





Class	Navn	Klasse	Tid
<b>6</b>	<b>Nina Svensen</b>	<b>2</b>	<b>1:00:17</b>
01:09-	03:42-	08:25-	14:00-
01:09-	02:33+	04:43+	05:35-
01:26-	00:23#	00:57&	00:41-
01:09-	02:33+	04:43+	05:35-
01:26-	00:23#	00:57&	00:41-
02:26-	04:34-	07:33-	12:28-
02:26-	02:08-	02:59-	04:55-
00:09-	00:02-	00:47-	01:21-
02:26-	04:34-	07:33-	12:28-
02:26-	02:08-	02:59-	04:55-
00:09-	00:02-	00:47-	01:21-
02:26-	04:34-	07:33-	12:28-
02:26-	02:08-	02:59-	04:55-
00:09-	00:02-	00:47-	01:21-
<b>7</b>	<b>Siv Skretting</b>	<b>93</b>	<b>1:04:58</b>
02:26-	04:34-	07:33-	12:28-
02:26-	02:08-	02:59-	04:55-
00:09-	00:02-	00:47-	01:21-
02:26-	04:34-	07:33-	12:28-
02:26-	02:08-	02:59-	04:55-
00:09-	00:02-	00:47-	01:21-
02:26-	04:34-	07:33-	12:28-
02:26-	02:08-	02:59-	04:55-
00:09-	00:02-	00:47-	01:21-
<b>8</b>	<b>Tove Irene Asheim</b>	<b>116</b>	<b>1:04:59</b>
02:17-	05:19+	11:45+	19:03+
02:17-	03:02+	06:26+	07:18+
00:18-	00:52&	02:40&	01:02#
02:17-	05:19+	11:45+	19:03+
02:17-	03:02+	06:26+	07:18+
00:18-	00:52&	02:40&	01:02#
02:17-	05:19+	11:45+	19:03+
02:17-	03:02+	06:26+	07:18+
00:18-	00:52&	02:40&	01:02#
<b>9</b>	<b>Grethe Thu Skadberg</b>	<b>128</b>	<b>1:09:42</b>
01:28-	04:23-	08:47+	13:29-
01:28-	02:55+	04:24+	04:42-
01:07-	00:45&	00:38#	01:34-
01:28-	04:23-	08:47+	13:29-
01:28-	02:55+	04:24+	04:42-
01:07-	00:45&	00:38#	01:34-
01:28-	04:23-	08:47+	13:29-
01:28-	02:55+	04:24+	04:42-
01:07-	00:45&	00:38#	01:34-
<b>10</b>	<b>Hege Jangsett</b>	<b>93</b>	<b>1:46:05</b>
01:35-	09:14+	13:25+	29:54+
01:35-	07:39+	04:11+	16:29+
01:00-	05:29@	00:25#	10:13@
01:35-	09:14+	13:25+	29:54+
01:35-	07:39+	04:11+	16:29+
01:00-	05:29@	00:25#	10:13@
01:35-	09:14+	13:25+	29:54+
01:35-	07:39+	04:11+	16:29+
01:00-	05:29@	00:25#	10:13@
<b>Beste strekktid for klassen</b>			
01:08	01:20	02:59	04:42
03:02	00:36	00:45	01:44
02:37	04:07	00:42	00:42
01:33	01:20	01:49	05:29
00:41	01:10	00:11	
= Som klassevinner, - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
<b>Damer 50 - 59 år</b>			
<b>1</b>	<b>Marianne Fuglestad</b>	<b>116</b>	<b>37:33</b>
02:14=	03:04=	03:45=	05:35=
02:14=	00:50=	00:41=	01:50=
00:00=	00:00=	00:00=	00:00=
02:14=	03:04=	03:45=	05:35=
02:14=	00:50=	00:41=	01:50=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Marit Karin Nygård</b>	<b>92</b>	<b>40:30</b>
03:08+	03:54+	04:28+	08:01+
03:08+	00:46-	00:34-	03:33+
00:54&	00:04-	00:07-	01:43&
03:08+	03:54+	04:28+	08:01+
03:08+	00:46-	00:34-	03:33+
00:54&	00:04-	00:07-	01:43&
<b>3</b>	<b>Ingunn Voiås</b>	<b>29</b>	<b>41:16</b>
02:18+	03:10+	03:49+	06:28+
02:18+	00:52+	00:39-	02:39+
00:04+	00:02+	00:02-	00:49&
02:18+	03:10+	03:49+	06:28+
02:18+	00:52+	00:39-	02:39+
00:04+	00:02+	00:02-	00:49&
<b>4</b>	<b>Signe Ottesen</b>	<b>116</b>	<b>42:23</b>
02:35+	03:26+	04:19+	06:50+
02:35+	00:51+	00:53+	02:31+
00:21#	00:01+	00:12&	00:41&
02:35+	03:26+	04:19+	06:50+
02:35+	00:51+	00:53+	02:31+
00:21#	00:01+	00:12&	00:41&
<b>5</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>	<b>44:12</b>
02:19+	03:10+	05:34+	07:48+
02:19+	00:51+	02:24+	02:14+
00:05+	00:01+	01:43@	00:24#
02:19+	03:10+	05:34+	07:48+
02:19+	00:51+	02:24+	02:14+
00:05+	00:01+	01:43@	00:24#
<b>6</b>	<b>Ingrid Eik</b>	<b>88</b>	<b>44:48</b>
03:28+	04:15+	04:50+	07:12+
03:28+	00:47-	00:35-	02:22+
01:14&	00:03-	00:06-	00:32&
03:28+	04:15+	04:50+	07:12+
03:28+	00:47-	00:35-	02:22+
01:14&	00:03-	00:06-	00:32&
<b>7</b>	<b>Nidunn Sandvik</b>	<b>228</b>	<b>46:49</b>
02:48+	03:44+	05:07+	08:37+
02:48+	00:56+	01:23+	03:30+
00:34&	00:06#	00:42@	01:40&
02:48+	03:44+	05:07+	08:37+
02:48+	00:56+	01:23+	03:30+
00:34&	00:06#	00:42@	01:40&
<b>8</b>	<b>Kristin Skadsem</b>	<b>18</b>	<b>50:39</b>
02:41+	03:39+	04:22+	06:57+
02:41+	00:58+	00:43+	02:35+
00:27#	00:08#	00:02+	00:45&
02:41+	03:39+	04:22+	06:57+
02:41+	00:58+	00:43+	02:35+
00:27#	00:08#	00:02+	00:45&





Class	Navn	Klasse	Tid
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<b>2</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>43:42</b>
02:47+	03:26- 03:58- 06:18- 09:15- 16:17- 17:33- 19:58- 20:42- 21:51- 26:09- 28:35- 30:29- 35:07- 36:37- 40:25+ 41:45+ 43:30+ 43:42+		
02:47+	00:39- 00:32- 02:20+ 02:57- 07:02- 01:16- 02:25+ 00:44- 01:09- 04:18+ 02:26- 01:54+ 04:38+ 01:30+ 03:48+ 01:20+ 01:45+ 00:12-		
00:15+	00:43- 00:09- 00:05+ 00:05- 00:24- 00:21- 00:12+ 00:09- 01:13- 01:15& 01:28- 00:02+ 02:11& 00:08+ 00:55& 00:22& 00:19# 00:39-		

<b>3</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>47:40</b>
04:35+	05:23+ 06:09+ 09:24+ 13:13+ 21:33+ 22:47+ 25:20+ 25:58+ 27:00+ 30:28+ 33:57+ 36:19+ 39:57+ 41:43+ 44:32+ 45:37+ 47:28+ 47:40+		
04:35+	00:48- 00:46+ 03:15+ 03:49+ 08:20+ 01:14- 02:33+ 00:38- 01:02- 03:28+ 03:29- 02:22+ 03:38+ 01:46+ 02:49- 01:05+ 01:51+ 00:12-		
02:03&	00:34- 00:05# 01:00& 00:47& 00:54# 00:23- 00:20# 00:15- 01:20- 00:25# 00:25- 00:30& 01:11& 00:24& 00:04- 00:07# 00:25& 00:39-		

<b>4</b>	<b>Gry V. Thengs</b>	<b>68</b>	<b>54:21</b>
02:32=	03:38- 04:20- 07:16+ 10:45+ 26:36+ 27:52+ 29:56+ 30:36+ 31:39+ 34:49+ 40:17+ 42:25+ 45:12+ 47:20+ 51:21+ 52:29+ 54:09+ 54:21+		
02:32=	01:06- 00:42+ 02:56+ 03:29+ 15:51+ 01:16- 02:04- 00:40- 01:03- 03:10+ 05:28+ 02:08+ 02:47+ 02:08+ 04:01+ 01:08+ 01:40+ 00:12-		
00:00=	00:16- 00:01+ 00:41& 00:27# 08:25@ 00:21- 00:09- 00:13- 01:19- 00:07+ 01:34& 00:16# 00:20# 00:46& 01:08& 00:10# 00:14# 00:39-		

<b>5</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>55:00</b>
03:44+	04:39+ 05:13+ 07:30+ 11:00+ 23:59+ 26:03+ 28:33+ 29:22+ 30:27+ 36:39+ 39:05+ 41:31+ 45:49+ 47:13+ 51:24+ 52:33+ 54:43+ 55:00+		
03:44+	00:55- 00:34- 02:17+ 03:30+ 12:59+ 02:04+ 02:30+ 00:49- 01:05- 06:12+ 02:26- 02:26+ 04:18+ 01:24+ 04:11+ 01:09+ 02:10+ 00:17-		
01:12&	00:27- 00:07- 00:02+ 00:28# 05:33& 00:27& 00:17# 00:04- 01:17- 03:09@ 01:28- 00:34& 01:51& 00:02+ 01:18& 00:11# 00:44& 00:34-		

