

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Åsta Bryne</b>	<b>134</b>	<b>38:24</b>										
02:39=	04:58=	08:20=	12:03=	16:33=	18:57=	21:46=	24:15=	28:30=	31:41=	33:32=	36:52=	37:55=	38:24=
02:39=	02:19=	03:22=	03:43=	04:30=	02:24=	02:49=	02:29=	04:15=	03:11=	01:51=	03:20=	01:03=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Karlotte K Sørheim</b>	<b>105</b>	<b>41:48</b>										
02:11-	04:12-	08:17-	12:18+	16:43+	18:51-	23:28+	26:14+	30:33+	33:52+	35:34+	40:02+	41:16+	41:48+
02:11-	02:01-	04:05+	04:01+	04:25-	02:08-	04:37+	02:46+	04:19+	03:19+	01:42-	04:28+	01:14+	00:32+
00:28-	00:18-	00:43#	00:18+	00:05-	00:16-	01:48&	00:17#	00:04+	00:08+	00:09-	01:08&	00:11#	00:03#
<b>3</b>	<b>Rønnaug Egeland</b>	<b>154</b>	<b>42:47</b>										
02:26-	04:50-	08:15-	12:44+	16:16-	19:45+	23:16+	27:16+	31:35+	35:29+	37:44+	41:10+	42:13+	42:47+
02:26-	02:24+	03:25+	04:29+	03:32-	03:29+	03:31+	04:00+	04:19+	03:54+	02:15+	03:26+	01:03=	00:34+
00:13-	00:05+	00:03+	00:46#	00:58-	01:05&	00:42#	01:31&	00:04+	00:43#	00:24#	00:06+	00:00=	00:05#
<b>4</b>	<b>Kari Borgen</b>	<b>62</b>	<b>45:56</b>										
03:21+	05:48+	09:21+	13:43+	18:38+	22:19+	26:20+	29:25+	32:43+	38:51+	40:10+	43:10+	45:28+	45:56+
03:21+	02:27+	03:33+	04:22+	04:55+	03:41+	04:01+	03:05+	03:18-	06:08+	01:19-	03:00-	02:18+	00:28-
00:42&	00:08+	00:11+	00:39#	00:25+	01:17&	01:12&	00:36#	00:57-	02:57&	00:32-	00:20-	01:15@	00:01-
<b>5</b>	<b>Helene Lie</b>	<b>228</b>	<b>47:47</b>										
02:58+	05:33+	09:07+	13:13+	19:06+	21:54+	28:19+	31:40+	36:12+	41:03+	43:23+	46:03+	47:08+	47:47+
02:58+	02:35+	03:34+	04:06+	05:53+	02:48+	06:25+	03:21+	04:32+	04:51+	02:20+	02:40-	01:05+	00:39+
00:19#	00:16#	00:12+	00:23#	01:23&	00:24#	03:36@	00:52&	00:17+	01:40&	00:29&	00:40-	00:02+	00:10&
<b>6</b>	<b>Kirsten Vike</b>	<b>92</b>	<b>48:20</b>										
02:51+	05:40+	09:24+	13:46+	20:01+	22:28+	25:50+	29:42+	35:45+	40:17+	42:43+	46:36+	47:45+	48:20+
02:51+	02:49+	03:44+	04:22+	06:15+	02:27+	03:22+	03:52+	06:03+	04:32+	02:26+	03:53+	01:09+	00:35+
00:12+	00:30#	00:22#	00:39#	01:45&	00:03+	00:33#	01:23&	01:48&	01:21&	00:35&	00:33#	00:06+	00:06#
<b>7</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>48:43</b>										
02:43+	04:59+	08:55+	13:41+	20:32+	23:02+	26:12+	29:34+	34:05+	41:47+	43:42+	47:26+	48:12+	48:43+
02:43+	02:16-	03:56+	04:46+	06:51+	02:30+	03:10+	03:22+	04:31+	07:42+	01:55+	03:44+	00:46-	00:31+
00:04+	00:03-	00:34#	01:03&	02:21&	00:06+	00:21#	00:53&	00:16+	04:31@	00:04+	00:24#	00:17-	00:02+
<b>8</b>	<b>Ruth Magrethe Westre</b>	<b>54</b>	<b>48:54</b>										
03:29+	05:42+	09:22+	13:46+	20:10+	22:48+	27:09+	30:09+	35:07+	41:10+	43:20+	47:20+	48:26+	48:54+
03:29+	02:13-	03:40+	04:24+	06:24+	02:38+	04:21+	03:00+	04:58+	06:03+	02:10+	04:00+	01:06+	00:28-
00:50&	00:06-	00:18+	00:41#	01:54&	00:14+	01:32&	00:31#	00:43#	02:52&	00:19#	00:40#	00:03+	00:01-
<b>9</b>	<b>Sina Thu</b>	<b>271</b>	<b>50:39</b>										
02:15-	04:08-	07:06-	10:27-	14:02-	21:42+	28:38+	35:28+	40:07+	44:12+	45:43+	48:37+	50:07+	50:39+
02:15-	01:53-	02:58-	03:21-	03:35-	07:40+	06:56+	06:50+	04:39+	04:05+	01:31-	02:54-	01:30+	00:32+
00:24-	00:26-	00:24-	00:22-	00:55-	05:16@	04:07@	04:21@	00:24+	00:54&	00:20-	00:26-	00:27&	00:03#
<b>10</b>	<b>Mette Langeland</b>	<b>117</b>	<b>50:50</b>										
03:09+	05:47+	11:31+	16:22+	20:37+	23:23+	28:19+	32:09+	37:27+	43:08+	45:26+	48:57+	50:14+	50:50+
03:09+	02:38+	05:44+	04:51+	04:15-	02:46+	04:56+	03:50+	05:18+	05:41+	02:18+	03:31+	01:17+	00:36+
00:30#	00:19#	02:22&	01:08&	00:15-	00:22#	02:07&	01:21&	01:03#	02:30&	00:27#	00:11+	00:14#	00:07#
<b>11</b>	<b>Ingvild Amalixsen</b>	<b>116</b>	<b>51:37</b>										
03:06+	05:28+	08:49+	14:59+	23:10+	25:41+	28:36+	32:28+	37:10+	43:35+	45:38+	48:41+	50:49+	51:37+
03:06+	02:22+	03:21-	06:10+	08:11+	02:31+	02:55+	03:52+	04:42+	06:25+	02:03+	03:03-	02:08+	00:48+
00:27#	00:03+	00:01-	02:27&	03:41&	00:07+	00:06+	01:23&	00:27#	03:14@	00:12#	00:17-	01:05@	00:19&
<b>12</b>	<b>Anna Berthelsen</b>	<b>117</b>	<b>51:51</b>										
02:39=	05:23+	10:48+	16:19+	21:35+	24:33+	28:22+	32:23+	38:15+	43:06+	45:52+	49:52+	51:11+	51:51+
02:39=	02:44+	05:25+	05:31+	05:16+	02:58+	03:49+	04:01+	05:52+	04:51+	02:46+	04:00+	01:19+	00:40+
00:00=	00:25#	02:03&	01:48&	00:46#	00:34#	01:00&	01:32&	01:37&	01:40&	00:55&	00:40#	00:16&	00:11&
<b>13</b>	<b>Hanne Berg Nilsen</b>	<b>117</b>	<b>51:57</b>										
04:02+	06:22+	10:19+	14:22+	20:04+	23:07+	27:40+	30:38+	35:52+	41:35+	45:04+	50:21+	51:24+	51:57+
04:02+	02:20+	03:57+	04:03+	05:42+	03:03+	04:33+	02:58+	05:14+	05:43+	03:29+	05:17+	01:03=	00:33+
01:23&	00:01+	00:35#	00:20+	01:12&	00:39&	01:44&	00:29#	00:59#	02:32&	01:38&	01:57&	00:00=	00:04#
<b>14</b>	<b>Hanne Vagle</b>	<b>105</b>	<b>52:34</b>										
03:35+	06:17+	11:06+	15:16+	25:47+	28:21+	31:44+	35:29+	40:39+	44:30+	47:07+	50:25+	51:51+	52:34+
03:35+	02:42+	04:49+	04:10+	10:31+	02:34+	03:23+	03:45+	05:10+	03:51+	02:37+	03:18-	01:26+	00:43+
00:56&	00:23#	01:27&	00:27#	06:01@	00:10+	00:34#	01:16&	00:55#	00:40#	00:46&	00:02-	00:23&	00:14&

Class	Navn	Klasse	Tid
<b>15</b>	<b>Lise Nessa Di Lorenzo</b>	<b>168</b>	<b>53:40</b>
02:35-	05:13+ 08:48+ 16:16+ 24:51+ 27:51+	32:42+ 36:05+ 42:43+ 46:25+ 49:00+	51:57+ 53:04+ 53:40+
02:35-	02:38+ 03:35+ 07:28+ 08:35+	04:51+ 03:23+ 06:38+ 03:42+	02:35+ 02:57- 01:07+ 00:36+
00:04-	00:19# 00:13+ 03:45@ 04:05&	00:36# 02:02& 00:54& 02:23& 00:31#	00:44& 00:23- 00:04+ 00:07#
<b>16</b>	<b>Marita Skorpe</b>	<b>74</b>	<b>54:39</b>
03:36+	06:19+ 10:13+ 14:41+ 21:51+ 24:14+	30:01+ 33:37+ 39:34+ 44:17+ 46:41+	52:54+ 54:10+ 54:39+
03:36+	02:43+ 03:54+ 04:28+ 07:10+	02:23- 05:47+ 03:36+ 05:57+ 04:43+	02:24+ 06:13+ 01:16+ 00:29=
00:57&	00:24# 00:32# 00:45# 02:40&	00:01- 02:58@ 01:07& 01:42& 01:32&	00:33& 02:53& 00:13# 00:00=
<b>17</b>	<b>Anne Tove Puntervold</b>	<b>105</b>	<b>55:25</b>
03:01+	06:08+ 09:50+ 14:12+ 21:00+ 29:44+	33:29+ 37:10+ 43:04+ 47:41+ 49:49+	53:29+ 54:37+ 55:25+
03:01+	03:07+ 03:42+ 04:22+ 06:48+ 08:44+	03:45+ 03:41+ 05:54+ 04:37+ 02:08+	03:40+ 01:08+ 00:48+
00:22#	00:48& 00:20+ 00:39# 02:18&	06:20@ 00:56& 01:12& 01:39& 01:26&	00:17# 00:20# 00:05+ 00:19&
<b>18</b>	<b>Ingunn Bergheim Landsnes</b>	<b>74</b>	<b>55:43</b>
03:06+	05:57+ 10:47+ 15:37+ 22:03+ 25:19+	31:07+ 34:43+ 40:42+ 45:35+ 48:10+	53:50+ 55:09+ 55:43+
03:06+	02:51+ 04:50+ 04:50+ 06:26+ 03:16+	05:48+ 03:36+ 05:59+ 04:53+ 02:35+	05:40+ 01:19+ 00:34+
00:27#	00:32# 01:28& 01:07& 01:56&	00:52& 02:59@ 01:07& 01:44&	01:42& 00:44& 02:20& 00:16& 00:05#
<b>19</b>	<b>Bodil Krogedal</b>	<b>126</b>	<b>56:06</b>
03:08+	05:38+ 09:55+ 17:30+ 26:09+ 28:46+	33:34+ 36:58+ 42:27+ 48:25+ 50:29+	54:01+ 55:23+ 56:06+
03:08+	02:30+ 04:17+ 07:35+ 08:39+	02:37+ 04:48+ 03:24+ 05:29+ 05:58+	02:04+ 03:32+ 01:22+ 00:43+
00:29#	00:11+ 00:55& 03:52@ 04:09&	00:13+ 01:59& 00:55& 01:14& 02:47&	00:13# 00:12+ 00:19& 00:14&
<b>20</b>	<b>Kjersti Pawells</b>	<b>105</b>	<b>57:11</b>
03:13+	07:10+ 11:34+ 16:46+ 22:45+ 25:44+	30:29+ 34:55+ 42:10+ 49:18+ 51:54+	54:52+ 56:26+ 57:11+
03:13+	03:57+ 04:24+ 05:12+ 05:59+	02:59+ 04:45+ 04:26+ 07:15+	07:08+ 02:36+ 02:58- 01:34+ 00:45+
00:34#	01:38& 01:02& 01:29& 01:29&	00:35# 01:56& 01:57& 03:00& 03:57@	00:45& 00:22- 00:31& 00:16&
<b>21</b>	<b>Nicola Herbert</b>	<b>92</b>	<b>57:57</b>
03:07+	05:27+ 09:28+ 13:30+ 21:23+ 23:35+	28:28+ 41:25+ 46:15+ 50:53+ 53:07+	56:08+ 57:21+ 57:57+
03:07+	02:20+ 03:43+ 04:02+ 07:53+	02:12- 04:53+ 12:57+ 04:50+	04:38+ 02:14+ 03:01- 01:13+ 00:36+
00:28#	00:01+ 00:39# 00:19+ 03:23&	00:12- 02:04& 10:28@ 00:35#	01:27& 00:23# 00:19- 00:10# 00:07#
<b>22</b>	<b>Maria Lampe</b>	<b>126</b>	<b>59:49</b>
03:48+	06:08+ 09:51+ 14:57+ 23:43+ 28:57+	32:52+ 38:14+ 43:03+ 48:06+ 50:06+	57:49+ 59:14+ 59:49+
03:48+	02:20+ 03:43+ 05:06+ 08:46+	05:14+ 03:55+ 05:22+ 04:49+	05:03+ 02:00+ 07:43+ 01:25+ 00:35+
01:09&	00:01+ 00:21# 01:23& 04:16&	02:50@ 01:06& 02:53@ 00:34#	01:52& 00:09+ 04:23@ 00:22& 00:06#
<b>23</b>	<b>Heidi Nordaunet</b>	<b>126</b>	<b>1:01:20</b>
03:19+	05:57+ 10:27+ 17:06+ 22:06+ 26:07+	36:46+ 40:09+ 45:15+ 49:52+ 52:14+	56:47+ 60:38+ 61:20+
03:19+	02:38+ 04:30+ 06:39+ 05:00+	04:01+ 10:39+ 03:23+ 05:06+	04:37+ 02:22+ 04:33+ 03:51+ 00:42+
00:40&	00:19# 01:08& 02:56& 00:30#	01:37& 07:50@ 00:54& 00:51#	01:26& 00:31& 01:13& 02:48@ 00:13&
<b>24</b>	<b>Veronica Fenne</b>	<b>206</b>	<b>1:03:44</b>
02:25-	04:48- 09:14+ 13:36+ 25:57+ 37:01+	40:35+ 43:27+ 47:56+ 56:56+ 58:48+	62:11+ 63:11+ 63:44+
02:25-	02:23+ 04:26+ 04:22+ 12:21+ 11:04+	03:34+ 02:52+ 04:29+ 09:00+	01:52+ 03:23+ 01:00- 00:33+
00:14-	00:04+ 01:04& 00:39# 07:51@	08:40@ 00:45& 00:23# 00:14+	05:49@ 00:01+ 00:03+ 00:03- 00:04#
<b>25</b>	<b>Elisabeth Groven</b>	<b>109</b>	<b>1:11:19</b>
02:40+	04:57- 08:37+ 12:57+ 37:40+	43:33+ 47:35+ 52:01+ 57:28+	61:59+ 64:23+ 69:11+ 70:31+ 71:19+
02:40+	02:17- 03:40+ 04:20+ 24:43+	05:53+ 04:02+ 04:26+ 05:27+	04:31+ 02:24+ 04:48+ 01:20+ 00:48+
00:01+	00:02- 00:18+ 00:37# 20:13@	03:29@ 01:13& 01:57& 01:12&	01:20& 00:33& 01:28& 00:17& 00:19&
<b>26</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>1:12:36</b>
02:38-	05:38+ 08:49+ 19:48+ 31:55+ 35:36+	43:18+ 47:57+ 52:51+ 57:54+	63:34+ 69:58+ 71:51+ 72:36+
02:38-	03:00+ 03:11- 10:59+ 12:07+	03:41+ 07:42+ 04:39+ 04:54+	05:03+ 05:40+ 06:24+ 01:53+ 00:45+
00:01-	00:41& 00:11- 07:16@ 07:37@	01:17& 04:53@ 02:10& 00:39#	01:52& 03:49@ 03:04& 00:50& 00:16&
<b>27</b>	<b>Tone Giske</b>	<b>7</b>	<b>1:14:16</b>
02:57+	05:33+ 14:14+ 26:24+ 35:24+	38:28+ 46:18+ 51:19+	56:56+ 63:04+ 66:11+ 72:25+ 73:40+ 74:16+
02:57+	02:36+ 08:41+ 12:10+ 09:00+	03:04+ 07:50+ 05:01+ 05:37+	06:08+ 03:07+ 06:14+ 01:15+ 00:36+
00:18#	00:17# 05:19@ 08:27@ 04:30&	00:40& 05:01@ 02:32@ 01:22&	02:57& 01:16& 02:54& 00:12# 00:07#
<b>28</b>	<b>Kristina Renshaw</b>	<b>101</b>	<b>1:24:36</b>
02:56+	05:57+ 09:48+ 42:32+ 53:08+	56:15+ 59:05+ 62:27+	68:42+ 76:20+ 78:40+ 82:30+ 83:42+ 84:36+
02:56+	03:01+ 03:51+ 32:44+ 10:36+	03:04+ 02:50+ 03:22+	06:15+ 07:38+ 02:20+ 03:50+ 01:12+ 00:54+
00:17#	00:42& 00:29# 29:01@ 06:06@	00:43& 00:01+ 00:53& 02:00&	04:27@ 00:29& 00:30# 00:09# 00:25&
<b>29</b>	<b>Nithya Mohan</b>	<b>136</b>	<b>1:59:06</b>
14:02+	19:55+ 27:47+ 37:07+	51:03+ 64:03+ 71:53+	90:55+ 99:09+ 106:32+ 109:37+ 116:03+ 118:11+ 119:06+
14:02+	05:53+ 07:52+ 09:20+	13:56+ 13:00+ 07:50+	19:02+ 08:14+ 07:23+ 03:05+ 06:26+ 02:08+ 00:55+
11:23@	03:34@ 04:30@ 05:37@ 09:26@	10:36@ 05:01@ 16:33@ 03:59&	04:12@ 01:14& 03:06& 01:05@ 00:26&

Class	Navn	Klasse	Tid
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### Beste strekktid for klassen

02:11 01:53 02:58 03:21 03:32 02:08 02:49 02:29 03:18 03:11 01:19 02:40 00:46 00:28

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

## Damer 40 - 49 år

<b>1</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>	<b>44:12</b>										
01:41=	06:40=	09:06=	12:09=	14:44=	18:41=	21:17=	26:17=	31:49=	37:49=	41:02=	42:24=	43:33=	44:12=
01:41=	04:59=	02:26=	03:03=	02:35=	03:57=	02:36=	05:00=	05:32=	06:00=	03:13=	01:22=	01:09=	00:39=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Torill Østraat</b>	<b>93</b>	<b>45:04</b>										
01:49+	06:05-	08:37-	11:26-	14:20-	19:16+	21:58+	27:24+	31:13-	37:55+	41:50+	43:09+	44:20+	45:04+
01:49+	04:16-	02:32+	02:49-	02:54+	04:56+	02:42+	05:26+	03:49-	06:42+	03:55+	01:19-	01:11+	00:44+
00:08+	00:43-	00:06+	00:14-	00:19#	00:59#	00:06+	00:26+	01:43-	00:42#	00:42#	00:03-	00:02+	00:05#
<b>3</b>	<b>Nina Svensen</b>	<b>2</b>	<b>48:44</b>										
02:27+	09:02+	11:05+	14:43+	17:24+	21:40+	24:56+	30:21+	35:01+	41:18+	45:06+	46:49+	48:07+	48:44+
02:27+	06:35+	02:03-	03:38+	02:41+	04:16+	03:16+	05:25+	04:40-	06:17+	03:48+	01:43+	01:18+	00:37-
00:46&	01:36&	00:23-	00:35#	00:06+	00:19+	00:40&	00:25+	00:52-	00:17+	00:35#	00:21&	00:09#	00:02-
<b>4</b>	<b>May Bente Valdal</b>	<b>116</b>	<b>52:39</b>										
03:32+	09:02+	11:13+	15:11+	18:34+	24:45+	27:06+	31:42+	35:41+	42:13+	49:32+	51:10+	52:05+	52:39+
03:32+	05:30+	02:11-	03:58+	03:23+	06:11+	02:21-	04:36-	03:59-	06:32+	07:19+	01:38+	00:55-	00:34-
01:51@	00:31#	00:15-	00:55&	00:48&	02:14&	00:15-	00:24-	01:33-	00:32+	04:06@	00:16#	00:14-	00:05-
<b>5</b>	<b>Hilde Frøylog Karlsen</b>	<b>235</b>	<b>52:41</b>										
02:20+	07:22+	10:46+	14:06+	19:12+	24:19+	27:08+	31:59+	37:20+	44:14+	48:55+	50:27+	51:50+	52:41+
02:20+	05:02+	03:24+	03:20+	05:06+	05:07+	02:49+	04:51+	05:21-	06:54+	04:41+	01:32+	01:23+	00:51+
00:39&	00:03+	00:58&	00:17+	02:31&	01:10&	00:13+	00:09-	00:11-	00:54#	01:28&	00:10#	00:14#	00:12&
<b>6</b>	<b>Astrid Espe</b>	<b>80</b>	<b>53:40</b>										
03:59+	08:45+	12:40+	15:48+	18:31+	23:23+	26:37+	32:14+	36:50+	44:56+	49:21+	51:27+	52:50+	53:40+
03:59+	04:46-	03:55+	03:08+	02:43+	04:52+	03:14+	05:37+	04:36-	08:06+	04:25+	02:06+	01:23+	00:50+
02:18@	00:13-	01:29&	00:05+	00:08+	00:55#	00:38#	00:37#	00:56-	02:06&	01:12&	00:44&	00:14#	00:11&
<b>7</b>	<b>Siv Skretting</b>	<b>93</b>	<b>55:53</b>										
02:42+	07:08+	09:35+	13:11+	22:40+	27:14+	29:56+	36:12+	41:10+	49:11+	52:17+	53:43+	55:10+	55:53+
02:42+	04:26-	02:27+	03:36+	09:29+	04:34+	02:42+	06:16+	04:58-	08:01+	03:06-	01:26+	01:27+	00:43+
01:01&	00:33-	00:01+	00:33#	06:54@	00:37#	00:06+	01:16&	00:34-	02:01&	00:07-	00:04+	00:18&	00:04#
<b>8</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>	<b>56:14</b>										
02:39+	06:47+	19:01+	21:46+	25:47+	30:00+	32:51+	37:41+	41:24+	48:10+	51:37+	53:09+	55:29+	56:14+
02:39+	04:08-	12:14+	02:45-	04:01+	04:13+	02:51+	04:50-	03:43-	06:46+	03:27+	01:32+	02:20+	00:45+
00:58&	00:51-	09:48@	00:18-	01:26&	00:16+	00:15+	00:10-	01:49-	00:46#	00:14+	00:10#	01:11@	00:06#
<b>9</b>	<b>Randi Roth</b>	<b>68</b>	<b>1:02:35</b>										
03:05+	08:21+	11:06+	14:25+	17:46+	23:24+	27:49+	35:31+	44:18+	52:25+	58:25+	60:27+	61:48+	62:35+
03:05+	05:16+	02:45+	03:19+	03:21+	05:38+	04:25+	07:42+	08:47+	08:07+	06:00+	02:02+	01:21+	00:47+
01:24&	00:17+	00:19#	00:16+	00:46&	01:41&	01:49&	02:42&	03:15&	02:07&	02:47&	00:40&	00:12#	00:08#
<b>10</b>	<b>Janne Kristin Frantzen</b>	<b>116</b>	<b>1:02:44</b>										
02:44+	07:51+	12:52+	17:21+	23:24+	32:17+	35:40+	41:21+	45:55+	54:07+	58:40+	60:17+	61:37+	62:44+
02:44+	05:07+	05:01+	04:29+	06:03+	08:53+	03:23+	05:41+	04:34-	08:12+	04:33+	01:37+	01:20+	01:07+
01:03&	00:08+	02:35@	01:26&	03:28@	04:56@	00:47&	00:41#	00:58-	02:12&	01:20&	00:15#	00:11#	00:28&
<b>11</b>	<b>Irene Sirevåg</b>	<b>105</b>	<b>1:03:34</b>										
02:37+	08:11+	13:00+	17:58+	21:17+	26:55+	30:33+	38:27+	44:50+	53:49+	58:51+	61:09+	62:41+	63:34+
02:37+	05:34+	04:49+	04:58+	03:19+	05:38+	03:38+	07:54+	06:23+	08:59+	05:02+	02:18+	01:32+	00:53+
00:56&	00:35#	02:23&	01:55&	00:44&	01:41&	01:02&	02:54&	00:51#	02:59&	01:49&	00:56&	00:23&	00:14&
<b>12</b>	<b>Tove Irene Asheim</b>	<b>116</b>	<b>1:05:06</b>										
02:13+	07:41+	18:19+	22:06+	25:05+	31:15+	34:26+	42:14+	47:43+	56:20+	60:36+	62:29+	64:06+	65:06+
02:13+	05:28+	10:38+	03:47+	02:59+	06:10+	03:11+	07:48+	05:29-	08:37+	04:16+	01:53+	01:37+	01:00+
00:32&	00:29+	08:12@	00:44#	00:24#	02:13&	00:35#	02:48&	00:03-	02:37&	01:03&	00:31&	00:28&	00:21&
<b>13</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>	<b>1:06:37</b>										
01:39-	05:10-	16:11+	18:41+	20:53+	27:37+	45:17+	53:06+	60:22+	63:14+	64:38+	65:56+	66:37+	
01:39-	03:31-	11:01+	02:30-	02:12-	04:19+	02:25-	17:40+	07:49+	07:16+	02:52-	01:24+	01:18+	00:41+
00:02-	01:28-	08:35@	00:33-	00:23-	00:22+	00:11-	12:40@	02:17&	01:16#	00:21-	00:02+	00:09#	00:02+

Class	Navn	Klasse												Tid
<b>14</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>												<b>1:07:01</b>
03:09+	09:22+	18:10+	22:36+	32:54+	38:13+	41:20+	46:42+	51:05+	58:35+	63:11+	64:51+	66:13+	67:01+	
03:09+	06:13+	08:48+	04:26+	10:18+	05:19+	03:07+	05:22+	04:23-	07:30+	04:36+	01:40+	01:22+	00:48+	
01:28&	01:14#	06:22@	01:23&	07:43@	01:22&	00:31#	00:22+	01:09-	01:30#	01:23&	00:18#	00:13#	00:09#	
<b>15</b>	<b>Christel Dahl</b>	<b>92</b>												<b>1:07:11</b>
03:29+	07:18+	14:49+	19:26+	36:21+	41:34+	44:25+	52:09+	55:22+	61:11+	64:12+	65:21+	66:28+	67:11+	
03:29+	03:49-	07:31+	04:37+	16:55+	05:13+	02:51+	07:44+	03:13-	05:49-	03:01-	01:09-	01:07-	00:43+	
01:48@	01:10-	05:05@	01:34&	14:20@	01:16&	00:15+	02:44&	02:19-	00:11-	00:12-	00:13-	00:02-	00:04#	
<b>16</b>	<b>Toril Dahle</b>	<b>116</b>												<b>1:19:38</b>
03:43+	08:45+	10:47+	14:19+	17:12+	24:45+	27:43+	45:40+	51:17+	57:59+	72:26+	77:37+	78:51+	79:38+	
03:43+	05:02+	02:02-	03:32+	02:53+	07:33+	02:58+	17:57+	05:37+	06:42+	14:27+	05:11+	01:14+	00:47+	
02:02@	00:03+	00:24-	00:29#	00:18#	03:36&	00:22#	12:57@	00:05+	00:42#	11:14@	03:49@	00:05+	00:08#	
<b>17</b>	<b>Synnøve Westermoen</b>	<b>116</b>												<b>1:27:18</b>
02:27+	07:26+	10:18+	13:42+	51:27+	58:00+	61:13+	66:16+	72:20+	80:07+	83:12+	85:19+	86:36+	87:18+	
02:27+	04:59=	02:52+	03:24+	37:45+	06:33+	03:13+	05:03+	06:04+	07:47+	03:05-	02:07+	01:17+	00:42+	
00:46&	00:00=	00:26#	00:21#	35:10@	02:36&	00:37#	00:03+	00:32+	01:47&	00:08-	00:45&	00:08#	00:03+	

### Beste strekktid for klassen

01:39 03:31 02:02 02:30 02:12 03:57 02:21 04:36 03:13 05:49 02:52 01:09 00:55 00:34

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

## Damer 50 - 59 år

<b>1</b>	<b>Keth Berggraf</b>	<b>116</b>												<b>35:56</b>
01:37=	05:42=	07:45=	11:19=	13:09=	16:12=	18:32=	22:02=	24:53=	30:22=	33:11=	34:25=	35:22=	35:56=	
01:37=	04:05=	02:03=	03:34=	01:50=	03:03=	02:20=	03:30=	02:51=	05:29=	02:49=	01:14=	00:57=	00:34=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>												<b>39:42</b>
01:41+	05:41-	07:41-	10:33-	12:40-	15:51-	18:32=	22:49+	26:36+	33:04+	36:40+	38:10+	39:07+	39:42+	
01:41+	04:00-	02:00-	02:52-	02:07+	03:11+	02:41+	04:17+	03:47+	06:28+	03:36+	01:30+	00:57=	00:35+	
00:04+	00:05-	00:03-	00:42-	00:17#	00:08+	00:21#	00:47#	00:56&	00:59#	00:47&	00:16#	00:00=	00:01+	
<b>3</b>	<b>Gunn J. Grefstad</b>	<b>2</b>												<b>40:52</b>
01:55+	05:43+	07:46+	11:06-	13:36+	17:46+	20:10+	24:25+	28:45+	34:51+	37:42+	38:55+	40:11+	40:52+	
01:55+	03:48-	02:03=	03:20-	02:30+	04:10+	02:24+	04:15+	04:20+	06:06+	02:51+	01:13-	01:16+	00:41+	
00:18#	00:17-	00:00=	00:14-	00:40&	01:07&	00:04+	00:45#	01:29&	00:37#	00:02+	00:01-	00:19&	00:07#	
<b>4</b>	<b>Amanda Renshaw</b>	<b>101</b>												<b>45:33</b>
02:31+	07:39+	10:07+	13:43+	16:04+	20:54+	24:00+	28:50+	32:41+	38:49+	42:25+	43:56+	44:56+	45:33+	
02:31+	05:08+	02:28+	03:36+	02:21+	04:50+	03:06+	04:50+	03:51+	06:08+	03:36+	01:31+	01:00+	00:37+	
00:54&	01:03&	00:25#	00:02+	00:31&	01:47&	00:46&	01:20&	01:00&	00:39#	00:47&	00:17#	00:03+	00:03+	
<b>5</b>	<b>Ane Kristine Rostrup</b>	<b>92</b>												<b>45:47</b>
02:36+	07:22+	09:59+	13:13+	15:42+	20:07+	23:02+	27:54+	33:30+	39:39+	42:49+	44:07+	45:11+	45:47+	
02:36+	04:46+	02:37+	03:14-	02:29+	04:25+	02:55+	04:52+	05:36+	06:09+	03:10+	01:18+	01:04+	00:36+	
00:59&	00:41#	00:34&	00:20-	00:39&	01:22&	00:35#	01:22&	02:45&	00:40#	00:21#	00:04+	00:07#	00:02+	
<b>6</b>	<b>Rowena Naile</b>	<b>42</b>												<b>46:48</b>
02:15+	05:58+	10:23+	13:34+	17:47+	21:41+	23:57+	31:53+	35:26+	41:04+	43:59+	45:12+	46:15+	46:48+	
02:15+	03:43-	04:25+	03:11-	04:13+	03:54+	02:16-	07:56+	03:33+	05:38+	02:55+	01:13-	01:03+	00:33-	
00:38&	00:22-	02:22@	00:23-	02:23@	00:51&	00:04-	04:26@	00:42#	00:09+	00:06+	00:01-	00:06#	00:01-	
<b>7</b>	<b>Nidunn Sandvik</b>	<b>228</b>												<b>48:11</b>
01:53+	05:51+	08:05+	10:58-	14:24+	18:33+	21:02+	26:43+	35:16+	41:17+	44:46+	46:15+	47:25+	48:11+	
01:53+	03:58-	02:14+	02:53-	03:26+	04:09+	02:29+	05:41+	08:33+	06:01+	03:29+	01:29+	01:10+	00:46+	
00:16#	00:07-	00:11+	00:41-	01:36&	01:06&	00:09+	02:11&	05:42@	00:32+	00:40#	00:15#	00:13#	00:12&	
<b>8</b>	<b>Signe Ottesen</b>	<b>116</b>												<b>49:19</b>
02:23+	07:11+	10:31+	13:31+	15:44+	19:22+	22:17+	29:21+	35:54+	43:02+	46:03+	47:28+	48:43+	49:19+	
02:23+	04:48+	03:20+	03:00-	02:13+	03:38+	02:55+	07:04+	06:33+	07:08+	03:01+	01:25+	01:15+	00:36+	
00:46&	00:43#	01:17&	00:34-	00:23#	00:35#	00:35#	03:34@	03:42@	01:39&	00:12+	00:11#	00:18&	00:02+	
<b>9</b>	<b>Ingunn Voilås</b>	<b>29</b>												<b>49:48</b>
01:44+	06:52+	08:40+	11:32+	13:33+	22:46+	25:31+	30:44+	35:12+	42:11+	45:38+	47:06+	49:05+	49:48+	
01:44+	05:08+	01:48-	02:52-	02:01+	09:13+	02:45+	05:13+	04:28+	06:59+	03:27+	01:28+	01:59+	00:43+	
00:07+	01:03&	00:15-	00:42-	00:11#	06:10@	00:25#	01:43&	01:37&	01:30&	00:38#	00:14#	01:02@	00:09&	

Class	Navn	Klasse	Tid
<b>10</b>	<b>Marianne Fuglestad</b>	<b>116</b>	<b>49:50</b>
01:47+	06:23+	09:43+	13:02+
01:47+	04:36+	03:20+	03:19-
00:10#	00:31#	01:17&	00:15-
02:11+	05:11+	08:38+	35:26+
03:27+	06:48+	03:13+	04:59-
00:22#	00:30-	00:13+	00:12#
00:07#	00:06#	00:07#	00:07#
<b>11</b>	<b>Liv Omdal</b>	<b>116</b>	<b>50:11</b>
02:33+	07:10+	10:08+	13:37+
02:33+	04:37+	02:58+	03:29-
00:56&	00:32#	00:55&	00:05-
00:09+	01:06+	00:17#	01:04&
03:34@	00:31+	01:44&	01:52@
00:28&	00:22&	00:22&	00:22&
<b>12</b>	<b>Oddny Haugland</b>	<b>114</b>	<b>51:17</b>
02:17+	06:27+	09:06+	11:49+
02:17+	04:10+	02:39+	02:43-
00:40&	00:05+	00:36&	00:51-
00:09+	01:06+	00:17#	01:11&
01:41&	00:26+	01:35&	00:17#
00:09#	00:09#	00:02+	00:02+
<b>13</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>	<b>51:57</b>
01:53+	05:55+	08:14+	11:05-
01:53+	04:02-	02:19+	02:51-
00:16#	00:03-	00:16#	00:43-
01:03&	00:34#	05:12@	01:54&
01:07#	00:25#	00:29&	00:10#
00:05#			
<b>14</b>	<b>Kristin Skadsem</b>	<b>18</b>	<b>57:59</b>
02:50+	10:48+	13:10+	16:34+
02:50+	07:58+	02:22+	03:24-
01:13&	03:53&	00:19#	00:10-
00:39&	04:39@	01:26&	02:01&
01:32&	00:54&	00:26&	00:16&
<b>15</b>	<b>Brit Vivian Meling</b>	<b>116</b>	<b>58:12</b>
02:45+	08:23+	14:04+	18:06+
02:45+	05:38+	05:41+	04:02+
01:08&	01:33&	03:38@	00:28#
03:26@	01:20&	01:29&	01:43&
01:57&	00:20&	00:35&	00:18&
<b>16</b>	<b>Hanne-Keth Qvale</b>	<b>113</b>	<b>58:55</b>
06:14+	10:11+	23:06+	26:14+
06:14+	03:57-	12:55+	03:08-
04:37@	00:08-	10:52@	00:26-
00:46&	00:12+	01:30&	01:26&
00:37#	00:35#	00:27&	00:16&
00:03+			
<b>17</b>	<b>Birgitte Røe</b>	<b>125</b>	<b>1:02:07</b>
02:03+	07:20+	09:36+	19:40+
02:03+	05:17+	02:16+	10:04+
00:26&	01:12&	00:13#	06:30@
01:49&	01:40&	01:11&	04:02@
02:08&	04:42&	00:42#	00:27&
00:50&	00:19&	00:19&	00:19&
<b>18</b>	<b>Margot Lilledal</b>	<b>27</b>	<b>1:02:16</b>
02:51+	09:04+	12:04+	15:20+
02:51+	06:13+	03:00+	03:16-
01:14&	02:08&	00:57&	00:18-
02:07&	00:27#	04:38@	06:17@
02:08&	02:59@	00:48&	00:16&
00:09&			
<b>19</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>	<b>1:02:24</b>
02:00+	11:55+	13:49+	17:30+
02:00+	09:55+	01:54-	03:41+
00:23#	05:50@	00:09-	00:38&
04:25@	04:42@	01:14-	01:50&
00:17-	04:33@	03:37@	00:44&
00:35@	00:44&	00:35@	00:44+
<b>20</b>	<b>Kari Smådal Turøy</b>	<b>115</b>	<b>1:02:25</b>
03:03+	07:58+	10:31+	14:50+
03:03+	04:55+	02:33+	04:19+
01:26&	00:50#	00:30#	00:45#
01:40&	04:02@	01:30&	02:17&
04:40@	03:08&	03:13@	00:54&
00:53&	00:53&	00:41@	
<b>21</b>	<b>Kristin Harbo</b>	<b>92</b>	<b>1:06:33</b>
03:19+	10:30+	14:00+	17:48+
03:19+	07:11+	03:30+	03:48+
01:42@	03:06&	01:27&	00:14+
00:14+	01:29&	03:11&	01:38&
04:48&	03:13@	00:56&	00:28&
00:18&			
<b>22</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>	<b>1:07:22</b>
02:30+	08:42+	26:18+	31:39+
02:30+	06:12+	17:36+	05:21+
00:53&	02:07&	15:33@	01:47&
01:15&	03:04@	00:56&	02:29&
01:36&	00:43#	00:01+	00:12#
00:45&	00:05#	00:05#	
<b>23</b>	<b>Torill Andersen</b>	<b>116</b>	<b>1:07:50</b>
02:37+	08:07+	14:04+	17:06+
02:37+	05:30+	05:57+	03:02-
01:00&	01:25&	03:54@	00:32-
02:22@	14:17@	00:25#	02:22&
03:59@	01:00#	00:44&	00:27&
00:16&	00:15&	00:16&	
<b>24</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>	<b>1:08:10</b>
02:03+	10:05+	13:37+	17:34+
02:03+	08:02+	03:32+	03:57+
00:26&	03:57&	01:29&	00:23#
01:13&	02:37&	01:00&	01:33&
02:13&	02:03&	14:41@	00:19&
00:04+	00:16&	00:16&	

