

## Damer 16 - 39 år

Plass	Navn	Klasse	Strekketider																Tid
<b>1</b>	<b>Sina Thu</b>	<b>271</b>	<b>30:12</b>																
	04:02=	05:18=	07:01=	08:15=	10:52=	12:26=	13:52=	14:49=	16:42=	18:57=	20:37=	23:47=	25:50=	28:46=	29:50=	30:12=			
	04:02=	01:16=	01:43=	01:14=	02:37=	01:34=	01:26=	00:57=	01:53=	02:15=	01:40=	03:10=	02:03=	02:56=	01:04=	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=			
<b>2</b>	<b>Kirsten Vike</b>	<b>92</b>	<b>37:05</b>																
	05:05+	06:15+	08:15+	09:46+	12:23+	13:58+	15:26+	16:41+	19:03+	21:27+	23:46+	28:12+	30:33+	35:15+	36:38+	37:05+			
	05:05+	01:10-	02:00+	01:31+	02:37=	01:35+	01:28+	01:15+	02:22+	02:24+	02:19+	04:26+	02:21+	04:42+	01:23+	00:27+			
	01:03&	00:06-	00:17#	00:17#	00:00=	00:01+	00:02+	00:18&	00:29&	00:09+	00:39&	01:16&	00:18#	01:46&	00:19&	00:05#			
<b>3</b>	<b>Rønnaug Egeland</b>	<b>154</b>	<b>38:14</b>																
	04:06+	05:35+	08:06+	09:29+	13:15+	14:50+	16:22+	17:55+	20:36+	23:09+	25:26+	29:46+	32:53+	36:06+	37:52+	38:14+			
	04:06+	01:29+	02:31+	01:23+	03:46+	01:35+	01:32+	01:33+	02:41+	02:33+	02:17+	04:20+	03:07+	03:13+	01:46+	00:22=			
	00:04+	00:13#	00:48&	00:09#	01:09&	00:01+	00:06+	00:36&	00:48&	00:18#	00:37&	01:10&	01:04&	00:17+	00:42&	00:00=			
<b>4</b>	<b>Åsta Bryne</b>	<b>134</b>	<b>38:19</b>																
	06:44+	07:52+	10:52+	12:34+	15:07+	17:02+	18:36+	19:41+	21:46+	24:34+	26:39+	30:47+	33:15+	36:58+	37:59+	38:19+			
	06:44+	01:08-	03:00+	01:42+	02:33-	01:55+	01:34+	01:05+	02:05+	02:48+	02:05+	04:08+	02:28+	03:43+	01:01-	00:20-			
	02:42&	00:08-	01:17&	00:28&	00:04-	00:21#	00:08+	00:08#	00:12#	00:33#	00:25#	00:58&	00:25#	00:47&	00:03-	00:02-			
<b>5</b>	<b>Elisabeth Groven</b>	<b>109</b>	<b>38:51</b>																
	05:51+	07:32+	09:51+	11:29+	14:28+	16:14+	17:44+	19:03+	22:14+	24:57+	27:00+	31:15+	33:43+	36:59+	38:26+	38:51+			
	05:51+	01:41+	02:19+	01:38+	02:59+	01:46+	01:30+	01:19+	03:11+	02:43+	02:03+	04:15+	02:28+	03:16+	01:27+	00:25+			
	01:49&	00:25&	00:36&	00:24&	00:22#	00:12#	00:04+	00:22&	01:18&	00:28#	00:23#	01:05&	00:25#	00:20#	00:23&	00:03#			
<b>6</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>38:56</b>																
	05:30+	07:32+	09:36+	10:58+	13:54+	15:15+	16:47+	18:00+	21:59+	24:19+	27:30+	31:18+	33:51+	37:16+	38:37+	38:56+			
	05:30+	02:02+	02:04+	01:22+	02:56+	01:21-	01:32+	01:13+	03:59+	02:20+	03:11+	03:48+	02:33+	03:25+	01:21+	00:19-			
	01:28&	00:46&	00:21#	00:08#	00:19#	00:13-	00:06+	00:16&	02:06@	00:05+	01:31&	00:38#	00:30#	00:29#	00:17&	00:03-			
<b>7</b>	<b>Kari Borgen</b>	<b>62</b>	<b>40:33</b>																
	04:33+	05:43+	07:44+	08:58+	11:45+	13:22+	14:40+	16:12+	19:08+	21:21+	23:02+	33:15+	35:32+	38:42+	40:11+	40:33+			
	04:33+	01:10-	02:01+	01:14=	02:47+	01:37+	01:18-	01:32+	02:56+	02:13-	01:41+	10:13+	02:17+	03:10+	01:29+	00:22=			
	00:31#	00:06-	00:18#	00:00=	00:10+	00:03+	00:08-	00:35&	01:03&	00:02-	00:01+	07:03@	00:14#	00:14+	00:25&	00:00=			
<b>8</b>	<b>Karlotte K Sørheim</b>	<b>105</b>	<b>41:18</b>																
	06:36+	08:31+	10:41+	12:10+	15:20+	17:05+	18:31+	20:11+	23:07+	25:30+	27:59+	33:03+	35:15+	39:59+	40:53+	41:18+			
	06:36+	01:55+	02:10+	01:29+	03:10+	01:45+	01:26=	01:40+	02:56+	02:23+	02:29+	05:04+	02:12+	04:44+	00:54+	00:25+			
	02:34&	00:39&	00:27&	00:15#	00:33#	00:11#	00:00=	00:43&	01:03&	00:08+	00:49&	01:54&	00:09+	01:48&	00:10-	00:03#			
<b>9</b>	<b>Ingrid Simensen</b>	<b>101</b>	<b>44:09</b>																
	06:14+	09:18+	11:34+	13:37+	16:46+	19:10+	21:15+	22:57+	26:11+	28:36+	31:01+	35:51+	39:37+	42:28+	43:46+	44:09+			
	06:14+	03:04+	02:16+	02:03+	03:09+	02:24+	02:05+	01:42+	03:14+	02:25+	02:25+	04:50+	03:46+	02:51-	01:18+	00:23+			
	02:12&	01:48@	00:33&	00:49&	00:32#	00:50&	00:39&	00:45&	01:21&	00:10+	00:45&	01:40&	01:43&	00:05-	00:14#	00:01+			
<b>10</b>	<b>Ruth Magrethe Westre</b>	<b>54</b>	<b>44:12</b>																
	07:47+	10:25+	14:29+	15:48+	18:41+	20:10+	21:35+	23:01+	28:02+	30:54+	33:06+	37:05+	39:33+	42:44+	43:50+	44:12+			
	07:47+	02:38+	04:04+	01:19+	02:53+	01:29-	01:25-	01:26+	05:01+	02:52+	02:12+	03:59+	02:28+	03:11+	01:06+	00:22=			
	03:45&	01:22@	02:21@	00:05+	00:16#	00:05-	00:01-	00:29&	03:08@	00:37&	00:32&	00:49&	00:25#	00:15+	00:02+	00:00=			
<b>11</b>	<b>Bodil Krogedal</b>	<b>126</b>	<b>44:48</b>																
	06:01+	08:03+	13:28+	14:49+	17:40+	23:06+	24:13+	25:52+	28:18+	30:26+	32:51+	37:01+	39:38+	43:05+	44:21+	44:48+			
	06:01+	02:02+	05:25+	01:21+	02:51+	05:26+	01:07-	01:39+	02:26+	02:08-	02:25+	04:10+	02:37+	03:27+	01:16+	00:27+			
	01:59&	00:46&	03:42@	00:07+	00:14+	03:52@	00:19-	00:42&	00:33&	00:07-	00:45&	01:00&	00:34&	00:31#	00:12#	00:05#			
<b>12</b>	<b>Maria Lampe</b>	<b>126</b>	<b>44:58</b>																
	06:10+	08:14+	10:43+	12:50+	17:35+	20:06+	21:42+	23:34+	26:22+	29:00+	30:58+	35:10+	38:58+	42:48+	44:30+	44:58+			
	06:10+	02:04+	02:29+	02:07+	04:45+	02:31+	01:36+	01:52+	02:48+	02:38+	01:58+	04:12+	03:48+	03:50+	01:42+	00:28+			
	02:08&	00:48&	00:46&	00:53&	02:08&	00:57&	00:10#	00:55&	00:55&	00:23#	00:18#	01:02&	01:45&	00:54&	00:38&	00:06&			
<b>13</b>	<b>Mette Langeland</b>	<b>117</b>	<b>46:17</b>																
	06:42+	08:19+	11:01+	12:43+	15:47+	17:54+	19:37+	21:38+	25:10+	28:20+	30:33+	35:18+	38:30+	44:31+	45:53+	46:17+			
	06:42+	01:37+	02:42+	01:42+	03:04+	02:07+	01:43+	02:01+	03:32+	03:10+	02:13+	04:45+	03:12+	06:01+	01:22+	00:24+			
	02:40&	00:21&	00:59&	00:28&	00:27#	00:33&	00:17#	01:04@	01:39&	00:55&	00:33&	01:35&	01:09&	03:05@	00:18&	00:02+			
<b>14</b>	<b>Kristina Renshaw</b>	<b>101</b>	<b>47:13</b>																
	07:46+	09:29+	12:14+	13:54+	17:38+	19:16+	21:05+	23:20+	27:23+	29:38+	31:50+	36:46+	39:54+	44:01+	46:44+	47:13+			
	07:46+	01:43+	02:45+	01:40+	03:44+	01:38+	01:49+	02:15+	04:03+	02:15=	02:12+	04:56+	03:08+	04:07+	02:43+	00:29+			
	03:44&	00:27&	01:02&	00:26&	01:07&	00:04+	00:23&	01:18@	02:10@	00:00=	00:32&	01:46&	01:05&	01:11&	01:39@	00:07&			

Class	Navn	Klasse										Tid			
<b>15</b>	<b>Anna Berthelsen</b>	<b>117</b>										<b>47:18</b>			
04:27+	09:57+	12:06+	13:50+	16:45+	18:41+	20:57+	22:54+	26:26+	29:21+	32:05+	36:53+	39:54+	45:42+	46:50+	47:18+
04:27+	05:30+	02:09+	01:44+	02:55+	01:56+	02:16+	01:57+	03:32+	02:55+	02:44+	04:48+	03:01+	05:48+	01:08+	00:28+
00:25#	04:14@	00:26&	00:30&	00:18#	00:22#	00:50&	01:00@	01:39&	00:40&	01:04&	01:38&	00:58&	02:52&	00:04+	00:06&
<b>16</b>	<b>Lise Nessa Di Lorenzo</b>	<b>168</b>										<b>47:19</b>			
05:19+	06:54+	08:56+	10:35+	13:39+	15:29+	17:25+	18:59+	22:14+	25:18+	33:40+	38:31+	41:47+	45:52+	46:51+	47:19+
05:19+	01:35+	02:02+	01:39+	03:04+	01:50+	01:56+	01:34+	03:15+	03:04+	08:22+	04:51+	03:16+	04:05+	00:59-	00:28+
01:17&	00:19#	00:19#	00:25&	00:27#	00:16#	00:30&	00:37&	01:22&	00:49&	06:42@	01:41&	01:13&	01:09&	00:05-	00:06&
<b>17</b>	<b>Kjersti Pawells</b>	<b>105</b>										<b>47:31</b>			
07:15+	08:45+	11:15+	13:06+	17:09+	19:28+	21:01+	22:53+	26:36+	29:18+	31:33+	37:27+	40:11+	45:46+	47:01+	47:31+
07:15+	01:30+	02:30+	01:51+	04:03+	02:19+	01:33+	01:52+	03:43+	02:42+	02:15+	05:54+	02:44+	05:35+	01:15+	00:30+
03:13&	00:14#	00:47&	00:37&	01:26&	00:45&	00:07+	00:55&	01:50&	00:27#	00:35&	02:44&	00:41&	02:39&	00:11#	00:08&
<b>18</b>	<b>Helene Lie</b>	<b>228</b>										<b>47:42</b>			
11:31+	13:30+	16:42+	18:16+	21:24+	23:02+	24:33+	26:19+	29:48+	32:10+	34:14+	38:45+	41:57+	45:58+	47:11+	47:42+
11:31+	01:59+	03:12+	01:34+	03:08+	01:38+	01:31+	01:46+	03:29+	02:22+	02:04+	04:31+	03:12+	04:01+	01:13+	00:31+
07:29@	00:43&	01:29&	00:20&	00:31#	00:04+	00:05+	00:49&	01:36&	00:07+	00:24#	01:21&	01:09&	01:05&	00:09#	00:09&
<b>19</b>	<b>Heidi Nordaunet</b>	<b>126</b>										<b>50:17</b>			
04:49+	06:04+	09:51+	11:24+	14:59+	19:57+	21:08+	22:59+	26:17+	28:54+	34:53+	39:56+	43:57+	48:02+	49:47+	50:17+
04:49+	01:15-	03:47+	01:33+	03:35+	04:58+	01:11-	01:51+	03:18+	02:37+	05:59+	05:03+	04:01+	04:05+	01:45+	00:30+
00:47#	00:01-	02:04@	00:19&	00:58&	03:24@	00:15-	00:54&	01:25&	00:22#	04:19@	01:53&	01:58&	01:09&	00:41&	00:08&
<b>20</b>	<b>Marita Skorpe</b>	<b>74</b>										<b>50:44</b>			
08:06+	11:58+	15:25+	18:31+	22:01+	24:32+	27:01+	28:45+	31:36+	34:31+	37:05+	42:34+	45:05+	49:12+	50:24+	50:44+
08:06+	03:52+	03:27+	03:06+	03:30+	02:31+	02:29+	01:44+	02:51+	02:55+	02:34+	05:29+	02:31+	04:07+	01:12+	00:20-
04:04@	02:36@	01:44@	01:52@	00:53&	00:57&	01:03&	00:47&	00:58&	00:40&	00:54&	02:19&	00:28#	01:11&	00:08#	00:02-
<b>21</b>	<b>Ingvild Amalixsen</b>	<b>116</b>										<b>51:23</b>			
09:40+	12:35+	15:27+	17:25+	21:23+	24:42+	26:30+	28:29+	31:50+	35:41+	38:36+	43:28+	46:41+	50:04+	51:00+	51:23+
09:40+	02:55+	02:52+	01:58+	03:58+	03:19+	01:48+	01:59+	03:21+	03:51+	02:55+	04:52+	03:13+	03:23+	00:56-	00:23+
05:38@	01:39@	01:09&	00:44&	01:21&	01:45@	00:22&	01:02@	01:28&	01:36&	01:15&	01:42&	01:10&	00:27#	00:08-	00:01+
<b>22</b>	<b>Kine Strømstad</b>	<b>109</b>										<b>51:57</b>			
05:07+	06:41+	14:34+	16:18+	20:07+	22:44+	25:27+	27:23+	32:56+	35:50+	39:40+	44:15+	46:38+	49:47+	51:27+	51:57+
05:07+	01:34+	07:53+	01:44+	03:49+	02:37+	02:43+	01:56+	05:33+	02:54+	03:50+	04:35+	02:23+	03:09+	01:40+	00:30+
01:05&	00:18#	06:10@	00:30&	01:12&	01:03&	01:17&	00:59@	03:40@	00:39&	02:10@	01:25&	00:20#	00:13+	00:36&	00:08&
<b>23</b>	<b>Gunn Iren Stangeland</b>	<b>62</b>										<b>53:28</b>			
14:46+	19:42+	23:15+	24:56+	27:40+	29:11+	30:20+	32:57+	37:04+	39:08+	41:00+	45:15+	47:52+	51:27+	53:02+	53:28+
14:46+	04:56+	03:33+	01:41+	02:44+	01:31-	01:09-	02:37+	04:07+	02:04-	01:52+	04:15+	02:37+	03:35+	01:35+	00:26+
10:44@	03:40@	01:50@	00:27&	00:07+	00:03-	00:17-	01:40@	02:14@	00:11-	00:12#	01:05&	00:34&	00:39#	00:31&	00:04#
<b>24</b>	<b>Ann Torill M. Bakken</b>	<b>116</b>										<b>54:43</b>			
13:09+	15:08+	17:02+	19:17+	23:20+	25:22+	27:42+	29:36+	33:41+	36:04+	38:09+	42:52+	45:24+	50:34+	54:15+	54:43+
13:09+	01:59+	01:54+	02:15+	04:03+	02:02+	02:20+	01:54+	04:05+	02:23+	02:05+	04:43+	02:32+	05:10+	03:41+	00:28+
09:07@	00:43&	00:11#	01:01&	01:26&	00:28&	00:54&	00:57&	02:12@	00:08+	00:25#	01:33&	00:29#	02:14&	02:37@	00:06&
<b>25</b>	<b>Anne Tove Puntervold</b>	<b>105</b>										<b>57:41</b>			
04:57+	06:17+	08:24+	10:04+	23:49+	27:58+	29:48+	31:21+	34:56+	43:37+	46:07+	50:34+	52:51+	56:10+	57:20+	57:41+
04:57+	01:20+	02:07+	01:40+	13:45+	04:09+	01:50+	01:33+	03:35+	08:41+	02:30+	04:27+	02:17+	03:19+	01:10+	00:21-
00:55#	00:04+	00:24#	00:26&	11:08@	02:35@	00:24&	00:36&	01:42&	06:26@	00:50&	01:17&	00:14#	00:23#	00:06+	00:01-
<b>26</b>	<b>Ingunn Bergheim Landsnes</b>	<b>74</b>										<b>1:00:17</b>			
05:45+	08:16+	11:20+	12:55+	16:10+	18:38+	20:39+	22:37+	26:20+	40:50+	43:35+	49:14+	53:57+	58:09+	59:43+	60:17+
05:45+	02:31+	03:04+	01:35+	03:15+	02:28+	02:01+	01:58+	03:43+	14:30+	02:45+	05:39+	04:43+	04:12+	01:34+	00:34+
01:43&	01:15&	01:21&	00:21&	00:38#	00:54&	00:35&	01:01@	01:50&	12:15@	01:05&	02:29&	02:40@	01:16&	00:30&	00:12&
<b>27</b>	<b>Siv Hilde Berg</b>	<b>105</b>										<b>1:01:37</b>			
06:44+	09:02+	14:32+	16:28+	20:20+	22:44+	25:07+	27:08+	32:56+	37:28+	41:25+	49:51+	53:08+	59:03+	61:03+	61:37+
06:44+	02:18+	05:30+	01:56+	03:52+	02:24+	02:23+	02:01+	05:48+	04:32+	03:57+	08:26+	03:17+	05:55+	02:00+	00:34+
02:42&	01:02&	03:47@	00:42&	01:15&	00:50&	00:57&	01:04@	03:55@	02:17@	02:17@	05:16@	01:14&	02:59@	00:56&	00:12&
<b>28</b>	<b>Nicola Herbert</b>	<b>92</b>										<b>1:09:33</b>			
16:24+	18:24+	35:11+	36:45+	39:50+	41:51+	43:40+	45:40+	51:11+	53:56+	57:05+	62:00+	64:20+	67:58+	69:07+	69:33+
16:24+	02:00+	16:47+	01:34+	03:05+	02:01+	01:49+	02:00+	05:31+	02:45+	03:09+	04:55+	02:20+	03:38+	01:09+	00:26+
12:22@	00:44&	15:04@	00:20&	00:28#	00:27&	00:23&	01:03@	03:38@	00:30#	01:29&	01:45&	00:17#	00:42#	00:05+	00:04#
<b>29</b>	<b>Nithya Mohan</b>	<b>136</b>										<b>1:32:52</b>			
17:24+	24:53+	28:45+	31:20+	37:45+	41:04+	44:09+	46:53+	52:13+	58:06+	63:03+	70:26+	84:09+	89:50+	92:06+	92:52+
17:24+	07:29+	03:52+	02:35+	06:25+	03:19+	03:05+	02:44+	05:20+	05:53+	04:57+	07:23+	13:43+	05:41+	02:16+	00:46+
13:22@	06:13@	02:09@	01:21@	03:48@	01:45@	01:39@	01:47@	03:27@	03:38@	03:17@	04:13@	11:40@	02:45&	01:12@	00:24@

**Beste strekktid for klassen**

04:02 01:08 01:43 01:14 02:33 01:21 01:07 00:57 01:53 02:04 01:40 03:10 02:03 02:51 00:54 00:19

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

**Damer 40 - 49 år**

<b>1</b>	<b>Evy Klausen Mjølæsnes</b>	<b>66</b>	<b>35:51</b>													
02:36=	04:25=	06:37=	08:41=	10:48=	11:23=	14:25=	16:25=	17:55=	22:14=	25:17=	28:37=	31:19=	32:57=	34:26=	35:27=	35:51=
02:36=	01:49=	02:12=	02:04=	02:07=	00:35=	03:02=	02:00=	01:30=	04:19=	03:03=	03:20=	02:42=	01:38=	01:29=	01:01=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>	<b>40:33</b>													
04:45+	06:24+	09:01+	11:56+	13:26+	14:09+	16:54+	18:58+	21:43+	26:31+	30:26+	33:33+	36:06+	37:19+	38:32+	40:07+	40:33+
04:45+	01:39-	02:37+	02:55+	01:30-	00:43+	02:45-	02:04+	02:45+	04:48+	03:55+	03:07-	02:33-	01:13-	01:13-	01:35+	00:26+
02:09&	00:10-	00:25#	00:51&	00:37-	00:08#	00:17-	00:04+	01:15&	00:29#	00:52&	00:13-	00:09-	00:25-	00:16-	00:34&	00:02+
<b>3</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>	<b>41:13</b>													
02:13-	04:03-	06:09-	09:20+	12:09+	12:52+	15:37+	17:41+	19:35+	25:29+	29:11+	33:16+	36:01+	37:29+	39:08+	40:39+	41:13+
02:13-	01:50+	02:06-	03:11+	02:49+	00:43+	02:45-	02:04+	01:54+	05:54+	03:42+	04:05+	02:45+	01:28-	01:39+	01:31+	00:34+
00:23-	00:01+	00:06-	01:07&	00:42&	00:08#	00:17-	00:04+	00:24&	01:35&	00:39#	00:45#	00:03+	00:10-	00:10#	00:30&	00:10&
<b>4</b>	<b>Torill Østraat</b>	<b>93</b>	<b>43:56</b>													
03:07+	04:47+	07:27+	11:10+	13:00+	13:45+	17:25+	20:08+	22:01+	26:56+	30:59+	35:35+	38:32+	40:10+	41:59+	43:27+	43:56+
03:07+	01:40-	02:40+	03:43+	01:50-	00:45+	03:40+	02:43+	01:53+	04:55+	04:03+	04:36+	02:57+	01:38=	01:49+	01:28+	00:29+
00:31#	00:09-	00:28#	01:39&	00:17-	00:10&	00:38#	00:43&	00:23&	00:36#	01:00&	01:16&	00:15+	00:00=	00:20#	00:27&	00:05#
<b>5</b>	<b>Eli Serine Eikeskog</b>	<b>93</b>	<b>44:29</b>													
02:43+	04:17-	11:04+	13:29+	15:00+	15:41+	19:18+	21:33+	24:06+	29:41+	34:00+	37:39+	40:04+	41:25+	42:53+	44:04+	44:29+
02:43+	01:34-	06:47+	02:25+	01:31-	00:41+	03:09+	02:15+	02:33+	05:35+	04:19+	03:39+	02:25-	01:21-	01:28-	01:11+	00:25+
00:07+	00:15-	04:35@	00:21#	00:36-	00:06#	00:35#	00:15#	01:03&	01:16&	01:16&	00:19+	00:17-	00:17-	00:01-	00:10#	00:01+
<b>6</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>	<b>45:23</b>													
05:03+	07:01+	10:12+	13:21+	15:02+	16:12+	19:21+	21:52+	23:52+	29:41+	33:29+	37:31+	40:34+	41:58+	43:17+	44:50+	45:23+
05:03+	01:58+	03:11+	03:09+	01:41-	01:10+	03:09+	02:31+	02:00+	05:49+	03:48+	04:02+	03:03+	01:24-	01:19-	01:33+	00:33+
02:27&	00:09+	00:59&	01:05&	00:26-	00:35&	00:07+	00:31&	00:30&	01:30&	00:45#	00:42#	00:21#	00:14-	00:10-	00:32&	00:09&
<b>7</b>	<b>Tove Irene Asheim</b>	<b>116</b>	<b>50:11</b>													
05:38+	07:44+	11:35+	15:41+	18:10+	19:01+	22:36+	25:04+	27:41+	33:26+	37:39+	41:58+	44:48+	46:44+	48:19+	49:46+	50:11+
05:38+	02:06+	03:51+	04:06+	02:29+	00:51+	03:35+	02:28+	02:37+	05:45+	04:13+	04:19+	02:50+	01:56+	01:35+	01:27+	00:25+
03:02@	00:17#	01:39&	02:02&	00:22#	00:16&	00:33#	00:28#	01:07&	01:26&	01:10&	00:59&	00:08+	00:18#	00:06+	00:26&	00:01+
<b>8</b>	<b>Björg Hauge</b>	<b>47</b>	<b>54:14</b>													
03:35+	06:15+	09:08+	13:49+	15:34+	16:13+	19:20+	22:08+	24:02+	30:51+	36:49+	41:46+	44:17+	47:24+	49:08+	53:42+	54:14+
03:35+	02:40+	02:53+	04:41+	01:45-	00:39+	03:07+	02:48+	01:54+	06:49+	05:58+	04:57+	02:31-	03:07+	01:44+	04:34+	00:32+
00:59&	00:51&	00:41&	02:37@	00:22-	00:04#	00:05+	00:48&	00:24&	02:30&	02:55&	01:37&	00:11-	01:29&	00:15#	03:33@	00:08&
<b>9</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>	<b>57:14</b>													
05:47+	08:13+	12:13+	17:13+	20:19+	21:21+	25:14+	29:00+	31:55+	37:36+	44:11+	48:29+	51:56+	53:29+	55:08+	56:43+	57:14+
05:47+	02:26+	04:00+	05:00+	03:06+	01:02+	03:53+	03:46+	02:55+	05:41+	06:35+	04:18+	03:27+	01:33-	01:39+	01:35+	00:31+
03:11@	00:37&	01:48&	02:56@	00:59&	00:27&	00:51&	01:46&	01:25&	01:22&	03:32@	00:58&	00:45&	00:05-	00:10#	00:34&	00:07&
<b>10</b>	<b>Siv Skretting</b>	<b>93</b>	<b>59:07</b>													
02:47+	05:59+	14:41+	19:38+	24:34+	25:14+	28:00+	30:30+	33:05+	41:59+	46:04+	50:06+	52:33+	54:34+	56:04+	58:39+	59:07+
02:47+	03:12+	08:42+	04:57+	04:56+	00:40+	02:46-	02:30+	02:35+	08:54+	04:05+	04:02+	02:27-	02:01+	01:30+	02:35+	00:28+
00:11+	01:23&	06:30@	02:53@	02:49@	00:05#	00:16-	00:30#	01:05&	04:35@	01:02&	00:42#	00:15-	00:23#	00:01+	01:34@	00:04#
<b>11</b>	<b>Randi Roth</b>	<b>68</b>	<b>1:01:24</b>													
03:10+	05:20+	09:33+	13:21+	16:52+	17:57+	22:16+	25:46+	28:32+	40:47+	45:21+	51:40+	55:22+	57:08+	58:58+	60:52+	61:24+
03:10+	02:10+	04:13+	03:48+	03:31+	01:05+	04:19+	03:13+	02:46+	12:15+	04:34+	06:19+	03:42+	01:46+	01:50+	01:54+	00:32+
00:34#	00:21#	02:01&	01:44&	01:24&	00:30&	01:17&	01:30&	01:16&	07:56@	01:31&	02:59&	01:00&	00:08+	00:21#	00:53&	00:08&
<b>12</b>	<b>Linda Mari Vestvik</b>	<b>62</b>	<b>1:05:24</b>													
04:45+	07:03+	11:24+	14:32+	17:07+	18:52+	19:28+	22:41+	25:17+	27:49+	50:35+	53:50+	57:26+	59:54+	62:02+	63:29+	64:57+
04:45+	02:18+	04:21+	03:08+	02:35+	01:45+	00:36-	03:13+	02:36+	02:32-	22:46+	03:15-	03:36+	02:28+	02:08+	01:27+	01:28+
02:09&	00:29&	02:09&	01:04&	00:28#	01:10@	02:26-	01:13&	01:06&	01:47-	19:43@	00:05-	00:54&	00:50&	00:39&	00:26&	01:04@
<b>13</b>	<b>Toril Dahle</b>	<b>116</b>	<b>1:10:07</b>													
07:16+	21:02+	25:07+	29:10+	31:38+	32:44+	36:31+	39:11+	41:06+	47:07+	51:53+	56:02+	59:01+	66:50+	68:00+	69:34+	70:07+
07:16+	13:46+	04:05+	04:03+	02:28+	01:06+	03:47+	02:40+	01:55+	06:01+	04:46+	04:09+	02:59+	07:49+	01:10-	01:34+	00:33+
04:40@	11:57@	01:53&	01:59&	00:21#	00:31&	00:45#	00:40&	00:25&	01:42&	01:43&	00:49#	00:17#	06:11@	00:19-	00:33&	00:09&

**Beste strekktid for klassen**

02:13 01:34 02:06 02:04 01:30 00:35 00:36 02:00 01:30 02:32 03:03 03:07 02:25 01:13 01:10 01:01 00:24

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

**Damer 50 - 59 år**

<b>1</b>	<b>Keth Berggraf</b>	<b>116</b>	<b>43:14</b>													
02:28=	04:30=	11:52=	14:23=	17:50=	18:24=	21:49=	23:52=	25:42=	29:46=	33:31=	36:13=	38:12=	40:28=	41:36=	42:55=	43:14=
02:28=	02:02=	07:22=	02:31=	03:27=	00:34=	03:25=	02:03=	01:50=	04:04=	03:45=	02:42=	01:59=	02:16=	01:08=	01:19=	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>Trude Katrine Hermanrud</b>	<b>117</b>	<b>43:22</b>													
02:51+	04:58+	07:40=	09:41=	11:24=	12:19=	15:13=	17:17=	21:50=	26:53=	32:30=	36:23+	38:51+	40:15=	41:48+	42:58+	43:22+
02:51+	02:07+	02:42=	02:01=	01:43=	00:55+	02:54=	02:04+	04:33+	05:03+	05:37+	03:53+	02:28+	01:24=	01:33+	01:10=	00:24+
00:23#	00:05+	04:40=	00:30=	01:44=	00:21#	00:31=	00:01+	02:43@	00:59#	01:52#	01:11#	00:29#	00:52=	00:25#	00:09=	00:05#
<b>3</b>	<b>Nidunn Sandvik</b>	<b>228</b>	<b>47:33</b>													
03:21+	05:06+	09:09=	13:05=	14:55=	15:36=	20:02=	22:50=	25:20=	30:22+	35:43+	39:32+	42:39+	44:12+	45:48+	46:59+	47:33+
03:21+	01:45=	04:03=	03:56+	01:50=	00:41+	04:26+	02:48+	02:30+	05:02+	05:21+	03:49+	03:07+	01:33=	01:36+	01:11=	00:34+
00:53#	00:17=	03:19=	01:25#	01:37=	00:07#	01:01#	00:45#	00:40#	00:58#	01:36#	01:07#	01:08#	00:43=	00:28#	00:08=	00:15#
<b>4</b>	<b>Oddny Haugland</b>	<b>114</b>	<b>49:53</b>													
05:58+	07:43+	10:30=	14:47+	16:17=	17:11=	20:17=	22:31=	25:12=	30:28+	34:38+	39:07+	42:21+	45:37+	48:23+	49:23+	49:53+
05:58+	01:45=	02:47=	04:17+	01:30=	00:54+	03:06=	02:14+	02:41+	05:16+	04:10+	04:29+	03:14+	03:16+	02:46+	01:00=	00:30+
03:30@	00:17=	04:35=	01:46#	01:57=	00:20#	00:19=	00:11+	00:51#	01:12#	00:25#	01:47#	01:15#	01:00#	01:38@	00:19=	00:11#
<b>5</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>	<b>50:16</b>													
03:14+	05:27+	10:20=	12:46=	15:57=	16:53=	20:31=	23:22=	26:28+	32:26+	38:42+	42:45+	45:32+	47:06+	48:36+	49:48+	50:16+
03:14+	02:13+	04:53=	02:26=	03:11=	00:56+	03:38+	02:51+	03:06+	05:58+	06:16+	04:03+	02:47+	01:34=	01:30+	01:12=	00:28+
00:46#	00:11+	02:29=	00:05=	00:16=	00:22#	00:13+	00:48#	01:16#	01:54#	02:31#	01:21#	00:48#	00:42=	00:22#	00:07=	00:09#
<b>6</b>	<b>Rowena Naile</b>	<b>42</b>	<b>50:40</b>													
04:05+	05:52+	14:25+	18:14+	20:41+	21:28+	25:28+	27:48+	29:28+	34:39+	38:27+	41:28+	44:06+	47:38+	48:58+	50:15+	50:40+
04:05+	01:47=	08:33+	03:49+	02:27=	00:47+	04:00+	02:20+	01:40=	05:11+	03:48+	03:01+	02:38+	03:32+	01:20+	01:17=	00:25+
01:37#	00:15=	01:11#	01:18#	01:00=	00:13#	00:35#	00:17#	00:10=	01:07#	00:03+	00:19#	00:39#	01:16#	00:12#	00:02=	00:06#
<b>7</b>	<b>Torill Andersen</b>	<b>116</b>	<b>51:20</b>													
03:23+	05:12+	08:05=	13:30=	15:46=	16:34=	20:11=	22:39=	25:36=	33:14+	38:19+	42:31+	45:41+	47:55+	49:26+	50:51+	51:20+
03:23+	01:49=	02:53=	05:25+	02:16=	00:48+	03:37+	02:28+	02:57+	07:38+	05:05+	04:12+	03:10+	02:14=	01:31+	01:25+	00:29+
00:55#	00:13=	04:29=	02:54@	01:11=	00:14#	00:12+	00:25#	01:07#	03:34#	01:20#	01:30#	01:11#	00:02=	00:23#	00:06+	00:10#
<b>8</b>	<b>Eli Tjåland Stokka</b>	<b>94</b>	<b>52:08</b>													
05:37+	07:42+	11:55+	14:22=	18:05+	18:47+	22:19+	24:57+	27:13+	34:33+	40:09+	44:01+	46:52+	48:14+	50:22+	51:36+	52:08+
05:37+	02:05+	04:13=	02:27=	03:43+	00:42+	03:32+	02:38+	02:16+	07:20+	05:36+	03:52+	02:51+	01:22=	02:08+	01:14=	00:32+
03:09@	00:03+	03:09=	00:04=	00:16+	00:08#	00:07+	00:35#	00:26#	03:16#	01:51#	01:10#	00:52#	00:54=	01:00#	00:05=	00:13#
<b>9</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>	<b>52:54</b>													
05:14+	08:03+	12:20+	15:14+	17:11=	17:47=	24:07+	27:08+	30:26+	36:34+	40:45+	44:51+	47:32+	49:37+	51:11+	52:30+	52:54+
05:14+	02:49+	04:17=	02:54+	01:57=	00:36+	06:20+	03:01+	03:18+	06:08+	04:11+	04:06+	02:41+	02:05=	01:34+	01:19=	00:24+
02:46@	00:47#	03:05=	00:23#	01:30=	00:02+	02:55#	00:58#	01:28#	02:04#	00:26#	01:24#	00:42#	00:11=	00:26#	00:00=	00:05#
<b>10</b>	<b>Kristin Skadsem</b>	<b>18</b>	<b>52:59</b>													
03:29+	05:37+	08:37=	11:39=	13:24=	14:11=	17:55=	20:33=	23:04=	29:27=	33:27=	38:17+	41:02+	46:38+	48:21+	52:23+	52:59+
03:29+	02:08+	03:00=	03:02+	01:45=	00:47+	03:44+	02:38+	02:31+	06:23+	04:00+	04:50+	02:45+	05:36+	01:43+	04:02+	00:36+
01:01#	00:06+	04:22=	00:31#	01:42=	00:13#	00:19+	00:35#	00:41#	02:19#	00:15+	02:08#	00:46#	03:20@	00:35#	02:43@	00:17#
<b>11</b>	<b>Liv Omdal</b>	<b>116</b>	<b>53:53</b>													
03:40+	05:45+	13:44+	16:33+	18:13+	18:47+	22:22+	24:40+	27:12+	33:08+	37:28+	41:13+	44:16+	50:55+	52:10+	53:29+	53:53+
03:40+	02:05+	07:59+	02:49+	01:40=	00:34=	03:35+	02:18+	02:32+	05:56+	04:20+	03:45+	03:03+	06:39+	01:15+	01:19=	00:24+
01:12#	00:03+	00:37+	00:18#	01:47=	00:00=	00:10+	00:15#	00:42#	01:52#	00:35#	01:03#	01:04#	04:23@	00:07#	00:00=	00:05#
<b>12</b>	<b>Ellinor Nesse</b>	<b>116</b>	<b>56:27</b>													
07:29+	10:13+	13:36+	17:18+	19:35+	20:47+	24:29+	27:08+	29:46+	35:36+	40:59+	46:21+	49:16+	51:52+	53:55+	55:52+	56:27+
07:29+	02:44+	03:23=	03:42+	02:17=	01:12+	03:42+	02:39+	02:38+	05:50+	05:23+	05:22+	02:55+	02:36+	02:03+	01:57+	00:35+
05:01@	00:42#	03:59=	01:11#	01:10=	00:38@	00:17+	00:36#	00:48#	01:46#	01:38#	02:40#	00:56#	00:20#	00:55#	00:38#	00:16#
<b>13</b>	<b>Signe Ottesen</b>	<b>116</b>	<b>1:01:15</b>													
10:30+	12:32+	19:54+	22:50+	24:40+	25:48+	30:01+	32:57+	35:20+	41:22+	46:42+	52:00+	55:02+	57:36+	59:31+	60:48+	61:15+
10:30+	02:02=	07:22=	02:56+	01:50=	01:08+	04:13+	02:56+	02:23+	06:02+	05:20+	05:18+	03:02+	02:34+	01:55+	01:17=	00:27+
08:02@	00:00=	00:00=	00:25#	01:37=	00:34#	00:48#	00:53#	00:33#	01:58#	01:35#	02:36#	01:03#	00:18#	00:47#	00:02=	00:08#

