

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Paula Salmi Linge	67	18:49									
00:42=	02:39=	04:20=	06:55=	08:26=	09:32=	10:33=	12:00=	13:40=	14:53=	17:33=	18:27=	18:49=
00:42=	01:57=	01:41=	02:35=	01:31=	01:06=	01:01=	01:27=	01:40=	01:13=	02:40=	00:54=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Silje Sundal	71	19:04									
01:10+	02:58+	04:58+	07:28+	08:47+	10:07+	11:24+	12:49+	14:24+	15:40+	17:48+	18:45+	19:04+
01:10+	01:48-	02:00+	02:30-	01:19-	01:20+	01:17+	01:25-	01:35-	01:16+	02:08-	00:57+	00:19-
00:28&	00:09-	00:19#	00:05-	00:12-	00:14#	00:16&	00:02-	00:05-	00:03+	00:32-	00:03+	00:03-
3	Tiina Sofia Salmén	152	20:42									
00:51+	03:19+	04:59+	07:50+	09:36+	11:28+	12:35+	14:14+	16:03+	17:21+	19:27+	20:23+	20:42+
00:51+	02:28+	01:40-	02:51+	01:46+	01:52+	01:07+	01:39+	01:49+	01:18+	02:06-	00:56+	00:19-
00:09#	00:31&	00:01-	00:16#	00:15#	00:46&	00:06+	00:12#	00:09+	00:05+	00:34-	00:02+	00:03-
4	Kari Borgen	62	20:45									
00:45+	02:47+	04:31+	07:21+	09:04+	10:09+	11:06+	14:31+	16:11+	17:21+	19:25+	20:27+	20:45+
00:45+	02:02+	01:44+	02:50+	01:43+	01:05-	00:57-	03:25+	01:40=	01:10-	02:04-	01:02+	00:18-
00:03+	00:05+	00:03+	00:15+	00:12#	00:01-	00:04-	01:58@	00:00=	00:03-	00:36-	00:08#	00:04-
5	Heidi Bjørndal	29	21:35									
00:42=	02:59+	04:44+	09:21+	11:33+	12:49+	14:00+	15:36+	17:14+	18:30+	20:24+	21:17+	21:35+
00:42=	02:17+	01:45+	04:37+	02:12+	01:16+	01:11+	01:36+	01:38-	01:16+	01:54-	00:53-	00:18-
00:00=	00:20#	00:04+	02:02&	00:41&	00:10#	00:10#	00:09#	00:02-	00:03+	00:46-	00:01-	00:04-
6	Anne M. Enne Haug	117	21:46									
00:35-	02:40+	05:13+	07:58+	09:34+	10:55+	11:54+	13:53+	15:50+	17:20+	19:48+	21:18+	21:46+
00:35-	02:05+	02:33+	02:45+	01:36+	01:21+	00:59-	01:59+	01:57+	01:30+	02:28-	01:30+	00:28+
00:07-	00:08+	00:52&	00:10+	00:05+	00:15#	00:02-	00:32&	00:17#	00:17#	00:12-	00:36&	00:06&
7	Anne Marie Gausel	105	22:30									
00:49+	02:58+	04:55+	08:10+	10:29+	11:39+	12:50+	14:56+	16:53+	18:21+	20:56+	22:06+	22:30+
00:49+	02:09+	01:57+	03:15+	02:19+	01:10+	01:11+	02:06+	01:57+	01:28+	02:35-	01:10+	00:24+
00:07#	00:12#	00:16#	00:40&	00:48&	00:04+	00:10#	00:39&	00:17#	00:15#	00:05-	00:16&	00:02+
8	Karlotte K Sørheim	105	23:01									
01:28+	03:39+	06:07+	09:29+	11:09+	12:57+	15:01+	16:24+	18:05+	19:33+	21:41+	22:42+	23:01+
01:28+	02:11+	02:28+	03:22+	01:40+	01:48+	02:04+	01:23-	01:41+	01:28+	02:08-	01:01+	00:19-
00:46@	00:14#	00:47&	00:47&	00:09+	00:42&	01:03@	00:04-	00:01+	00:15#	00:32-	00:07#	00:03-
9	Rønnaug Egeland	154	24:09									
00:47+	02:49+	04:47+	08:19+	10:24+	11:29+	14:24+	16:01+	18:00+	19:56+	22:20+	23:27+	24:09+
00:47+	02:02+	01:58+	03:32+	02:05+	01:05-	02:55+	01:37+	01:59+	01:56+	02:24-	01:07+	00:42+
00:05#	00:05+	00:17#	00:57&	00:34&	00:01-	01:54@	00:10#	00:19#	00:43&	00:16-	00:13#	00:20&
10	Wibeke Lende	74	25:02									
00:44+	03:38+	05:48+	09:48+	11:31+	12:57+	15:17+	17:32+	19:39+	21:02+	23:28+	24:39+	25:02+
00:44+	02:54+	02:10+	04:00+	01:43+	01:26+	02:20+	02:15+	02:07+	01:23+	02:26-	01:11+	00:23+
00:02+	00:57&	00:29&	01:25&	00:12#	00:20&	01:19@	00:48&	00:27&	00:10#	00:14-	00:17&	00:01+
11	Ingrid Simensen	101	25:04									
00:48+	02:57+	06:00+	09:35+	11:10+	12:31+	14:13+	17:20+	19:34+	21:16+	23:31+	24:31+	25:04+
00:48+	02:09+	03:03+	03:35+	01:35+	01:21+	01:42+	03:07+	02:14+	01:42+	02:15-	01:00+	00:33+
00:06#	00:12#	01:22&	01:00&	00:04+	00:15#	00:41&	01:40@	00:34&	00:29&	00:25-	00:06#	00:11&
12	Ruth Magrethe Westre	54	25:26									
00:52+	03:40+	06:08+	08:53+	11:13+	12:31+	14:31+	16:27+	19:40+	21:34+	24:00+	25:04+	25:26+
00:52+	02:48+	02:28+	02:45+	02:20+	01:18+	02:00+	01:56+	03:13+	01:54+	02:26-	01:04+	00:22=
00:10#	00:51&	00:47&	00:10+	00:49&	00:12#	00:59&	00:29&	01:33&	00:41&	00:14-	00:10#	00:00=
13	Helene Lie	228	25:57									
01:01+	03:47+	07:06+	10:29+	12:14+	13:41+	15:50+	18:17+	20:20+	21:47+	24:17+	25:29+	25:57+
01:01+	02:46+	03:19+	03:23+	01:45+	01:27+	02:09+	02:27+	02:03+	01:27+	02:30-	01:12+	00:28+
00:19&	00:49&	01:38&	00:48&	00:14#	00:21&	01:08@	01:00&	00:23#	00:14#	00:10-	00:18&	00:06&
14	Miia Niemi	260	27:49									
02:09+	04:17+	06:10+	08:43+	10:29+	11:48+	14:02+	15:46+	22:22+	23:42+	26:14+	27:25+	27:49+
02:09+	02:08+	01:53+	02:33-	01:46+	01:19+	02:14+	01:44+	06:36+	01:20+	02:32-	01:11+	00:24+
01:27@	00:11+	00:12#	00:02-	00:15#	00:13#	01:13@	00:17#	04:56@	00:07+	00:08-	00:17&	00:02+

Class	Navn	Klasse										Tid
15	Kine Strømstad	109										29:38
01:25+	04:16+	06:15+	12:02+	14:45+	16:21+	18:06+	19:53+	23:06+	24:45+	27:55+	29:12+	29:38+
01:25+	02:51+	01:59+	05:47+	02:43+	01:36+	01:45+	01:47+	03:13+	01:39+	03:10+	01:17+	00:26+
00:43@	00:54&	00:18#	03:12@	01:12&	00:30&	00:44&	00:20#	01:33&	00:26&	00:30#	00:23&	00:04#
16	Maria Lampe	152										29:47
03:06+	06:37+	08:35+	14:33+	16:43+	18:35+	20:04+	22:00+	24:06+	25:23+	27:54+	29:19+	29:47+
03:06+	03:31+	01:58+	05:58+	02:10+	01:52+	01:29+	01:56+	02:06+	01:17+	02:31-	01:25+	00:28+
02:24@	01:34&	00:17#	03:23@	00:39&	00:46&	00:28&	00:29&	00:26&	00:04+	00:09-	00:31&	00:06&
17	Nicola Herbert	117										29:59
01:25+	04:17+	06:23+	09:49+	12:18+	14:16+	16:16+	18:52+	22:37+	24:50+	27:33+	29:32+	29:59+
01:25+	02:52+	02:06+	03:26+	02:29+	01:58+	02:00+	02:36+	03:45+	02:13+	02:43+	01:59+	00:27+
00:43@	00:55&	00:25#	00:51&	00:58&	00:52&	00:59&	01:09&	02:05@	01:00&	00:03+	01:05@	00:05#
18	Ingvild Amalixsen	116										30:18
00:46+	03:14+	07:05+	09:43+	14:13+	15:25+	16:39+	21:11+	23:01+	25:22+	28:11+	29:51+	30:18+
00:46+	02:28+	03:51+	02:38+	04:30+	01:12+	01:14+	04:32+	01:50+	02:21+	02:49+	01:40+	00:27+
00:04+	00:31&	02:10@	00:03+	02:59@	00:06+	00:13#	03:05@	00:10#	01:08&	00:09+	00:46&	00:05#
19	Mette Langeland	117										30:20
00:54+	03:54+	07:19+	11:13+	13:22+	14:55+	17:41+	19:50+	23:27+	25:28+	28:26+	29:53+	30:20+
00:54+	03:00+	03:25+	03:54+	02:09+	01:33+	02:46+	02:09+	03:37+	02:01+	02:58+	01:27+	00:27+
00:12&	01:03&	01:44@	01:19&	00:38&	00:27&	01:45@	00:42&	01:57@	00:48&	00:18#	00:33&	00:05#
20	Maren Heradstveit	76										30:43
01:02+	04:02+	06:57+	12:11+	14:21+	17:57+	20:02+	22:22+	25:19+	26:49+	29:20+	30:25+	30:43+
01:02+	03:00+	02:55+	05:14+	02:10+	03:36+	02:05+	02:20+	02:57+	01:30+	02:31-	01:05+	00:18-
00:20&	01:03&	01:14&	02:39@	00:39&	02:30@	01:04@	00:53&	01:17&	00:17#	00:09-	00:11#	00:04-
21	Hanne Berg Nilsen	105										30:47
01:01+	06:32+	09:40+	13:26+	15:04+	17:03+	18:53+	20:34+	22:37+	24:01+	26:22+	30:19+	30:47+
01:01+	05:31+	03:08+	03:46+	01:38+	01:59+	01:50+	01:41+	02:03+	01:24+	02:21-	03:57+	00:28+
00:19&	03:34@	01:27&	01:11&	00:07+	00:53&	00:49&	00:14#	00:23#	00:11#	00:19-	03:03@	00:06&
22	Heidi Nordaunet	152										31:45
02:22+	06:00+	08:13+	14:02+	16:10+	17:36+	18:57+	21:09+	25:06+	26:40+	29:39+	31:17+	31:45+
02:22+	03:38+	02:13+	05:49+	02:08+	01:26+	01:21+	02:12+	03:57+	01:34+	02:59+	01:38+	00:28+
01:40@	01:41&	00:32&	03:14@	00:37&	00:20&	00:20&	00:45&	02:17@	00:21&	00:19#	00:44&	00:06&
23	Kristina Renshaw	101										31:45
00:41-	06:34+	08:48+	13:28+	15:25+	18:32+	20:18+	22:15+	24:19+	26:08+	28:46+	31:05+	31:45+
00:41-	05:53+	02:14+	04:40+	01:57+	03:07+	01:46+	01:57+	02:04+	01:49+	02:38-	02:19+	00:40+
00:01-	03:56@	00:33&	02:05&	00:26&	02:01@	00:45&	00:30&	00:24#	00:36&	00:02-	01:25@	00:18&
24	Heidi Martby	88										32:12
02:59+	06:18+	08:49+	13:44+	15:52+	17:25+	19:26+	22:13+	24:45+	26:27+	29:35+	31:42+	32:12+
02:59+	03:19+	02:31+	04:55+	02:08+	01:33+	02:01+	02:47+	02:32+	01:42+	03:08+	02:07+	00:30+
02:17@	01:22&	00:50&	02:20&	00:37&	00:27&	01:00&	01:20&	00:52&	00:29&	00:28#	01:13@	00:08&
25	Gunn Iren Stangeland	62										32:15
04:52+	08:37+	11:06+	15:50+	17:40+	19:12+	21:21+	23:27+	26:34+	27:50+	30:31+	31:49+	32:15+
04:52+	03:45+	02:29+	04:44+	01:50+	01:32+	02:09+	02:06+	03:07+	01:16+	02:41+	01:18+	00:26+
04:10@	01:48&	00:48&	02:09&	00:19#	00:26&	01:08@	00:39&	01:27&	00:03+	00:01+	00:24&	00:04#
26	Christel Dahl	92										32:16
00:51+	03:44+	07:06+	12:30+	14:37+	16:05+	21:28+	23:11+	26:28+	28:17+	30:42+	31:48+	32:16+
00:51+	02:53+	03:22+	05:24+	02:07+	01:28+	05:23+	01:43+	03:17+	01:49+	02:25-	01:06+	00:28+
00:09#	00:56&	01:41&	02:49@	00:36&	00:22&	04:22@	00:16#	01:37&	00:36&	00:15-	00:12#	00:06&
27	Ingunn Bergheim Landsnes	74										38:27
01:53+	04:37+	08:05+	18:50+	21:12+	22:41+	25:57+	28:28+	31:14+	32:49+	36:23+	37:47+	38:27+
01:53+	02:44+	03:28+	10:45+	02:22+	01:29+	03:16+	02:31+	02:46+	01:35+	03:34+	01:24+	00:40+
01:11@	00:47&	01:47@	08:10@	00:51&	00:23&	02:15@	01:04&	01:06&	00:22&	00:54&	00:30&	00:18&
28	bodil krogedal	152										43:20
09:56+	17:33+	20:11+	25:33+	27:38+	29:22+	30:53+	32:29+	36:38+	38:35+	41:46+	42:59+	43:20+
09:56+	07:37+	02:38+	05:22+	02:05+	01:44+	01:31+	01:36+	04:09+	01:57+	03:11+	01:13+	00:21-
09:14@	05:40@	00:57&	02:47@	00:34&	00:38&	00:30&	00:09#	02:29@	00:44&	00:31#	00:19&	00:01-
29	Kjersti Pawells	105										47:27
04:47+	09:08+	13:07+	17:36+	20:57+	24:37+	30:58+	35:10+	37:50+	40:38+	44:41+	46:40+	47:27+
04:47+	04:21+	03:59+	04:29+	03:21+	03:40+	06:21+	04:12+	02:40+	02:48+	04:03+	01:59+	00:47+
04:05@	02:24@	02:18@	01:54&	01:50@	02:34@	05:20@	02:45@	01:00&	01:35@	01:23&	01:05@	00:25@

Class	Navn	Klasse										Tid
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Beste strekktid for klassen

00:35 01:48 01:40 02:30 01:19 01:05 00:57 01:23 01:35 01:10 01:54 00:53 00:18

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

Damer 40 - 49 år

1	Margrethe Roalsø	93	22:57									
00:42=	03:17=	05:56=	08:30=	11:28=	12:55=	14:31=	16:00=	17:57=	19:11=	21:24=	22:34=	22:57=
00:42=	02:35=	02:39=	02:34=	02:58=	01:27=	01:36=	01:29=	01:57=	01:14=	02:13=	01:10=	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=
2	Mariann Sveinsvoll	94	26:39									
00:52+	03:08-	06:25+	09:59+	11:37+	13:11+	15:05+	18:06+	20:14+	22:01+	24:56+	26:06+	26:39+
00:52+	02:16-	03:17+	03:34+	01:38-	01:34+	01:54+	03:01+	02:08+	01:47+	02:55+	01:10=	00:33+
00:10#	00:19-	00:38#	01:00&	01:20-	00:07+	00:18#	01:32@	00:11+	00:33&	00:42&	00:00=	00:10&
3	Randi Helen Ladsten	128	27:17									
01:23+	04:00+	06:09+	10:30+	12:06+	15:27+	17:08+	19:41+	21:49+	23:21+	25:44+	26:55+	27:17+
01:23+	02:37+	02:09-	04:21+	01:36-	03:21+	01:41+	02:33+	02:08+	01:32+	02:23+	01:11+	00:22-
00:41&	00:02+	00:30-	01:47&	01:22-	01:54@	00:05+	01:04&	00:11+	00:18#	00:10+	00:01+	00:01-
4	Nina Svensen	2	27:53									
00:51+	04:40+	08:15+	11:37+	13:29+	15:05+	17:13+	19:36+	21:52+	23:34+	26:17+	27:27+	27:53+
00:51+	03:49+	03:35+	03:22+	01:52-	01:36+	02:08+	02:23+	02:16+	01:42+	02:43+	01:10=	00:26+
00:09#	01:14&	00:56&	00:48&	01:06-	00:09#	00:32&	00:54&	00:19#	00:28&	00:30#	00:00=	00:03#
5	Linda Mari Vestvik	62	29:09									
05:07+	07:52+	10:12+	13:58+	15:49+	17:03+	20:06+	21:37+	23:47+	25:03+	27:45+	28:44+	29:09+
05:07+	02:45+	02:20-	03:46+	01:51-	01:14-	03:03+	01:31+	02:10+	01:16+	02:42+	00:59-	00:25+
04:25@	00:10+	00:19-	01:12&	01:07-	00:13-	01:27&	00:02+	00:13#	00:02+	00:29#	00:11-	00:02+
6	Hilde Frøylog Karlsen	235	29:10									
00:44+	03:54+	07:34+	12:11+	14:17+	15:42+	17:28+	19:57+	22:34+	24:28+	27:20+	28:40+	29:10+
00:44+	03:10+	03:40+	04:37+	02:06-	01:25-	01:46+	02:29+	02:37+	01:54+	02:52+	01:20+	00:30+
00:02+	00:35#	01:01&	02:03&	00:52-	00:02-	00:10#	01:00&	00:40&	00:40&	00:39&	00:10#	00:07&
7	Ragnhild Båtnes Berntsen	101	33:56									
01:18+	06:10+	09:23+	13:28+	15:37+	17:25+	19:11+	22:34+	25:56+	28:20+	31:50+	33:25+	33:56+
01:18+	04:52+	03:13+	04:05+	02:09-	01:48+	01:46+	03:23+	03:22+	02:24+	03:30+	01:35+	00:31+
00:36&	02:17&	00:34#	01:31&	00:49-	00:21#	00:10#	01:54@	01:25&	01:10&	01:17&	00:25&	00:08&
8	Irene Sirevåg	105	34:56									
00:55+	04:41+	07:40+	12:45+	15:00+	16:47+	19:23+	24:22+	27:25+	29:39+	32:51+	34:25+	34:56+
00:55+	03:46+	02:59+	05:05+	02:15-	01:47+	02:36+	04:59+	03:03+	02:14+	03:12+	01:34+	00:31+
00:13&	01:11&	00:20#	02:31&	00:43-	00:20#	01:00&	03:30@	01:06&	01:00&	00:59&	00:24&	00:08&
9	Randi Roth	68	36:27									
01:21+	08:06+	10:45+	14:56+	17:27+	19:29+	21:41+	24:59+	28:22+	30:40+	34:18+	35:54+	36:27+
01:21+	06:45+	02:39=	04:11+	02:31-	02:02+	02:12+	03:18+	03:23+	02:18+	03:38+	01:36+	00:33+
00:39&	04:10@	00:00=	01:37&	00:27-	00:35&	00:36&	01:49@	01:26&	01:04&	01:25&	00:26&	00:10&
10	Hege Jangseth	93	37:11									
00:45+	04:05+	08:52+	13:50+	15:48+	17:37+	19:48+	24:17+	29:50+	31:46+	35:14+	36:43+	37:11+
00:45+	03:20+	04:47+	04:58+	01:58-	01:49+	02:11+	04:29+	05:33+	01:56+	03:28+	01:29+	00:28+
00:03+	00:45&	02:08&	02:24&	01:00-	00:22&	00:35&	03:00@	03:36@	00:42&	01:15&	00:19&	00:05#
11	Tove Irene Asheim	116	42:12									
02:56+	13:00+	15:19+	20:38+	22:50+	25:16+	28:43+	31:35+	33:57+	36:05+	40:12+	41:41+	42:12+
02:56+	10:04+	02:19-	05:19+	02:12-	02:26+	03:27+	02:52+	02:22+	02:08+	04:07+	01:29+	00:31+
02:14@	07:29@	00:20-	02:45@	00:46-	00:59&	01:51@	01:23&	00:25#	00:54&	01:54&	00:19&	00:08&
12	Synnøve Westermoen	116	43:09									
02:51+	06:12+	22:22+	26:50+	28:56+	30:56+	32:33+	34:47+	37:23+	38:36+	41:17+	42:42+	43:09+
02:51+	03:21+	16:10+	04:28+	02:06-	02:00+	01:37+	02:14+	02:36+	01:13-	02:41+	01:25+	00:27+
02:09@	00:46&	13:31@	01:54&	00:52-	00:33&	00:01+	00:45&	00:39&	00:01-	00:28#	00:15#	00:04#

Beste strekktid for klassen

00:42 02:16 02:09 02:34 01:36 01:14 01:36 01:29 01:57 01:13 02:13 00:59 00:22

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

Class	Navn	Klasse	Tid
Damer 50 - 59 år			
1	Ingrid Eik	88	18:32
01:14=	02:46=	05:14=	06:59=
08:09=	10:04=	12:56=	15:17=
18:09=	18:32=	01:14=	01:32=
02:28=	01:45=	01:10=	01:55=
02:52=	02:21=	02:52=	00:23=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Signe Ottesen	116	20:08
01:01-	02:51+	05:30+	07:24+
08:37+	11:30+	14:40+	16:48+
19:44+	20:08+	01:01-	01:50+
02:39+	01:54+	01:13+	02:53+
03:10+	02:08-	02:56+	00:24+
00:13-	00:18#	00:11+	00:09+
00:03+	00:58&	00:18#	00:13-
00:04+	00:01+		
3	Marianne Fuglestad	116	21:21
01:32+	03:15+	05:38+	06:57-
08:08-	13:53+	16:32+	18:11+
20:55+	21:21+	01:32+	01:43+
02:23-	01:19-	01:11+	05:45+
02:39-	01:39-	02:44-	00:26+
00:18#	00:11#	00:05-	00:26-
00:01+	03:50@	00:13-	00:42-
			00:08-
			00:03#
4	Liv Omdal	116	21:43
01:05-	02:59+	05:38+	07:13+
08:28+	12:46+	16:11+	17:47+
21:20+	21:43+	01:05-	01:54+
02:39+	01:35-	01:15+	04:18+
03:25+	01:36-	03:33+	00:23=
00:09-	00:22#	00:11+	00:10-
00:05+	02:23@	00:33#	00:45-
			00:41#
			00:00=
5	Kristin Skadsem	18	22:07
01:05-	03:23+	06:18+	08:03+
09:35+	12:39+	15:59+	17:52+
21:36+	22:07+	01:05-	02:18+
02:55+	01:45=	01:32+	03:04+
03:20+	01:53-	03:44+	00:31+
00:09-	00:46&	00:27#	00:00=
00:22&	01:09&	00:28#	00:28-
			00:52&
			00:08&
6	Rowena Naile	42	22:43
03:01+	06:14+	08:29+	09:51+
11:22+	13:20+	16:46+	19:43+
22:15+	22:43+	03:01+	03:13+
02:15-	01:22-	01:31+	01:58+
03:26+	02:57+	02:32-	00:28+
01:47@	01:41@	00:13-	00:23-
00:21&	00:03+	00:34#	00:36&
			00:20-
			00:05#
7	Birgitte Røe	125	23:27
02:30+	04:50+	07:50+	09:49+
11:31+	14:28+	17:58+	19:48+
22:58+	23:27+	02:30+	02:20+
03:00+	01:59+	01:42+	02:57+
03:30+	01:50-	03:10+	00:29+
01:16@	00:48&	00:32#	00:14#
00:32&	01:02&	00:38#	00:31-
			00:18#
			00:06&
8	Berit Bakken	168	24:28
01:06-	03:18+	05:51+	07:37+
09:25+	14:39+	17:55+	19:59+
23:36+	24:28+	01:06-	02:12+
02:33+	01:46+	01:48+	05:14+
03:16+	02:04-	03:37+	00:52+
00:08-	00:40&	00:05+	00:01+
00:38&	03:19@	00:24#	00:17-
			00:45&
			00:29@
9	Marit Karin Nygård	92	24:47
01:10-	03:05+	05:47+	07:17+
08:27+	15:53+	18:57+	21:05+
24:23+	24:47+	01:10-	01:55+
02:42+	01:30-	01:10=	07:26+
03:04+	02:08-	03:18+	00:24+
00:04-	00:23#	00:14+	00:15-
00:00=	05:31@	00:12+	00:13-
			00:26#
			00:01+
10	Anne-Siv Gjertsen	27	25:53
03:08+	04:54+	07:53+	09:32+
11:38+	16:54+	20:11+	22:16+
25:25+	25:53+	03:08+	01:46+
02:59+	01:39-	02:06+	05:16+
03:17+	02:05-	03:09+	00:28+
01:54@	00:14#	00:31#	00:06-
00:56&	03:21@	00:25#	00:16-
			00:17+
			00:05#
11	Arnfrid Stangeland	96	27:16
01:11-	03:26+	06:25+	08:05+
09:34+	17:07+	21:08+	23:22+
26:50+	27:16+	01:11-	02:15+
02:59+	01:40-	01:29+	07:33+
04:01+	02:14-	03:28+	00:26+
00:03-	00:43&	00:31#	00:05-
00:19&	05:38@	01:09&	00:07-
			00:36#
			00:03#
12	Kari Smådal Turøy	115	27:55
01:18+	03:57+	06:29+	08:17+
09:39+	15:36+	19:18+	23:58+
27:30+	27:55+	01:18+	02:39+
02:32+	01:48+	01:22+	05:57+
03:42+	04:40+	03:32+	00:25+
00:04+	01:07&	00:04+	00:03+
00:12#	04:02@	00:50&	02:19&
			00:40#
			00:02+
13	Målfrid Bjerkeli	237	28:24
02:46+	04:58+	08:01+	10:06+
15:57+	18:44+	22:09+	24:10+
27:56+	28:24+	02:46+	02:12+
03:03+	02:05+	05:51+	02:47+
03:25+	02:01-	03:46+	00:28+
01:32@	00:40&	00:35#	00:20#
04:41@	00:52&	00:33#	00:20-
			00:54&
			00:05#
14	Kristin Harbo	92	30:12
02:21+	04:41+	08:50+	12:58+
14:43+	17:30+	22:07+	25:27+
29:44+	30:12+	02:21+	02:20+
04:09+	04:08+	01:45+	02:47+
04:37+	03:20+	04:17+	00:28+
01:07&	00:48&	01:41&	02:23@
00:35&	00:52&	01:45&	00:59&
			01:25&
			00:05#

