

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Silje Sundal</b>	<b>71</b>	<b>35:13</b>									
02:29=	04:57=	07:03=	08:41=	11:21=	15:25=	19:50=	21:47=	24:11=	30:06=	31:58=	34:33=	35:13=
02:29=	02:28=	02:06=	01:38=	02:40=	04:04=	04:25=	01:57=	02:24=	05:55=	01:52=	02:35=	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=
<b>2</b>	<b>Silje Thorsen Borthen</b>	<b>42</b>	<b>38:36</b>									
02:19-	04:30-	06:39-	08:55+	11:06-	15:17-	20:51+	23:03+	25:43+	31:24+	34:49+	37:59+	38:36+
02:19-	02:11-	02:09+	02:16+	02:11-	04:11+	05:34+	02:12+	02:40+	05:41-	03:25+	03:10+	00:37-
00:10-	00:17-	00:03+	00:38&	00:29-	00:07+	01:09&	00:15#	00:16#	00:14-	01:33&	00:35#	00:03-
<b>3</b>	<b>Kari Borgen</b>	<b>62</b>	<b>38:57</b>									
02:12-	04:07-	06:54-	09:16+	11:37+	16:39+	22:16+	23:59+	26:40+	34:13+	35:50+	38:23+	38:57+
02:12-	01:55-	02:47+	02:22+	02:21-	05:02+	05:37+	01:43-	02:41+	07:33+	01:37-	02:33-	00:34-
00:17-	00:33-	00:41&	00:44&	00:19-	00:58#	01:12&	00:14-	00:17#	01:38&	00:15-	00:02-	00:06-
<b>4</b>	<b>Heidi Langeland</b>	<b>117</b>	<b>41:45</b>									
03:28+	06:30+	09:02+	11:15+	14:38+	19:49+	24:34+	27:29+	30:12+	36:12+	38:14+	41:04+	41:45+
03:28+	03:02+	02:32+	02:13+	03:23+	05:11+	04:45+	02:55+	02:43+	06:00+	02:02+	02:50+	00:41+
00:59&	00:34#	00:26#	00:35&	00:43&	01:07&	00:20+	00:58&	00:19#	00:05+	00:10+	00:15+	00:01+
<b>5</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>43:36</b>									
02:50+	05:44+	08:12+	10:21+	13:07+	18:42+	23:11+	25:56+	29:33+	37:26+	39:41+	43:05+	43:36+
02:50+	02:54+	02:28+	02:09+	02:46+	05:35+	04:29+	02:45+	03:37+	07:53+	02:15+	03:24+	00:31-
00:21#	00:26#	00:22#	00:31&	00:06+	01:31&	00:04+	00:48&	01:13&	01:58&	00:23#	00:49&	00:09-
<b>6</b>	<b>Rønnaug Egeland</b>	<b>154</b>	<b>44:31</b>									
03:01+	05:30+	10:03+	11:53+	14:26+	19:53+	25:35+	27:43+	30:31+	39:06+	40:55+	43:47+	44:31+
03:01+	02:29+	04:33+	01:50+	02:33-	05:27+	05:42+	02:08+	02:48+	08:35+	01:49-	02:52+	00:44+
00:32#	00:01+	02:27@	00:12#	00:07-	01:23&	01:17&	00:11+	00:24#	02:40&	00:03-	00:17#	00:04#
<b>7</b>	<b>Anne M. Enne Haug</b>	<b>117</b>	<b>44:33</b>									
02:40+	05:50+	08:09+	10:31+	14:09+	18:38+	22:38+	24:23+	28:18+	38:09+	41:14+	43:55+	44:33+
02:40+	03:10+	02:19+	02:22+	03:38+	04:29+	04:00-	01:45-	03:55+	09:51+	03:05+	02:41+	00:38-
00:11+	00:42&	00:13#	00:44&	00:58&	00:25#	00:25-	00:12-	01:31&	03:56&	01:13&	00:06+	00:02-
<b>8</b>	<b>Miia Niemi</b>	<b>260</b>	<b>44:58</b>									
02:41+	05:32+	08:37+	10:46+	13:32+	18:27+	25:57+	28:32+	30:57+	38:01+	40:00+	44:12+	44:58+
02:41+	02:51+	03:05+	02:09+	02:46+	04:55+	07:30+	02:35+	02:25+	07:04+	01:59+	04:12+	00:46+
00:12+	00:23#	00:59&	00:31&	00:06+	00:51#	03:05&	00:38&	00:01+	01:09#	00:07+	01:37&	00:06#
<b>9</b>	<b>Mette Langeland</b>	<b>117</b>	<b>45:28</b>									
03:37+	06:22+	09:19+	12:12+	15:45+	21:08+	25:30+	27:57+	31:21+	37:55+	41:08+	44:49+	45:28+
03:37+	02:45+	02:57+	02:53+	03:33+	05:23+	04:22-	02:27+	03:24+	06:34+	03:13+	03:41+	00:39-
01:08&	00:17#	00:51&	01:15&	00:53&	01:19&	00:03-	00:30&	01:00&	00:39#	01:21&	01:06&	00:01-
<b>10</b>	<b>Anne Marie Gausel</b>	<b>105</b>	<b>45:34</b>									
03:27+	06:09+	09:14+	11:28+	15:01+	20:43+	26:26+	28:33+	32:02+	39:19+	41:10+	44:37+	45:34+
03:27+	02:42+	03:05+	02:14+	03:33+	05:42+	05:43+	02:07+	03:29+	07:17+	01:51-	03:27+	00:57+
00:58&	00:14+	00:59&	00:36&	00:53&	01:38&	01:18&	00:10+	01:05&	01:22#	00:01-	00:52&	00:17&
<b>11</b>	<b>Tiina Sofia Salmén</b>	<b>152</b>	<b>47:55</b>									
03:05+	10:46+	13:58+	16:17+	19:24+	23:38+	28:36+	30:37+	33:29+	41:04+	43:04+	47:14+	47:55+
03:05+	07:41+	03:12+	02:19+	03:07+	04:14+	04:58+	02:01+	02:52+	07:35+	02:00+	04:10+	00:41+
00:36#	05:13@	01:06&	00:41&	00:27#	00:10+	00:33#	00:04+	00:28#	01:40&	00:08+	01:35&	00:01+
<b>12</b>	<b>Hanne Bjerke</b>	<b>37</b>	<b>48:13</b>									
03:20+	06:03+	08:22+	10:42+	13:55+	22:54+	30:00+	32:01+	35:12+	42:19+	44:14+	47:29+	48:13+
03:20+	02:43+	02:19+	02:20+	03:13+	08:59+	07:06+	02:01+	03:11+	07:07+	01:55+	03:15+	00:44+
00:51&	00:15#	00:13#	00:42&	00:33#	04:55@	02:41&	00:04+	00:47&	01:12#	00:03+	00:40&	00:04#
<b>13</b>	<b>Gunn Iren Stangeland</b>	<b>62</b>	<b>48:29</b>									
03:22+	05:40+	08:11+	10:56+	14:08+	19:02+	24:12+	27:28+	31:22+	41:25+	43:13+	47:47+	48:29+
03:22+	02:18-	02:31+	02:45+	03:12+	04:54+	05:10+	03:16+	03:54+	10:03+	01:48-	04:34+	00:42+
00:53&	00:10-	00:25#	01:07&	00:32#	00:50#	00:45#	01:19&	01:30&	04:08&	00:04-	01:59&	00:02+
<b>14</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>	<b>48:44</b>									
03:18+	06:51+	09:41+	16:16+	19:43+	25:02+	29:00+	31:38+	34:46+	41:09+	44:25+	47:59+	48:44+
03:18+	03:33+	02:50+	06:35+	03:27+	05:19+	03:58-	02:38+	03:08+	06:23+	03:16+	03:34+	00:45+
00:49&	01:05&	00:44&	04:57@	00:47&	01:15&	00:27-	00:41&	00:44&	00:28+	01:24&	00:59&	00:05#

Class	Navn	Klasse										Tid
<b>15</b>	<b>Tine Frantzen</b>	<b>92</b>										<b>49:11</b>
03:27+	05:58+	08:21+	10:56+	16:24+	21:52+	29:06+	31:26+	34:52+	42:31+	44:37+	47:54+	49:11+
03:27+	02:31+	02:23+	02:35+	05:28+	05:28+	07:14+	02:20+	03:26+	07:39+	02:06+	03:17+	01:17+
00:58&	00:03+	00:17#	00:57&	02:48@	01:24&	02:49&	00:23#	01:02&	01:44&	00:14#	00:42&	00:37&
<b>16</b>	<b>Trine Selvikvåg</b>	<b>62</b>										<b>49:34</b>
03:08+	07:46+	09:54+	12:20+	15:03+	20:58+	28:28+	30:51+	37:07+	43:07+	45:05+	48:57+	49:34+
03:08+	04:38+	02:08+	02:26+	02:43+	05:55+	07:30+	02:23+	06:16+	06:00+	01:58+	03:52+	00:37-
00:39&	02:10&	00:02+	00:48&	00:03+	01:51&	03:05&	00:26#	03:52@	00:05+	00:06+	01:17&	00:03-
<b>17</b>	<b>Heidi Martby</b>	<b>88</b>										<b>51:32</b>
03:59+	07:54+	10:43+	13:04+	16:39+	22:49+	31:50+	34:16+	37:00+	44:32+	46:55+	50:42+	51:32+
03:59+	03:55+	02:49+	02:21+	03:35+	06:10+	09:01+	02:26+	02:44+	07:32+	02:23+	03:47+	00:50+
01:30&	01:27&	00:43&	00:43&	00:55&	02:06&	04:36@	00:29#	00:20#	01:37&	00:31&	01:12&	00:10#
<b>18</b>	<b>Agnes Selma Haker</b>	<b>115</b>										<b>51:33</b>
03:34+	06:03+	08:38+	10:47+	13:34+	18:06+	24:21+	35:33+	37:58+	44:14+	47:39+	50:41+	51:33+
03:34+	02:29+	02:35+	02:09+	02:47+	04:32+	06:15+	11:12+	02:25+	06:16+	03:25+	03:02+	00:52+
01:05&	00:01+	00:29#	00:31&	00:07+	00:28#	01:50&	09:15@	00:01+	00:21+	01:33&	00:27#	00:12&
<b>19</b>	<b>Christel Dahl</b>	<b>92</b>										<b>51:52</b>
03:34+	06:24+	09:45+	12:21+	15:51+	22:11+	32:07+	34:20+	38:20+	43:59+	46:29+	51:09+	51:52+
03:34+	02:50+	03:21+	02:36+	03:30+	06:20+	09:56+	02:13+	04:00+	05:39-	02:30+	04:40+	00:43+
01:05&	00:22#	01:15&	00:58&	00:50&	02:16&	05:31@	00:16#	01:36&	00:16-	00:38&	02:05&	00:03+
<b>20</b>	<b>Maren Heradstveit</b>	<b>76</b>										<b>51:58</b>
04:02+	07:19+	09:46+	12:08+	15:31+	22:18+	26:53+	29:18+	31:59+	43:32+	47:43+	51:19+	51:58+
04:02+	03:17+	02:27+	02:22+	03:23+	06:47+	04:35+	02:25+	02:41+	11:33+	04:11+	03:36+	00:39-
01:33&	00:49&	00:21#	00:44&	00:43&	02:43&	00:10+	00:28#	00:17#	05:38&	02:19@	01:01&	00:01-
<b>21</b>	<b>Ingrid Simensen</b>	<b>101</b>										<b>53:11</b>
03:10+	06:28+	12:14+	14:32+	17:33+	25:45+	35:48+	37:41+	40:10+	46:34+	48:59+	52:23+	53:11+
03:10+	03:18+	05:46+	02:18+	03:01+	08:12+	10:03+	01:53-	02:29+	06:24+	02:25+	03:24+	00:48+
00:41&	00:50&	03:40@	00:40&	00:21#	04:08@	05:38@	00:04-	00:05+	00:29+	00:33&	00:49&	00:08#
<b>22</b>	<b>Ann Torill M. Bakken</b>	<b>116</b>										<b>54:11</b>
03:06+	06:22+	08:59+	12:12+	15:32+	21:19+	28:56+	31:17+	34:20+	47:34+	50:30+	53:34+	54:11+
03:06+	03:16+	02:37+	03:13+	03:20+	05:47+	07:37+	02:21+	03:03+	13:14+	02:56+	03:04+	00:37-
00:37#	00:48&	00:31#	01:35&	00:40#	01:43&	03:12&	00:24#	00:39&	07:19@	01:04&	00:29#	00:03-
<b>23</b>	<b>Kari Sjursen</b>	<b>54</b>										<b>54:23</b>
03:04+	11:17+	13:49+	18:10+	23:03+	28:44+	34:48+	37:01+	41:48+	48:41+	50:39+	53:43+	54:23+
03:04+	08:13+	02:32+	04:21+	04:53+	05:41+	06:04+	02:13+	04:47+	06:53+	01:58+	03:04+	00:40=
00:35#	05:45@	00:26#	02:43@	02:13&	01:37&	01:39&	00:16#	02:23&	00:58#	00:06+	00:29#	00:00=
<b>24</b>	<b>Helene Lie</b>	<b>228</b>										<b>55:15</b>
03:14+	06:11+	09:02+	11:22+	14:56+	31:08+	36:20+	39:10+	42:43+	49:03+	51:31+	54:33+	55:15+
03:14+	02:57+	02:51+	02:20+	03:34+	16:12+	05:12+	02:50+	03:33+	06:20+	02:28+	03:02+	00:42+
00:45&	00:29#	00:45&	00:42&	00:54&	12:08@	00:47#	00:53&	01:09&	00:25+	00:36&	00:27#	00:02+
<b>25</b>	<b>Ingunn Bergheim Landsnes</b>	<b>74</b>										<b>56:43</b>
03:04+	09:17+	12:27+	15:16+	19:40+	28:39+	34:32+	36:57+	40:01+	49:05+	52:24+	55:58+	56:43+
03:04+	06:13+	03:10+	02:49+	04:24+	08:59+	05:53+	02:25+	03:04+	09:04+	03:19+	03:34+	00:45+
00:35#	03:45@	01:04&	01:11&	01:44&	04:55@	01:28&	00:28#	00:40&	03:09&	01:27&	00:59&	00:05#
<b>26</b>	<b>Maria Lampe</b>	<b>152</b>										<b>57:36</b>
03:31+	07:37+	10:24+	13:12+	16:44+	22:42+	35:03+	37:57+	42:04+	50:04+	52:28+	56:48+	57:36+
03:31+	04:06+	02:47+	02:48+	03:32+	05:58+	12:21+	02:54+	04:07+	08:00+	02:24+	04:20+	00:48+
01:02&	01:38&	00:41&	01:10&	00:52&	01:54&	07:56@	00:57&	01:43&	02:05&	00:32&	01:45&	00:08#
<b>27</b>	<b>Ruth Magrethe Westre</b>	<b>54</b>										<b>58:43</b>
02:54+	05:12+	07:34+	09:25+	12:20+	17:55+	22:08+	24:09+	27:21+	42:04+	54:52+	58:02+	58:43+
02:54+	02:18-	02:22+	01:51+	02:55+	05:35+	04:13-	02:01+	03:12+	14:43+	12:48+	03:10+	00:41+
00:25#	00:10-	00:16#	00:13#	00:15+	01:31&	00:12-	00:04+	00:48&	08:48@	10:56@	00:35#	00:01+
<b>28</b>	<b>Birgitte Gran</b>	<b>152</b>										<b>58:56</b>
03:57+	07:54+	10:50+	13:33+	17:34+	26:40+	32:58+	35:56+	40:14+	50:16+	52:47+	57:49+	58:56+
03:57+	03:57+	02:56+	02:43+	04:01+	09:06+	06:18+	02:58+	04:18+	10:02+	02:31+	05:02+	01:07+
01:28&	01:29&	00:50&	01:05&	01:21&	05:02@	01:53&	01:01&	01:54&	04:07&	00:39&	02:27&	00:27&
<b>29</b>	<b>Svitlana Rasheva</b>	<b>116</b>										<b>1:00:22</b>
14:00+	16:43+	20:11+	23:07+	27:18+	34:08+	38:15+	41:49+	45:48+	51:57+	56:02+	59:29+	60:22+
14:00+	02:43+	03:28+	02:56+	04:11+	06:50+	04:07-	03:34+	03:59+	06:09+	04:05+	03:27+	00:53+
11:31@	00:15#	01:22&	01:18&	01:31&	02:46&	00:18-	01:37&	01:35&	00:14+	02:13@	00:52&	00:13&

Class	Navn	Klasse											Tid
<b>30</b>	<b>Nithya Mohan</b>	<b>136</b>											<b>1:22:30</b>
	04:44+	08:45+	12:22+	15:42+	20:01+	29:45+	44:33+	47:42+	52:33+	72:01+	76:05+	81:26+	82:30+
	04:44+	04:01+	03:37+	03:20+	04:19+	09:44+	14:48+	03:09+	04:51+	19:28+	04:04+	05:21+	01:04+
	02:15&	01:33&	01:31&	01:42@	01:39&	05:40@	10:23@	01:12&	02:27@	13:33@	02:12@	02:46@	00:24&
<b>Beste strekktid for klassen</b>													
	02:12	01:55	02:06	01:38	02:11	04:04	03:58	01:43	02:24	05:39	01:37	02:33	00:31
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
<b>Damer 40 - 49 år</b>													
<b>1</b>	<b>Margrethe Roalsø</b>	<b>93</b>											<b>42:58</b>
	02:38=	05:09=	07:18=	09:28=	12:26=	17:09=	23:12=	25:23=	27:55=	36:06=	38:21=	42:22=	42:58=
	02:38=	02:31=	02:09=	02:10=	02:58=	04:43=	06:03=	02:11=	02:32=	08:11=	02:15=	04:01=	00:36=
	00:00=	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>Mariann Sveinsvoll</b>	<b>94</b>											<b>49:01</b>
	02:50+	05:54+	08:38+	11:17+	14:32+	20:47+	25:41+	28:31+	32:29+	42:39+	44:48+	48:06+	49:01+
	02:50+	03:04+	02:44+	02:39+	03:15+	06:15+	04:54-	02:50+	03:58+	10:10+	02:09-	03:18-	00:55+
	00:12+	00:33#	00:35&	00:29#	00:17+	01:32&	01:09-	00:39&	01:26&	01:59#	00:06-	00:43-	00:19&
<b>3</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>											<b>49:10</b>
	03:27+	06:00+	09:45+	12:08+	16:00+	21:26+	26:29+	28:39+	31:36+	38:49+	44:11+	48:26+	49:10+
	03:27+	02:33+	03:45+	02:23+	03:52+	05:26+	05:03-	02:10-	02:57+	07:13-	05:22+	04:15+	00:44+
	00:49&	00:02+	01:36&	00:13#	00:54&	00:43#	01:00-	00:01-	00:25#	00:58-	03:07@	00:14+	00:08#
<b>4</b>	<b>Nina Svensen</b>	<b>2</b>											<b>49:31</b>
	02:51+	05:45+	08:31+	11:26+	14:40+	22:03+	26:55+	30:23+	34:04+	41:03+	44:29+	48:40+	49:31+
	02:51+	02:54+	02:46+	02:55+	03:14+	07:23+	04:52-	03:28+	03:41+	06:59-	03:26+	04:11+	00:51+
	00:13+	00:23#	00:37&	00:45&	00:16+	02:40&	01:11-	01:17&	01:09&	01:12-	01:11&	00:10+	00:15&
<b>5</b>	<b>Lise Ørstavik</b>	<b>117</b>											<b>52:18</b>
	03:31+	07:37+	10:11+	12:48+	16:31+	25:35+	31:45+	34:02+	37:15+	46:14+	48:23+	51:35+	52:18+
	03:31+	04:06+	02:34+	02:37+	03:43+	09:04+	06:10+	02:17+	03:13+	08:59+	02:09-	03:12-	00:43+
	00:53&	01:35&	00:25#	00:27#	00:45&	04:21&	00:07+	00:06+	00:41&	00:48+	00:06-	00:49-	00:07#
<b>6</b>	<b>Randi Helen Ladsten</b>	<b>128</b>											<b>52:18</b>
	03:11+	07:07+	10:07+	12:42+	16:05+	25:47+	30:45+	33:04+	35:56+	46:05+	47:52+	51:26+	52:18+
	03:11+	03:56+	03:00+	02:35+	03:23+	09:42+	04:58-	02:19+	02:52+	10:09+	01:47-	03:34-	00:52+
	00:33#	01:25&	00:51&	00:25#	00:25#	04:59@	01:05-	00:08+	00:20#	01:58#	00:28-	00:27-	00:16&
<b>7</b>	<b>Hilde Frøytlog Karlsen</b>	<b>235</b>											<b>52:49</b>
	03:38+	07:07+	10:23+	12:55+	16:43+	24:23+	30:39+	33:07+	37:30+	46:11+	48:30+	51:59+	52:49+
	03:38+	03:29+	03:16+	02:32+	03:48+	07:40+	06:16+	02:28+	04:23+	08:41+	02:19+	03:29-	00:50+
	01:00&	00:58&	01:07&	00:22#	00:50&	02:57&	00:13+	00:17#	01:51&	00:30+	00:04+	00:32-	00:14&
<b>8</b>	<b>Grethe Thu Skadberg</b>	<b>128</b>											<b>57:19</b>
	03:44+	06:35+	09:57+	12:24+	16:21+	22:29+	27:44+	32:15+	34:50+	44:02+	52:04+	56:36+	57:19+
	03:44+	02:51+	03:22+	02:27+	03:57+	06:08+	05:15-	04:31+	02:35+	09:12+	08:02+	04:32+	00:43+
	01:06&	00:20#	01:13&	00:17#	00:59&	01:25&	00:48-	02:20@	00:03+	01:01#	05:47@	00:31#	00:07#
<b>9</b>	<b>Siv Skretting</b>	<b>93</b>											<b>1:00:40</b>
	03:14+	06:56+	16:48+	19:37+	22:41+	32:36+	37:30+	41:03+	45:05+	51:31+	53:46+	59:47+	60:40+
	03:14+	03:42+	09:52+	02:49+	03:04+	09:55+	04:54-	03:33+	04:02+	06:26-	02:15=	06:01+	00:53+
	00:36#	01:11&	07:43@	00:39&	00:06+	05:12@	01:09-	01:22&	01:30&	01:45-	00:00=	02:00&	00:17&
<b>10</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>											<b>1:02:41</b>
	12:09+	16:13+	19:48+	22:37+	27:13+	34:03+	39:51+	43:20+	47:10+	54:11+	56:54+	61:23+	62:41+
	12:09+	04:04+	03:35+	02:49+	04:36+	06:50+	05:48-	03:29+	03:50+	07:01-	02:43+	04:29+	01:18+
	09:31@	01:33&	01:26&	00:39&	01:38&	02:07&	00:15-	01:18&	01:18&	01:10-	00:28#	00:28#	00:42@
<b>11</b>	<b>Tove Irene Asheim</b>	<b>116</b>											<b>1:03:18</b>
	04:06+	15:58+	19:36+	22:49+	26:43+	34:27+	39:38+	42:25+	47:07+	54:21+	57:56+	62:12+	63:18+
	04:06+	11:52+	03:38+	03:13+	03:54+	07:44+	05:11-	02:47+	04:42+	07:14-	03:35+	04:16+	01:06+
	01:28&	09:21@	01:29&	01:03&	00:56&	03:01&	00:52-	00:36&	02:10&	00:57-	01:20&	00:15+	00:30&
<b>12</b>	<b>Linda Mari Vestvik</b>	<b>62</b>											<b>1:07:28</b>
	03:02+	11:38+	13:50+	16:51+	19:47+	25:16+	31:22+	33:32+	36:08+	60:31+	62:26+	66:49+	67:28+
	03:02+	08:36+	02:12+	03:01+	02:56-	05:29+	06:06+	02:10-	02:36+	24:23+	01:55-	04:23+	00:39+
	00:24#	06:05@	00:03+	00:51&	00:02-	00:46#	00:03+	00:01-	00:04+	16:12@	00:20-	00:22+	00:03+

Class	Navn	Klasse											Tid
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<b>13</b>	<b>Gunhild Nordbø</b>	<b>117</b>											<b>1:22:41</b>
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03:55+	08:58+	18:32+	21:37+	25:47+	32:52+	43:25+	56:13+	60:21+	69:28+	73:21+	81:41+	82:41+
03:55+	05:03+	09:34+	03:05+	04:30+	07:05+	10:33+	12:48+	04:08+	09:07+	03:53+	08:20+	01:00+
01:17&	02:32@	07:25@	00:55&	01:12&	02:22&	04:30&	10:37@	01:36&	00:56#	01:38&	04:19@	00:24&

**Beste strekktid for klassen**

02:38	02:31	02:09	02:10	02:56	04:43	04:52	02:10	02:32	06:26	01:47	03:12	00:36
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

**Damer 50 - 59 år**

<b>1</b>	<b>Marit Karin Nygård</b>	<b>92</b>											<b>39:23</b>
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01:26=	05:40=	08:57=	11:05=	12:00=	15:45=	17:49=	21:02=	24:42=	30:05=	32:14=	36:03=	37:05=	38:38=	39:23=
01:26=	04:14=	03:17=	02:08=	00:55=	03:45=	02:04=	03:13=	03:40=	05:23=	02:09=	03:49=	01:02=	01:33=	00:45=
00:00=	00:00=	00:00=	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>Ingrid Eik</b>	<b>88</b>											<b>41:53</b>
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01:15-	07:37+	11:35+	13:57+	15:33+	19:55+	21:53+	24:46+	27:33+	32:26+	34:31+	38:37+	39:32+	41:13+	41:53+
01:15-	06:22+	03:58+	02:22+	01:36+	04:22+	01:58-	02:53-	02:47-	04:53-	02:05-	04:06+	00:55-	01:41+	00:40-
00:11-	02:08&	00:41#	00:14#	00:41&	00:37#	00:06-	00:20-	00:53-	00:30-	00:04-	00:17+	00:07-	00:08+	00:05-

<b>3</b>	<b>Berit Bakken</b>	<b>168</b>											<b>42:20</b>
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01:17-	06:00+	09:48+	12:06+	13:08+	15:45=	17:56+	20:21-	24:06-	29:49-	32:59+	38:26+	39:35+	41:30+	42:20+
01:17-	04:43+	03:48+	02:18+	01:02+	02:37-	02:11+	02:25-	03:45+	05:43+	03:10+	05:27+	01:09+	01:55+	00:50+
00:09-	00:29#	00:31#	00:10+	00:07#	01:08-	00:07+	00:48-	00:05+	00:20+	01:01&	01:38&	00:07#	00:22#	00:05#

<b>4</b>	<b>Ingunn Voilås</b>	<b>29</b>											<b>42:23</b>
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01:27+	06:31+	10:58+	13:10+	14:22+	17:30+	19:51+	22:03+	25:13+	31:20+	33:55+	39:00+	39:57+	41:28+	42:23+
01:27+	05:04+	04:27+	02:12+	01:12+	03:08-	02:21+	02:12+	03:10-	06:07+	02:35+	05:05+	00:57-	01:31-	00:55+
00:01+	00:50#	01:10&	00:04+	00:17&	00:37-	00:17#	01:01-	00:30-	00:44#	00:26#	01:16&	00:05-	00:02-	00:10#

<b>5</b>	<b>Amanda Renshaw</b>	<b>101</b>											<b>44:02</b>
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01:14-	05:57+	11:46+	13:47+	15:29+	18:04+	22:28+	25:58+	29:02+	33:54+	36:41+	40:11+	41:25+	43:14+	44:02+
01:14-	04:43+	05:49+	02:01-	01:42+	02:35-	04:24+	03:30+	03:04-	04:52-	02:47+	03:30-	01:14+	01:49+	00:48+
00:12-	00:29#	02:32&	00:07-	00:47&	01:10-	02:20@	00:17+	00:36-	00:31-	00:38&	00:19-	00:12#	00:16#	00:03+

<b>6</b>	<b>Kari Smådal Turøy</b>	<b>115</b>											<b>46:22</b>
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01:18-	06:02+	10:43+	13:20+	14:21+	17:14+	21:05+	24:31+	28:02+	33:50+	37:27+	42:58+	44:08+	45:37+	46:22+
01:18-	04:44+	04:41+	02:37+	01:01+	02:53-	03:51+	03:26+	03:31-	05:48+	03:37+	05:31+	01:10+	01:29-	00:45=
00:08-	00:30#	01:24&	00:29#	00:06#	00:52-	01:47&	00:13+	00:09-	00:25+	01:28&	01:42&	00:08#	00:04-	00:00=

<b>7</b>	<b>Marianne Fuglestad</b>	<b>116</b>											<b>48:12</b>
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01:14-	04:51-	09:50+	11:47+	13:21+	17:48+	24:03+	26:16+	29:29+	34:23+	37:30+	44:49+	45:36+	47:19+	48:12+
01:14-	03:37-	04:59+	01:57-	01:34+	04:27+	06:15+	02:13-	03:13-	04:54-	03:07+	07:19+	00:47-	01:43+	00:53+
00:12-	00:37-	01:42&	00:11-	00:39&	00:42#	04:11@	01:00-	00:27-	00:29-	00:58&	03:30&	00:15-	00:10#	00:08#

<b>8</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>											<b>49:00</b>
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01:18-	06:40+	14:09+	16:25+	17:33+	20:38+	23:20+	26:49+	32:23+	37:58+	40:32+	44:41+	46:16+	48:10+	49:00+
01:18-	05:22+	07:29+	02:16+	01:08+	03:05-	02:42+	03:29+	05:34+	05:35+	02:34+	04:09+	01:35+	01:54+	00:50+
00:08-	01:08&	04:12@	00:08+	00:13#	00:40-	00:38&	00:16+	01:54&	00:12+	00:25#	00:20+	00:33&	00:21#	00:05#

<b>9</b>	<b>Arnfrid Stangeland</b>	<b>96</b>											<b>50:26</b>
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01:24-	06:12+	11:22+	14:44+	16:18+	19:31+	23:51+	26:51+	30:43+	36:25+	40:20+	46:43+	47:47+	49:40+	50:26+
01:24-	04:48+	05:10+	03:22+	01:34+	03:13-	04:20+	03:00-	03:52+	05:42+	03:55+	06:23+	01:04+	01:53+	00:46+
00:02-	00:34#	01:53&	01:14&	00:39&	00:32-	02:16@	00:13-	00:12+	00:19+	01:46&	02:34&	00:02+	00:20#	00:01+

<b>10</b>	<b>Kristin Harbo</b>	<b>92</b>											<b>53:44</b>
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01:39+	08:30+	13:23+	16:11+	17:47+	21:15+	24:19+	28:36+	32:52+	38:28+	42:02+	47:53+	50:33+	52:48+	53:44+
01:39+	06:51+	04:53+	02:48+	01:36+	03:28-	03:04+	04:17+	04:16+	05:36+	03:34+	05:51+	02:40+	02:15+	00:56+
00:13#	02:37&	01:36&	00:40&	00:41&	00:17-	01:00&	01:04&	00:36#	00:13+	01:25&	02:02&	01:38@	00:42&	00:11#

<b>11</b>	<b>Liv Omdal</b>	<b>116</b>											<b>54:03</b>
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02:57+	10:19+	13:44+	16:18+	17:17+	20:29+	23:03+	26:26+	30:16+	39:45+	44:57+	50:09+	51:25+	53:14+	54:03+
02:57+	07:22+	03:25+	02:34+	00:59+	03:12-	02:34+	03:23+	03:50+	09:29+	05:12+	05:12+	01:16+	01:49+	00:49+
01:31@	03:08&	00:08+	00:26#	00:04+	00:33-	00:30#	00:10+	00:10+	04:06&	03:03@	01:23&	00:14#	00:16#	00:04+

<b>12</b>	<b>Torill Andersen</b>	<b>116</b>											<b>54:55</b>
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01:33+	06:26+	13:24+	16:05+	17:30+	20:24+	23:35+	27:38+	31:35+	37:28+	40:20+	50:22+	51:09+	53:50+	54:55+
01:33+	04:53+	06:58+	02:41+	01:25+	02:54-	03:11+	04:03+	03:57+	05:53+	02:52+	10:02+	00:47-	02:41+	01:05+
00:07+	00:39#	03:41@	00:33&	00:30&	00:51-	01:07&	00:50&	00:17+	00:30+	00:43&	06:13@	00:15-	01:08&	00:20&

Class	Navn	Klasse										Tid			
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<b>13</b>	<b>Oddny Haugland</b>	<b>114</b>										<b>55:40</b>			
01:15-	06:19+	11:11+	14:05+	15:14+	23:36+	26:11+	30:33+	37:09+	42:18+	45:16+	52:14+	53:23+	54:56+	55:40+	
01:15-	05:04+	04:52+	02:54+	01:09+	08:22+	02:35+	04:22+	06:36+	05:09-	02:58+	06:58+	01:09+	01:33=	00:44-	
00:11-	00:50#	01:35&	00:46&	00:14&	04:37@	00:31#	01:09&	02:56&	00:14-	00:49&	03:09&	00:07#	00:00=	00:01-	
<b>14</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>55:48</b>			
07:27+	13:56+	18:16+	20:45+	21:47+	25:17+	27:40+	30:28+	34:15+	41:09+	44:30+	50:30+	51:45+	52:51+	54:38+	
07:27+	06:29+	04:20+	02:29+	01:02+	03:30-	02:23+	02:48-	03:47+	06:54+	03:21+	06:00+	01:15+	01:06-	01:47+	
06:01@	02:15&	01:03&	00:21#	00:07#	00:15-	00:19#	00:25-	00:07+	01:31&	01:12&	02:11&	00:13#	00:27-	01:02@	
<b>15</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>55:55</b>			
01:31+	06:49+	12:37+	15:41+	18:08+	21:22+	27:04+	29:56+	35:29+	41:55+	44:40+	51:43+	52:51+	55:02+	55:55+	
01:31+	05:18+	05:48+	03:04+	02:27+	03:14-	05:42+	02:52-	05:33+	06:26+	02:45+	07:03+	01:08+	02:11+	00:53+	
00:05+	01:04&	02:31&	00:56&	01:32@	00:31-	03:38@	00:21-	01:53&	01:03#	00:36&	03:14&	00:06+	00:38&	00:08#	
<b>16</b>	<b>Brit Vivian Meling</b>	<b>116</b>										<b>58:35</b>			
01:57+	07:57+	12:33+	15:48+	17:30+	21:20+	24:23+	28:47+	33:15+	40:52+	44:34+	53:00+	55:00+	57:17+	58:35+	
01:57+	06:00+	04:36+	03:15+	01:42+	03:50+	03:03+	04:24+	04:28+	07:37+	03:42+	08:26+	02:00+	02:17+	01:18+	
00:31&	01:46&	01:19&	01:07&	00:47&	00:05+	00:59&	01:11&	00:48#	02:14&	01:33&	04:37@	00:58&	00:44&	00:33&	
<b>17</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>1:00:44</b>			
02:35+	08:24+	13:36+	16:49+	19:42+	23:44+	27:25+	31:25+	35:55+	45:27+	50:01+	56:47+	58:13+	59:50+	60:44+	
02:35+	05:49+	05:12+	03:13+	02:53+	04:02+	03:41+	04:00+	04:30+	09:32+	04:34+	06:46+	01:26+	01:37+	00:54+	
01:09&	01:35&	01:55&	01:05&	01:58@	00:17+	01:37&	00:47#	00:50#	04:09&	02:25@	02:57&	00:24&	00:04+	00:09#	
<b>18</b>	<b>Ellinor Nesse</b>	<b>116</b>										<b>1:05:44</b>			
01:43+	23:34+	28:27+	31:13+	32:43+	35:53+	38:20+	42:16+	45:52+	51:45+	54:56+	61:29+	62:53+	64:49+	65:44+	
01:43+	21:51+	04:53+	02:46+	01:30+	03:10-	02:27+	03:56+	03:36-	05:53+	03:11+	06:33+	01:24+	01:56+	00:55+	
00:17#	17:37@	01:36&	00:38&	00:35&	00:35-	00:23#	00:43#	00:04-	00:30+	01:02&	02:44&	00:22&	00:23#	00:10#	
<b>19</b>	<b>Sonja Johannessen</b>	<b>130</b>										<b>1:06:07</b>			
01:46+	07:46+	11:59+	14:59+	16:34+	20:02+	30:33+	33:43+	37:35+	52:35+	55:21+	61:47+	63:18+	65:12+	66:07+	
01:46+	06:00+	04:13+	03:00+	01:35+	03:28-	10:31+	03:10-	03:52+	15:00+	02:46+	06:26+	01:31+	01:54+	00:55+	
00:20#	01:46&	00:56&	00:52&	00:40&	00:17-	08:27@	00:03-	00:12+	09:37@	00:37&	02:37&	00:29&	00:21#	00:10#	
<b>20</b>	<b>Anne Katrine Lycke</b>	<b>147</b>										<b>1:09:50</b>			
12:04+	16:47+	21:17+	25:03+	26:21+	29:06+	32:03+	36:24+	41:36+	48:45+	54:49+	64:59+	66:37+	68:48+	69:50+	
12:04+	04:43+	04:30+	03:46+	01:18+	02:45-	02:57+	04:21+	05:12+	07:09+	06:04+	10:10+	01:38+	02:11+	01:02+	
10:38@	00:29#	01:13&	01:38&	00:23&	01:00-	00:53&	01:08&	01:32&	01:46&	03:55@	06:21@	00:36&	00:38&	00:17&	

### Beste strekktid for klassen

01:14 03:37 03:17 01:57 00:55 02:35 01:58 02:12 02:47 04:52 02:05 03:30 00:47 01:06 00:40

