

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Sina Thu	271	27:45
02:09=	03:40=	06:00=	07:46=
10:22=	12:38=	14:05=	16:18=
17:45=	20:17=	22:06=	23:20=
25:25=	27:14=	27:45=	
02:09=	01:31=	02:20=	01:46=
02:36=	02:16=	01:27=	02:13=
01:27=	02:32=	01:49=	01:14=
02:05=	01:49=	00:31=	
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Heidi Bjørndal	29	28:09
04:04+	05:37+	08:00+	09:33+
12:06+	14:16+	15:29+	17:20+
18:39+	21:35+	23:30+	24:54+
25:55+	27:34+	28:09+	
04:04+	01:33+	02:23+	01:33-
02:33-	02:10-	01:13-	01:51-
01:19-	02:56+	01:55+	01:24+
01:01-	01:39-	00:35+	
01:55&	00:02+	00:03+	00:13-
00:03-	00:06-	00:14-	00:22-
00:08-	00:24#	00:06+	00:10#
01:04-	00:10-	00:04#	
3	Silje Sundal	71	29:53
04:39+	06:19+	09:17+	11:33+
13:18+	15:18+	16:24+	18:50+
20:25+	23:42+	25:18+	26:38+
27:32+	29:28+	29:53+	
04:39+	01:40+	02:58+	02:16+
01:45-	02:00-	01:06-	02:26+
01:35+	03:17+	01:36-	01:20+
00:54-	01:56+	00:25-	
02:30@	00:09+	00:38&	00:30&
00:51-	00:16-	00:21-	00:13+
00:08+	00:45&	00:13-	00:06+
01:11-	00:07+	00:06-	
4	Kari Borgen	62	32:45
04:47+	06:25+	09:18+	10:59+
12:19+	14:23+	18:16+	21:15+
23:01+	26:05+	28:30+	29:47+
30:50+	32:19+	32:45+	
04:47+	01:38+	02:53+	01:41-
01:20-	02:04-	03:53+	02:59+
01:46+	03:04+	02:25+	01:17+
01:03-	01:29-	00:26-	
02:38@	00:07+	00:33#	00:05-
01:16-	00:12-	02:26@	00:46&
00:19#	00:32#	00:36&	00:03+
01:02-	00:20-	00:05-	
5	Ingvild Amalixsen	116	33:17
03:27+	05:50+	08:52+	12:01+
13:46+	16:18+	17:38+	20:28+
22:00+	25:29+	27:39+	28:58+
30:37+	32:45+	33:17+	
03:27+	02:23+	03:02+	03:09+
01:45-	02:32+	01:20-	02:50+
01:32+	03:29+	02:10+	01:19+
01:39-	02:08+	00:32+	
01:18&	00:52&	00:42&	01:23&
00:51-	00:16#	00:07-	00:37&
00:05+	00:57&	00:21#	00:05+
00:26-	00:19#	00:01+	
6	Tiina Sofia Salmén	152	38:54
03:50+	05:40+	08:38+	10:31+
12:41+	15:17+	22:00+	25:24+
27:05+	32:04+	34:07+	35:20+
36:52+	38:26+	38:54+	
03:50+	01:50+	02:58+	01:53+
02:10-	02:36+	06:43+	03:24+
01:41+	04:59+	02:03+	01:13-
01:32-	01:34-	00:28-	
01:41&	00:19#	00:38&	00:07+
00:26-	00:20#	05:16@	01:11&
00:14#	02:27&	00:14#	00:01-
00:33-	00:15-	00:03-	
7	Gunn Iren Stangeland	62	39:04
04:00+	06:22+	10:00+	12:05+
13:49+	16:17+	22:49+	25:32+
27:08+	31:05+	34:35+	35:54+
36:50+	38:35+	39:04+	
04:00+	02:22+	03:38+	02:05+
01:44-	02:28+	06:32+	02:43+
01:36+	03:57+	03:30+	01:19+
00:56-	01:45-	00:29-	
01:51&	00:51&	01:18&	00:19#
00:52-	00:12+	05:05@	00:30#
00:09#	01:25&	01:41&	00:05+
01:09-	00:04-	00:02-	
8	Helene Lie	228	40:13
03:19+	05:54+	10:49+	13:33+
16:59+	21:10+	22:42+	26:40+
28:38+	32:22+	34:51+	36:21+
37:23+	39:40+	40:13+	
03:19+	02:35+	04:55+	02:44+
03:26+	04:11+	01:32+	03:58+
01:58+	03:44+	02:29+	01:30+
01:02-	02:17+	00:33+	
01:10&	01:04&	02:35@	00:58&
00:50&	01:55&	00:05+	01:45&
00:31&	01:12&	00:40&	00:16#
01:03-	00:28&	00:02+	
9	Maria Lampe	152	40:33
04:09+	07:03+	10:46+	14:18+
17:37+	20:44+	22:30+	24:51+
26:58+	31:25+	34:48+	36:19+
37:55+	39:59+	40:33+	
04:09+	02:54+	03:43+	03:32+
03:19+	03:07+	01:46+	02:21+
02:07+	04:27+	03:23+	01:31+
01:36-	02:04+	00:34+	
02:00&	01:23&	01:23&	01:46&
00:43&	00:51&	00:19#	00:08+
00:40&	01:55&	01:34&	00:17#
00:29-	00:15#	00:03+	
10	Anne Marie Gausel	105	41:34
05:50+	07:50+	11:27+	13:54+
15:37+	19:05+	21:02+	25:11+
27:10+	31:55+	34:20+	35:34+
37:40+	40:52+	41:34+	
05:50+	02:00+	03:37+	02:27+
01:43-	03:28+	01:57+	04:09+
04:45+	02:25+	01:14=	02:06+
03:12+	00:42+	00:11&	
03:41@	00:29&	01:17&	00:41&
00:53-	01:12&	00:30&	01:56&
00:32&	02:13&	00:36&	00:00=
00:01+	01:23&	00:11&	
11	Karlotte K Sørheim	105	41:40
08:56+	11:09+	15:27+	17:41+
20:42+	23:06+	24:15+	26:32+
28:28+	31:52+	33:59+	37:11+
38:48+	41:08+	41:40+	
08:56+	02:13+	04:18+	02:14+
03:01+	02:24+	01:09-	02:17+
01:56+	03:24+	02:07+	03:12+
01:37-	02:20+	00:32+	
06:47@	00:42&	01:58&	00:28&
00:25#	00:08+	00:18-	00:04+
00:29&	00:52&	00:18#	01:58@
00:28-	00:31&	00:01+	
12	Wibeke Lende	74	43:00
03:54+	07:05+	13:08+	16:14+
19:19+	22:54+	24:39+	28:28+
31:01+	34:22+	36:52+	38:13+
39:56+	42:26+	43:00+	
03:54+	03:11+	06:03+	03:06+
03:05+	03:35+	01:45+	03:49+
02:33+	03:21+	02:30+	01:21+
01:43-	02:30+	00:34+	
01:45&	01:40@	03:43@	01:20&
00:29#	01:19&	00:18#	01:36&
01:06&	00:49&	00:41&	00:07+
00:22-	00:41&	00:03+	
13	Ruth Magrethe Westre	54	45:17
04:03+	06:27+	11:02+	13:54+
18:35+	21:17+	22:40+	26:23+
28:40+	34:50+	38:43+	40:25+
42:51+	44:45+	45:17+	
04:03+	02:24+	04:35+	02:52+
04:41+	02:42+	01:23-	03:43+
02:17+	06:10+	03:53+	01:42+
02:26+	01:54+	00:32+	
01:54&	00:53&	02:15&	01:06&
02:05&	00:26#	00:04-	01:30&
00:50&	03:38@	02:04@	00:28&
00:21#	00:05+	00:01+	
14	Anne M. Enne Haug	117	47:15
11:55+	13:56+	17:25+	19:12+
20:55+	24:25+	28:07+	32:20+
35:33+	39:11+	41:51+	43:07+
44:40+	46:48+	47:15+	
11:55+	02:01+	03:29+	01:47+
01:43-	03:30+	03:42+	04:13+
03:13+	03:38+	02:40+	01:16+
01:33-	02:08+	00:27-	
09:46@	00:30&	01:09&	00:01+
00:53-	01:14&	02:15@	02:00&
01:46@	01:06&	00:51&	00:02+
00:32-	00:19#	00:04-	

Class	Navn	Klasse										Tid			
15	Tine Frantzen	92										47:21			
03:45+	06:13+	11:05+	14:19+	17:29+	21:05+	22:52+	26:07+	28:44+	32:28+	36:16+	42:38+	44:01+	46:40+	47:21+	
03:45+	02:28+	04:52+	03:14+	03:10+	03:36+	01:47+	03:15+	02:37+	03:44+	03:48+	06:22+	01:23-	02:39+	00:41+	
01:36&	00:57&	02:32@	01:28&	00:34#	01:20&	00:20#	01:02&	01:10&	01:12&	01:59@	05:08@	00:42-	00:50&	00:10&	
16	Heidi Martby	88										48:35			
05:02+	08:30+	13:37+	16:55+	21:51+	25:09+	26:59+	31:43+	33:38+	38:43+	42:13+	43:54+	45:38+	47:58+	48:35+	
05:02+	03:28+	05:07+	03:18+	04:56+	03:18+	01:50+	04:44+	01:55+	05:05+	03:30+	01:41+	01:44-	02:20+	00:37+	
02:53@	01:57@	02:47@	01:32&	02:20&	01:02&	00:23&	02:31@	00:28&	02:33@	01:41&	00:27&	00:21-	00:31&	00:06#	
17	Mette Langeland	117										48:40			
06:16+	09:55+	15:37+	19:26+	22:06+	25:41+	27:33+	30:55+	33:43+	38:33+	42:11+	43:44+	45:19+	47:51+	48:40+	
06:16+	03:39+	05:42+	03:49+	02:40+	03:35+	01:52+	03:22+	02:48+	04:50+	03:38+	01:33+	01:35-	02:32+	00:49+	
04:07@	02:08@	03:22@	02:03@	00:04+	01:19&	00:25&	01:09&	01:21&	02:18&	01:49&	00:19&	00:30-	00:43&	00:18&	
18	Maren Heradstveit	76										48:56			
04:43+	07:01+	11:10+	14:07+	18:59+	21:28+	25:01+	29:08+	35:26+	40:20+	43:22+	44:44+	46:11+	48:26+	48:56+	
04:43+	02:18+	04:09+	02:57+	04:52+	02:29+	03:33+	04:07+	06:18+	04:54+	03:02+	01:22+	01:27-	02:15+	00:30-	
02:34@	00:47&	01:49&	01:11&	02:16&	00:13+	02:06@	01:54&	04:51@	02:22&	01:13&	00:08#	00:38-	00:26#	00:01-	
19	Hanne Berg Nilsen	105										50:11			
08:00+	12:53+	16:45+	18:52+	23:58+	26:47+	28:16+	31:08+	32:52+	36:50+	40:17+	41:38+	47:22+	49:39+	50:11+	
08:00+	04:53+	03:52+	02:07+	05:06+	02:49+	01:29+	02:52+	01:44+	03:58+	03:27+	01:21+	05:44+	02:17+	00:32+	
05:51@	03:22@	01:32&	00:21#	02:30&	00:33#	00:02+	00:39&	00:17#	01:26&	01:38&	00:07+	03:39@	00:28&	00:01+	
20	Birgitte Gran	152										50:18			
05:02+	11:35+	15:49+	18:53+	22:23+	26:04+	27:49+	31:55+	34:21+	39:42+	42:24+	44:08+	46:40+	49:34+	50:18+	
05:02+	06:33+	04:14+	03:04+	03:30+	03:41+	01:45+	04:06+	02:26+	05:21+	02:42+	01:44+	02:32+	02:54+	00:44+	
02:53@	05:02@	01:54&	01:18&	00:54&	01:25&	00:18#	01:53&	00:59&	02:49@	00:53&	00:30&	00:27#	01:05&	00:13&	
21	Kine Strømstad	109										51:02			
03:42+	05:35+	08:43+	10:55+	13:21+	16:39+	18:24+	30:28+	34:07+	39:17+	43:46+	47:01+	48:25+	50:27+	51:02+	
03:42+	01:53+	03:08+	02:12+	02:26-	03:18+	01:45+	12:04+	03:39+	05:10+	04:29+	03:15+	01:24-	02:02+	00:35+	
01:33&	00:22#	00:48&	00:26#	00:10-	01:02&	00:18#	09:51@	02:12@	02:38@	02:40@	02:01@	00:41-	00:13#	00:04#	
22	Hanne Bjerke	37										57:56			
03:05+	05:30+	09:17+	11:34+	18:02+	21:34+	22:56+	42:49+	45:50+	48:41+	51:58+	53:58+	55:29+	57:23+	57:56+	
03:05+	02:25+	03:47+	02:17+	06:28+	03:32+	01:22-	19:53+	03:01+	02:51+	03:17+	02:00+	01:31-	01:54+	00:33+	
00:56&	00:54&	01:27&	00:31&	03:52@	01:16&	00:05-	17:40@	01:34@	00:19#	01:28&	00:46&	00:34-	00:05+	00:02+	
23	Kjersti Pawells	105										1:04:41			
10:21+	14:20+	19:59+	24:09+	31:03+	36:21+	38:19+	44:26+	47:24+	52:07+	55:32+	57:16+	60:15+	63:20+	64:41+	
10:21+	03:59+	05:39+	04:10+	06:54+	05:18+	01:58+	06:07+	02:58+	04:43+	03:25+	01:44+	02:59+	03:05+	01:21+	
08:12@	02:28@	03:19@	02:24@	04:18@	03:02@	00:31&	03:54@	01:31@	02:11&	01:36&	00:30&	00:54&	01:16&	00:50@	
24	Ingunn Bergheim Landsnes	74										1:07:03			
03:48+	06:43+	11:34+	20:28+	24:18+	28:32+	33:38+	44:07+	47:02+	51:28+	55:26+	57:08+	63:09+	66:15+	67:03+	
03:48+	02:55+	04:51+	08:54+	03:50+	04:14+	05:06+	10:29+	02:55+	04:26+	03:58+	01:42+	06:01+	03:06+	00:48+	
01:39&	01:24&	02:31@	07:08@	01:14&	01:58&	03:39@	08:16@	01:28@	01:54&	02:09@	00:28&	03:56@	01:17&	00:17&	
25	Leni Marøen	27										1:19:44			
12:11+	14:55+	22:15+	31:24+	35:38+	40:35+	44:31+	48:42+	55:49+	59:54+	64:19+	75:18+	76:55+	79:04+	79:44+	
12:11+	02:44+	07:20+	09:09+	04:14+	04:57+	03:56+	04:11+	07:07+	04:05+	04:25+	10:59+	01:37-	02:09+	00:40+	
10:02@	01:13&	05:00@	07:23@	01:38&	02:41@	02:29@	01:58&	05:40@	01:33&	02:36@	09:45@	00:28-	00:20#	00:09&	
Beste strekktid for klassen															
02:09	01:31	02:20	01:33	01:20	02:00	01:06	01:51	01:19	02:32	01:36	01:13	00:54	01:29	00:25	

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

Damer 40 - 49 år

1	Margrethe Roalsø	93										34:18			
04:04=	06:25=	09:14=	12:27=	15:31=	18:18=	19:56=	22:04=	23:41=	27:22=	29:28=	30:50=	31:57=	33:45=	34:18=	
04:04=	02:21=	02:49=	03:13=	03:04=	02:47=	01:38=	02:08=	01:37=	03:41=	02:06=	01:22=	01:07=	01:48=	00:33=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Berit Våg Aksland	116										40:18			
05:35+	08:04+	11:46+	14:09+	19:20+	22:01+	23:37+	26:46+	29:04+	33:00+	35:08+	36:47+	37:57+	39:47+	40:18+	
05:35+	02:29+	03:42+	02:23-	05:11+	02:41-	01:36-	03:09+	02:18+	03:56+	02:08+	01:39+	01:10+	01:50+	00:31-	
01:31&	00:08+	00:53&	00:50-	02:07&	00:06-	00:02-	01:01&	00:41&	00:15+	00:02+	00:17#	00:03+	00:02+	00:02-	

Class	Navn	Klasse	Tid															
3	Monica Gilje Rennemo	92	41:14															
03:17-	05:21-	09:46+	11:59-	14:19-	17:39-	19:12-	26:48+	29:09+	33:08+	35:47+	37:01+	38:14+	40:34+	41:14+				
03:17-	02:04-	04:25+	02:13-	02:20-	03:20+	01:33-	07:36+	02:21+	03:59+	02:39+	01:14-	01:13+	02:20+	00:40+				
00:47-	00:17-	01:36&	01:00-	00:44-	00:33#	00:05-	05:28@	00:44&	00:18+	00:33&	00:08-	00:06+	00:32&	00:07#				
4	Randi Helen Ladsten	128	41:45															
07:25+	10:08+	15:35+	18:00+	20:32+	23:31+	24:48+	28:12+	30:52+	34:39+	36:50+	38:12+	39:21+	41:16+	41:45+				
07:25+	02:43+	05:27+	02:25-	02:32-	02:59+	01:17-	03:24+	02:40+	03:47+	02:11+	01:22+	01:09+	01:55+	00:29-				
03:21&	00:22#	02:38&	00:48-	00:32-	00:12+	00:21-	01:16&	01:03&	00:06+	00:05+	00:00+	00:02+	00:07+	00:04-				
5	Nina Svensen	2	42:05															
04:21+	07:06+	12:41+	15:44+	18:57+	21:49+	23:24+	27:38+	29:36+	33:44+	36:11+	37:54+	39:07+	41:27+	42:05+				
04:21+	02:45+	05:35+	03:03-	03:13+	02:52+	01:35-	04:14+	01:58+	04:08+	02:27+	01:43+	01:13+	02:20+	00:38+				
00:17+	00:24#	02:46&	00:10-	00:09+	00:05+	00:03-	02:06&	00:21#	00:27#	00:21#	00:21&	00:06+	00:32&	00:05#				
6	Hilde Frøyttlog Karlsen	235	47:35															
03:01-	05:34-	09:17+	11:56-	14:24-	17:50-	23:09+	29:48+	32:08+	36:37+	41:22+	42:46+	44:23+	46:51+	47:35+				
03:01-	02:33+	03:43+	02:39-	02:28-	03:26+	05:19+	06:39+	02:20+	04:29+	04:45+	01:24+	01:37+	02:28+	00:44+				
01:03-	00:12+	00:54&	00:34-	00:36-	00:39#	03:41@	04:31@	00:43&	00:48#	02:39@	00:02+	00:30&	00:40&	00:11&				
7	Linda Mari Vestvik	62	52:33															
07:39+	09:28+	18:18+	20:31+	22:41+	26:07+	27:34+	30:33+	32:05+	35:54+	38:27+	48:50+	50:00+	51:53+	52:33+				
07:39+	01:49-	08:50+	02:13-	02:10-	03:26+	01:27-	02:59+	01:32-	03:49+	02:33+	10:23+	01:10+	01:53+	00:40+				
03:35&	00:32-	06:01@	01:00-	00:54-	00:39#	00:11-	00:51&	00:05-	00:08+	00:27#	09:01@	00:03+	00:05+	00:07#				
8	Mariann Sveinsvoll	94	58:50															
03:21-	05:34-	10:00+	13:01+	16:21+	18:59+	25:58+	40:39+	44:33+	47:49+	51:32+	54:26+	55:41+	58:16+	58:50+				
03:21-	02:13-	04:26+	03:01-	03:20+	02:38-	06:59+	14:41+	03:54+	03:16-	03:43+	02:54+	01:15+	02:35+	00:34+				
00:43-	00:08-	01:37&	00:12-	00:16+	00:09-	05:21@	12:33@	02:17@	00:25-	01:37&	01:32@	00:08#	00:47&	00:01+				
9	Synnøve Westermoen	116	1:01:42															
04:30+	06:51+	12:20+	20:11+	21:54+	24:44+	30:07+	35:10+	37:13+	41:25+	44:44+	54:20+	55:33+	60:57+	61:42+				
04:30+	02:21=	05:29+	07:51+	01:43-	02:50+	05:23+	05:03+	02:03+	04:12+	03:19+	09:36+	01:13+	05:24+	00:45+				
00:26#	00:00=	02:40&	04:38@	01:21-	00:03+	03:45@	02:55@	00:26&	00:31#	01:13&	08:14@	00:06+	03:36@	00:12&				
10	Gro Mariero Totland	59	1:03:57															
05:49+	09:34+	15:25+	19:25+	26:43+	32:34+	35:22+	40:51+	43:48+	50:08+	53:51+	56:11+	58:40+	62:41+	63:57+				
05:49+	03:45+	05:51+	04:00+	07:18+	05:51+	02:48+	05:29+	02:57+	06:20+	03:43+	02:20+	02:29+	04:01+	01:16+				
01:45&	01:24&	03:02@	00:47#	04:14@	03:04@	01:10&	03:21@	01:20&	02:39&	01:37&	00:58&	01:22@	02:13@	00:43@				
Beste strekktid for klassen				03:01	01:49	02:49	02:13	01:43	02:38	01:17	02:08	01:32	03:16	02:06	01:14	01:07	01:48	00:29

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

Damer 50 - 59 år

1	Ingrid Eik	88	29:15												
04:55=	06:14=	07:59=	08:43=	11:02=	12:51=	15:09=	16:40=	18:16=	20:39=	23:03=	24:20=	25:31=	27:47=	28:45=	29:15=
04:55=	01:19=	01:45=	00:44=	02:19=	01:49=	02:18=	01:31=	01:36=	02:23=	02:24=	01:17=	01:11=	02:16=	00:58=	00:30=
00:00=	00:00=	00:00=	00:00=	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	Marianne Fuglestad	116	36:51												
02:56-	04:31-	07:15-	08:10-	10:27-	13:26+	16:25+	17:56+	19:41+	21:32+	23:50+	27:25+	28:59+	35:38+	36:16+	36:51+
02:56-	01:35+	02:44+	00:55+	02:17-	02:59+	02:59+	01:31=	01:45+	01:51-	02:18-	03:35+	01:34+	06:39+	00:38-	00:35+
01:59-	00:16#	00:59&	00:11#	00:02-	01:10&	00:41&	00:00=	00:09+	00:32-	00:06-	02:18@	00:23&	04:23@	00:20-	00:05#
3	Ane Kristine Rostrup	92	37:24												
05:11+	06:40+	09:05+	09:56+	12:59+	15:49+	18:43+	21:04+	22:59+	25:13+	27:50+	29:09+	33:14+	35:10+	36:51+	37:24+
05:11+	01:29+	02:25+	00:51+	03:03+	02:50+	02:54+	02:21+	01:55+	02:14-	02:37+	01:19+	04:05+	01:56-	01:41+	00:33+
00:16+	00:10#	00:40&	00:07#	00:44&	01:01&	00:36&	00:50&	00:19#	00:09-	00:13+	00:02+	02:54@	00:20-	00:43&	00:03#
4	Ingunn Voilås	29	39:24												
04:47-	06:17+	08:23+	09:17+	11:56+	15:15+	19:14+	22:44+	25:19+	28:23+	31:10+	33:00+	34:45+	37:40+	38:34+	39:24+
04:47-	01:30+	02:06+	00:54+	02:39+	03:19+	03:59+	03:30+	02:35+	03:04+	02:47+	01:50+	01:45+	02:55+	00:54+	00:50+
00:08-	00:11#	00:21#	00:10#	00:20#	01:30&	01:41&	01:59@	00:59&	00:41&	00:23#	00:33&	00:34&	00:39&	00:04-	00:20&
5	Kari Smådal Turøy	115	41:17												
03:48-	06:01-	08:30+	09:26+	11:59+	22:32+	25:25+	27:35+	29:49+	31:56+	34:32+	35:49+	37:46+	39:59+	40:44+	41:17+
03:48-	02:13+	02:29+	00:56+	02:33+	10:33+	02:53+	02:10+	02:14+	02:07-	02:36+	01:17=	01:57+	02:13-	00:45-	00:33+
01:07-	00:54&	00:44&	00:12&	00:14#	08:44@	00:35&	00:39&	00:38&	00:16-	00:12+	00:00=	00:46&	00:03-	00:13-	00:03#