Class	Navn	Klasse	Tid													
<b>14</b>	<b>Birgitte Røe</b>	<b>125</b>	<b>1:03:46</b>													
08:44+	11:15+	14:39+	18:39+	20:52+	22:06+	25:50+	29:16+	31:56+	39:19+	43:54+	49:41+	52:48+	58:06+	61:45+	63:11+	63:46+
08:44+	02:31+	03:24-	04:00+	02:13-	01:14+	03:44+	03:26+	02:40+	07:23+	04:35+	05:47+	03:07+	05:18+	03:39+	01:26+	00:35+
06:16@	00:29#	03:58-	01:29&	01:14-	00:40@	00:19+	01:23&	00:50&	03:19&	00:50#	03:05@	01:08&	03:02@	02:31@	00:07+	00:16&
<b>15</b>	<b>Andrea Tapken</b>	<b>54</b>	<b>1:14:19</b>													
08:06+	10:48+	18:57+	23:25+	25:48+	26:43+	31:53+	35:07+	39:06+	48:00+	53:04+	57:39+	61:22+	69:50+	71:30+	73:42+	74:19+
08:06+	02:42+	08:09+	04:28+	02:23-	00:55+	05:10+	03:14+	03:59+	08:54+	05:04+	04:35+	03:43+	08:28+	01:40+	02:12+	00:37+
05:38@	00:40&	00:47#	01:57&	01:04-	00:21&	01:45&	01:11&	02:09@	04:50@	01:19&	01:53&	01:44&	06:12@	00:32&	00:53&	00:18&
<b>16</b>	<b>Margretha Almedal</b>	<b>91</b>	<b>1:16:23</b>													
07:44+	18:26+	26:06+	29:05+	31:46+	32:59+	38:48+	42:33+	46:49+	52:58+	58:30+	63:34+	68:38+	71:33+	73:46+	75:50+	76:23+
07:44+	10:42+	07:40+	02:59+	02:41-	01:13+	05:49+	03:45+	04:16+	06:09+	05:32+	05:04+	05:04+	02:55+	02:13+	02:04+	00:33+
05:16@	08:40@	00:18+	00:28#	00:46-	00:39@	02:24&	01:42&	02:26@	02:05&	01:47&	02:22&	03:05@	00:39&	01:05&	00:45&	00:14&
<b>17</b>	<b>Kari Smådal Turøy</b>	<b>115</b>	<b>1:19:41</b>													
03:17+	05:34+	09:23-	12:39-	15:14-	16:19-	20:41-	23:57+	26:29+	42:15+	54:37+	60:31+	65:18+	72:57+	77:02+	78:53+	79:41+
03:17+	02:17+	03:49-	03:16+	02:35-	01:05+	04:22+	03:16+	02:32+	15:46+	12:22+	05:54+	04:47+	07:39+	04:05+	01:51+	00:48+
00:49&	00:15#	03:33-	00:45&	00:52-	00:31&	00:57&	01:13&	00:42&	11:42@	08:37@	03:12@	02:48@	05:23@	02:57@	00:32&	00:29@
<b>18</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>	<b>1:30:41</b>													
05:55+	09:53+	14:11+	18:24+	22:26+	24:00+	36:18+	39:22+	42:48+	67:49+	73:08+	78:33+	81:09+	85:24+	87:13+	90:11+	90:41+
05:55+	03:58+	04:18-	04:13+	04:02+	01:34+	12:18+	03:04+	03:26+	25:01+	05:19+	05:25+	02:36+	04:15+	01:49+	02:58+	00:30+
03:27@	01:56&	03:04-	01:42&	00:35#	01:00@	08:53@	01:01&	01:36&	20:57@	01:34&	02:43@	00:37&	01:59&	00:41&	01:39@	00:11&
<b>19</b>	<b>Brit Vivian Meling</b>	<b>116</b>	<b>1:50:06</b>													
27:17+	33:56+	48:02+	52:29+	58:34+	59:28+	63:55+	67:07+	70:10+	83:38+	87:32+	94:14+	97:56+	103:53+	107:56+	109:16+	110:06+
27:17+	06:39+	14:06+	04:27+	06:05+	00:54+	04:27+	03:12+	03:03+	13:28+	03:54+	06:42+	03:42+	05:57+	04:03+	01:20+	00:50+
24:49@	04:37@	06:44&	01:56&	02:38&	00:20&	01:02&	01:09&	01:13&	09:24@	00:09+	04:00@	01:43&	03:41@	02:55@	00:01+	00:31@
<b>Beste strekktid for klassen</b>																
02:28	01:45	02:42	02:01	01:30	00:34	02:54	02:03	01:40	04:04	03:45	02:42	01:59	01:22	01:08	01:00	00:19

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

## Damer 60 - 64 år

<b>1</b>	<b>Ingrid Eik</b>	<b>88</b>	<b>37:08</b>													
03:07=	05:41=	06:55=	08:10=	11:06=	11:36=	15:01=	17:47=	19:55=	21:39=	26:06=	29:03=	34:12=	35:37=	36:44=	37:08=	
03:07=	02:34=	01:14=	01:15=	02:56=	00:30=	03:25=	02:46=	02:08=	01:44=	04:27=	02:57=	05:09=	01:25=	01:07=	00:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Marit Karin Nygård</b>	<b>92</b>	<b>37:29</b>													
03:20+	07:10+	09:03+	10:26+	13:26+	14:21+	17:20+	19:42+	21:56+	23:49+	27:04+	28:25-	34:52+	36:10+	37:07+	37:29+	
03:20+	03:50+	01:53+	01:23+	03:00+	00:55+	02:59-	02:22-	02:14+	01:53+	03:15-	01:21-	06:27+	01:18-	00:57-	00:22-	
00:13+	01:16&	00:39&	00:08#	00:04+	00:25&	00:26-	00:24-	00:06+	00:09+	01:12-	01:36-	01:18&	00:07-	00:10-	00:02-	
<b>3</b>	<b>Berit Bakken</b>	<b>168</b>	<b>41:49</b>													
03:37+	06:43+	08:12+	09:34+	14:37+	15:25+	19:02+	21:26+	23:19+	25:22+	30:50+	32:33+	38:20+	39:51+	41:18+	41:49+	
03:37+	03:06+	01:29+	01:22+	05:03+	00:48+	03:37+	02:24-	01:53-	02:03+	05:28+	01:43-	05:47+	01:31+	01:27+	00:31+	
00:30#	00:32#	00:15#	00:07+	02:07&	00:18&	00:12+	00:22-	00:15-	00:19#	01:01#	01:14-	00:38#	00:06+	00:20&	00:07&	
<b>4</b>	<b>Aud Steinsland</b>	<b>128</b>	<b>46:52</b>													
03:28+	06:25+	08:22+	10:10+	15:01+	15:48+	19:34+	21:58+	24:02+	26:24+	31:01+	32:49+	42:20+	44:42+	46:19+	46:52+	
03:28+	02:57+	01:57+	01:48+	04:51+	00:47+	03:46+	02:24-	02:04-	02:22+	04:37+	01:48-	09:31+	02:22+	01:37+	00:33+	
00:21#	00:23#	00:43&	00:33&	01:55&	00:17&	00:21#	00:22-	00:04-	00:38&	00:10+	01:09-	04:22&	00:57&	00:30&	00:09&	
<b>5</b>	<b>Kari Blixhavn</b>	<b>228</b>	<b>54:59</b>													
03:42+	09:15+	11:04+	13:26+	18:11+	19:08+	23:15+	26:04+	28:40+	31:31+	37:18+	42:13+	49:26+	51:36+	54:24+	54:59+	
03:42+	05:33+	01:49+	02:22+	04:45+	00:57+	04:07+	02:49+	02:36+	02:51+	05:47+	04:55+	07:13+	02:10+	02:48+	00:35+	
00:35#	02:59@	00:35&	01:07&	01:49&	00:27&	00:42#	00:03+	00:28#	01:07&	01:20&	01:58&	02:04&	00:45&	01:41@	00:11&	
<b>6</b>	<b>Halldis Handeland</b>	<b>92</b>	<b>1:00:15</b>													
04:32+	11:01+	12:31+	14:41+	24:58+	27:21+	28:10+	32:21+	35:45+	38:32+	40:50+	45:45+	48:27+	55:53+	57:39+	59:36+	60:15+
04:32+	06:29+	01:30+	02:10+	10:17+	02:23+	00:49-	04:11+	03:24+	02:47+	02:18-	04:55+	02:42-	07:26+	01:46+	01:57+	00:39+
01:25&	03:55@	00:16#	00:55&	07:21@	01:53@	02:36-	01:25&	01:16&	01:03&	02:09-	01:58&	02:27-	06:01@	00:39&	01:33@	00:39+
<b>7</b>	<b>Liv Sissel Obrestad</b>	<b>54</b>	<b>1:00:37</b>													
03:29+	10:49+	12:46+	14:26+	19:07+	19:57+	28:21+	31:39+	36:40+	39:14+	44:19+	46:40+	56:28+	58:29+	60:05+	60:37+	
03:29+	07:20+	01:57+	01:40+	04:41+	00:50+	08:24+	03:18+	05:01+	02:34+	05:05+	02:21-	09:48+	02:01+	01:36+	00:32+	
00:22#	04:46@	00:43&	00:25&	01:45&	00:20&	04:59@	00:32#	02:53@	00:50&	00:38#	00:36-	04:39&	00:36&	00:29&	00:08&	

Class	Navn	Klasse														Tid				
<b>8</b>	<b>Berit K. Gramstad</b>	<b>113</b>														<b>1:01:29</b>				
03:52+	12:08+	13:38+	15:51+	26:04+	28:12+	29:13+	33:28+	36:34+	39:38+	41:51+	46:52+	49:35+	56:59+	58:49+	60:59+	61:29+				
03:52+	08:16+	01:30+	02:13+	10:13+	02:08+	01:01-	04:15+	03:06+	03:04+	02:13-	05:01+	02:43-	07:24+	01:50+	02:10+	00:30+				
00:45#	05:42@	00:16#	00:58&	07:17@	01:38@	02:24-	01:29&	00:58&	01:20&	02:14-	02:04&	02:26-	05:59@	00:43&	01:46@	00:30+				
<b>9</b>	<b>Unni Relling</b>	<b>92</b>														<b>1:03:32</b>				
09:26+	15:27+	21:27+	23:04+	29:46+	30:26+	34:30+	39:02+	42:14+	44:51+	49:16+	51:29+	59:19+	61:23+	62:56+	63:32+					
09:26+	06:01+	06:00+	01:37+	06:42+	00:40+	04:04+	04:32+	03:12+	02:37+	04:25-	02:13-	07:50+	02:04+	01:33+	00:36+					
06:19@	03:27@	04:46@	00:22&	03:46@	00:10&	00:39#	01:46&	01:04&	00:53&	00:02-	00:44-	02:41&	00:39&	00:26&	00:12&					
<b>Beste strekktid for klassen</b>																				
03:07	02:34	01:14	01:15	02:56	00:30	00:49	02:22	01:53	01:44	02:13	01:21	02:42	01:18	00:57	00:22					

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

## Damer 65 - 69 år

<b>1</b>	<b>Kirsten Carlsen</b>	<b>93</b>														<b>47:56</b>				
03:34=	07:11=	11:54=	13:37=	18:53=	19:56=	23:33=	25:59=	28:00=	30:47=	35:50=	37:56=	44:14=	45:48=	47:26=	47:56=					
03:34=	03:37=	04:43=	01:43=	05:16=	01:03=	03:37=	02:26=	02:01=	02:47=	05:03=	02:06=	06:18=	01:34=	01:38=	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=					
<b>2</b>	<b>Inger Skretting Opstad</b>	<b>54</b>														<b>47:58</b>				
03:58+	07:51+	09:47-	11:19-	14:54-	15:46-	19:19-	22:33-	27:19-	29:40-	35:13-	38:06+	43:57-	45:38-	47:26=	47:58+					
03:58+	03:53+	01:56-	01:32-	03:35-	00:52-	03:33-	03:14+	04:46+	02:21-	05:33+	02:53+	05:51-	01:41+	01:48+	00:32+					
00:24#	00:16+	02:47-	00:11-	01:41-	00:11-	00:04-	00:48&	02:45@	00:26-	00:30+	00:47&	00:27-	00:07+	00:10#	00:02+					
<b>3</b>	<b>Hanne Eik</b>	<b>117</b>														<b>50:59</b>				
04:06+	08:03+	09:31-	10:48-	14:24-	15:26-	19:11-	21:56-	24:05-	31:44+	36:10+	40:44+	46:29+	48:21+	50:31+	50:59+					
04:06+	03:57+	01:28-	01:17-	03:36-	01:02-	03:45+	02:45+	02:09+	07:39+	04:26-	04:34+	05:45-	01:52+	02:10+	00:28-					
00:32#	00:20+	03:15-	00:26-	01:40-	00:01-	00:08+	00:19#	00:08+	04:52@	00:37-	02:28@	00:33-	00:18#	00:32&	00:02-					
<b>4</b>	<b>Mette Dagsland</b>	<b>68</b>														<b>52:30</b>				
06:15+	09:27+	10:59-	12:27-	19:39+	20:20+	24:05+	29:40+	31:58+	34:08+	38:13+	42:00+	47:33+	49:21+	52:05+	52:30+					
06:15+	03:12-	01:32-	01:28-	07:12+	00:41-	03:45+	05:35+	02:18+	02:10-	04:05-	03:47+	05:33-	01:48+	02:44+	00:25-					
02:41&	00:25-	03:11-	00:15-	01:56&	00:22-	00:08+	03:09@	00:17#	00:37-	00:58-	01:41&	00:45-	00:14#	01:06&	00:05-					
<b>Beste strekktid for klassen</b>																				
03:34	03:12	01:28	01:17	03:35	00:41	03:33	02:26	02:01	02:10	04:05	02:06	05:33	01:34	01:38	00:25					

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

## Damer 70 - 74 år

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>														<b>39:06</b>				
02:43=	05:56=	07:25=	08:50=	12:01=	12:46=	15:54=	18:05=	20:21=	22:16=	26:15=	28:25=	36:15=	37:26=	38:35=	39:06=					
02:43=	03:13=	01:29=	01:25=	03:11=	00:45=	03:08=	02:11=	02:16=	01:55=	03:59=	02:10=	07:50=	01:11=	01:09=	00:31=					
00:00=	00:00=	00:00=	00:00=	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>Gry V. Thengs</b>	<b>68</b>														<b>42:26</b>				
03:42+	07:08+	08:46+	10:02+	12:57+	13:42+	17:19+	19:50+	22:20+	24:35+	28:27+	30:56+	37:47+	39:18+	42:00+	42:26+					
03:42+	03:26+	01:38+	01:16-	02:55-	00:45=	03:37+	02:31+	02:30+	02:15+	03:52-	02:29+	06:51-	01:31+	02:42+	00:26-					
00:59&	00:13+	00:09#	00:09-	00:16-	00:00=	00:29#	00:20#	00:14#	00:20#	00:07-	00:19#	00:59-	00:20&	01:33@	00:05-					
<b>3</b>	<b>Hedvig Anda</b>	<b>116</b>														<b>43:49</b>				
03:15+	07:26+	09:00+	10:29+	13:53+	14:49+	18:20+	20:49+	23:00+	25:58+	31:11+	33:51+	39:53+	41:56+	43:16+	43:49+					
03:15+	04:11+	01:34+	01:29+	03:24+	00:56+	03:31+	02:29+	02:11-	02:58+	05:13+	02:40+	06:02-	02:03+	01:20+	00:33+					
00:32#	00:58&	00:05+	00:04+	00:13+	00:11#	00:23#	00:18#	00:05-	01:03&	01:14&	00:30#	01:48-	00:52&	00:11#	00:02+					
<b>4</b>	<b>Helga Klausen</b>	<b>62</b>														<b>44:47</b>				
03:07+	06:44+	08:57+	10:23+	14:06+	15:03+	18:46+	21:23+	24:18+	26:24+	30:47+	33:35+	40:57+	42:40+	44:17+	44:47+					
03:07+	03:37+	02:13+	01:26+	03:43+	00:57+	03:43+	02:37+	02:55+	02:06+	04:23+	02:48+	07:22-	01:43+	01:37+	00:30-					
00:24#	00:24#	00:44&	00:01+	00:32#	00:12&	00:35#	00:26#	00:39&	00:11+	00:24#	00:38&	00:28-	00:32&	00:28&	00:01-					
<b>5</b>	<b>Helga Aaslid</b>	<b>54</b>														<b>52:20</b>				
03:28+	08:13+	12:25+	14:19+	19:25+	20:11+	23:48+	26:41+	31:37+	33:48+	39:54+	42:23+	48:06+	49:45+	51:47+	52:20+					
03:28+	04:45+	04:12+	01:54+	05:06+	00:46+	03:37+	02:53+	04:56+	02:11+	06:06+	02:29+	05:43-	01:39+	02:02+	00:33+					
00:45&	01:32&	02:43@	00:29&	01:55&	00:01+	00:29#	00:42&	02:40@	00:16#	02:07&	00:19#	02:07-	00:28&	00:53&	00:02+					

Class	Navn	Klasse	Tid
-------	------	--------	-----

<b>6</b>	<b>Eva Hessen</b>	<b>83</b>	<b>58:26</b>												
06:38+	11:33+	15:36+	17:33+	22:41+	23:40+	30:28+	33:33+	36:37+	38:53+	43:41+	46:35+	53:48+	55:42+	57:56+	58:26+
06:38+	04:55+	04:03+	01:57+	05:08+	00:59+	06:48+	03:05+	03:04+	02:16+	04:48+	02:54+	07:13-	01:54+	02:14+	00:30-
03:55@	01:42&	02:34@	00:32&	01:57&	00:14&	03:40@	00:54&	00:48&	00:21#	00:49#	00:44&	00:37-	00:43&	01:05&	00:01-

<b>7</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>	<b>1:00:47</b>												
09:00+	13:41+	15:44+	17:39+	21:53+	22:56+	27:31+	31:03+	33:35+	36:59+	42:53+	46:58+	55:16+	57:24+	59:57+	60:47+
09:00+	04:41+	02:03+	01:55+	04:14+	01:03+	04:35+	03:32+	02:32+	03:24+	05:54+	04:05+	08:18+	02:08+	02:33+	00:50+
06:17@	01:28&	00:34&	00:30&	01:03&	00:18&	01:27&	01:21&	00:16#	01:29&	01:55&	01:55&	00:28+	00:57&	01:24@	00:19&

<b>8</b>	<b>Ragnhild Christiansen</b>	<b>93</b>	<b>1:01:46</b>												
10:02+	14:42+	16:43+	18:32+	22:41+	23:41+	28:31+	31:56+	34:27+	37:59+	43:48+	47:52+	56:19+	58:24+	60:58+	61:46+
10:02+	04:40+	02:01+	01:49+	04:09+	01:00+	04:50+	03:25+	02:31+	03:32+	05:49+	04:04+	08:27+	02:05+	02:34+	00:48+
07:19@	01:27&	00:32&	00:24&	00:58&	00:15&	01:42&	01:14&	00:15#	01:37&	01:50&	01:54&	00:37+	00:54&	01:25@	00:17&

<b>9</b>	<b>Margaret Malmin</b>	<b>105</b>	<b>1:02:39</b>												
05:50+	09:52+	11:45+	13:22+	16:49+	17:48+	23:07+	26:20+	29:09+	32:50+	42:35+	47:29+	56:41+	58:42+	61:58+	62:39+
05:50+	04:02+	01:53+	01:37+	03:27+	00:59+	05:19+	03:13+	02:49+	03:41+	09:45+	04:54+	09:12+	02:01+	03:16+	00:41+
03:07@	00:49&	00:24&	00:12#	00:16+	00:14&	02:11&	01:02&	00:33#	01:46&	05:46@	02:44@	01:22#	00:50&	02:07@	00:10&

<b>10</b>	<b>Aslaug Lura</b>	<b>94</b>	<b>1:03:08</b>												
04:18+	10:08+	12:28+	14:21+	21:19+	22:35+	26:45+	29:47+	32:36+	35:28+	44:42+	49:49+	58:22+	60:02+	62:33+	63:08+
04:18+	05:50+	02:20+	01:53+	06:58+	01:16+	04:10+	03:02+	02:49+	02:52+	09:14+	05:07+	08:33+	01:40+	02:31+	00:35+
01:35&	02:37&	00:51&	00:28&	03:47@	00:31&	01:02&	00:51&	00:33#	00:57&	05:15@	02:57@	00:43+	00:29&	01:22@	00:04#

<b>Beste strekktid for klassen</b>															
02:43	03:13	01:29	01:16	02:55	00:45	03:08	02:11	02:11	01:55	03:52	02:10	05:43	01:11	01:09	00:26

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

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>	<b>1:06:52</b>												
04:57=	09:44=	15:40=	17:52=	22:28=	25:25=	29:52=	35:40=	40:22=	46:10=	52:26=	58:16=	63:15=	66:52=		
04:57=	04:47=	05:56=	02:12=	04:36=	02:57=	04:27=	05:48=	04:42=	05:48=	06:16=	05:50=	04:59=	03:37=		
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=	00:00=		

<b>Beste strekktid for klassen</b>															
04:57	04:47	05:56	02:12	04:36	02:57	04:27	05:48	04:42	05:48	06:16	05:50	04:59	03:37		

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

## Damer A

<b>1</b>	<b>Marjo Liikanen</b>	<b>67</b>	<b>41:16</b>																						
02:35=	04:06=	04:58=	08:04=	10:27=	11:28=	13:49=	15:15=	15:43=	16:38=	17:29=	18:38=	20:46=	22:18=	24:54=	26:56=	28:28=	31:33=	33:42=	34:47=	36:18=	37:40=	38:59=	39:37=	40:57=	41:16=
02:35=	01:31=	00:52=	03:06=	02:23=	01:01=	02:21=	01:26=	00:28=	00:55=	00:51=	01:09=	02:08=	01:32=	02:36=	02:02=	01:32=	03:05=	02:09=	01:05=	01:31=	01:22=	01:19=	00:38=	01:20=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>41:51</b>																						
02:32-	04:02-	04:51-	07:00-	09:32-	10:44-	13:00-	14:34-	14:56-	15:55-	16:50-	17:58-	20:21-	21:49-	24:26-	26:38-	27:57-	31:11-	33:00-	34:29-	35:58-	37:25-	38:52-	40:03+	41:32+	41:51+
02:32-	01:30-	00:49-	02:09-	02:32+	01:12+	02:16-	01:34+	00:22-	00:59+	00:55+	01:08-	02:23+	01:28-	02:37+	02:12+	01:19-	03:14+	01:49-	01:29+	01:29-	01:27+	01:27+	01:11+	01:29+	00:19=
00:03-	00:01-	00:03-	00:57-	00:09+	00:11#	00:05-	00:08+	00:06-	00:04+	00:04+	00:01-	00:15#	00:04-	00:01+	00:10+	00:13-	00:09+	00:20-	00:24&	00:02-	00:05+	00:08#	00:33&	00:09#	00:00=

<b>3</b>	<b>Sara Marlene Nystrøm Olsen</b>	<b>68</b>	<b>45:08</b>																						
02:54+	04:44+	05:46+	08:11+	10:54+	12:07+	14:43+	16:26+	16:55+	17:59+	18:58+	20:10+	22:40+	24:34+	27:22+	30:03+	31:09+	34:33+	36:21+	38:04+	39:40+	41:16+	42:47+	43:34+	44:50+	45:08+
02:54+	01:50+	01:02+	02:25-	02:43+	01:13+	02:36+	01:43+	00:29+	01:04+	00:59+	01:12+	02:30+	01:54+	02:48+	02:41+	01:06-	03:24+	01:48-	01:43+	01:36+	01:36+	01:31+	00:47+	01:16-	00:18-
00:19#	00:19#	00:10#	00:41-	00:20#	00:12#	00:15#	00:17#	00:01+	00:09#	00:08#	00:03+	00:22#	00:22#	00:12+	00:39&	00:26-	00:19#	00:21-	00:38&	00:05+	00:14#	00:12#	00:09#	00:04-	00:01-

<b>4</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>	<b>46:54</b>																						
03:07+	05:06+	06:13+	08:39+	11:30+	12:45+	15:24+	17:05+	17:29+	18:39+	19:39+	20:45+	23:23+	25:47+	29:02+	31:37+	32:57+	36:45+	38:23+	39:39+	41:16+	42:47+	44:27+	45:22+	46:37+	46:54+
03:07+	01:59+	01:07+	02:26-	02:51+	01:15+	02:39+	01:41+	00:24-	01:10+	01:00+	01:06-	02:38+	02:24+	03:15+	02:35+	01:20-	03:48+	01:38-	01:16+	01:37+	01:31+	01:40+	00:55+	01:15-	00:17-
00:32#	00:28&	00:15&	00:40-	00:28#	00:14#	00:18#	00:15#	00:04-	00:15&	00:09#	00:03-	00:30#	00:52&	00:39#	00:33&	00:12-	00:43#	00:31-	00:11#	00:06+	00:09#	00:21&	00:17&	00:05-	00:02-

<b>5</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>52:44</b>																						
03:43+	05:39+	07:07+	09:47+	12:52+	14:07+	17:08+	19:03+	19:35+	20:41+	21:42+	23:14+	26:25+	28:27+	32:23+	35:12+	36:28+	39:53+	42:05+	43:32+	45:25+	47:28+	49:19+	50:38+	52:21+	52:44+
03:43+	01:56+	01:28+	02:40+	03:05+	01:15+	03:01+	01:55+	00:32+	01:06+	01:01+	01:32+	03:11+	02:02+	03:56+	02:49+	01:16-	03:25+	02:12+	01:27+	01:53+	02:03+	01:51+	01:19+	01:43+	00:23+
01:08&	00:25&	00:36&	00:26-	00:42&	00:14#	00:40&	00:29&	00:04#	00:11#	00:10#	00:23&	01:03&	00:30&	01:20&	00:47&	00:16-	00:20#	00:03+	00:22&	00:22#	00:41&	00:32&	00:41@	00:23&	00:04#

Class	Navn	Klasse										Tid															
<b>6</b>	<b>Trine Bolstad</b>	<b>62</b>										<b>56:09</b>															
03:09+	05:35+	06:32+	12:29+	15:10+	16:21+	20:18+	22:02+	22:26+	23:34+	24:36+	25:45+	28:23+	30:10+	33:14+	36:11+	37:16+	41:39+	44:43+	46:15+	47:51+	49:30+	51:22+	54:23+	55:49+	56:09+		
03:09+	02:26+	00:57+	05:57+	02:41+	01:11+	03:57+	01:44+	00:24-	01:08+	01:02+	01:09+	02:38+	01:47+	03:04+	02:57+	01:05-	04:23+	03:04+	01:32+	01:36+	01:39+	01:52+	03:01+	01:26+	00:20+		
00:34#	00:55&	00:05+	02:51&	00:18#	00:10#	01:36&	00:18#	00:04-	00:13#	00:11#	00:00=	00:30#	00:15#	00:28#	00:55&	00:27-	01:18&	00:55&	00:27&	00:05+	00:17#	00:33&	02:23@	00:06+	00:01+		
<b>7</b>	<b>Ingrid Lamark</b>	<b>46</b>										<b>56:09</b>															
04:24+	06:34+	07:33+	10:37+	13:57+	15:20+	18:26+	20:22+	20:58+	22:07+	23:08+	24:19+	27:47+	29:52+	33:25+	36:09+	37:22+	43:11+	45:43+	47:23+	49:16+	51:08+	52:45+	53:50+	55:47+	56:09+		
04:24+	02:10+	00:59+	03:04-	03:20+	01:23+	03:06+	01:56+	00:36+	01:09+	01:01+	01:11+	03:28+	02:05+	03:33+	02:44+	01:13-	05:49+	02:32+	01:40+	01:53+	01:52+	01:37+	01:05+	01:57+	00:22+		
01:49&	00:39&	00:07#	00:02-	00:57&	00:22&	00:45&	00:30&	00:08&	00:14&	00:10#	00:02+	01:20&	00:33&	00:57&	00:42&	00:19-	02:44&	00:23#	00:35&	00:22#	00:30&	00:18#	00:27&	00:37&	00:03#		
<b>8</b>	<b>Inger Tone Nygård</b>	<b>29</b>										<b>59:08</b>															
03:07+	06:38+	07:53+	10:19+	13:27+	14:48+	18:14+	20:58+	21:25+	22:33+	23:39+	26:41+	29:30+	32:06+	35:47+	38:43+	40:09+	45:49+	49:02+	50:28+	52:40+	54:35+	56:21+	57:12+	58:47+	59:08+		
03:07+	03:31+	01:15+	02:26-	03:08+	01:21+	03:26+	02:44+	00:27-	01:08+	01:06+	03:02+	02:49+	02:36+	03:41+	02:56+	01:26-	05:40+	03:13+	01:26+	02:12+	01:55+	01:46+	00:51+	01:35+	00:21+		
00:32#	02:00@	00:23&	00:40-	00:45&	00:20&	01:05&	01:18&	00:01-	00:13#	00:15&	01:53@	00:41&	01:04&	01:05&	00:54&	00:06-	02:35&	01:04&	00:21&	00:41&	00:33&	00:27&	00:13&	00:15#	00:02#		
<b>9</b>	<b>Silje Sundal</b>	<b>71</b>										<b>1:06:58</b>															
04:36+	08:35+	09:49+	14:04+	16:59+	18:22+	21:55+	24:26+	24:57+	26:04+	27:47+	29:09+	33:10+	35:54+	42:57+	47:18+	48:41+	52:12+	54:54+	56:55+	58:42+	60:43+	63:03+	64:26+	66:32+	66:58+		
04:36+	03:59+	01:14+	04:15+	02:55+	01:23+	03:33+	02:31+	00:31+	01:07+	01:43+	01:22+	04:01+	02:44+	07:03+	04:21+	01:23-	03:31+	02:42+	02:01+	01:47+	02:01+	02:20+	01:23+	02:06+	00:26+		
02:01&	02:28@	00:22&	01:09&	00:32#	00:22&	01:12&	01:05&	00:03#	00:12#	00:52@	00:13#	01:53&	01:12&	04:27@	02:19@	00:09-	00:26#	00:33&	00:56&	00:16#	00:39&	01:01&	00:45@	00:46&	00:07&		
<b>Beste strekktid for klassen</b>		02:32	01:30	00:49	02:09	02:23	01:01	02:16	01:26	00:22	00:55	00:51	01:06	02:08	01:28	02:36	02:02	01:05	03:05	01:38	01:05	01:29	01:22	01:19	00:38	01:15	00:17

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

## Damer B

<b>1</b>	<b>Vibeke Lamark</b>	<b>46</b>										<b>45:46</b>													
03:21=	04:49=	05:42=	08:37=	10:01=	13:50=	15:06=	15:34=	18:54=	20:43=	23:20=	25:00=	26:12=	29:16=	31:43=	35:05=	37:59=	40:06=	42:35=	43:54=	45:22=	45:46=				
03:21=	01:28=	00:53=	02:55=	01:24=	03:49=	01:16=	00:32=	03:20=	01:49=	02:37=	01:40=	01:12=	03:04=	02:47=	03:22=	02:54=	02:07=	02:29=	01:28=	01:28=	00:24=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Garsrud</b>	<b>90</b>										<b>46:09</b>													
03:38+	04:42+	05:31-	08:42+	10:34+	14:42+	16:08+	16:40+	19:49+	21:37+	24:11+	25:56+	26:58+	29:34+	32:02+	35:56+	38:40+	40:32+	42:53+	44:00+	45:46+	46:09+				
03:38+	01:04-	00:49-	03:11+	01:52+	04:08+	01:26+	00:32+	03:09+	01:48-	02:34-	01:45+	01:02-	02:36-	02:28+	03:54+	02:44-	01:52-	02:21-	01:07-	01:46+	00:23-				
00:17+	00:24-	00:04-	00:16+	00:28&	00:19+	00:10#	00:04#	00:11-	00:01-	00:03-	00:05+	00:10-	00:28-	00:01+	00:32#	00:10-	00:15-	00:08-	00:12-	00:18#	00:01-				
<b>3</b>	<b>Ann-Cathrin Urdal</b>	<b>118</b>										<b>47:23</b>													
03:19-	04:26-	05:11-	08:17-	10:11+	14:14+	16:56+	17:23+	19:50+	21:35+	24:01+	25:35+	26:47+	29:45+	32:48+	37:07+	39:43+	41:35+	44:00+	45:30+	47:01+	47:23+				
03:19-	01:07-	00:45-	03:06+	01:54+	04:03+	02:42+	00:27-	02:27-	01:45-	02:26-	01:34-	01:12=	02:58-	03:03+	04:19+	02:36-	01:52-	02:25-	01:30+	01:31+	00:22-				
00:02-	00:21-	00:08-	00:11+	00:30&	00:14+	01:26@	00:01-	00:53-	00:04-	00:11-	00:06-	00:00=	00:06-	00:36#	00:57&	00:18-	00:15-	00:04-	00:11#	00:03+	00:02-				
<b>4</b>	<b>Marit Haavardsholm</b>	<b>116</b>										<b>48:16</b>													
03:52+	05:01+	05:50+	09:14+	11:37+	13:37-	16:47+	18:05+	19:00+	21:43+	23:54+	26:45+	28:21+	29:21+	31:25-	34:07-	37:46-	40:42+	42:36+	44:52+	46:17+	47:52+	48:16+			
03:52+	01:09-	00:49-	03:24+	02:23+	02:00-	03:10+	01:18+	00:55-	02:43+	02:11-	02:51+	01:36+	01:00-	02:04-	02:42-	03:39+	02:56+	01:54-	02:16+	01:25-	01:35+	00:24+			
00:31#	00:19-	00:04-	00:29#	00:59&	01:49-	01:54@	00:50@	02:25-	00:54&	00:26-	01:11&	00:24&	02:04-	00:23-	00:40-	00:45&	00:49&	00:35-	00:57&	00:03-	01:11@	00:24+			
<b>5</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>49:04</b>													
04:08+	05:28+	06:28+	10:33+	12:00+	15:51+	17:04+	17:38+	20:59+	23:31+	26:33+	28:07+	29:21+	32:46+	35:19+	38:42+	41:38+	43:37+	46:05+	47:14+	48:43+	49:04+				
04:08+	01:20-	01:00+	04:05+	01:27+	03:51+	01:13-	00:34+	03:21+	02:32+	03:02+	01:34-	01:14+	03:25+	02:33+	03:23+	02:56+	01:59-	02:28-	01:09-	01:29+	00:21-				
00:47#	00:08-	00:07#	01:10&	00:03+	00:02+	00:03-	00:06#	00:01+	00:43&	00:25#	00:06-	00:02+	00:21#	00:06+	00:01+	00:02+	00:08-	00:01-	00:10-	00:01+	00:03-				
<b>6</b>	<b>Hilde Nordbø</b>	<b>93</b>										<b>51:20</b>													
06:28+	07:41+	08:33+	12:21+	13:49+	18:01+	19:31+	20:02+	22:42+	24:41+	27:22+	29:12+	30:25+	32:50+	35:11+	39:10+	42:46+	45:09+	48:03+	49:23+	50:58+	51:20+				
06:28+	01:13-	00:52-	03:48+	01:28+	04:12+	01:30+	00:31+	02:40-	01:59+	02:41+	01:50+	01:13+	02:25-	02:21-	03:59+	03:36+	02:23+	02:54+	01:20+	01:35+	00:22-				
03:07&	00:15-	00:01-	00:53&	00:04+	00:23#	00:14#	00:03#	00:40-	00:10+	00:04+	00:10#	00:01+	00:10#	00:06-	00:37#	00:42#	00:16#	00:25#	00:01+	00:07+	00:02-				
<b>7</b>	<b>Agnès Elin Engen</b>	<b>116</b>										<b>53:04</b>													
03:34+	05:05+	05:57+	09:39+	11:05+	15:34+	16:52+	17:29+	20:55+	22:52+	25:39+	28:15+	29:21+	32:02+	34:48+	39:34+	42:43+	44:53+	47:45+	50:59+	52:41+	53:04+				
03:34+	01:31+	00:52-	03:42+	01:26+	03:06+	01:18+	00:33+	03:26+	01:57+	02:47+	02:36+	01:06-	02:41-	02:46+	04:46+	03:09+	02:52+	03:14+	01:42+	00:23-					
00:13+	00:03+	00:01-	00:47&	00:02+	00:40#	00:02+	00:09&	00:06+	00:08+	00:10+	00:56&	00:06-	00:23-	00:19#	01:24&	00:15+	00:03+	00:23#	01:55@	00:14#	00:01-				
<b>8</b>	<b>Lise Isachsen</b>	<b>165</b>										<b>54:18</b>													
04:18+	05:40+	06:35+	09:53+	11:35+	15:14+	19:06+	19:39+	22:04+	23:56+	26:30+	28:14+	29:50+	32:22+	35:50+	40:21+	43:45+	45:40+	50:21+	51:39+	53:55+	54:18+				
04:18+	01:22-	00:55+	03:18+	01:42+	03:39-	03:52+	00:33+	02:25-	01:52+	02:34-	01:44+	01:36+	02:32-	03:28+	04:31+	03:24+	01:55-	04:41+	01:18-	02:16+	00:23-				
00:57&	00:06-	00:02+	00:23#	00:18#	00:10-	02:36@	00:05#	00:55-	00:03+	00:03-	00:04+	00:24&	00:32-	01:01&	01:09&	00:30#	00:12-	02:12&	00:01-	00:48&	00:01-				
<b>9</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>										<b>55:45</b>													
03:25+	05:21+	06:11+	10:04+	12:08+	16:39+	18:15+	18:49+	21:33+	23:24+	26:15+	28:03+	29:21+	33:39+	36:59+	43:17+	47:28+	49:46+	52:25+	53:46+	55:19+	55:45+				
03:25+	01:56+	00:50-	03:53+	02:04+	04:31+	01:36+	00:34+	02:44-	01:51+	02:51+	01:48+	01:18+	04:18+	03:20+	06:18+	04:11+	02:18+	02:39+	01:21+	01:33+	00:26+				
00:04+	00:28&	00:03-	00:58&	00:40&	00:42#	00:20&	00:06#	00:36-	00:02+	00:14+	00:08+	00:06+	01:14&amp												