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

## Damer 60 - 64 år

<b>1</b>	<b>Eli Frafjord</b>	<b>94</b>										<b>42:21</b>			
01:24=	05:56=	09:47=	12:23=	13:42=	16:27=	19:06=	22:33=	26:01=	31:33=	34:19=	39:03=	40:05=	41:34=	42:21=	
01:24=	04:32=	03:51=	02:36=	01:19=	02:45=	02:39=	03:27=	03:28=	05:32=	02:46=	04:44=	01:02=	01:29=	00:47=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Aud Steinsland</b>	<b>128</b>										<b>53:09</b>			
01:28+	06:35+	12:03+	15:10+	16:47+	20:37+	24:00+	27:17+	31:24+	38:01+	41:55+	48:09+	49:57+	52:21+	53:09+	
01:28+	05:07+	05:28+	03:07+	01:37+	03:50+	03:23+	03:17-	04:07+	06:37+	03:54+	06:14+	01:48+	02:24+	00:48+	
00:04+	00:35#	01:37&	00:31#	00:18#	01:05&	00:44&	00:10-	00:39#	01:05#	01:08&	01:30&	00:46&	00:55&	00:01+	
<b>3</b>	<b>Hanna S. Lomeland</b>	<b>47</b>										<b>53:11</b>			
01:31+	06:31+	12:06+	15:08+	16:51+	20:40+	23:58+	27:21+	31:27+	38:04+	42:00+	48:12+	50:00+	52:23+	53:11+	
01:31+	05:00+	05:35+	03:02+	01:43+	03:49+	03:18+	03:23-	04:06+	06:37+	03:56+	06:12+	01:48+	02:23+	00:48+	
00:07+	00:28#	01:44&	00:26#	00:24&	01:04&	00:39#	00:04-	00:38#	01:05#	01:10&	01:28&	00:46&	00:54&	00:01+	
<b>4</b>	<b>Berit K. Gramstad</b>	<b>113</b>										<b>53:27</b>			
01:49+	08:22+	13:35+	17:14+	18:27+	23:15+	25:56+	29:48+	33:44+	39:47+	42:51+	49:32+	50:48+	52:43+	53:27+	
01:49+	06:33+	05:13+	03:39+	01:13-	04:48+	02:41+	03:52+	03:56+	06:03+	03:04+	06:41+	01:16+	01:55+	00:44-	
00:25&	02:01&	01:22&	01:03&	00:06-	02:03&	00:02+	00:25#	00:28#	00:31+	00:18#	01:57&	00:14#	00:26&	00:03-	
<b>5</b>	<b>Ingunn Bjerga</b>	<b>105</b>										<b>1:01:44</b>			
01:48+	11:28+	16:29+	20:27+	21:40+	25:19+	30:58+	35:10+	39:37+	47:01+	50:31+	56:53+	58:19+	60:52+	61:44+	
01:48+	09:40+	05:01+	03:58+	01:13-	03:39+	05:39+	04:12+	04:27+	07:24+	03:30+	06:22+	01:26+	02:33+	00:52+	
00:24&	05:08@	01:10&	01:22&	00:06-	00:54&	03:00@	00:45#	00:59&	01:52&	00:44&	01:38&	00:24&	01:04&	00:05#	

Class	Navn	Klasse												Tid
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<b>6</b>	<b>Kari Blixhavn</b>	<b>228</b>												<b>1:04:04</b>
02:45+	09:00+	14:35+	17:43+	21:08+	24:37+	28:23+	32:46+	37:44+	45:03+	49:44+	57:19+	58:33+	63:04+	64:04+
02:45+	06:15+	05:35+	03:08+	03:25+	03:29+	03:46+	04:23+	04:58+	07:19+	04:41+	07:35+	01:14+	04:31+	01:00+
01:21&	01:43&	01:44&	00:32#	02:06@	00:44&	01:07&	00:56&	01:30&	01:47&	01:55&	02:51&	00:12#	03:02@	00:13&

<b>7</b>	<b>Halldis Handeland</b>	<b>92</b>												<b>1:04:12</b>
01:41+	08:23+	13:44+	16:57+	18:33+	22:11+	25:30+	29:51+	35:45+	44:14+	48:06+	59:36+	60:39+	63:08+	64:12+
01:41+	06:42+	05:21+	03:13+	01:36+	03:38+	03:19+	04:21+	05:54+	08:29+	03:52+	11:30+	01:03+	02:29+	01:04+
00:17#	02:10&	01:30&	00:37#	00:17#	00:53&	00:40&	00:54&	02:26&	02:57&	01:06&	06:46@	00:01+	01:00&	00:17&

<b>8</b>	<b>Wenche Anda Haarr</b>	<b>92</b>												<b>1:08:34</b>
01:50+	09:43+	15:57+	18:52+	20:18+	32:05+	34:50+	46:09+	50:30+	56:41+	59:41+	65:06+	66:02+	67:27+	68:34+
01:50+	07:53+	06:14+	02:55+	01:26+	11:47+	02:45+	11:19+	04:21+	06:11+	03:00+	05:25+	00:56-	01:25-	01:07+
00:26&	03:21&	02:23&	00:19#	00:07+	09:02@	00:06+	07:52@	00:53&	00:39#	00:14+	00:41#	00:06-	00:04-	00:20&

<b>9</b>	<b>Unni Relling</b>	<b>92</b>												<b>1:11:11</b>
01:59+	13:07+	20:23+	23:59+	25:34+	30:27+	33:38+	38:10+	43:35+	54:54+	58:39+	65:48+	67:10+	70:09+	71:11+
01:59+	11:08+	07:16+	03:36+	01:35+	04:53+	03:11+	04:32+	05:25+	11:19+	03:45+	07:09+	01:22+	02:59+	01:02+
00:35&	06:36@	03:25&	01:00&	00:16#	02:08&	00:32#	01:05&	01:57&	05:47@	00:59&	02:25&	00:20&	01:30@	00:15&

<b>10</b>	<b>Åse Berg</b>	<b>105</b>												<b>1:16:04</b>
01:55+	07:39+	12:31+	16:20+	18:03+	22:37+	26:17+	41:40+	47:30+	54:05+	57:54+	71:03+	72:17+	74:46+	76:04+
01:55+	05:44+	04:52+	03:49+	01:43+	04:34+	03:40+	15:23+	05:50+	06:35+	03:49+	13:09+	01:14+	02:29+	01:18+
00:31&	01:12&	01:01&	01:13&	00:24&	01:49&	01:01&	11:56@	02:22&	01:03#	01:03&	08:25@	00:12#	01:00&	00:31&

<b>Beste strekktid for klassen</b>														
01:24	04:32	03:51	02:36	01:13	02:45	02:39	03:17	03:28	05:32	02:46	04:44	00:56	01:25	00:44

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

## Damer 65 - 69 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>												<b>47:33</b>
01:38=	07:13=	11:50=	14:39=	15:47=	18:54=	21:57=	25:13=	29:10=	35:24=	38:33=	43:34=	44:54=	46:39=	47:33=
01:38=	05:35=	04:37=	02:49=	01:08=	03:07=	03:03=	03:16=	03:57=	06:14=	03:09=	05:01=	01:20=	01:45=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Synnøva Gausel</b>	<b>115</b>												<b>56:36</b>
01:32-	14:25+	19:18+	22:07+	23:38+	26:57+	29:15+	33:20+	36:56+	42:43+	46:00+	52:38+	53:56+	55:52+	56:36+
01:32-	12:53+	04:53+	02:49+	01:31+	03:19+	02:18-	04:05+	03:36-	05:47-	03:17+	06:38+	01:18-	01:56+	00:44-
00:06-	07:18@	00:16+	00:00=	00:23&	00:12+	00:45-	00:49#	00:21-	00:27-	00:08+	01:37&	00:02-	00:11#	00:10-

<b>3</b>	<b>Kirsten Carlsen</b>	<b>93</b>												<b>56:59</b>
01:35-	07:31+	12:50+	15:20+	16:30+	19:51+	22:50+	27:00+	31:02+	38:57+	44:38+	51:49+	53:44+	56:03+	56:59+
01:35-	05:56+	05:19+	02:30-	01:10+	03:21+	02:59-	04:10+	04:02+	07:55+	05:41+	07:11+	01:55+	02:19+	00:56+
00:03-	00:21+	00:42#	00:19-	00:02+	00:14+	00:04-	00:54&	00:05+	01:41&	02:32&	02:10&	00:35&	00:34&	00:02+

<b>4</b>	<b>Aslaug Lura</b>	<b>94</b>												<b>1:02:55</b>
01:47+	07:55+	16:14+	20:06+	21:31+	25:13+	28:07+	32:32+	37:23+	46:35+	50:42+	57:45+	59:10+	61:51+	62:55+
01:47+	06:08+	08:19+	03:52+	01:25+	03:42+	02:54-	04:25+	04:51+	09:12+	04:07+	07:03+	01:25+	02:41+	01:04+
00:09+	00:33+	03:42&	00:17#	00:35#	00:09-	01:09&	00:54#	02:58&	00:58&	02:02&	00:05+	00:56&	00:10#	

<b>5</b>	<b>Margaret Malmin</b>	<b>105</b>												<b>1:07:38</b>
02:46+	09:22+	14:15+	18:16+	19:32+	23:25+	29:18+	33:25+	38:54+	47:37+	51:25+	62:52+	64:10+	66:27+	67:38+
02:46+	06:36+	04:53+	04:01+	01:16+	03:53+	05:53+	04:07+	05:29+	08:43+	03:48+	11:27+	01:18-	02:17+	01:11+
01:08&	01:01#	00:16+	01:12&	00:08#	00:46#	02:50&	00:51&	01:32&	02:29&	00:39#	06:26@	00:02-	00:32&	00:17&

<b>Beste strekktid for klassen</b>														
01:32	05:35	04:37	02:30	01:08	03:07	02:18	03:16	03:36	05:47	03:09	05:01	01:18	01:45	00:44

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

## Damer 70 - 74 år

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>												<b>42:07</b>
01:30=	05:49=	09:15=	11:30=	12:33=	15:09=	17:30=	21:16=	24:31=	31:08=	33:56=	38:09=	39:29=	41:18=	42:07=
01:30=	04:19=	03:26=	02:15=	01:03=	02:36=	02:21=	03:46=	03:15=	06:37=	02:48=	04:13=	01:20=	01:49=	00:49=
00:00=	00:00=	00:00=	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			
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<b>2</b>	<b>Gry V. Thengs</b>	<b>68</b>										<b>46:12</b>			
01:26-	06:44+	11:18+	13:55+	15:02+	18:16+	20:56+	23:54+	27:47+	33:30+	36:32+	41:49+	42:59+	45:21+	46:12+	
01:26-	05:18+	04:34+	02:37+	01:07+	03:14+	02:40+	02:58-	03:53+	05:43-	03:02+	05:17+	01:10-	02:22+	00:51+	
00:04-	00:59#	01:08&	00:22#	00:04+	00:38#	00:19#	00:48-	00:38#	00:54-	00:14+	01:04&	00:10-	00:33&	00:02+	

<b>3</b>	<b>Haldis Glendrange</b>	<b>68</b>										<b>49:13</b>			
01:28-	07:01+	12:12+	14:46+	15:55+	19:07+	21:50+	25:37+	30:07+	36:35+	39:39+	45:10+	46:19+	48:21+	49:13+	
01:28-	05:33+	05:11+	02:34+	01:09+	03:12+	02:43+	03:47+	04:30+	06:28-	03:04+	05:31+	01:09-	02:02+	00:52+	
00:02-	01:14&	01:45&	00:19#	00:06+	00:36#	00:22#	00:01+	01:15&	00:09-	00:16+	01:18&	00:11-	00:13#	00:03+	

<b>4</b>	<b>Helga Aasliid</b>	<b>54</b>										<b>50:22</b>			
01:38+	07:07+	11:06+	13:17+	14:23+	17:54+	20:57+	25:05+	28:52+	35:07+	39:17+	45:25+	47:07+	49:28+	50:22+	
01:38+	05:29+	03:59+	02:11-	01:06+	03:31+	03:03+	04:08+	03:47+	06:15-	04:10+	06:08+	01:42+	02:21+	00:54+	
00:08+	01:10&	00:33#	00:04-	00:03+	00:55&	00:42&	00:22+	00:32#	00:22-	01:22&	01:55&	00:22&	00:32&	00:05#	

<b>5</b>	<b>Eva Hessen</b>	<b>83</b>										<b>52:38</b>			
01:49+	07:16+	12:34+	16:12+	17:24+	22:14+	25:04+	28:56+	32:49+	38:39+	42:12+	48:45+	50:01+	51:48+	52:38+	
01:49+	05:27+	05:18+	03:38+	01:12+	04:50+	02:50+	03:52+	03:53+	05:50-	03:33+	06:33+	01:16-	01:47-	00:50+	
00:19#	01:08&	01:52&	01:23&	00:09#	02:14&	00:29#	00:06+	00:38#	00:47-	00:45&	02:20&	00:04-	00:02-	00:01+	

<b>6</b>	<b>Hedvig Anda</b>	<b>116</b>										<b>53:46</b>			
01:37+	10:12+	13:51+	16:36+	17:44+	20:57+	23:42+	28:10+	32:19+	38:26+	41:44+	49:25+	50:34+	52:59+	53:46+	
01:37+	08:35+	03:39+	02:45+	01:08+	03:13+	02:45+	04:28+	04:09+	06:07-	03:18+	07:41+	01:09-	02:25+	00:47-	
00:07+	04:16&	00:13+	00:30#	00:05+	00:37#	00:24#	00:42#	00:54&	00:30-	00:30#	03:28&	00:11-	00:36&	00:02-	

<b>7</b>	<b>Ragnhild Christiansen</b>	<b>93</b>										<b>54:38</b>			
01:54+	08:15+	12:36+	15:58+	17:20+	20:59+	24:11+	28:39+	33:43+	41:18+	45:08+	49:40+	51:01+	53:29+	54:38+	
01:54+	06:21+	04:21+	03:22+	01:22+	03:39+	03:12+	04:28+	05:04+	07:35+	03:50+	04:32+	01:21+	02:28+	01:09+	
00:24&	02:02&	00:55&	01:07&	00:19&	01:03&	00:51&	00:42#	01:49&	00:58#	01:02&	00:19+	00:01+	00:39&	00:20&	

<b>8</b>	<b>Signe Stang Franzon</b>	<b>105</b>										<b>55:24</b>			
02:10+	08:04+	14:00+	17:35+	19:29+	22:49+	26:05+	29:54+	34:00+	41:10+	44:35+	50:48+	52:11+	54:26+	55:24+	
02:10+	05:54+	05:56+	03:35+	01:54+	03:20+	03:16+	03:49+	04:06+	07:10+	03:25+	06:13+	01:23+	02:15+	00:58+	
00:40&	01:35&	02:30&	01:20&	00:51&	00:44&	00:55&	00:03+	00:51&	00:33+	00:37#	02:00&	00:03+	00:26#	00:09#	

<b>9</b>	<b>Helga Klausen</b>	<b>62</b>										<b>59:54</b>			
01:53+	08:08+	13:09+	20:50+	22:26+	25:52+	29:11+	33:01+	38:04+	45:15+	49:56+	56:00+	57:11+	58:58+	59:54+	
01:53+	06:15+	05:01+	07:41+	01:36+	03:26+	03:19+	03:50+	05:03+	07:11+	04:41+	06:04+	01:11-	01:47-	00:56+	
00:23&	01:56&	01:35&	05:26@	00:33&	00:50&	00:58&	00:04+	01:48&	00:34+	01:53&	01:51&	00:09-	00:02-	00:07#	

<b>10</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>										<b>1:05:11</b>			
02:11+	08:49+	17:09+	20:39+	22:37+	26:26+	30:49+	35:16+	40:21+	49:01+	53:18+	60:36+	61:53+	64:04+	65:11+	
02:11+	06:38+	08:20+	03:30+	01:58+	03:49+	04:23+	04:27+	05:05+	08:40+	04:17+	07:18+	01:17-	02:11+	01:07+	
00:41&	02:19&	04:54@	01:15&	00:55&	01:13&	02:02&	00:41#	01:50&	02:03&	01:29&	03:05&	00:03-	00:22#	00:18&	

**Beste strekktid for klassen**  
 01:26 04:19 03:26 02:11 01:03 02:36 02:21 02:58 03:15 05:43 02:48 04:13 01:09 01:47 00:47  
 = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

### Damer 75 - 79 år

<b>1</b>	<b>Synnøve Fuglestad</b>	<b>29</b>										<b>52:34</b>			
01:34=	07:23=	14:30=	17:02=	20:14=	23:34=	26:28=	31:57=	35:15=	41:22=	43:58=	49:03=	50:06=	51:34=	52:34=	
01:34=	05:49=	07:07=	02:32=	03:12=	03:20=	02:54=	05:29=	03:18=	06:07=	02:36=	05:05=	01:03=	01:28=	01:00=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

<b>2</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>										<b>1:12:09</b>			
01:53+	09:11+	17:13+	20:46+	22:31+	26:22+	31:55+	37:28+	42:44+	50:35+	55:43+	65:35+	67:45+	70:36+	72:09+	
01:53+	07:18+	08:02+	03:33+	01:45-	03:51+	05:33+	05:33+	05:16+	07:51+	05:08+	09:52+	02:10+	02:51+	01:33+	
00:19#	01:29&	00:55#	01:01&	01:27-	00:31#	02:39&	00:04+	01:58&	01:44&	02:32&	04:47&	01:07@	01:23&	00:33&	

<b>3</b>	<b>Gørild Espedal</b>	<b>113</b>										<b>1:13:49</b>			
02:12+	11:01+	16:43+	22:05+	23:57+	28:59+	34:35+	40:23+	46:14+	53:59+	60:10+	67:43+	69:43+	72:40+	73:49+	
02:12+	08:49+	05:42-	05:22+	01:52-	05:02+	05:36+	05:48+	05:51+	07:45+	06:11+	07:33+	02:00+	02:57+	01:09+	
00:38&	03:00&	01:25-	02:50@	01:20-	01:42&	02:42&	00:19+	02:33&	01:38&	03:35@	02:28&	00:57&	01:29@	00:09#	

**Beste strekktid for klassen**  
 01:34 05:49 05:42 02:32 01:45 03:20 02:54 05:29 03:18 06:07 02:36 05:05 01:03 01:28 01:00  
 = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>27:31</b>													
01:58=	03:14=	03:56=	05:01=	07:03=	08:55=	10:29=	13:21=	14:52=	16:57=	18:28=	20:35=	22:29=	24:30=	25:33=	27:00=	27:31=
01:58=	01:16=	00:42=	01:05=	02:02=	01:52=	01:34=	02:52=	01:31=	02:05=	01:31=	02:07=	01:54=	02:01=	01:03=	01:27=	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=
<b>2</b>	<b>Marit Haavardsholm</b>	<b>116</b>	<b>32:00</b>													
02:34+	03:55+	04:43+	05:57+	08:01+	10:02+	11:55+	15:01+	16:58+	19:31+	21:21+	23:43+	25:43+	28:19+	29:36+	31:17+	32:00+
02:34+	01:21+	00:48+	01:14+	02:04+	02:01+	01:53+	03:06+	01:57+	02:33+	01:50+	02:22+	02:00+	02:36+	01:17+	01:41+	00:43+
00:36&	00:05+	00:06#	00:09#	00:02+	00:09+	00:19#	00:14+	00:26&	00:28#	00:19#	00:15#	00:06+	00:35&	00:14#	00:14#	00:12&
<b>3</b>	<b>Trine Bolstad</b>	<b>62</b>	<b>32:49</b>													
02:24+	03:48+	04:37+	05:57+	08:07+	10:06+	11:59+	15:58+	17:59+	20:23+	21:56+	24:01+	26:36+	29:18+	30:34+	32:09+	32:49+
02:24+	01:24+	00:49+	01:20+	02:10+	01:59+	01:53+	03:59+	02:01+	02:24+	01:33+	02:05-	02:35+	02:42+	01:16+	01:35+	00:40+
00:26#	00:08#	00:07#	00:15#	00:08+	00:07+	00:19#	01:07&	00:30&	00:19#	00:02+	00:02-	00:41&	00:41&	00:13#	00:08+	00:09&
<b>4</b>	<b>Inger Tone Nygård</b>	<b>29</b>	<b>35:26</b>													
02:09+	04:32+	06:05+	07:13+	09:00+	10:54+	12:37+	17:03+	18:59+	21:00+	22:40+	24:58+	27:49+	31:36+	33:11+	34:47+	35:26+
02:09+	02:23+	01:33+	01:08#	01:47-	01:54+	01:43+	04:26+	01:56+	02:01-	01:40+	02:18+	02:51+	03:47+	01:35+	01:36+	00:39+
00:11+	01:07&	00:51@	00:03+	00:15-	00:02+	00:09+	01:34&	00:25&	00:04-	00:09+	00:11+	00:57&	01:46&	00:32&	00:09#	00:08&
<b>5</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>37:32</b>													
02:34+	06:03+	06:51+	08:11+	10:39+	12:39+	14:30+	17:52+	19:58+	22:45+	24:32+	27:01+	30:47+	33:46+	35:06+	36:52+	37:32+
02:34+	03:29+	00:48+	01:20+	02:28+	02:00+	01:51+	03:22+	02:06+	02:47+	01:47+	02:29+	03:46+	02:59+	01:20+	01:46+	00:40+
00:36&	02:13@	00:06#	00:15#	00:26#	00:08+	00:17#	00:30#	00:35&	00:42&	00:16#	00:22#	01:52&	00:58&	00:17&	00:19#	00:09&
<b>6</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>	<b>38:38</b>													
03:12+	04:48+	05:51+	07:24+	09:58+	12:23+	14:21+	17:56+	19:52+	22:38+	24:33+	27:30+	31:08+	34:05+	35:38+	37:43+	38:38+
03:12+	01:36+	01:03+	01:33+	02:34+	02:25+	01:58+	03:35+	01:56+	02:46+	01:55+	02:57+	03:38+	02:57+	01:33+	02:05+	00:55+
01:14&	00:20&	00:21&	00:28&	00:32&	00:33&	00:24&	00:43#	00:25&	00:41&	00:24&	00:50&	01:44&	00:56&	00:30&	00:38&	00:24&
<b>7</b>	<b>Maira Andersone</b>	<b>93</b>	<b>45:01</b>													
02:31+	05:17+	06:28+	08:01+	11:05+	13:42+	15:46+	19:48+	22:09+	25:07+	28:04+	30:40+	35:24+	38:33+	42:00+	44:24+	45:01+
02:31+	02:46+	01:11+	01:33+	03:04+	02:37+	02:04+	04:02+	02:21+	02:58+	02:57+	02:36+	04:44+	03:09+	03:27+	02:24+	00:37+
00:33&	01:30@	00:29&	00:28&	01:02&	00:45&	00:30&	01:10&	00:50&	00:53&	01:26&	00:29#	02:50@	01:08&	02:24@	00:57&	00:06#
<b>8</b>	<b>Kirsten Vike</b>	<b>92</b>	<b>45:43</b>													
02:51+	04:40+	05:36+	07:33+	10:36+	14:15+	16:39+	21:39+	24:20+	27:53+	30:16+	33:31+	36:41+	40:49+	42:31+	44:56+	45:43+
02:51+	01:49+	00:56+	01:57+	03:03+	03:39+	02:24+	05:00+	02:41+	03:33+	02:23+	03:15+	03:10+	04:08+	01:42+	02:25+	00:47+
00:53&	00:33&	00:14&	00:52&	01:01&	01:47&	00:50&	02:08&	01:10&	01:28&	00:52&	01:08&	01:16&	02:07@	00:39&	00:58&	00:16&
<b>9</b>	<b>Agnes Elin Engen</b>	<b>116</b>	<b>48:55</b>													
02:39+	04:35+	05:36+	07:20+	09:39+	12:12+	14:43+	19:28+	21:52+	25:05+	27:27+	30:20+	41:01+	45:00+	46:23+	48:10+	48:55+
02:39+	01:56+	01:01+	01:44+	02:19+	02:33+	02:31+	04:45+	02:24+	03:13+	02:22+	02:53+	10:41+	03:59+	01:23+	01:47+	00:45+
00:41&	00:40&	00:19&	00:39&	00:17#	00:41&	00:57&	01:53&	00:53&	01:08&	00:51&	00:46&	08:47@	01:58&	00:20&	00:20#	00:14&
<b>10</b>	<b>Elisabeth Groven</b>	<b>109</b>	<b>52:16</b>													
02:52+	07:16+	08:21+	10:07+	13:07+	16:00+	18:33+	23:42+	25:58+	29:44+	32:24+	36:45+	41:22+	45:58+	49:23+	51:31+	52:16+
02:52+	04:24+	01:05+	01:46+	03:00+	02:53+	02:33+	05:09+	02:16+	03:46+	02:40+	04:21+	04:37+	04:36+	03:25+	02:08+	00:45+
00:54&	03:08@	00:23&	00:41&	00:58&	01:01&	00:59&	02:17&	00:45&	01:41&	01:09&	02:14@	02:43@	02:35@	02:22@	00:41&	00:14&

### Beste strekktid for klassen

01:58 01:16 00:42 01:05 01:47 01:52 01:34 02:52 01:31 02:01 01:31 02:05 01:54 02:01 01:03 01:27 00:31

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

## Damer B

<b>1</b>	<b>Wenche M. Sæbbø</b>	<b>3</b>	<b>34:16</b>													
02:25=	03:42=	04:37=	05:56=	08:01=	10:17=	12:03=	15:27=	17:19=	20:04=	22:09=	25:09=	28:04=	30:38=	31:50=	33:34=	34:16=
02:25=	01:17=	00:55=	01:19=	02:05=	02:16=	01:46=	03:24=	01:52=	02:45=	02:05=	03:00=	02:55=	02:34=	01:12=	01:44=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	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>Ann-Cathrin Urdal</b>	<b>118</b>	<b>36:33</b>													
02:29+	04:04+	04:59+	06:29+	08:48+	11:24+	13:30+	16:51+	19:07+	22:05+	24:07+	27:00+	30:10+	32:55+	34:19+	35:53+	36:33+
02:29+	01:35+	00:55=	01:30+	02:19+	02:36+	02:06+	03:21-	02:16+	02:58+	02:02-	02:53-	03:10+	02:45+	01:24+	01:34-	00:40-
00:04+	00:18#	00:00=	00:11#	00:14#	00:20#	00:20#	00:03-	00:24#	00:13+	00:03-	00:07-	00:15+	00:11+	00:12#	00:10-	00:02-



Class	Navn	Klasse										Tid					
<b>3</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>37:02</b>					
02:27+	04:30+	05:24+	07:08+	09:54+	12:07+	14:13+	18:10+	19:57+	22:19+	24:02+	26:58+	29:18+	32:51+	34:11+	36:13+	37:02+	
02:27+	02:03+	00:54-	01:44+	02:46+	02:13-	02:06+	03:57+	01:47-	02:22-	01:43-	02:56-	02:20-	03:33+	01:20+	02:02+	00:49+	
00:02+	00:46&	00:01-	00:25&	00:41&	00:03-	00:20#	00:33#	00:05-	00:23-	00:22-	00:04-	00:35-	00:59&	00:08#	00:18#	00:07#	
<b>4</b>	<b>Hilde Nordbø</b>	<b>93</b>										<b>37:56</b>					
02:25=	04:09+	05:04+	06:37+	09:15+	11:50+	13:51+	17:15+	19:11+	22:01+	24:05+	26:50+	31:00+	34:11+	35:31+	37:20+	37:56+	
02:25=	01:44+	00:55=	01:33+	02:38+	02:35+	02:01+	03:24=	01:56+	02:50+	02:04-	02:45-	04:10+	03:11+	01:20+	01:49+	00:36-	
00:00=	00:27&	00:00=	00:14#	00:33&	00:19#	00:15#	00:00=	00:04+	00:05+	00:01-	00:15-	01:15&	00:37#	00:08#	00:05+	00:06-	
<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>										<b>38:08</b>					
02:18-	03:47+	05:11+	06:46+	08:57+	11:13+	13:23+	16:52+	18:57+	22:07+	24:25+	27:12+	30:52+	33:48+	35:36+	37:30+	38:08+	
02:18-	01:29+	01:24+	01:35+	02:11+	02:16=	02:10+	03:29+	02:05+	03:10+	02:18+	02:47-	03:40+	02:56+	01:48+	01:54+	00:38-	
00:07-	00:12#	00:29&	00:16#	00:06+	00:00=	00:24#	00:05+	00:13#	00:25#	00:13#	00:13-	00:45&	00:22#	00:36&	00:10+	00:04-	
<b>6</b>	<b>Jorunn Johannesen</b>	<b>116</b>										<b>38:43</b>					
02:38+	04:12+	05:08+	06:37+	10:15+	12:28+	15:00+	18:27+	20:36+	23:28+	26:21+	29:01+	31:19+	34:14+	36:10+	38:01+	38:43+	
02:38+	01:34+	00:56+	01:29+	03:38+	02:13-	02:32+	03:27+	02:09+	02:52+	02:53+	02:40-	02:18-	02:55+	01:56+	01:51+	00:42=	
00:13+	00:17#	00:01+	00:10#	01:33&	00:03-	00:46&	00:03+	00:17#	00:07+	00:48&	00:20-	00:37-	00:21#	00:44&	00:07+	00:00=	
<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>										<b>39:48</b>					
02:33+	04:26+	05:15+	06:50+	09:24+	11:51+	13:39+	18:27+	20:25+	23:12+	25:33+	28:22+	32:25+	35:42+	37:23+	39:03+	39:48+	
02:33+	01:53+	00:49-	01:35+	02:34+	02:27+	01:48+	04:48+	01:58+	02:47+	02:21+	02:49-	04:03+	03:17+	01:41+	01:40-	00:45+	
00:08+	00:36&	00:06-	00:16#	00:29#	00:11+	00:02+	01:24&	00:06+	00:02+	00:16#	00:11-	01:08&	00:43&	00:29&	00:04-	00:03+	
<b>8</b>	<b>Vibeke Lamark</b>	<b>46</b>										<b>40:42</b>					
02:32+	04:07+	05:01+	06:27+	08:48+	11:13+	13:20+	17:17+	19:13+	22:17+	24:24+	28:32+	32:06+	35:28+	38:24+	40:01+	40:42+	
02:32+	01:35+	00:54-	01:26+	02:21+	02:25+	02:07+	03:57+	01:56+	03:04+	02:07+	04:08+	03:34+	03:22+	02:56+	01:37-	00:41-	
00:07+	00:18#	00:01-	00:07+	00:16#	00:09+	00:21#	00:33#	00:04+	00:19#	00:02+	01:08&	00:39#	00:48&	01:44@	00:07-	00:01-	
<b>9</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>41:03</b>					
02:43+	04:33+	05:33+	07:02+	09:52+	12:21+	15:07+	18:36+	20:42+	23:36+	25:47+	28:50+	33:47+	36:49+	38:37+	40:25+	41:03+	
02:43+	01:50+	01:00+	01:29+	02:50+	02:29+	02:46+	03:29+	02:06+	02:54+	02:11+	03:03+	04:57+	03:02+	01:48+	01:48+	00:38-	
00:18#	00:33&	00:05+	00:10#	00:45&	00:13+	01:00&	00:05+	00:14#	00:09+	00:06+	00:03+	02:02&	00:28#	00:36&	00:04+	00:04-	
<b>10</b>	<b>Elisabeth Christie Ørke</b>	<b>117</b>										<b>42:49</b>					
02:30+	07:12+	08:10+	09:37+	11:51+	13:54+	15:41+	20:19+	22:41+	25:22+	28:43+	31:19+	34:39+	38:29+	40:11+	42:13+	42:49+	
02:30+	04:42+	00:58+	01:27+	02:14+	02:03-	01:47+	04:38+	02:22+	02:41-	03:21+	02:36-	03:20+	03:50+	01:42+	02:02+	00:36-	
00:05+	03:25@	00:03+	00:08#	00:09+	00:13-	00:01+	01:14&	00:30&	00:04-	01:16&	00:24-	00:25#	01:16&	00:30&	00:18#	00:06-	
<b>11</b>	<b>Ingrid W. Hestness</b>	<b>117</b>										<b>43:40</b>					
03:59+	08:40+	09:36+	11:00+	13:48+	16:09+	18:01+	21:22+	23:42+	26:40+	28:57+	31:56+	35:34+	39:12+	41:00+	43:00+	43:40+	
03:59+	04:41+	00:56+	01:24+	02:48+	02:21+	01:52+	03:21-	02:20+	02:58+	02:17+	02:59-	03:38+	03:38+	01:48+	02:00+	00:40-	
01:34&	03:24@	00:01+	00:05+	00:43&	00:05+	00:06+	00:03-	00:28#	00:13+	00:12+	00:01-	00:43#	01:04&	00:36&	00:16#	00:02-	
<b>12</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>44:10</b>					
02:26+	04:05+	05:00+	06:57+	10:24+	13:03+	15:38+	20:18+	22:35+	26:01+	28:23+	31:17+	35:01+	39:15+	40:46+	43:31+	44:10+	
02:26+	01:39+	00:55=	01:57+	03:27+	02:39+	02:35+	04:40+	02:17+	03:26+	02:22+	02:54-	03:44+	04:14+	01:31+	02:45+	00:39-	
00:01+	00:22&	00:00=	00:38&	01:22&	00:23#	00:49&	01:16&	00:25#	00:41#	00:17#	00:06-	00:49&	01:40&	00:19&	01:01&	00:03-	
<b>13</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>										<b>46:05</b>					
02:46+	04:55+	05:51+	07:21+	09:52+	12:19+	14:44+	24:26+	26:39+	29:35+	31:52+	34:31+	38:17+	41:52+	43:30+	45:17+	46:05+	
02:46+	02:09+	00:56+	01:30+	02:31+	02:27+	02:25+	09:42+	02:13+	02:56+	02:17+	02:39-	03:46+	03:35+	01:38+	01:47+	00:48+	
00:21#	00:52&	00:01+	00:11#	00:26#	00:11+	00:39&	06:18@	00:21#	00:11+	00:12+	00:21-	00:51&	01:01&	00:26&	00:03+	00:06#	
<b>14</b>	<b>Gunn J. Grefstad</b>	<b>2</b>										<b>46:15</b>					
03:01+	06:42+	07:34+	09:07+	12:03+	14:49+	17:04+	21:51+	24:11+	27:02+	29:43+	32:37+	35:57+	39:39+	43:08+	45:20+	46:15+	
03:01+	03:41+	00:52-	01:33+	02:56+	02:46+	02:15+	04:47+	02:20+	02:51+	02:41+	02:54-	03:20+	03:42+	03:29+	02:12+	00:55+	
00:36#	02:24@	00:03-	00:14#	00:51&	00:30#	00:29&	01:23&	00:28#	00:06+	00:36&	00:06-	00:25#	01:08&	02:17@	00:28&	00:13&	
<b>15</b>	<b>Ragnhild Auglænd</b>	<b>19</b>										<b>46:36</b>					
03:01+	04:50+	05:51+	07:30+	10:50+	13:39+	17:20+	21:57+	24:29+	27:43+	30:28+	33:56+	37:40+	41:46+	43:51+	45:46+	46:36+	
03:01+	01:49+	01:01+	01:39+	03:20+	02:49+	03:41+	04:37+	02:32+	03:14+	02:45+	03:28+	03:44+	04:06+	02:05+	01:55+	00:50+	
00:36#	00:32&	00:06#	00:20&	01:15&	00:33#	01:55@	01:13&	00:40&	00:29#	00:40&	00:28#	00:49&	01:32&	00:53&	00:11#	00:08#	
<b>16</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>53:15</b>					
02:59+	04:53+	05:56+	07:31+	10:33+	13:20+	16:42+	21:09+	23:53+	27:12+	29:50+	38:09+	42:25+	48:14+	50:15+	52:25+	53:15+	
02:59+	01:54+	01:03+	01:35+	03:02+	02:47+	03:22+	04:27+	02:44+	03:19+	02:38+	08:19+	04:16+	05:49+	02:01+	02:10+	00:50+	
00:34#	00:37&	00:08#	00:16#	00:57&	00:31#	01:36&	01:03&	00:52&	00:34#	00:33&	05:19@	01:21&	03:15@	00:49&	00:26#	00:08#	
<b>17</b>	<b>Siri Warland</b>	<b>115</b>										<b>55:44</b>					
04:15+	08:13+	11:30+	13:15+	16:05+	18:52+	21:18+	27:20+	29:35+	33:01+	35:27+	41:34+	46:09+	50:50+	52:39+	54:49+	55:44+	
04:15+	03:58+	03:17+	01:45+	02:50+	02:47+	02:26+	06:02+	02:15+	03:26+	02:26+	06:07+	04:35+	04:41+	01:49+	02:10+	00:55+	
01:50&	02:41@	02:22@	00:26&	00:45&	00:31#	00:40&	02:38&	00:23#	00:41#	00:21#	03:07@	01:40&	02:07&	00:37&	00:26#	00:13&	

Class	Navn	Klasse	Tid
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### Beste strekktid for klassen

02:18 01:17 00:49 01:19 02:05 02:03 01:46 03:21 01:47 02:22 01:43 02:36 02:18 02:34 01:12 01:34 00:36

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

## Damer Ny

**1 Tordis Frøylog 29 33:38**

01:52= 05:08= 12:37= 13:35= 21:18= 27:25= 29:53= 32:23= 33:38=  
 01:52= 03:16= 07:29= 00:58= 07:43= 06:07= 02:28= 02:30= 01:15=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Linda Rotevatn 47 1:05:03**

05:02+ 11:26+ 16:50+ 29:27+ 35:45+ 49:14+ 57:07+ 60:59+ 65:03+  
 05:02+ 06:24+ 05:24- 12:37+ 06:18- 13:29+ 07:53+ 03:52+ 04:04+  
 03:10@ 03:08& 02:05- 11:39@ 01:25- 07:22@ 05:25@ 01:22& 02:49@

### Beste strekktid for klassen

01:52 03:16 05:24 00:58 06:18 06:07 02:28 02:30 01:15

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

## Damer Trim

**1 Janeth Kleppe 128 19:53**

01:28= 04:14= 05:52= 08:19= 10:42= 12:21= 14:31= 16:31= 17:32= 19:14= 19:53=  
 01:28= 02:46= 01:38= 02:27= 02:23= 01:39= 02:10= 02:00= 01:01= 01:42= 00:39=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Turid Johanne Kidøy 18 20:55**

01:23- 04:52+ 07:14+ 09:40+ 12:08+ 13:32+ 15:34+ 17:45+ 18:28+ 20:14+ 20:55+  
 01:23- 03:29+ 02:22+ 02:26- 02:28+ 01:24- 02:02- 02:11+ 00:43- 01:46+ 00:41+  
 00:05- 00:43& 00:44& 00:01- 00:05+ 00:15- 00:08- 00:11+ 00:18- 00:04+ 00:02+

**3 Hanne Berg Nilsen 105 21:43**

01:25- 04:58+ 06:39+ 09:36+ 12:13+ 14:06+ 16:16+ 18:05+ 19:06+ 20:57+ 21:43+  
 01:25- 03:33+ 01:41+ 02:57+ 02:37+ 01:53+ 02:10= 01:49- 01:01= 01:51+ 00:46+  
 00:03- 00:47& 00:03+ 00:30# 00:14+ 00:14# 00:00= 00:11- 00:00= 00:09+ 00:07#

**4 Gerd Katrin Kro 117 22:22**

01:59+ 05:05+ 06:59+ 10:13+ 12:57+ 14:52+ 17:21+ 19:09+ 19:57+ 21:39+ 22:22+  
 01:59+ 03:06+ 01:54+ 03:14+ 02:44+ 01:55+ 02:29+ 01:48- 00:48- 01:42= 00:43+  
 00:31& 00:20# 00:16# 00:47& 00:21# 00:16# 00:19# 00:12- 00:13- 00:00= 00:04#

**5 Marianne Johnsen 5 23:37**

01:29+ 05:43+ 07:31+ 10:08+ 13:09+ 15:03+ 17:59+ 20:00+ 21:00+ 22:49+ 23:37+  
 01:29+ 04:14+ 01:48+ 02:37+ 03:01+ 01:54+ 02:56+ 02:01+ 01:00- 01:49+ 00:48+  
 00:01+ 01:28& 00:10# 00:10+ 00:38& 00:15# 00:46& 00:01+ 00:01- 00:07+ 00:09#