Class	Navn	Klasse												Tid			
6	Torill Andersen	116												44:27			
	03:42-	05:49-	13:54+	14:57+	18:23+	21:37+	25:19+	27:15+	29:50+	34:15+	37:23+	38:44+	40:28+	42:54+	43:52+	44:27+	
	03:42-	02:07+	08:05+	01:03+	03:26+	03:14+	03:42+	01:56+	02:35+	04:25+	03:08+	01:21+	01:44+	02:26+	00:58=	00:35+	
	01:13-	00:48&	06:20@	00:19&	01:07&	01:25&	01:24&	00:25&	00:59&	02:02&	00:44&	00:04+	00:33&	00:10+	00:00=	00:05#	
7	Kristin Skadsem	18												47:06			
	06:51+	08:38+	11:21+	12:23+	15:36+	19:46+	23:23+	26:59+	29:03+	31:54+	34:10+	35:24+	42:45+	45:23+	46:28+	47:06+	
	06:51+	01:47+	02:43+	01:02+	03:13+	04:10+	03:37+	03:36+	02:04+	02:51+	02:16-	01:14-	07:21+	02:38+	01:05+	00:38+	
	01:56&	00:28&	00:58&	00:18&	00:54&	02:21@	01:19&	02:05@	00:28&	00:28#	00:08-	00:03-	06:10@	00:22#	00:07#	00:08&	
8	Arnfrid Stangeland	96												47:07			
	08:49+	10:39+	13:35+	14:37+	18:20+	23:07+	27:02+	29:40+	33:00+	35:37+	38:57+	41:18+	42:43+	45:18+	46:32+	47:07+	
	08:49+	01:50+	02:56+	01:02+	03:43+	04:47+	03:55+	02:38+	03:20+	02:37+	03:20+	02:21+	01:25+	02:35+	01:14+	00:35+	
	03:54&	00:31&	01:11&	00:18&	01:24&	02:58@	01:37&	01:07&	01:44@	00:14+	00:56&	01:04&	00:14#	00:19#	00:16&	00:05#	
9	Ellinor Nesse	116												49:24			
	08:57+	11:19+	14:11+	15:40+	18:43+	21:34+	26:46+	29:58+	32:01+	34:55+	37:47+	39:09+	42:23+	45:22+	48:38+	49:24+	
	08:57+	02:22+	02:52+	01:29+	03:03+	02:51+	05:12+	03:12+	02:03+	02:54+	02:52+	01:22+	03:14+	02:59+	03:16+	00:46+	
	04:02&	01:03&	01:07&	00:45@	00:44&	01:02&	02:54@	01:41@	00:27&	00:31#	00:28#	00:05+	02:03@	00:43&	02:18@	00:16&	
10	Anne Katrine Lycke	147												50:04			
	08:04+	10:36+	15:03+	16:28+	19:43+	24:37+	29:25+	33:00+	35:21+	38:24+	41:48+	44:17+	46:03+	48:21+	49:22+	50:04+	
	08:04+	02:32+	04:27+	01:25+	03:15+	04:54+	04:48+	03:35+	02:21+	03:03+	03:24+	02:29+	01:46+	02:18+	01:01+	00:42+	
	03:09&	01:13&	02:42@	00:41&	00:56&	03:05@	02:30@	02:04@	00:45&	00:40&	01:00&	01:12&	00:35&	00:02+	00:03+	00:12&	
11	Anne-Siv Gjertsen	27												53:56			
	10:22+	12:21+	15:00+	16:14+	19:18+	22:18+	30:37+	34:34+	37:03+	39:08+	41:53+	48:11+	49:32+	52:33+	53:21+	53:56+	
	10:22+	01:59+	02:39+	01:14+	03:04+	03:00+	08:19+	03:57+	02:29+	02:05-	02:45+	06:18+	01:21+	03:01+	00:48-	00:35+	
	05:27@	00:40&	00:54&	00:30&	00:45&	01:11&	06:01@	02:26@	00:53&	00:18-	00:21#	05:01@	00:10#	00:45&	00:10-	00:05#	
12	Marit Karin Nygård	92												53:57			
	13:30+	15:02+	17:31+	18:19+	31:05+	34:45+	37:52+	39:52+	42:14+	44:46+	47:04+	48:28+	49:55+	52:36+	53:18+	53:57+	
	13:30+	01:32+	02:29+	00:48+	12:46+	03:40+	03:07+	02:00+	02:22+	02:32+	02:18-	01:24+	01:27+	02:41+	00:42-	00:39+	
	08:35@	00:13#	00:44&	00:04+	10:27@	01:51@	00:49&	00:29&	00:46&	00:09+	00:06-	00:07+	00:16#	00:25#	00:16-	00:09&	
13	Berit Bakken	168												1:01:36			
	21:35+	23:35+	25:48+	26:43+	29:54+	32:52+	38:30+	40:56+	43:36+	46:39+	51:22+	52:44+	57:29+	60:06+	60:54+	61:36+	
	21:35+	02:00+	02:13+	00:55+	03:11+	02:58+	05:38+	02:26+	02:40+	03:03+	04:43+	01:22+	04:45+	02:37+	00:48-	00:42+	
	16:40@	00:41&	00:28&	00:11#	00:52&	01:09&	03:20@	00:55&	01:04&	00:40&	02:19&	00:05+	03:34@	00:21#	00:10-	00:12&	
14	Hanne Hermanrud	115												1:03:28			
	19:07+	21:16+	24:28+	25:47+	29:11+	33:20+	37:10+	39:28+	42:01+	45:49+	49:24+	51:33+	57:58+	61:32+	62:33+	63:28+	
	19:07+	02:09+	03:12+	01:19+	03:24+	04:09+	03:50+	02:18+	02:33+	03:48+	03:35+	02:09+	06:25+	03:34+	01:01+	00:55+	
	14:12@	00:50&	01:27&	00:35&	01:05&	02:20@	01:32&	00:47&	00:57&	01:25&	01:11&	00:52&	05:14@	01:18&	00:03+	00:25&	
15	Målfrid Bjerkeli	237												1:06:12			
	23:40+	25:01+	29:22+	30:29+	33:21+	41:28+	44:50+	47:18+	49:58+	52:48+	58:54+	60:28+	61:57+	64:39+	65:34+	66:12+	
	23:40+	01:21+	04:21+	01:07+	02:52+	08:07+	03:22+	02:28+	02:40+	02:50+	06:06+	01:34+	01:29+	02:42+	00:55-	00:38+	
	18:45@	00:02+	02:36@	00:23&	00:33#	06:18@	01:04&	00:57&	01:04&	00:27#	03:42@	00:17#	00:18&	00:26#	00:03-	00:08&	
16	Birgitte Røe	125												1:07:06			
	21:30+	23:34+	27:02+	28:28+	31:37+	35:53+	43:05+	45:57+	48:16+	50:57+	53:53+	56:59+	62:32+	65:29+	66:26+	67:06+	
	21:30+	02:04+	03:28+	01:26+	03:09+	04:16+	07:12+	02:52+	02:19+	02:41+	02:56+	03:06+	05:33+	02:57+	00:57-	00:40+	
	16:35@	00:45&	01:43&	00:42&	00:50&	02:27@	04:54@	01:21&	00:43&	00:18#	00:32#	01:49@	04:22@	00:41&	00:01-	00:10&	

Beste strekktid for klassen

02:56 01:19 01:45 00:44 02:17 01:49 02:18 01:31 01:36 01:51 02:16 01:14 01:11 01:56 00:38 00:30

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

Damer 60 - 64 år

1	Eli Frafjord	94												31:55			
	03:25=	05:05=	07:15=	08:05=	10:56=	13:32=	16:29=	18:16=	20:38=	23:12=	25:30=	26:36=	28:12=	30:25=	31:16=	31:55=	
	03:25=	01:40=	02:10=	00:50=	02:51=	02:36=	02:57=	01:47=	02:22=	02:34=	02:18=	01:06=	01:36=	02:13=	00:51=	00:39=	
	00:00=	00:00=	00:00=	00:00=	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	Jorunn Eriksson Sætre	47												45:30			
	06:17+	07:56+	11:27+	12:47+	15:54+	23:09+	27:24+	29:15+	31:32+	34:11+	37:02+	39:43+	41:22+	44:01+	44:46+	45:30+	
	06:17+	01:39-	03:31+	01:20+	03:07+	07:15+	04:15+	01:51+	02:17-	02:39+	02:51+	02:41+	01:39+	02:39+	00:45-	00:44+	
	02:52&	00:01-	01:21&	00:30&	00:16+	04:39@	01:18&	00:04+	00:05-	00:05+	00:33#	01:35@	00:03+	00:26#	00:06-	00:05#	

Class	Navn	Klasse												Tid			
3	Hanne Eik	117												45:40			
	04:39+	06:54+	09:42+	12:01+	15:05+	19:01+	24:00+	26:16+	28:36+	31:48+	34:25+	38:50+	40:38+	43:47+	44:46+	45:40+	
	04:39+	02:15+	02:48+	02:19+	03:04+	03:56+	04:59+	02:16+	02:20-	03:12+	02:37+	04:25+	01:48+	03:09+	00:59+	00:54+	
	01:14&	00:35&	00:38&	01:29@	00:13+	01:20&	02:02&	00:29&	00:02-	00:38#	00:19#	03:19@	00:12#	00:56&	00:08#	00:15&	
4	Kari Blixhavn	228												46:38			
	05:08+	07:14+	10:15+	11:34+	15:04+	18:40+	27:39+	29:41+	32:10+	34:58+	37:55+	40:10+	41:53+	44:51+	45:50+	46:38+	
	05:08+	02:06+	03:01+	01:19+	03:30+	03:36+	08:59+	02:02+	02:29+	02:48+	02:57+	02:15+	01:43+	02:58+	00:59+	00:48+	
	01:43&	00:26&	00:51&	00:29&	00:39#	01:00&	06:02@	00:15#	00:07+	00:14+	00:39&	01:09@	00:07+	00:45&	00:08#	00:09#	
5	Halldis Handeland	92												50:49			
	07:37+	09:42+	12:38+	14:13+	17:43+	21:44+	27:14+	29:31+	32:03+	35:30+	41:26+	43:38+	45:15+	48:41+	49:47+	50:49+	
	07:37+	02:05+	02:56+	01:35+	03:30+	04:01+	05:30+	02:17+	02:32+	03:27+	05:56+	02:12+	01:37+	03:26+	01:06+	01:02+	
	04:12@	00:25#	00:46&	00:45&	00:39#	01:25&	02:33&	00:30&	00:10+	00:53&	03:38@	01:06&	00:01+	01:13&	00:15&	00:23&	
6	Åse Berg	105												54:14			
	04:16+	07:25+	13:13+	14:04+	19:28+	23:01+	33:34+	36:09+	38:40+	41:29+	44:47+	46:34+	48:14+	51:36+	53:14+	54:14+	
	04:16+	03:09+	05:48+	00:51+	05:24+	03:33+	10:33+	02:35+	02:31+	02:49+	03:18+	01:47+	01:40+	03:22+	01:38+	01:00+	
	00:51#	01:29&	03:38@	00:01+	02:33&	00:57&	07:36@	00:48&	00:09+	00:15+	01:00&	00:41&	00:04+	01:09&	00:47&	00:21&	
7	Unni Relling	92												59:48			
	19:59+	22:18+	25:57+	27:26+	30:58+	34:50+	38:32+	40:47+	43:09+	45:36+	48:13+	53:02+	55:22+	58:17+	59:10+	59:48+	
	19:59+	02:19+	03:39+	01:29+	03:32+	03:52+	03:42+	02:15+	02:22=	02:27-	02:37+	04:49+	02:20+	02:55+	00:53+	00:38-	
	16:34@	00:39&	01:29&	00:39&	00:41#	01:16&	00:45&	00:28&	00:00=	00:07-	00:19#	03:43@	00:44&	00:42&	00:02+	00:01-	
8	Aud Steinsland	128												1:02:28			
	27:05+	28:42+	32:11+	33:17+	36:27+	39:47+	43:03+	45:22+	47:39+	50:40+	53:51+	55:44+	57:49+	60:40+	61:47+	62:28+	
	27:05+	01:37-	03:29+	01:06+	03:10+	03:20+	03:16+	02:19+	02:17-	03:01+	03:11+	01:53+	02:05+	02:51+	01:07+	00:41+	
	23:40@	00:03-	01:19&	00:16&	00:19#	00:44&	00:19#	00:32&	00:05-	00:27#	00:53&	00:47&	00:29&	00:38&	00:16&	00:02+	
Beste strekktid for klassen																	
	03:25	01:37	02:10	00:50	02:51	02:36	02:57	01:47	02:17	02:27	02:18	01:06	01:36	02:13	00:45	00:38	

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

Damer 65 - 69 år

1	Inger Skretting Opstad	54												39:46			
	06:52=	08:52=	11:14=	12:08=	15:12=	18:29=	22:07=	24:30=	27:07=	29:39=	32:21=	33:46=	35:25=	38:15=	39:05=	39:46=	
	06:52=	02:00=	02:22=	00:54=	03:04=	03:17=	03:38=	02:23=	02:37=	02:32=	02:42=	01:25=	01:39=	02:50=	00:50=	00:41=	
	00:00=	00:00=	00:00=	00:00=	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	Aslaug Lura	94												57:33			
	11:12+	13:44+	18:13+	19:26+	23:26+	28:59+	32:51+	36:00+	38:56+	42:28+	47:11+	50:05+	52:11+	55:36+	56:45+	57:33+	
	11:12+	02:32+	04:29+	01:13+	04:00+	05:33+	03:52+	03:09+	02:56+	03:32+	04:43+	02:54+	02:06+	03:25+	01:09+	00:48+	
	04:20&	00:32&	02:07&	00:19&	00:56&	02:16&	00:14+	00:46&	00:19#	01:00&	02:01&	01:29@	00:27&	00:35#	00:19&	00:07#	
Beste strekktid for klassen																	
	06:52	02:00	02:22	00:54	03:04	03:17	03:38	02:23	02:37	02:32	02:42	01:25	01:39	02:50	00:50	00:41	

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

Damer 70 - 74 år

1	Helga Aaslid	54												39:53			
	07:07=	09:00=	11:27=	12:21=	15:20=	18:42=	22:15=	24:40=	27:16=	29:48=	32:32=	33:59=	35:28=	38:23=	39:14=	39:53=	
	07:07=	01:53=	02:27=	00:54=	02:59=	03:22=	03:33=	02:25=	02:36=	02:32=	02:44=	01:27=	01:29=	02:55=	00:51=	00:39=	
	00:00=	00:00=	00:00=	00:00=	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	Turid Nystrøm	68												40:42			
	03:58-	08:15-	11:18-	12:16-	15:43+	19:26+	23:12+	25:14+	27:13-	29:57+	33:23+	35:04+	36:35+	38:55+	40:08+	40:42+	
	03:58-	04:17+	03:03+	00:58+	03:27+	03:43+	03:46+	02:02-	01:59-	02:44+	03:26+	01:41+	01:31+	02:20-	01:13+	00:34-	
	03:09-	02:24@	00:36#	00:04+	00:28#	00:21#	00:13+	00:23-	00:37-	00:12+	00:42&	00:14#	00:02+	00:35-	00:22&	00:05-	
3	Gry V. Thengs	68												43:39			
	07:23+	09:24+	12:16+	13:23+	16:06+	20:22+	28:44+	30:36+	32:26+	34:51+	37:20+	38:45+	40:03+	42:19+	43:02+	43:39+	
	07:23+	02:01+	02:52+	01:07+	02:43-	04:16+	08:22+	01:52-	01:50-	02:25-	02:29-	01:25-	01:18-	02:16-	00:43-	00:37-	
	00:16+	00:08+	00:25#	00:13#	00:16-	00:54&	04:49@	00:33-	00:46-	00:07-	00:15-	00:02-	00:11-	00:39-	00:08-	00:02-	

Class	Navn	Klasse												Tid			
4	Helga Klausen	62												43:58			
	06:57-	09:08+	13:50+	14:42+	18:03+	21:37+	26:15+	28:23+	30:35+	33:13+	35:39+	38:11+	39:26+	42:26+	43:18+	43:58+	
	06:57-	02:11+	04:42+	00:52-	03:21+	03:34+	04:38+	02:08-	02:12-	02:38+	02:26-	02:32+	01:15-	03:00+	00:52+	00:40+	
	00:10-	00:18#	02:15&	00:02-	00:22#	00:12+	01:05&	00:17-	00:24-	00:06+	00:18-	01:05&	00:14-	00:05+	00:01+	00:01+	
5	Hedvig Anda	116												44:40			
	07:51+	10:27+	12:57+	13:56+	16:39+	20:05+	27:26+	29:28+	31:52+	34:15+	36:34+	39:02+	40:15+	43:14+	44:03+	44:40+	
	07:51+	02:36+	02:30+	00:59+	02:43-	03:26+	07:21+	02:02-	02:24-	02:23-	02:19-	02:28+	01:13-	02:59+	00:49-	00:37-	
	00:44#	00:43&	00:03+	00:05+	00:16-	00:04+	03:48@	00:23-	00:12-	00:09-	00:25-	01:01&	00:16-	00:04+	00:02-	00:02-	
6	Haldis Glendrange	68												47:33			
	14:02+	16:08+	18:49+	19:49+	23:02+	26:43+	30:29+	32:42+	34:52+	37:37+	40:27+	41:57+	43:15+	45:59+	46:52+	47:33+	
	14:02+	02:06+	02:41+	01:00+	03:13+	03:41+	03:46+	02:13-	02:10-	02:45+	02:50+	01:30+	01:18-	02:44-	00:53+	00:41+	
	06:55&	00:13#	00:14+	00:06#	00:14+	00:19+	00:13+	00:12-	00:26-	00:13+	00:06+	00:03+	00:11-	00:11-	00:02+	00:02+	
7	Ragnhild Christiansen	93												51:29			
	06:19-	09:05+	12:44+	14:03+	19:08+	23:44+	29:09+	31:47+	34:27+	37:19+	40:40+	43:23+	45:27+	49:30+	50:39+	51:29+	
	06:19-	02:46+	03:39+	01:19+	05:05+	04:36+	05:25+	02:38+	02:40+	02:52+	03:21+	02:43+	02:04+	04:03+	01:09+	00:50+	
	00:48-	00:53&	01:12&	00:25&	02:06&	01:14&	01:52&	00:13+	00:04+	00:20#	00:37#	01:16&	00:35&	01:08&	00:18&	00:11&	
8	Marit Kløvstad Braut	92												1:01:31			
	14:42+	16:57+	21:20+	22:31+	26:48+	31:33+	36:06+	38:46+	41:58+	45:59+	49:58+	52:54+	55:04+	59:03+	60:32+	61:31+	
	14:42+	02:15+	04:23+	01:11+	04:17+	04:45+	04:33+	02:40+	03:12+	04:01+	03:59+	02:56+	02:10+	03:59+	01:29+	00:59+	
	07:35@	00:22#	01:56&	00:17&	01:18&	01:23&	01:00&	00:15#	00:36#	01:29&	01:15&	01:29@	00:41&	01:04&	00:38&	00:20&	

Beste strekktid for klassen

03:58 01:53 02:27 00:52 02:43 03:22 03:33 01:52 01:50 02:23 02:19 01:25 01:13 02:16 00:43 00:34

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29												42:37			
	07:38=	10:25=	14:26=	15:56=	19:11=	22:03=	25:24=	27:41=	29:45=	32:29=	35:23=	37:00=	38:21=	40:55=	41:47=	42:37=	
	07:38=	02:47=	04:01=	01:30=	03:15=	02:52=	03:21=	02:17=	02:04=	02:44=	02:54=	01:37=	01:21=	02:34=	00:52=	00:50=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Gørild Espedal	113												1:18:10			
	22:33+	26:10+	33:25+	35:15+	39:32+	45:08+	53:41+	56:30+	59:27+	63:46+	67:37+	70:06+	72:15+	75:56+	77:18+	78:10+	
	22:33+	03:37+	07:15+	01:50+	04:17+	05:36+	08:33+	02:49+	02:57+	04:19+	03:51+	02:29+	02:09+	03:41+	01:22+	00:52+	
	14:55@	00:50&	03:14&	00:20#	01:02&	02:44&	05:12@	00:32#	00:53&	01:35&	00:57&	00:52&	00:48&	01:07&	00:30&	00:02+	

Beste strekktid for klassen

07:38 02:47 04:01 01:30 03:15 02:52 03:21 02:17 02:04 02:44 02:54 01:37 01:21 02:34 00:52 00:50

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

Damer A

1	Katrine Prestvold	212												34:45			
	02:20=	04:05=	06:59=	11:07=	13:32=	15:40=	16:50=	18:56=	20:10=	23:34=	24:17=	28:55=	30:33=	31:42=	33:50=	34:17=	34:45=
	02:20=	01:45=	02:54=	04:08=	02:25=	02:08=	01:10=	02:06=	01:14=	03:24=	00:43=	04:38=	01:38=	01:09=	02:08=	00:27=	00:28=
	00:00=	00:00=	00:00=	00:00=	00:00=	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												35:21			
	01:43-	03:28-	07:06+	09:59-	12:06-	14:42-	15:55-	21:16+	22:05+	24:06+	24:40+	29:16+	30:59+	31:50+	34:23+	34:56+	35:21+
	01:43-	01:45=	03:38+	02:53-	02:07-	02:36+	01:13+	05:21+	00:49-	02:01-	00:34-	04:36-	01:43+	00:51-	02:33+	00:33+	00:28-
	00:37-	00:00=	00:44&	01:15-	00:18-	00:28#	00:03+	03:15@	00:25-	01:23-	00:09-	00:02-	00:05+	00:18-	00:25#	00:06#	00:03-
3	Agnes Elin Engen	116												36:17			
	02:06-	04:20+	07:21+	09:42-	12:14-	14:41-	16:39-	19:15+	20:30+	22:47-	23:24-	29:16+	31:06+	32:19+	35:12+	35:45+	36:17+
	02:06-	02:14+	03:01+	02:21-	02:32+	02:27+	01:58+	02:36+	01:15+	02:17-	00:37-	05:52+	01:50+	01:13+	02:53+	00:33+	00:32+
	00:14-	00:29&	00:07+	01:47-	00:07+	00:19#	00:48&	00:30#	00:01+	01:07-	00:06-	01:14&	00:12#	00:04+	00:45&	00:06#	00:04#
4	Maira Andersone	93												44:19			
	03:40+	05:56+	10:09+	12:32+	15:13+	18:48+	20:40+	23:04+	24:22+	26:42+	27:34+	35:45+	37:49+	38:49+	43:13+	43:49+	44:19+
	03:40+	02:16+	04:13+	02:23-	02:41+	03:35+	01:52+	02:24+	01:18+	02:20-	00:52+	08:11+	02:04+	01:00-	04:24+	00:36+	00:30+
	01:20&	00:31&	01:19&	01:45-	00:16#	01:27&	00:42&	00:18#	00:04+	01:04-	00:09#	03:33&	00:26&	00:09-	02:16@	00:09&	00:02+

Class	Navn	Klasse										Tid					
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5	Kirsten Vike	92										46:12					
02:49+	06:13+	10:46+	13:19+	16:16+	20:33+	22:08+	24:45+	26:11+	28:14+	29:13+	36:25+	38:53+	40:17+	44:53+	45:34+	46:12+	
02:49+	03:24+	04:33+	02:33-	02:57+	04:17+	01:35+	02:37+	01:26+	02:03-	00:59+	07:12+	02:28+	01:24+	04:36+	00:41+	00:38+	
00:29#	01:39&	01:39&	01:35-	00:32#	02:09@	00:25&	00:31#	00:12#	01:21-	00:16&	02:34&	00:50&	00:15#	02:28@	00:14&	00:10&	

Beste strekktid for klassen

01:43	01:45	02:54	02:21	02:07	02:08	01:10	02:06	00:49	02:01	00:34	04:36	01:38	00:51	02:08	00:27	00:25
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer B

1	Wenche M. Sæbbø	3										31:48					
02:13=	03:46=	06:17=	08:26=	10:59=	13:07=	14:04=	16:17=	17:37=	19:22=	20:00=	25:14=	27:21=	28:15=	30:48=	31:21=	31:48=	
02:13=	01:33=	02:31=	02:09=	02:33=	02:08=	00:57=	02:13=	01:20=	01:45=	00:38=	05:14=	02:07=	00:54=	02:33=	00:33=	00:27=	
00:00=	00:00=	00:00=	00:00=	00:00=	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	Keth Berggraf	116										36:12					
02:05-	04:13+	06:52+	09:42+	12:09+	14:47+	16:04+	18:30+	19:37+	21:33+	22:32+	28:36+	30:27+	31:18+	35:07+	35:43+	36:12+	
02:05-	02:08+	02:39+	02:50+	02:27-	02:38+	01:17+	02:26+	01:07-	01:56+	00:59+	06:04+	01:51-	00:51-	03:49+	00:36+	00:29+	
00:08-	00:35&	00:08+	00:41&	00:06-	00:30#	00:20&	00:13+	00:13-	00:11#	00:21&	00:50#	00:16-	00:03-	01:16&	00:03+	00:02+	

3	Ellen Tindeland	27										36:15					
02:22+	04:25+	07:26+	09:34+	12:07+	16:13+	17:21+	19:27+	20:38+	23:11+	23:51+	29:19+	31:00+	31:56+	35:05+	35:44+	36:15+	
02:22+	02:03+	03:01+	02:08-	02:33=	04:06+	01:08+	02:06-	01:11-	02:33+	00:40+	05:28+	01:41-	00:56+	03:09+	00:39+	00:31+	
00:09+	00:30&	00:30#	00:01-	00:00=	01:58&	00:11#	00:07-	00:09-	00:48&	00:02+	00:14+	00:26-	00:02+	00:36#	00:06#	00:04#	

4	Ann Karin Tjørhom	93										38:12					
02:06-	04:23+	08:04+	11:25+	14:08+	17:09+	18:46+	21:47+	23:02+	24:55+	25:43+	30:57+	32:51+	33:46+	37:07+	37:41+	38:12+	
02:06-	02:17+	03:41+	03:21+	02:43+	03:01+	01:37+	03:01+	01:15-	01:53+	00:48+	05:14=	01:54-	00:55+	03:21+	00:34+	00:31+	
00:07-	00:44&	01:10&	01:12&	00:10+	00:53&	00:40&	00:48&	00:05-	00:08+	00:10&	00:00=	00:13-	00:01+	00:48&	00:01+	00:04#	

5	Anita Glenne Kallhovd	29										39:06					
02:15+	04:27+	08:43+	11:32+	15:09+	17:31+	19:09+	21:10+	22:26+	24:40+	25:52+	31:23+	33:40+	34:24+	38:05+	38:39+	39:06+	
02:15+	02:12+	04:16+	02:49+	03:37+	02:22+	01:38+	02:01-	01:16-	02:14+	01:12+	05:31+	02:17+	00:44-	03:41+	00:34+	00:27=	
00:02+	00:39&	01:45&	00:40&	01:04&	00:14#	00:41&	00:12-	00:04-	00:29&	00:34&	00:17+	00:10+	00:10-	01:08&	00:01+	00:00=	

6	Lise Isachsen	165										39:12					
01:49-	04:30+	07:26+	10:16+	12:27+	16:03+	17:27+	19:36+	21:11+	25:06+	26:07+	26:39+	32:02+	34:05+	35:13+	37:58+	38:43+	39:12+
01:49-	02:41+	02:56+	02:50+	02:11-	03:36+	01:24+	02:09-	01:35+	03:55+	01:01+	00:32-	05:23+	02:03+	01:08-	02:45+	00:45+	00:29+
00:24-	01:08&	00:25#	00:41&	00:22-	01:28&	00:27&	00:04-	00:15#	02:10@	00:23&	04:42-	03:16@	01:09@	01:25-	02:12@	00:18&	00:29+

7	Ann-Cathrin Urdal	118										39:20					
02:17+	04:08+	06:53+	10:32+	13:23+	16:42+	17:53+	20:04+	21:19+	25:00+	25:52+	32:19+	34:01+	34:52+	38:11+	38:50+	39:20+	
02:17+	01:51+	02:45+	03:39+	02:51+	03:19+	01:11+	02:11-	01:15-	03:41+	00:52+	06:27+	01:42-	00:51-	03:19+	00:39+	00:30+	
00:04+	00:18#	00:14+	01:30&	00:18#	01:11&	00:14#	00:02-	00:05-	01:56@	00:14&	01:13#	00:25-	00:03-	00:46&	00:06#	00:03#	

8	Vibeke Lamark	46										39:21					
03:21+	06:58+	11:37+	13:40+	16:04+	19:11+	20:35+	22:40+	23:56+	25:29+	26:01+	32:30+	34:08+	34:54+	38:11+	38:47+	39:21+	
03:21+	03:37+	04:39+	02:03-	02:24-	03:07+	01:24+	02:05-	01:16-	01:33-	00:32-	06:29+	01:38-	00:46-	03:17+	00:36+	00:34+	
01:08&	02:04@	02:08&	00:06-	00:09-	00:59&	00:27&	00:08-	00:04-	00:12-	00:06-	01:15#	00:29-	00:08-	00:44&	00:03+	00:07&	

9	Hilde Nordbø	93										40:01					
02:11-	04:12+	07:28+	09:37+	12:12+	19:40+	20:43+	23:32+	25:43+	27:26+	28:14+	32:54+	34:45+	36:03+	38:56+	39:28+	40:01+	
02:11-	02:01+	03:16+	02:09#	02:35+	07:28+	01:03+	02:49+	02:11+	01:43-	00:48+	04:40-	01:51-	01:18+	02:53+	00:32-	00:33+	
00:02-	00:28&	00:45&	00:00=	00:02+	05:20@	00:06#	00:36&	00:51&	00:02-	00:10&	00:34-	00:16-	00:24&	00:20#	00:01-	00:06#	

10	Ingrid W. Hestness	117										40:25					
02:18+	04:23+	08:24+	12:10+	14:45+	17:50+	19:26+	21:51+	23:39+	25:45+	26:50+	31:56+	35:20+	36:33+	39:20+	39:56+	40:25+	
02:18+	02:05+	04:01+	03:46+	02:35+	03:05+	01:36+	02:25+	01:48+	02:06+	01:05+	05:06-	03:24+	01:13+	02:47+	00:36+	00:29+	
00:05+	00:32&	01:30&	01:37&	00:02+	00:57&	00:39&	00:12+	00:28&	00:21#	00:27&	00:08-	01:17&	00:19&	00:14+	00:03+	00:02+	

11	Anne Garsrud	90										42:43					
02:28+	05:30+	10:34+	13:32+	16:56+	19:38+	21:30+	25:27+	26:48+	29:00+	29:37+	35:01+	36:55+	37:56+	41:21+	41:56+	42:43+	
02:28+	03:02+	05:04+	02:58+	03:24+	02:42+	01:52+	03:57+	01:21+	02:12+	00:37-	05:24+	01:54-	01:01+	03:25+	00:35+	00:47+	
00:15#	01:29&	02:33@	00:49&	00:51&	00:34&	00:55&	01:44&	00:01+	00:27&	00:01-	00:10+	00:13-	00:07#	00:52&	00:02+	00:20&	

