

1	Silje Sundal	71	36:51										
04:27=	05:09=	06:56=	08:43=	11:04=	16:52=	22:58=	26:50=	30:33=	32:37=	33:52=	35:19=	36:36=	36:51=
04:27=	00:42=	01:47=	01:47=	02:21=	05:48=	06:06=	03:52=	03:43=	02:04=	01:15=	01:27=	01:17=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kari Borgen	62	37:03										
04:02-	04:48-	06:12-	08:29-	10:44-	16:41-	23:12+	27:30+	31:34+	32:58+	34:05+	35:29+	36:46+	37:03+
04:02-	00:46+	01:24-	02:17+	02:15-	05:57+	06:31+	04:18+	04:04+	01:24-	01:07-	01:24-	01:17=	00:17+
00:25-	00:04+	00:23-	00:30&	00:06-	00:09+	00:25+	00:26#	00:21+	00:40-	00:08-	00:03-	00:00=	00:02#
3	Tiina Sofia Salmén	152	45:34										
04:33+	05:40+	07:38+	10:13+	16:19+	23:45+	31:09+	36:03+	39:56+	41:40+	42:51+	44:01+	45:17+	45:34+
04:33+	01:07+	01:58+	02:35+	06:06+	07:26+	07:24+	04:54+	03:53+	01:44-	01:11-	01:10-	01:16-	00:17+
00:06+	00:25&	00:11#	00:48&	03:45@	01:38&	01:18#	01:02&	00:10+	00:20-	00:04-	00:17-	00:01-	00:02#
4	Anne M. Enne Haug	117	46:05										
04:49+	05:25+	07:32+	10:19+	13:10+	20:21+	28:00+	33:38+	37:58+	39:54+	42:22+	44:12+	45:47+	46:05+
04:49+	00:36-	02:07+	02:47+	02:51+	07:11+	07:39+	05:38+	04:20+	01:56-	02:28+	01:50+	01:35+	00:18+
00:22+	00:06-	00:20#	01:00&	00:30#	01:23#	01:33&	01:46&	00:37#	00:08-	01:13&	00:23&	00:18#	00:03#
5	Jannicke Lunde	71	46:18										
04:51+	05:43+	07:09+	09:26+	14:16+	21:20+	28:48+	33:43+	40:01+	41:31+	42:43+	44:42+	46:03+	46:18+
04:51+	00:52+	01:26-	02:17+	04:50+	07:04+	07:28+	04:55+	06:18+	01:30-	01:12-	01:59+	01:21+	00:15=
00:24+	00:10#	00:21-	00:30&	02:29@	01:16#	01:22#	01:03&	02:35&	00:34-	00:03-	00:32&	00:04+	00:00=
6	Hege Anita H. Nielsen	48	46:49										
05:01+	07:17+	08:50+	11:05+	14:42+	22:19+	31:15+	36:19+	39:47+	41:36+	42:54+	44:45+	46:21+	46:49+
05:01+	02:16+	01:33-	02:15+	03:37+	07:37+	08:56+	05:04+	03:28-	01:49-	01:18+	01:51+	01:36+	00:28+
00:34#	01:34@	00:14-	00:28&	01:16&	01:49&	02:50&	01:12&	00:15-	00:15-	00:03+	00:24&	00:19#	00:13&
7	Rønnaug Egeland	154	47:33										
03:47-	04:50-	06:49-	10:08+	12:41+	20:37+	30:40+	37:13+	42:02+	43:21+	44:29+	45:50+	47:15+	47:33+
03:47-	01:03+	01:59+	03:19+	02:33+	07:56+	10:03+	06:33+	04:49+	01:19-	01:08-	01:21-	01:25+	00:18+
00:40-	00:21&	00:12#	01:32&	00:12+	02:08&	03:57&	02:41&	01:06&	00:45-	00:07-	00:06-	00:08#	00:03#
8	Tine Frantzen	92	48:40										
03:43-	04:52-	06:53-	09:33+	12:54+	21:41+	31:44+	37:09+	42:15+	43:58+	45:21+	46:48+	48:18+	48:40+
03:43-	01:09+	02:01+	02:40+	03:21+	08:47+	10:03+	05:25+	05:06+	01:43-	01:23+	01:27=	01:30+	00:22+
00:44-	00:27&	00:14#	00:53&	01:00&	02:59&	03:57&	01:33&	01:23&	00:21-	00:08#	00:00=	00:13#	00:07&
9	Camilla Frafjord Haarr	116	48:58										
04:54+	05:44+	07:39+	12:56+	16:02+	23:35+	31:05+	36:10+	43:00+	44:35+	46:07+	47:20+	48:40+	48:58+
04:54+	00:50+	01:55+	05:17+	03:06+	07:33+	07:30+	05:05+	06:50+	01:35-	01:32+	01:13-	01:20+	00:18+
00:27#	00:08#	00:08+	03:30@	00:45&	01:45&	01:24#	01:13&	03:07&	00:29-	00:17#	00:14-	00:03+	00:03#
10	Gunn Iren Stangeland	62	49:34										
04:46+	05:46+	07:32+	10:38+	16:08+	24:07+	32:04+	37:06+	42:31+	44:25+	46:27+	47:53+	49:14+	49:34+
04:46+	01:00+	01:46-	03:06+	05:30+	07:59+	07:57+	05:02+	05:25+	01:54-	02:02+	01:26-	01:21+	00:20+
00:19+	00:18&	00:01-	01:19&	03:09@	02:11&	01:51&	01:10&	01:42&	00:10-	00:47&	00:01-	00:04+	00:05&
11	Hanne Bjerke	37	49:48										
04:03-	05:05-	07:20+	09:30+	12:46+	26:13+	34:10+	38:41+	42:54+	44:26+	46:12+	47:52+	49:29+	49:48+
04:03-	01:02+	02:15+	02:10+	03:16+	13:27+	07:57+	04:31+	04:13+	01:32-	01:46+	01:40+	01:37+	00:19+
00:24-	00:20&	00:28&	00:23#	00:55&	07:39@	01:51&	00:39#	00:30#	00:32-	00:31&	00:13#	00:20&	00:04&
12	Trine Selvikvåg	62	50:06										
04:41+	05:30+	08:13+	13:28+	16:15+	23:43+	31:46+	38:59+	43:46+	45:20+	46:57+	48:32+	49:49+	50:06+
04:41+	00:49+	02:43+	05:15+	02:47+	07:28+	08:03+	07:13+	04:47+	01:34-	01:37+	01:35+	01:17=	00:17+
00:14+	00:07#	00:56&	03:28@	00:26#	01:40&	01:57&	03:21&	01:04&	00:30-	00:22&	00:08+	00:00=	00:02#
13	Kari Sjursen	54	50:30										
04:34+	05:28+	07:40+	09:56+	15:56+	24:20+	32:36+	37:48+	44:11+	45:59+	47:17+	48:45+	50:11+	50:30+
04:34+	00:54+	02:12+	02:16+	06:00+	08:24+	08:16+	05:12+	06:23+	01:48-	01:18+	01:28+	01:26+	00:19+
00:07+	00:12&	00:25#	00:29&	03:39@	02:36&	02:10&	01:20&	02:40&	00:16-	00:03+	00:01+	00:09#	00:04&
14	Helene Lie	228	50:43										
06:45+	08:04+	10:26+	13:27+	17:03+	26:20+	34:48+	39:21+	44:21+	46:07+	47:15+	49:00+	50:25+	50:43+
06:45+	01:19+	02:22+	03:01+	03:36+	09:17+	08:28+	04:33+	05:00+	01:46-	01:08-	01:45+	01:25+	00:18+
02:18&	00:37&	00:35&	01:14&	01:15&	03:29&	02:22&	00:41#	01:17&	00:18-	00:07-	00:18#	00:08#	00:03#

Class	Navn	Klasse										Tid	
15	Maren Heradstveit	76										52:06	
04:43+	05:39+	09:07+	11:48+	14:58+	23:03+	32:24+	37:28+	44:55+	46:47+	48:20+	50:33+	51:48+	52:06+
04:43+	00:56+	03:28+	02:41+	03:10+	08:05+	09:21+	05:04+	07:27+	01:52-	01:33+	02:13+	01:15-	00:18+
00:16+	00:14&	01:41&	00:54&	00:49&	02:17&	03:15&	01:12&	03:44@	00:12-	00:18#	00:46&	00:02-	00:03#
16	Paula Salmi Linge	67										52:18	
04:44+	05:29+	07:11+	09:09+	17:39+	24:14+	32:06+	36:10+	43:01+	44:19+	48:55+	50:44+	52:01+	52:18+
04:44+	00:45+	01:42-	01:58+	08:30+	06:35+	07:52+	04:04+	06:51+	01:18-	04:36+	01:49+	01:17=	00:17+
00:17+	00:03+	00:05-	00:11#	06:09@	00:47#	01:46&	00:12+	03:08&	00:46-	03:21@	00:22&	00:00=	00:02#
17	Maria Lampe	152										53:04	
05:01+	06:01+	08:13+	10:50+	14:32+	23:49+	32:08+	37:31+	42:51+	45:59+	48:22+	51:16+	52:44+	53:04+
05:01+	01:00+	02:12+	02:37+	03:42+	09:17+	08:19+	05:23+	05:20+	03:08+	02:23+	02:54+	01:28+	00:20+
00:34#	00:18&	00:25#	00:50&	01:21&	03:29&	02:13&	01:31&	01:37&	01:04&	01:08&	01:27&	00:11#	00:05&
18	Ingrid Simensen	101										54:05	
04:10-	05:14+	06:42-	08:46+	19:16+	26:52+	35:23+	39:46+	45:02+	46:24+	50:39+	52:34+	53:49+	54:05+
04:10-	01:04+	01:28-	02:04+	10:30+	07:36+	08:31+	04:23+	05:16+	01:22-	04:15+	01:55+	01:15-	00:16+
00:17-	00:22&	00:19-	00:17#	08:09@	01:48&	02:25&	00:31#	01:33&	00:42-	03:00@	00:28&	00:02-	00:01+
19	Kine Strømstad	109										54:36	
04:27=	07:43+	11:05+	14:24+	19:25+	27:58+	36:52+	42:01+	47:40+	49:20+	50:50+	52:48+	54:16+	54:36+
04:27=	03:16+	03:22+	03:19+	05:01+	08:33+	08:54+	05:09+	05:39+	01:40-	01:30+	01:58+	01:28+	00:20+
00:00=	02:34@	01:35&	01:32&	02:40@	02:45&	02:48&	01:17&	01:56&	00:24-	00:15#	00:31&	00:11#	00:05&
20	Ruth Magrethe Westre	54										56:59	
04:51+	05:40+	08:06+	11:14+	18:50+	26:52+	36:46+	42:57+	49:17+	50:40+	52:28+	55:29+	56:41+	56:59+
04:51+	00:49+	02:26+	03:08+	07:36+	08:02+	09:54+	06:11+	06:20+	01:23-	01:48+	03:01+	01:12-	00:18+
00:24+	00:07#	00:39&	01:21&	05:15@	02:14&	03:48&	02:19&	02:37&	00:41-	00:33&	01:34@	00:05-	00:03#
21	Ingvild Amaliksen	116										1:00:21	
04:15-	07:29+	10:37+	12:41+	17:11+	30:33+	43:21+	49:12+	54:38+	55:45+	57:10+	58:41+	60:01+	60:21+
04:15-	03:14+	03:08+	02:04+	04:20+	13:22+	12:48+	05:51+	05:26+	01:07-	01:25+	01:31+	01:20+	00:20+
00:12-	02:32@	01:21&	00:17#	02:09&	07:34@	06:42@	01:59&	01:43&	00:57-	00:10#	00:04+	00:03+	00:05&
22	Mette Langeland	117										1:01:35	
05:06+	06:52+	09:15+	12:27+	21:55+	32:30+	43:18+	49:20+	54:59+	56:43+	57:57+	59:42+	61:17+	61:35+
05:06+	01:46+	02:23+	03:12+	09:28+	10:35+	10:48+	06:02+	05:39+	01:44-	01:14-	01:45+	01:35+	00:18+
00:39#	01:04@	00:36&	01:25&	07:07@	04:47&	04:42&	02:10&	01:56&	00:20-	00:01-	00:18#	00:18#	00:03#
23	Birgitte Gran	152										1:02:45	
06:55+	08:10+	11:50+	14:23+	18:00+	31:39+	42:52+	48:54+	54:05+	56:31+	57:48+	60:24+	62:18+	62:45+
06:55+	01:15+	03:40+	02:33+	03:37+	13:39+	11:13+	06:02+	05:11+	02:26+	01:17+	02:36+	01:54+	00:27+
02:28&	00:33&	01:53@	00:46&	01:16&	07:51@	05:07&	02:10&	01:28&	00:22#	00:02+	01:09&	00:37&	00:12&
24	Nicola Herbert	117										1:02:55	
06:43+	07:51+	09:56+	12:41+	17:19+	26:13+	43:51+	50:05+	54:44+	56:29+	58:55+	61:06+	62:37+	62:55+
06:43+	01:08+	02:05+	02:45+	04:38+	08:54+	17:38+	06:14+	04:39+	01:45-	02:26+	02:11+	01:31+	00:18+
02:16&	00:26&	00:18#	00:58&	02:17&	03:06&	11:32@	02:22&	00:56&	00:19-	01:11&	00:44&	00:14#	00:03#
25	Heidi Martby	88										1:05:03	
06:15+	07:14+	09:30+	12:37+	24:26+	34:01+	46:33+	52:40+	58:04+	59:55+	61:12+	63:04+	64:42+	65:03+
06:15+	00:59+	02:16+	03:07+	11:49+	09:35+	12:32+	06:07+	05:24+	01:51-	01:17+	01:52+	01:38+	00:21+
01:48&	00:17&	00:29&	01:20&	09:28@	03:47&	06:26@	02:15&	01:41&	00:13-	00:02+	00:25&	00:21&	00:06&
26	Ingunn Bergheim Landsnes	74										1:06:11	
05:05+	06:48+	09:38+	17:58+	21:44+	31:02+	42:01+	48:19+	58:23+	60:33+	62:25+	64:10+	65:48+	66:11+
05:05+	01:43+	02:50+	08:20+	03:46+	09:18+	10:59+	06:18+	10:04+	02:10+	01:52+	01:45+	01:38+	00:23+
00:38#	01:01@	01:03&	06:33@	01:25&	03:30&	04:53&	02:26&	06:21@	00:06+	00:37&	00:18#	00:21&	00:08&
27	Christel Dahl	92										1:09:52	
05:54+	07:02+	09:25+	15:44+	26:41+	36:38+	49:26+	56:07+	62:48+	64:36+	66:01+	67:51+	69:30+	69:52+
05:54+	01:08+	02:23+	06:19+	10:57+	09:57+	12:48+	06:41+	06:41+	01:48-	01:25+	01:50+	01:39+	00:22+
01:27&	00:26&	00:36&	04:32@	08:36@	04:09&	06:42@	02:49&	02:58&	00:16-	00:10#	00:23&	00:22&	00:07&
28	Nithya Mohan	136										1:34:32	
08:26+	10:07+	14:20+	18:06+	26:36+	43:03+	60:26+	70:49+	83:09+	86:53+	89:13+	91:58+	94:07+	94:32+
08:26+	01:41+	04:13+	03:46+	08:30+	16:27+	17:23+	10:23+	12:20+	03:44+	02:20+	02:45+	02:09+	00:25+
03:59&	00:59@	02:26@	01:59@	06:09@	10:39@	11:17@	06:31@	08:37@	01:40&	01:05&	01:18&	00:52&	00:10&
Beste strekktid for klassen													
03:43	00:36	01:24	01:47	02:15	05:48	06:06	03:52	03:28	01:07	01:07	01:10	01:12	00:15

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

Damer 40 - 49 år

1	Margrethe Roalsø	93	41:37										
03:58=	04:55=	06:38=	08:37=	11:16=	18:12=	25:51=	30:49=	35:23=	36:58=	38:05=	39:56=	41:18=	41:37=
03:58=	00:57=	01:43=	01:59=	02:39=	06:56=	07:39=	04:58=	04:34=	01:35=	01:07=	01:51=	01:22=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Monica Gilje Rennemo	92	49:24										
04:28+	05:34+	07:35+	10:00+	13:13+	21:47+	31:44+	37:27+	42:13+	43:57+	46:09+	47:35+	49:03+	49:24+
04:28+	01:06+	02:01+	02:25+	03:13+	08:34+	09:57+	05:43+	04:46+	01:44+	02:12+	01:26-	01:28+	00:21+
00:30#	00:09#	00:18#	00:26#	00:34#	01:38#	02:18#	00:45#	00:12+	00:09+	01:05&	00:25-	00:06+	00:02#
3	Linda Mari Vestvik	62	52:06										
03:55-	04:36-	06:08-	08:29-	14:04+	26:29+	34:05+	38:09+	42:20+	43:45+	47:42+	50:31+	51:47+	52:06+
03:55-	00:41-	01:32-	02:21+	05:35+	12:25+	07:36-	04:04-	04:11-	01:25-	03:57+	02:49+	01:16-	00:19=
00:03-	00:16-	00:11-	00:22#	02:56@	05:29&	00:03-	00:54-	00:23-	00:10-	02:50@	00:58&	00:06-	00:00=
4	Siv Skretting	93	54:23										
11:01+	11:55+	14:04+	18:03+	21:50+	30:21+	38:33+	43:08+	47:11+	48:44+	49:42+	52:22+	54:01+	54:23+
11:01+	00:54-	02:09+	03:59+	03:47+	08:31+	08:12+	04:35-	04:03-	01:33-	00:58-	02:40+	01:39+	00:22+
07:03@	00:03-	00:26&	02:00@	01:08&	01:35#	00:33+	00:23-	00:31-	00:02-	00:09-	00:49&	00:17#	00:03#
5	Nina Svensen	2	54:47										
06:50+	08:29+	11:23+	14:04+	16:57+	25:12+	34:01+	39:10+	46:02+	47:50+	49:36+	53:03+	54:28+	54:47+
06:50+	01:39+	02:54+	02:41+	02:53+	08:15+	08:49+	05:09+	06:52+	01:48+	01:46+	03:27+	01:25+	00:19=
02:52&	00:42&	01:11&	00:42&	00:14+	01:19#	01:10#	00:11+	02:18&	00:13#	00:39&	01:36&	00:03+	00:00=
6	Hilde Frøytlog Karlsen	235	55:01										
05:17+	06:19+	08:49+	11:52+	16:15+	25:37+	35:43+	42:59+	47:29+	49:14+	50:53+	52:39+	54:26+	55:01+
05:17+	01:02+	02:30+	03:03+	04:23+	09:22+	10:06+	07:16+	04:30-	01:45+	01:39+	01:46-	01:47+	00:35+
01:19&	00:05+	00:47&	01:04&	01:44&	02:26&	02:27&	02:18&	00:04-	00:10#	00:32&	00:05-	00:25&	00:16&
7	Tove Irene Asheim	116	56:36										
05:12+	06:20+	08:03+	11:42+	16:09+	25:12+	36:09+	42:32+	47:57+	49:53+	51:27+	54:14+	56:13+	56:36+
05:12+	01:08+	01:43=	03:39+	04:27+	09:03+	10:57+	06:23+	05:25+	01:56+	01:34+	02:47+	01:59+	00:23+
01:14&	00:11#	00:00=	01:40&	01:48&	02:07&	03:18&	01:25&	00:51#	00:21#	00:27&	00:56&	00:37&	00:04#
8	Astri Sandanger	279	1:01:54										
05:59+	09:18+	12:23+	15:17+	19:15+	28:12+	38:20+	45:47+	54:26+	56:19+	57:57+	59:45+	61:33+	61:54+
05:59+	03:19+	03:05+	02:54+	03:58+	08:57+	10:08+	07:27+	08:39+	01:53+	01:38+	01:48-	01:48+	00:21+
02:01&	02:22@	01:22&	00:55&	01:19&	02:01&	02:29&	02:29&	04:05&	00:18#	00:31&	00:03-	00:26&	00:02#
9	Ragnhild Båtnes Berntsen	101	1:08:00										
06:48+	08:31+	12:36+	16:09+	25:12+	35:03+	44:59+	52:05+	58:33+	61:07+	62:40+	65:48+	67:34+	68:00+
06:48+	01:43+	04:05+	03:33+	09:03+	09:51+	09:56+	07:06+	06:28+	02:34+	01:33+	03:08+	01:46+	00:26+
02:50&	00:46&	02:22@	01:34&	06:24@	02:55&	02:17&	02:08&	01:54&	00:59&	00:26&	01:17&	00:24&	00:07&

Beste strekktid for klassen

03:55 00:41 01:32 01:59 02:39 06:56 07:36 04:04 04:03 01:25 00:58 01:26 01:16 00:19

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

Damer 50 - 59 år

1	Marit Karin Nygård	92	28:15								
03:52=	06:07=	09:59=	14:48=	15:56=	17:59=	19:41=	21:18=	24:22=	26:33=	27:54=	28:15=
03:52=	02:15=	03:52=	04:49=	01:08=	02:03=	01:42=	01:37=	03:04=	02:11=	01:21=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Eik	88	29:07								
03:31-	05:32-	08:25-	12:38-	13:51-	15:48-	17:15-	18:54-	24:12-	27:21+	28:47+	29:07+
03:31-	02:01-	02:53-	04:13-	01:13+	01:57-	01:27-	01:39+	05:18+	03:09+	01:26+	00:20-
00:21-	00:14-	00:59-	00:36-	00:05+	00:06-	00:15-	00:02+	02:14&	00:58&	00:05+	00:01-
3	Anne-Siv Gjertsen	27	30:35								
04:19+	06:30+	09:27-	14:34-	15:58+	18:50+	20:31+	22:30+	26:02+	28:30+	30:14+	30:35+
04:19+	02:11-	02:57-	05:07+	01:24+	02:52+	01:41-	01:59+	03:32+	02:28+	01:44+	00:21=
00:27#	00:04-	00:55-	00:18+	00:16#	00:49&	00:01-	00:22#	00:28#	00:17#	00:23&	00:00=

Class	Navn	Klasse										Tid
4	Ingunn Voilås	29										31:19
05:03+	07:28+	10:59+	15:38+	16:53+	19:05+	20:43+	22:41+	26:59+	29:13+	30:54+	31:19+	
05:03+	02:25+	03:31-	04:39-	01:15+	02:12+	01:38-	01:58+	04:18+	02:14+	01:41+	00:25+	
01:11&	00:10+	00:21-	00:10-	00:07#	00:09+	00:04-	00:21#	01:14&	00:03+	00:20#	00:04#	
5	Liv Omdal	116										31:53
04:08+	06:19+	09:19-	14:44-	16:07+	18:51+	21:22+	22:56+	27:24+	30:05+	31:35+	31:53+	
04:08+	02:11-	03:00-	05:25+	01:23+	02:44+	02:31+	01:34-	04:28+	02:41+	01:30+	00:18-	
00:16+	00:04-	00:52-	00:36#	00:15#	00:41&	00:49&	00:03-	01:24&	00:30#	00:09#	00:03-	
6	Arnfrid Stangeland	96										33:03
04:32+	06:37+	11:18+	16:12+	17:23+	19:34+	21:08+	22:44+	26:27+	31:04+	32:43+	33:03+	
04:32+	02:05-	04:41+	04:54+	01:11+	02:11+	01:34-	01:36-	03:43+	04:37+	01:39+	00:20-	
00:40#	00:10-	00:49#	00:05+	00:03+	00:08+	00:08-	00:01-	00:39#	02:26@	00:18#	00:01-	
7	Nidunn Sandvik	228										37:14
05:23+	10:09+	12:59+	18:15+	19:57+	22:26+	25:14+	27:35+	32:16+	35:00+	36:49+	37:14+	
05:23+	04:46+	02:50-	05:16+	01:42+	02:29+	02:48+	02:21+	04:41+	02:44+	01:49+	00:25+	
01:31&	02:31@	01:02-	00:27+	00:34&	00:26#	01:06&	00:44&	01:37&	00:33&	00:28&	00:04#	
8	Ellinor Nesse	116										38:50
05:05+	12:26+	15:34+	22:40+	23:59+	26:08+	27:56+	29:51+	34:06+	36:38+	38:24+	38:50+	
05:05+	07:21+	03:08-	07:06+	01:19+	02:09+	01:48+	01:55+	04:15+	02:32+	01:46+	00:26+	
01:13&	05:06@	00:44-	02:17&	00:11#	00:06+	00:06+	00:18#	01:11&	00:21#	00:25&	00:05#	
9	Torill Andersen	116										40:45
03:56+	06:36+	12:45+	18:32+	22:49+	25:24+	27:14+	28:47+	36:18+	38:53+	40:24+	40:45+	
03:56+	02:40+	06:09+	05:47+	04:17+	02:35+	01:50+	01:33-	07:31+	02:35+	01:31+	00:21=	
00:04+	00:25#	02:17&	00:58#	03:09@	00:32&	00:08+	00:04-	04:27@	00:24#	00:10#	00:00=	
10	Birgitte Røe	125										40:55
05:17+	07:48+	13:36+	20:02+	22:18+	27:50+	29:29+	31:39+	35:56+	38:48+	40:32+	40:55+	
05:17+	02:31+	05:48+	06:26+	02:16+	05:32+	01:39-	02:10+	04:17+	02:52+	01:44+	00:23+	
01:25&	00:16#	01:56&	01:37&	01:08&	03:29@	00:03-	00:33&	01:13&	00:41&	00:23&	00:02+	
11	Berit Bakken	168										43:31
05:00+	09:18+	13:05+	26:29+	27:50+	29:42+	31:19+	32:54+	38:10+	41:26+	43:06+	43:31+	
05:00+	04:18+	03:47-	13:24+	01:21+	01:52-	01:37-	01:35-	05:16+	03:16+	01:40+	00:25+	
01:08&	02:03&	00:05-	08:35@	00:13#	00:11-	00:05-	00:02-	02:12&	01:05&	00:19#	00:04#	
12	Målfrid Bjerkeli	237										44:33
05:40+	09:09+	17:13+	22:45+	24:18+	26:48+	33:45+	35:40+	39:50+	42:28+	44:10+	44:33+	
05:40+	03:29+	08:04+	05:32+	01:33+	02:30+	06:57+	01:55+	04:10+	02:38+	01:42+	00:23+	
01:48&	01:14&	04:12@	00:43#	00:25&	00:27#	05:15@	00:18#	01:06&	00:27#	00:21&	00:02+	
13	Brit Vivian Meling	116										46:06
05:08+	11:38+	15:16+	23:12+	24:57+	27:57+	29:36+	31:41+	39:20+	43:50+	45:42+	46:06+	
05:08+	06:30+	03:38-	07:56+	01:45+	03:00+	01:39-	02:05+	07:39+	04:30+	01:52+	00:24+	
01:16&	04:15@	00:14-	03:07&	00:37&	00:57&	00:03-	00:28&	04:35@	02:19@	00:31&	00:03#	
14	Kristin Harbo	92										50:00
05:30+	09:03+	18:25+	25:31+	27:15+	29:46+	32:10+	34:36+	44:24+	47:28+	49:32+	50:00+	
05:30+	03:33+	09:22+	07:06+	01:44+	02:31+	02:24+	02:26+	09:48+	03:04+	02:04+	00:28+	
01:38&	01:18&	05:30@	02:17&	00:36&	00:28#	00:42&	00:49&	06:44@	00:53&	00:43&	00:07&	
15	Andrea Tapken	54										50:09
05:14+	12:47+	16:33+	23:28+	25:01+	28:04+	30:12+	32:36+	43:33+	47:57+	49:45+	50:09+	
05:14+	07:33+	03:46-	06:55+	01:33+	03:03+	02:08+	02:24+	10:57+	04:24+	01:48+	00:24+	
01:22&	05:18@	00:06-	02:06&	00:25&	01:00&	00:26&	00:47&	07:53@	02:13@	00:27&	00:03#	
16	Oddny Haugland	114										55:40
05:28+	14:38+	22:15+	35:52+	37:12+	39:20+	44:32+	46:30+	50:14+	53:50+	55:20+	55:40+	
05:28+	09:10+	07:37+	13:37+	01:20+	02:08+	05:12+	01:58+	03:44+	03:36+	01:30+	00:20-	
01:36&	06:55@	03:45&	08:48@	00:12#	00:05+	03:30@	00:21#	00:40#	01:25&	00:09#	00:01-	
Beste strekktid for klassen												
03:31	02:01	02:50	04:13	01:08	01:52	01:27	01:33	03:04	02:11	01:21	00:18	

