+ 15:20+ 16:35+ 17:35+ 18:17+ 18:48+		
	00:35- 00:58- 01:31+ 01:23+ 00:28+ 00:20- 01:56+ 00:52= 01:56- 01:57+ 01:58+ 00:47- 00:39= 01:15- 01:00+ 00:42+ 00:31+		
	00:12- 00:22- 00:07+ 00:23& 00:02+ 01:01- 01:09@ 00:00= 01:13- 00:52& 01:11@ 00:21- 00:00= 00:05- 00:27& 00:42+ 00:31+		
9	Martin Svensen	284	19:03
	00:43- 01:52- 03:43+ 04:44+ 05:11+ 06:36+ 07:45+ 08:49+ 11:18+ 13:58+ 15:17+ 16:40+ 17:17+ 18:33+ 19:03+		
	00:43- 01:09- 01:51+ 01:01+ 00:27+ 01:25+ 01:09+ 01:04+ 02:29- 02:40+ 01:19+ 01:23+ 00:37- 01:16- 00:30-		
	00:04- 00:11- 00:27& 00:01+ 00:04+ 00:22& 00:12# 00:40- 01:35@ 00:32& 00:15# 00:02- 00:04- 00:03-		
10	Jan Erik Syvertsen	51	19:23
	00:56+ 02:27+ 04:14+ 05:36+ 06:00+ 07:36+ 08:47+ 09:57+ 12:46+ 13:53+ 14:55+ 16:33+ 17:19+ 18:48+ 19:23+		
	00:56+ 01:31+ 01:47+ 01:22+ 00:24- 01:36+ 01:11+ 01:10+ 02:49- 01:07+ 01:02+ 01:38+ 00:46+ 01:29+ 00:35+		
	00:09# 00:11# 00:23& 00:22& 00:02- 00:15# 00:24& 00:18& 00:20- 00:02+ 00:15& 00:30& 00:07# 00:09# 00:02+		
11	Pål Dannevig	74	19:47
	00:54+ 01:57- 03:30- 05:13+ 05:37+ 07:00+ 07:55+ 08:45+ 10:59- 12:11= 13:23+ 14:35+ 17:23+ 18:58+ 19:47+		
	00:54+ 01:03- 01:33+ 01:43+ 00:24- 01:23+ 00:55+ 00:50- 02:14- 01:12+ 01:12+ 01:12+ 02:48+ 01:35+ 00:49+		
	00:07# 00:17- 00:09# 00:43& 00:02- 00:02+ 00:08# 00:02- 00:55- 00:07# 00:25& 00:04+ 02:09@ 00:15# 00:16&		
12	Asle Schanke Grude	92	19:51
	00:46- 02:00- 03:46+ 05:06+ 05:33+ 07:46+ 08:50+ 09:54+ 12:36+ 13:59+ 15:05+ 16:30+ 17:36+ 19:07+ 19:51+		
	00:46- 01:14- 01:46+ 01:20+ 00:27+ 02:13+ 01:04+ 01:04+ 02:42- 01:23+ 01:06+ 01:25+ 01:06+ 01:31+ 00:44+		
	00:01- 00:06- 00:22& 00:20& 00:01+ 00:52& 00:17& 00:12# 00:27- 00:18& 00:19& 00:17# 00:27& 00:11# 00:11&		

Class	Navn	Klasse										Tid			
13	Anders Noraberg	269										20:02			
01:15+	02:38+	04:33+	05:53+	06:21+	08:04+	09:00+	10:05+	13:00+	14:15+	15:27+	17:01+	17:44+	19:26+	20:02+	
01:15+	01:23+	01:55+	01:20+	00:28+	01:43+	00:56+	01:05+	02:55-	01:15+	01:12+	01:34+	00:43+	01:42+	00:36+	
00:28&	00:03+	00:31&	00:20&	00:02+	00:22&	00:09#	00:13#	00:14-	00:10#	00:25&	00:26&	00:04#	00:22&	00:03+	
14	Bruce Chalmers	165										20:34			
00:54+	02:17+	04:09+	05:27+	05:56+	07:35+	08:43+	09:50+	12:32+	13:37+	14:47+	16:14+	18:08+	19:50+	20:34+	
