

Melshei

Class Navn

Damer 16 - 39 år

Klasse

Strekketider

Tid

Rankingløp nr. 4-25.04.2018

Plass	Navn	Klasse	Tid
1	Sina Thu	271	38:10
00:33=	03:06=	04:11=	05:53=
00:33=	02:33=	01:05=	01:42=
00:00=	00:00=	00:00=	00:00=
2	Heidi Bjørndal	29	41:14
00:31-	03:24+	04:29+	06:14+
00:31-	02:53+	01:05=	01:45+
00:02-	00:20#	00:00=	00:03+
3	Kari Borgen	62	46:36
00:29-	03:12+	04:22+	06:06+
00:29-	02:43+	01:10+	01:44+
00:04-	00:10+	00:05+	00:02+
4	Karlotte K Sørheim	105	48:18
00:33=	02:55-	04:10-	07:05+
00:33=	02:22-	01:15+	02:55+
00:00=	00:11-	00:10#	01:13&
5	Åsta Bryne	134	51:44
00:34+	03:47+	05:22+	11:12+
00:34+	03:13+	01:35+	05:50+
00:01+	00:40&	00:30&	04:08@
6	Ingrid Skrede	134	54:27
00:44+	03:54+	05:16+	07:32+
00:44+	03:10+	01:22+	02:16+
00:11&	00:37#	00:17&	00:34&
7	Elisabeth Groven	109	54:34
00:39+	04:09+	06:00+	10:41+
00:39+	03:30+	01:51+	04:41+
00:06#	00:57&	00:46&	02:59@
8	Wibeke Lende	74	55:14
00:37+	03:48+	05:34+	08:45+
00:37+	03:11+	01:46+	03:11+
00:04#	00:38#	00:41&	01:29&
9	Ruth Magrethe Westre	54	55:52
00:39+	04:17+	05:46+	08:56+
00:39+	03:38+	01:29+	03:10+
00:06#	01:05&	00:24&	01:28&
10	Heidi Nordaunet	126	56:20
00:39+	04:38+	06:54+	09:37+
00:39+	03:59+	02:16+	02:43+
00:06#	01:26&	01:11@	01:01&
11	Maren Heradstveit	76	56:38
00:38+	04:10+	05:44+	10:00+
00:38+	03:32+	01:34+	04:16+
00:05#	00:59&	00:29&	02:34@
12	Bodil Krogedal	126	57:16
00:45+	03:58+	05:30+	11:20+
00:45+	03:13+	01:32+	05:50+
00:12&	00:40&	00:27&	04:08@
13	Hanne Berg Nilsen	117	57:28
00:38+	03:51+	05:13+	12:29+
00:38+	03:13+	01:22+	07:16+
00:05#	00:40&	00:17&	05:34@
14	Anne Tove Puntervold	105	58:03
00:40+	03:49+	05:08+	09:14+
00:40+	03:09+	01:19+	04:06+
00:07#	00:36#	00:14#	02:24@

Class	Navn	Klasse	Tid
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15	Ingvild Amaliksen	116	59:06
00:35+	04:36+ 06:13+ 10:41+ 17:16+	22:53+ 26:22+ 30:49+ 34:42+ 40:40+ 51:40+ 55:38+ 58:43+ 59:06+	
00:35+	04:01+ 01:37+ 04:28+ 06:35+ 05:37+ 03:29- 04:27+ 03:53+ 05:58+ 11:00+ 03:58+ 03:05+ 00:23-		
00:02+	01:28& 00:32& 02:46@ 02:54& 01:22& 02:27- 00:56& 00:59& 01:36& 07:18@ 02:45@ 00:49& 00:04-		

16	Maria Lampe	126	59:31
00:49+	03:56+ 05:47+ 09:28+ 15:43+ 23:21+ 28:05+ 33:24+ 36:51+ 44:10+ 52:19+ 54:49+ 59:06+ 59:31+		
00:49+	03:07+ 01:51+ 03:41+ 06:15+ 07:38+ 04:44- 05:19+ 03:27+ 07:19+ 08:09+ 02:30+ 04:17+ 00:25-		
00:16&	00:34# 00:46& 01:59@ 02:34& 03:23& 01:12- 01:48& 00:33# 02:57& 04:27@ 01:17@ 02:01& 00:02-		

17	Ingrid Lycke Austbø	109	1:00:46
00:38+	04:11+ 05:42+ 10:33+ 17:30+ 23:56+ 28:02+ 36:49+ 41:44+ 48:34+ 55:07+ 56:25+ 60:24+ 60:46+		
00:38+	03:33+ 01:31+ 04:51+ 06:57+ 06:26+ 04:06- 08:47+ 04:55+ 06:50+ 06:33+ 01:18+ 03:59+ 00:22-		
00:05#	01:00& 00:26& 03:09@ 03:16& 02:11& 01:50- 05:16@ 02:01& 02:28& 02:51& 00:05+ 01:43& 00:05-		

18	Trine Selvikvåg	62	1:02:50
00:28-	03:15+ 04:50+ 07:31+ 13:04+ 18:35+ 22:06+ 26:49+ 38:39+ 44:42+ 54:37+ 58:13+ 62:28+ 62:50+		
00:28-	02:47+ 01:35+ 02:41+ 05:33+ 05:31+ 03:31- 04:43+ 11:50+ 06:03+ 09:55+ 03:36+ 04:15+ 00:22-		
00:05-	00:14+ 00:30& 00:59& 01:52& 01:16& 02:25- 01:12& 08:56@ 01:41& 06:13@ 02:23@ 01:59& 00:05-		

19	Veronica Fenne	206	1:03:32
00:35+	03:40+ 04:57+ 07:14+ 13:08+ 18:38+ 36:54+ 40:57+ 44:37+ 50:43+ 57:09+ 60:06+ 63:15+ 63:32+		
00:35+	03:05+ 01:17+ 02:17+ 05:54+ 05:30+ 18:16+ 04:03+ 03:40+ 06:06+ 06:26+ 02:57+ 03:09+ 00:17-		
00:02+	00:32# 00:12# 00:35& 02:13& 01:15& 12:20@ 00:32# 00:46& 01:44& 02:44& 01:44@ 00:53& 00:10-		

20	Marita Skorpe	74	1:03:56
01:47+	05:20+ 07:09+ 10:04+ 18:07+ 24:19+ 28:14+ 35:14+ 39:27+ 48:39+ 57:15+ 59:38+ 63:24+ 63:56+		
01:47+	03:33+ 01:49+ 02:55+ 08:03+ 06:12+ 03:55- 07:00+ 04:13+ 09:12+ 08:36+ 02:23+ 03:46+ 00:32+		
01:14@	01:00& 00:44& 01:13& 04:22@ 01:57& 02:01- 03:29& 01:19& 04:50@ 04:54@ 01:10& 01:30& 00:05#		

21	Helene Lie	228	1:06:31
00:36+	04:15+ 05:57+ 08:55+ 13:40+ 20:03+ 36:41+ 41:30+ 45:42+ 53:18+ 61:07+ 62:53+ 66:09+ 66:31+		
00:36+	03:39+ 01:42+ 02:58+ 04:45+ 06:23+ 16:38+ 04:49+ 04:12+ 07:36+ 07:49+ 01:46+ 03:16+ 00:22-		
00:03+	01:06& 00:37& 01:16& 01:04& 02:08& 10:42@ 01:18& 01:18& 03:14& 04:07@ 00:33& 01:00& 00:05-		

22	Tone Giske	7	1:35:00
00:54+	05:26+ 07:24+ 13:37+ 22:39+ 30:58+ 46:58+ 54:05+ 66:08+ 75:57+ 85:12+ 88:37+ 94:27+ 95:00+		
00:54+	04:32+ 01:58+ 06:13+ 09:02+ 08:19+ 16:00+ 07:07+ 12:03+ 09:49+ 09:15+ 03:25+ 05:50+ 00:33+		
00:21&	01:59& 00:53& 04:31@ 05:21@ 04:04& 10:04@ 03:36@ 09:09@ 05:27@ 05:33@ 02:12@ 03:34@ 00:06#		

Beste strekktid for klassen
00:28 02:22 01:05 01:42 03:37 04:13 02:39 03:22 02:54 04:22 03:42 01:13 02:16 00:17

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

Damer 40 - 49 år

1	Iren Undheim Øgreid	62	50:35
00:32=	03:41= 06:36= 10:06= 14:52= 25:47= 28:55= 32:29= 35:18= 38:37= 44:58= 48:57= 50:04= 50:35=		
00:32=	03:09= 02:55= 03:30= 04:46= 10:55= 03:08= 03:34= 02:49= 03:19= 06:21= 03:59= 01:07= 00:31=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Monica Gilje Rennemo	92	1:01:14
00:43+	04:25+ 07:19+ 11:44+ 16:22+ 24:57- 28:06- 41:59+ 45:35+ 48:13+ 55:07+ 59:39+ 60:44+ 61:14+		
00:43+	03:42+ 02:54- 04:25+ 04:38- 08:35- 03:09+ 13:53+ 03:36+ 02:38- 06:54+ 04:32+ 01:05- 00:30-		
00:11&	00:33# 00:01- 00:55& 00:08- 02:20- 00:01+ 10:19@ 00:47& 00:41- 00:33+ 00:33# 00:02- 00:01-		

3	Hege Anita H. Nielsen	48	1:01:37
00:37+	04:01+ 06:30- 09:53- 14:39- 25:39- 29:51+ 34:54+ 39:18+ 45:04+ 54:55+ 59:53+ 61:03+ 61:37+		
00:37+	03:24+ 02:29- 03:23- 04:46= 11:00+ 04:12+ 05:03+ 04:24+ 05:46+ 09:51+ 04:58+ 01:10+ 00:34+		
00:05#	00:15+ 00:26- 00:07- 00:00= 00:05+ 01:04& 01:29& 01:35& 02:27& 03:30& 00:59# 00:03+ 00:03+		

4	Tove Irene Asheim	116	1:02:08
00:44+	04:41+ 07:28+ 12:06+ 18:18+ 29:56+ 35:54+ 40:58+ 44:30+ 48:00+ 55:47+ 60:22+ 61:40+ 62:08+		
00:44+	03:57+ 02:47- 04:38+ 06:12+ 11:38+ 05:58+ 05:04+ 03:32+ 03:30+ 07:47+ 04:35+ 01:18+ 00:28-		
00:12&	00:48& 00:08- 01:08& 01:26& 00:43+ 02:50& 01:30& 00:43& 00:11+ 01:26# 00:36# 00:11# 00:03-		

5	Hilde Frøylog Karlsen	235	1:05:23
00:46+	05:13+ 07:54+ 12:49+ 18:24+ 31:24+ 35:42+ 41:40+ 45:24+ 49:59+ 58:18+ 63:48+ 64:55+ 65:23+		
00:46+	04:27+ 02:41- 04:55+ 05:35+ 13:00+ 04:18+ 05:58+ 03:44+ 04:35+ 08:19+ 05:30+ 01:07= 00:28-		
00:14&	01:18& 00:14- 01:25& 00:49# 02:05# 01:10& 02:24& 00:55& 01:16& 01:58& 01:31& 00:00= 00:03-		

Class	Navn	Klasse	Tid
6	Nina Svensen	2	1:07:20
00:32=	04:02+	07:58+	13:35+
00:32=	03:30+	03:56+	05:37+
00:00=	00:21#	01:01&	02:07&
7	Christel Dahl	92	1:12:15
00:41+	04:04+	06:46+	11:14+
00:41+	03:23+	02:42-	04:28+
00:09&	00:14+	00:13-	00:58&
8	Ragnhild Båtnes Berntsen	101	1:16:26
00:45+	05:11+	08:26+	16:17+
00:45+	04:26+	03:15+	07:51+
00:13&	01:17&	00:20#	04:21@
9	Siv Skretting	93	1:16:51
00:43+	04:16+	11:19+	18:04+
00:43+	03:33+	07:03+	06:45+
00:11&	00:24#	04:08@	03:15&
10	Siri Warland	115	1:17:20
00:42+	04:07+	06:27-	11:06+
00:42+	03:25+	02:20-	04:39+
00:10&	00:16+	00:35-	01:09&
11	Randi Roth	68	1:20:33
00:43+	04:47+	08:44+	13:42+
00:43+	04:04+	03:57+	04:58+
00:11&	00:55&	01:02&	01:28&
12	Synnøve Westermoen	116	1:20:46
00:54+	04:52+	09:48+	15:32+
00:54+	03:58+	04:56+	05:44+
00:22&	00:49&	02:01&	02:14&
13	Astrid Espe	80	1:33:23
00:49+	05:14+	08:09+	28:58+
00:49+	04:25+	02:55=	20:49+
00:17&	01:16&	00:00=	17:19@
14	Hege Jangseth	93	1:34:35
00:49+	04:59+	07:50+	17:14+
00:49+	04:10+	02:51-	09:24+
00:17&	01:01&	00:04-	05:54@
Beste strekketid for klassen	00:32	03:09	02:20
	03:23	04:38	08:35
	03:08	03:34	02:49
	02:38	06:21	03:59
	00:58	00:25	

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

Damer 50 - 59 år

1	Keth Berggraf	116	47:40
00:35=	03:49=	05:48=	09:00=
00:35=	03:14=	01:59=	03:12=
00:00=	00:00=	00:00=	00:00=
2	Ingunn Voilås	29	50:54
00:39+	04:29+	07:02+	11:28+
00:39+	03:50+	02:33+	04:26+
00:04#	00:36#	00:34&	01:14&
3	Marianne Fuglestad	116	56:48
00:33-	03:37-	05:37-	08:38-
00:33-	03:04-	02:00+	03:01-
00:02-	00:10-	00:01+	00:11-
4	Trude Katrine Hermanrud	117	59:31
00:33-	03:45-	06:00+	09:32+
00:33-	03:12-	02:15+	03:32+
00:02-	00:02-	00:16#	00:20#

Class	Navn	Klasse										Tid	
5	Nidunn Sandvik	228										1:01:59	
00:46+	04:21+	08:17+	13:04+	19:21+	29:14+	34:05+	40:10+	42:52+	46:54+	54:51+	60:17+	61:29+	61:59+
00:46+	03:35+	03:56+	04:47+	06:17+	09:53+	04:51+	06:05+	02:42-	04:02+	07:57+	05:26+	01:12+	00:30+
00:11&	00:21#	01:57&	01:35&	02:20&	00:20+	01:33&	02:43&	00:47-	01:09&	02:04&	00:41#	00:10#	00:02+
6	Signe Ottesen	116										1:02:02	
00:52+	04:24+	06:51+	11:39+	16:34+	27:21+	32:24+	36:49+	42:16+	46:29+	54:39+	59:42+	61:32+	62:02+
00:52+	03:32+	02:27+	04:48+	04:55+	10:47+	05:03+	04:25+	05:27+	04:13+	08:10+	05:03+	01:50+	00:30+
00:17&	00:18+	00:28#	01:36&	00:58#	01:14#	01:45&	01:03&	01:58&	01:20&	02:17&	00:18+	00:48&	00:02+
7	Anne-Siv Gjertsen	27										1:03:20	
00:36+	04:17+	07:19+	11:36+	17:50+	31:29+	35:22+	41:11+	44:27+	51:11+	57:30+	61:46+	62:50+	63:20+
00:36+	03:41+	03:02+	04:17+	06:14+	13:39+	03:53+	05:49+	03:16-	06:44+	06:19+	04:16-	01:04+	00:30+
00:01+	00:27#	01:03&	01:05&	02:17&	04:06&	00:35#	02:27&	00:13-	03:51@	00:26+	00:29-	00:02+	00:02+
8	Rowena Naile	42										1:05:08	
00:34-	03:49=	09:08+	18:54+	24:25+	34:00+	38:34+	42:36+	46:18+	52:04+	59:53+	63:45+	64:44+	65:08+
00:34-	03:15+	05:19+	09:46+	05:31+	09:35+	04:34+	04:02+	03:42+	05:46+	07:49+	03:52-	00:59-	00:24-
00:01-	00:01+	03:20@	06:34@	01:34&	00:02+	01:16&	00:40#	00:13+	02:53&	01:56&	00:53-	00:03-	00:04-
9	Ellinor Nesse	116										1:08:15	
00:43+	04:40+	07:23+	12:20+	18:40+	35:24+	38:49+	43:13+	46:30+	50:33+	59:11+	65:53+	67:37+	68:15+
00:43+	03:57+	02:43+	04:57+	06:20+	16:44+	03:25+	04:24+	03:17-	04:03+	08:38+	06:42+	01:44+	00:38+
00:08#	00:43#	00:44&	01:45&	02:23&	07:11&	00:07+	01:02&	00:12-	01:10&	02:45&	01:57&	00:42&	00:10&
10	Marie-Elizabeth Reinseth	27										1:08:19	
00:37+	05:00+	08:39+	14:35+	24:07+	37:14+	42:22+	46:37+	49:45+	53:23+	61:30+	66:50+	67:56+	68:19+
00:37+	04:23+	03:39+	05:56+	09:32+	13:07+	05:08+	04:15+	03:08-	03:38+	08:07+	05:20+	01:06+	00:23-
00:02+	01:09&	01:40&	02:44&	05:35@	03:34&	01:50&	00:53&	00:21-	00:45&	02:14&	00:35#	00:04+	00:05-
11	Målfrid Bjerkeli	237										1:12:51	
00:41+	04:08+	07:26+	12:40+	27:18+	40:24+	45:31+	49:57+	54:47+	60:17+	67:39+	71:24+	72:25+	72:51+
00:41+	03:27+	03:18+	05:14+	14:38+	13:06+	05:07+	04:26+	04:50+	05:30+	07:22+	03:45-	01:01-	00:26-
00:06#	00:13+	01:19&	02:02&	10:41@	03:33&	01:49&	01:04&	01:21&	02:37&	01:29&	01:00-	00:01-	00:02-
12	Hanne Hermanrud	115										1:13:15	
01:16+	06:06+	08:59+	14:16+	23:33+	37:58+	42:20+	49:47+	53:44+	57:23+	64:55+	71:03+	72:30+	73:15+
01:16+	04:50+	02:53+	05:17+	09:17+	14:25+	04:22+	07:27+	03:57+	03:39+	07:32+	06:08+	01:27+	00:45+
00:41@	01:36&	00:54&	02:05&	05:20@	04:52&	01:04&	04:05@	00:28#	00:46&	01:39&	01:23&	00:25&	00:17&
13	Birgitte Røe	125										1:21:26	
00:39+	05:15+	08:31+	13:13+	22:35+	36:44+	40:36+	46:00+	50:35+	55:15+	75:11+	79:45+	80:57+	81:26+
00:39+	04:36+	03:16+	04:42+	09:22+	14:09+	03:52+	05:24+	04:35+	04:40+	19:56+	04:34-	01:12+	00:29+
00:04#	01:22&	01:17&	01:30&	05:25@	04:36&	00:34#	02:02&	01:06&	01:47&	14:03@	00:11-	00:10#	00:01+
14	Ellinor Hoemsnes	116										1:25:45	
00:48+	04:25+	07:51+	19:58+	29:20+	40:27+	45:10+	52:16+	55:44+	61:13+	76:19+	83:56+	85:12+	85:45+
00:48+	03:37+	03:26+	12:07+	09:22+	11:07+	04:43+	07:06+	03:28-	05:29+	15:06+	07:37+	01:16+	00:33+
00:13&	00:23#	01:27&	08:55@	05:25@	01:34#	01:25&	03:44@	00:01-	02:36&	09:13@	02:52&	00:14#	00:05#
15	Margot Lilledal	27										1:56:56	
00:41+	04:56+	09:13+	14:13+	21:11+	53:37+	78:05+	82:51+	87:55+	96:14+	109:23+	115:26+	116:28+	116:56+
00:41+	04:15+	04:17+	05:00+	06:58+	32:26+	24:28+	04:46+	05:04+	08:19+	13:09+	06:03+	01:02=	00:28=
00:06#	01:01&	02:18@	01:48&	03:01&	22:53@	21:10@	01:24&	01:35&	05:26@	07:16@	01:18&	00:00=	00:00=

Beste strekktid for klassen

00:33 03:04 01:59 03:01 03:57 08:49 03:18 03:22 02:29 02:42 05:53 03:45 00:59 00:23

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

Damer 60 - 64 år

1	Ingrid Eik	88										43:16	
03:05=	06:40=	11:03=	14:26=	19:56=	22:51=	25:37=	27:51=	31:28=	32:35=	38:01=	41:57=	42:55=	43:16=
03:05=	03:35=	04:23=	03:23=	05:30=	02:55=	02:46=	02:14=	03:37=	01:07=	05:26=	03:56=	00:58=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arnfrid Stangeland	96										53:53	
03:33+	08:35+	14:25+	18:56+	24:33+	27:49+	30:29+	32:57+	38:50+	40:57+	48:48+	52:26+	53:28+	53:53+
03:33+	05:02+	05:50+	04:31+	05:37+	03:16+	02:40-	02:28+	05:53+	02:07+	07:51+	03:38-	01:02+	00:25+
00:28#	01:27&	01:27&	01:08&	00:07+	00:21#	00:06-	00:14#	02:16&	01:00&	02:25&	00:18-	00:04+	00:04#

Class	Navn	Klasse										Tid	
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3	Eli Frafjord	94										56:38	
03:38+	08:09+	13:38+	17:16+	24:18+	28:05+	31:38+	35:46+	41:07+	42:35+	51:00+	55:02+	56:14+	56:38+
03:38+	04:31+	05:29+	03:38+	07:02+	03:47+	03:33+	04:08+	05:21+	01:28+	08:25+	04:02+	01:12+	00:24+
00:33#	00:56&	01:06&	00:15+	01:32&	00:52&	00:47&	01:54&	01:44&	00:21&	02:59&	00:06+	00:14#	00:03#

4	Kari Blixhavn	228										58:58	
04:20+	09:38+	15:32+	20:01+	26:03+	28:54+	31:46+	34:40+	40:12+	42:21+	50:35+	56:46+	58:19+	58:58+
04:20+	05:18+	05:54+	04:29+	06:02+	02:51-	02:52+	02:54+	05:32+	02:09+	08:14+	06:11+	01:33+	00:39+
01:15&	01:43&	01:31&	01:06&	00:32+	00:04-	00:06+	00:40&	01:55&	01:02&	02:48&	02:15&	00:35&	00:18&

5	Berit Bakken	168										1:01:08	
03:34+	07:26+	11:40+	15:18+	23:16+	26:25+	28:38+	40:17+	44:36+	46:09+	54:18+	59:20+	60:30+	61:08+
03:34+	03:52+	04:14-	03:38+	07:58+	03:09+	02:13-	11:39+	04:19+	01:33+	08:09+	05:02+	01:10+	00:38+
00:29#	00:17+	00:09-	00:15+	02:28&	00:14+	00:33-	09:25@	00:42#	00:26&	02:43&	01:06&	00:12#	00:17&

6	Berit K. Gramstad	113										1:06:55	
06:11+	11:04+	22:20+	26:29+	32:57+	36:28+	39:03+	42:49+	48:21+	50:09+	59:26+	65:23+	66:23+	66:55+
06:11+	04:53+	11:16+	04:09+	06:28+	03:31+	02:35-	03:46+	05:32+	01:48+	09:17+	05:57+	01:00+	00:32+
03:06@	01:18&	06:53@	00:46#	00:58#	00:36#	00:11-	01:32&	01:55&	00:41&	03:51&	02:01&	00:02+	00:11&

7	Hanna S. Lomeland	47										1:08:16	
03:54+	08:26+	16:06+	21:57+	31:32+	35:22+	38:51+	41:57+	47:20+	48:45+	57:56+	66:18+	67:45+	68:16+
03:54+	04:32+	07:40+	05:51+	09:35+	03:50+	03:29+	03:06+	05:23+	01:25+	09:11+	08:22+	01:27+	00:31+
00:49&	00:57&	03:17&	02:28&	04:05&	00:55&	00:43&	00:52&	01:46&	00:18&	03:45&	04:26@	00:29&	00:10&

8	Aud Steinsland	128										1:08:19	
03:51+	08:25+	16:03+	21:54+	31:30+	35:20+	38:54+	41:55+	47:17+	48:43+	57:55+	66:16+	67:47+	68:19+
03:51+	04:34+	07:38+	05:51+	09:36+	03:50+	03:34+	03:01+	05:22+	01:26+	09:12+	08:21+	01:31+	00:32+
00:46#	00:59&	03:15&	02:28&	04:06&	00:55&	00:48&	00:47&	01:45&	00:19&	03:46&	04:25@	00:33&	00:11&

9	Unni Relling	92										1:08:29	
04:16+	09:12+	14:25+	19:51+	26:53+	31:49+	34:23+	37:29+	41:33+	42:54+	61:05+	66:20+	67:45+	68:29+
04:16+	04:56+	05:13+	05:26+	07:02+	04:56+	02:34-	03:06+	04:04+	01:21+	18:11+	05:15+	01:25+	00:44+
01:11&	01:21&	00:50#	02:03&	01:32&	02:01&	00:12-	00:52&	00:27#	00:14#	12:45@	01:19&	00:27&	00:23@

Beste strekktid for klassen
 03:05 03:35 04:14 03:23 05:30 02:51 02:13 02:14 03:37 01:07 05:26 03:38 00:58 00:21
 = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 65 - 69 år

1	Mette Dagsland	68										54:53	
03:33=	07:58=	13:54=	17:47=	23:46=	28:46=	31:33=	33:59=	40:01=	41:34=	48:16=	53:04=	54:19=	54:53=
03:33=	04:25=	05:56=	03:53=	05:59=	05:00=	02:47=	02:26=	06:02=	01:33=	06:42=	04:48=	01:15=	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=

2	Kirsten Carlsen	93										55:52	
04:02+	09:18+	14:11+	17:55+	25:24+	28:51+	32:27+	35:04+	40:43+	43:10+	50:43+	54:27+	55:26+	55:52+
04:02+	05:16+	04:53-	03:44-	07:29+	03:27-	03:36+	02:37+	05:39-	02:27+	07:33+	03:44-	00:59-	00:26-
00:29#	00:51#	01:03-	00:09-	01:30&	01:33-	00:49&	00:11+	00:23-	00:54&	00:51#	01:04-	00:16-	00:08-

3	Inger Skretting Opstad	54										1:02:08	
04:00+	08:33+	14:06+	22:11+	29:50+	33:29+	36:31+	41:03+	46:16+	47:34+	55:27+	60:24+	61:40+	62:08+
04:00+	04:33+	05:33-	08:05+	07:39+	03:39-	03:02+	04:32+	05:13-	01:18-	07:53+	04:57+	01:16+	00:28-
00:27#	00:08+	00:23-	04:12@	01:40&	01:21-	00:15+	02:06&	00:49-	00:15-	01:11#	00:09+	00:01+	00:06-

4	Hanne Eik	117										1:02:10	
04:03+	08:40+	18:38+	22:36+	29:12+	34:04+	37:14+	40:33+	45:01+	46:51+	54:27+	60:04+	61:34+	62:10+
04:03+	04:37+	09:58+	03:58+	06:36+	04:52-	03:10+	03:19+	04:28-	01:50+	07:36+	05:37+	01:30+	00:36+
00:30#	00:12+	04:02&	00:05+	00:37#	00:08-	00:23#	00:53&	01:34-	00:17#	00:54#	00:49#	00:15#	00:02+

Beste strekktid for klassen
 03:33 04:25 04:53 03:44 05:59 03:27 02:47 02:26 04:28 01:18 06:42 03:44 00:59 00:26
 = Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 70 - 74 år

Class	Navn	Klasse	Tid
1	Gry V. Thengs	68	51:45
	03:39= 08:09= 13:11= 16:47= 22:21= 25:38= 28:09= 30:36= 36:37= 39:10= 46:24= 50:10= 51:21= 51:45=		
	03:39= 04:30= 05:02= 03:36= 05:34= 03:17= 02:31= 02:27= 06:01= 02:33= 07:14= 03:46= 01:11= 00:24=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Turid Nystrøm	68	52:45
	03:24= 07:27= 12:40= 16:14= 21:37= 26:40+ 29:25+ 31:42+ 38:13+ 39:27+ 45:59= 50:58+ 52:11+ 52:45+		
	03:24= 04:03= 05:13+ 03:34= 05:23= 05:03+ 02:45+ 02:17= 06:31+ 01:14= 06:32= 04:59+ 01:13+ 00:34+		
	00:15= 00:27= 00:11+ 00:02= 00:11= 01:46& 00:14+ 00:10= 00:30+ 01:19= 00:42= 01:13& 00:02+ 00:10&		
3	Helga Aasliid	54	57:06
	03:33= 07:32= 12:28= 16:23= 22:12= 25:37= 29:24+ 32:41+ 38:48+ 40:30+ 49:39+ 55:09+ 56:33+ 57:06+		
	03:33= 03:59= 04:56= 03:55+ 05:49+ 03:25+ 03:47+ 03:17+ 06:07+ 01:42= 09:09+ 05:30+ 01:24+ 00:33+		
	00:06= 00:31= 00:06= 00:19+ 00:15+ 00:08+ 01:16& 00:50& 00:06+ 00:51= 01:55& 01:44& 00:13# 00:09&		
4	Helga Klausen	62	57:39
	04:13+ 09:07+ 14:23+ 18:13+ 25:01+ 28:37+ 31:09+ 34:54+ 40:16+ 42:05+ 49:08+ 55:47+ 57:12+ 57:39+		
	04:13+ 04:54+ 05:16+ 03:50+ 06:48+ 03:36+ 02:32+ 03:45+ 05:22= 01:49= 07:03= 06:39+ 01:25+ 00:27+		
	00:34# 00:24+ 00:14+ 00:14+ 01:14# 00:19+ 00:01+ 01:18& 00:39= 00:44= 00:11= 02:53& 00:14# 00:03#		
5	Hedvig Anda	116	57:49
	03:47+ 08:25+ 13:27+ 17:21+ 23:49+ 27:33+ 30:15+ 33:09+ 39:12+ 41:01+ 50:22+ 56:15+ 57:20+ 57:49+		
	03:47+ 04:38+ 05:02= 03:54+ 06:28+ 03:44+ 02:42+ 02:54+ 06:03+ 01:49= 09:21+ 05:53+ 01:05= 00:29+		
	00:08+ 00:08+ 00:00= 00:18+ 00:54# 00:27# 00:11+ 00:27# 00:02+ 00:44= 02:07& 02:07& 00:06= 00:05#		
6	Haldis Glendrange	68	1:00:38
	03:47+ 07:55= 13:28+ 17:38+ 23:46+ 27:21+ 29:56+ 32:58+ 41:04+ 42:24+ 50:42+ 59:00+ 60:13+ 60:38+		
	03:47+ 04:08= 05:33+ 04:10+ 06:08+ 03:35+ 02:35+ 03:02+ 08:06+ 01:20= 08:18+ 08:18+ 01:13+ 00:25+		
	00:08+ 00:22= 00:31# 00:34# 00:34# 00:18+ 00:04+ 00:35# 02:05& 01:13= 01:04# 04:32@ 00:02+ 00:01+		
7	Eva Hessen	83	1:04:10
	03:58+ 09:15+ 14:48+ 19:16+ 26:52+ 30:26+ 34:30+ 37:07+ 45:47+ 47:35+ 56:47+ 62:21+ 63:39+ 64:10+		
	03:58+ 05:17+ 05:33+ 04:28+ 07:36+ 03:34+ 04:04+ 02:37+ 08:40+ 01:48= 09:12+ 05:34+ 01:18+ 00:31+		
	00:19+ 00:47# 00:31# 00:52# 02:02& 00:17+ 01:33& 00:10+ 02:39& 00:45= 01:58& 01:48& 00:07+ 00:07&		
8	Margaret Malmin	105	1:11:11
	05:23+ 11:48+ 18:12+ 23:44+ 32:19+ 37:22+ 41:29+ 45:08+ 49:57+ 51:31+ 61:52+ 68:49+ 70:27+ 71:11+		
	05:23+ 06:25+ 06:24+ 05:32+ 08:35+ 05:03+ 04:07+ 03:39+ 04:49= 01:34= 10:21+ 06:57+ 01:38+ 00:44+		
	01:44& 01:55& 01:22& 01:56& 03:01& 01:46& 01:36& 01:12& 01:12= 00:59= 03:07& 03:11& 00:27& 00:20&		
9	Ragnhild Christiansen	93	1:13:20
	04:51+ 10:27+ 21:13+ 25:46+ 33:55+ 38:03+ 43:35+ 46:31+ 54:41+ 56:41+ 65:52+ 71:06+ 72:36+ 73:20+		
	04:51+ 05:36+ 10:46+ 04:33+ 08:09+ 04:08+ 05:32+ 02:56+ 08:10+ 02:00= 09:11+ 05:14+ 01:30+ 00:44+		
	01:12& 01:06# 05:44@ 00:57& 02:35& 00:51& 03:01@ 00:29# 02:09& 00:33= 01:57& 01:28& 00:19& 00:20&		
10	Aslaug Lura	94	1:14:05
	04:42+ 11:00+ 17:01+ 21:56+ 31:41+ 36:22+ 42:04+ 46:38+ 51:26+ 53:14+ 63:39+ 71:01+ 73:07+ 74:05+		
	04:42+ 06:18+ 06:01+ 04:55+ 09:45+ 04:41+ 05:42+ 04:34+ 04:48= 01:48= 10:25+ 07:22+ 02:06+ 00:58+		
	01:03& 01:48& 00:59# 01:19& 04:11& 01:24& 03:11@ 02:07& 01:13= 00:45= 03:11& 03:36& 00:55& 00:34@		