Class	Navn	Klasse	Tid							
15	Brit Vivian Meling	116	30:15							
01:24+	07:54+	11:50+	14:59+	16:59+	19:38+	23:17+	25:32+	29:24+	30:15+	
01:24+	06:30+	03:56+	03:09+	02:00+	02:39+	03:39+	02:15-	03:52+	00:51+	
00:10#	04:58@	01:28&	01:24&	00:50&	00:44&	00:47&	00:06-	01:00&	00:28@	
16	Andrea Tapken	54	31:21							
03:04+	06:02+	10:26+	13:11+	15:15+	19:31+	23:26+	26:19+	30:48+	31:21+	
03:04+	02:58+	04:24+	02:45+	02:04+	04:16+	03:55+	02:53+	04:29+	00:33+	
01:50@	01:26&	01:56&	01:00&	00:54&	02:21@	01:03&	00:32#	01:37&	00:10&	
17	Ellinor Nesse	116	34:49							
01:10-	03:28+	09:19+	13:01+	18:07+	24:29+	27:59+	30:34+	34:12+	34:49+	
01:10-	02:18+	05:51+	03:42+	05:06+	06:22+	03:30+	02:35+	03:38+	00:37+	
00:04-	00:46&	03:23@	01:57@	03:56@	04:27@	00:38#	00:14+	00:46&	00:14&	
18	Anne Katrine Lycke	147	40:22							
01:42+	03:56+	07:14+	10:16+	12:01+	29:18+	32:52+	35:29+	39:44+	40:22+	
01:42+	02:14+	03:18+	03:02+	01:45+	17:17+	03:34+	02:37+	04:15+	00:38+	
00:28&	00:42&	00:50&	01:17&	00:35&	15:22@	00:42#	00:16#	01:23&	00:15&	
Beste strekktid for klassen										
01:01	01:32	02:15	01:19	01:10	01:55	02:39	01:36	02:32	00:23	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.										
Damer 60 - 64 år										
1	Mette Dagsland	68	20:42							
01:44=	03:46=	06:21=	08:12=	09:33=	12:09=	15:03=	17:20=	20:13=	20:42=	
01:44=	02:02=	02:35=	01:51=	01:31+	02:36=	02:54=	02:17=	02:53=	00:29=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Eli Frafjord	94	21:11							
01:31-	03:39-	06:16-	08:01-	09:32-	11:52-	15:00-	17:02-	20:39+	21:11+	
01:31-	02:08+	02:37+	01:45-	01:31+	02:20-	03:08+	02:02-	03:37+	00:32+	
00:13-	00:06+	00:02+	00:06-	00:10#	00:16-	00:14+	00:15-	00:44&	00:03#	
3	Hanna S. Lomeland	47	24:26							
01:19-	03:50+	07:40+	09:34+	11:34+	14:23+	18:05+	20:12+	23:52+	24:26+	
01:19-	02:31+	03:50+	01:54+	02:00+	02:49+	03:42+	02:07-	03:40+	00:34+	
00:25-	00:29#	01:15&	00:03+	00:39&	00:13+	00:48&	00:10-	00:47&	00:05#	
4	Aud Steinsland	128	24:31							
01:17-	03:49+	07:38+	09:36+	11:31+	14:22+	18:04+	20:11+	23:55+	24:31+	
01:17-	02:32+	03:49+	01:58+	01:55+	02:51+	03:42+	02:07-	03:44+	00:36+	
00:27-	00:30#	01:14&	00:07+	00:34&	00:15+	00:48&	00:10-	00:51&	00:07#	
5	Hanne Eik	117	24:35							
01:30-	03:47+	06:29+	08:18+	09:56+	13:36+	16:55+	19:07+	24:02+	24:35+	
01:30-	02:17+	02:42+	01:49-	01:38+	03:40+	03:19+	02:12-	04:55+	00:33+	
00:14-	00:15#	00:07+	00:02-	00:17#	01:04&	00:25#	00:05-	02:02&	00:04#	
6	Kari Blixhavn	228	27:31							
04:31+	06:56+	09:56+	11:50+	13:30+	16:20+	20:37+	22:48+	26:59+	27:31+	
04:31+	02:25+	03:00+	01:54+	01:40+	02:50+	04:17+	02:11-	04:11+	00:32+	
02:47@	00:23#	00:25#	00:03+	00:19#	00:14+	01:23&	00:06-	01:18&	00:03#	
7	Berit K. Gramstad	113	28:23							
01:45+	05:03+	08:33+	10:41+	12:55+	15:56+	20:07+	24:02+	27:52+	28:23+	
01:45+	03:18+	03:30+	02:08+	02:14+	03:01+	04:11+	03:55+	03:50+	00:31+	
00:01+	01:16&	00:55&	00:17#	00:53&	00:25#	01:17&	01:38&	00:57&	00:02+	
8	Jorunn Eriksson Sætre	47	29:46							
01:57+	05:03+	08:07+	10:04+	11:27+	16:57+	20:43+	23:00+	29:18+	29:46+	
01:57+	03:06+	03:04+	01:57+	01:23+	05:30+	03:46+	02:17=	06:18+	00:28-	
00:13#	01:04&	00:29#	00:06+	00:02+	02:54@	00:52&	00:00=	03:25@	00:01-	
9	Halldis Handeland	92	30:31							
01:15-	03:24-	06:38+	08:33+	12:08+	16:40+	21:03+	23:55+	30:01+	30:31+	
01:15-	02:09+	03:14+	01:55+	03:35+	04:32+	04:23+	02:52+	06:06+	00:30+	
00:29-	00:07+	00:39&	00:04+	02:14@	01:56&	01:29&	00:35&	03:13@	00:01+	

Class	Navn	Klasse	Tid
10	Unni Relling	92	33:41
01:26-	04:14+	07:56+	14:15+
01:26-	02:48+	03:42+	06:19+
00:18-	00:46&	01:07&	04:28@
	00:49&	00:20#	03:13@
		00:21#	02:09&
			00:04#
11	Wenche Anda Haarr	92	38:24
01:18-	08:48+	16:31+	18:49+
01:18-	07:30+	07:43+	02:18+
00:26-	05:28@	05:08@	00:27#
		00:24&	00:39#
		01:29&	00:05+
		03:57@	00:31@
Beste strekktid for klassen			
01:15	02:02	02:35	01:45
	01:21	02:20	02:54
	02:02	02:53	00:28

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

Damer 65 - 69 år

1	Kirsten Carlsen	93	26:35
01:17=	03:23=	10:04=	11:50=
01:17=	02:06=	06:41=	01:46=
00:00=	00:00=	00:00=	00:00=
2	Inger Skretting Opstad	54	28:30
01:21+	04:02+	07:15-	09:08-
01:21+	02:41+	03:13-	01:53+
00:04+	00:35&	03:28-	00:07+
3	Aslaug Lura	94	35:43
01:32+	04:43+	08:39-	11:07-
01:32+	03:11+	03:56-	02:28+
00:15#	01:05&	02:45-	00:42&
4	Margaret Malmin	105	36:14
01:43+	04:45+	08:18-	11:01-
01:43+	03:02+	03:33-	02:43+
00:26&	00:56&	03:08-	00:57&
Beste strekktid for klassen			
01:17	02:06	03:13	01:46
	01:34	02:41	03:55
	02:02	03:42	00:33

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

Damer 70 - 74 år

1	Turid Nystrøm	68	19:57
01:00=	03:04=	05:32=	07:02=
01:00=	02:04=	02:28=	01:30=
00:00=	00:00=	00:00=	00:00=
2	Gry V. Thengs	68	24:31
01:08+	03:10+	05:46+	07:37+
01:08+	02:02-	02:36+	01:51+
00:08#	00:02-	00:08+	00:21#
3	Helga Aaslid	54	25:50
01:17+	04:26+	08:08+	09:55+
01:17+	03:09+	03:42+	01:47+
00:17&	01:05&	01:14&	00:17#
4	Haldis Glendrange	68	26:55
01:05+	03:16+	05:52+	08:21+
01:05+	02:11+	02:36+	02:29+
00:05+	00:07+	00:08+	00:59&
5	Hedvig Anda	116	27:14
01:15+	04:16+	08:03+	10:48+
01:15+	03:01+	03:47+	02:45+
00:15#	00:57&	01:19&	01:15&

Class	Navn	Klasse	Tid
6	Helga Klausen	62	31:14
	01:05+ 03:26+ 12:06+ 14:02+ 16:03+ 18:57+ 23:54+ 26:47+ 30:41+ 31:14+		
	01:05+ 02:21+ 08:40+ 01:56+ 02:01+ 02:54+ 04:57+ 02:53+ 03:54+ 00:33+		
	00:05+ 00:17# 06:12@ 00:26& 00:05+ 00:17# 02:04& 00:51& 00:50& 00:10&		
7	Ragnhild Christiansen	93	31:51
	01:47+ 04:59+ 08:45+ 11:07+ 13:13+ 18:14+ 22:27+ 24:48+ 31:07+ 31:51+		
	01:47+ 03:12+ 03:46+ 02:22+ 02:06+ 05:01+ 04:13+ 02:21+ 06:19+ 00:44+		
	00:47& 01:08& 01:18& 00:52& 00:10+ 02:24& 01:20& 00:19# 03:15@ 00:21&		
Beste strekktid for klassen			
	01:00 02:02 02:28 01:30 01:13 02:02 02:53 02:00 03:04 00:23		

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

Damer 75 - 79 år

1	Berit Ebbell Olsen	68	28:39
	02:05= 05:08= 08:54= 11:12= 13:23= 16:43= 20:56= 23:23= 27:58= 28:39=		
	02:05= 03:03= 03:46= 02:18= 02:11= 03:20= 04:13= 02:27= 04:35= 00:41=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Synnøve Fuglestad	29	33:37
	01:49- 04:22- 10:14+ 12:00+ 14:30+ 20:33+ 24:01+ 26:13+ 33:07+ 33:37+		
	01:49- 02:33- 05:52+ 01:46- 02:30+ 06:03+ 03:28- 02:12- 06:54+ 00:30-		
	00:16- 00:30- 02:06& 00:32- 00:19# 02:43& 00:45- 00:15- 02:19& 00:11-		
3	Gørild Espedal	113	38:42
	02:31+ 06:45+ 11:23+ 14:14+ 16:54+ 21:28+ 28:41+ 31:44+ 37:58+ 38:42+		
	02:31+ 04:14+ 04:38+ 02:51+ 02:40+ 04:34+ 07:13+ 03:03+ 06:14+ 00:44+		
	00:26# 01:11& 00:52# 00:33# 00:29# 01:14& 03:00& 00:36# 01:39& 00:03+		
Beste strekktid for klassen			
	01:49 02:33 03:46 01:46 02:11 03:20 03:28 02:12 04:35 00:30		

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

Damer A

1	Aud Hognestad Taksdal	92	19:31
	00:58= 01:34= 02:47= 04:10= 05:01= 06:07= 08:04= 10:23= 11:47= 13:27= 17:21= 18:27= 18:56= 19:09= 19:31=		
	00:58= 00:36= 01:13= 01:23= 00:51= 01:06= 01:57= 02:19= 01:24= 01:40= 03:54= 01:06= 00:29= 00:13= 00:22=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Marjo Liikanen	67	21:34
	01:03+ 01:41+ 02:56+ 05:57+ 06:56+ 08:00+ 09:38+ 12:00+ 13:32+ 15:15+ 19:21+ 20:23+ 20:56+ 21:11+ 21:34+		
	01:03+ 00:38+ 01:15+ 03:01+ 00:59+ 01:04- 01:38- 02:22+ 01:32+ 01:43+ 04:06+ 01:02- 00:33+ 00:15+ 00:23+		
	00:05+ 00:02+ 00:02+ 01:38@ 00:08# 00:02- 00:19- 00:03+ 00:08+ 00:03+ 00:12+ 00:04- 00:04# 00:02# 00:01+		
3	Inger Tone Nygård	29	22:08
	01:14+ 01:54+ 03:06+ 04:39+ 05:59+ 07:05+ 08:59+ 11:43+ 13:24+ 15:08+ 19:47+ 20:55+ 21:31+ 21:45+ 22:08+		
	01:14+ 00:40+ 01:12- 01:33+ 01:20+ 01:06= 01:54- 02:44+ 01:41+ 01:44+ 04:39+ 01:08+ 00:36+ 00:14+ 00:23+		
	00:16& 00:04# 00:01- 00:10# 00:29& 00:00= 00:03- 00:25# 00:17# 00:04+ 00:45# 00:02+ 00:07# 00:01+ 00:01+		
4	Trine Bolstad	62	25:10
	01:10+ 01:53+ 03:16+ 07:49+ 08:49+ 09:55+ 11:39+ 14:13+ 15:57+ 17:46+ 22:40+ 23:53+ 24:28+ 24:45+ 25:10+		
	01:10+ 00:43+ 01:23+ 04:33+ 01:00+ 01:06= 01:44- 02:34+ 01:44+ 01:49+ 04:54+ 01:13+ 00:35+ 00:17+ 00:25+		
	00:12# 00:07# 00:10# 03:10@ 00:09# 00:00= 00:13- 00:15# 00:20# 00:09+ 01:00& 00:07# 00:06# 00:04& 00:03#		
5	Agnes Elin Engen	116	25:22
	01:20+ 02:06+ 03:37+ 05:45+ 08:05+ 09:22+ 11:27+ 14:09+ 16:01+ 18:10+ 22:59+ 24:14+ 24:46+ 25:00+ 25:22+		
	01:20+ 00:46+ 01:31+ 02:08+ 02:20+ 01:17+ 02:05+ 02:42+ 01:52+ 02:09+ 04:49+ 01:15+ 00:32+ 00:14+ 00:22=		
	00:22& 00:10& 00:18# 00:45& 01:29@ 00:11# 00:08+ 00:23# 00:28& 00:29& 00:55# 00:09# 00:03# 00:01+ 00:00=		
6	Janne Tjørhom Aasheim	93	28:17
	01:21+ 02:01+ 03:23+ 09:32+ 10:47+ 12:03+ 13:49+ 16:47+ 18:27+ 20:34+ 25:57+ 27:07+ 27:38+ 27:52+ 28:17+		
	01:21+ 00:40+ 01:22+ 06:09+ 01:15+ 01:16+ 01:46- 02:58+ 01:40+ 02:07+ 05:23+ 01:10+ 00:31+ 00:14+ 00:25+		
	00:23& 00:04# 00:09# 04:46@ 00:24& 00:10# 00:11- 00:39& 00:16# 00:27& 01:29& 00:04+ 00:02+ 00:01+ 00:03#		

Class	Navn	Klasse	Tid											
7	Kirsten Vike	92	35:11											
01:25+	02:20+	03:58+	07:11+	11:52+	13:32+	15:41+	20:35+	22:51+	25:21+	30:55+	32:41+	33:25+	34:39+	35:11+
01:25+	00:55+	01:38+	03:13+	04:41+	01:40+	02:09+	04:54+	02:16+	02:30+	05:34+	01:46+	00:44+	01:14+	00:32+
00:27&	00:19&	00:25&	01:50@	03:50@	00:34&	00:12#	02:35@	00:52&	00:50&	01:40&	00:40&	00:15&	01:01@	00:10&
8	Elisabeth Groven	109	41:39											
02:32+	04:18+	06:49+	10:27+	12:23+	15:13+	18:54+	23:29+	26:33+	29:23+	37:07+	39:06+	40:22+	40:53+	41:39+
02:32+	01:46+	02:31+	03:38+	01:56+	02:50+	03:41+	04:35+	03:04+	02:50+	07:44+	01:59+	01:16+	00:31+	00:46+
01:34@	01:10@	01:18@	02:15@	01:05@	01:44@	01:44&	02:16&	01:40@	01:10&	03:50&	00:53&	00:47@	00:18@	00:24@
Beste strekktid for klassen														
00:58	00:36	01:12	01:23	00:51	01:04	01:38	02:19	01:24	01:40	03:54	01:02	00:29	00:13	00:22

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

Damer B

1	Helen Lomeland	105	24:38											
01:18=	02:02=	03:36=	05:22=	06:23=	07:41=	09:36=	12:50=	15:01=	16:45=	21:38=	22:51=	23:26=	24:13=	24:38=
01:18=	00:44=	01:34=	01:46=	01:01=	01:18=	01:55=	03:14=	02:11=	01:44=	04:53=	01:13=	00:35=	00:47=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Vibeke Lamark	46	24:57											
01:16-	02:06+	03:34-	05:56+	06:52+	08:21+	10:12+	12:58+	14:57-	17:03+	22:04+	23:23+	24:12+	24:31+	24:57+
01:16-	00:50+	01:28-	02:22+	00:56-	01:29+	01:51-	02:46-	01:59-	02:06+	05:01+	01:19+	00:49+	00:19-	00:26+
00:02-	00:06#	00:06-	00:36&	00:05-	00:11#	00:04-	00:28-	00:12-	00:22#	00:08+	00:06+	00:14&	00:28-	00:01+
3	Keth Berggraf	116	25:01											
01:28+	02:15+	03:41+	05:14-	06:14-	07:42+	09:38+	12:36-	14:36-	16:49+	22:11+	23:35+	24:18+	24:39+	25:01+
01:28+	00:47+	01:26-	01:33-	01:00-	01:28+	01:56+	02:36-	02:00-	02:13+	05:22+	01:24+	00:43+	00:21-	00:22-
00:10#	00:03+	00:08-	00:13-	00:01-	00:10#	00:01+	00:16-	00:11-	00:29&	00:29+	00:11#	00:08#	00:26-	00:03-
4	Anita Glenne Kallhovd	29	25:11											
01:15-	02:06+	03:32-	05:24+	07:11+	08:42+	10:38+	13:14+	15:22+	17:37+	22:27+	23:37+	24:18+	24:42+	25:11+
01:15-	00:51+	01:26-	01:52+	01:47+	01:31+	01:56+	02:36-	02:08-	02:15+	04:50-	01:10-	00:41+	00:24-	00:29+
00:03-	00:07#	00:08-	00:06+	00:46&	00:13#	00:01+	00:38-	00:03-	00:31&	00:03-	00:03-	00:06#	00:23-	00:04#
5	Wenche M. Sæbbø	3	25:31											
01:11-	01:59-	03:26-	07:06+	08:03+	09:30+	11:24+	14:09+	15:54+	17:53+	22:54+	24:11+	24:47+	25:03+	25:31+
01:11-	00:48+	01:27-	03:40+	00:57-	01:27+	01:54-	02:45-	01:45-	01:59+	05:01+	01:17+	00:36+	00:16-	00:28+
00:07-	00:04+	00:07-	01:54@	00:04-	00:09#	00:01-	00:29-	00:26-	00:15#	00:08+	00:04+	00:01+	00:31-	00:03#
6	Elisabeth Christie Ørke	117	25:46											
01:08-	01:52-	03:15-	06:00+	07:24+	08:47+	10:31+	13:25+	15:18+	17:27+	22:40+	24:04+	24:36+	25:00+	25:46+
01:08-	00:44=	01:23-	02:45+	01:24+	01:23+	01:44-	02:54-	01:53-	02:09+	05:13+	01:24+	00:32-	00:24-	00:46+
00:10-	00:00=	00:11-	00:59&	00:23&	00:05+	00:11-	00:20-	00:18-	00:25#	00:20+	00:11#	00:03-	00:23-	00:21&
7	Ellen Tindeland	27	26:41											
01:38+	02:25+	03:57+	05:58+	06:58+	08:19+	10:16+	13:10+	15:57+	18:09+	23:55+	25:11+	25:52+	26:11+	26:41+
01:38+	00:47+	01:32-	02:01+	01:00-	01:21+	01:57+	02:54-	02:47+	02:12+	05:46+	01:16+	00:41+	00:19-	00:30+
00:20&	00:03+	00:02-	00:15#	00:01-	00:03+	00:02+	00:20-	00:36&	00:28&	00:53#	00:03+	00:06#	00:28-	00:05#
8	Hilde Nordbø	93	27:18											
01:40+	02:25+	03:54+	06:08+	07:22+	10:23+	12:16+	15:06+	16:53+	19:08+	24:32+	25:46+	26:30+	26:48+	27:18+
01:40+	00:45+	01:29-	02:14+	01:14+	03:01+	01:53-	02:50-	01:47-	02:15+	05:24+	01:14+	00:44+	00:18-	00:30+
00:22&	00:01+	00:05-	00:28&	00:13#	01:43@	00:02-	00:24-	00:24-	00:31&	00:31#	00:01+	00:09&	00:29-	00:05#
9	Lise Isachsen	165	27:21											
01:11-	01:58-	04:47+	06:59+	08:23+	10:33+	12:23+	15:10+	16:57+	18:49+	24:08+	25:48+	26:30+	26:54+	27:21+
01:11-	00:47+	02:49+	02:12+	01:24+	02:10+	01:50-	02:47-	01:47-	01:52+	05:19+	01:40+	00:42+	00:24-	00:27+
00:07-	00:03+	01:15&	00:26#	00:23&	00:52&	00:05-	00:27-	00:24-	00:08+	00:26+	00:27&	00:07#	00:23-	00:02+
10	Tone Cecilie Nystrøm	68	27:34											
01:34+	02:28+	04:04+	06:42+	07:59+	09:28+	12:05+	15:11+	17:13+	19:32+	24:48+	26:12+	26:50+	27:09+	27:34+
01:34+	00:54+	01:36+	02:38+	01:17+	01:29+	02:37+	03:06-	02:02-	02:19+	05:16+	01:24+	00:38+	00:19-	00:25=
00:16#	00:10#	00:02+	00:52&	00:16&	00:11#	00:42&	00:08-	00:09-	00:35&	00:23+	00:11#	00:03+	00:28-	00:00=
11	Brit Nilsen	88	28:32											
01:28+	02:24+	04:06+	06:16+	07:27+	09:10+	11:21+	14:42+	16:45+	19:06+	25:41+	27:03+	27:43+	28:02+	28:32+
01:28+	00:56+	01:42+	02:10+	01:11+	01:43+	02:11+	03:21+	02:03-	02:21+	06:35+	01:22+	00:40+	00:19-	00:30+
00:10#	00:12&	00:08+	00:24#	00:10#	00:25&	00:16#	00:07+	00:08-	00:37&	01:42&	00:09#	00:05#	00:28-	00:05#

Class	Navn	Klasse	Tid
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12	Ann Karin Tjørhom	93	29:43											
01:16-	02:07+	03:45+	09:16+	10:03+	11:23+	14:00+	17:15+	19:22+	21:21+	27:01+	28:19+	28:57+	29:14+	29:43+
01:16-	00:51+	01:38+	05:31+	00:47-	01:20+	02:37+	03:15+	02:07-	01:59+	05:40+	01:18+	00:38+	00:17-	00:29+
00:02-	00:07#	00:04+	03:45@	00:14-	00:02+	00:42&	00:01+	00:04-	00:15#	00:47#	00:05+	00:03+	00:30-	00:04#

13	Gunn J. Grefstad	2	29:51											
02:12+	03:18+	05:02+	07:16+	08:31+	10:19+	12:55+	16:14+	18:36+	20:55+	26:27+	28:04+	28:59+	29:20+	29:51+
02:12+	01:06+	01:44+	02:14+	01:15+	01:48+	02:36+	03:19+	02:22+	02:19+	05:32+	01:37+	00:55+	00:21-	00:31+
00:54&	00:22&	00:10#	00:28&	00:14#	00:30&	00:41&	00:05+	00:11+	00:35&	00:39#	00:24&	00:20&	00:26-	00:06#

14	Anne Garsrud	90	31:06											
01:44+	02:31+	04:00+	07:11+	11:10+	12:46+	14:47+	17:35+	20:09+	22:01+	27:22+	28:54+	29:55+	30:37+	31:06+
01:44+	00:47+	01:29-	03:11+	03:59+	01:36+	02:01+	02:48-	02:34+	01:52+	05:21+	01:32+	01:01+	00:42-	00:29+
00:26&	00:03+	00:05-	01:25&	02:58@	00:18#	00:06+	00:26-	00:23#	00:08+	00:28+	00:19&	00:26&	00:05-	00:04#

15	Trude Katrine Hermanrud	117	32:14											
01:44+	02:50+	04:36+	07:54+	09:55+	12:13+	14:49+	18:11+	20:20+	22:52+	28:46+	30:31+	31:15+	31:40+	32:14+
01:44+	01:06+	01:46+	03:18+	02:01+	02:18+	02:36+	03:22+	02:09-	02:32+	05:54+	01:45+	00:44+	00:25-	00:34+
00:26&	00:22&	00:12#	01:32&	01:00&	01:00&	00:41&	00:08+	00:02-	00:48&	01:01#	00:32&	00:09&	00:22-	00:09&

16	Grethe Anda Fuglestad	116	35:11											
01:46+	02:40+	04:14+	09:41+	12:38+	14:13+	19:07+	22:28+	24:36+	27:03+	32:10+	33:39+	34:17+	34:45+	35:11+
01:46+	00:54+	01:34=	05:27+	02:57+	01:35+	04:54+	03:21+	02:08-	02:27+	05:07+	01:29+	00:38+	00:28-	00:26+
00:28&	00:10#	00:00=	03:41@	01:56@	00:17#	02:59@	00:07+	00:03-	00:43&	00:14+	00:16#	00:03+	00:19-	00:01+

Beste strekktid for klassen														
01:08	00:44	01:23	01:33	00:47	01:18	01:44	02:36	01:45	01:44	04:50	01:10	00:32	00:16	00:22