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

Damer 60 - 64 år

Class	Navn	Klasse	Tid
1	Eli Frafjord	94	31:08
	04:26= 06:46= 10:07= 15:03= 16:27= 18:53= 20:41= 22:29= 26:36= 29:09= 30:48= 31:08=		
	04:26= 02:20= 03:21= 04:56= 01:24= 02:26= 01:48= 01:48= 04:07= 02:33= 01:39= 00:20=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Mette Dagsland	68	31:41
	04:24- 07:20+ 10:18+ 15:51+ 17:12+ 19:48+ 21:36+ 23:29+ 27:07+ 29:42+ 31:19+ 31:41+		
	04:24- 02:56+ 02:58- 05:33+ 01:21- 02:36+ 01:48= 01:53+ 03:38- 02:35+ 01:37- 00:22+		
	00:02- 00:36& 00:23- 00:37# 00:03- 00:10+ 00:00= 00:05+ 00:29- 00:02+ 00:02- 00:02#		
3	Berit K. Gramstad	113	34:38
	05:37+ 09:36+ 14:04+ 18:54+ 20:06+ 22:14+ 23:55+ 25:49+ 30:04+ 32:25+ 34:15+ 34:38+		
	05:37+ 03:59+ 04:28+ 04:50- 01:12- 02:08- 01:41- 01:54+ 04:15+ 02:21- 01:50+ 00:23+		
	01:11& 01:39& 01:07& 00:06- 00:12- 00:18- 00:07- 00:06+ 00:08+ 00:12- 00:11# 00:03#		
4	Kari Blixhavn	228	38:34
	05:20+ 08:30+ 11:57+ 18:31+ 20:15+ 23:21+ 25:18+ 27:48+ 32:59+ 36:11+ 38:04+ 38:34+		
	05:20+ 03:10+ 03:27+ 06:34+ 01:44+ 03:06+ 01:57+ 02:30+ 05:11+ 03:12+ 01:53+ 00:30+		
	00:54# 00:50& 00:06+ 01:38& 00:20# 00:40& 00:09+ 00:42& 01:04& 00:39& 00:14# 00:10&		
5	Hanna S. Lomeland	47	39:57
	05:26+ 08:22+ 12:43+ 18:51+ 20:29+ 23:41+ 26:01+ 28:34+ 33:52+ 37:42+ 39:37+ 39:57+		
	05:26+ 02:56+ 04:21+ 06:08+ 01:38+ 03:12+ 02:20+ 02:33+ 05:18+ 03:50+ 01:55+ 00:20=		
	01:00# 00:36& 01:00& 01:12# 00:14# 00:46& 00:32& 00:45& 01:11& 01:17& 00:16# 00:00=		
6	Aud Steinsland	128	39:58
	05:22+ 08:21+ 12:38+ 18:49+ 20:25+ 23:39+ 25:59+ 28:32+ 33:51+ 37:45+ 39:39+ 39:58+		
	05:22+ 02:59+ 04:17+ 06:11+ 01:36+ 03:14+ 02:20+ 02:33+ 05:19+ 03:54+ 01:54+ 00:19-		
	00:56# 00:39& 00:56& 01:15& 00:12# 00:48& 00:32& 00:45& 01:12& 01:21& 00:15# 00:01-		
7	Unni Relling	92	45:29
	05:27+ 08:35+ 12:50+ 19:02+ 20:33+ 24:13+ 31:19+ 34:05+ 39:41+ 43:00+ 45:03+ 45:29+		
	05:27+ 03:08+ 04:15+ 06:12+ 01:31+ 03:40+ 07:06+ 02:46+ 05:36+ 03:19+ 02:03+ 00:26+		
	01:01# 00:48& 00:54& 01:16& 00:07+ 01:14& 05:18@ 00:58& 01:29& 00:46& 00:24# 00:06&		
8	Wenche Anda Haarr	92	45:40
	06:14+ 09:00+ 12:51+ 20:13+ 22:17+ 25:42+ 28:23+ 32:34+ 38:56+ 43:00+ 45:09+ 45:40+		
	06:14+ 02:46+ 03:51+ 07:22+ 02:04+ 03:25+ 02:41+ 04:11+ 06:22+ 04:04+ 02:09+ 00:31+		
	01:48& 00:26# 00:30# 02:26& 00:40& 00:59& 00:53& 02:23@ 02:15& 01:31& 00:30& 00:11&		
9	Jorunn Eriksson Sætre	47	45:55
	04:48+ 07:09+ 16:04+ 23:18+ 24:54+ 27:12+ 29:09+ 30:45+ 34:33+ 43:52+ 45:35+ 45:55+		
	04:48+ 02:21+ 08:55+ 07:14+ 01:36+ 02:18- 01:57+ 01:36- 03:48- 09:19+ 01:43+ 00:20=		
	00:22+ 00:01+ 05:34@ 02:18& 00:12# 00:08- 00:09+ 00:12- 00:19- 06:46@ 00:04+ 00:00=		
10	Åse Berg	105	49:44
	05:01+ 08:44+ 12:46+ 22:09+ 24:28+ 29:11+ 31:40+ 34:19+ 44:00+ 47:32+ 49:19+ 49:44+		
	05:01+ 03:43+ 04:02+ 09:23+ 02:19+ 04:43+ 02:29+ 02:39+ 09:41+ 03:32+ 01:47+ 00:25+		
	00:35# 01:23& 00:41# 04:27& 00:55& 02:17& 00:41& 00:51& 05:34@ 00:59& 00:08+ 00:05#		
Beste strekketid for klassen			
	04:24 02:20 02:58 04:50 01:12 02:08 01:41 01:36 03:38 02:21 01:37 00:19		

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

Damer 65 - 69 år

1	Inger Skretting Opstad	54	37:42
	05:32= 08:22= 12:05= 18:36= 20:21= 22:59= 24:46= 26:42= 30:56= 35:16= 37:16= 37:42=		
	05:32= 02:50= 03:43= 06:31= 01:45= 02:38= 01:47= 01:56= 04:14= 04:20= 02:00= 00:26=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Kirsten Carlsen	93	38:04
	04:43- 08:05- 11:36- 17:18- 18:49- 21:44- 25:20+ 28:37+ 33:03+ 35:48+ 37:36+ 38:04+		
	04:43- 03:22+ 03:31- 05:42- 01:31- 02:55+ 03:36+ 03:17+ 04:26+ 02:45- 01:48- 00:28+		
	00:49- 00:32# 00:12- 00:49- 00:14- 00:17# 01:49@ 01:21& 00:12+ 01:35- 00:12- 00:02+		
3	Synnøva Gausel	115	38:59
	05:10- 08:20- 11:36- 17:26- 19:20- 23:08+ 25:10+ 27:17+ 32:59+ 36:49+ 38:32+ 38:59+		
	05:10- 03:10+ 03:16- 05:50- 01:54+ 03:48+ 02:02+ 02:07+ 05:42+ 03:50- 01:43- 00:27+		
	00:22- 00:20# 00:27- 00:41- 00:09+ 01:10& 00:15# 00:11+ 01:28& 00:30- 00:17- 00:01+		

Class	Navn	Klasse										Tid
4	Aslaug Lura	94										50:23
	06:26+	10:24+	14:40+	22:45+	24:48+	28:17+	31:15+	34:36+	40:15+	46:51+	49:48+	50:23+
	06:26+	03:58+	04:16+	08:05+	02:03+	03:29+	02:58+	03:21+	05:39+	06:36+	02:57+	00:35+
	00:54#	01:08&	00:33#	01:34#	00:18#	00:51&	01:11&	01:25&	01:25&	02:16&	00:57&	00:09&

Beste strekktid for klassen

04:43 02:50 03:16 05:42 01:31 02:38 01:47 01:56 04:14 02:45 01:43 00:26

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

Damer 70 - 74 år

1	Gry V. Thengs	68										30:00
	04:33=	07:06=	10:21=	14:42=	16:01=	17:47=	19:28=	21:23=	24:58=	28:01=	29:35=	30:00=
	04:33=	02:33=	03:15=	04:21=	01:19=	01:46=	01:41=	01:55=	03:35=	03:03=	01:34=	00:25=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Haldis Glendrange	68										34:24
	05:14+	08:18+	11:22+	17:55+	19:30+	21:51+	24:02+	25:59+	29:49+	32:26+	34:01+	34:24+
	05:14+	03:04+	03:04-	06:33+	01:35+	02:21+	02:11+	01:57+	03:50+	02:37-	01:35+	00:23-
	00:41#	00:31#	00:11-	02:12&	00:16#	00:35&	00:30&	00:02+	00:15+	00:26-	00:01+	00:02-

3	Hedvig Anda	116										36:53
	04:36+	09:58+	13:10+	19:45+	21:22+	24:12+	26:11+	27:55+	32:02+	34:53+	36:30+	36:53+
	04:36+	05:22+	03:12-	06:35+	01:37+	02:50+	01:59+	01:44-	04:07+	02:51-	01:37+	00:23-
	00:03+	02:49@	00:03-	02:14&	00:18#	01:04&	00:18#	00:11-	00:32#	00:12-	00:03+	00:02-

4	Turid Nystrom	68										37:06
	05:25+	08:13+	11:32+	18:37+	20:39+	23:01+	24:29+	26:09+	32:13+	35:11+	36:45+	37:06+
	05:25+	02:48+	03:19+	07:05+	02:02+	02:22+	01:28-	01:40-	06:04+	02:58-	01:34=	00:21-
	00:52#	00:15+	00:04+	02:44&	00:43&	00:36&	00:13-	00:15-	02:29&	00:05-	00:00=	00:04-

5	Eva Hessen	83										41:01
	05:40+	08:55+	12:33+	19:56+	21:50+	25:04+	27:09+	29:14+	34:59+	38:41+	40:32+	41:01+
	05:40+	03:15+	03:38+	07:23+	01:54+	03:14+	02:05+	02:05+	05:45+	03:42+	01:51+	00:29+
	01:07#	00:42&	00:23#	03:02&	00:35&	01:28&	00:24#	00:10+	02:10&	00:39#	00:17#	00:04#

6	Helga Aaslid	54										42:56
	05:08+	13:01+	16:12+	22:22+	24:01+	27:00+	30:29+	33:37+	38:19+	40:52+	42:35+	42:56+
	05:08+	07:53+	03:11-	06:10+	01:39+	02:59+	03:29+	03:08+	04:42+	02:33-	01:43+	00:21-
	00:35#	05:20@	00:04-	01:49&	00:20&	01:13&	01:48@	01:13&	01:07&	00:30-	00:09+	00:04-

7	Helga Klausen	62										45:15
	05:30+	09:11+	17:31+	24:00+	25:49+	28:48+	31:10+	33:23+	38:17+	42:56+	44:50+	45:15+
	05:30+	03:41+	08:20+	06:29+	01:49+	02:59+	02:22+	02:13+	04:54+	04:39+	01:54+	00:25=
	00:57#	01:08&	05:05@	02:08&	00:30&	01:13&	00:41&	00:18#	01:19&	01:36&	00:20#	00:00=

8	Marit Kløvstad Braut	92										49:39
	06:36+	10:00+	14:57+	22:56+	25:58+	29:40+	32:43+	35:14+	42:25+	46:31+	49:01+	49:39+
	06:36+	03:24+	04:57+	07:59+	03:02+	03:42+	03:03+	02:31+	07:11+	04:06+	02:30+	00:38+
	02:03&	00:51&	01:42&	03:38&	01:43@	01:56@	01:22&	00:36&	03:36@	01:03&	00:56&	00:13&

9	Signe Stang Franzon	105										52:28
	07:11+	12:37+	16:38+	25:02+	27:04+	31:43+	37:09+	39:46+	44:15+	49:57+	52:01+	52:28+
	07:11+	05:26+	04:01+	08:24+	02:02+	04:39+	05:26+	02:37+	04:29+	05:42+	02:04+	00:27+
	02:38&	02:53@	00:46#	04:03&	00:43&	02:53@	03:45@	00:42&	00:54&	02:39&	00:30&	00:02+

10	Ragnhild Christiansen	93										53:12
	05:30+	14:56+	20:33+	27:16+	32:20+	36:10+	38:22+	40:28+	46:53+	50:25+	52:43+	53:12+
	05:30+	09:26+	05:37+	06:43+	05:04+	03:50+	02:12+	02:06+	06:25+	03:32+	02:18+	00:29+
	00:57#	06:53@	02:22&	02:22&	03:45@	02:04@	00:31&	00:11+	02:50&	00:29#	00:44&	00:04#

Beste strekktid for klassen

04:33 02:33 03:04 04:21 01:19 01:46 01:28 01:40 03:35 02:33 01:34 00:21

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

Damer 75 - 79 år

Class	Navn	Klasse	Tid								
1	Synnøve Fuglestad	29	41:25								
05:55=	08:40=	13:16=	19:59=	24:29=	27:23=	29:40=	31:24=	36:20=	39:13=	41:00=	41:25=
05:55=	02:45=	04:36=	06:43=	04:30=	02:54=	02:17=	01:44=	04:56=	02:53=	01:47=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gørild Espedal	113	52:31								
07:22+	11:11+	16:16+	25:38+	28:27+	33:00+	36:00+	39:19+	45:23+	49:57+	52:03+	52:31+
07:22+	03:49+	05:05+	09:22+	02:49-	04:33+	03:00+	03:19+	06:04+	04:34+	02:06+	00:28+
01:27#	01:04&	00:29#	02:39&	01:41-	01:39&	00:43&	01:35&	01:08#	01:41&	00:19#	00:03#
3	Berit Ebbell Olsen	68	1:07:05								
07:54+	15:25+	22:07+	34:02+	37:21+	43:56+	47:02+	50:33+	57:50+	64:11+	66:29+	67:05+
07:54+	07:31+	06:42+	11:55+	03:19-	06:35+	03:06+	03:31+	07:17+	06:21+	02:18+	00:36+
01:59&	04:46@	02:06&	05:12&	01:11-	03:41@	00:49&	01:47@	02:21&	03:28@	00:31&	00:11&
Beste strekktid for klassen											
05:55	02:45	04:36	06:43	02:49	02:54	02:17	01:44	04:56	02:53	01:47	00:25

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

Damer A

1	Aud Hognestad Taksdal	92	43:25												
02:48=	04:30=	08:41=	09:36=	12:56=	21:21=	25:06=	27:05=	29:50=	36:07=	37:15=	39:37=	40:29=	41:44=	43:09=	43:25=
02:48=	01:42=	04:11=	00:55=	03:20=	08:25=	03:45=	01:59=	02:45=	06:17=	01:08=	02:22=	00:52=	01:15=	01:25=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marjo Liikanen	67	46:08												
03:02+	04:35+	10:05+	10:53+	14:29+	22:33+	26:32+	28:23+	30:54+	38:54+	40:03+	42:29+	43:22+	44:26+	45:50+	46:08+
03:02+	01:33-	05:30+	00:48-	03:36+	08:04-	03:59+	01:51-	02:31-	08:00+	01:09+	02:26+	00:53+	01:04-	01:24-	00:18+
00:14+	00:09-	01:19&	00:07-	00:16+	00:21-	00:14+	00:08-	00:14-	01:43&	00:01+	00:04+	00:01+	00:11-	00:01-	00:02#
3	Janne Tjørhom Aasheim	93	46:45												
03:15+	04:48+	11:02+	11:51+	15:59+	23:04+	27:35+	29:51+	32:22+	39:19+	40:30+	42:59+	43:58+	45:11+	46:30+	46:45+
03:15+	01:33-	06:14+	00:49-	04:08+	07:05-	04:31+	02:16+	02:31-	06:57+	01:11+	02:29+	00:59+	01:13-	01:19-	00:15-
00:27#	00:09-	02:03&	00:06-	00:48#	01:20-	00:46#	00:17#	00:14-	00:40#	00:03+	00:07+	00:07#	00:02-	00:06-	00:01-
4	Ann Mari Middtun	134	54:17												
03:53+	05:38+	12:31+	13:43+	18:07+	25:59+	30:56+	33:22+	36:29+	46:15+	47:29+	49:58+	51:09+	52:26+	54:03+	54:17+
03:53+	01:45+	06:53+	01:12+	04:24+	07:52-	04:57+	02:26+	03:07+	09:46+	01:14+	02:29+	01:11+	01:17+	01:37+	00:14-
01:05&	00:03+	02:42&	00:17&	01:04&	00:33-	01:12&	00:27#	00:22#	03:29&	00:06+	00:07+	00:19&	00:02+	00:12#	00:02-
5	Inger Tone Nygård	29	54:21												
03:28+	05:26+	11:03+	12:35+	16:30+	25:14+	29:35+	34:15+	36:38+	46:08+	47:17+	50:05+	51:08+	52:24+	54:05+	54:21+
03:28+	01:58+	05:37+	01:32+	03:55+	08:44+	04:21+	04:40+	02:23-	09:30+	01:09+	02:48+	01:03+	01:16+	01:41+	00:16=
00:40#	00:16#	01:26&	00:37&	00:35#	00:19+	00:36#	02:41@	00:22-	03:13&	00:01+	00:26#	00:11#	00:01+	00:16#	00:00=
6	Tone Torgersen	27	55:22												
03:12+	05:07+	10:26+	11:35+	16:00+	24:47+	30:27+	33:04+	36:11+	45:52+	47:06+	49:41+	50:48+	53:18+	55:03+	55:22+
03:12+	01:55+	05:19+	01:09+	04:25+	08:47+	05:40+	02:37+	03:07+	09:41+	01:14+	02:35+	01:07+	02:30+	01:45+	00:19+
00:24#	00:13#	01:08&	00:14&	01:05&	00:22+	01:55&	00:38&	00:22#	03:24&	00:06+	00:13+	00:15&	01:15&	00:20#	00:03#
7	Katrine Prestvold	212	56:01												
03:11+	04:56+	12:13+	13:16+	17:45+	25:46+	30:27+	32:43+	35:16+	46:16+	47:36+	50:44+	51:50+	54:11+	55:48+	56:01+
03:11+	01:45+	07:17+	01:03+	04:29+	08:01-	04:41+	02:16+	02:33-	11:00+	01:20+	03:08+	01:06+	02:21+	01:37+	00:13-
00:23#	00:03+	03:06&	00:08#	01:09&	00:24-	00:56#	00:17#	00:12-	04:43&	00:12#	00:46&	00:14&	01:06&	00:12#	00:03-
8	Agnes Elin Engen	116	1:03:31												
04:37+	06:48+	14:29+	15:58+	21:02+	31:28+	37:15+	40:03+	43:26+	53:48+	55:17+	58:39+	59:46+	61:18+	63:15+	63:31+
04:37+	02:11+	07:41+	01:29+	05:04+	10:26+	05:47+	02:28+	03:23+	10:22+	01:29+	03:22+	01:07+	01:32+	01:57+	00:16=
01:49&	00:29&	03:30&	00:34&	01:44&	02:01#	02:02&	00:49&	00:38#	04:05&	00:21&	01:00&	00:15&	00:17#	00:32&	00:00=
9	Maira Andersone	93	1:10:46												
03:51+	06:09+	13:21+	14:27+	19:52+	29:08+	45:38+	48:05+	52:00+	61:45+	63:10+	66:06+	67:21+	68:38+	70:29+	70:46+
03:51+	02:18+	07:12+	01:06+	05:25+	09:16+	16:30+	02:27+	03:55+	09:45+	01:25+	02:56+	01:15+	01:17+	01:51+	00:17+
01:03&	00:36&	03:01&	00:11#	02:05&	00:51#	12:45@	00:28#	01:10&	03:28&	00:17#	00:34#	00:23&	00:02+	00:26&	00:01+

Beste strekktid for klassen

02:48 01:33 04:11 00:48 03:20 07:05 03:45 01:51 02:23 06:17 01:08 02:22 00:52 01:04 01:19 00:13

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

Damer B

1	Jorunn Johannesen	116	55:18												
03:24=	05:17=	11:58=	13:02=	17:19=	26:03=	30:31=	34:07=	36:50=	45:42=	47:11=	50:09=	51:19=	52:53=	54:58=	55:18=
03:24=	01:53=	06:41=	01:04=	04:17=	08:44=	04:28=	03:36=	02:43=	08:52=	01:29=	02:58=	01:10=	01:34=	02:05=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Helen Lomeland	105	56:09												
04:04+	05:55+	10:48-	12:10-	16:20-	26:11+	30:45+	33:38-	36:06-	43:41-	44:54-	47:43-	48:57-	53:15+	55:48+	56:09+
04:04+	01:51-	04:53-	01:22+	04:10-	09:51+	04:34+	02:53-	02:28-	07:35-	01:13-	02:49-	01:14+	04:18+	02:33+	00:21+
00:40#	00:02-	01:48-	00:18&	00:07-	01:07#	00:06+	00:43-	00:15-	01:17-	00:16-	00:09-	00:04+	02:44@	00:28#	00:01+
3	Wenche M. Sæbbø	3	56:35												
03:24=	05:21+	11:36-	12:47-	17:16-	26:11+	32:25+	34:35+	37:52+	47:32+	48:56+	52:12+	53:16+	54:33+	56:16+	56:35+
03:24=	01:57+	06:15-	01:11+	04:29+	08:55+	06:14+	02:10-	03:17+	09:40+	01:24-	03:16+	01:04-	01:17-	01:43-	00:19-
00:00=	00:04+	00:26-	00:07#	00:12+	00:11+	01:46&	01:26-	00:34#	00:48+	00:05-	00:18#	00:06-	00:17-	00:22-	00:01-
4	Anne Garsrud	90	57:34												
03:43+	05:31+	11:00-	12:02-	16:25-	25:20-	30:14-	32:46-	36:04-	45:13-	46:24-	49:37-	51:06-	55:33+	57:15+	57:34+
03:43+	01:48-	05:29-	01:02-	04:23+	08:55+	04:54+	02:32-	03:18+	09:09+	01:11-	03:13+	01:29+	04:27+	01:42-	00:19-
00:19+	00:05-	01:12-	00:02-	00:06+	00:11+	00:26+	01:04-	00:35#	00:17+	00:18-	00:15+	00:19&	02:53@	00:23-	00:01-
5	Ellen Tindeland	27	57:44												
03:28+	05:23+	10:48-	11:58-	16:42-	25:56-	31:07+	33:26-	36:46-	48:39+	50:09+	53:01+	54:12+	55:39+	57:24+	57:44+
03:28+	01:55+	05:25-	01:10+	04:44+	09:14+	05:11+	02:19-	03:20+	11:53+	01:30+	02:52-	01:11+	01:27-	01:45-	00:20=
00:04+	00:02+	01:16-	00:06+	00:27#	00:30+	00:43#	01:17-	00:37#	03:01&	00:01+	00:06-	00:01+	00:07-	00:20-	00:00=
6	Ann-Cathrin Urdal	118	58:06												
03:42+	05:53+	11:40-	13:07+	18:01+	27:51+	34:19+	37:05+	40:15+	49:14+	50:37+	53:25+	54:32+	55:52+	57:44+	58:06+
03:42+	02:11+	05:47-	01:27+	04:54+	09:50+	06:28+	02:46-	03:10+	08:59+	01:23-	02:48-	01:07-	01:20-	01:52-	00:22+
00:18+	00:18#	00:54-	00:23&	00:37#	01:06#	02:00&	00:50-	00:27#	00:07+	00:06-	00:10-	00:03-	00:14-	00:13-	00:02#
7	Ann Karin Tjørhom	93	59:16												
03:27+	05:46+	13:04+	14:15+	18:56+	27:28+	33:09+	36:58+	40:05+	49:08+	50:37+	53:28+	54:55+	56:57+	58:57+	59:16+
03:27+	02:19+	07:18+	01:11+	04:41+	08:32-	05:41+	03:49+	03:07+	09:03+	01:29+	02:51-	01:27+	02:02+	02:00-	00:19-
00:03+	00:26#	00:37+	00:07#	00:24+	00:12-	01:13&	00:13+	00:24#	00:11+	00:00=	00:07-	00:17#	00:28&	00:05-	00:01-
8	Anita Glenne Kallhovd	29	1:00:24												
04:31+	06:33+	13:26+	14:42+	19:29+	29:51+	34:41+	37:08+	40:15+	49:53+	51:24+	55:24+	56:43+	58:12+	60:05+	60:24+
04:31+	02:02+	06:53+	01:16+	04:47+	10:22+	04:50+	02:27-	03:07+	09:38+	01:31+	04:00+	01:19+	01:29-	01:53-	00:19-
01:07&	00:09+	00:12+	00:12#	00:30#	01:38#	00:22+	01:09-	00:24#	00:46+	00:02+	01:02&	00:09#	00:05-	00:12-	00:01-
9	Vibeke Lamark	46	1:02:21												
03:36+	05:30+	12:54+	13:55+	18:39+	28:02+	38:48+	41:03+	43:55+	53:26+	54:56+	57:49+	59:01+	60:20+	62:04+	62:21+
03:36+	01:54+	07:24+	01:01-	04:44+	09:23+	10:46+	02:15-	02:52+	09:31+	01:30+	02:53-	01:12+	01:19-	01:44-	00:17-
00:12+	00:01+	00:43#	00:03-	00:27#	00:39+	06:18@	01:21-	00:09+	00:39+	00:01+	00:05-	00:02+	00:15-	00:21-	00:03-
10	Ingrid W. Hestness	117	1:03:14												
04:10+	06:01+	14:02+	15:05+	19:31+	29:09+	34:26+	37:42+	41:15+	53:41+	54:54+	57:48+	59:39+	61:12+	62:53+	63:14+
04:10+	01:51-	08:01+	01:03-	04:26+	09:38+	05:17+	03:16-	03:33+	12:26+	01:13-	02:54-	01:51+	01:33-	01:41-	00:21+
00:46#	00:02-	01:20#	00:01-	00:09+	00:54#	00:49#	00:20-	00:50&	03:34&	00:16-	00:04-	00:41&	00:01-	00:24-	00:01+
11	Hilde Nordbø	93	1:03:23												
03:33+	05:18+	11:01-	12:05-	16:28-	28:52+	34:11+	39:34+	42:35+	52:52+	54:13+	56:56+	58:04+	61:25+	63:04+	63:23+
03:33+	01:45-	05:43-	01:04=	04:23+	12:24+	05:19+	05:23+	03:01+	10:17+	01:21-	02:43-	01:08-	03:21+	01:39-	00:19-
00:09+	00:08-	00:58-	00:00=	00:06+	03:40&	00:51#	01:47&	00:18#	01:25#	00:08-	00:15-	00:02-	01:47@	00:26-	00:01-
12	Grethe Anda Fuglestad	116	1:07:56												
05:12+	07:44+	14:27+	15:44+	20:46+	30:44+	37:23+	41:51+	45:35+	57:51+	59:17+	62:24+	64:01+	65:51+	67:37+	67:56+
05:12+	02:32+	06:43+	01:17+	05:02+	09:58+	06:39+	04:28+	03:44+	12:16+	01:26-	03:07+	01:37+	01:50+	01:46-	00:19-
01:48&	00:39&	00:02+	00:13#	00:45#	01:14#	02:11&	00:52#	01:01&	03:24&	00:03-	00:09+	00:27&	00:16#	00:19-	00:01-
13	Keth Berggraf	116	1:10:31												
04:23+	06:24+	13:48+	16:28+	21:35+	30:49+	39:44+	42:37+	46:08+	59:35+	61:07+	64:28+	66:05+	67:47+	70:14+	70:31+
04:23+	02:01+	07:24+	02:40+	05:07+	09:14+	08:55+	02:53-	03:31+	13:27+	01:32+	03:21+	01:37+	01:42+	02:27+	00:17-
00:59&	00:08+	00:43#	01:36@	00:50#	00:30+	04:27&	00:43-	00:48&	04:35&	00:03+	00:23#	00:27&	00:08+	00:22#	00:03-
14	Gunn J. Grefstad	2	1:12:36												
04:11+	06:29+	15:24+	16:41+	21:47+	32:34+	40:12+	43:47+	47:46+	60:00+	61:46+	65:50+	67:23+	69:36+	72:08+	72:36+
04:11+	02:18+	08:55+	01:17+	05:06+	10:47+	07:38+	03:35-	03:59+	12:14+	01:46+	04:04+	01:33+	02:13+	02:32+	00:28+
00:47#	00:25#	02:14&	00:13#	00:49#	02:03#	03:10&	00:01-	01:16&	03:22&	00:17#	01:06&	00:23&	00:39&	00:27#	00:08&