Beste strekktid for klassen

03:24 03:59 04:56 03:34 05:23 03:17 02:31 02:17 04:48 01:14 06:32 03:46 01:05 00:24

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29	1:02:49
	04:10= 09:33= 15:24= 19:09= 25:30= 31:23= 33:55= 37:44= 47:41= 50:06= 57:35= 61:22= 62:23= 62:49=		
	04:10= 05:23= 05:51= 03:45= 06:21= 05:53= 02:32= 03:49= 09:57= 02:25= 07:29= 03:47= 01:01= 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=		
2	Berit Ebbell Olsen	68	1:24:21
	04:55+ 10:31+ 17:48+ 25:16+ 34:51+ 40:02+ 44:17+ 47:52+ 57:15+ 59:31+ 72:19+ 82:16+ 83:47+ 84:21+		
	04:55+ 05:36+ 07:17+ 07:28+ 09:35+ 05:11= 04:15+ 03:35= 09:23= 02:16= 12:48+ 09:57+ 01:31+ 00:34+		
	00:45# 00:13+ 01:26# 03:43& 03:14& 00:42= 01:43& 00:14= 00:34= 00:09= 05:19& 06:10@ 00:30& 00:08&		

Beste strekktid for klassen

04:10 05:23 05:51 03:45 06:21 05:11 02:32 03:35 09:23 02:16 07:29 03:47 01:01 00:26

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

Damer 80 år og eldre

1 Gørild Espedal 113 2:02:45

03:26= 07:18= 10:09= 13:02= 26:41= 31:13= 43:18= 48:42= 63:57= 73:11= 100:06= 120:10= 122:07= 122:45=
 03:26= 03:52= 02:51= 02:53= 13:39= 04:32= 12:05= 05:24= 15:15= 09:14= 26:55= 20:04= 01:57= 00:38=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

03:26 03:52 02:51 02:53 13:39 04:32 12:05 05:24 15:15 09:14 26:55 20:04 01:57 00:38

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

Damer A

1 Aud Hognestad Taksdal 92 37:32

00:28= 01:07= 03:26= 04:45= 08:27= 11:54= 14:11= 15:18= 17:11= 18:27= 20:33= 23:23= 25:02= 27:29= 30:49= 32:45= 34:56= 37:08= 37:32=
 00:28= 00:39= 02:19= 01:19= 03:42= 03:27= 02:17= 01:07= 01:53= 01:16= 02:06= 02:50= 01:39= 02:27= 03:20= 01:56= 02:11= 02:12= 00:24=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Jorunn Hadland 29 40:16

00:31+ 01:12+ 03:27+ 04:44= 08:47+ 12:23+ 14:43+ 16:04+ 18:01+ 19:37+ 21:52+ 24:48+ 26:20+ 29:08+ 32:28+ 35:08+ 37:40+ 39:56+ 40:16+
 00:31+ 00:41+ 02:15= 01:17= 04:03+ 03:36+ 02:20+ 01:21+ 01:57+ 01:36+ 02:15+ 02:56+ 01:32= 02:48+ 03:20= 02:40+ 02:32+ 02:16+ 00:20=
 00:03# 00:02+ 00:04= 00:02= 00:21+ 00:09+ 00:03+ 00:14# 00:04+ 00:20& 00:09+ 00:06+ 00:07= 00:21# 00:00= 00:44& 00:21# 00:04+ 00:04=

3 Sara Marlene Nystrom Olsen 68 45:33

00:28= 01:06= 03:59+ 05:32+ 10:02+ 14:25+ 17:40+ 19:10+ 21:11+ 22:54+ 25:26+ 28:24+ 30:18+ 32:58+ 36:49+ 39:09+ 42:40+ 45:06+ 45:33+
 00:28= 00:38= 02:53+ 01:33+ 04:30+ 04:23+ 03:15+ 01:30+ 02:01+ 01:43+ 02:32+ 02:58+ 01:54+ 02:40+ 03:51+ 02:20+ 03:31+ 02:26+ 00:27+
 00:00= 00:01= 00:34# 00:14# 00:48# 00:56& 00:58& 00:23& 00:08+ 00:27& 00:26# 00:08+ 00:15# 00:13+ 00:31# 00:24# 01:20& 00:14# 00:03#

4 Trine Bolstad 62 48:13

00:33+ 01:15+ 04:07+ 05:27+ 09:40+ 13:36+ 17:18+ 18:39+ 22:22+ 24:01+ 26:37+ 29:51+ 31:41+ 34:07+ 40:21+ 42:50+ 45:20+ 47:53+ 48:13+
 00:33+ 00:42+ 02:52+ 01:20+ 04:13+ 03:56+ 03:42+ 01:21+ 03:43+ 01:39+ 02:36+ 03:14+ 01:50+ 02:26= 06:14+ 02:29+ 02:30+ 02:33+ 00:20=
 00:05# 00:03+ 00:33# 00:01+ 00:31# 00:29# 01:25& 00:14# 01:50& 00:23& 00:30# 00:24# 00:11# 00:01= 02:54& 00:33& 00:19# 00:21# 00:04=

5 Janne Tjørhom Aasheim 93 51:51

00:42+ 01:31+ 04:45+ 06:26+ 11:11+ 16:11+ 19:15+ 20:40+ 23:16+ 25:04+ 28:10+ 32:28+ 34:45+ 37:34+ 42:12+ 44:54+ 47:58+ 51:21+ 51:51+
 00:42+ 00:49+ 03:14+ 01:41+ 04:45+ 05:00+ 03:04+ 01:25+ 02:36+ 01:48+ 03:06+ 04:18+ 02:17+ 02:49+ 04:38+ 02:42+ 03:04+ 03:23+ 00:30+
 00:14& 00:10& 00:55& 00:22& 01:03& 01:33& 00:47& 00:18& 00:43& 00:32& 01:00& 01:28& 00:38& 00:22# 01:18& 00:46& 00:53& 01:11& 00:06#

6 Tone Torgersen 27 52:08

00:33+ 01:12+ 03:37+ 05:33+ 09:54+ 13:55+ 16:46+ 18:03+ 20:00+ 23:55+ 27:17+ 31:44+ 33:43+ 37:02+ 43:21+ 45:49+ 49:02+ 51:37+ 52:08+
 00:33+ 00:39= 02:25+ 01:56+ 04:21+ 04:01+ 02:51+ 01:17+ 01:57+ 03:55+ 03:22+ 04:27+ 01:59+ 03:19+ 06:19+ 02:28+ 03:13+ 02:35+ 00:31+
 00:05# 00:00= 00:06+ 00:37& 00:39# 00:34# 00:34# 00:10# 00:04+ 02:39& 01:16& 01:37& 00:20+ 00:52& 02:59& 00:32& 01:02& 00:23# 00:07&

7 Silje Sundal 71 55:59

00:28= 01:05= 03:38+ 05:56+ 12:24+ 17:00+ 22:33+ 24:26+ 27:09+ 30:16+ 33:00+ 36:30+ 38:23+ 41:34+ 46:41+ 49:46+ 53:05+ 55:40+ 55:59+
 00:28= 00:37= 02:33+ 02:18+ 06:28+ 04:36+ 05:33+ 01:53+ 02:43+ 03:07+ 02:44+ 03:30+ 01:53+ 03:11+ 05:07+ 03:05+ 03:19+ 02:35+ 00:19=
 00:00= 00:02= 00:14# 00:59& 02:46& 01:09& 03:16@ 00:46& 00:50& 01:51@ 00:38& 00:40# 00:14# 00:44& 01:47& 01:09& 01:08& 00:23# 00:05=

8 Ingrid Lamark 46 1:01:40

00:36+ 01:28+ 04:18+ 06:25+ 13:12+ 20:25+ 25:03+ 26:36+ 29:21+ 33:24+ 36:26+ 40:46+ 43:09+ 46:29+ 51:39+ 54:31+ 58:00+ 61:12+ 61:40+
 00:36+ 00:52+ 02:50+ 02:07+ 06:47+ 07:13+ 04:38+ 01:33+ 02:45+ 04:03+ 03:02+ 04:20+ 02:23+ 03:20+ 05:10+ 02:52+ 03:29+ 03:12+ 00:28+
 00:08& 00:13& 00:31# 00:48& 03:05& 03:46@ 02:21@ 00:26& 00:52& 02:47@ 00:56& 01:30& 00:44& 00:53& 01:50& 00:56& 01:18& 01:00& 00:04#

Beste strekktid for klassen

00:28 00:37 02:15 01:17 03:42 03:27 02:17 01:07 01:53 01:16 02:06 02:50 01:32 02:26 03:20 01:56 02:11 02:12 00:19

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

Damer B

1 Marit Haavardsholm 116 47:26

00:36= 03:08= 04:12= 05:27= 09:30= 11:35= 15:21= 18:20= 21:57= 23:51= 27:00= 29:43= 31:25= 33:21= 36:58= 39:50= 43:49= 47:03= 47:26=
 00:36= 02:32= 01:04= 01:15= 04:03= 02:05= 03:46= 02:59= 03:37= 01:54= 03:09= 02:43= 01:42= 01:56= 03:37= 02:52= 03:59= 03:14= 00:23=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Class	Navn	Klasse	Tid															
2	Inger Tone Nygård	29	51:18															
00:34-	03:03-	04:05-	05:10-	09:05-	11:17-	14:37-	17:44-	21:47-	23:33-	26:26-	28:56-	30:46-	32:41-	37:49+	43:25+	47:44+	50:57+	51:18+
00:34-	02:29-	01:02-	01:05-	03:55-	02:12+	03:20-	03:07+	04:03+	01:46-	02:53-	02:30-	01:50+	01:55-	05:08+	05:36+	04:19+	03:13-	00:21-
00:02-	00:03-	00:02-	00:10-	00:08-	00:07+	00:26-	00:08+	00:26#	00:08-	00:16-	00:13-	00:08+	00:01-	01:31&	02:44&	00:20+	00:01-	00:02-
3	Ann-Cathrin Urdal	118	54:02															
00:38+	03:29+	04:40+	05:50+	09:56+	12:22+	16:21+	20:06+	25:24+	28:51+	33:21+	36:06+	37:54+	39:49+	45:15+	47:43+	50:19+	53:34+	54:02+
00:38+	02:51+	01:11+	01:10-	04:06+	02:26+	03:59+	03:45+	05:18+	03:27+	04:30+	02:45+	01:48+	01:55-	05:26+	02:28-	02:36-	03:15+	00:28+
00:02+	00:19#	00:07#	00:05-	00:03+	00:21#	00:13+	00:46&	01:41&	01:33&	01:21&	00:02+	00:06+	00:01-	01:49&	00:24-	01:23-	00:01+	00:05#
4	Ingrid W. Hestness	117	54:48															
00:36=	03:14+	04:28+	05:41+	10:18+	12:43+	16:22+	21:13+	25:55+	28:58+	32:11+	35:13+	37:24+	39:32+	45:00+	48:01+	50:41+	54:15+	54:48+
00:36=	02:38+	01:14+	01:13-	04:37+	02:25+	03:39-	04:51+	04:42+	03:03+	03:13+	03:02+	02:11+	02:08+	05:28+	03:01+	02:40-	03:34+	00:33+
00:00=	00:06+	00:10#	00:02-	00:34#	00:20#	00:07-	01:52&	01:05&	01:09&	00:04+	00:19#	00:29#	00:12#	01:51&	00:09+	01:19-	00:20#	00:10&
5	Anne Garsrud	90	57:29															
00:36=	03:33+	04:48+	06:12+	10:29+	12:54+	17:01+	21:19+	25:50+	30:51+	34:00+	36:49+	38:36+	41:39+	45:40+	48:36+	53:10+	56:59+	57:29+
00:36=	02:57+	01:15+	01:24+	04:17+	02:25+	04:07+	04:18+	04:31+	05:01+	03:09+	02:49+	01:47+	03:03+	04:01+	02:56+	04:34+	03:49+	00:30+
00:00=	00:25#	00:11#	00:08#	00:14+	00:20#	00:21+	01:19&	00:54#	03:07@	00:00=	00:06+	00:05+	01:07&	00:24#	00:04+	00:35#	00:35#	00:07&
6	Agnès Elin Engen	116	59:03															
00:36=	03:23+	04:39+	06:46+	11:36+	14:44+	18:28+	22:04+	26:46+	28:57+	35:07+	38:16+	40:34+	43:06+	48:10+	51:24+	55:09+	58:36+	59:03+
00:36=	02:47+	01:16+	02:07+	04:50+	03:08+	03:44-	03:36+	04:42+	02:11+	06:10+	03:09+	02:18+	02:32+	05:04+	03:14+	03:45-	03:27+	00:27+
00:00=	00:15+	00:12#	00:52&	00:47#	01:03&	00:02-	00:37#	01:05&	00:17#	03:01&	00:26#	00:36&	00:36&	01:27&	00:22#	00:14-	00:13+	00:04#
7	Ellen Tindeland	27	59:10															
00:33-	03:24+	04:41+	06:04+	12:31+	14:32+	18:45+	22:43+	27:24+	29:50+	33:27+	38:00+	40:20+	42:27+	47:47+	50:55+	55:16+	58:40+	59:10+
00:33-	02:51+	01:17+	01:23+	06:27+	02:01-	04:13+	03:58+	04:41+	02:26+	03:37+	04:33+	02:20+	02:07+	05:20+	03:08+	04:21+	03:24+	00:30+
00:03-	00:19#	00:13#	00:08#	02:24&	00:04-	00:27#	00:59&	01:04&	00:32&	00:28#	01:50&	00:38&	00:11+	01:43&	00:16+	00:22+	00:10+	00:07&
8	Hilde Nordbø	93	1:00:01															
00:39+	03:29+	04:55+	06:17+	13:36+	15:41+	19:44+	23:13+	27:46+	30:03+	33:25+	36:22+	38:59+	41:40+	45:45+	49:16+	55:32+	59:35+	60:01+
00:39+	02:50+	01:26+	01:22+	07:19+	02:05=	04:03+	03:29+	04:33+	02:17+	03:22+	02:57+	02:37+	02:41+	04:05+	03:31+	06:16+	04:03+	00:26+
00:03+	00:18#	00:22&	00:07+	03:16&	00:00=	00:17+	00:30#	00:56&	00:23#	00:13+	00:14+	00:55&	00:45&	00:28#	00:39#	02:17&	00:49&	00:03#
9	Lise Isachsen	165	1:00:27															
00:38+	04:06+	05:05+	06:45+	11:57+	13:38+	17:13+	27:07+	31:52+	34:57+	38:04+	40:59+	43:31+	45:25+	50:57+	54:08+	56:32+	60:00+	60:27+
00:38+	03:28+	00:59-	01:40+	05:12+	01:41-	03:35-	09:54+	04:45+	03:05+	03:07-	02:55+	02:32+	01:54-	05:32+	03:11+	02:24-	03:28+	00:27+
00:02+	00:56&	00:05-	00:25&	01:09&	00:24-	00:11-	06:55@	01:08&	01:11&	00:02-	00:12+	00:50&	00:02-	01:55&	00:19#	01:35-	00:14+	00:04#
10	Vibeke Lamark	46	1:00:35															
00:39+	03:34+	04:51+	06:04+	10:17+	12:09+	16:17+	19:38+	27:01+	29:10+	33:29+	38:36+	41:25+	46:13+	50:10+	53:07+	56:47+	60:10+	60:35+
00:39+	02:55+	01:17+	01:13-	04:13+	01:52-	04:08+	03:21+	07:23+	02:09+	04:19+	05:07+	02:49+	04:48+	03:57+	02:57+	03:40-	03:23+	00:25+
00:03+	00:23#	00:13#	00:02-	00:10+	00:13-	00:22+	00:22#	03:46@	00:15#	01:10&	02:24&	01:07&	02:52@	00:20+	00:05+	00:19-	00:09+	00:02+
11	Jorunn Johannesen	116	1:01:30															
00:37+	03:51+	05:16+	06:35+	12:33+	14:48+	20:17+	23:21+	28:06+	30:09+	33:34+	36:22+	41:14+	45:58+	50:01+	53:29+	56:46+	61:01+	61:30+
00:37+	03:14+	01:25+	01:19+	05:58+	02:15+	05:29+	03:04+	04:45+	02:03+	03:25+	02:48+	04:52+	04:44+	04:03+	03:28+	03:17-	04:15+	00:29+
00:01+	00:42&	00:21&	00:04+	01:55&	00:10+	01:43&	00:05+	01:08&	00:09+	00:16+	00:05+	03:10@	02:48@	00:26#	00:36#	00:42-	01:01&	00:06&
12	Mette M. Nødland	194	1:05:49															
00:35-	03:48+	05:55+	07:16+	13:06+	15:15+	19:30+	23:14+	28:42+	31:54+	36:33+	39:17+	41:07+	48:34+	54:47+	58:12+	61:29+	65:25+	65:49+
00:35-	03:13+	02:07+	01:21+	05:50+	02:09+	04:15+	03:44+	05:28+	03:12+	04:39+	02:44+	01:50+	07:27+	06:13+	03:25+	03:17-	03:56+	00:24+
00:01-	00:41&	01:03&	00:06+	01:47&	00:04+	00:29#	00:45&	01:51&	01:18&	01:30&	00:01+	00:08+	05:31@	02:36&	00:33#	00:42-	00:42#	00:01+
13	Anita Glenne Kallhovd	29	1:06:22															
00:35-	03:43+	05:08+	07:05+	14:14+	17:55+	22:12+	26:10+	30:37+	35:52+	39:32+	42:54+	46:53+	51:16+	55:38+	59:17+	61:48+	65:56+	66:22+
00:35-	03:08+	01:25+	01:57+	07:09+	03:41+	04:17+	03:58+	04:27+	05:15+	03:40+	03:22+	03:59+	04:23+	04:22+	03:39+	02:31-	04:08+	00:26+
00:01-	00:36#	00:21&	00:42&	03:06&	01:36&	00:31#	00:59&	00:50#	03:21@	00:31#	00:39#	02:17@	02:27@	00:45#	00:47&	01:28-	00:54&	00:03#
14	Ann Karin Tjørhom	93	1:07:25															
00:40+	04:05+	05:24+	06:39+	11:26+	16:30+	22:32+	27:34+	32:43+	34:54+	38:25+	41:59+	44:42+	49:13+	54:01+	58:22+	63:13+	66:59+	67:25+
00:40+	03:25+	01:19+	01:15+	04:47+	05:04+	06:02+	05:02+	05:09+	02:11+	03:31+	03:34+	02:43+	04:31+	04:48+	04:21+	04:51+	03:46+	00:26+
00:04#	00:53&	00:15#	00:00=	00:44#	02:59@	02:16&	02:03&	01:32&	00:17#	00:22#	00:51&	01:01&	02:35@	01:11&	01:29&	00:52#	00:32#	00:03#
15	Grethe Anda Fuglestad	116	1:07:27															
00:43+	04:17+	05:51+	07:09+	13:22+	15:49+	20:53+	25:49+	31:23+	33:56+	39:05+	42:09+	44:32+	48:02+	56:17+	59:20+	63:01+	66:56+	67:27+
00:43+	03:34+	01:34+	01:18+	06:13+	02:27+	05:04+	04:56+	05:34+	02:33+	05:09+	03:04+	02:23+	03:30+	08:15+	03:03+	03:41-	03:55+	00:31+
00:07#	01:02&	00:30&	00:03+	02:10&	00:22#	01:18&	01:57&	01:57&	00:39&	02:00&	00:21#	00:41&	01:34&	04:38@	00:11+	00:18-	00:41#	00:08&
16	Ragnhild Auglænd	168	1:10:20															
00:42+	04:30+	05:59+	07:42+	13:26+	16:22+	20:58+	25:39+	32:07+	34:59+	39:54+	44:39+	48:09+	52:21+	57:38+	61:21+	65:37+	69:44+	70:20+
00:42+	03:48+	01:29+	01:43+	05:44+	02:56+	04:36+	04:41+	06:28+	02:52+	04:55+	04:45+	03:30+	04:12+	05:17+	03:43+	04:16+	04:07+	00:36+
00:06#	01:16&	00:25&	00:28&	01:41&	00:51&	00:50#	01:42&	02:51&	00:58&	01:46&	02:02&	01:48@	02:16@	01:40&	00:51&	00:17+	00:53&	00:13&

Class	Navn	Klasse										Tid											
17	Margrethe Roalsø	93										1:12:14											
00:33-	03:35+	04:59+	06:22+	17:21+	19:35+	23:30+	27:59+	32:41+	35:02+	38:36+	41:55+	44:06+	53:14+	59:36+	63:14+	67:22+	71:49+	72:14+					
00:33-	03:02+	01:24+	01:23+	10:59+	02:14+	03:55+	04:29+	04:42+	02:21+	03:34+	03:19+	02:11+	09:08+	06:22+	03:38+	04:08+	04:27+	00:25+					
00:03-	00:30#	00:20&	00:08#	06:56@	00:09+	00:09+	01:30&	01:05&	00:27#	00:25#	00:36#	00:29&	07:12@	02:45&	00:46&	00:09+	01:13&	00:02+					
18	Ingunn Anda Haug	67										1:13:23											
00:41+	04:23+	05:52+	07:23+	12:56+	15:16+	19:41+	25:03+	30:00+	32:24+	37:47+	41:10+	43:51+	46:24+	55:26+	63:14+	68:18+	72:52+	73:23+					
00:41+	03:42+	01:29+	01:31+	10:53+	02:20+	04:25+	05:22+	04:57+	02:24+	05:23+	03:23+	02:41+	02:33+	09:02+	07:48+	05:04+	04:34+	00:31+					
00:05#	01:10&	00:25&	00:16#	01:30&	00:15#	00:39#	02:23&	01:20&	00:30&	02:14&	00:40#	00:59&	00:37&	05:25@	04:56@	01:05&	01:20&	00:08&					
19	Mariann Sveinsvoll	94										1:14:26											
00:39+	03:44+	05:23+	06:59+	12:47+	17:16+	21:36+	26:10+	32:50+	35:55+	39:59+	45:19+	49:23+	55:37+	62:25+	66:05+	70:21+	73:53+	74:26+					
00:39+	03:05+	01:39+	01:36+	05:48+	04:29+	04:20+	04:34+	06:40+	03:05+	04:04+	05:20+	04:04+	06:14+	06:48+	03:40+	04:16+	03:32+	00:33+					
00:03+	00:33#	00:35&	00:21&	01:45&	02:24@	00:34#	01:35&	03:03&	01:11&	00:55&	02:37&	02:22@	04:18@	03:11&	00:48&	00:17+	00:18+	00:10&					
20	Randi Helen Ladsten	128										1:21:51											
00:46+	04:10+	05:44+	11:07+	18:29+	21:41+	26:54+	31:59+	39:28+	42:33+	46:19+	52:52+	55:41+	60:05+	68:16+	72:54+	76:51+	81:19+	81:51+					
00:46+	03:24+	01:34+	05:23+	07:22+	03:12+	05:13+	05:05+	07:29+	03:05+	03:46+	06:33+	02:49+	04:24+	08:11+	04:38+	03:57-	04:28+	00:32+					
00:10&	00:52&	00:30&	04:08@	03:19&	01:07&	01:27&	02:06&	03:52@	01:11&	00:37#	03:50@	01:07&	02:28@	04:34@	01:46&	00:02-	01:14&	00:09&					
Beste strekktid for klassen																							
00:33	02:29	00:59	01:05	03:55	01:41	03:20	02:59	03:37	01:46	02:53	02:30	01:42	01:54	03:37	02:28	02:24	03:13	00:21					
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																							
Damer Ny																							
1	Tone S Rorgemoen	27										22:52											
00:43=	01:40=	04:06=	05:45=	08:46=	10:07=	12:41=	15:41=	18:26=	21:07=	22:20=	22:52=	00:43=	00:57=	02:26=	01:39=	03:01=	01:21=	02:34=	03:00=	02:45=	02:41=	01:13=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tonje Birkenes	67										24:47											
00:40-	01:43+	04:44+	06:22+	08:42-	10:15+	13:36+	17:15+	20:07+	22:56+	24:23+	24:47+	00:40-	01:03+	03:01+	01:38-	02:20-	01:33+	03:21+	03:39+	02:52+	02:49+	01:27+	00:24-
00:03-	00:06#	00:35#	00:01-	00:41-	00:12#	00:47&	00:39#	00:07+	00:08+	00:14#	00:08-	00:03-	00:06#	00:35#	00:01-	00:41-	00:12#	00:47&	00:39#	00:07+	00:08+	00:14#	00:08-
3	Suma Jorige	80										32:37											
01:11+	02:33+	05:49+	08:11+	11:24+	13:44+	18:43+	22:29+	26:05+	29:51+	31:38+	32:37+	01:11+	01:22+	03:16+	02:22+	03:13+	02:20+	04:59+	03:46+	03:36+	03:46+	01:47+	00:59+
00:28&	00:25&	00:50&	00:43&	00:12+	00:59&	02:25&	00:46&	00:51&	01:05&	00:34&	00:27&	00:28&	00:25&	00:50&	00:43&	00:12+	00:59&	02:25&	00:46&	00:51&	01:05&	00:34&	00:27&
4	Anette Lende Torkelsen	53										36:12											
01:21+	02:33+	06:37+	09:00+	12:22+	14:10+	20:59+	24:45+	29:12+	33:09+	35:21+	36:12+	01:21+	01:12+	04:04+	02:23+	03:22+	01:48+	06:49+	03:46+	04:27+	03:57+	02:12+	00:51+
00:38&	00:15&	01:38&	00:44&	00:21#	00:27&	04:15@	00:46&	01:42&	01:16&	00:59&	00:19&	00:38&	00:15&	01:38&	00:44&	00:21#	00:27&	04:15@	00:46&	01:42&	01:16&	00:59&	00:19&
5	Hui Xu	101										36:59											
00:57+	02:03+	05:02+	06:43+	10:47+	12:20+	17:04+	29:06+	31:52+	35:02+	36:32+	36:59+	00:57+	01:06+	02:59+	01:41+	04:04+	01:33+	04:44+	12:02+	02:46+	03:10+	01:30+	00:27-
00:14&	00:09#	00:33#	00:02+	01:03&	00:12#	02:10&	09:02@	00:01+	00:29#	00:17#	00:05-	00:14&	00:09#	00:33#	00:02+	01:03&	00:12#	02:10&	09:02@	00:01+	00:29#	00:17#	00:05-
6	Birte Nerdal	27										37:05											
00:58+	02:08+	05:00+	06:40+	10:06+	12:22+	17:10+	29:18+	32:08+	35:14+	36:39+	37:05+	00:58+	01:10+	02:52+	01:40+	03:26+	02:16+	04:48+	12:08+	02:50+	03:06+	01:25+	00:26-
00:15&	00:13#	00:26#	00:01+	00:25#	00:55&	02:14&	09:08@	00:05+	00:25#	00:12#	00:06-	00:15&	00:13#	00:26#	00:01+	00:25#	00:55&	02:14&	09:08@	00:05+	00:25#	00:12#	00:06-
7	Caroline Puig	136										37:10											
01:05+	10:19+	13:01+	15:09+	17:31+	21:01+	23:43+	29:52+	32:36+	35:10+	36:28+	37:10+	01:05+	09:14+	02:42+	02:08+	02:22-	03:30+	02:44-	06:09+	02:44-	02:34-	01:18+	00:42+
00:22&	08:17@	00:16#	00:29&	00:39-	02:09@	00:08+	03:09@	00:01-	00:07-	00:05+	00:10&	00:22&	08:17@	00:16#	00:29&	00:39-	02:09@	00:08+	03:09@	00:01-	00:07-	00:05+	00:10&
8	Elisabeth Thompson	27										37:43											
00:41-	03:09+	05:47+	07:14+	22:41+	24:13+	27:26+	30:56+	33:36+	36:14+	37:16+	37:43+	00:41-	02:28+	02:38+	01:27-	15:27+	01:32+	03:13+	03:30+	02:40-	02:38-	01:02-	00:27-
00:02-	01:31@	00:12+	00:12-	12:26@	00:11#	00:39&	00:30#	00:05-	00:03-	00:11-	00:05-	00:02-	01:31@	00:12+	00:12-	12:26@	00:11#	00:39&	00:30#	00:05-	00:03-	00:11-	00:05-
9	Dorte Danielsen	117										39:14											
02:07+	03:32+	11:06+	13:25+	18:45+	20:34+	24:37+	29:46+	33:28+	37:10+	38:26+	39:14+	02:07+	01:25+	07:34+	02:19+	05:20+	01:49+	04:03+	05:09+	03:42+	03:42+	01:16+	00:48+
01:24@	00:28&	05:08@	00:40&	02:19&	00:28&	01:29&	02:09&	00:57&	01:01&	00:03+	00:16&	01:24@	00:28&	05:08@	00:40&	02:19&	00:28&	01:29&	02:09&	00:57&	01:01&	00:03+	00:16&