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

Damer Ny

1	Tordis Frøytlog	29	18:31				
05:26=	06:19=	09:42=	11:21=	12:50=	16:24=	17:48=	18:31=
05:26=	00:53=	03:23=	01:39=	01:29=	03:34=	01:24=	00:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Angelika Hansen	27	25:34				
02:38-	03:55-	14:56+	17:06+	18:19+	22:30+	24:36+	25:34+
02:38-	01:17+	11:01+	02:10+	01:13-	04:11+	02:06+	00:58+
02:48-	00:24&	07:38@	00:31&	00:16-	00:37#	00:42&	00:15&

Beste strekktid for klassen							
02:38	00:53	03:23	01:39	01:13	03:34	01:24	00:43

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

Damer Trim

1	Janeth Kleppe	128	17:52								
01:51=	03:51=	05:22=	07:26=	09:02=	10:42=	12:38=	15:12=	16:03=	17:18=	17:31=	17:52=
01:51=	02:00=	01:31=	02:04=	01:36=	01:40=	01:56=	02:34=	00:51=	01:15=	00:13=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Marie Sjørnsen	117	19:00								
01:53+	03:40-	04:57-	07:12-	09:07+	10:43+	13:08+	15:57+	16:52+	18:10+	18:30+	19:00+
01:53+	01:47-	01:17-	02:15+	01:55+	01:36-	02:25+	02:49+	00:55+	01:18+	00:20+	00:30+
00:02+	00:13-	00:14-	00:11+	00:19#	00:04-	00:29#	00:15+	00:04+	00:03+	00:07&	00:09&

3	Turid Johanne Kidøy	18	19:11								
01:29-	02:58-	04:10-	06:25-	08:08-	11:02+	13:26+	15:47+	16:36+	18:28+	18:43+	19:11+
01:29-	01:29-	01:12-	02:15+	01:43+	02:54+	02:24+	02:21-	00:49-	01:52+	00:15+	00:28+
00:22-	00:31-	00:19-	00:11+	00:07+	01:14&	00:28#	00:13-	00:02-	00:37&	00:02#	00:07&

4	Annlaug Nygard	27	23:04								
02:12+	04:25+	05:37+	08:32+	12:07+	13:55+	16:52+	19:45+	20:40+	21:59+	22:40+	23:04+
02:12+	02:13+	01:12-	02:55+	03:35+	01:48+	02:57+	02:53+	00:55+	01:19+	00:41+	00:24+
00:21#	00:13#	00:19-	00:51&	01:59@	00:08+	01:01&	00:19#	00:04+	00:04+	00:28@	00:03#

Class	Navn	Klasse	Tid
5	Kjersti Flaot	27	23:05
01:57+	04:11+ 09:31+ 11:29+ 13:36+ 15:16+ 17:31+ 20:18+	21:07+ 22:16+ 22:42+ 23:05+	
01:57+	02:14+ 05:20+ 01:58- 02:07+ 01:40=	02:15+ 02:47+ 00:49- 01:09- 00:26+ 00:23+	
00:06+	00:14# 03:49@ 00:06- 00:31& 00:00=	00:19# 00:13+ 00:02- 00:06- 00:13& 00:02+	
6	Heidi Horne	71	23:12
01:46-	03:45- 05:39+ 08:13+ 09:55+ 11:46+ 14:24+ 17:18+	18:10+ 21:54+ 22:47+ 23:12+	
01:46-	01:59- 01:54+ 02:34+ 01:42+ 01:51+	02:38+ 02:54+ 00:52+ 03:44+ 00:53+ 00:25+	
00:05-	00:01- 00:23& 00:30# 00:06+ 00:11#	00:42& 00:20# 00:01+ 02:29@ 00:40@ 00:04#	
7	Björg Elen Abrahamsen	29	23:25
02:25+	04:34+ 06:00+ 08:32+ 10:48+ 12:52+ 15:45+ 19:05+	20:11+ 21:46+ 22:54+ 23:25+	
02:25+	02:09+ 01:26- 02:32+ 02:16+ 02:04+	02:53+ 03:20+ 01:06+ 01:35+ 01:08+ 00:31+	
00:34&	00:09+ 00:05- 00:28# 00:40& 00:24#	00:57& 00:46& 00:15& 00:20& 00:55@ 00:10&	
8	Lise Nessa Di Lorenzo	168	24:02
04:58+	08:19+ 09:32+ 12:19+ 13:52+ 15:17+ 17:45+ 20:14+	21:07+ 23:07+ 23:35+ 24:02+	
04:58+	03:21+ 01:13- 02:47+ 01:33- 01:25-	02:28+ 02:29- 00:53+ 02:00+ 00:28+ 00:27+	
03:07@	01:21& 00:18- 00:43& 00:03- 00:15-	00:32& 00:05- 00:02+ 00:45& 00:15@ 00:06&	
9	Margot Asheim	105	24:05
01:49-	04:13+ 06:29+ 09:53+ 11:54+ 13:42+ 17:03+ 20:08+	20:58+ 22:53+ 23:08+ 24:05+	
01:49-	02:24+ 02:16+ 03:24+ 02:01+ 01:48+	03:21+ 03:05+ 00:50- 01:55+ 00:15+ 00:57+	
00:02-	00:24# 00:45& 01:20& 00:25& 00:08+	01:25& 00:31# 00:01- 00:40& 00:02# 00:36@	
10	Cecilie Kristine Karlsen	93	24:39
05:31+	07:42+ 08:41+ 11:52+ 13:29+ 15:25+ 18:10+ 21:10+	22:08+ 23:09+ 24:19+ 24:39+	
05:31+	02:11+ 00:59- 03:11+ 01:37+ 01:56+	02:45+ 03:00+ 00:58+ 01:01- 01:10+ 00:20-	
03:40@	00:11+ 00:32- 01:07& 00:01+ 00:16#	00:49& 00:26# 00:07# 00:14- 00:57@ 00:01-	
12	Anna Berthelsen	117	24:40
02:29+	04:24+ 06:10+ 09:16+ 11:55+ 14:10+ 17:04+ 20:34+	21:53+ 23:24+ 24:08+ 24:40+	
02:29+	01:55- 01:46+ 03:06+ 02:39+ 02:15+	02:54+ 03:30+ 01:19+ 01:31+ 00:44+ 00:32+	
00:38&	00:05- 00:15# 01:02& 01:03& 00:35&	00:58& 00:56& 00:28& 00:16# 00:31@ 00:11&	
13	Kate Lawson	101	24:45
02:04+	03:54+ 05:35+ 09:49+ 13:09+ 15:00+ 17:58+ 21:22+	22:20+ 23:38+ 24:05+ 24:45+	
02:04+	01:50- 01:41+ 04:14+ 03:20+ 01:51+	02:58+ 03:24+ 00:58+ 01:18+ 00:27+ 00:40+	
00:13#	00:10- 00:10# 02:10@ 01:44@ 00:11#	01:02& 00:50& 00:07# 00:03+ 00:14@ 00:19&	
14	Anita Edgren	88	25:02
03:32+	06:07+ 08:04+ 11:30+ 13:34+ 15:44+ 18:31+ 21:32+	22:29+ 24:03+ 24:33+ 25:02+	
03:32+	02:35+ 01:57+ 03:26+ 02:04+ 02:10+	02:47+ 03:01+ 00:57+ 01:34+ 00:30+ 00:29+	
01:41&	00:35& 00:26& 01:22& 00:28& 00:30&	00:51& 00:27# 00:06# 00:19& 00:17@ 00:08&	
15	Elin Norveel	105	25:04
04:16+	06:02+ 07:24+ 10:12+ 12:35+ 14:32+ 16:57+ 21:08+	22:10+ 24:10+ 24:33+ 25:04+	
04:16+	01:46- 01:22- 02:48+ 02:23+ 01:57+	02:25+ 04:11+ 01:02+ 02:00+ 00:23+ 00:31+	
02:25@	00:14- 00:09- 00:44& 00:47& 00:17#	00:29# 01:37& 00:11# 00:45& 00:10& 00:10&	
16	Elin Rodvelt	88	25:14
03:35+	06:10+ 08:02+ 11:25+ 13:31+ 15:43+ 18:29+ 21:30+	22:32+ 24:03+ 24:46+ 25:14+	
03:35+	02:35+ 01:52+ 03:23+ 02:06+ 02:12+	02:46+ 03:01+ 01:02+ 01:31+ 00:43+ 00:28+	
01:44&	00:35& 00:21# 01:19& 00:30& 00:32&	00:50& 00:27# 00:11# 00:16# 00:30@ 00:07&	
17	Esther Boenheim	268	25:44
03:09+	05:21+ 07:43+ 10:39+ 12:39+ 14:56+ 17:42+ 21:24+	22:31+ 24:09+ 25:07+ 25:44+	
03:09+	02:12+ 02:22+ 02:56+ 02:00+ 02:17+	02:46+ 03:42+ 01:07+ 01:38+ 00:58+ 00:37+	
01:18&	00:12# 00:51& 00:52& 00:24# 00:37&	00:50& 01:08& 00:16& 00:23& 00:45@ 00:16&	
18	Åse Sellereite	27	25:57
05:03+	07:43+ 09:24+ 12:18+ 14:09+ 15:56+ 19:37+ 22:52+	23:49+ 25:08+ 25:31+ 25:57+	
05:03+	02:40+ 01:41+ 02:54+ 01:51+ 01:47+	03:41+ 03:15+ 00:57+ 01:19+ 00:23+ 00:26+	
03:12@	00:40& 00:10# 00:50& 00:15# 00:07+	01:45& 00:41& 00:06# 00:04+ 00:10& 00:05#	
19	Judith Serigstad	128	26:20
03:02+	06:06+ 07:52+ 11:20+ 13:22+ 15:10+ 18:01+ 21:11+	22:09+ 25:39+ 25:54+ 26:20+	
03:02+	03:04+ 01:46+ 03:28+ 02:02+ 01:48+	02:51+ 03:10+ 00:58+ 03:30+ 00:15+ 00:26+	
01:11&	01:04& 00:15# 01:24& 00:26& 00:08+	00:55& 00:36# 00:07# 02:15@ 00:02# 00:05#	
20	Bente Salte Aune	128	26:22
03:01+	06:05+ 07:58+ 11:25+ 13:22+ 15:13+ 18:01+ 21:14+	22:08+ 25:44+ 25:59+ 26:22+	
03:01+	03:04+ 01:53+ 03:27+ 01:57+ 01:51+	02:48+ 03:13+ 00:54+ 03:36+ 00:15+ 00:23+	
01:10&	01:04& 00:22# 01:23& 00:21# 00:11#	00:52& 00:39& 00:03+ 02:21@ 00:02# 00:02+	

Class	Navn	Klasse										Tid
21	Lise Bergli	62										26:23
02:16+	04:07+	05:18-	08:33+	13:57+	15:49+	18:09+	20:28+	21:35+	25:40+	25:54+	26:23+	
02:16+	01:51-	01:11-	03:15+	05:24+	01:52+	02:20+	02:19-	01:07+	04:05+	00:14+	00:29+	
00:25#	00:09-	00:20-	01:11&	03:48@	00:12#	00:24#	00:15-	00:16&	02:50@	00:01+	00:08&	
22	Oda Ravndal	114										26:48
01:53+	03:31-	05:12-	08:07+	12:14+	14:31+	18:31+	21:44+	22:38+	25:07+	26:17+	26:48+	
01:53+	01:38-	01:41+	02:55+	04:07+	02:17+	04:00+	03:13+	00:54+	02:29+	01:10+	00:31+	
00:02+	00:22-	00:10#	00:51&	02:31@	00:37&	02:04@	00:39&	00:03+	01:14&	00:57@	00:10&	
23	Sissel Carlsen Bråstad	88										26:56
02:30+	05:04+	07:00+	10:11+	12:15+	14:40+	18:12+	22:36+	24:04+	25:55+	26:20+	26:56+	
02:30+	02:34+	01:56+	03:11+	02:04+	02:25+	03:32+	04:24+	01:28+	01:51+	00:25+	00:36+	
00:39&	00:34&	00:25&	01:07&	00:28&	00:45&	01:36&	01:50&	00:37&	00:36&	00:12&	00:15&	
24	Lene Haver Schmidt	88										26:56
02:26+	05:06+	06:55+	10:09+	12:13+	14:42+	18:11+	22:35+	24:06+	25:53+	26:21+	26:56+	
02:26+	02:40+	01:49+	03:14+	02:04+	02:29+	03:29+	04:24+	01:31+	01:47+	00:28+	00:35+	
00:35&	00:40&	00:18#	01:10&	00:28&	00:49&	01:33&	01:50&	00:40&	00:32&	00:15@	00:14&	
25	Elisabeth Sørensen	115										27:08
02:29+	04:40+	08:07+	10:58+	13:19+	15:46+	19:31+	23:12+	24:42+	26:15+	26:38+	27:08+	
02:29+	02:11+	03:27+	02:51+	02:21+	02:27+	03:45+	03:41+	01:30+	01:33+	00:23+	00:30+	
00:38&	00:11+	01:56@	00:47&	00:45&	00:47&	01:49&	01:07&	00:39&	00:18#	00:10&	00:09&	
26	Ruth Grødem	105										27:15
02:45+	05:10+	08:49+	11:13+	13:29+	16:19+	19:34+	23:05+	24:27+	26:06+	26:51+	27:15+	
02:45+	02:25+	03:39+	02:24+	02:16+	02:50+	03:15+	03:31+	01:22+	01:39+	00:45+	00:24+	
00:54&	00:25#	02:08@	00:20#	00:40&	01:10&	01:19&	00:57&	00:31&	00:24&	00:32@	00:03#	
27	Åse Franciska Møster	128										27:25
02:35+	05:25+	07:22+	10:04+	11:51+	16:00+	19:10+	24:01+	24:57+	26:20+	26:59+	27:25+	
02:35+	02:50+	01:57+	02:42+	01:47+	04:09+	03:10+	04:51+	00:56+	01:23+	00:39+	00:26+	
00:44&	00:50&	00:26&	00:38&	00:11#	02:29@	01:14&	02:17&	00:05+	00:08#	00:26@	00:05#	
28	Randi Bugge	46										27:51
02:16+	04:32+	06:02+	08:33+	10:49+	12:46+	15:09+	18:33+	19:29+	26:49+	27:16+	27:51+	
02:16+	02:16+	01:30-	02:31+	02:16+	01:57+	02:23+	03:24+	00:56+	07:20+	00:27+	00:35+	
00:25#	00:16#	00:01-	00:27#	00:40&	00:17#	00:27#	00:50&	00:05+	06:05@	00:14@	00:14&	
29	Hege Svendsen	43										28:05
02:15+	04:43+	06:29+	10:16+	12:37+	15:16+	18:23+	23:18+	24:38+	26:20+	27:36+	28:05+	
02:15+	02:28+	01:46+	03:47+	02:21+	02:39+	03:07+	04:55+	01:20+	01:42+	01:16+	00:29+	
00:24#	00:28#	00:15#	01:43&	00:45&	00:59&	01:11&	02:21&	00:29&	00:27&	01:03@	00:08&	
30	Linda Haukås	113										28:17
03:20+	05:41+	07:12+	10:35+	12:47+	15:23+	19:35+	23:07+	24:16+	27:12+	27:39+	28:17+	
03:20+	02:21+	01:31=	03:23+	02:12+	02:36+	04:12+	03:32+	01:09+	02:56+	00:27+	00:38+	
01:29&	00:21#	00:00=	01:19&	00:36&	00:56&	02:16@	00:58&	00:18&	01:41@	00:14@	00:17&	
31	Kathrin Sandstad	115										28:39
02:46+	04:44+	08:43+	11:01+	15:57+	17:42+	20:15+	23:07+	26:21+	27:41+	27:57+	28:39+	
02:46+	01:58-	03:59+	02:18+	04:56+	01:45+	02:33+	02:52+	03:14+	01:20+	00:16+	00:42+	
00:55&	00:02-	02:28@	00:14#	03:20@	00:05+	00:37&	00:18#	02:23@	00:05+	00:03#	00:21&	
32	Ingrid Marie Torgersen	253										28:45
03:07+	06:00+	07:56+	12:02+	14:39+	17:29+	20:36+	24:46+	26:04+	27:43+	28:08+	28:45+	
03:07+	02:53+	01:56+	04:06+	02:37+	02:50+	03:07+	04:10+	01:18+	01:39+	00:25+	00:37+	
01:16&	00:53&	00:25&	02:02&	01:01&	01:10&	01:11&	01:36&	00:27&	00:24&	00:12&	00:16&	
33	Irene Mæland Torgersen	253										28:46
03:09+	06:05+	08:02+	11:57+	14:36+	17:26+	20:34+	24:43+	26:02+	27:41+	28:07+	28:46+	
03:09+	02:56+	01:57+	03:55+	02:39+	02:50+	03:08+	04:09+	01:19+	01:39+	00:26+	00:39+	
01:18&	00:56&	00:26&	01:51&	01:03&	01:10&	01:12&	01:35&	00:28&	00:24&	00:13&	00:18&	
34	Marianne Gjesdal Lyngås	253										28:50
03:11+	06:02+	08:00+	12:07+	14:33+	17:23+	20:32+	24:42+	26:05+	27:44+	28:10+	28:50+	
03:11+	02:51+	01:58+	04:07+	02:26+	02:50+	03:09+	04:10+	01:23+	01:39+	00:26+	00:40+	
01:20&	00:51&	00:27&	02:03&	00:50&	01:10&	01:13&	01:36&	00:32&	00:24&	00:13&	00:19&	
35	Synnøve Langvik	93										29:11
02:46+	06:19+	08:04+	10:43+	12:56+	17:10+	21:32+	25:22+	26:27+	28:00+	28:32+	29:11+	
02:46+	03:33+	01:45+	02:39+	02:13+	04:14+	04:22+	03:50+	01:05+	01:33+	00:32+	00:39+	
00:55&	01:33&	00:14#	00:35&	00:37&	02:34@	02:26@	01:16&	00:14&	00:18#	00:19@	00:18&	

Class	Navn	Klasse	Tid
36	Oddveig Øgaard Schjelderup	117	29:48
02:41+	06:01+ 09:21+ 13:19+ 15:30+ 17:52+	20:31+ 25:17+ 26:35+ 28:28+	29:13+ 29:48+
02:41+	03:20+ 03:20+ 03:20+ 03:58+ 02:11+	02:22+ 02:39+ 04:46+ 01:18+	01:53+ 00:35+
00:50&	01:20& 01:49@ 01:54& 00:35& 00:42&	00:43& 02:12& 00:27& 00:38&	00:32@ 00:14&
37	Grethe Wathne	109	29:48
02:39+	06:00+ 09:29+ 13:16+ 15:28+ 17:51+	20:34+ 25:16+ 26:37+ 28:26+	29:15+ 29:48+
02:39+	03:21+ 03:29+ 03:47+ 02:12+ 02:23+	02:43+ 04:42+ 01:21+ 01:49+	00:49+ 00:33+
00:48&	01:21& 01:58@ 01:43& 00:36& 00:43&	00:47& 02:08& 00:30& 00:34&	00:36@ 00:12&
38	Kirsti Strand Salvesen	256	30:06
02:48+	05:11+ 06:52+ 10:27+ 13:36+ 16:13+	19:34+ 23:48+ 25:14+ 28:55+	29:23+ 30:06+
02:48+	02:23+ 01:41+ 03:35+ 03:09+ 02:37+	03:21+ 04:14+ 01:26+ 03:41+	00:28+ 00:43+
00:57&	00:23# 00:10# 01:31& 01:33& 00:57&	01:25& 01:40& 00:35& 02:26@	00:15@ 00:22@
39	Randi Wesetvik	116	30:17
02:20+	05:43+ 07:21+ 09:53+ 12:23+ 14:48+	21:10+ 25:01+ 26:15+ 29:24+	29:44+ 30:17+
02:20+	03:23+ 01:38+ 02:32+ 02:30+ 02:25+	06:22+ 03:51+ 01:14+ 03:09+	00:20+ 00:33+
00:29&	01:23& 00:07+ 00:28# 00:54& 00:45&	04:26@ 01:17& 00:23& 01:54@	00:07& 00:12&
40	Grete Hellevik	168	30:32
02:05+	04:27+ 11:54+ 16:57+ 19:47+ 21:57+	24:19+ 27:18+ 28:21+ 29:39+	29:59+ 30:32+
02:05+	02:22+ 07:27+ 05:03+ 02:50+ 02:10+	02:22+ 02:59+ 01:03+ 01:18+	00:20+ 00:33+
00:14#	00:22# 05:56@ 02:59@ 01:14& 00:30&	00:26# 00:25# 00:12# 00:03+	00:07& 00:12&
41	Anne Grete Friberg	141	30:41
02:31+	04:53+ 07:27+ 10:47+ 13:40+ 16:00+	19:28+ 23:09+ 24:45+ 29:36+	30:05+ 30:41+
02:31+	02:22+ 02:34+ 03:20+ 02:53+ 02:20+	03:28+ 03:41+ 01:36+ 04:51+	00:29+ 00:36+
00:40&	00:22# 01:03& 01:16& 01:17& 00:40&	01:32& 01:07& 00:45& 03:36@	00:16@ 00:15&
42	Linn Soma	287	30:44
01:44-	05:16+ 08:37+ 12:36+ 14:56+ 18:10+	21:49+ 25:04+ 26:04+ 29:25+	30:16+ 30:44+
01:44-	03:32+ 03:21+ 03:59+ 02:20+ 03:14+	03:39+ 03:15+ 01:00+ 03:21+	00:51+ 00:28+
00:07-	01:32& 01:50@ 01:55& 00:44& 01:34&	01:43& 00:41& 00:09# 02:06@	00:38@ 00:07&
43	Ellen Femsteinevik	91	30:53
03:05+	10:31+ 13:31+ 16:25+ 19:44+ 21:32+	23:45+ 26:42+ 27:43+ 29:13+	30:25+ 30:53+
03:05+	07:26+ 03:00+ 02:54+ 03:19+ 01:48+	02:13+ 02:57+ 01:01+ 01:30+	01:12+ 00:28+
01:14&	05:26@ 01:29& 00:50& 01:43@ 00:08+	00:17# 00:23# 00:10# 00:15#	00:59@ 00:07&
44	Solveig Mæland	128	31:13
05:06+	07:42+ 09:58+ 14:41+ 18:21+ 21:07+	23:54+ 27:31+ 28:45+ 30:17+	30:42+ 31:13+
05:06+	02:36+ 02:16+ 04:43+ 03:40+ 02:46+	02:47+ 03:37+ 01:14+ 01:32+	00:25+ 00:31+
03:15@	00:36& 00:45& 02:39@ 02:04@ 01:06&	00:51& 01:03& 00:23& 00:17#	00:12& 00:10&
45	Anette Dagfinrud	117	31:41
02:35+	05:04+ 06:50+ 12:14+ 14:39+ 17:18+	22:57+ 27:19+ 28:40+ 30:34+	31:01+ 31:41+
02:35+	02:29+ 01:46+ 05:24+ 02:25+ 02:39+	05:39+ 04:22+ 01:21+ 01:54+	00:27+ 00:40+
00:44&	00:29# 00:15# 03:20@ 00:49& 00:59&	03:43@ 01:48& 00:30& 00:39&	00:14@ 00:19&
46	May Kristin Haaland	47	31:47
02:34+	05:25+ 08:25+ 12:19+ 15:28+ 18:31+	22:42+ 27:06+ 28:21+ 30:07+	31:18+ 31:47+
02:34+	02:51+ 03:00+ 03:54+ 03:09+ 03:03+	04:11+ 04:24+ 01:15+ 01:46+	01:11+ 00:29+
00:43&	00:51& 01:29& 01:50& 01:33& 01:23&	02:15@ 01:50& 00:24& 00:31&	00:58@ 00:08&
47	Torhild Stokka Stølsvik	92	31:52
02:41+	05:37+ 08:32+ 12:31+ 15:44+ 18:47+	22:47+ 27:18+ 28:36+ 30:15+	31:23+ 31:52+
02:41+	02:56+ 02:55+ 03:59+ 03:13+ 03:03+	04:00+ 04:31+ 01:18+ 01:39+	01:08+ 00:29+
00:50&	00:56& 01:24& 01:55& 01:37@ 01:23&	02:04@ 01:57& 00:27& 00:24&	00:55@ 00:08&
49	Ingunn Fandrem	47	32:32
02:39+	05:07+ 11:37+ 14:59+ 18:24+ 21:35+	24:43+ 27:57+ 29:16+ 31:33+	31:59+ 32:32+
02:39+	02:28+ 06:30+ 03:22+ 03:25+ 03:11+	03:08+ 03:14+ 01:19+ 02:17+	00:26+ 00:33+
00:48&	00:28# 04:59@ 01:18& 01:49@ 01:31&	01:12& 00:40& 00:28& 01:02&	00:13& 00:12&
50	Solveig Grønning	47	32:34
02:42+	05:15+ 11:45+ 15:06+ 18:22+ 21:41+	24:44+ 27:59+ 29:18+ 31:31+	32:01+ 32:34+
02:42+	02:33+ 06:30+ 03:21+ 03:16+ 03:19+	03:03+ 03:15+ 01:19+ 02:13+	00:30+ 00:33+
00:51&	00:33& 04:59@ 01:17& 01:40@ 01:39&	01:07& 00:41& 00:28& 00:58&	00:17@ 00:12&
51	Tove Kristin K. Helvig	105	33:22
05:11+	07:32+ 09:34+ 13:44+ 19:10+ 21:32+	24:09+ 28:46+ 29:51+ 31:30+	32:52+ 33:22+
05:11+	02:21+ 02:02+ 04:10+ 05:26+ 02:22+	02:37+ 04:37+ 01:05+ 01:39+	01:22+ 00:30+
03:20@	00:21# 00:31& 02:06@ 03:50@ 00:42&	00:41& 02:03& 00:14& 00:24&	01:09@ 00:09&