00:54+	01:23+	01:52+	01:18+	00:29+	01:39+	01:08+	01:07+	02:42-	01:05+	01:10+	01:27+	01:54+	01:42+	00:44+	
00:07#	00:03+	00:28&	00:18&	00:03#	00:18#	00:21&	00:15&	00:27-	00:00=	00:23&	00:19&	01:15@	00:22&	00:11&	
15	Rune Sunde	232										21:01			
00:46-	02:17+	04:41+	06:20+	06:48+	08:34+	09:40+	10:52+	13:57+	15:13+	16:25+	17:52+	18:43+	20:20+	21:01+	
00:46-	01:31+	02:24+	01:39+	00:28+	01:46+	01:06+	01:12+	03:05-	01:16+	01:12+	01:27+	00:51+	01:37+	00:41+	
00:01-	00:11#	01:00&	00:39&	00:02+	00:25&	00:19&	00:20&	00:04-	00:11#	00:25&	00:19&	00:12&	00:17#	00:08#	
16	Tor Inge Hansen	144										21:13			
00:55+	02:33+	04:31+	05:49+	06:17+	08:47+	10:03+	11:03+	13:51+	15:33+	16:41+	17:58+	18:39+	20:35+	21:13+	
00:55+	01:38+	01:58+	01:18+	00:28+	02:30+	01:16+	01:00+	02:48-	01:42+	01:08+	01:17+	00:41+	01:56+	00:38+	
00:08#	00:18#	00:34&	00:18&	00:02+	01:09&	00:29&	00:08#	00:21-	00:37&	00:21&	00:09#	00:02+	00:36&	00:05#	
17	Einar Hagerup Mørkved	116										21:14			
01:29+	03:57+	06:40+	07:55+	08:24+	09:53+	10:43+	11:41+	14:05+	15:05+	16:07+	17:39+	19:02+	20:39+	21:14+	
01:29+	02:28+	02:43+	01:15+	00:29+	01:29+	00:50+	00:58+	02:24-	01:00-	01:02+	01:32+	01:23+	01:37+	00:35+	
00:42&	01:08&	01:19&	00:15#	00:03#	00:08+	00:03+	00:06#	00:45-	00:05-	00:15&	00:24&	00:44@	00:17#	00:02+	
18	Jan Knudsen	92										21:19			
00:37-	01:58-	03:59+	05:17+	05:44+	07:47+	09:18+	10:25+	13:39+	14:44+	15:41+	17:23+	18:54+	20:34+	21:19+	
00:37-	01:21+	02:01+	01:18+	00:27+	02:03+	01:31+	01:07+	03:14+	01:05+	00:57+	01:42+	01:31+	01:40+	00:45+	
00:10-	00:01+	00:37&	00:18&	00:01+	00:42&	00:44&	00:15&	00:05+	00:00=	00:10#	00:34&	00:52@	00:20#	00:12&	
19	Cato Bjerkeli	237										21:46			
00:47=	02:13+	04:14+	05:33+	06:07+	07:47+	09:00+	10:05+	13:32+	14:27+	15:38+	17:10+	19:15+	21:04+	21:46+	
00:47=	01:26+	02:01+	01:19+	00:34+	01:40+	01:13+	01:05+	03:27+	00:55-	01:11+	01:32+	02:05+	01:49+	00:42+	
00:00=	00:06+	00:37&	00:19&	00:08&	00:19#	00:26&	00:13#	00:18+	00:10-	00:24&	00:24&	01:26@	00:29&	00:09&	
20	Jon Jakobsen	116										21:52			
00:45-	02:15+	04:24+	05:42+	06:13+	08:05+	09:23+	10:55+	13:40+	16:20+	17:27+	18:49+	19:32+	21:14+	21:52+	
00:45-	01:30+	02:09+	01:18+	00:31+	01:52+	01:18+	01:32+	02:45-	02:40+	01:07+	01:22+	00:43+	01:42+	00:38+	