12	Brit Nilsen	88										43:22					
02:56+	07:08+	10:33+	14:10+	17:00+	19:27+	20:49+	23:40+	25:02+	27:02+	28:00+	33:24+	38:07+	39:36+	42:06+	42:46+	43:22+	
02:56+	04:12+	03:25+	03:37+	02:50+	02:27+	01:22+	02:51+	01:22+	02:00+	00:58+	05:24+	04:43+	01:29+	02:30-	00:40+	00:36+	
00:43&	02:39@	00:54&	01:28&	00:17#	00:19#	00:25&	00:38&	00:02+	00:15#	00:20&	00:10+	02:36@	00:35&	00:03-	00:07#	00:09&	

Class	Navn	Klasse	Tid
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13	Elisabeth Christie Ørke	117	43:48													
02:14+	07:12+	11:28+	16:01+	18:30+	22:47+	24:01+	26:50+	28:32+	30:06+	31:10+	36:17+	37:55+	39:04+	42:35+	43:19+	43:48+
02:14+	04:58+	04:16+	04:33+	02:29-	04:17+	01:14+	02:49+	01:42+	01:34-	01:04+	05:07-	01:38-	01:09+	03:31+	00:44+	00:29+
00:01+	03:25@	01:45&	02:24@	00:04-	02:09@	00:17&	00:36&	00:22&	00:11-	00:26&	00:07-	00:29-	00:15&	00:58&	00:11&	00:02+

14	Trude Katrine Hermanrud	117	43:56													
02:22+	05:08+	09:16+	11:55+	15:12+	18:35+	19:50+	22:40+	24:10+	26:14+	27:03+	34:10+	36:25+	37:33+	42:37+	43:22+	43:56+
02:22+	02:46+	04:08+	02:39+	03:17+	03:23+	01:15+	02:50+	01:30+	02:04+	00:49+	07:07+	02:15+	01:08+	05:04+	00:45+	00:34+
00:09+	01:13&	01:37&	00:30#	00:44&	01:15&	00:18&	00:37&	00:10#	00:19#	00:11&	01:53&	00:08+	00:14&	02:31&	00:12&	00:07&

15	Siri Warland	115	44:33													
06:11+	08:37+	12:10+	14:55+	17:51+	20:29+	23:00+	25:42+	27:08+	29:31+	30:19+	36:56+	39:10+	40:27+	43:19+	44:00+	44:33+
06:11+	02:26+	03:33+	02:45+	02:56+	02:38+	02:31+	02:42+	01:26+	02:23+	00:48+	06:37+	02:14+	01:17+	02:52+	00:41+	00:33+
03:58@	00:53&	01:02&	00:36&	00:23#	00:30#	01:34@	00:29#	00:06+	00:38&	00:10&	01:23&	00:07+	00:23&	00:19#	00:08#	00:06#

16	Ingunn Anda Haug	67	44:40													
02:10-	04:20+	07:40+	10:26+	13:44+	18:25+	20:01+	24:25+	25:44+	28:01+	28:48+	35:59+	38:27+	39:30+	43:12+	44:00+	44:40+
02:10-	02:10+	03:20+	02:46+	03:18+	04:41+	01:36+	04:24+	01:19-	02:17+	00:47+	07:11+	02:28+	01:03+	03:42+	00:48+	00:40+
00:03-	00:37&	00:49&	00:37&	00:45&	02:33@	00:39&	02:11&	00:01-	00:32&	00:09#	01:57&	00:21#	00:09#	01:09&	00:15&	00:13&

17	Helen Lomeland	105	46:08													
02:04-	05:58+	09:51+	14:48+	17:18+	20:59+	22:22+	24:37+	26:00+	27:45+	28:23+	34:47+	39:49+	41:14+	45:04+	45:38+	46:08+
02:04-	03:54+	03:53+	04:57+	02:30-	03:41+	01:23+	02:15+	01:23+	01:45+	00:38+	06:24+	05:02+	01:25+	03:50+	00:34+	00:30+
00:09-	02:21@	01:22&	02:48@	00:03-	01:33&	00:26&	00:02+	00:03+	00:00+	00:00+	01:10#	02:55@	00:31&	01:17&	00:01+	00:03#

18	Gunn J. Grefstad	2	49:28													
02:52+	05:53+	09:46+	14:22+	17:23+	19:40+	21:29+	27:16+	28:43+	31:02+	32:06+	38:52+	41:53+	43:16+	47:55+	48:46+	49:28+
02:52+	03:01+	03:53+	04:36+	03:01+	02:17+	01:49+	05:47+	01:27+	02:19+	01:04+	06:46+	03:01+	01:23+	04:39+	00:51+	00:42+
00:39&	01:28&	01:22&	02:27@	00:28#	00:09+	00:52&	03:34@	00:07+	00:34&	00:26&	01:32&	00:54&	00:29&	02:06&	00:18&	00:15&

19	Grethe Anda Fuglestad	116	51:26													
02:52+	05:23+	10:13+	13:43+	16:24+	20:20+	21:45+	29:17+	30:08+	33:20+	34:06+	39:23+	41:07+	42:22+	49:38+	50:56+	51:26+
02:52+	02:31+	04:50+	03:30+	02:41+	03:56+	01:25+	07:32+	00:51-	03:12+	00:46+	05:17+	01:44-	01:15+	07:16+	01:18+	00:30+
00:39&	00:58&	02:19&	01:21&	00:08+	01:48&	00:28&	05:19@	00:29-	01:27&	00:08#	00:03+	00:23-	00:21&	04:43@	00:45@	00:03#

Beste strekktid for klassen
 01:49 01:33 02:31 02:03 02:11 02:08 00:57 02:01 00:51 01:33 00:32 00:32 01:38 00:44 01:08 00:32 00:27

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

Damer Ny

1	Linda Rotevatn	47	1:05:31							
02:03=	06:49=	15:41=	30:35=	38:07=	43:47=	51:31=	55:58=	59:05=	64:53=	65:31=
02:03=	04:46=	08:52=	14:54=	07:32=	05:40=	07:44=	04:27=	03:07=	05:48=	00:38=
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
 02:03 04:46 08:52 14:54 07:32 05:40 07:44 04:27 03:07 05:48 00:38

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

Damer Trim

1	Synnøve Hognestad	115	35:54							
05:41=	10:56=	12:52=	15:11=	19:30=	23:12=	25:16=	27:42=	29:58=	35:08=	35:54=
05:41=	05:15=	01:56=	02:19=	04:19=	03:42=	02:04=	02:26=	02:16=	05:10=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ingrid Lycke Austbø	109	36:32							
07:33+	11:59+	14:14+	16:20+	20:33+	25:38+	27:16+	29:08+	31:07+	36:02+	36:32+
07:33+	04:26-	02:15+	02:06-	04:13-	05:05+	01:38-	01:52-	01:59-	04:55-	00:30-
01:52&	00:49-	00:19#	00:13-	00:06-	01:23&	00:26-	00:34-	00:17-	00:15-	00:16-

3	Marie-Elizabeth Reinseth	27	36:41							
04:31-	08:28-	10:59-	13:47-	18:00-	21:47-	24:38-	28:09+	32:14+	36:06+	36:41+
04:31-	03:57-	02:31+	02:48+	04:13-	03:47+	02:51+	03:31+	04:05+	03:52-	00:35-
01:10-	01:18-	00:35&	00:29#	00:06-	00:05+	00:47&	01:05&	01:49&	01:18-	00:11-

Class	Navn	Klasse	Tid
4	Lise Nessa Di Lorenzo	168	37:25
04:49-	07:32- 08:46- 10:48- 13:46- 23:33+	25:52+ 30:20+	32:50+ 36:52+ 37:25+
04:49-	02:43- 01:14- 02:02- 02:58- 09:47+	02:19+ 04:28+	02:30+ 04:02- 00:33-
00:52-	02:32- 00:42- 00:17- 01:21- 06:05@	00:15# 02:02&	00:14# 01:08- 00:13-
5	Janeth Kleppe	128	38:44
10:07+	15:27+ 17:06+ 19:06+ 22:30+ 29:51+	31:47+ 33:47+	35:41+ 38:16+ 38:44+
10:07+	05:20+ 01:39- 02:00- 03:24- 07:21+	01:56- 02:00-	01:54- 02:35- 00:28-
04:26&	00:05+ 00:17- 00:19- 00:55- 03:39&	00:08- 00:26-	00:22- 02:35- 00:18-
6	Åse Sellereite	27	38:49
04:02-	08:38- 12:47- 16:06+ 22:29+ 26:12+	28:09+ 32:53+	35:01+ 38:06+ 38:49+
04:02-	04:36- 04:09+ 03:19+ 06:23+ 03:43+	01:57- 04:44+	02:08- 03:05- 00:43-
01:39-	00:39- 02:13@ 01:00& 02:04&	00:01+ 00:07-	02:18& 00:08- 02:05- 00:03-
7	Lillian Dahl Fitjar	117	38:59
05:34-	10:09- 12:27- 14:53- 21:21+ 27:00+	29:17+ 32:10+	34:40+ 38:06+ 38:59+
05:34-	04:35- 02:18+ 02:26+ 06:28+ 05:39+	02:17+ 02:53+	02:30+ 03:26- 00:53+
00:07-	00:40- 00:22# 00:07+ 02:09&	00:13# 00:27#	00:14# 01:44- 00:07#
8	Therese Immerstein Noraberg	71	39:37
06:40+	11:19+ 13:26+ 15:36+ 20:14+ 28:08+	30:15+ 33:09+	35:27+ 38:56+ 39:37+
06:40+	04:39- 02:07+ 02:10- 04:38+ 07:54+	02:07+ 02:54+	02:18+ 03:29- 00:41-
00:59#	00:36- 00:11+ 00:09- 00:19+ 04:12@	00:03+ 00:28#	00:02+ 01:41- 00:05-
9	Kristina Renshaw	101	39:59
07:17+	11:07+ 13:49+ 16:47+ 24:09+ 28:14+	30:37+ 32:58+	35:02+ 39:12+ 39:59+
07:17+	03:50- 02:42+ 02:58+ 07:22+ 04:05+	02:23+ 02:21-	02:04- 04:10- 00:47+
01:36&	01:25- 00:46& 00:39& 03:03&	00:23# 00:19#	00:05- 00:12- 01:00- 00:01+
10	Björg Elen Abrahamsen	29	40:33
05:01-	08:37- 10:36- 13:20- 19:19- 23:27+	26:01+ 29:53+	34:39+ 39:46+ 40:33+
05:01-	03:36- 01:59+ 02:44+ 05:59+ 04:08+	02:34+ 03:52+	04:46+ 05:07- 00:47+
00:40-	01:39- 00:03+ 00:25# 01:40&	00:26# 00:30#	01:26& 02:30@ 00:03- 00:01+
11	Astrid Espe	80	41:12
04:20-	07:45- 09:54- 12:44- 16:38- 20:28-	23:13- 26:06-	28:35- 40:30+ 41:12+
04:20-	03:25- 02:09+ 02:50+ 03:54- 03:50+	02:45+ 02:53+	02:29+ 11:55+ 00:42-
01:21-	01:50- 00:13# 00:31# 00:25-	00:08+ 00:41&	00:27# 00:13+ 06:45@ 00:04-
12	Reidun Solli Skjørestad	47	43:01
05:22-	11:05+ 13:19+ 16:12+ 22:56+ 28:35+	31:11+ 35:10+	38:36+ 42:24+ 43:01+
05:22-	05:43+ 02:14+ 02:53+ 06:44+ 05:39+	02:36+ 03:59+	03:26+ 03:48- 00:37-
00:19-	00:28+ 00:18# 00:34# 02:25&	01:57& 00:32&	01:33& 01:10& 01:22- 00:09-
13	Olaug Bergjord	91	43:03
05:27-	09:53- 13:36+ 15:59+ 24:47+ 29:22+	31:49+ 34:08+	36:43+ 42:11+ 43:03+
05:27-	04:26- 03:43+ 02:23+ 08:48+ 04:35+	02:27+ 02:19-	02:35+ 05:28+ 00:52+
00:14-	00:49- 01:47& 00:04+ 04:29@	00:53# 00:07-	00:19# 00:18+ 00:06#
14	Gunvor Frafjord Tungesvik	47	43:06
05:27-	11:08+ 13:17+ 16:10+ 22:58+ 28:41+	31:15+ 35:16+	38:42+ 42:29+ 43:06+
05:27-	05:41+ 02:09+ 02:53+ 06:48+ 05:43+	02:34+ 04:01+	03:26+ 03:47- 00:37-
00:14-	00:26+ 00:13# 00:34# 02:29&	02:01& 00:30#	01:35& 01:10& 01:23- 00:09-
15	Møyfrid Espeli	88	44:22
07:44+	13:09+ 15:38+ 18:07+ 23:51+ 29:28+	32:57+ 36:58+	39:22+ 43:45+ 44:22+
07:44+	05:25+ 02:29+ 02:29+ 05:44+ 05:37+	03:29+ 04:01+	02:24+ 04:23- 00:37-
02:03&	00:10+ 00:33& 00:10+ 01:25&	01:55& 01:25&	01:35& 00:08+ 00:47- 00:09-
16	Lene Haver Schmidt	88	44:32
05:45+	09:55- 12:16- 15:23+ 22:16+ 28:30+	31:02+ 37:41+	40:24+ 43:41+ 44:32+
05:45+	04:10- 02:21+ 03:07+ 06:53+ 06:14+	02:32+ 06:39+	02:43+ 03:17- 00:51+
00:04+	01:05- 00:25# 00:48& 02:34&	02:32& 00:28#	04:13@ 00:27# 01:53- 00:05#
17	Margot Asheim	105	45:16
04:42-	08:24- 10:10- 14:58- 18:41- 30:59+	33:15+ 36:28+	39:35+ 44:36+ 45:16+
04:42-	03:42- 01:46- 04:48+ 03:43- 12:18+	02:16+ 03:13+	03:07+ 05:01- 00:40-
00:59-	01:33- 00:10- 02:29@ 00:36-	08:36@ 00:12+	00:47& 00:51& 00:09- 00:06-
18	Sissel Carlsen Bråstad	88	45:17
05:51+	10:12- 12:24- 15:26+ 22:21+ 28:28+	31:09+ 37:49+	40:25+ 44:14+ 45:17+
05:51+	04:21- 02:12+ 03:02+ 06:55+ 06:07+	02:41+ 06:40+	02:36+ 03:49- 01:03+
00:10+	00:54- 00:16# 00:43& 02:36&	02:25& 00:37&	04:14@ 00:20# 01:21- 00:17&

Class	Navn	Klasse	Tid
19	Cecilie Kristine Karlsen	93	45:41
07:31+	12:00+ 13:46+ 16:36+ 22:21+ 33:56+	35:49+ 38:18+	41:39+ 45:03+ 45:41+
07:31+	04:29- 01:46- 02:50+ 05:45+	11:35+ 01:53- 02:29+	03:21+ 03:24- 00:38-
01:50&	00:46- 00:10- 00:31# 01:26&	07:53@ 00:11- 00:03+	01:05& 01:46- 00:08-
20	Sarah Denieul	42	45:54
06:26+	11:16+ 12:50- 19:20+	23:30+ 27:46+	30:11+ 32:49+
06:26+	04:50- 01:34- 06:30+	04:10- 04:16+	02:25+ 02:38+
00:45#	00:25- 00:22- 04:11@	00:09- 00:34#	00:21# 00:12+ 00:58&
			02:13& 00:24- 01:08+ 00:58+
21	Gunhild Nordbø	117	47:27
11:06+	15:49+ 17:59+ 20:30+	26:30+	32:48+
11:06+	04:43- 02:10+ 02:31+	06:00+ 06:18+	03:22+ 03:24+
05:25&	00:32- 00:14# 00:12+	01:41& 02:36&	01:18& 00:58&
			00:39& 00:55- 00:03-
22	Tove Kristin K. Helvig	105	47:27
06:17+	10:49- 12:52= 15:47+	25:28+	34:06+
06:17+	04:32- 02:03+ 02:55+	09:41+ 08:38+	02:28+ 02:31+
00:36#	00:43- 00:07+ 00:36&	05:22@ 04:56@	00:24# 00:05+
			00:14# 00:06- 00:02+
23	Irene Frøyland	71	47:32
05:08-	10:21- 13:22+ 15:53+	19:28- 23:57+	26:16+ 29:38+
05:08-	05:13- 03:01+ 02:31+	03:35- 04:29+	02:19+ 03:22+
00:33-	00:02- 01:05& 00:12+	00:44- 00:47#	00:15# 00:56&
			01:01& 08:45@ 00:04-
24	Anne Brit T. Mæland	93	48:01
06:40+	13:48+ 17:48+ 20:56+	26:41+ 32:04+	34:35+ 38:02+
06:40+	07:08+ 04:00+ 03:08+	05:45+ 05:23+	02:31+ 03:27+
00:59#	01:53& 02:04@ 00:49&	01:26& 01:41&	00:27# 01:01&
			01:22& 00:14+ 00:11#
25	Randi Bugge	46	48:50
05:45+	10:29- 14:15+ 17:08+	22:32+ 35:52+	38:23+ 41:32+
05:45+	04:44- 03:46+ 02:53+	05:24+ 13:20+	02:31+ 03:09+
00:04+	00:31- 01:50& 00:34#	01:05& 09:38@	00:27# 00:43&
			00:31# 01:21- 00:04-
26	Marianne Høie	116	49:11
08:42+	15:19+ 17:16+ 20:16+	25:29+ 34:38+	37:08+ 42:01+
08:42+	06:37+ 01:57+ 03:00+	05:13+ 09:09+	02:30+ 04:53+
03:01&	01:22& 00:01+ 00:41&	00:54# 05:27@	00:26# 02:27@
			00:32# 01:24- 00:10-
27	Marita Navjord Nicolaysen	71	50:19
19:27+	25:28+ 27:13+ 29:42+	34:06+	38:29+
19:27+	06:01+ 01:45- 02:29+	04:24+ 04:23+	02:09+ 03:08+
13:46@	00:46# 00:11- 00:10+	00:05+ 00:41#	00:05+ 00:42&
			00:40& 02:10- 00:09-
28	Ingunn Kristiansen Wiig	105	51:06
09:55+	14:23+ 16:29+ 19:07+	31:47+	37:08+
09:55+	04:28- 02:06+ 02:38+	12:40+ 05:21+	02:40+ 02:53+
04:14&	00:47- 00:10+ 00:19#	08:21@ 01:39&	00:27# 00:23#
			00:07- 00:03-
29	Kirsti Strand Salvesen	256	51:34
06:58+	11:20+ 13:40+ 17:12+	23:13+	35:12+
06:58+	04:22- 02:20+ 03:32+	06:01+ 11:59+	02:34+ 02:54+
01:17#	00:53- 00:24# 01:13&	01:42& 08:17@	00:30# 00:28#
			01:06& 01:03# 00:33&
30	Kathrin Sandstad	115	51:52
05:43+	11:13+ 14:52+ 17:57+	23:08+	36:49+
05:43+	05:30+ 03:39+ 03:05+	05:11+ 13:41+	03:06+ 03:19+
00:02+	00:15+ 01:43& 00:46&	00:52# 09:59@	01:02& 00:53&
			00:39& 00:31- 00:18&
31	Synnøve Gjestad	101	52:32
10:45+	14:50+ 16:45+ 20:57+	24:10+	37:00+
10:45+	04:05- 01:55- 04:12+	03:13- 12:50+	02:56+ 03:06+
05:04&	01:10- 00:01- 01:53&	01:06- 09:08@	00:52& 00:40&
			00:52& 00:39# 00:13-
32	Åse Franciska Møster	128	53:11
10:16+	14:53+ 18:40+ 21:34+	26:51+	40:22+
10:16+	04:37- 03:47+ 02:54+	05:17+ 13:31+	02:19+ 03:16+
04:35&	00:38- 01:51& 00:35&	00:58# 09:49@	00:15# 00:50&
			00:31# 01:27- 00:02-
33	Ingrid Marie Torgersen	253	53:35
06:55+	12:55+ 15:42+ 19:51+	26:24+	34:52+
06:55+	06:00+ 02:47+ 04:09+	06:33+ 08:28+	03:06+ 03:46+
01:14#	00:45# 00:51& 01:50&	02:14& 04:46@	01:02& 01:20&
			01:04& 02:12& 00:23&

Class	Navn	Klasse	Tid							
34	Marianne Gjesdal Lyngås	253	53:38							
06:44+	12:57+	15:44+	19:53+	26:15+	34:46+	37:52+	41:46+	44:57+	52:29+	53:38+
06:44+	06:13+	02:47+	04:09+	06:22+	08:31+	03:06+	03:54+	03:11+	07:32+	01:09+
01:03#	00:58#	00:51&	01:50&	02:03&	04:49@	01:02&	01:28&	00:55&	02:22&	00:23&
35	Irene Mæland Torgersen	253	53:39							
07:00+	13:01+	15:46+	19:49+	26:22+	34:55+	38:04+	42:02+	45:01+	52:36+	53:39+
07:00+	06:01+	02:45+	04:03+	06:33+	08:33+	03:09+	03:58+	02:59+	07:35+	01:03+
01:19#	00:46#	00:49&	01:44&	02:14&	04:51@	01:05&	01:32&	00:43&	02:25&	00:17&
36	Sigrun Serigstad	128	54:14							
12:09+	17:57+	30:02+	32:11+	36:30+	40:32+	42:56+	45:13+	47:50+	53:38+	54:14+
12:09+	05:48+	12:05+	02:09-	04:19=	04:02+	02:24+	02:17-	02:37+	05:48+	00:36-
06:28@	00:33#	10:09@	00:10-	00:00=	00:20+	00:20#	00:09-	00:21#	00:38#	00:10-
37	Brit Svihus	92	54:23							
05:48+	10:20-	12:28-	15:04-	24:01+	29:00+	31:34+	35:34+	40:51+	53:30+	54:23+
05:48+	04:32-	02:08+	02:36+	08:57+	04:59+	02:34+	04:00+	05:17+	12:39+	00:53+
00:07+	00:43-	00:12#	00:17#	04:38@	01:17&	00:30#	01:34&	03:01@	07:29@	00:07#
38	Fredrike Krahner	152	54:42							
07:21+	12:09+	14:01+	16:43+	22:46+	38:52+	40:59+	43:41+	47:56+	53:56+	54:42+
07:21+	04:48-	01:52-	02:42+	06:03+	16:06+	02:07+	02:42+	04:15+	06:00+	00:46=
01:40&	00:27-	00:04-	00:23#	01:44&	12:24@	00:03+	00:16#	01:59&	00:50#	00:00=
39	Anne Grete Friberg	141	55:19							
06:54+	12:50+	18:00+	21:18+	27:08+	39:02+	42:30+	46:24+	49:54+	54:34+	55:19+
06:54+	05:56+	05:10+	03:18+	05:50+	11:54+	03:28+	03:54+	03:30+	04:40-	00:45-
01:13#	00:41#	03:14@	00:59&	01:31&	08:12@	01:24&	01:28&	01:14&	00:30-	00:01-
40	Inger K. H. Rysstad	141	55:22							
06:58+	13:01+	17:22+	21:23+	27:08+	39:17+	42:34+	46:02+	49:52+	54:24+	55:22+
06:58+	06:03+	04:21+	04:01+	05:45+	12:09+	03:17+	03:28+	03:50+	04:32-	00:58+
01:17#	00:48#	02:25@	01:42&	01:26&	08:27@	01:13&	01:02&	01:34&	00:38-	00:12&
41	Beate Bertelsen Borrevik	105	55:35							
06:54+	13:49+	16:34+	20:21+	26:30+	33:46+	38:20+	42:04+	48:06+	54:51+	55:35+
06:54+	06:55+	02:45+	03:47+	06:09+	07:16+	04:34+	03:44+	06:02+	06:45+	00:44-
01:13#	01:40&	00:49&	01:28&	01:50&	03:34&	02:30@	01:18&	03:46@	01:35&	00:02-
42	Anna Berthelsen	117	55:36							
06:52+	13:54+	16:37+	20:19+	26:29+	33:44+	38:25+	42:08+	48:05+	54:33+	55:36+
06:52+	07:02+	02:43+	03:42+	06:10+	07:15+	04:41+	03:43+	05:57+	06:28+	01:03+
01:11#	01:47&	00:47&	01:23&	01:51&	03:33&	02:37@	01:17&	03:41@	01:18&	00:17&
43	Anita Edgren	88	58:39							
10:52+	18:06+	22:21+	25:52+	30:59+	37:13+	40:09+	44:01+	49:34+	57:38+	58:39+
10:52+	07:14+	04:15+	03:31+	05:07+	06:14+	02:56+	03:52+	05:33+	08:04+	01:01+
05:11&	01:59&	02:19@	01:12&	00:48#	02:32&	00:52&	01:26&	03:17@	02:54&	00:15&
44	Elin Rodvelt	88	58:41							
10:49+	18:02+	22:19+	26:02+	30:58+	37:11+	40:04+	43:58+	49:31+	57:32+	58:41+
10:49+	07:13+	04:17+	03:43+	04:56+	06:13+	02:53+	03:54+	05:33+	08:01+	01:09+
05:08&	01:58&	02:21@	01:24&	00:37#	02:31&	00:49&	01:28&	03:17@	02:51&	00:23&
45	Solbjørg Borgersen	233	59:54							
05:57+	09:59-	20:40+	23:26+	28:23+	41:50+	50:23+	52:52+	55:34+	59:05+	59:54+
05:57+	04:02-	10:41+	02:46+	04:57+	13:27+	08:33+	02:29+	02:42+	03:31-	00:49+
00:16+	01:13-	08:45@	00:27#	00:38#	09:45@	06:29@	00:03+	00:26#	01:39-	00:03+
46	Grete Hellevik	168	1:00:00							
24:43+	28:50+	30:52+	33:21+	39:50+	47:31+	50:06+	53:37+	56:06+	59:15+	60:00+
24:43+	04:07-	02:02+	02:29+	06:29+	07:41+	02:35+	03:31+	02:29+	03:09-	00:45-
19:02@	01:08-	00:06+	00:10+	02:10&	03:59@	00:31#	01:05&	00:13+	02:01-	00:01-
47	Judith Serigstad	128	1:00:44							
11:07+	17:22+	20:07+	23:10+	29:34+	37:08+	39:52+	43:59+	49:55+	60:09+	60:44+
11:07+	06:15+	02:45+	03:03+	06:24+	07:34+	02:44+	04:07+	05:56+	10:14+	00:35-
05:26&	01:00#	00:49&	00:44&	02:05&	03:52@	00:40&	01:41&	03:40@	05:04&	00:11-
48	Bente Salte Aune	128	1:00:46							
11:10+	17:19+	20:05+	23:09+	29:31+	37:11+	39:48+	44:03+	49:53+	60:05+	60:46+
11:10+	06:09+	02:46+	03:04+	06:22+	07:40+	02:37+	04:15+	05:50+	10:12+	00:41-
05:29&	00:54#	00:50&	00:45&	02:03&	03:58@	00:33&	01:49&	03:34@	05:02&	00:05-