Class	Navn	Klasse													Tid
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<b>25</b>	<b>Margretha Almedal</b>	<b>91</b>													<b>1:26:24</b>
14:58+	20:59+	25:39+	33:12+	38:41+	46:56+	50:29+	60:27+	66:30+	73:39+	79:59+	84:04+	85:39+	86:24+		
14:58+	06:01+	04:40+	07:33+	05:29+	08:15+	03:33+	09:58+	06:03+	07:09+	06:20+	04:05+	01:35+	00:45+		
13:21@	01:56&	02:37@	03:59@	03:39@	05:12@	01:13&	06:28@	03:12@	01:40&	03:31@	02:51@	00:38&	00:11&		

**Beste strekktid for klassen**

01:37	03:43	01:48	02:43	01:50	03:03	02:16	02:16	02:51	04:59	02:49	01:13	00:57	00:33
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

### Damer 60 - 64 år

<b>1</b>	<b>Ingrid Eik</b>	<b>88</b>													<b>36:15</b>
02:37=	05:00=	08:38=	10:58=	13:56=	15:58=	18:57=	20:03=	23:38=	27:04=	29:58=	32:15=	34:31=	35:39=	36:15=	
02:37=	02:23=	03:38=	02:20=	02:58=	02:02=	02:59=	01:06=	03:35=	03:26=	02:54=	02:17=	02:16=	01:08=	00:36=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

<b>2</b>	<b>Berit Bakken</b>	<b>168</b>													<b>49:17</b>
03:00+	05:42+	08:54+	11:35+	22:19+	25:18+	27:57+	29:15+	33:20+	38:56+	42:46+	44:50+	47:26+	48:32+	49:17+	
03:00+	02:42+	03:12-	02:41+	10:44+	02:59+	02:39-	01:18+	04:05+	05:36+	03:50+	02:04-	02:36+	01:06-	00:45+	
00:23#	00:19#	00:26-	00:21#	07:46@	00:57&	00:20-	00:12#	00:30#	02:10&	00:56&	00:13-	00:20#	00:02-	00:09#	

<b>3</b>	<b>Kari Blixhavn</b>	<b>228</b>													<b>52:42</b>
03:58+	07:14+	10:47+	14:46+	18:52+	22:23+	26:33+	28:33+	33:35+	37:40+	44:01+	46:11+	50:00+	51:50+	52:42+	
03:58+	03:16+	03:33-	03:59+	04:06+	03:31+	04:10+	02:00+	05:02+	04:05+	06:21+	02:10-	03:49+	01:50+	00:52+	
01:21&	00:53&	00:05-	01:39&	01:08&	01:29&	01:11&	00:54&	01:27&	00:39#	03:27@	00:07-	01:33&	00:42&	00:16&	

<b>4</b>	<b>Eli Frafjord</b>	<b>94</b>													<b>55:20</b>
03:32+	06:24+	11:00+	15:26+	20:48+	25:18+	29:09+	34:57+	39:29+	43:27+	48:24+	50:30+	53:18+	54:33+	55:20+	
03:32+	02:52+	04:36+	04:26+	05:22+	04:30+	03:51+	05:48+	04:12+	03:58+	04:57+	02:06-	02:48+	01:15+	00:47+	
00:55&	00:29#	00:58&	02:06&	02:24&	02:28@	00:52&	04:42@	00:57&	00:32#	02:03&	00:11-	00:32#	00:07#	00:11&	

<b>5</b>	<b>Marit Karin Nygård</b>	<b>92</b>													<b>56:40</b>
02:59+	05:33+	08:34-	12:09+	26:58+	31:43+	34:53+	36:30+	40:41+	45:38+	49:07+	51:07+	54:45+	56:02+	56:40+	
02:59+	02:34+	03:01-	03:35+	14:49+	04:45+	03:10+	01:37+	04:11+	04:57+	03:29+	02:00-	03:38+	01:17+	00:38+	
00:22#	00:11+	00:37-	01:15&	11:51@	02:43@	00:11+	00:31&	00:36#	01:31&	00:35#	00:17-	01:22&	00:09#	00:02+	

<b>6</b>	<b>Aud Steinsland</b>	<b>128</b>													<b>1:02:20</b>
06:30+	09:34+	15:09+	18:35+	28:36+	32:58+	37:31+	39:10+	44:10+	48:56+	53:58+	56:16+	60:00+	61:40+	62:20+	
06:30+	03:04+	05:35+	03:26+	10:01+	04:22+	04:33+	01:39+	05:00+	04:46+	05:02+	02:18+	03:44+	01:40+	00:40+	
03:53@	00:41&	01:57&	01:06&	07:03@	02:20@	01:34&	00:33&	01:25&	01:20&	02:08&	00:01+	01:28&	00:32&	00:04#	

<b>7</b>	<b>Hanna S. Lomeland</b>	<b>47</b>													<b>1:02:21</b>
06:32+	09:35+	15:10+	18:37+	28:38+	32:55+	37:34+	39:12+	44:06+	48:58+	53:54+	56:11+	60:02+	61:41+	62:21+	
06:32+	03:03+	05:35+	03:27+	10:01+	04:17+	04:39+	01:38+	04:54+	04:52+	04:56+	02:17=	03:51+	01:39+	00:40+	
03:55@	00:40&	01:57&	01:07&	07:03@	02:15@	01:40&	00:32&	01:19&	01:26&	02:02&	00:00=	01:35&	00:31&	00:04#	

<b>8</b>	<b>Unni Relling</b>	<b>92</b>													<b>1:04:31</b>
04:15+	07:18+	15:50+	19:35+	29:41+	32:16+	35:42+	40:29+	45:10+	49:38+	54:29+	56:47+	60:23+	63:30+	64:31+	
04:15+	03:03+	08:32+	03:45+	10:06+	02:35+	03:26+	04:47+	04:41+	04:28+	04:51+	02:18+	03:36+	03:07+	01:01+	
01:38&	00:40&	04:54@	01:25&	07:08@	00:33&	00:27#	03:41@	01:06&	01:02&	01:57&	00:01+	01:20&	01:59@	00:25&	

<b>9</b>	<b>Berit K. Gramstad</b>	<b>113</b>													<b>1:13:35</b>
03:20+	06:08+	09:17+	13:57+	18:48+	24:14+	38:43+	40:16+	53:15+	60:33+	64:52+	67:01+	70:35+	72:05+	73:35+	
03:20+	02:48+	03:09-	04:40+	04:51+	05:26+	14:29+	01:33+	12:59+	07:18+	04:19+	02:09-	03:34+	01:30+	01:30+	
00:43&	00:25#	00:29-	02:20&	01:53&	03:24@	11:30@	00:27&	09:24@	03:52@	01:25&	00:08-	01:18&	00:22&	00:54@	

<b>10</b>	<b>Åse Berg</b>	<b>105</b>													<b>1:27:01</b>
03:23+	06:41+	13:25+	19:04+	31:07+	44:11+	49:16+	52:45+	63:23+	70:17+	75:05+	77:57+	84:14+	86:11+	87:01+	
03:23+	03:18+	06:44+	05:39+	12:03+	13:04+	05:05+	03:29+	10:38+	06:54+	04:48+	02:52+	06:17+	01:57+	00:50+	
00:46&	00:55&	03:06&	03:19@	09:05@	11:02@	02:06&	02:23@	07:03@	03:28@	01:54&	00:35&	04:01@	00:49&	00:14&	

**Beste strekktid for klassen**

02:37	02:23	03:01	02:20	02:58	02:02	02:39	01:06	03:35	03:26	02:54	02:00	02:16	01:06	00:36
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

### Damer 65 - 69 år

Class	Navn	Klasse	Tid
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<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>	<b>44:42</b>											
03:40=	06:36=	10:31=	13:31=	16:58=	20:39=	23:47=	25:23=	29:31=	33:36=	37:15=	39:28=	42:39=	44:00=	44:42=
03:40=	02:56=	03:55=	03:00=	03:27=	03:41=	03:08=	01:36=	04:08=	04:05=	03:39=	02:13=	03:11=	01:21=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Hanne Eik</b>	<b>117</b>	<b>49:51</b>											
03:33-	06:32-	10:01-	14:18+	17:59+	22:27+	25:19+	27:05+	31:00+	36:55+	41:12+	43:30+	47:16+	49:06+	49:51+
03:33-	02:59+	03:29-	04:17+	03:41+	04:28+	02:52-	01:46+	03:55-	05:55+	04:17+	02:18+	03:46+	01:50+	00:45+
00:07-	00:03+	00:26-	01:17&	00:14+	00:47#	00:16-	00:10#	00:13-	01:50&	00:38#	00:05+	00:35#	00:29&	00:03+
<b>3</b>	<b>Mette Dagsland</b>	<b>68</b>	<b>55:30</b>											
03:48+	06:24-	11:15+	14:08+	19:03+	22:25+	30:57+	32:13+	38:40+	43:20+	46:14+	48:05+	53:41+	54:46+	55:30+
03:48+	02:36-	04:51+	02:53-	04:55+	03:22-	08:32+	01:16-	06:27+	04:40+	02:54-	01:51-	05:36+	01:05-	00:44+
00:08+	00:20-	00:56#	00:07-	01:28&	00:19-	05:24@	00:20-	02:19&	00:35#	00:45-	00:22-	02:25&	00:16-	00:02+
<b>4</b>	<b>Wenche Anda Haarr</b>	<b>92</b>	<b>1:09:54</b>											
03:53+	07:28+	11:31+	15:56+	22:26+	29:22+	32:23+	34:36+	40:22+	47:37+	51:52+	63:38+	67:20+	68:49+	69:54+
03:53+	03:35+	04:03+	04:25+	06:30+	06:56+	03:01-	02:13+	05:46+	07:15+	04:15+	11:46+	03:42+	01:29+	01:05+
00:13+	00:39#	00:08+	01:25&	03:03&	03:15&	00:07-	00:37&	01:38&	03:10&	00:36#	09:33@	00:31#	00:08+	00:23&
<b>5</b>	<b>Kirsten Larsen</b>	<b>92</b>	<b>1:13:55</b>											
05:14+	09:14+	17:14+	22:42+	31:57+	36:03+	38:53+	40:24+	45:56+	58:26+	63:51+	66:26+	70:56+	73:04+	73:55+
05:14+	04:00+	08:00+	05:28+	09:15+	04:06+	02:50-	01:31-	05:32+	12:30+	05:25+	02:35+	04:30+	02:08+	00:51+
01:34&	01:04&	04:05@	02:28&	05:48@	00:25#	00:18-	00:05-	01:24&	08:25@	01:46&	00:22#	01:19&	00:47&	00:09#
<b>6</b>	<b>Kirsten Carlsen</b>	<b>93</b>	<b>1:15:35</b>											
04:14+	07:24+	11:02+	15:56+	20:47+	26:20+	40:40+	42:09+	55:15+	62:33+	66:56+	69:07+	72:36+	74:06+	75:35+
04:14+	03:10+	03:38-	04:54+	04:51+	05:33+	14:20+	01:29-	13:06+	07:18+	04:23+	02:11-	03:29+	01:30+	01:29+
00:34#	00:14+	00:17-	01:54&	01:24&	01:52&	11:12@	00:07-	08:58@	03:13&	00:44#	00:02-	00:18+	00:09#	00:47@
<b>7</b>	<b>Ingunn Bjerga</b>	<b>105</b>	<b>1:25:00</b>											
05:43+	08:45+	15:08+	22:20+	30:16+	33:31+	40:37+	41:49+	54:51+	69:43+	74:17+	78:14+	82:19+	84:02+	85:00+
05:43+	03:02+	06:23+	07:12+	07:56+	03:15-	07:06+	01:12-	13:02+	14:52+	04:34+	03:57+	04:05+	01:43+	00:58+
02:03&	00:06+	02:28&	04:12@	04:29@	00:26-	03:58@	00:24-	08:54@	10:47@	00:55&	01:44&	00:54&	00:22&	00:16&

**Beste strekktid for klassen**

03:33 02:36 03:29 02:53 03:27 03:15 02:50 01:12 03:55 04:05 02:54 01:51 03:11 01:05 00:42

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

**Damer 70 - 74 år**

<b>1</b>	<b>Gry V. Thengs</b>	<b>68</b>	<b>39:15</b>											
02:50=	05:45=	08:32=	11:20=	15:19=	18:19=	20:50=	22:19=	26:06=	29:39=	32:52=	34:45=	37:31=	38:35=	39:15=
02:50=	02:55=	02:47=	02:48=	03:59=	03:00=	02:31=	01:29=	03:47=	03:33=	03:13=	01:53=	02:46=	01:04=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>49:03</b>											
03:01+	06:05+	10:00+	13:15+	18:02+	21:58+	24:45+	26:18+	31:21+	37:46+	41:26+	43:37+	47:06+	48:22+	49:03+
03:01+	03:04+	03:55+	03:15+	04:47+	03:56+	02:47+	01:33+	05:03+	06:25+	03:40+	02:11+	03:29+	01:16+	00:41+
00:11+	00:09+	01:08&	00:27#	00:48#	00:56&	00:16#	00:04+	01:16&	02:52&	00:27#	00:18#	00:43&	00:12#	00:01+
<b>3</b>	<b>Helga Klausen</b>	<b>62</b>	<b>50:04</b>											
03:42+	07:11+	10:58+	14:10+	18:51+	22:54+	25:43+	27:06+	32:17+	38:41+	42:27+	44:34+	48:05+	49:21+	50:04+
03:42+	03:29+	03:47+	03:12+	04:41+	04:03+	02:49+	01:23-	05:11+	06:24+	03:46+	02:07+	03:31+	01:16+	00:43+
00:52&	00:34#	01:00&	00:24#	00:42#	01:03&	00:18#	00:06-	01:24&	02:51&	00:33#	00:14#	00:45&	00:12#	00:03+
<b>4</b>	<b>Eva Hessen</b>	<b>83</b>	<b>54:40</b>											
03:47+	07:00+	11:04+	15:45+	25:26+	28:43+	31:03+	32:31+	36:48+	42:45+	46:18+	48:31+	52:24+	53:57+	54:40+
03:47+	03:13+	04:04+	04:41+	09:41+	03:17+	02:20-	01:28-	04:17+	05:57+	03:33+	02:13+	03:53+	01:33+	00:43+
00:57&	00:18#	01:17&	01:53&	05:42@	00:17+	00:11-	00:01-	00:30#	02:24&	00:20#	00:20#	01:07&	00:29&	00:03+
<b>5</b>	<b>Ragnhild Christiansen</b>	<b>93</b>	<b>54:40</b>											
04:45+	08:10+	12:13+	16:29+	20:25+	23:50+	27:12+	29:05+	34:13+	41:02+	45:49+	48:18+	52:00+	53:46+	54:40+
04:45+	03:25+	04:03+	04:16+	03:56-	03:25+	03:22+	01:53+	05:08+	06:49+	04:47+	02:29+	03:42+	01:46+	00:54+
01:55&	00:30#	01:16&	01:28&	00:03-	00:25#	00:51&	00:24&	01:21&	03:16&	01:34&	00:36&	00:56&	00:42&	00:14&
<b>6</b>	<b>Margaret Malmin</b>	<b>105</b>	<b>58:45</b>											
04:25+	08:12+	12:28+	16:58+	26:27+	29:55+	32:23+	33:49+	38:12+	43:56+	48:04+	50:30+	55:46+	57:39+	58:45+
04:25+	03:47+	04:16+	04:30+	09:29+	03:28+	02:28-	01:26-	04:23+	05:44+	04:08+	02:26+	05:16+	01:53+	01:06+
01:35&	00:52&	01:29&	01:42&	05:30@	00:28#	00:03-	00:03-	00:36#	02:11&	00:55&	00:33&	02:30&	00:49&	00:26&

Class	Navn	Klasse	Tid											
<b>7</b>	<b>Aslaug Lura</b>	<b>94</b>	<b>1:01:44</b>											
04:15+	07:55+	13:14+	18:31+	23:31+	26:55+	31:24+	33:03+	39:28+	45:48+	51:19+	54:09+	58:03+	60:22+	61:44+
04:15+	03:40+	05:19+	05:17+	05:00+	03:24+	04:29+	01:39+	06:25+	06:20+	05:31+	02:50+	03:54+	02:19+	01:22+
01:25&	00:45&	02:32&	02:29&	01:01&	00:24#	01:58&	00:10#	02:38&	02:47&	02:18&	00:57&	01:08&	01:15@	00:42@
<b>8</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>1:03:17</b>											
03:35+	19:49+	23:37+	27:14+	32:51+	36:55+	39:33+	41:10+	45:54+	51:19+	55:31+	57:29+	60:52+	62:31+	63:17+
03:35+	16:14+	03:48+	03:37+	05:37+	04:04+	02:38+	01:37+	04:44+	05:25+	04:12+	01:58+	03:23+	01:39+	00:46+
00:45&	13:19@	01:01&	00:49&	01:38&	01:04&	00:07+	00:08+	00:57&	01:52&	00:59&	00:05+	00:37#	00:35&	00:06#
<b>Beste strekktid for klassen</b>														
02:50	02:55	02:47	02:48	03:56	03:00	02:20	01:23	03:47	03:33	03:13	01:53	02:46	01:04	00:40

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

## Damer 75 - 79 år

<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>1:03:57</b>											
04:56=	09:18=	14:01=	17:51=	24:48=	28:49=	33:41=	35:34=	41:49=	47:47=	54:01=	56:37=	60:49=	62:56=	63:57=
04:56=	04:22=	04:43=	03:50=	06:57=	04:01=	04:52=	01:53=	06:15=	05:58=	06:14=	02:36=	04:12=	02:07=	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=
<b>2</b>	<b>Synnøve Fuglestad</b>	<b>29</b>	<b>1:07:33</b>											
04:04=	07:24=	11:20=	20:48+	28:35+	35:54+	47:04+	48:18+	52:20+	56:26+	60:03+	62:34+	65:26+	66:49+	67:33+
04:04=	03:20=	03:56=	09:28+	07:47+	07:19+	11:10+	01:14=	04:02=	04:06=	03:37=	02:31=	02:52=	01:23=	00:44=
00:52=	01:02=	00:47=	05:38@	00:50#	03:18&	06:18@	00:39=	02:13=	01:52=	02:37=	00:05=	01:20=	00:44=	00:17=
<b>Beste strekktid for klassen</b>														
04:04	03:20	03:56	03:50	06:57	04:01	04:52	01:14	04:02	04:06	03:37	02:31	02:52	01:23	00:44

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

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>	<b>1:18:40</b>											
04:23=	10:42=	30:52=	41:08=	46:06=	59:36=	66:01=	72:05=	74:19=	77:45=	78:40=				
04:23=	06:19=	20:10=	10:16=	04:58=	13:30=	06:25=	06:04=	02:14=	03:26=	00:55=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>Beste strekktid for klassen</b>														
04:23	06:19	20:10	10:16	04:58	13:30	06:25	06:04	02:14	03:26	00:55				

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

## Damer A

<b>1</b>	<b>Marjo Liikanen</b>	<b>67</b>	<b>33:28</b>											
01:12=	03:43=	05:52=	08:06=	10:22=	12:54=	14:05=	15:34=	17:58=	22:19=	25:40=	29:06=	31:29=	32:59=	33:28=
01:12=	02:31=	02:09=	02:14=	02:16=	02:32=	01:11=	01:29=	02:24=	04:21=	03:21=	03:26=	02:23=	01:30=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>34:10</b>											
01:11=	03:46+	05:51=	08:15+	10:31+	12:55+	14:18+	15:54+	18:19+	22:59+	26:39+	30:05+	32:14+	33:45+	34:10+
01:11=	02:35+	02:05=	02:24+	02:16=	02:24=	01:23+	01:36+	02:25+	04:40+	03:40+	03:26=	02:09=	01:31+	00:25=
00:01=	00:04+	00:04=	00:10+	00:00=	00:08=	00:12#	00:07+	00:01+	00:19+	00:19+	00:00=	00:14=	00:01+	00:04=
<b>3</b>	<b>Sara Marlene Nystrøm Olsen</b>	<b>68</b>	<b>37:57</b>											
01:15+	04:18+	06:54+	09:32+	11:27+	14:19+	15:37+	17:25+	20:19+	25:34+	29:34+	33:30+	35:57+	37:26+	37:57+
01:15+	03:03+	02:36+	02:38+	01:55=	02:52+	01:18+	01:48+	02:54+	05:15+	04:00+	03:56+	02:27+	01:29=	00:31+
00:03+	00:32#	00:27#	00:24#	00:21=	00:20#	00:07+	00:19#	00:30#	00:54#	00:39#	00:30#	00:04+	00:01=	00:02+
<b>4</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>	<b>40:09</b>											
01:39+	04:55+	07:52+	11:21+	13:21+	16:01+	17:19+	18:58+	21:46+	27:51+	31:32+	35:50+	38:10+	39:40+	40:09+
01:39+	03:16+	02:57+	03:29+	02:00=	02:40+	01:18+	01:39+	02:48+	06:05+	03:41+	04:18+	02:20=	01:30=	00:29=
00:27&	00:45&	00:48&	01:15&	00:16=	00:08+	00:07+	00:10#	00:24#	01:44&	00:20+	00:52&	00:03=	00:00=	00:00=



Class	Navn	Klasse										Tid		
<b>5</b>	<b>Jorunn Hadland</b>	<b>29</b>										<b>41:55</b>		
01:15+	04:06+	06:11+	08:43+	11:41+	15:29+	16:49+	18:34+	21:19+	26:07+	31:01+	36:39+	39:34+	41:18+	41:55+
01:15+	02:51+	02:05-	02:32+	02:58+	03:48+	01:20+	01:45+	02:45+	04:48+	04:54+	05:38+	02:55+	01:44+	00:37+
00:03+	00:20#	00:04-	00:18#	00:42&	01:16&	00:09#	00:16#	00:21#	00:27#	01:33&	02:12&	00:32#	00:14#	00:08&
<b>6</b>	<b>Trine Bolstad</b>	<b>62</b>										<b>42:10</b>		
01:18+	04:31+	07:03+	09:51+	12:12+	15:27+	16:50+	18:56+	22:28+	28:04+	32:09+	36:45+	39:37+	41:38+	42:10+
01:18+	03:13+	02:32+	02:48+	02:21+	03:15+	01:23+	02:06+	03:32+	05:36+	04:05+	04:36+	02:52+	02:01+	00:32+
00:06+	00:42&	00:23#	00:34&	00:05+	00:43&	00:12#	00:37&	01:08&	01:15&	00:44#	01:10&	00:29#	00:31&	00:03#
<b>7</b>	<b>Heidi Bjørndal</b>	<b>29</b>										<b>42:31</b>		
01:23+	06:03+	08:55+	11:49+	14:21+	17:03+	18:17+	20:00+	22:52+	27:30+	32:12+	36:56+	39:57+	41:58+	42:31+
01:23+	04:40+	02:52+	02:54+	02:32+	02:42+	01:14+	01:43+	02:52+	04:38+	04:42+	04:44+	03:01+	02:01+	00:33+
00:11#	02:09&	00:43&	00:40&	00:16#	00:10+	00:03+	00:14#	00:28#	00:17+	01:21&	01:18&	00:38&	00:31&	00:04#
<b>8</b>	<b>Ingrid Lamark</b>	<b>46</b>										<b>46:42</b>		
01:20+	04:38+	07:28+	13:24+	16:17+	19:42+	21:12+	23:02+	26:41+	32:15+	36:54+	41:09+	44:08+	46:08+	46:42+
01:20+	03:18+	02:50+	05:56+	02:53+	03:25+	01:30+	01:50+	03:39+	05:34+	04:39+	04:15+	02:59+	02:00+	00:34+
00:08#	00:47&	00:41&	03:42@	00:37&	00:53&	00:19&	00:21#	01:15&	01:13&	01:18&	00:49#	00:36&	00:30&	00:05#
<b>9</b>	<b>Wenche M. Sæbbø</b>	<b>3</b>										<b>46:49</b>		
01:23+	04:36+	07:16+	10:03+	15:18+	18:29+	20:01+	22:32+	25:48+	32:31+	36:46+	41:29+	44:21+	46:10+	46:49+
01:23+	03:13+	02:40+	02:47+	05:15+	03:11+	01:32+	02:31+	03:16+	06:43+	04:15+	04:43+	02:52+	01:49+	00:39+
00:11#	00:42&	00:31#	00:33#	02:59@	00:39&	00:21&	01:02&	00:52&	01:09&	01:22&	00:54&	01:17&	00:29#	00:10&
<b>10</b>	<b>Silje Sundal</b>	<b>71</b>										<b>51:33</b>		
01:31+	05:19+	09:12+	12:45+	17:10+	21:16+	23:44+	26:05+	29:38+	35:21+	40:55+	45:53+	49:14+	51:02+	51:33+
01:31+	03:48+	03:53+	03:33+	04:25+	04:06+	02:28+	02:21+	03:33+	05:43+	05:34+	04:58+	03:21+	01:48+	00:31+
00:19&	01:17&	01:44&	01:19&	02:09&	01:34&	01:17@	00:52&	01:09&	01:22&	02:13&	01:32&	00:58&	00:18#	00:02+
<b>Beste strekktid for klassen</b>														
01:11	02:31	02:05	02:14	01:55	02:24	01:11	01:29	02:24	04:21	03:21	03:26	02:09	01:29	00:25

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

## Damer B

<b>1</b>	<b>Lise Isachsen</b>	<b>165</b>										<b>35:38</b>		
01:58=	03:33=	06:16=	10:56=	18:07=	22:29=	26:01=	28:47=	30:57=	33:17=	34:15=	35:05=	35:38=		
01:58=	01:35=	02:43=	04:40=	02:00=	05:11=	04:22=	03:32=	02:46=	02:10=	02:20=	00:58=	00:50=	00:33=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Marit Haavardsholm</b>	<b>116</b>										<b>36:26</b>		
01:49-	03:34+	06:14-	09:56-	12:01-	17:21-	21:54-	26:22+	29:06+	31:20+	33:47+	34:53+	35:45+	36:26+	
01:49-	01:45+	02:40-	03:42-	02:05+	05:20+	04:33+	04:28+	02:44-	02:14+	02:27+	01:06+	00:52+	00:41+	
00:09-	00:10#	00:03-	00:58-	00:05+	00:09+	00:11+	00:56&	00:02-	00:04+	00:07+	00:08#	00:02+	00:08#	
<b>3</b>	<b>Anne Garsrud</b>	<b>90</b>										<b>36:56</b>		
02:18+	04:06+	06:13-	10:15-	12:12-	18:17+	22:32+	27:18+	30:04+	32:10+	34:28+	35:31+	36:23+	36:56+	
02:18+	01:48+	02:07-	04:02-	01:57-	06:05+	04:15-	04:46+	02:46=	02:06-	02:18-	01:03+	00:52+	00:33=	
00:20#	00:13#	00:36-	00:38-	00:03-	00:54#	00:07-	01:14&	00:00=	00:04-	00:02-	00:05+	00:02+	00:00=	
<b>4</b>	<b>Inger Tone Nygård</b>	<b>29</b>										<b>37:10</b>		
01:53-	03:59+	06:25+	10:34-	12:30-	18:32+	23:17+	27:09+	30:20+	32:28+	34:51+	35:54+	36:38+	37:10+	
01:53-	02:06+	02:26-	04:09-	01:56-	06:02+	04:45+	03:52+	03:11+	02:08-	02:23+	01:03+	00:44-	00:32-	
00:05-	00:31&	00:17-	00:31-	00:04-	00:51#	00:23+	00:20+	00:25#	00:02-	00:03+	00:05+	00:06-	00:01-	
<b>5</b>	<b>Ann-Cathrin Urdal</b>	<b>118</b>										<b>37:15</b>		
01:57-	03:41+	06:06-	11:00+	12:56=	18:15+	23:09+	27:03+	29:53+	32:20+	34:46+	35:50+	36:39+	37:15+	
01:57-	01:44+	02:25-	04:54+	01:56-	05:19+	04:54+	03:54+	02:50+	02:27+	02:26+	01:04+	00:49-	00:36+	
00:01-	00:09+	00:18-	00:14+	00:04-	00:08+	00:32#	00:22#	00:04+	00:17#	00:06+	00:06#	00:01-	00:03+	
<b>6</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>39:15</b>		
01:51-	03:50+	06:37+	11:52+	14:13+	20:01+	24:23+	28:20+	31:15+	33:40+	36:24+	37:35+	38:39+	39:15+	
01:51-	01:59+	02:47+	05:15+	02:21+	05:48+	04:22=	03:57+	02:55+	02:25+	02:44+	01:11+	01:04+	00:36+	
00:07-	00:24&	00:04+	00:35#	00:21#	00:37#	00:00=	00:25#	00:09+	00:15#	00:24#	00:13#	00:14&	00:03+	
<b>7</b>	<b>Hilde Nordbø</b>	<b>93</b>										<b>40:44</b>		
02:15+	04:02+	06:29+	10:44-	12:46-	17:47-	22:45+	28:14+	31:35+	33:54+	36:26+	39:25+	40:11+	40:44+	
02:15+	01:47+	02:27-	04:15-	02:02+	05:01-	04:58+	05:29+	03:21+	02:19+	02:32+	02:59+	00:46-	00:33=	
00:17#	00:12#	00:16-	00:25-	00:02+	00:10-	00:36#	01:57&	00:35#	00:09+	00:12+	02:01@	00:04-	00:00=	

Class	Navn	Klasse										Tid		
<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>										<b>41:13</b>		
02:17+	04:22+	07:17+	11:58+	14:14+	20:02+	25:04+	29:41+	33:01+	35:40+	38:26+	39:42+	40:38+	41:13+	
02:17+	02:05+	02:55+	04:41+	02:16+	05:48+	05:02+	04:37+	03:20+	02:39+	02:46+	01:16+	00:56+	00:35+	
00:19#	00:30&	00:12+	00:01+	00:16#	00:37#	00:40#	01:05&	00:34#	00:29#	00:26#	00:18&	00:06#	00:02+	
<b>9</b>	<b>Jorunn Johannesen</b>	<b>116</b>										<b>43:45</b>		
02:19+	04:21+	06:57+	13:36+	16:20+	22:44+	28:17+	32:14+	35:22+	37:51+	40:45+	42:08+	43:07+	43:45+	
02:19+	02:02+	02:36-	06:39+	02:44+	06:24+	05:33+	03:57+	03:08+	02:29+	02:54+	01:23+	00:59+	00:38+	
00:21#	00:27&	00:07-	01:59&	00:44&	01:13#	01:11&	00:25#	00:22#	00:19#	00:34#	00:25&	00:09#	00:05#	
<b>10</b>	<b>Mette M. Nødland</b>	<b>194</b>										<b>44:10</b>		
02:57+	05:03+	07:50+	12:54+	14:54+	21:43+	26:28+	30:49+	33:40+	36:08+	40:41+	41:37+	42:39+	43:35+	44:10+
02:57+	02:06+	02:47+	05:04+	02:00=	06:49+	04:45+	04:21+	02:51+	02:28+	04:33+	00:56-	01:02+	00:56+	00:35+
00:59&	00:31&	00:04+	00:24+	00:00=	01:38&	00:23+	00:49#	00:05+	00:18#	02:13&	00:02-	00:12#	00:23&	00:35+
<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>44:49</b>		
03:42+	05:55+	08:47+	14:31+	16:50+	23:06+	28:24+	32:58+	36:18+	39:04+	41:56+	43:07+	44:15+	44:49+	
03:42+	02:13+	02:52+	05:44+	02:19+	06:16+	05:18+	04:34+	03:20+	02:46+	02:52+	01:11+	01:08+	00:34+	
01:44&	00:38&	00:09+	01:04#	00:19#	01:05#	00:56#	01:02&	00:34#	00:36&	00:32#	00:13#	00:18&	00:01+	
<b>12</b>	<b>Ellen Tindeland</b>	<b>27</b>										<b>45:00</b>		
02:18+	04:16+	07:28+	12:47+	15:14+	21:18+	26:33+	32:39+	36:00+	38:31+	42:02+	43:21+	44:20+	45:00+	
02:18+	01:58+	03:12+	05:19+	02:27+	06:04+	05:15+	06:06+	03:21+	02:31+	03:31+	01:19+	00:59+	00:40+	
00:20#	00:23#	00:29#	00:39#	00:27#	00:53#	00:53#	02:34&	00:35#	00:21#	01:11&	00:21&	00:09#	00:07#	
<b>13</b>	<b>Tone Cecilie Nystrøm</b>	<b>68</b>										<b>46:36</b>		
02:29+	04:38+	07:53+	13:26+	16:06+	22:00+	27:44+	33:39+	37:19+	40:16+	43:26+	44:49+	46:01+	46:36+	
02:29+	02:09+	03:15+	05:33+	02:40+	05:54+	05:44+	05:55+	03:40+	02:57+	03:10+	01:23+	01:12+	00:35+	
00:31&	00:34&	00:32#	00:53#	00:40&	00:43#	01:22&	02:23&	00:54&	00:47&	00:50&	00:25&	00:22&	00:02+	
<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>										<b>49:17</b>		
02:51+	05:00+	08:13+	13:44+	16:53+	23:45+	30:08+	35:44+	40:04+	43:09+	46:28+	47:43+	48:41+	49:17+	
02:51+	02:09+	03:13+	05:31+	03:09+	06:52+	06:23+	05:36+	04:20+	03:05+	03:19+	01:15+	00:58+	00:36+	
00:53&	00:34&	00:30#	00:51#	01:09&	01:41&	02:01&	02:04&	01:34&	00:55&	00:59&	00:17&	00:08#	00:03+	
<b>15</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>										<b>49:44</b>		
03:02+	05:06+	08:08+	14:13+	16:45+	23:23+	33:15+	38:06+	41:21+	44:01+	46:52+	48:06+	49:05+	49:44+	
03:02+	02:04+	03:02+	06:05+	02:32+	06:38+	09:52+	04:51+	03:15+	02:40+	02:51+	01:14+	00:59+	00:39+	
01:04&	00:29&	00:19#	01:25&	00:32&	01:27&	05:30@	01:19&	00:29#	00:30#	00:31#	00:16&	00:09#	00:06#	
<b>16</b>	<b>Margrethe Roalsø</b>	<b>93</b>										<b>51:36</b>		
02:14+	04:18+	10:54+	15:45+	18:25+	29:04+	35:12+	39:29+	43:20+	45:49+	48:44+	49:58+	50:59+	51:36+	
02:14+	02:04+	06:36+	04:51+	02:40+	10:39+	06:08+	04:17+	03:51+	02:29+	02:55+	01:14+	01:01+	00:37+	
00:16#	00:29&	03:53@	00:11+	00:40&	05:28@	01:46&	00:45#	01:05&	00:19#	00:35#	00:16&	00:11#	00:04#	
<b>17</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>53:47</b>		
02:31+	04:34+	09:15+	14:21+	17:02+	24:09+	29:57+	35:02+	40:49+	43:49+	50:38+	51:53+	53:11+	53:47+	
02:31+	02:03+	04:41+	05:06+	02:41+	07:07+	05:48+	05:05+	05:47+	03:00+	06:49+	01:15+	01:18+	00:36+	
00:33&	00:28&	01:58&	00:26+	00:41&	01:56&	01:26&	01:33&	03:01@	00:50&	04:29@	00:17&	00:28&	00:03+	
<b>18</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>57:14</b>		
02:38+	05:22+	09:11+	20:09+	23:10+	29:02+	35:53+	41:38+	46:13+	49:35+	53:52+	55:20+	56:38+	57:14+	
02:38+	02:44+	03:49+	10:58+	03:01+	05:52+	06:51+	05:45+	04:35+	03:22+	04:17+	01:28+	01:18+	00:36+	
00:40&	01:09&	01:06&	06:18@	01:01&	00:41#	02:29&	02:13&	01:49&	01:12&	01:57&	00:30&	00:28&	00:03+	
<b>19</b>	<b>Rannveig Eidem Norfolk</b>	<b>66</b>										<b>58:18</b>		
02:33+	04:46+	08:39+	13:31+	23:48+	32:54+	39:33+	44:51+	48:12+	51:00+	54:04+	56:26+	57:33+	58:18+	
02:33+	02:13+	03:53+	04:52+	10:17+	09:06+	06:39+	05:18+	03:21+	02:48+	03:04+	02:22+	01:07+	00:45+	
00:35&	00:38&	01:10&	00:12+	08:17@	03:55&	02:17&	01:46&	00:35#	00:38&	00:44&	01:24@	00:17&	00:12&	
<b>20</b>	<b>Ragnhild Auglænd</b>	<b>168</b>										<b>58:59</b>		
02:40+	04:58+	08:27+	24:00+	26:59+	34:16+	40:31+	45:49+	49:35+	52:36+	55:33+	57:16+	58:20+	58:59+	
02:40+	02:18+	03:29+	15:33+	02:59+	07:17+	06:15+	05:18+	03:46+	03:01+	02:57+	01:43+	01:04+	00:39+	
00:42&	00:43&	00:46&	10:53@	00:59&	02:06&	01:53&	01:46&	01:00&	00:51&	00:37&	00:45&	00:14&	00:06#	
<b>Beste strekktid for klassen</b>														
01:49	01:35	02:07	03:42	01:56	05:01	04:15	03:32	02:44	02:06	02:18	00:56	00:44	00:32	

