



Class	Navn	Klasse										Tid
<b>15</b>	<b>Bodil Krogedal</b>	<b>126</b>										<b>1:05:22</b>
08:00+	15:30+	24:05+	25:39+	34:45+	48:54+	53:19+	55:17+	63:20+	64:29+	65:22+		
08:00+	07:30+	08:35+	01:34+	09:06+	14:09+	04:25+	01:58+	08:03+	01:09-	00:53+		
01:46&	00:13+	03:07&	00:04+	01:07#	06:54&	03:23@	00:34&	04:32@	00:02-	00:11&		
<b>16</b>	<b>Marita Skorpe</b>	<b>74</b>										<b>1:05:44</b>
09:57+	23:07+	31:29+	33:16+	44:25+	54:17+	56:00+	58:11+	63:24+	64:46+	65:44+		
09:57+	13:10+	08:22+	01:47+	11:09+	09:52+	01:43+	02:11+	05:13+	01:22+	00:58+		
03:43&	05:53&	02:54&	00:17#	03:10&	02:37&	00:41&	00:47&	01:42&	00:11#	00:16&		
<b>17</b>	<b>Jorun Nymo</b>	<b>136</b>										<b>1:06:36</b>
08:16+	16:56+	35:56+	37:42+	48:02+	57:33+	58:55+	60:52+	64:27+	65:44+	66:36+		
08:16+	08:40+	19:00+	01:46+	10:20+	09:31+	01:22+	01:57+	03:35+	01:17+	00:52+		
02:02&	01:23#	13:32@	00:16#	02:21&	02:16&	00:20&	00:33&	00:04+	00:06+	00:10#		
<b>18</b>	<b>Maren Heradstveit</b>	<b>76</b>										<b>1:09:43</b>
09:01+	34:12+	40:29+	41:52+	51:13+	59:46+	61:15+	63:05+	67:41+	68:52+	69:43+		
09:01+	25:11+	06:17+	01:23-	09:21+	08:33+	01:29+	01:50+	04:36+	01:11=	00:51+		
02:47&	17:54@	00:49#	00:07-	01:22#	01:18#	00:27&	00:26&	01:05&	00:00=	00:09#		
<b>19</b>	<b>Ingunn Bergheim Landsnes</b>	<b>74</b>										<b>1:12:12</b>
08:46+	22:04+	30:45+	32:44+	46:04+	56:30+	58:31+	61:25+	69:36+	71:14+	72:12+		
08:46+	13:18+	08:41+	01:59+	13:20+	10:26+	02:01+	02:54+	08:11+	01:38+	00:58+		
02:32&	06:01&	03:13&	00:29&	05:21&	03:11&	00:59&	01:30@	04:40@	00:27&	00:16&		
<b>20</b>	<b>Heidi Nordaunet</b>	<b>126</b>										<b>1:13:34</b>
13:50+	23:30+	32:45+	34:22+	46:20+	59:10+	60:45+	63:55+	70:52+	72:27+	73:34+		
13:50+	09:40+	09:15+	01:37+	11:58+	12:50+	01:35+	03:10+	06:57+	01:35+	01:07+		
07:36@	02:23&	03:47&	00:07+	03:59&	05:35&	00:33&	01:46@	03:26&	00:24&	00:25&		
<b>21</b>	<b>Gunn Iren Stangeland</b>	<b>62</b>										<b>1:14:41</b>
10:38+	42:44+	48:59+	50:37+	57:39+	65:04+	66:20+	67:56+	72:48+	73:49+	74:41+		
10:38+	32:06+	06:15+	01:38+	07:02-	07:25+	01:16+	01:36+	04:52+	01:01-	00:52+		
04:24&	24:49@	00:47#	00:08+	00:57-	00:10+	00:14#	00:12#	01:21&	00:10-	00:10#		
<b>22</b>	<b>Ingvild Amalixsen</b>	<b>116</b>										<b>1:16:56</b>
06:34+	18:27+	35:00+	38:16+	52:32+	62:21+	64:35+	67:21+	74:58+	75:58+	76:56+		
06:34+	11:53+	16:33+	03:16+	14:16+	09:49+	02:14+	02:46+	07:37+	01:00-	00:58+		
00:20+	04:36&	11:05@	01:46@	06:17&	02:34&	01:12@	01:22&	04:06@	00:11-	00:16&		
<b>23</b>	<b>Camilla Frafjord Haarr</b>	<b>116</b>										<b>1:20:32</b>
07:14+	30:38+	39:28+	42:06+	52:19+	64:17+	65:44+	68:03+	78:36+	79:41+	80:32+		
07:14+	23:24+	08:50+	02:38+	10:13+	11:58+	01:27+	02:19+	10:33+	01:05-	00:51+		
01:00#	16:07@	03:22&	01:08&	02:14&	04:43&	00:25&	00:55&	07:02@	00:06-	00:09#		
<b>24</b>	<b>Elisabeth Groven</b>	<b>109</b>										<b>1:21:20</b>
14:57+	29:35+	45:56+	49:17+	59:18+	68:49+	70:15+	74:14+	79:07+	80:29+	81:20+		
14:57+	14:38+	16:21+	03:21+	10:01+	09:31+	01:26+	03:59+	04:53+	01:22+	00:51+		
08:43@	07:21@	10:53@	01:51@	02:02&	02:16&	00:24&	02:35@	01:22&	00:11#	00:09#		
<b>25</b>	<b>Mette Langeland</b>	<b>117</b>										<b>1:31:12</b>
08:49+	40:43+	51:26+	53:42+	66:32+	77:46+	79:27+	81:53+	89:00+	90:15+	91:12+		
08:49+	31:54+	10:43+	02:16+	12:50+	11:14+	01:41+	02:26+	07:07+	01:15+	00:57+		
02:35&	24:37@	05:15&	00:46&	04:51&	03:59&	00:39&	01:02&	03:36@	00:04+	00:15&		
<b>26</b>	<b>Svitlana Rasheva</b>	<b>116</b>										<b>1:39:33</b>
10:17+	23:04+	37:56+	39:37+	65:28+	87:54+	89:43+	91:45+	96:57+	98:25+	99:33+		
10:17+	12:47+	14:52+	01:41+	25:51+	22:26+	01:49+	02:02+	05:12+	01:28+	01:08+		
04:03&	05:30&	09:24@	00:11#	17:52@	15:11@	00:47&	00:38&	01:41&	00:17#	00:26&		
<b>27</b>	<b>Kjersti Pawells</b>	<b>105</b>										<b>1:43:20</b>
19:22+	30:07+	52:42+	55:21+	71:22+	83:03+	84:52+	87:31+	100:34+	102:10+	103:20+		
19:22+	10:45+	22:35+	02:39+	16:01+	11:41+	01:49+	02:39+	13:03+	01:36+	01:10+		
13:08@	03:28&	17:07@	01:09&	08:02@	04:26&	00:47&	01:15&	09:32@	00:25&	00:28&		
<b>28</b>	<b>Siv Hilde Berg</b>	<b>105</b>										<b>1:47:37</b>
35:05+	48:54+	59:52+	62:34+	75:57+	89:19+	94:08+	96:20+	100:18+	105:16+	106:35+	107:37+	
35:05+	13:49+	10:58+	02:42+	13:23+	13:22+	04:49+	02:12+	03:58+	04:58+	01:19+	01:02+	
28:51@	06:32&	05:30@	01:12&	05:24&	06:07&	03:47@	00:48&	00:27#	03:47@	00:37&	01:02+	
<b>29</b>	<b>Anne Tove Puntervold</b>	<b>105</b>										<b>2:01:13</b>
09:51+	57:20+	73:46+	75:46+	88:58+	103:28+	105:09+	107:11+	119:04+	120:08+	121:13+		
09:51+	47:29+	16:26+	02:00+	13:12+	14:30+	01:41+	02:02+	11:53+	01:04-	01:05+		
03:37&	40:12@	10:58@	00:30&	05:13&	07:15&	00:39&	00:38&	08:22@	00:07-	00:23&		

Class	Navn	Klasse										Tid
<b>30</b>	<b>Hanne Bjerke</b>	<b>290</b>										<b>2:01:24</b>
08:59+	65:40+	80:17+	81:49+	91:36+	108:18+	110:22+	114:41+	119:19+	120:29+	121:24+		
08:59+	56:41+	14:37+	01:32+	09:47+	16:42+	02:04+	04:19+	04:38+	01:10-	00:55+		
02:45&	49:24@	09:09@	00:02+	01:48#	09:27@	01:02&	02:55@	01:07&	00:01-	00:13&		

<b>31</b>	<b>Nithya Mohan</b>	<b>136</b>										<b>2:35:15</b>
16:42+	34:24+	78:45+	81:59+	100:56+	123:17+	134:08+	138:52+	152:11+	153:54+	155:15+		
16:42+	17:42+	44:21+	03:14+	18:57+	22:21+	10:51+	04:44+	13:19+	01:43+	01:21+		
10:28@	10:25@	38:53@	01:44@	10:58@	15:06@	09:49@	03:20@	09:48@	00:32&	00:39&		

**Beste strekktid for klassen**  
05:55 07:17 05:28 01:18 06:59 07:15 00:53 01:19 03:16 01:00 00:42

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

## Damer 40 - 49 år

<b>1</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>										<b>1:03:37</b>
02:45=	11:57=	20:11=	31:01=	35:06=	36:34=	39:38=	44:13=	48:11=	54:36=	61:00=	62:37=	63:37=
02:45=	09:12=	08:14=	10:50=	04:05=	01:28=	03:04=	04:35=	03:58=	06:25=	06:24=	01:37=	01:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>1:08:04</b>
01:27-	11:13-	20:10-	28:54-	32:17-	33:22-	38:11-	43:43-	48:35+	55:33+	65:01+	66:55+	68:04+
01:27-	09:46+	08:57+	08:44-	03:23-	01:05-	04:49+	05:32+	04:52+	06:58+	09:28+	01:54+	01:09+
01:18-	00:34+	00:43+	02:06-	00:42-	00:23-	01:45&	00:57#	00:54#	00:33+	03:04&	00:17#	00:09#

<b>3</b>	<b>Linda Mari Vestvik</b>	<b>62</b>										<b>1:13:00</b>
01:02-	11:10-	26:07+	39:10+	42:27+	43:29+	46:56+	53:03+	57:09+	64:05+	71:04+	72:18+	73:00+
01:02-	10:08+	14:57+	13:03+	03:17-	01:02-	03:27+	06:07+	04:06+	06:56+	06:59+	01:14-	00:42-
01:43-	00:56#	06:43&	02:13#	00:48-	00:26-	00:23#	01:32&	00:08+	00:31+	00:35+	00:23-	00:18-

<b>4</b>	<b>Bjørn Hauge</b>	<b>47</b>										<b>1:15:12</b>
02:12-	13:16+	22:35+	35:40+	39:27+	40:16+	44:09+	49:59+	54:43+	62:22+	71:50+	74:04+	75:12+
02:12-	11:04+	09:19+	13:05+	03:47-	00:49-	03:53+	05:50+	04:44+	07:39+	09:28+	02:14+	01:08+
00:33-	01:52#	01:05#	02:15#	00:18-	00:39-	00:49&	01:15&	00:46#	01:14#	03:04&	00:37&	00:08#

<b>5</b>	<b>Siv Skretting</b>	<b>93</b>										<b>1:15:37</b>
01:30-	11:40-	26:34+	34:49+	39:19+	40:59+	44:57+	50:17+	58:40+	66:30+	72:52+	74:34+	75:37+
01:30-	10:10+	14:54+	08:15-	04:30+	01:40+	03:58+	05:20+	08:23+	07:50+	06:22-	01:42+	01:03+
01:15-	00:58#	06:40&	02:35-	00:25#	00:12#	00:54&	00:45#	04:25@	01:25#	00:02-	00:05+	00:03+

<b>6</b>	<b>Grethe Thu Skadberg</b>	<b>128</b>										<b>1:20:19</b>
01:15-	12:56+	21:59+	32:11+	35:09+	36:26-	40:04+	45:00+	48:28+	68:24+	77:59+	79:16+	80:19+
01:15-	11:41+	09:03+	10:12-	02:58-	01:17-	03:38+	04:56+	03:28-	19:56+	09:35+	01:17-	01:03+
01:30-	02:29&	00:49+	00:38-	01:07-	00:11-	00:34#	00:21+	00:30-	13:31@	03:11&	00:20-	00:03+

<b>7</b>	<b>Randi Roth</b>	<b>68</b>										<b>1:22:29</b>
02:15-	14:54+	24:18+	32:37+	37:12+	38:40+	45:30+	51:02+	61:20+	69:48+	79:19+	81:25+	82:29+
02:15-	12:39+	09:24+	08:19-	04:35+	01:28=	06:50+	05:32+	10:18+	08:28+	09:31+	02:06+	01:04+
00:30-	03:27&	01:10#	02:31-	00:30#	00:00=	03:46@	00:57#	06:20@	02:03&	03:07&	00:29&	00:04+

<b>8</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>										<b>1:25:49</b>
01:36-	14:49+	22:27+	44:55+	48:48+	50:22+	54:53+	58:50+	62:54+	75:32+	83:09+	84:51+	85:49+
01:36-	13:13+	07:38-	22:28+	03:53-	01:34+	04:31+	03:57-	04:04+	12:38+	07:37+	01:42+	00:58-
01:09-	04:01&	00:36-	11:38@	00:12-	00:06+	01:27&	00:38-	00:06+	06:13&	01:13#	00:05+	00:02-

<b>9</b>	<b>Nina Svensen</b>	<b>2</b>										<b>1:26:20</b>
01:53-	11:52-	33:27+	40:05+	44:27+	45:11+	55:20+	59:55+	63:52+	69:59+	82:50+	85:14+	86:20+
01:53-	09:59+	21:35+	06:38-	04:22+	00:44-	10:09+	04:35-	03:57-	06:07-	12:51+	02:24+	01:06+
00:52-	00:47+	13:21@	04:12-	00:17+	00:44-	07:05@	00:00=	00:01-	00:18-	06:27@	00:47&	00:06#

**Beste strekktid for klassen**  
01:02 09:12 07:38 06:38 02:58 00:44 03:04 03:57 03:28 06:07 06:22 01:14 00:42

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

## Damer 50 - 59 år

Class	Navn	Klasse										Tid	
<b>1</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>48:44</b>	
	00:50=	09:27=	15:41=	21:41=	24:08=	25:19=	28:14=	33:06=	36:21=	42:11=	46:38=	47:55=	48:44=
	00:50=	08:37=	06:14=	06:00=	02:27=	01:11=	02:55=	04:52=	03:15=	05:50=	04:27=	01:17=	00:49=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>56:15</b>	
	01:25+	10:21+	17:43+	25:06+	28:23+	29:40+	32:52+	37:16+	40:43+	47:37+	53:43+	55:09+	56:15+
	01:25+	08:56+	07:22+	07:23+	03:17+	01:17+	03:12+	04:24-	03:27+	06:54+	06:06+	01:26+	01:06+
	00:35&	00:19+	01:08#	01:23#	00:50&	00:06+	00:17+	00:28-	00:12+	01:04#	01:39&	00:09#	00:17&
<b>3</b>	<b>Gunn J. Grefstad</b>	<b>2</b>										<b>56:35</b>	
	01:07+	10:30+	18:13+	24:41+	27:19+	28:23+	31:49+	36:32+	40:30+	47:30+	53:37+	55:28+	56:35+
	01:07+	09:23+	07:43+	06:28+	02:38+	01:04-	03:26+	04:43-	03:58+	07:00+	06:07+	01:51+	01:07+
	00:17&	00:46+	01:29#	00:28+	00:11+	00:07-	00:31#	00:09-	00:43#	01:10#	01:40&	00:34&	00:18&
<b>4</b>	<b>Ingunn Voilås</b>	<b>29</b>										<b>57:54</b>	
	01:12+	09:58+	17:27+	24:47+	27:18+	29:35+	32:44+	38:00+	41:21+	47:42+	54:55+	56:43+	57:54+
	01:12+	08:46+	07:29+	07:20+	02:31+	02:17+	03:09+	05:16+	03:21+	06:21+	07:13+	01:48+	01:11+
	00:22&	00:09+	01:15#	01:20#	00:04+	01:06&	00:14+	00:24+	00:06+	00:31+	02:46&	00:31&	00:22&
<b>5</b>	<b>Ane Kristine Rostrup</b>	<b>92</b>										<b>1:00:58</b>	
	01:56+	13:10+	20:40+	27:10+	31:06+	32:14+	35:43+	40:13+	44:21+	51:45+	58:27+	59:58+	60:58+
	01:56+	11:14+	07:30+	06:30+	03:56+	01:08-	03:29+	04:30-	04:08+	07:24+	06:42+	01:31+	01:00+
	01:06@	02:37&	01:16#	00:30+	01:29&	00:03-	00:34#	00:22-	00:53&	01:34&	02:15&	00:14#	00:11#
<b>6</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>										<b>1:07:10</b>	
	01:35+	10:37+	19:28+	28:02+	30:59+	32:06+	37:23+	42:19+	46:44+	54:22+	64:08+	66:08+	67:10+
	01:35+	09:02+	08:51+	08:34+	02:57+	01:07-	05:17+	04:56+	04:25+	07:38+	09:46+	02:00+	01:02+
	00:45&	00:25+	02:37&	02:34&	00:30#	00:04-	02:22&	00:04+	01:10&	01:48&	05:19@	00:43&	00:13&
<b>7</b>	<b>Liv Omdal</b>	<b>116</b>										<b>1:08:18</b>	
	01:12+	12:07+	21:52+	31:06+	36:01+	37:49+	41:11+	46:31+	51:20+	58:09+	64:54+	67:09+	68:18+
	01:12+	10:55+	09:45+	09:14+	04:55+	01:48+	03:22+	05:20+	04:49+	06:49+	06:45+	02:15+	01:09+
	00:22&	02:18&	03:31&	03:14&	02:28@	00:37&	00:27#	00:28+	01:34&	00:59#	02:18&	00:58&	00:20&
<b>8</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>1:23:56</b>	
	02:11+	13:14+	23:16+	31:42+	38:49+	41:11+	46:15+	53:40+	58:38+	71:58+	80:15+	82:28+	83:56+
	02:11+	11:03+	10:02+	08:26+	07:07+	02:22+	05:04+	07:25+	04:58+	13:20+	08:17+	02:13+	01:28+
	01:21@	02:26&	03:48&	02:26&	04:40@	01:11&	02:09&	02:33&	01:43&	07:30@	03:50&	00:56&	00:39&
<b>9</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>										<b>1:30:16</b>	
	02:59+	12:48+	22:18+	35:33+	38:22+	39:53+	44:01+	49:56+	56:49+	65:12+	87:20+	89:01+	90:16+
	02:59+	09:49+	09:30+	13:15+	02:49+	01:31+	04:08+	05:55+	06:53+	08:23+	22:08+	01:41+	01:15+
	02:09@	01:12#	03:16&	07:15@	00:22#	00:20&	01:13&	01:03#	03:38@	02:33&	17:41@	00:24&	00:26&
<b>10</b>	<b>Rowena Naile</b>	<b>42</b>										<b>1:32:05</b>	
	02:45+	14:50+	36:05+	57:12+	60:29+	61:34+	66:13+	71:10+	74:52+	80:59+	89:45+	91:11+	92:05+
	02:45+	12:05+	21:15+	21:07+	03:17+	01:05-	04:39+	04:57+	03:42+	06:07+	08:46+	01:26+	00:54+
	01:55@	03:28&	15:01@	15:07@	00:50&	00:06-	01:44&	00:05+	00:27#	00:17+	04:19&	00:09#	00:05#
<b>11</b>	<b>Ellinor Nesse</b>	<b>116</b>										<b>1:34:47</b>	
	01:26+	16:26+	33:49+	51:32+	55:15+	56:35+	61:35+	66:35+	76:02+	83:46+	91:31+	93:28+	94:47+
	01:26+	15:00+	17:23+	17:43+	03:43+	01:20+	05:00+	05:00+	09:27+	07:44+	07:45+	01:57+	01:19+
	00:36&	06:23&	11:09@	11:43@	01:16&	00:09#	02:05&	00:08+	06:12@	01:54&	03:18&	00:40&	00:30&
<b>12</b>	<b>Brit Vivian Meling</b>	<b>116</b>										<b>1:41:12</b>	
	04:05+	21:27+	31:16+	42:02+	45:43+	48:04+	53:51+	59:59+	70:42+	80:41+	97:45+	99:46+	101:12+
	04:05+	17:22+	09:49+	10:46+	03:41+	02:21+	05:47+	06:08+	10:43+	09:59+	17:04+	02:01+	01:26+
	03:15@	08:45@	03:35&	04:46&	01:14&	01:10&	02:52&	01:16&	07:28@	04:09&	12:37@	00:44&	00:37&
<b>13</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>										<b>1:49:41</b>	
	02:09+	15:39+	27:17+	35:08+	38:08+	39:14+	53:05+	58:49+	64:04+	73:28+	105:55+	107:23+	109:41+
	02:09+	13:30+	11:38+	07:51+	03:00+	01:06-	13:51+	05:44+	05:15+	09:24+	32:27+	01:28+	02:18+
	01:19@	04:53&	05:24&	01:51&	00:33#	00:05-	10:56@	00:52#	02:00&	03:34&	28:00@	00:11#	01:29@
<b>Beste strekktid for klassen</b>													
	00:50	08:37	06:14	06:00	02:27	01:04	02:55	04:24	03:15	05:50	04:27	01:17	00:49