Class	Navn	Klasse	Tid
<b>10</b>	<b>Gunn J. Grefstad</b>	<b>2</b>	<b>57:23</b>
03:27+	05:27+	06:45+	12:17+
03:27+	02:00+	01:18+	05:32+
00:06+	00:32&	00:25&	02:37&
<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>	<b>57:34</b>
04:17+	05:45+	06:46+	11:17+
04:17+	01:28=	01:01+	04:31+
00:56&	00:00=	00:08#	01:36&
<b>12</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>	<b>57:46</b>
04:48+	06:08+	07:16+	11:25+
04:48+	01:20-	01:08+	04:09+
01:27&	00:08-	00:15&	01:14&
<b>13</b>	<b>Ingunn Anda Haug</b>	<b>67</b>	<b>58:54</b>
05:04+	06:24+	07:32+	12:19+
05:04+	01:20-	01:08+	04:47+
01:43&	00:08-	00:15&	01:52&
<b>14</b>	<b>Tone Cecilie Nystrøm</b>	<b>68</b>	<b>59:06</b>
04:28+	06:00+	07:06+	11:04+
04:28+	01:32+	01:06+	03:58+
01:07&	00:04+	00:13#	01:03&
<b>15</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>1:02:32</b>
05:09+	06:42+	07:53+	12:38+
05:09+	01:33+	01:11+	04:45+
01:48&	00:05+	00:18&	01:50&
<b>16</b>	<b>Ragnhild Auglænd</b>	<b>168</b>	<b>1:03:39</b>
06:55+	08:33+	10:49+	15:27+
06:55+	01:38+	02:16+	04:38+
03:34@	00:10#	01:23@	01:43&
<b>17</b>	<b>Margrethe Roalsø</b>	<b>93</b>	<b>1:05:42</b>
04:27+	05:45+	06:56+	11:40+
04:27+	01:18-	01:11+	04:44+
01:06&	00:10-	00:18&	01:49&
<b>18</b>	<b>Mette M. Nødland</b>	<b>194</b>	<b>1:08:26</b>
07:02+	08:49+	10:04+	14:46+
07:02+	01:47+	01:15+	04:42+
03:41@	00:19#	00:22&	01:47&
<b>19</b>	<b>Randi Helen Ladsten</b>	<b>128</b>	<b>1:11:35</b>
11:03+	13:11+	14:28+	19:22+
11:03+	02:08+	01:17+	04:54+
07:42@	00:40&	00:24&	01:59&

**Beste strekketid for klassen**

03:19 01:04 00:45 02:55 01:24 02:00 01:13 00:27 00:55 01:45 02:11 01:34 01:02 01:00 02:04 02:42 02:36 01:52 01:54 01:07 01:25 00:21

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

**Damer Ny**

<b>1</b>	<b>Anette Tronstad</b>	<b>115</b>	<b>28:09</b>
00:57=	03:13=	04:10=	05:42=
00:57=	02:16=	00:57=	01:32=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Laila Tøresby</b>	<b>62</b>	<b>37:22</b>
01:05+	03:45+	04:29+	09:59+
01:05+	02:40+	00:44-	05:30+
00:08#	00:24#	00:13-	03:58@
<b>3</b>	<b>Shazia Ali Zade</b>	<b>115</b>	<b>41:35</b>
01:21+	04:33+	05:44+	08:47+
01:21+	03:12+	01:11+	03:03+
00:24&	00:56&	00:14#	01:31&

Class	Navn	Klasse	Tid
-------	------	--------	-----

### Beste strekktid for klassen

00:57 02:16 00:44 01:32 02:47 04:52 06:32 04:01 02:20 00:40

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

### Damer Trim

<b>1</b>	<b>Kari Sjursen</b>	<b>117</b>	<b>30:44</b>								
00:51=	01:27=	03:32=	05:53=	07:34=	09:45=	12:01=	17:32=	23:38=	28:34=	30:17=	30:44=
00:51=	00:36=	02:05=	02:21=	01:41=	02:11=	02:16=	05:31=	06:06=	04:56=	01:43=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ann Helen Johannesen</b>	<b>71</b>	<b>35:04</b>								
01:30+	03:17+	06:06+	09:24+	10:58+	13:10+	16:29+	22:20+	29:12+	33:06+	34:27+	35:04+
01:30+	01:47+	02:49+	03:18+	01:34-	02:12+	03:19+	05:51+	06:52+	03:54-	01:21-	00:37+
00:39&	01:11@	00:44&	00:57&	00:07-	00:01+	01:03&	00:20+	00:46#	01:02-	00:22-	00:10&
<b>3</b>	<b>Grete Hellevik</b>	<b>168</b>	<b>35:16</b>								
01:00+	02:20+	04:38+	06:58+	09:04+	12:36+	17:29+	22:51+	29:22+	33:20+	34:46+	35:16+
01:00+	01:20+	02:18+	02:20-	02:06+	03:32+	04:53+	05:22-	06:31+	03:58-	01:26-	00:30+
00:09#	00:44@	00:13#	00:01-	00:25#	01:21&	02:37@	00:09-	00:25+	00:58-	00:17-	00:03#
<b>4</b>	<b>Anne Marie Gausel</b>	<b>105</b>	<b>35:20</b>								
00:51=	01:33+	04:19+	06:38+	08:13+	10:51+	13:19+	19:21+	27:39+	33:14+	34:38+	35:20+
00:51=	00:42+	02:46+	02:19-	01:35-	02:38+	02:28+	06:02+	08:18+	05:35+	01:24-	00:42+
00:00=	00:06#	00:41&	00:02-	00:06-	00:27#	00:12+	00:31+	02:12&	00:39#	00:19-	00:15&
<b>5</b>	<b>Solbjørg Borgersen</b>	<b>233</b>	<b>36:38</b>								
01:16+	02:04+	04:39+	08:28+	10:55+	14:34+	17:03+	23:19+	30:00+	34:36+	36:02+	36:38+
01:16+	00:48+	02:35+	03:49+	02:27+	03:39+	04:52+	06:16+	06:41+	04:36-	01:26-	00:36+
00:25&	00:12&	00:30#	01:28&	00:46&	01:28&	00:13+	00:45#	00:35+	00:20-	00:17-	00:09&
<b>6</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>36:39</b>								
01:32+	02:55+	05:05+	07:51+	13:17+	15:33+	20:25+	25:49+	31:26+	34:48+	36:14+	36:39+
01:32+	01:23+	02:10+	02:46+	05:26+	02:16+	04:52+	05:24-	05:37-	03:22-	01:26-	00:25-
00:41&	00:47@	00:05+	00:25#	03:45@	00:05+	02:36@	00:07-	00:29-	01:34-	00:17-	00:02-
<b>7</b>	<b>Sølvi Utbø Sakseid</b>	<b>116</b>	<b>36:59</b>								
01:03+	02:04+	04:10+	06:56+	11:04+	16:11+	18:59+	25:47+	31:49+	35:21+	36:34+	36:59+
01:03+	01:01+	02:06+	02:46+	04:08+	05:07+	02:48+	06:48+	06:02-	03:32-	01:13-	00:25-
00:12#	00:25&	00:01+	00:25#	02:27@	02:56@	00:32#	01:17#	00:04-	01:24-	00:30-	00:02-
<b>8</b>	<b>Randi Bugge</b>	<b>46</b>	<b>37:24</b>								
01:13+	03:07+	07:27+	10:06+	12:04+	15:26+	18:11+	24:36+	31:16+	35:19+	36:51+	37:24+
01:13+	01:54+	04:20+	02:39+	01:58+	03:22+	02:45+	06:25+	06:40+	04:03-	01:32-	00:33+
00:22&	01:18@	02:15@	00:18#	00:17#	01:11&	00:29#	00:54#	00:34+	00:53-	00:11-	00:06#
<b>9</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>	<b>37:52</b>								
00:50-	01:40+	04:00+	06:38+	07:58+	10:24+	12:44+	27:00+	32:08+	35:55+	37:28+	37:52+
00:50-	00:50+	02:20+	02:38+	01:20-	02:26+	02:20+	14:16+	05:08-	03:47-	01:33-	00:24-
00:01-	00:14&	00:15#	00:17#	00:21-	00:15#	00:04+	08:45@	00:58-	01:09-	00:10-	00:03-
<b>10</b>	<b>Margot Asheim</b>	<b>105</b>	<b>37:59</b>								
00:38-	02:15+	04:30+	06:50+	08:16+	13:53+	17:13+	24:30+	30:43+	36:08+	37:33+	37:59+
00:38-	01:37+	02:15+	02:20-	01:26-	05:37+	03:20+	07:17+	06:13+	05:25+	01:25-	00:26-
00:13-	01:01@	00:10+	00:01-	00:15-	03:26@	01:04&	01:46&	00:07+	00:29+	00:18-	00:01-
<b>11</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>	<b>38:58</b>								
01:10+	02:27+	04:54+	07:16+	10:39+	12:55+	16:13+	23:07+	32:22+	36:56+	38:33+	38:58+
01:10+	01:17+	02:27+	02:22+	03:23+	02:16+	03:18+	06:54+	09:15+	04:34-	01:37-	00:25-
00:19&	00:41@	00:22#	00:01+	01:42@	00:05+	01:02&	01:23&	03:09&	00:22-	00:06-	00:02-
<b>12</b>	<b>Tone Giske</b>	<b>7</b>	<b>38:58</b>								
01:20+	02:32+	04:55+	07:46+	10:13+	13:31+	16:17+	23:50+	30:07+	36:27+	38:22+	38:58+
01:20+	01:12+	02:23+	02:51+	02:27+	03:18+	02:46+	07:33+	06:17+	06:20+	01:55+	00:36+
00:29&	00:36&	00:18#	00:30#	00:46&	01:07&	00:30#	02:02&	00:11+	01:24&	00:12#	00:09&
<b>13</b>	<b>Janeth Kleppe</b>	<b>128</b>	<b>39:01</b>								
02:01+	02:43+	04:55+	07:00+	08:12+	10:08+	14:03+	29:58+	34:25+	37:42+	38:39+	39:01+
02:01+	00:42+	02:12+	02:05-	01:12-	01:56-	03:55+	15:55+	04:27-	03:17-	00:57-	00:22-
01:10@	00:06#	00:07+	00:16-	00:29-	00:15-	01:39&	10:24@	01:39-	01:39-	00:46-	00:05-

Class	Navn	Klasse	Tid
<b>14</b>	<b>Eli Våge</b>	<b>117</b>	<b>39:06</b>
01:59+	03:29+ 06:17+ 09:01+ 11:20+ 13:48+ 16:35+ 24:11+ 31:15+ 36:10+ 38:34+ 39:06+		
01:59+	01:30+ 02:48+ 02:44+ 02:19+ 02:28+ 02:47+ 07:36+ 07:04+ 04:55- 02:24+ 00:32+		
01:08@	00:54@ 00:43& 00:23# 00:38& 00:17# 00:31# 02:05& 00:58# 00:01- 00:41& 00:05#		
<b>15</b>	<b>Björg Elen Abrahamsen</b>	<b>29</b>	<b>39:23</b>
05:21+	06:21+ 08:58+ 11:50+ 13:23+ 15:49+ 18:29+ 25:18+ 32:29+ 37:26+ 38:52+ 39:23+		
05:21+	01:00+ 02:37+ 02:52+ 01:33- 02:26+ 02:40+ 06:49+ 07:11+ 04:57+ 01:26- 00:31+		
04:30@	00:24& 00:32& 00:31# 00:08- 00:15# 00:24# 01:18# 01:05# 00:01+ 00:17- 00:04#		
<b>16</b>	<b>Janne Kristin Frantzen</b>	<b>116</b>	<b>39:39</b>
01:08+	01:56+ 04:56+ 07:47+ 09:35+ 12:09+ 18:33+ 25:20+ 32:44+ 37:44+ 39:07+ 39:39+		
01:08+	00:48+ 03:00+ 02:51+ 01:48+ 02:34+ 06:24+ 06:47+ 07:24+ 05:00+ 01:23- 00:32+		
00:17&	00:12& 00:55& 00:30# 00:07+ 00:23# 04:08@ 01:16# 01:18# 00:04+ 00:20- 00:05#		
<b>17</b>	<b>Sonja Johannessen</b>	<b>130</b>	<b>39:46</b>
03:21+	04:18+ 06:40+ 09:04+ 11:35+ 14:03+ 17:01+ 23:17+ 32:03+ 36:40+ 39:10+ 39:46+		
03:21+	00:57+ 02:22+ 02:24+ 02:31+ 02:28+ 02:58+ 06:16+ 08:46+ 04:37- 02:30+ 00:36+		
02:30@	00:21& 00:17# 00:03+ 00:50& 00:17# 00:42& 00:45# 02:40& 00:19- 00:47& 00:09&		
<b>18</b>	<b>Karen E. Gilje Woie</b>	<b>117</b>	<b>40:00</b>
01:23+	02:48+ 05:14+ 08:15+ 10:22+ 13:23+ 17:23+ 24:36+ 33:12+ 37:29+ 39:24+ 40:00+		
01:23+	01:25+ 02:26+ 03:01+ 02:07+ 03:01+ 04:00+ 07:13+ 08:36+ 04:17- 01:55+ 00:36+		
00:32&	00:49@ 00:21# 00:40& 00:26& 00:50& 01:44& 01:42& 02:30& 00:39- 00:12# 00:09&		
<b>19</b>	<b>Ingrid Wister</b>	<b>117</b>	<b>40:06</b>
01:28+	02:45+ 05:19+ 08:16+ 10:28+ 13:28+ 17:21+ 24:42+ 33:16+ 37:33+ 39:33+ 40:06+		
01:28+	01:17+ 02:34+ 02:57+ 02:12+ 03:00+ 03:53+ 07:21+ 08:34+ 04:17- 02:00+ 00:33+		
00:37&	00:41@ 00:29# 00:36& 00:31& 00:49& 01:37& 01:50& 02:28& 00:39- 00:17# 00:06#		
<b>20</b>	<b>Oda Ravndal</b>	<b>114</b>	<b>40:38</b>
02:17+	02:55+ 05:24+ 08:01+ 13:51+ 16:36+ 20:08+ 26:41+ 33:18+ 37:48+ 40:08+ 40:38+		
02:17+	00:38+ 02:29+ 02:37+ 05:30+ 02:45+ 03:32+ 06:33+ 06:37+ 04:30- 02:20+ 00:30+		
01:26@	00:02+ 00:24# 00:16# 04:09@ 00:34& 01:16& 01:02# 00:31+ 00:26- 00:37& 00:03#		
<b>21</b>	<b>Hilde Sande Borck</b>	<b>114</b>	<b>41:04</b>
01:22+	02:13+ 05:02+ 08:16+ 10:54+ 14:05+ 17:02+ 25:14+ 31:38+ 38:29+ 40:28+ 41:04+		
01:22+	00:51+ 02:49+ 03:14+ 02:38+ 03:11+ 02:57+ 08:12+ 06:24+ 06:51+ 01:59+ 00:36+		
00:31&	00:15& 00:44& 00:53& 00:57& 01:00& 00:41& 02:41& 00:18+ 01:55& 00:16# 00:09&		
<b>22</b>	<b>Gunhild Nordbø</b>	<b>117</b>	<b>41:18</b>
02:13+	03:26+ 08:06+ 10:52+ 13:01+ 16:22+ 19:02+ 26:12+ 34:47+ 38:56+ 40:38+ 41:18+		
02:13+	01:13+ 04:40+ 02:46+ 02:09+ 03:21+ 02:40+ 07:10+ 08:35+ 04:09- 01:42- 00:40+		
01:22@	00:37@ 02:35@ 00:25# 00:28& 01:10& 00:24# 01:39& 02:29& 00:47- 00:01- 00:13&		
<b>23</b>	<b>Åse Sellereite</b>	<b>27</b>	<b>41:25</b>
01:32+	02:11+ 04:57+ 08:07+ 10:23+ 12:55+ 16:01+ 22:09+ 28:30+ 32:56+ 40:58+ 41:25+		
01:32+	00:39+ 02:46+ 03:10+ 02:16+ 02:32+ 03:06+ 06:08+ 06:21+ 04:26- 08:02+ 00:27=		
00:41&	00:03+ 00:41& 00:49& 00:35& 00:21# 00:50& 00:37# 00:15+ 00:30- 06:19@ 00:00=		
<b>24</b>	<b>Bente Salte Aune</b>	<b>128</b>	<b>42:00</b>
01:07+	02:36+ 05:40+ 08:37+ 10:47+ 14:09+ 18:27+ 27:10+ 34:59+ 39:24+ 41:26+ 42:00+		
01:07+	01:29+ 03:04+ 02:57+ 02:10+ 03:22+ 04:18+ 08:43+ 07:49+ 04:25- 02:02+ 00:34+		
00:16&	00:53@ 00:59& 00:36& 00:29& 01:11& 02:02& 03:12& 01:43& 00:31- 00:19# 00:07&		
<b>25</b>	<b>Irene Frøyland</b>	<b>71</b>	<b>42:03</b>
03:21+	05:56+ 08:37+ 11:37+ 13:52+ 16:18+ 18:42+ 24:32+ 34:15+ 40:35+ 41:34+ 42:03+		
03:21+	02:35+ 02:41+ 03:00+ 02:15+ 02:26+ 02:24+ 05:50+ 09:43+ 06:20+ 00:59- 00:29+		
02:30@	01:59@ 00:36& 00:39& 00:34& 00:15# 00:08+ 00:19+ 03:37& 01:24& 00:44- 00:02+		
<b>26</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>42:10</b>
00:53+	01:44+ 04:23+ 07:11+ 12:33+ 16:00+ 19:15+ 26:46+ 35:05+ 39:27+ 41:33+ 42:10+		
00:53+	00:51+ 02:39+ 02:48+ 05:22+ 03:27+ 03:15+ 07:31+ 08:19+ 04:22- 02:06+ 00:37+		
00:02+	00:15& 00:34& 00:27# 03:41@ 01:16& 00:59& 02:00& 02:13& 00:34- 00:23# 00:10&		
<b>27</b>	<b>Anita Edgren</b>	<b>88</b>	<b>42:50</b>
00:58+	03:32+ 06:30+ 10:02+ 11:55+ 14:38+ 17:49+ 25:37+ 33:42+ 38:28+ 42:12+ 42:50+		
00:58+	02:34+ 02:58+ 03:32+ 01:53+ 02:43+ 03:11+ 07:48+ 08:05+ 04:46- 03:44+ 00:38+		
00:07#	01:58@ 00:53& 01:11& 00:12# 00:32# 00:55& 02:17& 01:59& 00:10- 02:01@ 00:11&		
<b>28</b>	<b>Lene Haver Schmidt</b>	<b>88</b>	<b>42:51</b>
00:59+	03:34+ 06:36+ 10:03+ 11:57+ 14:31+ 17:51+ 25:37+ 33:48+ 38:28+ 42:14+ 42:51+		
00:59+	02:35+ 03:02+ 03:27+ 01:54+ 02:34+ 03:20+ 07:46+ 08:11+ 04:40- 03:46+ 00:37+		
00:08#	01:59@ 00:57& 01:06& 00:13# 00:23# 01:04& 02:15& 02:05& 00:16- 02:03@ 00:10&		

Class	Navn	Klasse	Tid
<b>29</b>	<b>Solveig Mæland</b>	<b>128</b>	<b>43:08</b>
04:20+	06:22+ 09:29+ 13:10+ 15:13+ 18:09+ 21:07+ 28:41+ 36:00+ 40:55+ 42:35+ 43:08+		
04:20+	02:02+ 03:07+ 03:41+ 02:03+ 02:56+ 02:58+ 07:34+ 07:19+ 04:55- 01:40- 00:33+		
03:29@	01:26@ 01:02& 01:20& 00:22# 00:45& 00:42& 02:03& 01:13# 00:01- 00:03- 00:06#		
<b>30</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>	<b>43:17</b>
01:23+	03:20+ 07:47+ 10:47+ 13:07+ 16:12+ 19:17+ 27:13+ 35:18+ 41:08+ 42:49+ 43:17+		
01:23+	01:57+ 04:27+ 03:00+ 02:20+ 03:05+ 03:05+ 07:56+ 08:05+ 05:50+ 01:41- 00:28+		
00:32&	01:21@ 02:22@ 00:39& 00:39& 00:54& 00:49& 02:25& 01:59& 00:54# 00:02- 00:01+		
<b>31</b>	<b>Jorunn Birkeland</b>	<b>47</b>	<b>43:34</b>
01:25+	02:39+ 07:52+ 10:49+ 13:08+ 16:16+ 19:21+ 27:21+ 35:24+ 41:12+ 42:54+ 43:34+		
01:25+	01:14+ 05:13+ 02:57+ 02:19+ 03:08+ 03:05+ 08:00+ 08:03+ 05:48+ 01:42- 00:40+		
00:34&	00:38@ 03:08@ 00:36& 00:38& 00:57& 00:49& 02:29& 01:57& 00:52# 00:01- 00:13&		
<b>32</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>	<b>43:44</b>
00:59+	02:17+ 04:50+ 07:56+ 13:24+ 16:24+ 20:10+ 27:38+ 36:37+ 41:07+ 43:03+ 43:44+		
00:59+	01:18+ 02:33+ 03:06+ 05:28+ 03:00+ 03:46+ 07:28+ 08:59+ 04:30- 01:56+ 00:41+		
00:08#	00:42@ 00:28# 00:45& 03:47@ 00:49& 01:30& 01:57& 02:53& 00:26- 00:13# 00:14&		
<b>33</b>	<b>Karin Gilje Ask</b>	<b>141</b>	<b>44:01</b>
01:42+	03:04+ 06:51+ 10:27+ 12:44+ 16:09+ 19:44+ 28:05+ 35:52+ 41:05+ 43:31+ 44:01+		
01:42+	01:22+ 03:47+ 03:36+ 02:17+ 03:25+ 03:35+ 08:21+ 07:47+ 05:13+ 02:26+ 00:30+		
00:51&	00:46@ 01:42& 01:15& 00:36& 01:14& 01:19& 02:50& 01:41& 00:17+ 00:43& 00:03#		
<b>34</b>	<b>Margrete Jian Øye</b>	<b>126</b>	<b>44:04</b>
03:40+	04:41+ 08:23+ 11:47+ 14:01+ 17:58+ 21:05+ 28:31+ 38:09+ 41:44+ 43:33+ 44:04+		
03:40+	01:01+ 03:42+ 03:24+ 02:14+ 03:57+ 03:07+ 07:26+ 09:38+ 03:35- 01:49+ 00:31+		
02:49@	00:25& 01:37& 01:03& 00:33& 01:46& 00:51& 01:55& 03:32& 01:21- 00:06+ 00:04#		
<b>35</b>	<b>Inger K. H. Rysstad</b>	<b>141</b>	<b>44:05</b>
01:45+	03:29+ 06:49+ 10:39+ 12:51+ 16:08+ 19:51+ 28:03+ 35:49+ 41:13+ 43:33+ 44:05+		
01:45+	01:44+ 03:20+ 03:50+ 02:12+ 03:17+ 03:43+ 08:12+ 07:46+ 05:24+ 02:20+ 00:32+		
00:54@	01:08@ 01:15& 01:29& 00:31& 01:06& 01:27& 02:41& 01:40& 00:28+ 00:37& 00:05#		
<b>36</b>	<b>Fredrike Krahner</b>	<b>126</b>	<b>44:11</b>
03:48+	04:44+ 08:26+ 11:54+ 14:09+ 17:58+ 21:13+ 28:40+ 38:12+ 41:51+ 43:40+ 44:11+		
03:48+	00:56+ 03:42+ 03:28+ 02:15+ 03:49+ 03:15+ 07:27+ 09:32+ 03:39- 01:49+ 00:31+		
02:57@	00:20& 01:37& 01:07& 00:34& 01:38& 00:59& 01:56& 03:26& 01:17- 00:06+ 00:04#		
<b>37</b>	<b>Lise Bergli</b>	<b>105</b>	<b>44:14</b>
01:51+	02:59+ 06:20+ 12:45+ 15:23+ 20:11+ 23:49+ 30:03+ 36:45+ 41:09+ 43:50+ 44:14+		
01:51+	01:08+ 03:21+ 06:25+ 02:38+ 04:48+ 03:38+ 06:14+ 06:42+ 04:24- 02:41+ 00:24-		
01:00@	00:32& 01:16& 04:04@ 00:57& 02:37@ 01:22& 00:43# 00:36+ 00:32- 00:58& 00:03-		
<b>38</b>	<b>Linda Mickiewicz</b>	<b>114</b>	<b>44:24</b>
05:23+	06:57+ 09:19+ 12:34+ 15:06+ 18:44+ 21:57+ 27:50+ 35:01+ 42:50+ 43:54+ 44:24+		
05:23+	01:34+ 02:22+ 03:15+ 02:32+ 03:38+ 03:13+ 05:53+ 07:11+ 07:49+ 01:04- 00:30+		
04:32@	00:58@ 00:17# 00:54& 00:51& 01:27& 00:57& 00:22+ 01:05# 02:53& 00:39- 00:03#		
<b>39</b>	<b>Marianne Johnsen</b>	<b>5</b>	<b>44:46</b>
01:30+	02:54+ 05:23+ 07:43+ 12:07+ 15:56+ 23:30+ 30:24+ 38:33+ 42:07+ 44:23+ 44:46+		
01:30+	01:24+ 02:29+ 02:20- 04:24+ 03:49+ 07:34+ 06:54+ 08:09+ 03:34- 02:16+ 00:23-		
00:39&	00:48@ 00:24# 00:01- 02:43@ 01:38& 05:18@ 01:23& 02:03& 01:22- 00:33& 00:04-		
<b>40</b>	<b>Esther Boenheim</b>	<b>268</b>	<b>44:56</b>
06:27+	07:25+ 10:08+ 13:40+ 16:29+ 19:18+ 22:23+ 29:53+ 37:56+ 42:36+ 44:10+ 44:56+		
06:27+	00:58+ 02:43+ 03:32+ 02:49+ 02:49+ 03:05+ 07:30+ 08:03+ 04:40- 01:34- 00:46+		
05:36@	00:22& 00:38& 01:11& 01:08& 00:38& 00:49& 01:59& 01:57& 00:16- 00:09- 00:19&		
<b>41</b>	<b>Bente Cecilie Lio</b>	<b>136</b>	<b>45:53</b>
01:34+	03:03+ 05:55+ 09:08+ 11:09+ 14:39+ 20:33+ 29:36+ 38:48+ 43:55+ 45:28+ 45:53+		
01:34+	01:29+ 02:52+ 03:13+ 02:01+ 03:30+ 05:54+ 09:03+ 09:12+ 05:07+ 01:33- 00:25-		
00:43&	00:53@ 00:47& 00:52& 00:20# 01:19& 03:38@ 03:32& 03:06& 00:11+ 00:10- 00:02-		
<b>42</b>	<b>Haldis Vagle</b>	<b>92</b>	<b>46:03</b>
01:33+	02:50+ 05:53+ 09:25+ 11:26+ 15:00+ 21:53+ 29:08+ 36:58+ 41:49+ 44:58+ 46:03+		
01:33+	01:17+ 03:03+ 03:32+ 02:01+ 03:34+ 06:53+ 07:15+ 07:50+ 04:51- 03:09+ 01:05+		
00:42&	00:41@ 00:58& 01:11& 00:20# 01:23& 04:37@ 01:44& 01:44& 00:05- 01:26& 00:38@		
<b>43</b>	<b>Sarah Denieul</b>	<b>42</b>	<b>46:03</b>
00:57+	01:42+ 03:24- 05:39- 07:28- 09:31- 16:11+ 22:40+ 32:21+ 43:01+ 45:40+ 46:03+		
00:57+	00:45+ 01:42- 02:15- 01:49+ 02:03- 06:40+ 06:29+ 09:41+ 10:40+ 02:39+ 00:23-		
00:06#	00:09# 00:23- 00:06- 00:08+ 00:08- 04:24@ 00:58# 03:35& 05:44@ 00:56& 00:04-		

Class	Navn	Klasse	Tid
<b>44</b>	<b>Anlaug Nygard</b>	<b>27</b>	<b>46:19</b>
02:22+	03:10+ 06:48+ 09:56+	12:28+ 15:37+ 18:50+ 29:16+	38:06+ 43:17+ 45:31+ 46:19+
02:22+	00:48+ 03:38+ 03:08+	02:32+ 03:09+ 03:13+ 10:26+	08:50+ 05:11+ 02:14+ 00:48+
01:31@	00:12& 01:33& 00:47&	00:51& 00:58& 00:57& 04:55&	02:44& 00:15+ 00:31& 00:21&
<b>45</b>	<b>Grethe Wathne</b>	<b>109</b>	<b>46:19</b>
01:10+	02:12+ 05:00+ 08:07+	10:39+ 16:56+ 23:21+ 31:12+	38:58+ 43:56+ 45:38+ 46:19+
01:10+	01:02+ 02:48+ 03:07+	02:32+ 06:17+ 06:25+ 07:51+	07:46+ 04:58+ 01:42- 00:41+
00:19&	00:26& 00:43& 00:46&	00:51& 04:06@ 04:09@ 02:20&	01:40& 00:02+ 00:01- 00:14&
<b>46</b>	<b>Oddveig Øgaard Schjelderup</b>	<b>117</b>	<b>46:27</b>
01:12+	02:12+ 05:03+ 08:10+	10:42+ 17:04+ 23:27+ 31:20+	39:06+ 44:03+ 45:45+ 46:27+
01:12+	01:00+ 02:51+ 03:07+	02:32+ 06:22+ 06:23+ 07:53+	07:46+ 04:57+ 01:42- 00:42+
00:21&	00:24& 00:46& 00:46&	00:51& 04:11@ 04:07@ 02:22&	01:40& 00:01+ 00:01- 00:15&
<b>47</b>	<b>Brit Svihus</b>	<b>92</b>	<b>46:35</b>
01:19+	02:39+ 05:17+ 08:25+	11:15+ 15:05+ 18:51+ 26:01+	33:43+ 42:58+ 45:45+ 46:35+
01:19+	01:20+ 02:38+ 03:08+	02:50+ 03:50+ 03:46+ 07:10+	07:42+ 09:15+ 02:47+ 00:50+
00:28&	00:44@ 00:33& 00:47&	01:09& 01:39& 01:30& 01:39&	01:36& 04:19& 01:04& 00:23&
<b>48</b>	<b>Maria Haukalid</b>	<b>47</b>	<b>48:35</b>
01:20+	02:45+ 11:08+ 14:57+	17:42+ 21:09+ 26:14+ 33:51+	41:21+ 45:50+ 48:03+ 48:35+
01:20+	01:25+ 08:23+ 03:49+	02:45+ 03:27+ 05:05+ 07:37+	07:30+ 04:29- 02:13+ 00:32+
00:29&	00:49@ 06:18@ 01:28&	01:04& 01:16& 02:49@ 02:06&	01:24# 00:27- 00:30& 00:05#
<b>49</b>	<b>Marianne Gjesdal Lyngås</b>	<b>253</b>	<b>48:49</b>
01:18+	02:21+ 05:38+ 09:15+	12:34+ 15:42+ 19:33+ 28:43+	36:49+ 45:07+ 48:11+ 48:49+
01:18+	01:03+ 03:17+ 03:37+	03:19+ 03:08+ 03:51+ 09:10+	08:06+ 08:18+ 03:04+ 00:38+
00:27&	00:27& 01:12& 01:16&	01:38& 00:57& 01:35& 03:39&	02:00& 03:22& 01:21& 00:11&
<b>50</b>	<b>Irene Mæland Torgersen</b>	<b>253</b>	<b>48:49</b>
01:17+	02:35+ 05:41+ 09:18+	12:30+ 15:50+ 19:36+ 28:46+	36:53+ 45:14+ 48:10+ 48:49+
01:17+	01:18+ 03:06+ 03:37+	03:12+ 03:20+ 03:46+ 09:10+	08:07+ 08:21+ 02:56+ 00:39+
00:26&	00:42@ 01:01& 01:16&	01:31& 01:09& 01:30& 03:39&	02:01& 03:25& 01:13& 00:12&
<b>51</b>	<b>Åse Kristensen</b>	<b>94</b>	<b>49:07</b>
04:01+	04:53+ 08:01+ 11:56+	14:03+ 19:31+ 23:00+ 30:41+	39:26+ 44:47+ 48:24+ 49:07+
04:01+	00:52+ 03:08+ 03:55+	02:07+ 05:28+ 03:29+ 07:41+	08:45+ 05:21+ 03:37+ 00:43+
03:10@	00:16& 01:03& 01:34&	00:26& 03:17@ 01:13& 02:10&	02:39& 00:25+ 01:54@ 00:16&
<b>52</b>	<b>Hazel Grayston</b>	<b>263</b>	<b>49:16</b>
01:24+	03:43+ 07:14+ 10:44+	13:26+ 17:13+ 21:20+ 30:50+	39:47+ 45:54+ 48:21+ 49:16+
01:24+	02:19+ 03:31+ 03:30+	02:42+ 03:47+ 04:07+ 09:30+	08:57+ 06:07+ 02:27+ 00:55+
00:33&	01:43@ 01:26& 01:09&	01:01& 01:36& 01:51& 03:59&	02:51& 01:11# 00:44& 00:28@
<b>53</b>	<b>Aase Sveinsvoll</b>	<b>94</b>	<b>52:12</b>
03:08+	04:20+ 08:08+ 12:26+	15:13+ 18:35+ 22:04+ 32:11+	40:41+ 49:25+ 51:17+ 52:12+
03:08+	01:12+ 03:48+ 04:18+	02:47+ 03:22+ 03:29+ 10:07+	08:30+ 08:44+ 01:52+ 00:55+
02:17@	00:36& 01:43& 01:57&	01:06& 01:11& 01:13& 04:36&	02:24& 03:48& 00:09+ 00:28@
<b>54</b>	<b>Jorunn Pedersen Lima</b>	<b>113</b>	<b>52:20</b>
03:31+	04:49+ 08:47+ 12:14+	14:59+ 18:37+ 22:37+ 31:52+	42:05+ 48:29+ 51:28+ 52:20+
03:31+	01:18+ 03:58+ 03:27+	02:45+ 03:38+ 04:00+ 09:15+	10:13+ 06:24+ 02:59+ 00:52+
02:40@	00:42@ 01:53& 01:06&	01:04& 01:27& 01:44& 03:44&	04:07& 01:28& 01:16& 00:25&
<b>55</b>	<b>Linn Skadberg</b>	<b>113</b>	<b>52:27</b>
03:34+	05:12+ 08:46+ 12:05+	14:57+ 18:26+ 22:45+ 31:40+	42:16+ 48:39+ 51:41+ 52:27+
03:34+	01:38+ 03:34+ 03:19+	02:52+ 03:29+ 04:19+ 08:55+	10:36+ 06:23+ 03:02+ 00:46+
02:43@	01:02@ 01:29& 00:58&	01:11& 01:18& 02:03& 03:24&	04:30& 01:27& 01:19& 00:19&
<b>56</b>	<b>Stine Skadberg</b>	<b>113</b>	<b>52:34</b>
03:40+	05:13+ 08:53+ 12:14+	14:53+ 18:26+ 22:46+ 31:54+	42:27+ 48:45+ 51:48+ 52:34+
03:40+	01:33+ 03:40+ 03:21+	02:39+ 03:33+ 04:20+ 09:08+	10:33+ 06:18+ 03:03+ 00:46+
02:49@	00:57@ 01:35& 01:00&	00:58& 01:22& 02:04& 03:37&	04:27& 01:22& 01:20& 00:19&
<b>57</b>	<b>Solbjørg Lima Skadberg</b>	<b>113</b>	<b>52:35</b>
03:28+	04:54+ 09:00+ 12:21+	15:10+ 18:50+ 22:42+ 31:57+	42:28+ 48:37+ 51:44+ 52:35+
03:28+	01:26+ 04:06+ 03:21+	02:49+ 03:33+ 03:52+ 09:15+	10:31+ 06:09+ 03:07+ 00:51+
02:37@	00:50@ 02:01& 01:00&	01:08& 01:29& 01:36& 03:44&	04:25& 01:13# 01:24& 00:24&
<b>58</b>	<b>Synnøve Langvik</b>	<b>93</b>	<b>56:06</b>
01:43+	02:47+ 13:06+ 20:54+	22:42+ 25:00+ 35:33+ 42:42+	49:53+ 54:03+ 55:31+ 56:06+
01:43+	01:04+ 10:19+ 07:48+	01:48+ 02:18+ 10:33+ 07:09+	07:11+ 04:10- 01:28- 00:35+
00:52@	00:28& 08:14@ 05:27@	00:07+ 00:07+ 08:17@ 01:38&	01:05# 00:46- 00:15- 00:08&

Class	Navn	Klasse	Tid
<b>59</b>	<b>Else Marie Furland</b>	<b>93</b>	<b>56:10</b>
01:19+	03:38+ 06:47+ 11:01+ 17:29+ 21:29+ 26:06+ 34:23+ 42:36+ 51:16+ 55:18+ 56:10+		
01:19+	02:19+ 03:09+ 04:14+ 06:28+ 04:00+ 04:37+ 08:17+ 08:13+ 08:40+ 04:02+ 00:52+		
00:28&	01:43@ 01:04& 01:53& 04:47@ 01:49& 02:21@ 02:46& 02:07& 03:44& 02:19@ 00:25&		
<b>60</b>	<b>Martina Graf-Rohr</b>	<b>128</b>	<b>57:44</b>
01:21+	02:23+ 16:09+ 19:18+ 25:09+ 27:56+ 32:03+ 40:41+ 49:03+ 54:41+ 57:05+ 57:44+		
01:21+	01:02+ 13:46+ 03:09+ 05:51+ 02:47+ 04:07+ 08:38+ 08:22+ 05:38+ 02:24+ 00:39+		
00:30&	00:26& 11:41@ 00:48& 04:10@ 00:36& 01:51& 03:07& 02:16& 00:42# 00:41& 00:12&		
<b>61</b>	<b>Astri Sandanger</b>	<b>279</b>	<b>58:54</b>
03:26+	04:35+ 07:50+ 10:31+ 14:33+ 17:06+ 20:23+ 46:35+ 52:29+ 57:04+ 58:26+ 58:54+		
03:26+	01:09+ 03:15+ 02:41+ 04:02+ 02:33+ 03:17+ 26:12+ 05:54- 04:35- 01:22- 00:28+		
02:35@	00:33& 01:10& 00:20# 02:21@ 00:22# 01:01& 20:41@ 00:12- 00:21- 00:21- 00:01+		
<b>62</b>	<b>Hilde Sondresen</b>	<b>93</b>	<b>1:00:23</b>
11:03+	12:36+ 16:15+ 20:16+ 22:37+ 25:48+ 31:05+ 41:16+ 51:04+ 56:59+ 59:34+ 60:23+		
11:03+	01:33+ 03:39+ 04:01+ 02:21+ 03:11+ 05:17+ 10:11+ 09:48+ 05:55+ 02:35+ 00:49+		
10:12@	00:57@ 01:34& 01:40& 00:40& 01:00& 03:01@ 04:40& 03:42& 00:59# 00:52& 00:22&		
<b>63</b>	<b>Inger Synnøve Sjursen</b>	<b>92</b>	<b>1:00:32</b>
11:05+	12:37+ 16:17+ 20:25+ 22:39+ 25:49+ 31:07+ 41:16+ 51:07+ 57:06+ 59:42+ 60:32+		
11:05+	01:32+ 03:40+ 04:08+ 02:14+ 03:10+ 05:18+ 10:09+ 09:51+ 05:59+ 02:36+ 00:50+		
10:14@	00:56@ 01:35& 01:47& 00:33& 00:59& 03:02@ 04:38& 03:45& 01:03# 00:53& 00:23&		
<b>64</b>	<b>Rebekka Lye</b>	<b>62</b>	<b>1:04:32</b>
02:27+	04:25+ 09:36+ 13:16+ 19:36+ 24:13+ 30:59+ 39:58+ 56:21+ 62:19+ 64:03+ 64:32+		
02:27+	01:58+ 05:11+ 03:40+ 06:20+ 04:37+ 06:46+ 08:59+ 16:23+ 05:58+ 01:44+ 00:29+		
01:36@	01:22@ 03:06@ 01:19& 04:39@ 02:26@ 04:30@ 03:28& 10:17@ 01:02# 00:01+ 00:02+		
<b>65</b>	<b>Anne Lise Lunde</b>	<b>46</b>	<b>1:04:50</b>
01:39+	03:41+ 07:42+ 11:56+ 18:41+ 22:37+ 27:11+ 36:25+ 48:33+ 60:35+ 63:51+ 64:50+		
01:39+	02:02+ 04:01+ 04:14+ 06:45+ 03:56+ 04:34+ 09:14+ 12:08+ 12:02+ 03:16+ 00:59+		
00:48&	01:26@ 01:56& 01:53& 05:04@ 01:45& 02:18@ 03:43& 06:02& 07:06@ 01:33& 00:32@		
<b>66</b>	<b>May Kristin Haaland</b>	<b>47</b>	<b>1:05:21</b>
09:06+	10:15+ 14:20+ 17:31+ 20:01+ 31:06+ 37:50+ 46:27+ 54:14+ 62:58+ 64:42+ 65:21+		
09:06+	01:09+ 04:05+ 03:11+ 02:30+ 11:05+ 06:44+ 08:37+ 07:47+ 08:44+ 01:44+ 00:39+		
08:15@	00:33& 02:00& 00:50& 00:49& 08:54@ 04:28@ 03:06& 01:41& 03:48& 00:01+ 00:12&		
<b>67</b>	<b>Brynhild Haaland</b>	<b>101</b>	<b>1:06:30</b>
16:38+	18:01+ 28:37+ 32:12+ 34:55+ 38:48+ 43:14+ 51:19+ 59:28+ 64:09+ 65:51+ 66:30+		
16:38+	01:23+ 10:36+ 03:35+ 02:43+ 03:53+ 04:26+ 08:05+ 08:09+ 04:41- 01:42- 00:39+		
15:47@	00:47@ 08:31@ 01:14& 01:02& 01:42& 02:10& 02:34& 02:03& 00:15- 00:01- 00:12&		
<b>Beste strekkttid for klassen</b>			
00:38	00:36 01:42 02:05 01:12 01:56 02:16 05:22 04:27 03:17 00:57 00:22		

