

|        |                           |        |        |        |        |        |        |        |        |        |        |        |         |
|--------|---------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 1      | Heidi Bjørndaa1           |        |        |        |        |        |        |        |        |        |        | 29     | 38:42   |
| 04:29= | 10:02=                    | 11:06= | 12:47= | 16:56= | 19:00= | 20:39= | 27:59= | 31:20= | 35:20= | 36:28= | 37:44= | 38:42= |         |
| 04:29= | 05:33=                    | 01:04= | 01:41= | 04:09= | 02:04= | 01:39= | 07:20= | 03:21= | 04:00= | 01:08= | 01:16= | 00:58= |         |
| 00:00= | 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     | 44:42   |
| 06:52+ | 16:21+                    | 17:16+ | 20:20+ | 23:39+ | 25:36+ | 26:58+ | 34:32+ | 38:02+ | 41:56+ | 42:41+ | 43:51+ | 44:42+ |         |
| 06:52+ | 09:29+                    | 00:55- | 03:04+ | 03:19- | 01:57- | 01:22- | 07:34+ | 03:30+ | 03:54- | 00:45- | 01:10- | 00:51- |         |
| 02:23& | 03:56&                    | 00:09- | 01:23& | 00:50- | 00:07- | 00:17- | 00:14+ | 00:09+ | 00:06- | 00:23- | 00:06- | 00:07- |         |
| 3      | Tiina Sofia Salmén        |        |        |        |        |        |        |        |        |        |        | 152    | 45:54   |
| 03:56- | 11:29+                    | 12:52+ | 14:32+ | 17:31+ | 19:29+ | 21:01+ | 33:48+ | 38:53+ | 42:49+ | 43:39+ | 45:02+ | 45:54+ |         |
| 03:56- | 07:33+                    | 01:23+ | 01:40- | 02:59- | 01:58- | 01:32- | 12:47+ | 05:05+ | 03:56- | 00:50- | 01:23+ | 00:52- |         |
| 00:33- | 02:00&                    | 00:19& | 00:01- | 01:10- | 00:06- | 00:07- | 05:27& | 01:44& | 00:04- | 00:18- | 00:07+ | 00:06- |         |
| 4      | Agnes Selma Haker         |        |        |        |        |        |        |        |        |        |        | 115    | 50:51   |
| 04:49+ | 10:51+                    | 11:59+ | 14:01+ | 21:15+ | 23:15+ | 25:28+ | 36:46+ | 41:38+ | 47:17+ | 48:07+ | 49:40+ | 50:51+ |         |
| 04:49+ | 06:02+                    | 01:08+ | 02:02+ | 07:14+ | 02:00- | 02:13+ | 11:18+ | 04:52+ | 05:39+ | 00:50- | 01:33+ | 01:11+ |         |
| 00:20+ | 00:29+                    | 00:04+ | 00:21# | 03:05& | 00:04- | 00:34& | 03:58& | 01:31& | 01:39& | 00:18- | 00:17# | 00:13# |         |
| 5      | Ruth Magrethe Westre      |        |        |        |        |        |        |        |        |        |        | 54     | 51:52   |
| 05:53+ | 11:27+                    | 15:54+ | 18:10+ | 21:57+ | 23:44+ | 26:02+ | 36:15+ | 41:11+ | 48:41+ | 49:39+ | 50:53+ | 51:52+ |         |
| 05:53+ | 05:34+                    | 04:27+ | 02:16+ | 03:47- | 01:47- | 02:18+ | 10:13+ | 04:56+ | 07:30+ | 00:58- | 01:14- | 00:59+ |         |
| 01:24& | 00:01+                    | 03:23@ | 00:35& | 00:22- | 00:17- | 00:39& | 02:53& | 01:35& | 03:30& | 00:10- | 00:02- | 00:01+ |         |
| 6      | Ann Torill M. Bakken      |        |        |        |        |        |        |        |        |        |        | 116    | 55:13   |
| 06:26+ | 11:50+                    | 13:18+ | 21:42+ | 26:55+ | 29:10+ | 30:58+ | 39:20+ | 44:27+ | 51:33+ | 52:43+ | 54:14+ | 55:13+ |         |
| 06:26+ | 05:24-                    | 01:28+ | 08:24+ | 05:13+ | 02:15+ | 01:48+ | 08:22+ | 05:07+ | 07:06+ | 01:10+ | 01:31+ | 00:59+ |         |
| 01:57& | 00:09-                    | 00:24& | 06:43@ | 01:04& | 00:11+ | 00:09+ | 01:02# | 01:46& | 03:06& | 00:02+ | 00:15# | 00:01+ |         |
| 7      | Kine Strømstad            |        |        |        |        |        |        |        |        |        |        | 109    | 55:27   |
| 05:21+ | 11:29+                    | 13:03+ | 14:32+ | 20:55+ | 23:12+ | 24:47+ | 33:21+ | 39:31+ | 46:34+ | 50:59+ | 52:39+ | 54:18+ |         |
| 05:21+ | 06:08+                    | 01:34+ | 01:29- | 06:23+ | 02:17+ | 01:35- | 08:34+ | 06:10+ | 07:03+ | 04:25+ | 01:40+ | 01:39+ |         |
| 00:52# | 00:35#                    | 00:30& | 00:12- | 02:14& | 00:13# | 00:04- | 01:14# | 02:49& | 03:03& | 03:17@ | 00:24& | 00:41& |         |
| 8      | Sina Thu                  |        |        |        |        |        |        |        |        |        |        | 271    | 55:42   |
| 07:47+ | 13:37+                    | 14:44+ | 29:23+ | 33:13+ | 35:31+ | 37:10+ | 45:49+ | 49:26+ | 52:01+ | 53:11+ | 54:45+ | 55:42+ |         |
| 07:47+ | 05:50+                    | 01:07+ | 14:39+ | 03:50- | 02:18+ | 01:39= | 08:39+ | 03:37+ | 02:35- | 01:10+ | 01:34+ | 00:57- |         |
| 03:18& | 00:17+                    | 00:03+ | 12:58@ | 00:19- | 00:14# | 00:00= | 01:19# | 00:16+ | 01:25- | 00:02+ | 00:18# | 00:01- |         |
| 9      | Maren Heradstveit         |        |        |        |        |        |        |        |        |        |        | 76     | 56:00   |
| 06:33+ | 14:11+                    | 15:22+ | 17:16+ | 21:44+ | 24:03+ | 25:59+ | 45:28+ | 48:43+ | 52:26+ | 53:20+ | 54:49+ | 56:00+ |         |
| 06:33+ | 07:38+                    | 01:11+ | 01:54+ | 04:28+ | 02:19+ | 01:56+ | 19:29+ | 03:15- | 03:43- | 00:54- | 01:29+ | 01:11+ |         |
| 02:04& | 02:05&                    | 00:07# | 00:13# | 00:19+ | 00:15# | 00:17# | 12:09@ | 00:06- | 00:17- | 00:14- | 00:13# | 00:13# |         |
| 10     | Helene Lie                |        |        |        |        |        |        |        |        |        |        | 228    | 57:01   |
| 04:50+ | 10:35+                    | 13:03+ | 26:56+ | 30:46+ | 33:29+ | 35:27+ | 44:00+ | 48:12+ | 52:43+ | 54:16+ | 55:51+ | 57:01+ |         |
| 04:50+ | 05:45+                    | 02:28+ | 13:53+ | 03:50- | 02:43+ | 01:58+ | 08:33+ | 04:12+ | 04:31+ | 01:33+ | 01:35+ | 01:10+ |         |
| 00:21+ | 00:12+                    | 01:24@ | 12:12@ | 00:19- | 00:39& | 00:19# | 01:13# | 00:51& | 00:31# | 00:25& | 00:19# | 00:12# |         |
| 11     | Nicola Herbert            |        |        |        |        |        |        |        |        |        |        | 117    | 58:57   |
| 12:21+ | 18:39+                    | 19:56+ | 21:55+ | 26:39+ | 29:33+ | 31:28+ | 42:35+ | 52:09+ | 55:23+ | 56:19+ | 57:54+ | 58:57+ |         |
| 12:21+ | 06:18+                    | 01:17+ | 01:59+ | 04:44+ | 02:54+ | 01:55+ | 11:07+ | 09:34+ | 03:14- | 00:56- | 01:35+ | 01:03+ |         |
| 07:52@ | 00:45#                    | 00:13# | 00:18# | 00:35# | 00:50& | 00:16# | 03:47& | 06:13@ | 00:46- | 00:12- | 00:19# | 00:05+ |         |
| 12     | Gunn Iren Stangeland      |        |        |        |        |        |        |        |        |        |        | 62     | 59:02   |
| 05:39+ | 10:53+                    | 12:21+ | 18:20+ | 23:07+ | 26:26+ | 28:34+ | 38:32+ | 48:06+ | 55:18+ | 56:19+ | 57:54+ | 59:02+ |         |
| 05:39+ | 05:14-                    | 01:28+ | 05:59+ | 04:47+ | 03:19+ | 02:08+ | 09:58+ | 09:34+ | 07:12+ | 01:01- | 01:35+ | 01:08+ |         |
| 01:10& | 00:19-                    | 00:24& | 04:18@ | 00:38# | 01:15& | 00:29& | 02:38& | 06:13@ | 03:12& | 00:07- | 00:19# | 00:10# |         |
| 13     | Ingunn Berghheim Landsnes |        |        |        |        |        |        |        |        |        |        | 74     | 1:01:07 |
| 09:18+ | 16:47+                    | 18:38+ | 22:16+ | 26:49+ | 30:00+ | 32:33+ | 42:14+ | 47:07+ | 56:36+ | 57:41+ | 59:51+ | 61:07+ |         |
| 09:18+ | 07:29+                    | 01:51+ | 03:38+ | 04:33+ | 03:11+ | 02:33+ | 09:41+ | 04:53+ | 09:29+ | 01:05- | 02:10+ | 01:16+ |         |
| 04:49@ | 01:56&                    | 00:47& | 01:57@ | 00:24+ | 01:07& | 00:54& | 02:21& | 01:32& | 05:29@ | 00:03- | 00:54& | 00:18& |         |
| 14     | Karlotte K Sørheim        |        |        |        |        |        |        |        |        |        |        | 105    | 1:02:11 |
| 12:37+ | 18:36+                    | 24:25+ | 27:09+ | 30:38+ | 33:14+ | 35:35+ | 45:27+ | 51:19+ | 58:30+ | 59:37+ | 61:13+ | 62:11+ |         |
| 12:37+ | 05:59+                    | 05:49+ | 02:44+ | 03:29- | 02:36+ | 02:21+ | 09:52+ | 05:52+ | 07:11+ | 01:07- | 01:36+ | 00:58= |         |
| 08:08@ | 00:26+                    | 04:45@ | 01:03& | 00:40- | 00:32& | 00:42& | 02:32& | 02:31& | 03:11& | 00:01- | 00:20& | 00:00= |         |

| Plass                                                                       | Navn                    |        |        |        | Klasse |        |        |        |        |        |        |        | Tid     |  |  |  |
|-----------------------------------------------------------------------------|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--|--|--|
| 15                                                                          | Birgitte Gran           |        |        |        | 152    |        |        |        |        |        |        |        | 1:07:40 |  |  |  |
|                                                                             | 09:35+                  | 18:52+ | 21:03+ | 25:16+ | 30:28+ | 33:21+ | 36:31+ | 51:01+ | 56:17+ | 62:49+ | 64:04+ | 66:13+ | 67:40+  |  |  |  |
|                                                                             | 09:35+                  | 09:17+ | 02:11+ | 04:13+ | 05:12+ | 02:53+ | 03:10+ | 14:30+ | 05:16+ | 06:32+ | 01:15+ | 02:09+ | 01:27+  |  |  |  |
|                                                                             | 05:06@                  | 03:44& | 01:07@ | 02:32@ | 01:03& | 00:49& | 01:31& | 07:10& | 01:55& | 02:32& | 00:07# | 00:53& | 00:29&  |  |  |  |
| 16                                                                          | Christel Dahl           |        |        |        | 92     |        |        |        |        |        |        |        | 1:08:42 |  |  |  |
|                                                                             | 06:25+                  | 13:58+ | 15:19+ | 17:48+ | 22:45+ | 26:21+ | 29:19+ | 40:27+ | 60:56+ | 64:13+ | 65:29+ | 67:32+ | 68:42+  |  |  |  |
|                                                                             | 06:25+                  | 07:33+ | 01:21+ | 02:29+ | 04:57+ | 03:36+ | 02:58+ | 11:08+ | 20:29+ | 03:17- | 01:16+ | 02:03+ | 01:10+  |  |  |  |
|                                                                             | 01:56&                  | 02:00& | 00:17& | 00:48& | 00:48# | 01:32& | 01:19& | 03:48& | 17:08@ | 00:43- | 00:08# | 00:47& | 00:12#  |  |  |  |
| 17                                                                          | Jannicke Lunde          |        |        |        | 71     |        |        |        |        |        |        |        | 1:19:34 |  |  |  |
|                                                                             | 18:08+                  | 24:10+ | 25:31+ | 27:24+ | 32:13+ | 34:28+ | 36:26+ | 57:09+ | 62:29+ | 75:50+ | 76:30+ | 78:34+ | 79:34+  |  |  |  |
|                                                                             | 18:08+                  | 06:02+ | 01:21+ | 01:53+ | 04:49+ | 02:15+ | 01:58+ | 20:43+ | 05:20+ | 13:21+ | 00:40- | 02:04+ | 01:00+  |  |  |  |
|                                                                             | 13:39@                  | 00:29+ | 00:17& | 00:12# | 00:40# | 00:11+ | 00:19# | 13:23@ | 01:59& | 09:21@ | 00:28- | 00:48& | 00:02+  |  |  |  |
| 18                                                                          | Maria Lampe             |        |        |        | 152    |        |        |        |        |        |        |        | 1:22:58 |  |  |  |
|                                                                             | 16:41+                  | 23:04+ | 30:51+ | 33:39+ | 38:51+ | 42:36+ | 45:15+ | 57:35+ | 61:30+ | 78:23+ | 79:47+ | 81:44+ | 82:58+  |  |  |  |
|                                                                             | 16:41+                  | 06:23+ | 07:47+ | 02:48+ | 05:12+ | 03:45+ | 02:39+ | 12:20+ | 03:55+ | 16:53+ | 01:24+ | 01:57+ | 01:14+  |  |  |  |
|                                                                             | 12:12@                  | 00:50# | 06:43@ | 01:07& | 01:03& | 01:41& | 01:00& | 05:00& | 00:34# | 12:53@ | 00:16# | 00:41& | 00:16&  |  |  |  |
| Beste strekktid for klassen                                                 |                         |        |        |        |        |        |        |        |        |        |        |        |         |  |  |  |
|                                                                             | 03:56                   | 05:14  | 00:55  | 01:29  | 02:59  | 01:47  | 01:22  | 07:20  | 03:15  | 02:35  | 00:40  | 01:10  | 00:51   |  |  |  |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                         |        |        |        |        |        |        |        |        |        |        |        |         |  |  |  |
| Damer 40 - 49 år                                                            |                         |        |        |        |        |        |        |        |        |        |        |        |         |  |  |  |
| 1                                                                           | Randi Helen Ladsten     |        |        |        | 128    |        |        |        |        |        |        |        | 47:30   |  |  |  |
|                                                                             | 07:09=                  | 11:56= | 13:36= | 17:59= | 22:30= | 24:47= | 26:55= | 35:07= | 39:28= | 43:21= | 44:34= | 46:25= | 47:30=  |  |  |  |
|                                                                             | 07:09=                  | 04:47= | 01:40= | 04:23= | 04:31= | 02:17= | 02:08= | 08:12= | 04:21= | 03:53= | 01:13= | 01:51= | 01:05=  |  |  |  |
|                                                                             | 00:00=                  | 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                                                                           | Hilde Frøyrtlog Karlsen |        |        |        | 235    |        |        |        |        |        |        |        | 51:08   |  |  |  |
|                                                                             | 05:21-                  | 11:34- | 13:14- | 16:29- | 20:55- | 23:26- | 25:21- | 35:17+ | 39:37+ | 46:24+ | 47:46+ | 49:48+ | 51:08+  |  |  |  |
|                                                                             | 05:21-                  | 06:13+ | 01:40= | 03:15- | 04:26- | 02:31+ | 01:55- | 09:56+ | 04:20- | 06:47+ | 01:22+ | 02:02+ | 01:20+  |  |  |  |
|                                                                             | 01:48-                  | 01:26& | 00:00= | 01:08- | 00:05- | 00:14# | 00:13- | 01:44# | 00:01- | 02:54& | 00:09# | 00:11+ | 00:15#  |  |  |  |
| 3                                                                           | Nina Svensen            |        |        |        | 2      |        |        |        |        |        |        |        | 51:19   |  |  |  |
|                                                                             | 06:37-                  | 14:20+ | 16:42+ | 19:03+ | 24:46+ | 27:22+ | 29:35+ | 37:34+ | 42:01+ | 47:17+ | 48:28+ | 50:19+ | 51:19+  |  |  |  |
|                                                                             | 06:37-                  | 07:43+ | 02:22+ | 02:21- | 05:43+ | 02:36+ | 02:13+ | 07:59- | 04:27+ | 05:16+ | 01:11- | 01:51= | 01:00-  |  |  |  |
|                                                                             | 00:32-                  | 02:56& | 00:42& | 02:02- | 01:12& | 00:19# | 00:05+ | 00:13- | 00:06+ | 01:23& | 00:02- | 00:00= | 00:05-  |  |  |  |
| 4                                                                           | Hege Jangseth           |        |        |        | 93     |        |        |        |        |        |        |        | 52:21   |  |  |  |
|                                                                             | 05:35-                  | 12:50+ | 14:24+ | 16:10- | 21:06- | 23:59- | 25:52- | 38:00+ | 43:34+ | 47:03+ | 48:23+ | 51:03+ | 52:21+  |  |  |  |
|                                                                             | 05:35-                  | 07:15+ | 01:34- | 01:46- | 04:56+ | 02:53+ | 01:53- | 12:08+ | 05:34+ | 03:29- | 01:20+ | 02:40+ | 01:18+  |  |  |  |
|                                                                             | 01:34-                  | 02:28& | 00:06- | 02:37- | 00:25+ | 00:36& | 00:15- | 03:56& | 01:13& | 00:24- | 00:07+ | 00:49& | 00:13#  |  |  |  |
| 5                                                                           | Monica Gilje Rennemo    |        |        |        | 92     |        |        |        |        |        |        |        | 52:23   |  |  |  |
|                                                                             | 05:05-                  | 11:27- | 13:21- | 16:29- | 21:18- | 24:01- | 26:28- | 36:05+ | 45:22+ | 48:36+ | 49:32+ | 51:17+ | 52:23+  |  |  |  |
|                                                                             | 05:05-                  | 06:22+ | 01:54+ | 03:08- | 04:49+ | 02:43+ | 02:27+ | 09:37+ | 09:17+ | 03:14- | 00:56- | 01:45- | 01:06+  |  |  |  |
|                                                                             | 02:04-                  | 01:35& | 00:14# | 01:15- | 00:18+ | 00:26# | 00:19# | 01:25# | 04:56@ | 00:39- | 00:17- | 00:06- | 00:01+  |  |  |  |
| 6                                                                           | Mariann Sveinsvoll      |        |        |        | 94     |        |        |        |        |        |        |        | 56:21   |  |  |  |
|                                                                             | 06:32-                  | 14:05+ | 15:46+ | 18:53+ | 22:23- | 29:45+ | 32:40+ | 44:22+ | 48:59+ | 52:19+ | 53:30+ | 55:14+ | 56:21+  |  |  |  |
|                                                                             | 06:32-                  | 07:33+ | 01:41+ | 03:07- | 03:30- | 07:22+ | 02:55+ | 11:42+ | 04:37+ | 03:20- | 01:11- | 01:44- | 01:07+  |  |  |  |
|                                                                             | 00:37-                  | 02:46& | 00:01+ | 01:16- | 01:01- | 05:05@ | 00:47& | 03:30& | 00:16+ | 00:33- | 00:02- | 00:07- | 00:02+  |  |  |  |
| 7                                                                           | Tove Irene Asheim       |        |        |        | 116    |        |        |        |        |        |        |        | 58:26   |  |  |  |
|                                                                             | 06:01-                  | 12:30+ | 14:49+ | 18:02+ | 22:22- | 25:13+ | 27:57+ | 37:49+ | 49:55+ | 53:59+ | 55:14+ | 57:06+ | 58:26+  |  |  |  |
|                                                                             | 06:01-                  | 06:29+ | 02:19+ | 03:13- | 04:20- | 02:51+ | 02:44+ | 09:52+ | 12:06+ | 04:04+ | 01:15+ | 01:52+ | 01:20+  |  |  |  |
|                                                                             | 01:08-                  | 01:42& | 00:39& | 01:10- | 00:11- | 00:34# | 00:36& | 01:40# | 07:45@ | 00:11+ | 00:02+ | 00:01+ | 00:15#  |  |  |  |
| 8                                                                           | Linda Mari Vestvik      |        |        |        | 62     |        |        |        |        |        |        |        | 58:57   |  |  |  |
|                                                                             | 09:16+                  | 15:44+ | 16:54+ | 21:32+ | 27:27+ | 30:03+ | 31:38+ | 40:07+ | 46:45+ | 54:01+ | 56:14+ | 57:46+ | 58:57+  |  |  |  |
|                                                                             | 09:16+                  | 06:28+ | 01:10- | 04:38+ | 05:55+ | 02:36+ | 01:35- | 08:29+ | 06:38+ | 07:16+ | 02:13+ | 01:32- | 01:11+  |  |  |  |
|                                                                             | 02:07&                  | 01:41& | 00:30- | 00:15+ | 01:24& | 00:19# | 00:33- | 00:17+ | 02:17& | 03:23& | 01:00& | 00:19- | 00:06+  |  |  |  |
| 9                                                                           | Gøril Braut Aarsand     |        |        |        | 268    |        |        |        |        |        |        |        | 59:46   |  |  |  |
|                                                                             | 05:51-                  | 11:29- | 13:47+ | 16:03- | 21:12- | 24:39- | 27:03+ | 37:55+ | 51:18+ | 54:41+ | 56:15+ | 58:21+ | 59:46+  |  |  |  |
|                                                                             | 05:51-                  | 05:38+ | 02:18+ | 02:16- | 05:09+ | 03:27+ | 02:24+ | 10:52+ | 13:23+ | 03:23- | 01:34+ | 02:06+ | 01:25+  |  |  |  |
|                                                                             | 01:18-                  | 00:51# | 00:38& | 02:07- | 00:38# | 01:10& | 00:16# | 02:40& | 09:02@ | 00:30- | 00:21& | 00:15# | 00:20&  |  |  |  |

| Plass                                                                       | Navn                     |        |        | Klasse |        |        |        |        |        |        |        |        | Tid     |  |
|-----------------------------------------------------------------------------|--------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--|
| 10                                                                          | Berit Våg Aksland        |        |        | 116    |        |        |        |        |        |        |        |        | 1:07:06 |  |
|                                                                             | 04:58-                   | 12:44+ | 13:57+ | 20:56+ | 26:25+ | 30:08+ | 32:08+ | 46:32+ | 55:49+ | 63:09+ | 64:35+ | 66:07+ | 67:06+  |  |
|                                                                             | 04:58-                   | 07:46+ | 01:13- | 06:59+ | 05:29+ | 03:43+ | 02:00- | 14:24+ | 09:17+ | 07:20+ | 01:26+ | 01:32- | 00:59-  |  |
|                                                                             | 02:11-                   | 02:59& | 00:27- | 02:36& | 00:58# | 01:26& | 00:08- | 06:12& | 04:56@ | 03:27& | 00:13# | 00:19- | 00:06-  |  |
| 11                                                                          | Siv Skretting            |        |        | 93     |        |        |        |        |        |        |        |        | 1:07:27 |  |
|                                                                             | 06:47-                   | 14:05+ | 16:24+ | 25:03+ | 28:45+ | 31:09+ | 33:27+ | 42:35+ | 48:14+ | 61:11+ | 64:25+ | 66:16+ | 67:27+  |  |
|                                                                             | 06:47-                   | 07:18+ | 02:19+ | 08:39+ | 03:42- | 02:24+ | 02:18+ | 09:08+ | 05:39+ | 12:57+ | 03:14+ | 01:51= | 01:11+  |  |
|                                                                             | 00:22-                   | 02:31& | 00:39& | 04:16& | 00:49- | 00:07+ | 00:10+ | 00:56# | 01:18& | 09:04@ | 02:01@ | 00:00= | 00:06+  |  |
| 12                                                                          | Randi Roth               |        |        | 68     |        |        |        |        |        |        |        |        | 1:11:31 |  |
|                                                                             | 06:33-                   | 13:02+ | 15:16+ | 19:36+ | 23:55+ | 28:04+ | 30:15+ | 42:16+ | 48:01+ | 65:46+ | 67:19+ | 70:00+ | 71:31+  |  |
|                                                                             | 06:33-                   | 06:29+ | 02:14+ | 04:20- | 04:19- | 04:09+ | 02:11+ | 12:01+ | 05:45+ | 17:45+ | 01:33+ | 02:41+ | 01:31+  |  |
|                                                                             | 00:36-                   | 01:42& | 00:34& | 00:03- | 00:12- | 01:52& | 00:03+ | 03:49& | 01:24& | 13:52@ | 00:20& | 00:50& | 00:26&  |  |
| 13                                                                          | Ragnhild Båtnes Berntsen |        |        | 101    |        |        |        |        |        |        |        |        | 1:17:31 |  |
|                                                                             | 11:27+                   | 18:35+ | 20:29+ | 23:40+ | 28:18+ | 31:34+ | 34:31+ | 45:53+ | 57:58+ | 71:28+ | 73:12+ | 76:09+ | 77:31+  |  |
|                                                                             | 11:27+                   | 07:08+ | 01:54+ | 03:11- | 04:38+ | 03:16+ | 02:57+ | 11:22+ | 12:05+ | 13:30+ | 01:44+ | 02:57+ | 01:22+  |  |
|                                                                             | 04:18&                   | 02:21& | 00:14# | 01:12- | 00:07+ | 00:59& | 00:49& | 03:10& | 07:44@ | 09:37@ | 00:31& | 01:06& | 00:17&  |  |
| 14                                                                          | Synnøve Westermoen       |        |        | 116    |        |        |        |        |        |        |        |        | 1:18:42 |  |
|                                                                             | 08:46+                   | 16:53+ | 18:36+ | 20:45+ | 27:14+ | 29:26+ | 33:19+ | 50:07+ | 70:34+ | 74:03+ | 75:45+ | 77:29+ | 78:42+  |  |
|                                                                             | 08:46+                   | 08:07+ | 01:43+ | 02:09- | 06:29+ | 02:12- | 03:53+ | 16:48+ | 20:27+ | 03:29- | 01:42+ | 01:44- | 01:13+  |  |
|                                                                             | 01:37#                   | 03:20& | 00:03+ | 02:14- | 01:58& | 00:05- | 01:45& | 08:36@ | 16:06@ | 00:24- | 00:29& | 00:07- | 00:08#  |  |
| Beste strekktid for klassen                                                 |                          |        |        |        |        |        |        |        |        |        |        |        |         |  |
|                                                                             | 04:58                    | 04:47  | 01:10  | 01:46  | 03:30  | 02:12  | 01:35  | 07:59  | 04:20  | 03:14  | 00:56  | 01:32  | 00:59   |  |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                          |        |        |        |        |        |        |        |        |        |        |        |         |  |
| Damer 50 - 59 år                                                            |                          |        |        |        |        |        |        |        |        |        |        |        |         |  |
|                                                                             |                          |        |        |        |        |        |        |        |        |        |        |        |         |  |
| 1                                                                           | Ingrid Eik               |        |        | 88     |        |        |        |        |        |        |        |        | 36:52   |  |
|                                                                             | 01:07=                   | 08:46= | 12:46= | 15:08= | 16:45= | 18:21= | 22:59= | 29:57= | 32:52= | 34:11= | 35:49= | 36:52= |         |  |
|                                                                             | 01:07=                   | 07:39= | 04:00= | 02:22= | 01:37= | 01:36= | 04:38= | 06:58= | 02:55= | 01:19= | 01:38= | 01:03= |         |  |
|                                                                             | 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                                                                           | Ingunn Voilås            |        |        | 29     |        |        |        |        |        |        |        |        | 37:50   |  |
|                                                                             | 01:07=                   | 06:41- | 11:22- | 13:59- | 15:18- | 17:11- | 22:40- | 29:16- | 33:27+ | 34:39+ | 36:31+ | 37:50+ |         |  |
|                                                                             | 01:07=                   | 05:34- | 04:41+ | 02:37+ | 01:19- | 01:53+ | 05:29+ | 06:36- | 04:11+ | 01:12- | 01:52+ | 01:19+ |         |  |
|                                                                             | 00:00=                   | 02:05- | 00:41# | 00:15# | 00:18- | 00:17# | 00:51# | 00:22- | 01:16& | 00:07- | 00:14# | 00:16& |         |  |
| 3                                                                           | Ane Kristine Rostrup     |        |        | 92     |        |        |        |        |        |        |        |        | 38:14   |  |
|                                                                             | 01:31+                   | 06:26- | 11:30- | 14:39- | 15:51- | 18:10- | 22:52- | 29:22- | 34:01+ | 35:09+ | 37:07+ | 38:14+ |         |  |
|                                                                             | 01:31+                   | 04:55- | 05:04+ | 03:09+ | 01:12- | 02:19+ | 04:42+ | 06:30- | 04:39+ | 01:08- | 01:58+ | 01:07+ |         |  |
|                                                                             | 00:24&                   | 02:44- | 01:04& | 00:47& | 00:25- | 00:43& | 00:04+ | 00:28- | 01:44& | 00:11- | 00:20# | 00:04+ |         |  |
| 4                                                                           | Berit Bakken             |        |        | 168    |        |        |        |        |        |        |        |        | 38:49   |  |
|                                                                             | 01:16+                   | 06:05- | 11:12- | 13:40- | 16:53+ | 18:31+ | 24:03+ | 30:04+ | 34:28+ | 35:44+ | 37:35+ | 38:49+ |         |  |
|                                                                             | 01:16+                   | 04:49- | 05:07+ | 02:28+ | 03:13+ | 01:38+ | 05:32+ | 06:01- | 04:24+ | 01:16- | 01:51+ | 01:14+ |         |  |
|                                                                             | 00:09#                   | 02:50- | 01:07& | 00:06+ | 01:36& | 00:02+ | 00:54# | 00:57- | 01:29& | 00:03- | 00:13# | 00:11# |         |  |
| 5                                                                           | Torill Andersen          |        |        | 116    |        |        |        |        |        |        |        |        | 41:40   |  |
|                                                                             | 01:05-                   | 06:20- | 10:48- | 13:54- | 15:20- | 17:19- | 21:42- | 32:24+ | 37:02+ | 38:23+ | 40:21+ | 41:40+ |         |  |
|                                                                             | 01:05-                   | 05:15- | 04:28+ | 03:06+ | 01:26- | 01:59+ | 04:23- | 10:42+ | 04:38+ | 01:21+ | 01:58+ | 01:19+ |         |  |
|                                                                             | 00:02-                   | 02:24- | 00:28# | 00:44& | 00:11- | 00:23# | 00:15- | 03:44& | 01:43& | 00:02+ | 00:20# | 00:16& |         |  |
| 6                                                                           | Kristin Skadsem          |        |        | 18     |        |        |        |        |        |        |        |        | 43:31   |  |
|                                                                             | 02:17+                   | 07:45- | 12:41- | 17:26+ | 18:58+ | 21:07+ | 26:45+ | 33:19+ | 38:25+ | 39:57+ | 42:08+ | 43:31+ |         |  |
|                                                                             | 02:17+                   | 05:28- | 04:56+ | 04:45+ | 01:32- | 02:09+ | 02:08+ | 05:38+ | 06:34- | 05:06+ | 01:32+ | 02:11+ | 01:23+  |  |
|                                                                             | 01:10@                   | 02:11- | 00:56# | 02:23@ | 00:05- | 00:33& | 01:00# | 00:24- | 02:11& | 00:13# | 00:33& | 00:20& |         |  |
| 7                                                                           | Signe Ottesen            |        |        | 116    |        |        |        |        |        |        |        |        | 43:40   |  |
|                                                                             | 01:28+                   | 08:57+ | 13:58+ | 17:18+ | 18:40+ | 20:48+ | 26:34+ | 35:13+ | 39:27+ | 40:49+ | 42:29+ | 43:40+ |         |  |
|                                                                             | 01:28+                   | 07:29- | 05:01+ | 03:20+ | 01:22- | 02:08+ | 05:46+ | 08:39+ | 04:14+ | 01:22+ | 01:40+ | 01:11+ |         |  |
|                                                                             | 00:21&                   | 00:10- | 01:01& | 00:58& | 00:15- | 00:32& | 01:08# | 01:41# | 01:19& | 00:03+ | 00:02+ | 00:08# |         |  |
| 8                                                                           | Hanne Hermanrud          |        |        | 115    |        |        |        |        |        |        |        |        | 44:38   |  |
|                                                                             | 01:34+                   | 07:11- | 13:21+ | 16:42+ | 18:24+ | 20:36+ | 27:19+ | 34:32+ | 39:49+ | 41:08+ | 42:45+ | 44:38+ |         |  |
|                                                                             | 01:34+                   | 05:37- | 06:10+ | 03:21+ | 01:42+ | 02:12+ | 06:43+ | 07:13+ | 05:17+ | 01:19= | 01:37- | 01:53+ |         |  |
|                                                                             | 00:27&                   | 02:02- | 02:10& | 00:59& | 00:05+ | 00:36& | 02:05& | 00:15+ | 02:22& | 00:00= | 00:01- | 00:50& |         |  |

| Plass                                                                       | Navn                  |        |        |        |        |        |        |        |        |        |        |        | Klasse | Tid     |
|-----------------------------------------------------------------------------|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 9                                                                           | Anne-Siv Gjertsen     |        |        |        |        |        |        |        |        |        |        |        | 27     | 44:40   |
|                                                                             | 01:17+                | 05:51- | 13:08+ | 16:34+ | 18:18+ | 20:38+ | 25:58+ | 33:05+ | 39:10+ | 40:51+ | 43:22+ | 44:40+ |        |         |
|                                                                             | 01:17+                | 04:34- | 07:17+ | 03:26+ | 01:44+ | 02:20+ | 05:20+ | 07:07+ | 06:05+ | 01:41+ | 02:31+ | 01:18+ |        |         |
|                                                                             | 00:10#                | 03:05- | 03:17& | 01:04& | 00:07+ | 00:44& | 00:42# | 00:09+ | 03:10@ | 00:22& | 00:53& | 00:15# |        |         |
| 10                                                                          | Målfrid Bjerkeli      |        |        |        |        |        |        |        |        |        |        |        | 237    | 52:30   |
|                                                                             | 01:25+                | 07:06- | 12:39- | 15:41+ | 17:17+ | 19:22+ | 23:53+ | 43:15+ | 47:42+ | 49:03+ | 51:10+ | 52:30+ |        |         |
|                                                                             | 01:25+                | 05:41- | 05:33+ | 03:02+ | 01:36- | 02:05+ | 04:31- | 19:22+ | 04:27+ | 01:21+ | 02:07+ | 01:20+ |        |         |
|                                                                             | 00:18&                | 01:58- | 01:33& | 00:40& | 00:01- | 00:29& | 00:07- | 12:24@ | 01:32& | 00:02+ | 00:29& | 00:17& |        |         |
| 11                                                                          | Amanda Renshaw        |        |        |        |        |        |        |        |        |        |        |        | 101    | 52:32   |
|                                                                             | 01:40+                | 06:09- | 10:25- | 13:43- | 15:25- | 17:37- | 23:14+ | 41:51+ | 47:42+ | 48:36+ | 51:25+ | 52:32+ |        |         |
|                                                                             | 01:40+                | 04:29- | 04:16+ | 03:18+ | 01:42+ | 02:12+ | 05:37+ | 18:37+ | 05:51+ | 00:54- | 02:49+ | 01:07+ |        |         |
|                                                                             | 00:33&                | 03:10- | 00:16+ | 00:56& | 00:05+ | 00:36& | 00:59# | 11:39@ | 02:56@ | 00:25- | 01:11& | 00:04+ |        |         |
| 12                                                                          | Anne Katrine Lycke    |        |        |        |        |        |        |        |        |        |        |        | 147    | 59:22   |
|                                                                             | 02:15+                | 11:22+ | 16:27+ | 20:35+ | 22:09+ | 25:12+ | 33:12+ | 43:26+ | 54:26+ | 55:41+ | 57:49+ | 59:22+ |        |         |
|                                                                             | 02:15+                | 09:07+ | 05:05+ | 04:08+ | 01:34- | 03:03+ | 08:00+ | 10:14+ | 11:00+ | 01:15- | 02:08+ | 01:33+ |        |         |
|                                                                             | 01:08@                | 01:28# | 01:05& | 01:46& | 00:03- | 01:27& | 03:22& | 03:16& | 08:05@ | 00:04- | 00:30& | 00:30& |        |         |
| 13                                                                          | Brit Vivian Meling    |        |        |        |        |        |        |        |        |        |        |        | 116    | 1:05:02 |
|                                                                             | 01:46+                | 14:16+ | 19:45+ | 24:36+ | 26:40+ | 30:00+ | 39:53+ | 53:01+ | 58:30+ | 60:23+ | 63:25+ | 65:02+ |        |         |
|                                                                             | 01:46+                | 12:30+ | 05:29+ | 04:51+ | 02:04+ | 03:20+ | 09:53+ | 13:08+ | 05:29+ | 01:53+ | 03:02+ | 01:37+ |        |         |
|                                                                             | 00:39&                | 04:51& | 01:29& | 02:29@ | 00:27& | 01:44@ | 05:15@ | 06:10& | 02:34& | 00:34& | 01:24& | 00:34& |        |         |
| Beste strekktid for klassen                                                 |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |
|                                                                             | 01:05                 | 04:29  | 04:00  | 02:22  | 01:12  | 01:36  | 04:23  | 06:01  | 02:55  | 00:54  | 01:37  | 01:03  |        |         |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |
| Damer 60 - 64 år                                                            |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |
|                                                                             |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |
| 1                                                                           | Mette Dagsland        |        |        |        |        |        |        |        |        |        |        |        | 68     | 36:52   |
|                                                                             | 01:18=                | 05:35= | 10:44= | 15:09= | 16:25= | 18:15= | 22:47= | 29:25= | 32:37= | 33:59= | 35:37= | 36:52= |        |         |
|                                                                             | 01:18=                | 04:17= | 05:09= | 04:25= | 01:16= | 01:50= | 04:32= | 06:38= | 03:12= | 01:22= | 01:38= | 01:15= |        |         |
|                                                                             | 00:00=                | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |        |         |
| 2                                                                           | Eli Frafjord          |        |        |        |        |        |        |        |        |        |        |        | 94     | 40:20   |
|                                                                             | 01:07-                | 07:06+ | 11:33+ | 14:33- | 15:57- | 17:46- | 22:27- | 30:31+ | 36:08+ | 37:08+ | 39:06+ | 40:20+ |        |         |
|                                                                             | 01:07-                | 05:59+ | 04:27- | 03:00- | 01:24+ | 01:49- | 04:41+ | 08:04+ | 05:37+ | 01:00- | 01:58+ | 01:14- |        |         |
|                                                                             | 00:11-                | 01:42& | 00:42- | 01:25- | 00:08# | 00:01- | 00:09+ | 01:26# | 02:25& | 00:22- | 00:20# | 00:01- |        |         |
| 3                                                                           | Berit K. Gramstad     |        |        |        |        |        |        |        |        |        |        |        | 113    | 43:53   |
|                                                                             | 01:42+                | 06:46+ | 11:59+ | 14:45- | 16:18- | 18:41+ | 24:55+ | 32:49+ | 38:45+ | 40:47+ | 42:44+ | 43:53+ |        |         |
|                                                                             | 01:42+                | 05:04+ | 05:13+ | 02:46- | 01:33+ | 02:23+ | 06:14+ | 07:54+ | 05:56+ | 02:02+ | 01:57+ | 01:09- |        |         |
|                                                                             | 00:24&                | 00:47# | 00:04+ | 01:39- | 00:17# | 00:33& | 01:42& | 01:16# | 02:44& | 00:40& | 00:19# | 00:06- |        |         |
| 4                                                                           | Jorunn Eriksson Sætre |        |        |        |        |        |        |        |        |        |        |        | 47     | 44:30   |
|                                                                             | 01:04-                | 06:21+ | 10:51+ | 14:38- | 16:14- | 18:17+ | 23:06+ | 34:07+ | 40:39+ | 41:40+ | 43:20+ | 44:30+ |        |         |
|                                                                             | 01:04-                | 05:17+ | 04:30- | 03:47- | 01:36+ | 02:03+ | 04:49+ | 11:01+ | 06:32+ | 01:01- | 01:40+ | 01:10- |        |         |
|                                                                             | 00:14-                | 01:00# | 00:39- | 00:38- | 00:20& | 00:13# | 00:17+ | 04:23& | 03:20@ | 00:21- | 00:02+ | 00:05- |        |         |
| 5                                                                           | Halldis Handeland     |        |        |        |        |        |        |        |        |        |        |        | 92     | 51:34   |
|                                                                             | 01:52+                | 08:39+ | 15:40+ | 20:31+ | 22:03+ | 26:07+ | 32:02+ | 41:27+ | 46:42+ | 48:17+ | 50:12+ | 51:34+ |        |         |
|                                                                             | 01:52+                | 06:47+ | 07:01+ | 04:51+ | 01:32+ | 04:04+ | 05:55+ | 09:25+ | 05:15+ | 01:35+ | 01:55+ | 01:22+ |        |         |
|                                                                             | 00:34&                | 02:30& | 01:52& | 00:26+ | 00:16# | 02:14@ | 01:23& | 02:47& | 02:03& | 00:13# | 00:17# | 00:07+ |        |         |
| 6                                                                           | Åse Berg              |        |        |        |        |        |        |        |        |        |        |        | 105    | 51:50   |
|                                                                             | 01:17-                | 07:16+ | 13:16+ | 18:30+ | 20:07+ | 23:02+ | 32:48+ | 40:14+ | 46:08+ | 48:00+ | 50:21+ | 51:50+ |        |         |
|                                                                             | 01:17-                | 05:59+ | 06:00+ | 05:14+ | 01:37+ | 02:55+ | 09:46+ | 07:26+ | 05:54+ | 01:52+ | 02:21+ | 01:29+ |        |         |
|                                                                             | 00:01-                | 01:42& | 00:51# | 00:49# | 00:21& | 01:05& | 05:14@ | 00:48# | 02:42& | 00:30& | 00:43& | 00:14# |        |         |
| 7                                                                           | Kari Blixhavn         |        |        |        |        |        |        |        |        |        |        |        | 228    | 54:56   |
|                                                                             | 02:12+                | 07:46+ | 13:05+ | 16:40+ | 19:17+ | 21:52+ | 31:35+ | 42:24+ | 49:56+ | 51:10+ | 53:28+ | 54:56+ |        |         |
|                                                                             | 02:12+                | 05:34+ | 05:19+ | 03:35- | 02:37+ | 02:35+ | 09:43+ | 10:49+ | 07:32+ | 01:14- | 02:18+ | 01:28+ |        |         |
|                                                                             | 00:54&                | 01:17& | 00:10+ | 00:50- | 01:21@ | 00:45& | 05:11@ | 04:11& | 04:20@ | 00:08- | 00:40& | 00:13# |        |         |
| 8                                                                           | Hanna S. Lomeland     |        |        |        |        |        |        |        |        |        |        |        | 47     | 55:07   |
|                                                                             | 01:36+                | 07:13+ | 15:27+ | 18:32+ | 19:54+ | 22:01+ | 28:00+ | 41:30+ | 50:01+ | 51:08+ | 53:47+ | 55:07+ |        |         |
|                                                                             | 01:36+                | 05:37+ | 08:14+ | 03:05- | 01:22+ | 02:07+ | 05:59+ | 13:30+ | 08:31+ | 01:07- | 02:39+ | 01:20+ |        |         |
|                                                                             | 00:18#                | 01:20& | 03:05& | 01:20- | 00:06+ | 00:17# | 01:27& | 06:52@ | 05:19@ | 00:15- | 01:01& | 00:05+ |        |         |