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

**Damer Ny**

Class	Navn	Klasse	Tid
<b>1</b>	<b>Tonje Tiley</b>	<b>27</b>	<b>23:28</b>
	02:08= 06:30= 09:54= 11:23= 15:59= 19:52= 22:43= 23:28=		
	02:08= 04:22= 06:30+ 03:24= 01:29= 04:36= 03:53= 02:51= 00:45=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Tone S Rorgemoen</b>	<b>27</b>	<b>28:07</b>
	02:28+ 07:43+ 14:13+ 15:59+ 19:50+ 23:31+ 27:26+ 28:07+		
	02:28+ 05:15+ 06:30+ 01:46+ 03:51- 03:41- 03:55+ 00:41-		
	00:20# 00:53# 03:06& 00:17# 00:45- 00:12- 01:04& 00:04-		
<b>3</b>	<b>Elisabeth Thompson</b>	<b>27</b>	<b>28:38</b>
	02:05- 06:10- 14:29+ 16:21+ 20:20+ 25:41+ 28:00+ 28:38+		
	02:05- 04:05- 08:19+ 01:52+ 03:59- 05:21+ 02:19- 00:38-		
	00:03- 00:17- 04:55@ 00:23& 00:37- 01:28& 00:32- 00:07-		
<b>4</b>	<b>Suma Jorige</b>	<b>80</b>	<b>28:44</b>
	02:27+ 07:23+ 10:45+ 12:47+ 17:44+ 24:21+ 27:39+ 28:44+		
	02:27+ 04:56+ 03:22- 02:02+ 04:57+ 06:37+ 03:18+ 01:05+		
	00:19# 00:34# 00:02- 00:33& 00:21+ 02:44& 00:27# 00:20&		
<b>5</b>	<b>Birte Nerdal</b>	<b>27</b>	<b>31:55</b>
	02:28+ 07:48+ 14:23+ 16:14+ 22:23+ 27:58+ 31:11+ 31:55+		
	02:28+ 05:20+ 06:35+ 01:51+ 06:09+ 05:35+ 03:13+ 00:44-		
	00:20# 00:58# 03:11& 00:22# 01:33& 01:42& 00:22# 00:01-		
<b>6</b>	<b>Tita Lagahino Erland</b>	<b>117</b>	<b>34:48</b>
	03:36+ 08:25+ 13:55+ 17:02+ 23:30+ 30:03+ 33:36+ 34:48+		
	03:36+ 04:49+ 05:30+ 03:07+ 06:28+ 06:33+ 03:33+ 01:12+		
	01:28& 00:27# 02:06& 01:38@ 01:52& 02:40& 00:42# 00:27&		
<b>7</b>	<b>Terese Marie Gilje</b>	<b>117</b>	<b>34:59</b>
	03:51+ 08:38+ 13:59+ 17:16+ 23:43+ 30:12+ 33:48+ 34:59+		
	03:51+ 04:47+ 05:21+ 03:17+ 06:27+ 06:29+ 03:36+ 01:11+		
	01:43& 00:25+ 01:57& 01:48@ 01:51& 02:36& 00:45& 00:26&		
<b>8</b>	<b>Marie Skadberg</b>	<b>27</b>	<b>37:59</b>
	02:11+ 05:59- 19:16+ 21:30+ 28:51+ 33:28+ 37:22+ 37:59+		
	02:11+ 03:48- 13:17+ 02:14+ 07:21+ 04:37+ 03:54+ 00:37-		
	00:03+ 00:34- 09:53@ 00:45& 02:45& 00:44# 01:03& 00:08-		
<b>9</b>	<b>Lisbeth Iversen</b>	<b>62</b>	<b>42:30</b>
	03:01+ 07:08+ 11:04+ 17:36+ 31:55+ 37:59+ 41:46+ 42:30+		
	03:01+ 04:07- 03:56+ 06:32+ 14:19+ 06:04+ 03:47+ 00:44-		
	00:53& 00:15- 00:32# 05:03@ 09:43@ 02:11& 00:56& 00:01-		
<b>10</b>	<b>Bettiina Lähteenkorva</b>	<b>115</b>	<b>43:29</b>
	02:51+ 11:46+ 17:07+ 19:19+ 24:03+ 36:32+ 40:47+ 43:29+		
	02:51+ 08:55+ 05:21+ 02:12+ 04:44+ 12:29+ 04:15+ 02:42+		
	00:43& 04:33@ 01:57& 00:43& 00:08+ 08:36@ 01:24& 01:57@		
<b>11</b>	<b>Marta Dale</b>	<b>293</b>	<b>47:25</b>
	06:01+ 11:52+ 22:35+ 26:16+ 33:33+ 39:46+ 45:46+ 47:25+		
	06:01+ 05:51+ 10:43+ 03:41+ 07:17+ 06:13+ 06:00+ 01:39+		
	03:53@ 01:29& 07:19@ 02:12@ 02:41& 02:20& 03:09@ 00:54@		
<b>Beste strekktid for klassen</b>			
	02:05 03:48 03:22 01:29 03:51 03:41 02:19 00:37		

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

## Damer Trim

<b>1</b>	<b>Turid Johanne Kidøy</b>	<b>18</b>	<b>27:17</b>
	02:11= 05:23= 09:03= 10:33= 14:46= 17:01= 20:44= 22:36= 25:50= 26:40= 27:17=		
	02:11= 03:12= 03:40= 01:30= 04:13= 02:15= 03:43= 01:52= 03:14= 00:50= 00:37=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Karen E. Gilje Woie</b>	<b>117</b>	<b>30:35</b>
	02:13+ 04:56- 10:29+ 12:07+ 17:36+ 20:08+ 23:50+ 25:46+ 28:39+ 29:59+ 30:35+		
	02:13+ 02:43- 05:33+ 01:38+ 05:29+ 02:32+ 03:42- 01:56+ 02:53- 01:20+ 00:36-		
	00:02+ 00:29- 01:53& 00:08+ 01:16& 00:17# 00:01- 00:04+ 00:21- 00:30& 00:01-		

Class	Navn	Klasse	Tid
<b>3</b>	<b>Grete Hellevik</b>	<b>168</b>	<b>31:20</b>
02:37+	05:36+ 09:03= 11:35+ 17:48+ 20:11+ 24:12+ 25:57+ 28:42+ 30:36+ 31:20+		
02:37+	02:59- 03:27- 02:32+ 06:13+ 02:23+ 04:01+ 01:45- 02:45- 01:54+ 00:44+		
00:26#	00:13- 00:13- 01:02& 02:00& 00:08+ 00:18+ 00:07- 00:29- 01:04@ 00:07#		
<b>4</b>	<b>Randi Bugge</b>	<b>46</b>	<b>31:22</b>
02:29+	05:26+ 08:46- 12:43+ 18:19+ 20:32+ 24:00+ 26:15+ 29:17+ 30:41+ 31:22+		
02:29+	02:57- 03:20- 03:57+ 05:36+ 02:13- 03:28- 02:15+ 03:02- 01:24+ 00:41+		
00:18#	00:15- 00:20- 02:27@ 01:23& 00:02- 00:15- 00:23# 00:12- 00:34& 00:04#		
<b>5</b>	<b>Solbjørg Borgersen</b>	<b>233</b>	<b>31:57</b>
03:04+	06:15+ 10:09+ 12:10+ 17:20+ 19:47+ 23:34+ 26:00+ 29:10+ 31:09+ 31:57+		
03:04+	03:11- 03:54+ 02:01+ 05:10+ 02:27+ 03:47+ 02:26+ 03:10- 01:59+ 00:48+		
00:53&	00:01- 00:14+ 00:31& 00:57# 00:12+ 00:04+ 00:34& 00:04- 01:09@ 00:11&		
<b>6</b>	<b>Ingrid O. Foss</b>	<b>117</b>	<b>31:58</b>
03:12+	06:46+ 10:14+ 12:35+ 17:39+ 20:16+ 24:17+ 27:11+ 29:57+ 31:21+ 31:58+		
03:12+	03:34+ 03:28- 02:21+ 05:04+ 02:37+ 04:01+ 02:54+ 02:46- 01:24+ 00:37=		
01:01&	00:22# 00:12- 00:51& 00:51# 00:18+ 01:02& 00:28- 00:34& 00:00=		
<b>7</b>	<b>Therese Immerstein Noraberg</b>	<b>71</b>	<b>32:54</b>
04:54+	08:14+ 12:51+ 15:58+ 20:08+ 22:02+ 25:15+ 27:18+ 31:03+ 32:18+ 32:54+		
04:54+	03:20+ 04:37+ 03:07+ 04:10- 01:54- 03:13- 02:03+ 03:45+ 01:15+ 00:36-		
02:43@	00:08+ 00:57& 01:37@ 00:03- 00:21- 00:30- 00:11+ 00:31# 00:25& 00:01-		
<b>8</b>	<b>Astri Sandanger</b>	<b>279</b>	<b>33:34</b>
02:49+	06:26+ 10:19+ 13:24+ 19:42+ 22:36+ 26:51+ 28:54+ 31:41+ 32:57+ 33:34+		
02:49+	03:37+ 03:53+ 03:05+ 06:18+ 02:54+ 04:15+ 02:03+ 02:47- 01:16+ 00:37=		
00:38&	00:25# 00:13+ 01:35@ 02:05& 00:39& 00:32# 00:11+ 00:27- 00:26& 00:00=		
<b>9</b>	<b>Møyfrid Müller</b>	<b>134</b>	<b>33:34</b>
02:50+	06:27+ 10:13+ 13:15+ 19:45+ 22:31+ 26:42+ 28:49+ 31:43+ 32:54+ 33:34+		
02:50+	03:37+ 03:46+ 03:02+ 06:30+ 02:46+ 04:11+ 02:07+ 02:54- 01:11+ 00:40+		
00:39&	00:25# 00:06+ 01:32@ 02:17& 00:31# 00:28# 00:15# 00:20- 00:21& 00:03+		
<b>10</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>	<b>33:39</b>
04:01+	08:17+ 11:37+ 13:52+ 21:41+ 23:53+ 27:28+ 29:04+ 31:51+ 33:06+ 33:39+		
04:01+	04:16+ 03:20- 02:15+ 07:49+ 02:12- 03:35- 01:36- 02:47- 01:15+ 00:33-		
01:50&	01:04& 00:20- 00:45& 03:36& 00:03- 00:08- 00:16- 00:27- 00:25& 00:04-		
<b>11</b>	<b>Marianne Johnsen</b>	<b>5</b>	<b>33:45</b>
02:32+	05:14- 10:05+ 11:57+ 16:51+ 18:56+ 22:08+ 28:28+ 31:25+ 32:41+ 33:45+		
02:32+	02:42- 04:51+ 01:52+ 04:54+ 02:05- 03:12- 06:20+ 02:57- 01:16+ 01:04+		
00:21#	00:30- 01:11& 00:22# 00:41# 00:10- 00:31- 04:28@ 00:17- 00:26& 00:27&		
<b>12</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>34:23</b>
02:50+	06:42+ 13:52+ 14:55+ 20:45+ 22:50+ 26:15+ 28:32+ 32:32+ 33:49+ 34:23+		
02:50+	03:52+ 07:10+ 01:03- 05:50+ 02:05- 03:25- 02:17+ 04:00+ 01:17+ 00:34-		
00:39&	00:40# 03:30& 00:27- 01:37& 00:10- 00:18- 00:25# 00:46# 00:27& 00:03-		
<b>13</b>	<b>Åse Sellereite</b>	<b>27</b>	<b>34:45</b>
02:26+	05:42+ 13:13+ 15:08+ 21:00+ 23:29+ 26:59+ 29:32+ 33:00+ 34:04+ 34:45+		
02:26+	03:16+ 07:31+ 01:55+ 05:52+ 02:29+ 03:30- 02:33+ 03:28+ 01:04+ 00:41+		
00:15#	00:04+ 03:51@ 00:25& 01:39& 00:14# 00:13- 00:41& 00:14+ 00:14& 00:04#		
<b>14</b>	<b>Anlaug Nygard</b>	<b>27</b>	<b>35:16</b>
04:40+	07:54+ 11:27+ 14:32+ 19:53+ 22:39+ 26:48+ 29:02+ 33:09+ 34:31+ 35:16+		
04:40+	03:14+ 03:33- 03:05+ 05:21+ 02:46+ 04:09+ 02:14+ 04:07+ 01:22+ 00:45+		
02:29@	00:02+ 00:07- 01:35@ 01:08& 00:31# 00:26# 00:22# 00:53& 00:32& 00:08#		
<b>15</b>	<b>Gunhild Nordbø</b>	<b>117</b>	<b>35:23</b>
02:33+	05:59+ 09:31+ 12:09+ 18:24+ 21:26+ 25:08+ 28:29+ 32:56+ 34:26+ 35:23+		
02:33+	03:26+ 03:32- 02:38+ 06:15+ 03:02+ 03:42- 03:21+ 04:27+ 01:30+ 00:57+		
00:22#	00:14+ 00:08- 01:08& 02:02& 00:47& 00:01- 01:29& 01:13& 00:40& 00:20&		
<b>16</b>	<b>Kjersti Vasbø</b>	<b>126</b>	<b>35:46</b>
02:52+	06:58+ 12:11+ 14:12+ 20:12+ 23:03+ 27:23+ 29:40+ 33:09+ 34:52+ 35:46+		
02:52+	04:06+ 05:13+ 02:01+ 06:00+ 02:51+ 04:20+ 02:17+ 03:29+ 01:43+ 00:54+		
00:41&	00:54& 01:33& 00:31& 01:47& 00:36& 00:37# 00:25# 00:15+ 00:53@ 00:17&		
<b>17</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>	<b>36:19</b>
04:29+	08:03+ 12:01+ 15:10+ 20:46+ 23:19+ 27:44+ 30:18+ 33:45+ 35:35+ 36:19+		
04:29+	03:34+ 03:58+ 03:09+ 05:36+ 02:33+ 04:25+ 02:34+ 03:27+ 01:50+ 00:44+		
02:18@	00:22# 00:18+ 01:39@ 01:23& 00:18# 00:42# 00:42& 00:13+ 01:00@ 00:07#		

Class	Navn	Klasse	Tid							
<b>18</b>	<b>Gunvor Frafjord Tungesvik</b>	<b>228</b>	<b>36:20</b>							
04:31+	08:04+	12:05+	15:14+	20:48+	23:22+	27:49+	30:19+	33:46+	35:35+	36:20+
04:31+	03:33+	04:01+	03:09+	05:34+	02:34+	04:27+	02:30+	03:27+	01:49+	00:45+
02:20@	00:21#	00:21+	01:39@	01:21&	00:19#	00:44#	00:38&	00:13+	00:59@	00:08#
<b>19</b>	<b>Ellen Skartveit</b>	<b>126</b>	<b>36:20</b>							
04:28+	07:32+	12:20+	14:26+	19:22+	24:34+	28:41+	30:42+	34:05+	35:38+	36:20+
04:28+	03:04-	04:48+	02:06+	04:56+	05:12+	04:07+	02:01+	03:23+	01:33+	00:42+
02:17@	00:08-	01:08&	00:36&	00:43#	02:57@	00:24#	00:09+	00:09+	00:43&	00:05#
<b>20</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>	<b>37:08</b>							
02:49+	05:50+	09:38+	16:52+	24:03+	26:19+	30:20+	32:36+	35:15+	36:28+	37:08+
02:49+	03:01-	03:48+	07:14+	07:11+	02:16+	04:01+	02:16+	02:39-	01:13+	00:40+
00:38&	00:11-	00:08+	05:44@	02:58&	00:01+	00:18+	00:24#	00:35-	00:23&	00:03+
<b>21</b>	<b>Anette Tronstad</b>	<b>115</b>	<b>37:10</b>							
02:21+	07:30+	11:46+	14:10+	20:01+	22:37+	26:45+	29:11+	32:57+	36:22+	37:10+
02:21+	05:09+	04:16+	02:24+	05:51+	02:36+	04:08+	02:26+	03:46+	03:25+	00:48+
00:10+	01:57&	00:36#	00:54&	01:38&	00:21#	00:25#	00:34&	00:32#	02:35@	00:11&
<b>22</b>	<b>Lise Bergli</b>	<b>105</b>	<b>37:24</b>							
02:41+	05:27+	08:45-	13:33+	18:56+	21:55+	26:04+	30:49+	35:00+	36:53+	37:24+
02:41+	02:46-	03:18-	04:48+	05:23+	02:59+	04:09+	04:45+	04:11+	01:53+	00:31-
00:30#	00:26-	00:22-	03:18@	01:10&	00:44&	00:26#	02:53@	00:57&	01:03@	00:06-
<b>23</b>	<b>Sonja Johannessen</b>	<b>130</b>	<b>38:02</b>							
02:30+	05:39+	09:47+	12:36+	22:02+	24:29+	28:36+	31:20+	35:57+	37:21+	38:02+
02:30+	03:09-	04:08+	02:49+	09:26+	02:27+	04:07+	02:44+	04:37+	01:24+	00:41+
00:19#	00:03-	00:28#	01:19&	05:13@	00:12+	00:24#	00:52&	01:23&	00:34&	00:04#
<b>24</b>	<b>Synnøve Hognestad</b>	<b>115</b>	<b>38:10</b>							
02:43+	08:25+	15:17+	17:08+	22:30+	25:01+	29:20+	31:48+	35:34+	37:22+	38:10+
02:43+	05:42+	06:52+	01:51+	05:32+	02:31+	04:19+	02:28+	03:46+	01:48+	00:48+
00:32#	02:30&	03:12&	00:21#	01:09&	00:16#	00:36#	00:36&	00:32#	00:58@	00:11&
<b>25</b>	<b>Oda Ravndal</b>	<b>114</b>	<b>38:23</b>							
06:47+	10:55+	14:39+	16:49+	23:27+	25:58+	29:40+	32:26+	36:16+	37:39+	38:23+
06:47+	04:08+	03:44+	02:10+	06:38+	02:31+	03:42-	02:46+	03:50+	01:23+	00:44+
04:36@	00:56&	00:04+	00:40&	02:25&	00:16#	00:01-	00:54&	00:36#	00:33&	00:07#
<b>26</b>	<b>Ann Helen Johannesen</b>	<b>71</b>	<b>39:12</b>							
02:08-	05:45+	09:26+	11:04+	23:46+	30:00+	33:17+	34:59+	37:30+	38:38+	39:12+
02:08-	03:37+	03:41+	01:38+	12:42+	06:14+	03:17-	01:42-	02:31-	01:08+	00:34-
00:03-	00:25#	00:01+	00:08+	08:29@	03:59@	00:26-	00:10-	00:43-	00:18&	00:03-
<b>27</b>	<b>Anja Vistnes</b>	<b>116</b>	<b>39:21</b>							
02:08-	04:58-	09:52+	12:58+	18:28+	29:35+	32:46+	34:44+	37:29+	38:47+	39:21+
02:08-	02:50-	04:54+	03:06+	05:30+	11:07+	03:11-	01:58+	02:45-	01:18+	00:34-
00:03-	00:22-	01:14&	01:36@	01:17&	08:52@	00:32-	00:06+	00:29-	00:28&	00:03-
<b>28</b>	<b>Aashild Lone</b>	<b>105</b>	<b>40:00</b>							
04:25+	07:30+	12:01+	14:11+	21:29+	24:27+	29:29+	31:54+	37:38+	39:14+	40:00+
04:25+	03:05-	04:31+	02:10+	07:18+	02:58+	05:02+	02:25+	05:44+	01:36+	00:46+
02:14@	00:07-	00:51#	00:40&	03:05&	00:43&	01:19&	00:33&	02:30&	00:46&	00:09#
<b>29</b>	<b>Bente Cecilie Lio</b>	<b>136</b>	<b>40:04</b>							
07:22+	11:04+	15:16+	18:30+	24:11+	26:44+	30:54+	33:10+	36:57+	39:24+	40:04+
07:22+	03:42+	04:12+	03:14+	05:41+	02:33+	04:10+	02:16+	03:47+	02:27+	00:40+
05:11@	00:30#	00:32#	01:44@	01:28&	00:18#	00:27#	00:24#	00:33#	01:37@	00:03+
<b>30</b>	<b>Sølvi S. Ballestad</b>	<b>105</b>	<b>40:06</b>							
03:30+	07:15+	12:02+	14:57+	21:25+	24:23+	29:30+	32:23+	36:53+	38:45+	40:06+
03:30+	03:45+	04:47+	02:55+	06:28+	02:58+	05:07+	02:53+	04:30+	01:52+	01:21+
01:19&	00:33#	01:07&	01:25&	02:15&	00:43&	01:24&	01:01&	01:16&	01:02@	00:44@
<b>31</b>	<b>Ingunn Kristiansen Wiig</b>	<b>105</b>	<b>40:06</b>							
02:42+	06:55+	16:02+	17:21+	24:10+	26:52+	31:16+	33:25+	37:00+	38:46+	40:06+
02:42+	04:13+	09:07+	01:19-	06:49+	02:42+	04:24+	02:09+	03:35+	01:46+	01:20+
00:31#	01:01&	05:27@	00:11-	02:36&	00:27#	00:41#	00:17#	00:21#	00:56@	00:43@
<b>32</b>	<b>Wenke Wannberg</b>	<b>116</b>	<b>40:10</b>							
03:06+	06:14+	09:53+	18:53+	24:56+	27:48+	32:12+	34:20+	37:59+	39:27+	40:10+
03:06+	03:08-	03:39-	09:00+	06:03+	02:52+	04:24+	02:08+	03:39+	01:28+	00:43+
00:55&	00:04-	00:01-	07:30@	01:50&	00:37&	00:41#	00:16#	00:25#	00:38&	00:06#

Class	Navn	Klasse	Tid
<b>33</b>	<b>Aslaug Neteland</b>	<b>92</b>	<b>40:10</b>
03:08+	06:15+ 09:53+ 18:55+ 24:51+ 27:51+	32:08+ 34:25+ 37:54+ 39:22+	40:10+
03:08+	03:07- 03:38- 09:02+ 05:56+	03:00+ 04:17+ 02:17+ 03:29+	01:28+ 00:48+
00:57&	00:05- 00:02- 07:32@ 01:43& 00:45&	00:34# 00:25# 00:15+ 00:38&	00:11&
<b>34</b>	<b>Randi Wesetvik</b>	<b>116</b>	<b>41:18</b>
03:20+	07:32+ 12:23+ 14:40+	21:23+ 24:05+ 32:27+ 34:51+	38:24+ 40:25+ 41:18+
03:20+	04:12+ 04:51+ 02:17+ 06:43+	02:42+ 08:22+ 02:24+ 03:33+	02:01+ 00:53+
01:09&	01:00& 01:11& 00:47& 02:30&	00:27# 04:39@ 00:32& 00:19+	01:11@ 00:16&
<b>35</b>	<b>Solveig Mæland</b>	<b>128</b>	<b>41:21</b>
04:12+	07:59+ 12:54+ 15:27+	22:12+ 25:10+ 30:08+ 32:59+	38:44+ 40:31+ 41:21+
04:12+	03:47+ 04:55+ 02:33+ 06:45+	02:58+ 04:58+ 02:51+ 05:45+	01:47+ 00:50+
02:01&	00:35# 01:15& 01:03& 02:32&	00:43& 01:15& 00:59& 02:31&	00:57@ 00:13&
<b>36</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>41:36</b>
03:04+	13:06+ 16:53+ 19:10+	25:58+ 29:03+ 33:36+ 35:50+	39:11+ 40:57+ 41:36+
03:04+	10:02+ 03:47+ 02:17+ 06:48+	03:05+ 04:33+ 02:14+ 03:21+	01:46+ 00:39+
00:53&	06:50@ 00:07+ 00:47& 02:35&	00:50& 00:22# 00:07+	00:56@ 00:02+
<b>37</b>	<b>Gunn Vagle</b>	<b>126</b>	<b>41:49</b>
03:25+	10:11+ 14:15+ 16:32+	22:20+ 26:02+ 32:11+ 34:49+	39:39+ 40:55+ 41:49+
03:25+	06:46+ 04:04+ 02:17+ 05:48+	03:42+ 06:09+ 02:38+ 04:50+	01:16+ 00:54+
01:14&	03:34@ 00:24# 00:47& 01:35&	01:27& 02:26& 00:46& 01:36&	00:26& 00:17&
<b>38</b>	<b>Sarah Denieul</b>	<b>42</b>	<b>41:52</b>
03:10+	06:58+ 11:38+ 22:09+	29:32+ 31:22+ 34:25+ 36:29+	39:51+ 41:05+ 41:52+
03:10+	03:48+ 04:40+ 10:31+ 07:23+	01:50- 03:03- 02:04+ 03:22+	01:14+ 00:47+
00:59&	00:36# 01:00& 09:01@ 03:10&	00:25- 00:40- 00:12# 00:08+	00:24& 00:10&
<b>39</b>	<b>Brit Svihus</b>	<b>92</b>	<b>41:57</b>
03:04+	07:30+ 13:04+ 16:36+	24:22+ 28:31+ 32:50+ 35:11+	39:06+ 41:07+ 41:57+
03:04+	04:26+ 05:34+ 03:32+ 07:46+	04:09+ 04:19+ 02:21+ 03:55+	02:01+ 00:50+
00:53&	01:14& 01:54& 02:02@ 03:33&	01:54& 00:36# 00:29& 00:41#	01:11@ 00:13&
<b>40</b>	<b>Synnøve Langvik</b>	<b>93</b>	<b>42:08</b>
02:46+	07:46+ 11:53+ 21:13+	26:55+ 29:59+ 33:45+ 36:00+	39:54+ 41:22+ 42:08+
02:46+	05:00+ 04:07+ 09:20+ 05:42+	03:04+ 03:46+ 02:15+ 03:54+	01:28+ 00:46+
00:35&	01:48& 00:27# 07:50@ 01:29&	00:49& 00:03+ 00:23# 00:40#	00:38& 00:09#
<b>41</b>	<b>Fredrike Krahner</b>	<b>126</b>	<b>42:24</b>
02:00-	06:36+ 09:57+ 20:43+	26:15+ 29:30+ 33:56+ 36:53+	40:30+ 41:46+ 42:24+
02:00-	04:36+ 03:21- 10:46+ 05:32+	03:15+ 04:26+ 02:57+ 03:37+	01:16+ 00:38+
00:11-	01:24& 00:19- 09:16@ 01:19&	01:00& 00:43# 01:05& 00:23#	00:26& 00:01+
<b>42</b>	<b>Ingrid Wister</b>	<b>117</b>	<b>42:40</b>
02:47+	05:17- 16:25+ 19:28+	26:37+ 30:05+ 34:11+ 36:31+	40:20+ 41:49+ 42:40+
02:47+	02:30- 11:08+ 03:03+ 07:09+	03:28+ 04:06+ 02:20+ 03:49+	01:29+ 00:51+
00:36&	00:42- 07:28@ 01:33@ 02:56&	01:13& 00:23# 00:28# 00:35#	00:39& 00:14&
<b>43</b>	<b>Heidi Horne</b>	<b>71</b>	<b>42:47</b>
02:40+	06:32+ 17:55+ 19:59+	26:12+ 28:17+ 32:03+ 34:14+	40:36+ 42:05+ 42:47+
02:40+	03:52+ 11:23+ 02:04+ 06:13+	02:05- 03:46+ 02:11+ 06:22+	01:29+ 00:42+
00:29#	00:40# 07:43@ 00:34& 02:00&	00:10- 00:03+ 00:19# 03:08&	00:39& 00:05#
<b>44</b>	<b>Anita Edgren</b>	<b>88</b>	<b>43:07</b>
07:13+	10:16+ 15:24+ 17:31+	23:53+ 26:12+ 33:23+ 35:47+	39:43+ 41:37+ 43:07+
07:13+	03:03- 05:08+ 02:07+ 06:22+	02:19+ 07:11+ 02:24+ 03:56+	01:54+ 01:30+
05:02@	00:09- 01:28& 00:37& 02:09&	00:04+ 03:28& 00:32& 00:42#	01:04@ 00:53@
<b>45</b>	<b>Eli Våge</b>	<b>117</b>	<b>43:21</b>
03:18+	07:35+ 11:55+ 14:55+	26:10+ 30:23+ 35:26+ 37:36+	41:13+ 42:37+ 43:21+
03:18+	04:17+ 04:20+ 03:00+ 11:15+	04:13+ 05:03+ 02:10+ 03:37+	01:24+ 00:44+
01:07&	01:05& 00:40# 01:30& 07:02@	01:58& 01:20& 00:18# 00:23#	00:34& 00:07#
<b>46</b>	<b>Eli Tjetland</b>	<b>116</b>	<b>45:11</b>
03:01+	06:41+ 11:46+ 18:06+	25:31+ 29:06+ 34:46+ 37:20+	41:46+ 43:44+ 45:11+
03:01+	03:40+ 05:05+ 06:20+ 07:25+	03:35+ 05:40+ 02:34+ 04:26+	01:58+ 01:27+
00:50&	00:28# 01:25& 04:50@ 03:12&	01:20& 01:57& 00:42& 01:12&	01:08@ 00:50@
<b>47</b>	<b>Tove Kristin K. Helvig</b>	<b>105</b>	<b>45:27</b>
03:02+	06:47+ 12:03+ 14:45+	22:00+ 27:31+ 32:20+ 34:57+	42:09+ 43:52+ 45:27+
03:02+	03:45+ 05:16+ 02:42+ 07:15+	05:31+ 04:49+ 02:37+ 07:12+	01:43+ 01:35+
00:51&	00:33# 01:36& 01:12& 03:02&	03:16@ 01:06& 00:45& 03:58@	00:53@ 00:58@

Class	Navn	Klasse	Tid							
<b>48</b>	<b>Camilla Haugland</b>	<b>105</b>	<b>45:34</b>							
04:16+	13:17+	17:45+	22:14+	27:52+	30:15+	33:38+	40:12+	43:19+	44:52+	45:34+
04:16+	09:01+	04:28+	04:29+	05:38+	02:23+	03:23-	06:34+	03:07-	01:33+	00:42+
02:05&	05:49@	00:48#	02:59@	01:25&	00:08+	00:20-	04:42@	00:07-	00:43&	00:05#
<b>49</b>	<b>Marianne Gjesdal Lyngås</b>	<b>253</b>	<b>46:19</b>							
04:03+	08:34+	16:02+	18:33+	26:14+	29:55+	35:49+	38:44+	42:49+	44:53+	46:19+
04:03+	04:31+	07:28+	02:31+	07:41+	03:41+	05:54+	02:55+	04:05+	02:04+	01:26+
01:52&	01:19&	03:48@	01:01&	03:28&	01:26&	02:11&	01:03&	00:51&	01:14@	00:49@
<b>50</b>	<b>Irene Mæland Torgersen</b>	<b>253</b>	<b>46:21</b>							
04:06+	08:38+	16:08+	18:36+	26:17+	30:04+	35:53+	38:48+	42:53+	44:56+	46:21+
04:06+	04:32+	07:30+	02:28+	07:41+	03:47+	05:49+	02:55+	04:05+	02:03+	01:25+
01:55&	01:20&	03:50@	00:58&	03:28&	01:32&	02:06&	01:03&	00:51&	01:13@	00:48@
<b>51</b>	<b>Grethe Wathne</b>	<b>109</b>	<b>46:45</b>							
04:05+	13:00+	18:10+	21:38+	28:14+	31:58+	37:37+	40:22+	44:04+	45:51+	46:45+
04:05+	08:55+	05:10+	03:28+	06:36+	03:44+	05:39+	02:45+	03:42+	01:47+	00:54+
01:54&	05:43@	01:30&	01:58@	02:23&	01:29&	01:56&	00:53&	00:28#	00:57@	00:17&
<b>52</b>	<b>Oddveig Øgaard Schjelderup</b>	<b>117</b>	<b>46:47</b>							
04:09+	13:00+	18:15+	21:38+	28:21+	32:07+	37:41+	40:17+	44:12+	45:55+	46:47+
04:09+	08:51+	05:15+	03:23+	06:43+	03:46+	05:34+	02:36+	03:55+	01:43+	00:52+
01:58&	05:39@	01:35&	01:53@	02:30&	01:31&	01:51&	00:44&	00:41#	00:53@	00:15&
<b>53</b>	<b>Gro Mariero Totland</b>	<b>59</b>	<b>47:17</b>							
04:26+	09:17+	16:30+	18:15+	27:36+	31:02+	36:46+	39:56+	44:09+	45:56+	47:17+
04:26+	04:51+	07:13+	01:45+	09:21+	03:26+	05:44+	03:10+	04:13+	01:47+	01:21+
02:15@	01:39&	03:33&	00:15#	05:08@	01:11&	02:01&	01:18&	00:59&	00:57@	00:44@
<b>54</b>	<b>Sissel Carlsen Bråstad</b>	<b>88</b>	<b>47:58</b>							
03:16+	07:33+	17:13+	20:43+	29:29+	32:41+	37:56+	40:26+	44:48+	46:47+	47:58+
03:16+	04:17+	09:40+	03:30+	08:46+	03:12+	05:15+	02:30+	04:22+	01:59+	01:11+
01:05&	01:05&	06:00@	02:00@	04:33@	00:57&	01:32&	00:38&	01:08&	01:09@	00:34&
<b>55</b>	<b>Lene Haver Schmidt</b>	<b>88</b>	<b>47:58</b>							
03:12+	07:29+	17:09+	20:45+	29:25+	32:40+	37:53+	40:23+	44:46+	46:49+	47:58+
03:12+	04:17+	09:40+	03:36+	08:40+	03:15+	05:13+	02:30+	04:23+	02:03+	01:09+
01:01&	01:05&	06:00@	02:06@	04:27@	01:00&	01:30&	00:38&	01:09&	01:13@	00:32&
<b>56</b>	<b>Ingunn Fandrem</b>	<b>47</b>	<b>48:51</b>							
05:13+	10:15+	15:49+	19:27+	30:07+	33:08+	37:36+	40:09+	46:30+	48:08+	48:51+
05:13+	05:02+	05:34+	03:38+	10:40+	03:01+	04:28+	02:33+	06:21+	01:38+	00:43+
03:02@	01:50&	01:54&	02:08@	06:27@	00:46&	00:45#	00:41&	03:07&	00:48&	00:06#
<b>57</b>	<b>Solveig Grønning</b>	<b>47</b>	<b>48:51</b>							
05:14+	10:19+	15:54+	19:25+	30:24+	33:18+	37:38+	40:07+	46:32+	48:10+	48:51+
05:14+	05:05+	05:35+	03:31+	10:59+	02:54+	04:20+	02:29+	06:25+	01:38+	00:41+
03:03@	01:53&	01:55&	02:01@	06:46@	00:39&	00:37#	00:37&	03:11&	00:48&	00:04#
<b>58</b>	<b>May Kristin Haaland</b>	<b>47</b>	<b>49:33</b>							
04:50+	08:36+	14:06+	18:29+	29:03+	32:23+	37:02+	40:44+	46:54+	48:42+	49:33+
04:50+	03:46+	05:30+	04:23+	10:34+	03:20+	04:39+	03:42+	06:10+	01:48+	00:51+
02:39@	00:34#	01:50&	02:53@	06:21@	01:05&	00:56&	01:50&	02:56&	00:58@	00:14&
<b>59</b>	<b>Torhild Stokka Stølsvik</b>	<b>92</b>	<b>49:37</b>							
04:53+	08:42+	14:13+	18:23+	29:14+	32:26+	37:12+	40:38+	47:06+	48:44+	49:37+
04:53+	03:49+	05:31+	04:10+	10:51+	03:12+	04:46+	03:26+	06:28+	01:38+	00:53+
02:42@	00:37#	01:51&	02:40@	06:38@	00:57&	01:03&	01:34&	03:14&	00:48&	00:16&
<b>60</b>	<b>Kathrin Sandstad</b>	<b>115</b>	<b>49:50</b>							
03:29+	07:08+	11:16+	17:02+	26:55+	29:34+	36:31+	39:33+	45:25+	48:49+	49:50+
03:29+	03:39+	04:08+	05:46+	09:53+	02:39+	06:57+	03:02+	05:52+	03:24+	01:01+
01:18&	00:27#	00:28#	04:16@	05:40@	00:24#	03:14&	01:10&	02:38&	02:34@	00:24&
<b>61</b>	<b>Linda Haukås</b>	<b>113</b>	<b>50:24</b>							
03:40+	13:52+	18:48+	21:54+	31:39+	34:42+	40:57+	44:11+	48:02+	49:42+	50:24+
03:40+	10:12+	04:56+	03:06+	09:45+	03:03+	06:15+	03:14+	03:51+	01:40+	00:42+
01:29&	07:00@	01:16&	01:36@	05:32@	00:48&	02:32&	01:22&	00:37#	00:50&	00:05#
<b>62</b>	<b>Else Marie Furland</b>	<b>93</b>	<b>50:29</b>							
04:55+	09:21+	15:28+	19:10+	29:23+	34:39+	40:29+	43:25+	47:38+	49:36+	50:29+
04:55+	04:26+	06:07+	03:42+	10:13+	05:16+	05:50+	02:56+	04:13+	01:58+	00:53+
02:44@	01:14&	02:27&	02:12@	06:00@	03:01@	02:07&	01:04&	00:59&	01:08@	00:16&