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

**Damer 60 - 64 år**

Class	Navn	Klasse										Tid
<b>1</b>	<b>Ingrid Eik</b>	<b>88</b>										<b>44:23</b>
	04:58=	08:46=	11:58=	13:38=	19:00=	20:45=	24:04=	33:27=	41:04=	42:18=	43:32=	44:23=
	04:58=	03:48=	03:12=	01:40=	05:22=	01:45=	03:19=	09:23=	07:37=	01:14=	01:14=	00:51=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Eli Frafjord</b>	<b>94</b>										<b>48:27</b>
	07:29+	12:20+	14:45+	16:51+	24:20+	26:08+	29:43+	36:31+	44:27+	45:54+	47:21+	48:27+
	07:29+	04:51+	02:25-	02:06+	07:29+	01:48+	03:35+	06:48-	07:56+	01:27+	01:27+	01:06+
	02:31&	01:03&	00:47-	00:26&	02:07&	00:03+	00:16+	02:35-	00:19+	00:13#	00:13#	00:15&
<b>3</b>	<b>Berit Bakken</b>	<b>168</b>										<b>51:30</b>
	06:03+	09:56+	15:43+	17:25+	27:38+	29:05+	32:38+	39:27+	47:23+	49:04+	50:26+	51:30+
	06:03+	03:53+	05:47+	01:42+	10:13+	01:27-	03:33+	06:49-	07:56+	01:41+	01:22+	01:04+
	01:05#	00:05+	02:35&	00:02+	04:51&	00:18-	00:14+	02:34-	00:19+	00:27&	00:08#	00:13&
<b>4</b>	<b>Berit K. Gramstad</b>	<b>113</b>										<b>59:45</b>
	08:22+	15:33+	19:42+	21:54+	30:36+	33:20+	37:58+	47:15+	55:45+	57:21+	58:42+	59:45+
	08:22+	07:11+	04:09+	02:12+	08:42+	02:44+	04:38+	09:17-	08:30+	01:36+	01:21+	01:03+
	03:24&	03:23&	00:57&	00:32&	03:20&	00:59&	01:19&	00:06-	00:53#	00:22&	00:07+	00:12#
<b>5</b>	<b>Halldis Handeland</b>	<b>92</b>										<b>1:05:30</b>
	08:47+	13:19+	15:42+	18:05+	31:26+	34:45+	39:33+	48:44+	60:08+	62:10+	64:07+	65:30+
	08:47+	04:32+	02:23-	02:23+	13:21+	03:19+	04:48+	09:11-	11:24+	02:02+	01:57+	01:23+
	03:49&	00:44#	00:49-	00:43&	07:59&	01:34&	01:29&	00:12-	03:47&	00:48&	00:43&	00:32&
<b>6</b>	<b>Hanna S. Lomeland</b>	<b>47</b>										<b>1:05:53</b>
	09:58+	15:09+	17:52+	20:22+	29:41+	32:01+	37:57+	46:52+	60:30+	62:34+	64:36+	65:53+
	09:58+	05:11+	02:43-	02:30+	09:19+	02:20+	05:56+	08:55-	13:38+	02:04+	02:02+	01:17+
	05:00@	01:23&	00:29-	00:50&	03:57&	00:35&	02:37&	00:28-	06:01&	00:50&	00:48&	00:26&
<b>7</b>	<b>Aud Steinsland</b>	<b>128</b>										<b>1:05:55</b>
	09:57+	15:08+	17:50+	20:21+	29:46+	32:00+	37:59+	46:52+	60:37+	62:41+	64:38+	65:55+
	09:57+	05:11+	02:42-	02:31+	09:25+	02:14+	05:59+	08:53-	13:45+	02:04+	01:57+	01:17+
	04:59@	01:23&	00:30-	00:51&	04:03&	00:29&	02:40&	00:30-	06:08&	00:50&	00:43&	00:26&
<b>8</b>	<b>Kari Blixhavn</b>	<b>228</b>										<b>1:07:57</b>
	09:33+	16:26+	20:25+	22:41+	32:33+	34:46+	38:55+	53:18+	63:25+	65:04+	66:40+	67:57+
	09:33+	06:53+	03:59+	02:16+	09:52+	02:13+	04:09+	14:23+	10:07+	01:39+	01:36+	01:17+
	04:35&	03:05&	00:47#	00:36&	04:30&	00:28&	00:50&	05:00&	02:30&	00:25&	00:22&	00:26&
<b>Beste strekktid for klassen</b>												
	04:58	03:48	02:23	01:40	05:22	01:27	03:19	06:48	07:37	01:14	01:14	00:51

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

## Damer 65 - 69 år

<b>1</b>	<b>Hanne Eik</b>	<b>117</b>										<b>1:22:22</b>
	06:53=	12:18=	38:45=	41:57=	49:45=	51:56=	56:17=	66:02=	75:58=	79:11=	80:54=	82:22=
	06:53=	05:25=	26:27=	03:12=	07:48=	02:11=	04:21=	09:45=	09:56=	03:13=	01:43=	01:28=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Wenche Anda Haarr</b>	<b>92</b>										<b>1:27:10</b>
	17:08+	28:48+	40:53+	43:00+	53:15+	56:00+	60:25+	70:29+	81:15+	83:14+	85:20+	87:10+
	17:08+	11:40+	12:05-	02:07-	10:15+	02:45+	04:25+	10:04+	10:46+	01:59-	02:06+	01:50+
	10:15@	06:15@	14:22-	01:05-	02:27&	00:34&	00:04+	00:19+	00:50+	01:14-	00:23#	00:22#
<b>3</b>	<b>Ingunn Bjerga</b>	<b>105</b>										<b>1:27:53</b>
	10:01+	16:08+	19:48-	22:08-	31:55-	40:31-	48:59-	68:58+	81:47+	83:56+	86:14+	87:53+
	10:01+	06:07+	03:40-	02:20-	09:47+	08:36+	08:28+	19:59+	12:49+	02:09-	02:18+	01:39+
	03:08&	00:42#	22:47-	00:52-	01:59&	06:25@	04:07&	10:14@	02:53&	01:04-	00:35&	00:11#
<b>Beste strekktid for klassen</b>												
	06:53	05:25	03:40	02:07	07:48	02:11	04:21	09:45	09:56	01:59	01:43	01:28

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

## Damer 70 - 74 år

Class	Navn	Klasse	Tid
<b>1</b>	<b>Gry V. Thengs</b>	<b>68</b>	<b>50:56</b>
06:05=	11:30= 15:08= 17:25= 23:55= 25:49=	29:15= 36:30= 46:16= 48:23= 49:50= 50:56=	
06:05=	05:25= 03:38= 02:17= 06:30= 01:54=	03:26= 07:15= 09:46= 02:07= 01:27= 01:06=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
<b>2</b>	<b>Turid Nystrøm</b>	<b>68</b>	<b>54:05</b>
06:12+	10:50- 14:39- 16:10- 26:30+	29:04+ 32:39+ 39:23+ 49:52+	51:25+ 52:59+ 54:05+
06:12+	04:38- 03:49+ 01:31- 10:20+	02:34+ 03:35+ 06:44- 10:29+	01:33- 01:34+ 01:06=
00:07+	00:47- 00:11+ 00:46- 03:50&	00:40& 00:09+ 00:31- 00:43+	00:34- 00:07+ 00:00=
<b>3</b>	<b>Helga Klausen</b>	<b>62</b>	<b>54:58</b>
07:56+	12:15+ 15:10+ 17:29+ 25:12+	27:05+ 31:26+ 40:12+ 49:32+	51:34+ 53:13+ 54:58+
07:56+	04:19- 02:55- 02:19+ 07:43+	01:53- 04:21+ 08:46+ 09:20-	02:02- 01:39+ 01:45+
01:51&	01:06- 00:43- 00:02+ 01:13#	00:01- 00:55& 01:31# 00:26-	00:05- 00:12# 00:39&
<b>4</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>57:33</b>
10:01+	15:11+ 17:30+ 19:45+ 27:05+	29:09+ 33:28+ 41:28+ 51:51+	54:12+ 56:22+ 57:33+
10:01+	05:10- 02:19- 02:15- 07:20+	02:04+ 04:19+ 08:00+ 10:23+	02:21+ 02:10+ 01:11+
03:56&	00:15- 01:19- 00:02- 00:50#	00:10+ 00:53& 00:45# 00:37+	00:14# 00:43& 00:05+
<b>5</b>	<b>Eva Hessen</b>	<b>83</b>	<b>1:02:12</b>
10:34+	15:30+ 22:24+ 24:14+ 33:05+	37:09+ 40:33+ 47:35+ 57:41+	59:21+ 61:02+ 62:12+
10:34+	04:56- 06:54+ 01:50- 08:51+	04:04+ 03:24- 07:02- 10:06+	01:40- 01:41+ 01:10+
04:29&	00:29- 03:16& 00:27- 02:21&	02:10& 00:02- 00:13- 00:20+	00:27- 00:14# 00:04+
<b>6</b>	<b>Ragnhild Christiansen</b>	<b>93</b>	<b>1:13:04</b>
09:09+	15:03+ 20:35+ 23:00+ 34:30+	37:50+ 43:24+ 52:37+ 65:29+	68:45+ 71:13+ 73:04+
09:09+	05:54+ 05:32+ 02:25+ 11:30+	03:20+ 05:34+ 09:13+ 12:52+	03:16+ 02:28+ 01:51+
03:04&	00:29+ 01:54& 00:08+ 05:00&	01:26& 02:08& 01:58& 03:06&	01:09& 01:01& 00:45&
<b>7</b>	<b>Aslaug Lura</b>	<b>94</b>	<b>1:24:04</b>
10:11+	16:06+ 22:24+ 25:00+ 34:47+	43:39+ 53:02+ 64:54+	77:52+ 80:15+ 82:17+ 84:04+
10:11+	05:55+ 06:18+ 02:36+ 09:47+	08:52+ 09:23+ 11:52+ 12:58+	02:23+ 02:02+ 01:47+
04:06&	00:30+ 02:40& 00:19# 03:17&	06:58& 05:57& 04:37& 03:12&	00:16# 00:35& 00:41&
<b>8</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>1:26:19</b>
09:32+	14:39+ 19:33+ 21:48+ 34:02+	36:48+ 51:41+ 64:13+ 78:51+	80:46+ 85:11+ 86:19+
09:32+	05:07- 04:54+ 02:15- 12:14+	02:46+ 14:53+ 12:32+ 14:38+	01:55- 04:25+ 01:08+
03:27&	00:18- 01:16& 00:02- 05:44&	00:52& 11:27& 05:17& 04:52&	00:12- 02:58& 00:02+
<b>9</b>	<b>Margaret Malmin</b>	<b>105</b>	<b>1:32:46</b>
15:30+	30:57+ 34:33+ 37:52+ 49:57+	53:27+ 58:45+ 70:30+ 85:33+	87:38+ 90:34+ 92:46+
15:30+	15:27+ 03:36- 03:19+ 12:05+	03:30+ 05:18+ 11:45+ 15:03+	02:05- 02:56+ 02:12+
09:25@	10:02@ 00:02- 01:02& 05:35&	01:36& 01:52& 04:30& 05:17&	00:02- 01:29@ 01:06&

#### Beste strekktid for klassen

06:05 04:19 02:19 01:31 06:30 01:53 03:24 06:44 09:20 01:33 01:27 01:06

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

#### Damer 75 - 79 år

<b>1</b>	<b>Synnøve Fuglestad</b>	<b>29</b>	<b>52:55</b>
07:42=	13:23= 17:11= 19:09= 25:38= 27:56=	31:24= 38:37= 48:49= 50:16= 51:45= 52:55=	
07:42=	05:41= 03:48= 01:58= 06:29= 02:18=	03:28= 07:13= 10:12= 01:27= 01:29= 01:10=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
<b>2</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>1:41:33</b>
14:02+	21:25+ 40:08+ 42:55+ 55:06+	60:00+ 67:29+ 79:12+ 94:06+	96:32+ 100:00+ 101:33+
14:02+	07:23+ 18:43+ 02:47+ 12:11+	04:54+ 07:29+ 11:43+ 14:54+	02:26+ 03:28+ 01:33+
06:20&	01:42& 14:55@ 00:49& 05:42&	02:36@ 04:01@ 04:30& 04:42&	00:59& 01:59@ 00:23&

#### Beste strekktid for klassen

07:42 05:41 03:48 01:58 06:29 02:18 03:28 07:13 10:12 01:27 01:29 01:10

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

#### Damer 80 år og eldre

Class	Navn	Klasse	Tid
<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>	<b>1:22:57</b>
	03:42= 18:29= 30:21= 34:40= 40:23= 63:12= 74:45= 77:54= 81:03= 82:57=		
	03:42= 14:47= 11:52= 04:19= 05:43= 22:49= 11:33= 03:09= 03:09= 01:54=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

**Beste strekktid for klassen**

03:42 14:47 11:52 04:19 05:43 22:49 11:33 03:09 03:09 01:54

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

**Damer A**

<b>1</b>	<b>Marjo Liikanen</b>	<b>67</b>	<b>39:17</b>
	00:42= 01:32= 02:23= 08:17= 13:57= 17:30= 18:16= 19:56= 23:57= 25:18= 25:52= 30:04= 34:26= 37:24= 37:51= 38:35= 39:17=		
	00:42= 00:50= 00:51= 05:54= 05:40= 03:33= 00:46= 01:40= 04:01= 01:21= 00:34= 04:12= 04:22= 02:58= 00:27= 00:44= 00:42=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>41:50</b>
	02:50+ 03:35+ 04:21+ 10:17+ 15:42+ 19:18+ 20:15+ 21:47+ 25:42+ 27:01+ 27:37+ 32:01+ 35:52+ 39:48+ 40:21+ 41:07+ 41:50+		
	02:50+ 00:45- 00:46- 05:56+ 05:25- 03:36+ 00:57+ 01:32- 03:55- 01:19- 00:36+ 04:24+ 03:51- 03:56+ 00:33+ 00:46+ 00:43+		
	02:08@ 00:05- 00:05- 00:02+ 00:15- 00:03+ 00:11# 00:08- 00:06- 00:02- 00:02+ 00:12+ 00:31- 00:58& 00:06# 00:02+ 00:01+		
<b>3</b>	<b>Trine Bolstad</b>	<b>62</b>	<b>45:33</b>
	01:15+ 02:07+ 02:59+ 09:22+ 15:09+ 18:12+ 19:26+ 20:36+ 22:26- 27:03+ 28:37+ 29:18- 34:26= 39:20+ 43:07+ 43:40+ 44:42+ 45:33+		
	01:15+ 00:52+ 00:52+ 06:23+ 05:47+ 03:03- 01:14+ 01:10- 01:50- 04:37+ 01:34+ 00:41- 05:08+ 04:54+ 03:47+ 00:33- 01:02+ 00:51+		
	00:33& 00:02+ 00:01+ 00:29+ 00:07+ 00:30- 00:28& 00:30- 02:11- 03:16@ 01:00@ 03:31- 00:46# 01:56& 03:20@ 00:11- 00:20& 00:51+		
<b>4</b>	<b>Jorunn Hadland</b>	<b>29</b>	<b>50:02</b>
	00:52+ 02:09+ 03:32+ 10:14+ 16:08+ 19:08+ 20:17+ 21:17+ 23:04- 28:51+ 30:53+ 31:41+ 37:39+ 42:53+ 47:19+ 47:57+ 49:09+ 50:02+		
	00:52+ 01:17+ 01:23+ 06:42+ 05:54+ 03:00- 01:09+ 01:00- 01:47- 05:47+ 02:02+ 00:48- 05:58+ 05:14+ 04:26+ 00:38- 01:12+ 00:53+		
	00:10# 00:27& 00:32& 00:48# 00:14+ 00:33- 00:23& 00:40- 02:14- 04:26@ 01:28@ 03:24- 01:36& 02:16& 03:59@ 00:06- 00:30& 00:53+		
<b>5</b>	<b>Sara Marlene Nystrøm Olsen</b>	<b>68</b>	<b>58:00</b>
	02:49+ 03:49+ 04:39+ 12:33+ 20:57+ 25:47+ 27:07+ 29:17+ 35:23+ 37:54+ 38:35+ 45:28+ 50:43+ 55:36+ 56:09+ 57:05+ 58:00+		
	02:49+ 01:00+ 00:50- 07:54+ 08:24+ 04:50+ 01:20+ 02:10+ 06:06+ 02:31+ 00:41+ 06:53+ 05:15+ 04:53+ 00:33+ 00:56+ 00:55+		
	02:07@ 00:10# 00:01- 02:00& 02:44& 01:17& 00:34& 00:30& 02:05& 01:10& 00:07# 02:41& 00:53# 01:55& 00:06# 00:12& 00:13&		
<b>6</b>	<b>Ingrid Lamark</b>	<b>46</b>	<b>1:06:40</b>
	00:54+ 02:07+ 03:12+ 13:19+ 21:15+ 26:51+ 28:14+ 30:22+ 42:08+ 44:08+ 45:04+ 52:38+ 58:13+ 63:43+ 64:26+ 65:33+ 66:40+		
	00:54+ 01:13+ 01:05+ 10:07+ 07:56+ 05:36+ 01:23+ 02:08+ 11:46+ 02:00+ 00:56+ 07:34+ 05:35+ 05:30+ 00:43+ 01:07+ 01:07+		
	00:12& 00:23& 00:14& 04:13& 02:16& 02:03& 00:37& 00:28& 07:45@ 00:39& 00:22& 03:22& 01:13& 02:32& 00:16& 00:23& 00:25&		
<b>7</b>	<b>Ann Mari Midttun</b>	<b>213</b>	<b>1:08:26</b>
	00:49+ 05:22+ 06:18+ 15:04+ 23:06+ 28:11+ 29:27+ 31:24+ 40:20+ 42:54+ 44:30+ 53:19+ 60:39+ 65:42+ 66:27+ 67:31+ 68:26+		
	00:49+ 04:33+ 00:56+ 08:46+ 08:02+ 05:05+ 01:16+ 01:57+ 08:56+ 02:34+ 01:36+ 08:49+ 07:20+ 05:03+ 00:45+ 01:04+ 00:55+		
	00:07# 03:43@ 00:05+ 02:52& 01:32& 00:30& 00:17# 04:55@ 01:13& 01:02@ 04:37@ 02:58& 02:05& 00:18& 00:20& 00:13&		

**Beste strekktid for klassen**

00:42 00:45 00:46 05:54 05:25 03:00 00:46 01:00 01:47 01:19 00:34 00:41 03:51 02:58 00:27 00:33 00:42

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

**Damer B**

<b>1</b>	<b>Ann-Cathrin Urdal</b>	<b>118</b>	<b>53:24</b>
	00:44= 07:42= 14:58= 25:41= 27:45= 30:01= 34:48= 39:26= 45:24= 50:12= 52:28= 53:24=		
	00:44= 06:58= 07:16= 10:43= 02:04= 02:16= 04:47= 04:38= 05:58= 04:48= 02:16= 00:56=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Jorunn Johannesen</b>	<b>116</b>	<b>55:06</b>
	03:25+ 11:31+ 18:30+ 28:26+ 30:38+ 32:42+ 37:23+ 42:01+ 47:55+ 51:58+ 54:09+ 55:06+		
	03:25+ 08:06+ 06:59- 09:56- 02:12+ 02:04- 04:41- 04:38= 05:54- 04:03- 02:11- 00:57+		
	02:41@ 01:08# 00:17- 00:47- 00:08+ 00:12- 00:06- 00:00= 00:04- 00:45- 00:05- 00:01+		
<b>3</b>	<b>Hilde Nordbø</b>	<b>93</b>	<b>56:13</b>
	01:14+ 09:48+ 18:17+ 29:06+ 31:59+ 34:10+ 38:57+ 43:22+ 48:49+ 53:10+ 55:24+ 56:13+		
	01:14+ 08:34+ 08:29+ 10:49+ 02:53+ 02:11- 04:47= 04:25- 05:27- 04:21- 02:14- 00:49-		
	00:30& 01:36# 01:13# 00:06+ 00:49& 00:05- 00:00= 00:13- 00:31- 00:27- 00:02- 00:07-		