| Plass                       | Navn              |        |        |        |        |        |        |        |        |        |        |        | Klasse | Tid     |
|-----------------------------|-------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 9                           | Aud Steinsland    |        |        |        |        |        |        |        |        |        |        |        | 128    | 55:08   |
|                             | 01:35+            | 07:10+ | 15:25+ | 18:30+ | 19:52+ | 22:01+ | 27:56+ | 41:28+ | 49:58+ | 51:06+ | 53:52+ | 55:08+ |        |         |
|                             | 01:35+            | 05:35+ | 08:15+ | 03:05- | 01:22+ | 02:09+ | 05:55+ | 13:32+ | 08:30+ | 01:08- | 02:46+ | 01:16+ |        |         |
|                             | 00:17#            | 01:18& | 03:06& | 01:20- | 00:06+ | 00:19# | 01:23& | 06:54@ | 05:18@ | 00:14- | 01:08& | 00:01+ |        |         |
| 10                          | Wenche Anda Haarr |        |        |        |        |        |        |        |        |        |        |        | 92     | 55:52   |
|                             | 02:29+            | 07:52+ | 13:04+ | 16:57+ | 18:40+ | 20:33+ | 29:05+ | 44:00+ | 51:24+ | 52:30+ | 54:12+ | 55:52+ |        |         |
|                             | 02:29+            | 05:23+ | 05:12+ | 03:53- | 01:43+ | 01:53+ | 08:32+ | 14:55+ | 07:24+ | 01:06- | 01:42+ | 01:40+ |        |         |
|                             | 01:11&            | 01:06& | 00:03+ | 00:32- | 00:27& | 00:03+ | 04:00& | 08:17@ | 04:12@ | 00:16- | 00:04+ | 00:25& |        |         |
| 11                          | Unni Relling      |        |        |        |        |        |        |        |        |        |        |        | 92     | 1:28:09 |
|                             | 01:28+            | 12:05+ | 18:29+ | 23:00+ | 24:50+ | 27:31+ | 33:22+ | 74:36+ | 80:53+ | 82:44+ | 84:56+ | 88:09+ |        |         |
|                             | 01:28+            | 10:37+ | 06:24+ | 04:31+ | 01:50+ | 02:41+ | 05:51+ | 41:14+ | 06:17+ | 01:51+ | 02:12+ | 03:13+ |        |         |
|                             | 00:10#            | 06:20@ | 01:15# | 00:06+ | 00:34& | 00:51& | 01:19& | 34:36@ | 03:05& | 00:29& | 00:34& | 01:58@ |        |         |
| Beste strekktid for klassen |                   |        |        |        |        |        |        |        |        |        |        |        |        |         |
|                             | 01:04             | 04:17  | 04:27  | 02:46  | 01:16  | 01:49  | 04:32  | 06:38  | 03:12  | 01:00  | 01:38  | 01:09  |        |         |

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

Damer 65 - 69 år

|                             |                 |        |        |        |        |        |        |        |        |        |        |        |     |         |
|-----------------------------|-----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-----|---------|
| 1                           | Synnøva Gausel  |        |        |        |        |        |        |        |        |        |        |        | 115 | 43:23   |
|                             | 01:28=          | 06:26= | 11:57= | 15:53= | 17:11= | 19:44= | 26:34= | 33:14= | 39:04= | 40:16= | 42:01= | 43:23= |     |         |
|                             | 01:28=          | 04:58= | 05:31= | 03:56= | 01:18= | 02:33= | 06:50= | 06:40= | 05:50= | 01:12= | 01:45= | 01:22= |     |         |
|                             | 00:00=          | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |     |         |
| 2                           | Kirsten Carlsen |        |        |        |        |        |        |        |        |        |        |        | 93  | 53:19   |
|                             | 01:18-          | 07:21+ | 13:54+ | 17:18+ | 18:58+ | 20:52+ | 27:18+ | 42:17+ | 49:09+ | 50:17+ | 51:55+ | 53:19+ |     |         |
|                             | 01:18-          | 06:03+ | 06:33+ | 03:24- | 01:40+ | 01:54- | 06:26- | 14:59+ | 06:52+ | 01:08- | 01:38- | 01:24+ |     |         |
|                             | 00:10-          | 01:05# | 01:02# | 00:32- | 00:22& | 00:39- | 00:24- | 08:19@ | 01:02# | 00:04- | 00:07- | 00:02+ |     |         |
| 3                           | Aslaug Lura     |        |        |        |        |        |        |        |        |        |        |        | 94  | 53:22   |
|                             | 01:39+          | 08:53+ | 15:54+ | 20:31+ | 22:31+ | 25:36+ | 32:39+ | 42:06+ | 48:19+ | 49:44+ | 51:35+ | 53:22+ |     |         |
|                             | 01:39+          | 07:14+ | 07:01+ | 04:37+ | 02:00+ | 03:05+ | 07:03+ | 09:27+ | 06:13+ | 01:25+ | 01:51+ | 01:47+ |     |         |
|                             | 00:11#          | 02:16& | 01:30& | 00:41# | 00:42& | 00:32# | 00:13+ | 02:47& | 00:23+ | 00:13# | 00:06+ | 00:25& |     |         |
| 4                           | Margaret Malmin |        |        |        |        |        |        |        |        |        |        |        | 105 | 1:03:12 |
|                             | 02:00+          | 13:57+ | 21:18+ | 25:28+ | 27:35+ | 31:04+ | 38:19+ | 48:41+ | 57:07+ | 59:02+ | 61:24+ | 63:12+ |     |         |
|                             | 02:00+          | 11:57+ | 07:21+ | 04:10+ | 02:07+ | 03:29+ | 07:15+ | 10:22+ | 08:26+ | 01:55+ | 02:22+ | 01:48+ |     |         |
|                             | 00:32&          | 06:59@ | 01:50& | 00:14+ | 00:49& | 00:56& | 00:25+ | 03:42& | 02:36& | 00:43& | 00:37& | 00:26& |     |         |
| Beste strekktid for klassen |                 |        |        |        |        |        |        |        |        |        |        |        |     |         |
|                             | 01:18           | 04:58  | 05:31  | 03:24  | 01:18  | 01:54  | 06:26  | 06:40  | 05:50  | 01:08  | 01:38  | 01:22  |     |         |

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

Damer 70 - 74 år

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

| Plass                                                                       | Navn                  |        |        |        |        |        |        |        |        |        |        |        | Klasse | Tid     |        |        |        |        |        |  |  |  |  |  |  |
|-----------------------------------------------------------------------------|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|--|--|--|--|--|--|
| 5                                                                           | Helga Aaslid          |        |        |        |        |        |        |        |        |        |        |        | 54     | 48:00   |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 01:52+                | 08:02+ | 13:35+ | 17:47+ | 19:05+ | 21:09+ | 25:50+ | 35:44+ | 42:20+ | 43:50+ | 46:52+ | 48:00+ |        |         |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 01:52+                | 06:10+ | 05:33+ | 04:12+ | 01:18- | 02:04- | 04:41+ | 09:54+ | 06:36+ | 01:30+ | 03:02+ | 01:08- |        |         |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 00:35&                | 01:28& | 00:08+ | 01:14& | 00:02- | 00:10- | 00:01+ | 03:46& | 00:44# | 00:33& | 01:03& | 00:08- |        |         |        |        |        |        |        |  |  |  |  |  |  |
| Beste strekktid for klassen                                                 |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 01:17                 | 04:32  | 04:28  | 02:58  | 01:18  | 01:55  | 04:40  | 06:08  | 03:58  | 00:57  | 01:42  | 01:07  |        |         |        |        |        |        |        |  |  |  |  |  |  |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |        |        |        |        |        |  |  |  |  |  |  |
| Damer 75 - 79 år                                                            |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |        |        |        |        |        |  |  |  |  |  |  |
| 1                                                                           | Berit Ebbell Olsen    |        |        |        |        |        |        |        |        |        |        |        | 68     | 1:15:29 |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 02:08=                | 10:00= | 18:23= | 24:33= | 26:16= | 32:12= | 43:09= | 54:49= | 67:37= | 70:38= | 73:34= | 75:29= |        |         |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 02:08=                | 07:52= | 08:23= | 06:10= | 01:43= | 05:56= | 10:57= | 11:40= | 12:48= | 03:01= | 02:56= | 01:55= |        |         |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 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                                                                           | Synnøve Fuglestad     |        |        |        |        |        |        |        |        |        |        |        | 29     | 1:15:35 |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 01:26-                | 35:56+ | 40:39+ | 44:21+ | 46:14+ | 49:03+ | 56:04+ | 64:04+ | 70:56+ | 72:11+ | 73:46+ | 75:35+ |        |         |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 01:26-                | 34:30+ | 04:43- | 03:42- | 01:53+ | 02:49- | 07:01- | 08:00- | 06:52- | 01:15- | 01:35- | 01:49- |        |         |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 00:42-                | 26:38@ | 03:40- | 02:28- | 00:10+ | 03:07- | 03:56- | 03:40- | 05:56- | 01:46- | 01:21- | 00:06- |        |         |        |        |        |        |        |  |  |  |  |  |  |
| Beste strekktid for klassen                                                 |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 01:26                 | 07:52  | 04:43  | 03:42  | 01:43  | 02:49  | 07:01  | 08:00  | 06:52  | 01:15  | 01:35  | 01:49  |        |         |        |        |        |        |        |  |  |  |  |  |  |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |        |        |        |        |        |  |  |  |  |  |  |
| Damer A                                                                     |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |        |        |        |        |        |  |  |  |  |  |  |
| 1                                                                           | Aud Hognestad Taksdal |        |        |        |        |        |        |        |        |        |        |        | 92     | 37:17   |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 03:02=                | 06:18= | 09:36= | 10:12= | 11:07= | 13:26= | 14:58= | 16:31= | 19:39= | 24:35= | 26:07= | 28:10= | 30:34= | 31:31=  | 32:37= | 34:42= | 35:28= | 36:28= | 37:17= |  |  |  |  |  |  |
|                                                                             | 03:02=                | 03:16= | 03:18= | 00:36= | 00:55= | 02:19= | 01:32= | 01:33= | 03:08= | 04:56= | 01:32= | 02:03= | 02:24= | 00:57=  | 01:06= | 02:05= | 00:46= | 01:00= | 00:49= |  |  |  |  |  |  |
|                                                                             | 00:00=                | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00=  | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |  |  |  |  |  |  |
| 2                                                                           | Inger Tone Nygård     |        |        |        |        |        |        |        |        |        |        |        | 29     | 43:39   |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 03:20+                | 06:44+ | 11:43+ | 12:33+ | 13:43+ | 16:24+ | 18:12+ | 20:06+ | 23:32+ | 28:54+ | 30:45+ | 33:37+ | 35:12+ | 36:38+  | 38:00+ | 40:49+ | 41:38+ | 42:47+ | 43:39+ |  |  |  |  |  |  |
|                                                                             | 03:20+                | 03:24+ | 04:59+ | 00:50+ | 01:10+ | 02:41+ | 01:48+ | 01:54+ | 03:26+ | 05:22+ | 01:51+ | 02:52+ | 01:35- | 01:26+  | 01:22+ | 02:49+ | 00:49+ | 01:09+ | 00:52+ |  |  |  |  |  |  |
|                                                                             | 00:18+                | 00:08+ | 01:41& | 00:14& | 00:15& | 00:22# | 00:16# | 00:21# | 00:18+ | 00:26+ | 00:19# | 00:49& | 00:49- | 00:29&  | 00:16# | 00:44& | 00:03+ | 00:09# | 00:03+ |  |  |  |  |  |  |
| 3                                                                           | Ann Mari Midttun      |        |        |        |        |        |        |        |        |        |        |        | 134    | 48:24   |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 03:48+                | 08:02+ | 12:05+ | 13:00+ | 14:21+ | 18:27+ | 20:16+ | 22:42+ | 26:58+ | 32:40+ | 34:36+ | 37:28+ | 39:48+ | 41:01+  | 42:35+ | 45:21+ | 46:23+ | 47:31+ | 48:24+ |  |  |  |  |  |  |
|                                                                             | 03:48+                | 04:14+ | 04:03+ | 00:55+ | 01:21+ | 04:06+ | 01:49+ | 02:26+ | 04:16+ | 05:42+ | 01:56+ | 02:52+ | 02:20- | 01:13+  | 01:34+ | 02:46+ | 01:02+ | 01:08+ | 00:53+ |  |  |  |  |  |  |
|                                                                             | 00:46&                | 00:58& | 00:45# | 00:19& | 00:26& | 01:47& | 00:17# | 00:53& | 01:08& | 00:46# | 00:24& | 00:49& | 00:04- | 00:16&  | 00:28& | 00:41& | 00:16& | 00:08# | 00:04+ |  |  |  |  |  |  |
| 4                                                                           | Katrine Prestvold     |        |        |        |        |        |        |        |        |        |        |        | 212    | 49:36   |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 03:44+                | 09:09+ | 14:32+ | 15:21+ | 16:40+ | 20:06+ | 22:45+ | 24:56+ | 29:04+ | 33:22+ | 35:21+ | 38:21+ | 39:56+ | 40:59+  | 42:33+ | 46:07+ | 47:09+ | 48:34+ | 49:36+ |  |  |  |  |  |  |
|                                                                             | 03:44+                | 05:25+ | 05:23+ | 00:49+ | 01:19+ | 03:26+ | 02:39+ | 02:11+ | 04:08+ | 04:18- | 01:59+ | 03:00+ | 01:35- | 01:03+  | 01:34+ | 03:34+ | 01:02+ | 01:25+ | 01:02+ |  |  |  |  |  |  |
|                                                                             | 00:42#                | 02:09& | 02:05& | 00:13& | 00:24& | 01:07& | 01:07& | 00:38& | 01:00& | 00:38- | 00:27& | 00:57& | 00:49- | 00:06#  | 00:28& | 01:29& | 00:16& | 00:25& | 00:13& |  |  |  |  |  |  |
| 5                                                                           | Kirsten Vike          |        |        |        |        |        |        |        |        |        |        |        | 92     | 1:01:15 |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 04:26+                | 09:39+ | 15:56+ | 17:12+ | 18:48+ | 24:20+ | 27:07+ | 30:32+ | 35:37+ | 41:33+ | 45:32+ | 48:16+ | 50:11+ | 52:07+  | 53:54+ | 57:18+ | 58:27+ | 60:01+ | 61:15+ |  |  |  |  |  |  |
|                                                                             | 04:26+                | 05:13+ | 06:17+ | 01:16+ | 01:36+ | 05:32+ | 02:47+ | 03:25+ | 05:05+ | 05:56+ | 03:59+ | 02:44+ | 01:55- | 01:56+  | 01:47+ | 03:24+ | 01:09+ | 01:34+ | 01:14+ |  |  |  |  |  |  |
|                                                                             | 01:24&                | 01:57& | 02:59& | 00:40@ | 00:41& | 03:13@ | 01:15& | 01:52@ | 01:57& | 01:00# | 02:27@ | 00:41& | 00:29- | 00:59@  | 00:41& | 01:19& | 00:23& | 00:34& | 00:25& |  |  |  |  |  |  |
| 6                                                                           | Agnes Elin Engen      |        |        |        |        |        |        |        |        |        |        |        | 116    | 1:04:39 |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 03:58+                | 09:32+ | 14:28+ | 15:32+ | 20:09+ | 27:14+ | 29:30+ | 32:03+ | 36:44+ | 41:57+ | 44:24+ | 48:02+ | 50:38+ | 52:07+  | 54:33+ | 61:04+ | 62:13+ | 63:40+ | 64:39+ |  |  |  |  |  |  |
|                                                                             | 03:58+                | 05:34+ | 04:56+ | 01:04+ | 04:37+ | 07:05+ | 02:16+ | 02:33+ | 04:41+ | 05:13+ | 02:27+ | 03:38+ | 02:36+ | 01:29+  | 02:26+ | 06:31+ | 01:09+ | 01:27+ | 00:59+ |  |  |  |  |  |  |
|                                                                             | 00:56&                | 02:18& | 01:38& | 00:28& | 03:42@ | 04:46@ | 00:44& | 01:00& | 01:33& | 00:17+ | 00:55& | 01:35& | 00:12+ | 00:32&  | 01:20@ | 04:26@ | 00:23& | 00:27& | 00:10# |  |  |  |  |  |  |
| 7                                                                           | Maira Andersone       |        |        |        |        |        |        |        |        |        |        |        | 93     | 1:10:15 |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 04:23+                | 10:13+ | 16:13+ | 17:06+ | 18:33+ | 22:20+ | 25:02+ | 27:42+ | 32:47+ | 45:37+ | 49:39+ | 53:10+ | 55:03+ | 56:47+  | 61:28+ | 65:17+ | 67:54+ | 69:15+ | 70:15+ |  |  |  |  |  |  |
|                                                                             | 04:23+                | 05:50+ | 06:00+ | 00:53+ | 01:27+ | 03:47+ | 02:42+ | 02:40+ | 05:05+ | 12:50+ | 04:02+ | 03:31+ | 01:53- | 01:44+  | 04:41+ | 03:49+ | 02:37+ | 01:21+ | 01:00+ |  |  |  |  |  |  |
|                                                                             | 01:21&                | 02:34& | 02:42& | 00:17& | 00:32& | 01:28& | 01:10& | 01:07& | 01:57& | 07:54@ | 02:30@ | 01:28& | 00:31- | 00:47&  | 03:35@ | 01:44& | 01:51@ | 00:21& | 00:11# |  |  |  |  |  |  |
| Beste strekktid for klassen                                                 |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |        |        |        |        |        |  |  |  |  |  |  |
|                                                                             | 03:02                 | 03:16  | 03:18  | 00:36  | 00:55  | 02:19  | 01:32  | 01:33  | 03:08  | 04:18  | 01:32  | 02:03  | 01:35  | 00:57   | 01:06  | 02:05  | 00:46  | 01:00  | 00:49  |  |  |  |  |  |  |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                       |        |        |        |        |        |        |        |        |        |        |        |        |         |        |        |        |        |        |  |  |  |  |  |  |

| Plass   | Navn                    |        |        |        | Klasse |        |        |        | Tid     |        |        |        |        |        |        |        |        |        |  |  |
|---------|-------------------------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|--|
| Damer B |                         |        |        |        |        |        |        |        |         |        |        |        |        |        |        |        |        |        |  |  |
| 1       | Vibeke Lamark           |        |        |        | 46     |        |        |        | 49:27   |        |        |        |        |        |        |        |        |        |  |  |
| 04:35=  | 08:49=                  | 13:01= | 14:52= | 16:27= | 20:46= | 23:08= | 25:18= | 29:27= | 34:12=  | 36:51= | 39:03= | 40:35= | 41:52= | 43:31= | 46:04= | 47:03= | 48:25= | 49:27= |  |  |
| 04:35=  | 04:14=                  | 04:12= | 01:51= | 01:35= | 04:19= | 02:22= | 02:10= | 04:09= | 04:45=  | 02:39= | 02:12= | 01:32= | 01:17= | 01:39= | 02:33= | 00:59= | 01:22= | 01:02= |  |  |
| 00:00=  | 00:00=                  | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 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       | Hilde Nordbø            |        |        |        | 93     |        |        |        | 50:07   |        |        |        |        |        |        |        |        |        |  |  |
| 04:59+  | 09:35+                  | 14:29+ | 15:40+ | 16:52+ | 19:59- | 22:11- | 24:06- | 27:57- | 31:44-  | 34:30- | 37:39- | 41:31+ | 42:51+ | 44:33+ | 47:02+ | 47:48+ | 49:08+ | 50:07+ |  |  |
| 04:59+  | 04:36+                  | 04:54+ | 01:11- | 01:12- | 03:07- | 02:12- | 01:55- | 03:51- | 03:47-  | 02:46+ | 03:09+ | 03:52+ | 01:20+ | 01:42+ | 02:29- | 00:46- | 01:20- | 00:59- |  |  |
| 00:24+  | 00:22+                  | 00:42# | 00:40- | 00:23- | 01:12- | 00:10- | 00:15- | 00:18- | 00:58-  | 00:07+ | 00:57& | 02:20@ | 00:03+ | 00:03+ | 00:04- | 00:13- | 00:02- | 00:03- |  |  |
| 3       | Ellen Tindeland         |        |        |        | 27     |        |        |        | 50:46   |        |        |        |        |        |        |        |        |        |  |  |
| 04:00-  | 09:02+                  | 14:53+ | 15:45+ | 17:08+ | 20:27- | 22:41- | 25:02- | 29:28+ | 34:12=  | 36:15- | 39:02- | 41:34+ | 43:01+ | 44:36+ | 47:31+ | 48:32+ | 49:40+ | 50:46+ |  |  |
| 04:00-  | 05:02+                  | 05:51+ | 00:52- | 01:23- | 03:19- | 02:14- | 02:21+ | 04:26+ | 04:44-  | 02:03- | 02:47+ | 02:32+ | 01:27+ | 01:35- | 02:55+ | 01:01+ | 01:08- | 01:06+ |  |  |
| 00:35-  | 00:48#                  | 01:39& | 00:59- | 00:12- | 01:00- | 00:08- | 00:11+ | 00:17+ | 00:01-  | 00:36- | 00:35& | 01:00& | 00:10# | 00:04- | 00:22# | 00:02+ | 00:14- | 00:04+ |  |  |
| 4       | Helen Lomeland          |        |        |        | 105    |        |        |        | 53:14   |        |        |        |        |        |        |        |        |        |  |  |
| 04:00-  | 09:16+                  | 13:11+ | 14:07- | 15:39- | 18:40- | 20:48- | 22:54- | 26:40- | 31:18-  | 33:17- | 35:48- | 41:14+ | 42:27+ | 43:59+ | 49:57+ | 51:01+ | 52:17+ | 53:14+ |  |  |
| 04:00-  | 05:16+                  | 03:55- | 00:56- | 01:32- | 03:01- | 02:08- | 02:06- | 03:46- | 04:38-  | 01:59- | 02:31+ | 05:26+ | 01:13- | 01:32- | 05:58+ | 01:04+ | 01:16- | 00:57- |  |  |
| 00:35-  | 01:02#                  | 00:17- | 00:55- | 00:03- | 01:18- | 00:14- | 00:04- | 00:23- | 00:07-  | 00:40- | 00:19# | 03:54@ | 00:04- | 00:07- | 03:25@ | 00:05+ | 00:06- | 00:05- |  |  |
| 5       | Marit Haavardsholm      |        |        |        | 116    |        |        |        | 54:58   |        |        |        |        |        |        |        |        |        |  |  |
| 03:35-  | 07:23-                  | 17:59+ | 19:05+ | 20:31+ | 24:15+ | 26:41+ | 28:44+ | 32:23+ | 38:53+  | 41:37+ | 44:13+ | 45:58+ | 47:21+ | 48:41+ | 51:21+ | 52:19+ | 53:47+ | 54:58+ |  |  |
| 03:35-  | 03:48-                  | 10:36+ | 01:06- | 01:26- | 03:44- | 02:26+ | 02:03- | 03:39- | 06:30+  | 02:44+ | 02:36+ | 01:45+ | 01:23+ | 01:20- | 02:40+ | 00:58- | 01:28+ | 01:11+ |  |  |
| 01:00-  | 00:26-                  | 06:24@ | 00:45- | 00:09- | 00:35- | 00:04+ | 00:07- | 00:30- | 01:45&  | 00:05+ | 00:24# | 00:13# | 00:06+ | 00:19- | 00:07+ | 00:01- | 00:06+ | 00:09# |  |  |
| 6       | Ann-Cathrin Urdal       |        |        |        | 118    |        |        |        | 55:37   |        |        |        |        |        |        |        |        |        |  |  |
| 04:00-  | 08:29-                  | 12:45- | 13:35- | 14:56- | 19:52- | 21:48- | 23:53- | 27:59- | 34:29+  | 40:47+ | 43:10+ | 47:17+ | 48:30+ | 49:59+ | 52:32+ | 53:26+ | 54:36+ | 55:37+ |  |  |
| 04:00-  | 04:29+                  | 04:16+ | 00:50- | 01:21- | 04:56+ | 01:56- | 02:05- | 04:06- | 06:30+  | 06:18+ | 02:23+ | 04:07+ | 01:13- | 01:29- | 02:33= | 00:54- | 01:10- | 01:01- |  |  |
| 00:35-  | 00:15+                  | 00:04+ | 01:01- | 00:14- | 00:37# | 00:26- | 00:05- | 00:03- | 01:45&  | 03:39@ | 00:11+ | 02:35@ | 00:04- | 00:10- | 00:00= | 00:05- | 00:12- | 00:01- |  |  |
| 7       | Lise Isachsen           |        |        |        | 165    |        |        |        | 57:37   |        |        |        |        |        |        |        |        |        |  |  |
| 04:25-  | 09:52+                  | 14:46+ | 17:10+ | 18:39+ | 23:27+ | 25:43+ | 28:01+ | 32:41+ | 39:13+  | 42:38+ | 46:03+ | 47:50+ | 49:14+ | 50:53+ | 54:08+ | 55:25+ | 56:40+ | 57:37+ |  |  |
| 04:25-  | 05:27+                  | 04:54+ | 02:24+ | 01:29- | 04:48+ | 02:16- | 02:18+ | 04:40+ | 06:32+  | 03:25+ | 03:25+ | 01:47+ | 01:24+ | 01:39= | 03:15+ | 01:17+ | 01:15- | 00:57- |  |  |
| 00:10-  | 01:13&                  | 00:42# | 00:33& | 00:06- | 00:29# | 00:06- | 00:08+ | 00:31# | 01:47&  | 00:46& | 01:13& | 00:15# | 00:07+ | 00:00= | 00:42& | 00:18& | 00:07- | 00:05- |  |  |
| 8       | Trude Katrine Hermanrud |        |        |        | 117    |        |        |        | 58:21   |        |        |        |        |        |        |        |        |        |  |  |
| 04:43+  | 09:52+                  | 15:23+ | 16:17+ | 17:52+ | 21:49+ | 24:13+ | 26:50+ | 31:43+ | 36:56+  | 42:12+ | 45:18+ | 47:15+ | 48:58+ | 50:44+ | 54:44+ | 55:50+ | 57:11+ | 58:21+ |  |  |
| 04:43+  | 05:09+                  | 05:31+ | 00:54- | 01:35= | 03:57- | 02:24+ | 02:37+ | 04:53+ | 05:13+  | 05:16+ | 03:06+ | 01:57+ | 01:43+ | 01:46+ | 04:00+ | 01:06+ | 01:21- | 01:10+ |  |  |
| 00:08+  | 00:55#                  | 01:19& | 00:57- | 00:00= | 00:22- | 00:02+ | 00:27# | 00:44# | 00:28+  | 02:37& | 00:54& | 00:25& | 00:26& | 00:07+ | 01:27& | 00:07# | 00:01- | 00:08# |  |  |
| 9       | Anita Glenne Kallhovd   |        |        |        | 29     |        |        |        | 1:00:14 |        |        |        |        |        |        |        |        |        |  |  |
| 04:18-  | 10:09+                  | 15:28+ | 20:00+ | 21:26+ | 25:35+ | 27:54+ | 30:16+ | 35:16+ | 44:27+  | 46:17+ | 49:20+ | 50:59+ | 52:36+ | 53:56+ | 56:29+ | 57:27+ | 59:17+ | 60:14+ |  |  |
| 04:18-  | 05:51+                  | 05:19+ | 04:32+ | 01:26- | 04:09- | 02:19- | 02:22+ | 05:00+ | 09:11+  | 01:50- | 03:03+ | 01:39+ | 01:37+ | 01:20- | 02:33= | 00:58- | 01:50+ | 00:57- |  |  |
| 00:17-  | 01:37&                  | 01:07& | 02:41@ | 00:09- | 00:10- | 00:03- | 00:12+ | 00:51# | 04:26&  | 00:49- | 00:51& | 00:07+ | 00:20& | 00:19- | 00:00= | 00:01- | 00:28& | 00:05- |  |  |
| 10      | Keth Berggraf           |        |        |        | 116    |        |        |        | 1:02:51 |        |        |        |        |        |        |        |        |        |  |  |
| 03:56-  | 09:09+                  | 14:31+ | 15:45+ | 17:42+ | 27:54+ | 30:37+ | 32:52+ | 37:22+ | 45:59+  | 48:27+ | 51:17+ | 53:01+ | 54:30+ | 55:51+ | 59:08+ | 60:23+ | 61:51+ | 62:51+ |  |  |
| 03:56-  | 05:13+                  | 05:22+ | 01:14- | 01:57+ | 10:12+ | 02:43+ | 02:15+ | 04:30+ | 08:37+  | 02:28- | 02:50+ | 01:44+ | 01:29+ | 01:21- | 03:17+ | 01:15+ | 01:28+ | 01:00- |  |  |
| 00:39-  | 00:59#                  | 01:10& | 00:37- | 00:22# | 05:53@ | 00:21# | 00:05+ | 00:21+ | 03:52&  | 00:11- | 00:38& | 00:12# | 00:12# | 00:18- | 00:44& | 00:16& | 00:06+ | 00:02- |  |  |
| 11      | Brit Nilsen             |        |        |        | 88     |        |        |        | 1:05:10 |        |        |        |        |        |        |        |        |        |  |  |
| 04:23-  | 08:55+                  | 14:05+ | 14:55+ | 16:27= | 20:01- | 22:17- | 25:29+ | 34:01+ | 46:52+  | 49:59+ | 52:40+ | 55:09+ | 56:39+ | 58:46+ | 61:27+ | 62:33+ | 64:00+ | 65:10+ |  |  |
| 04:23-  | 04:32+                  | 05:10+ | 00:50- | 01:32- | 03:34- | 02:16- | 03:12+ | 08:32+ | 12:51+  | 03:07+ | 02:41+ | 02:29+ | 01:30+ | 02:07+ | 02:41+ | 01:06+ | 01:27+ | 01:10+ |  |  |
| 00:12-  | 00:18+                  | 00:58# | 01:01- | 00:03- | 00:45- | 00:06- | 01:02& | 04:23@ | 08:06@  | 00:28# | 00:29# | 00:57& | 00:13# | 00:28& | 00:08+ | 00:07# | 00:05+ | 00:08# |  |  |
| 12      | Elisabeth Christie Ørke |        |        |        | 117    |        |        |        | 1:09:58 |        |        |        |        |        |        |        |        |        |  |  |
| 03:53-  | 21:09+                  | 26:01+ | 28:18+ | 29:41+ | 35:13+ | 37:27+ | 40:14+ | 45:08+ | 50:05+  | 53:18+ | 56:49+ | 59:24+ | 60:45+ | 62:35+ | 66:06+ | 67:29+ | 69:00+ | 69:58+ |  |  |
| 03:53-  | 17:16+                  | 04:52+ | 02:17+ | 01:23- | 05:32+ | 02:14- | 02:47+ | 04:54+ | 04:57+  | 03:13+ | 03:31+ | 02:35+ | 01:21+ | 01:50+ | 03:31+ | 01:23+ | 01:31+ | 00:58- |  |  |
| 00:42-  | 13:02@                  | 00:40# | 00:26# | 00:12- | 01:13& | 00:08- | 00:37& | 00:45# | 00:12+  | 00:34# | 01:19& | 01:03& | 00:04+ | 00:11# | 00:58& | 00:24& | 00:09# | 00:04- |  |  |
| 13      | Ingunn Anda Haug        |        |        |        | 67     |        |        |        | 1:10:02 |        |        |        |        |        |        |        |        |        |  |  |
| 04:59+  | 10:14+                  | 15:16+ | 16:17+ | 17:48+ | 23:01+ | 25:54+ | 28:52+ | 33:54+ | 46:41+  | 49:35+ | 52:24+ | 57:54+ | 59:20+ | 61:02+ | 65:23+ | 66:40+ | 68:38+ | 70:02+ |  |  |
| 04:59+  | 05:15+                  | 05:02+ | 01:01- | 01:31- | 05:13+ | 02:53+ | 02:58+ | 05:02+ | 12:47+  | 02:54+ | 02:49+ | 05:30+ | 01:26+ | 01:42+ | 04:21+ | 01:17+ | 01:58+ | 01:24+ |  |  |
| 00:24+  | 01:01#                  | 00:50# | 00:50- | 00:04- | 00:54# | 00:31# | 00:48& | 00:53# | 08:02@  | 00:15+ | 00:37& | 03:58@ | 00:09# | 00:03+ | 01:48& | 00:18& | 00:36& | 00:22& |  |  |
| 14      | Grethe Anda Fuglestad   |        |        |        | 116    |        |        |        | 1:15:51 |        |        |        |        |        |        |        |        |        |  |  |
| 05:59+  | 10:39+                  | 20:56+ | 21:55+ | 23:48+ | 28:43+ | 31:44+ | 34:44+ | 44:28+ | 50:14+  | 53:33+ | 56:57+ | 60:39+ | 62:14+ | 63:56+ | 71:26+ | 72:45+ | 74:41+ | 75:51+ |  |  |
| 05:59+  | 04:40+                  | 10:17+ | 00:59- | 01:53+ | 04:55+ | 03:01+ | 03:00+ | 09:44+ | 05:46+  | 03:19+ | 03:24+ | 03:42+ | 01:35+ | 01:42+ | 07:30+ | 01:19+ | 01:56+ | 01:10+ |  |  |
| 01:24&  | 00:26#                  | 06:05@ | 00:52- | 00:18# | 00:36# | 00:39& | 00:50& | 05:35@ | 01:01#  | 00:40& | 01:12& | 02:10@ | 00:18# | 00:03+ | 04:57@ | 00:20& | 00:34& | 00:08# |  |  |