Class	Navn	Klasse	Tid
<b>63</b>	<b>Olaug Bergjord</b>	<b>91</b>	<b>50:34</b>
03:10+	09:13+ 12:53+ 16:44+ 24:40+ 27:37+ 38:54+ 41:27+ 46:17+ 49:47+ 50:34+		
03:10+	06:03+ 03:40= 03:51+ 07:56+ 02:57+ 11:17+ 02:33+ 04:50+ 03:30+ 00:47+		
00:59&	02:51& 00:00= 02:21@ 03:43& 00:42& 07:34@ 00:41& 01:36& 02:40@ 00:10&		
<b>64</b>	<b>Margot Asheim</b>	<b>105</b>	<b>50:56</b>
03:49+	09:00+ 26:45+ 29:01+ 36:11+ 39:07+ 42:25+ 45:08+ 48:42+ 50:14+ 50:56+		
03:49+	05:11+ 17:45+ 02:16+ 07:10+ 02:56+ 03:18- 02:43+ 03:34+ 01:32+ 00:42+		
01:38&	01:59& 14:05@ 00:46& 02:57& 00:41& 00:25- 00:51& 00:20# 00:42& 00:05#		
<b>65</b>	<b>Åse Karoline B. Berg</b>	<b>115</b>	<b>50:59</b>
04:26+	09:33+ 15:48+ 18:54+ 28:52+ 32:46+ 39:06+ 41:55+ 46:46+ 49:17+ 50:59+		
04:26+	05:07+ 06:15+ 03:06+ 09:58+ 03:54+ 06:20+ 02:49+ 04:51+ 02:31+ 01:42+		
02:15@	01:55& 02:35& 01:36@ 05:45@ 01:39& 02:37& 00:57& 01:37& 01:41@ 01:05@		
<b>66</b>	<b>Åse Kristensen</b>	<b>94</b>	<b>51:52</b>
03:20+	08:46+ 16:05+ 23:35+ 31:40+ 34:31+ 39:33+ 42:26+ 49:07+ 50:58+ 51:52+		
03:20+	05:26+ 07:19+ 07:30+ 08:05+ 02:51+ 05:02+ 02:53+ 06:41+ 01:51+ 00:54+		
01:09&	02:14& 03:39& 06:00@ 03:52& 00:36& 01:19& 01:01& 03:27@ 01:01@ 00:17&		
<b>67</b>	<b>Mona Reymert</b>	<b>115</b>	<b>52:00</b>
05:28+	10:36+ 16:55+ 19:52+ 29:56+ 33:50+ 40:09+ 43:01+ 47:48+ 50:18+ 52:00+		
05:28+	05:08+ 06:19+ 02:57+ 10:04+ 03:54+ 06:19+ 02:52+ 04:47+ 02:30+ 01:42+		
03:17@	01:56& 02:39& 01:27& 05:51@ 01:39& 02:36& 01:00& 01:33& 01:40@ 01:05@		
<b>68</b>	<b>Brynhild Haaland</b>	<b>101</b>	<b>52:46</b>
03:13+	07:15+ 22:44+ 29:57+ 36:54+ 40:17+ 44:31+ 46:54+ 50:26+ 52:01+ 52:46+		
03:13+	04:02+ 15:29+ 07:13+ 06:57+ 03:23+ 04:14+ 02:23+ 03:32+ 01:35+ 00:45+		
01:02&	00:50& 11:49@ 05:43@ 02:44& 01:08& 00:31# 00:31& 00:18+ 00:45& 00:08#		
<b>69</b>	<b>Martina Graf-Rohr</b>	<b>128</b>	<b>54:04</b>
03:52+	06:32+ 27:11+ 31:51+ 36:38+ 40:32+ 44:44+ 47:23+ 51:52+ 53:22+ 54:04+		
03:52+	02:40- 20:39+ 04:40+ 04:47+ 03:54+ 04:12+ 02:39+ 04:29+ 01:30+ 00:42+		
01:41&	00:32- 16:59@ 03:10@ 00:34# 01:39& 00:29# 00:47& 01:15& 00:40& 00:05#		
<b>70</b>	<b>Hazel Grayston</b>	<b>263</b>	<b>54:16</b>
04:06+	09:36+ 15:26+ 21:28+ 30:21+ 34:00+ 39:52+ 43:09+ 50:31+ 53:00+ 54:16+		
04:06+	05:30+ 05:50+ 06:02+ 08:53+ 03:39+ 05:52+ 03:17+ 07:22+ 02:29+ 01:16+		
01:55&	02:18& 02:10& 04:32@ 04:40@ 01:24& 02:09& 01:25& 04:08@ 01:39@ 00:39@		
<b>71</b>	<b>Synnøve Gjestad</b>	<b>101</b>	<b>54:32</b>
04:04+	14:51+ 19:34+ 22:58+ 30:36+ 33:53+ 39:12+ 42:05+ 48:30+ 52:50+ 54:32+		
04:04+	10:47+ 04:43+ 03:24+ 07:38+ 03:17+ 05:19+ 02:53+ 06:25+ 04:20+ 01:42+		
01:53&	07:35@ 01:03& 01:54@ 03:25& 01:02& 01:36& 01:01& 03:11& 03:30@ 01:05@		
<b>72</b>	<b>Ellen Femsteinevik</b>	<b>91</b>	<b>55:11</b>
10:40+	14:54+ 18:14+ 20:45+ 36:40+ 40:12+ 44:35+ 47:04+ 51:38+ 54:16+ 55:11+		
10:40+	04:14+ 03:20- 02:31+ 15:55+ 03:32+ 04:23+ 02:29+ 04:34+ 02:38+ 00:55+		
08:29@	01:02& 00:20- 01:01& 11:42@ 01:17& 00:40# 00:37& 01:20& 01:48@ 00:18&		
<b>73</b>	<b>Ester-Lill Waage</b>	<b>105</b>	<b>55:34</b>
05:20+	12:55+ 23:38+ 29:25+ 39:26+ 42:20+ 46:33+ 49:29+ 53:17+ 54:48+ 55:34+		
05:20+	07:35+ 10:43+ 05:47+ 10:01+ 02:54+ 04:13+ 02:56+ 03:48+ 01:31+ 00:46+		
03:09@	04:23@ 07:03@ 04:17@ 05:48@ 00:39& 00:30# 01:04& 00:34# 00:41& 00:09#		
<b>74</b>	<b>Gro Skadberg Helliesen</b>	<b>105</b>	<b>56:24</b>
04:45+	18:01+ 22:08+ 26:49+ 36:35+ 40:15+ 44:53+ 48:34+ 53:23+ 55:29+ 56:24+		
04:45+	13:16+ 04:07+ 04:41+ 09:46+ 03:40+ 04:38+ 03:41+ 04:49+ 02:06+ 00:55+		
02:34@	10:04@ 00:27# 03:11@ 05:33@ 01:25& 00:55# 01:49& 01:35& 01:16@ 00:18&		
<b>75</b>	<b>Marianne Høie</b>	<b>116</b>	<b>56:52</b>
05:28+	17:24+ 22:03+ 24:15+ 38:55+ 42:31+ 46:58+ 49:33+ 54:11+ 55:35+ 56:52+		
05:28+	11:56+ 04:39+ 02:12+ 14:40+ 03:36+ 04:27+ 02:35+ 04:38+ 01:24+ 01:17+		
03:17@	08:44@ 00:59& 00:42& 10:27@ 01:21& 00:44# 00:43& 01:24& 00:34& 00:40@		
<b>76</b>	<b>Aase Sveinsvoll</b>	<b>94</b>	<b>57:32</b>
05:28+	10:56+ 17:54+ 25:52+ 36:07+ 41:09+ 47:00+ 49:50+ 54:27+ 56:28+ 57:32+		
05:28+	05:28+ 06:58+ 07:58+ 10:15+ 05:02+ 05:51+ 02:50+ 04:37+ 02:01+ 01:04+		
03:17@	02:16& 03:18& 06:28@ 06:02@ 02:47@ 02:08& 00:58& 01:23& 01:11@ 00:27&		
<b>77</b>	<b>Hilde Sondresen</b>	<b>93</b>	<b>57:36</b>
04:34+	08:47+ 15:46+ 25:09+ 34:08+ 38:59+ 44:39+ 48:07+ 54:37+ 56:42+ 57:36+		
04:34+	04:13+ 06:59+ 09:23+ 08:59+ 04:51+ 05:40+ 03:28+ 06:30+ 02:05+ 00:54+		
02:23@	01:01& 03:19& 07:53@ 04:46@ 02:36@ 01:57& 01:36& 03:16@ 01:15@ 00:17&		



Class	Navn	Klasse	Tid
<b>78</b>	<b>Inger Synnøve Sjursen</b>	<b>92</b>	<b>57:36</b>
04:40+	08:55+ 15:40+ 25:06+ 34:15+ 38:53+	44:45+ 48:03+ 54:36+ 56:44+ 57:36+	
04:40+	04:15+ 06:45+ 09:26+ 09:09+ 04:38+	05:52+ 03:18+ 06:33+ 02:08+ 00:52+	
02:29@	01:03& 03:05& 07:56@ 04:56@ 02:23@	02:09& 01:26& 03:19@ 01:18@ 00:15&	
<b>79</b>	<b>Elisabeth Sørensen</b>	<b>115</b>	<b>1:01:08</b>
05:35+	12:50+ 26:20+ 29:06+ 37:41+ 41:27+	46:56+ 50:43+ 57:17+ 59:29+ 61:08+	
05:35+	07:15+ 13:30+ 02:46+ 08:35+ 03:46+	05:29+ 03:47+ 06:34+ 02:12+ 01:39+	
03:24@	04:03@ 09:50@ 01:16& 04:22@ 01:31&	01:46& 01:55@ 03:20@ 01:22@ 01:02@	
<b>80</b>	<b>Siw Øie Norheim</b>	<b>115</b>	<b>1:01:12</b>
05:44+	12:51+ 26:27+ 29:13+ 37:43+ 41:29+	47:03+ 50:44+ 57:25+ 59:39+ 61:12+	
05:44+	07:07+ 13:36+ 02:46+ 08:30+ 03:46+	05:34+ 03:41+ 06:41+ 02:14+ 01:33+	
03:33@	03:55@ 09:56@ 01:16& 04:17@ 01:31&	01:51& 01:49& 03:27@ 01:24@ 00:56@	
<b>81</b>	<b>Linda Mickiewicz</b>	<b>114</b>	<b>1:03:00</b>
05:12+	09:30+ 16:37+ 18:25+ 24:26+ 49:13+	53:31+ 55:47+ 60:37+ 62:16+ 63:00+	
05:12+	04:18+ 07:07+ 01:48+ 06:01+ 24:47+	04:18+ 02:16+ 04:50+ 01:39+ 00:44+	
03:01@	01:06& 03:27& 00:18# 01:48& 22:32@	00:35# 00:24# 01:36& 00:49& 00:07#	
<b>82</b>	<b>Tina Pedersen</b>	<b>27</b>	<b>1:03:56</b>
12:26+	15:36+ 37:37+ 40:40+ 48:20+ 50:54+	54:47+ 56:58+ 61:29+ 62:56+ 63:56+	
12:26+	03:10- 22:01+ 03:03+ 07:40+ 02:34+	03:53+ 02:11+ 04:31+ 01:27+ 01:00+	
10:15@	00:02- 18:21@ 01:33@ 03:27& 00:19#	00:10+ 00:19# 01:17& 00:37& 00:23&	
<b>83</b>	<b>Haldis Vagle</b>	<b>92</b>	<b>1:04:57</b>
03:31+	06:52+ 32:32+ 36:50+ 45:47+ 48:58+	54:23+ 56:58+ 61:56+ 63:51+ 64:57+	
03:31+	03:21+ 25:40+ 04:18+ 08:57+ 03:11+	05:25+ 02:35+ 04:58+ 01:55+ 01:06+	
01:20&	00:09+ 22:00@ 02:48@ 04:44@ 00:56&	01:42& 00:43& 01:44& 01:05@ 00:29&	
<b>84</b>	<b>Liv Ertesvåg</b>	<b>83</b>	<b>1:11:21</b>
16:33+	21:59+ 29:11+ 38:15+ 47:05+ 51:36+	58:11+ 61:19+ 68:08+ 70:14+ 71:21+	
16:33+	05:26+ 07:12+ 09:04+ 08:50+ 04:31+	06:35+ 03:08+ 06:49+ 02:06+ 01:07+	
14:22@	02:14& 03:32& 07:34@ 04:37@ 02:16@	02:52& 01:16& 03:35@ 01:16@ 00:30&	
<b>85</b>	<b>Siri Lunde</b>	<b>105</b>	<b>1:20:50</b>
04:12+	09:02+ 21:17+ 24:26+ 41:46+ 59:04+	63:36+ 67:24+ 74:26+ 79:21+ 80:50+	
04:12+	04:50+ 12:15+ 03:09+ 17:20+ 17:18+	04:32+ 03:48+ 07:02+ 04:55+ 01:29+	
02:01&	01:38& 08:35@ 01:39@ 13:07@ 15:03@	00:49# 01:56@ 03:48@ 04:05@ 00:52@	
<b>86</b>	<b>Linn Soma</b>	<b>287</b>	<b>1:22:23</b>
12:48+	16:59+ 34:37+ 38:41+ 49:43+ 57:19+	62:36+ 65:18+ 79:55+ 81:30+ 82:23+	
12:48+	04:11+ 17:38+ 04:04+ 11:02+ 07:36+	05:17+ 02:42+ 14:37+ 01:35+ 00:53+	
10:37@	00:59& 13:58@ 02:34@ 06:49@ 05:21@	01:34& 00:50& 11:23@ 00:45& 00:16&	
<b>87</b>	<b>Frøydis Østtveit Kvinen</b>	<b>66</b>	<b>1:24:18</b>
07:44+	12:16+ 25:06+ 28:03+ 58:17+ 67:15+	71:02+ 78:04+ 82:55+ 84:18+	
07:44+	04:32+ 12:50+ 02:57+ 30:14+ 04:20+	04:38+ 03:47+ 07:02+ 04:51+ 01:23+	
05:33@	01:20& 09:10@ 01:27& 26:01@ 02:05&	00:55# 01:55@ 03:48@ 04:01@ 00:46@	
<b>Beste strekketid for klassen</b>			
02:00	02:30	03:18	01:03
04:10	01:50	03:03	01:36
02:31	00:50	00:31	

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

## Herrer 16 - 39 år

<b>1</b>	<b>Erling Grammeltvedt</b>	<b>116</b>	<b>31:05</b>
01:40=	03:05= 04:46= 09:48= 11:18= 15:22=	19:10= 23:08= 25:18= 27:09= 29:01=	29:48= 30:36= 31:05=
01:40=	01:25= 01:41= 05:02= 01:30= 04:04=	03:48= 03:58= 02:10= 01:51= 01:52=	00:47= 00:48= 00:29=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00=
<b>2</b>	<b>Thomas Jansen</b>	<b>289</b>	<b>31:41</b>
01:54+	03:19+ 05:18+ 08:53- 10:17- 15:12-	19:02- 22:40- 25:16- 27:10+ 29:33+	30:29+ 31:16+ 31:41+
01:54+	01:25= 01:59+ 03:35- 01:24- 04:55+	03:50+ 03:38- 02:36+ 01:54+ 02:23+	00:56+ 00:47- 00:25-
00:14#	00:00= 00:18# 01:27- 00:06- 00:51#	00:02+ 00:20- 00:26# 00:03+ 00:31&	00:09# 00:01- 00:04-
<b>3</b>	<b>Andreas Terjesen</b>	<b>213</b>	<b>34:06</b>
01:41+	03:07+ 05:14+ 09:16- 10:55- 16:25+	20:57+ 24:10+ 27:02+ 29:06+ 31:24+	32:38+ 33:30+ 34:06+
01:41+	01:26+ 02:07+ 04:02- 01:39+ 05:30+	04:32+ 03:13- 02:52+ 02:04+ 02:18+	01:14+ 00:52+ 00:36+
00:01+	00:01+ 00:26& 01:00- 00:09# 01:26&	00:44# 00:45- 00:42& 00:13# 00:26#	00:27& 00:04+ 00:07#

Class	Navn	Klasse										Tid	
<b>4</b>	<b>Emmanuel Mondesert</b>	<b>116</b>										<b>34:14</b>	
01:57+	03:44+	05:43+	09:23-	11:18=	18:49+	22:24+	25:12+	28:07+	29:58+	32:02+	32:54+	33:44+	34:14+
01:57+	01:47+	01:59+	03:40-	01:55+	07:31+	03:35-	02:48-	02:55+	01:51=	02:04+	00:52+	00:50+	00:30+
00:17#	00:22&	00:18#	01:22-	00:25&	03:27&	00:13-	01:10-	00:45&	00:00=	00:12#	00:05#	00:02+	00:01+
<b>5</b>	<b>Morten Fenne</b>	<b>228</b>										<b>34:17</b>	
01:40=	03:20+	05:31+	09:31-	10:56-	15:55+	21:28+	25:15+	27:34+	29:31+	31:26+	33:04+	33:51+	34:17+
01:40=	01:40+	02:11+	04:00-	01:25-	04:59+	05:33+	03:47-	02:19+	01:57+	01:55+	01:38+	00:47-	00:26-
00:00=	00:15#	00:30&	01:02-	00:05-	00:55#	01:45&	00:11-	00:09+	00:06+	00:03+	00:51@	00:01-	00:03-
<b>6</b>	<b>Torbjørn Ims Østby</b>	<b>53</b>										<b>35:00</b>	
01:51+	03:23+	06:09+	09:55+	11:47+	16:55+	21:30+	25:15+	28:20+	30:18+	32:49+	33:49+	34:28+	35:00+
01:51+	01:32+	02:46+	03:46-	01:52+	05:08+	04:35+	03:45-	03:05+	01:58+	02:31+	01:00+	00:39-	00:32+
00:11#	00:07+	01:05&	01:16-	00:22#	01:04&	00:47#	00:13-	00:55&	00:07+	00:39&	00:13&	00:09-	00:03#
<b>7</b>	<b>Runar Eike Toft</b>	<b>116</b>										<b>35:43</b>	
03:35+	05:08+	08:59+	13:25+	15:19+	20:01+	23:38+	27:05+	29:27+	31:24+	33:32+	34:34+	35:17+	35:43+
03:35+	01:33+	03:51+	04:26-	01:54+	04:42+	03:37-	03:27-	02:22+	01:57+	02:08+	01:02+	00:43-	00:26-
01:55@	00:08+	02:10@	00:36-	00:24&	00:38#	00:11-	00:31-	00:12+	00:06+	00:16#	00:15&	00:05-	00:03-
<b>8</b>	<b>Sam McCloy</b>	<b>271</b>										<b>36:33</b>	
01:56+	03:36+	07:19+	13:07+	15:03+	19:34+	23:34+	27:26+	30:03+	32:31+	34:29+	35:19+	36:06+	36:33+
01:56+	01:40+	03:43+	05:48+	01:56+	04:31+	04:00+	03:52-	02:37+	02:28+	01:58+	00:50+	00:47-	00:27-
00:16#	00:15#	02:02@	00:46#	00:26&	00:27#	00:12+	00:06-	00:27#	00:37&	00:06+	00:03+	00:01-	00:02-
<b>9</b>	<b>Asgeir Nærland</b>	<b>88</b>										<b>37:34</b>	
02:12+	03:49+	06:19+	10:43+	13:03+	17:52+	22:10+	25:51+	28:42+	31:15+	33:22+	34:24+	37:04+	37:34+
02:12+	01:37+	02:30+	04:24-	02:20+	04:49+	04:18+	03:41-	02:51+	02:33+	02:07+	01:02+	02:40+	00:30+
00:32&	00:12#	00:49&	00:38-	00:50&	00:45#	00:30#	00:17-	00:41&	00:42&	00:15#	00:15&	01:52@	00:01+
<b>10</b>	<b>Kjetil Hollund</b>	<b>108</b>										<b>37:43</b>	
02:25+	04:00+	06:25+	10:47+	12:58+	18:11+	23:24+	27:39+	30:58+	32:56+	35:26+	36:26+	37:13+	37:43+
02:25+	01:35+	02:25+	04:22-	02:41+	05:13+	05:13+	04:15+	03:19+	01:58+	02:30+	01:00+	00:47-	00:30+
00:45&	00:10#	00:44&	00:40-	00:41&	01:09&	01:25&	00:17+	01:09&	00:07+	00:38&	00:13&	00:01-	00:01+
<b>11</b>	<b>Kristian Øien</b>	<b>292</b>										<b>37:50</b>	
01:57+	03:39+	07:13+	11:17+	12:58+	18:25+	22:54+	27:07+	29:44+	32:09+	35:40+	36:33+	37:20+	37:50+
01:57+	01:42+	03:34+	04:04-	01:41+	05:27+	04:29+	04:13+	02:37+	02:25+	03:31+	00:53+	00:47-	00:30+
00:17#	00:17#	01:53@	00:58-	00:11#	01:23&	00:41#	00:15+	00:27#	00:34&	01:39&	00:06#	00:01-	00:01+
<b>12</b>	<b>Rune Svihus</b>	<b>62</b>										<b>38:19</b>	
02:47+	04:55+	07:07+	12:04+	13:48+	20:02+	25:06+	28:32+	31:10+	33:09+	35:40+	36:49+	37:47+	38:19+
02:47+	02:08+	02:12+	04:57-	01:44+	06:14+	05:04+	03:26-	02:38+	01:59+	02:31+	01:09+	00:58+	00:32+
01:07&	00:43&	00:31&	00:05-	00:14#	02:10&	01:16&	00:32-	00:28#	00:08+	00:39&	00:22&	00:10#	00:03#
<b>13</b>	<b>Jonas Lye Scheie</b>	<b>62</b>										<b>38:41</b>	
02:39+	04:04+	06:03+	10:17+	12:01+	18:18+	26:05+	29:26+	32:21+	34:26+	36:28+	37:24+	38:17+	38:41+
02:39+	01:25=	01:59+	04:14-	01:44+	06:17+	07:47+	03:21-	02:55+	02:05+	02:02+	00:56+	00:53+	00:24-
00:59&	00:00=	00:18#	00:48-	00:14#	02:13&	03:59@	00:37-	00:45&	00:14#	00:10+	00:09#	00:05#	00:05-
<b>14</b>	<b>Dag Eivind Watsend</b>	<b>92</b>										<b>39:03</b>	
01:40=	03:16+	06:01+	09:50+	15:43+	22:07+	26:52+	30:29+	33:03+	34:55+	36:57+	37:52+	38:32+	39:03+
01:40=	01:36+	02:45+	03:49-	05:53+	06:24+	04:45+	03:37-	02:34+	01:52+	02:02+	00:55+	00:40-	00:31+
00:00=	00:11#	01:04&	01:13-	04:23@	02:20&	00:57#	00:21-	00:24#	00:01+	00:10+	00:08#	00:08-	00:02+
<b>15</b>	<b>Andreas Segadal Breiland</b>	<b>194</b>										<b>39:04</b>	
01:43+	03:20+	06:24+	13:34+	15:43+	20:11+	24:10+	28:50+	31:58+	34:27+	37:07+	37:57+	38:38+	39:04+
01:43+	01:37+	03:04+	07:10+	02:09+	04:28+	03:59+	04:40+	03:08+	02:29+	02:40+	00:50+	00:41-	00:26-
00:03+	00:12#	01:23&	02:08&	00:39&	00:24+	00:11+	00:42#	00:58&	00:38&	00:48&	00:03+	00:07-	00:03-
<b>16</b>	<b>Jens Rostrup Eikehaugen</b>	<b>92</b>										<b>39:11</b>	
02:04+	03:46+	06:02+	11:03+	13:27+	19:04+	23:55+	28:21+	31:19+	33:22+	36:47+	37:58+	38:42+	39:11+
02:04+	01:42+	02:16+	05:01-	02:24+	05:37+	04:51+	04:26+	02:58+	02:03+	03:25+	01:11+	00:44-	00:29-
00:24#	00:17#	00:35&	00:01-	00:54&	01:33&	01:03&	00:28#	00:48&	00:12#	01:33&	00:24&	00:04-	00:00=
<b>17</b>	<b>Trygve Carlsen Kjørslevik</b>	<b>27</b>										<b>39:20</b>	
04:23+	05:51+	08:06+	12:33+	14:03+	19:23+	24:01+	28:03+	32:34+	34:17+	36:38+	37:33+	38:54+	39:20+
04:23+	01:28+	02:15+	04:27-	01:30=	05:20+	04:38+	04:02+	04:31+	01:43-	02:21+	00:55+	01:21+	00:26-
02:43@	00:03+	00:34&	00:35-	00:00=	01:16&	00:50#	00:04+	02:21@	00:08-	00:29&	00:08#	00:33&	00:03-
<b>18</b>	<b>Rune Hatle</b>	<b>65</b>										<b>39:56</b>	
02:21+	04:05+	06:30+	11:58+	14:13+	20:20+	25:11+	29:08+	32:11+	34:33+	37:23+	38:28+	39:25+	39:56+
02:21+	01:44+	02:25+	05:28+	02:15+	06:07+	04:51+	03:57-	03:03+	02:22+	02:50+	01:05+	00:57+	00:31+
00:41&	00:19#	00:44&	00:26+	00:45&	02:03&	01:03&	00:01-	00:53&	00:31&	00:58&	00:18&	00:09#	00:02+

Class	Navn	Klasse												Tid
<b>19</b>	<b>Trond Evensen</b>	<b>116</b>												<b>40:09</b>
01:38-	03:21+	05:17+	14:32+	16:36+	21:20+	27:58+	31:16+	33:30+	35:29+	37:50+	38:52+	39:38+	40:09+	
01:38-	01:43+	01:56+	09:15+	02:04+	04:44+	06:38+	03:18-	02:14+	01:59+	02:21+	01:02+	00:46-	00:31+	
00:02-	00:18#	00:15#	04:13&	00:34&	00:40#	02:50&	00:40-	00:04+	00:08+	00:29&	00:15&	00:02-	00:02+	
<b>20</b>	<b>Bjørnar Owren</b>	<b>74</b>												<b>40:46</b>
02:03+	03:58+	07:49+	12:23+	14:21+	20:14+	25:08+	29:58+	32:37+	35:15+	38:20+	39:18+	40:11+	40:46+	
02:03+	01:55+	03:51+	04:34-	01:58+	05:53+	04:54+	04:50+	02:39+	02:38+	03:05+	00:58+	00:53+	00:35+	
00:23#	00:30&	02:10@	00:28-	00:28&	01:49&	01:06&	00:52#	00:29#	00:47&	01:13&	00:11#	00:05#	00:06#	
<b>21</b>	<b>Aksel Voldsund</b>	<b>114</b>												<b>42:31</b>
01:45+	03:22+	07:21+	11:50+	15:27+	21:37+	26:43+	31:06+	34:09+	36:29+	39:12+	40:19+	41:59+	42:31+	
01:45+	01:37+	03:59+	04:29-	03:37+	06:10+	05:06+	04:23+	03:03+	02:20+	02:43+	01:07+	01:40+	00:32+	
00:05+	00:12#	02:18@	00:33-	02:07@	02:06&	01:18&	00:25#	00:53&	00:29&	00:51&	00:20&	00:52@	00:03#	
<b>22</b>	<b>Ole Kristian Taksdal</b>	<b>92</b>												<b>42:40</b>
02:03+	03:42+	06:38+	15:12+	16:55+	22:29+	29:15+	33:15+	36:01+	38:13+	40:22+	41:19+	42:11+	42:40+	
02:03+	01:39+	02:56+	08:34+	01:43+	05:34+	06:46+	04:00+	02:46+	02:12+	02:09+	00:57+	00:52+	00:29=	
00:23#	00:14#	01:15&	03:32&	00:13#	01:30&	02:58&	00:02+	00:36&	00:21#	00:17#	00:10#	00:04+	00:00=	
<b>23</b>	<b>Svein Magnus Halsne</b>	<b>71</b>												<b>43:04</b>
02:03+	03:38+	07:17+	13:49+	17:34+	22:08+	26:46+	31:38+	35:02+	37:11+	40:16+	41:27+	42:30+	43:04+	
02:03+	01:35+	03:39+	06:32+	03:45+	04:34+	04:38+	04:52+	03:24+	02:09+	03:05+	01:11+	01:03+	00:34+	
00:23#	00:10#	01:58@	01:30&	02:15@	00:30#	00:50#	00:54#	01:14&	00:18#	01:13&	00:24&	00:15&	00:05#	
<b>24</b>	<b>Rune Dahl Fitjar</b>	<b>90</b>												<b>44:03</b>
02:10+	04:13+	08:25+	15:37+	17:38+	23:50+	28:34+	32:45+	35:41+	38:21+	41:15+	42:29+	43:27+	44:03+	
02:10+	02:03+	04:12+	07:12+	02:01+	06:12+	04:44+	04:11+	02:56+	02:40+	02:54+	01:14+	00:58+	00:36+	
00:30&	00:38&	02:31@	02:10&	00:31&	02:08&	00:56#	00:13+	00:46&	00:49&	01:02&	00:27&	00:10#	00:07#	
<b>25</b>	<b>Svein Kyllingstad</b>	<b>71</b>												<b>44:06</b>
01:45+	03:27+	06:22+	17:06+	19:24+	24:52+	29:04+	33:09+	37:40+	39:38+	41:52+	42:43+	43:32+	44:06+	
01:45+	01:42+	02:55+	10:44+	02:18+	05:28+	04:12+	04:05+	04:31+	01:58+	02:14+	00:51+	00:49+	00:34+	
00:05+	00:17#	01:14&	05:42@	00:48&	01:24&	00:24#	00:07+	02:21@	00:07+	00:22#	00:04+	00:01+	00:05#	
<b>26</b>	<b>Frode Stangeland</b>	<b>273</b>												<b>44:31</b>
02:07+	03:49+	06:25+	14:06+	15:59+	21:58+	27:06+	32:16+	34:54+	38:40+	41:59+	43:06+	43:59+	44:31+	
02:07+	01:42+	02:36+	07:41+	01:53+	05:59+	05:08+	05:10+	02:38+	03:46+	03:19+	01:07+	00:53+	00:32+	
00:27&	00:17#	00:55&	02:39&	00:23&	01:55&	01:20&	01:12&	00:28#	01:55@	01:27&	00:20&	00:05#	00:03#	
<b>27</b>	<b>Daniel Thoresen</b>	<b>27</b>												<b>45:36</b>
03:10+	05:34+	09:43+	15:06+	18:35+	25:23+	30:05+	34:49+	37:55+	40:50+	43:07+	44:18+	45:10+	45:36+	
03:10+	02:24+	04:09+	05:23+	03:29+	06:48+	04:42+	04:44+	03:06+	02:55+	02:17+	01:11+	00:52+	00:26-	
01:30&	00:59&	02:28@	00:21+	01:59@	02:44&	00:54#	00:46#	00:56&	01:04&	00:25#	00:24&	00:04+	00:03-	
<b>28</b>	<b>Håkon Eggebø</b>	<b>71</b>												<b>45:56</b>
02:25+	04:30+	08:57+	17:46+	20:38+	26:36+	30:48+	34:30+	38:47+	40:47+	43:20+	44:23+	45:24+	45:56+	
02:25+	02:05+	04:27+	08:49+	02:52+	05:58+	04:12+	03:42-	04:17+	02:00+	02:33+	01:03+	01:01+	00:32+	
00:45&	00:40&	02:46@	03:47&	01:22&	01:54&	00:24#	00:16-	02:07&	00:09+	00:41&	00:16&	00:13&	00:03#	
<b>29</b>	<b>Marius Stene</b>	<b>27</b>												<b>46:23</b>
02:27+	05:33+	08:20+	14:58+	18:05+	23:05+	27:58+	36:58+	40:00+	41:53+	44:15+	45:13+	45:57+	46:23+	
02:27+	03:06+	02:47+	06:38+	03:07+	05:00+	04:53+	09:00+	03:02+	01:53+	02:22+	00:58+	00:44-	00:26-	
00:47&	01:41@	01:06&	01:36&	01:37@	00:56#	01:05&	05:02@	00:52&	00:02+	00:30&	00:11#	00:04-	00:03-	
<b>30</b>	<b>Gunnar Thorset</b>	<b>117</b>												<b>47:02</b>
02:17+	04:21+	09:34+	15:31+	17:50+	24:29+	29:48+	34:19+	37:36+	40:46+	43:43+	45:11+	46:21+	47:02+	
02:17+	02:04+	05:13+	05:57+	02:19+	06:39+	05:19+	04:31+	03:17+	03:10+	02:57+	01:28+	01:10+	00:41+	
00:37&	00:39&	03:32@	00:55#	00:49&	02:35&	01:31&	00:33#	01:07&	01:19&	01:05&	00:41&	00:22&	00:12&	
<b>31</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>												<b>48:32</b>
01:48+	03:25+	06:12+	12:59+	15:18+	21:08+	27:11+	33:08+	36:05+	38:49+	45:47+	47:01+	47:56+	48:32+	
01:48+	01:37+	02:47+	06:47+	02:19+	05:50+	06:03+	05:57+	02:57+	02:44+	06:58+	01:14+	00:55+	00:36+	
00:08+	00:12#	01:06&	01:45&	00:49&	01:46&	02:15&	01:59&	00:47&	00:53&	05:06@	00:27&	00:07#	00:07#	
<b>32</b>	<b>Erik Hansson</b>	<b>74</b>												<b>50:14</b>
02:00+	04:02+	07:22+	19:59+	24:34+	30:23+	34:58+	38:45+	42:34+	44:39+	47:26+	48:44+	49:40+	50:14+	
02:00+	02:02+	03:20+	12:37+	04:35+	05:49+	04:35+	03:47-	03:49+	02:05+	02:47+	01:18+	00:56+	00:34+	
00:20#	00:37&	01:39&	07:35@	03:05@	01:45&	00:47#	00:11-	01:39&	00:14#	00:55&	00:31&	00:08#	00:05#	
<b>33</b>	<b>Richard Galle</b>	<b>66</b>												<b>51:32</b>
02:35+	05:11+	08:18+	19:06+	22:07+	27:17+	32:48+	37:25+	40:17+	43:15+	49:00+	50:12+	51:03+	51:32+	
02:35+	02:36+	03:07+	10:48+	03:01+	05:10+	05:31+	04:37+	02:52+	02:58+	05:45+	01:12+	00:51+	00:29=	
00:55&	01:11&	01:26&	05:46@	01:31@	01:06&	01:43&	00:39#	00:42&	01:07&	03:53@	00:25&	00:03+	00:00=	

Class	Navn	Klasse										Tid	
<b>34</b>	<b>Loic Meignan</b>	<b>114</b>										<b>52:27</b>	
03:07+	05:08+	07:35+	16:43+	18:41+	28:23+	33:20+	37:35+	40:40+	43:12+	46:21+	47:31+	51:47+	52:27+
03:07+	02:01+	02:27+	09:08+	01:58+	09:42+	04:57+	04:15+	03:05+	02:32+	03:09+	01:10+	04:16+	00:40+
01:27&	00:36&	00:46&	04:06&	00:28&	05:38&	01:09&	00:17+	00:55&	00:41&	01:17&	00:23&	03:28@	00:11&
<b>35</b>	<b>Kristian Stautland</b>	<b>27</b>										<b>54:50</b>	
03:35+	05:13+	10:59+	22:26+	24:44+	32:13+	38:50+	42:38+	47:02+	49:52+	52:27+	53:29+	54:17+	54:50+
03:35+	01:38+	05:46+	11:27+	02:18+	07:29+	06:37+	03:48-	04:24+	02:50+	02:35+	01:02+	00:48=	00:33+
01:55@	00:13#	04:05@	06:25@	00:48&	03:25&	02:49&	00:10-	02:14@	00:59&	00:43&	00:15&	00:00=	00:04#
<b>36</b>	<b>Alexander Khorunzhiy</b>	<b>287</b>										<b>55:19</b>	
02:30+	04:43+	09:41+	20:28+	23:43+	30:39+	39:18+	43:47+	47:03+	49:53+	52:25+	53:49+	54:30+	55:19+
02:30+	02:13+	04:58+	10:47+	03:15+	06:56+	08:39+	04:29+	03:16+	02:50+	02:32+	01:24+	00:41-	00:49+
00:50&	00:48&	03:17@	05:45@	01:45@	02:52&	04:51@	00:31#	01:06&	00:59&	00:40&	00:37&	00:07-	00:20&
<b>37</b>	<b>Martin Mildestveit</b>	<b>144</b>										<b>55:35</b>	
03:40+	06:06+	09:02+	15:38+	18:26+	26:36+	34:52+	40:07+	44:09+	47:00+	50:27+	53:27+	54:49+	55:35+
03:40+	02:26+	02:56+	06:36+	02:48+	08:10+	08:16+	05:15+	04:02+	02:51+	03:27+	03:00+	01:22+	00:46+
02:00@	01:01&	01:15&	01:34&	01:18&	04:06@	04:28@	01:17&	01:52&	01:00&	01:35&	02:13@	00:34&	00:17&
<b>38</b>	<b>Per-Olof Wallerstedt</b>	<b>136</b>										<b>55:55</b>	
02:06+	04:04+	06:57+	16:13+	19:58+	31:34+	39:22+	44:05+	47:37+	50:33+	53:09+	54:17+	55:16+	55:55+
02:06+	01:58+	02:53+	09:16+	03:45+	11:36+	07:48+	04:43+	03:32+	02:56+	02:36+	01:08+	00:59+	00:39+
00:26&	00:33&	01:12&	04:14&	02:15@	07:32@	04:00@	00:45#	01:22&	01:05&	00:44&	00:21&	00:11#	00:10&
<b>39</b>	<b>David Wade</b>	<b>116</b>										<b>58:14</b>	
01:59+	04:20+	06:39+	23:43+	29:44+	35:42+	42:11+	46:15+	49:19+	52:29+	55:05+	56:11+	57:42+	58:14+
01:59+	02:21+	02:19+	17:04+	06:01+	05:58+	06:29+	04:04+	03:04+	03:10+	02:36+	01:06+	01:31+	00:32+
00:19#	00:56&	00:38&	12:02@	04:31@	01:54&	02:41&	00:06+	00:54&	01:19&	00:44&	00:19&	00:43&	00:03#
<b>40</b>	<b>Martin Skogland</b>	<b>98</b>										<b>58:33</b>	
02:03+	03:57+	07:10+	30:43+	33:32+	38:57+	44:59+	48:52+	51:45+	53:57+	56:11+	57:11+	57:58+	58:33+
02:03+	01:54+	03:13+	23:33+	02:49+	05:25+	06:02+	03:53-	02:53+	02:12+	02:14+	01:00+	00:47-	00:35+
00:23#	00:29&	01:32&	18:31@	01:19&	01:21&	02:14&	00:05-	00:43&	00:21#	00:22#	00:13&	00:01-	00:06#
<b>41</b>	<b>Jørgen Johnsen</b>	<b>167</b>										<b>58:50</b>	
02:58+	07:10+	11:00+	25:42+	28:30+	37:54+	43:27+	47:31+	50:17+	52:36+	55:54+	57:13+	58:21+	58:50+
02:58+	04:12+	03:50+	14:42+	02:48+	09:24+	05:33+	04:04+	02:46+	02:19+	03:18+	01:19+	01:08+	00:29=
01:18&	02:47@	02:09@	09:40@	01:18&	05:20@	01:45&	00:06+	00:36&	00:28&	01:26&	00:32&	00:20&	00:00=

### Beste strekktid for klassen

01:38 01:25 01:41 03:35 01:24 04:04 03:35 02:48 02:10 01:43 01:52 00:47 00:39 00:24

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

## Herrer 40 - 49 år

<b>1</b>	<b>Arne Engen</b>	<b>226</b>										<b>33:22</b>	
01:29=	03:14=	06:36=	09:48=	11:13=	16:18=	20:49=	24:29=	26:57=	29:00=	31:23=	32:12=	32:52=	33:22=
01:29=	01:45=	03:22=	03:12=	01:25=	05:05=	04:31=	03:40=	02:28=	02:03=	02:23=	00:49=	00:40=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Jørgen Breivold</b>	<b>54</b>										<b>34:09</b>	
02:34+	04:11+	06:52+	10:46+	12:32+	17:11+	21:29+	25:36+	27:55+	30:10+	32:03+	33:03+	33:44+	34:09+
02:34+	01:37-	02:41-	03:54+	01:46+	04:39-	04:18-	04:07+	02:19-	02:15+	01:53-	01:00+	00:41+	00:25-
01:05&	00:08-	00:41-	00:42#	00:21#	00:26-	00:13-	00:27#	00:09-	00:12+	00:30-	00:11#	00:01+	00:05-
<b>3</b>	<b>Kevin Thomas Foust</b>	<b>192</b>										<b>34:40</b>	
02:08+	03:39+	06:08-	09:56+	11:38+	16:33+	21:05+	25:47+	28:33+	30:36+	32:23+	33:22+	34:09+	34:40+
02:08+	01:31-	02:29-	03:48+	01:42+	04:55-	04:32+	04:42+	02:46+	02:03=	01:47-	00:59+	00:47+	00:31+
00:39&	00:14-	00:53-	00:36#	00:17#	00:10-	00:01+	01:02&	00:18#	00:00=	00:36-	00:10#	00:07#	00:01+
<b>4</b>	<b>Frode Engen</b>	<b>116</b>										<b>36:36</b>	
01:48+	03:30+	06:02-	10:44+	12:25+	18:21+	23:06+	26:54+	29:49+	32:00+	34:22+	35:23+	36:06+	36:36+
01:48+	01:42-	02:32-	04:42+	01:41+	05:56+	04:45+	03:48+	02:55+	02:11+	02:22-	01:01+	00:43+	00:30=
00:19#	00:03-	00:50-	01:30&	00:16#	00:51#	00:14+	00:08+	00:27#	00:08+	00:01-	00:12#	00:03+	00:00=
<b>5</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>37:23</b>	
02:02+	03:46+	06:21-	10:40+	12:32+	17:42+	22:08+	26:20+	29:19+	31:40+	34:43+	35:54+	36:48+	37:23+
02:02+	01:44-	02:35-	04:19+	01:52+	05:10+	04:26-	04:12+	02:59+	02:21+	03:03+	01:11+	00:54+	00:35+
00:33&	00:01-	00:47-	01:07&	00:27&	00:05+	00:05-	00:32#	00:31#	00:18#	00:40&	00:22&	00:14&	00:05#

