

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Sina Thu	271	1:04:01													
01:43=	09:33=	10:41=	13:11=	16:18=	33:35=	39:38=	41:00=	44:01=	48:45=	51:50=	54:32=	57:41=	60:58=	62:28=	63:11=	64:01=
01:43=	07:50=	01:08=	02:30=	03:07=	17:17=	06:03=	01:22=	03:01=	04:44=	03:05=	02:42=	03:09=	03:17=	01:30=	00:43=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Karlotte K Sørheim	105	1:04:33													
01:21-	03:50-	04:40-	08:04-	11:48-	32:28-	34:56-	37:40-	39:57-	44:10-	48:38-	52:33-	56:48-	61:04+	62:43+	63:37+	64:33+
01:21-	02:29-	00:50-	03:24+	03:44+	20:40+	02:28-	02:44+	02:17-	04:13-	04:28+	03:55+	04:15+	04:16+	01:39+	00:54+	00:56+
00:22-	05:21-	00:18-	00:54&	00:37#	03:35-	01:22&	00:44-	00:31-	01:23&	01:13&	01:06&	00:59&	00:09+	00:11&	00:06#	
3	Ann Torill M. Bakken	116	1:06:37													
01:20-	04:15-	06:14-	09:05-	13:12-	36:36+	39:13-	41:45+	46:07+	49:27+	52:30+	56:15+	59:02+	62:50+	64:33+	65:31+	66:37+
01:20-	02:55-	01:59+	02:51+	04:07+	23:24+	02:37-	02:32+	04:22+	03:20-	03:03-	03:45+	02:47-	03:48+	01:43+	00:58+	01:06+
00:23-	04:55-	00:51&	00:21#	01:00&	06:07&	03:26-	01:10&	01:21&	01:24-	00:02-	01:03&	00:22-	00:31#	00:13#	00:15&	00:16&
4	Rønnaug Egeland	154	1:06:37													
01:33-	05:10-	06:06-	09:21-	13:19-	30:10-	36:25-	38:45-	43:58-	49:26+	52:30+	55:38+	58:48+	62:41+	64:33+	65:44+	66:37+
01:33-	03:37-	00:56-	03:15+	03:58+	16:51-	06:15+	02:20+	05:13+	05:28+	03:04-	03:08+	03:10+	03:53+	01:52+	01:11+	00:53+
00:10-	04:13-	00:12-	00:45&	00:51&	00:26-	00:12+	00:58&	02:12&	00:44#	00:01-	00:26#	00:01+	00:36#	00:22#	00:28&	00:03+
5	Ingrid Lycke Austbø	109	1:09:22													
01:19-	04:05-	05:07-	08:34-	11:47-	34:00+	38:28-	41:06+	42:47-	45:46-	49:04-	54:03-	56:47-	64:14+	66:14+	68:17+	69:22+
01:19-	02:46-	01:02-	03:27+	03:13+	22:13+	04:28-	02:38+	01:41-	02:59-	03:18+	04:59+	02:44-	07:27+	02:00+	02:03+	01:05+
00:24-	05:04-	00:06-	00:57&	00:06+	04:56&	01:35-	01:16&	01:20-	01:45-	00:13+	02:17&	00:25-	04:10@	00:30&	01:20@	00:15&
6	Kari Borgen	62	1:12:16													
01:38-	04:05-	05:20-	07:33-	10:34-	40:37+	42:54+	45:20+	46:44+	49:36+	54:26+	58:30+	61:27+	68:50+	70:30+	71:30+	72:16+
01:38-	02:27-	01:15+	02:13-	03:01-	30:03+	02:17-	02:26+	01:24-	02:52-	04:50+	04:04+	02:57-	07:23+	01:40+	01:00+	00:46-
00:05-	05:23-	00:07#	00:17-	00:06-	12:46&	03:46-	01:04&	01:37-	01:52-	01:45&	01:22&	00:12-	04:06@	00:10#	00:17&	00:04-
7	Wibeke Lende	74	1:14:20													
01:51+	05:03-	06:15-	09:26-	13:35-	38:03+	39:50+	43:27+	46:14+	50:53+	56:19+	59:34+	63:22+	69:26+	72:16+	73:16+	74:20+
01:51+	03:12-	01:12+	03:11+	04:09+	24:28+	01:47-	03:37+	02:47-	04:39-	05:26+	03:15+	03:48+	06:04+	02:50+	01:00+	01:04+
00:08+	04:38-	00:04+	00:41&	01:02&	07:11&	04:16-	02:15@	00:14-	00:05-	02:21&	00:33#	00:39#	02:47&	01:20&	00:17&	00:14&
8	Ingunn Bergheim Landsnes	74	1:16:38													
01:43=	05:05-	07:32-	11:43-	15:59-	36:01+	40:52+	45:27+	49:00+	52:59+	57:55+	61:42+	65:11+	71:30+	73:50+	75:12+	76:38+
01:43=	03:22-	02:27+	04:11+	04:16+	20:02+	04:51-	04:35+	03:33+	03:59-	04:56+	03:47+	03:29+	06:19+	02:20+	01:22+	01:26+
00:00=	04:28-	01:19@	01:41&	01:09&	02:45#	01:12-	03:13@	00:32#	00:45-	01:51&	01:05&	00:20#	03:02&	00:50&	00:39&	00:36&
9	Anne Tove Puntervold	105	1:21:03													
01:19-	04:39-	05:50-	11:36-	16:46+	36:08+	40:25+	44:22+	47:04+	50:28+	54:16+	59:47+	63:44+	76:35+	78:47+	79:58+	81:03+
01:19-	03:20-	01:11+	05:46+	05:10+	19:22+	04:17-	03:57+	02:42-	03:24-	03:48+	05:31+	03:57+	12:51+	02:12+	01:11+	01:05+
00:24-	04:30-	00:03+	03:16@	02:03&	02:05#	01:46-	02:35@	00:19-	01:20-	00:43#	02:49@	00:48&	09:34@	00:42&	00:28&	00:15&
10	Marita Skorpe	74	1:26:11													
02:19+	06:08-	07:21-	10:34-	14:50-	38:18+	40:39+	44:49+	48:33+	52:30+	57:07+	69:00+	73:03+	78:06+	82:36+	84:27+	86:11+
02:19+	03:49-	01:13+	03:13+	04:16+	23:28+	02:21-	04:10+	03:44+	03:57-	04:37+	11:53+	04:03+	05:03+	04:30+	01:51+	01:44+
00:36&	04:01-	00:05+	00:43&	01:09&	06:11&	03:42-	02:48@	00:43#	00:47-	01:32&	09:11@	00:54&	01:46&	03:00@	01:08@	00:54@
Beste strekketid for klassen																
01:19	02:27	00:50	02:13	03:01	16:51	01:47	01:22	01:24	02:52	03:03	02:42	02:44	03:17	01:30	00:43	00:46

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

Damer 40 - 49 år

1	Hilde Hetland	29	1:02:03												
01:42=	04:47=	07:20=	08:55=	11:54=	31:54=	34:10=	38:02=	41:17=	44:25=	48:16=	53:41=	57:29=	60:25=	61:09=	62:03=
01:42=	03:05=	02:33=	01:35=	02:59=	20:00=	02:16=	03:52=	03:15=	03:08=	03:51=	05:25=	03:48=	02:56=	00:44=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Siri Warland	115	1:02:40												
01:31-	04:16-	05:40-	08:35-	11:27-	29:52-	32:27-	35:23-	37:45-	40:57-	46:34-	52:03-	57:06-	61:02+	61:31+	62:40+
01:31-	02:45-	01:24-	02:55+	02:52-	18:25-	02:35+	02:56-	02:22-	03:12+	05:37+	05:29+	05:03+	03:56+	00:29-	01:09+
00:11-	00:20-	01:09-	01:20&	00:07-	01:35-	00:19#	00:56-	00:53-	00:04+	01:46&	00:04+	01:15&	01:00&	00:15-	00:15&

Class	Navn	Klasse	Tid
3	Hilde Frøytlog Karlsen	235	1:16:53
02:15+	05:40+	11:36+	13:43+
02:15+	03:25+	05:56+	02:07+
00:33&	00:20#	03:23@	00:32&
04:31#	01:09&	00:17-	00:16-
00:38#	00:46#	00:39#	01:06&
00:20#	00:03-	00:43&	
4	Nina Svensen	2	1:24:45
01:44+	05:59+	07:46+	10:32+
01:44+	04:15+	01:47-	02:46+
00:02+	01:10&	00:46-	01:11&
01:18&	09:26&	01:36&	00:27-
00:11-	00:26#	03:25&	00:16+
02:37&	02:37&	00:10-	00:12#
5	Randi Roth	68	1:41:50
03:26+	13:09+	14:55+	17:33+
03:26+	09:43+	01:46-	02:38+
01:44@	06:38@	00:47-	01:03&
01:26#	00:24#	00:16-	02:18&
01:28&	01:55&	00:54#	03:52@
01:18&	00:18-	02:26@	
Beste strekktid for klassen	01:31	02:45	01:24
	01:35	02:52	18:25
	02:16	02:56	02:22
	03:08	03:51	05:25
	03:48	02:56	00:26
	00:54		

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

Damer 50 - 59 år

1	Ingunn Voilås	29	55:10
01:14=	03:37=	05:04=	06:47=
01:14=	02:23=	01:27=	01:43=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Trude Katrine Hermanrud	117	57:05
02:19+	06:09+	07:44+	09:25+
02:19+	03:50+	01:35+	01:41-
01:05&	01:27&	00:08+	00:02-
00:03-	00:08+	00:36-	00:28#
00:01-	00:04+	00:20-	00:12+
00:16-	00:02+	00:03+	00:24-
3	Keth Berggraf	116	1:07:16
01:20+	04:33+	05:53+	07:33+
01:20+	03:13+	01:20-	01:40-
00:06+	00:50&	00:07-	00:03-
01:02-	00:38-	02:45@	00:20#
01:00&	00:24-	00:20-	00:30+
10:13@	00:10-	00:11-	00:43-
4	Hanne-Keth Qvale	113	1:22:06
01:34+	06:24+	11:35+	13:32+
01:34+	04:50+	05:11+	01:57+
00:20&	02:27@	03:44@	00:14#
00:04-	02:49#	01:39&	00:41#
00:22#	00:01-	10:52@	01:49&
00:12+	00:14+	00:06-	01:44@
5	Torill Andersen	116	1:26:49
09:55+	13:15+	14:58+	16:49+
09:55+	03:20+	01:43+	01:51+
08:41@	00:57&	00:16#	00:08+
09:49&	01:26&	01:30&	01:13&
01:33&	01:20&	01:14#	01:32&
01:14&	00:10&	00:16#	
6	Andrea Tapken	54	1:40:55
01:55+	05:47+	08:13+	11:34+
01:55+	03:52+	02:26+	03:21+
00:41&	01:29&	00:59&	01:38&
00:32#	11:10&	02:59@	01:06&
01:08&	03:50@	06:26@	04:46&
06:51@	02:20&	00:04#	00:14-
7	Marie-Elizabeth Reinseth	27	1:42:22
01:54+	12:16+	16:15+	18:52+
01:54+	10:22+	03:59+	02:37+
00:40&	07:59@	02:32@	00:54&
02:38&	06:39&	02:18&	00:42#
15:00@	00:20#	01:00#	00:59#
02:25&	01:03&	00:09#	01:54@
8	Brit Vivian Meling	116	1:43:16
02:58+	07:35+	18:13+	20:24+
02:58+	04:37+	10:38+	02:11+
01:44@	02:14&	09:11@	00:28&
01:34&	07:58&	00:51&	01:22&
07:03@	00:40#	03:23&	02:48&
06:45@	01:51&	00:26&	00:12-
Beste strekktid for klassen	01:14	02:23	01:20
	01:40	02:17	14:34
	01:49	02:58	02:32
	02:52	03:54	05:05
	03:45	02:52	00:27
	00:57		

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

Damer 60 - 64 år

Class	Navn	Klasse												Tid				
1	Ingrid Eik	88												45:52				
	01:17=	03:21=	04:51=	08:01=	10:02=	14:35=	17:23=	20:19=	23:51=	27:25=	30:39=	34:01=	37:39=	41:08=	44:25=	44:51=	45:52=	
	01:17=	02:04=	01:30=	03:10=	02:01=	04:33=	02:48=	02:56=	03:32=	03:34=	03:14=	03:22=	03:38=	03:29=	03:17=	00:26=	01:01=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Marit Karin Nygård	92												49:24				
	01:12-	03:23+	04:52+	08:38+	12:54+	17:21+	23:48+	25:55+	28:33+	30:46+	34:21+	38:13+	41:17+	45:12+	47:27+	48:09+	49:24+	
	01:12-	02:11+	01:29-	03:46+	04:16+	04:27-	06:27+	02:07-	02:38-	02:13-	03:35+	03:52+	03:04-	03:55+	02:15-	00:42+	01:15+	
	00:05-	00:07+	00:01-	00:36#	02:15@	00:06-	03:39@	00:49-	00:54-	01:21-	00:21#	00:30#	00:34-	00:26#	01:02-	00:16&	00:14#	
3	Berit K. Gramstad	113												56:52				
	01:59+	05:49+	07:48+	11:12+	14:07+	20:10+	22:28+	25:47+	30:41+	33:17+	37:33+	41:44+	44:54+	50:21+	54:45+	55:14+	56:52+	
	01:59+	03:50+	01:59+	03:24+	02:55+	06:03+	02:18-	03:19+	04:54+	02:36-	04:16+	04:11+	03:10-	05:27+	04:24+	00:29+	01:38+	
	00:42&	01:46&	00:29&	00:14+	00:54&	01:30&	00:30-	00:23#	01:22&	00:58-	01:02&	00:49#	00:28-	01:58&	01:07&	00:03#	00:37&	
4	Eli Frafjord	94												57:20				
	01:27+	04:58+	06:54+	10:28+	12:41+	20:41+	24:14+	27:25+	31:35+	34:56+	39:49+	43:18+	46:37+	51:49+	55:35+	56:08+	57:20+	
	01:27+	03:31+	01:56+	03:34+	02:13+	08:00+	03:33+	03:11+	04:10+	03:21-	04:53+	03:29+	03:19-	05:12+	03:46+	00:33+	01:12+	
	00:10#	01:27&	00:26&	00:24#	00:12+	03:27&	00:45&	00:15+	00:38#	00:13-	01:39&	00:07+	00:19-	01:43&	00:29#	00:07&	00:11#	
5	Aud Steinsland	128												59:09				
	01:35+	04:47+	06:55+	10:31+	13:36+	20:12+	23:32+	28:11+	32:13+	35:04+	40:48+	45:07+	48:42+	54:08+	57:15+	57:52+	59:09+	
	01:35+	03:12+	02:08+	03:36+	03:05+	06:36+	03:20+	04:39+	04:02+	02:51-	05:44+	04:19+	03:35-	05:26+	03:07-	00:37+	01:17+	
	00:18#	01:08&	00:38&	00:26#	01:04&	02:03&	00:32#	01:43&	00:30#	00:43-	02:30&	00:57&	00:03-	01:57&	00:10-	00:11&	00:16&	
6	Hanna S. Lomeland	47												59:10				
	01:37+	04:41+	06:59+	10:32+	13:39+	20:14+	23:34+	28:15+	32:15+	35:05+	40:43+	45:07+	48:43+	54:10+	57:17+	57:54+	59:10+	
	01:37+	03:04+	02:18+	03:33+	03:07+	06:35+	03:20+	04:41+	04:00+	02:50-	05:38+	04:24+	03:36-	05:27+	03:07-	00:37+	01:16+	
	00:20&	01:00&	00:48&	00:23#	01:06&	02:02&	00:32#	01:45&	00:28#	00:44-	02:24&	01:02&	00:02-	01:58&	00:10-	00:11&	00:15#	
7	Kari Blixhavn	228												1:03:24				
	03:45+	06:27+	08:30+	14:26+	17:39+	24:23+	29:56+	33:37+	37:02+	39:59+	44:33+	49:19+	52:52+	57:44+	61:20+	62:00+	63:24+	
	03:45+	02:42+	02:03+	05:56+	03:13+	06:44+	05:33+	03:41+	03:25-	02:57-	04:34+	04:46+	03:33-	04:52+	03:36+	00:40+	01:24+	
	02:28@	00:38&	00:33&	02:46&	01:12&	02:11&	02:45&	00:45&	00:07-	00:37-	01:20&	01:24&	00:05-	01:23&	00:19+	00:14&	00:23&	
8	Unni Relling	92												1:10:50				
	02:08+	05:03+	08:46+	12:55+	16:34+	23:14+	28:40+	32:43+	41:18+	44:24+	49:16+	54:08+	59:35+	64:35+	68:23+	69:23+	70:50+	
	02:08+	02:55+	03:43+	04:09+	03:39+	06:40+	05:26+	04:03+	08:35+	03:06-	04:52+	04:52+	05:27+	05:00+	03:48+	01:00+	01:27+	
	00:51&	00:51&	02:13@	00:59&	01:38&	02:07&	02:38&	01:07&	05:03@	00:28-	01:38&	01:30&	01:49&	01:31&	00:31#	00:34@	00:26&	
9	Liv Sissel Obrestad	54												1:11:12				
	01:54+	04:48+	06:57+	11:21+	13:59+	30:46+	36:43+	40:21+	44:31+	47:31+	51:35+	55:44+	58:59+	64:10+	69:00+	69:31+	71:12+	
	01:54+	02:54+	02:09+	04:24+	02:38+	16:47+	05:57+	03:38+	04:10+	03:00-	04:04+	04:09+	03:15-	05:11+	04:50+	00:31+	01:41+	
	00:37&	00:50&	00:39&	01:14&	00:37&	12:14@	03:09@	00:42#	00:38#	00:34-	00:50&	00:47#	00:23-	01:42&	01:33&	00:05#	00:40&	
10	Halldis Handeland	92												1:14:14				
	02:01+	05:04+	08:11+	12:40+	15:50+	24:17+	27:54+	32:37+	39:24+	43:07+	49:02+	54:14+	58:36+	66:48+	70:25+	71:48+	74:14+	
	02:01+	03:03+	03:07+	04:29+	03:10+	08:27+	03:37+	04:43+	06:47+	03:43+	05:55+	05:12+	04:22+	08:12+	03:37+	01:23+	02:26+	
	00:44&	00:59&	01:37@	01:19&	01:09&	03:54&	00:49&	01:47&	03:15&	00:09+	02:41&	01:50&	00:44#	04:43@	00:20#	00:57@	01:25@	
	01:12	02:04	01:29	03:10	02:01	04:27	02:18	02:07	02:38	02:13	03:14	03:22	03:04	03:29	02:15	00:26	01:01	

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

Damer 65 - 69 år

1	Inger Skretting Opstad	54												58:26				
	01:41=	04:28=	06:39=	10:43=	13:19=	21:07=	25:11=	29:52=	33:02=	36:36=	40:42=	45:05=	48:31=	53:10=	56:00=	56:45=	58:26=	
	01:41=	02:47=	02:11=	04:04=	02:36=	07:48=	04:04=	04:51=	03:10=	03:34=	04:06=	04:23=	03:26=	04:39=	02:50=	00:45=	01:41=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kirsten Carlsen	93												1:02:44				
	01:30-	04:36+	06:27-	10:43=	14:13+	21:25+	25:09-	29:24-	32:57-	35:54-	40:22-	45:30+	48:54+	57:39+	60:29+	61:10+	62:44+	
	01:30-	03:06+	01:51-	04:16+	03:30+	07:12-	03:44-	04:15-	03:33+	02:57-	04:28+	05:08+	03:24-	08:45+	02:50+	00:41-	01:34-	
	00:11-	00:19#	00:20-	00:12+	00:54&	00:36-	00:20-	00:26-	00:23#	00:37-	00:22+	00:45#	00:02-	04:06&	00:00=	00:04-	00:07-	
3	Mette Dagsland	68												1:33:05				
	02:34+	08:20+	09:51+	13:31+	15:45+	22:23+	27:04+	30:49+	34:19+	41:30+	66:24+	69:33+	73:13+	78:20+	83:37+	88:59+	89:34+	93:05+
	02:34+	05:46+	01:31-	03:40-	02:14-	06:38-	04:41+	03:45-	03:30+	07:11+	24:54+	03:09-	03:40+	05:07+	05:17+	05:22+	00:35-	03:31+
	00:53&	02:59@	00:40-	00:24-	00:22-	01:10-	00:37#	00:56-	00:20#	03:37@	20:48@	01:14-	00:14+	00:28#	02:27&	04:37@	01:06-	03:31+

Class	Navn	Klasse												Tid		
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Beste strekktid for klassen

01:30 02:47 01:31 03:40 02:14 06:38 03:44 03:45 03:10 02:57 04:06 03:09 03:24 04:39 02:50 00:41 00:35