| Plass                                                                       | Navn                      |        |        |        |        |        |        |        |        |        | Klasse |        |        |        |        |        |        |        |        |  | Tid     |  |  |  |  |  |  |  |  |  |
|-----------------------------------------------------------------------------|---------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|---------|--|--|--|--|--|--|--|--|--|
| 15                                                                          | Ragnhild Auglænd          |        |        |        |        |        |        |        |        |        | 19     |        |        |        |        |        |        |        |        |  | 1:17:15 |  |  |  |  |  |  |  |  |  |
|                                                                             | 07:23+                    | 12:14+ | 17:52+ | 18:45+ | 20:24+ | 26:27+ | 29:02+ | 31:36+ | 37:11+ | 56:04+ | 58:34+ | 61:20+ | 66:07+ | 67:41+ | 69:23+ | 73:05+ | 74:14+ | 76:04+ | 77:15+ |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 07:23+                    | 04:51+ | 05:38+ | 00:53- | 01:39+ | 06:03+ | 02:35+ | 02:34+ | 05:35+ | 18:53+ | 02:30- | 02:46+ | 04:47+ | 01:34+ | 01:42+ | 03:42+ | 01:09+ | 01:50+ | 01:11+ |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 02:48&                    | 00:37# | 01:26& | 00:58- | 00:04+ | 01:44& | 00:13+ | 00:24# | 01:26& | 14:08@ | 00:09- | 00:34& | 03:15@ | 00:17# | 00:03+ | 01:09& | 00:10# | 00:28& | 00:09# |  |         |  |  |  |  |  |  |  |  |  |
| Beste strekktid for klassen                                                 |                           |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 03:35                     | 03:48  | 03:55  | 00:50  | 01:12  | 03:01  | 01:56  | 01:55  | 03:39  | 03:47  | 01:50  | 02:12  | 01:32  | 01:13  | 01:20  | 02:29  | 00:46  | 01:08  | 00:57  |  |         |  |  |  |  |  |  |  |  |  |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                           |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| Damer Trim                                                                  |                           |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 1                                                                           | Lise Nessa Di Lorenzo     |        |        |        |        |        |        |        |        |        | 168    |        |        |        |        |        |        |        |        |  | 25:26   |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:59=                    | 04:33= | 07:32= | 09:24= | 11:45= | 15:09= | 18:41= | 21:06= | 22:33= | 24:21= | 25:26= |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:59=                    | 03:34= | 02:59= | 01:52= | 02:21= | 03:24= | 03:32= | 02:25= | 01:27= | 01:48= | 01:05= |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:00=                    | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 2                                                                           | Janeth Kleppe             |        |        |        |        |        |        |        |        |        | 128    |        |        |        |        |        |        |        |        |  | 27:02   |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:31+                    | 04:40+ | 07:41+ | 09:27+ | 11:44- | 14:39- | 20:21+ | 22:35+ | 24:17+ | 26:04+ | 27:02+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:31+                    | 03:09- | 03:01+ | 01:46- | 02:17- | 02:55- | 05:42+ | 02:14- | 01:42+ | 01:47- | 00:58- |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:32&                    | 00:25- | 00:02+ | 00:06- | 00:04- | 00:29- | 02:10& | 00:11- | 00:15# | 00:01- | 00:07- |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 3                                                                           | Gudrun Kristensen         |        |        |        |        |        |        |        |        |        | 47     |        |        |        |        |        |        |        |        |  | 27:44   |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:15+                    | 04:37+ | 07:51+ | 09:59+ | 12:41+ | 15:51+ | 20:41+ | 22:40+ | 24:44+ | 26:39+ | 27:44+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:15+                    | 03:22- | 03:14+ | 02:08+ | 02:42+ | 03:10- | 04:50+ | 01:59- | 02:04+ | 01:55+ | 01:05= |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:16&                    | 00:12- | 00:15+ | 00:16# | 00:21# | 00:14- | 01:18& | 00:26- | 00:37& | 00:07+ | 00:00= |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 4                                                                           | Anna Berthelsen           |        |        |        |        |        |        |        |        |        | 117    |        |        |        |        |        |        |        |        |  | 29:39   |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:09+                    | 05:36+ | 08:37+ | 10:46+ | 13:59+ | 17:02+ | 21:29+ | 24:24+ | 26:33+ | 28:22+ | 29:39+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:09+                    | 04:27+ | 03:01+ | 02:09+ | 03:13+ | 03:03- | 04:27+ | 02:55+ | 02:09+ | 01:49+ | 01:17+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:10#                    | 00:53# | 00:02+ | 00:17# | 00:52& | 00:21- | 00:55& | 00:30# | 00:42& | 00:01+ | 00:12# |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 5                                                                           | Parul Khandelwal          |        |        |        |        |        |        |        |        |        | 71     |        |        |        |        |        |        |        |        |  | 29:45   |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:23+                    | 05:09+ | 08:44+ | 10:39+ | 13:42+ | 16:50+ | 21:57+ | 24:35+ | 26:41+ | 28:29+ | 29:45+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:23+                    | 03:46+ | 03:35+ | 01:55+ | 03:03+ | 03:08- | 05:07+ | 02:38+ | 02:06+ | 01:48= | 01:16+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:24&                    | 00:12+ | 00:36# | 00:03+ | 00:42& | 00:16- | 01:35& | 00:13+ | 00:39& | 00:00= | 00:11# |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 6                                                                           | Sølvi Utbø Sakseid        |        |        |        |        |        |        |        |        |        | 116    |        |        |        |        |        |        |        |        |  | 29:50   |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:31+                    | 07:03+ | 10:35+ | 12:23+ | 15:00+ | 17:57+ | 22:34+ | 24:42+ | 26:26+ | 28:47+ | 29:50+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:31+                    | 05:32+ | 03:32+ | 01:48- | 02:37+ | 02:57- | 04:37+ | 02:08- | 01:44+ | 02:21+ | 01:03- |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:32&                    | 01:58& | 00:33# | 00:04- | 00:16# | 00:27- | 01:05& | 00:17- | 00:17# | 00:33& | 00:02- |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 7                                                                           | Marie-Elizabeth Reinseth  |        |        |        |        |        |        |        |        |        | 27     |        |        |        |        |        |        |        |        |  | 30:24   |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:27+                    | 06:37+ | 10:07+ | 12:03+ | 14:39+ | 17:46+ | 22:25+ | 25:08+ | 27:18+ | 29:17+ | 30:24+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:27+                    | 05:10+ | 03:30+ | 01:56+ | 02:36+ | 03:07- | 04:39+ | 02:43+ | 02:10+ | 01:59+ | 01:07+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:28&                    | 01:36& | 00:31# | 00:04+ | 00:15# | 00:17- | 01:07& | 00:18# | 00:43& | 00:11# | 00:02+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 8                                                                           | Solbjørg Borgersen        |        |        |        |        |        |        |        |        |        | 233    |        |        |        |        |        |        |        |        |  | 30:29   |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:32+                    | 05:17+ | 08:35+ | 10:47+ | 14:07+ | 17:27+ | 22:21+ | 24:55+ | 26:47+ | 29:14+ | 30:29+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:32+                    | 03:45+ | 03:18+ | 02:12+ | 03:20+ | 03:20- | 04:54+ | 02:34+ | 01:52+ | 02:27+ | 01:15+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:33&                    | 00:11+ | 00:19# | 00:20# | 00:59& | 00:04- | 01:22& | 00:09+ | 00:25& | 00:39& | 00:10# |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 9                                                                           | Lise Bergli               |        |        |        |        |        |        |        |        |        | 62     |        |        |        |        |        |        |        |        |  | 31:03   |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:23+                    | 05:06+ | 08:50+ | 10:49+ | 13:18+ | 17:13+ | 23:21+ | 26:23+ | 28:13+ | 29:59+ | 31:03+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:23+                    | 03:43+ | 03:44+ | 01:59+ | 02:29+ | 03:55+ | 06:08+ | 03:02+ | 01:50+ | 01:46- | 01:04- |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:24&                    | 00:09+ | 00:45& | 00:07+ | 00:08+ | 00:31# | 02:36& | 00:37& | 00:23& | 00:02- | 00:01- |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 10                                                                          | Marita Navjord Nicolaysen |        |        |        |        |        |        |        |        |        | 71     |        |        |        |        |        |        |        |        |  | 31:32   |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:50+                    | 06:02+ | 10:10+ | 12:12+ | 14:41+ | 18:02+ | 23:40+ | 26:16+ | 28:30+ | 30:27+ | 31:32+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:50+                    | 04:12+ | 04:08+ | 02:02+ | 02:29+ | 03:21- | 05:38+ | 02:36+ | 02:14+ | 01:57+ | 01:05= |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:51&                    | 00:38# | 01:09& | 00:10+ | 00:08+ | 00:03- | 02:06& | 00:11+ | 00:47& | 00:09+ | 00:00= |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 11                                                                          | Astrid Espe               |        |        |        |        |        |        |        |        |        | 80     |        |        |        |        |        |        |        |        |  | 32:05   |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:18+                    | 06:17+ | 09:18+ | 11:32+ | 14:51+ | 18:11+ | 23:02+ | 26:31+ | 28:39+ | 30:50+ | 32:05+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:18+                    | 04:59+ | 03:01+ | 02:14+ | 03:19+ | 03:20- | 04:51+ | 03:29+ | 02:08+ | 02:11+ | 01:15+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:19&                    | 01:25& | 00:02+ | 00:22# | 00:58& | 00:04- | 01:19& | 01:04& | 00:41& | 00:23# | 00:10# |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
| 12                                                                          | Lillian Dahl Fitjar       |        |        |        |        |        |        |        |        |        | 117    |        |        |        |        |        |        |        |        |  | 34:00   |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:30+                    | 05:44+ | 09:48+ | 12:42+ | 16:36+ | 20:27+ | 25:27+ | 28:00+ | 30:00+ | 32:35+ | 34:00+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 01:30+                    | 04:14+ | 04:04+ | 02:54+ | 03:54+ | 03:51+ | 05:00+ | 02:33+ | 02:00+ | 02:35+ | 01:25+ |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |
|                                                                             | 00:31&                    | 00:40# | 01:05& | 01:02& | 01:33& | 00:27# | 01:28& | 00:08+ | 00:33& | 00:47& | 00:20& |        |        |        |        |        |        |        |        |  |         |  |  |  |  |  |  |  |  |  |

| Plass | Navn                   |        |        |        |        |        |        |        |        |        | Klasse | Tid   |
|-------|------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|
| 13    | Åse Sellereite         |        |        |        |        |        |        |        |        |        | 27     | 34:11 |
|       | 01:55+                 | 06:56+ | 10:45+ | 12:32+ | 15:33+ | 20:50+ | 26:02+ | 29:16+ | 31:02+ | 33:02+ | 34:11+ |       |
|       | 01:55+                 | 05:01+ | 03:49+ | 01:47- | 03:01+ | 05:17+ | 05:12+ | 03:14+ | 01:46+ | 02:00+ | 01:09+ |       |
|       | 00:56&                 | 01:27& | 00:50& | 00:05- | 00:40& | 01:53& | 01:40& | 00:49& | 00:19# | 00:12# | 00:04+ |       |
| 14    | Bjørge Elen Abrahamsen |        |        |        |        |        |        |        |        |        | 29     | 34:12 |
|       | 01:25+                 | 05:59+ | 09:12+ | 11:51+ | 15:33+ | 19:03+ | 25:02+ | 28:05+ | 30:25+ | 32:40+ | 34:12+ |       |
|       | 01:25+                 | 04:34+ | 03:13+ | 02:39+ | 03:42+ | 03:30+ | 05:59+ | 03:03+ | 02:20+ | 02:15+ | 01:32+ |       |
|       | 00:26&                 | 01:00& | 00:14+ | 00:47& | 01:21& | 00:06+ | 02:27& | 00:38& | 00:53& | 00:27# | 00:27& |       |
| 15    | Marie Sjursen          |        |        |        |        |        |        |        |        |        | 117    | 34:29 |
|       | 01:07+                 | 04:30- | 07:32= | 09:34+ | 12:42+ | 15:59+ | 27:16+ | 29:38+ | 31:39+ | 33:21+ | 34:29+ |       |
|       | 01:07+                 | 03:23- | 03:02+ | 02:02+ | 03:08+ | 03:17- | 11:17+ | 02:22- | 02:01+ | 01:42- | 01:08+ |       |
|       | 00:08#                 | 00:11- | 00:03+ | 00:10+ | 00:47& | 00:07- | 07:45@ | 00:03- | 00:34& | 00:06- | 00:03+ |       |
| 16    | Tove Kristin K. Helvig |        |        |        |        |        |        |        |        |        | 105    | 35:47 |
|       | 01:44+                 | 06:17+ | 10:34+ | 13:01+ | 16:02+ | 20:44+ | 26:48+ | 29:39+ | 31:38+ | 34:07+ | 35:47+ |       |
|       | 01:44+                 | 04:33+ | 04:17+ | 02:27+ | 03:01+ | 04:42+ | 06:04+ | 02:51+ | 01:59+ | 02:29+ | 01:40+ |       |
|       | 00:45&                 | 00:59& | 01:18& | 00:35& | 00:40& | 01:18& | 02:32& | 00:26# | 00:32& | 00:41& | 00:35& |       |
| 17    | Kari Linn Søriede      |        |        |        |        |        |        |        |        |        | 115    | 36:01 |
|       | 01:47+                 | 05:55+ | 09:23+ | 11:17+ | 13:46+ | 20:10+ | 26:32+ | 30:11+ | 32:16+ | 34:38+ | 36:01+ |       |
|       | 01:47+                 | 04:08+ | 03:28+ | 01:54+ | 02:29+ | 06:24+ | 06:22+ | 03:39+ | 02:05+ | 02:22+ | 01:23+ |       |
|       | 00:48&                 | 00:34# | 00:29# | 00:02+ | 00:08+ | 03:00& | 02:50& | 01:14& | 00:38& | 00:34& | 00:18& |       |
| 18    | Synnøve Hognestad      |        |        |        |        |        |        |        |        |        | 115    | 36:04 |
|       | 01:12+                 | 05:00+ | 08:06+ | 10:36+ | 13:37+ | 22:40+ | 27:49+ | 30:13+ | 32:13+ | 34:35+ | 36:04+ |       |
|       | 01:12+                 | 03:48+ | 03:06+ | 02:30+ | 03:01+ | 09:03+ | 05:09+ | 02:24- | 02:00+ | 02:22+ | 01:29+ |       |
|       | 00:13#                 | 00:14+ | 00:07+ | 00:38& | 00:40& | 05:39@ | 01:37& | 00:01- | 00:33& | 00:34& | 00:24& |       |
| 19    | Møyfrid Espeli         |        |        |        |        |        |        |        |        |        | 88     | 36:23 |
|       | 01:58+                 | 07:07+ | 11:10+ | 13:15+ | 16:13+ | 20:32+ | 27:16+ | 30:12+ | 32:40+ | 35:02+ | 36:23+ |       |
|       | 01:58+                 | 05:09+ | 04:03+ | 02:05+ | 02:58+ | 04:19+ | 06:44+ | 02:56+ | 02:28+ | 02:22+ | 01:21+ |       |
|       | 00:59&                 | 01:35& | 01:04& | 00:13# | 00:37& | 00:55& | 03:12& | 00:31# | 01:01& | 00:34& | 00:16# |       |
| 20    | Kristina renshaw       |        |        |        |        |        |        |        |        |        | 101    | 36:36 |
|       | 01:07+                 | 04:29- | 07:30- | 09:37+ | 12:12+ | 22:47+ | 29:18+ | 31:22+ | 33:21+ | 35:20+ | 36:36+ |       |
|       | 01:07+                 | 03:22- | 03:01+ | 02:07+ | 02:35+ | 10:35+ | 06:31+ | 02:04- | 01:59+ | 01:59+ | 01:16+ |       |
|       | 00:08#                 | 00:12- | 00:02+ | 00:15# | 00:14+ | 07:11@ | 02:59& | 00:21- | 00:32& | 00:11# | 00:11# |       |
| 21    | Judith Serigstad       |        |        |        |        |        |        |        |        |        | 128    | 38:05 |
|       | 01:42+                 | 06:00+ | 11:48+ | 14:19+ | 17:24+ | 21:07+ | 27:27+ | 31:42+ | 34:38+ | 36:52+ | 38:05+ |       |
|       | 01:42+                 | 04:18+ | 05:48+ | 02:31+ | 03:05+ | 03:43+ | 06:20+ | 04:15+ | 02:56+ | 02:14+ | 01:13+ |       |
|       | 00:43&                 | 00:44# | 02:49& | 00:39& | 00:44& | 00:19+ | 02:48& | 01:50& | 01:29@ | 00:26# | 00:08# |       |
| 22    | Marianne Høie          |        |        |        |        |        |        |        |        |        | 116    | 38:09 |
|       | 02:27+                 | 06:46+ | 11:47+ | 14:03+ | 17:20+ | 21:56+ | 29:03+ | 32:17+ | 34:33+ | 36:52+ | 38:09+ |       |
|       | 02:27+                 | 04:19+ | 05:01+ | 02:16+ | 03:17+ | 04:36+ | 07:07+ | 03:14+ | 02:16+ | 02:19+ | 01:17+ |       |
|       | 01:28@                 | 00:45# | 02:02& | 00:24# | 00:56& | 01:12& | 03:35@ | 00:49& | 00:49& | 00:31& | 00:12# |       |
| 23    | Bente Salte Aune       |        |        |        |        |        |        |        |        |        | 128    | 38:12 |
|       | 01:42+                 | 06:03+ | 11:44+ | 14:20+ | 17:28+ | 21:14+ | 27:35+ | 31:45+ | 34:39+ | 36:57+ | 38:12+ |       |
|       | 01:42+                 | 04:21+ | 05:41+ | 02:36+ | 03:08+ | 03:46+ | 06:21+ | 04:10+ | 02:54+ | 02:18+ | 01:15+ |       |
|       | 00:43&                 | 00:47# | 02:42& | 00:44& | 00:47& | 00:22# | 02:49& | 01:45& | 01:27& | 00:30& | 00:10# |       |
| 24    | Ruth Grødem            |        |        |        |        |        |        |        |        |        | 105    | 38:46 |
|       | 01:22+                 | 05:13+ | 09:03+ | 11:20+ | 14:25+ | 18:24+ | 27:31+ | 30:30+ | 33:45+ | 37:28+ | 38:46+ |       |
|       | 01:22+                 | 03:51+ | 03:50+ | 02:17+ | 03:05+ | 03:59+ | 09:07+ | 02:59+ | 03:15+ | 03:43+ | 01:18+ |       |
|       | 00:23&                 | 00:17+ | 00:51& | 00:25# | 00:44& | 00:35# | 05:35@ | 00:34# | 01:48@ | 01:55@ | 00:13# |       |
| 25    | Kirsti Strand Salvesen |        |        |        |        |        |        |        |        |        | 256    | 38:56 |
|       | 01:46+                 | 06:19+ | 11:45+ | 14:52+ | 18:44+ | 22:25+ | 28:48+ | 31:45+ | 34:10+ | 37:06+ | 38:56+ |       |
|       | 01:46+                 | 04:33+ | 05:26+ | 03:07+ | 03:52+ | 03:41+ | 06:23+ | 02:57+ | 02:25+ | 02:56+ | 01:50+ |       |
|       | 00:47&                 | 00:59& | 02:27& | 01:15& | 01:31& | 00:17+ | 02:51& | 00:32# | 00:58& | 01:08& | 00:45& |       |
| 26    | Annlaug Nygard         |        |        |        |        |        |        |        |        |        | 27     | 39:17 |
|       | 01:31+                 | 08:49+ | 14:13+ | 16:25+ | 19:27+ | 22:54+ | 29:58+ | 32:45+ | 35:18+ | 37:59+ | 39:17+ |       |
|       | 01:31+                 | 07:18+ | 05:24+ | 02:12+ | 03:02+ | 03:27+ | 07:04+ | 02:47+ | 02:33+ | 02:41+ | 01:18+ |       |
|       | 00:32&                 | 03:44@ | 02:25& | 00:20# | 00:41& | 00:03+ | 03:32& | 00:22# | 01:06& | 00:53& | 00:13# |       |
| 27    | Anne Brit T. Mæland    |        |        |        |        |        |        |        |        |        | 93     | 39:38 |
|       | 01:27+                 | 06:13+ | 10:25+ | 13:02+ | 16:28+ | 20:50+ | 27:10+ | 31:29+ | 35:17+ | 38:06+ | 39:38+ |       |
|       | 01:27+                 | 04:46+ | 04:12+ | 02:37+ | 03:26+ | 04:22+ | 06:20+ | 04:19+ | 03:48+ | 02:49+ | 01:32+ |       |
|       | 00:28&                 | 01:12& | 01:13& | 00:45& | 01:05& | 00:58& | 02:48& | 01:54& | 02:21@ | 01:01& | 00:27& |       |

| Plass | Navn                    |        |        |        |        |        |        |        |        |        | Klasse | Tid   |
|-------|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|
| 28    | Randi Bugge             |        |        |        |        |        |        |        |        |        | 46     | 39:40 |
|       | 01:18+                  | 13:57+ | 16:51+ | 18:59+ | 22:17+ | 25:23+ | 30:08+ | 32:55+ | 35:27+ | 38:11+ | 39:40+ |       |
|       | 01:18+                  | 12:39+ | 02:54- | 02:08+ | 03:18+ | 03:06- | 04:45+ | 02:47+ | 02:32+ | 02:44+ | 01:29+ |       |
|       | 00:19&                  | 09:05@ | 00:05- | 00:16# | 00:57& | 00:18- | 01:13& | 00:22# | 01:05& | 00:56& | 00:24& |       |
| 29    | Brit Svihus             |        |        |        |        |        |        |        |        |        | 92     | 40:10 |
|       | 01:44+                  | 05:58+ | 10:22+ | 12:41+ | 15:53+ | 19:53+ | 28:54+ | 31:59+ | 35:13+ | 38:55+ | 40:10+ |       |
|       | 01:44+                  | 04:14+ | 04:24+ | 02:19+ | 03:12+ | 04:00+ | 09:01+ | 03:05+ | 03:14+ | 03:42+ | 01:15+ |       |
|       | 00:45&                  | 00:40# | 01:25& | 00:27# | 00:51& | 00:36# | 05:29@ | 00:40& | 01:47@ | 01:54@ | 00:10# |       |
| 30    | Margot Asheim           |        |        |        |        |        |        |        |        |        | 105    | 40:44 |
|       | 01:02+                  | 04:40+ | 07:20- | 09:24= | 12:25+ | 15:35+ | 32:52+ | 35:45+ | 37:44+ | 39:36+ | 40:44+ |       |
|       | 01:02+                  | 03:38+ | 02:40- | 02:04+ | 03:01+ | 03:10- | 17:17+ | 02:53+ | 01:59+ | 01:52+ | 01:08+ |       |
|       | 00:03+                  | 00:04+ | 00:19- | 00:12# | 00:40& | 00:14- | 13:45@ | 00:28# | 00:32& | 00:04+ | 00:03+ |       |
| 31    | Eli Våge                |        |        |        |        |        |        |        |        |        | 117    | 40:45 |
|       | 01:58+                  | 06:30+ | 11:35+ | 14:04+ | 17:22+ | 21:29+ | 29:26+ | 33:23+ | 36:53+ | 39:19+ | 40:45+ |       |
|       | 01:58+                  | 04:32+ | 05:05+ | 02:29+ | 03:18+ | 04:07+ | 07:57+ | 03:57+ | 03:30+ | 02:26+ | 01:26+ |       |
|       | 00:59&                  | 00:58& | 02:06& | 00:37& | 00:57& | 00:43# | 04:25@ | 01:32& | 02:03@ | 00:38& | 00:21& |       |
| 32    | May Kristin Haaland     |        |        |        |        |        |        |        |        |        | 47     | 41:26 |
|       | 01:53+                  | 07:17+ | 11:46+ | 14:44+ | 18:34+ | 23:27+ | 29:54+ | 34:03+ | 36:40+ | 39:59+ | 41:26+ |       |
|       | 01:53+                  | 05:24+ | 04:29+ | 02:58+ | 03:50+ | 04:53+ | 06:27+ | 04:09+ | 02:37+ | 03:19+ | 01:27+ |       |
|       | 00:54&                  | 01:50& | 01:30& | 01:06& | 01:29& | 01:29& | 02:55& | 01:44& | 01:10& | 01:31& | 00:22& |       |
| 33    | Torhild Stokka Stølsvik |        |        |        |        |        |        |        |        |        | 92     | 41:32 |
|       | 01:57+                  | 07:30+ | 11:53+ | 14:49+ | 18:31+ | 23:34+ | 30:08+ | 34:11+ | 36:55+ | 40:03+ | 41:32+ |       |
|       | 01:57+                  | 05:33+ | 04:23+ | 02:56+ | 03:42+ | 05:03+ | 06:34+ | 04:03+ | 02:44+ | 03:08+ | 01:29+ |       |
|       | 00:58&                  | 01:59& | 01:24& | 01:04& | 01:21& | 01:39& | 03:02& | 01:38& | 01:17& | 01:20& | 00:24& |       |
| 34    | Wenke Wannberg          |        |        |        |        |        |        |        |        |        | 116    | 41:43 |
|       | 01:29+                  | 05:49+ | 10:00+ | 12:38+ | 16:15+ | 21:23+ | 31:33+ | 34:52+ | 37:54+ | 40:24+ | 41:43+ |       |
|       | 01:29+                  | 04:20+ | 04:11+ | 02:38+ | 03:37+ | 05:08+ | 10:10+ | 03:19+ | 03:02+ | 02:30+ | 01:19+ |       |
|       | 00:30&                  | 00:46# | 01:12& | 00:46& | 01:16& | 01:44& | 06:38@ | 00:54& | 01:35@ | 00:42& | 00:14# |       |
| 35    | Aslaug Neteland         |        |        |        |        |        |        |        |        |        | 92     | 41:43 |
|       | 01:27+                  | 05:53+ | 10:01+ | 12:35+ | 16:19+ | 21:31+ | 31:36+ | 34:54+ | 37:57+ | 40:24+ | 41:43+ |       |
|       | 01:27+                  | 04:26+ | 04:08+ | 02:34+ | 03:44+ | 05:12+ | 10:05+ | 03:18+ | 03:03+ | 02:27+ | 01:19+ |       |
|       | 00:28&                  | 00:52# | 01:09& | 00:42& | 01:23& | 01:48& | 06:33@ | 00:53& | 01:36@ | 00:39& | 00:14# |       |
| 36    | Kate Lawson             |        |        |        |        |        |        |        |        |        | 101    | 41:48 |
|       | 01:20+                  | 06:35+ | 11:32+ | 13:59+ | 16:55+ | 22:28+ | 28:14+ | 30:31+ | 38:01+ | 40:19+ | 41:48+ |       |
|       | 01:20+                  | 05:15+ | 04:57+ | 02:27+ | 02:56+ | 05:33+ | 05:46+ | 02:17- | 07:30+ | 02:18+ | 01:29+ |       |
|       | 00:21&                  | 01:41& | 01:58& | 00:35& | 00:35# | 02:09& | 02:14& | 00:08- | 06:03@ | 00:30& | 00:24& |       |
| 37    | Gunhild Nordbø          |        |        |        |        |        |        |        |        |        | 117    | 41:58 |
|       | 01:36+                  | 12:33+ | 15:42+ | 17:57+ | 20:48+ | 24:47+ | 30:54+ | 34:20+ | 37:03+ | 39:49+ | 41:58+ |       |
|       | 01:36+                  | 10:57+ | 03:09+ | 02:15+ | 02:51+ | 03:59+ | 06:07+ | 03:26+ | 02:43+ | 02:46+ | 02:09+ |       |
|       | 00:37&                  | 07:23@ | 00:10+ | 00:23# | 00:30# | 00:35# | 02:35& | 01:01& | 01:16& | 00:58& | 01:04& |       |
| 38    | Olau Bergjord           |        |        |        |        |        |        |        |        |        | 91     | 42:28 |
|       | 03:28+                  | 07:53+ | 11:20+ | 13:29+ | 16:09+ | 21:13+ | 31:37+ | 36:17+ | 38:40+ | 41:08+ | 42:28+ |       |
|       | 03:28+                  | 04:25+ | 03:27+ | 02:09+ | 02:40+ | 05:04+ | 10:24+ | 04:40+ | 02:23+ | 02:28+ | 01:20+ |       |
|       | 02:29@                  | 00:51# | 00:28# | 00:17# | 00:19# | 01:40& | 06:52@ | 02:15& | 00:56& | 00:40& | 00:15# |       |
| 39    | Sigrun Serigstad        |        |        |        |        |        |        |        |        |        | 128    | 42:30 |
|       | 01:08+                  | 11:01+ | 15:25+ | 17:28+ | 20:44+ | 24:09+ | 35:23+ | 37:40+ | 39:39+ | 41:25+ | 42:30+ |       |
|       | 01:08+                  | 09:53+ | 04:24+ | 02:03+ | 03:16+ | 03:25+ | 11:14+ | 02:17- | 01:59+ | 01:46- | 01:05= |       |
|       | 00:09#                  | 06:19@ | 01:25& | 00:11+ | 00:55& | 00:01+ | 07:42@ | 00:08- | 00:32& | 00:02- | 00:00= |       |
| 40    | Irene Mæland Torgersen  |        |        |        |        |        |        |        |        |        | 253    | 43:04 |
|       | 02:29+                  | 07:33+ | 11:51+ | 15:19+ | 19:05+ | 23:24+ | 30:34+ | 34:31+ | 37:43+ | 41:20+ | 43:04+ |       |
|       | 02:29+                  | 05:04+ | 04:18+ | 03:28+ | 03:46+ | 04:19+ | 07:10+ | 03:57+ | 03:12+ | 03:37+ | 01:44+ |       |
|       | 01:30@                  | 01:30& | 01:19& | 01:36& | 01:25& | 00:55& | 03:38@ | 01:32& | 01:45@ | 01:49@ | 00:39& |       |
| 41    | Ingrid Marie Torgersen  |        |        |        |        |        |        |        |        |        | 253    | 43:05 |
|       | 02:33+                  | 07:24+ | 11:50+ | 15:18+ | 18:55+ | 23:23+ | 30:30+ | 34:24+ | 37:40+ | 41:17+ | 43:05+ |       |
|       | 02:33+                  | 04:51+ | 04:26+ | 03:28+ | 03:37+ | 04:28+ | 07:07+ | 03:54+ | 03:16+ | 03:37+ | 01:48+ |       |
|       | 01:34@                  | 01:17& | 01:27& | 01:36& | 01:16& | 01:04& | 03:35@ | 01:29& | 01:49@ | 01:49@ | 00:43& |       |
| 42    | Gro Skadberg Helliesen  |        |        |        |        |        |        |        |        |        | 105    | 43:14 |
|       | 01:37+                  | 09:49+ | 14:20+ | 16:26+ | 19:15+ | 22:57+ | 34:01+ | 37:20+ | 39:51+ | 42:03+ | 43:14+ |       |
|       | 01:37+                  | 08:12+ | 04:31+ | 02:06+ | 02:49+ | 03:42+ | 11:04+ | 03:19+ | 02:31+ | 02:12+ | 01:11+ |       |
|       | 00:38&                  | 04:38@ | 01:32& | 00:14# | 00:28# | 00:18+ | 07:32@ | 00:54& | 01:04& | 00:24# | 00:06+ |       |

| Plass | Navn                    |        | Klasse |        |        |        |        |        |        |        | Tid    |  |
|-------|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 43    | Marianne Gjesdal Lyngås |        | 253    |        |        |        |        |        |        |        | 43:16  |  |
|       | 02:35+                  | 07:17+ | 11:47+ | 15:23+ | 19:02+ | 23:20+ | 30:25+ | 34:27+ | 37:31+ | 41:18+ | 43:16+ |  |
|       | 02:35+                  | 04:42+ | 04:30+ | 03:36+ | 03:39+ | 04:18+ | 07:05+ | 04:02+ | 03:04+ | 03:47+ | 01:58+ |  |
|       | 01:36@                  | 01:08& | 01:31& | 01:44& | 01:18& | 00:54& | 03:33@ | 01:37& | 01:37@ | 01:59@ | 00:53& |  |
| 44    | Eli Tjetland            |        | 116    |        |        |        |        |        |        |        | 43:26  |  |
|       | 01:33+                  | 06:35+ | 12:52+ | 15:45+ | 21:07+ | 25:13+ | 32:08+ | 36:07+ | 38:34+ | 41:21+ | 43:26+ |  |
|       | 01:33+                  | 05:02+ | 06:17+ | 02:53+ | 05:22+ | 04:06+ | 06:55+ | 03:59+ | 02:27+ | 02:47+ | 02:05+ |  |
|       | 00:34&                  | 01:28& | 03:18@ | 01:01& | 03:01@ | 00:42# | 03:23& | 01:34& | 01:00& | 00:59& | 01:00& |  |
| 45    | Sarah Denieul           |        | 42     |        |        |        |        |        |        |        | 44:22  |  |
|       | 01:42+                  | 05:14+ | 08:33+ | 10:15+ | 12:45+ | 15:15+ | 20:14+ | 39:37+ | 41:32+ | 43:29+ | 44:22+ |  |
|       | 01:42+                  | 03:32- | 03:19+ | 01:42- | 02:30+ | 02:30- | 04:59+ | 19:23+ | 01:55+ | 01:57+ | 00:53- |  |
|       | 00:43&                  | 00:02- | 00:20# | 00:10- | 00:09+ | 00:54- | 01:27& | 16:58@ | 00:28& | 00:09+ | 00:12- |  |
| 46    | Linda Haukås            |        | 113    |        |        |        |        |        |        |        | 44:42  |  |
|       | 01:54+                  | 07:31+ | 12:12+ | 14:57+ | 18:26+ | 24:46+ | 32:37+ | 37:13+ | 40:38+ | 43:17+ | 44:42+ |  |
|       | 01:54+                  | 05:37+ | 04:41+ | 02:45+ | 03:29+ | 06:20+ | 07:51+ | 04:36+ | 03:25+ | 02:39+ | 01:25+ |  |
|       | 00:55&                  | 02:03& | 01:42& | 00:53& | 01:08& | 02:56& | 04:19@ | 02:11& | 01:58@ | 00:51& | 00:20& |  |
| 47    | Ingunn Kristiansen Wiig |        | 105    |        |        |        |        |        |        |        | 46:55  |  |
|       | 02:31+                  | 07:28+ | 10:42+ | 12:58+ | 15:41+ | 27:21+ | 37:06+ | 39:48+ | 41:34+ | 45:28+ | 46:55+ |  |
|       | 02:31+                  | 04:57+ | 03:14+ | 02:16+ | 02:43+ | 11:40+ | 09:45+ | 02:42+ | 01:46+ | 03:54+ | 01:27+ |  |
|       | 01:32@                  | 01:23& | 00:15+ | 00:24# | 00:22# | 08:16@ | 06:13@ | 00:17# | 00:19# | 02:06@ | 00:22& |  |
| 48    | Ingunn Fandrem          |        | 47     |        |        |        |        |        |        |        | 47:07  |  |
|       | 02:24+                  | 08:27+ | 13:16+ | 15:53+ | 19:02+ | 26:42+ | 34:50+ | 38:53+ | 42:43+ | 45:53+ | 47:07+ |  |
|       | 02:24+                  | 06:03+ | 04:49+ | 02:37+ | 03:09+ | 07:40+ | 08:08+ | 04:03+ | 03:50+ | 03:10+ | 01:14+ |  |
|       | 01:25@                  | 02:29& | 01:50& | 00:45& | 00:48& | 04:16@ | 04:36@ | 01:38& | 02:23@ | 01:22& | 00:09# |  |
| 49    | Solveig Grønning        |        | 47     |        |        |        |        |        |        |        | 47:16  |  |
|       | 02:31+                  | 08:39+ | 13:24+ | 15:58+ | 19:03+ | 26:54+ | 35:07+ | 39:00+ | 42:50+ | 46:01+ | 47:16+ |  |
|       | 02:31+                  | 06:08+ | 04:45+ | 02:34+ | 03:05+ | 07:51+ | 08:13+ | 03:53+ | 03:50+ | 03:11+ | 01:15+ |  |
|       | 01:32@                  | 02:34& | 01:46& | 00:42& | 00:44& | 04:27@ | 04:41@ | 01:28& | 02:23@ | 01:23& | 00:10# |  |
| 50    | Gro Mariero Totland     |        | 59     |        |        |        |        |        |        |        | 47:25  |  |
|       | 01:59+                  | 09:59+ | 14:37+ | 18:22+ | 23:02+ | 28:40+ | 35:38+ | 39:08+ | 41:50+ | 45:10+ | 47:25+ |  |
|       | 01:59+                  | 08:00+ | 04:38+ | 03:45+ | 04:40+ | 05:38+ | 06:58+ | 03:30+ | 02:42+ | 03:20+ | 02:15+ |  |
|       | 01:00@                  | 04:26@ | 01:39& | 01:53@ | 02:19& | 02:14& | 03:26& | 01:05& | 01:15& | 01:32& | 01:10@ |  |
| 51    | Sølvi S. Ballestad      |        | 105    |        |        |        |        |        |        |        | 47:48  |  |
|       | 01:43+                  | 06:58+ | 12:35+ | 15:14+ | 18:38+ | 24:37+ | 33:22+ | 39:14+ | 42:28+ | 46:10+ | 47:48+ |  |
|       | 01:43+                  | 05:15+ | 05:37+ | 02:39+ | 03:24+ | 05:59+ | 08:45+ | 05:52+ | 03:14+ | 03:42+ | 01:38+ |  |
|       | 00:44&                  | 01:41& | 02:38& | 00:47& | 01:03& | 02:35& | 05:13@ | 03:27@ | 01:47@ | 01:54@ | 00:33& |  |
| 52    | Solveig Mæland          |        | 128    |        |        |        |        |        |        |        | 49:17  |  |
|       | 02:05+                  | 07:57+ | 13:17+ | 16:19+ | 19:53+ | 26:09+ | 35:44+ | 40:16+ | 43:44+ | 47:20+ | 49:17+ |  |
|       | 02:05+                  | 05:52+ | 05:20+ | 03:02+ | 03:34+ | 06:16+ | 09:35+ | 04:32+ | 03:28+ | 03:36+ | 01:57+ |  |
|       | 01:06@                  | 02:18& | 02:21& | 01:10& | 01:13& | 02:52& | 06:03@ | 02:07& | 02:01@ | 01:48& | 00:52& |  |
| 53    | Lene Haver Schmidt      |        | 88     |        |        |        |        |        |        |        | 50:38  |  |
|       | 01:29+                  | 06:13+ | 11:04+ | 14:08+ | 18:37+ | 27:03+ | 38:39+ | 41:55+ | 44:33+ | 48:07+ | 50:38+ |  |
|       | 01:29+                  | 04:44+ | 04:51+ | 03:04+ | 04:29+ | 08:26+ | 11:36+ | 03:16+ | 02:38+ | 03:34+ | 02:31+ |  |
|       | 00:30&                  | 01:10& | 01:52& | 01:12& | 02:08& | 05:02@ | 08:04@ | 00:51& | 01:11& | 01:46& | 01:26@ |  |
| 54    | Sissel Carlsen Bråstad  |        | 88     |        |        |        |        |        |        |        | 50:39  |  |
|       | 01:28+                  | 06:20+ | 11:08+ | 14:13+ | 18:41+ | 27:06+ | 38:42+ | 42:01+ | 44:37+ | 48:07+ | 50:39+ |  |
|       | 01:28+                  | 04:52+ | 04:48+ | 03:05+ | 04:28+ | 08:25+ | 11:36+ | 03:19+ | 02:36+ | 03:30+ | 02:32+ |  |
|       | 00:29&                  | 01:18& | 01:49& | 01:13& | 02:07& | 05:01@ | 08:04@ | 00:54& | 01:09& | 01:42& | 01:27@ |  |
| 55    | Siw Øie Norheim         |        | 115    |        |        |        |        |        |        |        | 50:50  |  |
|       | 01:57+                  | 08:13+ | 13:53+ | 19:28+ | 23:31+ | 27:40+ | 36:34+ | 40:32+ | 43:54+ | 48:03+ | 50:50+ |  |
|       | 01:57+                  | 06:16+ | 05:40+ | 05:35+ | 04:03+ | 04:09+ | 08:54+ | 03:58+ | 03:22+ | 04:09+ | 02:47+ |  |
|       | 00:58&                  | 02:42& | 02:41& | 03:43@ | 01:42& | 00:45# | 05:22@ | 01:33& | 01:55@ | 02:21@ | 01:42@ |  |
| 56    | Elisabeth Sørensen      |        | 115    |        |        |        |        |        |        |        | 50:50  |  |
|       | 01:56+                  | 08:08+ | 13:56+ | 19:27+ | 23:35+ | 27:39+ | 36:31+ | 40:27+ | 43:58+ | 48:04+ | 50:50+ |  |
|       | 01:56+                  | 06:12+ | 05:48+ | 05:31+ | 04:08+ | 04:04+ | 08:52+ | 03:56+ | 03:31+ | 04:06+ | 02:46+ |  |
|       | 00:57&                  | 02:38& | 02:49& | 03:39@ | 01:47& | 00:40# | 05:20@ | 01:31& | 02:04@ | 02:18@ | 01:41@ |  |
| 57    | Grethe Wathne           |        | 109    |        |        |        |        |        |        |        | 51:15  |  |
|       | 01:35+                  | 06:06+ | 10:01+ | 12:18+ | 15:08+ | 22:47+ | 32:26+ | 37:28+ | 40:04+ | 49:39+ | 51:15+ |  |
|       | 01:35+                  | 04:31+ | 03:55+ | 02:17+ | 02:50+ | 07:39+ | 09:39+ | 05:02+ | 02:36+ | 09:35+ | 01:36+ |  |
|       | 00:36&                  | 00:57& | 00:56& | 00:25# | 00:29# | 04:15@ | 06:07@ | 02:37@ | 01:09& | 07:47@ | 00:31& |  |