Class	Navn	Klasse										Tid
49	Aase Sveinsvoll	94										1:05:19
08:38+	14:57+	19:35+	24:05+	34:53+	46:32+	49:57+	53:28+	57:18+	64:18+	65:19+		
08:38+	06:19+	04:38+	04:30+	10:48+	11:39+	03:25+	03:31+	03:50+	07:00+	01:01+		
02:57&	01:04#	02:42@	02:11&	06:29@	07:57@	01:21&	01:05&	01:34&	01:50&	00:15&		
50	Marianne Johnsen	5										1:05:30
10:20+	15:39+	26:40+	29:14+	34:23+	47:51+	56:03+	58:21+	61:27+	64:48+	65:30+		
10:20+	05:19+	11:01+	02:34+	05:09+	13:28+	08:12+	02:18-	03:06+	03:21-	00:42-		
04:39&	00:04+	09:05@	00:15#	00:50#	09:46@	06:08@	00:08-	00:50&	01:49-	00:04-		
51	Solveig Mæland	128										1:06:54
08:53+	15:51+	19:03+	22:45+	33:25+	46:06+	49:32+	53:58+	57:43+	65:55+	66:54+		
08:53+	06:58+	03:12+	03:42+	10:40+	12:41+	03:26+	04:26+	03:45+	08:12+	00:59+		
03:12&	01:43&	01:16&	01:23&	06:21@	08:59@	01:22&	02:00&	01:29&	03:02&	00:13&		
52	Eli Våge	117										1:07:12
10:17+	17:44+	22:16+	25:14+	35:07+	47:44+	56:20+	58:52+	62:04+	66:25+	67:12+		
10:17+	07:27+	04:32+	02:58+	09:53+	12:37+	08:36+	02:32+	03:12+	04:21-	00:47+		
04:36&	02:12&	02:36@	00:39&	05:34@	08:55@	06:32@	00:06+	00:56&	00:49-	00:01+		
53	Ingunn Fandrem	47										1:09:41
22:58+	29:35+	33:40+	37:56+	45:13+	51:36+	54:20+	57:36+	61:37+	68:49+	69:41+		
22:58+	06:37+	04:05+	04:16+	07:17+	06:23+	02:44+	03:16+	04:01+	07:12+	00:52+		
17:17@	01:22&	02:09@	01:57&	02:58&	02:41&	00:40&	00:50&	01:45&	02:02&	00:06#		
54	Solveig Grønning	47										1:09:44
23:14+	29:53+	33:42+	37:56+	45:45+	51:38+	54:36+	57:51+	61:59+	68:52+	69:44+		
23:14+	06:39+	03:49+	04:14+	07:49+	05:53+	02:58+	03:15+	04:08+	06:53+	00:52+		
17:33@	01:24&	01:53&	01:55&	03:30&	02:11&	00:54&	00:49&	01:52&	01:43&	00:06#		
55	Ellen Femsteinevik	91										1:11:52
08:17+	14:30+	21:14+	24:04+	28:39+	45:49+	56:16+	59:53+	63:31+	70:54+	71:52+		
08:17+	06:13+	06:44+	02:50+	04:35+	17:10+	10:27+	03:37+	03:38+	07:23+	00:58+		
02:36&	00:58#	04:48@	00:31#	00:16+	13:28@	08:23@	01:11&	01:22&	02:13&	00:12&		
56	Rebekka Lye	62										1:18:56
13:21+	19:02+	31:44+	36:27+	44:08+	54:34+	57:41+	67:38+	71:03+	78:23+	78:56+		
13:21+	05:41+	12:42+	04:43+	07:41+	10:26+	03:07+	09:57+	03:25+	07:20+	00:33-		
07:40@	00:26+	10:46@	02:24@	03:22&	06:44@	01:03&	07:31@	01:09&	02:10&	00:13-		
57	Sølvi S. Ballestad	105										1:23:39
12:42+	20:24+	25:09+	28:46+	42:09+	50:08+	56:10+	61:33+	65:32+	82:45+	83:39+		
12:42+	07:42+	04:45+	03:37+	13:23+	07:59+	06:02+	05:23+	03:59+	17:13+	00:54+		
07:01@	02:27&	02:49@	01:18&	09:04@	04:17@	03:58@	02:57@	01:43&	12:03@	00:08#		
58	May Kristin Haaland	47										1:24:06
07:16+	13:52+	32:16+	36:14+	49:24+	55:55+	59:02+	63:12+	67:41+	83:17+	84:06+		
07:16+	06:36+	18:24+	03:58+	13:10+	06:31+	03:07+	04:10+	04:29+	15:36+	00:49+		
01:35&	01:21&	16:28@	01:39&	08:51@	02:49&	01:03&	01:44&	02:13&	10:26@	00:03+		
59	Torhild Stokka Stølsvik	92										1:24:45
07:31+	14:06+	32:04+	36:29+	49:31+	56:07+	59:26+	63:33+	68:00+	83:42+	84:45+		
07:31+	06:35+	17:58+	04:25+	13:02+	06:36+	03:19+	04:07+	04:27+	15:42+	01:03+		
01:50&	01:20&	16:02@	02:06&	08:43@	02:54&	01:15&	01:41&	02:11&	10:32@	00:17&		
60	Hazel Grayston	263										1:27:17
24:21+	31:58+	35:13+	39:23+	46:42+	53:44+	57:26+	61:13+	69:50+	85:56+	87:17+		
24:21+	07:37+	03:15+	04:10+	07:19+	07:02+	03:42+	03:47+	08:37+	16:06+	01:21+		
18:40@	02:22&	01:19&	01:51&	03:00&	03:20&	01:38&	01:21&	06:21@	10:56@	00:35&		
61	Linda Haukås	113										1:27:33
10:31+	17:00+	35:56+	39:17+	52:31+	58:53+	62:09+	66:11+	70:42+	86:20+	87:33+		
10:31+	06:29+	18:56+	03:21+	13:14+	06:22+	03:16+	04:02+	04:31+	15:38+	01:13+		
04:50&	01:14#	17:00@	01:02&	08:55@	02:40&	01:12&	01:36&	02:15&	10:28@	00:27&		
Beste strekktid for klassen												
04:02	02:43	01:14	02:00	02:58	03:42	01:38	01:52	01:54	02:35	00:22		

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

Herrer 16 - 39 år

Class	Navn	Klasse	Tid
1	Erling Grammeltvedt	116	29:59
01:30=	02:25= 03:11= 05:25= 06:02= 07:18=	09:12= 13:06= 13:47= 16:52= 18:20=	18:49= 20:44= 23:32=
01:30=	00:55= 00:46= 02:14= 00:37= 01:16=	01:54= 03:06= 00:41= 03:05= 01:28=	00:29= 01:55= 02:48=
00:00=	00:00= 00:00= 00:00= 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	Jørgen Strømstad	50	30:54
02:01+	02:52+ 03:40+ 06:09+ 06:52+ 08:45+	11:04+ 12:45= 13:23= 16:14= 17:41=	18:12= 19:49= 23:42+
02:01+	00:51= 00:48+ 02:29+ 00:43+ 01:53+	02:19+ 01:41= 00:38= 02:51= 01:27=	00:31+ 01:37= 03:53+
00:31&	00:04= 00:02+ 00:15# 00:06# 00:37&	00:25# 02:13= 00:03= 00:14= 00:01=	00:02+ 00:18= 01:05&
3	Vegard Karlsen	50	31:32
01:40+	02:27+ 03:21+ 06:00+ 06:57+ 10:33+	12:47+ 14:34+ 15:14+ 17:56+ 19:29+	20:02+ 21:41+ 25:10+
01:40+	00:47= 00:54+ 02:39+ 00:57+ 03:36+	02:14+ 01:47= 00:40= 02:42= 01:33+	00:33+ 01:39= 03:29+
00:10#	00:08= 00:08# 00:25# 00:20& 02:20@	00:20# 02:07= 00:01= 00:23= 00:05+	00:04# 00:16= 00:41#
4	Morten Fenne	228	33:37
02:09+	03:07+ 03:58+ 06:29+ 07:04+ 09:22+	11:24+ 13:22+ 13:53+ 19:29+ 20:49+	21:17+ 22:45+ 26:24+
02:09+	00:58+ 00:51+ 02:31+ 00:35= 02:18+	02:02+ 01:58= 00:31= 05:36+ 01:20=	00:28= 01:28= 03:39+
00:39&	00:03+ 00:05# 00:17# 00:02= 01:02&	00:08+ 01:56= 00:10= 02:31& 00:08=	00:01= 00:27= 00:51&
5	Bjørnar A. Alvær Sandmark	68	34:46
01:46+	03:26+ 04:44+ 07:46+ 08:53+ 10:14+	12:15+ 14:40+ 15:24+ 18:31+ 20:11+	20:55+ 22:45+ 26:08+
01:46+	01:40+ 01:18+ 03:02+ 01:07+ 01:21+	02:01+ 02:25= 00:44+ 03:07+ 01:40+	00:44+ 01:50= 03:23+
00:16#	00:45& 00:32& 00:48& 00:30& 00:05+	00:07+ 01:29= 00:03+ 00:02+ 00:12#	00:15& 00:05= 00:35#
6	Arne Eirk Nielsen	285	35:23
02:22+	04:07+ 05:05+ 07:54+ 08:29+ 09:59+	13:01+ 16:03+ 16:48+ 20:16+ 22:07+	22:47+ 24:28+ 28:02+
02:22+	01:45+ 00:58+ 02:49+ 00:35= 01:30+	03:02+ 03:02= 00:45+ 03:28+ 01:51+	00:40+ 01:41= 03:34+
00:52&	00:50& 00:12& 00:35& 00:02= 00:14#	01:08& 00:52= 00:04+ 00:23& 00:23&	00:11& 00:14= 00:46&
7	Torbjørn Ims Østby	53	35:55
01:32+	02:26+ 03:29+ 07:06+ 07:44+ 09:52+	12:18+ 14:34+ 15:48+ 19:00+ 20:37+	21:15+ 23:20+ 26:49+
01:32+	00:54= 01:03+ 03:37+ 00:38+ 02:08+	02:26+ 02:16= 01:14+ 03:12+ 01:37+	00:38+ 02:05+ 03:29+
00:02+	00:01= 00:17& 01:23& 00:01+ 00:52&	00:32& 01:38= 00:33& 00:07+ 00:09#	00:09& 00:10+ 00:41#
8	Rune Hatle	65	37:36
01:59+	02:58+ 04:11+ 06:55+ 07:43+ 09:50+	12:15+ 15:29+ 16:16+ 20:32+ 22:53+	23:30+ 25:41+ 29:30+
01:59+	00:59+ 01:13+ 02:44+ 00:48+ 02:07+	02:25+ 03:14= 00:47+ 04:16+ 02:21+	00:37+ 02:11+ 03:49+
00:29&	00:04+ 00:27& 00:30# 00:11& 00:51&	00:31& 00:40= 00:06# 01:11& 00:53&	00:08& 00:16# 01:01&
9	Andreas Terjesen	213	37:56
02:19+	03:30+ 06:12+ 09:21+ 10:26+ 12:47+	14:54+ 17:07+ 18:03+ 22:29+ 24:16+	24:55+ 26:47+ 30:24+
02:19+	01:11+ 02:42+ 03:09+ 01:05+ 02:21+	02:07+ 02:13= 00:56+ 04:26+ 01:47+	00:39+ 01:52= 03:37+
00:49&	00:16& 01:56@ 00:55& 00:28& 01:05&	00:13# 01:41= 00:15& 01:21& 00:19#	00:10& 00:03= 00:49&
11	Magnus Lysen	167	38:35
02:58+	04:30+ 05:40+ 09:20+ 10:12+ 14:31+	16:59+ 19:13+ 20:05+ 23:21+ 25:00+	25:33+ 27:39+ 31:31+
02:58+	01:32+ 01:10+ 03:40+ 00:52+ 04:19+	02:28+ 02:14= 00:52+ 03:16+ 01:39+	00:33+ 02:06+ 03:52+
01:28&	00:37& 00:24& 01:26& 00:15& 03:03@	00:34& 01:40= 00:11& 00:11+ 00:11#	00:04# 00:11+ 01:04&
12	Rune Dahl Fitjar	90	39:51
01:49+	03:05+ 04:08+ 07:16+ 07:54+ 10:37+	13:33+ 16:09+ 17:10+ 20:48+ 22:56+	23:36+ 26:22+ 31:27+
01:49+	01:16+ 01:03+ 03:08+ 00:38+ 02:43+	02:56+ 02:36= 01:01+ 03:38+ 02:08+	00:40+ 02:46+ 05:05+
00:19#	00:21& 00:17& 00:54& 00:01+ 01:27@	01:02& 01:18= 00:20& 00:33# 00:40&	00:11& 00:51& 02:17&
13	Emmanuel Mondesert	116	41:15
01:53+	02:54+ 04:44+ 08:02+ 08:56+ 11:18+	13:08+ 15:25+ 16:28+ 21:19+ 23:22+	24:28+ 26:02+ 30:04+
01:53+	01:01+ 01:50+ 03:18+ 00:54+ 02:22+	01:50= 02:17= 01:03+ 04:51+ 02:03+	01:06+ 01:34= 04:02+
00:23&	00:06# 01:04@ 01:04& 00:17& 01:06&	00:04= 01:37= 00:22& 01:46& 00:35&	00:37@ 00:21= 01:14&
14	Trond Evensen	116	41:16
02:26+	03:34+ 05:42+ 09:20+ 10:19+ 12:45+	14:58+ 16:51+ 17:45+ 26:38+ 28:22+	29:08+ 30:49+ 34:03+
02:26+	01:08+ 02:08+ 03:38+ 00:59+ 02:26+	02:13+ 01:53= 00:54+ 08:53+ 01:44+	00:46+ 01:41= 03:14+
00:56&	00:13# 01:22@ 01:24& 00:22& 01:10&	00:19# 02:01= 00:13& 05:48@ 00:16#	00:17& 00:14= 00:26#
15	Svein Kyllingstad	71	42:01
02:52+	03:54+ 04:59+ 08:55+ 09:47+ 12:38+	15:10+ 20:18+ 20:59+ 24:31+ 27:25+	28:12+ 30:06+ 33:55+
02:52+	01:02+ 01:05+ 03:56+ 00:52+ 02:51+	02:32+ 05:08+ 00:41= 03:32+ 02:54+	00:47+ 01:54= 03:49+
01:22&	00:07# 00:19& 01:42& 00:15& 01:35@	00:38& 01:14& 00:00= 00:27# 01:26&	00:18& 00:01= 01:01&
16	Richard Galle	66	43:10
02:52+	04:13+ 07:07+ 10:07+ 11:20+ 15:14+	17:28+ 20:18+ 21:32+ 25:43+ 27:43+	29:12+ 31:08+ 35:17+
02:52+	01:21+ 02:54+ 03:00+ 01:13+ 03:54+	02:14+ 02:50= 01:14+ 04:11+ 02:00+	01:29+ 01:56+ 04:09+
01:22&	00:26& 02:08@ 00:46& 00:36& 02:38@	00:20# 01:04= 00:33& 01:06& 00:32&	01:00@ 00:01+ 01:21&

Class	Navn	Klasse										Tid								
17	Cato Eike	79										45:20								
02:05+	03:10+	04:34+	08:31+	08:59+	10:58+	12:57+	16:47+	17:30+	21:23+	22:52+	23:33+	32:02+	35:29+	36:53+	37:56+	39:31+	42:59+	44:29+	44:59+	45:20+
02:05+	01:05+	01:24+	03:57+	00:28-	01:59+	01:59+	03:50-	00:43+	03:53+	01:29+	00:41+	08:29+	03:27+	01:24+	01:03+	01:35+	03:28+	01:30+	00:30=	00:21-
00:35&	00:10#	00:38&	01:43&	00:09-	00:43&	00:05+	00:04-	00:02+	00:48&	00:01+	00:12&	06:34@	00:39#	00:16#	00:12#	00:30&	02:15@	00:15#	00:00=	00:04-
18	Andreas Florian Ente	66										45:52								
03:42+	04:33+	05:37+	08:51+	12:31+	14:31+	16:52+	21:57+	22:36+	26:52+	29:13+	29:54+	32:26+	36:25+	37:38+	39:06+	41:51+	43:19+	44:46+	45:21+	45:52+
03:42+	00:51-	01:04+	03:14+	03:40+	02:00+	02:21+	05:05+	00:39-	04:16+	02:21+	00:41+	02:32+	03:59+	01:13+	01:28+	02:45+	01:28+	01:27+	00:35+	00:31+
02:12@	00:04-	00:18&	01:00&	03:03@	00:44&	00:27#	01:11&	00:02-	01:11&	00:53&	00:12&	00:37&	01:11&	00:05+	00:37&	01:40@	00:15#	00:12#	00:05#	00:06#
19	Olav Johannessen	105										46:14								
02:36+	03:45+	04:54+	09:15+	10:16+	13:38+	16:32+	21:10+	22:01+	27:00+	28:49+	29:29+	31:43+	37:19+	38:55+	40:01+	41:59+	43:42+	45:00+	45:45+	46:14+
02:36+	01:09+	01:09+	04:21+	01:01+	03:22+	02:54+	04:38+	00:51+	04:59+	01:49+	00:40+	02:14+	05:36+	01:36+	01:06+	01:58+	01:43+	01:18+	00:45+	00:29+
01:06&	00:14&	00:23&	02:07&	00:24&	02:06@	01:00&	00:44#	00:10#	01:54&	00:21#	00:11&	00:19#	02:48&	00:28&	00:15&	00:53&	00:30&	00:03+	00:15&	00:04#
20	Jonas Nesland Vevatne	116										46:30								
01:52+	03:07+	04:12+	08:47+	09:47+	11:50+	14:25+	17:33+	18:33+	23:48+	26:10+	26:57+	29:52+	34:08+	35:56+	39:59+	41:36+	43:33+	45:14+	45:55+	46:30+
01:52+	01:15+	01:05+	04:35+	01:00+	02:03+	02:35+	03:08-	01:00+	05:15+	02:22+	00:47+	02:55+	04:16+	01:48+	04:03+	01:37+	01:57+	01:41+	00:41+	00:35+
00:22#	00:20&	00:19&	02:21@	00:23&	00:47&	00:41&	00:46-	00:19&	02:10&	00:54&	00:18&	01:00&	01:28&	00:40&	03:12@	00:32&	00:44&	00:26&	00:11&	00:10&
21	Sam McCloy	271										46:53								
01:46+	02:44+	03:37+	06:04+	07:22+	08:44+	10:52+	13:13+	13:54+	19:10+	34:16+	35:34+	37:08+	40:03+	40:58+	41:49+	42:57+	44:32+	45:49+	46:27+	46:53+
01:46+	00:58+	00:53+	02:27+	01:18+	01:22+	02:08+	02:21-	00:41=	05:16+	15:06+	01:18+	01:34-	02:55+	00:55-	00:51=	01:08+	01:35+	01:17+	00:38+	00:26+
00:16#	00:03+	00:07#	00:13+	00:41@	00:06+	00:14#	01:33-	00:00=	02:11&	13:38@	00:49@	00:21-	00:07+	00:13-	00:00=	00:03+	00:22&	00:02+	00:08&	00:01+
22	Aksel Voldsund	114										47:09								
02:05+	03:16+	04:33+	07:46+	08:54+	12:29+	14:49+	18:50+	19:28+	23:37+	26:36+	27:20+	30:37+	35:18+	39:06+	40:02+	41:58+	44:25+	45:57+	46:40+	47:09+
02:05+	01:11+	01:17+	03:13+	01:08+	03:35+	02:20+	04:01+	00:38-	04:09+	02:59+	00:44+	03:17+	04:41+	03:48+	00:56+	01:56+	02:27+	01:32+	00:43+	00:29+
00:35&	00:16&	00:31&	00:31&	00:59&	00:31&	00:26#	00:07+	00:03-	01:04&	01:31@	00:15&	01:22&	01:53&	02:40@	00:05+	00:51&	01:14@	00:17#	00:13&	00:04#
23	Alexander Khorunzhiy	136										47:54								
02:13+	03:45+	05:58+	10:40+	12:13+	14:41+	18:06+	21:27+	22:49+	28:46+	30:55+	31:51+	33:47+	38:37+	40:16+	41:34+	43:14+	45:04+	46:41+	47:25+	47:54+
02:13+	01:32+	02:13+	04:42+	01:33+	02:28+	03:25+	03:21-	01:22+	05:57+	02:09+	00:56+	01:56+	04:50+	01:39+	01:18+	01:40+	01:50+	01:37+	00:44+	00:29+
00:43&	00:37&	01:27@	02:28@	00:56@	01:12&	01:31&	00:33-	00:41&	02:52&	00:41&	00:27&	00:01+	02:02&	00:31&	00:27&	00:35&	00:37&	00:22&	00:14&	00:04#
24	Pål Dannevig	74										49:17								
02:35+	03:42+	05:11+	10:11+	11:25+	14:57+	17:34+	21:21+	22:13+	25:39+	31:04+	32:23+	34:53+	39:00+	40:20+	41:49+	43:34+	45:09+	46:48+	48:55+	49:17+
02:35+	01:07+	01:29+	05:00+	01:14+	03:32+	02:37+	03:47-	00:52+	03:26+	05:25+	01:19+	02:30+	04:07+	01:20+	01:29+	01:45+	01:35+	01:39+	02:07+	00:22-
01:05&	00:12#	00:43&	02:46@	00:37&	02:16@	00:43&	00:07-	00:11&	00:21#	03:57@	00:50@	00:35&	01:19&	00:12#	00:38&	00:40&	00:22&	00:24&	01:37@	00:03-
25	David Wade	116										53:02								
02:10+	03:40+	04:47+	09:00+	10:41+	13:17+	15:33+	18:23+	19:10+	33:08+	37:52+	38:45+	40:45+	44:37+	45:45+	47:35+	49:12+	50:45+	51:58+	52:38+	53:02+
02:10+	01:30+	01:07+	04:13+	01:41+	02:36+	02:16+	02:50-	00:47+	13:58+	04:44+	00:53+	02:00+	03:52+	01:08=	01:50+	01:37+	01:33+	01:13-	00:40+	00:24-
00:40&	00:35&	00:21&	01:59&	01:04@	01:20@	00:22#	01:04-	00:06#	10:53@	03:16@	00:24&	00:05+	01:04&	00:00=	00:59@	00:32&	00:20&	00:02-	00:10&	00:01-
26	Martin Alexander Hanssen	98										56:13								
02:37+	04:14+	05:54+	10:42+	11:50+	14:06+	17:41+	20:40+	21:47+	28:24+	33:57+	34:43+	37:04+	42:04+	43:21+	49:07+	50:49+	52:24+	54:37+	55:26+	56:13+
02:37+	01:37+	01:40+	04:48+	01:08+	02:16+	03:35+	02:59-	01:07+	06:37+	05:33+	00:46+	02:21+	05:00+	01:17+	05:46+	01:42+	01:35+	02:13+	00:49+	00:47+
01:07&	00:42&	00:54@	02:34@	00:31&	01:00&	01:41&	00:55-	00:26&	03:32@	04:05@	00:17&	00:26#	02:12&	00:09#	04:55@	00:37&	00:22&	00:58&	00:19&	00:22&
Beste strekketid for klassen																				
01:30	00:47	00:46	02:14	00:28	01:16	01:50	01:41	00:31	02:42	01:20	00:28	01:28	02:48	00:55	00:48	01:05	01:06	01:12	00:27	00:21

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

Herrer 40 - 49 år

1	Lars Primstad	62										35:16									
02:13=	03:56=	06:35=	09:13=	11:44=	13:52=	15:44=	17:55=	19:28=	22:04=	22:57=	26:51=	31:04=	31:59=	34:07=	34:53=	35:16=					
02:13=	01:43=	02:39=	02:38=	02:31=	02:08=	01:52=	02:11=	01:33=	02:36=	00:53=	03:54=	04:13=	00:55=	02:08=	00:46=	00:23=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Hans Einar Thorset	109										36:24									
02:08-	04:13+	07:06+	09:09-	11:53+	14:22+	15:38-	18:09+	19:17-	21:09-	22:16-	28:24+	30:19-	31:33-	35:04+	35:50+	36:24+					
02:08-	02:05+	02:53+	02:03-	02:44+	02:29+	01:16-	02:31+	01:08-	01:52-	01:07+	06:08+	01:55-	01:14+	03:31+	00:46=	00:34+					
00:05-	00:22#	00:14+	00:35-	00:13+	00:21#	00:36-	00:20#	00:25-	00:44-	00:14&	02:14&	02:18-	00:19&	01:23&	00:00=	00:11&					
3	Kevin Thomas Foust	192										37:10									
01:48-	03:21-	06:19+	09:28+	11:36-	16:30+	18:03+	23:16+	24:12+	26:01+	26:44+	30:55+	32:52+	33:53+	36:14+	36:46+	37:10+					
01:48-	01:33-	02:58+	03:09+	02:08-	04:54+	01:33-	05:13+	00:56-	01:49-	00:43-	04:11+	01:57-	01:01+	02:21+	00:32-	00:24+					
00:25-	00:10-	00:19#	00:31#	00:23-	02:46@	00:19-	03:02@	00:37-	00:47-	00:10-	00:17+	02:16-	00:06#	00:13#	00:14-	00:01+					