Class	Navn	Klasse										Tid
<b>4</b>	<b>Anne Garsrud</b>	<b>90</b>										<b>1:01:42</b>
01:02+	08:24+	15:49+	27:49+	30:20+	32:28+	38:17+	43:37+	50:33+	58:28+	60:45+	61:42+	
01:02+	07:22+	07:25+	12:00+	02:31+	02:08-	05:49+	05:20+	06:56+	07:55+	02:17+	00:57+	
00:18&	00:24+	00:09+	01:17#	00:27#	00:08-	01:02#	00:42#	00:58#	03:07&	00:01+	00:01+	
<b>5</b>	<b>Agnes Elin Engen</b>	<b>116</b>										<b>1:01:47</b>
01:06+	08:56+	17:32+	28:09+	31:58+	34:03+	40:10+	45:59+	53:10+	58:34+	61:03+	61:47+	
01:06+	07:50+	08:36+	10:37-	03:49+	02:05-	06:07+	05:49+	07:11+	05:24+	02:29+	00:44-	
00:22&	00:52#	01:20#	00:06-	01:45&	00:11-	01:20&	01:11&	01:13#	00:36#	00:13+	00:12-	
<b>6</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>										<b>1:02:00</b>
00:48+	12:39+	20:10+	32:00+	34:08+	36:15+	42:21+	48:13+	54:15+	58:55+	61:12+	62:00+	
00:48+	11:51+	07:31+	11:50+	02:08+	02:07-	06:06+	05:52+	06:02+	04:40-	02:17+	00:48-	
00:04+	04:53&	00:15+	01:07#	00:04+	00:09-	01:19&	01:14&	00:04+	00:08-	00:01+	00:08-	
<b>7</b>	<b>Ingunn Anda Haug</b>	<b>67</b>										<b>1:04:18</b>
01:04+	09:15+	18:33+	30:40+	32:51+	35:32+	41:12+	47:06+	53:18+	60:08+	63:14+	64:18+	
01:04+	08:11+	09:18+	12:07+	02:11+	02:41+	05:40+	05:54+	06:12+	06:50+	03:06+	01:04+	
00:20&	01:13#	02:02&	01:24#	00:07+	00:25#	00:53#	01:16&	00:14+	02:02&	00:50&	00:08#	
<b>8</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>1:07:18</b>
01:04+	07:37-	16:04+	27:58+	29:43+	33:27+	45:06+	51:23+	58:05+	63:23+	66:19+	67:18+	
01:04+	06:33-	08:27+	11:54+	01:45-	03:44+	11:39+	06:17+	06:42+	05:18+	02:56+	00:59+	
00:20&	00:25-	01:11#	01:11#	00:19-	01:28&	06:52@	01:39&	00:44#	00:30#	00:40&	00:03+	
<b>9</b>	<b>Ingrid W. Hestness</b>	<b>117</b>										<b>1:09:28</b>
03:51+	14:47+	25:55+	38:47+	40:47+	43:42+	49:54+	55:13+	61:13+	65:59+	68:32+	69:28+	
03:51+	10:56+	11:08+	12:52+	02:00-	02:55+	06:12+	05:19+	06:00+	04:46-	02:33+	00:56+	
03:07@	03:58&	03:52&	02:09#	00:04-	00:39&	01:25&	00:41#	00:02+	00:02-	00:17#	00:00-	
<b>10</b>	<b>Lise Isachsen</b>	<b>165</b>										<b>1:10:05</b>
01:10+	08:06+	19:04+	32:11+	35:21+	43:17+	45:05+	50:55+	56:16+	62:26+	66:39+	69:03+	
01:10+	06:56-	10:58+	13:07+	03:10+	07:56+	01:48-	05:50+	05:21-	06:10+	04:13+	02:24+	
00:26&	00:02-	03:42&	02:24#	01:06&	05:40@	02:59-	01:12&	00:37-	01:22&	01:57&	01:28@	
01:02+											01:02+	
<b>11</b>	<b>Tone Cecilie Nystrom</b>	<b>68</b>										<b>1:11:44</b>
01:40+	09:46+	19:54+	34:27+	37:20+	40:40+	47:17+	54:06+	61:16+	67:16+	70:42+	71:44+	
01:40+	08:06+	10:08+	14:33+	02:53+	03:20+	06:37+	06:49+	07:10+	06:00+	03:26+	01:02+	
00:56@	01:08#	02:52&	03:50&	00:49&	01:04&	01:50&	02:11&	01:12#	01:12#	01:10&	00:06#	
<b>12</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>1:18:28</b>
03:07+	11:41+	24:13+	39:21+	42:40+	45:22+	52:20+	59:32+	68:03+	73:22+	77:21+	78:28+	
03:07+	08:34+	12:32+	15:08+	03:19+	02:42+	06:58+	07:12+	08:31+	05:19+	03:59+	01:07+	
02:23@	01:36#	05:16&	04:25&	01:15&	00:26#	02:11&	02:34&	02:33&	00:31#	01:43&	00:11#	
<b>13</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>1:21:16</b>
01:11+	09:46+	32:37+	44:12+	46:19+	49:08+	58:38+	65:18+	72:11+	77:18+	80:14+	81:16+	
01:11+	08:35+	22:51+	11:35+	02:07+	02:49+	09:30+	06:40+	06:53+	05:07+	02:56+	01:02+	
00:27&	01:37#	15:35@	00:52+	00:03+	00:33#	04:43&	02:02&	00:55#	00:19+	00:40&	00:06#	
<b>14</b>	<b>Ragnhild Auglænd</b>	<b>168</b>										<b>1:21:49</b>
05:06+	16:38+	28:14+	45:07+	47:55+	50:42+	56:43+	64:10+	71:41+	77:38+	80:41+	81:49+	
05:06+	11:32+	11:36+	16:53+	02:48+	02:47+	06:01+	07:27+	07:31+	05:57+	03:03+	01:08+	
04:22@	04:34&	04:20&	06:10&	00:44&	00:31#	01:14&	02:49&	01:33&	01:09#	00:47&	00:12#	
<b>15</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>1:27:09</b>
05:08+	16:37+	28:24+	45:25+	49:16+	52:09+	60:44+	69:09+	77:02+	83:18+	86:10+	87:09+	
05:08+	11:29+	11:47+	17:01+	03:51+	02:53+	08:35+	08:25+	07:53+	06:16+	02:52+	00:59+	
04:24@	04:31&	04:31&	06:18&	01:47&	00:37&	03:48&	03:47&	01:55&	01:28&	00:36&	00:03+	
<b>Beste strekktid for klassen</b>	00:44	06:33	06:59	09:56	01:45	02:04	01:48	04:25	05:21	04:03	02:11	
											00:44	

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

## Damer Ny

<b>1</b>	<b>Anette Ungar</b>	<b>116</b>										<b>47:50</b>
05:36=	09:03=	24:18=	26:21=	32:43=	38:17=	46:50=	47:50=					
05:36=	03:27=	15:15=	02:03=	06:22=	05:34=	08:33=	01:00=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					



Class	Navn	Klasse	Tid					
<b>2</b>	<b>Tita Lagahino Erland</b>	<b>117</b>	<b>52:57</b>					
05:03-	10:15+	21:42-	24:28-	37:07+	42:59+	51:36+	52:57+	
05:03-	05:12+	11:27-	02:46+	12:39+	05:52+	08:37+	01:21+	
00:33-	01:45&	03:48-	00:43&	06:17&	00:18+	00:04+	00:21&	
<b>3</b>	<b>Bettiina Lähteenkorva</b>	<b>115</b>	<b>1:23:18</b>					
04:51-	10:23+	44:32+	48:59+	68:53+	73:38+	82:18+	83:18+	
04:51-	05:32+	34:09+	04:27+	19:54+	04:45-	08:40+	01:00=	
00:45-	02:05&	18:54@	02:24@	13:32@	00:49-	00:07+	00:00=	
<b>Beste strekktid for klassen</b>								
04:51	03:27	11:27	02:03	06:22	04:45	08:33	01:00	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.								
<b>Damer Trim</b>								
<b>1</b>	<b>Margrete Jian Øye</b>	<b>126</b>	<b>44:40</b>					
06:08=	11:24=	14:57=	25:23=	28:33=	33:27=	41:15=	43:42=	44:40=
06:08=	05:16=	03:33=	10:26=	03:10=	04:54=	07:48=	02:27=	00:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Therese Immerstein Noraberg</b>	<b>71</b>	<b>50:15</b>					
08:48+	14:55+	18:00+	25:00-	32:44+	39:06+	47:12+	49:23+	50:15+
08:48+	06:07+	03:05-	07:00-	07:44+	06:22+	08:06+	02:11-	00:52-
02:40&	00:51#	00:28-	03:26-	04:34@	01:28&	00:18+	00:16-	00:06-
<b>3</b>	<b>Synnøve Hognestad</b>	<b>115</b>	<b>50:32</b>					
07:14+	13:32+	16:42+	24:41-	30:19+	36:20+	45:06+	49:18+	50:32+
07:14+	06:18+	03:10-	07:59-	05:38+	06:01+	08:46+	04:12+	01:14+
01:06#	01:02#	00:23-	02:27-	02:28&	01:07#	00:58#	01:45&	00:16&
<b>4</b>	<b>Astri Sandanger</b>	<b>93</b>	<b>50:50</b>					
05:35-	09:34-	14:09-	22:34-	27:41-	38:03+	48:06+	49:47+	50:50+
05:35-	03:59-	04:35+	08:25-	05:07+	10:22+	10:03+	01:41-	01:03+
00:33-	01:17-	01:02&	02:01-	01:57&	05:28@	02:15&	00:46-	00:05+
<b>5</b>	<b>Ingrid O. Foss</b>	<b>117</b>	<b>53:38</b>					
06:34+	13:22+	19:07+	28:35+	33:48+	40:00+	50:25+	52:38+	53:38+
06:34+	06:48+	05:45+	09:28-	05:13+	06:12+	10:25+	02:13-	01:00+
00:26+	01:32&	02:12&	00:58-	02:03&	01:18&	02:37&	00:14-	00:02+
<b>6</b>	<b>Tonje Tiley</b>	<b>27</b>	<b>54:51</b>					
06:13+	14:20+	18:05+	25:48+	31:40+	39:23+	48:56+	53:40+	54:51+
06:13+	08:07+	03:45+	07:43-	05:52+	07:43+	09:33+	04:44+	01:11+
00:05+	02:51&	00:12+	02:43-	02:42&	02:49&	01:45#	02:17&	00:13#
<b>7</b>	<b>Ingunn Kristiansen Wiig</b>	<b>105</b>	<b>56:54</b>					
06:55+	15:08+	19:48+	28:07+	33:07+	41:25+	52:14+	55:44+	56:54+
06:55+	08:13+	04:40+	08:19-	05:00+	08:18+	10:49+	03:30+	01:10+
00:47#	02:57&	01:07&	02:07-	01:50&	03:24&	03:01&	01:03&	00:12#
<b>8</b>	<b>Anne Marie Gausel</b>	<b>105</b>	<b>57:05</b>					
07:49+	11:14-	14:41-	24:32-	29:47+	42:11+	52:54+	55:38+	57:05+
07:49+	03:25-	03:27-	09:51-	05:15+	12:24+	10:43+	02:44+	01:27+
01:41&	01:51-	00:06-	00:35-	02:05&	07:30@	02:55&	00:17#	00:29&
<b>9</b>	<b>Parul Khandelwal</b>	<b>71</b>	<b>57:05</b>					
07:39+	13:55+	18:40+	27:58+	33:07+	42:13+	53:29+	55:55+	57:05+
07:39+	06:16+	04:45+	09:18-	05:09+	09:06+	11:16+	02:26-	01:10+
01:31#	01:00#	01:12&	01:08-	01:59&	04:12&	03:28&	00:01-	00:12#
<b>10</b>	<b>Oda Ravndal</b>	<b>114</b>	<b>57:09</b>					
06:47+	16:09+	20:20+	26:55+	33:06+	42:18+	52:58+	56:03+	57:09+
06:47+	09:22+	04:11+	06:35-	06:11+	09:12+	10:40+	03:05+	01:06+
00:39#	04:06&	00:38#	03:51-	03:01&	04:18&	02:52&	00:38&	00:08#
<b>11</b>	<b>Marie Sjursen</b>	<b>117</b>	<b>57:28</b>					
20:03+	26:56+	29:45+	37:02+	42:23+	47:32+	54:40+	56:29+	57:28+
20:03+	06:53+	02:49-	07:17-	05:21+	05:09+	07:08-	01:49-	00:59+
13:55@	01:37&	00:44-	03:09-	02:11&	00:15+	00:40-	00:38-	00:01+

Class	Navn	Klasse	Tid
<b>12</b>	<b>Janeth Kleppe</b>	<b>128</b>	<b>57:28</b>
08:49+	18:11+	20:57+	27:18+
08:49+	09:22+	02:46-	06:21-
02:41&	04:06&	00:47-	04:05-
	10:02@	02:00&	00:57-
		00:03-	00:09-
<b>13</b>	<b>Margot Asheim</b>	<b>105</b>	<b>58:15</b>
07:05+	15:36+	19:19+	30:24+
07:05+	08:31+	03:43+	11:05+
00:57#	03:15&	00:10+	00:39+
		07:09@	00:41#
		00:37+	00:08+
			00:01-
<b>14</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>	<b>59:08</b>
06:22+	12:11+	25:13+	32:28+
06:22+	05:49+	13:02+	07:15-
00:14+	00:33#	09:29@	03:11-
			02:43&
			01:25&
			03:24&
			00:20-
			00:11#
<b>15</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>	<b>1:00:36</b>
08:05+	15:38+	20:52+	29:52+
08:05+	07:33+	05:14+	09:00-
01:57&	02:17&	01:41&	01:26-
			02:44&
			03:29&
			03:18&
			01:11&
			00:45&
<b>16</b>	<b>Bente Salte Aune</b>	<b>128</b>	<b>1:02:40</b>
06:39+	11:44+	15:51+	30:10+
06:39+	05:05-	04:07+	14:19+
00:31+	00:11-	00:34#	03:53&
			02:44&
			05:13@
			05:27&
			00:20-
			00:09#
<b>17</b>	<b>Judith Serigstad</b>	<b>128</b>	<b>1:02:55</b>
06:40+	11:40+	15:53+	30:12+
06:40+	05:00-	04:13+	14:19+
00:32+	00:16-	00:40#	03:53&
			02:32&
			05:36@
			05:22&
			00:24-
			00:20&
<b>18</b>	<b>Fredrike Krahner</b>	<b>126</b>	<b>1:02:57</b>
07:34+	20:14+	24:17+	30:52+
07:34+	12:40+	04:03+	06:35-
01:26#	07:24@	00:30#	03:51-
			05:36@
			04:09&
			02:21&
			00:40&
			00:02+
<b>19</b>	<b>Haldis Vagle</b>	<b>92</b>	<b>1:03:33</b>
08:43+	18:03+	23:00+	31:57+
08:43+	09:20+	04:57+	08:57-
02:35&	04:04&	01:24&	01:29-
			02:45&
			03:35&
			04:32&
			00:48&
			00:39&
<b>20</b>	<b>Kjersti Flaot</b>	<b>27</b>	<b>1:03:38</b>
12:14+	17:40+	21:29+	30:46+
12:14+	05:26+	03:49+	09:17-
06:06&	00:10+	00:16+	01:09-
			03:38@
			02:26&
			07:00&
			00:22#
			00:09#
<b>21</b>	<b>Lene Haver Schmidt</b>	<b>88</b>	<b>1:03:45</b>
10:40+	15:20+	19:35+	27:57+
10:40+	04:40-	04:15+	08:22-
04:32&	00:36-	00:42#	02:04-
			03:56@
			04:03&
			06:53&
			01:22&
			00:17&
<b>22</b>	<b>Sissel Carlsen Bråstad</b>	<b>88</b>	<b>1:03:46</b>
10:34+	15:27+	19:36+	28:02+
10:34+	04:53-	04:09+	08:26-
04:26&	00:23-	00:36#	02:00-
			03:50@
			04:00&
			06:58&
			01:22&
			00:17&
<b>23</b>	<b>Randi Bugge</b>	<b>46</b>	<b>1:04:28</b>
07:29+	18:00+	21:59+	29:23+
07:29+	10:31+	03:59+	07:24-
01:21#	05:15&	00:26#	03:02-
			05:53@
			02:28&
			07:35&
			00:14-
			00:06#
<b>24</b>	<b>Mona Nordmark Kaada</b>	<b>178</b>	<b>1:04:38</b>
10:23+	19:03+	22:26+	31:51+
10:23+	08:40+	03:23-	09:25-
04:15&	03:24&	00:10-	01:01-
			03:30@
			02:45&
			06:53&
			00:11+
			00:11#
<b>25</b>	<b>Janne Kristin Frantzen</b>	<b>116</b>	<b>1:04:44</b>
07:35+	20:29+	24:03+	32:38+
07:35+	12:54+	03:34+	08:35-
01:27#	07:38@	00:01+	01:51-
			02:37&
			05:24@
			03:42&
			00:27#
			00:39&
<b>26</b>	<b>Sonja Johannessen</b>	<b>130</b>	<b>1:06:24</b>
06:17+	22:23+	26:58+	35:41+
06:17+	16:06+	04:35+	08:43-
00:09+	10:50@	01:02&	01:43-
			04:58@
			02:15&
			03:26&
			00:36#
			00:11#

Class	Navn	Klasse							Tid
<b>27</b>	<b>Maria Haukalid</b>	<b>47</b>							<b>1:07:15</b>
07:06+	13:02+	18:17+	29:38+	38:08+	48:23+	62:24+	65:53+	67:15+	
07:06+	05:56+	05:15+	11:21+	08:30+	10:15+	14:01+	03:29+	01:22+	
00:58#	00:40#	01:42&	00:55+	05:20@	05:21@	06:13&	01:02&	00:24&	
<b>28</b>	<b>Brynhild Haaland</b>	<b>101</b>							<b>1:07:44</b>
12:39+	17:56+	22:11+	31:02+	37:24+	45:50+	60:27+	66:21+	67:44+	
12:39+	05:17+	04:15+	08:51-	06:22+	08:26+	14:37+	05:54+	01:23+	
06:31@	00:01+	00:42#	01:35-	03:12@	03:32&	06:49&	03:27@	00:25&	
<b>29</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>							<b>1:08:46</b>
19:55+	24:51+	30:08+	38:32+	45:28+	53:42+	64:30+	67:15+	68:46+	
19:55+	04:56-	05:17+	08:24-	06:56+	08:14+	10:48+	02:45+	01:31+	
13:47@	00:20-	01:44&	02:02-	03:46@	03:20&	03:00&	00:18#	00:33&	
<b>30</b>	<b>Ruth Grødem</b>	<b>105</b>							<b>1:09:23</b>
08:05+	16:32+	21:19+	31:38+	39:17+	47:48+	62:35+	68:08+	69:23+	
08:05+	08:27+	04:47+	10:19-	07:39+	08:31+	14:47+	05:33+	01:15+	
01:57&	03:11&	01:14&	00:07-	04:29@	03:37&	06:59&	03:06@	00:17&	
<b>31</b>	<b>Sølvi S. Ballestad</b>	<b>105</b>							<b>1:09:59</b>
08:21+	13:56+	19:21+	32:37+	39:02+	52:15+	65:17+	68:32+	69:59+	
08:21+	05:35+	05:25+	13:16+	06:25+	13:13+	13:02+	03:15+	01:27+	
02:13&	00:19+	01:52&	02:50&	03:15@	08:19@	05:14&	00:48&	00:29&	
<b>32</b>	<b>Wenke Wannberg</b>	<b>116</b>							<b>1:10:12</b>
08:58+	16:23+	21:01+	30:00+	39:38+	48:13+	66:36+	69:07+	70:12+	
08:58+	07:25+	04:38+	08:59-	09:38+	08:35+	18:23+	02:31+	01:05+	
02:50&	02:09&	01:05&	01:27-	06:28@	03:41&	10:35@	00:04+	00:07#	
<b>33</b>	<b>Aslaug Neteland</b>	<b>92</b>							<b>1:10:13</b>
09:02+	16:15+	20:57+	30:02+	39:33+	48:09+	66:33+	69:07+	70:13+	
09:02+	07:13+	04:42+	09:05-	09:31+	08:36+	18:24+	02:34+	01:06+	
02:54&	01:57&	01:09&	01:21-	06:21@	03:42&	10:36@	00:07+	00:08#	
<b>34</b>	<b>Linda Haukås</b>	<b>113</b>							<b>1:10:18</b>
10:14+	16:06+	21:15+	32:46+	41:14+	51:20+	65:35+	68:46+	70:18+	
10:14+	05:52+	05:09+	11:31+	08:28+	10:06+	14:15+	03:11+	01:32+	
04:06&	00:36#	01:36&	01:05#	05:18@	05:12@	06:27&	00:44&	00:34&	
<b>35</b>	<b>Marianne Gjesdal Lyngås</b>	<b>253</b>							<b>1:10:23</b>
19:48+	24:26+	28:47+	37:44+	44:22+	54:24+	65:46+	68:16+	70:23+	
19:48+	04:38-	04:21+	08:57-	06:38+	10:02+	11:22+	02:30+	02:07+	
13:40@	00:38-	00:48#	01:29-	03:28@	05:08@	03:34&	00:03+	01:09@	
<b>36</b>	<b>Irene Mæland Torgersen</b>	<b>253</b>							<b>1:10:23</b>
19:55+	24:29+	28:51+	37:56+	44:31+	54:27+	65:48+	68:23+	70:23+	
19:55+	04:34-	04:22+	09:05-	06:35+	09:56+	11:21+	02:35+	02:00+	
13:47@	00:42-	00:49#	01:21-	03:25@	05:02@	03:33&	00:08+	01:02@	
<b>37</b>	<b>Åse Sellereite</b>	<b>27</b>							<b>1:10:58</b>
06:52+	23:08+	25:50+	33:11+	42:52+	52:30+	67:54+	69:51+	70:58+	
06:52+	16:16+	02:42-	07:21-	09:41+	09:38+	15:24+	01:57-	01:07+	
00:44#	11:00@	00:51-	03:05-	06:31@	04:44&	07:36&	00:30-	00:09#	
<b>38</b>	<b>Brit Svihus</b>	<b>92</b>							<b>1:10:59</b>
09:12+	17:45+	22:24+	32:47+	40:22+	48:53+	63:27+	69:15+	70:59+	
09:12+	08:33+	04:39+	10:23-	07:35+	08:31+	14:34+	05:48+	01:44+	
03:04&	03:17&	01:06&	00:03-	04:25@	03:37&	06:46&	03:21@	00:46&	
<b>39</b>	<b>Anette Tronstad</b>	<b>115</b>							<b>1:11:03</b>
27:50+	33:29+	36:47+	44:21+	50:11+	56:34+	67:42+	69:54+	71:03+	
27:50+	05:39+	03:18-	07:34-	05:50+	06:23+	11:08+	02:12-	01:09+	
21:42@	00:23+	00:15-	02:52-	02:40&	01:29&	03:20&	00:15-	00:11#	
<b>40</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>							<b>1:12:18</b>
05:37-	10:00-	18:12+	33:05+	45:25+	53:25+	66:34+	71:18+	72:18+	
05:37-	04:23-	08:12+	14:53+	12:20+	08:00+	13:09+	04:44+	01:00+	
00:31-	00:53-	04:39@	04:27&	09:10@	03:06&	05:21&	02:17&	00:02+	
<b>41</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>							<b>1:13:43</b>
08:40+	26:33+	30:03+	38:45+	43:14+	51:44+	66:33+	72:19+	73:43+	
08:40+	17:53+	03:30-	08:42-	04:29+	08:30+	14:49+	05:46+	01:24+	
02:32&	12:37@	00:03-	01:44-	01:19&	03:36&	07:01&	03:19@	00:26&	