Class	Navn	Klasse														Tid				
15	Tone Cecilie Nystrøm	68														1:15:44				
	04:30+	06:52+	15:23+	16:42+	22:29+	35:32+	43:20+	46:45+	50:16+	63:02+	64:52+	68:46+	70:25+	73:02+	75:23+	75:44+				
	04:30+	02:22+	08:31+	01:19+	05:47+	13:03+	07:48+	03:25-	03:31+	12:46+	01:50+	03:54+	01:39+	02:37+	02:21+	00:21+				
	01:06&	00:29&	01:50&	00:15#	01:30&	04:19&	03:20&	00:11-	00:48&	03:54&	00:21#	00:56&	00:29&	01:03&	00:16#	00:01+				
Beste strekktid for klassen																				
	03:24	01:45	04:53	01:01	04:10	08:32	04:28	02:10	02:28	07:35	01:11	02:43	01:04	01:17	01:39	00:17				
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
Damer Ny																				
1	Tordis Frøylog	29														56:49				
	24:16=	28:20=	34:13=	41:09=	43:13=	46:22=	52:33=	54:12=	56:04=	56:49=										
	24:16=	04:04=	05:53=	06:56=	02:04=	03:09=	06:11=	01:39=	01:52=	00:45=										
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Linda Rotevatn	47														1:07:41				
	05:55-	11:40-	18:15-	24:26-	27:51-	30:45-	62:20+	65:09+	67:24+	67:41+										
	05:55-	05:45+	06:35+	06:11-	03:25+	02:54-	31:35+	02:49+	02:15+	00:17-										
	18:21-	01:41&	00:42#	00:45-	01:21&	00:15-	25:24@	01:10&	00:23#	00:28-										
Beste strekktid for klassen																				
	05:55	04:04	05:53	06:11	02:04	02:54	06:11	01:39	01:52	00:17										
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
Damer Trim																				
1	Janeth Kleppe	128														28:36				
	04:29=	07:23=	14:14=	17:33=	19:45=	21:47=	23:03=	24:45=	26:00=	27:00=	28:19=	28:36=								
	04:29=	02:54=	06:51=	03:19=	02:12=	02:02=	01:16=	01:42=	01:15=	01:00=	01:19=	00:17=								
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Sølvi Utbø Sakseid	116														29:04				
	04:45+	08:02+	15:00+	17:29-	19:07-	21:17-	22:54-	24:41-	25:59-	27:05+	28:43+	29:04+								
	04:45+	03:17+	06:58+	02:29-	01:38-	02:10+	01:37+	01:47+	01:18+	01:06+	01:38+	00:21+								
	00:16+	00:23#	00:07+	00:50-	00:34-	00:08+	00:21&	00:05+	00:03+	00:06#	00:19#	00:04#								
3	Ann Helen Johannesen	71														29:47				
	05:12+	08:31+	15:37+	18:24+	19:53+	21:32-	22:54-	24:53+	26:24+	27:48+	29:24+	29:47+								
	05:12+	03:19+	07:06+	02:47-	01:29-	01:39-	01:22+	01:59+	01:31+	01:24+	01:36+	00:23+								
	00:43#	00:25#	00:15+	00:32-	00:43-	00:23-	00:06+	00:17#	00:16#	00:24&	00:17#	00:06&								
4	Sarah Denieul	42														30:29				
	05:04+	07:23=	14:45+	17:19-	18:49-	23:08+	24:14+	26:10+	28:02+	28:56+	30:13+	30:29+								
	05:04+	02:19-	07:22+	02:34-	01:30-	04:19+	01:06-	01:56+	01:52+	00:54-	01:17-	00:16-								
	00:35#	00:35-	00:31+	00:45-	00:42-	02:17@	00:10-	00:14#	00:37&	00:06-	00:02-	00:01-								
5	Anna Berthelsen	117														31:46				
	05:03+	08:20+	16:55+	19:55+	21:33+	23:34+	25:12+	26:57+	28:25+	29:37+	31:22+	31:46+								
	05:03+	03:17+	08:35+	03:00-	01:38-	02:01-	01:38+	01:45+	01:28+	01:12+	01:45+	00:24+								
	00:34#	00:23#	01:44&	00:19-	00:34-	00:01-	00:22&	00:03+	00:13#	00:12#	00:26&	00:07&								
6	Lise Nessa Di Lorenzo	168														32:30				
	04:35+	08:36+	14:53+	21:14+	22:43+	24:21+	26:09+	27:39+	29:40+	30:41+	32:12+	32:30+								
	04:35+	04:01+	06:17-	06:21+	01:29-	01:38-	01:48+	01:30-	02:01+	01:01+	01:31+	00:18+								
	00:06+	01:07&	00:34-	03:02&	00:43-	00:24-	00:32&	00:12-	00:46&	00:01+	00:12#	00:01+								
7	Karlotte K Sørheim	105														33:05				
	04:24-	07:06-	13:24-	15:40-	17:40-	19:12-	20:37-	22:02-	30:21+	31:23+	32:46+	33:05+								
	04:24-	02:42-	06:18-	02:16-	02:00-	01:32-	01:25+	01:25-	08:19+	01:02+	01:23+	00:19+								
	00:05-	00:12-	00:33-	01:03-	00:12-	00:30-	00:09#	00:17-	07:04@	00:02+	00:04+	00:02#								
8	Hanne Berg Nilsen	105														33:06				
	04:29=	07:09-	13:27-	15:44-	17:42-	19:09-	20:39-	21:59-	30:23+	31:21+	32:49+	33:06+								
	04:29=	02:40-	06:18-	02:17-	01:58-	01:27-	01:30+	01:20-	08:24+	00:58-	01:28+	00:17=								
	00:00=	00:14-	00:33-	01:02-	00:14-	00:35-	00:14#	00:22-	07:09@	00:02-	00:09#	00:00=								

Class	Navn	Klasse	Tid								
9	Margot Asheim	105	33:27								
04:40+	08:01+	17:56+	21:22+	23:21+	25:24+	26:42+	28:42+	30:10+	31:25+	33:08+	33:27+
04:40+	03:21+	09:55+	03:26+	01:59-	02:03+	01:18+	02:00+	01:28+	01:15+	01:43+	00:19+
00:11+	00:27#	03:04&	00:07+	00:13-	00:01+	00:02+	00:18#	00:13#	00:15#	00:24&	00:02#
10	Marita Navjord Nicolaysen	71	33:45								
05:26+	09:01+	17:21+	20:06+	21:53+	24:35+	26:18+	28:28+	30:56+	31:56+	33:27+	33:45+
05:26+	03:35+	08:20+	02:45-	01:47-	02:42+	01:43+	02:10+	02:28+	01:00=	01:31+	00:18+
00:57#	00:41#	01:29#	00:34-	00:25-	00:40&	00:27&	00:28&	01:13&	00:00=	00:12#	00:01+
11	Parul Khandelwal	71	35:13								
05:55+	09:41+	18:07+	21:38+	24:50+	26:41+	29:12+	30:39+	32:12+	33:14+	34:51+	35:13+
05:55+	03:46+	08:26+	03:31+	03:12+	01:51-	02:31+	01:27-	01:33+	01:02+	01:37+	00:22+
01:26&	00:52&	01:35#	00:12+	01:00&	00:11-	01:15&	00:15-	00:18#	00:02+	00:18#	00:05&
12	Irene Frøyland	71	35:48								
05:49+	09:56+	19:26+	22:46+	24:41+	26:41+	28:16+	30:35+	32:35+	33:41+	35:25+	35:48+
05:49+	04:07+	09:30+	03:20+	01:55-	02:00-	01:35+	02:19+	02:00+	01:06+	01:44+	00:23+
01:20&	01:13&	02:39&	00:01+	00:17-	00:02-	00:19#	00:37&	00:45&	00:06#	00:25&	00:06&
13	Lise Bergli	62	37:04								
08:16+	11:33+	18:09+	20:38+	22:00+	25:25+	30:02+	31:23+	34:19+	35:22+	36:47+	37:04+
08:16+	03:17+	06:36-	02:29-	01:22-	03:25+	04:37+	01:21-	02:56+	01:03+	01:25+	00:17-
03:47&	00:23#	00:15-	00:50-	00:50-	01:23&	03:21@	00:21-	01:41@	00:03+	00:06+	00:00=
14	Olaug Bergjord	91	37:34								
07:50+	11:47+	20:30+	23:48+	25:27+	27:28+	29:53+	32:10+	33:53+	35:26+	37:09+	37:34+
07:50+	03:57+	08:43+	03:18-	01:39-	02:01-	02:25+	02:17+	01:43+	01:33+	01:43+	00:25+
03:21&	01:03&	01:52&	00:01-	00:33-	00:01-	01:09&	00:35&	00:28&	00:33&	00:24&	00:08&
15	Lillian Dahl Fitjar	117	37:35								
06:23+	10:43+	18:40+	22:23+	24:15+	26:06+	30:50+	32:17+	34:01+	35:16+	37:10+	37:35+
06:23+	04:20+	07:57+	03:43+	01:52-	01:51-	04:44+	01:27-	01:44+	01:15+	01:54+	00:25+
01:54&	01:26&	01:06#	00:24#	00:20-	00:11-	03:28@	00:15-	00:29&	00:15#	00:35&	00:08&
16	Astrid Espe	80	37:56								
11:28+	14:51+	21:37+	24:28+	26:14+	28:39+	30:55+	32:37+	34:49+	36:02+	37:36+	37:56+
11:28+	03:23+	06:46-	02:51-	01:46-	02:25+	02:16+	01:42=	02:12+	01:13+	01:34+	00:20+
06:59@	00:29#	00:05-	00:28-	00:26-	00:23#	01:00&	00:00=	00:57&	00:13#	00:15#	00:03#
17	Turid Johanne Kidøy	18	38:34								
06:35+	09:21+	15:15+	18:15+	19:42-	21:07-	22:16-	34:05+	35:36+	36:42+	38:13+	38:34+
06:35+	02:46-	05:54-	03:00-	01:27-	01:25-	01:09-	11:49+	01:31+	01:06+	01:31+	00:21+
02:06&	00:08-	00:57-	00:19-	00:45-	00:37-	00:07-	10:07@	00:16#	00:06#	00:12#	00:04#
18	Kate Lawson	101	38:45								
06:23+	11:08+	19:34+	23:07+	25:19+	27:53+	29:49+	33:18+	35:07+	36:29+	38:19+	38:45+
06:23+	04:45+	08:26+	03:33+	02:12=	02:34+	01:56+	03:29+	01:49+	01:22+	01:50+	00:26+
01:54&	01:51&	01:35#	00:14+	00:00=	00:32&	00:40&	01:47@	00:34&	00:22&	00:31&	00:09&
19	Mona Nordmark Kaada	178	39:24								
05:02+	14:39+	21:43+	24:46+	26:19+	28:58+	33:17+	34:33+	36:25+	37:29+	39:00+	39:24+
05:02+	09:37+	07:04+	03:03-	01:33-	02:39+	04:19+	01:16-	01:52+	01:04+	01:31+	00:24+
00:33#	06:43@	00:13+	00:16-	00:39-	00:37&	03:03@	00:26-	00:37&	00:04+	00:12#	00:07&
20	Linda Mickiewicz	114	39:46								
05:32+	09:27+	20:16+	23:45+	26:02+	28:51+	30:47+	34:17+	36:13+	37:33+	39:22+	39:46+
05:32+	03:55+	10:49+	03:29+	02:17+	02:49+	01:56+	03:30+	01:56+	01:20+	01:49+	00:24+
01:03#	01:01&	03:58&	00:10+	00:05+	00:47&	00:40&	01:48@	00:41&	00:20&	00:30&	00:07&
21	Linn Soma	287	39:53								
06:07+	11:19+	20:50+	24:00+	26:47+	28:38+	31:41+	33:42+	36:33+	38:00+	39:32+	39:53+
06:07+	05:12+	09:31+	03:10-	02:47+	01:51-	03:03+	02:01+	02:51+	01:27+	01:32+	00:21+
01:38&	02:18&	02:40&	00:09-	00:35&	00:11-	01:47@	00:19#	01:36@	00:27&	00:13#	00:04#
22	Therese Immerstein Noraberg	71	40:05								
11:03+	13:58+	22:03+	25:01+	27:03+	28:46+	33:51+	35:14+	36:58+	38:09+	39:46+	40:05+
11:03+	02:55+	08:05+	02:58-	02:02-	01:43-	05:05+	01:23-	01:44+	01:11+	01:37+	00:19+
06:34@	00:01+	01:14#	00:21-	00:10-	00:19-	03:49@	00:19-	00:29&	00:11#	00:18#	00:02#
23	Maria Haukalid	47	40:21								
05:44+	10:06+	18:51+	22:31+	24:27+	26:47+	29:32+	35:31+	36:45+	38:10+	39:56+	40:21+
05:44+	04:22+	08:45+	03:40+	01:56-	02:20+	02:45+	05:59+	01:14-	01:25+	01:46+	00:25+
01:15&	01:28&	01:54&	00:21#	00:16-	00:18#	01:29@	04:17@	00:01-	00:25&	00:27&	00:08&

Class	Navn	Klasse	Tid								
24	Gunhild Nordbø	117	41:10								
04:21-	07:43+	20:56+	25:33+	28:06+	30:33+	32:44+	34:51+	37:19+	38:40+	40:48+	41:10+
04:21-	03:22+	13:13+	04:37+	02:33+	02:27+	02:11+	02:07+	02:28+	01:21+	02:08+	00:22+
00:08-	00:28#	06:22&	01:18&	00:21#	00:25#	00:55&	00:25#	01:13&	00:21&	00:49&	00:05&
25	Lene Haver Schmidt	88	41:18								
06:33+	10:46+	20:22+	24:16+	27:11+	29:31+	34:12+	35:59+	37:41+	38:50+	40:53+	41:18+
06:33+	04:13+	09:36+	03:54+	02:55+	02:20+	04:41+	01:47+	01:42+	01:09+	02:03+	00:25+
02:04&	01:19&	02:45&	00:35#	00:43&	00:18#	03:25@	00:05+	00:27&	00:09#	00:44&	00:08&
26	Cecilie Kristine Karlsen	93	41:24								
16:07+	19:46+	27:24+	29:50+	31:14+	33:22+	35:12+	37:06+	38:44+	39:44+	41:08+	41:24+
16:07+	03:39+	07:38+	02:26-	01:24-	02:08+	01:50+	01:54+	01:38+	01:00=	01:24+	00:16-
11:38@	00:45&	00:47#	00:53-	00:48-	00:06+	00:34&	00:12#	00:23&	00:00=	00:05+	00:01-
27	Kirsti Strand Salvesen	256	41:38								
06:51+	11:28+	21:14+	25:13+	27:51+	30:20+	32:37+	34:58+	37:16+	38:50+	41:07+	41:38+
06:51+	04:37+	09:46+	03:59+	02:38+	02:29+	02:17+	02:21+	02:18+	01:34+	02:17+	00:31+
02:22&	01:43&	02:55&	00:40#	00:26#	00:27#	01:01&	00:39&	01:03&	00:34&	00:58&	00:14&
28	Bente Salte Aune	128	41:41								
06:31+	10:54+	20:25+	23:36+	26:10+	28:37+	33:45+	35:22+	38:08+	39:29+	41:18+	41:41+
06:31+	04:23+	09:31+	03:11-	02:34+	02:27+	05:08+	01:37-	02:46+	01:21+	01:49+	00:23+
02:02&	01:29&	02:40&	00:08-	00:22#	00:25#	03:52@	00:05-	01:31@	00:21&	00:30&	00:06&
29	Judith Serigstad	128	41:42								
06:35+	10:55+	20:31+	23:38+	26:07+	28:34+	33:43+	35:31+	38:25+	39:31+	41:19+	41:42+
06:35+	04:20+	09:36+	03:07-	02:29+	02:27+	05:09+	01:48+	02:54+	01:06+	01:48+	00:23+
02:06&	01:26&	02:45&	00:12-	00:17#	00:25#	03:53@	00:06+	01:39@	00:06#	00:29&	00:06&
30	Randi Bugge	46	41:47								
09:38+	13:26+	22:04+	26:12+	28:37+	30:27+	32:07+	35:52+	38:32+	39:42+	41:23+	41:47+
09:38+	03:48+	08:38+	04:08+	02:25+	01:50-	01:40+	03:45+	02:40+	01:10+	01:41+	00:24+
05:09@	00:54&	01:47&	00:49#	00:13+	00:12-	00:24&	02:03@	01:25@	00:10#	00:22&	00:07&
31	Anita Edgren	88	42:19								
08:03+	12:28+	22:01+	27:15+	30:08+	32:11+	34:29+	36:23+	38:53+	40:01+	41:55+	42:19+
08:03+	04:25+	09:33+	05:14+	02:53+	02:03+	02:18+	01:54+	02:30+	01:08+	01:54+	00:24+
03:34&	01:31&	02:42&	01:55&	00:41&	00:01+	01:02&	00:12#	01:15&	00:08#	00:35&	00:07&
32	Synnøve Gjestad	101	42:23								
08:17+	11:38+	22:14+	24:48+	26:53+	28:56+	35:23+	36:37+	38:23+	40:25+	42:03+	42:23+
08:17+	03:21+	10:36+	02:34-	02:05-	02:03+	06:27+	01:14-	01:46+	02:02+	01:38+	00:20+
03:48&	00:27#	03:45&	00:45-	00:07-	00:01+	05:11@	00:28-	00:31&	01:02@	00:19#	00:03#
33	Marie-Elizabeth Reinseth	27	42:25								
04:33+	08:05+	26:19+	28:40+	30:28+	32:16+	35:40+	37:45+	39:16+	40:24+	42:02+	42:25+
04:33+	03:32+	18:14+	02:21-	01:48-	01:48-	03:24+	02:05+	01:31+	01:08+	01:38+	00:23+
00:04+	00:38#	11:23@	00:58-	00:24-	00:14-	02:08@	00:23#	00:16#	00:08#	00:19#	00:06&
34	Åse Sellereite	27	42:42								
04:49+	08:05+	26:16+	28:38+	30:26+	32:24+	35:44+	37:55+	39:32+	40:37+	42:16+	42:42+
04:49+	03:16+	18:11+	02:22-	01:48-	01:58-	03:20+	02:11+	01:37+	01:05+	01:39+	00:26+
00:20+	00:22#	11:20@	00:57-	00:04-	00:04-	02:04@	00:29&	00:22&	00:05+	00:20&	00:09&
35	Gunvor Frafjord Tungesvik	47	42:55								
07:01+	12:00+	22:14+	26:16+	28:31+	31:28+	34:07+	36:42+	39:21+	40:41+	42:33+	42:55+
07:01+	04:59+	10:14+	04:02+	02:15+	02:57+	02:39+	02:35+	02:39+	01:20+	01:52+	00:22+
02:32&	02:05&	03:23&	00:43#	00:03+	00:55&	01:23@	00:53&	01:24@	00:20&	00:33&	00:05&
36	Reidun Solli Skjørestad	47	42:58								
06:55+	12:04+	22:17+	26:15+	28:28+	31:23+	34:02+	36:46+	39:18+	40:39+	42:32+	42:58+
06:55+	05:09+	10:13+	03:58+	02:13+	02:55+	02:39+	02:44+	02:32+	01:21+	01:53+	00:26+
02:26&	02:15&	03:22&	00:39#	00:01+	00:53&	01:23@	01:02&	01:17@	00:21&	00:34&	00:09&
37	Margretha Almedal	91	43:14								
07:24+	11:44+	21:49+	26:08+	28:21+	31:05+	34:03+	37:05+	39:49+	41:08+	42:56+	43:14+
07:24+	04:20+	10:05+	04:19+	02:13+	02:44+	02:58+	03:02+	02:44+	01:19+	01:48+	00:18+
02:55&	01:26&	03:14&	01:00&	00:01+	00:42&	01:42@	01:20&	01:29@	00:19&	00:29&	00:01+
38	Britt Elin Andersen	91	43:15								
07:28+	11:46+	21:45+	26:09+	28:29+	31:08+	34:13+	36:43+	39:43+	41:09+	42:56+	43:15+
07:28+	04:18+	09:59+	04:24+	02:20+	02:39+	03:05+	02:30+	03:00+	01:26+	01:47+	00:19+
02:59&	01:24&	03:08&	01:05&	00:08+	00:37&	01:49@	00:48&	01:45@	00:26&	00:28&	00:02#

Class	Navn	Klasse	Tid									
39	Karin Gilje Ask	141	43:46									
06:12+	11:34+	21:25+	24:42+	26:42+	29:17+	33:02+	36:01+	40:07+	41:34+	43:23+	43:46+	
06:12+	05:22+	09:51+	03:17-	02:00-	02:35+	03:45+	02:59+	04:06+	01:27+	01:49+	00:23+	
01:43&	02:28&	03:00&	00:02-	00:12-	00:33&	02:29@	01:17&	02:51@	00:27&	00:30&	00:06&	
40	Inger K. H. Rysstad	141	43:48									
07:27+	11:42+	21:20+	25:03+	26:59+	29:16+	32:57+	35:59+	40:13+	41:34+	43:23+	43:48+	
07:27+	04:15+	09:38+	03:43+	01:56-	02:17+	03:41+	03:02+	04:14+	01:21+	01:49+	00:25+	
02:58&	01:21&	02:47&	00:24#	00:16-	00:15#	02:25@	01:20&	02:59@	00:21&	00:30&	00:08&	
41	Eli Våge	117	43:54									
08:34+	13:06+	23:45+	27:25+	30:14+	33:33+	36:10+	38:08+	40:14+	41:37+	43:30+	43:54+	
08:34+	04:32+	10:39+	03:40+	02:49+	03:19+	02:37+	01:58+	02:06+	01:23+	01:53+	00:24+	
04:05&	01:38&	03:48&	00:21#	00:37&	01:17&	01:21@	00:16#	00:51&	00:23&	00:34&	00:07&	
42	Sigrun Serigstad	128	44:05									
09:05+	12:14+	19:30+	22:54+	24:38+	26:49+	34:35+	35:27+	41:26+	42:21+	43:45+	44:05+	
09:05+	03:09+	07:16+	03:24+	01:44-	02:11+	07:46+	00:52-	05:59+	00:55-	01:24+	00:20+	
04:36@	00:15+	00:25+	00:05+	00:28-	00:09+	06:30@	00:50-	04:44@	00:05-	00:05+	00:03#	
43	Solbjørg Borgersen	233	44:23									
06:27+	10:46+	20:30+	24:14+	26:20+	28:53+	37:49+	39:13+	40:49+	42:13+	43:55+	44:23+	
06:27+	04:19+	09:44+	03:44+	02:06-	02:33+	08:56+	01:24-	01:36+	01:24+	01:42+	00:28+	
01:58&	01:25&	02:53&	00:25#	00:06-	00:31&	07:40@	00:18-	00:21&	00:24&	00:23&	00:11&	
44	Synnøve Langvik	93	44:26									
08:49+	14:44+	24:08+	28:03+	29:53+	32:52+	35:32+	38:21+	40:48+	42:07+	44:02+	44:26+	
08:49+	05:55+	09:24+	03:55+	01:50-	02:59+	02:40+	02:49+	02:27+	01:19+	01:55+	00:24+	
04:20&	03:01@	02:33&	00:36#	00:22-	00:57&	01:24@	01:07&	01:12&	00:19&	00:36&	00:07&	
45	Ruth Grødem	105	45:09									
05:44+	11:06+	21:37+	25:11+	28:44+	31:11+	35:15+	37:46+	39:32+	41:40+	42:59+	44:46+	45:09+
05:44+	05:22+	10:31+	03:34+	03:33+	02:27+	04:04+	02:31+	01:46+	02:08+	01:19=	01:47+	00:23+
01:15&	02:28&	03:40&	00:15+	01:21&	00:25#	02:48@	00:49&	00:31&	01:08@	00:00=	01:30@	00:23+
46	Grete Hellevik	168	45:10									
14:56+	18:15+	25:44+	28:46+	30:14+	32:17+	34:31+	40:29+	41:42+	42:53+	44:44+	45:10+	
14:56+	03:19+	07:29+	03:02-	01:28-	02:03+	02:14+	05:58+	01:13-	01:11+	01:51+	00:26+	
10:27@	00:25#	00:38+	00:17-	00:44-	00:01+	00:58&	04:16@	00:02-	00:11#	00:32&	00:09&	
47	Gerd Katrin Kro	117	47:56									
15:46+	19:00+	25:47+	29:23+	30:51+	32:21+	36:38+	38:04+	44:55+	45:50+	47:34+	47:56+	
15:46+	03:14+	06:47-	03:36+	01:28-	01:30-	04:17+	01:26-	06:51+	00:55-	01:44+	00:22+	
11:17@	00:20#	00:04-	00:17+	00:44-	00:32-	03:01@	00:16-	05:36@	00:05-	00:25&	00:05&	
48	Brit Svihus	92	48:06									
08:40+	14:11+	24:47+	28:15+	31:40+	34:13+	38:22+	40:51+	42:35+	44:37+	46:00+	47:47+	48:06+
08:40+	05:31+	10:36+	03:28+	03:25+	02:33+	04:09+	02:29+	01:44+	02:02+	01:23+	01:47+	00:19+
04:11&	02:37&	03:45&	00:09+	01:13&	00:31&	02:53@	00:47&	00:29&	01:02@	00:04+	01:30@	00:19+
49	Eli Tjetland	116	48:20									
08:46+	14:06+	25:10+	29:30+	32:15+	34:49+	36:58+	39:29+	41:32+	43:14+	47:21+	48:20+	
08:46+	05:20+	11:04+	04:20+	02:45+	02:34+	02:09+	02:31+	02:03+	01:42+	04:07+	00:59+	
04:17&	02:26&	04:13&	01:01&	00:33#	00:32&	00:53&	00:49&	00:48&	00:42&	02:48@	00:42@	
50	bodil krogedal	152	48:58									
15:08+	19:37+	30:16+	33:51+	36:25+	38:58+	43:13+	44:30+	45:56+	47:02+	48:37+	48:58+	
15:08+	04:29+	10:39+	03:35+	02:34+	02:33+	04:15+	01:17-	01:26+	01:06+	01:35+	00:21+	
10:39@	01:35&	03:48&	00:16+	00:22#	00:31&	02:59@	00:25-	00:11#	00:06#	00:16#	00:04#	
51	Åse Franciska Møster	128	49:16									
05:59+	12:27+	22:28+	27:23+	30:36+	33:13+	37:50+	40:01+	44:01+	46:18+	48:55+	49:16+	
05:59+	06:28+	10:01+	04:55+	03:13+	02:37+	04:37+	02:11+	04:00+	02:17+	02:37+	00:21+	
01:30&	03:34@	03:10&	01:36&	01:01&	00:35&	03:21@	00:29&	02:45@	01:17@	01:18&	00:04#	
52	Gro Mariero Totland	59	49:22									
09:00+	14:17+	25:41+	30:12+	33:28+	36:36+	39:33+	41:34+	43:38+	45:41+	48:57+	49:22+	
09:00+	05:17+	11:24+	04:31+	03:16+	03:08+	02:57+	02:01+	02:04+	02:03+	03:16+	00:25+	
04:31@	02:23&	04:33&	01:12&	01:04&	01:06&	01:41@	00:19#	00:49&	01:03@	01:57@	00:08&	
53	Ingunn Fandrem	47	50:42									
16:52+	20:42+	29:51+	33:20+	35:17+	37:13+	43:31+	45:03+	47:02+	48:19+	50:17+	50:42+	
16:52+	03:50+	09:09+	03:29+	01:57-	01:56-	06:18+	01:32-	01:59+	01:17+	01:58+	00:25+	
12:23@	00:56&	02:18&	00:10+	00:15-	00:06-	05:02@	00:10-	00:44&	00:17&	00:39&	00:08&	

Class	Navn	Klasse											Tid
54	Randi Wesetvik	116											53:20
07:33+	14:12+	25:30+	29:13+	31:20+	33:34+	42:57+	45:40+	48:46+	50:54+	52:49+	53:20+		
07:33+	06:39+	11:18+	03:43+	02:07-	02:14+	09:23+	02:43+	03:06+	02:08+	01:55+	00:31+		
03:04&	03:45@	04:27&	00:24#	00:05-	00:12+	08:07@	01:01&	01:51@	01:08@	00:36&	00:14&		
55	Linda Haukås	113											53:29
15:56+	20:36+	31:13+	35:44+	38:22+	41:11+	44:49+	47:01+	48:59+	50:37+	52:51+	53:29+		
15:56+	04:40+	10:37+	04:31+	02:38+	02:49+	03:38+	02:12+	01:58+	01:38+	02:14+	00:38+		
11:27@	01:46&	03:46&	01:12&	00:26#	00:47&	02:22@	00:30&	00:43&	00:38&	00:55&	00:21@		
56	Ellen Femsteinevik	91											54:13
17:00+	21:03+	30:54+	36:37+	40:33+	42:58+	47:32+	49:12+	51:03+	52:10+	53:49+	54:13+		
17:00+	04:03+	09:51+	05:43+	03:56+	02:25+	04:34+	01:40-	01:51+	01:07+	01:39+	00:24+		
12:31@	01:09&	03:00&	02:24&	01:44&	00:23#	03:18@	00:02-	00:36&	00:07#	00:20&	00:07&		
57	May Kristin Haaland	47											54:50
07:00+	12:33+	33:08+	36:43+	39:34+	42:49+	45:40+	48:49+	50:45+	52:14+	54:23+	54:50+		
07:00+	05:33+	20:35+	03:35+	02:51+	03:15+	02:51+	03:09+	01:56+	01:29+	02:09+	00:27+		
02:31&	02:39&	13:44@	00:16+	00:39&	01:13&	01:35@	01:27&	00:41&	00:29&	00:50&	00:10&		
58	Kari Linn Søriede	115											56:07
08:54+	13:44+	27:08+	34:03+	38:11+	42:28+	44:49+	47:42+	50:07+	52:11+	55:24+	56:07+		
08:54+	04:50+	13:24+	06:55+	04:08+	04:17+	02:21+	02:53+	02:25+	02:04+	03:13+	00:43+		
04:25&	01:56&	06:33&	03:36@	01:56&	02:15@	01:05&	01:11&	01:10&	01:04@	01:54@	00:26@		
59	Elisabeth Sørensen	115											56:10
09:04+	13:45+	27:07+	34:03+	38:15+	42:25+	44:48+	47:39+	50:08+	52:11+	55:23+	56:10+		
09:04+	04:41+	13:22+	06:56+	04:12+	04:10+	02:23+	02:51+	02:29+	02:03+	03:12+	00:47+		
04:35@	01:47&	06:31&	03:37@	02:00&	02:08@	01:07&	01:09&	01:14&	01:03@	01:53@	00:30@		
60	Grethe Wathne	109											59:27
19:07+	23:15+	31:29+	34:58+	36:47+	45:24+	51:40+	53:11+	55:42+	57:04+	59:01+	59:27+		
19:07+	04:08+	08:14+	03:29+	01:49-	08:37+	06:16+	01:31-	02:31+	01:22+	01:57+	00:26+		
14:38@	01:14&	01:23#	00:10+	00:23-	06:35@	05:00@	00:11-	01:16@	00:22&	00:38&	00:09&		
61	Sølvi S. Ballestad	105											1:01:06
15:43+	22:28+	37:06+	42:03+	44:56+	48:49+	51:03+	54:13+	56:39+	58:12+	60:16+	61:06+		
15:43+	06:45+	14:38+	04:57+	02:53+	03:53+	02:14+	03:10+	02:26+	01:33+	02:04+	00:50+		
11:14@	03:51@	07:47@	01:38&	00:41&	01:51&	00:58&	01:28&	01:11&	00:33&	00:45&	00:33@		
62	Solveig Mæland	128											1:01:11
09:10+	15:17+	31:33+	37:56+	41:33+	44:58+	47:49+	51:34+	54:26+	56:36+	60:16+	61:11+		
09:10+	06:07+	16:16+	06:23+	03:37+	03:25+	02:51+	03:45+	02:52+	02:10+	03:40+	00:55+		
04:41@	03:13@	09:25@	03:04&	01:25&	01:23&	01:35@	02:03@	01:37@	01:10@	02:21@	00:38@		
63	Hazel Grayston	263											1:03:42
09:18+	16:11+	34:53+	40:13+	43:28+	47:53+	51:12+	55:24+	57:44+	59:37+	62:55+	63:42+		
09:18+	06:53+	18:42+	05:20+	03:15+	04:25+	03:19+	04:12+	02:20+	01:53+	03:18+	00:47+		
04:49@	03:59@	11:51@	02:01&	01:03&	02:23@	02:03@	02:30@	01:05&	00:53&	01:59@	00:30@		
64	Heidi Langeland	117											1:05:48
08:14+	21:41+	36:00+	41:57+	45:42+	49:42+	53:18+	56:04+	59:13+	61:21+	64:58+	65:48+		
08:14+	13:27+	14:19+	05:57+	03:45+	04:00+	03:36+	02:46+	03:09+	02:08+	03:37+	00:50+		
03:45&	10:33@	07:28@	02:38&	01:33&	01:58&	02:20@	01:04&	01:54@	01:08@	02:18@	00:33@		
65	Ane Kristine Helvig	105											1:07:35
24:00+	29:16+	41:47+	45:34+	47:08+	49:34+	55:55+	60:52+	63:20+	65:31+	67:18+	67:35+		
24:00+	05:16+	12:31+	03:47+	01:34-	02:26+	06:21+	04:57+	02:28+	02:11+	01:47+	00:17+		
19:31@	02:22&	05:40&	00:28#	00:38-	00:24#	05:05@	03:15@	01:13&	01:11@	00:28&	00:00=		
66	Tove Kristin K. Helvig	105											1:09:55
26:54+	31:34+	42:33+	46:24+	49:03+	51:54+	58:01+	63:57+	65:43+	67:24+	69:27+	69:55+		
26:54+	04:40+	10:59+	03:51+	02:39+	02:51+	06:07+	05:56+	01:46+	01:41+	02:03+	00:28+		
22:25@	01:46&	04:08&	00:32#	00:27#	00:49&	04:51@	04:14@	00:31&	00:41&	00:44&	00:11&		
Beste strekktid for klassen													
04:21	02:19	05:54	02:16	01:22	01:25	01:06	00:52	01:13	00:54	01:17	00:16		