Class	Navn	Klasse	Tid
4	Øystein Nilsen	42	38:18
01:45- 01:45- 00:28-	04:20+ 02:35+ 00:52&	08:02+ 03:42+ 01:03&	11:06+ 03:04+ 00:26#
13:51+ 02:45+ 00:14+	17:24+ 03:33+ 01:25&	18:45+ 01:21- 00:31-	20:56+ 02:11= 00:00=
22:24+ 01:28- 00:05-	24:04+ 01:40- 00:56-	25:01+ 00:57+ 00:04+	32:02+ 07:01+ 03:07&
33:52+ 01:50- 02:23-	35:10+ 01:18+ 00:23&	37:14+ 02:04- 00:04-	37:47+ 00:33- 00:13-
38:18+ 00:31+ 00:08&			
5	Ådne Hausberg	7	39:00
02:51+ 02:51+ 00:38&	05:07+ 02:16+ 00:33&	08:16+ 03:09+ 00:30#	11:15+ 02:59+ 00:21#
13:45+ 02:30- 00:01-	16:19+ 02:34+ 00:26#	18:26+ 02:07+ 00:15#	20:49+ 02:23+ 00:12+
22:00+ 01:11- 00:22-	24:45+ 02:45+ 00:09+	25:27+ 00:42- 00:11-	30:56+ 05:29+ 01:35&
32:58+ 02:02- 02:11-	35:04+ 02:06+ 01:11@	37:52+ 02:48+ 00:40&	38:30+ 00:38- 00:08-
39:00+ 00:30+ 00:07&			
6	Arngrim Utskarpen	117	39:04
02:11- 02:11- 00:02-	04:47+ 02:36+ 00:53&	08:28+ 03:41+ 01:02&	13:01+ 04:33+ 01:55&
15:36+ 02:35+ 00:04+	18:18+ 02:42+ 00:34&	19:57+ 01:39- 00:13-	22:05+ 02:08- 00:03-
23:17+ 01:12- 00:21-	26:58+ 03:41+ 01:05&	27:33+ 00:35- 00:18-	32:52+ 05:19+ 01:25&
34:44+ 01:52- 02:21-	35:43+ 00:59+ 00:04+	38:07+ 02:24+ 00:16#	38:40+ 00:33- 00:13-
39:04+ 00:30+ 00:01+			
7	Thomas Schanke Eikum	62	39:15
01:49- 01:49- 00:24-	03:39- 01:50+ 00:07+	07:07+ 03:28+ 00:49&	11:11+ 04:04+ 01:26&
13:37+ 02:26- 00:05-	16:29+ 02:52+ 00:44&	17:48+ 01:19- 00:33-	22:47+ 04:59+ 02:48@
24:00+ 01:13- 00:20-	27:05+ 03:05+ 00:29#	27:43+ 00:38- 00:15-	32:41+ 04:58+ 01:04&
34:31+ 01:50- 02:23-	35:30+ 00:59+ 00:04+	38:21+ 02:51+ 00:43&	38:51+ 00:30- 00:16-
39:15+ 00:24+ 00:01+			
8	Frode Engen	116	40:38
01:59- 01:59- 00:14-	03:59+ 02:00+ 00:17#	07:48+ 03:49+ 01:10&	09:45+ 01:57- 00:41-
12:06+ 04:56+ 00:10-	17:02+ 04:56+ 02:48@	18:33+ 01:31- 00:21-	21:01+ 02:28+ 00:17#
22:10+ 01:09- 00:24-	25:47+ 03:37+ 01:01&	26:48+ 01:01+ 00:08#	33:17+ 06:29+ 02:35&
35:43+ 02:26- 01:47-	36:50+ 01:07+ 00:12#	39:17+ 02:27+ 00:19#	40:11+ 00:54+ 00:08#
40:38+ 00:27+ 00:04#			
9	Arne Hetlelid	98	42:13
02:04- 02:04- 00:09-	04:10+ 02:06+ 00:23#	08:10+ 04:00+ 01:21&	11:38+ 03:28+ 00:50&
16:24+ 04:46+ 00:15#	18:47+ 02:23+ 00:15#	20:12+ 01:25- 00:27-	23:04+ 02:52+ 00:41&
24:49+ 01:45+ 00:55-	26:30+ 01:41- 00:56+	27:26+ 00:56+ 00:03+	33:01+ 05:35+ 01:41&
35:09+ 02:08- 02:05-	36:39+ 01:30+ 00:35&	40:49+ 04:10+ 02:02&	41:43+ 00:54+ 00:08#
42:13+ 00:30+ 00:07&			
10	Håvard Svihus	267	42:35
02:23+ 02:23+ 00:10+	06:29+ 04:06+ 02:23@	11:12+ 04:43+ 02:04&	15:26+ 04:14+ 01:36&
17:51+ 02:25- 00:06-	19:45+ 02:25- 00:14-	21:13+ 01:28- 00:24-	23:25+ 02:12+ 00:01+
24:55+ 01:30- 00:03-	26:48+ 01:53- 00:43-	28:56+ 02:08+ 01:15@	34:36+ 05:40+ 01:46&
36:37+ 02:01- 02:12-	37:32+ 00:55=	41:28+ 03:56+ 01:48&	42:12+ 00:44- 00:02-
42:35+ 00:23=			
11	Raymond B. Pettersen	105	44:25
02:05- 02:05- 00:08-	04:27+ 02:22+ 00:39&	07:31+ 03:04+ 00:25#	10:08+ 02:37- 00:01-
13:09+ 04:17+ 00:30#	17:26+ 03:01+ 02:09@	21:19+ 03:53+ 02:01@	24:42+ 03:23+ 01:12&
26:42+ 02:00+ 00:27&	28:47+ 02:05- 00:31-	29:51+ 01:04+ 00:11#	36:43+ 06:52+ 02:58&
38:45+ 02:02- 02:11-	39:52+ 01:07+ 00:12#	43:15+ 03:23+ 01:15&	43:55+ 00:40- 00:06-
44:25+ 00:30+ 00:07&			
12	Øystein Fuglestad	46	45:39
01:49- 01:49- 00:24-	04:27+ 02:38+ 00:55&	07:45+ 03:18+ 00:39#	12:53+ 05:08+ 02:30&
15:44+ 02:51+ 00:20#	20:34+ 04:50+ 02:42@	21:58+ 01:24- 00:28-	24:45+ 02:47+ 00:36&
26:05+ 01:20- 00:13-	28:54+ 02:49+ 00:13+	30:04+ 01:10+ 00:17&	36:21+ 06:17+ 02:23&
39:10+ 02:49- 01:24-	40:45+ 01:35+ 00:40&	44:27+ 03:42+ 01:34&	45:07+ 00:40- 00:06-
45:39+ 00:32+ 00:09&			
13	Per Ivar Hovstad	116	46:03
02:25+ 02:25+ 00:12+	05:41+ 03:16+ 01:33&	12:08+ 06:27+ 03:48@	14:39+ 02:31- 00:07-
17:03+ 03:54+ 00:07-	20:57+ 03:54+ 01:46&	22:36+ 01:39- 00:13-	25:17+ 02:41+ 00:30#
26:34+ 01:17- 00:16-	28:56+ 02:22- 00:14-	30:06+ 01:10+ 00:17&	36:06+ 06:00+ 02:06&
39:13+ 03:07- 01:06-	40:40+ 01:27+ 00:32&	44:58+ 04:18+ 02:10@	45:38+ 00:40- 00:06-
46:03+ 00:25+ 00:02+			
14	Stein Arve Finnestad	287	47:07
02:04- 02:04- 00:09-	04:38+ 02:34+ 00:51&	09:15+ 04:37+ 01:58&	12:36+ 03:21+ 00:43&
15:18+ 05:14+ 03:06@	20:32+ 05:14+ 01:38&	24:02+ 03:30+ 01:23&	27:36+ 03:34+ 01:23&
28:58+ 01:22- 00:11-	30:51+ 01:53- 00:43-	32:20+ 01:29+ 00:36&	37:59+ 05:39+ 01:45&
40:56+ 02:57- 01:16-	41:55+ 00:59+ 00:04+	45:53+ 03:58+ 01:50&	46:33+ 00:40- 00:06-
47:07+ 00:34+ 00:11&			
15	Steinar Hansen	27	47:12
02:49+ 02:49+ 00:36&	06:22+ 03:33+ 01:50@	11:26+ 05:04+ 02:25&	14:37+ 03:11+ 00:33#
17:28+ 03:14+ 01:06&	20:42+ 03:14+ 01:06&	22:44+ 02:02+ 00:10+	26:24+ 03:40+ 01:29&
27:41+ 01:17- 00:16-	30:12+ 02:31- 00:05-	30:56+ 00:44- 00:09-	38:33+ 07:37+ 03:43&
40:55+ 02:22- 01:51-	41:55+ 01:00+ 00:05+	45:57+ 04:02+ 01:54&	46:44+ 00:47+ 00:01+
47:12+ 00:28+ 00:05#			
16	Jan Kristensen	7	49:30
02:29+ 02:29+ 00:16#	05:12+ 02:43+ 01:00&	10:45+ 05:33+ 02:54@	18:05+ 07:20+ 04:42@
21:24+ 03:19+ 00:48&	24:10+ 03:19+ 00:38&	25:39+ 01:29- 00:23-	28:07+ 02:28+ 00:17#
29:20+ 01:13- 00:20-	32:04+ 02:44+ 00:08+	32:52+ 00:48- 00:05-	39:34+ 06:42+ 02:48&
41:50+ 02:16- 01:57-	45:26+ 03:36+ 02:41@	48:19+ 02:53+ 00:45&	49:00+ 00:41- 00:05-
49:30+ 00:30+ 00:07&			
17	Peter Chapman	117	50:10
06:21+ 06:21+ 04:08@	08:53+ 02:32+ 00:49&	12:55+ 04:02+ 01:23&	15:42+ 02:47+ 00:09+
17:48+ 02:06- 00:25-	22:35+ 04:47+ 02:39@	23:26+ 00:51- 01:01-	31:57+ 08:31+ 06:20@
33:09+ 01:12- 00:21-	36:49+ 03:40+ 01:04&	37:20+ 00:31- 00:22-	42:33+ 05:13+ 01:19&
44:27+ 01:54- 02:19-	45:30+ 01:03+ 00:08#	48:57+ 03:27+ 01:19&	49:43+ 00:46=
50:10+ 00:27+ 00:04#			
18	Rune Paulsen	98	50:33
01:42- 01:42- 00:31-	07:48+ 06:06+ 04:23@	11:47+ 03:59+ 01:20&	15:47+ 04:00+ 01:22&
18:26+ 03:13+ 01:05&	21:39+ 03:13+ 01:05&	23:05+ 01:26- 00:26-	25:30+ 02:25+ 00:14#
27:44+ 02:02- 00:41&	29:46+ 02:02- 00:34-	31:03+ 01:17+ 00:24&	37:01+ 05:58+ 02:04&
41:16+ 04:15+ 00:02+	43:21+ 02:05+ 01:10@	49:27+ 06:06+ 03:58@	50:06+ 00:39- 00:07-
50:33+ 00:27+ 00:04#			

Class	Navn	Klasse	Tid
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19	Alf Håkon Haugland	116	51:04													
01:42-	04:04+	06:54+	10:26+	12:44+	20:23+	22:14+	31:53+	33:01+	34:45+	35:41+	40:48+	45:32+	46:48+	49:58+	50:36+	51:04+
01:42-	02:22+	02:50+	03:32+	02:18-	07:39+	01:51-	09:39+	01:08-	01:44-	00:56+	05:07+	04:44+	01:16+	03:10+	00:38-	00:28+
00:31-	00:39&	00:11+	00:54&	00:13-	05:31@	00:01-	07:28@	00:25-	00:52-	00:03+	01:13&	00:31#	00:21&	01:02&	00:08-	00:05#
20	Edward Williams	42	54:20													
02:22+	07:10+	13:01+	18:14+	22:26+	26:17+	27:52+	30:45+	32:14+	35:34+	36:29+	44:35+	47:37+	49:23+	52:52+	53:36+	54:20+
02:22+	04:48+	05:51+	05:13+	04:12+	03:51+	01:35-	02:53+	01:29-	03:20+	00:55+	08:06+	03:02-	01:46+	03:29+	00:44-	00:44+
00:09+	03:05@	03:12@	02:35&	01:41&	01:43&	00:17-	00:42&	00:04-	00:44&	00:02+	04:12@	01:11-	00:51&	01:21&	00:02-	00:21&
21	Charles-Francois Farbos	42	57:40													
03:14+	09:27+	14:18+	20:55+	24:09+	27:29+	29:28+	33:54+	36:03+	39:27+	40:54+	50:21+	52:42+	53:48+	56:26+	57:10+	57:40+
03:14+	06:13+	04:51+	06:37+	03:14+	03:20+	01:59+	04:26+	02:09+	03:24+	01:27+	09:27+	02:21-	01:06+	02:38+	00:44-	00:30+
01:01&	04:30@	02:12&	03:59@	00:43&	01:12&	00:07+	02:15@	00:36&	00:48&	00:34&	05:33@	01:52-	00:11#	00:30#	00:02-	00:07&
22	Eivind Moi	116	1:01:50													
11:12+	13:50+	19:20+	22:33+	26:22+	29:54+	31:46+	35:24+	37:10+	39:31+	40:21+	47:26+	55:00+	56:25+	60:10+	61:18+	61:50+
11:12+	02:38+	05:30+	03:13+	03:49+	03:32+	01:52=	03:38+	01:46+	02:21-	00:50-	07:05+	07:34+	01:25+	03:45+	01:08+	00:32+
08:59@	00:55&	02:51@	00:35#	01:18&	01:24&	00:00=	01:27&	00:13#	00:15-	00:03-	03:11&	03:21&	00:30&	01:37&	00:22&	00:09&

Beste strekketid for klassen

01:42	01:33	02:39	01:57	02:06	01:54	00:51	02:08	00:56	01:40	00:31	03:54	01:50	00:55	02:04	00:30	00:23
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Herrer 50 - 54 år

1	Tore Svendsen	27	27:50													
02:06=	04:04=	05:46=	07:34=	10:45=	12:11=	14:36=	15:53=	16:56=	17:33=	22:16=	23:49=	24:24=	25:34=	26:49=	27:22=	27:50=
02:06=	01:58=	01:42=	01:48=	03:11=	01:26=	02:25=	01:17=	01:03=	00:37=	04:43=	01:33=	00:35=	01:10=	01:15=	00:33=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jan Sigurd Eike	79	30:28													
02:18+	04:44+	07:50+	09:10+	11:22+	12:56+	15:24+	16:53+	18:00+	18:39+	23:47+	26:17+	27:01+	28:17+	29:35+	30:04+	30:28+
02:18+	02:26+	03:06+	01:20-	02:12-	01:34+	02:28+	01:29+	01:07+	00:39+	05:08+	02:30+	00:44+	01:16+	01:18+	00:29-	00:24-
00:12+	00:28#	01:24&	00:28-	00:59-	00:08+	00:03+	00:12#	00:04+	00:02+	00:25+	00:57&	00:09&	00:06+	00:03+	00:04-	00:04-
3	Anders Glenne	7	35:02													
02:51+	05:23+	07:10+	10:07+	12:41+	14:15+	17:40+	19:11+	20:21+	21:47+	27:55+	29:55+	31:28+	32:36+	34:03+	34:37+	35:02+
02:51+	02:32+	01:47+	02:57+	02:34-	01:34+	03:25+	01:31+	01:10+	01:26+	06:08+	02:00+	01:33+	01:08-	01:27+	00:34+	00:25-
00:45&	00:34&	00:05+	01:09&	00:37-	00:08+	01:00&	00:14#	00:07#	00:49@	01:25&	00:27&	00:58@	00:02-	00:12#	00:01+	00:03-
4	Geir Haugvaldstad	116	35:15													
03:00+	05:58+	08:02+	10:08+	13:05+	14:43+	18:11+	19:43+	21:03+	21:51+	27:44+	29:29+	30:27+	31:38+	33:02+	34:55+	35:15+
03:00+	02:58+	02:04+	02:06+	02:57-	01:38+	03:28+	01:32+	01:20+	00:48+	05:53+	01:45+	00:58+	01:11+	01:24+	01:53+	00:20-
00:54&	01:00&	00:22#	00:18#	00:14-	00:12#	01:03&	00:15#	00:17&	00:11&	01:10#	00:12#	00:23&	00:01+	00:09#	01:20@	00:08-
5	Håvard Håland	66	35:51													
03:16+	06:24+	08:30+	10:27+	14:07+	16:34+	19:23+	20:52+	22:17+	23:01+	27:27+	30:34+	31:48+	32:54+	34:32+	35:27+	35:51+
03:16+	03:08+	02:06+	01:57+	03:40+	02:27+	02:49+	01:29+	01:25+	00:44+	04:26-	03:07+	01:14+	01:06-	01:38+	00:55+	00:24-
01:10&	01:10&	00:24#	00:09+	00:29#	01:01&	00:24#	00:12#	00:22&	00:07#	00:17-	01:34@	00:39@	00:04-	00:23&	00:22&	00:04-
6	Magnar Møller	62	37:29													
03:07+	05:36+	08:41+	10:38+	13:39+	15:57+	18:48+	20:24+	22:50+	23:29+	29:42+	31:35+	33:12+	34:38+	36:22+	36:56+	37:29+
03:07+	02:29+	03:05+	01:57+	03:01-	02:18+	02:51+	01:36+	02:26+	00:39+	06:13+	01:53+	01:37+	01:26+	01:44+	00:34+	00:33+
01:01&	00:31&	01:23&	00:09+	00:10-	00:52&	00:26#	00:19#	01:23@	00:02+	01:30&	00:20#	01:02@	00:16#	00:29&	00:01+	00:05#
7	Hans Bø	66	37:53													
03:00+	06:09+	08:02+	10:04+	12:40+	14:24+	18:42+	20:58+	22:49+	23:35+	28:46+	32:23+	33:17+	34:48+	36:39+	37:21+	37:53+
03:00+	03:09+	01:53+	02:02+	02:36-	01:44+	04:18+	02:16+	01:51+	00:46+	05:11+	03:37+	00:54+	01:31+	01:51+	00:42+	00:32+
00:54&	01:11&	00:11#	00:14#	00:35-	00:18#	01:53&	00:59&	00:48&	00:09#	00:28+	02:04@	00:19&	00:21&	00:36&	00:09&	00:04#
8	Kjell Seland	236	40:01													
02:37+	05:09+	07:00+	09:19+	12:06+	13:37+	19:31+	20:51+	27:01+	27:29+	32:43+	34:27+	35:27+	36:48+	38:46+	39:31+	40:01+
02:37+	02:32+	01:51+	02:19+	02:47-	01:31+	05:54+	01:20+	06:10+	00:28-	05:14+	01:44+	01:00+	01:21+	01:58+	00:45+	00:30+
00:31#	00:34&	00:09+	00:31&	00:24-	00:05+	03:29@	00:03+	05:07@	00:09-	00:31#	00:11#	00:25&	00:11#	00:43&	00:12&	00:02+
9	Roger Nyseth	92	40:36													
03:38+	07:08+	08:58+	12:35+	15:53+	17:40+	21:13+	23:21+	24:59+	25:43+	32:28+	34:26+	35:29+	37:06+	39:16+	39:58+	40:36+
03:38+	03:30+	01:50+	03:37+	03:18+	01:47+	03:33+	02:08+	01:38+	00:44+	06:45+	01:58+	01:03+	01:37+	02:10+	00:42+	00:38+
01:32&	01:32&	00:08+	01:49@	00:07+	00:21#	01:08&	00:51&	00:35&	00:07#	02:02&	00:25&	00:28&	00:27&	00:55&	00:09&	00:10&

Class	Navn	Klasse										Tid					
10	Frank Hansen	29										41:54					
02:55+	06:00+	07:49+	10:17+	12:49+	14:45+	18:12+	22:42+	25:01+	25:46+	32:00+	36:08+	37:50+	39:27+	40:56+	41:27+	41:54+	
02:55+	03:05+	01:49+	02:28+	02:32-	01:56+	03:27+	04:30+	02:19+	00:45+	06:14+	04:08+	01:42+	01:37+	01:29+	00:31-	00:27-	
00:49&	01:07&	00:07+	00:40&	00:39-	00:30&	01:02&	03:13@	01:16@	00:08#	01:31&	02:35@	01:07@	00:27&	00:14#	00:02-	00:01-	
11	Harald Taksdal	236										42:38					
03:50+	07:25+	10:20+	13:21+	17:04+	19:07+	23:02+	24:48+	26:19+	27:20+	33:25+	36:42+	37:47+	39:36+	41:12+	42:09+	42:38+	
03:50+	03:35+	02:55+	03:01+	03:43+	02:03+	03:55+	01:46+	01:31+	01:01+	06:05+	03:17+	01:05+	01:49+	01:36+	00:57+	00:29+	
01:44&	01:37&	01:13&	01:13&	00:32#	00:37&	01:30&	00:29&	00:28&	00:24&	01:22&	01:44@	00:30&	00:39&	00:21&	00:24&	00:01+	
12	Geir Rune Seldal	192										44:55					
07:35+	10:56+	12:43+	15:38+	18:37+	20:41+	25:46+	27:47+	29:22+	30:43+	36:50+	39:17+	40:33+	41:44+	43:37+	44:23+	44:55+	
07:35+	03:21+	01:47+	02:55+	02:59-	02:04+	05:05+	02:01+	01:35+	01:21+	06:07+	02:27+	01:16+	01:11+	01:53+	00:46+	00:32+	
05:29@	01:23&	00:05+	01:07&	00:12-	00:38&	02:40@	00:44&	00:32&	00:44@	01:24&	00:54&	00:41@	00:01+	00:38&	00:13&	00:04#	
13	Øistein Haaland	116										46:28					
02:47+	06:18+	08:40+	12:42+	15:19+	26:08+	29:02+	30:50+	33:35+	34:15+	40:03+	41:38+	42:24+	43:36+	45:21+	45:58+	46:28+	
02:47+	03:31+	02:22+	04:02+	02:37-	10:49+	02:54+	01:48+	02:45+	00:40+	05:48+	01:35+	00:46+	01:12+	01:45+	00:37+	00:30+	
00:41&	01:33&	00:40&	02:14@	00:34-	09:23@	00:29#	00:31&	01:42@	00:03+	01:05#	00:02+	00:11&	00:02+	00:30&	00:04#	00:02+	
14	Steinar Torjusen	167										50:06					
02:49+	06:25+	09:15+	12:06+	14:54+	17:00+	28:16+	32:31+	33:38+	34:22+	40:49+	42:58+	44:43+	47:27+	48:49+	49:37+	50:06+	
02:49+	03:36+	02:50+	02:51+	02:48-	02:06+	11:16+	04:15+	01:07+	00:44+	06:27+	02:09+	01:45+	02:44+	01:22+	00:48+	00:29+	
00:43&	01:38&	01:08&	01:03&	00:23-	00:40&	08:51@	02:58@	00:04+	00:07#	01:44&	00:36&	01:10@	01:34@	00:07+	00:15&	00:01+	
Beste strekktid for klassen																	
02:06	01:58	01:42	01:20	02:12	01:26	02:25	01:17	01:03	00:28	04:26	01:33	00:35	01:06	01:15	00:29	00:20	

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

Herrer 55 - 59 år

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

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

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

Herrer 60 - 64 år

Class	Navn	Klasse										Tid					
1	Bjørn Alsaker	115										26:04					
02:28=	03:38=	04:48=	07:06=	09:13=	11:20=	12:21=	15:28=	16:06=	17:41=	20:26=	21:41=	23:08=	24:18=	25:30=	26:04=		
02:28=	01:10=	01:10=	02:18=	02:07=	02:07=	01:01=	03:07=	00:38=	01:35=	02:45=	01:15=	01:27=	01:10=	01:12=	00:34=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Lars Stangeland	96										28:41					
02:58+	04:53+	06:00+	07:39+	09:25+	11:24+	12:23+	17:26+	18:08+	19:44+	22:25+	23:39+	25:04+	26:23+	27:49+	28:41+		
02:58+	01:55+	01:07-	01:39-	01:46-	01:59-	00:59-	05:03+	00:42+	01:36+	02:41-	01:14-	01:25-	01:19+	01:26+	00:52+		
00:30#	00:45&	00:03-	00:39-	00:21-	00:08-	00:02-	01:56&	00:04#	00:01+	00:04-	00:01-	00:02-	00:09#	00:14#	00:18&		
3	Sveinung Tveit	236										34:44					
02:49+	04:08+	05:34+	07:46+	10:03+	13:59+	15:20+	19:51+	20:44+	22:29+	25:34+	27:03+	28:54+	32:08+	34:09+	34:44+		
02:49+	01:19+	01:26+	02:12-	02:17+	03:56+	01:21+	04:31+	00:53+	01:45+	03:05+	01:29+	01:51+	03:14+	02:01+	00:35+		
00:21#	00:09#	00:16#	00:06-	00:10+	01:49&	00:20&	01:24&	00:15&	00:10#	00:20#	00:14#	00:24&	02:04@	00:49&	00:01+		
4	Svein Berge	126										34:56					
03:11+	05:04+	06:27+	08:58+	11:31+	14:18+	16:08+	21:37+	22:30+	24:23+	28:12+	29:31+	31:27+	32:45+	34:24+	34:56+		
03:11+	01:53+	01:23+	02:31+	02:33+	02:47+	01:50+	05:29+	00:53+	01:53+	03:49+	01:19+	01:56+	01:18+	01:39+	00:32-		
00:43&	00:43&	00:13#	00:13+	00:26#	00:40&	00:49&	02:22&	00:15&	00:18#	01:04&	00:04+	00:29&	00:08#	00:27&	00:02-		
5	Tore R. Tvedt	90										36:34					
03:21+	05:00+	06:38+	09:00+	11:29+	14:27+	15:46+	21:02+	21:55+	24:38+	28:24+	29:40+	32:14+	34:02+	35:50+	36:34+		
03:21+	01:39+	01:38+	02:22+	02:29+	02:58+	01:19+	05:16+	00:53+	02:43+	03:46+	01:16+	02:34+	01:48+	01:48+	00:44+		
00:53&	00:29&	00:28&	00:04+	00:22#	00:51&	00:18&	02:09&	00:15&	01:08&	01:01&	00:01+	01:07&	00:38&	00:36&	00:10&		
6	Arne M. Handeland	92										37:34					
03:08+	04:27+	06:03+	08:16+	10:22+	16:19+	17:55+	22:35+	23:28+	25:21+	29:14+	30:47+	33:13+	35:04+	37:02+	37:34+		
03:08+	01:19+	01:36+	02:13-	02:06-	05:57+	01:36+	04:40+	00:53+	01:53+	03:53+	01:33+	02:26+	01:51+	01:58+	00:32-		
00:40&	00:09#	00:26&	00:05-	00:01-	03:50@	00:35&	01:33&	00:15&	00:18#	01:08&	00:18#	00:59&	00:41&	00:46&	00:02-		
7	Bjarne Gimre	88										38:03					
02:41+	03:59+	05:25+	07:26+	09:43+	12:22+	13:28+	17:42+	20:20+	22:01+	29:45+	31:24+	33:33+	34:59+	37:28+	38:03+		
02:41+	01:18+	01:26+	02:01-	02:17+	02:39+	01:06+	04:14+	02:38+	01:41+	07:44+	01:39+	02:09+	01:26+	02:29+	00:35+		
00:13+	00:08#	00:16#	00:17-	00:10+	00:32&	00:05+	01:07&	02:00@	00:06+	04:59@	00:24&	00:42&	00:16#	01:17@	00:01+		
8	Bjørn Sivertsen	99										38:17					
02:42+	04:13+	06:22+	08:24+	10:47+	14:09+	15:24+	20:05+	21:18+	23:24+	27:09+	29:46+	34:20+	35:43+	37:39+	38:17+		
02:42+	01:31+	02:09+	02:02-	02:23+	03:22+	01:15+	04:41+	01:13+	02:06+	03:45+	02:37+	04:34+	01:23+	01:56+	00:38+		
00:14+	00:21&	00:59&	00:16-	00:16#	01:15&	00:14#	01:34&	00:35&	00:31&	01:00&	01:22@	03:07@	00:13#	00:44&	00:04#		
9	Jan Hetland	29										39:41					
03:00+	08:21+	09:32+	11:24+	14:33+	17:52+	18:58+	22:45+	25:47+	28:09+	32:11+	33:23+	35:53+	37:29+	39:16+	39:41+		
03:00+	05:21+	01:11+	01:52-	03:09+	03:19+	01:06+	03:47+	03:02+	02:22+	04:02+	01:12-	02:30+	01:36+	01:47+	00:25-		
00:32#	04:11@	00:01+	00:26-	01:02&	01:12&	00:05+	00:40#	02:24@	00:47&	01:17&	00:03-	01:03&	00:26&	00:35&	00:09-		
10	Terje Stokkeland	69										40:47					
03:35+	05:14+	06:54+	09:45+	12:10+	14:17+	15:39+	22:41+	23:37+	25:36+	29:09+	32:51+	36:41+	38:21+	40:21+	40:47+		
03:35+	01:39+	01:40+	02:51+	02:25+	02:07=	01:22+	07:02+	00:56+	01:59+	03:33+	03:42+	03:50+	01:40+	02:00+	00:26-		
01:07&	00:29&	00:30&	00:33#	00:18#	00:00=	00:21&	03:55@	00:18&	00:24&	00:48&	02:27@	02:23@	00:30&	00:48&	00:08-		
11	Torbjørn Evensen	108										41:48					
03:52+	05:07+	06:24+	08:29+	10:55+	14:42+	15:51+	19:43+	22:25+	27:28+	31:16+	32:49+	34:59+	38:52+	41:06+	41:48+		
03:52+	01:15+	01:17+	02:05-	02:26+	03:47+	01:09+	03:52+	02:42+	05:03+	03:48+	01:33+	02:10+	03:53+	02:14+	00:42+		
01:24&	00:05+	00:07#	00:13-	00:19#	01:40&	00:08#	00:45#	02:04@	03:28@	01:03&	00:18#	00:43&	02:43@	01:02&	00:08#		
12	Bjørn Bjelland	83										42:47					
03:24+	05:15+	06:42+	09:39+	12:22+	16:22+	17:41+	23:37+	25:07+	26:02+	30:39+	34:39+	35:51+	38:21+	40:07+	42:05+	42:47+	
03:24+	01:51+	01:27+	02:57+	02:43+	04:00+	01:19+	05:56+	01:30+	00:55-	04:37+	04:00+	01:12-	02:30+	01:46+	01:58+	00:42+	
00:56&	00:41&	00:17#	00:39&	00:36&	01:53&	00:18&	02:49&	00:52@	00:40-	01:52&	02:45@	00:15-	01:20@	00:34&	01:24@	00:42+	
13	Tor Harald Lunde	47										43:58					
03:05+	06:13+	08:02+	10:18+	12:24+	15:51+	19:11+	24:35+	25:21+	27:55+	31:31+	36:22+	38:39+	41:03+	43:11+	43:58+		
03:05+	03:08+	01:49+	02:16-	02:06-	03:27+	03:20+	05:24+	00:46+	02:34+	03:36+	04:51+	02:17+	02:24+	02:08+	00:47+		
00:37#	01:58@	00:39&	00:02-	00:01-	01:20&	02:19@	02:17&	00:08#	00:59&	00:51&	03:36@	00:50&	01:14@	00:56&	00:13&		
14	Jan Arendal	116										45:29					
03:22+	05:04+	06:52+	09:20+	12:02+	15:27+	17:53+	23:19+	24:32+	28:49+	34:59+	36:52+	39:44+	42:07+	44:39+	45:29+		
03:22+	01:42+	01:48+	02:28+	02:42+	03:25+	02:26+	05:26+	01:13+	04:17+	06:10+	01:53+	02:52+	02:23+	02:32+	00:50+		
00:54&	00:32&	00:38&	00:10+	00:35&	01:18&	01:25@	02:19&	00:35&	02:42@	03:25@	00:38&	01:25&	01:13@	01:20@	00:16&		
15	Agnar Lien	7										45:50					
02:53+	04:21+	05:45+	08:12+	11:30+	16:20+	18:59+	24:45+	25:43+	27:30+	32:15+	34:09+	41:35+	43:05+	45:07+	45:50+		
02:53+	01:28+	01:24+	02:27+	03:18+	04:50+	02:39+	05:46+	00:58+	01:47+	04:45+	01:54+	07:26+	01:30+	02:02+	00:43+		
00:25#	00:18&	00:14#	00:09+	01:11&	02:43@	01:38@	02:39&	00:20&	00:12#	02:00&	00:39&	05:59@	00:20&	00:50&	00:09&		