<b>6</b>	<b>Helga Klausen</b>	<b>62</b>	<b>59:17</b>
05:19+	06:50+ 07:49+ 10:15+ 13:46+ 24:14+ 25:57+ 29:14+ 30:11+ 31:33+ 36:10+ 42:43+ 45:14+ 49:38+ 52:16+ 56:34+ 57:36+ 59:05+ 59:17+		
05:19+	01:31+ 00:59+ 02:26+ 03:31+ 10:28+ 01:43+ 03:17+ 00:57+ 01:22- 04:37+ 06:33+ 02:31+ 04:24+ 02:38+ 04:18+ 01:02+ 01:29+ 00:12-		
02:47@	00:09# 00:18& 00:11+ 00:29# 03:02& 00:06+ 01:04& 00:04+ 01:00- 01:34& 02:39& 00:39& 01:57& 01:16& 01:25& 00:04+ 00:03+ 00:39-		

<b>7</b>	<b>Eva Hessen</b>	<b>83</b>	<b>1:02:26</b>
06:51+	07:52+ 08:45+ 11:48+ 18:17+ 34:29+ 35:57+ 38:04+ 38:49+ 40:01+ 43:48+ 48:13+ 50:29+ 53:17+ 55:25+ 59:23+ 60:33+ 62:11+ 62:26+		
06:51+	01:01- 00:53+ 03:03+ 06:29+ 16:12+ 01:28- 02:07- 00:45- 01:12- 03:47+ 04:25+ 02:16+ 02:48+ 02:08+ 03:58+ 01:10+ 01:38+ 00:15-		
04:19@	00:21- 00:12& 00:48& 03:27@ 08:46@ 00:09- 00:06- 00:08- 01:10- 00:44# 00:31# 00:24# 00:21# 00:46& 01:05& 00:12# 00:36-		

<b>8</b>	<b>Signe Stang Franzon</b>	<b>105</b>	<b>1:06:17</b>
04:12+	05:22+ 06:11+ 09:17+ 14:34+ 29:20+ 31:07+ 33:53+ 34:49+ 36:21+ 43:59+ 52:36+ 54:39+ 57:17+ 58:58+ 62:48+ 64:02+ 66:00+ 66:17+		
04:12+	01:10- 00:49+ 03:06+ 05:17+ 14:46+ 01:47+ 02:46+ 00:56+ 01:32- 07:38+ 08:37+ 02:03+ 02:38+ 01:41+ 03:50+ 01:14+ 01:58+ 00:17-		
01:40&	00:12- 00:08# 00:51& 02:15& 07:20& 00:10# 00:33# 00:03+ 00:50- 04:35@ 04:43@ 00:11+ 00:11+ 00:19# 00:57& 00:16& 00:32& 00:34-		

<b>9</b>	<b>Ragnhild Christiansen</b>	<b>93</b>	<b>1:13:47</b>
03:36+	05:05+ 06:25+ 09:40+ 13:49+ 31:39+ 34:00+ 36:46+ 37:43+ 39:15+ 44:42+ 50:17+ 52:46+ 64:38+ 66:26+ 70:36+ 71:45+ 73:32+ 73:47+		
03:36+	01:29+ 01:20+ 03:15+ 04:09+ 17:50+ 02:21+ 02:46+ 00:57+ 01:32- 05:27+ 05:35+ 02:29+ 11:52+ 01:48+ 04:10+ 01:09+ 01:47+ 00:15-		
01:04&	00:07+ 00:39& 01:00& 01:07& 10:24@ 00:44& 00:33# 00:04+ 00:50- 02:24& 01:41& 00:37& 09:25@ 00:26& 01:17& 00:11# 00:21# 00:36-		

**Beste strekktid for klassen**  
 02:32 00:39 00:32 02:15 02:57 07:02 01:14 02:04 00:38 01:02 03:03 02:26 01:52 02:27 01:22 02:49 00:58 01:26 00:12

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

## Damer 75 - 79 år

<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>58:53</b>
03:38=	05:05= 05:58= 09:28= 13:42= 22:51= 24:41= 27:50= 29:01= 30:58= 37:47= 42:43= 45:35= 49:09= 51:12= 55:33= 56:47= 58:37= 58:53=		
03:38=	01:27= 00:53= 03:30= 04:14= 09:09= 01:50= 03:09= 01:11= 01:57= 06:49= 04:56= 02:52= 03:34= 02:03= 04:21= 01:14= 01:50= 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=		

**Beste strekktid for klassen**  
 03:38 01:27 00:53 03:30 04:14 09:09 01:50 03:09 01:11 01:57 06:49 04:56 02:52 03:34 02:03 04:21 01:14 01:50 00:16

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>37:32</b>
01:32=	02:38= 03:24= 04:24= 09:43= 11:51= 13:08= 14:14= 18:55= 22:36= 23:33= 24:37= 26:00= 28:05= 29:19= 30:33= 31:13= 33:27= 34:37= 36:01= 37:23= 37:32=		
01:32=	01:06= 00:46= 01:00= 05:19= 02:08= 01:17= 01:06= 04:41= 03:41= 00:57= 01:04= 01:23= 02:05= 01:14= 01:14= 00:40= 02:14= 01:10= 01:24= 01:22= 00:09=		
00:00=	00:00= 00:00=		

<b>2</b>	<b>Trine Bolstad</b>	<b>62</b>	<b>47:33</b>
01:45+	03:05+ 04:28+ 05:32+ 10:16+ 14:42+ 16:35+ 17:47+ 25:10+ 30:38+ 31:43+ 33:04+ 34:45+ 37:09+ 38:23+ 38:54+ 39:43+ 42:19+ 43:46+ 45:28+ 47:20+ 47:33+		
01:45+	01:20+ 01:23+ 01:04+ 04:44- 04:26+ 01:53+ 01:12+ 07:23+ 05:28+ 01:05+ 01:21+ 01:41+ 02:24+ 01:14= 00:31- 00:49+ 02:36+ 01:27+ 01:42+ 01:52+ 00:13+		
00:13#	00:14# 00:37& 00:04+ 00:35- 02:18@ 00:36& 00:06+ 02:42& 01:47& 00:08# 00:17& 00:18# 00:19# 00:00= 00:43- 00:09# 00:22# 00:17# 00:18# 00:30& 00:04&		



Class	Navn	Klasse	Tid
<b>9</b>	<b>Keth Berggraf</b>	<b>116</b>	<b>59:57</b>
01:59-	04:33+	05:36-	06:55-
01:59-	02:34+	01:03-	01:19+
01:11-	01:09&	00:20-	00:08#
02:03-	03:54-	05:19-	06:51-
02:03-	01:51+	01:25+	01:32+
01:07-	00:26&	00:02+	00:21&
02:07-	04:02-	05:52-	08:18+
02:07-	01:55+	01:50+	02:26+
01:03-	00:30&	00:27&	01:15@
<b>10</b>	<b>Ingunn Anda Haug</b>	<b>67</b>	<b>59:58</b>
02:03-	03:54-	05:19-	06:51-
02:03-	01:51+	01:25+	01:32+
01:07-	00:26&	00:02+	00:21&
02:07-	04:02-	05:52-	08:18+
02:07-	01:55+	01:50+	02:26+
01:03-	00:30&	00:27&	01:15@
<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>	<b>1:00:28</b>
02:07-	04:02-	05:52-	08:18+
02:07-	01:55+	01:50+	02:26+
01:03-	00:30&	00:27&	01:15@
<b>12</b>	<b>Anne Garsrud</b>	<b>90</b>	<b>1:00:57</b>
02:05-	03:45-	05:04-	06:19-
02:05-	01:40+	01:19-	01:15+
01:05-	00:15#	00:04-	00:04+
<b>13</b>	<b>Vibeke Lamark</b>	<b>46</b>	<b>1:01:29</b>
02:55-	04:17-	05:43-	06:57-
02:55-	01:22-	01:26+	01:14+
00:15-	00:03-	00:03+	00:03+
<b>14</b>	<b>Gunn J. Grefstad</b>	<b>2</b>	<b>1:02:16</b>
02:15-	03:56-	05:05-	06:28-
02:15-	01:41+	01:09-	01:23+
00:55-	00:16#	00:14-	00:12#
<b>15</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>	<b>1:02:58</b>
02:00-	03:54-	05:25-	06:50-
02:00-	01:54+	01:31+	01:25+
01:10-	00:29&	00:08+	00:14#
<b>16</b>	<b>Elisabeth Christie Ørke</b>	<b>117</b>	<b>1:05:12</b>
03:25+	04:44+	06:24+	07:52+
03:25+	01:19-	01:40+	01:28+
00:15+	00:06-	00:17#	00:17#
<b>17</b>	<b>Helen Lomeland</b>	<b>105</b>	<b>1:06:39</b>
02:36-	04:17-	05:32-	06:45-
02:36-	01:41+	01:15-	01:13+
00:34-	00:16#	00:08-	00:02+
<b>18</b>	<b>Irene Rummelhoff</b>	<b>116</b>	<b>1:08:36</b>
02:31-	05:02+	07:04+	08:36+
02:31-	02:31+	02:02+	01:32+
00:39-	01:06&	00:39&	00:21&
<b>19</b>	<b>Siri Warland</b>	<b>115</b>	<b>1:09:13</b>
05:31+	08:13+	10:09+	12:39+
05:31+	02:42+	01:56+	02:30+
02:21&	01:17&	00:33&	01:19@

**Beste strekktid for klassen**

01:53 01:19 01:03 01:11 05:02 02:46 01:37 01:11 06:09 03:48 01:12 01:20 01:37 02:27 01:19 00:34 00:49 02:41 01:26 01:39 01:47 00:10

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

**Damer Ny**

<b>1</b>	<b>Tordis Frøylog</b>	<b>29</b>	<b>26:29</b>
02:48=	04:28=	07:30=	10:39=
02:48=	01:40=	03:02=	03:09=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Jorun Tjellaug</b>	<b>76</b>	<b>28:45</b>
02:30-	03:56-	11:00+	12:39+
02:30-	01:26-	07:04+	01:39-
00:18-	00:14-	04:02@	01:30-