Class	Navn	Klasse	Tid	
52	Siw Øie Norheim	115	34:16	
03:31+	06:08+	08:46+	12:38+	
03:31+	02:37+	02:38+	03:52+	
01:40&	00:37&	01:07&	01:48&	
01:01&	01:51@	01:44&	02:00&	
00:44&	03:09@	00:16@	00:27@	
53	Gro Mariero Totland	59	34:23	
03:04+	05:42+	10:37+	13:49+	
03:04+	02:38+	04:55+	03:12+	
01:13&	00:38&	03:24@	01:08&	
01:25&	01:06&	02:29@	02:36@	
00:57@	00:52&	00:16@	00:27@	
54	Sølvi S. Ballestad	105	38:25	
09:38+	12:21+	15:32+	19:54+	
09:38+	02:43+	03:11+	04:22+	
07:47@	00:43&	01:40@	02:18@	
00:50&	01:30&	01:18&	00:20&	
01:50@	00:17@	00:13&		
55	Hazel Grayston	263	38:37	
02:50+	06:58+	11:19+	16:11+	
02:50+	04:08+	04:21+	04:52+	
00:59&	02:08@	02:50@	02:48@	
02:17@	02:20@	01:42&	02:04&	
00:45&	00:50&	01:35@	00:27@	
56	Maria Haukalid	47	45:56	
10:45+	16:21+	18:26+	25:58+	
10:45+	05:36+	02:05+	07:32+	
08:54@	03:36@	00:34&	05:28@	
02:24@	02:03@	01:25&	01:30&	
01:00@	00:43&	00:21@	00:06&	
57	Anne Lise Lunde	46	45:58	
03:19+	11:59+	14:27+	19:16+	
03:19+	08:40+	02:28+	04:49+	
01:28&	06:40@	00:57&	02:45@	
01:23&	05:11@	01:27&	00:34&	
02:26@	00:17@	00:13&		
58	Sigrun Serigstad	128	50:02	
06:39+	07:42+	11:32+	13:49+	
06:39+	01:03-	03:50+	02:17+	
04:48@	00:57-	02:19@	00:13#	
06:09@	00:05-	00:12#	00:23#	
18:29@	00:33-	00:46@	00:02+	
00:24+				
Beste strekktid for klassen				
01:29	01:03	00:59	01:58	
01:33	01:25	01:56	02:19	
00:49	00:42	00:13	00:20	

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

Herrer 16 - 39 år

1	Cato Eike	79	21:58
01:23=	03:02=	04:02=	04:50=
01:23=	01:39=	01:00=	00:48=
00:00=	00:00=	00:00=	00:00=
2	Erling Grammeltvedt	116	22:51
01:28+	03:18+	04:18+	05:11+
01:28+	01:50+	01:00=	00:53+
00:05+	00:11#	00:00=	00:05#
3	Arne Eirk Nielsen	285	23:36
01:34+	03:34+	04:30+	05:36+
01:34+	02:00+	00:56-	01:06+
00:11#	00:21#	00:04-	00:18&
4	Jørgen Strømstad	50	23:59
01:50+	03:54+	04:56+	06:10+
01:50+	02:04+	01:02+	01:14+
00:27&	00:25&	00:02+	00:26&
5	Joakim B. Enne Haug	71	25:11
01:38+	03:31+	04:38+	06:00+
01:38+	01:53+	01:07+	01:22+
00:15#	00:14#	00:07#	00:34&
6	Vegard Karlsen	50	25:44
01:35+	03:25+	06:39+	07:28+
01:35+	01:50+	03:14+	00:49+
00:12#	00:11#	02:14@	00:01+

Class	Navn	Klasse										Tid			
7	Andreas Terjesen	213										25:46			
01:58+	03:50+	05:21+	06:36+	09:12+	11:43+	14:53+	16:15+	18:34+	20:41+	22:09+	24:47+	25:29+	25:46+		
01:58+	01:52+	01:31+	01:15+	02:36+	02:31+	03:10+	01:22-	02:19+	02:07-	01:28+	02:38+	00:42+	00:17=		
00:35&	00:13#	00:31&	00:27&	00:37&	00:11+	00:50&	00:05-	00:19#	00:09-	00:02+	00:13+	00:04#	00:00=		
8	Trond Evensen	116										26:31			
02:16+	04:24+	05:22+	07:18+	08:53+	12:08+	14:33+	16:04+	18:56+	21:22+	22:53+	25:22+	26:12+	26:31+		
02:16+	02:08+	00:58-	01:56+	01:35-	03:15+	02:25+	01:31+	02:52+	02:26+	01:31+	02:29+	00:50+	00:19+		
00:53&	00:29&	00:02-	01:08@	00:24-	00:55&	00:05+	00:04+	00:52&	00:10+	00:05+	00:04+	00:12&	00:02#		
9	Dag Eivind Watsend	92										27:13			
03:04+	05:05+	06:11+	07:03+	08:38+	11:21+	14:04+	15:54+	18:23+	21:13+	23:08+	25:50+	26:52+	27:13+		
03:04+	02:01+	01:06+	00:52+	01:35-	02:43+	02:43+	01:50+	02:29+	02:50+	01:55+	02:42+	01:02+	00:21+		
01:41@	00:22#	00:06#	00:04+	00:24-	00:23#	00:23#	00:23&	00:29#	00:34#	00:29&	00:17#	00:24&	00:04#		
10	Rune Hatle	65										27:22			
01:55+	04:00+	05:16+	06:19+	08:28+	11:09+	14:01+	16:00+	18:42+	21:21+	22:55+	26:08+	26:58+	27:22+		
01:55+	02:05+	01:16+	01:03+	02:09+	02:41+	02:52+	01:59+	02:42+	02:39+	01:34+	03:13+	00:50+	00:24+		
00:32&	00:26&	00:16&	00:15&	00:10+	00:21#	00:32#	00:32&	00:42&	00:23#	00:08+	00:48&	00:12&	00:07&		
11	Morten Fenne	228										28:13			
02:01+	03:59+	06:57+	07:52+	09:30+	12:25+	14:50+	16:20+	19:13+	21:25+	22:59+	27:14+	27:56+	28:13+		
02:01+	01:58+	02:58+	00:55+	01:38-	02:55+	02:25+	01:30+	02:53+	02:12-	01:34+	04:15+	00:42+	00:17=		
00:38&	00:19#	01:58@	00:07#	00:21-	00:35#	00:05+	00:03+	00:53&	00:04-	00:08+	01:50&	00:04#	00:00=		
12	Einar Hagerup Mørkved	116										28:16			
02:44+	04:54+	06:20+	07:45+	09:29+	12:32+	15:28+	18:13+	20:29+	22:31+	24:04+	27:05+	27:59+	28:16+		
02:44+	02:10+	01:26+	01:25+	01:44-	03:03+	02:56+	02:45+	02:16+	02:02-	01:33+	03:01+	00:54+	00:17=		
01:21&	00:31&	00:26&	00:37&	00:15-	00:43&	00:36&	01:12&	00:16#	00:14-	00:07+	00:36#	00:16&	00:00=		
13	Jalal Fahadi	116										29:07			
04:13+	06:51+	08:22+	10:08+	12:24+	15:18+	18:01+	19:44+	22:07+	23:54+	25:26+	28:03+	28:46+	29:07+		
04:13+	02:38+	01:31+	01:46+	02:16+	02:54+	02:43+	01:43+	02:23+	01:47-	01:32+	02:37+	00:43+	00:21+		
02:50@	00:59&	00:31&	00:58@	00:17#	00:34#	00:23#	00:16#	00:23#	00:29-	00:06+	00:12+	00:05#	00:04#		
14	Magnus Lysen	167										29:15			
02:18+	08:01+	09:23+	11:04+	12:27+	15:18+	17:52+	19:22+	21:54+	24:14+	25:43+	28:18+	28:57+	29:15+		
02:18+	05:43+	01:22+	01:41+	01:23-	02:51+	02:34+	01:30+	02:32+	02:20+	01:29+	02:35+	00:39+	00:18+		
00:55&	04:04@	00:22&	00:53@	00:36-	00:31#	00:14#	00:03+	00:32&	00:04+	00:03+	00:10+	00:01+	00:01+		
15	Simen Auli Staff	115										29:19			
02:28+	04:35+	06:04+	07:37+	09:41+	13:38+	16:18+	17:58+	20:26+	23:21+	25:19+	28:15+	28:58+	29:19+		
02:28+	02:07+	01:29+	01:33+	02:04+	03:57+	02:40+	01:40+	02:28+	02:55+	01:58+	02:56+	00:43+	00:21+		
01:05&	00:28&	00:29&	00:45&	00:05+	01:37&	00:20#	00:13#	00:28#	00:39&	00:32&	00:31#	00:05#	00:04#		
16	Thomas Jansen	289										29:39			
01:38+	04:56+	08:00+	08:50+	10:28+	13:23+	15:52+	17:19+	20:11+	22:29+	24:26+	28:43+	29:23+	29:39+		
01:38+	03:18+	03:04+	00:50+	01:38-	02:55+	02:29+	01:27=	02:52+	02:18+	01:57+	04:17+	00:40+	00:16-		
00:15#	01:39&	02:04@	00:02+	00:21-	00:35#	00:09+	00:00=	00:52&	00:02+	00:31&	01:52&	00:02+	00:01-		
17	Martin Alexander Hanssen	98										29:57			
02:28+	04:56+	07:55+	09:09+	12:09+	15:02+	17:38+	19:12+	21:27+	24:02+	25:31+	28:55+	29:34+	29:57+		
02:28+	02:28+	02:59+	01:14+	03:00+	02:53+	02:36+	01:34+	02:15+	02:35+	01:29+	03:24+	00:39+	00:23+		
01:05&	00:49&	01:59@	00:26&	01:01&	00:33#	00:16#	00:07+	00:15#	00:19#	00:03+	00:59&	00:01+	00:06&		
18	Asgeir Nærland	88										30:04			
02:41+	05:10+	06:50+	08:26+	10:04+	13:04+	16:51+	18:35+	21:29+	23:46+	25:52+	28:54+	29:42+	30:04+		
02:41+	02:29+	01:40+	01:36+	01:38-	03:00+	03:47+	01:44+	02:54+	02:17+	02:06+	03:02+	00:48+	00:22+		
01:18&	00:50&	00:40&	00:48&	00:21-	00:40&	01:27&	00:17#	00:54&	00:01+	00:40&	00:37&	00:10&	00:05&		
19	Andreas Jørgensen	19										30:23			
02:47+	04:48+	05:45+	06:44+	08:46+	12:29+	15:59+	17:56+	21:07+	23:47+	26:03+	29:17+	30:04+	30:23+		
02:47+	02:01+	00:57-	00:59+	02:02+	03:43+	03:30+	01:57+	02:40+	02:16+	03:14+	00:47+	00:19+			
01:24@	00:22#	00:03-	00:11#	00:03+	01:23&	01:10&	00:30&	01:11&	00:24#	00:50&	00:49&	00:09#	00:02#		
20	Alexander Slobodinski	115										30:26			
01:54+	04:45+	07:02+	08:39+	11:37+	14:55+	18:16+	20:13+	22:26+	24:42+	26:12+	28:57+	29:38+	30:26+		
01:54+	02:51+	02:17+	01:37+	02:58+	03:18+	03:21+	01:57+	02:13+	02:16=	01:30+	02:45+	00:41+	00:48+		
00:31&	01:12&	01:17@	00:49@	00:59&	00:58&	01:01&	00:30&	00:13#	00:00=	00:04+	00:20#	00:03+	00:31@		
21	David Wade	116										30:55			
02:02+	03:57+	05:28+	06:56+	08:36+	11:10+	18:05+	19:46+	22:11+	24:33+	26:09+	29:41+	30:32+	30:55+		
02:02+	01:55+	01:31+	01:28+	01:40-	02:34+	06:55+	01:41+	02:25+	02:22+	01:36+	03:32+	00:51+	00:23+		
00:39&	00:16#	00:31&	00:40&	00:19-	00:14#	04:35@	00:14#	00:25#	00:06+	00:10#	01:07&	00:13&	00:06&		

Class	Navn	Klasse										Tid		
22	Kjetil Hollund	108										31:28		
	01:41+	06:33+	07:45+	09:12+	11:24+	14:45+	17:28+	19:11+	22:15+	25:00+	27:12+	30:25+	31:07+	31:28+
	01:41+	04:52+	01:12+	01:27+	02:12+	03:21+	02:43+	01:43+	03:04+	02:45+	02:12+	03:13+	00:42+	00:21+
	00:18#	03:13@	00:12#	00:39&	00:13#	01:01&	00:23#	00:16#	01:04&	00:29#	00:46&	00:48&	00:04#	00:04#
23	Sam McCloy	271										31:45		
	03:45+	05:27+	06:25+	07:34+	11:59+	14:21+	16:55+	18:36+	21:53+	23:42+	25:27+	30:38+	31:17+	31:45+
	03:45+	01:42+	00:58-	01:09+	04:25+	02:22+	02:34+	01:41+	03:17+	01:49-	01:45+	05:11+	00:39+	00:28+
	02:22@	00:03+	00:02-	00:21&	02:26@	00:02+	00:14#	00:14#	01:17&	00:27-	00:19#	02:46@	00:01+	00:11&
24	Jens Rostrup Eikehaugen	92										32:18		
	02:33+	04:33+	05:41+	07:09+	08:40+	11:51+	17:26+	19:07+	21:40+	24:04+	25:57+	31:07+	31:54+	32:18+
	02:33+	02:00+	01:08+	01:28+	01:31-	03:11+	05:35+	01:41+	02:33+	02:24+	01:53+	05:10+	00:47+	00:24+
	01:10&	00:21#	00:08#	00:40&	00:28-	00:51&	03:15@	00:14#	00:33&	00:08+	00:27&	02:45@	00:09#	00:07&
25	Pål Dannevig	74										32:42		
	02:27+	04:22+	05:48+	09:35+	11:59+	15:31+	17:51+	20:25+	22:32+	24:50+	26:25+	31:42+	32:24+	32:42+
	02:27+	01:55+	01:26+	03:47+	02:24+	03:32+	02:20=	02:34+	02:07+	02:18+	01:35+	05:17+	00:42+	00:18+
	01:04&	00:16#	00:26&	02:59@	00:25#	01:12&	00:00=	01:07&	00:07+	00:02+	00:09#	02:52@	00:04#	00:01+
26	Aksel Voldsund	114										33:14		
	01:47+	07:32+	09:05+	10:56+	13:03+	16:45+	20:19+	21:57+	24:09+	27:07+	28:33+	31:57+	32:44+	33:14+
	01:47+	05:45+	01:33+	01:51+	02:07+	03:42+	03:34+	01:38+	02:12+	02:58+	01:26=	03:24+	00:47+	00:30+
	00:24&	04:06@	00:33&	01:03@	00:08+	01:22&	01:14&	00:11#	00:12#	00:42&	00:00=	00:59&	00:09#	00:13&
27	Olav Johannessen	105										33:40		
	02:04+	04:38+	06:08+	08:28+	11:03+	16:14+	18:56+	21:36+	24:42+	27:19+	29:20+	32:35+	33:21+	33:40+
	02:04+	02:34+	01:30+	02:20+	02:35+	05:11+	02:42+	02:40+	03:06+	02:37+	02:01+	03:15+	00:46+	00:19+
	00:41&	00:55&	00:30&	01:32@	00:36&	02:51@	00:22#	01:13&	01:06&	00:21#	00:35&	00:50&	00:08#	00:02#
28	Alexander Khorunzhiy	136										33:43		
	02:46+	05:37+	08:15+	09:42+	12:25+	16:11+	19:04+	21:04+	24:10+	26:58+	28:52+	32:27+	33:16+	33:43+
	02:46+	02:51+	02:38+	01:27+	02:43+	03:46+	02:53+	02:00+	03:06+	02:48+	01:54+	03:35+	00:49+	00:27+
	01:23&	01:12&	01:38@	00:39&	00:44&	01:26&	00:33#	00:33&	01:06&	00:32#	00:28&	01:10&	00:11&	00:10&
29	Jonas Lye Scheie	62										34:44		
	03:14+	08:37+	09:42+	14:13+	16:16+	19:01+	21:36+	24:08+	26:27+	28:43+	30:51+	33:47+	34:27+	34:44+
	03:14+	05:23+	01:05+	04:31+	02:03+	02:45+	02:35+	02:32+	02:19+	02:16=	02:08+	02:56+	00:40+	00:17=
	01:51@	03:44@	00:05+	03:43@	00:04+	00:25#	00:15#	01:05&	00:19#	00:00=	00:42&	00:31#	00:02+	00:00=
30	Per-Olof Wallerstedt	136										34:49		
	04:26+	06:56+	08:20+	09:28+	11:38+	15:03+	18:28+	21:43+	25:07+	28:01+	30:16+	33:40+	34:24+	34:49+
	04:26+	02:30+	01:24+	01:08+	02:10+	03:25+	03:25+	03:15+	03:24+	02:54+	02:15+	03:24+	00:44+	00:25+
	03:03@	00:51&	00:24&	00:20&	00:11+	01:05&	01:05&	01:48@	01:24&	00:38&	00:49&	00:59&	00:06#	00:08&
31	Kristian Lenning	116										35:03		
	03:10+	05:39+	06:57+	08:16+	10:43+	16:48+	19:35+	21:45+	24:20+	26:34+	29:07+	33:55+	34:40+	35:03+
	03:10+	02:29+	01:18+	01:19+	02:27+	06:05+	02:47+	02:10+	02:35+	02:14-	02:33+	04:48+	00:45+	00:23+
	01:47@	00:50&	00:18&	00:31&	00:28#	03:45@	00:27#	00:43&	00:35&	00:02-	01:07&	02:23&	00:07#	00:06&
32	Frode Ungar	116										36:04		
	03:00+	05:40+	07:17+	08:59+	12:02+	16:36+	20:53+	22:53+	25:59+	29:20+	31:26+	34:50+	35:39+	36:04+
	03:00+	02:40+	01:37+	01:42+	03:03+	04:34+	04:17+	02:00+	03:06+	03:21+	02:06+	03:24+	00:49+	00:25+
	01:37@	01:01&	00:37&	00:54@	01:04&	02:14&	01:57&	00:33&	01:06&	01:05&	00:40&	00:59&	00:11&	00:08&

Beste strekktid for klassen

01:23 01:39 00:56 00:48 01:23 02:15 02:20 01:22 02:00 01:47 01:19 02:23 00:38 00:16

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

Herrer 40 - 49 år

1	Knut Pedersen	79										21:36			
	01:17=	01:57=	03:09=	04:52=	05:51=	07:46=	10:07=	12:22=	13:51=	15:27=	19:31=	20:35=	21:04=	21:16=	21:36=
	01:17=	00:40=	01:12=	01:43=	00:59=	01:55=	02:21=	02:15=	01:29=	01:36=	04:04=	01:04=	00:29=	00:12=	00:20=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Frode Engen	116										23:14			
	01:16-	02:01+	03:29+	05:10+	06:12+	07:29-	09:22-	12:06-	13:53+	15:54+	20:40+	22:07+	22:37+	22:52+	23:14+
	01:16-	00:45+	01:28+	01:41-	01:02+	01:17-	01:53-	02:44+	01:47+	02:01+	04:46+	01:27+	00:30+	00:15+	00:22+
	00:01-	00:05#	00:16#	00:02-	00:03+	00:38-	00:28-	00:29#	00:18#	00:25&	00:42#	00:23&	00:01+	00:03#	00:02#

Class	Navn	Klasse	Tid											
3	Håvard Svihus	267	24:37											
01:22+	02:09+	04:15+	07:05+	08:10+	09:29+	11:06+	14:07+	15:46+	17:17+	21:57+	23:27+	24:00+	24:17+	24:37+
01:22+	00:47+	02:06+	02:50+	01:05+	01:19-	01:37-	03:01+	01:39+	01:31-	04:40+	01:30+	00:33+	00:17+	00:20=
00:05+	00:07#	00:54&	01:07&	00:06#	00:36-	00:44-	00:46&	00:10#	00:05-	00:36#	00:26&	00:04#	00:05&	00:00=
4	Kevin Thomas Foust	192	24:51											
01:13-	01:48-	03:07-	05:23+	06:45+	07:53+	09:39-	13:57+	15:28+	17:11+	22:11+	23:21+	23:53+	24:23+	24:51+
01:13-	00:35-	01:19+	02:16+	01:22+	01:08-	01:46-	04:18+	01:31+	01:43+	05:00+	01:10+	00:32+	00:30+	00:28+
00:04-	00:05-	00:07+	00:33&	00:23&	00:47-	00:35-	02:03&	00:02+	00:07+	00:56#	00:06+	00:03#	00:18@	00:08&
5	Øystein Fuglestad	46	25:44											
01:15-	02:01+	03:30+	05:33+	07:09+	08:31+	10:33+	13:38+	15:55+	17:57+	23:03+	24:23+	25:00+	25:16+	25:44+
01:15-	00:46+	01:29+	02:03+	01:36+	01:22-	02:02-	03:05+	02:17+	02:02+	05:06+	01:20+	00:37+	00:16+	00:28+
00:02-	00:06#	00:17#	00:20#	00:37&	00:33-	00:19-	00:50&	00:48&	00:26&	01:02&	00:16#	00:08&	00:04&	00:08&
6	Arngrim Utskarpen	117	25:59											
01:17=	02:05+	03:47+	06:00+	07:09+	08:46+	10:39+	13:36+	15:35+	17:47+	22:55+	24:12+	24:52+	25:24+	25:59+
01:17=	00:48+	01:42+	02:13+	01:09+	01:37-	01:53-	02:57+	01:59+	02:12+	05:08+	01:17+	00:40+	00:32+	00:35+
00:00=	00:08#	00:30&	00:10#	00:10#	00:18-	00:28-	00:42&	00:30&	00:36&	01:04&	00:13#	00:11&	00:20@	00:15&
7	Oddmund Nordgård	105	26:14											
01:22+	02:08+	03:30+	05:44+	06:49+	08:24+	10:14+	14:02+	16:20+	18:24+	23:43+	25:05+	25:36+	25:54+	26:14+
01:22+	00:46+	01:22+	02:14+	01:05+	01:35-	01:50-	03:48+	02:18+	02:04+	05:19+	01:22+	00:31+	00:18+	00:20=
00:05+	00:06#	00:10#	00:31&	00:06#	00:20-	00:31-	01:33&	00:49&	00:28&	01:15&	00:18&	00:02+	00:06&	00:00=
8	Peter Chapman	117	26:44											
02:06+	02:55+	04:09+	05:56+	07:44+	09:17+	11:19+	15:57+	17:25+	19:40+	24:12+	25:30+	26:04+	26:20+	26:44+
02:06+	00:49+	01:14+	01:47+	01:48+	01:33-	02:02-	04:38+	01:28-	02:15+	04:32+	01:18+	00:34+	00:16+	00:24+
00:49&	00:09#	00:02+	00:04+	00:04#	00:22-	00:19-	02:23@	00:01-	00:39&	00:28#	00:14#	00:05#	00:04&	00:04#
9	Arne Hetlelid	98	26:56											
01:18+	02:06+	03:29+	06:35+	08:46+	10:13+	12:11+	15:11+	16:58+	18:53+	23:46+	25:29+	26:13+	26:29+	26:56+
01:18+	00:48+	01:23+	03:06+	02:11+	01:27-	01:58-	03:00+	01:47+	01:55+	04:53+	01:43+	00:44+	00:16+	00:27+
00:01+	00:08#	00:11#	01:23&	01:12@	00:28-	00:23-	00:45&	00:18#	00:19#	00:49#	00:39&	00:15&	00:04&	00:07&
10	Jørgen Nilsen	53	27:22											
01:17=	01:58+	03:25+	07:22+	08:20+	09:46+	11:50+	14:42+	16:39+	18:58+	24:32+	25:54+	26:31+	26:53+	27:22+
01:17=	00:41+	01:27+	03:57+	00:58-	01:26-	02:04-	02:52+	01:57+	02:19+	05:34+	01:22+	00:37+	00:22+	00:29+
00:00=	00:01+	00:15#	02:14@	00:01-	00:29-	00:17-	00:37&	00:28&	00:43&	01:30&	00:18&	00:08&	00:10&	00:09&
11	Ådne Hausberg	7	27:31											
02:56+	03:35+	04:59+	07:44+	08:39+	10:28+	12:18+	15:05+	16:49+	19:02+	25:00+	26:12+	26:49+	27:08+	27:31+
02:56+	00:39-	01:24+	02:45+	00:55-	01:49-	01:50-	02:47+	01:44+	02:13+	05:58+	01:12+	00:37+	00:19+	00:23+
01:39@	00:01-	00:12#	01:02&	00:04-	00:06-	00:31-	00:32#	00:15#	00:37&	01:54&	00:08#	00:08&	00:07&	00:03#
12	André Sirevåg	116	27:52											
01:29+	02:23+	03:45+	06:16+	07:49+	09:21+	11:23+	14:21+	16:53+	18:59+	25:13+	26:28+	27:03+	27:24+	27:52+
01:29+	00:54+	01:22+	02:31+	01:33+	01:32-	02:02-	02:58+	02:32+	02:06+	06:14+	01:15+	00:35+	00:21+	00:28+
00:12#	00:14&	00:10#	00:48&	00:34&	00:23-	00:19-	00:43&	01:03&	00:30&	02:10&	00:11#	00:06#	00:09&	00:08&
13	Svein Oddvar Netland	116	28:03											
01:16-	02:12+	03:55+	06:59+	08:31+	10:02+	11:56+	15:11+	17:09+	19:39+	25:09+	26:21+	26:59+	27:40+	28:03+
01:16-	00:56+	01:43+	03:04+	01:32+	01:31-	01:54-	03:15+	01:58+	02:30+	05:30+	01:12+	00:38+	00:41+	00:23+
00:01-	00:16&	00:31&	01:21&	00:33&	00:24-	00:27-	01:00&	00:29&	00:54&	01:26&	00:08#	00:09&	00:29@	00:03#
14	Øystein Nilsen	42	28:27											
01:13-	02:17+	03:49+	11:09+	12:26+	13:53+	15:38+	18:23+	19:56+	21:40+	25:56+	27:06+	27:41+	28:00+	28:27+
01:13-	01:04+	01:32+	07:20+	01:17+	01:27-	01:45-	02:45+	01:33+	01:44+	04:16+	01:10+	00:35+	00:19+	00:27+
00:04-	00:24&	00:20&	05:37@	00:18&	00:28-	00:36-	00:30#	00:04+	00:08+	00:12+	00:06+	00:06#	00:07&	00:07&
15	Thomas Schanke Eikum	62	28:37											
01:23+	02:09+	03:28+	07:49+	08:58+	10:18+	12:12+	15:06+	17:04+	18:58+	24:28+	25:50+	26:26+	28:11+	28:37+
01:23+	00:46+	01:19+	04:21+	01:09+	01:20-	01:54-	02:54+	01:54+	01:54+	05:30+	01:22+	00:36+	01:45+	00:26+
00:06+	00:06#	00:07+	02:38@	00:10#	00:35-	00:27-	00:39&	00:29&	00:18#	01:26&	00:18&	00:07#	01:33@	00:06&
16	Hans Einar Thorset	109	28:37											
01:44+	02:51+	04:27+	06:11+	07:12+	08:51+	11:05+	14:56+	17:21+	19:41+	25:43+	27:03+	27:43+	28:03+	28:37+
01:44+	01:07+	01:36+	01:44+	01:01+	01:39-	02:14-	03:51+	02:25+	02:20+	06:02+	01:20+	00:40+	00:20+	00:34+
00:27&	00:27&	00:24&	00:01+	00:02+	00:16-	00:07-	01:36&	00:56&	00:44&	01:58&	00:16#	00:11&	00:08&	00:14&
17	Per Ivar Hovstad	116	29:26											
01:34+	02:17+	03:53+	05:39+	07:06+	08:39+	10:45+	13:53+	15:57+	18:09+	25:17+	26:31+	27:40+	28:55+	29:26+
01:34+	00:43+	01:36+	01:46+	01:27+	01:33-	02:06-	03:08+	02:04+	02:12+	07:08+	01:14+	01:09+	01:15+	00:31+
00:17#	00:03+	00:24&	00:03+	00:28&	00:22-	00:15-	00:53&	00:35&	00:36&	03:04&	00:10#	00:40@	01:03@	00:11&