00:02-	00:10#	00:45&	00:18&	00:05#	00:31&	00:31&	00:40&	00:24-	01:35@	00:20&	00:14#	00:04#	00:22&	00:05#	
21	Falk Weihs	115										22:14			
01:19+	03:13+	05:01+	06:39+	07:10+	08:50+	09:54+	10:56+	14:53+	16:03+	17:28+	19:00+	19:42+	21:37+	22:14+	
01:19+	01:54+	01:48+	01:38+	00:31+	01:40+	01:04+	01:02+	03:57+	01:10+	01:25+	01:32+	00:42+	01:55+	00:37+	
00:32&	00:34&	00:24&	00:38&	00:05#	00:19#	00:17&	00:10#	00:48&	00:05+	00:38&	00:24&	00:03+	00:35&	00:04#	
22	Tom Leveraas	188										22:35			
00:51+	02:30+	05:03+	06:34+	07:10+	08:54+	10:00+	11:05+	13:51+	16:19+	17:42+	19:28+	20:27+	21:57+	22:35+	
00:51+	01:39+	02:33+	01:31+	00:36+	01:44+	01:06+	01:05+	02:46-	02:28+	01:23+	01:46+	00:59+	01:30+	00:38+	
00:04+	00:19#	01:09&	00:31&	00:10&	00:23&	00:19&	00:13#	00:23-	01:23@	00:36&	00:38&	00:20&	00:10#	00:05#	
23	Ivar Aalbu	29										22:40			
00:53+	02:38+	04:56+	06:22+	06:56+	09:06+	10:27+	11:48+	15:19+	16:19+	17:28+	18:56+	19:44+	21:58+	22:40+	
00:53+	01:45+	02:18+	01:26+	00:34+	02:10+	01:21+	01:21+	03:31+	01:00-	01:09+	01:28+	00:48+	02:14+	00:42+	
00:06#	00:25&	00:54&	00:26&	00:08&	00:49&	00:34&	00:29&	00:22#	00:05-	00:22&	00:20&	00:09#	00:54&	00:09&	
24	Arild Svihus	92										22:43			
00:57+	02:29+	04:34+	05:58+	06:31+	08:30+	09:48+	10:59+	13:58+	16:03+	17:57+	19:36+	20:09+	21:59+	22:43+	
00:57+	01:32+	02:05+	01:24+	00:33+	01:59+	01:18+	01:11+	02:59-	02:05+	01:54+	01:39+	00:33-	01:50+	00:44+	
00:10#	00:12#	00:41&	00:24&	00:07&	00:38&	00:31&	00:19&	00:10-	01:00&	01:07@	00:31&	00:06-	00:30&	00:11&	
25	Stig Erlend Ollestad	51										22:56			
03:46+	05:49+	07:12+	08:32+	09:05+	09:26+	12:30+	14:13+	15:01+	17:21+	18:18+	19:03+	20:20+	20:53+	22:24+	22:56+
03:46+	02:03+	01:23-	01:20+	00:33+	00:21-	03:04+	01:43+	00:48-	02:20+	00:57+	00:45-	01:17+	00:33-	01:31+	00:32+
02:59@	00:43&	00:01-	00:20&	00:07&	01:00-	02:17@	00:51&	02:21-	01:15@	00:10#	00:23-	00:38&	00:47-	00:58@	00:32+
26	Hans Klausen	62										22:58			
01:54+	03:22+	05:29+	06:48+	07:23+	09:26+	10:33+	11:43+	14:43+	16:48+	17:46+	19:33+	20:16+	22:15+	22:58+	
01:54+	01:28+	02:07+	01:19+	00:35+	02:03+	01:07+	01:10+	03:00-	02:05+	00:58+	01:47+	00:43+	01:59+	00:43+	