| Plass                                                                       | Navn                     | Klasse | Tid     |
|-----------------------------------------------------------------------------|--------------------------|--------|---------|
| 58                                                                          | Karin Gilje Ask          | 141    | 51:27   |
| 01:43+                                                                      | 06:25+                   | 10:22+ | 12:42+  |
| 01:43+                                                                      | 04:42+                   | 03:57+ | 02:20+  |
| 00:44&                                                                      | 01:08&                   | 00:58& | 00:28#  |
| 59                                                                          | Inger K. H. Rysstad      | 141    | 51:29   |
| 01:43+                                                                      | 06:19+                   | 10:14+ | 12:34+  |
| 01:43+                                                                      | 04:36+                   | 03:55+ | 02:20+  |
| 00:44&                                                                      | 01:02&                   | 00:56& | 00:28#  |
| 60                                                                          | Ingrid Hjelmbrekke Holdø | 62     | 51:53   |
| 01:41+                                                                      | 06:42+                   | 27:16+ | 29:08+  |
| 01:41+                                                                      | 05:01+                   | 20:34+ | 01:52=  |
| 00:42&                                                                      | 01:27&                   | 17:35@ | 00:00=  |
| 61                                                                          | Grete Hellevik           | 168    | 52:26   |
| 01:12+                                                                      | 05:39+                   | 10:27+ | 14:31+  |
| 01:12+                                                                      | 04:27+                   | 04:48+ | 04:04+  |
| 00:13#                                                                      | 00:53#                   | 01:49& | 02:12@  |
| 62                                                                          | Maria Haukalid           | 47     | 53:00   |
| 02:48+                                                                      | 07:15+                   | 11:14+ | 13:46+  |
| 02:48+                                                                      | 04:27+                   | 03:59+ | 02:32+  |
| 01:49@                                                                      | 00:53#                   | 01:00& | 00:40&  |
| 63                                                                          | Maryam Ghadrnan          | 116    | 56:34   |
| 09:53+                                                                      | 15:37+                   | 22:05+ | 24:17+  |
| 09:53+                                                                      | 05:44+                   | 06:28+ | 02:12+  |
| 08:54@                                                                      | 02:10&                   | 03:29@ | 00:20#  |
| 64                                                                          | Linn Soma                | 287    | 1:00:52 |
| 02:05+                                                                      | 20:59+                   | 25:31+ | 27:36+  |
| 02:05+                                                                      | 18:54+                   | 04:32+ | 02:05+  |
| 01:06@                                                                      | 15:20@                   | 01:33& | 00:13#  |
| 65                                                                          | Hilde Christine Hoff     | 221    | 1:01:10 |
| 03:18+                                                                      | 10:37+                   | 17:46+ | 21:00+  |
| 03:18+                                                                      | 07:19+                   | 07:09+ | 03:14+  |
| 02:19@                                                                      | 03:45@                   | 04:10@ | 01:22&  |
| 66                                                                          | Britt Skretting          | 54     | 1:05:44 |
| 02:40+                                                                      | 13:43+                   | 19:05+ | 23:20+  |
| 02:40+                                                                      | 11:03+                   | 05:22+ | 04:15+  |
| 01:41@                                                                      | 07:29@                   | 02:23& | 03:17@  |
| Beste strekketid for klassen                                                |                          |        |         |
| 00:59                                                                       | 03:09                    | 02:40  | 02:17   |
| 01:42                                                                       | 02:30                    | 03:32  | 01:59   |
| 01:27                                                                       | 01:42                    | 00:53  |         |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                          |        |         |
| Herrer 16 - 39 år                                                           |                          |        |         |
| 1                                                                           | Jørgen Strømstad         | 50     | 38:49   |
| 03:09=                                                                      | 08:16=                   | 11:21= | 13:46=  |
| 03:09=                                                                      | 05:07=                   | 03:05= | 02:25=  |
| 00:00=                                                                      | 00:00=                   | 00:00= | 00:00=  |
| 2                                                                           | Magne Habbestad          | 111    | 40:44   |
| 03:06-                                                                      | 06:41-                   | 10:49- | 13:04-  |
| 03:06-                                                                      | 03:35-                   | 04:08+ | 02:15-  |
| 00:03-                                                                      | 01:32-                   | 01:03& | 00:10-  |
| 3                                                                           | Vegard Karlsen           | 50     | 40:49   |
| 03:16+                                                                      | 06:49-                   | 10:13- | 12:18-  |
| 03:16+                                                                      | 03:33-                   | 03:24+ | 02:05-  |
| 00:07+                                                                      | 01:34-                   | 00:19# | 00:20-  |
| 4                                                                           | Torbjørn Ims Østby       | 53     | 41:58   |
| 03:08-                                                                      | 07:00-                   | 10:51- | 13:31-  |
| 03:08-                                                                      | 03:52-                   | 03:51+ | 02:40+  |
| 00:01-                                                                      | 01:15-                   | 00:46# | 00:15#  |

| Plass | Navn                       |        |        |        |        | Klasse |        |        |        |        | Tid     |        |        |        |        |
|-------|----------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|--------|
| 5     | Jens Rostруп Eikehaugen    |        |        |        |        | 92     |        |        |        |        | 42:27   |        |        |        |        |
|       | 03:22+                     | 07:23- | 10:49- | 13:27- | 16:45- | 20:15- | 22:37- | 30:33+ | 32:04+ | 33:28+ | 37:24+  | 38:14+ | 40:21+ | 41:32+ | 42:27+ |
|       | 03:22+                     | 04:01- | 03:26+ | 02:38+ | 03:18+ | 03:30- | 02:22- | 07:56+ | 01:31+ | 01:24+ | 03:56+  | 00:50- | 02:07+ | 01:11+ | 00:55+ |
|       | 00:13+                     | 01:06- | 00:21# | 00:13+ | 00:09+ | 00:02- | 00:06- | 00:50# | 00:04+ | 00:16# | 02:25@  | 00:15- | 00:07+ | 00:16& | 00:13& |
| 6     | Thomas Jansen              |        |        |        |        | 289    |        |        |        |        | 43:04   |        |        |        |        |
|       | 03:47+                     | 07:55- | 11:41+ | 13:46= | 16:47- | 20:01- | 22:15- | 32:42+ | 34:58+ | 36:05+ | 37:49+  | 38:54+ | 41:08+ | 42:16+ | 43:04+ |
|       | 03:47+                     | 04:08- | 03:46+ | 02:05- | 03:01- | 03:14- | 02:14- | 10:27+ | 02:16+ | 01:07- | 01:44+  | 01:05= | 02:14+ | 01:08+ | 00:48+ |
|       | 00:38#                     | 00:59- | 00:41# | 00:20- | 00:08- | 00:18- | 00:14- | 03:21& | 00:49& | 00:01- | 00:13#  | 00:00= | 00:14# | 00:13# | 00:06# |
| 7     | Morten Fenne               |        |        |        |        | 228    |        |        |        |        | 43:36   |        |        |        |        |
|       | 03:08-                     | 07:16- | 11:07- | 13:20- | 16:07- | 19:16- | 21:32- | 32:09+ | 34:25+ | 35:52+ | 38:31+  | 39:34+ | 41:50+ | 42:49+ | 43:36+ |
|       | 03:08-                     | 04:08- | 03:51+ | 02:13- | 02:47- | 03:09- | 02:16- | 10:37+ | 02:16+ | 01:27+ | 02:39+  | 01:03- | 02:16+ | 00:59+ | 00:47+ |
|       | 00:01-                     | 00:59- | 00:46# | 00:12- | 00:22- | 00:23- | 00:12- | 03:31& | 00:49& | 00:19& | 01:08&  | 00:02- | 00:16# | 00:04+ | 00:05# |
| 8     | Bjørnar A. Alvær Sandsmark |        |        |        |        | 68     |        |        |        |        | 45:23   |        |        |        |        |
|       | 03:34+                     | 09:47+ | 13:03+ | 15:43+ | 20:09+ | 23:16+ | 25:15+ | 32:17+ | 33:46+ | 36:04+ | 38:13+  | 39:33+ | 43:09+ | 44:38+ | 45:23+ |
|       | 03:34+                     | 06:13+ | 03:16+ | 02:40+ | 04:26+ | 03:07- | 01:59- | 07:02- | 01:29+ | 02:18+ | 02:09+  | 01:20+ | 03:36+ | 01:29+ | 00:45+ |
|       | 00:25#                     | 01:06# | 00:11+ | 00:15# | 01:17& | 00:25- | 00:29- | 00:04- | 00:02+ | 01:10@ | 00:38&  | 00:15# | 01:36& | 00:34& | 00:03+ |
| 9     | Trond Evensen              |        |        |        |        | 116    |        |        |        |        | 49:45   |        |        |        |        |
|       | 07:36+                     | 12:14+ | 17:56+ | 20:26+ | 24:00+ | 27:20+ | 29:28+ | 37:35+ | 39:10+ | 40:57+ | 43:21+  | 44:41+ | 47:35+ | 48:46+ | 49:45+ |
|       | 07:36+                     | 04:38- | 05:42+ | 02:30+ | 03:34+ | 03:20- | 02:08- | 08:07+ | 01:35+ | 01:47+ | 02:24+  | 01:20+ | 02:54+ | 01:11+ | 00:59+ |
|       | 04:27@                     | 00:29- | 02:37& | 00:05+ | 00:25# | 00:12- | 00:20- | 01:01# | 00:08+ | 00:39& | 00:53&  | 00:15# | 00:54& | 00:16& | 00:17& |
| 10    | Rune Dahl Fitjar           |        |        |        |        | 90     |        |        |        |        | 51:07   |        |        |        |        |
|       | 04:53+                     | 11:21+ | 15:41+ | 18:20+ | 22:32+ | 27:15+ | 30:05+ | 39:25+ | 40:51+ | 42:46+ | 44:56+  | 46:35+ | 49:08+ | 50:16+ | 51:07+ |
|       | 04:53+                     | 06:28+ | 04:20+ | 02:39+ | 04:12+ | 04:43+ | 02:50+ | 09:20+ | 01:26- | 01:55+ | 02:10+  | 01:39+ | 02:33+ | 01:08+ | 00:51+ |
|       | 01:44&                     | 01:21& | 01:15& | 00:14+ | 01:03& | 01:11& | 00:22# | 02:14& | 00:01- | 00:47& | 00:39&  | 00:34& | 00:33& | 00:13# | 00:09# |
| 11    | Sam McCloy                 |        |        |        |        | 271    |        |        |        |        | 51:12   |        |        |        |        |
|       | 04:31+                     | 10:06+ | 13:55+ | 17:15+ | 20:38+ | 24:10+ | 26:12+ | 33:27+ | 42:10+ | 43:39+ | 46:05+  | 47:00+ | 49:18+ | 50:19+ | 51:12+ |
|       | 04:31+                     | 05:35+ | 03:49+ | 03:20+ | 03:23+ | 03:32= | 02:02- | 07:15+ | 08:43+ | 01:29+ | 02:26+  | 00:55- | 02:18+ | 01:01+ | 00:53+ |
|       | 01:22&                     | 00:28+ | 00:44# | 00:55& | 00:14+ | 00:00= | 00:26- | 00:09+ | 07:16@ | 00:21& | 00:55&  | 00:10- | 00:18# | 00:06# | 00:11& |
| 12    | Andreas Florian Ente       |        |        |        |        | 66     |        |        |        |        | 53:03   |        |        |        |        |
|       | 03:17+                     | 09:50+ | 17:23+ | 19:50+ | 24:41+ | 27:51+ | 30:00+ | 36:51+ | 38:25+ | 39:53+ | 47:04+  | 48:18+ | 50:56+ | 52:10+ | 53:03+ |
|       | 03:17+                     | 06:33+ | 07:33+ | 02:27+ | 04:51+ | 03:10- | 02:09- | 06:51- | 01:34+ | 01:28+ | 07:11+  | 01:14+ | 02:38+ | 01:14+ | 00:53+ |
|       | 00:08+                     | 01:26& | 04:28@ | 00:02+ | 01:42& | 00:22- | 00:19- | 00:15- | 00:07+ | 00:20& | 05:40@  | 00:09# | 00:38& | 00:19& | 00:11& |
| 13    | Andreas Terjesen           |        |        |        |        | 213    |        |        |        |        | 55:51   |        |        |        |        |
|       | 03:04-                     | 08:42+ | 12:26+ | 15:57+ | 19:19+ | 23:04+ | 25:08+ | 42:33+ | 43:50+ | 45:46+ | 48:22+  | 49:29+ | 53:43+ | 55:04+ | 55:51+ |
|       | 03:04-                     | 05:38+ | 03:44+ | 03:31+ | 03:22+ | 03:45+ | 02:04- | 17:25+ | 01:17- | 01:56+ | 02:36+  | 01:07+ | 04:14+ | 01:21+ | 00:47+ |
|       | 00:05-                     | 00:31# | 00:39# | 01:06& | 00:13+ | 00:13+ | 00:24- | 10:19@ | 00:10- | 00:48& | 01:05&  | 00:02+ | 02:14@ | 00:26& | 00:05# |
| 14    | Svein Kyllingstad          |        |        |        |        | 71     |        |        |        |        | 57:32   |        |        |        |        |
|       | 05:08+                     | 09:57+ | 15:28+ | 18:48+ | 22:30+ | 25:50+ | 27:57+ | 36:18+ | 38:13+ | 42:53+ | 52:25+  | 53:16+ | 55:25+ | 56:39+ | 57:32+ |
|       | 05:08+                     | 04:49- | 05:31+ | 03:20+ | 03:42+ | 03:20- | 02:07- | 08:21+ | 01:55+ | 04:40+ | 09:32+  | 00:51- | 02:09+ | 01:14+ | 00:53+ |
|       | 01:59&                     | 00:18- | 02:26& | 00:55& | 00:33# | 00:12- | 00:21- | 01:15# | 00:28& | 03:32@ | 08:01@  | 00:14- | 00:09+ | 00:19& | 00:11& |
| 15    | Håkon Eggebø               |        |        |        |        | 71     |        |        |        |        | 58:05   |        |        |        |        |
|       | 04:53+                     | 08:50+ | 14:40+ | 16:44+ | 20:45+ | 23:53+ | 26:06+ | 38:14+ | 39:15+ | 42:59+ | 52:48+  | 53:35+ | 55:54+ | 57:05+ | 58:05+ |
|       | 04:53+                     | 03:57- | 05:50+ | 02:04- | 04:01+ | 03:08- | 02:13- | 12:08+ | 01:01- | 03:44+ | 09:49+  | 00:47- | 02:19+ | 01:11+ | 01:00+ |
|       | 01:44&                     | 01:10- | 02:45& | 00:21- | 00:52& | 00:24- | 00:15- | 05:02& | 00:26- | 02:36@ | 08:18@  | 00:18- | 00:19# | 00:16& | 00:18& |
| 16    | Rune Hatle                 |        |        |        |        | 65     |        |        |        |        | 58:59   |        |        |        |        |
|       | 05:07+                     | 12:31+ | 16:48+ | 20:10+ | 24:25+ | 28:52+ | 31:35+ | 40:44+ | 43:08+ | 45:25+ | 49:30+  | 50:49+ | 56:55+ | 58:01+ | 58:59+ |
|       | 05:07+                     | 07:24+ | 04:17+ | 03:22+ | 04:15+ | 04:27+ | 02:43+ | 09:09+ | 02:24+ | 02:17+ | 04:05+  | 01:19+ | 06:06+ | 01:06+ | 00:58+ |
|       | 01:58&                     | 02:17& | 01:12& | 00:57& | 01:06& | 00:55& | 00:15# | 02:03& | 00:57& | 01:09@ | 02:34@  | 00:14# | 04:06@ | 00:11# | 00:16& |
| 17    | Frithjof Vassbø            |        |        |        |        | 109    |        |        |        |        | 1:01:23 |        |        |        |        |
|       | 03:08-                     | 07:29- | 25:28+ | 28:36+ | 32:14+ | 36:14+ | 38:13+ | 45:57+ | 47:34+ | 53:58+ | 56:12+  | 57:02+ | 59:09+ | 60:26+ | 61:23+ |
|       | 03:08-                     | 04:21- | 17:59+ | 03:08+ | 03:38+ | 04:00+ | 01:59- | 07:44+ | 01:37+ | 06:24+ | 02:14+  | 00:50- | 02:07+ | 01:17+ | 00:57+ |
|       | 00:01-                     | 00:46- | 14:54@ | 00:43& | 00:29# | 00:28# | 00:29- | 00:38+ | 00:10# | 05:16@ | 00:43&  | 00:15- | 00:07+ | 00:22& | 00:15& |
| 18    | Asgeir Nærland             |        |        |        |        | 88     |        |        |        |        | 1:03:57 |        |        |        |        |
|       | 04:34+                     | 11:00+ | 14:39+ | 17:58+ | 23:49+ | 31:29+ | 34:03+ | 42:14+ | 44:32+ | 46:40+ | 55:32+  | 56:54+ | 61:00+ | 62:45+ | 63:57+ |
|       | 04:34+                     | 06:26+ | 03:39+ | 03:19+ | 05:51+ | 07:40+ | 02:34+ | 08:11+ | 02:18+ | 02:08+ | 08:52+  | 01:22+ | 04:06+ | 01:45+ | 01:12+ |
|       | 01:25&                     | 01:19& | 00:34# | 00:54& | 02:42& | 04:08@ | 00:06+ | 01:05# | 00:51& | 01:00& | 07:21@  | 00:17& | 02:06@ | 00:50& | 00:30& |
| 19    | Rune Svihus                |        |        |        |        | 62     |        |        |        |        | 1:04:37 |        |        |        |        |
|       | 03:16+                     | 12:11+ | 15:52+ | 18:23+ | 23:05+ | 26:38+ | 28:38+ | 45:45+ | 47:13+ | 48:58+ | 58:33+  | 59:47+ | 62:13+ | 63:32+ | 64:37+ |
|       | 03:16+                     | 08:55+ | 03:41+ | 02:31+ | 04:42+ | 03:33+ | 02:00- | 17:07+ | 01:28+ | 01:45+ | 09:35+  | 01:14+ | 02:26+ | 01:19+ | 01:05+ |
|       | 00:07+                     | 03:48& | 00:36# | 00:06+ | 01:33& | 00:01+ | 00:28- | 10:01@ | 00:01+ | 00:37& | 08:04@  | 00:09# | 00:26# | 00:24& | 00:23& |

| Plass                                                                       | Navn                     |        |        |        |        | Klasse |        |        |        |        | Tid    |         |        |        |        |
|-----------------------------------------------------------------------------|--------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|
| 20                                                                          | Sindre Øvrum Haaland     |        |        |        |        | 92     |        |        |        |        |        | 1:07:18 |        |        |        |
| 05:24+                                                                      | 13:43+                   | 19:42+ | 23:56+ | 28:42+ | 33:13+ | 36:08+ | 44:27+ | 46:41+ | 48:43+ | 56:00+ | 58:01+ | 64:30+  | 66:08+ | 67:18+ |        |
| 05:24+                                                                      | 08:19+                   | 05:59+ | 04:14+ | 04:46+ | 04:31+ | 02:55+ | 08:19+ | 02:14+ | 02:02+ | 07:17+ | 02:01+ | 06:29+  | 01:38+ | 01:10+ |        |
| 02:15&                                                                      | 03:12&                   | 02:54& | 01:49& | 01:37& | 00:59& | 00:27# | 01:13# | 00:47& | 00:54& | 05:46@ | 00:56& | 04:29@  | 00:43& | 00:28& |        |
| 21                                                                          | Simen Auli Staff         |        |        |        |        | 115    |        |        |        |        |        | 1:08:08 |        |        |        |
| 05:33+                                                                      | 11:07+                   | 17:12+ | 22:26+ | 26:21+ | 30:31+ | 33:00+ | 45:13+ | 47:41+ | 53:07+ | 55:22+ | 57:32+ | 65:15+  | 67:11+ | 68:08+ |        |
| 05:33+                                                                      | 05:34+                   | 06:05+ | 05:14+ | 03:55+ | 04:10+ | 02:29+ | 12:13+ | 02:28+ | 05:26+ | 02:15+ | 02:10+ | 07:43+  | 01:56+ | 00:57+ |        |
| 02:24&                                                                      | 00:27+                   | 03:00& | 02:49@ | 00:46# | 00:38# | 00:01+ | 05:07& | 01:01& | 04:18@ | 00:44& | 01:05& | 05:43@  | 01:01@ | 00:15& |        |
| 22                                                                          | Aksel Voldsund           |        |        |        |        | 114    |        |        |        |        |        | 1:11:02 |        |        |        |
| 05:23+                                                                      | 12:46+                   | 16:52+ | 23:39+ | 27:58+ | 31:42+ | 34:17+ | 42:29+ | 44:33+ | 46:10+ | 62:34+ | 64:05+ | 68:45+  | 69:59+ | 71:02+ |        |
| 05:23+                                                                      | 07:23+                   | 04:06+ | 06:47+ | 04:19+ | 03:44+ | 02:35+ | 08:12+ | 02:04+ | 01:37+ | 16:24+ | 01:31+ | 04:40+  | 01:14+ | 01:03+ |        |
| 02:14&                                                                      | 02:16&                   | 01:01& | 04:22@ | 01:10& | 00:12+ | 00:07+ | 01:06# | 00:37& | 00:29& | 14:53@ | 00:26& | 02:40@  | 00:19& | 00:21& |        |
| 23                                                                          | Einar Hagerup Mørkved    |        |        |        |        | 116    |        |        |        |        |        | 1:14:39 |        |        |        |
| 03:40+                                                                      | 18:23+                   | 22:05+ | 25:28+ | 29:46+ | 33:24+ | 35:30+ | 47:52+ | 48:54+ | 56:58+ | 68:16+ | 69:50+ | 72:24+  | 73:44+ | 74:39+ |        |
| 03:40+                                                                      | 14:43+                   | 03:42+ | 03:23+ | 04:18+ | 03:38+ | 02:06- | 12:22+ | 01:02- | 08:04+ | 11:18+ | 01:34+ | 02:34+  | 01:20+ | 00:55+ |        |
| 00:31#                                                                      | 09:36@                   | 00:37# | 00:58& | 01:09& | 00:06+ | 00:22- | 05:16& | 00:25- | 06:56@ | 09:47@ | 00:29& | 00:34&  | 00:25& | 00:13& |        |
| 24                                                                          | Martin Alexander Hanssen |        |        |        |        | 98     |        |        |        |        |        | 1:16:27 |        |        |        |
| 05:37+                                                                      | 12:06+                   | 16:41+ | 23:51+ | 27:58+ | 31:10+ | 33:33+ | 42:47+ | 50:13+ | 67:05+ | 70:44+ | 71:37+ | 74:12+  | 75:23+ | 76:27+ |        |
| 05:37+                                                                      | 06:29+                   | 04:35+ | 07:10+ | 04:07+ | 03:12- | 02:23- | 09:14+ | 07:26+ | 16:52+ | 03:39+ | 00:53- | 02:35+  | 01:11+ | 01:04+ |        |
| 02:28&                                                                      | 01:22&                   | 01:30& | 04:45@ | 00:58& | 00:20- | 00:05- | 02:08& | 05:59@ | 15:44@ | 02:08@ | 00:12- | 00:35&  | 00:16& | 00:22& |        |
| 25                                                                          | Pål Dannevig             |        |        |        |        | 74     |        |        |        |        |        | 1:26:14 |        |        |        |
| 02:56-                                                                      | 07:40-                   | 11:31+ | 23:00+ | 28:02+ | 31:37+ | 39:38+ | 48:26+ | 54:48+ | 69:20+ | 78:41+ | 80:01+ | 83:51+  | 85:02+ | 86:14+ |        |
| 02:56-                                                                      | 04:44-                   | 03:51+ | 11:29+ | 05:02+ | 03:35+ | 08:01+ | 08:48+ | 06:22+ | 14:32+ | 09:21+ | 01:20+ | 03:50+  | 01:11+ | 01:12+ |        |
| 00:13-                                                                      | 00:23-                   | 00:46# | 09:04@ | 01:53& | 00:03+ | 05:33@ | 01:42# | 04:55@ | 13:24@ | 07:50@ | 00:15# | 01:50&  | 00:16& | 00:30& |        |
| 26                                                                          | Jalal Fahadi             |        |        |        |        | 116    |        |        |        |        |        | 1:28:26 |        |        |        |
| 09:37+                                                                      | 19:34+                   | 24:44+ | 29:22+ | 33:47+ | 37:55+ | 40:05+ | 48:44+ | 69:51+ | 71:33+ | 76:53+ | 78:30+ | 85:54+  | 87:45+ | 88:26+ |        |
| 09:37+                                                                      | 09:57+                   | 05:10+ | 04:38+ | 04:25+ | 04:08+ | 02:10- | 08:39+ | 21:07+ | 01:42+ | 05:20+ | 01:37+ | 07:24+  | 01:51+ | 00:41- |        |
| 06:28@                                                                      | 04:50&                   | 02:05& | 02:13& | 01:16& | 00:36# | 00:18- | 01:33# | 19:40@ | 00:34& | 03:49@ | 00:32& | 05:24@  | 00:56@ | 00:01- |        |
| Beste strekktid for klassen                                                 |                          |        |        |        |        |        |        |        |        |        |        |         |        |        |        |
| 02:56                                                                       | 03:33                    | 03:05  | 02:04  | 02:36  | 03:07  | 01:59  | 06:51  | 01:01  | 01:07  | 01:31  | 00:47  | 02:00   | 00:55  | 00:41  |        |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                          |        |        |        |        |        |        |        |        |        |        |         |        |        |        |
| Herrer 40 - 49 år                                                           |                          |        |        |        |        |        |        |        |        |        |        |         |        |        |        |
| 1                                                                           | Kevin Thomas Foust       |        |        |        |        | 192    |        |        |        |        |        | 47:45   |        |        |        |
| 03:51=                                                                      | 08:38=                   | 16:05= | 16:57= | 19:37= | 22:31= | 24:30= | 26:09= | 29:33= | 34:07= | 35:47= | 38:01= | 40:11=  | 41:32= | 42:39= | 45:08= |
| 03:51=                                                                      | 04:47=                   | 07:27= | 00:52= | 02:40= | 02:54= | 01:59= | 01:39= | 03:24= | 04:34= | 01:40= | 02:14= | 02:10=  | 01:21= | 01:07= | 02:29= |
| 00:00=                                                                      | 00:00=                   | 00:00= | 00:00= | 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                                                                           | Knut Taugbøl             |        |        |        |        | 116    |        |        |        |        |        | 47:55   |        |        |        |
| 04:15+                                                                      | 08:38=                   | 12:57- | 13:50- | 15:33- | 18:53- | 20:47- | 22:54- | 26:29- | 30:54- | 33:28- | 35:50- | 38:41-  | 40:19- | 41:47- | 44:20- |
| 04:15+                                                                      | 04:23-                   | 04:19- | 00:53+ | 01:43- | 03:20+ | 01:54- | 02:07+ | 03:35+ | 04:25- | 02:34+ | 02:22+ | 02:51+  | 01:38+ | 01:28+ | 02:33+ |
| 00:24#                                                                      | 00:24-                   | 03:08- | 00:01+ | 00:57- | 00:26# | 00:05- | 00:28& | 00:11+ | 00:09- | 00:54& | 00:08+ | 00:41&  | 00:17# | 00:21& | 00:04+ |
| 3                                                                           | Oddmund Nordgård         |        |        |        |        | 105    |        |        |        |        |        | 48:42   |        |        |        |
| 04:30+                                                                      | 08:27-                   | 13:18- | 14:06- | 15:11- | 18:30- | 20:38- | 22:28- | 26:10- | 33:01- | 35:56+ | 38:45+ | 40:40+  | 42:02+ | 43:19+ | 45:41+ |
| 04:30+                                                                      | 03:57-                   | 04:51- | 00:48- | 01:05- | 03:19+ | 02:08+ | 01:50+ | 03:42+ | 06:51+ | 02:55+ | 02:49+ | 01:55-  | 01:22+ | 01:17+ | 02:22- |
| 00:39#                                                                      | 00:50-                   | 02:36- | 00:04- | 01:35- | 00:25# | 00:09+ | 00:11# | 00:18+ | 02:17& | 01:15& | 00:35& | 00:15-  | 00:01+ | 00:10# | 00:07- |
| 4                                                                           | Øystein Fuglestad        |        |        |        |        | 46     |        |        |        |        |        | 50:19   |        |        |        |
| 03:54+                                                                      | 12:00+                   | 16:47+ | 17:50+ | 19:05- | 22:08- | 24:36+ | 26:47+ | 30:50+ | 35:06+ | 37:39+ | 40:09+ | 42:00+  | 43:26+ | 44:51+ | 47:16+ |
| 03:54+                                                                      | 08:06+                   | 04:47- | 01:03+ | 01:15- | 03:03+ | 02:28+ | 02:11+ | 04:03+ | 04:16- | 02:33+ | 02:30+ | 01:57-  | 01:20- | 01:25+ | 01:05+ |
| 00:03+                                                                      | 03:19&                   | 02:40- | 00:11# | 01:25- | 00:09+ | 00:29# | 00:32& | 00:39# | 00:18- | 00:53& | 00:16# | 00:13-  | 00:01- | 00:18& | 00:04- |
| 5                                                                           | Trondr Breiland          |        |        |        |        | 53     |        |        |        |        |        | 54:52   |        |        |        |
| 04:10+                                                                      | 10:26+                   | 15:24- | 16:25- | 17:29- | 20:23- | 22:23- | 24:28- | 29:45+ | 34:40+ | 36:16+ | 38:45+ | 45:20+  | 46:00+ | 48:11+ | 51:47+ |
| 04:10+                                                                      | 06:16+                   | 04:58- | 01:01+ | 01:04- | 02:54= | 02:00+ | 02:05+ | 05:17+ | 04:55+ | 01:36- | 02:29+ | 06:35+  | 00:40- | 02:11+ | 03:36+ |
| 00:19+                                                                      | 01:29&                   | 02:29- | 00:09# | 01:36- | 00:00= | 00:01+ | 00:26& | 01:53& | 00:21+ | 00:04- | 00:15# | 04:25@  | 00:41- | 01:04& | 01:07& |
| 6                                                                           | Håvard Svihus            |        |        |        |        | 267    |        |        |        |        |        | 54:54   |        |        |        |
| 03:30-                                                                      | 11:16+                   | 16:02- | 17:00+ | 18:31- | 22:04- | 24:33+ | 27:01+ | 30:38+ | 35:25+ | 37:19+ | 39:31+ | 40:58+  | 42:18+ | 44:47+ | 49:35+ |
| 03:30-                                                                      | 07:46+                   | 04:46- | 00:58+ | 01:31- | 03:33+ | 02:29+ | 02:28+ | 03:37+ | 04:47+ | 01:54+ | 02:12- | 01:27-  | 01:20- | 02:29+ | 04:48+ |
| 00:21-                                                                      | 02:59&                   | 02:41- | 00:06# | 01:09- | 00:39# | 00:30& | 00:49& | 00:13+ | 00:13+ | 00:14# | 00:02- | 00:43-  | 00:01- | 01:22@ | 02:19& |



| Plass                        | Navn                 |        |        |        | Klasse |        |        |        | Tid     |        |        |        |
|------------------------------|----------------------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|
| 22                           | Svein Oddvar Netland |        |        |        | 116    |        |        |        | 1:26:55 |        |        |        |
| 06:00+                       | 19:26+               | 22:52+ | 23:56+ | 25:40+ | 30:15+ | 32:30+ | 34:41+ | 39:24+ | 49:24+  | 62:41+ | 66:05+ | 75:57+ |
| 06:00+                       | 13:26+               | 03:26- | 01:04- | 01:44- | 04:35+ | 02:15+ | 02:11+ | 04:43+ | 10:00+  | 13:17+ | 03:24+ | 09:52+ |
| 02:09&                       | 08:39@               | 04:01- | 00:12# | 00:56- | 01:41& | 00:16# | 00:32& | 01:19& | 05:26@  | 11:37@ | 01:10& | 07:42@ |
| 00:38&                       | 00:59&               | 00:41& | 00:20& | 00:30& | 00:16& |        |        |        |         |        |        |        |
| 23                           | Martin Simpson       |        |        |        | 167    |        |        |        | 1:52:17 |        |        |        |
| 11:00+                       | 41:09+               | 47:28+ | 48:36+ | 50:48+ | 56:10+ | 61:10+ | 64:03+ | 69:48+ | 84:46+  | 88:10+ | 92:49+ | 95:42+ |
| 11:00+                       | 30:09+               | 06:19- | 01:08+ | 02:12- | 05:22+ | 05:00+ | 02:53+ | 05:45+ | 14:58+  | 03:24+ | 04:39+ | 02:53+ |
| 07:09@                       | 25:22@               | 01:08- | 00:16& | 00:28- | 02:28& | 03:01@ | 01:14& | 02:21& | 10:24@  | 01:44@ | 02:25@ | 00:43& |
| 00:27&                       | 02:30@               | 02:49@ | 01:17@ | 01:27@ | 00:31& |        |        |        |         |        |        |        |
| 24                           | Anders Langvatn      |        |        |        | 126    |        |        |        | 1:52:30 |        |        |        |
| 06:08+                       | 14:43+               | 30:44+ | 33:22+ | 35:39+ | 44:04+ | 49:40+ | 52:48+ | 58:04+ | 71:11+  | 77:49+ | 80:40+ | 87:00+ |
| 06:08+                       | 08:35+               | 16:01+ | 02:38+ | 02:17- | 08:25+ | 05:36+ | 03:08+ | 05:16+ | 13:07+  | 06:38+ | 02:51+ | 06:20+ |
| 02:17&                       | 03:48&               | 08:34@ | 01:46@ | 00:23- | 05:31@ | 03:37@ | 01:29& | 01:52& | 08:33@  | 04:58@ | 00:37& | 04:10@ |
| 00:04+                       | 03:57@               | 11:40@ | 00:16& | 01:06@ | 00:53& |        |        |        |         |        |        |        |
| Beste strekketid for klassen |                      |        |        |        |        |        |        |        |         |        |        |        |
| 03:06                        | 03:57                | 03:26  | 00:33  | 00:58  | 02:54  | 01:47  | 01:35  | 03:04  | 04:16   | 01:36  | 02:12  | 01:27  |
| 00:40                        | 01:07                | 02:22  | 00:49  | 00:53  | 00:48  |        |        |        |         |        |        |        |

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

## Herrer 50 - 54 år

|        |                   |        |        |        |        |        |        |        |        |        |        |        |
|--------|-------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1      | Lars Helgeland    |        |        |        | 23     |        |        |        | 38:37  |        |        |        |
| 03:41= | 07:31=            | 10:23= | 12:06= | 14:48= | 16:59= | 20:03= | 22:08= | 24:46= | 29:06= | 30:30= | 32:36= | 35:51= |
| 03:41= | 03:50=            | 02:52= | 01:43= | 02:42= | 02:11= | 03:04= | 02:05= | 02:38= | 04:20= | 01:24= | 02:06= | 03:15= |
| 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= |
| 2      | Arne Øvstebø      |        |        |        | 71     |        |        |        | 44:37  |        |        |        |
| 04:54+ | 10:15+            | 13:25+ | 15:17+ | 19:07+ | 21:56+ | 25:10+ | 27:08+ | 30:04+ | 35:09+ | 36:42+ | 38:29+ | 40:57+ |
| 04:54+ | 05:21+            | 03:10+ | 01:52+ | 03:50+ | 02:49+ | 03:14+ | 01:58- | 02:56+ | 05:05+ | 01:33+ | 01:47- | 02:28- |
| 01:13& | 01:31&            | 00:18# | 00:09+ | 01:08& | 00:38& | 00:10+ | 00:07- | 00:18# | 00:45# | 00:09# | 00:19- | 00:47- |
| 00:13& |                   |        |        |        |        |        |        |        |        |        |        |        |
| 3      | Jan Sigurd Eike   |        |        |        | 79     |        |        |        | 45:03  |        |        |        |
| 03:26- | 07:29-            | 10:41+ | 12:27+ | 16:02+ | 18:27+ | 21:27+ | 23:21+ | 25:59+ | 31:39+ | 33:24+ | 38:16+ | 40:11+ |
| 03:26- | 04:03+            | 03:12+ | 01:46+ | 03:35+ | 02:25+ | 03:00- | 01:54- | 02:38= | 05:40+ | 01:45+ | 04:52+ | 01:55- |
| 00:15- | 00:13+            | 00:20# | 00:03+ | 00:53& | 00:14# | 00:04- | 00:11- | 00:00= | 01:20& | 00:21# | 02:46@ | 01:20- |
| 01:33@ | 00:19-            | 00:01+ | 00:51+ |        |        |        |        |        |        |        |        |        |
| 4      | Tore Svendsen     |        |        |        | 27     |        |        |        | 46:07  |        |        |        |
| 03:18- | 09:40+            | 13:01+ | 14:34+ | 19:32+ | 21:56+ | 24:55+ | 26:46+ | 29:41+ | 35:01+ | 36:21+ | 40:19+ | 43:15+ |
| 03:18- | 06:22+            | 03:21+ | 01:33- | 04:58+ | 02:24+ | 02:59- | 01:51- | 02:55+ | 05:20+ | 01:20- | 03:58+ | 02:56- |
| 00:23- | 02:32&            | 00:29# | 00:10- | 02:16& | 00:13+ | 00:05- | 00:14- | 00:17# | 01:00# | 00:04- | 01:52& | 00:19- |
| 00:01- | 00:01-            | 00:08# | 00:08# | 00:08# |        |        |        |        |        |        |        |        |
| 5      | Magnar Møller     |        |        |        | 62     |        |        |        | 47:48  |        |        |        |
| 03:51+ | 09:32+            | 14:41+ | 16:32+ | 20:43+ | 23:28+ | 27:20+ | 29:24+ | 32:48+ | 37:54+ | 39:43+ | 41:22+ | 44:03+ |
| 03:51+ | 05:41+            | 05:09+ | 01:51+ | 04:11+ | 02:45+ | 03:52+ | 02:04- | 03:24+ | 05:06+ | 01:49+ | 01:39- | 02:41- |
| 00:10+ | 01:51&            | 02:17& | 00:08+ | 01:29& | 00:34& | 00:48& | 00:01- | 00:46& | 00:46# | 00:25& | 00:27- | 00:34- |
| 00:34& | 00:16#            | 00:09# |        |        |        |        |        |        |        |        |        |        |
| 6      | Tor Sverre Skåra  |        |        |        | 266    |        |        |        | 50:34  |        |        |        |
| 04:33+ | 09:38+            | 13:39+ | 15:42+ | 20:13+ | 23:35+ | 27:49+ | 30:01+ | 33:16+ | 39:37+ | 42:03+ | 44:04+ | 46:53+ |
| 04:33+ | 05:05+            | 04:01+ | 02:03+ | 04:31+ | 03:22+ | 04:14+ | 02:12+ | 03:15+ | 06:21+ | 02:26+ | 02:01- | 02:49- |
| 00:52# | 01:15&            | 01:09& | 00:20# | 01:49& | 01:11& | 01:10& | 00:07+ | 00:37# | 02:01& | 01:02& | 00:05- | 00:26- |
| 00:17& | 00:31&            | 00:07# |        |        |        |        |        |        |        |        |        |        |
| 7      | Anders Glenne     |        |        |        | 7      |        |        |        | 52:50  |        |        |        |
| 03:40- | 11:52+            | 15:21+ | 17:14+ | 23:16+ | 25:26+ | 29:45+ | 31:43+ | 34:13+ | 42:07+ | 44:13+ | 46:27+ | 49:46+ |
| 03:40- | 08:12+            | 03:29+ | 01:53+ | 06:02+ | 02:10- | 04:19+ | 01:58- | 02:30- | 07:54+ | 02:06+ | 02:14+ | 03:19+ |
| 00:01- | 04:22@            | 00:37# | 00:10+ | 03:20@ | 00:01- | 01:15& | 00:07- | 00:08- | 03:34& | 00:42& | 00:08+ | 00:04+ |
| 00:15& | 00:00=            | 00:15& | 00:00= | 00:03+ |        |        |        |        |        |        |        |        |
| 8      | Trygve Michaelsen |        |        |        | 117    |        |        |        | 54:14  |        |        |        |
| 06:22+ | 11:27+            | 14:37+ | 16:21+ | 19:12+ | 23:13+ | 27:14+ | 29:24+ | 32:59+ | 40:03+ | 42:23+ | 47:58+ | 51:13+ |
| 06:22+ | 05:05+            | 03:10+ | 01:44+ | 02:51+ | 04:01+ | 02:51+ | 02:10+ | 03:35+ | 07:04+ | 02:20+ | 05:35+ | 03:15= |
| 02:41& | 01:15&            | 00:18# | 00:01+ | 00:09+ | 01:50& | 00:57& | 00:05+ | 00:57& | 02:44& | 00:56& | 03:29@ | 00:00= |
| 00:06# | 00:02-            |        |        |        |        |        |        |        |        |        |        |        |
| 9      | Frank Hansen      |        |        |        | 29     |        |        |        | 56:38  |        |        |        |
| 03:36- | 07:54+            | 12:05+ | 14:43+ | 20:27+ | 24:32+ | 28:22+ | 30:59+ | 33:37+ | 40:54+ | 43:05+ | 49:38+ | 52:54+ |
| 03:36- | 04:18+            | 04:11+ | 02:38+ | 05:44+ | 04:05+ | 03:50+ | 02:37+ | 02:38= | 07:17+ | 02:11+ | 06:33+ | 03:16+ |
| 00:05- | 00:28#            | 01:19& | 00:55& | 03:02@ | 01:54& | 00:46# | 00:32& | 00:00= | 02:57& | 00:47& | 04:27@ | 00:01+ |
| 00:18& | 00:43&            | 00:03- |        |        |        |        |        |        |        |        |        |        |
| 10     | Kjell Seland      |        |        |        | 236    |        |        |        | 57:47  |        |        |        |
| 04:11+ | 08:55+            | 12:15+ | 18:31+ | 21:30+ | 24:26+ | 28:27+ | 31:12+ | 34:22+ | 47:19+ | 48:44+ | 50:31+ | 54:07+ |
| 04:11+ | 04:44+            | 03:20+ | 06:16+ | 02:59+ | 02:56+ | 04:01+ | 02:45+ | 03:10+ | 12:57+ | 01:25+ | 01:47- | 03:36+ |
| 00:30# | 00:54#            | 00:28# | 04:33@ | 00:17# | 00:45& | 00:57& | 00:40& | 00:32# | 08:37@ | 00:01+ | 00:19- | 00:21# |
| 00:16& | 00:13#            | 00:25& |        |        |        |        |        |        |        |        |        |        |