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

## Herrer 16 - 39 år

<b>1</b>	<b>Erling Grammeltvedt</b>	<b>116</b>	<b>33:39</b>
02:32=	03:21= 03:58= 06:17= 07:27= 09:45= 10:50= 11:16= 13:11= 14:30= 16:34= 17:55= 18:48= 20:32= 22:39= 25:06= 27:32= 29:10= 31:05= 31:53= 33:14= 33:39=		
02:32=	00:49= 00:37= 02:19= 01:10= 02:18= 01:05= 00:26= 01:55= 01:19= 02:04= 01:21= 00:53= 01:44= 02:07= 02:27= 02:26= 01:38= 01:55= 00:48= 01:21= 00:25=		
00:00=	00:00= 00:00=		
<b>2</b>	<b>Sam McCloy</b>	<b>271</b>	<b>38:36</b>
02:52+	04:18+ 04:58+ 07:47+ 09:25+ 12:42+ 13:48+ 14:24+ 16:33+ 18:07+ 20:26+ 21:40+ 22:32+ 24:57+ 27:17+ 30:08+ 33:12+ 34:40+ 36:13+ 37:06+ 38:16+ 38:36+		
02:52+	01:26+ 00:40+ 02:49+ 01:38+ 03:17+ 01:06+ 00:36+ 02:09+ 01:34+ 02:19+ 01:14- 00:52- 02:25+ 02:20+ 01:28- 01:33- 03:04+ 01:28- 00:53+ 01:10- 00:20-		
00:20#	00:37& 00:03+ 00:30# 00:28& 00:59& 00:01+ 00:10& 00:14# 00:15# 00:15# 00:07- 00:01- 00:41& 00:13# 00:24# 00:38& 00:10- 00:22- 00:05# 00:11- 00:05-		
<b>3</b>	<b>Jan Eirik Gjerdevik</b>	<b>90</b>	<b>40:53</b>
04:04+	05:15+ 05:56+ 08:15+ 09:54+ 13:18+ 15:01+ 15:23+ 17:26+ 18:58+ 24:09+ 25:29+ 26:12+ 28:11+ 30:05+ 32:14+ 34:57+ 36:39+ 38:25+ 39:25+ 40:34+ 40:53+		
04:04+	01:11+ 00:41+ 02:19= 01:39+ 03:24+ 01:43+ 00:22- 02:03+ 01:32+ 05:11+ 01:20- 00:43- 01:59+ 01:54+ 02:09- 02:43+ 01:42+ 01:46- 01:00+ 01:09- 00:19-		
01:32&	00:22& 00:04# 00:00= 00:29& 01:06& 00:38& 00:04- 00:08+ 00:13# 03:07@ 00:01- 00:10- 00:15# 00:13- 00:18- 00:17# 00:04+ 00:09- 00:12# 00:12- 00:06-		
<b>4</b>	<b>Anders Stokkeland Olsen</b>	<b>4</b>	<b>41:53</b>
03:36+	04:45+ 05:26+ 09:02+ 10:35+ 13:53+ 16:04+ 16:29+ 18:29+ 19:49+ 21:50+ 23:07+ 24:01+ 28:34+ 30:28+ 33:18+ 35:32+ 37:37+ 39:36+ 40:29+ 41:32+ 41:53+		
03:36+	01:09+ 00:41+ 03:36+ 01:33+ 03:18+ 02:11+ 00:25- 02:00+ 01:20+ 02:01- 01:17- 00:54+ 04:33+ 01:54- 02:50+ 02:14- 02:05+ 01:59+ 00:53+ 01:03- 00:21-		
01:04&	00:20& 00:04# 01:17& 00:23& 01:00& 01:06@ 00:01- 00:05+ 00:01+ 00:03- 00:04- 00:01+ 02:49@ 00:13- 00:23# 00:12- 00:27& 00:04+ 00:05# 00:18- 00:04-		

Class	Navn	Klasse										Tid									
<b>5</b>	<b>Dag Eivind Watsend</b>	<b>92</b>										<b>42:05</b>									
03:29+	04:31+	05:26+	08:22+	09:41+	13:14+	15:56+	16:19+	18:49+	20:20+	22:35+	24:09+	25:03+	27:18+	29:42+	32:29+	35:06+	36:55+	39:09+	40:10+	41:43+	42:05+
03:29+	01:02+	00:55+	02:56+	01:19+	03:33+	02:42+	00:23-	02:30+	01:31+	02:15+	01:34+	00:54+	02:15+	02:24+	02:47+	02:37+	01:49+	02:14+	01:01+	01:33+	00:22-
00:57&	00:13&	00:18&	00:37&	00:09#	01:15&	01:37@	00:03-	00:35&	00:12#	00:11+	00:13#	00:01+	00:31&	00:17#	00:20#	00:11+	00:11#	00:19#	00:13&	00:12#	00:03-
<b>6</b>	<b>Andreas Terjesen</b>	<b>213</b>										<b>42:05</b>									
03:10+	04:37+	06:52+	09:59+	11:11+	14:27+	15:48+	16:30+	18:48+	20:26+	22:55+	24:16+	25:14+	27:22+	29:35+	32:46+	35:24+	37:24+	39:32+	40:27+	41:45+	42:05+
03:10+	01:27+	02:15+	03:07+	01:12+	03:16+	01:21+	00:42+	02:18+	01:38+	02:29+	01:21=	00:58+	02:08+	02:13+	03:11+	02:38+	02:00+	02:08+	00:55+	01:18-	00:20-
00:38#	00:38&	01:38@	00:48&	00:02+	00:58&	00:16#	00:16&	00:23#	00:19#	00:25#	00:00=	00:05+	00:24#	00:06+	00:44&	00:12+	00:22#	00:13#	00:07#	00:03-	00:05-
<b>7</b>	<b>Trond Evensen</b>	<b>116</b>										<b>43:32</b>									
03:19+	04:56+	05:41+	09:04+	10:47+	14:34+	15:46+	16:12+	18:12+	21:24+	24:35+	26:03+	26:55+	29:47+	32:04+	34:53+	37:20+	38:55+	40:52+	41:48+	43:11+	43:32+
03:19+	01:37+	00:45+	03:23+	01:43+	03:47+	01:12+	00:26-	02:00+	03:12+	03:11+	01:28+	00:52-	02:52+	02:17+	02:49+	02:27+	01:35-	01:57+	00:56+	01:23+	00:21-
00:47&	00:48&	00:08#	00:03&	01:29&	00:07#	00:00=	00:05+	01:53@	01:07&	00:07+	00:01-	01:08&	00:10+	00:10+	00:22#	00:01+	00:03-	00:02+	00:08#	00:02+	00:04-
<b>8</b>	<b>Håkon Eggebø</b>	<b>71</b>										<b>43:39</b>									
03:18+	05:03+	05:58+	08:44+	11:08+	14:42+	16:20+	16:49+	19:36+	21:22+	23:39+	25:07+	25:56+	28:28+	31:28+	34:23+	36:57+	38:39+	40:45+	41:44+	43:20+	43:39+
03:18+	01:45+	00:55+	02:46+	02:24+	03:34+	01:38+	00:29+	02:47+	01:46+	02:17+	01:28+	00:49-	02:32+	03:00+	02:55+	02:34+	01:42+	02:06+	00:59+	01:36+	00:19-
00:46&	00:56@	00:18&	00:27#	01:14@	01:16&	00:33&	00:03#	00:52&	00:27&	00:13#	00:07+	00:04-	00:48&	00:53&	00:28#	00:08+	00:04+	00:11+	00:11#	00:15#	00:06-
<b>9</b>	<b>Thomas Jansen</b>	<b>289</b>										<b>43:56</b>									
02:58+	03:54+	04:50+	08:21+	09:27+	13:59+	15:16+	15:46+	18:05+	19:55+	22:26+	23:47+	24:49+	27:32+	30:47+	34:39+	37:03+	38:39+	41:06+	42:08+	43:33+	43:56+
02:58+	00:56+	00:56+	03:31+	01:06-	04:32+	01:17+	00:30+	02:19+	01:50+	02:31+	01:21=	01:02+	02:43+	03:15+	03:52+	02:24-	01:36-	02:27+	01:02+	01:25+	00:23-
00:26#	00:07#	00:19&	01:12&	00:04-	02:14&	00:12#	00:04#	00:24#	00:31&	00:27#	00:00=	00:09#	00:59&	01:08&	01:25&	00:02-	00:02-	00:32&	00:14&	00:04+	00:02-
<b>10</b>	<b>Asgeir Nærland</b>	<b>88</b>										<b>45:36</b>									
02:52+	04:10+	05:35+	09:06+	10:22+	15:12+	16:13+	16:42+	19:36+	21:29+	23:58+	25:31+	26:26+	28:59+	31:09+	35:08+	37:34+	39:10+	41:47+	43:11+	45:17+	45:36+
02:52+	01:18+	01:25+	03:31+	01:16+	04:50+	01:01-	00:29+	02:54+	01:53+	02:29+	01:33+	00:55+	02:33+	02:10+	03:59+	02:26-	01:36-	02:37+	01:24+	02:06+	00:19-
00:20#	00:29&	00:48@	01:12&	00:06+	02:32@	00:04-	00:03#	00:59&	00:34&	00:25#	00:12#	00:02+	00:49&	00:03+	01:32&	00:00=	00:02-	00:42&	00:36&	00:45&	00:06-
<b>11</b>	<b>Svein Kyllingstad</b>	<b>71</b>										<b>47:20</b>									
04:40+	05:41+	06:33+	10:17+	11:37+	14:59+	16:14+	16:49+	19:10+	20:46+	23:54+	25:19+	26:22+	28:59+	34:29+	37:58+	40:45+	42:30+	44:31+	45:32+	46:58+	47:20+
04:40+	01:01+	00:52+	03:44+	01:20+	03:22+	01:15+	00:35+	02:21+	01:36+	03:08+	01:25+	01:03+	02:37+	05:30+	03:29+	02:47+	01:45+	02:01+	01:01+	01:26+	00:22-
02:08&	00:12#	00:15&	01:25&	00:10#	01:04&	00:10#	00:09&	00:26#	00:17#	01:04&	00:04+	00:10#	00:53&	03:23@	01:02&	00:21#	00:07+	00:06+	00:13&	00:05+	00:03-
<b>12</b>	<b>Torbjørn Ims Østby</b>	<b>53</b>										<b>47:20</b>									
03:34+	04:53+	08:08+	11:52+	13:12+	16:05+	17:14+	17:44+	19:54+	21:28+	23:55+	25:25+	26:26+	29:27+	33:42+	36:48+	39:38+	41:26+	44:14+	45:30+	47:01+	47:20+
03:34+	01:19+	03:15+	03:44+	01:20+	02:53+	01:09+	00:30+	02:10+	01:34+	02:27+	01:30+	01:01+	03:01+	04:15+	03:06+	02:50+	01:48+	02:48+	01:16+	01:31+	00:19-
01:02&	00:30&	02:38@	01:25&	00:10#	00:35&	00:04+	00:04#	00:15#	00:15#	00:23#	00:09#	00:08#	01:17&	02:08@	00:39&	00:24#	00:10#	00:53&	00:28&	00:10#	00:06-
<b>13</b>	<b>Jørgen Hetland</b>	<b>59</b>										<b>47:55</b>									
02:48+	03:44+	04:39+	07:33+	08:43+	12:26+	13:39+	14:23+	17:00+	18:32+	20:42+	22:12+	23:04+	24:54+	27:15+	35:07+	37:59+	39:22+	41:31+	45:41+	47:31+	47:55+
02:48+	00:56+	00:55+	02:54+	01:10=	03:43+	01:13+	00:44+	02:37+	01:32+	02:10+	01:30+	00:52-	01:50+	02:21+	07:52+	02:52+	01:23-	02:09+	04:10+	01:50+	00:24-
00:16#	00:07#	00:18&	00:35&	00:00=	01:25&	00:08#	00:18&	00:42&	00:13#	00:06+	00:09#	00:01-	00:06+	00:14#	05:25@	00:26#	00:15-	00:14#	03:22@	00:29&	00:01-
<b>14</b>	<b>Jens Rostrup Eikehaugen</b>	<b>92</b>										<b>47:59</b>									
03:03+	06:13+	07:03+	10:33+	12:04+	15:45+	17:17+	17:43+	20:38+	22:37+	25:19+	26:57+	28:05+	31:14+	34:08+	37:34+	40:39+	42:23+	44:58+	46:06+	47:39+	47:59+
03:03+	03:10+	00:50+	03:30+	01:31+	03:41+	01:32+	00:26=	02:55+	01:59+	02:42+	01:38+	01:08+	03:09+	02:54+	03:26+	03:05+	01:44+	02:35+	01:08+	01:33+	00:20-
00:31#	02:21@	00:13&	01:11&	00:21&	01:23&	00:27&	00:00=	01:00&	00:40&	00:38&	00:17#	00:15&	01:25&	00:47&	00:59&	00:39&	00:06+	00:40&	00:20&	00:12#	00:05-
<b>15</b>	<b>Jonas Nesland Vevatne</b>	<b>116</b>										<b>50:08</b>									
03:33+	05:58+	06:54+	10:01+	11:29+	16:07+	17:39+	18:07+	21:02+	22:52+	25:29+	27:06+	28:27+	31:37+	35:29+	38:52+	42:13+	44:11+	47:01+	48:15+	49:44+	50:08+
03:33+	02:25+	00:56+	03:07+	01:28+	04:38+	01:32+	00:28+	02:55+	01:50+	02:37+	01:37+	01:21+	03:10+	03:52+	03:23+	03:21+	01:58+	02:50+	01:14+	01:29+	00:24-
01:01&	01:36@	00:19&	00:48&	00:18&	02:20@	00:27&	00:02+	01:00&	00:31&	00:33&	00:16#	00:28&	01:26&	01:45&	00:56&	00:55&	00:20#	00:55&	00:26&	00:08+	00:01-
<b>16</b>	<b>Martin Skogland</b>	<b>98</b>										<b>50:41</b>									
04:19+	06:33+	10:39+	14:35+	15:55+	18:56+	20:20+	21:03+	24:33+	26:18+	28:45+	30:24+	31:23+	34:11+	36:17+	40:02+	42:36+	44:13+	46:43+	47:47+	50:16+	50:41+
04:19+	02:14+	04:06+	03:56+	01:20+	03:01+	01:24+	00:43+	03:30+	01:45+	02:27+	01:39+	00:59+	02:48+	02:06-	03:45+	02:34+	01:37-	02:30+	01:04+	02:29+	00:25=
01:47&	01:25@	03:29@	01:37&	00:10#	00:43&	00:19&	00:17&	01:35&	00:26&	00:23#	00:18#	00:06#	01:04&	00:01-	01:18&	00:08+	00:01-	00:35&	00:16&	01:08&	00:00=
<b>17</b>	<b>Njål Solberg Greiner</b>	<b>116</b>										<b>51:46</b>									
04:38+	05:56+	08:41+	13:21+	16:19+	18:43+	22:23+	22:52+	26:50+	28:58+	31:13+	32:54+	33:53+	36:47+	39:13+	42:00+	45:26+	47:05+	48:44+	49:52+	51:29+	51:46+
04:38+	01:18+	02:45+	04:40+	02:58+	02:24+	03:40+	00:29+	03:58+	02:08+	02:15+	01:41+	00:59+	02:54+	02:26+	02:47+	03:26+	01:39+	01:08+	01:37+	00:17+	00:16+
02:06&	00:29&	02:08@	02:21@	01:48@	00:06+	02:35@	00:03#	02:03@	00:49&	00:11+	00:20#	00:06#	01:10&	00:19#	00:20#	01:00&	00:01+	00:16-	00:20&	00:16#	00:08-
<b>18</b>	<b>Marius Stene</b>	<b>27</b>										<b>54:34</b>									
08:00+	09:16+	10:20+	15:32+	16:54+	23:11+	24:26+	25:24+	27:58+	29:52+	33:04+	34:28+	35:38+	38:43+	40:53+	44:15+	46:47+	48:39+	50:59+	51:57+	53:57+	54:34+
08:00+	01:16+	01:04+	05:12+	01:22+	06:17+	01:15+	00:58+	02:34+	01:54+	03:12+	01:24+	01:10+	02:35+	02:10+	03:22+	02:32+	01:52+	02:20+	00:58+	02:00+	00:37+
05:28@	00:27&	00:27&	02:53@	00:12#	03:59@	00:10#	00:32@	00:39&	00:35&	01:08&	00:03+	00:17&	01:21&	00:03+	00:55&	00:06+	00:14#	00:25#	00:10#	00:39&	00:12&
<b>19</b>	<b>Rune Hatle</b>	<b>65</b>										<b>56:55</b>									
04:02+	05:15+	06:04+	09:49+	11:04+	14:47+	17:19+	17:45+	20:33+	24:30+	27:22+	29:29+	30:29+	33:39+	36:28+	40:08+	47:08+	48:51+	51:37+	54:30+	56:34+	56:55+
04:02+	01:13+	00:49+	03:45+	01:15+	03:43+	02:32+	00:26=	02:48+	03:57+	02:52+	02:07+	01:00+	03:10+	02:49+	03:40+	07:00+	01:43+	02:46+	02:53+	02:04+	00:21-
01:30&	00:24&	00:12&	01:26&	00:05+	01																

Class	Navn	Klasse										Tid									
-------	------	--------	--	--	--	--	--	--	--	--	--	-----	--	--	--	--	--	--	--	--	--

<b>20</b>	<b>Erik Hansson</b>	<b>74</b>										<b>58:45</b>									
04:17+	06:03+	07:13+	11:36+	13:55+	17:35+	19:13+	19:52+	22:16+	24:24+	27:41+	29:25+	30:30+	33:46+	38:45+	43:00+	49:01+	52:47+	55:23+	56:30+	58:21+	58:45+
04:17+	01:46+	01:10+	04:23+	02:19+	03:40+	01:38+	00:39+	02:24+	02:08+	03:17+	01:44+	01:05+	03:16+	04:59+	04:15+	06:01+	03:46+	02:36+	01:07+	01:51+	00:24-
01:45&	00:57@	00:33&	02:04&	01:09&	01:22&	00:33&	00:13&	00:29&	00:49&	01:13&	00:23&	00:12#	01:32&	02:52@	01:48&	03:35@	02:08@	00:41&	00:19&	00:30&	00:01-

<b>21</b>	<b>David Wade</b>	<b>116</b>										<b>1:00:15</b>										
04:43+	06:17+	07:11+	15:03+	16:57+	21:48+	23:02+	24:23+	24:51+	27:26+	29:30+	32:33+	34:17+	36:15+	39:13+	42:52+	47:19+	50:13+	52:25+	55:24+	56:32+	59:55+	60:15+
04:43+	01:34+	00:54+	07:52+	01:54+	04:51+	01:14+	01:21+	00:28-	02:35+	02:04+	03:03+	01:44+	01:58+	02:58+	03:39+	04:27+	02:54+	02:12+	02:59+	01:08-	03:23+	00:20+
02:11&	00:45&	00:17&	05:33@	00:44&	02:33@	00:09#	00:55@	01:27-	01:16&	00:00-	01:42@	00:51&	00:14#	00:51&	01:12&	02:01&	01:16&	00:17#	02:11@	00:13-	02:58@	00:20+

<b>22</b>	<b>Jørgen Johnsen</b>	<b>167</b>										<b>1:04:00</b>									
04:36+	05:52+	06:54+	16:12+	17:36+	23:08+	24:40+	25:10+	27:46+	29:47+	33:46+	36:26+	38:26+	42:06+	45:20+	52:51+	56:02+	58:15+	60:40+	61:58+	63:36+	64:00+
04:36+	01:16+	01:02+	09:18+	01:24+	05:32+	01:32+	00:30+	02:36+	02:01+	03:59+	02:40+	02:00+	03:40+	03:14+	07:31+	03:11+	02:13+	02:25+	01:18+	01:38+	00:24-
02:04&	00:27&	00:25&	06:59@	00:14#	03:14@	00:27&	00:04#	00:41&	00:42&	01:55&	01:19&	01:07@	01:56@	01:07&	05:04@	00:45&	00:35&	00:30&	00:30&	00:17#	00:01-

<b>23</b>	<b>Richard Galle</b>	<b>66</b>										<b>1:06:42</b>									
07:18+	09:05+	10:21+	14:25+	16:09+	24:21+	27:11+	27:48+	30:13+	32:29+	35:59+	37:39+	40:16+	44:51+	47:59+	51:50+	56:46+	59:17+	61:52+	63:49+	66:21+	66:42+
07:18+	01:47+	01:16+	04:04+	01:44+	08:12+	02:50+	00:37+	02:25+	02:16+	03:30+	01:40+	02:37+	04:35+	03:08+	03:51+	04:56+	02:31+	02:35+	01:57+	02:32+	00:21-
04:46@	00:58@	00:39@	01:45&	00:34&	05:54@	01:45@	00:11&	00:30&	00:57&	01:26&	00:19#	01:44@	02:51@	01:01&	01:24&	02:30@	00:53&	00:40&	01:09@	01:11&	00:04-

<b>24</b>	<b>Aksel Voldsund</b>	<b>114</b>										<b>1:10:54</b>									
20:44+	22:13+	23:12+	28:23+	29:53+	35:12+	37:05+	37:47+	40:11+	42:01+	45:05+	46:43+	47:44+	50:12+	52:46+	55:55+	63:30+	65:35+	67:51+	69:10+	70:34+	70:54+
20:44+	01:29+	00:59+	05:11+	01:30+	05:19+	01:53+	00:42+	02:24+	01:50+	03:04+	01:38+	01:01+	02:28+	02:34+	03:09+	07:35+	02:05+	02:16+	01:19+	01:24+	00:20-
18:12@	00:40&	00:22&	02:52@	00:20&	03:01@	00:48&	00:16&	00:29&	00:31&	01:00&	00:17#	00:08#	00:44&	00:27#	00:42&	05:09@	00:27&	00:21#	00:31&	00:03+	00:05-

<b>25</b>	<b>Per-Olof Wallerstedt</b>	<b>136</b>										<b>1:15:39</b>									
14:52+	16:24+	17:30+	23:03+	24:41+	28:44+	30:46+	31:34+	34:31+	36:30+	40:01+	42:43+	43:51+	50:52+	55:59+	60:46+	64:01+	67:40+	70:48+	72:35+	75:13+	75:39+
14:52+	01:32+	01:06+	05:33+	01:38+	04:03+	02:02+	00:48+	02:57+	01:59+	03:31+	02:42+	01:08+	07:01+	05:07+	04:47+	03:15+	03:39+	03:08+	01:47+	02:38+	00:26+
12:20@	00:43&	00:29&	03:14@	00:28&	01:45&	00:57&	00:22&	01:02&	00:40&	01:27&	01:21&	00:15&	05:17@	03:00@	02:20&	00:49&	02:01@	01:13&	00:59@	01:17&	00:01+

<b>26</b>	<b>Loic Meignan</b>	<b>114</b>										<b>1:23:48</b>									
03:39+	05:52+	06:44+	11:06+	14:04+	21:57+	23:28+	24:00+	26:33+	28:48+	50:17+	51:59+	52:57+	58:39+	66:56+	70:24+	73:39+	75:57+	78:24+	79:31+	82:54+	83:48+
03:39+	02:13+	00:52+	04:22+	02:58+	07:53+	01:31+	00:32+	02:33+	02:15+	21:29+	01:42+	00:58+	05:42+	08:17+	03:28+	03:15+	02:18+	02:27+	01:07+	03:23+	00:54+
01:07&	01:24@	00:15&	02:03&	01:48@	05:35@	00:26&	00:06#	00:38&	00:56&	19:25@	00:21&	00:05+	03:58@	06:10@	01:01&	00:49&	00:40&	00:32&	00:19&	02:02@	00:29@

<b>27</b>	<b>Igor Muzdeka</b>	<b>74</b>										<b>1:26:15</b>									
10:32+	13:10+	15:29+	20:25+	22:19+	29:58+	32:27+	33:10+	37:02+	39:26+	45:03+	47:46+	49:53+	60:34+	65:21+	71:52+	75:44+	78:39+	82:01+	83:38+	85:52+	86:15+
10:32+	02:38+	02:19+	04:56+	01:54+	07:39+	02:29+	00:43+	03:52+	02:24+	05:37+	02:43+	02:07+	10:43+	04:47+	06:31+	03:52+	02:55+	03:22+	01:37+	02:14+	00:23-
08:00@	01:49@	01:42@	02:37@	00:44&	05:21@	01:24@	00:17&	01:57@	01:05&	03:33@	01:22@	01:14@	08:57@	02:40@	04:04@	01:26&	01:17&	01:27&	00:49@	00:53&	00:02-

**Beste strekktid for klassen**  
 02:32 00:49 00:37 02:19 01:06 02:18 01:01 00:22 00:28 01:19 02:01 01:14 00:43 01:44 01:54 02:09 02:14 01:23 01:33 00:48 01:03 00:17  
 = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

### Herrer 40 - 49 år

<b>1</b>	<b>Stig Erlend Bjonness</b>	<b>105</b>										<b>43:52</b>									
03:14=	04:50=	05:37=	10:11=	12:24=	16:20=	17:35=	18:10=	20:26=	22:05=	24:10=	25:33=	26:33=	29:33=	32:00=	34:47=	37:13=	39:04=	41:17=	42:10=	43:32=	43:52=
03:14=	01:36=	00:47=	04:34=	02:13=	03:56=	01:15=	00:35=	02:16=	01:39=	02:05=	01:23=	01:00=	03:00=	02:27=	02:47=	02:26=	01:51=	02:13=	00:53=	01:22=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Ove Nygaard</b>	<b>116</b>										<b>44:26</b>									
03:33+	04:52+	07:45+	11:56+	13:11+	16:16-	17:56+	18:23+	20:38+	22:12+	24:40+	25:56+	26:46+	28:35-	30:46-	33:38-	36:54-	39:14+	41:36+	42:42+	44:08+	44:26+
03:33+	01:19-	02:53+	04:11-	01:15-	03:05-	01:40+	00:27-	02:15-	01:34-	02:28+	01:16-	00:50-	01:49-	02:11-	02:52+	03:16+	02:20+	02:22+	01:06+	01:26+	00:18-
00:19+	00:17-	02:06@	00:23-	00:58-	00:51-	00:25&	00:08-	00:01-	00:05-	00:23#	00:07-	00:10-	01:11-	00:16-	00:05+	00:50&	00:29&	00:09+	00:13#	00:04+	00:02-

<b>3</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>46:45</b>									
04:08+	05:20+	06:16+	09:31+	10:51-	15:33-	16:52-	17:33-	19:46-	21:33-	24:08-	25:52+	27:01+	29:24-	32:15+	36:09+	39:05+	41:00+	43:25+	44:30+	46:22+	46:45+
04:08+	01:12-	00:56+	03:15-	01:20-	04:42+	01:19+	00:41+	02:13-	01:47+	02:35+	01:44+	01:09+	02:23-	02:51+	03:54+	02:56+	01:55+	02:25+	01:05+	01:52+	00:23+
00:54&	00:24-	00:09#	01:19-	00:53-	00:46#	00:04+	00:06#	00:03-	00:08+	00:30#	00:21&	00:09#	00:37-	00:24#	01:07&	00:30#	00:04+	00:12+	00:12#	00:30&	00:03#

<b>4</b>	<b>John Breiland</b>	<b>157</b>										<b>46:55</b>									
05:25+	06:17+	07:05+	11:57+	14:02+	18:44+	19:48+	20:33+	22:46+	24:18+	26:50+	28:03+	28:57+	31:57+	34:13+	37:14+	39:56+	41:35+	43:57+	44:48+	46:30+	46:55+
05:25+	00:52-	00:48+	04:52+	02:05-	04:42+	01:04-	00:45+	02:13-	01:32-	02:32+	01:13-	00:54-	03:00=	02:16-	03:01+	02:42+	01:39-	02:22+	00:51-	01:42+	00:25+
02:11&	00:44-	00:01+	00:18+	00:08-	00:46#	00:11-	00:10&	00:03-	00:07-	00:27#	00:10-	00:06-	00:00=	00:11-	00:14+	00:16#	00:12-	00:09+	00:02-	00:20#	00:05#

<b>5</b>	<b>Oddmund Nordgård</b>	<b>105</b>										<b>47:21</b>									
04:57+	06:16+	07:20+	10:36+	12:07-	15:30-	16:54-	17:24-	20:00-	21:47-	24:26+	25:53+	27:04+	29:20-	31:34-	35:11+	37:54+	39:47+	42:07+	45:22+	47:02+	47:21+
04:57+	01:19-	01:04+	03:16-	01:31-	03:23-	01:24+	00:30-	02:36+	01:47+	02:39+	01:27+	01:11+	02:16-	02:14-	03:37+	02:43+	01:53+	02:20+	03:15+	01:40+	00:19-
01:43&	00:17-	00:17&	01:18-	00:42-	00:33-	00:09#	00:05-	00:20#	00:08+	00:34&	00:04+	00:11#	00:44-	00:13-	00:50&	00:17#	00:02+	00:07+	02:22@	00:18#	00:01-

Class	Navn	Klasse										Tid									
<b>6</b>	<b>Jan Kristensen</b>	<b>7</b>										<b>48:07</b>									
03:54+	04:57+	05:52+	09:07-	10:34-	14:13-	15:30-	16:07-	19:09-	21:06-	24:11+	26:08+	27:11+	29:53+	32:22+	36:08+	39:08+	41:16+	44:22+	46:01+	47:48+	48:07+
03:54+	01:03-	00:55+	03:15-	01:27-	03:39-	01:17+	00:37+	03:02+	01:57+	03:05+	01:57+	01:03+	02:42-	02:29+	03:46+	03:00+	02:08+	03:06+	01:39+	01:47+	00:19-
00:40#	00:33-	00:08#	01:19-	00:46-	00:17-	00:02+	00:02+	00:46&	00:18#	01:00&	00:34&	00:03+	00:18-	00:02+	00:59&	00:34#	00:17#	00:53&	00:46&	00:25&	00:01-
<b>7</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>48:34</b>									
05:08+	06:26+	07:28+	11:00+	12:27+	16:27+	17:51+	18:41+	21:12+	23:04+	25:59+	27:36+	28:44+	31:48+	36:19+	39:17+	41:49+	43:37+	45:27+	46:30+	48:12+	48:34+
05:08+	01:18-	01:02+	03:32-	01:27-	04:00+	01:24+	00:50+	02:31+	01:52+	02:55+	01:37+	01:08+	03:04+	04:31+	02:58+	02:32+	01:48-	01:50-	01:03+	01:42+	00:22+
01:54&	00:18-	00:15&	01:02-	00:46-	00:04+	00:09#	00:15&	00:15#	00:13#	00:50&	00:14#	00:08#	00:04+	02:04&	00:11+	00:06+	00:03-	00:23-	00:10#	00:20#	00:02#
<b>8</b>	<b>Kevin Thomas Foust</b>	<b>192</b>										<b>48:40</b>									
03:00-	04:12-	04:56-	08:06-	11:35-	16:22+	18:54+	19:17+	21:43+	23:26+	26:22+	28:31+	29:30+	32:38+	35:00+	37:53+	40:48+	42:37+	45:31+	46:29+	48:22+	48:40+
03:00-	01:12-	00:44-	03:10-	03:29+	04:47+	02:32+	00:23-	02:26+	01:43+	02:56+	02:09+	00:59-	03:08+	02:22-	02:53+	02:55+	01:49-	02:54+	00:58+	01:53+	00:18-
00:14-	00:24-	00:03-	01:24-	01:16&	00:51#	01:17@	00:12-	00:10+	00:04+	00:51&	00:46&	00:01-	00:08+	00:05-	00:06+	00:29#	00:02-	00:41&	00:05+	00:31&	00:02-
<b>9</b>	<b>Jørgen Breivold</b>	<b>54</b>										<b>48:53</b>									
11:21+	12:31+	13:22+	16:05+	17:10+	20:32+	21:27+	21:50+	23:45+	25:07+	27:16+	28:28+	29:50+	31:35+	33:41+	37:15+	40:51+	44:08+	45:54+	46:47+	48:37+	48:53+
11:21+	01:10-	00:51+	02:43-	01:05-	03:22-	00:55-	00:23-	01:55-	01:22-	02:09+	01:12-	01:22+	01:45-	02:06-	03:34+	03:36+	03:17+	01:46-	00:53=	01:50+	00:16-
08:07@	00:26-	00:04+	01:51-	01:08-	00:34-	00:20-	00:12-	00:21-	00:17-	00:04+	00:11-	00:22&	01:15-	00:21-	00:47&	01:10&	01:26&	00:27-	00:00=	00:28&	00:04-
<b>10</b>	<b>Ådne Hausberg</b>	<b>7</b>										<b>49:15</b>									
04:33+	05:38+	06:33+	10:17+	11:57-	15:54-	17:23-	17:58-	20:37+	22:18+	25:18+	27:17+	28:22+	30:47+	33:20+	37:15+	40:06+	42:24+	46:19+	47:21+	48:55+	49:15+
04:33+	01:05-	00:55+	03:44-	01:40-	03:57+	01:29+	00:35-	02:39+	01:41+	03:00+	01:59+	01:05+	02:25-	02:33+	03:55+	02:51+	02:18+	03:55+	01:02+	01:34+	00:20=
01:19&	00:31-	00:08#	00:50-	00:33-	00:01+	00:14#	00:00=	00:23#	00:02+	00:55&	00:36&	00:05+	00:35-	00:06+	01:08&	00:25#	00:27#	01:42&	00:09#	00:12#	00:00=
<b>11</b>	<b>Frode Engen</b>	<b>116</b>										<b>49:57</b>									
06:18+	07:23+	08:14+	11:16+	12:42+	19:11+	20:51+	21:15+	23:48+	25:35+	28:15+	29:58+	31:12+	33:35+	36:26+	39:50+	42:34+	44:28+	47:20+	48:15+	49:38+	49:57+
06:18+	01:05-	00:51+	03:02-	01:26-	06:29+	01:40+	00:24-	02:33+	01:47+	02:40+	01:43+	01:14+	02:23-	02:51+	03:24+	02:44+	01:54+	02:52+	00:55+	01:23+	00:19-
03:04&	00:31-	00:04+	01:32-	00:47-	02:33&	00:25&	00:11-	00:17#	00:08+	00:35&	00:20#	00:14#	00:37-	00:24#	00:37#	00:18#	00:03+	00:39&	00:02+	00:01+	00:01-
<b>12</b>	<b>Ole-Tobias Frich</b>	<b>116</b>										<b>50:24</b>									
06:37+	07:44+	08:41+	12:26+	13:55+	17:09+	18:36+	19:16+	22:15+	24:04+	27:00+	28:32+	29:36+	32:27+	35:07+	38:33+	42:05+	44:00+	46:53+	48:09+	49:57+	50:24+
06:37+	01:07-	00:57+	03:45-	01:29-	03:14-	01:27+	00:40+	02:59+	01:49+	02:56+	01:32+	01:04+	02:51-	02:40+	03:26+	03:32+	01:55+	02:53+	01:16+	01:48+	00:27+
03:23@	00:29-	00:10#	00:49-	00:44-	00:42-	00:12#	00:05#	00:43&	00:10#	00:51&	00:09#	00:04+	00:09-	00:13+	00:39#	01:06&	00:04+	00:40&	00:23&	00:26&	00:07&
<b>13</b>	<b>Øystein Nilsen</b>	<b>42</b>										<b>51:10</b>									
03:35+	04:46-	06:15+	09:56-	11:14-	16:11-	19:22+	19:47+	24:25+	26:21+	28:37+	30:08+	31:21+	34:43+	37:07+	40:45+	43:17+	45:13+	47:33+	49:12+	50:46+	51:10+
03:35+	01:11-	01:29+	03:41-	01:18-	04:57+	03:11+	00:25-	04:38+	01:56+	02:16+	01:31+	01:13+	03:22+	02:24-	03:38+	02:32+	01:56+	02:20+	01:39+	01:34+	00:24+
00:21#	00:25-	00:42&	00:53-	00:55-	01:01&	01:56@	00:10-	02:22@	00:17#	00:11+	00:08+	00:13#	00:22#	00:03-	00:51&	00:06+	00:05+	00:07+	00:46&	00:12#	00:04#
<b>14</b>	<b>Håvard Svihus</b>	<b>267</b>										<b>51:38</b>									
04:13+	05:28+	06:28+	10:47+	12:17-	16:07-	17:47+	18:26+	21:13+	23:11+	25:49+	27:33+	28:46+	32:12+	35:11+	38:43+	42:00+	44:42+	46:49+	47:52+	51:18+	51:38+
04:13+	01:15-	01:00+	04:19-	01:30-	03:50-	01:40+	00:39+	02:47+	01:58+	02:38+	01:44+	01:13+	03:26+	02:59+	03:32+	03:17+	02:42+	02:07-	01:03+	03:26+	00:20=
00:59&	00:21-	00:13&	00:15-	00:43-	00:06-	00:25&	00:04#	00:31#	00:19#	00:33&	00:21&	00:13#	00:26#	00:32#	00:45&	00:51&	00:51&	00:06-	00:10#	02:04@	00:00=
<b>15</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>52:18</b>									
03:14=	05:00+	05:54+	09:23-	10:35-	16:29+	17:51+	18:35+	22:25+	24:22+	26:46+	28:35+	29:39+	32:54+	35:26+	39:27+	43:02+	45:20+	48:36+	49:57+	51:52+	52:18+
03:14=	01:46+	00:54+	03:29-	01:12-	05:54+	01:22+	00:44+	03:50+	01:57+	02:24+	01:49+	01:04+	03:15+	02:32+	04:01+	03:35+	02:18+	03:16+	01:21+	01:55+	00:26+
00:00=	00:10#	00:07#	01:05-	01:01-	01:58&	00:07+	00:09&	01:34&	00:18#	00:19#	00:26&	00:04+	00:15+	00:05+	01:14&	01:09&	00:27#	01:03&	00:28&	00:33&	00:06&
<b>16</b>	<b>Thomas Schanck Eikum</b>	<b>62</b>										<b>53:08</b>									
03:24+	04:42-	05:32-	10:22+	12:00-	15:32-	17:04-	17:35-	20:15-	22:29+	27:49+	29:37+	30:43+	33:43+	37:02+	40:21+	43:43+	45:57+	48:44+	49:57+	52:41+	53:08+
03:24+	01:18-	00:50+	04:50+	01:38-	03:32-	01:32+	00:31-	02:40+	02:14+	05:20+	01:48+	01:06+	03:00=	03:19+	03:19+	03:22+	02:14+	02:47+	01:13+	02:44+	00:27+
00:10+	00:18-	00:03+	00:16+	00:35-	00:24-	00:17#	00:04-	00:24#	00:35&	03:15@	00:25&	00:06#	00:00=	00:52&	00:32#	00:56&	00:23#	00:34&	00:20&	01:22&	00:07&
<b>17</b>	<b>Tor Kristian Gyland</b>	<b>108</b>										<b>53:13</b>									
03:38+	05:12+	06:06+	10:04-	11:38-	16:41+	18:09+	19:09+	22:05+	23:58+	26:41+	28:29+	29:41+	32:48+	36:08+	40:20+	43:44+	46:02+	49:03+	50:39+	52:50+	53:13+
03:38+	01:34-	00:54+	03:58-	01:34-	05:03+	01:28+	01:00+	02:56+	01:53+	02:43+	01:48+	01:12+	03:07+	03:20+	04:12+	03:24+	02:18+	03:01+	01:36+	02:11+	00:23+
00:24#	00:02-	00:07#	00:39-	01:07&	00:13#	00:25&	00:04#	00:40&	00:14#	00:38&	00:25&	00:12#	00:07+	00:53&	01:25&	00:58&	00:27#	00:48&	00:43&	00:49&	00:03#
<b>18</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>53:53</b>									
04:51+	06:00+	07:04+	10:36+	12:15-	16:23+	18:24+	19:12+	22:47+	24:45+	27:59+	29:45+	31:07+	34:05+	37:23+	41:06+	44:55+	47:39+	50:28+	51:36+	53:26+	53:53+
04:51+	01:09-	01:04+	03:32-	01:39-	04:08+	02:01+	00:48+	03:35+	01:58+	03:14+	01:46+	01:22+	02:58-	03:18+	03:43+	03:49+	02:44+	02:49+	01:08+	01:50+	00:27+
01:37&	00:27-	00:17&	01:02-	00:34-	00:12+	00:46&	00:13&	01:19&	00:19#	01:09&	00:23&	00:22&	00:02-	00:51&	00:56&	01:23&	00:53&	00:36&	00:15&	00:28&	00:07&
<b>19</b>	<b>Kjetil Svihus</b>	<b>291</b>										<b>54:07</b>									
04:55+	06:15+	07:50+	12:13+	13:46+	18:26+	20:05+	20:34+	23:29+	25:56+	29:12+	31:10+	32:31+	35:16+	38:03+	41:44+	45:17+	47:18+	50:23+	51:36+	53:38+	54:07+
04:55+	01:20-	01:35+	04:23-	01:33-	04:40+	01:39+	00:29-	02:55+	02:27+	03:16+	01:58+	01:21+	02:45-	02:47+	03:41+	03:33+	02:01+	03:05+	01:13+	02:02+	00:29+
01:41&	00:16-	00:48@	00:11-	00:40-	00:44#	00:24&	00:06-	00:39&	00:48&	01:11&	00:35&	00:21&	00:15-	00:20#	00:54&	01:07&	00:10+	00:52&	00:20&	00:40&	00:09&
<b>20</b>	<b>Knut Pedersen</b>	<b>79</b>										<b>54:26</b>									
06:36+	07:55+	08:57+	13:27+	15:35+	24:45+	25:58+	26:33+	30:29+	32:13+	34:43+	36:21+	37:11+	39:15+	41:35+	44:45+	47:30+	49:27+	51:58+	52:51+	54:05+	54:26+
06:36+	01:19-	01:02+	04:30-	02:08-	09:10+	01:13-	00:35=	03:56+	01:44+	02:30+	01:38+	00:50-	02:04-	02:20-	03:10+	02:45+	01:57+	02:31+	00:53=	01:14-	00:21+
03:22@	00:17-	00:15&	00:04-	00:05-	05:14@	00:02-	00:00=	01:													