01:07@	00:08#	00:43&	00:19&	00:09&	00:42&	00:20&	00:18&	00:09-	01:00&	00:11#	00:39&	00:04#	00:39&	00:10&	
27	Steinar Amundsen	115										23:12			
00:53+	02:30+	04:41+	06:05+	06:37+	08:37+	10:06+	11:25+	14:57+	16:05+	17:20+	19:25+	20:29+	22:26+	23:12+	
00:53+	01:37+	02:11+	01:24+	00:32+	02:00+	01:29+	01:19+	03:32+	01:08+	01:15+	02:05+	01:04+	01:57+	00:46+	
00:06#	00:17#	00:47&	00:24&	00:06#	00:39&	00:42&	00:27&	00:23#	00:03+	00:28&	00:57&	00:25&	00:37&	00:13&	

Class	Navn	Klasse										Tid			
28	Christoffer Soma	286										23:26			
00:57+	02:29+	04:47+	06:16+	06:49+	08:26+	09:38+	10:57+	14:38+	16:48+	18:22+	19:52+	20:48+	22:51+	23:26+	
00:57+	01:32+	02:18+	01:29+	00:33+	01:37+	01:12+	01:19+	03:41+	02:10+	01:34+	01:30+	00:56+	02:03+	00:35+	
00:10#	00:12#	00:54&	00:29&	00:07&	00:16#	00:25&	00:27&	00:32#	01:05&	00:47&	00:22&	00:17&	00:43&	00:02+	
29	John Thorsnæs	51										23:31			
00:54+	03:09+	05:24+	06:56+	07:29+	09:37+	11:16+	12:28+	15:38+	16:46+	17:43+	19:23+	21:02+	22:56+	23:31+	
00:54+	02:15+	02:15+	01:32+	00:33+	02:08+	01:39+	01:12+	03:10+	01:08+	00:57+	01:40+	01:39+	01:54+	00:35+	
00:07#	00:55&	00:51&	00:32&	00:07&	00:47&	00:52@	00:20&	00:01+	00:03+	00:10#	00:32&	01:00@	00:34&	00:02+	
30	Arild Nesbø	71										23:33			
00:59+	02:53+	05:01+	06:39+	07:18+	09:23+	10:56+	12:11+	15:18+	16:53+	18:20+	20:03+	20:56+	22:46+	23:33+	
00:59+	01:54+	02:08+	01:38+	00:39+	02:05+	01:33+	01:15+	03:07-	01:35+	01:27+	01:43+	00:53+	01:50+	00:47+	
00:12&	00:34&	00:44&	00:38&	00:13&	00:44&	00:46&	00:23&	00:02-	00:30&	00:40&	00:35&	00:14&	00:30&	00:14&	
31	Jarl Steinar Berntsen	27										23:34			
01:04+	02:40+	04:28+	05:42+	06:16+	08:01+	09:07+	10:08+	14:12+	15:54+	17:29+	19:00+	21:05+	22:46+	23:34+	
01:04+	01:36+	01:48+	01:14+	00:34+	01:45+	01:06+	01:01+	04:04+	01:42+	01:35+	01:31+	02:05+	01:41+	00:48+	
00:17&	00:16#	00:24&	00:14#	00:08&	00:24&	00:19&	00:09#	00:55&	00:37&	00:48@	00:23&	01:26@	00:21&	00:15&	
32	Audun Sjøen	111										23:58			
00:51+	02:15+	04:32+	06:06+	06:42+	08:37+	09:51+	11:20+	15:15+	16:52+	18:07+	20:08+	20:53+	23:14+	23:58+	
00:51+	01:24+	02:17+	01:34+	00:36+	01:55+	01:14+	01:29+	03:55+	01:37+	01:15+	02:01+	00:45+	02:21+	00:44+	