| Plass                        | Navn              |        |        |        | Klasse |        |        |        | Tid     |        |        |        |
|------------------------------|-------------------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|
| 11                           | Inge Skretting    |        |        |        | 165    |        |        |        | 1:00:36 |        |        |        |
|                              | 03:52+            | 09:12+ | 12:46+ | 14:44+ | 19:53+ | 24:17+ | 29:19+ | 31:56+ | 36:40+  | 44:57+ | 46:39+ | 48:23+ |
|                              | 03:52+            | 05:20+ | 03:34+ | 01:58+ | 05:09+ | 04:24+ | 05:02+ | 02:37+ | 04:44+  | 08:17+ | 01:42+ | 01:44- |
|                              | 00:11+            | 01:30& | 00:42# | 00:15# | 02:27& | 02:13@ | 01:58& | 00:32& | 02:06&  | 03:57& | 00:18# | 00:22- |
|                              |                   |        |        |        |        |        |        |        |         | 05:30@ | 00:24& | 00:12# |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:06# |        |
| 12                           | Håvard Håland     |        |        |        | 66     |        |        |        | 1:03:06 |        |        |        |
|                              | 04:30+            | 18:17+ | 21:52+ | 23:57+ | 30:06+ | 33:23+ | 37:40+ | 40:12+ | 43:03+  | 50:21+ | 52:21+ | 56:54+ |
|                              | 04:30+            | 13:47+ | 03:35+ | 02:05+ | 06:09+ | 03:17+ | 04:17+ | 02:32+ | 02:51+  | 07:18+ | 02:00+ | 04:33+ |
|                              | 00:49#            | 09:57@ | 00:43# | 00:22# | 03:27@ | 01:06& | 01:13& | 00:27# | 00:13+  | 02:58& | 00:36& | 02:27@ |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:19- | 00:17& |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:07# | 00:06# |
| 13                           | Hans Bø           |        |        |        | 66     |        |        |        | 1:03:53 |        |        |        |
|                              | 04:34+            | 09:38+ | 16:28+ | 18:58+ | 23:11+ | 25:42+ | 30:57+ | 33:09+ | 35:57+  | 49:44+ | 51:42+ | 56:18+ |
|                              | 04:34+            | 05:04+ | 06:50+ | 02:30+ | 04:13+ | 02:31+ | 05:15+ | 02:12+ | 02:48+  | 13:47+ | 01:58+ | 04:36+ |
|                              | 00:53#            | 01:14& | 03:58@ | 00:47& | 01:31& | 00:20# | 02:11& | 00:07+ | 00:10+  | 09:27@ | 00:34& | 02:30@ |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:03- | 00:22& |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:55& | 00:20& |
| 14                           | Geir Haugvaldstad |        |        |        | 116    |        |        |        | 1:04:02 |        |        |        |
|                              | 04:05+            | 10:09+ | 13:50+ | 19:24+ | 32:01+ | 34:03+ | 38:00+ | 40:20+ | 43:39+  | 49:44+ | 53:16+ | 57:50+ |
|                              | 04:05+            | 06:04+ | 03:41+ | 05:34+ | 12:37+ | 02:02- | 03:57+ | 02:20+ | 03:19+  | 06:05+ | 03:32+ | 04:34+ |
|                              | 00:24#            | 02:14& | 00:49& | 03:51@ | 09:55@ | 00:09- | 00:53& | 00:15# | 00:41&  | 01:45& | 02:08@ | 02:28@ |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:12- | 00:13& |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:04+ | 00:06# |
| 15                           | Øistein Haaland   |        |        |        | 116    |        |        |        | 1:04:08 |        |        |        |
|                              | 03:49+            | 12:05+ | 17:59+ | 27:21+ | 31:46+ | 33:38+ | 38:49+ | 41:02+ | 44:10+  | 51:09+ | 55:24+ | 56:55+ |
|                              | 03:49+            | 08:16+ | 05:54+ | 09:22+ | 04:25+ | 01:52- | 05:11+ | 02:13+ | 03:08+  | 06:59+ | 04:15+ | 01:31- |
|                              | 00:08+            | 04:26@ | 03:02@ | 07:39@ | 01:43& | 00:19- | 02:07& | 00:08+ | 00:30#  | 02:39& | 02:51@ | 00:35- |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:22# | 00:24& |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:14# | 00:12# |
| 16                           | Steinar Torjusen  |        |        |        | 167    |        |        |        | 1:05:21 |        |        |        |
|                              | 08:49+            | 14:42+ | 18:49+ | 21:35+ | 27:09+ | 31:31+ | 36:09+ | 38:47+ | 41:41+  | 51:39+ | 53:57+ | 56:53+ |
|                              | 08:49+            | 05:53+ | 04:07+ | 02:46+ | 05:34+ | 04:22+ | 04:38+ | 02:38+ | 02:54+  | 09:58+ | 02:18+ | 02:56+ |
|                              | 05:08@            | 02:03& | 01:15& | 01:03& | 02:52@ | 02:21& | 01:34& | 00:33& | 00:16#  | 05:38@ | 00:54& | 00:50& |
|                              |                   |        |        |        |        |        |        |        |         |        | 02:15& | 00:03- |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:15# | 00:00= |
| 17                           | Harald Taksdal    |        |        |        | 236    |        |        |        | 1:10:39 |        |        |        |
|                              | 05:21+            | 18:04+ | 22:20+ | 24:49+ | 29:55+ | 33:34+ | 40:22+ | 43:25+ | 47:07+  | 55:19+ | 57:33+ | 60:13+ |
|                              | 05:21+            | 12:43+ | 04:16+ | 02:29+ | 05:06+ | 03:39+ | 06:48+ | 03:03+ | 03:42+  | 08:12+ | 02:14+ | 02:40+ |
|                              | 01:40&            | 08:53@ | 01:24& | 00:46& | 02:24& | 01:28& | 03:44@ | 00:58& | 01:04&  | 03:52& | 00:50& | 00:34& |
|                              |                   |        |        |        |        |        |        |        |         |        | 01:57& | 00:22& |
|                              |                   |        |        |        |        |        |        |        |         |        | 01:47@ | 00:19& |
| 18                           | Geir Rune Seldal  |        |        |        | 192    |        |        |        | 1:14:18 |        |        |        |
|                              | 04:40+            | 16:29+ | 29:49+ | 34:03+ | 39:55+ | 42:32+ | 47:19+ | 50:12+ | 53:38+  | 63:58+ | 65:39+ | 67:51+ |
|                              | 04:40+            | 11:49+ | 13:20+ | 04:14+ | 05:52+ | 02:37+ | 04:47+ | 02:53+ | 03:26+  | 10:20+ | 01:41+ | 02:12+ |
|                              | 00:59&            | 07:59@ | 10:28@ | 02:31@ | 03:10@ | 00:26# | 01:43& | 00:48& | 00:48&  | 06:00@ | 00:17# | 00:06+ |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:29- | 00:15& |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:26& | 00:14& |
| 19                           | Ove Njå           |        |        |        | 90     |        |        |        | 1:25:57 |        |        |        |
|                              | 04:54+            | 10:27+ | 24:15+ | 27:41+ | 36:37+ | 43:27+ | 48:16+ | 52:31+ | 56:32+  | 66:53+ | 71:55+ | 74:56+ |
|                              | 04:54+            | 05:33+ | 13:48+ | 03:26+ | 08:56+ | 06:50+ | 04:49+ | 04:15+ | 04:01+  | 10:21+ | 05:02+ | 03:01+ |
|                              | 01:13&            | 01:43& | 10:56@ | 01:43& | 06:14@ | 04:39@ | 01:45& | 02:10@ | 01:23&  | 06:01@ | 03:38@ | 00:55& |
|                              |                   |        |        |        |        |        |        |        |         |        | 03:23@ | 00:21& |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:51& | 00:25& |
| Beste strekketid for klassen |                   |        |        |        |        |        |        |        |         |        |        |        |
|                              | 03:18             | 03:50  | 02:52  | 02:42  | 01:52  | 02:59  | 01:51  | 02:30  | 04:20   | 01:20  | 01:31  | 01:55  |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:44  | 00:46  |
|                              |                   |        |        |        |        |        |        |        |         |        | 00:51  |        |

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

## Herrer 55 - 59 år

|   |                    |        |        |        |        |        |        |        |        |        |        |        |
|---|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Ole Petter Haukaas |        |        |        | 109    |        |        |        | 45:39  |        |        |        |
|   | 03:38=             | 07:19= | 10:12= | 12:27= | 17:38= | 19:56= | 23:33= | 26:06= | 29:31= | 36:11= | 37:46= | 40:18= |
|   | 03:38=             | 03:41= | 02:53= | 02:15= | 05:11= | 02:18= | 03:37= | 02:33= | 03:25= | 06:40= | 01:35= | 02:32= |
|   | 00:00=             | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 2 | Lars Bergersen     |        |        |        | 116    |        |        |        | 49:58  |        |        |        |
|   | 03:41+             | 09:23+ | 13:06+ | 15:34+ | 19:48+ | 23:30+ | 27:32+ | 30:07+ | 33:55+ | 38:59+ | 40:38+ | 44:09+ |
|   | 03:41+             | 05:42+ | 03:43+ | 02:28+ | 04:14- | 04:14- | 04:02+ | 02:35+ | 03:48+ | 05:04- | 01:39+ | 03:31+ |
|   | 00:03+             | 02:01& | 00:50& | 00:13+ | 00:57- | 01:24& | 00:25# | 00:02+ | 00:23# | 01:36- | 00:04+ | 00:59& |
|   |                    |        |        |        |        |        |        |        |        |        | 00:17# | 00:12# |
|   |                    |        |        |        |        |        |        |        |        |        | 00:11- | 00:10# |
| 3 | Torbjørn Dahle     |        |        |        | 92     |        |        |        | 51:48  |        |        |        |
|   | 04:29+             | 10:46+ | 14:31+ | 16:21+ | 20:11+ | 23:51+ | 27:28+ | 30:16+ | 33:34+ | 40:55+ | 42:53+ | 45:12+ |
|   | 04:29+             | 06:17+ | 03:45+ | 01:50- | 03:50- | 03:40+ | 03:37= | 02:48+ | 03:18- | 07:21+ | 01:58+ | 02:19- |
|   | 00:51#             | 02:36& | 00:52& | 00:25- | 01:21- | 01:22& | 00:00= | 00:15+ | 00:07- | 00:41# | 00:23# | 00:13- |
|   |                    |        |        |        |        |        |        |        |        |        | 00:49& | 00:20& |
|   |                    |        |        |        |        |        |        |        |        |        | 00:06- | 00:12# |
| 4 | Dag Helliksen      |        |        |        | 80     |        |        |        | 52:19  |        |        |        |
|   | 04:30+             | 10:15+ | 13:32+ | 16:21+ | 21:12+ | 23:50+ | 27:34+ | 30:08+ | 33:00+ | 39:23+ | 41:30+ | 44:39+ |
|   | 04:30+             | 05:45+ | 03:17+ | 02:49+ | 04:51- | 02:38+ | 03:44+ | 02:34+ | 02:52- | 06:23- | 02:07+ | 03:09+ |
|   | 00:52#             | 02:04& | 00:24# | 00:34& | 00:20- | 00:20# | 00:07+ | 00:01+ | 00:33- | 00:17- | 00:32& | 00:37# |
|   |                    |        |        |        |        |        |        |        |        |        | 01:19& | 01:06@ |
|   |                    |        |        |        |        |        |        |        |        |        | 00:13- | 00:07# |

| Plass  | Navn                 |        |        |        | Klasse |        |        |        | Tid     |        |        |        |
|--------|----------------------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|
| 5      | Arne Magne Søndresen |        |        |        | 92     |        |        |        | 53:00   |        |        |        |
| 03:48+ | 10:01+               | 20:36+ | 22:44+ | 27:45+ | 30:12+ | 33:50+ | 36:09+ | 38:46+ | 43:59+  | 45:25+ | 47:07+ | 49:37+ |
| 03:48+ | 06:13+               | 10:35+ | 02:08- | 05:01- | 02:27+ | 03:38+ | 02:19- | 02:37- | 05:13-  | 01:26- | 01:42- | 02:30+ |
| 00:10+ | 02:32&               | 07:42@ | 00:07- | 00:10- | 00:09+ | 00:01+ | 00:14- | 00:48- | 01:27-  | 00:09- | 00:50- | 00:12+ |
| 00:12# | 00:07-               | 00:15& |        |        |        |        |        |        |         |        |        |        |
| 6      | Per Ingar Hadland    |        |        |        | 7      |        |        |        | 54:03   |        |        |        |
| 04:15+ | 08:16+               | 16:18+ | 21:21+ | 24:48+ | 27:04+ | 31:08+ | 33:05+ | 36:20+ | 43:14+  | 44:30+ | 48:49+ | 50:55+ |
| 04:15+ | 04:01+               | 08:02+ | 05:03+ | 03:27- | 02:16- | 04:04+ | 01:57- | 03:15- | 06:54+  | 01:16- | 04:19+ | 02:06- |
| 00:37# | 00:20+               | 05:09@ | 02:48@ | 01:44- | 00:02- | 00:27# | 00:36- | 00:10- | 00:14+  | 00:19- | 01:47& | 00:12- |
| 00:08# | 00:12-               | 00:09# | 00:12- | 00:09# |        |        |        |        |         |        |        |        |
| 7      | Bjørn H. Engseth     |        |        |        | 27     |        |        |        | 55:07   |        |        |        |
| 03:59+ | 09:39+               | 13:04+ | 15:06+ | 19:16+ | 23:35+ | 28:10+ | 30:39+ | 33:35+ | 39:39+  | 42:11+ | 44:49+ | 51:26+ |
| 03:59+ | 05:40+               | 03:25+ | 02:02- | 04:10- | 04:19+ | 04:35+ | 02:29- | 02:56- | 06:04-  | 02:32+ | 02:38+ | 06:37+ |
| 00:21+ | 01:59&               | 00:32# | 00:13- | 01:01- | 02:01& | 00:58& | 00:04- | 00:29- | 00:36-  | 00:57& | 00:06+ | 04:19@ |
| 00:01- | 00:09#               | 00:30& |        |        |        |        |        |        |         |        |        |        |
| 8      | Tor Inge Halvorsen   |        |        |        | 5      |        |        |        | 59:11   |        |        |        |
| 05:46+ | 13:16+               | 17:06+ | 19:13+ | 25:13+ | 28:10+ | 32:44+ | 35:09+ | 38:15+ | 43:20+  | 45:58+ | 49:55+ | 52:31+ |
| 05:46+ | 07:30+               | 03:50+ | 02:07- | 06:00+ | 02:57+ | 04:34+ | 02:25- | 03:06- | 05:05-  | 02:38+ | 03:57+ | 02:36+ |
| 02:08& | 03:49@               | 00:57& | 00:08- | 00:49# | 00:39& | 00:57& | 00:08- | 00:19- | 01:35-  | 01:03& | 01:25& | 00:18# |
| 00:13# | 00:52@               | 01:03+ |        |        |        |        |        |        |         |        |        |        |
| 9      | Kjell R. Nordmark    |        |        |        | 7      |        |        |        | 59:41   |        |        |        |
| 04:03+ | 08:27+               | 18:03+ | 20:38+ | 24:43+ | 27:27+ | 30:56+ | 33:07+ | 36:03+ | 44:08+  | 46:03+ | 52:37+ | 55:47+ |
| 04:03+ | 04:24+               | 09:36+ | 02:35+ | 04:05- | 02:44+ | 03:29- | 02:11- | 02:56- | 08:05+  | 01:55+ | 06:34+ | 03:10+ |
| 00:25# | 00:43#               | 00:64@ | 00:20# | 01:06- | 00:26# | 00:08- | 00:22- | 00:29- | 01:25#  | 00:20# | 04:02@ | 00:52& |
| 00:35& | 00:09#               | 00:07# |        |        |        |        |        |        |         |        |        |        |
| 10     | Morten Johannessen   |        |        |        | 7      |        |        |        | 1:02:59 |        |        |        |
| 03:32- | 09:10+               | 13:08+ | 15:05+ | 18:59+ | 22:06+ | 25:20+ | 27:21+ | 30:06+ | 35:31-  | 38:26+ | 56:00+ | 59:22+ |
| 03:32- | 05:38+               | 03:58+ | 01:57- | 03:54- | 03:07+ | 03:14- | 02:01- | 02:45- | 05:25-  | 02:55+ | 17:34+ | 03:22+ |
| 00:06- | 01:57&               | 01:05& | 00:18- | 01:17- | 00:49& | 00:23- | 00:32- | 00:40- | 01:15-  | 01:20& | 15:02@ | 01:04& |
| 00:06# | 00:06#               | 00:06+ |        |        |        |        |        |        |         |        |        |        |
| 11     | Øyvind Rudolf Lea    |        |        |        | 116    |        |        |        | 1:03:11 |        |        |        |
| 04:34+ | 11:49+               | 18:24+ | 23:53+ | 29:26+ | 31:53+ | 36:26+ | 39:28+ | 42:36+ | 52:36+  | 54:23+ | 56:28+ | 59:16+ |
| 04:34+ | 07:15+               | 06:35+ | 05:29+ | 05:33+ | 02:27+ | 04:33+ | 03:02+ | 03:08- | 10:00+  | 01:47+ | 02:05- | 02:48+ |
| 00:56& | 03:34&               | 03:42@ | 03:14@ | 00:22+ | 00:09+ | 00:56& | 00:29# | 00:17- | 03:20&  | 00:12# | 00:27- | 00:30# |
| 00:20& | 00:20&               | 00:19# | 00:13& |        |        |        |        |        |         |        |        |        |
| 12     | Kjetil Heradstveit   |        |        |        | 12     |        |        |        | 1:05:23 |        |        |        |
| 03:54+ | 12:12+               | 18:47+ | 22:59+ | 27:28+ | 29:35+ | 35:32+ | 38:35+ | 44:39+ | 50:29+  | 52:38+ | 57:39+ | 61:50+ |
| 03:54+ | 08:18+               | 06:35+ | 04:12+ | 04:29- | 02:07- | 05:57+ | 03:03+ | 06:04+ | 05:50-  | 02:09+ | 05:01+ | 04:11+ |
| 00:16+ | 04:37@               | 03:42@ | 01:57& | 00:42- | 00:11- | 02:20& | 00:30# | 02:39& | 00:50-  | 00:34& | 02:29& | 01:53& |
| 00:01- | 00:14#               | 00:17& |        |        |        |        |        |        |         |        |        |        |
| 13     | Kjell Skjæveland     |        |        |        | 108    |        |        |        | 1:06:40 |        |        |        |
| 04:01+ | 09:31+               | 22:30+ | 25:46+ | 30:37+ | 33:02+ | 38:05+ | 40:42+ | 43:39+ | 50:26+  | 52:38+ | 54:30+ | 63:10+ |
| 04:01+ | 05:30+               | 12:59+ | 03:16+ | 04:51- | 02:25+ | 05:03+ | 02:37+ | 02:57- | 06:47+  | 02:12+ | 01:52- | 08:40+ |
| 00:23# | 01:49&               | 10:06@ | 01:01& | 00:20- | 00:07+ | 01:26& | 00:04+ | 00:28- | 00:07+  | 00:37& | 00:40- | 06:22@ |
| 00:19& | 00:19&               | 00:03+ | 00:05+ |        |        |        |        |        |         |        |        |        |
| 14     | Svein Magne Gløppen  |        |        |        | 93     |        |        |        | 1:07:12 |        |        |        |
| 04:27+ | 11:05+               | 16:04+ | 19:01+ | 24:23+ | 27:20+ | 31:23+ | 33:55+ | 37:15+ | 43:20+  | 51:57+ | 58:39+ | 62:46+ |
| 04:27+ | 06:38+               | 04:59+ | 02:57+ | 05:22+ | 02:57+ | 04:03+ | 02:32- | 03:20- | 06:05-  | 08:37+ | 06:42+ | 04:07+ |
| 00:49# | 02:57&               | 02:06& | 00:42& | 00:11+ | 00:39& | 00:26# | 00:01- | 00:05- | 00:35-  | 07:02@ | 04:10@ | 01:49& |
| 00:32& | 00:28&               | 00:23& |        |        |        |        |        |        |         |        |        |        |
| 15     | Olav Tunheim         |        |        |        | 93     |        |        |        | 1:10:34 |        |        |        |
| 04:20+ | 11:35+               | 22:28+ | 26:06+ | 32:10+ | 35:05+ | 39:51+ | 42:38+ | 46:17+ | 53:00+  | 54:53+ | 61:53+ | 66:26+ |
| 04:20+ | 07:15+               | 10:53+ | 03:38+ | 06:04+ | 02:55+ | 04:46+ | 02:47+ | 03:39+ | 06:43+  | 01:53+ | 07:00+ | 04:33+ |
| 00:42# | 03:34&               | 08:00@ | 01:23& | 00:53# | 00:37& | 01:09& | 00:14+ | 00:14+ | 00:03+  | 00:18# | 04:28@ | 02:15& |
| 00:26& | 00:17#               | 00:22& |        |        |        |        |        |        |         |        |        |        |
| 16     | Sverre Magnar Nordal |        |        |        | 116    |        |        |        | 1:17:49 |        |        |        |
| 05:29+ | 15:03+               | 19:35+ | 22:08+ | 26:43+ | 30:10+ | 34:57+ | 37:34+ | 41:04+ | 58:01+  | 59:49+ | 69:39+ | 73:31+ |
| 05:29+ | 09:34+               | 04:32+ | 02:33+ | 04:35- | 03:27+ | 04:47+ | 02:37+ | 03:30+ | 16:57+  | 01:48+ | 09:50+ | 03:52+ |
| 01:51& | 05:53@               | 01:39& | 00:18# | 00:36- | 01:09& | 01:10& | 00:04+ | 00:05+ | 10:17@  | 00:13# | 07:18@ | 01:34& |
| 00:36& | 00:20#               | 00:19& |        |        |        |        |        |        |         |        |        |        |
| 17     | Gunnar Graabak       |        |        |        | 3      |        |        |        | 1:25:12 |        |        |        |
| 04:56+ | 12:47+               | 19:57+ | 22:15+ | 26:31+ | 30:54+ | 35:43+ | 38:58+ | 41:44+ | 52:42+  | 67:59+ | 75:01+ | 79:22+ |
| 04:56+ | 07:51+               | 07:10+ | 02:18+ | 04:16- | 04:23+ | 04:49+ | 03:15+ | 02:46- | 10:58+  | 15:17+ | 07:02+ | 04:21+ |
| 01:18& | 04:10@               | 04:17@ | 00:03+ | 00:55- | 02:05& | 01:12& | 00:42& | 00:39- | 04:18&  | 13:42@ | 04:30@ | 02:03& |
| 00:35& | 00:47&               | 01:25@ |        |        |        |        |        |        |         |        |        |        |
| 18     | John C. Sinnes       |        |        |        | 93     |        |        |        | 1:27:43 |        |        |        |
| 04:47+ | 16:02+               | 22:28+ | 27:24+ | 41:18+ | 45:01+ | 50:40+ | 53:52+ | 57:15+ | 71:29+  | 76:39+ | 79:11+ | 82:31+ |
| 04:47+ | 11:15+               | 06:26+ | 04:56+ | 13:54+ | 03:43+ | 05:39+ | 03:12+ | 03:23- | 14:14+  | 05:10+ | 02:32= | 03:20+ |
| 01:09& | 07:34@               | 03:33@ | 02:41@ | 08:43@ | 01:25& | 02:02& | 00:39& | 00:02- | 07:34@  | 03:35@ | 00:00= | 01:02& |
| 00:38& | 00:58&               | 00:33& |        |        |        |        |        |        |         |        |        |        |
| 19     | John Lage Bergan     |        |        |        | 116    |        |        |        | 1:36:34 |        |        |        |
| 06:15+ | 16:12+               | 29:20+ | 36:38+ | 52:47+ | 56:51+ | 65:17+ | 68:36+ | 71:27+ | 78:56+  | 81:59+ | 87:29+ | 91:59+ |
| 06:15+ | 09:57+               | 13:08+ | 07:18+ | 16:09+ | 04:04+ | 08:26+ | 03:19+ | 02:51- | 07:29+  | 03:03+ | 05:30+ | 04:30+ |
| 02:37& | 06:16@               | 10:15@ | 05:03@ | 10:58@ | 01:46& | 04:49@ | 00:46& | 00:34- | 00:49#  | 01:28& | 02:58@ | 02:12& |
| 00:25& | 00:35&               | 00:32& |        |        |        |        |        |        |         |        |        |        |

| Plass                                                                       | Navn                | Klasse |        |        |        |        |        |        |        |        |        | Tid    |        |       |       |       |
|-----------------------------------------------------------------------------|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|-------|-------|
| Beste strekktid for klassen                                                 |                     |        |        |        |        |        |        |        |        |        |        |        |        |       |       |       |
|                                                                             | 03:32               | 03:41  | 02:53  | 01:50  | 03:27  | 02:07  | 03:14  | 01:57  | 02:37  | 05:04  | 01:16  | 01:42  | 02:06  | 00:51 | 01:07 | 00:51 |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                     |        |        |        |        |        |        |        |        |        |        |        |        |       |       |       |
| Herrer 60 - 64 år                                                           |                     |        |        |        |        |        |        |        |        |        |        |        |        |       |       |       |
| 1                                                                           | Jan Hetland         |        | 29     |        |        |        |        |        |        |        |        |        | 29:08  |       |       |       |
|                                                                             | 03:32=              | 05:40= | 08:24= | 11:42= | 13:41= | 16:27= | 22:15= | 24:13= | 25:38= | 27:21= | 28:19= | 29:08= |        |       |       |       |
|                                                                             | 03:32=              | 02:08= | 02:44= | 03:18= | 01:59= | 02:46= | 05:48= | 01:58= | 01:25= | 01:43= | 00:58= | 00:49= |        |       |       |       |
|                                                                             | 00:00=              | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |        |       |       |       |
| 2                                                                           | Torbjørn Evensen    |        | 108    |        |        |        |        |        |        |        |        |        | 30:36  |       |       |       |
|                                                                             | 03:30-              | 05:32- | 07:59- | 10:48- | 13:14- | 16:11- | 22:13- | 24:46+ | 26:58+ | 28:23+ | 29:32+ | 30:36+ |        |       |       |       |
|                                                                             | 03:30-              | 02:02- | 02:27- | 02:49- | 02:26+ | 02:57+ | 06:02+ | 02:33+ | 02:12+ | 01:25- | 01:09+ | 01:04+ |        |       |       |       |
|                                                                             | 00:02-              | 00:06- | 00:17- | 00:29- | 00:27# | 00:11+ | 00:14+ | 00:35& | 00:47& | 00:18- | 00:11# | 00:15& |        |       |       |       |
| 3                                                                           | Eivind L. Rake      |        | 92     |        |        |        |        |        |        |        |        |        | 30:40  |       |       |       |
|                                                                             | 03:57+              | 06:01+ | 08:36+ | 11:17- | 13:40- | 16:48+ | 22:24+ | 24:39+ | 27:01+ | 28:27+ | 29:35+ | 30:40+ |        |       |       |       |
|                                                                             | 03:57+              | 02:04- | 02:35- | 02:41- | 02:23+ | 03:08+ | 05:36- | 02:15+ | 02:22+ | 01:26- | 01:08+ | 01:05+ |        |       |       |       |
|                                                                             | 00:25#              | 00:04- | 00:09- | 00:37- | 00:24# | 00:22# | 00:12- | 00:17# | 00:57& | 00:17- | 00:10# | 00:16& |        |       |       |       |
| 4                                                                           | Gunnar Sakseid      |        | 116    |        |        |        |        |        |        |        |        |        | 35:41  |       |       |       |
|                                                                             | 03:51+              | 06:48+ | 09:19+ | 12:38+ | 15:09+ | 17:59+ | 24:55+ | 28:42+ | 32:00+ | 33:30+ | 34:46+ | 35:41+ |        |       |       |       |
|                                                                             | 03:51+              | 02:57+ | 02:31- | 03:19+ | 02:31+ | 02:50+ | 06:56+ | 03:47+ | 03:18+ | 01:30- | 01:16+ | 00:55+ |        |       |       |       |
|                                                                             | 00:19+              | 00:49& | 00:13- | 00:01+ | 00:32& | 00:04+ | 01:08# | 01:49& | 01:53@ | 00:13- | 00:18& | 00:06# |        |       |       |       |
| 5                                                                           | Bjarne Gimre        |        | 88     |        |        |        |        |        |        |        |        |        | 36:48  |       |       |       |
|                                                                             | 04:04+              | 06:49+ | 09:23+ | 12:12+ | 14:26+ | 17:49+ | 25:10+ | 31:09+ | 32:45+ | 34:39+ | 35:51+ | 36:48+ |        |       |       |       |
|                                                                             | 04:04+              | 02:45+ | 02:34- | 02:49- | 02:14+ | 03:23+ | 07:21+ | 05:59+ | 01:36+ | 01:54+ | 01:12+ | 00:57+ |        |       |       |       |
|                                                                             | 00:32#              | 00:37& | 00:10- | 00:29- | 00:15# | 00:37# | 01:33& | 04:01@ | 00:11# | 00:11# | 00:14# | 00:08# |        |       |       |       |
| 6                                                                           | Arne M. Handeland   |        | 92     |        |        |        |        |        |        |        |        |        | 38:29  |       |       |       |
|                                                                             | 06:06+              | 08:48+ | 11:21+ | 14:04+ | 16:28+ | 19:32+ | 27:09+ | 32:57+ | 34:25+ | 36:18+ | 37:30+ | 38:29+ |        |       |       |       |
|                                                                             | 06:06+              | 02:42+ | 02:33- | 02:43- | 02:24+ | 03:04+ | 07:37+ | 05:48+ | 01:28+ | 01:53+ | 01:12+ | 00:59+ |        |       |       |       |
|                                                                             | 02:34&              | 00:34& | 00:11- | 00:35- | 00:25# | 00:18# | 01:49& | 03:50@ | 00:03+ | 00:10+ | 00:14# | 00:10# |        |       |       |       |
| 7                                                                           | Sveinung Tveit      |        | 236    |        |        |        |        |        |        |        |        |        | 38:57  |       |       |       |
|                                                                             | 05:05+              | 07:14+ | 10:39+ | 13:49+ | 16:25+ | 19:56+ | 30:04+ | 32:32+ | 34:30+ | 36:39+ | 37:53+ | 38:57+ |        |       |       |       |
|                                                                             | 05:05+              | 02:09+ | 03:25+ | 03:10- | 02:36+ | 03:31+ | 10:08+ | 02:28+ | 01:58+ | 02:09+ | 01:14+ | 01:04+ |        |       |       |       |
|                                                                             | 01:33&              | 00:01+ | 00:41# | 00:08- | 00:37& | 00:45& | 04:20& | 00:30& | 00:33& | 00:26& | 00:16& | 00:15& |        |       |       |       |
| 8                                                                           | Magne Tunheim       |        | 144    |        |        |        |        |        |        |        |        |        | 39:28  |       |       |       |
|                                                                             | 04:23+              | 08:16+ | 12:40+ | 16:52+ | 19:26+ | 22:15+ | 30:39+ | 34:00+ | 35:48+ | 37:21+ | 38:29+ | 39:28+ |        |       |       |       |
|                                                                             | 04:23+              | 03:53+ | 04:24+ | 04:12+ | 02:34+ | 02:49+ | 08:24+ | 03:21+ | 01:48+ | 01:33- | 01:08+ | 00:59+ |        |       |       |       |
|                                                                             | 00:51#              | 01:45& | 01:40& | 00:54& | 00:35& | 00:03+ | 02:36& | 01:23& | 00:23& | 00:10- | 00:10# | 00:10# |        |       |       |       |
| 9                                                                           | Bjørn Sivertsen     |        | 99     |        |        |        |        |        |        |        |        |        | 40:52  |       |       |       |
|                                                                             | 05:04+              | 07:57+ | 11:28+ | 14:52+ | 17:49+ | 21:25+ | 29:20+ | 32:21+ | 34:31+ | 36:30+ | 37:50+ | 39:24+ | 40:52+ |       |       |       |
|                                                                             | 05:04+              | 02:53+ | 03:31+ | 03:24+ | 02:57+ | 03:36+ | 07:55+ | 03:01+ | 02:10+ | 01:59+ | 01:20+ | 01:34+ | 01:28+ |       |       |       |
|                                                                             | 01:32&              | 00:45& | 00:47& | 00:06+ | 00:58& | 00:50& | 02:07& | 01:03& | 00:45& | 00:16# | 00:22& | 00:45& | 01:28+ |       |       |       |
| 10                                                                          | Jan Arendal         |        | 116    |        |        |        |        |        |        |        |        |        | 40:55  |       |       |       |
|                                                                             | 04:41+              | 07:17+ | 10:39+ | 14:26+ | 17:06+ | 21:12+ | 29:30+ | 32:36+ | 35:38+ | 37:53+ | 39:36+ | 40:55+ |        |       |       |       |
|                                                                             | 04:41+              | 02:36+ | 03:22+ | 03:47+ | 02:40+ | 04:06+ | 08:18+ | 03:06+ | 03:02+ | 02:15+ | 01:43+ | 01:19+ |        |       |       |       |
|                                                                             | 01:09&              | 00:28# | 00:38# | 00:29# | 00:41& | 01:20& | 02:30& | 01:08& | 01:37@ | 00:32& | 00:45& | 00:30& |        |       |       |       |
| 11                                                                          | Inge Johan Øverland |        | 93     |        |        |        |        |        |        |        |        |        | 41:52  |       |       |       |
|                                                                             | 05:21+              | 10:13+ | 13:29+ | 17:54+ | 20:15+ | 23:32+ | 30:55+ | 34:04+ | 37:13+ | 39:23+ | 40:51+ | 41:52+ |        |       |       |       |
|                                                                             | 05:21+              | 04:52+ | 03:16+ | 04:25+ | 02:21+ | 03:17+ | 07:23+ | 03:09+ | 03:09+ | 02:10+ | 01:28+ | 01:01+ |        |       |       |       |
|                                                                             | 01:49&              | 02:44@ | 00:32# | 01:07& | 00:22# | 00:31# | 01:35& | 01:11& | 01:44@ | 00:27& | 00:30& | 00:12# |        |       |       |       |
| 12                                                                          | Svein Ims           |        | 65     |        |        |        |        |        |        |        |        |        | 42:33  |       |       |       |
|                                                                             | 04:21+              | 06:49+ | 10:09+ | 14:11+ | 16:58+ | 20:35+ | 32:21+ | 35:09+ | 37:49+ | 39:50+ | 41:18+ | 42:33+ |        |       |       |       |
|                                                                             | 04:21+              | 02:28+ | 03:20+ | 04:02+ | 02:47+ | 03:37+ | 11:46+ | 02:48+ | 02:40+ | 02:01+ | 01:28+ | 01:15+ |        |       |       |       |
|                                                                             | 00:49#              | 00:20# | 00:36# | 00:44# | 00:48& | 00:51& | 05:58@ | 00:50& | 01:15& | 00:18# | 00:30& | 00:26& |        |       |       |       |
| 13                                                                          | Tom Hetland         |        | 5      |        |        |        |        |        |        |        |        |        | 43:05  |       |       |       |
|                                                                             | 05:37+              | 08:03+ | 10:40+ | 13:42+ | 16:24+ | 19:32+ | 33:08+ | 35:12+ | 37:42+ | 40:32+ | 42:07+ | 43:05+ |        |       |       |       |
|                                                                             | 05:37+              | 02:26+ | 02:37- | 03:02- | 02:42+ | 03:08+ | 13:36+ | 02:04+ | 02:30+ | 02:50+ | 01:35+ | 00:58+ |        |       |       |       |
|                                                                             | 02:05&              | 00:18# | 00:07- | 00:16- | 00:43& | 00:22# | 07:48@ | 00:06+ | 01:05& | 01:07& | 00:37& | 00:09# |        |       |       |       |