Class	Navn	Klasse	Tid																		
<b>21</b>	<b>Raymond B. Pettersen</b>	<b>105</b>	<b>55:23</b>																		
03:46+	05:12+	06:16+	10:11=	11:58-	15:44-	17:30-	18:08-	21:19+	23:58+	27:14+	29:17+	30:31+	33:33+	38:17+	42:40+	46:11+	48:21+	51:45+	53:43+	55:03+	55:23+
03:46+	01:26-	01:04+	03:55-	01:47-	03:46-	01:46+	00:38+	03:11+	02:39+	03:16+	02:03+	01:14+	03:02+	04:44+	04:23+	03:31+	02:10+	03:24+	01:58+	01:20-	00:20=
00:32#	00:10-	00:17&	00:39-	00:26-	00:10-	00:31&	00:03+	00:55&	01:00&	01:11&	00:40&	00:14#	00:02+	02:17&	01:36&	01:05&	00:19#	01:11&	01:05@	00:02-	00:00=
<b>22</b>	<b>Peter Chapman</b>	<b>117</b>	<b>56:47</b>																		
05:23+	06:34+	07:17+	12:06+	13:45+	21:29+	22:29+	23:08+	26:37+	29:23+	33:11+	34:46+	36:01+	39:25+	41:44+	46:25+	49:18+	51:06+	53:57+	54:50+	56:26+	56:47+
05:23+	01:11-	00:43-	04:49+	01:39-	07:44+	01:00-	00:39+	03:29+	02:46+	03:48+	01:35+	01:15+	03:24+	02:19-	04:41+	02:53+	01:48-	02:51+	00:53=	01:36+	00:21+
02:09&	00:25-	00:04-	00:15+	00:34-	03:48&	00:15-	00:04#	01:13&	01:07&	01:43&	00:12#	00:15#	00:24#	00:08-	01:54&	00:27#	00:03-	00:38&	00:00=	00:14#	00:01+
<b>23</b>	<b>Jon Kåre Olsen</b>	<b>92</b>	<b>1:00:06</b>																		
05:39+	06:46+	07:51+	12:03+	13:53+	20:58+	22:29+	23:21+	26:51+	28:40+	32:35+	34:10+	35:26+	40:27+	43:33+	47:19+	50:37+	53:14+	56:49+	58:09+	59:45+	60:06+
05:39+	01:07-	01:05+	04:12-	01:50-	07:05+	01:31+	00:52+	03:30+	01:49+	03:55+	01:35+	01:16+	05:01+	03:06+	03:46+	03:18+	02:37+	03:35+	01:20+	01:36+	00:21+
02:25&	00:29-	00:18&	00:22-	00:23-	03:09&	00:16#	00:17&	01:14&	00:10#	01:50&	00:12#	00:16&	02:01&	00:39&	00:59&	00:52&	00:46&	01:22&	00:27&	00:14#	00:01+
<b>24</b>	<b>Frode Dyrild</b>	<b>116</b>	<b>1:00:54</b>																		
07:20+	08:42+	12:05+	16:21+	18:23+	23:22+	24:50+	25:38+	29:15+	31:29+	34:59+	36:50+	38:06+	41:22+	44:08+	48:37+	52:00+	54:20+	57:29+	58:45+	60:29+	60:54+
07:20+	01:22-	03:23+	04:16-	02:02-	04:59+	01:28+	00:48+	03:37+	02:14+	03:30+	01:51+	01:16+	03:16+	02:46+	04:29+	03:23+	02:20+	03:09+	01:16+	01:44+	00:25+
04:06@	00:14-	02:36@	00:11-	01:03&	00:13#	00:13&	01:21&	00:35&	01:25&	00:28&	00:16&	00:16+	00:19#	01:42&	00:57&	00:29&	00:56&	00:23&	00:22&	00:05#	
<b>25</b>	<b>Lars Terje Vaaland</b>	<b>116</b>	<b>1:01:59</b>																		
04:51+	06:14+	07:32+	11:55+	13:38+	18:21+	20:52+	21:50+	24:47+	28:48+	33:22+	35:04+	36:29+	42:03+	45:06+	49:30+	52:41+	55:25+	58:47+	60:02+	61:38+	61:59+
04:51+	01:23-	01:18+	04:23-	01:43-	04:43+	02:31+	00:58+	02:57+	04:01+	04:34+	01:42+	01:25+	05:34+	03:03+	04:24+	03:11+	02:44+	03:22+	01:15+	01:36+	00:21+
01:37&	00:13-	00:31&	00:11-	00:30-	00:47#	01:16@	00:23&	00:41&	02:22@	02:29@	00:19#	00:25&	02:34&	00:36#	01:37&	00:45&	00:53&	01:09&	00:22&	00:14#	00:01+
<b>26</b>	<b>Lars Primstad</b>	<b>62</b>	<b>1:02:16</b>																		
03:03-	04:09-	06:12+	14:39+	15:57+	22:51+	24:14+	24:38+	26:53+	28:43+	31:14+	32:33+	33:26+	35:43+	39:08+	43:54+	46:29+	53:56+	56:13+	59:44+	61:58+	62:16+
03:03-	01:06-	02:03+	08:27+	01:18-	06:54+	01:23+	00:24-	02:15-	01:50+	02:31+	01:19-	00:53-	02:17-	03:25+	04:46+	02:35+	07:27+	02:17+	03:31+	02:14+	00:18-
00:11-	00:30-	01:16@	03:53&	00:55-	02:58&	00:08#	00:11-	00:01-	00:11#	00:26#	00:04-	00:07-	00:43-	00:58&	01:59&	00:09+	05:36@	00:04+	02:38@	00:52&	00:02-
<b>27</b>	<b>André Sirevåg</b>	<b>116</b>	<b>1:02:56</b>																		
09:49+	11:31+	12:52+	17:02+	19:10+	23:14+	25:14+	26:20+	30:13+	32:22+	35:52+	37:39+	39:02+	42:53+	46:38+	50:24+	54:53+	56:59+	59:29+	60:48+	62:33+	62:56+
09:49+	01:42+	01:21+	04:10-	02:08-	04:04+	02:00+	01:06+	03:53+	02:09+	03:30+	01:47+	01:23+	03:51+	03:45+	04:29+	02:06+	02:30+	01:19+	01:45+	00:23+	
06:35@	00:06+	00:34&	00:24-	00:05-	00:08+	00:45&	00:31&	01:37&	00:30&	01:25&	00:24&	00:23&	00:51&	01:18&	00:59&	02:03&	00:15#	00:17#	00:26&	00:23&	00:03#
<b>28</b>	<b>Edward Williams</b>	<b>42</b>	<b>1:03:58</b>																		
05:40+	07:56+	08:47+	14:44+	16:49+	21:22+	23:04+	23:50+	27:31+	29:46+	32:39+	34:43+	36:02+	39:57+	44:04+	48:48+	52:20+	55:13+	58:37+	60:30+	63:26+	63:58+
05:40+	02:16+	00:51+	05:57+	02:05-	04:33+	01:42+	00:46+	03:41+	02:15+	02:53+	02:04+	01:19+	03:55+	04:07+	04:44+	03:32+	02:53+	03:24+	01:53+	02:56+	00:32+
02:26&	00:40&	00:04+	01:23&	00:08-	00:37#	00:27&	00:11&	01:25&	00:36&	00:48&	00:41&	00:19&	00:55&	01:40&	01:57&	01:06&	01:02&	01:11&	01:00@	01:34@	00:12&
<b>29</b>	<b>Steinar Hansen</b>	<b>27</b>	<b>1:05:41</b>																		
08:14+	10:03+	11:20+	15:36+	17:12+	21:08+	22:21+	23:01+	26:05+	28:09+	31:11+	32:43+	33:45+	36:16+	38:49+	41:53+	56:14+	58:19+	62:22+	63:27+	65:18+	65:41+
08:14+	01:49+	01:17+	04:16-	01:36-	03:56-	01:13-	00:40+	03:04+	02:04+	03:02+	01:32+	01:02+	02:31-	02:33+	03:04+	14:21+	02:05+	04:03+	01:05+	01:51+	00:23+
05:00@	00:13#	00:30&	00:18-	00:37-	00:00=	00:02-	00:05#	00:48&	00:25&	00:57&	00:09#	00:02+	00:29-	00:06+	00:17#	11:55@	00:14#	01:50&	00:12#	00:29&	00:03#
<b>30</b>	<b>Lars Solvang</b>	<b>116</b>	<b>1:09:20</b>																		
10:56+	12:21+	13:39+	18:14+	20:11+	24:25+	27:57+	28:24+	32:29+	35:25+	38:43+	40:42+	42:13+	45:02+	48:48+	52:47+	55:50+	59:11+	63:20+	65:16+	68:51+	69:20+
10:56+	01:25-	01:18+	04:35+	01:57-	04:14+	03:32+	00:27-	04:05+	02:56+	03:18+	01:59+	01:31+	02:49-	03:46+	03:59+	03:03+	03:21+	04:09+	01:56+	03:35+	00:29+
07:42@	00:11-	00:31&	00:01+	00:16-	00:18+	02:17@	00:08-	01:49&	01:17&	01:13&	00:36&	00:31&	00:11-	01:19&	01:12&	00:37&	01:30&	01:56&	01:03@	02:13@	00:09&
<b>31</b>	<b>Kjetil Gjerde</b>	<b>116</b>	<b>1:10:10</b>																		
07:43+	09:34+	10:56+	16:40+	18:41+	24:06+	26:14+	27:18+	30:57+	34:24+	38:39+	41:25+	42:56+	46:10+	49:30+	54:51+	58:59+	61:36+	65:58+	67:28+	69:40+	70:10+
07:43+	01:51+	01:22+	05:44+	02:01-	05:25+	02:08+	01:04+	03:39+	03:27+	04:15+	02:46+	01:31+	03:14+	03:20+	05:21+	04:08+	02:37+	04:22+	01:30+	02:12+	00:30+
04:29@	00:15#	00:35&	01:10&	00:12-	01:29&	00:53&	00:29&	01:23&	01:48@	02:10@	01:23&	00:31&	00:14+	00:53&	02:34&	01:42&	00:46&	02:09&	00:37&	00:50&	00:10&
<b>32</b>	<b>Per Ivar Hovstad</b>	<b>116</b>	<b>1:12:04</b>																		
06:00+	10:09+	11:12+	19:21+	22:30+	27:33+	29:17+	30:02+	34:12+	36:45+	40:43+	43:54+	44:47+	48:49+	51:44+	56:41+	60:37+	64:32+	68:11+	69:38+	71:35+	72:04+
06:00+	04:09+	01:03+	08:09+	03:09+	05:03+	01:44+	00:45+	04:10+	02:33+	03:58+	03:11+	00:53-	04:02+	02:55+	04:57+	03:56+	03:55+	03:39+	01:27+	01:57+	00:29+
02:46&	02:33@	00:16&	00:56&	01:07&	00:29&	00:10&	01:54&	00:54&	01:53&	01:48@	00:07-	01:02&	00:28#	02:10&	01:30&	02:04@	01:26&	00:34&	00:35&	00:09&	
<b>Beste strekktid for klassen</b>																					
03:00	00:52	00:43	02:43	01:05	03:05	00:55	00:23	01:55	01:22	02:05	01:12	00:50	01:45	02:06	02:47	02:26	01:39	01:46	00:51	01:14	00:16

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

## Herrer 50 - 59 år

1	Arnfinn Rømuld	116	37:34													
04:39=	07:50=	09:05=	10:42=	12:39=	13:52=	15:59=	16:47=	18:03=	19:05=	23:22=	27:19=	32:09=	33:51=	34:52=	37:10=	37:34=
04:39=	03:11=	01:15=	01:37=	01:57=	01:13=	02:07=	00:48=	01:16=	01:02=	04:17=	03:57=	04:50=	01:42=	01:01=	02:18=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid					
<b>2</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>37:58</b>					
05:25+	09:28+	10:41+	12:16+	14:49+	16:09+	18:18+	19:10+	20:49+	22:06+	25:29+	29:24+	33:21+	34:59+	36:04+	37:34+	37:58+	
05:25+	04:03+	01:13-	01:35-	02:33+	01:20+	02:09+	00:52+	01:39+	01:17+	03:23-	03:55-	03:57-	01:38-	01:05+	01:30-	00:24=	
00:46#	00:52&	00:02-	00:02-	00:36&	00:07+	00:02+	00:04+	00:23&	00:15#	00:54-	00:02-	00:53-	00:04-	00:04+	00:48-	00:00=	
<b>3</b>	<b>Øivind Berggraf</b>	<b>116</b>										<b>38:28</b>					
03:46-	07:10-	08:46-	10:25-	13:18+	14:29+	17:33+	18:18+	19:36+	20:47+	24:32+	28:05+	34:03+	35:58+	36:47+	38:04+	38:28+	
03:46-	03:24+	01:36+	01:39+	02:53+	01:11-	03:04+	00:45-	01:18+	01:11+	03:45-	03:33-	05:58+	01:55+	00:49-	01:17-	00:24=	
00:53-	00:13+	00:21&	00:02+	00:56&	00:02-	00:57&	00:03-	00:02+	00:09#	00:32-	00:24-	01:08#	00:13#	00:12-	01:01-	00:00=	
<b>4</b>	<b>Arne Magne Sandresen</b>	<b>92</b>										<b>38:30</b>					
05:10+	08:35+	10:04+	12:17+	14:28+	15:56+	18:25+	19:05+	20:18+	21:18+	25:31+	29:46+	33:39+	35:29+	36:40+	38:08+	38:30+	
05:10+	03:25+	01:29+	02:13+	02:11+	01:28+	02:29+	00:40-	01:13-	01:00-	04:13-	04:15+	03:53-	01:50+	01:11+	01:28-	00:22-	
00:31#	00:14+	00:10#	00:36&	00:14#	00:15#	00:22#	00:08-	00:03-	00:02-	00:04-	00:18+	00:57-	00:08+	00:10#	00:50-	00:02-	
<b>5</b>	<b>Kjell Seland</b>	<b>236</b>										<b>38:44</b>					
03:51-	07:22-	08:56-	10:43+	15:14+	16:49+	19:02+	19:47+	21:20+	22:28+	26:08+	29:13+	33:26+	35:17+	36:38+	38:23+	38:44+	
03:51-	03:31+	01:34+	01:47+	04:31+	01:35+	02:13+	00:45-	01:33+	01:08+	03:40-	03:05-	04:13-	01:51+	01:21+	01:45-	00:21-	
00:48-	00:20#	00:19&	00:10#	02:34@	00:22&	00:06+	00:03-	00:17#	00:06+	00:37-	00:52-	00:37-	00:09+	00:20&	00:33-	00:03-	
<b>6</b>	<b>Øystein Dahle</b>	<b>92</b>										<b>38:55</b>					
03:22-	08:45+	10:12+	12:18+	14:44+	16:14+	18:22+	19:35+	21:05+	22:09+	26:18+	29:05+	33:01+	34:53+	36:12+	38:30+	38:55+	
03:22-	05:23+	01:27+	02:06+	02:26+	01:30+	02:08+	01:13+	01:30+	01:04+	04:09-	02:47-	03:56-	01:52+	01:19+	02:18=	00:25+	
01:17-	02:12&	00:12#	00:29&	00:29#	00:17#	00:01+	00:25&	00:14#	00:02+	00:08-	01:10-	00:54-	00:10+	00:18&	00:00=	00:01+	
<b>7</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>39:35</b>					
04:06-	08:39+	09:52+	11:45+	15:55+	17:19+	19:52+	20:34+	21:49+	23:11+	26:29+	29:59+	34:40+	36:23+	37:25+	39:13+	39:35+	
04:06-	04:33+	01:13-	01:53+	04:10+	01:24+	02:33+	00:42-	01:15-	01:22+	03:18-	03:30-	04:41-	01:43+	01:02+	01:48-	00:22-	
00:33-	01:22&	00:02-	00:16#	02:13@	00:11#	00:26#	00:06-	00:01-	00:20&	00:59-	00:27-	00:09-	00:01+	00:01+	00:30-	00:02-	
<b>8</b>	<b>Anders Glenne</b>	<b>7</b>										<b>40:12</b>					
06:39+	11:28+	13:01+	14:42+	16:42+	17:53+	21:11+	21:57+	23:20+	24:29+	27:58+	30:57+	35:00+	36:55+	37:57+	39:51+	40:12+	
06:39+	04:49+	01:33+	01:41+	02:00+	01:11-	03:18+	00:46-	01:23+	01:09+	03:29-	02:59-	04:03-	01:55+	01:02+	01:54-	00:21-	
02:00&	01:38&	00:18#	00:04+	00:03+	00:02-	01:11&	00:02-	00:07+	00:07#	00:48-	00:58-	00:47-	00:13#	00:01+	00:24-	00:03-	
<b>9</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>40:45</b>					
04:26-	08:04+	09:26+	11:23+	13:52+	15:18+	18:28+	19:14+	20:44+	21:49+	26:12+	30:23+	35:33+	37:36+	38:37+	40:23+	40:45+	
04:26-	03:38+	01:22+	01:57+	02:29+	01:26+	03:10+	00:46-	01:30+	01:05+	04:23+	04:11+	05:10+	02:03+	01:01=	01:46-	00:22-	
00:13-	00:27#	00:07+	00:20#	00:32&	00:13#	01:03&	00:02-	00:14#	00:03+	00:06+	00:14+	00:20+	00:21#	00:00=	00:32-	00:02-	
<b>10</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>41:31</b>					
04:23-	07:53+	09:25+	11:10+	14:15+	15:45+	18:00+	18:45+	20:15+	21:19+	25:27+	31:58+	36:54+	38:50+	39:50+	41:13+	41:31+	
04:23-	03:30+	01:32+	01:45+	03:05+	01:30+	02:15+	00:45-	01:30+	01:04+	04:08-	06:31+	04:56+	01:56+	01:00-	01:23-	00:18-	
00:16-	00:19+	00:17#	00:08+	01:08&	00:17#	00:08+	00:03-	00:14#	00:02+	00:09-	02:34&	00:06+	00:14#	00:01-	00:55-	00:06-	
<b>11</b>	<b>Håvard Håland</b>	<b>66</b>										<b>42:05</b>					
03:39-	09:03+	11:20+	13:01+	16:33+	17:51+	21:06+	22:09+	23:36+	24:46+	28:21+	32:04+	36:23+	38:28+	39:47+	41:39+	42:05+	
03:39-	05:24+	02:17+	01:41+	03:32+	01:18+	03:15+	01:03+	01:27+	01:10+	03:35-	03:43-	04:19-	02:05+	01:19+	01:52-	00:26+	
01:00-	02:13&	01:02&	00:04+	01:35&	00:05+	01:08&	00:15&	00:11#	00:08#	00:42-	00:14-	00:31-	00:23#	00:18&	00:26-	00:02+	
<b>12</b>	<b>Ivar Bergset</b>	<b>35</b>										<b>43:00</b>					
04:13-	08:22+	10:07+	12:01+	15:04+	17:10+	19:53+	20:54+	22:31+	23:36+	27:52+	32:46+	37:45+	39:58+	40:58+	42:33+	43:00+	
04:13-	04:09+	01:45+	01:54+	03:03+	02:06+	02:43+	01:01+	01:37+	01:05+	04:16-	04:54+	04:59+	02:13+	01:00-	01:35-	00:27+	
00:26-	00:58&	00:30&	00:17#	01:06&	00:53&	00:36&	00:13&	00:21&	00:03+	00:01-	00:57#	00:09+	00:31&	00:01-	00:43-	00:03#	
<b>13</b>	<b>Knut Feldmann</b>	<b>93</b>										<b>43:04</b>					
04:04-	07:35-	09:07+	10:45+	14:31+	16:27+	19:12+	19:58+	21:25+	22:33+	26:58+	30:53+	36:08+	37:58+	40:35+	42:37+	43:04+	
04:04-	03:31+	01:32+	01:38+	03:46+	01:56+	02:45+	00:46-	01:27+	01:08+	04:25+	03:55-	05:15+	01:50+	02:37+	02:02-	00:27+	
00:35-	00:20#	00:17#	00:01+	01:49&	00:43&	00:38&	00:02-	00:11#	00:06+	00:08+	00:02-	00:25+	00:08+	01:36@	00:16-	00:03#	
<b>14</b>	<b>Kjell Olav Gjerde</b>	<b>7</b>										<b>43:25</b>					
06:06+	11:12+	12:43+	14:12+	16:49+	18:31+	20:47+	21:44+	23:09+	24:30+	30:09+	34:39+	38:43+	40:28+	41:28+	43:03+	43:25+	
06:06+	05:06+	01:31+	01:29-	02:37+	01:42+	02:16+	00:57+	01:25+	01:21+	05:39+	04:30+	04:04-	01:45+	01:00-	01:35-	00:22-	
01:27&	01:55&	00:16#	00:08-	00:40&	00:29&	00:09+	00:09#	00:09#	00:19&	01:22&	00:33#	00:46-	00:03+	00:01-	00:43-	00:02-	
<b>15</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>43:31</b>					
04:14-	10:24+	11:56+	13:35+	16:05+	17:28+	20:18+	21:03+	22:28+	23:28+	28:12+	33:09+	39:03+	41:05+	42:03+	43:12+	43:31+	
04:14-	06:10+	01:32+	01:39+	02:30+	01:23+	02:50+	00:45-	01:25+	01:00-	04:44+	04:57+	05:54+	02:02+	00:58-	01:09-	00:19-	
00:25-	02:59&	00:17#	00:02+	00:33&	00:10#	00:43&	00:03-	00:09#	00:02-	00:27#	01:00&	01:04#	00:20#	00:03-	01:09-	00:05-	
<b>16</b>	<b>Frank Hansen</b>	<b>29</b>										<b>43:50</b>					
04:14-	09:13+	10:51+	12:42+	16:01+	17:37+	20:12+	21:05+	22:48+	24:03+	28:55+	32:52+	37:41+	39:44+	40:58+	43:21+	43:50+	
04:14-	04:59+	01:38+	01:51+	03:19+	01:36+	02:35+	00:53+	01:43+	01:15+	04:52+	03:57=	04:49-	02:03+	01:14+	02:23+	00:29+	
00:25-	01:48&	00:23&	00:14#	01:22&	00:23&	00:28#	00:05#	00:27&	00:13#	00:35#	00:00=	00:01-	00:21#	00:13#	00:05+	00:05#	

Class	Navn	Klasse										Tid				
<b>17</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>44:47</b>				
05:41+	08:58+	10:27+	12:17+	15:38+	17:25+	20:42+	21:31+	23:06+	24:33+	30:40+	34:26+	38:49+	41:07+	42:38+	44:25+	44:47+
05:41+	03:17+	01:29+	01:50+	03:21+	01:47+	03:17+	00:49+	01:35+	01:27+	06:07+	03:46-	04:23-	02:18+	01:31+	01:47-	00:22-
01:02#	00:06+	00:14#	00:13#	01:24&	00:34&	01:10&	00:01+	00:19#	00:25&	01:50&	00:11-	00:27-	00:36&	00:30&	00:31-	00:02-
<b>18</b>	<b>Arne Nygaard</b>	<b>66</b>										<b>45:06</b>				
04:28-	09:28+	11:00+	13:04+	17:11+	18:36+	21:25+	22:09+	23:39+	24:45+	30:00+	33:43+	38:01+	40:54+	41:58+	44:40+	45:06+
04:28-	05:00+	01:32+	02:04+	04:07+	01:25+	02:49+	00:44-	01:30+	01:06+	05:15+	03:43-	04:18-	02:53+	01:04+	02:42+	00:26+
00:11-	01:49&	00:17#	00:27&	02:10@	00:12#	00:42&	00:04-	00:14#	00:04+	00:58#	00:14-	00:32-	01:11&	00:03+	00:24#	00:02+
<b>19</b>	<b>Torbjørn Dahle</b>	<b>92</b>										<b>45:53</b>				
05:17+	09:40+	11:18+	13:14+	16:30+	18:00+	21:01+	21:57+	23:36+	24:59+	28:58+	35:17+	40:01+	42:06+	43:37+	45:19+	45:53+
05:17+	04:23+	01:38+	01:56+	03:16+	01:30+	03:01+	00:56+	01:39+	01:23+	03:59-	06:19+	04:44-	02:05+	01:31+	01:42-	00:34+
00:38#	01:12&	00:23&	00:19#	01:19&	00:17#	00:54&	00:08#	00:23&	00:21&	00:18-	02:22&	00:06-	00:23#	00:30&	00:36-	00:10&
<b>20</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>46:02</b>				
05:14+	11:25+	13:16+	15:16+	18:26+	19:48+	23:06+	24:00+	25:50+	27:02+	31:18+	35:29+	40:30+	42:52+	43:54+	45:39+	46:02+
05:14+	06:11+	01:51+	02:00+	03:10+	01:22+	03:18+	00:54+	01:50+	01:12+	04:16-	04:11+	05:01+	02:22+	01:02+	01:45-	00:23-
00:35#	03:00&	00:36&	00:23#	01:13&	00:09#	01:11&	00:06#	00:34&	00:10#	00:01-	00:14+	00:11+	00:40&	00:01+	00:33-	00:01-
<b>21</b>	<b>Alf Håkon Haugland</b>	<b>116</b>										<b>46:10</b>				
10:13+	13:21+	15:31+	17:25+	19:58+	21:25+	23:33+	24:22+	25:39+	26:35+	32:04+	35:11+	41:45+	43:24+	44:28+	45:51+	46:10+
10:13+	03:08-	02:10+	01:54+	02:33+	01:27+	02:08+	00:49+	01:17+	00:56-	05:29+	03:07-	06:34+	01:39-	01:04+	01:23-	00:19-
05:34@	00:03-	00:55&	00:17#	00:36&	00:14#	00:01+	00:01+	00:01+	00:06-	01:12&	00:50-	01:44&	00:03-	00:03+	00:55-	00:05-
<b>22</b>	<b>Ole Petter Haukaas</b>	<b>109</b>										<b>46:14</b>				
04:21-	09:46+	11:36+	14:17+	20:04+	21:39+	24:00+	24:45+	26:15+	27:25+	31:47+	35:19+	39:49+	42:22+	43:26+	45:54+	46:14+
04:21-	05:25+	01:50+	02:41+	05:47+	01:35+	02:21+	00:45-	01:30+	01:10+	04:22+	03:32-	04:30-	02:33+	01:04+	02:28+	00:20-
00:18-	02:14&	00:35&	01:04&	03:50@	00:22&	00:14#	00:03-	00:14#	00:08#	00:05+	00:25-	00:20-	00:51&	00:03+	00:10+	00:04-
<b>23</b>	<b>Åge Bryne</b>	<b>241</b>										<b>47:57</b>				
04:38-	09:38+	11:01+	13:03+	19:07+	20:17+	22:46+	23:40+	25:13+	26:30+	31:05+	36:02+	40:54+	44:14+	45:34+	47:33+	47:57+
04:38-	05:00+	01:23+	02:02+	06:04+	01:10-	02:29+	00:54+	01:33+	01:17+	04:35+	04:57+	04:52+	03:20+	01:20+	01:59-	00:24=
00:01-	01:49&	00:08#	00:25&	04:07@	00:03-	00:22#	00:06#	00:17#	00:15#	00:18+	01:00&	00:02+	01:38&	00:19&	00:19-	00:00=
<b>24</b>	<b>Sigbjørn Gløppen</b>	<b>144</b>										<b>48:22</b>				
05:49+	10:36+	12:21+	15:22+	18:11+	20:12+	23:25+	24:22+	26:03+	27:19+	32:32+	37:03+	42:02+	44:33+	46:05+	47:55+	48:22+
05:49+	04:47+	01:45+	03:01+	02:49+	02:01+	03:13+	00:57+	01:41+	01:16+	05:13+	04:31+	04:59+	02:31+	01:32+	01:50-	00:27+
01:10&	01:36&	00:30&	01:24&	00:52&	00:48&	01:06&	00:09#	00:25&	00:14#	00:56#	00:34#	00:09+	00:49&	00:31&	00:28-	00:03#
<b>25</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>48:32</b>				
04:19-	11:09+	12:37+	14:20+	19:21+	20:46+	23:54+	25:26+	27:02+	28:24+	33:22+	37:17+	41:32+	44:30+	45:45+	48:03+	48:32+
04:19-	06:50+	01:28+	01:43+	05:01+	01:25+	03:08+	01:32+	01:36+	01:22+	04:58+	03:55-	04:15-	02:58+	01:15+	02:18=	00:29+
00:20-	03:39@	00:13#	00:06+	03:04@	00:12#	01:01&	00:44&	00:20&	00:20&	00:41#	00:02-	00:35-	01:16&	00:14#	00:00=	00:05#
<b>26</b>	<b>Tor Brekken</b>	<b>97</b>										<b>48:58</b>				
04:50+	10:00+	11:23+	13:10+	15:42+	17:24+	19:33+	20:25+	21:37+	22:50+	33:44+	38:07+	43:19+	45:15+	46:30+	48:30+	48:58+
04:50+	05:10+	01:23+	01:47+	02:32+	01:42+	02:09+	00:52+	01:12-	01:13+	10:54+	04:23+	05:12+	01:56+	01:15+	02:00-	00:28+
00:11+	01:59&	00:08#	00:10#	00:35&	00:29&	00:02+	00:04+	00:04-	00:11#	06:37@	00:26#	00:22+	00:14#	00:14#	00:18-	00:04#
<b>27</b>	<b>Steinar Torjusen</b>	<b>167</b>										<b>49:19</b>				
04:24-	09:26+	11:20+	13:46+	18:11+	20:18+	23:57+	24:47+	26:26+	28:01+	32:42+	37:43+	42:30+	44:47+	46:10+	48:51+	49:19+
04:24-	05:02+	01:54+	02:26+	04:25+	02:07+	03:39+	00:50+	01:39+	01:35+	04:41+	05:01+	04:47-	02:17+	01:23+	02:41+	00:28+
00:15-	01:51&	00:39&	00:49&	02:28@	00:54&	01:32&	00:02+	00:23&	00:33&	00:24+	01:04&	00:03-	00:35&	00:22&	00:23#	00:04#
<b>28</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>50:10</b>				
06:45+	10:56+	12:41+	14:51+	18:18+	19:59+	23:54+	24:49+	26:34+	28:09+	33:13+	38:34+	43:48+	46:05+	47:21+	49:37+	50:10+
06:45+	04:11+	01:45+	02:10+	03:27+	01:41+	03:55+	00:55+	01:45+	01:35+	05:04+	05:21+	05:14+	02:17+	01:16+	02:16-	00:33+
02:06&	01:00&	00:30&	00:33&	01:30&	00:28&	01:48&	00:07#	00:29&	00:33&	00:47#	01:24&	00:24+	00:35&	00:15#	00:02-	00:09&
<b>29</b>	<b>Kjell R. Nordmark</b>	<b>7</b>										<b>51:06</b>				
04:16-	11:23+	15:19+	18:23+	23:03+	24:50+	27:31+	28:27+	29:53+	31:04+	35:57+	40:01+	44:47+	47:36+	48:40+	50:42+	51:06+
04:16-	07:07+	03:56+	03:04+	04:40+	01:47+	02:54+	00:56+	01:26+	01:11+	04:53+	04:04+	04:46-	02:49+	01:04+	02:02-	00:24=
00:23-	03:56@	02:41@	01:27&	02:43@	00:34&	00:34&	00:08#	00:10#	00:09#	00:36#	00:07+	00:04-	01:07&	00:03+	00:16-	00:00=
<b>30</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>51:08</b>				
04:13-	08:21+	10:03+	13:09+	16:34+	18:41+	21:35+	22:43+	24:24+	25:54+	30:47+	35:19+	41:33+	44:01+	45:47+	50:43+	51:08+
04:13-	04:08+	01:42+	03:06+	03:25+	02:07+	02:54+	01:08+	01:41+	01:30+	04:53+	04:32+	06:14+	02:28+	01:46+	04:56+	00:25+
00:26-	00:57&	00:27&	01:29&	01:28&	00:54&	00:47&	00:20&	00:25&	00:28&	00:36#	00:35#	01:24&	00:46&	00:45&	02:38@	00:01+
<b>31</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>										<b>51:54</b>				
07:06+	11:31+	14:38+	16:40+	20:31+	21:57+	25:38+	26:35+	28:22+	29:53+	35:01+	39:52+	45:20+	47:46+	49:12+	51:27+	51:54+
07:06+	04:25+	03:07+	02:02+	03:51+	01:26+	03:41+	00:57+	01:47+	01:31+	05:08+	04:51+	05:28+	02:26+	01:26+	02:15-	00:27+
02:27&	01:14&	01:52@	00:25&	01:54&	00:13#	01:34&	00:09#	00:31&	00:29&	00:51#	00:54#	00:38#	00:44&	00:25&	00:03-	00:03#