00:04+	00:04+	00:53&	00:34&	00:10&	00:34&	00:27&	00:37&	00:46#	00:32&	00:28&	00:53&	00:06#	01:01&	00:11&	
33	Tor Livar Flugsrud	98										24:11			
00:55+	02:24+	04:42+	06:13+	06:52+	09:00+	10:19+	11:48+	15:32+	17:01+	18:21+	20:10+	21:12+	23:31+	24:11+	
00:55+	01:29+	02:18+	01:31+	00:39+	02:08+	01:19+	01:29+	03:44+	01:29+	01:20+	01:49+	01:02+	02:19+	00:40+	
00:08#	00:09#	00:54&	00:31&	00:13&	00:47&	00:32&	00:37&	00:35#	00:24&	00:33&	00:41&	00:23&	00:59&	00:07#	
34	Jan Henrik Neuenkirchen	93										24:18			
00:46-	02:31+	04:30+	06:05+	06:35+	08:41+	09:59+	11:25+	14:54+	17:34+	18:59+	20:38+	21:37+	23:32+	24:18+	
00:46-	01:45+	01:59+	01:35+	00:30+	02:06+	01:18+	01:26+	03:29+	02:40+	01:25+	01:39+	00:59+	01:55+	00:46+	
00:01-	00:25&	00:35&	00:35&	00:04#	00:45&	00:31&	00:34&	00:20#	01:35@	00:38&	00:31&	00:20&	00:35&	00:13&	
35	Per Kolbein Tonstad	66										24:27			
01:09+	03:17+	05:32+	07:21+	08:02+	10:07+	11:31+	13:04+	16:23+	17:58+	18:56+	20:40+	21:36+	23:36+	24:27+	
01:09+	02:08+	02:15+	01:49+	00:41+	02:05+	01:24+	01:33+	03:19+	01:35+	00:58+	01:44+	00:56+	02:00+	00:51+	
00:22&	00:48&	00:51&	00:49&	00:15&	00:44&	00:37&	00:41&	00:10+	00:30&	00:11#	00:36&	00:17&	00:40&	00:18&	
36	Stig Ballestad	37										24:39			
01:09+	03:00+	05:33+	07:20+	07:58+	10:04+	11:33+	13:00+	16:35+	17:53+	19:22+	21:03+	21:49+	23:54+	24:39+	
01:09+	01:51+	02:33+	01:47+	00:38+	02:06+	01:29+	01:27+	03:35+	01:18+	01:29+	01:41+	00:46+	02:05+	00:45+	
00:22&	00:31&	01:09&	00:47&	00:12&	00:45&	00:42&	00:35&	00:26#	00:13#	00:42&	00:33&	00:07#	00:45&	00:12&	
37	Steinar Aase	268										25:03			
00:52+	02:26+	04:31+	06:22+	07:09+	09:45+	11:03+	12:29+	16:27+	18:11+	19:32+	21:18+	22:07+	24:21+	25:03+	
00:52+	01:34+	02:05+	01:51+	00:47+	02:36+	01:18+	01:26+	03:58+	01:44+	01:21+	01:46+	00:49+	02:14+	00:42+	
00:05#	00:14#	00:41&	00:51&	00:21&	01:15&	00:31&	00:34&	00:49&	00:39&	00:34&	00:38&	00:10&	00:54&	00:09&	
38	Magnus Dagestad	167										25:23			
00:44-	02:11+	04:32+	06:16+	06:48+	09:25+	10:37+	12:06+	15:54+	17:19+	19:14+	21:37+	22:27+	24:41+	25:23+	
00:44-	01:27+	02:21+	01:44+	00:32+	02:37+	01:12+	01:29+	03:48+	01:25+	01:55+	02:23+	00:50+	02:14+	00:42+	
00:03-	00:07+	00:57&	00:44&	00:06#	01:16&	00:25&	00:37&	00:39#	00:20&	01:08@	01:15@	00:11&	00:54&	00:09&	