Class	Navn	Klasse								Tid
<b>42</b>	<b>Gunn Vagle</b>	<b>126</b>								<b>1:14:46</b>
06:39+	28:03+	34:44+	45:26+	54:53+	61:40+	71:07+	73:38+	74:46+		
06:39+	21:24+	06:41+	10:42+	09:27+	06:47+	09:27+	02:31+	01:08+		
00:31+	16:08@	03:08&	00:16+	06:17@	01:53&	01:39#	00:04+	00:10#		
<b>43</b>	<b>Synnøve Langvik</b>	<b>93</b>								<b>1:14:57</b>
12:25+	17:47+	21:06+	29:37+	36:48+	56:07+	69:24+	73:45+	74:57+		
12:25+	05:22+	03:19-	08:31-	07:11+	19:19+	13:17+	04:21+	01:12+		
06:17@	00:06+	00:14-	01:55-	04:01@	14:25@	05:29&	01:54&	00:14#		
<b>44</b>	<b>Solbjørg Borgersen</b>	<b>233</b>								<b>1:16:04</b>
08:29+	28:12+	31:54+	40:45+	56:03+	63:15+	72:34+	74:55+	76:04+		
08:29+	19:43+	03:42+	08:51-	15:18+	07:12+	09:19+	02:21-	01:09+		
02:21&	14:27@	00:09+	01:35-	12:08@	02:18&	01:31#	00:06-	00:11#		
<b>45</b>	<b>Linn Skadberg</b>	<b>113</b>								<b>1:16:45</b>
09:38+	16:36+	21:47+	30:51+	43:11+	54:07+	72:50+	75:26+	76:45+		
09:38+	06:58+	05:11+	09:04-	12:20+	10:56+	18:43+	02:36+	01:19+		
03:30&	01:42&	01:38&	01:22-	09:10@	06:02@	10:55@	00:09+	00:21&		
<b>46</b>	<b>Jorunn Pedersen Lima</b>	<b>113</b>								<b>1:16:52</b>
09:27+	16:25+	21:46+	31:11+	43:10+	53:57+	72:49+	75:24+	76:52+		
09:27+	06:58+	05:21+	09:25-	11:59+	10:47+	18:52+	02:35+	01:28+		
03:19&	01:42&	01:48&	01:01-	08:49@	05:53@	11:04@	00:08+	00:30&		
<b>47</b>	<b>Solbjørg Lima Skadberg</b>	<b>113</b>								<b>1:17:01</b>
09:35+	17:05+	21:53+	31:13+	43:34+	54:10+	73:08+	75:30+	77:01+		
09:35+	07:30+	04:48+	09:20-	12:21+	10:36+	18:58+	02:22-	01:31+		
03:27&	02:14&	01:15&	01:06-	09:11@	05:42@	11:10@	00:05-	00:33&		
<b>48</b>	<b>Tonje Birkenes</b>	<b>67</b>								<b>1:19:06</b>
17:05+	23:43+	29:21+	41:35+	46:40+	61:57+	75:16+	78:04+	79:06+		
17:05+	06:38+	05:38+	12:14+	05:05+	15:17+	13:19+	02:48+	01:02+		
10:57@	01:22&	02:05&	01:48#	01:55&	10:23@	05:31&	00:21#	00:04+		
<b>49</b>	<b>Sigrun Serigstad</b>	<b>128</b>								<b>1:20:38</b>
10:52+	17:39+	20:48+	53:45+	57:59+	64:14+	77:57+	79:41+	80:38+		
10:52+	06:47+	03:09-	32:57+	04:14+	06:15+	13:43+	01:44-	00:57-		
04:44&	01:31&	00:24-	22:31@	01:04&	01:21&	05:55&	00:43-	00:01-		
<b>50</b>	<b>Marianne Høie</b>	<b>116</b>								<b>1:21:15</b>
08:00+	20:46+	25:59+	46:32+	51:38+	64:05+	76:50+	80:04+	81:15+		
08:00+	12:46+	05:13+	20:33+	05:06+	12:27+	12:45+	03:14+	01:11+		
01:52&	07:30@	01:40&	10:07&	01:56&	07:33@	04:57&	00:47&	00:13#		
<b>51</b>	<b>Grete Hellevik</b>	<b>168</b>								<b>1:24:19</b>
24:49+	32:21+	34:59+	41:21+	50:59+	64:52+	81:05+	83:07+	84:19+		
24:49+	07:32+	02:38-	06:22-	09:38+	13:53+	16:13+	02:02-	01:12+		
18:41@	02:16&	00:55-	04:04-	06:28@	08:59@	08:25@	00:25-	00:14#		
<b>52</b>	<b>May Kristin Haaland</b>	<b>47</b>								<b>1:24:45</b>
12:43+	18:57+	24:27+	38:51+	55:26+	67:03+	80:48+	83:26+	84:45+		
12:43+	06:14+	05:30+	14:24+	16:35+	11:37+	13:45+	02:38+	01:19+		
06:35@	00:58#	01:57&	03:58&	13:25@	06:43@	05:57&	00:11+	00:21&		
<b>53</b>	<b>Else Marie Furland</b>	<b>93</b>								<b>1:24:58</b>
12:38+	27:14+	32:41+	46:10+	55:11+	65:27+	79:43+	83:07+	84:58+		
12:38+	14:36+	05:27+	13:29+	09:01+	10:16+	14:16+	03:24+	01:51+		
06:30@	09:20@	01:54&	03:03&	05:51@	05:22@	06:28&	00:57&	00:53&		
<b>54</b>	<b>Siri Lunde</b>	<b>105</b>								<b>1:25:08</b>
10:21+	36:48+	40:31+	51:56+	56:47+	63:02+	80:11+	83:51+	85:08+		
10:21+	26:27+	03:43+	11:25+	04:51+	06:15+	17:09+	03:40+	01:17+		
04:13&	21:11@	00:10+	00:59+	01:41&	01:21&	09:21@	01:13&	00:19&		
<b>55</b>	<b>Frøydis Østtveit Kvinen</b>	<b>66</b>								<b>1:25:12</b>
10:22+	36:50+	40:38+	52:01+	56:55+	63:10+	80:17+	84:01+	85:12+		
10:22+	26:28+	03:48+	11:23+	04:54+	06:15+	17:07+	03:44+	01:11+		
04:14&	21:12@	00:15+	00:57+	01:44&	01:21&	09:19@	01:17&	00:13#		
<b>56</b>	<b>Tove Kristin K. Helvig</b>	<b>105</b>								<b>1:26:17</b>
35:56+	39:46+	44:12+	53:43+	59:02+	68:15+	83:07+	84:58+	86:17+		
35:56+	03:50-	04:26+	09:31-	05:19+	09:13+	14:52+	01:51-	01:19+		
29:48@	01:26-	00:53#	00:55-	02:09&	04:19&	07:04&	00:36-	00:21&		

Class	Navn	Klasse	Tid
<b>57</b>	<b>Ingunn Fandrem</b>	<b>47</b>	<b>1:28:48</b>
11:31+	25:02+ 33:03+ 45:25+ 53:41+ 64:11+ 84:50+ 87:35+ 88:48+		
11:31+	13:31+ 08:01+ 12:22+ 08:16+ 10:30+ 20:39+ 02:45+ 01:13+		
05:23&	08:15@ 04:28@ 01:56# 05:06@ 05:36@ 12:51@ 00:18# 00:15&		
<b>58</b>	<b>Solveig Grønning</b>	<b>47</b>	<b>1:28:52</b>
11:38+	25:01+ 33:10+ 45:30+ 53:32+ 64:18+ 84:49+ 87:41+ 88:52+		
11:38+	13:23+ 08:09+ 12:20+ 08:02+ 10:46+ 20:31+ 02:52+ 01:11+		
05:30&	08:07@ 04:36@ 01:54# 04:52@ 05:52@ 12:43@ 00:25# 00:13#		
<b>59</b>	<b>Rebekka Lye</b>	<b>62</b>	<b>1:29:08</b>
10:20+	23:42+ 27:07+ 45:57+ 55:23+ 64:41+ 85:47+ 88:10+ 89:08+		
10:20+	13:22+ 03:25- 18:50+ 09:26+ 09:18+ 21:06+ 02:23- 00:58=		
04:12&	08:06@ 00:08- 08:24& 06:16@ 04:24& 13:18@ 00:04- 00:00=		
<b>60</b>	<b>Linn Soma</b>	<b>287</b>	<b>1:31:15</b>
24:29+	37:07+ 41:31+ 50:34+ 57:32+ 71:54+ 86:40+ 90:08+ 91:15+		
24:29+	12:38+ 04:24+ 09:03- 06:58+ 14:22+ 14:46+ 03:28+ 01:07+		
18:21@	07:22@ 00:51# 01:23- 03:48@ 09:28@ 06:58& 01:01& 00:09#		
<b>61</b>	<b>Aase Sveinsvoll</b>	<b>94</b>	<b>1:32:19</b>
13:20+	24:17+ 29:42+ 44:13+ 51:04+ 66:23+ 86:48+ 90:20+ 92:19+		
13:20+	10:57+ 05:25+ 14:31+ 06:51+ 15:19+ 20:25+ 03:32+ 01:59+		
07:12@	05:41@ 01:52& 04:05& 03:41@ 10:25@ 12:37@ 01:05& 01:01@		
<b>62</b>	<b>Gro Mariero Totland</b>	<b>59</b>	<b>1:38:50</b>
18:35+	25:12+ 31:14+ 50:23+ 62:39+ 75:44+ 91:44+ 96:31+ 98:50+		
18:35+	06:37+ 06:02+ 19:09+ 12:16+ 13:05+ 16:00+ 04:47+ 02:19+		
12:27@	01:21& 02:29& 08:43& 09:06@ 08:11@ 08:12@ 02:20& 01:21@		
<b>63</b>	<b>Solveig Mæland</b>	<b>128</b>	<b>1:38:59</b>
12:46+	19:34+ 31:55+ 46:53+ 62:26+ 75:46+ 93:34+ 97:38+ 98:59+		
12:46+	06:48+ 12:21+ 14:58+ 15:33+ 13:20+ 17:48+ 04:04+ 01:21+		
06:38@	01:32& 08:48@ 04:32& 12:23@ 08:26@ 10:00@ 01:37& 00:23&		
<b>Beste strekktid for klassen</b>			
05:35	03:25	02:38	06:21 03:10 04:54 06:51 01:41 00:49

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

## Herrer 16 - 39 år

<b>1</b>	<b>Runar Eike Toft</b>	<b>116</b>	<b>40:07</b>
01:06=	06:20= 12:02= 19:03= 20:58= 22:47= 27:14= 31:15= 34:39= 37:55= 39:31= 40:07=		
01:06=	05:14= 05:42= 07:01= 01:55= 01:49= 04:27= 04:01= 03:24= 03:16= 01:36= 00:36=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Morten Fenne</b>	<b>228</b>	<b>46:20</b>
01:20+	06:29+ 13:38+ 21:19+ 22:54+ 24:49+ 29:09+ 33:26+ 38:12+ 43:14+ 45:38+ 46:20+		
01:20+	05:09- 07:09+ 07:41+ 01:35- 01:55+ 04:20- 04:17+ 04:46+ 05:02+ 02:24+ 00:42+		
00:14#	00:05- 01:27& 00:40+ 00:20- 00:06+ 00:07- 00:16+ 01:22& 01:46& 00:48& 00:06#		
<b>3</b>	<b>Sam McCloy</b>	<b>271</b>	<b>48:53</b>
01:08+	06:36+ 14:35+ 24:26+ 25:58+ 28:01+ 32:43+ 39:00+ 43:01+ 46:16+ 48:10+ 48:53+		
01:08+	05:28+ 07:59+ 09:51+ 01:32- 02:03+ 04:42+ 06:17+ 04:01+ 03:15- 01:54+ 00:43+		
00:02+	00:14+ 02:17& 02:50& 00:23- 00:14# 00:15+ 02:16& 00:37# 00:01- 00:18# 00:07#		
<b>4</b>	<b>Rune Alsnes</b>	<b>116</b>	<b>49:32</b>
00:40-	06:06- 12:48+ 23:09+ 24:38+ 26:56+ 30:58+ 35:06+ 41:44+ 45:26+ 48:37+ 49:32+		
00:40-	05:26+ 06:42+ 10:21+ 01:29- 02:18+ 04:02- 04:08+ 06:38+ 03:42+ 03:11+ 00:55+		
00:26-	00:12+ 01:00# 03:20& 00:26- 00:29& 00:25- 00:07+ 03:14& 00:26# 01:35& 00:19&		
<b>5</b>	<b>Jens Rostrup Eikehaugen</b>	<b>92</b>	<b>52:38</b>
00:45-	07:13+ 17:19+ 26:57+ 28:39+ 30:38+ 35:17+ 40:52+ 46:01+ 49:39+ 51:52+ 52:38+		
00:45-	06:28+ 10:06+ 09:38+ 01:42- 01:59+ 04:39+ 05:35+ 05:09+ 03:38+ 02:13+ 00:46+		
00:21-	01:14# 04:24& 02:37& 00:13- 00:10+ 00:12+ 01:34& 01:45& 00:22# 00:37& 00:10&		
<b>6</b>	<b>Torbjørn Ims Østby</b>	<b>53</b>	<b>52:46</b>
00:37-	07:38+ 14:31+ 25:01+ 27:03+ 29:12+ 34:29+ 39:53+ 45:13+ 49:37+ 52:01+ 52:46+		
00:37-	07:01+ 06:53+ 10:30+ 02:02+ 02:09+ 05:17+ 05:24+ 05:20+ 04:24+ 02:24+ 00:45+		
00:29-	01:47& 01:11# 03:29& 00:07+ 00:20# 00:50# 01:23& 01:56& 01:08& 00:48& 00:09#		

Class	Navn	Klasse										Tid
<b>7</b>	<b>Asgeir Nærland</b>	<b>88</b>										<b>55:32</b>
02:09+	08:37+	17:48+	26:52+	28:47+	31:06+	35:22+	41:08+	48:01+	52:09+	54:47+	55:32+	
02:09+	06:28+	09:11+	09:04+	01:55=	02:19+	04:16-	05:46+	06:53+	04:08+	02:38+	00:45+	
01:03&	01:14#	03:29&	02:03&	00:00=	00:30&	00:11-	01:45&	03:29@	00:52&	01:02&	00:09#	
<b>8</b>	<b>Dag Eivind Watsend</b>	<b>92</b>										<b>55:47</b>
01:16+	08:17+	16:40+	27:47+	29:45+	32:00+	37:23+	43:35+	48:39+	52:17+	54:54+	55:47+	
01:16+	07:01+	08:23+	11:07+	01:58+	02:15+	05:23+	06:12+	05:04+	03:38+	02:37+	00:53+	
00:10#	01:47&	02:41&	04:06&	00:03+	00:26#	00:56#	02:11&	01:40&	00:22#	01:01&	00:17&	
<b>9</b>	<b>Erik Hansson</b>	<b>74</b>										<b>56:30</b>
00:59-	08:25+	17:58+	27:55+	30:16+	32:37+	38:04+	43:44+	49:52+	53:46+	55:47+	56:30+	
00:59-	07:26+	09:33+	09:57+	02:21+	02:21+	05:27+	05:40+	06:08+	03:54+	02:01+	00:43+	
00:07-	02:12&	03:51&	02:56&	00:26#	00:32&	01:00#	01:39&	02:44&	00:38#	00:25&	00:07#	
<b>10</b>	<b>Svein Kyllingstad</b>	<b>71</b>										<b>56:36</b>
03:36+	09:15+	16:39+	27:31+	31:46+	34:03+	39:05+	44:13+	48:57+	53:45+	55:50+	56:36+	
03:36+	05:39+	07:24+	10:52+	04:15+	02:17+	05:02+	05:08+	04:44+	04:48+	02:05+	00:46+	
02:30@	00:25+	01:42&	03:51&	02:20@	00:28&	00:35#	01:07&	01:20&	01:32&	00:29&	00:10&	
<b>11</b>	<b>Jonas Nesland Vevatne</b>	<b>116</b>										<b>57:29</b>
00:49-	07:43+	16:02+	28:48+	30:49+	33:26+	40:19+	44:30+	49:53+	54:21+	56:39+	57:29+	
00:49-	06:54+	08:19+	12:46+	02:01+	02:37+	06:53+	04:11+	05:23+	04:28+	02:18+	00:50+	
00:17-	01:40&	02:37&	05:45&	00:06+	00:48&	02:26&	00:10+	01:59&	01:12&	00:42&	00:14&	
<b>12</b>	<b>Andreas Terjesen</b>	<b>213</b>										<b>58:05</b>
00:50-	08:53+	20:11+	28:12+	30:31+	33:02+	38:15+	44:45+	50:18+	54:26+	57:07+	58:05+	
00:50-	08:03+	11:18+	08:01+	02:19+	02:31+	05:13+	06:30+	05:33+	04:08+	02:41+	00:58+	
00:16-	02:49&	05:36&	01:00#	00:24#	00:42&	00:46#	02:29&	02:09&	00:52&	01:05&	00:22&	
<b>13</b>	<b>Martin Skogland</b>	<b>98</b>										<b>1:01:49</b>
00:53-	10:34+	20:00+	28:19+	31:29+	34:45+	39:26+	45:02+	50:26+	58:56+	60:56+	61:49+	
00:53-	09:41+	09:26+	08:19+	03:10+	03:16+	04:41+	05:36+	05:24+	08:30+	02:00+	00:53+	
00:13-	04:27&	03:44&	01:18#	01:15&	01:27&	00:14+	01:35&	02:00&	05:14@	00:24#	00:17&	
<b>14</b>	<b>Håkon Eggebø</b>	<b>71</b>										<b>1:03:52</b>
00:57-	15:51+	25:08+	33:04+	34:31+	36:39+	41:31+	50:04+	56:49+	60:57+	63:01+	63:52+	
00:57-	14:54+	09:17+	07:56+	01:27-	02:08+	04:52+	08:33+	06:45+	04:08+	02:04+	00:51+	
00:09-	09:40@	03:35&	00:55#	00:28-	00:19#	00:25+	04:32@	03:21&	00:52&	00:28&	00:15&	
<b>15</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>										<b>1:03:53</b>
00:46-	10:03+	17:20+	35:43+	37:28+	39:26+	44:52+	50:43+	56:09+	60:54+	63:05+	63:53+	
00:46-	09:17+	07:17+	18:23+	01:45-	01:58+	05:26+	05:51+	05:26+	04:45+	02:11+	00:48+	
00:20-	04:03&	01:35&	11:22@	00:10-	00:09+	00:59#	01:50&	02:02&	01:29&	00:35&	00:12&	
<b>16</b>	<b>Svein Magnus Halsne</b>	<b>71</b>										<b>1:06:24</b>
02:39+	14:36+	25:45+	36:26+	37:53+	40:23+	47:27+	53:37+	59:27+	63:15+	65:32+	66:24+	
02:39+	11:57+	11:09+	10:41+	01:27-	02:30+	07:04+	06:10+	05:50+	03:48+	02:17+	00:52+	
01:33@	06:43@	05:27&	03:40&	00:28-	00:41&	02:37&	02:09&	02:26&	00:32#	00:41&	00:16&	
<b>17</b>	<b>Andreas Jørgensen</b>	<b>19</b>										<b>1:10:29</b>
01:30+	09:13+	17:03+	27:44+	33:40+	35:34+	49:47+	56:07+	62:13+	66:47+	69:39+	70:29+	
01:30+	07:43+	07:50+	10:41+	05:56+	01:54+	14:13+	06:20+	06:06+	04:34+	02:52+	00:50+	
00:24&	02:29&	02:08&	03:40&	04:01@	00:05+	09:46@	02:19&	02:42&	01:18&	01:16&	00:14&	
<b>18</b>	<b>Trond Evensen</b>	<b>116</b>										<b>1:11:46</b>
02:14+	09:01+	36:40+	45:59+	47:35+	49:24+	55:40+	60:09+	65:07+	69:02+	70:57+	71:46+	
02:14+	06:47+	27:39+	09:19+	01:36-	01:49=	06:16+	04:29+	04:58+	03:55+	01:55+	00:49+	
01:08@	01:33&	21:57@	02:18&	00:19-	00:00=	01:49&	00:28#	01:34&	00:39#	00:19#	00:13&	
<b>19</b>	<b>Jonas Lye Scheie</b>	<b>62</b>										<b>1:12:37</b>
01:07+	10:12+	27:22+	37:15+	43:06+	45:00+	54:04+	59:25+	66:00+	69:49+	71:57+	72:37+	
01:07+	09:05+	17:10+	09:53+	05:51+	01:54+	09:04+	05:21+	06:35+	03:49+	02:08+	00:40+	
00:01+	03:51&	11:28@	02:52&	03:56@	00:05+	04:37@	01:20&	03:11&	00:33#	00:32&	00:04#	
<b>20</b>	<b>Richard Galle</b>	<b>66</b>										<b>1:13:16</b>
01:01-	09:20+	17:16+	34:40+	37:19+	39:49+	45:14+	54:40+	60:30+	69:33+	72:26+	73:16+	
01:01-	08:19+	07:56+	17:24+	02:39+	02:30+	05:25+	09:26+	05:50+	09:03+	02:53+	00:50+	
00:05-	03:05&	02:14&	10:23@	00:44&	00:41&	00:58#	05:25@	02:26&	05:47@	01:17&	00:14&	
<b>21</b>	<b>Jan Eirik Gjerdevik</b>	<b>90</b>										<b>1:14:28</b>
05:40+	12:15+	23:45+	40:20+	47:49+	49:13+	53:30+	60:51+	66:13+	71:32+	73:44+	74:28+	
05:40+	06:35+	11:30+	16:35+	07:29+	01:24-	04:17-	07:21+	05:22+	05:19+	02:12+	00:44+	
04:34@	01:21&	05:48@	09:34@	05:34@	00:25-	00:10-	03:20&	01:58&	02:03&	00:36&	00:08#	