Class	Navn	Klasse										Tid				
<b>32</b>	<b>Inge Skretting</b>	<b>165</b>										<b>54:47</b>				
08:13+	11:57+	13:33+	16:18+	22:04+	23:50+	27:03+	27:48+	29:19+	30:26+	34:36+	40:08+	46:56+	51:36+	52:45+	54:19+	54:47+
08:13+	03:44+	01:36+	02:45+	05:46+	01:46+	03:13+	00:45-	01:31+	01:07+	04:10-	05:32+	06:48+	04:40+	01:09+	01:34-	00:28+
03:34&	00:33#	00:21&	01:08&	03:49@	00:33&	01:06&	00:03-	00:15#	00:05+	00:07-	01:35&	01:58&	02:58@	00:08#	00:44-	00:04#
<b>33</b>	<b>Arild Holm</b>	<b>114</b>										<b>55:54</b>				
04:28-	08:02+	09:43+	13:19+	17:27+	19:12+	22:23+	23:25+	25:01+	26:47+	32:06+	41:12+	46:52+	49:14+	51:37+	55:27+	55:54+
04:28-	03:34+	01:41+	03:36+	04:08+	01:45+	03:11+	01:02+	01:36+	01:46+	05:19+	09:06+	05:40+	02:22+	02:23+	03:50+	00:27+
00:11-	00:23#	00:26&	01:59@	02:11@	00:32&	01:04&	00:14&	00:20&	00:44&	01:02#	05:09@	00:50#	00:40&	01:22@	01:32&	00:03#
<b>34</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>56:37</b>				
05:21+	09:49+	11:47+	18:32+	21:50+	23:45+	27:08+	28:02+	29:43+	31:11+	35:19+	41:42+	49:02+	51:52+	53:31+	56:03+	56:37+
05:21+	04:28+	01:58+	06:45+	03:18+	01:55+	03:23+	00:54+	01:41+	01:28+	04:08-	06:23+	07:20+	02:50+	01:39+	02:32+	00:34+
00:42#	01:17&	00:43&	05:08@	01:21&	00:42&	01:16&	00:06#	00:25&	00:26&	00:09-	02:26&	02:30&	01:08&	00:38&	00:14#	00:10&
<b>35</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>1:02:07</b>				
04:43+	10:09+	12:36+	15:36+	22:31+	24:04+	27:34+	28:34+	30:18+	32:43+	38:07+	46:06+	50:59+	57:11+	58:33+	61:39+	62:07+
04:43+	05:26+	02:27+	03:00+	06:55+	01:33+	03:30+	01:00+	01:44+	02:25+	05:24+	07:59+	04:53+	06:12+	01:22+	03:06+	00:28+
00:04+	02:15&	01:12&	01:23&	04:58@	00:20&	01:23&	00:12#	00:28&	01:23@	01:07&	04:02@	00:03+	04:30@	00:21&	00:48&	00:04#
<b>36</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>1:02:29</b>				
06:21+	11:20+	13:47+	15:52+	24:26+	26:23+	29:24+	30:19+	32:15+	33:59+	42:53+	48:24+	55:22+	58:01+	59:32+	61:57+	62:29+
06:21+	04:59+	02:27+	02:05+	08:34+	01:57+	03:01+	00:55+	01:56+	01:44+	08:54+	05:31+	06:58+	02:39+	01:31+	02:25+	00:32+
01:42&	01:48&	01:12&	00:28&	06:37@	00:44&	00:54&	00:07#	00:40&	00:42&	04:37@	01:34&	02:08&	00:57&	00:30&	00:07+	00:08&
<b>37</b>	<b>Kjell Helge Husebø</b>	<b>115</b>										<b>1:05:13</b>				
07:12+	14:11+	16:17+	19:47+	24:52+	28:02+	31:51+	32:49+	34:53+	36:21+	42:00+	47:57+	54:06+	56:42+	60:21+	64:39+	65:13+
07:12+	06:59+	02:06+	03:30+	05:05+	03:10+	03:49+	00:58+	02:04+	01:28+	05:39+	05:57+	06:09+	02:36+	03:39+	04:18+	00:34+
02:33&	03:48@	00:51&	01:53@	03:08@	01:57@	01:42&	00:10#	00:48&	00:26&	01:22&	02:00&	01:19&	00:54&	02:38@	02:00&	00:10&
<b>38</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>1:06:32</b>				
05:02+	11:11+	14:05+	17:23+	20:25+	22:59+	25:48+	26:41+	28:44+	31:11+	48:34+	54:05+	59:35+	62:20+	63:59+	66:02+	66:32+
05:02+	06:09+	02:54+	03:18+	03:02+	02:34+	02:49+	00:53+	02:03+	02:27+	17:23+	05:31+	05:30+	02:45+	01:39+	02:03-	00:30+
00:23+	02:58&	01:39@	01:41@	01:05&	01:21@	00:42&	00:05#	00:47&	01:25@	13:06@	01:34&	00:40#	01:03&	00:38&	00:15-	00:06#
<b>39</b>	<b>Ove Njå</b>	<b>90</b>										<b>1:09:54</b>				
04:37-	14:49+	17:21+	26:29+	29:33+	31:58+	34:38+	36:08+	37:55+	39:37+	46:04+	51:24+	57:13+	59:37+	67:03+	69:20+	69:54+
04:37-	10:12+	02:32+	09:08+	03:04+	02:25+	02:40+	01:30+	01:47+	01:42+	06:27+	05:20+	05:49+	02:24+	07:26+	02:17-	00:34+
00:02-	07:01@	01:17@	07:31@	01:07&	01:12&	00:33&	00:42&	00:31&	00:40&	02:10&	01:23&	00:59#	00:42&	06:25@	00:01-	00:10&
<b>40</b>	<b>Per Kolbein Tonstad</b>	<b>66</b>										<b>1:10:09</b>				
05:58+	12:34+	15:46+	19:03+	25:52+	28:01+	31:47+	33:06+	35:19+	37:29+	44:42+	52:15+	59:33+	62:38+	64:31+	69:19+	70:09+
05:58+	06:36+	03:12+	03:17+	06:49+	02:09+	03:46+	01:19+	02:13+	02:10+	07:13+	07:33+	07:18+	03:05+	01:53+	04:48+	00:50+
01:19&	03:25@	01:57@	01:40@	04:52@	00:56&	01:39&	00:31&	00:57&	01:08@	02:56&	03:36&	02:28&	01:23&	00:52&	02:30@	00:26@
<b>41</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>1:14:47</b>				
25:04+	32:22+	34:47+	38:07+	42:50+	44:50+	48:13+	49:13+	51:05+	52:26+	57:42+	63:03+	68:12+	71:13+	72:34+	74:19+	74:47+
25:04+	07:18+	02:25+	03:20+	04:43+	02:00+	03:23+	01:00+	01:52+	01:21+	05:16+	05:21+	05:09+	03:01+	01:21+	01:45-	00:28+
20:25@	04:07@	01:10&	01:43@	02:46@	00:47&	01:16&	00:12#	00:36&	00:19&	00:59#	01:24&	00:19+	01:19&	00:20&	00:33-	00:04#

### Beste strekktid for klassen

03:22 03:08 01:13 01:29 01:57 01:10 02:07 00:40 01:12 00:56 03:18 02:47 03:53 01:38 00:49 01:09 00:18

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

## Herrer 60 - 64 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>28:53</b>				
02:48=	03:58=	05:56=	07:18=	09:24=	10:48=	11:45=	12:52=	14:45=	16:52=	19:20=	22:33=	24:42=	27:25=	28:31=	28:53=	
02:48=	01:10=	01:58=	01:22=	02:06=	01:24=	00:57=	01:07=	01:53=	02:07=	02:28=	03:13=	02:09=	02:43=	01:06=	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=	
<b>2</b>	<b>Hans Erik Terjesen</b>	<b>116</b>										<b>33:12</b>				
03:25+	04:46+	07:38+	08:50+	11:04+	12:56+	14:10+	15:22+	17:40+	20:27+	22:01+	25:37+	28:01+	31:26+	32:49+	33:12+	
03:25+	01:21+	02:52+	01:12-	02:14+	01:52+	01:14+	01:12+	02:18+	02:47+	01:34-	03:36+	02:24+	03:25+	01:23+	00:23+	
00:37#	00:11#	00:54&	00:10-	00:08+	00:28&	00:17&	00:05+	00:25#	00:40&	00:54-	00:23#	00:15#	00:42&	00:17&	00:01+	
<b>3</b>	<b>Torbjørn Evensen</b>	<b>108</b>										<b>34:00</b>				
03:15+	04:34+	06:48+	08:10+	10:39+	12:19+	13:41+	15:03+	17:27+	20:35+	21:58+	26:14+	28:50+	32:27+	33:33+	34:00+	
03:15+	01:19+	02:14+	01:22=	02:29+	01:40+	01:22+	01:22+	02:24+	03:08+	01:23-	04:16+	02:36+	03:37+	01:06=	00:27+	
00:27#	00:09#	00:16#	00:00=	00:23#	00:16#	00:25&	00:15#	00:31&	01:01&	01:05-	01:03&	00:27#	00:54&	00:00=	00:05#	

Class	Navn	Klasse										Tid			
<b>4</b>	<b>Lars Stangeland</b>	<b>96</b>										<b>34:29</b>			
04:28+	05:46+	07:19+	08:26+	10:35+	11:55+	13:00+	14:21+	16:35+	20:47+	22:08+	25:31+	29:13+	33:05+	34:04+	34:29+
04:28+	01:18+	01:33-	01:07-	02:09+	01:20-	01:05+	01:21+	02:14+	04:12+	01:21-	03:23+	03:42+	03:52+	00:59-	00:25+
01:40&	00:08#	00:25-	00:15-	00:03+	00:04-	00:08#	00:14#	00:21#	02:05&	01:07-	00:10+	01:33&	01:09&	00:07-	00:03#
<b>5</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>34:38</b>			
04:03+	05:14+	07:02+	08:34+	11:12+	12:46+	14:12+	15:33+	18:27+	20:50+	22:30+	26:27+	29:08+	32:50+	34:12+	34:38+
04:03+	01:11+	01:48-	01:32+	02:38+	01:34+	01:26+	01:21+	02:54+	02:23+	01:40-	03:57+	02:41+	03:42+	01:22+	00:26+
01:15&	00:01+	00:10-	00:10#	00:32&	00:10#	00:29&	00:14#	01:01&	00:16#	00:48-	00:44#	00:32#	00:59&	00:16#	00:04#
<b>6</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>34:41</b>			
03:26+	04:43+	06:31+	08:13+	10:53+	12:32+	13:54+	16:05+	18:48+	21:10+	22:39+	27:27+	29:47+	33:12+	34:18+	34:41+
03:26+	01:17+	01:48-	01:42+	02:40+	01:39+	01:22+	02:11+	02:43+	02:22+	01:29-	04:48+	02:20+	03:25+	01:06-	00:23+
00:38#	00:07#	00:10-	00:20#	00:34&	00:15#	00:25&	01:04&	00:50&	00:15#	00:59-	01:35&	00:11+	00:42&	00:00-	00:01+
<b>7</b>	<b>Kjell Skjæveland</b>	<b>108</b>										<b>35:54</b>			
05:09+	06:29+	08:27+	10:04+	12:51+	14:19+	15:39+	16:45+	19:42+	21:40+	23:18+	29:16+	31:33+	34:38+	35:31+	35:54+
05:09+	01:20+	01:58-	01:37+	02:47+	01:28+	01:20+	01:06-	02:57+	01:58-	01:38-	05:58+	02:17+	03:05+	00:53-	00:23+
02:21&	00:10#	00:00=	00:15#	00:41&	00:04+	00:23&	00:01-	01:04&	00:09-	00:50-	02:45&	00:08+	00:22#	00:13-	00:01+
<b>8</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>36:33</b>			
03:56+	05:09+	07:19+	08:58+	11:28+	13:27+	14:55+	16:09+	18:43+	21:15+	24:10+	28:32+	31:00+	35:12+	36:04+	36:33+
03:56+	01:13+	02:10+	01:39+	02:30+	01:59+	01:28+	01:14+	02:34+	02:32+	02:55+	04:22+	02:28+	04:12+	00:52-	00:29+
01:08&	00:03+	00:12#	00:17#	00:24#	00:35&	00:31&	00:07#	00:41&	00:25#	00:27#	01:09&	00:19#	01:29&	00:14-	00:07&
<b>9</b>	<b>Bjørn H. Engseth</b>	<b>27</b>										<b>37:44</b>			
04:36+	05:48+	07:41+	09:08+	11:48+	13:39+	15:10+	16:32+	20:24+	22:43+	24:27+	29:11+	31:59+	35:59+	37:13+	37:44+
04:36+	01:12+	01:53-	01:27+	02:40+	01:51+	01:31+	01:22+	03:52+	02:19+	01:44-	04:44+	02:48+	04:00+	01:14+	00:31+
01:48&	00:02+	00:05-	00:05+	00:34&	00:27&	00:34&	00:15#	01:59@	00:12+	00:44-	01:31&	00:39&	01:17&	00:08#	00:09&
<b>10</b>	<b>Bjørn Bjelland</b>	<b>83</b>										<b>37:59</b>			
04:27+	06:11+	09:37+	11:06+	14:08+	16:04+	17:31+	18:55+	21:10+	23:52+	25:29+	29:35+	32:10+	36:07+	37:32+	37:59+
04:27+	01:44+	03:26+	01:29+	03:02+	01:56+	01:27+	01:24+	02:15+	02:42+	01:37-	04:06+	02:35+	03:57+	01:25+	00:27+
01:39&	00:34&	01:28&	00:07+	00:56&	00:32&	00:30&	00:17&	00:22#	00:35&	00:51-	00:53&	00:26#	01:14&	00:19&	00:05#
<b>11</b>	<b>Arne M. Handeland</b>	<b>92</b>										<b>38:02</b>			
04:18+	05:46+	08:04+	09:37+	12:38+	14:08+	15:32+	17:11+	19:55+	22:47+	24:23+	28:23+	30:56+	36:14+	37:38+	38:02+
04:18+	01:28+	02:18+	01:33+	03:01+	01:30+	01:24+	01:39+	02:44+	02:52+	01:36-	04:00+	02:33+	05:18+	01:24+	00:24+
01:30&	00:18&	00:20#	00:11#	00:55&	00:06+	00:27&	00:32&	00:51&	00:45&	00:52-	00:47#	00:24#	02:35&	00:18&	00:02+
<b>12</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>38:21</b>			
04:14+	06:18+	08:26+	09:53+	12:44+	14:32+	15:57+	17:27+	20:20+	22:39+	24:53+	29:16+	31:43+	35:15+	37:55+	38:21+
04:14+	02:04+	02:08+	01:27+	02:51+	01:48+	01:25+	01:30+	02:53+	02:19+	02:14-	04:23+	02:27+	03:32+	02:40+	00:26+
01:26&	00:54&	00:10+	00:05+	00:45&	00:24&	00:28&	00:23&	01:00&	00:12+	00:14-	01:10&	00:18#	00:49&	01:34@	00:04#
<b>13</b>	<b>Olav Tunheim</b>	<b>93</b>										<b>41:08</b>			
06:03+	07:52+	10:45+	12:22+	15:17+	17:14+	18:51+	20:34+	23:45+	26:10+	28:54+	33:07+	35:44+	39:23+	40:41+	41:08+
06:03+	01:49+	02:53+	01:37+	02:55+	01:57+	01:37+	01:43+	03:11+	02:25+	02:44+	04:13+	02:37+	03:39+	01:18+	00:27+
03:15@	00:39&	00:55&	00:15#	00:49&	00:33&	00:40&	00:36&	01:18&	00:18#	00:16#	01:00&	00:28#	00:56&	00:12#	00:05#
<b>14</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>27</b>										<b>41:39</b>			
04:33+	06:12+	09:42+	11:12+	13:45+	16:30+	18:07+	19:40+	22:26+	25:02+	27:05+	31:11+	33:52+	40:05+	41:09+	41:39+
04:33+	01:39+	03:30+	01:30+	02:33+	02:45+	01:37+	01:33+	02:46+	02:36+	02:03-	04:06+	02:41+	06:13+	01:04-	00:30+
01:45&	00:29&	01:32&	00:08+	00:27#	01:21&	00:40&	00:26&	00:53&	00:29#	00:25-	00:53&	00:32#	03:30@	00:02-	00:08&
<b>15</b>	<b>Magne Tunheim</b>	<b>144</b>										<b>43:10</b>			
08:04+	09:38+	13:39+	15:14+	18:16+	20:44+	22:18+	23:42+	26:56+	28:57+	30:15+	35:03+	37:02+	41:32+	42:45+	43:10+
08:04+	01:34+	04:01+	01:35+	03:02+	02:28+	01:34+	01:24+	03:14+	02:01-	01:18-	04:48+	01:59-	04:30+	01:13+	00:25+
05:16@	00:24&	02:03@	00:13#	00:56&	01:04&	00:37&	00:17&	01:21&	00:06-	01:10-	01:35&	00:10-	01:47&	00:07#	00:03#
<b>16</b>	<b>Agnar Lien</b>	<b>7</b>										<b>44:01</b>			
04:20+	05:42+	08:52+	10:22+	13:40+	15:51+	17:20+	18:56+	21:32+	24:03+	26:26+	34:32+	37:20+	41:34+	43:32+	44:01+
04:20+	01:22+	03:10+	01:30+	03:18+	02:11+	01:29+	01:36+	02:36+	02:31+	02:23-	08:06+	02:48+	04:14+	01:58+	00:29+
01:32&	00:12#	01:12&	00:08+	01:12&	00:47&	00:32&	00:29&	00:43&	00:24#	00:05-	04:53@	00:39&	01:31&	00:52&	00:07&
<b>17</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>45:41</b>			
06:19+	07:46+	11:13+	13:10+	16:48+	19:08+	20:58+	22:33+	25:22+	28:10+	32:56+	37:34+	40:05+	44:07+	45:13+	45:41+
06:19+	01:27+	03:27+	01:57+	03:38+	02:20+	01:50+	01:35+	02:49+	02:48+	04:46+	04:38+	02:31+	04:02+	01:06-	00:28+
03:31@	00:17#	01:29&	00:35&	01:32&	00:56&	00:53&	00:28&	00:56&	00:41&	02:18&	01:25&	00:22#	01:19&	00:00-	00:06&
<b>18</b>	<b>Inge Johan Øverland</b>	<b>93</b>										<b>46:52</b>			
04:37+	06:36+	11:51+	14:07+	17:21+	19:07+	20:57+	22:31+	26:29+	29:41+	33:10+	38:26+	41:24+	45:04+	46:23+	46:52+
04:37+	01:59+	05:15+	02:16+	03:14+	01:46+	01:50+	01:34+	03:58+	03:12+	03:29+	05:16+	02:58+	03:40+	01:19+	00:29+
01:49&	00:49&	03:17@	00:54&	01:08&	00:22&	00:53&	00:27&	02:05@	01:05&	01:01&	02:03&	00:49&	00:57&	00:13#	00:07&

Class	Navn	Klasse										Tid			
<b>19</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>48:09</b>			
05:20+	09:05+	11:54+	13:30+	16:42+	19:09+	21:04+	22:48+	26:48+	29:27+	31:41+	37:15+	39:56+	43:58+	47:40+	48:09+
05:20+	03:45+	02:49+	01:36+	03:12+	02:27+	01:55+	01:44+	04:00+	02:39+	02:14-	05:34+	02:41+	04:02+	03:42+	00:29+
02:32&	02:35@	00:51&	00:14#	01:06&	01:03&	00:58@	00:37&	02:07@	00:32&	00:14-	02:21&	00:32#	01:19&	02:36@	00:07&
<b>20</b>	<b>Bjørn Tore Aase</b>	<b>29</b>										<b>48:55</b>			
06:08+	08:28+	11:13+	13:27+	17:00+	19:34+	21:39+	23:26+	27:21+	30:17+	32:27+	38:36+	41:51+	46:30+	48:16+	48:55+
06:08+	02:20+	02:45+	02:14+	03:33+	02:34+	02:05+	01:47+	03:55+	02:56+	02:10-	06:09+	03:15+	04:39+	01:46+	00:39+
03:20@	01:10&	00:47&	00:52&	01:27&	01:10&	01:08@	00:40&	02:02@	00:49&	00:18-	02:56&	01:06&	01:56&	00:40&	00:17&
<b>21</b>	<b>Dag Helliksen</b>	<b>80</b>										<b>49:39</b>			
04:23+	06:03+	08:26+	10:16+	13:04+	14:44+	16:07+	17:51+	20:55+	23:02+	24:29+	41:23+	43:48+	48:08+	49:13+	49:39+
04:23+	01:40+	02:23+	01:50+	02:48+	01:40+	01:23+	01:44+	03:04+	02:07=	01:27-	16:54+	02:25+	04:20+	01:05-	00:26+
01:35&	00:30&	00:25#	00:28&	00:42&	00:16#	00:26&	00:37&	01:11&	00:00=	01:01-	13:41@	00:16#	01:37&	00:01-	00:04#
<b>22</b>	<b>Egil Røyneberg</b>	<b>93</b>										<b>1:00:53</b>			
17:28+	20:16+	22:53+	24:53+	28:44+	31:23+	34:08+	36:36+	40:00+	43:11+	45:36+	51:28+	54:57+	59:15+	60:22+	60:53+
17:28+	02:48+	02:37+	02:00+	03:51+	02:39+	02:45+	02:28+	03:24+	03:11+	02:25-	05:52+	03:29+	04:18+	01:07+	00:31+
14:40@	01:38@	00:39&	00:38&	01:45&	01:15&	01:48@	01:21@	01:31&	01:04&	00:03-	02:39&	01:20&	01:35&	00:01+	00:09&

### Beste strekktid for klassen

02:48 01:10 01:33 01:07 02:06 01:20 00:57 01:06 01:53 01:58 01:18 03:13 01:59 02:43 00:52 00:22

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

## Herrer 65 - 69 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>27:00</b>			
03:04=	04:36=	06:17=	07:27=	09:25=	10:37=	11:40=	12:40=	14:31=	16:18=	17:46=	20:40=	22:47=	25:39=	26:41=	27:00=
03:04=	01:32=	01:41=	01:10=	01:58=	01:12=	01:03=	01:00=	01:52=	01:47=	01:28=	02:54=	02:07=	02:52=	01:02=	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>Asgeir Bell</b>	<b>117</b>										<b>30:24</b>			
03:02-	04:15-	06:47+	07:51+	10:01+	11:10+	12:21+	13:24+	15:26+	17:19+	18:33+	22:28+	25:25+	29:10+	30:01+	30:24+
03:02-	01:13-	02:32+	01:04-	02:10+	01:09-	01:11+	01:03+	02:02+	01:53+	01:14-	03:55+	02:57+	03:45+	00:51-	00:23+
00:02-	00:19-	00:51&	00:06-	00:12#	00:03-	00:08#	00:03+	00:11+	00:06+	00:14-	01:01&	00:50&	00:53&	00:11-	00:04#
<b>3</b>	<b>Gunnar Sakseid</b>	<b>116</b>										<b>32:54</b>			
03:53+	05:01+	06:29+	07:42+	09:58+	11:16+	12:27+	13:38+	17:46+	20:56+	22:30+	26:16+	28:26+	31:26+	32:30+	32:54+
03:53+	01:08-	01:28-	01:13+	02:16+	01:18+	01:11+	01:11+	04:08+	03:10+	01:34+	03:46+	02:10+	03:00+	01:04+	00:24+
00:49&	00:24-	00:13-	00:03+	00:18#	00:06+	00:08#	00:11#	02:17@	01:23&	00:06+	00:52&	00:03+	00:08+	00:02+	00:05&
<b>4</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>32:58</b>			
03:24+	04:38+	06:26+	07:51+	10:17+	12:00+	13:20+	14:28+	17:08+	19:42+	21:00+	24:57+	27:33+	31:40+	32:33+	32:58+
03:24+	01:14-	01:48+	01:25+	02:26+	01:43+	01:20+	01:08+	02:40+	02:34+	01:18-	03:57+	02:36+	04:07+	00:53-	00:25+
00:20#	00:18-	00:07+	00:15#	00:28#	00:31&	00:17&	00:08#	00:49&	00:47&	00:10-	01:03&	00:29#	01:15&	00:09-	00:06&
<b>5</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>33:27</b>			
03:56+	05:23+	07:08+	08:24+	10:53+	12:23+	13:48+	14:58+	17:39+	19:47+	21:23+	25:04+	27:36+	31:02+	33:04+	33:27+
03:56+	01:27-	01:45+	01:16+	02:29+	01:30+	01:25+	01:10+	02:41+	02:08+	01:36+	03:41+	02:32+	03:26+	02:02+	00:23+
00:52&	00:05-	00:04+	00:06+	00:31&	00:18#	00:22&	00:10#	00:50&	00:21#	00:08+	00:47&	00:25#	00:34#	01:00&	00:04#
<b>6</b>	<b>Otto Alsnes</b>	<b>50</b>										<b>34:26</b>			
03:49+	04:54+	06:54+	08:16+	10:39+	12:32+	13:42+	14:58+	17:28+	19:53+	21:42+	25:38+	28:05+	31:39+	34:01+	34:26+
03:49+	01:05-	02:00+	01:22+	02:23+	01:53+	01:10+	01:16+	02:30+	02:25+	01:49+	03:56+	02:27+	03:34+	02:22+	00:25+
00:45#	00:27-	00:19#	00:12#	00:25#	00:41&	00:07#	00:16&	00:39&	00:38&	00:21#	01:02&	00:20#	00:42#	01:20@	00:06&
<b>7</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>34:28</b>			
03:13+	04:27-	06:57+	08:16+	11:31+	13:05+	14:24+	15:32+	18:11+	20:21+	22:42+	26:51+	29:10+	32:44+	34:06+	34:28+
03:13+	01:14-	02:30+	01:19+	03:15+	01:34+	01:19+	01:08+	02:39+	02:10+	02:21+	04:09+	02:19+	03:34+	01:22+	00:22+
00:09+	00:18-	00:49&	00:09#	01:17&	00:22&	00:16&	00:08#	00:48&	00:23#	00:53&	01:15&	00:12+	00:42#	00:20&	00:03#
<b>8</b>	<b>Terje Helland</b>	<b>88</b>										<b>34:37</b>			
04:24+	07:16+	09:02+	10:24+	12:54+	14:19+	15:40+	16:50+	19:17+	21:53+	23:28+	27:34+	29:51+	33:03+	34:09+	34:37+
04:24+	02:52+	01:46+	01:22+	02:30+	01:25+	01:21+	01:10+	02:27+	02:36+	01:35+	04:06+	02:17+	03:12+	01:06+	00:28+
01:20&	01:20&	00:05+	00:12#	00:32&	00:13#	00:18&	00:10#	00:36&	00:49&	00:07+	01:12&	00:10+	00:20#	00:04+	00:09&
<b>9</b>	<b>Jan Hetland</b>	<b>29</b>										<b>34:37</b>			
03:35+	04:44+	07:32+	08:57+	11:17+	12:56+	14:29+	15:36+	18:56+	21:17+	22:50+	28:02+	29:51+	32:44+	34:21+	34:37+
03:35+	01:09-	02:48+	01:25+	02:20+	01:39+	01:33+	01:07+	03:20+	02:21+	01:33+	05:12+	01:49-	02:53+	01:37+	00:16-
00:31#	00:23-	01:07&	00:15#	00:22#	00:27&	00:30&	00:07#	01:29&	00:34&	00:05+	02:18&	00:18-	00:01+	00:35&	00:03-

Class	Navn	Klasse										Tid			
<b>10</b>	<b>Ragnar Rossavik</b>	<b>109</b>										<b>35:40</b>			
04:32+	06:14+	08:09+	09:32+	12:05+	13:35+	15:04+	16:22+	19:24+	21:36+	23:07+	27:15+	30:04+	33:37+	35:17+	35:40+
04:32+	01:42+	01:55+	01:23+	02:33+	01:30+	01:29+	01:18+	03:02+	02:12+	01:31+	04:08+	02:49+	03:33+	01:40+	00:23+
01:28&	00:10#	00:14#	00:13#	00:35&	00:18#	00:26&	00:18&	01:11&	00:25#	00:03+	01:14&	00:42&	00:41#	00:38&	00:04#
<b>11</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>36:37</b>			
04:00+	05:53+	08:18+	09:46+	12:31+	14:14+	15:40+	17:01+	19:57+	22:21+	24:04+	28:11+	31:17+	34:56+	36:14+	36:37+
04:00+	01:53+	02:25+	01:28+	02:45+	01:43+	01:26+	01:21+	02:56+	02:24+	01:43+	04:07+	03:06+	03:39+	01:18+	00:23+
00:56&	00:21#	00:44&	00:18&	00:47&	00:31&	00:23&	00:21&	01:05&	00:37&	00:15#	01:13&	00:59&	00:47&	00:16&	00:04#
<b>12</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>37:48</b>			
07:32+	08:53+	10:39+	12:00+	14:56+	16:37+	18:10+	19:21+	22:01+	24:18+	26:19+	30:14+	32:38+	36:13+	37:26+	37:48+
07:32+	01:21-	01:46+	01:21+	02:56+	01:41+	01:33+	01:11+	02:40+	02:17+	02:01+	03:55+	02:24+	03:35+	01:13+	00:22+
04:28@	00:11-	00:05+	00:11#	00:58&	00:29&	00:30&	00:11#	00:49&	00:30&	00:33&	01:01&	00:17#	00:43#	00:11#	00:03#
<b>13</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>38:54</b>			
04:22+	05:41+	07:34+	09:53+	12:22+	14:30+	16:09+	18:03+	21:43+	24:22+	26:51+	31:03+	33:36+	37:07+	38:29+	38:54+
04:22+	01:19-	01:53+	02:19+	02:29+	02:08+	01:39+	01:54+	03:40+	02:39+	02:29+	04:12+	02:33+	03:31+	01:22+	00:25+
01:18&	00:13-	00:12#	01:09&	00:31&	00:56&	00:36&	00:54&	01:49&	00:52&	01:01&	01:18&	00:26#	00:39#	00:20&	00:06&
<b>14</b>	<b>Terje Langeland</b>	<b>98</b>										<b>40:22</b>			
05:41+	07:22+	09:43+	11:20+	14:04+	15:44+	17:17+	18:51+	22:16+	24:51+	27:20+	31:53+	34:33+	38:15+	39:50+	40:22+
05:41+	01:41+	02:21+	01:37+	02:44+	01:40+	01:33+	01:34+	03:25+	02:35+	02:29+	04:33+	02:40+	03:42+	01:35+	00:32+
02:37&	00:09+	00:40&	00:27&	00:46&	00:28&	00:30&	00:34&	01:34&	00:48&	01:01&	01:39&	00:33&	00:50&	00:33&	00:13&
<b>15</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>41:34</b>			
05:18+	07:02+	09:23+	11:06+	13:52+	15:26+	16:57+	18:31+	21:34+	24:49+	26:38+	31:21+	34:18+	38:26+	41:02+	41:34+
05:18+	01:44+	02:21+	01:43+	02:46+	01:34+	01:31+	01:34+	03:03+	03:15+	01:49+	04:43+	02:57+	04:08+	02:36+	00:32+
02:14&	00:12#	00:40&	00:33&	00:48&	00:22&	00:28&	00:34&	01:12&	01:28&	00:21#	01:49&	00:50&	01:16&	01:34@	00:13&
<b>16</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>41:40</b>			
03:51+	05:20+	07:22+	08:50+	12:18+	13:52+	16:03+	17:44+	27:01+	29:17+	31:11+	34:48+	37:07+	39:55+	41:15+	41:40+
03:51+	01:29-	02:02+	01:28+	03:28+	01:34+	02:11+	01:41+	09:17+	02:16+	01:54+	03:37+	02:19+	02:48-	01:20+	00:25+
00:47&	00:03-	00:21#	00:18&	01:30&	00:22&	01:08@	00:41&	07:26@	00:29&	00:26&	00:43#	00:12+	00:04-	00:18&	00:06&
<b>17</b>	<b>Berge Hatteland</b>	<b>62</b>										<b>43:38</b>			
04:23+	06:00+	08:00+	09:53+	13:03+	15:07+	17:00+	18:26+	22:29+	25:34+	27:44+	32:56+	36:37+	41:28+	42:52+	43:38+
04:23+	01:37+	02:00+	01:53+	03:10+	02:04+	01:53+	01:26+	04:03+	03:05+	02:10+	05:12+	03:41+	04:51+	01:24+	00:46+
01:19&	00:05+	00:19#	00:43&	01:12&	00:52&	00:50&	00:26&	02:12@	01:18&	00:42&	02:18&	01:34&	01:59&	00:22&	00:27@
<b>18</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>										<b>44:31</b>			
05:00+	06:35+	08:57+	10:37+	14:20+	16:16+	18:07+	20:07+	24:36+	28:36+	30:51+	35:41+	38:58+	43:05+	44:01+	44:31+
05:00+	01:35+	02:22+	01:40+	03:43+	01:56+	01:51+	02:00+	04:29+	04:00+	02:15+	04:50+	03:17+	04:07+	00:56-	00:30+
01:56&	00:03+	00:41&	00:30&	01:45&	00:44&	00:48&	01:00&	02:38@	02:13@	00:47&	01:56&	01:10&	01:15&	00:06-	00:11&
<b>19</b>	<b>Arne Østensen</b>	<b>90</b>										<b>45:28</b>			
05:16+	07:21+	10:20+	11:54+	14:34+	16:16+	17:44+	19:02+	22:50+	25:16+	26:42+	31:45+	34:21+	40:38+	45:04+	45:28+
05:16+	02:05+	02:59+	01:34+	02:40+	01:42+	01:28+	01:18+	03:48+	02:26+	01:26-	05:03+	02:36+	06:17+	04:26+	00:24+
02:12&	00:33&	01:18&	00:24&	00:42&	00:30&	00:25&	00:18&	01:57@	00:39&	00:02-	02:09&	00:29#	03:25@	03:24@	00:05&
<b>20</b>	<b>Vidar Gjesdal</b>	<b>109</b>										<b>45:57</b>			
05:04+	06:43+	09:10+	11:12+	14:35+	16:56+	18:52+	20:22+	24:12+	27:23+	29:27+	34:50+	38:20+	43:29+	45:21+	45:57+
05:04+	01:39+	02:27+	02:02+	03:23+	02:21+	01:56+	01:30+	03:50+	03:11+	02:04+	05:23+	03:30+	05:09+	01:52+	00:36+
02:00&	00:07+	00:46&	00:52&	01:25&	01:09&	00:53&	00:30&	01:59@	01:24&	00:36&	02:29&	01:23&	02:17&	00:50&	00:17&
<b>21</b>	<b>Torstein Gjesteland</b>	<b>126</b>										<b>52:13</b>			
05:21+	06:56+	09:28+	11:10+	14:23+	16:21+	18:15+	24:03+	29:22+	32:23+	35:46+	41:33+	44:31+	49:59+	51:44+	52:13+
05:21+	01:35+	02:32+	01:42+	03:13+	01:58+	01:54+	05:48+	05:19+	03:01+	03:23+	05:47+	02:58+	05:28+	01:45+	00:29+
02:17&	00:03+	00:51&	00:32&	01:15&	00:46&	00:51&	04:48@	03:28@	01:14&	01:55@	02:53&	00:51&	02:36&	00:43&	00:10&
<b>22</b>	<b>Terje Gautestad</b>	<b>7</b>										<b>53:01</b>			
05:30+	07:27+	11:06+	12:50+	16:07+	18:13+	20:18+	21:57+	25:04+	28:03+	37:29+	41:37+	44:49+	48:43+	52:32+	53:01+
05:30+	01:57+	03:39+	01:44+	03:17+	02:06+	02:05+	01:39+	03:07+	02:59+	09:26+	04:08+	03:12+	03:54+	03:49+	00:29+
02:26&	00:25&	01:58@	00:34&	01:19&	00:54&	01:02&	00:39&	01:16&	01:12&	07:58@	01:14&	01:05&	01:02&	02:47@	00:10&
<b>23</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>57:10</b>			
06:09+	08:19+	11:36+	13:58+	19:02+	22:26+	24:33+	27:54+	32:29+	36:29+	38:45+	44:19+	48:58+	54:04+	56:04+	57:10+
06:09+	02:10+	03:17+	02:22+	05:04+	03:24+	02:07+	03:21+	04:35+	04:00+	02:16+	05:34+	04:39+	05:06+	02:00+	01:06+
03:05@	00:38&	01:36&	01:12@	03:06@	02:12@	01:04@	02:21@	02:44@	02:13@	00:48&	02:40&	02:32@	02:14&	00:58&	00:47@
<b>24</b>	<b>Leif Gustav Hollund</b>	<b>116</b>										<b>57:26</b>			
05:41+	07:30+	10:39+	12:19+	15:47+	18:01+	20:44+	23:08+	26:31+	38:18+	40:19+	45:18+	49:05+	52:51+	56:55+	57:26+
05:41+	01:49+	03:09+	01:40+	03:28+	02:14+	02:43+	02:24+	03:23+	11:47+	02:01+	04:59+	03:47+	03:46+	04:04+	00:31+
02:37&	00:17#	01:28&	00:30&	01:30&	01:02&	01:40@	01:24@	01:32&	10:00@	00:33&	02:05&	01:40&	00:54&	03:02@	00:12&

Class	Navn	Klasse										Tid				
<b>25</b>	<b>Svein Ims</b>	<b>65</b>										<b>57:32</b>				
11:01+	12:39+	15:21+	18:21+	21:57+	27:03+	29:30+	30:51+	35:11+	38:23+	41:31+	47:45+	50:31+	55:19+	56:58+	57:32+	
11:01+	01:38+	02:42+	03:00+	03:36+	05:06+	02:27+	01:21+	04:20+	03:12+	03:08+	06:14+	02:46+	04:48+	01:39+	00:34+	
07:57@	00:06+	01:01&	01:50@	01:38&	03:54@	01:24@	00:21&	02:29@	01:25&	01:40@	03:20@	00:39&	01:56&	00:37&	00:15&	
<b>26</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>58:08</b>				
08:31+	10:32+	14:17+	17:03+	21:22+	23:47+	25:54+	27:58+	31:54+	37:34+	41:00+	46:54+	51:04+	55:34+	57:24+	58:08+	
08:31+	02:01+	03:45+	02:46+	04:19+	02:25+	02:07+	02:04+	03:56+	05:40+	03:26+	05:54+	04:10+	04:30+	01:50+	00:44+	
05:27@	00:29&	02:04@	01:36@	02:21@	01:13@	01:04@	01:04@	02:05@	03:53@	01:58@	03:00@	02:03&	01:38&	00:48&	00:25@	
<b>Beste strekktid for klassen</b>																
03:02	01:05	01:28	01:04	01:58	01:09	01:03	01:00	01:51	01:47	01:14	02:54	01:49	02:48	00:51	00:16	