Class	Navn	Klasse	Tid
10	Hilde Trodal Øksnevad	94	42:24
01:36+	03:34+	06:58+	11:10+
01:36+	01:58+	03:24+	04:12+
00:53@	01:01@	00:58&	02:33@
02:40&	00:44&	02:17&	02:24&
02:34&	02:01&	01:14@	00:13&
11	Lisbeth Iversen	62	44:41
00:58+	01:56+	04:36+	06:36+
00:58+	00:58+	02:40+	02:00+
00:15&	00:01+	00:14+	00:21#
00:20-	00:23&	00:46&	11:11@
06:26@	01:00&	01:19@	00:13&
12	Bettiina Lähteenkorva	115	46:27
00:49+	01:54+	05:05+	06:54+
00:49+	01:05+	03:11+	01:49+
00:06#	00:08#	00:45&	00:10#
16:04@	00:11-	05:24@	00:25#
00:37#	00:09+	00:01-	00:01-

Beste strekketid for klassen

00:40 00:57 02:26 01:27 02:20 01:10 02:34 03:00 02:40 02:34 01:02 00:24

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

Damer Trim

1	Sarah Denieul	42	47:34
01:47=	04:09=	06:00=	11:01=
01:47=	02:22=	01:51=	05:01=
00:00=	00:00=	00:00=	00:00=
2	Björg Elen Abrahamsen	29	48:03
01:59+	05:06+	07:02+	10:58-
01:59+	03:07+	01:56+	03:56-
00:12#	00:45&	00:05+	01:05-
3	Marianne Johnsen	5	48:48
01:55+	04:25+	06:02+	10:00-
01:55+	02:30+	01:37-	03:58-
00:08+	00:08+	00:14-	01:03-
4	Kari Sjursen	117	50:11
02:08+	04:50+	06:50+	11:08+
02:08+	02:42+	02:00+	04:18-
00:21#	00:20#	00:09+	00:43-
5	Anne Marie Gausel	105	51:30
01:46-	05:29+	07:41+	11:54+
01:46-	03:43+	02:12+	04:13-
00:01-	01:21&	00:21#	00:48-
6	Anette Tronstad	115	52:05
01:40-	04:07-	06:00=	10:05-
01:40-	02:27+	01:53+	04:05-
00:07-	00:05+	00:02+	00:56-
7	Margrete Jian Øye	126	53:11
02:24+	05:25+	06:56+	11:45+
02:24+	03:01+	01:31-	04:49-
00:37&	00:39&	00:20-	00:12-
8	Gunvor Frafjord Tunesvik	228	53:28
01:54+	05:25+	07:39+	12:13+
01:54+	03:31+	02:14+	04:34-
00:07+	01:09&	00:23#	00:27-
9	Reidun Solli Skjørestad	47	53:29
01:55+	05:32+	07:41+	12:07+
01:55+	03:37+	02:09+	04:26-
00:08+	01:15&	00:18#	00:35-
10	Ruth Grødem	105	54:29
02:07+	06:16+	08:08+	14:28+
02:07+	04:09+	01:52+	06:20+
00:20#	01:47&	00:01+	01:19&

Class	Navn	Klasse										Tid			
41	Eli Våge	117										1:06:21			
02:30+	09:18+	12:06+	18:29+	21:50+	31:42+	37:52+	43:31+	47:41+	56:00+	60:17+	64:25+	65:43+	66:21+		
02:30+	06:48+	02:48+	06:23+	03:21-	09:52+	06:10+	05:39+	04:10+	08:19+	04:17+	04:08+	01:18+	00:38+		
00:43&	04:26@	00:57&	01:22&	00:38-	02:04&	01:09#	02:32&	00:13+	02:07&	00:56&	02:17@	00:27&	00:12&		
42	Cecilie Kristine Karlsen	93										1:06:35			
01:38-	04:00-	05:37-	27:07+	29:10+	42:05+	47:11+	52:20+	54:53+	59:09+	62:16+	64:57+	66:07+	66:35+		
01:38-	02:22=	01:37-	21:30+	02:03-	12:55+	05:06+	05:09+	02:33-	04:16-	03:07-	02:41+	01:10+	00:28+		
00:09-	00:00=	00:14-	16:29@	01:56-	05:07&	00:05+	02:02&	01:24-	01:56-	00:14-	00:50&	00:19&	00:02+		
43	Hilde Christine Hoff	221										1:06:40			
02:21+	05:51+	08:10+	13:35+	18:29+	29:44+	37:07+	41:39+	51:16+	57:46+	61:25+	64:49+	66:11+	66:40+		
02:21+	03:30+	02:19+	05:25+	04:54+	11:15+	07:23+	04:32+	09:37+	06:30+	03:39+	03:24+	01:22+	00:29+		
00:34&	01:08&	00:28&	00:24+	00:55#	03:27&	02:22&	01:25&	05:40@	00:18+	00:18+	01:33&	00:31&	00:03#		
44	Linda Haukås	113										1:07:23			
02:04+	05:54+	08:07+	14:24+	21:32+	30:50+	37:29+	45:28+	49:53+	57:06+	61:30+	65:16+	66:54+	67:23+		
02:04+	03:50+	02:13+	06:17+	07:08+	09:18+	06:39+	07:59+	04:25+	07:13+	04:24+	03:46+	01:38+	00:29+		
00:17#	01:28&	00:22#	01:16&	03:09&	01:30#	01:38&	04:52@	00:28#	01:01#	01:03&	01:55@	00:47&	00:03#		
45	Linn Soma	287										1:09:07			
01:45-	04:12+	06:37+	15:34+	20:47+	30:54+	36:24+	40:15+	51:27+	59:25+	64:51+	67:20+	68:38+	69:07+		
01:45-	02:27+	02:25+	08:57+	05:13+	10:07+	05:30+	03:51+	11:12+	07:58+	05:26+	02:29+	01:18+	00:29+		
00:02-	00:05+	00:34&	03:56&	01:14&	02:19&	00:29+	00:44#	07:15@	01:46&	02:05&	00:38&	00:27&	00:03#		
46	May Kristin Haaland	47										1:09:37			
02:07+	05:42+	08:26+	14:44+	20:28+	31:57+	39:12+	44:51+	49:46+	59:09+	63:28+	67:32+	69:00+	69:37+		
02:07+	03:35+	02:44+	06:18+	05:44+	11:29+	07:15+	05:39+	04:55+	09:23+	04:19+	04:04+	01:28+	00:37+		
00:20#	01:13&	00:53&	01:17&	01:45&	03:41&	02:14&	02:32&	00:58#	03:11&	00:58&	02:13@	00:37&	00:11&		
47	Torhild Stokka Stølsvik	92										1:10:06			
02:15+	05:49+	08:31+	14:48+	20:36+	31:59+	39:22+	45:02+	49:53+	59:27+	63:39+	67:49+	69:18+	70:06+		
02:15+	03:34+	02:42+	06:17+	05:48+	11:23+	07:23+	05:40+	04:51+	09:34+	04:12+	04:10+	01:29+	00:48+		
00:28&	01:12&	00:51&	01:16&	01:49&	03:35&	02:22&	02:33&	00:54#	03:22&	00:51&	02:19@	00:38&	00:22&		
48	Tonje Tiley	27										1:10:30			
01:41-	04:55+	06:39+	15:46+	19:17+	29:37+	46:47+	50:54+	56:10+	61:56+	65:28+	68:27+	70:00+	70:30+		
01:41-	03:14+	01:44-	09:07+	03:31-	10:20+	17:10+	04:07+	05:16+	05:46-	03:32+	02:59+	01:33+	00:30+		
00:06-	00:52&	00:07-	04:06&	00:28-	02:32&	12:09@	01:00&	01:19&	00:26-	00:11+	01:08&	00:42&	00:04#		
49	Sølvi S. Ballestad	105										1:12:38			
02:57+	06:28+	08:47+	15:24+	20:31+	32:53+	42:21+	47:11+	51:34+	60:04+	66:11+	70:18+	72:06+	72:38+		
02:57+	03:31+	02:19+	06:37+	05:07+	12:22+	09:28+	04:50+	04:23+	08:30+	06:07+	04:07+	01:48+	00:32+		
01:10&	01:09&	00:28&	01:36&	01:08&	04:34&	04:27&	01:43&	00:26#	02:18&	02:46&	02:16@	00:57@	00:06#		
50	Solveig Mæland	128										1:13:38			
02:33+	06:26+	08:58+	16:27+	24:04+	35:43+	42:05+	46:56+	52:42+	62:12+	66:37+	70:42+	72:47+	73:38+		
02:33+	03:53+	02:32+	07:29+	07:37+	11:39+	06:22+	04:51+	05:46+	09:30+	04:25+	04:05+	02:05+	00:51+		
00:46&	01:31&	00:41&	02:28&	03:38&	03:51&	01:21&	01:44&	01:49&	03:18&	01:04&	02:14@	01:14@	00:25&		
51	Hilde Søndresen	93										1:13:43			
02:19+	06:03+	08:34+	14:19+	17:54+	30:53+	39:20+	44:59+	52:04+	61:48+	67:17+	71:10+	73:01+	73:43+		
02:19+	03:44+	02:31+	05:45+	03:35-	12:59+	08:27+	05:39+	07:05+	09:44+	05:29+	03:53+	01:51+	00:42+		
00:32&	01:22&	00:40&	00:44#	00:24-	05:11&	03:26&	02:32&	03:08&	03:32&	02:08&	02:02@	01:00@	00:16&		
52	Inger Synnøve Sjursen	92										1:13:44			
02:27+	06:17+	08:41+	14:57+	18:18+	30:59+	39:30+	44:53+	52:04+	61:44+	67:01+	71:10+	73:01+	73:44+		
02:27+	03:50+	02:24+	06:16+	03:21-	12:41+	08:31+	05:23+	07:11+	09:40+	05:17+	04:09+	01:51+	00:43+		
00:40&	01:28&	00:33&	01:15#	00:38-	04:53&	03:30&	02:16&	03:14&	03:28&	01:56&	02:18@	01:00@	00:17&		
53	Karin Gilje Ask	141										1:13:46			
02:43+	06:17+	08:43+	15:27+	19:35+	29:35+	38:07+	45:24+	56:06+	63:04+	67:33+	71:29+	73:15+	73:46+		
02:43+	03:34+	02:26+	06:44+	04:08+	10:00+	08:32+	07:17+	10:42+	06:58+	04:29+	03:56+	01:46+	00:31+		
00:56&	01:12&	00:35&	01:43&	00:09+	02:12&	03:31&	04:10@	06:45@	00:46#	01:08&	02:05@	00:55@	00:05#		
54	Maria Haukaliid	47										1:14:01			
01:57+	04:38+	06:22+	12:28+	15:09+	24:12+	31:11+	36:30+	57:56+	64:05+	67:27+	71:36+	73:21+	74:01+		
01:57+	02:41+	01:44-	06:06+	02:41-	09:03+	06:59+	05:19+	21:26+	06:09-	03:22+	04:09+	01:45+	00:40+		
00:10+	00:19#	00:07-	01:05#	01:18-	01:15#	01:58&	02:12&	17:29@	00:03-	00:01+	02:18@	00:54@	00:14&		
55	Hilde Sande Borck	114										1:14:09			
02:33+	05:26+	09:10+	15:49+	19:37+	32:10+	38:58+	52:21+	58:17+	63:31+	68:32+	72:19+	73:40+	74:09+		
02:33+	02:53+	03:44+	06:39+	03:48-	12:33+	06:48+	13:23+	05:56+	05:14-	05:01+	03:47+	01:21+	00:29+		
00:46&	00:31#	01:53@	01:38&	00:11-	04:45&	01:47&	10:16@	01:59&	00:58-	01:40&	01:56@	00:30&	00:03#		

Class	Navn	Klasse	Tid
56	Brynhild Haaland	101	1:14:11
03:16+	08:39+	11:00+	24:10+
03:16+	05:23+	02:21+	13:10+
01:29&	03:01@	00:30&	08:09@
00:41#	03:12&	02:29&	02:14&
01:42&	00:10-	00:34#	02:07@
00:39&	00:00=		
57	Gunn Vagle	126	1:15:11
02:42+	05:53+	08:59+	23:43+
02:42+	03:11+	03:06+	14:44+
00:55&	00:49&	01:15&	09:43@
02:03&	01:47#	03:20&	03:50@
00:33#	01:09#	00:16+	01:28&
00:26&	00:03#		
58	Else Marie Furland	93	1:15:53
03:15+	07:34+	10:00+	16:27+
03:15+	04:19+	02:26+	06:27+
01:28&	01:57&	00:35&	01:26&
00:08+	04:56&	03:02&	02:26&
03:14&	03:35&	01:49&	02:21@
00:58@	00:24&		
59	Ingunn Fandrem	47	1:16:10
02:56+	06:06+	08:42+	14:15+
02:56+	03:10+	02:36+	05:33+
01:09&	00:48&	00:45&	00:32#
00:20-	08:47@	02:44&	03:20@
05:32@	01:23#	01:23&	01:52@
00:42&	00:01-		
60	Solveig Grønning	47	1:16:13
03:02+	06:03+	08:26+	14:29+
03:02+	03:01+	02:23+	06:03+
01:15&	00:39&	00:32&	01:02#
00:29-	08:47@	03:01&	03:05&
05:34@	01:19#	01:23&	01:50&
00:40&	00:01+		
61	Kirsti Strand Salvesen	256	1:16:27
02:46+	06:18+	08:29+	17:19+
02:46+	03:32+	02:11+	08:50+
00:59&	01:10&	00:20#	03:49&
00:50-	01:59&	01:58&	01:21&
13:07@	00:14-	00:23#	02:05@
02:17@	00:29@		
62	Aase Sveinsvoll	94	1:17:07
02:40+	07:01+	09:43+	18:40+
02:40+	04:21+	02:42+	08:57+
00:53&	01:59&	00:51&	03:56&
01:11&	05:25&	03:15&	03:29@
02:52&	00:34+	00:43#	03:07@
01:08@	00:10&		
63	Anne Grete Friberg	141	1:17:48
06:35+	10:10+	12:29+	19:36+
06:35+	03:35+	02:19+	07:07+
04:48@	01:13&	00:28&	02:06&
00:45#	02:24&	02:32&	04:10@
06:56@	01:17#	00:22#	02:06@
00:55@	00:12&		
64	Inger K. H. Rysstad	141	1:18:03
06:48+	10:25+	12:35+	19:52+
06:48+	03:37+	02:10+	07:17+
05:01@	01:15&	00:19#	02:16&
00:36#	02:45&	02:11&	04:20@
06:34@	01:24#	00:21#	02:21@
00:54@	00:12&		
65	Marianne Gjesdal Lyngås	253	1:20:24
02:33+	07:51+	10:52+	19:33+
02:33+	05:18+	03:01+	08:41+
00:46&	02:56@	01:10&	03:40&
01:40&	03:08&	05:43@	01:58&
03:15&	03:05&	01:09&	02:14@
01:25@	00:41@		
66	Irene Mæland Torgersen	253	1:20:24
02:40+	07:56+	10:57+	19:39+
02:40+	05:16+	03:01+	08:42+
00:53&	02:54@	01:10&	03:41&
01:40&	03:12&	05:39@	01:56&
03:21&	03:02&	01:06&	02:15@
02:14+	01:04+	01:23@	00:38@
67	Terese Marie Gilje	117	1:20:56
02:35+	05:31+	08:42+	14:56+
02:35+	02:56+	03:11+	06:14+
00:48&	00:34#	01:20&	01:13#
00:26-	10:04@	03:39&	02:34&
01:01&	08:05@	02:06&	01:52@
00:28&	00:04#		
68	Shazia Ali Zade	115	1:22:35
04:07+	07:34+	09:18+	19:31+
04:07+	03:27+	01:44-	10:13+
02:20@	01:05&	00:07-	05:12@
08:26@	02:38&	02:19&	04:08@
02:51&	03:54&	00:28#	01:11&
00:24&	00:12&		
69	Haldis Vagle	92	1:23:50
02:50+	07:08+	09:30+	14:25+
02:50+	04:18+	02:22+	04:55-
01:03&	01:56&	00:31&	00:06-
00:57#	03:15&	02:19&	02:18&
05:17@	07:29@	04:37@	04:26@
01:09@	01:05@		
70	Gro Mariero Totland	59	1:24:56
02:45+	06:51+	09:26+	19:17+
02:45+	04:06+	02:35+	09:51+
00:58&	01:44&	00:44&	04:50&
00:36#	06:05&	02:17&	06:45@
02:08&	02:05&	01:59&	05:14@
01:38@	00:19&		

Class	Navn	Klasse										Tid		
71	Rebekka Lye	62										1:25:48		
02:15+	07:28+	09:39+	19:24+	24:00+	38:42+	45:57+	55:58+	62:04+	70:25+	75:41+	82:45+	85:14+	85:48+	
02:15+	05:13+	02:11+	09:45+	04:36+	14:42+	07:15+	10:01+	06:06+	08:21+	05:16+	07:04+	02:29+	00:34+	
00:28&	02:51@	00:20#	04:44&	00:37#	06:54&	02:14&	06:54@	02:09&	02:09&	01:55&	05:13@	01:38@	00:08&	
72	Gro Skadberg Helliesen	105										1:27:50		
03:10+	06:04+	08:19+	32:16+	37:06+	46:13+	52:03+	57:01+	72:11+	78:37+	82:29+	85:50+	87:16+	87:50+	
03:10+	02:54+	02:15+	23:57+	04:50+	09:07+	05:50+	04:58+	15:10+	06:26+	03:52+	03:21+	01:26+	00:34+	
01:23&	00:32#	00:24#	18:56@	00:51#	01:19#	00:49#	01:51&	11:13@	00:14+	00:31#	01:30&	00:35&	00:08&	
73	Linn Skadberg	113										1:28:01		
02:24+	06:13+	08:41+	21:45+	26:42+	43:03+	51:29+	56:43+	64:10+	71:58+	79:35+	85:19+	87:36+	88:01+	
02:24+	03:49+	02:28+	13:04+	04:57+	16:21+	08:26+	05:14+	07:27+	07:48+	07:37+	05:44+	02:17+	00:25-	
00:37&	01:27&	00:37&	08:03@	00:58#	08:33@	03:25&	02:07&	03:30&	01:36&	04:16@	03:53@	01:26@	00:01-	
74	Stine Skadberg	113										1:28:04		
02:23+	06:20+	08:46+	22:04+	26:38+	43:41+	51:29+	57:21+	64:23+	72:13+	79:44+	85:19+	87:39+	88:04+	
02:23+	03:57+	02:26+	13:18+	04:34+	17:03+	07:48+	05:52+	07:02+	07:50+	07:31+	05:35+	02:20+	00:25-	
00:36&	01:35&	00:35&	08:17@	00:35#	09:15@	02:47&	02:45&	03:05&	01:38&	04:10@	03:44@	01:29@	00:01-	
75	Solbjørg Lima Skadberg	115										1:28:27		
02:30+	06:10+	08:41+	21:58+	26:47+	43:47+	51:24+	57:17+	64:04+	72:12+	80:11+	85:24+	87:46+	88:27+	
02:30+	03:40+	02:31+	13:17+	04:49+	17:00+	07:37+	05:53+	06:47+	08:08+	07:59+	05:13+	02:22+	00:41+	
00:43&	01:18&	00:40&	08:16@	00:50#	09:12@	02:36&	02:46&	02:50&	01:56&	04:38@	03:22@	01:31@	00:15&	
76	Brit Skjelbred	94										1:32:40		
02:18+	10:51+	13:30+	40:13+	44:09+	56:06+	64:51+	71:42+	76:13+	83:46+	87:24+	90:39+	92:07+	92:40+	
02:18+	08:33+	02:39+	26:43+	03:56-	11:57+	08:45+	06:51+	04:31+	07:33+	03:38+	03:15+	01:28+	00:33+	
00:31&	06:11@	00:48&	21:42@	00:03-	04:09&	03:44&	03:44@	00:34#	01:21#	00:17+	01:24&	00:37&	00:07&	
77	Lilly Charlotte Berg	94										1:32:42		
02:15+	10:48+	13:26+	40:25+	44:46+	56:14+	64:49+	71:38+	76:18+	83:51+	87:20+	90:45+	92:09+	92:42+	
02:15+	08:33+	02:38+	26:59+	04:21+	11:28+	08:35+	06:49+	04:40+	07:33+	03:29+	03:25+	01:24+	00:33+	
00:28&	06:11@	00:47&	21:58@	00:22+	03:40&	03:34&	03:42@	00:43#	01:21#	00:08+	01:34&	00:33&	00:07&	
78	Sigrun Serigstad	128										1:32:45		
02:33+	19:09+	20:55+	44:27+	47:39+	61:32+	67:14+	77:20+	81:15+	85:52+	88:32+	91:06+	92:20+	92:45+	
02:33+	16:36+	01:46-	23:32+	03:12-	13:53+	05:42+	10:06+	03:55-	04:37-	02:40-	02:34+	01:14+	00:25-	
00:46&	14:14@	00:05-	18:31@	00:47-	06:05&	00:41#	06:59@	00:02-	01:35-	00:41-	00:43&	00:23&	00:01-	
79	Hazel Grayston	263										1:46:48		
03:03+	07:03+	12:20+	22:06+	27:35+	40:38+	49:30+	55:59+	63:07+	75:47+	81:25+	85:23+	103:15+	105:42+	106:48+
03:03+	04:00+	05:17+	09:46+	05:29+	13:03+	08:52+	06:29+	07:08+	12:40+	05:38+	03:58+	17:52+	02:27+	01:06+
01:16&	01:38&	03:26@	04:45&	01:30&	05:15&	03:51&	03:22@	03:11&	06:28@	02:17&	02:07@	17:01@	02:01@	01:06+

Beste strekktid for klassen

01:24 02:10 01:26 03:56 02:03 06:15 03:45 02:35 02:33 04:01 02:14 01:51 00:47 00:22

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

Herrer 16 - 39 år

1	Erling Grammeltvedt	116										39:26						
00:28=	02:42=	03:39=	04:33=	07:53=	09:19=	12:12=	14:42=	17:47=	19:31=	22:02=	24:16=	25:44=	27:24=	31:34=	34:05=	36:12=	39:09=	39:26=
00:28=	02:14=	00:57=	00:54=	03:20=	01:26=	02:53=	02:30=	03:05=	01:44=	02:31=	02:14=	01:28=	01:40=	04:10=	02:31=	02:07=	02:57=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjørnar Owren	74										51:37						
00:33+	03:10+	04:06+	05:06+	09:51+	14:01+	16:54+	20:12+	25:26+	27:53+	30:37+	33:00+	34:50+	37:24+	42:13+	45:19+	47:57+	51:15+	51:37+
00:33+	02:37+	00:56-	01:00+	04:45+	04:10+	02:53=	03:18+	05:14+	02:27+	02:44+	02:23+	01:50+	02:34+	04:49+	03:06+	02:38+	03:18+	00:22+
00:05#	00:23#	00:01-	00:06#	01:25&	02:44@	00:00=	00:48&	02:09&	00:43&	00:13+	00:09+	00:22#	00:54&	00:39#	00:35#	00:31#	00:21#	00:05&
3	Morten Fenne	228										51:56						
00:29+	02:55+	03:59+	05:19+	09:07+	11:30+	14:54+	18:04+	22:14+	24:19+	27:29+	30:12+	32:20+	36:04+	43:27+	45:58+	48:16+	51:32+	51:56+
00:29+	02:26+	01:04+	01:20+	03:48+	02:23+	03:24+	03:10+	04:10+	02:05+	03:10+	02:43+	02:08+	03:44+	07:23+	02:31=	02:18+	03:16+	00:24+
00:01+	00:12+	00:07#	00:26&	00:28#	00:57&	00:31#	00:40&	01:05&	00:21#	00:39&	00:29#	00:40&	02:04@	03:13&	00:00=	00:11+	00:19#	00:07&
4	Torbjørn Ims Østby	53										53:28						
00:25-	02:33-	03:33-	04:40+	08:24+	10:33+	13:53+	17:01+	21:23+	23:39+	27:50+	30:14+	32:20+	35:09+	39:38+	42:30+	49:33+	53:09+	53:28+
00:25-	02:08-	01:00+	01:07+	03:44+	02:09+	03:20+	03:08+	04:22+	02:16+	04:11+	02:24+	02:06+	02:49+	04:29+	02:52+	07:03+	03:36+	00:19+
00:03-	00:06-	00:03+	00:13#	00:24#	00:43&	00:27#	00:38&	01:17&	00:32&	01:40&	00:10+	00:38&	01:09&	00:19+	00:21#	04:56@	00:39#	00:02#

Class	Navn	Klasse	Tid															
5	Thomas Jansen	289	54:15															
00:34+	02:45+	03:39=	04:43+	10:22+	11:57+	15:23+	18:44+	23:02+	24:39+	28:20+	32:13+	39:25+	41:48+	46:45+	49:00+	51:11+	53:52+	54:15+
00:34+	02:11-	00:54-	01:04+	05:39+	01:35+	03:26+	03:21+	04:18+	01:37-	03:41+	03:53+	07:12+	02:23+	04:57+	02:15-	02:11+	02:41-	00:23+
00:06#	00:03-	00:03-	00:10#	02:19&	00:09#	00:33#	00:51&	01:13&	00:07-	01:10&	01:39&	05:44@	00:43&	00:47#	00:16-	00:04+	00:16-	00:06&
6	Kjetil Hollund	108	54:34															
00:30+	03:06+	04:08+	05:19+	10:26+	12:51+	16:54+	20:49+	25:13+	27:12+	30:26+	35:00+	37:15+	39:43+	44:23+	47:38+	50:54+	54:09+	54:34+
00:30+	02:36+	01:02+	01:11+	05:07+	02:25+	04:03+	03:55+	04:24+	01:59+	03:14+	04:34+	02:15+	02:28+	04:40+	03:15+	03:16+	03:15+	00:25+
00:02+	00:22#	00:05+	00:17&	01:47&	00:59&	01:10&	01:25&	01:19&	00:15#	00:43&	02:20@	00:47&	00:48&	00:30#	00:44&	01:09&	00:18#	00:08&
7	Jonas Lye Scheie	62	55:09															
00:26-	02:40-	03:57+	05:27+	12:16+	14:14+	17:16+	21:20+	25:49+	27:42+	30:22+	32:27+	34:32+	36:34+	43:24+	46:35+	52:02+	54:48+	55:09+
00:26-	02:14=	01:17+	01:30+	06:49+	01:58+	03:02+	04:04+	04:29+	01:53+	02:40+	02:05-	02:05+	02:02+	06:50+	03:11+	05:27+	02:46-	00:21+
00:02-	00:00=	00:20&	00:36&	03:29@	00:32&	00:09+	01:34&	01:24&	00:09+	00:09+	00:09-	00:37&	00:22#	02:40&	00:40&	03:20@	00:11-	00:04#
8	Trond Evensen	116	55:10															
00:29+	02:57+	04:08+	06:02+	12:29+	14:53+	18:07+	20:50+	25:39+	28:20+	31:05+	33:32+	37:17+	39:20+	45:56+	49:19+	51:52+	54:42+	55:10+
00:29+	02:28+	01:11+	01:54+	06:27+	02:24+	03:14+	02:43+	04:49+	02:41+	02:45+	02:27+	03:45+	02:03+	06:36+	03:23+	02:33+	02:50-	00:28+
00:01+	00:14#	00:14#	01:00@	03:07&	00:58&	00:21#	00:13+	01:44&	00:57&	00:14+	00:13+	02:17@	00:23#	02:26&	00:52&	00:26#	00:07-	00:11&
9	Håkon Eggebø	71	55:44															
00:30+	03:27+	04:34+	05:33+	09:27+	12:49+	15:58+	19:02+	26:27+	29:21+	32:05+	35:01+	37:18+	41:47+	46:50+	49:39+	52:29+	55:20+	55:44+
00:30+	02:57+	01:07+	00:59+	03:54+	03:22+	03:09+	03:04+	07:25+	02:54+	02:44+	02:56+	02:17+	04:29+	05:03+	02:49+	02:50+	02:51-	00:24+
00:02+	00:43&	00:10#	00:05+	00:34#	01:56@	00:16+	00:34#	04:20@	01:10&	00:13+	00:42&	00:49&	02:49@	00:53#	00:18#	00:43&	00:06-	00:07&
10	Bjørnar A. Alvær Sandmark	68	56:13															
00:34+	03:07+	04:15+	05:20+	09:20+	11:11+	15:02+	18:38+	26:20+	28:13+	31:05+	34:14+	36:21+	39:15+	45:51+	49:03+	52:48+	55:56+	56:13+
00:34+	02:33+	01:08+	01:05+	04:00+	01:51+	03:51+	03:36+	07:42+	01:53+	02:52+	03:09+	02:07+	02:54+	06:36+	03:12+	03:45+	03:08+	00:17=
00:06#	00:19#	00:11#	00:11#	00:40#	00:25&	00:58&	01:06&	04:37@	00:09+	00:21#	00:55&	00:39&	01:14&	02:26&	00:41&	01:38&	00:11+	00:00=
11	Jens Rostrup Eikehaugen	92	56:35															
00:31+	03:03+	04:04+	07:52+	14:55+	16:42+	20:06+	23:54+	28:03+	29:54+	33:51+	36:38+	41:03+	43:08+	47:44+	50:50+	52:52+	56:02+	56:35+
00:31+	02:32+	01:01+	03:48+	07:03+	01:47+	03:24+	03:48+	04:09+	01:51+	03:57+	02:47+	04:25+	02:05+	04:36+	03:06+	02:02-	03:10+	00:33+
00:03#	00:18#	00:04+	02:54@	03:43@	00:21#	00:31#	01:18&	01:04&	00:07+	01:26&	00:33#	02:57@	00:25#	00:26#	00:35#	00:05-	00:13+	00:16&
12	Martin Skogland	98	57:15															
00:31+	03:18+	04:18+	05:45+	12:49+	14:44+	18:35+	22:50+	27:07+	29:23+	32:31+	35:10+	37:43+	40:20+	44:27+	47:15+	53:50+	56:53+	57:15+
00:31+	02:47+	01:00+	01:27+	07:04+	01:55+	03:51+	04:15+	04:17+	02:16+	03:08+	02:39+	02:33+	02:37+	04:07-	02:48+	06:35+	03:03+	00:22+
00:03#	00:33#	00:03+	00:33&	03:44@	00:29&	00:58&	01:45&	01:12&	00:32&	00:37#	00:25#	01:05&	00:57&	00:03-	00:17#	04:28@	00:06+	00:05&
13	Svein Kyllingstad	71	57:36															
00:31+	03:10+	04:19+	05:55+	09:55+	12:07+	15:45+	19:13+	23:41+	30:05+	34:49+	37:10+	39:07+	44:50+	48:34+	51:30+	54:17+	57:15+	57:36+
00:31+	02:39+	01:09+	01:36+	04:00+	02:12+	03:38+	03:28+	04:28+	06:24+	04:44+	02:21+	01:57+	05:43+	03:44-	02:56+	02:47+	02:58+	00:21+
00:03#	00:25#	00:12#	00:42&	00:40#	00:46&	00:45&	00:58&	01:23&	04:40@	02:13&	00:07+	00:29&	04:03@	00:26-	00:25#	00:40&	00:01+	00:04#
14	Andreas Segadal Breiland	194	59:18															
00:35+	02:40-	03:39=	04:44+	08:55+	10:45+	14:58+	18:31+	23:35+	25:56+	28:44+	31:25+	39:02+	43:56+	49:21+	53:01+	55:38+	58:53+	59:18+
00:35+	02:05-	00:59+	01:05+	04:11+	01:50+	04:13+	03:33+	05:04+	02:21+	02:48+	02:41+	07:37+	04:54+	05:25+	03:40+	02:37+	03:15+	00:25+
00:07#	00:09-	00:02+	00:11#	00:51&	00:24&	01:20&	01:03&	01:59&	00:37&	00:17#	00:27#	06:09@	03:14@	01:15&	01:09&	00:30#	00:18#	00:08&
15	Runar Eike Toft	116	59:43															
00:27-	02:14-	03:02-	03:49-	12:42+	16:20+	19:12+	23:00+	30:16+	32:33+	36:43+	38:44+	41:02+	45:29+	50:44+	54:06+	56:37+	59:21+	59:43+
00:27-	01:47-	00:48-	00:47-	08:53+	03:38+	02:52-	03:48+	07:16+	02:17+	04:10+	02:01-	02:18+	04:27+	05:15+	03:22+	02:31+	02:44-	00:22+
00:01-	00:27-	00:09-	00:07-	05:33@	02:12@	00:01-	01:18&	04:11@	00:33&	01:39&	00:13-	00:50&	02:47@	01:05&	00:51&	00:24#	00:13-	00:05&
16	Rune Svihus	62	1:00:53															
00:29+	02:53+	03:57+	05:00+	08:32+	10:20+	13:37+	16:29+	21:07+	23:32+	34:34+	37:37+	39:29+	44:13+	50:02+	53:03+	57:28+	60:28+	60:53+
00:29+	02:24+	01:04+	01:03+	03:32+	01:48+	03:17+	02:52+	04:38+	02:25+	11:02+	03:03+	01:52+	04:44+	05:49+	03:01+	04:25+	03:00+	00:25+
00:01+	00:10+	00:07#	00:09#	00:12+	00:22&	00:24#	00:22#	01:33&	00:41&	08:31@	00:49&	00:24&	03:04@	01:39&	00:30#	02:18@	00:03+	00:08&
17	Dag Eivind Watsend	92	1:04:07															
00:31+	03:03+	04:06+	05:17+	09:35+	11:13+	14:23+	17:31+	22:12+	30:41+	34:09+	37:56+	41:50+	46:20+	52:03+	58:45+	61:02+	63:43+	64:07+
00:31+	02:32+	01:03+	01:11+	04:18+	01:38+	03:10+	03:08+	04:41+	08:29+	03:28+	03:47+	03:54+	04:30+	05:43+	06:42+	02:17+	02:41-	00:24+
00:03#	00:18#	00:06#	00:17&	00:58&	00:12#	00:17+	00:38&	01:36&	06:45@	00:57&	01:33&	02:26@	02:50@	01:33&	04:11@	00:10+	00:16-	00:07&
18	Rune Hatle	65	1:04:43															
00:28=	03:19+	04:47+	06:06+	10:43+	14:17+	18:39+	22:26+	26:59+	32:35+	40:45+	43:21+	45:30+	47:35+	53:51+	56:47+	61:06+	64:21+	64:43+
00:28=	02:51+	01:28+	01:19+	04:37+	03:34+	04:22+	03:47+	04:33+	05:36+	08:10+	02:36+	02:09+	02:05+	06:16+	02:56+	04:19+	03:15+	00:22+
00:00=	00:37&	00:31&	00:25&	01:17&	02:08@	01:29&	01:17&	01:28&	03:52@	05:39@	00:22#	00:41&	00:25#	02:06&	00:25#	02:12@	00:18#	00:05&
19	Sam McCloy	271	1:05:39															
00:35+	02:21-	03:11-	04:06-	07:06-	09:38+	12:32+	15:40+	19:10+	27:11+	29:36+	31:37+	39:44+	51:31+	55:47+	58:30+	62:23+	65:22+	65:39+
00:35+	01:46-	00:50-	00:55+	03:00-	02:32+	02:54+	03:08+	03:30+	08:01+	02:25-	02:01-	08:07+	11:47+	04:16+	02:43+	03:53+	02:59+	00:17=
00:07#	00:28-	00:07-	00:01+	00:20-	01:06&	00:01+	00:38&	00:25#	06:17@	00:06-	00:13-	06:39@	10:07@	00:06+	00:12+	01:46&	00:02+	00:00=