**6 Lise Nessa Di Lorenzo 168 24:14**

01:16- 04:03- 06:05+ 08:24+ 13:52+ 15:26+ 17:40+ 20:28+ 21:21+ 23:09+ 24:14+  
 01:16- 02:47+ 02:02+ 02:19- 05:28+ 01:34- 02:14+ 02:48+ 00:53- 01:48+ 01:05+  
 00:12- 00:01+ 00:24# 00:08- 03:05@ 00:05- 00:04+ 00:48& 00:08- 00:06+ 00:26&

**7 Astrid Espe 80 24:44**

01:31+ 05:05+ 07:03+ 09:36+ 12:44+ 14:33+ 17:39+ 19:38+ 20:54+ 23:47+ 24:44+  
 01:31+ 03:34+ 01:58+ 02:33+ 03:08+ 01:49+ 03:06+ 01:59- 01:16+ 02:53+ 00:57+  
 00:03+ 00:48& 00:20# 00:06+ 00:45& 00:10# 00:56& 00:01- 00:15# 01:11& 00:18&

**8 Margot Asheim 105 24:55**

01:12- 04:49+ 06:49+ 09:54+ 12:45+ 15:11+ 18:59+ 21:16+ 22:17+ 24:14+ 24:55+  
 01:12- 03:37+ 02:00+ 03:05+ 02:51+ 02:26+ 03:48+ 02:17+ 01:01= 01:57+ 00:41+  
 00:16- 00:51& 00:22# 00:38& 00:28# 00:47& 01:38& 00:17# 00:00= 00:15# 00:02+

**9 Grete Hellevik 168 25:51**

01:49+ 05:21+ 08:43+ 11:58+ 15:24+ 17:29+ 20:00+ 22:06+ 23:05+ 25:02+ 25:51+  
 01:49+ 03:32+ 03:22+ 03:15+ 03:26+ 02:05+ 02:31+ 02:06+ 00:59- 01:57+ 00:49+  
 00:21# 00:46& 01:44@ 00:48& 01:03& 00:26& 00:21# 00:06+ 00:02- 00:15# 00:10&

Class	Navn	Klasse	Tid
<b>10</b>	<b>Björg Elen Abrahamsen</b>	<b>29</b>	<b>26:05</b>
01:43+	05:38+ 08:03+ 11:16+ 14:41+ 16:54+	19:38+ 22:06+ 23:13+ 25:06+ 26:05+	
01:43+	03:55+ 02:25+ 03:13+ 03:25+ 02:13+	02:44+ 02:28+ 01:07+ 01:53+ 00:59+	
00:15#	01:09& 00:47& 00:46& 01:02& 00:34&	00:34& 00:28# 00:06+ 00:11# 00:20&	
<b>11</b>	<b>Jenny Thorset</b>	<b>109</b>	<b>26:11</b>
01:52+	06:47+ 08:56+ 11:49+ 15:57+ 17:52+	20:01+ 22:08+ 23:18+ 25:29+ 26:11+	
01:52+	04:55+ 02:09+ 02:53+ 04:08+ 01:55+	02:09- 02:07+ 01:10+ 02:11+ 00:42+	
00:24&	02:09& 00:31& 00:26# 01:45& 00:16#	00:01- 00:07+ 00:09# 00:29& 00:03+	
<b>12</b>	<b>Solbjørg Borgersen</b>	<b>233</b>	<b>26:32</b>
01:34+	05:54+ 08:11+ 11:18+ 14:51+ 16:53+	19:46+ 22:09+ 23:21+ 25:40+ 26:32+	
01:34+	04:20+ 02:17+ 03:07+ 03:33+ 02:02+	02:53+ 02:23+ 01:12+ 02:19+ 00:52+	
00:06+	01:34& 00:39& 00:40& 01:10& 00:23#	00:43& 00:23# 00:11# 00:37& 00:13&	
<b>13</b>	<b>Lise Bergli</b>	<b>62</b>	<b>26:50</b>
01:28=	05:30+ 08:00+ 10:22+ 13:48+ 16:51+	19:40+ 22:19+ 23:25+ 26:12+ 26:50+	
01:28=	04:02+ 02:30+ 02:22- 03:26+ 03:03+	02:49+ 02:39+ 01:06+ 02:47+ 00:38-	
00:00=	01:16& 00:52& 00:05- 01:03& 01:24&	00:39& 00:39& 00:05+ 01:05& 00:01-	
<b>14</b>	<b>Randi Bugge</b>	<b>46</b>	<b>26:51</b>
01:24-	07:38+ 10:14+ 12:53+ 15:54+ 18:03+	20:37+ 22:49+ 23:59+ 25:52+ 26:51+	
01:24-	06:14+ 02:36+ 02:39+ 03:01+ 02:09+	02:34+ 02:12+ 01:10+ 01:53+ 00:59+	
00:04-	03:28@ 00:58& 00:12+ 00:38& 00:30&	00:24# 00:12# 00:09# 00:11# 00:20&	
<b>15</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>27:00</b>
01:42+	05:43+ 07:43+ 10:12+ 15:00+ 16:57+	20:48+ 23:01+ 24:11+ 26:19+ 27:00+	
01:42+	04:01+ 02:00+ 02:29+ 04:48+ 01:57+	03:51+ 02:13+ 01:10+ 02:08+ 00:41+	
00:14#	01:15& 00:22# 00:02+ 02:25@ 00:18#	01:41& 00:13# 00:09# 00:26& 00:02+	
<b>16</b>	<b>Irene Frøyland</b>	<b>71</b>	<b>27:05</b>
02:24+	05:59+ 08:33+ 11:32+ 14:50+ 16:56+	20:37+ 22:46+ 24:08+ 26:08+ 27:05+	
02:24+	03:35+ 02:34+ 02:59+ 03:18+ 02:06+	03:41+ 02:09+ 01:22+ 02:00+ 00:57+	
00:56&	00:49& 00:56& 00:32# 00:55& 00:27&	01:31& 00:09+ 00:21& 00:18# 00:18&	
<b>17</b>	<b>Lene Haver Schmidt</b>	<b>88</b>	<b>27:14</b>
01:47+	05:35+ 07:51+ 11:05+ 14:41+ 17:07+	20:23+ 22:40+ 24:21+ 26:18+ 27:14+	
01:47+	03:48+ 02:16+ 03:14+ 03:36+ 02:26+	03:16+ 02:17+ 01:41+ 01:57+ 00:56+	
00:19#	01:02& 00:38& 00:47& 01:13& 00:47&	01:06& 00:17# 00:40& 00:15# 00:17&	
<b>18</b>	<b>Sissel Carlsen Bråstad</b>	<b>88</b>	<b>27:21</b>
01:46+	05:47+ 07:52+ 11:07+ 14:46+ 17:07+	20:23+ 22:52+ 24:24+ 26:20+ 27:21+	
01:46+	04:01+ 02:05+ 03:15+ 03:39+ 02:21+	03:16+ 02:29+ 01:32+ 01:56+ 01:01+	
00:18#	01:15& 00:27& 00:48& 01:16& 00:42&	01:06& 00:29# 00:31& 00:14# 00:22&	
<b>19</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>	<b>27:41</b>
01:15-	08:29+ 10:02+ 12:24+ 15:37+ 17:27+	20:43+ 23:32+ 24:52+ 27:07+ 27:41+	
01:15-	07:14+ 01:33- 02:22- 03:13+ 01:50+	03:16+ 02:49+ 01:20+ 02:15+ 00:34-	
00:13-	04:28@ 00:05- 00:05- 00:50& 00:11#	01:06& 00:49& 00:19& 00:33& 00:05-	
<b>20</b>	<b>Synnøve Hognestad</b>	<b>115</b>	<b>27:55</b>
01:28=	06:48+ 08:38+ 11:36+ 15:01+ 16:56+	21:38+ 23:49+ 25:04+ 26:56+ 27:55+	
01:28=	05:20+ 01:50+ 02:58+ 03:25+ 01:55+	04:42+ 02:11+ 01:15+ 01:52+ 00:59+	
00:00=	02:34& 00:12# 00:31# 01:02& 00:16#	02:32@ 00:11+ 00:14# 00:10+ 00:20&	
<b>21</b>	<b>Parul Khandelwal</b>	<b>71</b>	<b>27:57</b>
01:18-	04:45+ 09:08+ 11:44+ 16:06+ 18:02+	21:39+ 23:48+ 25:19+ 27:09+ 27:57+	
01:18-	03:27+ 04:23+ 02:36+ 04:22+ 01:56+	03:37+ 02:09+ 01:31+ 01:50+ 00:48+	
00:10-	00:41# 02:45@ 00:09+ 01:59& 00:17#	01:27& 00:09+ 00:30& 00:08+ 00:09#	
<b>22</b>	<b>Therese Immerstein Noraberg</b>	<b>71</b>	<b>28:35</b>
02:10+	06:36+ 08:48+ 12:05+ 16:09+ 17:57+	21:00+ 23:46+ 25:00+ 27:50+ 28:35+	
02:10+	04:26+ 02:12+ 03:17+ 04:04+ 01:48+	03:03+ 02:46+ 01:14+ 02:50+ 00:45+	
00:42&	01:40& 00:34& 00:50& 01:41& 00:09+	00:53& 00:46& 00:13# 01:08& 00:06#	
<b>23</b>	<b>Margretha Almedal</b>	<b>91</b>	<b>28:37</b>
02:54+	06:41+ 08:55+ 11:40+ 15:09+ 17:20+	21:51+ 24:23+ 25:29+ 27:40+ 28:37+	
02:54+	03:47+ 02:14+ 02:45+ 03:29+ 02:11+	04:31+ 02:32+ 01:06+ 02:11+ 00:57+	
01:26&	01:01& 00:36& 00:18# 01:06& 00:32&	02:21@ 00:32& 00:05+ 00:29& 00:18&	
<b>24</b>	<b>Ann Helen Johannesen</b>	<b>71</b>	<b>28:37</b>
02:12+	06:31+ 08:50+ 12:01+ 16:05+ 17:59+	21:07+ 23:44+ 25:03+ 27:48+ 28:37+	
02:12+	04:19+ 02:19+ 03:11+ 04:04+ 01:54+	03:08+ 02:37+ 01:19+ 02:45+ 00:49+	
00:44&	01:33& 00:41& 00:44& 01:41& 00:15#	00:58& 00:37& 00:18& 01:03& 00:10&	

Class	Navn	Klasse	Tid
<b>25</b>	<b>Ingunn Kristiansen Wiig</b>	<b>105</b>	<b>28:46</b>
01:36+	05:33+ 07:21+ 10:29+ 14:50+ 17:06+	19:52+ 21:55+ 24:56+ 27:27+ 28:46+	
01:36+	03:57+ 01:48+ 03:08+ 04:21+ 02:16+	02:46+ 02:03+ 03:01+ 02:31+ 01:19+	
00:08+	01:11& 00:10# 00:41& 01:58& 00:37&	00:36& 00:03+ 02:00@ 00:49& 00:40@	
<b>26</b>	<b>Ellen Femsteinevik</b>	<b>91</b>	<b>29:27</b>
02:07+	06:23+ 10:00+ 12:47+ 16:23+ 19:04+	22:46+ 25:00+ 26:08+ 28:20+ 29:27+	
02:07+	04:16+ 03:37+ 02:47+ 03:36+ 02:41+	03:42+ 02:14+ 01:08+ 02:12+ 01:07+	
00:39&	01:30& 01:59@ 00:20# 01:13& 01:02&	01:32& 00:14# 00:07# 00:30& 00:28&	
<b>27</b>	<b>Heidi Nordaunet</b>	<b>152</b>	<b>29:34</b>
01:36+	06:33+ 10:35+ 12:57+ 16:15+ 18:06+	21:53+ 25:14+ 26:32+ 28:32+ 29:34+	
01:36+	04:57+ 04:02+ 02:22- 03:18+ 01:51+	03:47+ 03:21+ 01:18+ 02:00+ 01:02+	
00:08+	02:11& 02:24@ 00:05- 00:55& 00:12#	01:37& 01:21& 00:17& 00:18# 00:23&	
<b>28</b>	<b>Eli Våge</b>	<b>117</b>	<b>29:47</b>
01:56+	07:10+ 09:48+ 13:20+ 17:13+ 19:35+	22:41+ 25:13+ 26:32+ 28:50+ 29:47+	
01:56+	05:14+ 02:38+ 03:32+ 03:53+ 02:22+	03:06+ 02:32+ 01:19+ 02:18+ 00:57+	
00:28&	02:28& 01:00& 01:05& 01:30& 00:43&	00:56& 00:32& 00:18& 00:36& 00:18&	
<b>29</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>29:55</b>
02:11+	06:09+ 08:33+ 11:48+ 15:25+ 18:05+	20:58+ 25:17+ 26:35+ 28:57+ 29:55+	
02:11+	03:58+ 02:24+ 03:15+ 03:37+ 02:40+	02:53+ 04:19+ 01:18+ 02:22+ 00:58+	
00:43&	01:12& 00:46& 00:48& 01:14& 01:01&	00:43& 02:19@ 00:17& 00:40& 00:19&	
<b>30</b>	<b>Astri Sandanger</b>	<b>279</b>	<b>29:55</b>
01:14-	04:37+ 06:51+ 14:57+ 18:55+ 20:58+	23:28+ 25:40+ 27:00+ 29:03+ 29:55+	
01:14-	03:23+ 02:14+ 08:06+ 03:58+ 02:03+	02:30+ 02:12+ 01:20+ 02:03+ 00:52+	
00:14-	00:37# 00:36& 05:39@ 01:35& 00:24#	00:20# 00:12# 00:19& 00:21# 00:13&	
<b>31</b>	<b>Hilde Christine Hoff</b>	<b>221</b>	<b>30:26</b>
01:44+	05:47+ 08:38+ 12:33+ 16:38+ 18:49+	22:35+ 25:13+ 27:12+ 29:22+ 30:26+	
01:44+	04:03+ 02:51+ 03:55+ 04:05+ 02:11+	03:46+ 02:38+ 01:59+ 02:10+ 01:04+	
00:16#	01:17& 01:13& 01:28& 01:42& 00:32&	01:36& 00:38& 00:58& 00:28& 00:25&	
<b>32</b>	<b>Eli Tjetland</b>	<b>116</b>	<b>30:48</b>
01:55+	06:23+ 08:48+ 12:20+ 16:24+ 19:01+	22:27+ 25:16+ 26:36+ 29:35+ 30:48+	
01:55+	04:28+ 02:25+ 03:32+ 04:04+ 02:37+	03:26+ 02:49+ 01:20+ 02:59+ 01:13+	
00:27&	01:42& 00:47& 01:05& 01:41& 00:58&	01:16& 00:49& 00:19& 01:17& 00:34&	
<b>33</b>	<b>Esther Boenheim</b>	<b>268</b>	<b>30:53</b>
01:47+	09:27+ 11:15+ 14:09+ 18:08+ 20:26+	23:36+ 26:24+ 27:49+ 29:55+ 30:53+	
01:47+	07:40+ 01:48+ 02:54+ 03:59+ 02:18+	03:10+ 02:48+ 01:25+ 02:06+ 00:58+	
00:19#	04:54@ 00:10# 00:27# 01:36& 00:39&	01:00& 00:48& 00:24& 00:24# 00:19&	
<b>34</b>	<b>Lilly Charlotte Berg</b>	<b>94</b>	<b>30:54</b>
01:43+	06:30+ 09:13+ 12:40+ 17:21+ 19:54+	23:23+ 25:40+ 27:13+ 29:49+ 30:54+	
01:43+	04:47+ 02:43+ 03:27+ 04:41+ 02:33+	03:29+ 02:17+ 01:33+ 02:36+ 01:05+	
00:15#	02:01& 01:05& 01:00& 02:18& 00:54&	01:19& 00:17# 00:32& 00:54& 00:26&	
<b>35</b>	<b>Anne Grete Friberg</b>	<b>141</b>	<b>31:23</b>
02:44+	07:15+ 10:07+ 13:41+ 17:41+ 20:06+	23:40+ 26:17+ 27:45+ 30:29+ 31:23+	
02:44+	04:31+ 02:52+ 03:34+ 04:00+ 02:25+	03:34+ 02:37+ 01:28+ 02:44+ 00:54+	
01:16&	01:45& 01:14& 01:07& 01:37& 00:46&	01:24& 00:37& 00:27& 01:02& 00:15&	
<b>36</b>	<b>Karin Gilje Ask</b>	<b>141</b>	<b>31:23</b>
02:45+	07:20+ 10:06+ 13:47+ 17:49+ 20:07+	23:37+ 26:15+ 27:30+ 30:25+ 31:23+	
02:45+	04:35+ 02:46+ 03:41+ 04:02+ 02:18+	03:30+ 02:38+ 01:15+ 02:55+ 00:58+	
01:17&	01:49& 01:08& 01:14& 01:39& 00:39&	01:20& 00:38& 00:14# 01:13& 00:19&	
<b>37</b>	<b>Inger K. H. Rysstad</b>	<b>141</b>	<b>31:28</b>
02:47+	07:11+ 10:10+ 13:38+ 17:44+ 20:08+	23:38+ 26:14+ 27:35+ 30:30+ 31:28+	
02:47+	04:24+ 02:59+ 03:28+ 04:06+ 02:24+	03:30+ 02:36+ 01:21+ 02:55+ 00:58+	
01:19&	01:38& 01:21& 01:01& 01:43& 00:45&	01:20& 00:36& 00:20& 01:13& 00:19&	
<b>38</b>	<b>Sarah Denieul</b>	<b>42</b>	<b>31:40</b>
03:25+	07:48+ 10:53+ 13:14+ 17:02+ 18:59+	21:35+ 27:44+ 28:47+ 31:08+ 31:40+	
03:25+	04:23+ 03:05+ 02:21- 03:48+ 01:57+	02:36+ 06:09+ 01:03+ 02:21+ 00:32-	
01:57@	01:37& 01:27& 00:06- 01:25& 00:18#	00:26# 04:09@ 00:02+ 00:39& 00:07-	
<b>39</b>	<b>Linn Soma</b>	<b>287</b>	<b>31:44</b>
01:46+	05:36+ 14:25+ 16:50+ 20:02+ 22:53+	25:39+ 28:09+ 29:09+ 31:04+ 31:44+	
01:46+	03:50+ 08:49+ 02:25- 03:12+ 02:51+	02:46+ 02:30+ 01:00- 01:55+ 00:40+	
00:18#	01:04& 07:11@ 00:02- 00:49& 01:12&	00:36& 00:30# 00:01- 00:13# 00:01+	

Class	Navn	Klasse	Tid
<b>40</b>	<b>Sølvi Utbø Sakseid</b>	<b>116</b>	<b>32:31</b>
01:21-	06:33+ 09:56+ 12:32+ 15:08+ 17:07+	25:27+ 27:28+	29:29+ 31:42+ 32:31+
01:21-	05:12+ 03:23+ 02:36+ 02:36+ 01:59+	08:20+ 02:01+	02:01+ 02:13+ 00:49+
00:07-	02:26& 01:45@ 00:09+ 00:13+ 00:20#	06:10@ 00:01+	01:00& 00:31& 00:10&
<b>41</b>	<b>Irene Mæland Torgersen</b>	<b>253</b>	<b>32:34</b>
02:17+	07:26+ 09:51+ 13:36+ 17:21+ 20:11+	23:30+ 26:34+	28:54+ 31:36+ 32:34+
02:17+	05:09+ 02:25+ 03:45+ 03:45+ 02:50+	03:19+ 03:04+	02:20+ 02:42+ 00:58+
00:49&	02:23& 00:47& 01:18& 01:22& 01:11&	01:09& 01:04&	01:19@ 01:00& 00:19&
<b>42</b>	<b>Ingrid Marie Torgersen</b>	<b>253</b>	<b>32:34</b>
02:20+	07:24+ 09:50+ 13:34+ 17:19+ 20:10+	23:34+ 26:32+	28:57+ 31:35+ 32:34+
02:20+	05:04+ 02:26+ 03:44+ 03:45+ 02:51+	03:24+ 02:58+	02:25+ 02:38+ 00:59+
00:52&	02:18& 00:48& 01:17& 01:22& 01:12&	01:14& 00:58&	01:24@ 00:56& 00:20&
<b>43</b>	<b>Marianne Gjesdal Lyngås</b>	<b>253</b>	<b>32:35</b>
02:19+	07:27+ 09:52+ 13:29+ 17:12+ 20:06+	23:35+ 26:27+	28:46+ 31:31+ 32:35+
02:19+	05:08+ 02:25+ 03:37+ 03:43+ 02:54+	03:29+ 02:52+	02:19+ 02:45+ 01:04+
00:51&	02:22& 00:47& 01:10& 01:20& 01:15&	01:19& 00:52&	01:18@ 01:03& 00:25&
<b>44</b>	<b>Else Marie Furland</b>	<b>93</b>	<b>32:35</b>
02:22+	07:09+ 09:51+ 13:37+ 17:41+ 20:30+	24:13+ 27:27+	29:08+ 31:26+ 32:35+
02:22+	04:47+ 02:42+ 03:46+ 04:04+ 02:49+	03:43+ 03:14+	01:41+ 02:18+ 01:09+
00:54&	02:01& 01:04& 01:19& 01:41& 01:10&	01:33& 01:14&	00:40& 00:36& 00:30&
<b>45</b>	<b>Solveig Grønning</b>	<b>47</b>	<b>32:36</b>
02:18+	07:19+ 09:37+ 12:42+ 17:51+ 21:29+	25:33+ 28:01+	29:17+ 31:36+ 32:36+
02:18+	05:01+ 02:18+ 03:05+ 05:09+ 03:38+	04:04+ 02:28+	01:16+ 02:19+ 01:00+
00:50&	02:15& 00:40& 00:38& 02:46@ 01:59@	01:54& 00:28#	00:15# 00:37& 00:21&
<b>46</b>	<b>Lillian Watsend</b>	<b>116</b>	<b>32:39</b>
03:30+	07:08+ 08:53+ 11:47+ 15:10+ 16:53+	20:09+ 28:48+	29:56+ 31:44+ 32:39+
03:30+	03:38+ 01:45+ 02:54+ 03:23+ 01:43+	03:16+ 08:39+	01:08+ 01:48+ 00:55+
02:02@	00:52& 00:07+ 00:27# 01:00& 00:04+	01:06& 06:39@	00:07# 00:06+ 00:16&
<b>47</b>	<b>Ingunn Fandrem</b>	<b>47</b>	<b>32:40</b>
02:21+	07:13+ 09:38+ 12:50+ 17:51+ 21:29+	25:35+ 28:03+	29:18+ 31:39+ 32:40+
02:21+	04:52+ 02:25+ 03:12+ 05:01+ 03:38+	04:06+ 02:28+	01:15+ 02:21+ 01:01+
00:53&	02:06& 00:47& 00:45& 02:38@ 01:59@	01:56& 00:28#	00:14# 00:39& 00:22&
<b>48</b>	<b>Åse Kristensen</b>	<b>94</b>	<b>32:59</b>
01:57+	06:47+ 09:39+ 13:19+ 17:21+ 20:03+	23:19+ 26:11+	29:01+ 31:51+ 32:59+
01:57+	04:50+ 02:52+ 03:40+ 04:02+ 02:42+	03:16+ 02:52+	02:50+ 02:50+ 01:08+
00:29&	02:04& 01:14& 01:13& 01:39& 01:03&	01:06& 00:52&	01:49@ 01:08& 00:29&
<b>49</b>	<b>Kate Lawson</b>	<b>101</b>	<b>33:05</b>
01:38+	07:15+ 09:25+ 12:44+ 16:37+ 18:32+	23:25+ 25:46+	26:55+ 32:21+ 33:05+
01:38+	05:37+ 02:10+ 03:19+ 03:53+ 01:55+	04:53+ 02:21+	01:09+ 05:26+ 00:44+
00:10#	02:51@ 00:32& 00:52& 01:30& 00:16#	02:43@ 00:21#	00:08# 03:44@ 00:05#
<b>50</b>	<b>Elin Norveel</b>	<b>105</b>	<b>33:53</b>
01:38+	08:05+ 10:42+ 14:24+ 17:28+ 19:46+	27:27+ 29:45+	30:52+ 32:52+ 33:53+
01:38+	06:27+ 02:37+ 03:42+ 03:04+ 02:18+	07:41+ 02:18+	01:07+ 02:00+ 01:01+
00:10#	03:41@ 00:59& 01:15& 00:41& 00:39&	05:31@ 00:18#	00:06+ 00:18# 00:22&
<b>51</b>	<b>Solveig Mæland</b>	<b>128</b>	<b>33:56</b>
02:13+	07:12+ 09:58+ 14:01+ 17:39+ 21:00+	24:37+ 28:00+	29:30+ 32:41+ 33:56+
02:13+	04:59+ 02:46+ 04:03+ 03:38+ 03:21+	03:37+ 03:23+	01:30+ 03:11+ 01:15+
00:45&	02:13& 01:08& 01:36& 01:15& 01:42@	01:27& 01:23&	00:29& 01:29& 00:36&
<b>52</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>	<b>34:02</b>
01:56+	06:20+ 08:37+ 12:05+ 15:32+ 18:05+	26:43+ 29:25+	30:29+ 32:57+ 34:02+
01:56+	04:24+ 02:17+ 03:28+ 03:27+ 02:33+	08:38+ 02:42+	01:04+ 02:28+ 01:05+
00:28&	01:38& 00:39& 01:01& 01:04& 00:54&	06:28@ 00:42&	00:03+ 00:46& 00:26&
<b>53</b>	<b>Linda Haukås</b>	<b>113</b>	<b>34:11</b>
01:45+	06:43+ 13:53+ 17:08+ 21:21+ 23:30+	26:42+ 29:10+	30:29+ 33:09+ 34:11+
01:45+	04:58+ 07:10+ 03:15+ 04:13+ 02:09+	03:12+ 02:28+	01:19+ 02:40+ 01:02+
00:17#	02:12& 05:32@ 00:48& 01:50& 00:30&	01:02& 00:28#	00:18& 00:58& 00:23&
<b>54</b>	<b>Synnøve Langvik</b>	<b>93</b>	<b>34:39</b>
02:38+	07:51+ 10:18+ 13:51+ 17:27+ 20:16+	25:27+ 28:24+	30:00+ 33:32+ 34:39+
02:38+	05:13+ 02:27+ 03:33+ 03:36+ 02:49+	05:11+ 02:57+	01:36+ 03:32+ 01:07+
01:10&	02:27& 00:49& 01:06& 01:13& 01:10&	03:01@ 00:57&	00:35& 01:50@ 00:28&

Class	Navn	Klasse	Tid
<b>55</b>	<b>Dagfrid Nagel-Alne</b>	<b>47</b>	<b>35:09</b>
01:34+	06:12+ 08:24+ 12:14+ 14:48+ 16:46+	20:04+ 29:55+ 31:01+ 32:49+ 35:09+	
01:34+	04:38+ 02:12+ 03:50+ 02:34+ 01:58+	03:18+ 09:51+ 01:06+ 01:48+ 02:20+	
00:06+	01:52& 00:34& 01:23& 00:11+ 00:19#	01:08& 07:51@ 00:05+ 00:06+ 01:41@	
<b>56</b>	<b>Gro Skadberg Helliesen</b>	<b>105</b>	<b>35:38</b>
02:25+	11:43+ 14:11+ 16:52+ 20:44+ 23:06+	25:43+ 29:23+ 30:43+ 34:11+ 35:38+	
02:25+	09:18+ 02:28+ 02:41+ 03:52+ 02:22+	02:37+ 03:40+ 01:20+ 03:28+ 01:27+	
00:57&	06:32@ 00:50& 00:14+ 01:29& 00:43&	00:27# 01:40& 00:19& 01:46@ 00:48@	
<b>57</b>	<b>May Kristin Haaland</b>	<b>47</b>	<b>35:48</b>
01:33+	05:56+ 08:27+ 12:08+ 17:01+ 20:15+	28:11+ 30:59+ 32:13+ 34:47+ 35:48+	
01:33+	04:23+ 02:31+ 03:41+ 04:53+ 03:14+	07:56+ 02:48+ 01:14+ 02:34+ 01:01+	
00:05+	01:37& 00:53& 01:14& 02:30@ 01:35&	05:46@ 00:48& 00:13# 00:52& 00:22&	
<b>58</b>	<b>Rebekka Lye</b>	<b>62</b>	<b>35:56</b>
01:50+	08:59+ 12:20+ 16:00+ 20:54+ 24:02+	27:41+ 30:42+ 32:19+ 35:12+ 35:56+	
01:50+	07:09+ 03:21+ 03:40+ 04:54+ 03:08+	03:39+ 03:01+ 01:37+ 02:53+ 00:44+	
00:22#	04:23@ 01:43@ 01:13& 02:31@ 01:29&	01:29& 01:01& 00:36& 01:11& 00:05#	
<b>59</b>	<b>Gro Mariero Totland</b>	<b>59</b>	<b>36:07</b>
02:02+	07:30+ 10:56+ 15:14+ 19:39+ 22:43+	26:58+ 30:39+ 32:07+ 34:54+ 36:07+	
02:02+	05:28+ 03:26+ 04:18+ 04:25+ 03:04+	04:15+ 03:41+ 01:28+ 02:47+ 01:13+	
00:34&	02:42& 01:48@ 01:51& 02:02& 01:25&	02:05& 01:41& 00:27& 01:05& 00:34&	
<b>60</b>	<b>Mona Nordmark Kaada</b>	<b>178</b>	<b>36:11</b>
09:19+	17:15+ 19:32+ 22:19+ 25:58+ 27:57+	30:21+ 32:18+ 33:32+ 35:33+ 36:11+	
09:19+	07:56+ 02:17+ 02:47+ 03:39+ 01:59+	02:24+ 01:57- 01:14+ 02:01+ 00:38-	
07:51@	05:10@ 00:39& 00:20# 01:16& 00:20#	00:14# 00:03- 00:13# 00:19# 00:01-	
<b>61</b>	<b>Anne Brit T. Mæland</b>	<b>93</b>	<b>37:02</b>
01:51+	06:38+ 12:37+ 15:52+ 20:11+ 22:52+	29:34+ 32:24+ 33:52+ 36:12+ 37:02+	
01:51+	04:47+ 05:59+ 03:15+ 04:19+ 02:41+	06:42+ 02:50+ 01:28+ 02:20+ 00:50+	
00:23&	02:01& 04:21@ 00:48& 01:56& 01:02&	04:32@ 00:50& 00:27& 00:38& 00:11&	
<b>62</b>	<b>Tove Kristin K. Helvig</b>	<b>105</b>	<b>37:02</b>
03:08+	08:28+ 10:38+ 13:45+ 18:03+ 20:17+	23:51+ 30:59+ 33:00+ 35:25+ 37:02+	
03:08+	05:20+ 02:10+ 03:07+ 04:18+ 02:14+	03:34+ 07:08+ 02:01+ 02:25+ 01:37+	
01:40@	02:34& 00:32& 00:40& 01:55& 00:35&	01:24& 05:08@ 01:00& 00:43& 00:58@	
<b>63</b>	<b>Anne Lise Lunde</b>	<b>46</b>	<b>37:09</b>
01:54+	07:28+ 11:25+ 15:46+ 21:05+ 25:12+	28:45+ 32:11+ 33:39+ 36:01+ 37:09+	
01:54+	05:34+ 03:57+ 04:21+ 05:19+ 04:07+	03:33+ 03:26+ 01:28+ 02:22+ 01:08+	
00:26&	02:48@ 02:19@ 01:54& 02:56@ 02:28@	01:23& 01:26& 00:27& 00:40& 00:29&	
<b>64</b>	<b>Hazel Grayston</b>	<b>263</b>	<b>39:18</b>
02:09+	07:48+ 10:57+ 16:15+ 21:04+ 24:01+	27:50+ 31:05+ 34:18+ 37:35+ 39:18+	
02:09+	05:39+ 03:09+ 05:18+ 04:49+ 02:57+	03:49+ 03:15+ 03:13+ 03:17+ 01:43+	
00:41&	02:53@ 01:31& 02:51@ 02:26@ 01:18&	01:39& 01:15& 02:12@ 01:35& 01:04@	
<b>65</b>	<b>Ane Kristine Helvig</b>	<b>105</b>	<b>40:31</b>
02:04+	09:10+ 14:15+ 19:04+ 23:18+ 25:33+	29:05+ 32:47+ 34:17+ 39:49+ 40:31+	
02:04+	07:06+ 05:05+ 04:49+ 04:14+ 02:15+	03:32+ 03:42+ 01:30+ 05:32+ 00:42+	
00:36&	04:20@ 03:27@ 02:22& 01:51& 00:36&	01:22& 01:42& 00:29& 03:50@ 00:03+	
<b>66</b>	<b>Inger Synnøve Sjursen</b>	<b>92</b>	<b>40:58</b>
02:22+	07:06+ 15:14+ 18:53+ 23:19+ 25:58+	29:47+ 36:06+ 37:39+ 39:48+ 40:58+	
02:22+	04:44+ 08:08+ 03:39+ 04:26+ 02:39+	03:49+ 06:19+ 01:33+ 02:09+ 01:10+	
00:54&	01:58& 06:30@ 01:12& 02:03& 01:00&	01:39& 04:19@ 00:32& 00:27& 00:31&	
<b>67</b>	<b>Maria Haukalid</b>	<b>47</b>	<b>42:36</b>
03:01+	06:30+ 09:32+ 13:31+ 21:12+ 25:19+	32:15+ 36:05+ 38:54+ 41:44+ 42:36+	
03:01+	03:29+ 03:02+ 03:59+ 07:41+ 04:07+	06:56+ 03:50+ 02:49+ 02:50+ 00:52+	
01:33@	00:43& 01:24& 01:32& 05:18@ 02:28@	04:46@ 01:50& 01:48@ 01:08& 00:13&	
<b>68</b>	<b>Kari Linn Søriede</b>	<b>115</b>	<b>43:34</b>
02:41+	09:51+ 13:21+ 19:23+ 23:31+ 26:39+	31:14+ 35:09+ 37:37+ 41:26+ 43:34+	
02:41+	07:10+ 03:30+ 06:02+ 04:08+ 03:08+	04:35+ 03:55+ 02:28+ 03:49+ 02:08+	
01:13&	04:24@ 01:52@ 03:35@ 01:45& 01:29&	02:25@ 01:55& 01:27@ 02:07@ 01:29@	
<b>69</b>	<b>Elisabeth Sørensen</b>	<b>115</b>	<b>43:36</b>
02:38+	09:44+ 13:08+ 19:02+ 23:26+ 26:39+	31:20+ 35:17+ 37:46+ 41:25+ 43:36+	
02:38+	07:06+ 03:24+ 05:54+ 04:24+ 03:13+	04:41+ 03:57+ 02:29+ 03:39+ 02:11+	
01:10&	04:20@ 01:46@ 03:27@ 02:01& 01:34&	02:31@ 01:57& 01:28@ 01:57@ 01:32@	

Class	Navn	Klasse	Tid
<b>70</b>	<b>Siw Øie Norheim</b>	<b>115</b>	<b>43:39</b>
02:41+	10:00+ 13:18+ 19:15+ 23:32+ 26:49+ 31:10+ 35:20+ 37:44+ 41:32+ 43:39+		
02:41+	07:19+ 03:18+ 05:57+ 04:17+ 03:17+ 04:21+ 04:10+ 02:24+ 03:48+ 02:07+		
01:13&	04:33@ 01:40@ 03:30@ 01:54& 01:38& 02:11@ 02:10@ 01:23@ 02:06@ 01:28@		
<b>71</b>	<b>Linda Mickiewicz</b>	<b>114</b>	<b>43:56</b>
01:38+	11:00+ 13:56+ 17:16+ 21:06+ 24:16+ 31:06+ 37:18+ 40:07+ 42:47+ 43:56+		
01:38+	09:22+ 02:56+ 03:20+ 03:50+ 03:10+ 06:50+ 06:12+ 02:49+ 02:40+ 01:09+		
00:10#	06:36@ 01:18& 00:53& 01:27& 01:31& 04:40@ 04:12@ 01:48@ 00:58& 00:30&		
<b>72</b>	<b>Åse Franciska Møster</b>	<b>128</b>	<b>44:32</b>
02:24+	11:24+ 15:42+ 21:11+ 26:29+ 30:10+ 35:06+ 38:04+ 41:01+ 43:44+ 44:32+		
02:24+	09:00+ 04:18+ 05:29+ 05:18+ 03:41+ 04:56+ 02:58+ 02:57+ 02:43+ 00:48+		
00:56&	06:14@ 02:40@ 03:02@ 02:55@ 02:02@ 02:46@ 00:58& 01:56@ 01:01& 00:09#		
<b>73</b>	<b>Liv Ertesvåg</b>	<b>83</b>	<b>45:47</b>
02:44+	08:59+ 12:31+ 17:04+ 21:55+ 27:55+ 32:34+ 35:38+ 37:28+ 44:35+ 45:47+		
02:44+	06:15+ 03:32+ 04:33+ 04:51+ 06:00+ 04:39+ 03:04+ 01:50+ 07:07+ 01:12+		
01:16&	03:29@ 01:54@ 02:06& 02:28@ 04:21@ 02:29@ 01:04& 00:49& 05:25@ 00:33&		
<b>74</b>	<b>Nina Werness</b>	<b>52</b>	<b>46:32</b>
02:56+	10:30+ 14:24+ 19:01+ 24:58+ 29:06+ 33:49+ 37:50+ 39:46+ 44:33+ 46:32+		
02:56+	07:34+ 03:54+ 04:37+ 05:57+ 04:08+ 04:43+ 04:01+ 01:56+ 04:47+ 01:59+		
01:28&	04:48@ 02:16@ 02:10& 03:34@ 02:29@ 02:33@ 02:01@ 00:55& 03:05@ 01:20@		
<b>75</b>	<b>Anita Edgren</b>	<b>88</b>	<b>49:12</b>
01:58+	07:24+ 24:56+ 28:01+ 34:45+ 37:22+ 41:17+ 44:05+ 44:59+ 48:21+ 49:12+		
01:58+	05:26+ 17:32+ 03:05+ 06:44+ 02:37+ 03:55+ 02:48+ 00:54- 03:22+ 00:51+		
00:30&	02:40& 15:54@ 00:38& 04:21@ 00:58& 01:45& 00:48& 00:07- 01:40& 00:12&		
<b>76</b>	<b>Leni Marøen</b>	<b>27</b>	<b>50:50</b>
01:53+	06:31+ 08:03+ 10:49+ 22:32+ 24:20+ 37:28+ 46:04+ 46:44+ 49:46+ 50:50+		
01:53+	04:38+ 01:32- 02:46+ 11:43+ 01:48+ 13:08+ 08:36+ 00:40- 03:02+ 01:04+		
00:25&	01:52& 00:06- 00:19# 09:20@ 00:09+ 10:58@ 06:36@ 00:21- 01:20& 00:25&		
<b>77</b>	<b>Aase Sveinsvoll</b>	<b>94</b>	<b>53:43</b>
06:25+	12:47+ 20:04+ 25:10+ 31:33+ 36:02+ 40:53+ 44:54+ 46:53+ 51:42+ 53:43+		
06:25+	06:22+ 07:17+ 05:06+ 06:23+ 04:29+ 04:51+ 04:01+ 01:59+ 04:49+ 02:01+		
04:57@	03:36@ 05:39@ 02:39@ 04:00@ 02:50@ 02:41@ 02:01@ 00:58& 03:07@ 01:22@		