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

Damer 70 - 74 år

1	Turid Nystrøm	68	52:26
01:42=	04:02= 05:44= 08:54=	11:09= 18:11= 21:28= 24:52= 28:26= 31:52= 35:56= 39:38= 43:00= 48:10=	50:42= 51:17= 52:26=
01:42=	02:20= 01:42= 03:10=	02:15= 07:02= 03:17= 03:24= 03:34= 03:26= 04:04= 03:42= 03:22= 05:10=	02:32= 00:35= 01:09=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00=
2	Gry V. Thengs	68	55:35
01:52+	04:34+ 06:22+ 11:45+	14:15+ 22:47+ 25:14+ 28:08+ 31:06+ 34:57+ 39:56+ 43:59+ 47:32+ 51:36+	53:46+ 54:21+ 55:35+
01:52+	02:42+ 01:48+ 05:23+	02:30+ 08:32+ 02:27- 02:54- 02:58- 03:51+ 04:59+ 04:03+ 03:33+ 04:04- 02:10-	00:35= 01:14+
00:10+	00:22# 00:06+ 02:13&	00:15# 01:30# 00:50+ 00:30- 00:36- 00:25# 00:55# 00:21+	00:11+ 01:06- 00:22- 00:00= 00:05+
3	Helga Aaslid	54	57:42
01:33-	03:52- 06:01+ 09:49+	12:46+ 19:17+ 22:36+ 26:23+ 31:34+ 34:12+ 38:28+ 42:38+ 45:50+ 51:24+	55:47+ 56:18+ 57:42+
01:33-	02:19- 02:09+ 03:48+	02:57+ 06:31- 03:19+ 03:47+ 05:11+ 02:38- 04:16+ 04:10+ 03:12- 05:34+ 04:23+	00:31- 01:24+
00:09-	00:01- 00:27& 00:38#	00:42& 00:31- 00:02+ 00:23# 01:37& 00:48- 00:12+ 00:28# 00:10- 00:24+ 01:51& 00:04-	00:15#
4	Haldis Glendrange	68	58:37
01:33-	03:55- 05:51+ 10:15+	13:04+ 20:36+ 25:59+ 31:07+ 34:20+ 37:05+ 41:17+ 45:56+ 49:23+ 53:52+	56:46+ 57:24+ 58:37+
01:33-	02:22+ 01:56+ 04:24+	02:49+ 07:32+ 05:23+ 05:08+ 03:13- 02:45- 04:12+ 04:39+ 03:27+ 04:29- 02:54+	00:38+ 01:13+
00:09-	00:02+ 00:14# 01:14&	00:34& 00:30+ 02:06& 01:44& 00:21- 00:41- 00:08+ 00:57& 00:05+ 00:41- 00:22# 00:03+	00:04+
5	Hedvig Anda	116	1:04:43
01:45+	04:40+ 07:37+ 11:27+	14:14+ 23:44+ 27:03+ 31:02+ 35:00+ 38:03+ 42:35+ 46:51+ 50:44+ 59:31+	62:15+ 62:56+ 64:43+
01:45+	02:55+ 02:57+ 03:50+	02:47+ 09:30+ 03:19+ 03:59+ 03:58+ 03:03- 04:16+ 04:32+ 04:16+ 03:53+ 08:47+	02:44+ 00:41+ 01:47+
00:03+	00:35# 01:15& 00:40#	00:32# 02:28& 00:02+ 00:35# 00:24# 00:23- 00:28# 00:34# 00:31# 03:37& 00:12+	00:06# 00:38&
6	Eva Hessen	83	1:13:35
01:49+	04:52+ 07:07+ 11:47+	14:57+ 23:38+ 27:43+ 32:44+ 43:28+ 46:22+ 51:08+ 57:47+ 61:43+ 67:17+	71:04+ 72:13+ 73:35+
01:49+	03:03+ 02:15+ 04:40+	03:10+ 08:41+ 04:05+ 05:01+ 10:44+ 02:54- 04:46+ 06:39+ 03:56+ 05:34+ 03:47+	01:09+ 01:22+
00:07+	00:43& 00:33& 01:30&	00:55& 01:39# 00:48# 01:37& 07:10@ 00:32- 00:42# 02:57& 00:34# 00:24+ 01:15& 00:34&	00:13#
7	Ragnhild Christiansen	93	1:14:54
02:11+	05:32+ 08:03+ 12:53+	16:07+ 24:04+ 28:38+ 34:10+ 38:30+ 44:22+ 50:23+ 55:59+ 60:56+ 68:18+	71:54+ 73:00+ 74:54+
02:11+	03:21+ 02:31+ 04:50+	03:14+ 07:57+ 04:34+ 05:32+ 04:20+ 05:52+ 06:01+ 05:36+ 04:57+ 07:22+ 03:36+	01:06+ 01:54+
00:29&	01:01& 00:49& 01:40&	00:59& 00:55# 01:17& 02:08& 00:46# 02:26& 01:57& 01:54& 01:35& 02:12& 01:04&	00:31& 00:45&
8	Marit Kløvstad Braut	92	1:20:08
03:13+	07:01+ 10:18+ 12:39+	17:17+ 20:22+ 28:34+ 32:54+ 38:04+ 44:21+ 47:35+ 53:42+ 60:43+ 65:50+	72:50+ 77:30+ 78:13+ 80:08+
03:13+	03:48+ 03:17+ 02:21-	04:38+ 03:05- 08:12+ 04:20+ 05:10+ 06:17+ 03:14- 06:07+ 07:01+ 05:07- 07:00+	04:40+ 00:43- 01:55+
01:31&	01:28& 01:35& 00:49-	02:23@ 03:57- 04:55@ 00:56& 01:36& 02:51& 00:50- 02:25& 03:39@ 00:03- 04:28@ 04:05@ 00:26-	01:55+
9	Margaret Malmin	105	1:20:33
02:10+	06:31+ 09:13+ 15:27+	19:11+ 27:51+ 33:47+ 39:20+ 43:37+ 49:43+ 55:40+ 61:20+ 66:05+ 72:36+	76:50+ 78:09+ 80:33+
02:10+	04:21+ 02:42+ 06:14+	03:44+ 08:40+ 05:56+ 05:33+ 04:17+ 06:06+ 05:57+ 05:40+ 04:45+ 06:31+ 04:14+	01:19+ 02:24+
00:28&	02:01& 01:00& 03:04&	01:29& 01:38# 02:39& 02:09& 00:43# 02:40& 01:53& 01:58& 01:23& 01:21& 01:42& 00:44@ 01:15@	
10	Aslaug Lura	94	1:33:55
01:55+	06:19+ 09:15+ 13:31+	17:34+ 25:51+ 32:30+ 36:59+ 44:26+ 47:55+ 53:42+ 59:39+ 65:51+ 84:58+	91:12+ 91:49+ 93:55+
01:55+	04:24+ 02:56+ 04:16+	04:03+ 08:17+ 06:39+ 04:29+ 07:27+ 03:29+ 05:47+ 05:57+ 06:12+ 19:07+ 06:14+	00:37+ 02:06+
00:13#	02:04& 01:14& 01:06&	01:48& 01:15# 03:22@ 01:05& 03:53@ 00:03+ 01:43& 02:15& 02:50& 13:57@ 03:42@ 00:02+ 00:57&	

Beste strekktid for klassen

01:33 02:19 01:42 02:21 02:15 03:05 02:27 02:54 02:58 02:38 03:14 03:42 03:12 04:04 02:10 00:31 00:43

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

Damer 80 år og eldre

1	Gørild Espedal	113	1:21:20
05:17=	09:53= 13:26= 20:09=	26:44= 32:13= 42:53= 47:19= 52:38= 62:15= 66:43= 69:39= 73:04= 74:56=	81:20=
05:17=	04:36= 03:33= 06:43=	06:35= 10:40= 04:26= 05:19= 09:37= 04:28= 02:56= 03:25= 01:52= 06:24=	
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=	

Class	Navn	Klasse														Tid			
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Beste strekktid for klassen

05:17 04:36 03:33 06:43 06:35 05:29 10:40 04:26 05:19 09:37 04:28 02:56 03:25 01:52 06:24

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

Damer A

1	Aud Hognestad Taksdal	92	44:13																	
01:07=	02:46=	03:38=	05:14=	07:00=	16:23=	17:35=	19:13=	21:42=	25:58=	27:41=	28:46=	30:54=	32:48=	35:02=	37:53=	39:37=	41:43=	42:46=	43:27=	44:13=
01:07=	01:39=	00:52=	01:36=	01:46=	09:23=	01:12=	01:38=	02:29=	04:16=	01:43=	01:05=	02:08=	01:54=	02:14=	02:51=	01:44=	02:06=	01:03=	00:41=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marjo Liikanen	67	44:16																	
01:19+	03:14+	04:06+	05:40+	07:03+	16:47+	17:56+	19:36+	22:03+	26:00+	27:31-	28:34-	31:13+	33:05+	35:42+	38:24+	39:55+	42:00+	42:59+	43:35+	44:16+
01:19+	01:55+	00:52=	01:34-	01:23-	09:44+	01:09-	01:40+	02:27-	03:57-	01:31-	01:03-	02:39+	01:52-	02:37+	02:42-	01:31-	02:05-	00:59-	00:36-	00:41-
00:12#	00:16#	00:00=	00:02-	00:23-	00:21+	00:03-	00:02+	00:02-	00:19-	00:12-	00:02-	00:31#	00:02-	00:23#	00:09-	00:13-	00:01-	00:04-	00:05-	00:05-
3	Jorunn Hadland	29	47:53																	
01:09+	02:55+	03:48+	05:31+	07:00=	18:51+	20:02+	21:46+	24:17+	28:31+	30:01+	31:30+	33:47+	35:36+	37:44+	40:39+	42:11+	45:13+	46:19+	47:06+	47:53+
01:09+	01:46+	00:53+	01:43+	01:29-	11:51+	01:11-	01:44+	02:31+	04:14-	01:30-	01:29+	02:17+	01:49-	02:08-	02:55+	01:32-	03:02+	01:06+	00:47+	00:47+
00:02+	00:07+	00:01+	00:07+	00:17-	02:28&	00:01-	00:06+	00:02+	00:02-	00:13-	00:24&	00:09+	00:05-	00:06-	00:04+	00:12-	00:56&	00:03+	00:06#	00:01+
4	Trine Bolstad	62	53:29																	
01:20+	03:33+	04:38+	06:53+	08:29+	18:57+	20:22+	22:21+	24:59+	30:40+	32:51+	34:09+	37:18+	39:51+	42:36+	46:07+	47:42+	50:34+	51:56+	52:42+	53:29+
01:20+	02:13+	01:05+	02:15+	01:36-	10:28+	01:25+	01:59+	02:38+	05:41+	02:11+	01:18+	03:09+	02:33+	02:45+	03:31+	01:35-	02:52+	01:22+	00:46+	00:47+
00:13#	00:34&	00:13#	00:39&	00:10-	01:05#	00:13#	00:21#	00:09+	01:25&	00:28&	00:13#	01:01&	00:39&	00:31#	00:40#	00:09-	00:46&	00:19&	00:05#	00:01+
5	Ingrid Lamark	46	1:00:21																	
01:47+	04:21+	05:27+	07:30+	09:17+	22:28+	23:58+	26:14+	29:49+	34:52+	36:40+	38:33+	41:35+	44:42+	47:50+	51:27+	53:55+	57:10+	58:45+	59:30+	60:21+
01:47+	02:34+	01:06+	02:03+	01:47+	13:11+	01:30+	02:12+	03:35+	05:03+	01:48+	01:53+	03:02+	03:07+	03:08+	03:37+	02:28+	03:15+	01:35+	00:45+	00:51+
00:40&	00:55&	00:14&	00:27&	00:01+	03:48&	00:18#	00:38&	01:06&	00:47#	00:05+	00:48&	00:54&	01:13&	00:54&	00:46&	00:44&	01:09&	00:32&	00:04+	00:05#
6	Sara Marlene Nystrøm Olsen	68	1:02:23																	
01:11+	04:28+	05:33+	07:09+	08:43+	20:55+	22:17+	24:29+	28:23+	34:31+	36:52+	38:23+	42:10+	44:27+	47:52+	51:46+	53:49+	56:49+	60:27+	61:27+	62:23+
01:11+	03:17+	01:05+	01:36=	01:34-	12:12+	01:22+	02:12+	03:54+	06:08+	02:21+	01:31+	03:47+	02:17+	03:25+	03:54+	02:03+	03:00+	03:38+	01:00+	00:56+
00:04+	01:38&	00:13#	00:00=	00:12-	02:49&	00:10#	00:34&	01:25&	01:52&	00:38&	00:26&	01:39&	00:23#	01:11&	01:03&	00:19#	00:54&	02:35@	00:19&	00:10#
7	Heidi Bjørndal	29	1:04:48																	
02:08+	04:45+	05:59+	08:01+	09:52+	25:04+	26:59+	29:20+	32:52+	39:14+	41:30+	43:30+	46:20+	48:36+	51:46+	55:29+	57:52+	61:25+	62:57+	63:57+	64:48+
02:08+	02:37+	01:14+	02:02+	01:51+	15:12+	01:55+	02:21+	03:32+	06:22+	02:16+	02:00+	02:50+	02:16+	03:10+	03:43+	02:23+	03:33+	01:32+	01:00+	00:51+
01:01&	00:58&	00:22&	00:26&	00:05+	05:49&	00:43&	00:43&	01:03&	02:06&	00:33&	00:55&	00:42&	00:22#	00:56&	00:52&	00:39&	01:27&	00:29&	00:19&	00:05#

Beste strekktid for klassen

01:07 01:39 00:52 01:34 01:23 09:23 01:09 01:38 02:27 03:57 01:30 01:03 02:08 01:49 02:08 02:42 01:31 02:05 00:59 00:36 00:41

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

Damer B

1	Inger Tone Nygård	29	50:51																
01:01=	03:11=	04:18=	06:25=	08:48=	21:25=	22:52=	24:37=	28:00=	30:28=	32:28=	33:55=	36:12=	38:34=	41:05=	44:01=	47:25=	49:39=	50:01=	50:51=
01:01=	02:10=	01:07=	02:07=	02:23=	12:37=	01:27=	01:45=	03:23=	02:28=	02:00=	01:27=	02:17=	02:22=	02:31=	02:56=	03:24=	02:14=	00:22=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anne Garsrud	90	1:01:47																
01:54+	05:59+	07:08+	09:39+	12:18+	26:19+	28:10+	29:40+	33:12+	35:37+	37:41+	39:22+	42:22+	45:22+	48:16+	53:26+	57:58+	60:22+	60:49+	61:47+
01:54+	04:05+	01:09+	02:31+	02:39+	14:01+	01:51+	01:30-	03:32+	02:25-	02:04+	01:41+	03:00+	03:00+	02:54+	05:10+	04:32+	02:24+	00:27+	00:58+
00:53&	01:55&	00:02+	00:24#	00:16#	01:24#	00:24&	00:15-	00:09+	00:03-	00:04+	00:14#	00:43&	00:38&	00:23#	02:14&	01:08&	00:10+	00:05#	00:08#
3	Anita Glenne Kallhovd	29	1:02:15																
01:09+	04:28+	05:42+	08:13+	10:53+	23:41+	27:03+	28:31+	32:23+	35:53+	38:13+	39:44+	42:11+	45:03+	47:42+	51:50+	57:15+	60:16+	61:12+	62:15+
01:09+	03:19+	01:14+	02:31+	02:40+	12:48+	03:22+	01:28-	03:52+	03:30+	02:20+	01:31+	02:27+	02:52+	02:39+	04:08+	05:25+	03:01+	00:56+	01:03+
00:08#	01:09&	00:07#	00:24#	00:17#	00:11+	01:55@	00:17-	00:29#	01:02&	00:20#	00:04+	00:10+	00:30#	00:08+	01:12&	02:01&	00:47&	00:34@	00:13&
4	Hilde Nordbø	93	1:04:06																
01:34+	05:01+	06:18+	08:40+	11:19+	24:36+	28:37+	30:29+	34:32+	37:27+	40:56+	42:44+	45:29+	48:43+	51:42+	55:44+	60:20+	62:43+	63:10+	64:06+
01:34+	03:27+	01:17+	02:22+	02:39+	13:17+	04:01+	01:52+	04:03+	02:55+	03:29+	01:48+	02:45+	03:14+	02:59+	04:02+	04:36+	02:23+	00:27+	00:56+
00:33&	01:17&	00:10#	00:15#	00:16#	00:40+	02:34@	00:07+	00:40#	00:27#	01:29&	00:21#	00:28#	00:52&	00:28#	01:06&	01:12&	00:09+	00:05#	00:06#

Class	Navn	Klasse	Tid																				
5	Vibeke Lamark	46	1:06:29																				
01:23+	03:44+	04:50+	07:08+	09:56+	31:24+	33:35+	35:04+	39:20+	42:50+	45:11+	46:36+	48:47+	51:21+	54:22+	58:07+	62:21+	64:49+	65:31+	66:29+				
01:23+	02:21+	01:06-	02:18+	02:48+	21:28+	02:11+	01:29-	04:16+	03:30+	02:21+	01:25-	02:11-	02:34+	03:01+	03:45+	04:14+	02:28+	00:42+	00:58+				
00:22&	00:11+	00:01-	00:11+	00:25#	08:51&	00:44&	00:16-	00:53&	01:02&	00:21#	00:02-	00:06-	00:12+	00:30#	00:49&	00:50#	00:14#	00:20&	00:08#				
6	Ingrid W. Hestness	117	1:06:44																				
01:27+	06:08+	07:18+	09:41+	12:36+	25:56+	27:33+	29:07+	33:04+	35:51+	37:52+	39:25+	43:17+	45:42+	48:22+	51:39+	61:29+	64:32+	65:40+	66:44+				
01:27+	04:41+	01:10+	02:23+	02:55+	13:20+	01:37+	01:34-	03:57+	02:47+	02:01+	01:33+	03:52+	02:25+	02:40+	03:17+	09:50+	03:03+	01:08+	01:04+				
00:26&	02:31@	00:03+	00:16#	00:32#	00:43+	00:10#	00:11-	00:34#	00:19#	00:01+	00:06+	01:35&	00:03+	00:09+	00:21#	06:26@	00:49&	00:46@	00:14&				
7	Ann Karin Tjørhom	93	1:07:42																				
01:23+	04:28+	05:42+	07:49+	10:27+	26:07+	27:55+	31:04+	34:46+	38:15+	42:32+	45:11+	47:58+	50:44+	53:29+	58:21+	63:45+	66:03+	66:45+	67:42+				
01:23+	03:05+	01:14+	02:07=	02:38+	15:40+	01:48+	03:09+	03:42+	03:29+	04:17+	02:39+	02:47+	02:46+	02:45+	04:52+	05:24+	02:18+	00:42+	00:57+				
00:22&	00:55&	00:07#	00:00=	00:15#	03:03#	00:21#	01:24&	00:19+	01:01&	02:17@	01:12&	00:30#	00:24#	00:14+	01:56&	02:00&	00:04+	00:20&	00:07#				
8	Helen Lomeland	105	1:08:43																				
01:20+	03:57+	05:43+	08:43+	11:15+	27:40+	29:24+	31:19+	34:44+	37:57+	40:18+	41:48+	45:10+	48:11+	52:55+	57:10+	64:17+	67:08+	67:44+	68:43+				
01:20+	02:37+	01:46+	03:00+	02:32+	16:25+	01:44+	01:55+	03:25+	03:13+	02:21+	01:30+	03:22+	03:01+	04:44+	04:15+	07:07+	02:51+	00:36+	00:59+				
00:19&	00:27#	00:39&	00:53&	00:09+	03:48&	00:17#	00:10+	00:02+	00:45&	00:21#	00:03+	01:05&	00:39&	02:13&	01:19&	03:43@	00:37&	00:14&	00:09#				
9	Mette M. Nødland	194	1:09:31																				
01:16+	03:45+	04:41+	06:58+	08:45-	25:32+	27:42+	29:43+	33:46+	39:29+	42:42+	45:08+	48:09+	50:55+	55:04+	58:31+	64:10+	67:39+	68:36+	69:31+				
01:16+	02:29+	00:56-	02:17+	01:47-	16:47+	02:10+	02:01+	04:03+	05:43+	03:13+	02:26+	03:01+	02:46+	04:09+	03:27+	05:39+	03:29+	00:57+	00:55+				
00:15#	00:19#	00:11-	00:39&	00:36-	04:10&	00:43&	00:16#	00:40#	03:15@	01:13&	00:59&	00:44&	00:24#	01:38&	00:31#	02:15&	01:15&	00:35@	00:05+				
10	Ingunn Anda Haug	67	1:10:21																				
01:33+	04:18+	05:40+	08:26+	11:25+	23:33+	28:54+	30:54+	33:18+	37:42+	40:55+	45:09+	47:05+	50:15+	53:29+	56:37+	60:51+	66:05+	68:42+	69:13+	70:21+			
01:33+	02:45+	01:22+	02:46+	02:59+	12:08-	05:21+	02:00+	02:24-	04:24+	03:13+	04:14+	01:56-	03:10+	03:14+	03:08+	04:14+	05:14+	02:37+	00:31-	01:08+			
00:32&	00:35&	00:15#	00:39&	00:36&	00:29-	03:54@	00:15#	00:59-	01:56&	01:13&	02:47@	00:21-	00:48&	00:43&	00:12+	00:50#	03:00@	02:15@	00:19-	01:08+			
11	Gunn J. Grefstad	2	1:13:17																				
01:29+	04:12+	05:30+	08:15+	11:12+	27:01+	29:15+	31:55+	36:34+	40:20+	43:40+	47:48+	51:16+	54:32+	58:06+	62:01+	65:44+	68:26+	69:04+	73:17+				
01:29+	02:43+	01:18+	02:45+	02:57+	15:49+	02:14+	02:40+	04:39+	03:46+	03:20+	04:08+	03:28+	03:16+	03:34+	03:55+	03:43+	02:42+	00:38+	04:13+				
00:28&	00:33&	00:11#	00:38&	00:34#	03:12&	00:47&	00:55&	01:16&	01:18&	01:20&	02:41@	01:11&	00:54&	01:03&	00:59&	00:19+	00:28#	00:16&	03:23@				
12	Grethe Anda Fuglestad	116	1:19:01																				
01:34+	05:03+	06:26+	10:09+	12:59+	31:53+	33:42+	35:57+	44:34+	47:56+	50:46+	52:34+	55:33+	63:28+	66:30+	70:59+	74:33+	77:31+	78:00+	79:01+				
01:34+	03:29+	01:23+	03:43+	02:50+	18:54+	01:49+	02:15+	08:37+	03:22+	02:50+	01:48+	02:59+	07:55+	03:02+	04:29+	03:34+	02:58+	00:29+	01:01+				
00:33&	01:19&	00:16#	01:36&	00:27#	06:17&	00:22&	00:30&	05:14@	00:54&	00:50&	00:21#	00:42&	05:33@	00:31#	01:33&	00:10+	00:44&	00:07&	00:11#				
13	Mariann Sveinsvoll	94	1:41:28																				
02:04+	06:07+	08:01+	10:46+	13:48+	38:27+	41:36+	48:41+	59:13+	62:58+	68:27+	71:04+	74:48+	78:32+	82:06+	88:31+	93:58+	97:56+	98:26+	101:28+				
02:04+	04:03+	01:54+	02:45+	03:02+	24:39+	03:09+	07:05+	10:32+	03:45+	05:29+	02:37+	03:44+	03:44+	03:34+	06:25+	05:27+	03:58+	00:30+	03:02+				
01:03@	01:53&	00:47&	00:38&	00:39&	12:02&	01:42@	05:20@	07:09@	01:17&	03:29@	01:10&	01:27&	01:22&	01:03&	03:29@	02:03&	01:44&	00:08&	02:12@				
Beste strekktid for klassen				01:01	02:10	00:56	02:07	01:47	12:08	01:27	01:28	02:24	02:25	02:00	01:25	01:56	02:22	02:31	02:56	03:24	02:14	00:22	00:31