Class	Navn	Klasse	Tid															
20	Frode Stangeland	273	1:09:00															
00:32+	03:14+	04:24+	05:30+	16:14+	22:13+	25:46+	30:24+	34:56+	36:51+	41:49+	51:23+	53:12+	55:01+	59:43+	62:46+	64:54+	68:38+	69:00+
00:32+	02:42+	01:10+	01:06+	10:44+	05:59+	03:33+	04:38+	04:32+	01:55+	04:58+	09:34+	01:49+	01:49+	04:42+	03:03+	02:08+	03:44+	00:22+
00:04#	00:28#	00:13#	00:12#	07:24@	04:33@	00:40#	02:08&	01:27&	00:11#	02:27&	07:20@	00:21#	00:09+	00:32#	00:32#	00:01+	00:47&	00:05&
21	Richard Galle	66	1:10:38															
00:30+	02:41-	04:13+	06:00+	16:15+	19:28+	22:46+	26:24+	32:14+	35:09+	38:01+	42:07+	45:37+	53:58+	58:56+	63:23+	66:38+	70:12+	70:38+
00:30+	02:11-	01:32+	01:47+	10:15+	03:13+	03:18+	03:38+	05:50+	02:55+	02:52+	04:06+	03:30+	08:21+	04:58+	04:27+	03:15+	03:34+	00:26+
00:02+	00:03-	00:35&	00:53&	06:55@	01:47@	00:25#	01:08&	02:45&	01:11&	00:21#	01:52&	02:02@	06:41@	00:48#	01:56&	01:08&	00:37#	00:09&
22	David Wade	116	1:11:00															
00:31+	02:58+	04:12+	06:39+	14:12+	20:01+	23:29+	29:22+	33:50+	36:10+	39:08+	42:13+	44:36+	55:39+	60:30+	63:41+	66:56+	70:41+	71:00+
00:31+	02:27+	01:14+	02:27+	07:33+	05:49+	03:28+	05:53+	04:28+	02:20+	02:58+	03:05+	02:23+	11:03+	04:51+	03:11+	03:15+	03:45+	00:19+
00:03#	00:13+	00:17&	01:33@	04:13@	04:23@	00:35#	03:23@	01:23&	00:36&	00:27#	00:51&	00:55&	09:23@	00:41#	00:40&	01:08&	00:48&	00:02#
23	Svein Magnus Halsne	71	1:11:47															
00:28=	02:55+	03:53+	06:11+	10:11+	12:28+	16:26+	19:54+	24:23+	26:26+	29:18+	31:59+	34:16+	38:44+	63:40+	65:47+	68:25+	71:18+	71:47+
00:28=	02:27+	00:58+	02:18+	04:00+	02:17+	03:58+	03:28+	04:29+	02:03+	02:52+	02:41+	02:17+	04:28+	24:56+	02:07-	02:38+	02:53-	00:29+
00:00=	00:13+	00:01+	01:24@	00:40#	00:51&	01:05&	00:58&	01:24&	00:19#	00:21#	00:27#	00:49&	02:48@	20:46@	00:24-	00:31#	00:04-	00:12&
24	Alexander Khorunzhiy	287	1:15:49															
00:37+	04:13+	05:35+	07:12+	14:18+	18:27+	24:02+	28:36+	36:43+	39:25+	42:59+	46:32+	50:10+	54:39+	64:15+	68:00+	71:10+	75:22+	75:49+
00:37+	03:36+	01:22+	01:37+	07:06+	04:09+	05:35+	04:34+	08:07+	02:42+	03:34+	03:33+	03:38+	04:29+	09:36+	03:45+	03:10+	04:12+	00:27+
00:09&	01:22&	00:25&	00:43&	03:46@	02:43@	02:42&	02:04&	05:02@	00:58&	01:03&	01:19&	02:10@	02:49@	05:26@	01:14&	01:03&	01:15&	00:10&
25	Njal Solberg Greiner	116	1:20:15															
03:52+	06:08+	07:22+	08:33+	16:45+	18:07+	21:18+	29:54+	33:33+	35:31+	38:28+	41:00+	43:23+	45:07+	53:04+	61:44+	77:07+	79:56+	80:15+
03:52+	02:16+	01:14+	01:11+	08:12+	01:22-	03:11+	08:36+	03:39+	01:58+	02:57+	02:32+	02:23+	01:44+	07:57+	08:40+	15:23+	02:49-	00:19+
03:24@	00:02+	00:17&	00:17&	04:52@	00:04-	00:18#	06:06@	00:34#	00:14#	00:26#	00:18#	00:55&	00:04+	03:47&	06:09@	13:16@	00:08-	00:02#
26	Per-Olof Wallerstedt	136	1:41:47															
00:40+	03:16+	04:39+	06:13+	18:07+	21:47+	26:52+	37:27+	48:55+	51:41+	55:42+	68:29+	71:10+	74:32+	84:58+	88:39+	96:02+	101:10+	101:47+
00:40+	02:36+	01:23+	01:34+	11:54+	03:40+	05:05+	10:35+	11:28+	02:46+	04:01+	12:47+	02:41+	03:22+	10:26+	03:41+	07:23+	05:08+	00:37+
00:12&	00:22#	00:26&	00:40&	08:34@	02:14@	02:12&	08:05@	08:23@	01:02&	01:30&	10:33@	01:13&	01:42@	06:16@	01:10&	05:16@	02:11&	00:20@
27	Igor Muzdeka	74	1:54:01															
00:36+	04:34+	06:37+	10:20+	29:43+	33:49+	40:06+	46:54+	58:42+	62:40+	67:32+	72:54+	77:17+	80:00+	89:26+	103:35+	107:37+	113:32+	114:01+
00:36+	03:58+	02:03+	03:43+	19:23+	04:06+	06:17+	06:48+	11:48+	03:58+	04:52+	05:22+	04:23+	02:43+	09:26+	14:09+	04:02+	05:55+	00:29+
00:08&	01:44&	01:06@	02:49@	16:03@	02:40@	03:24@	04:18@	08:43@	02:14@	02:21&	03:08@	02:55@	01:03&	05:16@	11:38@	01:55&	02:58@	00:12&

Beste strekktid for klassen

00:25 01:46 00:48 00:47 03:00 01:22 02:52 02:30 03:05 01:37 02:25 02:01 01:28 01:40 03:44 02:07 02:02 02:41 00:17

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

Herrer 40 - 49 år

1	Ove Nygaard	116	46:40															
00:35=	03:08=	04:12=	05:16=	08:46=	11:06=	14:21=	17:33=	21:53=	23:34=	26:02=	28:29=	30:41=	32:39=	37:05=	39:57=	43:08=	46:15=	46:40=
00:35=	02:33=	01:04=	01:04=	03:30=	02:20=	03:15=	03:12=	04:20=	01:41=	02:28=	02:27=	02:12=	01:58=	04:26=	02:52=	03:11=	03:07=	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=	00:00=
2	John Breiland	157	50:47															
00:35=	03:43+	04:52+	05:53+	10:50+	12:41+	16:40+	20:02+	24:17+	26:34+	29:48+	32:36+	34:39+	37:05+	42:26+	44:45+	47:02+	50:18+	50:47+
00:35=	03:08+	01:09+	01:01-	04:57+	01:51-	03:59+	03:22+	04:15-	02:17+	03:14+	02:48+	02:03-	02:26+	05:21+	02:19-	02:17-	03:16+	00:29+
00:00=	00:35#	00:05+	00:03-	01:27&	00:29-	00:44#	00:10+	00:05-	00:36&	00:46&	00:21#	00:09-	00:28#	00:55#	00:33-	00:54-	00:09+	00:04#
3	Arne Engen	226	51:57															
00:30-	02:50-	03:46-	04:59-	11:54+	14:08+	17:56+	21:25+	25:24+	27:40+	30:47+	34:04+	35:51+	37:33+	41:45+	44:35+	48:15+	51:27+	51:57+
00:30-	02:20-	00:56-	01:13+	06:55+	02:14-	03:48+	03:29+	03:59+	02:16+	03:07+	03:17+	01:47-	01:42-	04:12-	02:50-	03:40+	03:12+	00:30+
00:05-	00:13-	00:08-	00:09#	03:25&	00:06-	00:33#	00:17+	00:21-	00:35&	00:39&	00:50&	00:25-	00:16-	00:14-	00:02-	00:29#	00:05+	00:05#
4	Jørgen Breivold	54	54:31															
00:44+	03:10+	04:13+	05:09-	08:42-	10:18-	13:08-	18:11+	23:35+	25:22+	28:02+	32:32+	36:37+	39:03+	44:33+	47:22+	51:07+	54:10+	54:31+
00:44+	02:26-	01:03-	00:56-	03:33+	01:36-	02:50-	05:03+	05:24+	01:47+	02:40+	04:30+	04:05+	02:26+	05:30+	02:49-	03:45+	03:03-	00:21-
00:09&	00:07-	00:01-	00:08-	00:03+	00:44-	00:25-	01:51&	01:04#	00:06+	00:12+	02:03&	01:53&	00:28#	01:04#	00:03-	00:34#	00:04-	00:04-
5	Frode Engen	116	54:46															
00:30-	03:06-	04:07-	05:19+	09:44+	11:51+	15:46+	19:25+	24:05+	26:20+	30:51+	33:59+	35:46+	39:09+	43:31+	46:38+	50:27+	54:19+	54:46+
00:30-	02:36+	01:01-	01:12+	04:25+	02:07-	03:55+	03:39+	04:40+	02:15+	04:31+	03:08+	01:47-	03:23+	04:22-	03:07+	03:49+	03:52+	00:27+
00:05-	00:03+	00:03-	00:08#	00:55&	00:13-	00:40#	00:27#	00:20+	00:34&	02:03&	00:41&	00:25-	01:25&	00:04-	00:15+	00:38#	00:45#	00:02+

Class	Navn	Klasse										Tid									
21	Håvard Svihus	267										1:05:34									
00:34-	03:44+	04:37+	07:14+	11:21+	13:39+	17:21+	22:24+	27:33+	29:54+	32:57+	35:47+	40:57+	46:22+	53:39+	58:17+	61:29+	65:14+	65:34+			
00:34-	03:10+	00:53-	02:37+	04:07+	02:18-	03:42+	05:03+	05:09+	02:21+	03:03+	02:50+	05:10+	05:25+	07:17+	04:38+	03:12+	03:45+	00:20-			
00:01-	00:37#	00:11-	01:33@	00:37#	00:02-	00:27#	01:51&	00:49#	00:40&	00:35#	00:23#	02:58@	03:27@	02:51&	01:46&	00:01+	00:38#	00:05-			
22	Arne Hetlelid	98										1:05:35									
00:33-	03:20+	04:27+	05:35+	13:42+	15:57+	19:34+	22:49+	26:59+	29:02+	32:42+	36:51+	39:24+	48:43+	53:31+	57:24+	61:02+	65:15+	65:35+			
00:33-	02:47+	01:07+	01:08+	08:07+	02:15-	03:37+	03:15+	04:10-	02:03+	03:40+	04:09+	02:33+	09:19+	04:48+	03:53+	03:38+	04:13+	00:20-			
00:02-	00:14+	00:03+	00:04+	04:37@	00:05-	00:22#	00:03+	00:10-	00:22#	01:12&	01:42&	00:21#	07:21@	00:22+	01:01&	00:27#	01:06&	00:05-			
23	Trondr Breiland	53										1:05:54									
00:32-	03:19+	04:36+	05:36+	14:12+	16:29+	20:22+	24:27+	30:49+	35:10+	42:19+	46:00+	48:25+	50:26+	56:18+	59:17+	61:48+	65:27+	65:54+			
00:32-	02:47+	01:17+	01:00-	08:36+	02:17-	03:53+	04:05+	06:22+	04:21+	07:09+	03:41+	02:25+	02:01+	05:52+	02:59+	02:31-	03:39+	00:27+			
00:03-	00:14+	00:13#	00:04-	05:06@	00:03-	00:38#	00:53&	02:02&	02:40@	04:41@	01:14&	00:13+	00:03+	01:26&	00:07+	00:40-	00:32#	00:02+			
24	Lars Primstad	62										1:08:13									
00:34-	03:03-	04:01-	05:04-	09:49+	12:11+	15:15+	18:50+	35:56+	38:21+	41:13+	43:37+	47:50+	49:49+	55:10+	60:39+	64:28+	67:56+	68:13+			
00:34-	02:29-	00:58-	01:03-	04:45+	02:22+	03:04-	03:35+	17:06+	02:25+	02:52+	02:24-	04:13+	01:59+	05:21+	05:29+	03:49+	03:28+	00:17-			
00:01-	00:04-	00:06-	00:01-	01:15&	00:02+	00:11-	00:23#	12:46@	00:44&	00:24#	00:03-	02:01&	00:01+	00:55#	02:37&	00:38#	00:21#	00:08-			
25	Arngrim Utskarpen	117										1:10:05									
00:33-	03:17+	04:26+	05:47+	09:59+	12:10+	15:31+	19:24+	30:22+	32:44+	35:40+	38:33+	43:46+	47:19+	52:05+	61:20+	64:39+	69:38+	70:05+			
00:33-	02:44+	01:09+	01:21+	04:12+	02:11-	03:21+	03:53+	10:58+	02:22+	02:56+	02:53+	05:13+	03:33+	04:46+	09:15+	03:19+	04:59+	00:27+			
00:02-	00:11+	00:05+	00:17&	00:42#	00:09-	00:06+	00:41#	06:38@	00:41&	00:28#	00:26#	03:01@	01:35&	00:20+	06:23@	00:08+	01:52&	00:02+			
26	Peter Chapman	117										1:12:02									
00:35=	03:34+	04:44+	06:02+	12:56+	14:42+	18:32+	22:20+	26:43+	28:40+	34:11+	36:42+	38:59+	41:48+	59:28+	62:47+	68:28+	71:41+	72:02+			
00:35=	02:59+	01:10+	01:18+	06:54+	01:46-	03:50+	03:48+	04:23+	01:57+	05:31+	02:31+	02:17+	02:49+	17:40+	03:19+	05:41+	03:13+	00:21-			
00:00=	00:26#	00:06+	00:14#	03:24&	00:34-	00:35#	00:36#	00:03+	00:16#	03:03@	00:04+	00:05+	00:51&	13:14@	00:27#	02:30&	00:06+	00:04-			
27	Edward Williams	42										1:14:26									
00:42+	03:17+	04:52+	06:43+	14:00+	19:06+	25:32+	30:57+	37:51+	41:02+	45:25+	49:08+	52:21+	55:28+	61:34+	65:03+	68:56+	73:50+	74:26+			
00:42+	02:35+	01:35+	01:51+	07:17+	05:06+	06:26+	05:25+	06:54+	03:11+	04:23+	03:43+	03:13+	03:07+	06:06+	03:29+	03:53+	04:54+	00:36+			
00:07#	00:02+	00:31&	00:47&	03:47@	02:46@	03:11&	02:13&	02:34&	01:30&	01:55&	01:16&	01:01&	01:09&	01:40&	00:37#	00:42#	01:47&	00:11&			
28	Tord Peter Ursin	116										1:14:43									
00:36+	03:59+	05:18+	06:50+	16:27+	19:09+	23:48+	28:00+	33:55+	36:55+	42:20+	45:59+	48:32+	53:13+	62:19+	65:58+	70:30+	74:14+	74:43+			
00:36+	03:23+	01:19+	01:32+	09:37+	02:42+	04:39+	04:12+	05:55+	03:00+	05:25+	03:39+	02:33+	04:41+	09:06+	03:39+	04:32+	03:44+	00:29+			
00:01+	00:50&	00:15#	00:28&	06:07@	00:22#	01:24&	01:00&	01:35&	01:19&	02:57@	01:12&	00:21#	02:43@	04:40@	00:47&	01:21&	00:37#	00:04#			
29	Jan Kristensen	7										1:14:55									
00:32-	03:42+	04:54+	06:17+	12:48+	15:07+	19:15+	23:17+	30:09+	33:00+	36:58+	40:12+	43:46+	46:48+	55:36+	67:49+	70:36+	74:25+	74:55+			
00:32-	03:10+	01:12+	01:23+	06:31+	02:19-	04:08+	04:02+	06:52+	02:51+	03:58+	03:14+	03:34+	03:02+	08:48+	12:13+	02:47-	03:49+	00:30+			
00:03-	00:37#	00:08#	00:19&	03:01&	00:01-	00:53&	00:50&	02:32&	01:10&	01:30&	00:47&	01:22&	01:04&	04:22&	09:21@	00:24-	00:42#	00:05#			
30	Ådne Hausberg	7										1:17:01									
00:34-	03:26+	04:42+	06:04+	10:51+	12:42+	25:20+	30:15+	36:13+	39:18+	43:16+	46:32+	50:46+	55:49+	61:41+	67:02+	71:52+	76:24+	77:01+			
00:34-	02:52+	01:16+	01:22+	04:47+	01:51-	12:38+	04:55+	05:58+	03:05+	03:58+	03:16+	04:14+	05:03+	05:52+	05:21+	04:50+	04:32+	00:37+			
00:01-	00:19#	00:12#	00:18&	01:17&	00:29-	09:23@	01:43&	01:38&	01:24&	01:30&	00:49&	02:02&	03:05@	01:26&	02:29&	01:39&	01:25&	00:12&			
31	André Sirevåg	116										1:18:45									
00:35=	03:16+	04:59+	06:39+	12:14+	23:04+	27:11+	32:59+	41:29+	44:17+	48:05+	52:00+	55:41+	59:57+	65:33+	69:46+	74:13+	78:18+	78:45+			
00:35=	02:41+	01:43+	01:40+	05:35+	10:50+	04:07+	05:48+	08:30+	02:48+	03:48+	03:55+	03:41+	04:16+	05:36+	04:13+	04:27+	04:05+	00:27+			
00:00=	00:08+	00:39&	00:36&	02:05&	08:30@	00:52&	02:36&	04:10&	01:07&	01:20&	01:28&	01:29&	02:18@	01:10&	01:21&	01:16&	00:58&	00:02+			
32	Kristian Lenning	116										1:22:13									
00:36+	04:02+	05:09+	06:15+	17:03+	21:48+	25:39+	28:59+	33:47+	36:25+	39:45+	42:36+	53:27+	57:19+	62:24+	74:36+	78:28+	81:47+	82:13+			
00:36+	03:26+	01:07+	01:06+	10:48+	04:45+	03:51+	03:20+	04:48+	02:38+	03:20+	02:51+	10:51+	03:52+	05:05+	12:12+	03:52+	03:19+	00:26+			
00:01+	00:53&	00:03+	00:02+	07:18@	02:25@	00:36#	00:08+	00:28#	00:57&	00:52&	00:24#	08:39@	01:54&	00:39#	09:20@	00:41#	00:12+	00:01+			
33	Rune Paulsen	98										1:31:09									
00:38+	03:42+	04:55+	07:13+	12:38+	17:12+	21:49+	25:00+	33:01+	45:33+	48:30+	51:16+	55:31+	67:28+	80:03+	83:52+	87:26+	90:53+	91:09+			
00:38+	03:04+	01:13+	02:18+	05:25+	04:34+	04:37+	03:11-	08:01+	12:32+	02:57+	02:46+	04:15+	11:57+	12:35+	03:49+	03:34+	03:27+	00:16-			
00:03+	00:31#	00:09#	01:14@	01:55&	02:14&	01:22&	00:01-	03:41&	10:51@	00:29#	00:19#	02:03&	09:59@	08:09@	00:57&	00:23#	00:20#	00:09-			
Beste strekktid for klassen																					
00:27	02:03	00:53	00:56	03:30	01:36	02:50	03:09	03:55	01:41	02:28	02:24	01:45	01:42	04:12	02:19	02:09	02:35	00:16			

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

Herrer 50 - 59 år

Class	Navn	Klasse	Tid														
1	Per Ingar Hadland	7	44:16														
01:17=	03:29=	04:18=	05:26=	10:05=	17:26=	20:16=	24:57=	27:18=	29:36=	31:04=	35:14=	37:32=	39:38=	40:25=	42:47=	43:52=	44:16=
01:17=	02:12=	00:49=	01:08=	04:39=	07:21=	02:50=	04:41=	02:21=	02:18=	01:28=	04:10=	02:18=	02:06=	00:47=	02:22=	01:05=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Johannessen	7	45:39														
01:10-	03:10-	04:02-	05:16-	09:00-	15:14-	17:37-	21:19-	25:16-	27:08-	29:25-	35:32+	38:19+	41:05+	42:00+	44:13+	45:12+	45:39+
01:10-	02:00-	00:52+	01:14+	03:44-	06:14-	02:23-	03:42-	03:57+	01:52-	02:17+	06:07+	02:47+	02:46+	00:55+	02:13-	00:59-	00:27+
00:07-	00:12-	00:03+	00:06+	00:55-	01:07-	00:27-	00:59-	01:36&	00:26-	00:49&	01:57&	00:29#	00:40&	00:08#	00:09-	00:06-	00:03#
3	Øystein Dahle	92	45:41														
01:23+	03:35+	04:27+	05:51+	09:22-	16:10-	18:06-	22:35-	24:24-	26:32-	28:17-	34:04-	36:40-	40:16+	41:13+	44:11+	45:13+	45:41+
01:23+	02:12=	00:52+	01:24+	03:31-	06:48-	01:56-	04:29-	01:49-	02:08-	01:45+	05:47+	02:36+	03:36+	00:57+	02:58+	01:02-	00:28+
00:06+	00:00=	00:03+	00:16#	01:08-	00:33-	00:54-	00:12-	00:32-	00:10-	00:17#	01:37&	00:18#	01:30&	00:10#	00:36&	00:03-	00:04#
4	Arne Magne Søndresen	92	48:07														
01:39+	03:21-	04:14-	05:25-	09:44-	16:28-	18:53-	23:08-	25:29-	28:16-	30:49-	35:59+	39:38+	43:41+	44:29+	46:46+	47:43+	48:07+
01:39+	01:42-	00:53+	01:11+	04:19-	06:44-	02:25-	04:15-	02:21=	02:47+	02:33+	05:10+	03:39+	04:03+	00:48+	02:17-	00:57-	00:24=
00:22&	00:30-	00:04+	00:03+	00:20-	00:37-	00:25-	00:26-	00:00=	00:29#	01:05&	01:00#	01:21&	01:57&	00:01+	00:05-	00:08-	00:00=
5	Arne Øvstebø	71	48:50														
01:22+	03:34+	04:25+	05:56+	10:22+	17:25-	19:34-	25:08+	27:32+	30:06+	31:57+	36:51+	40:16+	44:04+	44:52+	47:22+	48:26+	48:50+
01:22+	02:12=	00:51+	01:31+	04:26-	07:03-	02:09-	05:34+	02:24+	02:34+	01:51+	04:54+	03:25+	03:48+	00:48+	02:30+	01:04-	00:24=
00:05+	00:00=	00:02+	00:23&	00:13-	00:18-	00:41-	00:53#	00:03+	00:16#	00:23&	00:44#	01:07&	01:42&	00:01+	00:08+	00:01-	00:00=
6	Kjell Seland	236	50:17														
01:26+	03:43+	04:39+	05:55+	10:11+	17:21-	19:59-	24:51-	26:52-	29:40+	31:55+	36:32+	41:01+	45:13+	46:02+	48:50+	49:50+	50:17+
01:26+	02:17+	00:56+	01:16+	04:16-	07:10-	02:38-	04:52+	02:01-	02:48+	02:15+	04:37+	04:29+	04:12+	00:49+	02:48+	01:00-	00:27+
00:09#	00:05+	00:07#	00:08#	00:23-	00:11-	00:12-	00:11+	00:20-	00:30#	00:47&	00:27#	02:11&	02:06&	00:02+	00:26#	00:05-	00:03#
7	Håvard Håland	66	51:24														
01:08-	03:09-	04:00-	05:28+	09:57-	17:58+	20:48+	25:04+	27:09-	29:16-	31:39+	39:07+	42:55+	46:00+	47:06+	49:52+	50:56+	51:24+
01:08-	02:01-	00:51+	01:28+	04:29-	08:01+	02:50=	04:16-	02:05-	02:07-	02:23+	07:28+	03:48+	03:05+	01:06+	02:46+	01:04-	00:28+
00:09-	00:11-	00:02+	00:20&	00:10-	00:40+	00:00=	00:25-	00:16-	00:11-	00:55&	03:18&	01:30&	00:59&	00:19&	00:24#	00:01-	00:04#
8	Øystein Fuglestad	46	51:42														
01:23+	03:50+	04:48+	06:03+	12:38+	20:31+	23:00+	28:18+	30:07+	32:18+	36:03+	40:30+	43:52+	46:32+	47:30+	50:11+	51:16+	51:42+
01:23+	02:27+	00:58+	01:15+	06:35+	07:53+	02:29-	05:18+	01:49-	02:11-	03:45+	04:27+	03:22+	02:40+	00:58+	02:41+	01:05=	00:26+
00:06+	00:15#	00:09#	00:07#	01:56&	00:32+	00:21-	00:37#	00:32-	00:07-	02:17@	00:17+	01:04&	00:34&	00:11#	00:19#	00:00=	00:02+
9	Tor Brekken	97	52:16														
01:09-	03:07-	03:50-	05:02-	09:38-	20:51+	23:05+	27:56+	30:11+	32:22+	34:29+	40:01+	43:34+	47:34+	48:23+	50:52+	51:46+	52:16+
01:09-	01:58-	00:43-	01:12+	04:36-	11:13+	02:14-	04:51+	02:15-	02:11-	02:07+	05:32+	03:33+	04:00+	00:49+	02:29+	00:54-	00:30+
00:08-	00:14-	00:06-	00:04+	00:03-	03:52&	00:36-	00:10+	00:06-	00:07-	00:39&	01:22&	01:15&	01:54&	00:02+	00:07+	00:11-	00:06#
10	Kjell Olav Gjerde	7	52:17														
01:24+	03:28-	04:24+	05:50+	10:13+	17:58+	20:15-	25:50+	28:09+	30:45+	34:10+	38:43+	42:30+	47:25+	48:18+	50:52+	51:50+	52:17+
01:24+	02:04-	00:56+	01:26+	04:23-	07:45+	02:17-	05:35+	02:19-	02:36+	03:25+	04:33+	03:47+	04:55+	00:53+	02:34+	00:58-	00:27+
00:07+	00:08-	00:07#	00:18&	00:16-	00:24+	00:33-	00:54#	00:02-	00:18#	01:57@	00:23+	01:29&	02:49@	00:06#	00:12+	00:07-	00:03#
11	Ole Petter Haukaas	109	54:06														
01:31+	03:35+	04:24+	05:32+	09:53-	17:14-	19:10-	24:34-	26:18-	29:09-	30:40-	34:57-	47:43+	49:47+	50:26+	52:47+	53:43+	54:06+
01:31+	02:04-	00:49-	01:08=	04:21-	07:21=	01:56-	05:24+	01:44-	02:51+	01:31+	04:17+	12:46+	02:04-	00:39-	02:21-	00:56-	00:23-
00:14#	00:08-	00:00=	00:00=	00:18-	00:00=	00:54-	00:43#	00:37-	00:33#	00:03+	00:07+	10:28@	00:02-	00:08-	00:01-	00:09-	00:01-
12	Anders Glenne	7	54:43														
01:12-	03:04-	03:48-	04:54-	11:03+	17:54+	20:30+	24:44-	27:31+	29:43+	34:53+	40:30+	43:41+	49:44+	50:31+	53:18+	54:15+	54:43+
01:12-	01:52-	00:44-	01:06-	06:09+	06:51-	02:36-	04:14-	02:47+	02:12-	05:10+	05:37+	03:11+	06:03+	00:47=	02:47+	00:57-	00:28+
00:05-	00:20-	00:05-	00:02-	01:30&	00:30-	00:14-	00:27-	00:26#	00:06-	03:42@	01:27&	00:53&	03:57@	00:00=	00:25#	00:08-	00:04#
13	Tor Sverre Skåra	266	55:19														
01:19+	03:42+	04:39+	05:51+	12:37+	21:33+	23:47+	29:02+	32:48+	35:31+	38:32+	43:38+	47:04+	50:05+	51:03+	53:45+	54:57+	55:19+
01:19+	02:23+	00:57+	01:12+	06:46+	08:56+	02:34-	05:15+	02:43+	02:43+	03:01+	05:06+	03:26+	03:01+	00:58+	02:42+	01:12+	00:22-
00:02+	00:11+	00:08#	00:04+	02:07&	01:35#	00:36-	00:34#	01:25&	00:25#	01:33@	00:56#	01:08&	00:55&	00:11#	00:20#	00:07#	00:02-
14	Knut Feldmann	93	55:28														
01:16-	03:14-	04:11-	05:34+	10:39+	18:08+	21:45+	27:04+	28:58+	30:59+	38:43+	44:05+	47:34+	50:48+	51:44+	54:05+	55:04+	55:28+
01:16-	01:58-	00:57+	01:23+	05:05+	07:29+	03:37+	05:19+	01:54-	02:01-	07:44+	05:22+	03:29+	03:14+	00:56+	02:21-	00:59-	00:24=
00:01-	00:14-	00:08#	00:15#	00:26+	00:08+	00:47&	00:38#	00:27-	00:17-	06:16@	01:12&	01:11&	01:08&	00:09#	00:01-	00:06-	00:00=
15	Øistein Haaland	116	56:13														
01:14-	03:08-	03:53-	07:07+	11:25+	19:15+	21:08+	25:50+	33:35+	36:37+	38:52+	43:50+	47:47+	51:23+	52:20+	54:43+	55:46+	56:13+
01:14-	01:54-	00:45-	03:14+	04:18-	07:50+	01:53-	04:42+	07:45+	03:02+	02:15+	04:58+	03:57+	03:36+	00:57+	02:23+	01:03-	00:27+
00:03-	00:18-	00:04-	02:06@	00:21-	00:29+	00:57-	00:01+	05:24@	00:44&	00:47&	00:48#	01:39&	01:30&	00:10#	00:01+	00:02-	00:03#