39	Øyvind Nagel-Alne	74										25:41			
00:59+	02:57+	05:08+	06:31+	07:03+	08:54+	09:56+	11:12+	14:15+	15:31+	16:47+	18:17+	23:10+	25:00+	25:41+	
00:59+	01:58+	02:11+	01:23+	00:32+	01:51+	01:02+	01:16+	03:03-	01:16+	01:16+	01:30+	04:53+	01:50+	00:41+	
00:12&	00:38&	00:47&	00:23&	00:06#	00:30&	00:15&	00:24&	00:06-	00:11#	00:29&	00:22&	04:14@	00:30&	00:08#	
40	Paul Richard Carr	136										25:43			
00:41-	02:09+	03:55+	05:35+	07:14+	07:52+	10:10+	11:20+	12:47+	16:31+	18:29+	19:37+	21:29+	22:45+	24:47+	25:43+
00:41-	01:28+	01:46+	01:40+	01:39+	00:38-	02:18+	01:10+	01:27-	03:44+	01:58+	01:08=	01:52+	01:16-	02:02+	00:56+
00:06-	00:08#	00:22&	00:40&	01:13@	00:43-	01:31@	00:18&	01:42-	02:39@	01:11@	00:00=	01:13@	00:04-	01:29@	00:56+
41	Einar Tønnesen	29										26:44			
00:48+	02:53+	05:40+	08:20+	09:03+	11:23+	12:40+	14:23+	18:22+	19:26+	20:43+	22:46+	23:26+	25:40+	26:44+	
00:48+	02:05+	02:47+	02:40+	00:43+	02:20+	01:17+	01:43+	03:59+	01:04-	01:17+	02:03+	00:40+	02:14+	01:04+	
00:01+	00:45&	01:23&	01:40@	00:17&	00:59&	00:30&	00:51&	00:50&	00:01-	00:30&	00:55&	00:01+	00:54&	00:31&	
42	Knut Åsmund Ekre	78										27:03			
00:52+	03:08+	05:31+	07:15+	07:51+	10:09+	11:25+	12:57+	16:34+	18:22+	19:59+	21:47+	24:23+	26:15+	27:03+	
00:52+	02:16+	02:23+	01:44+	00:36+	02:18+	01:16+	01:32+	03:37+	01:48+	01:37+	01:48+	02:36+	01:52+	00:48+	
00:05#	00:56&	00:59&	00:44&	00:10&	00:57&	00:29&	00:40&	00:28#	00:43&	00:50@	00:40&	01:57@	00:32&	00:15&	

Class	Navn	Klasse										Tid		
43	Arild Olsen	4										27:10		
00:46-	03:12+	05:30+	06:47+	07:18+	09:39+	10:53+	12:06+	15:52+	17:19+	19:18+	20:56+	24:33+	26:29+	27:10+
00:46-	02:26+	02:18+	01:17+	00:31+	02:21+	01:14+	01:13+	03:46+	01:27+	01:59+	01:38+	03:37+	01:56+	00:41+
00:01-	01:06&	00:54&	00:17&	00:05#	01:00&	00:27&	00:21&	00:37#	00:22&	01:12@	00:30&	02:58@	00:36&	00:08#
44	Runar Espeland	141										27:20		
01:57+	04:10+	06:37+	08:19+	08:54+	11:11+	12:50+	14:01+	18:46+	21:03+	22:24+	23:58+	24:41+	26:32+	27:20+
01:57+	02:13+	02:27+	01:42+	00:35+	02:17+	01:39+	01:11+	04:45+	02:17+	01:21+	01:34+	00:43+	01:51+	00:48+
01:10@	00:53&	01:03&	00:42&	00:09&	00:56&	00:52@	00:19&	01:36&	01:12@	00:34&	00:26&	00:04#	00:31&	00:15&