### Beste strekktid for klassen

01:12 02:46 01:32 02:19 02:23 01:24 02:02 01:48 00:40 01:42 00:32

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

## Herrer 16 - 39 år

<b>1</b>	<b>Cato Eike</b>	<b>79</b>	<b>42:56</b>
02:56=	05:38= 06:56= 08:43= 11:43= 15:07= 17:28= 20:36= 23:09= 26:43= 28:27= 31:01= 33:43= 36:40= 38:10= 41:33= 42:32= 42:56=		
02:56=	02:42= 01:18= 01:47= 03:00= 03:24= 02:21= 03:08= 02:33= 03:34= 01:44= 02:34= 02:42= 02:57= 01:30= 03:23= 00:59= 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= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Jørgen Strømstad</b>	<b>50</b>	<b>45:25</b>
02:20-	05:08- 06:30- 07:56- 11:26- 15:42+ 18:02+ 22:18+ 26:02+ 29:33+ 31:36+ 34:13+ 36:30+ 39:25+ 40:50+ 44:08+ 44:54+ 45:25+		
02:20-	02:48+ 01:22+ 01:26- 03:30+ 04:16+ 02:20- 04:16+ 03:44+ 03:31- 02:03+ 02:37+ 02:17- 02:55- 01:25- 03:18- 00:46- 00:31+		
00:36-	00:06+ 00:04+ 00:21- 00:30# 00:52& 00:01- 01:08& 01:11& 00:03- 00:19# 00:03+ 00:25- 00:02- 00:05- 00:05- 00:13- 00:07&		
<b>3</b>	<b>Vegard Karlsen</b>	<b>50</b>	<b>46:58</b>
02:17-	05:08- 06:21- 08:01- 11:02- 14:30- 18:47+ 22:45+ 26:41+ 30:35+ 32:25+ 34:39+ 37:30+ 41:23+ 42:57+ 45:35+ 46:11+ 46:58+		
02:17-	02:51+ 01:13- 01:40- 03:01+ 03:28+ 04:17+ 03:58+ 03:56+ 03:54+ 01:50+ 02:14- 02:51+ 03:53+ 01:34+ 02:38- 00:36- 00:47+		
00:39-	00:09+ 00:05- 00:07- 00:01+ 00:04+ 01:56& 00:50& 01:23& 00:20+ 00:06+ 00:20- 00:09+ 00:56& 00:04+ 00:45- 00:23- 00:23&		
<b>4</b>	<b>Morten Fenne</b>	<b>228</b>	<b>48:15</b>
02:28-	05:56+ 07:08+ 08:46+ 12:06+ 15:51+ 21:22+ 26:35+ 30:04+ 33:21+ 35:00+ 37:46+ 40:39+ 43:27+ 44:55+ 47:18+ 47:48+ 48:15+		
02:28-	03:28+ 01:12- 01:38- 03:20+ 03:45+ 05:31+ 05:13+ 03:29+ 03:17- 01:39- 02:46+ 02:53+ 02:48- 01:28- 02:23- 00:30- 00:27+		
00:28-	00:46& 00:06- 00:09- 00:20# 00:21# 03:10@ 02:05& 00:56& 00:17- 00:05- 00:12+ 00:11+ 00:09- 00:02- 01:00- 00:29- 00:03#		
<b>5</b>	<b>Håkon Eggebø</b>	<b>71</b>	<b>49:27</b>
04:18+	07:08+ 08:41+ 10:05+ 13:27+ 17:37+ 19:57+ 23:59+ 27:18+ 31:39+ 34:10+ 38:52+ 41:39+ 44:59+ 46:25+ 48:20+ 48:55+ 49:27+		
04:18+	02:50+ 01:33+ 01:24- 03:22+ 04:10+ 02:20- 04:02+ 03:19+ 04:21+ 02:31+ 04:42+ 02:47+ 03:20+ 01:26- 01:55- 00:35- 00:32+		
01:22&	00:08+ 00:15# 00:23- 00:22# 00:46# 00:01- 00:54& 00:46& 00:47# 00:47& 02:08& 00:05+ 00:23# 00:04- 01:28- 00:24- 00:08&		

Class	Navn	Klasse	Tid														
<b>6</b>	<b>Torbjørn Ims Østby</b>	<b>53</b>	<b>49:52</b>														
02:12-	05:15-	06:25-	08:18-	11:19-	15:52+	18:59+	23:19+	28:41+	32:22+	34:23+	37:09+	40:46+	43:54+	46:05+	48:45+	49:22+	49:52+
02:12-	03:03+	01:10-	01:53+	03:01+	04:33+	03:07+	04:20+	05:22+	03:41+	02:01+	02:46+	03:37+	03:08+	02:11+	02:40-	00:37-	00:30+
00:44-	00:21#	00:08-	00:06+	00:01+	01:09&	00:46&	01:12&	02:49@	00:07+	00:17#	00:12+	00:55&	00:11+	00:41&	00:43-	00:22-	00:06#
<b>7</b>	<b>Andreas Terjesen</b>	<b>213</b>	<b>50:17</b>														
02:59+	05:45+	07:18+	09:25+	12:48+	17:10+	21:03+	28:37+	31:42+	35:31+	37:20+	39:53+	42:33+	45:35+	47:08+	49:13+	49:47+	50:17+
02:59+	02:46+	01:33+	02:07+	03:23+	04:22+	03:53+	07:34+	03:05+	03:49+	01:49+	02:33-	02:40-	03:02+	01:33+	02:05-	00:34-	00:30+
00:03+	00:04+	00:15#	00:20#	00:23#	00:58&	01:32&	04:26@	00:32#	00:15+	00:05+	00:01-	00:02-	00:05+	00:03+	01:18-	00:25-	00:06#
<b>8</b>	<b>Dag Eivind Watsend</b>	<b>92</b>	<b>50:38</b>														
02:52-	06:07+	07:27+	09:13+	13:15+	18:35+	22:01+	26:33+	30:09+	34:16+	36:12+	39:10+	41:46+	44:54+	46:46+	49:19+	50:02+	50:38+
02:52-	03:15+	01:20+	01:46-	04:02+	05:20+	03:26+	04:32+	03:36+	04:07+	01:56+	02:58+	02:36-	03:08+	01:52+	02:33-	00:43-	00:36+
00:04-	00:33#	00:02+	00:01-	01:02&	01:56&	01:05&	01:24&	01:03&	00:33#	00:12#	00:24#	00:06-	00:11+	00:22#	00:50-	00:16-	00:12&
<b>9</b>	<b>Svein Kyllingstad</b>	<b>71</b>	<b>51:17</b>														
02:25-	05:29-	07:02+	08:58+	12:50+	17:07+	21:07+	25:59+	29:35+	34:03+	36:40+	39:16+	42:17+	45:04+	47:25+	49:58+	50:39+	51:17+
02:25-	03:04+	01:33+	01:56+	03:52+	04:17+	04:00+	04:52+	03:36+	04:28+	02:37+	02:36+	03:01+	02:47-	02:21+	02:33-	00:41-	00:38+
00:31-	00:22#	00:15#	00:09+	00:52&	00:53&	01:39&	01:44&	01:03&	00:54&	00:53&	00:02+	00:19#	00:10-	00:51&	00:50-	00:18-	00:14&
<b>10</b>	<b>Martin Alexander Hanssen</b>	<b>98</b>	<b>51:45</b>														
02:34-	05:35-	07:05+	09:12+	12:49+	16:50+	21:46+	25:29+	29:03+	33:05+	35:02+	37:54+	41:51+	45:03+	47:01+	50:42+	51:08+	51:45+
02:34-	03:01+	01:30+	02:07+	03:37+	04:01+	04:56+	03:43+	03:34+	04:02+	01:57+	02:52+	03:57+	03:12+	01:58+	03:41+	00:26-	00:37+
00:22-	00:19#	00:12#	00:20#	00:37#	00:37#	02:35@	00:35#	01:01&	00:28#	00:13#	00:18#	01:15&	00:15+	00:28&	00:18+	00:33-	00:13&
<b>11</b>	<b>Rune Svihus</b>	<b>62</b>	<b>52:26</b>														
02:30-	05:44+	07:30+	09:28+	12:39+	15:58+	19:54+	29:06+	32:07+	35:25+	37:55+	40:32+	44:27+	47:41+	49:09+	51:17+	51:55+	52:26+
02:30-	03:14+	01:46+	01:58+	03:11+	03:19-	03:56+	09:12+	03:01+	03:18-	02:30+	02:37+	03:55+	03:14+	01:28-	02:08-	00:38-	00:31+
00:26-	00:32#	00:28&	00:11#	00:05-	01:35&	06:04@	00:28#	00:16-	00:46&	00:03+	01:13&	00:17+	00:02-	01:15-	00:21-	00:07&	
<b>12</b>	<b>Trond Evensen</b>	<b>116</b>	<b>53:00</b>														
02:49-	05:34-	06:52-	08:42-	12:45+	17:11+	22:48+	31:26+	34:29+	38:07+	39:58+	42:14+	45:01+	47:52+	49:38+	51:52+	52:28+	53:00+
02:49-	02:45+	01:18-	01:50+	04:03+	04:26+	05:37+	08:38+	03:03+	03:38+	01:51+	02:16-	02:47+	02:51-	01:46+	02:14-	00:36-	00:32+
00:07-	00:03+	00:00-	00:03+	01:03&	01:02&	03:16@	05:30@	00:30#	00:04+	00:07+	00:18-	00:05+	00:06-	00:16#	01:09-	00:23-	00:08&
<b>13</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>	<b>53:48</b>														
02:47-	05:38-	06:59+	09:31+	12:41+	16:40+	26:14+	29:35+	33:07+	37:03+	39:20+	41:35+	45:12+	47:45+	49:37+	52:35+	53:13+	53:48+
02:47-	02:51+	01:21+	02:32+	03:10+	03:59+	09:34+	03:21+	03:32+	03:56+	02:17+	02:15-	03:37+	02:33-	01:52+	02:58-	00:38-	00:35+
00:09-	00:09+	00:03+	00:45&	00:10+	00:35#	07:13@	00:13+	00:59&	00:22#	00:33&	00:19-	00:55&	00:24-	00:22#	00:25-	00:21-	00:11&
<b>14</b>	<b>Sam McCloy</b>	<b>271</b>	<b>55:05</b>														
02:36-	05:08-	06:34-	09:09+	12:02+	15:22+	23:22+	27:22+	30:43+	33:59+	35:58+	43:14+	46:34+	49:53+	51:36+	53:30+	54:36+	55:05+
02:36-	02:32-	01:26+	02:35+	02:53-	03:20-	08:00+	04:00+	03:21+	03:16-	01:59+	07:16+	03:20+	03:19+	01:43+	01:54-	01:06+	00:29+
00:20-	00:10-	00:08#	00:48&	00:07-	00:04-	05:39@	00:52&	00:48&	00:18-	00:15#	04:42@	00:38#	00:22#	00:13#	01:29-	00:07#	00:05#
<b>15</b>	<b>Andreas Florian Ente</b>	<b>66</b>	<b>55:34</b>														
04:41+	08:04+	09:37+	11:38+	15:00+	19:01+	22:30+	26:33+	30:09+	35:12+	37:29+	41:36+	45:17+	48:49+	50:46+	53:41+	54:26+	55:34+
04:41+	03:23+	01:33+	02:01+	03:22+	04:01+	03:29+	04:03+	03:36+	05:03+	02:17+	04:07+	03:41+	03:32+	01:57+	02:55-	00:45-	01:08+
01:45&	00:41&	00:15#	00:14#	00:22#	00:37#	01:08&	00:55&	01:03&	01:29&	00:33&	01:33&	00:59&	00:35#	00:27&	00:28-	00:14-	00:44@
<b>16</b>	<b>Jonas Lye Scheie</b>	<b>62</b>	<b>56:20</b>														
04:00+	06:53+	08:26+	10:35+	14:09+	18:59+	23:37+	33:06+	36:01+	39:28+	42:03+	44:39+	48:28+	51:42+	53:05+	55:12+	55:52+	56:20+
04:00+	02:53+	01:33+	02:09+	03:34+	04:50+	04:38+	09:29+	02:55+	03:27-	02:35+	02:36+	03:49+	03:14+	01:23-	02:07-	00:40-	00:28+
01:04&	00:11+	00:15#	00:22#	00:34#	01:26&	02:17&	06:21@	00:22#	00:07-	00:51&	00:02+	01:07&	00:17+	00:07-	01:16-	00:19-	00:04#
<b>17</b>	<b>Rune Dahl Fitjar</b>	<b>90</b>	<b>57:20</b>														
03:11+	07:00+	08:48+	10:30+	15:10+	20:38+	23:41+	29:04+	33:23+	38:30+	41:21+	44:31+	47:35+	50:56+	53:00+	56:01+	56:37+	57:20+
03:11+	03:49+	01:48+	01:42-	04:40+	05:28+	03:03+	05:23+	04:19+	05:07+	02:51+	03:10+	03:04+	03:21+	02:04+	03:01-	00:36-	00:43+
00:15+	01:07&	00:30&	00:05-	01:40&	02:04&	00:42&	02:15&	01:46&	01:33&	01:07&	00:36#	00:22#	00:24#	00:34&	00:22-	00:23-	00:19&
<b>18</b>	<b>Kjetil Hollund</b>	<b>108</b>	<b>59:25</b>														
02:29-	06:03+	07:36+	11:55+	15:56+	21:02+	24:58+	30:39+	34:25+	39:16+	41:31+	44:58+	48:59+	53:11+	55:20+	58:06+	58:50+	59:25+
02:29-	03:34+	01:33+	04:19+	04:01+	05:06+	03:56+	05:41+	03:46+	04:15+	02:15+	03:27+	04:01+	04:12+	02:09+	02:46-	00:44-	00:35+
00:27-	00:52&	00:15#	02:32@	01:01&	01:42&	01:35&	02:33&	01:13&	01:17&	00:31&	00:53&	01:19&	01:15&	00:39&	00:37-	00:15-	00:11&
<b>19</b>	<b>Finn Eivind Slungård</b>	<b>93</b>	<b>59:39</b>														
02:28-	05:41+	06:59+	08:48+	11:47+	16:06+	21:32+	25:34+	30:21+	35:12+	38:05+	40:51+	45:02+	51:42+	54:23+	57:59+	59:02+	59:39+
02:28-	03:13+	01:18+	01:49+	02:59-	04:19+	05:26+	04:02+	04:47+	04:51+	02:53+	02:46+	04:11+	06:40+	02:41+	03:36+	01:03+	00:37+
00:28-	00:31#	00:00-	00:02+	00:01-	00:55&	03:05@	00:54&	02:14&	01:17&	01:09&	00:12+	01:29&	03:43@	01:11&	00:13+	00:04+	00:13&
<b>20</b>	<b>Simen Auli Staff</b>	<b>115</b>	<b>59:59</b>														
03:10+	06:13+	07:53+	10:22+	14:08+	19:44+	26:28+	32:10+	37:01+	41:14+	43:39+	46:20+	48:53+	53:04+	55:05+	58:23+	59:19+	59:59+
03:10+	03:03+	01:40+	02:29+	03:46+	05:36+	06:44+	05:42+	04:51+	04:13+	02:25+	02:41+	02:33-	04:11+	02:01+	03:18-	00:56-	00:40+
00:14+	00:21#	00:22&	00:42&	00:46&	02:12&	04:23@	02:34&	02:18&	00:39#	00:41&	00:07+	00:09-	01:14&	00:31&	00:05-	00:03-	00:16&



Class	Navn	Klasse										Tid					
<b>21</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>1:03:37</b>					
03:22+	06:32+	07:55+	09:53+	13:11+	17:55+	27:54+	36:04+	40:30+	44:53+	46:52+	50:21+	53:24+	57:49+	59:28+	62:10+	62:55+	63:37+
03:22+	03:10+	01:23+	01:58+	03:18+	04:44+	09:59+	08:10+	04:26+	04:23+	01:59+	03:29+	03:03+	04:25+	01:39+	02:42-	00:45-	00:42+
00:26#	00:28#	00:05+	00:11#	00:18#	01:20&	07:38@	05:02@	01:53&	00:49#	00:15#	00:55&	00:21#	01:28&	00:09#	00:41-	00:14-	00:18&
<b>22</b>	<b>Rune Hatle</b>	<b>65</b>										<b>1:04:16</b>					
03:03+	06:39+	08:12+	10:34+	16:08+	21:15+	24:05+	32:18+	37:31+	43:22+	45:47+	49:05+	53:57+	56:53+	60:02+	62:45+	63:31+	64:16+
03:03+	03:36+	01:33+	02:22+	05:34+	05:07+	02:50+	08:13+	05:13+	05:51+	02:25+	03:18+	04:52+	02:56-	03:09+	02:43-	00:46-	00:45+
00:07+	00:54&	00:15#	00:35&	02:34&	01:43&	00:29#	05:05@	02:40@	02:17&	00:41&	00:44&	02:10&	00:01-	01:39@	00:40-	00:13-	00:21&
<b>23</b>	<b>Rolf André Svellingen</b>	<b>268</b>										<b>1:05:30</b>					
03:14+	07:33+	09:27+	11:27+	15:23+	20:01+	28:43+	34:49+	38:23+	43:39+	45:52+	49:01+	53:48+	58:43+	60:49+	64:00+	64:49+	65:30+
03:14+	04:19+	01:54+	02:00+	03:56+	04:38+	08:42+	06:06+	03:34+	05:16+	02:13+	03:09+	04:47+	04:55+	02:06+	03:11-	00:49-	00:41+
00:18#	01:37&	00:36&	00:13#	00:56&	01:14&	06:21@	02:58&	01:01&	01:42&	00:29&	00:35#	02:05&	01:58&	00:36&	00:12-	00:10-	00:17&
<b>24</b>	<b>Sindre Øvrum Haaland</b>	<b>92</b>										<b>1:05:35</b>					
04:37+	07:46+	09:15+	11:59+	16:56+	21:39+	30:08+	36:54+	40:28+	44:08+	46:21+	49:10+	52:47+	56:36+	58:56+	64:13+	64:58+	65:35+
04:37+	03:09+	01:29+	02:44+	04:57+	04:43+	08:29+	06:46+	03:34+	03:40+	02:13+	02:49+	03:37+	03:49+	02:20+	05:17+	00:45-	00:37+
01:41&	00:27#	00:11#	00:57&	01:57&	01:19&	06:08@	03:38@	01:01&	00:06+	00:29&	00:15+	00:55&	00:52&	00:50&	01:54&	00:14-	00:13&
<b>25</b>	<b>Per-Olof Wallerstedt</b>	<b>136</b>										<b>1:06:05</b>					
03:11+	06:44+	08:30+	10:31+	14:23+	19:32+	28:44+	35:19+	39:02+	44:20+	48:24+	51:37+	55:29+	59:34+	61:26+	64:28+	65:24+	66:05+
03:11+	03:33+	01:46+	02:01+	03:52+	05:09+	09:12+	06:35+	03:43+	05:18+	04:04+	03:13+	03:52+	04:05+	01:52+	03:02-	00:56-	00:41+
00:15+	00:51&	00:28&	00:14#	00:52&	01:45&	06:51@	03:27@	01:10&	01:44&	02:20@	00:39&	01:10&	01:08&	00:22#	00:21-	00:03-	00:17&
<b>26</b>	<b>Anders Noraberg</b>	<b>269</b>										<b>1:06:41</b>					
03:01+	07:01+	08:28+	10:48+	14:10+	19:22+	29:49+	35:21+	39:39+	43:27+	46:09+	48:57+	53:17+	57:17+	59:56+	64:17+	66:09+	66:41+
03:01+	04:00+	01:27+	02:20+	03:22+	05:12+	10:27+	05:32+	04:18+	03:48+	02:42+	02:48+	04:20+	04:00+	02:39+	04:21+	01:52+	00:32+
00:05+	01:18&	00:09#	00:33&	00:22#	01:48&	08:06@	02:24&	01:45&	00:14+	00:58&	00:14+	01:38&	01:03&	01:09&	00:58&	00:53&	00:08&
<b>27</b>	<b>Ole-Tobias Frich</b>	<b>116</b>										<b>1:12:07</b>					
03:19+	06:24+	08:27+	10:26+	14:39+	19:42+	25:03+	31:06+	35:16+	40:15+	43:36+	46:43+	60:27+	64:06+	66:28+	69:45+	71:16+	72:07+
03:19+	03:05+	02:03+	01:59+	04:13+	05:03+	05:21+	06:03+	04:10+	04:59+	03:21+	03:07+	13:44+	03:39+	02:22+	03:17-	01:31+	00:51+
00:23#	00:23#	00:45&	00:12#	01:13&	01:39&	03:00@	02:55&	01:37&	01:25&	01:37&	00:33#	11:02@	00:42#	00:52&	00:06-	00:32&	00:27@
<b>28</b>	<b>Andreas Jørgensen</b>	<b>19</b>										<b>1:15:40</b>					
03:41+	06:28+	08:42+	18:32+	21:47+	32:55+	37:43+	43:38+	47:48+	52:39+	54:58+	61:41+	64:49+	68:31+	70:32+	73:47+	74:50+	75:40+
03:41+	02:47+	02:14+	09:50+	03:15+	11:08+	04:48+	05:55+	04:10+	04:51+	02:19+	06:43+	03:08+	03:42+	02:01+	03:15-	01:03+	00:50+
00:45&	00:05+	00:56&	08:03@	00:15+	07:44@	02:27@	02:47&	01:37&	01:17&	00:35&	04:09@	00:26#	00:45&	00:31&	00:08-	00:04+	00:26@
<b>29</b>	<b>Marius Hegelstad</b>	<b>134</b>										<b>1:16:42</b>					
09:18+	12:14+	13:45+	26:14+	30:06+	33:42+	36:51+	45:00+	51:04+	55:04+	57:24+	60:17+	63:23+	66:48+	69:19+	75:22+	76:13+	76:42+
09:18+	02:56+	01:31+	12:29+	03:52+	03:36+	03:09+	08:09+	06:04+	04:00+	02:20+	02:53+	03:06+	03:25+	02:31+	06:03+	00:51-	00:29+
06:22@	00:14+	00:13#	10:42@	00:52&	00:12+	00:48&	05:01@	03:31@	00:26#	00:36&	00:19#	00:24#	00:28#	01:01&	02:40&	00:08-	00:05#
<b>30</b>	<b>Alexander Khorunzhiy</b>	<b>136</b>										<b>1:17:34</b>					
03:23+	06:36+	08:23+	10:13+	14:35+	19:32+	23:33+	29:37+	34:48+	44:21+	46:15+	55:07+	60:18+	66:38+	69:11+	76:10+	76:44+	77:34+
03:23+	03:13+	01:47+	01:50+	04:22+	04:57+	04:01+	06:04+	05:11+	09:33+	01:54+	08:52+	05:11+	06:20+	02:33+	06:59+	00:34-	00:50+
00:27#	00:31#	00:29&	00:03+	01:22&	01:33&	01:40&	02:56&	02:38@	05:59@	00:10+	06:18@	02:29&	03:23@	01:03&	03:36@	00:25-	00:26@
<b>31</b>	<b>Bernt Olav Øvstebø</b>	<b>108</b>										<b>1:24:28</b>					
11:03+	15:23+	16:58+	20:34+	24:17+	28:40+	36:32+	43:39+	48:26+	53:15+	55:50+	59:18+	67:07+	73:15+	78:10+	81:21+	83:41+	84:28+
11:03+	04:20+	01:35+	03:36+	03:43+	04:23+	07:52+	07:07+	04:47+	04:49+	02:35+	03:28+	07:49+	06:08+	04:55+	03:11-	02:20+	00:47+
08:07@	01:38&	00:17#	01:49@	00:43#	00:59&	05:31@	03:59@	02:14&	01:15&	00:51&	00:54&	05:07@	03:11@	03:25@	00:12-	01:21@	00:23&
<b>32</b>	<b>Richard Galle</b>	<b>66</b>										<b>1:26:11</b>					
03:03+	08:37+	10:15+	12:45+	16:53+	21:01+	26:08+	38:08+	43:04+	48:24+	51:15+	54:51+	63:42+	70:36+	80:29+	84:45+	85:34+	86:11+
03:03+	05:34+	01:38+	02:30+	04:08+	04:08+	05:07+	12:00+	04:56+	05:20+	02:51+	03:36+	08:51+	06:54+	09:53+	04:16+	00:49-	00:37+
00:07+	02:52@	00:20&	00:43&	01:08&	00:44#	02:46@	08:52@	02:23&	01:46&	01:07&	01:02&	06:09@	03:57@	08:23@	00:53&	00:10-	00:13&
<b>Beste strekktid for klassen</b>																	
02:12	02:32	01:10	01:24	02:53	03:19	02:20	03:08	02:33	03:16	01:39	02:14	02:17	02:33	01:23	01:54	00:26	00:24

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

## Herrer 40 - 49 år

<b>1</b>	<b>Bård Skogsholm</b>	<b>40</b>										<b>32:27</b>				
02:09=	03:37=	04:18=	05:45=	07:54=	10:04=	11:41=	14:34=	16:25=	19:00=	20:59=	23:45=	25:52=	29:10=	30:18=	31:54=	32:27=
02:09=	01:28=	00:41=	01:27=	02:09=	02:10=	01:37=	02:53=	01:51=	02:35=	01:59=	02:46=	02:07=	03:18=	01:08=	01:36=	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=	00:00=	00:00=

Class	Navn	Klasse	Tid													
<b>2</b>	<b>Trondr Breiland</b>	<b>53</b>	<b>34:32</b>													
02:17+	03:54+	05:25+	06:23+	08:30+	10:23+	12:05+	15:41+	17:24+	20:00+	22:13+	25:10+	27:55+	30:39+	31:53+	33:55+	34:32+
02:17+	01:37+	01:31+	00:58-	02:07-	01:53-	01:42+	03:36+	01:43-	02:36+	02:13+	02:57+	02:45+	02:44-	01:14+	02:02+	00:37+
00:08+	00:09#	00:50@	00:29-	00:02-	00:17-	00:05+	00:43#	00:08-	00:01+	00:14#	00:11+	00:38&	00:34-	00:06+	00:26&	00:04#
<b>3</b>	<b>Oddmund Nordgård</b>	<b>105</b>	<b>35:35</b>													
02:23+	03:46+	04:36+	05:53+	08:19+	10:33+	12:42+	16:02+	18:08+	20:33+	22:32+	26:10+	29:23+	31:53+	33:24+	35:01+	35:35+
02:23+	01:23-	00:50+	01:17-	02:26+	02:14+	02:09+	03:20+	02:06+	02:25-	01:59=	03:38+	03:13+	02:30-	01:31+	01:37+	00:34+
00:14#	00:05-	00:09#	00:10-	00:17#	00:04+	00:32&	00:27#	00:15#	00:10-	00:00=	00:52&	01:06&	00:48-	00:23&	00:01+	00:01+
<b>4</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>	<b>38:01</b>													
02:19+	03:48+	04:26+	05:36-	08:31+	10:45+	12:47+	17:23+	19:15+	21:52+	23:48+	26:30+	30:01+	33:58+	35:41+	37:21+	38:01+
02:19+	01:29+	00:38-	01:10-	02:55+	02:14+	02:02+	04:36+	01:52+	02:37+	01:56-	02:42-	03:31+	03:57+	01:43+	01:40+	00:40+
00:10+	00:01+	00:03-	00:17-	00:46&	00:04+	00:25&	01:43&	00:01+	00:02+	00:03-	00:04-	01:24&	00:39#	00:35&	00:04+	00:07#
<b>5</b>	<b>Arne Hetlelid</b>	<b>98</b>	<b>38:19</b>													
02:10+	03:44+	04:36+	06:17+	08:18+	10:34+	12:25+	15:39+	17:52+	20:49+	23:00+	25:50+	30:12+	33:33+	35:42+	37:41+	38:19+
02:10+	01:34+	00:52+	01:41+	02:01-	02:16+	01:51+	03:14+	02:13+	02:57+	02:11+	02:50+	04:22+	03:21+	02:09+	01:59+	00:38+
00:01+	00:06+	00:11&	00:14#	00:08-	00:06+	00:14#	00:21#	00:22#	00:22#	00:12#	00:04+	02:15@	00:03+	01:01&	00:23#	00:05#
<b>6</b>	<b>Jakob Ravnås</b>	<b>200</b>	<b>38:51</b>													
02:27+	04:04+	05:03+	06:26+	08:57+	11:18+	13:17+	16:47+	19:10+	22:19+	25:04+	28:15+	30:49+	34:09+	36:24+	38:04+	38:51+
02:27+	01:37+	00:59+	01:23-	02:31+	02:21+	01:59+	03:30+	02:23+	03:09+	02:45+	03:11+	02:34+	03:20+	02:15+	01:40+	00:47+
00:18#	00:09#	00:18&	00:04-	00:22#	00:11+	00:22#	00:37#	00:32&	00:34#	00:46&	00:25#	00:27#	00:02+	01:07&	00:04+	00:14&
<b>7</b>	<b>Øystein Fuglestad</b>	<b>46</b>	<b>40:04</b>													
02:18+	04:45+	05:32+	06:52+	09:14+	11:31+	13:38+	18:29+	21:30+	24:14+	26:21+	28:57+	31:57+	36:22+	37:47+	39:27+	40:04+
02:18+	02:27+	00:47+	01:20-	02:22+	02:17+	02:07+	04:51+	03:01+	02:44+	02:07+	02:36-	03:00+	04:25+	01:25+	01:40+	00:37+
00:09+	00:59&	00:06#	00:07-	00:13#	00:07+	00:30&	01:58&	01:10&	00:09+	00:08+	00:10-	00:53&	01:07&	00:17#	00:04+	00:04#
<b>8</b>	<b>Per Ivar Hovstad</b>	<b>116</b>	<b>41:44</b>													
02:51+	06:20+	07:29+	10:13+	13:06+	15:29+	17:31+	21:08+	23:02+	25:46+	27:41+	30:41+	33:46+	37:19+	38:59+	40:51+	41:44+
02:51+	03:29+	01:09+	02:44+	02:53+	02:23+	02:02+	03:37+	01:54+	02:44+	01:55-	03:00+	03:05+	03:33+	01:40+	01:52+	00:53+
00:42&	02:01@	00:28&	01:17&	00:44&	00:13#	00:25&	00:44&	00:03+	00:09+	00:04-	00:14+	00:58&	00:15+	00:32&	00:16#	00:20&
<b>9</b>	<b>Hans Einar Thorset</b>	<b>109</b>	<b>42:07</b>													
03:06+	05:07+	06:13+	08:02+	10:21+	12:53+	14:58+	18:50+	20:41+	23:12+	25:16+	30:08+	34:08+	37:25+	39:07+	41:11+	42:07+
03:06+	02:01+	01:06+	01:49+	02:19+	02:32+	02:05+	03:52+	01:51=	02:31-	02:04+	04:52+	04:00+	03:17-	01:42+	02:04+	00:56+
00:57&	00:33&	00:25&	00:22&	00:10+	00:22#	00:28&	00:59&	00:00=	00:04-	00:05+	02:06&	01:53&	00:01-	00:34&	00:28&	00:23&
<b>10</b>	<b>Svein Oddvar Netland</b>	<b>116</b>	<b>44:15</b>													
02:12+	05:56+	06:46+	10:02+	12:01+	14:53+	17:42+	21:12+	23:26+	26:02+	28:22+	31:56+	35:14+	38:50+	41:19+	43:43+	44:15+
02:12+	03:44+	00:50+	03:16+	01:59-	02:52+	02:49+	03:30+	02:14+	02:36+	02:20+	03:34+	03:18+	03:36+	02:29+	02:24+	00:32-
00:03+	02:16@	00:09#	01:49@	00:10-	00:42&	01:12&	00:37#	00:23#	00:01+	00:21#	00:48&	01:11&	00:18+	01:21@	00:48&	00:01-
<b>11</b>	<b>Steinar Hansen</b>	<b>27</b>	<b>44:30</b>													
02:12+	03:36-	04:18=	05:37-	08:43+	10:57+	13:17+	17:37+	20:09+	23:30+	25:54+	28:46+	34:38+	40:08+	41:58+	43:51+	44:30+
02:12+	01:24-	00:42+	01:19-	03:06+	02:14+	02:20+	04:20+	02:32+	03:21+	02:24+	02:52+	05:52+	05:30+	01:50+	01:53+	00:39+
00:03+	00:04-	00:01+	00:08-	00:57&	00:04+	00:43&	01:27&	00:41&	00:46&	00:25#	00:06+	03:45@	02:12&	00:42&	00:17#	00:06#
<b>12</b>	<b>Håvard Svihus</b>	<b>267</b>	<b>44:50</b>													
02:15+	03:44+	05:18+	07:04+	14:06+	16:20+	18:58+	21:53+	24:07+	26:21+	29:42+	32:37+	37:01+	40:29+	42:03+	44:07+	44:50+
02:15+	01:29+	01:34+	01:46+	07:02+	02:14+	02:38+	02:55+	02:14+	02:14-	03:21+	02:55+	04:24+	03:28+	01:34+	02:04+	00:43+
00:06+	00:01+	00:53@	00:19#	04:53@	00:04+	01:01&	00:02+	00:23#	00:21-	01:22&	00:09+	02:17@	00:10+	00:26&	00:28&	00:10&
<b>13</b>	<b>Lars Primstad</b>	<b>62</b>	<b>45:33</b>													
02:02-	07:38+	08:31+	09:46+	13:47+	17:18+	19:00+	22:27+	24:54+	27:37+	30:01+	36:33+	39:27+	42:03+	43:30+	45:02+	45:33+
02:02-	05:36+	00:53+	01:15-	04:01+	03:31+	01:42+	03:27+	02:27+	02:43+	02:24+	06:32+	02:54+	02:36-	01:27+	01:32-	00:31-
00:07-	04:08@	00:12&	00:12-	01:52&	01:21&	00:05+	00:34#	00:36&	00:08+	00:25#	03:46@	00:47&	00:42-	00:19&	00:04-	00:02-
<b>14</b>	<b>Ådne Hausberg</b>	<b>7</b>	<b>45:52</b>													
03:42+	05:55+	06:54+	08:20+	10:53+	14:06+	17:25+	21:00+	22:53+	25:57+	28:21+	31:21+	35:12+	41:50+	43:21+	45:08+	45:52+
03:42+	02:13+	00:59+	01:26-	02:33+	03:13+	03:19+	03:35+	01:53+	03:04+	02:24+	03:00+	03:51+	06:38+	01:31+	01:47+	00:44+
01:33&	00:45&	00:18&	00:01-	00:24#	01:03&	01:42@	00:42#	00:02+	00:29#	00:25#	00:14+	01:44&	03:20@	00:23&	00:11#	00:11&
<b>15</b>	<b>Jan Kristensen</b>	<b>7</b>	<b>45:54</b>													
02:32+	04:06+	04:59+	06:57+	09:34+	12:45+	15:14+	19:25+	21:50+	25:19+	29:12+	32:43+	37:39+	41:19+	43:11+	45:14+	45:54+
02:32+	01:34+	00:53+	01:58+	02:37+	03:11+	02:29+	04:11+	02:25+	03:29+	03:53+	03:31+	04:56+	03:40+	01:52+	02:03+	00:40+
00:23#	00:06+	00:12&	00:31&	00:28#	01:01&	00:52&	01:18&	00:34&	00:54&	01:54&	00:45&	02:49@	00:22#	00:44&	00:27&	00:07#
<b>16</b>	<b>John Breiland</b>	<b>157</b>	<b>47:20</b>													
02:44+	07:02+	08:06+	09:44+	12:06+	14:38+	17:18+	22:16+	24:32+	29:54+	32:18+	35:12+	39:00+	43:14+	44:51+	46:44+	47:20+
02:44+	04:18+	01:04+	01:38+	02:22+	02:32+	02:40+	04:58+	02:16+	05:22+	02:24+	02:54+	03:48+	04:14+	01:37+	01:53+	00:36+
00:35&	02:50@	00:23&	00:11#	00:13#	00:22#	01:03&	02:05&	00:25#	02:47@	00:25#	00:08+	01:41&	00:56&	00:29&	00:17#	00:03+