Class	Navn	Klasse										Tid
<b>22</b>	<b>Bjørnar Owren</b>	<b>74</b>										<b>1:16:15</b>
02:17+	18:04+	30:37+	42:28+	47:01+	54:28+	60:39+	68:29+	73:18+	75:22+	76:15+		
02:17+	15:47+	12:33+	11:51+	02:14+	02:19+	07:27+	06:11+	07:50+	04:49+	02:04+	00:53+	
01:11@	10:33@	06:51@	04:50&	00:19#	00:30&	03:00&	02:10&	04:26@	01:33&	00:28&	00:17&	
<b>23</b>	<b>Marius Stene</b>	<b>27</b>										<b>1:19:04</b>
01:26+	20:27+	36:03+	45:34+	48:23+	50:02+	56:13+	61:44+	67:34+	74:13+	78:19+	79:04+	
01:26+	19:01+	15:36+	09:31+	02:49+	01:39-	06:11+	05:31+	05:50+	06:39+	04:06+	00:45+	
00:20&	13:47@	09:54@	02:30&	00:54&	00:10-	01:44&	01:30&	02:26&	03:23@	02:30@	00:09#	
<b>24</b>	<b>David Wade</b>	<b>116</b>										<b>1:22:54</b>
02:22+	09:59+	34:56+	47:48+	50:30+	52:36+	60:44+	66:33+	73:59+	78:45+	82:02+	82:54+	
02:22+	07:37+	24:57+	12:52+	02:42+	02:06+	08:08+	05:49+	07:26+	04:46+	03:17+	00:52+	
01:16@	02:23&	19:15@	05:51&	00:47&	00:17#	03:41&	01:48&	04:02@	01:30&	01:41@	00:16&	
<b>25</b>	<b>Jørgen Johnsen</b>	<b>167</b>										<b>1:33:49</b>
01:40+	30:51+	41:08+	57:47+	60:36+	63:04+	72:23+	79:25+	85:30+	89:56+	93:00+	93:49+	
01:40+	29:11+	10:17+	16:39+	02:49+	02:28+	09:19+	07:02+	06:05+	04:26+	03:04+	00:49+	
00:34&	23:57@	04:35&	09:38@	00:54&	00:39&	04:52@	03:01&	02:41&	01:10&	01:28&	00:13&	
<b>26</b>	<b>Igor Muzdeka</b>	<b>74</b>										<b>1:56:12</b>
02:43+	14:55+	28:18+	48:12+	52:20+	55:17+	64:35+	83:55+	99:04+	111:34+	115:12+	116:12+	
02:43+	12:12+	13:23+	19:54+	04:08+	02:57+	09:18+	19:20+	15:09+	12:30+	03:38+	01:00+	
01:37@	06:58@	07:41@	12:53@	02:13@	01:08&	04:51@	15:19@	11:45@	09:14@	02:02@	00:24&	
<b>Beste strekktid for klassen</b>												
00:37	05:09	05:42	07:01	01:27	01:24	04:02	04:01	03:24	03:15	01:36	00:36	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>Herrer 40 - 49 år</b>												
<b>1</b>	<b>Jørgen Breivold</b>	<b>54</b>										<b>42:01</b>
00:42=	05:17=	11:35=	19:01=	21:14=	23:08=	27:13=	32:04=	36:14=	39:42=	41:24=	42:01=	
00:42=	04:35=	06:18=	07:26=	02:13=	01:54=	04:05=	04:51=	04:10=	03:28=	01:42=	00:37=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Oddmund Nordgård</b>	<b>105</b>										<b>49:30</b>
01:20+	07:41+	14:26+	23:22+	25:02+	26:47+	32:08+	36:24+	41:57+	45:54+	48:45+	49:30+	
01:20+	06:21+	06:45+	08:56+	01:40-	01:45-	05:21+	04:16-	05:33+	03:57+	02:51+	00:45+	
00:38&	01:46&	00:27+	01:30#	00:33-	00:09-	01:16&	00:35-	01:23&	00:29#	01:09&	00:08#	
<b>3</b>	<b>Arjen Leendertse</b>	<b>91</b>										<b>53:59</b>
01:09+	07:14+	14:09+	25:26+	27:33+	29:47+	34:27+	39:41+	45:51+	50:55+	53:13+	53:59+	
01:09+	06:05+	06:55+	11:17+	02:07-	02:14+	04:40+	05:14+	06:10+	05:04+	02:18+	00:46+	
00:27&	01:30&	00:37+	03:51&	00:06-	00:20#	00:35#	00:23+	02:00&	01:36&	00:36&	00:09#	
<b>4</b>	<b>Kevin Thomas Foust</b>	<b>192</b>										<b>54:29</b>
00:37-	08:44+	17:30+	26:00+	27:41+	29:55+	34:06+	42:04+	46:45+	51:54+	53:42+	54:29+	
00:37-	08:07+	08:46+	08:30+	01:41-	02:14+	04:11+	07:58+	04:41+	05:09+	01:48+	00:47+	
00:05-	03:32&	02:28&	01:04#	00:32-	00:20#	00:06+	03:07&	00:31#	01:41&	00:06+	00:10&	
<b>5</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>55:08</b>
01:30+	07:19+	14:46+	24:50+	26:58+	29:17+	34:55+	40:42+	46:57+	51:33+	54:14+	55:08+	
01:30+	05:49+	07:27+	10:04+	02:08-	02:19+	05:38+	05:47+	06:15+	04:36+	02:41+	00:54+	
00:48@	01:14&	01:09#	02:38&	00:05-	00:25#	01:33&	00:56#	02:05&	01:08&	00:59&	00:17&	
<b>6</b>	<b>Øystein Nilsen</b>	<b>42</b>										<b>56:54</b>
01:12+	08:52+	16:24+	25:30+	27:26+	30:34+	35:44+	41:06+	47:28+	53:55+	56:08+	56:54+	
01:12+	07:40+	07:32+	09:06+	01:56-	03:08+	05:10+	05:22+	06:22+	06:27+	02:13+	00:46+	
00:30&	03:05&	01:14#	01:40#	00:17-	01:14&	01:05&	00:31#	02:12&	02:59&	00:31&	00:09#	
<b>7</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>58:32</b>
00:46+	09:56+	17:00+	29:26+	31:03+	33:41+	40:38+	46:23+	52:02+	55:41+	57:50+	58:32+	
00:46+	09:10+	07:04+	12:26+	01:37-	02:38+	06:57+	05:45+	05:39+	03:39+	02:09+	00:42+	
00:04+	04:35&	00:46#	05:00&	00:36-	00:44&	02:52&	00:54#	01:29&	00:11+	00:27&	00:05#	
<b>8</b>	<b>John Breiland</b>	<b>157</b>										<b>58:41</b>
00:45+	06:42+	15:11+	27:08+	29:06+	31:10+	36:14+	45:13+	51:52+	55:45+	57:49+	58:41+	
00:45+	05:57+	08:29+	11:57+	01:58-	02:04+	05:04+	08:59+	06:39+	03:53+	02:04+	00:52+	
00:03+	01:22&	02:11&	04:31&	00:15-	00:10+	00:59#	04:08&	02:29&	00:25#	00:22#	00:15&	

Class	Navn	Klasse										Tid
<b>9</b>	<b>Adne Hausberg</b>	<b>7</b>										<b>1:00:00</b>
03:13+	09:53+	18:18+	28:01+	31:21+	36:23+	41:25+	46:12+	51:26+	55:37+	59:05+	60:00+	
03:13+	06:40+	08:25+	09:43+	03:20+	05:02+	05:02+	04:47-	05:14+	04:11+	03:28+	00:55+	
02:31@	02:05&	02:07&	02:17&	01:07&	03:08@	00:57#	00:04-	01:04&	00:43#	01:46@	00:18&	
<b>10</b>	<b>Steinar Hansen</b>	<b>27</b>										<b>1:00:40</b>
01:06+	08:08+	17:01+	29:48+	31:48+	34:33+	41:02+	46:26+	51:57+	57:27+	59:50+	60:40+	
01:06+	07:02+	08:53+	12:47+	02:00-	02:45+	06:29+	05:24+	05:31+	05:30+	02:23+	00:50+	
00:24&	02:27&	02:35&	05:21&	00:13-	00:51&	02:24&	00:33#	01:21&	02:02&	00:41&	00:13&	
<b>11</b>	<b>Jakob Ravnås</b>	<b>200</b>										<b>1:02:15</b>
01:17+	09:37+	17:35+	28:06+	30:11+	32:14+	43:08+	49:08+	54:59+	58:58+	61:23+	62:15+	
01:17+	08:20+	07:58+	10:31+	02:05-	02:03+	10:54+	06:00+	05:51+	03:59+	02:25+	00:52+	
00:35&	03:45&	01:40&	03:05&	00:08-	00:09+	06:49@	01:09#	01:41&	00:31#	00:43&	00:15&	
<b>12</b>	<b>Per Ivar Hovstad</b>	<b>116</b>										<b>1:05:16</b>
01:08+	09:25+	16:55+	28:10+	30:05+	32:13+	39:35+	45:26+	57:32+	62:18+	64:29+	65:16+	
01:08+	08:17+	07:30+	11:15+	01:55-	02:08+	07:22+	05:51+	12:06+	04:46+	02:11+	00:47+	
00:26&	03:42&	01:12#	03:49&	00:18-	00:14#	03:17&	01:00#	07:56@	01:18&	00:29&	00:10&	
<b>13</b>	<b>Lars Primstad</b>	<b>62</b>										<b>1:05:52</b>
00:59+	11:18+	22:21+	40:52+	43:24+	45:04+	49:31+	53:58+	59:32+	63:26+	65:15+	65:52+	
00:59+	10:19+	11:03+	18:31+	02:32+	01:40-	04:27+	04:27-	05:34+	03:54+	01:49+	00:37#	
00:17&	05:44@	04:45&	11:05@	00:19#	00:14-	00:22+	00:24-	01:24&	00:26#	00:07+	00:00#	
<b>14</b>	<b>Stig Erlend Bjonness</b>	<b>105</b>										<b>1:06:11</b>
06:23+	13:08+	28:30+	40:20+	43:00+	44:56+	49:06+	53:37+	59:26+	63:05+	65:20+	66:11+	
06:23+	06:45+	15:22+	11:50+	02:40+	01:56+	04:10+	04:31-	05:49+	03:39+	02:15+	00:51+	
05:41@	02:10&	09:04@	04:24&	00:27#	00:02+	00:05+	00:20-	01:39&	00:11+	00:33&	00:14&	
<b>15</b>	<b>Lars Solvang</b>	<b>116</b>										<b>1:10:28</b>
01:07+	11:40+	21:15+	32:36+	35:34+	38:49+	44:23+	52:58+	60:38+	66:19+	69:28+	70:28+	
01:07+	10:33+	09:35+	11:21+	02:58+	03:15+	05:34+	08:35+	07:40+	05:41+	03:09+	01:00+	
00:25&	05:58@	03:17&	03:55&	00:45&	01:21&	01:29&	03:44&	03:30&	02:13&	01:27&	00:23&	
<b>16</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>										<b>1:11:50</b>
00:47+	09:01+	29:23+	41:26+	44:18+	46:54+	52:57+	58:48+	65:00+	69:05+	71:09+	71:50+	
00:47+	08:14+	20:22+	12:03+	02:52+	02:36+	06:03+	05:51+	06:12+	04:05+	02:04+	00:41+	
00:05#	03:39&	14:04@	04:37&	00:39&	00:42&	01:58&	01:00#	02:02&	00:37#	00:22#	00:04#	
<b>17</b>	<b>Svein Oddvar Netland</b>	<b>116</b>										<b>1:13:42</b>
01:32+	14:45+	24:53+	39:58+	42:00+	44:28+	51:13+	57:24+	65:55+	70:27+	72:58+	73:42+	
01:32+	13:13+	10:08+	15:05+	02:02-	02:28+	06:45+	06:11+	08:31+	04:32+	02:31+	00:44+	
00:50@	08:38@	03:50&	07:39@	00:11-	00:34&	02:40&	01:20&	04:21@	01:04&	00:49&	00:07#	
<b>18</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>1:14:50</b>
02:46+	15:47+	26:26+	39:42+	42:30+	45:10+	52:46+	58:55+	65:04+	71:08+	73:48+	74:50+	
02:46+	13:01+	10:39+	13:16+	02:48+	02:40+	07:36+	06:09+	06:09+	06:04+	02:40+	01:02+	
02:04@	08:26@	04:21&	05:50&	00:35&	00:46&	03:31&	01:18&	01:59&	02:36&	00:58&	00:25&	
<b>19</b>	<b>Simen Auli Staff</b>	<b>115</b>										<b>1:15:56</b>
01:08+	08:12+	15:25+	33:22+	36:16+	43:04+	49:52+	59:42+	67:16+	72:32+	75:09+	75:56+	
01:08+	07:04+	07:13+	17:57+	02:54+	06:48+	06:48+	09:50+	07:34+	05:16+	02:37+	00:47+	
00:26&	02:29&	00:55#	10:31@	00:41&	04:54@	02:43&	04:59@	03:24&	01:48&	00:55&	00:10&	
<b>20</b>	<b>Sjur Eirik Gausel</b>	<b>67</b>										<b>1:16:07</b>
02:11+	12:33+	22:39+	36:05+	38:42+	41:43+	50:13+	57:36+	66:28+	71:28+	75:03+	76:07+	
02:11+	10:22+	10:06+	13:26+	02:37+	03:01+	08:30+	07:23+	08:52+	05:00+	03:35+	01:04+	
01:29@	05:47@	03:48&	06:00&	00:24#	01:07&	04:25@	02:32&	04:42@	01:32&	01:53@	00:27&	
<b>21</b>	<b>Frode Engen</b>	<b>116</b>										<b>1:16:54</b>
00:44+	10:06+	17:20+	38:57+	40:49+	44:55+	53:19+	58:43+	64:49+	73:35+	75:57+	76:54+	
00:44+	09:22+	07:14+	21:37+	01:52-	04:06+	08:24+	05:24+	06:06+	08:46+	02:22+	00:57+	
00:02+	04:47@	00:56#	14:11@	00:21-	02:12@	04:19@	00:33#	01:56&	05:18@	00:40&	00:20&	
<b>22</b>	<b>Lars Terje Vaaland</b>	<b>116</b>										<b>1:20:03</b>
01:58+	09:43+	29:04+	46:06+	50:18+	52:56+	58:23+	65:57+	71:44+	76:55+	79:05+	80:03+	
01:58+	07:45+	19:21+	17:02+	04:12+	02:38+	05:27+	07:34+	05:47+	05:11+	02:10+	00:58+	
01:16@	03:10&	13:03@	09:36@	01:59&	00:44&	01:22&	02:43&	01:37&	01:43&	00:28&	00:21&	
<b>23</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>1:25:29</b>
03:35+	18:22+	40:11+	52:42+	54:39+	57:25+	63:50+	69:35+	76:53+	82:04+	84:33+	85:29+	
03:35+	14:47+	21:49+	12:31+	01:57-	02:46+	06:25+	05:45+	07:18+	05:11+	02:29+	00:56+	
02:53@	10:12@	15:31@	05:05&	00:16-	00:52&	02:20&	00:54#	03:08&	01:43&	00:47&	00:19&	



Class	Navn	Klasse										Tid	
<b>24</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>1:27:01</b>	
01:02+	20:24+	42:04+	54:45+	56:41+	59:33+	65:52+	71:33+	78:57+	84:02+	86:19+	87:01+		
01:02+	19:22+	21:40+	12:41+	01:56-	02:52+	06:19+	05:41+	07:24+	05:05+	02:17+	00:42+		
00:20&	14:47@	15:22@	05:15&	00:17-	00:58&	02:14&	00:50#	03:14&	01:37&	00:35&	00:05#		
<b>25</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>1:27:20</b>	
01:31+	22:51+	31:39+	50:23+	53:24+	58:03+	64:58+	72:41+	79:38+	84:16+	86:29+	87:20+		
01:31+	21:20+	08:48+	18:44+	03:01+	04:39+	06:55+	07:43+	06:57+	04:38+	02:13+	00:51+		
00:49@	16:45@	02:30&	11:18@	00:48&	02:45@	02:50&	02:52&	02:47&	01:10&	00:31&	00:14&		
<b>26</b>	<b>Jon Kåre Olsen</b>	<b>92</b>										<b>1:30:49</b>	
01:05+	08:20+	30:45+	45:25+	48:47+	52:22+	59:48+	71:32+	78:46+	85:05+	89:32+	90:49+		
01:05+	07:15+	22:25+	14:40+	03:22+	03:35+	07:26+	11:44+	07:14+	06:19+	04:27+	01:17+		
00:23&	02:40&	16:07@	07:14&	01:09&	01:41&	03:21&	06:53@	03:04&	02:51&	02:45@	00:40@		
<b>27</b>	<b>Peter Chapman</b>	<b>117</b>										<b>1:32:44</b>	
00:59+	12:44+	38:22+	56:40+	58:16+	60:35+	75:27+	79:45+	85:32+	89:45+	91:55+	92:44+		
00:59+	11:45+	25:38+	18:18+	01:36-	02:19+	14:52+	04:18-	05:47+	04:13+	02:10+	00:49+		
00:17&	07:10@	19:20@	10:52@	00:37-	00:25#	10:47@	00:33-	01:37&	00:45#	00:28&	00:12&		
<b>Beste strekktid for klassen</b>													
00:37	04:35	06:18	07:26	01:36	01:40	04:05	04:16	04:10	03:28	01:42	00:37		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
<b>Herrer 50 - 59 år</b>													
<b>1</b>	<b>Arnfinn Rømuld</b>	<b>116</b>										<b>43:33</b>	
00:55=	02:13=	04:50=	16:32=	20:17=	21:09=	23:06=	26:27=	33:12=	37:10=	38:51=	41:43=	42:41=	43:33=
00:55=	01:18=	02:37=	11:42=	03:45=	00:52=	01:57=	03:21=	06:45=	03:58=	01:41=	02:52=	00:58=	00:52=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>45:09</b>	
02:29+	05:04+	08:03+	18:00+	21:43+	22:29+	24:17+	27:44+	35:19+	39:21+	41:35+	43:28+	44:19+	45:09+
02:29+	02:35+	02:59+	09:57-	03:43-	00:46-	01:48-	03:27+	07:35+	04:02+	02:14+	01:53-	00:51-	00:50-
01:34@	01:17&	00:22#	01:45-	00:02-	00:06-	00:09-	00:06+	00:50#	00:04+	00:33&	00:59-	00:07-	00:02-
<b>3</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>48:11</b>	
01:21+	02:31+	05:26+	15:48-	19:57-	20:47-	24:12+	29:15+	37:18+	41:39+	44:18+	46:19+	47:17+	48:11+
01:21+	01:10-	02:55+	10:22-	04:09+	00:50-	03:25+	05:03+	08:03+	04:21+	02:39+	02:01-	00:58=	00:54+
00:26&	00:08-	00:18#	01:20-	00:24#	00:02-	01:28&	01:42&	01:18#	00:23+	00:58&	00:51-	00:00=	00:02+
<b>4</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>48:25</b>	
01:21+	02:47+	05:20+	16:13-	20:11-	21:06-	24:45+	29:19+	36:44+	42:16+	44:11+	46:21+	47:29+	48:25+
01:21+	01:26+	02:33-	10:53-	03:58+	00:55+	03:39+	04:34+	07:25+	05:32+	01:55+	02:10-	01:08+	00:56+
00:26&	00:08#	00:04-	00:49-	00:13+	00:03+	01:42&	01:13&	00:40+	01:34&	00:14#	00:42-	00:10#	00:04+
<b>5</b>	<b>Lars Bergersen</b>	<b>116</b>										<b>49:32</b>	
01:06+	03:46+	06:08+	17:55+	22:20+	23:10+	25:16+	29:51+	38:27+	43:11+	45:25+	47:11+	48:33+	49:32+
01:06+	02:40+	02:22-	11:47+	04:25+	00:50-	02:06+	04:35+	08:36+	04:44+	02:14+	01:46-	01:22+	00:59+
00:11#	01:22@	00:15-	00:05+	00:40#	00:02-	00:09+	01:14&	01:51&	00:46#	00:33&	01:06-	00:24&	00:07#
<b>6</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>50:50</b>	
01:51+	03:01+	05:43+	18:45+	25:00+	25:36+	28:17+	32:40+	39:57+	44:34+	47:02+	48:45+	49:54+	50:50+
01:51+	01:10-	02:42+	13:02+	06:15+	00:36-	02:41+	04:23+	07:17+	04:37+	02:28+	01:43-	01:09+	00:56+
00:56@	00:08-	00:05+	01:20#	02:30&	00:16-	00:44&	01:02&	00:32+	00:39#	00:47&	01:09-	00:11#	00:04+
<b>7</b>	<b>Knut Feldmann</b>	<b>93</b>										<b>51:03</b>	
00:55=	02:18+	05:26+	18:25+	22:39+	25:07+	28:02+	32:39+	40:58+	45:28+	47:06+	49:04+	50:11+	51:03+
00:55=	01:23+	03:08+	12:59+	04:14+	02:28+	02:55+	04:37+	08:19+	04:30+	01:38-	01:58-	01:07+	00:52=
00:00=	00:05+	00:31#	01:17#	00:29#	01:36@	00:58&	01:16&	01:34#	00:32#	00:03-	00:54-	00:09#	00:00=
<b>8</b>	<b>Øivind Berggraf</b>	<b>116</b>										<b>52:48</b>	
01:18+	02:36+	04:51+	19:30+	25:41+	26:13+	29:14+	34:23+	42:18+	46:49+	48:49+	50:55+	51:56+	52:48+
01:18+	01:18=	02:15-	14:39+	06:11+	00:32-	03:01+	05:09+	07:55+	04:31+	02:00+	02:06-	01:01+	00:52=
00:23&	00:00=	00:22-	02:57&	02:26&	00:20-	01:04&	01:48&	01:10#	00:33#	00:19#	00:46-	00:03+	00:00=
<b>9</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>53:04</b>	
01:01+	02:31+	05:06+	17:50+	22:33+	23:59+	26:51+	31:45+	40:47+	46:02+	47:59+	50:50+	52:02+	53:04+
01:01+	01:30+	02:35-	12:44+	04:43+	01:26+	02:52+	04:54+	09:02+	05:15+	01:57+	02:51-	01:12+	01:02+
00:06#	00:12#	00:02-	01:02+	00:58&	00:34&	00:55&	01:33&	02:17&	01:17&	00:16#	00:01-	00:14#	00:10#