Class	Navn	Klasse										Tid	
<b>6</b>	<b>John Breiland</b>	<b>157</b>										<b>38:03</b>	
02:01+	03:53+	06:36=	10:48+	13:28+	20:04+	24:26+	28:10+	30:51+	33:40+	35:43+	36:41+	37:30+	38:03+
02:01+	01:52+	02:43-	04:12+	02:40+	06:36+	04:22-	03:44+	02:41+	02:49+	02:03-	00:58+	00:49+	00:33+
00:32&	00:07+	00:39-	01:00&	01:15&	01:31&	00:09-	00:04+	00:13+	00:46&	00:20-	00:09#	00:09#	00:03#
<b>7</b>	<b>Håvard Svihus</b>	<b>267</b>										<b>38:44</b>	
02:12+	04:10+	06:56+	11:58+	13:46+	18:36+	23:40+	29:00+	31:40+	33:47+	36:17+	37:15+	38:13+	38:44+
02:12+	01:58+	02:46-	05:02+	01:48+	04:50-	05:04+	05:20+	02:40+	02:07+	02:30+	00:58+	00:58+	00:31+
00:43&	00:13#	00:36-	01:50&	00:23&	00:15-	00:33#	01:40&	00:12+	00:04+	00:07+	00:09#	00:18&	00:01+
<b>8</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>38:47</b>	
02:25+	04:29+	06:56+	11:29+	13:35+	19:21+	24:18+	28:07+	30:52+	33:14+	36:00+	37:12+	38:15+	38:47+
02:25+	02:04+	02:27-	04:33+	02:06+	05:46+	04:57+	03:49+	02:45+	02:22+	02:46+	01:12+	01:03+	00:32+
00:56&	00:19#	00:55-	01:21&	00:41&	00:41#	00:26+	00:09+	00:17#	00:19#	00:23#	00:23&	00:23&	00:02+
<b>9</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>39:20</b>	
02:13+	04:07+	06:27-	11:21+	14:04+	20:19+	24:48+	28:44+	31:54+	34:17+	37:00+	37:59+	38:47+	39:20+
02:13+	01:54+	02:20-	04:54+	02:43+	06:15+	04:29-	03:56+	03:10+	02:23+	02:43+	00:59+	00:48+	00:33+
00:44&	00:09+	01:02-	01:42&	01:18&	01:10#	00:02-	00:16+	00:42&	00:20#	00:20#	00:10#	00:08#	00:03#
<b>10</b>	<b>Peter Chapman</b>	<b>117</b>										<b>39:44</b>	
01:54+	03:38+	05:52-	13:36+	15:39+	21:17+	26:02+	29:28+	32:16+	34:49+	37:11+	38:05+	39:08+	39:44+
01:54+	01:44-	02:14-	07:44+	02:03+	05:38+	04:45+	03:26-	02:48+	02:33+	02:22-	00:54+	01:03+	00:36+
00:25&	00:01-	01:08-	04:32@	00:38&	00:33#	00:14+	00:14-	00:20#	00:30#	00:01-	00:05#	00:23&	00:06#
<b>11</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>40:03</b>	
02:10+	04:15+	07:28+	11:47+	13:42+	19:24+	24:12+	29:33+	32:17+	34:52+	37:40+	38:42+	39:32+	40:03+
02:10+	02:05+	03:13-	04:19+	01:55+	05:42+	04:48+	05:21+	02:44+	02:35+	02:48+	01:02+	00:50+	00:31+
00:41&	00:20#	00:09-	01:07&	00:30&	00:37#	00:17+	01:41&	00:16#	00:32&	00:25#	00:13&	00:10#	00:01+
<b>12</b>	<b>Ole-Tobias Frich</b>	<b>116</b>										<b>42:09</b>	
02:14+	04:04+	06:46+	11:30+	13:52+	19:46+	24:53+	30:10+	33:14+	36:00+	38:44+	40:03+	41:13+	42:09+
02:14+	01:50+	02:42-	04:44+	02:22+	05:54+	05:07+	05:17+	03:04+	02:46+	02:44+	01:19+	01:10+	00:56+
00:45&	00:05+	00:40-	01:32&	00:57&	00:49#	00:36#	01:37&	00:36#	00:43&	00:21#	00:30&	00:30&	00:26&
<b>13</b>	<b>Øystein Nilsen</b>	<b>42</b>										<b>42:21</b>	
02:14+	04:22+	06:37+	11:57+	15:47+	21:02+	25:47+	30:14+	32:43+	35:05+	40:02+	40:52+	41:47+	42:21+
02:14+	02:08+	02:15-	05:20+	03:50+	05:15+	04:45+	04:27+	02:29+	02:22+	04:57+	00:50+	00:55+	00:34+
00:45&	00:23#	01:07-	02:08&	02:25@	00:10+	00:14+	00:47#	00:01+	00:19#	02:34@	00:01+	00:15&	00:04#
<b>14</b>	<b>Jakob Ravnås</b>	<b>200</b>										<b>43:09</b>	
02:16+	04:34+	07:39+	13:49+	16:14+	22:18+	27:22+	31:55+	35:24+	38:02+	40:45+	41:51+	42:39+	43:09+
02:16+	02:18+	03:05-	06:10+	02:25+	06:04+	05:04+	04:33+	03:29+	02:38+	02:43+	01:06+	00:48+	00:30=
00:47&	00:33&	00:17-	02:58&	01:00&	00:59#	00:33#	00:53#	01:01&	00:35&	00:20#	00:17&	00:08#	00:00=
<b>15</b>	<b>Ove Nygaard</b>	<b>116</b>										<b>43:31</b>	
02:20+	04:04+	06:18-	14:53+	19:30+	25:46+	30:13+	33:58+	37:27+	39:18+	41:16+	42:10+	43:08+	43:31+
02:20+	01:44-	02:14-	08:35+	04:37+	06:16+	04:27-	03:45+	03:29+	01:51-	01:58-	00:54+	00:58+	00:23-
00:51&	00:01-	01:08-	05:23@	03:12@	01:11#	00:04-	00:05+	01:01&	00:12-	00:25-	00:05#	00:18&	00:07-
<b>16</b>	<b>Tor Kristian Gyland</b>	<b>108</b>										<b>44:07</b>	
02:15+	04:30+	07:28+	14:55+	16:51+	22:41+	28:21+	32:56+	36:04+	38:36+	41:28+	42:41+	43:31+	44:07+
02:15+	02:15+	02:58-	07:27+	01:56+	05:50+	05:40+	04:35+	03:08+	02:32+	02:52+	01:13+	00:50+	00:36+
00:46&	00:30&	00:24-	04:15@	00:31&	00:45#	01:09&	00:55#	00:40&	00:29#	00:29#	00:24&	00:10#	00:06#
<b>17</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>										<b>44:36</b>	
02:04+	04:05+	06:56+	11:30+	13:39+	22:07+	28:29+	33:12+	36:35+	39:15+	41:49+	43:00+	43:57+	44:36+
02:04+	02:01+	02:51-	04:34+	02:09+	08:28+	06:22+	04:43+	03:23+	02:40+	02:34+	01:11+	00:57+	00:39+
00:35&	00:16#	00:31-	01:22&	00:44&	03:23&	01:51&	01:03&	00:55&	00:37&	00:11+	00:22&	00:17&	00:09&
<b>18</b>	<b>Steinar Hansen</b>	<b>27</b>										<b>45:33</b>	
02:40+	04:33+	07:17+	12:55+	15:47+	22:31+	28:02+	33:59+	37:11+	39:23+	42:07+	43:59+	45:00+	45:33+
02:40+	01:53+	02:44-	05:38+	02:52+	06:44+	05:31+	05:57+	03:12+	02:12+	02:44+	01:52+	01:01+	00:33+
01:11&	00:08+	00:38-	02:26&	01:27@	01:39&	01:00#	02:17&	00:44&	00:09+	00:21#	01:03@	00:21&	00:03#
<b>19</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>46:00</b>	
02:16+	04:30+	07:33+	14:07+	16:11+	22:46+	29:23+	34:13+	37:45+	40:38+	43:15+	44:29+	45:25+	46:00+
02:16+	02:14+	03:03-	06:34+	02:04+	06:35+	06:37+	04:50+	03:32+	02:53+	02:37+	01:14+	00:56+	00:35+
00:47&	00:29&	00:19-	03:22@	00:39&	01:30&	02:06&	01:10&	01:04&	00:50&	00:14+	00:25&	00:16&	00:05#
<b>20</b>	<b>Jon Kåre Olsen</b>	<b>92</b>										<b>47:19</b>	
02:21+	04:30+	08:05+	14:23+	17:08+	24:05+	29:38+	35:26+	39:39+	41:50+	44:36+	45:54+	46:47+	47:19+
02:21+	02:09+	03:35+	06:18+	02:45+	06:57+	05:33+	05:48+	04:13+	02:11+	02:46+	01:18+	00:53+	00:32+
00:52&	00:24#	00:13+	03:06&	01:20&	01:52&	01:02#	02:08&	01:45&	00:08+	00:23#	00:29&	00:13&	00:02+

Class	Navn	Klasse	Tid
<b>21</b>	<b>Eivind Moi</b>	<b>116</b>	<b>47:20</b>
02:06+	04:04+	07:22+	12:23+
02:06+	01:58+	03:18-	05:01+
00:37&	00:13#	00:04-	01:49&
	01:11&	02:16&	01:16&
	00:46#	02:16&	01:02&
	00:44&	00:54@	00:45@
	00:13&		
<b>22</b>	<b>Svein Oddvar Netland</b>	<b>116</b>	<b>47:21</b>
02:07+	04:40+	07:23+	17:33+
02:07+	02:33+	02:43-	10:10+
00:38&	00:48&	00:39-	06:58@
	01:12&	00:33#	01:51&
	01:01&	00:43&	00:09+
	00:14+	00:11#	00:16&
	00:04#		
<b>23</b>	<b>Ådne Hausberg</b>	<b>7</b>	<b>48:52</b>
02:16+	04:10+	07:32+	12:45+
02:16+	01:54+	03:22=	05:13+
00:47&	00:09+	00:00=	02:01&
	07:14@	00:48#	01:21&
	00:42#	00:39&	00:29#
	00:25#	00:19&	00:26&
	00:10&		
<b>24</b>	<b>Jan Kristensen</b>	<b>7</b>	<b>48:56</b>
01:58+	04:03+	07:03+	15:43+
01:58+	02:05+	03:00-	08:40+
00:29&	00:20#	00:22-	05:28@
	01:32@	01:07#	01:22&
	01:10&	00:37#	01:05&
	01:42&	00:36&	00:19&
	00:09&		
<b>25</b>	<b>Lars Primstad</b>	<b>62</b>	<b>49:38</b>
01:56+	03:36+	07:26+	18:11+
01:56+	01:40-	03:50+	10:45+
00:27&	00:05-	00:28#	07:33@
	04:32@	00:59#	02:16&
	00:08-	00:09+	00:03+
	00:08-	00:08#	00:07#
	00:05-		
<b>26</b>	<b>André Sirevåg</b>	<b>116</b>	<b>49:50</b>
02:38+	04:33+	07:54+	16:10+
02:38+	01:55+	03:21-	08:16+
01:09&	00:10+	00:01-	05:04@
	01:11&	01:48&	01:51&
	01:02&	00:53&	00:55&
	01:21&	00:46&	00:11&
	00:08&		
<b>27</b>	<b>Rune Paulsen</b>	<b>98</b>	<b>49:55</b>
02:59+	04:57+	10:35+	19:53+
02:59+	01:58+	05:38+	09:18+
01:30@	00:13#	02:16&	06:06@
	01:46@	02:31&	00:55#
	00:27#	00:06+	00:25#
	00:03-	00:09#	00:14&
	00:02-		
<b>28</b>	<b>Morten Moss</b>	<b>109</b>	<b>49:57</b>
02:37+	06:29+	13:54+	19:07+
02:37+	03:52+	07:25+	05:13+
01:08&	02:07@	04:03@	02:01&
	02:17@	00:36#	00:39#
	00:48#	00:26#	00:55&
	01:00&	00:24&	00:16&
	00:05-		
<b>29</b>	<b>Stig Erlend Bjonness</b>	<b>105</b>	<b>51:20</b>
02:07+	03:59+	07:14+	18:36+
02:07+	01:52+	03:15-	11:22+
00:38&	00:07+	00:07-	08:10@
	00:19#	00:30+	00:48-
	00:07-	00:20#	00:05-
	07:44@	01:28@	00:10-
	00:01-		
<b>30</b>	<b>Lars Terje Vaaland</b>	<b>116</b>	<b>52:11</b>
02:53+	05:15+	08:33+	14:39+
02:53+	02:22+	03:18-	06:06+
01:24&	00:37&	00:04-	02:54&
	01:35@	01:39&	04:14&
	03:19&	00:52&	00:24#
	00:21#	01:03@	00:20&
	00:11&		
<b>31</b>	<b>Per Ivar Hovstad</b>	<b>116</b>	<b>52:41</b>
02:42+	05:10+	10:40+	16:03+
02:42+	02:28+	05:30+	05:23+
01:13&	00:43&	02:08&	02:11&
	01:16&	03:29&	01:40&
	01:47&	02:19&	00:38&
	01:01&	00:28&	00:23&
	00:03#		
<b>32</b>	<b>Ernst Kloster</b>	<b>91</b>	<b>53:47</b>
02:56+	05:30+	10:20+	20:57+
02:56+	02:34+	04:50+	10:37+
01:27&	00:49&	01:28&	07:25@
	00:35#	01:01&	00:29#
	00:27#	00:37&	00:13&
	00:10&		
<b>33</b>	<b>Edward Williams</b>	<b>42</b>	<b>54:37</b>
02:22+	04:48+	08:00+	16:58+
02:22+	02:26+	03:12-	08:58+
00:53&	00:41&	00:10-	05:46@
	00:52&	02:17&	02:55&
	02:02&	01:47&	01:06&
	01:33&	00:36&	00:38&
	00:19&		
<b>34</b>	<b>Tord Peter Ursin</b>	<b>116</b>	<b>59:51</b>
02:29+	04:47+	08:28+	21:00+
02:29+	02:18+	03:41+	12:32+
01:00&	00:33&	00:19+	09:20@
	00:53&	05:52@	01:37&
	02:07&	01:57&	00:44&
	01:01&	00:37&	00:22&
	00:07#		
<b>35</b>	<b>Ole Morten Svendsen</b>	<b>66</b>	<b>1:02:13</b>
03:42+	07:18+	13:46+	19:29+
03:42+	03:36+	06:28+	05:43+
02:13@	01:51@	03:06&	02:31&
	02:16@	05:53@	03:05&
	03:00&	01:24&	01:38&
	00:22#	00:45&	00:32&
	00:15&		

Class	Navn	Klasse	Tid
<b>36</b>	<b>Charles-Francois Farbo</b>	<b>42</b>	<b>1:02:51</b>
03:13+	05:32+	10:17+	27:15+
03:13+	02:19+	04:45+	16:58+
01:44@	00:34&	01:23&	13:46@
01:05&	01:54&	01:08&	00:40#
01:16&	03:26@	01:12&	00:41&
00:26&	00:14&		
<b>37</b>	<b>Lars Solvang</b>	<b>116</b>	<b>1:05:52</b>
02:41+	05:22+	18:47+	25:45+
02:41+	02:41+	13:25+	06:58+
01:12&	00:56&	10:03@	03:46@
02:01@	01:06#	04:47@	02:08&
01:16&	00:42&	02:11&	00:45&
01:17@	00:20&		
<b>38</b>	<b>Martin Simpson</b>	<b>167</b>	<b>1:10:41</b>
02:16+	05:06+	18:18+	24:02+
02:16+	02:50+	13:12+	05:44+
00:47&	01:05&	09:50@	02:32&
01:42@	01:42@	08:13@	03:27&
01:49&	02:24&	01:13&	02:39@
01:03@	00:33&	00:02+	
<b>39</b>	<b>Anders Langvatn</b>	<b>126</b>	<b>1:43:04</b>
05:16+	08:43+	12:49+	37:16+
05:16+	03:27+	04:06+	24:27+
03:47@	01:42&	00:44#	21:15@
04:33@	04:13@	02:44@	02:36@
06:34@	01:22@	02:03@	00:21&

### Beste strekketid for klassen

01:29 01:31 02:14 03:12 01:25 04:39 03:43 03:26 02:19 01:51 01:47 00:49 00:30 00:23

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

## Herrer 50 - 59 år

<b>1</b>	<b>Øistein Haaland</b>	<b>116</b>	<b>31:42</b>
01:47=	04:10=	06:18=	09:06=
01:47=	02:23=	02:08=	02:48=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Arnfinn Rømuld</b>	<b>116</b>	<b>32:57</b>
01:51+	04:10=	06:32+	09:18+
01:51+	02:19-	02:22+	02:46-
00:04+	00:04-	00:14#	00:02-
00:21-	00:15-	00:04+	00:18#
00:02-	00:12+	00:20#	00:16#
00:26#	00:04-	00:09&	00:09&
<b>3</b>	<b>Alf Håkon Haugland</b>	<b>116</b>	<b>33:56</b>
02:14+	04:42+	06:40+	10:01+
02:14+	02:28+	01:58-	03:21+
00:27&	00:05+	00:10-	00:33#
00:14+	00:10+	00:05+	00:30&
00:01+	00:00=	00:05+	00:05+
00:20#	00:15-	00:04#	00:23&
00:04#	00:15-	00:04#	00:23&
<b>4</b>	<b>Per Ingar Hadland</b>	<b>7</b>	<b>34:53</b>
02:23+	05:16+	07:43+	10:37+
02:23+	02:53+	02:27+	02:54+
00:36&	00:30#	00:19#	00:06+
00:33-	00:05+	00:13#	00:09+
00:07-	00:28#	00:23#	00:07-
<b>5</b>	<b>Øystein Dahle</b>	<b>92</b>	<b>35:24</b>
02:04+	04:30+	06:45+	09:43+
02:04+	02:26+	02:15+	02:58+
00:17#	00:03+	00:07+	00:10+
01:27&	00:12#	00:14#	00:19#
00:15-	00:05+	00:03-	00:12#
00:32&	00:06#	00:16&	
<b>6</b>	<b>Harald Jansen</b>	<b>289</b>	<b>35:44</b>
01:50+	04:23+	06:59+	09:51+
01:50+	02:33+	02:36+	02:52+
00:03+	00:10+	00:28#	00:04+
00:07-	00:29&	00:23#	00:04+
01:04&	01:04&	00:29#	00:28&
00:28&	00:29&	00:09-	00:14#
00:51&	00:23&	00:06#	00:16&
<b>7</b>	<b>Arne Magne Sondresen</b>	<b>92</b>	<b>35:47</b>
02:04+	04:07-	06:14-	09:21+
02:04+	02:03-	02:07-	03:07+
00:17#	00:20-	00:01-	00:19#
00:10+	00:19#	00:14#	01:04&
00:22-	00:49&	00:29#	00:04+
01:04&	00:04-	00:04-	00:03#
<b>8</b>	<b>Jørgen Nilsen</b>	<b>53</b>	<b>36:39</b>
02:03+	04:52+	07:26+	10:39+
02:03+	02:49+	02:34+	03:13+
00:16#	00:26#	00:26#	00:25#
00:53&	00:12-	00:18#	00:26#
00:02-	00:15+	00:12+	00:27&
00:56&	00:05+	00:06#	00:06#
<b>9</b>	<b>Magnar Møller</b>	<b>62</b>	<b>36:56</b>
02:04+	04:48+	07:23+	10:58+
02:04+	02:44+	02:35+	03:35+
00:17#	00:21#	00:27#	00:47&
00:05+	00:17#	00:22#	00:40&
00:15-	00:19#	00:46&	00:29&
00:35&	00:01-	00:05#	00:05#

Class	Navn	Klasse	Tid
<b>10</b>	<b>Håvard Håland</b>	<b>66</b>	<b>37:04</b>
02:27+	05:02+	07:22+	10:53+
02:27+	02:35+	02:20+	03:31+
00:40&	00:12+	00:12+	00:43&
13:29+	15:18+	17:52+	20:05+
02:36-	01:49-	02:34+	02:13+
00:20-	00:05-	04:03-	03:46+
		00:03-	00:58&
		00:29&	00:36&
		00:16#	00:52&
		00:05+	00:06#
<b>11</b>	<b>Lars Bergersen</b>	<b>116</b>	<b>37:12</b>
02:05+	04:55+	07:37+	10:53+
02:05+	02:50+	02:42+	03:16+
00:18#	00:27#	00:34&	00:28#
13:04+	15:04+	17:24+	19:48+
02:11-	02:00+	02:20+	02:24+
00:06+	00:27#	00:40&	00:38#
		00:27#	00:30#
		00:19#	01:16&
		00:01-	00:06#
<b>12</b>	<b>Ole Petter Haukaas</b>	<b>109</b>	<b>37:31</b>
02:04+	04:48+	07:21+	11:00+
02:04+	02:44+	02:33+	03:39+
00:17#	00:21#	00:25#	00:51&
15:06+	16:36+	18:46+	20:35+
01:30-	02:10+	01:49+	05:31+
00:24-	00:17#	00:05+	01:25&
		00:05+	00:10+
		00:31&	00:49&
		00:13-	00:00=
<b>13</b>	<b>Anders Glenne</b>	<b>7</b>	<b>37:43</b>
02:08+	04:27+	06:34+	11:41+
02:08+	02:19-	02:07-	05:07+
00:21#	00:04-	00:01-	02:19&
14:23+	15:54+	18:28+	21:45+
01:31-	02:34+	03:17+	03:38-
00:23-	00:41&	01:33&	00:28-
		00:28#	00:29#
		00:11#	01:03&
		00:04+	00:02+
<b>14</b>	<b>Trygve Michaelsen</b>	<b>117</b>	<b>38:04</b>
01:44-	04:25+	06:42+	09:51+
01:44-	02:41+	02:17+	03:09+
00:03-	00:18#	00:09+	00:21#
16:37+	18:43+	20:36+	22:47+
02:06+	01:53=	02:11+	03:56-
00:12#	00:00=	00:27&	00:10-
		00:24#	00:09+
		00:47&	00:09+
		00:15-	00:04#
<b>15</b>	<b>Knut Feldmann</b>	<b>93</b>	<b>38:07</b>
01:53+	04:18+	06:53+	10:07+
01:53+	02:25+	02:35+	03:14+
00:06+	00:02+	00:27#	00:26#
13:42+	15:36+	18:45+	20:59+
01:54=	03:09+	02:14+	05:12+
00:39#	00:00=	01:16&	00:30&
		01:06&	00:14+
		00:20#	00:31&
		00:06#	00:07&
<b>16</b>	<b>Kjell Seland</b>	<b>236</b>	<b>38:21</b>
02:02+	05:14+	07:29+	12:51+
02:02+	03:12+	02:15+	05:22+
00:15#	00:49&	00:07+	02:34&
15:35+	17:14+	20:18+	22:25+
01:39-	03:04+	02:07+	03:53-
00:15-	01:11&	00:23#	00:13-
		00:12+	00:16#
		00:23#	00:23#
		00:42&	00:04#
<b>17</b>	<b>Arne Øvstebø</b>	<b>71</b>	<b>38:47</b>
02:06+	05:06+	07:37+	11:55+
02:06+	03:00+	02:31+	04:18+
00:19#	00:37&	00:23#	01:30&
14:53+	17:33+	20:27+	22:54+
02:58+	02:40+	02:54+	02:27+
01:01&	00:43&	00:02+	00:23#
		00:05+	00:11#
		00:52&	00:07#
		00:04#	00:04#
<b>18</b>	<b>Kjell Olav Gjerde</b>	<b>7</b>	<b>39:19</b>
02:03+	04:49+	10:04+	13:04+
02:03+	02:46+	05:15+	03:00+
00:16#	00:23#	03:07@	00:12+
16:08+	17:45+	20:31+	22:37+
01:37-	02:46+	02:06+	04:17+
00:17-	00:53&	00:22#	00:11+
		00:22#	00:03-
		00:20#	01:28&
		00:09#	00:06#
<b>19</b>	<b>Frank Hansen</b>	<b>29</b>	<b>39:40</b>
02:04+	04:25+	07:38+	11:13+
02:04+	02:21-	03:13+	03:35+
00:17#	00:02-	01:05&	00:47&
14:57+	17:25+	19:29+	21:37+
02:08+	03:49-	04:17+	02:46+
00:17-	01:29&	00:26#	00:09+
		02:01@	00:01+
		00:05#	00:05#
<b>20</b>	<b>Morten Johannessen</b>	<b>7</b>	<b>40:45</b>
02:09+	04:23+	08:40+	17:04+
02:09+	02:14-	04:17+	08:24+
00:22#	00:09-	02:09@	05:36@
19:35+	21:42+	23:38+	25:50+
02:07+	01:56+	02:12+	03:19-
00:13#	00:03+	00:28&	00:47-
		00:08+	00:08+
		00:18#	00:06+
		00:53&	00:00=
		00:08&	00:08&
<b>21</b>	<b>Lars Salvesen</b>	<b>50</b>	<b>40:56</b>
02:13+	05:04+	08:05+	11:51+
02:13+	02:51+	03:01+	03:46+
00:26#	00:28#	00:53&	00:58&
15:38+	17:27+	20:47+	23:01+
01:49-	03:20+	02:14+	04:48+
00:05-	01:27&	00:30&	00:42#
		00:45&	00:29#
		00:25#	00:25#
		01:05&	00:12#
		00:08&	00:08&
<b>22</b>	<b>Harald Taksdal</b>	<b>236</b>	<b>41:04</b>
02:16+	05:16+	08:03+	11:39+
02:16+	03:00+	02:47+	03:36+
00:29&	00:37&	00:39&	00:48&
14:30+	17:44+	20:16+	22:52+
02:51-	03:14+	02:32+	02:36+
01:20&	00:39&	00:52&	00:25#
		00:49&	00:58&
		00:33&	00:44&
		00:17&	00:17&
<b>23</b>	<b>Øystein Fuglestad</b>	<b>46</b>	<b>41:24</b>
02:21+	05:10+	07:48+	11:10+
02:21+	02:49+	02:38+	03:22+
00:34&	00:26#	00:30#	00:34#
17:58+	20:36+	23:31+	29:14+
01:55+	02:38+	02:55+	05:43+
00:01+	00:45&	01:11&	01:37&
		00:10+	00:22#
		00:33&	00:49&
		00:06#	00:07&
<b>24</b>	<b>Gunnar Graabak</b>	<b>3</b>	<b>42:24</b>
02:47+	05:28+	07:47+	11:22+
02:47+	02:41+	02:19+	03:35+
01:00&	00:18#	00:11+	00:47&
16:52+	19:08+	22:02+	26:04+
02:05+	02:16+	02:54+	04:02-
00:11+	00:23#	01:10&	00:04-
		00:04-	00:04-
		00:58&	01:57@
		01:04&	01:02@
		00:33@	00:47+



Class	Navn	Klasse										Tid			
<b>25</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>42:32</b>			
02:18+	05:18+	08:13+	11:34+	14:27+	16:20+	18:27+	23:41+	28:12+	32:58+	36:00+	38:10+	40:47+	42:03+	42:32+	
02:18+	03:00+	02:55+	03:21+	02:53-	01:53-	02:07+	05:14+	04:31+	04:46+	03:02+	02:10+	02:37+	01:16+	00:29+	
00:31&	00:37&	00:47&	00:33#	00:03-	00:01-	00:14#	03:30@	00:25#	01:58&	00:42&	00:30&	00:46&	00:19&	00:02+	
<b>26</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>										<b>42:55</b>			
02:49+	05:45+	08:27+	12:11+	16:31+	18:53+	21:14+	23:35+	28:36+	32:07+	35:42+	38:27+	41:15+	42:16+	42:55+	
02:49+	02:56+	02:42+	03:44+	04:20+	02:22+	02:21+	02:21+	05:01+	03:31+	03:35+	02:45+	02:48+	01:01+	00:39+	
01:02&	00:33#	00:34&	00:56&	01:24&	00:28#	00:28#	00:37&	00:55#	00:43&	01:15&	01:05&	00:57&	00:04+	00:12&	
<b>27</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>43:01</b>			
02:46+	06:21+	09:14+	13:10+	16:50+	19:23+	22:10+	24:27+	29:27+	32:56+	35:36+	37:55+	41:08+	42:24+	43:01+	
02:46+	03:35+	02:53+	03:56+	03:40+	02:33+	02:47+	02:17+	05:00+	03:29+	02:40+	02:19+	03:13+	01:16+	00:37+	
00:59&	01:12&	00:45&	01:08&	00:44#	00:39&	00:54&	00:33&	00:54#	00:41#	00:20#	00:39&	01:22&	00:19&	00:10&	
<b>28</b>	<b>Arild Holm</b>	<b>114</b>										<b>43:05</b>			
02:06+	05:12+	08:23+	11:39+	16:00+	18:53+	21:37+	23:57+	28:36+	33:19+	36:13+	38:36+	41:24+	42:29+	43:05+	
02:06+	03:06+	03:11+	03:16+	04:21+	02:53+	02:44+	02:20+	04:39+	04:43+	02:54+	02:23+	02:48+	01:05+	00:36+	
00:19#	00:43&	01:03&	00:28#	01:25&	00:59&	00:51&	00:36&	00:33#	01:55&	00:34#	00:43&	00:57&	00:08#	00:09&	
<b>29</b>	<b>Sigbjørn Gloppen</b>	<b>144</b>										<b>43:10</b>			
02:29+	05:26+	07:57+	12:15+	17:29+	19:50+	21:59+	24:34+	28:45+	32:38+	35:29+	37:56+	41:22+	42:33+	43:10+	
02:29+	02:57+	02:31+	04:18+	05:14+	02:21+	02:09+	02:35+	04:11+	03:53+	02:51+	02:27+	03:26+	01:11+	00:37+	
00:42&	00:34#	00:23#	01:30&	02:18&	00:27#	00:16#	00:51&	00:05+	01:05&	00:31#	00:47&	01:35&	00:14#	00:10&	
<b>30</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>43:27</b>			
02:19+	05:28+	08:26+	12:17+	15:16+	18:38+	21:21+	23:48+	29:01+	33:22+	36:18+	38:53+	41:47+	42:50+	43:27+	
02:19+	03:09+	02:58+	03:51+	02:59+	03:22+	02:43+	02:27+	05:13+	04:21+	02:56+	02:35+	02:54+	01:03+	00:37+	
00:32&	00:46&	00:50&	01:03&	00:03+	01:28&	00:50&	00:43&	01:07&	01:33&	00:36&	00:55&	01:03&	00:06#	00:10&	
<b>31</b>	<b>189020 Ukjent løper</b>	<b>134</b>										<b>44:44</b>			
02:02+	04:56+	07:18+	10:53+	14:58+	17:23+	20:30+	23:41+	29:09+	32:43+	35:50+	38:27+	42:28+	43:52+	44:44+	
02:02+	02:54+	02:22+	03:35+	04:05+	02:25+	03:07+	03:11+	05:28+	03:34+	03:07+	02:37+	04:01+	01:24+	00:52+	
00:15#	00:31#	00:14#	00:47&	01:09&	00:31&	01:14&	01:27&	01:22&	00:46&	00:47&	00:57&	02:10@	00:27&	00:25&	
<b>32</b>	<b>Ketil Waagbø</b>	<b>165</b>										<b>44:58</b>			
02:28+	05:31+	08:06+	11:58+	15:28+	17:19+	19:53+	25:07+	30:12+	33:40+	36:29+	38:28+	42:56+	44:13+	44:58+	
02:28+	03:03+	02:35+	03:52+	03:30+	01:51-	02:34+	05:14+	05:05+	03:28+	02:49+	01:59+	04:28+	01:17+	00:45+	
00:41&	00:40&	00:27#	01:04&	00:34#	00:03-	00:41&	03:30@	00:59#	00:40#	00:29#	00:19#	02:37@	00:20&	00:18&	
<b>33</b>	<b>Torleif Husebø</b>	<b>80</b>										<b>45:37</b>			
02:21+	05:18+	08:29+	11:59+	18:21+	20:05+	22:52+	25:35+	30:24+	34:13+	37:41+	39:58+	43:38+	44:56+	45:37+	
02:21+	02:57+	03:11+	03:30+	06:22+	01:44-	02:47+	02:43+	04:49+	03:49+	03:28+	02:17+	03:40+	01:18+	00:41+	
00:34&	00:34#	01:03&	00:42#	03:26@	00:10-	00:54&	00:59&	00:43#	01:01&	01:08&	00:37&	01:49&	00:21&	00:14&	
<b>34</b>	<b>Inge Skretting</b>	<b>165</b>										<b>46:00</b>			
02:45+	05:24+	08:30+	12:00+	16:41+	18:41+	25:35+	27:47+	32:23+	35:43+	38:25+	40:47+	44:10+	45:20+	46:00+	
02:45+	02:39+	03:06+	03:30+	04:41+	02:00+	06:54+	02:12+	04:36+	03:20+	02:42+	02:22+	03:23+	01:10+	00:40+	
00:58&	00:16#	00:58&	00:42#	01:45&	00:06+	05:01@	00:28&	00:30#	00:32#	00:22#	00:42&	01:32&	00:13#	00:13&	
<b>35</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>46:09</b>			
02:55+	05:43+	08:35+	15:08+	18:25+	21:14+	23:50+	26:19+	30:49+	36:10+	38:53+	41:11+	44:32+	45:34+	46:09+	
02:55+	02:48+	02:52+	06:33+	03:17+	02:49+	02:36+	02:29+	04:30+	05:21+	02:43+	02:18+	03:21+	01:02+	00:35+	
01:08&	00:25#	00:44&	03:45@	00:21#	00:55&	00:43&	00:45&	00:24+	02:33&	00:23#	00:38&	01:30&	00:05+	00:08&	
<b>36</b>	<b>Ernst Kristensen</b>	<b>116</b>										<b>46:26</b>			
02:39+	05:42+	08:35+	12:24+	19:18+	21:19+	23:39+	26:01+	31:53+	35:42+	38:46+	41:14+	44:41+	45:47+	46:26+	
02:39+	03:03+	02:53+	03:49+	06:54+	02:01+	02:20+	02:22+	05:52+	03:49+	03:04+	02:28+	03:27+	01:06+	00:39+	
00:52&	00:40&	00:45&	01:01&	03:58@	00:07+	00:27#	00:38&	01:46&	01:01&	00:44&	00:48&	01:36&	00:09#	00:12&	
<b>37</b>	<b>Kjell R. Nordmark</b>	<b>7</b>										<b>46:56</b>			
02:10+	07:01+	09:27+	12:59+	19:55+	21:54+	24:41+	27:20+	31:48+	37:03+	40:04+	41:49+	45:25+	46:24+	46:56+	
02:10+	04:51+	02:26+	03:32+	06:56+	01:59+	02:47+	02:39+	04:28+	05:15+	03:01+	01:45+	03:36+	00:59+	00:32+	
00:23#	02:28@	00:18#	00:44&	04:00@	00:05+	00:54&	00:55&	00:22+	02:27&	00:41&	00:05+	01:45&	00:02+	00:05#	
<b>38</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>47:28</b>			
02:35+	05:55+	09:17+	13:25+	20:45+	23:51+	26:27+	28:59+	33:36+	37:01+	40:05+	42:20+	45:27+	46:47+	47:28+	
02:35+	03:20+	03:22+	04:08+	07:20+	03:06+	02:36+	02:32+	04:37+	03:25+	03:04+	02:15+	03:07+	01:20+	00:41+	
00:48&	00:57&	01:14&	01:20&	04:24@	01:12&	00:43&	00:48&	00:31#	00:37#	00:44&	00:35&	01:16&	00:23&	00:14&	
<b>39</b>	<b>Torbjørn Salthe</b>	<b>125</b>										<b>48:05</b>			
03:49+	06:45+	09:24+	13:17+	18:49+	22:46+	25:22+	28:31+	32:48+	37:11+	41:04+	43:22+	46:20+	47:36+	48:05+	
03:49+	02:56+	02:39+	03:53+	05:32+	03:57+	02:36+	03:09+	04:17+	04:23+	03:53+	02:18+	02:58+	01:16+	00:29+	
02:02@	00:33#	00:31#	01:05&	02:36&	02:03@	00:43&	01:25&	00:11+	01:35&	01:33&	00:38&	01:07&	00:19&	00:02+	

