

<b>1</b>	<b>Heidi Bjørndal</b>	<b>29</b>	<b>21:04</b>												
00:41=	01:58=	02:59=	04:05=	06:29=	08:25=	10:18=	11:06=	12:14=	13:28=	16:15=	17:56=	18:46=	20:27=	20:45=	21:04=
00:41=	01:17=	01:01=	01:06=	02:24=	01:56=	01:53=	00:48=	01:08=	01:14=	02:47=	01:41=	00:50=	01:41=	00:18=	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=
<b>2</b>	<b>Silje Sundal</b>	<b>71</b>	<b>22:48</b>												
00:32-	01:34-	02:36-	03:43-	06:16-	08:40+	10:36+	11:23+	12:21+	13:36+	17:35+	19:38+	20:38+	22:07+	22:32+	22:48+
00:32-	01:02-	01:02+	01:07+	02:33+	02:24+	01:56+	00:47-	00:58-	01:15+	03:59+	02:03+	01:00+	01:29-	00:25+	00:16-
00:09-	00:15-	00:01+	00:01+	00:09+	00:28#	00:03+	00:01-	00:10-	00:01+	01:12&	00:22#	00:10#	00:12-	00:07&	00:03-
<b>3</b>	<b>Kari Borgen</b>	<b>62</b>	<b>26:00</b>												
00:38-	01:41-	03:09+	04:16+	06:37+	08:28+	10:34+	12:44+	15:48+	16:42+	20:32+	22:17+	23:56+	25:20+	25:42+	26:00+
00:38-	01:03-	01:28+	01:07+	02:21-	01:51-	02:06+	02:10+	03:04+	00:54-	03:50+	01:45+	01:39+	01:24-	00:22+	00:18-
00:03-	00:14-	00:27&	00:01+	00:03-	00:05-	00:13#	01:22@	01:56@	00:20-	01:03&	00:04+	00:49&	00:17-	00:04#	00:01-
<b>4</b>	<b>Paula Salmi Linge</b>	<b>67</b>	<b>26:19</b>												
00:34-	01:46-	03:15+	04:14+	07:26+	09:20+	12:17+	13:06+	14:28+	15:58+	18:49+	20:40+	22:35+	25:40+	26:01+	26:19+
00:34-	01:12-	01:29+	00:59-	03:12+	01:54-	02:57+	00:49+	01:22+	01:30+	02:51+	01:51+	01:55+	03:05+	00:21+	00:18-
00:07-	00:05-	00:28&	00:07-	00:48&	00:02-	01:04&	00:01+	00:14#	00:16#	00:04+	00:10+	01:05@	01:24&	00:03#	00:01-
<b>5</b>	<b>Tiina Sofia Salmén</b>	<b>152</b>	<b>26:52</b>												
00:44+	01:57-	02:53-	03:57-	06:34+	09:22+	12:11+	14:09+	16:04+	17:44+	20:59+	23:37+	24:37+	26:09+	26:33+	26:52+
00:44+	01:13-	00:56-	01:04-	02:37+	02:48+	02:49+	01:58+	01:55+	01:40+	03:15+	02:38+	01:00+	01:32-	00:24+	00:19=
00:03+	00:04-	00:05-	00:02-	00:13+	00:52&	00:56&	01:10@	00:47&	00:26&	00:28#	00:57&	00:10#	00:09-	00:06&	00:00=
<b>6</b>	<b>Veronica Fenne</b>	<b>206</b>	<b>26:54</b>												
00:36-	01:46-	03:10+	04:10+	09:46+	11:58+	13:46+	14:51+	16:20+	18:02+	21:21+	23:08+	24:08+	25:39+	26:03+	26:54+
00:36-	01:10-	01:24+	01:00-	05:36+	02:12+	01:48-	01:05+	01:29+	01:42+	03:19+	01:47+	01:00+	01:31-	00:24+	00:51+
00:05-	00:07-	00:23&	00:06-	03:12@	00:16#	00:05-	00:17&	00:21&	00:28&	00:32#	00:06+	00:10#	00:10-	00:06&	00:32@
<b>7</b>	<b>Helene Lie</b>	<b>228</b>	<b>28:15</b>												
00:44+	02:10+	03:24+	04:42+	07:44+	10:24+	13:28+	14:22+	15:55+	17:53+	21:43+	24:18+	25:29+	27:20+	27:56+	28:15+
00:44+	01:26+	01:14+	01:18+	03:02+	02:40+	03:04+	00:54+	01:33+	01:58+	03:50+	02:35+	01:11+	01:51+	00:36+	00:19=
00:03+	00:09#	00:13#	00:12#	00:38&	00:44&	01:11&	00:06#	00:25&	00:44&	01:03&	00:54&	00:21&	00:10+	00:18&	00:00=
<b>8</b>	<b>Heidi Langeland</b>	<b>117</b>	<b>28:35</b>												
01:03+	02:33+	04:02+	05:27+	08:49+	11:13+	13:23+	15:00+	16:40+	18:18+	22:05+	24:18+	26:06+	27:37+	28:14+	28:35+
01:03+	01:30+	01:29+	01:25+	03:22+	02:24+	02:10+	01:37+	01:40+	01:38+	03:47+	02:13+	01:48+	01:31-	00:37+	00:21+
00:22&	00:13#	00:28&	00:19&	00:58&	00:28#	00:17#	00:49@	00:32&	00:24&	01:00&	00:32&	00:58@	00:10-	00:19@	00:02#
<b>9</b>	<b>Miia Niemi</b>	<b>260</b>	<b>28:37</b>												
00:46+	02:15+	03:21+	04:33+	07:25+	09:42+	11:47+	13:09+	15:12+	17:08+	20:41+	23:41+	25:17+	27:40+	28:11+	28:37+
00:46+	01:29+	01:06+	01:12+	02:52+	02:17+	02:05+	01:22+	02:03+	01:56+	03:33+	03:00+	01:36+	02:23+	00:31+	00:26+
00:05#	00:12#	00:05+	00:06+	00:28#	00:21#	00:12#	00:34&	00:55&	00:42&	00:46&	01:19&	00:46&	00:42&	00:13&	00:07&
<b>10</b>	<b>Ingrid Simensen</b>	<b>101</b>	<b>29:04</b>												
00:36-	01:45-	02:48-	03:54-	06:49+	09:08+	11:27+	12:28+	13:56+	15:22+	18:51+	21:56+	23:50+	28:01+	28:39+	29:04+
00:36-	01:09-	01:03+	01:06-	02:55+	02:19+	02:19+	01:01+	01:28+	01:26+	03:29+	03:05+	01:54+	04:11+	00:38+	00:25+
00:05-	00:08-	00:02+	00:00=	00:31#	00:23#	00:26#	00:13&	00:20&	00:12#	00:42&	01:24&	01:04@	02:30@	00:20@	00:06&
<b>11</b>	<b>Anne Marie Gausel</b>	<b>105</b>	<b>29:39</b>												
00:38-	02:01+	03:17+	04:32+	08:03+	10:41+	12:38+	13:54+	14:58+	16:43+	21:33+	23:46+	27:16+	29:00+	29:21+	29:39+
00:38-	01:23+	01:16+	01:15+	03:31+	02:38+	01:57+	01:16+	01:04-	01:45+	04:50+	02:13+	03:30+	01:44+	00:21+	00:18-
00:03-	00:06+	00:15#	00:09#	01:07&	00:42&	00:04+	00:28&	00:04-	00:31&	02:03&	00:32&	02:40@	00:03+	00:03#	00:01-
<b>12</b>	<b>Jannicke Lunde</b>	<b>71</b>	<b>30:22</b>												
00:41=	01:55-	03:04+	05:29+	08:18+	10:22+	12:48+	13:52+	15:34+	17:12+	20:26+	22:44+	23:45+	29:35+	30:01+	30:22+
00:41=	01:14-	01:09+	02:25+	02:49+	02:04+	02:26+	01:04+	01:42+	01:38+	03:14+	02:18+	01:01+	05:50+	00:26+	00:21+
00:00=	00:03-	00:08#	01:19@	00:25#	00:08+	00:33&	00:16&	00:34&	00:24&	00:27#	00:37&	00:11#	04:09@	00:08&	00:02#
<b>13</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>	<b>30:26</b>												
00:36-	02:03+	03:25+	05:09+	08:37+	11:03+	13:51+	14:53+	16:29+	18:33+	22:36+	24:59+	26:17+	28:45+	30:07+	30:26+
00:36-	01:27+	01:22+	01:44+	03:28+	02:26+	02:48+	01:02+	01:36+	02:04+	04:03+	02:23+	01:18+	02:28+	01:22+	00:19=
00:05-	00:10#	00:21&	00:38&	01:04&	00:30&	00:55&	00:14&	00:28&	00:50&	01:16&	00:42&	00:28&	00:47&	01:04@	00:00=
<b>14</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>30:32</b>												
00:46+	02:37+	03:47+	05:09+	08:44+	11:13+	14:13+	15:15+	18:13+	19:46+	23:30+	25:50+	27:43+	29:12+	30:15+	30:32+
00:46+	01:51+	01:10+	01:22+	03:35+	02:29+	03:00+	01:02+	02:58+	01:33+	03:44+	02:20+	01:53+	01:29-	01:03+	00:17-
00:05#	00:34&	00:09#	00:16#	01:11&	00:33&	01:07&	00:14&	01:50@	00:19&	00:57&	00:39&	01:03@	00:12-	00:45@	00:02-

Class	Navn	Klasse	Tid
<b>15</b>	<b>Rønnaug Egeland</b>	<b>154</b>	<b>30:34</b>
00:37-	01:53-	03:18+	04:27+
00:37-	01:16-	01:25+	01:09+
00:04-	00:01-	00:24&	00:03+
	00:43&	00:28#	01:11&
	00:10#	00:06+	00:17#
	00:50&	00:41&	01:50@
	02:35@	00:12&	00:05&
<b>16</b>	<b>Sina Thu</b>	<b>271</b>	<b>30:41</b>
00:36-	01:41-	02:49-	03:48-
00:36-	01:05-	01:08+	00:59-
00:05-	00:12-	00:07#	00:07-
	01:55&	00:03-	00:25-
	00:56@	00:23&	00:05+
	00:48&	04:47@	01:22@
	00:11-	00:20@	00:03-
<b>17</b>	<b>Heidi Nordaunet</b>	<b>152</b>	<b>31:24</b>
01:01+	02:28+	03:40+	05:01+
01:01+	01:27+	01:12+	01:21+
00:20&	00:10#	00:11#	00:15#
	01:09&	00:59&	00:21&
	01:16@	00:37&	01:21&
	01:34&	00:53@	00:41&
	00:08&	00:06&	00:06&
<b>18</b>	<b>Agnes Selma Haker</b>	<b>115</b>	<b>31:27</b>
00:35-	01:45-	02:55-	04:01-
00:35-	01:10-	01:10+	01:06=
00:06-	00:07-	00:09#	00:00=
	00:23#	01:55&	00:11+
	00:16&	00:23&	00:18#
	00:39#	04:14@	02:01@
	00:00=	00:06&	00:01+
<b>19</b>	<b>Christel Dahl</b>	<b>92</b>	<b>33:15</b>
00:39-	01:56-	03:16+	04:28+
00:39-	01:17=	01:20+	01:12+
00:02-	00:00=	00:19&	00:06+
	03:01@	00:23#	00:38&
	00:09#	02:00@	00:48&
	01:06&	01:25&	00:36&
	01:12&	00:29@	00:01+
<b>20</b>	<b>Kine Strømstad</b>	<b>109</b>	<b>34:48</b>
00:42+	02:11+	03:19+	05:00+
00:42+	01:29+	01:08+	01:41+
00:01+	00:12#	00:07#	00:35&
	01:31&	02:08@	02:03@
	00:51@	00:57&	00:58&
	01:29&	01:00&	00:33&
	00:21#	00:51@	00:07&
<b>21</b>	<b>Kristina Renshaw</b>	<b>101</b>	<b>35:12</b>
00:42+	02:04+	03:28+	04:44+
00:42+	01:22+	01:24+	01:16+
00:01+	00:05+	00:23&	00:10#
	00:26#	08:07@	00:02+
	00:25&	00:42&	00:42&
	01:27&	00:44&	00:24&
	00:06+	00:20@	00:04#
<b>22</b>	<b>bodil krogedal</b>	<b>152</b>	<b>35:17</b>
00:56+	02:28+	04:02+	05:24+
00:56+	01:32+	01:34+	01:22+
00:15&	00:15#	00:33&	00:16#
	00:29#	01:23&	01:57@
	00:15&	00:49&	00:20&
	02:20&	03:24@	00:34&
	00:12#	00:29@	00:42@
<b>23</b>	<b>Birgitte Gran</b>	<b>152</b>	<b>35:21</b>
01:21+	02:50+	04:17+	05:37+
01:21+	01:29+	01:27+	01:20+
00:40&	00:12#	00:26&	00:14#
	00:33#	00:55&	02:18@
	00:38&	02:03@	00:58&
	01:08&	02:00@	01:12@
	00:18#	00:34@	00:08&
<b>24</b>	<b>Ruth Magrethe Westre</b>	<b>54</b>	<b>37:15</b>
00:36-	05:28+	06:26+	07:33+
00:36-	04:52+	00:58-	01:07+
00:05-	03:35@	00:03-	00:01+
	00:24#	00:27#	01:24&
	00:11#	00:21&	00:28&
	00:36#	03:53@	02:50@
	01:39&	00:25@	00:05&
<b>25</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>37:22</b>
00:35-	01:54-	02:59=	04:05=
00:35-	01:19+	01:05+	01:06=
00:06-	00:02+	00:04+	00:00=
	07:35@	00:24#	00:25&
	00:06+	00:11#	00:46&
	00:28&	00:13&	00:08+
	00:10&	00:02#	00:02#
<b>26</b>	<b>Kjersti Pawells</b>	<b>105</b>	<b>37:40</b>
01:20+	03:31+	05:14+	07:21+
01:20+	02:11+	01:43+	02:07+
00:39&	00:54&	00:42&	01:01&
	01:56&	00:36&	01:07&
	00:51@	02:10@	00:56&
	01:27&	01:40&	00:46&
	02:18&	03:21+	01:36+
	03:59+	00:35+	00:35+
	00:17&	00:16&	00:16&
<b>27</b>	<b>Ingunn Bergheim Landsnes</b>	<b>74</b>	<b>38:07</b>
00:53+	02:32+	03:57+	05:37+
00:53+	01:39+	01:25+	01:40+
00:12&	00:22&	00:24&	00:34&
	01:09&	02:08@	01:15&
	00:50@	00:51&	01:07&
	01:59+	22:20+	27:06+
	02:21+	04:46+	03:16+
	01:55+	04:39+	00:47+
	00:05&	02:58@	00:29@
	00:05&	00:05&	00:05&
<b>28</b>	<b>Hanne Bjerke</b>	<b>37</b>	<b>38:21</b>
00:49+	02:18+	03:25+	04:34+
00:49+	01:29+	01:07+	01:09+
00:08#	00:12#	00:06+	00:03+
	00:31#	08:08@	00:28#
	00:21&	00:11#	00:26&
	00:49&	00:45&	00:43&
	03:49@	00:31@	00:06&
<b>29</b>	<b>Nicola Herbert</b>	<b>117</b>	<b>39:02</b>
04:01+	05:35+	06:48+	08:05+
04:01+	01:34+	01:13+	01:17+
03:20@	00:17#	00:12#	00:11#
	00:43&	07:31@	01:36&
	00:10#	00:18&	00:47&
	01:11&	00:52&	00:38&
	00:00=	00:09&	00:03#

Class	Navn	Klasse	Tid												
<b>30</b>	<b>Maria Lampe</b>	<b>152</b>	<b>40:35</b>												
00:30-	01:43-	02:49-	03:58-	06:50+	18:46+	21:51+	22:54+	24:13+	25:54+	29:14+	31:34+	34:00+	39:31+	40:14+	40:35+
00:30-	01:13-	01:06+	01:09+	02:52+	11:56+	03:05+	01:03+	01:19+	01:41+	03:20+	02:20+	02:26+	05:31+	00:43+	00:21+
00:11-	00:04-	00:05+	00:03+	00:28#	10:00#	01:12&	00:15&	00:11#	00:27&	00:33#	00:39&	01:36@	03:50@	00:25@	00:02#
<b>31</b>	<b>Ingvild Amaiksen</b>	<b>116</b>	<b>40:37</b>												
00:41=	01:59+	03:03+	04:16+	09:06+	18:31+	20:47+	22:43+	23:40+	25:28+	31:46+	33:44+	35:03+	39:39+	40:18+	40:37+
00:41=	01:18+	01:04+	01:13+	04:50+	09:25+	02:16+	01:56+	00:57-	01:48+	06:18+	01:58+	01:19+	04:36+	00:39+	00:19=
00:00=	00:01+	00:03+	00:07#	02:26@	07:29@	00:23#	01:08@	00:11-	00:34&	03:31@	00:17#	00:29&	02:55@	00:21@	00:00=
<b>32</b>	<b>Camilla Frafjord Haarr</b>	<b>116</b>	<b>47:11</b>												
00:52+	02:02+	03:26+	04:32+	09:52+	11:59+	14:25+	15:27+	16:29+	18:09+	29:31+	31:37+	43:56+	46:03+	46:54+	47:11+
00:52+	01:10-	01:24+	01:06=	05:20+	02:07+	02:26+	01:02+	01:02-	01:40+	11:22+	02:06+	12:19+	02:07+	00:51+	00:17-
00:11&	00:07-	00:23&	00:00=	02:56@	00:11+	00:33&	00:14&	00:06-	00:26&	08:35@	00:25#	11:29@	00:26&	00:33@	00:02-
<b>Beste strekketid for klassen</b>															
00:30	01:02	00:56	00:59	02:21	01:51	01:28	00:47	00:57	00:54	02:47	01:41	00:50	01:24	00:18	00:16

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

## Damer 40 - 49 år

<b>1</b>	<b>Margrethe Roalsø</b>	<b>93</b>	<b>25:28</b>													
00:34=	01:44=	02:46=	03:51=	06:50=	09:00=	11:28=	12:39=	14:01=	15:29=	19:05=	21:18=	22:18=	24:44=	25:10=	25:28=	
00:34=	01:10=	01:02=	01:05=	02:59=	02:10=	02:28=	01:11=	01:22=	01:28=	03:36=	02:13=	01:00=	02:26=	00:26=	00:18=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Nina Svensen</b>	<b>2</b>	<b>28:52</b>													
00:47+	02:07+	03:26+	04:54+	07:35+	09:54+	12:50+	14:08+	15:48+	17:35+	21:21+	23:59+	25:44+	27:47+	28:27+	28:52+	
00:47+	01:20+	01:19+	01:28+	02:41-	02:19+	02:56+	01:18+	01:40+	01:47+	03:46+	02:38+	01:45+	02:03-	00:40+	00:25+	
00:13&	00:10#	00:17&	00:23&	00:18-	00:09+	00:28#	00:07+	00:18#	00:19#	00:10+	00:25#	00:45&	00:23-	00:14&	00:07&	
<b>3</b>	<b>Randi Helen Ladsten</b>	<b>128</b>	<b>30:24</b>													
00:49+	02:01+	03:10+	04:27+	07:16+	10:13+	12:31+	13:51+	19:06+	20:49+	24:28+	26:36+	27:43+	29:38+	30:04+	30:24+	
00:49+	01:12+	01:09+	01:17+	02:49-	02:57+	02:18-	01:20+	05:15+	01:43+	03:39+	02:08-	01:07+	01:55-	00:26=	00:20+	
00:15&	00:02+	00:07#	00:12#	00:10-	00:47&	00:10-	00:09#	03:53@	00:15#	00:03+	00:05-	00:07#	00:31-	00:00=	00:02#	
<b>4</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>	<b>31:45</b>													
00:45+	02:21+	04:09+	05:24+	08:40+	11:19+	14:53+	16:09+	17:31+	19:08+	23:03+	26:01+	27:24+	30:57+	31:22+	31:45+	
00:45+	01:36+	01:48+	01:15+	03:16+	02:39+	03:34+	01:16+	01:22=	01:37+	03:55+	02:58+	01:23+	03:33+	00:25-	00:23+	
00:11&	00:26&	00:46&	00:10#	00:17+	00:29#	01:06&	00:05+	00:00=	00:09#	00:19+	00:45&	00:23&	01:07&	00:01-	00:05&	
<b>5</b>	<b>Siv Skretting</b>	<b>93</b>	<b>32:18</b>													
00:51+	02:15+	03:25+	04:40+	08:04+	10:49+	13:24+	14:52+	16:19+	18:21+	23:19+	26:06+	29:32+	31:23+	31:54+	32:18+	
00:51+	01:24+	01:10+	01:15+	03:24+	02:45+	02:35+	01:28+	01:27+	02:02+	04:58+	02:47+	03:26+	01:51-	00:31+	00:24+	
00:17&	00:14#	00:08#	00:10#	00:25#	00:35&	00:07+	00:17#	00:05+	00:34&	01:22&	00:34&	02:26@	00:35-	00:05#	00:06&	
<b>6</b>	<b>Berit Våg Aksland</b>	<b>116</b>	<b>32:25</b>													
00:44+	02:01+	03:07+	04:13+	07:14+	09:58+	13:50+	19:58+	20:53+	22:21+	25:25+	28:02+	29:53+	31:31+	32:06+	32:25+	
00:44+	01:17+	01:06+	01:06+	03:01+	02:44+	03:52+	06:08+	00:55-	01:28=	03:04-	02:37+	01:51+	01:38-	00:35+	00:19+	
00:10&	00:07#	00:04+	00:01+	00:02+	00:34&	01:24&	04:57@	00:27-	00:00=	00:32-	00:24#	00:51&	00:48-	00:09&	00:01+	
<b>7</b>	<b>Grethe Thu Skadberg</b>	<b>128</b>	<b>33:29</b>													
00:44+	02:16+	03:38+	05:36+	08:34+	11:15+	13:20+	14:23+	16:41+	18:22+	20:05+	24:24+	27:16+	28:52+	31:22+	32:58+	33:29+
00:44+	01:32+	01:22+	01:58+	02:58-	02:41+	02:05-	01:03-	02:18+	01:41+	01:43-	04:19+	02:52+	01:36-	02:30+	01:36+	00:31+
00:10&	00:22&	00:20&	00:53&	00:01-	00:31#	00:23-	00:08-	00:56&	00:13#	01:53-	02:06&	01:52@	00:50-	02:04@	01:18@	00:31+
<b>8</b>	<b>Synnøve Westermoen</b>	<b>116</b>	<b>33:37</b>													
00:51+	02:27+	05:14+	06:31+	10:59+	13:52+	16:55+	18:27+	20:12+	22:13+	26:17+	29:34+	30:35+	32:35+	33:12+	33:37+	
00:51+	01:36+	02:47+	01:17+	04:28+	02:53+	03:03+	01:32+	01:45+	02:01+	04:04+	03:17+	01:01+	02:00-	00:37+	00:25+	
00:17&	00:26&	01:45@	00:12#	01:29&	00:43&	00:35#	00:21&	00:23&	00:33&	00:28#	01:04&	00:01+	00:26-	00:11&	00:07&	
<b>9</b>	<b>Linda Mari Vestvik</b>	<b>62</b>	<b>34:06</b>													
00:41+	02:01+	03:08+	04:33+	15:54+	17:44+	20:14+	21:11+	22:56+	24:31+	27:49+	30:04+	31:36+	33:24+	33:46+	34:06+	
00:41+	01:20+	01:07+	01:25+	11:21+	01:50-	02:30+	00:57-	01:45+	01:35+	03:18-	02:15+	01:32+	01:48-	00:22-	00:20+	
00:07#	00:10#	00:05+	00:20&	08:22@	00:20-	00:02+	00:14-	00:23&	00:07+	00:18-	00:02+	00:32&	00:38-	00:04-	00:02#	
<b>10</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>35:23</b>													
00:38+	01:57+	03:04+	04:18+	14:29+	16:53+	19:05+	20:27+	22:17+	23:49+	27:40+	30:11+	32:28+	34:34+	35:02+	35:23+	
00:38+	01:19+	01:07+	01:14+	10:11+	02:24+	02:12-	01:22+	01:50+	01:32+	03:51+	02:31+	02:17+	02:06-	00:28+	00:21+	
00:04#	00:09#	00:05+	00:09#	07:12@	00:14#	00:16-	00:11#	00:28&	00:04+	00:15+	00:18#	01:17@	00:20-	00:02+	00:03#	

Class	Navn	Klasse	Tid												
<b>11</b>	<b>Irene Sirevåg</b>	<b>105</b>	<b>36:19</b>												
00:45+	02:23+	03:58+	05:40+	09:34+	12:58+	15:53+	17:32+	19:13+	22:10+	27:16+	30:41+	33:04+	35:15+	35:54+	36:19+
00:45+	01:38+	01:35+	01:42+	03:54+	03:24+	02:55+	01:39+	01:41+	02:57+	05:06+	03:25+	02:23+	02:11-	00:39+	00:25+
00:11&	00:28&	00:33&	00:37&	00:55&	01:14&	00:27#	00:28&	00:19#	01:29@	01:30&	01:12&	01:23@	00:15-	00:13&	00:07&
<b>12</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>	<b>41:06</b>												
00:42+	02:30+	04:04+	05:49+	11:51+	15:47+	19:32+	22:25+	24:15+	26:31+	31:36+	34:24+	35:56+	40:16+	40:43+	41:06+
00:42+	01:48+	01:34+	01:45+	06:02+	03:56+	03:45+	02:53+	01:50+	02:16+	05:05+	02:48+	01:32+	04:20+	00:27+	00:23+
00:08#	00:38&	00:32&	00:40&	03:03@	01:46&	01:17&	01:42@	00:28&	00:48&	01:29&	00:35&	00:32&	01:54&	00:01+	00:05&
<b>Beste strekketid for klassen</b>															
00:34	01:10	01:02	01:05	02:41	01:50	02:05	00:57	00:55	01:28	01:43	02:08	01:00	01:36	00:22	00:18

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

## Damer 50 - 59 år

<b>1</b>	<b>Marit Karin Nygård</b>	<b>92</b>	<b>23:02</b>											
01:46=	03:32=	06:34=	07:13=	08:57=	11:01=	13:15=	14:36=	16:21=	17:46=	18:33=	19:32=	21:46=	22:28=	23:02=
01:46=	01:46=	03:02=	00:39=	01:44=	02:04=	02:14=	01:21=	01:45=	01:25=	00:47=	00:59=	02:14=	00:42=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>	<b>24:45</b>											
01:30-	03:19-	05:51-	06:48-	08:29-	10:21-	13:32+	15:45+	17:44+	19:22+	20:10+	21:23+	23:06+	24:08+	24:45+
01:30-	01:49+	02:32-	00:57+	01:41-	01:52-	03:11+	02:13+	01:59+	01:38+	00:48+	01:13+	01:43-	01:02+	00:37+
00:16-	00:03+	00:30-	00:18&	00:03-	00:12-	00:57&	00:52&	00:14#	00:13#	00:01+	00:14#	00:31-	00:20&	00:03+
<b>3</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>	<b>26:09</b>											
01:38-	03:25-	05:34-	06:16-	08:03-	09:48-	15:33+	17:12+	19:27+	21:16+	22:02+	23:17+	24:38+	25:26+	26:09+
01:38-	01:47+	02:09-	00:42+	01:47+	01:45-	05:45+	01:39+	02:15+	01:49+	00:46-	01:15+	01:21-	00:48+	00:43+
00:08-	00:01+	00:53-	00:03+	00:03+	00:19-	03:31@	00:18#	00:30&	00:24&	00:01-	00:16&	00:53-	00:06#	00:09&
<b>4</b>	<b>Nidunn Sandvik</b>	<b>228</b>	<b>26:30</b>											
01:48+	03:34+	06:36+	07:15+	09:12+	10:54-	13:35+	15:04+	17:07+	19:14+	20:24+	21:32+	24:25+	25:46+	26:30+
01:48+	01:46=	03:02=	00:39=	01:57+	01:42-	02:41+	01:29+	02:03+	02:07+	01:10+	01:08+	02:53+	01:21+	00:44+
00:02+	00:00=	00:00=	00:00=	00:13#	00:22-	00:27#	00:08+	00:18#	00:42&	00:23&	00:09#	00:39&	00:39&	00:10&
<b>5</b>	<b>Liv Omdal</b>	<b>116</b>	<b>26:32</b>											
01:41-	03:34+	07:10+	08:06+	10:14+	11:51+	14:27+	15:55+	19:04+	20:49+	21:58+	23:01+	25:02+	25:56+	26:32+
01:41-	01:53+	03:36+	00:56+	02:08+	01:37-	02:36+	01:28+	03:09+	01:45+	01:09+	01:03+	02:01-	00:54+	00:36+
00:05-	00:07+	00:34#	00:17&	00:24#	00:27-	00:22#	00:07+	01:24&	00:20#	00:22&	00:04+	00:13-	00:12&	00:02+
<b>6</b>	<b>Liv Sissel Obrestad</b>	<b>54</b>	<b>27:07</b>											
01:40-	03:46+	06:03-	06:56-	08:37-	10:41-	14:27+	15:58+	17:47+	19:30+	20:17+	21:31+	24:18+	25:16+	27:07+
01:40-	02:06+	02:17-	00:53+	01:41-	02:04=	03:46+	01:31+	01:49+	01:43+	00:47=	01:14+	02:47+	00:58+	01:51+
00:06-	00:20#	00:45-	00:14&	00:03-	00:00=	01:32&	00:10#	00:04+	00:18#	00:00=	00:15&	00:33#	00:16&	01:17@
<b>7</b>	<b>Kristin Skadsem</b>	<b>18</b>	<b>27:40</b>											
01:42-	05:21+	08:29+	09:18+	11:17+	13:09+	16:30+	18:28+	20:40+	22:44+	23:42+	24:34+	26:06+	26:58+	27:40+
01:42-	03:39+	03:08+	00:49+	01:59+	01:52-	03:21+	01:58+	02:12+	02:04+	00:58+	00:52-	01:32-	00:52+	00:42+
00:04-	01:53@	00:06+	00:10&	00:15#	00:12-	01:07&	00:37&	00:27&	00:39&	00:11#	00:07-	00:42-	00:10#	00:08#
<b>8</b>	<b>Berit Bakken</b>	<b>168</b>	<b>28:21</b>											
01:51+	03:36+	05:51-	06:38-	08:14-	10:06-	12:37-	17:51+	20:04+	23:31+	24:13+	25:02+	26:54+	27:40+	28:21+
01:51+	01:45-	02:15-	00:47+	01:36-	01:52-	02:31+	05:14+	02:13+	03:27+	00:42-	00:49-	01:52-	00:46+	00:41+
00:05+	00:01-	00:47-	00:08#	00:08-	00:12-	00:17#	03:53@	00:28&	02:02@	00:05-	00:10-	00:22-	00:04+	00:07#
<b>9</b>	<b>Rowena Naile</b>	<b>42</b>	<b>28:41</b>											
01:25-	02:45-	04:16-	05:30-	06:54-	08:14-	16:18+	19:48+	22:20+	24:02+	25:08+	25:55+	27:25+	28:05+	28:41+
01:25-	01:20-	01:31-	01:14+	01:24-	01:20-	08:04+	03:30+	02:32+	01:42+	01:06+	00:47-	01:30-	00:40-	00:36+
00:21-	00:26-	01:31-	00:35&	00:20-	00:44-	05:50@	02:09@	00:47&	00:17#	00:19&	00:12-	00:44-	00:02-	00:02+
<b>10</b>	<b>Kari Smådal Turøy</b>	<b>115</b>	<b>29:00</b>											
01:44-	03:24-	06:28-	07:10-	09:13+	11:11+	18:21+	20:02+	22:50+	24:26+	25:21+	26:17+	27:41+	28:22+	29:00+
01:44-	01:40-	03:04+	00:42+	02:03+	01:58-	07:10+	01:41+	02:48+	01:36+	00:55+	00:56-	01:24-	00:41-	00:38+
00:02-	00:06-	00:02+	00:03+	00:19#	00:06-	04:56@	00:20#	01:03&	00:11#	00:08#	00:03-	00:50-	00:01-	00:04#
<b>11</b>	<b>Marianne Fuglestad</b>	<b>116</b>	<b>31:27</b>											
01:26-	02:57-	04:56-	05:38-	07:08-	08:35-	18:31+	23:13+	24:48+	26:14+	27:00+	28:27+	30:02+	30:45+	31:27+
01:26-	01:31-	01:59-	00:42+	01:30-	01:27-	09:56+	04:42+	01:35-	01:26+	00:46-	01:27+	01:35-	00:43+	00:42+
00:20-	00:15-	01:03-	00:03+	00:14-	00:37-	07:42@	03:21@	00:10-	00:01+	00:01-	00:28&	00:39-	00:01+	00:08#