Class	Navn	Klasse										Tid				
<b>17</b>	<b>Tord Peter Ursin</b>	<b>116</b>										<b>50:38</b>				
02:31+	04:39+	05:39+	07:16+	10:24+	16:31+	18:50+	24:11+	28:50+	31:47+	34:14+	37:22+	41:56+	46:38+	48:03+	49:53+	50:38+
02:31+	02:08+	01:00+	01:37+	03:08+	06:07+	02:19+	05:21+	04:39+	02:57+	02:27+	03:08+	04:34+	04:42+	01:25+	01:50+	00:45+
00:22#	00:40&	00:19&	00:10#	00:59&	03:57@	00:42&	02:28&	02:48@	00:22#	00:28#	00:22#	02:27@	01:24&	00:17#	00:14#	00:12&
<b>18</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>51:07</b>				
02:58+	06:15+	07:09+	08:57+	12:04+	15:06+	17:39+	22:35+	30:43+	34:27+	36:59+	39:51+	43:35+	46:56+	48:36+	50:24+	51:07+
02:58+	03:17+	00:54+	01:48+	03:07+	03:02+	02:33+	04:56+	08:08+	03:44+	02:32+	02:52+	03:44+	03:21+	01:40+	01:48+	00:43+
00:49&	01:49@	00:13&	00:21#	00:58&	00:52&	00:56&	02:03&	06:17@	01:09&	00:33&	00:06+	01:37&	00:03+	00:32&	00:12#	00:10&
<b>19</b>	<b>Arne Vagle</b>	<b>200</b>										<b>52:51</b>				
02:08-	04:56+	06:02+	07:37+	10:40+	15:05+	17:14+	21:23+	23:57+	30:14+	31:45+	35:37+	39:00+	42:58+	44:26+	52:10+	52:51+
02:08-	02:48+	01:06+	01:35+	03:03+	04:25+	02:09+	04:09+	02:34+	06:17+	01:31-	03:52+	03:23+	03:58+	01:28+	07:44+	00:41+
00:01-	01:20&	00:25&	00:08+	00:54&	02:15@	00:32&	01:16&	00:43&	03:42@	00:28-	01:06&	01:16&	00:40#	00:20&	06:08@	00:08#
<b>20</b>	<b>Edward Williams</b>	<b>42</b>										<b>54:21</b>				
02:28+	04:05+	04:55+	06:36+	09:41+	12:13+	14:35+	20:49+	23:25+	27:11+	29:42+	39:10+	44:01+	48:34+	50:53+	53:33+	54:21+
02:28+	01:37+	00:50+	01:41+	03:05+	02:32+	02:22+	06:14+	02:36+	03:46+	02:31+	09:28+	04:51+	04:33+	02:19+	02:40+	00:48+
00:19#	00:09#	00:09#	00:14#	00:56&	00:22#	00:45&	03:21@	00:45&	01:11&	00:32&	06:42@	02:44@	01:15&	01:11@	01:04&	00:15&
<b>21</b>	<b>Charles-Francois Farbos</b>	<b>42</b>										<b>58:29</b>				
02:57+	07:28+	08:39+	10:37+	15:18+	18:42+	21:05+	24:59+	27:46+	31:16+	34:49+	39:21+	45:47+	52:29+	55:05+	57:43+	58:29+
02:57+	04:31+	01:11+	01:58+	04:41+	03:24+	02:23+	03:54+	02:47+	03:30+	03:33+	04:32+	06:26+	06:42+	02:36+	02:38+	00:46+
00:48&	03:03@	00:30&	00:31&	02:32@	01:14&	00:46&	01:01&	00:56&	00:55&	01:34&	01:46&	04:19@	03:24@	01:28@	01:02&	00:13&
<b>22</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>1:00:10</b>				
02:27+	07:51+	10:16+	12:27+	15:56+	18:44+	21:00+	27:10+	30:26+	39:37+	45:01+	47:55+	50:53+	54:42+	56:51+	59:44+	60:10+
02:27+	05:24+	02:25+	02:11+	03:29+	02:48+	02:16+	06:10+	03:16+	09:11+	05:24+	02:54+	02:58+	03:49+	02:09+	02:53+	00:26-
00:18#	03:56@	01:44@	00:44&	01:20&	00:38&	00:39&	03:17@	01:25&	06:36@	03:25@	00:08+	00:51&	00:31#	01:01&	01:17&	00:07-
<b>23</b>	<b>Eivind Moi</b>	<b>116</b>										<b>1:00:56</b>				
02:50+	05:07+	06:23+	08:20+	11:18+	14:22+	26:09+	30:08+	34:21+	39:31+	42:18+	45:32+	48:48+	54:42+	56:37+	60:09+	60:56+
02:50+	02:17+	01:16+	01:57+	02:58+	03:04+	11:47+	03:59+	04:13+	05:10+	02:47+	03:14+	03:16+	05:54+	01:55+	03:32+	00:47+
00:41&	00:49&	00:35&	00:30&	00:49&	00:54&	10:10@	01:06&	02:22@	02:35&	00:48&	00:28#	01:09&	02:36&	00:47&	01:56@	00:14&
<b>24</b>	<b>Martin Simpson</b>	<b>167</b>										<b>1:02:30</b>				
02:36+	04:12+	05:38+	07:35+	10:22+	12:58+	22:21+	27:48+	35:59+	39:38+	42:12+	46:14+	50:58+	55:00+	56:57+	61:46+	62:30+
02:36+	01:36+	01:26+	01:57+	02:47+	02:36+	09:23+	05:27+	08:11+	03:39+	02:34+	04:02+	04:44+	04:02+	01:57+	04:49+	00:44+
00:27#	00:08+	00:45@	00:30&	00:38&	00:26#	07:46@	02:34&	06:20@	01:04&	00:35&	01:16&	02:37@	00:44#	00:49&	03:13@	00:11&
<b>25</b>	<b>Ole Morten Svendsen</b>	<b>66</b>										<b>1:15:30</b>				
02:49+	05:40+	06:29+	07:53+	11:25+	16:30+	20:39+	25:50+	28:21+	31:05+	37:14+	40:38+	62:40+	70:32+	72:19+	74:37+	75:30+
02:49+	02:51+	00:49+	01:24-	03:32+	05:05+	04:09+	05:11+	02:31+	02:44+	06:09+	03:24+	22:02+	07:52+	01:47+	02:18+	00:53+
00:40&	01:23&	00:08#	00:03-	01:23&	02:55@	02:32@	02:18&	00:40&	00:09+	04:10@	00:38#	19:55@	04:34@	00:39&	00:42&	00:20&
<b>Beste strekktid for klassen</b>																
02:02	01:23	00:38	00:58	01:59	01:53	01:37	02:53	01:43	02:14	01:31	02:36	02:07	02:30	01:08	01:32	00:26

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

## Herrer 50 - 54 år

<b>1</b>	<b>Tore Svendsen</b>	<b>27</b>										<b>34:08</b>				
02:12=	04:07=	06:08=	10:04=	12:52=	14:23=	16:13=	20:30=	25:54=	27:28=	30:25=	31:44=	32:23=	33:37=	34:08=		
02:12=	01:55=	02:01=	03:56=	02:48=	01:31=	01:50=	04:17=	05:24=	01:34=	02:57=	01:19=	00:39=	01:14=	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=		
<b>2</b>	<b>Pål Bårdsen</b>	<b>90</b>										<b>34:26</b>				
02:16+	04:16+	06:15+	11:51+	14:28+	16:15+	18:08+	22:44+	27:03+	28:19+	30:45+	31:53+	32:39+	33:47+	34:26+		
02:16+	02:00+	01:59-	05:36+	02:37-	01:47+	01:53+	04:36+	04:19-	01:16-	02:26-	01:08-	00:46+	01:08-	00:39+		
00:04+	00:05+	00:02-	01:40&	00:11-	00:16#	00:03+	00:19+	01:05-	00:18-	00:31-	00:11-	00:07#	00:06-	00:08&		
<b>3</b>	<b>Jan Sigurd Eike</b>	<b>79</b>										<b>38:40</b>				
02:08-	04:16+	06:11+	15:40+	17:34+	19:06+	20:56+	24:55+	31:23+	32:24+	34:50+	36:13+	36:56+	38:09+	38:40+		
02:08-	02:08+	01:55-	09:29+	01:54-	01:32+	01:50=	03:59-	06:28+	01:01-	02:26-	01:23+	00:43+	01:13-	00:31=		
00:04-	00:13#	00:06-	05:33@	00:54-	00:01+	00:00=	00:18-	01:04#	00:33-	00:31-	00:04+	00:04#	00:01-	00:00=		
<b>4</b>	<b>Geir Haugvaldstad</b>	<b>116</b>										<b>41:29</b>				
02:40+	04:48+	08:57+	13:32+	17:18+	19:17+	21:51+	27:45+	32:29+	33:43+	36:39+	38:30+	39:40+	40:51+	41:29+		
02:40+	02:08+	04:09+	04:35+	03:46+	01:59+	02:34+	05:54+	04:44-	01:14-	02:56-	01:51+	01:10+	01:11-	00:38+		
00:28#	00:13#	02:08@	00:39#	00:58&	00:28&	00:44&	01:37&	00:40-	00:20-	00:01-	00:32&	00:31&	00:03-	00:07#		

Class	Navn	Klasse	Tid
<b>5</b>	<b>Øistein Haaland</b>	<b>116</b>	<b>44:43</b>
02:07-	04:19+	06:39+	10:31+
02:07-	02:12+	02:20+	03:52-
00:05-	00:17#	00:19#	00:04-
			00:18-
			02:00@
			01:15&
			04:21@
			00:04-
			00:17-
			01:48&
			00:32&
			00:19&
			00:22&
			00:10&
<b>6</b>	<b>Tor Sverre Skåra</b>	<b>266</b>	<b>44:49</b>
02:30+	04:45+	07:07+	11:43+
02:30+	02:15+	02:22+	04:36+
00:18#	00:20#	00:21#	00:40#
			01:09&
			00:36&
			00:51&
			02:37&
			01:39&
			00:20-
			00:28#
			01:27@
			00:10&
			00:14#
			00:11&
<b>7</b>	<b>Anders Glenne</b>	<b>7</b>	<b>45:02</b>
02:16+	04:12+	06:18+	14:08+
02:16+	01:56+	02:06+	07:50+
00:04+	00:01+	00:05+	03:54&
			00:17#
			00:04+
			01:35&
			00:32#
			01:30&
			00:18#
			01:11&
			00:21&
			00:49@
			00:05+
			00:08&
<b>8</b>	<b>Frank Hansen</b>	<b>29</b>	<b>46:20</b>
02:11-	04:13+	07:20+	12:55+
02:11-	02:02+	03:07+	05:35+
00:01-	00:07+	01:06&	01:39&
			00:52&
			00:08+
			00:08+
			00:00=
			07:42@
			00:10-
			00:35#
			00:03+
			00:05#
			00:06-
			00:04#
<b>9</b>	<b>Roger Nyseth</b>	<b>92</b>	<b>47:10</b>
02:41+	05:16+	07:39+	13:17+
02:41+	02:35+	02:23+	05:38+
00:29#	00:40&	00:22#	01:42&
			00:11+
			03:19@
			01:09&
			01:14&
			00:18+
			00:33&
			01:08&
			00:38&
			00:46@
			00:17#
			00:16&
<b>10</b>	<b>Geir Rune Seldal</b>	<b>192</b>	<b>47:57</b>
02:47+	05:20+	08:20+	13:56+
02:47+	02:33+	03:00+	05:36+
00:35&	00:38&	00:59&	01:40&
			00:16+
			00:30&
			00:56&
			03:06&
			02:43&
			00:17#
			01:07&
			00:07+
			00:32&
			00:09#
			00:14&
<b>11</b>	<b>Arne Øvstebø</b>	<b>71</b>	<b>50:11</b>
02:31+	04:47+	07:00+	12:26+
02:31+	02:16+	02:13+	05:26+
00:19#	00:21#	00:12+	01:30&
			00:32#
			00:17#
			00:38&
			03:17&
			08:45@
			00:37-
			00:38-
			00:13#
			00:40@
			00:30&
			00:04#
<b>12</b>	<b>Steinar Torjusen</b>	<b>167</b>	<b>50:17</b>
02:12=	04:30+	07:01+	11:42+
02:12=	02:18+	02:31+	04:41+
00:00=	00:23#	00:30#	00:45#
			01:16&
			00:38&
			00:47&
			02:44&
			03:18&
			00:12#
			04:22@
			00:43&
			00:20&
			00:01+
			00:10&
<b>13</b>	<b>Ole J. Bakkevold</b>	<b>17</b>	<b>51:02</b>
02:49+	05:30+	09:11+	14:16+
02:49+	02:41+	03:41+	05:05+
00:37&	00:46&	01:40&	01:09&
			01:33&
			00:30&
			01:18&
			02:37&
			01:26&
			00:07+
			01:17&
			00:44&
			02:36@
			00:26&
			00:08&
<b>14</b>	<b>Magnar Møller</b>	<b>62</b>	<b>51:36</b>
02:39+	05:16+	07:45+	11:57+
02:39+	02:37+	02:29+	04:12+
00:27#	00:42&	00:28#	00:16+
			00:06+
			00:21#
			01:23&
			12:49@
			00:26-
			00:11-
			00:56&
			00:04-
			00:13&
			00:15#
			00:13&
<b>15</b>	<b>Kjell Seland</b>	<b>236</b>	<b>54:06</b>
02:40+	04:52+	07:02+	18:10+
02:40+	02:12+	02:10+	11:08+
00:28#	00:17#	00:09+	07:12@
			00:04+
			00:14#
			00:01+
			01:54&
			04:12&
			00:08-
			02:47&
			00:36&
			00:25&
			01:14&
			00:33@
<b>16</b>	<b>Harald Syse</b>	<b>93</b>	<b>54:11</b>
02:34+	05:37+	07:48+	16:48+
02:34+	03:03+	02:11+	09:00+
00:22#	01:08&	00:10+	05:04@
			01:57&
			01:13&
			00:59&
			01:49&
			04:16&
			00:09+
			01:16&
			00:01+
			00:49@
			00:40&
			00:10&
<b>17</b>	<b>Trygve Michaelsen</b>	<b>117</b>	<b>55:12</b>
02:16+	04:20+	10:12+	24:04+
02:16+	02:04+	05:52+	13:52+
00:04+	00:09+	03:51@	09:56@
			00:39#
			00:14#
			00:52&
			02:16&
			01:45&
			00:16#
			00:11+
			00:01-
			00:20&
			00:28&
			00:04#
<b>18</b>	<b>Sigbjørn Gloppen</b>	<b>144</b>	<b>56:22</b>
02:42+	05:29+	07:51+	14:06+
02:42+	02:47+	02:22+	06:15+
00:30#	00:52&	00:21#	02:19&
			02:34&
			01:15&
			01:13&
			06:55@
			00:31-
			00:46&
			04:48@
			00:18#
			00:26&
			00:17#
			00:11&
<b>19</b>	<b>Harald Taksdal</b>	<b>236</b>	<b>1:00:11</b>
02:59+	05:44+	08:22+	13:58+
02:59+	02:45+	02:38+	05:36+
00:47&	00:50&	00:37&	01:40&
			00:54&
			00:45&
			01:46&
			06:56@
			06:28@
			00:10-
			02:46&
			00:36&
			00:25&
			01:13&
			00:30&

Class	Navn	Klasse											Tid			
<b>20</b>	<b>Hans Bø</b>	<b>66</b>											<b>1:01:06</b>			
02:31+	06:30+	08:45+	20:10+	24:23+	26:18+	28:33+	39:28+	47:15+	49:38+	54:28+	56:10+	57:24+	60:24+	61:06+		
02:31+	03:59+	02:15+	11:25+	04:13+	01:55+	02:15+	10:55+	07:47+	02:23+	04:50+	01:42+	01:14+	03:00+	00:42+		
00:19#	02:04@	00:14#	07:29@	01:25&	00:24&	00:25#	06:38@	02:23&	00:49&	01:53&	00:23&	00:35&	01:46@	00:11&		
<b>Beste strekktid for klassen</b>																
02:07	01:55	01:55	03:52	01:54	01:31	01:50	03:59	04:19	00:57	02:19	01:08	00:39	01:08	00:31		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
<b>Herrer 55 - 59 år</b>																
<b>1</b>	<b>Arnfinn Rømuld</b>	<b>116</b>											<b>34:33</b>			
02:07=	04:11=	06:15=	10:26=	12:42=	14:22=	16:11=	21:16=	27:12=	28:12=	31:01=	32:17=	32:57=	33:59=	34:33=		
02:07=	02:04=	02:04=	04:11=	02:16=	01:40=	01:49=	05:05=	05:56=	01:00=	02:49=	01:16=	00:40=	01:02=	00:34=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Espen Krogh</b>	<b>7</b>											<b>34:40</b>			
01:52-	03:36-	05:31-	09:47-	12:35-	14:14-	16:08-	20:56-	26:03-	27:24-	30:55-	32:07-	32:55-	34:09+	34:40+		
01:52-	01:44-	01:55-	04:16+	02:48+	01:39-	01:54+	04:48-	05:07-	01:21+	03:31+	01:12-	00:48+	01:14+	00:31-		
00:15-	00:20-	00:09-	00:05+	00:32#	00:01-	00:05+	00:17-	00:49-	00:21&	00:42#	00:04-	00:08#	00:12#	00:03-		
<b>3</b>	<b>Morten Johannessen</b>	<b>7</b>											<b>35:23</b>			
02:13+	04:42+	06:48+	11:39+	13:58+	15:26+	17:14+	21:57+	26:39-	28:31+	31:34+	32:51+	33:29+	34:42+	35:23+		
02:13+	02:29+	02:06+	04:51+	02:19+	01:28-	01:48-	04:43-	04:42-	01:52+	03:03+	01:17+	00:38-	01:13+	00:41+		
00:06+	00:25#	00:02+	00:40#	00:03+	00:12-	00:01-	00:22-	01:14-	00:52&	00:14+	00:01+	00:02-	00:11#	00:07#		
<b>4</b>	<b>Per Ingar Hadland</b>	<b>7</b>											<b>35:26</b>			
02:38+	04:58+	07:20+	13:14+	15:39+	17:16+	19:04+	23:49+	28:13+	29:16+	31:45+	32:54+	33:36+	34:50+	35:26+		
02:38+	02:20+	02:22+	05:54+	02:25+	01:37-	01:48-	04:45-	04:24-	01:03+	02:29+	01:09-	00:42+	01:14+	00:36+		
00:31#	00:16#	00:18#	01:43&	00:09+	00:03-	00:01-	00:20-	01:32-	00:03+	00:20-	00:07-	00:02+	00:12#	00:02+		
<b>5</b>	<b>Ole Petter Haukaas</b>	<b>109</b>											<b>36:46</b>			
02:29+	04:25+	06:38+	10:49+	14:14+	16:14+	18:08+	23:28+	27:43+	29:33+	32:38+	34:09+	34:59+	36:10+	36:46+		
02:29+	01:56-	02:13+	04:11=	03:25+	02:00+	01:54+	05:20+	04:15-	01:50+	03:05+	01:31+	00:50+	01:11+	00:36+		
00:22#	00:08-	00:09+	00:00=	01:09&	00:20#	00:05+	00:15+	01:41-	00:50&	00:16+	00:15#	00:10#	00:09#	00:02+		
<b>6</b>	<b>Lars Bergersen</b>	<b>116</b>											<b>36:54</b>			
02:28+	04:47+	06:57+	11:11+	14:14+	15:53+	17:54+	22:52+	27:28+	28:42+	32:04+	34:05+	34:49+	36:16+	36:54+		
02:28+	02:19+	02:10+	04:14+	03:03+	01:39-	02:01+	04:58-	04:36-	01:14+	03:22+	02:01+	00:44+	01:27+	00:38+		
00:21#	00:15#	00:06+	00:03+	00:47&	00:01-	00:12#	00:07-	01:20-	00:14#	00:33#	00:45&	00:04#	00:25&	00:04#		
<b>7</b>	<b>Kjell Skjæveland</b>	<b>108</b>											<b>43:12</b>			
02:36+	04:41+	06:54+	11:12+	14:59+	16:56+	19:16+	27:14+	32:14+	33:32+	37:45+	39:50+	40:49+	42:34+	43:12+		
02:36+	02:05+	02:13+	04:18+	03:47+	01:57+	02:20+	07:58+	05:00-	01:18+	04:13+	02:05+	00:59+	01:45+	00:38+		
00:29#	00:01+	00:09+	00:07+	01:31&	00:17#	00:31&	02:53&	00:56-	00:18&	01:24&	00:49&	00:19&	00:43&	00:04#		
<b>8</b>	<b>Arne Magne Søndresen</b>	<b>92</b>											<b>43:19</b>			
01:59-	03:57-	06:02-	10:23-	13:31+	15:13+	17:08+	21:28+	34:48+	35:58+	39:29+	40:50+	41:32+	42:43+	43:19+		
01:59-	01:58-	02:05+	04:21+	03:08+	01:42+	01:55+	04:20-	13:20+	01:10+	03:31+	01:21+	00:42+	01:11+	00:36+		
00:08-	00:06-	00:01+	00:10+	00:52&	00:02+	00:06+	00:45-	07:24@	00:10#	00:42#	00:05+	00:02+	00:09#	00:02+		
<b>9</b>	<b>Torbjørn Dahle</b>	<b>92</b>											<b>44:16</b>			
03:25+	05:37+	08:36+	12:54+	15:59+	18:13+	21:05+	27:49+	32:35+	34:21+	39:32+	40:50+	41:45+	43:32+	44:16+		
03:25+	02:12+	02:59+	04:18+	03:05+	02:14+	02:52+	06:44+	04:46-	01:46+	05:11+	01:18+	00:55+	01:47+	00:44+		
01:18&	00:08+	00:55&	00:07+	00:49&	00:34&	01:03&	01:39&	01:10-	00:46&	02:22&	00:02+	00:15&	00:45&	00:10&		
<b>10</b>	<b>Bjørn H. Engseth</b>	<b>27</b>											<b>45:10</b>			
02:33+	04:42+	07:15+	13:49+	18:36+	20:33+	23:04+	28:25+	34:13+	35:27+	39:12+	40:55+	42:00+	44:27+	45:10+		
02:33+	02:09+	02:33+	06:34+	04:47+	01:57+	02:31+	05:21+	05:48-	01:14+	03:45+	01:43+	01:05+	02:27+	00:43+		
00:26#	00:05+	00:29#	02:23&	02:31@	00:17#	00:42&	00:16+	00:08-	00:14#	00:56&	00:27&	00:25&	01:25@	00:09&		
<b>11</b>	<b>Dag Helliksen</b>	<b>80</b>											<b>45:25</b>			
02:25+	04:39+	06:45+	11:34+	16:11+	19:46+	22:47+	28:40+	34:37+	36:30+	41:21+	42:53+	43:41+	44:51+	45:25+		
02:25+	02:14+	02:06+	04:49+	04:37+	03:35+	03:01+	05:53+	05:57+	01:53+	04:51+	01:32+	00:48+	01:10+	00:34=		
00:18#	00:10+	00:02+	00:38#	02:21@	01:55@	01:12&	00:48#	00:01+	00:53&	02:02&	00:16#	00:08#	00:08#	00:00=		
<b>12</b>	<b>Kjell R. Nordmark</b>	<b>7</b>											<b>47:35</b>			
02:20+	05:03+	08:14+	12:29+	15:03+	17:19+	20:00+	25:07+	34:45+	36:12+	42:59+	44:34+	45:22+	46:50+	47:35+		
02:20+	02:43+	03:11+	04:15+	02:34+	02:16+	02:41+	05:07+	09:38+	01:27+	06:47+	01:35+	00:48+	01:28+	00:45+		
00:13#	00:39&	01:07&	00:04+	00:18#	00:36&	00:52&	00:02+	03:42&	00:27&	03:58@	00:19#	00:08#	00:26&	00:11&		

Class	Navn	Klasse												Tid
<b>13</b>	<b>Kjell Ove Aksland</b>	<b>27</b>												<b>47:54</b>
02:27+	05:08+	11:11+	16:23+	20:38+	22:55+	25:19+	30:12+	36:15+	37:53+	42:35+	44:15+	45:18+	47:03+	47:54+
02:27+	06:52+	03:22+	04:49+	04:29+	02:35+	02:50+	04:53-	06:03+	01:38+	04:42+	01:40+	01:03+	01:45+	00:51+
00:20#	00:37&	03:59@	01:01#	01:59&	00:37&	00:35&	00:12-	00:07+	00:38&	01:53&	00:24&	00:23&	00:43&	00:17&
<b>14</b>	<b>Svein Magne Gløppen</b>	<b>93</b>												<b>48:23</b>
02:53+	09:45+	13:07+	17:56+	22:25+	25:00+	27:50+	33:53+	38:55+	40:38+	44:04+	45:29+	46:23+	47:38+	48:23+
02:53+	06:52+	03:22+	04:49+	04:29+	02:35+	02:50+	06:03+	05:02-	01:43+	03:26+	01:25+	00:54+	01:15+	00:45+
00:46&	04:48@	01:18&	00:38#	02:13&	00:55&	01:01&	00:58#	00:54-	00:43&	00:37#	00:09#	00:14&	00:13#	00:11&
<b>15</b>	<b>Olav Tunheim</b>	<b>93</b>												<b>53:12</b>
02:51+	05:33+	09:04+	15:31+	20:02+	22:34+	26:30+	32:20+	41:51+	43:52+	47:55+	49:59+	51:09+	52:31+	53:12+
02:51+	02:42+	03:31+	06:27+	04:31+	02:32+	03:56+	05:50+	09:31+	02:01+	04:03+	02:04+	01:10+	01:22+	00:41+
00:44&	00:38&	01:27&	02:16&	02:15&	00:52&	02:07@	00:45#	03:35&	01:01@	01:14&	00:48&	00:30&	00:20&	00:07#
<b>16</b>	<b>Svein Sivertsen</b>	<b>115</b>												<b>53:34</b>
02:49+	05:32+	09:09+	14:49+	17:49+	20:03+	22:34+	32:48+	36:01+	43:37+	45:15+	48:10+	50:13+	51:01+	52:49+
02:49+	02:43+	03:37+	05:40+	03:00+	02:14+	02:31+	10:14+	03:13-	07:36+	01:38-	02:55+	02:03+	00:48-	01:48+
00:42&	00:39&	01:33&	01:29&	00:44&	00:34&	00:42&	05:09@	02:43-	06:36@	01:11-	01:39@	01:23@	00:14-	01:14@
<b>17</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>												<b>54:14</b>
02:37+	05:26+	08:51+	15:11+	18:42+	23:26+	28:39+	34:26+	42:01+	44:06+	48:50+	50:49+	51:49+	53:28+	54:14+
02:37+	02:49+	03:25+	06:20+	03:31+	04:44+	05:13+	05:47+	07:35+	02:05+	04:44+	01:59+	01:00+	01:39+	00:46+
00:30#	00:45&	01:21&	02:09&	01:15&	03:04@	03:24@	00:42#	01:39&	01:05@	01:55&	00:43&	00:20&	00:37&	00:12&
<b>18</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>												<b>59:17</b>
03:00+	05:33+	10:26+	19:47+	23:21+	25:22+	28:00+	38:58+	47:49+	49:42+	53:34+	55:56+	56:56+	58:43+	59:17+
03:00+	02:33+	04:53+	09:21+	03:34+	02:01+	02:38+	10:58+	08:51+	01:53+	03:52+	02:22+	01:00+	01:47+	00:34=
00:53&	00:29#	02:49@	05:10@	01:18&	00:21#	00:49&	05:53@	02:55&	00:53&	01:03&	01:06&	00:20&	00:45&	00:00=
<b>19</b>	<b>Kjetil Heradstveit</b>	<b>12</b>												<b>1:00:18</b>
02:35+	04:52+	07:22+	16:57+	20:31+	22:41+	25:03+	31:50+	49:48+	50:54+	56:31+	57:44+	58:36+	59:43+	60:18+
02:35+	02:17+	02:30+	09:35+	03:34+	02:10+	02:22+	06:47+	17:58+	01:06+	05:37+	01:13-	00:52+	01:07+	00:35+
00:28#	00:13#	00:26#	05:24@	01:18&	00:30&	00:33&	01:42&	12:02@	00:06#	02:48&	00:03-	00:12&	00:05+	00:01+
<b>20</b>	<b>Lars Salvesen</b>	<b>50</b>												<b>1:06:45</b>
02:27+	04:52+	07:15+	22:49+	26:01+	28:44+	31:13+	41:00+	51:32+	53:07+	60:52+	62:40+	63:52+	66:02+	66:45+
02:27+	02:25+	02:23+	15:34+	03:12+	02:43+	02:29+	09:47+	10:32+	01:35+	07:45+	01:48+	01:12+	02:10+	00:43+
00:20#	00:21#	00:19#	11:23@	00:56&	01:03&	00:40&	04:42&	04:36&	00:35&	04:56@	00:32&	00:32&	01:08@	00:09&
<b>21</b>	<b>Kjell Lervik</b>	<b>239</b>												<b>1:07:44</b>
02:59+	05:50+	08:17+	23:51+	26:58+	29:41+	32:08+	42:02+	52:27+	54:05+	61:49+	63:35+	64:50+	66:58+	67:44+
02:59+	02:51+	02:27+	15:34+	03:07+	02:43+	02:27+	09:54+	10:25+	01:38+	07:44+	01:46+	01:15+	02:08+	00:46+
00:52&	00:47&	00:23#	11:23@	00:51&	01:03&	00:38&	04:49&	04:29&	00:38&	04:55@	00:30&	00:35&	01:06@	00:12&
<b>22</b>	<b>John C. Sinnes</b>	<b>93</b>												<b>1:09:58</b>
03:05+	06:05+	09:03+	14:59+	23:51+	25:51+	28:23+	42:30+	56:10+	57:43+	65:42+	66:55+	68:08+	69:19+	69:58+
03:05+	03:00+	02:58+	05:56+	08:52+	02:00+	02:32+	14:07+	13:40+	01:33+	07:59+	01:13-	01:13+	01:11+	00:39+
00:58&	00:56&	00:54&	01:45&	06:36@	00:20#	00:43&	09:02@	07:44@	00:33&	05:10@	00:03-	00:33&	00:09#	00:05#
<b>23</b>	<b>Øyvind Rudolf Lea</b>	<b>116</b>												<b>1:16:41</b>
02:34+	05:18+	07:50+	18:56+	32:00+	33:32+	42:56+	51:34+	61:41+	63:44+	71:04+	72:37+	73:41+	75:46+	76:41+
02:34+	02:44+	02:32+	11:06+	13:04+	01:32-	09:24+	08:38+	10:07+	02:03+	07:20+	01:33+	01:04+	02:05+	00:55+
00:27#	00:40&	00:28#	06:55@	10:48@	00:08-	07:35@	03:33&	04:11&	01:03@	04:31@	00:17#	00:24&	01:03@	00:21&
<b>Beste strekktid for klassen</b>														
01:52	01:44	01:55	04:11	02:16	01:28	01:48	04:20	03:13	01:00	01:38	01:09	00:38	00:48	00:31

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

## Herrer 60 - 64 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>												<b>31:32</b>
02:17=	04:43=	06:19=	08:07=	10:02=	11:48=	13:11=	18:12=	20:11=	22:16=	24:16=	27:56=	29:19=	30:55=	31:32=
02:17=	02:26=	01:36=	01:48=	01:55=	01:46=	01:23=	05:01=	01:59=	02:05=	02:00=	03:40=	01:23=	01:36=	00:37=
00:00=	00:00=	00:00=	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>Eivind L. Rake</b>	<b>92</b>												<b>39:37</b>
03:13+	06:22+	07:53+	10:08+	12:37+	14:41+	15:53+	21:30+	23:20+	26:06+	29:02+	34:59+	37:09+	38:48+	39:37+
03:13+	03:09+	01:31-	02:15+	02:29+	02:04+	01:12-	05:37+	01:50-	02:46+	02:56+	05:57+	02:10+	01:39+	00:49+
00:56&	00:43&	00:05-	00:27#	00:34&	00:18#	00:11-	00:36#	00:09-	00:41&	00:56&	02:17&	00:47&	00:03+	00:12&

Class	Navn	Klasse										Tid		
<b>3</b>	<b>Gunnar Sakseid</b>	<b>116</b>										<b>40:25</b>		
02:54+	05:45+	07:46+	09:57+	12:13+	14:20+	15:59+	20:45+	23:13+	26:11+	29:32+	35:32+	37:30+	39:33+	40:25+
02:54+	02:51+	02:01+	02:11+	02:16+	02:07+	01:39+	04:46-	02:28+	02:58+	03:21+	06:00+	01:58+	02:03+	00:52+
00:37&	00:25#	00:25&	00:23#	00:21#	00:21#	00:16#	00:15-	00:29#	00:53&	01:21&	02:20&	00:35&	00:27&	00:15&
<b>4</b>	<b>Torbjørn Evensen</b>	<b>108</b>										<b>40:52</b>		
03:38+	06:27+	08:20+	11:00+	13:45+	15:57+	17:28+	22:50+	25:22+	28:06+	31:06+	36:14+	37:51+	39:57+	40:52+
03:38+	02:49+	01:53+	02:40+	02:45+	02:12+	01:31+	05:22+	02:32+	02:44+	03:00+	05:08+	01:37+	02:06+	00:55+
01:21&	00:23#	00:17#	00:52&	00:50&	00:26#	00:08+	00:21+	00:33&	00:39&	01:00&	01:28&	00:14#	00:30&	00:18&
<b>5</b>	<b>Lars Stangeland</b>	<b>96</b>										<b>40:54</b>		
02:34+	05:05+	06:23+	08:20+	10:37+	14:43+	16:25+	21:41+	25:57+	28:19+	30:47+	35:23+	36:50+	40:10+	40:54+
02:34+	02:31+	01:18-	01:57+	02:17+	04:06+	01:42+	05:16+	04:16+	02:22+	02:28+	04:36+	01:27+	03:20+	00:44+
00:17#	00:05+	00:18-	00:09+	00:22#	02:20@	00:19#	00:15+	02:17@	00:17#	00:28#	00:56&	00:04+	01:44@	00:07#
<b>6</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>41:25</b>		
02:39+	05:31+	07:09+	09:40+	12:05+	14:34+	16:00+	22:17+	24:15+	27:20+	31:02+	35:45+	37:35+	40:31+	41:25+
02:39+	02:52+	01:38+	02:31+	02:25+	02:29+	01:26+	06:17+	01:58-	03:05+	03:42+	04:43+	01:50+	02:56+	00:54+
00:22#	00:26#	00:02+	00:43&	00:30&	00:43&	00:03+	01:16&	00:01-	01:00&	01:42&	01:03&	00:27&	01:20&	00:17&
<b>7</b>	<b>Jan Hetland</b>	<b>29</b>										<b>42:18</b>		
02:30+	05:02+	06:48+	09:13+	11:34+	13:41+	15:54+	23:40+	26:03+	28:48+	32:09+	37:41+	39:37+	41:28+	42:18+
02:30+	02:32+	01:46+	02:25+	02:21+	02:07+	02:13+	07:46+	02:23+	02:45+	03:21+	05:32+	01:56+	01:51+	00:50+
00:13+	00:06+	00:10#	00:37&	00:26#	00:21#	00:50&	02:45&	00:24#	00:40&	01:21&	01:52&	00:33&	00:15#	00:13&
<b>8</b>	<b>Svein Berge</b>	<b>126</b>										<b>42:34</b>		
03:27+	06:16+	08:29+	10:38+	12:58+	15:32+	16:51+	21:51+	24:44+	27:46+	31:54+	37:39+	39:32+	41:47+	42:34+
03:27+	02:49+	02:13+	02:09+	02:20+	02:34+	01:19-	05:00-	02:53+	03:02+	04:08+	05:45+	01:53+	02:15+	00:47+
01:10&	00:23#	00:37&	00:21#	00:25#	00:48&	00:04-	00:01-	00:54&	00:57&	02:08@	02:05&	00:30&	00:39&	00:10&
<b>9</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>43:04</b>		
03:04+	06:16+	08:09+	10:37+	13:07+	16:31+	18:06+	23:44+	27:21+	30:11+	33:09+	38:52+	40:28+	42:19+	43:04+
03:04+	03:12+	01:53+	02:28+	02:30+	03:24+	01:35+	05:38+	03:37+	02:50+	02:58+	05:43+	01:36+	01:51+	00:45+
00:47&	00:46&	00:17#	00:40&	00:35&	01:38&	00:12#	00:37#	01:38&	00:45&	00:58&	02:03&	00:13#	00:15#	00:08#
<b>10</b>	<b>Hans Erik Terjesen</b>	<b>116</b>										<b>44:30</b>		
02:46+	05:33+	08:03+	10:07+	14:52+	17:02+	18:38+	23:37+	25:57+	29:45+	32:24+	37:33+	39:47+	43:43+	44:30+
02:46+	02:47+	02:30+	02:04+	04:45+	02:10+	01:36+	04:59-	02:20+	03:48+	02:39+	05:09+	02:14+	03:56+	00:47+
00:29#	00:21#	00:54&	00:16#	02:50@	00:24#	00:13#	00:02-	00:21#	01:43&	00:39&	01:29&	00:51&	02:20@	00:10&
<b>11</b>	<b>Tom Hetland</b>	<b>5</b>										<b>45:40</b>		
03:01+	06:33+	08:45+	10:53+	13:19+	15:30+	17:26+	22:33+	25:12+	28:07+	31:54+	37:50+	43:18+	44:52+	45:40+
03:01+	03:32+	02:12+	02:08+	02:26+	02:11+	01:56+	05:07+	02:39+	02:55+	03:47+	05:56+	05:28+	01:34-	00:48+
00:44&	01:06&	00:36&	00:20#	00:31&	00:25#	00:33&	00:06+	00:40&	00:50&	01:47&	02:16&	04:05@	00:02-	00:11&
<b>12</b>	<b>Arne M. Handeland</b>	<b>92</b>										<b>45:55</b>		
03:01+	05:58+	08:11+	11:01+	13:40+	15:43+	18:42+	25:57+	28:50+	31:57+	36:38+	41:45+	43:29+	45:08+	45:55+
03:01+	02:57+	02:13+	02:50+	02:39+	02:03+	02:59+	07:15+	02:53+	03:07+	04:41+	05:07+	01:44+	01:39+	00:47+
00:44&	00:31#	00:37&	01:02&	00:44&	00:17#	01:36@	02:14&	00:54&	01:02&	02:41@	01:27&	00:21&	00:03+	00:10&
<b>13</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>46:25</b>		
03:04+	06:22+	11:40+	14:16+	17:00+	19:16+	21:28+	27:45+	30:03+	32:47+	36:17+	41:46+	43:42+	45:26+	46:25+
03:04+	03:18+	05:18+	02:36+	02:44+	02:16+	02:12+	06:17+	02:18+	02:44+	03:30+	05:29+	01:56+	01:44+	00:59+
00:47&	00:52&	03:42@	00:48&	00:49&	00:30&	00:49&	01:16&	00:19#	00:39&	01:30&	01:49&	00:33&	00:08+	00:22&
<b>14</b>	<b>Terje Langeland</b>	<b>98</b>										<b>47:36</b>		
03:45+	06:47+	08:58+	11:25+	14:23+	17:09+	18:55+	25:00+	27:57+	31:10+	34:48+	41:14+	43:29+	46:39+	47:36+
03:45+	03:02+	02:11+	02:27+	02:58+	02:46+	01:46+	06:05+	02:57+	03:13+	03:38+	06:26+	02:15+	03:10+	00:57+
01:28&	00:36#	00:35&	00:39&	01:03&	01:00&	00:23&	01:04#	00:58&	01:08&	01:38&	02:46&	00:52&	01:34&	00:20&
<b>15</b>	<b>Svein Ims</b>	<b>65</b>										<b>48:57</b>		
03:14+	06:18+	08:34+	12:13+	15:17+	17:48+	20:46+	29:03+	31:23+	34:55+	38:22+	43:24+	45:07+	48:02+	48:57+
03:14+	03:04+	02:16+	03:39+	03:04+	02:31+	02:58+	08:17+	03:22+	03:32+	03:27+	05:02+	01:43+	02:55+	00:55+
00:57&	00:38&	00:40&	01:51@	01:09&	00:45&	01:35@	03:16&	00:21#	01:27&	01:27&	01:22&	00:20#	01:19&	00:18&
<b>16</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>50:06</b>		
03:34+	07:56+	11:29+	14:10+	16:52+	19:40+	21:14+	27:30+	29:31+	32:12+	34:56+	42:14+	45:15+	48:46+	50:06+
03:34+	04:22+	03:33+	02:41+	02:42+	02:48+	01:34+	06:16+	02:01+	02:41+	02:44+	07:18+	03:01+	03:31+	01:20+
01:17&	01:56&	01:57@	00:53&	00:47&	01:02&	00:11#	01:15#	00:02+	00:36&	00:44&	03:38&	01:38@	01:55@	00:43@
<b>17</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>51:00</b>		
02:50+	06:04+	08:14+	11:34+	14:07+	16:23+	18:48+	24:57+	27:50+	31:19+	35:04+	42:51+	46:00+	50:07+	51:00+
02:50+	03:14+	02:10+	03:20+	02:33+	02:16+	02:25+	06:09+	02:53+	03:29+	03:45+	07:47+	03:09+	04:07+	00:53+
00:33#	00:48&	00:34&	01:32&	00:38&	00:30&	01:02&	01:08#	00:54&	01:24&	01:45&	04:07@	01:46@	02:31@	00:16&