Class	Navn	Klasse										Tid			
<b>40</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>48:19</b>			
02:45+	05:58+	08:56+	12:54+	17:37+	20:41+	23:17+	27:28+	32:25+	36:18+	39:48+	42:34+	46:09+	47:33+	48:19+	
02:45+	03:13+	02:58+	03:58+	04:43+	03:04+	02:36+	04:11+	04:57+	03:53+	03:30+	02:46+	03:35+	01:24+	00:46+	
00:58&	00:50&	00:50&	01:10&	01:47&	01:10&	00:43&	02:27@	00:51#	01:05&	01:10&	01:06&	01:44&	00:27&	00:19&	
<b>41</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>48:42</b>			
02:22+	05:25+	08:33+	13:16+	17:00+	20:46+	23:57+	26:27+	30:57+	37:28+	40:49+	43:18+	46:59+	48:01+	48:42+	
02:22+	03:03+	03:08+	04:43+	03:44+	03:46+	03:11+	02:30+	04:30+	06:31+	03:21+	02:29+	03:41+	01:02+	00:41+	
00:35&	00:40&	01:00&	01:55&	00:48&	01:52&	01:18&	00:46&	00:24+	03:43@	01:01&	00:49&	01:50&	00:05+	00:14&	
<b>42</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>49:28</b>			
02:42+	05:49+	08:30+	12:34+	17:31+	20:13+	22:58+	25:43+	32:21+	36:43+	40:09+	42:41+	47:25+	48:50+	49:28+	
02:42+	03:07+	02:41+	04:04+	04:57+	02:42+	02:45+	02:45+	06:38+	04:22+	03:26+	02:32+	04:44+	01:25+	00:38+	
00:55&	00:44&	00:33&	01:16&	02:01&	00:48&	00:52&	01:01&	02:32&	01:34&	01:06&	00:52&	02:53@	00:28&	00:11&	
<b>43</b>	<b>Steinar Torjusen</b>	<b>167</b>										<b>49:58</b>			
02:17+	07:27+	10:08+	13:47+	19:53+	22:44+	26:46+	28:44+	33:13+	37:49+	41:06+	44:22+	48:22+	49:27+	49:58+	
02:17+	05:10+	02:41+	03:39+	06:06+	02:51+	04:02+	01:58+	04:29+	04:36+	03:17+	03:16+	04:00+	01:05+	00:31+	
00:30&	02:47@	00:33&	00:51&	03:10@	00:57&	02:09@	00:14#	00:23+	01:48&	00:57&	01:36&	02:09@	00:08#	00:04#	
<b>44</b>	<b>Kjell Ove Aksland</b>	<b>27</b>										<b>50:32</b>			
02:22+	04:48+	07:11+	11:03+	16:29+	18:29+	20:56+	23:13+	34:17+	38:00+	41:46+	45:23+	48:53+	49:57+	50:32+	
02:22+	02:26+	02:23+	03:52+	05:26+	02:00+	02:27+	02:17+	11:04+	03:43+	03:46+	03:37+	03:30+	01:04+	00:35+	
00:35&	00:03+	00:15#	01:04&	02:30&	00:06+	00:34&	00:33&	06:58@	00:55&	01:26&	01:57@	01:39&	00:07#	00:08&	
<b>45</b>	<b>John C. Sinnes</b>	<b>93</b>										<b>50:35</b>			
03:19+	06:53+	10:09+	14:57+	21:01+	24:23+	26:50+	30:24+	35:24+	40:43+	43:34+	45:50+	48:48+	49:57+	50:35+	
03:19+	03:34+	03:16+	04:48+	06:04+	03:22+	02:27+	03:34+	05:00+	05:19+	02:51+	02:16+	02:58+	01:09+	00:38+	
01:32&	01:11&	01:08&	02:00&	03:08@	01:28&	00:34&	01:50@	00:54#	02:31&	00:31#	00:36&	01:07&	00:12#	00:11&	
<b>46</b>	<b>Ove Njå</b>	<b>90</b>										<b>50:43</b>			
02:49+	05:48+	08:54+	12:58+	20:02+	22:07+	24:41+	27:33+	34:00+	38:36+	42:04+	44:32+	48:23+	49:42+	50:43+	
02:49+	02:59+	03:06+	04:04+	07:04+	02:05+	02:34+	02:52+	06:27+	04:36+	03:28+	02:28+	03:51+	01:19+	01:01+	
01:02&	00:36&	00:58&	01:16&	04:08@	00:11+	00:41&	01:08&	02:21&	01:48&	01:08&	00:48&	02:00@	00:22&	00:34@	
<b>47</b>	<b>Geir Haugvaldstad</b>	<b>116</b>										<b>50:56</b>			
02:37+	05:16+	09:58+	13:56+	23:17+	25:47+	28:05+	32:39+	37:02+	40:07+	42:52+	46:32+	49:24+	50:20+	50:56+	
02:37+	02:39+	04:42+	03:58+	09:21+	02:30+	02:18+	04:34+	04:23+	03:05+	02:45+	03:40+	02:52+	00:56-	00:36+	
00:50&	00:16#	02:34@	01:10&	06:25@	00:36&	00:25#	02:50@	00:17+	00:17#	00:25#	02:00@	01:01&	00:01-	00:09&	
<b>48</b>	<b>Ivar Bergset</b>	<b>35</b>										<b>55:29</b>			
02:51+	05:56+	09:02+	12:18+	21:33+	23:42+	26:46+	29:58+	38:14+	42:40+	46:31+	49:22+	52:29+	54:36+	55:29+	
02:51+	03:05+	03:06+	03:16+	09:15+	02:09+	03:04+	03:12+	08:16+	04:26+	03:51+	02:51+	03:07+	02:07+	00:53+	
01:04&	00:42&	00:58&	00:28#	06:19@	00:15#	01:11&	01:28&	04:10@	01:38&	01:31&	01:11&	01:16&	01:10@	00:26&	
<b>49</b>	<b>Kjell Helge Husebø</b>	<b>115</b>										<b>56:17</b>			
02:51+	06:08+	09:09+	13:16+	24:48+	28:11+	31:19+	34:04+	39:37+	45:00+	48:35+	51:04+	54:23+	55:38+	56:17+	
02:51+	03:17+	03:01+	04:07+	11:32+	03:23+	03:08+	02:45+	05:33+	05:23+	03:35+	02:29+	03:19+	01:15+	00:39+	
01:04&	00:54&	00:53&	01:19&	08:36@	01:29&	01:15&	01:01&	01:27&	02:35&	01:15&	00:49&	01:28&	00:18&	00:12&	
<b>50</b>	<b>Ole J. Bakkevold</b>	<b>17</b>										<b>58:05</b>			
05:44+	08:51+	11:40+	16:13+	26:25+	29:16+	32:07+	35:38+	41:15+	46:01+	49:17+	51:45+	56:15+	57:25+	58:05+	
05:44+	03:07+	02:49+	04:33+	10:12+	02:51+	02:51+	03:31+	05:37+	04:46+	03:16+	02:28+	04:30+	01:10+	00:40+	
03:57@	00:44&	00:41&	01:45&	07:16@	00:57&	00:58&	01:47@	01:31&	01:58&	00:56&	00:48&	02:39@	00:13#	00:13&	
<b>51</b>	<b>Arne Nygaard</b>	<b>66</b>										<b>1:01:21</b>			
04:44+	07:36+	10:10+	13:58+	21:27+	26:45+	29:19+	37:37+	44:28+	48:50+	52:15+	54:34+	58:54+	60:51+	61:21+	
04:44+	02:52+	02:34+	03:48+	07:29+	05:18+	02:34+	08:18+	06:51+	04:22+	03:25+	02:19+	04:20+	01:57+	00:30+	
02:57@	00:29#	00:26#	01:00&	04:33@	03:24@	00:41&	06:34@	02:45&	01:34&	01:05&	00:39&	02:29@	01:00@	00:03#	
<b>Beste strekktid for klassen</b>															
01:44	02:03	01:58	02:46	02:11	01:30	01:53	01:44	03:19	02:44	02:11	01:40	01:51	00:42	00:27	

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

## Herrer 60 - 64 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>29:15</b>			
01:39=	03:23=	06:04=	08:37=	11:43=	13:14=	16:47=	18:44=	22:00=	24:24=	25:52=	27:50=	28:41=	29:15=		
01:39=	01:44=	02:41=	02:33=	03:06=	01:31=	03:33=	01:57=	03:16=	02:24=	01:28=	01:58=	00:51=	00:34=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Class	Navn	Klasse	Tid										
<b>2</b>	<b>Torbjørn Evensen</b>	<b>108</b>	<b>35:36</b>										
02:14+	04:27+	07:44+	10:47+	14:37+	16:34+	19:21+	22:06+	26:22+	29:15+	31:31+	33:59+	34:57+	35:36+
02:14+	02:13+	03:17+	03:03+	03:50+	01:57+	02:47-	02:45+	04:16+	02:53+	02:16+	02:28+	00:58+	00:39+
00:35&	00:29&	00:36#	00:30#	00:44#	00:26&	00:46-	00:48&	01:00&	00:29#	00:48&	00:30&	00:07#	00:05#
<b>3</b>	<b>Tor Geir Espedal</b>	<b>115</b>	<b>36:47</b>										
02:08+	04:58+	08:08+	12:07+	16:52+	19:07+	21:34+	24:03+	28:11+	31:02+	33:07+	35:17+	36:13+	36:47+
02:08+	02:50+	03:10+	03:59+	04:45+	02:15+	02:27-	02:29+	04:08+	02:51+	02:05+	02:10+	00:56+	00:34=
00:29&	01:06&	00:29#	01:26&	01:39&	00:44&	01:06-	00:32&	00:52&	00:27#	00:37&	00:12#	00:05+	00:00=
<b>4</b>	<b>Hans Erik Terjesen</b>	<b>116</b>	<b>38:04</b>										
02:11+	04:27+	07:45+	11:18+	14:49+	16:54+	22:16+	24:46+	29:03+	32:21+	34:17+	36:30+	37:27+	38:04+
02:11+	02:16+	03:18+	03:33+	03:31+	02:05+	05:22+	02:30+	04:17+	03:18+	01:56+	02:13+	00:57+	00:37+
00:32&	00:32&	00:37#	01:00&	00:25#	00:34&	01:49&	00:33&	01:01&	00:54&	00:28&	00:15#	00:06#	00:03+
<b>5</b>	<b>Bjarne Gimre</b>	<b>88</b>	<b>38:52</b>										
02:33+	05:10+	09:07+	12:09+	16:25+	18:40+	21:38+	24:50+	29:18+	32:39+	34:57+	37:25+	38:23+	38:52+
02:33+	02:37+	03:57+	03:02+	04:16+	02:15+	02:58-	03:12+	04:28+	03:21+	02:18+	02:28+	00:58+	00:29-
00:54&	00:53&	01:16&	00:29#	01:10&	00:44&	00:35-	01:15&	01:12&	00:57&	00:50&	00:30&	00:07#	00:05-
<b>6</b>	<b>Arne M. Handeland</b>	<b>92</b>	<b>39:34</b>										
02:29+	05:10+	08:50+	11:56+	16:48+	18:55+	22:24+	24:43+	29:39+	32:37+	34:48+	37:55+	38:57+	39:34+
02:29+	02:41+	03:40+	03:06+	04:52+	02:07+	03:29-	02:19+	04:56+	02:58+	02:11+	03:07+	01:02+	00:37+
00:50&	00:57&	00:59&	00:33#	01:46&	00:36&	00:04-	00:22#	01:40&	00:34#	00:43&	01:09&	00:11#	00:03+
<b>7</b>	<b>Bjørn H. Engseth</b>	<b>27</b>	<b>42:16</b>										
02:36+	04:58+	08:37+	13:04+	17:04+	19:27+	24:30+	27:30+	31:56+	35:06+	37:17+	40:14+	41:32+	42:16+
02:36+	02:22+	03:39+	04:27+	04:00+	02:23+	05:03+	03:00+	04:26+	03:10+	02:11+	02:57+	01:18+	00:44+
00:57&	00:38&	00:58&	01:54&	00:54&	00:52&	01:30&	01:03&	01:10&	00:46&	00:43&	00:59&	00:27&	00:10&
<b>8</b>	<b>Dag Helliksen</b>	<b>80</b>	<b>42:46</b>										
02:19+	04:26+	07:50+	13:45+	19:36+	22:06+	25:04+	27:53+	32:42+	36:08+	38:04+	41:12+	42:15+	42:46+
02:19+	02:07+	03:24+	05:55+	05:51+	02:30+	02:58-	02:49+	04:49+	03:26+	01:56+	03:08+	01:03+	00:31-
00:40&	00:23#	00:43&	03:22@	02:45&	00:59&	00:35-	00:52&	01:33&	01:02&	00:28&	01:10&	00:12#	00:03-
<b>9</b>	<b>Agnar Lien</b>	<b>7</b>	<b>46:29</b>										
03:10+	05:54+	09:42+	13:34+	19:58+	22:37+	27:36+	30:52+	35:42+	39:16+	41:34+	44:10+	45:45+	46:29+
03:10+	02:44+	03:48+	03:52+	06:24+	02:39+	04:59+	03:16+	04:50+	03:34+	02:18+	02:36+	01:35+	00:44+
01:31&	01:00&	01:07&	01:19&	03:18@	01:08&	01:26&	01:19&	01:34&	01:10&	00:50&	00:38&	00:44&	00:10&
<b>10</b>	<b>Bjørn Bjelland</b>	<b>83</b>	<b>50:16</b>										
02:41+	05:36+	10:14+	14:56+	22:43+	25:33+	30:35+	34:04+	39:09+	43:07+	45:25+	48:35+	49:40+	50:16+
02:41+	02:55+	04:38+	04:42+	07:47+	02:50+	05:02+	03:29+	05:05+	03:58+	02:18+	03:10+	01:05+	00:36+
01:02&	01:11&	01:57&	02:09&	04:41@	01:19&	01:29&	01:32&	01:49&	01:34&	00:50&	01:12&	00:14&	00:02+
<b>11</b>	<b>Tor Harald Lunde</b>	<b>47</b>	<b>51:15</b>										
02:34+	05:35+	09:19+	13:32+	18:51+	21:40+	30:42+	34:58+	40:22+	44:14+	46:27+	49:23+	50:37+	51:15+
02:34+	03:01+	03:44+	04:13+	05:19+	02:49+	09:02+	04:16+	05:24+	03:52+	02:13+	02:56+	01:14+	00:38+
00:55&	01:17&	01:03&	01:40&	02:13&	01:18&	05:29@	02:19@	02:08&	01:28&	00:45&	00:58&	00:23&	00:04#
<b>12</b>	<b>Jan Arendal</b>	<b>116</b>	<b>55:02</b>										
03:03+	05:57+	10:01+	14:17+	24:30+	27:16+	30:59+	35:14+	41:48+	46:24+	49:02+	52:12+	54:14+	55:02+
03:03+	02:54+	04:04+	04:16+	10:13+	02:46+	03:43+	04:15+	06:34+	04:36+	02:38+	03:10+	02:02+	00:48+
01:24&	01:10&	01:23&	01:43&	07:07@	01:15&	00:10+	02:18@	03:18@	02:12&	01:10&	01:12&	01:11@	00:14&
<b>13</b>	<b>Inge Johan Øverland</b>	<b>93</b>	<b>55:35</b>										
02:46+	05:12+	08:36+	13:37+	20:04+	22:48+	27:08+	35:57+	41:08+	45:06+	49:15+	52:19+	54:51+	55:35+
02:46+	02:26+	03:24+	05:01+	06:27+	02:44+	04:20+	08:49+	05:11+	03:58+	04:09+	03:04+	02:32+	00:44+
01:07&	00:42&	00:43&	02:28&	03:21@	01:13&	00:47#	06:52@	01:55&	01:34&	02:41@	01:06&	01:41@	00:10&
<b>14</b>	<b>Bjørn Sivertsen</b>	<b>99</b>	<b>57:15</b>										
02:29+	05:06+	09:00+	13:02+	32:49+	35:09+	38:32+	42:01+	46:50+	50:34+	52:46+	55:29+	56:33+	57:15+
02:29+	02:37+	03:54+	04:02+	19:47+	02:20+	03:23-	03:29+	04:49+	03:44+	02:12+	02:43+	01:04+	00:42+
00:50&	00:53&	01:13&	01:29&	16:41@	00:49&	00:10-	01:32&	01:33&	01:20&	00:44&	00:45&	00:13&	00:08#
<b>15</b>	<b>Jan Øyvind Lilledal</b>	<b>281</b>	<b>59:40</b>										
03:14+	05:54+	12:08+	17:30+	23:08+	25:36+	38:00+	42:31+	48:01+	52:10+	54:31+	57:37+	58:55+	59:40+
03:14+	02:40+	06:14+	05:22+	05:38+	02:28+	12:24+	04:31+	05:30+	04:09+	02:21+	03:06+	01:18+	00:45+
01:35&	00:56&	03:33@	02:49@	02:32&	00:57&	08:51@	02:34@	02:14&	01:45&	00:53&	01:08&	00:27&	00:11&
<b>16</b>	<b>Lars Tore Kvasheim</b>	<b>7</b>	<b>59:48</b>										
03:14+	05:41+	10:32+	17:01+	29:03+	31:49+	37:01+	40:02+	46:09+	50:45+	53:21+	57:37+	59:05+	59:48+
03:14+	02:27+	04:51+	06:29+	12:02+	02:46+	05:12+	03:01+	06:07+	04:36+	02:36+	04:16+	01:28+	00:43+
01:35&	00:43&	02:10&	03:56@	08:56@	01:15&	01:39&	01:04&	02:51&	02:12&	01:08&	02:18@	00:37&	00:09&

Class	Navn	Klasse											Tid
<b>17</b>	<b>Egil Røyneberg</b>	<b>93</b>											<b>1:13:54</b>
03:35+	06:46+	12:20+	19:22+	26:56+	31:07+	46:17+	51:04+	63:17+	66:56+	71:27+	73:08+	73:54+	
03:35+	03:11+	05:34+	07:02+	07:34+	04:11+	15:10+	04:47+	06:17+	05:56+	03:39+	04:31+	01:41+	00:46+
01:56@	01:27&	02:53@	04:29@	04:28@	02:40@	11:37@	02:50@	03:01&	03:32@	02:11@	02:33@	00:50&	00:12&
<b>18</b>	<b>Rolf Kleppe</b>	<b>63</b>											<b>1:24:50</b>
04:47+	07:52+	12:08+	16:18+	22:42+	32:44+	58:25+	62:08+	67:47+	76:07+	78:59+	82:34+	84:07+	84:50+
04:47+	03:05+	04:16+	04:10+	06:24+	10:02+	25:41+	03:43+	05:39+	08:20+	02:52+	03:35+	01:33+	00:43+
03:08@	01:21&	01:35&	01:37&	03:18@	08:31@	22:08@	01:46&	02:23&	05:56@	01:24&	01:37&	00:42&	00:09&
<b>Beste strekktid for klassen</b>													
01:39	01:44	02:41	02:33	03:06	01:31	02:27	01:57	03:16	02:24	01:28	01:58	00:51	00:29

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

## Herrer 65 - 69 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>											<b>27:54</b>
01:47=	03:42=	06:30=	09:05=	12:00=	13:29=	15:44=	17:36=	20:55=	23:13=	24:48=	26:43=	27:28=	27:54=
01:47=	01:55=	02:48=	02:35=	02:55=	01:29=	02:15=	01:52=	03:19=	02:18=	01:35=	01:55=	00:45=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Gunnar Sakseid</b>	<b>116</b>											<b>30:23</b>
02:07+	04:32+	07:49+	10:53+	13:55+	15:33+	17:37+	19:37+	23:04+	25:20+	27:03+	29:02+	29:52+	30:23+
02:07+	02:25+	03:17+	03:04+	03:02+	01:38+	02:04-	02:00+	03:27+	02:16-	01:43+	01:59+	00:50+	00:31+
00:20#	00:30&	00:29#	00:29#	00:07+	00:09#	00:11-	00:08+	00:08+	00:02-	00:08+	00:04+	00:05#	00:05#
<b>3</b>	<b>Asgeir Bell</b>	<b>117</b>											<b>32:03</b>
02:00+	04:01+	07:32+	10:41+	14:42+	16:32+	18:42+	20:48+	24:09+	26:48+	28:26+	30:44+	31:30+	32:03+
02:00+	02:01+	03:31+	03:09+	04:01+	01:50+	02:10-	02:06+	03:21+	02:39+	01:38+	02:18+	00:46+	00:33+
00:13#	00:06+	00:43&	00:34#	01:06&	00:21#	00:05-	00:14#	00:02+	00:21#	00:03+	00:23#	00:01+	00:07&
<b>4</b>	<b>Otto Alsnes</b>	<b>50</b>											<b>35:48</b>
02:24+	04:43+	07:58+	11:07+	14:55+	16:53+	19:31+	22:00+	26:17+	29:41+	31:52+	34:07+	35:08+	35:48+
02:24+	02:19+	03:15+	03:09+	03:48+	01:58+	02:38+	02:29+	04:17+	03:24+	02:11+	02:15+	01:01+	00:40+
00:37&	00:24#	00:27#	00:34#	00:53&	00:29&	00:23#	00:37&	00:58&	01:06&	00:36&	00:20#	00:16&	00:14&
<b>5</b>	<b>Harry Breiland</b>	<b>66</b>											<b>37:07</b>
02:23+	04:31+	07:36+	12:24+	16:12+	18:45+	21:40+	24:04+	28:21+	31:16+	33:15+	35:29+	36:27+	37:07+
02:23+	02:08+	03:05+	04:48+	03:48+	02:33+	02:55+	02:24+	04:17+	02:55+	01:59+	02:14+	00:58+	00:40+
00:36&	00:13#	00:17#	02:13&	00:53&	01:04&	00:40&	00:32&	00:58&	00:37&	00:24&	00:19#	00:13&	00:14&
<b>6</b>	<b>Paul A. Paulsen</b>	<b>117</b>											<b>37:15</b>
02:24+	04:51+	08:35+	12:29+	15:59+	18:04+	20:40+	23:08+	27:29+	31:00+	33:11+	35:38+	36:41+	37:15+
02:24+	02:27+	03:44+	03:54+	03:30+	02:05+	02:36+	02:28+	04:21+	03:31+	02:11+	02:27+	01:03+	00:34+
00:37&	00:32&	00:56&	01:19&	00:35#	00:36&	00:21#	00:36&	01:02&	01:13&	00:36&	00:32&	00:18&	00:08&
<b>7</b>	<b>Arne Østensen</b>	<b>90</b>											<b>38:11</b>
01:53+	04:05+	07:05+	11:41+	16:14+	18:53+	21:26+	23:32+	27:56+	30:52+	32:54+	35:12+	37:34+	38:11+
01:53+	02:12+	03:00+	04:36+	04:33+	02:39+	02:33+	02:06+	04:24+	02:56+	02:02+	02:18+	02:22+	00:37+
00:06+	00:17#	00:12+	02:01&	01:38&	01:10&	00:18#	00:14#	01:05&	00:38&	00:27&	00:23#	01:37@	00:11&
<b>8</b>	<b>Jan Inge Lunde</b>	<b>88</b>											<b>40:43</b>
02:53+	05:39+	09:35+	12:56+	17:43+	20:05+	23:18+	25:58+	30:48+	33:59+	36:09+	39:04+	40:05+	40:43+
02:53+	02:46+	03:56+	03:21+	04:47+	02:22+	03:13+	02:40+	04:50+	03:11+	02:10+	02:55+	01:01+	00:38+
01:06&	00:51&	01:08&	00:46&	01:52&	00:53&	00:58&	00:48&	01:31&	00:53&	00:35&	01:00&	00:16&	00:12&
<b>9</b>	<b>Tore R. Tvedt</b>	<b>90</b>											<b>40:49</b>
03:05+	05:49+	10:03+	14:09+	18:00+	20:23+	23:43+	26:27+	30:49+	34:02+	35:52+	39:03+	40:10+	40:49+
03:05+	02:44+	04:14+	04:06+	03:51+	02:23+	03:20+	02:44+	04:22+	03:13+	01:50+	03:11+	01:07+	00:39+
01:18&	00:49&	01:26&	01:31&	00:56&	00:54&	01:05&	00:52&	01:03&	00:55&	00:15#	01:16&	00:22&	00:13&
<b>10</b>	<b>Terje Helland</b>	<b>88</b>											<b>41:13</b>
02:49+	05:15+	09:57+	13:54+	17:52+	20:36+	23:23+	25:53+	29:58+	33:31+	35:37+	39:34+	40:32+	41:13+
02:49+	02:26+	04:42+	03:57+	03:58+	02:44+	02:47+	02:30+	04:05+	03:33+	02:06+	03:57+	00:58+	00:41+
01:02&	00:31&	01:54&	01:22&	01:03&	01:15&	00:32#	00:38&	00:46#	01:15&	00:31&	02:02@	00:13&	00:15&
<b>11</b>	<b>Jan Hetland</b>	<b>29</b>											<b>41:33</b>
02:14+	04:18+	08:35+	12:41+	19:24+	22:11+	25:59+	28:50+	32:58+	36:21+	38:12+	40:21+	41:09+	41:33+
02:14+	02:04+	04:17+	04:06+	06:43+	02:47+	03:48+	02:51+	04:08+	03:23+	01:51+	02:09+	00:48+	00:24-
00:27&	00:09+	01:29&	01:31&	03:48@	01:18&	01:33&	00:59&	00:49#	01:05&	00:16#	00:14#	00:03+	00:02-

Class	Navn	Klasse										Tid	
<b>12</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>42:49</b>	
02:16+	04:40+	08:00+	13:52+	17:49+	20:04+	24:04+	26:10+	31:41+	35:37+	37:49+	41:12+	42:11+	42:49+
02:16+	02:24+	03:20+	05:52+	03:57+	02:15+	04:00+	02:06+	05:31+	03:56+	02:12+	03:23+	00:59+	00:38+
00:29&	00:29&	00:32#	03:17@	01:02&	00:46&	01:45&	00:14#	02:12&	01:38&	00:37&	01:28&	00:14&	00:12&
<b>13</b>	<b>Svein Berge</b>	<b>126</b>										<b>43:13</b>	
02:53+	05:20+	08:54+	14:35+	19:36+	21:53+	25:12+	28:25+	33:01+	36:33+	38:35+	41:17+	42:33+	43:13+
02:53+	02:27+	03:34+	05:41+	05:01+	02:17+	03:19+	03:13+	04:36+	03:32+	02:02+	02:42+	01:16+	00:40+
01:06&	00:32&	00:46&	03:06@	02:06&	00:48&	01:04&	01:21&	01:17&	01:14&	00:27&	00:47&	00:31&	00:14&
<b>14</b>	<b>Roar Fitjar</b>	<b>101</b>										<b>43:15</b>	
02:36+	05:17+	08:59+	12:37+	17:25+	19:51+	23:41+	27:21+	32:22+	36:16+	38:36+	41:36+	42:33+	43:15+
02:36+	02:41+	03:42+	03:38+	04:48+	02:26+	03:50+	03:40+	05:01+	03:54+	02:20+	03:00+	00:57+	00:42+
00:49&	00:46&	00:54&	01:03&	01:53&	00:57&	01:35&	01:48&	01:42&	01:36&	00:45&	01:05&	00:12&	00:16&
<b>15</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>44:22</b>	
02:23+	05:04+	08:21+	15:14+	20:07+	22:30+	26:27+	29:27+	34:21+	38:00+	40:18+	42:52+	43:44+	44:22+
02:23+	02:41+	03:17+	06:53+	04:53+	02:23+	03:57+	03:00+	04:54+	03:39+	02:18+	02:34+	00:52+	00:38+
00:36&	00:46&	00:29#	04:18@	01:58&	00:54&	01:42&	01:08&	01:35&	01:21&	00:43&	00:39&	00:07#	00:12&
<b>16</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>44:49</b>	
02:19+	04:43+	08:00+	11:55+	16:05+	18:09+	23:54+	27:55+	32:48+	37:22+	39:33+	43:09+	44:11+	44:49+
02:19+	02:24+	03:17+	03:55+	04:10+	02:04+	05:45+	04:01+	04:53+	04:34+	02:11+	03:36+	01:02+	00:38+
00:32&	00:29&	00:29#	01:20&	01:15&	00:35&	03:30@	02:09@	01:34&	02:16&	00:36&	01:41&	00:17&	00:12&
<b>17</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>45:38</b>	
02:57+	05:16+	08:23+	12:22+	20:04+	22:28+	25:51+	28:57+	33:22+	39:15+	41:14+	43:46+	45:02+	45:38+
02:57+	02:19+	03:07+	03:59+	07:42+	02:24+	03:23+	03:06+	04:25+	05:53+	01:59+	02:32+	01:16+	00:36+
01:10&	00:24#	00:19#	01:24&	04:47@	00:55&	01:08&	01:14&	01:06&	03:35@	00:24&	00:37&	00:31&	00:10&
<b>18</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>46:00</b>	
03:05+	05:46+	10:35+	14:57+	19:47+	22:04+	25:33+	29:12+	34:27+	38:29+	40:49+	43:34+	45:03+	46:00+
03:05+	02:41+	04:49+	04:22+	04:50+	02:17+	03:29+	03:39+	05:15+	04:02+	02:20+	02:45+	01:29+	00:57+
01:18&	00:46&	02:01&	01:47&	01:55&	00:48&	01:14&	01:47&	01:56&	01:44&	00:45&	00:50&	00:44&	00:31@
<b>19</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>47:37</b>	
02:40+	04:49+	08:01+	14:44+	18:43+	26:32+	29:19+	34:37+	38:26+	41:42+	44:00+	46:05+	47:06+	47:37+
02:40+	02:09+	03:12+	06:43+	03:59+	07:49+	02:47+	05:18+	03:49+	03:16+	02:18+	02:05+	01:01+	00:31+
00:53&	00:14#	00:24#	04:08@	01:04&	06:20@	00:32#	03:26@	00:30#	00:58&	00:43&	00:10+	00:16&	00:05#
<b>20</b>	<b>Gabriel Herigstad</b>	<b>7</b>										<b>48:39</b>	
03:10+	06:05+	09:44+	15:14+	20:19+	25:25+	30:09+	33:38+	38:07+	41:39+	43:46+	46:32+	48:02+	48:39+
03:10+	02:55+	03:39+	05:30+	05:05+	05:06+	04:44+	03:29+	04:29+	03:32+	02:07+	02:46+	01:30+	00:37+
01:23&	01:00&	00:51&	02:55@	02:10&	03:37@	02:29@	01:37&	01:10&	01:14&	00:32&	00:51&	00:45&	00:11&
<b>21</b>	<b>Svein Ims</b>	<b>65</b>										<b>49:19</b>	
02:54+	05:31+	10:19+	16:29+	21:16+	23:52+	29:38+	33:18+	38:05+	42:11+	44:36+	47:27+	48:38+	49:19+
02:54+	02:37+	04:48+	06:10+	04:47+	02:36+	05:46+	03:40+	04:47+	04:06+	02:25+	02:51+	01:11+	00:41+
01:07&	00:42&	02:00&	03:35@	01:52&	01:07&	03:31@	01:48&	01:28&	01:48&	00:50&	00:56&	00:26&	00:15&
<b>22</b>	<b>Berge Hatteland</b>	<b>62</b>										<b>49:27</b>	
03:01+	05:56+	10:10+	15:24+	21:20+	24:00+	27:17+	30:31+	36:04+	40:07+	42:50+	46:52+	48:29+	49:27+
03:01+	02:55+	04:14+	05:14+	05:56+	02:40+	03:17+	03:14+	05:33+	04:03+	02:43+	04:02+	01:37+	00:58+
01:14&	01:00&	01:26&	02:39@	03:01@	01:11&	01:02&	01:22&	02:14&	01:45&	01:08&	02:07@	00:52@	00:32@
<b>23</b>	<b>Gudmund Gausel</b>	<b>115</b>										<b>49:37</b>	
02:46+	05:19+	09:06+	14:12+	19:04+	27:36+	30:04+	33:02+	38:05+	42:03+	44:44+	47:34+	48:50+	49:37+
02:46+	02:33+	03:47+	05:06+	04:52+	08:32+	02:28+	02:58+	05:03+	03:58+	02:41+	02:50+	01:16+	00:47+
00:59&	00:38&	00:59&	02:31&	01:57&	07:03@	00:13+	01:06&	01:44&	01:40&	01:06&	00:55&	00:31&	00:21&
<b>24</b>	<b>Terje Gautestad</b>	<b>7</b>										<b>52:32</b>	
03:38+	06:59+	11:28+	17:54+	26:06+	29:03+	33:41+	36:57+	41:57+	45:25+	47:39+	50:16+	51:48+	52:32+
03:38+	03:21+	04:29+	06:26+	08:12+	02:57+	04:38+	03:16+	05:00+	03:28+	02:14+	02:37+	01:32+	00:44+
01:51@	01:26&	01:41&	03:51@	05:17@	01:28&	02:23@	01:24&	01:41&	01:10&	00:39&	00:42&	00:47@	00:18&
<b>25</b>	<b>Cato Molthe</b>	<b>53</b>										<b>54:14</b>	
02:54+	11:16+	14:41+	23:20+	27:17+	29:57+	33:09+	38:24+	43:23+	46:50+	49:49+	52:28+	53:36+	54:14+
02:54+	08:22+	03:25+	08:39+	03:57+	02:40+	03:12+	05:15+	04:59+	03:27+	02:59+	02:39+	01:08+	00:38+
01:07&	06:27@	00:37#	06:04@	01:02&	01:11&	00:57&	03:23@	01:40&	01:09&	01:24&	00:44&	00:23&	00:12&
<b>26</b>	<b>Vidar Gjesdal</b>	<b>109</b>										<b>1:12:13</b>	
03:25+	06:41+	14:07+	18:45+	26:32+	37:25+	46:56+	52:14+	58:48+	63:12+	66:15+	69:44+	71:20+	72:13+
03:25+	03:16+	07:26+	04:38+	07:47+	10:53+	09:31+	05:18+	06:34+	04:24+	03:03+	03:29+	01:36+	00:53+
01:38&	01:21&	04:38@	02:03&	04:52@	09:24@	07:16@	03:26@	03:15&	02:06&	01:28&	01:34&	00:51@	00:27@

Class	Navn	Klasse										Tid	
<b>27</b>	<b>Torstein Gjesteland</b>	<b>126</b>										<b>1:16:35</b>	
02:53+	05:52+	11:43+	20:54+	38:03+	43:03+	47:44+	51:45+	57:54+	63:42+	66:21+	73:20+	74:54+	76:35+
02:53+	02:59+	05:51+	09:11+	17:09+	05:00+	04:41+	04:01+	06:09+	05:48+	02:39+	06:59+	01:34+	01:41+
01:06&	01:04&	03:03@	06:36@	14:14@	03:31@	02:26@	02:09@	02:50&	03:30@	01:04&	05:04@	00:49@	01:15@
<b>28</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>1:17:32</b>	
05:47+	09:39+	15:38+	24:49+	34:26+	37:49+	45:27+	51:03+	59:02+	66:06+	69:51+	73:48+	76:01+	77:32+
05:47+	03:52+	05:59+	09:11+	09:37+	03:23+	07:38+	05:36+	07:59+	07:04+	03:45+	03:57+	02:13+	01:31+
04:00@	01:57@	03:11@	06:36@	06:42@	01:54@	05:23@	03:44@	04:40@	04:46@	02:10@	02:02@	01:28@	01:05@
<b>Beste strekktid for klassen</b>													
01:47	01:55	02:48	02:35	02:55	01:29	02:04	01:52	03:19	02:16	01:35	01:55	00:45	00:24

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

## Herrer 70 - 74 år

<b>1</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>34:46</b>	
02:24=	05:05=	08:28=	11:39=	15:00=	17:07=	19:24=	21:44=	25:48=	28:51=	31:06=	33:21=	34:17=	34:46=
02:24=	02:41=	03:23=	03:11=	03:21=	02:07=	02:17=	02:20=	04:04=	03:03=	02:15=	02:15=	00:56=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>35:15</b>	
02:22-	04:48-	08:19-	11:44+	14:50-	17:05-	19:25+	21:52+	26:03+	29:21+	31:28+	33:46+	34:42+	35:15+
02:22-	02:26-	03:31+	03:25+	03:06-	02:15+	02:20+	02:27+	04:11+	03:18+	02:07-	02:18+	00:56=	00:33+
00:02-	00:15-	00:08+	00:14+	00:15-	00:08+	00:03+	00:07+	00:07+	00:15+	00:08-	00:03+	00:00=	00:04#
<b>3</b>	<b>Hilmar Røthing</b>	<b>128</b>										<b>36:21</b>	
02:11-	04:37-	07:38-	11:31-	15:28+	17:33+	20:40+	23:05+	26:56+	29:41+	31:31+	34:41+	35:28+	36:21+
02:11-	02:26-	03:01-	03:53+	03:57+	02:05-	03:07+	02:25+	03:51-	02:45-	01:50-	03:10+	00:47-	00:53+
00:13-	00:15-	00:22-	00:42#	00:36#	00:02-	00:50&	00:05+	00:13-	00:18-	00:25-	00:55&	00:09-	00:24&
<b>4</b>	<b>Ingjald Egeland</b>	<b>7</b>										<b>39:57</b>	
02:33+	06:03+	09:59+	13:21+	17:31+	19:43+	22:43+	26:00+	30:14+	33:46+	35:54+	38:21+	39:23+	39:57+
02:33+	03:30+	03:56+	03:22+	04:10+	02:12+	03:00+	03:17+	04:14+	03:32+	02:08-	02:27+	01:02+	00:34+
00:09+	00:49&	00:33#	00:11+	00:49#	00:05+	00:43&	00:57&	00:10+	00:29#	00:07-	00:12+	00:06#	00:05#
<b>5</b>	<b>Kjell Langvik</b>	<b>93</b>										<b>41:04</b>	
02:45+	05:29+	09:38+	13:09+	16:58+	19:33+	22:13+	25:19+	30:41+	34:13+	36:54+	39:28+	40:28+	41:04+
02:45+	02:44+	04:09+	03:31+	03:49+	02:35+	02:40+	03:06+	05:22+	03:32+	02:41+	02:34+	01:00+	00:36+
00:21#	00:03+	00:46#	00:20#	00:28#	00:28#	00:23#	00:46&	01:18&	00:29#	00:26#	00:19#	00:04+	00:07#
<b>6</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>42:19</b>	
02:34+	05:02-	08:19-	12:20+	17:16+	20:07+	23:17+	26:09+	30:59+	35:22+	37:42+	40:31+	41:38+	42:19+
02:34+	02:28-	03:17-	04:01+	04:56+	02:51+	03:10+	02:52+	04:50+	04:23+	02:20+	02:49+	01:07+	00:41+
00:10+	00:13-	00:06-	00:50&	01:35&	00:44&	00:53&	00:32#	00:46#	01:20&	00:05+	00:34&	00:11#	00:12&
<b>7</b>	<b>Tormod Aaslid</b>	<b>54</b>										<b>42:32</b>	
02:51+	06:06+	09:31+	15:57+	20:08+	22:22+	25:42+	28:38+	32:53+	35:50+	37:42+	41:01+	42:01+	42:32+
02:51+	03:15+	03:25+	06:26+	04:11+	02:14+	03:20+	02:56+	04:15+	02:57-	01:52-	03:19+	01:00+	00:31+
00:27#	00:34#	00:02+	03:15@	00:50#	00:07+	01:03&	00:36&	00:11+	00:06-	00:23-	01:04&	00:04+	00:02+
<b>8</b>	<b>Svein Eliassen</b>	<b>116</b>										<b>43:17</b>	
03:27+	06:34+	10:25+	14:07+	19:10+	21:26+	24:26+	27:10+	31:52+	35:21+	37:37+	41:17+	42:37+	43:17+
03:27+	03:07+	03:51+	03:42+	05:03+	02:16+	03:00+	02:44+	04:42+	03:29+	02:16+	03:40+	01:20+	00:40+
01:03&	00:26#	00:28#	00:31#	01:42&	00:09+	00:43&	00:24#	00:38#	00:26#	00:01+	01:25&	00:24&	00:11&
<b>9</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>44:17</b>	
03:09+	05:50+	09:54+	14:08+	19:36+	22:29+	26:23+	29:42+	34:43+	38:03+	40:09+	42:23+	43:28+	44:17+
03:09+	02:41=	04:04+	04:14+	05:28+	02:53+	03:54+	03:19+	05:01+	03:20+	02:06-	02:14-	01:05+	00:49+
00:45&	00:00=	00:41#	01:03&	02:07&	00:46&	01:37&	00:59&	00:57#	00:17+	00:09-	00:01-	00:09#	00:20&
<b>10</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>45:53</b>	
02:57+	05:33+	09:18+	15:58+	21:05+	23:53+	27:10+	29:58+	34:55+	38:32+	41:43+	44:23+	45:18+	45:53+
02:57+	02:36-	03:45+	06:40+	05:07+	02:48+	03:17+	02:48+	04:57+	03:37+	03:11+	02:40+	00:55-	00:35+
00:33#	00:05-	00:22#	03:29@	01:46&	00:41&	01:00&	00:28#	00:53#	00:34#	00:56&	00:25#	00:01-	00:06#
<b>11</b>	<b>Geir Husdal</b>	<b>93</b>										<b>46:49</b>	
02:59+	05:38+	09:33+	13:51+	19:19+	21:51+	25:00+	28:38+	33:52+	37:58+	40:47+	44:31+	46:04+	46:49+
02:59+	02:39-	03:55+	04:18+	05:28+	02:32+	03:09+	03:38+	05:14+	04:06+	02:49+	03:44+	01:33+	00:45+
00:35#	00:02-	00:32#	01:07&	02:07&	00:25#	00:52&	01:18&	01:10&	01:03&	00:34&	01:29&	00:37&	00:16&