Class	Navn	Klasse	Tid
16	Rolf Kleppe	63	47:45
04:28+	06:20+	08:13+	11:14+
04:28+	01:52+	01:53+	03:01+
02:00&	00:42&	00:43&	00:43&
03:59+	19:41+	22:06+	26:38+
05:42+	02:25+	04:32+	01:09+
03:13+	30:13+	36:19+	40:27+
02:26+	06:06+	04:08+	02:16+
03:21@	02:53@	00:49&	00:28&
00:59&	00:39@		
17	Inge Johan Øverland	93	51:54
03:31+	05:12+	06:46+	09:21+
03:31+	01:41+	01:34+	02:35+
01:03&	00:31&	00:24&	00:17#
00:52&	01:01&	01:50@	02:33&
00:28&	01:52@	04:59@	03:40@
01:45@	03:25@	01:04&	00:06#
18	Rolf Øystein Kluge	7	57:18
04:46+	06:51+	09:16+	15:08+
04:46+	02:05+	02:25+	05:52+
02:18&	00:55&	01:15@	03:34@
01:34&	02:29@	05:05@	02:12&
00:55@	00:57&	03:15@	00:44&
01:28@	02:55@	01:08&	00:30&
19	Svein Ims	65	1:04:55
03:48+	05:18+	06:43+	09:21+
03:48+	01:30+	01:25+	02:38+
01:20&	00:20&	00:15#	00:20#
00:12+	01:15&	00:31&	01:31&
00:21&	20:26@	01:14&	00:03+
03:30@	06:39@	00:46&	00:08#

Beste strekketid for klassen

02:28 01:10 01:07 01:39 01:46 01:59 00:59 03:07 00:38 00:55 02:41 01:12 01:12 01:10 01:12 00:25

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

Herrer 65 - 69 år

1	Asgeir Bell	117	26:41
02:56=	04:01=	04:57=	06:42=
02:56=	01:05=	00:56=	01:45=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Harry Breiland	66	28:18
03:06+	04:18+	05:24+	07:01+
03:06+	01:12+	01:06+	01:37-
00:10+	00:07#	00:10#	00:08-
00:05-	01:28&	00:24&	01:29-
00:15&	00:41-	01:39-	01:51@
00:26-	00:33&	00:19-	00:54@
00:32+			
3	Kjell Svihus	154	32:48
02:43-	04:05+	05:26+	07:25+
02:43-	01:22+	01:21+	01:59+
00:13-	00:17&	00:25&	00:14#
00:33&	01:42&	00:55&	00:03+
00:08#	00:15#	00:24#	00:09#
00:10#	00:38&	00:15#	00:12&
4	Ragnvald Frøyland	128	33:40
02:47-	04:09+	05:33+	07:38+
02:47-	01:22+	01:24+	02:05+
00:09-	00:17&	00:28&	00:20#
00:02-	00:52&	01:06@	00:25#
00:11#	00:30&	02:03&	00:21&
00:23#	00:04+	00:09#	00:01+
5	Jan Inge Lunde	88	34:57
03:22+	04:49+	06:10+	08:09+
03:22+	01:27+	01:21+	01:59+
00:26#	00:22&	00:25&	00:14#
00:58&	02:03@	00:41&	00:17-
00:31&	00:47&	00:25#	00:12#
00:34&	00:08#	00:46&	00:01+
6	Arne Østensen	90	36:06
03:01+	05:03+	06:44+	10:16+
03:01+	02:02+	01:41+	03:32+
00:05+	00:57&	00:45&	01:47@
00:06+	01:16&	00:14#	02:20&
00:12&	00:06-	00:48&	00:15#
7	Paul A. Paulsen	117	37:12
03:13+	04:35+	07:57+	09:55+
03:13+	01:22+	03:22+	01:58+
00:17+	00:17&	02:26@	00:13#
00:11+	01:10&	00:20&	01:32&
00:23&	00:27&	00:44#	00:36&
00:23#	00:44&	00:33&	00:15&
8	Knut Jonas Espedal	53	38:20
03:06+	04:45+	06:22+	08:40+
03:06+	01:39+	01:37+	02:18+
00:10+	00:34&	00:41&	00:33&
00:51&	01:30&	00:52&	01:55&
00:22&	00:44&	01:03&	00:29&
00:26&	00:21&	00:45&	00:23&
9	Roar Fitjar	101	40:09
03:22+	05:08+	07:01+	09:30+
03:22+	01:46+	01:53+	02:29+
00:26#	00:41&	00:57@	00:44&
00:37&	01:43&	00:53&	01:04&
00:13&	01:09&	01:44&	00:30&
01:04&	00:52&	00:47&	00:04#

Class	Navn	Klasse										Tid			
10	Per Marthon Mæland	5										40:14			
03:18+	05:12+	06:26+	08:24+	11:07+	17:01+	18:10+	22:25+	23:15+	25:37+	31:09+	34:21+	36:26+	37:44+	39:34+	40:14+
03:18+	01:54+	01:14+	01:58+	02:43+	05:54+	01:09+	04:15+	00:50+	02:22+	05:32+	03:12+	02:05+	01:18+	01:50+	00:40+
00:22#	00:49&	00:18&	00:13#	00:42&	04:02@	00:09#	00:05+	00:06#	01:06&	02:29&	02:03@	00:26&	00:14#	00:22#	00:07#
11	Olav Habbestad	116										40:57			
03:30+	05:19+	06:16+	08:41+	11:07+	18:15+	22:30+	27:08+	27:59+	29:35+	33:11+	34:30+	36:12+	38:24+	40:22+	40:57+
03:30+	01:49+	00:57+	02:25+	02:26+	07:08+	04:15+	04:38+	00:51+	01:36+	03:36+	01:19+	01:42+	02:12+	01:58+	00:35+
00:34#	00:44&	00:01+	00:40&	00:25#	05:16@	03:15@	00:28#	00:07#	00:20&	00:33#	00:10#	00:03+	01:08@	00:30&	00:02+
12	Terje Helland	88										43:53			
03:01+	04:17+	05:39+	07:42+	09:52+	13:33+	15:55+	22:25+	26:05+	27:50+	31:56+	35:04+	37:18+	41:25+	43:15+	43:53+
03:01+	01:16+	01:22+	02:03+	02:10+	03:41+	02:22+	06:30+	03:40+	01:45+	04:06+	03:08+	02:14+	04:07+	01:50+	00:38+
00:05+	00:11#	00:26&	00:18#	00:09+	01:49&	01:22@	02:20&	02:56@	00:29&	01:03&	01:59@	00:35&	03:03@	00:22#	00:05#
13	Cato Molthe	53										44:13			
03:37+	05:24+	07:10+	09:45+	12:18+	15:26+	17:05+	27:22+	30:38+	33:20+	36:57+	38:30+	40:28+	41:49+	43:39+	44:13+
03:37+	01:47+	01:46+	02:35+	02:33+	03:08+	01:39+	10:17+	03:16+	02:42+	03:37+	01:33+	01:58+	01:21+	01:50+	00:34+
00:41#	00:42&	00:50&	00:32&	01:16&	00:39&	06:07@	02:32@	01:26@	00:34#	00:24&	00:19#	00:17&	00:22#	00:01+	
14	Vidar Gjesdal	109										44:37			
04:08+	06:12+	08:12+	11:12+	14:26+	19:02+	20:42+	26:16+	27:16+	30:05+	34:14+	36:09+	39:36+	41:11+	43:37+	44:37+
04:08+	02:04+	02:00+	03:00+	03:14+	04:36+	01:40+	05:34+	01:00+	02:49+	04:09+	01:55+	03:27+	01:35+	02:26+	01:00+
01:12&	00:59&	01:04@	01:15&	01:13&	02:44@	00:40&	01:24&	00:16&	01:33@	01:06&	00:46&	01:48@	00:31&	00:58&	00:27&
15	Sverre Vatland	93										45:25			
06:37+	08:12+	09:38+	12:09+	14:46+	17:00+	18:27+	29:39+	30:42+	32:26+	36:43+	38:00+	40:55+	42:38+	44:40+	45:25+
06:37+	01:35+	01:26+	02:31+	02:37+	02:14+	01:27+	11:12+	01:03+	01:44+	04:17+	01:17+	02:55+	01:43+	02:02+	00:45+
03:41@	00:30&	00:30&	00:46&	00:36&	00:22#	00:27&	07:02@	00:19&	00:28&	01:14&	00:08#	01:16&	00:39&	00:34&	00:12&
16	Kjell Ivar Skjørestad	92										45:26			
03:05+	04:31+	06:03+	08:51+	14:56+	17:49+	19:26+	27:27+	28:21+	30:22+	34:23+	35:53+	38:12+	42:22+	44:27+	45:26+
03:05+	01:26+	01:32+	02:48+	06:05+	02:53+	01:37+	08:01+	00:54+	02:01+	04:01+	01:30+	02:19+	04:10+	02:05+	00:59+
00:09+	00:21&	00:36&	01:03&	04:04@	01:01&	00:37&	03:51&	00:10#	00:45&	00:58&	00:21&	00:40&	03:06@	00:37&	00:26&
17	Leif Gunnar Wikene	43										45:54			
04:17+	05:39+	07:06+	09:48+	11:58+	15:42+	17:54+	24:30+	28:02+	29:45+	34:05+	36:58+	39:16+	43:13+	45:14+	45:54+
04:17+	01:22+	01:27+	02:42+	02:10+	03:44+	02:12+	06:36+	03:32+	01:43+	04:20+	02:53+	02:18+	03:57+	02:01+	00:40+
01:21&	00:17&	00:31&	00:57&	00:09+	01:52&	01:12@	02:26&	02:48@	00:27&	01:17&	01:44@	00:39&	02:53@	00:33&	00:07#
18	Magne Frøyland	43										46:22			
04:29+	08:52+	10:58+	15:24+	18:26+	22:21+	24:01+	28:50+	30:21+	33:04+	37:08+	39:00+	41:53+	43:32+	45:33+	46:22+
04:29+	04:23+	02:06+	04:26+	03:02+	03:55+	01:40+	04:49+	01:31+	02:43+	04:04+	01:52+	02:53+	01:39+	02:01+	00:49+
01:33&	03:18@	01:10@	02:41@	01:01&	02:03@	00:40&	00:39#	00:47@	01:27@	01:01&	00:43&	01:14&	00:35&	00:33&	00:16&
19	Ove Gundersen	100										48:59			
03:17+	05:16+	06:32+	09:12+	11:17+	13:51+	20:54+	28:44+	29:48+	32:38+	36:03+	41:30+	44:50+	46:25+	48:14+	48:59+
03:17+	01:59+	01:16+	02:40+	02:05+	02:34+	07:03+	07:50+	01:04+	02:50+	03:25+	05:27+	03:20+	01:35+	01:49+	00:45+
00:21#	00:54&	00:20&	00:55&	00:04+	00:42&	06:03@	03:40&	00:20&	01:34@	00:22#	04:18@	01:41@	00:31&	00:21#	00:12&
20	Terje Gautestad	7										49:13			
03:51+	05:58+	07:39+	10:12+	12:59+	19:48+	21:23+	27:49+	28:49+	30:29+	35:42+	37:38+	44:33+	46:16+	48:28+	49:13+
03:51+	02:07+	01:41+	02:33+	02:47+	06:49+	01:35+	06:26+	01:00+	01:40+	05:13+	01:56+	06:55+	01:43+	02:12+	00:45+
00:55&	01:02&	00:45&	00:48&	00:46&	04:57@	00:35&	02:16&	00:16&	00:24&	02:10&	00:47&	05:16@	00:39&	00:44&	00:12&
21	Leif Gustav Hollund	116										50:29			
04:25+	06:13+	08:10+	13:07+	15:34+	18:19+	19:41+	24:58+	26:26+	32:00+	37:10+	43:10+	45:43+	47:20+	49:42+	50:29+
04:25+	01:48+	01:57+	04:57+	02:27+	02:45+	01:22+	05:17+	01:28+	05:34+	05:10+	06:00+	02:33+	01:37+	02:22+	00:47+
01:29&	00:43&	01:01@	03:12@	00:26#	00:53&	00:22&	01:07&	00:44&	04:18@	02:07&	04:51@	00:54&	00:33&	00:54&	00:14&
22	John Abrahamsen	125										53:50			
03:48+	06:04+	08:22+	11:22+	15:12+	20:01+	22:27+	29:32+	30:52+	33:51+	40:05+	43:21+	48:09+	50:28+	52:53+	53:50+
03:48+	02:16+	02:18+	03:00+	03:50+	04:49+	02:26+	07:05+	01:20+	02:59+	06:14+	03:16+	04:48+	02:19+	02:25+	00:57+
00:52&	01:11@	01:22@	01:15&	01:49&	02:57@	01:26@	02:55&	00:36&	01:43@	03:11@	02:07@	03:09@	01:15@	00:57&	00:24&
23	Ole Auklend	106										54:20			
03:54+	06:31+	08:08+	10:22+	12:48+	17:16+	19:41+	24:08+	25:03+	38:17+	42:37+	44:26+	47:23+	51:19+	53:27+	54:20+
03:54+	02:37+	01:37+	02:14+	02:26+	04:28+	02:25+	04:27+	00:55+	13:14+	04:20+	01:49+	02:57+	03:56+	02:08+	00:53+
00:58&	01:32@	00:41&	00:29&	00:25#	02:36@	01:25@	00:17+	00:11#	11:58@	01:17&	00:40&	01:18&	02:52@	00:40&	00:20&
24	Ove Vatland	128										1:03:01			
04:43+	07:11+	09:44+	13:23+	16:47+	21:26+	27:47+	34:45+	36:43+	38:53+	50:51+	53:41+	57:06+	59:34+	61:58+	63:01+
04:43+	02:28+	02:33+	03:39+	03:24+	04:39+	06:21+	06:58+	01:58+	02:10+	11:58+	02:50+	03:25+	02:28+	02:24+	01:03+
01:47&	01:23@	01:37@	01:54@	01:23&	02:47@	05:21@	02:48&	01:14@	00:54&	08:55@	01:41@	01:46@	01:24@	00:56&	00:30&

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

02:43 01:05 00:56 01:37 01:56 01:52 01:00 02:41 00:44 00:35 01:24 01:09 01:13 01:04 01:09 00:33

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

Herrer 70 - 74 år

1	Finn Morten Årstad	115	29:32												
02:39=	04:15=	05:37=	07:35=	09:43=	12:18=	13:40=	17:05=	17:59=	19:34=	22:33=	24:13=	26:00=	27:21=	28:59=	29:32=
02:39=	01:36=	01:22=	01:58=	02:08=	02:35=	01:22=	03:25=	00:54=	01:35=	02:59=	01:40=	01:47=	01:21=	01:38=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Olav Dag Borgersen	154	35:58												
02:45+	04:11-	05:28-	07:26-	09:59+	13:56+	15:03+	18:52+	20:22+	23:02+	27:04+	28:58+	31:50+	33:30+	35:22+	35:58+
02:45+	01:26-	01:17-	01:58-	02:33+	03:57+	01:07-	03:49+	01:30+	02:40+	04:02+	01:54+	02:52+	01:40+	01:52+	00:36+
00:06+	00:10-	00:05-	00:00=	00:25#	01:22&	00:15-	00:24#	00:36&	01:05&	01:03&	00:14#	01:05&	00:19#	00:14#	00:03+
3	Øyvind Egeskog	5	36:22												
03:15+	05:34+	06:41+	09:13+	11:38+	14:39+	16:33+	20:58+	21:47+	23:14+	27:25+	30:18+	32:30+	33:48+	35:48+	36:22+
03:15+	02:19+	01:07-	02:32+	02:25+	03:01+	01:54+	04:25+	00:49-	01:27-	04:11+	02:53+	02:12+	01:18-	02:00+	00:34+
00:36#	00:43&	00:15-	00:34&	00:17#	00:26#	00:32&	01:00&	00:05-	00:08-	01:12&	01:13&	00:25#	00:03-	00:22#	00:01+
4	Hilmar Røthing	128	36:48												
07:33+	08:50+	09:54+	11:47+	13:46+	17:21+	18:26+	22:19+	23:10+	24:46+	28:03+	29:34+	31:35+	34:31+	36:15+	36:48+
07:33+	01:17-	01:04-	01:53-	01:59-	03:35+	01:05-	03:53+	00:51-	01:36+	03:17+	01:31-	02:01+	02:56+	01:44+	00:33=
04:54@	00:19-	00:18-	00:05-	00:09-	01:00&	00:17-	00:28#	00:03-	00:01+	00:18#	00:09-	00:14#	01:35@	00:06+	00:00=
5	Arvid Thorsen	5	37:14												
03:14+	05:05+	06:24+	08:05+	10:06+	12:45+	15:18+	19:31+	20:23+	21:50+	26:02+	27:23+	29:39+	35:13+	36:41+	37:14+
03:14+	01:51+	01:19-	01:41-	02:01-	02:39+	02:33+	04:13+	00:52-	01:27-	04:12+	01:21-	02:16+	05:34+	01:28-	00:33=
00:35#	00:15#	00:03-	00:17-	00:07-	00:04+	01:11&	00:48#	00:02-	00:08-	01:13&	00:19-	00:29&	04:13@	00:10-	00:00=
6	Kjell Langvik	93	39:11												
03:11+	04:39+	06:13+	08:28+	10:54+	13:49+	15:46+	21:27+	23:46+	26:04+	30:05+	31:42+	33:40+	36:31+	38:36+	39:11+
03:11+	01:28-	01:34+	02:15+	02:26+	02:55+	01:57+	05:41+	02:19+	02:18+	04:01+	01:37-	01:58+	02:51+	02:05+	00:35+
00:32#	00:08-	00:12#	00:17#	00:18#	00:20#	00:35&	02:16&	01:25@	00:43&	01:02&	00:03-	00:11#	01:30@	00:27&	00:02+
7	Jan Værp	62	39:35												
04:22+	06:34+	08:11+	10:25+	13:04+	16:08+	18:17+	22:32+	23:29+	25:17+	29:16+	30:43+	33:18+	36:41+	38:53+	39:35+
04:22+	02:12+	01:37+	02:14+	02:39+	03:04+	02:09+	04:15+	00:57+	01:48+	03:59+	01:27-	02:35+	03:23+	02:12+	00:42+
01:43&	00:36&	00:15#	00:16#	00:31#	00:29#	00:47&	00:50#	00:03+	00:13#	01:00&	00:13-	00:48&	02:02@	00:34&	00:09&
8	Hermann Skogsholm	53	39:48												
03:05+	04:44+	06:07+	08:31+	10:49+	16:30+	18:08+	22:54+	23:43+	25:34+	29:21+	32:15+	34:51+	36:52+	38:55+	39:48+
03:05+	01:39+	01:23+	02:24+	02:18+	05:41+	01:38+	04:46+	00:49-	01:51+	03:47+	02:54+	02:36+	02:01+	02:03+	00:53+
00:26#	00:03+	00:01+	00:26#	00:10+	03:06@	00:16#	01:21&	00:05-	00:16#	00:48&	01:14&	00:49&	00:40&	00:25&	00:20&
9	Steinar Undheim	54	40:39												
04:01+	06:47+	08:43+	11:58+	14:25+	17:36+	19:21+	23:25+	24:35+	26:15+	30:22+	31:51+	34:24+	37:35+	39:50+	40:39+
04:01+	02:46+	01:56+	03:15+	02:27+	03:11+	01:45+	04:04+	01:10+	01:40+	04:07+	01:29-	02:33+	03:11+	02:15+	00:49+
01:22&	01:10&	00:34&	01:17&	00:19#	00:36#	00:23&	00:39#	00:16&	00:05+	01:08&	00:11-	00:46&	01:50@	00:37&	00:16&
10	Arne Tveita	109	44:13												
03:17+	04:57+	06:56+	09:33+	12:56+	17:14+	19:05+	23:35+	29:20+	31:29+	36:18+	38:09+	40:12+	41:31+	43:39+	44:13+
03:17+	01:40+	01:59+	02:37+	03:23+	04:18+	01:51+	04:30+	05:45+	02:09+	04:49+	01:51+	02:03+	01:19-	02:08+	00:34+
00:38#	00:04+	00:37&	00:39&	01:15&	01:43&	00:29&	01:05&	04:51@	00:34&	01:50&	00:11#	00:16#	00:02-	00:30&	00:01+
11	Mangor Eikeland	92	56:47												
04:26+	06:37+	09:05+	12:31+	16:12+	20:46+	23:17+	30:06+	31:24+	34:21+	41:17+	44:23+	49:32+	52:11+	55:40+	56:47+
04:26+	02:11+	02:28+	03:26+	03:41+	04:34+	02:31+	06:49+	01:18+	02:57+	06:56+	03:06+	05:09+	02:39+	03:29+	01:07+
01:47&	00:35&	01:06&	01:28&	01:33&	01:59&	01:09&	03:24&	00:24&	01:22&	03:57@	01:26&	03:22@	01:18&	01:51@	00:34@
12	Lars Ernst Ravndal	125	58:34												
06:14+	08:51+	11:09+	14:11+	17:21+	21:41+	24:17+	31:05+	32:30+	35:29+	41:44+	49:06+	52:34+	54:53+	57:41+	58:34+
06:14+	02:37+	02:18+	03:02+	03:10+	04:20+	02:36+	06:48+	01:25+	02:59+	06:15+	07:22+	03:28+	02:19+	02:48+	00:53+
03:35@	01:01&	00:56&	01:04&	01:02&	01:45&	01:14&	03:23&	00:31&	01:24&	03:16@	05:42@	01:41&	00:58&	01:10&	00:20&
13	Arne Brandsberg	29	59:07												
04:08+	06:11+	08:49+	12:14+	16:10+	20:43+	25:22+	30:12+	32:52+	34:57+	36:09+	40:28+	46:20+	48:16+	51:14+	54:52+
04:08+	02:03+	02:38+	03:25+	03:56+	04:33+	04:39+	04:50+	02:40+	02:05+	01:12-	04:19+	05:52+	01:56+	02:58+	03:38+
01:29&	00:27&	01:16&	01:27&	01:48&	01:58&	03:17@	01:25&	01:46@	00:30&	01:47-	02:39@	04:05@	00:35&	01:20&	03:05@