Class	Navn	Klasse										Tid					
16	Geir Tullin Mikalsen	92										56:42					
01:14-	03:07-	04:00-	06:23+	11:07+	18:55+	22:39+	28:10+	30:06+	32:05+	40:10+	45:11+	48:26+	52:14+	53:03+	55:17+	56:17+	56:42+
01:14-	01:53-	00:53+	02:23+	04:44+	07:48+	03:44+	05:31+	01:56-	01:59-	08:05+	05:01+	03:15+	03:48+	00:49+	02:14-	01:00-	00:25+
00:03-	00:19-	00:04+	01:15@	00:05+	00:27+	00:54&	00:50#	00:25-	00:19-	06:37@	00:51#	00:57&	01:42&	00:02+	00:08-	00:05-	00:01+
17	Ernst Kristensen	116										59:21					
02:06+	05:07+	06:07+	07:45+	12:53+	21:25+	23:44+	30:41+	33:12+	35:27+	41:31+	46:49+	50:21+	54:06+	54:58+	57:45+	58:57+	59:21+
02:06+	03:01+	01:00+	01:38+	05:08+	08:32+	02:19-	06:57+	02:31+	02:15-	06:04+	05:18+	03:32+	03:45+	00:52+	02:47+	01:12+	00:24=
00:49&	00:49&	00:11#	00:30&	00:29#	01:11#	00:31-	02:16&	00:10+	00:03-	04:36@	01:08&	01:14&	01:39&	00:05#	00:25#	00:07#	00:00=
18	Tor Inge Halvorsen	5										59:33					
01:43+	06:17+	07:11+	08:47+	16:29+	24:48+	27:34+	32:34+	35:08+	37:35+	40:04+	46:11+	49:46+	53:53+	55:09+	57:54+	59:03+	59:33+
01:43+	04:34+	00:54+	01:36+	07:42+	08:19+	02:46-	05:00+	02:34+	02:27+	02:29+	06:07+	03:35+	04:07+	01:16+	02:45+	01:09+	00:30+
00:26&	02:22@	00:05#	00:28&	03:03&	00:58#	00:04-	00:19+	00:13+	00:09+	01:01&	01:57&	01:17&	02:01&	00:29&	00:23#	00:04+	00:06#
19	Magnar Møller	62										59:38					
01:25+	03:39+	04:42+	06:01+	12:29+	23:17+	25:23+	30:05+	33:12+	38:28+	40:52+	47:52+	50:55+	53:51+	54:39+	57:15+	59:04+	59:38+
01:25+	02:14+	01:03+	01:19+	06:28+	10:48+	02:06-	04:42+	03:07+	05:16+	02:24+	07:00+	03:03+	02:56+	00:48+	02:36+	01:49+	00:34+
00:08#	00:02+	00:14&	00:11#	01:49&	03:27&	00:44-	00:01+	00:46&	02:58@	00:56&	02:50&	00:45&	00:50&	00:01+	00:14+	00:44&	00:10&
20	Sveinung Rosenvinge	116										59:53					
01:51+	04:28+	05:38+	07:13+	13:58+	22:44+	25:34+	31:58+	37:39+	40:34+	42:34+	47:43+	51:07+	54:14+	55:23+	58:17+	59:27+	59:53+
01:51+	02:37+	01:10+	01:35+	06:45+	08:46+	02:50=	06:24+	05:41+	02:55+	02:00+	05:09+	03:24+	03:07+	01:09+	02:54+	01:10+	00:26+
00:34&	00:25#	00:21&	00:27&	02:06&	01:25#	00:00=	01:43&	03:20@	00:37&	00:32&	00:59#	01:06&	01:01&	00:22&	00:32#	00:05+	00:02+
21	Harald Jansen	239										59:57					
01:24+	03:35+	04:31+	05:56+	10:36+	21:42+	24:34+	29:57+	34:58+	38:29+	43:11+	47:54+	52:01+	54:38+	55:40+	58:13+	59:30+	59:57+
01:24+	02:11-	00:56+	01:25+	04:40+	11:06+	02:52+	05:23+	05:01+	03:31+	04:42+	04:43+	04:07+	02:37+	01:02+	02:33+	01:17+	00:27+
00:07+	00:01-	00:07#	00:17#	00:01+	03:45&	00:02+	00:42#	02:40@	01:13&	03:14@	00:33#	01:49&	00:31#	00:15&	00:11+	00:12#	00:03#
22	Torbjørn Dahle	92										1:00:40					
01:30+	04:25+	05:13+	06:48+	11:36+	20:31+	23:57+	29:07+	31:26+	33:35+	41:14+	46:37+	50:15+	53:18+	56:10+	58:56+	60:06+	60:40+
01:30+	02:55+	00:48-	01:35+	04:48+	08:55+	03:26+	05:10+	02:19-	02:09-	07:39+	05:23+	03:38+	03:03+	02:52+	02:46+	01:10+	00:34+
00:13#	00:43&	00:01-	00:27&	00:09+	01:34#	00:36#	00:29#	00:02-	00:09-	06:11@	01:13&	01:20&	00:57&	02:05@	00:24#	00:05+	00:10&
23	Ove Njå	90										1:01:52					
01:41+	03:57+	04:53+	06:16+	11:36+	20:05+	27:38+	33:10+	35:22+	41:53+	44:14+	50:35+	54:09+	56:48+	57:35+	60:14+	61:23+	61:52+
01:41+	02:16+	00:56+	01:23+	05:20+	08:29+	07:33+	05:32+	02:12-	06:31+	02:21+	06:21+	03:34+	02:39+	00:47=	02:39+	01:09+	00:29+
00:24&	00:04+	00:07#	00:15#	00:41#	01:08#	04:43@	00:51#	00:09-	04:13@	00:53&	02:11&	01:16&	00:33&	00:00=	00:17#	00:04+	00:05#
24	Trygve Michaelsen	117										1:02:03					
01:06-	03:06-	03:55-	05:09-	11:43+	20:34+	22:23+	26:56+	40:47+	43:15+	46:33+	51:21+	54:27+	57:15+	58:06+	60:34+	61:35+	62:03+
01:06-	02:00-	00:49=	01:14+	06:34+	08:51+	01:49-	04:33-	13:51+	02:28+	03:18+	04:48+	03:06+	02:48+	00:51+	02:28+	01:01-	00:28+
00:11-	00:12-	00:00=	00:06+	01:55&	01:30#	01:01-	00:08-	11:30@	00:10+	01:50@	00:38#	00:48&	00:42&	00:04+	00:06+	00:04-	00:04#
25	Kjell Ove Aksland	27										1:03:10					
01:25+	03:39+	04:42+	06:17+	11:17+	20:25+	24:46+	29:30+	32:50+	39:00+	44:07+	49:32+	53:37+	57:25+	58:40+	61:46+	62:47+	63:10+
01:25+	02:14+	01:03+	01:35+	05:00+	09:08+	04:21+	04:44+	03:20+	06:10+	05:07+	05:25+	04:05+	03:48+	01:15+	03:06+	01:01-	00:23-
00:08#	00:02+	00:14&	00:27&	00:21+	01:47#	01:31&	00:03+	00:59&	03:52@	03:39@	01:15&	01:47&	01:42&	00:28&	00:44&	00:04-	00:01-
26	Geir Haugvaldstad	116										1:03:39					
02:01+	04:16+	05:10+	06:16+	09:57-	18:11+	20:26+	26:53+	29:39+	36:37+	38:01+	48:55+	52:47+	56:59+	57:47+	62:19+	63:18+	63:39+
02:01+	02:15+	00:54+	01:06-	03:41-	08:14+	02:15-	06:27+	02:46+	06:58+	01:24-	10:54+	03:52+	04:12+	00:48+	04:32+	00:59-	00:21-
00:44&	00:03+	00:05#	00:02-	00:58-	00:53#	00:35-	01:46&	00:25#	04:40@	00:04-	06:44@	01:34&	02:06&	00:01+	02:10&	00:06-	00:03-
27	Kjell R. Nordmark	7										1:04:32					
02:13+	05:00+	05:56+	07:10+	13:12+	21:23+	25:11+	29:57+	34:59+	41:07+	42:51+	47:52+	52:48+	56:17+	59:40+	62:56+	64:08+	64:32+
02:13+	02:47+	00:56+	01:14+	06:02+	08:11+	03:48+	04:46+	05:02+	06:08+	01:44+	05:01+	04:56+	03:29+	03:23+	03:16+	01:12+	00:24=
00:56&	00:35&	00:07#	00:06+	01:23&	00:50#	00:58&	00:05+	02:41@	03:50@	00:16#	00:51#	02:38@	01:23&	02:36@	00:54&	00:07#	00:00=
28	Ketil Waagbø	165										1:05:14					
02:01+	04:24+	05:14+	06:34+	11:45+	19:14+	22:27+	27:01+	32:23+	41:42+	44:17+	49:47+	53:43+	58:27+	59:30+	63:42+	64:43+	65:14+
02:01+	02:23+	00:50+	01:20+	05:11+	07:29+	03:13+	04:34-	05:22+	09:19+	02:35+	05:30+	03:56+	04:44+	01:03+	04:12+	01:01-	00:31+
00:44&	00:11+	00:01+	00:12#	00:32#	00:08+	00:23#	00:07-	03:01@	07:01@	01:07&	01:20&	01:38&	02:38@	00:16&	01:50&	00:04-	00:07&
29	Roger Nyseth	92										1:05:27					
01:43+	04:25+	05:32+	07:25+	13:34+	23:03+	26:09+	31:57+	34:47+	38:55+	42:42+	48:50+	53:41+	57:07+	60:12+	63:31+	64:54+	65:27+
01:43+	02:42+	01:07+	01:53+	06:09+	09:29+	03:06+	05:48+	02:50+	04:08+	03:47+	06:08+	04:51+	03:26+	03:05+	03:19+	01:23+	00:33+
00:26&	00:30#	00:18&	00:45&	01:30&	02:08&	00:16+	01:07#	00:29#	01:50&	02:19@	01:58&	02:33@	01:20&	02:18@	00:57&	00:18&	00:09&
30	Ole J. Bakkevold	17										1:05:42					
01:41+	04:26+	05:25+	06:55+	12:09+	22:48+	25:03+	31:30+	36:18+	40:01+	43:48+	49:05+	53:39+	57:46+	58:49+	63:58+	65:12+	65:42+
01:41+	02:45+	00:59+	01:30+	05:14+	10:39+	02:15-	06:27+	04:48+	03:43+	03:47+	05:17+	04:34+	04:07+	01:03+	05:09+	01:14+	00:30+
00:24&	00:33#	00:10#	00:22&	00:35#	03:18&	00:35-	01:46&	02:27@	01:25&	02:19@	01:07&	02:16&	02:01&	00:16&	02:47@	00:09#	00:06#

Class	Navn	Klasse	Tid
31	Sverre Magnar Nordal	116	1:06:57
01:41+	04:19+	05:16+	06:51+
01:41+	02:38+	00:57+	01:35+
00:24&	00:26#	00:08#	00:27&
01:06#	02:44&	00:51&	01:44&
01:34&	03:20@	01:20&	02:22&
03:31@	00:51&	00:53@	00:55&
00:04+	00:01+		
32	Frank Hansen	29	1:08:28
01:14-	03:16-	04:14-	05:46+
01:14-	02:02-	00:58+	01:32+
00:03-	00:10-	00:09#	00:24&
00:47#	00:41+	00:51&	00:26-
06:47@	04:51@	05:53@	01:12&
01:05&	00:51&	00:38&	00:39&
00:02-	00:05#		
33	Geir Rune Seldal	192	1:10:24
01:14-	03:55+	04:45+	06:30+
01:14-	02:41+	00:50+	01:45+
00:03-	00:29#	00:01+	00:37&
00:04-	01:59&	00:47&	02:50&
06:36@	04:36@	02:43@	00:44#
01:00&	02:47@	00:13&	00:44&
00:04+	00:05#		
34	John C. Sinnes	93	1:10:46
01:18+	03:44+	04:45+	06:38+
01:18+	02:26+	01:01+	01:53+
00:01+	00:14#	00:12#	00:49#
04:23&	02:03&	00:36#	00:36&
10:02@	02:53@	01:10&	00:58&
00:58&	00:49&	00:28&	00:34#
00:03-	00:00=		
35	Stein Sigbjørnsen	27	1:12:31
01:51+	04:10+	05:06+	07:27+
01:51+	02:19+	00:56+	02:21+
00:34&	00:07+	00:07#	01:13@
02:25&	04:05&	00:20#	00:56#
01:35&	04:52@	01:03&	05:03@
01:47&	02:01&	05:18@	00:45&
00:48&	00:06+	00:04#	
36	Lars Salvesen	50	1:14:49
02:30+	04:39+	05:31+	06:58+
02:30+	02:09-	00:52+	01:27+
01:13&	00:03-	00:03+	00:19&
00:51#	04:02&	00:07-	04:47@
01:46&	01:52&	01:51@	04:57@
02:01&	05:18@	00:45&	00:48&
00:06+	00:04#		
37	Kjell Lervik	239	1:16:02
01:35+	04:17+	05:20+	08:56+
01:35+	02:42+	01:03+	03:36+
00:18#	00:30#	00:14&	02:28@
02:11&	02:52&	00:42#	02:48&
01:39&	02:06&	01:48@	04:57@
01:56&	05:26@	00:41&	00:42&
00:12#	00:16&		
38	Sigbjørn Gloppen	144	1:19:33
01:51+	04:11+	05:05+	06:33+
01:51+	02:20+	00:54+	01:28+
00:34&	00:08+	00:05#	00:20&
00:54#	01:33#	00:12+	00:09+
07:30@	07:18@	03:36@	06:48@
02:00&	02:36@	00:39&	00:38&
00:12#	00:05#		
39	Svein Magne Gloppen	93	1:27:33
02:25+	05:08+	06:24+	08:15+
02:25+	02:43+	01:16+	01:51+
01:08&	00:31#	00:27&	00:43&
01:04#	04:26&	00:13+	01:16&
15:55@	03:33@	01:12&	01:24&
07:28@	01:18&	00:31&	01:43&
00:16#	00:09&		
Beste strekketid for klassen			
01:06	01:42	00:43	01:06
03:31	06:14	01:49	03:42
01:44	01:52	01:24	04:10
02:18	02:04	00:39	02:13
00:54	00:21		

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

Herrer 60 - 64 år

1	Arne Kristian Espedal	68	35:35
00:28=	02:53=	04:03=	05:32=
00:28=	02:25=	01:10=	01:29=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Hans Erik Terjesen	116	42:12
00:34+	03:14+	04:28+	06:27+
00:34+	02:40+	01:14+	01:59+
00:06#	00:15#	00:04+	00:30&
00:41#	01:01#	01:06-	00:30#
00:57&	00:44#	01:11&	01:02&
00:36#	00:06&		
3	Bjørn H. Engseth	27	45:57
00:39+	04:00+	05:15+	07:32+
00:39+	03:21+	01:15+	02:17+
00:11&	00:56&	00:05+	00:48&
00:56&	01:33&	00:40-	00:37#
01:36&	01:14#	01:31&	00:22&
01:08&	00:05#		
4	Lars Stangeland	96	46:23
00:30+	03:18+	04:33+	07:07+
00:30+	02:48+	01:15+	02:34+
00:02+	00:23#	00:05+	01:05&
00:27#	00:56#	00:33-	02:00&
04:06@	00:31#	00:29#	00:39&
00:36#	00:02+		

Class	Navn	Klasse	Tid										
5	Bjørn Sivertsen	99	48:11										
00:33+	03:42+	05:08+	07:11+	12:04+	18:15+	21:40+	27:00+	31:01+	37:22+	42:27+	44:26+	47:43+	48:11+
00:33+	03:09+	01:26+	02:03+	04:53+	06:11+	03:25-	05:20+	04:01+	06:21+	05:05+	01:59+	03:17+	00:28+
00:05#	00:44&	00:16#	00:34&	01:26&	02:06&	00:58-	02:02&	01:29&	01:21&	02:04&	00:36&	00:45&	00:06&
6	Kjell Skjæveland	108	48:33										
00:33+	03:30+	04:40+	07:05+	15:19+	20:11+	25:39+	30:28+	33:50+	38:49+	42:36+	44:18+	48:11+	48:33+
00:33+	02:57+	01:10=	02:25+	08:14+	04:52+	05:28+	04:49+	03:22+	04:59-	03:47+	01:42+	03:53+	00:22=
00:05#	00:32#	00:00=	00:56&	04:47@	00:47#	01:05#	01:31&	00:50&	00:01-	00:46&	00:19#	01:21&	00:00=
7	Tor Geir Espedal	115	48:52										
00:38+	03:24+	04:37+	06:21+	13:11+	18:39+	21:35+	25:15+	31:43+	38:46+	42:52+	44:42+	48:16+	48:52+
00:38+	02:46+	01:13+	01:44+	06:50+	05:28+	02:56-	03:40+	06:28+	07:03+	04:06+	01:50+	03:34+	00:36+
00:10&	00:21#	00:03+	00:15#	03:23&	01:23&	01:27-	00:22#	03:56@	02:03&	01:05&	00:27&	01:02&	00:14&
8	Olav Tunheim	93	49:54										
00:39+	04:12+	05:38+	07:39+	14:12+	20:22+	24:16+	28:19+	32:38+	38:38+	43:49+	46:06+	49:23+	49:54+
00:39+	03:33+	01:26+	02:01+	06:33+	06:10+	03:54-	04:03+	04:19+	06:00+	05:11+	02:17+	03:17+	00:31+
00:11&	01:08&	00:16#	00:32&	03:06&	02:05&	00:29-	00:45#	01:47&	01:00#	02:10&	00:54&	00:45&	00:09&
9	Terje Stokkeland	69	51:01										
00:36+	04:00+	05:33+	07:32+	12:10+	17:35+	23:34+	29:47+	35:42+	41:13+	45:15+	47:26+	50:38+	51:01+
00:36+	03:24+	01:33+	01:59+	04:38+	05:25+	05:59+	06:13+	05:55+	05:31+	04:02+	02:11+	03:12+	00:23+
00:08&	00:59&	00:23&	00:30&	01:11&	01:20&	01:36&	02:55&	03:23@	00:31#	01:01&	00:48&	00:40&	00:01+
10	Bjørn Vidar Gunvaldsen	27	51:07										
00:36+	03:53+	05:15+	07:10+	12:07+	17:54+	21:22+	27:30+	33:43+	40:03+	43:56+	45:32+	50:35+	51:07+
00:36+	03:17+	01:22+	01:55+	04:57+	05:47+	03:28-	06:08+	06:13+	06:20+	03:53+	01:36+	05:03+	00:32+
00:08&	00:52&	00:12#	00:26&	01:11&	01:20&	00:55-	02:50&	03:41@	01:20&	00:52&	00:13#	02:31&	00:10&
11	Tor Harald Lunde	47	51:14										
00:40+	03:38+	05:04+	07:18+	12:06+	17:31+	20:41+	27:22+	31:18+	37:15+	46:22+	48:07+	50:50+	51:14+
00:40+	02:58+	01:26+	02:14+	04:48+	05:25+	03:10-	06:41+	03:56+	05:57+	09:07+	01:45+	02:43+	00:24+
00:12&	00:33#	00:16#	00:45&	01:21&	01:20&	01:13-	03:23@	01:24&	00:57#	06:06@	00:22&	00:11+	00:02+
12	Torbjørn Evensen	108	52:11										
00:29+	03:21+	04:47+	06:42+	10:46+	16:54+	21:31+	25:55+	30:23+	37:04+	45:01+	47:22+	51:35+	52:11+
00:29+	02:52+	01:26+	01:55+	04:04+	06:08+	04:37+	04:24+	04:28+	06:41+	07:57+	02:21+	04:13+	00:36+
00:01+	00:27#	00:16#	00:26&	00:37#	02:03&	00:14+	01:06&	01:56&	01:41&	04:56@	00:58&	01:41&	00:14&
13	Jan Arendal	116	53:38										
00:50+	04:50+	06:40+	09:10+	14:17+	21:05+	24:44+	29:34+	33:48+	40:51+	46:27+	49:10+	53:07+	53:38+
00:50+	04:00+	01:50+	02:30+	05:07+	06:48+	03:39-	04:50+	04:14+	07:03+	05:36+	02:43+	03:57+	00:31+
00:22&	01:35&	00:40&	01:01&	01:40&	02:43&	00:44-	01:32&	01:42&	02:03&	02:35&	01:20&	01:25&	00:09&
14	Bjørn Bjelland	83	53:56										
00:44+	04:40+	06:24+	08:34+	14:07+	21:48+	25:46+	30:34+	36:58+	43:27+	47:33+	49:23+	53:30+	53:56+
00:44+	03:56+	01:44+	02:10+	05:33+	07:41+	03:58-	04:48+	06:24+	06:29+	04:06+	01:50+	04:07+	00:26+
00:16&	01:31&	00:34&	00:41&	02:06&	03:36&	00:25-	01:30&	03:52@	01:29&	01:05&	00:27&	01:35&	00:04#
15	Jan Øyvind Lilledal	281	54:02										
00:41+	04:33+	06:14+	08:21+	13:22+	19:28+	25:51+	30:14+	34:01+	41:51+	48:18+	50:15+	53:29+	54:02+
00:41+	03:52+	01:41+	02:07+	05:01+	06:06+	06:23+	04:23+	03:47+	07:50+	06:27+	01:57+	03:14+	00:33+
00:13&	01:27&	00:31&	00:38&	01:34&	02:01&	02:00&	01:05&	01:15&	02:50&	03:26@	00:34&	00:42&	00:11&
16	Agnar Lien	7	54:55										
00:38+	04:51+	06:16+	08:17+	14:23+	19:57+	25:35+	30:00+	35:09+	42:04+	48:24+	49:59+	54:25+	54:55+
00:38+	04:13+	01:25+	02:01+	06:06+	05:34+	05:38+	04:25+	05:09+	06:55+	06:20+	01:35+	04:26+	00:30+
00:10&	01:48&	00:15#	00:32&	02:39&	01:29&	01:15&	01:07&	02:37@	01:55&	03:19@	00:12#	01:54&	00:08&
17	Bjørn Tore Aase	29	56:12										
00:44+	04:01+	05:30+	07:34+	12:31+	18:56+	24:37+	30:10+	34:23+	41:36+	49:08+	51:17+	55:41+	56:12+
00:44+	03:17+	01:29+	02:04+	04:57+	06:25+	05:41+	05:33+	04:13+	07:13+	07:32+	02:09+	04:24+	00:31+
00:16&	00:52&	00:19&	00:35&	01:30&	02:20&	01:18&	02:15&	01:41&	02:13&	04:31@	00:46&	01:52&	00:09&
18	Arne M. Handeland	92	56:46										
00:34+	03:53+	05:22+	07:29+	11:49+	20:24+	24:00+	29:44+	41:12+	46:56+	52:04+	53:38+	56:26+	56:46+
00:34+	03:19+	01:29+	02:07+	04:20+	08:35+	03:36-	05:44+	11:28+	05:44+	05:08+	01:34+	02:48+	00:20-
00:06#	00:54&	00:19&	00:38&	00:53&	04:30@	00:47-	02:26&	08:56@	00:44#	02:07&	00:11#	00:16#	00:02-
19	Magne Tunheim	144	58:47										
00:48+	04:18+	05:24+	15:43+	21:02+	25:56+	30:01+	35:56+	39:32+	45:57+	52:14+	54:26+	58:07+	58:47+
00:48+	03:30+	01:06-	10:19+	05:19+	04:54+	04:05-	05:55+	03:36+	06:25+	06:17+	02:12+	03:41+	00:40+
00:20&	01:05&	00:04-	08:50@	01:52&	00:49#	00:18-	02:37&	01:04&	01:25&	03:16@	00:49&	01:09&	00:18&