Class	Navn	Klasse								Tid					
<b>3</b>	<b>Grete Myklebust</b>	<b>76</b>								<b>28:48</b>					
	02:36-	04:00-	11:06+	12:47+	18:55+	22:24+	25:03+	27:26+	28:33+	28:48+					
	02:36-	01:24-	07:06+	01:41-	06:08+	03:29-	02:39-	02:23-	01:07+	00:15=					
	00:12-	00:16-	04:04@	01:28-	01:01#	00:09-	00:10-	00:33-	00:02+	00:00=					
<b>Beste strekktid for klassen</b>															
	02:30	01:24	03:02	01:39	05:07	03:27	02:39	02:23	00:59	00:15					
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
<b>Damer Trim</b>															
<b>1</b>	<b>Lise Nessa Di Lorenzo</b>	<b>168</b>								<b>29:53</b>					
	01:57=	03:13=	03:45=	04:37=	09:14=	12:01=	13:01=	15:17=	16:53=	21:29=	24:49=	26:42=	28:14=	29:40=	29:53=
	01:57=	01:16=	00:32=	00:52=	04:37=	02:47=	01:00=	02:16=	01:36=	04:36=	03:20=	01:53=	01:32=	01:26=	00:13=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Janeth Kleppe</b>	<b>128</b>								<b>32:14</b>					
	05:03+	06:15+	07:14+	08:04+	10:19+	14:45+	15:20+	17:03+	18:35+	23:14+	27:42+	29:49+	30:32+	32:03+	32:14+
	05:03+	01:12-	00:59+	00:50-	02:15-	04:26+	00:35-	01:43-	01:32-	04:39+	04:28+	02:07+	00:43-	01:31+	00:11-
	03:06@	00:04-	00:27&	00:02-	02:22-	01:39&	00:25-	00:33-	00:04-	00:03+	01:08&	00:14#	00:49-	00:05+	00:02-
<b>3</b>	<b>Astrid Espe</b>	<b>80</b>								<b>32:30</b>					
	02:59+	04:43+	05:25+	06:32+	10:15+	14:13+	14:58+	17:15+	19:13+	24:54+	28:28+	30:02+	30:58+	32:16+	32:30+
	02:59+	01:44+	00:42+	01:07+	03:43-	03:58+	00:45-	02:17+	01:58+	05:41+	03:34+	01:34-	00:56-	01:18-	00:14+
	01:02&	00:28&	00:10&	00:15&	00:54-	01:11&	00:15-	00:01+	00:22#	01:05#	00:14+	00:19-	00:36-	00:08-	00:01+
<b>4</b>	<b>Parul Khandelwal</b>	<b>71</b>								<b>34:34</b>					
	02:28+	04:28+	05:09+	06:20+	09:09-	12:38+	13:33+	15:49+	18:04+	24:52+	29:14+	30:52+	32:01+	34:15+	34:34+
	02:28+	02:00+	00:41+	01:11+	02:49-	03:29+	00:55-	02:16=	02:15+	06:48+	04:22+	01:38-	01:09-	02:14+	00:19+
	00:31&	00:44&	00:09&	00:19&	01:48-	00:42&	00:05-	00:00=	00:39&	02:12&	01:02&	00:15-	00:23-	00:48&	00:06&
<b>5</b>	<b>Solbjørg Borgersen</b>	<b>233</b>								<b>39:38</b>					
	06:03+	09:02+	09:48+	10:53+	14:07+	17:24+	18:23+	20:35+	22:58+	29:16+	32:52+	36:03+	37:10+	39:13+	39:38+
	06:03+	02:59+	00:46+	01:05+	03:14-	03:17+	00:59-	02:12-	02:23+	06:18+	03:36+	03:11+	01:07-	02:03+	00:25+
	04:06@	01:43@	00:14&	00:13#	01:23-	00:30#	00:01-	00:04-	00:47&	01:42&	00:16+	01:18&	00:25-	00:37&	00:12&
<b>6</b>	<b>Bjørge Elen Abrahamsen</b>	<b>29</b>								<b>40:24</b>					
	02:27+	04:05+	04:55+	06:08+	09:19+	13:45+	14:44+	17:15+	23:06+	30:06+	35:47+	37:20+	38:22+	40:10+	40:24+
	02:27+	01:38+	00:50+	01:13+	03:11-	04:26+	00:59-	02:31+	05:51+	07:00+	05:41+	01:33-	01:02-	01:48+	00:14+
	00:30&	00:22&	00:18&	00:21&	01:26-	01:39&	00:01-	00:15#	04:15@	02:24&	02:21&	00:20-	00:30-	00:22&	00:01+
<b>7</b>	<b>Oda Ravndal</b>	<b>114</b>								<b>40:52</b>					
	03:36+	05:43+	06:43+	08:22+	12:51+	17:39+	18:42+	22:20+	25:09+	31:21+	35:34+	37:48+	39:11+	40:35+	40:52+
	03:36+	02:07+	01:00+	01:39+	04:29-	04:48+	01:03+	03:38+	02:49+	06:12+	04:13+	02:14+	01:23-	01:24-	00:17+
	01:39&	00:51&	00:28&	00:47&	00:08-	02:01&	00:03+	01:22&	01:13&	01:36&	00:53&	00:21#	00:09-	00:02-	00:04&
<b>8</b>	<b>Solveig Mæland</b>	<b>128</b>								<b>41:18</b>					
	06:18+	08:14+	09:03+	10:53+	14:10+	18:58+	20:03+	22:43+	25:06+	32:14+	36:23+	38:19+	39:26+	41:03+	41:18+
	06:18+	01:56+	00:49+	01:50+	03:17-	04:48+	01:05+	02:40+	02:23+	07:08+	04:09+	01:56+	01:07-	01:37+	00:15+
	04:21@	00:40&	00:17&	00:58@	01:20-	02:01&	00:05+	00:24#	00:47&	02:32&	00:49#	00:03+	00:25-	00:11#	00:02#
<b>9</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>								<b>42:40</b>					
	04:21+	06:17+	07:00+	08:04+	11:18+	14:34+	15:30+	18:33+	20:12+	26:53+	33:37+	36:29+	37:31+	42:27+	42:40+
	04:21+	01:56+	00:43+	01:04+	03:14-	03:16+	00:56-	03:03+	01:39+	06:41+	06:44+	02:52+	01:02-	04:56+	00:13=
	02:24@	00:40&	00:11&	00:12#	01:23-	00:29#	00:04-	00:47&	00:03+	02:05&	03:24@	00:59&	00:30-	03:30@	00:00=
<b>10</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>								<b>43:12</b>					
	04:08+	06:06+	08:28+	09:27+	12:38+	17:41+	18:31+	20:57+	23:34+	32:29+	36:51+	39:13+	40:50+	42:55+	43:12+
	04:08+	01:58+	02:22+	00:59+	03:11-	05:03+	00:50-	02:26+	02:37+	08:55+	04:22+	02:22+	01:37+	02:05+	00:17+
	02:11@	00:42&	01:50@	00:07#	01:26-	02:16&	00:10-	00:10+	01:01&	04:19&	01:02&	00:29&	00:05+	00:39&	00:04&
<b>11</b>	<b>Ruth Grødem</b>	<b>105</b>								<b>43:29</b>					
	02:52+	04:58+	05:44+	06:56+	10:08+	14:46+	15:32+	18:01+	20:04+	26:15+	35:26+	39:01+	40:07+	43:15+	43:29+
	02:52+	02:06+	00:46+	01:12+	03:12-	04:38+	00:46-	02:29+	02:03+	06:11+	09:11+	03:35+	01:06-	03:08+	00:14+
	00:55&	00:50&	00:14&	00:20&	01:25-	01:51&	00:14-	00:13+	00:27&	01:35&	05:51@	01:42&	00:26-	01:42@	00:01+
<b>12</b>	<b>Astri Sandanger</b>	<b>279</b>								<b>43:34</b>					
	05:02+	06:46+	07:28+	09:37+	12:59+	18:29+	19:21+	22:27+	25:07+	35:58+	38:44+	40:47+	41:53+	43:15+	43:34+
	05:02+	01:44+	00:42+	02:09+	03:22-	05:30+	00:52-	03:06+	02:40+	10:51+	02:46-	02:03+	01:06-	01:22-	00:19+
	03:05@	00:28&	00:10&	01:17@	01:15-	02:43&	00:08-	00:50&	01:04&	06:15@	00:34-	00:10+	00:26-	00:04-	00:06&