Class	Navn	Klasse												Tid
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<b>18</b>	<b>Bjørn Bjelland</b>	<b>83</b>												<b>52:29</b>
03:51+	07:30+	09:43+	13:32+	16:54+	19:17+	23:46+	32:26+	36:13+	39:25+	42:18+	48:14+	49:46+	51:35+	52:29+
03:51+	03:39+	02:13+	03:49+	03:22+	02:23+	04:29+	08:40+	03:47+	03:12+	02:53+	05:56+	01:32+	01:49+	00:54+
01:34&	01:13&	00:37&	02:01@	01:27&	00:37&	03:06@	03:39&	01:48&	01:07&	00:53&	02:16&	00:09#	00:13#	00:17&
<b>19</b>	<b>Jan Arendal</b>	<b>116</b>												<b>52:57</b>
03:37+	07:12+	09:23+	12:51+	15:50+	18:53+	20:47+	28:11+	30:54+	34:50+	38:03+	45:05+	47:05+	51:33+	52:57+
03:37+	03:35+	02:11+	03:28+	02:59+	03:03+	01:54+	07:24+	02:43+	03:56+	03:13+	07:02+	02:00+	04:28+	01:24+
01:20&	01:09&	00:35&	01:40&	01:04&	01:17&	00:31&	02:23&	00:44&	01:51&	01:13&	03:22&	00:37&	02:52@	00:47@
<b>20</b>	<b>Lars Tore Kvasshheim</b>	<b>7</b>												<b>53:22</b>
03:14+	08:52+	11:29+	14:48+	17:32+	20:07+	22:00+	27:46+	30:23+	33:27+	37:51+	46:10+	48:26+	52:06+	53:22+
03:14+	05:38+	02:37+	03:19+	02:44+	02:35+	01:53+	05:46+	02:37+	03:04+	04:24+	08:19+	02:16+	03:40+	01:16+
00:57&	03:12@	01:01&	01:31&	00:49&	00:49&	00:30&	00:45#	00:38&	00:59&	02:24@	04:39@	00:53&	02:04@	00:39@
<b>21</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>												<b>58:32</b>
04:19+	07:52+	10:35+	14:19+	17:22+	20:43+	23:06+	29:49+	32:30+	36:12+	40:13+	47:15+	49:54+	57:15+	58:32+
04:19+	03:33+	02:43+	03:44+	03:03+	03:21+	02:23+	06:43+	02:41+	03:42+	04:01+	07:02+	02:39+	07:21+	01:17+
02:02&	01:07&	01:07&	01:56@	01:08&	01:35&	01:00&	01:42&	00:42&	01:37&	02:01@	03:22&	01:16&	05:45@	00:40@
<b>22</b>	<b>Rolf Kleppe</b>	<b>63</b>												<b>58:59</b>
03:55+	08:38+	11:28+	14:20+	17:35+	21:35+	23:54+	31:53+	34:58+	38:32+	42:07+	50:58+	54:06+	57:54+	58:59+
03:55+	04:43+	02:50+	02:52+	03:15+	04:00+	02:19+	07:59+	03:05+	03:34+	03:35+	08:51+	03:08+	03:48+	01:05+
01:38&	02:17&	01:14&	01:04&	01:20&	02:14@	00:56&	02:58&	01:06&	01:29&	01:35&	05:11@	01:45@	02:12@	00:28&
<b>23</b>	<b>Olav Aartun</b>	<b>262</b>												<b>1:01:30</b>
03:48+	07:20+	09:53+	12:59+	15:57+	19:12+	21:30+	36:28+	38:55+	42:24+	46:48+	52:09+	57:45+	60:31+	61:30+
03:48+	03:32+	02:33+	03:06+	02:58+	03:15+	02:18+	14:58+	02:27+	03:29+	04:24+	05:21+	05:36+	02:46+	00:59+
01:31&	01:06&	00:57&	01:18&	01:03&	01:29&	00:55&	09:57@	00:28#	01:24&	02:24@	01:41&	04:13@	01:10&	00:22&
<b>24</b>	<b>Agnar Lien</b>	<b>7</b>												<b>1:08:47</b>
03:12+	06:29+	08:30+	11:01+	13:45+	17:02+	18:26+	26:13+	28:47+	31:45+	44:18+	62:35+	65:44+	67:39+	68:47+
03:12+	03:17+	02:01+	02:31+	02:44+	03:17+	01:24+	07:47+	02:34+	02:58+	12:33+	18:17+	03:09+	01:55+	01:08+
00:55&	00:51&	00:25&	00:43&	00:49&	01:31&	00:01+	02:46&	00:35&	00:53&	10:33@	14:37@	01:46@	00:19#	00:31&
<b>25</b>	<b>Egil Røyneberg</b>	<b>93</b>												<b>1:15:40</b>
04:57+	08:59+	12:47+	16:45+	20:35+	25:19+	28:04+	43:44+	48:12+	53:25+	58:24+	67:14+	70:21+	74:05+	75:40+
04:57+	04:02+	03:48+	03:58+	03:50+	04:44+	02:45+	15:40+	04:28+	05:13+	04:59+	08:50+	03:07+	03:44+	01:35+
02:40@	01:36&	02:12@	02:10@	01:55&	02:58@	01:22&	10:39@	02:29@	03:08@	02:59@	05:10@	01:44@	02:08@	00:58@

**Beste strekktid for klassen**  
 02:17 02:26 01:18 01:48 01:55 01:46 01:12 04:46 01:50 02:05 02:00 03:40 01:23 01:34 00:37

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

## Herrer 65 - 69 år

<b>1</b>	<b>Asgeir Bell</b>	<b>117</b>												<b>34:53</b>
02:25=	04:51=	07:59=	09:52=	12:08=	13:57=	15:03=	19:16=	21:30=	23:56=	26:54=	30:46=	32:33=	34:07=	34:53=
02:25=	02:26=	03:08=	01:53=	02:16=	01:49=	01:06=	04:13=	02:14=	02:26=	02:58=	03:52=	01:47=	01:34=	00:46=
00:00=	00:00=	00:00=	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>Jostein Tunheim</b>	<b>116</b>												<b>42:25</b>
02:53+	06:02+	08:17+	10:21+	12:40+	14:58+	16:49+	21:57+	24:06+	27:57+	30:50+	35:54+	38:54+	41:37+	42:25+
02:53+	03:09+	02:15-	02:04+	02:19+	02:18+	01:51+	05:08+	02:09-	03:51+	02:53-	05:04+	03:00+	02:43+	00:48+
00:28#	00:43&	00:53-	00:11+	00:03+	00:29&	00:45&	00:55#	00:05-	01:25&	00:05-	01:12&	01:13&	01:09&	00:02+
<b>3</b>	<b>Terje Helland</b>	<b>88</b>												<b>43:57</b>
02:38+	05:22+	07:15-	09:26-	11:47-	13:45-	16:36+	21:48+	24:33+	26:59+	29:28+	38:11+	40:35+	43:11+	43:57+
02:38+	02:44+	01:53-	02:11+	02:21+	01:58+	02:51+	05:12+	02:45+	02:26=	02:29-	08:43+	02:24+	02:36+	00:46=
00:13+	00:18#	01:15-	00:18#	00:05+	00:09+	01:45@	00:59#	00:31#	00:00=	00:29-	04:51@	00:37&	01:02&	00:00=
<b>4</b>	<b>Kjell Svihus</b>	<b>154</b>												<b>44:01</b>
02:54+	05:59+	07:32-	09:41-	13:04+	15:07+	16:23+	26:22+	28:05+	30:45+	33:01+	39:59+	41:26+	43:08+	44:01+
02:54+	03:05+	01:33-	02:09+	03:23+	02:03+	01:16+	09:59+	01:43-	02:40+	02:16-	06:58+	01:27-	01:42+	00:53+
00:29#	00:39&	01:35-	00:16#	01:07&	00:14#	00:10#	05:46@	00:31-	00:14+	00:42-	03:06&	00:20-	00:08+	00:07#
<b>5</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>												<b>45:49</b>
03:41+	07:02+	09:21+	12:27+	15:30+	18:08+	19:47+	26:18+	28:58+	32:06+	35:16+	40:19+	41:59+	44:57+	45:49+
03:41+	03:21+	02:19-	03:06+	03:03+	02:38+	01:39+	06:31+	02:40+	03:08+	03:10+	05:03+	01:40-	02:58+	00:52+
01:16&	00:55&	00:49-	01:13&	00:47&	00:49&	00:33&	02:18&	00:26#	00:42&	00:12+	01:11&	00:07-	01:24&	00:06#



Class	Navn	Klasse												Tid
<b>6</b>	<b>Ole Auklend</b>	<b>106</b>												<b>48:07</b>
03:07+	06:16+	08:10+	10:28+	12:55+	15:28+	17:05+	23:31+	25:37+	28:41+	33:08+	40:32+	43:03+	47:00+	48:07+
03:07+	03:09+	01:54-	02:18+	02:27+	02:33+	01:37+	06:26+	02:06-	03:04+	04:27+	07:24+	02:31+	03:57+	01:07+
00:42&	00:43&	01:14-	00:25#	00:11+	00:44&	00:31&	02:13&	00:08-	00:38&	01:29&	03:32&	00:44&	02:23@	00:21&
<b>7</b>	<b>Per Marthon Møland</b>	<b>5</b>												<b>48:23</b>
03:03+	06:05+	08:05+	10:32+	14:57+	17:17+	18:39+	25:29+	28:01+	31:10+	37:48+	42:54+	44:59+	47:18+	48:23+
03:03+	03:02+	02:00-	02:27+	04:25+	02:20+	01:22+	06:50+	02:32+	03:09+	06:38+	05:06+	02:05+	02:19+	01:05+
00:38&	00:36#	01:08-	00:34&	02:09&	00:31&	00:16#	02:37&	00:18#	00:43&	03:40@	01:14&	00:18#	00:45&	00:19&
<b>8</b>	<b>Svein Ove Horpestad</b>	<b>62</b>												<b>48:47</b>
04:22+	07:16+	09:33+	12:01+	14:49+	17:45+	19:11+	27:05+	29:51+	32:35+	37:42+	43:21+	45:15+	47:43+	48:47+
04:22+	02:54+	02:17-	02:28+	02:48+	02:56+	01:26+	07:54+	02:46+	02:44+	05:07+	05:39+	01:54+	02:28+	01:04+
01:57&	00:28#	00:51-	00:35&	00:32#	01:07&	00:20&	03:41&	00:32#	00:18#	02:09&	01:47&	00:07+	00:54&	00:18&
<b>9</b>	<b>Arne Østensen</b>	<b>90</b>												<b>51:21</b>
03:11+	05:59+	09:18+	11:40+	13:59+	16:25+	18:06+	27:20+	29:29+	32:16+	40:52+	46:05+	48:19+	50:30+	51:21+
03:11+	02:48+	03:19+	02:22+	02:19+	02:26+	01:41+	09:14+	02:09-	02:47+	08:36+	05:13+	02:14+	02:11+	00:51+
00:46&	00:22#	00:11+	00:29&	00:03+	00:37&	00:35&	05:01@	00:05-	00:21#	05:38@	01:21&	00:27&	00:37&	00:05#
<b>10</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>												<b>52:03</b>
03:05+	05:58+	08:00+	10:12+	12:34+	16:37+	18:28+	30:37+	32:27+	34:54+	37:27+	46:08+	48:34+	51:15+	52:03+
03:05+	02:53+	02:02-	02:12+	02:22+	04:03+	01:51+	12:09+	01:50-	02:27+	02:33-	08:41+	02:26+	02:41+	00:48+
00:40&	00:27#	01:06-	00:19#	00:06+	02:14@	00:45&	07:56@	00:24-	00:01+	00:25-	04:49@	00:39&	01:07&	00:02+
<b>11</b>	<b>Sverre Vatland</b>	<b>93</b>												<b>52:27</b>
03:38+	07:11+	09:19+	12:02+	14:55+	18:10+	20:35+	27:00+	29:27+	33:24+	37:40+	43:01+	48:39+	51:26+	52:27+
03:38+	03:33+	02:08-	02:43+	02:53+	03:15+	02:25+	06:25+	02:27+	03:57+	04:16+	05:21+	05:38+	02:47+	01:01+
01:13&	01:07&	01:00-	00:50&	00:37&	01:26&	01:19@	02:12&	00:13+	01:31&	01:18&	01:29&	03:51@	01:13&	00:15&
<b>12</b>	<b>Vidar Gjesdal</b>	<b>109</b>												<b>54:37</b>
04:14+	08:27+	10:38+	13:36+	16:55+	19:59+	21:54+	29:53+	33:05+	36:41+	40:26+	48:12+	50:14+	53:24+	54:37+
04:14+	04:13+	02:11-	02:58+	03:19+	03:04+	01:55+	07:59+	03:12+	03:36+	03:45+	07:46+	02:02+	03:10+	01:13+
01:49&	01:47&	00:57-	01:05&	01:03&	01:15&	00:49&	03:46&	00:58&	01:10&	00:47&	03:54@	00:15#	01:36@	00:27&
<b>13</b>	<b>Olav Habbestad</b>	<b>116</b>												<b>56:03</b>
04:28+	07:19+	10:21+	12:59+	15:19+	18:05+	19:50+	34:33+	37:39+	40:36+	45:25+	51:28+	53:19+	55:16+	56:03+
04:28+	02:51+	03:02-	02:38+	02:20+	02:46+	01:45+	14:43+	03:06+	02:57+	04:49+	06:03+	01:51+	01:57+	00:47+
02:03&	00:25#	00:06-	00:45&	00:04+	00:57&	00:39&	10:30@	00:52&	00:31#	01:51&	02:11&	00:04+	00:23#	00:01+
<b>14</b>	<b>Knut Jonas Espedal</b>	<b>53</b>												<b>56:38</b>
05:13+	08:53+	11:41+	15:39+	19:21+	22:12+	23:51+	29:19+	33:21+	36:35+	40:59+	47:10+	52:44+	55:31+	56:38+
05:13+	03:40+	02:48-	03:58+	03:42+	02:51+	01:39+	05:28+	04:02+	03:14+	04:24+	06:11+	05:34+	02:47+	01:07+
02:48@	01:14&	00:20-	02:05@	01:26&	01:02&	00:33&	01:15&	01:48&	00:48&	01:26&	02:19&	03:47@	01:13&	00:21&
<b>15</b>	<b>Jan Inge Lunde</b>	<b>88</b>												<b>56:39</b>
03:12+	06:22+	08:12+	11:20+	14:10+	16:46+	21:21+	30:05+	36:49+	40:15+	45:05+	51:33+	53:38+	55:41+	56:39+
03:12+	03:10+	01:50-	03:08+	02:50+	02:36+	04:35+	08:44+	06:44+	03:26+	04:50+	06:28+	02:05+	02:03+	00:58+
00:47&	00:44&	01:18-	01:15&	00:34#	00:47&	03:29@	04:31@	04:30@	01:00&	01:52&	02:36&	00:18#	00:29&	00:12&
<b>16</b>	<b>Cato Molthe</b>	<b>53</b>												<b>57:39</b>
03:37+	07:17+	09:53+	12:11+	15:19+	18:27+	20:42+	31:20+	35:03+	38:29+	42:46+	49:15+	51:40+	56:26+	57:39+
03:37+	03:40+	02:36-	02:18+	03:08+	03:08+	02:15+	10:38+	03:43+	03:26+	04:17+	06:29+	02:25+	04:46+	01:13+
01:12&	01:14&	00:32-	00:25#	00:52&	01:19&	01:09@	06:25@	01:29&	01:00&	01:19&	02:37&	00:38&	03:12@	00:27&
<b>17</b>	<b>Ove Vatland</b>	<b>128</b>												<b>58:00</b>
04:21+	08:39+	11:14+	14:47+	18:10+	21:45+	23:57+	31:32+	34:34+	38:36+	42:54+	51:54+	54:01+	56:31+	58:00+
04:21+	04:18+	02:35-	03:33+	03:23+	03:35+	02:12+	07:35+	03:02+	04:02+	04:18+	09:00+	02:07+	02:30+	01:29+
01:56&	01:52&	00:33-	01:40&	01:07&	01:46&	01:06&	03:22&	00:48&	01:36&	01:20&	05:08@	00:20#	00:56&	00:43&
<b>18</b>	<b>Torstein Gjesteland</b>	<b>126</b>												<b>1:00:15</b>
04:45+	08:06+	10:32+	13:31+	16:36+	21:04+	24:50+	31:26+	34:22+	38:25+	42:35+	50:57+	53:44+	59:09+	60:15+
04:45+	03:21+	02:26-	02:59+	03:05+	04:28+	03:46+	06:36+	04:03+	04:10+	08:22+	02:47+	05:25+	01:06+	00:20&
02:20&	00:55&	00:42-	01:06&	00:49&	02:39@	02:40@	02:23&	00:42&	01:37&	01:12&	04:30@	01:00&	03:51@	00:20&
<b>19</b>	<b>Terje Gautestad</b>	<b>7</b>												<b>1:01:55</b>
03:47+	07:19+	10:27+	15:31+	18:31+	21:49+	24:23+	31:52+	35:09+	43:46+	48:32+	56:06+	58:44+	60:51+	61:55+
03:47+	03:32+	03:08=	05:04+	03:00+	03:18+	02:34+	07:29+	03:17+	08:37+	04:46+	07:34+	02:38+	02:07+	01:04+
01:22&	01:06&	00:00=	03:11@	00:44&	01:29&	01:28@	03:16&	01:03&	06:11@	01:48&	03:42&	00:51&	00:33&	00:18&
<b>20</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>												<b>1:06:03</b>
03:22+	06:31+	08:21+	10:51+	18:55+	27:50+	29:30+	35:08+	38:01+	42:03+	53:58+	60:21+	62:27+	64:54+	66:03+
03:22+	03:09+	01:50-	02:30+	08:04+	08:55+	01:40+	05:38+	02:53+	04:02+	11:55+	06:23+	02:06+	02:27+	01:09+
00:57&	00:43&	01:18-	00:37&	05:48@	07:06@	00:34&	01:25&	00:39&	01:36&	08:57@	02:31&	00:19#	00:53&	00:23&

Class	Navn	Klasse														Tid
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<b>21</b>	<b>Leif Gustav Hollund</b>	<b>116</b>														<b>1:08:21</b>
03:43+	08:49+	10:55+	25:03+	28:27+	31:30+	33:31+	39:54+	43:14+	46:17+	50:42+	57:21+	59:53+	67:16+	68:21+		
03:43+	05:06+	02:06-	14:08+	03:24+	03:03+	02:01+	06:23+	03:20+	03:03+	04:25+	06:39+	02:32+	07:23+	01:05+		
01:18&	02:40@	01:02-	12:15@	01:08&	01:14&	00:55&	02:10&	01:06&	00:37&	01:27&	02:47&	00:45&	05:49@	00:19&		

**Beste strekktid for klassen**

02:25	02:26	01:33	01:53	02:16	01:49	01:06	04:13	01:43	02:26	02:16	03:52	01:27	01:34	00:46
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Herrer 70 - 74 år

<b>1</b>	<b>Hermann Skogsholm</b>	<b>53</b>														<b>37:44</b>
03:00=	05:47=	07:21=	09:44=	11:56=	13:48=	14:58=	19:15=	21:14=	23:48=	26:57=	32:05=	33:43=	36:45=	37:44=		
03:00=	02:47=	01:34=	02:23=	02:12=	01:52=	01:10=	04:17=	01:59=	02:34=	03:09=	05:08=	01:38=	03:02=	00:59=		
00:00=	00:00=	00:00=	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>Finn Morten Årstad</b>	<b>115</b>														<b>38:29</b>
03:18+	06:23+	07:58+	10:12+	12:47+	14:56+	16:20+	21:37+	23:34+	26:08+	28:34+	34:02+	36:06+	37:47+	38:29+		
03:18+	03:05+	01:35+	02:14-	02:35+	02:09+	01:24+	05:17+	01:57-	02:34=	02:26-	05:28+	02:04+	01:41-	00:42-		
00:18#	00:18#	00:01+	00:09-	00:23#	00:17#	00:14#	01:00#	00:02-	00:00=	00:43-	00:20+	00:26&	01:21-	00:17-		

<b>3</b>	<b>Hilmar Røthing</b>	<b>128</b>														<b>39:29</b>
05:49+	08:18+	09:49+	11:46+	13:51+	15:46+	16:57+	21:21+	23:11+	25:42+	28:34+	34:06+	35:37+	38:41+	39:29+		
05:49+	02:29-	01:31-	01:57-	02:05-	01:55+	01:11+	04:24+	01:50-	02:31-	02:52-	05:32+	01:31-	03:04+	00:48-		
02:49&	00:18-	00:03-	00:26-	00:03+	00:01+	00:07+	00:09-	00:03-	00:17-	00:24+	00:07-	00:02+	00:11-			

<b>4</b>	<b>Svein Glendrange</b>	<b>68</b>														<b>43:36</b>
03:05+	05:55+	07:51+	10:18+	15:38+	17:52+	19:30+	24:47+	27:05+	30:08+	33:14+	38:04+	39:51+	42:44+	43:36+		
03:05+	02:50+	01:56+	02:27+	05:20+	02:14+	01:38+	05:17+	02:18+	03:03+	03:06-	04:50-	01:47+	02:53-	00:52-		
00:05+	00:03+	00:22#	00:04+	03:08@	00:22#	00:28&	01:00#	00:19#	00:29#	00:03-	00:18-	00:09+	00:09-	00:07-		

<b>5</b>	<b>Olav Dag Borgersen</b>	<b>154</b>														<b>46:08</b>
05:20+	09:45+	11:18+	13:45+	16:18+	19:20+	21:11+	26:43+	30:27+	33:17+	36:13+	41:56+	43:33+	45:23+	46:08+		
05:20+	04:25+	01:33-	02:27+	02:33+	03:02+	01:51+	05:32+	03:44+	02:50+	02:56-	05:43+	01:37-	01:50-	00:45-		
02:20&	01:38&	00:01-	00:04+	00:21#	01:10&	00:41&	01:15&	01:45&	00:16#	00:13-	00:35#	00:01-	01:12-	00:14-		

<b>6</b>	<b>Odd Garpestad</b>	<b>29</b>														<b>49:26</b>
03:12+	06:19+	11:34+	14:00+	18:27+	20:06+	21:45+	27:01+	29:02+	32:57+	35:50+	40:54+	45:46+	48:23+	49:26+		
03:12+	03:07+	05:15+	02:26+	04:27+	01:39-	01:39+	05:16+	02:01+	03:55+	02:53-	05:04-	04:52+	02:37-	01:03+		
00:12+	00:20#	03:41@	00:03+	02:15@	00:13-	00:29&	00:59#	00:02+	01:21&	00:16-	00:04-	03:14@	00:25-	00:04+		

<b>7</b>	<b>Geir Husdal</b>	<b>93</b>														<b>49:49</b>
03:12+	06:13+	08:08+	10:37+	13:10+	15:28+	17:30+	23:25+	27:42+	31:48+	37:36+	43:52+	46:10+	48:36+	49:49+		
03:12+	03:01+	01:55+	02:29+	02:33+	02:18+	02:02+	05:55+	04:17+	04:06+	05:48+	06:16+	02:18+	02:26-	01:13+		
00:12+	00:14+	00:21#	00:06+	00:21#	00:26#	00:52&	01:38&	02:18@	01:32&	02:39&	01:08#	00:40&	00:36-	00:14#		

<b>8</b>	<b>Arvid Thorsen</b>	<b>5</b>														<b>50:00</b>
02:55-	05:56+	08:07+	11:19+	14:23+	16:54+	18:54+	24:02+	26:33+	29:31+	32:10+	37:33+	43:43+	49:08+	50:00+		
02:55-	03:01+	02:11+	03:12+	03:04+	02:31+	02:00+	05:08+	02:31+	02:58+	02:39-	05:23+	06:10+	05:25+	00:52-		
00:05-	00:14+	00:37&	00:49&	00:52&	00:39&	00:50&	00:51#	00:32&	00:24#	00:30-	00:15+	04:32@	02:23&	00:07-		

<b>9</b>	<b>Tormod Aaslid</b>	<b>54</b>														<b>50:52</b>
03:10+	06:08+	08:21+	10:48+	22:45+	24:59+	26:46+	31:57+	34:02+	37:14+	41:06+	45:18+	46:56+	49:53+	50:52+		
03:10+	02:58+	02:13+	02:27+	11:57+	02:14+	01:47+	05:11+	02:05+	03:12+	03:52+	04:12-	01:38=	02:57-	00:59-		
00:10+	00:11+	00:39&	00:04+	09:45@	00:22#	00:37&	00:54#	00:06+	00:38#	00:43#	00:56-	00:00=	00:05-	00:00=		

<b>10</b>	<b>Svein Eliassen</b>	<b>116</b>														<b>53:40</b>
03:46+	07:24+	10:23+	13:11+	16:30+	19:29+	20:57+	26:24+	29:41+	32:42+	37:29+	44:18+	50:11+	52:37+	53:40+		
03:46+	03:38+	02:59+	02:48+	03:19+	01:28+	05:27+	03:17+	03:01+	04:47+	06:49+	05:53+	02:26-	02:26-	01:03+		
00:46&	00:51&	01:25&	00:25#	01:07&	01:07&	00:18&	01:10&	01:18&	00:27#	01:38&	01:41&	04:15@	00:36-	00:04+		

<b>11</b>	<b>Kjell Langvik</b>	<b>93</b>														<b>54:29</b>
03:26+	06:50+	08:39+	11:41+	14:41+	17:36+	19:08+	27:53+	30:25+	38:07+	41:04+	46:34+	50:02+	53:36+	54:29+		
03:26+	03:24+	01:49+	03:02+	03:00+	02:55+	01:32+	08:45+	02:32+	07:42+	02:57-	05:30+	03:28+	03:34+	00:53-		
00:26#	00:37#	00:15#	00:39&	00:48&	01:03&	00:22&	04:28@	00:33&	05:08@	00:12-	00:22+	01:50@	00:32#	00:06-		

<b>12</b>	<b>Norvald Skretting</b>	<b>43</b>														<b>54:53</b>
03:29+	06:36+	08:45+	11:53+	14:46+	17:47+	20:31+	28:50+	32:12+	35:39+	39:41+	47:30+	50:06+	53:41+	54:53+		
03:29+	03:07+	02:09+	03:08+	02:53+	03:01+	02:44+	08:19+	03:22+	03:27+	04:02+	07:49+	02:36+	03:35+	01:12+		
00:29#	00:20#	00:35&	00:45&	00:41&	01:09&	01:34@	04:02&	01:23&	00:53&	00:53&	02:41&	00:58&	00:33#	00:13#		

Class	Navn	Klasse												Tid	
<b>13</b>	<b>Ingjald Egeland</b>	<b>7</b>												<b>55:05</b>	
	03:46+	06:43+	09:43+	12:09+	14:41+	17:17+	18:57+	26:41+	36:59+	39:54+	44:42+	50:30+	52:19+	54:13+	55:05+
	03:46+	02:57+	03:00+	02:26+	02:32+	02:36+	01:40+	07:44+	10:18+	02:55+	04:48+	05:48+	01:49+	01:54-	00:52-
	00:46&	00:10+	01:26&	00:03+	00:20#	00:44&	00:30&	03:27&	08:19@	00:21#	01:39&	00:40#	00:11#	01:08-	00:07-
<b>14</b>	<b>Arne Tveita</b>	<b>109</b>												<b>56:06</b>	
	04:23+	07:55+	10:41+	17:18+	20:26+	23:18+	25:41+	31:49+	34:38+	38:12+	43:49+	49:59+	52:12+	55:02+	56:06+
	04:23+	03:32+	02:46+	06:37+	03:08+	02:52+	02:23+	06:08+	02:49+	03:34+	05:37+	06:10+	02:13+	02:50-	01:04+
	01:23&	00:45&	01:12&	04:14@	00:56&	01:00&	01:13@	01:51&	00:50&	01:00&	02:28&	01:02#	00:35&	00:12-	00:05+
<b>15</b>	<b>Rolv Nærland</b>	<b>63</b>												<b>59:53</b>	
	04:08+	08:03+	12:00+	15:22+	19:31+	22:55+	26:02+	34:02+	37:07+	40:26+	44:02+	52:56+	56:02+	58:57+	59:53+
	04:08+	03:55+	03:57+	03:22+	04:09+	03:24+	03:07+	08:00+	03:05+	03:19+	03:36+	08:54+	03:06+	02:55-	00:56-
	01:08&	01:08&	02:23@	00:59&	01:57&	01:32&	01:57@	03:43&	01:06&	00:45&	00:27#	03:46&	01:28&	00:07-	00:03-
<b>16</b>	<b>Steinar Undheim</b>	<b>54</b>												<b>1:00:12</b>	
	04:46+	08:09+	10:43+	14:48+	17:29+	20:19+	22:19+	32:36+	35:17+	38:06+	42:15+	47:55+	53:50+	59:09+	60:12+
	04:46+	03:23+	02:34+	04:05+	02:41+	02:50+	02:00+	10:17+	02:41+	02:49+	04:09+	05:40+	05:55+	05:19+	01:03+
	01:46&	00:36#	01:00&	01:42&	00:29#	00:58&	00:50&	06:00@	00:42&	00:15+	01:00&	00:32#	04:17@	02:17&	00:04+
<b>17</b>	<b>Arne Brandsberg</b>	<b>29</b>												<b>1:02:38</b>	
	05:25+	09:49+	12:31+	16:05+	20:03+	23:30+	25:37+	33:21+	37:29+	43:04+	47:08+	54:52+	57:44+	60:57+	62:38+
	05:25+	04:24+	02:42+	03:34+	03:58+	03:27+	02:07+	07:44+	04:08+	05:35+	04:04+	07:44+	02:52+	03:13+	01:41+
	02:25&	01:37&	01:08&	01:11&	01:46&	01:35&	00:57&	03:27&	02:09@	03:01@	00:55&	02:36&	01:14&	00:11+	00:42&
<b>18</b>	<b>Reidar Liland</b>	<b>66</b>												<b>1:04:06</b>	
	04:39+	08:37+	11:05+	14:10+	17:31+	20:39+	22:56+	30:46+	34:23+	39:14+	45:28+	52:34+	55:18+	62:22+	64:06+
	04:39+	03:58+	02:28+	03:05+	03:21+	03:08+	02:17+	07:50+	03:37+	04:51+	06:14+	07:06+	02:44+	07:04+	01:44+
	01:39&	01:11&	00:54&	00:42&	01:09&	01:16&	01:07&	03:33&	01:38&	02:17&	03:05&	01:58&	01:06&	04:02@	00:45&
<b>19</b>	<b>Jan H. Sagen</b>	<b>92</b>												<b>1:04:51</b>	
	04:27+	08:03+	10:31+	13:52+	17:27+	20:42+	22:52+	33:29+	37:40+	42:25+	47:17+	56:17+	59:24+	63:33+	64:51+
	04:27+	03:36+	02:28+	03:21+	03:35+	03:33+	02:10+	10:37+	04:11+	04:45+	04:52+	09:00+	03:07+	04:09+	01:18+
	01:27&	00:49&	00:54&	00:58&	01:23&	01:23&	01:00&	06:20@	02:12@	02:11&	01:43&	03:52&	01:29&	01:07&	00:19&
<b>20</b>	<b>Mangor Eikeland</b>	<b>92</b>												<b>1:06:17</b>	
	05:00+	09:11+	11:38+	15:04+	18:46+	22:19+	24:20+	34:31+	38:29+	43:16+	48:01+	57:18+	60:39+	64:33+	66:17+
	05:00+	04:11+	02:27+	03:26+	03:42+	03:33+	02:01+	10:11+	03:58+	04:47+	04:45+	09:17+	03:21+	03:54+	01:44+
	02:00&	01:24&	00:53&	01:03&	01:30&	01:41&	00:51&	05:54@	01:59&	02:13&	01:36&	04:09&	01:43@	00:52&	00:45&
<b>21</b>	<b>Albert Moe</b>	<b>54</b>												<b>1:07:19</b>	
	04:33+	08:35+	12:43+	16:30+	19:56+	23:44+	26:55+	37:45+	41:10+	45:51+	51:13+	60:58+	63:18+	65:55+	67:19+
	04:33+	04:02+	04:08+	03:47+	03:26+	03:48+	03:11+	10:50+	03:25+	04:41+	05:22+	09:45+	02:20+	02:37-	01:24+
	01:33&	01:15&	02:34@	01:24&	01:14&	01:56@	02:01@	06:33@	01:26&	02:07&	02:13&	04:37&	00:42&	00:25-	00:25&
<b>22</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>												<b>1:18:12</b>	
	03:48+	08:24+	11:33+	16:18+	19:39+	22:59+	24:48+	39:26+	42:20+	46:00+	54:24+	70:43+	73:17+	76:52+	78:12+
	03:48+	04:36+	03:09+	04:45+	03:21+	03:20+	01:49+	14:38+	02:54+	03:40+	08:24+	16:19+	02:34+	03:35+	01:20+
	00:48&	01:49&	01:35@	02:22&	01:09&	01:28&	00:39&	10:21@	00:55&	01:06&	05:15@	11:11@	00:56&	00:33#	00:21&

### Beste strekketid for klassen

02:55 02:29 01:31 01:57 02:05 01:39 01:10 04:17 01:50 02:31 02:26 04:12 01:31 01:41 00:42

= 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>36:51</b>	
	01:23=	05:37=	09:34=	11:34=	12:24=	15:06=	17:34=	19:58=	23:17=	27:30=	30:06=	33:52=	34:55=	36:05=	36:51=
	01:23=	04:14=	03:57=	02:00=	00:50=	02:42=	02:28=	02:24=	03:19=	04:13=	02:36=	03:46=	01:03=	01:10=	00:46=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Harald Vatne</b>	<b>67</b>												<b>41:50</b>	
	01:25+	06:25+	10:43+	12:50+	13:36+	16:25+	18:58+	21:22+	24:33+	29:46+	32:46+	37:21+	38:56+	40:57+	41:50+
	01:25+	05:00+	04:18+	02:07+	00:46-	02:49+	02:33+	02:24=	03:11-	05:13+	03:00+	04:35+	01:35+	02:01+	00:53+
	00:02+	00:46#	00:21+	00:07+	00:04-	00:07+	00:05+	00:00=	00:08-	01:00#	00:24#	00:49#	00:32&	00:51&	00:07#
<b>3</b>	<b>Magne Jakobsen</b>	<b>63</b>												<b>50:13</b>	
	01:33+	07:18+	11:56+	14:58+	16:39+	19:49+	22:36+	26:03+	31:13+	37:32+	40:19+	45:22+	47:16+	49:12+	50:13+
	01:33+	05:45+	04:38+	03:02+	01:41+	03:10+	02:47+	03:27+	05:10+	06:19+	02:47+	05:03+	01:54+	01:56+	01:01+
	00:10#	01:31&	00:41#	01:02&	00:51@	00:28#	00:19#	01:03&	01:51&	02:06&	00:11+	01:17&	00:51&	00:46&	00:15&

Class	Navn	Klasse										Tid				
<b>4</b>	<b>Terje Braut</b>	<b>92</b>										<b>50:14</b>				
	01:43+	07:06+	11:25+	14:26+	18:02+	21:14+	25:13+	28:47+	32:45+	38:02+	40:52+	45:37+	46:47+	49:18+	50:14+	
	01:43+	05:23+	04:19+	03:01+	03:36+	03:12+	03:59+	03:34+	03:58+	05:17+	02:50+	04:45+	01:10+	02:31+	00:56+	
	00:20#	01:09&	00:22+	01:01&	02:46@	00:30#	01:31&	01:10&	00:39#	01:04&	00:14+	00:59&	00:07#	01:21@	00:10#	
<b>5</b>	<b>Bjarne Edland</b>	<b>92</b>										<b>53:47</b>				
	01:21-	06:53+	11:09+	14:14+	15:17+	18:00+	22:25+	24:49+	31:38+	37:19+	40:18+	50:47+	51:44+	53:03+	53:47+	
	01:21-	05:32+	04:16+	03:05+	01:03+	02:43+	04:25+	02:24=	06:49+	05:41+	02:59+	10:29+	00:57-	01:19+	00:44-	
	00:02-	01:18&	00:19+	01:05&	00:13&	00:01+	01:57&	00:00=	03:30@	01:28&	00:23#	06:43@	00:06-	00:09#	00:02-	
<b>6</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>54:38</b>				
	02:11+	08:36+	15:57+	19:08+	21:58+	25:21+	29:23+	32:24+	36:21+	42:48+	45:41+	50:54+	52:05+	53:46+	54:38+	
	02:11+	06:25+	07:21+	03:11+	02:50+	03:23+	04:02+	03:01+	03:57+	06:27+	02:53+	05:13+	01:11+	01:41+	00:52+	
	00:48&	02:11&	03:24&	01:11&	02:00@	00:41&	01:34&	00:37&	00:38#	02:14&	00:17#	01:27&	00:08#	00:31&	00:06#	
<b>7</b>	<b>Jan Bekkeheien</b>	<b>92</b>										<b>56:30</b>				
	01:18-	06:17+	11:42+	15:08+	16:30+	20:01+	23:15+	27:30+	31:33+	37:14+	40:45+	52:38+	53:34+	55:42+	56:30+	
	01:18-	04:59+	05:25+	03:26+	01:22+	03:31+	03:14+	04:15+	04:03+	05:41+	03:31+	11:53+	00:56-	02:08+	00:48+	
	00:05-	00:45#	01:28&	01:26&	00:32&	00:49&	00:46&	01:51&	00:44#	01:28&	00:55&	08:07@	00:07-	00:58&	00:02+	
<b>8</b>	<b>Gunnar Furland</b>	<b>93</b>										<b>1:05:27</b>				
	05:26+	11:08+	15:51+	18:40+	20:15+	25:00+	28:54+	35:25+	39:37+	48:56+	52:07+	60:48+	62:09+	64:22+	65:27+	
	05:26+	05:42+	04:43+	02:49+	01:35+	04:45+	03:54+	06:31+	04:12+	09:19+	03:11+	08:41+	01:21+	02:13+	01:05+	
	04:03@	01:28&	00:46#	00:49&	00:45&	02:03&	01:26&	04:07@	00:53&	05:06@	00:35#	04:55@	00:18&	01:03&	00:19&	
<b>9</b>	<b>Arne Karlsen</b>	<b>105</b>										<b>1:09:46</b>				
	01:50+	08:56+	14:01+	17:14+	19:04+	23:12+	28:59+	34:04+	39:30+	49:42+	54:50+	63:33+	65:20+	68:11+	69:46+	
	01:50+	07:06+	05:05+	03:13+	01:50+	04:08+	05:47+	05:05+	05:26+	10:12+	05:08+	08:43+	01:47+	02:51+	01:35+	
	00:27&	02:52&	01:08&	01:13&	01:00@	01:26&	03:19@	02:41@	02:07&	05:59@	02:32&	04:57@	00:44&	01:41@	00:49@	
<b>10</b>	<b>Torleiv Møgedal</b>	<b>68</b>										<b>1:13:13</b>				
	13:39+	19:53+	25:56+	29:24+	30:52+	35:21+	38:50+	43:11+	47:33+	54:12+	59:18+	67:33+	69:09+	71:50+	73:13+	
	13:39+	06:14+	06:03+	03:28+	01:28+	04:29+	03:29+	04:21+	04:22+	06:39+	05:06+	08:15+	01:36+	02:41+	01:23+	
	12:16@	02:00&	02:06&	01:28&	00:38&	01:47&	01:01&	01:57&	01:03&	02:26&	02:30&	04:29@	00:33&	01:31@	00:37&	
<b>11</b>	<b>Magne Westerheim</b>	<b>93</b>										<b>1:26:26</b>				
	03:56+	10:46+	15:46+	18:02+	18:58+	25:42+	29:30+	32:52+	37:55+	43:31+	47:46+	82:18+	83:22+	85:25+	86:26+	
	03:56+	06:50+	05:00+	02:16+	00:56+	06:44+	03:48+	03:22+	05:03+	05:36+	04:15+	34:32+	01:04+	02:03+	01:01+	
	02:33@	02:36&	01:03&	00:16#	00:06#	04:02@	01:20&	00:58&	01:44&	01:23&	01:39&	30:46@	00:01+	00:53&	00:15&	
<b>12</b>	<b>Øystein Nilsen</b>	<b>57</b>										<b>1:26:28</b>				
	01:32+	08:12+	15:21+	19:30+	22:16+	30:36+	36:48+	44:04+	49:47+	60:30+	65:22+	81:00+	82:46+	85:30+	86:28+	
	01:32+	06:40+	07:09+	04:09+	02:46+	08:20+	06:12+	07:16+	05:43+	10:43+	04:52+	15:38+	01:46+	02:44+	00:58+	
	00:09#	02:26&	03:12&	02:09@	01:56@	05:38@	03:44@	04:52@	02:24&	06:30@	02:16&	11:52@	00:43&	01:34@	00:12&	
<b>Beste strekktid for klassen</b>																
	01:18	04:14	03:57	02:00	00:46	02:42	02:28	02:24	03:11	04:13	02:36	03:46	00:56	01:10	00:44	