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

Damer Ny

1	Tonje Birkenes	67	35:18										
01:36=	03:27=	05:04=	06:32=	07:47=	11:14=	13:21=	14:28=	27:27=	28:28=	30:37=	32:19=	33:43=	35:18=
01:36=	01:51=	01:37=	01:28=	01:15=	03:27=	02:07=	01:07=	12:59=	01:01=	02:09=	01:42=	01:24=	01:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tina Pedersen	27	44:34										
02:38+	05:54+	08:20+	10:02+	12:31+	17:33+	20:08+	22:17+	28:25+	30:37+	36:23+	38:38+	40:48+	44:34+
02:38+	03:16+	02:26+	01:42+	02:29+	05:02+	02:35+	02:09+	06:08-	02:12+	05:46+	02:15+	02:10+	03:46+
01:02&	01:25&	00:49&	00:14#	01:14&	01:35&	00:28#	01:02&	06:51-	01:11@	03:37@	00:33&	00:46&	02:11@
3	Terese Marie Gilje	117	1:01:37										
03:02+	06:22+	09:05+	11:08+	13:09+	30:41+	33:57+	35:41+	49:57+	51:46+	54:58+	57:23+	59:05+	61:37+
03:02+	03:20+	02:43+	02:03+	02:01+	17:32+	03:16+	01:44+	14:16+	01:49+	03:12+	02:25+	01:42+	02:32+
01:26&	01:29&	01:06&	00:35&	00:46&	14:05@	01:09&	00:37&	01:17+	00:48&	01:03&	00:43&	00:18#	00:57&

Beste strekktid for klassen

01:36 01:51 01:37 01:28 01:15 03:27 02:07 01:07 06:08 01:01 02:09 01:42 01:24 01:35

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

Damer Trim

1	Bjørg Elen Abrahamsen	29	33:51									
01:36=	04:47=	08:52=	12:37=	16:20=	19:17=	22:31=	26:01=	27:53=	29:48=	31:32=	32:25=	33:51=
01:36=	03:11=	04:05=	03:45=	03:43=	02:57=	03:14=	03:30=	01:52=	01:55=	01:44=	00:53=	01:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Janeth Kleppe	128	39:12									
01:29-	03:41-	16:28+	19:55+	23:09+	25:53+	28:22+	31:30+	33:39+	35:32+	37:13+	38:11+	39:12+
01:29-	02:12-	12:47+	03:27-	03:14-	02:44-	02:29-	03:08-	02:09+	01:53-	01:41-	00:58+	01:01-
00:07-	00:59-	08:42@	00:18-	00:29-	00:13-	00:45-	00:22-	00:17#	00:02-	00:03-	00:05+	00:25-
3	Anette Tronstad	115	39:35									
01:26-	04:18-	08:42-	12:22-	16:11-	19:02-	22:08-	30:42+	33:29+	35:25+	37:21+	38:11+	39:35+
01:26-	02:52-	04:24+	03:40-	03:49+	02:51-	03:06-	08:34+	02:47+	01:56+	01:56+	00:50-	01:24-
00:10-	00:19-	00:19+	00:05-	00:06+	00:06-	00:08-	05:04@	00:55&	00:01+	00:12#	00:03-	00:02-
4	Randi Bugge	46	39:52									
02:36+	05:53+	10:21+	14:28+	18:07+	21:01+	24:12+	29:49+	33:29+	35:32+	37:31+	38:24+	39:52+
02:36+	03:17+	04:28+	04:07+	03:39-	02:54-	03:11-	05:37+	03:40+	02:03+	01:59+	00:53=	01:28+
01:00&	00:06+	00:23+	00:22+	00:04-	00:03-	00:03-	02:07&	01:48&	00:08+	00:15#	00:00=	00:02+
5	Grethe Wathne	109	41:33									
02:27+	05:39+	11:08+	15:17+	19:34+	22:43+	26:02+	30:44+	34:42+	36:48+	38:41+	39:34+	41:33+
02:27+	03:12+	05:29+	04:09+	04:17+	03:09+	03:19+	04:42+	03:58+	02:06+	01:53+	00:53=	01:59+
00:51&	00:01+	01:24&	00:24#	00:34#	00:12+	00:05+	01:12&	02:06@	00:11+	00:09+	00:00=	00:33&
6	Kirsti Strand Salvesen	256	45:24									
02:04+	05:47+	11:27+	16:28+	21:25+	24:46+	28:33+	32:59+	37:19+	40:16+	42:24+	43:34+	45:24+
02:04+	03:43+	05:40+	05:01+	04:57+	03:21+	03:47+	04:26+	04:20+	02:57+	02:08+	01:10+	01:50+
00:28&	00:32#	01:35&	01:16&	01:14&	00:24#	00:33#	00:56&	02:28@	01:02&	00:24#	00:17&	00:24&
7	Ruth Grødem	105	46:09									
01:52+	05:13+	10:47+	14:22+	22:12+	25:39+	28:59+	34:08+	36:53+	41:05+	43:09+	44:12+	46:09+
01:52+	03:21+	05:34+	03:35-	07:50+	03:27+	03:20+	05:09+	02:45+	04:12+	02:04+	01:03+	01:57+
00:16#	00:10+	01:29&	00:10-	04:07@	00:30#	00:06+	01:39&	00:53&	02:17@	00:20#	00:10#	00:31&
8	Lillian Dahl Fitjar	117	46:38									
01:49+	05:09+	09:51+	14:29+	21:08+	25:01+	28:26+	35:07+	37:30+	42:08+	43:56+	45:11+	46:38+
01:49+	03:20+	04:42+	04:38+	06:39+	03:53+	03:25+	06:41+	02:23+	04:38+	01:48+	01:15+	01:27+
00:13#	00:09+	00:37#	00:53#	02:56&	00:56&	00:11+	03:11&	00:31&	02:43@	00:04+	00:22&	00:01+
9	Gunvor Frafjord Tunesvik	228	46:49									
02:58+	06:35+	11:53+	16:34+	22:37+	26:54+	30:59+	35:40+	38:49+	41:49+	44:02+	45:16+	46:49+
02:58+	03:37+	05:18+	04:41+	06:03+	04:17+	04:05+	04:41+	03:09+	03:00+	02:13+	01:14+	01:33+
01:22&	00:26#	01:13&	00:56#	02:20&	01:20&	00:51&	01:11&	01:17&	01:05&	00:29&	00:21&	00:07+
10	Reidun Solli Skjørestad	47	46:51									
02:50+	06:09+	11:50+	16:31+	22:31+	26:42+	31:03+	35:20+	38:58+	41:41+	43:55+	45:14+	46:51+
02:50+	03:19+	05:41+	04:41+	06:00+	04:11+	04:21+	04:17+	03:38+	02:43+	02:14+	01:19+	01:37+
01:14&	00:08+	01:36&	00:56#	02:17&	01:14&	01:07&	00:47#	01:46&	00:48&	00:30&	00:26&	00:11#
11	Jorunn Birkeland	47	47:04									
02:53+	06:27+	11:40+	16:36+	22:45+	26:48+	31:12+	35:35+	39:02+	41:44+	44:05+	45:18+	47:04+
02:53+	03:34+	05:13+	04:56+	06:09+	04:03+	04:24+	04:23+	03:27+	02:42+	02:21+	01:13+	01:46+
01:17&	00:23#	01:08&	01:11&	02:26&	01:06&	01:10&	00:53&	01:35&	00:47&	00:37&	00:20&	00:20#
12	Marianne Johnsen	5	47:14									
01:22-	04:00-	09:25+	13:02+	20:44+	23:33+	26:14+	32:55+	35:14+	43:04+	44:55+	45:48+	47:14+
01:22-	02:38-	05:25+	03:37-	07:42+	02:49-	02:41-	06:41+	02:19+	07:50+	01:51+	00:53=	01:26=
00:14-	00:33-	01:20&	00:08-	03:59@	00:08-	00:33-	03:11&	00:27#	05:55@	00:07+	00:00=	00:00=
13	Camilla Haugland	105	49:13									
03:34+	06:54+	11:58+	15:31+	20:47+	26:13+	30:13+	35:48+	39:53+	42:16+	43:48+	45:06+	49:13+
03:34+	03:20+	05:04+	03:33-	05:16+	05:26+	04:00+	05:35+	04:05+	02:23+	01:32-	01:18+	04:07+
01:58@	00:09+	00:59#	00:12-	01:33&	02:29&	00:46#	02:05&	02:13@	00:28#	00:12-	00:25&	02:41@
14	Linda Haukås	113	49:31									
02:01+	05:36+	11:28+	16:13+	21:15+	25:00+	29:08+	37:57+	41:24+	44:24+	46:45+	47:51+	49:31+
02:01+	03:35+	05:52+	04:45+	05:02+	03:45+	04:08+	08:49+	03:27+	03:00+	02:21+	01:06+	01:40+
00:25&	00:24#	01:47&	01:00&	01:19&	00:48&	00:54&	05:19@	01:35&	01:05&	00:37&	00:13#	00:14#

Class	Navn	Klasse										Tid
15	Brit Svihus	92										50:03
02:48+	07:04+	12:05+	17:09+	25:17+	28:42+	32:05+	37:17+	40:01+	44:14+	46:07+	47:17+	50:03+
02:48+	04:16+	05:01+	05:04+	08:08+	03:25+	03:23+	05:12+	02:44+	04:13+	01:53+	01:10+	02:46+
01:12&	01:05&	00:56#	01:19&	04:25@	00:28#	00:09+	01:42&	00:52&	02:18@	00:09+	00:17&	01:20&
16	Margot Asheim	105										50:57
01:14-	03:57-	08:15-	21:47+	26:05+	29:34+	32:19+	41:37+	43:59+	46:13+	48:26+	49:24+	50:57+
01:14-	02:43-	04:18+	13:32+	04:18+	03:29+	02:45-	09:18+	02:22+	02:14+	02:13+	00:58+	01:33+
00:22-	00:28-	00:13+	09:47@	00:35#	00:32#	00:29-	05:48@	00:30&	00:19#	00:29&	00:05+	00:07+
17	Judith Serigstad	128										53:05
02:02+	05:19+	10:36+	15:40+	23:20+	31:24+	34:43+	42:53+	46:31+	48:22+	50:11+	51:43+	53:05+
02:02+	03:17+	05:17+	05:04+	07:40+	08:04+	03:19+	08:10+	03:38+	01:51-	01:49+	01:32+	01:22-
00:26&	00:06+	01:12&	01:19&	03:57@	05:07@	00:05+	04:40@	01:46&	00:04-	00:05+	00:39&	00:04-
18	Bente Salte Aune	128										53:06
02:10+	05:24+	10:33+	15:31+	23:24+	31:19+	34:40+	42:53+	46:29+	48:31+	50:10+	51:39+	53:06+
02:10+	03:14+	05:09+	04:58+	07:53+	07:55+	03:21+	08:13+	03:36+	02:02+	01:39-	01:29+	01:27+
00:34&	00:03+	01:04&	01:13&	04:10@	04:58@	00:07+	04:43@	01:44&	00:07+	00:05-	00:36&	00:01+
19	Åse Kristensen	94										53:43
02:05+	05:29+	11:48+	17:28+	27:19+	30:29+	34:10+	40:23+	44:02+	47:13+	49:12+	50:20+	53:43+
02:05+	03:24+	06:19+	05:40+	09:51+	03:10+	03:41+	06:13+	03:39+	03:11+	01:59+	01:08+	03:23+
00:29&	00:13+	02:14&	01:55&	06:08@	00:13+	00:27#	02:43&	01:47&	01:16&	00:15#	00:15&	01:57@
20	Frøydis Østtveit Kvinen	66										54:04
02:04+	05:42+	10:06+	13:46+	24:22+	32:38+	36:05+	43:59+	47:15+	49:13+	51:02+	52:48+	54:04+
02:04+	03:38+	04:24+	03:40-	10:36+	08:16+	03:27+	07:54+	03:16+	01:58+	01:49+	01:46+	01:16-
00:28&	00:27#	00:19+	00:05-	06:53@	05:19@	00:13+	04:24@	01:24&	00:03+	00:05+	00:53&	00:10-
21	Synnøve Langvik	93										55:36
04:41+	07:42+	11:18+	15:31+	21:31+	29:48+	32:54+	44:53+	47:28+	50:17+	52:04+	53:02+	55:36+
04:41+	03:01-	03:36-	04:13+	06:00+	08:17+	03:06-	11:59+	02:35+	02:49+	01:47+	00:58+	02:34+
03:05@	00:10-	00:29-	00:28#	02:17&	05:20@	00:08-	08:29@	00:43&	00:54&	00:03+	00:05+	01:08&
22	Irene Mæland Torgersen	253										55:46
02:32+	07:00+	12:11+	18:00+	24:53+	29:56+	34:45+	41:56+	45:29+	48:30+	51:42+	53:04+	55:46+
02:32+	04:28+	05:11+	05:49+	06:53+	05:03+	04:49+	07:11+	03:33+	03:01+	03:12+	01:22+	02:42+
00:56&	01:17&	01:06&	02:04&	03:10&	02:06&	01:35&	03:41@	01:41&	01:06&	01:28&	00:29&	01:16&
23	Marianne Gjesdal Lyngås	253										55:47
02:30+	06:57+	12:21+	17:57+	24:50+	30:01+	34:41+	41:53+	45:27+	48:26+	51:38+	53:01+	55:47+
02:30+	04:27+	05:24+	05:36+	06:53+	05:11+	04:40+	07:12+	03:34+	02:59+	03:12+	01:23+	02:46+
00:54&	01:16&	01:19&	01:51&	03:10&	02:14&	01:26&	03:42@	01:42&	01:04&	01:28&	00:30&	01:20&
24	Aase Sveinsvoll	94										58:00
02:16+	06:48+	13:15+	19:03+	24:35+	28:54+	33:20+	40:31+	45:57+	51:40+	53:50+	55:08+	58:00+
02:16+	04:32+	06:27+	05:48+	05:32+	04:19+	04:26+	07:11+	05:26+	05:43+	02:10+	01:18+	02:52+
00:40&	01:21&	02:22&	02:03&	01:49&	01:22&	01:12&	03:41@	03:34@	03:48@	00:26#	00:25&	01:26&
25	Åse Sellereite	27										59:56
03:58+	07:31+	15:06+	18:50+	22:37+	26:25+	31:07+	47:16+	50:08+	55:37+	57:21+	58:31+	59:56+
03:58+	03:33+	07:35+	03:44-	03:47+	03:48+	04:42+	16:09+	02:52+	05:29+	01:44=	01:10+	01:25-
02:22@	00:22#	03:30&	00:01-	00:04+	00:51&	01:28&	12:39@	01:00&	03:34@	00:00=	00:17&	00:01-
26	Solveig Mæland	128										1:00:53
02:26+	06:33+	12:11+	18:59+	24:26+	36:52+	41:15+	48:11+	51:44+	54:37+	56:48+	58:03+	60:53+
02:26+	04:07+	05:38+	06:48+	05:27+	12:26+	04:23+	06:56+	03:33+	02:53+	02:11+	01:15+	02:50+
00:50&	00:56&	01:33&	03:03&	01:44&	09:29@	01:09&	03:26&	01:41&	00:58&	00:27&	00:22&	01:24&
27	Maria Haukalid	47										1:02:34
01:35-	05:31+	14:00+	18:02+	28:20+	36:44+	40:02+	51:48+	54:22+	57:11+	59:15+	60:12+	62:34+
01:35-	03:56+	08:29+	04:02+	10:18+	08:24+	03:18+	11:46+	02:34+	02:49+	02:04+	00:57+	02:22+
00:01-	00:45#	04:24@	00:17+	06:35@	05:27@	00:04+	08:16@	00:42&	00:54&	00:20#	00:04+	00:56&
28	Hazel Grayston	263										1:06:43
02:41+	07:35+	15:32+	25:50+	35:46+	39:50+	44:50+	50:52+	55:38+	58:28+	61:04+	62:13+	66:43+
02:41+	04:54+	07:57+	10:18+	09:56+	04:04+	05:00+	06:02+	04:46+	02:50+	02:36+	01:09+	04:30+
01:05&	01:43&	03:52&	06:33@	06:13@	01:07&	01:46&	02:32&	02:54@	00:55&	00:52&	00:16&	03:04@
29	May Kristin Haaland	47										1:09:40
02:37+	07:21+	17:54+	29:59+	38:43+	42:24+	48:11+	54:17+	59:19+	62:05+	64:29+	65:26+	69:40+
02:37+	04:44+	10:33+	12:05+	08:44+	03:41+	05:47+	06:06+	05:02+	02:46+	02:24+	00:57+	04:14+
01:01&	01:33&	06:28@	08:20@	05:01@	00:44#	02:33&	02:36&	03:10@	00:51&	00:40&	00:04+	02:48@

Class	Navn	Klasse	Tid
30	Torhild Stokka Stølsvik	92	1:09:48
02:28+	07:16+ 18:10+ 30:09+ 38:52+ 42:42+ 48:22+ 54:41+ 59:29+ 62:14+ 64:42+ 65:48+ 69:48+		
02:28+	04:48+ 10:54+ 11:59+ 08:43+ 03:50+ 05:40+ 06:19+ 04:48+ 02:45+ 02:28+ 01:06+ 04:00+		
00:52&	01:37& 06:49@ 08:14@ 05:00@ 00:53& 02:26& 02:49& 02:56@ 00:50& 00:44& 00:13# 02:34@		
31	Liv Ertesvåg	83	1:11:10
04:17+	08:49+ 17:39+ 24:46+ 30:58+ 35:19+ 40:25+ 56:07+ 60:05+ 63:42+ 66:28+ 68:21+ 71:10+		
04:17+	04:32+ 08:50+ 07:07+ 06:12+ 04:21+ 05:06+ 15:42+ 03:58+ 03:37+ 02:46+ 01:53+ 02:49+		
02:41@	01:21& 04:45@ 03:22& 02:29& 01:24& 01:52& 12:12@ 02:06@ 01:42& 01:02& 01:00@ 01:23&		
32	Gro Mariero Totland	59	1:16:42
02:45+	07:32+ 15:54+ 22:09+ 31:42+ 36:43+ 41:28+ 47:09+ 66:27+ 69:48+ 73:01+ 74:12+ 76:42+		
02:45+	04:47+ 08:22+ 06:15+ 09:33+ 05:01+ 04:45+ 05:41+ 19:18+ 03:21+ 03:13+ 01:11+ 02:30+		
01:09&	01:36& 04:17@ 02:30& 05:50@ 02:04& 01:31& 02:11& 17:26@ 01:26& 01:29& 00:18& 01:04&		
33	Sigrun Serigstad	128	1:21:05
23:32+	26:48+ 32:06+ 37:30+ 42:35+ 52:19+ 55:48+ 72:18+ 75:09+ 76:56+ 79:22+ 80:01+ 81:05+		
23:32+	03:16+ 05:18+ 05:24+ 05:05+ 09:44+ 03:29+ 16:30+ 02:51+ 01:47- 02:26+ 00:39- 01:04-		
21:56@	00:05+ 01:13& 01:39& 01:22& 06:47@ 00:15+ 13:00@ 00:59& 00:08- 00:42& 00:14- 00:22-		
Beste strekketid for klassen			
01:14	02:12	03:36	03:27
03:14	02:44	02:29	03:08
01:52	01:47	01:32	00:39
01:01			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer 16 - 39 år			
1	Jørgen Hetland	59	41:03
00:48=	02:20= 03:07= 04:52= 06:34= 15:17= 16:38= 19:14= 22:21= 24:17= 26:27= 27:33= 29:26= 31:29= 33:13= 35:59= 38:24= 40:00= 40:18= 41:03=		
00:48=	01:32= 00:47= 01:45= 01:42= 08:43= 01:21= 02:36= 03:07= 01:56= 02:10= 01:06= 01:53= 02:03= 01:44= 02:46= 02:25= 01:36= 00:18= 00:45=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Sam McCloy	271	51:15
01:34+	03:48+ 05:15+ 07:55+ 09:33+ 22:35+ 24:20+ 25:38+ 30:13+ 32:10+ 33:53+ 35:47+ 37:40+ 39:41+ 42:09+ 44:48+ 47:40+ 49:34+ 50:40+ 51:15+		
01:34+	02:14+ 01:27+ 02:40+ 01:38- 13:02+ 01:45+ 01:18- 04:35+ 01:57+ 01:43- 01:54+ 01:53= 02:01- 02:28+ 02:39- 02:52+ 01:54+ 01:06+ 00:35-		
00:46&	00:42& 00:40& 00:55& 00:04- 04:19& 00:24& 01:18- 01:28& 00:01+ 00:27- 00:48& 00:00= 00:02- 00:44& 00:07- 00:27# 00:18# 00:48@ 00:10-		
3	Olaf Hannisdal	29	52:37
01:23+	03:23+ 04:20+ 06:15+ 08:48+ 19:51+ 21:41+ 23:10+ 26:50+ 30:25+ 33:11+ 35:06+ 37:28+ 39:58+ 42:36+ 45:45+ 48:45+ 51:21+ 51:56+ 52:37+		
01:23+	02:00+ 00:57+ 01:55+ 02:33+ 11:03+ 01:50+ 01:29- 03:40+ 03:35+ 02:46+ 01:55+ 02:22+ 02:30+ 02:38+ 03:09+ 03:00+ 02:36+ 00:35+ 00:41-		
00:35&	00:28& 00:10# 00:10+ 00:51& 02:20& 00:29& 01:07- 00:33# 01:39& 00:36& 00:49& 00:29& 00:27# 00:54& 00:23# 00:35# 01:00& 00:17& 00:04-		
4	Bjørnar A. Alvær Sandsmark	68	1:05:44
01:14+	03:41+ 04:38+ 06:53+ 08:40+ 27:28+ 29:01+ 30:41+ 34:12+ 37:18+ 39:39+ 41:30+ 43:47+ 46:48+ 49:45+ 54:09+ 61:41+ 64:21+ 65:06+ 65:44+		
01:14+	02:27+ 00:57+ 02:15+ 01:47+ 18:48+ 01:33+ 01:40- 03:31+ 03:06+ 02:21+ 01:51+ 02:17+ 03:01+ 02:57+ 04:24+ 07:32+ 02:40+ 00:45+ 00:38-		
00:26&	00:55& 00:10# 00:30& 00:05+ 10:05@ 00:12# 00:56- 00:24# 01:10& 00:11+ 00:45& 00:24# 00:58& 01:13& 01:38& 05:07@ 01:04& 00:27@ 00:07-		
5	Martin Skogland	98	1:09:27
01:13+	06:27+ 07:25+ 10:00+ 12:00+ 29:13+ 31:19+ 32:43+ 35:50+ 38:17+ 40:40+ 42:26+ 48:55+ 51:53+ 55:16+ 58:28+ 65:33+ 68:10+ 68:38+ 69:27+		
01:13+	05:14+ 00:58+ 02:35+ 02:00+ 17:13+ 02:06+ 01:24- 03:07= 02:27+ 02:23+ 01:46+ 06:29+ 02:58+ 03:23+ 03:12+ 07:05+ 02:37+ 00:28+ 00:49+		
00:25&	03:42@ 00:11# 00:50& 00:18# 08:30& 00:45& 01:12- 00:00= 00:31& 00:13+ 00:40& 04:36@ 00:55& 01:39& 00:26# 04:40@ 01:01& 00:10& 00:04+		
6	Rune Hatle	65	1:11:04
01:10+	03:28+ 04:34+ 07:11+ 11:47+ 31:52+ 34:18+ 35:45+ 39:38+ 42:49+ 44:45+ 46:19+ 52:42+ 55:28+ 59:15+ 62:59+ 67:33+ 69:36+ 70:12+ 71:04+		
01:10+	02:18+ 01:06+ 02:37+ 04:36+ 20:05+ 02:26+ 01:27- 03:53+ 03:11+ 01:56- 01:34+ 06:23+ 02:46+ 03:47+ 03:44+ 04:34+ 02:03+ 00:36+ 00:52+		
00:22&	00:46& 00:19& 00:52& 02:54@ 11:22@ 01:05& 01:09- 00:46# 01:15& 00:14- 00:28& 04:30@ 00:43& 02:03@ 00:58& 02:09& 00:27& 00:18& 00:07#		
7	Asgeir Nærland	88	1:15:00
02:24+	08:52+ 10:33+ 12:50+ 14:36+ 36:21+ 38:01+ 39:32+ 42:46+ 45:21+ 47:32+ 49:06+ 50:56+ 60:24+ 62:06+ 65:25+ 70:07+ 73:44+ 74:10+ 75:00+		
02:24+	06:28+ 01:41+ 02:17+ 01:46+ 21:45+ 01:40+ 01:31- 03:14+ 02:35+ 02:11+ 01:34+ 01:50- 09:28+ 01:42- 03:19+ 04:42+ 03:37+ 00:26+ 00:50+		
01:36@	04:56@ 00:54@ 00:32& 00:04+ 13:02@ 00:19# 01:05- 00:07+ 00:39& 00:01+ 00:28& 00:03- 07:25@ 00:02- 00:33# 02:17& 02:01@ 00:08& 00:05#		
8	Njål Solberg Greiner	116	1:16:55
02:26+	04:23+ 05:32+ 08:07+ 09:52+ 26:43+ 38:48+ 42:47+ 45:37+ 49:40+ 51:54+ 53:24+ 56:02+ 59:45+ 64:02+ 67:03+ 73:05+ 75:30+ 76:14+ 76:55+		
02:26+	01:57+ 01:09+ 02:35+ 01:45+ 16:51+ 12:05+ 03:59+ 02:50- 04:03+ 02:14+ 01:30+ 02:38+ 03:43+ 04:17+ 03:01+ 06:02+ 02:25+ 00:44+ 00:41-		
01:38@	00:25& 00:22& 00:50& 00:03+ 08:08& 10:44@ 01:23& 00:17- 02:07@ 00:04+ 00:24& 00:45& 01:40& 02:33@ 00:15+ 03:37@ 00:49& 00:26@ 00:04-		
9	Bjørnar Owren	74	1:19:08
01:13+	05:31+ 06:33+ 12:14+ 14:55+ 30:13+ 32:46+ 34:35+ 48:47+ 52:23+ 55:30+ 56:55+ 58:43+ 62:22+ 65:25+ 68:24+ 73:38+ 77:44+ 78:11+ 79:08+		
01:13+	04:18+ 01:02+ 05:41+ 02:41+ 15:18+ 02:33+ 01:49- 14:12+ 03:36+ 03:07+ 01:25+ 01:48- 03:39+ 03:03+ 02:59+ 05:14+ 04:06+ 00:27+ 00:57+		
00:25&	02:46@ 00:15& 03:56@ 00:59& 06:35& 01:12& 00:47- 11:05@ 01:40& 00:57& 00:19& 00:05- 01:36& 01:19& 00:13+ 02:49@ 02:30@ 00:09& 00:12&		