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

Herrer 16 - 39 år

Class	Navn	Klasse	Tid																
1	Emmanuel Mondesert	116	46:20																
03:02=	04:57=	07:05=	11:13=	12:09=	15:19=	21:53=	24:54=	28:36=	29:38=	31:34=	33:53=	38:23=	41:37=	42:39=	43:35=	44:22=	45:05=	46:06=	46:20=
03:02=	01:55=	02:08=	04:08=	00:56=	03:10=	06:34=	03:01=	03:42=	01:02=	01:56=	02:19=	04:30=	03:14=	01:02=	00:56=	00:47=	00:43=	01:01=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Fenne	228	49:22																
03:08+	05:09+	07:10+	10:46-	11:31-	15:12-	22:46+	24:25-	28:04-	29:04-	31:01-	33:08-	38:32+	42:00+	43:10+	44:00+	46:57+	47:56+	49:07+	49:22+
03:08+	02:01+	02:01-	03:36-	00:45-	03:41+	07:34+	01:39-	03:39-	01:00-	01:57+	02:07-	05:24+	03:28+	01:10+	00:50-	02:57+	00:59+	01:11+	00:15+
00:06+	00:06+	00:07-	00:32-	00:11-	00:31#	01:00#	01:22-	00:03-	00:02-	00:01+	00:12-	00:54#	00:14+	00:08#	00:06-	02:10@	00:16&	00:10#	00:01+
3	Andreas Terjesen	213	52:23																
03:41+	05:29+	07:27+	11:10-	12:06-	16:13+	24:13+	26:52+	31:20+	32:38+	34:57+	37:47+	43:45+	46:51+	48:07+	49:14+	50:15+	51:00+	52:07+	52:23+
03:41+	01:48-	01:58-	03:43-	00:56=	04:07+	08:00+	02:39-	04:28+	01:18+	02:19+	02:50+	05:58+	03:06-	01:16+	01:07+	01:01+	00:45+	01:07+	00:16+
00:39#	00:07-	00:10-	00:25-	00:00=	00:57&	01:26#	00:22-	00:46#	00:16&	00:23#	00:31#	01:28&	00:08-	00:14#	00:11#	00:14&	00:02+	00:06+	00:02#
4	Erling Grammeltvedt	116	52:45																
03:24+	05:03+	07:11+	11:15+	12:16+	16:16+	24:40+	27:58+	32:34+	33:43+	35:59+	38:58+	44:52+	47:35+	48:42+	49:43+	50:32+	51:20+	52:30+	52:45+
03:24+	01:39-	02:08=	04:04-	01:01+	04:00+	08:24+	03:18+	04:36+	01:09+	02:16+	02:59+	05:54+	02:43-	01:07+	01:01+	00:49+	00:48+	01:10+	00:15+
00:22#	00:16-	00:00=	00:04-	00:05+	00:50&	01:50&	00:17+	00:54#	00:07#	00:20#	00:40&	01:24&	00:31-	00:05+	00:05+	00:02+	00:05#	00:09#	00:01+
5	Vegard Karlsen	50	52:57																
04:13+	05:48+	07:53+	11:42+	13:25+	17:15+	27:24+	30:10+	33:44+	34:57+	37:07+	39:24+	44:59+	47:57+	49:11+	50:06+	50:48+	51:32+	52:41+	52:57+
04:13+	01:35-	02:05-	03:49-	01:43+	03:50+	10:09+	02:46-	03:34-	01:13+	02:10+	02:17-	05:35+	02:58-	01:14+	00:55-	00:42-	00:44+	01:09+	00:16+
01:11&	00:20-	00:03-	00:19-	00:47&	00:40#	03:35&	00:15-	00:08-	00:11#	00:14#	00:02-	01:05#	00:16-	00:12#	00:01-	00:05-	00:01+	00:08#	00:02#
6	Torbjørn Ims Østby	53	55:47																
04:14+	06:24+	08:11+	12:08+	12:57+	16:36+	24:03+	27:30+	31:29+	32:29+	37:21+	39:56+	45:55+	49:05+	50:46+	51:44+	53:19+	54:21+	55:32+	55:47+
04:14+	02:10+	01:47-	03:57-	00:49-	03:39+	07:27+	03:27+	03:59+	01:00-	04:52+	02:35+	05:59+	03:10-	01:41+	00:58+	01:35+	01:02+	01:11+	00:15+
01:12&	00:15#	00:21-	00:11-	00:07-	00:29#	00:53#	00:26#	00:17+	00:02-	02:56@	00:16#	01:29&	00:04-	00:39&	00:02+	00:48@	00:19&	00:10#	00:01+
7	Magnus Lysen	167	55:52																
03:36+	05:39+	07:47+	12:01+	12:55+	17:33+	25:42+	30:32+	35:12+	36:15+	39:19+	42:12+	47:50+	50:36+	51:39+	52:41+	53:45+	54:29+	55:35+	55:52+
03:36+	02:03+	02:08=	04:14+	00:54-	04:38+	08:09+	04:50+	04:40+	01:03+	03:04+	02:53+	05:38+	02:46-	01:03+	01:02+	01:04+	00:44+	01:06+	00:17+
00:34#	00:08+	00:00=	00:06+	00:02-	01:28&	01:35#	01:49&	00:58&	00:01+	01:08&	00:34#	01:08&	00:28-	00:01+	00:06#	00:17&	00:01+	00:05+	00:03#
8	Dag Eivind Watsend	92	56:00																
03:53+	06:14+	08:31+	13:13+	14:59+	19:22+	28:08+	30:39+	35:19+	36:36+	38:54+	41:43+	48:00+	50:44+	52:04+	52:53+	53:39+	54:29+	55:43+	56:00+
03:53+	02:21+	02:17+	04:42+	01:46+	04:23+	08:46+	02:31-	04:40+	01:17+	02:18+	02:49+	06:17+	02:44-	01:20+	00:49-	00:46-	00:50+	01:14+	00:17+
00:51&	00:26#	00:09+	00:34#	00:50&	01:13&	02:12&	00:30-	00:58&	00:15#	00:22#	00:30#	01:47&	00:30-	00:18&	00:07-	00:01-	00:07#	00:13#	00:03#
9	Cato Eike	79	56:09																
03:11+	05:02+	06:53-	10:43-	11:36-	14:53-	24:01+	34:35+	37:57+	39:00+	40:54+	43:09+	48:42+	51:10+	52:17+	53:30+	54:13+	54:53+	55:56+	56:09+
03:11+	01:51-	01:51-	03:50-	00:53-	03:17+	09:08+	10:34+	03:22-	01:03+	01:54-	02:15-	05:33+	02:28-	01:07+	01:13+	00:43-	00:40-	01:03+	00:13-
00:09+	00:04-	00:17-	00:18-	00:03-	00:07+	02:34&	07:33@	00:20-	00:01+	00:02-	00:04-	01:03#	00:46-	00:05+	00:17&	00:04-	00:03-	00:02+	00:01-
10	Bjørnar A. Alvær Sandsmark	68	56:17																
04:05+	05:56+	08:44+	12:38+	13:37+	17:44+	28:29+	31:23+	35:17+	36:26+	38:26+	41:01+	46:55+	50:38+	51:48+	53:27+	54:12+	54:53+	56:02+	56:17+
04:05+	01:51-	02:48+	03:54-	00:59+	04:07+	10:45+	02:54-	03:54+	01:09+	02:00+	02:35+	05:54+	03:43+	01:10+	01:39+	00:45-	00:41-	01:09+	00:15+
01:03&	00:04-	00:40&	00:14-	00:03+	00:57&	04:11&	00:07-	00:12+	00:07#	00:04+	00:16#	01:24&	00:29#	00:08#	00:43&	00:02-	00:02-	00:08#	00:01+
11	Andreas Florian Ente	66	56:19																
04:09+	05:38+	07:36+	11:27+	12:14+	15:22+	23:44+	25:41+	29:01+	30:06+	32:38+	39:02+	44:29+	48:57+	49:53+	52:00+	54:17+	54:57+	56:03+	56:19+
04:09+	01:29-	01:58-	03:51-	00:47-	03:08-	08:22+	01:57-	03:20-	01:05+	02:32+	06:24+	05:27+	04:28+	00:56-	02:07+	02:17+	00:40-	01:06+	00:16+
01:07&	00:26-	00:10-	00:17-	00:09-	00:02-	01:48&	01:04-	00:22-	00:03+	00:36&	04:05@	00:57#	01:14&	00:06-	01:11@	01:34@	00:03-	00:05+	00:02#
12	Jonas Lye Scheie	62	57:05																
03:32+	05:46+	07:54+	12:18+	13:17+	16:49+	24:49+	26:44+	30:27+	31:23+	33:45+	39:14+	45:00+	49:26+	50:48+	53:00+	55:21+	55:53+	56:53+	57:05+
03:32+	02:14+	02:08=	04:24+	00:59+	03:32+	08:00+	01:55-	03:43+	00:56-	02:22+	05:29+	05:46+	04:26+	01:22+	02:12+	02:21+	00:32-	01:00-	00:12-
00:30#	00:19#	00:00=	00:03+	00:22#	01:26#	01:06-	00:01+	00:06-	00:06-	00:26#	03:10@	01:16&	01:12&	00:20&	01:16@	01:34@	00:11-	00:01-	00:02-
13	Jørgen Strømstad	50	57:20																
05:44+	07:54+	10:09+	13:57+	15:24+	19:19+	28:54+	32:29+	36:50+	38:03+	40:06+	42:39+	48:20+	51:23+	52:41+	53:36+	55:14+	56:03+	57:06+	57:20+
05:44+	02:10+	02:15+	03:48-	01:27+	03:55+	09:35+	03:35+	04:21+	01:13+	02:03+	02:33+	05:41+	03:03-	01:18+	00:55-	01:38+	00:49+	01:03+	00:14=
02:42&	00:15#	00:07+	00:20-	00:31&	00:45#	03:01&	00:34#	00:39#	00:11#	00:07+	00:14#	01:11&	00:11-	00:16&	00:01-	00:51@	00:06#	00:02+	00:00=
14	Magne Habbestad	111	57:46																
04:06+	05:57+	08:01+	12:45+	13:58+	18:15+	27:23+	29:58+	34:17+	35:39+	38:07+	41:55+	48:31+	52:24+	53:40+	54:31+	55:14+	56:09+	57:30+	57:46+
04:06+	01:51-	02:04-	04:44+	01:13+	04:17+	09:08+	02:35-	04:19+	01:22+	02:28+	03:48+	06:36+	03:53+	01:16+	00:51-	00:43-	00:55+	01:21+	00:16+
01:04&	00:04-	00:04-	00:36#	00:17&	01:07&	02:34&	00:26-	00:37#	00:20&	00:32&	01:29&	02:06&	00:39#	00:14#	00:05-	00:04-	00:12&	00:20&	00:02#
15	Trond Evensen	116	57:47																
03:30+	05:17+	09:08+	12:39+	13:30+	16:50+	26:11+	29:04+	33:23+	34:44+	36:55+	40:44+	46:26+	50:22+	52:41+	54:04+	55:27+	56:24+	57:29+	57:47+
03:30+	01:47-	03:51+	03:31-	00:51-	03:20+	09:21+	02:53-	04:19+	01:21+	02:11+	03:49+	05:42+	03:56+	02:19+	01:23+	01:23+	00:57+	01:05+	00:18+
00:28#	00:08-	01:43&	00:37-	00:05-	00:10+	02:47&	00:08-	00:37#	00:19&	00:15#	01:30&	01:12&	00:42#	01:17@	00:27&	00:36&	00:14&	00:04+	00:04&

Class	Navn	Klasse										Tid									
16	Rune Hatle	65										58:39									
04:07+	06:01+	08:26+	12:50+	13:57+	18:40+	27:06+	29:28+	34:59+	36:24+	39:00+	42:58+	49:35+	52:50+	53:59+	55:05+	55:57+	56:44+	57:59+	58:39+		
04:07+	01:54-	02:25+	04:24+	01:07+	04:43+	08:26+	02:22-	05:31+	01:25+	02:36+	03:58+	06:37+	03:15+	01:09+	01:06+	00:52+	00:47+	01:15+	00:40+		
01:05&	00:01-	00:17#	00:16+	00:11#	01:33&	01:52&	00:39-	01:49&	00:23&	00:40&	01:39&	02:07&	00:01+	00:07#	00:10#	00:05#	00:04+	00:14#	00:26@		
17	Jens Rostrup Eikehaugen	92										58:48									
03:25+	05:13+	07:27+	11:21+	12:17+	16:23+	26:00+	27:57+	32:29+	33:42+	36:00+	39:09+	45:30+	51:11+	52:25+	53:19+	54:46+	55:37+	57:03+	58:48+		
03:25+	01:48-	02:14+	03:54-	00:56=	04:06+	09:37+	01:57-	04:32+	01:13+	02:18+	03:09+	06:21+	05:41+	01:14+	00:54-	01:27+	00:51+	01:26+	01:45+		
00:23#	00:07-	00:06+	00:14-	00:00=	00:56&	03:03&	01:04-	00:50#	00:11#	00:22#	00:50&	01:51&	02:27&	00:12#	00:02-	00:40&	00:08#	00:25&	01:31@		
18	Sam McCloy	271										59:38									
02:51-	04:28-	06:23-	09:59-	13:19+	17:21+	27:10+	29:54+	37:11+	39:22+	43:02+	46:04+	51:27+	54:48+	55:52+	56:51+	57:35+	58:15+	59:21+	59:38+		
02:51-	01:37-	01:55-	03:36-	03:20+	04:02+	09:49+	02:44-	07:17+	02:11+	03:40+	03:02+	05:23+	03:21+	01:04+	00:59+	00:44-	00:40-	01:06+	00:17+		
00:11-	00:18-	00:13-	00:32-	02:24@	00:52&	03:15&	00:17-	03:35&	01:09@	01:44&	00:43&	00:53#	00:07+	00:02+	00:03+	00:03-	00:03-	00:05+	00:03#		
19	Runar Eike Toft	116										1:00:06									
04:05+	05:26+	08:04+	11:16+	12:05-	15:18-	27:14+	29:24+	33:52+	35:49+	38:22+	44:26+	51:04+	55:39+	56:43+	57:34+	58:12+	58:51+	59:50+	60:06+		
04:05+	01:21-	02:38+	03:12-	00:49-	03:13+	11:56+	02:10-	04:28+	01:57+	02:33+	06:04+	06:38+	04:35+	01:04+	00:51-	00:38-	00:39-	00:59-	00:16+		
01:03&	00:34-	00:30#	00:56-	00:07-	00:03+	05:22&	00:51-	00:46#	00:55&	00:37&	03:45@	02:08&	01:21&	00:02+	00:05-	00:09-	00:04-	00:02-	00:02#		
20	Svein Kyllingstad	71										1:00:15									
05:27+	07:32+	10:15+	14:25+	16:55+	21:09+	29:36+	32:19+	36:51+	38:09+	40:44+	43:18+	51:15+	55:00+	56:09+	56:58+	57:54+	58:44+	59:59+	60:15+		
05:27+	02:05+	02:43+	04:10+	02:30+	04:14+	08:27+	02:43-	04:32+	01:18+	02:35+	02:34+	07:57+	03:45+	01:09+	00:49-	00:56+	00:50+	01:15+	00:16+		
02:25&	00:10+	00:35&	00:02+	01:34@	01:04&	01:53&	00:18-	00:50#	00:16&	00:39&	00:15#	03:27&	00:33#	00:07#	00:07-	00:09#	00:07#	00:14#	00:02#		
21	Anders Noraberg	269										1:04:05									
05:32+	07:36+	10:04+	14:27+	15:19+	19:38+	30:23+	32:55+	37:12+	39:47+	42:20+	47:37+	53:56+	57:41+	59:44+	60:43+	61:38+	62:29+	63:46+	64:05+		
05:32+	02:04+	02:28+	04:23+	00:52-	04:19+	10:45+	02:32-	04:17+	02:35+	02:33+	05:17+	06:19+	03:45+	02:03+	00:59+	00:55+	00:51+	01:17+	00:19+		
02:30&	00:09+	00:20#	00:15+	00:04-	01:09&	04:11&	00:29-	00:35#	01:33@	00:37&	02:58@	01:49&	00:33#	01:01&	00:03+	00:08#	00:08#	00:16&	00:05&		
22	Ole-Tobias Frich	116										1:07:29									
04:29+	06:25+	08:55+	14:13+	15:27+	20:30+	30:18+	33:14+	38:56+	40:18+	43:47+	47:41+	55:27+	59:49+	61:17+	62:53+	64:26+	65:31+	67:09+	67:29+		
04:29+	01:56+	02:30+	05:18+	01:14+	05:03+	09:48+	02:56-	05:42+	01:22+	03:29+	03:54+	07:46+	04:22+	01:28+	01:36+	01:33+	01:05+	01:38+	00:20+		
01:27&	00:01+	00:22#	01:10&	00:18&	01:53&	03:14&	00:05-	02:00&	00:20&	01:33&	01:35&	03:16&	01:08&	00:26&	00:40&	00:46&	00:22&	00:37&	00:06&		
23	Håkon Eggebø	71										1:08:29									
03:27+	05:32+	12:00+	16:51+	17:54+	21:58+	28:59+	31:54+	36:59+	37:59+	40:28+	49:37+	55:18+	58:55+	64:35+	65:19+	65:58+	66:46+	68:09+	68:29+		
03:27+	02:05+	06:28+	04:51+	01:03+	04:04+	07:01+	02:55-	05:05+	01:00-	02:29+	09:09+	05:41+	03:37+	05:40+	00:44-	00:39-	00:48+	01:23+	00:20+		
00:25#	00:10+	04:20@	00:43#	00:07#	00:54&	00:27+	00:06-	01:23&	00:02-	00:33&	06:50@	01:11&	00:23#	04:38@	00:12-	00:08-	00:05#	00:22&	00:06&		
24	Rune Dahl Fitjar	90										1:08:45									
05:51+	08:22+	11:18+	16:41+	18:48+	23:54+	34:44+	37:40+	43:12+	44:42+	47:37+	51:32+	59:53+	62:49+	64:16+	65:19+	65:59+	66:59+	68:28+	68:45+		
05:51+	02:31+	02:56+	05:23+	02:07+	05:06+	10:50+	02:56-	05:32+	01:30+	02:55+	03:55+	08:21+	02:56-	01:27+	01:03+	00:40-	01:00+	01:29+	00:17+		
02:49&	00:36&	00:48&	01:15&	01:11@	01:56&	04:16&	00:05-	01:50&	00:28&	00:59&	01:36&	03:51&	00:18-	00:25&	00:07#	00:07-	00:17&	00:28&	00:03#		
25	Aksel Voldund	114										1:09:11									
03:43+	06:04+	08:06+	13:59+	15:06+	19:36+	29:13+	32:18+	36:25+	37:36+	40:39+	43:13+	53:15+	59:14+	60:25+	65:34+	66:28+	67:26+	68:53+	69:11+		
03:43+	02:21+	02:02-	05:53+	01:07+	04:30+	09:37+	03:05+	04:07+	01:11+	03:03+	02:34+	10:02+	05:59+	01:11+	05:09+	00:54+	00:58+	01:27+	00:18+		
00:41#	00:26#	00:06-	01:45&	00:11#	01:20&	03:03&	00:04+	00:25#	00:09#	01:07&	00:15#	05:32@	02:45&	00:09#	04:13@	00:07#	00:15&	00:26&	00:04&		
26	Jonas Nesland Vevatne	116										1:11:00									
04:32+	06:41+	11:34+	16:45+	17:59+	23:05+	35:08+	38:55+	44:41+	46:06+	48:49+	52:20+	59:16+	63:05+	64:39+	67:23+	68:12+	69:05+	70:40+	71:00+		
04:32+	02:09+	04:53+	05:11+	01:14+	05:06+	12:03+	03:47+	05:46+	01:25+	02:43+	03:31+	06:56+	03:49+	01:34+	02:44+	00:49+	00:53+	01:35+	00:20+		
01:30&	00:14#	02:45@	01:03&	00:18&	01:56&	05:29&	00:46&	02:04&	00:23&	00:47&	01:12&	02:26&	00:35#	00:32&	01:48@	00:02+	00:10#	00:34&	00:06&		
27	Frithjof Vassbø	109										1:11:40									
04:32+	06:37+	09:13+	13:12+	17:01+	21:03+	28:57+	34:43+	40:13+	42:47+	47:36+	50:00+	57:21+	62:52+	64:08+	65:43+	68:49+	70:08+	71:26+	71:40+		
04:32+	02:05+	02:36+	03:59-	03:49+	04:02+	07:54+	05:46+	05:30+	02:34+	04:49+	02:24+	07:21+	05:31+	01:16+	01:35+	03:06+	01:19+	01:18+	00:14=		
01:30&	00:10+	00:28#	00:09-	02:53@	00:52&	01:20#	02:45&	01:48&	01:32@	02:53@	00:05+	02:51&	02:17&	00:14#	00:39&	02:19@	00:36&	00:17&	00:00=		
28	Richard Galle	66										1:14:10									
04:59+	07:22+	09:59+	15:10+	19:44+	24:16+	35:28+	38:52+	45:22+	46:32+	49:42+	57:05+	64:19+	68:21+	69:40+	71:06+	72:01+	72:52+	73:56+	74:10+		
04:59+	02:23+	02:37+	05:11+	04:34+	04:32+	11:12+	03:24+	05:30+	01:10+	03:10+	07:23+	07:14+	04:02+	01:19+	01:26+	00:55+	00:51+	01:04+	00:14=		
01:57&	00:28#	00:29#	01:03&	03:38@	01:22&	04:38&	00:23#	02:48&	00:08#	01:14&	05:04@	02:44&	00:48#	00:17&	00:30&	00:08#	00:08#	00:03+	00:00=		
29	Gunnar Thorset	117										1:14:17									
05:28+	07:42+	11:31+	16:28+	17:41+	22:44+	33:23+	36:20+	40:58+	42:26+	50:20+	53:45+	60:22+	64:45+	66:20+	69:15+	71:26+	72:27+	73:55+	74:17+		
05:28+	02:14+	03:49+	04:57+	01:13+	05:03+	10:39+	02:57-	04:38+	01:28+	07:54+	03:25+	06:37+	04:23+	01:35+	02:55+	02:11+	01:01+	01:28+	00:22+		
02:26&	00:19#	01:41&	00:49#	00:17&	01:53&	04:05&	00:04-	00:56&	00:26&	05:58@	01:06&	02:07&	01:09&	00:33&	01:59@	01:24@	00:18&	00:27&	00:08&		
30	Per-Olof Wallerstedt	136										1:14:19									
05:52+	08:09+	12:21+	16:35+	17:41+	22:55+	33:22+	38:12+	45:03+	46:38+	50:10+	54:37+	63:27+	67:13+	68:35+	69:34+	71:40+	72:35+	74:00+	74:19+		
05:52+	02:17+	04:12+	04:14+	01:06+	05:14+	10:27+	04:50+	06:51+	01:35+	03:32+	04:27+	08:50+	03:46+	01:22+	00:59+	02:06+	00:55+	01:25+	00:19+		
02:50&	00:22#	02:04&	00:06+	00:10#	02:04&	03:53&	01:49&	03:09&	00:33&	01:36&	02:08&	04:20&	00:32#	00:20&	00:03+	01:19@	00:12&	00:24&	00:05&		

Class	Navn	Klasse															Tid				
31	David Wade	116															1:14:57				
04:42+	06:19+	11:25+	16:44+	17:51+	22:16+	32:37+	36:14+	43:44+	45:27+	50:43+	53:27+	60:06+	66:19+	67:26+	70:32+	72:35+	73:33+	74:43+	74:57+		
04:42+	01:37-	05:06+	05:19+	01:07+	04:25+	10:21+	03:37+	07:30+	01:43+	05:16+	02:44+	06:39+	06:13+	01:07+	03:06+	02:03+	00:58+	01:10+	00:14=		
01:40&	00:18-	02:58@	01:11&	00:11#	01:15&	03:47&	00:36#	03:48@	00:41&	03:20@	00:25#	02:09&	02:59&	00:05+	02:10@	01:16@	00:15&	00:09#	00:00=		
32	Olav Johannessen	105															1:15:31				
04:20+	06:56+	09:59+	15:46+	17:07+	22:18+	36:45+	40:27+	48:32+	50:07+	52:34+	55:31+	63:55+	68:31+	70:08+	71:16+	72:44+	73:47+	75:14+	75:31+		
04:20+	02:36+	03:03+	05:47+	01:21+	05:11+	14:27+	03:42+	08:05+	01:35+	02:27+	02:57+	08:24+	04:36+	01:37+	01:08+	01:28+	01:03+	01:27+	00:17+		
01:18&	00:41&	00:55&	01:39&	00:25&	02:01&	07:53@	00:41#	04:23@	00:33&	00:31&	00:38&	03:54&	01:22&	00:35&	00:12#	00:41&	00:20&	00:26&	00:03#		
33	Jalal Fahadi	116															1:16:06				
05:17+	06:58+	12:24+	17:40+	18:35+	22:35+	32:37+	35:34+	40:52+	45:58+	50:26+	53:59+	63:51+	70:28+	71:49+	73:02+	74:09+	74:45+	75:54+	76:06+		
05:17+	01:41-	05:26+	05:16+	00:55-	04:00+	10:02+	02:57-	05:18+	05:06+	04:28+	03:33+	09:52+	06:37+	01:21+	01:13+	01:07+	00:36-	01:09+	00:12-		
02:15&	00:14-	03:18@	01:08&	00:01-	00:50&	03:28&	00:04-	01:36&	04:04@	02:32@	01:14&	05:22@	03:23@	00:19&	00:17&	00:20&	00:07-	00:08#	00:02-		
34	Pål Dannevig	74															1:18:19				
05:26+	07:45+	10:19+	15:31+	18:21+	23:51+	35:03+	38:04+	44:20+	45:40+	48:19+	52:03+	59:57+	64:41+	66:15+	67:26+	75:59+	76:57+	78:05+	78:19+		
05:26+	02:19+	02:34+	05:12+	02:50+	05:30+	11:12+	03:01=	06:16+	01:20+	02:39+	03:44+	07:54+	04:44+	01:34+	01:11+	08:33+	00:58+	01:08+	00:14=		
02:24&	00:24#	00:26#	01:04&	01:54@	02:20&	04:38&	00:00=	02:34&	00:18&	00:43&	01:25&	03:24&	01:30&	00:32&	00:15&	07:46@	00:15&	00:07#	00:00=		
35	Trygve Carlsen Kjørsløvik	27															1:27:33				
04:51+	06:56+	09:24+	14:11+	16:45+	21:09+	38:03+	42:57+	47:22+	51:55+	55:24+	58:38+	68:51+	78:46+	81:21+	82:05+	85:31+	86:07+	87:17+	87:33+		
04:51+	02:05+	02:28+	04:47+	02:34+	04:24+	16:54+	04:54+	04:25+	04:33+	03:29+	03:14+	10:13+	09:55+	02:35+	00:44-	03:26+	00:36-	01:10+	00:16+		
01:49&	00:10+	00:20#	00:39#	01:38@	01:14&	10:20@	01:53&	00:43#	03:31@	01:33&	00:55&	05:43@	06:41@	01:33@	00:12-	02:39@	00:07-	00:09#	00:02#		
36	Frode Ungar	116															1:35:49				
04:03+	06:09+	13:07+	23:15+	24:15+	29:29+	42:01+	49:33+	57:08+	58:31+	61:42+	65:54+	75:51+	87:15+	88:47+	91:16+	93:00+	94:11+	95:49+			
04:03+	02:06+	06:58+	10:08+	01:00+	05:14+	12:32+	07:32+	07:35+	01:23+	03:11+	04:12+	09:57+	11:24+	01:32+	02:29+	01:44+	01:11+	01:38+			
01:01&	00:11+	04:50@	06:00@	00:04+	02:04&	05:58&	04:31@	03:53@	00:21&	01:15&	01:53&	05:27@	08:10@	00:30&	01:33@	00:57@	00:28&	00:37&			
Beste strekktid for klassen																					
02:51	01:21	01:47	03:12	00:45	03:08	06:34	01:39	03:20	00:56	01:54	02:07	04:30	02:28	00:56	00:44	00:38	00:32	00:59	00:12		