Class	Navn	Klasse										Tid			
18	Steinar Hansen	27										29:44			
03:09+	04:57+	06:35+	09:16+	10:54+	12:12+	14:05+	16:53+	18:29+	20:27+	26:52+	28:10+	28:54+	29:14+	29:44+	
03:09+	01:48+	01:38+	02:41+	01:38+	01:18-	01:53-	02:48+	01:36+	01:58+	06:25+	01:18+	00:44+	00:20+	00:30+	
01:52@	01:08@	00:26&	00:58&	00:39&	00:37-	00:28-	00:33#	00:07+	00:22#	02:21&	00:14#	00:15&	00:08&	00:10&	
19	Raymond B. Pettersen	105										29:55			
01:50+	02:49+	04:22+	06:26+	08:24+	10:01+	12:54+	16:13+	18:22+	21:00+	26:52+	28:20+	29:03+	29:23+	29:55+	
01:50+	00:59+	01:33+	02:04+	01:58+	01:37-	02:53+	03:19+	02:09+	02:38+	05:52+	01:28+	00:43+	00:20+	00:32+	
00:33&	00:19&	00:21&	00:21#	00:59&	00:18-	00:32#	01:04&	00:40&	01:02&	01:48&	00:24&	00:14&	00:08&	00:12&	
20	Stein Arve Finnestad	287										30:24			
03:04+	03:48+	05:21+	07:27+	08:33+	10:12+	12:16+	16:07+	18:34+	21:25+	27:15+	28:44+	29:33+	29:56+	30:24+	
03:04+	00:44+	01:33+	02:06+	01:06+	01:39-	02:04-	03:51+	02:27+	02:51+	05:50+	01:29+	00:49+	00:23+	00:28+	
01:47@	00:04#	00:21&	00:23#	00:07#	00:16-	00:17-	01:36&	00:58&	01:15&	01:46&	00:25&	00:20&	00:11&	00:08&	
21	Pål Ommund Refvem	116										31:21			
02:27+	03:15+	04:42+	06:59+	10:26+	12:05+	14:01+	17:33+	19:15+	20:50+	27:21+	28:36+	29:10+	30:50+	31:21+	
02:27+	00:48+	01:27+	02:17+	03:27+	01:39-	01:56-	03:32+	01:42+	01:35-	06:31+	01:15+	00:34+	01:40+	00:31+	
01:10&	00:08#	00:15#	00:34&	02:28@	00:16-	00:25-	01:17&	00:13#	00:01-	02:27&	00:11#	00:05#	01:28@	00:11&	
22	Eivind Moi	116										34:32			
01:40+	02:32+	06:28+	08:25+	09:44+	12:00+	15:22+	19:04+	22:39+	24:51+	30:37+	32:13+	32:58+	33:54+	34:32+	
01:40+	00:52+	03:56+	01:57+	01:19+	02:16+	03:22+	03:42+	03:35+	02:12+	05:46+	01:36+	00:45+	00:56+	00:38+	
00:23&	00:12&	02:44@	00:14#	00:20&	00:21#	01:01&	01:27&	02:06@	00:36&	01:42&	00:32&	00:16&	00:44@	00:18&	
23	Martin Simpson	167										39:52			
01:23+	03:12+	04:45+	11:35+	13:06+	15:05+	17:09+	20:12+	22:23+	24:17+	36:37+	38:06+	38:44+	39:08+	39:52+	
01:23+	01:49+	01:33+	06:50+	01:31+	01:59+	02:04-	03:03+	02:11+	01:54+	12:20+	01:29+	00:38+	00:24+	00:44+	
00:06+	01:09@	00:21&	05:07@	00:32&	00:04+	00:17-	00:48&	00:42&	00:18#	08:16@	00:25&	00:09&	00:12&	00:24@	
Beste strekktid for klassen															
01:13	00:35	01:12	01:41	00:55	01:08	01:37	02:15	01:28	01:31	04:04	01:04	00:29	00:12	00:20	

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

Herrer 50 - 54 år

1	Tore Svendsen	27										21:04			
01:33=	03:02=	04:01=	05:22=	07:03=	07:32=	08:07=	10:33=	12:10=	15:17=	16:18=	18:50=	19:34=	20:32=	21:04=	
01:33=	01:29=	00:59=	01:21=	01:41=	00:29=	00:35=	02:26=	01:37=	03:07=	01:01=	02:32=	00:44=	00:58=	00:32=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Øistein Haaland	116										22:36			
01:21-	03:06+	04:22+	05:44+	07:37+	08:13+	08:45+	11:08+	14:49+	17:15+	18:13+	20:42+	21:22+	22:11+	22:36+	
01:21-	01:45+	01:16+	01:22+	01:53+	00:36+	00:32-	02:23-	03:41+	02:26-	00:58-	02:29-	00:40-	00:49-	00:25-	
00:12-	00:16#	00:17&	00:01+	00:12#	00:07#	00:03-	00:03-	02:04@	00:41-	00:03-	00:03-	00:04-	00:09-	00:07-	
3	Anders Glenne	7										23:01			
01:34+	03:50+	05:05+	06:21+	08:03+	08:56+	09:27+	12:07+	14:04+	16:38+	17:51+	20:41+	21:27+	22:28+	23:01+	
01:34+	02:16+	01:15+	01:16-	01:42+	00:53+	00:31-	02:40+	01:57+	02:34-	01:13+	02:50+	00:46+	01:01+	00:33+	
00:01+	00:47&	00:16&	00:05-	00:01+	00:24&	00:04-	00:14+	00:20#	00:33-	00:12#	00:18#	00:02+	00:03+	00:01+	
4	Magnar Møller	62										23:18			
01:46+	03:29+	04:57+	06:30+	08:24+	08:58+	09:36+	12:16+	14:15+	17:12+	18:23+	21:02+	21:50+	22:51+	23:18+	
01:46+	01:43+	01:28+	01:33+	01:54+	00:34+	00:38+	02:40+	01:59+	02:57-	01:11+	02:39+	00:48+	01:01+	00:27-	
00:13#	00:14#	00:29&	00:12#	00:13#	00:05#	00:03+	00:14+	00:22#	00:10-	00:10#	00:07+	00:04+	00:03+	00:05-	
5	Trygve Michaelsen	117										23:33			
01:19-	02:36-	03:23-	05:00-	07:00-	07:26-	08:03-	10:58+	12:56+	15:54+	16:48+	19:51+	20:35+	23:07+	23:33+	
01:19-	01:17-	00:47-	01:37+	02:00+	00:26-	00:37+	02:55+	01:58+	02:58-	00:54-	03:03+	00:44-	02:32+	00:26-	
00:14-	00:12-	00:12-	00:16#	00:19#	00:03-	00:02+	00:29#	00:21#	00:09-	00:07-	00:31#	00:00=	01:34@	00:06-	
6	Håvard Håland	66										24:06			
01:47+	03:54+	04:59+	06:19+	08:22+	08:56+	10:08+	12:54+	14:49+	17:30+	18:39+	21:47+	22:35+	23:38+	24:06+	
01:47+	02:07+	01:05+	01:20+	02:03+	00:34+	01:12+	02:46+	01:55+	02:41-	01:09+	03:08+	00:48+	01:03+	00:28-	
00:14#	00:38&	00:06#	00:01-	00:22#	00:05#	00:37@	00:20#	00:18#	00:26-	00:08#	00:36#	00:04+	00:05+	00:04-	
7	Kjell Seland	236										25:23			
01:39+	03:19+	04:15+	05:43+	07:40+	08:21+	08:55+	11:45+	13:52+	16:53+	17:57+	21:13+	22:00+	24:55+	25:23+	
01:39+	01:40+	00:56-	01:28+	01:57+	00:41+	00:34-	02:50+	02:07+	03:01-	01:04+	03:16+	00:47+	02:55+	00:28-	
00:06+	00:11#	00:03-	00:07+	00:16#	00:12&	00:01-	00:24#	00:30&	00:06-	00:03+	00:44&	00:03+	01:57@	00:04-	

Class	Navn	Klasse												Tid			
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8	Arne Øvstebø	71												25:33			
01:47+	04:13+	05:24+	06:42+	08:33+	10:01+	10:36+	13:22+	15:25+	18:13+	19:32+	23:21+	24:03+	24:57+	25:33+			
01:47+	02:26+	01:11+	01:18-	01:51+	01:28+	00:35=	02:46+	02:03+	02:48-	01:19+	03:49+	00:42-	00:54-	00:36+			
00:14#	00:57&	00:12#	00:03-	00:10+	00:59@	00:00=	00:20#	00:26&	00:19-	00:18&	01:17&	00:02-	00:04-	00:04#			
9	Tor Sverre Skåra	266												26:11			
01:59+	04:39+	06:18+	08:24+	10:26+	11:02+	11:38+	14:14+	16:25+	19:32+	20:39+	23:56+	24:41+	25:46+	26:11+			
01:59+	02:40+	01:39+	02:06+	02:02+	00:36+	00:36+	02:36+	02:11+	03:07=	01:07+	03:17+	00:45+	01:05+	00:25-			
00:26&	01:11&	00:40&	00:45&	00:21#	00:07#	00:01+	00:10+	00:34&	00:00=	00:06+	00:45&	00:01+	00:07#	00:07-			
10	Roger Nyseth	92												28:23			
01:30-	03:55+	06:58+	08:40+	10:49+	11:43+	12:22+	15:18+	17:28+	21:06+	22:16+	25:35+	26:30+	27:47+	28:23+			
01:30-	02:25+	03:03+	01:42+	02:09+	00:54+	00:39+	02:56+	02:10+	03:38+	01:10+	03:19+	00:55+	01:17+	00:36+			
00:03-	00:56&	02:04@	00:21&	00:28&	00:25&	00:04#	00:30#	00:33&	00:31#	00:09#	00:47&	00:11#	00:19&	00:04#			
11	Harald Taksdal	236												29:26			
02:26+	05:01+	07:10+	08:48+	11:31+	12:18+	12:57+	15:47+	17:54+	20:54+	21:58+	25:16+	26:01+	28:56+	29:26+			
02:26+	02:35+	02:09+	01:38+	02:43+	00:47+	00:39+	02:50+	02:07+	03:00-	01:04+	03:18+	00:45+	02:55+	00:30-			
00:53&	01:06&	01:10@	00:17#	01:02&	00:18&	00:04#	00:24#	00:30&	00:07-	00:03+	00:46&	00:01+	01:57@	00:02-			
12	Geir Haugvaldstad	116												30:54			
06:01+	09:57+	11:01+	12:18+	14:04+	14:32+	15:17+	17:56+	19:39+	22:31+	23:33+	24:42+	27:58+	29:07+	30:18+	30:54+		
06:01+	03:56+	01:04+	01:17-	01:46+	00:28-	00:45+	02:39+	01:43+	02:52-	01:02+	01:09-	03:16+	01:09+	01:11+	00:36+		
04:28@	02:27@	00:05+	00:04-	00:05+	00:01-	00:10&	00:13+	00:06+	00:15-	00:01+	01:23-	02:32@	00:11#	00:39@	00:36+		
13	Hans Bø	66												31:27			
02:13+	05:21+	07:37+	08:51+	10:50+	11:25+	12:38+	19:23+	21:34+	24:28+	25:50+	28:56+	29:41+	30:49+	31:27+			
02:13+	03:08+	02:16+	01:14-	01:59+	00:35+	01:13+	06:45+	02:11+	02:54-	01:22+	03:06+	00:45+	01:08+	00:38+			
00:40&	01:39@	01:17@	00:07-	00:18#	00:06#	00:38@	04:19@	00:34&	00:13-	00:21&	00:34#	00:01+	00:10#	00:06#			
14	Sigbjørn Gloppen	144												32:34			
04:13+	07:10+	08:35+	11:07+	12:50+	13:29+	14:15+	18:17+	20:29+	23:30+	24:41+	29:58+	30:48+	32:06+	32:34+			
04:13+	02:57+	01:25+	02:32+	01:43+	00:39+	00:46+	04:02+	02:12+	03:01-	01:11+	05:17+	00:50+	01:18+	00:28-			
02:40@	01:28&	00:26&	01:11&	00:02+	00:10&	00:11&	01:36&	00:35&	00:06-	00:10#	02:45@	00:06#	00:20&	00:04-			
15	Geir Rune Seldal	192												35:09			
04:36+	08:35+	10:05+	11:52+	14:15+	14:52+	15:51+	19:07+	21:36+	25:45+	26:57+	31:41+	32:28+	34:35+	35:09+			
04:36+	03:59+	01:30+	01:47+	02:23+	00:37+	00:59+	03:16+	02:29+	04:09+	01:12+	04:44+	00:47+	02:07+	00:34+			
03:03@	02:30@	00:31&	00:26&	00:42&	00:08&	00:24&	00:50&	00:52&	01:02&	00:11#	02:12&	00:03+	01:09@	00:02+			

Beste strekktid for klassen
 01:19 01:17 00:47 01:14 01:41 00:26 00:31 02:23 01:37 02:26 00:54 01:09 00:40 00:49 00:25

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

Herrer 55 - 59 år

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

Class	Navn	Klasse										Tid		
6	Morten Johannessen	7										25:37		
01:33-	05:45+	06:53+	09:09+	10:55+	11:22+	11:56+	15:10+	16:56+	19:22+	20:23+	23:23+	24:09+	25:12+	25:37+
01:33-	04:12+	01:08+	02:16+	01:46-	00:27-	00:34=	03:14+	01:46+	02:26+	01:01-	03:00+	00:46+	01:03+	00:25+
00:19-	01:38&	00:01+	01:03&	00:08-	00:12-	00:00=	00:43&	00:06+	00:12+	00:10-	00:10+	00:09#	00:15&	00:03#
7	Kjell Skjæveland	108										26:22		
01:33-	04:05-	08:06+	09:27+	11:29+	12:01+	12:34+	15:21+	17:19+	20:06+	21:22+	24:13+	24:57+	25:55+	26:22+
01:33-	02:32-	04:01+	01:21+	02:02+	00:32-	00:33-	02:47+	01:58+	02:47+	01:16+	02:51+	00:44+	00:58+	00:27+
00:19-	00:02-	02:54@	00:08#	00:08+	00:07-	00:01-	00:16#	00:18#	00:33#	00:05+	00:01+	00:07#	00:10#	00:05#
8	Lars Salvesen	50										26:47		
02:12+	05:06+	06:02+	07:47+	09:45+	10:21+	11:00+	14:41+	16:40+	19:50+	21:18+	24:13+	25:02+	26:23+	26:47+
02:12+	02:54+	00:56-	01:45+	01:58+	00:36-	00:39+	03:41+	01:59+	03:10+	01:28+	02:55+	00:49+	01:21+	00:24+
00:20#	00:20#	00:11-	00:32&	00:04+	00:03-	00:05#	01:10&	00:19#	00:56&	00:17#	00:05+	00:12&	00:33&	00:02+
9	Kjell Ove Aksland	27										27:25		
01:17-	04:14-	06:29+	07:39+	09:50+	10:26+	11:10+	14:14+	18:04+	20:55+	22:07+	25:04+	25:51+	26:56+	27:25+
01:17-	02:57+	02:15+	01:10-	02:11+	00:36-	00:44+	03:04+	03:50+	02:51+	01:12+	02:57+	00:47+	01:05+	00:29+
00:35-	00:23#	01:08@	00:03-	00:17#	00:03-	00:10&	00:33#	02:10@	00:37&	00:01+	00:07+	00:10&	00:17&	00:07&
10	Tor Inge Halvorsen	5										27:33		
01:44-	05:51+	06:38+	08:15+	10:19+	11:21+	12:02+	14:59+	17:08+	20:19+	21:56+	25:02+	25:54+	27:04+	27:33+
01:44-	04:07+	00:47-	01:37+	02:04+	01:02+	00:41+	02:57+	02:09+	03:11+	01:37+	03:06+	00:52+	01:10+	00:29+
00:08-	01:33&	00:20-	00:24&	00:10+	00:23&	00:07#	00:26#	00:29&	00:57&	00:26&	00:16+	00:15&	00:22&	00:07&
11	Svein Magne Gløppen	93										28:36		
02:43+	06:42+	07:41+	09:41+	11:40+	12:13+	13:00+	16:06+	18:17+	21:44+	23:08+	26:15+	26:59+	28:05+	28:36+
02:43+	03:59+	00:59-	02:00+	01:59+	00:33-	00:47+	03:06+	02:11+	03:27+	01:24+	03:07+	00:44+	01:06+	00:31+
00:51&	01:25&	00:08-	00:47&	00:05+	00:06-	00:13&	00:35#	00:31&	01:13&	00:13#	00:17#	00:07#	00:18&	00:09&
12	Torbjørn Dahle	92										30:51		
01:50-	03:57-	05:31-	08:20+	11:12+	13:31+	14:22+	17:32+	19:46+	22:47+	24:03+	27:32+	28:21+	30:22+	30:51+
01:50-	02:07-	01:34+	02:49+	02:52+	02:19+	00:51+	03:10+	02:14+	03:01+	01:16+	03:29+	00:49+	02:01+	00:29+
00:02-	00:27-	00:27&	01:36@	00:58&	01:40@	00:17&	00:39&	00:34&	00:47&	00:05+	00:39#	00:12&	01:13@	00:07&
13	Arne Nygaard	66										31:02		
02:06+	05:00+	06:04+	07:33+	09:49+	10:31+	11:19+	14:28+	16:48+	23:45+	25:10+	28:27+	29:16+	30:35+	31:02+
02:06+	02:54+	01:04-	01:29+	02:16+	00:42+	00:48+	03:09+	02:20+	06:57+	01:25+	03:17+	00:49+	01:19+	00:27+
00:14#	00:20#	00:03-	00:16#	00:22#	00:03+	00:14&	00:38&	00:40&	04:43@	00:14#	00:27#	00:12&	00:31&	00:05#
14	Sverre Magnar Nordal	116										33:14		
03:10+	06:06+	07:26+	09:52+	12:34+	13:19+	14:17+	17:38+	19:56+	23:14+	24:34+	28:45+	29:36+	32:39+	33:14+
03:10+	02:56+	01:20+	02:26+	02:42+	00:45+	00:58+	03:21+	02:18+	03:18+	01:20+	04:11+	00:51+	03:03+	00:35+
01:18&	00:22#	00:13#	01:13&	00:48&	00:06#	00:24&	00:50&	00:38&	01:04&	00:09#	01:21&	00:14&	02:15@	00:13&
15	Stein Sigbjørnsen	27										33:53		
01:37-	04:57+	06:02+	07:42+	09:49+	10:23+	11:10+	17:28+	22:26+	26:16+	27:36+	30:35+	31:24+	33:19+	33:53+
01:37-	03:20+	01:05-	01:40+	02:07+	00:34-	00:47+	06:18+	04:58+	03:50+	01:20+	02:59+	00:49+	01:55+	00:34+
00:15-	00:46&	00:02-	00:27&	00:13#	00:05-	00:13&	03:47@	03:18@	01:36&	00:09#	00:09+	00:12&	01:07@	00:12&
16	Kjell R. Nordmark	7										37:09		
02:25+	13:46+	15:52+	17:32+	19:28+	20:11+	20:57+	23:35+	27:39+	30:09+	31:25+	34:27+	35:15+	36:37+	37:09+
02:25+	11:21+	02:06+	01:40+	01:56+	00:43+	00:46+	02:38+	04:04+	02:30+	01:16+	03:02+	00:48+	01:22+	00:32+
00:33&	08:47@	00:59&	00:27&	00:02+	00:04#	00:12&	00:07+	02:24@	00:16#	00:05+	00:12+	00:11&	00:34&	00:10&
17	Kjell Helge Husebø	115										40:23		
09:46+	13:53+	15:37+	17:24+	20:06+	20:43+	21:36+	26:10+	29:18+	32:37+	33:58+	37:37+	38:32+	39:50+	40:23+
09:46+	04:07+	01:44+	01:47+	02:42+	00:37-	00:53+	04:34+	03:08+	03:19+	01:21+	03:39+	00:55+	01:18+	00:33+
07:54@	01:33&	00:37&	00:34&	00:48&	00:02-	00:19&	02:03&	01:28&	01:05&	00:10#	00:49&	00:18&	00:30&	00:11&
18	John C. Sinnes	93										49:22		
03:17+	14:41+	18:19+	21:47+	29:30+	30:34+	31:15+	34:39+	37:27+	40:50+	41:58+	46:14+	47:13+	48:47+	49:22+
03:17+	11:24+	03:38+	03:28+	07:43+	01:04+	00:41+	03:24+	02:48+	03:23+	01:08-	04:16+	00:59+	01:34+	00:35+
01:25&	08:50@	02:31@	02:15@	05:49@	00:25&	00:07#	00:53&	01:08&	01:09&	00:03-	01:26&	00:22&	00:46&	00:13&
19	Kjetil Heradstveit	12										53:08		
03:55+	06:00+	07:01+	09:21+	11:14+	18:52+	19:34+	33:32+	41:03+	43:59+	45:27+	49:36+	50:27+	52:40+	53:08+
03:55+	02:05-	01:01-	02:20+	01:53-	07:38+	00:42+	13:58+	07:31+	02:56+	01:28+	04:09+	00:51+	02:13+	00:28+
02:03@	00:29-	00:06-	01:07&	00:01-	06:59@	00:08#	11:27@	05:51@	00:42&	00:17#	01:19&	00:14&	01:25@	00:06&
Beste strekktid for klassen														
01:16	01:44	00:47	01:10	01:46	00:27	00:31	02:22	01:35	02:14	00:52	02:38	00:37	00:48	00:22