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

## Herrer 80 år og eldre

<b>1</b>	<b>Arnulf Fuglestad</b>	<b>29</b>										<b>31:39</b>				
	01:36=	03:44=	06:54=	08:48=	11:29=	16:44=	18:27=	20:07=	23:28=	25:46=	27:45=	28:51=	30:53=	31:39=		
	01:36=	02:08=	03:10=	01:54=	02:41=	05:15=	01:43=	01:40=	03:21=	02:18=	01:59=	01:06=	02:02=	00:46=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Peter Frafjord</b>	<b>116</b>										<b>48:09</b>				
	01:57+	05:35+	10:24+	14:15+	17:51+	26:38+	29:13+	31:33+	35:14+	38:49+	42:41+	43:40+	47:05+	48:09+		
	01:57+	03:38+	04:49+	03:51+	03:36+	08:47+	02:35+	02:20+	03:41+	03:35+	03:52+	00:59-	03:25+	01:04+		
	00:21#	01:30&	01:39&	01:57@	00:55&	03:32&	00:52&	00:40&	00:20+	01:17&	01:53&	00:07-	01:23&	00:18&		

### Beste strekktid for klassen

01:36 02:08 03:10 01:54 02:41 05:15 01:43 01:40 03:21 02:18 01:59 00:59 02:02 00:46

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

## Herrer A

Class	Navn	Klasse	Tid													
<b>1</b>	<b>Bjarthe Westerheim</b>	<b>194</b>	<b>35:06</b>													
01:51=	03:22=	05:27=	08:57=	10:09=	13:30=	15:34=	16:53=	19:17=	22:41=	24:57=	25:48=	27:36=	30:15=	32:44=	34:30=	35:06=
01:51=	01:31=	02:05=	03:30=	01:12=	03:21=	02:04=	01:19=	02:24=	03:24=	02:16=	00:51=	01:48=	02:39=	02:29=	01:46=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	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>Vegard Peikli</b>	<b>116</b>	<b>35:21</b>													
02:05+	03:33+	05:33+	08:46-	10:04-	12:01-	14:12-	15:39-	18:46-	22:06-	24:34-	25:24-	27:53+	30:25+	32:56+	34:44+	35:21+
02:05+	01:28-	02:00-	03:13-	01:18+	01:57-	02:11+	01:27+	03:07+	03:20-	02:28+	00:50-	02:29+	02:32-	02:31+	01:48+	00:37+
00:14#	00:03-	00:05-	00:17-	00:06+	01:24-	00:07+	00:08#	00:43&	00:04-	00:12+	00:01-	00:41&	00:07-	00:02+	00:02+	00:01+
<b>3</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>	<b>39:06</b>													
01:56+	03:34+	05:51+	09:37+	11:00+	14:55+	17:18+	18:56+	21:34+	25:38+	28:07+	29:02+	31:12+	34:12+	36:59+	38:33+	39:06+
01:56+	01:38+	02:17+	03:46+	01:23+	03:55+	02:23+	01:38+	02:38+	04:04+	02:29+	00:55+	02:10+	03:00+	02:47+	01:34-	00:33-
00:05+	00:07+	00:12+	00:16+	00:11#	00:34#	00:19#	00:19#	00:14+	00:40#	00:13+	00:04+	00:22#	00:21#	00:18#	00:12-	00:03-
<b>4</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>	<b>40:05</b>													
02:00+	03:42+	06:05+	09:46+	11:03+	13:14-	15:32-	17:16+	20:26+	24:14+	26:51+	28:06+	30:12+	34:50+	37:43+	39:25+	40:05+
02:00+	01:42+	02:23+	03:41+	01:17+	02:11-	02:18+	01:44+	03:10+	03:48+	02:37+	01:15+	02:06+	04:38+	02:53+	01:42-	00:40+
00:09+	00:11#	00:18#	00:11+	00:05+	01:10-	00:14#	00:25&	00:46&	00:24#	00:21#	00:24&	00:18#	01:59&	00:24#	00:04-	00:04#
<b>5</b>	<b>Fredrik Omdal</b>	<b>74</b>	<b>40:13</b>													
01:45-	03:16-	05:23-	08:47-	09:55-	11:56-	14:05-	19:36+	22:11+	25:27+	28:50+	29:37+	31:58+	34:46+	37:36+	39:33+	40:13+
01:45-	01:31=	02:07+	03:24-	01:08-	02:01-	02:09+	05:31+	02:35+	03:16-	03:23+	00:47-	02:21+	02:48+	02:50+	01:57+	00:40+
00:06-	00:00=	00:02+	00:06-	00:04-	01:20-	00:05+	04:12@	00:11+	00:08-	01:07&	00:04-	00:33&	00:09+	00:21#	00:11#	00:04#
<b>6</b>	<b>Kristian Haarr</b>	<b>27</b>	<b>42:57</b>													
02:12+	04:13+	06:59+	11:37+	14:08+	16:28+	19:12+	21:11+	24:20+	28:33+	30:32+	31:22+	33:42+	36:44+	39:58+	42:16+	42:57+
02:12+	02:01+	02:46+	04:38+	02:31+	02:20-	02:44+	01:59+	03:09+	04:13+	01:59-	00:50-	02:20+	03:02+	03:14+	02:18+	00:41+
00:21#	00:30&	00:41&	01:08&	01:19@	01:01-	00:40&	00:40&	00:45&	00:49#	00:17-	00:01-	00:32&	00:23#	00:45&	00:32&	00:05#
<b>7</b>	<b>Erik Lima</b>	<b>115</b>	<b>45:59</b>													
02:45+	05:02+	07:50+	13:07+	14:46+	17:47+	20:35+	22:10+	24:48+	29:29+	31:52+	33:04+	35:50+	39:47+	43:07+	45:12+	45:59+
02:45+	02:17+	02:48+	05:17+	01:39+	03:01-	02:48+	01:35+	02:38+	04:41+	02:23+	01:12+	02:46+	03:57+	03:20+	02:05+	00:47+
00:54&	00:46&	00:43&	01:47&	00:27&	00:20-	00:44&	00:16#	00:14+	01:17&	00:07+	00:21&	00:58&	01:18&	00:51&	00:19#	00:11&
<b>8</b>	<b>Joar Fuglestad</b>	<b>116</b>	<b>46:59</b>													
02:42+	06:01+	09:04+	13:09+	14:26+	17:15+	19:34+	20:56+	24:39+	28:05+	32:46+	33:40+	36:41+	39:23+	44:07+	46:25+	46:59+
02:42+	03:19+	03:03+	04:05+	01:17+	02:49-	02:19+	01:22+	03:43+	03:26+	04:41+	00:54+	03:01+	02:42+	04:44+	02:18+	00:34-
00:51&	01:48@	00:58&	00:35#	00:05+	00:32-	00:15#	00:03+	01:19&	00:02+	02:25@	00:03+	01:13&	00:03+	02:15&	00:32&	00:02-
<b>9</b>	<b>Martin Blystad</b>	<b>115</b>	<b>52:14</b>													
02:13+	04:11+	07:01+	12:10+	15:03+	17:31+	22:11+	24:07+	27:19+	32:01+	35:08+	36:18+	38:58+	42:42+	47:31+	51:26+	52:14+
02:13+	01:58+	02:50+	05:09+	02:53+	02:28-	04:40+	01:56+	03:12+	04:42+	03:07+	01:10+	02:40+	03:44+	04:49+	03:55+	00:48+
00:22#	00:27&	00:45&	01:39&	01:41@	00:53-	02:36@	00:37&	00:48&	01:18&	00:51&	00:19&	00:52&	01:05&	02:20&	02:09@	00:12&

### Beste strekktid for klassen

01:45 01:28 02:00 03:13 01:08 01:57 02:04 01:19 02:24 03:16 01:59 00:47 01:48 02:32 02:29 01:34 00:33

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

## Herrer B

<b>1</b>	<b>Tom Furland</b>	<b>62</b>	<b>37:06</b>													
02:16=	03:59=	06:29=	10:47=	12:06=	14:12=	16:32=	18:03=	20:47=	24:23=	26:19=	27:14=	28:59=	32:08=	34:37=	36:23=	37:06=
02:16=	01:43=	02:30=	04:18=	01:19=	02:06=	02:20=	01:31=	02:44=	03:36=	01:56=	00:55=	01:45=	03:09=	02:29=	01:46=	00:43=
00:00=	00:00=	00:00=	00:00=	00:00=	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>Morten Aamodt</b>	<b>116</b>	<b>37:20</b>													
01:54-	03:29-	05:55-	09:43-	11:15-	13:36-	15:46-	17:19-	19:50-	23:26-	25:41-	26:40-	29:21+	32:15+	35:00+	36:39+	37:20+
01:54-	01:35-	02:26-	03:48-	01:32+	02:10-	01:33+	02:31-	03:36=	02:15+	00:59+	02:41+	02:54-	02:45+	01:39-	00:41-	00:00=
00:22-	00:08-	00:04-	00:30-	00:13#	00:15#	00:10-	00:02+	00:13-	00:00=	00:19#	00:04+	00:56&	00:15-	00:16#	00:07-	00:02-
<b>3</b>	<b>Lars Drage</b>	<b>230</b>	<b>37:31</b>													
01:55-	03:46-	06:14-	09:58-	11:13-	13:17-	15:50-	17:25-	20:10-	23:47-	25:55-	26:47-	28:46-	31:53-	34:54+	36:54+	37:31+
01:55-	01:51+	02:28-	03:44-	01:15-	02:04-	02:33+	01:35+	02:45+	03:37+	02:08+	00:52-	01:59+	03:07-	03:01+	02:00+	00:37-
00:21-	00:08+	00:02-	00:34-	00:04-	00:02-	00:13+	00:04+	00:01+	00:01+	00:12#	00:03-	00:14#	00:02-	00:32#	00:14#	00:06-
<b>4</b>	<b>Stein Arne Olsen</b>	<b>68</b>	<b>38:27</b>													
02:03-	03:51-	06:14-	10:04-	11:18-	13:30-	15:46-	17:10-	19:33-	23:23-	26:01-	27:01-	29:25+	32:20+	34:53+	37:50+	38:27+
02:03-	01:48+	02:23-	03:50-	01:14-	02:12+	02:16-	01:24-	02:23-	03:50+	02:38+	01:00+	02:24+	02:55-	02:33+	02:57+	00:37-
00:13-	00:05+	00:07-	00:28-	00:05-	00:06+	00:04-	00:07-	00:21-	00:14+	00:42&	00:05+	00:39&	00:14-	00:04+	01:11&	00:06-

Class	Navn	Klasse										Tid					
<b>5</b>	<b>Oddvar Taksdal</b>	<b>194</b>										<b>38:42</b>					
02:00-	03:39-	06:00-	09:58-	11:24-	13:36-	15:59-	17:31-	20:03-	23:49-	26:05-	27:15+	29:46+	32:48+	35:21+	38:00+	38:42+	
02:00-	01:39-	02:21-	03:58-	01:26+	02:12+	02:23+	01:32+	02:32-	03:46+	02:16+	01:10+	02:31+	03:02-	02:33+	02:39+	00:42-	
00:16-	00:04-	00:09-	00:20-	00:07+	00:06+	00:03+	00:01+	00:12-	00:10+	00:20#	00:15&	00:46&	00:07-	00:04+	00:53&	00:01-	
<b>6</b>	<b>Per Olav Haarr</b>	<b>62</b>										<b>39:02</b>					
02:00-	03:45-	06:27-	10:52+	12:57+	15:45+	18:13+	20:00+	22:51+	26:28+	28:23+	29:17+	31:04+	34:11+	36:42+	38:23+	39:02+	
02:00-	01:45+	02:42+	04:25+	02:05+	02:48+	02:28+	01:47+	02:51+	03:37+	01:55-	00:54-	01:47+	03:07-	02:31+	01:41-	00:39-	
00:16-	00:02+	00:12+	00:07+	00:46&	00:42&	00:08+	00:16#	00:07+	00:01+	00:01-	00:01-	00:02+	00:02-	00:02+	00:05-	00:04-	
<b>7</b>	<b>Odd Fuglestad</b>	<b>250</b>										<b>39:34</b>					
02:01-	03:44-	06:13-	10:23-	11:55-	14:25+	16:42+	18:13+	21:05+	24:56+	27:29+	28:20+	30:38+	33:55+	36:55+	38:55+	39:34+	
02:01-	01:43=	02:29-	04:10-	01:32+	02:30+	02:17-	01:31=	02:52+	03:51+	02:33+	00:51-	02:18+	03:17+	03:00+	02:00+	00:39-	
00:15-	00:00=	00:01-	00:08-	00:13#	00:24#	00:03-	00:00=	00:08+	00:15+	00:37&	00:04-	00:33&	00:08+	00:31#	00:14#	00:04-	
<b>8</b>	<b>Njål F. Vadla</b>	<b>194</b>										<b>40:05</b>					
02:21+	03:58-	06:16-	10:03-	11:26-	13:50-	16:01-	17:35-	20:47=	24:24+	28:49+	29:34+	31:41+	35:05+	37:44+	39:24+	40:05+	
02:21+	01:37-	02:18-	03:47-	01:23+	02:24+	02:11-	01:34+	03:12+	03:37+	04:25+	00:45-	02:07+	03:24+	02:39+	01:40-	00:41-	
00:05+	00:06-	00:12-	00:31-	00:04+	00:18#	00:09-	00:03+	00:28#	00:01+	02:29@	00:10-	00:22#	00:15+	00:10+	00:06-	00:02-	
<b>9</b>	<b>Geir Sand</b>	<b>105</b>										<b>40:44</b>					
01:55-	03:41-	06:01-	10:48+	12:24+	14:48+	17:09+	18:48+	22:06+	26:05+	28:26+	29:51+	32:35+	35:27+	38:24+	40:04+	40:44+	
01:55-	01:46+	02:20-	04:47+	01:36+	02:24+	02:21+	01:39+	03:18+	03:59+	02:21+	01:25+	02:44+	02:52-	02:57+	01:40-	00:40-	
00:21-	00:03+	00:10-	00:29#	00:17#	00:18#	00:01+	00:08+	00:34#	00:23#	00:25#	00:30&	00:59&	00:17-	00:28#	00:06-	00:03-	
<b>10</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>										<b>41:17</b>					
02:05-	04:03+	06:39+	10:47=	12:45+	15:14+	18:07+	19:39+	22:05+	25:31+	28:41+	29:46+	32:09+	35:01+	38:51+	40:41+	41:17+	
02:05-	01:58+	02:36+	04:08-	01:58+	02:29+	02:53+	01:32+	02:26-	03:26-	03:10+	01:05+	02:23+	02:52-	03:50+	01:50+	00:36-	
00:11-	00:15#	00:06+	00:10-	00:39&	00:23#	00:33#	00:01+	00:18-	00:10-	01:14&	00:10#	00:38&	00:17-	01:21&	00:04+	00:07-	
<b>11</b>	<b>Terje Michaelsen</b>	<b>47</b>										<b>41:17</b>					
02:09-	03:53-	06:13-	10:24-	11:48-	14:58+	17:26+	19:11+	22:00+	26:18+	29:06+	30:17+	32:22+	35:48+	38:50+	40:43+	41:17+	
02:09-	01:44+	02:20-	04:11-	01:24+	03:20+	02:28+	01:45+	02:49+	04:18+	02:48+	01:11+	02:05+	03:26+	03:02+	01:53+	00:34-	
00:07-	00:01+	00:10-	00:07-	00:05+	01:04&	00:08+	00:14#	00:05+	00:42#	00:52&	00:16&	00:20#	00:17+	00:33#	00:07+	00:09-	
<b>12</b>	<b>Jan-Rune Basso</b>	<b>91</b>										<b>43:14</b>					
02:03-	03:48-	06:10-	10:45-	12:17+	14:40+	17:31+	19:15+	22:02+	26:21+	29:40+	31:29+	33:49+	37:06+	40:41+	42:28+	43:14+	
02:03-	01:45+	02:22-	04:35+	01:32+	02:23+	02:51+	01:44+	02:47+	04:19+	03:19+	01:49+	02:20+	03:17+	03:35+	01:47+	00:46+	
00:13-	00:02+	00:08-	00:17+	00:13#	00:17#	00:31#	00:13#	00:03+	00:43#	01:23&	00:54&	00:35&	00:08+	01:06&	00:01+	00:03+	
<b>13</b>	<b>Bjørnar André Haug</b>	<b>80</b>										<b>43:50</b>					
02:23+	04:22+	06:59+	11:10+	12:47+	15:25+	18:13+	20:32+	23:51+	27:51+	30:23+	31:36+	34:12+	37:13+	40:52+	43:04+	43:50+	
02:23+	01:59+	02:37+	04:11-	01:37+	02:38+	02:48+	02:19+	03:19+	04:00+	02:32+	01:13+	02:36+	03:01-	03:39+	02:12+	00:46+	
00:07+	00:16#	00:07+	00:07-	00:18#	00:32&	00:28#	00:48&	00:35#	00:24#	00:36&	00:18&	00:51&	00:08-	01:10&	00:26#	00:03+	
<b>14</b>	<b>Jone Sæbbø</b>	<b>90</b>										<b>45:55</b>					
01:54-	04:59+	07:28+	12:32+	14:20+	17:16+	19:57+	21:33+	24:22+	28:40+	31:12+	32:19+	35:20+	38:26+	41:57+	45:11+	45:55+	
01:54-	03:05+	02:29-	05:04+	01:48+	02:56+	02:41+	01:36+	02:49+	04:18+	02:32+	01:07+	03:01+	03:06-	03:31+	03:14+	00:44+	
00:22-	01:22&	00:01-	00:46#	00:29&	00:50&	00:21#	00:05+	00:05+	00:42#	00:36&	00:12#	01:16&	00:03-	01:02&	01:28&	00:01+	
<b>15</b>	<b>Svein Erik Kvame</b>	<b>116</b>										<b>46:45</b>					
02:19+	04:25+	07:14+	12:22+	14:09+	17:03+	19:48+	21:35+	25:13+	29:29+	32:19+	33:56+	36:51+	40:07+	43:27+	46:03+	46:45+	
02:19+	02:06+	02:49+	05:08+	01:47+	02:54+	02:45+	01:47+	03:38+	04:16+	02:50+	01:37+	02:55+	03:16+	03:20+	02:36+	00:42-	
00:03+	00:23#	00:19#	00:50#	00:28&	00:48&	00:25#	00:16#	00:54&	00:40#	00:54&	00:42&	01:10&	00:07+	00:51&	00:50&	00:01-	
<b>16</b>	<b>Inge Løland</b>	<b>114</b>										<b>49:25</b>					
02:24+	04:22+	07:37+	13:30+	14:59+	18:00+	20:43+	22:23+	25:10+	29:34+	33:30+	34:55+	38:58+	42:26+	46:07+	48:24+	49:25+	
02:24+	01:58+	03:15+	05:53+	01:29+	03:01+	02:43+	01:40+	02:47+	04:24+	03:56+	01:25+	04:03+	03:28+	03:41+	02:17+	01:01+	
00:08+	00:15#	00:45&	01:35&	00:10#	00:55&	00:23#	00:09+	00:03+	00:48#	02:00@	00:30&	02:18@	00:19#	01:12&	00:31&	00:18&	
<b>17</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>										<b>50:23</b>					
02:20+	04:39+	07:53+	13:02+	14:52+	17:48+	20:44+	22:49+	26:18+	30:57+	33:47+	35:28+	38:35+	42:55+	46:46+	49:39+	50:23+	
02:20+	02:19+	03:14+	05:09+	01:50+	02:56+	03:29+	02:05+	03:29+	04:39+	02:50+	01:41+	03:07+	04:20+	03:51+	02:53+	00:44+	
00:04+	00:36&	00:44&	00:51#	00:31&	00:50&	00:36&	00:34&	00:45&	01:03&	00:54&	00:46&	01:22&	01:11&	01:22&	01:07&	00:01+	
<b>18</b>	<b>Joar Eilevstjønn</b>	<b>67</b>										<b>50:25</b>					
02:21+	04:15+	06:56+	16:56+	18:48+	21:11+	23:57+	25:52+	29:24+	33:11+	36:53+	38:09+	41:01+	44:32+	48:12+	49:49+	50:25+	
02:21+	01:54+	02:41+	10:00+	01:52+	02:23+	02:46+	01:55+	03:32+	03:47+	03:42+	01:16+	02:52+	03:31+	03:40+	01:37-	00:36-	
00:05+	00:11#	00:11+	05:42@	00:33&	00:17#	00:26#	00:24&	00:48&	00:11+	01:46&	00:21&	01:07&	00:22#	01:11&	00:09-	00:07-	
<b>19</b>	<b>Arjen Leendertse</b>	<b>91</b>										<b>54:03</b>					
02:25+	04:34+	07:11+	15:08+	17:08+	20:30+	23:23+	25:40+	28:41+	33:28+	37:46+	39:51+	42:58+	46:13+	51:04+	53:21+	54:03+	
02:25+	02:09+	02:37+	07:57+	02:00+	03:22+	02:53+	02:17+	03:01+	04:47+	04:18+	02:05+	03:07+	03:15+	04:51+	02:17+	00:42-	
00:09+	00:26&	00:07+	03:39&	00:41&	01:16&	00:33#	00:46&	00:17#	01:11&	02:22@	01:10@	01:22&	00:06+	02:22&	00:31&	00:01-	

Class	Navn	Klasse	Tid
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### Beste strekktid for klassen

01:54 01:35 02:18 03:44 01:14 02:04 02:10 01:24 02:23 03:26 01:55 00:45 01:45 02:52 02:29 01:37 00:34

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

## Herrer C

<b>1</b>	<b>Otte Omdal</b>	<b>65</b>	<b>41:12</b>															
02:15=	05:26=	06:40=	08:23=	11:11=	14:53=	16:42=	20:51=	23:52=	27:11=	28:58=	31:42=	33:32=	36:32=	38:19=	40:12=	40:41=	41:12=	
02:15=	03:11=	01:14=	01:43=	02:48=	03:42=	01:49=	04:09=	03:01=	03:19=	01:47=	02:44=	01:50=	03:00=	01:47=	01:53=	00:29=	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=	00:00=	
<b>2</b>	<b>Kjetil Wirak</b>	<b>114</b>	<b>42:33</b>															
02:21+	05:29+	06:57+	07:45-	08:54-	11:43-	15:05-	17:43-	21:09-	24:47-	28:17-	29:54-	32:01-	35:54-	38:04-	39:39-	41:29+	42:03+	42:33+
02:21+	03:08-	01:28+	00:48-	01:09-	02:49-	03:22+	02:38-	03:26+	03:38+	03:30+	01:37-	02:07+	03:53+	02:10+	01:35-	01:50+	00:34+	00:30+
00:06+	00:03-	00:14#	00:55-	01:39-	00:53-	01:33&	01:31-	00:25#	00:19+	01:43&	01:07-	00:17#	00:53&	00:23#	00:18-	01:21@	00:03+	00:30+
<b>3</b>	<b>Rune Karstensen</b>	<b>37</b>	<b>43:25</b>															
02:33+	05:37+	07:00+	08:46+	12:08+	15:57+	19:00+	23:13+	26:23+	30:17+	32:01+	34:09+	36:26+	38:55+	40:26+	42:16+	42:48+	43:25+	
02:33+	03:04-	01:23+	01:46+	03:22+	03:49+	03:03+	04:13+	03:10+	03:54+	01:44-	02:08-	02:17+	02:29-	01:31-	01:50-	00:32+	00:37+	
00:18#	00:07-	00:09#	00:03+	00:34#	00:07+	01:14&	00:04+	00:09+	00:35#	00:03-	00:36-	00:27#	00:31-	00:16-	00:03-	00:03#	00:06#	
<b>4</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>	<b>44:28</b>															
02:36+	05:36+	06:52+	08:17-	11:37+	15:36+	18:08+	21:57+	24:56+	28:59+	31:09+	33:27+	36:11+	39:12+	40:51+	43:09+	43:50+	44:28+	
02:36+	03:00-	01:16+	01:25-	03:20+	03:59+	02:32+	03:49-	02:59-	04:03+	02:10+	02:18-	02:44+	03:01+	01:39-	02:18+	00:41+	00:38+	
00:21#	00:11-	00:02+	00:18-	00:32#	00:17+	00:43&	00:20-	00:02-	00:44#	00:23#	00:26-	00:54&	00:01+	00:08-	00:25#	00:12&	00:07#	
<b>5</b>	<b>Geir Bjaanes</b>	<b>116</b>	<b>44:31</b>															
02:27+	05:11-	06:26-	08:02-	11:14+	15:34+	18:05+	22:02+	25:17+	28:58+	30:40+	33:02+	36:02+	39:01+	40:45+	43:04+	43:46+	44:31+	
02:27+	02:44-	01:15+	01:36-	03:12+	04:20+	02:31+	03:57-	03:15+	03:41+	01:44-	02:22-	03:00+	02:59-	01:44-	02:19+	00:42+	00:45+	
00:12+	00:27-	00:01+	00:07-	00:24#	00:38#	00:42&	00:12-	00:14+	00:22#	00:05-	00:22-	01:10&	00:01-	00:03-	00:26#	00:13&	00:14&	
<b>6</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>45:30</b>															
02:51+	06:05+	07:23+	09:24+	13:00+	17:10+	21:15+	25:16+	28:21+	32:18+	34:02+	36:07+	38:26+	41:00+	42:32+	44:25+	44:55+	45:30+	
02:51+	03:14+	01:18+	02:01+	03:36+	04:10+	04:05+	04:01-	03:05+	03:57+	01:44-	02:05-	02:19+	02:34-	01:32-	01:53=	00:30+	00:35+	
00:36&	00:03+	00:04+	00:18#	00:48&	00:28#	02:16@	00:08-	00:04+	00:38#	00:03-	00:39-	00:29&	00:26-	00:15-	00:00=	00:01+	00:04#	
<b>7</b>	<b>Øystein Huglen</b>	<b>27</b>	<b>45:47</b>															
02:29+	05:31+	06:54+	08:37+	12:58+	16:46+	19:16+	23:11+	26:31+	30:08+	32:04+	34:36+	36:47+	39:51+	41:47+	44:28+	45:05+	45:47+	
02:29+	03:02-	01:23+	01:43+	04:21+	03:48+	02:30+	03:55-	03:20+	03:37+	01:56+	02:32-	02:11+	03:04+	01:56+	02:41+	00:37+	00:42+	
00:14#	00:09-	00:09#	00:00=	01:33&	00:06+	00:41&	00:14-	00:19#	00:18+	00:09+	00:12-	00:21#	00:04+	00:09+	00:48&	00:08&	00:11&	
<b>8</b>	<b>Henning Sundby</b>	<b>114</b>	<b>45:53</b>															
03:05+	06:01+	07:11+	09:11+	12:21+	15:36+	18:45+	23:39+	26:26+	29:21+	31:00+	33:32+	36:27+	39:35+	41:20+	44:30+	45:08+	45:53+	
03:05+	02:56-	01:10-	02:00+	03:10+	03:15-	03:09+	04:54+	02:47-	02:55-	01:39-	02:32-	02:55+	03:08+	01:45-	03:10+	00:38+	00:45+	
00:50&	00:15-	00:04-	00:17#	00:22#	00:27-	01:20&	00:45#	00:14-	00:24-	00:08-	00:12-	01:05&	00:08+	00:02-	01:17&	00:09&	00:14&	
<b>9</b>	<b>Nils John Vestøl</b>	<b>83</b>	<b>46:18</b>															
02:35+	05:22-	06:36-	08:42+	11:44+	15:21+	18:23+	22:53+	27:08+	30:12+	32:13+	34:17+	37:36+	40:44+	42:25+	45:02+	45:45+	46:18+	
02:35+	02:47-	01:14=	02:06+	03:02+	03:37-	03:02+	04:30+	04:15+	03:04-	02:01+	02:04-	03:19+	03:08+	01:41-	02:37+	00:43+	00:33+	
00:20#	00:24-	00:00=	00:23#	00:14+	00:05-	01:13&	00:21+	01:14&	00:15-	00:14#	00:40-	01:29&	00:08+	00:06-	00:44&	00:14&	00:02+	
<b>10</b>	<b>Sturle Omdal</b>	<b>116</b>	<b>49:07</b>															
02:49+	05:55+	07:14+	08:42+	12:21+	16:21+	19:39+	25:10+	28:57+	33:11+	35:55+	38:38+	40:57+	43:38+	45:22+	47:39+	48:31+	49:07+	
02:49+	03:06-	01:19+	01:28-	03:39+	04:00+	03:18+	05:31+	03:47+	04:14+	02:44+	02:43-	02:19+	02:41-	01:44-	02:17+	00:52+	00:36+	
00:34&	00:05-	00:05+	00:15-	00:51&	00:18+	01:29&	01:22&	00:46&	00:55&	00:57&	00:01-	00:29&	00:19-	00:03-	00:24#	00:23&	00:05#	
<b>11</b>	<b>Pål H. Gjerden</b>	<b>116</b>	<b>49:13</b>															
02:25+	05:16-	06:35-	08:07-	11:29+	15:31+	17:51+	21:44+	25:19+	31:23+	33:40+	36:45+	39:21+	43:24+	45:31+	47:58+	48:36+	49:13+	
02:25+	02:51-	01:19+	01:32-	03:22+	04:02+	02:20+	03:53-	03:35+	06:04+	02:17+	03:05+	02:36+	04:03+	02:07+	02:27+	00:38+	00:37+	
00:10+	00:20-	00:05+	00:11-	00:34#	00:20+	00:31&	00:16-	00:34#	02:45&	00:30&	00:21#	00:46&	01:03&	00:20#	00:34&	00:09&	00:06#	
<b>12</b>	<b>Otto Alsnes</b>	<b>50</b>	<b>53:55</b>															
02:50+	06:29+	08:18+	11:01+	14:39+	19:25+	22:06+	28:00+	31:27+	35:18+	37:18+	40:13+	43:16+	46:29+	48:32+	51:12+	52:25+	53:05+	53:55+
02:50+	03:39+	01:49+	02:43+	03:38+	04:46+	02:41+	05:54+	03:27+	03:51+	02:00+	02:55+	03:03+	03:13+	02:03+	02:40+	01:13+	00:40+	00:50+
00:35&	00:28#	00:35&	01:00&	00:50&	01:04&	00:52&	01:45&	00:26#	00:32#	00:13#	00:11+	01:13&	00:13+	00:16#	00:47&	00:44@	00:09&	00:50+
<b>13</b>	<b>Tor Brekken</b>	<b>97</b>	<b>55:31</b>															
02:46+	05:48+	07:22+	10:01+	13:39+	17:43+	21:22+	26:43+	30:42+	34:59+	37:09+	39:43+	44:14+	48:50+	50:51+	54:04+	54:49+	55:31+	
02:46+	03:02-	01:34+	02:39+	03:38+	04:04+	03:39+	05:21+	03:59+	04:17+	02:10+	02:34-	04:31+	04:36+	02:01+	03:13+	00:45+	00:42+	
00:31#	00:09-	00:20&	00:56&	00:50&	00:22+	01:50@	01:12&	00:58&	00:58&	00:23#	00:10-	02:41@	01:36&	00:14#	01:20&	00:16&	00:11&	

Class	Navn	Klasse										Tid							
<b>14</b>	<b>Erling Mauland</b>	<b>83</b>										<b>55:35</b>							
	02:51+	06:06+	07:59+	10:13+	14:36+	19:33+	24:13+	30:05+	33:22+	37:22+	39:08+	42:05+	45:23+	48:30+	50:33+	53:12+	54:26+	55:01+	55:35+
	02:51+	03:15+	01:53+	02:14+	04:23+	04:57+	04:40+	05:52+	03:17+	04:00+	01:46-	02:57+	03:18+	03:07+	02:03+	02:39+	01:14+	00:35+	00:34+
	00:36&	00:04+	00:39&	00:31&	01:35&	01:15&	02:51@	01:43&	00:16+	00:41#	00:01-	00:13+	01:28&	00:07+	00:16#	00:46&	00:45@	00:04#	00:34+
<b>15</b>	<b>Ivar Knutsen</b>	<b>116</b>										<b>56:11</b>							
	02:50+	06:21+	07:59+	10:10+	14:25+	18:55+	22:24+	27:51+	31:29+	35:48+	38:35+	42:27+	45:37+	48:59+	51:05+	53:59+	55:25+	56:11+	
	02:50+	03:31+	01:38+	02:11+	04:15+	04:30+	03:29+	05:27+	03:38+	04:19+	02:47+	03:52+	03:10+	03:22+	02:06+	02:54+	01:26+	00:46+	
	00:35&	00:20#	00:24&	00:28&	01:27&	00:48#	01:40&	01:18&	00:37#	01:00&	01:00&	01:08&	01:20&	00:22#	00:19#	01:01&	00:57@	00:15&	
<b>16</b>	<b>Knut Feldmann</b>	<b>93</b>										<b>56:39</b>							
	02:47+	06:09+	07:53+	09:37+	13:34+	18:17+	21:24+	26:11+	30:12+	38:51+	41:44+	44:06+	46:53+	50:11+	51:50+	54:32+	55:52+	56:39+	
	02:47+	03:22+	01:44+	01:44+	03:57+	04:43+	03:07+	04:47+	04:01+	08:39+	02:53+	02:22-	02:47+	03:18+	01:39-	02:42+	01:20+	00:47+	
	00:32#	00:11+	00:30&	00:01+	01:09&	01:01&	01:18&	00:38#	01:00&	05:20@	01:06&	00:22-	00:57&	00:18#	00:08-	00:49&	00:51@	00:16&	
<b>17</b>	<b>Ove Oaland</b>	<b>116</b>										<b>58:20</b>							
	02:51+	06:47+	08:30+	10:18+	14:05+	18:52+	22:33+	27:17+	30:57+	35:12+	37:44+	40:21+	43:09+	46:54+	53:08+	56:56+	57:33+	58:20+	
	02:51+	03:56+	01:43+	01:48+	03:47+	04:47+	03:41+	04:44+	03:40+	04:15+	02:32+	02:37-	02:48+	03:45+	06:14+	03:48+	00:37+	00:47+	
	00:36&	00:45#	00:29&	00:05+	00:59&	01:05&	01:52@	00:35#	00:39#	00:56&	00:45&	00:07-	00:58&	00:45#	04:27@	01:55@	00:08&	00:16&	
<b>Beste strekketid for klassen</b>																			
	02:15	02:44	01:10	00:48	01:09	02:49	01:49	02:38	02:47	02:55	01:39	01:37	01:50	02:29	01:31	01:35	00:29	00:31	

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

## Herrer Ny

<b>1</b>	<b>Oddbjørn Nevestveit</b>	<b>80</b>										<b>20:10</b>							
	01:21=	04:01=	06:27=	07:51=	10:50=	15:46=	18:01=	19:26=	20:10=										
	01:21=	02:40=	02:26=	01:24=	02:59=	04:56=	02:15=	01:25=	00:44=										
	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>29:02</b>							
	02:30+	05:54+	09:04+	10:36+	15:49+	21:26+	24:35+	27:19+	29:02+										
	02:30+	03:24+	03:10+	01:32+	05:13+	05:37+	03:09+	02:44+	01:43+										
	01:09&	00:44&	00:44&	00:08+	02:14&	00:41#	00:54&	01:19&	00:59@										
<b>3</b>	<b>Joe McClounnan</b>	<b>167</b>										<b>44:38</b>							
	05:36+	09:02+	23:06+	24:24+	29:14+	35:45+	41:59+	43:45+	44:38+										
	05:36+	03:26+	14:04+	01:18-	04:50+	06:31+	06:14+	01:46+	00:53+										
	04:15@	00:46&	11:38@	00:06-	01:51&	01:35&	03:59@	00:21#	00:09#										