Class	Navn	Klasse							Tid											
12	Arne Hetlelid	98							1:20:00											
02:21+	04:46+	06:35+	09:48+	12:42+	31:46+	34:07+	36:05+	40:27+	44:48+	48:01+	50:08+	53:33+	62:30+	66:05+	70:38+	74:46+	78:02+	78:36+	80:00+	
02:21+	02:25+	01:49+	03:13+	02:54+	19:04+	02:21+	01:58-	04:22+	04:21+	03:13+	02:07+	03:25+	08:57+	03:35+	04:33+	04:08+	03:16+	00:34+	01:24+	
01:28@	00:55&	01:03@	00:32-	01:23&	10:19@	00:32&	06:13-	01:12&	02:07&	01:30&	00:21#	01:54@	06:17@	01:37&	01:49&	01:31&	01:44@	00:14&	00:47@	
13	John Breiland	157							1:22:29											
01:08+	03:47+	04:40+	07:06+	09:28+	37:51+	39:25+	42:30+	46:30+	50:27+	53:48+	55:24+	58:45+	61:07+	64:05+	68:02+	77:57+	81:17+	81:37+	82:29+	
01:08+	02:39+	00:53+	02:26-	02:22+	28:23+	01:34-	03:05-	04:00+	03:57+	03:21+	01:36-	03:21+	02:22-	02:58+	03:57+	09:55+	03:20+	00:20=	00:52+	
00:15&	01:09&	00:07#	01:19-	00:51&	19:38@	00:15-	05:06-	00:50&	01:43&	01:38&	00:10-	01:50@	00:18-	01:00&	01:13&	07:18@	01:48@	00:00=	00:15&	
14	Svein Oddvar Netland	116							1:26:15											
01:25+	03:36+	04:40+	07:29+	10:16+	26:07+	28:52+	31:12+	51:15+	53:45+	55:56+	57:28+	61:54+	70:45+	73:01+	77:32+	81:38+	84:32+	85:13+	86:15+	
01:25+	02:11+	01:04+	02:49-	02:47+	15:51+	02:45+	02:20-	20:03+	02:30+	02:11+	01:32-	04:26+	08:51+	02:16+	04:31+	04:06+	02:54+	00:41+	01:02+	
00:32&	00:41&	00:18&	00:56-	01:16&	07:06&	00:56&	05:51-	16:53@	00:16#	00:28&	00:14-	02:55@	06:11@	00:18#	01:47&	01:29&	01:22&	00:21@	00:25&	
15	Jan Kristensen	7							1:35:30											
01:25+	12:22+	13:31+	16:48+	20:25+	41:41+	44:18+	46:27+	51:54+	57:33+	61:01+	63:27+	68:17+	73:55+	78:27+	83:35+	90:04+	93:49+	94:26+	95:30+	
01:25+	10:57+	01:09+	03:17-	03:37+	21:16+	02:37+	02:09-	05:27+	05:39+	03:28+	02:26+	04:50+	05:38+	04:32+	05:08+	06:29+	03:45+	00:37+	01:04+	
00:32&	09:27@	00:23&	00:28-	02:06@	12:31@	00:48&	06:02-	02:17&	03:25@	01:45@	00:40&	03:19@	02:58@	02:34@	02:24&	03:52@	02:13@	00:17&	00:27&	
16	Stian Knudsen	144							1:46:08											
02:00+	05:38+	07:29+	11:39+	15:39+	42:24+	45:27+	49:14+	55:39+	61:55+	66:13+	69:00+	72:42+	79:26+	83:03+	90:49+	98:56+	103:28+	104:24+	106:08+	
02:00+	03:38+	01:51+	04:10+	04:00+	26:45+	03:03+	03:47-	06:25+	06:16+	04:18+	02:47+	03:42+	06:44+	03:37+	07:46+	08:07+	04:32+	00:56+	01:44+	
01:07@	02:08@	01:05@	00:25#	02:29@	18:00@	01:14&	04:24-	03:15@	04:02@	02:35@	01:01&	02:11@	04:04@	01:39&	05:02@	05:30@	03:00@	00:36@	01:07@	
Beste strekktid for klassen																				
00:53	01:30	00:46	01:43	01:31	08:45	01:31	01:17	03:10	02:14	01:43	01:26	01:31	02:09	01:58	02:44	02:37	01:32	00:20	00:37	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
Herrer 50 - 59 år																				
1	Per Ingar Hadland	7							45:06											
01:03=	03:19=	04:12=	08:19=	10:01=	13:00=	22:11=	26:37=	28:53=	30:43=	33:01=	35:45=	38:52=	41:50=	43:47=	44:11=	45:06=				
01:03=	02:16=	00:53=	04:07=	01:42=	02:59=	09:11=	04:26=	02:16=	01:50=	02:18=	02:44=	03:07=	02:58=	01:57=	00:24=	00:55=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Trygve Michaelsen	117							1:01:23											
03:42+	05:43+	06:41+	13:26+	15:42+	20:09+	33:11+	38:54+	41:45+	44:46+	47:08+	50:46+	54:00+	57:43+	59:55+	60:21+	61:23+				
03:42+	02:01-	00:58+	06:45+	02:16+	04:27+	13:02+	05:43+	02:51+	03:01+	02:22+	03:38+	03:14+	03:43+	02:12+	00:26+	01:02+				
02:39@	00:15-	00:05+	02:38&	00:34&	01:28&	03:51&	01:17&	00:35&	01:11&	00:04+	00:54&	00:07+	00:45&	00:15#	00:02+	00:07#				
3	Håvard Håland	66							1:02:18											
02:05+	04:13+	05:22+	09:14+	11:15+	15:04+	26:05+	33:44+	36:55+	39:17+	42:37+	46:08+	52:16+	57:30+	60:56+	61:27+	62:18+				
02:05+	02:08-	01:09+	03:52-	02:01+	03:49+	11:01+	07:39+	03:11+	02:22+	03:20+	03:31+	06:08+	05:14+	03:26+	00:31+	00:51-				
01:02&	00:08-	00:16&	00:15-	00:19#	00:50&	01:50#	03:13&	00:55&	00:32&	01:02&	00:47&	03:01&	02:16&	01:29&	00:07&	00:04-				
4	Tor Sverre Skåra	266							1:04:40											
02:14+	05:51+	07:28+	13:12+	15:13+	18:53+	31:14+	36:20+	40:28+	46:07+	48:41+	51:51+	55:40+	60:30+	63:06+	63:32+	64:40+				
02:14+	03:37+	01:37+	05:44+	02:01+	03:40+	12:21+	05:06+	04:08+	05:39+	02:34+	03:10+	03:49+	04:50+	02:36+	00:26+	01:08+				
01:11@	01:21&	00:44&	01:37&	00:19#	00:41#	03:10&	00:40#	01:52&	03:49@	00:16#	00:26#	00:42#	01:52&	00:39&	00:02+	00:13#				
5	Øystein Fuglestad	46							1:05:26											
01:46+	04:02+	05:06+	11:59+	13:53+	18:08+	32:07+	38:41+	41:48+	44:08+	47:04+	51:07+	54:44+	59:38+	63:59+	64:21+	65:26+				
01:46+	02:16=	01:04+	06:53+	01:54+	04:15+	13:59+	06:34+	03:07+	02:20+	02:56+	04:03+	03:37+	04:54+	04:21+	00:22-	01:05+				
00:43&	00:00=	00:11#	02:46&	00:12#	01:16&	04:48&	02:08&	00:51&	00:30&	00:38&	01:19&	00:30#	01:56&	02:24@	00:02-	00:10#				
6	Harald Taksdal	236							1:06:13											
02:16+	06:00+	07:30+	14:48+	17:10+	21:13+	32:37+	38:30+	43:07+	46:41+	49:18+	52:43+	57:17+	61:19+	64:37+	65:00+	66:13+				
02:16+	03:44+	01:30+	07:18+	02:22+	04:03+	11:24+	05:53+	04:37+	03:34+	02:37+	03:25+	04:34+	04:02+	03:18+	00:23-	01:13+				
01:13@	01:28&	00:37&	03:11&	00:40&	01:04&	02:13#	01:27&	02:21@	01:44&	00:19#	00:41#	01:27&	01:04&	01:21&	00:01-	00:18&				
7	Kjell Seland	236							1:07:09											
08:13+	10:20+	11:06+	17:04+	18:42+	22:01+	33:24+	39:21+	43:50+	47:33+	50:10+	53:37+	58:01+	62:12+	65:33+	65:54+	67:09+				
08:13+	02:07-	00:46-	05:58+	01:38-	03:19+	11:23+	05:57+	04:29+	03:43+	02:37+	03:27+	04:24+	04:11+	03:21+	00:21-	01:15+				
07:10@	00:09-	00:07-	01:51&	00:04-	00:20#	02:12#	01:31&	02:13&	01:53@	00:19#	00:43&	01:17&	01:13&	01:24&	00:03-	00:20&				
8	Frank Hansen	29							1:07:53											
01:46+	04:06+	05:03+	13:17+	20:02+	23:06+	35:33+	40:16+	44:03+	46:50+	50:14+	54:07+	57:19+	63:09+	66:17+	67:01+	67:53+				
01:46+	02:20+	00:57+	08:14+	06:45+	03:04+	12:27+	04:43+	03:47+	02:47+	03:24+	03:53+	03:12+	05:50+	03:08+	00:44+	00:52-				
00:43&	00:04+	00:04+	04:07&	05:03@	00:05+	03:16&	00:17+	01:31&	00:57&	01:06&	01:09&	00:05+	02:52&	01:11&	00:20&	00:03-				

Class	Navn	Klasse	Tid
9	Sveinung Rosenvinge	116	1:08:37
01:33+	04:24+	05:39+	11:16+
01:33+	02:51+	01:15+	05:37+
00:30&	00:35&	00:22&	01:30&
	00:46&	00:39#	04:21&
	03:12&	02:16&	01:06&
	00:33#	02:20&	01:04&
	02:00&	01:58&	00:10&
	00:09#		
10	Øivind Berggraf	116	1:12:06
01:22+	05:36+	06:24+	15:07+
01:22+	04:14+	00:48-	08:43+
00:19&	01:58&	00:05-	04:36@
	03:09@	01:03&	03:51&
	00:17+	00:24#	02:12@
	00:21#	00:34#	00:59&
	04:02+	03:18+	04:06+
	05:30+	70:28+	71:06+
	07:00+	04:58+	00:38+
	01:00+	00:14&	00:05+
11	Øistein Haaland	116	1:14:27
01:44+	06:17+	07:47+	13:49+
01:44+	04:33+	01:30+	06:02+
00:41&	02:17@	00:37&	01:55&
	00:30&	00:36#	09:58@
	00:16-	03:00@	00:44&
	01:26&	01:55&	03:03&
	02:20&	00:39&	00:03#
	00:07-		
12	Lars Salvesen	50	1:14:49
01:56+	04:13+	05:15+	10:28+
01:56+	02:17+	01:02+	05:13+
00:53&	00:01+	00:09#	01:06&
	03:27@	00:53&	08:49&
	01:47&	00:43&	01:33&
	03:09@	02:00&	01:09&
	01:09&	02:40&	01:11&
	00:02+	00:11#	00:02+
	00:11#		
13	Svein Sivertsen	115	1:15:33
01:31+	04:14+	05:27+	12:40+
01:31+	02:43+	01:13+	07:13+
00:28&	00:27#	00:20&	03:06&
	00:49&	01:08&	06:50&
	02:37&	01:49&	01:47&
	01:16&	01:16&	02:15&
	01:04&	04:19@	01:38&
	00:28@	00:06#	
14	Geir Rune Seldal	192	1:15:41
03:45+	06:57+	08:41+	14:35+
03:45+	03:12+	01:44+	05:54+
02:42@	00:56&	00:51&	01:47&
	00:18#	01:12&	08:23&
	01:53&	00:37&	01:31&
	03:11@	01:53&	01:16&
	01:16&	01:41&	02:16@
	00:02+	00:06#	
15	Kjell Olav Gjerde	7	1:16:20
01:46+	04:28+	06:51+	11:07+
01:46+	02:42+	02:23+	04:16+
00:43&	00:26#	01:30@	00:09+
	00:16#	01:03&	03:55&
	02:06&	07:00@	00:59&
	00:36&	06:40@	03:45@
	01:18&	00:51&	00:05#
	00:08-		
16	Kjell Lervik	239	1:17:00
02:01+	04:42+	06:08+	11:56+
02:01+	02:41+	01:26+	05:48+
00:58&	00:25#	00:33&	01:41&
	04:05@	00:47&	08:42&
	01:56&	00:42&	01:26&
	03:10@	02:22&	00:55&
	02:38&	00:58&	00:07&
	00:29&		
17	Jørgen Nilsen	53	1:21:06
02:02+	04:39+	05:30+	10:14+
02:02+	02:37+	00:51-	04:44+
00:59&	00:21#	00:02-	00:37#
	01:09&	00:56&	07:13&
	02:53&	01:08&	00:52&
	07:09@	02:10&	05:50@
	02:57&	01:27&	00:06#
	00:15&		
18	Ernst Kristensen	116	1:27:39
01:57+	04:42+	05:49+	13:33+
01:57+	02:45+	01:07+	07:44+
00:54&	00:29#	00:14&	03:37&
	00:26&	01:25&	06:52&
	06:38@	01:43&	06:07@
	01:13&	02:38&	06:25@
	01:49&	01:20&	00:04#
	00:39&		
19	Sigbjørn Gløppen	144	1:27:41
01:56+	08:33+	09:50+	15:35+
01:56+	06:37+	01:17+	05:45+
00:53&	04:21@	00:24&	01:38&
	00:12#	01:09&	18:50@
	01:50&	00:59&	02:12@
	01:08&	02:22&	01:00&
	02:48&	02:25@	00:05#
	00:19&		
20	John Lage Bergan	116	1:28:27
04:53+	14:51+	15:57+	21:26+
04:53+	09:58+	01:06+	05:29+
03:50@	07:42@	00:13#	01:22&
	00:47&	00:20#	14:13@
	00:49#	02:00&	00:55&
	00:51&	02:10&	01:48&
	02:02&	03:54+	05:00+
	05:51+	00:38+	01:06+
	03:54@	00:14&	00:11#
21	Sverre Magnar Nordal	116	1:32:41
02:08+	05:32+	07:18+	19:02+
02:08+	03:24+	01:46+	11:44+
01:05@	01:08&	00:53&	07:37@
	06:42@	03:02@	09:48@
	02:45&	01:41&	02:58@
	00:38&	01:51&	02:07&
	02:49&	01:55&	00:29@
	00:07#		
22	Svein Magne Gløppen	93	1:40:08
02:21+	07:32+	08:36+	14:11+
02:21+	05:11+	01:04+	05:35+
01:18@	02:55@	00:11#	01:28&
	00:17#	00:55&	34:37@
	02:40&	01:07&	00:52&
	00:58&	01:40&	01:00&
	03:14@	01:28&	00:06#
	00:16&		
23	Tor Inge Halvorsen	5	1:42:23
09:58+	12:31+	15:10+	20:42+
09:58+	02:33+	02:39+	05:32+
08:55@	00:17#	01:46@	01:25&
	00:57&	01:54&	05:50&
	15:24@	01:35&	03:31@
	00:30#	01:54&	03:58@
	07:25@	01:29&	00:05#
	00:22&		

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:03 02:01 00:46 03:52 01:38 02:59 09:11 04:10 02:16 01:50 02:18 02:44 03:07 02:58 01:57 00:21 00:47