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

## Herrer 70 - 74 år

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

Class	Navn	Klasse										Tid				
<b>12</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>43:45</b>				
04:04+	09:14+	12:04+	13:37+	16:22+	18:05+	20:05+	22:13+	25:38+	29:12+	31:11+	35:43+	38:48+	42:11+	43:17+	43:45+	
04:04+	05:10+	02:50+	01:33+	02:45+	01:43+	02:00+	02:08+	03:25+	03:34+	01:59-	04:32+	03:05+	03:23+	01:06+	00:28+	
00:12+	03:55@	01:03&	00:09#	00:20#	00:15#	00:41&	00:58&	00:25#	01:30&	00:27-	01:12&	01:04&	00:17+	00:05+	00:06&	
<b>13</b>	<b>Svein Eliassen</b>	<b>116</b>										<b>44:02</b>				
05:07+	06:54+	09:13+	11:16+	14:30+	17:18+	18:44+	20:14+	23:53+	27:03+	29:10+	34:07+	36:55+	40:28+	42:13+	43:25+	44:02+
05:07+	01:47+	02:19+	02:03+	03:14+	02:48+	01:26+	01:30+	03:39+	03:10+	02:07-	04:57+	02:48+	03:33+	01:45+	01:12+	00:37+
01:15&	00:32&	00:32&	00:39&	00:49&	01:20&	00:07+	00:20&	00:39#	01:06&	00:19-	01:37&	00:47&	00:27#	00:44&	00:50@	00:37+
<b>14</b>	<b>Ole Auklend</b>	<b>106</b>										<b>45:38</b>				
04:52+	06:27+	10:58+	13:00+	16:13+	18:01+	19:52+	21:40+	25:01+	27:56+	30:25+	35:23+	39:58+	44:00+	45:07+	45:38+	
04:52+	01:35+	04:31+	02:02+	03:13+	01:48+	01:51+	01:48+	03:21+	02:55+	02:29+	04:58+	04:35+	04:02+	01:07+	00:31+	
01:00&	00:20&	02:44@	00:38&	00:48&	00:20#	00:32&	00:38&	00:21#	00:51&	00:03+	01:38&	02:34@	00:56&	00:06+	00:09&	
<b>15</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>										<b>48:49</b>				
05:26+	07:15+	09:46+	11:46+	15:30+	17:34+	19:35+	22:16+	26:33+	29:18+	32:59+	38:55+	42:10+	46:22+	48:14+	48:49+	
05:26+	01:49+	02:31+	02:00+	03:44+	02:04+	02:01+	02:41+	04:17+	02:45+	03:41+	05:56+	03:15+	04:12+	01:52+	00:35+	
01:34&	00:34&	00:44&	00:36&	01:19&	00:36&	00:42&	01:31@	01:17&	00:41&	01:15&	02:36&	01:14&	01:06&	00:51&	00:13&	
<b>16</b>	<b>Jan H. Sagen</b>	<b>92</b>										<b>56:33</b>				
06:42+	08:46+	12:38+	15:25+	18:55+	21:00+	22:47+	24:19+	28:10+	32:48+	37:21+	45:04+	48:58+	54:26+	55:57+	56:33+	
06:42+	02:04+	03:52+	02:47+	03:30+	02:05+	01:47+	01:32+	03:51+	04:38+	04:33+	07:43+	03:54+	05:28+	01:31+	00:36+	
02:50&	00:49&	02:05@	01:23&	01:05&	00:37&	00:28&	00:22&	00:51&	02:34@	02:07&	04:23@	01:53&	02:22&	00:30&	00:14&	
<b>17</b>	<b>Mangor Eikeland</b>	<b>92</b>										<b>1:01:33</b>				
05:58+	07:59+	12:09+	14:49+	19:07+	22:01+	25:17+	27:54+	32:15+	36:55+	41:01+	47:54+	51:58+	57:05+	60:35+	61:33+	
05:58+	02:01+	04:10+	02:40+	04:18+	02:54+	03:16+	02:37+	04:21+	04:40+	04:06+	06:53+	04:04+	05:07+	03:30+	00:58+	
02:06&	00:46&	02:23@	01:16&	01:53&	01:26&	01:57@	01:27@	01:21&	02:36@	01:40&	03:33@	02:03@	02:01&	02:29@	00:36@	
<b>18</b>	<b>Reidar Liland</b>	<b>66</b>										<b>1:14:46</b>				
09:07+	11:41+	15:03+	17:53+	22:41+	25:21+	28:13+	31:11+	38:02+	42:18+	52:02+	59:44+	64:46+	71:05+	73:51+	74:46+	
09:07+	02:34+	03:22+	02:50+	04:48+	02:40+	02:52+	02:58+	06:51+	04:16+	09:44+	07:42+	05:02+	06:19+	02:46+	00:55+	
05:15@	01:19@	01:35&	01:26@	02:23&	01:12&	01:33@	01:48@	03:51@	02:12@	07:18@	04:22@	03:01@	03:13@	01:45@	00:33@	
<b>Beste strekktid for klassen</b>																
03:40	01:09	01:42	01:21	02:19	01:28	01:16	01:08	02:31	02:00	01:35	03:20	02:01	03:03	00:54	00:19	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
<b>Herrer 75 - 79 år</b>																
<b>1</b>	<b>Jan Værp</b>	<b>62</b>										<b>33:46</b>				
02:30=	06:15=	07:35=	08:43=	10:59=	11:37=	14:29=	17:11=	18:52=	20:41=	24:02=	25:40=	30:57=	32:17=	33:23=	33:46=	
02:30=	03:45=	01:20=	01:08=	02:16=	00:38=	02:52=	02:42=	01:41=	01:49=	03:21=	01:38=	05:17=	01:20=	01:06=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Terje Braut</b>	<b>92</b>										<b>45:02</b>				
03:11+	09:12+	10:25+	13:46+	17:23+	18:36+	22:22+	26:12+	27:56+	29:52+	33:56+	35:40+	41:16+	42:50+	44:28+	45:02+	
03:11+	06:01+	01:13-	03:21+	03:37+	01:13+	03:46+	03:50+	01:44+	01:56+	04:04+	01:44+	05:36+	01:34+	01:38+	00:34+	
00:41&	02:16&	00:07-	02:13@	01:21&	00:35&	00:54&	01:08&	00:03+	00:07+	00:43#	00:06+	00:19+	00:14#	00:32&	00:11&	
<b>3</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>47:59</b>				
03:34+	07:18+	09:04+	11:12+	13:59+	15:39+	16:39+	20:33+	24:02+	27:05+	29:12+	33:27+	35:34+	42:54+	45:04+	47:25+	47:59+
03:34+	03:44-	01:46+	02:08+	02:47+	01:40+	01:00-	03:54+	03:29+	03:03+	02:07-	04:15+	02:07-	07:20+	02:10+	02:21+	00:34+
01:04&	00:01-	00:26&	01:00&	00:31#	01:02@	01:52-	01:12&	01:48@	01:14&	01:14-	02:37@	03:10-	06:00@	01:04&	01:58@	00:34+
<b>4</b>	<b>Arne Brandsberg</b>	<b>29</b>										<b>51:46</b>				
04:05+	08:10+	10:13+	11:55+	15:32+	16:23+	21:08+	24:42+	27:41+	30:29+	38:22+	40:53+	47:36+	49:28+	50:59+	51:46+	
04:05+	04:05+	02:03+	01:42+	03:37+	00:51+	04:45+	03:34+	02:59+	02:48+	07:53+	02:31+	06:43+	01:52+	01:31+	00:47+	
01:35&	00:20+	00:43&	00:34&	01:21&	00:13&	01:53&	00:52&	01:18&	00:59&	04:32@	00:53&	01:26&	00:32&	00:25&	00:24@	
<b>5</b>	<b>Alf Gyland</b>	<b>92</b>										<b>52:04</b>				
04:38+	10:03+	12:17+	15:04+	18:27+	21:01+	21:39+	25:30+	29:12+	31:21+	34:53+	38:51+	42:06+	47:47+	49:34+	51:34+	52:04+
04:38+	05:25+	02:14+	02:47+	03:23+	02:34+	00:38-	03:51+	03:42+	02:09+	03:32+	03:58+	03:15-	05:41+	01:47+	02:00+	00:30+
02:08&	01:40&	00:54&	01:39@	01:07&	01:56@	02:14-	01:09&	02:01@	00:20#	00:11+	02:20@	02:02-	04:21@	00:41&	01:37@	00:30+
<b>6</b>	<b>Harald Vatne</b>	<b>67</b>										<b>55:12</b>				
06:46+	17:27+	19:04+	20:26+	23:19+	24:23+	28:18+	31:10+	33:01+	35:09+	44:21+	46:01+	52:07+	53:33+	54:43+	55:12+	
06:46+	10:41+	01:37+	01:22+	02:53+	01:04+	03:55+	02:52+	01:51+	02:08+	09:12+	01:40+	06:06+	01:26+	01:10+	00:29+	
04:16@	06:56@	00:17#	00:14#	00:37&	00:26&	01:03&	00:10+	00:10+	00:19#	05:51@	00:02+	00:49#	00:06+	00:04+	00:06&	

Class	Navn	Klasse										Tid					
<b>7</b>	<b>Gunnar Furland</b>	<b>93</b>										<b>55:27</b>					
	03:42+	08:40+	11:09+	13:14+	18:32+	19:33+	23:45+	27:05+	29:50+	32:06+	37:20+	40:33+	51:15+	52:59+	54:50+	55:27+	
	03:42+	04:58+	02:29+	02:05+	05:18+	01:01+	04:12+	03:20+	02:45+	02:16+	05:14+	03:13+	10:42+	01:44+	01:51+	00:37+	
	01:12&	01:13&	01:09&	00:57&	03:02@	00:23&	01:20&	00:38#	01:04&	00:27#	01:53&	01:35&	05:25@	00:24&	00:45&	00:14&	
<b>8</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>56:01</b>					
	04:01+	11:28+	16:21+	17:51+	21:18+	22:31+	26:57+	29:51+	33:39+	36:16+	42:30+	44:37+	51:35+	53:25+	55:27+	56:01+	
	04:01+	07:27+	04:53+	01:30+	03:27+	01:13+	04:26+	02:54+	03:48+	02:37+	06:14+	02:07+	06:58+	01:50+	02:02+	00:34+	
	01:31&	03:42&	03:33@	00:22&	01:11&	00:35&	01:34&	00:12+	02:07@	00:48&	02:53&	00:29&	01:41&	00:30&	00:56&	00:11&	
<b>9</b>	<b>Rolv Nærland</b>	<b>63</b>										<b>1:00:01</b>					
	07:58+	15:24+	20:26+	21:56+	25:11+	26:27+	30:55+	33:45+	37:37+	40:12+	46:41+	48:44+	55:34+	57:24+	59:25+	60:01+	
	07:58+	07:26+	05:02+	01:30+	03:15+	01:16+	04:28+	02:50+	03:52+	02:35+	06:29+	02:03+	06:50+	01:50+	02:01+	00:36+	
	05:28@	03:41&	03:42@	00:22&	00:59&	00:38&	01:36&	00:08+	02:11@	00:46&	03:08&	00:25&	01:33&	00:30&	00:55&	00:13&	
<b>10</b>	<b>Albert Moe</b>	<b>54</b>										<b>1:02:19</b>					
	03:44+	18:58+	20:27+	22:04+	26:44+	29:31+	30:19+	35:29+	38:26+	40:33+	42:56+	47:43+	49:43+	56:50+	59:09+	61:47+	62:19+
	03:44+	15:14+	01:29+	01:37+	04:40+	02:47+	00:48-	05:10+	02:57+	02:07+	02:23-	04:47+	02:00-	07:07+	02:19+	02:38+	00:32+
	01:14&	11:29@	00:09#	00:29&	02:24@	02:09@	02:04-	02:28&	01:16&	00:18#	00:58-	03:09@	03:17-	05:47@	01:13@	02:15@	00:32+
<b>11</b>	<b>Edmund Ualand</b>	<b>29</b>										<b>1:05:30</b>					
	05:21+	10:05+	12:05+	13:34+	19:41+	22:01+	27:20+	31:59+	35:36+	39:37+	47:17+	50:01+	59:02+	61:34+	64:34+	65:30+	
	05:21+	04:44+	02:00+	01:29+	06:07+	02:20+	05:19+	04:39+	03:37+	04:01+	07:40+	02:44+	09:01+	02:32+	03:00+	00:56+	
	02:51@	00:59&	00:40&	00:21&	03:51@	01:42@	02:27&	01:57&	01:56@	02:12@	04:19@	01:06&	03:44&	01:12&	01:54@	00:33@	
<b>12</b>	<b>Arne Karlsen</b>	<b>105</b>										<b>1:07:47</b>					
	05:32+	13:06+	15:01+	17:32+	23:31+	24:47+	30:56+	34:33+	37:50+	41:16+	49:03+	52:30+	62:06+	64:43+	66:58+	67:47+	
	05:32+	07:34+	01:55+	02:31+	05:59+	01:16+	06:09+	03:37+	03:17+	03:26+	07:47+	03:27+	09:36+	02:37+	02:15+	00:49+	
	03:02@	03:49@	00:35&	01:23@	03:43@	00:38&	03:17@	00:55&	01:36&	01:37&	04:26@	01:49@	04:19&	01:17&	01:09@	00:26@	
<b>13</b>	<b>Harald I. Serigstad</b>	<b>128</b>										<b>1:07:48</b>					
	09:01+	18:00+	19:47+	27:15+	34:14+	35:03+	39:56+	43:51+	46:33+	49:18+	54:34+	57:07+	63:24+	65:05+	67:06+	67:48+	
	09:01+	08:59+	01:47+	07:28+	06:59+	00:49+	04:53+	03:55+	02:42+	02:45+	05:16+	02:33+	06:17+	01:41+	02:01+	00:42+	
	06:31@	05:14@	00:27&	06:20@	04:43@	00:11&	02:01&	01:13&	01:01&	00:56&	01:55&	00:55&	01:00#	00:21&	00:55&	00:19&	
<b>14</b>	<b>Torleiv Møgedal</b>	<b>68</b>										<b>1:11:47</b>					
	04:08+	24:33+	26:36+	28:29+	32:10+	33:09+	38:41+	42:45+	48:27+	52:08+	58:20+	60:27+	67:08+	69:23+	71:08+	71:47+	
	04:08+	20:25+	02:03+	01:53+	03:41+	00:59+	05:32+	04:04+	05:42+	03:41+	06:12+	02:07+	06:41+	02:15+	01:45+	00:39+	
	01:38&	16:40@	00:43&	00:45&	01:25&	00:21&	02:40&	01:22&	04:01@	01:52@	02:51&	00:29&	01:24&	00:55&	00:39&	00:16&	
<b>Beste strekktid for klassen</b>																	
	02:30	03:44	01:13	01:08	02:16	00:38	00:38	02:42	01:41	01:49	02:07	01:38	02:00	01:20	01:06	00:23	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	

## Herrer 80 år og eldre

<b>1</b>	<b>Kjell Audun Gjersdal</b>	<b>7</b>										<b>52:08</b>				
	05:23=	09:33=	12:43=	14:37=	20:02=	22:48=	24:38=	26:42=	29:19=	33:37=	38:42=	43:27=	49:53=	52:08=		
	05:23=	04:10=	03:10=	01:54=	05:25=	02:46=	01:50=	02:04=	02:37=	04:18=	05:05=	04:45=	06:26=	02:15=		
	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=		
<b>2</b>	<b>Magne Westerheim</b>	<b>93</b>										<b>1:08:40</b>				
	04:51-	08:26-	13:06+	17:15+	31:00+	32:20+	35:46+	39:53+	47:30+	51:21+	56:45+	62:39+	66:34+	68:40+		
	04:51-	03:35-	04:40+	04:09+	13:45+	01:20-	03:26+	04:07+	07:37+	03:51-	05:24+	05:54+	03:55-	02:06-		
	00:32-	00:35-	01:30&	02:15@	08:20@	01:26-	01:36&	02:03&	05:00@	00:27-	00:19+	01:09#	02:31-	00:09-		
<b>3</b>	<b>Peter Frafjord</b>	<b>116</b>										<b>1:19:12</b>				
	04:57-	07:47-	12:06-	13:56-	38:52+	41:38+	43:18+	46:23+	55:09+	60:17+	64:38+	71:57+	76:58+	79:12+		
	04:57-	02:50-	04:19+	01:50-	24:56+	02:46-	01:40-	03:05+	08:46+	05:08+	04:21-	07:19+	05:01-	02:14-		
	00:26-	01:20-	01:09&	00:04-	19:31@	00:00=	00:10-	01:01&	06:09@	00:50#	00:44-	02:34&	01:25-	00:01-		
<b>Beste strekktid for klassen</b>																
	04:51	02:50	03:10	01:50	05:25	01:20	01:40	02:04	02:37	03:51	04:21	04:45	03:55	02:06		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																

## Herrer A



Class	Navn	Klasse										Tid													
<b>10</b>	<b>Martin Blystad</b>	<b>115</b>										<b>1:01:58</b>													
04:55+	06:56+	11:48+	13:57+	17:14+	19:18+	20:24+	21:30+	22:38+	25:49+	28:04+	31:28+	34:17+	36:59+	38:08+	40:29+	42:13+	43:11+	44:22+	48:18+	50:54+	55:02+	56:55+	59:10+	60:07+	61:36+
04:55+	02:01+	04:52+	02:09+	03:17+	02:04+	01:06+	01:06+	01:08+	03:11+	02:15+	03:24+	02:49+	02:42+	01:09+	02:21+	01:44+	00:58+	01:11+	03:56+	02:36+	04:08+	01:53+	02:15+	00:57+	01:29+
01:20&	00:34&	02:20&	00:48&	01:05&	00:33&	00:15&	00:20&	00:06+	01:24&	00:44&	01:15&	00:56&	01:23@	00:28&	00:54&	00:44&	00:20&	00:27&	01:19&	00:41&	02:15@	00:42&	00:51&	00:12&	00:35&
61:58+																									
00:22+																									
00:07&																									

<b>11</b>	<b>Jørgen Strømstad</b>	<b>50</b>										<b>1:02:43</b>													
04:50+	07:10+	10:54+	13:02+	15:55+	17:49+	18:45+	19:42+	20:49+	23:53+	25:54+	28:56+	31:22+	37:18+	38:38+	41:14+	43:01+	44:13+	46:18+	49:55+	52:20+	55:16+	56:54+	59:29+	60:39+	62:23+
04:50+	02:20+	03:44+	02:08+	02:53+	01:54+	00:56+	00:57+	01:07+	03:04+	02:01+	03:02+	02:26+	05:56+	01:20+	02:36+	01:47+	01:12+	02:05+	03:37+	02:25+	02:56+	01:38+	02:35+	01:10+	01:44+
01:15&	00:53&	01:12&	00:47&	00:41&	00:23&	00:05+	00:11#	00:05+	01:17&	00:30&	00:53&	00:33&	04:37@	00:39&	01:09&	00:47&	00:34&	01:21@	01:00&	00:30&	01:03&	00:27&	01:11&	00:25&	00:50&
62:43+																									
00:20+																									
00:05&																									

<b>12</b>	<b>Joar Fuglestad</b>	<b>116</b>										<b>1:22:30</b>													
06:08+	08:15+	17:57+	19:44+	34:14+	35:58+	36:53+	38:01+	40:03+	42:23+	44:13+	48:12+	50:43+	56:29+	57:29+	60:05+	61:28+	62:14+	63:26+	69:26+	73:04+	75:42+	77:08+	79:06+	80:11+	82:16+
06:08+	02:07+	09:42+	01:47+	14:30+	01:44+	00:55+	01:08+	02:02+	02:20+	01:50+	03:59+	02:31+	05:46+	01:00+	02:36+	01:23+	00:46+	01:12+	06:00+	03:38+	02:38+	01:26+	01:58+	01:05+	02:05+
02:33&	00:40&	07:10@	00:26&	12:18@	00:13#	00:04+	00:22&	01:00&	00:33&	00:19#	01:50&	00:38&	04:27@	00:19&	01:09&	00:23&	00:08#	00:28&	03:23@	01:43&	00:45&	00:15#	00:34&	00:20&	01:11@
82:30+																									
00:14-																									
00:01-																									

### Beste strekktid for klassen

03:15 01:15 02:32 01:21 02:00 01:18 00:49 00:46 00:51 01:46 01:17 02:09 01:43 01:19 00:37 01:27 01:00 00:38 00:44 02:33 01:39 01:53 01:08 01:22 00:45 00:54 00:14

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

## Herrer B

<b>1</b>	<b>Morten Aamodt</b>	<b>116</b>										<b>45:32</b>													
03:29=	04:53=	08:07=	09:26=	11:47=	13:29=	14:25=	15:14=	16:21=	18:25=	19:50=	22:46=	24:47=	26:51=	27:57=	29:43=	30:52=	31:40=	32:37=	35:32=	37:47=	40:00=	41:22=	43:04=	43:51=	45:11=
03:29=	01:24=	03:14=	01:19=	02:21=	01:42=	00:56=	00:49=	01:07=	02:04=	01:25=	02:56=	02:01=	02:04=	01:06=	01:46=	01:09=	00:48=	00:57=	02:55=	02:15=	02:13=	01:22=	01:42=	00:47=	01:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
45:32=																									
00:21=																									
00:00=																									

<b>2</b>	<b>Stein Arne Olsen</b>	<b>68</b>										<b>46:12</b>													
03:45+	05:10+	08:18+	09:45+	12:13+	13:58+	14:55+	15:46+	16:42+	18:56+	20:28+	22:59+	25:16+	27:08+	27:55-	29:43=	31:01+	31:50+	32:56+	36:02+	38:16+	40:31+	41:55+	43:53+	44:43+	45:55+
03:45+	01:25+	03:08-	01:27+	02:28+	01:45+	00:57+	00:51+	00:56-	02:14+	01:32+	02:31-	02:17+	01:52-	00:47-	01:48+	01:18+	00:49+	01:06+	03:06+	02:14-	02:15+	01:24+	01:58+	00:50+	01:12-
00:16+	00:01+	00:06-	00:08#	00:07+	00:03+	00:01+	00:02+	00:11-	00:10+	00:07+	00:25-	00:16#	00:12-	00:19-	00:02+	00:09#	00:01+	00:09#	00:11+	00:01-	00:02+	00:02+	00:16#	00:03+	00:08-
46:12+																									
00:17-																									
00:04-																									

<b>3</b>	<b>Njål F. Vadla</b>	<b>93</b>										<b>47:13</b>													
03:15-	04:35-	07:37-	08:53-	11:10-	12:37-	13:36-	14:26-	15:25-	17:58-	19:27-	23:11+	25:39+	27:07+	27:55-	29:57+	31:21+	32:15+	33:19+	36:43+	38:36+	41:01+	42:33+	44:51+	45:46+	46:55+
03:15-	01:20-	03:02-	01:16-	02:17-	01:27-	00:59+	00:50+	00:59-	02:33+	01:29+	03:44+	02:28+	01:28-	00:48-	02:02+	01:24+	00:54+	01:04+	03:24+	01:53-	02:25+	01:32+	02:18+	00:55+	01:09-
00:14-	00:04-	00:12-	00:03-	00:04-	00:15-	00:03+	00:01+	00:08-	00:29#	00:04+	00:48&	00:27#	00:36-	00:18-	00:16#	00:15#	00:06#	00:07#	00:29#	00:22-	00:12+	00:10#	00:36&	00:08#	00:11-
47:13+																									
00:18-																									
00:03-																									

<b>4</b>	<b>Odd Fuglestad</b>	<b>250</b>										<b>47:36</b>													
03:39+	05:05+	08:11+	09:37+	12:21+	14:03+	15:02+	15:56+	17:30+	19:44+	21:11+	24:12+	26:32+	28:08+	28:59+	31:00+	32:16+	33:05+	33:59+	36:55+	39:00+	41:27+	42:57+	44:42+	45:43+	47:16+
03:39+	01:26+	03:06-	01:26+	02:44+	01:42=	00:59+	00:54+	01:34+	02:14+	01:27+	03:01+	02:20+	01:36-	00:51-	02:01+	01:16+	00:49+	00:54-	02:56+	02:05-	02:27+	01:30+	01:45+	01:01+	01:33+
00:10+	00:02+	00:08-	00:07+	00:23#	00:00=	00:03+	00:05#	00:27&	00:10+	00:02+	00:05+	00:19#	00:28-	00:15-	00:15#	00:07#	00:01+	00:03-	00:01+	00:10-	00:14#	00:08+	00:03+	00:14&	00:13#
47:36+																									
00:20-																									
00:01-																									

<b>5</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>										<b>49:18</b>													
03:41+	05:17+	08:12+	09:51+	12:39+	14:02+	14:54+	15:57+	16:56+	22:27+	24:00+	27:02+	29:07+	30:41+	31:29+	33:07+	34:21+	35:04+	36:13+	39:31+	41:42+	43:59+	45:24+	47:06+	47:58+	49:00+
03:41+	01:36+	02:55-	01:39+	02:48+	01:23-	00:52-	01:03+	00:59-	05:31+	01:33+	03:02+	02:05+	01:34-	00:48-	01:38-	01:14+	00:43-	01:09+	03:18+	02:11-	02:17+	01:25+	01:42=	00:52+	01:02-
00:12+	00:12#	00:19-	00:20&	00:27#	00:19-	00:04-	00:14&	00:08-	03:27@	00:08+	00:06+	00:04+	00:30-	00:18-	00:08-	00:05+	00:05-	00:12#	00:23#	00:04-	00:04+	00:03+	00:00=	00:05#	00:18-
49:18+																									
00:18-																									
00:03-																									



Class	Navn	Klasse	Tid
-------	------	--------	-----

### Beste strekktid for klassen

03:15 01:20 02:55 01:16 02:17 01:23 00:52 00:49 00:55 02:04 01:25 02:31 02:01 01:28 00:47 01:38 01:02 00:37 00:54 02:53 01:53 02:03 01:15 01:42 00:47 01:02 00:17

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

## Herrer C

<b>1</b>	<b>Jan Einar Øvremo</b>	<b>50</b>	<b>44:51</b>																						
02:31=	04:14=	05:11=	07:13=	10:30=	11:41=	14:16=	15:49=	16:13=	17:17=	18:16=	19:22=	21:44=	23:34=	26:56=	29:19=	30:26=	33:25=	35:37=	36:55=	38:57=	40:29=	42:04=	43:14=	44:32=	44:51=
02:31=	01:43=	00:57=	02:02=	03:17=	01:11=	02:35=	01:33=	00:24=	01:04=	00:59=	01:06=	02:22=	01:50=	03:22=	02:23=	01:07=	02:59=	02:12=	01:18=	02:02=	01:32=	01:35=	01:10=	01:18=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Otte Omdal</b>	<b>65</b>	<b>45:32</b>																						
02:36+	04:15+	05:13+	07:27+	10:02-	11:16-	13:31-	15:01-	15:32-	16:28-	17:27-	18:37-	21:16-	24:02+	27:34+	30:05+	31:14+	34:22+	36:25+	37:45+	39:43+	41:22+	42:45+	43:36+	45:13+	45:32+
02:36+	01:39-	00:58+	02:14+	02:35-	01:14+	02:15-	01:30-	00:31+	00:56-	00:59+	01:10+	02:39+	02:46+	03:32+	02:31+	01:09+	03:08+	02:03-	01:20+	01:58-	01:39+	01:23-	00:51-	01:37+	00:19=
00:05+	00:04-	00:01+	00:12+	00:42-	00:03+	00:20-	00:03-	00:07&	00:08-	00:00=	00:04+	00:17#	00:56&	00:10+	00:08+	00:02+	00:09+	00:09-	00:02+	00:04-	00:07+	00:12-	00:19-	00:19#	00:00=
<b>3</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>47:19</b>																						
02:58+	04:31+	05:24+	07:49+	10:55+	12:12+	14:48+	16:35+	17:03+	18:08+	19:17+	20:25+	23:10+	25:04+	28:04+	30:34+	31:58+	35:10+	37:06+	38:43+	40:47+	42:39+	44:21+	45:41+	47:01+	47:19+
02:58+	01:33-	00:53-	02:25+	03:06-	01:17+	02:36+	01:47+	00:28+	01:05+	01:09+	01:08+	02:45+	01:54+	03:00-	02:30+	01:24+	03:12+	01:56-	01:37+	02:04+	01:52+	01:42+	01:20+	01:20+	00:18-
00:27#	00:10-	00:04-	00:23#	00:11-	00:06+	00:01+	00:14#	00:04#	00:01+	00:10#	00:02+	00:23#	00:04+	00:22-	00:07+	00:17&	00:13+	00:16-	00:19#	00:02+	00:20#	00:07+	00:10#	00:02+	00:01-
<b>4</b>	<b>Kjetil Wirak</b>	<b>114</b>	<b>49:17</b>																						
02:42+	04:17+	05:28+	07:28+	10:59+	12:03+	14:12-	15:39-	16:01-	16:59-	17:56-	19:02-	21:29-	23:28-	26:36-	29:37+	34:19+	37:23+	40:53+	42:22+	43:57+	45:19+	46:43+	47:30+	48:58+	49:17+
02:42+	01:35-	01:11+	02:00-	03:31+	01:04-	02:09-	01:27-	00:22-	00:58-	00:57-	01:06=	02:27+	01:59+	03:08-	03:01+	04:42+	03:04+	03:30+	01:29+	01:35-	01:22-	01:24-	00:47-	01:28+	00:19=
00:11+	00:08-	00:14#	00:02-	00:14+	00:07-	00:26-	00:06-	00:02-	00:06-	00:02-	00:00=	00:05+	00:09+	00:14-	00:38&	03:35@	00:05+	01:18&	00:11#	00:27-	00:10-	00:11-	00:23-	00:10#	00:00=
<b>5</b>	<b>Kjell Dale</b>	<b>93</b>	<b>50:28</b>																						
03:21+	05:16+	06:07+	07:59+	10:04-	12:40+	13:52-	16:20+	18:54+	19:22+	20:26+	21:20+	22:32+	24:51+	26:26-	31:06+	33:42+	34:56+	38:07+	40:08+	42:04+	43:50+	45:41+	47:27+	48:21+	49:59+
03:21+	01:55+	00:51-	01:52-	02:05-	02:36+	01:12-	02:28+	02:34+	00:28-	01:04+	00:54-	01:12-	02:19+	01:35-	01:06+	01:12+	01:14-	03:11+	02:01+	01:56-	01:46+	01:51+	01:46+	00:54-	01:38+
00:50&	00:12#	00:06-	00:10-	01:12-	01:25@	01:23-	00:55&	02:10@	00:36-	00:05+	00:12-	01:10-	01:29&	01:47-	02:17&	01:29@	01:45-	00:59&	00:43&	00:06-	00:14#	00:16#	00:36&	00:24-	01:19@
50:28+																									
00:29+																									
00:29+																									
<b>6</b>	<b>Inge Løland</b>	<b>114</b>	<b>50:54</b>																						
03:14+	05:44+	06:55+	09:29+	12:53+	14:03+	17:27+	19:15+	19:42+	20:49+	21:48+	23:19+	26:26+	28:27+	31:41+	34:25+	35:37+	39:11+	41:14+	42:41+	44:17+	45:57+	47:30+	48:55+	50:30+	50:54+
03:14+	02:30+	01:11+	02:34+	03:24+	01:10-	03:24+	01:48+	00:27+	01:07+	00:59+	01:31+	03:07+	02:01+	03:14-	02:44+	01:12+	03:34+	02:03-	01:27+	01:36-	01:40+	01:33-	01:25+	01:35+	00:24+
00:43&	00:47&	00:14#	00:32&	00:07+	00:01-	00:49&	00:15#	00:03#	00:03+	00:00=	00:25&	00:45&	00:11#	00:08-	00:21#	00:05+	00:35#	00:09-	00:09#	00:26-	00:08+	00:02-	00:15#	00:17#	00:05&
<b>7</b>	<b>Geir Bjaanes</b>	<b>116</b>	<b>51:47</b>																						
03:00+	04:43+	05:41+	08:01+	10:36+	12:07+	15:10+	16:39+	17:05+	18:05+	19:07+	20:19+	23:12+	25:21+	28:27+	34:42+	36:08+	41:06+	42:59+	44:25+	46:06+	47:40+	49:04+	49:59+	51:30+	51:47+
03:00+	01:43=	00:58+	02:20+	02:35-	01:31+	03:03+	01:29-	00:26+	01:00-	01:02+	01:12+	02:53+	02:09+	03:06-	06:15+	01:26+	04:58+	01:53-	01:26+	01:41-	01:34+	01:24-	00:55-	01:31+	00:17-
00:29#	00:00=	00:01+	00:18#	00:42-	00:20&	00:28#	00:04-	00:02+	00:04-	00:03+	00:06+	00:31#	00:19#	00:16-	03:52@	00:19&	01:59&	00:19-	00:08#	00:21-	00:02+	00:11-	00:15-	00:13#	00:02-
<b>8</b>	<b>Geir Frøylog</b>	<b>29</b>	<b>52:51</b>																						
03:31+	05:21+	07:17+	10:15+	13:21+	14:40+	17:32+	19:53+	20:28+	21:39+	22:41+	23:49+	26:48+	29:09+	33:17+	35:53+	37:17+	40:33+	42:26+	44:22+	45:59+	47:32+	49:14+	50:45+	52:28+	52:51+
03:31+	01:50+	01:56+	02:58+	03:06-	01:19+	02:52+	02:21+	00:35+	01:11+	01:02+	01:08+	02:59+	02:21+	04:08+	02:36+	01:24+	03:16+	01:53-	01:56+	01:37-	01:33+	01:42+	01:31+	01:43+	00:23+
01:00&	00:07+	00:59@	00:56&	00:11-	00:08#	00:17#	00:48&	00:11&	00:07#	00:03+	00:02+	00:37&	00:31&	00:46#	00:13+	00:17&	00:17+	00:19-	00:38&	00:25-	00:01+	00:07+	00:21&	00:25&	00:04#
<b>9</b>	<b>Sveinung Svebestad</b>	<b>46</b>	<b>53:11</b>																						
03:05+	04:56+	06:00+	08:42+	11:44+	13:07+	16:01+	18:11+	18:42+	19:51+	20:59+	22:32+	25:29+	27:24+	30:49+	33:58+	35:38+	39:20+	41:39+	43:34+	45:32+	47:40+	49:40+	50:45+	52:45+	53:11+
03:05+	01:51+	01:04+	02:42+	03:02-	01:23+	02:54+	02:10+	00:31+	01:09+	01:08+	01:33+	02:57+	01:55+	03:25+	03:09+	01:40+	03:42+	02:19+	01:55+	01:58-	02:08+	02:00+	01:05-	02:00+	00:26+
00:34#	00:08+	00:07#	00:40&	00:15-	00:12#	00:19#	00:37&	00:07&	00:05+	00:09#	00:27&	00:35#	00:05+	00:03+	00:46&	00:33&	00:43#	00:07+	00:37&	00:04-	00:36&	00:25&	00:05-	00:42&	00:07&
<b>10</b>	<b>Knut Taugbøl</b>	<b>116</b>	<b>53:12</b>																						
05:39+	07:48+	08:44+	11:11+	14:52+	16:03+	18:37+	20:19+	20:45+	21:45+	22:43+	23:58+	27:04+	30:03+	33:29+	35:50+	38:18+	41:51+	44:10+	45:41+	47:13+	48:48+	50:23+	51:13+	52:52+	53:12+
05:39+	02:09+	00:56-	02:27+	03:41+	01:11=	02:34-	01:42+	00:26+	01:00-	00:58-	01:15+	03:06+	02:59+	03:26+	02:21-	02:28-	03:33+	02:19+	01:31+	01:32-	01:35+	01:35=	00:50-	01:39+	00:20+
03:08@	00:26&	00:01-	00:25#	00:24#	00:00=	00:01-	00:09+	00:02+	00:04-	00:01-	00:09#	00:44&	01:09&	00:04+	00:02-	01:21@	00:34#	00:07+	00:13#	00:30-	00:03+	00:00=	00:20-	00:21&	00:01+
<b>11</b>	<b>Øystein Huglen</b>	<b>27</b>	<b>55:33</b>																						
05:07+	07:14+	08:15+	11:55+	15:21+	18:39+	21:23+	23:11+	23:40+	24:42+	25:42+	26:54+	29:52+	31:48+	35:29+	38:27+	40:12+	43:31+	45:30+	46:53+	48:27+	50:19+	51:59+	53:32+	55:11+	55:33+
05:07+	02:07+	01:01+	03:40+	03:26+	03:18+	02:44+	01:48+	00:29+	01:02-	01:00+	01:12+	02:58+	01:56+	03:41+	02:58+	01:45+	03:19+	01:59-	01:23+	01:34-	01:52+	01:40+	01:33+	01:39+	00:22+
02:36@	00:24#	00:04+	01:38&	00:09+	02:07@	00:09+	00:15#	00:05#	00:02-	00:01+	00:06+	00:36&	00:06+	00:19+	00:35#	00:38&	00:20#	00:13-	00:05+	00:28-	00:20#	00:05+	00:23&	00:21&	00:03#
<b>12</b>	<b>Tore Svendsen</b>	<b>27</b>	<b>56:13</b>																						
03:42+	07:22+	08:22+	11:31+	14:37+	15:52+	18:55+	20:44+	21:15+	22:26+	23:31+	24:53+	28:02+	30:18+	34:23+	37:22+	38:50+	43:42+	46:15+	47:50+	49:38+	51:09+	53:25+	54:22+	55:49+	56:13+
03:42+	03:40+	01:00+	03:09+	03:06-	01:15+	03:03+	01:49+	00:31+	01:11+	01:05+	01:22+	03:09+	02:16+	04:05+	02:59+	01:28+	04:52+	02:33+	01:35+	01:48-	01:31-	02:16+	00:57-	01:27+	00:24+
01:11&	01:57@	00:03+	01:07&	00:11-	00:04+	00:28#	00:16#	00:07&	00:07#	00:06#	00:16#	00:47&	00:26#	00:43#	00:36&	00:21&	01:53&	00:21#	00:17#	00:14-	00:01-	00:41&	00:13-	00:0	