Class	Navn	Klasse	Tid										
<b>12</b>	<b>Brit Vivian Meling</b>	<b>116</b>	<b>32:37</b>										
01:38-	04:22+	06:47+	07:45+	09:57+	11:49+	15:24+	21:45+	27:18+	28:12+	29:23+	30:59+	31:54+	32:37+
01:38-	02:44+	02:25-	00:58+	02:12+	01:52-	03:35+	06:21+	03:31+	02:02+	00:54+	01:11+	01:36-	00:55+
00:08-	00:58&	00:37-	00:19&	00:28&	00:12-	01:21&	05:00@	01:46@	00:37&	00:07#	00:12#	00:38-	00:13&
00:08-	00:58&	00:37-	00:19&	00:28&	00:12-	01:21&	05:00@	01:46@	00:37&	00:07#	00:12#	00:38-	00:13&
<b>13</b>	<b>Andrea Tapken</b>	<b>54</b>	<b>37:42</b>										
01:56+	03:59+	06:33-	07:42+	09:44+	11:51+	19:58+	22:47+	29:01+	31:32+	33:32+	34:31+	36:05+	37:00+
01:56+	02:03+	02:34-	01:09+	02:02+	02:07+	08:07+	02:49+	06:14+	02:31+	02:00+	00:59+	01:34-	00:55+
00:10+	00:17#	00:28-	00:30&	00:18#	00:03+	05:53@	01:28@	04:29@	01:06&	01:13@	00:00=	00:40-	00:13&
00:10+	00:17#	00:28-	00:30&	00:18#	00:03+	05:53@	01:28@	04:29@	01:06&	01:13@	00:00=	00:40-	00:13&
<b>14</b>	<b>Hanne Hermanrud</b>	<b>115</b>	<b>55:03</b>										
03:32+	06:09+	09:25+	10:58+	15:21+	17:40+	36:31+	41:32+	44:59+	47:11+	50:11+	51:40+	53:10+	54:12+
03:32+	02:37+	03:16+	01:33+	04:23+	02:19+	18:51+	05:01+	03:27+	02:12+	03:00+	01:29+	01:30-	01:02+
01:46&	00:51&	00:14+	00:54@	02:39@	00:15#	16:37@	03:40@	01:42&	00:47&	02:13@	00:30&	00:44-	00:20&
01:46&	00:51&	00:14+	00:54@	02:39@	00:15#	16:37@	03:40@	01:42&	00:47&	02:13@	00:30&	00:44-	00:20&

### Beste strekktid for klassen

01:25 01:20 01:31 00:39 01:24 01:20 02:14 01:21 01:35 01:25 00:42 00:47 01:21 00:40 00:34

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

## Damer 60 - 64 år

<b>1</b>	<b>Hanne Eik</b>	<b>117</b>	<b>26:48</b>											
01:56=	03:48=	07:16=	08:00=	09:53=	11:50=	15:32=	17:08=	19:15=	21:19=	22:13=	23:32=	25:02=	25:52=	26:48=
01:56=	01:52=	03:28=	00:44=	01:53=	01:57=	03:42=	01:36=	02:07=	02:04=	00:54=	01:19=	01:30=	00:50=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Eli Frafjord</b>	<b>94</b>	<b>28:45</b>											
01:37-	03:28-	06:09-	06:58-	08:38-	10:30-	15:58+	20:11+	22:15+	23:54+	24:46+	25:33+	27:20+	28:03+	28:45+
01:37-	01:51-	02:41-	00:49+	01:40-	01:52-	05:28+	04:13+	02:48+	01:39-	00:52-	00:47-	01:47+	00:43-	00:42-
00:19-	00:01-	00:47-	00:05#	00:13-	00:05-	01:46&	02:37@	00:03-	00:25-	00:02-	00:32-	00:17#	00:07-	00:14-
00:19-	00:01-	00:47-	00:05#	00:13-	00:05-	01:46&	02:37@	00:03-	00:25-	00:02-	00:32-	00:17#	00:07-	00:14-
<b>3</b>	<b>Kari Blixhavn</b>	<b>228</b>	<b>29:57</b>											
01:58+	03:59+	07:49+	08:33+	10:38+	12:43+	18:33+	20:14+	23:02+	24:59+	25:46+	26:46+	28:11+	29:10+	29:57+
01:58+	02:01+	03:50+	00:44=	02:05+	02:05+	05:50+	01:41+	02:48+	01:57-	00:47-	01:00-	01:25-	00:59+	00:47-
00:02+	00:09+	00:22#	00:00=	00:12#	00:08+	02:08&	00:05+	00:41&	00:07-	00:07-	00:19-	00:05-	00:09#	00:09-
00:02+	00:09+	00:22#	00:00=	00:12#	00:08+	02:08&	00:05+	00:41&	00:07-	00:07-	00:19-	00:05-	00:09#	00:09-
<b>4</b>	<b>Mette Dagsland</b>	<b>68</b>	<b>35:56</b>											
01:49-	03:39-	05:39-	06:41-	08:23-	10:02-	23:30+	25:00+	28:40+	31:12+	31:58+	32:56+	34:19+	35:15+	35:56+
01:49-	01:50-	02:00-	01:02+	01:42-	01:39-	13:28+	01:30-	03:40+	02:32+	00:46-	00:58-	01:23-	00:56+	00:41-
00:07-	00:02-	01:28-	00:18&	00:11-	00:18-	09:46@	00:06-	01:33&	00:28#	00:08-	00:21-	00:07-	00:06#	00:15-
00:07-	00:02-	01:28-	00:18&	00:11-	00:18-	09:46@	00:06-	01:33&	00:28#	00:08-	00:21-	00:07-	00:06#	00:15-
<b>5</b>	<b>Halldis Handeland</b>	<b>92</b>	<b>36:44</b>											
02:04+	04:06+	06:44+	07:45-	09:45-	12:04+	18:39+	21:33+	27:26+	29:32+	30:42+	32:09+	34:57+	36:07+	36:44+
02:04+	02:02+	02:38-	01:01+	02:00+	02:19+	06:35+	02:54+	05:53+	02:06+	01:10+	01:27+	02:48+	01:10+	00:37-
00:08+	00:10+	00:50-	00:17&	00:07+	00:22#	02:53&	01:18&	03:46@	00:02+	00:16&	00:08#	01:18&	00:20&	00:19-
00:08+	00:10+	00:50-	00:17&	00:07+	00:22#	02:53&	01:18&	03:46@	00:02+	00:16&	00:08#	01:18&	00:20&	00:19-
<b>6</b>	<b>Hanna S. Lomeland</b>	<b>47</b>	<b>41:04</b>											
01:45-	03:48=	06:30-	07:22-	09:30-	11:47-	27:57+	30:06+	32:27+	34:34+	36:06+	37:27+	39:29+	40:18+	41:04+
01:45-	02:03+	02:42-	00:52+	02:08+	02:17+	16:10+	02:09+	02:21+	02:07+	01:32+	01:21+	02:02+	00:49-	00:46-
00:11-	00:11+	00:46-	00:08#	00:15#	00:20#	12:28@	00:33&	00:14#	00:03+	00:38&	00:02+	00:32&	00:01-	00:10-
00:11-	00:11+	00:46-	00:08#	00:15#	00:20#	12:28@	00:33&	00:14#	00:03+	00:38&	00:02+	00:32&	00:01-	00:10-
<b>7</b>	<b>Aud Steinsland</b>	<b>128</b>	<b>41:05</b>											
01:47-	03:54+	06:32-	07:27-	09:32-	11:49-	28:06+	30:04+	32:24+	34:31+	36:08+	37:24+	39:26+	40:21+	41:05+
01:47-	02:07+	02:38-	00:55+	02:05+	02:17+	16:17+	01:58+	02:20+	02:07+	01:37+	01:16-	02:02+	00:55+	00:44-
00:09-	00:15#	00:50-	00:11#	00:12#	00:20#	12:35@	00:22#	00:13#	00:03+	00:43&	00:03-	00:32&	00:05#	00:12-
00:09-	00:15#	00:50-	00:11#	00:12#	00:20#	12:35@	00:22#	00:13#	00:03+	00:43&	00:03-	00:32&	00:05#	00:12-
<b>8</b>	<b>Berit K. Gramstad</b>	<b>113</b>	<b>42:32</b>											
02:03+	04:47+	06:49-	07:39-	11:16+	13:13+	26:33+	28:23+	30:45+	32:37+	34:05+	35:38+	37:41+	41:50+	42:32+
02:03+	02:44+	02:02-	00:50+	03:37+	01:57+	13:20+	01:50+	02:22+	01:52-	01:28+	01:33+	02:03+	04:09+	00:42-
00:07+	00:52&	01:26-	00:06#	01:44&	00:00=	09:38@	00:14#	00:15#	00:12-	00:34&	00:14#	00:33&	03:19@	00:14-
00:07+	00:52&	01:26-	00:06#	01:44&	00:00=	09:38@	00:14#	00:15#	00:12-	00:34&	00:14#	00:33&	03:19@	00:14-
<b>9</b>	<b>Wenche Anda Haarr</b>	<b>92</b>	<b>48:28</b>											
02:04+	05:37+	07:57+	08:48+	12:26+	14:49+	33:00+	34:56+	40:11+	42:00+	42:49+	44:04+	46:48+	47:31+	48:28+
02:04+	03:33+	02:20-	00:51+	03:38+	02:23+	18:11+	01:56+	05:15+	01:49-	00:49-	01:15-	02:44+	00:43-	00:57+
00:08+	01:41&	01:08-	00:07#	01:45&	00:26#	14:29@	00:20#	03:08@	00:15-	00:05-	00:04-	01:14&	00:07-	00:01+
00:08+	01:41&	01:08-	00:07#	01:45&	00:26#	14:29@	00:20#	03:08@	00:15-	00:05-	00:04-	01:14&	00:07-	00:01+

### Beste strekktid for klassen

01:37 01:50 02:00 00:44 01:40 01:39 03:42 01:30 02:04 01:39 00:46 00:47 01:23 00:43 00:37

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

### Damer 65 - 69 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>	<b>25:54</b>											
01:44=	03:54=	06:42=	07:39=	09:52=	12:02=	14:40=	16:28=	19:20=	21:00=	21:54=	22:53=	24:19=	25:13=	25:54=
01:44=	02:10=	02:48=	00:57=	02:13=	02:10=	02:38=	01:48=	02:52=	01:40=	00:54=	00:59=	01:26=	00:54=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Kirsten Carlsen</b>	<b>93</b>	<b>39:56</b>											
01:52+	04:00+	07:59+	08:57+	11:20+	13:34+	23:33+	28:30+	31:02+	32:44+	33:31+	34:37+	36:22+	38:51+	39:56+
01:52+	02:08-	03:59+	00:58+	02:23+	02:14+	09:59+	04:57+	02:32-	01:42+	00:47-	01:06+	01:45+	02:29+	01:05+
00:08+	00:02-	01:11&	00:01+	00:10+	00:04+	07:21@	03:09@	00:20-	00:02+	00:07-	00:07#	00:19#	01:35@	00:24&

<b>3</b>	<b>Aslaug Lura</b>	<b>94</b>	<b>43:15</b>											
02:02+	04:51+	07:38+	08:35+	10:53+	13:12+	21:09+	29:50+	32:22+	36:00+	36:54+	38:06+	41:18+	42:21+	43:15+
02:02+	02:49+	02:47-	00:57=	02:18+	02:19+	07:57+	08:41+	02:32-	03:38+	00:54=	01:12+	03:12+	01:03+	00:54+
00:18#	00:39&	00:01-	00:00=	00:05+	00:09+	05:19@	06:53@	00:20-	01:58@	00:00=	00:13#	01:46@	00:09#	00:13&

**Beste strekktid for klassen**

01:44	02:08	02:47	00:57	02:13	02:10	02:38	01:48	02:32	01:40	00:47	00:59	01:26	00:54	00:41
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

### Damer 70 - 74 år

<b>1</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>24:32</b>											
01:28=	03:05=	05:08=	05:59=	07:41=	09:21=	12:23=	14:39=	17:52=	19:39=	20:34=	21:45=	23:01=	23:57=	24:32=
01:28=	01:37=	02:03=	00:51=	01:42=	01:40=	03:02=	02:16=	03:13=	01:47=	00:55=	01:11=	01:16=	00:56=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Eva Hessen</b>	<b>83</b>	<b>30:18</b>											
02:00+	04:27+	07:37+	08:42+	11:19+	13:18+	16:47+	18:53+	21:14+	23:19+	24:30+	25:36+	28:19+	29:20+	30:18+
02:00+	02:27+	03:10+	01:05+	02:37+	01:59+	03:29+	02:06-	02:21-	02:05+	01:11+	01:06-	02:43+	01:01+	00:58+
00:32&	00:50&	01:07&	00:14&	00:55&	00:19#	00:27#	00:10-	00:52-	00:18#	00:16&	00:05-	01:27@	00:05+	00:23&

<b>3</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>32:17</b>											
01:48+	04:13+	11:25+	12:11+	14:06+	15:51+	19:59+	21:34+	23:29+	25:18+	26:04+	27:14+	29:50+	30:48+	32:17+
01:48+	02:25+	07:12+	00:46-	01:55+	01:45+	04:08+	01:35-	01:55-	01:49+	00:46-	01:10-	02:36+	00:58+	01:29+
00:20#	00:48&	05:09@	00:05-	00:13#	00:05+	01:06&	00:41-	01:18-	00:02+	00:09-	00:01-	01:20@	00:02+	00:54@

<b>4</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>32:33</b>											
02:01+	04:15+	06:25+	07:15+	09:22+	11:14+	13:52+	15:52+	20:50+	23:28+	24:28+	28:23+	30:22+	31:32+	32:33+
02:01+	02:14+	02:10+	00:50-	02:07+	01:52+	02:38-	02:00-	04:58+	02:38+	01:00+	03:55+	01:59+	01:10+	01:01+
00:33&	00:37&	00:07+	00:01-	00:25#	00:12#	00:24-	00:16-	01:45&	00:51&	00:05+	02:44@	00:43&	00:14#	00:26&

<b>5</b>	<b>Helga Klausen</b>	<b>62</b>	<b>33:21</b>												
02:09+	04:26+	10:43+	13:34+	14:22+	16:06+	18:12+	21:07+	23:03+	25:26+	28:04+	28:53+	30:05+	31:30+	32:31+	33:21+
02:09+	02:17+	06:17+	02:51+	00:48-	01:44+	02:06-	02:55+	01:56-	02:23+	02:38+	00:49-	01:12-	01:25+	01:01+	00:50+
00:41&	00:40&	04:14@	02:00@	00:54-	00:04+	00:56-	00:39&	01:17-	00:36&	01:43@	00:22-	00:04-	00:29&	00:26&	00:50+

<b>6</b>	<b>Ragnhild Christiansen</b>	<b>93</b>	<b>33:50</b>											
02:21+	05:00+	08:37+	09:35+	12:19+	14:49+	18:24+	20:34+	24:46+	27:01+	28:21+	29:56+	31:44+	32:58+	33:50+
02:21+	02:39+	03:37+	00:58+	02:44+	02:30+	03:35+	02:10-	04:12+	02:15+	01:20+	01:35+	01:48+	01:14+	00:52+
00:53&	01:02&	01:34&	00:07#	01:02&	00:50&	00:33#	00:06-	00:59&	00:28&	00:25&	00:24&	00:32&	00:18&	00:17&

<b>7</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>	<b>43:20</b>											
02:25+	05:03+	08:33+	09:43+	16:34+	19:07+	24:49+	29:48+	33:19+	35:59+	36:59+	38:10+	40:46+	42:08+	43:20+
02:25+	02:38+	03:30+	01:10+	06:51+	02:33+	05:42+	04:59+	03:31+	02:40+	01:00+	01:11=	02:36+	01:22+	01:12+
00:57&	01:01&	01:27&	00:19&	05:09@	00:53&	02:40&	02:43@	00:18+	00:53&	00:05+	00:00=	01:20@	00:26&	00:37@

**Beste strekktid for klassen**

01:28	01:37	02:03	00:46	00:48	01:40	02:06	01:35	01:55	01:47	00:46	00:49	01:12	00:56	00:35
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

### Damer 75 - 79 år

Class	Navn	Klasse	Tid
<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>38:03</b>
	02:30= 04:56= 07:51= 08:56= 11:27= 14:20= 19:11= 22:26= 26:21= 30:10= 31:29= 32:48= 35:56= 37:03= 38:03=		
	02:30= 02:26= 02:52= 01:05= 02:31= 02:53= 04:51= 03:15= 03:55= 03:49= 01:19= 01:19= 03:08= 01:07= 01:00=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Gørild Espedal</b>	<b>113</b>	<b>54:29</b>
	02:35+ 05:12+ 08:14+ 09:18+ 12:26+ 14:50+ 34:24+ 37:22+ 41:28+ 43:57+ 45:15+ 46:42+ 49:54+ 53:13+ 54:29+		
	02:35+ 02:37+ 03:02+ 01:04- 03:08+ 02:24- 19:34+ 02:58- 04:06+ 02:29- 01:18- 01:27+ 03:12+ 03:19+ 01:16+		
	00:05+ 00:11+ 00:07+ 00:01- 00:37# 00:29- 14:43@ 00:17- 00:11+ 01:20- 00:01- 00:08# 00:04+ 02:12@ 00:16&		
<b>Beste strekktid for klassen</b>			
	02:30 02:26 02:55 01:04 02:31 02:24 04:51 02:58 03:55 02:29 01:18 01:19 03:08 01:07 01:00		

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>20:01</b>
	01:41= 03:09= 04:25= 06:24= 08:49= 10:37= 11:29= 12:42= 14:44= 15:34= 16:39= 18:16= 19:26= 19:43= 20:01=		
	01:41= 01:28= 01:16= 01:59= 02:25= 01:48= 00:52= 01:13= 02:02= 00:50= 01:05= 01:37= 01:10= 00:17= 00:18=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Marjo Liikanen</b>	<b>67</b>	<b>20:04</b>
	01:34- 03:23+ 04:46+ 06:43+ 09:16+ 11:04+ 11:56+ 13:09+ 14:43- 15:30- 16:40+ 18:17+ 19:27+ 19:46+ 20:04+		
	01:34- 01:49+ 01:23+ 01:57- 02:33+ 01:48= 00:52= 01:13= 01:34- 00:47- 01:10+ 01:37= 01:10= 00:19+ 00:18=		
	00:07- 00:21# 00:07+ 00:02- 00:00= 00:00= 00:00= 00:00= 00:28- 00:03- 00:05+ 00:00= 00:00= 00:02# 00:00=		
<b>3</b>	<b>Inger Tone Nygård</b>	<b>29</b>	<b>22:08</b>
	01:44+ 03:10+ 04:35+ 06:43+ 09:07+ 12:55+ 13:40+ 14:54+ 16:39+ 17:30+ 18:45+ 20:15+ 21:31+ 21:50+ 22:08+		
	01:44+ 01:26- 01:25+ 02:08+ 02:24- 03:48+ 00:45- 01:14+ 01:45- 00:51+ 01:15+ 01:30- 01:16+ 00:19+ 00:18=		
	00:03+ 00:02- 00:09# 00:09+ 00:01- 02:00@ 00:07- 00:01+ 00:17- 00:01+ 00:10# 00:07- 00:06+ 00:02# 00:00=		
<b>4</b>	<b>Agnes Elin Engen</b>	<b>116</b>	<b>24:55</b>
	01:53+ 04:09+ 05:51+ 08:08+ 11:08+ 13:26+ 14:30+ 15:51+ 18:02+ 18:59+ 20:39+ 22:17+ 24:09+ 24:31+ 24:55+		
	01:53+ 02:16+ 01:42+ 02:17+ 03:00+ 02:18+ 01:04+ 01:21+ 02:11+ 00:57+ 01:40+ 01:38+ 01:52+ 00:22+ 00:24+		
	00:12# 00:48& 00:26& 00:18# 00:35# 00:30& 00:12# 00:08# 00:09+ 00:07# 00:35& 00:01+ 00:42& 00:05& 00:06&		
<b>5</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>	<b>27:05</b>
	02:11+ 04:07+ 05:44+ 08:22+ 11:45+ 14:08+ 15:14+ 16:40+ 19:25+ 20:58+ 22:50+ 24:15+ 26:12+ 26:37+ 27:05+		
	02:11+ 01:56+ 01:37+ 02:38+ 03:23+ 02:23+ 01:06+ 01:26+ 02:45+ 01:33+ 01:52+ 01:25- 01:57+ 00:25+ 00:28+		
	00:30& 00:28& 00:21& 00:39& 00:58& 00:35& 00:14& 00:13# 00:43& 00:43& 00:47& 00:12- 00:47& 00:08& 00:10&		
<b>6</b>	<b>Trine Bolstad</b>	<b>62</b>	<b>27:24</b>
	01:52+ 03:24+ 04:55+ 07:15+ 09:58+ 11:56+ 12:55+ 14:15+ 18:51+ 19:44+ 21:04+ 22:41+ 26:45+ 27:05+ 27:24+		
	01:52+ 01:32+ 01:31+ 02:20+ 02:43+ 01:58+ 00:59+ 01:20+ 04:36+ 00:53+ 01:20+ 01:37= 04:04+ 00:20+ 00:19+		
	00:11# 00:04+ 00:15# 00:21# 00:18# 00:10+ 00:07# 00:07+ 02:34@ 00:03+ 00:15# 00:00= 02:54@ 00:03# 00:01+		
<b>Beste strekktid for klassen</b>			
	01:34 01:26 01:16 01:57 02:24 01:48 00:45 01:13 01:34 00:47 01:05 01:25 01:10 00:17 00:18		

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

## Damer B

<b>1</b>	<b>Vibeke Lamark</b>	<b>46</b>	<b>23:44</b>
	02:18= 03:56= 05:30= 07:48= 10:47= 13:00= 13:56= 15:23= 17:29= 18:31= 19:56= 21:23= 22:51= 23:12= 23:44=		
	02:18= 01:38= 01:34= 02:18= 02:59= 02:13= 00:56= 01:27= 02:06= 01:02= 01:25= 01:27= 01:28= 00:21= 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=		
<b>2</b>	<b>Lise Isachsen</b>	<b>165</b>	<b>24:11</b>
	01:55- 03:51- 05:27- 07:36- 10:11- 12:07- 13:03- 14:17- 15:53- 17:06- 18:41- 20:29- 23:06+ 23:41+ 24:11+		
	01:55- 01:56+ 01:36+ 02:09- 02:35- 01:56- 00:56= 01:14- 01:36- 01:13+ 01:35+ 01:48+ 02:37+ 00:35+ 00:30-		
	00:23- 00:18# 00:02+ 00:09- 00:24- 00:17- 00:00= 00:13- 00:30- 00:11# 00:10# 00:21# 01:09& 00:14& 00:02-		
<b>3</b>	<b>Ann-Cathrin Urdal</b>	<b>118</b>	<b>25:21</b>
	01:57- 03:43- 05:27- 07:53+ 11:09+ 13:36+ 14:42+ 16:18+ 18:24+ 19:20+ 20:44+ 22:30+ 24:20+ 24:59+ 25:21+		
	01:57- 01:46+ 01:44+ 02:26+ 03:16+ 02:27+ 01:06+ 01:36+ 02:06= 00:56- 01:24- 01:46+ 01:50+ 00:39+ 00:22-		
	00:21- 00:08+ 00:10# 00:08+ 00:17+ 00:14# 00:10# 00:09# 00:00= 00:06- 00:01- 00:19# 00:22# 00:18& 00:10-		

Class	Navn	Klasse										Tid			
<b>4</b>	<b>Ingrid W. Hestness</b>	<b>117</b>										<b>25:34</b>			
	01:59- 04:30+ 06:09+ 08:36+ 11:16+ 13:36+ 14:29+ 16:08+ 18:18+ 19:21+ 21:21+ 23:16+ 24:45+ 25:11+ 25:34+														
	01:59- 02:31+ 01:39+ 02:27+ 02:40- 00:53- 01:39+ 02:10+ 01:03+ 02:00+ 01:55+ 01:29+ 00:26+ 00:23-														
	00:19- 00:53& 00:05+ 00:09+ 00:19- 00:07+ 00:03- 00:12# 00:04+ 00:01+ 00:35& 00:28& 00:01+ 00:05# 00:09-														
<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>										<b>26:01</b>			
	02:04- 03:50- 05:41+ 08:06+ 11:06+ 13:20+ 14:16+ 16:14+ 18:02+ 19:24+ 21:53+ 23:35+ 25:13+ 25:37+ 26:01+														
	02:04- 01:46+ 01:51+ 02:25+ 03:00+ 02:14+ 00:56= 01:58+ 01:48- 01:22+ 02:29+ 01:42+ 01:38+ 00:24+ 00:24-														
	00:14- 00:08+ 00:17# 00:07+ 00:01+ 00:01+ 00:00= 00:31& 00:18- 00:20& 01:04& 00:15# 00:10# 00:03# 00:08-														
<b>6</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>26:12</b>			
	02:16- 04:07+ 05:38+ 07:56+ 11:53+ 13:45+ 14:40+ 16:03+ 17:56+ 19:00+ 20:40+ 22:44+ 25:07+ 25:30+ 26:12+														
	02:16- 01:51+ 01:31- 02:18= 03:57+ 01:52- 00:55- 01:23- 01:53- 01:04+ 01:40+ 02:04+ 02:23+ 00:23+ 00:42+														
	00:02- 00:13# 00:03- 00:00= 00:58& 00:21- 00:01- 00:04- 00:13- 00:02+ 00:15# 00:37& 00:55& 00:02+ 00:10&														
<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>										<b>26:41</b>			
	01:52- 03:33- 05:09- 07:33- 10:22- 12:37- 13:37- 15:14- 16:49- 17:52- 19:19- 20:57- 25:54+ 26:18+ 26:41+														
	01:52- 01:41+ 01:36+ 02:24+ 02:49- 02:15+ 01:00+ 01:37+ 01:35- 01:03+ 01:27+ 01:38+ 04:57+ 00:24+ 00:23-														
	00:26- 00:03+ 00:02+ 00:06+ 00:10- 00:02+ 00:04+ 00:10# 00:31- 00:01+ 00:02+ 00:11# 03:29@ 00:03# 00:09-														
<b>8</b>	<b>Hilde Nordbø</b>	<b>93</b>										<b>27:48</b>			
	02:15- 04:33+ 06:09+ 08:46+ 11:42+ 14:05+ 15:07+ 16:31+ 20:27+ 21:33+ 23:04+ 25:23+ 26:55+ 27:17+ 27:48+														
	02:15- 02:18+ 01:36+ 02:37+ 02:56- 02:23+ 01:02+ 01:24- 03:56+ 01:06+ 01:31+ 02:19+ 01:32+ 00:22+ 00:31-														
	00:03- 00:40& 00:02+ 00:19# 00:03- 00:10+ 00:06# 00:03- 01:50& 00:04+ 00:06+ 00:52& 00:04+ 00:01+ 00:01-														
<b>9</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>27:50</b>			
	02:09- 04:17+ 06:12+ 09:02+ 12:27+ 14:52+ 15:57+ 17:33+ 19:46+ 20:55+ 23:14+ 25:02+ 26:57+ 27:23+ 27:50+														
	02:09- 02:08+ 01:55+ 02:50+ 03:25+ 02:25+ 01:05+ 01:36+ 02:13+ 01:09+ 02:19+ 01:48+ 01:55+ 00:26+ 00:27-														
	00:09- 00:30& 00:21# 00:32# 00:26# 00:12+ 00:09# 00:07+ 00:07+ 00:07# 00:54& 00:21# 00:27& 00:05# 00:05-														
<b>10</b>	<b>Elisabeth Christie Ørke</b>	<b>117</b>										<b>27:57</b>			
	02:01- 04:02+ 06:41+ 08:56+ 13:15+ 15:26+ 16:22+ 17:51+ 20:50+ 21:50+ 23:38+ 25:36+ 27:17+ 27:36+ 27:57+														
	02:01- 02:01+ 02:39+ 02:15- 04:19+ 02:11- 00:56= 01:29+ 02:59+ 01:00- 01:48+ 01:58+ 01:41+ 00:19- 00:21-														
	00:17- 00:23# 01:05& 00:03- 01:20& 00:02- 00:00= 00:02+ 00:53& 00:02- 00:23& 00:31& 00:13# 00:02- 00:11-														
<b>11</b>	<b>Tone Cecilie Nystrøm</b>	<b>68</b>										<b>28:15</b>			
	01:54- 03:47- 05:34+ 08:23+ 11:54+ 14:38+ 15:49+ 17:30+ 19:49+ 21:07+ 22:48+ 25:17+ 27:22+ 27:48+ 28:15+														
	01:54- 01:53+ 01:47+ 02:49+ 03:31+ 02:44+ 01:11+ 01:41+ 02:19+ 01:18+ 01:41+ 02:29+ 02:05+ 00:26+ 00:27-														
	00:24- 00:15# 00:13# 00:31# 00:32# 00:31# 00:15& 00:14# 00:13# 00:16& 00:16# 01:02& 00:37& 00:05# 00:05-														
<b>12</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>29:53</b>			
	01:52- 04:03+ 05:46+ 08:15+ 12:40+ 15:09+ 17:15+ 19:06+ 21:37+ 23:05+ 25:16+ 27:20+ 29:05+ 29:31+ 29:53+														
	01:52- 02:11+ 01:43+ 02:29+ 04:25+ 02:29+ 02:06+ 01:51+ 02:31+ 01:28+ 02:11+ 02:04+ 01:45+ 00:26+ 00:22-														
	00:26- 00:33& 00:09+ 00:11+ 01:26& 00:16# 01:10@ 00:24& 00:25# 00:26& 00:46& 00:37& 00:17# 00:05# 00:10-														
<b>13</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>										<b>30:38</b>			
	02:22+ 04:37+ 06:29+ 09:10+ 12:20+ 14:55+ 15:57+ 17:30+ 20:35+ 21:46+ 23:19+ 25:28+ 29:51+ 30:11+ 30:38+														
	02:22+ 02:15+ 01:52+ 02:41+ 03:10+ 02:35+ 01:02+ 01:33+ 03:05+ 01:11+ 01:33+ 02:09+ 04:23+ 00:20- 00:27-														
	00:04+ 00:37& 00:18# 00:23# 00:11+ 00:22# 00:06# 00:06+ 00:59& 00:09# 00:08+ 00:42& 02:55@ 00:01- 00:05-														
<b>14</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>31:55</b>			
	02:12- 04:18+ 06:16+ 09:10+ 13:01+ 16:06+ 17:33+ 19:20+ 23:13+ 24:23+ 26:25+ 28:29+ 31:01+ 31:27+ 31:55+														
	02:12- 02:06+ 01:58+ 02:54+ 03:51+ 03:05+ 01:27+ 01:47+ 03:53+ 01:10+ 02:02+ 02:04+ 02:32+ 00:26+ 00:28-														
	00:06- 00:28& 00:24& 00:36& 00:52& 00:52& 00:31& 00:20# 01:47& 00:08# 00:37& 00:37& 01:04& 00:05# 00:04-														
<b>15</b>	<b>Ellen Tindeland</b>	<b>27</b>										<b>32:41</b>			
	01:59- 04:44+ 06:20+ 08:52+ 16:24+ 18:39+ 19:36+ 21:09+ 23:07+ 24:13+ 26:36+ 29:16+ 31:49+ 32:14+ 32:41+														
	01:59- 02:45+ 01:36+ 02:32+ 07:32+ 02:15+ 00:57+ 01:33+ 01:58- 01:06+ 02:23+ 02:40+ 02:33+ 00:25+ 00:27-														
	00:19- 01:07& 00:02+ 00:14# 04:33@ 00:02+ 00:01+ 00:06+ 00:08- 00:04+ 00:58& 01:13& 01:05& 00:04# 00:05-														
<b>16</b>	<b>May Elinor Meling</b>	<b>125</b>										<b>36:01</b>			
	03:16+ 05:43+ 07:52+ 10:39+ 16:07+ 18:27+ 19:48+ 21:51+ 25:40+ 26:57+ 29:50+ 32:23+ 34:51+ 35:31+ 36:01+														
	03:16+ 02:27+ 02:09+ 02:47+ 05:28+ 02:20+ 01:21+ 02:03+ 03:49+ 01:17+ 02:53+ 02:33+ 02:28+ 00:40+ 00:30-														
	00:58& 00:49& 00:35& 00:29# 02:29& 00:07+ 00:25& 00:36& 01:43& 00:15# 01:28@ 01:06& 01:00& 00:19& 00:02-														
<b>17</b>	<b>Ingunn Anda Haug</b>	<b>67</b>										<b>36:30</b>			
	02:15- 04:19+ 06:18+ 09:09+ 14:06+ 16:44+ 17:52+ 19:44+ 28:50+ 30:02+ 31:51+ 33:50+ 35:37+ 36:04+ 36:30+														
	02:15- 02:04+ 01:59+ 02:51+ 04:57+ 02:38+ 01:08+ 01:52+ 09:06+ 01:12+ 01:49+ 01:59+ 01:47+ 00:27+ 00:26-														
	00:03- 00:26& 00:25& 00:33# 01:58& 00:25# 00:12# 00:25& 07:00@ 00:10# 00:24& 00:32& 00:19# 00:06& 00:06-														
<b>Beste strekktid for klassen</b>															
	01:52	01:38	01:31	02:09	02:35	01:52	00:53	01:14	01:35	00:56	01:24	01:27	01:28	00:19	00:21