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

Herrer 60 - 64 år

1	Bjørn Alsaker	115	16:33										
00:45=	02:01=	04:16=	05:23=	06:17=	09:04=	09:40=	11:12=	11:32=	14:09=	15:14=	15:45=	16:01=	16:33=
00:45=	01:16=	02:15=	01:07=	00:54=	02:47=	00:36=	01:32=	00:20=	02:37=	01:05=	00:31=	00:16=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sveinung Tveit	236	20:38										
00:56+	02:24+	05:39+	07:01+	08:12+	11:42+	12:28+	14:35+	15:01+	17:57+	19:16+	19:54+	20:12+	20:38+
00:56+	01:28+	03:15+	01:22+	01:11+	03:30+	00:46+	02:07+	00:26+	02:56+	01:19+	00:38+	00:18+	00:26-
00:11#	00:12#	01:00&	00:15#	00:17&	00:43&	00:10&	00:35&	00:06&	00:19#	00:14#	00:07#	00:02#	00:06-
3	Gunnar Sakseid	116	20:39										
01:47+	03:01+	05:54+	07:18+	08:48+	12:31+	13:15+	15:03+	15:29+	18:12+	19:24+	19:59+	20:15+	20:39+
01:47+	01:14-	02:53+	01:24+	01:30+	03:43+	00:44+	01:48+	00:26+	02:43+	01:12+	00:35+	00:16=	00:24-
01:02@	00:02-	00:38&	00:17&	00:36&	00:56&	00:08#	00:16#	00:06&	00:06+	00:07#	00:04#	00:00=	00:08-
5	Lars Stangeland	96	21:59										
01:00+	02:21+	04:45+	06:01+	07:21+	10:02+	10:44+	12:30+	12:51+	16:04+	17:13+	17:48+	21:33+	21:59+
01:00+	01:21+	02:24+	01:16+	01:20+	02:41-	00:42+	01:46+	00:21+	03:13+	01:09+	00:35+	03:45+	00:26-
00:15&	00:05+	00:09+	00:09#	00:26&	00:06-	00:06#	00:14#	00:01+	00:36#	00:04+	00:04#	03:29@	00:06-
6	Tom Hetland	5	22:27										
00:58+	02:18+	06:27+	07:52+	09:02+	13:44+	14:48+	16:44+	17:22+	20:07+	21:19+	21:51+	22:06+	22:27+
00:58+	01:20+	04:09+	01:25+	01:10+	04:42+	01:04+	01:56+	00:38+	02:45+	01:12+	00:32+	00:15-	00:21-
00:13&	00:04+	01:54&	00:18&	00:16&	01:55&	00:28&	00:24&	00:18&	00:08+	00:07#	00:01+	00:01-	00:11-
7	Hans Erik Terjesen	116	22:29										
00:57+	02:16+	04:52+	06:21+	07:29+	10:56+	11:57+	13:53+	15:30+	19:18+	20:36+	21:25+	22:03+	22:29+
00:57+	01:19+	02:36+	01:29+	01:08+	03:27+	01:01+	01:56+	01:37+	03:48+	01:18+	00:49+	00:38+	00:26-
00:12&	00:03+	00:21#	00:22&	00:14&	00:40#	00:25&	00:24&	01:17@	01:11&	00:13#	00:18&	00:22@	00:06-
8	Jan Hetland	29	22:46										
00:50+	02:15+	04:57+	06:19+	07:36+	11:09+	12:23+	14:14+	14:42+	17:18+	18:38+	19:21+	22:18+	22:46+
00:50+	01:25+	02:42+	01:22+	01:17+	03:33+	01:14+	01:51+	00:28+	02:36-	01:20+	00:43+	02:57+	00:28-
00:05#	00:09#	00:27#	00:15#	00:23&	00:46&	00:38@	00:19#	00:08&	00:01-	00:15#	00:12&	02:41@	00:04-
9	Eivind L. Rake	92	22:56										
01:23+	02:45+	05:23+	06:54+	08:01+	12:32+	13:39+	15:49+	16:16+	19:53+	21:30+	22:07+	22:24+	22:56+
01:23+	01:22+	02:38+	01:31+	01:07+	04:31+	01:07+	02:10+	00:27+	03:37+	01:37+	00:37+	00:17+	00:32=
00:38&	00:06+	00:23#	00:24&	00:13#	01:44&	00:31&	00:38&	00:07&	01:00&	00:32&	00:06#	00:01+	00:00=
10	Bjørn Sivertsen	99	23:01										
01:04+	02:32+	05:28+	07:11+	08:32+	12:40+	13:42+	16:00+	16:26+	19:54+	21:27+	22:05+	22:29+	23:01+
01:04+	01:28+	02:56+	01:43+	01:21+	04:08+	01:02+	02:18+	00:26+	03:28+	01:33+	00:38+	00:24+	00:32=
00:19&	00:12#	00:41&	00:36&	00:27&	01:21&	00:26&	00:46&	00:06&	00:51&	00:28&	00:07#	00:08&	00:00=
11	Svein Berge	126	23:13										
01:16+	02:32+	05:26+	06:43+	08:11+	14:24+	14:55+	17:03+	17:28+	20:34+	21:51+	22:30+	22:50+	23:13+
01:16+	01:16=	02:54+	01:17+	01:28+	06:13+	00:31-	02:08+	00:25+	03:06+	01:17+	00:39+	00:20+	00:23-
00:31&	00:00=	00:39&	00:10#	00:34&	03:26@	00:05-	00:36&	00:05#	00:29#	00:12#	00:08&	00:04#	00:09-
12	Tor Geir Espedal	115	24:31										
01:04+	02:36+	05:16+	06:44+	08:18+	12:20+	15:27+	17:36+	18:16+	21:12+	23:00+	23:36+	24:02+	24:31+
01:04+	01:32+	02:40+	01:28+	01:34+	04:02+	03:07+	02:09+	00:40+	02:56+	01:48+	00:36+	00:26+	00:29-
00:19&	00:16#	00:25#	00:21&	00:40&	01:15&	02:31@	00:37&	00:20&	00:19#	00:43&	00:05#	00:10&	00:03-
13	Bjørn Bjelland	83	24:50										
01:23+	03:18+	06:54+	08:38+	10:05+	14:06+	14:54+	17:24+	17:57+	21:44+	23:20+	24:02+	24:21+	24:50+
01:23+	01:55+	03:36+	01:44+	01:27+	04:01+	00:48+	02:30+	00:33+	03:47+	01:36+	00:42+	00:19+	00:29-
00:38&	00:39&	01:21&	00:37&	00:33&	01:14&	00:12&	00:58&	00:13&	01:10&	00:31&	00:11&	00:03#	00:03-
14	Arne M. Handeland	92	25:17										
01:32+	02:57+	05:55+	07:24+	08:55+	12:35+	13:32+	15:34+	17:11+	20:37+	21:54+	24:15+	24:50+	25:17+
01:32+	01:25+	02:58+	01:29+	01:31+	03:40+	00:57+	02:02+	01:37+	03:26+	01:17+	02:21+	00:35+	00:27-
00:47@	00:09#	00:43&	00:22&	00:37&	00:53&	00:21&	00:30&	01:17@	00:49&	00:12#	01:50@	00:19@	00:05-
15	Terje Langeland	98	28:26										
02:21+	04:11+	07:41+	09:27+	11:20+	16:23+	17:04+	19:21+	19:56+	23:41+	25:16+	26:19+	27:37+	28:26+
02:21+	01:50+	03:30+	01:46+	01:53+	05:03+	00:41+	02:17+	00:35+	03:45+	01:35+	01:03+	01:18+	00:49+
01:36@	00:34&	01:15&	00:39&	00:59@	02:16&	00:05#	00:45&	00:15&	01:08&	00:30&	00:32@	01:02@	00:17&

Class	Navn	Klasse										Tid		
16	Inge Johan Øverland	93										31:12		
	03:24+	07:03+	10:36+	12:30+	13:48+	18:03+	19:16+	21:33+	22:03+	26:13+	27:39+	28:21+	30:46+	31:12+
	03:24+	03:39+	03:33+	01:54+	01:18+	04:15+	01:13+	02:17+	00:30+	04:10+	01:26+	00:42+	02:25+	00:26-
	02:39@	02:23@	01:18&	00:47&	00:24&	01:28&	00:37@	00:45&	00:10&	01:33&	00:21&	00:11&	02:09@	00:06-
17	Rolf Kleppe	63										31:28		
	02:46+	04:47+	08:41+	10:46+	12:28+	19:18+	21:08+	23:55+	24:34+	28:18+	29:52+	30:32+	30:56+	31:28+
	02:46+	02:01+	03:54+	02:05+	01:42+	06:50+	01:50+	02:47+	00:39+	03:44+	01:34+	00:40+	00:24+	00:32=
	02:01@	00:45&	01:39&	00:58&	00:48&	04:03@	01:14@	01:15&	00:19&	01:07&	00:29&	00:09&	00:08&	00:00=
18	Rolf Øystein Kluge	7										32:39		
	01:28+	04:40+	08:17+	10:43+	12:24+	17:36+	18:46+	21:05+	21:34+	25:17+	26:51+	28:43+	29:15+	32:39+
	01:28+	03:12+	03:37+	02:26+	01:41+	05:12+	01:10+	02:19+	00:29+	03:43+	01:34+	01:52+	00:32+	03:24+
	00:43&	01:56@	01:22&	01:19@	00:47&	02:25&	00:34&	00:47&	00:09&	01:06&	00:29&	01:21@	00:16&	02:52@
19	Terje Stokkeland	69										34:54		
	00:59+	02:37+	05:42+	07:31+	09:35+	24:24+	25:18+	27:20+	28:23+	31:47+	33:09+	33:46+	34:00+	34:54+
	00:59+	01:38+	03:05+	01:49+	02:04+	14:49+	00:54+	02:02+	01:03+	03:24+	01:22+	00:37+	00:14-	00:54+
	00:14&	00:22&	00:50&	00:42&	01:10@	12:02@	00:18&	00:30&	00:43@	00:47&	00:17&	00:06#	00:02-	00:22&
20	Egil Røyneberg	93										36:22		
	02:05+	05:05+	09:53+	12:05+	13:58+	20:16+	21:45+	25:04+	25:48+	31:31+	33:33+	35:01+	35:35+	36:22+
	02:05+	03:00+	04:48+	02:12+	01:53+	06:18+	01:29+	03:19+	00:44+	05:43+	02:02+	01:28+	00:34+	00:47+
	01:20@	01:44@	02:33@	01:05&	00:59@	03:31@	00:53@	01:47@	00:24@	03:06@	00:57&	00:57@	00:18@	00:15&
21	Svein Ims	65										40:40		
	05:10+	11:53+	18:19+	19:43+	21:08+	26:17+	27:21+	29:40+	30:16+	35:09+	36:39+	39:05+	40:00+	40:40+
	05:10+	06:43+	06:26+	01:24+	01:25+	05:09+	01:04+	02:19+	00:36+	04:53+	01:30+	02:26+	00:55+	00:40+
	04:25@	05:27@	04:11@	00:17&	00:31&	02:22&	00:28&	00:47&	00:16&	02:16&	00:25&	01:55@	00:39@	00:08#
Beste strekktid for klassen														
	00:45	01:14	02:15	01:07	00:54	02:41	00:31	01:32	00:20	02:36	01:05	00:31	00:14	00:21
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
Herrer 65 - 69 år														
1	Harry Breiland	66										18:08		
	00:48=	02:05=	04:21=	05:36=	06:35=	09:30=	10:07=	11:46=	12:06=	15:26=	16:33=	17:16=	17:29=	18:08=
	00:48=	01:17=	02:16=	01:15=	00:59=	02:55=	00:37=	01:39=	00:20=	03:20=	01:07=	00:43=	00:13=	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=
2	Asgeir Bell	117										19:06		
	00:47-	01:55-	04:11-	05:29-	07:36+	11:04+	11:55+	13:34+	13:56+	16:33+	17:43+	18:18+	18:37+	19:06+
	00:47-	01:08-	02:16=	01:18+	02:07+	03:28+	00:51+	01:39=	00:22+	02:37-	01:10+	00:35-	00:19+	00:29-
	00:01-	00:09-	00:00=	00:03+	01:08@	00:33#	00:14&	00:00=	00:02#	00:43-	00:03+	00:08-	00:06&	00:10-
3	Kjell Svihus	154										21:02		
	00:59+	02:19+	05:04+	06:32+	07:51+	11:18+	12:25+	14:27+	15:03+	18:12+	19:33+	20:18+	20:36+	21:02+
	00:59+	01:20+	02:45+	01:28+	01:19+	03:27+	01:07+	02:02+	00:36+	03:09-	01:21+	00:45+	00:18+	00:26-
	00:11#	00:03+	00:29#	00:13#	00:20&	00:32#	00:30&	00:23#	00:16&	00:11-	00:14#	00:02+	00:05&	00:13-
4	Paul A. Paulsen	117										21:21		
	00:54+	02:30+	05:07+	06:32+	07:50+	11:40+	12:27+	14:28+	14:57+	18:23+	19:49+	20:30+	20:51+	21:21+
	00:54+	01:36+	02:37+	01:25+	01:18+	03:50+	00:47+	02:01+	00:29+	03:26+	01:26+	00:41-	00:21+	00:30-
	00:06#	00:19#	00:21#	00:10#	00:19&	00:55&	00:10&	00:22#	00:09&	00:06+	00:19&	00:02-	00:08&	00:09-
5	Arne Østensen	90										21:36		
	01:25+	02:44+	05:21+	06:46+	07:53+	11:04+	11:54+	13:42+	14:08+	18:04+	19:28+	20:12+	21:00+	21:36+
	01:25+	01:19+	02:37+	01:25+	01:07+	03:11+	00:50+	01:48+	00:26+	03:56+	01:24+	00:44+	00:48+	00:36-
	00:37&	00:02+	00:21#	00:10#	00:08#	00:16+	00:13&	00:09+	00:06&	00:36#	00:17&	00:01+	00:35@	00:03-
6	Leif Gunnar Wikene	43										21:45		
	00:53+	02:29+	05:19+	07:02+	08:35+	11:57+	13:01+	15:16+	15:42+	18:44+	20:05+	21:01+	21:21+	21:45+
	00:53+	01:36+	02:50+	01:43+	01:33+	03:22+	01:04+	02:15+	00:26+	03:02-	01:21+	00:56+	00:20+	00:24-
	00:05#	00:19#	00:34#	00:28&	00:34&	00:27#	00:27&	00:36&	00:06&	00:18-	00:14#	00:13&	00:07&	00:15-
7	Jan Inge Lunde	88										22:40		
	01:06+	02:43+	05:37+	07:15+	08:35+	12:17+	13:19+	15:30+	15:55+	19:15+	20:49+	21:40+	22:09+	22:40+
	01:06+	01:37+	02:54+	01:38+	01:20+	03:42+	01:02+	02:11+	00:25+	03:20=	01:34+	00:51+	00:29+	00:31-
	00:18&	00:20&	00:38&	00:23&	00:21&	00:47&	00:25&	00:32&	00:05#	00:00=	00:27&	00:08#	00:16@	00:08-

Class	Navn	Klasse										Tid	
8	Cato Molthe	53										23:25	
00:57+	02:32+	06:44+	08:17+	09:38+	13:25+	14:14+	16:58+	17:24+	20:23+	21:48+	22:37+	22:58+	23:25+
00:57+	01:35+	04:12+	01:33+	01:21+	03:47+	00:49+	02:44+	00:26+	02:59-	01:25+	00:49+	00:21+	00:27-
00:09#	00:18#	01:56&	00:18#	00:22&	00:52&	00:12&	01:05&	00:06&	00:21-	00:18&	00:06#	00:08&	00:12-
9	Kjell Ingar Olsen	50										24:34	
01:43+	03:33+	07:09+	08:46+	10:11+	14:09+	15:00+	17:04+	17:26+	20:41+	22:04+	22:46+	24:07+	24:34+
01:43+	01:50+	03:36+	01:37+	01:25+	03:58+	00:51+	02:04+	00:22+	03:15-	01:23+	00:42-	01:21+	00:27-
00:55@	00:33&	01:20&	00:22&	00:26&	01:03&	00:14&	00:25&	00:02#	00:05-	00:16#	00:01-	01:08@	00:12-
10	Roar Fitjar	101										24:39	
01:09+	02:50+	05:52+	07:34+	09:03+	13:40+	14:36+	16:52+	18:03+	21:28+	23:00+	23:47+	24:06+	24:39+
01:09+	01:41+	03:02+	01:42+	01:29+	04:37+	00:56+	02:16+	01:11+	03:25+	01:32+	00:47+	00:19+	00:33-
00:21&	00:24&	00:46&	00:27&	00:30&	01:42&	00:19&	00:37&	00:51@	00:05+	00:25&	00:04+	00:06&	00:06-
11	Ove Gundersen	100										25:19	
01:46+	03:14+	08:04+	09:45+	11:11+	15:09+	15:57+	17:51+	18:16+	21:33+	22:50+	23:31+	24:54+	25:19+
01:46+	01:28+	04:50+	01:41+	01:26+	03:58+	00:48+	01:54+	00:25+	03:17-	01:17+	00:41-	01:23+	00:25-
00:58@	00:11#	02:34@	00:26&	00:27&	01:03&	00:11&	00:15#	00:05#	00:03-	00:10#	00:02-	01:10@	00:14-
12	Ragnvald Frøyland	128										25:39	
02:20+	05:16+	08:29+	09:57+	11:15+	15:29+	16:57+	17:34+	19:41+	20:04+	23:07+	24:17+	24:50+	25:07+
02:20+	02:56+	03:13+	01:28+	01:18+	04:14+	01:28+	00:37-	02:07+	00:23-	03:03+	01:10+	00:33+	00:17-
01:32@	01:39@	00:57&	00:13#	00:19&	01:19&	00:51@	01:02-	01:47@	02:57-	01:56@	00:27&	00:20@	00:22-
													00:32+
13	Torstein Gjesteland	126										26:13	
01:18+	03:53+	07:00+	08:45+	10:11+	13:55+	15:00+	17:19+	17:49+	22:54+	24:32+	25:19+	25:46+	26:13+
01:18+	02:35+	03:07+	01:45+	01:26+	03:44+	01:05+	02:19+	00:30+	05:05+	01:38+	00:47+	00:27+	00:27-
00:30&	01:18@	00:51&	00:30&	00:27&	00:49&	00:28&	00:40&	00:10&	01:45&	00:31&	00:04+	00:14@	00:12-
14	Ole Auklend	106										27:57	
01:38+	03:21+	06:42+	08:11+	10:05+	14:03+	15:12+	17:39+	19:35+	23:15+	24:59+	26:40+	27:20+	27:57+
01:38+	01:43+	03:21+	01:29+	01:54+	03:58+	01:09+	02:27+	01:56+	03:40+	01:44+	01:41+	00:40+	00:37-
00:50@	00:26&	01:05&	00:14#	00:55&	01:03&	00:32&	00:48&	01:36@	00:20#	00:37&	00:58@	00:27@	00:02-
15	Leif Gustav Hollund	116										28:02	
01:24+	03:22+	07:09+	08:48+	10:23+	14:34+	15:45+	18:53+	19:21+	23:29+	25:00+	25:44+	27:33+	28:02+
01:24+	01:58+	03:47+	01:39+	01:35+	04:11+	01:11+	03:08+	00:28+	04:08+	01:31+	00:44+	01:49+	00:29-
00:36&	00:41&	01:31&	00:24&	00:36&	01:16&	00:34&	01:29&	00:08&	00:48#	00:24&	00:01+	01:36@	00:10-
16	Magne Frøyland	43										29:38	
03:05+	05:44+	10:06+	11:56+	14:11+	18:29+	19:18+	21:22+	21:44+	24:45+	26:13+	27:39+	28:51+	29:38+
03:05+	02:39+	04:22+	01:50+	02:15+	04:18+	00:49+	02:04+	00:22+	03:01-	01:28+	01:26+	01:12+	00:47+
02:17@	01:22@	02:06&	00:35&	01:16@	01:23&	00:12&	00:25&	00:02#	00:19-	00:21&	00:43&	00:59@	00:08#
17	Vidar Gjesdal	109										29:51	
02:21+	04:35+	08:35+	10:34+	12:10+	17:45+	18:44+	21:28+	22:08+	26:17+	28:04+	28:53+	29:15+	29:51+
02:21+	02:14+	04:00+	01:59+	01:36+	05:35+	00:59+	02:44+	00:40+	04:09+	01:47+	00:49+	00:22+	00:36-
01:33@	00:57&	01:44&	00:44&	00:37&	02:40&	00:22&	01:05&	00:20&	00:49#	00:40&	00:06#	00:09&	00:03-
18	Terje Helland	88										30:11	
01:31+	05:55+	08:56+	10:20+	11:30+	14:50+	15:50+	17:42+	19:34+	22:59+	24:14+	28:29+	29:36+	30:11+
01:31+	04:24+	03:01+	01:24+	01:10+	03:20+	01:00+	01:52+	01:52+	03:25+	01:15+	04:15+	01:07+	00:35-
00:43&	03:07@	00:45&	00:09#	00:11#	00:25#	00:23&	00:13#	01:32@	00:05+	00:08#	03:32@	00:54@	00:04-
19	Terje Gautestad	7										33:36	
01:23+	06:05+	12:16+	13:56+	15:17+	20:04+	21:51+	25:09+	25:38+	30:08+	31:45+	32:33+	33:02+	33:36+
01:23+	04:42+	06:11+	01:40+	01:21+	04:47+	01:47+	03:18+	00:29+	04:30+	01:37+	00:48+	00:29+	00:34-
00:35&	03:25@	03:55@	00:25&	00:22&	01:52&	01:10@	01:39&	00:09&	01:10&	00:30&	00:05#	00:16@	00:05-
20	Ove Vatland	128										34:32	
02:10+	05:18+	10:19+	12:33+	14:22+	19:18+	20:35+	23:50+	24:24+	29:04+	32:15+	33:25+	33:52+	34:32+
02:10+	03:08+	05:01+	02:14+	01:49+	04:56+	01:17+	03:15+	00:34+	04:40+	03:11+	01:10+	00:27+	00:40+
01:22@	01:51@	02:45@	00:59&	00:50&	02:01&	00:40@	01:36&	00:14&	01:20&	02:04@	00:27&	00:14@	00:01+
21	John Abrahamsen	125										36:21	
02:36+	04:33+	14:04+	15:59+	17:45+	22:42+	24:20+	27:24+	28:07+	32:43+	34:20+	35:28+	35:49+	36:21+
02:36+	01:57+	09:31+	01:55+	01:46+	04:57+	01:28+	03:04+	00:43+	04:36+	01:37+	01:08+	00:21+	00:32-
01:48@	00:40&	07:15@	00:40&	00:47&	02:02&	01:01@	01:25&	00:23@	01:16&	00:30&	00:25&	00:08&	00:07-
Beste strekktid for klassen													
00:47	01:08	02:16	01:15	00:59	02:55	00:37	00:37	00:20	00:23	01:07	00:35	00:13	00:17

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

Herrer 70 - 74 år

1	Hilmar Røthing	128	21:02										
01:57=	03:39=	05:54=	07:18=	08:25=	12:02=	12:47=	14:34=	15:01=	17:46=	19:00=	19:40=	20:38=	21:02=
01:57=	01:42=	02:15=	01:24=	01:07=	03:37=	00:45=	01:47=	00:27=	02:45=	01:14=	00:40=	00:58=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arvid Thorsen	5	21:03										
01:19-	02:55-	05:46-	07:11-	09:05+	12:36+	13:12+	14:51+	15:12+	18:32+	19:46+	20:24+	20:38=	21:03+
01:19-	01:36-	02:51+	01:25+	01:54+	03:31-	00:36-	01:39-	00:21-	03:20+	01:14=	00:38-	00:14-	00:25+
00:38-	00:06-	00:36&	00:01+	00:47&	00:06-	00:09-	00:08-	00:06-	00:35#	00:00=	00:02-	00:44-	00:01+
3	Øyvind Egeskog	5	21:51										
00:53-	02:26-	05:54=	07:28+	08:34+	12:18+	13:11+	15:25+	15:52+	18:50+	20:19+	20:57+	21:22+	21:51+
00:53-	01:33-	03:28+	01:34+	01:06-	03:44+	00:53+	02:14+	00:27=	02:58+	01:29+	00:38-	00:25-	00:29+
01:04-	00:09-	01:13&	00:10#	00:01-	00:07+	00:08#	00:27&	00:00=	00:13+	00:15#	00:02-	00:33-	00:05#
4	Olav Dag Borgersen	154	22:42										
01:28-	03:34-	06:37+	08:07+	09:33+	13:02+	13:59+	16:19+	16:46+	19:48+	21:13+	21:58+	22:13+	22:42+
01:28-	02:06+	03:03+	01:30+	01:26+	03:29-	00:57+	02:20+	00:27=	03:02+	01:25+	00:45+	00:15-	00:29+
00:29-	00:24#	00:48&	00:06+	00:19&	00:08-	00:12&	00:33&	00:00=	00:17#	00:11#	00:05#	00:43-	00:05#
5	Tormod Aaslid	54	23:40										
02:18+	04:14+	07:24+	09:42+	11:18+	15:04+	15:38+	17:44+	18:06+	21:08+	22:18+	22:52+	23:08+	23:40+
02:18+	01:56+	03:10+	02:18+	01:36+	03:46+	00:34-	02:06+	00:22-	03:02+	01:10-	00:34-	00:16-	00:32+
00:21#	00:14#	00:55&	00:54&	00:29&	00:09+	00:11-	00:19#	00:05-	00:17#	00:04-	00:06-	00:42-	00:08&
6	Norvald Skretting	43	24:40										
01:07-	04:21+	07:11+	08:38+	10:04+	14:04+	15:11+	17:21+	17:51+	21:18+	22:46+	23:38+	24:11+	24:40+
01:07-	03:14+	02:50+	01:27+	01:26+	04:00+	01:07+	02:10+	00:30+	03:27+	01:28+	00:52+	00:33-	00:29+
00:50-	01:32&	00:35&	00:03+	00:19&	00:23#	00:22&	00:23#	00:03#	00:42&	00:14#	00:12&	00:25-	00:05#
7	Finn Morten Årstad	115	24:49										
01:01-	02:25-	05:05-	06:34-	11:09+	15:23+	16:13+	18:13+	18:36+	21:42+	23:07+	24:02+	24:18+	24:49+
01:01-	01:24-	02:40+	01:29+	04:35+	04:14+	00:50+	02:00+	00:23-	03:06+	01:25+	00:55+	00:16-	00:31+
00:56-	00:18-	00:25#	00:05+	03:28@	00:37#	00:05#	00:13#	00:04-	00:21#	00:11#	00:15&	00:42-	00:07&
8	Odd Garpestad	29	25:02										
03:37+	04:58+	08:36+	10:06+	13:35+	16:37+	17:14+	18:52+	19:14+	22:33+	23:46+	24:21+	24:35+	25:02+
03:37+	01:21-	03:38+	01:30+	03:29+	03:02-	00:37-	01:38-	00:22-	03:19+	01:13-	00:35-	00:14-	00:27+
01:40&	00:21-	01:23&	00:06+	02:22@	00:35-	00:08-	00:09-	00:05-	00:34#	00:01-	00:05-	00:44-	00:03#
9	Hermann Skogsholm	53	25:09										
01:41-	03:30-	06:33+	07:51+	09:05+	12:36+	13:35+	15:29+	15:56+	19:30+	20:47+	21:28+	23:15+	25:09+
01:41-	01:49+	03:03+	01:18-	01:14+	03:31-	00:59+	01:54+	00:27=	03:34+	01:17+	00:41+	01:47+	01:54+
00:16-	00:07+	00:48&	00:06-	00:07#	00:06-	00:14&	00:07+	00:00=	00:49&	00:03+	00:01+	00:49&	01:30@
10	Svein Glendrange	68	25:36										
01:02-	02:38-	05:36-	07:09-	09:48+	13:37+	16:16+	18:16+	18:39+	21:42+	23:07+	23:52+	25:06+	25:36+
01:02-	01:36-	02:58+	01:33+	02:39+	03:49+	02:39+	02:00+	00:23-	03:03+	01:25+	00:45+	01:14+	00:30+
00:55-	00:06-	00:43&	00:09#	01:32@	00:12+	01:54@	00:13#	00:04-	00:18#	00:11#	00:05#	00:16&	00:06#
11	Jan Værp	62	27:50										
01:29-	03:08-	06:38+	08:26+	09:46+	15:11+	16:20+	19:15+	19:55+	24:46+	26:19+	27:01+	27:25+	27:50+
01:29-	01:39-	03:30+	01:48+	01:20+	05:25+	01:09+	02:55+	00:40+	04:51+	01:33+	00:42+	00:24-	00:25+
00:28-	00:03-	01:15&	00:24&	00:13#	01:48&	00:24&	01:08&	00:13&	02:06&	00:19&	00:02+	00:34-	00:01+
12	Kjell Langvik	93	28:59										
01:48-	03:30-	07:39+	09:31+	12:01+	16:25+	17:39+	19:51+	20:26+	25:44+	27:19+	28:08+	28:29+	28:59+
01:48-	01:42=	04:09+	01:52+	02:30+	04:24+	01:14+	02:12+	00:35+	05:18+	01:35+	00:49+	00:21-	00:30+
00:09-	00:00=	01:54&	00:28&	01:23@	00:47#	00:29&	00:25#	00:08&	02:33&	00:21&	00:09#	00:37-	00:06#
13	Lars Ernst Ravndal	125	30:52										
01:17-	03:23-	07:01+	10:41+	12:37+	17:34+	18:58+	22:17+	22:53+	27:10+	28:47+	29:47+	30:14+	30:52+
01:17-	02:06+	03:38+	03:40+	01:56+	04:57+	01:24+	03:19+	00:36+	04:17+	01:37+	01:00+	00:27-	00:38+
00:40-	00:24#	01:23&	02:16@	00:49&	01:20&	00:39&	01:32&	00:09&	01:32&	00:23&	00:20&	00:31-	00:14&
14	Arne Tveita	109	32:01										
01:19-	03:29-	06:45+	08:34+	10:10+	15:42+	16:41+	19:02+	19:38+	28:00+	30:05+	31:06+	31:32+	32:01+
01:19-	02:10+	03:16+	01:49+	01:36+	05:32+	00:59+	02:21+	00:36+	08:22+	02:05+	01:01+	00:26-	00:29+
00:38-	00:28&	01:01&	00:25&	00:29&	01:55&	00:14&	00:34&	00:09&	05:37@	00:51&	00:21&	00:32-	00:05#