Class	Navn	Klasse										Tid														
<b>14</b>	<b>Erling Mauland</b>	<b>83</b>										<b>1:03:35</b>														
03:14+	12:08+	13:32+	16:13+	20:04+	21:38+	26:20+	28:12+	28:46+	30:06+	31:14+	32:41+	36:19+	38:59+	42:46+	45:33+	47:52+	51:29+	53:50+	55:10+	57:11+	58:44+	60:32+	61:34+	63:12+	63:35+	
03:14+	08:54+	01:24+	02:41+	03:51+	01:34+	04:42+	01:52+	00:34+	01:20+	01:08+	01:27+	03:38+	02:40+	03:47+	02:47+	02:19+	03:37+	02:21+	01:20+	02:01-	01:33+	01:48+	01:02-	01:38+	00:23+	
00:43&	07:11@	00:27&	00:39&	00:34#	00:23&	02:07&	00:19#	00:10&	00:16#	00:09#	00:21&	01:16&	00:50&	00:25#	00:24#	01:12@	00:38#	00:09+	00:02+	00:01-	00:01+	00:13#	00:08-	00:20&	00:04#	
<b>15</b>	<b>Pål H. Gjerden</b>	<b>116</b>										<b>1:04:16</b>														
02:46+	04:50+	05:47+	08:37+	11:40+	13:01+	16:06+	18:28+	19:01+	20:13+	21:26+	23:03+	26:17+	28:29+	32:44+	35:42+	37:47+	42:09+	45:06+	46:50+	48:47+	51:05+	53:54+	61:12+	63:42+	64:16+	
02:46+	02:04+	00:57=	02:50+	03:03-	01:21+	03:05+	02:22+	00:33+	01:12+	01:13+	01:37+	03:14+	02:12+	04:15+	02:58+	02:05+	04:22+	02:57+	01:44+	01:57-	02:18+	02:49+	07:18+	02:30+	00:34+	
00:15+	00:21#	00:00=	00:48&	00:14-	00:10#	00:30#	00:49&	00:09&	00:08#	00:14#	00:31&	00:52&	00:22#	00:53&	00:35#	00:58&	01:23&	00:45&	00:26&	00:05-	00:46&	01:14&	06:08@	01:12&	00:15&	
<b>16</b>	<b>Pål Bårdsen</b>	<b>90</b>										<b>1:05:58</b>														
03:25+	05:51+	06:59+	09:41+	13:18+	14:54+	18:28+	20:24+	20:53+	22:08+	23:22+	25:07+	28:46+	30:58+	35:35+	42:45+	45:21+	49:42+	52:43+	54:46+	56:58+	59:38+	62:01+	63:13+	65:30+	65:58+	
03:25+	02:26+	01:08+	02:42+	03:37+	01:36+	03:34+	01:56+	00:29+	01:15+	01:14+	01:45+	03:39+	02:12+	04:37+	07:10+	02:36+	04:21+	03:01+	02:03+	02:12+	02:40+	02:23+	01:12+	02:17+	00:28+	
00:54&	00:43&	00:11#	00:40&	00:20#	00:25&	00:59&	00:23#	00:05#	00:11#	00:15&	00:39&	01:17&	00:22#	01:15&	04:47@	01:29@	01:22&	00:49&	00:45&	00:10+	01:08&	00:48&	00:02+	00:59&	00:09&	
<b>17</b>	<b>Ivar Knutsen</b>	<b>116</b>										<b>1:09:02</b>														
03:53+	06:57+	08:34+	12:55+	16:36+	19:20+	23:06+	25:50+	26:38+	27:54+	29:10+	30:53+	34:14+	37:25+	41:06+	44:04+	46:31+	50:31+	57:12+	58:49+	60:36+	62:54+	65:00+	66:37+	68:35+	69:02+	
03:53+	03:04+	01:37+	04:21+	03:41+	02:44+	03:46+	02:44+	00:48+	01:16+	01:16+	01:43+	03:21+	03:11+	03:41+	02:58+	02:27+	04:00+	06:41+	01:37+	01:47-	02:18+	02:06+	01:37+	01:58+	00:27+	
01:22&	01:21&	00:40&	02:19@	00:24#	01:33@	01:11&	01:11&	00:24&	00:12#	00:17&	00:37&	00:59&	01:21&	00:19+	00:35#	01:20@	01:01&	04:29@	00:19#	00:15-	00:46&	00:31&	00:27&	00:40&	00:08&	
<b>18</b>	<b>Ove Oaland</b>	<b>116</b>										<b>1:13:35</b>														
03:47+	07:17+	08:50+	09:54+	15:43+	19:15+	21:15+	24:52+	27:02+	27:46+	29:01+	30:20+	33:03+	37:11+	40:25+	45:41+	48:41+	50:48+	55:05+	60:42+	62:34+	65:19+	67:42+	69:56+	71:14+	73:07+	
03:47+	03:30+	01:33+	01:04-	05:49+	03:32+	02:00-	03:37+	02:10+	00:44-	01:15+	01:19+	02:43+	04:08+	03:14-	05:16+	03:00+	02:07-	04:17+	05:37+	01:52-	02:45+	02:23+	02:14+	01:18=	01:53+	
01:16&	01:47@	00:36&	00:58-	02:32&	02:21@	00:35-	02:04@	01:46@	00:20-	00:16&	00:13#	00:21#	02:18@	00:08-	02:53@	01:53@	00:52-	02:05&	04:19@	00:10-	01:13&	00:48&	01:04&	00:00=	01:34@	
00:28+																										
00:28+																										
<b>19</b>	<b>Arthur Lind</b>	<b>116</b>										<b>1:17:58</b>														
07:13+	11:05+	13:00+	17:17+	21:23+	23:28+	28:39+	31:58+	32:35+	33:51+	35:06+	37:05+	41:22+	43:15+	46:34+	49:21+	52:17+	57:36+	65:17+	67:09+	68:46+	70:45+	72:53+	75:18+	77:38+	77:58+	
07:13+	03:52+	01:55+	04:17+	04:06+	02:05+	05:11+	03:19+	00:37+	01:16+	01:15+	01:59+	04:17+	01:53+	03:19-	02:47+	02:56+	05:19+	07:41+	01:52+	01:37-	01:59+	02:08+	02:25+	02:20+	00:20+	
04:42@	02:09@	00:58@	02:15@	00:49#	00:54&	02:36@	01:46@	00:13&	00:12#	00:16&	00:53&	01:55&	00:03+	00:03-	00:24#	01:49@	02:20&	05:29@	00:34&	00:25-	00:27&	00:33&	01:15@	01:02&	00:01+	
<b>Beste strekktid for klassen</b>	02:31	01:33	00:51	01:04	02:05	01:04	01:12	01:27	00:22	00:28	00:57	00:54	01:12	01:50	01:35	02:21	01:07	01:14	01:53	01:18	01:32	01:22	01:23	00:47	00:54	00:17

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

## Herrer Ny

<b>1</b>	<b>Dag Andre Kvernstrøm</b>	<b>66</b>										<b>20:51</b>													
00:45=	02:22=	03:05=	04:34=	06:14=	09:57=	15:07=	18:31=	20:22=	20:51=																
00:45=	01:37=	00:43=	01:29=	01:40=	03:43=	05:10=	03:24=	01:51=	00:29=																
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																

### Beste strekktid for klassen

00:45 01:37 00:43 01:29 01:40 03:43 05:10 03:24 01:51 00:29

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

## Herrer Trim

<b>1</b>	<b>Glenn Madland</b>	<b>128</b>										<b>29:00</b>													
03:08=	05:46=	07:30=	08:33=	10:50=	12:22=	13:12=	15:10=	16:40=	19:03=	22:09=	25:20=	27:49=	29:00=												
03:08=	02:38=	01:44=	01:03=	02:17=	01:32=	00:50=	01:58=	01:30=	02:23=	03:06=	03:11=	02:29=	01:11=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
<b>2</b>	<b>Kjartan Bryne</b>	<b>105</b>										<b>30:14</b>													
02:03-	04:18-	06:19-	07:30-	10:00-	11:47-	12:59-	14:36-	16:35-	19:23+	22:09=	25:07-	28:42+	30:14+												
02:03-	02:15-	02:01+	01:11+	02:30+	01:47+	01:12+	01:37-	01:59+	02:48+	02:46-	02:58-	03:35+	01:32+												
01:05-	00:23-	00:17#	00:08#	00:13+	00:15#	00:22&	00:21-	00:29&	00:25#	00:20-	00:13-	01:06&	00:21&												
<b>3</b>	<b>Martin Svensen</b>	<b>284</b>										<b>32:25</b>													
01:38-	06:13+	07:55+	09:06+	15:52+	17:22+	18:06+	19:37+	21:18+	24:19+	26:33+	28:57+	31:32+	32:25+												
01:38-	04:35+	01:42-	01:11+	06:46+	01:30-	00:44-	01:31-	01:41+	03:01+	02:14-	02:24-	02:35+	00:53-												
01:30-	01:57&	00:02-	00:08#	04:29@	00:02-	00:06-	00:27-	00:11#	00:38&	00:52-	00:47-	00:06+	00:18-												
<b>4</b>	<b>Rolf Frøyland</b>	<b>5</b>										<b>32:49</b>													
02:53-	04:44-	07:00-	08:20-	11:05+	12:34+	13:25+	15:07-	19:11+	22:08+	25:21+	28:18+	31:08+	32:49+												
02:53-	01:51-	02:16+	01:20+	02:45+	01:29-	00:51+	01:42-	04:04+	02:57+	03:13+	02:57-	02:50+	01:41+												
00:15-	00:47-	00:32&	00:17&	00:28#	00:03-	00:01+	00:16-	02:34@	00:34#	00:07+	00:14-	00:21#	00:30&												

Class	Navn	Klasse										Tid		
<b>5</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>32:51</b>		
	02:14-	04:03-	05:56-	07:12-	12:18+	14:06+	14:49+	16:11+	18:14+	20:52+	25:06+	28:24+	31:41+	32:51+
	02:14-	01:49-	01:53+	01:16+	05:06+	01:48+	00:43-	01:22-	02:03+	02:38+	04:14+	03:18+	03:17+	01:10-
	00:54-	00:49-	00:09+	00:13#	02:49@	00:16#	00:07-	00:36-	00:33&	00:15#	01:08&	00:07+	00:48&	00:01-
<b>6</b>	<b>Hans Klausen</b>	<b>62</b>										<b>33:45</b>		
	03:00-	04:43-	07:11-	08:30-	11:36+	14:41+	15:42+	17:18+	18:59+	22:04+	25:07+	28:34+	32:22+	33:45+
	03:00-	01:43-	02:28+	01:19+	03:06+	03:05+	01:01+	01:36-	01:41+	03:05+	03:03-	03:27+	03:48+	01:23+
	00:08-	00:55-	00:44&	00:16&	00:49&	01:33@	00:11#	00:22-	00:11#	00:42&	00:03-	00:16+	01:19&	00:12#
<b>7</b>	<b>Bjørnar Owren</b>	<b>74</b>										<b>33:47</b>		
	04:09+	05:40-	08:35+	09:47+	12:10+	13:47+	14:46+	16:58+	20:36+	23:26+	26:03+	29:12+	32:03+	33:47+
	04:09+	01:31-	02:55+	01:12+	02:23+	01:37+	00:59+	02:12+	03:38+	02:50+	02:37-	03:09-	02:51+	01:44+
	01:01&	01:07-	01:11&	00:09#	00:06+	00:05+	00:09#	00:14#	02:08@	00:27#	00:29-	00:02-	00:22#	00:33&
<b>8</b>	<b>Bruce Chalmers</b>	<b>165</b>										<b>34:43</b>		
	02:49-	05:31-	07:44+	09:03+	14:06+	15:33+	16:40+	18:12+	20:33+	23:23+	26:51+	29:44+	33:05+	34:43+
	02:49-	02:42+	02:13+	01:19+	05:03+	01:27-	01:07+	01:32-	02:21+	02:50+	03:28+	02:53-	03:21+	01:38+
	00:19-	00:04+	00:29&	00:16&	02:46@	00:05-	00:17&	00:26-	00:51&	00:27#	00:22#	00:18-	00:52&	00:27&
<b>9</b>	<b>Robin Chalmers</b>	<b>165</b>										<b>34:51</b>		
	03:09+	05:03-	07:45+	09:02+	12:16+	13:58+	14:57+	17:30+	19:36+	22:33+	25:34+	29:28+	32:50+	34:51+
	03:09+	01:54-	02:42+	01:17+	03:14+	01:42+	00:59+	02:33+	02:06+	02:57+	03:01-	03:54+	03:22+	02:01+
	00:01+	00:44-	00:58&	00:14#	00:57&	00:10#	00:09#	00:35&	00:36&	00:34#	00:05-	00:43#	00:53&	00:50&
<b>10</b>	<b>Kjetil Bårdsen</b>	<b>105</b>										<b>35:20</b>		
	02:36-	05:29-	07:32+	08:44+	12:46+	14:07+	15:00+	17:07+	18:58+	21:39+	24:28+	28:00+	30:42+	35:20+
	02:36-	02:53+	02:03+	01:12+	04:02+	01:21-	00:53+	02:07+	01:51+	02:41+	02:49-	03:32+	02:42+	04:38+
	00:32-	00:15+	00:19#	00:09#	01:45&	00:11-	00:03+	00:09+	00:21#	00:18#	00:17-	00:21#	00:13+	03:27@
<b>11</b>	<b>Oddgeir Nevland</b>	<b>51</b>										<b>35:27</b>		
	02:52-	05:59+	08:26+	09:48+	12:35+	14:29+	15:35+	17:29+	20:10+	24:00+	27:03+	30:34+	33:59+	35:27+
	02:52-	03:07+	02:27+	01:22+	02:47+	01:54+	01:06+	01:54-	02:41+	03:50+	03:03-	03:31+	03:25+	01:28+
	00:16-	00:29#	00:43&	00:19&	00:30#	00:22#	00:16&	00:04-	01:11&	01:27&	00:03-	00:20#	00:56&	00:17#
<b>12</b>	<b>Lars Erik Ree-Pedersen</b>	<b>263</b>										<b>36:05</b>		
	02:30-	04:23-	06:47-	08:31-	11:59+	13:34+	14:43+	16:27+	18:30+	22:13+	25:33+	29:48+	34:04+	36:05+
	02:30-	01:53-	02:24+	01:44+	03:28+	01:35+	01:09+	01:44-	02:03+	03:43+	03:20+	04:15+	04:16+	02:01+
	00:38-	00:45-	00:40&	00:41&	01:11&	00:03+	00:19&	00:14-	00:33&	01:20&	00:14+	01:04&	01:47&	00:50&
<b>13</b>	<b>Ingvar Haabeth</b>	<b>92</b>										<b>36:11</b>		
	02:38-	04:30-	07:42+	09:06+	12:21+	14:01+	15:12+	16:58+	19:15+	22:50+	26:05+	30:26+	34:17+	36:11+
	02:38-	01:52-	03:12+	01:24+	03:15+	01:40+	01:11+	01:46-	02:17+	03:35+	03:15+	04:21+	03:51+	01:54+
	00:30-	00:46-	01:28&	00:21&	00:58&	00:08+	00:21&	00:12-	00:47&	01:12&	00:09+	01:10&	01:22&	00:43&
<b>14</b>	<b>Jan Knudsen</b>	<b>92</b>										<b>36:31</b>		
	04:54+	06:10+	08:57+	10:12+	13:26+	15:30+	16:55+	18:36+	21:29+	24:29+	27:47+	31:28+	35:02+	36:31+
	04:54+	01:16-	02:47+	01:15+	03:14+	02:04+	01:25+	01:41-	02:53+	03:00+	03:18+	03:41+	03:34+	01:29+
	01:46&	01:22-	01:03&	00:12#	00:57&	00:32&	00:35&	00:17-	01:23&	00:37&	00:12+	00:30#	01:05&	00:18&
<b>15</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>										<b>36:37</b>		
	02:15-	03:57-	06:02-	07:18-	10:06-	11:48-	12:59-	15:37+	18:24+	21:47+	25:37+	31:12+	35:02+	36:37+
	02:15-	01:42-	02:05+	01:16+	02:48+	01:42+	01:11+	02:38+	02:47+	03:23+	03:50+	05:35+	03:50+	01:35+
	00:53-	00:56-	00:21#	00:13#	00:31#	00:10#	00:21#	00:40&	01:17&	01:00&	00:44#	02:24&	01:21&	00:24&
<b>16</b>	<b>Alexander Khorunzhiy</b>	<b>136</b>										<b>37:01</b>		
	02:26-	03:59-	06:57-	08:17-	15:32+	16:57+	17:50+	19:40+	21:38+	24:37+	27:37+	31:30+	35:14+	37:01+
	02:26-	01:33-	02:58+	01:20+	07:15+	01:25-	00:53+	01:50-	01:58+	02:59+	03:00-	03:53+	03:44+	01:47+
	00:42-	01:05-	01:14&	00:17&	04:58@	00:07-	00:03+	00:08-	00:28&	00:36&	00:06-	00:42#	01:15&	00:36&
<b>17</b>	<b>Frode Ungar</b>	<b>116</b>										<b>37:12</b>		
	02:05-	04:00-	06:25-	07:39-	10:27-	13:02+	14:22+	16:21+	19:50+	23:37+	28:05+	31:46+	35:27+	37:12+
	02:05-	01:55-	02:25+	01:14+	02:48+	02:35+	01:20+	01:59+	03:29+	03:47+	04:28+	03:41+	03:41+	01:45+
	01:03-	00:43-	00:41&	00:11#	00:31#	01:03&	00:30&	00:01+	01:59@	01:24&	01:22&	00:30#	01:12&	00:34&
<b>18</b>	<b>Asle Schanke Grude</b>	<b>92</b>										<b>37:38</b>		
	02:42-	04:21-	06:32-	07:53-	12:31+	18:09+	19:00+	20:39+	22:50+	25:58+	29:20+	32:49+	36:09+	37:38+
	02:42-	01:39-	02:11+	01:21+	04:38+	05:38+	00:51+	01:39-	02:11+	03:08+	03:22+	03:29+	03:20+	01:29+
	00:26-	00:59-	00:27&	00:18&	02:21@	04:06@	00:01+	00:19-	00:41&	00:45&	00:16+	00:18+	00:51&	00:18&
<b>19</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>										<b>37:46</b>		
	02:20-	06:01+	07:41+	08:43+	14:12+	15:58+	16:46+	19:59+	22:07+	24:44+	28:48+	33:23+	36:22+	37:46+
	02:20-	03:41+	01:40-	01:02-	05:29+	01:46+	00:48-	03:13+	02:08+	02:37+	04:04+	04:35+	02:59+	01:24+
	00:48-	01:03&	00:04-	00:01-	03:12@	00:14#	00:02-	01:15&	00:38&	00:14+	00:58&	01:24&	00:30#	00:13#

Class	Navn	Klasse	Tid
<b>20</b>	<b>Reidar Haver</b>	<b>4</b>	<b>37:55</b>
02:55-	05:54+	08:31+	10:07+
02:55-	02:59+	02:37+	01:36+
00:13-	00:21#	00:53&	00:33&
00:49&	00:11#	00:21&	00:01-
00:30&	01:06&	01:12&	00:53&
01:43&	01:43&	00:37&	
<b>21</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>	<b>38:09</b>
04:25+	05:51+	08:45+	10:19+
04:25+	01:26-	02:54+	01:34+
01:17&	01:12-	01:10&	00:31&
01:08&	00:02+	00:16&	00:06-
00:42&	01:24&	00:05+	01:01&
01:48&	01:48&	01:03&	
<b>22</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>	<b>38:27</b>
02:34-	04:24-	08:23+	09:41+
02:34-	01:50-	03:59+	01:18+
00:34-	00:48-	02:15@	00:15#
00:28#	00:36&	00:29&	01:05&
00:29&	01:22&	01:46&	00:01-
01:27&	01:27&	00:38&	
<b>23</b>	<b>John Thorsnæs</b>	<b>51</b>	<b>38:34</b>
02:44-	05:12-	07:49+	10:11+
02:44-	02:28-	02:37+	02:22+
00:24-	00:10-	00:53&	01:19@
01:08&	00:03+	00:34&	00:01-
01:29&	01:13&	01:18&	00:33#
01:35&	01:35&	00:04+	
<b>24</b>	<b>Antal Jansen</b>	<b>115</b>	<b>38:34</b>
01:52-	04:34-	06:51-	07:59-
01:52-	02:42+	02:17+	01:08+
01:16-	00:04+	00:33&	00:05+
01:33&	00:26&	00:12#	01:01&
03:23@	00:54&	00:44#	00:43-
02:47@	00:09-		
<b>25</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>	<b>38:40</b>
03:28+	05:20-	07:58+	09:16+
03:28+	01:52-	02:38+	01:18+
00:20#	00:46-	00:54&	00:15#
04:01@	00:10#	00:14&	00:15#
00:43&	00:32#	00:32#	00:36#
01:28&	00:26&		
<b>26</b>	<b>Heine Furubotten</b>	<b>192</b>	<b>39:28</b>
02:24-	07:14+	09:37+	11:06+
02:24-	04:50+	02:23+	01:29+
00:44-	02:12&	00:39&	00:26&
00:55&	00:09+	00:20&	01:16&
00:33&	01:11&	01:03&	00:59&
01:07&	00:22&		
<b>27</b>	<b>Ivar Aalbu</b>	<b>29</b>	<b>39:42</b>
05:35+	07:24+	09:57+	11:34+
05:35+	01:49-	02:33+	01:37+
02:27&	00:49-	00:49&	00:34&
00:50&	00:15#	00:19&	00:02+
01:25&	01:06&	01:26&	00:33#
01:23&	00:22&		
<b>28</b>	<b>Joar Fandrem</b>	<b>94</b>	<b>40:13</b>
03:41+	06:41+	09:02+	10:20+
03:41+	03:00+	02:21+	01:18+
00:33#	00:22#	00:37&	00:15#
03:39@	00:09+	00:38&	00:24#
00:55&	01:08&	00:11+	01:07&
00:54&	00:21&		
<b>29</b>	<b>Samuel Denieul</b>	<b>42</b>	<b>40:42</b>
04:45+	07:10+	09:00+	10:20+
04:45+	02:25-	01:50+	01:20+
01:37&	00:13-	00:06+	00:17&
04:13@	00:53&	00:04+	00:08+
01:58@	00:25#	01:11&	00:40-
01:14&	00:29&		
<b>30</b>	<b>Morten Moss</b>	<b>109</b>	<b>41:03</b>
02:05-	04:03-	05:53-	07:03-
02:05-	01:58-	01:50+	01:10+
01:03-	00:40-	00:06+	00:07#
03:15@	00:24&	00:08#	00:24-
02:00@	00:13+	07:19@	00:57-
01:23&	00:12#		
<b>31</b>	<b>Tor Arne Olsen</b>	<b>50</b>	<b>42:08</b>
02:56-	04:40-	07:08-	08:27-
02:56-	01:44-	02:28+	01:19+
00:12-	00:54-	00:44&	00:16&
00:28#	00:17&	00:15#	05:08@
00:32#	03:28@	01:24&	00:35#
00:46&			
<b>32</b>	<b>Jan Henrik Neuenkirchen</b>	<b>93</b>	<b>43:48</b>
02:47-	06:49+	09:36+	11:17+
02:47-	04:02+	02:47+	01:41+
00:21-	01:24&	01:03&	00:38&
01:58&	02:09@	00:27&	00:02-
01:08&	01:44&	01:16&	01:16&
01:36&	00:32&		
<b>33</b>	<b>Einar Tønnesen</b>	<b>29</b>	<b>44:07</b>
04:12+	06:09+	09:34+	11:31+
04:12+	01:57-	03:25+	01:57+
01:04&	00:41-	01:41&	00:54&
01:38&	00:39&	00:50&	00:41&
00:56&	01:58&	00:43#	01:22&
02:25&	00:57&		
<b>34</b>	<b>Lars Tore Opdal</b>	<b>97</b>	<b>44:13</b>
03:47+	06:38+	10:56+	13:03+
03:47+	02:51+	04:18+	02:07+
00:39#	00:13+	02:34@	01:04@
01:28&	00:34&	00:50&	01:21&
02:55@	00:57&	00:07+	01:03&
00:44&	00:44&		

Class	Navn	Klasse										Tid	
<b>35</b>	<b>Tore Karlsen</b>	<b>105</b>										<b>44:21</b>	
02:43-	04:43-	08:11+	09:47+	12:56+	16:02+	17:55+	19:59+	25:42+	29:38+	33:47+	37:29+	42:26+	44:21+
02:43-	02:00-	03:28+	01:36+	03:09+	03:06+	01:53+	02:04+	05:43+	03:56+	04:09+	03:42+	04:57+	01:55+
00:25-	00:38-	01:44&	00:33&	00:52&	01:34@	01:03@	00:06+	04:13@	01:33&	01:03&	00:31#	02:28&	00:44&
<b>36</b>	<b>Per Bakken</b>	<b>5</b>										<b>45:06</b>	
03:26+	06:51+	10:12+	12:04+	15:56+	18:12+	19:35+	21:54+	24:24+	28:36+	33:18+	38:28+	42:53+	45:06+
03:26+	03:25+	03:21+	01:52+	03:52+	02:16+	01:23+	02:19+	02:30+	04:12+	04:42+	05:10+	04:25+	02:13+
00:18+	00:47&	01:37&	00:49&	01:35&	00:44&	00:33&	00:21#	01:00&	01:49&	01:36&	01:59&	01:56&	01:02&
<b>37</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>										<b>45:19</b>	
03:14+	06:44+	08:58+	10:23+	13:26+	15:37+	16:38+	26:20+	29:14+	32:13+	37:10+	40:20+	43:48+	45:19+
03:14+	03:30+	02:14+	01:25+	03:03+	02:11+	01:01+	09:42+	02:54+	02:59+	04:57+	03:10-	03:28+	01:31+
00:06+	00:52&	00:30&	00:22&	00:46&	00:39&	00:11#	07:44@	01:24&	00:36&	01:51&	00:01-	00:59&	00:20&
<b>38</b>	<b>Tor Inge Hansen</b>	<b>144</b>										<b>45:33</b>	
03:33+	06:33+	08:53+	10:28+	13:40+	16:48+	18:03+	19:53+	22:18+	25:19+	37:50+	40:54+	44:09+	45:33+
03:33+	03:00+	02:20+	01:35+	03:12+	03:08+	01:15+	01:50-	02:25+	03:01+	12:31+	03:04-	03:15+	01:24+
00:25#	00:22#	00:36&	00:32&	00:55&	01:36@	00:25&	00:08-	00:55&	00:38&	09:25@	00:07-	00:46&	00:13#
<b>39</b>	<b>Espen Lunde</b>	<b>68</b>										<b>46:58</b>	
02:50-	04:53-	07:40+	09:10+	15:11+	18:36+	19:54+	22:45+	24:46+	29:16+	34:02+	37:37+	45:00+	46:58+
02:50-	02:03-	02:47+	01:30+	06:01+	03:25+	01:18+	02:51+	02:01+	04:30+	04:46+	03:35+	07:23+	01:58+
00:18-	00:35-	01:03&	00:27&	03:44@	01:53@	00:28&	00:53&	00:31&	02:07&	01:40&	00:24#	04:54@	00:47&
<b>40</b>	<b>Josef Ludoid</b>	<b>228</b>										<b>47:15</b>	
03:37+	06:38+	10:16+	12:03+	15:49+	17:50+	19:29+	22:11+	24:34+	28:42+	32:06+	38:31+	45:03+	47:15+
03:37+	03:01+	03:38+	01:47+	03:46+	02:01+	01:39+	02:42+	02:23+	04:08+	03:24+	06:25+	06:32+	02:12+
00:29#	00:23#	01:54@	00:44&	01:29&	00:29&	00:49&	00:44&	00:53&	01:45&	00:18+	03:14@	04:03@	01:01&
<b>41</b>	<b>Audun Sjøen</b>	<b>111</b>										<b>47:24</b>	
02:36-	05:27-	07:48+	09:25+	15:37+	17:33+	19:03+	21:04+	23:37+	27:47+	33:50+	39:53+	44:55+	47:24+
02:36-	02:51+	02:21+	01:37+	06:12+	01:56+	01:30+	02:01+	02:33+	04:10+	06:03+	06:03+	05:02+	02:29+
00:32-	00:13+	00:37&	00:34&	03:55@	00:24&	00:40&	00:03+	01:03&	01:47&	02:57&	02:52&	02:33@	01:18@
<b>42</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>48:42</b>	
02:25-	06:36+	11:56+	13:21+	16:17+	18:09+	19:10+	21:33+	28:37+	31:38+	35:13+	38:34+	44:38+	48:42+
02:25-	04:11+	05:20+	01:25+	02:56+	01:52+	01:01+	02:23+	07:04+	03:01+	03:35+	03:21+	06:04+	04:04+
00:43-	01:33&	03:36@	00:22&	00:39&	00:20#	00:11#	00:25#	05:34@	00:38&	00:29#	00:10+	03:35@	02:53@
<b>43</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>50:33</b>	
03:34+	06:13+	10:39+	12:39+	16:56+	19:20+	20:58+	23:40+	26:33+	31:40+	36:42+	42:24+	47:47+	50:33+
03:34+	02:39+	04:26+	02:00+	04:17+	02:24+	01:38+	02:42+	02:53+	05:07+	05:02+	05:42+	05:23+	02:46+
00:26#	00:01+	02:42@	00:57&	02:00&	00:52&	00:48&	00:44&	01:23&	02:44@	01:56&	02:31&	02:54@	01:35@
<b>44</b>	<b>Steinar Aase</b>	<b>268</b>										<b>50:41</b>	
03:55+	06:02+	09:54+	13:08+	19:27+	21:29+	23:07+	26:24+	29:52+	34:39+	38:51+	44:11+	48:58+	50:41+
03:55+	02:07-	03:52+	03:14+	06:19+	02:02+	01:38+	03:17+	03:28+	04:47+	04:12+	05:20+	04:47+	01:43+
00:47#	00:31-	02:08@	02:11@	04:02@	00:30&	00:48&	01:19&	01:58@	02:24@	01:06&	02:09&	02:18&	00:32&
<b>45</b>	<b>Christoffer Soma</b>	<b>286</b>										<b>50:43</b>	
03:08=	05:29-	07:54+	16:25+	23:34+	25:47+	26:52+	29:31+	32:22+	36:12+	40:44+	44:12+	48:31+	50:43+
03:08=	02:21-	02:25+	08:31+	07:09+	02:13+	01:05+	02:39+	02:51+	03:50+	04:32+	03:28+	04:19+	02:12+
00:00=	00:17-	00:41&	07:28@	04:52@	00:41&	00:15&	00:41&	01:21&	01:27&	01:26&	00:17+	01:50&	01:01&
<b>46</b>	<b>Arild Olsen</b>	<b>4</b>										<b>51:53</b>	
03:23+	07:42+	10:37+	12:21+	15:32+	17:10+	18:52+	21:26+	25:11+	29:05+	37:53+	44:26+	48:53+	51:53+
03:23+	04:19+	02:55+	01:44+	03:11+	01:38+	01:42+	02:34+	03:45+	03:54+	08:48+	06:33+	04:27+	03:00+
00:15+	01:41&	01:11&	00:41&	00:54&	00:06+	00:52@	00:36&	02:15@	01:31&	05:42@	03:22@	01:58&	01:49@
<b>47</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>52:25</b>	
04:10+	06:53+	10:01+	12:11+	16:42+	19:33+	21:15+	24:49+	31:30+	36:02+	40:31+	45:22+	50:09+	52:25+
04:10+	02:43+	03:08+	02:10+	04:31+	02:51+	01:42+	03:34+	06:41+	04:32+	04:29+	04:51+	04:47+	02:16+
01:02&	00:05+	01:24&	01:07@	02:14&	01:19&	00:52@	01:36&	05:11@	02:09&	01:23&	01:40&	02:18&	01:05&
<b>48</b>	<b>Svein Inge Sævereid</b>	<b>126</b>										<b>52:42</b>	
04:44+	07:06+	11:06+	13:30+	18:42+	21:25+	23:30+	26:18+	29:51+	34:55+	39:40+	44:27+	50:07+	52:42+
04:44+	02:22-	04:00+	02:24+	05:12+	02:43+	02:05+	02:48+	03:33+	05:04+	04:45+	04:47+	05:40+	02:35+
01:36&	00:16-	02:16@	01:21@	02:55@	01:11&	01:15@	00:50&	02:03@	02:41@	01:39&	01:36&	03:11@	01:24@
<b>49</b>	<b>Tom Leveraas</b>	<b>188</b>										<b>53:01</b>	
03:16+	05:31-	09:40+	11:23+	16:05+	18:25+	19:46+	22:18+	31:25+	35:49+	42:15+	47:53+	51:15+	53:01+
03:16+	02:15-	04:09+	01:43+	04:42+	02:20+	01:21+	02:32+	09:07+	04:24+	06:26+	05:38+	03:22+	01:46+
00:08+	00:23-	02:25@	00:40&	02:25@	00:48&	00:31&	00:34&	07:37@	02:01&	03:20@	02:27&	00:53&	00:35&

Class	Navn	Klasse												Tid
<b>50</b>	<b>Arild Svihus</b>	<b>92</b>												<b>53:10</b>
	02:58-	05:08-	07:44+	13:07+	20:53+	22:24+	23:42+	31:20+	33:03+	36:52+	42:27+	46:44+	50:54+	53:10+
	02:58-	02:10-	02:36+	05:23+	07:46+	01:31-	01:18+	07:38+	01:43+	03:49+	05:35+	04:17+	04:10+	02:16+
	00:10-	00:28-	00:52&	04:20@	05:29@	00:01-	00:28&	05:40@	00:13#	01:26&	02:29&	01:06&	01:41&	01:05&
<b>51</b>	<b>Runar Espeland</b>	<b>141</b>												<b>57:36</b>
	04:04+	08:43+	11:56+	13:30+	18:57+	22:02+	23:25+	25:30+	30:07+	34:40+	41:44+	49:24+	53:58+	57:36+
	04:04+	04:39+	03:13+	01:34+	05:27+	03:05+	01:23+	02:05+	04:37+	04:33+	07:04+	07:40+	04:34+	03:38+
	00:56&	02:01&	01:29&	00:31&	03:10@	01:33@	00:33&	00:07+	03:07@	02:10&	03:58@	04:29@	02:05&	02:27@
<b>52</b>	<b>Einar Hinna</b>	<b>7</b>												<b>58:54</b>
	03:52+	05:51+	08:55+	10:55+	14:26+	16:59+	18:25+	20:45+	23:48+	28:46+	44:01+	49:22+	55:43+	58:54+
	03:52+	01:59-	03:04+	02:00+	03:31+	02:33+	01:26+	02:20+	03:03+	04:58+	15:15+	05:21+	06:21+	03:11+
	00:44#	00:39-	01:20&	00:57&	01:14&	01:01&	00:36&	00:22#	01:33@	02:35@	12:09@	02:10&	03:52@	02:00@
<b>53</b>	<b>Sverre Vareberg</b>	<b>7</b>												<b>1:01:05</b>
	04:21+	07:23+	12:26+	14:43+	21:07+	24:07+	26:17+	30:06+	34:39+	41:01+	46:03+	51:42+	58:09+	61:05+
	04:21+	03:02+	05:03+	02:17+	06:24+	03:00+	02:10+	03:49+	04:33+	06:22+	05:02+	05:39+	06:27+	02:56+
	01:13&	00:24#	03:19@	01:14@	04:07@	01:28&	01:20@	01:51&	03:03@	03:59@	01:56&	02:28&	03:58@	01:45@
<b>54</b>	<b>Ove Vatland</b>	<b>128</b>												<b>1:01:45</b>
	03:48+	05:55+	10:13+	12:25+	18:13+	20:20+	27:26+	30:38+	34:19+	39:34+	45:56+	52:26+	58:34+	61:45+
	03:48+	02:07-	04:18+	02:12+	05:48+	02:07+	07:06+	03:12+	03:41+	05:15+	06:22+	06:30+	06:08+	03:11+
	00:40#	00:31-	02:34@	01:09@	03:31@	00:35&	06:16@	01:14&	02:11@	02:52@	03:16@	03:19@	03:39@	02:00@
<b>55</b>	<b>Inge Grødem</b>	<b>92</b>												<b>1:08:10</b>
	05:11+	09:55+	14:41+	17:23+	22:38+	26:15+	28:49+	33:05+	38:30+	44:49+	51:42+	57:59+	64:30+	68:10+
	05:11+	04:44+	04:46+	02:42+	05:15+	03:37+	02:34+	04:16+	05:25+	06:19+	06:53+	06:17+	06:31+	03:40+
	02:03&	02:06&	03:02@	01:39@	02:58@	02:05@	01:44@	02:18@	03:55@	03:56@	03:47@	03:06&	04:02@	02:29@
<b>56</b>	<b>Tor Magnus Sivertsen</b>	<b>128</b>												<b>1:29:16</b>
	04:53+	08:39+	13:44+	25:10+	33:38+	38:49+	43:03+	49:05+	54:14+	61:29+	69:06+	75:40+	85:42+	89:16+
	04:53+	03:46+	05:05+	11:26+	08:28+	05:11+	04:14+	06:02+	05:09+	07:15+	07:37+	06:34+	10:02+	03:34+
	01:45&	01:08&	03:21@	10:23@	06:11@	03:39@	03:24@	04:04@	03:39@	04:52@	04:31@	03:23@	07:33@	02:23@
<b>57</b>	<b>Erling Aniksdal</b>	<b>128</b>												<b>1:29:23</b>
	04:51+	08:33+	13:50+	25:05+	33:19+	38:06+	43:39+	48:53+	54:00+	61:40+	69:15+	75:51+	85:59+	89:23+
	04:51+	03:42+	05:17+	11:15+	08:14+	04:47+	05:33+	05:14+	05:07+	07:40+	07:35+	06:36+	10:08+	03:24+
	01:43&	01:04&	03:33@	10:12@	05:57@	03:15@	04:43@	03:16@	03:37@	05:17@	04:29@	03:25@	07:39@	02:13@
<b>58</b>	<b>Arthur Christiansen</b>	<b>93</b>												<b>1:31:24</b>
	05:59+	09:31+	15:49+	19:02+	39:50+	43:57+	46:34+	50:27+	54:08+	61:13+	68:17+	76:06+	84:31+	91:24+
	05:59+	03:32+	06:18+	03:13+	20:48+	04:07+	02:37+	03:53+	03:41+	07:05+	07:04+	07:49+	08:25+	06:53+
	02:51&	00:54&	04:34@	02:10@	18:31@	02:35@	01:47@	01:55&	02:11@	04:42@	03:58@	04:38@	05:56@	05:42@
<b>59</b>	<b>Alf Inge Jåtten</b>	<b>63</b>												<b>1:41:44</b>
	40:20+	44:36+	47:41+	49:49+	56:17+	58:22+	59:35+	73:30+	78:02+	81:56+	85:31+	94:03+	99:26+	101:44+
	40:20+	04:16+	03:05+	02:08+	06:28+	02:05+	01:13+	13:55+	04:32+	03:54+	03:35+	08:32+	05:23+	02:18+
	37:12@	01:38&	01:21&	01:05@	04:11@	00:33&	00:23&	11:57@	03:02@	01:31&	00:29#	05:21@	02:54@	01:07&
<b>Beste strekktid for klassen</b>														
	01:38	01:16	01:40	01:02	02:17	01:21	00:43	01:22	01:30	02:23	02:14	02:14	02:29	00:53

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