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



## Damer Ny

**1 Linda Rotevatn 47 25:17**

00:42= 02:12= 04:02= 05:43= 06:49= 08:16= 10:09= 11:24= 15:46= 23:28= 24:32= 25:17=  
 00:45= 01:30= 01:50= 01:41= 01:06= 01:27= 01:53= 01:15= 04:22= 07:42= 01:04= 00:45=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### Beste strekketid for klassen

00:42 01:30 01:50 01:41 01:06 01:27 01:53 01:15 04:22 07:42 01:04 00:45

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

## Damer Trim

**1 Lise Nessa Di Lorenzo 168 19:19**

00:45= 02:31= 04:53= 05:29= 06:50= 09:22= 10:52= 14:21= 15:04= 16:24= 18:00= 18:42= 19:19=  
 00:45= 01:46= 02:22= 00:36= 01:21= 02:32= 01:30= 03:29= 00:43= 01:20= 01:36= 00:42= 00:37=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Anna Berthelsen 117 19:31**

00:42- 02:27- 05:06+ 05:53+ 07:15+ 10:23+ 11:45+ 13:51- 14:40- 16:25+ 17:59- 18:47+ 19:31+  
 00:42- 01:45- 02:39+ 00:47+ 01:22+ 03:08+ 01:22- 02:06- 00:49+ 01:45+ 01:34- 00:48+ 00:44+  
 00:03- 00:01- 00:17# 00:11& 00:01+ 00:36# 00:08- 01:23- 00:06# 00:25& 00:02- 00:06# 00:07#

**3 Marie Sjursen 117 19:48**

00:42- 03:01+ 06:27+ 07:10+ 08:23+ 10:59+ 12:39+ 15:01+ 15:39+ 17:12+ 18:23+ 19:12+ 19:48+  
 00:42- 02:19+ 03:26+ 00:43+ 01:13- 02:36+ 01:40+ 02:22- 00:38- 01:33+ 01:11- 00:49+ 00:36-  
 00:03- 00:33& 01:04& 00:07# 00:08- 00:04+ 00:10# 01:07- 00:05- 00:13# 00:25- 00:07# 00:01-

**4 Grete Hellevik 168 20:55**

00:42- 02:41+ 05:26+ 06:20+ 07:57+ 11:24+ 12:38+ 15:07+ 16:09+ 17:49+ 19:22+ 20:12+ 20:55+  
 00:42- 01:59+ 02:45+ 00:54+ 01:37+ 03:27+ 01:14- 02:29- 01:02+ 01:40+ 01:33- 00:50+ 00:43+  
 00:03- 00:13# 00:23# 00:18& 00:16# 00:55& 00:16- 01:00- 00:19& 00:20# 00:03- 00:08# 00:06#

**5 Therese Immerstein Noraberg 71 21:21**

00:54+ 02:31= 04:48- 06:18+ 07:38+ 12:08+ 15:01+ 16:14+ 17:49+ 19:51+ 20:43+ 21:21+  
 00:54+ 01:37- 02:17- 01:30+ 01:20- 02:19- 02:11+ 02:53- 01:13+ 01:35+ 02:02+ 00:52+ 00:38+  
 00:09# 00:09- 00:05- 00:54@ 00:01- 00:13- 00:41& 00:36- 00:30& 00:15# 00:26& 00:10# 00:01+

**6 Bjørg Elen Abrahamsen 29 21:46**

00:49+ 03:00+ 05:43+ 06:34+ 08:14+ 11:44+ 13:51+ 16:20+ 17:06+ 19:07+ 20:11+ 21:06+ 21:46+  
 00:49+ 02:11+ 02:43+ 00:51+ 01:40+ 03:30+ 02:07+ 02:29- 00:46+ 02:01+ 01:04- 00:55+ 00:40+  
 00:04+ 00:25# 00:21# 00:15& 00:19# 00:58& 00:37& 01:00- 00:03+ 00:41& 00:32- 00:13& 00:03+

**7 Margot Asheim 105 22:03**

00:57+ 02:48+ 05:32+ 06:26+ 08:44+ 12:01+ 13:26+ 15:54+ 16:58+ 19:10+ 20:08+ 21:17+ 22:03+  
 00:57+ 01:51+ 02:44+ 00:54+ 02:18+ 03:17+ 01:25- 02:28- 01:04+ 02:12+ 00:58- 01:09+ 00:46+  
 00:12& 00:05+ 00:22# 00:18& 00:57& 00:45& 00:05- 01:01- 00:21& 00:52& 00:38- 00:27& 00:09#

**8 Randi Bugge 46 22:05**

00:49+ 02:58+ 05:44+ 06:36+ 08:22+ 11:27+ 12:52+ 15:30+ 16:34+ 18:46+ 20:30+ 21:24+ 22:05+  
 00:49+ 02:09+ 02:46+ 00:52+ 01:46+ 03:05+ 01:25- 02:38- 01:04+ 02:12+ 01:44+ 00:54+ 00:41+  
 00:04+ 00:23# 00:24# 00:16& 00:25& 00:33# 00:05- 00:51- 00:21& 00:52& 00:08+ 00:12& 00:04#

**9 Sarah Denieul 42 22:16**

00:55+ 02:45+ 05:54+ 07:44+ 09:11+ 12:57+ 14:01+ 16:03+ 16:50+ 18:41+ 19:43+ 20:47+ 22:16+  
 00:55+ 01:50+ 03:09+ 01:50+ 01:27+ 03:46+ 01:04- 02:02- 00:47+ 01:51+ 01:02- 01:04+ 01:29+  
 00:10# 00:04+ 00:47& 01:14@ 00:06+ 01:14& 00:26- 01:27- 00:04+ 00:31& 00:34- 00:22& 00:52@

**10 Oddveig Øgaard Schjelderup 117 24:13**

01:00+ 03:12+ 05:50+ 06:53+ 08:51+ 12:19+ 13:52+ 16:54+ 18:03+ 20:52+ 22:09+ 23:20+ 24:13+  
 01:00+ 02:12+ 02:38+ 01:03+ 01:58+ 03:28+ 01:33+ 03:02- 01:09+ 02:49+ 01:17- 01:11+ 00:53+  
 00:15& 00:26# 00:16# 00:27& 00:37& 00:56& 00:03+ 00:27- 00:26& 01:29@ 00:19- 00:29& 00:16&

**11 Grethe Wathne 109 24:13**

00:59+ 03:09+ 05:53+ 06:56+ 08:46+ 12:17+ 13:47+ 16:51+ 18:00+ 20:57+ 22:13+ 23:17+ 24:13+  
 00:59+ 02:10+ 02:44+ 01:03+ 01:50+ 03:31+ 01:30= 03:04- 01:09+ 02:57+ 01:16- 01:04+ 00:56+  
 00:14& 00:24# 00:22# 00:27& 00:29& 00:59& 00:00= 00:25- 00:26& 01:37@ 00:20- 00:22& 00:19&

Class	Navn	Klasse										Tid
<b>12</b>	<b>Janeth Kleppe</b>	<b>128</b>										<b>24:32</b>
00:58+	02:49+	05:08+	05:54+	07:29+	11:14+	13:12+	15:59+	18:52+	20:35+	23:06+	23:52+	24:32+
00:58+	01:51+	02:19-	00:46+	01:35+	03:45+	01:58+	02:47-	02:53+	01:43+	02:31+	00:46+	00:40+
00:13&	00:05+	00:03-	00:10&	00:14#	01:13&	00:28&	00:42-	02:10@	00:23&	00:55&	00:04+	00:03+
<b>13</b>	<b>Ruth Grødem</b>	<b>105</b>										<b>25:30</b>
01:26+	03:48+	07:32+	08:21+	10:08+	13:51+	15:19+	18:17+	19:11+	22:30+	23:48+	24:41+	25:30+
01:26+	02:22+	03:44+	00:49+	01:47+	03:43+	01:28-	02:58-	00:54+	03:19+	01:18-	00:53+	00:49+
00:41&	00:36&	01:22&	00:13&	00:26&	01:11&	00:02-	00:31-	00:11&	01:59@	00:18-	00:11&	00:12&
<b>14</b>	<b>Lene Haver Schmidt</b>	<b>88</b>										<b>26:02</b>
01:04+	03:17+	06:54+	07:56+	09:52+	13:37+	15:13+	18:32+	19:33+	21:40+	24:13+	25:20+	26:02+
01:04+	02:13+	03:37+	01:02+	01:56+	03:45+	01:36+	03:19-	01:01+	02:07+	02:33+	01:07+	00:42+
00:19&	00:27&	01:15&	00:26&	00:35&	01:13&	00:06+	00:10-	00:18&	00:47&	00:57&	00:25&	00:05#
<b>15</b>	<b>Anita Edgren</b>	<b>88</b>										<b>26:03</b>
01:07+	03:19+	06:58+	07:53+	09:49+	13:39+	15:09+	18:30+	19:34+	21:41+	24:10+	25:18+	26:03+
01:07+	02:12+	03:39+	00:55+	01:56+	03:50+	01:30=	03:21-	01:04+	02:07+	02:29+	01:08+	00:45+
00:22&	00:26#	01:17&	00:19&	00:35&	01:18&	00:00-	00:08-	00:21&	00:47&	00:53&	00:26&	00:08#
<b>16</b>	<b>Sissel Carlsen Bråstad</b>	<b>88</b>										<b>26:05</b>
01:04+	03:20+	06:58+	07:55+	09:54+	13:40+	15:15+	18:34+	19:36+	21:36+	24:07+	25:21+	26:05+
01:04+	02:16+	03:38+	00:57+	01:59+	03:46+	01:35+	03:19-	01:02+	02:00+	02:31+	01:14+	00:44+
00:19&	00:30&	01:16&	00:21&	00:38&	01:14&	00:05+	00:10-	00:19&	00:40&	00:55&	00:32&	00:07#
<b>17</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>26:41</b>
01:01+	03:04+	06:15+	07:45+	09:43+	13:03+	14:53+	18:08+	21:44+	23:41+	25:06+	25:58+	26:41+
01:01+	02:03+	03:11+	01:30+	01:58+	03:20+	01:50+	03:15-	03:36+	01:57+	01:25-	00:52+	00:43+
00:16&	00:17#	00:49&	00:54@	00:37&	00:48&	00:20#	00:14-	02:53@	00:37&	00:11-	00:10#	00:06#
<b>18</b>	<b>Margretha Almedal</b>	<b>91</b>										<b>27:09</b>
00:39-	02:53+	06:37+	08:36+	10:45+	14:36+	17:50+	20:09+	21:14+	23:16+	24:57+	26:20+	27:09+
00:39-	02:14+	03:44+	01:59+	02:09+	03:51+	03:14+	02:19-	01:05+	02:02+	01:41+	01:23+	00:49+
00:06-	00:28&	01:22&	01:23@	00:48&	01:19&	01:44@	01:10-	00:22&	00:42&	00:05+	00:41&	00:12&
<b>19</b>	<b>Eli Tjetland</b>	<b>116</b>										<b>27:14</b>
00:51+	03:13+	06:46+	07:58+	10:12+	14:11+	15:51+	19:15+	20:36+	23:01+	24:54+	26:17+	27:14+
00:51+	02:22+	03:33+	01:12+	02:14+	03:59+	01:40+	03:24-	01:21+	02:25+	01:53+	01:23+	00:57+
00:06#	00:36&	01:11&	00:36&	00:53&	01:27&	00:10#	00:05-	00:38&	01:05&	00:17#	00:41&	00:20&
<b>20</b>	<b>Tove Kristin K. Helvig</b>	<b>105</b>										<b>27:41</b>
00:46+	02:56+	06:28+	07:14+	10:04+	14:07+	15:35+	18:51+	19:54+	22:32+	25:52+	26:48+	27:41+
00:46+	02:10+	03:32+	00:46+	02:50+	04:03+	01:28-	03:16-	01:03+	02:38+	03:20+	00:56+	00:53+
00:01+	00:24#	01:10&	00:10&	01:29@	01:31&	00:02-	00:13-	00:20&	01:18&	01:44@	00:14&	00:16&
<b>21</b>	<b>Karin Gilje Ask</b>	<b>141</b>										<b>27:58</b>
00:55+	03:19+	06:40+	08:00+	10:46+	14:52+	16:44+	20:34+	21:52+	24:07+	25:36+	27:08+	27:58+
00:55+	02:24+	03:21+	01:20+	02:46+	04:06+	01:52+	03:50+	01:18+	02:15+	01:29-	01:32+	00:50+
00:10#	00:38&	00:59&	00:44@	01:25@	01:34&	00:22#	00:21#	00:35&	00:55&	00:07-	00:50@	00:13&
<b>22</b>	<b>Anne Grete Friberg</b>	<b>141</b>										<b>28:05</b>
01:03+	03:27+	06:43+	08:03+	10:41+	14:54+	16:46+	20:43+	21:59+	24:14+	25:47+	27:09+	28:05+
01:03+	02:24+	03:16+	01:20+	02:38+	04:13+	01:52+	03:57+	01:16+	02:15+	01:33-	01:22+	00:56+
00:18&	00:38&	00:54&	00:44@	01:17&	01:41&	00:22#	00:28#	00:33&	00:55&	00:03-	00:40&	00:19&
<b>23</b>	<b>Judith Serigstad</b>	<b>128</b>										<b>28:24</b>
00:59+	03:12+	05:43+	07:05+	09:04+	12:23+	13:52+	16:56+	17:53+	25:07+	26:12+	27:40+	28:24+
00:59+	02:13+	02:31+	01:22+	01:59+	03:19+	01:29-	03:04-	00:57+	07:14+	01:05-	01:28+	00:44+
00:14&	00:27&	00:09+	00:46@	00:38&	00:47&	00:01-	00:25-	00:14&	05:54@	00:31-	00:46@	00:07#
<b>24</b>	<b>Synnøve Hognestad</b>	<b>115</b>										<b>28:55</b>
00:55+	03:11+	06:20+	07:10+	08:32+	12:25+	18:16+	21:09+	21:59+	24:15+	27:20+	28:07+	28:55+
00:55+	02:16+	03:09+	00:50+	01:22+	03:53+	05:51+	02:53-	00:50+	02:16+	03:05+	00:47+	00:48+
00:10#	00:30&	00:47&	00:14&	00:01+	01:21&	04:21@	00:36-	00:07#	00:56&	01:29&	00:05#	00:11&
<b>25</b>	<b>Synnøve Langvik</b>	<b>93</b>										<b>29:05</b>
01:04+	04:12+	07:04+	08:09+	10:02+	13:25+	15:56+	19:19+	20:11+	24:36+	27:30+	28:21+	29:05+
01:04+	03:08+	02:52+	01:05+	01:53+	03:23+	02:31+	03:23-	00:52+	04:25+	02:54+	00:51+	00:44+
00:19&	01:22&	00:30#	00:29&	00:32&	00:51&	01:01&	00:06-	00:09#	03:05@	01:18&	00:09#	00:07#
<b>26</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>										<b>29:24</b>
00:58+	03:16+	06:44+	07:48+	09:33+	13:01+	15:12+	17:40+	18:36+	26:04+	27:19+	28:35+	29:24+
00:58+	02:18+	03:28+	01:04+	01:45+	03:28+	02:11+	02:28-	00:56+	07:28+	01:15-	01:16+	00:49+
00:13&	00:32&	01:06&	00:28&	00:24&	00:56&	00:41&	01:01-	00:13&	06:08@	00:21-	00:34&	00:12&

Class	Navn	Klasse										Tid
<b>27</b>	<b>Ingunn Fandrem</b>	<b>47</b>										<b>29:25</b>
01:07+	03:22+	06:44+	07:50+	10:41+	14:36+	16:07+	20:42+	21:55+	24:53+	27:17+	28:36+	29:25+
01:07+	02:15+	03:22+	01:06+	02:51+	03:55+	01:31+	04:35+	01:13+	02:58+	02:24+	01:19+	00:49+
00:22&	00:29&	01:00&	00:30&	01:30@	01:23&	00:01+	01:06&	00:30&	01:38@	00:48&	00:37&	00:12&
<b>28</b>	<b>Solveig Grønning</b>	<b>47</b>										<b>29:26</b>
01:09+	03:20+	06:46+	07:46+	10:46+	14:39+	16:13+	20:45+	22:00+	24:58+	27:39+	28:38+	29:26+
01:09+	02:11+	03:26+	01:00+	03:00+	03:53+	01:34+	04:32+	01:15+	02:58+	02:41+	00:59+	00:48+
00:24&	00:25#	01:04&	00:24&	01:39@	01:21&	00:04+	01:03&	00:32&	01:38@	01:05&	00:17&	00:11&
<b>29</b>	<b>Marianne Gjesdal Lyngås</b>	<b>253</b>										<b>29:34</b>
01:06+	03:34+	07:11+	08:23+	10:39+	14:59+	18:17+	21:40+	23:06+	25:23+	27:27+	28:39+	29:34+
01:06+	02:28+	03:37+	01:12+	02:16+	04:20+	03:18+	03:23-	01:26+	02:17+	02:04+	01:12+	00:55+
00:21&	00:42&	01:15&	00:36&	00:55&	01:48&	01:48@	00:06-	00:43&	00:57&	00:28&	00:30&	00:18&
<b>30</b>	<b>Ingrid Marie Torgersen</b>	<b>253</b>										<b>29:36</b>
01:10+	03:40+	07:16+	08:27+	10:43+	14:59+	18:15+	21:46+	23:01+	25:27+	27:38+	28:47+	29:36+
01:10+	02:30+	03:36+	01:11+	02:16+	04:16+	03:16+	03:31+	01:15+	02:26+	02:11+	01:09+	00:49+
00:25&	00:44&	01:14&	00:35&	00:55&	01:44&	01:46@	00:02+	00:32&	01:06&	00:35&	00:27&	00:12&
<b>31</b>	<b>Mona Nordmark Kaada</b>	<b>178</b>										<b>29:37</b>
00:54+	02:47+	05:43+	06:33+	08:07+	11:10+	13:17+	23:02+	23:59+	27:07+	28:06+	28:58+	29:37+
00:54+	01:53+	02:56+	00:50+	01:34+	03:03+	02:07+	09:45+	00:57+	03:08+	00:59-	00:52+	00:39+
00:09#	00:07+	00:34#	00:14&	00:13#	00:31#	00:37&	06:16@	00:14&	01:48@	00:37-	00:10#	00:02+
<b>32</b>	<b>Irene Mæland Torgersen</b>	<b>253</b>										<b>29:40</b>
01:14+	03:40+	07:20+	08:30+	10:47+	15:05+	18:28+	21:50+	23:05+	25:23+	27:36+	28:47+	29:40+
01:14+	02:26+	03:40+	01:10+	02:17+	04:18+	03:23+	03:22-	01:15+	02:18+	02:13+	01:11+	00:53+
00:29&	00:40&	01:18&	00:34&	00:56&	01:46&	01:53@	00:07-	00:32&	00:58&	00:37&	00:29&	00:16&
<b>33</b>	<b>Åse Sellereite</b>	<b>27</b>										<b>29:43</b>
00:54+	02:46+	05:50+	08:35+	12:29+	15:26+	18:32+	20:55+	21:44+	26:57+	28:12+	29:05+	29:43+
00:54+	01:52+	03:04+	02:45+	03:54+	02:57+	03:06+	02:23-	00:49+	05:13+	01:15-	00:53+	00:38+
00:09#	00:06+	00:42&	02:09@	02:33@	00:25#	01:36@	01:06-	00:06#	03:53@	00:21-	00:11&	00:01+
<b>34</b>	<b>Eli Våge</b>	<b>117</b>										<b>30:02</b>
00:45=	03:16+	07:11+	08:25+	10:16+	14:08+	16:24+	20:56+	21:54+	24:20+	27:05+	29:15+	30:02+
00:45=	02:31+	03:55+	01:14+	01:51+	03:52+	02:16+	04:32+	00:58+	02:26+	02:45+	02:10+	00:47+
00:00=	00:45&	01:33&	00:38@	00:30&	01:20&	00:46&	01:03&	00:15&	01:06&	01:09&	01:28@	00:10&
<b>35</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>30:18</b>
01:36+	04:08+	07:46+	08:58+	11:37+	15:43+	17:14+	20:27+	21:57+	24:36+	27:24+	29:14+	30:18+
01:36+	02:32+	03:38+	01:12+	02:39+	04:06+	01:31+	03:13-	01:30+	02:39+	02:48+	01:50+	01:04+
00:51@	00:46&	01:16&	00:36&	01:18&	01:34&	00:01+	00:16-	00:47@	01:19&	01:12&	01:08@	00:27&
<b>36</b>	<b>Åse Franciska Møster</b>	<b>128</b>										<b>30:48</b>
01:05+	03:11+	06:13+	07:11+	08:49+	13:23+	20:33+	22:49+	24:21+	26:21+	29:11+	30:05+	30:48+
01:05+	02:06+	03:02+	00:58+	01:38+	04:34+	07:10+	02:16-	01:32+	02:00+	02:50+	00:54+	00:43+
00:20&	00:20#	00:40&	00:22&	00:17#	02:02&	05:40@	01:13-	00:49@	00:40&	01:14&	00:12&	00:06#
<b>37</b>	<b>Elin Norveel</b>	<b>105</b>										<b>31:25</b>
00:54+	03:01+	10:27+	11:17+	18:19+	21:56+	23:06+	25:30+	26:25+	28:31+	29:45+	30:36+	31:25+
00:54+	02:07+	07:26+	00:50+	07:02+	03:37+	01:10-	02:24-	00:55+	02:06+	01:14-	00:51+	00:49+
00:09#	00:21#	05:04@	00:14&	05:41@	01:05&	00:20-	01:05-	00:12&	00:46&	00:22-	00:09#	00:12&
<b>38</b>	<b>Gro Mariero Totland</b>	<b>59</b>										<b>31:32</b>
01:40+	04:47+	08:37+	09:50+	12:54+	18:06+	20:11+	23:48+	24:55+	27:33+	29:01+	30:33+	31:32+
01:40+	03:07+	03:50+	01:13+	03:04+	05:12+	02:05+	03:37+	01:07+	02:38+	01:28-	01:32+	00:59+
00:55@	01:21&	01:28&	00:37@	01:43@	02:40@	00:35&	00:08+	00:24&	01:18&	00:08-	00:50@	00:22&
<b>39</b>	<b>Kari Linn Søriede</b>	<b>115</b>										<b>31:37</b>
01:18+	03:55+	07:44+	08:49+	11:29+	15:47+	17:20+	21:34+	22:48+	27:08+	28:49+	30:23+	31:37+
01:18+	02:37+	03:49+	01:05+	02:40+	04:18+	01:33+	04:14+	01:14+	04:20+	01:41+	01:34+	01:14+
00:33&	00:51&	01:27&	00:29&	01:19&	01:46&	00:03+	00:45#	00:31&	03:00@	00:05+	00:52@	00:37&
<b>40</b>	<b>Elisabeth Sørensen</b>	<b>115</b>										<b>31:39</b>
01:18+	03:54+	07:43+	08:48+	11:28+	15:43+	17:25+	21:34+	22:51+	27:03+	28:45+	30:22+	31:39+
01:18+	02:36+	03:49+	01:05+	02:40+	04:15+	01:42+	04:09+	01:17+	04:12+	01:42+	01:37+	01:17+
00:33&	00:50&	01:27&	00:29&	01:19&	01:43&	00:12#	00:40#	00:34&	02:52@	00:06+	00:55@	00:40@
<b>41</b>	<b>Solveig Mæland</b>	<b>128</b>										<b>31:48</b>
00:58+	03:29+	07:05+	08:48+	11:04+	16:20+	18:34+	22:12+	23:25+	27:17+	29:23+	30:45+	31:48+
00:58+	02:31+	03:36+	01:43+	02:16+	05:16+	02:14+	03:38+	01:13+	03:52+	02:06+	01:22+	01:03+
00:13&	00:45&	01:14&	01:07@	00:55&	02:44@	00:44&	00:09+	00:30&	02:32@	00:30&	00:40&	00:26&

Class	Navn	Klasse										Tid
<b>42</b>	<b>Linn Soma</b>	<b>287</b>										<b>32:34</b>
01:01+	02:56+	06:07+	07:07+	10:07+	13:13+	14:25+	16:54+	19:51+	22:39+	30:36+	31:45+	32:34+
01:01+	01:55+	03:11+	01:00+	03:00+	03:06+	01:12-	02:29-	02:57+	02:48+	07:57+	01:09+	00:49+
00:16&	00:09+	00:49&	00:24&	01:39@	00:34#	00:18-	01:00-	02:14@	01:28@	06:21@	00:27&	00:12&
<b>43</b>	<b>Marianne Johnsen</b>	<b>5</b>										<b>33:34</b>
00:50+	02:50+	05:41+	06:35+	07:56+	10:49+	12:04+	25:18+	26:11+	28:29+	31:40+	32:48+	33:34+
00:50+	02:00+	02:51+	00:54+	01:21=	02:53+	01:15-	13:14+	00:53+	02:18+	03:11+	01:08+	00:46+
00:05#	00:14#	00:29#	00:18&	00:00=	00:21#	00:15-	09:45@	00:10#	00:58&	01:35&	00:26&	00:09#
<b>44</b>	<b>Sigrun Serigstad</b>	<b>128</b>										<b>34:04</b>
00:49+	03:25+	08:55+	11:05+	22:15+	24:46+	26:05+	28:19+	29:13+	30:41+	32:37+	33:34+	34:04+
00:49+	02:36+	05:30+	02:10+	11:10+	02:31-	01:19-	02:14-	00:54+	01:28+	01:56+	00:57+	00:30-
00:04+	00:50&	03:08@	01:34@	09:49@	00:01-	00:11-	01:15-	00:11&	00:08#	00:20#	00:15&	00:07-
<b>45</b>	<b>Hazel Grayston</b>	<b>263</b>										<b>34:48</b>
01:28+	04:29+	07:53+	09:04+	11:21+	16:13+	19:00+	23:02+	24:32+	26:59+	32:01+	33:31+	34:48+
01:28+	03:01+	03:24+	01:11+	02:17+	04:52+	02:47+	04:02+	01:30+	02:27+	05:02+	01:30+	01:17+
00:43&	01:15&	01:02&	00:35&	00:56&	02:20&	01:17&	00:33#	00:47@	01:07&	03:26@	00:48@	00:40@
<b>46</b>	<b>Lise Bergli</b>	<b>62</b>										<b>34:50</b>
00:41-	02:15-	04:38-	05:59+	08:55+	12:10+	24:51+	27:43+	28:49+	30:46+	33:11+	34:07+	34:50+
00:41-	01:34-	02:23+	01:21+	02:56+	03:15+	12:41+	02:52-	01:06+	01:57+	02:25+	00:56+	00:43+
00:04-	00:12-	00:01+	00:45@	01:35@	00:43&	11:11@	00:37-	00:23&	00:37&	00:49&	00:14&	00:06#
<b>47</b>	<b>Kate Lawson</b>	<b>101</b>										<b>36:00</b>
00:52+	02:51+	05:44+	08:19+	18:23+	21:52+	24:06+	27:54+	29:11+	32:06+	34:04+	35:12+	36:00+
00:52+	01:59+	02:53+	02:35+	10:04+	03:29+	02:14+	03:48+	01:17+	02:55+	01:58+	01:08+	00:48+
00:07#	00:13#	00:31#	01:59@	08:43@	00:57&	00:44&	00:19+	00:34&	01:35@	00:22#	00:26&	00:11&
<b>48</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>37:50</b>
01:00+	03:29+	07:28+	08:41+	11:18+	15:37+	25:39+	28:57+	31:07+	33:14+	34:44+	36:47+	37:50+
01:00+	02:29+	03:59+	01:13+	02:37+	04:19+	10:02+	03:18-	02:10+	02:07+	01:30-	02:03+	01:03+
00:15&	00:43&	01:37&	00:37@	01:16&	01:47&	08:32@	00:11-	01:27@	00:47&	00:06-	01:21@	00:26&
<b>49</b>	<b>Torhild Stokka Stølsvik</b>	<b>92</b>										<b>37:53</b>
01:23+	03:38+	07:40+	08:44+	11:25+	15:51+	25:51+	29:03+	31:11+	33:23+	35:16+	36:52+	37:53+
01:23+	02:15+	04:02+	01:04+	02:41+	04:26+	10:00+	03:12-	02:08+	02:12+	01:53+	01:36+	01:01+
00:38&	00:29&	01:40&	00:28&	01:20&	01:54&	08:30@	00:17-	01:25@	00:52&	00:17#	00:54@	00:24&
<b>50</b>	<b>Fredrike Krahnner</b>	<b>152</b>										<b>38:18</b>
00:53+	02:30-	05:00+	09:42+	11:28+	14:31+	24:58+	29:00+	29:53+	32:14+	36:52+	37:39+	38:18+
00:53+	01:37-	02:30+	04:42+	01:46+	03:03+	10:27+	04:02+	00:53+	02:21+	04:38+	00:47+	00:39+
00:08#	00:09-	00:08+	04:06@	00:25&	00:31#	08:57@	00:33#	00:10#	01:01&	03:02@	00:05#	00:02+
<b>51</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>										<b>39:32</b>
01:02+	02:50+	05:17+	06:01+	08:40+	11:27+	31:23+	33:38+	34:21+	36:46+	38:09+	38:54+	39:32+
01:02+	01:48+	02:27+	00:44+	02:39+	02:47+	19:56+	02:15-	00:43=	02:25+	01:23-	00:45+	00:38+
00:17&	00:02+	00:05+	00:08#	01:18&	00:15+	18:26@	01:14-	00:00=	01:05&	00:13-	00:03+	00:01+
<b>52</b>	<b>Aase Sveinsvoll</b>	<b>94</b>										<b>42:39</b>
00:58+	04:08+	09:15+	10:49+	14:42+	23:19+	27:13+	32:48+	34:31+	37:17+	39:36+	41:11+	42:39+
00:58+	03:10+	05:07+	01:34+	03:53+	08:37+	03:54+	05:35+	01:43+	02:46+	02:19+	01:35+	01:28+
00:13&	01:24&	02:45@	00:58@	02:32@	06:05@	02:24@	02:06&	01:00@	01:26@	00:43&	00:53@	00:51@
<b>53</b>	<b>Anne Lise Lunde</b>	<b>46</b>										<b>42:44</b>
01:36+	06:21+	10:50+	14:16+	20:06+	25:52+	27:57+	31:53+	33:23+	36:57+	40:30+	41:47+	42:44+
01:36+	04:45+	04:29+	03:26+	05:50+	05:46+	02:05+	03:56+	01:30+	03:34+	03:33+	01:17+	00:57+
00:51@	02:59@	02:07&	02:50@	04:29@	03:14@	00:35&	00:27#	00:47@	02:14@	01:57@	00:35&	00:20&
<b>Beste strekktid for klassen</b>												
00:39	01:34	02:17	00:36	01:13	02:19	01:04	02:02	00:38	01:20	00:58	00:42	00:30