Class	Navn	Klasse										Tid		
<b>10</b>	<b>Arne Øvstebø</b>	<b>71</b>										<b>53:12</b>		
01:41+	06:17+	09:03+	21:02+	24:56+	25:41+	28:03+	32:14+	40:36+	45:07+	48:54+	51:01+	52:14+	53:12+	
01:41+	04:36+	02:46+	11:59+	03:54+	00:45-	02:22+	04:11+	08:22+	04:31+	03:47+	02:07-	01:13+	00:58+	
00:46&	03:18@	00:09+	00:17+	00:09+	00:07-	00:25#	00:50#	01:37#	00:33#	02:06@	00:45-	00:15&	00:06#	
<b>11</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>53:58</b>		
03:50+	05:11+	08:08+	18:57+	23:50+	24:54+	27:25+	30:58+	40:31+	46:32+	49:51+	51:55+	53:05+	53:58+	
03:50+	01:21+	02:57+	10:49-	04:53+	01:04+	02:31+	03:33+	09:33+	06:01+	03:19+	02:04-	01:10+	00:53+	
02:55@	00:03+	00:20#	00:53-	01:08&	00:12#	00:34&	00:12+	02:48&	02:03&	01:38&	00:48-	00:12#	00:01+	
<b>12</b>	<b>Frank Hansen</b>	<b>29</b>										<b>54:45</b>		
01:39+	03:31+	06:46+	18:33+	24:13+	25:33+	27:47+	34:48+	43:24+	48:11+	51:07+	52:53+	54:00+	54:45+	
01:39+	01:52+	03:15+	11:47+	05:40+	01:20+	02:14+	07:01+	08:36+	04:47+	02:56+	01:46-	01:07+	00:45-	
00:44&	00:34&	00:38#	00:05+	01:55&	00:28&	00:17#	03:40@	01:51&	00:49#	01:15&	01:06-	00:09#	00:07-	
<b>13</b>	<b>Arne Magne Søndresen</b>	<b>92</b>										<b>55:40</b>		
01:08+	03:15+	05:41+	14:08-	19:07-	28:38+	29:25+	31:32+	35:35+	42:37+	46:31+	50:30+	53:51+	54:46+	55:40+
01:08+	02:07+	02:26-	08:27-	04:59+	09:31+	00:47-	02:07-	04:03-	07:02+	03:54+	03:59+	03:21+	00:55+	00:54+
00:13#	00:49&	00:11-	03:15-	01:14&	08:39@	01:10-	01:14-	02:42-	03:04&	02:13@	01:07&	02:23@	00:03+	00:54+
<b>14</b>	<b>Harald Jansen</b>	<b>289</b>										<b>55:59</b>		
01:13+	02:47+	05:38+	17:06+	28:15+	29:53+	31:55+	36:23+	44:43+	49:21+	51:44+	53:37+	54:46+	55:59+	
01:13+	01:34+	02:51+	11:28-	11:09+	01:38+	02:02+	04:28+	08:20+	04:38+	02:23+	01:53-	01:09+	01:13+	
00:18&	00:16#	00:14+	00:14-	07:24@	00:46&	00:05+	01:07&	01:35#	00:40#	00:42&	00:59-	00:11#	00:21&	
<b>15</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>56:04</b>		
01:51+	04:11+	08:15+	21:15+	26:49+	27:49+	30:46+	36:03+	44:44+	49:39+	51:57+	53:58+	55:08+	56:04+	
01:51+	02:20+	04:04+	13:00+	05:34+	01:00+	02:57+	05:17+	08:41+	04:55+	02:18+	02:01-	01:10+	00:56+	
00:56@	01:02&	01:27&	01:18#	01:49&	00:08#	01:00&	01:56&	01:56&	00:57#	00:37&	00:51-	00:12#	00:04+	
<b>16</b>	<b>Sigbjørn Gloppen</b>	<b>144</b>										<b>58:36</b>		
01:19+	03:41+	07:12+	18:51+	25:46+	26:48+	29:07+	36:12+	44:12+	50:26+	54:15+	56:20+	57:44+	58:36+	
01:19+	02:22+	03:31+	11:39-	06:55+	01:02+	02:19+	07:05+	08:00+	06:14+	03:49+	02:05-	01:24+	00:52=	
00:24&	01:04&	00:54&	00:03-	03:10&	00:10#	00:22#	03:44@	01:15#	02:16&	02:08@	00:47-	00:26&	00:00=	
<b>17</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>59:07</b>		
01:21+	03:16+	06:54+	19:53+	24:21+	25:59+	28:54+	34:04+	43:20+	49:07+	52:04+	56:47+	58:06+	59:07+	
01:21+	01:55+	03:38+	12:59+	04:28+	01:38+	02:55+	05:10+	09:16+	05:47+	02:57+	04:43+	01:19+	01:01+	
00:26&	00:37&	01:01&	01:17#	00:43#	00:46&	00:58&	01:49&	02:31&	01:49&	01:16&	01:51&	00:21&	00:09#	
<b>18</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>59:31</b>		
05:06+	06:37+	09:34+	23:16+	28:38+	29:38+	32:24+	38:55+	47:27+	52:48+	55:15+	57:30+	58:33+	59:31+	
05:06+	01:31+	02:57+	13:42+	05:22+	01:00+	02:46+	06:31+	08:32+	05:21+	02:27+	02:15-	01:03+	00:58+	
04:11@	00:13#	00:20#	02:00#	01:37&	00:08#	00:49&	03:10&	01:47&	01:23&	00:46&	00:37-	00:05+	00:06#	
<b>19</b>	<b>Ernst Kristensen</b>	<b>116</b>										<b>1:00:12</b>		
01:37+	03:31+	08:50+	23:04+	28:17+	29:16+	32:02+	37:00+	47:43+	53:16+	55:56+	57:50+	59:09+	60:12+	
01:37+	01:54+	05:19+	14:14+	05:13+	00:59+	02:46+	04:58+	10:43+	05:33+	02:40+	01:54-	01:19+	01:03+	
00:42&	00:36&	02:42@	02:32#	01:28&	00:07#	00:49&	01:37&	03:58&	01:35&	00:59&	00:58-	00:21&	00:11#	
<b>20</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>1:01:14</b>		
01:57+	03:50+	07:15+	21:34+	28:11+	29:18+	31:59+	37:33+	48:00+	53:46+	56:31+	58:35+	60:04+	61:14+	
01:57+	01:53+	03:25+	14:19+	06:37+	01:07+	02:41+	05:34+	10:27+	05:46+	02:45+	02:04-	01:29+	01:10+	
01:02@	00:35&	00:48&	02:37#	02:52&	00:15&	00:44&	02:13&	03:42&	01:48&	01:04&	00:48-	00:31&	00:18&	
<b>21</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>1:01:37</b>		
01:10+	02:49+	07:41+	22:01+	27:05+	28:21+	31:04+	35:35+	45:06+	50:57+	53:35+	59:19+	60:35+	61:37+	
01:10+	01:39+	04:52+	14:20+	05:04+	01:16+	02:43+	04:31+	09:31+	05:51+	02:38+	05:44+	01:16+	01:02+	
00:15&	00:21&	02:15&	02:38#	01:19&	00:24&	00:46&	01:10&	02:46&	01:53&	00:57&	02:52&	00:18&	00:10#	
<b>22</b>	<b>Kjell Ove Aksland</b>	<b>27</b>										<b>1:02:58</b>		
02:54+	07:35+	11:04+	24:05+	30:42+	31:19+	33:36+	39:30+	49:48+	54:45+	58:13+	60:54+	62:00+	62:58+	
02:54+	04:41+	03:29+	13:01+	06:37+	00:37-	02:17+	05:54+	10:18+	04:57+	03:28+	02:41-	01:06+	00:58+	
01:59@	03:23@	00:52&	01:19#	02:52&	00:15-	00:20#	02:33&	03:33&	00:59#	01:47@	00:11-	00:08#	00:06#	
<b>23</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>1:03:37</b>		
01:46+	03:43+	15:07+	27:01+	31:53+	34:20+	37:10+	41:41+	51:03+	56:55+	59:20+	61:28+	62:37+	63:37+	
01:46+	01:57+	11:24+	11:54+	04:52+	02:27+	02:50+	04:31+	09:22+	05:52+	02:25+	02:08-	01:09+	01:00+	
00:51&	00:39&	08:47@	00:12+	01:07&	01:35@	00:53&	01:10&	02:37&	01:54&	00:44&	00:44-	00:11#	00:08#	
<b>24</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>										<b>1:03:40</b>		
01:40+	03:17+	06:51+	20:43+	26:49+	28:13+	31:35+	37:13+	47:45+	56:05+	59:18+	61:29+	62:46+	63:40+	
01:40+	01:37+	03:34+	13:52+	06:06+	01:24+	03:22+	05:38+	10:32+	08:20+	03:13+	02:11-	01:17+	00:54+	
00:45&	00:19#	00:57&	02:10#	02:21&	00:32&	01:25&	02:17&	03:47&	04:22@	01:32&	00:41-	00:19&	00:02+	

Class	Navn	Klasse										Tid	
<b>25</b>	<b>Gunnar Graabak</b>	<b>3</b>										<b>1:04:35</b>	
02:23+	05:08+	12:40+	23:26+	33:20+	34:18+	36:49+	44:48+	52:24+	57:33+	59:44+	61:51+	63:09+	64:35+
02:23+	02:45+	07:32+	10:46-	09:54+	00:58+	02:31+	07:59+	07:36+	05:09+	02:11+	02:07-	01:18+	01:26+
01:28@	01:27@	04:55@	00:56-	06:09@	00:06#	00:34&	04:38@	00:51#	01:11&	00:30&	00:45-	00:20&	00:34&
<b>26</b>	<b>Arne Nygaard</b>	<b>66</b>										<b>1:05:05</b>	
01:54+	03:28+	09:50+	24:24+	32:00+	35:20+	37:55+	43:54+	53:49+	59:00+	61:35+	63:09+	64:07+	65:05+
01:54+	01:34+	06:22+	14:34+	07:36+	03:20+	02:35+	05:59+	09:55+	05:11+	02:35+	01:34-	00:58=	00:58+
00:59@	00:16#	03:45@	02:52#	03:51@	02:28@	00:38&	02:38&	03:10&	01:13&	00:54&	01:18-	00:00=	00:06#
<b>27</b>	<b>Tor Brekken</b>	<b>97</b>										<b>1:05:28</b>	
01:33+	03:48+	07:17+	30:26+	35:34+	36:44+	39:23+	43:27+	51:43+	56:31+	61:07+	63:21+	64:35+	65:28+
01:33+	02:15+	03:29+	23:09+	05:08+	01:10+	02:39+	04:04+	08:16+	04:48+	04:36+	02:14-	01:14+	00:53+
00:38&	00:57&	00:52&	11:27&	01:23&	00:18&	00:42&	00:43#	01:31#	00:50#	02:55@	00:38-	00:16&	00:01+
<b>28</b>	<b>John C. Sinnes</b>	<b>93</b>										<b>1:08:32</b>	
01:17+	03:17+	06:58+	23:03+	32:07+	33:17+	36:05+	44:10+	54:06+	61:29+	64:24+	66:25+	67:40+	68:32+
01:17+	02:00+	03:41+	16:05+	09:04+	01:10+	02:48+	08:05+	09:56+	07:23+	02:55+	02:01-	01:15+	00:52=
00:22&	00:42&	01:04&	04:23&	05:19@	00:18&	00:51&	04:44@	03:11&	03:25&	01:14&	00:51-	00:17&	00:00=
<b>29</b>	<b>Kjell Olav Gjerde</b>	<b>7</b>										<b>1:11:01</b>	
01:31+	03:22+	13:14+	34:24+	39:26+	40:24+	43:09+	49:02+	57:22+	62:04+	66:59+	69:06+	70:09+	71:01+
01:31+	01:51+	09:52+	21:10+	05:02+	00:58+	02:45+	05:53+	08:20+	04:42+	04:55+	02:07-	01:03+	00:52=
00:36&	00:33&	07:15@	09:28&	01:17&	00:06#	00:48&	02:32&	01:35#	00:44#	03:14@	00:45-	00:05+	00:00=
<b>30</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>1:16:10</b>	
01:19+	04:38+	07:36+	21:26+	38:53+	40:01+	43:26+	49:06+	61:21+	67:37+	69:57+	73:48+	75:08+	76:10+
01:19+	03:19+	02:58+	13:50+	17:27+	01:08+	03:25+	05:40+	12:15+	06:16+	02:20+	03:51+	01:20+	01:02+
00:24&	02:01@	00:21#	02:08#	13:42@	00:16&	01:28&	02:19&	05:30&	02:18&	00:39&	00:59&	00:22&	00:10#
<b>31</b>	<b>Ole J. Bakkevold</b>	<b>17</b>										<b>1:20:26</b>	
03:52+	05:52+	09:19+	28:47+	33:29+	37:20+	40:26+	52:04+	62:16+	70:19+	74:03+	78:26+	79:43+	80:26+
03:52+	02:00+	03:27+	19:28+	04:42+	03:51+	03:06+	11:38+	10:12+	08:03+	03:44+	04:23+	01:17+	00:43-
02:57@	00:42&	00:50&	07:46&	00:57&	02:59@	01:09&	08:17@	03:27&	04:05@	02:03@	01:31&	00:19&	00:09-
<b>32</b>	<b>Kjell Helge Husebø</b>	<b>115</b>										<b>1:23:48</b>	
02:03+	05:08+	10:32+	26:05+	40:07+	41:09+	44:51+	51:43+	67:42+	74:46+	78:33+	80:57+	82:47+	83:48+
02:03+	03:05+	05:24+	15:33+	14:02+	01:02+	03:42+	06:52+	15:59+	07:04+	03:47+	02:24-	01:50+	01:01+
01:08@	01:47@	02:47@	03:51&	10:17@	00:10#	01:45&	03:31@	09:14@	03:06&	02:06@	00:28-	00:52&	00:09#
<b>33</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>1:31:40</b>	
02:00+	03:52+	06:44+	24:32+	46:04+	46:53+	56:11+	65:53+	77:44+	84:15+	87:05+	89:15+	90:32+	91:40+
02:00+	01:52+	02:52+	17:48+	21:32+	00:49-	09:18+	09:42+	11:51+	06:31+	02:50+	02:10-	01:17+	01:08+
01:05@	00:34&	00:15+	06:06&	17:47@	00:03-	07:21@	06:21@	05:06&	02:33&	01:09&	00:42-	00:19&	00:16&
<b>34</b>	<b>John Lage Bergan</b>	<b>116</b>										<b>1:31:46</b>	
03:31+	06:17+	15:59+	45:36+	50:16+	51:27+	56:23+	63:56+	74:42+	83:32+	86:46+	89:11+	90:38+	91:46+
03:31+	02:46+	09:42+	29:37+	04:40+	01:11+	04:56+	07:33+	10:46+	08:50+	03:14+	02:25-	01:27+	01:08+
02:36@	01:28@	07:05@	17:55@	00:55#	00:19&	02:59@	04:12@	04:01&	04:52@	01:33&	00:27-	00:29&	00:16&
<b>35</b>	<b>Kjetil Heradstveit</b>	<b>12</b>										<b>1:32:25</b>	
01:19+	09:37+	12:32+	24:12+	48:59+	50:12+	52:28+	69:19+	78:16+	83:27+	87:21+	90:19+	91:21+	92:25+
01:19+	08:18+	02:55+	11:40-	24:47+	01:13+	02:16+	16:51+	08:57+	05:11+	03:54+	02:58+	01:02+	01:04+
00:24&	07:00@	00:18#	00:02-	21:02@	00:21&	00:19#	13:30@	02:12&	01:13&	02:13@	00:06+	00:04+	00:12#
<b>36</b>	<b>Steinar Torjusen</b>	<b>167</b>										<b>1:39:11</b>	
05:59+	08:53+	13:14+	51:21+	56:42+	57:57+	61:44+	71:27+	80:24+	88:18+	91:32+	97:01+	98:16+	99:11+
05:59+	02:54+	04:21+	38:07+	05:21+	01:15+	03:47+	09:43+	08:57+	07:54+	03:14+	05:29+	01:15+	00:55+
05:04@	01:36@	01:44&	26:25@	01:36&	00:23&	01:50&	06:22@	02:12&	03:56&	01:33&	02:37&	00:17&	00:03+
<b>Beste strekktid for klassen</b>													
00:55	01:10	02:15	08:27	03:43	00:32	00:47	02:07	04:03	03:58	01:38	01:34	00:51	00:43

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

## Herrer 60 - 64 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>35:02</b>	
04:49=	10:16=	14:50=	16:12=	21:59=	27:32=	28:40=	30:41=	33:25=	34:11=	35:02=			
04:49=	05:27=	04:34=	01:22=	05:47=	05:33=	01:08=	02:01=	02:44=	00:46=	00:51=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

Class	Navn	Klasse										Tid
<b>2</b>	<b>Arne M. Handeland</b>	<b>92</b>										<b>46:52</b>
06:25+	14:20+	21:50+	23:25+	30:58+	38:22+	39:46+	41:40+	44:59+	46:00+	46:52+		
06:25+	07:55+	07:30+	01:35+	07:33+	07:24+	01:24+	01:54-	03:19+	01:01+	00:52+		
01:36&	02:28&	02:56&	00:13#	01:46&	01:51&	00:16#	00:07-	00:35#	00:15&	00:01+		
<b>3</b>	<b>Dag Helliksen</b>	<b>80</b>										<b>48:03</b>
06:37+	13:41+	21:02+	22:34+	30:39+	39:26+	41:18+	43:06+	46:02+	47:12+	48:03+		
06:37+	07:04+	07:21+	01:32+	08:05+	08:47+	01:52+	01:48-	02:56+	01:10+	00:51=		
01:48&	01:37&	02:47&	00:10#	02:18&	03:14&	00:44&	00:13-	00:12+	00:24&	00:00=		
<b>4</b>	<b>Agnar Lien</b>	<b>7</b>										<b>48:56</b>
07:26+	17:24+	25:09+	26:38+	33:54+	40:25+	41:34+	43:13+	46:45+	47:50+	48:56+		
07:26+	09:58+	07:45+	01:29+	07:16+	06:31+	01:09+	01:39-	03:32+	01:05+	01:06+		
02:37&	04:31&	03:11&	00:07+	01:29&	00:58#	00:01+	00:22-	00:48&	00:19&	00:15&		
<b>5</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>49:46</b>
06:32+	16:12+	23:02+	24:50+	34:32+	41:30+	42:49+	44:31+	47:49+	48:50+	49:46+		
06:32+	09:40+	06:50+	01:48+	09:42+	06:58+	01:19+	01:42-	03:18+	01:01+	00:56+		
01:43&	04:13&	02:16&	00:26&	03:55&	01:25&	00:11#	00:19-	00:34#	00:15&	00:05+		
<b>6</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>50:35</b>
05:52+	12:50+	25:21+	27:01+	34:24+	42:07+	43:26+	45:17+	48:36+	49:38+	50:35+		
05:52+	06:58+	12:31+	01:40+	07:23+	07:43+	01:19+	01:51-	03:19+	01:02+	00:57+		
01:03#	01:31&	07:57@	00:18#	01:36&	02:10&	00:11#	00:10-	00:35#	00:16&	00:06#		
<b>7</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>52:51</b>
09:12+	19:23+	26:18+	27:49+	35:25+	43:20+	44:51+	46:42+	50:43+	51:43+	52:51+		
09:12+	10:11+	06:55+	01:31+	07:36+	07:55+	01:31+	01:51-	04:01+	01:00+	01:08+		
04:23&	04:44&	02:21&	00:09#	01:49&	02:22&	00:23&	00:10-	01:17&	00:14&	00:17&		
<b>8</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>27</b>										<b>53:16</b>
06:54+	20:58+	28:15+	29:43+	37:21+	44:44+	46:13+	47:57+	51:12+	52:17+	53:16+		
06:54+	14:04+	07:17+	01:28+	07:38+	07:23+	01:29+	01:44-	03:15+	01:05+	00:59+		
02:05&	08:37@	02:43&	00:06+	01:51&	01:50&	00:21&	00:17-	00:31#	00:19&	00:08#		
<b>9</b>	<b>Kjell Skjæveland</b>	<b>108</b>										<b>54:09</b>
06:52+	22:09+	28:24+	30:08+	37:47+	45:25+	46:56+	48:42+	52:07+	53:14+	54:09+		
06:52+	15:17+	06:15+	01:44+	07:39+	07:38+	01:31+	01:46-	03:25+	01:07+	00:55+		
02:03&	09:50@	01:41&	00:22&	01:52&	02:05&	00:23&	00:15-	00:41#	00:21&	00:04+		
<b>10</b>	<b>Bjørn H. Engseth</b>	<b>27</b>										<b>54:49</b>
06:34+	16:37+	23:18+	25:04+	34:46+	44:00+	46:47+	48:35+	52:29+	53:43+	54:49+		
06:34+	10:03+	06:41+	01:46+	09:42+	09:14+	02:47+	01:48-	03:54+	01:14+	01:06+		
01:45&	04:36&	02:07&	00:24&	03:55&	03:41&	01:39@	00:13-	01:10&	00:28&	00:15&		
<b>11</b>	<b>Torbjørn Evensen</b>	<b>108</b>										<b>55:09</b>
06:34+	14:03+	21:48+	23:53+	33:22+	43:30+	45:09+	47:28+	52:05+	53:31+	55:09+		
06:34+	07:29+	07:45+	02:05+	09:29+	10:08+	01:39+	02:19+	04:37+	01:26+	01:38+		
01:45&	02:02&	03:11&	00:43&	03:42&	04:35&	00:31&	00:18#	01:53&	00:40&	00:47&		
<b>12</b>	<b>Magne Tunheim</b>	<b>144</b>										<b>56:04</b>
08:57+	16:24+	22:42+	23:57+	36:39+	45:13+	46:27+	48:32+	54:18+	55:22+	56:04+		
08:57+	07:27+	06:18+	01:15-	12:42+	08:34+	01:14+	02:05+	05:46+	01:04+	00:42-		
04:08&	02:00&	01:44&	00:07-	06:55@	03:01&	00:06+	00:04+	03:02@	00:18&	00:09-		
<b>13</b>	<b>Bjørn Tore Aase</b>	<b>29</b>										<b>56:35</b>
08:41+	18:33+	26:47+	28:43+	37:51+	46:33+	48:05+	50:01+	54:07+	55:28+	56:35+		
08:41+	09:52+	08:14+	01:56+	09:08+	08:42+	01:32+	01:56-	04:06+	01:21+	01:07+		
03:52&	04:25&	03:40&	00:34&	03:21&	03:09&	00:24&	00:05-	01:22&	00:35&	00:16&		
<b>14</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>58:07</b>
06:37+	26:01+	33:07+	34:37+	42:13+	49:31+	51:01+	52:47+	55:59+	57:14+	58:07+		
06:37+	19:24+	07:06+	01:30+	07:36+	07:18+	01:30+	01:46-	03:12+	01:15+	00:53+		
01:48&	13:57@	02:32&	00:08+	01:49&	01:45&	00:22&	00:15-	00:28#	00:29&	00:02+		
<b>15</b>	<b>Olav Tunheim</b>	<b>93</b>										<b>59:37</b>
07:16+	16:04+	22:59+	25:05+	35:59+	47:38+	49:50+	52:45+	57:34+	58:40+	59:37+		
07:16+	08:48+	06:55+	02:06+	10:54+	11:39+	02:12+	02:55+	04:49+	01:06+	00:57+		
02:27&	03:21&	02:21&	00:44&	05:07&	06:06@	01:04&	00:54&	02:05&	00:20&	00:06#		
<b>16</b>	<b>Terje Stokkeland</b>	<b>69</b>										<b>1:09:38</b>
07:05+	24:44+	32:38+	34:21+	49:51+	60:14+	61:54+	64:07+	67:28+	68:43+	69:38+		
07:05+	17:39+	07:54+	01:43+	15:30+	10:23+	01:40+	02:13+	03:21+	01:15+	00:55+		
02:16&	12:12@	03:20&	00:21&	09:43@	04:50&	00:32&	00:12+	00:37#	00:29&	00:04+		