Class	Navn	Klasse	Tid
<b>13</b>	<b>Irene Frøyland</b>	<b>71</b>	<b>43:54</b>
02:56+	04:55+ 05:36+ 06:46+	10:05+ 14:30+	15:06+ 17:45+
02:56+	01:59+ 00:41+ 01:10+	03:19- 04:25+	00:36- 02:39+
00:59&	00:43& 00:09& 00:18&	01:18- 01:38&	00:24- 00:23#
		00:32& 02:06&	05:44@ 03:30@
		00:35-	00:14# 00:02#
<b>14</b>	<b>Elin Norveel</b>	<b>105</b>	<b>44:08</b>
03:12+	04:57+ 05:38+ 06:39+	10:57+ 17:33+	18:25+ 23:19+
03:12+	01:45+ 00:41+ 01:01+	04:18- 06:36+	00:52- 04:54+
01:15&	00:29& 00:09& 00:09#	00:19- 03:49@	00:08- 02:38@
		01:19& 01:18&	01:05& 02:39@
		00:14-	00:05+ 00:01+
<b>15</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>44:57</b>
04:01+	06:05+ 06:44+ 07:57+	10:56+ 15:43+	16:25+ 18:57+
04:01+	02:04+ 00:39+ 01:13+	02:59- 04:47+	00:42- 02:32+
02:04@	00:48& 00:07# 00:21&	01:38- 02:00&	00:18- 00:16#
		00:17# 02:07&	05:46@ 03:28@
		00:35-	00:21# 00:00=
<b>16</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>	<b>46:05</b>
03:42+	05:13+ 05:48+ 07:18+	11:15+ 17:14+	18:07+ 20:36+
03:42+	01:31+ 00:35+ 01:30+	03:57- 05:59+	00:53- 02:29+
01:45&	00:15# 00:03+ 00:38&	00:40- 03:12@	00:07- 00:13+
		00:06-	01:43& 09:32@
		00:42&	00:41- 00:18-
		00:02-	00:18-
<b>17</b>	<b>Linda Haukås</b>	<b>113</b>	<b>46:30</b>
05:20+	07:12+ 08:05+ 09:27+	14:36+ 20:59+	22:02+ 25:47+
05:20+	01:52+ 00:53+ 01:22+	05:09+ 06:23+	01:03+ 03:45+
03:23@	00:36& 00:21& 00:30&	00:32# 03:36@	00:03+ 01:29&
		00:57&	02:17& 02:36&
		00:16#	00:22- 00:21#
		00:02-	00:02#
<b>18</b>	<b>Mona Nordmark Kaada</b>	<b>178</b>	<b>47:19</b>
04:41+	06:26+ 10:09+ 10:58+	15:02+ 19:15+	19:57+ 22:31+
04:41+	01:45+ 03:43+ 00:49-	04:04- 04:13+	00:42- 02:34+
02:44@	00:29& 03:11@ 00:03-	00:33- 01:26&	00:18- 00:18#
		00:41&	02:55& 07:26@
		00:08-	00:35- 00:05-
		00:02-	00:02-
<b>19</b>	<b>Kjersti Flaot</b>	<b>27</b>	<b>47:22</b>
04:45+	06:29+ 10:14+ 11:00+	15:07+ 19:18+	20:02+ 22:33+
04:45+	01:44+ 03:45+ 00:46-	04:07- 04:11+	00:44- 02:31+
02:48@	00:28& 03:13@ 00:06-	00:30- 01:24&	00:16- 00:15#
		00:36& 02:56&	07:32@ 00:10-
		00:33-	00:06- 00:02-
<b>20</b>	<b>Sigrun Serigstad</b>	<b>128</b>	<b>47:40</b>
03:10+	05:13+ 06:01+ 07:04+	10:03+ 21:18+	21:50+ 25:21+
03:10+	02:03+ 00:48+ 01:03+	02:59- 11:15+	00:32- 03:31+
01:13&	00:47& 00:16& 00:11#	01:38- 08:28@	00:28- 01:15&
		00:22# 04:00&	02:05& 01:02&
		00:15-	00:27& 00:02#
<b>21</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>	<b>48:26</b>
03:16+	05:25+ 06:55+ 08:21+	14:42+ 19:41+	20:41+ 23:35+
03:16+	02:09+ 01:30+ 01:26+	06:21+ 04:59+	01:00= 02:54+
01:19&	00:53& 00:58@ 00:34&	01:44& 02:12&	00:00= 00:38&
		01:01& 04:49@	04:17@ 00:15-
		00:19-	00:34& 00:08&
<b>22</b>	<b>Turid Johanne Kidøy</b>	<b>18</b>	<b>48:39</b>
04:13+	05:29+ 06:18+ 09:10+	11:20+ 16:04+	16:38+ 18:49+
04:13+	01:16= 00:49+ 02:52+	02:10- 04:44+	00:34- 02:11-
02:16@	00:00= 00:17& 02:00@	02:27- 01:57&	00:26- 00:05-
		00:41& 06:18@	08:25@ 01:07&
		00:56-	00:20- 00:01-
<b>23</b>	<b>Margot Asheim</b>	<b>105</b>	<b>48:48</b>
07:24+	10:12+ 10:47+ 12:16+	15:19+ 18:49+	19:38+ 22:26+
07:24+	02:48+ 00:35+ 01:29+	03:03- 03:30+	00:49- 02:48+
05:27@	01:32@ 00:03+ 00:37&	01:34- 00:43&	00:11- 00:32#
		07:10@ 02:47&	01:29& 00:08+
		00:23-	00:35& 00:00=
<b>24</b>	<b>Gro Mariero Totland</b>	<b>59</b>	<b>48:48</b>
03:41+	05:51+ 06:56+ 08:22+	12:55+ 17:51+	19:04+ 22:37+
03:41+	02:10+ 01:05+ 01:26+	04:33- 04:56+	01:13+ 03:33+
01:44&	00:54& 00:33@ 00:34&	00:04- 02:09&	00:13# 01:17&
		02:04@ 06:04@	01:57& 01:11&
		00:16-	01:57+ 00:31&
		00:04&	00:04&
<b>25</b>	<b>Lene Haver Schmidt</b>	<b>88</b>	<b>50:27</b>
04:16+	06:34+ 07:36+ 09:02+	12:38+ 24:49+	25:54+ 29:38+
04:16+	02:18+ 01:02+ 01:26+	03:36- 12:11+	01:05+ 03:44+
02:19@	01:02& 00:30& 00:34&	01:01- 09:24@	00:05+ 01:28&
		01:00& 02:16&	02:45& 00:08+
		00:25-	00:23& 00:06&
<b>26</b>	<b>Sissel Carlsen Bråstad</b>	<b>88</b>	<b>50:28</b>
04:19+	06:44+ 07:41+ 09:07+	12:42+ 24:50+	25:57+ 29:42+
04:19+	02:25+ 00:57+ 01:26+	03:35- 12:08+	01:07+ 03:45+
02:22@	01:09& 00:25& 00:34&	01:02- 09:21@	00:07# 01:29&
		00:59& 02:18&	02:43& 00:07+
		00:25-	00:25& 00:03#
<b>27</b>	<b>Bente Salte Aune</b>	<b>128</b>	<b>51:18</b>
03:28+	05:36+ 06:21+ 08:03+	11:07+ 23:49+	24:46+ 27:05+
03:28+	02:08+ 00:45+ 01:42+	03:04- 12:42+	00:57- 02:19+
01:31&	00:52& 00:13& 00:50&	01:33- 09:55@	00:03- 00:03+
		01:05& 02:44&	04:15@ 01:08&
		00:33-	00:57& 00:01+