45	Ommund Bakkevold	68										27:25		
00:58+	03:11+	05:37+	07:31+	08:09+	10:13+	11:56+	13:55+	17:41+	19:33+	21:06+	23:06+	23:53+	26:32+	27:25+
00:58+	02:13+	02:26+	01:54+	00:38+	02:04+	01:43+	01:59+	03:46+	01:52+	01:33+	02:00+	00:47+	02:39+	00:53+
00:11#	00:53&	01:02&	00:54&	00:12&	00:43&	00:56@	01:07@	00:37#	00:47&	00:46&	00:52&	00:08#	01:19&	00:20&
46	Leif Jarle Skåra	29										27:55		
00:45-	02:07=	04:08+	05:28+	05:57+	07:54+	09:04+	10:12+	13:11+	18:30+	20:08+	21:49+	25:14+	27:12+	27:55+
00:45-	01:22+	02:01+	01:20+	00:29+	01:57+	01:10+	01:08+	02:59-	05:19+	01:38+	01:41+	03:25+	01:58+	00:43+
00:02-	00:02+	00:37&	00:20&	00:03#	00:36&	00:23&	00:16&	00:10-	04:14@	00:51@	00:33&	02:46@	00:38&	00:10&
47	Per Bakken	5										28:02		
00:58+	03:11+	05:40+	07:14+	07:49+	10:08+	11:33+	13:05+	18:16+	19:50+	21:41+	23:48+	24:54+	27:10+	28:02+
00:58+	02:13+	02:29+	01:34+	00:35+	02:19+	01:25+	01:32+	05:11+	01:34+	01:51+	02:07+	01:06+	02:16+	00:52+
00:11#	00:53&	01:05&	00:34&	00:09&	00:58&	00:38&	00:40&	02:02&	00:29&	01:04@	00:59&	00:27&	00:56&	00:19&
48	Einar Tommy Sundal	80										29:21		
00:51+	02:50+	05:23+	07:35+	08:14+	10:46+	12:32+	14:19+	17:57+	19:44+	23:19+	25:28+	26:18+	28:34+	29:21+
00:51+	01:59+	02:33+	02:12+	00:39+	02:32+	01:46+	01:47+	03:38+	01:47+	03:35+	02:09+	00:50+	02:16+	00:47+
00:04+	00:39&	01:09&	01:12@	00:13&	01:11&	00:59@	00:55@	00:29#	00:42&	02:48@	01:01&	00:11&	00:56&	00:14&
49	Sverre Uhlving	105										31:58		
01:44+	04:40+	10:23+	12:06+	12:45+	15:12+	16:35+	18:03+	21:51+	23:49+	25:34+	27:21+	28:53+	31:07+	31:58+
01:44+	02:56+	05:43+	01:43+	00:39+	02:27+	01:23+	01:28+	03:48+	01:58+	01:45+	01:47+	01:32+	02:14+	00:51+
00:57@	01:36@	04:19@	00:43&	00:13&	01:06&	00:36&	00:36&	00:39#	00:53&	00:58@	00:39&	00:53@	00:54&	00:18&
50	Jon Grepstad	111										32:56		
02:23+	05:19+	08:23+	10:21+	11:08+	13:48+	15:20+	17:11+	21:21+	23:01+	24:23+	26:31+	29:05+	32:03+	32:56+
02:23+	02:56+	03:04+	01:58+	00:47+	02:40+	01:32+	01:51+	04:10+	01:40+	01:22+	02:08+	02:34+	02:58+	00:53+
01:36@	01:36@	01:40@	00:58&	00:21&	01:19&	00:45&	00:59@	01:01&	00:35&	00:35&	01:00&	01:55@	01:38@	00:20&
51	Martin Ramstrøm	105										33:19		
01:26+	03:20+	09:39+	11:43+	12:08+	13:50+	16:06+	17:33+	23:46+	25:29+	28:05+	30:35+	31:17+	32:49+	33:19+