| Plass                                                                       | Navn               |        |        |        |        |        |        |        |        |        |        | Klasse | Tid   |
|-----------------------------------------------------------------------------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|
| 14                                                                          | Agnar Lien         |        |        |        |        |        |        |        |        |        |        | 7      | 45:27 |
|                                                                             | 04:15+             | 06:40+ | 09:39+ | 12:51+ | 15:30+ | 18:44+ | 32:28+ | 34:55+ | 41:22+ | 42:48+ | 44:17+ | 45:27+ |       |
|                                                                             | 04:15+             | 02:25+ | 02:59+ | 03:12- | 02:39+ | 03:14+ | 13:44+ | 02:27+ | 06:27+ | 01:26- | 01:29+ | 01:10+ |       |
|                                                                             | 00:43#             | 00:17# | 00:15+ | 00:06- | 00:40& | 00:28# | 07:56@ | 00:29# | 05:02@ | 00:17- | 00:31& | 00:21& |       |
| 15                                                                          | Terje Langeland    |        |        |        |        |        |        |        |        |        |        | 98     | 48:31 |
|                                                                             | 04:22+             | 06:40+ | 09:44+ | 13:35+ | 17:05+ | 20:10+ | 35:39+ | 38:52+ | 41:51+ | 45:26+ | 47:09+ | 48:31+ |       |
|                                                                             | 04:22+             | 02:18+ | 03:04+ | 03:51+ | 03:30+ | 03:05+ | 15:29+ | 03:13+ | 02:59+ | 03:35+ | 01:43+ | 01:22+ |       |
|                                                                             | 00:50#             | 00:10+ | 00:20# | 00:33# | 01:31& | 00:19# | 09:41@ | 01:15& | 01:34@ | 01:52@ | 00:45& | 00:33& |       |
| 16                                                                          | Bjørn Bjelland     |        |        |        |        |        |        |        |        |        |        | 83     | 49:52 |
|                                                                             | 05:05+             | 09:37+ | 13:16+ | 16:52+ | 19:16+ | 23:25+ | 37:15+ | 41:20+ | 43:44+ | 47:12+ | 48:37+ | 49:52+ |       |
|                                                                             | 05:05+             | 04:32+ | 03:39+ | 03:36+ | 02:24+ | 04:09+ | 13:50+ | 04:05+ | 02:24+ | 03:28+ | 01:25+ | 01:15+ |       |
|                                                                             | 01:33&             | 02:24@ | 00:55& | 00:18+ | 00:25# | 01:23& | 08:02@ | 02:07@ | 00:59& | 01:45@ | 00:27& | 00:26& |       |
| 17                                                                          | Egil Røyneberg     |        |        |        |        |        |        |        |        |        |        | 93     | 51:29 |
|                                                                             | 05:34+             | 09:01+ | 13:13+ | 18:09+ | 21:46+ | 25:45+ | 36:07+ | 40:54+ | 44:38+ | 48:11+ | 50:05+ | 51:29+ |       |
|                                                                             | 05:34+             | 03:27+ | 04:12+ | 04:56+ | 03:37+ | 03:59+ | 10:22+ | 04:47+ | 03:44+ | 03:33+ | 01:54+ | 01:24+ |       |
|                                                                             | 02:02&             | 01:19& | 01:28& | 01:38& | 01:38& | 01:13& | 04:34& | 02:49@ | 02:19@ | 01:50@ | 00:56& | 00:35& |       |
| 18                                                                          | Tore R. Tvedt      |        |        |        |        |        |        |        |        |        |        | 90     | 52:14 |
|                                                                             | 15:07+             | 17:36+ | 20:46+ | 24:47+ | 28:56+ | 32:07+ | 40:45+ | 44:21+ | 46:49+ | 48:30+ | 50:05+ | 52:14+ |       |
|                                                                             | 15:07+             | 02:29+ | 03:10+ | 04:01+ | 04:09+ | 03:11+ | 08:38+ | 03:36+ | 02:28+ | 01:41- | 01:35+ | 02:09+ |       |
|                                                                             | 11:35@             | 00:21# | 00:26# | 00:43# | 02:10@ | 00:25# | 02:50& | 01:38& | 01:03& | 00:02- | 00:37& | 01:20@ |       |
| 19                                                                          | Rolf Øystein Kluge |        |        |        |        |        |        |        |        |        |        | 7      | 56:21 |
|                                                                             | 04:57+             | 07:45+ | 10:44+ | 14:39+ | 18:07+ | 21:57+ | 41:53+ | 45:55+ | 50:34+ | 53:34+ | 55:14+ | 56:21+ |       |
|                                                                             | 04:57+             | 02:48+ | 02:59+ | 03:55+ | 03:28+ | 03:50+ | 19:56+ | 04:02+ | 04:39+ | 03:00+ | 01:40+ | 01:07+ |       |
|                                                                             | 01:25&             | 00:40& | 00:15+ | 00:37# | 01:29& | 01:04& | 14:08@ | 02:04@ | 03:14@ | 01:17& | 00:42& | 00:18& |       |
| 20                                                                          | Terje Stokkeland   |        |        |        |        |        |        |        |        |        |        | 69     | 58:45 |
|                                                                             | 04:51+             | 07:49+ | 10:26+ | 14:13+ | 16:43+ | 19:44+ | 28:45+ | 37:59+ | 53:17+ | 55:58+ | 57:36+ | 58:45+ |       |
|                                                                             | 04:51+             | 02:58+ | 02:37- | 03:47+ | 02:30+ | 03:01+ | 09:01+ | 09:14+ | 15:18+ | 02:41+ | 01:38+ | 01:09+ |       |
|                                                                             | 01:19&             | 00:50& | 00:07- | 00:29# | 00:31& | 00:15+ | 03:13& | 07:16@ | 13:53@ | 00:58& | 00:40& | 00:20& |       |
| Beste strekktid for klassen                                                 |                    |        |        |        |        |        |        |        |        |        |        |        |       |
|                                                                             | 03:30              | 02:02  | 02:27  | 02:41  | 01:59  | 02:46  | 05:36  | 01:58  | 01:25  | 01:25  | 00:58  | 00:49  |       |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                    |        |        |        |        |        |        |        |        |        |        |        |       |
| Herrer 65 - 69 år                                                           |                    |        |        |        |        |        |        |        |        |        |        |        |       |
| 1                                                                           | Harry Breiland     |        |        |        |        |        |        |        |        |        |        | 66     | 27:13 |
|                                                                             | 03:40=             | 05:31= | 07:48= | 10:26= | 12:29= | 14:54= | 20:10= | 22:09= | 23:32= | 25:13= | 26:14= | 27:13= |       |
|                                                                             | 03:40=             | 01:51= | 02:17= | 02:38= | 02:03= | 02:25= | 05:16= | 01:59= | 01:23= | 01:41= | 01:01= | 00:59= |       |
|                                                                             | 00:00=             | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |       |
| 2                                                                           | Kjell Svihus       |        |        |        |        |        |        |        |        |        |        | 154    | 29:48 |
|                                                                             | 03:58+             | 05:56+ | 08:19+ | 10:56+ | 13:16+ | 16:07+ | 21:38+ | 24:02+ | 26:02+ | 27:46+ | 28:47+ | 29:48+ |       |
|                                                                             | 03:58+             | 01:58+ | 02:23+ | 02:37- | 02:20+ | 02:51+ | 05:31+ | 02:24+ | 02:00+ | 01:44+ | 01:01= | 01:01+ |       |
|                                                                             | 00:18+             | 00:07+ | 00:06+ | 00:01- | 00:17# | 00:26# | 00:15+ | 00:25# | 00:37& | 00:03+ | 00:00= | 00:02+ |       |
| 3                                                                           | Terje Helland      |        |        |        |        |        |        |        |        |        |        | 88     | 30:22 |
|                                                                             | 03:38-             | 05:56+ | 08:48+ | 11:25+ | 13:53+ | 16:29+ | 22:17+ | 24:35+ | 26:39+ | 28:20+ | 29:23+ | 30:22+ |       |
|                                                                             | 03:38-             | 02:18+ | 02:52+ | 02:37- | 02:28+ | 02:36+ | 05:48+ | 02:18+ | 02:04+ | 01:41= | 01:03+ | 00:59= |       |
|                                                                             | 00:02-             | 00:27# | 00:35& | 00:01- | 00:25# | 00:11+ | 00:32# | 00:19# | 00:41& | 00:00= | 00:02+ | 00:00= |       |
| 4                                                                           | Asgeir Bell        |        |        |        |        |        |        |        |        |        |        | 117    | 31:13 |
|                                                                             | 03:04-             | 04:39- | 06:47- | 10:20- | 12:09- | 14:53- | 21:02+ | 24:18+ | 27:04+ | 29:12+ | 30:11+ | 31:13+ |       |
|                                                                             | 03:04-             | 01:35- | 02:08- | 03:33+ | 01:49- | 02:44+ | 06:09+ | 03:16+ | 02:46+ | 02:08+ | 00:59- | 01:02+ |       |
|                                                                             | 00:36-             | 00:16- | 00:09- | 00:55& | 00:14- | 00:19# | 00:53# | 01:17& | 01:23& | 00:27& | 00:02- | 00:03+ |       |
| 5                                                                           | Jostein Tunheim    |        |        |        |        |        |        |        |        |        |        | 116    | 33:14 |
|                                                                             | 03:52+             | 06:01+ | 08:35+ | 12:04+ | 14:27+ | 18:37+ | 25:42+ | 27:46+ | 29:48+ | 31:07+ | 32:14+ | 33:14+ |       |
|                                                                             | 03:52+             | 02:09+ | 02:34+ | 03:29+ | 02:23+ | 04:10+ | 07:05+ | 02:04+ | 02:02+ | 01:19- | 01:07+ | 01:00+ |       |
|                                                                             | 00:12+             | 00:18# | 00:17# | 00:51& | 00:20# | 01:45& | 01:49& | 00:05+ | 00:39& | 00:22- | 00:06+ | 00:01+ |       |
| 6                                                                           | Ragnvald Frøyland  |        |        |        |        |        |        |        |        |        |        | 128    | 34:54 |
|                                                                             | 04:03+             | 07:04+ | 09:44+ | 12:44+ | 15:04+ | 18:16+ | 26:10+ | 28:39+ | 30:37+ | 32:45+ | 33:53+ | 34:54+ |       |
|                                                                             | 04:03+             | 03:01+ | 02:40+ | 03:00+ | 02:20+ | 03:12+ | 07:54+ | 02:29+ | 01:58+ | 02:08+ | 01:08+ | 01:01+ |       |
|                                                                             | 00:23#             | 01:10& | 00:23# | 00:22# | 00:17# | 00:47& | 02:38& | 00:30& | 00:35& | 00:27& | 00:07# | 00:02+ |       |

| Plass | Navn                  |        | Klasse |        |        |        |        |        |        |        |        |        | Tid   |
|-------|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|
| 7     | Per Marthon Mæland    |        | 5      |        |        |        |        |        |        |        |        |        | 35:21 |
|       | 04:13+                | 06:47+ | 10:07+ | 13:26+ | 16:03+ | 19:28+ | 25:51+ | 28:20+ | 31:02+ | 33:02+ | 34:21+ | 35:21+ |       |
|       | 04:13+                | 02:34+ | 03:20+ | 03:19+ | 02:37+ | 03:25+ | 06:23+ | 02:29+ | 02:42+ | 02:00+ | 01:19+ | 01:00+ |       |
|       | 00:33#                | 00:43& | 01:03& | 00:41& | 00:34& | 01:00& | 01:07# | 00:30& | 01:19& | 00:19# | 00:18& | 00:01+ |       |
| 8     | Jan Inge Lunde        |        | 88     |        |        |        |        |        |        |        |        |        | 35:44 |
|       | 04:33+                | 06:47+ | 09:53+ | 12:50+ | 15:04+ | 18:38+ | 24:51+ | 29:05+ | 31:43+ | 33:27+ | 34:40+ | 35:44+ |       |
|       | 04:33+                | 02:14+ | 03:06+ | 02:57+ | 02:14+ | 03:34+ | 06:13+ | 04:14+ | 02:38+ | 01:44+ | 01:13+ | 01:04+ |       |
|       | 00:53#                | 00:23# | 00:49& | 00:19# | 00:11+ | 01:09& | 00:57# | 02:15@ | 01:15& | 00:03+ | 00:12# | 00:05+ |       |
| 9     | Paul A. Paulsen       |        | 117    |        |        |        |        |        |        |        |        |        | 36:56 |
|       | 04:25+                | 07:25+ | 09:52+ | 12:58+ | 15:24+ | 18:11+ | 24:41+ | 27:36+ | 32:35+ | 34:44+ | 35:58+ | 36:56+ |       |
|       | 04:25+                | 03:00+ | 02:27+ | 03:06+ | 02:26+ | 02:47+ | 06:30+ | 02:55+ | 04:59+ | 02:09+ | 01:14+ | 00:58- |       |
|       | 00:45#                | 01:09& | 00:10+ | 00:28# | 00:23# | 00:22# | 01:14# | 00:56& | 03:36@ | 00:28& | 00:13# | 00:01- |       |
| 10    | Kjell Ingar Olsen     |        | 50     |        |        |        |        |        |        |        |        |        | 37:43 |
|       | 04:28+                | 06:56+ | 09:46+ | 13:45+ | 16:12+ | 19:37+ | 27:10+ | 29:57+ | 33:18+ | 35:20+ | 36:35+ | 37:43+ |       |
|       | 04:28+                | 02:28+ | 02:50+ | 03:59+ | 02:27+ | 03:25+ | 07:33+ | 02:47+ | 03:21+ | 02:02+ | 01:15+ | 01:08+ |       |
|       | 00:48#                | 00:37& | 00:33# | 01:21& | 00:24# | 01:00& | 02:17& | 00:48& | 01:58@ | 00:21# | 00:14# | 00:09# |       |
| 11    | Olav Habbestad        |        | 116    |        |        |        |        |        |        |        |        |        | 37:54 |
|       | 03:48+                | 06:02+ | 08:15+ | 11:54+ | 13:59+ | 16:51+ | 24:04+ | 28:21+ | 31:49+ | 35:15+ | 37:01+ | 37:54+ |       |
|       | 03:48+                | 02:14+ | 02:13- | 03:39+ | 02:05+ | 02:52+ | 07:13+ | 04:17+ | 03:28+ | 03:26+ | 01:46+ | 00:53- |       |
|       | 00:08+                | 00:23# | 00:04- | 01:01& | 00:02+ | 00:27# | 01:57& | 02:18@ | 02:05@ | 01:45@ | 00:45& | 00:06- |       |
| 12    | Leif Gunnar Wikene    |        | 43     |        |        |        |        |        |        |        |        |        | 38:06 |
|       | 03:50+                | 08:19+ | 10:40+ | 13:22+ | 15:26+ | 18:31+ | 26:18+ | 32:04+ | 33:39+ | 35:55+ | 37:03+ | 38:06+ |       |
|       | 03:50+                | 04:29+ | 02:21+ | 02:42+ | 02:04+ | 03:05+ | 07:47+ | 05:46+ | 01:35+ | 02:16+ | 01:08+ | 01:03+ |       |
|       | 00:10+                | 02:38@ | 00:04+ | 00:04+ | 00:01+ | 00:40& | 02:31& | 03:47@ | 00:12# | 00:35& | 00:07# | 00:04+ |       |
| 13    | Knut Jonas Espedal    |        | 53     |        |        |        |        |        |        |        |        |        | 39:01 |
|       | 04:52+                | 07:37+ | 10:37+ | 13:48+ | 16:28+ | 19:52+ | 28:32+ | 32:13+ | 34:36+ | 36:19+ | 37:39+ | 39:01+ |       |
|       | 04:52+                | 02:45+ | 03:00+ | 03:11+ | 02:40+ | 03:24+ | 08:40+ | 03:41+ | 02:23+ | 01:43+ | 01:20+ | 01:22+ |       |
|       | 01:12&                | 00:54& | 00:43& | 00:33# | 00:37& | 00:59& | 03:24& | 01:42& | 01:00& | 00:02+ | 00:19& | 00:23& |       |
| 14    | Ove Gundersen         |        | 100    |        |        |        |        |        |        |        |        |        | 39:22 |
|       | 04:18+                | 08:46+ | 11:25+ | 15:29+ | 17:54+ | 21:04+ | 29:07+ | 32:08+ | 35:26+ | 37:21+ | 38:30+ | 39:22+ |       |
|       | 04:18+                | 04:28+ | 02:39+ | 04:04+ | 02:25+ | 03:10+ | 08:03+ | 03:01+ | 03:18+ | 01:55+ | 01:09+ | 00:52- |       |
|       | 00:38#                | 02:37@ | 00:22# | 01:26& | 00:22# | 00:45& | 02:47& | 01:02& | 01:55@ | 00:14# | 00:08# | 00:07- |       |
| 15    | Cato Molthe           |        | 53     |        |        |        |        |        |        |        |        |        | 39:41 |
|       | 05:11+                | 08:13+ | 10:51+ | 14:22+ | 16:24+ | 19:45+ | 29:50+ | 32:40+ | 35:08+ | 37:11+ | 38:36+ | 39:41+ |       |
|       | 05:11+                | 03:02+ | 02:38+ | 03:31+ | 02:02- | 03:21+ | 10:05+ | 02:50+ | 02:28+ | 02:03+ | 01:25+ | 01:05+ |       |
|       | 01:31&                | 01:11& | 00:21# | 00:53& | 00:01- | 00:56& | 04:49& | 00:51& | 01:05& | 00:22# | 00:24& | 00:06# |       |
| 16    | Ole Auklend           |        | 106    |        |        |        |        |        |        |        |        |        | 40:53 |
|       | 06:36+                | 09:15+ | 12:37+ | 16:24+ | 19:07+ | 22:27+ | 30:13+ | 33:18+ | 36:26+ | 38:14+ | 39:36+ | 40:53+ |       |
|       | 06:36+                | 02:39+ | 03:22+ | 03:47+ | 02:43+ | 03:20+ | 07:46+ | 03:05+ | 03:08+ | 01:48+ | 01:22+ | 01:17+ |       |
|       | 02:56&                | 00:48& | 01:05& | 01:09& | 00:40& | 00:55& | 02:30& | 01:06& | 01:45@ | 00:07+ | 00:21& | 00:18& |       |
| 17    | Kjell Ivar Skjørestad |        | 92     |        |        |        |        |        |        |        |        |        | 42:39 |
|       | 04:34+                | 07:20+ | 10:16+ | 13:43+ | 18:58+ | 22:28+ | 30:19+ | 34:26+ | 37:12+ | 39:25+ | 41:16+ | 42:39+ |       |
|       | 04:34+                | 02:46+ | 02:56+ | 03:27+ | 05:15+ | 03:30+ | 07:51+ | 04:07+ | 02:46+ | 02:13+ | 01:51+ | 01:23+ |       |
|       | 00:54#                | 00:55& | 00:39& | 00:49& | 03:12@ | 01:05& | 02:35& | 02:08@ | 01:23& | 00:32& | 00:50& | 00:24& |       |
| 18    | Roar Fitjar           |        | 101    |        |        |        |        |        |        |        |        |        | 45:00 |
|       | 05:10+                | 07:43+ | 11:07+ | 15:03+ | 17:56+ | 21:39+ | 32:32+ | 36:07+ | 39:32+ | 41:44+ | 43:39+ | 45:00+ |       |
|       | 05:10+                | 02:33+ | 03:24+ | 03:56+ | 02:53+ | 03:43+ | 10:53+ | 03:35+ | 03:25+ | 02:12+ | 01:55+ | 01:21+ |       |
|       | 01:30&                | 00:42& | 01:07& | 01:18& | 00:50& | 01:18& | 05:37@ | 01:36& | 02:02@ | 00:31& | 00:54& | 00:22& |       |
| 19    | Torstein Gjesteland   |        | 126    |        |        |        |        |        |        |        |        |        | 45:21 |
|       | 05:36+                | 09:09+ | 12:18+ | 18:15+ | 21:19+ | 25:23+ | 34:09+ | 38:05+ | 40:58+ | 42:38+ | 44:07+ | 45:21+ |       |
|       | 05:36+                | 03:33+ | 03:09+ | 05:57+ | 03:04+ | 04:04+ | 08:46+ | 03:56+ | 02:53+ | 01:40- | 01:29+ | 01:14+ |       |
|       | 01:56&                | 01:42& | 00:52& | 03:19@ | 01:01& | 01:39& | 03:30& | 01:57& | 01:30@ | 00:01- | 00:28& | 00:15& |       |
| 20    | Sverre Vatland        |        | 93     |        |        |        |        |        |        |        |        |        | 46:28 |
|       | 05:07+                | 07:53+ | 11:03+ | 14:24+ | 17:06+ | 20:38+ | 33:44+ | 38:19+ | 40:36+ | 43:41+ | 45:15+ | 46:28+ |       |
|       | 05:07+                | 02:46+ | 03:10+ | 03:21+ | 02:42+ | 03:32+ | 13:06+ | 04:35+ | 02:17+ | 03:05+ | 01:34+ | 01:13+ |       |
|       | 01:27&                | 00:55& | 00:53& | 00:43& | 00:39& | 01:07& | 07:50@ | 02:36@ | 00:54& | 01:24& | 00:33& | 00:14# |       |
| 21    | Magne Frøyland        |        | 43     |        |        |        |        |        |        |        |        |        | 49:46 |
|       | 05:16+                | 08:09+ | 12:05+ | 16:45+ | 19:37+ | 22:56+ | 36:33+ | 39:00+ | 45:28+ | 46:53+ | 48:25+ | 49:46+ |       |
|       | 05:16+                | 02:53+ | 03:56+ | 04:40+ | 02:52+ | 03:19+ | 13:37+ | 02:27+ | 06:28+ | 01:25- | 01:32+ | 01:21+ |       |
|       | 01:36&                | 01:02& | 01:39& | 02:02& | 00:49& | 00:54& | 08:21@ | 00:28# | 05:05@ | 00:16- | 00:31& | 00:22& |       |

| Plass                                                                       | Navn               |        |        | Klasse |        |        |        |        |        |        |        | Tid    |
|-----------------------------------------------------------------------------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 22                                                                          | Arne Østensen      |        |        | 90     |        |        |        |        |        |        |        | 51:42  |
|                                                                             | 07:37+             | 10:29+ | 24:45+ | 28:13+ | 30:29+ | 33:23+ | 44:07+ | 46:12+ | 48:07+ | 49:29+ | 50:38+ | 51:42+ |
|                                                                             | 07:37+             | 02:52+ | 14:16+ | 03:28+ | 02:16+ | 02:54+ | 10:44+ | 02:05+ | 01:55+ | 01:22- | 01:09+ | 01:04+ |
|                                                                             | 03:57@             | 01:01& | 11:59@ | 00:50& | 00:13# | 00:29# | 05:28@ | 00:06+ | 00:32& | 00:19- | 00:08# | 00:05+ |
| 23                                                                          | Ove Vatland        |        |        | 128    |        |        |        |        |        |        |        | 51:54  |
|                                                                             | 06:25+             | 09:39+ | 13:27+ | 18:02+ | 21:02+ | 25:02+ | 38:08+ | 42:29+ | 45:04+ | 48:25+ | 50:16+ | 51:54+ |
|                                                                             | 06:25+             | 03:14+ | 03:48+ | 04:35+ | 03:00+ | 04:00+ | 13:06+ | 04:21+ | 02:35+ | 03:21+ | 01:51+ | 01:38+ |
|                                                                             | 02:45&             | 01:23& | 01:31& | 01:57& | 00:57& | 01:35& | 07:50@ | 02:22@ | 01:12& | 01:40& | 00:50& | 00:39& |
| 24                                                                          | Terje Gautestad    |        |        | 7      |        |        |        |        |        |        |        | 57:21  |
|                                                                             | 04:57+             | 08:25+ | 11:30+ | 15:19+ | 18:45+ | 22:13+ | 42:40+ | 46:29+ | 51:15+ | 54:19+ | 56:04+ | 57:21+ |
|                                                                             | 04:57+             | 03:28+ | 03:05+ | 03:49+ | 03:26+ | 03:28+ | 20:27+ | 03:49+ | 04:46+ | 03:04+ | 01:45+ | 01:17+ |
|                                                                             | 01:17&             | 01:37& | 00:48& | 01:11& | 01:23& | 01:03& | 15:11@ | 01:50& | 03:23@ | 01:23& | 00:44& | 00:18& |
| Beste strekktid for klassen                                                 |                    |        |        |        |        |        |        |        |        |        |        |        |
|                                                                             | 03:04              | 01:35  | 02:08  | 02:37  | 01:49  | 02:25  | 05:16  | 01:59  | 01:23  | 01:19  | 00:59  | 00:52  |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                    |        |        |        |        |        |        |        |        |        |        |        |
| Herrer 70 - 74 år                                                           |                    |        |        |        |        |        |        |        |        |        |        |        |
| 1                                                                           | Finn Morten Årstad |        |        | 115    |        |        |        |        |        |        |        | 30:09  |
|                                                                             | 04:05=             | 06:26= | 08:58= | 11:47= | 13:56= | 16:52= | 22:34= | 24:35= | 26:36= | 27:58= | 29:08= | 30:09= |
|                                                                             | 04:05=             | 02:21= | 02:32= | 02:49= | 02:09= | 02:56= | 05:42= | 02:01= | 02:01= | 01:22= | 01:10= | 01:01= |
|                                                                             | 00:00=             | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |
| 2                                                                           | Odd Garpestad      |        |        | 29     |        |        |        |        |        |        |        | 30:15  |
|                                                                             | 04:02-             | 06:44+ | 09:28+ | 12:47+ | 14:44+ | 17:30+ | 23:22+ | 25:20+ | 26:49+ | 28:19+ | 29:18+ | 30:15+ |
|                                                                             | 04:02-             | 02:42+ | 02:44+ | 03:19+ | 01:57- | 02:46- | 05:52+ | 01:58- | 01:29- | 01:30+ | 00:59- | 00:57- |
|                                                                             | 00:03-             | 00:21# | 00:12+ | 00:30# | 00:12- | 00:10- | 00:10+ | 00:03- | 00:32- | 00:08+ | 00:11- | 00:04- |
| 3                                                                           | Tormod Aaslid      |        |        | 54     |        |        |        |        |        |        |        | 35:24  |
|                                                                             | 04:25+             | 06:57+ | 10:05+ | 13:23+ | 16:07+ | 19:17+ | 25:57+ | 28:32+ | 30:51+ | 33:09+ | 34:24+ | 35:24+ |
|                                                                             | 04:25+             | 02:32+ | 03:08+ | 03:18+ | 02:44+ | 03:10+ | 06:40+ | 02:35+ | 02:19+ | 02:18+ | 01:15+ | 01:00- |
|                                                                             | 00:20+             | 00:11+ | 00:36# | 00:29# | 00:35& | 00:14+ | 00:58# | 00:34& | 00:18# | 00:56& | 00:05+ | 00:01- |
| 4                                                                           | Svein Glendrange   |        |        | 68     |        |        |        |        |        |        |        | 35:36  |
|                                                                             | 04:01-             | 06:56+ | 09:22+ | 12:40+ | 15:10+ | 17:59+ | 25:08+ | 28:00+ | 30:24+ | 33:16+ | 34:30+ | 35:36+ |
|                                                                             | 04:01-             | 02:55+ | 02:26- | 03:18+ | 02:30+ | 02:49- | 07:09+ | 02:52+ | 02:24+ | 02:52+ | 01:14+ | 01:06+ |
|                                                                             | 00:04-             | 00:34# | 00:06- | 00:29# | 00:21# | 00:07- | 01:27& | 00:51& | 00:23# | 01:30@ | 00:04+ | 00:05+ |
| 5                                                                           | Olav Dag Borgersen |        |        | 154    |        |        |        |        |        |        |        | 36:36  |
|                                                                             | 04:41+             | 06:56+ | 10:19+ | 14:02+ | 16:06+ | 19:30+ | 25:50+ | 29:54+ | 32:36+ | 34:16+ | 35:28+ | 36:36+ |
|                                                                             | 04:41+             | 02:15- | 03:23+ | 03:43+ | 02:04- | 03:24+ | 06:20+ | 04:04+ | 02:42+ | 01:40+ | 01:12+ | 01:08+ |
|                                                                             | 00:36#             | 00:06- | 00:51& | 00:54& | 00:05- | 00:28# | 00:38# | 02:03@ | 00:41& | 00:18# | 00:02+ | 00:07# |
| 6                                                                           | Kjell Langvik      |        |        | 93     |        |        |        |        |        |        |        | 36:44  |
|                                                                             | 04:20+             | 07:09+ | 11:04+ | 14:19+ | 17:09+ | 20:38+ | 27:24+ | 29:46+ | 32:13+ | 34:20+ | 35:44+ | 36:44+ |
|                                                                             | 04:20+             | 02:49+ | 03:55+ | 03:15+ | 02:50+ | 03:29+ | 06:46+ | 02:22+ | 02:27+ | 02:07+ | 01:24+ | 01:00- |
|                                                                             | 00:15+             | 00:28# | 01:23& | 00:26# | 00:41& | 00:33# | 01:04# | 00:21# | 00:26# | 00:45& | 00:14# | 00:01- |
| 7                                                                           | Øyvind Egeskog     |        |        | 5      |        |        |        |        |        |        |        | 37:56  |
|                                                                             | 06:26+             | 09:31+ | 12:29+ | 15:34+ | 18:23+ | 21:52+ | 28:58+ | 31:12+ | 33:34+ | 35:03+ | 36:48+ | 37:56+ |
|                                                                             | 06:26+             | 03:05+ | 02:58+ | 03:05+ | 02:49+ | 03:29+ | 07:06+ | 02:14+ | 02:22+ | 01:29+ | 01:45+ | 01:08+ |
|                                                                             | 02:21&             | 00:44& | 00:26# | 00:16+ | 00:40& | 00:33# | 01:24# | 00:13# | 00:21# | 00:07+ | 00:35& | 00:07# |
| 8                                                                           | Norvald Skretting  |        |        | 43     |        |        |        |        |        |        |        | 40:31  |
|                                                                             | 04:35+             | 06:57+ | 10:13+ | 13:51+ | 16:53+ | 20:23+ | 28:22+ | 34:11+ | 35:56+ | 37:53+ | 39:20+ | 40:31+ |
|                                                                             | 04:35+             | 02:22+ | 03:16+ | 03:38+ | 03:02+ | 03:30+ | 07:59+ | 05:49+ | 01:45- | 01:57+ | 01:27+ | 01:11+ |
|                                                                             | 00:30#             | 00:01+ | 00:44& | 00:49& | 00:53& | 00:34# | 02:17& | 03:48@ | 00:16- | 00:35& | 00:17# | 00:10# |
| 9                                                                           | Arvid Thorsen      |        |        | 5      |        |        |        |        |        |        |        | 41:18  |
|                                                                             | 05:54+             | 07:57+ | 10:16+ | 13:40+ | 16:12+ | 19:10+ | 25:41+ | 29:29+ | 37:20+ | 39:12+ | 40:27+ | 41:18+ |
|                                                                             | 05:54+             | 02:03- | 02:19- | 03:24+ | 02:32+ | 02:58+ | 06:31+ | 03:48+ | 07:51+ | 01:52+ | 01:15+ | 00:51- |
|                                                                             | 01:49&             | 00:18- | 00:13- | 00:35# | 00:23# | 00:02+ | 00:49# | 01:47& | 05:50@ | 00:30& | 00:05+ | 00:10- |
| 10                                                                          | Geir Husdal        |        |        | 93     |        |        |        |        |        |        |        | 42:05  |
|                                                                             | 04:18+             | 06:32+ | 09:40+ | 14:24+ | 17:23+ | 20:41+ | 31:33+ | 34:45+ | 37:31+ | 39:27+ | 41:02+ | 42:05+ |
|                                                                             | 04:18+             | 02:14- | 03:08+ | 04:44+ | 02:59+ | 03:18+ | 10:52+ | 03:12+ | 02:46+ | 01:56+ | 01:35+ | 01:03+ |
|                                                                             | 00:13+             | 00:07- | 00:36# | 01:55& | 00:50& | 00:22# | 05:10& | 01:11& | 00:45& | 00:34& | 00:25& | 00:02+ |

| Plass                                                                       | Navn                |        | Klasse |        |        |        |        |        |        |        |        |        | Tid     |
|-----------------------------------------------------------------------------|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 11                                                                          | Hermann Skogsholm   |        | 53     |        |        |        |        |        |        |        |        |        | 48:17   |
|                                                                             | 03:51-              | 13:08+ | 18:44+ | 21:41+ | 24:00+ | 26:48+ | 35:53+ | 40:13+ | 44:30+ | 46:09+ | 47:23+ | 48:17+ |         |
|                                                                             | 03:51-              | 09:17+ | 05:36+ | 02:57+ | 02:19+ | 02:48- | 09:05+ | 04:20+ | 04:17+ | 01:39+ | 01:14+ | 00:54- |         |
|                                                                             | 00:14-              | 06:56@ | 03:04@ | 00:08+ | 00:10+ | 00:08- | 03:23& | 02:19@ | 02:16@ | 00:17# | 00:04+ | 00:07- |         |
| 12                                                                          | Svein Eliassen      |        | 116    |        |        |        |        |        |        |        |        |        | 48:57   |
|                                                                             | 06:20+              | 10:40+ | 14:33+ | 21:40+ | 25:18+ | 29:37+ | 38:36+ | 42:13+ | 44:41+ | 46:24+ | 47:42+ | 48:57+ |         |
|                                                                             | 06:20+              | 04:20+ | 03:53+ | 07:07+ | 03:38+ | 04:19+ | 08:59+ | 03:37+ | 02:28+ | 01:43+ | 01:18+ | 01:15+ |         |
|                                                                             | 02:15&              | 01:59& | 01:21& | 04:18@ | 01:29& | 01:23& | 03:17& | 01:36& | 00:27# | 00:21& | 00:08# | 00:14# |         |
| 13                                                                          | Rolv Nærland        |        | 63     |        |        |        |        |        |        |        |        |        | 52:23   |
|                                                                             | 08:04+              | 12:52+ | 16:33+ | 22:27+ | 26:25+ | 30:32+ | 42:41+ | 45:45+ | 47:42+ | 49:52+ | 51:09+ | 52:23+ |         |
|                                                                             | 08:04+              | 04:48+ | 03:41+ | 05:54+ | 03:58+ | 04:07+ | 12:09+ | 03:04+ | 01:57- | 02:10+ | 01:17+ | 01:14+ |         |
|                                                                             | 03:59&              | 02:27@ | 01:09& | 03:05@ | 01:49& | 01:11& | 06:27@ | 01:03& | 00:04- | 00:48& | 00:07# | 00:13# |         |
| 14                                                                          | Ingjald Egeland     |        | 7      |        |        |        |        |        |        |        |        |        | 55:23   |
|                                                                             | 04:22+              | 07:04+ | 10:02+ | 13:40+ | 16:00+ | 19:07+ | 45:02+ | 48:12+ | 50:30+ | 53:01+ | 54:17+ | 55:23+ |         |
|                                                                             | 04:22+              | 02:42+ | 02:58+ | 03:38+ | 02:20+ | 03:07+ | 25:55+ | 03:10+ | 02:18+ | 02:31+ | 01:16+ | 01:06+ |         |
|                                                                             | 00:17+              | 00:21# | 00:26# | 00:49& | 00:11+ | 00:11+ | 20:13@ | 01:09& | 00:17# | 01:09& | 00:06+ | 00:05+ |         |
| 15                                                                          | Albert Moe          |        | 54     |        |        |        |        |        |        |        |        |        | 58:33   |
|                                                                             | 05:52+              | 09:22+ | 12:50+ | 17:05+ | 20:21+ | 24:34+ | 43:46+ | 47:34+ | 52:34+ | 55:22+ | 57:10+ | 58:33+ |         |
|                                                                             | 05:52+              | 03:30+ | 03:28+ | 04:15+ | 03:16+ | 04:13+ | 19:12+ | 03:48+ | 05:00+ | 02:48+ | 01:48+ | 01:23+ |         |
|                                                                             | 01:47&              | 01:09& | 00:56& | 01:26& | 01:07& | 01:17& | 13:30@ | 01:47& | 02:59@ | 01:26@ | 00:38& | 00:22& |         |
| 16                                                                          | Steinar Undheim     |        | 54     |        |        |        |        |        |        |        |        |        | 1:08:24 |
|                                                                             | 07:46+              | 14:01+ | 18:17+ | 24:01+ | 30:21+ | 34:11+ | 52:52+ | 56:31+ | 59:44+ | 63:09+ | 65:51+ | 68:24+ |         |
|                                                                             | 07:46+              | 06:15+ | 04:16+ | 05:44+ | 06:20+ | 03:50+ | 18:41+ | 03:39+ | 03:13+ | 03:25+ | 02:42+ | 02:33+ |         |
|                                                                             | 03:41&              | 03:54@ | 01:44& | 02:55@ | 04:11@ | 00:54& | 12:59@ | 01:38& | 01:12& | 02:03@ | 01:32@ | 01:32@ |         |
| 17                                                                          | Mangor Eikeland     |        | 92     |        |        |        |        |        |        |        |        |        | 1:10:42 |
|                                                                             | 13:00+              | 16:56+ | 22:19+ | 28:11+ | 32:21+ | 37:28+ | 49:38+ | 57:28+ | 62:22+ | 65:16+ | 68:07+ | 70:42+ |         |
|                                                                             | 13:00+              | 03:56+ | 05:23+ | 05:52+ | 04:10+ | 05:07+ | 12:10+ | 07:50+ | 04:54+ | 02:54+ | 02:51+ | 02:35+ |         |
|                                                                             | 08:55@              | 01:35& | 02:51@ | 03:03@ | 02:01& | 02:11& | 06:28@ | 05:49@ | 02:53@ | 01:32@ | 01:41@ | 01:34@ |         |
| Beste strekktid for klassen                                                 |                     |        |        |        |        |        |        |        |        |        |        |        |         |
|                                                                             | 03:51               | 02:03  | 02:19  | 02:49  | 01:57  | 02:46  | 05:42  | 01:58  | 01:29  | 01:22  | 00:59  | 00:51  |         |
| = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap. |                     |        |        |        |        |        |        |        |        |        |        |        |         |
| Herrer 75 - 79 år                                                           |                     |        |        |        |        |        |        |        |        |        |        |        |         |
| 1                                                                           | Magne Westerheim    |        | 93     |        |        |        |        |        |        |        |        |        | 40:01   |
|                                                                             | 01:46=              | 06:59= | 12:20= | 15:19= | 16:43= | 19:02= | 23:41= | 29:53= | 35:43= | 36:53= | 38:43= | 40:01= |         |
|                                                                             | 01:46=              | 05:13= | 05:21= | 02:59= | 01:24= | 02:19= | 04:39= | 06:12= | 05:50= | 01:10= | 01:50= | 01:18= |         |
|                                                                             | 00:00=              | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |         |
| 2                                                                           | Terje Braut         |        | 92     |        |        |        |        |        |        |        |        |        | 43:21   |
|                                                                             | 01:23-              | 06:51- | 11:29- | 14:02- | 15:32- | 17:22- | 22:15- | 30:06+ | 37:48+ | 39:20+ | 42:06+ | 43:21+ |         |
|                                                                             | 01:23-              | 05:28+ | 04:38- | 02:33- | 01:30+ | 01:50- | 04:53+ | 07:51+ | 07:42+ | 01:32+ | 02:46+ | 01:15- |         |
|                                                                             | 00:23-              | 00:15+ | 00:43- | 00:26- | 00:06+ | 00:29- | 00:14+ | 01:39& | 01:52& | 00:22& | 00:56& | 00:03- |         |
| 3                                                                           | Jan Bekkeheien      |        | 92     |        |        |        |        |        |        |        |        |        | 44:54   |
|                                                                             | 01:22-              | 07:04+ | 14:25+ | 18:09+ | 19:36+ | 21:51+ | 26:50+ | 34:09+ | 39:45+ | 41:44+ | 43:38+ | 44:54+ |         |
|                                                                             | 01:22-              | 05:42+ | 07:21+ | 03:44+ | 01:27+ | 02:15- | 04:59+ | 07:19+ | 05:36- | 01:59+ | 01:54+ | 01:16- |         |
|                                                                             | 00:24-              | 00:29+ | 02:00& | 00:45& | 00:03+ | 00:04- | 00:20+ | 01:07# | 00:14- | 00:49& | 00:04+ | 00:02- |         |
| 4                                                                           | Harald I. Serigstad |        | 68     |        |        |        |        |        |        |        |        |        | 47:45   |
|                                                                             | 01:37-              | 07:32+ | 12:29+ | 16:31+ | 18:04+ | 20:12+ | 25:50+ | 37:17+ | 43:31+ | 44:47+ | 46:20+ | 47:45+ |         |
|                                                                             | 01:37-              | 05:55+ | 04:57- | 04:02+ | 01:33+ | 02:08- | 05:38+ | 11:27+ | 06:14+ | 01:16+ | 01:33- | 01:25+ |         |
|                                                                             | 00:09-              | 00:42# | 00:24- | 01:03& | 00:09# | 00:11- | 00:59# | 05:15& | 00:24+ | 00:06+ | 00:17- | 00:07+ |         |
| 5                                                                           | Alf Gyland          |        | 92     |        |        |        |        |        |        |        |        |        | 51:29   |
|                                                                             | 01:20-              | 05:33- | 14:24+ | 17:28+ | 18:56+ | 21:05+ | 26:12+ | 42:06+ | 46:28+ | 48:14+ | 50:11+ | 51:29+ |         |
|                                                                             | 01:20-              | 04:13- | 08:51+ | 03:04+ | 01:28+ | 02:09- | 05:07+ | 15:54+ | 04:22- | 01:46+ | 01:57+ | 01:18= |         |
|                                                                             | 00:26-              | 01:00- | 03:30& | 00:05+ | 00:04+ | 00:10- | 00:28# | 09:42@ | 01:28- | 00:36& | 00:07+ | 00:00= |         |
| 6                                                                           | Kjell Maudal        |        | 63     |        |        |        |        |        |        |        |        |        | 1:00:01 |
|                                                                             | 01:55+              | 19:28+ | 24:42+ | 28:30+ | 30:03+ | 32:13+ | 37:59+ | 49:27+ | 55:46+ | 56:59+ | 58:31+ | 60:01+ |         |
|                                                                             | 01:55+              | 17:33+ | 05:14- | 03:48+ | 01:33+ | 02:10- | 05:46+ | 11:28+ | 06:19+ | 01:13+ | 01:32- | 01:30+ |         |
|                                                                             | 00:09+              | 12:20@ | 00:07- | 00:49& | 00:09# | 00:09- | 01:07# | 05:16& | 00:29+ | 00:03+ | 00:18- | 00:12# |         |

| Plass                       | Navn            |        |        |        |        |        |        |        |        |        |        | Klasse | Tid     |  |  |  |  |  |  |  |  |  |  |
|-----------------------------|-----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--|--|--|--|--|--|--|--|--|--|
| 7                           | Øystein Nilsen  |        |        |        |        |        |        |        |        |        |        | 57     | 1:22:35 |  |  |  |  |  |  |  |  |  |  |
|                             | 01:30-          | 09:47+ | 20:38+ | 27:21+ | 29:10+ | 31:55+ | 42:17+ | 68:17+ | 76:31+ | 78:26+ | 81:07+ | 82:35+ |         |  |  |  |  |  |  |  |  |  |  |
|                             | 01:30-          | 08:17+ | 10:51+ | 06:43+ | 01:49+ | 02:45+ | 10:22+ | 26:00+ | 08:14+ | 01:55+ | 02:41+ | 01:28+ |         |  |  |  |  |  |  |  |  |  |  |
|                             | 00:16-          | 03:04& | 05:30@ | 03:44@ | 00:25& | 00:26# | 05:43@ | 19:48@ | 02:24& | 00:45& | 00:51& | 00:10# |         |  |  |  |  |  |  |  |  |  |  |
| 8                           | Torleiv Møgedal |        |        |        |        |        |        |        |        |        |        | 68     | 1:36:33 |  |  |  |  |  |  |  |  |  |  |
|                             | 15:00+          | 20:36+ | 27:30+ | 33:49+ | 54:04+ | 57:44+ | 64:33+ | 82:45+ | 90:08+ | 92:29+ | 94:49+ | 96:33+ |         |  |  |  |  |  |  |  |  |  |  |
|                             | 15:00+          | 05:36+ | 06:54+ | 06:19+ | 20:15+ | 03:40+ | 06:49+ | 18:12+ | 07:23+ | 02:21+ | 02:20+ | 01:44+ |         |  |  |  |  |  |  |  |  |  |  |
|                             | 13:14@          | 00:23+ | 01:33& | 03:20@ | 18:51@ | 01:21& | 02:10& | 12:00@ | 01:33& | 01:11@ | 00:30& | 00:26& |         |  |  |  |  |  |  |  |  |  |  |
| Beste strekktid for klassen |                 |        |        |        |        |        |        |        |        |        |        |        |         |  |  |  |  |  |  |  |  |  |  |
|                             | 01:20           | 04:13  | 04:38  | 02:33  | 01:24  | 01:50  | 04:39  | 06:12  | 04:22  | 01:10  | 01:32  | 01:15  |         |  |  |  |  |  |  |  |  |  |  |