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

Herrer 60 - 64 år

1	Bjarne Gimre	88	52:16													
01:39=	04:17=	05:19=	07:57=	11:06=	24:30=	26:44=	29:24=	31:22=	34:38=	39:05=	42:31=	44:59=	48:09=	50:11=	51:10=	52:16=
01:39=	02:38=	01:02=	02:38=	03:09=	13:24=	02:14=	02:40=	01:58=	03:16=	04:27=	03:26=	02:28=	03:10=	02:02=	00:59=	01:06=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hans Erik Terjesen	116	55:12													
01:19-	04:06-	06:11+	08:27+	11:50+	28:37+	30:48+	33:12+	34:53+	37:44+	40:40+	44:00+	46:27+	51:38+	53:16+	54:12+	55:12+
01:19-	02:47+	02:05+	02:16-	03:23+	16:47+	02:11-	02:24-	01:41-	02:51-	02:56-	03:20-	02:27-	05:11+	01:38-	00:56-	01:00-
00:20-	00:09+	01:03@	00:22-	00:14+	03:23&	00:03-	00:16-	00:17-	00:25-	01:31-	00:06-	00:01-	02:01&	00:24-	00:03-	00:06-
3	Bjørn Sivertsen	99	59:22													
01:19-	03:57-	05:39+	08:29+	11:41+	29:18+	31:41+	34:16+	39:08+	42:14+	45:25+	49:02+	51:42+	55:23+	57:21+	58:16+	59:22+
01:19-	02:38=	01:42+	02:50+	03:12+	17:37+	02:23+	02:35-	04:52+	03:06-	03:11-	03:37+	02:40+	03:41+	01:58-	00:55-	01:06=
00:20-	00:00=	00:40&	00:12+	00:03+	04:13&	00:09+	00:05-	02:54@	00:10-	01:16-	00:11+	00:12+	00:31#	00:04-	00:04-	00:00=
4	Bjørn H. Engseth	27	59:54													
01:36-	04:23+	05:27+	07:52-	10:43-	28:37+	30:34+	33:03+	35:34+	41:06+	45:08+	49:26+	52:45+	55:52+	57:36+	58:43+	59:54+
01:36-	02:47+	01:04+	02:25-	02:51-	17:54+	01:57-	02:29-	02:31+	05:32+	04:02-	04:18+	03:19+	03:07-	01:44-	01:07+	01:11+
00:03-	00:09+	00:02+	00:13-	00:18-	04:30&	00:17-	00:11-	00:33&	02:16&	00:25-	00:52&	00:51&	00:03-	00:18-	00:08#	00:05+
5	Torbjørn Evensen	108	1:01:31													
01:16-	03:37-	05:04-	07:26-	10:13-	25:12+	27:52+	31:16+	33:43+	39:35+	43:23+	47:53+	51:41+	56:10+	58:19+	59:50+	61:31+
01:16-	02:21-	01:27+	02:22-	02:47-	14:59+	02:40+	03:24+	02:27+	05:52+	03:48-	04:30+	03:48+	04:29+	02:09+	01:31+	01:41+
00:23-	00:17-	00:25&	00:16-	00:22-	01:35#	00:26#	00:44&	00:29#	02:36&	00:39-	01:04&	01:20&	01:19&	00:07+	00:32&	00:35&
6	Arne M. Handeland	92	1:03:21													
01:08-	03:53-	05:03-	07:23-	10:48-	30:13+	33:02+	36:55+	40:09+	43:18+	46:41+	49:53+	52:45+	59:24+	61:09+	62:18+	63:21+
01:08-	02:45+	01:10+	02:20-	03:25+	19:25+	02:49+	03:53+	03:14+	03:09-	03:23-	03:12-	02:52+	06:39+	01:45-	01:09+	01:03-
00:31-	00:07+	00:08#	00:18-	00:16+	06:01&	00:35&	01:13&	01:16&	00:07-	01:04-	00:14-	00:24#	03:29@	00:17-	00:10#	00:03-
7	Sveinung Tveit	236	1:04:37													
01:37-	04:03-	06:09+	08:41+	12:30+	29:23+	31:30+	33:47+	36:23+	45:45+	48:25+	52:52+	55:30+	60:04+	61:44+	62:41+	64:37+
01:37-	02:26-	02:06+	02:32-	03:49+	16:53+	02:07+	02:17-	02:36+	09:22+	02:40-	04:27+	02:38+	04:34+	01:40-	00:57-	01:56+
00:02-	00:12-	01:04@	00:06-	00:40#	03:29&	00:07-	00:23-	00:38&	06:06@	01:47-	01:01&	00:10+	01:24&	00:22-	00:02-	00:50&
8	Tor Harald Lunde	47	1:04:37													
01:23-	03:57-	05:00-	08:22+	12:34+	34:57+	37:23+	40:33+	42:33+	45:40+	49:09+	52:36+	55:58+	59:59+	62:11+	63:15+	64:37+
01:23-	02:34-	01:03+	03:22+	04:12+	22:23+	02:26+	03:10+	02:00+	03:07-	03:29-	03:27+	03:22+	04:01+	02:12+	01:04+	01:22+
00:16-	00:04-	00:01+	00:44&	01:03&	08:59&	00:12+	00:30#	00:02+	00:09-	00:58-	00:01+	00:54&	00:51&	00:10+	00:05+	00:16#
9	Terje Stokkeland	69	1:05:09													
01:34-	04:12-	05:30+	08:09+	11:15+	32:58+	37:49+	41:14+	44:48+	47:45+	52:09+	55:42+	58:36+	61:51+	63:14+	64:17+	65:09+
01:34-	02:38=	01:18+	02:39+	03:06-	21:43+	04:51+	03:25+	03:34+	02:57-	04:24-	03:33+	02:54+	03:15+	01:23-	01:03+	00:52-
00:05-	00:00=	00:16&	00:01+	00:03-	08:19&	02:37@	00:45&	01:36&	00:19-	00:03-	00:07+	00:26#	00:05+	00:39-	00:04+	00:14-
10	Jan Arendal	116	1:09:50													
02:00+	05:34+	06:57+	10:15+	14:42+	31:15+	34:22+	38:08+	40:43+	45:02+	50:49+	55:31+	58:40+	64:12+	66:32+	68:13+	69:50+
02:00+	03:34+	01:23+	03:18+	04:27+	16:33+	03:07+	03:46+	02:35+	04:19+	05:47+	04:42+	03:09+	05:32+	02:20+	01:41+	01:37+
00:21#	00:56&	00:21&	00:40&	01:18&	03:09#	00:53&	01:06&	00:37&	01:03&	01:20&	01:16&	00:41&	02:22&	00:18#	00:42&	00:31&
11	Bjørn Bjelland	83	1:12:20													
01:50+	06:28+	08:15+	12:45+	16:04+	39:19+	41:31+	44:58+	46:58+	52:16+	56:44+	61:19+	64:10+	68:07+	70:00+	71:07+	72:20+
01:50+	04:38+	01:47+	04:30+	03:19+	23:15+	02:12-	03:27+	02:00+	05:18+	04:28+	04:35+	02:51+	03:57+	01:53-	01:07+	01:13+
00:11#	02:00&	00:45&	01:52&	00:10+	09:51&	00:02-	00:47&	00:02+	02:02&	00:01+	01:09&	00:23#	00:47#	00:09-	00:08#	00:07#
12	Agnar Lien	7	1:12:49													
01:16-	04:15-	05:20+	08:48+	12:15+	34:24+	37:35+	41:43+	44:24+	53:49+	56:44+	61:09+	64:03+	67:57+	69:48+	70:48+	72:49+
01:16-	02:59+	01:05+	03:28+	03:27+	22:09+	03:11+	04:08+	02:41+	09:25+	02:55-	04:25+	02:54+	03:54+	01:51-	01:00+	02:01+
00:23-	00:21#	00:03+	00:50&	00:18+	08:45&	00:57&	01:28&	00:43&	06:09@	01:32-	00:59&	00:26#	00:44#	00:11-	00:01+	00:55&
13	Svein Ims	65	1:13:55													
01:27-	05:20+	06:25+	09:56+	13:37+	30:09+	34:27+	37:06+	39:28+	46:15+	49:47+	53:42+	63:29+	69:00+	70:54+	72:00+	73:55+
01:27-	03:53+	01:05+	03:31+	03:41+	16:32+	04:18+	02:39-	02:22+	06:47+	03:32-	03:55+	09:47+	05:31+	01:54-	01:06+	01:55+
00:12-	01:15&	00:03+	00:53&	00:32#	03:08#	02:04&	00:01-	00:24#	03:31@	00:55-	00:29#	07:19@	02:21&	00:08-	00:07#	00:49&

Class	Navn	Klasse										Tid				
14	Magne Tunheim	144										1:16:12				
03:10+	07:48+	08:47+	16:25+	22:14+	41:59+	45:28+	49:08+	51:11+	54:04+	57:38+	64:19+	67:38+	71:54+	73:47+	75:17+	76:12+
03:10+	04:38+	00:59-	07:38+	05:49+	19:45+	03:29+	03:40+	02:03+	02:53-	03:34-	06:41+	03:19+	04:16+	01:53-	01:30+	00:55-
01:31&	02:00&	00:03-	05:00&	02:40&	06:21&	01:15&	01:00&	00:05+	00:23-	00:53-	03:15&	00:51&	01:06&	00:09-	00:31&	00:11-
15	Rolf Kleppe	63										1:27:35				
02:08+	06:04+	07:19+	11:05+	15:12+	41:14+	46:07+	55:07+	57:29+	62:43+	67:48+	71:54+	76:29+	82:10+	85:14+	86:24+	87:35+
02:08+	03:56+	01:15+	03:46+	04:07+	26:02+	04:53+	09:00+	02:22+	05:14+	05:05+	04:06+	04:35+	05:41+	03:04+	01:10+	01:11+
00:29&	01:18&	00:13#	01:08&	00:58&	12:38&	02:39@	06:20@	00:24#	01:58&	00:38#	00:40#	02:07&	02:31&	01:02&	00:11#	00:05+
16	Inge Johan Øverland	93										1:28:15				
02:10+	05:29+	07:03+	09:41+	13:11+	36:07+	39:47+	43:50+	46:52+	50:55+	55:49+	60:55+	75:06+	81:21+	84:30+	86:49+	88:15+
02:10+	03:19+	01:34+	02:38+	03:30+	22:56+	03:40+	04:03+	03:02+	04:03+	04:54+	05:06+	14:11+	06:15+	03:09+	02:19+	01:26+
00:31&	00:41&	00:32&	00:00-	00:21#	09:32&	01:26&	01:23&	01:04&	00:47#	00:27#	01:40&	11:43@	03:05&	01:07&	01:20@	00:20&
Beste strekketid for klassen																
01:08	02:21	00:59	02:16	02:47	13:24	01:57	02:17	01:41	02:51	02:40	03:12	02:27	03:07	01:23	00:55	00:52

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

Herrer 65 - 69 år

1	Bjørn Alsaker	115										41:47				
01:17=	03:19=	04:09=	06:24=	08:38=	20:54=	22:47=	25:09=	26:33=	29:29=	32:16=	34:53=	36:47=	39:13=	40:20=	41:04=	41:47=
01:17=	02:02=	00:50=	02:15=	02:14=	12:16=	01:53=	02:22=	01:24=	02:56=	02:47=	02:37=	01:54=	02:26=	01:07=	00:44=	00:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jan Hetland	29										44:41				
01:11-	03:21+	04:42+	07:07+	10:15+	21:07+	23:14+	25:42+	27:22+	29:50+	32:51+	35:46+	38:22+	41:27+	42:52+	43:56+	44:41+
01:11-	02:10+	01:21+	02:25+	03:08+	10:52-	02:07+	02:28+	01:50+	02:28-	03:01+	02:55+	02:36+	03:05+	01:25+	01:04+	00:45+
00:06-	00:08+	00:31&	00:10+	00:54&	01:24-	00:14#	00:06+	00:16#	00:28-	00:14+	00:18#	00:42&	00:39&	00:18&	00:20&	00:02+
3	Harry Breiland	66										50:57				
01:46+	04:36+	05:40+	08:00+	10:35+	26:01+	28:06+	30:31+	32:24+	35:14+	38:18+	41:37+	44:13+	47:28+	49:04+	50:01+	50:57+
01:46+	02:50+	01:04+	02:20+	02:35+	15:26+	02:05+	02:25+	01:53+	02:50-	03:04+	03:19+	02:36+	03:15+	01:36+	00:57+	00:56+
00:29&	00:48&	00:14&	00:05+	00:21#	03:10&	00:12#	00:03+	00:29&	00:06-	00:17#	00:42&	00:42&	00:49&	00:29&	00:13&	00:13&
4	Paul A. Paulsen	117										54:58				
01:24+	04:11+	05:04+	07:44+	10:44+	23:58+	26:06+	28:38+	30:48+	35:16+	38:54+	41:18+	44:34+	47:11+	50:38+	52:23+	53:37+
01:24+	02:47+	00:53+	02:40+	03:00+	13:14+	02:08+	02:32+	02:10+	04:28+	03:38+	02:24-	03:16+	02:37+	03:27+	01:45+	01:14+
00:07+	00:45&	00:03+	00:25#	00:46&	00:58+	00:15#	00:10+	00:46&	01:32&	00:51&	00:13-	01:22&	00:11+	02:20@	01:01@	00:31&
5	Arne Østensen	90										55:56				
01:19+	03:46+	04:55+	07:05+	10:16+	26:18+	28:27+	30:45+	32:57+	37:14+	42:15+	45:40+	48:02+	51:49+	53:49+	54:47+	55:56+
01:19+	02:27+	01:09+	02:10-	03:11+	16:02+	02:09+	02:18-	02:12+	04:17+	05:01+	03:25+	02:22+	03:47+	02:00+	00:58+	01:09+
00:02+	00:25#	00:19&	00:05-	00:57&	03:46&	00:16#	00:04-	00:48&	01:21&	02:14&	00:48&	00:28#	01:21&	00:53&	00:14&	00:26&
6	Ragnvald Frøyland	128										56:13				
01:24+	03:45+	04:43+	07:08+	11:10+	29:43+	32:12+	34:48+	36:24+	39:05+	42:13+	46:11+	49:05+	52:35+	54:12+	55:12+	56:13+
01:24+	02:21+	00:58+	02:25+	04:02+	18:33+	02:29+	02:36+	01:36+	02:41-	03:08+	03:58+	02:54+	03:30+	01:37+	01:00+	01:01+
00:07+	00:19#	00:08#	00:10+	01:48&	06:17&	00:36&	00:14+	00:12#	00:15-	00:21#	01:21&	01:00&	01:04&	00:30&	00:16&	00:18&
7	Asgeir Bell	117										56:30				
01:00-	03:54+	04:44+	06:41+	09:35+	36:29+	38:14+	40:25+	41:47+	44:12+	46:24+	49:18+	51:18+	53:37+	54:45+	55:32+	56:30+
01:00-	02:54+	00:50=	01:57-	02:54+	26:54+	01:45-	02:11-	01:22-	02:25-	02:12-	02:54+	02:00+	02:19-	01:08+	00:47+	00:58+
00:17-	00:52&	00:00=	00:18-	00:40&	14:38@	00:08-	00:11-	00:02-	00:31-	00:35-	00:17#	00:06+	00:07-	00:01+	00:03+	00:15&
8	Jostein Tunheim	116										58:11				
01:24+	03:48+	04:44+	07:01+	10:04+	23:52+	29:38+	32:39+	35:40+	39:16+	42:49+	47:46+	50:21+	54:44+	56:23+	57:12+	58:11+
01:24+	02:24+	00:56+	02:17+	03:03+	13:48+	05:46+	03:01+	03:01+	03:33+	04:57+	03:33+	04:57+	02:35+	04:23+	01:39+	00:49+
00:07+	00:22#	00:06#	00:02+	00:49&	01:32#	03:53@	00:39&	01:37@	00:40#	00:46&	02:20&	00:41&	01:57&	00:32&	00:05#	00:16&
9	Roar Fitjar	101										1:00:22				
01:24+	04:20+	05:30+	09:21+	13:09+	28:12+	30:42+	33:39+	35:45+	39:18+	43:09+	46:43+	49:32+	54:31+	57:49+	58:59+	60:22+
01:24+	02:56+	01:10+	03:51+	03:48+	15:03+	02:30+	02:57+	02:06+	03:33+	03:51+	03:34+	02:49+	04:59+	03:18+	01:10+	01:23+
00:07+	00:54&	00:20&	01:36&	01:34&	02:47#	00:37&	00:35#	00:42&	00:37#	01:04&	00:57&	00:55&	02:33@	02:11@	00:26&	00:40&
10	Leif Gunnar Wikene	43										1:04:05				
02:00+	04:50+	06:31+	10:29+	13:39+	30:37+	32:34+	35:45+	38:50+	42:50+	46:54+	50:18+	53:05+	58:46+	61:19+	63:00+	64:05+
02:00+	02:50+	01:41+	03:58+	03:10+	16:58+	01:57+	03:11+	03:05+	04:00+	04:04+	03:24+	02:47+	05:41+	02:33+	01:41+	01:05+
00:43&	00:48&	00:51@	01:43&	00:56&	04:42&	00:04+	00:49&	01:41@	01:04&	01:17&	00:47&	00:53&	03:15@	01:26@	00:57@	00:22&

Class	Navn	Klasse	Tid													
11	Ragnar Rossavik	109	1:04:13													
01:54+	04:40+	06:38+	09:36+	12:43+	27:20+	29:31+	32:15+	34:03+	37:42+	42:07+	45:30+	49:04+	59:45+	61:43+	63:10+	64:13+
01:54+	02:46+	01:58+	02:58+	03:07+	14:37+	02:11+	02:44+	01:48+	03:39+	04:25+	03:23+	03:34+	10:41+	01:58+	01:27+	01:03+
00:37&	00:44&	01:08@	00:43&	00:53&	02:21#	00:18#	00:22#	00:24&	00:43#	01:38&	00:46&	01:40&	08:15@	00:51&	00:43&	00:20&
12	Berge Hatteland	62	1:05:08													
01:31+	04:27+	05:51+	08:48+	12:20+	30:54+	34:44+	37:53+	40:31+	44:08+	48:03+	52:26+	55:28+	60:01+	62:06+	63:27+	65:08+
01:31+	02:56+	01:24+	02:57+	03:32+	18:34+	03:50+	03:09+	02:38+	03:37+	03:55+	04:23+	03:02+	04:33+	02:05+	01:21+	01:41+
00:14#	00:54&	00:34&	00:42&	01:18&	06:18&	01:57@	00:47&	01:14&	00:41#	01:08&	01:46&	01:08&	02:07&	00:58&	00:37&	00:58@
13	Tore R. Tvedt	90	1:07:38													
02:11+	05:20+	07:14+	10:00+	14:04+	37:33+	40:09+	42:41+	47:08+	50:26+	53:27+	57:35+	60:16+	63:49+	65:32+	66:29+	67:38+
02:11+	03:09+	01:54+	02:46+	04:04+	23:29+	02:36+	02:32+	04:27+	03:18+	03:01+	04:08+	02:41+	03:33+	01:43+	00:57+	01:09+
00:54&	01:07&	01:04@	00:31#	01:50&	11:13&	00:43&	00:10+	03:03@	00:22#	00:14+	01:31&	00:47&	01:07&	00:36&	00:13&	00:26&
14	Per Marthon Møland	5	1:10:57													
01:42+	04:35+	05:44+	10:00+	15:10+	35:11+	38:29+	41:38+	44:12+	47:35+	52:04+	56:06+	59:47+	65:13+	67:42+	69:23+	70:57+
01:42+	02:53+	01:09+	04:16+	05:10+	20:01+	03:18+	03:09+	02:34+	03:23+	04:29+	04:02+	03:41+	05:26+	02:29+	01:41+	01:34+
00:25&	00:51&	00:19&	02:01&	02:56@	07:45&	01:25&	00:47&	01:10&	00:27#	01:42&	01:25&	01:47&	03:00@	01:22@	00:57@	00:51@
15	Jan Inge Lunde	88	1:12:11													
01:22+	04:01+	05:17+	08:20+	12:11+	44:12+	47:18+	49:49+	51:38+	54:42+	57:44+	61:10+	64:09+	68:06+	69:47+	70:57+	72:11+
01:22+	02:39+	01:16+	03:03+	03:51+	32:01+	03:06+	02:31+	01:49+	03:04+	03:02+	03:26+	02:59+	03:57+	01:41+	01:10+	01:14+
00:05+	00:37&	00:26&	00:48&	01:37&	19:45@	01:13&	00:09+	00:25&	00:08+	00:15+	00:49&	01:05&	01:31&	00:34&	00:26&	00:31&
16	Terje Langeland	98	1:12:22													
01:49+	05:34+	06:44+	11:19+	15:16+	36:23+	39:07+	41:30+	44:09+	52:06+	54:43+	58:29+	61:20+	67:13+	69:59+	71:18+	72:22+
01:49+	03:45+	01:10+	04:35+	03:57+	21:07+	02:44+	02:23+	02:39+	07:57+	02:37-	03:46+	02:51+	05:53+	02:46+	01:19+	01:04+
00:32&	01:43&	00:20&	02:20&	01:43&	08:51&	00:51&	00:01+	01:15&	05:01@	00:10-	01:09&	00:57&	03:27@	01:39@	00:35&	00:21&
17	Terje Gautestad	7	1:13:05													
01:57+	05:44+	07:07+	10:40+	14:43+	34:06+	36:40+	40:00+	42:29+	45:42+	50:11+	58:03+	61:41+	67:01+	70:22+	71:47+	73:05+
01:57+	03:47+	01:23+	03:33+	04:03+	19:23+	02:34+	03:20+	02:29+	03:13+	04:29+	07:52+	03:38+	05:20+	03:21+	01:25+	01:18+
00:40&	01:45&	00:33&	01:18&	01:49&	07:07&	00:41&	00:58&	01:05&	00:17+	01:42&	05:15@	01:44&	02:54@	02:14@	00:41&	00:35&
18	Cato Molthe	53	1:24:38													
01:32+	06:45+	07:54+	10:55+	14:34+	44:39+	47:24+	50:52+	52:48+	58:08+	61:31+	65:35+	68:41+	72:26+	74:37+	75:56+	84:38+
01:32+	05:13+	01:09+	03:01+	03:39+	30:05+	02:45+	03:28+	01:56+	05:20+	03:23+	04:04+	03:06+	03:45+	02:11+	01:19+	08:42+
00:15#	03:11@	00:19&	00:46&	01:25&	17:49@	00:52&	01:06&	00:32&	02:24&	00:36#	01:27&	01:12&	01:19&	01:04&	00:35&	07:59@

Beste strekktid for klassen

01:00 02:02 00:50 01:57 02:14 10:52 01:45 02:11 01:22 02:25 02:12 02:24 01:54 02:19 01:07 00:44 00:43

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

Herrer 70 - 74 år

1	Finn Morten Årstad	115	47:07													
01:28=	03:49=	04:49=	07:10=	09:41=	24:37=	26:22=	28:26=	30:03=	32:31=	35:17=	38:21=	40:47=	43:52=	45:27=	46:13=	47:07=
01:28=	02:21=	01:00=	02:21=	02:31=	14:56=	01:45=	02:04=	01:37=	02:28=	02:46=	03:04=	02:26=	03:05=	01:35=	00:46=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjell Svihus	154	50:03													
01:22-	03:44-	04:48-	07:09-	09:41=	25:14+	27:05+	29:37+	31:21+	34:12+	37:36+	40:35+	43:17+	46:33+	48:02+	48:57+	50:03+
01:22-	02:22+	01:04+	02:21=	02:32+	15:33+	01:51+	02:32+	01:44+	02:51+	03:24+	02:59-	02:42+	03:16+	01:29-	00:55+	01:06+
00:06-	00:01+	00:04+	00:00=	00:01+	00:37+	00:06+	00:28#	00:07+	00:23#	00:38#	00:05-	00:16#	00:11+	00:06-	00:09#	00:12#
3	Hilmar Røthing	128	51:36													
01:15-	03:22-	04:28-	06:52-	09:36-	21:51-	24:36-	26:41-	28:52-	34:00+	37:14+	40:14+	43:12+	46:32+	49:29+	50:34+	51:36+
01:15-	02:07-	01:06+	02:24+	02:44+	12:15-	02:45+	02:05+	02:11+	05:08+	03:14+	03:00-	02:58+	03:20+	02:57+	01:05+	01:02+
00:13-	00:14-	00:06+	00:03+	00:13+	02:41-	01:00&	00:01+	00:34&	02:40@	00:28#	00:04-	00:32#	00:15+	01:22&	00:19&	00:08#
4	Øyvind Egeskog	5	58:09													
01:13-	04:24+	05:27+	08:00+	11:17+	25:00+	27:29+	30:45+	34:45+	38:03+	41:20+	44:38+	48:05+	53:01+	55:28+	56:49+	58:09+
01:13-	03:11+	01:03+	02:33+	03:17+	13:43-	02:29+	03:16+	04:00+	03:18+	03:17+	03:18+	03:27+	04:56+	02:27+	01:21+	01:20+
00:15-	00:50&	00:03+	00:12+	00:46&	01:13-	00:44&	01:12&	02:23@	00:50&	00:31#	00:14+	01:01&	01:51&	00:52&	00:35&	00:26&
5	Kjell Langvik	93	58:12													
01:10-	03:40-	05:03+	07:57+	11:55+	28:11+	30:27+	32:54+	34:55+	38:33+	42:44+	46:19+	49:42+	53:31+	55:28+	56:41+	58:12+
01:10-	02:30+	01:23+	02:54+	03:58+	16:16+	02:16+	02:27+	02:01+	03:38+	04:11+	03:35+	03:23+	03:49+	01:57+	01:13+	01:31+
00:18-	00:09+	00:23&	00:33#	01:27&	01:20+	00:31&	00:23#	00:24#	01:10&	01:25&	00:31#	00:57&	00:44#	00:22#	00:27&	00:37&