Class	Navn	Klasse										Tid		
20	Lars Tore Kvasheim	7										1:02:05		
	00:44+	04:58+	06:32+	08:48+	13:35+	19:56+	24:31+	30:07+	34:34+	49:56+	55:03+	57:32+	61:25+	62:05+
	00:44+	04:14+	01:34+	02:16+	04:47+	06:21+	04:35+	05:36+	04:27+	15:22+	05:07+	02:29+	03:53+	00:40+
	00:16&	01:49&	00:24&	00:47&	01:20&	02:16&	00:12+	02:18&	01:55&	10:22@	02:06&	01:06&	01:21&	00:18&
21	Inge Johan Øverland	93										1:06:48		
	00:41+	04:37+	05:59+	10:59+	16:00+	21:45+	27:05+	37:37+	42:05+	51:40+	56:56+	59:28+	66:13+	66:48+
	00:41+	03:56+	01:22+	05:00+	05:01+	05:45+	05:20+	10:32+	04:28+	09:35+	05:16+	02:32+	06:45+	00:35+
	00:13&	01:31&	00:12#	03:31@	01:34&	01:40&	00:57#	07:14@	01:56&	04:35&	02:15&	01:09&	04:13@	00:13&
22	Rolf Kleppe	63										1:06:56		
	00:42+	04:54+	06:35+	09:04+	13:17+	20:26+	25:25+	34:35+	42:29+	50:15+	57:10+	60:25+	66:28+	66:56+
	00:42+	04:12+	01:41+	02:29+	04:13+	07:09+	04:59+	09:10+	07:54+	07:46+	06:55+	03:15+	06:03+	00:28+
	00:14&	01:47&	00:31&	01:00&	00:46#	03:04&	00:36#	05:52@	05:22@	02:46&	03:54@	01:52@	03:31@	00:06&
23	Egil Røyneberg	93										1:20:17		
	00:57+	06:09+	08:55+	12:08+	18:47+	28:27+	33:13+	40:40+	45:42+	53:25+	71:21+	74:22+	79:40+	80:17+
	00:57+	05:12+	02:46+	03:13+	06:39+	09:40+	04:46+	07:27+	05:02+	07:43+	17:56+	03:01+	05:18+	00:37+
	00:29@	02:47@	01:36@	01:44@	03:12&	05:35@	00:23+	04:09@	02:30&	02:43&	14:55@	01:38@	02:46@	00:15&
Beste strekketid for klassen														
	00:28	02:25	01:06	01:29	03:27	04:05	02:56	03:18	02:32	04:59	03:01	01:23	02:32	00:20
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
Herrer 65 - 69 år														
1	Bjørn Alsaker	115										33:50		
	00:30=	02:50=	03:55=	05:20=	08:37=	13:00=	15:32=	18:19=	21:11=	25:55=	29:19=	30:50=	33:33=	33:50=
	00:30=	02:20=	01:05=	01:25=	03:17=	04:23=	02:32=	02:47=	02:52=	04:44=	03:24=	01:31=	02:43=	00:17=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Asgeir Bell	117										36:07		
	00:30=	02:59+	03:58+	06:36+	10:34+	14:57+	18:05+	22:09+	25:03+	28:50+	31:49+	33:05+	35:44+	36:07+
	00:30=	02:29+	00:59-	02:38+	03:58+	04:23=	03:08+	04:04+	02:54+	03:47-	02:59-	01:16-	02:39-	00:23+
	00:00=	00:09+	00:06-	01:13&	00:41#	00:00=	00:36#	01:17&	00:02+	00:57-	00:25-	00:15-	00:04-	00:06&
3	Harry Breiland	66										38:53		
	00:38+	03:26+	04:31+	06:09+	09:31+	14:08+	18:03+	21:28+	24:46+	29:33+	34:07+	35:35+	38:27+	38:53+
	00:38+	02:48+	01:05=	01:38+	03:22+	04:37+	03:55+	03:25+	03:18+	04:47+	04:34+	01:28-	02:52+	00:26+
	00:08&	00:28#	00:00=	00:13#	00:05+	00:14+	01:23&	00:38#	00:26#	00:03+	01:10&	00:03-	00:09+	00:09&
4	Gunnar Sakseid	116										40:14		
	00:34+	03:10+	04:24+	06:07+	09:49+	14:41+	17:33+	21:11+	24:37+	31:14+	35:06+	37:02+	39:49+	40:14+
	00:34+	02:36+	01:14+	01:43+	03:42+	04:52+	02:52+	03:38+	03:26+	06:37+	03:52+	01:56+	02:47+	00:25+
	00:04#	00:16#	00:09#	00:18#	00:25#	00:29#	00:20#	00:51&	00:34#	01:53&	00:28#	00:25&	00:04+	00:08&
5	Otto Alsnes	50										40:39		
	00:32+	03:31+	04:50+	06:45+	10:31+	15:23+	18:20+	22:23+	25:41+	31:48+	35:42+	37:13+	40:16+	40:39+
	00:32+	02:59+	01:19+	01:55+	03:46+	04:52+	02:57+	04:03+	03:18+	06:07+	03:54+	01:31=	03:03+	00:23+
	00:02+	00:39&	00:14#	00:30&	00:29#	00:29#	00:25#	01:16&	00:26#	01:23&	00:30#	00:00=	00:20#	00:06&
6	Ragnvald Frøyland	128										42:50		
	00:34+	03:36+	04:51+	06:43+	11:11+	16:41+	20:01+	24:26+	29:00+	33:56+	38:19+	39:53+	42:30+	42:50+
	00:34+	03:02+	01:15+	01:52+	04:28+	05:30+	03:20+	04:25+	04:34+	04:56+	04:23+	01:34+	02:37-	00:20+
	00:04#	00:42&	00:10#	00:27&	01:11&	01:07&	00:48&	01:38&	01:42&	00:12+	00:59&	00:03+	00:06-	00:03#
7	Jostein Tunheim	116										43:15		
	00:36+	03:36+	05:05+	06:59+	11:58+	17:22+	20:10+	23:50+	27:18+	33:49+	38:15+	39:55+	42:54+	43:15+
	00:36+	03:00+	01:29+	01:54+	04:59+	05:24+	02:48+	03:40+	03:28+	06:31+	04:26+	01:40+	02:59+	00:21+
	00:06#	00:40&	00:24&	00:29&	01:42&	01:01#	00:16#	00:53&	00:36#	01:47&	01:02&	00:09+	00:16+	00:04#
8	Paul A. Paulsen	117										44:20		
	00:33+	03:38+	04:50+	07:15+	11:25+	17:42+	21:23+	25:04+	29:07+	35:06+	38:47+	40:38+	44:01+	44:20+
	00:33+	03:05+	01:12+	02:25+	04:10+	06:17+	03:41+	03:41+	04:03+	05:59+	03:41+	01:51+	03:23+	00:19+
	00:03#	00:45&	00:07#	01:00&	00:53&	01:54&	01:09&	00:54&	01:11&	01:15&	00:17+	00:20#	00:40#	00:02#
9	Jan Hetland	29										45:29		
	00:32+	03:10+	04:55+	06:24+	10:56+	15:44+	19:10+	23:12+	30:12+	36:14+	40:24+	42:09+	45:07+	45:29+
	00:32+	02:38+	01:45+	01:29+	04:32+	04:48+	03:26+	04:02+	07:00+	06:02+	04:10+	01:45+	02:58+	00:22+
	00:02+	00:18#	00:40&	00:04+	01:15&	00:25+	00:54&	01:15&	04:08@	01:18&	00:46#	00:14#	00:15+	00:05&

Class	Navn	Klasse										Tid		
10	Arne Østensen	90										46:21		
00:35+	06:11+	07:06+	09:07+	13:30+	20:07+	23:19+	27:13+	30:41+	37:38+	41:41+	43:16+	46:01+	46:21+	
00:35+	05:36+	00:55-	02:01+	04:23+	06:37+	03:12+	03:54+	03:28+	06:57+	04:03+	01:35+	02:45+	00:20+	
00:05#	03:16@	00:10-	00:36&	01:06&	02:14&	00:40&	01:07&	00:36#	02:13&	00:39#	00:04+	00:02+	00:03#	
11	Jan Inge Lunde	88										47:20		
00:37+	03:49+	05:22+	07:31+	12:17+	18:03+	21:39+	26:11+	30:00+	35:45+	40:06+	42:35+	46:49+	47:20+	
00:37+	03:12+	01:33+	02:09+	04:46+	05:46+	03:36+	04:32+	03:49+	05:45+	04:21+	02:29+	04:14+	00:31+	
00:07#	00:52&	00:28&	00:44&	01:29&	01:23&	01:04&	01:45&	00:57&	01:01#	00:57&	00:58&	01:31&	00:14&	
12	Svein Ove Horpestad	62										48:46		
00:44+	04:04+	05:34+	07:41+	11:57+	17:31+	21:46+	25:45+	29:34+	35:09+	42:34+	44:35+	48:14+	48:46+	
00:44+	03:20+	01:30+	02:07+	04:16+	05:34+	04:15+	03:59+	03:49+	05:35+	07:25+	02:01+	03:39+	00:32+	
00:14&	01:00&	00:25&	00:42&	00:59&	01:11&	01:43&	01:12&	00:57&	00:51#	04:01@	00:30&	00:56&	00:15&	
13	Leif Gunnar Wikene	43										49:45		
00:36+	04:25+	05:37+	07:47+	13:00+	18:12+	24:43+	28:14+	33:10+	38:51+	44:36+	46:21+	49:22+	49:45+	
00:36+	03:49+	01:12+	02:10+	05:13+	05:12+	06:31+	03:31+	04:56+	05:41+	05:45+	01:45+	03:01+	00:23+	
00:06#	01:29&	00:07#	00:45&	01:56&	00:49#	03:59@	00:44&	02:04&	00:57#	02:21&	00:14#	00:18#	00:06&	
14	Svein Berge	126										51:45		
00:31+	03:39+	05:25+	07:20+	13:58+	19:17+	22:58+	26:44+	34:02+	41:00+	46:27+	48:14+	51:23+	51:45+	
00:31+	03:08+	01:46+	01:55+	06:38+	05:19+	03:41+	03:46+	07:18+	06:58+	05:27+	01:47+	03:09+	00:22+	
00:01+	00:48&	00:41&	00:30&	03:21@	00:56#	01:09&	00:59&	04:26@	02:14&	02:03&	00:16#	00:26#	00:05&	
15	Svein Ims	65										53:07		
00:41+	04:20+	05:57+	08:11+	13:17+	19:15+	23:15+	27:35+	32:49+	40:03+	46:34+	48:22+	52:40+	53:07+	
00:41+	03:39+	01:37+	02:14+	05:06+	05:58+	04:00+	04:20+	05:14+	07:14+	06:31+	01:48+	04:18+	00:27+	
00:11&	01:19&	00:32&	00:49&	01:49&	01:35&	01:28&	01:33&	02:22&	02:30&	03:07&	00:17#	01:35&	00:10&	
16	Terje Langeland	98										53:58		
00:41+	04:06+	05:25+	07:34+	12:36+	18:33+	22:22+	26:27+	30:47+	37:51+	45:03+	48:38+	53:15+	53:58+	
00:41+	03:25+	01:19+	02:09+	05:02+	05:57+	03:49+	04:05+	04:20+	07:04+	07:12+	03:35+	04:37+	00:43+	
00:11&	01:05&	00:14#	00:44&	01:45&	01:34&	01:17&	01:18&	01:28&	02:20&	03:48@	02:04@	01:54&	00:26@	
17	Tore R. Tvedt	90										55:10		
01:08+	05:15+	06:44+	08:57+	14:37+	22:05+	26:20+	31:04+	37:47+	44:02+	47:55+	49:40+	54:21+	55:10+	
01:08+	04:07+	01:29+	02:13+	05:40+	07:28+	04:15+	04:44+	06:43+	06:15+	03:53+	01:45+	04:41+	00:49+	
00:38@	01:47&	00:24&	00:48&	02:23&	03:05&	01:43&	01:57&	03:51@	01:31&	00:29#	00:14#	01:58&	00:32@	
18	Sverre Vatland	93										55:13		
00:43+	04:27+	05:57+	08:19+	13:43+	20:12+	23:41+	28:26+	33:05+	42:28+	47:29+	50:44+	54:47+	55:13+	
00:43+	03:44+	01:30+	02:22+	05:24+	06:29+	03:29+	04:45+	04:39+	09:23+	05:01+	03:15+	04:03+	00:26+	
00:13&	01:24&	00:25&	00:57&	02:07&	02:06&	00:57&	01:58&	01:47&	04:39&	01:37&	01:44@	01:20&	00:09&	
19	Berge Hatteland	62										56:40		
00:47+	04:33+	06:05+	08:24+	13:40+	20:09+	25:00+	30:21+	34:59+	44:24+	49:02+	51:32+	55:58+	56:40+	
00:47+	03:46+	01:32+	02:19+	05:16+	06:29+	04:51+	05:21+	04:38+	09:25+	04:38+	02:30+	04:26+	00:42+	
00:17&	01:26&	00:27&	00:54&	01:59&	02:06&	02:19&	02:34&	01:46&	04:41&	01:14&	00:59&	01:43&	00:25@	
20	Per Marthon Mæland	5										1:00:49		
01:01+	05:24+	06:55+	10:53+	16:08+	22:38+	27:03+	32:52+	37:22+	46:03+	51:35+	54:05+	59:41+	60:49+	
01:01+	04:23+	01:31+	03:58+	05:15+	06:30+	04:25+	05:49+	04:30+	08:41+	05:32+	02:30+	05:36+	01:08+	
00:31@	02:03&	00:26&	02:33@	01:58&	02:07&	01:53&	03:02@	01:38&	03:57&	02:08&	00:59&	02:53@	00:51@	
21	Terje Gautestad	7										1:00:55		
00:48+	04:32+	06:19+	09:02+	15:56+	23:02+	28:19+	37:06+	41:54+	47:36+	55:39+	57:34+	60:30+	60:55+	
00:48+	03:44+	01:47+	02:43+	06:54+	07:06+	05:17+	08:47+	04:48+	05:42+	08:03+	01:55+	02:56+	00:25+	
00:18&	01:24&	00:42&	01:18&	03:37@	02:43&	02:45@	06:00@	01:56&	00:58#	04:39@	00:24&	00:13+	00:08&	
22	Olav Habbestad	116										1:06:29		
04:27+	07:26+	08:27+	10:05+	19:31+	28:19+	34:58+	38:23+	42:00+	50:58+	55:28+	60:33+	62:09+	65:50+	66:29+
04:27+	02:59+	01:01-	01:38+	09:26+	08:48+	06:39+	03:25+	03:37+	08:58+	04:30+	05:05+	01:36-	03:41+	00:39+
03:57@	00:39&	00:04-	00:13#	06:09@	04:25@	04:07@	00:38#	00:45&	04:14&	01:06&	03:34@	01:07-	03:24@	00:39+
23	Ragnar Rossavik	109										1:07:28		
00:33+	04:20+	05:44+	07:31+	16:42+	25:15+	37:05+	41:28+	45:03+	54:03+	61:34+	63:30+	67:03+	67:28+	
00:33+	03:47+	01:24+	01:47+	09:11+	08:33+	11:50+	04:23+	03:35+	09:00+	07:31+	01:56+	03:33+	00:25+	
00:03#	01:27&	00:19&	00:22&	05:54@	04:10&	09:18@	01:36&	00:43#	04:16&	04:07@	00:25&	00:50&	00:08&	
24	John Abrahamsen	125										1:13:53		
01:06+	05:30+	07:48+	11:15+	21:22+	29:53+	35:07+	45:57+	50:37+	58:18+	66:40+	69:22+	73:30+	73:53+	
01:06+	04:24+	02:18+	03:27+	10:07+	08:31+	05:14+	10:50+	04:40+	07:41+	08:22+	02:42+	04:08+	00:23+	
00:36@	02:04&	01:13@	02:02@	06:50@	04:08&	02:42@	08:03@	01:48&	02:57&	04:58@	01:11&	01:25&	00:06&	

Class	Navn	Klasse	Tid
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25	Torstein Gjesteland	126	1:17:30										
00:46+	04:52+	06:39+	08:44+	14:51+	20:49+	24:39+	31:08+	35:11+	64:35+	70:57+	72:48+	77:01+	77:30+
00:46+	04:06+	01:47+	02:05+	06:07+	05:58+	03:50+	06:29+	04:03+	29:24+	06:22+	01:51+	04:13+	00:29+
00:16&	01:46&	00:42&	00:40&	02:50&	01:35&	01:18&	03:42@	01:11&	24:40@	02:58&	00:20#	01:30&	00:12&

Beste strekktid for klassen

00:30	02:20	00:55	01:25	03:17	04:23	02:32	02:47	02:52	03:47	02:59	01:16	01:36	00:17
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer 70 - 74 år

1	Finn Morten Årstad	115	40:34										
00:39=	04:12=	05:24=	07:16=	11:01=	16:11=	19:16=	22:48=	26:17=	32:12=	35:39=	37:16=	40:10=	40:34=
00:39=	03:33=	01:12=	01:52=	03:45=	05:10=	03:05=	03:32=	03:29=	05:55=	03:27=	01:37=	02:54=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Odd Garpestad	29	43:35										
00:51+	04:24+	05:37+	07:22+	11:53+	17:15+	21:44+	25:17+	28:41+	34:21+	38:31+	40:14+	43:08+	43:35+
00:51+	03:33=	01:13+	01:45=	04:31+	05:22+	04:29+	03:33+	03:24=	05:40=	04:10+	01:43+	02:54=	00:27+
00:12&	00:00=	00:01+	00:07=	00:46#	00:12+	01:24&	00:01+	00:05=	00:15=	00:43#	00:06+	00:00=	00:03#

3	Olav Dag Borgersen	154	43:43										
00:39=	04:04=	05:33+	07:40+	11:47+	16:59+	20:40+	26:19+	30:16+	35:09+	38:55+	40:28+	43:22+	43:43+
00:39=	03:25=	01:29+	02:07+	04:07+	05:12+	03:41+	05:39+	03:57+	04:53=	03:46+	01:33=	02:54=	00:21=
00:00=	00:08=	00:17#	00:15#	00:22+	00:02+	00:36#	02:07&	00:28#	01:02=	00:19+	00:04=	00:00=	00:03=

4	Hermann Skogsholm	53	44:03										
00:39=	03:45=	05:06=	06:55=	10:47=	16:10=	19:44+	23:44+	27:30+	33:00+	37:32+	39:24+	43:35+	44:03+
00:39=	03:06=	01:21+	01:49=	03:52+	05:23+	03:34+	04:00+	03:46+	05:30=	04:32+	01:52+	04:11+	00:28+
00:00=	00:27=	00:09#	00:03=	00:07+	00:13+	00:29#	00:28#	00:17+	00:25=	01:05&	00:15#	01:17&	00:04#

5	Kjell Svihus	154	44:39										
00:34=	03:57=	05:24=	07:39+	11:55+	17:11+	22:10+	27:21+	31:14+	36:03+	39:53+	41:31+	44:19+	44:39+
00:34=	03:23=	01:27+	02:15+	04:16+	05:16+	04:59+	05:11+	03:53+	04:49=	03:50+	01:38+	02:48=	00:20=
00:05=	00:10=	00:15#	00:23#	00:31#	00:06+	01:54&	01:39&	00:24#	01:06=	00:23#	00:01+	00:06=	00:04=

6	Øyvind Egeskog	5	46:52										
00:39=	04:02=	05:30+	07:59+	12:54+	19:06+	22:12+	26:18+	30:25+	36:30+	41:13+	43:03+	46:29+	46:52+
00:39=	03:23=	01:28+	02:29+	04:55+	06:12+	03:06+	04:06+	04:07+	06:05+	04:43+	01:50+	03:26+	00:23=
00:00=	00:10=	00:16#	00:37&	01:10&	01:02#	00:01+	00:34#	00:38#	00:10+	01:16&	00:13#	00:32#	00:01=

7	Tormod Aaslid	54	49:37										
00:38=	03:57=	05:47+	07:54+	12:47+	18:27+	22:08+	29:44+	33:22+	38:39+	43:54+	45:56+	49:14+	49:37+
00:38=	03:19=	01:50+	02:07+	04:53+	05:40+	03:41+	07:36+	03:38+	05:17=	05:15+	02:02+	03:18+	00:23=
00:01=	00:14=	00:38&	00:15#	01:08&	00:30+	00:36#	04:04@	00:09+	00:38=	01:48&	00:25&	00:24#	00:01=

8	Svein Glendrange	68	50:54										
00:42+	04:24+	06:16+	08:14+	12:37+	17:56+	21:10+	27:02+	31:47+	37:32+	45:32+	47:30+	50:28+	50:54+
00:42+	03:42+	01:52+	01:58+	04:23+	05:19+	03:14+	05:52+	04:45+	05:45=	08:00+	01:58+	02:58+	00:26+
00:03+	00:09+	00:40&	00:06+	00:38#	00:09+	00:09+	02:20&	01:16&	00:10=	04:33@	00:21#	00:04+	00:02+

9	Ingjald Egeland	7	51:56										
00:39=	03:48=	05:07=	07:42+	12:20+	21:10+	25:19+	29:21+	32:58+	38:40+	46:03+	48:05+	51:22+	51:56+
00:39=	03:09=	01:19+	02:35+	04:38+	08:50+	04:09+	04:02+	03:37+	05:42=	07:23+	02:02+	03:17+	00:34+
00:00=	00:24=	00:07+	00:43&	00:53#	03:40&	01:04&	00:30#	00:08+	00:13=	03:56@	00:25&	00:23#	00:10&

10	Ole Auklend	106	52:50										
00:38=	04:16+	05:52+	08:19+	13:17+	19:23+	23:03+	27:39+	32:03+	39:20+	45:33+	47:36+	52:05+	52:50+
00:38=	03:38+	01:36+	02:27+	04:58+	06:06+	03:40+	04:36+	04:24+	07:17+	06:13+	02:03+	04:29+	00:45+
00:01=	00:05+	00:24&	00:35&	01:13&	00:56#	00:35#	01:04&	00:55&	01:22#	02:46&	00:26&	01:35&	00:21&

11	Steinar Undheim	54	53:04										
00:37=	03:55=	05:28+	07:41+	12:24+	18:21+	22:27+	29:10+	33:53+	39:37+	47:38+	49:35+	52:38+	53:04+
00:37=	03:18=	01:33+	02:13+	04:43+	05:57+	04:06+	06:43+	04:43+	05:44=	08:01+	01:57+	03:03+	00:26+
00:02=	00:15=	00:21&	00:21#	00:58&	00:47#	01:01&	03:11&	01:14&	00:11=	04:34@	00:20#	00:09+	00:02+

12	Arvid Thorsen	5	53:46											
00:36=	03:28=	04:40=	06:39=	11:46+	17:41+	28:28+	31:57+	36:16+	42:01+	47:01+	49:05+	52:14+	53:20+	53:46+
00:36=	02:52=	01:12=	01:59+	05:07+	05:55+	10:47+	03:29=	04:19+	05:45=	05:00+	02:04+	03:09+	01:06+	00:26+
00:03=	00:41=	00:00=	00:07+	01:22&	00:45#	07:42@	00:03=	00:50#	00:10=	01:33&	00:27&	00:15+	00:42@	00:26+

Class	Navn	Klasse										Tid			
13	Geir Husdal	93										54:00			
00:40+	04:30+	06:07+	08:15+	13:07+	19:52+	24:28+	28:55+	33:20+	39:59+	42:26+	47:51+	49:48+	53:28+	54:00+	
00:40+	03:50+	01:37+	02:08+	04:52+	06:45+	04:36+	04:27+	04:25+	06:39+	02:27-	05:25+	01:57-	03:40+	00:32+	
00:01+	00:17+	00:25&	00:16#	01:07&	01:35&	01:31&	00:55&	00:56&	00:44#	01:00-	03:48@	00:57-	03:16@	00:32+	
14	Svein Eliassen	116										57:42			
00:42+	04:06-	05:41+	08:03+	14:08+	22:20+	27:36+	32:18+	36:47+	44:52+	51:28+	53:26+	57:06+	57:42+		
00:42+	03:24-	01:35+	02:22+	06:05+	08:12+	05:16+	04:42+	04:29+	08:05+	06:36+	01:58+	03:40+	00:36+		
00:03+	00:09-	00:23&	00:30&	02:20&	03:02&	02:11&	01:10&	01:00&	02:10&	03:09&	00:21#	00:46&	00:12&		
15	Knut Jonas Espedal	53										1:03:06			
00:49+	05:14+	06:55+	10:14+	16:43+	23:26+	27:25+	33:35+	42:16+	50:09+	55:42+	57:55+	62:30+	63:06+		
00:49+	04:25+	01:41+	03:19+	06:29+	06:43+	03:59+	06:10+	08:41+	07:53+	05:33+	02:13+	04:35+	00:36+		
00:10&	00:52#	00:29&	01:27&	02:44&	01:33&	00:54&	02:38&	05:12@	01:58&	02:06&	00:36&	01:41&	00:12&		
16	Magne Frøyland	43										1:07:41			
00:43+	04:32+	06:04+	08:17+	13:14+	19:18+	31:31+	35:13+	39:06+	48:18+	58:31+	62:10+	67:02+	67:41+		
00:43+	03:49+	01:32+	02:13+	04:57+	06:04+	12:13+	03:42+	03:53+	09:12+	10:13+	03:39+	04:52+	00:39+		
00:04#	00:16+	00:20&	00:21#	01:12&	00:54#	09:08@	00:10+	00:24#	03:17&	06:46@	02:02@	01:58&	00:15&		
17	Jan H. Sagen	92										1:08:47			
00:48+	05:23+	07:17+	10:13+	16:20+	26:01+	31:04+	36:37+	47:22+	55:24+	61:28+	64:06+	68:15+	68:47+		
00:48+	04:35+	01:54+	02:56+	06:07+	09:41+	05:03+	05:33+	10:45+	08:02+	06:04+	02:38+	04:09+	00:32+		
00:09#	01:02&	00:42&	01:04&	02:22&	04:31&	01:58&	02:01&	07:16@	02:07&	02:37&	01:01&	01:15&	00:08&		
18	Lars Ernst Ravndal	125										1:09:50			
01:05+	05:47+	07:33+	12:55+	20:20+	28:23+	33:46+	38:34+	43:22+	50:50+	62:20+	64:58+	69:10+	69:50+		
01:05+	04:42+	01:46+	05:22+	07:25+	08:03+	05:23+	04:48+	04:48+	07:28+	11:30+	02:38+	04:12+	00:40+		
00:26&	01:09&	00:34&	03:30@	03:40&	02:53&	02:18&	01:16&	01:19&	01:33&	08:03@	01:01&	01:18&	00:16&		
19	Reidar Liland	66										1:14:31			
01:15+	06:07+	07:52+	12:38+	19:46+	30:23+	35:10+	45:59+	50:41+	58:54+	66:20+	68:38+	73:43+	74:31+		
01:15+	04:52+	01:45+	04:46+	07:08+	10:37+	04:47+	10:49+	04:42+	08:13+	07:26+	02:18+	05:05+	00:48+		
00:36&	01:19&	00:33&	02:54@	03:23&	05:27@	01:42&	07:17@	01:13&	02:18&	03:59@	00:41&	02:11&	00:24&		

Beste strekktid for klassen

00:34 02:52 01:12 01:45 03:45 05:10 03:05 03:29 03:24 04:49 02:27 01:33 01:57 00:20

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

Herrer 75 - 79 år

1	Jan Værp	62										48:42			
03:27=	07:25=	11:48=	15:20=	20:50=	27:34=	30:13=	32:36=	37:18=	38:21=	43:50=	47:18=	48:18=	48:42=		
03:27=	03:58=	04:23=	03:32=	05:30=	06:44=	02:39=	02:23=	04:42=	01:03=	05:29=	03:28=	01:00=	00:24=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Harald Vatne	67										56:23			
03:39+	09:25+	13:54+	17:30+	24:37+	28:50+	31:31+	34:53+	40:12+	41:42+	49:18+	54:37+	55:59+	56:23+		
03:39+	05:46+	04:29+	03:36+	07:07+	04:13-	02:41+	03:22+	05:19+	01:30+	07:36+	05:19+	01:22+	00:24=		
00:12+	01:48&	00:06+	00:04+	01:37&	02:31-	00:02+	00:59&	00:37#	00:27&	02:07&	01:51&	00:22&	00:00=		
3	Harald I. Serigstad	128										1:03:09			
04:25+	09:50+	17:19+	21:28+	28:54+	32:41+	37:17+	40:51+	46:04+	47:55+	55:36+	61:08+	62:31+	63:09+		
04:25+	05:25+	07:29+	04:09+	07:26+	03:47-	04:36+	03:34+	05:13+	01:51+	07:41+	05:32+	01:23+	00:38+		
00:58&	01:27&	03:06&	00:37#	01:56&	02:57-	01:57&	01:11&	00:31#	00:48&	02:12&	02:04&	00:23&	00:14&		
4	Rolv Nærland	63										1:03:11			
04:08+	08:47+	13:52+	18:23+	27:16+	32:57+	36:28+	40:05+	47:29+	48:35+	55:47+	61:23+	62:43+	63:11+		
04:08+	04:39+	05:05+	04:31+	08:53+	05:41-	03:31+	03:37+	07:24+	01:06+	07:12+	05:36+	01:20+	00:28+		
00:41#	00:41#	00:42#	00:59&	03:23&	01:03-	00:52&	01:14&	02:42&	00:03+	01:43&	02:08&	00:20&	00:04#		
5	Gunnar Furland	93										1:03:40			
04:19+	09:28+	19:27+	23:43+	30:31+	34:25+	38:09+	41:49+	47:39+	49:08+	56:36+	61:58+	63:07+	63:40+		
04:19+	05:09+	09:59+	04:16+	06:48+	03:54-	03:44+	03:40+	05:50+	01:29+	07:28+	05:22+	01:09+	00:33+		
00:52&	01:11&	05:36@	00:44#	01:18#	02:50-	01:05&	01:17&	01:08#	00:26&	01:59&	01:54&	00:09#	00:09&		
6	Magne Jakobsen	63										1:04:16			
04:05+	08:39+	13:41+	18:23+	25:11+	28:49+	31:44+	35:31+	41:54+	43:51+	52:06+	62:01+	63:34+	64:16+		
04:05+	04:34+	05:02+	04:42+	06:48+	03:38-	02:55+	03:47+	06:23+	01:57+	08:15+	09:55+	01:33+	00:42+		
00:38#	00:36#	00:39#	01:10&	01:18#	03:06-	00:16#	01:24&	01:41&	00:54&	02:46&	06:27@	00:33&	00:18&		

Class	Navn	Klasse												Tid
7	Torleiv Møgedal	68												1:14:06
04:05+	09:42+	17:43+	22:12+	29:48+	33:37+	38:14+	46:00+	53:43+	55:26+	65:39+	71:28+	73:18+	74:06+	
04:05+	05:37+	08:01+	04:29+	07:36+	03:49-	04:37+	07:46+	04:37+	01:43+	10:13+	05:49+	01:50+	00:48+	
00:38#	01:39&	03:38&	00:57&	02:06&	02:55-	01:58&	05:23@	03:01&	00:40&	04:44&	02:21&	00:50&	00:24&	
8	Bjarne Edland	92												1:15:21
04:04+	09:09+	16:04+	19:38+	26:49+	40:33+	43:21+	46:29+	53:47+	55:24+	67:25+	73:34+	74:46+	75:21+	
04:04+	05:05+	06:55+	03:34+	07:11+	13:44+	02:48+	03:08+	07:18+	01:37+	12:01+	06:09+	01:12+	00:35+	
00:37#	01:07&	02:32&	00:02+	01:41&	07:00@	00:09+	00:45&	02:36&	00:34&	06:32@	02:41&	00:12#	00:11&	
9	Kjell Maudal	63												1:16:09
04:23+	27:27+	32:57+	36:47+	43:58+	47:38+	50:36+	55:14+	60:20+	61:41+	69:35+	74:24+	75:38+	76:09+	
04:23+	23:04+	05:30+	03:50+	07:11+	03:40-	02:58+	04:38+	05:06+	01:21+	07:54+	04:49+	01:14+	00:31+	
00:56&	19:06@	01:07&	00:18+	01:41&	03:04-	00:19#	02:15&	00:24+	00:18&	02:25&	01:21&	00:14#	00:07&	

Beste strekktid for klassen

03:27 03:58 04:23 03:32 05:30 03:38 02:39 02:23 04:42 01:03 05:29 03:28 01:00 00:24

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

Herrer 80 år og eldre

1	Sigurd Krosli	31												1:08:55
01:54=	05:15=	07:26=	09:24=	17:57=	23:30=	30:38=	35:01=	38:51=	47:46=	55:26=	67:03=	68:22=	68:55=	
01:54=	03:21=	02:11=	01:58=	08:33=	05:33=	07:08=	04:23=	03:50=	08:55=	07:40=	11:37=	01:19=	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=	
2	Peter Frafjord	116												1:29:52
01:54=	05:23+	07:46+	10:34+	20:23+	23:58+	45:37+	62:55+	66:47+	74:15+	82:15+	87:43+	89:19+	89:52+	
01:54=	03:29+	02:23+	02:48+	09:49+	03:35-	21:39+	17:18+	03:52+	07:28-	08:00+	05:28-	01:36+	00:33=	
00:00=	00:08+	00:12+	00:50&	01:16#	01:58-	14:31@	12:55@	00:02+	01:27-	00:20+	06:09-	00:17#	00:00=	
3	Magne Westerheim	93												2:14:43
01:59+	06:38+	09:28+	11:49+	17:46-	20:50-	58:03+	77:50+	90:18+	102:14+	122:50+	128:03+	134:02+	134:43+	
01:59+	04:39+	02:50+	02:21+	05:57-	03:04-	37:13+	19:47+	12:28+	11:56+	20:36+	05:13-	05:59+	00:41+	
00:05+	01:18&	00:39&	00:23#	02:36-	02:29-	30:05@	15:24@	08:38@	03:01&	12:56@	06:24-	04:40@	00:08#	

Beste strekktid for klassen

01:54 03:21 02:11 01:58 05:57 03:04 07:08 04:23 03:50 07:28 07:40 05:13 01:19 00:33