Class	Navn	Klasse										Tid
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15	Rolv Nærland	63										32:33	
02:15+	05:18+	09:45+	11:44+	13:12+	17:15+	18:04+	20:28+	20:55+	27:10+	28:28+	29:15+	31:03+	32:33+
02:15+	03:03+	04:27+	01:59+	01:28+	04:03+	00:49+	02:24+	00:27=	06:15+	01:18+	00:47+	01:48+	01:30+
00:18#	01:21&	02:12&	00:35&	00:21&	00:26#	00:04+	00:37&	00:00=	03:30@	00:04+	00:07#	00:50&	01:06@
16	Arne Brandsberg	29										35:04	
03:11+	05:31+	09:51+	12:19+	14:34+	20:06+	21:21+	24:49+	25:22+	30:29+	32:35+	33:30+	34:14+	35:04+
03:11+	02:20+	04:20+	02:28+	02:15+	05:32+	01:15+	03:28+	00:33+	05:07+	02:06+	00:55+	00:44-	00:50+
01:14&	00:38&	02:05&	01:04&	01:08@	01:55&	00:30&	01:41&	00:06#	02:22&	00:52&	00:15&	00:14-	00:26@
17	Geir Husdal	93										35:05	
01:02-	05:19+	08:26+	10:00+	11:51+	15:38+	16:32+	18:41+	19:11+	31:24+	33:08+	34:09+	34:34+	35:05+
01:02-	04:17+	03:07+	01:34+	01:51+	03:47+	00:54+	02:09+	00:30+	12:13+	01:44+	01:01+	00:25-	00:31+
00:55-	02:35@	00:52&	00:10#	00:44&	00:10+	00:09#	00:22#	00:03#	09:28@	00:30&	00:21&	00:33-	00:07&
18	Jan H. Sagen	92										36:31	
01:59+	04:44+	08:45+	10:44+	12:56+	17:51+	19:58+	22:45+	23:31+	30:40+	32:52+	33:51+	35:36+	36:31+
01:59+	02:45+	04:01+	01:59+	02:12+	04:55+	02:07+	02:47+	00:46+	07:09+	02:12+	00:59+	01:45+	00:55+
00:02+	01:03&	01:46&	00:35&	01:05&	01:18&	01:22@	01:00&	00:19&	04:24@	00:58&	00:19&	00:47&	00:31@
19	Albert Moe	54										37:26	
04:21+	06:36+	10:32+	12:44+	14:15+	19:25+	21:00+	24:09+	28:04+	33:24+	35:22+	36:14+	36:37+	37:26+
04:21+	02:15+	03:56+	02:12+	01:31+	05:10+	01:35+	03:09+	03:55+	05:20+	01:58+	00:52+	00:23-	00:49+
02:24@	00:33&	01:41&	00:48&	00:24&	01:33&	00:50@	01:22&	03:28@	02:35&	00:44&	00:12&	00:35-	00:25@
20	Mangor Eikeland	92										39:23	
01:56-	05:36+	10:51+	13:13+	17:50+	23:45+	25:50+	29:05+	29:46+	35:05+	37:10+	38:07+	38:36+	39:23+
01:56-	03:40+	05:15+	02:22+	04:37+	05:55+	02:05+	03:15+	00:41+	05:19+	02:05+	00:57+	00:29-	00:47+
00:01-	01:58@	03:00@	00:58&	03:30@	02:18&	01:20@	01:28&	00:14&	02:34&	00:51&	00:17&	00:29-	00:23&
21	Sverre Vareberg	7										45:15	
03:07+	06:43+	13:42+	16:29+	19:40+	27:34+	29:03+	33:06+	34:01+	40:14+	42:41+	43:51+	44:27+	45:15+
03:07+	03:36+	06:59+	02:47+	03:11+	07:54+	01:29+	04:03+	00:55+	06:13+	02:27+	01:10+	00:36-	00:48+
01:10&	01:54@	04:44@	01:23&	02:04@	04:17@	00:44&	02:16@	00:28@	03:28@	01:13&	00:30&	00:22-	00:24&

Beste strekktid for klassen

00:53 01:21 02:15 01:18 01:06 03:02 00:34 01:38 00:21 02:45 01:10 00:34 00:14 00:24

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

Herrer 75 - 79 år

1	Knut Skjæveland	93										21:26	
01:22=	03:24=	06:13=	07:46=	09:00=	10:54=	13:51=	15:41=	20:56=	21:26=				
01:22=	02:02=	02:49=	01:33=	01:14=	01:54=	02:57=	01:50=	05:15=	00:30=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Alf Gyland	92										24:31	
02:42+	04:27+	06:52+	08:35+	10:26+	13:58+	17:48+	20:07+	24:02+	24:31+				
02:42+	01:45-	02:25-	01:43+	01:51+	03:32+	03:50+	02:19+	03:55-	00:29-				
01:20&	00:17-	00:24-	00:10#	00:37&	01:38&	00:53&	00:29&	01:20-	00:01-				
3	Øystein Nilsen	57										27:17	
02:46+	05:14+	08:37+	10:50+	12:28+	15:27+	19:59+	22:46+	26:34+	27:17+				
02:46+	02:28+	03:23+	02:13+	01:38+	02:59+	04:32+	02:47+	03:48-	00:43+				
01:24@	00:26#	00:34#	00:40&	00:24&	01:05&	01:35&	00:57&	01:27-	00:13&				
4	Harald Vatne	67										27:56	
01:08-	03:30+	06:09-	07:45-	09:21+	14:16+	17:46+	23:34+	27:31+	27:56+				
01:08-	02:22+	02:39-	01:36+	01:36+	04:55+	03:30+	05:48+	03:57-	00:25-				
00:14-	00:20#	00:10-	00:03+	00:22&	03:01@	00:33#	03:58@	01:18-	00:05-				
5	Kjell Maudal	63										28:44	
01:28+	04:23+	08:16+	10:42+	13:39+	17:38+	21:58+	24:40+	28:12+	28:44+				
01:28+	02:55+	03:53+	02:26+	02:57+	03:59+	04:20+	02:42+	03:32-	00:32+				
00:06+	00:53&	01:04&	00:53&	01:43@	02:05@	01:23&	00:52&	01:43-	00:02+				
6	Magne Westerheim	93										32:29	
02:23+	05:17+	07:42+	10:40+	12:54+	18:36+	21:56+	24:44+	28:57+	32:29+				
02:23+	02:54+	02:25-	02:58+	02:14+	05:42+	03:20+	02:48+	04:13-	03:32+				
01:01&	00:52&	00:24-	01:25&	01:00&	03:48@	00:23#	00:58&	01:02-	03:02@				

Class	Navn	Klasse	Tid
7	Magne Jakobsen	63	35:07
	04:15+ 07:22+ 10:59+ 13:20+ 15:13+ 24:19+ 27:58+ 30:37+ 34:35+ 35:07+		
	04:15+ 03:07+ 03:37+ 02:21+ 01:53+ 09:06+ 03:39+ 02:39+ 03:58- 00:32+		
	02:53@ 01:05& 00:48& 00:48& 00:39& 07:12@ 00:42# 00:49& 01:17- 00:02+		

Beste strekktid for klassen

01:08 01:45 02:25 01:33 01:14 01:54 02:57 01:50 03:32 00:25

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

Herrer 80 år og eldre

1	Arnulf Fuglestad	29	21:59
	02:21= 04:44= 06:11= 08:50= 10:18= 12:03= 13:43= 17:17= 19:40= 21:02= 21:59=		
	02:21= 02:23= 01:27= 02:39= 01:28= 01:45= 01:40= 03:34= 02:23= 01:22= 00:57=		
	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	31:42
	06:19+ 09:13+ 10:13+ 15:37+ 17:00+ 19:19+ 21:11+ 24:08+ 27:25+ 30:11+ 31:42+		
	06:19+ 02:54+ 01:00- 05:24+ 01:23- 02:19+ 01:52+ 02:57- 03:17+ 02:46+ 01:31+		
	03:58@ 00:31# 00:27- 02:45@ 00:05- 00:34& 00:12# 00:37- 00:54& 01:24@ 00:34&		

Beste strekktid for klassen

02:21 02:23 01:00 02:39 01:23 01:45 01:40 02:57 02:23 01:22 00:57

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

Herrer A

1	Aart Joakim in't Veld	93	22:45
	01:12= 02:19= 03:13= 04:22= 05:18= 06:23= 07:54= 10:08= 11:39= 13:35= 14:23= 15:57= 17:08= 19:54= 22:26= 22:45=		
	01:12= 01:07= 00:54= 01:09= 00:56= 01:05= 01:31= 02:14= 01:31= 01:56= 00:48= 01:34= 01:11= 02:46= 02:32= 00:19=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Kristian Haarr	27	24:29
	01:22+ 02:30+ 03:33+ 05:23+ 06:12+ 07:13+ 08:54+ 11:15+ 12:52+ 14:56+ 15:53+ 17:35+ 18:40+ 21:33+ 24:09+ 24:29+		
	01:22+ 01:08+ 01:03+ 01:50+ 00:49- 01:01- 01:41+ 02:21+ 01:37+ 02:04+ 00:57+ 01:42+ 01:05- 02:53+ 02:36+ 00:20+		
	00:10# 00:01+ 00:09# 00:41& 00:07- 00:04- 00:10# 00:07+ 00:06+ 00:08+ 00:09# 00:08+ 00:06- 00:07+ 00:04+ 00:01+		

3	Morten Bjerga Sundli	93	24:57
	01:17+ 02:35+ 03:30+ 04:49+ 05:49+ 06:55+ 08:30+ 10:50+ 12:19+ 14:33+ 15:25+ 17:05+ 19:00+ 21:57+ 24:37+ 24:57+		
	01:17+ 01:18+ 00:55+ 01:19+ 01:00+ 01:06+ 01:35+ 02:20+ 01:29- 02:14+ 00:52+ 01:40+ 01:55+ 02:57+ 02:40+ 00:20+		
	00:05+ 00:11# 00:01+ 00:10# 00:04+ 00:01+ 00:04+ 00:06+ 00:02- 00:18# 00:04+ 00:06+ 00:04& 00:11+ 00:08+ 00:01+		

4	Erik Lima	115	29:15
	01:33+ 02:46+ 03:44+ 08:34+ 09:27+ 10:30+ 12:03+ 14:27+ 15:58+ 18:12+ 19:06+ 20:30+ 21:42+ 26:02+ 28:55+ 29:15+		
	01:33+ 01:13+ 00:58+ 04:50+ 00:53- 01:03- 01:33+ 02:24+ 01:31= 02:14+ 00:54+ 01:24- 01:12+ 04:20+ 02:53+ 00:20+		
	00:21& 00:06+ 00:04+ 03:41@ 00:03- 00:02- 00:02+ 00:10+ 00:00= 00:18# 00:06# 00:10- 00:01+ 01:34& 00:21# 00:01+		

5	Martin Blystad	115	31:44
	01:29+ 02:54+ 04:04+ 07:14+ 08:35+ 09:54+ 12:12+ 14:51+ 17:05+ 19:23+ 21:15+ 23:13+ 24:38+ 28:02+ 31:23+ 31:44+		
	01:29+ 01:25+ 01:10+ 03:10+ 01:21+ 01:19+ 02:18+ 02:39+ 02:14+ 02:18+ 01:52+ 01:58+ 01:25+ 03:24+ 03:21+ 00:21+		
	00:17# 00:18& 00:16& 02:01@ 00:25& 00:14# 00:47& 00:25# 00:43& 00:22# 01:04@ 00:24& 00:14# 00:38# 00:49& 00:02#		

6	Jørgen Hetland	59	33:25
	01:17+ 03:01+ 07:26+ 08:18+ 10:00+ 11:08+ 12:16+ 14:37+ 17:11+ 19:23+ 21:44+ 22:52+ 24:28+ 25:47+ 29:01+ 33:06+ 33:25+		
	01:17+ 01:44+ 04:25+ 00:52- 01:42+ 01:08+ 01:08- 02:21+ 02:34+ 02:12+ 02:21+ 01:08- 01:36+ 01:19- 03:14+ 04:05+ 00:19+		
	00:05+ 00:37& 03:31@ 00:17- 00:46& 00:03+ 00:23- 00:07+ 01:03& 00:16# 01:33@ 00:26- 00:25& 01:27- 00:42& 03:46@ 00:19+		

7	Joar Fuglestad	116	38:35
	01:41+ 03:52+ 04:59+ 18:40+ 19:30+ 20:38+ 22:10+ 24:39+ 26:19+ 28:20+ 29:14+ 30:37+ 31:53+ 35:16+ 38:21+ 38:35+		
	01:41+ 02:11+ 01:07+ 13:41+ 00:50- 01:08+ 01:32+ 02:29+ 01:40+ 02:01+ 00:54+ 01:23- 01:16+ 03:23+ 03:05+ 00:14-		
	00:29& 01:04& 00:13# 12:32@ 00:06- 00:03+ 00:01+ 00:15# 00:09+ 00:05+ 00:06# 00:11- 00:05+ 00:37# 00:33# 00:05-		

Beste strekktid for klassen

01:12 01:07 00:54 00:52 00:49 01:01 01:08 02:14 01:29 01:56 00:48 01:08 01:05 01:19 02:32 00:14

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

Herrer B

1	Stein Arne Olsen	68	25:30												
01:09=	02:18=	03:13=	06:04=	07:00=	08:11=	09:44=	12:07=	13:30=	15:26=	16:18=	17:37=	18:42=	22:27=	25:13=	25:30=
01:09=	01:09=	00:55=	02:51=	00:56=	01:11=	01:33=	02:23=	01:23=	01:56=	00:52=	01:19=	01:05=	03:45=	02:46=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kim Richter	218	25:59												
01:24+	02:54+	04:25+	06:32+	07:29+	08:34+	10:12+	12:42+	14:27+	16:26+	17:37+	19:00+	20:06+	23:07+	25:41+	25:59+
01:24+	01:30+	01:31+	02:07-	00:57+	01:05-	01:38+	02:30+	01:45+	01:59+	01:11+	01:23+	01:06+	03:01-	02:34-	00:18+
00:15#	00:21&	00:36&	00:44-	00:01+	00:06-	00:05+	00:07+	00:22&	00:03+	00:19&	00:04+	00:01+	00:44-	00:12-	00:01+
3	Jan-Rune Basso	91	26:06												
01:21+	02:59+	04:01+	05:15-	06:11-	07:17-	08:55-	11:22-	12:48-	14:54-	15:53-	17:49+	19:06+	22:58+	25:46+	26:06+
01:21+	01:38+	01:02+	01:14-	00:56=	01:06-	01:38+	02:27+	01:26+	02:06+	00:59+	01:56+	01:17+	03:52+	02:48+	00:20+
00:12#	00:29&	00:07#	01:37-	00:00=	00:05-	00:05+	00:04+	00:03+	00:10+	00:07#	00:37&	00:12#	00:07+	00:02+	00:03#
4	Per Olav Haarr	62	26:24												
01:31+	02:50+	03:57+	05:23-	06:22-	07:44-	09:28-	12:01-	13:32+	15:37+	16:37+	17:58+	19:15+	23:10+	26:02+	26:24+
01:31+	01:19+	01:07+	01:26-	00:59+	01:22+	01:44+	02:33+	01:31+	02:05+	01:00+	01:21+	01:17+	03:55+	02:52+	00:22+
00:22&	00:10#	00:12#	01:25-	00:03+	00:11#	00:11#	00:10+	00:08+	00:09+	00:08#	00:02+	00:12#	00:10+	00:06+	00:05&
5	Geir Sand	105	26:25												
01:13+	02:26+	03:35+	05:08-	07:19+	08:26+	10:04+	12:23+	13:44+	15:50+	16:41+	18:37+	19:48+	23:25+	26:05+	26:25+
01:13+	01:13+	01:09+	01:33-	02:11+	01:07-	01:38+	02:19-	01:21-	02:06+	00:51-	01:56+	01:11+	03:37-	02:40-	00:20+
00:04+	00:04+	00:14&	01:18-	01:15@	00:04-	00:05+	00:04-	00:02-	00:10+	00:01-	00:37&	00:06+	00:08-	00:06-	00:03#
6	Terje Michaelsen	47	27:01												
01:19+	02:40+	05:53+	07:24+	08:25+	09:32+	11:15+	13:35+	15:13+	17:02+	17:53+	19:53+	20:59+	24:04+	26:44+	27:01+
01:19+	01:21+	03:13+	01:31-	01:01+	01:07-	01:43+	02:20-	01:38+	01:49-	00:51-	02:00+	01:06+	03:05-	02:40-	00:17=
00:10#	00:12#	02:18@	01:20-	00:05+	00:04-	00:10#	00:03-	00:15#	00:07-	00:01-	00:41&	00:01+	00:40-	00:06-	00:00=
7	Joar Eilevstjønn	67	27:13												
01:15+	02:46+	03:46+	05:04-	07:42+	08:50+	10:33+	13:08+	14:35+	16:48+	17:48+	19:51+	21:07+	24:14+	26:55+	27:13+
01:15+	01:31+	01:00+	01:18-	02:38+	01:08-	01:43+	02:35+	01:27+	02:13+	01:00+	02:03+	01:16+	03:07-	02:41-	00:18+
00:06+	00:22&	00:05+	01:33-	01:42@	00:03-	00:10#	00:12+	00:04+	00:17#	00:08#	00:44&	00:11#	00:38-	00:05-	00:01+
8	Svein Erik Kvame	116	28:36												
01:22+	02:58+	04:13+	05:46-	06:52-	08:16+	10:08+	12:55+	14:41+	17:13+	18:08+	20:30+	21:45+	25:13+	28:12+	28:36+
01:22+	01:36+	01:15+	01:33-	01:06+	01:24+	01:52+	02:47+	01:46+	02:32+	00:55+	02:22+	01:15+	03:28-	02:59+	00:24+
00:13#	00:27&	00:20&	01:18-	00:10#	00:13#	00:19#	00:24#	00:23&	00:36&	00:03+	01:03&	00:10#	00:17-	00:13+	00:07&
9	Øyvind Rummelhoff	27	29:11												
01:18+	02:39+	03:47+	09:19+	10:22+	11:31+	13:05+	15:30+	16:49+	18:59+	19:52+	21:54+	23:22+	26:12+	28:53+	29:11+
01:18+	01:21+	01:08+	05:32+	01:03+	01:09-	01:34+	02:25+	01:19-	02:10+	00:53+	02:02+	01:28+	02:50-	02:41-	00:18+
00:09#	00:12#	00:13#	02:41&	00:07#	00:02-	00:01+	00:02+	00:04-	00:14#	00:01+	00:43&	00:23&	00:55-	00:05-	00:01+
10	Tom Furland	62	30:02												
01:13+	02:26+	03:40+	05:17-	06:33-	07:44-	09:26-	12:06-	14:06+	16:47+	17:42+	20:09+	21:50+	25:59+	29:32+	30:02+
01:13+	01:13+	01:14+	01:37-	01:16+	01:11=	01:42+	02:40+	02:00+	02:41+	00:55+	02:27+	01:41+	04:09+	03:33+	00:30+
00:04+	00:04+	00:19&	01:14-	00:20&	00:00=	00:09+	00:17#	00:37&	00:45&	00:03+	01:08&	00:36&	00:24#	00:47&	00:13&
11	Rune Christiansen	93	30:13												
01:36+	03:26+	04:35+	06:11+	07:26+	08:47+	10:53+	13:34+	15:16+	17:44+	19:12+	21:12+	22:56+	26:44+	29:53+	30:13+
01:36+	01:50+	01:09+	01:36-	01:15+	01:21+	02:06+	02:41+	01:42+	02:28+	01:28+	02:00+	01:44+	03:48+	03:09+	00:20+
00:27&	00:41&	00:14&	01:15-	00:19&	00:10#	00:33&	00:18#	00:19#	00:32&	00:36&	00:41&	00:39&	00:03+	00:23#	00:03#
12	Espen Fyhn Nilsen	116	33:58												
01:32+	03:06+	04:29+	07:14+	10:40+	11:54+	13:57+	16:42+	18:24+	21:13+	22:27+	25:08+	26:56+	30:30+	33:34+	33:58+
01:32+	01:34+	01:23+	02:45-	03:26+	01:14+	02:03+	02:45+	01:42+	02:49+	01:14+	02:41+	01:48+	03:34-	03:04+	00:24+
00:23&	00:25&	00:28&	00:06-	02:30@	00:03+	00:30&	00:22#	00:19#	00:53&	00:22&	01:22@	00:43&	00:11-	00:18#	00:07&
Beste strekktid for klassen															
01:09	01:09	00:55	01:14	00:56	01:05	01:33	02:19	01:19	01:49	00:51	01:19	01:05	02:50	02:34	00:17

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

Herrer C

Class	Navn	Klasse											Tid	
1	Jan Einar Øvremo	50											23:50	
	01:32=	03:20=	04:15=	05:05=	06:52=	09:27=	12:05=	13:59=	16:23=	18:41=	20:18=	22:50=	23:30=	23:50=
	01:32=	01:48=	00:55=	00:50=	01:47=	02:35=	02:38=	01:54=	02:24=	02:18=	01:37=	02:32=	00:40=	00:20=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Nils John Vestøl	83											24:22	
	01:48+	03:32+	04:43+	06:01+	07:44+	10:27+	13:19+	14:46+	17:12+	19:16+	20:53+	23:29+	24:04+	24:22+
	01:48+	01:44-	01:11+	01:18+	01:43-	02:43+	02:52+	01:27-	02:26+	02:04-	01:37=	02:36+	00:35-	00:18-
	00:16#	00:04-	00:16&	00:28&	00:04-	00:08+	00:14+	00:27-	00:02+	00:14-	00:00=	00:04+	00:05-	00:02-
3	Geir Bjaanes	116											24:32	
	01:39+	03:33+	04:44+	05:44+	07:19+	09:40+	12:39+	14:14+	16:24+	18:30-	19:54-	23:30+	24:10+	24:32+
	01:39+	01:54+	01:11+	01:00+	01:35-	02:21-	02:59+	01:35-	02:10-	02:06-	01:24-	03:36+	00:40=	00:22+
	00:07+	00:06+	00:16&	00:10#	00:12-	00:14-	00:21#	00:19-	00:14-	00:12-	00:13-	01:04&	00:00=	00:02#
4	Trond Nilsen Lamark	114											25:18	
	01:48+	03:58+	05:03+	06:26+	08:16+	10:47+	13:22+	15:09+	17:43+	19:59+	21:35+	24:12+	24:55+	25:18+
	01:48+	02:10+	01:05+	01:23+	01:50+	02:31-	02:35-	01:47-	02:34+	02:16-	01:36-	02:37+	00:43+	00:23+
	00:16#	00:22#	00:10#	00:33&	00:03+	00:04-	00:03-	00:07-	00:10+	00:02-	00:01-	00:05+	00:03+	00:03#
5	Sturle Omdal	116											25:32	
	01:42+	03:52+	05:07+	06:08+	07:55+	10:41+	13:19+	15:07+	17:32+	19:37+	21:15+	23:49+	24:31+	25:32+
	01:42+	02:10+	01:15+	01:01+	01:47=	02:46+	02:38=	01:48-	02:25+	02:05-	01:38+	02:34+	00:42+	01:01+
	00:10#	00:22#	00:20&	00:11#	00:00=	00:11+	00:00=	00:06-	00:01+	00:13-	00:01+	00:02+	00:02+	00:41@
6	Otte Omdal	65											25:54	
	02:32+	04:17+	05:54+	06:41+	08:58+	11:22+	14:19+	15:51+	18:20+	20:29+	21:56+	24:53+	25:33+	25:54+
	02:32+	01:45-	01:37+	00:47-	02:17+	02:24-	02:57+	01:32-	02:29+	02:09-	01:27-	02:57+	00:40=	00:21+
	01:00&	00:03-	00:42&	00:03-	00:30&	00:11-	00:19#	00:22-	00:05+	00:09-	00:10-	00:25#	00:00=	00:01+
7	Paul Terje Haarr	62											26:40	
	02:15+	03:53+	05:09+	05:58+	08:20+	11:04+	13:31+	15:12+	19:10+	21:25+	23:05+	25:38+	26:19+	26:40+
	02:15+	01:38-	01:16+	00:49-	02:22+	02:44+	02:27-	01:41-	03:58+	02:15-	01:40+	02:33+	00:41+	00:21+
	00:43&	00:10-	00:21&	00:01-	00:35&	00:09+	00:11-	00:13-	01:34&	00:03-	00:03+	00:01+	00:01+	00:01+
8	Geir Frøylog	29											26:56	
	01:45+	04:47+	06:03+	06:55+	09:04+	11:42+	14:26+	16:02+	18:31+	20:26+	22:02+	25:44+	26:36+	26:56+
	01:45+	03:02+	01:16+	00:52+	02:09+	02:38+	02:44+	01:36-	02:29+	01:55-	01:36-	03:42+	00:52+	00:20=
	00:13#	01:14&	00:21&	00:02+	00:22#	00:03+	00:06+	00:18-	00:05+	00:23-	00:01-	01:10&	00:12&	00:00=
9	Sveinung Svebestad	46											27:25	
	02:07+	04:08+	05:35+	06:38+	08:54+	11:58+	15:08+	16:46+	19:14+	21:33+	23:22+	26:14+	27:00+	27:25+
	02:07+	02:01+	01:27+	01:03+	02:16+	03:04+	03:10+	01:38-	02:28+	02:19+	01:49+	02:52+	00:46+	00:25+
	00:35&	00:13#	00:32&	00:13&	00:29&	00:29#	00:32#	00:16-	00:04+	00:01+	00:12#	00:20#	00:06#	00:05#
10	Pål H. Gjerden	116											27:27	
	01:35+	03:32+	05:19+	06:49+	08:36+	11:46+	14:32+	16:27+	19:07+	21:25+	23:13+	26:04+	26:57+	27:27+
	01:35+	01:57+	01:47+	01:30+	01:47=	03:10+	02:46+	01:55+	02:40+	02:18=	01:48+	02:51+	00:53+	00:30+
	00:03+	00:09+	00:52&	00:40&	00:00=	00:35#	00:08+	00:01+	00:16#	00:00=	00:11#	00:19#	00:13&	00:10&
11	Kjell Dale	93											28:28	
	01:41+	04:17+	07:34+	08:33+	11:23+	14:00+	16:31+	18:03+	20:14+	22:23+	24:19+	27:22+	28:04+	28:28+
	01:41+	02:36+	03:17+	00:59+	02:50+	02:37+	02:31-	01:32-	02:11-	02:09-	01:56+	03:03+	00:42+	00:24+
	00:09+	00:48&	02:22@	00:09#	01:03&	00:02+	00:07-	00:22-	00:13-	00:09-	00:19#	00:31#	00:02+	00:04#
12	Tor Brekken	97											29:01	
	02:05+	04:37+	05:56+	07:18+	09:33+	12:20+	15:20+	17:16+	20:01+	22:40+	24:29+	27:42+	28:32+	29:01+
	02:05+	02:32+	01:19+	01:22+	02:15+	02:47+	03:00+	01:56+	02:45+	02:39+	01:49+	03:13+	00:50+	00:29+
	00:33&	00:44&	00:24&	00:32&	00:28&	00:12+	00:22#	00:02+	00:21#	00:21#	00:12#	00:41&	00:10#	00:09&
13	Ivar Knutsen	116											30:02	
	02:27+	05:01+	06:22+	07:42+	10:06+	12:56+	15:55+	18:22+	21:11+	23:46+	25:33+	28:50+	29:35+	30:02+
	02:27+	02:34+	01:21+	01:20+	02:24+	02:50+	02:59+	02:27+	02:49+	02:35+	01:47+	03:17+	00:45+	00:27+
	00:55&	00:46&	00:26&	00:30&	00:37&	00:15+	00:21#	00:33&	00:25#	00:17#	00:10#	00:45&	00:05#	00:07&
14	Erling Mauland	83											30:42	
	01:52+	04:02+	05:37+	06:46+	09:06+	12:29+	15:10+	20:10+	22:48+	25:10+	26:56+	29:40+	30:21+	30:42+
	01:52+	02:10+	01:35+	01:09+	02:20+	03:23+	02:41+	05:00+	02:38+	02:22+	01:46+	02:44+	00:41+	00:21+
	00:20#	00:22#	00:40&	00:19&	00:33&	00:48&	00:03+	03:06@	00:14+	00:04+	00:09+	00:12+	00:01+	00:01+
15	Rune Karstensen	37											30:44	
	01:45+	04:01+	05:21+	10:49+	12:36+	15:19+	18:08+	19:48+	22:25+	24:55+	26:48+	29:33+	30:19+	30:44+
	01:45+	02:16+	01:20+	05:28+	01:47=	02:43+	02:49+	01:40-	02:37+	02:30+	01:53+	02:45+	00:46+	00:25+
	00:13#	00:28&	00:25&	04:38@	00:00=	00:08+	00:11+	00:14-	00:13+	00:12+	00:16#	00:13+	00:06#	00:05#