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

## Herrer 16 - 39 år

<b>1</b>	<b>Joakim B. Enne Haug</b>	<b>71</b>										<b>23:09</b>				
01:33=	02:59=	03:51=	05:18=	06:25=	09:00=	10:49=	12:12=	13:00=	13:50=	16:39=	18:52=	20:12=	21:34=	22:11=	22:41=	23:09=
01:33=	01:26=	00:52=	01:27=	01:07=	02:35=	01:49=	01:23=	00:48=	00:50=	02:49=	02:13=	01:20=	01:22=	00:37=	00:30=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=



Class	Navn	Klasse	Tid													
<b>17</b>	<b>Rolf André Svellingen</b>	<b>268</b>	<b>33:08</b>													
01:55+	03:21+	04:23+	05:40+	06:41+	10:06+	12:22+	14:18+	16:14+	17:20+	21:18+	26:18+	28:02+	30:07+	31:45+	32:30+	33:08+
01:55+	01:26=	01:02+	01:17-	01:01-	03:25+	02:16+	01:56+	01:56+	01:06+	03:58+	05:00+	01:44+	02:05+	01:38+	00:45+	00:38+
00:22#	00:00=	00:10#	00:10-	00:06-	00:50&	00:27#	00:33&	01:08@	00:16&	01:09&	02:47@	00:24&	00:43&	01:01@	00:15&	00:10&
<b>18</b>	<b>Aksel Voldsund</b>	<b>114</b>	<b>33:26</b>													
02:15+	03:50+	04:46+	06:22+	07:46+	14:20+	16:13+	18:37+	19:37+	20:33+	23:35+	26:29+	28:22+	31:14+	32:06+	32:41+	33:26+
02:15+	01:35+	00:56+	01:36+	01:24+	06:34+	01:53+	02:24+	01:00+	00:56+	03:02+	02:54+	01:53+	02:52+	00:52+	00:35+	00:45+
00:42&	00:09#	00:04+	00:09#	00:17&	03:59@	00:04+	01:01&	00:12#	00:06#	00:13+	00:41&	00:33&	01:30@	00:15&	00:05#	00:17&
<b>19</b>	<b>Håkon Eggebø</b>	<b>71</b>	<b>33:34</b>													
01:34+	02:51-	03:46-	05:25+	07:18+	12:12+	14:02+	15:56+	17:02+	17:56+	20:50+	26:34+	27:38+	29:22+	31:35+	33:03+	33:34+
01:34+	01:17-	00:55+	01:39+	01:53+	04:54+	01:50+	01:54+	01:06+	00:54+	02:54+	05:44+	01:04-	01:44+	02:13+	01:28+	00:31+
00:01+	00:09-	00:03+	00:12#	00:46&	02:19&	00:01+	00:31&	00:18&	00:04+	00:05+	03:31@	00:16-	00:22&	01:36@	00:58@	00:03#
<b>20</b>	<b>Asgeir Nærland</b>	<b>88</b>	<b>33:35</b>													
01:53+	03:20+	04:22+	05:49+	07:08+	14:04+	15:49+	17:50+	19:11+	19:59+	23:26+	28:28+	29:42+	31:25+	32:17+	33:02+	33:35+
01:53+	01:27+	01:02+	01:27=	01:19+	06:56+	01:45-	02:01+	01:21+	00:48-	03:27+	05:02+	01:14-	01:43+	00:52+	00:45+	00:33+
00:20#	00:01+	00:10#	00:00=	00:12#	04:21@	00:04-	00:38&	00:33&	00:02-	00:38#	02:49@	00:06-	00:21&	00:15&	00:15&	00:05#
<b>21</b>	<b>Richard Galle</b>	<b>66</b>	<b>35:26</b>													
02:00+	03:11+	04:06+	05:48+	07:59+	11:41+	15:03+	18:36+	20:01+	22:10+	24:59+	29:12+	31:26+	33:03+	34:16+	34:53+	35:26+
02:00+	01:11-	00:55+	01:42+	02:11+	03:42+	03:22+	03:33+	01:25+	02:09+	02:49=	04:13+	02:14+	01:37+	01:13+	00:37+	00:33+
00:27&	00:15-	00:03+	00:15#	01:04&	01:07&	01:33&	02:10@	00:37&	01:19@	00:00=	02:00&	00:54&	00:15#	00:36&	00:07#	00:05#
<b>22</b>	<b>Olav Johannessen</b>	<b>105</b>	<b>42:41</b>													
01:31-	02:59=	04:06+	05:52+	08:19+	12:02+	24:47+	26:57+	28:26+	29:21+	32:42+	36:04+	37:47+	40:09+	41:05+	42:00+	42:41+
01:31-	01:28+	01:07+	01:46+	02:27+	03:43+	12:45+	02:10+	01:29+	00:55+	03:21+	03:22+	01:43+	02:22+	00:56+	00:55+	00:41+
00:02-	00:02+	00:15&	00:19#	01:20@	01:08&	10:56@	00:47&	00:41&	00:05#	00:32#	01:09&	00:23&	01:00&	00:19&	00:25&	00:13&
<b>23</b>	<b>Frode Ungar</b>	<b>116</b>	<b>47:51</b>													
01:49+	03:32+	04:27+	05:51+	07:15+	10:47+	12:52+	18:20+	24:53+	26:07+	29:54+	34:50+	41:22+	43:33+	45:00+	47:09+	47:51+
01:49+	01:43+	00:55+	01:24-	01:24+	03:32+	02:05+	05:28+	06:33+	01:14+	03:47+	04:56+	06:32+	02:11+	01:27+	02:09+	00:42+
00:16#	00:17#	00:03+	00:03-	00:17&	00:57&	00:16#	04:05@	05:45@	00:24&	00:58&	02:43@	05:12@	00:49&	00:50@	01:39@	00:14&
<b>Beste strekktid for klassen</b>																
01:24	01:08	00:46	01:07	00:53	02:29	01:31	01:22	00:44	00:42	02:10	02:13	00:51	01:21	00:31	00:28	00:25

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

## Herrer 40 - 49 år

<b>1</b>	<b>Kevin Thomas Foust</b>	<b>192</b>	<b>21:50</b>											
01:33=	03:08=	04:32=	06:42=	09:12=	11:17=	12:10=	13:22=	14:45=	15:36=	16:49=	19:31=	21:14=	21:32=	21:50=
01:33=	01:35=	01:24=	02:10=	02:30=	02:05=	00:53=	01:12=	01:23=	00:51=	01:13=	02:42=	01:43=	00:18=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Frode Engen</b>	<b>116</b>	<b>24:08</b>											
01:40+	03:40+	05:15+	07:27+	10:17+	12:39+	13:38+	14:59+	17:10+	18:11+	19:36+	21:23+	23:23+	23:48+	24:08+
01:40+	02:00+	01:35+	02:12+	02:50+	02:22+	00:59+	01:21+	02:11+	01:01+	01:25+	01:47-	02:00+	00:25+	00:20+
00:07+	00:25&	00:11#	00:02+	00:20#	00:17#	00:06#	00:09#	00:48&	00:10#	00:12#	00:55-	00:17#	00:07&	00:02#
<b>3</b>	<b>Jørgen Nilsen</b>	<b>53</b>	<b>24:15</b>											
01:53+	03:35+	05:11+	07:40+	10:59+	13:16+	14:20+	16:08+	17:56+	19:00+	20:25+	22:03+	23:28+	23:53+	24:15+
01:53+	01:42+	01:36+	02:29+	03:19+	02:17+	01:04+	01:48+	01:48+	01:04+	01:25+	01:38-	01:25-	00:25+	00:22+
00:20#	00:07+	00:12#	00:19#	00:49&	00:12+	00:11#	00:36&	00:25&	00:13&	00:12#	01:04-	00:18-	00:07&	00:04#
<b>4</b>	<b>Knut Pedersen</b>	<b>79</b>	<b>24:16</b>											
01:52+	03:36+	04:54+	06:52+	09:18+	11:12-	12:37+	14:34+	17:17+	18:18+	19:24+	21:06+	23:38+	23:57+	24:16+
01:52+	01:44+	01:18-	01:58-	02:26-	01:54-	01:25+	01:57+	02:43+	01:01+	01:06-	01:42-	02:32+	00:19+	00:19+
00:19#	00:09+	00:06-	00:12-	00:04-	00:11-	00:32&	00:45&	01:20&	00:10#	00:07-	01:00-	00:49&	00:01+	00:01+
<b>5</b>	<b>Arne Hetlelid</b>	<b>98</b>	<b>24:22</b>											
01:41+	03:32+	04:58+	07:20+	10:02+	12:09+	13:08+	14:34+	17:20+	18:18+	19:34+	21:19+	23:39+	24:00+	24:22+
01:41+	01:51+	01:26+	02:22+	02:42+	02:07+	00:59+	01:26+	02:46+	00:58+	01:16+	01:45-	02:20+	00:21+	00:22+
00:08+	00:16#	00:02+	00:12+	00:12+	00:02+	00:06#	00:14#	01:23&	00:07#	00:03+	00:57-	00:37&	00:03#	00:04#
<b>6</b>	<b>Rune Paulsen</b>	<b>98</b>	<b>24:39</b>											
01:58+	04:11+	05:47+	08:12+	11:03+	13:21+	14:13+	15:37+	17:29+	18:44+	20:14+	22:19+	23:52+	24:16+	24:39+
01:58+	02:13+	01:36+	02:25+	02:51+	02:18+	00:52-	01:24+	01:52+	01:15+	01:30+	02:05-	01:33-	00:24+	00:23+
00:25&	00:38&	00:12#	00:15#	00:21#	00:13#	00:01-	00:12#	00:29&	00:24&	00:17#	00:37-	00:10-	00:06&	00:05&

Class	Navn	Klasse										Tid			
<b>7</b>	<b>Håvard Svihus</b>	<b>267</b>										<b>25:20</b>			
01:42+	03:33+	05:04+	07:26+	11:59+	13:57+	14:37+	16:10+	19:11+	20:15+	21:33+	23:05+	24:37+	25:00+	25:20+	
01:42+	01:51+	01:31+	02:22+	04:33+	01:58-	00:40-	01:33+	03:01+	01:04+	01:18+	01:32-	01:32-	00:23+	00:20+	
00:09+	00:16#	00:07+	00:12+	02:03&	00:07-	00:13-	00:21&	01:38@	00:13&	00:05+	01:10-	00:11-	00:05&	00:02#	
<b>8</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>25:49</b>			
02:39+	04:43+	06:39+	09:07+	12:02+	14:24+	15:09+	16:38+	19:07+	20:10+	21:34+	23:18+	24:56+	25:23+	25:49+	
02:39+	02:04+	01:56+	02:28+	02:55+	02:22+	00:45-	01:29+	02:29+	01:03+	01:24+	01:44-	01:38-	00:27+	00:26+	
01:06&	00:29&	00:32&	00:18#	00:25#	00:17#	00:08-	00:17#	01:06&	00:12#	00:11#	00:58-	00:05-	00:09&	00:08&	
<b>9</b>	<b>Øystein Nilsen</b>	<b>42</b>										<b>25:58</b>			
01:39+	03:45+	05:21+	07:42+	10:20+	12:36+	13:27+	14:55+	17:49+	19:48+	21:25+	23:08+	25:08+	25:35+	25:58+	
01:39+	02:06+	01:36+	02:21+	02:38+	02:16+	00:51-	01:28+	02:54+	01:59+	01:37+	01:43-	02:00+	00:27+	00:23+	
00:06+	00:31&	00:12#	00:11+	00:08+	00:11+	00:02-	00:16#	01:31@	01:08@	00:24&	00:59-	00:17#	00:09&	00:05&	
<b>10</b>	<b>Steinar Hansen</b>	<b>27</b>										<b>26:17</b>			
01:51+	03:46+	05:21+	07:30+	10:07+	12:14+	13:05+	14:40+	16:52+	18:37+	20:17+	23:05+	25:27+	25:50+	26:17+	
01:51+	01:55+	01:35+	02:09-	02:37+	02:07+	00:51-	01:35+	02:12+	01:45+	01:40+	02:48+	02:22+	00:23+	00:27+	
00:18#	00:20#	00:11#	00:01-	00:07+	00:02+	00:02-	00:23&	00:49&	00:54@	00:27&	00:06+	00:39&	00:05&	00:09&	
<b>11</b>	<b>Svein Oddvar Netland</b>	<b>116</b>										<b>26:26</b>			
01:52+	03:36+	05:12+	07:51+	10:57+	13:19+	14:41+	16:58+	19:15+	20:28+	22:02+	24:08+	25:48+	26:08+	26:26+	
01:52+	01:44+	01:36+	02:39+	03:06+	02:22+	01:22+	02:17+	02:17+	01:13+	01:34+	02:06-	01:40-	00:20+	00:18-	
00:19#	00:09+	00:12#	00:29#	00:36#	00:17#	00:29&	01:05&	00:54&	00:22&	00:21&	00:36-	00:03-	00:02#	00:00-	
<b>12</b>	<b>Peter Chapman</b>	<b>117</b>										<b>26:42</b>			
01:40+	03:12+	04:49+	06:57+	13:39+	15:18+	16:12+	17:49+	19:51+	20:40+	22:16+	24:38+	26:03+	26:21+	26:42+	
01:40+	01:32-	01:37+	02:08-	06:42+	01:39-	00:54+	01:37+	02:02+	00:49-	01:36+	02:22-	01:25-	00:18-	00:21+	
00:07+	00:03-	00:13#	00:02-	04:12@	00:26-	00:01+	00:25&	00:39&	00:02-	00:23&	00:20-	00:18-	00:00-	00:03#	
<b>13</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>26:57</b>			
02:29+	04:46+	06:29+	09:01+	12:12+	15:23+	16:25+	17:54+	20:03+	21:11+	22:40+	24:14+	26:05+	26:29+	26:57+	
02:29+	02:17+	01:43+	02:32+	03:11+	03:11+	01:02+	01:29+	02:09+	01:08+	01:29+	01:34-	01:51+	00:24+	00:28+	
00:56&	00:42&	00:19#	00:22#	00:41&	01:06&	00:09#	00:17#	00:46&	00:17&	00:16#	01:08-	00:08+	00:06&	00:10&	
<b>14</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>26:58</b>			
01:49+	03:31+	05:04+	07:25+	10:24+	12:44+	13:50+	15:19+	20:15+	21:29+	22:50+	24:32+	26:13+	26:38+	26:58+	
01:49+	01:42+	01:33+	02:21+	02:59+	02:20+	01:06+	01:29+	04:56+	01:14+	01:21+	01:42-	01:41-	00:25+	00:20+	
00:16#	00:07+	00:09#	00:11+	00:29#	00:15#	00:13#	00:17#	03:33@	00:23&	00:08#	01:00-	00:02-	00:07&	00:02#	
<b>15</b>	<b>Ådne Hausberg</b>	<b>7</b>										<b>28:19</b>			
01:40+	04:09+	05:36+	07:51+	10:43+	13:14+	14:13+	15:47+	20:26+	21:41+	23:30+	25:40+	27:31+	27:55+	28:19+	
01:40+	02:29+	01:27+	02:15+	02:52+	02:31+	00:59+	01:34+	04:39+	01:15+	01:49+	02:10-	01:51+	00:24+	00:24+	
00:07+	00:54&	00:03+	00:05+	00:22#	00:26#	00:06#	00:22&	03:16@	00:24&	00:36&	00:32-	00:08+	00:06&	00:06&	
<b>16</b>	<b>André Sirevåg</b>	<b>116</b>										<b>28:56</b>			
02:07+	04:19+	05:49+	08:21+	11:12+	13:49+	14:46+	16:21+	19:05+	20:43+	22:41+	24:40+	27:37+	28:35+	28:56+	
02:07+	02:12+	01:30+	02:32+	02:51+	02:37+	00:57+	01:35+	02:44+	01:38+	01:58+	01:59-	02:57+	00:58+	00:21+	
00:34&	00:37&	00:06+	00:22#	00:21#	00:32&	00:04+	00:23&	01:21&	00:47&	00:45&	00:43-	01:14&	00:40@	00:03#	
<b>17</b>	<b>Hans Einar Thorset</b>	<b>109</b>										<b>29:21</b>			
02:31+	04:48+	06:35+	09:31+	12:30+	15:11+	16:14+	17:55+	20:32+	21:44+	23:11+	26:20+	28:27+	28:57+	29:21+	
02:31+	02:17+	01:47+	02:56+	02:59+	02:41+	01:03+	01:41+	02:37+	01:12+	01:27+	03:09+	02:07+	00:30+	00:24+	
00:58&	00:42&	00:23&	00:46&	00:29#	00:36&	00:10#	00:29&	01:14&	00:21&	00:14#	00:27#	00:24#	00:12&	00:06&	
<b>18</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>29:44</b>			
01:59+	03:48+	05:45+	08:25+	12:11+	14:54+	16:02+	17:53+	21:09+	22:25+	24:15+	26:32+	28:48+	29:21+	29:44+	
01:59+	01:49+	01:57+	02:40+	03:46+	02:43+	01:08+	01:51+	03:16+	01:16+	01:50+	02:17-	02:16+	00:33+	00:23+	
00:26&	00:14#	00:33&	00:30#	01:16&	00:38&	00:15&	00:39&	01:53@	00:25&	00:37&	00:25-	00:33&	00:15&	00:05&	
<b>19</b>	<b>Charles-Francois Farbos</b>	<b>42</b>										<b>32:01</b>			
03:51+	05:45+	07:26+	09:47+	12:37+	17:05+	18:00+	20:48+	22:54+	24:42+	26:13+	28:22+	30:35+	31:03+	32:01+	
03:51+	01:54+	01:41+	02:21+	02:50+	04:28+	00:55+	02:48+	02:06+	01:48+	01:31+	02:09-	02:13+	00:28+	00:58+	
02:18@	00:19#	00:17#	00:11+	00:20#	02:23@	00:02+	01:36@	00:43&	00:57@	00:18#	00:33-	00:30&	00:10&	00:40@	
<b>20</b>	<b>Per Ivar Hovstad</b>	<b>116</b>										<b>32:15</b>			
02:58+	05:05+	06:47+	09:13+	12:07+	18:50+	19:47+	21:19+	24:22+	25:38+	27:36+	29:38+	31:30+	31:53+	32:15+	
02:58+	02:07+	01:42+	02:26+	02:54+	06:43+	00:57+	01:32+	03:03+	01:16+	01:58+	02:02-	01:52+	00:23+	00:22+	
01:25&	00:32&	00:18#	00:16#	00:24#	04:38@	00:04+	00:20&	01:40@	00:25&	00:45&	00:40-	00:09+	00:05&	00:04#	
<b>21</b>	<b>Eivind Moi</b>	<b>116</b>										<b>34:04</b>			
02:00+	04:26+	06:36+	10:51+	16:06+	18:43+	19:46+	21:36+	23:28+	25:19+	27:52+	30:15+	32:58+	33:32+	34:04+	
02:00+	02:26+	02:10+	04:15+	05:15+	02:37+	01:03+	01:50+	01:52+	01:51+	02:33+	02:23-	02:43+	00:34+	00:32+	
00:27&	00:51&	00:46&	02:05&	02:45@	00:32&	00:10#	00:38&	00:29&	01:00@	01:20@	00:19-	01:00&	00:16&	00:14&	

Class	Navn	Klasse	Tid											
<b>22</b>	<b>Lars Primstad</b>	<b>62</b>	<b>34:23</b>											
02:02+	03:27+	04:59+	07:40+	10:20+	14:45+	15:28+	18:43+	26:03+	27:00+	28:16+	30:16+	32:05+	34:01+	34:23+
02:02+	01:25-	01:32+	02:41+	02:40+	04:25+	00:43-	03:15+	07:20+	00:57+	01:16+	02:00-	01:49+	01:56+	00:22+
00:29&	00:10-	00:08+	00:31#	00:10+	02:20@	00:10-	02:03@	05:57@	00:06#	00:03+	00:42-	00:06+	01:38@	00:04#
<b>23</b>	<b>Martin Simpson</b>	<b>167</b>	<b>45:12</b>											
02:14+	04:19+	05:58+	08:17+	11:46+	14:41+	15:44+	27:40+	29:32+	31:30+	37:34+	40:38+	43:56+	44:26+	45:12+
02:14+	02:05+	01:39+	02:19+	03:29+	02:55+	01:03+	11:56+	01:52+	01:58+	06:04+	03:04+	03:18+	00:30+	00:46+
00:41&	00:30&	00:15#	00:09+	00:59&	00:50&	00:10#	10:44@	00:29&	01:07@	04:51@	00:22#	01:35&	00:12&	00:28@
<b>Beste strekketid for klassen</b>														
01:33	01:25	01:18	01:58	02:26	01:39	00:40	01:12	01:23	00:49	01:06	01:32	01:25	00:18	00:18

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

## Herrer 50 - 54 år

<b>1</b>	<b>Jan Sigurd Eike</b>	<b>79</b>	<b>20:57</b>														
00:33=	01:34=	02:26=	02:50=	04:17=	05:29=	07:02=	08:40=	10:40=	12:01=	13:25=	15:13=	16:52=	17:47=	18:28=	19:57=	20:42=	20:57=
00:33=	01:01=	00:52=	00:24=	01:27=	01:12=	01:33=	01:38=	02:00=	01:21=	01:24=	01:48=	01:39=	00:55=	00:41=	01:29=	00:45=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Magnar Møller</b>	<b>62</b>	<b>23:28</b>														
00:42+	02:02+	03:08+	03:36+	05:41+	07:00+	09:05+	11:26+	13:20+	14:40+	16:06+	18:18+	19:49+	21:00+	21:34+	22:12+	23:09+	23:28+
00:42+	01:20+	01:06+	00:28+	02:05+	01:19+	02:05+	02:21+	01:54-	01:20-	01:26+	02:12+	01:31-	01:11+	00:34-	00:38-	00:57+	00:19+
00:09&	00:19&	00:14&	00:04#	00:38&	00:07+	00:32&	00:43&	00:06-	00:01-	00:02+	00:24#	00:08-	00:16&	00:07-	00:51-	00:12&	00:04&
<b>3</b>	<b>Anders Glenne</b>	<b>7</b>	<b>23:38</b>														
00:36+	01:48+	02:48+	03:17+	05:05+	06:20+	08:53+	10:34+	12:17+	13:47+	15:07+	17:41+	19:45+	21:06+	21:39+	22:16+	23:20+	23:38+
00:36+	01:12+	01:00+	00:29+	01:48+	01:15+	02:33+	01:41+	01:43-	01:30+	01:20-	02:34+	02:04+	01:21+	00:33-	00:37-	01:04+	00:18+
00:03+	00:11#	00:08#	00:05#	00:21#	00:03+	01:00&	00:03+	00:17-	00:09#	00:04-	00:46&	00:25&	00:26&	00:08-	00:52-	00:19&	00:03#
<b>4</b>	<b>Øistein Haaland</b>	<b>116</b>	<b>24:06</b>														
00:30-	01:36+	02:29+	02:52+	04:23+	05:35+	07:12+	09:25+	11:22+	12:41+	13:51+	15:47+	17:51+	19:19+	20:01+	23:01+	23:47+	24:06+
00:30-	01:06+	00:53+	00:23-	01:31+	01:12=	01:37+	02:13+	01:57-	01:19-	01:10-	01:56+	02:04+	01:28+	00:42+	03:00+	00:46+	00:19+
00:03-	00:05+	00:01+	00:01-	00:04+	00:00=	00:04+	00:35&	00:03-	00:02-	00:14-	00:08+	00:25&	00:33&	00:01+	01:31@	00:01+	00:04&
<b>5</b>	<b>Frank Hansen</b>	<b>29</b>	<b>25:52</b>														
00:38+	01:48+	03:30+	03:53+	06:07+	07:31+	09:37+	11:40+	13:52+	15:14+	16:57+	19:17+	21:19+	22:35+	23:09+	23:52+	25:35+	25:52+
00:38+	01:10+	01:42+	00:23-	02:14+	01:24+	02:06+	02:03+	02:12+	01:22+	01:43+	02:20+	02:02+	01:16+	00:34-	00:43-	01:43+	00:17+
00:05#	00:09#	00:50&	00:01-	00:47&	00:12#	00:33&	00:25&	00:12#	00:01+	00:19#	00:32&	00:23#	00:21&	00:07-	00:46-	00:58@	00:02#
<b>6</b>	<b>Trygve Michaelsen</b>	<b>117</b>	<b>26:00</b>														
00:44+	01:49+	02:53+	03:21+	05:21+	06:39+	08:40+	10:34+	12:21+	13:48+	15:06+	17:24+	19:21+	20:25+	21:05+	23:59+	25:43+	26:00+
00:44+	01:05+	01:04+	00:28+	02:00+	01:18+	02:01+	01:54+	01:47-	01:27+	01:18-	02:18+	01:57+	01:04+	00:40-	02:54+	01:44+	00:17+
00:11&	00:04+	00:12#	00:04#	00:33&	00:06+	00:28&	00:16#	00:13-	00:06+	00:06-	00:30&	00:18#	00:09#	00:01-	01:25&	00:59@	00:02#
<b>7</b>	<b>Tor Sverre Skåra</b>	<b>266</b>	<b>28:51</b>														
00:36+	01:53+	03:02+	03:36+	05:25+	06:40+	12:20+	13:56+	15:51+	17:44+	19:17+	21:38+	23:34+	25:09+	27:00+	27:45+	28:37+	28:51+
00:36+	01:17+	01:09+	00:34+	01:49+	01:15+	05:40+	01:36-	01:55-	01:53+	01:33+	02:21+	01:56+	01:35+	01:51+	00:45-	00:52+	00:14-
00:03+	00:16&	00:17&	00:10&	00:22&	00:03+	04:07@	00:02-	00:05-	00:32&	00:09#	00:33&	00:17#	00:40&	01:10@	00:44-	00:07#	00:01-
<b>8</b>	<b>Roger Nyseth</b>	<b>92</b>	<b>28:51</b>														
00:41+	02:07+	03:24+	03:58+	05:56+	07:27+	09:54+	11:45+	14:32+	16:08+	17:52+	20:53+	23:56+	25:25+	26:04+	26:57+	28:22+	28:51+
00:41+	01:26+	01:17+	00:34+	01:58+	01:31+	02:27+	01:51+	02:47+	01:36+	01:44+	03:01+	03:03+	01:29+	00:39-	00:53-	01:25+	00:29+
00:08#	00:25&	00:25&	00:10&	00:31&	00:19&	00:54&	00:13#	00:47&	00:15#	00:20#	01:13&	01:24&	00:34&	00:02-	00:36-	00:40&	00:14&
<b>9</b>	<b>Sigbjørn Gløppen</b>	<b>144</b>	<b>29:08</b>														
00:47+	02:03+	03:11+	03:51+	05:43+	07:23+	10:23+	11:59+	14:26+	16:27+	18:04+	20:56+	24:08+	26:09+	26:56+	27:47+	28:44+	29:08+
00:47+	01:16+	01:08+	00:40+	01:52+	01:30+	03:00+	01:36-	02:27+	02:01+	01:37+	02:52+	03:12+	02:01+	00:47+	00:51-	00:57+	00:24+
00:14&	00:15#	00:16&	00:16&	00:25&	00:28&	01:27&	00:02-	00:27#	00:40&	00:13#	01:04&	01:33&	01:06@	00:06#	00:38-	00:12&	00:09&
<b>10</b>	<b>Håvard Håland</b>	<b>66</b>	<b>29:39</b>														
00:40+	01:47+	02:50+	03:18+	05:06+	06:25+	08:52+	10:44+	12:45+	14:09+	15:33+	18:09+	19:56+	24:20+	25:03+	25:57+	29:10+	29:39+
00:40+	01:07+	01:03+	00:28+	01:48+	01:19+	02:27+	01:52+	02:01+	01:24+	01:24=	02:36+	01:47+	04:24+	00:43+	00:54-	03:13+	00:29+
00:07#	00:06+	00:11#	00:04#	00:21#	00:07+	00:54&	00:14#	00:01+	00:03+	00:00=	00:48&	00:08+	03:29@	00:02+	00:35-	02:28@	00:14&
<b>11</b>	<b>Geir Haugvaldstad</b>	<b>116</b>	<b>30:40</b>														
00:52+	02:12+	03:16+	03:47+	05:40+	07:11+	08:47+	17:04+	18:46+	20:04+	21:21+	23:22+	25:07+	26:18+	27:23+	28:57+	30:19+	30:40+
00:52+	01:20+	01:04+	00:31+	01:53+	01:31+	01:36+	08:17+	01:42-	01:18-	01:17-	02:01+	01:45+	01:11+	01:05+	01:34+	01:22+	00:21+
00:19&	00:19&	00:12#	00:07&	00:26&	00:19&	00:03+	06:39@	00:18-	00:03-	00:07-	00:13#	00:06+	00:16&	00:24&	00:05+	00:37&	00:06&