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

Herrer 80 år og eldre

|                             |                |        |        |        |        |        |        |        |        |        |        |        |         |  |  |  |  |  |  |  |  |  |  |
|-----------------------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--|--|--|--|--|--|--|--|--|--|
| 1                           | Peter Frafjord |        |        |        |        |        |        |        |        |        |        | 116    | 1:01:50 |  |  |  |  |  |  |  |  |  |  |
|                             | 07:21=         | 13:54= | 17:06= | 24:27= | 27:49= | 31:44= | 42:14= | 43:00= | 51:05= | 57:23= | 59:58= | 61:50= |         |  |  |  |  |  |  |  |  |  |  |
|                             | 07:21=         | 06:33= | 03:12= | 07:21= | 03:22= | 03:55= | 10:30= | 00:46= | 08:05= | 06:18= | 02:35= | 01:52= |         |  |  |  |  |  |  |  |  |  |  |
|                             | 00:00=         | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |         |  |  |  |  |  |  |  |  |  |  |
| Beste strekktid for klassen |                |        |        |        |        |        |        |        |        |        |        |        |         |  |  |  |  |  |  |  |  |  |  |
|                             | 07:21          | 06:33  | 03:12  | 07:21  | 03:22  | 03:55  | 10:30  | 00:46  | 08:05  | 06:18  | 02:35  | 01:52  |         |  |  |  |  |  |  |  |  |  |  |

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

Herrer A

|                             |                       |        |        |        |        |        |        |        |        |        |        |        |         |        |        |        |        |        |        |        |        |        |  |
|-----------------------------|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 1                           | Kristian Haarr        |        |        |        |        |        |        |        |        |        |        | 27     | 44:51   |        |        |        |        |        |        |        |        |        |  |
|                             | 04:22=                | 07:13= | 10:23= | 11:00= | 14:01= | 16:36= | 19:43= | 22:25= | 24:45= | 26:20= | 29:19= | 33:31= | 34:44=  | 35:32= | 37:28= | 38:56= | 39:54= | 41:02= | 42:33= | 43:17= | 44:07= | 44:51= |  |
|                             | 04:22=                | 02:51= | 03:10= | 00:37= | 03:01= | 02:35= | 03:07= | 02:42= | 02:20= | 01:35= | 02:59= | 04:12= | 01:13=  | 00:48= | 01:56= | 01:28= | 00:58= | 01:08= | 01:31= | 00:44= | 00:50= | 00:44= |  |
|                             | 00:00=                | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 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                           | Aart Joakim in't Veld |        |        |        |        |        |        |        |        |        |        | 93     | 51:09   |        |        |        |        |        |        |        |        |        |  |
|                             | 03:43-                | 06:33- | 10:57+ | 11:45+ | 13:49- | 16:24- | 20:31+ | 23:09+ | 25:29+ | 27:10+ | 30:17+ | 36:07+ | 37:02+  | 38:40+ | 40:46+ | 42:24+ | 43:33+ | 46:13+ | 48:23+ | 49:31+ | 50:21+ | 51:09+ |  |
|                             | 03:43-                | 02:50- | 04:24+ | 00:48+ | 02:04- | 02:35= | 04:07+ | 02:38- | 02:20= | 01:41+ | 03:07+ | 05:50+ | 00:55-  | 01:38+ | 02:06+ | 01:38+ | 01:09+ | 02:40+ | 02:10+ | 01:08+ | 00:50= | 00:48+ |  |
|                             | 00:39-                | 00:01- | 01:14& | 00:11& | 00:57- | 00:00= | 01:00& | 00:04- | 00:00= | 00:06+ | 00:08+ | 01:38& | 00:18-  | 00:50@ | 00:10+ | 00:10# | 00:11# | 01:32@ | 00:39& | 00:24& | 00:00= | 00:04+ |  |
| 3                           | Tor Gunnar Aksland    |        |        |        |        |        |        |        |        |        |        | 116    | 52:01   |        |        |        |        |        |        |        |        |        |  |
|                             | 03:53-                | 06:38- | 10:16- | 10:54- | 12:57- | 15:05- | 19:26- | 22:04- | 24:37- | 26:09- | 29:08- | 33:06- | 36:44+  | 41:15+ | 43:24+ | 45:17+ | 46:18+ | 47:32+ | 49:08+ | 49:56+ | 50:54+ | 52:01+ |  |
|                             | 03:53-                | 02:45- | 03:38+ | 00:38+ | 02:03- | 02:08- | 04:21+ | 02:38- | 02:33+ | 01:32- | 02:59= | 03:58- | 03:38+  | 04:31+ | 02:09+ | 01:53+ | 01:01+ | 01:14+ | 01:36+ | 00:48+ | 00:58+ | 01:07+ |  |
|                             | 00:29-                | 00:06- | 00:28# | 00:01+ | 00:58- | 00:27- | 01:14& | 00:04- | 00:13+ | 00:03- | 00:00= | 00:14- | 02:25@  | 03:43@ | 00:13# | 00:25& | 00:03+ | 00:06+ | 00:05+ | 00:04+ | 00:08# | 00:23& |  |
| 4                           | Erik Lima             |        |        |        |        |        |        |        |        |        |        | 115    | 56:41   |        |        |        |        |        |        |        |        |        |  |
|                             | 04:11-                | 07:16+ | 10:44+ | 11:24+ | 13:54- | 16:26- | 21:11+ | 24:20+ | 26:35+ | 28:23+ | 31:56+ | 36:24+ | 44:07+  | 45:00+ | 46:43+ | 48:45+ | 49:46+ | 51:27+ | 53:31+ | 54:24+ | 55:33+ | 56:41+ |  |
|                             | 04:11-                | 03:05+ | 03:28+ | 00:40+ | 02:30- | 02:32- | 04:45+ | 03:09+ | 02:15- | 01:48+ | 03:33+ | 04:28+ | 07:43+  | 00:53+ | 01:43- | 02:02+ | 01:01+ | 01:41+ | 02:04+ | 00:53+ | 01:09+ | 01:08+ |  |
|                             | 00:11-                | 00:14+ | 00:18+ | 00:03+ | 00:31- | 00:03- | 01:38& | 00:27# | 00:05- | 00:13# | 00:34# | 00:16+ | 06:30@  | 00:05# | 00:13- | 00:34& | 00:03+ | 00:33& | 00:33& | 00:09# | 00:19& | 00:24& |  |
| 5                           | Joar Fuglestad        |        |        |        |        |        |        |        |        |        |        | 116    | 1:00:52 |        |        |        |        |        |        |        |        |        |  |
|                             | 03:49-                | 12:51+ | 16:18+ | 17:01+ | 19:18+ | 21:26+ | 26:55+ | 30:48+ | 33:01+ | 34:32+ | 37:40+ | 45:38+ | 48:05+  | 49:54+ | 51:17+ | 54:20+ | 55:12+ | 56:16+ | 58:25+ | 59:13+ | 60:10+ | 60:52+ |  |
|                             | 03:49-                | 09:02+ | 03:27+ | 00:43+ | 02:17- | 02:08- | 05:29+ | 03:53+ | 02:13- | 01:31- | 03:08+ | 07:58+ | 02:27+  | 01:49+ | 01:23- | 03:03+ | 00:52- | 01:04- | 02:09+ | 00:48+ | 00:57+ | 00:42- |  |
|                             | 00:33-                | 06:11@ | 00:17+ | 00:06# | 00:44- | 00:27- | 02:22& | 01:11& | 00:07- | 00:04- | 00:09+ | 03:46& | 01:14@  | 01:01@ | 00:33- | 01:35@ | 00:06- | 00:04- | 00:38& | 00:04+ | 00:07# | 00:02- |  |
| 6                           | Martin Blystad        |        |        |        |        |        |        |        |        |        |        | 115    | 1:16:35 |        |        |        |        |        |        |        |        |        |  |
|                             | 08:51+                | 12:42+ | 16:41+ | 17:30+ | 22:24+ | 25:10+ | 30:03+ | 33:08+ | 35:58+ | 38:08+ | 41:34+ | 53:19+ | 60:06+  | 61:00+ | 63:05+ | 66:29+ | 67:24+ | 70:46+ | 73:30+ | 74:23+ | 75:39+ | 76:35+ |  |
|                             | 08:51+                | 03:51+ | 03:59+ | 00:49+ | 04:54+ | 02:46+ | 04:53+ | 03:05+ | 02:50+ | 02:10+ | 03:26+ | 11:45+ | 06:47+  | 00:54+ | 02:05+ | 03:24+ | 00:55- | 03:22+ | 02:44+ | 00:53+ | 01:16+ | 00:56+ |  |
|                             | 04:29@                | 01:00& | 00:49& | 00:12& | 01:53& | 00:11+ | 01:46& | 00:23# | 00:30# | 00:35& | 00:27# | 07:33@ | 05:34@  | 00:06# | 00:09+ | 01:56@ | 00:03- | 02:14@ | 01:13& | 00:09# | 00:26& | 00:12& |  |
| Beste strekktid for klassen |                       |        |        |        |        |        |        |        |        |        |        |        |         |        |        |        |        |        |        |        |        |        |  |
|                             | 03:43                 | 02:45  | 03:10  | 00:37  | 02:03  | 02:08  | 03:07  | 02:38  | 02:13  | 01:31  | 02:59  | 03:58  | 00:55   | 00:48  | 01:23  | 01:28  | 00:52  | 01:04  | 01:31  | 00:44  | 00:50  | 00:42  |  |

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

Herrer B

| Plass                       | Navn               |        |        |        |        | Klasse |        |        |        |        | Tid     |        |        |        |        |        |        |        |        |        |        |        |
|-----------------------------|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 1                           | Oddvar Taksdal     |        |        |        |        | 194    |        |        |        |        | 43:09   |        |        |        |        |        |        |        |        |        |        |        |
|                             | 03:36=             | 05:58= | 09:00= | 09:38= | 11:53= | 14:10= | 17:19= | 19:57= | 22:10= | 23:44= | 27:02=  | 31:12= | 32:53= | 33:43= | 35:29= | 36:38= | 37:28= | 38:42= | 40:27= | 41:14= | 42:16= | 43:09= |
|                             | 03:36=             | 02:22= | 03:02= | 00:38= | 02:15= | 02:17= | 03:09= | 02:38= | 02:13= | 01:34= | 03:18=  | 04:10= | 01:41= | 00:50= | 01:46= | 01:09= | 00:50= | 01:14= | 01:45= | 00:47= | 01:02= | 00:53= |
|                             | 00:00=             | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 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                           | Stein Arne Olsen   |        |        |        |        | 68     |        |        |        |        | 46:09   |        |        |        |        |        |        |        |        |        |        |        |
|                             | 04:27+             | 06:49+ | 09:47+ | 10:24+ | 13:23+ | 15:32+ | 18:56+ | 21:54+ | 24:07+ | 25:44+ | 28:49+  | 32:54+ | 34:16+ | 35:06+ | 36:50+ | 38:53+ | 39:52+ | 41:59+ | 43:44+ | 44:28+ | 45:22+ | 46:09+ |
|                             | 04:27+             | 02:22= | 02:58- | 00:37- | 02:59+ | 02:09- | 03:24+ | 02:58+ | 02:13= | 01:37+ | 03:05-  | 04:05- | 01:22- | 00:50= | 01:44- | 02:03+ | 00:59+ | 02:07+ | 01:45= | 00:44- | 00:54- | 00:47- |
|                             | 00:51#             | 00:00= | 00:04- | 00:01- | 00:44& | 00:08- | 00:15+ | 00:20# | 00:00= | 00:03+ | 00:13-  | 00:05- | 00:19- | 00:00= | 00:02- | 00:54& | 00:09# | 00:53& | 00:00= | 00:03- | 00:08- | 00:06- |
| 3                           | Tom Furland        |        |        |        |        | 62     |        |        |        |        | 46:30   |        |        |        |        |        |        |        |        |        |        |        |
|                             | 04:46+             | 07:20+ | 10:31+ | 11:07+ | 13:12+ | 15:37+ | 19:28+ | 22:17+ | 24:24+ | 26:11+ | 29:31+  | 33:22+ | 34:58+ | 35:50+ | 38:04+ | 39:25+ | 40:19+ | 41:30+ | 43:42+ | 44:27+ | 45:31+ | 46:30+ |
|                             | 04:46+             | 02:34+ | 03:11+ | 00:36- | 02:05- | 02:25+ | 03:51+ | 02:49+ | 02:07- | 01:47+ | 03:20+  | 03:51- | 01:36- | 00:52+ | 02:14+ | 01:21+ | 00:54+ | 01:11- | 02:12+ | 00:45- | 01:04+ | 00:59+ |
|                             | 01:10&             | 00:12+ | 00:09+ | 00:02- | 00:10- | 00:08+ | 00:42# | 00:11+ | 00:06- | 00:13# | 00:02+  | 00:19- | 00:05- | 00:02+ | 00:28& | 00:12# | 00:04+ | 00:03- | 00:27& | 00:02- | 00:02+ | 00:06# |
| 4                           | Jan-Rune Basso     |        |        |        |        | 91     |        |        |        |        | 48:47   |        |        |        |        |        |        |        |        |        |        |        |
|                             | 03:54+             | 06:18+ | 10:06+ | 10:44+ | 14:18+ | 16:53+ | 20:55+ | 23:57+ | 26:06+ | 28:13+ | 31:28+  | 35:31+ | 37:32+ | 38:26+ | 40:31+ | 41:54+ | 43:05+ | 44:21+ | 46:02+ | 46:56+ | 47:55+ | 48:47+ |
|                             | 03:54+             | 02:24+ | 03:48+ | 00:38= | 03:34+ | 02:35+ | 04:02+ | 03:02+ | 02:09- | 02:07+ | 03:15-  | 04:03- | 02:01+ | 00:54+ | 02:05+ | 01:23+ | 01:11+ | 01:16+ | 01:41- | 00:54+ | 00:59- | 00:52- |
|                             | 00:18+             | 00:02+ | 00:46& | 00:00= | 01:19& | 00:18# | 00:53& | 00:24# | 00:04- | 00:33& | 00:03-  | 00:07- | 00:20# | 00:04+ | 00:19# | 00:14# | 00:21& | 00:02+ | 00:04- | 00:07# | 00:03- | 00:01- |
| 5                           | Tallak Langmyr     |        |        |        |        | 283    |        |        |        |        | 55:04   |        |        |        |        |        |        |        |        |        |        |        |
|                             | 04:22+             | 08:53+ | 12:40+ | 13:23+ | 15:52+ | 18:29+ | 23:29+ | 26:47+ | 29:20+ | 31:05+ | 35:02+  | 39:33+ | 41:20+ | 42:18+ | 45:02+ | 46:39+ | 48:43+ | 50:12+ | 52:23+ | 53:13+ | 54:14+ | 55:04+ |
|                             | 04:22+             | 04:31+ | 03:47+ | 00:43+ | 02:29+ | 02:37+ | 05:00+ | 03:18+ | 02:33+ | 01:45+ | 03:57+  | 04:31+ | 01:47+ | 00:58+ | 02:44+ | 01:37+ | 02:04+ | 01:29+ | 02:11+ | 00:50+ | 01:01- | 00:50- |
|                             | 00:46#             | 02:09& | 00:45# | 00:05# | 00:14# | 00:20# | 01:51& | 00:40& | 00:20# | 00:11# | 00:39#  | 00:21+ | 00:06+ | 00:08# | 00:58& | 00:28& | 01:14@ | 00:15# | 00:26# | 00:03+ | 00:01- | 00:03- |
| 6                           | Geir Sand          |        |        |        |        | 105    |        |        |        |        | 59:52   |        |        |        |        |        |        |        |        |        |        |        |
|                             | 09:51+             | 13:51+ | 18:06+ | 19:05+ | 21:36+ | 24:23+ | 29:06+ | 32:01+ | 34:22+ | 36:11+ | 38:58+  | 44:23+ | 46:48+ | 47:54+ | 50:17+ | 52:10+ | 53:07+ | 54:54+ | 56:54+ | 57:55+ | 59:03+ | 59:52+ |
|                             | 09:51+             | 04:00+ | 04:15+ | 00:59+ | 02:31+ | 02:47+ | 04:43+ | 02:55+ | 02:21+ | 01:49+ | 02:47+  | 05:25+ | 02:25+ | 01:06+ | 02:23+ | 01:53+ | 00:57+ | 01:47+ | 02:00+ | 01:01+ | 01:08+ | 00:49- |
|                             | 06:15@             | 01:38& | 01:13& | 00:21& | 00:16# | 00:30# | 01:34& | 00:17# | 00:08+ | 00:15# | 00:31-  | 01:15& | 00:44& | 00:16& | 00:37& | 00:44& | 00:07# | 00:33& | 00:15# | 00:14& | 00:06+ | 00:04- |
| 7                           | Bjørnar André Haug |        |        |        |        | 80     |        |        |        |        | 1:00:02 |        |        |        |        |        |        |        |        |        |        |        |
|                             | 03:31-             | 06:27+ | 11:18+ | 12:01+ | 14:23+ | 17:15+ | 21:09+ | 24:03+ | 26:26+ | 28:18+ | 31:53+  | 38:04+ | 40:05+ | 41:07+ | 43:29+ | 51:58+ | 53:06+ | 54:57+ | 56:54+ | 57:55+ | 59:08+ | 60:02+ |
|                             | 03:31-             | 02:56+ | 04:51+ | 00:43+ | 02:22+ | 02:52+ | 03:54+ | 02:54+ | 02:23+ | 01:52+ | 03:35+  | 06:11+ | 02:01+ | 01:02+ | 02:22+ | 08:29+ | 01:08+ | 01:51+ | 01:57+ | 01:01+ | 01:13+ | 00:54+ |
|                             | 00:05-             | 00:34# | 01:49& | 00:05# | 00:07+ | 00:35& | 00:45# | 00:16# | 00:10+ | 00:18# | 00:17+  | 02:01& | 00:20# | 00:12# | 00:36& | 07:20@ | 00:18& | 00:37& | 00:12# | 00:14& | 00:11# | 00:01+ |
| 8                           | Svein Erik Kvame   |        |        |        |        | 116    |        |        |        |        | 1:04:42 |        |        |        |        |        |        |        |        |        |        |        |
|                             | 05:24+             | 08:35+ | 12:23+ | 13:09+ | 16:17+ | 19:04+ | 24:42+ | 28:11+ | 30:50+ | 33:00+ | 36:56+  | 44:46+ | 46:47+ | 48:00+ | 51:01+ | 56:02+ | 57:22+ | 59:23+ | 61:29+ | 62:36+ | 63:44+ | 64:42+ |
|                             | 05:24+             | 03:11+ | 03:48+ | 00:46+ | 03:08+ | 02:47+ | 05:38+ | 03:29+ | 02:39+ | 02:10+ | 03:56+  | 07:50+ | 02:01+ | 01:13+ | 03:01+ | 05:01+ | 01:20+ | 02:01+ | 02:06+ | 01:07+ | 01:08+ | 00:58+ |
|                             | 01:48&             | 00:49& | 00:46& | 00:08# | 00:53& | 00:30# | 02:29& | 00:51& | 00:26# | 00:36& | 00:38#  | 03:40& | 00:20# | 00:23& | 01:15& | 03:52@ | 00:30& | 00:47& | 00:21# | 00:20& | 00:06+ | 00:05+ |
| 9                           | Espen Fyhn Nilsen  |        |        |        |        | 116    |        |        |        |        | 1:05:20 |        |        |        |        |        |        |        |        |        |        |        |
|                             | 05:30+             | 09:25+ | 13:34+ | 14:19+ | 17:21+ | 20:43+ | 26:45+ | 30:13+ | 33:24+ | 36:08+ | 40:01+  | 45:27+ | 47:44+ | 49:02+ | 51:53+ | 55:02+ | 56:32+ | 58:32+ | 61:02+ | 62:11+ | 63:59+ | 65:20+ |
|                             | 05:30+             | 03:55+ | 04:09+ | 00:45+ | 03:02+ | 03:22+ | 06:02+ | 03:28+ | 03:11+ | 02:44+ | 03:53+  | 05:26+ | 02:17+ | 01:18+ | 02:51+ | 03:09+ | 01:30+ | 02:00+ | 02:30+ | 01:09+ | 01:48+ | 01:21+ |
|                             | 01:54&             | 01:33& | 01:07& | 00:07# | 00:47& | 01:05& | 02:53& | 00:50& | 00:58& | 01:10& | 00:35#  | 01:16& | 00:36& | 00:28& | 01:05& | 02:00@ | 00:40& | 00:46& | 00:45& | 00:22& | 00:46& | 00:28& |
| 10                          | Rune Christiansen  |        |        |        |        | 93     |        |        |        |        | 1:10:01 |        |        |        |        |        |        |        |        |        |        |        |
|                             | 04:42+             | 07:49+ | 12:20+ | 13:11+ | 15:37+ | 19:14+ | 25:01+ | 28:54+ | 31:32+ | 33:37+ | 38:08+  | 43:43+ | 55:12+ | 56:14+ | 58:38+ | 60:31+ | 61:39+ | 63:14+ | 66:01+ | 67:31+ | 68:57+ | 70:01+ |
|                             | 04:42+             | 03:07+ | 04:31+ | 00:51+ | 02:26+ | 03:37+ | 05:47+ | 03:53+ | 02:38+ | 02:05+ | 04:31+  | 05:35+ | 11:29+ | 01:02+ | 02:24+ | 01:53+ | 01:08+ | 01:35+ | 02:47+ | 01:30+ | 01:26+ | 01:04+ |
|                             | 01:06&             | 00:45& | 01:29& | 00:13& | 00:11+ | 01:20& | 02:38& | 01:15& | 00:25# | 00:31& | 01:13&  | 01:25& | 09:48@ | 00:12# | 00:38& | 00:44& | 00:18& | 00:21& | 01:02& | 00:43& | 00:24& | 00:11# |
| 11                          | Inge Løland        |        |        |        |        | 114    |        |        |        |        | 1:13:21 |        |        |        |        |        |        |        |        |        |        |        |
|                             | 04:50+             | 07:33+ | 17:41+ | 18:32+ | 21:21+ | 24:17+ | 27:51+ | 30:50+ | 33:15+ | 35:07+ | 40:24+  | 51:58+ | 54:38+ | 55:49+ | 62:10+ | 63:33+ | 64:46+ | 66:46+ | 69:22+ | 70:39+ | 72:04+ | 73:21+ |
|                             | 04:50+             | 02:43+ | 10:08+ | 00:51+ | 02:49+ | 02:56+ | 03:34+ | 02:59+ | 02:25+ | 01:52+ | 05:17+  | 11:34+ | 02:40+ | 01:11+ | 06:21+ | 01:23+ | 01:13+ | 02:00+ | 02:36+ | 01:17+ | 01:25+ | 01:17+ |
|                             | 01:14&             | 00:21# | 07:06@ | 00:13& | 00:34& | 00:39& | 00:25# | 00:21# | 00:12+ | 00:18# | 01:59&  | 07:24@ | 00:59& | 00:21& | 04:35@ | 00:14# | 00:23& | 00:46& | 00:51& | 00:30& | 00:23& | 00:24& |
| 12                          | Arjen Leendertse   |        |        |        |        | 91     |        |        |        |        | 1:23:45 |        |        |        |        |        |        |        |        |        |        |        |
|                             | 04:47+             | 09:01+ | 12:43+ | 13:44+ | 16:46+ | 19:24+ | 25:15+ | 28:18+ | 32:10+ | 34:20+ | 38:24+  | 55:16+ | 61:24+ | 62:29+ | 71:54+ | 74:10+ | 75:30+ | 77:58+ | 80:22+ | 81:31+ | 82:52+ | 83:45+ |
|                             | 04:47+             | 04:14+ | 03:42+ | 01:01+ | 03:02+ | 02:38+ | 05:51+ | 03:03+ | 03:52+ | 02:10+ | 04:04+  | 16:52+ | 06:08+ | 01:05+ | 09:25+ | 02:16+ | 01:20+ | 02:28+ | 02:24+ | 01:09+ | 01:21+ | 00:53= |
|                             | 01:11&             | 01:52& | 00:40# | 00:23& | 00:47& | 00:21# | 02:42& | 00:25# | 01:39& | 00:36& | 00:46#  | 12:42@ | 04:27@ | 00:15& | 07:39@ | 01:07& | 00:30& | 01:14& | 00:39& | 00:22& | 00:19& | 00:00= |
| Beste strekktid for klassen |                    |        |        |        |        |        |        |        |        |        |         |        |        |        |        |        |        |        |        |        |        |        |
|                             | 03:31              | 02:22  | 02:58  | 00:36  | 02:05  | 02:09  | 03:09  | 02:38  | 02:07  | 01:34  | 02:47   | 03:51  | 01:22  | 00:50  | 01:44  | 01:09  | 00:50  | 01:11  | 01:41  | 00:44  | 00:54  | 00:47  |

| Plass                      | Navn                       |                            |                            |                            |                            | Klasse                     |                            |                            |                            |                            | Tid                        |                            |                            |                            |  |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|--|
| 2                          | Otte Omdal                 |                            |                            |                            |                            | 65                         |                            |                            |                            |                            | 36:29                      |                            |                            |                            |  |
| 03:08-<br>03:08-<br>00:37- | 06:06-<br>02:58=<br>00:00= | 09:01-<br>02:55-<br>00:00= | 11:03-<br>02:02+<br>00:03+ | 14:13-<br>03:10+<br>00:30# | 17:22-<br>03:09-<br>00:07- | 19:25-<br>02:03-<br>00:05- | 25:37-<br>06:12-<br>00:34- | 26:43-<br>01:06-<br>00:06- | 28:13-<br>01:30+<br>00:33& | 29:52-<br>01:39+<br>00:02+ | 30:46-<br>00:54-<br>00:18- | 34:26+<br>03:40+<br>01:45& | 35:40+<br>01:14+<br>00:22& | 36:29+<br>00:49+<br>00:01+ |  |
| 3                          | Kjell Dale                 |                            |                            |                            |                            | 93                         |                            |                            |                            |                            | 36:58                      |                            |                            |                            |  |
| 03:03-<br>03:03-<br>00:42- | 06:05-<br>03:02+<br>00:04+ | 08:54-<br>02:49-<br>00:27- | 10:57-<br>02:03+<br>00:04+ | 13:38-<br>02:41+<br>00:01- | 16:53-<br>03:15-<br>00:01- | 18:49-<br>01:56-<br>00:12- | 25:00-<br>06:11-<br>00:35- | 26:19-<br>01:19+<br>00:07+ | 27:59-<br>01:40+<br>00:43& | 30:26-<br>02:27+<br>00:50& | 31:25-<br>00:59-<br>00:13- | 34:58+<br>03:33+<br>01:38& | 36:00+<br>01:02+<br>00:10# | 36:58+<br>00:58+<br>00:10# |  |
| 4                          | Trond Nilsen Lamark        |                            |                            |                            |                            | 114                        |                            |                            |                            |                            | 38:26                      |                            |                            |                            |  |
| 03:30-<br>03:30-<br>00:15- | 06:44+<br>03:14+<br>00:16+ | 09:48-<br>03:04-<br>00:12- | 11:55-<br>02:07+<br>00:08+ | 14:43+<br>02:48+<br>00:08+ | 18:30+<br>03:47+<br>00:31# | 20:47+<br>02:17+<br>00:09+ | 27:44+<br>06:57+<br>00:11+ | 29:09+<br>01:25+<br>00:13# | 30:29+<br>01:20+<br>00:23& | 32:14+<br>01:45+<br>00:08+ | 33:24+<br>01:10-<br>00:02- | 36:31+<br>03:07+<br>01:12& | 37:29+<br>00:58+<br>00:06# | 38:26+<br>00:57+<br>00:09# |  |
| 5                          | Geir Bjaanes               |                            |                            |                            |                            | 116                        |                            |                            |                            |                            | 39:37                      |                            |                            |                            |  |
| 03:05-<br>03:05-<br>00:40- | 06:09-<br>03:04+<br>00:06+ | 09:10-<br>03:01-<br>00:15- | 11:28-<br>02:18+<br>00:19# | 14:15-<br>02:47+<br>00:07+ | 17:33-<br>03:18+<br>00:02+ | 19:44-<br>02:11+<br>00:03+ | 26:26-<br>06:42-<br>00:04- | 30:40+<br>04:14+<br>03:02@ | 31:57+<br>01:17+<br>00:20& | 33:37+<br>01:40+<br>00:03+ | 34:40+<br>01:03-<br>00:09- | 37:17+<br>02:37+<br>00:42& | 38:24+<br>01:07+<br>00:15& | 39:37+<br>01:13+<br>00:25& |  |
| 6                          | Nils John Vestøl           |                            |                            |                            |                            | 83                         |                            |                            |                            |                            | 40:08                      |                            |                            |                            |  |
| 02:48-<br>02:48-<br>00:57- | 06:18-<br>03:30+<br>00:32# | 09:13-<br>02:55-<br>00:21- | 11:37-<br>02:24+<br>00:25# | 14:46+<br>03:09+<br>00:29# | 18:03+<br>03:17+<br>00:01+ | 20:17+<br>02:14+<br>00:06+ | 28:00+<br>07:43+<br>00:57# | 29:35+<br>01:35+<br>00:23& | 31:03+<br>01:28+<br>00:31& | 33:03+<br>02:00+<br>00:23# | 34:07+<br>01:04-<br>00:08- | 37:58+<br>03:51+<br>01:56@ | 39:17+<br>01:19+<br>00:27& | 40:08+<br>00:51+<br>00:03+ |  |
| 7                          | Paul Terje Haarr           |                            |                            |                            |                            | 62                         |                            |                            |                            |                            | 40:26                      |                            |                            |                            |  |
| 03:28-<br>03:28-<br>00:17- | 06:49+<br>03:21+<br>00:23# | 10:05+<br>03:16=           | 12:21+<br>02:16+<br>00:00= | 17:27+<br>05:06+<br>00:17# | 20:44+<br>03:17+<br>02:26& | 22:48+<br>02:04-<br>00:01+ | 29:55+<br>07:07+<br>00:21+ | 31:58+<br>02:03+<br>00:51& | 33:44+<br>01:46+<br>00:49& | 35:23+<br>01:39+<br>00:02+ | 36:27+<br>01:04-<br>00:08- | 38:26+<br>01:59+<br>00:04+ | 39:32+<br>01:06+<br>00:14& | 40:26+<br>00:54+<br>00:06# |  |
| 8                          | Kjetil Wirak               |                            |                            |                            |                            | 114                        |                            |                            |                            |                            | 41:04                      |                            |                            |                            |  |
| 03:05-<br>03:05-<br>00:40- | 06:33-<br>03:28+<br>00:30# | 10:11+<br>03:38+<br>00:22# | 12:26+<br>02:15+<br>00:16# | 15:05+<br>02:39-<br>00:01- | 19:02+<br>03:57+<br>00:01- | 21:03+<br>02:01-<br>00:07- | 27:03+<br>06:00-<br>00:46- | 32:55+<br>05:52+<br>04:40@ | 34:25+<br>01:30+<br>00:33& | 35:46+<br>01:21-<br>00:16- | 36:55+<br>01:09-<br>00:03- | 39:09+<br>02:14+<br>00:19# | 40:14+<br>01:05+<br>00:13# | 41:04+<br>00:50+<br>00:02+ |  |
| 9                          | Øystein Huglen             |                            |                            |                            |                            | 27                         |                            |                            |                            |                            | 45:42                      |                            |                            |                            |  |
| 03:47+<br>03:47+<br>00:02+ | 08:26+<br>04:39+<br>01:41& | 12:00+<br>03:34+<br>00:18+ | 15:03+<br>03:03+<br>01:04& | 18:47+<br>03:44+<br>01:04& | 22:21+<br>03:34+<br>00:18+ | 24:41+<br>02:20+<br>00:12+ | 32:22+<br>07:41+<br>00:55# | 33:58+<br>01:36+<br>00:24& | 36:05+<br>02:07+<br>01:10@ | 39:15+<br>03:10+<br>01:33& | 40:46+<br>01:31+<br>00:19& | 43:36+<br>02:50+<br>00:55& | 44:43+<br>01:07+<br>00:15& | 45:42+<br>00:59+<br>00:11# |  |
| 10                         | Erling Mauland             |                            |                            |                            |                            | 83                         |                            |                            |                            |                            | 45:47                      |                            |                            |                            |  |
| 03:46+<br>03:46+<br>00:01+ | 07:59+<br>04:13+<br>01:15& | 12:41+<br>04:42+<br>01:26& | 15:31+<br>02:50+<br>00:51& | 19:22+<br>03:51+<br>01:11& | 23:11+<br>03:49+<br>00:33# | 25:29+<br>02:18+<br>00:10+ | 33:22+<br>07:53+<br>01:07# | 35:32+<br>02:10+<br>00:58& | 37:25+<br>01:53+<br>00:56& | 39:35+<br>02:10+<br>00:33& | 40:52+<br>01:17+<br>00:05+ | 43:37+<br>02:45+<br>00:50& | 44:53+<br>01:16+<br>00:24& | 45:47+<br>00:54+<br>00:06# |  |
| 11                         | Sturle Omdal               |                            |                            |                            |                            | 116                        |                            |                            |                            |                            | 46:30                      |                            |                            |                            |  |
| 03:39-<br>03:39-<br>00:06- | 10:33+<br>06:54+<br>03:56@ | 13:56+<br>03:23+<br>00:07+ | 18:10+<br>04:14+<br>02:15@ | 22:28+<br>04:18+<br>01:38& | 25:56+<br>03:28+<br>00:12+ | 28:08+<br>02:12+<br>00:04+ | 35:26+<br>07:18+<br>00:32+ | 36:52+<br>01:26+<br>00:14# | 38:58+<br>02:06+<br>01:09@ | 40:35+<br>01:37=           | 41:46+<br>01:11-           | 44:20+<br>02:34+           | 45:40+<br>01:20+           | 46:30+<br>00:50+<br>00:02+ |  |
| 12                         | Sveinung Svebestad         |                            |                            |                            |                            | 46                         |                            |                            |                            |                            | 48:04                      |                            |                            |                            |  |
| 03:16-<br>03:16-<br>00:29- | 09:42+<br>06:26+<br>03:28@ | 13:55+<br>04:13+<br>00:57& | 17:32+<br>03:37+<br>01:38& | 21:20+<br>03:48+<br>01:08& | 25:52+<br>04:32+<br>01:16& | 28:28+<br>02:36+<br>00:28# | 36:25+<br>07:57+<br>01:11# | 37:55+<br>01:30+<br>00:18# | 39:29+<br>01:34+<br>00:37& | 41:56+<br>02:27+<br>00:50& | 43:21+<br>01:25+<br>00:13# | 45:55+<br>02:34+<br>00:39& | 47:01+<br>01:06+<br>00:14& | 48:04+<br>01:03+<br>00:15& |  |
| 13                         | Rune Karstensen            |                            |                            |                            |                            | 37                         |                            |                            |                            |                            | 49:10                      |                            |                            |                            |  |
| 03:13-<br>03:13-<br>00:32- | 06:52+<br>03:39+<br>00:41# | 11:02+<br>04:10+<br>00:54& | 13:52+<br>02:50+<br>00:51& | 17:08+<br>03:16+<br>00:36# | 21:15+<br>04:07+<br>00:51& | 23:35+<br>02:20+<br>00:12+ | 37:21+<br>13:46+<br>07:00@ | 39:01+<br>01:40+<br>00:28& | 40:47+<br>01:46+<br>00:49& | 42:41+<br>01:54+<br>00:17# | 43:58+<br>01:17+<br>00:05+ | 46:59+<br>03:01+<br>01:06& | 48:10+<br>01:11+<br>00:19& | 49:10+<br>01:00+<br>00:12# |  |
| 14                         | Ivar Knutsen               |                            |                            |                            |                            | 116                        |                            |                            |                            |                            | 51:22                      |                            |                            |                            |  |
| 04:04+<br>04:04+<br>00:19+ | 08:54+<br>04:50+<br>01:52& | 13:44+<br>04:50+<br>01:34& | 17:03+<br>03:19+<br>01:20& | 22:31+<br>05:28+<br>02:48@ | 26:30+<br>03:59+<br>00:43# | 28:51+<br>02:21+<br>00:13# | 37:11+<br>08:20+<br>01:34# | 38:56+<br>01:45+<br>00:33& | 42:41+<br>03:45+<br>02:48@ | 44:28+<br>01:47+<br>00:10# | 46:09+<br>01:41+<br>00:29& | 49:00+<br>02:51+<br>00:56& | 50:16+<br>01:16+<br>00:24& | 51:22+<br>01:06+<br>00:18& |  |
| 15                         | Pål H. Gjerden             |                            |                            |                            |                            | 116                        |                            |                            |                            |                            | 59:31                      |                            |                            |                            |  |
| 03:11-<br>03:11-<br>00:34- | 06:52+<br>03:41+<br>00:43# | 11:31+<br>04:39+<br>01:23& | 15:15+<br>03:44+<br>01:45& | 18:52+<br>03:37+<br>00:57& | 22:41+<br>03:49+<br>00:33# | 25:25+<br>02:44+<br>00:36& | 36:31+<br>11:06+<br>04:20& | 37:55+<br>01:24+<br>00:12# | 40:55+<br>03:00+<br>02:03@ | 50:47+<br>09:52+<br>08:15@ | 52:38+<br>01:51+<br>00:39& | 56:35+<br>03:57+<br>02:02@ | 58:17+<br>01:42+<br>00:50& | 59:31+<br>01:14+<br>00:26& |  |
| 16                         | Ove Oaland                 |                            |                            |                            |                            | 116                        |                            |                            |                            |                            | 1:01:21                    |                            |                            |                            |  |
| 05:47+<br>05:47+<br>02:02& | 10:36+<br>04:49+<br>01:51& | 15:12+<br>04:36+<br>01:20& | 19:02+<br>03:50+<br>01:51& | 23:54+<br>04:52+<br>02:12& | 28:35+<br>04:41+<br>01:25& | 31:20+<br>02:45+<br>00:37& | 40:04+<br>08:44+<br>01:58& | 42:39+<br>02:35+<br>01:23@ | 51:24+<br>08:45+<br>07:48@ | 52:58+<br>01:34-<br>00:03- | 54:51+<br>01:53+<br>00:41& | 58:33+<br>03:42+<br>01:47& | 60:15+<br>01:42+<br>00:50& | 61:21+<br>01:06+<br>00:18& |  |

| Plass                              | Navn                 |        |        | Klasse    |        |        |        |        |        |        |        | Tid            |        |        |  |  |
|------------------------------------|----------------------|--------|--------|-----------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|--------|--|--|
| <b>17</b>                          | <b>Øystein Dahle</b> |        |        | <b>92</b> |        |        |        |        |        |        |        | <b>1:01:44</b> |        |        |  |  |
| 03:35-                             | 11:21+               | 15:47+ | 18:40+ | 26:18+    | 30:33+ | 33:10+ | 41:32+ | 45:47+ | 49:04+ | 53:03+ | 54:51+ | 58:54+         | 60:25+ | 61:44+ |  |  |
| 03:35-                             | 07:46+               | 04:26+ | 02:53+ | 07:38+    | 04:15+ | 02:37+ | 08:22+ | 04:15+ | 03:17+ | 03:59+ | 01:48+ | 04:03+         | 01:31+ | 01:19+ |  |  |
| 00:10-                             | 04:48@               | 01:10& | 00:54& | 04:58@    | 00:59& | 00:29# | 01:36# | 03:03@ | 02:20@ | 02:22@ | 00:36& | 02:08@         | 00:39& | 00:31& |  |  |
| <b>18</b>                          | <b>Tor Brekken</b>   |        |        | <b>97</b> |        |        |        |        |        |        |        | <b>1:07:04</b> |        |        |  |  |
| 03:38-                             | 09:33+               | 13:10+ | 22:39+ | 26:20+    | 31:20+ | 33:43+ | 45:49+ | 47:37+ | 50:08+ | 59:10+ | 60:28+ | 64:47+         | 66:00+ | 67:04+ |  |  |
| 03:38-                             | 05:55+               | 03:37+ | 09:29+ | 03:41+    | 05:00+ | 02:23+ | 12:06+ | 01:48+ | 02:31+ | 09:02+ | 01:18+ | 04:19+         | 01:13+ | 01:04+ |  |  |
| 00:07-                             | 02:57&               | 00:21# | 07:30@ | 01:01&    | 01:44& | 00:15# | 05:20& | 00:36& | 01:34@ | 07:25@ | 00:06+ | 02:24@         | 00:21& | 00:16& |  |  |
| <b>Beste strekktid for klassen</b> |                      |        |        |           |        |        |        |        |        |        |        |                |        |        |  |  |
| 02:48                              | 02:58                | 02:49  | 02:39  | 03:09     | 01:56  | 06:00  | 01:06  | 00:57  | 01:21  | 00:54  | 01:55  | 00:52          | 00:48  |        |  |  |