### Beste strekketid for klassen

01:21 02:40 02:26 02:59 04:56 02:15 01:25 00:44

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

## Herrer Trim

<b>1</b>	<b>Johannes Kro</b>	<b>51</b>										<b>21:50</b>							
	01:31=	03:24=	05:35=	06:44=	08:30=	10:50=	12:05=	13:07=	15:08=	16:42=	18:03=	19:06=	21:18=	21:50=					
	01:31=	01:53=	02:11=	01:09=	01:46=	02:20=	01:15=	01:02=	02:01=	01:34=	01:21=	01:03=	02:12=	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=					
<b>2</b>	<b>Martin Svensen</b>	<b>284</b>										<b>22:19</b>							
	00:59-	02:40-	04:40-	06:01-	08:03-	10:47-	12:15+	13:10+	16:05+	18:08+	20:06+	21:00+	21:53+	22:19+					
	00:59-	01:41-	02:00-	01:21+	02:02+	02:44+	01:28+	00:55-	02:55+	02:03+	01:58+	00:54-	00:53-	00:26-					
	00:32-	00:12-	00:11-	00:12#	00:16#	00:24#	00:13#	00:07-	00:54&	00:29&	00:37&	00:09-	01:19-	00:06-					
<b>3</b>	<b>Jon Kåre Olsen</b>	<b>92</b>										<b>23:34</b>							
	00:54-	02:53-	05:25-	06:55+	09:07+	11:44+	13:33+	14:50+	17:53+	19:34+	20:41+	21:28+	22:52+	23:34+					
	00:54-	01:59+	02:32+	01:30+	02:12+	02:37+	01:49+	01:17+	03:03+	01:41+	01:07-	00:47-	01:24-	00:42+					
	00:37-	00:06+	00:21#	00:21&	00:26#	00:17#	00:34&	00:15#	01:02&	00:07+	00:14-	00:16-	00:48-	00:10&					
<b>4</b>	<b>Pål Dannevig</b>	<b>74</b>										<b>25:06</b>							
	00:57-	02:50-	04:45-	06:02-	07:53-	10:12-	11:49-	12:47-	15:17+	17:19+	21:51+	23:05+	24:23+	25:06+					
	00:57-	01:53=	01:55-	01:17+	01:51+	02:19-	01:37+	00:58-	02:30+	02:02+	04:32+	01:14+	01:18-	00:43+					
	00:34-	00:00=	00:16-	00:08#	00:05+	00:01-	00:22&	00:04-	00:29#	00:28&	03:11@	00:11#	00:54-	00:11&					



Class	Navn	Klasse										Tid	
<b>5</b>	<b>Ragnar Rossavik</b>	<b>109</b>										<b>25:28</b>	
01:05-	03:07-	06:25+	08:03+	10:15+	12:49+	14:31+	15:53+	18:06+	20:21+	21:57+	22:47+	24:48+	25:28+
01:05-	02:02+	03:18+	01:38+	02:12+	02:34+	01:42+	01:22+	02:13+	02:15+	01:36+	00:50-	02:01-	00:40+
00:26-	00:09+	01:07&	00:29&	00:26#	00:14#	00:27&	00:20&	00:12+	00:41&	00:15#	00:13-	00:11-	00:08#
<b>6</b>	<b>Asbjørn Brådland</b>	<b>32</b>										<b>25:57</b>	
01:20-	03:15-	05:51+	07:27+	09:46+	12:02+	13:34+	14:44+	16:56+	19:56+	22:55+	23:45+	25:11+	25:57+
01:20-	01:55+	02:36+	01:36+	02:19+	02:16-	01:32+	01:10+	02:12+	03:00+	02:59+	00:50-	01:26-	00:46+
00:11-	00:02+	00:25#	00:27&	00:33&	00:04-	00:17#	00:08#	00:11+	01:26&	01:38@	00:13-	00:46-	00:14&
<b>7</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>26:26</b>	
01:13-	03:23-	06:18+	08:07+	10:54+	13:53+	15:35+	17:04+	19:50+	21:32+	23:12+	24:06+	25:37+	26:26+
01:13-	02:10+	02:55+	01:49+	02:47+	02:59+	01:42+	01:29+	02:46+	01:42+	01:40+	00:54-	01:31-	00:49+
00:18-	00:17#	00:44&	00:40&	01:01&	00:39&	00:27&	00:27&	00:45&	00:08+	00:19#	00:09-	00:41-	00:17&
<b>8</b>	<b>Bjørn Ove Ruud</b>	<b>29</b>										<b>26:32</b>	
01:17-	03:14-	06:01+	07:41+	10:28+	13:31+	15:12+	16:33+	19:10+	20:34+	23:12+	24:00+	25:49+	26:32+
01:17-	01:57+	02:47+	01:40+	02:47+	03:03+	01:41+	01:21+	02:37+	01:24-	02:38+	00:48-	01:49-	00:43+
00:14-	00:04+	00:36&	00:31&	01:01&	00:43&	00:26&	00:19&	00:36&	00:10-	01:17&	00:15-	00:23-	00:11&
<b>9</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>27:27</b>	
01:25-	04:57+	08:08+	09:52+	12:07+	14:50+	16:35+	17:56+	20:24+	22:51+	24:16+	25:16+	26:52+	27:27+
01:25-	03:32+	03:11+	01:44+	02:15+	02:43+	01:45+	01:21+	02:28+	02:27+	01:25+	01:00-	01:36-	00:35+
00:06-	01:39&	01:00&	00:35&	00:29&	00:23#	00:30&	00:19&	00:27#	00:53&	00:04+	00:03-	00:36-	00:03+
<b>10</b>	<b>Steinar Amundsen</b>	<b>115</b>										<b>27:49</b>	
01:28-	03:45+	06:42+	08:30+	11:05+	13:43+	15:44+	17:18+	20:25+	22:22+	23:49+	25:05+	26:58+	27:49+
01:28-	02:17+	02:57+	01:48+	02:35+	02:38+	02:01+	01:34+	03:07+	01:57+	01:27+	01:16+	01:53-	00:51+
00:03-	00:24#	00:46&	00:39&	00:49&	00:18#	00:46&	00:32&	01:06&	00:23#	00:06+	00:13#	00:19-	00:19&
<b>11</b>	<b>Hans Klausen</b>	<b>62</b>										<b>28:14</b>	
01:40+	03:46+	06:49+	08:35+	11:37+	14:39+	16:35+	18:11+	21:48+	23:11+	24:33+	25:39+	27:34+	28:14+
01:40+	02:06+	03:03+	01:46+	03:02+	03:02+	01:56+	01:36+	03:37+	01:23-	01:22+	01:06+	01:55-	00:40+
00:09+	00:13#	00:52&	00:37&	01:16&	00:42&	00:41&	00:34&	01:36&	00:11-	00:01+	00:03+	00:17-	00:08#
<b>12</b>	<b>Oddgeir Nevland</b>	<b>51</b>										<b>28:15</b>	
01:23-	03:28+	06:00+	07:38+	10:00+	12:22+	14:12+	15:31+	18:43+	21:24+	25:16+	26:12+	27:32+	28:15+
01:23-	02:05+	02:32+	01:38+	02:22+	02:22+	01:50+	01:19+	03:12+	02:41+	03:52+	00:56-	01:20-	00:43+
00:08-	00:12#	00:21#	00:29&	00:36&	00:02+	00:35&	00:17&	01:11&	01:07&	02:31@	00:07-	00:52-	00:11&
<b>13</b>	<b>Ingvær Haabeth</b>	<b>92</b>										<b>28:24</b>	
01:23-	03:36+	06:17+	08:00+	10:41+	13:49+	16:16+	17:35+	21:07+	22:49+	24:47+	25:48+	27:37+	28:24+
01:23-	02:13+	02:41+	01:43+	02:41+	03:08+	02:27+	01:19+	03:32+	01:42+	01:58+	01:01-	01:49-	00:47+
00:08-	00:20#	00:30#	00:34&	00:55&	00:48&	01:12&	00:17&	01:31&	00:08+	00:37&	00:02-	00:23-	00:15&
<b>14</b>	<b>Frode Ungar</b>	<b>116</b>										<b>28:44</b>	
01:22-	03:10-	05:35=	07:27+	09:57+	12:37+	14:56+	16:29+	19:17+	21:10+	24:52+	25:45+	28:00+	28:44+
01:22-	01:48-	02:25+	01:52+	02:30+	02:40+	02:19+	01:33+	02:48+	01:53+	03:42+	00:53-	02:15+	00:44+
00:09-	00:05-	00:14#	00:43&	00:44&	00:20#	01:04&	00:31&	00:47&	00:19#	02:21@	00:10-	00:03+	00:12&
<b>15</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>										<b>28:53</b>	
01:21-	03:37+	06:19+	08:21+	11:09+	14:12+	16:15+	18:02+	21:09+	23:37+	25:35+	26:40+	28:10+	28:53+
01:21-	02:16+	02:42+	02:02+	02:48+	03:03+	02:03+	01:47+	03:07+	02:28+	01:58+	01:05+	01:30-	00:43+
00:10-	00:23#	00:31#	00:53&	01:02&	00:43&	00:48&	00:45&	01:06&	00:54&	00:37&	00:02+	00:42-	00:11&
<b>16</b>	<b>Reidar Haver</b>	<b>4</b>										<b>29:04</b>	
01:32+	03:41+	06:03+	07:44+	10:11+	13:31+	15:30+	17:15+	19:51+	22:04+	24:01+	25:14+	28:15+	29:04+
01:32+	02:09+	02:22+	01:41+	02:27+	03:20+	01:59+	01:45+	02:36+	02:13+	01:57+	01:13+	03:01+	00:49+
00:01+	00:16#	00:11+	00:32&	00:41&	01:00&	00:44&	00:43&	00:35&	00:39&	00:36&	00:10#	00:49&	00:17&
<b>17</b>	<b>Einar Hagerup Mørkved</b>	<b>116</b>										<b>29:09</b>	
01:54+	03:32+	09:39+	11:33+	13:23+	15:14+	16:40+	17:31+	19:44+	23:21+	26:44+	27:14+	28:39+	29:09+
01:54+	01:38-	06:07+	01:54+	01:50+	01:31-	01:26+	00:51-	02:13+	03:37+	03:23+	00:30-	01:25-	00:30-
00:23&	00:15-	03:56@	00:45&	00:04+	00:29-	00:11#	00:11-	00:12+	02:03@	02:02@	00:33-	00:47-	00:02-
<b>18</b>	<b>Svein Mæle</b>	<b>115</b>										<b>29:12</b>	
01:07-	03:13-	09:15+	10:24+	13:07+	15:32+	18:03+	20:22+	22:47+	24:20+	25:58+	26:48+	28:34+	29:12+
01:07-	02:06+	06:02+	01:09=	02:43+	02:25+	02:31+	02:19+	02:25+	01:33-	01:38+	00:50-	01:46-	00:38+
00:24-	00:13#	03:51@	00:00=	00:57&	00:05+	01:16@	01:17@	00:24#	00:01-	00:17#	00:13-	00:26-	00:06#
<b>19</b>	<b>Heine Furubotten</b>	<b>192</b>										<b>29:19</b>	
01:35+	03:41+	06:06+	08:37+	11:25+	15:05+	17:05+	18:24+	21:51+	23:33+	25:32+	26:47+	28:22+	29:19+
01:35+	02:06+	02:25+	02:31+	02:48+	03:40+	02:00+	01:19+	03:27+	01:42+	01:59+	01:15+	01:35-	00:57+
00:04+	00:13#	00:14#	01:22@	01:02&	01:20&	00:45&	00:17&	01:26&	00:08+	00:38&	00:12#	00:37-	00:25&

Class	Navn	Klasse										Tid			
<b>20</b>	<b>Tor Inge Hansen</b>	<b>144</b>										<b>29:26</b>			
01:14-	03:16-	06:24+	09:13+	11:36+	14:58+	16:57+	18:55+	22:00+	24:24+	26:08+	27:00+	28:49+	29:26+		
01:14-	02:02+	03:08+	02:49+	02:23+	03:22+	01:59+	01:58+	03:05+	02:24+	01:44+	00:52-	01:49-	00:37+		
00:17-	00:09+	00:57&	01:40@	00:37&	01:02&	00:44&	00:56&	01:04&	00:50&	00:23&	00:11-	00:23-	00:05#		
<b>21</b>	<b>Nils Egil Lie</b>	<b>91</b>										<b>29:38</b>			
01:17-	03:25+	06:13+	07:53+	10:56+	14:01+	15:49+	17:28+	20:36+	22:32+	24:37+	25:42+	28:47+	29:38+		
01:17-	02:08+	02:48+	01:40+	03:03+	03:05+	01:48+	01:39+	03:08+	01:56+	02:05+	01:05+	03:05+	00:51+		
00:14-	00:15#	00:37&	00:31&	01:17&	00:45&	00:33&	00:37&	01:07&	00:22#	00:44&	00:02+	00:53&	00:19&		
<b>22</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>29:41</b>			
01:42+	03:58+	06:38+	08:34+	11:02+	13:43+	15:58+	17:25+	20:19+	22:27+	25:40+	26:52+	29:01+	29:41+		
01:42+	02:16+	02:40+	01:56+	02:28+	02:41+	02:15+	01:27+	02:54+	02:08+	03:13+	01:12+	02:09-	00:40+		
00:11#	00:23#	00:29#	00:47&	00:42#	00:21#	01:00&	00:25&	00:53&	00:34&	01:52@	00:09#	00:03-	00:08#		
<b>23</b>	<b>Per Kolbein Tonstad</b>	<b>66</b>										<b>29:50</b>			
01:30-	03:54+	06:48+	08:50+	11:40+	14:39+	16:52+	18:29+	21:46+	23:35+	25:26+	26:34+	28:48+	29:50+		
01:30-	02:24+	02:54+	02:02+	02:50+	02:59+	02:13+	01:37+	03:17+	01:49+	01:51+	01:08+	02:14+	01:02+		
00:01-	00:31&	00:43&	00:53&	01:04&	00:39&	00:58&	00:35&	01:16&	00:15#	00:30&	00:05+	00:02+	00:30&		
<b>24</b>	<b>Christoffer Soma</b>	<b>286</b>										<b>29:51</b>			
01:10-	03:25+	06:21+	08:09+	12:28+	15:25+	17:25+	18:53+	21:26+	23:31+	26:23+	27:12+	29:14+	29:51+		
01:10-	02:15+	02:56+	01:48+	04:19+	02:57+	02:00+	01:28+	02:33+	02:05+	02:52+	00:49-	02:02-	00:37+		
00:21-	00:22#	00:45&	00:39&	02:33@	00:37&	00:45&	00:26&	00:32&	00:31&	01:31@	00:14-	00:10-	00:05#		
<b>25</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>										<b>30:09</b>			
01:41+	03:59+	07:01+	08:51+	11:35+	14:34+	16:17+	19:30+	21:56+	24:28+	26:46+	27:43+	29:23+	30:09+		
01:41+	02:18+	03:02+	01:50+	02:44+	02:59+	01:43+	03:13+	02:26+	02:32+	02:18+	00:57-	01:40-	00:46+		
00:10#	00:25#	00:51&	00:41&	00:58&	00:39&	00:28&	02:11@	00:25#	00:58&	00:57&	00:06-	00:32-	00:14&		
<b>26</b>	<b>Jan Knudsen</b>	<b>92</b>										<b>30:14</b>			
01:03-	02:41-	05:16-	09:40+	11:52+	16:13+	17:56+	18:52+	22:33+	24:08+	26:18+	27:08+	29:37+	30:14+		
01:03-	01:38-	02:35+	04:24+	02:12+	04:21+	01:43+	00:56-	03:41+	01:35+	02:10+	00:50-	02:29+	00:37+		
00:28-	00:15-	00:24#	03:15@	00:26#	02:01&	00:28&	00:06-	01:40&	00:01+	00:49&	00:13-	00:17#	00:05#		
<b>27</b>	<b>Stig Ballestad</b>	<b>37</b>										<b>30:26</b>			
01:26-	03:54+	08:48+	10:48+	13:50+	16:56+	18:53+	20:20+	22:58+	25:12+	26:55+	27:58+	29:45+	30:26+		
01:26-	02:28+	04:54+	02:00+	03:02+	03:06+	01:57+	01:27+	02:38+	02:14+	01:43+	01:03=	01:47-	00:41+		
00:05-	00:35&	02:43@	00:51&	01:16&	00:46&	00:42&	00:25&	00:37&	00:40&	00:22&	00:00=	00:25-	00:09&		
<b>28</b>	<b>Einar Tønnesen</b>	<b>29</b>										<b>30:30</b>			
01:25-	03:55+	07:05+	09:10+	12:13+	15:27+	17:48+	19:12+	22:19+	24:43+	26:40+	27:55+	29:42+	30:30+		
01:25-	02:30+	03:10+	02:05+	03:03+	03:14+	02:21+	01:24+	03:07+	02:24+	01:57+	01:15+	01:47-	00:48+		
00:06-	00:37&	00:59&	00:56&	01:17&	00:54&	01:06&	00:22&	01:06&	00:50&	00:36&	00:12#	00:25-	00:16&		
<b>29</b>	<b>Arild Olsen</b>	<b>4</b>										<b>30:57</b>			
01:39+	03:45+	06:41+	10:00+	12:30+	15:36+	17:40+	19:07+	21:53+	24:08+	26:39+	28:02+	30:05+	30:57+		
01:39+	02:06+	02:56+	03:19+	02:30+	03:06+	02:04+	01:27+	02:46+	02:15+	02:31+	01:23+	02:03-	00:52+		
00:08+	00:13#	00:45&	02:10@	00:44&	00:46&	00:49&	00:25&	00:45&	00:41&	01:10&	00:20&	00:09-	00:20&		
<b>30</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>31:01</b>			
00:52-	02:32-	04:33-	06:12-	08:43+	11:36+	13:02+	14:37+	16:27+	23:36+	25:10+	26:04+	28:02+	30:32+		
00:52-	01:40-	02:01-	01:39+	02:31+	02:53+	01:26+	01:35+	01:50-	07:09+	01:34+	00:54-	01:58-	02:30+		
00:39-	00:13-	00:10-	00:30&	00:45&	00:33#	00:11#	00:33&	00:11-	05:35@	00:13#	00:09-	00:14-	01:58@		
<b>31</b>	<b>Frode Lund</b>	<b>18</b>										<b>31:38</b>			
01:19-	03:39+	06:41+	08:57+	12:19+	17:02+	19:09+	20:44+	23:51+	25:50+	27:31+	28:38+	30:41+	31:38+		
01:19-	02:20+	03:02+	02:16+	03:22+	04:43+	02:07+	01:35+	03:07+	01:59+	01:41+	01:07+	02:03-	00:57+		
00:12-	00:27#	00:51&	01:07&	01:36&	02:23@	00:52&	00:33&	01:06&	00:25&	00:20#	00:04+	00:09-	00:25&		
<b>32</b>	<b>Jørgen Johnsen</b>	<b>167</b>										<b>31:46</b>			
00:57-	03:11-	12:11+	13:22+	15:35+	18:01+	19:46+	20:56+	24:40+	26:00+	28:27+	29:11+	31:13+	31:46+		
00:57-	02:14+	09:00+	01:11+	02:13+	02:26+	01:45+	01:10+	03:44+	01:20-	02:27+	00:44-	02:02-	00:33+		
00:34-	00:21#	06:49@	00:02+	00:27&	00:06+	00:30&	00:08#	01:43&	00:14-	01:06&	00:19-	00:10-	00:01+		
<b>33</b>	<b>Paul Richard Carr</b>	<b>136</b>										<b>32:24</b>			
01:24-	03:44+	06:48+	09:16+	12:06+	15:16+	17:21+	19:36+	22:58+	25:50+	28:23+	29:37+	31:26+	32:24+		
01:24-	02:20+	03:04+	02:28+	02:50+	03:10+	02:05+	02:15+	03:22+	02:52+	02:33+	01:14+	01:49-	00:58+		
00:07-	00:27#	00:53&	01:19@	01:04&	00:50&	00:50&	01:13@	01:21&	01:18&	01:12&	00:11#	00:23-	00:26&		
<b>34</b>	<b>Arild Svihus</b>	<b>92</b>										<b>32:55</b>			
02:05+	04:56+	08:24+	10:26+	13:24+	17:30+	19:32+	21:19+	24:31+	27:10+	29:12+	30:23+	32:15+	32:55+		
02:05+	02:51+	03:28+	02:02+	02:58+	04:06+	02:02+	01:47+	03:12+	02:39+	02:02+	01:11+	01:52-	00:40+		
00:34&	00:58&	01:17&	00:53&	01:12&	01:46&	00:47&	00:45&	01:11&	01:05&	00:41&	00:08#	00:20-	00:08#		

Class	Navn	Klasse	Tid
<b>35</b>	<b>Jon Jakobsen</b>	<b>116</b>	<b>33:05</b>
01:20-	03:20-	05:58+	07:33+
01:20-	02:00+	02:38+	01:35+
00:11-	00:07+	00:27#	00:26#
09:45+	12:50+	14:28+	15:56+
03:05+	01:38+	01:28+	02:22+
00:45&	00:23&	00:26&	00:21#
24:55+	28:07+	29:03+	32:25+
18:18+	24:55+	28:07+	29:03+
06:37+	03:12+	00:56-	03:22+
05:03@	01:51@	00:07-	01:10&
00:08#			
<b>36</b>	<b>Jan Henrik Neuenkirchen</b>	<b>93</b>	<b>33:51</b>
01:26-	05:37+	08:28+	10:41+
01:26-	04:11+	02:51+	02:13+
00:05-	02:18@	00:40&	01:04&
13:30+	16:35+	18:48+	21:02+
03:05+	02:13+	02:49+	03:05+
00:45&	00:58&	01:12@	01:42&
24:45+	26:56+	29:49+	30:56+
03:43+	02:11+	02:53+	01:07+
00:37&	01:32@	00:04+	00:03-
00:14&			
<b>37</b>	<b>Ommund BakkevoId</b>	<b>68</b>	<b>33:54</b>
01:33+	04:09+	07:18+	10:12+
01:33+	02:36+	03:09+	02:54+
00:02+	00:43&	00:58&	01:45@
16:46+	18:56+	20:51+	24:27+
03:24+	02:10+	01:55+	03:36+
01:04&	00:55&	00:53&	01:35&
24:27+	27:29+	29:23+	30:35+
03:02+	01:54+	01:12+	02:18+
01:28&	00:33&	00:09#	00:06+
00:29&			
<b>38</b>	<b>Trond Karlsen</b>	<b>235</b>	<b>34:15</b>
01:26-	04:02+	07:10+	09:12+
01:26-	02:36+	03:08+	02:02+
00:05-	00:43&	00:57&	00:53&
12:10+	15:02+	17:15+	18:38+
02:58+	02:52+	02:13+	01:23+
00:32#	00:58&	00:21&	01:36&
22:15+	24:33+	29:52+	31:01+
02:52+	02:13+	01:23+	03:37+
00:21&	01:36&	00:44&	03:58@
24:33+	29:52+	31:01+	33:04+
01:23+	03:37+	02:18+	05:19+
01:36&	00:44&	03:58@	00:06+
31:01+	33:04+	34:15+	00:09-
01:09+	02:03-	01:11+	00:39@
00:09-	00:39@		
<b>39</b>	<b>Falk Weihs</b>	<b>115</b>	<b>35:06</b>
01:47+	03:54+	08:13+	10:05+
01:47+	02:07+	04:19+	01:52+
00:16#	00:14#	02:08&	00:43&
12:15+	14:40+	16:25+	18:04+
02:10+	02:25+	01:45+	01:39+
00:05+	00:30&	00:37&	00:44&
20:49+	22:49+	30:05+	31:00+
02:45+	02:00+	07:16+	00:55-
00:26&	05:55@	00:08-	01:08&
30:05+	31:00+	34:20+	35:06+
02:00+	07:16+	00:55-	03:20+
05:55@	00:08-	01:08&	00:14&
<b>40</b>	<b>Kjetil Bårdsen</b>	<b>105</b>	<b>35:32</b>
01:34+	03:45+	06:38+	10:19+
01:34+	02:11+	02:53+	03:41+
00:03+	00:18#	00:42&	02:32@
12:35+	17:45+	19:44+	20:57+
05:10+	01:59+	01:13+	04:22+
00:44&	00:11#	02:21@	02:35@
20:57+	25:19+	29:28+	32:28+
01:13+	04:22+	04:09+	03:00+
02:35@	01:39@	00:16-	00:29-
29:28+	32:28+	33:15+	34:58+
04:09+	03:00+	00:47-	01:43-
01:39@	00:16-	00:29-	00:02+
<b>41</b>	<b>Arne Hope</b>	<b>43</b>	<b>35:33</b>
01:23-	03:35+	06:36+	08:30+
01:23-	02:12+	03:01+	01:54+
00:08-	00:19#	00:50&	00:45&
11:18+	18:28+	20:50+	22:39+
07:10+	02:22+	01:49+	03:12+
01:07&	00:47&	01:11&	01:04&
22:39+	25:51+	28:29+	31:46+
03:12+	02:38+	03:17+	01:08+
01:04&	01:56@	00:05+	00:21-
28:29+	31:46+	32:54+	34:45+
01:08+	01:51-	00:48+	00:16&
<b>42</b>	<b>Igor Muzdeka</b>	<b>74</b>	<b>36:25</b>
01:40+	05:27+	09:04+	10:58+
01:40+	03:47+	03:37+	01:54+
00:09+	01:54@	01:26&	00:45&
14:00+	18:11+	19:59+	21:33+
04:11+	01:48+	01:34+	03:43+
01:51&	00:33&	00:32&	01:42&
21:33+	25:16+	29:32+	32:37+
04:16+	03:05+	01:07+	01:45-
01:42&	02:42@	01:44@	00:04+
29:32+	32:37+	33:44+	35:29+
03:05+	01:07+	01:45-	00:56+
02:42@	01:44@	00:04+	00:24&
<b>43</b>	<b>Frank Gulbrandsen</b>	<b>105</b>	<b>36:48</b>
01:59+	04:25+	08:42+	10:57+
01:59+	02:26+	04:17+	02:15+
00:28&	00:33&	02:06&	01:06&
14:07+	17:42+	20:17+	22:54+
03:35+	02:35+	02:37+	03:08+
01:15&	01:20@	01:35@	01:07&
22:54+	26:02+	29:00+	31:57+
03:08+	02:58+	02:57+	01:23+
01:07&	01:24&	01:36@	00:20&
31:57+	33:20+	35:48+	36:48+
02:58+	02:57+	01:23+	02:28+
01:24&	01:36@	00:20&	00:16#
<b>44</b>	<b>John Thorsnæs</b>	<b>51</b>	<b>37:02</b>
01:19-	03:32+	06:35+	08:41+
01:19-	02:13+	03:03+	02:06+
00:12-	00:20#	00:52&	00:57&
11:22+	14:47+	16:57+	18:53+
03:25+	02:10+	01:56+	10:27+
00:05&	00:54&	08:26@	00:01+
30:55+	33:01+	34:09+	36:23+
01:35+	02:06+	01:08+	02:14+
02:07@	00:01+	00:45&	00:05+
00:07#			
<b>45</b>	<b>Joar Fandrem</b>	<b>94</b>	<b>37:06</b>
01:44+	03:58+	07:56+	09:33+
01:44+	02:14+	03:58+	01:37+
00:13#	00:21#	01:47&	00:28&
11:49+	14:45+	18:07+	19:42+
02:16+	02:56+	03:22+	01:35+
00:36&	02:07@	00:33&	05:37@
27:20+	31:01+	34:06+	35:07+
07:38+	03:41+	03:05+	01:01-
02:07@	01:44@	00:02-	00:54-
31:01+	34:06+	35:07+	36:25+
03:41+	03:05+	01:01-	01:18-
05:37@	02:07@	01:44@	00:09&
<b>46</b>	<b>Per Bakken</b>	<b>5</b>	<b>38:14</b>
01:31=	04:20+	08:00+	10:55+
01:31=	02:49+	03:40+	02:55+
00:00=	00:56&	01:29&	01:46@
14:33+	18:19+	20:50+	24:48+
03:38+	03:46+	02:31+	03:58+
01:52@	01:26&	01:16@	02:56@
24:48+	28:09+	31:29+	34:03+
03:21+	03:20+	02:34+	01:10+
01:20&	01:46@	01:13&	00:07#
31:29+	34:03+	35:13+	37:24+
03:20+	02:34+	01:10+	02:11-
01:46@	01:13&	00:07#	00:18&
<b>47</b>	<b>Rune Sunde</b>	<b>232</b>	<b>38:18</b>
01:19-	03:26+	07:47+	11:59+
01:19-	02:07+	04:21+	04:12+
00:12-	00:14#	02:10&	03:03@
14:23+	17:09+	19:13+	21:10+
02:24+	02:46+	02:04+	01:57+
00:26#	00:49&	00:55&	01:31&
21:10+	24:42+	29:18+	31:55+
01:57+	03:32+	04:36+	02:37+
00:55&	01:31&	03:02@	01:16&
31:55+	35:39+	37:30+	38:18+
02:37+	03:44+	01:51-	00:48+
01:16&	02:41@	00:21-	00:16&
<b>48</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>	<b>38:38</b>
01:43+	04:23+	07:43+	10:00+
01:43+	02:40+	03:20+	02:17+
00:12#	00:47&	01:09&	01:08&
13:25+	17:30+	20:15+	22:06+
03:25+	04:05+	02:45+	01:51+
01:45&	01:30@	00:49&	01:50&
22:06+	25:57+	30:40+	33:34+
01:51+	03:51+	04:43+	02:54+
01:50&	03:09@	01:33@	00:23&
30:40+	33:34+	35:00+	37:30+
04:43+	02:54+	01:26+	02:30+
03:09@	01:33@	00:23&	00:18#
<b>49</b>	<b>Steinar Aase</b>	<b>268</b>	<b>38:54</b>
01:36+	04:39+	08:01+	10:18+
01:36+	03:03+	03:22+	02:17+
00:05+	01:10&	01:11&	01:08&
13:31+	17:05+	19:29+	21:16+
03:13+	03:34+	02:24+	01:47+
01:14&	01:09&	00:45&	01:17&
21:16+	24:34+	31:21+	34:32+
01:47+	03:18+	06:47+	03:11+
01:17&	05:13@	01:50@	00:09-
31:21+	34:32+	35:26+	37:57+
03:11+	00:54-	02:31+	00:57+
01:50@	00:09-	00:19#	00:25&

Class	Navn	Klasse										Tid	
<b>50</b>	<b>Einar Hinna</b>	<b>7</b>										<b>40:04</b>	
02:03+	04:54+	08:15+	10:41+	13:53+	17:32+	20:10+	22:07+	25:52+	28:38+	34:58+	36:07+	38:45+	40:04+
02:03+	02:51+	03:21+	02:26+	03:12+	03:39+	02:38+	01:57+	03:45+	02:46+	06:20+	01:09+	02:38+	01:19+
00:32&	00:58&	01:10&	01:17@	01:26&	01:19&	01:23@	00:55&	01:44&	01:12&	04:59@	00:06+	00:26#	00:47@
<b>51</b>	<b>Samuel Denieul</b>	<b>42</b>										<b>43:11</b>	
03:28+	07:21+	11:21+	13:56+	18:15+	22:23+	26:50+	28:17+	34:58+	38:15+	40:29+	41:37+	42:29+	43:11+
03:28+	03:53+	04:00+	02:35+	04:19+	04:08+	04:27+	01:27+	06:41+	03:17+	02:14+	01:08+	00:52-	00:42+
01:57@	02:00@	01:49&	01:26@	02:33@	01:48&	03:12@	00:25&	04:40@	01:43@	00:53&	00:05+	01:20-	00:10&
<b>52</b>	<b>Tor Arne Olsen</b>	<b>50</b>										<b>44:42</b>	
01:17-	03:09-	19:16+	20:53+	23:13+	30:26+	32:06+	33:04+	35:29+	38:15+	40:50+	42:05+	43:34+	44:42+
01:17-	01:52-	16:07+	01:37+	02:20+	07:13+	01:40+	00:58-	02:25+	02:46+	02:35+	01:15+	01:29-	01:08+
00:14-	00:01-	13:56@	00:28&	00:34&	04:53@	00:25&	00:04-	00:24#	01:12&	01:14&	00:12#	00:43-	00:36@
<b>53</b>	<b>Tom Leveraas</b>	<b>188</b>										<b>44:53</b>	
01:59+	03:58+	07:14+	13:08+	15:56+	19:48+	21:51+	23:45+	29:53+	32:47+	39:38+	41:45+	44:06+	44:53+
01:59+	01:59+	03:16+	05:54+	02:48+	03:52+	02:03+	01:54+	06:08+	02:54+	06:51+	02:07+	02:21+	00:47+
00:28&	00:06+	01:05&	04:45@	01:02&	01:32&	00:48&	00:52&	04:07@	01:20&	05:30@	01:04@	00:09+	00:15&
<b>54</b>	<b>Inge Grødem</b>	<b>92</b>										<b>46:42</b>	
02:05+	04:46+	09:32+	11:55+	15:58+	21:49+	24:30+	27:31+	32:42+	36:20+	39:06+	42:44+	45:44+	46:42+
02:05+	02:41+	04:46+	02:23+	04:03+	05:51+	02:41+	03:01+	05:11+	03:38+	02:46+	03:38+	03:00+	00:58+
00:34&	00:48&	02:35@	01:14@	02:17@	03:31@	01:26@	01:59@	03:10@	02:04@	01:25@	02:35@	00:48&	00:26&
<b>55</b>	<b>Magnus Dagestad</b>	<b>167</b>										<b>47:26</b>	
02:17+	05:09+	10:53+	13:10+	17:40+	23:44+	27:23+	29:47+	34:42+	37:42+	41:28+	43:25+	46:16+	47:26+
02:17+	02:52+	05:44+	02:17+	04:30+	06:04+	03:39+	02:24+	04:55+	03:00+	03:46+	01:57+	02:51+	01:10+
00:46&	00:59&	03:33@	01:08&	02:44@	03:44@	02:24@	01:22@	02:54@	01:26&	02:25@	00:54&	00:39&	00:38@
<b>56</b>	<b>Asle Schanke Grude</b>	<b>92</b>										<b>47:34</b>	
01:02-	02:49-	25:03+	26:49+	28:51+	31:08+	32:46+	33:51+	38:21+	40:22+	44:06+	45:23+	46:55+	47:34+
01:02-	01:47-	22:14+	01:46+	02:02+	02:17-	01:38+	01:05+	04:30+	02:01+	03:44+	01:17+	01:32-	00:39+
00:29-	00:06-	20:03@	00:37&	00:16#	00:03-	00:23&	00:03+	02:29@	00:27&	02:23@	00:14#	00:40-	00:07#
<b>57</b>	<b>Svein Inge Sævereid</b>	<b>126</b>										<b>51:13</b>	
02:17+	05:56+	10:15+	12:41+	16:45+	21:30+	24:25+	26:45+	31:10+	33:49+	44:11+	47:00+	49:39+	51:13+
02:17+	03:39+	04:19+	02:26+	04:04+	04:45+	02:55+	02:20+	04:25+	02:39+	10:22+	02:49+	02:39+	01:34+
00:46&	01:46&	02:08&	01:17@	02:18@	02:25@	01:40@	01:18@	02:24@	01:05&	09:01@	01:46@	00:27#	01:02@
<b>58</b>	<b>Viggo Johansen</b>	<b>62</b>										<b>51:40</b>	
02:06+	04:38+	13:40+	16:44+	19:48+	24:22+	27:46+	29:47+	35:03+	42:31+	46:02+	47:39+	50:39+	51:40+
02:06+	02:32+	09:02+	03:04+	03:04+	04:34+	03:24+	02:01+	05:16+	07:28+	03:31+	01:37+	03:00+	01:01+
00:35&	00:39&	06:51@	01:55@	01:18&	02:14&	02:09@	00:59&	03:15@	05:54@	02:10@	00:34&	00:48&	00:29&
<b>59</b>	<b>Steinar Ekran</b>	<b>7</b>										<b>52:15</b>	
02:28+	05:26+	08:55+	11:00+	14:46+	23:27+	26:55+	29:24+	33:21+	37:36+	40:37+	42:24+	51:07+	52:15+
02:28+	02:58+	03:29+	02:05+	03:46+	08:41+	03:28+	02:29+	03:57+	04:15+	03:01+	01:47+	08:43+	01:08+
00:57&	01:05&	01:18&	00:56&	02:00@	06:21@	02:13@	01:27@	01:56&	02:41@	01:40@	00:44&	06:31@	00:36@
<b>60</b>	<b>Tor Magnus Sivertsen</b>	<b>128</b>										<b>53:52</b>	
02:49+	05:50+	09:30+	12:23+	16:32+	21:35+	25:05+	27:29+	31:44+	39:13+	43:16+	45:23+	52:45+	53:52+
02:49+	03:01+	03:40+	02:53+	04:09+	05:03+	03:30+	02:24+	04:15+	07:29+	04:03+	02:07+	07:22+	01:07+
01:18&	01:08&	01:29&	01:44@	02:23@	02:43@	02:15@	01:22@	02:14@	05:55@	02:42@	01:04@	05:10@	00:35@
<b>61</b>	<b>Erling Aniksdal</b>	<b>128</b>										<b>54:01</b>	
02:51+	05:52+	09:39+	12:21+	16:33+	21:43+	25:11+	27:39+	31:50+	39:23+	43:25+	45:31+	52:51+	54:01+
02:51+	03:01+	03:47+	02:42+	04:12+	05:10+	03:28+	02:28+	04:11+	07:33+	04:02+	02:06+	07:20+	01:10+
01:20&	01:08&	01:36&	01:33@	02:26@	02:50@	02:13@	01:26@	02:10@	05:59@	02:41@	01:03&	05:08@	00:38@
<b>62</b>	<b>Audun Sjøen</b>	<b>111</b>										<b>54:33</b>	
01:16-	03:18-	14:20+	16:22+	19:47+	26:17+	28:31+	30:59+	34:47+	43:18+	49:38+	50:56+	53:31+	54:33+
01:16-	02:02+	11:02+	02:02+	03:25+	06:30+	02:14+	02:28+	03:48+	08:31+	06:20+	01:18+	02:35+	01:02+
00:15-	00:09+	08:51@	00:53&	01:39&	04:10@	00:59&	01:26@	01:47&	06:57@	04:59@	00:15#	00:23#	00:30&
<b>63</b>	<b>Arthur Christiansen</b>	<b>93</b>										<b>58:34</b>	
02:43+	06:32+	14:18+	20:12+	24:51+	30:08+	34:02+	37:05+	42:20+	45:51+	49:34+	53:20+	56:35+	58:34+
02:43+	03:49+	07:46+	05:54+	04:39+	05:17+	03:54+	03:03+	05:15+	03:31+	03:43+	03:46+	03:15+	01:59+
01:12&	01:56@	05:35@	04:45@	02:53@	02:57@	02:39@	02:01@	03:14@	01:57@	02:22@	02:43@	01:03&	01:27@
<b>64</b>	<b>Jon Grepstad</b>	<b>111</b>										<b>1:00:11</b>	
08:27+	11:32+	15:58+	19:26+	23:12+	27:34+	30:16+	32:26+	36:50+	40:00+	55:08+	56:34+	58:40+	60:11+
08:27+	03:05+	04:26+	03:28+	03:46+	04:22+	02:42+	02:10+	04:24+	03:10+	15:08+	01:26+	02:06-	01:31+
06:56@	01:12&	02:15@	02:19@	02:00@	02:02&	01:27@	01:08@	02:23@	01:36@	13:47@	00:23&	00:06-	00:59@

Plass	Navn	Klasse	Tid
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**Beste strekktid for klassen**

00:52 01:38 01:55 01:09 01:46 01:51 01:15 00:51 01:50 01:20 01:07 00:30 00:52 00:26

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