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

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

Herrer A

1	Fredrik Omdal	74	29:46																		
01:17=	01:40=	02:57=	04:38=	06:54=	07:21=	08:09=	09:48=	11:40=	14:22=	16:06=	16:27=	18:12=	19:00=	20:14=	22:43=	23:47=	26:03=	27:35=	28:57=	29:23=	29:46=
01:17=	00:23=	01:17=	01:41=	02:16=	00:27=	00:48=	01:39=	01:52=	02:42=	01:44=	00:21=	01:45=	00:48=	01:14=	02:29=	01:04=	02:16=	01:32=	01:22=	00:26=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Erik Lima	115	37:56																		
01:53+	02:23+	04:19+	06:27+	09:19+	09:53+	11:33+	13:42+	16:13+	19:24+	21:24+	21:58+	23:52+	24:43+	26:25+	29:07+	30:28+	33:12+	35:36+	37:04+	37:33+	37:56+
01:53+	00:30+	01:56+	02:08+	02:52+	00:34+	01:40+	02:09+	02:31+	03:11+	02:00+	00:34+	01:54+	00:51+	01:42+	02:42+	01:21+	02:44+	02:24+	01:28+	00:29+	00:23=
00:36&	00:07&	00:39&	00:27&	00:36&	00:07&	00:52@	00:30&	00:39&	00:29#	00:16#	00:13&	00:09+	00:03+	00:28&	00:13+	00:17&	00:28#	00:52&	00:06+	00:03#	00:00=
3	Fredrik Sandal	88	39:18																		
01:32+	02:04+	03:40+	05:47+	08:09+	08:54+	10:40+	13:03+	14:31+	17:58+	20:11+	20:57+	23:32+	24:40+	26:24+	30:40+	32:19+	35:13+	36:57+	38:20+	38:50+	39:18+
01:32+	00:32+	01:36+	02:07+	02:22+	00:45+	01:46+	02:23+	01:28-	03:27+	02:13+	00:46+	02:35+	01:08+	01:44+	04:16+	01:39+	02:54+	01:44+	01:23+	00:30+	00:28+
00:15#	00:09&	00:19#	00:26&	00:06+	00:18&	00:58@	00:44&	00:24-	00:45&	00:29&	00:25@	00:50&	00:20&	00:30&	01:47&	00:35&	00:38&	00:12#	00:01+	00:04#	00:05#
4	Aart Joakim in't Veld	93	39:36																		
02:53+	03:20+	05:38+	07:39+	10:10+	10:54+	13:42+	15:57+	17:18+	20:34+	22:27+	23:08+	25:22+	26:21+	28:14+	31:18+	32:29+	35:24+	37:19+	38:42+	39:11+	39:36+
02:53+	00:27+	02:18+	02:01+	02:31+	00:44+	02:48+	02:15+	01:21-	03:16+	01:53+	00:41+	02:14+	00:59+	01:53+	03:04+	01:11+	02:55+	01:55+	01:23+	00:29+	00:25+
01:36@	00:04#	01:01&	00:20#	00:15#	00:17&	02:00@	00:36&	00:31-	00:34#	00:09+	00:20&	00:29&	00:11#	00:39&	00:35#	00:07#	00:39&	00:23#	00:01+	00:03#	00:02+
5	Joar Fuglestad	116	42:25																		
02:09+	02:29+	04:25+	06:26+	09:17+	09:57+	11:52+	13:51+	16:15+	19:06+	21:36+	22:14+	27:58+	28:41+	30:09+	34:06+	35:04+	37:46+	40:05+	41:33+	42:08+	42:25+
02:09+	00:20-	01:56+	02:01+	02:51+	00:40+	01:55+	01:59+	02:24+	02:51+	02:30+	00:38+	05:44+	00:43-	01:28+	03:57+	00:58-	02:42+	02:19+	01:28+	00:35+	00:17-
00:52&	00:03-	00:39&	00:20#	00:35&	00:13&	01:07@	00:20#	00:32&	00:09+	00:46&	00:17&	03:59@	00:05-	00:14#	01:28&	00:06-	00:26#	00:47&	00:06+	00:09&	00:06-
6	Kristian Nygård Holtan	116	50:13																		
02:45+	03:22+	05:22+	07:53+	11:14+	12:01+	16:09+	18:49+	21:24+	26:03+	30:17+	30:54+	33:59+	35:00+	36:34+	39:48+	41:35+	45:41+	47:38+	49:19+	49:48+	50:13+
02:45+	00:37+	02:00+	02:31+	03:21+	00:47+	04:08+	02:40+	02:35+	04:39+	04:14+	00:37+	03:05+	01:01+	01:34+	03:14+	01:47+	04:06+	01:57+	01:41+	00:29+	00:25+
01:28@	00:14&	00:43&	00:50&	01:05&	00:20&	03:20@	01:01&	00:43&	01:57&	02:30@	00:16&	01:20&	00:13&	00:20&	00:45&	00:43&	01:50&	00:25&	00:19#	00:03#	00:02+
7	Martin Blystad	115	52:20																		
02:11+	02:42+	04:26+	08:00+	10:56+	11:51+	14:06+	17:22+	19:46+	26:04+	31:56+	33:06+	36:01+	37:00+	38:30+	42:40+	44:57+	48:09+	49:42+	51:18+	51:52+	52:20+
02:11+	00:31+	01:44+	03:34+	02:56+	00:55+	02:15+	03:16+	02:24+	06:18+	05:52+	01:10+	02:55+	00:59+	01:30+	04:10+	02:17+	03:12+	01:33+	01:36+	00:34+	00:28+
00:54&	00:08&	00:27&	01:53@	00:40&	00:28@	01:27@	01:37&	00:32&	03:36@	04:08@	00:49@	01:10&	00:11#	00:16#	01:41&	01:13@	00:56&	00:01+	00:14#	00:08&	00:05#
8	Antal Jansen	115	1:10:21																		
05:48+	06:16+	10:54+	15:48+	19:19+	20:05+	24:30+	27:12+	29:40+	35:47+	42:41+	43:08+	46:12+	47:12+	48:56+	60:29+	62:16+	65:56+	67:41+	69:21+	69:55+	70:21+
05:48+	00:28+	04:38+	04:54+	03:31+	00:46+	04:25+	02:42+	00:28+	06:07+	06:54+	00:27+	03:04+	01:00+	01:44+	11:33+	01:47+	03:40+	01:45+	01:40+	00:34+	00:26+
04:31@	00:05#	03:21@	03:13@	01:15&	00:19&	03:37@	01:03&	00:36&	03:25@	05:10@	00:06&	01:19&	00:12#	00:30&	09:04@	00:43&	01:24&	00:13#	00:18#	00:08&	00:03#
Beste strekktid for klassen																					
01:17	00:20	01:17	01:41	02:16	00:27	00:48	01:39	01:21	02:42	01:44	00:21	01:45	00:43	01:14	02:29	00:58	02:16	01:32	01:22	00:26	00:17

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

Herrer B

Class	Navn	Klasse	Tid																			
1	Morten Aamodt	116	35:36																			
01:34=	02:04=	03:35=	05:47=	08:17=	08:58=	10:04=	12:15=	13:52=	17:04=	19:17=	20:01=	22:00=	23:17=	24:36=	27:37=	28:47=	31:43=	33:09=	34:39=	35:10=	35:36=	
01:34=	00:30=	01:31=	02:12=	02:30=	00:41=	01:06=	02:11=	01:37=	03:12=	02:13=	00:44=	01:59=	01:17=	01:19=	03:01=	01:10=	02:56=	01:26=	01:30=	00:31=	00:26=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	35:37																			
01:38+	02:03-	03:42+	05:44-	08:19+	08:52-	10:19+	12:26+	14:39+	17:23+	19:39+	20:08+	22:03+	22:56-	24:30-	27:04-	28:17-	31:25-	33:18+	34:48+	35:14+	35:37+	
01:38+	00:25-	01:39+	02:02-	02:35+	00:33-	01:27+	02:07-	02:13+	02:44-	02:16+	00:29-	01:55-	00:53-	01:34+	02:34-	01:13+	03:08+	01:53+	01:30=	00:26-	00:23-	
00:04+	00:05-	00:08+	00:10-	00:05+	00:08-	00:21&	00:04-	00:36&	00:28-	00:03+	00:15-	00:04-	00:24-	00:15#	00:27-	00:03+	00:12+	00:27&	00:00=	00:05-	00:03-	
3	Odd Fuglestad	250	37:10																			
01:53+	02:20+	04:05+	06:24+	08:54+	09:30+	10:31+	12:58+	14:59+	18:22+	20:54+	21:46+	24:00+	24:52+	26:21+	29:17+	30:27+	33:18+	34:38+	36:14+	36:43+	37:10+	
01:53+	00:27-	01:45+	02:19+	02:30=	00:36-	01:01-	02:27+	02:01+	03:23+	02:32+	00:52+	02:14+	00:52-	01:29+	02:56-	01:10=	02:51-	01:20-	01:36+	00:29-	00:27+	
00:19#	00:03-	00:14#	00:07+	00:00=	00:05-	00:05-	00:16#	00:24#	00:11+	00:19#	00:08#	00:15#	00:25-	00:10#	00:05-	00:00=	00:05-	00:06-	00:06+	00:02-	00:01+	
4	Jan-Rune Basso	91	39:25																			
01:35+	02:04=	03:41+	05:41-	08:37+	09:17+	10:34+	12:33+	15:08+	19:10+	21:03+	21:37+	23:42+	24:40+	26:18+	30:21+	32:07+	35:11+	36:50+	38:23+	38:56+	39:25+	
01:35+	00:29-	01:37+	02:00-	02:56+	00:40-	01:17+	01:59-	02:35+	04:02+	01:53-	00:34-	02:05+	00:58-	01:38+	04:03+	01:46+	03:04+	01:39+	01:33+	00:33+	00:29+	
00:01+	00:01-	00:06+	00:12-	00:26#	00:01-	00:11#	00:12-	00:58&	00:50&	00:20-	00:10-	00:06+	00:19-	00:19#	01:02&	00:36&	00:08+	00:13#	00:03+	00:02+	00:03#	
5	Inge Løland	114	42:55																			
01:51+	02:25+	04:16+	06:47+	09:39+	10:18+	12:22+	14:52+	17:31+	22:15+	24:33+	25:06+	28:49+	29:34+	31:36+	34:37+	35:51+	38:43+	40:23+	41:57+	42:30+	42:55+	
01:51+	00:34+	01:51+	02:31+	02:52+	00:39-	02:04+	02:30+	02:39+	04:44+	02:18+	00:33-	03:43+	00:45-	02:02+	03:01=	01:14+	02:52-	01:40+	01:34+	00:33+	00:25-	
00:17#	00:04#	00:20#	00:22#	00:02-	00:58&	00:19#	01:02&	01:32&	00:05+	00:11-	01:44&	00:32-	00:43&	00:00=	00:04+	00:04-	00:14#	00:04+	00:02+	00:01-		
6	Svein Erik Kvame	116	44:58																			
02:43+	03:05+	05:00+	07:15+	10:31+	11:24+	13:20+	16:20+	18:50+	23:53+	26:43+	27:31+	30:13+	31:11+	32:52+	35:53+	37:24+	40:35+	42:03+	43:52+	44:33+	44:58+	
02:43+	00:22-	01:55+	02:15+	03:16+	00:53+	01:56+	03:00+	02:30+	05:03+	02:50+	00:48+	02:42+	00:58-	01:41+	03:01=	01:31+	03:11+	01:28+	01:49+	00:41+	00:25-	
01:09&	00:08-	00:24&	00:03+	00:46&	00:12&	00:50&	00:49&	00:53&	01:51&	00:37&	00:04+	00:43&	00:19-	00:22&	00:00=	00:21&	00:15+	00:02+	00:19#	00:10&	00:01-	
7	Geir Sand	105	45:29																			
02:02+	02:35+	04:33+	07:10+	10:31+	11:25+	13:42+	15:58+	18:15+	23:16+	27:18+	27:48+	30:02+	31:30+	33:08+	36:34+	37:48+	41:21+	43:11+	44:36+	45:06+	45:29+	
02:02+	00:33+	01:58+	02:37+	03:21+	00:54+	02:17+	02:16+	02:15+	05:01+	04:02+	00:30-	02:14+	01:28+	01:38+	03:26+	01:14+	03:33+	01:50+	01:25-	00:30-	00:23-	
00:28&	00:03#	00:27&	00:25#	00:51&	00:13&	01:11@	00:05+	00:40&	01:49&	01:49&	00:14-	00:15#	00:11#	00:19#	00:25#	00:04+	00:37#	00:24&	00:05-	00:01-	00:03-	
8	Bjørnar André Haug	80	45:39																			
01:45+	02:25+	04:21+	06:53+	11:57+	12:54+	14:26+	16:36+	18:39+	23:01+	25:13+	26:11+	28:41+	31:43+	33:21+	36:30+	38:01+	41:24+	43:01+	44:39+	45:15+	45:39+	
01:45+	00:40+	01:56+	02:32+	05:04+	00:57+	01:32+	02:10-	02:03+	04:22+	02:12-	00:58+	02:30+	03:02+	01:38+	03:09+	01:31+	03:23+	01:37+	01:38+	00:36+	00:24-	
00:11#	00:10&	00:25&	00:20#	02:34@	00:16&	00:26&	00:01-	00:26&	01:10&	00:01-	00:14&	00:31&	01:45@	00:19#	00:08+	00:21&	00:27#	00:11#	00:08+	00:05#	00:02-	
9	Øyvind Rummelhoff	27	46:35																			
01:51+	02:24+	06:54+	09:10+	12:00+	12:30+	14:47+	16:56+	19:12+	23:02+	27:18+	27:47+	29:38+	30:33+	32:58+	36:38+	37:49+	42:39+	44:23+	45:39+	46:12+	46:35+	
01:51+	00:33+	04:30+	02:16+	02:50+	00:30-	02:17+	02:09-	02:16+	03:50+	04:16+	00:29-	01:51-	00:55-	02:25+	03:40+	01:11+	04:50+	01:44+	01:16-	00:33+	00:23-	
00:17#	00:03#	02:59@	00:04+	00:20#	00:11-	01:11@	00:02-	00:39&	00:38#	02:03&	00:15-	00:08-	00:22-	01:06&	00:39#	00:01+	01:54&	00:18#	00:14-	00:02+	00:03-	
10	Joar Eilevstjønn	67	46:55																			
03:57+	04:21+	06:34+	08:42+	11:18+	11:59+	14:52+	17:03+	20:16+	23:49+	26:07+	27:06+	29:21+	30:23+	32:42+	36:09+	39:29+	42:41+	44:21+	45:59+	46:29+	46:55+	
03:57+	00:24-	02:13+	02:08-	02:36+	00:41=	02:53+	02:11=	03:13+	03:33+	02:18+	00:59+	02:15+	01:02-	02:19+	03:27+	03:20+	03:12+	01:40+	01:38+	00:30-	00:26=	
02:23@	00:06-	00:42&	00:04-	00:06+	00:00=	01:47@	00:00=	01:36&	00:21#	00:05+	00:15&	00:16#	00:15-	01:00&	00:26#	02:10@	00:16+	00:14#	00:08+	00:01-	00:00=	
11	Per Olav Haarr	62	47:55																			
02:13+	02:45+	04:51+	07:24+	13:21+	13:51+	15:16+	18:56+	20:46+	25:32+	27:46+	28:43+	31:00+	32:02+	33:27+	37:03+	38:30+	43:53+	45:30+	46:56+	47:29+	47:55+	
02:13+	00:32+	02:06+	02:33+	05:57+	00:30-	01:25+	03:40+	01:50+	04:46+	02:14+	00:57+	02:17+	01:02-	01:25+	03:36+	01:27+	05:23+	01:37+	01:26-	00:33+	00:26=	
00:39&	00:02+	00:35&	00:21#	03:27@	00:11-	00:19&	01:29&	00:13#	01:34&	00:01+	00:13&	00:18#	00:15-	00:06+	00:35#	00:17#	02:27&	00:11#	00:04-	00:02+	00:00=	
12	Terje Michaelsen	47	48:35																			
01:44+	02:10+	04:09+	09:35+	13:18+	15:07+	15:41+	17:37+	19:56+	22:19+	25:51+	28:18+	28:58+	34:29+	35:21+	36:44+	40:24+	41:38+	44:24+	46:09+	47:39+	48:10+	48:35+
01:44+	00:26-	01:59+	05:26+	03:43+	01:49+	00:34-	01:56-	02:19+	02:23-	03:32+	02:27+	00:40-	05:31+	00:52-	01:23-	03:40+	01:14-	02:46+	01:45+	01:30+	00:31+	00:25+
00:10#	00:04-	00:28&	03:14@	01:13&	01:08@	00:32-	00:15-	00:42&	00:49-	01:19&	01:43@	01:19-	04:14@	00:27-	01:38-	02:30@	01:42-	01:20&	00:15#	00:59@	00:05#	00:25+
13	Espen Fyhn Nilsen	116	51:26																			
02:16+	03:01+	05:23+	08:08+	12:49+	13:41+	16:11+	19:10+	21:46+	25:49+	28:35+	29:23+	32:11+	33:42+	35:57+	39:38+	41:13+	46:17+	48:31+	50:16+	50:54+	51:26+	
02:16+	00:45+	02:22+	02:45+	04:41+	00:52+	02:30+	02:59+	02:45+	04:03+	02:46+	00:48+	02:48+	01:31+	02:15+	03:41+	01:35+	05:04+	02:14+	01:45+	00:38+	00:32+	
00:42&	00:15&	00:51&	00:33#	02:11&	00:11&	01:24@	00:48&	00:59&	00:51&	00:33#	00:04+	00:49&	00:14#	00:56&	00:40#	00:25&	02:08&	00:48&	00:15#	00:07#	00:06#	
14	Arjen Leendertse	91	51:32																			
02:09+	02:53+	05:32+	08:53+	13:47+	14:54+	17:32+	20:27+	22:51+	26:58+	29:37+	30:27+	33:26+	34:44+	36:29+	41:07+	43:16+	47:22+	49:08+	50:39+	51:09+	51:32+	
02:09+	00:44+	02:39+	03:21+	04:54+	01:07+	02:38+	02:55+	02:24+	04:07+	02:39+	00:50+	02:59+	01:18+	01:45+	04:38+	02:09+	04:06+	01:46+	01:31+	00:30-	00:23-	
00:35&	00:14&	01:08&	01:09&	02:24&	00:26&	01:32@	00:44&	00:47&	00:55&	00:26#	00:06#	01:00&	00:01+	00:26&	01:37&	00:59&	01:10&	00:20#	00:01+	00:01-	00:03-	
15	Rune Christiansen	93	52:54																			
01:47+	02:15+	06:08+	08:53+	11:57+	12:42+	14:37+	17:56+	21:31+	25:51+	30:01+	30:58+	33:51+	35:19+	37:26+	42:04+	43:37+	47:20+	49:53+	51:48+	52:28+	52:54+	
01:47+	00:28-	03:53+	02:45+	03:04+	00:45+	01:55+	03:19+	03:35+	04:20+	04:10+	00:57+	02:53+	01:28+	02:07+	04:38+	01:33+	03:43+	02:33+	01:55+	00:40+	00:26=	
00:13#	00:02-	02:22@	00:33#	00:34#	00:04+	00:49&	01:08&	01:58@	01:08&	01:57&	00:13&	00:54&	00:11#	00:48&	01:37&	00:23&	00:47&	01:07&	00:25&	00:09&	00:00=	

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:34 00:22 01:31 02:00 02:30 00:30 00:34 01:56 01:37 02:23 01:53 00:29 00:40 00:45 00:52 01:23 01:10 01:14 01:20 01:16 00:26 00:23

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

Herrer C

1	Kjetil Wirak	114	26:56																	
01:29=	02:31=	03:16=	05:26=	06:01=	07:48=	10:11=	11:48=	12:28=	14:46=	16:03=	16:33=	17:55=	20:49=	22:07=	22:55=	23:57=	24:55=	26:05=	26:33=	26:56=
01:29=	01:02=	00:45=	02:10=	00:35=	01:47=	02:23=	01:37=	00:40=	02:18=	01:17=	00:30=	01:22=	02:54=	01:18=	00:48=	01:02=	00:58=	01:10=	00:28=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjell Dale	93	27:57																	
01:38+	02:28-	03:22+	05:36+	06:12+	07:19-	09:29-	11:06-	11:43-	14:12-	15:34-	16:09-	17:39-	20:35-	21:27-	22:21-	24:19+	25:39+	27:01+	27:30+	27:57+
01:38+	00:50-	00:54+	02:14+	00:36+	01:07-	02:10-	01:37=	00:37-	02:29+	01:22+	00:35+	01:30+	02:56+	00:52-	00:54+	01:58+	01:20+	01:22+	00:29+	00:27+
00:09#	00:12-	00:09#	00:04+	00:01+	00:40-	00:13-	00:00=	00:03-	00:11+	00:05+	00:05#	00:08+	00:02+	00:26-	00:06#	00:56&	00:22&	00:12#	00:01+	00:04#
3	Otte Omdal	65	29:27																	
01:55+	02:34+	03:35+	06:00+	06:56+	08:08+	10:03-	12:15+	12:53+	15:34+	16:54+	17:32+	19:13+	22:33+	23:41+	24:33+	25:53+	27:02+	28:32+	29:03+	29:27+
01:55+	00:39-	01:01+	02:25+	00:56+	01:12-	01:55-	02:12+	00:38-	02:41+	01:20+	00:38+	01:41+	03:20+	01:08-	00:52+	01:20+	01:09+	01:30+	00:31+	00:24+
00:26&	00:23-	00:16&	00:15#	00:21&	00:35-	00:28-	00:35&	00:02-	00:23#	00:03+	00:08&	00:19#	00:26#	00:10-	00:04+	00:18&	00:11#	00:20&	00:03#	00:01+
4	Jan Einar Øvremo	50	29:48																	
01:26-	02:09-	02:57-	05:10-	05:48-	07:27-	09:45-	11:46-	12:27-	15:08+	16:38+	17:02+	19:14+	22:49+	24:23+	25:12+	26:19+	27:17+	28:52+	29:22+	29:48+
01:26-	00:43-	00:48+	02:13+	00:38+	01:39-	02:18-	02:01+	00:41+	02:41+	01:30+	00:24-	02:12+	03:35+	01:34+	00:49+	01:07+	00:58=	01:35+	00:30+	00:26+
00:03-	00:19-	00:03+	00:03+	00:03+	00:08-	00:05-	00:24#	00:01+	00:23#	00:13#	00:06-	00:50&	00:41#	00:16#	00:01+	00:05+	00:00=	00:25&	00:02+	00:03#
5	Øystein Huglen	27	31:05																	
01:39+	02:42+	03:29+	06:03+	06:44+	08:20+	10:26+	12:24+	13:06+	16:14+	18:26+	19:13+	21:14+	24:38+	25:32+	26:29+	27:38+	28:37+	30:15+	30:42+	31:05+
01:39+	01:03+	00:47+	02:34+	00:41+	01:36-	02:06-	02:31+	00:42+	00:42+	02:12+	00:47+	02:01+	03:24+	00:54-	00:57+	01:09+	00:59+	01:38+	00:27-	00:23=
00:10#	00:01+	00:02+	00:24#	00:06#	00:11-	00:17-	00:21#	00:02+	00:50&	00:55&	00:17&	00:39&	00:30#	00:24-	00:09#	00:07#	00:01+	00:28&	00:01-	00:00=
6	Geir Bjaanes	116	31:40																	
01:41+	02:38+	03:33+	05:57+	06:31+	07:52+	09:53-	12:24+	13:03+	17:10+	18:58+	19:36+	21:33+	24:46+	25:40+	26:38+	27:59+	29:17+	30:37+	31:14+	31:40+
01:41+	00:57-	00:55+	02:24+	00:34-	01:21-	02:01-	02:31+	00:39-	04:07+	01:48+	00:38+	01:57+	03:13+	00:54-	00:58+	01:21+	01:18+	01:20+	00:37+	00:26+
00:12#	00:05-	00:10#	00:14#	00:01-	00:26-	00:22-	00:54&	00:01-	01:49&	00:31&	00:08&	00:35&	00:19#	00:24-	00:10#	00:19&	00:20&	00:10#	00:09&	00:03#
7	Sveinung Svebestad	46	33:31																	
01:53+	03:03+	03:57+	07:06+	07:50+	09:15+	11:29+	13:56+	14:46+	18:07+	19:43+	20:24+	22:20+	25:38+	26:52+	28:05+	29:23+	30:42+	32:27+	33:01+	33:31+
01:53+	01:10+	00:54+	03:09+	00:44+	01:25-	02:14-	02:27+	00:50+	03:21+	01:36+	00:41+	01:56+	03:18+	01:14-	01:13+	01:18+	01:19+	01:45+	00:34+	00:30+
00:24&	00:08#	00:09#	00:59&	00:09&	00:22-	00:09-	00:50&	00:10#	01:03&	00:19#	00:11&	00:34&	00:24#	00:04-	00:25&	00:16&	00:21&	00:35&	00:06#	00:07&
8	Paul Terje Haarr	62	33:43																	
02:10+	03:10+	03:58+	06:57+	07:44+	09:05+	11:22+	13:50+	14:33+	18:02+	19:39+	20:33+	22:41+	26:42+	27:34+	28:26+	29:42+	31:11+	32:50+	33:17+	33:43+
02:10+	01:00-	00:48+	02:59+	00:47+	01:21-	02:17-	02:28+	00:43+	03:29+	01:37+	00:54+	02:08+	04:01+	00:52-	00:52+	01:16+	01:29+	01:39+	00:27-	00:26+
00:41&	00:02-	00:03+	00:49&	00:12&	00:26-	00:06-	00:51&	00:03+	01:11&	00:20&	00:24&	00:46&	01:07&	00:26-	00:04+	00:14#	00:31&	00:29&	00:01-	00:03#
9	Nils John Vestøl	83	33:45																	
01:31+	02:23-	03:05-	08:55+	09:27+	11:12+	13:06+	15:51+	16:30+	19:35+	21:06+	21:37+	23:16+	26:03+	28:00+	29:05+	30:15+	31:36+	32:51+	33:20+	33:45+
01:31+	00:52-	00:42-	05:50+	00:32-	01:45-	01:54-	02:45+	00:39-	03:05+	01:31+	00:31+	01:39+	02:47-	01:57+	01:05+	01:10+	01:21+	01:15+	00:29+	00:25+
00:02+	00:10-	00:03-	03:40@	00:03-	00:02-	00:29-	01:08&	00:01-	00:47&	00:14#	00:01+	00:17#	00:07-	00:39&	00:17&	00:08#	00:23&	00:05+	00:01+	00:02+
10	Sturle Omdal	116	34:42																	
01:57+	03:17+	04:56+	07:52+	08:30+	10:41+	13:02+	15:33+	16:17+	19:14+	20:47+	21:25+	23:30+	26:52+	28:28+	29:20+	30:29+	32:02+	33:34+	34:16+	34:42+
01:57+	01:20+	01:39+	02:56+	00:38+	02:11+	02:21-	02:31+	00:44+	02:57+	01:33+	00:38+	02:05+	03:22+	01:36+	00:52+	01:09+	01:33+	01:32+	00:42+	00:26+
00:28&	00:18&	00:54@	00:46&	00:03+	00:24#	00:02-	00:54&	00:04#	00:39&	00:16#	00:08&	00:43&	00:28#	00:18#	00:04+	00:07#	00:35&	00:22&	00:14&	00:03#
11	Trond Nilsen Lamark	114	38:44																	
02:07+	02:56+	03:58+	06:25+	07:16+	09:50+	12:01+	14:17+	14:55+	17:40+	19:18+	19:52+	21:37+	29:30+	32:42+	33:45+	34:55+	36:14+	37:48+	38:19+	38:44+
02:07+	00:49-	01:02+	02:27+	00:51+	02:34+	02:11-	02:16+	00:38-	02:45+	01:38+	00:34+	01:45+	07:53+	03:12+	01:03+	01:10+	01:19+	01:34+	00:31+	00:25+
00:38&	00:13-	00:17&	00:17#	00:16&	00:47&	00:12-	00:39&	00:02-	00:27#	00:21&	00:04#	00:23&	04:59@	01:54@	00:15&	00:08#	00:21&	00:24&	00:03#	00:02+
12	Ove Oaland	116	39:06																	
03:25+	04:38+	05:50+	08:28+	09:07+	10:23+	12:47+	15:33+	16:14+	20:02+	21:47+	22:33+	24:29+	29:12+	30:46+	31:43+	33:47+	36:33+	38:06+	38:37+	39:06+
03:25+	01:13+	01:12+	02:38+	00:39+	01:16-	02:24+	02:46+	00:41+	03:48+	01:45+	00:46+	01:56+	04:43+	01:34+	00:57+	02:04+	02:46+	01:33+	00:31+	00:29+
01:56@	00:11#	00:27&	00:28#	00:04#	00:31-	00:01+	01:09&	00:01+	01:30&	00:28&	00:16&	00:34&	01:49&	00:16#	00:09#	01:02&	01:48@	00:23&	00:03#	00:06&
13	Øystein Dahle	92	39:52																	
01:53+	03:10+	04:10+	07:05+	08:21+	10:01+	12:46+	15:54+	16:45+	20:07+	22:16+	22:57+	25:39+	30:17+	31:27+	33:19+	35:05+	36:40+	38:33+	39:20+	39:52+
01:53+	01:17+	01:00+	02:55+	01:16+	01:40-	02:45+	03:08+	00:51+	03:22+	02:09+	00:41+	02:42+	04:38+	01:10-	01:52+	01:46+	01:35+	01:53+	00:47+	00:32+
00:24&	00:15#	00:15&	00:45&	00:41@	00:07-	00:22#	01:31&	00:11&	01:04&	00:52&	00:11&	01:20&	01:44&	00:08-	01:04@	00:44&	00:37&	00:43&	00:19&	00:09&