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

Herrer 40 - 49 år

1	Knut Pedersen	79															45:12				
02:28=	03:58=	08:01=	09:02=	12:24=	22:29=	25:54=	27:54=	30:28=	37:34=	38:41=	41:05=	42:04=	43:26=	44:57=	45:12=						
02:28=	01:30=	04:03=	01:01=	03:22=	10:05=	03:25=	02:00=	02:34=	07:06=	01:07=	02:24=	00:59=	01:22=	01:31=	00:15=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Oddmund Nordgård	105															48:57				
02:57+	04:31+	10:09+	11:11+	14:58+	22:31+	26:37+	28:45+	31:47+	40:58+	42:12+	44:42+	45:53+	47:10+	48:42+	48:57+						
02:57+	01:34+	05:38+	01:02+	03:47+	07:33+	04:06+	02:08+	03:02+	09:11+	01:14+	02:30+	01:11+	01:17+	01:32+	00:15=						
00:29#	00:04+	01:35&	00:01+	00:25#	02:32-	00:41#	00:08+	00:28#	02:05&	00:07#	00:06+	00:12#	00:05-	00:01+	00:00=						
3	Bård Skogsholm	40															49:19				
03:02+	04:35+	09:37+	10:39+	14:38+	23:25+	27:20+	29:40+	32:40+	41:01+	42:23+	45:32+	46:27+	47:30+	49:02+	49:19+						
03:02+	01:33+	05:02+	01:02+	03:59+	08:47+	03:55+	02:20+	03:00+	08:21+	01:22+	03:09+	00:55-	01:03-	01:32+	00:17+						
00:34#	00:03+	00:59#	00:01+	00:37#	01:18-	00:30#	00:20#	00:26#	01:15#	00:15#	00:45&	00:04-	00:19-	00:01+	00:02#						
4	Trondr Breiland	53															50:50				
03:23+	05:01+	10:00+	10:56+	15:24+	23:57+	28:01+	30:22+	33:19+	42:18+	43:42+	46:19+	47:27+	49:02+	50:35+	50:50+						
03:23+	01:38+	04:59+	00:56-	04:28+	08:33-	04:04+	02:21+	02:57+	08:59+	01:24+	02:37+	01:08+	01:35+	01:33+	00:15=						
00:55&	00:08+	00:56#	00:05-	01:06&	01:32-	00:39#	00:21#	00:23#	01:53&	00:17&	00:13+	00:09#	00:13#	00:02+	00:00=						
5	Per Ivar Hovstad	116															55:31				
03:32+	05:41+	11:40+	12:45+	17:22+	25:57+	31:51+	33:52+	36:23+	46:13+	48:06+	50:52+	52:15+	53:44+	55:17+	55:31+						
03:32+	02:09+	05:59+	01:05+	04:37+	08:35-	05:54+	02:01+	02:31-	09:50+	01:53+	02:46+	01:23+	01:29+	01:33+	00:14-						
01:04&	00:39&	01:56&	00:04+	01:15&	01:30-	02:29&	00:01+	00:03-	02:44&	00:46&	00:22#	00:24&	00:07+	00:02+	00:01-						
6	Øystein nilsen	42															55:32				
04:20+	06:19+	11:36+	12:51+	16:47+	26:25+	31:01+	33:15+	35:43+	46:18+	47:53+	50:38+	51:55+	53:23+	55:15+	55:32+						
04:20+	01:59+	05:17+	01:15+	03:56+	09:38-	04:36+	02:14+	02:28-	10:35+	01:35+	02:45+	01:17+	01:28+	01:52+	00:17+						
01:52&	00:29&	01:14&	00:14#	00:34#	00:27-	01:11&	00:14#	00:06-	03:29&	00:28&	00:21#	00:18&	00:06+	00:21#	00:02#						
7	John Breiland	157															57:18				
03:20+	05:00+	10:10+	12:29+	16:16+	25:38+	30:18+	32:17+	35:49+	47:28+	49:02+	52:12+	53:51+	55:09+	56:57+	57:18+						
03:20+	01:40+	05:10+	02:19+	03:47+	09:22-	04:40+	01:59-	03:32+	11:39+	01:34+	03:10+	01:39+	01:18-	01:48+	00:21+						
00:52&	00:10#	01:07&	01:18@	00:25#	00:43-	01:15&	00:01-	00:58&	04:33&	00:27&	00:46&	00:40&	00:04-	00:17#	00:06&						

Class	Navn	Klasse	Tid
8	Knut Taugbøl	116	57:19
03:11+	05:01+	10:15+	11:35+
03:11+	01:50+	05:14+	01:20+
00:43&	00:20#	01:11&	00:19&
	00:50#	03:02&	00:57&
	00:12#	00:47&	00:36+
	00:01+	00:33#	00:16&
	02:03@	00:10#	00:07&
9	Arngrim Utskarpen	117	58:53
03:22+	05:13+	11:39+	12:53+
03:22+	01:51+	06:26+	01:14+
00:54&	00:21#	02:23&	00:13#
	01:17&	01:35-	01:46&
	00:33&	01:11&	02:56&
	00:11#	01:46&	00:27&
	00:57&	58:17+	59:48+
	00:22#	00:01-	00:01-
10	Håvard Svihus	267	1:00:01
02:52+	04:42+	10:45+	11:54+
02:52+	01:50+	06:03+	01:09+
00:24#	00:20#	02:00&	00:08#
	01:35&	00:19+	04:21@
	02:16@	01:17&	01:18#
	00:05+	00:28#	00:13#
	00:07+	00:00=	00:02-
11	Pål Ommund Refvem	116	1:00:47
03:04+	07:30+	13:41+	15:31+
03:04+	04:26+	06:11+	01:50+
00:36#	02:56@	02:08&	00:49&
	01:12&	01:14-	03:24&
	00:21#	00:02+	01:13#
	00:28&	01:20-	01:52@
	00:10#	01:26&	01:16@
	00:16+	00:16+	
12	Lars Primstad	62	1:03:41
02:33+	04:11+	10:18+	11:07+
02:33+	01:38+	06:07+	00:49-
00:05+	00:08+	02:04&	00:12-
	01:20&	02:58-	01:55&
	02:52@	04:26@	02:24&
	00:18&	00:28#	00:05+
	03:56@	01:37@	00:01+
13	Jakob Ravnås	200	1:03:59
03:13+	04:56+	11:14+	12:18+
03:13+	01:43+	06:18+	01:04+
00:45&	00:13#	02:15&	00:03+
	01:05&	03:06&	01:45&
	00:38&	00:38#	04:46&
	00:17&	01:49&	00:18&
	00:14#	00:01+	
14	Peter Chapman	117	1:04:00
03:28+	05:16+	11:28+	12:23+
03:28+	01:48+	06:12+	00:55-
01:00&	00:18#	02:09&	00:06-
	01:05&	02:52-	02:00&
	02:41@	04:15@	01:30#
	00:09#	01:36&	00:16&
	04:27@	00:15#	00:05&
15	Øystein Fuglestad	46	1:04:29
03:49+	05:47+	12:26+	16:58+
03:49+	01:58+	06:39+	04:32+
01:21&	00:28&	02:36&	03:31@
	01:25&	00:16-	02:30&
	01:21&	00:45&	02:15&
	00:33&	01:21&	00:22&
	00:45&	00:17#	00:03#
16	Raymond B. Pettersen	105	1:05:33
03:31+	05:35+	13:38+	14:46+
03:31+	02:04+	08:03+	01:08+
01:03&	00:34&	04:00&	00:07#
	01:53&	00:00=	01:57&
	00:37&	00:44&	05:56&
	00:16#	01:22&	00:13#
	00:41&	00:49&	00:09&
17	Stein Arve Finnestad	287	1:08:21
03:23+	05:09+	12:53+	13:56+
03:23+	01:46+	07:44+	01:03+
00:55&	00:16#	03:41&	00:02+
	01:13&	00:49+	02:53&
	03:38@	00:30#	05:19&
	00:28&	01:01&	00:25&
	00:21#	00:04&	
18	Ådne Hausberg	7	1:08:56
03:23+	05:09+	12:03+	13:07+
03:23+	01:46+	06:54+	01:04+
00:55&	00:16#	02:51&	00:03+
	01:16&	00:09-	08:22@
	03:20@	00:09+	02:54&
	00:33&	00:51&	00:18&
	00:29&	00:04&	
19	Ole Morten Svendsen	66	1:11:23
03:36+	06:01+	12:37+	13:53+
03:36+	02:25+	06:36+	01:16+
01:08&	00:55&	02:33&	00:15#
	02:12&	00:19+	02:53&
	00:45&	00:29#	08:28@
	00:30&	01:12&	00:23&
	00:25&	00:08&	
20	Arne Hetlelid	98	1:12:24
03:35+	05:48+	13:56+	19:05+
03:35+	02:13+	08:08+	05:09+
01:07&	00:43&	04:05@	04:08@
	01:48&	01:08#	03:46@
	01:09&	00:55&	04:16&
	00:54&	02:03&	00:08#
	00:23&	00:35&	00:04&
21	Tord Peter Ursin	116	1:15:29
03:32+	05:32+	13:41+	14:50+
03:32+	02:00+	08:09+	01:09+
01:04&	00:30&	04:06@	00:08#
	02:16&	08:59&	03:21&
	01:12&	00:59&	04:27&
	00:21&	01:19&	00:53&
	00:13#	00:23&	00:06&
22	Jan Kristensen	7	1:16:00
03:39+	05:47+	13:47+	15:00+
03:39+	02:08+	08:00+	01:13+
01:11&	00:38&	03:57&	00:12#
	02:07&	01:29#	03:20&
	00:56&	01:15&	12:51@
	00:44&	00:53&	00:26&
	00:08+	00:34&	00:07&

Class	Navn	Klasse										Tid			
23	Martin Simpson	167										1:33:41			
04:14+	06:58+	17:32+	19:09+	25:48+	42:14+	52:15+	56:14+	62:07+	75:46+	77:23+	86:46+	88:37+	91:06+	93:18+	93:41+
04:14+	02:44+	10:34+	01:37+	06:39+	16:26+	10:01+	03:59+	05:53+	13:39+	01:37+	09:23+	01:51+	02:29+	02:12+	00:23+
01:46&	01:14&	06:31@	00:36&	03:17&	06:21&	06:36@	01:59&	03:19@	06:33&	00:30&	06:59@	00:52&	01:07&	00:41&	00:08&

Beste strekktid for klassen

02:28 01:30 04:03 00:49 03:22 07:07 03:25 01:59 02:28 07:06 01:07 01:04 00:55 01:03 01:31 00:13

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

Herrer 50 - 54 år

1 Tore Svendsen 27 44:38

03:47= 05:57= 13:32= 14:24= 20:56= 24:09= 28:12= 31:03= 37:40= 40:08= 41:25= 42:15= 44:20= 44:38=

03:47= 02:10= 07:35= 00:52= 06:32= 03:13= 04:03= 02:51= 06:37= 02:28= 01:17= 00:50= 02:05= 00:18=

00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Tom Heradstveit 22 45:55

05:37+ 06:56+ 13:29= 14:30+ 20:36= 24:13+ 28:36+ 31:42+ 37:11= 40:59+ 42:05+ 43:01+ 45:34+ 45:55+

05:37+ 01:19= 06:33= 01:01+ 06:06= 03:37+ 04:23+ 03:06+ 05:29= 03:48+ 01:06= 00:56+ 02:33+ 00:21+

01:50& 00:51= 01:02= 00:09# 00:26= 00:24# 00:20+ 00:15+ 01:08= 01:20& 00:11= 00:06# 00:28# 00:03#

3 Pål Bårdsen 90 47:17

03:53+ 05:56= 13:38+ 14:47+ 21:23+ 24:33+ 28:51+ 31:21+ 38:10+ 42:03+ 43:17+ 44:46+ 47:00+ 47:17+

03:53+ 02:03= 07:42+ 01:09+ 06:36+ 03:10= 04:18+ 02:30= 06:49+ 03:53+ 01:14= 01:29+ 02:14+ 00:17=

00:06+ 00:07= 00:07+ 00:17& 00:04+ 00:03= 00:15+ 00:21= 00:12+ 01:25& 00:03= 00:39& 00:09+ 00:01=

4 Jan Sigurd Eike 79 48:14

03:35= 07:42+ 15:51+ 16:54+ 23:56+ 27:22+ 31:41+ 35:13+ 41:03+ 43:47+ 45:09+ 45:59+ 47:58+ 48:14+

03:35= 04:07+ 08:09+ 01:03+ 07:02+ 03:26+ 04:19+ 03:32+ 05:50= 02:44+ 01:22+ 00:50= 01:59= 00:16=

00:12= 01:57& 00:34+ 00:11# 00:30+ 00:13+ 00:16+ 00:41# 00:47= 00:16# 00:05+ 00:00= 00:06= 00:02=

5 Magnar Møller 62 51:25

03:45= 05:41= 13:35+ 14:46+ 22:42+ 26:24+ 31:54+ 34:48+ 41:22+ 46:32+ 47:50+ 48:48+ 51:05+ 51:25+

03:45= 01:56= 07:54+ 01:11+ 07:56+ 03:42+ 05:30+ 02:54+ 06:34= 05:10+ 01:18+ 00:58+ 02:17+ 00:20+

00:02= 00:14= 00:19+ 00:19& 01:24# 00:29# 01:27& 00:03+ 00:03= 02:42@ 00:01+ 00:08# 00:12+ 00:02#

6 Tor Sverre Skåra 266 51:32

04:08+ 06:13+ 15:06+ 17:44+ 25:05+ 28:49+ 34:30+ 37:12+ 43:44+ 46:41+ 48:03+ 48:56+ 51:14+ 51:32+

04:08+ 02:05= 08:53+ 02:38+ 07:21+ 03:44+ 05:41+ 02:42= 06:32= 02:57+ 01:22+ 00:53+ 02:18+ 00:18=

00:21+ 00:05= 01:18# 01:46@ 00:49# 00:31# 01:38& 00:09= 00:05= 00:29# 00:05+ 00:03+ 00:13# 00:00=

7 Trygve Michaelsen 117 51:54

03:31= 06:00+ 16:01+ 17:02+ 24:13+ 27:37+ 32:48+ 35:55+ 42:29+ 47:04+ 48:10+ 49:17+ 51:36+ 51:54+

03:31= 02:29+ 10:01+ 01:01+ 07:11+ 03:24+ 05:11+ 03:07+ 06:34= 04:35+ 01:06= 01:07+ 02:19+ 00:18=

00:16= 00:19# 02:26& 00:09# 00:39+ 00:11+ 01:08& 00:16+ 00:03= 02:07& 00:11= 00:17& 00:14# 00:00=

8 Frank Hansen 29 53:00

03:46= 06:20+ 15:50+ 16:57+ 24:38+ 28:21+ 34:29+ 37:03+ 44:17+ 48:25+ 49:24+ 50:35+ 52:43+ 53:00+

03:46= 02:34+ 09:30+ 01:07+ 07:41+ 03:43+ 06:08+ 02:34= 07:14+ 04:08+ 00:59= 01:11+ 02:08+ 00:17=

00:01= 00:24# 01:55& 00:15& 01:09# 00:30# 02:05& 00:17= 00:37+ 01:40& 00:18= 00:21& 00:03+ 00:01=

9 Anders Glenne 7 55:15

03:39= 06:14+ 15:10+ 16:18+ 24:12+ 27:58+ 35:08+ 39:35+ 46:09+ 50:18+ 51:27+ 52:54+ 54:59+ 55:15+

03:39= 02:35+ 08:56+ 01:08+ 07:54+ 03:46+ 07:10+ 04:27+ 06:34= 04:09+ 01:09= 01:27+ 02:05= 00:16=

00:08= 00:25# 01:21# 00:16& 01:22# 00:33# 03:07& 01:36& 00:03= 01:41& 00:08= 00:37& 00:00= 00:02=

10 Geir Haugvaldstad 116 55:31

08:18+ 10:32+ 17:46+ 19:06+ 25:46+ 30:45+ 35:44+ 42:07+ 47:44+ 51:00+ 52:15+ 53:11+ 55:13+ 55:31+

08:18+ 02:14+ 07:14= 01:20+ 06:40+ 04:59+ 04:59+ 06:23+ 05:37= 03:16+ 01:15= 00:56+ 02:02= 00:18=

04:31@ 00:04+ 00:21= 00:28& 00:08+ 01:46& 00:56# 03:32@ 01:00= 00:48& 00:02= 00:06# 00:03= 00:00=

11 Øistein Haaland 116 55:55

05:07+ 07:25+ 16:39+ 17:51+ 26:47+ 30:10+ 37:19+ 40:00+ 46:42+ 50:21+ 51:32+ 53:11+ 55:39+ 55:55+

05:07+ 02:18+ 09:14+ 01:12+ 08:56+ 03:23+ 07:09+ 02:41= 06:42+ 03:39+ 01:11= 01:39+ 02:28+ 00:16=

01:20& 00:08+ 01:39# 00:20& 02:24& 00:10+ 03:06& 00:10= 00:05+ 01:11& 00:06= 00:49& 00:23# 00:02=

12 Hans Bø 66 57:32

04:34+ 07:05+ 17:18+ 18:17+ 26:45+ 32:28+ 38:28+ 41:30+ 49:01+ 52:26+ 53:44+ 54:46+ 57:16+ 57:32+

04:34+ 02:31+ 10:13+ 00:59+ 08:28+ 05:43+ 06:00+ 03:02+ 07:31+ 03:25+ 01:18+ 01:02+ 02:30+ 00:16=

00:47# 00:21# 02:38& 00:07# 01:56& 02:30& 01:57& 00:11+ 00:54# 00:57& 00:01+ 00:12# 00:25# 00:02=

Class	Navn	Klasse										Tid	
13	Håvard Håland	66										57:34	
06:30+	08:24+	16:57+	20:40+	27:26+	30:51+	37:14+	39:57+	47:45+	52:04+	53:26+	55:07+	57:14+	57:34+
06:30+	01:54-	08:33+	03:43+	06:46+	03:25+	06:23+	02:43-	07:48+	04:19+	01:22+	01:41+	02:07+	00:20+
02:43&	00:16-	00:58#	02:51@	00:14+	00:12+	02:20&	00:08-	01:11#	01:51&	00:05+	00:51@	00:02+	00:02#
14	Harald Taksdal	236										1:02:17	
04:42+	08:45+	19:57+	21:17+	29:50+	34:26+	41:21+	44:27+	51:53+	56:12+	57:39+	59:15+	61:58+	62:17+
04:42+	04:03+	11:12+	01:20+	08:33+	04:36+	06:55+	03:06+	07:26+	04:19+	01:27+	01:36+	02:43+	00:19+
00:55#	01:53&	03:37&	00:28&	02:01&	01:23&	02:52&	00:15+	00:49#	01:51&	00:10#	00:46&	00:38&	00:01+
15	Roger Nyseth	92										1:03:40	
04:03+	06:48+	17:36+	19:12+	29:12+	33:38+	41:06+	44:59+	52:57+	57:18+	59:04+	60:21+	63:03+	63:40+
04:03+	02:45+	10:48+	01:36+	10:00+	04:26+	07:28+	03:53+	07:58+	04:21+	01:46+	01:17+	02:42+	00:37+
00:16+	00:35&	03:13&	00:44&	03:28&	01:13&	03:25&	01:02&	01:21#	01:53&	00:29&	00:27&	00:37&	00:19@
16	Steinar Torjusen	167										1:03:56	
04:16+	07:01+	17:17+	18:22+	27:13+	32:36+	40:14+	43:42+	52:40+	57:54+	59:42+	61:00+	63:40+	63:56+
04:16+	02:45+	10:16+	01:05+	08:51+	05:23+	07:38+	03:28+	08:58+	05:14+	01:48+	01:18+	02:40+	00:16-
00:29#	00:35&	02:41&	00:13#	02:19&	02:10&	03:35&	00:37#	02:21&	02:46@	00:31&	00:28&	00:35&	00:02-
17	Sigbjørn Gloppen	144										1:05:10	
04:23+	08:03+	20:42+	22:00+	32:01+	36:46+	43:21+	46:30+	54:11+	57:24+	58:51+	62:26+	64:49+	65:10+
04:23+	03:40+	12:39+	01:18+	10:01+	04:45+	06:35+	03:09+	07:41+	03:13+	01:27+	03:35+	02:23+	00:21+
00:36#	01:30&	05:04&	00:26&	03:29&	01:32&	02:32&	00:18#	01:04#	00:45&	00:10#	02:45@	00:18#	00:03#
18	Geir Rune Seldal	192										1:12:10	
04:06+	07:09+	21:08+	22:26+	30:33+	47:17+	52:26+	55:46+	62:36+	66:39+	68:04+	69:05+	71:48+	72:10+
04:06+	03:03+	13:59+	01:18+	08:07+	16:44+	05:09+	03:20+	06:50+	04:03+	01:25+	01:01+	02:43+	00:22+
00:19+	00:53&	06:24&	00:26&	01:35#	13:31@	01:06&	00:29#	00:13+	01:35&	00:08#	00:11#	00:38&	00:04#
Beste strekktid for klassen													
03:31	01:19	06:33	00:52	06:06	03:10	04:03	02:30	05:29	02:28	00:59	00:50	01:59	00:16

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

Herrer 55 - 59 år

1	Arnfinn Rømuld	116										42:34	
03:02=	04:39=	11:23=	12:19=	18:59=	22:24=	26:23=	29:01=	34:14=	38:07=	39:14=	40:09=	42:19=	42:34=
03:02=	01:37=	06:44=	00:56=	06:40=	03:25=	03:59=	02:38=	05:13=	03:53=	01:07=	00:55=	02:10=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Johannessen	7										45:00	
03:17+	05:21+	12:56+	14:07+	20:54+	24:00+	28:24+	30:52+	36:29+	39:55+	41:41+	42:31+	44:42+	45:00+
03:17+	02:04+	07:35+	01:11+	06:47+	03:06-	04:24+	02:28-	05:37+	03:26-	01:46+	00:50-	02:11+	00:18+
00:15+	00:27&	00:51#	00:15&	00:07+	00:19-	00:25#	00:10-	00:24+	00:27-	00:39&	00:05-	00:01+	00:03#
3	Arne Magne Søndresen	92										49:55	
03:48+	07:00+	15:46+	16:53+	24:23+	27:42+	32:51+	36:00+	42:16+	45:35+	46:41+	47:41+	49:37+	49:55+
03:48+	03:12+	08:46+	01:07+	07:30+	03:19-	05:09+	03:09+	06:16+	03:19-	01:06-	01:00+	01:56-	00:18+
00:46&	01:35&	02:02&	00:11#	00:50#	00:06-	01:10&	00:31#	01:03#	00:34-	00:01-	00:05+	00:14-	00:03#
4	Per Ingar Hadland	7										50:13	
03:50+	06:02+	14:59+	15:56+	23:12+	27:11+	33:08+	35:59+	42:29+	45:09+	46:30+	47:27+	49:57+	50:13+
03:50+	02:12+	08:57+	00:57+	07:16+	03:59+	05:57+	02:51+	06:30+	02:40-	01:21+	00:57+	02:30+	00:16+
00:48&	00:35&	02:13&	00:01+	00:36+	00:34#	01:58&	00:13+	01:17#	01:13-	00:14#	00:02+	00:20#	00:01+
5	Espen Krogh	7										51:58	
02:55-	05:52+	18:20+	19:21+	26:11+	29:27+	34:39+	37:13+	43:32+	46:34+	48:38+	49:32+	51:41+	51:58+
02:55-	02:57+	12:28+	01:01+	06:50+	03:16-	05:12+	02:34-	06:19+	03:02-	02:04+	00:54-	02:09-	00:17+
00:07-	01:20&	05:44&	00:05+	00:10+	00:09-	01:13&	00:04-	01:06#	00:51-	00:57&	00:01-	00:01-	00:02#
6	Gunnar Graabak	3										52:26	
03:56+	06:34+	15:51+	17:16+	24:28+	27:43+	32:53+	35:45+	42:07+	47:20+	48:35+	49:46+	52:05+	52:26+
03:56+	02:38+	09:17+	01:25+	07:12+	03:15-	05:10+	02:52+	06:22+	05:13+	01:15+	01:11+	02:19+	00:21+
00:54&	01:01&	02:33&	00:29&	00:32+	00:10-	01:11&	00:14+	01:09#	01:20&	00:08#	00:16&	00:09+	00:06&
7	Dag Helliksen	80										53:34	
03:40+	08:39+	16:56+	18:11+	26:55+	30:42+	36:15+	38:59+	45:51+	49:05+	50:20+	51:18+	53:15+	53:34+
03:40+	04:59+	08:17+	01:15+	08:44+	03:47+	05:33+	02:44+	06:52+	03:14-	01:15+	00:58+	01:57-	00:19+
00:38#	03:22@	01:33#	00:19&	02:04&	00:22#	01:34&	00:06+	01:39&	00:39-	00:08#	00:03+	00:13-	00:04&