Class	Navn	Klasse	Tid
6	Svein Glendrange	68	1:04:35
01:32+	04:15+ 05:26+ 08:21+ 11:23+	27:22+ 30:13+ 32:52+ 34:30+ 39:41+ 46:23+ 49:24+	53:00+ 56:00+ 60:29+ 62:23+ 63:30+ 64:35+
01:32+	02:43+ 01:11+ 02:55+ 03:02+ 15:59+	02:51+ 02:39+ 01:38+ 05:11+ 06:42+ 03:01-	03:36+ 03:00- 04:29+ 01:54+ 01:07+ 01:05+
00:04+	00:22# 00:11# 00:34# 00:31# 01:03+	01:06& 00:35& 00:01+ 02:43@ 03:56@ 00:03-	01:10& 00:05- 02:54@ 01:08@ 00:13# 01:05+
7	Hermann Skogsholm	53	1:06:07
01:24-	04:05+ 05:08+ 08:30+ 11:36+	38:34+ 41:13+ 43:59+ 45:38+ 48:07+	51:27+ 55:02+ 57:38+ 61:55+ 63:48+ 64:53+ 66:07+
01:24-	02:41+ 01:03+ 03:22+ 03:06+ 26:58+	02:39+ 02:46+ 01:39+ 02:29+ 03:20+	03:35+ 02:36+ 04:17+ 01:53+ 01:05+ 01:14+
00:04-	00:20# 00:03+ 01:01& 00:35# 12:02&	00:54& 00:42& 00:02+ 00:01+ 00:34#	00:31# 00:10+ 01:12& 00:18# 00:19& 00:20&
8	Svein Eliassen	116	1:11:44
01:48+	05:29+ 08:23+ 12:49+ 17:25+	35:56+ 38:38+ 42:41+ 45:50+ 50:11+	54:32+ 59:05+ 62:04+ 66:10+ 68:45+ 70:20+ 71:44+
01:48+	03:41+ 02:54+ 04:26+ 04:36+	18:31+ 02:42+ 04:03+ 03:09+	04:21+ 04:21+ 04:33+ 02:59+ 04:06+ 02:35+ 01:35+ 01:24+
00:20#	01:20& 01:54@ 02:05& 02:05& 03:35#	00:57& 01:59& 01:32& 01:53& 01:35& 01:29&	00:33# 01:01& 01:00& 00:49@ 00:30&
9	Knut Jonas Espedal	53	1:12:32
01:50+	05:14+ 06:41+ 10:43+ 14:34+	31:29+ 34:00+ 37:20+ 40:38+ 51:12+	54:46+ 59:20+ 62:44+ 67:10+ 69:44+ 71:03+ 72:32+
01:50+	03:24+ 01:27+ 04:02+ 03:51+	16:55+ 02:31+ 03:20+ 03:18+	10:34+ 03:34+ 04:34+ 03:24+ 04:26+ 02:34+ 01:19+ 01:29+
00:22#	01:03& 00:27& 01:41& 01:20& 01:59#	00:46& 01:16& 01:41@ 08:06@	00:48& 01:30& 00:58& 01:21& 00:59& 00:33& 00:35&
10	Tormod Aasliid	54	1:17:33
01:21-	04:05+ 05:02+ 07:42+ 10:48+	27:10+ 29:10+ 32:05+ 34:23+ 37:04+	41:04+ 58:34+ 62:03+ 71:50+ 74:53+ 76:10+ 77:33+
01:21-	02:44+ 00:57- 02:40+ 03:06+	16:22+ 02:00+ 02:55+ 02:18+	02:41+ 04:00+ 17:30+ 03:29+ 09:47+ 03:03+ 01:17+ 01:23+
00:07-	00:23# 00:03- 00:19# 00:35# 01:26+	00:15# 00:51& 00:41& 00:13+	01:14& 14:26@ 01:03& 06:42@ 01:28& 00:31& 00:29&
11	Ole Auklend	106	1:19:04
01:48+	06:23+ 07:43+ 12:06+ 17:00+	39:18+ 42:07+ 44:45+ 47:07+	52:34+ 58:32+ 63:20+ 67:27+ 71:42+ 75:06+ 77:13+ 79:04+
01:48+	04:35+ 01:20+ 04:23+ 04:54+	22:18+ 02:49+ 02:38+ 02:22+	05:27+ 05:58+ 04:48+ 04:07+ 04:15+ 03:24+ 02:07+ 01:51+
00:20#	02:14& 00:20& 02:02& 02:23& 07:22&	01:04& 00:34& 00:45& 02:59@	03:12@ 01:44& 01:41& 01:10& 01:49@ 01:21@ 00:57@
12	Lars Ernst Ravndal	125	1:31:42
02:00+	05:53+ 07:34+ 12:18+ 17:23+	38:21+ 42:07+ 46:46+ 49:35+	63:21+ 68:32+ 74:57+ 79:12+ 84:37+ 86:56+ 89:51+ 91:42+
02:00+	03:53+ 01:41+ 04:44+ 05:05+	20:58+ 03:46+ 04:39+ 02:49+	13:46+ 05:11+ 06:25+ 04:15+ 05:25+ 02:19+ 02:55+ 01:51+
00:32&	01:32& 00:41& 02:23@ 02:34@	06:02& 02:01@ 02:35@ 01:12& 11:18@	02:25& 03:21@ 01:49& 02:20& 00:44& 02:09@ 00:57@
13	Mangor Eikeland	92	1:38:27
02:41+	06:51+ 10:30+ 14:21+ 18:56+	45:22+ 50:22+ 55:35+ 59:53+	65:42+ 71:08+ 77:07+ 81:39+ 90:34+ 94:10+ 96:04+ 98:27+
02:41+	04:10+ 03:39+ 03:51+ 04:35+	26:26+ 05:00+ 05:13+ 04:18+	05:49+ 05:26+ 05:59+ 04:32+ 08:55+ 03:36+ 01:54+ 02:23+
01:13&	01:49& 02:39@ 01:30& 02:04&	11:30& 03:15@ 03:09@ 02:41@ 03:21@	02:40& 02:55& 02:06& 05:50@ 02:01@ 01:08@ 01:29@
14	Jan H. Sagen	92	1:39:17
02:02+	07:27+ 13:38+ 17:15+ 18:29+	21:39- 25:55- 51:39+ 54:58+	59:10+ 62:24+ 72:55+ 78:48+ 83:36+ 87:53+ 92:43+ 95:31+ 97:40+ 99:17+
02:02+	05:25+ 06:11+ 03:37+ 01:14-	03:10- 04:16+ 25:44+ 03:19+	04:12+ 03:14+ 10:31+ 05:53+ 04:48+ 04:17+ 04:50+ 02:48+ 02:09+ 01:37+
00:34&	03:04@ 05:11@ 01:16& 01:17-	11:46- 02:31@ 23:40@ 01:42@ 01:44&	00:28# 07:27@ 03:27@ 01:43& 02:42@ 04:04@ 01:54@ 02:09+ 01:37+
Beste strekketid for klassen			
	01:10	02:07	00:57
	02:21	02:21	01:14
	03:10	01:45	02:04
	01:37	02:28	02:46
	02:59	02:26	03:00
	01:29	00:46	00:54

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

Herrer 75 - 79 år

1	Jan Værp	62	49:22
01:17=	03:50= 05:42= 09:03= 11:21=	17:51= 20:06= 22:55= 25:31= 28:03=	32:02= 35:35= 38:38= 43:09= 45:25= 46:12= 49:22=
01:17=	02:33= 01:52= 03:21= 02:18=	06:30= 02:15= 02:49= 02:36= 02:32=	03:59= 03:33= 03:03= 04:31= 02:16= 00:47= 03:10=
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=
2	Harald Vatne	67	59:10
01:43+	04:44+ 06:29+ 09:55+ 12:44+	18:28+ 21:04+ 24:19+ 27:20+	33:54+ 38:39+ 43:09+ 49:11+ 54:07+ 56:28+ 57:49+ 59:10+
01:43+	03:01+ 01:45- 03:26+ 02:49+	05:44+ 02:36+ 03:15+ 03:01+	06:34+ 04:45+ 04:30+ 06:02+ 04:56+ 02:21+ 01:21+ 01:21-
00:26&	00:28# 00:07- 00:05+ 00:31#	00:46- 00:21# 00:26# 00:25#	04:02@ 00:46# 00:57& 02:59& 00:25+ 00:05+ 00:34& 01:49-
3	Arne Brandsberg	29	59:33
01:42+	04:49+ 06:54+ 11:01+ 13:54+	20:39+ 24:17+ 27:55+ 31:36+	34:29+ 38:52+ 44:07+ 48:21+ 53:42+ 56:59+ 57:50+ 59:33+
01:42+	03:07+ 02:05+ 04:07+ 02:53+	06:45+ 03:38+ 03:38+ 03:41+	02:53+ 04:23+ 05:15+ 04:14+ 05:21+ 03:17+ 00:51+ 01:43-
00:25&	00:34# 00:13# 00:46# 00:35&	00:15+ 01:23& 00:49& 01:05&	00:21# 00:24# 01:42& 01:11& 00:50# 01:01& 00:04+ 01:27-
4	Bjarne Edland	92	59:35
01:43+	05:01+ 07:25+ 11:06+ 13:54+	20:07+ 22:23+ 25:21+ 29:07+	31:58+ 38:26+ 42:40+ 45:57+ 53:10+ 57:38+ 58:04+ 59:35+
01:43+	03:18+ 02:24+ 03:41+ 02:48+	06:13- 02:16+ 02:58+ 03:46+	02:51+ 06:28+ 04:14+ 03:17+ 07:13+ 04:28+ 00:26- 01:31-
00:26&	00:45& 00:32& 00:20+ 00:30#	00:17- 00:01+ 00:09+ 01:10&	00:19# 02:29& 00:41# 00:14+ 02:42& 02:12& 00:21- 01:39-

Class	Navn	Klasse	Tid													
5	Terje Braut	92	1:02:00													
01:49+	04:12+	06:20+	09:53+	12:24+	29:25+	32:41+	35:54+	39:11+	42:45+	45:50+	49:19+	52:45+	57:40+	60:00+	60:34+	62:00+
01:49+	02:23-	02:08+	03:33+	02:31+	17:01+	03:16+	03:13+	03:17+	03:34+	03:05-	03:29-	03:26+	04:55+	02:20+	00:34-	01:26-
00:32&	00:10-	00:16#	00:12+	00:13+	10:31@	01:01&	00:24#	00:41&	01:02&	00:54-	00:04-	00:23#	00:24+	00:04+	00:13-	01:44-
6	Kjell Maudal	63	1:04:46													
02:01+	05:06+	07:23+	11:33+	14:21+	22:20+	26:00+	30:22+	37:22+	40:15+	45:13+	50:25+	55:28+	60:01+	62:53+	63:31+	64:46+
02:01+	03:05+	02:17+	04:10+	02:48+	07:59+	03:40+	04:22+	07:00+	02:53+	04:58+	05:12+	05:03+	04:33+	02:52+	00:38-	01:15-
00:44&	00:32#	00:25#	00:49#	00:30#	01:29#	01:25&	01:33&	04:24@	00:21#	00:59#	01:39&	02:00&	00:02+	00:36&	00:09-	01:55-
7	Rolv Nærland	63	1:05:40													
01:49+	05:28+	08:13+	12:24+	15:23+	23:14+	26:55+	31:25+	38:24+	41:04+	46:16+	51:19+	56:21+	61:03+	63:46+	64:33+	65:40+
01:49+	03:39+	02:45+	04:11+	02:59+	07:51+	03:41+	04:30+	06:59+	02:40+	05:12+	05:03+	05:02+	04:42+	02:43+	00:47=	01:07-
00:32&	01:06&	00:53&	00:50#	00:41&	01:21#	01:26&	01:41&	04:23@	00:08+	01:13&	01:30&	01:59&	00:11+	00:27#	00:00=	02:03-
8	Torleiv Møgedal	68	1:18:03													
02:44+	05:33+	07:57+	12:30+	19:36+	28:07+	33:55+	38:32+	42:24+	46:20+	51:18+	56:28+	61:03+	72:20+	75:50+	76:43+	78:03+
02:44+	02:49+	02:24+	04:33+	07:06+	08:31+	05:48+	04:37+	03:52+	03:56+	04:58+	05:10+	04:35+	11:17+	03:30+	00:53+	01:20-
01:27@	00:16#	00:32&	01:12&	04:48@	02:01&	03:33@	01:48&	01:16&	01:24&	00:59#	01:37&	01:32&	06:46@	01:14&	00:06#	01:50-
9	Albert Moe	54	1:18:53													
01:56+	05:25+	09:40+	14:09+	16:58+	23:35+	29:40+	33:40+	37:05+	43:41+	49:30+	61:33+	65:35+	72:12+	76:21+	77:06+	78:53+
01:56+	03:29+	04:15+	04:29+	02:49+	06:37+	06:05+	04:00+	03:25+	06:36+	05:49+	12:03+	04:02+	06:37+	04:09+	00:45-	01:47-
00:39&	00:56&	02:23@	01:08&	00:31#	00:07+	03:50@	01:11&	00:49&	04:04@	01:50&	08:30@	00:59&	02:06&	01:53&	00:02-	01:23-
10	Jan Bekkeheien	92	1:24:36													
01:44+	04:59+	06:44+	12:20+	15:05+	29:36+	33:26+	38:22+	42:46+	48:45+	54:26+	58:44+	72:36+	79:42+	82:29+	83:08+	84:36+
01:44+	03:15+	01:45-	05:36+	02:45+	14:31+	03:50+	04:56+	04:24+	05:59+	05:41+	04:18+	13:52+	07:06+	02:47+	00:39-	01:28-
00:27&	00:42&	00:07-	02:15&	00:27#	08:01@	01:35&	02:07&	01:48&	03:27@	01:42&	00:45#	10:49@	02:35&	00:31#	00:08-	01:42-
11	Alf Gyland	92	1:28:44													
01:26+	03:48-	05:34-	09:36+	12:03+	31:28+	35:12+	40:26+	44:38+	50:44+	56:19+	60:55+	74:31+	80:39+	86:19+	87:00+	88:44+
01:26+	02:22-	01:46-	04:02+	02:27+	19:25+	03:44+	05:14+	04:12+	06:06+	05:35+	04:36+	13:36+	06:08+	05:40+	00:41-	01:44-
00:09#	00:11-	00:06-	00:41#	00:09+	12:55@	01:29&	02:25&	01:36&	03:34@	01:36&	01:03&	10:33@	01:37&	03:24@	00:06-	01:26-

Beste strekktid for klassen

01:17 02:22 01:45 03:21 02:18 05:44 02:15 02:49 02:36 02:32 03:05 03:29 03:03 04:31 02:16 00:26 01:07

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

Herrer 80 år og eldre

1	Arnulf Fuglestad	29	54:52											
01:33=	04:41=	06:48=	10:18=	14:04=	17:07=	20:50=	23:35=	37:32=	43:16=	46:01=	48:54=	51:03=	53:07=	54:52=
01:33=	03:08=	02:07=	03:30=	03:46=	03:03=	03:43=	02:45=	13:57=	05:44=	02:45=	02:53=	02:09=	02:04=	01:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sigurd Krosli	31	1:03:03											
01:28-	04:00-	06:35-	19:10+	24:32+	37:49+	40:59+	44:45+	48:51+	53:30+	55:42+	58:35+	60:09+	61:08+	63:03+
01:28-	02:32-	02:35+	12:35+	05:22+	13:17+	03:10-	03:46+	04:06-	04:39-	02:12-	02:53=	01:34-	00:59-	01:55+
00:05-	00:36-	00:28#	09:05@	01:36&	10:14@	00:33-	01:01&	09:51-	01:05-	00:33-	00:00=	00:35-	01:05-	00:10+
3	Peter Frafjord	116	1:18:54											
01:41+	05:31+	07:45+	12:58+	18:14+	27:57+	32:47+	51:05+	60:40+	64:18+	66:35+	71:16+	73:42+	77:21+	78:54+
01:41+	03:50+	02:14+	05:13+	05:16+	09:43+	04:50+	18:18+	09:35-	03:38-	02:17-	04:41+	02:26+	03:39+	01:33-
00:08+	00:42#	00:07+	01:43&	01:30&	06:40@	01:07&	15:33@	04:22-	02:06-	00:28-	01:48&	00:17#	01:35&	00:12-
4	Magne Westerheim	93	1:51:39											
02:01+	05:10+	07:40+	13:33+	18:57+	22:20+	64:31+	68:17+	72:43+	89:56+	91:53+	99:09+	104:08+	110:19+	111:39+
02:01+	03:09+	02:30+	05:53+	05:24+	03:23+	42:11+	03:46+	04:26-	17:13+	01:57-	07:16+	04:59+	06:11+	01:20-
00:28&	00:01+	00:23#	02:23&	01:38&	00:20#	38:28@	01:01&	09:31-	11:29@	00:48-	04:23@	02:50@	04:07@	00:25-

Beste strekktid for klassen

01:28 02:32 02:07 03:30 03:46 03:03 03:10 02:45 04:06 03:38 01:57 02:53 01:34 00:59 01:20

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

Herrer A

Class	Navn	Klasse	Tid
1	Fredrik Omdal	74	40:09
00:58=	02:26= 03:10= 06:46= 07:54= 10:10= 17:24= 18:27= 19:46= 21:35= 25:09= 26:25= 27:19= 28:47= 30:18= 31:49= 33:38= 35:13= 37:31= 39:01= 39:34= 40:09=		
00:58=	01:28= 00:44= 03:36= 01:08= 02:16= 07:14= 01:03= 01:19= 01:49= 03:34= 01:16= 00:54= 01:28= 01:31= 01:31= 01:49= 01:35= 02:18= 01:30= 00:33= 00:35=		
00:00=	00:00= 00:00=		
2	Bjarthe Westerheim	194	40:45
00:54-	02:13- 02:57- 05:39- 06:54- 08:59- 16:34- 17:36- 19:21- 21:28- 25:22+ 26:58+ 27:56+ 29:23+ 31:21+ 32:57+ 35:03+ 36:30+ 38:36+ 39:31+ 40:08+ 40:45+		
00:54-	01:19- 00:44= 02:42- 01:15+ 02:05- 07:35+ 01:02- 01:45+ 02:07+ 03:54+ 01:36+ 00:58+ 01:27- 01:58+ 01:36+ 02:06+ 01:27- 02:06- 00:55- 00:37+ 00:37+		
00:04-	00:09- 00:00= 00:54- 00:07# 00:11- 00:21+ 00:01- 00:26& 00:18# 00:20+ 00:20& 00:04+ 00:01- 00:27& 00:05+ 00:17# 00:08- 00:12- 00:35- 00:04# 00:02+		
3	Erik Lima	115	55:51
01:27+	03:10+ 04:12+ 07:40+ 09:33+ 12:13+ 25:35+ 26:40+ 28:31+ 30:58+ 35:11+ 36:52+ 38:05+ 40:27+ 42:32+ 44:49+ 47:52+ 50:04+ 52:57+ 54:15+ 55:04+ 55:51+		
01:27+	01:43+ 01:02+ 03:28- 01:53+ 02:40+ 13:22+ 01:05+ 01:51+ 02:27+ 04:13+ 01:41+ 01:13+ 02:22+ 02:05+ 02:17+ 03:03+ 02:12+ 02:53+ 01:18- 00:49+ 00:47+		
00:29&	00:15# 00:18& 00:08- 00:45& 00:24# 06:08& 00:02+ 00:32& 00:38& 00:39# 00:25& 00:19& 00:54& 00:34& 00:46& 01:14& 00:37& 00:35& 00:12- 00:16& 00:12&		
4	Espen Karlsen	102	1:03:58
01:20+	03:24+ 04:22+ 10:23+ 12:15+ 14:19+ 15:36- 27:06+ 28:46+ 31:22+ 34:55+ 41:44+ 43:59+ 45:27+ 47:38+ 50:18+ 53:15+ 56:06+ 58:06+ 61:05+ 62:23+ 63:09+ 63:58+		
01:20+	02:04+ 00:58+ 06:01+ 01:52+ 02:04- 01:17- 11:30+ 01:40+ 02:36+ 03:33- 06:49+ 02:15+ 01:28= 02:11+ 02:40+ 02:57+ 02:51+ 02:00- 02:59+ 01:18+ 00:46+ 00:49+		
00:22&	00:36& 00:14& 02:25& 00:44& 00:12- 05:57- 10:27@ 00:21& 00:47& 00:01- 05:33@ 01:21@ 00:00= 00:40& 01:09& 01:08& 01:16& 00:18- 01:29& 00:45@ 00:11& 00:49+		
5	Jørgen Strømstad	50	1:10:11
01:16+	05:09+ 06:49+ 10:54+ 12:43+ 15:56+ 33:16+ 34:51+ 37:37+ 40:27+ 45:14+ 47:24+ 50:34+ 53:10+ 55:23+ 58:38+ 61:13+ 63:37+ 66:35+ 68:19+ 69:22+ 70:11+		
01:16+	03:53+ 01:40+ 04:05+ 01:49+ 03:13+ 17:20+ 01:35+ 02:46+ 02:50+ 04:47+ 02:10+ 03:10+ 02:36+ 02:13+ 03:15+ 02:35+ 02:24+ 02:58+ 01:44+ 01:03+ 00:49+		
00:18&	02:25@ 00:56@ 00:29# 00:41& 00:57& 10:06@ 00:32& 01:27@ 01:01& 01:13& 00:54& 02:16@ 01:08& 00:42& 01:44@ 00:46& 00:49& 00:40& 00:14# 00:30& 00:14&		
6	Martin Blystad	115	1:11:27
01:08+	02:56+ 03:53+ 11:34+ 13:36+ 16:44+ 31:01+ 32:29+ 36:11+ 39:26+ 45:17+ 47:50+ 49:30+ 51:56+ 57:36+ 60:26+ 63:24+ 65:41+ 68:32+ 69:46+ 70:39+ 71:27+		
01:08+	01:48+ 00:57+ 07:41+ 02:02+ 03:08+ 14:17+ 01:28+ 03:42+ 03:15+ 05:51+ 02:33+ 01:40+ 02:26+ 05:40+ 02:50+ 02:58+ 02:17+ 02:51+ 01:14- 00:53+ 00:48+		
00:10#	00:20# 00:13& 04:05@ 00:54& 00:52& 07:03& 00:25& 02:23@ 01:26& 02:17& 01:17@ 00:46& 00:58& 04:09@ 01:19& 01:09& 00:42& 00:33# 00:16- 00:20& 00:13&		
7	Cato Eike	79	1:26:56
01:28+	03:36+ 04:38+ 08:44+ 10:31+ 14:20+ 31:59+ 36:06+ 38:15+ 40:44+ 48:09+ 51:02+ 57:42+ 61:14+ 69:18+ 72:36+ 78:15+ 81:17+ 84:03+ 85:34+ 86:20+ 86:56+		
01:28+	02:08+ 01:02+ 04:06+ 01:47+ 03:49+ 17:39+ 04:07+ 02:09+ 07:25+ 02:53+ 06:40+ 03:32+ 08:04+ 03:18+ 05:39+ 03:02+ 02:46+ 01:31+ 00:46+ 00:36+		
00:30&	00:40& 00:18& 00:30# 00:39& 01:33& 10:25@ 03:04@ 00:50& 00:40& 03:51@ 01:37@ 05:46@ 02:04@ 06:33@ 01:47@ 03:50@ 01:27& 00:28# 00:01+ 00:13& 00:01+		
Beste strekktid for klassen			
00:54	01:19	00:44	02:42
01:08	02:04	01:17	01:02
01:19	01:49	03:33	01:16
00:54	01:27	01:31	01:31
01:49	01:27	02:00	00:55
00:33	00:33	00:35	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer B			
1	Odd Fuglestad	250	46:30
01:01=	03:11= 04:00= 07:15= 08:33= 11:07= 19:50= 20:59= 22:33= 25:04= 29:41= 31:16= 32:19= 34:14= 36:04= 37:59= 40:12= 42:00= 44:04= 45:03= 45:44= 46:30=		
01:01=	02:10= 00:49= 03:15= 01:18= 02:34= 08:43= 01:09= 01:34= 02:31= 04:37= 01:35= 01:03= 01:55= 01:50= 01:55= 02:13= 01:48= 02:04= 00:59= 00:41= 00:46=		
00:00=	00:00= 00:00=		
2	Tom Furland	62	49:50
01:07+	05:36+ 06:47+ 10:22+ 11:49+ 14:37+ 23:30+ 24:38+ 26:18+ 28:48+ 33:02+ 34:59+ 36:00+ 37:50+ 39:50+ 41:35+ 43:42+ 45:19+ 47:19+ 48:14+ 48:55+ 49:50+		
01:07+	04:29+ 01:11+ 03:35+ 01:27+ 02:48+ 08:53+ 01:08- 01:40+ 02:30- 04:14- 01:57+ 01:01- 01:50- 02:00+ 01:45- 02:07- 01:37- 02:00- 00:55- 00:41= 00:55+		
00:06+	02:19@ 00:22& 00:20# 00:09# 00:14+ 00:10+ 00:01- 00:06+ 00:01- 00:23- 00:22# 00:02- 00:05- 00:10+ 00:10- 00:06- 00:11- 00:04- 00:04- 00:00= 00:09#		
3	Tor Gunnar Aksland	116	50:51
01:02+	02:41- 03:23- 06:44- 09:07+ 11:17+ 21:58+ 23:04+ 24:44+ 27:09+ 31:54+ 34:02+ 35:04+ 37:05+ 40:44+ 42:37+ 44:51+ 46:16+ 48:16+ 49:25+ 50:08+ 50:51+		
01:02+	01:39- 00:42- 03:21+ 02:23+ 02:10- 10:41+ 01:06- 01:40+ 02:25- 04:45+ 02:08+ 01:02- 02:01+ 03:39+ 01:53- 02:14+ 01:25- 02:00- 01:09+ 00:43+ 00:43-		
00:01+	00:31- 00:07- 00:06+ 01:05& 00:24- 01:58# 00:03- 00:06+ 00:06- 00:08+ 00:33& 00:01- 00:06+ 01:49& 00:02- 00:01+ 00:23- 00:04- 00:10# 00:02+ 00:02+		
4	Joar Eilevstjønn	67	51:20
01:22+	02:58- 05:13+ 08:49+ 11:40+ 16:09+ 24:47+ 26:02+ 27:39+ 30:11+ 34:44+ 36:25+ 37:27+ 39:20+ 41:12+ 43:05+ 45:14+ 47:02+ 49:07+ 50:05+ 50:40+ 51:20+		
01:22+	01:36- 02:15+ 03:36+ 02:51+ 04:29+ 08:38- 01:15+ 01:37+ 02:32+ 04:33+ 01:41+ 01:02- 01:53- 01:52+ 01:53- 02:09- 01:48= 02:05+ 00:58- 00:35- 00:40-		
00:21&	00:34- 01:26@ 00:21# 01:33@ 01:55& 00:05- 00:06+ 00:03+ 00:01+ 00:04- 00:06+ 00:01- 00:02- 00:02+ 00:02- 00:04- 00:00= 00:01+ 00:01- 00:06- 00:06-		
5	Morten Aamodt	116	52:49
01:10+	02:56- 04:03+ 08:12+ 09:24+ 11:49+ 23:47+ 25:19+ 26:58+ 30:57+ 35:35+ 37:26+ 38:27+ 40:12+ 42:06+ 44:03+ 46:27+ 48:13+ 50:07+ 51:11+ 52:02+ 52:49+		
01:10+	01:46- 01:07+ 04:09+ 01:12- 02:25- 11:58+ 01:32+ 01:39+ 03:59+ 04:38+ 01:51+ 01:01- 01:45- 01:54+ 01:57+ 02:24+ 01:46- 01:54- 01:04+ 00:51+ 00:47+		
00:09#	00:24- 00:18& 00:54& 00:06- 00:09- 03:15& 00:23& 00:05+ 01:28& 00:01+ 00:16# 00:02- 00:10- 00:04+ 00:02+ 00:11+ 00:02- 00:10- 00:05+ 00:10# 00:01+		
6	Oddvar Takdsal	194	53:39
01:05+	05:11+ 05:55+ 10:26+ 11:41+ 14:02+ 24:15+ 25:31+ 27:19+ 29:57+ 34:24+ 36:39+ 37:47+ 39:38+ 42:01+ 43:46+ 47:26+ 49:11+ 51:24+ 52:21+ 52:58+ 53:39+		
01:05+	04:06+ 00:44- 04:31+ 01:15- 02:21- 10:13+ 01:16+ 01:48+ 02:38+ 04:27- 02:15+ 01:08+ 01:51- 02:23+ 01:45- 03:40+ 01:45- 02:13+ 00:57- 00:37- 00:41-		
00:04+	01:56& 00:05- 01:16& 00:03- 00:13- 01:30# 00:07# 00:14# 00:07+ 00:10- 00:40& 00:05+ 00:04- 00:33& 00:10- 01:27& 00:03- 00:09+ 00:02- 00:04- 00:05-		