Class	Navn	Klasse										Tid				
<b>58</b>	<b>Ann Ramsay</b>	<b>42</b>										<b>1:18:36</b>				
02:59+	05:23+	06:16+	07:36+	11:10+	16:16+	17:03+	21:06+	23:27+	50:05+	68:49+	74:21+	75:46+	78:19+	78:36+		
02:59+	02:24+	00:53+	01:20+	03:34-	05:06+	00:47-	04:03+	02:21+	26:38+	18:44+	05:32+	01:25-	02:33+	00:17+		
01:02&	01:08&	00:21&	00:28&	01:03-	02:19&	00:13-	01:47&	00:45&	22:02@	15:24@	03:39@	00:07-	01:07&	00:04&		
<b>59</b>	<b>Kate Lawson</b>	<b>101</b>										<b>1:26:22</b>				
04:16+	06:19+	07:15+	08:32+	18:41+	25:39+	26:55+	30:26+	33:12+	70:46+	81:13+	83:52+	84:50+	86:09+	86:22+		
04:16+	02:03+	00:56+	01:17+	10:09+	06:58+	01:16+	03:31+	02:46+	37:34+	10:27+	02:39+	00:58-	01:19-	00:13=		
02:19@	00:47&	00:24&	00:25&	05:32@	04:11@	00:16&	01:15&	01:10&	32:58@	07:07@	00:46&	00:34-	00:07-	00:00=		
<b>60</b>	<b>Sarah Denieul</b>	<b>42</b>										<b>1:28:37</b>				
03:33+	05:41+	07:25+	08:28+	11:38+	16:48+	19:01+	23:48+	25:46+	58:38+	79:49+	85:29+	86:25+	88:23+	88:37+		
03:33+	02:08+	01:44+	01:03+	03:10-	05:10+	02:13+	04:47+	01:58+	32:52+	21:11+	05:40+	00:56-	01:58+	00:14+		
01:36&	00:52&	01:12@	00:11#	01:27-	02:23&	01:13@	02:31@	00:22#	28:16@	17:51@	03:47@	00:36-	00:32&	00:01+		
<b>61</b>	<b>Else Marie Furland</b>	<b>93</b>										<b>1:29:28</b>				
05:47+	12:08+	13:07+	14:24+	18:03+	45:10+	46:36+	50:54+	55:10+	77:44+	83:07+	85:29+	86:41+	89:09+	89:28+		
05:47+	06:21+	00:59+	01:17+	03:39-	27:07+	01:26+	04:18+	04:16+	22:34+	05:23+	02:22+	01:12-	02:28+	00:19+		
03:50@	05:05@	00:27&	00:25&	00:58-	24:20@	00:26&	02:02&	02:40@	17:58@	02:03&	00:29&	00:20-	01:02&	00:06&		
<b>62</b>	<b>Randi Bugge</b>	<b>46</b>										<b>1:30:59</b>				
02:11+	04:04+	04:53+	06:40+	11:46+	32:06+	32:54+	35:16+	37:40+	58:12+	84:58+	87:24+	88:37+	90:42+	90:59+		
02:11+	01:53+	00:49+	01:47+	05:06+	20:20+	00:48-	02:22+	02:24+	20:32+	26:46+	02:26+	01:13-	02:05+	00:17+		
00:14#	00:37&	00:17&	00:55@	00:29#	17:33@	00:12-	00:06+	00:48&	15:56@	23:26@	00:33&	00:19-	00:39&	00:04&		
<b>63</b>	<b>Dagfrid Nagel-Alne</b>	<b>47</b>										<b>1:31:47</b>				
04:06+	12:33+	18:59+	20:00+	24:53+	36:21+	37:16+	38:09+	41:05+	47:57+	58:22+	85:12+	87:48+	88:47+	91:31+	91:47+	
04:06+	08:27+	06:26+	01:01+	04:53+	11:28+	00:55-	00:53-	02:56+	06:52+	10:25+	26:50+	02:36+	00:59-	02:44+	00:16+	
02:09@	07:11@	05:54@	00:09#	00:16+	08:41@	00:05-	01:23-	01:20&	02:16&	07:05@	24:57@	01:04&	00:27-	02:31@	00:16+	
<b>64</b>	<b>Rebekka Lye</b>	<b>62</b>										<b>1:35:37</b>				
06:23+	09:49+	11:17+	13:21+	19:46+	30:47+	32:01+	36:13+	39:33+	74:50+	85:50+	91:28+	92:54+	95:19+	95:37+		
06:23+	03:26+	01:28+	02:04+	06:25+	11:01+	01:14+	04:12+	03:20+	35:17+	11:00+	05:38+	01:26-	02:25+	00:18+		
04:26@	02:10@	00:56@	01:12@	01:48&	08:14@	00:14#	01:56&	01:44@	30:41@	07:40@	03:45@	00:06-	00:59&	00:05&		
<b>65</b>	<b>Marianne Johnsen</b>	<b>5</b>										<b>1:36:29</b>				
02:56+	04:40+	05:21+	07:02+	10:00+	22:08+	23:00+	24:53+	71:04+	86:59+	92:20+	94:11+	95:00+	96:18+	96:29+		
02:56+	01:44+	00:41+	01:41+	02:58-	12:08+	00:52-	01:53-	46:11+	15:55+	05:21+	01:51-	00:49-	01:18-	00:11-		
00:59&	00:28&	00:09&	00:49&	01:39-	09:21@	00:08-	00:23-	44:35@	11:19@	02:01&	00:02-	00:43-	00:08-	00:02-		
<b>66</b>	<b>Ewelina Uscinska</b>	<b>136</b>										<b>1:38:43</b>				
03:39+	05:29+	06:18+	08:09+	11:55+	18:54+	19:46+	22:00+	24:17+	83:58+	92:29+	95:27+	96:21+	98:30+	98:43+		
03:39+	01:50+	00:49+	01:51+	03:46-	06:59+	00:52-	02:14-	02:17+	59:41+	08:31+	02:58+	00:54-	02:09+	00:13=		
01:42&	00:34&	00:17&	00:59@	00:51-	04:12@	00:08-	00:02-	00:41&	55:05@	05:11@	01:05&	00:38-	00:43&	00:00=		
<b>67</b>	<b>Britt Elin Andersen</b>	<b>91</b>										<b>1:39:30</b>				
17:18+	21:13+	23:11+	27:10+	32:26+	39:34+	40:48+	45:14+	49:50+	64:53+	90:16+	92:46+	94:51+	99:17+	99:30+		
17:18+	03:55+	01:58+	03:59+	05:16+	07:08+	01:14+	04:26+	04:36+	15:03+	25:23+	02:30+	02:05+	04:26+	00:13=		
15:21@	02:39@	01:26@	03:07@	00:39#	04:21@	00:14#	02:10&	03:00@	10:27@	22:03@	00:37&	00:33&	03:00@	00:00=		
<b>68</b>	<b>Margretha Almedal</b>	<b>91</b>										<b>1:39:31</b>				
17:21+	21:09+	23:12+	26:58+	32:33+	39:30+	40:51+	45:11+	49:52+	64:54+	90:16+	92:42+	94:47+	99:17+	99:31+		
17:21+	03:48+	02:03+	03:46+	05:35+	06:57+	01:21+	04:20+	04:41+	15:02+	25:22+	02:26+	02:05+	04:30+	00:14+		
15:24@	02:32@	01:31@	02:54@	00:58#	04:10@	00:21&	02:04&	03:05@	10:26@	22:02@	00:33&	00:33&	03:04@	00:01+		
<b>69</b>	<b>Anne Lise Lunde</b>	<b>46</b>										<b>1:46:03</b>				
18:54+	21:38+	22:41+	24:20+	29:00+	39:11+	40:38+	44:58+	48:14+	73:23+	100:10+	102:30+	103:41+	105:45+	106:03+		
18:54+	02:44+	01:03+	01:39+	04:40+	10:11+	01:27+	04:20+	03:16+	25:09+	26:47+	02:20+	01:11-	02:04+	00:18+		
16:57@	01:28@	00:31&	00:47&	00:03+	07:24@	00:27&	02:04&	01:40@	20:33@	23:27@	00:27#	00:21-	00:38&	00:05&		
<b>70</b>	<b>Maria Haukalid</b>	<b>47</b>										<b>2:05:22</b>				
05:16+	11:04+	11:49+	13:37+	19:08+	29:35+	30:41+	38:31+	79:50+	107:36+	118:03+	121:30+	122:45+	125:06+	125:22+		
05:16+	05:48+	00:45+	01:48+	05:31+	10:27+	01:06+	07:50+	41:19+	27:46+	10:27+	03:27+	01:15-	02:21+	00:16+		
03:19@	04:32@	00:13&	00:56@	00:54#	07:40@	00:06#	05:34@	39:43@	23:10@	07:07@	01:34&	00:17-	00:55&	00:03#		
<b>Beste strekktid for klassen</b>																
01:57	01:12	00:32	00:46	02:10	02:47	00:32	00:53	01:30	02:03	02:46	01:33	00:36	00:59	00:11		

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

## Herrer 16 - 39 år















Class	Navn	Klasse	Tid
<b>11</b>	<b>Øistein Haaland</b>	<b>116</b>	<b>58:50</b>
01:10+	09:19+	11:31+	12:38+
01:10+	08:09+	02:12-	01:07-
00:09#	07:20@	00:43-	00:02-
01:12+	04:58+	06:08+	13:15+
01:12+	00:59+	02:47-	01:10+
00:11#	00:10#	00:08-	00:01+
<b>12</b>	<b>Håvard Håland</b>	<b>66</b>	<b>59:25</b>
01:12+	02:11+	04:58+	06:08+
01:12+	00:59+	02:47-	01:10+
00:11#	00:10#	00:08-	00:01+
<b>13</b>	<b>Harald Syse</b>	<b>93</b>	<b>59:54</b>
01:51+	03:03+	05:47+	07:00+
01:51+	01:12+	02:44-	01:13+
00:50&	00:23&	00:11-	00:04+
<b>14</b>	<b>Sigbjørn Gløppen</b>	<b>144</b>	<b>1:07:01</b>
01:36+	02:42+	06:21+	07:59+
01:36+	01:06+	03:39+	01:38+
00:35&	00:17&	00:44&	00:29&
<b>15</b>	<b>Geir Rune Seldal</b>	<b>192</b>	<b>1:07:09</b>
01:15+	02:33+	04:55+	06:20+
01:15+	01:18+	02:22-	01:25+
00:14#	00:29&	00:33-	00:16#
<b>16</b>	<b>Steinar Torjusen</b>	<b>167</b>	<b>1:37:20</b>
01:08+	01:59+	04:37-	06:07+
01:08+	00:51+	02:38-	01:30+
00:07#	00:02+	00:17-	00:21&
<b>Beste strekktid for klassen</b>	01:00	00:49	01:59
	01:07	04:49	02:28
	01:11	01:47	01:41
	01:31	00:36	01:20
	01:14	01:30	00:31
	01:25	02:35	01:05
	01:20	00:32	02:30
	00:51	00:08	00:06

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

## Herrer 55 - 59 år

<b>1</b>	<b>Per Ingar Hadland</b>	<b>7</b>	<b>37:47</b>
00:54=	01:53=	04:12=	05:29=
00:54=	00:59=	02:19=	01:17=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Espen Krogh</b>	<b>7</b>	<b>40:50</b>
00:50-	01:48-	03:31-	04:38-
00:50-	00:58-	01:43-	01:07-
00:04-	00:01-	00:36-	00:10-
<b>3</b>	<b>Arne Magne Søndresen</b>	<b>92</b>	<b>41:22</b>
01:00+	01:53=	03:57-	05:21-
01:00+	00:53-	02:04-	01:24+
00:06#	00:06-	00:15-	00:07+
<b>4</b>	<b>Kjell Skjøveland</b>	<b>108</b>	<b>45:15</b>
00:57+	01:59+	04:30+	05:46+
00:57+	01:02+	02:31+	01:16-
00:03+	00:03+	00:12+	00:01-
<b>5</b>	<b>Morten Johannessen</b>	<b>7</b>	<b>47:20</b>
00:57+	01:45-	05:21+	06:32+
00:57+	00:48-	03:36+	01:11-
00:03+	00:11-	01:17&	00:06-
<b>6</b>	<b>Ivar Bergset</b>	<b>35</b>	<b>47:48</b>
01:20+	02:21+	04:40+	06:06+
01:20+	01:01+	02:19+	01:26+
00:26&	00:02+	00:00=	00:09#
<b>7</b>	<b>Kjell Lervik</b>	<b>239</b>	<b>48:56</b>
01:24+	03:28+	06:14+	07:44+
01:24+	02:04+	02:46+	01:30+
00:30&	01:05@	00:27#	00:13#