Class	Navn	Klasse											Tid	
8	Kjell Ove Aksland	27											55:03	
03:56+	06:20+	15:45+	16:58+	25:45+	29:32+	34:48+	38:23+	46:24+	48:01+	49:46+	51:03+	52:16+	54:44+	55:03+
03:56+	02:24+	09:25+	01:13+	08:47+	03:47+	05:16+	03:35+	08:01+	01:37-	01:45+	01:17+	01:13-	02:28+	00:19+
00:54&	00:47&	02:41&	00:17&	02:07&	00:22#	01:17&	00:57&	02:48&	02:16-	00:38&	00:22&	00:57-	02:13@	00:19+
9	Torbjørn Dahle	92											55:17	
03:57+	06:06+	15:13+	16:20+	24:29+	28:19+	33:45+	37:01+	43:53+	48:56+	50:50+	52:05+	54:50+	55:17+	
03:57+	02:09+	09:07+	01:07+	08:09+	03:50+	05:26+	03:16+	06:52+	05:03+	01:54+	01:15+	02:45+	00:27+	
00:55&	00:32&	02:23&	00:11#	01:29#	00:25#	01:27&	00:38#	01:39&	01:10&	00:47&	00:20&	00:35&	00:12&	
10	Ole Petter Haukaas	109											57:06	
03:41+	06:16+	13:17+	14:54+	24:17+	28:30+	36:39+	40:36+	47:58+	50:49+	52:21+	53:19+	56:50+	57:06+	
03:41+	02:35+	07:01+	01:37+	09:23+	04:13+	08:09+	03:57+	07:22+	02:51-	01:32+	00:58+	03:31+	00:16+	
00:39#	00:58&	00:17+	00:41&	02:43&	00:48#	04:10@	01:19&	02:09&	01:02-	00:25&	00:03+	01:21&	00:01+	
11	Bjørn H. Engseth	27											1:02:33	
05:44+	07:58+	18:01+	19:16+	30:59+	35:03+	41:14+	45:02+	53:04+	56:44+	58:11+	59:27+	62:12+	62:33+	
05:44+	02:14+	10:03+	01:15+	11:43+	04:04+	06:11+	03:48+	08:02+	03:40-	01:27+	01:16+	02:45+	00:21+	
02:42&	00:37&	03:19&	00:19&	05:03&	00:39#	02:12&	01:10&	02:49&	00:13-	00:20&	00:21&	00:35&	00:06&	
12	Tor Inge Halvorsen	5											1:03:33	
05:12+	07:41+	17:00+	18:09+	26:07+	30:48+	41:49+	45:05+	52:04+	57:42+	59:22+	60:26+	63:14+	63:33+	
05:12+	02:29+	09:19+	01:09+	07:58+	04:41+	11:01+	03:16+	06:59+	05:38+	01:40+	01:04+	02:48+	00:19+	
02:10&	00:52&	02:35&	00:13#	01:18#	01:16&	07:02@	00:38#	01:46&	01:45&	00:33&	00:09#	00:38&	00:04&	
13	Olav Tunheim	93											1:04:56	
04:31+	08:27+	19:53+	21:14+	30:22+	35:01+	41:35+	46:02+	54:01+	58:47+	60:21+	61:38+	64:11+	64:56+	
04:31+	03:56+	11:26+	01:21+	09:08+	04:39+	06:34+	04:27+	07:59+	04:46+	01:34+	01:17+	02:33+	00:45+	
01:29&	02:19@	04:42&	00:25&	02:28&	01:14&	02:35&	01:49&	02:46&	00:53#	00:27&	00:22&	00:23#	00:30@	
14	Svein Sivertsen	115											1:06:14	
04:23+	07:24+	18:43+	20:26+	30:44+	35:32+	41:40+	47:04+	55:20+	60:14+	61:55+	63:03+	65:44+	66:14+	
04:23+	03:01+	11:19+	01:43+	10:18+	04:48+	06:08+	05:24+	08:16+	04:54+	01:41+	01:08+	02:41+	00:30+	
01:21&	01:24&	04:35&	00:47&	03:38&	01:23&	02:09&	02:46@	03:03&	01:01&	00:34&	00:13#	00:31#	00:15&	
15	Stein Sigbjørnsen	27											1:08:54	
04:19+	06:38+	18:56+	20:16+	30:34+	35:24+	42:29+	47:20+	56:35+	62:17+	64:32+	65:54+	68:33+	68:54+	
04:19+	02:19+	12:18+	01:20+	10:18+	04:50+	07:05+	04:51+	09:15+	05:42+	02:15+	01:22+	02:39+	00:21+	
01:17&	00:42&	05:34&	00:24&	03:38&	01:25&	03:06&	02:13&	04:02&	01:49&	01:08@	00:27&	00:29#	00:06&	
16	Svein Magne Gloppen	93											1:11:43	
04:04+	06:50+	17:13+	19:01+	28:13+	41:23+	48:09+	51:06+	58:32+	65:54+	67:15+	68:29+	71:18+	71:43+	
04:04+	02:46+	10:23+	01:48+	09:12+	13:10+	06:46+	02:57+	07:26+	07:22+	01:21+	01:14+	02:49+	00:25+	
01:02&	01:09&	03:39&	00:52&	02:32&	09:45@	02:47&	00:19#	02:13&	03:29&	00:14#	00:19&	00:39&	00:10&	
17	John C. Sinnes	93											1:15:10	
14:55+	17:45+	28:19+	29:35+	39:16+	44:43+	50:57+	56:13+	64:10+	69:04+	70:43+	71:46+	74:17+	75:10+	
14:55+	02:50+	10:34+	01:16+	09:41+	05:27+	06:14+	05:16+	07:57+	04:54+	01:39+	01:03+	02:31+	00:53+	
11:53@	01:13&	03:50&	00:20&	03:01&	02:02&	02:15&	02:38&	02:44&	01:01&	00:32&	00:08#	00:21#	00:38@	
18	Sverre Magnar Nordal	116											1:30:41	
05:22+	08:27+	27:46+	29:14+	38:20+	59:07+	64:18+	71:59+	80:16+	84:04+	85:41+	86:56+	89:52+	90:41+	
05:22+	03:05+	19:19+	01:28+	09:06+	20:47+	05:11+	07:41+	08:17+	03:48-	01:37+	01:15+	02:56+	00:49+	
02:20&	01:28&	12:35@	00:32&	02:26&	17:22@	01:12&	05:03@	03:04&	00:05-	00:30&	00:20&	00:46&	00:34@	
19	John Lage Bergan	116											1:37:51	
13:08+	15:45+	40:20+	41:32+	51:27+	55:08+	70:04+	76:31+	85:06+	90:03+	91:38+	94:39+	97:29+	97:51+	
13:08+	02:37+	24:35+	01:12+	09:55+	03:41+	14:56+	06:27+	08:35+	04:57+	01:35+	03:01+	02:50+	00:22+	
10:06@	01:00&	17:51@	00:16&	03:15&	00:16+	10:57@	03:49@	03:22&	01:04&	00:28&	02:06@	00:40&	00:07&	

Beste strekktid for klassen

02:55 01:37 06:44 00:56 06:40 03:06 03:59 02:28 05:13 01:37 01:06 00:50 01:13 00:15

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

Herrer 60 - 64 år

1	Bjørn Alsaker	115											30:28	
02:47=	04:07=	11:17=	12:22=	18:38=	22:13=	25:22=	26:27=	27:41=	29:04=	30:13=	30:28=			
02:47=	01:20=	07:10=	01:05=	06:16=	03:35=	03:09=	01:05=	01:14=	01:23=	01:09=	00:15=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

Class	Navn	Klasse										Tid
2	Lars Stangeland	96										31:44
02:55+	04:04-	11:46+	12:41+	19:26+	23:20+	25:58+	26:47+	28:02+	29:08+	30:11-	31:26+	31:44+
02:55+	01:09-	07:42+	00:55-	06:45+	03:54+	02:38-	00:49-	01:15+	01:06-	01:03-	01:15+	00:18+
00:08+	00:11-	00:32+	00:10-	00:29+	00:19+	00:31-	00:16-	00:01+	00:17-	00:06-	01:00@	00:18+
3	Torbjørn Evensen	108										38:24
03:34+	05:18+	14:01+	15:11+	23:45+	28:07+	31:03+	31:56+	33:33+	34:52+	36:24+	38:03+	38:24+
03:34+	01:44+	08:43+	01:10+	08:34+	04:22+	02:56-	00:53-	01:37+	01:19-	01:32+	01:39+	00:21+
00:47&	00:24&	01:33#	00:05+	02:18&	00:47#	00:13-	00:12-	00:23&	00:04-	00:23&	01:24@	00:21+
4	Jan Hetland	29										38:44
03:18+	04:35+	12:52+	16:20+	23:12+	28:01+	32:18+	33:37+	35:08+	36:08+	37:21+	38:29+	38:44+
03:18+	01:17-	08:17+	03:28+	06:52+	04:49+	04:17+	01:19+	01:31+	01:00-	01:13+	01:08+	00:15+
00:31#	00:03-	01:07#	02:23@	00:36+	01:14&	01:08&	00:14#	00:17#	00:23-	00:04+	00:53@	00:15+
5	Tom Hetland	5										39:12
04:08+	05:38+	13:55+	15:14+	24:11+	28:48+	31:40+	33:02+	34:31+	35:48+	37:34+	38:56+	39:12+
04:08+	01:30+	08:17+	01:19+	08:57+	04:37+	02:52-	01:22+	01:29+	01:17-	01:46+	01:22+	00:16+
01:21&	00:10#	01:07#	00:14#	02:41&	01:02&	00:17-	00:17&	00:15#	00:06-	00:37&	01:07@	00:16+
6	Tor Harald Lunde	47										41:08
03:55+	05:49+	14:49+	16:09+	24:53+	29:36+	33:06+	34:32+	36:30+	37:51+	39:12+	40:46+	41:08+
03:55+	01:54+	09:00+	01:20+	08:44+	04:43+	03:30+	01:26+	01:58+	01:21-	01:21+	01:34+	00:22+
01:08&	00:34&	01:50&	00:15#	02:28&	01:08&	00:21#	00:21&	00:44&	00:02-	00:12#	01:19@	00:22+
7	Svein Berge	126										41:46
04:02+	05:47+	14:54+	16:44+	25:05+	30:09+	32:50+	33:43+	35:13+	36:50+	40:03+	41:30+	41:46+
04:02+	01:45+	09:07+	01:50+	08:21+	05:04+	02:41-	00:53-	01:30+	01:37+	03:13+	01:27+	00:16+
01:15&	00:25&	01:57&	00:45&	02:05&	01:29&	00:28-	00:12-	00:16#	00:14#	02:04@	01:12@	00:16+
8	Sveinung Tveit	236										41:58
03:55+	05:23+	16:44+	17:52+	26:42+	31:46+	35:02+	36:01+	37:33+	38:38+	40:10+	41:37+	41:58+
03:55+	01:28+	11:21+	01:08+	08:50+	05:04+	03:16+	00:59-	01:32+	01:05-	01:32+	01:27+	00:21+
01:08&	00:08#	04:11&	00:03+	02:34&	01:29&	00:07+	00:06-	00:18#	00:18-	00:23&	01:12@	00:21+
9	Magne Tunheim	144										42:22
04:03+	05:50+	14:53+	16:00+	25:09+	30:33+	34:40+	36:24+	37:48+	39:01+	40:48+	42:06+	42:22+
04:03+	01:47+	09:03+	01:07+	09:09+	05:24+	04:07+	01:44+	01:24+	01:13-	01:47+	01:18+	00:16+
01:16&	00:27&	01:53&	00:02+	02:53&	01:49&	00:58&	00:39&	00:10#	00:10-	00:38&	01:03@	00:16+
10	Tor Geir Espedal	115										42:25
03:53+	05:23+	14:31+	18:21+	27:19+	31:49+	34:37+	35:53+	37:44+	38:59+	40:38+	42:07+	42:25+
03:53+	01:30+	09:08+	03:50+	08:58+	04:30+	02:48-	01:16+	01:51+	01:15-	01:39+	01:29+	00:18+
01:06&	00:10#	01:58&	02:45@	02:42&	00:55&	00:21-	00:11#	00:37&	00:08-	00:30&	01:14@	00:18+
11	Arne M. Handeland	92										43:00
03:57+	05:49+	15:09+	19:05+	27:10+	31:37+	35:05+	36:26+	38:14+	39:38+	41:20+	42:38+	43:00+
03:57+	01:52+	09:20+	03:56+	08:05+	04:27+	03:28+	01:21+	01:48+	01:24+	01:42+	01:18+	00:22+
01:10&	00:32&	02:10&	02:51@	01:49&	00:52#	00:19#	00:16#	00:34&	00:01+	00:33&	01:03@	00:22+
12	Tore R. Tvedt	90										43:17
04:42+	06:28+	15:45+	17:01+	24:56+	30:05+	35:50+	37:12+	38:43+	39:54+	41:30+	42:57+	43:17+
04:42+	01:46+	09:17+	01:16+	07:55+	05:09+	05:45+	01:22+	01:31+	01:11-	01:36+	01:27+	00:20+
01:55&	00:26&	02:07&	00:11#	01:39&	01:34&	02:36&	00:17&	00:17#	00:12-	00:27&	01:12@	00:20+
13	Gunnar Sakseid	116										43:44
04:18+	06:07+	15:47+	17:00+	25:34+	30:06+	33:01+	35:51+	37:38+	39:45+	42:11+	43:28+	43:44+
04:18+	01:49+	09:40+	01:13+	08:34+	04:32+	02:55-	02:50+	01:47+	02:07+	02:26+	01:17+	00:16+
01:31&	00:29&	02:30&	00:08#	02:18&	00:57&	00:14-	01:45@	00:33&	00:44&	01:17@	01:02@	00:16+
14	Terje Stokkeland	69										45:12
03:47+	10:07+	20:38+	21:36+	29:47+	34:25+	36:51+	38:19+	39:27+	40:56+	41:59+	43:34+	44:54+
03:47+	06:20+	10:31+	00:58-	08:11+	04:38+	02:26-	01:28+	01:08-	01:29+	01:03-	01:35+	01:20+
01:00&	05:00@	03:21&	00:07-	01:55&	01:03&	00:43-	00:23&	00:06-	00:06+	00:06-	01:20@	00:18+
15	Bjørn Sivertsen	99										46:16
04:25+	05:53+	15:47+	19:12+	28:25+	33:35+	38:29+	39:41+	41:17+	42:30+	44:03+	45:52+	46:16+
04:25+	01:28+	09:54+	03:25+	09:13+	05:10+	04:54+	01:12+	01:36+	01:13-	01:33+	01:49+	00:24+
01:38&	00:08#	02:44&	02:20@	02:57&	01:35&	01:45&	00:07#	00:22&	00:10-	00:24&	01:34@	00:24+
16	Terje Langeland	98										47:08
04:11+	06:09+	16:54+	18:21+	27:37+	34:20+	38:44+	40:01+	41:33+	42:46+	44:53+	46:45+	47:08+
04:11+	01:58+	10:45+	01:27+	09:16+	06:43+	04:24+	01:17+	01:32+	01:13-	02:07+	01:52+	00:23+
01:24&	00:38&	03:35&	00:22&	03:00&	03:08&	01:15&	00:12#	00:18#	00:10-	00:58&	01:37@	00:23+

Class	Navn	Klasse											Tid
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17	Bjarne Gimre	88											50:52	
04:15+	05:40+	21:18+	22:46+	32:14+	37:06+	42:41+	43:55+	45:31+	47:20+	49:07+	50:34+	50:52+		
04:15+	01:25+	15:38+	01:28+	09:28+	04:52+	05:35+	01:14+	01:36+	01:49+	01:47+	01:27+	00:18+		
01:28&	00:05+	08:28@	00:23&	03:12&	01:17&	02:26&	00:09#	00:22&	00:26&	00:38&	01:12@	00:18+		
18	Eivind L. Rake	92											51:16	
04:09+	05:34+	16:36+	22:52+	31:35+	36:18+	39:00+	40:29+	42:08+	43:30+	49:27+	50:57+	51:16+		
04:09+	01:25+	11:02+	06:16+	08:43+	04:43+	02:42-	01:29+	01:39+	01:22-	05:57+	01:30+	00:19+		
01:22&	00:05+	03:52&	05:11@	02:27&	01:08&	00:27-	00:24&	00:25&	00:01-	04:48@	01:15@	00:19+		
19	Svein Ims	65											52:02	
04:05+	06:19+	15:33+	16:53+	28:38+	33:38+	37:38+	38:42+	40:19+	48:16+	49:59+	51:39+	52:02+		
04:05+	02:14+	09:14+	01:20+	11:45+	05:00+	04:00+	01:04-	01:37+	07:57+	01:43+	01:40+	00:23+		
01:18&	00:54&	02:04&	00:15#	05:29&	01:25&	00:51&	00:01-	00:23&	06:34@	00:34&	01:25@	00:23+		
20	Agnar Lien	7											56:03	
04:16+	06:01+	16:28+	17:48+	26:31+	31:24+	34:26+	36:21+	38:23+	43:11+	46:35+	51:48+	53:53+	55:34+	56:03+
04:16+	01:45+	10:27+	01:20+	08:43+	04:53+	03:02-	01:55+	02:02+	04:48+	03:24+	05:13+	02:05+	01:41+	00:29+
01:29&	00:25&	03:17&	00:15#	02:27&	01:18&	00:07-	00:50&	00:48&	03:25@	02:15@	04:58@	02:05+	01:41+	00:29+
21	Inge Johan Øverland	93											1:01:20	
05:32+	07:24+	18:14+	21:11+	32:17+	42:25+	53:26+	54:52+	56:47+	58:03+	59:31+	60:59+	61:20+		
05:32+	01:52+	10:50+	02:57+	11:06+	10:08+	11:01+	01:26+	01:55+	01:16-	01:28+	01:28+	00:21+		
02:45&	00:32&	03:40&	01:52@	04:50&	06:33@	07:52@	00:21&	00:41&	00:07-	00:19&	01:13@	00:21+		
22	Egil Røyneberg	93											1:02:52	
05:53+	08:51+	24:36+	26:31+	39:46+	47:53+	53:14+	54:39+	56:40+	58:31+	60:21+	62:26+	62:52+		
05:53+	02:58+	15:45+	01:55+	13:15+	08:07+	05:21+	01:25+	02:01+	01:51+	01:50+	02:05+	00:26+		
03:06@	01:38@	08:35@	00:50&	06:59@	04:32@	02:12&	00:20&	00:47&	00:28&	00:41&	01:50@	00:26+		
23	Rolf Kleppe	63											1:04:03	
05:58+	07:55+	22:02+	23:36+	46:44+	52:05+	55:16+	56:49+	58:27+	59:39+	61:58+	63:41+	64:03+		
05:58+	01:57+	14:07+	01:34+	23:08+	05:21+	03:11+	01:33+	01:38+	01:12-	02:19+	01:43+	00:22+		
03:11@	00:37&	06:57&	00:29&	16:52@	01:46&	00:02+	00:28&	00:24&	00:11-	01:10@	01:28@	00:22+		
24	Rolf Øystein Kluge	7											1:04:08	
04:53+	08:22+	26:20+	28:27+	40:22+	47:12+	54:06+	55:47+	58:00+	59:48+	61:57+	63:44+	64:08+		
04:53+	03:29+	17:58+	02:07+	11:55+	06:50+	06:54+	01:41+	02:13+	01:48+	02:09+	01:47+	00:24+		
02:06&	02:09@	10:48@	01:02&	05:39&	03:15&	03:45@	00:36&	00:59&	00:25&	01:00&	01:32@	00:24+		

Beste strekktid for klassen

02:47 01:09 07:10 00:55 06:16 03:35 02:26 00:49 01:08 01:00 01:03 00:15

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

Herrer 65 - 69 år

1	Harry Breiland	66											33:50
03:02=	04:38=	12:20=	13:21=	19:44=	23:32=	27:51=	28:49=	30:05=	31:04=	32:19=	33:31=	33:50=	
03:02=	01:36=	07:42=	01:01=	06:23=	03:48=	04:19=	00:58=	01:16=	00:59=	01:15=	01:12=	00:19=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Asgeir Bell	117											37:54
03:58+	05:07+	12:32+	14:59+	26:07+	29:40+	31:52+	32:55+	34:02+	35:01+	36:13+	37:32+	37:54+	
03:58+	01:09-	07:25-	02:27+	11:08+	03:33-	02:12-	01:03+	01:07-	00:59=	01:12-	01:19+	00:22+	
00:56&	00:27-	00:17-	01:26@	04:45&	00:15-	02:07-	00:05+	00:09-	00:00=	00:03-	00:07+	00:03#	
3	Kjell Svihus	154											38:26
03:47+	05:07+	14:37+	15:48+	23:06+	27:12+	32:10+	33:16+	34:33+	35:27+	36:43+	38:06+	38:26+	
03:47+	01:20-	09:30+	01:11+	07:18+	04:06+	04:58+	01:06+	01:17+	00:54-	01:16+	01:23+	00:20+	
00:45#	00:16-	01:48#	00:10#	00:55#	00:18+	00:39#	00:08#	00:01+	00:05-	00:01+	00:11#	00:01+	
4	Paul A. Paulsen	117											40:12
03:35+	04:58+	14:17+	15:37+	25:25+	30:03+	33:01+	34:02+	35:46+	36:57+	38:24+	39:50+	40:12+	
03:35+	01:23-	09:19+	01:20+	09:48+	04:38+	02:58-	01:01+	01:44+	01:11+	01:27+	01:26+	00:22+	
00:33#	00:13-	01:37#	00:19&	03:25&	00:50#	01:21-	00:03+	00:28&	00:12#	00:12#	00:14#	00:03#	
5	Terje Helland	88											40:17
03:17+	05:19+	14:05+	15:04+	22:30+	27:18+	30:02+	31:32+	33:08+	34:30+	38:35+	39:59+	40:17+	
03:17+	02:02+	08:46+	00:59-	07:26+	04:48+	02:44-	01:30+	01:36+	01:22+	04:05+	01:24+	00:18-	
00:15+	00:26&	01:04#	00:02-	01:03#	01:00&	01:35-	00:32&	00:20&	00:23&	02:50@	00:12#	00:01-	

Class	Navn	Klasse										Tid
6	Arne Østensen	90										41:26
03:34+	04:50+	13:25+	14:44+	22:06+	26:22+	35:08+	36:08+	37:27+	38:25+	39:45+	41:06+	41:26+
03:34+	01:16-	08:35+	01:19+	07:22+	04:16+	08:46+	01:00+	01:19+	00:58-	01:20+	01:21+	00:20+
00:32#	00:20-	00:53#	00:18&	00:59#	00:28#	04:27@	00:02+	00:03+	00:01-	00:05+	00:09#	00:01+
7	Leif Gunnar Wikene	43										43:17
03:55+	07:03+	16:33+	17:42+	25:57+	30:25+	33:06+	34:31+	35:57+	37:24+	41:31+	42:58+	43:17+
03:55+	03:08+	09:30+	01:09+	08:15+	04:28+	02:41-	01:25+	01:26+	01:27+	04:07+	01:27+	00:19=
00:53&	01:32&	01:48#	00:08#	01:52&	00:40#	01:38-	00:27&	00:10#	00:28&	02:52@	00:15#	00:00=
8	Ragnvald Frøyland	128										43:47
04:17+	05:50+	19:18+	20:25+	28:52+	33:42+	36:34+	37:57+	39:41+	40:44+	42:12+	43:30+	43:47+
04:17+	01:33-	13:28+	01:07+	08:27+	04:50+	02:52-	01:23+	01:44+	01:03+	01:28+	01:18+	00:17-
01:15&	00:03-	05:46&	00:06+	02:04&	01:02&	01:27-	00:25&	00:28&	00:04+	00:13#	00:06+	00:02-
9	Ove Gundersen	100										44:00
03:22+	04:44+	13:37+	14:47+	22:30+	27:12+	35:54+	36:49+	38:30+	40:59+	42:23+	43:41+	44:00+
03:22+	01:22-	08:53+	01:10+	07:43+	04:42+	08:42+	00:55-	01:41+	02:29+	01:24+	01:18+	00:19=
00:20#	00:14-	01:11#	00:09#	01:20#	00:54#	04:23@	00:03-	00:25&	01:30@	00:09#	00:06+	00:00=
10	Ole Auklend	106										46:43
04:22+	05:51+	17:26+	19:15+	29:03+	34:15+	37:21+	38:37+	40:19+	41:38+	44:52+	46:20+	46:43+
04:22+	01:29-	11:35+	01:49+	09:48+	05:12+	03:06-	01:16+	01:42+	01:19+	03:14+	01:28+	00:23+
01:20&	00:07-	03:53&	00:48&	03:25&	01:24&	01:13-	00:18&	00:26&	00:20&	01:59@	00:16#	00:04#
11	Kjell Ingar Olsen	50										46:45
04:05+	07:32+	17:28+	20:11+	28:52+	34:19+	36:29+	38:48+	40:34+	42:07+	43:17+	44:49+	46:24+
04:05+	03:27+	09:56+	02:43+	08:41+	05:27+	02:10-	02:19+	01:46+	01:33+	01:10-	01:32+	01:35+
01:03&	01:51@	02:14&	01:42@	01:39&	01:39&	02:09-	01:21@	00:30&	00:34&	00:05-	00:20&	01:16@
12	Terje Gautestad	7										47:55
04:50+	06:40+	18:28+	20:07+	30:06+	35:31+	38:36+	39:39+	41:30+	42:43+	45:56+	47:31+	47:55+
04:50+	01:50+	11:48+	01:39+	09:59+	05:25+	03:05-	01:03+	01:51+	01:13+	03:13+	01:35+	00:24+
01:48&	00:14#	04:06&	00:38&	03:36&	01:37&	01:14-	00:05+	00:35&	00:14#	01:58@	00:23&	00:05&
13	Knut Jonas Espedal	53										48:33
04:51+	06:25+	18:20+	20:17+	31:11+	36:45+	39:52+	41:02+	42:49+	44:02+	46:04+	48:01+	48:33+
04:51+	01:34-	11:55+	01:57+	10:54+	05:34+	03:07-	01:10+	01:47+	01:13+	02:02+	01:57+	00:32+
01:49&	00:02-	04:13&	00:56&	04:31&	01:46&	01:12-	00:12#	00:31&	00:14#	00:47&	00:45&	00:13&
14	Svein Ove Horpestad	62										48:42
04:01+	05:46+	15:50+	21:54+	30:37+	35:01+	38:10+	39:27+	41:13+	42:35+	46:39+	48:18+	48:42+
04:01+	01:45+	10:04+	06:04+	08:43+	04:24+	03:09-	01:17+	01:46+	01:22+	04:04+	01:39+	00:24+
00:59&	00:09+	02:22&	05:03@	02:20&	00:36#	01:10-	00:19&	00:30&	00:23&	02:49@	00:27&	00:05&
15	Per Marthon Mæland	5										50:01
04:37+	06:09+	19:52+	21:17+	31:15+	37:05+	40:35+	42:10+	44:12+	45:44+	47:35+	49:31+	50:01+
04:37+	01:32-	13:43+	01:25+	09:58+	05:50+	03:30-	01:35+	02:02+	01:32+	01:51+	01:56+	00:30+
01:35&	00:04-	06:01&	00:24&	03:35&	02:02&	00:49-	00:37&	00:46&	00:33&	00:36&	00:44&	00:11&
16	Kjell Ivar Skjørestad	92										50:04
03:55+	05:52+	19:46+	21:07+	29:41+	35:05+	41:21+	42:48+	44:35+	45:44+	47:44+	49:41+	50:04+
03:55+	01:57+	13:54+	01:21+	08:34+	05:24+	06:16+	01:27+	01:47+	01:09+	02:00+	01:57+	00:23+
00:53&	00:21#	06:12&	00:20&	02:11&	01:36&	01:57&	00:29&	00:31&	00:10#	00:45&	00:45&	00:04#
17	Leif Gustav Hollund	116										50:30
04:25+	06:39+	16:31+	17:54+	27:28+	33:22+	38:10+	41:00+	48:20+	50:09+	50:30+		
04:25+	02:14+	09:52+	01:23+	09:34+	05:54+	04:48+	02:50+	07:20+	01:49+	00:21-		
01:23&	00:38&	02:10&	00:22&	03:11&	02:06&	00:29#	01:52@	06:04@	00:50&	00:54-		
18	Roar Fitjar	101										51:51
05:05+	07:07+	19:19+	20:55+	30:51+	36:44+	41:07+	42:51+	45:08+	47:19+	49:49+	51:29+	51:51+
05:05+	02:02+	12:12+	01:36+	09:56+	05:53+	04:23+	01:44+	02:17+	02:11+	02:30+	01:40+	00:22+
02:03&	00:26&	04:30&	00:35&	03:33&	02:05&	00:04+	00:46&	01:01&	01:12@	01:15&	00:28&	00:03#
19	Jostein Tunheim	116										56:57
03:38+	08:40+	19:27+	22:13+	30:43+	40:27+	43:17+	44:41+	50:28+	51:59+	52:59+	55:08+	56:37+
03:38+	05:02+	10:47+	02:46+	08:30+	09:44+	02:50-	01:24+	05:47+	01:31+	01:00-	02:09+	01:29+
00:36#	03:26@	03:05&	01:45@	02:07&	05:56@	01:29-	00:26&	04:31@	00:32&	00:15-	00:57&	01:10@
20	Olav Habbestad	116										57:30
03:52+	05:09+	13:24+	19:38+	28:05+	43:32+	46:45+	49:50+	51:05+	53:44+	55:28+	56:48+	57:30+
03:52+	01:17-	08:15+	06:14+	08:27+	15:27+	03:13-	03:05+	01:15-	02:39+	01:44+	01:20+	00:42+
00:50&	00:19-	00:33+	05:13@	02:04&	11:39@	01:06-	02:07@	00:01-	01:40@	00:29&	00:08#	00:23@

Class	Navn	Klasse												Tid
21	Ove Vatland	128												1:03:58
05:18+	07:35+	26:01+	27:48+	39:58+	47:25+	49:43+	52:20+	53:44+	56:08+	57:39+	60:47+	63:26+	63:58+	
05:18+	02:17+	18:26+	01:47+	12:10+	07:27+	02:18-	02:37+	01:24+	02:24+	01:31+	03:08+	02:39+	00:32+	
02:16&	00:41&	10:44@	00:46&	05:47&	03:39&	02:01-	01:39@	00:08#	01:25@	00:16#	01:56@	02:20@	00:32+	
22	Torstein Gjesteland	126												1:05:46
04:50+	11:17+	23:14+	24:39+	35:43+	41:21+	52:24+	54:16+	56:19+	61:23+	63:23+	65:24+	65:46+		
04:50+	06:27+	11:57+	01:25+	11:04+	05:38+	11:03+	01:52+	02:03+	05:04+	02:00+	02:01+	00:22+		
01:48&	04:51@	04:15&	00:24&	04:41&	01:50&	06:44@	00:54&	00:47&	04:05@	00:45&	00:49&	00:03#		
Beste strekktid for klassen														
03:02	01:09	07:25	00:59	06:23	03:33	02:10	00:55	01:07	00:54	00:21	01:12	00:17		