Class	Navn	Klasse	Tid																		
7	Geir Sand	105	59:09																		
01:25+	03:36+	04:32+	09:36+	11:19+	14:02+	24:47+	27:34+	33:15+	37:55+	39:58+	41:09+	43:12+	45:14+	47:57+	50:27+	52:19+	56:06+	57:46+	58:26+	59:09+	
01:25+	02:11+	00:56+	05:04+	01:43+	02:43+	10:45+	02:47+	02:24+	03:17+	04:40+	02:03+	01:11+	02:03+	02:02+	02:43+	02:30+	01:52+	03:47+	01:40+	00:40-	00:43-
00:24&	00:01+	00:07#	01:49&	00:25&	00:09+	02:02#	01:38@	00:50&	00:46&	00:03+	00:28&	00:08#	00:08+	00:12#	00:48&	00:17#	00:04+	01:43&	00:41&	00:01-	00:03-
8	Stein Arne Olsen	68	59:42																		
01:14+	02:59-	04:20+	08:40+	10:31+	13:00+	24:47+	26:03+	27:50+	30:24+	37:23+	39:49+	42:01+	43:55+	49:17+	51:22+	53:46+	55:24+	57:22+	58:19+	58:57+	59:42+
01:14+	01:45-	01:21+	04:20+	01:51+	02:29-	11:47+	01:16+	01:47+	02:34+	06:59+	02:26+	02:12+	01:54-	05:22+	02:05+	02:24+	01:38-	01:58-	00:57-	00:38-	00:45-
00:13#	00:25-	00:32&	01:05&	00:33&	00:05-	03:04&	00:07#	00:13#	00:03+	02:22&	00:51&	01:09@	00:01-	03:32@	00:10+	00:11+	00:10-	00:06-	00:02-	00:03-	00:01-
9	Per Olav Haarr	62	59:51																		
01:06+	02:44-	03:32-	07:34+	09:10+	12:00+	26:42+	28:11+	29:55+	32:45+	37:14+	39:09+	40:34+	42:36+	45:44+	48:27+	51:31+	53:40+	56:37+	58:14+	59:01+	59:51+
01:06+	01:38-	00:48-	04:02+	01:36+	02:50+	14:42+	01:29+	01:44+	02:50+	04:29-	01:55+	01:25+	02:02+	03:08+	02:43+	03:04+	02:09+	02:57+	01:37+	00:47+	00:50+
00:05+	00:32-	00:01-	00:47#	00:18#	00:16#	05:59&	00:20&	00:10#	00:19#	00:08-	00:20#	00:22&	00:07+	01:18&	00:48&	00:51&	00:21#	00:53&	00:38&	00:06#	00:04+
10	Svein Erik Kvame	116	1:01:28																		
01:18+	03:02-	04:20+	08:18+	10:06+	13:09+	24:37+	26:11+	29:48+	32:46+	38:13+	40:41+	42:24+	44:58+	47:27+	50:00+	53:07+	55:34+	58:24+	59:46+	60:40+	61:28+
01:18+	01:44-	01:18+	03:58+	01:48+	03:03+	11:28+	01:34+	03:37+	02:58+	05:27+	02:28+	01:43+	02:34+	02:29+	02:33+	03:07+	02:27+	02:50+	01:22+	00:54+	00:48+
00:17&	00:26-	00:29&	00:43#	00:30&	00:29#	02:45&	00:25&	02:03@	00:27#	00:50#	00:53&	00:40&	00:39&	00:39&	00:38&	00:54&	00:39&	00:46&	00:23&	00:13&	00:02+
11	Espen Fyhn Nilsen	116	1:09:56																		
01:39+	03:49+	04:58+	11:10+	12:51+	16:09+	28:02+	30:09+	33:12+	37:11+	43:19+	46:01+	47:34+	50:18+	53:12+	56:15+	59:07+	61:59+	66:14+	68:01+	68:58+	69:56+
01:39+	02:10=	01:09+	06:12+	01:41+	03:18+	11:53+	02:07+	03:03+	03:59+	06:08+	02:42+	01:33+	02:44+	02:54+	03:03+	02:52+	02:52+	04:15+	01:47+	00:57+	00:58+
00:38&	00:00=	00:20&	02:57&	00:23&	00:44&	03:10&	00:58&	01:29&	01:28&	01:31&	01:07&	00:30&	00:49&	01:04&	01:08&	00:39&	01:04&	02:11@	00:48&	00:16&	00:12&
Beste strekktid for klassen																					
01:01	01:36	00:42	03:15	01:12	02:10	08:38	01:06	01:34	02:25	04:14	01:35	01:01	01:45	01:50	01:45	02:07	01:25	01:54	00:55	00:35	00:40

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

Herrer C

1	Arvid Mydland	29	45:54																		
01:22=	02:51=	03:41=	05:06=	06:45=	14:56=	16:15=	17:45=	20:03=	26:34=	28:21=	29:44=	31:52=	33:37=	36:25=	39:13=	40:51=	43:16=	44:25=	45:07=	45:54=	
01:22=	01:29=	00:50=	01:25=	01:39=	08:11=	01:19=	01:30=	02:18=	06:31=	01:47=	01:23=	02:08=	01:45=	02:48=	01:38=	02:25=	01:09=	00:42=	00:47=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Harald Klippenberg	59	47:24																		
01:07-	02:56+	03:52+	05:30+	07:05+	16:11+	17:42+	19:36+	22:34+	28:15+	29:48+	30:59+	33:18+	35:05+	37:45+	40:38+	42:39+	44:51+	45:53+	46:34+	47:24+	
01:07-	01:49+	00:56+	01:38+	01:35-	09:06+	01:31+	01:54+	02:58+	05:41-	01:33-	01:11-	02:19+	01:47+	02:40-	02:53+	02:01+	02:12-	01:02-	00:41-	00:50+	
00:15-	00:20#	00:06#	00:13#	00:04-	00:55#	00:12#	00:24&	00:40&	00:50-	00:14-	00:12-	00:11+	00:02+	00:08-	00:05+	00:23#	00:13-	00:07-	00:01-	00:03+	
3	Jan Einar Øvreimo	50	50:20																		
00:58-	03:02+	04:03+	06:11+	07:45+	17:22+	18:51+	20:44+	23:47+	28:43+	30:23+	32:12+	34:38+	36:39+	41:04+	43:58+	45:48+	47:53+	48:52+	49:33+	50:20+	
00:58-	02:04+	01:01+	02:08+	01:34-	09:37+	01:29+	01:53+	03:03+	04:56-	01:40-	01:49+	02:26+	02:01+	04:25+	02:54+	01:50+	02:05-	00:59-	00:41-	00:47=	
00:24-	00:35&	00:11#	00:43&	00:05-	01:26#	00:10#	00:23&	00:45&	01:35-	00:07-	00:26&	00:18#	00:16#	01:37&	00:06+	00:12#	00:20-	00:10-	00:01-	00:00=	
4	Geir Bjaanes	116	51:34																		
01:07-	02:52+	03:41=	05:07+	06:42-	17:51+	20:09+	22:07+	24:56+	29:42+	31:37+	33:30+	36:34+	38:29+	41:12+	44:36+	46:18+	48:37+	50:00+	50:47+	51:34+	
01:07-	01:45+	00:49-	01:26+	01:35-	11:09+	02:18+	01:58+	02:49+	04:46-	01:55+	01:53+	03:04+	01:55+	02:43-	03:24+	01:42+	02:19-	01:23+	00:47+	00:47=	
00:15-	00:16#	00:01-	00:01+	00:04-	02:58&	00:59&	00:28&	00:31#	01:45-	00:08+	00:30&	00:56&	00:10+	00:05-	00:36#	00:04+	00:06-	00:14#	00:05#	00:00=	
5	Inge Løland	114	54:02																		
01:09-	04:42+	05:36+	07:19+	08:52+	19:02+	20:44+	22:42+	25:23+	29:57+	31:43+	33:07+	37:53+	39:52+	42:49+	46:07+	48:02+	50:50+	52:03+	52:50+	54:02+	
01:09-	03:33+	00:54+	01:43+	01:33-	10:10+	01:42+	01:58+	02:41+	04:34-	01:46-	01:24+	04:46+	01:59+	02:57+	03:18+	01:55+	02:48+	01:13+	00:47+	01:12+	
00:13-	02:04@	00:04+	00:18#	00:06-	01:59#	00:23&	00:28&	00:23#	01:57-	00:01-	00:01+	02:38@	00:14#	00:09+	00:30#	00:17#	00:23#	00:04+	00:05#	00:25&	
6	Trond Nilsen Lamark	114	56:00																		
01:18-	03:30+	04:30+	06:09+	08:05+	24:15+	25:40+	28:00+	30:44+	35:47+	37:42+	38:50+	41:01+	43:11+	45:15+	48:25+	50:08+	52:56+	54:18+	55:08+	56:00+	
01:18-	02:12+	01:00+	01:39+	01:56+	16:10+	01:25+	02:20+	02:44+	05:03+	01:55+	01:08-	02:11+	02:10+	02:04-	03:10+	01:43+	02:48+	01:22+	00:50+	00:52+	
00:04-	00:43&	00:10#	00:14#	00:17#	07:59&	00:06+	00:50&	00:26#	01:28-	00:08+	00:15-	00:03+	00:25#	00:44-	00:22#	00:05+	00:23#	00:13#	00:08#	00:05#	
7	Otte Omdal	65	56:03																		
01:12-	04:12+	05:06+	06:39+	08:29+	22:52+	24:36+	26:34+	29:34+	34:24+	36:18+	37:48+	40:17+	42:30+	45:33+	48:48+	50:32+	53:30+	54:39+	55:23+	56:03+	
01:12-	03:00+	00:54+	01:33+	01:50+	14:23+	01:44+	01:58+	03:00+	04:50-	01:54+	01:30+	02:29+	02:13+	03:03+	03:15+	01:44+	02:58+	01:09+	00:44+	00:40-	
00:10-	01:31@	00:04+	00:08+	00:11#	06:12&	00:25&	00:28&	00:42&	01:41-	00:07+	00:07+	00:21#	00:28&	00:15+	00:27#	00:06+	00:33#	00:00=	00:02+	00:07-	
8	Nils John Vestøl	83	56:14																		
02:04+	03:43+	04:36+	06:06+	07:32+	17:14+	18:31+	20:27+	22:54+	27:40+	34:15+	35:51+	38:13+	41:09+	43:44+	47:05+	49:04+	53:24+	54:36+	55:32+	56:14+	
02:04+	01:39+	00:53+	01:30+	01:26-	09:42+	01:17-	01:56+	02:27+	04:46-	06:35+	01:36+	02:22+	02:56+	02:35-	03:21+	01:59+	04:20+	01:12+	00:56+	00:42-	
00:42&	00:10#	00:03+	00:05+	00:13-	01:31#	00:02-	00:26&	00:09+	01:45-	04:48@	00:13#	00:14#	01:11&	00:13-	00:33#	00:21#	01:55&	00:03+	00:14&	00:05-	

Class	Navn	Klasse										Tid									
9	Knut Taugbøl	116										57:20									
01:28+	03:24+	04:31+	06:26+	07:59+	20:22+	21:52+	23:55+	34:54+	36:57+	38:16+	40:49+	43:16+	46:10+	49:28+	51:21+	54:11+	55:47+	56:32+	57:20+		
01:28+	01:56+	01:07+	01:55+	01:33-	12:23+	01:30+	02:03+	03:12+	07:47+	02:03+	01:19-	02:33+	02:27+	02:54+	03:18+	01:53+	02:50+	01:36+	00:45+	00:48+	
00:06+	00:27&	00:17&	00:30&	00:06-	04:12&	00:11#	00:33&	00:54&	01:16#	00:16#	00:04-	00:25#	00:42&	00:06+	00:30#	00:15#	00:25#	00:27&	00:03+	00:01+	
10	Paul Terje Haarr	62										58:09									
01:13-	03:25+	04:27+	06:20+	08:09+	21:08+	24:03+	26:08+	30:05+	35:07+	37:08+	38:19+	41:10+	43:36+	46:48+	50:16+	52:14+	55:14+	56:19+	57:06+	58:09+	
01:13-	02:12+	01:02+	01:53+	01:49+	12:59+	02:55+	02:05+	03:57+	05:02-	02:01+	01:11-	02:51+	02:26+	03:12+	03:28+	01:58+	03:00+	01:05-	00:47+	01:03+	
00:09-	00:43&	00:12#	00:28&	00:10#	04:48&	01:36@	00:35&	01:39&	01:29-	00:14#	00:12-	00:43&	00:41&	00:24#	00:40#	00:20#	00:35#	00:04-	00:05#	00:16&	
11	Sveinung Svebestad	46										1:02:25									
01:14-	03:27+	04:29+	07:51+	09:36+	23:14+	24:50+	27:15+	30:23+	36:48+	39:01+	40:43+	43:36+	46:08+	49:15+	53:04+	55:06+	59:00+	60:35+	61:28+	62:25+	
01:14-	02:13+	01:02+	03:22+	01:45+	13:38+	01:36+	02:25+	03:08+	06:25-	02:13+	01:42+	02:53+	02:32+	03:07+	03:49+	02:02+	03:54+	01:35+	00:53+	00:57+	
00:08-	00:44&	00:12#	01:57@	00:06+	05:27&	00:17#	00:55&	00:50&	00:06-	00:26#	00:19#	00:45&	00:47&	00:19#	01:01&	00:24#	01:29&	00:26&	00:11&	00:10#	
12	Tore Svendsen	27										1:02:43									
01:24+	03:37+	04:31+	06:37+	08:30+	22:56+	24:38+	26:54+	30:57+	36:45+	39:06+	40:34+	43:17+	45:50+	49:02+	53:14+	55:48+	59:08+	60:27+	61:12+	62:43+	
01:24+	02:13+	00:54+	02:06+	01:53+	14:26+	01:42+	02:16+	04:03+	05:48-	02:21+	01:28+	02:43+	02:33+	03:12+	04:12+	02:34+	03:20+	01:19+	00:45+	01:31+	
00:02+	00:44&	00:04+	00:41&	00:14#	06:15&	00:23&	00:46&	01:45&	00:43-	00:34&	00:05+	00:35&	00:48&	00:24#	01:24&	00:56&	00:55&	00:10#	00:03+	00:44&	
13	Henning Sundby	114										1:03:19									
01:50+	08:15+	09:11+	11:08+	12:38+	24:56+	26:29+	29:51+	32:44+	37:19+	39:19+	41:17+	43:43+	45:58+	51:00+	54:09+	56:15+	60:14+	61:42+	62:37+	63:19+	
01:50+	06:25+	00:56+	01:57+	01:30-	12:18+	01:33+	03:22+	02:53+	04:35-	02:00+	01:58+	02:26+	02:15+	05:02+	03:09+	02:06+	03:59+	01:28+	00:55+	00:42-	
00:28&	04:56@	00:06#	00:32&	00:09-	04:07&	00:14#	01:52@	00:35&	01:56-	00:13#	00:35&	00:18#	00:30&	02:14&	00:21#	00:28&	01:34&	00:19&	00:13&	00:05-	
14	Pål H. Gjerden	116										1:07:36									
01:08-	03:48+	05:01+	07:30+	09:13+	20:51+	22:42+	25:16+	28:53+	35:10+	40:07+	42:39+	45:47+	48:15+	52:00+	55:59+	58:22+	64:01+	65:41+	66:38+	67:36+	
01:08-	02:40+	01:13+	02:29+	01:43+	11:38+	01:51+	02:34+	03:37+	06:17-	04:57+	02:32+	03:08+	02:28+	03:45+	03:59+	02:23+	05:39+	01:40+	00:57+	00:58+	
00:14-	01:11&	00:23&	01:04&	00:04+	03:27&	00:32&	01:04&	01:19&	00:14-	03:10@	01:09&	01:00&	00:43&	00:57&	01:11&	00:45&	03:14@	00:31&	00:15&	00:11#	
15	Rune Christiansen	93										1:07:58									
01:11-	03:30+	04:37+	06:21+	08:25+	21:36+	23:25+	25:42+	29:18+	37:44+	40:52+	42:43+	46:17+	49:15+	52:37+	56:46+	58:56+	62:42+	64:22+	65:16+	67:58+	
01:11-	02:19+	01:07+	01:44+	02:04+	13:11+	01:49+	02:17+	03:36+	08:26+	03:08+	01:51+	03:34+	02:58+	03:22+	04:09+	02:10+	03:46+	01:40+	00:54+	02:42+	
00:11-	00:50&	00:17&	00:19#	00:25&	05:00&	00:30&	00:47&	01:18&	01:55&	01:21&	00:28&	01:26&	01:13&	00:34#	01:21&	00:32&	01:21&	00:31&	00:12&	01:55@	
16	Sturle Omdal	116										1:12:00									
02:50+	07:02+	09:04+	13:25+	15:20+	27:08+	28:57+	31:31+	35:20+	40:57+	45:42+	48:11+	51:02+	54:01+	57:23+	61:34+	64:34+	68:09+	70:17+	71:12+	72:00+	
02:50+	04:12+	02:02+	04:21+	01:55+	11:48+	01:49+	02:34+	03:49+	05:37-	04:45+	02:29+	02:51+	02:59+	03:22+	04:11+	03:00+	03:35+	02:08+	00:55+	00:48+	
01:28@	02:43@	01:12@	02:56@	00:16#	03:37&	00:30&	01:04&	01:31&	00:54-	02:58@	01:06&	00:43&	01:14&	00:34#	01:23&	01:22&	01:10&	00:59&	00:13&	00:01+	
17	Erling Mauland	83										1:15:51									
01:28+	05:32+	06:45+	09:07+	11:13+	28:32+	35:10+	39:05+	41:51+	47:03+	48:46+	50:01+	55:18+	61:32+	64:43+	68:04+	69:52+	72:42+	74:00+	74:49+	75:51+	
01:28+	04:04+	01:13+	02:22+	02:06+	17:19+	06:38+	03:55+	02:46+	05:12-	01:43-	01:15-	05:17+	06:14+	03:11+	03:21+	01:48+	02:50+	01:18+	00:49+	01:02+	
00:06+	02:35@	00:23&	00:57&	00:27&	09:08@	05:19@	02:25@	00:28#	01:19-	00:04-	00:08-	03:09@	04:29@	00:23#	00:33#	00:10#	00:25#	00:09#	00:07#	00:15&	
18	Ove Oaland	116										1:20:49									
01:59+	04:29+	05:47+	08:39+	10:40+	27:51+	30:03+	33:35+	37:37+	44:47+	47:16+	48:40+	52:55+	55:29+	60:20+	64:43+	70:04+	74:26+	78:40+	79:53+	80:49+	
01:59+	02:30+	01:18+	02:52+	02:01+	17:11+	02:12+	03:32+	04:02+	07:10+	02:29+	01:24+	04:15+	02:34+	04:51+	04:23+	05:21+	04:22+	04:14+	01:13+	00:56+	
00:37&	01:01&	00:28&	01:27@	00:22#	09:00@	00:53&	02:02@	01:44&	00:39+	00:42&	00:01+	02:07&	00:49&	02:03&	01:35&	03:43@	01:57&	03:05@	00:31&	00:09#	
Beste strekktid for klassen	00:58	01:29	00:49	01:25	01:26	08:11	01:17	01:30	02:18	04:34	01:33	01:08	02:08	01:45	02:04	02:48	01:38	02:05	00:59	00:41	00:40