01:26+	01:54+	06:19+	02:04+	00:25-	01:42+	02:16+	01:27+	06:13+	01:43+	02:36+	02:30+	00:42+	01:32+	00:30-
00:39&	00:34&	04:55@	01:04@	00:01-	00:21&	01:29@	00:35&	03:04&	00:38&	01:49@	01:22@	00:03+	00:12#	00:03-
52	Svein Atle Thorsen	79										35:14		
01:13+	03:28+	07:01+	09:26+	10:18+	13:41+	15:34+	17:27+	22:36+	24:18+	26:01+	28:43+	30:09+	33:55+	35:14+
01:13+	02:15+	03:33+	02:25+	00:52+	03:23+	01:53+	01:53+	05:09+	01:42+	01:43+	02:42+	01:26+	03:46+	01:19+
00:26&	00:55&	02:09@	01:25@	02:02@	01:06@	01:01@	02:00&	00:37&	00:56@	01:34@	00:47@	02:26@	00:46@	
53	Svein Inge Sævereid	126										36:28		
01:19+	03:39+	07:22+	09:38+	10:37+	13:57+	15:55+	18:13+	23:41+	26:14+	27:46+	30:22+	32:13+	35:09+	36:28+
01:19+	02:20+	03:43+	02:16+	00:59+	03:20+	01:58+	02:18+	05:28+	02:33+	01:32+	02:36+	01:51+	02:56+	01:19+
00:32&	01:00&	02:19@	01:16@	00:33@	01:59@	01:11@	01:26@	02:19&	01:28@	00:45&	01:28@	01:12@	01:36@	00:46@
54	Harald Sunde	232										37:39		
01:36+	03:54+	07:21+	09:41+	10:32+	13:28+	15:52+	17:45+	23:06+	25:35+	27:31+	30:55+	33:09+	36:36+	37:39+
01:36+	02:18+	03:27+	02:20+	00:51+	02:56+	02:24+	01:53+	05:21+	02:29+	01:56+	03:24+	02:14+	03:27+	01:03+
00:49@	00:58&	02:03@	01:20@	00:25&	01:35@	01:37@	01:01@	02:12&	01:24@	01:09@	02:16@	01:35@	02:07@	00:30&
55	Inge Grødem	92										38:41		
01:06+	02:55+	06:06+	08:23+	09:02+	11:51+	13:23+	15:15+	19:31+	21:44+	26:35+	28:39+	35:25+	37:50+	38:41+
01:06+	01:49+	03:11+	02:17+	00:39+	02:49+	01:32+	01:52+	04:16+	02:13+	04:51+	02:04+	06:46+	02:25+	00:51+
00:19&	00:29&	01:47@	01:17@	00:13&	01:28@	00:45&	01:00@	01:07&	01:08@	04:04@	00:56&	06:07@	01:05&	00:18&
56	Arthur Christiansen	93										43:43		
01:32+	04:51+	08:51+	11:43+	12:43+	16:23+	18:42+	21:21+	27:46+	30:20+	32:49+	36:08+	37:51+	42:08+	43:43+
01:32+	03:19+	04:00+	02:52+	01:00+	03:40+	02:19+	02:39+	06:25+	02:34+	02:29+	03:19+	01:43+	04:17+	01:35+
00:45&	01:59@	02:36@	01:52@	00:34@	02:19@	01:32@	01:47@	03:16@	01:29@	01:42@	02:11@	01:04@	02:57@	01:02@
Beste strekktid for klassen														
00:35	00:58	01:23	01:00	00:22	00:20	00:47	00:50	00:48	00:55	00:47	00:45	00:31	00:33	00:30

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