Class	Navn	Klasse												Tid
<b>12</b>	<b>Ole Auklend</b>	<b>106</b>												<b>47:58</b>
02:43+	05:22+	09:33+	14:27+	19:28+	22:16+	25:36+	30:29+	35:57+	39:57+	42:35+	45:37+	47:08+	47:58+	
02:43+	02:39-	04:11+	04:54+	05:01+	02:48+	03:20+	04:53+	05:28+	04:00+	02:38+	03:02+	01:31+	00:50+	
00:19#	00:02-	00:48#	01:43&	01:40&	00:41&	01:03&	02:33@	01:24&	00:57&	00:23#	00:47&	00:35&	00:21&	
<b>13</b>	<b>Magne Frøyland</b>	<b>43</b>												<b>48:17</b>
03:25+	06:23+	10:08+	13:50+	17:19+	19:36+	24:04+	27:53+	33:12+	39:04+	41:52+	46:12+	47:30+	48:17+	
03:25+	02:58+	03:45+	03:42+	03:29+	02:17+	04:28+	03:49+	05:19+	05:52+	02:48+	04:20+	01:18+	00:47+	
01:01&	00:17#	00:22#	00:31#	00:08+	00:10+	02:11&	01:29&	01:15&	02:49&	00:33#	02:05&	00:22&	00:18&	
<b>14</b>	<b>Knut Jonas Espedal</b>	<b>53</b>												<b>52:46</b>
03:30+	06:35+	11:53+	16:50+	23:52+	26:55+	31:37+	35:11+	40:37+	45:21+	47:48+	50:50+	52:03+	52:46+	
03:30+	03:05+	05:18+	04:57+	07:02+	03:03+	04:42+	03:34+	05:26+	04:44+	02:27+	03:02+	01:13+	00:43+	
01:06&	00:24#	01:55&	01:46&	03:41@	00:56&	02:25@	01:14&	01:22&	01:41&	00:12+	00:47&	00:17&	00:14&	
<b>15</b>	<b>Arvid Thorsen</b>	<b>5</b>												<b>56:56</b>
02:50+	05:37+	09:31+	13:25+	28:49+	31:01+	35:13+	39:12+	46:08+	49:47+	52:12+	55:02+	56:14+	56:56+	
02:50+	02:47+	03:54+	03:54+	15:24+	02:12+	04:12+	03:59+	06:56+	03:39+	02:25+	02:50+	01:12+	00:42+	
00:26#	00:06+	00:31#	00:43#	12:03@	00:05+	01:55&	01:39&	02:52&	00:36#	00:10+	00:35&	00:16&	00:13&	
<b>16</b>	<b>Jan H. Sagen</b>	<b>92</b>												<b>57:09</b>
03:32+	06:42+	10:58+	17:02+	23:04+	25:53+	30:22+	36:47+	42:45+	46:55+	49:47+	54:40+	56:24+	57:09+	
03:32+	03:10+	04:16+	06:04+	06:02+	02:49+	04:29+	06:25+	05:58+	04:10+	02:52+	04:53+	01:44+	00:45+	
01:08&	00:29#	00:53&	02:53&	02:41&	00:42&	02:12&	04:05@	01:54&	01:07&	00:37&	02:38@	00:48&	00:16&	
<b>17</b>	<b>Mangor Eikeland</b>	<b>92</b>												<b>59:57</b>
03:59+	07:33+	12:28+	18:20+	23:58+	26:32+	31:15+	36:06+	42:33+	48:01+	50:56+	56:56+	58:46+	59:57+	
03:59+	03:34+	04:55+	05:52+	05:38+	02:34+	04:43+	04:51+	06:27+	05:28+	02:55+	06:00+	01:50+	01:11+	
01:35&	00:53&	01:32&	02:41&	02:17&	00:27#	02:26@	02:31@	02:23&	02:25&	00:40&	03:45@	00:54&	00:42@	
<b>18</b>	<b>Odd Garpestad</b>	<b>29</b>												<b>1:02:17</b>
05:01+	07:32+	12:23+	15:50+	21:25+	34:40+	37:32+	41:54+	46:22+	48:58+	56:36+	60:35+	61:29+	62:17+	
05:01+	02:31-	04:51+	03:27+	05:35+	13:15+	02:52+	04:22+	04:28+	02:36-	07:38+	03:59+	00:54-	00:48+	
02:37@	00:10-	01:28&	00:16+	02:14&	11:08@	00:35&	02:02&	00:24+	00:27-	05:23@	01:44&	00:02-	00:19&	
<b>19</b>	<b>Reidar Liland</b>	<b>66</b>												<b>1:39:21</b>
04:33+	08:03+	38:40+	46:07+	53:44+	62:52+	68:41+	73:31+	81:08+	87:34+	91:27+	95:59+	98:06+	99:21+	
04:33+	03:30+	30:37+	07:27+	09:08+	05:49+	04:50+	07:37+	06:26+	03:53+	04:32+	02:07+	01:15+		
02:09&	00:49&	27:14@	04:16@	04:16@	07:01@	03:32@	02:30@	03:33&	03:23@	01:38&	02:17@	01:11@	00:46@	

### Beste strekktid for klassen

02:11 02:26 03:01 03:11 03:06 02:05 02:17 02:20 03:51 02:36 01:50 02:14 00:47 00:29

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

## Herrer 75 - 79 år

<b>1</b>	<b>Jan Værp</b>	<b>62</b>												<b>38:42</b>
02:45=	05:32=	08:53=	12:01=	15:39=	19:16=	21:21=	22:49=	25:59=	29:28=	32:50=	34:38=	36:54=	38:05=	38:42=
02:45=	02:47=	03:21=	03:08=	03:38=	03:37=	02:05=	01:28=	03:10=	03:29=	03:22=	01:48=	02:16=	01:11=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Bjarne Edland</b>	<b>92</b>												<b>39:15</b>
03:06+	05:51+	08:56+	11:53-	15:11-	18:33-	20:50-	22:02-	25:41-	29:43+	33:25+	35:08+	37:43+	38:42+	39:15+
03:06+	02:45-	03:05-	02:57-	03:18-	03:22-	02:17+	01:12-	03:39+	04:02+	03:42+	01:43-	02:35+	00:59-	00:33-
00:21#	00:02-	00:16-	00:11-	00:20-	00:15-	00:12+	00:16-	00:29#	00:33#	00:20+	00:05-	00:19#	00:12-	00:04-
<b>3</b>	<b>Terje Braut</b>	<b>92</b>												<b>40:09</b>
03:43+	06:26+	09:23+	12:09+	16:01+	20:59+	23:40+	24:45+	27:57+	31:16+	34:13+	36:11+	38:28+	39:30+	40:09+
03:43+	02:43-	02:57-	02:46-	03:52+	04:58+	02:41+	01:05-	03:12+	03:19-	02:57-	01:58+	02:17+	01:02-	00:39+
00:58&	00:04-	00:24-	00:22-	00:14+	01:21&	00:36&	00:23-	00:02+	00:10-	00:25-	00:10+	00:01+	00:09-	00:02+
<b>4</b>	<b>Harald Vatne</b>	<b>67</b>												<b>45:10</b>
03:20+	06:10+	09:13+	13:02+	17:04+	19:48+	23:44+	25:07+	29:10+	34:04+	37:32+	39:33+	43:11+	44:30+	45:10+
03:20+	02:50+	03:03-	03:49+	04:02+	02:44-	03:56+	01:23-	04:03+	04:54+	03:28+	02:01+	03:38+	01:19+	00:40+
00:35#	00:03+	00:18-	00:41#	00:24#	00:53-	01:51&	00:05-	00:53&	01:25&	00:06+	00:13#	01:22&	00:08#	00:03+
<b>5</b>	<b>Alf Gyland</b>	<b>92</b>												<b>48:38</b>
03:12+	07:14+	10:23+	13:27+	22:20+	24:41+	26:45+	27:54+	32:29+	38:40+	42:09+	44:01+	46:42+	47:53+	48:38+
03:12+	04:02+	03:09-	03:04-	08:53+	02:21-	02:04-	01:09-	04:35+	06:11+	03:29+	01:52+	02:41+	01:11=	00:45+
00:27#	01:15&	00:12-	00:04-	05:15@	01:16-	00:01-	00:19-	01:25&	02:42&	00:07+	00:04+	00:25#	00:00=	00:08#

Class	Navn	Klasse											Tid			
<b>6</b>	<b>Albert Moe</b>	<b>54</b>											<b>53:16</b>			
	03:53+	07:06+	11:04+	14:48+	19:32+	22:49+	28:04+	30:36+	35:26+	39:34+	43:55+	46:41+	50:44+	52:27+	53:16+	
	03:53+	03:13+	03:58+	03:44+	04:44+	03:17-	05:15+	02:32+	04:50+	04:08+	04:21+	02:46+	04:03+	01:43+	00:49+	
	01:08&	00:26#	00:37#	00:36#	01:06&	00:20-	03:10@	01:04&	01:40&	00:39#	00:59&	00:58&	01:47&	00:32&	00:12&	
<b>7</b>	<b>Arne Brandsberg</b>	<b>29</b>											<b>53:54</b>			
	04:13+	07:58+	12:02+	17:11+	21:51+	25:16+	28:30+	29:53+	35:58+	40:55+	44:58+	47:50+	51:13+	52:52+	53:54+	
	04:13+	03:45+	04:04+	05:09+	04:40+	03:25-	03:14+	01:23-	06:05+	04:57+	04:03+	02:52+	03:23+	01:39+	01:02+	
	01:28&	00:58&	00:43#	02:01&	01:02&	00:12-	01:09&	00:05-	02:55&	01:28&	00:41#	01:04&	01:07&	00:28&	00:25&	
<b>8</b>	<b>Magne Jakobsen</b>	<b>63</b>											<b>57:36</b>			
	03:42+	07:11+	10:46+	14:54+	21:18+	25:08+	30:00+	31:26+	36:02+	44:59+	49:19+	51:27+	55:02+	56:50+	57:36+	
	03:42+	03:29+	03:35+	04:08+	06:24+	03:50+	04:52+	01:26-	04:36+	08:57+	04:20+	02:08+	03:35+	01:48+	00:46+	
	00:57&	00:42&	00:14+	01:00&	02:46&	00:13+	02:47@	00:02-	01:26&	05:28@	00:58&	00:20#	01:19&	00:37&	00:09#	
<b>9</b>	<b>Jan Bekkeheien</b>	<b>92</b>											<b>1:02:36</b>			
	03:21+	06:11+	22:58+	25:49+	32:57+	39:08+	42:11+	43:25+	47:34+	51:19+	55:00+	57:15+	60:28+	61:47+	62:36+	
	03:21+	02:50+	16:47+	02:51-	07:08+	06:11+	03:03+	01:14-	04:09+	03:45+	03:41+	02:15+	03:13+	01:19+	00:49+	
	00:36#	00:03+	13:26@	00:17-	03:30&	02:34&	00:58&	00:14-	00:59&	00:16+	00:19+	00:27#	00:57&	00:08#	00:12&	
<b>10</b>	<b>Kjell Maudal</b>	<b>63</b>											<b>1:04:42</b>			
	04:36+	08:00+	12:36+	17:47+	25:33+	32:59+	44:10+	45:32+	49:29+	53:31+	57:11+	59:33+	62:35+	63:53+	64:42+	
	04:36+	03:24+	04:36+	05:11+	07:46+	07:26+	11:11+	01:22-	03:57+	04:02+	03:40+	02:22+	03:02+	01:18+	00:49+	
	01:51&	00:37#	01:15&	02:03&	04:08@	03:49@	09:06@	00:06-	00:47#	00:33#	00:18+	00:34&	00:46&	00:07+	00:12&	
<b>11</b>	<b>Torleiv Møgedal</b>	<b>68</b>											<b>1:08:07</b>			
	04:28+	09:31+	13:51+	19:01+	29:39+	33:12+	38:06+	39:20+	45:30+	52:05+	56:29+	58:55+	65:23+	67:12+	68:07+	
	04:28+	05:03+	04:20+	05:10+	10:38+	03:33-	04:54+	01:14-	06:10+	06:35+	04:24+	02:26+	06:28+	01:49+	00:55+	
	01:43&	02:16&	00:59&	02:02&	07:00@	00:04-	02:49@	00:14-	03:00&	03:06&	01:02&	00:38&	04:12@	00:38&	00:18&	
<b>Beste strekktid for klassen</b>																
	02:45	02:43	02:57	02:46	03:18	02:21	02:04	01:05	03:10	03:19	02:57	01:43	02:16	00:59	00:33	

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

## Herrer 80 år og eldre

<b>1</b>	<b>Kjell Audun Gjersdal</b>	<b>7</b>											<b>39:07</b>			
	02:16=	07:29=	11:37=	16:42=	19:30=	25:26=	30:27=	34:44=	36:14=	38:18=	39:07=					
	02:16=	05:13=	04:08=	05:05=	02:48=	05:56=	05:01=	04:17=	01:30=	02:04=	00:49=					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
<b>2</b>	<b>Sigurd Krosli</b>	<b>31</b>											<b>42:20</b>			
	02:02-	08:14+	12:28+	17:44+	21:41+	28:24+	33:19+	37:48+	39:08+	41:32+	42:20+					
	02:02-	06:12+	04:14+	05:16+	03:57+	06:43+	04:55-	04:29+	01:20-	02:24+	00:48-					
	00:14-	00:59#	00:06+	00:11+	01:09&	00:47#	00:06-	00:12+	00:10-	00:20#	00:01-					
<b>3</b>	<b>Arnulf Fuglestad</b>	<b>29</b>											<b>47:02</b>			
	02:19+	06:44-	10:05-	25:27+	27:49+	34:07+	38:11+	42:22+	44:16+	46:17+	47:02+					
	02:19+	04:25-	03:21-	15:22+	02:22-	06:18+	04:04-	04:11-	01:54+	02:01-	00:45-					
	00:03+	00:48-	00:47-	10:17@	00:26-	00:22+	00:57-	00:06-	00:24&	00:03-	00:04-					
<b>4</b>	<b>Peter Frafjord</b>	<b>116</b>											<b>1:04:45</b>			
	06:46+	13:07+	18:03+	23:35+	31:12+	48:50+	54:12+	59:07+	60:54+	63:50+	64:45+					
	06:46+	06:21+	04:56+	05:32+	07:37+	17:38+	05:22+	04:55+	01:47+	02:56+	00:55+					
	04:30@	01:08#	00:48#	00:27+	04:49@	11:42@	00:21+	00:38#	00:17#	00:52&	00:06#					
<b>5</b>	<b>Magne Westerheim</b>	<b>93</b>											<b>1:26:44</b>			
	03:38+	09:54+	20:01+	24:29+	31:21+	56:32+	61:52+	72:42+	79:17+	85:56+	86:44+					
	03:38+	06:16+	10:07+	04:28-	06:52+	25:11+	05:20+	10:50+	06:35+	06:39+	00:48-					
	01:22&	01:03#	05:59@	00:37-	04:04@	19:15@	00:19+	06:33@	05:05@	04:35@	00:01-					
<b>Beste strekktid for klassen</b>																
	02:02	04:25	03:21	04:28	02:22	05:56	04:04	04:11	01:20	02:01	00:45					

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

## Herrer A



Class	Navn	Klasse												Tid			
<b>1</b>	<b>Fredrik Omdal</b>	<b>74</b>												<b>33:17</b>			
01:30=	02:59=	05:11=	07:38=	09:58=	11:12=	12:14=	13:54=	16:09=	20:18=	22:06=	23:51=	25:58=	29:13=	30:34=	32:18=	32:52=	33:17=
01:30=	01:29=	02:12=	02:27=	02:20=	01:14=	01:02=	01:40=	02:15=	04:09=	01:48=	01:45=	02:07=	03:15=	01:21=	01:44=	00:34=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Harald Kalager</b>	<b>7</b>												<b>39:05</b>			
01:39+	03:14+	06:00+	08:57+	12:51+	14:20+	15:34+	17:22+	20:00+	24:04+	26:14+	28:25+	30:44+	34:34+	36:10+	37:53+	38:38+	39:05+
01:39+	01:35+	02:46+	02:57+	03:54+	01:29+	01:14+	01:48+	02:38+	04:04-	02:10+	02:11+	02:19+	03:50+	01:36+	01:43-	00:45+	00:27+
00:09#	00:06+	00:34&	00:30#	01:34&	00:15#	00:12#	00:08+	00:23#	00:05-	00:22#	00:26#	00:12+	00:35#	00:15#	00:01-	00:11&	00:02+
<b>3</b>	<b>Magnus Landstad</b>	<b>66</b>												<b>40:13</b>			
01:33+	03:18+	05:43+	10:27+	13:44+	15:06+	16:53+	18:22+	20:38+	25:13+	27:18+	29:29+	31:46+	35:39+	37:11+	38:59+	39:43+	40:13+
01:33+	01:45+	02:25+	04:44+	03:17+	01:22+	01:47+	01:29-	02:16+	04:35+	02:05+	02:11+	02:17+	03:53+	01:32+	01:48+	00:44+	00:30+
00:03+	00:16#	00:13+	02:17&	00:57&	00:08#	00:45&	00:11-	00:01+	00:26#	00:17#	00:26#	00:10+	00:38#	00:11#	00:04+	00:10&	00:05#
<b>4</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>												<b>41:21</b>			
01:40+	03:17+	05:45+	08:39+	12:06+	13:40+	14:50+	16:20+	18:46+	23:26+	25:49+	29:17+	31:30+	35:33+	37:57+	40:10+	40:52+	41:21+
01:40+	01:37+	02:28+	02:54+	03:27+	01:34+	01:10+	01:30-	02:26+	04:40+	02:23+	03:28+	02:13+	04:03+	02:24+	02:13+	00:42+	00:29+
00:10#	00:08+	00:16#	00:27#	01:07&	00:20&	00:08#	00:10-	00:11+	00:31#	00:35&	01:43&	00:06+	00:48#	01:03&	00:29&	00:08#	00:04#
<b>5</b>	<b>Cato Eike</b>	<b>79</b>												<b>43:29</b>			
01:42+	03:37+	06:08+	09:48+	13:15+	14:57+	16:19+	18:00+	20:45+	26:02+	28:34+	31:08+	33:39+	37:41+	39:30+	42:12+	43:03+	43:29+
01:42+	01:55+	02:31+	03:40+	03:27+	01:42+	01:22+	01:41+	02:45+	05:17+	02:32+	02:34+	02:31+	04:02+	01:49+	02:42+	00:51+	00:26+
00:12#	00:26&	00:19#	01:13&	01:07&	00:28&	00:20&	00:01+	00:30#	01:08&	00:44&	00:49&	00:24#	00:47#	00:28&	00:58&	00:17&	00:01+
<b>6</b>	<b>Erik Lima</b>	<b>115</b>												<b>44:08</b>			
01:55+	03:38+	06:35+	11:32+	14:42+	16:13+	17:29+	18:59+	21:54+	27:05+	29:31+	31:53+	34:35+	39:03+	40:49+	42:48+	43:38+	44:08+
01:55+	01:43+	02:57+	04:57+	03:10+	01:31+	01:16+	01:30-	02:55+	05:11+	02:26+	02:22+	02:42+	04:28+	01:46+	01:59+	00:50+	00:30+
00:25&	00:14#	00:45&	02:30@	00:50&	00:17#	00:14#	00:10-	00:40&	01:02#	00:38&	00:37&	00:35&	01:13&	00:25&	00:15#	00:16&	00:05#
<b>7</b>	<b>Fredrik Sandal</b>	<b>88</b>												<b>44:18</b>			
01:37+	03:20+	05:54+	10:19+	13:05+	14:34+	16:48+	18:44+	21:19+	26:00+	30:03+	33:32+	36:07+	39:58+	41:28+	43:02+	43:47+	44:18+
01:37+	01:43+	02:34+	04:25+	02:46+	01:29+	02:14+	01:56+	02:35+	04:41+	04:03+	03:29+	02:35+	03:51+	01:30+	01:34-	00:45+	00:31+
00:07+	00:14#	00:22#	01:58&	00:26#	00:15#	01:12@	00:16#	00:20#	00:32#	02:15@	01:44&	00:28#	00:36#	00:09#	00:10-	00:11&	00:06#
<b>8</b>	<b>Vegard Karlsen</b>	<b>50</b>												<b>49:20</b>			
02:01+	03:47+	06:34+	10:08+	13:30+	15:35+	16:59+	19:39+	22:25+	27:16+	29:44+	32:39+	37:02+	41:58+	43:55+	46:38+	48:53+	49:20+
02:01+	01:46+	02:47+	03:34+	03:22+	02:05+	01:24+	02:40+	02:46+	04:51+	02:28+	02:55+	04:23+	04:56+	01:57+	02:43+	02:15+	00:27+
00:31&	00:17#	00:35&	01:07&	01:02&	00:51&	00:22&	01:00&	00:31#	00:42#	00:40&	01:10&	02:16@	01:41&	00:36&	00:59&	01:41@	00:02+
<b>9</b>	<b>Jørgen Strømstad</b>	<b>50</b>												<b>49:27</b>			
01:49+	03:40+	06:19+	10:10+	13:33+	15:42+	17:32+	19:16+	22:22+	27:22+	29:59+	34:35+	37:14+	42:39+	44:34+	47:27+	48:58+	49:27+
01:49+	01:51+	02:39+	03:51+	03:23+	02:09+	01:50+	01:44+	03:06+	05:00+	02:37+	04:36+	02:39+	05:25+	01:55+	02:53+	01:31+	00:29+
00:19#	00:22#	00:27#	01:24&	01:03&	00:55&	00:48&	00:04+	00:51&	00:51#	00:49&	02:51@	00:32&	02:10&	00:34&	01:09&	00:57@	00:04#
<b>10</b>	<b>Espen Karlsen</b>	<b>102</b>												<b>49:30</b>			
01:57+	03:54+	07:34+	11:17+	14:50+	17:02+	18:33+	20:23+	23:37+	29:12+	31:47+	34:37+	37:47+	42:57+	45:19+	47:36+	48:51+	49:30+
01:57+	01:57+	03:40+	03:43+	03:33+	02:12+	01:31+	01:50+	03:14+	05:35+	02:35+	02:50+	03:10+	05:10+	02:22+	02:17+	01:15+	00:39+
00:27&	00:28&	01:28&	01:16&	01:13&	00:58&	00:29&	00:10#	00:59&	01:26&	00:47&	01:05&	01:03&	01:55&	01:01&	00:33&	00:41@	00:14&
<b>11</b>	<b>Joakim B. Enne Haug</b>	<b>71</b>												<b>52:35</b>			
02:09+	03:53+	06:42+	14:29+	18:32+	20:15+	24:46+	26:39+	29:35+	34:12+	36:28+	38:40+	41:55+	46:20+	48:07+	51:11+	52:07+	52:35+
02:09+	01:44+	02:49+	07:47+	04:03+	01:43+	04:31+	01:53+	02:56+	04:37+	02:16+	02:12+	03:15+	04:25+	01:47+	03:04+	00:56+	00:28+
00:39&	00:15#	00:37&	05:20@	01:43&	00:29&	03:29@	00:13#	00:41&	00:28#	00:28&	00:27&	01:08&	01:10&	00:26&	01:20&	00:22&	00:03#
<b>12</b>	<b>Sondre Gjersdal Størkersen</b>	<b>115</b>												<b>1:25:15</b>			
04:06+	06:19+	09:50+	27:57+	31:46+	34:59+	37:04+	39:56+	45:12+	53:01+	57:30+	63:57+	68:16+	76:42+	81:00+	83:42+	84:39+	85:15+
04:06+	02:13+	03:31+	18:07+	03:49+	03:13+	02:05+	02:52+	05:16+	07:49+	04:29+	06:27+	04:19+	08:26+	04:18+	02:42+	00:57+	00:36+
02:36@	00:44&	01:19&	15:40@	01:29&	01:59@	01:03@	01:12&	03:01@	03:40&	02:41@	04:42@	02:12@	05:11@	02:57@	00:58&	00:23&	00:11&

### Beste strekktid for klassen

01:30 01:29 02:12 02:27 02:20 01:14 01:02 01:29 02:15 04:04 01:48 01:45 02:07 03:15 01:21 01:34 00:34 00:25

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

## Herrer B

<b>1</b>	<b>Stein Arne Olsen</b>	<b>68</b>												<b>35:50</b>			
01:28=	03:08=	05:31=	08:10=	11:03=	12:25=	13:39=	15:00=	17:24=	21:34=	23:29=	25:31=	27:33=	31:17=	32:57=	34:42=	35:24=	35:50=
01:28=	01:40=	02:23=	02:39=	02:53=	01:22=	01:14=	01:21=	02:24=	04:10=	01:55=	02:02=	02:02=	03:44=	01:40=	01:45=	00:42=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid					
<b>2</b>	<b>Oddvar Taksdal</b>	<b>194</b>										<b>36:11</b>					
01:31+	03:05-	05:26-	08:10=	10:51-	12:35+	13:51+	15:12+	17:23-	21:45+	24:02+	26:08+	28:12+	31:51+	33:20+	35:03+	35:46+	36:11+
01:31+	01:34-	02:21-	02:44+	02:41-	01:44+	01:16+	01:21=	02:11-	04:22+	02:17+	02:06+	02:04+	03:39-	01:29-	01:43-	00:43+	00:25-
00:03+	00:06-	00:02-	00:05+	00:12-	00:22&	00:02+	00:00=	00:13-	00:12+	00:22#	00:04+	00:02+	00:05-	00:11-	00:02-	00:01+	00:01-
<b>3</b>	<b>Njål F. Vadla</b>	<b>93</b>										<b>36:13</b>					
01:25-	03:02-	05:21-	07:56-	10:25-	11:48-	12:59-	15:38+	17:57+	22:07+	24:11+	26:16+	28:29+	31:59+	33:28+	35:09+	35:48+	36:13+
01:25-	01:37-	02:19-	02:35-	02:29-	01:23+	01:11-	02:39+	02:19-	04:10=	02:04+	02:05+	02:13+	03:30-	01:29-	01:41-	00:39-	00:25-
00:03-	00:03-	00:04-	00:04-	00:24-	00:01+	00:03-	01:18&	00:05-	00:00=	00:09+	00:03+	00:11+	00:14-	00:11-	00:04-	00:03-	00:01-
<b>4</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>										<b>37:36</b>					
01:34+	03:06-	05:36+	08:36+	11:20+	12:39+	13:56+	15:49+	18:14+	22:29+	25:22+	27:31+	29:37+	33:21+	34:58+	36:30+	37:10+	37:36+
01:34+	01:32-	02:30+	03:00+	02:44-	01:19-	01:17+	01:53+	02:25+	04:15+	02:53+	02:09+	02:06+	03:44=	01:37-	01:32-	00:40-	00:26=
00:06+	00:08-	00:07+	00:21#	00:09-	00:03-	00:03+	00:32&	00:01+	00:05+	00:58&	00:07+	00:04+	00:00=	00:03-	00:13-	00:02-	00:00=
<b>5</b>	<b>Tom Furland</b>	<b>62</b>										<b>39:12</b>					
01:34+	03:17+	05:57+	09:05+	11:43+	13:16+	14:32+	16:27+	18:53+	23:24+	26:06+	28:12+	30:18+	34:22+	36:16+	38:00+	38:42+	39:12+
01:34+	01:43+	02:40+	03:08+	02:38-	01:33+	01:16+	01:55+	02:26+	04:31+	02:42+	02:06+	02:06+	04:04+	01:54+	01:44-	00:42=	00:30+
00:06+	00:03+	00:17#	00:29#	00:15-	00:11#	00:02+	00:34&	00:02+	00:21+	00:47&	00:04+	00:04+	00:20+	00:14#	00:01-	00:00=	00:04#
<b>6</b>	<b>Morten Aamodt</b>	<b>116</b>										<b>40:48</b>					
01:44+	03:22+	05:45+	08:46+	11:51+	13:22+	14:39+	16:16+	18:50+	24:48+	26:54+	29:26+	32:05+	36:13+	37:48+	39:31+	40:19+	40:48+
01:44+	01:38-	02:23=	03:01+	03:05+	01:31+	01:17+	01:37+	02:34+	05:58+	02:06+	02:32+	02:39+	04:08+	01:35-	01:43-	00:48+	00:29+
00:16#	00:02-	00:00=	00:22#	00:12+	00:09#	00:03+	00:16#	00:10+	01:48&	00:11+	00:30#	00:37&	00:24#	00:05-	00:02-	00:06#	00:03#
<b>7</b>	<b>Joar Eilevstjønn</b>	<b>67</b>										<b>41:05</b>					
01:47+	03:25+	06:02+	09:32+	13:04+	14:44+	17:13+	18:41+	22:03+	26:19+	28:18+	30:28+	32:38+	36:38+	38:14+	39:55+	40:38+	41:05+
01:47+	01:38-	02:37+	03:30+	03:32+	01:40+	02:29+	01:28+	03:22+	04:16+	01:59+	02:10+	02:10+	04:00+	01:36-	01:41-	00:43+	00:27+
00:19#	00:02-	00:14+	00:51&	00:39#	00:18#	01:15@	00:07+	00:58&	00:06+	00:04+	00:08+	00:08+	00:16+	00:04-	00:04-	00:01+	00:01+
<b>8</b>	<b>Jan-Rune Basso</b>	<b>91</b>										<b>42:23</b>					
01:33+	03:18+	05:48+	10:17+	13:04+	14:37+	15:59+	18:26+	21:10+	25:46+	28:10+	30:36+	32:56+	36:56+	38:52+	41:07+	41:53+	42:23+
01:33+	01:45+	02:30+	04:29+	02:47-	01:33+	01:22+	02:27+	02:44+	04:36+	02:24+	02:26+	02:20+	04:00+	01:56+	02:15+	00:46+	00:30+
00:05+	00:05+	00:07+	01:50&	00:06-	00:11#	00:08#	01:06&	00:20#	00:26#	00:29&	00:24#	00:18#	00:16+	00:16#	00:30&	00:04+	00:04#
<b>9</b>	<b>Terje Michaelsen</b>	<b>47</b>										<b>42:40</b>					
01:58+	03:39+	06:18+	10:36+	13:47+	15:28+	17:03+	19:26+	22:03+	27:00+	29:22+	31:31+	33:37+	37:47+	39:47+	41:30+	42:11+	42:40+
01:58+	01:41+	02:39+	04:18+	03:11+	01:41+	01:35+	02:23+	02:37+	04:57+	02:22+	02:09+	02:06+	04:10+	02:00+	01:43-	00:41-	00:29+
00:30&	00:01+	00:16#	01:39&	00:18#	00:19#	00:21&	01:02&	00:13+	00:47#	00:27#	00:07+	00:04+	00:26#	00:20#	00:02-	00:01-	00:03#
<b>10</b>	<b>Geir Sand</b>	<b>105</b>										<b>43:16</b>					
01:48+	03:30+	05:53+	09:23+	12:47+	14:28+	15:43+	17:12+	19:44+	23:53+	25:54+	31:34+	34:28+	38:27+	40:01+	42:00+	42:51+	43:16+
01:48+	01:42+	02:23=	03:30+	03:24+	01:41+	01:15+	01:29+	02:32+	04:09-	02:01+	05:40+	02:54+	03:59+	01:34-	01:59+	00:51+	00:25-
00:20#	00:02+	00:00=	00:51&	00:31#	00:19#	00:01+	00:08+	00:08+	00:01-	00:06+	03:38@	00:52&	00:15+	00:06-	00:14#	00:09#	00:01-
<b>11</b>	<b>Oddgeir Eikeskog</b>	<b>93</b>										<b>44:00</b>					
01:46+	03:35+	06:12+	09:18+	13:06+	14:44+	16:00+	18:15+	20:40+	25:54+	28:39+	31:09+	33:45+	38:00+	39:52+	42:37+	43:26+	44:00+
01:46+	01:49+	02:37+	03:06+	03:48+	01:38+	01:16+	02:15+	02:25+	05:14+	02:45+	02:30+	02:36+	04:15+	01:52+	02:45+	00:49+	00:34+
00:18#	00:09+	00:14+	00:27#	00:55&	00:16#	00:02+	00:54&	00:01+	01:04&	00:50&	00:28#	00:34&	00:31#	00:12#	01:00&	00:07#	00:08&
<b>12</b>	<b>Jone Sæbbø</b>	<b>90</b>										<b>45:56</b>					
01:51+	03:33+	06:11+	09:47+	13:08+	15:13+	16:55+	19:07+	22:03+	28:02+	30:42+	33:34+	36:17+	40:22+	42:06+	44:16+	45:13+	45:56+
01:51+	01:42+	02:38+	03:36+	03:21+	02:05+	01:42+	02:12+	02:56+	05:59+	02:40+	02:52+	02:43+	04:05+	01:44+	02:10+	00:57+	00:43+
00:23&	00:02+	00:15#	00:57&	00:28#	00:43&	00:28&	00:51&	00:32#	01:49&	00:45&	00:50&	00:41&	00:21+	00:04+	00:25#	00:15&	00:17&
<b>13</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>										<b>46:18</b>					
02:06+	03:40+	06:10+	09:45+	13:08+	14:37+	16:03+	17:57+	20:23+	24:45+	26:49+	34:14+	36:29+	40:07+	41:40+	44:16+	45:50+	46:18+
02:06+	01:34-	02:30+	03:35+	03:23+	01:29+	01:26+	01:54+	02:26+	04:22+	02:04+	07:25+	02:15+	03:38-	01:33-	02:36+	01:34+	00:28+
00:38&	00:06-	00:07+	00:56&	00:30#	00:07+	00:12#	00:33&	00:02+	00:12+	00:09+	05:23@	00:13#	00:06-	00:07-	00:51&	00:52@	00:02+
<b>14</b>	<b>Svein Erik Kvame</b>	<b>116</b>										<b>48:10</b>					
02:07+	04:24+	07:31+	11:07+	15:01+	16:48+	18:23+	20:16+	23:24+	29:10+	32:06+	35:02+	37:50+	42:26+	44:11+	46:15+	47:39+	48:10+
02:07+	02:17+	03:07+	03:36+	03:54+	01:47+	01:35+	01:53+	03:08+	05:46+	02:56+	02:56+	02:48+	04:36+	01:45+	02:04+	01:24+	00:31+
00:39&	00:37&	00:44&	00:57&	01:01&	00:25&	00:21&	00:32&	00:44&	01:36&	01:01&	00:54&	00:46&	00:52#	00:05+	00:19#	00:42&	00:05#
<b>15</b>	<b>Bjørnar André Haug</b>	<b>80</b>										<b>48:53</b>					
01:57+	03:47+	06:32+	10:47+	14:48+	16:52+	18:01+	20:46+	23:27+	28:48+	31:33+	34:36+	38:10+	42:41+	44:36+	47:33+	48:26+	48:53+
01:57+	01:50+	02:45+	04:15+	04:01+	02:04+	01:09-	02:45+	02:41+	05:21+	02:45+	03:03+	03:34+	04:31+	01:55+	02:57+	00:53+	00:27+
00:29&	00:10#	00:22#	01:36&	01:08&	00:42&	00:05-	01:24@	00:17#	01:11&	00:50&	01:01&	01:32&	00:47#	00:15#	01:12&	00:11&	00:01+
<b>16</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>										<b>51:33</b>					
02:15+	04:27+	07:36+	11:13+	15:05+	17:16+	18:49+	20:40+	23:47+	30:15+	33:09+	36:34+	39:42+	44:56+	47:08+	49:51+	50:58+	51:33+
02:15+	02:12+	03:09+	03:37+	03:52+	02:11+	01:33+	01:51+	03:07+	06:28+	02:54+	03:25+	03:08+	05:14+	02:12+	02:43+	01:07+	00:35+
00:47&	00:32&	00:46&	00:58&	00:59&	00:49&	00:19&	00:30&	00:43&	02:18&	00:59&	01:23&	01:06&	01:30&	00:32&	00:58&	00:25&	00:09&



Class	Navn	Klasse	Tid
<b>12</b>	<b>Øystein Huglen</b>	<b>27</b>	<b>44:15</b>
01:08+	03:54+	06:29+	14:05+
01:08+	02:46+	02:35+	07:36+
00:11#	00:19#	00:35&	05:26@
01:08+	02:46+	02:35+	07:36+
01:08+	02:46+	02:35+	07:36+
00:11#	00:19#	00:35&	05:26@
00:42&	00:44&	00:04-	00:09+
00:53&	00:04-	01:00&	00:31#
00:32&	00:09-	00:04#	
<b>13</b>	<b>Sveinung Svebestad</b>	<b>46</b>	<b>45:39</b>
01:20+	04:50+	07:16+	10:18+
01:20+	03:30+	02:26+	03:02+
00:23&	01:03&	00:26#	00:52&
01:20+	03:30+	02:26+	03:02+
01:20+	03:30+	02:26+	03:02+
00:23&	01:03&	00:26#	00:52&
00:48&	01:01&	00:04+	00:10-
01:13&	01:04#	02:11&	01:18&
00:44&	02:24+	44:58+	45:39+
02:51+	02:34+	00:41+	
01:02&	00:14&		
<b>14</b>	<b>Ivar Knutsen</b>	<b>116</b>	<b>45:42</b>
01:31+	05:05+	08:15+	11:29+
01:31+	03:34+	03:10+	03:14+
00:34&	01:07&	01:10&	01:04&
01:31+	03:34+	03:10+	03:14+
01:31+	03:34+	03:10+	03:14+
00:34&	01:07&	01:10&	01:04&
00:48&	01:39&	00:16#	00:22-
01:13&	01:12#	00:43#	01:39&
00:43&	00:18#	00:18#	00:12&
<b>15</b>	<b>Tore Svendsen</b>	<b>27</b>	<b>45:43</b>
01:15+	05:01+	07:42+	10:25+
01:15+	03:46+	02:41+	02:43+
00:18&	01:19&	00:41&	00:33&
01:15+	03:46+	02:41+	02:43+
01:15+	03:46+	02:41+	02:43+
00:18&	01:19&	00:41&	00:33&
00:26#	02:35@	00:09-	00:13-
01:16&	00:45#	01:04&	01:58&
01:06&	00:29&	00:09&	00:09&
<b>16</b>	<b>Ove Oaland</b>	<b>116</b>	<b>53:34</b>
01:58+	05:32+	08:28+	11:45+
01:58+	03:34+	02:56+	03:17+
01:01@	01:07&	00:56&	01:07&
01:58+	03:34+	02:56+	03:17+
01:58+	03:34+	02:56+	03:17+
01:01@	01:07&	00:56&	01:07&
01:16&	00:35&	01:04&	02:36&
01:30&	01:49&	01:40&	01:00&
00:09&	00:09&	00:09&	00:09&
<b>17</b>	<b>Erling Mauland</b>	<b>83</b>	<b>54:33</b>
01:11+	04:50+	08:26+	11:22+
01:11+	03:39+	03:36+	02:56+
00:14#	01:12&	01:36&	00:46&
01:11+	03:39+	03:36+	02:56+
01:11+	03:39+	03:36+	02:56+
00:14#	01:12&	01:36&	00:46&
00:41&	01:32&	00:09#	00:59&
00:36#	01:01#	09:35@	01:17&
00:55&	00:24&	00:10&	00:26
<b>Beste strekktid for klassen</b>			
00:57	02:27	01:58	02:10
01:43	02:14	01:12	01:27
02:29	04:37	03:24	03:24
02:07	01:00	00:26	