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

Herrer Ny

|          |                       |        |        |            |        |        |        |        |        |  |  |              |  |  |  |  |
|----------|-----------------------|--------|--------|------------|--------|--------|--------|--------|--------|--|--|--------------|--|--|--|--|
| <b>1</b> | <b>Joe McClounnan</b> |        |        | <b>167</b> |        |        |        |        |        |  |  | <b>54:06</b> |  |  |  |  |
| 04:15=   | 12:02=                | 17:10= | 23:46= | 26:31=     | 41:49= | 45:48= | 49:01= | 52:20= | 54:06= |  |  |              |  |  |  |  |
| 04:15=   | 07:47=                | 05:08= | 06:36= | 02:45=     | 15:18= | 03:59= | 03:13= | 03:19= | 01:46= |  |  |              |  |  |  |  |
| 00:00=   | 00:00=                | 00:00= | 00:00= | 00:00=     | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |  |  |              |  |  |  |  |

|                                    |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
|------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|
| <b>Beste strekktid for klassen</b> |       |       |       |       |       |       |       |       |       |  |  |  |  |  |  |  |
| 04:15                              | 07:47 | 05:08 | 06:36 | 02:45 | 15:18 | 03:59 | 03:13 | 03:19 | 01:46 |  |  |  |  |  |  |  |

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

Herrer Trim

|          |                             |        |        |            |        |        |        |        |        |        |        |              |  |  |  |  |
|----------|-----------------------------|--------|--------|------------|--------|--------|--------|--------|--------|--------|--------|--------------|--|--|--|--|
| <b>1</b> | <b>Stig Erlend Ollestad</b> |        |        | <b>51</b>  |        |        |        |        |        |        |        | <b>25:06</b> |  |  |  |  |
| 03:20=   | 05:55=                      | 07:29= | 09:55= | 11:28=     | 13:39= | 15:09= | 15:50= | 19:58= | 22:44= | 24:15= | 25:06= |              |  |  |  |  |
| 03:20=   | 02:35=                      | 01:34= | 02:26= | 01:33=     | 02:11= | 01:30= | 00:41= | 04:08= | 02:46= | 01:31= | 00:51= |              |  |  |  |  |
| 00:00=   | 00:00=                      | 00:00= | 00:00= | 00:00=     | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= | 00:00= |              |  |  |  |  |
| <b>2</b> | <b>Morten Moss</b>          |        |        | <b>109</b> |        |        |        |        |        |        |        | <b>26:31</b> |  |  |  |  |
| 04:45+   | 07:34+                      | 09:29+ | 11:20+ | 12:55+     | 15:06+ | 16:45+ | 17:36+ | 21:12+ | 24:08+ | 25:38+ | 26:31+ |              |  |  |  |  |
| 04:45+   | 02:49+                      | 01:55+ | 01:51- | 01:35+     | 02:11= | 01:39+ | 00:51+ | 03:36- | 02:56+ | 01:30- | 00:53+ |              |  |  |  |  |
| 01:25&   | 00:14+                      | 00:21# | 00:35- | 00:02+     | 00:00= | 00:09# | 00:10# | 00:32- | 00:10+ | 00:01- | 00:02+ |              |  |  |  |  |
| <b>3</b> | <b>Bruno Pierfelice</b>     |        |        | <b>51</b>  |        |        |        |        |        |        |        | <b>27:36</b> |  |  |  |  |
| 04:03+   | 07:04+                      | 09:00+ | 11:23+ | 13:00+     | 15:41+ | 17:40+ | 18:48+ | 21:53+ | 25:12+ | 26:33+ | 27:36+ |              |  |  |  |  |
| 04:03+   | 03:01+                      | 01:56+ | 02:23- | 01:37+     | 02:41+ | 01:59+ | 01:08+ | 03:05- | 03:19+ | 01:21- | 01:03+ |              |  |  |  |  |
| 00:43#   | 00:26#                      | 00:22# | 00:03- | 00:04+     | 00:30# | 00:29& | 00:27& | 01:03- | 00:33# | 00:10- | 00:12# |              |  |  |  |  |
| <b>4</b> | <b>Jon Kåre Olsen</b>       |        |        | <b>92</b>  |        |        |        |        |        |        |        | <b>29:51</b> |  |  |  |  |
| 03:24+   | 09:59+                      | 11:36+ | 13:42+ | 15:15+     | 17:25+ | 19:15+ | 20:09+ | 24:17+ | 27:27+ | 28:55+ | 29:51+ |              |  |  |  |  |
| 03:24+   | 06:35+                      | 01:37+ | 02:06- | 01:33=     | 02:10- | 01:50+ | 00:54+ | 04:08= | 03:10+ | 01:28- | 00:56+ |              |  |  |  |  |
| 00:04+   | 04:00@                      | 00:03+ | 00:20- | 00:00=     | 00:01- | 00:20# | 00:13& | 00:00= | 00:24# | 00:03- | 00:05+ |              |  |  |  |  |
| <b>5</b> | <b>Tor Inge Hansen</b>      |        |        | <b>144</b> |        |        |        |        |        |        |        | <b>30:29</b> |  |  |  |  |
| 05:17+   | 08:18+                      | 10:02+ | 12:39+ | 14:38+     | 16:49+ | 18:46+ | 19:40+ | 23:29+ | 27:45+ | 29:31+ | 30:29+ |              |  |  |  |  |
| 05:17+   | 03:01+                      | 01:44+ | 02:37+ | 01:59+     | 02:11= | 01:57+ | 00:54+ | 03:49- | 04:16+ | 01:46+ | 00:58+ |              |  |  |  |  |
| 01:57&   | 00:26#                      | 00:10# | 00:11+ | 00:26&     | 00:00= | 00:27& | 00:13& | 00:19- | 01:30& | 00:15# | 00:07# |              |  |  |  |  |
| <b>6</b> | <b>Kjetil Bårdsen</b>       |        |        | <b>105</b> |        |        |        |        |        |        |        | <b>30:31</b> |  |  |  |  |
| 06:24+   | 09:31+                      | 11:08+ | 13:23+ | 15:01+     | 19:24+ | 21:05+ | 21:48+ | 25:24+ | 28:15+ | 29:36+ | 30:31+ |              |  |  |  |  |
| 06:24+   | 03:07+                      | 01:37+ | 02:15- | 01:38+     | 04:23+ | 01:41+ | 00:43+ | 03:36- | 02:51+ | 01:21- | 00:55+ |              |  |  |  |  |
| 03:04&   | 00:32#                      | 00:03+ | 00:11- | 00:05+     | 02:12@ | 00:11# | 00:02+ | 00:32- | 00:05+ | 00:10- | 00:04+ |              |  |  |  |  |
| <b>7</b> | <b>Jan Erik Syvertsen</b>   |        |        | <b>51</b>  |        |        |        |        |        |        |        | <b>30:34</b> |  |  |  |  |
| 05:05+   | 08:10+                      | 09:57+ | 12:51+ | 14:35+     | 16:57+ | 18:49+ | 19:41+ | 23:27+ | 27:45+ | 29:39+ | 30:34+ |              |  |  |  |  |
| 05:05+   | 03:05+                      | 01:47+ | 02:54+ | 01:44+     | 02:22+ | 01:52+ | 00:52+ | 03:46- | 04:18+ | 01:54+ | 00:55+ |              |  |  |  |  |
| 01:45&   | 00:30#                      | 00:13# | 00:28# | 00:11#     | 00:11+ | 00:22# | 00:11& | 00:22- | 01:32& | 00:23& | 00:04+ |              |  |  |  |  |
| <b>8</b> | <b>Leif Jarle Skåra</b>     |        |        | <b>29</b>  |        |        |        |        |        |        |        | <b>30:43</b> |  |  |  |  |
| 04:23+   | 07:34+                      | 09:19+ | 11:56+ | 14:00+     | 16:58+ | 18:51+ | 19:44+ | 23:39+ | 27:46+ | 29:29+ | 30:43+ |              |  |  |  |  |
| 04:23+   | 03:11+                      | 01:45+ | 02:37+ | 02:04+     | 02:58+ | 01:53+ | 00:53+ | 03:55- | 04:07+ | 01:43+ | 01:14+ |              |  |  |  |  |
| 01:03&   | 00:36#                      | 00:11# | 00:11+ | 00:31&     | 00:47& | 00:23& | 00:12& | 00:13- | 01:21& | 00:12# | 00:23& |              |  |  |  |  |

| Plass | Navn                  |        | Klasse |        |        |        |        |        |        |        |        |        | Tid   |
|-------|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|
| 9     | Jarl Steinar Berntsen |        | 27     |        |        |        |        |        |        |        |        |        | 31:04 |
|       | 04:18+                | 07:45+ | 10:06+ | 13:09+ | 14:54+ | 17:31+ | 19:10+ | 20:46+ | 24:23+ | 28:21+ | 29:55+ | 31:04+ |       |
|       | 04:18+                | 03:27+ | 02:21+ | 03:03+ | 01:45+ | 02:37+ | 01:39+ | 01:36+ | 03:37- | 03:58+ | 01:34+ | 01:09+ |       |
|       | 00:58&                | 00:52& | 00:47& | 00:37& | 00:12# | 00:26# | 00:09# | 00:55@ | 00:31- | 01:12& | 00:03+ | 00:18& |       |
| 10    | Ingvar Haabeth        |        | 92     |        |        |        |        |        |        |        |        |        | 32:58 |
|       | 05:00+                | 09:07+ | 11:07+ | 14:01+ | 16:08+ | 19:19+ | 21:16+ | 22:11+ | 26:24+ | 30:08+ | 31:53+ | 32:58+ |       |
|       | 05:00+                | 04:07+ | 02:00+ | 02:54+ | 02:07+ | 03:11+ | 01:57+ | 00:55+ | 04:13+ | 03:44+ | 01:45+ | 01:05+ |       |
|       | 01:40&                | 01:32& | 00:26& | 00:28# | 00:34& | 01:00& | 00:27& | 00:14& | 00:05+ | 00:58& | 00:14# | 00:14& |       |
| 11    | Heine Furubotten      |        | 192    |        |        |        |        |        |        |        |        |        | 33:01 |
|       | 03:59+                | 07:19+ | 09:12+ | 12:27+ | 14:27+ | 17:05+ | 19:09+ | 20:05+ | 25:45+ | 30:01+ | 31:53+ | 33:01+ |       |
|       | 03:59+                | 03:20+ | 01:53+ | 03:15+ | 02:00+ | 02:38+ | 02:04+ | 00:56+ | 05:40+ | 04:16+ | 01:52+ | 01:08+ |       |
|       | 00:39#                | 00:45& | 00:19# | 00:49& | 00:27& | 00:27# | 00:34& | 00:15& | 01:32& | 01:30& | 00:21# | 00:17& |       |
| 12    | Cato Bjerkeli         |        | 237    |        |        |        |        |        |        |        |        |        | 33:56 |
|       | 06:19+                | 08:56+ | 11:08+ | 15:44+ | 17:39+ | 20:08+ | 22:03+ | 23:17+ | 27:29+ | 31:05+ | 32:51+ | 33:56+ |       |
|       | 06:19+                | 02:37+ | 02:12+ | 04:36+ | 01:55+ | 02:29+ | 01:55+ | 01:14+ | 04:12+ | 03:36+ | 01:46+ | 01:05+ |       |
|       | 02:59&                | 00:02+ | 00:38& | 02:10& | 00:22# | 00:18# | 00:25& | 00:33& | 00:04+ | 00:50& | 00:15# | 00:14& |       |
| 13    | Øyvind Nagel-Alne     |        | 74     |        |        |        |        |        |        |        |        |        | 34:20 |
|       | 05:13+                | 08:51+ | 11:10+ | 15:38+ | 17:32+ | 19:58+ | 21:52+ | 22:54+ | 26:53+ | 31:29+ | 33:08+ | 34:20+ |       |
|       | 05:13+                | 03:38+ | 02:19+ | 04:28+ | 01:54+ | 02:26+ | 01:54+ | 01:02+ | 03:59- | 04:36+ | 01:39+ | 01:12+ |       |
|       | 01:53&                | 01:03& | 00:45& | 02:02& | 00:21# | 00:15# | 00:24& | 00:21& | 00:09- | 01:50& | 00:08+ | 00:21& |       |
| 14    | Arne Nygaard          |        | 66     |        |        |        |        |        |        |        |        |        | 34:32 |
|       | 05:26+                | 08:26+ | 10:27+ | 13:30+ | 15:21+ | 18:09+ | 20:13+ | 21:15+ | 28:03+ | 32:01+ | 33:36+ | 34:32+ |       |
|       | 05:26+                | 03:00+ | 02:01+ | 03:03+ | 01:51+ | 02:48+ | 02:04+ | 01:02+ | 06:48+ | 03:58+ | 01:35+ | 00:56+ |       |
|       | 02:06&                | 00:25# | 00:27& | 00:37& | 00:18# | 00:37& | 00:34& | 00:21& | 02:40& | 01:12& | 00:04+ | 00:05+ |       |
| 15    | Jan Knudsen           |        | 92     |        |        |        |        |        |        |        |        |        | 34:50 |
|       | 05:28+                | 08:23+ | 10:38+ | 17:04+ | 18:40+ | 20:39+ | 22:33+ | 23:11+ | 28:26+ | 32:20+ | 33:49+ | 34:50+ |       |
|       | 05:28+                | 02:55+ | 02:15+ | 06:26+ | 01:36+ | 01:59- | 01:54+ | 00:38- | 05:15+ | 03:54+ | 01:29- | 01:01+ |       |
|       | 02:08&                | 00:20# | 00:41& | 04:00@ | 00:03+ | 00:12- | 00:24& | 00:03- | 01:07& | 01:08& | 00:02- | 00:10# |       |
| 16    | John Thorsnæs         |        | 51     |        |        |        |        |        |        |        |        |        | 34:54 |
|       | 04:50+                | 08:30+ | 10:42+ | 13:42+ | 16:01+ | 18:42+ | 20:55+ | 22:03+ | 26:49+ | 31:30+ | 33:56+ | 34:54+ |       |
|       | 04:50+                | 03:40+ | 02:12+ | 03:00+ | 02:19+ | 02:41+ | 02:13+ | 01:08+ | 04:46+ | 04:41+ | 02:26+ | 00:58+ |       |
|       | 01:30&                | 01:05& | 00:38& | 00:34# | 00:46& | 00:30# | 00:43& | 00:27& | 00:38# | 01:55& | 00:55& | 00:07# |       |
| 17    | Reidar Haver          |        | 4      |        |        |        |        |        |        |        |        |        | 34:57 |
|       | 05:01+                | 09:00+ | 11:12+ | 15:35+ | 17:46+ | 20:22+ | 22:27+ | 23:14+ | 27:27+ | 31:50+ | 33:54+ | 34:57+ |       |
|       | 05:01+                | 03:59+ | 02:12+ | 04:23+ | 02:11+ | 02:36+ | 02:05+ | 00:47+ | 04:13+ | 04:23+ | 02:04+ | 01:03+ |       |
|       | 01:41&                | 01:24& | 00:38& | 01:57& | 00:38& | 00:25# | 00:35& | 00:06# | 00:05+ | 01:37& | 00:33& | 00:12# |       |
| 18    | Samuel Denieul        |        | 42     |        |        |        |        |        |        |        |        |        | 35:37 |
|       | 05:07+                | 09:52+ | 12:59+ | 17:54+ | 19:22+ | 21:19+ | 23:13+ | 24:06+ | 29:34+ | 33:09+ | 34:43+ | 35:37+ |       |
|       | 05:07+                | 04:45+ | 03:07+ | 04:55+ | 01:28- | 01:57- | 01:54+ | 00:53+ | 05:28+ | 03:35+ | 01:34+ | 00:54+ |       |
|       | 01:47&                | 02:10& | 01:33& | 02:29@ | 00:05- | 00:14- | 00:24& | 00:12& | 01:20& | 00:49& | 00:03+ | 00:03+ |       |
| 19    | Thorstein Gunnarsson  |        | 144    |        |        |        |        |        |        |        |        |        | 35:52 |
|       | 04:44+                | 09:05+ | 11:25+ | 14:18+ | 16:13+ | 19:03+ | 21:00+ | 21:58+ | 28:20+ | 32:28+ | 34:40+ | 35:52+ |       |
|       | 04:44+                | 04:21+ | 02:20+ | 02:53+ | 01:55+ | 02:50+ | 01:57+ | 00:58+ | 06:22+ | 04:08+ | 02:12+ | 01:12+ |       |
|       | 01:24&                | 01:46& | 00:46& | 00:27# | 00:22# | 00:39& | 00:27& | 00:17& | 02:14& | 01:22& | 00:41& | 00:21& |       |
| 20    | Steinar Amundsen      |        | 115    |        |        |        |        |        |        |        |        |        | 37:12 |
|       | 07:07+                | 10:16+ | 12:27+ | 15:30+ | 18:02+ | 20:57+ | 22:50+ | 23:48+ | 29:28+ | 33:41+ | 35:47+ | 37:12+ |       |
|       | 07:07+                | 03:09+ | 02:11+ | 03:03+ | 02:32+ | 02:55+ | 01:53+ | 00:58+ | 05:40+ | 04:13+ | 02:06+ | 01:25+ |       |
|       | 03:47@                | 00:34# | 00:37& | 00:37& | 00:59& | 00:44& | 00:23& | 00:17& | 01:32& | 01:27& | 00:35& | 00:34& |       |
| 21    | Jon Jakobsen          |        | 116    |        |        |        |        |        |        |        |        |        | 37:46 |
|       | 04:28+                | 08:26+ | 10:22+ | 14:09+ | 16:07+ | 18:31+ | 20:23+ | 21:16+ | 30:44+ | 34:43+ | 36:33+ | 37:46+ |       |
|       | 04:28+                | 03:58+ | 01:56+ | 03:47+ | 01:58+ | 02:24+ | 01:52+ | 00:53+ | 09:28+ | 03:59+ | 01:50+ | 01:13+ |       |
|       | 01:08&                | 01:23& | 00:22# | 01:21& | 00:25& | 00:13+ | 00:22# | 00:12& | 05:20@ | 01:13& | 00:19# | 00:22& |       |
| 22    | Trond Karlsen         |        | 235    |        |        |        |        |        |        |        |        |        | 38:00 |
|       | 04:38+                | 10:22+ | 12:13+ | 17:45+ | 20:02+ | 23:27+ | 25:17+ | 26:10+ | 30:34+ | 34:46+ | 36:51+ | 38:00+ |       |
|       | 04:38+                | 05:44+ | 01:51+ | 05:32+ | 02:17+ | 03:25+ | 01:50+ | 00:53+ | 04:24+ | 04:12+ | 02:05+ | 01:09+ |       |
|       | 01:18&                | 03:09@ | 00:17# | 03:06@ | 00:44& | 01:14& | 00:20# | 00:12& | 00:16+ | 01:26& | 00:34& | 00:18& |       |
| 23    | Falk Weihs            |        | 115    |        |        |        |        |        |        |        |        |        | 38:12 |
|       | 06:04+                | 09:25+ | 11:28+ | 15:23+ | 21:11+ | 23:22+ | 25:24+ | 26:19+ | 30:46+ | 35:21+ | 37:10+ | 38:12+ |       |
|       | 06:04+                | 03:21+ | 02:03+ | 03:55+ | 05:48+ | 02:11= | 02:02+ | 00:55+ | 04:27+ | 04:35+ | 01:49+ | 01:02+ |       |
|       | 02:44&                | 00:46& | 00:29& | 01:29& | 04:15@ | 00:00= | 00:32& | 00:14& | 00:19+ | 01:49& | 00:18# | 00:11# |       |

| Plass  | Navn                  |        | Klasse |        |        |        |        |        |        |        |        |  | Tid   |
|--------|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|-------|
| 24     | Per Kolbein Tonstad   |        | 66     |        |        |        |        |        |        |        |        |  | 38:17 |
| 05:23+ | 09:47+                | 12:02+ | 14:41+ | 17:01+ | 20:31+ | 22:41+ | 23:49+ | 28:51+ | 34:02+ | 36:50+ | 38:17+ |  |       |
| 05:23+ | 04:24+                | 02:15+ | 02:39+ | 02:20+ | 03:30+ | 02:10+ | 01:08+ | 05:02+ | 05:11+ | 02:48+ | 01:27+ |  |       |
| 02:03& | 01:49&                | 00:41& | 00:13+ | 00:47& | 01:19& | 00:40& | 00:27& | 00:54# | 02:25& | 01:17& | 00:36& |  |       |
| 25     | Ragnar Rossavik       |        | 109    |        |        |        |        |        |        |        |        |  | 38:46 |
| 05:56+ | 09:15+                | 12:20+ | 15:25+ | 17:11+ | 19:50+ | 21:46+ | 24:29+ | 31:53+ | 35:26+ | 37:37+ | 38:46+ |  |       |
| 05:56+ | 03:19+                | 03:05+ | 03:05+ | 01:46+ | 02:39+ | 01:56+ | 02:43+ | 07:24+ | 03:33+ | 02:11+ | 01:09+ |  |       |
| 02:36& | 00:44&                | 01:31& | 00:39& | 00:13# | 00:28# | 00:26& | 02:02@ | 03:16& | 00:47& | 00:40& | 00:18& |  |       |
| 26     | Paul Richard Carr     |        | 136    |        |        |        |        |        |        |        |        |  | 38:47 |
| 05:05+ | 09:59+                | 12:17+ | 15:47+ | 18:14+ | 21:24+ | 23:29+ | 24:37+ | 29:47+ | 34:39+ | 37:23+ | 38:47+ |  |       |
| 05:05+ | 04:54+                | 02:18+ | 03:30+ | 02:27+ | 03:10+ | 02:05+ | 01:08+ | 05:10+ | 04:52+ | 02:44+ | 01:24+ |  |       |
| 01:45& | 02:19&                | 00:44& | 01:04& | 00:54& | 00:59& | 00:35& | 00:27& | 01:02# | 02:06& | 01:13& | 00:33& |  |       |
| 27     | Oddgeir Nevland       |        | 51     |        |        |        |        |        |        |        |        |  | 39:21 |
| 06:08+ | 09:18+                | 16:40+ | 20:14+ | 22:08+ | 24:28+ | 26:20+ | 27:18+ | 32:16+ | 36:31+ | 38:18+ | 39:21+ |  |       |
| 06:08+ | 03:10+                | 07:22+ | 03:34+ | 01:54+ | 02:20+ | 01:52+ | 00:58+ | 04:58+ | 04:15+ | 01:47+ | 01:03+ |  |       |
| 02:48& | 00:35#                | 05:48@ | 01:08& | 00:21# | 00:09+ | 00:22# | 00:17& | 00:50# | 01:29& | 00:16# | 00:12# |  |       |
| 28     | Vidar Varland         |        | 267    |        |        |        |        |        |        |        |        |  | 40:11 |
| 09:42+ | 15:36+                | 17:27+ | 21:30+ | 23:50+ | 25:41+ | 27:01+ | 29:05+ | 33:30+ | 37:37+ | 39:19+ | 40:11+ |  |       |
| 09:42+ | 05:54+                | 01:51+ | 04:03+ | 02:20+ | 01:51- | 01:20- | 02:04+ | 04:25+ | 04:07+ | 01:42+ | 00:52+ |  |       |
| 06:22@ | 03:19@                | 00:17# | 01:37& | 00:47& | 00:20- | 00:10- | 01:23@ | 00:17+ | 01:21& | 00:11# | 00:01+ |  |       |
| 29     | Ivar Aalbu            |        | 29     |        |        |        |        |        |        |        |        |  | 40:20 |
| 04:42+ | 08:12+                | 10:12+ | 13:02+ | 21:26+ | 24:32+ | 26:21+ | 28:36+ | 33:01+ | 37:00+ | 39:03+ | 40:20+ |  |       |
| 04:42+ | 03:30+                | 02:00+ | 02:50+ | 08:24+ | 03:06+ | 01:49+ | 02:15+ | 04:25+ | 03:59+ | 02:03+ | 01:17+ |  |       |
| 01:22& | 00:55&                | 00:26& | 00:24# | 00:51@ | 00:55& | 00:19# | 01:34@ | 00:17+ | 01:13& | 00:32& | 00:26& |  |       |
| 30     | Tom Leveraas          |        | 188    |        |        |        |        |        |        |        |        |  | 40:22 |
| 06:23+ | 11:09+                | 13:31+ | 17:00+ | 19:09+ | 22:00+ | 24:09+ | 25:27+ | 32:35+ | 37:07+ | 39:19+ | 40:22+ |  |       |
| 06:23+ | 04:46+                | 02:22+ | 03:29+ | 02:09+ | 02:51+ | 02:09+ | 01:18+ | 07:08+ | 04:32+ | 02:12+ | 01:03+ |  |       |
| 03:03& | 02:11&                | 00:48& | 01:03& | 00:36& | 00:40& | 00:39& | 00:37& | 03:00& | 01:46& | 00:41& | 00:12# |  |       |
| 31     | Hans Klausen          |        | 62     |        |        |        |        |        |        |        |        |  | 41:37 |
| 10:47+ | 14:53+                | 17:01+ | 20:32+ | 23:37+ | 26:22+ | 28:17+ | 29:27+ | 34:21+ | 38:22+ | 40:24+ | 41:37+ |  |       |
| 10:47+ | 04:06+                | 02:08+ | 03:31+ | 03:05+ | 02:45+ | 01:55+ | 01:10+ | 04:54+ | 04:01+ | 02:02+ | 01:13+ |  |       |
| 07:27@ | 01:31&                | 00:34& | 01:05& | 01:32& | 00:34& | 00:25& | 00:29& | 00:46# | 01:15& | 00:31& | 00:22& |  |       |
| 32     | Ommund Bakkevold      |        | 68     |        |        |        |        |        |        |        |        |  | 42:32 |
| 06:02+ | 10:49+                | 13:41+ | 17:05+ | 19:29+ | 23:19+ | 26:34+ | 27:50+ | 33:20+ | 39:02+ | 41:17+ | 42:32+ |  |       |
| 06:02+ | 04:47+                | 02:52+ | 03:24+ | 02:24+ | 03:50+ | 03:15+ | 01:16+ | 05:30+ | 05:42+ | 02:15+ | 01:15+ |  |       |
| 02:42& | 02:12&                | 01:18& | 00:58& | 00:51& | 01:39& | 01:45@ | 00:35& | 01:22& | 02:56@ | 00:44& | 00:24& |  |       |
| 33     | Arild Svihus          |        | 92     |        |        |        |        |        |        |        |        |  | 45:01 |
| 07:07+ | 12:10+                | 16:19+ | 19:04+ | 21:31+ | 25:25+ | 28:17+ | 29:16+ | 36:08+ | 41:53+ | 43:56+ | 45:01+ |  |       |
| 07:07+ | 05:03+                | 04:09+ | 02:45+ | 02:27+ | 03:54+ | 02:52+ | 00:59+ | 06:52+ | 05:45+ | 02:03+ | 01:05+ |  |       |
| 03:47@ | 02:28&                | 02:35@ | 00:19# | 00:54& | 01:43& | 01:22& | 00:18& | 02:44& | 02:59@ | 00:32& | 00:14& |  |       |
| 34     | Per Bakken            |        | 5      |        |        |        |        |        |        |        |        |  | 45:58 |
| 06:11+ | 11:38+                | 14:27+ | 20:06+ | 23:05+ | 26:11+ | 28:27+ | 29:32+ | 36:35+ | 42:22+ | 44:42+ | 45:58+ |  |       |
| 06:11+ | 05:27+                | 02:49+ | 05:39+ | 02:59+ | 03:06+ | 02:16+ | 01:05+ | 07:03+ | 05:47+ | 02:20+ | 01:16+ |  |       |
| 02:51& | 02:52@                | 01:15& | 03:13@ | 01:26& | 00:55& | 00:46& | 00:24& | 02:55& | 03:01@ | 00:49& | 00:25& |  |       |
| 35     | Joar Fandrem          |        | 94     |        |        |        |        |        |        |        |        |  | 48:12 |
| 09:51+ | 14:34+                | 16:44+ | 20:14+ | 22:09+ | 24:37+ | 26:30+ | 27:22+ | 39:31+ | 45:03+ | 47:12+ | 48:12+ |  |       |
| 09:51+ | 04:43+                | 02:10+ | 03:30+ | 01:55+ | 02:28+ | 01:53+ | 00:52+ | 12:09+ | 05:32+ | 02:09+ | 01:00+ |  |       |
| 06:31@ | 02:08&                | 00:36& | 01:04& | 00:22# | 00:17# | 00:23& | 00:11& | 08:01@ | 02:46& | 00:38& | 00:09# |  |       |
| 36     | Arnt Krisitian Viland |        | 27     |        |        |        |        |        |        |        |        |  | 49:29 |
| 04:39+ | 09:37+                | 11:41+ | 19:46+ | 21:55+ | 24:17+ | 26:02+ | 34:48+ | 40:58+ | 45:33+ | 47:57+ | 49:29+ |  |       |
| 04:39+ | 04:58+                | 02:04+ | 08:05+ | 02:09+ | 02:22+ | 01:45+ | 08:46+ | 06:10+ | 04:35+ | 02:24+ | 01:32+ |  |       |
| 01:19& | 02:23&                | 00:30& | 05:39@ | 00:36& | 00:11+ | 00:15# | 08:05@ | 02:02& | 01:49& | 00:53& | 00:41& |  |       |
| 37     | Frank Gulbrandsen     |        | 105    |        |        |        |        |        |        |        |        |  | 50:11 |
| 09:31+ | 13:42+                | 16:00+ | 20:34+ | 23:01+ | 26:36+ | 29:14+ | 30:28+ | 39:46+ | 45:59+ | 48:52+ | 50:11+ |  |       |
| 09:31+ | 04:11+                | 02:18+ | 04:34+ | 02:27+ | 03:35+ | 02:38+ | 01:14+ | 09:18+ | 06:13+ | 02:53+ | 01:19+ |  |       |
| 06:11@ | 01:36&                | 00:44& | 02:08& | 00:54& | 01:24& | 01:08& | 00:33& | 05:10@ | 03:27@ | 01:22& | 00:28& |  |       |
| 38     | Viggo Johansen        |        | 62     |        |        |        |        |        |        |        |        |  | 51:42 |
| 05:39+ | 11:18+                | 13:50+ | 17:53+ | 20:59+ | 25:07+ | 27:44+ | 29:16+ | 40:58+ | 47:14+ | 50:08+ | 51:42+ |  |       |
| 05:39+ | 05:39+                | 02:32+ | 04:03+ | 03:06+ | 04:08+ | 02:37+ | 01:32+ | 11:42+ | 06:16+ | 02:54+ | 01:34+ |  |       |
| 02:19& | 03:04@                | 00:58& | 01:37& | 01:33& | 01:57& | 01:07& | 00:51@ | 07:34@ | 03:30@ | 01:23& | 00:43& |  |       |

| Plass                       | Navn                    |        |        |        |        | Klasse |        |        |        |        | Tid     |        |  |  |  |  |  |  |  |  |  |
|-----------------------------|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|--|--|--|--|--|--|--|--|--|
| 39                          | Steinar Aase            |        |        |        |        | 268    |        |        |        |        | 53:53   |        |  |  |  |  |  |  |  |  |  |
|                             | 08:14+                  | 13:50+ | 16:56+ | 24:56+ | 27:43+ | 31:00+ | 33:31+ | 34:50+ | 44:16+ | 49:59+ | 52:20+  | 53:53+ |  |  |  |  |  |  |  |  |  |
|                             | 08:14+                  | 05:36+ | 03:06+ | 08:00+ | 02:47+ | 03:17+ | 02:31+ | 01:19+ | 09:26+ | 05:43+ | 02:21+  | 01:33+ |  |  |  |  |  |  |  |  |  |
|                             | 04:54@                  | 03:01@ | 01:32& | 05:34@ | 01:14& | 01:06& | 01:01& | 00:38& | 05:18@ | 02:57@ | 00:50&  | 00:42& |  |  |  |  |  |  |  |  |  |
| 40                          | Einar Hinna             |        |        |        |        | 7      |        |        |        |        | 56:10   |        |  |  |  |  |  |  |  |  |  |
|                             | 07:36+                  | 13:22+ | 15:58+ | 20:09+ | 23:26+ | 27:27+ | 29:59+ | 31:23+ | 42:55+ | 49:30+ | 53:24+  | 56:10+ |  |  |  |  |  |  |  |  |  |
|                             | 07:36+                  | 05:46+ | 02:36+ | 04:11+ | 03:17+ | 04:01+ | 02:32+ | 01:24+ | 11:32+ | 06:35+ | 03:54+  | 02:46+ |  |  |  |  |  |  |  |  |  |
|                             | 04:16@                  | 03:11@ | 01:02& | 01:45& | 01:44@ | 01:50& | 01:02& | 00:43@ | 07:24@ | 03:49@ | 02:23@  | 01:55@ |  |  |  |  |  |  |  |  |  |
| 41                          | Svein Inge Sævereid     |        |        |        |        | 126    |        |        |        |        | 57:01   |        |  |  |  |  |  |  |  |  |  |
|                             | 07:14+                  | 12:51+ | 15:47+ | 20:57+ | 24:20+ | 28:15+ | 30:56+ | 32:21+ | 43:49+ | 50:38+ | 54:16+  | 57:01+ |  |  |  |  |  |  |  |  |  |
|                             | 07:14+                  | 05:37+ | 02:56+ | 05:10+ | 03:23+ | 03:55+ | 02:41+ | 01:25+ | 11:28+ | 06:49+ | 03:38+  | 02:45+ |  |  |  |  |  |  |  |  |  |
|                             | 03:54@                  | 03:02@ | 01:22& | 02:44@ | 01:50@ | 01:44& | 01:11& | 00:44@ | 07:20@ | 04:03@ | 02:07@  | 01:54@ |  |  |  |  |  |  |  |  |  |
| 42                          | Inge Grødem             |        |        |        |        | 92     |        |        |        |        | 1:00:57 |        |  |  |  |  |  |  |  |  |  |
|                             | 08:27+                  | 16:31+ | 19:26+ | 25:00+ | 27:49+ | 31:02+ | 33:19+ | 34:31+ | 50:05+ | 56:34+ | 59:42+  | 60:57+ |  |  |  |  |  |  |  |  |  |
|                             | 08:27+                  | 08:04+ | 02:55+ | 05:34+ | 02:49+ | 03:13+ | 02:17+ | 01:12+ | 15:34+ | 06:29+ | 03:08+  | 01:15+ |  |  |  |  |  |  |  |  |  |
|                             | 05:07@                  | 05:29@ | 01:21& | 03:08@ | 01:16& | 01:02& | 00:47& | 00:31& | 11:26@ | 03:43@ | 01:37@  | 00:24& |  |  |  |  |  |  |  |  |  |
| 43                          | Igor Muzdeka            |        |        |        |        | 74     |        |        |        |        | 1:01:42 |        |  |  |  |  |  |  |  |  |  |
|                             | 08:32+                  | 13:21+ | 24:40+ | 29:25+ | 31:40+ | 34:38+ | 37:00+ | 38:29+ | 53:38+ | 58:24+ | 60:33+  | 61:42+ |  |  |  |  |  |  |  |  |  |
|                             | 08:32+                  | 04:49+ | 11:19+ | 04:45+ | 02:15+ | 02:58+ | 02:22+ | 01:29+ | 15:09+ | 04:46+ | 02:09+  | 01:09+ |  |  |  |  |  |  |  |  |  |
|                             | 05:12@                  | 02:14& | 09:45@ | 02:19& | 00:42& | 00:47& | 00:52& | 00:48@ | 11:01@ | 02:00& | 00:38&  | 00:18& |  |  |  |  |  |  |  |  |  |
| 44                          | Magnus Johnsen          |        |        |        |        | 50     |        |        |        |        | 1:12:00 |        |  |  |  |  |  |  |  |  |  |
|                             | 06:39+                  | 11:36+ | 14:10+ | 17:01+ | 19:28+ | 22:08+ | 24:28+ | 25:24+ | 54:36+ | 68:05+ | 70:28+  | 72:00+ |  |  |  |  |  |  |  |  |  |
|                             | 06:39+                  | 04:57+ | 02:34+ | 02:51+ | 02:27+ | 02:40+ | 02:20+ | 00:56+ | 29:12+ | 13:29+ | 02:23+  | 01:32+ |  |  |  |  |  |  |  |  |  |
|                             | 03:19&                  | 02:22& | 01:00& | 00:25# | 00:54& | 00:29# | 00:50& | 00:15& | 25:04@ | 10:43@ | 00:52&  | 00:41& |  |  |  |  |  |  |  |  |  |
| 45                          | Jan Henrik Neuenkirchen |        |        |        |        | 93     |        |        |        |        | 1:13:00 |        |  |  |  |  |  |  |  |  |  |
|                             | 05:31+                  | 26:47+ | 29:28+ | 33:27+ | 35:25+ | 38:03+ | 40:05+ | 41:34+ | 63:55+ | 69:27+ | 72:02+  | 73:00+ |  |  |  |  |  |  |  |  |  |
|                             | 05:31+                  | 21:16+ | 02:41+ | 03:59+ | 01:58+ | 02:38+ | 02:02+ | 01:29+ | 22:21+ | 05:32+ | 02:35+  | 00:58+ |  |  |  |  |  |  |  |  |  |
|                             | 02:11&                  | 18:41@ | 01:07& | 01:33& | 00:25& | 00:27# | 00:32& | 00:48@ | 18:13@ | 02:46& | 01:04&  | 00:07# |  |  |  |  |  |  |  |  |  |
| 46                          | Harald Sunde            |        |        |        |        | 232    |        |        |        |        | 1:14:13 |        |  |  |  |  |  |  |  |  |  |
|                             | 12:08+                  | 19:11+ | 23:35+ | 31:53+ | 35:30+ | 40:27+ | 44:56+ | 46:39+ | 56:59+ | 68:02+ | 72:03+  | 74:13+ |  |  |  |  |  |  |  |  |  |
|                             | 12:08+                  | 07:03+ | 04:24+ | 08:18+ | 03:37+ | 04:57+ | 04:29+ | 01:43+ | 10:20+ | 11:03+ | 04:01+  | 02:10+ |  |  |  |  |  |  |  |  |  |
|                             | 08:48@                  | 04:28@ | 02:50@ | 05:52@ | 02:04@ | 02:46@ | 02:59@ | 01:02@ | 06:12@ | 08:17@ | 02:30@  | 01:19@ |  |  |  |  |  |  |  |  |  |
| Beste strekktid for klassen |                         |        |        |        |        |        |        |        |        |        |         |        |  |  |  |  |  |  |  |  |  |
|                             | 03:20                   | 02:35  | 01:34  | 01:51  | 01:28  | 01:51  | 01:20  | 00:38  | 03:05  | 02:46  | 01:21   | 00:51  |  |  |  |  |  |  |  |  |  |

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