Class	Navn	Klasse	Tid
16	Otto Alsnes	50	33:43
02:01+	04:24+	06:06+	08:01+
10:19+	14:06+	17:20+	19:21+
22:26+	25:39+	27:55+	32:21+
33:13+	33:43+		
02:01+	02:23+	01:42+	01:55+
02:18+	03:47+	03:14+	02:01+
03:05+	03:13+	02:16+	04:26+
00:52+	00:30+		
00:29&	00:35&	00:47&	01:05@
00:31&	01:12&	00:36#	00:07+
00:41&	00:55&	00:39&	01:54&
00:12&	00:10&		
17	Ove Oaland	116	41:42
04:01+	07:12+	08:46+	09:58+
12:41+	15:57+	22:18+	26:00+
28:03+	30:55+	33:33+	35:24+
40:31+	41:15+	41:42+	
04:01+	03:11+	01:34+	01:12+
02:43+	03:16+	06:21+	03:42+
02:03-	02:52+	02:38+	01:51-
05:07+	00:44+	00:27+	
02:29@	01:23&	00:39&	00:22&
00:56&	00:41&	03:43@	01:48&
00:21-	00:34#	01:01&	00:41-
04:27@	00:24@	00:27+	
Beste strekktid for klassen			
01:32	01:38	00:55	00:47
01:35	02:21	02:27	01:27
02:03	01:55	01:24	01:51
00:35	00:18		

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

Herrer Ny

1	Håvard Jektnes	111	16:36
02:34=	03:52=	06:13=	08:17=
09:14=	13:45=	15:42=	16:36=
02:34=	01:18=	02:21=	02:04=
00:57=	04:31=	01:57=	00:54=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

02:34 01:18 02:21 02:04 00:57 04:31 01:57 00:54

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

Herrer Trim

1	Bruno Pierfelice	51	15:19
01:05=	02:48=	03:27=	05:07=
06:10=	07:33=	08:40=	11:13=
13:14=	14:31=	15:19=	
01:05=	01:43=	00:39=	01:40=
01:03=	01:23=	01:07=	02:33=
02:01=	01:17=	00:48=	
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=

2	Stig Erlend Ollestad	51	15:27
01:12+	03:27+	03:51+	05:26+
06:18+	07:30-	10:31+	12:03+
13:42+	14:48+	15:27+	
01:12+	02:15+	00:24-	01:35-
00:52-	01:12-	03:01+	01:32-
01:39-	01:06-	00:39-	
00:07#	00:32&	00:15-	00:05-
00:11-	00:11-	01:54@	01:01-
00:22-	00:11-	00:09-	

3	Jørgen Johnsen	167	15:56
02:42+	04:35+	05:07+	06:53+
07:59+	09:17+	10:33+	12:26+
14:13+	15:19+	15:56+	
02:42+	01:53+	00:32-	01:46+
01:06+	01:18-	01:16+	01:53-
01:47-	01:06-	00:37-	
01:37@	00:10+	00:07-	00:06+
00:03+	00:05-	00:09#	00:40-
00:14-	00:11-	00:11-	

4	Jon Kåre Olsen	92	16:10
01:15+	04:16+	04:49+	06:28+
07:34+	09:03+	10:15+	12:07+
13:58+	14:57+	16:10+	
01:15+	03:01+	00:33-	01:39-
01:06+	01:29+	01:12+	01:52-
01:51-	00:59-	01:13+	
00:10#	01:18&	00:06-	00:01-
00:03+	00:06+	00:05+	00:41-
00:10-	00:18-	00:18-	00:25&

5	Martin Svensen	284	16:58
01:28+	03:28+	04:17+	06:09+
07:12+	08:25+	11:01+	13:00+
14:49+	16:21+	16:58+	
01:28+	02:00+	00:49+	01:52+
01:03=	01:13-	02:36+	01:59-
01:49-	01:32+	00:37-	
00:23&	00:17#	00:10&	00:12#
00:00=	00:10-	01:29@	00:34-
00:12-	00:15#	00:11-	

6	Elvio Freitas	51	17:46
01:36+	03:38+	04:12+	06:27+
07:56+	09:40+	11:15+	13:16+
15:35+	16:49+	17:46+	
01:36+	02:02+	00:34-	02:15+
01:29+	01:44+	01:35+	02:01-
02:19+	01:14-	00:57+	
00:31&	00:19#	00:05-	00:35&
00:26&	00:21&	00:28&	00:32-
00:18#	00:03-	00:09#	

7	Heine Furubotten	192	18:19
02:18+	04:24+	05:09+	07:17+
08:31+	09:59+	11:47+	13:52+
16:09+	17:18+	18:19+	
02:18+	02:06+	00:45+	02:08+
01:14+	01:28+	01:48+	02:05-
02:17+	01:09-	01:01+	
01:13@	00:23#	00:06#	00:28&
00:11#	00:05+	00:41&	00:28-
00:16#	00:08-	00:13&	

8	Martin Ramstrøm	105	18:58
03:40+	07:13+	07:47+	09:56+
11:06+	12:18+	13:44+	15:20+
17:07+	18:04+	18:58+	
03:40+	03:33+	00:34-	02:09+
01:10+	01:12-	01:26+	01:36-
01:47-	00:57-	00:54+	
02:35@	01:50@	00:05-	00:29&
00:07#	00:11-	00:19&	00:57-
00:14-	00:20-	00:06#	

Class	Navn	Klasse	Tid
9	Øyvind Nagel-Alne	74	19:12
01:46+	04:04+ 04:59+ 07:12+ 08:43+ 10:34+ 12:24+ 14:50+ 17:00+ 18:08+ 19:12+		
01:46+	02:18+ 00:55+ 02:13+ 01:31+ 01:51+ 01:50+ 02:26- 02:10+ 01:08- 01:04+		
00:41&	00:35& 00:16& 00:33& 00:28& 00:28& 00:43& 00:07- 00:09+ 00:09- 00:16&		
10	Cato Bjerkeli	237	19:33
01:50+	03:57+ 04:57+ 07:12+ 08:23+ 11:38+ 13:12+ 15:09+ 17:25+ 18:40+ 19:33+		
01:50+	02:07+ 01:00+ 02:15+ 01:11+ 03:15+ 01:34+ 01:57- 02:16+ 01:15- 00:53+		
00:45&	00:24# 00:21& 00:35& 00:08# 01:52@ 00:27& 00:36- 00:15# 00:02- 00:05#		
11	Joar Fandrem	94	19:36
01:50+	04:03+ 06:05+ 08:37+ 10:03+ 11:42+ 13:20+ 15:35+ 17:34+ 18:44+ 19:36+		
01:50+	02:13+ 02:02+ 02:32+ 01:26+ 01:39+ 01:38+ 02:15- 01:59- 01:10- 00:52+		
00:45&	00:30& 01:23@ 00:52& 00:23& 00:16# 00:31& 00:18- 00:02- 00:07- 00:04+		
12	Arnt Krisitian Viland	27	19:40
01:41+	04:22+ 05:01+ 07:20+ 08:39+ 10:24+ 12:53+ 15:02+ 17:22+ 18:38+ 19:40+		
01:41+	02:41+ 00:39= 02:19+ 01:19+ 01:45+ 02:29+ 02:09- 02:20+ 01:16- 01:02+		
00:36&	00:58& 00:00= 00:39& 00:16& 00:22& 01:22@ 00:24- 00:19# 00:01- 00:14&		
13	Ingvar Haabeth	92	19:49
01:42+	03:55+ 04:37+ 07:01+ 08:35+ 10:15+ 11:38+ 13:48+ 16:39+ 17:49+ 19:49+		
01:42+	02:13+ 00:42+ 02:24+ 01:34+ 01:40+ 01:23+ 02:10- 02:51+ 01:10- 02:00+		
00:37&	00:30& 00:03+ 00:44& 00:31& 00:17# 00:16# 00:23- 00:50& 00:07- 01:12@		
14	Arne Hope	43	20:38
02:00+	04:45+ 05:32+ 08:28+ 09:49+ 11:44+ 13:38+ 15:49+ 18:11+ 19:30+ 20:38+		
02:00+	02:45+ 00:47+ 02:56+ 01:21+ 01:55+ 01:54+ 02:11- 02:22+ 01:19+ 01:08+		
00:55&	01:02& 00:08# 01:16& 00:18& 00:32& 00:47& 00:22- 00:21# 00:02+ 00:20&		
15	Rune Femsteinevik	91	20:41
03:01+	05:26+ 06:07+ 08:39+ 10:35+ 12:10+ 13:41+ 16:13+ 18:36+ 19:45+ 20:41+		
03:01+	02:25+ 00:41+ 02:32+ 01:56+ 01:35+ 01:31+ 02:32- 02:23+ 01:09- 00:56+		
01:56@	00:42& 00:02+ 00:52& 00:53& 00:12# 00:24& 00:01- 00:22# 00:08- 00:08#		
16	Reidar Haver	4	20:50
01:44+	04:07+ 04:55+ 08:01+ 09:43+ 11:43+ 13:39+ 16:01+ 18:39+ 19:57+ 20:50+		
01:44+	02:23+ 00:48+ 03:06+ 01:42+ 02:00+ 01:56+ 02:22- 02:38+ 01:18+ 00:53+		
00:39&	00:40& 00:09# 01:26& 00:39& 00:37& 00:49& 00:11- 00:37& 00:01+ 00:05#		
17	Antal Jansen	115	21:20
04:03+	05:52+ 07:04+ 08:51+ 10:38+ 14:06+ 15:29+ 17:29+ 19:23+ 20:30+ 21:20+		
04:03+	01:49+ 01:12+ 01:47+ 01:47+ 03:28+ 01:23+ 02:00- 01:54- 01:07- 00:50+		
02:58@	00:06+ 00:33& 00:07+ 00:44& 02:05@ 00:16# 00:33- 00:07- 00:10- 00:02+		
18	Svein Mæle	115	21:24
01:19+	04:44+ 05:32+ 07:42+ 09:08+ 13:05+ 14:32+ 16:57+ 19:03+ 20:10+ 21:24+		
01:19+	03:25+ 00:48+ 02:10+ 01:26+ 03:57+ 01:27+ 02:25- 02:06+ 01:07- 01:14+		
00:14#	01:42& 00:09# 00:30& 00:23& 02:34@ 00:20& 00:08- 00:05+ 00:10- 00:26&		
19	Leif Jarle Skåra	29	21:54
03:31+	05:31+ 06:12+ 08:23+ 09:38+ 11:16+ 12:53+ 15:26+ 18:06+ 20:44+ 21:54+		
03:31+	02:00+ 00:41+ 02:11+ 01:15+ 01:38+ 01:37+ 02:33= 02:40+ 02:38+ 01:10+		
02:26@	00:17# 00:02+ 00:31& 00:12# 00:15# 00:30& 00:00= 00:39& 01:21@ 00:22&		
20	Arild Olsen	4	21:58
01:56+	04:39+ 05:37+ 09:06+ 10:56+ 12:52+ 14:51+ 17:11+ 19:44+ 21:07+ 21:58+		
01:56+	02:43+ 00:58+ 03:29+ 01:50+ 01:56+ 01:59+ 02:20- 02:33+ 01:23+ 00:51+		
00:51&	01:00& 00:19& 01:49@ 00:47& 00:33& 00:52& 00:13- 00:32& 00:06+ 00:03+		
21	Tom Leveraas	188	22:18
03:50+	06:35+ 07:29+ 10:32+ 12:26+ 14:14+ 16:12+ 17:51+ 20:02+ 21:17+ 22:18+		
03:50+	02:45+ 00:54+ 03:03+ 01:54+ 01:48+ 01:58+ 01:39- 02:11+ 01:15- 01:01+		
02:45@	01:02& 00:15& 01:23& 00:51& 00:25& 00:51& 00:54- 00:10+ 00:02- 00:13&		
22	Igor Muzdeka	74	22:21
02:22+	04:55+ 05:37+ 08:57+ 10:31+ 12:03+ 14:32+ 17:19+ 19:34+ 21:22+ 22:21+		
02:22+	02:33+ 00:42+ 03:20+ 01:34+ 01:32+ 02:29+ 02:47+ 02:15+ 01:48+ 00:59+		
01:17@	00:50& 00:03+ 01:40& 00:31& 00:09# 01:22@ 00:14+ 00:14# 00:31& 00:11#		
23	John Thorsnæs	51	22:27
01:44+	04:34+ 05:30+ 09:20+ 10:55+ 13:04+ 14:59+ 17:15+ 19:42+ 20:59+ 22:27+		
01:44+	02:50+ 00:56+ 03:50+ 01:35+ 02:09+ 01:55+ 02:16- 02:27+ 01:17= 01:28+		
00:39&	01:07& 00:17& 02:10@ 00:32& 00:46& 00:48& 00:17- 00:26# 00:00= 00:40&		

Class	Navn	Klasse	Tid
24	Steinar Amundsen	115	22:28
02:07+	04:15+ 06:41+ 09:16+ 10:45+ 12:45+ 14:27+ 16:57+ 19:41+ 21:10+ 22:28+		
02:07+	02:08+ 02:26+ 02:35+ 01:29+ 02:00+ 01:42+ 02:30- 02:44+ 01:29+ 01:18+		
01:02&	00:25# 01:47@ 00:55& 00:26& 00:37& 00:35& 00:03- 00:43& 00:12# 00:30&		
25	Jarl Steinar Berntsen	27	22:54
02:02+	04:04+ 05:01+ 08:36+ 09:59+ 11:30+ 12:58+ 18:15+ 20:40+ 22:01+ 22:54+		
02:02+	02:02+ 00:57+ 03:35+ 01:23+ 01:31+ 01:28+ 05:17+ 02:25+ 01:21+ 00:53+		
00:57&	00:19# 00:18& 01:55@ 00:20& 00:08+ 00:21& 02:44@ 00:24# 00:04+ 00:05#		
26	Trond Karlsen	235	23:01
02:15+	05:59+ 06:58+ 09:36+ 11:06+ 12:44+ 14:42+ 17:12+ 19:53+ 21:17+ 23:01+		
02:15+	03:44+ 00:59+ 02:38+ 01:30+ 01:38+ 01:58+ 02:30- 02:41+ 01:24+ 01:44+		
01:10@	02:01@ 00:20& 00:58& 00:27& 00:15# 00:51& 00:03- 00:40& 00:07+ 00:56@		
27	Ivar Aalbu	29	23:55
03:24+	07:34+ 08:18+ 11:00+ 12:29+ 14:17+ 16:10+ 18:42+ 21:18+ 22:44+ 23:55+		
03:24+	04:10+ 00:44+ 02:42+ 01:29+ 01:48+ 01:53+ 02:32- 02:36+ 01:26+ 01:11+		
02:19@	02:27@ 00:05# 01:02& 00:26& 00:46& 00:01- 00:35& 00:09# 00:23&		
28	Jan Henrik Neuenkirchen	93	24:03
03:20+	05:47+ 06:30+ 09:10+ 10:38+ 14:08+ 16:00+ 18:12+ 21:12+ 22:55+ 24:03+		
03:20+	02:27+ 00:43+ 02:40+ 01:28+ 03:30+ 01:52+ 02:12- 03:00+ 01:43+ 01:08+		
02:15@	00:44& 00:04# 01:00& 00:25& 02:07@ 00:45& 00:21- 00:59& 00:26& 00:20&		
29	Arild Nesbø	71	24:13
02:02+	05:16+ 06:11+ 11:19+ 12:43+ 14:31+ 16:22+ 19:36+ 21:55+ 23:13+ 24:13+		
02:02+	03:14+ 00:55+ 05:08+ 01:24+ 01:48+ 01:51+ 03:14+ 02:19+ 01:18+ 01:00+		
00:57&	01:31& 00:16& 03:28@ 00:21& 00:25& 00:44& 00:41& 00:18# 00:01+ 00:12#		
30	Per Kolbein Tonstad	66	24:35
03:24+	07:26+ 08:38+ 11:14+ 12:50+ 14:43+ 16:43+ 19:00+ 21:39+ 23:09+ 24:35+		
03:24+	04:02+ 01:12+ 02:36+ 01:36+ 01:53+ 02:00+ 02:17- 02:39+ 01:30+ 01:26+		
02:19@	02:19@ 00:33& 00:56& 00:33& 00:30& 00:53& 00:16- 00:38& 00:13# 00:38&		
31	Steinar Aase	268	24:39
04:08+	06:18+ 07:14+ 10:48+ 12:21+ 14:41+ 16:31+ 19:11+ 21:48+ 23:28+ 24:39+		
04:08+	02:10+ 00:56+ 03:34+ 01:33+ 02:20+ 01:50+ 02:40+ 02:37+ 01:40+ 01:11+		
03:03@	00:27& 00:17& 01:54@ 00:30& 00:57& 00:43& 00:07+ 00:36& 00:23& 00:23&		
32	Arild Svihus	92	24:59
02:22+	05:21+ 06:08+ 09:09+ 11:08+ 13:28+ 15:35+ 18:35+ 22:03+ 23:40+ 24:59+		
02:22+	02:59+ 00:47+ 03:01+ 01:59+ 02:20+ 02:07+ 03:00+ 03:28+ 01:37+ 01:19+		
01:17@	01:16& 00:08# 01:21& 00:56& 00:57& 01:00& 00:27# 01:27& 00:20& 00:31&		
33	Bjarte Hetland	77	25:38
02:01+	04:21+ 07:17+ 10:25+ 12:39+ 14:48+ 17:09+ 19:58+ 22:56+ 24:28+ 25:38+		
02:01+	02:20+ 02:56+ 03:08+ 02:14+ 02:09+ 02:21+ 02:49+ 02:58+ 01:32+ 01:10+		
00:56&	00:37& 02:17@ 01:28& 01:11@ 00:46& 01:14@ 00:16# 00:57& 00:15# 00:22&		
34	Stig Ballestad	37	25:57
06:05+	08:12+ 08:53+ 11:35+ 13:09+ 15:00+ 17:29+ 20:52+ 23:16+ 24:48+ 25:57+		
06:05+	02:07+ 00:41+ 02:42+ 01:34+ 01:51+ 02:29+ 03:23+ 02:24+ 01:32+ 01:09+		
05:00@	00:24# 00:02+ 01:02& 00:31& 00:28& 01:22@ 00:50& 00:23# 00:15# 00:21&		
35	Hans Klausen	62	27:19
05:06+	09:01+ 09:57+ 12:30+ 14:28+ 16:21+ 18:47+ 21:03+ 24:38+ 26:05+ 27:19+		
05:06+	03:55+ 00:56+ 02:33+ 01:58+ 01:53+ 02:26+ 02:16- 03:35+ 01:27+ 01:14+		
04:01@	02:12@ 00:17& 00:53& 00:55& 00:30& 01:19@ 00:17- 01:34& 00:10# 00:26&		
36	Thorstein Gunnarsson	144	28:59
02:08+	05:54+ 06:21+ 09:09+ 10:46+ 12:31+ 14:08+ 16:20+ 18:54+ 20:11+ 28:59+		
02:08+	03:46+ 00:27- 02:48+ 01:37+ 01:45+ 01:37+ 02:12- 02:34+ 01:17= 08:48+		
01:03&	02:03@ 00:12- 01:08& 00:34& 00:22& 00:30& 00:21- 00:33& 00:00= 08:00@		
37	Ragnar Rossavik	109	30:03
07:27+	11:41+ 12:33+ 14:18+ 16:54+ 19:08+ 20:53+ 22:33+ 24:22+ 27:11+ 28:52+ 30:03+		
07:27+	04:14+ 00:52+ 01:45+ 02:36+ 02:14+ 01:45+ 01:40- 01:49- 02:49+ 01:41+ 01:11+		
06:22@	02:31@ 00:13& 00:05+ 01:33@ 00:51& 00:38& 00:53- 00:12- 01:32@ 00:53@ 01:11+		
38	Steinar Ekrann	7	31:39
05:37+	08:17+ 09:29+ 13:04+ 15:06+ 17:22+ 22:44+ 25:34+ 28:37+ 30:28+ 31:39+		
05:37+	02:40+ 01:12+ 03:35+ 02:02+ 02:16+ 05:22+ 02:50+ 03:03+ 01:51+ 01:11+		
04:32@	00:57& 00:33& 01:55@ 00:59& 00:53& 04:15@ 00:17# 01:02& 00:34& 00:23&		

Class	Navn	Klasse	Tid
39	Svein Inge Sævereid	126	32:13
03:28+	07:13+ 08:25+ 12:13+ 14:36+ 17:12+ 19:49+ 23:34+ 27:59+ 29:58+ 32:13+		
03:28+	03:45+ 01:12+ 03:48+ 02:23+ 02:36+ 02:37+ 03:45+ 04:25+ 01:59+ 02:15+		
02:23@	02:02@ 00:33& 02:08@ 01:20@ 01:13& 01:30@ 01:12& 02:24@ 00:42& 01:27@		
40	Terje Hodne Nilsen	115	32:20
04:24+	09:41+ 11:16+ 15:02+ 17:06+ 19:24+ 22:07+ 25:36+ 29:15+ 30:54+ 32:20+		
04:24+	05:17+ 01:35+ 03:46+ 02:04+ 02:18+ 02:43+ 03:29+ 03:39+ 01:39+ 01:26+		
03:19@	03:34@ 00:56@ 02:06@ 01:01& 00:55& 01:36@ 00:56& 01:38& 00:22& 00:38&		
41	Jon Grepstad	111	33:34
03:07+	07:57+ 09:05+ 13:15+ 16:19+ 19:36+ 23:02+ 26:13+ 29:49+ 31:52+ 33:34+		
03:07+	04:50+ 01:08+ 04:10+ 03:04+ 03:17+ 03:26+ 03:11+ 03:36+ 02:03+ 01:42+		
02:02@	03:07@ 00:29& 02:30@ 02:01@ 01:54@ 02:19@ 00:38# 01:35& 00:46& 00:54@		
42	Arthur Christiansen	93	39:19
04:25+	08:53+ 10:44+ 16:01+ 18:50+ 22:17+ 25:49+ 29:36+ 34:45+ 37:04+ 39:19+		
04:25+	04:28+ 01:51+ 05:17+ 02:49+ 03:27+ 03:32+ 03:47+ 05:09+ 02:19+ 02:15+		
03:20@	02:45@ 01:12@ 03:37@ 01:46@ 02:04@ 02:25@ 01:14& 03:08@ 01:02& 01:27@		
Beste strekktid for klassen			
01:05	01:43 00:24 01:35 00:52 01:12 01:07 01:32 01:39 00:57 00:37		

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