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

Herrer 70 - 74 år

1	Finn Morten Årstad	115												35:18
03:42=	04:55=	12:34=	13:43=	21:42=	25:59=	28:28=	29:25=	30:46=	31:45=	33:37=	34:59=	35:18=		
03:42=	01:13=	07:39=	01:09=	07:59=	04:17=	02:29=	00:57=	01:21=	00:59=	01:52=	01:22=	00:19=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Hermann Skogsholm	53												39:04
03:47+	05:04+	13:21+	14:49+	22:31+	27:10+	31:37+	32:52+	34:17+	35:27+	37:16+	38:42+	39:04+		
03:47+	01:17+	08:17+	01:28+	07:42-	04:39+	04:27+	01:15+	01:25+	01:10+	01:49-	01:26+	00:22+		
00:05+	00:04+	00:38+	00:19&	00:17-	00:22+	01:58&	00:18&	00:04+	00:11#	00:03-	00:04+	00:03#		
3	Odd Garpestad	29												40:53
03:22-	05:16+	14:58+	18:33+	25:09+	29:58+	31:56+	34:24+	35:43+	37:09+	38:08+	39:23+	40:37+	40:53+	
03:22-	01:54+	09:42+	03:35+	06:36-	04:49+	01:58-	02:28+	01:19-	01:26+	00:59-	01:15-	01:14+	00:16+	
00:20-	00:41&	02:03&	02:26@	01:23-	00:32#	00:31-	01:31@	00:02-	00:27&	00:53-	00:07-	00:55@	00:16+	
4	Øyvind Egeskog	5												41:19
04:09+	05:42+	16:13+	17:27+	26:09+	30:53+	33:56+	35:10+	36:41+	37:50+	39:28+	40:59+	41:19+		
04:09+	01:33+	10:31+	01:14+	08:42+	04:44+	03:03+	01:14+	01:31+	01:09+	01:38-	01:31+	00:20+		
00:27#	00:20&	02:52&	00:05+	00:43+	00:27#	00:34#	00:17&	00:10#	00:10#	00:14-	00:09#	00:01+		
5	Olav Dag Borgersen	154												42:20
04:19+	06:29+	16:36+	19:35+	27:33+	32:28+	35:07+	35:58+	37:36+	38:54+	40:26+	42:01+	42:20+		
04:19+	02:10+	10:07+	02:59+	07:58-	04:55+	02:39+	00:51-	01:38+	01:18+	01:32-	01:35+	00:19=		
00:37#	00:57&	02:28&	01:50@	00:01-	00:38#	00:10+	00:06-	00:17#	00:19&	00:20-	00:13#	00:00=		
6	Tormod Aaslid	54												43:26
03:59+	05:27+	14:17+	17:07+	25:49+	31:09+	35:45+	37:28+	38:55+	40:10+	41:38+	43:06+	43:26+		
03:59+	01:28+	08:50+	02:50+	08:42+	05:20+	04:36+	01:43+	01:27+	01:15+	01:28-	01:28+	00:20+		
00:17+	00:15#	01:11#	01:41@	00:43+	01:03#	02:07&	00:46&	00:06+	00:16&	00:24-	00:06+	00:01+		
7	Ingjald Egeland	7												43:47
04:21+	06:05+	15:18+	16:57+	26:03+	31:21+	34:27+	35:36+	37:20+	38:40+	42:08+	43:26+	43:47+		
04:21+	01:44+	09:13+	01:39+	09:06+	05:18+	03:06+	01:09+	01:44+	01:20+	03:28+	01:18-	00:21+		
00:39#	00:31&	01:34#	00:30&	01:07#	01:01#	00:37#	00:12#	00:23&	00:21&	01:36&	00:04-	00:02#		
8	Svein Glendrange	68												44:02
03:44+	05:09+	14:31+	15:49+	25:26+	30:12+	36:30+	37:31+	39:12+	40:43+	42:12+	43:41+	44:02+		
03:44+	01:25+	09:22+	01:18+	09:37+	04:46+	06:18+	01:01+	01:41+	01:31+	01:29-	01:29+	00:21+		
00:02+	00:12#	01:43#	00:09#	01:38#	00:29#	03:49@	00:04+	00:20#	00:32&	00:23-	00:07+	00:02#		
9	Arvid Thorsen	5												46:53
03:33-	05:10+	14:28+	15:37+	22:59+	26:56+	28:59+	33:35+	40:16+	46:26+	46:53+				
03:33-	01:37+	09:18+	01:09-	07:22-	03:57-	02:03-	04:36+	06:41+	06:10+	00:27-				
00:09-	00:24&	01:39#	00:00=	00:37-	00:20-	00:26-	03:39@	05:20@	05:11@	01:25-				
10	Norvald Skretting	43												48:21
04:55+	07:09+	18:11+	19:56+	29:34+	34:50+	38:24+	39:50+	41:41+	43:45+	46:15+	47:59+	48:21+		
04:55+	02:14+	11:02+	01:45+	09:38+	05:16+	03:34+	01:26+	01:51+	02:04+	02:30+	01:44+	00:22+		
01:13&	01:01&	03:23&	00:36&	01:39#	00:59#	01:05&	00:29&	00:30&	01:05@	00:38&	00:22&	00:03#		
11	Steinar Undheim	54												48:47
04:58+	07:11+	18:48+	21:00+	30:58+	36:29+	39:39+	40:45+	42:27+	43:41+	46:55+	48:29+	48:47+		
04:58+	02:13+	11:37+	02:12+	09:58+	05:31+	03:10+	01:06+	01:42+	01:14+	03:14+	01:34+	00:18-		
01:16&	01:00&	03:58&	01:03&	01:59#	01:14&	00:41&	00:09#	00:21&	00:15&	01:22&	00:12#	00:01-		

Class	Navn	Klasse										Tid
12	Kjell Langvik	93										52:38
04:25+	06:09+	23:30+	25:01+	35:45+	41:00+	44:18+	45:55+	47:41+	49:02+	50:41+	52:16+	52:38+
04:25+	01:44+	17:21+	01:31+	10:44+	05:15+	03:18+	01:37+	01:46+	01:21+	01:39-	01:35+	00:22+
00:43#	00:31&	09:42@	00:22&	02:45&	00:58#	00:49&	00:40&	00:25&	00:22&	00:13-	00:13#	00:03#
13	Jan H. Sagen	92										1:00:29
05:56+	08:30+	22:23+	26:10+	38:02+	44:26+	48:22+	50:16+	53:23+	55:15+	57:45+	59:59+	60:29+
05:56+	02:34+	13:53+	03:47+	11:52+	06:24+	03:56+	01:54+	03:07+	01:52+	02:30+	02:14+	00:30+
02:14&	01:21@	06:14&	02:38@	03:53&	02:07&	01:27&	00:57&	01:46@	00:53&	00:38&	00:52&	00:11&
14	Mangor Eikeland	92										1:11:51
07:37+	10:17+	27:26+	29:46+	44:37+	52:37+	58:17+	59:57+	62:33+	64:52+	68:25+	71:15+	71:51+
07:37+	02:40+	17:09+	02:20+	14:51+	08:00+	05:40+	01:40+	02:36+	02:19+	03:33+	02:50+	00:36+
03:55@	01:27@	09:30@	01:11@	06:52&	03:43&	03:11@	00:43&	01:15&	01:20@	01:41&	01:28@	00:17&
15	Albert Moe	54										1:15:01
06:04+	09:32+	24:05+	28:56+	43:48+	52:33+	59:59+	61:49+	66:44+	69:55+	72:15+	74:22+	75:01+
06:04+	03:28+	14:33+	04:51+	14:52+	08:45+	07:26+	01:50+	04:55+	03:11+	02:20+	02:07+	00:39+
02:22&	02:15@	06:54&	03:42@	06:53&	04:28@	04:57@	00:53&	03:34@	02:12@	00:28#	00:45&	00:20@
Beste strekktid for klassen												
03:22	01:13	07:39	01:09	06:36	03:57	01:58	00:51	01:19	00:59	00:27	01:15	00:18
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Herrer 75 - 79 år												
1	Alf Gyland	92										33:58
05:07=	07:44=	11:45=	16:47=	18:09=	20:54=	23:13=	25:07=	28:39=	31:45=	33:35=	33:58=	
05:07=	02:37=	04:01=	05:02=	01:22=	02:45=	02:19=	01:54=	03:32=	03:06=	01:50=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Bjarne Edland	92										34:20
04:45-	07:02-	10:12-	14:35-	15:56-	19:22-	22:14-	23:53-	29:18+	32:19+	34:00+	34:20+	
04:45-	02:17-	03:10-	04:23-	01:21-	03:26+	02:52+	01:39-	05:25+	03:01-	01:41-	00:20-	
00:22-	00:20-	00:51-	00:39-	00:01-	00:41#	00:33#	00:15-	01:53&	00:05-	00:09-	00:03-	
3	Terje Braut	92										34:44
04:23-	06:53-	09:45-	14:12-	15:32-	19:10-	20:44-	22:26-	30:23+	32:44+	34:17+	34:44+	
04:23-	02:30-	02:52-	04:27-	01:20-	03:38+	01:34-	01:42-	07:57+	02:21-	01:33-	00:27+	
00:44-	00:07-	01:09-	00:35-	00:02-	00:53&	00:45-	00:12-	04:25@	00:45-	00:17-	00:04#	
4	Harald Vatne	67										36:10
05:02-	07:58+	11:48+	17:28+	19:08+	21:32+	23:39+	25:55+	30:34+	33:40+	35:50+	36:10+	
05:02-	02:56+	03:50-	05:40+	01:40+	02:24-	02:07-	02:16+	04:39+	03:06=	02:10+	00:20-	
00:05-	00:19#	00:11-	00:38#	00:18#	00:21-	00:12-	00:22#	01:07&	00:00=	00:20#	00:03-	
5	Jan Bekkeheien	92										39:16
05:12+	08:21+	12:09+	19:33+	21:17+	24:18+	26:25+	28:34+	34:19+	37:16+	38:54+	39:16+	
05:12+	03:09+	03:48-	07:24+	01:44+	03:01+	02:07-	02:09+	05:45+	02:57-	01:38-	00:22-	
00:05+	00:32#	00:13-	02:22&	00:22&	00:16+	00:12-	00:15#	02:13&	00:09-	00:12-	00:01-	
6	Magne Jakobsen	63										40:16
06:00+	08:43+	13:16+	18:30+	20:30+	23:09+	25:17+	29:15+	35:12+	38:15+	39:57+	40:16+	
06:00+	02:43+	04:33+	05:14+	02:00+	02:39-	02:08-	03:58+	05:57+	03:03-	01:42-	00:19-	
00:53#	00:06+	00:32#	00:12+	00:38&	00:06-	00:11-	02:04@	02:25&	00:03-	00:08-	00:04-	
7	Harald I. Serigstad	68										41:55
04:36-	08:11+	15:57+	22:18+	24:29+	27:00+	28:33+	30:23+	36:25+	39:31+	41:29+	41:55+	
04:36-	03:35+	07:46+	06:21+	02:11+	02:31-	01:33-	01:50-	06:02+	03:06=	01:58+	00:26+	
00:31-	00:58&	03:45&	01:19&	00:49&	00:14-	00:46-	00:04-	02:30&	00:00=	00:08+	00:03#	
8	Kjell Maudal	63										42:11
06:37+	09:15+	15:54+	22:28+	24:14+	27:16+	30:11+	32:40+	37:24+	39:55+	41:44+	42:11+	
06:37+	02:38+	06:39+	06:34+	01:46+	03:02+	02:55+	02:29+	04:44+	02:31-	01:49-	00:27+	
01:30&	00:01+	02:38&	01:32&	00:24&	00:17#	00:36&	00:35&	01:12&	00:35-	00:01-	00:04#	
9	Øystein Nilsen	57										50:40
09:45+	14:55+	19:47+	27:11+	28:57+	32:49+	35:35+	38:12+	44:23+	48:11+	50:11+	50:40+	
09:45+	05:10+	04:52+	07:24+	01:46+	03:52+	02:46+	02:37+	06:11+	03:48+	02:00+	00:29+	
04:38&	02:33&	00:51#	02:22&	00:24&	01:07&	00:27#	00:43&	02:39&	00:42#	00:10+	00:06&	

Class	Navn	Klasse										Tid
10	Magne Westerheim	93										1:01:11
	05:56+	09:10+	27:20+	34:04+	35:48+	38:12+	41:05+	43:31+	53:30+	58:55+	60:42+	61:11+
	05:56+	03:14+	18:10+	06:44+	01:44+	02:24-	02:53+	02:26+	09:59+	05:25+	01:47-	00:29+
	00:49#	00:37#	14:09@	01:42&	00:22&	00:21-	00:34#	00:32&	06:27@	02:19&	00:03-	00:06&

Beste strekktid for klassen

04:23 02:17 02:52 04:23 01:20 02:24 01:33 01:39 03:32 02:21 01:33 00:19

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

Herrer 80 år og eldre

1	Sigurd Krosli	31										34:49
	05:09=	08:58=	14:35=	20:35=	23:58=	28:00=	30:32=	32:38=	34:25=	34:49=		
	05:09=	03:49=	05:37=	06:00=	03:23=	04:02=	02:32=	02:06=	01:47=	00:24=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

2	Arnulf Fuglestad	29										37:24
	04:34-	07:42-	16:22+	22:06+	25:21+	31:31+	33:45+	35:26+	37:00+	37:24+		
	04:34-	03:08-	08:40+	05:44-	03:15-	06:10+	02:14-	01:41-	01:34-	00:24=		
	00:35-	00:41-	03:03&	00:16-	00:08-	02:08&	00:18-	00:25-	00:13-	00:00=		

3	Peter Frafjord	116										1:22:57
	08:26+	15:30+	54:16+	62:34+	66:55+	70:36+	76:37+	79:58+	82:22+	82:57+		
	08:26+	07:04+	38:46+	08:18+	04:21+	03:41-	06:01+	03:21+	02:24+	00:35+		
	03:17&	03:15&	33:09@	02:18&	00:21-	03:29@	01:15&	00:37&	00:11&			

Beste strekktid for klassen

04:34 03:08 05:37 05:44 03:15 03:41 02:14 01:41 01:34 00:24

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

Herrer A

1	Fredrik Omdal	74										46:30									
	02:48=	04:17=	07:59=	08:49=	12:14=	19:09=	20:59=	24:10=	25:11=	26:59=	29:05=	36:53=	38:02=	39:55=	41:56=	42:46=	43:41=	44:20=	45:15=	46:16=	46:30=
	02:48=	01:29=	03:42=	00:50=	03:25=	06:55=	01:50=	03:11=	01:01=	01:48=	02:06=	07:48=	01:09=	01:53=	02:01=	00:50=	00:55=	00:39=	00:55=	01:01=	00:14=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Joar Fuglestad	116										50:42									
	03:00+	04:27+	08:14+	09:07+	12:42+	18:58-	20:39-	24:39+	25:32+	27:12+	29:16+	37:32+	38:56+	41:20+	43:45+	44:32+	45:34+	48:21+	49:19+	50:30+	50:42+
	03:00+	01:27-	03:47+	00:53+	03:35+	06:16-	01:41-	04:00+	00:53-	01:40-	02:04-	08:16+	01:24+	02:24+	02:25+	00:47-	01:02+	02:47+	00:58+	01:11+	00:12-
	00:12+	00:02-	00:05+	00:03+	00:10+	00:39-	00:09-	00:49&	00:08-	00:08-	00:02-	00:28+	00:15#	00:31&	00:24#	00:03-	00:07#	02:08@	00:03+	00:10#	00:02-

3	Kristian Haarr	27										51:51									
	02:47-	04:31+	09:47+	10:42+	14:01+	20:15+	21:47+	25:26+	26:23+	28:33+	30:49+	41:47+	43:14+	45:25+	47:10+	47:59+	48:58+	49:40+	50:32+	51:36+	51:51+
	02:47-	01:44+	05:16+	00:55+	03:19-	06:14-	01:32-	03:39+	00:57-	02:10+	02:16+	10:58+	01:27+	02:11+	01:45-	00:49-	00:59+	00:42+	00:52-	01:04+	00:15+
	00:01-	00:15#	01:34&	00:05#	00:06-	00:41-	00:18-	00:28#	00:04-	00:22#	00:10+	03:10&	00:18&	00:18#	00:16-	00:01-	00:04+	00:03+	00:03-	00:03+	00:01+

4	Aart Joakim in't Veld	93										53:00									
	05:19+	06:39+	11:28+	12:18+	15:35+	23:46+	25:50+	29:08+	30:13+	32:18+	34:30+	42:40+	44:05+	46:14+	48:01+	48:56+	49:56+	50:47+	51:42+	52:44+	53:00+
	05:19+	01:20-	04:49+	00:50=	03:17-	08:11+	02:04+	03:18+	01:05+	02:05+	02:12+	08:10+	01:25+	02:09+	01:47-	00:55+	01:00+	00:51+	00:55=	01:02+	00:16+
	02:31&	00:09-	01:07&	00:00=	00:08-	01:16#	00:14#	00:07+	00:04+	00:17#	00:06+	00:22+	00:16#	00:16#	00:14-	00:05#	00:05+	00:12&	00:00=	00:01+	00:02#

5	Erik Lima	115										57:49									
	04:24+	06:01+	10:50+	11:55+	16:35+	23:39+	25:48+	29:25+	30:29+	32:26+	36:08+	46:31+	47:58+	50:36+	53:22+	54:29+	55:14+	56:15+	57:31+	57:49+	
	04:24+	01:37+	04:49+	01:05+	04:40+	07:04+	02:09+	03:37+	01:04+	01:57+	03:42+	10:23+	01:27+	02:38+	02:46+	01:07+	00:45-	01:01+	01:16+	00:18-	
	01:36&	00:08+	01:07&	00:15&	00:09+	00:19#	00:26#	00:03+	00:09+	01:36&	02:35&	00:18&	00:45&	00:45&	00:17&	00:10-	00:22&	00:21&	00:43-		

6	Martin Blystad	115										1:08:57									
	03:14+	05:13+	11:09+	12:09+	16:17+	25:31+	27:56+	32:28+	33:39+	36:01+	41:48+	54:17+	56:15+	59:44+	62:32+	63:59+	65:28+	66:21+	67:28+	68:41+	68:57+
	03:14+	01:59+	05:56+	01:00+	04:08+	09:14+	02:25+	04:32+	01:11+	02:22+	05:47+	12:29+	01:58+	03:29+	02:48+	01:27+	01:29+	00:53+	01:07+	01:13+	00:16+
	00:26#	00:30&	02:14&	00:10#	00:43#	02:19&	00:35&	01:21&	00:10#	00:34&	03:41@	04:41&	00:49&	01:36&	00:47&	00:37&	00:34&	00:14&	00:12#	00:12#	00:02#

Beste strekktid for klassen

02:47 01:20 03:42 00:50 03:17 06:14 01:32 03:11 00:53 01:40 02:04 07:48 01:09 01:53 01:45 00:47 00:45 00:39 00:52 00:18 00:12

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

Herrer B

1	Morten Aamodt	116	47:01																	
03:05=	04:58=	08:36=	09:25=	12:35=	18:12=	20:07=	23:22=	24:15=	25:58=	27:48=	36:10=	37:49=	40:31=	42:15=	42:48=	43:49=	44:45=	45:39=	46:45=	47:01=
03:05=	01:53=	03:38=	00:49=	03:10=	05:37=	01:55=	03:15=	00:53=	01:43=	01:50=	08:22=	01:39=	02:42=	01:44=	00:33=	01:01=	00:56=	00:54=	01:06=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Oddvar Taksdal	194	48:58																	
02:58-	04:17-	08:14-	09:54+	13:04+	19:20+	21:20+	24:44+	25:33+	27:30+	29:52+	38:31+	39:54+	42:25+	44:07+	44:39+	45:45+	46:33+	47:35+	48:42+	48:58+
02:58-	01:19-	03:57+	01:40+	03:10=	06:16+	02:00+	03:24+	00:49-	01:57+	02:22+	08:39+	01:23-	02:31-	01:42-	00:32-	01:06+	00:48-	01:02+	01:07+	00:16=
00:07-	00:34-	00:19+	00:51@	00:00=	00:39#	00:05+	00:09+	00:04-	00:14#	00:32&	00:17+	00:16-	00:11-	00:02-	00:01-	00:05+	00:08-	00:08#	00:01+	00:00=
3	Tom Furland	62	50:56																	
03:24+	05:01+	09:10+	09:56+	13:17+	19:48+	21:30+	24:45+	25:43+	29:20+	31:38+	40:17+	41:32+	43:53+	45:50+	46:31+	47:37+	48:22+	49:25+	50:40+	50:56+
03:24+	01:37-	04:09+	00:46-	03:21+	06:31+	01:42-	03:15=	00:58+	03:37+	02:18+	08:39+	01:15-	02:21-	01:57+	00:41+	01:06+	00:45-	01:03+	01:15+	00:16=
00:19#	00:16-	00:31#	00:03-	00:11+	00:54#	00:13-	00:00=	00:05+	01:54@	00:28&	00:17+	00:24-	00:21-	00:13#	00:08#	00:05+	00:11-	00:09#	00:09#	00:00=
4	Njål F. Vadla	194	51:27																	
02:39-	04:26-	08:15-	09:09-	12:39+	18:52+	20:45+	23:59+	25:08+	27:07+	29:35+	39:53+	41:22+	44:12+	46:22+	46:53+	48:01+	48:49+	49:56+	51:11+	51:27+
02:39-	01:47-	03:49+	00:54+	03:30+	06:13+	01:53-	03:14-	01:09+	01:59+	02:28+	10:18+	01:29-	02:50+	02:10+	00:31-	01:08+	00:48-	01:07+	01:15+	00:16=
00:26-	00:06-	00:11+	00:05#	00:20#	00:36#	00:02-	00:01-	00:16&	00:16#	00:38&	01:56#	00:10-	00:08+	00:26#	00:02-	00:07#	00:08-	00:13#	00:09#	00:00=
5	Terje Michaelsen	47	52:57																	
02:57-	04:53-	09:00+	10:05+	13:25+	19:58+	21:48+	25:46+	26:53+	29:37+	32:08+	41:44+	42:54+	45:25+	48:07+	48:51+	49:55+	50:36+	51:32+	52:41+	52:57+
02:57-	01:56+	04:07+	01:05+	03:20+	06:33+	01:50-	03:58+	01:07+	02:44+	02:31+	09:36+	01:10-	02:31-	02:42+	00:44+	01:04+	00:41-	00:56+	01:09+	00:16=
00:08-	00:03+	00:29#	00:16&	00:10+	00:56#	00:05-	00:43#	00:14&	01:01&	00:41&	01:14#	00:29-	00:11-	00:58&	00:11&	00:03+	00:15-	00:02+	00:03+	00:00=
6	Odd Fuglestad	250	54:31																	
03:15+	05:05+	09:26+	10:33+	13:52+	20:23+	22:35+	26:05+	27:08+	29:35+	32:19+	41:19+	42:23+	45:09+	47:00+	47:41+	51:07+	51:54+	53:01+	54:13+	54:31+
03:15+	01:50-	04:21+	01:07+	03:19+	06:31+	02:12+	03:30+	01:03+	02:27+	02:44+	09:00+	01:04-	02:46+	01:51+	00:41+	03:26+	00:47-	01:07+	01:12+	00:18+
00:10+	00:03-	00:43#	00:18&	00:09+	00:54#	00:17#	00:15+	00:10#	00:44&	00:54&	00:38+	00:35-	00:04+	00:07+	00:08#	02:25@	00:09-	00:13#	00:06+	00:02#
7	Svein Erik Kvame	116	57:46																	
03:48+	05:53+	10:49+	11:52+	15:35+	23:07+	25:29+	29:42+	30:54+	33:28+	35:57+	45:52+	47:12+	49:54+	52:08+	53:14+	54:26+	55:17+	56:16+	57:29+	57:46+
03:48+	02:05+	04:56+	01:03+	03:43+	07:32+	02:22+	04:13+	01:12+	02:34+	02:29+	09:55+	01:20-	02:42=	02:14+	01:06+	01:12+	00:51-	00:59+	01:13+	00:17+
00:43#	00:12#	01:18&	00:14&	00:33#	01:55&	00:27#	00:58&	00:19&	00:51&	00:39&	01:33#	00:19-	00:00=	00:30&	00:33&	00:11#	00:05-	00:05+	00:07#	00:01+
8	Geir Sand	105	57:55																	
03:12+	04:57-	10:33+	11:47+	15:23+	22:53+	25:28+	29:24+	30:30+	32:45+	35:09+	45:10+	46:50+	49:22+	52:27+	53:28+	54:32+	55:44+	56:40+	57:40+	57:55+
03:12+	01:45-	05:36+	01:14+	03:36+	07:30+	02:35+	03:56+	01:06+	02:15+	02:24+	10:01+	01:40+	02:32-	03:05+	01:01+	01:04+	01:12+	00:56+	01:00-	00:15-
00:07+	00:08-	01:58&	00:25&	00:26#	01:53&	00:40&	00:41#	00:13#	00:32&	00:34&	01:39#	00:01+	00:10-	01:21&	00:28&	00:03+	00:16&	00:02+	00:06-	00:01-
9	Per Olav Haarr	62	1:00:09																	
03:11+	04:48-	10:19+	11:08+	14:40+	21:53+	25:01+	30:00+	31:08+	33:21+	36:09+	47:10+	48:52+	52:02+	54:16+	55:05+	56:19+	57:10+	58:25+	59:49+	60:09+
03:11+	01:37-	05:31+	00:49=	03:32+	07:13+	03:08+	04:59+	01:08+	02:13+	02:48+	11:01+	01:42+	03:10+	02:14+	00:49+	01:14+	00:51-	01:15+	01:24+	00:20+
00:06+	00:16-	01:53&	00:00=	00:22#	01:36&	01:13&	01:44&	00:15&	00:30&	00:58&	02:39&	00:03+	00:28#	00:30&	00:16&	00:13#	00:05-	00:21&	00:18&	00:04#
10	Inge Løland	114	1:03:57																	
03:25+	05:43+	11:41+	12:35+	16:26+	24:21+	27:03+	30:59+	32:09+	34:18+	37:21+	49:34+	51:14+	54:17+	56:54+	57:59+	59:08+	60:14+	61:52+	63:31+	63:57+
03:25+	02:18+	05:58+	00:54+	03:51+	07:55+	02:42+	03:56+	01:10+	02:09+	03:03+	12:13+	01:40+	03:03+	02:37+	01:05+	01:09+	01:06+	01:38+	01:39+	00:26+
00:20#	00:25#	02:20&	00:05#	00:41#	02:18&	00:47&	00:41#	00:17&	00:26&	01:13&	03:51&	00:01+	00:21#	00:53&	00:32&	00:08#	00:10#	00:44&	00:33&	00:10&
11	Arjen Leendertse	91	1:07:50																	
03:10+	05:08+	10:46+	11:39+	15:41+	24:35+	27:27+	32:06+	33:16+	35:51+	41:23+	53:43+	55:35+	58:46+	62:30+	62:57+	64:18+	65:11+	66:23+	67:35+	67:50+
03:10+	01:58+	05:38+	00:53+	04:02+	08:54+	02:52+	04:39+	01:10+	02:35+	05:32+	12:20+	01:52+	03:11+	03:44+	00:27-	01:21+	00:53-	01:12+	01:12+	00:15-
00:05+	00:05+	02:00&	00:04+	00:52&	03:17&	00:57&	01:24&	00:17&	00:52&	03:42@	03:58&	00:13#	00:29#	02:00@	00:06-	00:20&	00:03-	00:18&	00:06+	00:01-
12	Tallak Langmyr	283	1:08:06																	
03:37+	05:29+	10:20+	11:26+	15:53+	26:00+	29:04+	33:43+	35:07+	37:56+	41:09+	54:02+	55:52+	59:34+	61:51+	62:33+	64:01+	64:59+	66:09+	67:46+	68:06+
03:37+	01:52-	04:51+	01:06+	04:27+	10:07+	03:04+	04:39+	01:24+	02:49+	03:13+	12:53+	01:50+	03:42+	02:17+	00:42+	01:28+	00:58+	01:10+	01:37+	00:20+
00:32#	00:01-	01:13&	00:17&	01:17&	04:30&	01:09&	01:24&	00:31&	01:06&	01:23&	04:31&	00:11#	01:00&	00:33&	00:09&	00:27&	00:02+	00:16&	00:31&	00:04#
13	Rune Christiansen	93	1:11:58																	
03:54+	06:04+	11:26+	12:45+	17:49+	27:40+	30:04+	34:51+	36:16+	39:06+	42:11+	56:22+	58:46+	62:57+	65:18+	66:06+	67:34+	68:30+	70:08+	71:33+	71:58+
03:54+	02:10+	05:22+	01:19+	05:04+	09:51+	02:24+	04:47+	01:25+	02:50+	03:05+	14:11+	02:24+	04:11+	02:21+	00:48+	01:28+	00:56=	01:38+	01:25+	00:25+
00:49&	00:17#	01:44&	00:30&	01:54&	04:14&	00:29&	01:32&	00:32&	01:07&	01:15&	05:49&	00:45&	01:29&	00:37&	00:15&	00:27&	00:00=	00:44&	00:19&	00:09&
14	Espen Fyhn Nilsen	116	1:27:40																	
04:30+	07:00+	13:36+	17:46+	22:42+	33:06+	36:20+	41:50+	43:26+	46:17+	51:04+	69:13+	72:50+	77:58+	80:55+	81:46+	83:23+	84:27+	85:48+	87:19+	87:40+
04:30+	02:30+	06:36+	04:10+	04:56+	10:24+	03:14+	05:30+	01:36+	02:51+	04:47+	18:09+	03:37+	05:08+	02:57+	00:51+	01:37+	01:04+	01:21+	01:31+	00:21+
01:25&	00:37&	02:58&	03:21@	01:46&	04:47&	01:19&	02:15&	00:43&	01:08&	02:57@	09:47@	01:58@	02:26&	01:13&	00:18&	00:36&	00:08#	00:27&	00:25&	00:05&