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

Herrer A

1	Fredrik Omdal	74												45:41				
02:25=	04:20=	06:17=	09:18=	11:22=	13:56=	16:25=	18:56=	21:30=	26:26=	29:28=	32:14=	32:50=	33:53=	37:28=	41:17=	42:41=	44:38=	45:41=
02:25=	01:55=	01:57=	03:01=	02:04=	02:34=	02:29=	02:31=	02:34=	04:56=	03:02=	02:46=	00:36=	01:03=	03:35=	03:49=	01:24=	01:57=	01:03=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Bjerga Sundli	93												47:27				
02:41+	04:51+	07:13+	11:32+	13:43+	16:29+	19:20+	22:13+	24:30+	26:43+	29:43+	32:50+	33:33+	34:44+	39:28+	41:30+	44:20+	46:30+	47:27+
02:41+	02:10+	02:22+	04:19+	02:11+	02:46+	02:51+	02:53+	02:17-	02:13-	03:00-	03:07+	00:43+	01:11+	04:44+	02:02-	02:50+	02:10+	00:57-
00:16#	00:15#	00:25#	01:18&	00:07+	00:12+	00:22#	00:22#	00:17-	02:43-	00:02-	00:21#	00:07#	00:08#	01:09&	01:47-	01:26@	00:13#	00:06-
3	Kristian Haarr	27												55:36				
03:01+	05:37+	08:05+	12:19+	14:57+	18:10+	22:36+	25:38+	28:11+	30:20+	34:39+	39:02+	39:54+	41:02+	46:23+	49:11+	52:00+	54:32+	55:36+
03:01+	02:36+	02:28+	04:14+	02:38+	03:13+	04:26+	03:02+	02:33-	02:09-	04:19+	04:23+	00:52+	01:08+	05:21+	02:48-	02:49+	02:32+	01:04+
00:36#	00:41&	00:31&	01:13&	00:34&	00:39&	01:57&	00:31#	00:01-	02:47-	01:17&	01:37&	00:16&	00:05+	01:46&	01:01-	01:25@	00:35&	00:01+
4	Erik Lima	115												55:49				
02:53+	05:29+	07:59+	12:09+	14:31+	17:45+	21:23+	24:31+	26:46+	28:55+	32:32+	36:28+	37:10+	38:27+	44:15+	46:37+	52:30+	54:45+	55:49+
02:53+	02:36+	02:30+	04:10+	02:22+	03:14+	03:38+	03:08+	02:15-	02:09-	03:37+	03:56+	00:42+	01:17+	05:48+	02:22-	05:53+	02:15+	01:04+
00:28#	00:41&	00:33&	01:09&	00:18#	00:40&	01:09&	00:37#	00:19-	02:47-	00:35#	01:10&	00:06#	00:14#	02:13&	01:27-	04:29@	00:18#	00:01+
5	Harald Kalager	7												56:53				
02:55+	05:18+	07:35+	15:29+	18:02+	21:10+	23:56+	27:57+	31:05+	32:52+	36:49+	40:57+	41:47+	43:06+	47:46+	50:31+	53:08+	55:49+	56:53+
02:55+	02:23+	02:17+	07:54+	02:33+	03:08+	02:46+	04:01+	03:08+	01:47-	03:57+	04:08+	00:50+	01:19+	04:40+	02:45-	02:37+	02:41+	01:04+
00:30#	00:28#	00:20#	04:53@	00:29#	00:34#	00:17#	01:30&	00:34#	03:09-	00:55&	01:22&	00:14&	00:16&	01:05&	01:04-	01:13&	00:44&	00:01+

Class	Navn	Klasse										Tid						
10	Kim Richter	218										53:17						
02:50+	05:17+	07:33+	11:17=	13:55+	19:23+	22:02+	24:45+	27:56+	29:35+	32:41+	36:26+	37:11+	38:21+	44:30+	46:55+	49:42+	52:11+	53:17+
02:50+	02:27-	02:16+	03:44-	02:38+	05:28+	02:39+	02:43+	03:11+	01:39-	03:06-	03:45+	00:45+	01:10+	06:09+	02:25+	02:47+	02:29-	01:06+
00:09+	00:04-	00:01+	00:06-	00:28#	02:34&	00:06+	00:07+	01:06&	00:12-	00:02-	00:51&	00:07#	00:03+	01:49&	00:08+	00:37&	01:01-	01:06+
11	Joar Eilevstjønn	67										56:26						
02:43+	05:04-	08:59+	13:45+	16:32+	19:57+	23:46+	26:26+	28:32+	30:38+	34:42+	41:42+	42:31+	43:45+	48:22+	51:05+	52:53+	55:33+	56:26+
02:43+	02:21-	03:55+	04:46+	02:47+	03:25+	03:49+	02:40+	02:06+	02:06+	04:04+	07:00+	00:49+	01:14+	04:37+	02:43+	01:48-	02:40-	00:53+
00:02+	00:10-	01:40&	00:56#	00:37&	00:31#	01:16&	00:04+	00:01+	00:15#	00:56&	04:06@	00:11&	00:07#	00:17+	00:26#	00:22-	00:50-	00:53+
12	Per Olav Haarr	62										56:46						
02:51+	05:10-	07:26-	12:10+	14:57+	20:09+	23:07+	26:01+	28:04+	32:18+	35:24+	39:15+	40:06+	41:14+	45:58+	48:58+	53:30+	55:40+	56:46+
02:51+	02:19-	02:16+	04:44+	02:47+	05:12+	02:58+	02:54+	02:03-	04:14+	03:06-	03:51+	00:51+	01:08+	04:44+	03:00+	04:32+	02:10-	01:06+
00:10+	00:12-	00:01+	00:54#	00:37&	02:18&	00:25#	00:18#	00:02-	02:23@	00:02-	00:57&	00:13&	00:01+	00:24+	00:43&	02:22@	01:20-	01:06+
13	Bjørnar André Haug	80										58:01						
03:15+	05:55+	08:35+	13:53+	17:13+	20:56+	24:45+	28:09+	30:47+	32:56+	37:43+	42:56+	43:49+	45:12+	49:46+	51:49+	54:01+	56:54+	58:01+
03:15+	02:40+	02:40+	05:18+	03:20+	03:43+	03:49+	03:24+	02:38+	02:09+	04:47+	05:13+	00:53+	01:23+	04:34+	02:03-	02:12+	02:53-	01:07+
00:34#	00:09+	00:25#	01:28&	01:10&	00:49&	01:16&	00:48&	00:33&	00:18#	01:39&	02:19&	00:15&	00:16#	00:14+	00:14-	00:02+	00:37-	01:07+
14	Terje Michaelsen	47										58:29						
02:43+	05:01-	07:27=	11:15-	13:40+	16:45+	19:35+	22:24+	24:41+	29:32+	33:27+	37:02+	37:48+	39:37+	47:13+	49:53+	53:21+	57:29+	58:29+
02:43+	02:18-	02:26+	03:48-	02:25+	03:05+	02:50+	02:49+	02:17+	04:51+	03:55+	03:35+	00:46+	01:49+	07:36+	02:40+	03:28+	04:08+	01:00+
00:02+	00:13-	00:11+	00:02-	00:15#	00:11+	00:17#	00:13+	00:12+	03:00@	00:47#	00:41#	00:08#	00:42&	03:16&	00:23#	01:18&	00:38#	01:00+
15	Bård Skogsholm	40										1:07:06						
03:11+	06:00+	08:40+	13:20+	17:06+	20:39+	24:45+	28:13+	31:13+	36:05+	41:40+	46:36+	47:33+	49:00+	54:54+	58:05+	63:07+	66:06+	67:06+
03:11+	02:49+	02:40+	04:40+	03:46+	03:33+	04:06+	03:28+	03:00+	04:52+	05:35+	04:56+	00:57+	01:27+	05:54+	03:11+	05:02+	02:59-	01:00+
00:30#	00:18#	00:25#	00:50#	01:36&	00:39#	01:33&	00:52&	00:55&	03:01@	02:27&	02:02&	00:19&	00:20&	01:34&	00:54&	02:52@	00:31-	01:00+
16	Svein Erik Kvame	116										1:11:27						
03:27+	06:05+	08:53+	14:17+	17:16+	20:56+	25:04+	28:28+	31:22+	36:17+	39:57+	44:55+	45:53+	47:19+	55:39+	61:38+	66:38+	69:51+	71:27+
03:27+	02:38+	02:48+	05:24+	02:59+	03:40+	04:08+	03:24+	02:54+	04:55+	03:40+	04:58+	00:58+	01:26+	08:20+	05:59+	05:00+	03:13-	01:36+
00:46&	00:07+	00:33#	01:34&	00:49&	00:46&	01:35&	00:48&	00:49&	03:04@	00:32#	02:04&	00:20&	00:19&	04:00&	03:42@	02:50@	00:17-	01:36+
17	Espen Fyhn Nilsen	116										1:12:25						
03:49+	07:03+	10:43+	17:19+	20:47+	24:49+	28:35+	32:24+	36:59+	39:31+	44:45+	50:27+	51:35+	53:52+	60:19+	63:52+	67:03+	70:58+	72:25+
03:49+	03:14+	03:40+	06:36+	03:28+	04:02+	03:46+	03:49+	04:35+	02:32+	05:14+	05:42+	01:08+	02:17+	06:27+	03:33+	03:11+	03:55+	01:27+
01:08&	00:43&	01:25&	02:46&	01:18&	01:08&	01:13&	01:13&	02:30@	00:41&	02:06&	02:48&	00:30&	01:10@	02:07&	01:16&	01:01&	00:25#	01:27+
Beste strekktid for klassen																		
02:40	02:11	02:07	03:38	02:10	02:54	02:33	02:36	02:01	01:17	02:48	02:54	00:38	01:06	04:20	02:03	01:48	01:16	

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

Herrer C

1	Otte Omdal	65										41:05						
00:26=	01:02=	03:20=	04:34=	08:20=	11:46=	14:29=	15:39=	17:41=	19:37=	21:45=	24:46=	27:51=	30:13=	34:01=	36:04=	38:22=	40:42=	41:05=
00:26=	00:36=	02:18=	01:14=	03:46=	03:26=	02:43=	01:10=	02:02=	01:56=	02:08=	03:01=	03:05=	02:22=	03:48=	02:03=	02:18=	02:20=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjetil Wirak	114										42:10						
00:28+	01:07+	03:20=	05:01+	08:33+	12:04+	15:05+	16:11+	17:55+	19:29-	21:33-	25:46+	27:28-	30:33+	34:25+	37:09+	39:30+	41:43+	42:10+
00:28+	00:39+	02:13-	01:41+	03:32-	03:31+	03:01+	01:06-	01:44-	01:34-	02:04-	04:13+	01:42-	03:05+	03:52+	02:44+	02:21+	02:13-	00:27#
00:02+	00:03+	00:05-	00:27&	00:14-	00:05+	00:18#	00:04-	00:18-	00:22-	00:04-	01:12&	01:23-	00:43&	00:04+	00:41&	00:03+	00:07-	00:04#
3	Kjell Dale	93										42:14						
00:33+	01:14+	03:35+	05:04+	09:41+	13:23+	16:33+	17:40+	19:25+	21:11+	23:24+	26:43+	28:22+	30:55+	34:22+	36:40+	39:17+	41:43+	42:14+
00:33+	00:41+	02:21+	01:29+	04:37+	03:42+	03:10+	01:07-	01:45-	01:46-	02:13+	03:19+	01:39-	02:33+	03:27-	02:18+	02:37+	02:26+	00:31+
00:07&	00:05#	00:03+	00:15#	00:51#	00:16+	00:27#	00:03-	00:17-	00:10-	00:05+	00:18+	01:26-	00:11+	00:21-	00:15#	00:19#	00:06+	00:08&
4	Jan Einar Øvremo	50										42:25						
00:28+	01:09+	03:29+	04:53+	09:15+	13:46+	16:28+	17:36+	19:44+	21:14+	23:33+	26:53+	28:40+	31:15+	34:46+	37:20+	39:47+	42:06+	42:25+
00:28+	00:41+	02:20+	01:24+	04:22+	04:31+	02:42-	01:08-	02:08+	01:30-	02:19+	03:20+	01:47-	02:35+	03:31-	02:34+	02:27+	02:19-	00:19-
00:02+	00:05#	00:02+	00:10#	00:36#	01:05&	00:01-	00:02-	00:06+	00:26-	00:11+	00:19#	01:18-	00:13+	00:17-	00:31&	00:09+	00:01-	00:04-
5	Trond Nilsen Lamark	114										43:53						
00:33+	01:18+	03:48+	05:19+	09:03+	12:55+	15:44+	16:53+	18:59+	21:12+	23:56+	27:15+	29:16+	31:41+	35:22+	38:12+	40:54+	43:32+	43:53+
00:33+	00:45+	02:30+	01:31+	03:44-	03:52+	02:49+	01:09-	02:06+	02:13+	02:44+	03:19+	02:01-	02:25+	03:41-	02:50+	02:42+	02:38+	00:21-
00:07&	00:09#	00:12+	00:17#	00:02-	00:26#	00:06+	00:01-	00:04+	00:17#	00:36&	00:18+	01:04-	00:03+	00:07-	00:47&	00:24#	00:18#	00:02-

Class	Navn	Klasse										Tid									
6	Øystein Huglen	27										47:24									
00:33+	01:13+	03:34+	05:23+	10:41+	15:14+	18:51+	20:00+	22:02+	23:58+	26:29+	29:49+	31:37+	34:15+	38:26+	41:33+	44:28+	46:59+	47:24+			
00:33+	00:40+	02:21+	01:49+	05:18+	04:33+	03:37+	01:09-	02:02=	01:56+	02:31+	03:20+	01:48-	02:38+	04:11+	03:07+	02:55+	02:31+	00:25+			
00:07&	00:04#	00:03+	00:35&	01:32&	01:07&	00:54&	00:01-	00:00=	00:00=	00:23#	00:19#	01:17-	00:16#	00:23#	01:04&	00:37&	00:11+	00:02+			
7	Nils John Vestøl	83										47:25									
00:32+	01:08+	03:28+	05:02+	10:21+	15:20+	17:49+	18:59+	21:12+	22:55+	25:25+	28:38+	30:42+	33:18+	39:21+	42:24+	44:51+	47:05+	47:25+			
00:32+	00:36+	02:20+	01:34+	05:19+	04:59+	02:29-	01:10=	02:13+	01:43-	02:30+	03:13+	02:04+	02:36+	06:03+	03:03+	02:27+	02:14-	00:20-			
00:06#	00:00=	00:02+	00:20&	01:33&	01:33&	00:14-	00:00=	00:11+	00:13-	00:22#	00:12+	01:01-	00:14+	02:15&	01:00&	00:09+	00:06-	00:03-			
8	Inge Løland	114										48:09									
00:28+	01:09+	03:36+	05:06+	08:55+	13:38+	16:32+	17:48+	20:07+	21:50+	24:02+	30:23+	32:32+	36:00+	39:28+	41:58+	45:03+	47:36+	48:09+			
00:28+	00:41+	02:27+	01:30+	03:49+	04:43+	02:54+	01:16+	02:19+	01:43-	02:12+	06:21+	02:09-	03:28+	03:28-	02:30+	03:05+	02:33+	00:33+			
00:02+	00:05#	00:09+	00:16#	00:03+	01:17&	00:11+	00:06+	00:17#	00:13-	00:04+	03:20@	00:56-	01:06&	00:20-	00:27#	00:47&	00:13+	00:10&			
9	Tore Svendsen	27										48:44									
00:30+	01:08+	04:17+	05:52+	10:39+	15:03+	18:34+	20:11+	22:21+	23:55+	26:39+	30:16+	32:36+	36:10+	39:52+	42:34+	45:53+	48:17+	48:44+			
00:30+	00:38+	03:09+	01:35+	04:47+	04:24+	03:31+	01:37+	02:10+	01:34-	02:44+	03:37+	02:20-	03:34+	03:42-	02:42+	03:19+	02:24+	00:27+			
00:04#	00:02+	00:51&	00:21&	01:01&	00:58&	00:48&	00:27&	00:08+	00:22-	00:36&	00:36#	00:45-	01:12&	00:06-	00:39&	01:01&	00:04+	00:04#			
10	Sveinung Svebestad	46										51:15									
00:30+	01:12+	03:52+	05:31+	10:25+	14:43+	17:58+	19:28+	21:41+	24:47+	27:21+	31:18+	33:18+	36:20+	40:36+	43:30+	48:05+	50:46+	51:15+			
00:30+	00:42+	02:40+	01:39+	04:54+	04:18+	03:15+	01:30+	02:13+	03:06+	02:34+	03:57+	02:00-	03:02+	04:16+	02:54+	04:35+	02:41+	00:29+			
00:04#	00:06#	00:22#	00:25&	01:08&	00:52&	00:32#	00:20&	00:11+	01:10&	00:26#	00:56&	01:05-	00:40&	00:28#	00:51&	02:17&	00:21#	00:06&			
11	Rune Christiansen	93										51:25									
00:29+	01:10+	04:00+	05:46+	10:32+	15:41+	19:30+	21:01+	23:40+	25:28+	28:17+	32:01+	34:20+	37:33+	42:08+	45:55+	48:33+	51:00+	51:25+			
00:29+	00:41+	02:50+	01:46+	04:46+	05:09+	03:49+	01:31+	02:39+	01:48-	02:49+	03:44+	02:19-	03:13+	04:35+	03:47+	02:38+	02:27+	00:25+			
00:03#	00:05#	00:32#	00:32&	01:00&	01:43&	01:06&	00:21&	00:37&	00:08-	00:41&	00:43#	00:46-	00:51&	00:47#	01:44&	00:20#	00:07+	00:02+			
12	Pål H. Gjerden	116										53:52									
00:29+	01:10+	04:03+	05:53+	10:43+	14:58+	18:00+	20:35+	22:50+	24:46+	27:36+	31:18+	33:20+	36:37+	42:18+	47:17+	50:36+	53:26+	53:52+			
00:29+	00:41+	02:53+	01:50+	04:50+	04:15+	03:02+	02:35+	02:15+	01:56+	02:50+	03:42+	02:02-	03:17+	05:41+	04:59+	03:19+	02:50+	00:26+			
00:03#	00:05#	00:35&	00:36&	01:04&	00:49#	00:19#	01:25@	00:13#	00:00=	00:42&	00:41#	01:03-	00:55&	01:53&	02:56@	01:01&	00:30#	00:03#			
13	Erling Mauland	83										54:53									
00:35+	01:43+	04:34+	06:20+	11:04+	15:57+	21:07+	22:24+	24:53+	28:46+	32:15+	35:59+	38:15+	41:14+	46:19+	48:58+	52:05+	54:27+	54:53+			
00:35+	01:08+	02:51+	01:46+	04:44+	04:53+	05:10+	01:17+	02:29+	03:53+	03:29+	03:44+	02:16-	02:59+	05:05+	02:39+	03:07+	02:22+	00:26+			
00:09&	00:32&	00:33#	00:32&	00:58&	01:27&	02:27&	00:07#	00:27#	01:57@	01:21&	00:43#	00:49-	00:37&	01:17&	00:36&	00:49&	00:02+	00:03#			
14	Sturle Omdal	116										55:23									
00:35+	01:21+	03:58+	06:26+	11:01+	15:54+	20:00+	21:21+	24:01+	26:44+	29:41+	33:16+	35:26+	39:09+	45:13+	47:48+	52:27+	55:04+	55:23+			
00:35+	00:46+	02:37+	02:28+	04:35+	04:53+	04:06+	01:21+	02:40+	02:43+	02:57+	03:35+	02:10-	03:43+	06:04+	02:35+	04:39+	02:37+	00:19-			
00:09&	00:10&	00:19#	01:14&	00:49#	01:27&	01:23&	00:11#	00:38&	00:47&	00:49&	00:34#	00:55-	01:21&	02:16&	00:32&	02:21@	00:17#	00:04-			
15	Henning Sundby	114										59:10									
00:34+	01:10+	03:29+	05:20+	09:37+	13:54+	19:53+	21:06+	26:05+	28:53+	31:55+	37:32+	39:22+	42:15+	47:14+	50:49+	56:17+	58:44+	59:10+			
00:34+	00:36+	02:19+	01:51+	04:17+	04:17+	05:59+	01:13+	04:59+	02:48+	03:02+	05:37+	01:50-	02:53+	04:59+	03:35+	05:28+	02:27+	00:26+			
00:08&	00:00=	00:01+	00:37&	00:31#	00:51#	03:16@	00:03+	02:57@	00:52&	00:54&	02:36&	01:15-	00:31#	01:11&	01:32&	03:10@	00:07+	00:03#			
16	Ove Oaland	116										59:12									
00:45+	01:39+	04:25+	06:21+	12:49+	18:41+	23:56+	25:29+	28:07+	30:27+	33:53+	38:01+	40:06+	43:38+	48:33+	51:26+	55:48+	58:46+	59:12+			
00:45+	00:54+	02:46+	01:56+	06:28+	05:52+	05:15+	01:33+	02:38+	02:20+	03:26+	04:08+	02:05-	03:32+	04:55+	02:53+	04:22+	02:58+	00:26+			
00:19&	00:18&	00:28#	00:42&	02:42&	02:26&	02:32&	00:23&	00:36&	00:24#	01:18&	01:07&	01:00-	01:10&	01:07&	00:50&	02:04&	00:38&	00:03#			
17	Pål Bårdsen	90										59:34									
00:43+	01:34+	04:36+	07:21+	13:05+	18:15+	21:43+	23:16+	25:53+	27:50+	30:57+	35:23+	37:31+	42:20+	48:23+	51:50+	55:32+	59:07+	59:34+			
00:43+	00:51+	03:02+	02:45+	05:44+	05:10+	03:28+	01:33+	02:37+	01:57+	03:07+	04:26+	02:08-	04:49+	06:03+	03:27+	03:42+	03:35+	00:27+			
00:17&	00:15&	00:44&	01:31@	01:58&	01:44&	00:45&	00:23&	00:35&	00:01+	00:59&	01:25&	00:57-	02:27@	02:15&	01:24&	01:24&	01:15&	00:04#			
18	Ivar Knutsen	116										1:00:28									
00:37+	01:29+	04:31+	06:26+	11:22+	17:29+	21:12+	22:42+	26:00+	28:45+	31:54+	36:02+	38:45+	43:03+	50:21+	53:46+	57:06+	60:03+	60:28+			
00:37+	00:52+	03:02+	01:55+	04:56+	06:07+	03:43+	01:30+	03:18+	02:45+	03:09+	04:08+	02:43-	04:18+	07:18+	03:25+	03:20+	02:57+	00:25+			
00:11&	00:16&	00:44&	00:41&	01:10&	02:41&	01:00&	00:20&	01:16&	00:49&	01:01&	01:07&	00:22-	01:56&	03:30&	01:22&	01:02&	00:37&	00:02+			
Beste strekktid for klassen																					
00:26	00:36	02:13	01:14	03:32	03:26	02:29	01:06	01:44	01:30	02:04	03:01	01:39	02:22	03:27	02:03	02:18	02:13	00:19			

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

Herrer Ny

Class	Navn	Klasse	Tid
1	Robert Soggemoen	62	26:52
	00:49= 01:39= 04:00= 06:19= 09:02= 10:33= 14:07= 19:20= 22:09= 24:57= 26:18= 26:52=		
	00:49= 00:50= 02:21= 02:19= 02:43= 01:31= 03:34= 05:13= 02:49= 02:48= 01:21= 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=		
2	Oddbjørn Nevestveit	80	32:17
	01:03+ 02:26+ 05:43+ 08:13+ 11:19+ 13:34+ 18:35+ 22:23+ 25:52+ 29:43+ 31:28+ 32:17+		
	01:03+ 01:23+ 03:17+ 02:30+ 03:06+ 02:15+ 05:01+ 03:48- 03:29+ 03:51+ 01:45+ 00:49+		
	00:14& 00:33& 00:56& 00:11+ 00:23# 00:44& 01:27& 01:25- 00:40# 01:03& 00:24& 00:15&		
3	Leif Jarle Skåra	29	56:15
	01:44+ 04:10+ 09:48+ 14:58+ 21:06+ 23:34+ 29:49+ 37:35+ 44:19+ 51:26+ 54:43+ 56:15+		
	01:44+ 02:26+ 05:38+ 05:10+ 06:08+ 02:28+ 06:15+ 07:46+ 06:44+ 07:07+ 03:17+ 01:32+		
	00:55@ 01:36@ 03:17@ 02:51@ 03:25@ 00:57& 02:41& 02:33& 03:55@ 04:19@ 01:56@ 00:58@		
Beste strekketid for klassen			
	00:49 00:50 02:21 02:19 02:43 01:31 03:34 03:48 02:49 02:48 01:21 00:34		

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

Herrer Trim

1	Mathias Nødland	295	31:27
	01:27= 03:07= 04:50= 05:48= 09:30= 11:03= 15:15= 17:08= 18:40= 22:04= 25:47= 30:12= 31:03= 31:27=		
	01:27= 01:40= 01:43= 00:58= 03:42= 01:33= 04:12= 01:53= 01:32= 03:24= 03:43= 04:25= 00:51= 00:24=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Martin Svensen	284	34:03
	02:14+ 03:56+ 05:13+ 06:34+ 10:40+ 12:17+ 17:04+ 19:20+ 21:09+ 25:59+ 30:16+ 33:02+ 33:46+ 34:03+		
	02:14+ 01:42+ 01:17- 01:21+ 04:06+ 01:37+ 04:47+ 02:16+ 01:49+ 04:50+ 04:17+ 02:46- 00:44- 00:17-		
	00:47& 00:02+ 00:26- 00:23& 00:24# 00:04+ 00:35# 00:23# 00:17# 01:26& 00:34# 01:39- 00:07- 00:07-		
3	Kevin Hammer Knutsen	239	37:20
	01:59+ 04:02+ 05:26+ 06:49+ 12:20+ 14:16+ 19:31+ 21:40+ 23:33+ 28:45+ 33:17+ 36:00+ 36:55+ 37:20+		
	01:59+ 02:03+ 01:24- 01:23+ 05:31+ 01:56+ 05:15+ 02:09+ 01:53+ 05:12+ 04:32+ 02:43- 00:55+ 00:25+		
	00:32& 00:23# 00:19- 00:25& 01:49& 00:23# 01:03# 00:16# 00:21# 01:48& 00:49# 01:42- 00:04+ 00:01+		
4	Stig Erlend Ollestad	51	38:08
	01:08- 02:58- 04:22- 06:18+ 10:11+ 11:49+ 18:22+ 20:47+ 23:34+ 26:41+ 33:55+ 36:55+ 37:43+ 38:08+		
	01:08- 01:50+ 01:24- 01:56+ 03:53+ 01:38+ 06:33+ 02:25+ 02:47+ 03:07- 07:14+ 03:00- 00:48- 00:25+		
	00:19- 00:10# 00:19- 00:58& 00:11+ 00:05+ 02:21& 00:32& 01:15& 00:17- 03:31& 01:25- 00:03- 00:01+		
5	Thorben Beimel	239	39:34
	01:22- 03:11+ 05:21+ 06:47+ 11:31+ 13:24+ 18:32+ 21:01+ 23:23+ 29:35+ 35:11+ 38:22+ 39:09+ 39:34+		
	01:22- 01:49+ 02:10+ 01:26+ 04:44+ 01:53+ 05:08+ 02:29+ 02:22+ 06:12+ 05:36+ 03:11- 00:47- 00:25+		
	00:05- 00:09+ 00:27& 00:28& 01:02& 00:20# 00:56# 00:36& 00:50& 02:48& 01:53& 01:14- 00:04- 00:01+		
6	Trond Egil Toft	53	40:04
	01:11- 02:57- 04:28- 05:55+ 10:26+ 12:40+ 18:56+ 24:41+ 26:55+ 30:58+ 35:53+ 38:52+ 39:46+ 40:04+		
	01:11- 01:46+ 01:31- 01:27+ 04:31+ 02:14+ 06:16+ 05:45+ 02:14+ 04:03+ 04:55+ 02:59- 00:54+ 00:18-		
	00:16- 00:06+ 00:12- 00:29& 00:49# 00:41& 02:04& 03:52@ 00:42& 00:39# 01:12& 01:26- 00:03+ 00:06-		
7	Pål Ommund Refvem	116	40:33
	01:03- 02:41- 03:47- 05:01- 08:23- 10:05- 18:31+ 20:54+ 23:40+ 31:08+ 35:59+ 39:17+ 40:08+ 40:33+		
	01:03- 01:38- 01:06- 01:14+ 03:22- 01:42+ 08:26+ 02:23+ 02:46+ 07:28+ 04:51+ 03:18- 00:51= 00:25+		
	00:24- 00:02- 00:37- 00:16& 00:20- 00:09+ 04:14@ 00:30& 01:14& 04:04@ 01:08& 01:07- 00:00= 00:01+		
8	Bruno Pierfelice	51	41:09
	01:31+ 03:33+ 04:56+ 06:33+ 11:46+ 14:09+ 20:51+ 23:03+ 26:57+ 30:24+ 36:20+ 40:10+ 40:51+ 41:09+		
	01:31+ 02:02+ 01:23- 01:37+ 05:13+ 02:23+ 06:42+ 02:12+ 03:54+ 03:27+ 05:56+ 03:50- 00:41- 00:18-		
	00:04+ 00:22# 00:20- 00:39& 01:31& 00:50& 02:30& 00:19# 02:22@ 00:03+ 02:13& 00:35- 00:10- 00:06-		
9	Olav Magnus Eik Espedal	88	42:13
	02:02+ 03:36+ 04:54+ 06:20+ 12:47+ 14:27+ 18:58+ 21:33+ 27:46+ 32:15+ 37:37+ 41:06+ 41:52+ 42:13+		
	02:02+ 01:34- 01:18- 01:26+ 06:27+ 01:40+ 04:31+ 02:35+ 06:13+ 04:29+ 05:22+ 03:29- 00:46- 00:21-		
	00:35& 00:06- 00:25- 00:28& 02:45& 00:07+ 00:19+ 00:42& 04:41@ 01:05& 01:39& 00:56- 00:05- 00:03-		
10	Frode Ungar	116	42:51
	01:46+ 03:58+ 05:41+ 07:34+ 12:21+ 14:42+ 19:49+ 22:41+ 25:17+ 31:45+ 37:37+ 41:38+ 42:27+ 42:51+		
	01:46+ 02:12+ 01:43= 01:53+ 04:47+ 02:21+ 05:07+ 02:52+ 02:36+ 06:28+ 05:52+ 04:01- 00:49- 00:24=		
	00:19# 00:32& 00:00= 00:55& 01:05& 00:48& 00:55# 00:59& 01:04& 03:04& 02:09& 00:24- 00:02- 00:00=		