Class	Navn	Klasse	Tid
<b>8</b>	<b>Ole Petter Haukaas</b>	<b>109</b>	<b>49:13</b>
00:59+	01:54+	03:55-	05:12-
00:59+	00:55-	02:01-	05:15+
00:05+	00:04-	00:18-	00:00=
<b>9</b>	<b>Ernst Kristensen</b>	<b>116</b>	<b>49:37</b>
01:47+	02:40+	05:45+	08:38+
01:47+	00:53-	03:05+	02:53+
00:53&	00:06-	00:46&	01:36@
<b>10</b>	<b>Svein Sivertsen</b>	<b>115</b>	<b>53:44</b>
01:44+	03:11+	06:06+	07:45+
01:44+	01:27+	02:55+	01:39+
00:50&	00:28&	00:36&	00:22&
<b>11</b>	<b>Kjetil Heradstveit</b>	<b>12</b>	<b>53:53</b>
01:12+	02:11+	04:58+	06:30+
01:12+	00:59-	02:47+	01:32+
00:18&	00:00=	00:28#	00:15#
<b>12</b>	<b>Kjell R. Nordmark</b>	<b>7</b>	<b>54:57</b>
01:29+	02:28+	05:25+	06:58+
01:29+	00:59-	02:57+	01:33+
00:35&	00:00=	00:38&	00:16#
<b>13</b>	<b>Lars Salvesen</b>	<b>50</b>	<b>55:56</b>
02:46+	03:54+	06:51+	08:19+
02:46+	01:08+	02:57+	01:28+
01:52@	00:09#	00:38&	00:11#
<b>14</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>	<b>56:15</b>
01:53+	02:58+	05:41+	07:29+
01:53+	01:05+	02:43+	01:48+
00:59@	00:06#	00:24#	00:31&
<b>15</b>	<b>Bjørn H. Engseth</b>	<b>27</b>	<b>57:57</b>
01:23+	02:24+	04:48+	06:07+
01:23+	01:01+	02:24+	01:19+
00:29&	00:02+	00:05+	00:02+
<b>16</b>	<b>Kjell Ove Aksland</b>	<b>27</b>	<b>59:31</b>
01:08+	02:03+	05:47+	07:09+
01:08+	00:55-	03:44+	01:22+
00:14&	00:04-	01:25&	00:05+
<b>17</b>	<b>Olav Tunheim</b>	<b>93</b>	<b>1:07:59</b>
01:47+	03:18+	06:29+	08:28+
01:47+	01:31+	03:11+	01:59+
00:53&	00:32&	00:52&	00:42&
<b>18</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>	<b>1:08:38</b>
01:35+	03:11+	07:16+	09:31+
01:35+	01:36+	04:05+	02:15+
00:41&	00:37&	01:46&	00:58&
<b>19</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>	<b>1:15:34</b>
01:49+	03:16+	06:38+	08:24+
01:49+	01:27+	03:22+	01:46+
00:55@	00:28&	01:03&	01:52&
<b>20</b>	<b>Kjell Helge Husebø</b>	<b>115</b>	<b>1:16:59</b>
06:22+	07:46+	11:29+	12:56+
06:22+	01:24+	03:43+	01:27+
05:28@	00:25&	01:24&	00:10#
<b>21</b>	<b>John C. Sinnes</b>	<b>93</b>	<b>1:24:55</b>
01:24+	03:42+	09:44+	11:24+
01:24+	02:18+	06:02+	01:40+
00:30&	01:19@	03:43@	00:23&
<b>Beste strekktid for klassen</b>			
00:50	00:48	01:43	01:07
04:54	02:46	01:10	01:55
01:24	01:27	00:39	01:12
01:18	01:31	00:30	01:23
02:22	01:21	01:09	00:40
02:26	00:57	00:08	

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













Class	Navn	Klasse										Tid									
<b>19</b>	<b>Albert Moe</b>	<b>54</b>										<b>1:29:40</b>									
03:08+	06:04+	17:01+	23:21+	31:12+	34:35+	37:32+	40:44+	43:27+	47:42+	48:38+	49:56+	53:53+	65:43+	68:22+	80:41+	84:26+	88:17+	89:18+	89:40+		
03:08+	02:56+	10:57+	06:20+	07:51+	03:23-	02:57+	03:12-	02:43+	04:15+	00:56+	01:18+	03:57+	11:50+	02:39+	12:19+	03:45+	03:51+	01:01+	00:22+		
01:47@	01:50@	05:50@	03:46@	05:32@	00:35-	00:33#	00:36-	01:12&	02:40@	00:25&	00:28&	02:35@	07:30@	00:55&	10:05@	01:51&	02:06@	00:27&	00:11&		

<b>20</b>	<b>Jan H. Sagen</b>	<b>92</b>										<b>1:46:12</b>									
02:12+	04:06+	16:42+	47:26+	49:16+	53:32+	57:11+	60:31+	62:45+	65:46+	66:32+	67:41+	70:44+	80:54+	83:04+	98:53+	102:14+	105:10+	105:56+	106:12+		
02:12+	01:54+	12:36+	30:44+	01:50-	04:16+	03:39+	03:20-	02:14+	03:01+	00:46+	01:09+	03:03+	10:10+	02:10+	15:49+	03:21+	02:56+	00:46+	00:16+		
00:51&	00:48&	07:29@	28:10@	00:29-	00:18+	01:15&	00:28-	00:43&	01:26&	00:15&	00:19&	01:41@	05:50@	00:26#	13:35@	01:27&	01:11&	00:12&	00:05&		

#### Beste strekktid for klassen

01:21 01:06 05:07 02:34 01:18 02:21 01:45 01:53 01:31 01:35 00:31 00:50 01:15 01:27 01:33 02:14 01:54 01:45 00:34 00:10

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

## Herrer 75 - 79 år

<b>1</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>42:49</b>									
02:19=	03:13=	03:52=	05:54=	08:18=	16:07=	17:19=	19:25=	20:04=	21:01=	29:42=	32:13=	33:47=	36:58=	38:12=	40:32=	41:22=	42:35=	42:49=			
02:19=	00:54=	00:39=	02:02=	02:24=	07:49=	01:12=	02:06=	00:39=	00:57=	08:41=	02:31=	01:34=	03:11=	01:14=	02:20=	00:50=	01:13=	00:14=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

<b>2</b>	<b>Gunnar Furland</b>	<b>93</b>										<b>52:15</b>									
04:49+	05:47+	06:25+	08:52+	12:33+	21:43+	23:19+	26:27+	27:13+	28:31+	32:11+	39:33+	41:51+	45:17+	46:44+	49:37+	50:34+	51:59+	52:15+			
04:49+	00:58+	00:38-	02:27+	03:41+	09:10+	01:36+	03:08+	00:46+	01:18+	03:40-	07:22+	02:18+	03:26+	01:27+	02:53+	00:57+	01:25+	00:16+			
02:30@	00:04+	00:01-	00:25#	01:17&	01:21#	00:24&	01:02&	00:07#	00:21&	05:01-	04:51@	00:44&	00:15+	00:13#	00:33#	00:07#	00:12#	00:02#			

<b>3</b>	<b>Harald Vatne</b>	<b>67</b>										<b>53:34</b>									
03:12+	04:15+	05:04+	08:28+	11:53+	23:12+	25:07+	27:28+	28:13+	29:16+	32:29+	36:44+	38:52+	45:57+	47:25+	50:20+	51:17+	53:21+	53:34+			
03:12+	01:03+	00:49+	03:24+	03:25+	11:19+	01:55+	02:21+	00:45+	01:03+	03:13-	04:15+	02:08+	07:05+	01:28+	02:55+	00:57+	02:04+	00:13-			
00:53&	00:09#	00:10&	01:22&	01:01&	03:30&	00:43&	00:15#	00:06#	00:06#	05:28-	01:44&	00:34&	03:54@	00:14#	00:35#	00:07#	00:51&	00:01-			

<b>4</b>	<b>Arne Karlsen</b>	<b>105</b>										<b>56:26</b>									
03:06+	04:28+	05:11+	08:57+	12:36+	24:06+	25:42+	29:47+	30:56+	32:24+	36:29+	41:39+	45:09+	48:00+	49:43+	53:29+	54:40+	56:10+	56:26+			
03:06+	01:22+	00:43+	03:39+	11:30+	01:36+	04:05+	03:39+	01:09+	01:28+	04:05-	05:10+	03:30+	02:51-	01:43+	03:46+	01:11+	01:30+	00:16+			
00:47&	00:28&	00:04#	01:44&	01:15&	03:41&	00:24&	01:59&	00:30&	00:31&	04:36-	02:39@	01:56@	00:20-	00:29&	01:26&	00:21&	00:17#	00:02#			

<b>5</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>1:01:13</b>									
03:51+	04:49+	05:41+	08:05+	11:05+	20:13+	26:08+	29:46+	30:59+	32:15+	36:21+	39:46+	44:56+	50:27+	54:14+	57:43+	59:08+	60:57+	61:13+			
03:51+	00:58+	00:52+	02:24+	03:00+	09:08+	05:55+	03:38+	01:13+	01:16+	04:06-	03:25+	05:10+	05:31+	03:47+	03:29+	01:25+	01:49+	00:16+			
01:32&	00:04+	00:13&	00:22#	00:36#	01:19#	04:43@	01:32&	00:34&	00:19&	04:35-	00:54&	03:36@	02:20&	02:33@	01:09&	00:35&	00:36&	00:02#			

<b>6</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>1:09:37</b>									
04:37+	05:57+	06:54+	09:58+	13:56+	28:54+	31:21+	34:43+	35:26+	36:38+	50:51+	53:54+	56:08+	60:44+	62:16+	66:28+	67:33+	69:22+	69:37+			
04:37+	01:20+	00:57+	03:04+	03:58+	14:58+	02:27+	03:22+	00:43+	01:12+	14:13+	03:03+	02:14+	04:36+	01:32+	04:12+	01:05+	01:49+	00:15+			
02:18&	00:26&	00:18&	01:02&	01:34&	07:09&	01:15@	01:16&	00:04#	00:15&	05:32&	00:32#	00:40&	01:25&	00:18#	01:52&	00:15&	00:36&	00:01+			