Beste strekktid for klassen

02:39 01:19 03:38 00:46 03:10 05:37 01:42 03:14 00:49 01:43 01:50 08:22 01:04 02:21 01:42 00:27 01:01 00:41 00:54 01:00 00:15

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

Herrer C

1	Kjetil Wirak	114	43:00																
03:08=	04:53=	07:36=	10:51=	12:05=	15:15=	21:25=	23:31=	26:50=	27:47=	29:28=	31:49=	36:30=	38:27=	39:27=	40:16=	40:56=	41:36=	42:45=	43:00=
03:08=	01:45=	02:43=	03:15=	01:14=	03:10=	06:10=	02:06=	03:19=	00:57=	01:41=	02:21=	04:41=	01:57=	01:00=	00:49=	00:40=	00:40=	01:09=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Nils John Vestøl	83	46:23																
03:21+	05:11+	07:15-	10:42-	11:40-	15:17+	22:16+	24:19+	28:28+	29:30+	31:31+	34:16+	39:27+	41:37+	42:47+	43:42+	44:26+	45:06+	46:09+	46:23+
03:21+	01:50+	02:04-	03:27+	00:58-	03:37+	06:59+	02:03-	04:09+	01:02+	02:01+	02:45+	05:11+	02:10+	01:10+	00:55+	00:44+	00:40=	01:03-	00:14-
00:13+	00:05+	00:39-	00:12+	00:16-	00:27#	00:49#	00:03-	00:50&	00:05+	00:20#	00:24#	00:30#	00:13#	00:10#	00:06#	00:04#	00:00=	00:06-	00:01-
3	Otte Omdal	65	50:35																
03:22+	05:11+	07:13-	11:20+	12:47+	16:30+	23:09+	25:36+	30:16+	31:26+	33:32+	36:00+	41:28+	44:03+	46:40+	47:29+	48:19+	49:05+	50:19+	50:35+
03:22+	01:49+	02:02-	04:07+	01:27+	03:43+	06:39+	02:27+	04:40+	01:10+	02:06+	02:28+	05:28+	02:35+	02:37+	00:49=	00:50+	00:46+	01:14+	00:16+
00:14+	00:04+	00:41-	00:52&	00:13#	00:33#	00:29+	00:21#	01:21&	00:13#	00:25#	00:07+	00:47#	00:38&	01:37@	00:00=	00:10#	00:06#	00:05+	00:01+
4	Paul Terje Haarr	62	51:20																
04:09+	05:59+	08:13+	12:26+	13:29+	17:27+	26:29+	28:35+	32:16+	33:54+	35:57+	38:30+	43:43+	46:20+	47:30+	48:24+	49:04+	49:50+	51:03+	51:20+
04:09+	01:50+	02:14-	04:13+	01:03-	03:58+	09:02+	02:06=	03:41+	01:38+	02:03+	02:33+	05:13+	02:37+	01:10+	00:54+	00:40=	00:46+	01:13+	00:17+
01:01&	00:05+	00:29-	00:58&	00:11-	00:48&	02:52&	00:00=	00:22#	00:41&	00:22#	00:12+	00:32#	00:40&	00:10#	00:05#	00:00=	00:06#	00:04+	00:02#
5	Trond Nilsen Lamark	114	52:20																
03:49+	05:38+	07:39+	11:38+	12:31+	16:00+	26:51+	28:46+	33:02+	34:10+	36:17+	38:42+	44:27+	46:45+	48:19+	49:16+	50:00+	50:43+	52:03+	52:20+
03:49+	01:49+	02:01-	03:59+	00:53-	00:53-	10:51+	01:55-	04:16+	01:08+	02:07+	02:25+	05:45+	02:18+	01:34+	00:57+	00:44+	00:43+	01:20+	00:17+
00:41#	00:04+	00:42-	00:44#	00:21-	00:19#	04:41&	00:11-	00:57&	00:11#	00:26&	00:04+	01:04#	00:21#	00:34&	00:08#	00:04#	00:03+	00:11#	00:02#
6	Rune Karstensen	37	52:56																
03:45+	05:33+	07:52+	12:03+	13:07+	17:32+	25:41+	27:48+	32:08+	33:15+	35:28+	38:54+	44:32+	47:32+	48:47+	49:45+	50:37+	51:24+	52:42+	52:56+
03:45+	01:48+	02:19-	04:11+	01:04-	04:25+	08:09+	02:07+	04:20+	01:07+	02:13+	03:26+	05:38+	03:00+	01:15+	00:58+	00:52+	00:47+	01:18+	00:14-
00:37#	00:03+	00:24-	00:56&	00:10-	01:15&	01:59&	00:01+	01:01&	00:10#	00:32&	01:05&	00:57#	01:03&	00:15#	00:09#	00:12&	00:07#	00:09#	00:01-
7	Øystein Huglen	27	54:22																
03:19+	05:10+	08:35+	12:29+	13:27+	17:17+	25:04+	27:44+	32:47+	34:00+	36:34+	39:35+	45:14+	47:48+	49:01+	50:07+	52:59+	54:08+	54:22+	
03:19+	01:51+	03:25+	03:54+	00:58-	03:50+	07:47+	02:40+	05:03+	01:13+	02:34+	03:01+	05:39+	02:34+	01:13+	01:06+	02:52+	01:09+	00:14-	
00:11+	00:06+	00:42&	00:39#	00:16-	00:40#	01:37&	00:34&	01:44&	00:16&	00:53&	00:40&	00:58#	00:37&	00:13#	00:17&	02:12@	00:29&	00:55-	
8	Sturle Omdal	116	56:43																
04:07+	05:53+	08:04+	12:02+	12:59+	17:09+	26:12+	28:30+	32:39+	33:51+	36:09+	38:39+	45:14+	49:31+	51:17+	52:07+	54:35+	55:23+	56:30+	56:43+
04:07+	01:46+	02:11-	03:58+	00:57-	04:10+	09:03+	02:18+	04:09+	01:12+	02:18+	02:30+	06:35+	04:17+	01:46+	00:50+	02:28+	00:48+	01:07-	00:13-
00:59&	00:01+	00:32-	00:43#	00:17-	01:00&	02:53&	00:12+	00:50&	00:15&	00:37&	00:09+	01:54&	02:20@	00:46&	00:01+	01:48@	00:08#	00:02-	00:02-
9	Øystein Dahle	92	57:41																
03:45+	05:28+	07:51+	12:06+	13:07+	17:44+	26:58+	29:27+	34:34+	35:44+	38:15+	41:10+	47:39+	50:35+	52:03+	53:21+	54:22+	55:41+	57:17+	57:41+
03:45+	01:43-	02:23-	04:15+	01:01-	04:37+	09:14+	02:29+	05:07+	01:10+	02:31+	02:55+	06:29+	02:56+	01:28+	01:18+	01:01+	01:19+	01:36+	00:24+
00:37#	00:02-	00:20-	01:00&	00:13-	01:27&	03:04&	00:23#	01:48&	00:13#	00:50&	00:34#	01:48&	00:59&	00:28&	00:29&	00:21&	00:39&	00:27&	00:09&
10	Erling Mauland	83	1:00:49																
03:45+	05:52+	08:21+	12:18+	13:19+	17:33+	26:25+	29:06+	33:31+	34:45+	37:08+	42:38+	48:25+	50:57+	52:15+	53:19+	58:10+	59:10+	60:32+	60:49+
03:45+	02:07+	02:29-	03:57+	01:01-	04:14+	08:52+	02:41+	04:25+	01:14+	02:23+	05:30+	05:47+	02:32+	01:18+	01:04+	04:51+	01:00+	01:22+	00:17+
00:37#	00:22#	00:14-	00:42#	00:13-	01:04&	02:42&	00:35&	01:06&	00:17&	00:42&	03:09@	01:06#	00:35&	00:18&	00:15&	04:11@	00:20&	00:13#	00:02#
11	Ove Oaland	116	1:03:27																
04:27+	06:35+	09:05+	13:33+	14:52+	19:24+	29:08+	32:08+	36:59+	38:22+	41:21+	44:24+	51:36+	55:02+	56:27+	59:57+	60:56+	61:46+	63:08+	63:27+
04:27+	02:08+	02:30-	04:28+	01:19+	04:32+	09:44+	03:00+	04:51+	01:23+	02:59+	03:03+	07:12+	03:26+	01:25+	03:30+	00:59+	00:50+	01:22+	00:19+
01:19&	00:23#	00:13-	01:13&	00:05+	01:22&	03:34&	00:54&	01:32&	00:26&	01:18&	00:42&	02:31&	01:29&	00:25&	02:41@	00:19&	00:10#	00:13#	00:04&
12	Knut Feldmann	93	1:04:33																
04:14+	06:19+	11:46+	16:15+	17:32+	21:58+	31:40+	35:56+	41:00+	42:28+	45:09+	48:08+	55:18+	58:39+	59:57+	60:59+	61:53+	62:52+	64:15+	64:33+
04:14+	02:05+	05:27+	04:29+	01:17+	04:26+	09:42+	04:16+	05:04+	01:28+	02:41+	02:59+	07:10+	03:21+	01:18+	01:02+	00:54+	00:59+	01:23+	00:18+
01:06&	00:20#	02:44@	01:14&	00:03+	01:16&	03:32&	02:10@	01:45&	00:31&	01:00&	00:38&	02:29&	01:24&	00:18&	00:13&	00:14&	00:19&	00:14#	00:03#
13	Ivar Knutsen	116	1:10:09																
04:32+	06:44+	09:22+	14:16+	17:05+	21:55+	32:29+	35:40+	41:04+	42:37+	49:31+	53:47+	59:48+	64:02+	65:21+	66:33+	67:25+	68:30+	69:50+	70:09+
04:32+	02:12+	02:38-	04:54+	02:49+	04:50+	10:34+	03:11+	05:24+	01:33+	06:54+	04:16+	06:01+	04:14+	01:19+	01:12+	00:52+	01:05+	01:20+	00:19+
01:24&	00:27&	00:05-	01:39&	01:35@	01:40&	04:24&	01:05&	02:05&	00:36&	05:13@	01:55&	01:20&	02:17@	00:19&	00:23&	00:12&	00:25&	00:11#	00:04&

Class	Navn	Klasse										Tid									
14	Otto Alsnes	50										1:12:06									
04:00+	06:42+	09:04+	14:06+	15:04+	19:30+	34:39+	38:07+	44:17+	45:36+	48:32+	51:49+	59:24+	63:57+	65:21+	66:18+	68:48+	69:59+	71:44+	72:06+		
04:00+	02:42+	02:22-	05:02+	00:58-	04:26+	15:09+	03:28+	06:10+	01:19+	02:56+	03:17+	07:35+	04:33+	01:24+	00:57+	02:30+	01:11+	01:45+	00:22+		
00:52&	00:57&	00:21-	01:47&	00:16-	01:16&	08:59@	01:22&	02:51&	00:22&	01:15&	00:56&	02:54&	02:36@	00:24&	00:08#	01:50@	00:31&	00:36&	00:07&		

Beste strekktid for klassen

03:08 01:43 02:01 03:15 00:53 03:10 06:10 01:55 03:19 00:57 01:41 02:21 04:41 01:57 01:00 00:49 00:40 00:40 00:14 00:13

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

Herrer Trim

1	Antal Jansen	115										24:16									
03:28=	05:36=	09:47=	14:21=	16:15=	18:02=	21:18=	22:43=	24:01=	24:16=												
03:28=	02:08=	04:11=	04:34=	01:54=	01:47=	03:16=	01:25=	01:18=	00:15=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Jarl Steinar Berntsen	27										27:23									
04:08+	07:16+	11:09+	16:26+	18:57+	21:16+	24:30+	25:39+	27:05+	27:23+												
04:08+	03:08+	03:53-	05:17+	02:31+	02:19+	03:14-	01:09-	01:26+	00:18+												
00:40#	01:00&	00:18-	00:43#	00:37&	00:32&	00:02-	00:16-	00:08#	00:03#												
3	Jon Kåre Olsen	92										27:48									
03:48+	06:34+	10:51+	15:23+	17:12+	19:21+	23:03+	25:22+	26:39+	27:28+	27:48+											
03:48+	02:46+	04:17+	04:32-	01:49-	02:09+	03:42+	02:19+	01:17-	00:49+	00:20+											
00:20+	00:38&	00:06+	00:02-	00:05-	00:22#	00:26#	00:54&	00:01-	00:34@	00:20+											
4	Tor Inge Hansen	144										28:48									
04:29+	07:06+	11:59+	17:06+	19:24+	22:55+	24:54+	26:52+	28:29+	28:48+												
04:29+	02:37+	04:53+	05:07+	02:18+	03:31+	01:59-	01:58+	01:37+	00:19+												
01:01&	00:29#	00:42#	00:33#	00:24#	01:44&	01:17-	00:33&	00:19#	00:04&												
5	Jon Jakobsen	116										29:29									
03:32+	07:49+	12:43+	17:58+	20:53+	23:39+	25:51+	27:46+	29:05+	29:29+												
03:32+	04:17+	04:54+	05:15+	02:55+	02:46+	02:12-	01:55+	01:19+	00:24+												
00:04+	02:09@	00:43#	00:41#	01:01&	00:59&	01:04-	00:30&	00:01+	00:09&												
6	Jan Knudsen	92										31:17									
04:12+	07:18+	11:39+	16:53+	23:44+	25:36+	28:00+	29:30+	31:00+	31:17+												
04:12+	03:06+	04:21+	05:14+	06:51+	01:52+	02:24-	01:30+	01:30+	00:17+												
00:44#	00:58&	00:10+	00:40#	04:57@	00:05+	00:52-	00:05+	00:12#	00:02#												
7	Leif Jarle Skåra	29										31:23									
03:33+	07:29+	12:06+	17:30+	19:38+	21:48+	27:59+	29:24+	31:02+	31:23+												
03:33+	03:56+	04:37+	05:24+	02:08+	02:10+	06:11+	01:25=	01:38+	00:21+												
00:05+	01:48&	00:26#	00:50#	00:14#	00:23#	02:55&	00:00=	00:20&	00:06&												
8	Joar Fandrem	94										32:03									
04:23+	07:53+	12:38+	17:54+	20:40+	23:26+	27:26+	30:16+	31:45+	32:03+												
04:23+	03:30+	04:45+	05:16+	02:46+	02:46+	04:00+	02:50+	01:29+	00:18+												
00:55&	01:22&	00:34#	00:42#	00:52&	00:59&	00:44#	01:25&	00:11#	00:03#												
9	Jan Erik Syvertsen	51										32:17									
04:26+	09:22+	14:44+	20:21+	23:08+	26:05+	28:52+	30:36+	32:02+	32:17+												
04:26+	04:56+	05:22+	05:37+	02:47+	02:57+	02:47-	01:44+	01:26+	00:15=												
00:58&	02:48@	01:11&	01:03#	00:53&	01:10&	00:29-	00:19#	00:08#	00:00=												
10	Heine Furubotten	192										32:43									
03:47+	07:05+	12:07+	19:33+	23:00+	25:42+	28:26+	30:31+	32:20+	32:43+												
03:47+	03:18+	05:02+	07:26+	03:27+	02:42+	02:44-	02:05+	01:49+	00:23+												
00:19+	01:10&	00:51#	02:52&	01:33&	00:55&	00:32-	00:40&	00:31&	00:08&												
11	Ivar Aalbu	29										32:47									
04:32+	08:05+	13:39+	19:25+	23:10+	25:50+	28:09+	30:37+	32:23+	32:47+												
04:32+	03:33+	05:34+	05:46+	03:45+	02:40+	02:19-	02:28+	01:46+	00:24+												
01:04&	01:25&	01:23&	01:12&	01:51&	00:53&	00:57-	01:03&	00:28&	00:09&												
12	Thorstein Gunnarsson	144										33:06									
05:16+	08:47+	13:52+	20:35+	23:24+	26:27+	28:46+	31:08+	32:46+	33:06+												
05:16+	03:31+	05:05+	06:43+	02:49+	03:03+	02:19-	02:22+	01:38+	00:20+												
01:48&	01:23&	00:54#	02:09&	00:55&	01:16&	00:57-	00:57&	00:20&	00:05&												

Class	Navn	Klasse	Tid						
13	Jørgen Johnsen	167	33:36						
04:25+	13:04+	17:02+	22:12+	24:45+	26:58+	30:34+	32:04+	33:19+	33:36+
04:25+	08:39+	03:58-	05:10+	02:33+	02:13+	03:36+	01:30+	01:15-	00:17+
00:57&	06:31@	00:13-	00:36#	00:39&	00:26#	00:20#	00:05+	00:03-	00:02#
14	Einar Tønnesen	29	34:02						
05:01+	08:44+	13:41+	20:06+	23:20+	26:35+	29:49+	31:47+	33:40+	34:02+
05:01+	03:43+	04:57+	06:25+	03:14+	03:15+	03:14-	01:58+	01:53+	00:22+
01:33&	01:35&	00:46#	01:51&	01:20&	01:28&	00:02-	00:33&	00:35&	00:07&
15	Paul Richard Carr	136	34:45						
05:07+	08:11+	13:48+	19:47+	22:20+	25:12+	29:31+	32:33+	34:20+	34:45+
05:07+	03:04+	05:37+	05:59+	02:33+	02:52+	04:19+	03:02+	01:47+	00:25+
01:39&	00:56&	01:26&	01:25&	00:39&	01:05&	01:03&	01:37@	00:29&	00:10&
16	Arild Olsen	4	35:10						
04:27+	10:21+	14:53+	22:54+	26:05+	28:43+	31:25+	33:14+	34:51+	35:10+
04:27+	05:54+	04:32+	08:01+	03:11+	02:38+	02:42-	01:49+	01:37+	00:19+
00:59&	03:46@	00:21+	03:27&	01:17&	00:51&	00:34-	00:24&	00:19#	00:04&
17	Stig Ballestad	37	35:54						
05:10+	10:12+	15:48+	21:43+	24:31+	27:15+	31:38+	33:43+	35:32+	35:54+
05:10+	05:02+	05:36+	05:55+	02:48+	02:44+	04:23+	02:05+	01:49+	00:22+
01:42&	02:54@	01:25&	01:21&	00:54&	00:57&	01:07&	00:40&	00:31&	00:07&
18	Reidar Haver	4	36:17						
05:11+	11:46+	16:29+	24:42+	27:37+	29:38+	32:10+	33:53+	36:00+	36:17+
05:11+	06:35+	04:43+	08:13+	02:55+	02:01+	02:32-	01:43+	02:07+	00:17+
01:43&	04:27@	00:32#	03:39&	01:01&	00:14#	00:44-	00:18#	00:49&	00:02#
19	Per Kolbein Tonstad	66	36:37						
05:36+	09:20+	15:33+	22:18+	25:49+	28:43+	32:29+	34:15+	36:10+	36:37+
05:36+	03:44+	06:13+	06:45+	03:31+	02:54+	03:46+	01:46+	01:55+	00:27+
02:08&	01:36&	02:02&	02:11&	01:37&	01:07&	00:30#	00:21#	00:37&	00:12&
20	Cato Bjerkeli	237	36:39						
04:26+	07:59+	20:39+	25:55+	28:12+	30:39+	32:45+	34:39+	36:17+	36:39+
04:26+	03:33+	12:40+	05:16+	02:17+	02:27+	02:06-	01:54+	01:38+	00:22+
00:58&	01:25&	08:29@	00:42#	00:23#	00:40&	01:10-	00:29&	00:20&	00:07&
21	Sverre Uhlving	105	37:11						
05:52+	09:48+	16:26+	24:25+	27:27+	30:10+	32:46+	34:44+	36:42+	37:11+
05:52+	03:56+	06:38+	07:59+	03:02+	02:43+	02:36-	01:58+	01:58+	00:29+
02:24&	01:48&	02:27&	03:25&	01:08&	00:56&	00:40-	00:33&	00:40&	00:14&
22	Oddgeir Nevland	51	37:24						
04:28+	07:45+	11:58+	17:13+	19:39+	23:02+	33:21+	35:30+	36:51+	37:24+
04:28+	03:17+	04:13+	05:15+	02:26+	03:23+	10:19+	02:09+	01:21+	00:33+
01:00&	01:09&	00:02+	00:41#	00:32&	01:36&	07:03@	00:44&	00:03+	00:18@
23	Rune Sunde	232	37:43						
04:18+	08:16+	20:06+	26:45+	29:27+	32:28+	34:30+	35:55+	37:21+	37:43+
04:18+	03:58+	11:50+	06:39+	02:42+	03:01+	02:02-	01:25+	01:26+	00:22+
00:50#	01:50&	07:39@	02:05&	00:48&	01:14&	01:14-	00:00+	00:08#	00:07&
24	Ommund Bakkevoild	68	38:09						
04:56+	09:20+	15:44+	24:01+	27:33+	30:41+	33:13+	35:40+	37:47+	38:09+
04:56+	04:24+	06:24+	08:17+	03:32+	03:08+	02:32-	02:27+	02:07+	00:22+
01:28&	02:16@	02:13&	03:43&	01:38&	01:21&	00:44-	01:02&	00:49&	00:07&
25	Arnt Krisitian Viland	27	38:45						
05:08+	09:04+	15:15+	27:14+	29:50+	32:11+	35:01+	36:39+	38:22+	38:45+
05:08+	03:56+	06:11+	11:59+	02:36+	02:21+	02:50-	01:38+	01:43+	00:23+
01:40&	01:48&	02:00&	07:25@	00:42&	00:34&	00:26-	00:13#	00:25&	00:08&
26	Arne Hope	43	40:17						
05:35+	10:43+	17:15+	26:11+	29:22+	32:44+	36:21+	38:10+	39:56+	40:17+
05:35+	05:08+	06:32+	08:56+	03:11+	03:22+	03:37+	01:49+	01:46+	00:21+
02:07&	03:00@	02:21&	04:22&	01:17&	01:35&	00:21#	00:24&	00:28&	00:06&
27	Kjetil Bårdsen	105	40:38						
05:00+	09:12+	15:42+	22:50+	27:38+	29:53+	37:36+	39:04+	40:20+	40:38+
05:00+	04:12+	06:30+	07:08+	04:48+	02:15+	07:43+	01:28+	01:16-	00:18+
01:32&	02:04&	02:19&	02:34&	02:54@	00:28&	04:27@	00:03+	00:02-	00:03#

Class	Navn	Klasse	Tid							
28	Per Bakken	5	40:45							
06:06+	10:51+ 17:15+ 24:49+ 28:45+ 32:51+ 36:39+ 38:31+ 40:20+ 40:45+									
06:06+	04:45+ 06:24+ 07:34+ 03:56+ 04:06+ 03:48+ 01:52+ 01:49+ 00:25+									
02:38&	02:37@ 02:13& 03:00& 02:02@ 02:19@ 00:32# 00:27& 00:31& 00:10&									
29	Audun Sjøen	111	42:47							
06:01+	10:09+ 16:32+ 24:24+ 28:07+ 33:26+ 38:38+ 40:46+ 42:22+ 42:47+									
06:01+	04:08+ 06:23+ 07:52+ 03:43+ 05:19+ 05:12+ 02:08+ 01:36+ 00:25+									
02:33&	02:00& 02:12& 03:18& 01:49& 03:32@ 01:56& 00:43& 00:18# 00:10&									
30	Samuel Denieul	42	43:14							
06:44+	11:21+ 17:15+ 25:32+ 28:49+ 31:34+ 35:03+ 40:08+ 41:42+ 42:57+ 43:14+									
06:44+	04:37+ 05:54+ 08:17+ 03:17+ 02:45+ 03:29+ 05:05+ 01:34+ 01:15+ 00:17+									
03:16&	02:29@ 01:43& 03:43& 01:23& 00:58& 00:13+ 03:40@ 00:16# 01:00@ 00:17+									
31	Viggo Johansen	62	44:11							
06:23+	10:38+ 16:12+ 23:32+ 32:08+ 35:30+ 38:55+ 41:47+ 43:42+ 44:11+									
06:23+	04:15+ 05:34+ 07:20+ 08:36+ 03:22+ 03:25+ 02:52+ 01:55+ 00:29+									
02:55&	02:07& 01:23& 02:46& 06:42@ 01:35& 00:09+ 01:27@ 00:37& 00:14&									
32	Christoffer Soma	286	45:38							
03:59+	09:08+ 15:09+ 22:01+ 24:53+ 30:19+ 40:23+ 43:50+ 45:20+ 45:38+									
03:59+	05:09+ 06:01+ 06:52+ 02:52+ 05:26+ 10:04+ 03:27+ 01:30+ 00:18+									
00:31#	03:01@ 01:50& 02:18& 00:58& 03:39@ 06:48@ 02:02@ 00:12# 00:03#									
33	Arild Svihus	92	47:32							
06:09+	10:28+ 18:19+ 26:42+ 30:37+ 35:23+ 39:04+ 45:18+ 47:08+ 47:32+									
06:09+	04:19+ 07:51+ 08:23+ 03:55+ 04:46+ 03:41+ 06:14+ 01:50+ 00:24+									
02:41&	02:11@ 03:40& 03:49& 02:01@ 02:59@ 00:25# 04:49@ 00:32& 00:09&									
34	Arild Nesbø	71	48:21							
06:28+	10:35+ 26:11+ 33:19+ 36:31+ 39:49+ 44:26+ 46:32+ 47:59+ 48:21+									
06:28+	04:07+ 15:36+ 07:08+ 03:12+ 03:18+ 04:37+ 02:06+ 01:27+ 00:22+									
03:00&	01:59& 11:25@ 02:34& 01:18& 01:31& 01:21& 00:41& 00:09# 00:07&									
35	Øyvind Nagel-Alne	74	51:09							
04:43+	11:08+ 34:06+ 39:40+ 42:19+ 44:39+ 47:24+ 49:17+ 50:49+ 51:09+									
04:43+	06:25+ 22:58+ 05:34+ 02:39+ 02:20+ 02:45- 01:53+ 01:32+ 00:20+									
01:15&	04:17@ 18:47@ 01:00# 00:45& 00:33& 00:31- 00:28& 00:14# 00:05&									
36	Jon Grepstad	111	52:44							
08:12+	13:45+ 21:39+ 35:36+ 39:19+ 43:42+ 47:20+ 50:02+ 52:18+ 52:44+									
08:12+	05:33+ 07:54+ 13:57+ 03:43+ 04:23+ 03:38+ 02:42+ 02:16+ 00:26+									
04:44@	03:25@ 03:43& 09:23@ 01:49& 02:36@ 00:22# 01:17& 00:58& 00:11&									
37	Frank Gulbrandsen	105	1:00:24							
05:48+	09:47+ 34:42+ 42:37+ 46:53+ 50:15+ 54:02+ 56:37+ 59:42+ 60:24+									
05:48+	03:59+ 24:55+ 07:55+ 04:16+ 03:22+ 03:47+ 02:35+ 03:05+ 00:42+									
02:20&	01:51& 20:44@ 03:21& 02:22@ 01:35& 00:31# 01:10& 01:47@ 00:27@									
38	Jan Henrik Neuenkirchen	93	1:01:48							
11:19+	21:27+ 31:19+ 38:44+ 42:14+ 45:29+ 56:08+ 59:48+ 61:25+ 61:48+									
11:19+	10:08+ 09:52+ 07:25+ 03:30+ 03:15+ 10:39+ 03:40+ 01:37+ 00:23+									
07:51@	08:00@ 05:41@ 02:51& 01:36& 01:28& 07:23@ 02:15@ 00:19# 00:08&									
39	Arthur Christiansen	93	1:02:28							
11:12+	17:48+ 27:31+ 40:23+ 46:02+ 50:32+ 55:01+ 58:18+ 61:44+ 62:28+									
11:12+	06:36+ 09:43+ 12:52+ 05:39+ 04:30+ 04:29+ 03:17+ 03:26+ 00:44+									
07:44@	04:28@ 05:32@ 08:18@ 03:45@ 02:43@ 01:13& 01:52@ 02:08@ 00:29@									
40	Svein Inge Sævereid	126	1:03:50							
07:46+	12:36+ 21:20+ 29:47+ 40:03+ 49:03+ 56:44+ 60:11+ 63:07+ 63:50+									
07:46+	04:50+ 08:44+ 08:27+ 10:16+ 09:00+ 07:41+ 03:27+ 02:56+ 00:43+									
04:18@	02:42@ 04:33@ 03:53& 08:22@ 07:13@ 04:25@ 02:02@ 01:38@ 00:28@									
41	Harald Sunde	232	1:03:55							
11:47+	19:28+ 29:04+ 40:11+ 45:21+ 51:30+ 57:34+ 60:26+ 63:08+ 63:55+									
11:47+	07:41+ 09:36+ 11:07+ 05:10+ 06:09+ 06:04+ 02:52+ 02:42+ 00:47+									
08:19@	05:33@ 05:25@ 06:33@ 03:16@ 04:22@ 02:48& 01:27@ 01:24@ 00:32@									
Beste strekktid for klassen										
	03:28	02:08	03:53	04:32	01:49	01:47	01:59	01:09	01:15	00:15

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