Class	Navn	Klasse										Tid																	
14	Rune Karstensen	37										40:51																	
		01:53+	02:58+	04:05+	06:54+	07:35+	10:16+	13:40+	16:16+	16:58+	22:56+	25:14+	25:55+	28:12+	31:53+	33:18+	34:25+	36:17+	38:07+	39:44+	40:23+	40:51+							
		01:53+	01:05+	01:07+	02:49+	00:41+	02:41+	03:24+	02:36+	00:42+	05:58+	02:18+	00:41+	02:17+	03:41+	01:25+	01:07+	01:52+	01:50+	01:37+	00:39+	00:28+							
		00:24&	00:03+	00:22&	00:39&	00:06#	00:54&	01:01&	00:59&	00:02+	03:40@	01:01&	00:11&	00:55&	00:47&	00:07+	00:19&	00:50&	00:52&	00:27&	00:11&	00:05#							
15	Erling Mauland	83										41:12																	
		01:59+	02:56+	04:02+	07:06+	08:02+	10:47+	13:19+	17:17+	18:03+	21:56+	23:33+	24:11+	26:03+	31:35+	33:47+	34:43+	36:59+	38:42+	40:13+	40:47+	41:12+							
		01:59+	00:57-	01:06+	03:04+	00:56+	02:45+	02:32+	03:58+	00:46+	03:53+	01:37+	00:38+	01:52+	05:32+	02:12+	00:56+	02:16+	01:43+	01:31+	00:34+	00:25+							
		00:30&	00:05-	00:21&	00:54&	00:21&	00:58&	00:09+	02:21@	00:06#	01:35&	00:20&	00:08&	00:30&	02:38&	00:54&	00:08#	01:14@	00:45&	00:21&	00:06#	00:02+							
16	Otto Alsnes	50										42:49																	
		01:43+	02:58+	04:07+	08:45+	09:46+	12:28+	15:10+	19:50+	20:36+	24:30+	26:22+	27:24+	29:27+	33:10+	35:00+	36:12+	38:12+	39:43+	41:28+	42:16+	42:49+							
		01:43+	01:15+	01:09+	04:38+	01:01+	02:42+	02:42+	04:40+	00:46+	03:54+	01:52+	01:02+	02:03+	03:43+	01:50+	01:12+	02:00+	01:31+	01:45+	00:48+	00:33+							
		00:14#	00:13#	00:24&	02:28@	00:26&	00:55&	00:19#	03:03@	00:06#	01:36&	00:35&	00:32@	00:41&	00:49&	00:32&	00:24&	00:58&	00:33&	00:35&	00:20&	00:10&							
17	Ivar Knutsen	116										48:55																	
		03:56+	05:20+	07:32+	10:57+	12:10+	13:54+	16:33+	22:25+	23:45+	30:12+	32:21+	33:05+	35:31+	39:42+	41:00+	42:22+	44:00+	45:39+	47:39+	48:20+	48:55+							
		03:56+	01:24+	02:12+	03:25+	01:13+	01:44-	02:39+	05:52+	01:20+	06:27+	02:09+	00:44+	02:26+	04:11+	01:18+	01:22+	01:38+	01:39+	02:00+	00:41+	00:35+							
		02:27@	00:22&	01:27@	01:15&	00:38@	00:03-	00:16#	04:15@	00:40&	04:09@	00:52&	00:14&	01:04&	01:17&	00:00=	00:34&	00:36&	00:41&	00:50&	00:13&	00:12&							
18	Tor Brekken	97										52:55																	
		02:46+	03:47+	04:58+	15:25+	16:08+	18:29+	21:35+	28:39+	29:30+	33:55+	35:45+	36:46+	38:26+	43:06+	44:46+	46:00+	47:48+	50:04+	51:45+	52:25+	52:55+							
		02:46+	01:01-	01:11+	10:27+	00:43+	02:21+	03:06+	07:04+	00:51+	04:25+	01:50+	01:01+	01:40+	04:40+	01:40+	01:14+	01:48+	02:16+	01:41+	00:40+	00:30+							
		01:17&	00:01-	00:26&	08:17@	00:08#	00:34&	00:43&	05:27@	00:11&	02:07&	00:33&	00:31@	00:18#	01:46&	00:22&	00:26&	00:46&	01:18@	00:31&	00:12&	00:07&							
Beste strekktid for klassen		01:26	00:39	00:42	02:10	00:32	01:07	01:54	01:37	00:37	02:18	01:17	00:24	01:22	02:47	00:52	00:48	01:02	00:58	01:10	00:27	00:23							
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																													
Herrer Ny																													
1	Joe McClounnan	167										1:13:43																	
		03:31=	14:48=	23:58=	35:25=	42:28=	46:30=	56:36=	60:47=	65:57=	72:56=	73:43=	03:31=	11:17=	09:10=	11:27=	07:03=	04:02=	10:06=	04:11=	05:10=	06:59=	00:47=						
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
Beste strekktid for klassen		03:31	11:17	09:10	11:27	07:03	04:02	10:06	04:11	05:10	06:59	00:47																	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																													
Herrer Trim																													
1	Jon Kåre Olsen	92										27:09																	
		04:10=	04:54=	09:45=	10:30=	12:25=	13:55=	15:25=	18:49=	19:44=	21:35=	23:18=	25:12=	26:41=	27:09=	04:10=	00:44=	04:51=	00:45=	01:55=	01:30=	01:30=	03:24=	00:55=	01:51=	01:43=	01:54=	01:29=	00:28=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Bruno Pierfelice	51										27:10																	
		02:21-	03:03-	06:12-	07:00-	08:41-	11:41-	12:42-	19:41+	20:33+	22:12+	23:56+	24:59-	26:33-	27:10+	02:21-	00:42-	03:09-	00:48+	01:41-	03:00+	01:01-	06:59+	00:52-	01:39-	01:44+	01:03-	01:34+	00:37+
		01:49-	00:02-	01:42-	00:03+	00:14-	01:30&	00:29-	03:35@	00:03-	00:12-	00:01+	00:51-	00:05+	00:09&	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
3	Anders Noraberg	269										27:27																	
		01:44-	02:28-	04:57-	05:41-	07:19-	12:07-	14:01-	16:54-	17:42-	19:18-	20:51-	22:19-	26:59+	27:27+	01:44-	00:44=	02:29-	00:44-	01:38-	04:48+	01:54+	02:53-	00:48-	01:36-	01:33-	01:28-	04:40+	00:28=
		02:26-	00:00=	00:00=	02:22-	00:01-	00:17-	03:18@	00:24&	00:31-	00:07-	00:15-	00:10-	00:26-	03:11@	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
4	Jørgen Johnsen	167										28:51																	
		02:46-	04:45-	10:22+	11:15+	13:19+	14:36+	15:47+	19:09+	20:12+	22:42+	24:13+	26:48+	28:24+	28:51+	02:46-	01:59+	05:37+	00:53+	02:04+	01:17-	01:11-	03:22-	01:03+	02:30+	01:31-	02:35+	01:36+	00:27-
		01:24-	01:15@	00:46#	00:08#	00:09+	00:13-	00:19-	00:02-	00:08#	00:39&	00:12-	00:41&	00:07+	00:01-	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
5	Kjetil Bårdsen	105										29:18																	
		04:20+	05:19+	09:40-	11:04+	12:56+	14:22+	16:46+	20:09+	21:26+	23:33+	25:28+	27:23+	28:51+	29:18+	04:20+	00:59+	04:21-	01:24+	01:52-	01:26-	02:24+	03:23-	01:17+	02:07+	01:55+	01:55+	01:28-	00:27-
		00:10+	00:15&	00:30-	00:39&	00:03-	00:04-	00:54&	00:01-	00:22&	00:16#	00:12#	00:01+	00:01-	00:01-	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid		
6	Oddgeir Nevland	51										29:45		
03:04-	05:08+	08:53-	09:40-	11:35-	14:20+	16:52+	21:09+	22:08+	24:07+	25:51+	27:33+	29:13+	29:45+	
03:04-	02:04+	03:45-	00:47+	01:55=	02:45+	02:32+	04:17+	00:59+	01:59+	01:44+	01:42-	01:40+	00:32+	
01:06-	01:20@	01:06-	00:02+	00:00=	01:15&	01:02&	00:53&	00:04+	00:08+	00:01+	00:12-	00:11#	00:04#	
7	Steinar Amundsen	115										30:34		
03:08-	04:10-	09:01-	09:54-	12:27+	14:35+	16:28+	19:57+	21:27+	23:42+	26:02+	27:43+	29:54+	30:34+	
03:08-	01:02+	04:51=	00:53+	02:33+	02:08+	01:53+	03:29+	01:30+	02:15+	02:20+	01:41-	02:11+	00:40+	
01:02-	00:18&	00:00=	00:08#	00:38&	00:38&	00:23&	00:05+	00:35&	00:24#	00:37&	00:13-	00:42&	00:12&	
8	Leif Jarle Skåra	29										31:14		
02:28-	03:11-	06:56-	07:41-	08:21-	10:42-	12:31-	14:03-	18:05-	19:16-	22:13-	24:20-	28:41+	30:29+	31:14+
02:28-	00:43-	03:45-	00:45=	00:40-	02:21+	01:49+	01:32-	04:02+	01:11-	02:57+	02:07+	04:21+	01:48+	00:45+
01:42-	00:01-	01:06-	00:00=	01:15-	00:51&	00:19#	01:52-	03:07@	00:40-	01:14&	00:13#	02:52@	01:20@	00:45+
9	Ingvar Haabeth	92										31:52		
02:16-	03:11-	07:22-	08:03-	10:13-	16:21+	17:59+	21:32+	23:00+	25:37+	27:34+	29:15+	31:24+	31:52+	
02:16-	00:55+	04:11-	00:41-	02:10+	06:08+	01:38+	03:33+	01:28+	02:37+	01:57+	01:41-	02:09+	00:28=	
01:54-	00:11#	00:40-	00:04-	00:15#	04:38@	00:08+	00:09+	00:33&	00:46&	00:14#	00:13-	00:40&	00:00=	
10	Ivar Aalbu	29										32:22		
02:46-	05:22+	09:47+	10:42+	13:08+	14:56+	16:51+	20:42+	22:08+	24:50+	27:02+	29:40+	31:41+	32:22+	
02:46-	02:36+	04:25-	00:55+	02:26+	01:48+	01:55+	03:51+	01:26+	02:42+	02:12+	02:38+	02:01+	00:41+	
01:24-	01:52@	00:26-	00:10#	00:31&	00:18#	00:25&	00:27#	00:31&	00:51&	00:29&	00:44&	00:32&	00:13&	
11	Stig Erlend Ollestad	51										32:45		
03:43-	04:17-	07:11-	07:38-	09:22-	12:22-	13:50-	24:29+	25:27+	27:08+	28:35+	30:40+	32:18+	32:45+	
03:43-	00:34-	02:54-	00:27-	01:44-	03:00+	01:28-	10:39+	00:58+	01:41-	01:27-	02:05+	01:38+	00:27-	
00:27-	00:10-	01:57-	00:18-	00:11-	01:30&	00:02-	07:15@	00:03+	00:10-	00:16-	00:11+	00:09#	00:01-	
12	Trond Karlsen	235										32:58		
03:09-	05:19+	11:03+	11:35+	14:05+	17:02+	18:45+	22:44+	23:45+	26:06+	28:36+	30:23+	32:03+	32:58+	
03:09-	02:10+	05:44+	00:32-	02:30+	02:57+	01:43+	03:59+	01:01+	02:21+	02:30+	01:47-	01:40+	00:55+	
01:01-	01:26@	00:53#	00:13-	00:35&	01:27&	00:13#	00:35#	00:06#	00:30&	00:47&	00:07-	00:11#	00:27&	
13	Frode Ungar	116										33:55		
03:49-	05:25+	09:14-	10:14-	12:19-	13:41-	18:41+	24:17+	25:23+	27:48+	29:48+	31:39+	33:09+	33:55+	
03:49-	01:36+	03:49-	01:00+	02:05+	01:22-	05:00+	05:36+	01:06+	02:25+	02:00+	01:51-	01:30+	00:46+	
00:21-	00:52@	01:02-	00:15&	00:10+	00:08-	03:30@	02:12&	00:11#	00:34&	00:17#	00:03-	00:01+	00:18&	
14	Magnus Johnsen	50										34:18		
02:58-	03:56-	08:13-	09:10-	11:23-	13:03-	16:10+	21:34+	22:52+	26:51+	29:40+	31:36+	33:38+	34:18+	
02:58-	00:58+	04:17-	00:57+	02:13+	01:40+	03:07+	05:24+	01:18+	03:59+	02:49+	01:56+	02:02+	00:40+	
01:12-	00:14&	00:34-	00:12&	00:18#	00:10#	01:37@	02:00&	00:23&	02:08@	01:06&	00:02+	00:33&	00:12&	
15	Arnt Krisitian Viland	27										35:21		
03:10-	04:07-	08:29-	09:20-	11:41-	14:06+	17:20+	23:40+	25:11+	27:46+	29:51+	32:13+	34:29+	35:21+	
03:10-	00:57+	04:22-	00:51+	02:21+	02:25+	03:14+	06:20+	01:31+	02:35+	02:05+	02:22+	02:16+	00:52+	
01:00-	00:13&	00:29-	00:06#	00:26#	00:55&	01:44@	02:56&	00:36&	00:44&	00:22#	00:28#	00:47&	00:24&	
16	Reidar Haver	4										36:07		
02:49-	03:40-	08:57-	09:41-	11:51-	13:39-	15:27+	22:55+	25:51+	28:45+	30:52+	33:34+	35:35+	36:07+	
02:49-	00:51+	05:17+	00:44-	02:10+	01:48+	01:48+	07:28+	02:56+	02:54+	02:07+	02:42+	02:01+	00:32+	
01:21-	00:07#	00:26+	00:01-	00:15#	00:18#	00:18#	04:04@	02:01@	01:03&	00:24#	00:48&	00:32&	00:04#	
17	Øyvind Nagel-Alne	74										36:51		
06:05+	06:58+	10:28+	11:45+	13:55+	15:40+	21:36+	25:45+	26:46+	30:18+	32:23+	34:13+	36:18+	36:51+	
06:05+	00:53+	03:30-	01:17+	02:10+	01:45+	05:56+	04:09+	01:01+	03:32+	02:05+	01:50-	02:05+	00:33+	
01:55&	00:09#	01:21-	00:32&	00:15#	00:15#	04:26@	00:45#	00:06#	01:41&	00:22#	00:04-	00:36&	00:05#	
18	Arild Olsen	4										37:10		
03:36-	04:37-	09:51+	10:34+	12:54+	14:36+	16:17+	24:01+	26:46+	29:47+	32:00+	34:35+	36:36+	37:10+	
03:36-	01:01+	05:14+	00:43-	02:20+	01:42+	01:41+	07:44+	02:45+	03:01+	02:13+	02:35+	02:01+	00:34+	
00:34-	00:17&	00:23+	00:02-	00:25#	00:12#	00:11#	04:20@	01:50@	01:10&	00:30&	00:41&	00:32&	00:06#	
19	Rune Femsteinevik	91										37:44		
06:15+	08:07+	13:57+	15:06+	17:36+	19:12+	21:06+	24:42+	25:51+	28:17+	30:16+	34:12+	37:05+	37:44+	
06:15+	01:52+	05:50+	01:09+	02:30+	01:36+	01:54+	03:36+	01:09+	02:26+	01:59+	03:56+	02:53+	00:39+	
02:05&	01:08@	00:59#	00:24&	00:35&	00:06+	00:24&	00:12+	00:14&	00:35&	00:16#	02:02@	01:24&	00:11&	
20	Hans Klausen	62										38:10		
02:14-	03:12-	07:23-	08:09-	10:23-	12:00-	14:44-	23:05+	24:06+	30:02+	32:19+	35:43+	37:32+	38:10+	
02:14-	00:58+	04:11-	00:46+	02:14+	01:37+	02:44+	08:21+	01:01+	05:56+	02:17+	03:24+	01:49+	00:38+	
01:56-	00:14&	00:40-	00:01+	00:19#	00:07+	01:14&	04:57@	00:06#	04:05@	00:34&	01:30&	00:20#	00:10&	

Class	Navn	Klasse										Tid	
21	Per Kolbein Tonstad	66										38:33	
03:37-	05:54+	11:52+	12:42+	15:32+	17:46+	19:33+	24:37+	26:07+	29:28+	32:07+	35:34+	37:48+	38:33+
03:37-	02:17+	05:58+	00:50+	02:50+	02:14+	01:47+	05:04+	01:30+	03:21+	02:39+	03:27+	02:14+	00:45+
00:33-	01:33@	01:07#	00:05#	00:55&	00:44&	00:17#	01:40&	00:35&	01:30&	00:56&	01:33&	00:45&	00:17&
22	Falk Weihs	115										38:59	
02:28-	03:15-	06:33-	11:52+	14:22+	15:55+	18:10+	29:24+	30:30+	32:36+	34:31+	36:38+	38:26+	38:59+
02:28-	00:47+	03:18-	05:19+	02:30+	01:33+	02:15+	11:14+	01:06+	02:06+	01:55+	02:07+	01:48+	00:33+
01:42-	00:03+	01:33-	04:34@	00:35&	00:03+	00:45&	07:50@	00:11#	00:15#	00:12#	00:13#	00:19#	00:05#
23	Jan Erik Syvertsen	51										39:18	
02:48-	03:37-	08:34-	09:18-	11:14-	17:07+	18:23+	26:08+	27:28+	30:05+	33:48+	37:00+	38:44+	39:18+
02:48-	00:49+	04:57+	00:44-	01:56+	05:53+	01:16-	07:45+	01:20+	02:37+	03:43+	03:12+	01:44+	00:34+
01:22-	00:05#	00:06+	00:01-	00:01+	04:23@	00:14-	04:21@	00:25&	00:46&	02:00@	01:18&	00:15#	00:06#
24	Thorstein Gunnarsson	144										39:32	
05:02+	06:01+	09:55+	11:08+	13:22+	15:30+	17:30+	27:21+	28:47+	32:23+	34:39+	36:45+	38:58+	39:32+
05:02+	00:59+	03:54-	01:13+	02:14+	02:08+	02:00+	09:51+	01:26+	03:36+	02:16+	02:06+	02:13+	00:34+
00:52#	00:15&	00:57-	00:28&	00:19#	00:38&	00:30&	06:27@	00:31&	01:45&	00:33&	00:12#	00:44&	00:06#
25	Samuel Denieul	42										39:44	
04:25+	05:29+	11:30+	12:16+	18:48+	20:27+	22:26+	26:59+	28:22+	31:57+	35:09+	38:01+	39:16+	39:44+
04:25+	01:04+	06:01+	00:46+	06:32+	01:39+	01:59+	04:33+	01:23+	03:35+	03:12+	02:52+	01:15-	00:28-
00:15+	00:20&	01:10#	00:01+	04:37@	00:09#	00:29&	01:09&	00:28&	01:44&	01:29&	00:58&	00:14-	00:00-
26	Tor Inge Hansen	144										39:56	
05:59+	06:52+	10:39+	11:59+	14:08+	16:14+	18:26+	28:20+	29:34+	33:07+	35:15+	37:30+	39:24+	39:56+
05:59+	00:53+	03:47-	01:20+	02:09+	02:06+	02:12+	09:54+	01:14+	03:33+	02:08+	02:15+	01:54+	00:32+
01:49&	00:09#	01:04-	00:35&	00:14#	00:36&	00:42&	06:30@	00:19&	01:42&	00:25#	00:21#	00:25&	00:04#
27	Ommund Bakkevold	68										40:17	
04:36+	05:41+	09:57+	10:58+	13:29+	15:30+	18:42+	23:17+	24:58+	29:21+	32:28+	36:36+	39:26+	40:17+
04:36+	01:05+	04:16-	01:01+	02:31+	02:01+	03:12+	04:35+	01:41+	04:23+	03:07+	04:08+	02:50+	00:51+
00:26#	00:21&	00:35-	00:16&	00:36&	00:31&	01:42@	01:11&	00:46&	02:32@	01:24&	02:14@	01:21&	00:23&
28	John Thorsnæs	51										42:27	
03:09-	04:09-	11:32+	12:52+	15:23+	17:38+	19:35+	25:59+	26:59+	29:08+	31:36+	35:17+	38:35+	39:48+
03:09-	01:00+	07:23+	01:20+	02:31+	02:15+	01:57+	06:24+	01:00+	02:09+	02:28+	03:41+	03:18+	01:13+
01:01-	00:16&	02:32&	00:35&	00:36&	00:45&	00:27&	03:00&	00:05+	00:18#	00:45&	01:47&	01:49@	00:45@
												02:07+	00:32+
29	Arild Svihus	92										43:45	
02:50-	04:34-	08:43-	10:10-	13:40+	15:29+	21:15+	27:22+	29:11+	32:43+	38:17+	41:00+	42:59+	43:45+
02:50-	01:44+	04:09-	01:27+	03:30+	01:49+	05:46+	06:07+	01:49+	03:32+	05:34+	02:43+	01:59+	00:46+
01:20-	01:00@	00:42-	00:42&	01:35&	00:19#	04:16@	02:43&	00:54&	01:41&	03:51@	00:49&	00:30&	00:18&
30	Frank Gulbrandsen	105										46:19	
04:53+	06:15+	11:47+	12:57+	15:59+	17:57+	24:06+	33:20+	34:33+	37:19+	39:48+	42:38+	45:26+	46:19+
04:53+	01:22+	05:32+	01:10+	03:02+	01:58+	06:09+	09:14+	01:13+	02:46+	02:29+	02:50+	02:48+	00:53+
00:43#	00:38&	00:41#	00:25&	01:07&	00:28&	04:39@	05:50@	00:18&	00:55&	00:46&	00:56&	01:19&	00:25&
31	Rune Sunde	232										46:26	
03:33-	04:45-	10:35+	11:37+	12:15-	15:39+	24:08+	25:30+	30:17+	31:43+	34:07+	36:14+	43:40+	45:41+
03:33-	01:12+	05:50+	01:02+	00:38-	03:24+	08:29+	01:22-	04:47+	01:26-	02:24+	02:07+	07:26+	02:01+
00:37-	00:28&	00:59#	00:17&	01:17-	01:54@	06:59@	02:02-	03:52@	00:25-	00:41&	00:13#	05:57@	01:33@
													00:45+
													00:45+
32	Vidar Varland	267										47:18	
03:10-	04:32-	10:13+	11:11+	13:14+	16:24+	18:48+	36:20+	37:21+	39:35+	42:12+	45:04+	46:49+	47:18+
03:10-	01:22+	05:41+	00:58+	02:03+	03:10+	02:24+	17:32+	01:01+	02:14+	02:37+	02:52+	01:45+	00:29+
01:00-	00:38&	00:50#	00:13&	00:08+	01:40@	00:54&	14:08@	00:06#	00:23#	00:54&	00:58&	00:16#	00:01+
33	Per Bakken	5										48:08	
04:43+	06:22+	11:42+	12:57+	16:41+	18:56+	23:25+	30:01+	32:09+	35:38+	40:27+	44:08+	47:13+	48:08+
04:43+	01:39+	05:20+	01:15+	03:44+	02:15+	04:29+	06:36+	02:08+	03:29+	04:49+	03:41+	03:05+	00:55+
00:33#	00:55@	00:29+	00:30&	01:49&	00:45&	02:59@	03:12&	01:13@	01:38&	03:06@	01:47&	01:36@	00:27&
34	Igor Muzdeka	74										50:08	
03:37-	04:40-	10:03+	15:08+	18:16+	26:56+	29:57+	35:05+	36:49+	39:49+	42:58+	46:43+	49:31+	50:08+
03:37-	01:03+	05:23+	05:05+	03:08+	08:40+	03:01+	05:08+	01:44+	03:00+	03:09+	03:45+	02:48+	00:37+
00:33-	00:19&	00:32#	04:20@	01:13&	07:10@	01:31@	01:44&	00:49&	01:09&	01:26&	01:51&	01:19&	00:09&
35	Inge Grødem	92										50:11	
05:14+	07:04+	11:56+	13:11+	15:54+	18:03+	24:15+	34:34+	36:19+	39:20+	42:31+	46:24+	49:33+	50:11+
05:14+	01:50+	04:52+	01:15+	02:43+	02:09+	06:12+	10:19+	01:45+	03:01+	03:11+	03:53+	03:09+	00:38+
01:04&	01:06@	00:01+	00:30&	00:48&	00:39&	04:42@	06:55@	00:50&	01:10&	01:28&	01:59@	01:40@	00:10&

Class	Navn	Klasse												Tid
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36	Runar Espeland	141												53:11
09:21+	10:26+	18:46+	20:08+	23:12+	25:07+	28:43+	35:28+	37:26+	42:14+	45:57+	50:11+	52:34+	53:11+	
09:21+	01:05+	08:20+	01:22+	03:04+	01:55+	03:36+	06:45+	01:58+	04:48+	03:43+	04:14+	02:23+	00:37+	
05:11@	00:21&	03:29&	00:37&	01:09&	00:25&	02:06@	03:21&	01:03@	02:57@	02:00@	02:20@	00:54&	00:09&	
37	Jon Grepstad	111												55:34
05:07+	07:45+	15:56+	17:44+	21:51+	28:40+	31:27+	36:51+	38:55+	43:20+	47:23+	51:17+	54:22+	55:34+	
05:07+	02:38+	08:11+	01:48+	04:07+	06:49+	02:47+	05:24+	02:04+	04:25+	04:03+	03:54+	03:05+	01:12+	
00:57#	01:54@	03:20&	01:03@	02:12@	05:19@	01:17&	02:00@	01:09@	02:34@	02:20@	02:00@	01:36@	00:44@	
38	Svein Inge Sævereid	126												56:09
07:29+	09:13+	17:03+	18:47+	23:20+	26:04+	29:42+	36:27+	38:45+	43:19+	47:08+	51:26+	54:39+	56:09+	
07:29+	01:44+	07:50+	01:44+	04:33+	02:44+	03:38+	06:45+	02:18+	04:34+	03:49+	04:18+	03:13+	01:30+	
03:19&	01:00@	02:59&	00:59@	02:38@	01:14&	02:08@	03:21&	01:23@	02:43@	02:06@	02:24@	01:44@	01:02@	
39	Arne Hope	43												1:02:26
04:31+	05:33+	10:39+	11:53+	14:26+	16:36+	18:30+	46:31+	51:31+	53:59+	56:42+	59:31+	61:48+	62:26+	
04:31+	01:02+	05:06+	01:14+	02:33+	02:10+	01:54+	28:01+	05:00+	02:28+	02:43+	02:49+	02:17+	00:38+	
00:21+	00:18&	00:15+	00:29&	00:38&	00:40&	00:24&	24:37@	04:05@	00:37&	01:00&	00:55&	00:48&	00:10&	
40	Arthur Christiansen	93												1:05:47
10:15+	12:17+	19:32+	21:14+	26:28+	29:33+	32:23+	43:17+	45:44+	50:26+	55:16+	59:36+	64:08+	65:47+	
10:15+	02:02+	07:15+	01:42+	05:14+	03:05+	02:50+	10:54+	02:27+	04:42+	04:50+	04:20+	04:32+	01:39+	
06:05@	01:18@	02:24&	00:57@	03:19@	01:35@	01:20&	07:30@	01:32@	02:51@	03:07@	02:26@	03:03@	01:11@	
41	Harald Sunde	232												1:07:10
05:42+	07:09+	19:54+	21:21+	25:37+	30:23+	34:26+	43:58+	46:25+	51:57+	57:37+	61:31+	65:46+	67:10+	
05:42+	01:27+	12:45+	01:27+	04:16+	04:46+	04:03+	09:32+	02:27+	05:32+	05:40+	03:54+	04:15+	01:24+	
01:32&	00:43&	07:54@	00:42&	02:21@	03:16@	02:33@	06:08@	01:32@	03:41@	03:57@	02:00@	02:46@	00:56@	
42	Tom Leveraas	188												1:15:06
05:26+	06:47+	12:37+	13:41+	19:28+	33:58+	34:59+	48:08+	57:00+	61:13+	70:07+	72:31+	74:25+	75:06+	
05:26+	01:21+	05:50+	01:04+	05:47+	14:30+	01:01-	13:09+	08:52+	04:13+	08:54+	02:24+	01:54+	00:41+	
01:16&	00:37&	00:59#	00:19&	03:52@	13:00@	00:29-	09:45@	07:57@	02:22@	07:11@	00:30&	00:25&	00:13&	

Beste strekktid for klassen

01:44	00:34	02:29	00:27	00:38	01:17	01:01	01:22	00:48	01:11	01:27	01:03	01:15	00:27
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.