Class	Navn	Klasse	Tid
<b>12</b>	<b>Geir Rune Seldal</b>	<b>192</b>	<b>30:42</b>
00:40+	02:02+ 03:11+ 03:47+ 05:52+ 07:44+	10:36+ 12:40+ 14:42+ 16:18+ 19:42+	22:27+ 24:30+ 25:49+ 26:47+ 27:33+
00:40+	01:22+ 01:09+ 02:05+ 02:52+ 01:52+	02:02+ 01:36+ 03:24+ 02:45+ 02:03+	01:19+ 00:58+ 00:46- 02:42+ 00:27+
00:07#	00:21& 00:17& 00:12& 00:38& 00:40&	01:19& 00:26& 00:02+ 00:15# 02:00@	00:57& 00:24# 00:24& 00:17& 00:43-
01:57@		01:57@	00:12&
<b>13</b>	<b>Arild Holm</b>	<b>114</b>	<b>30:49</b>
00:38+	02:14+ 03:36+ 04:08+ 06:22+ 07:59+	10:17+ 12:09+ 15:20+ 17:02+ 18:51+	22:04+ 24:36+ 26:11+ 26:54+ 28:52+
00:38+	01:36+ 01:22+ 00:32+ 02:14+ 01:37+	02:18+ 01:52+ 03:11+ 01:42+ 01:49+	03:13+ 02:32+ 01:35+ 00:43+ 01:58+
00:05#	00:35& 00:30& 00:08& 00:47& 00:25&	00:45& 00:14# 01:11& 00:21& 00:25&	01:25& 00:53& 00:40& 00:02+ 00:29&
00:46@		00:46@	00:11&
<b>14</b>	<b>Harald Taksdal</b>	<b>236</b>	<b>32:01</b>
00:44+	02:12+ 03:27+ 03:59+ 06:40+ 08:39+	11:08+ 13:12+ 15:24+ 17:16+ 18:55+	22:01+ 24:26+ 26:46+ 27:33+ 28:25+
00:44+	01:28+ 01:15+ 00:32+ 02:41+ 01:59+	02:29+ 02:04+ 02:12+ 01:52+ 01:39+	03:06+ 02:25+ 02:20+ 00:47+ 00:52-
00:11&	00:27& 00:23& 00:08& 01:14& 00:47&	00:56& 00:26& 00:12# 00:31& 00:15#	01:18& 00:46& 01:25@ 00:06# 00:37-
02:27@		02:27@	00:09&

### Beste strekketid for klassen

00:30 01:01 00:52 00:23 01:27 01:12 01:33 01:36 01:42 01:18 01:10 01:48 01:31 00:55 00:33 00:37 00:45 00:14

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

## Herrer 55 - 59 år

<b>1</b>	<b>Ole Petter Haukaas</b>	<b>109</b>	<b>20:48</b>
00:29=	01:35= 02:43= 03:08= 04:49= 06:06=	07:57= 09:33= 11:20= 12:30= 13:47=	15:56= 17:25= 18:31= 19:06= 19:46=
00:29=	01:06= 01:08= 00:25= 01:41= 01:17=	01:51= 01:36= 01:47= 01:10= 01:17=	02:09= 01:29= 01:06= 00:35= 00:40=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=
<b>2</b>	<b>Arne Magne Sondresen</b>	<b>92</b>	<b>21:13</b>
00:36+	01:42+ 02:35- 03:00- 04:32- 05:45-	07:26- 08:57- 10:58- 12:14- 13:20-	15:09- 17:00- 18:40+ 19:19+ 20:02+
00:36+	01:06= 00:53- 00:25= 01:32- 01:13-	01:41- 01:31- 02:01+ 01:16+ 01:06-	01:49- 01:51+ 01:40+ 00:39+ 00:43+
00:07#	00:00= 00:15- 00:00= 00:09- 00:04-	00:10- 00:05- 00:14# 00:06+	00:11- 00:20- 00:22# 00:34& 00:04#
00:03+		00:03+	00:09# 00:00=
<b>3</b>	<b>Per Ingar Hadland</b>	<b>7</b>	<b>23:45</b>
00:34+	01:55+ 03:06+ 03:37+ 05:30+ 06:52+	08:55+ 10:38+ 12:58+ 14:21+	15:47+ 18:03+ 19:54+ 21:00+
00:34+	01:21+ 01:11+ 00:31+ 01:53+ 01:22+	02:03+ 01:43+ 02:20+ 01:26+	02:16+ 01:51+ 01:06= 00:42+
00:05#	00:15# 00:03+ 00:06# 00:12# 00:05+	00:12# 00:07+ 00:33& 00:13#	00:09# 00:07+ 00:22# 00:00=
00:07#		00:07#	00:04# 00:18& 00:01-
<b>4</b>	<b>Arnfinn Rømuld</b>	<b>116</b>	<b>24:08</b>
00:33+	01:43+ 02:40- 03:03- 04:43- 06:09+	08:22+ 09:47+ 11:30+ 12:38+	13:56+ 16:02+ 17:43+ 18:48+
00:33+	01:10+ 00:57- 00:23- 01:40- 01:26+	02:13+ 01:25- 01:43- 01:08-	01:18+ 02:06- 01:41+ 01:05-
00:04#	00:04+ 00:11- 00:02- 00:01-	00:09# 00:22# 00:11- 00:04-	00:02- 00:01+ 00:03- 00:12#
00:03+		00:03+	00:03- 03:02@ 00:01+
<b>5</b>	<b>Dag Helliksen</b>	<b>80</b>	<b>24:20</b>
00:39+	01:57+ 03:01+ 03:29+ 05:29+ 06:54+	09:01+ 10:34+ 13:24+ 14:55+	16:24+ 18:41+ 20:45+ 21:49+
00:39+	01:18+ 01:04- 00:28+ 02:00+ 01:25+	02:07+ 01:33- 02:50+ 01:31+	01:29+ 02:17+ 02:04+ 01:04-
00:10&	00:12# 00:04- 00:03# 00:19# 00:08#	00:16# 00:03- 01:03& 00:21&	00:12# 00:08+ 00:35& 00:02-
00:03#		00:03#	00:00= 00:07# 00:04+ 00:03#
<b>6</b>	<b>Morten Johannessen</b>	<b>7</b>	<b>25:15</b>
00:40+	01:54+ 02:52+ 03:20+ 05:08+ 06:24+	08:20+ 09:40+ 12:04+ 13:16+	14:28+ 17:21+ 19:10+ 22:12+
00:40+	01:14+ 00:58- 00:28+ 01:48+ 01:16-	01:56+ 01:20- 02:24+ 01:12+	01:12- 02:53+ 01:49+ 03:02+
00:11&	00:08# 00:10- 00:03# 00:07+ 00:01-	00:05+ 00:16- 00:37& 00:02+	00:05- 00:44& 00:20# 01:56@
00:04#		00:04#	00:01- 00:02+ 00:41& 00:04#
<b>7</b>	<b>Lars Bergersen</b>	<b>116</b>	<b>25:21</b>
00:40+	01:53+ 03:03+ 03:40+ 05:36+ 07:07+	09:23+ 11:15+ 13:17+ 14:41+	16:25+ 18:46+ 20:31+ 21:31+
00:40+	01:13+ 01:10+ 00:37+ 01:56+ 01:31+	02:16+ 01:52+ 02:02+ 01:24+	01:44+ 02:21+ 01:45+ 01:00-
00:11&	00:07# 00:02+ 00:12& 00:15# 00:14#	00:25# 00:16# 00:15# 00:14#	00:27& 00:12+ 00:16# 00:06-
00:07&		00:07&	00:06# 00:00= 01:20@ 00:07&
<b>8</b>	<b>Kjell R. Nordmark</b>	<b>7</b>	<b>25:31</b>
00:44+	02:04+ 03:07+ 03:34+ 05:17+ 06:34+	09:05+ 11:09+ 13:15+ 15:04+	16:34+ 19:00+ 20:55+ 22:27+
00:44+	01:20+ 01:03- 00:27+ 01:43+ 01:17=	02:31+ 02:04+ 02:06+ 01:49+	01:30+ 02:26+ 01:55+ 01:32+
00:15&	00:14# 00:05- 00:02+ 00:02+ 00:00=	00:40& 00:28& 00:19# 00:39&	00:13# 00:17# 00:26& 00:26&
00:05&		00:05&	00:12& 00:14& 00:16& 00:05&
<b>9</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>	<b>27:27</b>
00:38+	01:59+ 03:07+ 03:42+ 05:37+ 07:30+	09:29+ 11:28+ 13:29+ 16:30+	18:03+ 20:15+ 22:07+ 23:14+
00:38+	01:21+ 01:08= 00:35+ 01:55+ 01:53+	01:59+ 01:59+ 02:01+ 03:01+	01:33+ 02:12+ 01:52+ 01:07+
00:09&	00:15# 00:00= 00:10& 00:14# 00:36&	00:08+ 00:23# 00:14# 01:51@	00:16# 00:03+ 00:23& 00:01+
00:07&		00:07&	00:04# 01:05@ 00:40& 00:07&
<b>10</b>	<b>Lars Salvesen</b>	<b>50</b>	<b>28:03</b>
00:51+	02:12+ 03:20+ 03:54+ 05:55+ 07:36+	09:43+ 12:12+ 14:00+ 17:10+	18:43+ 20:51+ 22:45+ 23:50+
00:51+	01:21+ 01:08= 00:34+ 02:01+ 01:41+	02:07+ 02:29+ 01:48+ 03:10+	01:33+ 02:08- 01:54+ 01:05-
00:22&	00:15# 00:00= 00:09& 00:20# 00:24&	00:16# 00:53& 00:01+ 02:00@	00:16# 00:01- 00:25& 00:01-
00:01-		00:01-	00:04# 01:01@ 00:44& 00:07&

Class	Navn	Klasse										Tid					
<b>11</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>28:53</b>					
00:45+	02:16+	03:28+	04:01+	06:06+	07:43+	10:36+	12:38+	15:01+	16:54+	18:53+	21:46+	24:06+	25:42+	26:27+	27:15+	28:33+	28:53+
00:45+	01:31+	01:12+	00:33+	02:05+	01:37+	02:53+	02:02+	02:23+	01:53+	01:59+	02:53+	02:20+	01:36+	00:45+	00:48+	01:18+	00:20+
00:16&	00:25&	00:04+	00:08&	00:24#	00:20&	01:02&	00:26&	00:36&	00:43&	00:42&	00:44&	00:51&	00:30&	00:10&	00:08#	00:32&	00:04#
<b>12</b>	<b>John C. Sinnes</b>	<b>93</b>										<b>29:27</b>					
00:39+	02:02+	03:10+	03:44+	05:39+	07:27+	10:18+	12:30+	14:24+	15:58+	17:43+	20:44+	22:51+	24:40+	25:31+	26:29+	29:06+	29:27+
00:39+	01:23+	01:08+	00:34+	01:55+	01:48+	02:51+	02:12+	01:54+	01:34+	01:45+	03:01+	02:07+	01:49+	00:51+	00:58+	02:37+	00:21+
00:10&	00:17&	00:00=	00:09&	00:14#	00:31&	01:00&	00:36&	00:07+	00:24&	00:28&	00:52&	00:38&	00:43&	00:16&	00:18&	01:51@	00:05&
<b>13</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>30:12</b>					
00:54+	02:26+	03:40+	04:14+	06:24+	07:58+	10:34+	13:09+	15:53+	17:36+	19:25+	22:10+	24:43+	26:34+	27:25+	28:16+	29:48+	30:12+
00:54+	01:32+	01:14+	00:34+	02:10+	01:34+	02:36+	02:35+	02:44+	01:43+	01:49+	02:45+	02:33+	01:51+	00:51+	00:51+	01:32+	00:24+
00:25&	00:26&	00:06+	00:09&	00:29&	00:17#	00:45&	00:59&	00:57&	00:33&	00:32&	00:36&	01:04&	00:45&	00:16&	00:11&	00:46&	00:08&
<b>14</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>30:31</b>					
00:33+	01:54+	02:55+	03:25+	05:21+	07:02+	10:40+	12:27+	15:29+	17:42+	19:46+	22:12+	24:48+	26:25+	27:19+	28:28+	30:05+	30:31+
00:33+	01:21+	01:01-	00:30+	01:56+	01:41+	03:38+	01:47+	03:02+	02:13+	02:04+	02:26+	02:36+	01:37+	00:54+	01:09+	01:37+	00:26+
00:04#	00:15#	00:07-	00:05#	00:15#	00:24&	01:47&	00:11#	01:15&	01:03&	00:47&	00:17#	01:07&	00:31&	00:19&	00:29&	00:51@	00:10&
<b>15</b>	<b>Olav Tunheim</b>	<b>93</b>										<b>32:48</b>					
00:49+	02:18+	03:35+	04:10+	06:10+	07:51+	10:53+	12:53+	15:24+	17:14+	19:32+	22:47+	25:23+	27:18+	28:01+	29:18+	32:20+	32:48+
00:49+	01:29+	01:17+	00:35+	02:00+	01:41+	03:02+	02:00+	02:31+	01:50+	02:18+	03:15+	02:36+	01:55+	00:43+	01:17+	03:02+	00:28+
00:20&	00:23&	00:09#	00:10&	00:19#	00:24&	01:11&	00:24#	00:44&	00:40&	01:01&	01:06&	01:07&	00:49&	00:08#	00:37&	02:16@	00:12&
<b>16</b>	<b>Bjørn H. Engseth</b>	<b>27</b>										<b>34:23</b>					
01:16+	02:38+	03:45+	04:26+	06:24+	08:02+	10:07+	13:44+	16:42+	18:08+	19:42+	27:37+	29:52+	31:21+	32:00+	32:50+	34:02+	34:23+
01:16+	01:22+	01:07-	00:41+	01:58+	01:38+	02:05+	03:37+	02:58+	01:26+	01:34+	07:55+	02:15+	01:29+	00:39+	00:50+	01:12+	00:21+
00:47@	00:16#	00:01-	00:16&	00:17#	00:21&	00:14#	02:01@	01:11&	00:16#	00:17#	05:46@	00:46&	00:23&	00:04#	00:10#	00:26&	00:05&
<b>17</b>	<b>Arne Nygaard</b>	<b>66</b>										<b>35:23</b>					
00:47+	02:15+	03:17+	03:54+	05:46+	07:14+	09:13+	11:37+	14:37+	16:47+	18:13+	21:03+	23:22+	30:27+	31:18+	32:14+	35:02+	35:23+
00:47+	01:28+	01:02-	00:37+	01:52+	01:28+	01:59+	02:24+	03:00+	02:10+	01:26+	02:50+	02:19+	07:05+	00:51+	00:56+	02:48+	00:21+
00:18&	00:22&	00:06-	00:12&	00:11#	00:11#	00:08+	00:48&	01:13&	01:00&	00:09#	00:41&	00:50&	05:59@	00:16&	00:16&	02:02@	00:05&
<b>18</b>	<b>Svein Magne Gløppen</b>	<b>93</b>										<b>43:00</b>					
00:51+	02:14+	03:26+	04:11+	06:13+	07:43+	11:33+	13:35+	16:20+	18:09+	19:38+	32:20+	34:52+	37:14+	38:34+	39:30+	42:34+	43:00+
00:51+	01:23+	01:12+	00:45+	02:02+	01:30+	03:50+	02:02+	02:45+	01:49+	01:29+	12:42+	02:32+	02:22+	01:20+	00:56+	03:04+	00:26+
00:22&	00:17&	00:04+	00:20&	00:21#	00:13#	01:59@	00:26&	00:58&	00:39&	00:12#	10:33@	01:03&	01:16@	00:45@	00:16&	02:18@	00:10&
<b>19</b>	<b>Ommund Bakkevoild</b>	<b>68</b>										<b>46:04</b>					
00:57+	02:42+	04:17+	05:04+	08:06+	10:08+	15:14+	18:13+	22:01+	24:28+	27:39+	34:13+	37:36+	39:54+	42:01+	43:34+	45:33+	46:04+
00:57+	01:45+	01:35+	00:47+	03:02+	02:02+	05:06+	02:59+	03:48+	02:27+	03:11+	06:34+	03:23+	02:18+	02:07+	01:33+	01:59+	00:31+
00:28&	00:39&	00:27&	00:22&	01:21&	00:45&	03:15@	01:23&	02:01@	01:17@	01:54@	04:25@	01:54@	01:12@	01:32@	00:53@	01:13@	00:15&

### Beste strekktid for klassen

00:29 01:06 00:53 00:23 01:32 01:13 01:41 01:20 01:43 01:08 01:06 01:49 01:29 01:00 00:34 00:37 00:46 00:15

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

## Herrer 60 - 64 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>18:30</b>					
01:45=	02:49=	03:51=	04:18=	05:27=	06:17=	07:32=	10:00=	11:25=	12:19=	13:57=	15:28=	16:31=	17:10=	17:57=	18:15=	18:30=	
01:45=	01:04=	01:02=	00:27=	01:09=	00:50=	01:15=	02:28=	01:25=	00:54=	01:38=	01:31=	01:03=	00:39=	00:47=	00:18=	00:15=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Terje Stokkeland</b>	<b>69</b>										<b>21:25</b>					
02:13+	03:34+	04:41+	05:14+	06:17+	07:15+	08:42+	11:45+	13:41+	14:29+	16:23+	17:28+	18:43+	19:33+	20:25+	21:07+	21:25+	
02:13+	01:21+	01:07+	00:33+	01:03-	00:58+	01:27+	03:03+	01:56+	00:48-	01:54+	01:05-	01:15+	00:50+	00:52+	00:42+	00:18+	
00:28&	00:17&	00:05+	00:06#	00:06-	00:08#	00:12#	00:35#	00:31&	00:06-	00:16#	00:26-	00:12#	00:11&	00:05#	00:24@	00:03#	
<b>3</b>	<b>Torbjørn Evensen</b>	<b>108</b>										<b>21:47</b>					
01:46+	03:22+	04:31+	04:59+	06:13+	07:15+	08:54+	11:58+	13:51+	14:37+	16:26+	17:35+	18:46+	19:42+	20:51+	21:26+	21:47+	
01:46+	01:36+	01:09+	00:28+	01:14+	01:02+	01:39+	03:04+	01:53+	00:46-	01:49+	01:09-	01:11+	00:56+	01:09+	00:35+	00:21+	
00:01+	00:32&	00:07#	00:01+	00:05+	00:12#	00:24&	00:36#	00:28&	00:08-	00:11#	00:22-	00:08#	00:17&	00:22&	00:17&	00:06&	
<b>4</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>22:43</b>					
01:55+	03:51+	05:09+	05:38+	07:13+	08:09+	09:41+	13:17+	15:06+	15:56+	17:42+	18:42+	20:23+	21:09+	22:05+	22:25+	22:43+	
01:55+	01:56+	01:18+	00:29+	01:35+	00:56+	01:32+	03:36+	01:49+	00:50-	01:46+	01:00-	01:41+	00:46+	00:56+	00:20+	00:18+	
00:10+	00:52&	00:16&	00:02+	00:26&	00:06#	00:17#	01:08&	00:24&	00:04-	00:08+	00:31-	00:38&	00:07#	00:09#	00:02#	00:03#	

Class	Navn	Klasse										Tid				
<b>5</b>	<b>Tom Hetland</b>	<b>5</b>										<b>23:15</b>				
01:29-	03:18+	04:24+	04:53+	06:16+	07:21+	08:45+	12:03+	13:56+	14:52+	17:22+	18:32+	20:28+	21:43+	22:31+	22:57+	23:15+
01:29-	01:49+	01:06+	00:29+	01:23+	01:05+	01:24+	03:18+	01:53+	00:56+	02:30+	01:10-	01:56+	01:15+	00:48+	00:26+	00:18+
00:16-	00:45&	00:04+	00:02+	00:14#	00:15&	00:09#	00:50&	00:28&	00:02+	00:52&	00:21-	00:53&	00:36&	00:01+	00:08&	00:03#
<b>6</b>	<b>Hans Erik Terjesen</b>	<b>116</b>										<b>24:01</b>				
01:34-	03:07+	04:13+	04:41+	06:01+	06:57+	08:17+	11:31+	13:27+	15:08+	18:56+	19:48+	21:11+	22:16+	23:08+	23:42+	24:01+
01:34-	01:33+	01:06+	00:28+	01:20+	00:56+	01:20+	03:14+	01:56+	01:41+	03:48+	00:52-	01:23+	01:05+	00:52+	00:34+	00:19+
00:11-	00:29&	00:04+	00:01+	00:11#	00:06#	00:05+	00:46&	00:31&	00:47&	02:10@	00:39-	00:20&	00:26&	00:05#	00:16&	00:04&
<b>7</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>24:25</b>				
02:06+	03:30+	04:43+	05:19+	06:42+	07:48+	09:34+	12:48+	15:00+	16:01+	18:02+	19:38+	21:16+	22:22+	23:23+	24:04+	24:25+
02:06+	01:24+	01:13+	00:36+	01:23+	01:06+	01:46+	03:14+	02:12+	01:01+	02:01+	01:36+	01:38+	01:06+	01:01+	00:41+	00:21+
00:21#	00:20&	00:11#	00:09&	00:14#	00:16&	00:31&	00:46&	00:47&	00:07#	00:23#	00:05+	00:35&	00:27&	00:14&	00:23@	00:06&
<b>8</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>24:27</b>				
01:51+	03:02+	04:15+	04:46+	06:08+	07:19+	08:46+	12:13+	13:57+	14:50+	17:29+	19:25+	20:40+	21:39+	23:46+	24:05+	24:27+
01:51+	01:11+	01:13+	00:31+	01:22+	01:11+	01:27+	03:27+	01:44+	00:53-	02:39+	01:56+	01:15+	00:59+	02:07+	00:19+	00:22+
00:06+	00:07#	00:11#	00:04#	00:13#	00:21&	00:12#	00:59&	00:19#	00:01-	01:01&	00:25&	00:12#	00:20&	01:20@	00:01+	00:07&
<b>9</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>25:03</b>				
01:47+	03:26+	04:34+	05:07+	06:30+	07:28+	09:03+	12:31+	14:11+	14:51+	16:41+	17:42+	18:53+	23:25+	24:10+	24:40+	25:03+
01:47+	01:39+	01:08+	00:33+	01:23+	00:58+	01:35+	03:28+	01:40+	00:40-	01:50+	01:01-	01:11+	04:32+	00:45-	00:30+	00:23+
00:02+	00:35&	00:06+	00:06#	00:14#	00:08#	00:20&	01:00&	00:15#	00:14-	00:12#	00:30-	00:08#	03:53@	00:02-	00:12&	00:08&
<b>10</b>	<b>Svein Berge</b>	<b>126</b>										<b>25:43</b>				
01:42-	02:56+	04:05+	04:39+	06:05+	07:04+	08:31+	11:38+	17:01+	18:12+	20:28+	21:35+	22:45+	23:50+	24:51+	25:22+	25:43+
01:42-	01:14+	01:09+	00:34+	01:26+	00:59+	01:27+	03:07+	05:23+	01:11+	02:16+	01:07-	01:10+	01:05+	01:01+	00:31+	00:21+
00:03-	00:10#	00:07#	00:07&	00:17#	00:09#	00:12#	00:39&	03:58@	00:17&	00:38&	00:24-	00:07#	00:26&	00:14&	00:13&	00:06&
<b>11</b>	<b>Arne M. Handeland</b>	<b>92</b>										<b>25:55</b>				
01:48+	03:12+	04:25+	05:01+	06:29+	07:43+	09:29+	12:47+	14:47+	15:36+	18:10+	21:54+	23:15+	24:09+	25:04+	25:36+	25:55+
01:48+	01:24+	01:13+	00:36+	01:28+	01:14+	01:46+	03:18+	02:00+	00:49-	02:34+	03:44+	01:21+	00:54+	00:55+	00:32+	00:19+
00:03+	00:20&	00:11#	00:09&	00:19&	00:24&	00:31&	00:50&	00:35&	00:05-	00:56&	02:13@	00:18&	00:15&	00:08#	00:14&	00:04&
<b>12</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>26:47</b>				
01:58+	03:26+	04:45+	05:19+	06:45+	07:53+	09:28+	13:04+	15:14+	16:16+	19:09+	20:39+	22:34+	23:41+	25:49+	26:29+	26:47+
01:58+	01:28+	01:19+	00:34+	01:26+	01:08+	01:35+	03:36+	02:10+	01:02+	02:53+	01:30-	01:55+	01:07+	02:08+	00:40+	00:18+
00:13#	00:24&	00:17&	00:07&	00:17#	00:18&	00:20&	01:08&	00:45&	00:08#	01:15&	00:01-	00:52&	00:28&	01:21@	00:22@	00:03#
<b>13</b>	<b>Agnar Lien</b>	<b>7</b>										<b>27:42</b>				
01:52+	03:44+	04:56+	05:37+	07:08+	08:08+	09:59+	13:45+	15:54+	16:56+	19:16+	20:14+	21:26+	25:54+	26:43+	27:17+	27:42+
01:52+	01:52+	01:12+	00:41+	01:31+	01:00+	01:51+	03:46+	02:09+	01:02+	02:20+	00:58-	01:12+	04:28+	00:49+	00:34+	00:25+
00:07+	00:48&	00:10#	00:14&	00:22&	00:10#	00:36&	01:18&	00:44&	00:08#	00:42&	00:33-	00:09#	03:49@	00:02+	00:16&	00:10&
<b>14</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>28:14</b>				
02:04+	03:30+	05:05+	05:38+	06:56+	08:05+	09:46+	13:32+	15:32+	16:32+	22:08+	23:44+	25:39+	26:30+	27:27+	27:51+	28:14+
02:04+	01:26+	01:35+	00:33+	01:18+	01:09+	01:41+	03:46+	02:00+	01:00+	05:36+	01:36+	01:55+	00:51+	00:57+	00:24+	00:23+
00:19#	00:22&	00:33&	00:06#	00:09#	00:19&	00:26&	01:18&	00:35&	00:06#	03:58@	00:05+	00:52&	00:12&	00:10#	00:06&	00:08&
<b>15</b>	<b>Bjørn Bjelland</b>	<b>83</b>										<b>29:23</b>				
02:19+	04:01+	05:35+	06:12+	07:56+	09:14+	11:27+	15:51+	18:52+	19:47+	22:46+	24:07+	26:27+	27:36+	28:36+	29:06+	29:23+
02:19+	01:42+	01:34+	00:37+	01:44+	01:18+	02:13+	04:24+	03:01+	00:55+	02:59+	01:21-	02:20+	01:09+	01:00+	00:30+	00:17+
00:34&	00:38&	00:32&	00:10&	00:35&	00:28&	00:58&	01:56&	01:36@	00:01+	01:21&	00:10-	01:17@	00:30&	00:13&	00:12&	00:02#
<b>16</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>29:45</b>				
02:02+	03:24+	04:44+	05:16+	06:47+	07:53+	09:29+	13:50+	15:54+	17:11+	19:40+	23:51+	25:36+	26:32+	28:47+	29:19+	29:45+
02:02+	01:22+	01:20+	00:32+	01:31+	01:06+	01:36+	04:21+	02:04+	01:17+	02:29+	04:11+	01:45+	00:56+	02:15+	00:32+	00:26+
00:17#	00:18&	00:18&	00:05#	00:22&	00:16&	00:21&	01:53&	00:39&	00:23&	00:51&	02:40@	00:42&	00:17&	01:28@	00:14&	00:11&
<b>17</b>	<b>Terje Langeland</b>	<b>98</b>										<b>29:54</b>				
02:17+	03:54+	05:19+	06:02+	07:50+	09:10+	11:08+	14:20+	16:30+	17:43+	20:53+	24:34+	26:00+	26:51+	29:04+	29:31+	29:54+
02:17+	01:37+	01:25+	00:43+	01:48+	01:20+	01:58+	03:12+	02:10+	01:13+	03:10+	03:41+	01:26+	00:51+	02:13+	00:27+	00:23+
00:32&	00:33&	00:23&	00:16&	00:39&	00:30&	00:43&	00:44&	00:45&	00:19&	01:32&	02:10@	00:23&	00:12&	01:26@	00:09&	00:08&
<b>18</b>	<b>Inge Johan Øverland</b>	<b>93</b>										<b>31:19</b>				
01:54+	03:34+	04:47+	05:24+	06:46+	07:47+	09:17+	12:40+	15:40+	17:01+	23:05+	24:55+	27:17+	28:46+	30:12+	30:51+	31:19+
01:54+	01:40+	01:13+	00:37+	01:22+	01:01+	01:30+	03:23+	03:00+	01:21+	06:04+	01:50+	02:22+	01:29+	01:26+	00:39+	00:28+
00:09+	00:36&	00:11#	00:10&	00:13#	00:11#	00:15#	00:55&	01:35@	00:27&	04:26@	00:19#	01:19@	00:50@	00:39&	00:21@	00:13&
<b>19</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>31:39</b>				
02:07+	03:35+	04:53+	08:59+	11:20+	12:32+	14:33+	18:21+	20:54+	22:01+	24:38+	26:05+	28:09+	29:31+	30:41+	31:13+	31:39+
02:07+	01:28+	01:18+	04:06+	02:21+	01:12+	02:01+	03:48+	02:33+	01:07+	02:37+	01:27-	02:04+	01:22+	01:10+	00:32+	00:26+
00:22#	00:24&	00:16&	03:39@	01:12@	00:22&	00:46&	01:20&	01:08&	00:13#	00:59&	00:04-	01:01&	00:43@	00:23&	00:14&	00:11&

Class	Navn	Klasse										Tid					
<b>20</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>32:51</b>					
02:24+	04:13+	05:39+	06:31+	08:31+	09:46+	11:44+	15:46+	18:43+	20:13+	24:07+	26:25+	28:24+	30:25+	31:52+	32:24+	32:51+	
02:24+	01:49+	01:26+	00:52+	02:00+	01:15+	01:58+	04:02+	02:57+	01:30+	03:54+	02:18+	01:59+	02:01+	01:27+	00:32+	00:27+	
00:39&	00:45&	00:24&	00:25&	00:51&	00:25&	00:43&	01:34&	01:32@	00:36&	02:16@	00:47&	00:56&	01:22@	00:40&	00:14&	00:12&	
<b>21</b>	<b>Egil Røyneberg</b>	<b>93</b>										<b>37:20</b>					
02:49+	04:35+	06:19+	07:14+	09:09+	10:28+	14:20+	19:25+	22:13+	23:42+	26:28+	28:19+	30:48+	32:02+	33:17+	34:23+	37:20+	
02:49+	01:46+	01:44+	00:55+	01:55+	01:19+	03:52+	05:05+	02:48+	01:29+	02:46+	01:51+	02:29+	01:14+	01:15+	01:06+	02:57+	
01:04&	00:42&	00:42&	00:28@	00:46&	00:29&	02:37@	02:37@	01:23&	00:35&	01:08&	00:20#	01:26@	00:35&	00:28&	00:48@	02:42@	
<b>Beste strekktid for klassen</b>																	
01:29	01:04	01:02	00:27	01:03	00:50	01:15	02:28	01:25	00:40	01:38	00:52	01:03	00:39	00:45	00:18	00:15	