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

Herrer Ny

1	Monica Horpestad	29	31:38										
01:09=	04:26=	06:25=	07:29=	09:52=	13:34=	14:45=	16:51=	22:45=	24:10=	28:06=	29:24=	30:32=	31:38=
01:09=	03:17=	01:59=	01:04=	02:23=	01:11=	02:06=	05:54=	01:25=	03:56=	01:18=	01:08=	01:06=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
Beste strekktid for klassen	01:09	03:17	01:59	01:04	02:23	03:42	01:11	02:06	05:54	01:25	03:56	01:18	01:06

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

Herrer Trim

Class	Navn	Klasse	Tid											
1	Martin Svensen	284	25:08											
01:19=	03:21=	04:39=	07:24=	09:34=	11:16=	13:34=	15:12=	17:21=	19:30=	21:26=	22:53=	23:52=	24:21=	25:08=
01:19=	02:02=	01:18=	02:45=	02:10=	01:42=	02:18=	01:38=	02:09=	02:09=	01:56=	01:27=	00:59=	00:29=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anders H Foss	263	35:53											
01:21+	03:33+	05:03+	09:20+	14:38+	17:08+	20:12+	22:58+	25:41+	28:48+	30:40+	32:25+	33:53+	34:50+	35:53+
01:21+	02:12+	01:30+	04:17+	05:18+	02:30+	03:04+	02:46+	02:43+	03:07+	01:52-	01:45+	01:28+	00:57+	01:03+
00:02+	00:10+	00:12#	01:32&	03:08@	00:48&	00:46&	01:08&	00:34&	00:58&	00:04-	00:18#	00:29&	00:28&	00:16&
3	Einar Tønnesen	29	36:52											
01:14-	03:55+	05:58+	09:21+	12:56+	15:39+	18:55+	22:08+	25:11+	28:31+	30:25+	32:42+	34:30+	35:30+	36:52+
01:14-	02:41+	02:03+	03:23+	03:35+	02:43+	03:16+	03:13+	03:03+	03:20+	01:54-	02:17+	01:48+	01:00+	01:22+
00:05-	00:39&	00:45&	00:38#	01:25&	01:01&	00:58&	01:35&	00:54&	01:11&	00:02-	00:50&	00:49&	00:31@	00:35&
4	Frode Lund	18	37:04											
01:27+	04:09+	06:09+	09:34+	13:24+	16:12+	19:36+	22:29+	25:17+	29:18+	31:29+	33:32+	35:15+	36:03+	37:04+
01:27+	02:42+	02:00+	03:25+	03:50+	02:48+	03:24+	02:53+	02:48+	04:01+	02:11+	02:03+	01:43+	00:48+	01:01+
00:08#	00:40&	00:42&	00:40#	01:40&	01:06&	01:06&	01:15&	00:39&	01:52&	00:15#	00:36&	00:44&	00:19&	00:14&
5	Morten Moss	109	37:56											
00:56-	02:32-	03:57-	06:51-	10:07+	12:30+	15:55+	19:32+	21:51+	31:56+	33:39+	35:10+	36:25+	37:08+	37:56+
00:56-	01:36-	01:25+	02:54+	03:16+	02:23+	03:25+	03:37+	02:19+	10:05+	01:43-	01:31+	01:15+	00:43+	00:48+
00:23-	00:26-	00:07+	00:09+	01:06&	00:41&	01:07&	01:59@	00:10+	07:56@	00:13-	00:04+	00:16&	00:14&	00:01+
6	Hans Klausen	62	39:32											
01:25+	03:50+	05:26+	09:57+	15:44+	18:14+	21:39+	24:09+	27:03+	31:24+	33:01+	35:57+	37:33+	38:30+	39:32+
01:25+	02:25+	01:36+	04:31+	05:47+	02:30+	03:25+	02:30+	02:54+	04:21+	01:37-	02:56+	01:36+	00:57+	01:02+
00:06+	00:23#	00:18#	01:46&	03:37@	00:48&	01:07&	00:52&	00:45&	02:12@	00:19-	01:29@	00:37&	00:28&	00:15&
7	Bruno Pierfelice	51	39:59											
01:31+	03:54+	05:32+	08:08+	11:09+	23:59+	26:23+	28:56+	31:20+	34:31+	36:11+	37:21+	38:29+	39:00+	39:59+
01:31+	02:23+	01:38+	02:36-	03:01+	12:50+	02:24+	02:33+	02:24+	03:11+	01:40-	01:10-	01:08+	00:31+	00:59+
00:12#	00:21#	00:20&	00:09-	00:51&	11:08@	00:06+	00:55&	00:15#	01:02&	00:16-	00:17-	00:09#	00:02+	00:12&
8	Antal Jansen	115	41:22											
05:01+	06:44+	08:16+	11:12+	13:55+	19:31+	22:45+	28:47+	30:56+	34:51+	36:40+	38:12+	39:27+	40:15+	41:22+
05:01+	01:43-	01:32+	02:56+	02:43+	05:36+	03:14+	06:02+	02:09=	03:55+	01:49-	01:32+	01:15+	00:48+	01:07+
03:42@	00:19-	00:14#	00:11+	00:33&	03:54@	00:56&	04:24@	00:00=	01:46&	00:07-	00:05+	00:16&	00:19&	00:20&
9	Thorstein Gunnarsson	144	41:29											
01:58+	04:44+	06:18+	10:26+	14:05+	18:20+	21:31+	24:20+	27:10+	30:59+	33:25+	35:40+	37:19+	40:01+	41:29+
01:58+	02:46+	01:34+	04:08+	03:39+	04:15+	03:11+	02:49+	02:50+	03:49+	02:26+	02:15+	01:39+	02:42+	01:28+
00:39&	00:44&	00:16#	01:23&	01:29&	02:33@	00:53&	01:11&	00:41&	01:40&	00:30&	00:48&	00:40&	02:13@	00:41&
10	Kjell Ivar Skjørestad	92	42:13											
01:18-	03:22+	05:07+	16:23+	20:33+	22:54+	26:00+	29:44+	32:12+	35:27+	37:06+	38:46+	40:24+	41:12+	42:13+
01:18-	02:04+	01:45+	11:16+	04:10+	02:21+	03:06+	03:44+	02:28+	03:15+	01:39-	01:40+	01:38+	00:48+	01:01+
00:01-	00:02+	00:27&	08:31@	02:00&	00:39&	00:48&	02:06@	00:19#	01:06&	00:17-	00:13#	00:39&	00:19&	00:14&
11	Lars Erik Ree-Pedersen	263	42:21											
01:09-	03:44+	05:27+	08:55+	13:55+	16:48+	20:40+	23:24+	26:30+	31:14+	37:07+	39:07+	40:36+	41:19+	42:21+
01:09-	02:35+	01:43+	03:28+	05:00+	02:53+	03:52+	02:44+	03:06+	04:44+	05:53+	02:00+	01:29+	00:43+	01:02+
00:10-	00:33&	00:25&	00:43&	02:50@	01:11&	01:34&	01:06&	00:57&	02:35@	03:57@	00:33&	00:30&	00:14&	00:15&
12	Øyvind Nagel-Alne	74	44:21											
01:23+	03:39+	05:28+	11:06+	14:40+	17:07+	22:22+	24:36+	27:22+	31:47+	33:28+	35:33+	37:01+	37:48+	44:21+
01:23+	02:16+	01:49+	05:38+	03:34+	02:27+	05:15+	02:14+	02:46+	04:25+	01:41-	02:05+	01:28+	00:47+	06:33+
00:04+	00:14#	00:31&	02:53@	01:24&	00:45&	02:57@	00:36&	00:37&	02:16@	00:15-	00:38&	00:29&	00:18&	05:46@
13	Rolf Øystein Kluge	7	46:19											
01:41+	04:31+	06:32+	10:20+	14:04+	18:15+	22:13+	26:43+	30:09+	35:07+	37:57+	40:39+	42:42+	45:16+	46:19+
01:41+	02:50+	02:01+	03:48+	03:44+	04:11+	03:58+	04:30+	03:26+	04:58+	02:50+	02:42+	02:03+	02:34+	01:03+
00:22&	00:48&	00:43&	01:03&	01:34&	02:29@	01:40&	02:52@	01:17&	02:49@	00:54&	01:15&	01:04@	02:05@	00:16&
14	Asbjørn Brådlund	32	47:14											
01:16-	03:55+	06:02+	09:17+	12:41+	23:57+	26:23+	31:37+	34:09+	39:32+	41:10+	42:49+	45:15+	46:07+	47:14+
01:16-	02:39+	02:07+	03:15+	03:24+	11:16+	02:26+	05:14+	02:32+	05:23+	01:38-	01:39+	02:26+	00:52+	01:07+
00:03-	00:37&	00:49&	00:30#	01:14&	09:34@	00:08+	03:36@	00:23#	03:14@	00:18-	00:12#	01:27@	00:23&	00:20&
15	Heine Furubotten	192	48:24											
01:11-	03:03-	04:30-	07:36+	11:59+	14:44+	25:31+	32:28+	34:58+	39:25+	42:53+	45:05+	46:25+	47:05+	48:24+
01:11-	01:52-	01:27+	03:06+	04:23+	02:45+	10:47+	06:57+	02:30+	04:27+	03:28+	02:12+	01:20+	00:40+	01:19+
00:08-	00:10-	00:09#	00:21#	02:13@	01:03&	08:29@	05:19@	00:21#	02:18@	01:32&	00:45&	00:21&	00:11&	00:32&

Class	Navn	Klasse										Tid		
16	Steinar Aase	268										53:17		
01:38+	04:47+	07:14+	11:33+	16:14+	21:00+	25:22+	29:11+	32:48+	43:03+	45:55+	48:18+	50:22+	51:13+	53:17+
01:38+	03:09+	02:27+	04:19+	04:41+	04:46+	04:22+	03:49+	03:37+	10:15+	02:52+	02:23+	02:04+	00:51+	02:04+
00:19#	01:07&	01:09&	01:34&	02:31@	03:04@	02:04&	02:11@	01:28&	08:06@	00:56&	00:56&	01:05@	00:22&	01:17@
17	Terje Hodne Nilsen	115										53:48		
01:56+	05:03+	07:11+	11:30+	17:38+	21:44+	26:49+	30:50+	34:29+	41:20+	45:26+	48:20+	50:17+	51:26+	53:48+
01:56+	03:07+	02:08+	04:19+	06:08+	04:06+	05:05+	04:01+	03:39+	06:51+	04:06+	02:54+	01:57+	01:09+	02:22+
00:37&	01:05&	00:50&	01:34&	03:58@	02:24@	02:47@	02:23@	01:30&	04:42@	02:10@	01:27&	00:58&	00:40@	01:35@
18	Tore Karlsen	105										53:56		
01:22+	04:44+	06:41+	11:30+	16:39+	19:40+	26:05+	32:04+	35:48+	39:49+	46:32+	49:05+	51:08+	52:17+	53:56+
01:22+	03:22+	01:57+	04:49+	05:09+	03:01+	06:25+	05:59+	03:44+	04:01+	06:43+	02:33+	02:03+	01:09+	01:39+
00:03+	01:20&	00:39&	02:04&	02:59@	01:19&	04:07@	04:21@	01:35&	01:52&	04:47@	01:06&	01:04@	00:40@	00:52@
19	Niklas Gustafsson	192										54:42		
01:52+	04:16+	06:05+	09:32+	12:32+	16:50+	27:48+	30:59+	33:46+	42:25+	48:20+	50:13+	52:37+	53:37+	54:42+
01:52+	02:24+	01:49+	03:27+	03:00+	04:18+	10:58+	03:11+	02:47+	08:39+	05:55+	01:53+	02:24+	01:00+	01:05+
00:33&	00:22#	00:31&	00:42&	00:50&	02:36@	08:40@	01:33&	00:38&	06:30@	03:59@	00:26&	01:25@	00:31@	00:18&
20	Arne Hope	43										55:56		
01:31+	04:07+	06:18+	12:49+	16:32+	23:00+	33:52+	37:04+	40:25+	46:47+	49:44+	51:34+	53:17+	54:25+	55:56+
01:31+	02:36+	02:11+	06:31+	03:43+	06:28+	10:52+	03:12+	03:21+	06:22+	02:57+	01:50+	01:43+	01:08+	01:31+
00:12#	00:34&	00:53&	03:46@	01:33&	04:46@	08:34@	01:34&	01:12&	04:13@	01:01&	00:23&	00:44&	00:39@	00:44&
21	Arild Svihus	92										55:57		
01:37+	04:26+	06:29+	11:06+	16:49+	20:00+	25:12+	31:42+	34:56+	47:51+	49:28+	51:40+	53:13+	53:55+	55:57+
01:37+	02:49+	02:03+	04:37+	05:43+	03:11+	05:12+	06:30+	03:14+	12:55+	01:37-	02:12+	01:33+	00:42+	02:02+
00:18#	00:47&	00:45&	01:52&	03:33@	01:29&	02:54@	04:52@	01:05&	10:46@	00:19-	00:45&	00:34&	00:13&	01:15@
22	John Thorsnæs	51										56:21		
02:04+	04:35+	06:36+	20:42+	25:53+	29:29+	33:02+	39:54+	42:57+	47:35+	49:52+	52:28+	53:58+	54:50+	56:21+
02:04+	02:31+	02:01+	14:06+	05:11+	03:36+	03:33+	06:52+	03:03+	04:38+	02:17+	02:36+	01:30+	00:52+	01:31+
00:45&	00:29#	00:43&	11:21@	03:01@	01:54@	01:15&	05:14@	00:54&	02:29@	00:21#	01:09&	00:31&	00:23&	00:44&
23	Tor Inge Hansen	144										57:29		
01:35+	09:18+	11:40+	17:08+	21:19+	29:34+	33:40+	42:13+	44:36+	48:15+	50:14+	53:47+	55:41+	56:27+	57:29+
01:35+	07:43+	02:22+	05:28+	04:11+	08:15+	04:06+	05:28+	02:23+	03:39+	01:59+	03:33+	01:54+	00:46+	01:02+
00:16#	05:41@	01:04&	02:43&	02:01&	06:33@	01:48&	06:55@	00:14#	01:30&	00:03+	02:06@	00:55&	00:17&	00:15&
24	Jan Henrik Neuenkirchen	93										1:00:46		
01:42+	04:37+	07:46+	12:10+	24:12+	27:59+	33:01+	35:59+	39:17+	49:24+	52:42+	54:53+	56:54+	57:50+	60:46+
01:42+	02:55+	03:09+	04:24+	12:02+	03:47+	05:02+	02:58+	03:18+	10:07+	03:18+	02:11+	02:01+	00:56+	02:56+
00:23&	00:53&	01:51@	01:39&	09:52@	02:05@	02:44@	01:20&	01:09&	07:58@	01:22&	00:44&	01:02@	00:27&	02:09@
25	Sverre Ohlving	105										1:01:33		
02:34+	05:35+	08:00+	16:02+	21:03+	28:41+	36:08+	40:41+	43:48+	50:44+	54:17+	57:06+	59:07+	60:11+	61:33+
02:34+	03:01+	02:25+	08:02+	05:01+	07:38+	07:27+	04:33+	03:07+	06:56+	03:33+	02:49+	02:01+	01:04+	01:22+
01:15&	00:59&	01:07&	05:17@	02:51@	05:56@	05:09@	02:55@	00:58&	04:47@	01:37&	01:22&	01:02@	00:35@	00:35&
26	Per Bakken	5										1:01:38		
01:51+	06:31+	08:58+	15:28+	21:00+	24:38+	30:28+	38:02+	44:26+	49:22+	55:17+	57:39+	59:16+	60:12+	61:38+
01:51+	04:40+	02:27+	06:30+	05:32+	03:38+	05:50+	07:34+	06:24+	04:56+	05:55+	02:22+	01:37+	00:56+	01:26+
00:32&	02:38@	01:09&	03:45@	03:22@	01:56@	03:32@	05:56@	04:15@	02:47@	03:59@	00:55&	00:38&	00:27&	00:39&
27	Jon Grepstad	111										1:01:42		
02:52+	06:23+	09:32+	16:16+	22:09+	27:06+	32:49+	37:57+	42:48+	49:41+	52:55+	55:53+	58:19+	59:45+	61:42+
02:52+	03:31+	03:09+	06:44+	05:53+	04:57+	05:43+	05:08+	04:51+	06:53+	03:14+	02:58+	02:26+	01:26+	01:57+
01:33@	01:29&	01:51@	03:59@	03:43@	03:15@	03:25@	03:30@	02:42@	04:44@	01:18&	01:31@	01:27@	00:57@	01:10@
28	Tom Leveraas	188										1:05:06		
01:33+	04:27+	06:42+	18:21+	25:16+	29:10+	37:18+	41:36+	46:43+	54:13+	58:14+	61:00+	63:10+	64:01+	65:06+
01:33+	02:54+	02:15+	11:39+	06:55+	03:54+	08:08+	04:18+	05:07+	07:30+	04:01+	02:46+	02:10+	00:51+	01:05+
00:14#	00:52&	00:57&	08:54@	04:45@	02:12@	05:50@	02:40@	02:58@	05:21@	02:05@	01:19&	01:11@	00:22&	00:18&
29	Audun Sjøen	111										1:10:48		
01:17-	04:50+	07:13+	15:46+	20:09+	23:35+	29:35+	38:02+	50:42+	61:13+	64:37+	66:52+	68:28+	69:14+	70:48+
01:17-	03:33+	02:23+	08:33+	04:23+	03:26+	06:00+	08:27+	12:40+	10:31+	03:24+	02:15+	01:36+	00:46+	01:34+
00:02-	01:31&	01:05&	05:48@	02:13@	01:44@	03:42@	06:49@	10:31@	08:22@	01:28&	00:48&	00:37&	00:17&	00:47&
30	Ove Vatland	128										1:11:14		
06:56+	11:01+	14:03+	20:17+	26:58+	31:37+	36:40+	41:44+	46:02+	58:53+	61:45+	65:04+	67:43+	69:19+	71:14+
06:56+	04:05+	03:02+	06:14+	06:41+	04:39+	05:03+	05:04+	04:18+	12:51+	02:52+	03:19+	02:39+	01:36+	01:55+
05:37@	02:03@	01:44@	03:29@	04:31@	02:57@	02:45@	03:26@	02:09&	10:42@	00:56&	01:52@	01:40@	01:07@	01:08@

Class	Navn	Klasse														Tid
31	Josef Ludoid	228														1:18:12
18:27+	22:43+	26:33+	31:16+	38:14+	41:35+	44:57+	53:06+	56:31+	67:58+	70:09+	72:13+	74:07+	77:00+	78:12+		
18:27+	04:16+	03:50+	04:43+	06:58+	03:21+	03:22+	08:09+	03:25+	11:27+	02:11+	02:04+	01:54+	02:53+	01:12+		
17:08@	02:14@	02:32@	01:58&	04:48@	01:39&	01:04&	06:31@	01:16&	09:18@	00:15#	00:37&	00:55&	02:24@	00:25&		
32	Lars Tore Opdal	97														1:23:09
01:12-	04:01+	05:52+	32:27+	38:06+	42:52+	47:31+	52:27+	55:32+	70:03+	72:36+	74:46+	76:41+	77:52+	83:09+		
01:12-	02:49+	01:51+	26:35+	05:39+	04:46+	04:39+	04:56+	03:05+	14:31+	02:33+	02:10+	01:55+	01:11+	05:17+		
00:07-	00:47&	00:33&	23:50@	03:29@	03:04@	02:21@	03:18@	00:56&	12:22@	00:37&	00:43&	00:56&	00:42@	04:30@		
33	Arthur Christiansen	93														1:28:18
03:48+	08:24+	11:43+	18:44+	27:17+	32:37+	40:05+	45:28+	52:40+	70:15+	74:25+	79:04+	82:38+	84:19+	88:18+		
03:48+	04:36+	03:19+	07:01+	08:33+	05:20+	07:28+	05:23+	07:12+	17:35+	04:10+	04:39+	03:34+	01:41+	03:59+		
02:29@	02:34@	02:01@	04:16@	06:23@	03:38@	05:10@	03:45@	05:03@	15:26@	02:14@	03:12@	02:35@	01:12@	03:12@		
Beste strekktid for klassen																
00:56	01:36	01:18	02:36	02:10	01:42	02:18	01:38	02:09	02:09	01:37	01:10	00:59	00:29	00:47		

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