Class	Navn	Klasse										Tid
<b>17</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>1:16:13</b>
	11:43+	21:53+	30:29+	33:54+	48:18+	63:32+	64:54+	66:55+	73:46+	75:09+	76:13+	
	11:43+	10:10+	08:36+	03:25+	14:24+	15:14+	01:22+	02:01=	06:51+	01:23+	01:04+	
	06:54@	04:43&	04:02&	02:03@	08:37@	09:41@	00:14#	00:00=	04:07@	00:37&	00:13&	
<b>18</b>	<b>Egil Røyneberg</b>	<b>93</b>										<b>1:19:28</b>
	11:18+	21:58+	32:22+	35:33+	55:05+	66:26+	68:25+	71:31+	76:19+	78:15+	79:28+	
	11:18+	10:40+	10:24+	03:11+	19:32+	11:21+	01:59+	03:06+	04:48+	01:56+	01:13+	
	06:29@	05:13&	05:50@	01:49@	13:45@	05:48@	00:51&	01:05&	02:04&	01:10@	00:22&	
<b>Beste strekktid for klassen</b>												
	04:49	05:27	04:34	01:15	05:47	05:33	01:08	01:39	02:44	00:46	00:42	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>Herrer 65 - 69 år</b>												
<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>34:02</b>
	05:04=	10:10=	14:42=	16:09=	22:30=	27:44=	28:40=	29:58=	32:30=	33:20=	34:02=	
	05:04=	05:06=	04:32=	01:27=	06:21=	05:14=	00:56=	01:18=	02:32=	00:50=	00:42=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>35:24</b>
	05:13+	11:16+	16:11+	17:28+	23:21+	28:39+	29:41+	30:51+	33:41+	34:34+	35:24+	
	05:13+	06:03+	04:55+	01:17-	05:53-	05:18+	01:02+	01:10-	02:50+	00:53+	00:50+	
	00:09+	00:57#	00:23+	00:10-	00:28-	00:04+	00:06#	00:08-	00:18#	00:03+	00:08#	
<b>3</b>	<b>Harry Breiland</b>	<b>66</b>										<b>37:57</b>
	05:23+	11:48+	17:07+	18:38+	24:07+	30:42+	31:41+	32:56+	36:16+	37:10+	37:57+	
	05:23+	06:25+	05:19+	01:31+	05:29-	06:35+	00:59+	01:15-	03:20+	00:54+	00:47+	
	00:19+	01:19&	00:47#	00:04+	00:52-	01:21&	00:03+	00:03-	00:48&	00:04+	00:05#	
<b>4</b>	<b>Otto Alsnes</b>	<b>50</b>										<b>41:17</b>
	06:02+	12:14+	17:54+	19:21+	27:04+	33:15+	34:21+	35:54+	39:08+	40:17+	41:17+	
	06:02+	06:12+	05:40+	01:27=	07:43+	06:11+	01:06+	01:33+	03:14+	01:09+	01:00+	
	00:58#	01:06#	01:08#	00:00=	01:22#	00:57#	00:10#	00:15#	00:42&	00:19&	00:18&	
<b>5</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>44:40</b>
	06:35+	14:01+	20:00+	21:44+	28:57+	36:21+	37:57+	39:25+	42:55+	43:54+	44:40+	
	06:35+	07:26+	05:59+	01:44+	07:13+	07:24+	01:36+	01:28+	03:30+	00:59+	00:46+	
	01:31&	02:20&	01:27&	00:17#	00:52#	02:10&	00:40&	00:10#	00:58&	00:09#	00:04+	
<b>6</b>	<b>Jan Hetland</b>	<b>29</b>										<b>45:28</b>
	06:08+	12:23+	18:42+	21:08+	27:55+	36:02+	37:43+	39:56+	44:00+	44:49+	45:28+	
	06:08+	06:15+	06:19+	02:26+	06:47+	08:07+	01:41+	02:13+	04:04+	00:49-	00:39-	
	01:04#	01:09#	01:47&	00:59&	00:26+	02:53&	00:45&	00:55&	01:32&	00:01-	00:03-	
<b>7</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>45:31</b>
	06:29+	13:02+	19:17+	21:12+	28:25+	36:12+	37:55+	39:48+	43:31+	44:40+	45:31+	
	06:29+	06:33+	06:15+	01:55+	07:13+	07:47+	01:43+	01:53+	03:43+	01:09+	00:51+	
	01:25&	01:27&	01:43&	00:28&	00:52#	02:33&	00:47&	00:35&	01:11&	00:19&	00:09#	
<b>8</b>	<b>Terje Helland</b>	<b>88</b>										<b>48:19</b>
	07:46+	14:58+	21:07+	22:52+	30:32+	38:10+	40:27+	42:16+	46:26+	47:24+	48:19+	
	07:46+	07:12+	06:09+	01:45+	07:40+	07:38+	02:17+	01:49+	04:10+	00:58+	00:55+	
	02:42&	02:06&	01:37&	00:18#	01:19#	02:24&	01:21@	00:31&	01:38&	00:08#	00:13&	
<b>9</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>49:40</b>
	06:54+	15:00+	21:34+	23:44+	31:58+	40:27+	41:52+	43:40+	47:22+	48:34+	49:40+	
	06:54+	08:06+	06:34+	02:10+	08:14+	08:29+	01:25+	01:48+	03:42+	01:12+	01:06+	
	01:50&	03:00&	02:02&	00:43&	01:53&	03:15&	00:29&	00:30&	01:10&	00:22&	00:24&	
<b>10</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>52:12</b>
	08:32+	14:46+	22:35+	23:52+	31:47+	40:32+	41:36+	46:45+	50:15+	51:17+	52:12+	
	08:32+	06:14+	07:49+	01:17-	07:55+	08:45+	01:04+	05:09+	03:30+	01:02+	00:55+	
	03:28&	01:08#	03:17&	00:10-	01:34#	03:31&	00:08#	03:51@	00:58&	00:12#	00:13&	
<b>11</b>	<b>Sverre Vatland</b>	<b>93</b>										<b>53:39</b>
	07:27+	16:00+	23:00+	24:37+	33:53+	43:51+	45:16+	47:11+	51:31+	52:39+	53:39+	
	07:27+	08:33+	07:00+	01:37+	09:16+	09:58+	01:25+	01:55+	04:20+	01:08+	01:00+	
	02:23&	03:27&	02:28&	00:10#	02:55&	04:44&	00:29&	00:37&	01:48&	00:18&	00:18&	

Class	Navn	Klasse										Tid
<b>12</b>	<b>Terje Langeland</b>	<b>98</b>										<b>57:32</b>
08:22+	18:57+	26:40+	28:27+	36:47+	46:22+	47:55+	50:10+	55:04+	56:30+	57:32+		
08:22+	10:35+	07:43+	01:47+	08:20+	09:35+	01:33+	02:15+	04:54+	01:26+	01:02+		
03:18&	05:29@	03:11&	00:20#	01:59&	04:21&	00:37&	00:57&	02:22&	00:36&	00:20&		
<b>13</b>	<b>Arne Østensen</b>	<b>90</b>										<b>58:22</b>
06:24+	23:11+	30:10+	31:33+	40:54+	49:19+	51:02+	52:46+	56:13+	57:23+	58:22+		
06:24+	16:47+	06:59+	01:23-	09:21+	08:25+	01:43+	01:44+	03:27+	01:10+	00:59+		
01:20&	11:41@	02:27&	00:04-	03:00&	03:11&	00:47&	00:26&	00:55&	00:20&	00:17&		
<b>14</b>	<b>Svein Ims</b>	<b>65</b>										<b>58:26</b>
12:10+	20:28+	27:18+	29:34+	37:39+	47:01+	48:31+	51:35+	55:56+	57:23+	58:26+		
12:10+	08:18+	06:50+	02:16+	08:05+	09:22+	01:30+	03:04+	04:21+	01:27+	01:03+		
07:06@	03:12&	02:18&	00:49&	01:44&	04:08&	00:34&	01:46@	01:49&	00:37&	00:21&		
<b>15</b>	<b>Terje Gautestad</b>	<b>7</b>										<b>59:21</b>
08:23+	19:39+	26:43+	28:42+	38:37+	48:04+	49:23+	52:01+	56:55+	58:17+	59:21+		
08:23+	11:16+	07:04+	01:59+	09:55+	09:27+	01:19+	02:38+	04:54+	01:22+	01:04+		
03:19&	06:10@	02:32&	00:32&	03:34&	04:13&	00:23&	01:20@	02:22&	00:32&	00:22&		
<b>16</b>	<b>Ragnar Rossavik</b>	<b>109</b>										<b>59:31</b>
08:02+	15:51+	22:52+	31:33+	40:43+	49:50+	51:11+	53:29+	57:22+	58:32+	59:31+		
08:02+	07:49+	07:01+	08:41+	09:10+	09:07+	01:21+	02:18+	03:53+	01:10+	00:59+		
02:58&	02:43&	02:29&	07:14@	02:49&	03:53&	00:25&	01:00&	01:21&	00:20&	00:17&		
<b>17</b>	<b>Berge Hatteland</b>	<b>62</b>										<b>59:40</b>
08:03+	19:13+	27:53+	29:55+	39:37+	48:21+	50:08+	52:13+	56:32+	58:08+	59:40+		
08:03+	11:10+	08:40+	02:02+	09:42+	08:44+	01:47+	02:05+	04:19+	01:36+	01:32+		
02:59&	06:04@	04:08&	00:35&	03:21&	03:30&	00:51&	00:47&	01:47&	00:46&	00:50@		
<b>18</b>	<b>Svein Ove Horpestad</b>	<b>62</b>										<b>1:01:20</b>
07:27+	16:53+	23:15+	24:59+	41:13+	48:50+	50:02+	53:24+	58:57+	60:08+	61:20+		
07:27+	09:26+	06:22+	01:44+	16:14+	07:37+	01:12+	03:22+	05:33+	01:11+	01:12+		
02:23&	04:20&	01:50&	00:17#	09:53@	02:23&	00:16&	02:04@	03:01@	00:21&	00:30&		
<b>19</b>	<b>Torstein Gjesteland</b>	<b>126</b>										<b>1:13:21</b>
07:20+	22:37+	35:25+	37:18+	51:18+	61:10+	63:55+	65:53+	70:50+	72:14+	73:21+		
07:20+	15:17+	12:48+	01:53+	14:00+	09:52+	02:45+	01:58+	04:57+	01:24+	01:07+		
02:16&	10:11@	08:16@	00:26&	07:39@	04:38&	01:49@	00:40&	02:25&	00:34&	00:25&		
<b>20</b>	<b>Roar Fitjar</b>	<b>101</b>										<b>1:14:08</b>
07:15+	16:15+	33:26+	35:33+	52:38+	62:00+	64:45+	67:22+	71:46+	73:01+	74:08+		
07:15+	09:00+	17:11+	02:07+	17:05+	09:22+	02:45+	02:37+	04:24+	01:15+	01:07+		
02:11&	03:54&	12:39@	00:40&	10:44@	04:08&	01:49@	01:19@	01:52&	00:25&	00:25&		
<b>21</b>	<b>Per Marthon Møland</b>	<b>5</b>										<b>1:16:19</b>
15:41+	27:53+	35:46+	37:46+	48:23+	64:17+	66:48+	69:00+	72:58+	74:33+	76:19+		
15:41+	12:12+	07:53+	02:00+	10:37+	15:54+	02:31+	02:12+	03:58+	01:35+	01:46+		
10:37@	07:06@	03:21&	00:33&	04:16&	10:40@	01:35@	00:54&	01:26&	00:45&	01:04@		
<b>22</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>1:19:16</b>
10:54+	21:39+	31:12+	33:45+	46:32+	55:56+	60:20+	66:36+	69:20+	74:34+	76:52+	79:16+	
10:54+	10:45+	09:33+	02:33+	12:47+	09:24+	04:24+	06:16+	02:44+	05:14+	02:18+	02:24+	
05:50@	05:39@	05:01@	01:06&	06:26@	04:10&	03:28@	04:58@	00:12+	04:24@	01:36@	02:24+	
<b>23</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>1:30:34</b>
10:44+	33:43+	45:08+	48:20+	64:28+	77:40+	80:52+	83:28+	88:03+	89:36+	90:34+		
10:44+	22:59+	11:25+	03:12+	16:08+	13:12+	03:12+	02:36+	04:35+	01:33+	00:58+		
05:40@	17:53@	06:53@	01:45@	09:47@	07:58@	02:16@	01:18&	02:03&	00:43&	00:16&		
<b>Beste strekktid for klassen</b>												
05:04	05:06	04:32	01:17	05:29	05:14	00:56	01:10	02:32	00:49	00:39		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>Herrer 70 - 74 år</b>												
<b>1</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>39:44</b>
06:11=	12:34=	17:59=	19:29=	25:05=	31:41=	33:05=	34:36=	37:44=	38:54=	39:44=		
06:11=	06:23=	05:25=	01:30=	05:36=	06:36=	01:24=	01:31=	03:08=	01:10=	00:50=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Class	Navn	Klasse	Tid
<b>2</b>	<b>Hermann Skogsholm</b>	<b>53</b>	<b>44:51</b>
06:50+	14:30+ 20:25+ 22:05+ 29:16+	36:16+ 37:30+ 39:30+ 42:57+ 44:03+ 44:51+	
06:50+	07:40+ 05:55+ 01:40+ 07:11+	07:00+ 01:14- 02:00+ 03:27+ 01:06- 00:48-	
00:39#	01:17# 00:30+ 00:10# 01:35&	00:24+ 00:10- 00:29& 00:19# 00:04- 00:02-	
<b>3</b>	<b>Hilmar Røthing</b>	<b>128</b>	<b>46:01</b>
06:17+	15:46+ 23:10+ 24:50+ 31:24+	37:48+ 39:10+ 40:44+ 44:20+ 45:09+ 46:01+	
06:17+	09:29+ 07:24+ 01:40+ 06:34+	06:24- 01:22- 01:34+ 03:36+ 00:49- 00:52+	
00:06+	03:06& 01:59& 00:10# 00:58#	00:12- 00:02- 00:03+ 00:28# 00:21- 00:02+	
<b>4</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>47:33</b>
06:31+	13:51+ 20:02+ 21:47+ 29:27+	36:53+ 39:31+ 41:13+ 45:18+ 46:28+ 47:33+	
06:31+	07:20+ 06:11+ 01:45+ 07:40+	07:26+ 02:38+ 01:42+ 04:05+ 01:10= 01:05+	
00:20+	00:57# 00:46# 00:15# 02:04&	00:50# 01:14& 00:11# 00:57& 00:00= 00:15&	
<b>5</b>	<b>Arvid Thorsen</b>	<b>5</b>	<b>48:27</b>
07:47+	16:06+ 22:36+ 24:06+ 30:46+	39:42+ 41:18+ 42:56+ 46:33+ 47:32+ 48:27+	
07:47+	08:19+ 06:30+ 01:30= 06:40+	08:56+ 01:36+ 01:38+ 03:37+ 00:59- 00:55+	
01:36&	01:56& 01:05# 00:00= 01:04#	02:20& 00:12# 00:07+ 00:29# 00:11- 00:05#	
<b>6</b>	<b>Kjell Langvik</b>	<b>93</b>	<b>48:37</b>
07:28+	15:02+ 21:25+ 23:15+ 30:42+	38:47+ 40:25+ 42:18+ 46:38+ 47:36+ 48:37+	
07:28+	07:34+ 06:23+ 01:50+ 07:27+	08:05+ 01:38+ 01:53+ 04:20+ 00:58- 01:01+	
01:17#	01:11# 00:58# 00:20# 01:51&	01:29# 00:14# 00:22# 01:12& 00:12- 00:11#	
<b>7</b>	<b>Steinar Undheim</b>	<b>54</b>	<b>50:47</b>
07:57+	15:47+ 22:58+ 25:23+ 32:42+	39:59+ 42:47+ 44:30+ 48:29+ 49:45+ 50:47+	
07:57+	07:50+ 07:11+ 02:25+ 07:19+	07:17+ 02:48+ 01:43+ 03:59+ 01:16+ 01:02+	
01:46&	01:27# 01:46& 00:55& 01:43&	00:41# 01:24& 00:12# 00:51& 00:06+ 00:12#	
<b>8</b>	<b>Tormod Aaslid</b>	<b>54</b>	<b>51:25</b>
06:05-	20:44+ 26:46+ 28:29+ 35:06+	42:25+ 43:55+ 45:41+ 49:34+ 50:32+ 51:25+	
06:05-	14:39+ 06:02+ 01:43+ 06:37+	07:19+ 01:30+ 01:46+ 03:53+ 00:58- 00:53+	
00:06-	08:16@ 00:37# 00:13# 01:01#	00:43# 00:06+ 00:15# 00:45# 00:12- 00:03+	
<b>9</b>	<b>Øyvind Egeskog</b>	<b>5</b>	<b>51:53</b>
08:34+	16:02+ 22:47+ 24:24+ 32:14+	43:11+ 44:28+ 46:01+ 49:45+ 50:52+ 51:53+	
08:34+	07:28+ 06:45+ 01:37+ 07:50+	10:57+ 01:17- 01:33+ 03:44+ 01:07- 01:01+	
02:23&	01:05# 01:20# 00:07+ 02:14&	04:21& 00:07- 00:02+ 00:36# 00:03- 00:11#	
<b>10</b>	<b>Olav Dag Borgersen</b>	<b>154</b>	<b>56:31</b>
08:55+	25:43+ 31:53+ 33:28+ 40:00+	47:23+ 49:00+ 50:41+ 54:39+ 55:38+ 56:31+	
08:55+	16:48+ 06:10+ 01:35+ 06:32+	07:23+ 01:37+ 01:41+ 03:58+ 00:59- 00:53+	
02:44&	10:25@ 00:45# 00:05+ 00:56#	00:47# 00:13# 00:10# 00:50& 00:11- 00:03+	
<b>11</b>	<b>Ole Auklend</b>	<b>106</b>	<b>57:57</b>
08:31+	18:34+ 26:06+ 28:09+ 36:53+	46:12+ 47:53+ 50:02+ 54:42+ 56:29+ 57:57+	
08:31+	10:03+ 07:32+ 02:03+ 08:44+	09:19+ 01:41+ 02:09+ 04:40+ 01:47+ 01:28+	
02:20&	03:40& 02:07& 00:33& 03:08&	02:43& 00:17# 00:38& 01:32& 00:37& 00:38&	
<b>12</b>	<b>Svein Eliassen</b>	<b>116</b>	<b>1:01:35</b>
08:35+	18:13+ 26:51+ 28:47+ 38:08+	48:14+ 51:22+ 54:52+ 58:55+ 60:29+ 61:35+	
08:35+	09:38+ 08:38+ 01:56+ 09:21+	10:06+ 03:08+ 03:30+ 04:03+ 01:34+ 01:06+	
02:24&	03:15& 03:13& 00:26& 03:45&	03:30& 01:44@ 01:59@ 00:55& 00:24& 00:16&	
<b>13</b>	<b>Jan H. Sagen</b>	<b>92</b>	<b>1:05:34</b>
08:40+	18:13+ 28:33+ 31:18+ 40:43+	52:40+ 54:19+ 56:45+ 62:34+ 64:06+ 65:34+	
08:40+	09:33+ 10:20+ 02:45+ 09:25+	11:57+ 01:39+ 02:26+ 05:49+ 01:32+ 01:28+	
02:29&	03:10& 04:55& 01:15& 03:49&	05:21& 00:15# 00:55& 02:41& 00:22& 00:38&	
<b>14</b>	<b>Mangor Eikeland</b>	<b>92</b>	<b>1:11:32</b>
09:46+	20:31+ 31:09+ 33:49+ 45:42+	56:55+ 58:54+ 61:35+ 67:19+ 69:31+ 71:32+	
09:46+	10:45+ 10:38+ 02:40+ 11:53+	11:13+ 01:59+ 02:41+ 05:44+ 02:12+ 02:01+	
03:35&	04:22& 05:13& 01:10& 06:17@	04:37& 00:35& 01:10& 02:36& 01:02& 01:11@	
<b>15</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>	<b>1:17:28</b>
09:30+	27:21+ 36:56+ 39:21+ 50:52+	63:14+ 65:23+ 68:51+ 74:29+ 76:08+ 77:28+	
09:30+	17:51+ 09:35+ 02:25+ 11:31+	12:22+ 02:09+ 03:28+ 05:38+ 01:39+ 01:20+	
03:19&	11:28@ 04:10& 00:55& 05:55@	05:46& 00:45& 01:57@ 02:30& 00:29& 00:30&	
<b>16</b>	<b>Reidar Liland</b>	<b>66</b>	<b>1:20:38</b>
16:52+	30:06+ 38:52+ 42:36+ 54:47+	66:17+ 68:04+ 70:19+ 76:44+ 78:50+ 80:38+	
16:52+	13:14+ 08:46+ 03:44+ 12:11+	11:30+ 01:47+ 02:15+ 06:25+ 02:06+ 01:48+	
10:41@	06:51@ 03:21& 02:14@ 06:35@	04:54& 00:23& 00:44& 03:17@ 00:56& 00:58@	