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

## Herrer 65 - 69 år

<b>1</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>21:46</b>					
01:46=	03:41=	04:59=	05:31=	06:56=	07:52=	09:17=	12:40=	14:28=	15:09=	17:02=	18:07=	19:18=	20:08=	20:53=	21:27=	21:46=	
01:46=	01:55=	01:18=	00:32=	01:25=	00:56=	01:25=	03:23=	01:48=	00:41=	01:53=	01:05=	01:11=	00:50=	00:45=	00:34=	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=	00:00=	
<b>2</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>22:14</b>					
01:31-	02:33-	03:34-	04:05-	05:12-	06:11-	07:36-	10:13-	11:38-	13:21-	15:07-	16:04-	17:11-	17:55-	20:52-	21:55+	22:14+	
01:31-	01:02-	01:01-	00:31-	01:07-	00:59+	01:25=	02:37-	01:25-	01:43+	01:46-	00:57-	01:07-	00:44-	02:57+	01:03+	00:19=	
00:15-	00:53-	00:17-	00:01-	00:18-	00:03+	00:00=	00:46-	00:23-	01:02@	00:07-	00:08-	00:04-	00:06-	02:12@	00:29&	00:00=	
<b>3</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>23:10</b>					
01:46=	03:24-	04:44-	05:15-	06:42-	07:54+	09:40+	13:17+	15:18+	16:13+	18:15+	19:30+	20:52+	21:37+	22:29+	22:49+	23:10+	
01:46=	01:38-	01:20+	00:31-	01:27+	01:12+	01:46+	03:31+	02:01+	00:55+	02:02+	01:15+	01:22+	00:45-	00:52+	00:20-	00:21+	
00:00=	00:17-	00:02+	00:01-	00:02+	00:16&	00:21#	00:14+	00:13#	00:14&	00:09+	00:10#	00:11#	00:05-	00:07#	00:14-	00:02#	
<b>4</b>	<b>Terje Helland</b>	<b>88</b>										<b>23:41</b>					
02:47+	04:31+	05:56+	06:29+	08:29+	09:19+	10:47+	13:40+	15:40+	16:24+	18:27+	19:32+	20:50+	21:42+	22:42+	23:23+	23:41+	
02:47+	01:44-	01:25+	00:33+	02:00+	00:50-	01:28+	02:53-	02:00+	00:44+	02:03+	01:05=	01:18+	00:52+	01:00+	00:41+	00:18-	
01:01&	00:11-	00:07+	00:01+	00:35&	00:06-	00:03+	00:30-	00:12#	00:03+	00:10+	00:00=	00:07+	00:02+	00:15&	00:07#	00:01-	
<b>5</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>24:22</b>					
02:04+	03:43+	05:02+	05:37+	07:14+	08:11+	09:50+	13:22+	15:15+	16:58+	19:09+	20:25+	21:55+	22:45+	23:37+	24:01+	24:22+	
02:04+	01:39-	01:19+	00:35+	01:37+	00:57+	01:39+	03:32+	01:53+	01:43+	02:11+	01:16+	01:30+	00:50=	00:52+	00:24-	00:21+	
00:18#	00:16-	00:01+	00:03+	00:12#	00:01+	00:14#	00:09+	00:05+	01:02@	00:18#	00:11#	00:19&	00:00=	00:07#	00:10-	00:02#	
<b>6</b>	<b>Ole Auklend</b>	<b>106</b>										<b>25:31</b>					
01:49+	03:14-	04:36-	05:15-	06:39-	07:49-	09:37+	13:05+	15:45+	17:03+	19:15+	20:41+	22:22+	23:05+	24:29+	25:07+	25:31+	
01:49+	01:25-	01:22+	00:39+	01:24-	01:10+	01:48+	03:28+	02:40+	01:18+	02:12+	01:26+	01:41+	00:43-	01:24+	00:38+	00:24+	
00:03+	00:30-	00:04+	00:07#	00:01-	00:14#	00:23&	00:05+	00:52&	00:37&	00:19#	00:21&	00:30&	00:07-	00:39&	00:04#	00:05&	
<b>7</b>	<b>Svein Ove Horpestad</b>	<b>62</b>										<b>26:47</b>					
02:07+	04:22+	06:45+	07:17+	08:36+	09:42+	11:16+	14:45+	17:01+	18:02+	20:29+	21:42+	23:46+	24:55+	25:56+	26:26+	26:47+	
02:07+	02:15+	02:23+	00:32=	01:19-	01:06+	01:34+	03:29+	02:16+	01:01+	02:27+	01:13+	02:04+	01:09+	01:01+	00:30-	00:21+	
00:21#	00:20#	01:05&	00:00=	00:06-	00:10#	00:09#	00:06+	00:28&	00:20&	00:34&	00:08#	00:53&	00:19&	00:16&	00:04-	00:02#	
<b>8</b>	<b>Arne Østensen</b>	<b>90</b>										<b>27:27</b>					
01:56+	03:17-	04:18-	04:48-	06:03-	07:03-	08:31-	11:31-	13:24-	14:16-	16:11-	17:15-	23:18+	25:35+	26:44+	27:08+	27:27+	
01:56+	01:21-	01:01-	00:30-	01:15-	01:00+	01:28+	03:00-	01:53+	00:52+	01:55+	01:04-	06:03+	02:17+	01:09+	00:24-	00:19=	
00:10+	00:34-	00:17-	00:02-	00:10-	00:04+	00:03+	00:23-	00:05+	00:11&	00:02+	00:01-	04:52@	01:27@	00:24&	00:10-	00:00=	
<b>9</b>	<b>Torstein Gjesteland</b>	<b>126</b>										<b>27:33</b>					
02:04+	04:06+	05:24+	06:03+	07:51+	09:00+	10:55+	14:47+	17:10+	18:16+	20:58+	22:33+	24:23+	25:23+	26:24+	27:11+	27:33+	
02:04+	02:02+	01:18=	00:39+	01:48+	01:09+	01:55+	03:52+	02:23+	01:06+	02:42+	01:35+	01:50+	01:00+	01:01+	00:47+	00:22+	
00:18#	00:07+	00:00=	00:07#	00:23&	00:13#	00:30&	00:29#	00:35&	00:25&	00:49&	00:30&	00:39&	00:10#	00:16&	00:13&	00:03#	
<b>10</b>	<b>Roar Fitjar</b>	<b>101</b>										<b>28:05</b>					
01:58+	03:17-	04:41-	05:18-	07:05+	08:10+	09:48+	13:46+	17:06+	18:17+	20:41+	23:36+	25:13+	26:12+	27:14+	27:42+	28:05+	
01:58+	01:19-	01:24+	00:37+	01:47+	01:05+	01:38+	03:58+	03:20+	01:11+	02:24+	02:55+	01:37+	00:59+	01:02+	00:28-	00:23+	
00:12#	00:36-	00:06+	00:05#	00:22&	00:09#	00:13#	00:35#	01:32&	00:30&	00:31&	01:50@	00:26&	00:09#	00:17&	00:06-	00:04#	
<b>11</b>	<b>Leif Gustav Hollund</b>	<b>116</b>										<b>29:41</b>					
02:06+	03:52+	05:13+	05:53+	07:27+	08:32+	10:10+	13:45+	15:42+	16:51+	23:42+	24:49+	26:24+	27:35+	28:39+	29:12+	29:41+	
02:06+	01:46-	01:21+	00:40+	01:34+	01:05+	01:38+	03:35+	01:57+	01:09+	06:51+	01:07+	01:35+	01:11+	01:04+	00:33-	00:29+	
00:20#	00:09-	00:03+	00:08#	00:09#	00:09#	00:13#	00:12+	00:09+	00:28&	04:58@	00:02+	00:24&	00:21&	00:19&	00:01-	00:10&	

Class	Navn	Klasse	Tid
<b>12</b>	<b>Vidar Gjesdal</b>	<b>109</b>	<b>30:06</b>
02:29+	04:21+	05:58+	06:38+
02:29+	01:52-	01:37+	00:40+
00:43&	00:03-	00:19#	00:08#
08:26+	09:43+	11:45+	15:56+
01:17+	02:02+	04:11+	02:28+
00:23&	00:21&	00:37&	00:48#
18:24+	19:24+	22:01+	23:27+
01:00+	02:37+	01:26+	02:46+
00:19&	00:44&	00:21&	01:35@
26:13+	27:25+	29:16+	29:40+
01:12+	01:51+	00:24-	00:26+
00:22&	01:06@	00:10-	00:07&
<b>13</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>	<b>33:34</b>
01:41-	02:57-	04:49-	05:26-
01:41-	01:16-	01:52+	00:37+
00:05-	00:39-	00:34&	00:05#
07:49-	09:26+	12:51+	14:57+
00:58+	01:37+	03:25+	02:06+
00:02+	00:12#	00:02+	00:18#
16:13+	18:53+	24:36+	26:12+
01:16+	02:40+	05:43+	01:36+
00:35&	00:47&	04:38@	00:25&
31:14+	32:40+	33:12+	33:34+
05:02+	01:26+	00:32-	00:22+
04:12@	00:41&	00:02-	00:03#
<b>14</b>	<b>Ove Vatland</b>	<b>128</b>	<b>38:01</b>
02:36+	04:19+	05:58+	06:44+
02:36+	01:43-	01:39+	00:46+
00:50&	00:12-	00:21&	00:14&
08:35+	09:59+	12:13+	16:39+
01:24+	02:14+	04:26+	02:53+
00:26&	00:28&	00:49&	01:03&
20:43+	23:46+	29:42+	32:34+
01:11+	03:03+	05:56+	02:52+
01:10&	04:51@	00:35&	00:40&
35:24+	37:33+	38:01+	
<b>15</b>	<b>John Abrahamsen</b>	<b>125</b>	<b>39:17</b>
04:53+	06:32+	07:58+	08:49+
04:53+	01:39-	01:26+	00:51+
03:07@	00:16-	00:08#	00:19&
15:25+	17:40+	21:41+	24:23+
02:15+	04:01+	02:42+	01:24+
00:50&	00:38#	00:54&	00:43@
25:47+	31:11+	32:48+	35:22+
05:24+	01:37+	02:34+	01:22+
03:31@	00:32&	01:23@	00:32&
36:44+	37:51+	38:46+	39:17+
00:55+	00:31+	00:12&	
<b>16</b>	<b>Terje Gautestad</b>	<b>7</b>	<b>42:38</b>
02:14+	03:55+	05:26+	06:11+
02:14+	01:41-	01:31+	00:45+
00:28&	00:14-	00:13#	00:13&
09:11+	11:29+	15:28+	17:57+
01:15+	02:18+	03:59+	02:29+
00:19&	00:53&	00:36#	00:41&
21:27+	27:56+	33:34+	35:14+
03:30+	06:29+	05:38+	01:40+
02:49@	04:36@	04:33@	00:29&
40:14+	41:31+	42:16+	42:38+
05:00+	01:17+	00:45+	00:22+
04:10@	00:32&	00:11&	00:03#
<b>Beste strekktid for klassen</b>			
01:31	01:02	01:01	00:30
01:07	00:50	01:25	02:37
01:25	00:41	01:46	00:57
01:07	00:43	00:45	00:20
00:18			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
<b>Herrer 70 - 74 år</b>			
<b>1</b>	<b>Finn Morten Årstad</b>	<b>115</b>	<b>22:32</b>
02:01=	03:21=	04:39=	05:15=
02:01=	01:20=	01:18=	00:36=
00:00=	00:00=	00:00=	00:00=
07:44=	09:35=	12:48=	14:29=
01:02=	01:51=	03:13=	01:41=
00:00=	00:00=	00:00=	00:00=
15:17=	17:14=	18:14=	19:55=
01:57=	01:00=	01:41=	00:49=
00:00=	00:00=	00:00=	00:00=
20:44=	21:39=	22:11=	22:32=
00:49=	00:55=	00:32=	00:21=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>23:27</b>
01:49-	03:02-	04:12-	04:53-
01:49-	01:13-	01:10-	00:41+
00:12-	00:07-	00:08-	00:05#
07:12-	08:57-	11:46-	13:43-
01:00-	01:45-	02:49-	01:57+
00:02-	00:06-	00:24-	00:16#
14:38-	16:44-	17:48-	21:02+
00:55+	02:06+	01:04+	03:14+
00:07#	00:09+	00:04+	01:33&
21:49+	22:43+	23:07+	23:27+
00:47-	00:54-	00:24-	00:20-
00:02-	00:01-	00:08-	00:01-
<b>3</b>	<b>Hilmar Røthing</b>	<b>128</b>	<b>23:52</b>
01:49-	03:28+	04:30-	04:54-
01:49-	01:39+	01:02-	00:24-
00:12-	00:19#	00:16-	00:12-
05:57-	06:59-	08:31-	11:42-
01:02=	01:32-	03:11-	02:13+
00:02-	00:19-	00:02-	00:32&
15:25+	17:07-	18:09-	19:12-
01:30+	01:42-	01:02+	01:03-
00:02+	00:02+	00:38-	00:05-
19:56-	22:47+	23:12+	23:52+
00:44-	02:51+	00:25-	00:40+
00:05-	01:56@	00:07-	00:19&
<b>4</b>	<b>Ingjald Egeland</b>	<b>7</b>	<b>25:12</b>
01:46-	03:03-	04:17-	04:49-
01:46-	01:17-	01:14-	00:32-
00:15-	00:03-	00:04-	00:04-
06:23-	07:23-	09:02-	12:16-
01:00-	01:39-	03:14+	02:03+
00:02-	00:12-	00:01+	00:22#
14:19-	15:50+	18:31+	19:37+
01:31+	02:41+	01:06+	01:33-
00:06#	00:08#	00:08#	01:20@
24:22+	24:51+	25:12+	
00:57+	02:15+	00:29-	00:21=
00:08#	00:03-	00:00=	
<b>5</b>	<b>Kjell Langvik</b>	<b>93</b>	<b>25:56</b>
03:43+	05:33+	06:55+	07:29+
03:43+	01:50+	01:22+	00:34-
01:42&	00:30&	00:04+	00:02-
09:05+	10:11+	11:52+	15:44+
01:06+	01:41-	03:52+	01:55+
00:04+	00:10-	00:39#	00:14#
18:25+	20:31+	21:52+	23:04+
00:46-	02:06+	01:21+	01:12-
00:02-	00:09+	00:21&	00:29-
24:06+	24:57+	25:31+	25:56+
01:02+	00:51-	00:34+	00:25+
00:13&	00:04-	00:02+	00:04#
<b>6</b>	<b>Geir Husdal</b>	<b>93</b>	<b>26:33</b>
02:20+	03:39+	04:58+	05:30+
02:20+	01:19-	01:19+	00:32-
00:19#	00:01-	00:01+	00:04-
06:49+	07:53+	09:38+	13:46+
01:04+	01:45-	04:08+	02:50&
00:06-	00:55&	01:09&	00:16&
17:40+	20:37+	21:50+	23:42+
01:04+	02:57+	01:13+	01:52+
00:16&	01:00&	00:13#	00:11#
24:40+	25:31+	26:09+	26:33+
00:58+	00:51-	00:38+	00:24+
00:09#	00:04-	00:06#	00:03#
<b>7</b>	<b>Arvid Thorsen</b>	<b>5</b>	<b>26:55</b>
02:06+	03:36+	04:48+	05:16+
02:06+	01:30+	01:12-	00:28-
00:05+	00:10#	00:06-	00:08-
07:38-	09:02-	12:17-	14:23-
00:57-	01:24-	03:15+	02:06+
00:05-	00:27-	00:02+	00:25#
15:26+	17:54+	18:54+	20:29+
01:03+	02:28+	01:00=	01:35-
00:15&	00:31&	00:00=	00:06-
21:22+	26:17+	26:37+	26:55+
00:53+	04:55+	00:20-	00:18-
00:04+	04:00@	00:12-	00:03-
<b>8</b>	<b>Norvald Skretting</b>	<b>43</b>	<b>26:56</b>
01:55-	03:23+	04:33-	05:12-
01:55-	01:28+	01:10-	00:39+
00:06-	00:08#	00:08-	00:03+
06:35-	07:35-	09:36+	13:01+
01:23-	01:00-	02:01+	03:25+
00:04-	00:02-	00:10+	00:12+
15:10+	16:15+	20:11+	21:34+
01:05+	03:56+	01:23+	02:01+
00:28&	00:17&	01:59@	00:23&
23:35+	24:41+	25:47+	26:25+
01:06+	01:06+	00:38+	00:31+
00:20#	00:17&	00:06#	00:10&

Class	Navn	Klasse											Tid				
<b>9</b>	<b>Olav Dag Borgersen</b>	<b>154</b>											<b>27:05</b>				
02:16+	03:56+	05:16+	05:51+	08:12+	09:29+	11:14+	14:50+	17:46+	18:48+	21:09+	22:26+	24:05+	24:48+	26:04+	26:36+	27:05+	
02:16+	01:40+	01:20+	00:35-	02:21+	01:17+	01:45-	03:36+	02:56+	01:02+	02:21+	01:17+	01:39-	00:43-	01:16+	00:32=	00:29+	
00:15#	00:20#	00:02+	00:01-	00:54&	00:15#	00:06-	00:23#	01:15&	00:14&	00:24#	00:17&	00:02-	00:06-	00:21&	00:00=	00:08&	
<b>10</b>	<b>Tormod Aasliid</b>	<b>54</b>											<b>28:32</b>				
02:16+	04:12+	05:26+	05:58+	07:24+	08:23+	09:46+	13:00+	15:08+	16:08+	18:40+	19:38+	21:10+	22:08+	27:04+	28:10+	28:32+	
02:16+	01:56+	01:14-	00:32-	01:26-	00:59-	01:23-	03:14+	02:08+	01:00+	02:32+	00:58-	01:32-	00:58+	04:56+	01:06+	00:22+	
00:15#	00:36&	00:04-	00:04-	00:01-	00:03-	00:28-	00:01+	00:27&	00:12#	00:35&	00:02-	00:09-	00:09#	04:01@	00:34@	00:01+	
<b>11</b>	<b>Steinar Undheim</b>	<b>54</b>											<b>28:43</b>				
02:20+	03:53+	05:20+	05:57+	07:34+	08:43+	10:33+	14:01+	16:08+	17:47+	20:21+	22:44+	25:22+	26:28+	27:44+	28:16+	28:43+	
02:20+	01:33+	01:27+	00:37+	01:37+	01:09+	01:50-	03:28+	02:07+	01:39+	02:34+	02:23+	02:38+	01:06+	01:16+	00:32=	00:27+	
00:19#	00:13#	00:09#	00:01+	00:10#	00:07#	00:01-	00:15+	00:26&	00:51@	00:37&	01:23@	00:57&	00:17&	00:21&	00:00=	00:06&	
<b>12</b>	<b>Rolv Nærland</b>	<b>63</b>											<b>29:54</b>				
02:17+	04:18+	05:45+	06:35+	09:25+	10:41+	12:42+	16:27+	19:01+	20:05+	22:57+	24:13+	26:56+	27:56+	28:57+	29:36+	29:54+	
02:17+	02:01+	01:27+	00:50+	02:50+	01:16+	02:01+	03:45+	02:34+	01:04+	02:52+	01:16+	02:43+	01:00+	01:01+	00:39+	00:18-	
00:16#	00:41&	00:09#	00:14&	01:23&	00:14#	00:10+	00:32#	00:53&	00:16&	00:55&	00:16&	01:02&	00:11#	00:06#	00:07#	00:03-	
<b>13</b>	<b>Arne Tveita</b>	<b>109</b>											<b>31:16</b>				
02:22+	04:01+	05:32+	06:11+	08:01+	09:15+	11:20+	16:11+	19:01+	19:58+	22:30+	23:30+	24:56+	25:51+	30:20+	30:55+	31:16+	
02:22+	01:39+	01:31+	00:39+	01:50+	01:14+	02:05+	04:51+	02:50+	00:57+	02:32+	01:00=	01:26-	00:55+	04:29+	00:35+	00:21=	
00:21#	00:19#	00:13#	00:03+	00:23&	00:12#	00:14#	01:38&	01:09&	00:09#	00:35&	00:00=	00:15-	00:06#	03:34@	00:03+	00:00=	
<b>14</b>	<b>Albert Moe</b>	<b>54</b>											<b>32:01</b>				
02:54+	04:41+	06:30+	07:16+	09:04+	10:25+	13:00+	17:27+	20:11+	21:22+	24:00+	26:09+	28:39+	29:49+	30:51+	31:32+	32:01+	
02:54+	01:47+	01:49+	00:46+	01:48+	01:21+	02:35+	04:27+	02:44+	01:11+	02:38+	02:09+	02:30+	01:10+	01:02+	00:41+	00:29+	
00:53&	00:27&	00:31&	00:10&	00:21#	00:19&	00:44&	01:14&	01:03&	00:23&	00:41&	01:09@	00:49&	00:21&	00:07#	00:09&	00:08&	
<b>15</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>											<b>36:00</b>				
02:06+	03:58+	05:26+	06:07+	08:09+	09:22+	11:13+	18:49+	22:33+	24:01+	28:04+	30:03+	32:11+	33:16+	34:57+	35:33+	36:00+	
02:06+	01:52+	01:28+	00:41+	02:02+	01:13+	01:51=	07:36+	03:44+	01:28+	04:03+	01:59+	02:08+	01:05+	01:41+	00:36+	00:27+	
00:05+	00:32&	00:10#	00:05#	00:35&	00:11#	00:00=	04:23@	02:03@	00:40&	02:06@	00:59&	00:27&	00:16&	00:46&	00:04#	00:06&	
<b>16</b>	<b>Arne Brandsberg</b>	<b>29</b>											<b>39:16</b>				
03:06+	06:12+	08:04+	08:55+	11:16+	13:02+	15:34+	20:50+	24:54+	26:23+	29:39+	31:21+	33:12+	35:16+	37:59+	38:38+	39:16+	
03:06+	03:06+	01:52+	00:51+	02:21+	01:46+	02:32+	05:16+	04:04+	01:29+	03:16+	01:42+	01:51+	02:04+	02:43+	00:39+	00:38+	
01:05&	01:46@	00:34&	00:15&	00:54&	00:44&	00:41&	02:03&	02:23@	00:41&	01:19&	00:42&	00:10+	01:15@	01:48@	00:07#	00:17&	
<b>17</b>	<b>Jan H. Sagen</b>	<b>92</b>											<b>42:06</b>				
02:48+	05:20+	06:48+	07:40+	09:37+	10:59+	12:59+	18:02+	22:40+	24:01+	26:53+	29:17+	37:56+	39:50+	41:06+	41:38+	42:06+	
02:48+	02:32+	01:28+	00:52+	01:57+	01:22+	02:00+	05:03+	04:38+	01:21+	02:52+	02:24+	08:39+	01:54+	01:16+	00:32=	00:28+	
00:47&	01:12&	00:10#	00:16&	00:30&	00:20&	00:09+	01:50&	02:57@	00:33&	00:55&	01:24@	06:58@	01:05@	00:21&	00:00=	00:07&	
<b>18</b>	<b>Mangor Eikeland</b>	<b>92</b>											<b>45:04</b>				
03:57+	05:51+	07:12+	08:31+	09:44+	11:13+	13:24+	16:28+	19:11+	23:23+	27:32+	35:28+	40:03+	42:09+	43:52+	44:23+	45:04+	
03:57+	01:54+	01:21+	01:19+	01:13-	01:29+	02:11+	03:04-	02:43+	04:12+	04:09+	07:56+	04:35+	02:06+	01:43+	00:31-	00:41+	
01:56&	00:34&	00:03+	00:43@	00:14-	00:27&	00:20#	00:09-	01:02&	03:24@	02:12@	06:56@	02:54@	01:17@	00:48&	00:01-	00:20&	

### Beste strekketid for klassen

01:46 01:13 01:02 00:24 01:03 00:57 01:23 02:49 01:41 00:46 01:42 00:58 01:03 00:43 00:51 00:20 00:18

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

### Herrer 75 - 79 år

<b>1</b>	<b>Knut Skjæveland</b>	<b>93</b>											<b>19:22</b>				
01:29=	03:06=	05:08=	05:47=	07:33=	09:07=	11:23=	12:24=	13:55=	15:14=	15:59=	16:51=	18:03=	18:40=	19:22=			
01:29=	01:37=	02:02=	00:39=	01:46=	01:34=	02:16=	01:01=	01:31=	01:19=	00:45=	00:52=	01:12=	00:37=	00:42=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Arne Karlsen</b>	<b>105</b>											<b>30:49</b>				
03:00+	05:02+	07:41+	08:37+	10:56+	12:58+	17:05+	19:14+	21:58+	24:07+	25:10+	26:29+	28:44+	29:54+	30:49+			
03:00+	02:02+	02:39+	00:56+	02:19+	02:02+	04:07+	02:09+	02:44+	02:09+	01:03+	01:19+	02:15+	01:10+	00:55+			
01:31@	00:25&	00:37&	00:17&	00:33&	00:28&	01:51&	01:08@	01:13&	00:50&	00:18&	00:27&	01:03&	00:33&	00:13&			
<b>3</b>	<b>Alf Gyland</b>	<b>92</b>											<b>31:14</b>				
01:20-	03:25+	07:36+	08:43+	10:26+	12:20+	21:22+	22:37+	25:03+	26:51+	27:47+	28:35+	29:49+	30:33+	31:14+			
01:20-	02:05+	04:11+	01:07+	01:43-	01:54+	09:02+	01:15+	02:26+	01:48+	00:56+	00:48-	01:14+	00:44+	00:41-			
00:09-	00:28&	02:09@	00:28&	00:03-	00:20#	06:46@	00:14#	00:55&	00:29&	00:11#	00:04-	00:02+	00:07#	00:01-			

Class	Navn	Klasse												Tid			
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<b>4</b>	<b>Harald Vatne</b>	<b>67</b>												<b>33:48</b>			
01:46+	08:15+	10:35+	12:35+	14:47+	16:41+	19:16+	21:24+	23:54+	25:40+	26:43+	30:56+	32:19+	33:06+	33:48+			
01:46+	06:29+	02:20+	02:00+	02:12+	01:54+	02:35+	02:08+	02:30+	01:46+	01:03+	04:13+	01:23+	00:47+	00:42=			
00:17#	04:52@	00:18#	01:21@	00:26#	00:20#	00:19#	01:07@	00:59&	00:27&	00:18&	03:21@	00:11#	00:10&	00:00=			

<b>5</b>	<b>Magne Jakobsen</b>	<b>63</b>												<b>34:15</b>			
02:00+	03:55+	06:59+	07:48+	09:37+	11:24+	23:52+	25:37+	27:39+	29:21+	30:21+	31:17+	32:46+	33:35+	34:15+			
02:00+	01:55+	03:04+	00:49+	01:49+	01:47+	12:28+	01:45+	02:02+	01:42+	01:00+	00:56+	01:29+	00:49+	00:40-			
00:31&	00:18#	01:02&	00:10&	00:03+	00:13#	10:12@	00:44&	00:31&	00:23&	00:15&	00:04+	00:17#	00:12&	00:02-			

<b>6</b>	<b>Terje Braut</b>	<b>92</b>												<b>35:04</b>			
01:44+	03:43+	06:41+	07:28+	09:59+	12:00+	25:08+	26:26+	28:40+	30:22+	31:23+	32:19+	33:35+	34:22+	35:04+			
01:44+	01:59+	02:58+	00:47+	02:31+	02:01+	13:08+	01:18+	02:14+	01:42+	01:01+	00:56+	01:16+	00:47+	00:42=			
00:15#	00:22#	00:56&	00:08#	00:45&	00:27&	10:52@	00:17&	00:43&	00:23&	00:16&	00:04+	00:04+	00:10&	00:00=			

<b>7</b>	<b>Kjell Maudal</b>	<b>63</b>												<b>36:40</b>			
02:30+	04:51+	08:20+	09:15+	11:51+	13:54+	17:51+	20:06+	22:11+	28:08+	29:22+	30:42+	35:04+	35:49+	36:40+			
02:30+	02:21+	03:29+	00:55+	02:36+	02:03+	03:57+	02:15+	02:05+	05:57+	01:14+	01:20+	04:22+	00:45+	00:51+			
01:01&	00:44&	01:27&	00:16&	00:50&	00:29&	01:41&	01:14@	00:34&	04:38@	00:29&	00:28&	03:10@	00:08#	00:09#			

<b>8</b>	<b>Øystein Nilsen</b>	<b>57</b>												<b>37:27</b>			
02:19+	04:32+	07:48+	08:46+	11:26+	14:00+	17:52+	24:25+	27:58+	29:57+	31:23+	32:51+	34:22+	35:55+	37:27+			
02:19+	02:13+	03:16+	00:58+	02:40+	02:34+	03:52+	06:33+	03:33+	01:59+	01:26+	01:28+	01:31+	01:33+	01:32+			
00:50&	00:36&	01:14&	00:19&	00:54&	01:00&	01:36&	05:32@	02:02@	00:40&	00:41&	00:36&	00:19&	00:56@	00:50@			

<b>9</b>	<b>Gunnar Furland</b>	<b>93</b>												<b>38:22</b>			
01:57+	04:07+	06:35+	07:41+	10:32+	12:49+	17:48+	21:58+	25:31+	27:36+	28:33+	30:53+	33:16+	34:07+	38:22+			
01:57+	02:10+	02:28+	01:06+	02:51+	02:17+	04:59+	04:10+	03:33+	02:05+	00:57+	02:20+	02:23+	00:51+	04:15+			
00:28&	00:33&	00:26#	00:27&	01:05&	00:43&	02:43@	03:09@	02:02@	00:46&	00:12&	01:28@	01:11&	00:14&	03:33@			

<b>10</b>	<b>Jan Bekkeheien</b>	<b>92</b>												<b>52:10</b>			
02:04+	04:13+	07:53+	08:49+	11:15+	13:15+	33:03+	37:14+	42:28+	44:34+	47:35+	49:01+	50:30+	51:23+	52:10+			
02:04+	02:09+	03:40+	00:56+	02:26+	02:00+	19:48+	04:11+	05:14+	02:06+	03:01+	01:26+	01:29+	00:53+	00:47+			
00:35&	00:32&	01:38&	00:17&	00:40&	00:26&	17:32@	03:10@	03:43@	00:47&	02:16@	00:34&	00:17#	00:16&	00:05#			

<b>Beste strekktid for klassen</b>														
01:20	01:37	02:02	00:39	01:43	01:34	02:16	01:01	01:31	01:19	00:45	00:48	01:12	00:37	00:40

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

## Herrer 80 år og eldre

<b>1</b>	<b>Sigurd Krosli</b>	<b>31</b>												<b>35:23</b>			
01:12=	03:57=	06:45=	09:23=	11:31=	13:23=	14:35=	17:57=	23:07=	27:22=	28:43=	29:53=	31:57=	33:22=	34:36=	35:23=		
01:12=	02:45=	02:48=	02:38=	02:08=	01:52=	01:12=	03:22=	05:10=	04:15=	01:21=	01:10=	02:04=	01:25=	01:14=	00:47=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

<b>Beste strekktid for klassen</b>															
01:12	02:45	02:48	02:38	02:08	01:52	01:12	03:22	05:10	04:15	01:21	01:10	02:04	01:25	01:14	00:47

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

## Herrer A

<b>1</b>	<b>Fredrik Omdal</b>	<b>74</b>												<b>21:14</b>											
01:14=	01:39=	02:50=	03:38=	04:36=	05:43=	07:14=	08:19=	09:30=	10:40=	11:20=	11:52=	12:16=	14:49=	15:54=	17:14=	17:46=	18:40=	19:05=	19:32=	19:59=	20:32=	20:52=	21:14=		
01:14=	00:25=	01:11=	00:48=	00:58=	01:07=	01:31=	01:05=	01:11=	01:10=	00:40=	00:32=	00:24=	02:33=	01:05=	01:20=	00:32=	00:54=	00:25=	00:27=	00:27=	00:33=	00:20=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

<b>2</b>	<b>Kristian Haarr</b>	<b>27</b>												<b>24:07</b>											
01:19+	01:45+	03:09+	03:55+	04:55+	06:12+	08:16+	09:29+	10:58+	12:11+	12:41+	13:13+	13:41+	16:37+	17:43+	19:15+	19:46+	20:43+	21:16+	21:44+	22:20+	23:21+	23:43+	24:07+		
01:19+	00:26+	01:24+	00:46+	01:00+	01:17+	02:04+	01:13+	01:29+	01:13+	00:30-	00:32-	00:28+	02:56+	01:06+	01:32+	00:31-	00:57+	00:33+	00:28+	00:36+	01:01+	00:22+	00:24+		
00:05+	00:01+	00:13#	00:02-	00:02+	00:10#	00:33&	00:08#	00:18&	00:03+	00:10-	00:00=	00:04#	00:23#	00:01+	00:12#	00:01-	00:03+	00:08&	00:01+	00:09&	00:28&	00:02#	00:02+		

<b>3</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>												<b>24:19</b>											
01:18+	01:43+	03:01+	03:49+	05:27+	06:39+	08:12+	09:35+	11:03+	12:23+	12:56+	13:31+	13:54+	16:32+	17:43+	19:18+	19:56+	20:56+	21:27+	21:55+	22:26+	23:21+	23:44+	24:19+		
01:18+	00:25=	01:18+	00:48=	01:38+	01:12+	01:33+	01:23+	01:28+	01:20+	00:33-	00:35+	00:23-	02:38+	01:11+	01:35+	00:38+	01:00+	00:31+	00:28+	00:31+	00:55+	00:23+	00:35+		
00:04+	00:00=	00:07+	00:00=	00:40&	00:05+	00:02+	00:18&	00:17#	00:10#	00:07-	00:03+	00:01-	00:05+	00:06+	00:15#	00:06#	00:06#	00:06#	00:01+	00:04#	00:22&	00:03#	00:13&		