Class	Navn	Klasse										Tid	
11	Håvard Lauritsen	116										42:51	
01:50+	04:03+	05:48+	07:29+	12:24+	14:41+	19:59+	22:54+	25:24+	31:44+	37:33+	41:41+	42:24+	42:51+
01:50+	02:13+	01:45+	01:41+	04:55+	02:17+	05:18+	02:55+	02:30+	06:20+	05:49+	04:08-	00:43-	00:27+
00:23&	00:33&	00:02+	00:43&	01:13&	00:44&	01:06&	01:02&	00:58&	02:56&	02:06&	00:17-	00:08-	00:03#
12	Bruce Chalmers	165										43:34	
01:35+	03:51+	07:44+	09:03+	13:46+	16:04+	21:09+	23:49+	26:14+	32:23+	38:18+	42:05+	43:04+	43:34+
01:35+	02:16+	03:53+	01:19+	04:43+	02:18+	05:05+	02:40+	02:25+	06:09+	05:55+	03:47-	00:59+	00:30+
00:08+	00:36&	02:10@	00:21&	01:01&	00:45&	00:53#	00:47&	00:53&	02:45&	02:12&	00:38-	00:08#	00:06#
13	Asle Schanke Grude	92										44:35	
01:22-	03:25+	04:50=	06:31+	11:36+	13:43+	19:03+	21:45+	27:12+	33:33+	39:09+	43:16+	44:12+	44:35+
01:22-	02:03+	01:25-	01:41+	05:05+	02:07+	05:20+	02:42+	05:27+	06:21+	05:36+	04:07-	00:56+	00:23-
00:05-	00:23#	00:18-	00:43&	01:23&	00:34&	01:08&	00:49&	03:55@	02:57&	01:53&	00:18-	00:05+	00:01-
14	Oddgeir Nevland	51										44:35	
01:21-	03:36+	05:05+	06:31+	11:43+	14:38+	21:45+	25:08+	27:59+	33:55+	39:12+	43:16+	44:10+	44:35+
01:21-	02:15+	01:29-	01:26+	05:12+	02:55+	07:07+	03:23+	02:51+	05:56+	05:17+	04:04-	00:54+	00:25+
00:06-	00:35&	00:14-	00:28&	01:30&	01:22&	02:55&	01:30&	01:19&	02:32&	01:34&	00:21-	00:03+	00:01+
15	Antal Jansen	115										45:28	
01:44+	03:34+	04:53+	05:59+	11:00+	12:52+	16:45+	19:09+	30:34+	34:39+	39:08+	44:03+	45:08+	45:28+
01:44+	01:50+	01:19-	01:06+	05:01+	01:52+	03:53-	02:24+	11:25+	04:05+	04:29+	04:55+	01:05+	00:20-
00:17#	00:10#	00:24-	00:08#	01:19&	00:19#	00:19-	00:31&	09:53@	00:41#	00:46#	00:30#	00:14&	00:04-
16	Heine Furubotten	192										46:44	
01:31+	03:43+	05:20+	08:37+	15:39+	18:03+	23:28+	25:49+	29:47+	34:39+	41:49+	45:17+	46:11+	46:44+
01:31+	02:12+	01:37-	03:17+	07:02+	02:24+	05:25+	02:21+	03:58+	04:52+	07:10+	03:28-	00:54+	00:33+
00:04+	00:32&	00:06-	02:19@	03:20&	00:51&	01:13&	00:28#	02:26@	01:28&	03:27&	00:57-	00:03+	00:09&
17	Lars Erik Ree-Pedersen	263										47:21	
01:29+	04:15+	05:52+	07:52+	13:17+	15:58+	22:27+	26:04+	28:17+	33:42+	42:28+	46:01+	46:51+	47:21+
01:29+	02:46+	01:37-	02:00+	05:25+	02:41+	06:29+	03:37+	02:13+	05:25+	08:46+	03:33-	00:50-	00:30+
00:02+	01:06&	00:06-	01:02@	01:43&	01:08&	02:17&	01:44&	00:41&	02:01&	05:03@	00:52-	00:01-	00:06#
18	Kjetil Bårdsen	105										47:49	
02:25+	04:30+	05:58+	07:12+	14:30+	17:20+	22:43+	25:46+	30:09+	34:33+	39:29+	46:20+	47:26+	47:49+
02:25+	02:05+	01:28-	01:14+	07:18+	02:50+	05:23+	03:03+	04:23+	04:24+	04:56+	06:51+	01:06+	00:23-
00:58&	00:25#	00:15-	00:16&	03:36&	01:17&	01:11&	01:10&	02:51@	01:00&	01:13&	02:26&	00:15&	00:01-
19	Ivar Aalbu	29										47:55	
01:49+	04:34+	09:01+	10:38+	16:06+	18:34+	24:15+	27:01+	29:41+	35:13+	41:15+	46:16+	47:25+	47:55+
01:49+	02:45+	04:27+	01:37+	05:28+	02:28+	05:41+	02:46+	02:40+	05:32+	06:02+	05:01+	01:09+	00:30+
00:22&	01:05&	02:44@	00:39&	01:46&	00:55&	01:29&	00:53&	01:08&	02:08&	02:19&	00:36#	00:18&	00:06#
20	Niklas Gustafsson	192										48:18	
01:36+	03:46+	05:21+	07:13+	16:45+	18:45+	24:05+	26:59+	30:55+	37:19+	43:06+	46:41+	47:57+	48:18+
01:36+	02:10+	01:35-	01:52+	09:32+	02:00+	05:20+	02:54+	03:56+	06:24+	05:47+	03:35-	01:16+	00:21-
00:09#	00:30&	00:08-	00:54&	05:50@	00:27&	01:08&	01:01&	02:24@	03:00&	02:04&	00:50-	00:25&	00:03-
21	Thorstein Gunnarsson	144										48:33	
01:24-	04:19+	06:06+	07:27+	13:07+	16:43+	24:32+	28:12+	30:36+	35:48+	42:17+	47:06+	48:07+	48:33+
01:24-	02:55+	01:47+	01:21+	05:40+	03:36+	07:49+	03:40+	02:24+	05:12+	06:29+	04:49+	01:01+	00:26+
00:03-	01:15&	00:04+	00:23&	01:58&	02:03@	03:37&	01:47&	00:52&	01:48&	02:46&	00:24+	00:10#	00:02+
22	John Øgreid	27										49:04	
01:38+	03:49+	05:17+	07:53+	16:15+	18:24+	25:28+	28:00+	33:44+	38:08+	43:26+	47:33+	48:36+	49:04+
01:38+	02:11+	01:28-	02:36+	08:22+	02:09+	07:04+	02:32+	05:44+	04:24+	05:18+	04:07-	01:03+	00:28+
00:11#	00:31&	00:15-	01:38@	04:40@	00:36&	02:52&	00:39&	04:12@	01:00&	01:35&	00:18-	00:12#	00:04#
23	Steinar Amundsen	115										49:27	
02:20+	05:07+	07:23+	09:06+	14:51+	17:15+	22:58+	25:58+	28:41+	35:39+	41:39+	47:38+	48:54+	49:27+
02:20+	02:47+	02:16+	01:43+	05:45+	02:24+	05:43+	03:00+	02:43+	06:58+	06:00+	05:59+	01:16+	00:33+
00:53&	01:07&	00:33&	00:45&	02:03&	00:51&	01:31&	01:07&	01:11&	03:34@	02:17&	01:34&	00:25&	00:09&
24	Jan Erik Syvertsen	51										49:34	
01:17-	03:27+	04:51+	06:23+	13:37+	16:51+	23:05+	25:33+	29:56+	35:30+	41:45+	48:06+	49:02+	49:34+
01:17-	02:10+	01:24-	01:32+	07:14+	03:14+	06:14+	02:28+	04:23+	05:34+	06:15+	06:21+	00:56+	00:32+
00:10-	00:30&	00:19-	00:34&	03:32&	01:41@	02:02&	00:35&	02:51@	02:10&	02:32&	01:56&	00:05+	00:08&
25	Hans Klausen	62										50:41	
01:36+	04:08+	05:55+	07:43+	13:02+	15:32+	20:24+	23:02+	28:15+	34:13+	39:45+	49:04+	50:09+	50:41+
01:36+	02:32+	01:47+	01:48+	05:19+	02:30+	04:52+	02:38+	05:13+	05:58+	05:32+	09:19+	01:05+	00:32+
00:09#	00:52&	00:04+	00:50&	01:37&	00:57&	00:40#	00:45&	03:41@	02:34&	01:49&	04:54@	00:14&	00:08&

Class	Navn	Klasse										Tid	
26	Tor Gunnar Osen	116										51:01	
01:13-	03:32+	05:01+	10:36+	15:20+	17:36+	23:24+	26:09+	34:22+	39:22+	45:33+	49:41+	50:38+	51:01+
01:13-	02:19+	01:29-	05:35+	04:44+	02:16+	05:48+	02:45+	08:13+	05:00+	06:11+	04:08-	00:57+	00:23-
00:14-	00:39&	00:14-	04:37@	01:02&	00:43&	01:36&	00:52&	06:41@	01:36&	02:28&	00:17-	00:06#	00:01-
27	Joar Fandrem	94										51:21	
02:06+	04:32+	06:30+	08:03+	13:29+	16:08+	22:23+	25:27+	29:58+	36:31+	45:01+	49:49+	50:57+	51:21+
02:06+	02:26+	01:58+	01:33+	05:26+	02:39+	06:15+	03:04+	04:31+	06:33+	08:30+	04:48+	01:08+	00:24=
00:39&	00:46&	00:15#	00:35&	01:44&	01:06&	02:03&	01:11&	02:59@	03:09&	04:47@	00:23+	00:17&	00:00=
28	Falk Weihs	115										51:46	
01:18-	04:34+	05:56+	11:00+	18:14+	20:31+	25:50+	28:51+	31:17+	37:48+	44:34+	50:10+	51:24+	51:46+
01:18-	03:16+	01:22-	05:04+	07:14+	02:17+	05:19+	03:01+	02:26+	06:31+	06:46+	05:36+	01:14+	00:22-
00:09-	01:36&	00:21-	04:06@	03:32&	00:44&	01:07&	01:08&	00:54&	03:07&	03:03&	01:11&	00:23&	00:02-
29	Robin Chalmers	165										52:02	
01:55+	04:42+	06:43+	08:13+	14:23+	16:52+	21:25+	26:16+	28:44+	37:53+	43:47+	50:30+	51:39+	52:02+
01:55+	02:47+	02:01+	01:30+	06:10+	02:29+	04:33+	04:51+	02:28+	09:09+	05:54+	06:43+	01:09+	00:23-
00:28&	01:07&	00:18#	00:32&	02:28&	00:56&	00:21+	02:58@	00:56&	05:45@	02:11&	02:18&	00:18&	00:01-
30	Morten Moss	109										52:43	
01:51+	04:42+	06:12+	08:09+	14:09+	16:27+	22:35+	27:49+	31:55+	42:18+	47:39+	51:27+	52:20+	52:43+
01:51+	02:51+	01:30-	01:57+	06:00+	02:18+	06:08+	05:14+	04:06+	10:23+	05:21+	03:48-	00:53+	00:23-
00:24&	01:11&	00:13-	00:59@	02:18&	00:45&	01:56&	03:21@	02:34@	06:59@	01:38&	00:37-	00:02+	00:01-
31	Arne Nygaard	66										53:12	
03:22+	05:37+	07:19+	08:54+	13:48+	16:13+	24:08+	28:39+	35:02+	42:01+	47:21+	51:33+	52:42+	53:12+
03:22+	02:15+	01:42-	01:35+	04:54+	02:25+	07:55+	04:31+	06:23+	06:59+	05:20+	04:12-	01:09+	00:30+
01:55@	00:35&	00:01-	00:37&	01:12&	00:52&	03:43&	02:38@	04:51@	03:35@	01:37&	00:13-	00:18&	00:06#
32	Nils Egil Lie	91										53:13	
01:24-	04:22+	06:09+	07:50+	13:41+	18:04+	27:31+	31:06+	34:04+	40:05+	46:31+	51:34+	52:42+	53:13+
01:24-	02:58+	01:47+	01:41+	05:51+	04:23+	09:27+	03:35+	02:58+	06:01+	06:26+	05:03+	01:08+	00:31+
00:03-	01:18&	00:04+	00:43&	02:09&	02:50@	05:15@	01:42&	01:26&	02:37&	02:43&	00:38#	00:17&	00:07&
33	Anders H Foss	263										55:26	
01:44+	03:55+	06:07+	07:30+	21:50+	24:19+	30:16+	32:59+	35:34+	42:42+	48:32+	53:44+	54:59+	55:26+
01:44+	02:11+	02:12+	01:23+	14:20+	02:29+	05:57+	02:43+	02:35+	07:08+	05:50+	05:12+	01:15+	00:27+
00:17#	00:31&	00:29&	00:25&	10:38@	00:56&	01:45&	00:50&	01:03&	03:44@	02:07&	00:47#	00:24&	00:03#
34	Josef Ludoid	228										55:38	
01:44+	05:19+	08:25+	10:14+	17:13+	20:19+	26:30+	29:40+	32:40+	38:29+	45:06+	53:48+	54:58+	55:38+
01:44+	03:35+	03:06+	01:49+	06:59+	03:06+	06:11+	03:10+	03:00+	05:49+	06:37+	08:42+	01:10+	00:40+
00:17#	01:55@	01:23&	00:51&	03:17&	01:33&	01:59&	01:17&	01:28&	02:25&	02:54&	04:17&	00:19&	00:16&
35	Arnt Krisitian Viland	27										55:39	
02:13+	04:25+	06:08+	08:12+	13:41+	16:00+	21:17+	25:00+	27:45+	38:58+	49:53+	54:04+	55:06+	55:39+
02:13+	02:12+	01:43=	02:04+	05:29+	02:19+	05:17+	03:43+	02:45+	11:13+	10:55+	04:11-	01:02+	00:33+
00:46&	00:32&	00:00=	01:06@	01:47&	00:46&	01:05&	01:50&	01:13&	07:49@	07:12@	00:14-	00:11#	00:09&
36	Einar Tønnesen	29										55:41	
01:53+	05:05+	07:15+	09:40+	16:00+	19:55+	31:35+	34:52+	37:45+	42:52+	49:52+	53:46+	55:14+	55:41+
01:53+	03:12+	02:10+	02:25+	06:20+	03:55+	11:40+	03:17+	02:53+	05:07+	07:00+	03:54-	01:28+	00:27+
00:26&	01:32&	00:27&	01:27@	02:38&	02:22@	07:28@	01:24&	01:21&	01:43&	03:17&	00:31-	00:37&	00:03#
37	Samuel Denieul	42										56:32	
01:50+	04:06+	05:45+	08:17+	17:00+	19:14+	27:55+	30:54+	34:45+	43:13+	49:26+	55:16+	56:08+	56:32+
01:50+	02:16+	01:39-	02:32+	08:43+	02:14+	08:41+	02:59+	03:51+	08:28+	06:13+	05:50+	00:52+	00:24=
00:23&	00:36&	00:04-	01:34@	05:01@	00:41&	04:29@	01:06&	02:19@	05:04@	02:30&	01:25&	00:01+	00:00=
38	Jarl Steinar Berntsen	27										56:57	
01:34+	03:56+	05:39+	07:57+	13:05+	15:54+	21:58+	26:58+	37:38+	44:03+	50:30+	55:08+	56:16+	56:57+
01:34+	02:22+	01:43=	02:18+	05:08+	02:49+	06:04+	05:00+	10:40+	06:25+	06:27+	04:38+	01:08+	00:41+
00:07+	00:42&	00:00=	01:20@	01:26&	01:16&	01:52&	03:07@	09:08@	03:01&	02:44&	00:13+	00:17&	00:17&
39	Rolf Øystein Kluge	7										58:06	
01:38+	05:21+	07:07+	09:16+	15:45+	18:47+	26:24+	31:01+	35:36+	43:36+	51:35+	56:08+	57:34+	58:06+
01:38+	03:43+	01:46+	02:09+	06:29+	03:02+	07:37+	04:37+	04:35+	08:00+	07:59+	04:33+	01:26+	00:32+
00:11#	02:03@	00:03+	01:11@	02:47&	01:29&	03:25&	02:44@	03:03@	04:36@	04:16@	00:08+	00:35&	00:08&
40	Kent Christensen	12										58:33	
02:25+	04:41+	06:51+	08:44+	14:34+	16:57+	22:28+	27:18+	31:13+	39:37+	51:58+	56:17+	57:54+	58:33+
02:25+	02:16+	02:10+	01:53+	05:50+	02:23+	05:31+	04:50+	03:55+	08:24+	12:21+	04:19-	01:37+	00:39+
00:58&	00:36&	00:27&	00:55&	02:08&	00:50&	01:19&	02:57@	02:23@	05:00@	08:38@	00:06-	00:46&	00:15&

Class	Navn	Klasse												Tid
41	Kjartan Bryne	105												1:00:30
01:47+	03:52+	05:35+	10:34+	18:40+	20:59+	27:02+	31:01+	35:26+	41:36+	54:37+	58:56+	60:03+	60:30+	
01:47+	02:05+	01:43=	04:59+	08:06+	02:19+	06:03+	03:59+	04:25+	06:10+	13:01+	04:19-	01:07+	00:27+	
00:20#	00:25#	00:00=	04:01@	04:24@	00:46&	01:51&	02:06@	02:53@	02:46&	09:18@	00:06-	00:16&	00:03#	
42	Lars Tore Opdal	97												1:01:01
01:23-	04:21+	06:33+	08:22+	18:03+	20:50+	28:08+	32:54+	37:45+	45:39+	53:53+	59:19+	60:40+	61:01+	
01:23-	02:58+	02:12+	01:49+	09:41+	02:47+	07:18+	04:46+	04:51+	07:54+	08:14+	05:26+	01:21+	00:21-	
00:04-	01:18&	00:29&	00:51&	05:59@	01:14&	03:06&	02:53@	03:19@	04:30@	04:31@	01:01#	00:30&	00:03-	
43	Arild Svihus	92												1:01:08
01:47+	04:23+	06:10+	08:15+	19:59+	23:39+	34:19+	37:39+	40:25+	47:25+	54:11+	59:38+	60:42+	61:08+	
01:47+	02:36+	01:47+	02:05+	11:44+	03:40+	10:40+	03:20+	02:46+	07:00+	06:46+	05:27+	01:04+	00:26+	
00:20#	00:56&	00:04+	01:07@	08:02@	02:07@	06:28@	01:27&	01:14&	03:36@	03:03&	01:02#	00:13&	00:02+	
44	Tom Leveraas	188												1:01:25
01:40+	04:21+	06:11+	08:17+	19:47+	23:12+	31:01+	34:39+	38:29+	46:23+	54:06+	59:16+	60:55+	61:25+	
01:40+	02:41+	01:50+	02:06+	11:30+	03:25+	07:49+	03:38+	03:50+	07:54+	07:43+	05:10+	01:39+	00:30+	
00:13#	01:01&	00:07+	01:08@	07:48@	01:52@	03:37&	01:45&	02:18@	04:30@	04:00@	00:45#	00:48&	00:06#	
45	Paul Richard Carr	136												1:02:06
01:51+	04:55+	06:46+	12:50+	19:26+	22:34+	29:24+	34:12+	38:08+	45:50+	54:38+	60:10+	61:37+	62:06+	
01:51+	03:04+	01:51+	06:04+	06:36+	03:08+	06:50+	04:48+	03:56+	07:42+	08:48+	05:32+	01:27+	00:29+	
00:24&	01:24&	00:08+	05:06@	02:54&	01:35@	02:38&	02:55@	02:24@	04:18@	05:05@	01:07&	00:36&	00:05#	
46	Jan Henrik Neuenkirchen	93												1:03:29
01:43+	03:57+	05:44+	07:42+	17:45+	20:49+	26:54+	31:24+	35:02+	48:17+	56:28+	62:06+	63:02+	63:29+	
01:43+	02:14+	01:47+	01:58+	10:03+	03:04+	06:05+	04:30+	03:38+	13:15+	08:11+	05:38+	00:56+	00:27+	
00:16#	00:34&	00:04+	01:00@	06:21@	01:31&	01:53&	02:37@	02:06@	09:51@	04:28@	01:13&	00:05+	00:03#	
47	Tore Karlsen	105												1:04:07
01:46+	04:42+	06:33+	08:06+	17:45+	20:50+	31:37+	36:04+	41:23+	47:45+	56:17+	62:35+	63:39+	64:07+	
01:46+	02:56+	01:51+	01:33+	09:39+	03:05+	10:47+	04:27+	05:19+	06:22+	08:32+	06:18+	01:04+	00:28+	
00:19#	01:16&	00:08+	00:35&	05:57@	01:32&	06:35@	02:34@	03:47@	02:58&	04:49@	01:53&	00:13&	00:04#	
48	Christoffer Soma	286												1:04:10
03:51+	06:34+	08:54+	11:14+	18:01+	20:33+	30:08+	33:34+	38:53+	48:32+	57:44+	62:36+	63:46+	64:10+	
03:51+	02:43+	02:20+	02:20+	06:47+	02:32+	09:35+	03:26+	05:19+	09:39+	09:12+	04:52+	01:10+	00:24=	
02:24@	01:03&	00:37&	01:22@	03:05&	00:59&	05:23@	01:33&	03:47@	06:15@	05:29@	00:27#	00:19&	00:00=	
49	Svein-Tore Brundtland	27												1:04:14
02:24+	06:24+	07:52+	09:32+	18:36+	24:39+	29:29+	35:44+	45:08+	50:21+	62:23+	63:35+	64:14+		
02:24+	04:00+	01:28-	01:40+	07:01+	02:03+	06:03+	04:50+	06:15+	09:24+	05:13+	12:02+	01:12+	00:39+	
00:57&	02:20@	00:15-	00:42&	03:19&	00:30&	01:51&	02:57@	04:43@	06:00@	01:30&	07:37@	00:21&	00:15&	
50	Ove Vatland	128												1:04:16
02:10+	05:26+	07:28+	09:57+	19:07+	22:29+	31:21+	35:25+	40:16+	48:16+	57:12+	62:07+	63:40+	64:16+	
02:10+	03:16+	02:02+	02:29+	09:10+	03:22+	08:52+	04:04+	04:51+	08:00+	08:56+	04:55+	01:33+	00:36+	
00:43&	01:36&	00:19#	01:31@	05:28@	01:49@	04:40@	02:11@	03:19@	04:36@	05:13@	00:30#	00:42&	00:12&	
51	Sverre Uhlving	105												1:05:16
01:50+	04:49+	06:54+	09:31+	19:00+	22:20+	30:12+	34:13+	40:19+	48:22+	57:04+	63:31+	64:47+	65:16+	
01:50+	02:59+	02:05+	02:37+	09:29+	03:20+	07:52+	04:01+	06:06+	08:03+	08:42+	06:27+	01:16+	00:29+	
00:23&	01:19&	00:22#	01:39@	05:47@	01:47@	03:40&	02:08@	04:34@	04:39@	04:59@	02:02&	00:25&	00:05#	
52	Tor Inge Hansen	144												1:05:23
01:29+	04:15+	05:55+	07:26+	14:58+	20:22+	27:19+	30:15+	32:29+	37:35+	59:14+	63:36+	64:54+	65:23+	
01:29+	02:46+	01:40-	01:31+	07:32+	05:24+	06:57+	02:56+	02:14+	05:06+	21:39+	04:22-	01:18+	00:29+	
00:02+	01:06&	00:03-	00:33&	03:50@	03:51@	02:45&	01:03&	00:42&	01:42&	17:56@	00:03-	00:27&	00:05#	
53	Arne Hope	43												1:06:06
01:50+	05:35+	07:21+	09:19+	23:29+	28:11+	36:16+	39:42+	43:08+	50:31+	58:17+	64:01+	65:30+	66:06+	
01:50+	03:45+	01:46+	01:58+	14:10+	04:42+	08:05+	03:26+	03:26+	07:23+	07:46+	05:44+	01:29+	00:36+	
00:23&	02:05@	00:03+	01:00@	10:28@	03:09@	03:53&	01:33&	01:54@	03:59@	04:03@	01:19&	00:38&	00:12&	
54	Arild Olsen	4												1:06:42
01:43+	04:21+	06:46+	09:21+	17:28+	20:24+	26:00+	32:19+	42:18+	50:43+	59:20+	64:45+	66:09+	66:42+	
01:43+	02:38+	02:25+	02:35+	08:07+	02:56+	05:36+	06:19+	09:59+	08:25+	08:37+	05:25+	01:24+	00:33+	
00:16#	00:58&	00:42&	01:37@	04:25@	01:23&	01:24&	04:26@	08:27@	05:01@	04:54@	01:00#	00:33&	00:09&	
55	Steinar Aase	268												1:06:51
01:58+	05:32+	07:49+	10:53+	18:45+	22:15+	29:19+	35:03+	39:06+	49:02+	57:57+	64:30+	66:19+	66:51+	
01:58+	03:34+	02:17+	03:04+	07:52+	03:30+	07:04+	05:44+	04:03+	09:56+	08:55+	06:33+	01:49+	00:32+	
00:31&	01:54@	00:34&	02:06@	04:10@	01:57@	02:52&	03:51@	02:31@	06:32@	05:12@	02:08&	00:58@	00:08&	

Class	Navn	Klasse										Tid			
56	Øyvind Nagel-Alne	74										1:06:54			
01:43+	04:17+	06:27+	08:30+	13:53+	16:15+	22:34+	28:21+	42:29+	51:45+	58:57+	65:17+	66:28+	66:54+		
01:43+	02:34+	02:10+	02:03+	05:23+	02:22+	06:19+	05:47+	14:08+	09:16+	07:12+	06:20+	01:11+	00:26+		
00:16#	00:54&	00:27&	01:05@	01:41&	00:49&	02:07&	03:54@	12:36@	05:52@	03:29&	01:55&	00:20&	00:02+		
57	Einar Hinna	7										1:07:46			
02:04+	05:20+	08:06+	10:44+	20:44+	24:41+	31:38+	36:58+	41:16+	48:49+	57:29+	65:13+	67:01+	67:46+		
02:04+	03:16+	02:46+	02:38+	10:00+	03:57+	06:57+	05:20+	04:18+	07:33+	08:40+	07:44+	01:48+	00:45+		
00:37&	01:36&	01:03&	01:40@	06:18@	02:24@	02:45&	03:27@	02:46@	04:09@	04:57@	03:19&	00:57@	00:21&		
58	Ommund Bakkevold	68										1:07:51			
02:46+	06:15+	09:01+	11:49+	19:30+	23:19+	31:51+	35:52+	40:56+	50:55+	59:54+	66:03+	67:22+	67:51+		
02:46+	03:29+	02:46+	02:48+	07:41+	03:49+	08:32+	04:01+	05:04+	09:59+	08:59+	06:09+	01:19+	00:29+		
01:19&	01:49@	01:03&	01:50@	03:59@	02:16@	04:20@	02:08@	03:32@	06:35@	05:16@	01:44&	00:28&	00:05#		
59	John Thorsnæs	51										1:08:09			
01:46+	05:11+	06:51+	08:52+	21:52+	24:47+	32:01+	37:20+	42:17+	49:33+	58:31+	66:04+	67:42+	68:09+		
01:46+	03:25+	01:40-	02:01+	13:00+	02:55+	07:14+	05:19+	04:57+	07:16+	08:58+	07:33+	01:38+	00:27+		
00:19#	01:45@	00:03-	01:03@	09:18@	01:22&	03:02&	03:26@	03:25@	03:52@	05:15@	03:08&	00:47&	00:03#		
60	Kjell Tommy Søvik	134										1:13:29			
02:19+	06:40+	08:27+	10:08+	37:12+	39:18+	45:10+	49:05+	51:16+	58:50+	64:26+	71:39+	72:55+	73:29+		
02:19+	04:21+	01:47+	01:41+	27:04+	02:06+	05:52+	03:55+	02:11+	07:34+	05:36+	07:13+	01:16+	00:34+		
00:52&	02:41@	00:04+	00:43&	23:22@	00:33&	01:40&	02:02@	00:39&	04:10@	01:53&	02:48&	00:25&	00:10&		
61	Jan Erik Rasmussen	51										1:16:16			
02:34+	05:31+	07:46+	10:32+	17:54+	21:19+	28:23+	32:22+	47:25+	57:42+	67:09+	74:15+	75:38+	76:16+		
02:34+	02:57+	02:15+	02:46+	07:22+	03:25+	07:04+	03:59+	15:03+	10:17+	09:27+	07:06+	01:23+	00:38+		
01:07&	01:17&	00:32&	01:48@	03:40&	01:52@	02:52&	02:06@	13:31@	06:53@	05:44@	02:41&	00:32&	00:14&		
62	Jon Grepstad	111										1:16:25			
02:43+	06:35+	09:10+	11:31+	19:44+	23:46+	33:17+	37:04+	41:53+	56:46+	66:10+	73:55+	75:43+	76:25+		
02:43+	03:52+	02:35+	02:21+	08:13+	04:02+	09:31+	03:47+	04:49+	14:53+	09:24+	07:45+	01:48+	00:42+		
01:16&	02:12@	00:52&	01:23@	04:31@	02:29@	05:19@	01:54@	03:17@	11:29@	05:41@	03:20&	00:57@	00:18&		
63	Per Bakken	5										1:21:54			
01:51+	05:07+	07:08+	09:25+	16:13+	19:29+	27:26+	32:03+	44:41+	56:21+	74:08+	79:58+	81:16+	81:54+		
01:51+	03:16+	02:01+	02:17+	06:48+	03:16+	07:57+	04:37+	12:38+	11:40+	17:47+	05:50+	01:18+	00:38+		
00:24&	01:36&	00:18#	01:19@	03:06&	01:43@	03:45&	02:44@	11:06@	08:16@	14:04@	01:25&	00:27&	00:14&		
64	Sverre Sørheim	134										1:21:55			
02:43+	05:31+	07:27+	09:36+	15:56+	19:40+	29:48+	38:33+	57:06+	64:30+	73:08+	79:26+	81:12+	81:55+		
02:43+	02:48+	01:56+	02:09+	06:20+	03:44+	10:08+	08:45+	18:33+	07:24+	08:38+	06:18+	01:46+	00:43+		
01:16&	01:08&	00:13#	01:11@	02:38&	02:11@	05:56@	06:52@	17:01@	04:00@	04:55@	01:53&	00:55@	00:19&		
65	Harald Nilsen	79										1:28:04			
01:56+	05:12+	07:10+	09:34+	23:51+	27:08+	35:05+	43:13+	57:15+	70:00+	77:17+	86:06+	87:39+	88:04+		
01:56+	03:16+	01:58+	02:24+	14:17+	03:17+	07:57+	08:08+	14:02+	12:45+	07:17+	08:49+	01:33+	00:25+		
00:29&	01:36&	00:15#	01:26@	10:35@	01:44@	03:45&	06:15@	12:30@	09:21@	03:34&	04:24&	00:42&	00:01+		
66	Arthur Christiansen	93										1:46:33			
03:14+	08:03+	11:07+	13:49+	25:21+	31:17+	43:07+	48:36+	57:30+	79:22+	92:05+	102:10+	105:19+	106:33+		
03:14+	04:49+	03:04+	02:42+	11:32+	05:56+	11:50+	05:29+	08:54+	21:52+	12:43+	10:05+	03:09+	01:14+		
01:47@	03:09@	01:21&	01:44@	07:50@	04:23@	07:38@	03:36@	07:22@	18:28@	09:00@	05:40@	02:18@	00:50@		
Beste strekktid for klassen															
01:03	01:34	01:06	00:58	03:22	01:33	03:53	01:53	01:32	03:07	03:43	02:43	00:41	00:17		

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