<b>7</b>	<b>Øystein Nilsen</b>	<b>57</b>										<b>1:32:51</b>									
03:40+	04:55+	05:52+	15:00+	24:31+	34:50+	36:31+	52:30+	53:34+	55:16+	63:46+	66:57+	77:02+	81:47+	84:28+	88:50+	90:16+	92:13+	92:51+			
03:40+	01:15+	00:57+	09:08+	09:31+	10:19+	01:41+	15:59+	01:04+	01:42+	08:30-	03:11+	10:05+	04:45+	02:41+	04:22+	01:26+	01:57+	00:38+			
01:21&	00:21&	00:18&	07:06@	07:07@	02:30&	00:29&	13:53@	00:25&	00:45&	00:11-	00:40&	08:31@	01:34&	01:27@	02:02&	00:36&	00:44&	00:24@			

<b>8</b>	<b>Edmund Ualand</b>	<b>29</b>										<b>1:32:53</b>									
06:09+	07:29+	08:35+	11:28+	15:49+	32:01+	39:01+	42:41+	43:49+	45:43+	50:22+	55:15+	58:44+	73:53+	82:15+	87:43+	89:32+	92:23+	92:53+			
06:09+	01:20+	01:06+	02:53+	04:21+	16:12+	07:00+	03:40+	01:08+	01:54+	04:39-	04:53+	03:29+	15:09+	08:22+	05:28+	01:49+	02:51+	00:30+			
03:50@	00:26&	00:27&	00:51&	01:57&	08:23@	05:48@	01:34&	00:29&	00:57&	04:02-	02:22&	01:55@	11:58@	07:08@	03:08@	00:59@	01:38@	00:16@			

#### Beste strekktid for klassen

02:19 00:54 00:38 02:02 02:24 07:49 01:12 02:06 00:39 00:57 03:13 02:31 01:34 02:51 01:14 02:20 00:50 01:13 00:13

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

## Herrer 80 år og eldre

<b>1</b>	<b>Sigurd Krosli</b>	<b>31</b>										<b>1:11:25</b>									
02:55=	04:02=	04:44=	17:03=	18:59=	20:26=	21:28=	24:04=	26:42=	32:37=	53:29=	59:41=	62:51=	67:39=	68:31=	71:09=	71:25=					
02:55=	01:07=	00:42=	12:19=	01:56=	01:27=	01:02=	02:36=	02:38=	05:55=	20:52=	06:12=	03:10=	04:48=	00:52=	02:38=	00:16=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					

Class	Navn	Klasse																		Tid									
-------	------	--------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	-----	--	--	--	--	--	--	--	--	--

**Beste strekktid for klassen**

02:55 01:07 00:42 12:19 01:56 01:27 01:02 02:36 02:38 05:55 20:52 06:12 03:10 04:48 00:52 02:38 00:16

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

## Herrer A

**1 Fredrik Omdal 74 41:52**  
 01:14= 01:42= 03:09= 04:43= 07:58= 09:09= 10:20= 11:17= 17:27= 20:23= 22:56= 23:12= 25:42= 27:19= 28:16= 29:29= 30:57= 32:14= 32:50= 34:57= 36:01= 38:15= 39:07= 39:57= 40:24= 41:19=  
 01:14= 00:28= 01:27= 01:34= 03:15= 01:11= 01:11= 00:57= 06:10= 02:56= 02:33= 00:16= 02:30= 01:37= 00:57= 01:13= 01:28= 01:17= 00:36= 02:07= 01:04= 02:14= 00:52= 00:50= 00:27= 00:55=  
 00:00=  
 41:44= 41:52=  
 00:25= 00:08=  
 00:00= 00:00=

**2 Aart Joakim in't Veld 93 44:35**  
 01:17+ 01:52+ 03:23+ 05:01+ 07:58= 09:10+ 10:38+ 11:39+ 16:19- 19:51- 21:59- 22:16- 24:35- 26:20- 27:22- 28:43- 30:19- 31:47- 32:24- 34:40- 36:08+ 39:57+ 41:33+ 42:21+ 42:55+ 43:56+  
 01:17+ 00:35+ 01:31+ 01:38+ 02:57- 01:12+ 01:28+ 01:01+ 04:40- 03:32+ 02:08- 00:17+ 02:19- 01:45+ 01:02+ 01:21+ 01:36+ 01:28+ 00:37+ 02:16+ 01:28+ 03:49+ 01:36+ 00:48- 00:34+ 01:01+  
 00:03+ 00:07# 00:04+ 00:04+ 00:18- 00:01+ 00:17# 00:04+ 01:30- 00:36# 00:25- 00:01+ 00:11- 00:08+ 00:05+ 00:08# 00:08+ 00:11# 00:01+ 00:09+ 00:24& 01:35& 00:44& 00:02- 00:07& 00:06#  
 44:26+ 44:35+  
 00:30+ 00:09+  
 00:05# 00:01#

**3 Fredrik Sandal 88 44:40**  
 01:29+ 02:04+ 03:38+ 05:22+ 08:29+ 09:37+ 11:03+ 12:12+ 18:40+ 22:00+ 24:27+ 24:47+ 27:12+ 29:14+ 30:28+ 31:48+ 33:13+ 34:20+ 34:58+ 36:55+ 38:03+ 40:53+ 41:44+ 42:35+ 43:07+ 44:02+  
 01:29+ 00:35+ 01:34+ 01:44+ 03:07- 01:08- 01:26+ 01:09+ 06:28+ 03:20+ 02:27- 00:20+ 02:25- 02:02+ 01:14+ 01:20+ 01:25- 01:07- 00:38+ 01:57- 01:08+ 02:50+ 00:51- 00:51+ 00:32+ 00:55=  
 00:15# 00:07# 00:07+ 00:10# 00:08- 00:03- 00:15# 00:12# 00:18+ 00:24# 00:06- 00:04# 00:05- 00:25& 00:17& 00:07+ 00:03- 00:10- 00:02+ 00:10- 00:04+ 00:36& 00:01- 00:01+ 00:05# 00:00=  
 44:31+ 44:40+  
 00:29+ 00:09+  
 00:04# 00:01#

**4 Kristian Haarr 27 45:35**  
 01:25+ 01:56+ 03:24+ 05:07+ 09:53+ 11:02+ 12:28+ 13:32+ 18:45+ 21:32+ 24:30+ 24:49+ 27:16+ 28:50+ 30:09+ 31:28+ 33:06+ 34:16+ 34:53+ 37:00+ 38:09+ 41:25+ 42:14+ 43:08+ 43:47+ 44:57+  
 01:25+ 00:31+ 01:28+ 01:43+ 04:46+ 01:09- 01:26+ 01:04+ 05:13- 02:47- 02:58+ 00:19+ 02:27- 01:34- 01:19+ 01:19+ 01:38+ 01:10- 00:37+ 02:07= 01:09+ 03:16+ 00:49- 00:54+ 00:39+ 01:10+  
 00:11# 00:03# 00:01+ 00:09+ 01:31& 00:02- 00:15# 00:07# 00:57- 00:09- 00:25# 00:03# 00:03- 00:03- 00:22& 00:06+ 00:10# 00:07- 00:01+ 00:00= 00:05+ 01:02& 00:03- 00:04+ 00:12& 00:15&  
 45:25+ 45:35+  
 00:28+ 00:10+  
 00:03# 00:02#

**5 Espen Karlsen 102 58:47**  
 01:25+ 03:00+ 04:39+ 06:48+ 11:12+ 12:30+ 14:22+ 15:36+ 21:48+ 27:06+ 29:57+ 30:21+ 34:26+ 36:23+ 38:08+ 41:27+ 43:18+ 44:52+ 45:43+ 48:27+ 50:07+ 53:59+ 55:04+ 55:54+ 56:35+ 57:57+  
 01:25+ 01:35+ 01:39+ 02:09+ 04:24+ 01:18+ 01:52+ 01:14+ 06:12+ 05:18+ 02:51+ 00:24+ 04:05+ 01:57+ 01:45+ 03:19+ 01:51+ 01:34+ 00:51+ 02:44+ 01:40+ 03:52+ 01:05+ 00:50= 00:41+ 01:22+  
 00:11# 01:07@ 00:12# 00:35& 01:09& 00:07+ 00:41& 00:17& 00:02+ 02:22& 00:18# 00:08& 01:35& 00:20# 00:48& 02:06@ 00:23& 00:17# 00:15& 00:37& 00:36& 01:38& 00:13# 00:00= 00:14& 00:27&  
 58:35+ 58:47+  
 00:38+ 00:12+  
 00:13& 00:04&

**6 Joar Fuglestad 116 59:43**  
 01:43+ 02:28+ 04:31+ 06:38+ 10:02+ 11:40+ 13:43+ 14:52+ 22:57+ 32:09+ 34:47+ 35:02+ 37:50+ 39:41+ 40:50+ 43:39+ 45:28+ 46:50+ 47:27+ 49:48+ 51:24+ 55:16+ 56:25+ 57:09+ 57:47+ 59:00+  
 01:43+ 00:45+ 02:03+ 02:07+ 03:24+ 01:38+ 02:03+ 01:09+ 08:05+ 09:12+ 02:38+ 00:15- 02:48+ 01:51+ 01:09+ 02:49+ 01:49+ 01:22+ 00:37+ 02:21+ 01:36+ 03:52+ 01:09+ 00:44- 00:38+ 01:13+  
 00:29& 00:17& 00:36& 00:33& 00:09+ 00:27& 00:52& 00:12# 01:55& 06:16@ 00:05+ 00:01- 00:18# 00:14# 00:12# 01:36@ 00:21# 00:05+ 00:01+ 00:14# 00:32& 01:38& 00:17& 00:06- 00:11& 00:18&  
 59:35+ 59:43+  
 00:35+ 00:08=  
 00:10& 00:00=