Class	Navn	Klasse	Tid																				
<b>4</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>	<b>26:11</b>																				
01:17+	01:44+	02:59+	03:52+	05:02+	06:16+	08:17+	09:22+	10:51+	12:23+	12:55+	13:34+	13:58+	16:24+	18:22+	19:36+	20:56+	22:09+	23:19+	23:54+	24:33+	25:16+	25:40+	26:11+
01:17+	00:27+	01:15+	00:53+	01:10+	01:14+	02:01+	01:05+	01:29+	01:32+	00:32-	00:39+	00:24=	02:26-	01:58+	01:14-	01:20+	01:13+	01:10+	00:35+	00:39+	00:43+	00:24+	00:31+
00:03+	00:02+	00:04+	00:05#	00:12#	00:07#	00:30&	00:00=	00:18&	00:22&	00:08-	00:07#	00:00=	00:07-	00:53&	00:06-	00:48@	00:19&	00:45@	00:08&	00:12&	00:10&	00:04#	00:09&
<b>5</b>	<b>Kristian Nygård Holtan</b>	<b>116</b>	<b>26:13</b>																				
01:27+	01:57+	03:26+	04:15+	05:39+	07:01+	08:56+	10:18+	11:56+	13:18+	13:58+	14:42+	15:05+	18:01+	19:13+	21:03+	21:38+	22:49+	23:22+	23:56+	24:31+	25:22+	25:50+	26:13+
01:27+	00:30+	01:29+	00:49+	01:24+	01:22+	01:55+	01:22+	01:38+	01:22+	00:40=	00:44+	00:23-	02:56+	01:12+	01:50+	00:35+	01:11+	00:33+	00:34+	00:35+	00:51+	00:28+	00:23+
00:13#	00:05#	00:18&	00:01+	00:26&	00:15#	00:24&	00:17&	00:27&	00:12#	00:00=	00:12&	00:01-	00:23#	00:07#	00:30&	00:03+	00:17&	00:08&	00:07&	00:08&	00:18&	00:08&	00:01+
<b>6</b>	<b>Morten Bjerga Sundli</b>	<b>93</b>	<b>26:26</b>																				
01:27+	01:55+	03:22+	04:18+	05:23+	06:41+	08:47+	10:07+	11:35+	13:00+	13:32+	14:06+	15:58+	18:51+	20:08+	21:33+	22:09+	23:19+	23:49+	24:18+	24:54+	25:36+	26:01+	26:26+
01:27+	00:28+	01:27+	00:56+	01:05+	01:18+	02:06+	01:20+	01:28+	01:25+	00:32-	00:34+	01:52+	02:53+	01:17+	01:25+	00:36+	01:10+	00:30+	00:29+	00:36+	00:42+	00:25+	00:25+
00:13#	00:03#	00:16#	00:08#	00:07#	00:11#	00:35&	00:15#	00:17#	00:15#	00:08-	00:02+	01:28@	00:20#	00:12#	00:05+	00:04#	00:16&	00:05#	00:02+	00:09&	00:09&	00:05#	00:03#
<b>7</b>	<b>Erik Lima</b>	<b>115</b>	<b>26:32</b>																				
01:30+	02:00+	03:29+	04:27+	05:39+	07:07+	09:04+	10:20+	11:52+	13:17+	13:52+	14:31+	14:57+	17:46+	19:23+	21:23+	22:03+	23:08+	23:41+	24:14+	24:54+	25:42+	26:06+	26:32+
01:30+	00:30+	01:29+	00:58+	01:12+	01:28+	01:57+	01:16+	01:32+	01:25+	00:35-	00:39+	00:26+	02:49+	01:37+	02:00+	00:40+	01:05+	00:33+	00:33+	00:40+	00:48+	00:24+	00:26+
00:16#	00:05#	00:18&	00:10#	00:14#	00:21&	00:26&	00:11#	00:21&	00:15#	00:05-	00:07#	00:02+	00:16#	00:32&	00:40&	00:08#	00:11#	00:08&	00:06#	00:13&	00:15&	00:04#	00:04#
<b>8</b>	<b>Jørgen Hetland</b>	<b>59</b>	<b>29:23</b>																				
01:27+	01:57+	03:19+	04:20+	05:33+	06:58+	09:25+	10:50+	12:45+	14:18+	14:59+	15:39+	16:48+	20:16+	21:41+	23:31+	24:15+	25:42+	26:14+	26:48+	27:29+	28:20+	28:50+	29:23+
01:27+	00:30+	01:22+	01:01+	01:13+	01:25+	02:27+	01:25+	01:55+	01:33+	00:41+	00:40+	01:09+	03:28+	01:25+	01:50+	00:44+	01:27+	00:32+	00:34+	00:41+	00:51+	00:30+	00:33+
00:13#	00:05#	00:11#	00:13&	00:15&	00:18&	00:56&	00:20&	00:44&	00:23&	00:01+	00:08#	00:45@	00:55&	00:20&	00:30&	00:12&	00:33&	00:07&	00:07&	00:14&	00:18&	00:10&	00:11&
<b>9</b>	<b>Martin Blystad</b>	<b>115</b>	<b>30:05</b>																				
01:33+	02:01+	03:26+	04:23+	05:37+	07:00+	09:09+	10:15+	11:52+	13:39+	14:23+	15:02+	15:27+	18:25+	19:58+	22:15+	22:50+	24:06+	24:49+	25:21+	27:55+	29:06+	29:37+	30:05+
01:33+	00:28+	01:25+	00:57+	01:14+	01:23+	02:09+	01:06+	01:37+	01:47+	00:44+	00:39+	00:25+	02:58+	01:33+	02:17+	00:35+	01:16+	00:43+	00:32+	02:34+	01:11+	00:31+	00:28+
00:19&	00:03#	00:14#	00:09#	00:16&	00:16#	00:38&	00:01+	00:26&	00:37&	00:04#	00:07#	00:01+	00:25#	00:28&	00:57&	00:03+	00:22&	00:18&	00:05#	02:07@	00:38@	00:11&	00:06&
<b>10</b>	<b>Joar Fuglestad</b>	<b>116</b>	<b>30:33</b>																				
01:34+	02:50+	04:15+	05:29+	06:43+	08:07+	10:09+	11:21+	12:55+	14:16+	18:04+	18:43+	19:08+	21:45+	22:52+	24:30+	25:03+	26:03+	26:41+	27:19+	29:01+	29:45+	30:12+	30:33+
01:34+	01:16+	01:25+	01:14+	01:14+	01:24+	02:02+	01:12+	01:34+	01:21+	03:48+	00:39+	00:25+	02:37+	01:07+	01:38+	00:33+	01:00+	00:38+	00:38+	01:42+	00:44+	00:27+	00:21-
00:20&	00:51@	00:14#	00:26&	00:16&	00:17&	00:31&	00:07#	00:23&	00:11#	03:08@	00:07#	00:01+	00:04+	00:02+	00:18#	00:01+	00:06#	00:13&	00:11&	01:15@	00:11&	00:07&	00:01-

### Beste strekktid for klassen

01:14 00:25 01:11 00:46 00:58 01:07 01:31 01:05 01:11 01:10 00:30 00:32 00:23 02:26 01:05 01:14 00:31 00:54 00:25 00:27 00:27 00:33 00:20 00:21

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

## Herrer B

<b>1</b>	<b>Stein Arne Olsen</b>	<b>68</b>	<b>23:44</b>																				
01:22=	01:53=	03:17=	04:14=	05:20=	06:37=	08:15=	09:12=	10:43=	12:09=	12:47=	13:22=	13:46=	16:26=	17:45=	19:00=	19:45=	20:46=	21:16=	21:43=	22:17=	23:00=	23:22=	23:44=
01:22=	00:31=	01:24=	00:57=	01:06=	01:17=	01:38=	00:57=	01:31=	01:26=	00:38=	00:35=	00:24=	02:40=	01:19=	01:15=	00:45=	01:01=	00:30=	00:27=	00:34=	00:43=	00:22=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Oddvar Taksdal</b>	<b>194</b>	<b>24:03</b>																				
01:21-	01:49-	03:16-	04:09-	05:15-	06:30-	08:17+	09:23+	10:53+	12:09=	12:41-	13:16-	13:43-	16:24-	17:43-	19:03+	19:41-	20:40-	21:12-	21:58+	22:34+	23:15+	23:41+	24:03+
01:21-	00:28-	01:27+	00:53-	01:06=	01:15-	01:47+	01:06+	01:30-	01:16-	00:32-	00:35=	00:27+	02:41+	01:19=	01:20+	00:38-	00:59-	00:32+	00:46+	00:36+	00:41-	00:26+	00:22=
00:01-	00:03-	00:03+	00:04-	00:00=	00:02-	00:09+	00:09#	00:01-	00:10-	00:06-	00:00=	00:03#	00:01+	00:00=	00:05+	00:07-	00:02-	00:02+	00:19&	00:02+	00:02-	00:04#	00:00=
<b>3</b>	<b>Geir Sand</b>	<b>105</b>	<b>24:41</b>																				
01:11-	01:39-	02:55-	03:53-	04:55-	06:15-	08:03-	09:11-	10:26-	11:51-	12:28-	13:05-	13:29-	16:20-	17:42-	19:09+	19:41-	20:45-	21:18+	22:10+	22:53+	23:54+	24:17+	24:41+
01:11-	00:28-	01:16-	00:58+	01:02-	01:20+	01:48+	01:08+	01:15-	01:25-	00:37-	00:37+	00:24=	02:51+	01:22+	01:27+	00:32-	01:04+	00:33+	00:52+	00:43+	01:01+	00:23+	00:24+
00:11-	00:03-	00:08-	00:01+	00:04-	00:03+	00:10#	00:11#	00:16-	00:01-	00:01-	00:02+	00:00=	00:11+	00:03+	00:12#	00:13-	00:03+	00:03#	00:25&	00:09&	00:18&	00:01+	00:02+
<b>4</b>	<b>Njål F. Vadla</b>	<b>194</b>	<b>24:50</b>																				
01:27+	01:56+	03:19+	04:20+	05:32+	06:51+	08:44+	09:50+	11:23+	13:01+	13:40+	14:16+	14:45+	17:21+	18:46+	19:58+	20:37+	21:37+	22:07+	22:36+	23:12+	23:52+	24:18+	24:50+
01:27+	00:29-	01:23-	01:01+	01:12+	01:12+	01:53+	01:06+	01:33+	01:38+	00:39+	00:36+	00:29+	02:36-	01:25+	01:12-	00:39-	01:00-	00:30+	00:29+	00:36+	00:40-	00:26+	00:32+
00:05+	00:02-	00:01-	00:04+	00:06+	00:02+	00:15#	00:09#	00:02+	00:12#	00:01+	00:01+	00:05#	00:04-	00:06+	00:03-	00:06-	00:01-	00:00=	00:02+	00:02+	00:03-	00:04#	00:10&
<b>5</b>	<b>Per Olav Haarr</b>	<b>62</b>	<b>26:22</b>																				
01:27+	01:55+	03:11-	04:14=	05:23+	06:42+	08:29+	09:34+	10:52+	12:14+	13:05+	13:43+	14:10+	17:03+	18:34+	20:03+	21:09+	22:20+	22:53+	23:24+	24:08+	25:26+	25:53+	26:22+
01:27+	00:28-	01:16-	01:03+	01:09+	01:19+	01:47+	01:05+	01:18-	01:22-	00:51+	00:38+	00:27+	02:53+	01:31+	01:29+	01:06+	01:11+	00:33+	00:31+	00:44+	01:18+	00:27+	00:29+
00:05+	00:03-	00:08-	00:06#	00:03+	00:02+	00:09+	00:08#	00:13-	00:04-	00:13&	00:03+	00:03#	00:13+	00:12#	00:14#	00:21&	00:10#	00:03#	00:04#	00:10&	00:35&	00:05#	00:07&
<b>6</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>	<b>27:11</b>																				
01:19-	01:55+	03:14-	04:21+	05:31+	06:47+	08:40+	09:52+	12:01+	13:50+	14:54+	15:36+	16:06+	18:41+	20:10+	21:46+	22:24+	23:31+	24:03+	24:35+	25:25+	26:17+	26:44+	27:11+
01:19-	00:36+	01:19-	01:07+	01:10+	01:16-	01:53+	01:12+	02:09+	01:49+	01:04+	00:42+	00:30+	02:35-	01:29+	01:36+	00:38-	01:07+	00:32+	00:32+	00:50+	00:52+	00:27+	00:27+
00:03-	00:05#	00:05-	00:10#	00:04+	00:01-	00:15#	00:15&	00:38&	00:23&	00:26&	00:07#	00:06#	00:05-	00:10#	00:21&	00:07-	00:06+	00:02+	00:05#	00:16&	00:09#	00:05#	00:05#



Class	Navn	Klasse	Tid																				
<b>7</b>	<b>Morten Aamodt</b>	<b>116</b>	<b>27:36</b>																				
01:24+	01:54+	03:18+	04:20+	05:41+	07:02+	09:00+	10:08+	11:46+	13:25+	14:43+	15:26+	15:54+	18:33+	19:59+	21:39+	22:26+	23:27+	24:07+	24:44+	25:39+	26:30+	27:02+	27:36+
01:24+	00:30-	01:24=	01:02+	01:21+	01:21+	01:58+	01:08+	01:38+	01:39+	01:18+	00:43+	00:28+	02:39-	01:26+	01:40+	00:47+	01:01=	00:40+	00:37+	00:55+	00:51+	00:32+	00:34+
00:02+	00:01-	00:00=	00:05+	00:15#	00:04+	00:20#	00:11#	00:07+	00:13#	00:40@	00:08#	00:04#	00:01-	00:07+	00:25&	00:02+	00:00=	00:10&	00:10&	00:21&	00:08#	00:10&	00:12&
<b>8</b>	<b>Geir Austigard</b>	<b>144</b>	<b>30:20</b>																				
01:48+	02:20+	03:43+	04:36+	06:04+	07:33+	09:54+	11:00+	13:02+	15:15+	16:00+	16:54+	17:27+	21:18+	22:57+	24:25+	25:01+	26:02+	26:55+	27:28+	28:26+	29:17+	29:50+	30:20+
01:48+	00:32+	01:23-	00:53-	01:28+	01:29+	02:21+	01:06+	02:02+	02:13+	00:45+	00:54+	00:33+	03:51+	01:39+	01:28+	00:36-	01:01=	00:53+	00:33+	00:58+	00:51+	00:33+	00:30+
00:26&	00:01+	00:01-	00:04-	00:22&	00:12#	00:43&	00:09#	00:31&	00:47&	00:07#	00:19&	00:09&	01:11&	00:20&	00:13#	00:09-	00:00=	00:23&	00:06#	00:24&	00:08#	00:11&	00:08&
<b>9</b>	<b>Svein Erik Kvame</b>	<b>116</b>	<b>30:33</b>																				
01:34+	02:10+	03:46+	04:49+	06:11+	07:45+	09:57+	11:31+	13:22+	14:58+	16:25+	17:08+	17:39+	20:51+	22:15+	23:49+	25:04+	26:17+	26:56+	28:03+	28:55+	29:41+	30:06+	30:33+
01:34+	00:36+	01:36+	01:03+	01:22+	01:34+	02:12+	01:34+	01:51+	01:36+	01:27+	00:43+	00:31+	03:12+	01:24+	01:34+	01:15+	01:13+	00:39+	01:07+	00:52+	00:46+	00:25+	00:27+
00:12#	00:05#	00:12#	00:06#	00:16#	00:17#	00:34&	00:37&	00:20#	00:10#	00:49@	00:08#	00:07&	00:32#	00:05+	00:19&	00:30&	00:12#	00:09&	00:40@	00:18&	00:03+	00:03#	00:05#
<b>10</b>	<b>Jone Sæbbø</b>	<b>90</b>	<b>31:47</b>																				
01:14-	01:42-	04:07+	05:27+	06:48+	08:10+	10:00+	11:12+	14:09+	15:53+	16:40+	17:37+	18:06+	21:23+	23:16+	25:40+	26:27+	27:49+	28:30+	29:10+	29:51+	30:48+	31:20+	31:47+
01:14-	00:28-	02:25+	01:20+	01:21+	01:22+	01:50+	01:12+	02:57+	01:44+	00:47+	00:57+	00:29+	03:17+	01:53+	02:24+	00:47+	01:22+	00:41+	00:40+	00:41+	00:57+	00:32+	00:27+
00:08-	00:03-	01:01&	00:23&	00:15#	00:05+	00:12#	00:15&	01:26&	00:18#	00:09#	00:22&	00:05#	00:37#	00:34&	01:09&	00:02+	00:21&	00:11&	00:13&	00:07#	00:14&	00:10&	00:05#
<b>11</b>	<b>Arjen Leendertse</b>	<b>91</b>	<b>31:58</b>																				
01:31+	01:58+	03:14-	04:12-	05:28+	06:43+	08:45+	10:03+	11:55+	14:07+	15:07+	15:57+	16:27+	19:50+	21:41+	24:16+	25:36+	27:49+	28:31+	29:06+	30:13+	31:00+	31:32+	31:58+
01:31+	00:27-	01:16-	00:58+	01:16+	01:15-	02:02+	01:18+	01:52+	02:12+	01:00+	00:50+	00:30+	03:23+	01:51+	02:35+	01:20+	02:13+	00:42+	00:35+	01:07+	00:47+	00:32+	00:26+
00:09#	00:04-	00:08-	00:01+	00:10#	00:02-	00:24#	00:21&	00:21#	00:46&	00:22&	00:15&	00:06#	00:43&	00:32&	01:20@	00:35&	01:12@	00:12&	00:08&	00:33&	00:04+	00:10&	00:04#
<b>12</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>	<b>33:37</b>																				
01:32+	02:07+	04:03+	05:08+	06:28+	08:27+	10:56+	12:22+	14:20+	16:28+	17:08+	18:01+	19:22+	23:00+	24:56+	26:49+	27:45+	29:03+	29:55+	30:44+	31:35+	32:31+	33:04+	33:37+
01:32+	00:35+	01:56+	01:05+	01:20+	01:59+	02:29+	01:26+	01:58+	02:08+	00:40+	00:53+	01:21+	03:38+	01:56+	01:53+	00:56+	01:18+	00:52+	00:49+	00:51+	00:56+	00:33+	00:33+
00:10#	00:04#	00:32&	00:08#	00:14#	00:42&	00:51&	00:29&	00:27&	00:42&	00:02+	00:18&	00:57@	00:58&	00:37&	00:38&	00:11#	00:17&	00:22&	00:22&	00:17&	00:13&	00:11&	00:11&
<b>13</b>	<b>Rune Christiansen</b>	<b>93</b>	<b>34:38</b>																				
01:37+	02:11+	03:41+	04:49+	06:10+	07:45+	10:01+	11:30+	13:50+	15:41+	19:04+	19:40+	20:13+	24:21+	25:59+	27:44+	28:25+	29:50+	30:48+	31:28+	32:22+	33:43+	34:15+	34:38+
01:37+	00:34+	01:30+	01:08+	01:21+	01:35+	02:16+	01:29+	02:20+	01:51+	03:23+	00:36+	00:33+	04:08+	01:38+	01:45+	00:41-	01:25+	00:58+	00:40+	00:54+	01:21+	00:32+	00:23+
00:15#	00:03+	00:06+	00:11#	00:15#	00:18#	00:38&	00:32&	00:49&	00:25&	02:45@	00:01+	00:09&	01:28&	00:19#	00:30&	00:04-	00:24&	00:28&	00:13&	00:20&	00:38&	00:10&	00:01+
<b>Beste strekktid for klassen</b>																							
01:11	00:27	01:16	00:53	01:02	01:15	01:38	00:57	01:15	01:16	00:32	00:35	00:24	02:35	01:19	01:12	00:32	00:59	00:30	00:27	00:34	00:40	00:22	00:22
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																							
<b>Herrer C</b>																							
<b>1</b>	<b>Jan Einar Øvremø</b>	<b>50</b>	<b>23:06</b>																				
01:30=	02:52=	03:44=	05:05=	06:03=	08:50=	10:45=	12:08=	13:08=	13:56=	16:54=	18:54=	20:24=	21:37=	22:05=	22:36=	23:06=							
01:30=	01:22=	00:52=	01:21=	00:58=	02:47=	01:55=	01:23=	01:00=	00:48=	02:58=	02:00=	01:30=	01:13=	00:28=	00:31=	00:30=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
<b>2</b>	<b>Kjell Dale</b>	<b>93</b>	<b>23:38</b>																				
01:35+	02:59+	03:48+	04:56-	06:00-	08:43-	10:28-	11:41-	14:18+	14:57+	17:23+	19:37+	20:32+	21:54+	22:32+	23:10+	23:38+							
01:35+	01:24+	00:49-	01:08-	01:04+	02:43-	01:45-	01:13-	02:37+	00:39-	02:26-	02:14+	00:55-	01:22+	00:38+	00:38+	00:28-							
00:05+	00:02+	00:03-	00:13-	00:06#	00:04-	00:10-	00:10-	01:37@	00:09-	00:32-	00:14#	00:35-	00:09#	00:10&	00:07#	00:02-							
<b>3</b>	<b>Kjetil Wirak</b>	<b>114</b>	<b>23:49</b>																				
01:30=	02:52=	03:46+	04:57-	06:01-	08:37-	10:17-	11:33-	13:17+	14:02+	16:25-	18:30-	19:26-	20:53-	22:49+	23:19+	23:49+							
01:30=	01:22=	00:54+	01:11-	01:04+	02:36-	01:40-	01:16-	01:44+	00:45-	02:23-	02:05+	00:56-	01:27+	01:56+	00:30-	00:30=							
00:00=	00:00=	00:02+	00:10-	00:06#	00:11-	00:15-	00:07-	00:44&	00:03-	00:35-	00:05+	00:34-	00:14#	01:28@	00:01-	00:00=							
<b>4</b>	<b>Otte Omdal</b>	<b>65</b>	<b>24:09</b>																				
01:35+	02:58+	03:49+	05:10+	06:08+	08:51+	10:37-	11:54+	12:47-	13:31-	16:13-	18:08-	19:13-	20:35-	23:14+	23:41+	24:09+							
01:35+	01:23+	00:51-	01:21=	00:58=	02:43-	01:46-	01:17-	00:53-	00:44-	02:42-	01:55-	01:05-	01:22+	02:39+	00:27-	00:28-							
00:05+	00:01+	00:01-	00:00=	00:00=	00:04-	00:09-	00:06-	00:07-	00:04-	00:16-	00:05-	00:25-	00:09#	02:11@	00:04-	00:02-							
<b>5</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>24:51</b>																				
01:48+	03:10+	04:00+	05:20+	06:37+	09:37+	12:04+	13:48+	14:40+	15:28+	18:31+	20:36+	21:28+	22:52+	23:47+	24:19+	24:51+							
01:48+	01:22=	00:50-	01:20-	01:17+	03:00+	02:27+	01:44+	00:52-	00:48=	03:03+	02:05+	00:52-	01:24+	00:55+	00:32+	00:32+							
00:18#	00:00=	00:02-	00:01-	00:19&	00:13+	00:32&	00:21&	00:08-	00:00=	00:05+	00:05+	00:38-	00:11#	00:27&	00:01+	00:02+							
<b>6</b>	<b>Geir Bjaanes</b>	<b>116</b>	<b>24:52</b>																				
01:42+	03:00+	03:53+	05:12+	06:19+	09:18+	11:11+	13:00+	13:52+	14:39+	17:32+	19:55+	21:36+	23:05+	23:45+	24:19+	24:52+							
01:42+	01:18-	00:53+	01:19-	01:07+	02:59+	01:53-	01:49+	00:52-	00:47-	02:53-	02:23+	01:41+	01:29+	00:40+	00:34+	00:33+							
00:12#	00:04-	00:01+	00:02-	00:09#	00:12+	00:02-	00:26&	00:08-	00:01-	00:05-	00:23#	00:11#	00:16#	00:12&	00:03+	00:03#							

Class	Navn	Klasse										Tid					
<b>7</b>	<b>Sturle Omdal</b>	<b>116</b>										<b>26:06</b>					
	01:38+	02:59+	03:55+	05:04-	06:07+	08:56+	10:54+	12:12+	13:56+	14:36+	17:24+	19:37+	20:39+	22:00+	25:11+	25:40+	26:06+
	01:38+	01:21-	00:56+	01:09-	01:03+	02:49+	01:58+	01:18-	01:44+	00:40-	02:48-	02:13+	01:02-	01:21+	03:11+	00:29-	00:26-
	00:08+	00:01-	00:04+	00:12-	00:05+	00:02+	00:03+	00:05-	00:44&	00:08-	00:10-	00:13#	00:28-	00:08#	02:43@	00:02-	00:04-
<b>8</b>	<b>Sveinung Svebestad</b>	<b>46</b>										<b>26:54</b>					
	01:58+	03:24+	04:20+	05:51+	06:57+	10:12+	12:29+	13:54+	15:00+	15:55+	19:27+	22:01+	23:19+	24:55+	25:40+	26:20+	26:54+
	01:58+	01:26+	00:56+	01:31+	01:06+	03:15+	02:17+	01:25+	01:06+	00:55+	03:32+	02:34+	01:18-	01:36+	00:45+	00:40+	00:34+
	00:28&	00:04+	00:04+	00:10#	00:08#	00:28#	00:22#	00:02+	00:06#	00:07#	00:34#	00:34&	00:12-	00:23&	00:17&	00:09&	00:04#
<b>9</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>										<b>27:04</b>					
	01:53+	03:23+	04:17+	05:46+	06:54+	10:03+	12:07+	13:44+	14:45+	15:33+	18:22+	21:04+	22:16+	24:02+	25:59+	26:30+	27:04+
	01:53+	01:30+	00:54+	01:29+	01:08+	03:09+	02:04+	01:37+	01:01+	00:48+	02:49-	02:42+	01:12-	01:46+	01:57+	00:31+	00:34+
	00:23&	00:08+	00:02+	00:08+	00:10#	00:22#	00:09+	00:14#	00:01+	00:00+	00:09-	00:42&	00:18-	00:33&	01:29@	00:00+	00:04#
<b>10</b>	<b>Rune Karstensen</b>	<b>37</b>										<b>27:52</b>					
	01:42+	03:17+	04:12+	05:40+	06:42+	10:41+	12:30+	14:02+	15:56+	16:46+	20:04+	22:29+	23:33+	25:02+	26:46+	27:22+	27:52+
	01:42+	01:35+	00:55+	01:28+	01:02+	03:59+	01:49-	01:32+	01:54+	00:50+	03:18+	02:25+	01:04-	01:29+	01:44+	00:36+	00:30+
	00:12#	00:13#	00:03+	00:07+	00:04+	01:12&	00:06-	00:09#	00:54&	00:02+	00:20#	00:25#	00:26-	00:16#	01:16@	00:05#	00:00+
<b>11</b>	<b>Erling Mauland</b>	<b>83</b>										<b>27:58</b>					
	01:43+	03:16+	04:10+	05:43+	06:42+	09:54+	12:04+	13:46+	14:53+	15:46+	19:11+	21:42+	23:00+	24:26+	25:52+	27:28+	27:58+
	01:43+	01:33+	00:54+	01:33+	00:59+	03:12+	02:10+	01:42+	01:07+	00:53+	03:25+	02:31+	01:18-	01:26+	01:26+	01:36+	00:30+
	00:13#	00:11#	00:02+	00:12#	00:01+	00:25#	00:15#	00:19#	00:07#	00:05#	00:27#	00:31&	00:12-	00:13#	00:58@	01:05@	00:00+
<b>12</b>	<b>Tor Brekken</b>	<b>97</b>										<b>30:09</b>					
	01:51+	03:21+	04:18+	05:55+	07:14+	10:55+	13:10+	15:04+	17:18+	18:18+	21:18+	24:56+	26:19+	28:16+	28:58+	29:35+	30:09+
	01:51+	01:30+	00:57+	01:37+	01:19+	03:41+	02:15+	01:54+	02:14+	01:00+	03:00+	03:38+	01:23-	01:57+	00:42+	00:37+	00:34+
	00:21#	00:08+	00:05+	00:16#	00:21&	00:54&	00:20#	00:31&	01:14@	00:12#	00:02+	01:38&	00:07-	00:44&	00:14&	00:06#	00:04#
<b>13</b>	<b>Øystein Dahle</b>	<b>92</b>										<b>31:01</b>					
	02:19+	03:43+	04:49+	06:17+	07:44+	11:18+	13:27+	15:12+	19:08+	20:10+	23:37+	25:59+	27:03+	28:51+	29:37+	30:17+	31:01+
	02:19+	01:24+	01:06+	01:28+	01:27+	03:34+	02:09+	01:45+	03:56+	01:02+	03:27+	02:22+	01:04-	01:48+	00:46+	00:40+	00:44+
	00:49&	00:02+	00:14&	00:07+	00:29&	00:47&	00:14#	00:22&	02:56@	00:14&	00:29#	00:22#	00:26-	00:35&	00:18&	00:09&	00:14&
<b>14</b>	<b>Ove Oaland</b>	<b>116</b>										<b>31:16</b>					
	02:38+	04:31+	05:37+	07:26+	08:48+	12:24+	14:27+	16:39+	18:29+	19:28+	22:51+	25:25+	26:54+	28:40+	29:56+	30:34+	31:16+
	02:38+	01:53+	01:06+	01:49+	01:22+	03:36+	02:03+	02:12+	01:50+	00:59+	03:23+	02:34+	01:29-	01:46+	01:16+	00:38+	00:42+
	01:08&	00:31&	00:14&	00:28&	00:24&	00:49&	00:08+	00:49&	00:50&	00:11#	00:25#	00:34&	00:01-	00:33&	00:48@	00:07#	00:12&
<b>15</b>	<b>Otto Alsnes</b>	<b>50</b>										<b>34:16</b>					
	02:00+	04:05+	05:16+	07:02+	08:51+	12:32+	15:16+	16:56+	18:07+	19:12+	23:23+	26:31+	28:25+	32:00+	32:51+	33:34+	34:16+
	02:00+	02:05+	01:11+	01:46+	01:49+	03:41+	02:44+	01:40+	01:11+	01:05+	04:11+	03:08+	01:54+	03:35+	00:51+	00:43+	00:42+
	00:30&	00:43&	00:19&	00:25&	00:51&	00:54&	00:49&	00:17#	00:11#	00:17&	01:13&	01:08&	00:24&	02:22@	00:23&	00:12&	00:12&
<b>16</b>	<b>Ivar Knutsen</b>	<b>116</b>										<b>34:27</b>					
	02:05+	03:45+	04:52+	06:40+	08:03+	12:08+	14:20+	16:31+	17:44+	18:52+	22:12+	25:39+	29:46+	31:34+	32:51+	33:39+	34:27+
	02:05+	01:40+	01:07+	01:48+	01:23+	04:05+	02:12+	02:11+	01:13+	01:08+	03:20+	03:27+	04:07+	01:48+	01:17+	00:48+	00:48+
	00:35&	00:18#	00:15&	00:27&	00:25&	01:18&	00:17#	00:48&	00:13#	00:20&	00:22#	01:27&	02:37@	00:35&	00:49@	00:17&	00:18&

### Beste strekktid for klassen

01:30 01:18 00:49 01:08 00:58 02:36 01:40 01:13 00:52 00:39 02:23 01:55 00:52 01:13 00:28 00:27 00:26