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

## Herrer Ny

<b>1</b>	<b>Goran Djajic</b>	<b>115</b>	<b>25:41</b>
04:47=	08:20=	11:11=	12:51=
04:47=	03:33=	02:51=	01:40=
00:00=	00:00=	00:00=	00:00=
04:47=	08:20=	11:11=	12:51=
04:47=	03:33=	02:51=	01:40=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Oddbjørn Nevestveit</b>	<b>80</b>	<b>28:36</b>
02:19-	07:14-	10:33-	12:41-
02:19-	04:55+	03:19+	02:08+
02:28-	01:22&	00:28#	00:28&
02:19-	07:14-	10:33-	12:41-
02:19-	04:55+	03:19+	02:08+
02:28-	01:22&	00:28#	00:28&
<b>3</b>	<b>Kevin Hammer Knutsen</b>	<b>239</b>	<b>30:35</b>
03:08-	08:48+	15:49+	17:53+
03:08-	05:40+	07:01+	02:04+
01:39-	02:07&	04:10@	00:24#
03:08-	05:40+	07:01+	02:04+
03:08-	05:40+	07:01+	02:04+
01:39-	02:07&	04:10@	00:24#
<b>4</b>	<b>Thorben Beimel</b>	<b>239</b>	<b>30:36</b>
03:07-	08:45+	15:56+	17:51+
03:07-	05:38+	07:11+	01:55+
01:40-	02:05&	04:20@	00:15#
03:07-	08:45+	15:56+	17:51+
03:07-	05:38+	07:11+	01:55+
01:40-	02:05&	04:20@	00:15#
<b>5</b>	<b>Jon Arne Bratås</b>	<b>239</b>	<b>30:44</b>
03:15-	09:01+	16:01+	17:56+
03:15-	05:46+	07:00+	01:55+
01:32-	02:13&	04:09@	00:15#
03:15-	09:01+	16:01+	17:56+
03:15-	05:46+	07:00+	01:55+
01:32-	02:13&	04:09@	00:15#
<b>6</b>	<b>Simon Whitehead</b>	<b>42</b>	<b>31:15</b>
03:10-	12:21+	15:24+	17:16+
03:10-	09:11+	03:03+	01:52+
01:37-	05:38@	00:12+	00:12#
03:10-	12:21+	15:24+	17:16+
03:10-	09:11+	03:03+	01:52+
01:37-	05:38@	00:12+	00:12#
<b>7</b>	<b>Bernt Christian Bugge</b>	<b>46</b>	<b>32:14</b>
02:31-	09:47+	14:47+	16:39+
02:31-	07:16+	05:00+	01:52+
02:16-	03:43@	02:09&	00:12#
02:31-	09:47+	14:47+	16:39+
02:31-	07:16+	05:00+	01:52+
02:16-	03:43@	02:09&	00:12#

Class	Navn	Klasse	Tid
<b>8</b>	<b>Johannes Fenne</b>	<b>134</b>	<b>38:10</b>
	09:34+ 14:21+ 19:38+ 22:36+ 28:42+ 33:30+ 37:25+ 38:10+		
	09:34+ 04:47+ 05:17+ 02:58+ 06:06+ 04:48+ 03:55+ 00:45-		
	04:47& 01:14& 02:26& 01:18& 01:36& 00:26+ 00:53& 00:11-		
<b>9</b>	<b>Robert Soggemoen</b>	<b>62</b>	<b>42:37</b>
	03:01- 07:09- 11:06- 17:36+ 33:26+ 37:51+ 41:42+ 42:37+		
	03:01- 04:08+ 03:57+ 06:30+ 15:50+ 04:25+ 03:51+ 00:55-		
	01:46- 00:35# 01:06& 04:50@ 11:20@ 00:03+ 00:49& 00:01-		
<b>Beste strekktid for klassen</b>			
	02:19 03:33 02:51 01:40 03:58 04:22 03:00 00:40		

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

## Herrer Trim

<b>1</b>	<b>Trond Egil Toft</b>	<b>53</b>	<b>26:21</b>
	01:22= 06:26= 08:42= 11:49= 13:51= 17:38= 20:59= 23:36= 24:42= 25:52= 26:21=		
	01:22= 05:04= 02:16= 03:07= 02:02= 03:47= 03:21= 02:37= 01:06= 01:10= 00:29=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Martin Svensen</b>	<b>284</b>	<b>26:50</b>
	01:32+ 05:55- 08:59+ 11:37- 14:33+ 18:45+ 21:26+ 23:55+ 25:07+ 26:26+ 26:50+		
	01:32+ 04:23- 03:04+ 02:38- 02:56+ 04:12+ 02:41- 02:29- 01:12+ 01:19+ 00:24-		
	00:10# 00:41- 00:48& 00:29- 00:54& 00:25# 00:40- 00:08- 00:06+ 00:09# 00:05-		
<b>3</b>	<b>Thomas Johansen</b>	<b>111</b>	<b>28:07</b>
	01:36+ 04:55- 07:57- 10:57- 13:48- 17:58+ 21:36+ 24:31+ 25:43+ 27:28+ 28:07+		
	01:36+ 03:19- 03:02+ 03:00- 02:51+ 04:10+ 03:38+ 02:55+ 01:12+ 01:45+ 00:39+		
	00:14# 01:45- 00:46& 00:07- 00:49& 00:23# 00:17+ 00:18# 00:06+ 00:35& 00:10&		
<b>4</b>	<b>Ole Andreas Otterøen</b>	<b>92</b>	<b>28:20</b>
	01:34+ 05:20- 08:38- 11:43- 13:46- 18:06+ 21:44+ 24:52+ 25:56+ 27:40+ 28:20+		
	01:34+ 03:46- 03:18+ 03:05- 02:03+ 04:20+ 03:38+ 03:08+ 01:04- 01:44+ 00:40+		
	00:12# 01:18- 01:02& 00:02- 00:01+ 00:33# 00:17+ 00:31# 00:02- 00:34& 00:11&		
<b>5</b>	<b>Mathias Nødland</b>	<b>295</b>	<b>28:22</b>
	01:31+ 04:37- 07:08- 09:52- 14:35+ 18:36+ 21:27+ 24:09+ 26:19+ 27:49+ 28:22+		
	01:31+ 03:06- 02:31+ 02:44- 04:43+ 04:01+ 02:51- 02:42+ 02:10+ 01:30+ 00:33+		
	00:09# 01:58- 00:15# 00:23- 02:41@ 00:14+ 00:30- 00:05+ 01:04& 00:20& 00:04#		
<b>6</b>	<b>Anders Noraberg</b>	<b>269</b>	<b>28:37</b>
	02:51+ 06:43+ 09:49+ 12:11+ 15:24+ 19:01+ 22:00+ 25:20+ 26:29+ 28:07+ 28:37+		
	02:51+ 03:52- 03:06+ 02:22- 03:13+ 03:37- 02:59- 03:20+ 01:09+ 01:38+ 00:30+		
	01:29@ 01:12- 00:50& 00:45- 01:11& 00:10- 00:22- 00:43& 00:03+ 00:28& 00:01+		
<b>7</b>	<b>Endre Bøen</b>	<b>72</b>	<b>29:43</b>
	01:38+ 05:17- 07:58- 13:06+ 15:39+ 20:58+ 23:50+ 26:37+ 27:40+ 29:11+ 29:43+		
	01:38+ 03:39- 02:41+ 05:08+ 02:33+ 05:19+ 02:52- 02:47+ 01:03- 01:31+ 00:32+		
	00:16# 01:25- 00:25# 02:01& 00:31& 01:32& 00:29- 00:10+ 00:03- 00:21& 00:03#		
<b>8</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>	<b>30:34</b>
	01:38+ 05:18- 08:08- 12:53+ 15:26+ 20:09+ 23:25+ 26:50+ 28:02+ 29:51+ 30:34+		
	01:38+ 03:40- 02:50+ 04:45+ 02:33+ 04:43+ 03:16- 03:25+ 01:12+ 01:49+ 00:43+		
	00:16# 01:24- 00:34# 01:38& 00:31& 00:56# 00:05- 00:48& 00:06+ 00:39& 00:14&		
<b>9</b>	<b>Glenn Madland</b>	<b>128</b>	<b>30:43</b>
	02:08+ 06:51+ 09:17+ 11:39- 14:03+ 17:47+ 20:52- 23:39+ 28:56+ 30:17+ 30:43+		
	02:08+ 04:43- 02:26+ 02:22- 02:24+ 03:44- 03:05- 02:47+ 05:17+ 01:21+ 00:26-		
	00:46& 00:21- 00:10+ 00:45- 00:22# 00:03- 00:16- 00:10+ 04:11@ 00:11# 00:03-		
<b>10</b>	<b>Frode Lund</b>	<b>18</b>	<b>31:06</b>
	01:27+ 05:20- 08:45+ 11:58+ 14:35+ 19:59+ 23:51+ 27:30+ 28:53+ 30:32+ 31:06+		
	01:27+ 03:53- 03:25+ 03:13+ 02:37+ 05:24+ 03:52+ 03:39+ 01:23+ 01:39+ 00:34+		
	00:05+ 01:11- 01:09& 00:06+ 00:35& 01:37& 00:31# 01:02& 00:17& 00:29& 00:05#		
<b>11</b>	<b>Bruce Chalmers</b>	<b>165</b>	<b>31:17</b>
	01:44+ 04:56- 09:30+ 12:08+ 15:01+ 19:29+ 25:03+ 28:16+ 29:16+ 30:43+ 31:17+		
	01:44+ 03:12- 04:34+ 02:38- 02:53+ 04:28+ 05:34+ 03:13+ 01:00- 01:27+ 00:34+		
	00:22& 01:52- 02:18@ 00:29- 00:51& 00:41# 02:13& 00:36# 00:06- 00:17# 00:05#		

Class	Navn	Klasse	Tid
<b>12</b>	<b>Tor Arne Olsen</b>	<b>50</b>	<b>31:47</b>
02:12+	06:27+	09:53+	13:10+
02:12+	04:15-	03:26+	03:17+
00:50&	00:49-	01:10&	00:10+
	00:44&	00:53#	00:32#
	00:50&	00:20&	00:30&
	00:16&		
<b>13</b>	<b>Pär Andersson</b>	<b>50</b>	<b>31:50</b>
01:34+	04:57-	07:54-	12:13+
01:34+	03:23-	02:57+	04:19+
00:12#	01:41-	00:41&	01:12&
	01:16&	02:16&	00:04+
	00:50&	00:06+	00:26&
	00:07#		
<b>14</b>	<b>Ingvar Haabeth</b>	<b>92</b>	<b>32:17</b>
01:37+	05:42-	09:10+	12:54+
01:37+	04:05-	03:28+	03:44+
00:15#	00:59-	01:12&	00:37#
	00:47&	01:34&	00:23#
	01:16&	00:18&	00:25&
	00:08&		
<b>15</b>	<b>Kjetil Sommernes</b>	<b>116</b>	<b>33:11</b>
01:32+	05:33-	08:26-	12:09+
01:32+	04:01-	02:53+	03:43+
00:10#	01:03-	00:37&	00:36#
	00:23#	04:12@	00:02+
	00:54&	00:29&	00:26&
	00:04#		
<b>16</b>	<b>Antal Jansen</b>	<b>115</b>	<b>33:23</b>
04:16+	09:14+	11:44+	17:33+
04:16+	04:58-	02:30+	05:49+
02:54@	00:06-	00:14#	02:42&
	00:24#	00:18+	00:03+
	00:16-	00:08#	00:03#
<b>17</b>	<b>Robin Chalmers</b>	<b>165</b>	<b>34:35</b>
01:33+	07:24+	10:13+	12:54+
01:33+	05:51+	02:49+	02:41-
00:11#	00:47#	00:33#	00:26-
	01:03&	00:55#	02:07&
	00:51&	01:31@	00:38&
	00:04#		
<b>18</b>	<b>Asle Schanke Grude</b>	<b>92</b>	<b>35:56</b>
02:07+	06:34+	12:27+	17:01+
02:07+	04:27-	05:53+	04:34+
00:45&	00:37-	03:37@	01:27&
	00:14#	00:56#	00:18+
	01:13&	01:04&	00:23&
	00:15&		
<b>19</b>	<b>Hans Klausen</b>	<b>62</b>	<b>35:59</b>
02:42+	06:57+	10:39+	14:15+
02:42+	04:15-	03:42+	03:36+
01:20&	00:49-	01:26&	00:29#
	00:08+	02:22&	00:48#
	02:28&	00:37&	00:44&
	00:05#		
<b>20</b>	<b>Bruno Pierfelice</b>	<b>51</b>	<b>36:19</b>
04:43+	06:33+	11:55+	15:03+
04:43+	01:50-	05:22+	03:08+
03:21@	03:14-	03:06@	00:01+
	02:06@	01:26-	01:10&
	00:24#	02:51@	00:03-
	01:02@	00:40+	
<b>21</b>	<b>Christoffer Soma</b>	<b>286</b>	<b>36:39</b>
02:05+	06:38+	10:12+	14:45+
02:05+	04:33-	03:34+	04:33+
00:43&	00:31-	01:18&	01:26&
	00:43&	03:11&	00:14+
	01:17&	01:22@	00:33&
	00:02+		
<b>22</b>	<b>Frode Ungar</b>	<b>116</b>	<b>37:10</b>
02:01+	05:45-	08:46+	12:23+
02:01+	03:44-	03:01+	03:37+
00:39&	01:20-	00:45&	00:30#
	01:06&	01:19&	00:27#
	03:13@	02:43@	01:14@
	00:13&		
<b>23</b>	<b>Fredrik Soma</b>	<b>296</b>	<b>37:21</b>
01:46+	05:16-	09:03+	11:47-
01:46+	03:30-	03:47+	02:44-
00:24&	01:34-	01:31&	00:23-
	06:17@	01:06&	00:29#
	01:14&	01:28@	00:17#
	00:11&		
<b>24</b>	<b>Anders H Foss</b>	<b>263</b>	<b>37:45</b>
02:22+	06:41+	13:02+	16:42+
02:22+	04:19-	06:21+	03:40+
01:00&	00:45-	04:05@	00:33#
	00:33&	01:56&	00:57&
	01:30&	00:21&	00:57&
	00:17&		
<b>25</b>	<b>Asbjørn Brådlund</b>	<b>32</b>	<b>38:52</b>
01:33+	06:31+	09:45+	13:18+
01:33+	04:58-	03:14+	03:33+
00:11#	00:06-	00:58&	00:26#
	00:48&	03:26&	00:51&
	04:06@	01:23@	00:23&
	00:05#		
<b>26</b>	<b>Joar Fandrem</b>	<b>94</b>	<b>39:11</b>
01:51+	06:42+	10:09+	15:57+
01:51+	04:51-	03:27+	05:48+
00:29&	00:13-	01:11&	02:41&
	00:35&	05:00@	00:29#
	01:43&	00:09#	00:37&
	00:09&		

Class	Navn	Klasse	Tid							
<b>27</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>	<b>39:26</b>							
02:00+	06:41+	10:57+	15:40+	19:46+	24:24+	30:19+	34:09+	36:16+	38:44+	39:26+
02:00+	04:41-	04:16+	04:43+	04:06+	04:38+	05:55+	03:50+	02:07+	02:28+	00:42+
00:38&	00:23-	02:00&	01:36&	02:04@	00:51#	02:34&	01:13&	01:01&	01:18@	00:13&
<b>28</b>	<b>Arne Hope</b>	<b>43</b>	<b>39:29</b>							
02:00+	06:35+	10:18+	15:05+	18:06+	24:00+	30:23+	34:38+	36:09+	38:42+	39:29+
02:00+	04:35-	03:43+	04:47+	03:01+	05:54+	06:23+	04:15+	01:31+	02:33+	00:47+
00:38&	00:29-	01:27&	01:40&	00:59&	02:07&	03:02&	01:38&	00:25&	01:23@	00:18&
<b>29</b>	<b>Einar Tønnesen</b>	<b>29</b>	<b>39:49</b>							
01:54+	06:30+	10:28+	14:11+	17:14+	24:49+	31:13+	35:21+	37:03+	39:06+	39:49+
01:54+	04:36-	03:58+	03:43+	03:03+	07:35+	06:24+	04:08+	01:42+	02:03+	00:43+
00:32&	00:28-	01:42&	00:36#	01:01&	03:48@	03:03&	01:31&	00:36&	00:53&	00:14&
<b>30</b>	<b>Nils Egil Lie</b>	<b>91</b>	<b>40:53</b>							
01:54+	08:12+	11:38+	16:02+	18:57+	24:59+	32:15+	36:52+	38:22+	40:13+	40:53+
01:54+	06:18+	03:26+	04:24+	02:55+	06:02+	07:16+	04:37+	01:30+	01:51+	00:40+
00:32&	01:14#	01:10&	01:17&	00:53&	02:15&	03:55@	02:00&	00:24&	00:41&	00:11&
<b>31</b>	<b>John Øgreid</b>	<b>27</b>	<b>41:03</b>							
01:51+	05:29-	08:41-	19:04+	21:32+	27:58+	32:29+	36:37+	38:21+	40:24+	41:03+
01:51+	03:38-	03:12+	10:23+	02:28+	06:26+	04:31+	04:08+	01:44+	02:03+	00:39+
00:29&	01:26-	00:56&	07:16@	00:26#	02:39&	01:10&	01:31&	00:38&	00:53&	00:10&
<b>32</b>	<b>Oddgeir Nevland</b>	<b>51</b>	<b>41:06</b>							
01:49+	06:55+	10:27+	20:39+	22:49+	27:46+	32:42+	37:09+	38:41+	40:24+	41:06+
01:49+	05:06+	03:32+	10:12+	02:10+	04:57+	04:56+	04:27+	01:32+	01:43+	00:42+
00:27&	00:02+	01:16&	07:05@	00:08+	01:10&	01:35&	01:50&	00:26&	00:33&	00:13&
<b>33</b>	<b>Reidar Haver</b>	<b>4</b>	<b>41:35</b>							
02:19+	08:58+	12:43+	19:41+	22:35+	28:39+	32:42+	37:47+	39:12+	40:59+	41:35+
02:19+	06:39+	03:45+	06:58+	02:54+	06:04+	04:03+	05:05+	01:25+	01:47+	00:36+
00:57&	01:35&	01:29&	03:51@	00:52&	02:17&	00:42#	02:28&	00:19&	00:37&	00:07#
<b>34</b>	<b>Samuel Denieul</b>	<b>42</b>	<b>43:20</b>							
02:56+	08:16+	13:31+	18:03+	24:04+	29:03+	34:28+	39:26+	40:38+	42:49+	43:20+
02:56+	05:20+	05:15+	04:32+	06:01+	04:59+	05:25+	04:58+	01:12+	02:11+	00:31+
01:34@	00:16+	02:59@	01:25&	03:59@	01:12&	02:04&	02:21&	00:06+	01:01&	00:02+
<b>35</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>	<b>43:51</b>							
02:02+	06:54+	10:20+	22:23+	25:27+	30:36+	34:58+	38:59+	40:27+	42:52+	43:51+
02:02+	04:52-	03:26+	12:03+	03:04+	05:09+	04:22+	04:01+	01:28+	02:25+	00:59+
00:40&	00:12-	01:10&	08:56@	01:02&	01:22&	01:01&	01:24&	00:22&	01:15@	00:30@
<b>36</b>	<b>John Thorsnæs</b>	<b>51</b>	<b>44:16</b>							
01:40+	07:02+	14:27+	19:08+	23:22+	30:49+	35:06+	39:37+	41:12+	43:44+	44:16+
01:40+	05:22+	07:25+	04:41+	04:14+	07:27+	04:17+	04:31+	01:35+	02:32+	00:32+
00:18#	00:18+	05:09@	01:34&	02:12@	03:40&	00:56&	01:54&	00:29&	01:22@	00:03#
<b>37</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>	<b>44:42</b>							
01:33+	05:43-	10:24+	20:26+	23:31+	32:30+	36:25+	40:53+	42:04+	44:01+	44:42+
01:33+	04:10-	04:41+	10:02+	03:05+	08:59+	03:55+	04:28+	01:11+	01:57+	00:41+
00:11#	00:54-	02:25@	06:55@	01:03&	05:12@	00:34#	01:51&	00:05+	00:47&	00:12&
<b>38</b>	<b>Tor Inge Hansen</b>	<b>144</b>	<b>46:14</b>							
01:37+	08:24+	12:16+	22:32+	25:29+	34:09+	37:23+	40:39+	42:19+	45:34+	46:14+
01:37+	06:47+	03:52+	10:16+	02:57+	08:40+	03:14-	03:16+	01:40+	03:15+	00:40+
00:15#	01:43&	01:36&	07:09@	00:55&	04:53@	00:07-	00:39#	00:34&	02:05@	00:11&
<b>39</b>	<b>Einar Hinna</b>	<b>7</b>	<b>46:34</b>							
02:34+	08:01+	12:05+	16:41+	20:26+	29:13+	35:15+	40:27+	42:02+	45:25+	46:34+
02:34+	05:27+	04:04+	04:36+	03:45+	08:47+	06:02+	05:12+	01:35+	03:23+	01:09+
01:12&	00:23+	01:48&	01:29&	01:43&	05:00@	02:41&	02:35&	00:29&	02:13@	00:40@
<b>40</b>	<b>Tor Gunnar Osen</b>	<b>116</b>	<b>47:00</b>							
06:43+	11:01+	16:42+	22:41+	25:02+	30:06+	33:37+	43:04+	44:25+	46:16+	47:00+
06:43+	04:18-	05:41+	05:59+	02:21+	05:04+	03:31+	09:27+	01:21+	01:51+	00:44+
05:21@	00:46-	03:25@	02:52&	00:19#	01:17&	00:10+	06:50@	00:15#	00:41&	00:15&
<b>41</b>	<b>Espen Lunde</b>	<b>68</b>	<b>47:40</b>							
03:17+	09:01+	14:07+	20:50+	24:22+	30:08+	36:40+	41:08+	44:57+	46:54+	47:40+
03:17+	05:44+	05:06+	06:43+	03:32+	05:46+	06:32+	04:28+	03:49+	01:57+	00:46+
01:55@	00:40#	02:50@	03:36@	01:30&	01:59&	03:11&	01:51&	02:43@	00:47&	00:17&

Class	Navn	Klasse	Tid
<b>42</b>	<b>Geirmund Gjedrem</b>	<b>27</b>	<b>48:04</b>
01:48+	08:31+ 12:03+ 15:38+ 18:05+ 23:39+ 38:10+ 42:06+ 43:59+ 47:23+ 48:04+		
01:48+	06:43+ 03:32+ 03:35+ 02:27+ 05:34+ 14:31+ 03:56+ 01:53+ 03:24+ 00:41+		
00:26&	01:39& 01:16& 00:28# 00:25# 01:47& 11:10@ 01:19& 00:47& 02:14@ 00:12&		
<b>43</b>	<b>Ommund Bakkevoid</b>	<b>68</b>	<b>48:25</b>
02:19+	10:28+ 15:04+ 21:36+ 25:09+ 31:50+ 37:47+ 43:07+ 44:48+ 47:31+ 48:25+		
02:19+	08:09+ 04:36+ 06:32+ 03:33+ 06:41+ 05:57+ 05:20+ 01:41+ 02:43+ 00:54+		
00:57&	03:05& 02:20@ 03:25@ 01:31& 02:54& 02:36& 02:43@ 00:35& 01:33@ 00:25&		
<b>44</b>	<b>Arild Svihus</b>	<b>92</b>	<b>48:39</b>
03:23+	09:23+ 13:31+ 21:29+ 28:37+ 34:54+ 39:41+ 44:04+ 45:46+ 47:57+ 48:39+		
03:23+	06:00+ 04:08+ 07:58+ 07:08+ 06:17+ 04:47+ 04:23+ 01:42+ 02:11+ 00:42+		
02:01@	00:56# 01:52& 04:51@ 05:06@ 02:30& 01:26& 01:46& 00:36& 01:01& 00:13&		
<b>45</b>	<b>Stian Knudsen</b>	<b>144</b>	<b>49:13</b>
02:05+	06:55+ 11:32+ 15:25+ 23:51+ 30:33+ 40:24+ 44:29+ 46:01+ 48:38+ 49:13+		
02:05+	04:50- 04:37+ 03:53+ 08:26+ 06:42+ 09:51+ 04:05+ 01:32+ 02:37+ 00:35+		
00:43&	00:14- 02:21@ 00:46# 06:24@ 02:55& 06:30@ 01:28& 00:26& 01:27@ 00:06#		
<b>46</b>	<b>Josef Ludoid</b>	<b>228</b>	<b>50:11</b>
02:41+	15:43+ 20:06+ 26:45+ 31:00+ 37:32+ 41:45+ 45:22+ 47:50+ 49:33+ 50:11+		
02:41+	13:02+ 04:23+ 06:39+ 04:15+ 06:32+ 04:13+ 03:37+ 02:28+ 01:43+ 00:38+		
01:19&	07:58@ 02:07& 03:32@ 02:13@ 02:45& 00:52& 01:00& 01:22@ 00:33& 00:09&		
<b>47</b>	<b>Svein-Tore Brundtland</b>	<b>27</b>	<b>50:22</b>
02:55+	08:07+ 10:53+ 22:30+ 30:31+ 37:13+ 42:50+ 46:44+ 48:15+ 49:52+ 50:22+		
02:55+	05:12+ 02:46+ 11:37+ 08:01+ 06:42+ 05:37+ 03:54+ 01:31+ 01:37+ 00:30+		
01:33@	00:08+ 00:30# 08:30@ 05:59@ 02:55& 02:16& 01:17& 00:25& 00:27& 00:01+		
<b>48</b>	<b>Stig Ballestad</b>	<b>37</b>	<b>50:42</b>
02:11+	06:11- 09:25+ 15:38+ 18:26+ 39:11+ 43:06+ 46:39+ 47:55+ 49:56+ 50:42+		
02:11+	04:00- 03:14+ 06:13+ 02:48+ 20:45+ 03:55+ 03:33+ 01:16+ 02:01+ 00:46+		
00:49&	01:04- 00:58& 03:06& 00:46& 16:58@ 00:34# 00:56& 00:10# 00:51& 00:17&		
<b>49</b>	<b>Per Aspøy</b>	<b>117</b>	<b>51:07</b>
03:49+	14:23+ 19:54+ 23:46+ 29:08+ 35:51+ 41:18+ 46:45+ 48:26+ 50:18+ 51:07+		
03:49+	10:34+ 05:31+ 03:52+ 05:22+ 06:43+ 05:27+ 05:27+ 01:41+ 01:52+ 00:49+		
02:27@	05:30@ 03:15@ 00:45# 03:20@ 02:56& 02:06& 02:50@ 00:35& 00:42& 00:20&		
<b>50</b>	<b>Niklas Gustafsson</b>	<b>192</b>	<b>51:37</b>
02:29+	06:59+ 09:50+ 13:43+ 24:10+ 36:00+ 39:34+ 44:53+ 48:28+ 51:00+ 51:37+		
02:29+	04:30- 02:51+ 03:53+ 10:27+ 11:50+ 03:34+ 05:19+ 03:35+ 02:32+ 00:37+		
01:07&	00:34- 00:35& 00:46# 08:25@ 08:03@ 00:13+ 02:42@ 02:29@ 01:22@ 00:08&		
<b>51</b>	<b>Harald Nilsen</b>	<b>79</b>	<b>51:52</b>
02:48+	09:01+ 13:09+ 19:14+ 25:20+ 37:54+ 42:43+ 47:13+ 48:48+ 51:12+ 51:52+		
02:48+	06:13+ 04:08+ 06:05+ 06:06+ 12:34+ 04:49+ 04:30+ 01:35+ 02:24+ 00:40+		
01:26@	01:09# 01:52& 02:58& 04:04@ 08:47@ 01:28& 01:53& 00:29& 01:14@ 00:11&		
<b>52</b>	<b>Per Bakken</b>	<b>5</b>	<b>52:03</b>
02:56+	17:19+ 21:19+ 28:44+ 31:50+ 37:48+ 42:59+ 47:21+ 49:00+ 51:17+ 52:03+		
02:56+	14:23+ 04:00+ 07:25+ 03:06+ 05:58+ 05:11+ 04:22+ 01:39+ 02:17+ 00:46+		
01:34@	09:19@ 01:44& 04:18@ 01:04& 02:11& 01:50& 01:45& 00:33& 01:07& 00:17&		
<b>53</b>	<b>Arild Olsen</b>	<b>4</b>	<b>53:53</b>
02:48+	10:58+ 14:43+ 21:54+ 31:36+ 38:46+ 43:10+ 48:56+ 50:53+ 53:01+ 53:53+		
02:48+	08:10+ 03:45+ 07:11+ 09:42+ 07:10+ 04:24+ 05:46+ 01:57+ 02:08+ 00:52+		
01:26@	03:06& 01:29& 04:04@ 07:40@ 03:23& 01:03& 03:09@ 00:51& 00:58& 00:23&		
<b>54</b>	<b>Tom Leveraas</b>	<b>188</b>	<b>54:41</b>
04:20+	11:39+ 17:09+ 20:53+ 29:14+ 35:33+ 41:59+ 47:02+ 51:43+ 54:05+ 54:41+		
04:20+	07:19+ 05:30+ 03:44+ 08:21+ 06:19+ 06:26+ 05:03+ 04:41+ 02:22+ 00:36+		
02:58@	02:15& 03:14@ 00:37# 06:19@ 02:32& 03:05& 02:26& 03:35@ 01:12@ 00:07#		
<b>55</b>	<b>Ove Vatland</b>	<b>128</b>	<b>55:10</b>
02:36+	08:04+ 12:51+ 17:55+ 26:20+ 34:04+ 44:30+ 49:12+ 51:08+ 53:55+ 55:10+		
02:36+	05:28+ 04:47+ 05:04+ 08:25+ 07:44+ 10:26+ 04:42+ 01:56+ 02:47+ 01:15+		
01:14&	00:24+ 02:31@ 01:57& 06:23@ 03:57@ 07:05@ 02:05& 00:50& 01:37@ 00:46@		
<b>56</b>	<b>Falk Weihs</b>	<b>115</b>	<b>55:20</b>
03:09+	08:02+ 24:59+ 33:31+ 37:16+ 42:47+ 46:32+ 51:48+ 53:01+ 54:46+ 55:20+		
03:09+	04:53- 16:57+ 08:32+ 03:45+ 05:31+ 03:45+ 05:16+ 01:13+ 01:45+ 00:34+		
01:47@	00:11- 14:41@ 05:25@ 01:43& 01:44& 00:24# 02:39@ 00:07# 00:35& 00:05#		



Class	Navn	Klasse	Tid
<b>57</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>	<b>55:24</b>
02:20+	08:55+ 14:13+ 24:02+ 32:04+ 39:10+ 44:54+ 49:58+ 51:45+ 54:28+ 55:24+		
02:20+	06:35+ 05:18+ 09:49+ 08:02+ 07:06+ 05:44+ 05:04+ 01:47+ 02:43+ 00:56+		
00:58&	01:31& 03:02@ 06:42@ 06:00@ 03:19& 02:23& 02:27& 00:41& 01:33@ 00:27&		
<b>58</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>	<b>56:39</b>
02:21+	13:08+ 17:17+ 22:05+ 26:16+ 40:49+ 50:30+ 53:11+ 55:51+ 56:39+		
02:21+	10:47+ 04:09+ 04:48+ 04:11+ 06:33+ 08:00+ 09:41+ 02:41+ 02:40+ 00:48+		
00:59&	05:43@ 01:53& 01:41& 02:09@ 02:46& 04:39@ 07:04@ 01:35@ 01:30@ 00:19&		
<b>59</b>	<b>Bjørn Tangvald</b>	<b>115</b>	<b>57:25</b>
01:55+	11:31+ 21:05+ 24:00+ 31:29+ 36:23+ 49:34+ 53:08+ 54:35+ 56:42+ 57:25+		
01:55+	09:36+ 09:34+ 02:55- 07:29+ 04:54+ 13:11+ 03:34+ 01:27+ 02:07+ 00:43+		
00:33&	04:32& 07:18@ 00:12- 05:27@ 01:07& 09:50@ 00:57& 00:21& 00:57& 00:14&		
<b>60</b>	<b>Dag Andre Kvernstrøm</b>	<b>66</b>	<b>57:37</b>
02:52+	08:23+ 21:29+ 35:13+ 39:02+ 45:07+ 48:20+ 53:04+ 55:07+ 57:03+ 57:37+		
02:52+	05:31+ 13:06+ 13:44+ 03:49+ 06:05+ 03:13- 04:44+ 02:03+ 01:56+ 00:34+		
01:30@	00:27+ 10:50@ 10:37@ 01:47& 02:18& 00:08- 02:07& 00:57& 00:46& 00:05#		
<b>61</b>	<b>Svein Inge Sævereid</b>	<b>126</b>	<b>58:00</b>
04:39+	12:36+ 18:19+ 23:28+ 27:35+ 38:19+ 44:45+ 51:07+ 53:12+ 56:28+ 58:00+		
04:39+	07:57+ 05:43+ 05:09+ 04:07+ 10:44+ 06:26+ 06:22+ 02:05+ 03:16+ 01:32+		
03:17@	02:53& 03:27@ 02:02& 02:05@ 06:57@ 03:05& 03:45@ 00:59& 02:06@ 01:03@		
<b>62</b>	<b>Viggo Johansen</b>	<b>62</b>	<b>1:01:06</b>
04:03+	16:11+ 21:00+ 26:44+ 30:45+ 39:45+ 49:19+ 53:42+ 55:26+ 57:33+ 60:04+ 61:06+		
04:03+	12:08+ 04:49+ 05:44+ 04:01+ 09:00+ 09:34+ 04:23+ 01:44+ 02:07+ 02:31+ 01:02+		
02:41@	07:04@ 02:33@ 02:37& 01:59& 05:13@ 06:13@ 01:46& 00:38& 00:57& 02:02@ 01:02+		
<b>63</b>	<b>Frank Gulbrandsen</b>	<b>105</b>	<b>1:02:52</b>
02:37+	07:43+ 12:08+ 31:25+ 33:52+ 42:36+ 48:19+ 54:34+ 57:19+ 61:22+ 62:52+		
02:37+	05:06+ 04:25+ 19:17+ 02:27+ 08:44+ 05:43+ 06:15+ 02:45+ 04:03+ 01:30+		
01:15&	00:02+ 02:09& 16:10@ 00:25# 04:57@ 02:22& 03:38@ 01:39@ 02:53@ 01:01@		
<b>64</b>	<b>Jon Grepstad</b>	<b>111</b>	<b>1:04:09</b>
02:51+	08:53+ 14:28+ 21:33+ 35:06+ 45:50+ 51:47+ 56:58+ 59:19+ 63:02+ 64:09+		
02:51+	06:02+ 05:35+ 07:05+ 13:33+ 10:44+ 05:57+ 05:11+ 02:21+ 03:43+ 01:07+		
01:29@	00:58# 03:19@ 03:58@ 11:31@ 06:57@ 02:36& 02:34& 01:15@ 02:33@ 00:38@		
<b>65</b>	<b>Knut Åsmund Ekre</b>	<b>78</b>	<b>1:04:34</b>
03:59+	10:55+ 17:35+ 27:34+ 31:24+ 39:33+ 50:49+ 60:04+ 61:28+ 63:50+ 64:34+		
03:59+	06:56+ 06:40+ 09:59+ 03:50+ 08:09+ 11:16+ 09:15+ 01:24+ 02:22+ 00:44+		
02:37@	01:52& 04:24@ 06:52@ 01:48& 04:22@ 07:55@ 06:38@ 00:18& 01:12@ 00:15&		
<b>66</b>	<b>Lars Tore Opdal</b>	<b>97</b>	<b>1:10:30</b>
01:48+	15:25+ 19:29+ 23:17+ 26:27+ 36:42+ 47:07+ 52:21+ 67:16+ 69:37+ 70:30+		
01:48+	13:37+ 04:04+ 03:48+ 03:10+ 10:15+ 10:25+ 05:14+ 14:55+ 02:21+ 00:53+		
00:26&	08:33@ 01:48& 00:41# 01:08& 06:28@ 07:04@ 02:37& 13:49@ 01:11@ 00:24&		
<b>67</b>	<b>Jan Henrik Neuenkirchen</b>	<b>93</b>	<b>1:10:54</b>
04:08+	08:38+ 12:13+ 37:20+ 44:50+ 52:54+ 58:58+ 63:50+ 65:44+ 70:12+ 70:54+		
04:08+	04:30- 03:35+ 25:07+ 07:30+ 08:04+ 06:04+ 04:52+ 01:54+ 04:28+ 00:42+		
02:46@	00:34- 01:19& 22:00@ 05:28@ 04:17@ 02:43& 02:15& 00:48& 03:18@ 00:13&		
<b>68</b>	<b>Arthur Christiansen</b>	<b>93</b>	<b>1:15:37</b>
04:31+	12:13+ 18:54+ 25:14+ 41:38+ 52:02+ 60:00+ 68:00+ 70:12+ 74:03+ 75:37+		
04:31+	07:42+ 06:41+ 06:20+ 16:24+ 10:24+ 07:58+ 08:00+ 02:12+ 03:51+ 01:34+		
03:09@	02:38& 04:25@ 03:13@ 14:22@ 06:37@ 04:37@ 05:23@ 01:06& 02:41@ 01:05@		
<b>69</b>	<b>Inge Grødem</b>	<b>92</b>	<b>1:20:25</b>
07:19+	14:25+ 21:41+ 32:12+ 37:12+ 49:11+ 56:42+ 65:48+ 74:26+ 78:39+ 80:25+		
07:19+	07:06+ 07:16+ 10:31+ 05:00+ 11:59+ 07:31+ 09:06+ 08:38+ 04:13+ 01:46+		
05:57@	02:02& 05:00@ 07:24@ 02:58@ 08:12@ 04:10@ 06:29@ 07:32@ 03:03@ 01:17@		
<b>70</b>	<b>Alf Inge Jåtten</b>	<b>63</b>	<b>1:23:43</b>
06:07+	12:46+ 21:23+ 38:41+ 41:28+ 50:08+ 55:19+ 60:13+ 80:54+ 82:58+ 83:43+		
06:07+	06:39+ 08:37+ 17:18+ 02:47+ 08:40+ 05:11+ 04:54+ 20:41+ 02:04+ 00:45+		
04:45@	01:35& 06:21@ 14:11@ 00:45& 04:53@ 01:50& 02:17& 19:35@ 00:54& 00:16&		
<b>Beste strekktid for klassen</b>			
	01:22	01:50	02:16
	02:22	02:02	02:21
	02:41	02:29	00:50
	01:07	00:24	

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