**7 Martin Blystad 115 1:13:08**  
 02:19+ 02:52+ 04:33+ 08:32+ 11:59+ 13:57+ 15:37+ 16:51+ 37:40+ 42:20+ 44:24+ 44:43+ 50:21+ 52:53+ 54:04+ 55:31+ 57:31+ 58:54+ 60:12+ 62:23+ 64:36+ 68:28+ 69:30+ 70:30+ 71:08+ 72:25+  
 02:19+ 00:33+ 01:41+ 03:59+ 03:27+ 01:58+ 01:40+ 01:14+ 20:49+ 04:40+ 02:04- 00:19+ 05:38+ 02:32+ 01:11+ 01:27+ 02:00+ 01:23+ 01:18+ 02:11+ 02:13+ 03:52+ 01:02+ 01:00+ 00:38+ 01:17+  
 01:05& 00:05# 00:14# 02:25@ 00:12+ 00:47& 00:29& 00:17& 14:39@ 01:44& 00:29- 00:03# 03:08@ 00:55& 00:14# 00:14# 00:32& 00:06+ 00:42@ 00:04+ 01:09@ 01:38& 00:10# 00:10# 00:11& 00:22&  
 72:57+ 73:08+  
 00:32+ 00:11+  
 00:07& 00:03&

**Beste strekktid for klassen**

01:14 00:28 01:27 01:34 02:57 01:08 01:11 00:57 04:40 02:47 02:04 00:15 02:19 01:34 00:57 01:13 01:25 01:07 00:36 01:57 01:04 02:14 00:49 00:44 00:27 00:55 00:25 00:00

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

## Herrer B











Class	Navn	Klasse										Tid														
<b>13</b>	<b>Øystein Huglen</b>	<b>27</b>										<b>57:46</b>														
01:00+	01:44+	03:07+	04:50+	06:57+	14:40+	17:31+	18:01+	20:16+	21:53+	23:01+	33:27+	38:34+	39:52+	41:03+	43:01+	43:34+	44:21+	48:16+	49:40+	52:34+	53:25+	54:52+	55:45+	56:20+	57:35+	
01:00+	00:44+	01:23+	01:43+	02:07-	07:43+	02:51+	00:30+	02:15+	01:37+	01:08+	10:26+	05:07+	01:18+	01:11-	01:58+	00:33-	00:47+	03:55+	01:24+	02:54+	00:51+	01:27+	00:53+	00:35-	01:15+	
00:04+	00:07#	00:17&	00:35&	00:06-	01:36&	00:56&	00:11&	00:30&	00:11#	00:02+	05:07&	03:17@	00:14#	00:11-	00:32&	00:03-	00:03+	01:49&	00:06+	01:37@	00:17&	00:17#	00:07#	00:06-	00:25&	
57:46+																										
00:11+																										
00:01#																										

<b>14</b>	<b>Ivar Knutsen</b>	<b>116</b>										<b>1:07:47</b>														
01:21+	02:13+	04:05+	07:13+	10:18+	19:14+	21:45+	22:13+	24:02+	27:28+	28:48+	42:32+	45:06+	48:17+	50:15+	52:14+	52:55+	53:44+	57:02+	58:50+	60:59+	61:46+	63:09+	64:29+	65:41+	67:34+	
01:21+	00:52+	01:52+	03:08+	03:05+	08:56+	02:31+	00:28+	01:49+	03:26+	01:20+	13:44+	02:34+	03:11+	01:58+	01:59+	00:41+	00:49+	03:18+	01:48+	02:09+	00:47+	01:23+	01:20+	01:12+	01:53+	
00:25&	00:15&	00:46&	02:00@	00:52&	02:49&	00:36&	00:09&	00:04+	02:00@	00:14#	08:25@	00:44&	02:07@	00:36&	00:33&	00:05#	00:05#	01:12&	00:30&	00:52&	00:13&	00:13#	00:34&	00:31&	01:03@	
67:47+																										
00:13+																										
00:03&																										

**Beste strekktid for klassen**

00:48 00:36 01:03 01:08 01:44 05:33 01:55 00:18 01:28 01:26 01:02 04:57 01:43 01:04 01:03 01:22 00:28 00:42 02:06 01:10 01:08 00:34 00:55 00:46 00:35 00:42 00:08

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

**Herrer Ny**

<b>1</b>	<b>Oddbjørn Nevestveit</b>	<b>80</b>										<b>18:25</b>												
02:00=	03:00=	05:10=	07:13=	11:34=	13:16=	15:54=	17:33=	18:14=	18:25=															
02:00=	01:00=	02:10=	02:03=	04:21=	01:42=	02:38=	01:39=	00:41=	00:11=															
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															
<b>2</b>	<b>Håvard Jektnes</b>	<b>111</b>										<b>34:51</b>												
03:27+	05:26+	07:55+	11:43+	18:24+	22:16+	30:38+	33:07+	34:27+	34:51+															
03:27+	01:59+	02:29+	03:48+	06:41+	03:52+	08:22+	02:29+	01:20+	00:24+															
01:27&	00:59&	00:19#	01:45&	02:20&	02:10@	05:44@	00:50&	00:39&	00:13@															
<b>3</b>	<b>Joe McClounnan</b>	<b>167</b>										<b>43:24</b>												
02:52+	04:16+	07:28+	11:26+	19:43+	22:27+	39:51+	42:02+	43:08+	43:24+															
02:52+	01:24+	03:12+	03:58+	08:17+	02:44+	17:24+	02:11+	01:06+	00:16+															
00:52&	00:24&	01:02&	01:55&	03:56&	01:02&	14:46@	00:32&	00:25&	00:05&															

**Beste strekktid for klassen**

02:00 01:00 02:10 02:03 04:21 01:42 02:38 01:39 00:41 00:11

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

**Herrer Trim**

<b>1</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>										<b>31:01</b>															
01:26=	02:16=	02:54=	08:15=	09:38=	10:39=	11:15=	12:52=	14:34=	19:20=	21:19=	25:20=	27:01=	29:14=	29:55=	30:53=	31:01=											
01:26=	00:50=	00:38=	05:21=	01:23=	01:01=	00:36=	01:37=	01:42=	04:46=	01:59=	04:01=	01:41=	02:13=	00:41=	00:58=	00:08=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											
<b>2</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>										<b>31:06</b>															
01:25-	02:04-	02:35-	04:30-	05:33-	06:16-	07:52-	09:43-	11:19-	18:08-	20:27-	25:27+	26:38-	28:46-	29:21-	30:59+	31:06+											
01:25-	00:39-	00:31-	01:55-	01:03-	00:43-	01:36+	01:51+	01:36-	06:49+	02:19+	05:00+	01:11-	02:08-	00:35-	01:38+	00:07-											
00:01-	00:11-	00:07-	03:26-	00:20-	00:18-	01:00@	00:14#	00:06-	02:03&	00:20#	00:59#	00:30-	00:05-	00:06-	00:40&	00:01-											
<b>3</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>32:06</b>															
01:15-	02:03-	03:11+	06:07-	07:31-	09:21-	10:30-	11:58-	13:35-	19:30+	22:36+	26:02+	27:26+	30:07+	30:43+	31:56+	32:06+											
01:15-	00:48-	01:08+	02:56-	01:24+	01:50+	01:09+	01:28-	01:37-	05:55+	03:06+	03:26-	01:24-	02:41+	00:36-	01:13+	00:10+											
00:11-	00:02-	00:30&	02:25-	00:01+	00:49&	00:33&	00:09-	00:05-	01:09#	01:07&	00:35-	00:17-	00:28#	00:05-	00:15&	00:02#											
<b>4</b>	<b>Antal Jansen</b>	<b>115</b>										<b>39:48</b>															
01:54+	02:37+	03:19+	06:05-	07:18-	08:12-	08:45-	11:17-	12:34-	25:17+	30:09+	32:48+	34:29+	37:17+	38:25+	39:32+	39:48+											
01:54+	00:43-	00:42+	02:46-	01:13-	00:54-	00:33-	02:32+	01:17-	12:43+	04:52+	02:39-	01:41=	02:48+	01:08+	01:07+	00:16+											
00:28&	00:07-	00:04#	02:35-	00:10-	00:07-	00:03-	00:55&	00:25-	07:57@	02:53@	01:22-	00:00=	00:35&	00:27&	00:09#	00:08&											
<b>5</b>	<b>Jan Knudsen</b>	<b>92</b>										<b>39:49</b>															
02:12+	02:55+	04:39+	08:34+	10:16+	11:09+	11:50+	14:02+	15:53+	21:47+	28:28+	32:18+	35:07+	37:03+	38:07+	38:39+	39:38+	39:49+										
02:12+	00:43-	01:44+	03:55-	01:42+	00:53-	00:41+	02:12+	01:51+	05:54+	06:41+	03:50-	02:49+	01:56-	01:04+	00:32-	00:59+	00:11+										
00:46&	00:07-	01:06@	01:26-	00:19#	00:08-	00:05#	00:35&	00:09+	01:08#	04:42@	00:11-	01:08&	00:17-	00:23&	00:26-	00:51@	00:11+										







Class	Navn	Klasse														Tid	
<b>51</b>	<b>Samuel Denieul</b>	<b>42</b>														<b>1:31:19</b>	
03:13+	04:22+	04:55+	25:56+	27:56+	29:31+	30:53+	34:32+	37:59+	45:59+	69:43+	79:02+	81:01+	84:45+	88:51+	89:33+	91:08+	91:19+
03:13+	01:09+	00:33-	21:01+	02:00+	01:35+	01:22+	03:39+	03:27+	08:00+	23:44+	09:19+	01:59+	03:44+	04:06+	00:42-	01:35+	00:11+
01:47@	00:19&	00:05-	15:40@	00:37&	00:34&	00:46@	02:02@	01:45@	03:14&	21:45@	05:18@	00:18#	01:31&	03:25@	00:16-	01:27@	00:11+

**Beste strekktid for klassen**

01:15 00:39 00:30 01:55 00:58 00:43 00:33 01:28 01:17 04:31 01:59 01:38 01:11 00:41 00:35 00:09 00:07

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