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

### Herrer Ny

**1 Mads Kristian Fjellidal 116 36:25**

04:09= 07:37= 11:20= 13:07= 15:10= 17:21= 21:10= 22:54= 28:20= 32:14= 34:33= 36:25=  
04:09= 03:28= 03:43= 01:47= 02:03= 02:11= 03:49= 01:44= 05:26= 03:54= 02:19= 01:52=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Joe McClounnan 167 40:36**

01:08- 02:49- 06:14- 07:54- 09:50- 15:04- 18:00- 19:42- 21:15- 37:50+ 39:06+ 40:36+  
01:08- 01:41- 03:25- 01:40- 01:56- 05:14+ 02:56- 01:42- 01:33- 16:35+ 01:16- 01:30-  
03:01- 01:47- 00:18- 00:07- 00:07- 03:03@ 00:53- 00:02- 03:53- 12:41@ 01:03- 00:22-

### Beste strekktid for klassen

01:08 01:41 03:25 01:40 01:56 02:11 02:56 01:42 01:33 03:54 01:16 01:30

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

## Herrer Trim

<b>1</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>	<b>17:02</b>													
00:43=	02:22=	03:52=	05:10=	06:15=	07:13=	07:54=	09:05=	09:53=	11:11=	12:07=	13:19=	14:18=	16:08=	16:37=	17:02=	
00:43=	01:39=	01:30=	01:18=	01:05=	00:58=	00:41=	01:11=	00:48=	01:18=	00:56=	01:12=	00:59=	01:50=	00:29=	00:25=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Jon Kåre Olsen</b>	<b>92</b>	<b>17:18</b>													
00:35-	01:51-	03:36-	04:38-	05:45-	06:47-	07:30-	08:58-	10:07+	12:09+	12:55+	13:34+	14:38+	15:41-	16:38+	17:18+	
00:35-	01:16-	01:45+	01:02-	01:07+	01:02+	00:43+	01:28+	01:09+	02:02+	00:46-	00:39-	01:04+	01:03-	00:57+	00:40+	
00:08-	00:23-	00:15#	00:16-	00:02+	00:04+	00:02+	00:17#	00:21&	00:44&	00:10-	00:33-	00:05+	00:47-	00:28&	00:15&	
<b>3</b>	<b>Martin Svensen</b>	<b>284</b>	<b>20:25</b>													
00:51+	02:21-	03:53+	05:03-	06:09-	07:12-	08:00+	09:21+	14:04+	15:17+	16:03+	17:38+	18:28+	19:08+	19:51+	20:25+	
00:51+	01:30-	01:32+	01:10-	01:06+	01:03+	00:48+	01:21+	04:43+	01:13-	00:46-	01:35+	00:50-	00:40-	00:43+	00:34+	
00:08#	00:09-	00:02+	00:08-	00:01+	00:05+	00:07#	00:10#	03:55@	00:05-	00:10-	00:23&	00:09-	01:10-	00:14&	00:09&	
<b>4</b>	<b>Heine Furubotten</b>	<b>192</b>	<b>20:37</b>													
00:43=	02:21-	04:18+	05:41+	06:56+	08:13+	09:07+	11:10+	12:23+	14:12+	15:27+	16:11+	17:40+	19:12+	19:53+	20:37+	
00:43=	01:38-	01:57+	01:23+	01:15+	01:17+	00:54+	02:03+	01:13+	01:49+	01:15+	00:44-	01:29+	01:32-	00:41+	00:44+	
00:00=	00:01-	00:27&	00:05+	00:10#	00:19&	00:13&	00:52&	00:25&	00:31&	00:19&	00:28-	00:30&	00:18-	00:12&	00:19&	
<b>5</b>	<b>Antal Jansen</b>	<b>115</b>	<b>20:48</b>													
00:54+	02:46+	04:11+	05:16+	06:23+	07:29+	08:21+	09:39+	10:20+	13:09+	14:34+	16:36+	18:22+	19:47+	20:21+	20:48+	
00:54+	01:52+	01:25-	01:05-	01:07+	01:06+	00:52+	01:18+	00:41-	02:49+	01:25+	02:02+	01:46+	01:25-	00:34+	00:27+	
00:11&	00:13#	00:05-	00:13-	00:02+	00:08#	00:11&	00:07+	00:07-	01:31@	00:29&	00:50&	00:47&	00:25-	00:05#	00:02+	
<b>6</b>	<b>Svein Mæle</b>	<b>115</b>	<b>21:16</b>													
00:45+	02:26+	04:14+	05:39+	06:47+	07:54+	08:58+	10:52+	11:43+	14:47+	16:36+	17:42+	18:35+	19:55+	20:39+	21:16+	
00:45+	01:41+	01:48+	01:25+	01:08+	01:07+	01:04+	01:54+	00:51+	03:04+	01:49+	01:06-	00:53-	01:20-	00:44+	00:37+	
00:02+	00:02+	00:18#	00:07+	00:03+	00:09#	00:23&	00:43&	00:03+	01:46@	00:53&	00:06-	00:06-	00:30-	00:15&	00:12&	
<b>7</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>	<b>21:26</b>													
00:43=	02:25+	04:11+	05:19+	06:38+	08:08+	09:16+	11:06+	12:02+	13:59+	16:47+	17:40+	19:07+	20:16+	20:54+	21:26+	
00:43=	01:42+	01:46+	01:08-	01:19+	01:30+	01:08+	01:50+	00:56+	01:57+	02:48+	00:53-	01:27+	01:09-	00:38+	00:32+	
00:00=	00:03+	00:16#	00:10-	00:14#	00:32&	00:27&	00:39&	00:08#	00:39&	01:52@	00:19-	00:28&	00:41-	00:09&	00:07&	
<b>8</b>	<b>Jørgen Johnsen</b>	<b>167</b>	<b>21:43</b>													
00:37-	02:02-	03:42-	05:42+	07:35+	08:35+	09:23+	10:49+	11:44+	15:24+	16:39+	17:21+	18:28+	20:40+	21:16+	21:43+	
00:37-	01:25-	01:40+	02:00+	01:53+	01:00+	00:48+	01:26+	00:55+	03:40+	01:15+	00:42-	01:07+	02:12+	00:36+	00:27+	
00:06-	00:14-	00:10#	00:42&	00:48&	00:02+	00:07#	00:15#	00:07#	02:22@	00:19&	00:30-	00:08#	00:22#	00:07#	00:02+	
<b>9</b>	<b>Elvio Freitas</b>	<b>51</b>	<b>22:11</b>													
00:42-	02:14-	04:04+	06:04+	07:36+	08:54+	10:25+	12:14+	13:32+	15:25+	16:33+	17:20+	18:39+	20:23+	21:28+	22:11+	
00:42-	01:32-	01:50+	02:00+	01:32+	01:18+	01:31+	01:49+	01:18+	01:53+	01:08+	00:47-	01:19+	01:44-	01:05+	00:43+	
00:01-	00:07-	00:20#	00:42&	00:27&	00:20&	00:50@	00:38&	00:30&	00:35&	00:12#	00:25-	00:20&	00:06-	00:36@	00:18&	
<b>10</b>	<b>Torbjørn Bø</b>	<b>102</b>	<b>22:49</b>													
00:54+	03:01+	05:08+	07:04+	08:27+	09:31+	11:09+	12:44+	13:38+	15:48+	16:50+	18:43+	20:26+	21:28+	22:14+	22:49+	
00:54+	02:07+	02:07+	01:56+	01:23+	01:04+	01:38+	01:35+	00:54+	02:10+	01:02+	01:53+	01:43+	01:02-	00:46+	00:35+	
00:11&	00:28&	00:37&	00:38&	00:18&	00:06#	00:57@	00:24&	00:06#	00:52&	00:06#	00:41&	00:44&	00:48-	00:17&	00:10&	
<b>11</b>	<b>Steinar Amundsen</b>	<b>115</b>	<b>23:13</b>													
00:39-	02:28+	04:31+	05:46+	07:24+	08:45+	09:46+	11:44+	12:59+	15:47+	16:57+	18:48+	19:54+	21:42+	22:36+	23:13+	
00:39-	01:49+	02:03+	01:15-	01:38+	01:21+	01:01+	01:58+	01:15+	02:48+	01:10+	01:51+	01:06+	01:48-	00:54+	00:37+	
00:04-	00:10#	00:33&	00:03-	00:33&	00:23&	00:20&	00:47&	00:27&	01:30@	00:14#	00:39&	00:07#	00:02-	00:25&	00:12&	
<b>12</b>	<b>Ragnar Rossavik</b>	<b>109</b>	<b>23:14</b>													
00:46+	02:35+	04:35+	06:18+	08:07+	09:33+	10:54+	12:27+	13:27+	15:09+	16:25+	17:32+	19:50+	20:55+	21:32+	22:28+	23:14+
00:46+	01:49+	02:00+	01:43+	01:49+	01:26+	01:21+	01:33+	01:00+	01:42+	01:16+	01:07-	02:18+	01:05-	00:37+	00:56+	00:46+
00:03+	00:10#	00:30&	00:25&	00:44&	00:28&	00:40&	00:22&	00:12#	00:24&	00:20&	00:05-	01:19@	00:45-	00:08&	00:31@	00:46+
<b>13</b>	<b>Joar Fandrem</b>	<b>94</b>	<b>23:15</b>													
00:43=	02:34+	04:34+	06:09+	07:59+	09:25+	10:36+	12:19+	13:57+	16:00+	17:32+	18:26+	20:24+	21:56+	22:43+	23:15+	
00:43=	01:51+	02:00+	01:35+	01:50+	01:26+	01:11+	01:43+	01:38+	02:03+	01:32+	00:54-	01:58+	01:32-	00:47+	00:32+	
00:00=	00:12#	00:30&	00:17#	00:45&	00:28&	00:30&	00:32&	00:50@	00:45&	00:36&	00:18-	00:59&	00:18-	00:18&	00:07&	
<b>14</b>	<b>Leif Jarle Skåra</b>	<b>29</b>	<b>23:16</b>													
00:38-	02:30+	04:42+	06:55+	08:18+	09:50+	10:57+	12:56+	14:51+	16:45+	17:42+	19:49+	21:18+	21:57+	22:39+	23:16+	
00:38-	01:52+	02:12+	02:13+	01:23+	01:32+	01:07+	01:59+	01:55+	01:54+	00:57+	02:07+	01:29+	00:39-	00:42+	00:37+	
00:05-	00:13#	00:42&	00:55&	00:18&	00:34&	00:26&	00:48&	01:07@	00:36&	00:01+	00:55&	00:30&	01:11-	00:13&	00:12&	

Class	Navn	Klasse										Tid			
<b>15</b>	<b>Cato Bjerkeli</b>	<b>237</b>										<b>23:32</b>			
00:42-	02:52+	04:48+	06:01+	07:37+	08:51+	09:45+	11:26+	12:31+	14:49+	16:19+	17:15+	20:33+	22:08+	22:46+	23:32+
00:42-	02:10+	01:56+	01:13-	01:36+	01:14+	00:54+	01:41+	01:05+	02:18+	01:30+	00:56-	03:18+	01:35-	00:38+	00:46+
00:01-	00:31&	00:26&	00:05-	00:31&	00:16&	00:13&	00:30&	00:17&	01:00&	00:34&	00:16-	02:19@	00:15-	00:09&	00:21&
<b>16</b>	<b>Asle Schanke Grude</b>	<b>92</b>										<b>23:47</b>			
00:36-	02:05-	03:55+	05:03-	06:22+	07:34+	08:29+	10:01+	16:05+	17:43+	18:50+	19:52+	21:14+	22:08+	23:09+	23:47+
00:36-	01:29-	01:50+	01:08-	01:19+	01:12+	00:55+	01:32+	06:04+	01:38+	01:07+	01:02-	01:22+	00:54-	01:01+	00:38+
00:07-	00:10-	00:20#	00:10-	00:14#	00:14#	00:14&	00:21&	05:16@	00:20&	00:11#	00:10-	00:23&	00:56-	00:32@	00:13&
<b>17</b>	<b>Bjørn Ove Ruud</b>	<b>29</b>										<b>24:06</b>			
00:40-	02:23+	04:18+	05:37+	07:03+	08:15+	09:12+	11:08+	16:05+	17:53+	18:58+	20:46+	21:59+	22:43+	23:26+	24:06+
00:40-	01:43+	01:55+	01:19+	01:26+	01:12+	00:57+	01:56+	04:57+	01:48+	01:05+	01:48+	01:13+	00:44-	00:43+	00:40+
00:03-	00:04+	00:25&	00:01+	00:21&	00:14#	00:16&	00:45&	04:09@	00:30&	00:09#	00:36&	00:14#	01:06-	00:14&	00:15&
<b>18</b>	<b>Arild Nesbø</b>	<b>71</b>										<b>24:15</b>			
00:49+	02:37+	04:39+	06:19+	07:36+	09:01+	10:37+	12:22+	14:28+	16:40+	17:43+	19:41+	21:01+	22:34+	23:26+	24:15+
00:49+	01:48+	02:02+	01:40+	01:17+	01:25+	01:36+	01:45+	02:06+	02:12+	01:03+	01:58+	01:20+	01:33-	00:52+	00:49+
00:06#	00:09+	00:32&	00:12#	00:27&	00:55@	00:34&	01:18@	00:54&	00:07#	00:46&	00:21&	00:17-	00:23&	00:24&	
<b>19</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>24:25</b>			
00:47+	03:00+	05:55+	08:05+	09:54+	11:26+	12:29+	14:18+	15:31+	17:36+	19:07+	20:03+	21:36+	22:45+	23:53+	24:25+
00:47+	02:13+	02:55+	02:10+	01:49+	01:32+	01:03+	01:49+	01:13+	02:05+	01:31+	00:56-	01:33+	01:09-	01:08+	00:32+
00:04+	00:34&	01:25&	00:52&	00:44&	00:34&	00:22&	00:38&	00:25&	00:47&	00:35&	00:16-	00:34&	00:41-	00:39@	00:07&
<b>20</b>	<b>Jon Jakobsen</b>	<b>116</b>										<b>24:48</b>			
00:44+	04:10+	06:00+	07:34+	08:56+	10:39+	11:43+	13:28+	14:50+	17:18+	18:40+	20:03+	21:01+	23:25+	24:08+	24:48+
00:44+	03:26+	01:50+	01:34+	01:22+	01:43+	01:04+	01:45+	01:22+	02:28+	01:22+	01:23+	00:58-	02:24+	00:43+	00:40+
00:01+	01:47@	00:20#	00:16#	00:17&	00:45&	00:23&	00:34&	00:34&	01:10&	00:26&	00:11#	00:01-	00:34&	00:14&	00:15&
<b>21</b>	<b>Bjarte Hetland</b>	<b>77</b>										<b>24:50</b>			
00:49+	02:54+	05:11+	06:43+	08:33+	10:21+	11:28+	13:38+	14:49+	17:52+	19:19+	20:23+	21:56+	22:58+	24:04+	24:50+
00:49+	02:05+	02:17+	01:32+	01:50+	01:48+	01:07+	02:10+	01:11+	03:03+	01:27+	01:04-	01:33+	01:02-	01:06+	00:46+
00:06#	00:26&	00:47&	00:14#	00:45&	00:50&	00:26&	00:59&	00:23&	01:45@	00:31&	00:08-	00:34&	00:48-	00:37@	00:21&
<b>22</b>	<b>Hans Klausen</b>	<b>62</b>										<b>24:53</b>			
00:54+	03:00+	05:56+	07:29+	09:26+	10:54+	12:18+	14:09+	15:16+	17:46+	18:59+	20:22+	22:02+	23:28+	24:19+	24:53+
00:54+	02:06+	02:56+	01:33+	01:57+	01:28+	01:24+	01:51+	01:07+	02:30+	01:13+	01:23+	01:40+	01:26-	00:51+	00:34+
00:11&	00:27&	01:26&	00:15#	00:52&	00:30&	00:43@	00:40&	00:19&	01:12&	00:17&	00:11#	00:41&	00:24-	00:22&	00:09&
<b>23</b>	<b>Anders Noraberg</b>	<b>269</b>										<b>25:32</b>			
00:40-	02:23+	04:33+	05:39+	06:50+	07:53+	08:40+	10:13+	13:02+	18:24+	19:23+	20:45+	21:49+	24:28+	25:02+	25:32+
00:40-	01:43+	02:10+	01:06-	01:11+	01:03+	00:47+	01:33+	02:49+	05:22+	00:59+	01:22+	01:04+	02:39+	00:34+	00:30+
00:03-	00:04+	00:40&	00:12-	00:06+	00:05+	00:06#	00:22&	02:01@	04:04@	00:03+	00:10#	00:05+	00:49&	00:05#	00:05#
<b>24</b>	<b>Ingvar Haabeth</b>	<b>92</b>										<b>25:36</b>			
00:38-	02:30+	04:32+	06:31+	08:11+	09:33+	10:31+	12:28+	13:43+	17:09+	18:27+	19:19+	21:01+	23:57+	24:51+	25:36+
00:38-	01:52+	02:02+	01:59+	01:40+	01:22+	00:58+	01:57+	01:15+	03:26+	01:18+	00:52-	01:42+	02:56+	00:54+	00:45+
00:05-	00:13#	00:32&	00:41&	00:35&	00:24&	00:17&	00:46&	00:27&	02:08@	00:22&	00:20-	00:43&	01:06&	00:25&	00:20&
<b>25</b>	<b>Jan Henrik Neuenkirchen</b>	<b>93</b>										<b>25:51</b>			
00:45+	02:42+	04:46+	06:20+	08:00+	09:21+	10:28+	12:28+	14:52+	17:22+	18:55+	20:53+	22:57+	24:04+	25:04+	25:51+
00:45+	01:57+	02:04+	01:34+	01:40+	01:21+	01:07+	02:00+	02:24+	02:30+	01:33+	01:58+	02:04+	01:07-	01:00+	00:47+
00:02+	00:18#	00:34&	00:16#	00:35&	00:23&	00:26&	00:49&	01:36@	01:12&	00:37&	00:46&	01:05@	00:43-	00:31@	00:22&
<b>26</b>	<b>Samuel Denieul</b>	<b>42</b>										<b>26:03</b>			
00:45+	03:53+	05:33+	09:08+	12:10+	13:41+	14:46+	16:41+	17:51+	19:39+	20:53+	21:39+	23:06+	24:50+	25:33+	26:03+
00:45+	03:08+	01:40+	03:35+	03:02+	01:31+	01:05+	01:55+	01:10+	01:48+	01:14+	00:46-	01:27+	01:44-	00:43+	00:30+
00:02+	01:29&	00:10#	02:17@	01:57@	00:33&	00:24&	00:44&	00:22&	00:30&	00:18&	00:26-	00:28&	00:06-	00:14&	00:05#
<b>27</b>	<b>Arne Hope</b>	<b>43</b>										<b>26:05</b>			
00:57+	03:18+	05:39+	07:28+	09:42+	11:13+	12:43+	14:33+	15:44+	18:21+	19:31+	21:32+	23:13+	24:28+	25:22+	26:05+
00:57+	02:21+	02:21+	01:49+	02:14+	01:31+	01:30+	01:50+	01:11+	02:37+	01:10+	02:01+	01:41+	01:15-	00:54+	00:43+
00:14&	00:42&	00:51&	00:31&	01:09@	00:33&	00:49@	00:39&	00:23&	01:19@	00:14#	00:49&	00:42&	00:35-	00:25&	00:18&
<b>28</b>	<b>Arnt Krisitian Viland</b>	<b>27</b>										<b>26:39</b>			
00:50+	02:42+	04:30+	06:12+	07:39+	08:51+	10:15+	11:58+	17:14+	19:33+	20:48+	22:27+	23:41+	24:41+	25:48+	26:39+
00:50+	01:52+	01:48+	01:42+	01:27+	01:12+	01:24+	01:43+	05:16+	02:19+	01:15+	01:39+	01:14+	01:00-	01:07+	00:51+
00:07#	00:13#	00:18#	00:24&	00:22&	00:14#	00:43@	00:32&	04:28@	01:01&	00:19&	00:27&	00:15&	00:50-	00:38@	00:26@
<b>29</b>	<b>Paul Richard Carr</b>	<b>136</b>										<b>26:43</b>			
00:44+	02:54+	05:23+	06:57+	08:38+	10:03+	11:25+	13:15+	14:31+	17:15+	18:35+	19:55+	21:57+	24:26+	25:57+	26:43+
00:44+	02:10+	02:29+	01:34+	01:41+	01:25+	01:22+	01:50+	01:16+	02:44+	01:20+	01:20+	02:02+	02:29+	01:31+	00:46+
00:01+	00:31&	00:59&	00:16#	00:36&	00:27&	00:41&	00:39&	00:28&	01:26@	00:24&	00:08#	01:03@	00:39&	01:02@	00:21&

Class	Navn	Klasse											Tid			
<b>30</b>	<b>Arild Olsen</b>	<b>4</b>											<b>26:51</b>			
00:51+	02:52+	04:57+	06:37+	08:27+	09:44+	11:22+	13:26+	14:37+	17:12+	18:36+	19:40+	23:40+	25:13+	26:11+	26:51+	
00:51+	02:01+	02:05+	01:40+	01:50+	01:17+	01:38+	02:04+	01:11+	02:35+	01:24+	01:04+	04:00+	01:33-	00:58+	00:40+	
00:08#	00:22#	00:35&	00:22&	00:45&	00:19&	00:57@	00:53&	00:23&	01:17&	00:28&	00:08-	03:01@	00:17-	00:29&	00:15&	
<b>31</b>	<b>Reidar Haver</b>	<b>4</b>											<b>27:19</b>			
00:41-	02:30+	04:37+	06:08+	07:52+	09:09+	10:00+	11:33+	14:44+	16:41+	17:52+	18:53+	20:30+	25:56+	26:40+	27:19+	
00:41-	01:49+	02:07+	01:31+	01:44+	01:17+	00:51+	01:33+	03:11+	01:57+	01:11+	01:01-	01:37+	05:26+	00:44+	00:39+	
00:02-	00:10#	00:37&	00:13#	00:39&	00:19&	00:10#	00:22&	02:23@	00:39&	00:15&	00:11-	00:38&	03:36@	00:15&	00:14&	
<b>32</b>	<b>Steinar Aase</b>	<b>268</b>											<b>27:37</b>			
00:42-	02:44+	05:08+	07:14+	09:20+	10:57+	12:18+	14:12+	15:50+	18:57+	20:38+	21:35+	23:43+	25:31+	26:52+	27:37+	
00:42-	02:02+	02:24+	02:06+	02:06+	01:37+	01:21+	01:54+	01:38+	03:07+	01:41+	00:57-	02:08+	01:48-	01:21+	00:45+	
00:01-	00:23#	00:54&	00:48&	01:01&	00:39&	00:40&	00:43&	00:50@	01:49@	00:45&	00:15-	01:09@	00:02-	00:52@	00:20&	
<b>33</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>											<b>28:20</b>			
00:54+	02:54+	05:08+	06:39+	08:10+	09:25+	10:49+	12:46+	18:44+	21:55+	23:18+	24:22+	25:28+	26:45+	27:43+	28:20+	
00:54+	02:00+	02:14+	01:31+	01:31+	01:15+	01:24+	01:57+	05:58+	03:11+	01:23+	01:04-	01:06+	01:17-	00:58+	00:37+	
00:11&	00:21#	00:44&	00:13#	00:26&	00:17&	00:43@	00:46&	05:10@	01:53@	00:27&	00:08-	00:07#	00:33-	00:29&	00:12&	
<b>34</b>	<b>Per Aspøy</b>	<b>117</b>											<b>29:12</b>			
01:03+	03:07+	05:18+	07:14+	09:03+	10:29+	12:21+	14:22+	18:10+	20:55+	22:18+	24:11+	25:56+	26:50+	28:24+	29:12+	
01:03+	02:04+	02:11+	01:56+	01:49+	01:26+	01:52+	02:01+	03:48+	02:45+	01:23+	01:53+	01:45+	00:54-	01:34+	00:48+	
00:20&	00:25&	00:41&	00:38&	00:44&	00:28&	01:11@	00:50&	03:00@	01:27@	00:27&	00:41&	00:46&	00:56-	01:05@	00:23&	
<b>35</b>	<b>Igor Muzdeka</b>	<b>74</b>											<b>30:24</b>			
00:47+	02:41+	05:16+	07:12+	08:46+	11:57+	12:53+	14:47+	16:00+	18:12+	23:13+	24:03+	26:51+	28:41+	29:49+	30:24+	
00:47+	01:54+	02:35+	01:56+	01:34+	03:11+	00:56+	01:54+	01:13+	02:12+	05:01+	00:50-	02:48+	01:50=	01:08+	00:35+	
00:04+	00:15#	01:05&	00:38&	00:29&	02:13@	00:15&	00:43&	00:25&	00:54&	04:05@	00:22-	01:49@	00:00=	00:39@	00:10&	
<b>36</b>	<b>Frank Gulbrandsen</b>	<b>105</b>											<b>31:58</b>			
01:09+	03:26+	06:01+	08:24+	10:20+	12:04+	13:31+	16:24+	17:57+	21:57+	23:35+	25:20+	28:10+	30:06+	31:14+	31:58+	
01:09+	02:17+	02:35+	02:23+	01:56+	01:44+	01:27+	02:53+	01:33+	04:00+	01:38+	01:45+	02:50+	01:56+	01:08+	00:44+	
00:26&	00:38&	01:05&	01:05&	00:51&	00:46&	00:46@	01:42@	00:45&	02:42@	00:42&	00:33&	01:51@	00:06+	00:39@	00:19&	
<b>37</b>	<b>Runar Espeland</b>	<b>141</b>											<b>32:43</b>			
01:01+	03:53+	05:54+	07:25+	09:01+	13:28+	14:41+	16:20+	21:10+	24:00+	26:22+	27:51+	29:20+	30:53+	31:59+	32:43+	
01:01+	02:52+	02:01+	01:31+	01:36+	04:27+	01:13+	01:39+	04:50+	02:50+	02:22+	01:29+	01:29+	01:33-	01:06+	00:44+	
00:18&	01:13&	00:31&	00:13#	00:31&	03:29@	00:32&	00:28&	04:02@	01:32@	01:26@	00:17#	00:30&	00:17-	00:37@	00:19&	
<b>38</b>	<b>Inge Grødem</b>	<b>92</b>											<b>33:59</b>			
01:21+	04:53+	07:30+	10:10+	13:02+	14:54+	16:46+	19:25+	21:12+	24:12+	25:47+	27:08+	29:09+	31:59+	33:08+	33:59+	
01:21+	03:32+	02:37+	02:40+	02:52+	01:52+	01:52+	02:39+	01:47+	03:00+	01:35+	01:21+	02:01+	02:50+	01:09+	00:51+	
00:38&	01:53@	01:07&	01:22@	01:47@	00:54&	01:11@	01:28@	00:59@	01:42@	00:39&	00:09#	01:02@	01:00&	00:40@	00:26@	
<b>39</b>	<b>Sverre Uhlving</b>	<b>105</b>											<b>35:16</b>			
01:01+	03:37+	05:37+	07:18+	09:09+	10:58+	12:32+	14:36+	19:48+	22:25+	26:55+	28:35+	30:25+	33:18+	34:26+	35:16+	
01:01+	02:36+	02:00+	01:41+	01:51+	01:49+	01:34+	02:04+	05:12+	02:37+	04:30+	01:40+	01:50+	02:53+	01:08+	00:50+	
00:18&	00:57&	00:30&	00:23&	00:46&	00:51&	00:53@	00:53&	04:24@	01:19@	03:34@	00:28&	00:51&	01:03&	00:39@	00:25&	
<b>40</b>	<b>Svein Inge Sævereid</b>	<b>126</b>											<b>36:59</b>			
01:22+	04:13+	07:42+	10:07+	13:28+	15:41+	17:44+	20:37+	24:10+	27:47+	29:57+	31:20+	32:55+	34:22+	35:48+	36:59+	
01:22+	02:51+	03:29+	02:25+	03:21+	02:13+	02:03+	02:53+	03:33+	03:37+	02:10+	01:23+	01:35+	01:27-	01:26+	01:11+	
00:39&	01:12&	01:59@	01:07&	02:16@	01:15@	01:22@	01:42@	02:45@	02:19@	01:14@	00:11#	00:36&	00:23-	00:57@	00:46@	
<b>41</b>	<b>Arthur Christiansen</b>	<b>93</b>											<b>40:34</b>			
01:26+	04:52+	08:43+	11:28+	14:37+	17:26+	19:20+	23:08+	25:02+	28:42+	30:49+	32:19+	34:06+	37:39+	39:16+	40:34+	
01:26+	03:26+	03:51+	02:45+	03:09+	02:49+	01:54+	03:48+	01:54+	03:40+	02:07+	01:30+	01:47+	03:33+	01:37+	01:18+	
00:43&	01:47@	02:21@	01:27@	02:04@	01:51@	01:13@	02:37@	01:06@	02:22@	01:11@	00:18#	00:48&	01:43&	01:08@	00:53@	
<b>42</b>	<b>Erling Aniksdal</b>	<b>128</b>											<b>43:20</b>			
01:47+	05:24+	08:21+	10:59+	13:33+	18:24+	19:48+	23:08+	24:55+	30:22+	32:24+	35:18+	39:02+	40:25+	42:17+	43:20+	
01:47+	03:37+	02:57+	02:38+	02:34+	04:51+	01:24+	03:20+	01:47+	05:27+	02:02+	02:54+	03:44+	01:23-	01:52+	01:03+	
01:04@	01:58@	01:27&	01:20@	01:29@	03:53@	00:43@	02:09@	00:59@	04:09@	01:06@	01:42@	02:45@	00:27-	01:23@	00:38@	
<b>43</b>	<b>Tor Magnus Sivertsen</b>	<b>128</b>											<b>43:20</b>			
01:44+	05:11+	07:55+	10:55+	13:26+	18:22+	19:47+	23:03+	24:54+	30:30+	32:24+	35:16+	39:08+	41:22+	42:22+	43:20+	
01:44+	03:27+	02:44+	03:00+	02:31+	04:56+	01:25+	03:16+	01:51+	05:36+	01:54+	02:52+	03:52+	02:14+	01:00+	00:58+	
01:01@	01:48@	01:14&	01:42@	01:26@	03:58@	00:44@	02:05@	01:03@	04:18@	00:58@	01:40@	02:53@	00:24#	00:31@	00:33@	
<b>44</b>	<b>Sverre Vareberg</b>	<b>7</b>											<b>46:15</b>			
01:39+	05:00+	08:54+	11:54+	17:44+	20:12+	22:23+	25:22+	27:46+	34:24+	36:05+	38:33+	40:57+	43:22+	44:50+	46:15+	
01:39+	03:21+	03:54+	03:00+	05:50+	02:28+	02:11+	02:59+	02:24+	06:38+	01:41+	02:28+	02:24+	02:25+	01:28+	01:25+	
00:56@	01:42@	02:24@	01:42@	04:45@	01:30@	01:30@	01:48@	01:36@	05:20@	00:45&	01:16@	01:25@	00:35&	00:59@	01:00@	

Class	Navn	Klasse														Tid
<b>45</b>	<b>Martin Ramstrøm</b>	<b>105</b>														<b>47:35</b>
00:39-	03:46+	05:19+	06:46+	08:15+	09:11+	10:14+	11:53+	35:26+	38:10+	39:12+	40:12+	41:47+	45:21+	46:56+	47:35+	
00:39-	03:07+	01:33+	01:27+	01:29+	00:56-	01:03+	01:39+	23:33+	02:44+	01:02+	01:00-	01:35+	03:34+	01:35+	00:39+	
00:04-	01:28&	00:03+	00:09#	00:24&	00:02-	00:22&	00:28&	22:45@	01:26@	00:06#	00:12-	00:36&	01:44&	01:06@	00:14&	

**Beste strekktid for klassen**

00:35 01:16 01:25 01:02 01:05 00:56 00:41 01:11 00:41 01:13 00:46 00:39 00:50 00:39 00:29 00:25

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