Class	Navn	Klasse										Tid
<b>17</b>	<b>Ingjald Egeland</b>	<b>7</b>										<b>1:34:38</b>
06:53+	14:00+	24:44+	58:09+	59:37+	73:42+	82:35+	84:01+	88:07+	92:27+	93:39+	94:38+	
06:53+	07:07+	10:44+	33:25+	01:28-	14:05+	08:53+	01:26-	04:06+	04:20+	01:12+	00:59+	
00:42#	00:44#	05:19&	31:55@	04:08-	07:29@	07:29@	00:05-	00:58&	03:10@	00:22&	00:59+	

**Beste strekktid for klassen**

06:05 06:23 05:25 01:30 01:28 06:24 01:14 01:26 03:08 00:49 00:48

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

**Herrer 75 - 79 år**

<b>1</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>41:07</b>
05:51=	09:19=	11:12=	12:56=	18:11=	19:52=	23:39=	29:57=	37:08=	38:50=	40:00=	41:07=	
05:51=	03:28=	01:53=	01:44=	05:15=	01:41=	03:47=	06:18=	07:11=	01:42=	01:10=	01:07=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Jan Værp</b>	<b>62</b>										<b>47:52</b>
06:17+	10:28+	17:37+	19:10+	24:37+	26:38+	30:04+	36:45+	44:35+	45:49+	46:56+	47:52+	
06:17+	04:11+	07:09+	01:33-	05:27+	02:01+	03:26-	06:41+	07:50+	01:14-	01:07-	00:56-	
00:26+	00:43#	05:16@	00:11-	00:12+	00:20#	00:21-	00:23+	00:39+	00:28-	00:03-	00:11-	
<b>3</b>	<b>Bjarne Edland</b>	<b>92</b>										<b>50:35</b>
07:26+	11:13+	13:21+	15:09+	21:49+	23:23+	28:10+	37:13+	46:24+	48:19+	49:33+	50:35+	
07:26+	03:47+	02:08+	01:48+	06:40+	01:34-	04:47+	09:03+	09:11+	01:55+	01:14+	01:02-	
01:35&	00:19+	00:15#	00:04+	01:25&	00:07-	01:00&	02:45&	02:00&	00:13#	00:04+	00:05-	
<b>4</b>	<b>Terje Braut</b>	<b>92</b>										<b>54:55</b>
07:55+	12:46+	16:30+	18:28+	24:04+	26:06+	29:33+	39:14+	51:41+	52:38+	53:46+	54:55+	
07:55+	04:51+	03:44+	01:58+	05:36+	02:02+	03:27-	09:41+	12:27+	00:57-	01:08-	01:09+	
02:04&	01:23&	01:51&	00:14#	00:21+	00:21#	00:20-	03:23&	05:16&	00:45-	00:02-	00:02+	
<b>5</b>	<b>Alf Gyland</b>	<b>92</b>										<b>57:03</b>
06:59+	14:24+	16:38+	19:00+	26:06+	28:20+	33:15+	42:17+	52:44+	54:14+	55:50+	57:03+	
06:59+	07:25+	02:14+	02:22+	07:06+	02:14+	04:55+	09:02+	10:27+	01:30-	01:36+	01:13+	
01:08#	03:57@	00:21#	00:38&	01:51&	00:33&	01:08&	02:44&	03:16&	00:12-	00:26&	00:06+	
<b>6</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>1:01:09</b>
09:12+	14:52+	21:18+	23:27+	30:20+	32:29+	37:25+	46:22+	56:47+	58:23+	59:55+	61:09+	
09:12+	05:40+	06:26+	02:09+	06:53+	02:09+	04:56+	08:57+	10:25+	01:36-	01:32+	01:14+	
03:21&	02:12&	04:33@	00:25#	01:38&	00:28&	01:09&	02:39&	03:14&	00:06-	00:22&	00:07#	
<b>7</b>	<b>Gunnar Furland</b>	<b>93</b>										<b>1:03:38</b>
09:09+	15:21+	18:00+	20:21+	28:21+	31:07+	35:32+	47:35+	57:59+	60:37+	62:12+	63:38+	
09:09+	06:12+	02:39+	02:21+	08:00+	02:46+	04:25+	12:03+	10:24+	02:38+	01:35+	01:26+	
03:18&	02:44&	00:46&	00:37&	02:45&	01:05&	00:38#	05:45&	03:13&	00:56&	00:25&	00:19&	
<b>8</b>	<b>Rolv Nærland</b>	<b>63</b>										<b>1:07:22</b>
15:30+	21:40+	24:11+	27:20+	36:37+	39:18+	44:19+	53:46+	63:20+	65:03+	66:19+	67:22+	
15:30+	06:10+	02:31+	03:09+	09:17+	02:41+	05:01+	09:27+	09:34+	01:43+	01:16+	01:03-	
09:39@	02:42&	00:38&	01:25&	04:02&	01:00&	01:14&	03:09&	02:23&	00:01+	00:06+	00:04-	
<b>9</b>	<b>Torleiv Møgedal</b>	<b>68</b>										<b>1:08:01</b>
09:49+	14:29+	16:56+	19:05+	26:53+	29:13+	33:30+	43:47+	55:00+	64:48+	66:27+	68:01+	
09:49+	04:40+	02:27+	02:09+	07:48+	02:20+	04:17+	10:17+	11:13+	09:48+	01:39+	01:34+	
03:58&	01:12&	00:34&	00:25#	02:33&	00:39&	00:30#	03:59&	04:02&	08:06@	00:29&	00:27&	
<b>10</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>1:12:24</b>
13:46+	19:46+	22:07+	25:35+	43:00+	45:26+	49:49+	59:22+	68:34+	69:49+	71:12+	72:24+	
13:46+	06:00+	02:21+	03:28+	17:25+	02:26+	04:23+	09:33+	09:12+	01:15-	01:23+	01:12+	
07:55@	02:32&	00:28#	01:44&	12:10@	00:45&	00:36#	03:15&	02:01&	00:27-	00:13#	00:05+	
<b>11</b>	<b>Arne Karlsen</b>	<b>105</b>										<b>1:23:52</b>
09:41+	16:29+	20:05+	23:45+	35:30+	40:49+	46:52+	61:02+	77:40+	79:32+	81:52+	83:52+	
09:41+	06:48+	03:36+	03:40+	11:45+	05:19+	06:03+	14:10+	16:38+	01:52+	02:20+	02:00+	
03:50&	03:20&	01:43&	01:56@	06:30@	03:38@	02:16&	07:52@	09:27@	00:10+	01:10&	00:53&	

**Beste strekktid for klassen**

05:51 03:28 01:53 01:33 05:15 01:34 03:26 06:18 07:11 00:57 01:07 00:56

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



Class	Navn	Klasse	Tid
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## Herrer 80 år og eldre

**1 Arnulf Fuglestad 29 43:53**

01:30= 10:17= 18:31= 21:10= 25:55= 30:24= 37:56= 40:38= 42:49= 43:53=  
 01:30= 08:47= 08:14= 02:39= 04:45= 04:29= 07:32= 02:42= 02:11= 01:04=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Sigurd Krosli 31 59:02**

01:15- 15:46+ 30:43+ 37:28+ 41:18+ 45:44+ 52:56+ 55:40+ 57:54+ 59:02+  
 01:15- 14:31+ 14:57+ 06:45+ 03:50- 04:26- 07:12- 02:44+ 02:14+ 01:08+  
 00:15- 05:44& 06:43& 04:06@ 00:55- 00:03- 00:20- 00:02+ 00:03+ 00:04+

**3 Kjell Audun Gjersdal 7 1:00:00**

02:55+ 12:57+ 27:22+ 29:40+ 34:54+ 40:12+ 48:59+ 53:01+ 58:28+ 60:00+  
 02:55+ 10:02+ 14:25+ 02:18- 05:14+ 05:18+ 08:47+ 04:02+ 05:27+ 01:32+  
 01:25& 01:15# 06:11& 00:21- 00:29# 00:49# 01:15# 01:20& 03:16@ 00:28&

**4 Magne Westerheim 93 1:04:52**

13:46+ 24:34+ 37:25+ 39:35+ 44:21+ 49:55+ 56:52+ 59:12+ 63:41+ 64:52+  
 13:46+ 10:48+ 12:51+ 02:10- 04:46+ 05:34+ 06:57- 02:20- 04:29+ 01:11+  
 12:16@ 02:01# 04:37& 00:29- 00:01+ 01:05# 00:35- 00:22- 02:18@ 00:07#

### Beste strekktid for klassen

01:15 08:47 08:14 02:10 03:50 04:26 06:57 02:20 02:11 01:04

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

## Herrer A

**1 Fredrik Omdal 74 47:59**

00:37= 01:36= 02:16= 06:59= 11:42= 17:58= 19:06= 20:28= 22:32= 24:59= 26:12= 31:02= 34:57= 39:38= 42:59= 44:18= 45:43= 47:17= 47:59=  
 00:37= 00:59= 00:40= 04:43= 04:43= 06:16= 01:08= 01:22= 02:04= 02:27= 01:13= 04:50= 03:55= 04:41= 03:21= 01:19= 01:25= 01:34= 00:42=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Harald Kalager 7 50:27**

00:35- 01:45+ 02:25+ 07:00+ 13:47+ 19:55+ 21:54+ 23:17+ 25:20+ 28:12+ 29:31+ 34:04+ 37:42+ 41:57+ 45:24+ 46:48+ 48:11+ 49:45+ 50:27+  
 00:35- 01:10+ 00:40= 04:35- 06:47+ 06:08- 01:59+ 01:23+ 02:03- 02:52+ 01:19+ 04:33- 03:38- 04:15- 03:27+ 01:24+ 01:23- 01:34= 00:42=  
 00:02- 00:11# 00:00= 00:08- 02:04& 00:08- 00:51& 00:01+ 00:01- 00:25# 00:06+ 00:17- 00:17- 00:26- 00:06+ 00:05+ 00:02- 00:00= 00:00=

**3 Kristian Haarr 27 57:09**

00:42+ 02:16+ 03:01+ 08:59+ 16:07+ 23:32+ 24:55+ 26:45+ 29:22+ 31:27+ 33:02+ 39:10+ 43:01+ 47:22+ 51:47+ 53:18+ 54:50+ 56:23+ 57:09+  
 00:42+ 01:34+ 00:45+ 05:58+ 07:08+ 07:25+ 01:23+ 01:50+ 02:37+ 02:05- 01:35+ 06:08+ 03:51- 04:21- 04:25+ 01:31+ 01:32+ 01:33- 00:46+  
 00:05# 00:35& 00:05# 01:15& 02:25& 01:09# 00:15# 00:28& 00:33& 00:22- 00:22& 01:18& 00:04-

**4 Aart Joakim in't Veld 93 58:24**

00:42+ 02:09+ 03:05+ 08:58+ 15:00+ 22:09+ 23:48+ 25:47+ 28:07+ 30:23+ 34:00+ 39:33+ 43:33+ 48:44+ 52:25+ 53:59+ 55:23+ 57:36+ 58:24+  
 00:42+ 01:27+ 00:56+ 05:53+ 06:02+ 07:09+ 01:39+ 01:59+ 02:20+ 02:16- 03:37+ 05:33+ 04:00+ 05:11+ 03:41+ 01:34+ 01:24- 02:13+ 00:48+  
 00:05# 00:28& 00:16& 01:10# 01:19& 00:53# 00:31& 00:37& 00:16# 00:11- 02:24@ 00:43# 00:05+ 00:30# 00:20+ 00:15# 00:01- 00:39& 00:06#

**5 Erik Lima 115 59:08**

00:45+ 02:17+ 03:23+ 09:55+ 16:10+ 25:20+ 26:38+ 28:26+ 31:09+ 33:09+ 34:46+ 40:02+ 44:14+ 48:50+ 53:21+ 55:03+ 56:40+ 58:26+ 59:08+  
 00:45+ 01:32+ 01:06+ 06:32+ 06:15+ 09:10+ 01:18+ 01:48+ 02:43+ 02:00- 01:37+ 05:16+ 04:12+ 04:36- 04:31+ 01:42+ 01:37+ 01:46+ 00:42=  
 00:08# 00:33& 00:26& 01:49& 01:32& 02:54& 00:10# 00:26& 00:39& 00:27- 00:24& 00:26+ 00:17+ 00:05- 01:10& 00:23& 00:12# 00:12# 00:00=

**6 Jørgen Strømstad 50 1:06:36**

00:44+ 02:10+ 03:08+ 11:07+ 18:59+ 27:58+ 29:53+ 31:54+ 34:47+ 37:04+ 38:43+ 45:14+ 50:14+ 55:29+ 60:21+ 62:19+ 63:57+ 65:57+ 66:36+  
 00:44+ 01:26+ 00:58+ 07:59+ 07:52+ 08:59+ 01:55+ 02:01+ 02:53+ 02:17- 01:39+ 06:31+ 05:00+ 05:15+ 04:52+ 01:58+ 01:38+ 02:00+ 00:39-  
 00:07# 00:27& 00:18& 03:16& 03:09& 02:43& 00:47& 00:39& 00:49& 00:10- 00:26& 01:41& 01:05& 00:34# 01:31& 00:39& 00:13# 00:26& 00:03-

**7 Martin Blystad 115 1:09:14**

01:01+ 02:53+ 03:45+ 12:36+ 19:45+ 27:31+ 29:29+ 31:43+ 34:41+ 37:58+ 39:43+ 45:39+ 50:47+ 55:26+ 60:48+ 62:41+ 66:29+ 68:29+ 69:14+  
 01:01+ 01:52+ 00:52+ 08:51+ 07:09+ 07:46+ 01:58+ 02:14+ 02:58+ 03:17+ 01:45+ 05:56+ 05:08+ 04:39- 05:22+ 01:53+ 03:48+ 02:00+ 00:45+  
 00:24& 00:53& 00:12& 04:08& 02:26& 01:30# 00:50& 00:52& 00:54& 00:50& 00:32& 01:06# 01:13& 00:02- 02:01& 00:34& 02:23@ 00:26& 00:03+

### Beste strekktid for klassen

00:35 00:59 00:40 04:35 04:43 06:08 01:08 01:22 02:03 02:00 01:13 04:33 03:38 04:15 03:21 01:19 01:23 01:33 00:39

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

## Herrer B

<b>1</b>	<b>Stein Arne Olsen</b>	<b>68</b>	<b>49:31</b>																
00:37=	01:47=	02:33=	08:24=	14:10=	20:47=	22:01=	23:34=	25:44=	27:41=	29:07=	33:21=	36:40=	40:42=	44:19=	45:48=	47:01=	48:52=	49:31=	
00:37=	01:10=	00:46=	05:51=	05:46=	06:37=	01:14=	01:33=	02:10=	01:57=	01:26=	04:14=	03:19=	04:02=	03:37=	01:29=	01:13=	01:51=	00:39=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Morten Aamodt</b>	<b>116</b>	<b>51:14</b>																
00:38+	01:45-	02:31-	07:49-	13:23-	20:24-	21:47-	23:18-	25:30-	27:50+	29:22+	33:45+	37:42+	41:39+	45:42+	47:04+	48:34+	50:27+	51:14+	
00:38+	01:07-	00:46=	05:18-	05:34-	07:01+	01:23+	01:31-	02:12+	02:20+	01:32+	04:23+	03:57+	03:57-	04:03+	01:22-	01:30+	01:53+	00:47+	
00:01+	00:03-	00:00=	00:33-	00:12-	00:24+	00:09#	00:02-	00:02+	00:23#	00:06+	00:09+	00:38#	00:05-	00:26#	00:07-	00:17#	00:02+	00:08#	
<b>3</b>	<b>Tom Furland</b>	<b>62</b>	<b>51:35</b>																
00:35-	01:49+	02:41+	08:30+	14:42+	22:03+	23:19+	24:58+	27:08+	29:05+	30:27+	34:53+	38:21+	42:29+	46:21+	47:55+	49:14+	50:49+	51:35+	
00:35-	01:14+	00:52+	05:49-	06:12+	07:21+	01:16+	01:39+	02:10=	01:57=	01:22-	04:26+	03:28+	04:08+	03:52+	01:34+	01:19+	01:35-	00:46+	
00:02-	00:04+	00:06#	00:02-	00:26+	00:44#	00:02+	00:06+	00:00=	00:00=	00:04-	00:12+	00:09+	00:06+	00:15+	00:05+	00:06+	00:16-	00:07#	
<b>4</b>	<b>Oddvar Taksdal</b>	<b>194</b>	<b>52:10</b>																
00:40+	01:50+	02:34+	07:36-	12:53-	19:45-	20:59-	23:07-	27:15+	28:59+	30:25+	35:03+	38:30+	42:33+	46:13+	47:45+	49:20+	51:22+	52:10+	
00:40+	01:10=	00:44-	05:02-	05:17-	06:52+	01:14=	02:08+	04:08+	01:44-	01:26=	04:38+	03:27+	04:03+	03:40+	01:32+	01:35+	02:02+	00:48+	
00:03+	00:00=	00:02-	00:49-	00:29-	00:15+	00:00=	00:35&	01:58&	00:13-	00:00=	00:24+	00:08+	00:01+	00:03+	00:03+	00:22&	00:11+	00:09#	
<b>5</b>	<b>Odd Fuglestad</b>	<b>250</b>	<b>52:21</b>																
00:34-	01:36-	02:21-	08:17-	14:01-	20:22-	21:36-	23:07-	26:05+	27:58+	29:24+	34:15+	37:53+	42:28+	46:50+	48:33+	49:45+	51:35+	52:21+	
00:34-	01:02-	00:45-	05:56+	05:44-	06:21-	01:14=	01:31-	02:58+	01:53-	01:26=	04:51+	03:38+	04:35+	04:22+	01:43+	01:12-	01:50-	00:46+	
00:03-	00:08-	00:01-	00:05+	00:02-	00:16-	00:00=	00:02-	00:48&	00:04-	00:00=	00:37#	00:19+	00:33#	00:45#	00:14#	00:01-	00:01-	00:07#	
<b>6</b>	<b>Joar Eilevstjønn</b>	<b>67</b>	<b>54:34</b>																
00:36-	02:09+	03:02+	09:22+	16:00+	25:07+	26:20+	27:58+	30:10+	32:05+	33:28+	37:54+	41:21+	45:30+	49:24+	50:55+	52:15+	53:54+	54:34+	
00:36-	01:33+	00:53+	06:20+	06:38+	09:07+	01:13-	01:38+	02:12+	01:55-	01:23-	04:26+	03:27+	04:09+	03:54+	01:31+	01:20+	01:39-	00:40+	
00:01-	00:23&	00:07#	00:29+	00:52#	02:30&	00:01-	00:05+	00:02+	00:02-	00:03-	00:12+	00:08+	00:07+	00:17+	00:02+	00:07+	00:12-	00:01+	
<b>7</b>	<b>Per Olav Haarr</b>	<b>62</b>	<b>1:00:22</b>																
00:43+	02:52+	03:32+	09:56+	15:40+	25:50+	27:16+	28:48+	31:09+	33:26+	34:21+	35:35+	40:35+	44:23+	49:08+	53:55+	55:41+	57:11+	59:34+	60:22+
00:43+	02:09+	00:40-	06:24+	05:44-	10:10+	01:26+	01:32-	02:21+	02:17+	00:55-	01:14-	05:00+	03:48-	04:45+	04:47+	01:46+	01:30-	02:23+	00:48+
00:06#	00:59&	00:06-	00:33+	00:02-	03:33&	00:12#	00:01-	00:11+	00:20#	00:31-	03:00-	01:41&	00:14-	01:08&	03:18@	00:33&	00:21-	01:44@	00:48+
<b>8</b>	<b>Bjørnar André Haug</b>	<b>80</b>	<b>1:01:00</b>																
00:40+	02:32+	03:25+	09:03+	15:24+	23:25+	24:57+	26:51+	29:54+	34:20+	36:02+	41:07+	45:54+	50:36+	54:42+	56:33+	58:16+	60:14+	61:00+	
00:40+	01:52+	00:53+	05:38-	06:21+	08:01+	01:32+	01:54+	03:03+	04:26+	01:42+	05:05+	04:47+	04:42+	04:06+	01:51+	01:43+	01:58+	00:46+	
00:03+	00:42&	00:07#	00:13-	00:35#	01:24#	00:18#	00:21#	00:53&	02:29@	00:16#	00:51#	01:28&	00:40#	00:29#	00:22#	00:30&	00:07+	00:07#	
<b>9</b>	<b>Geir Sand</b>	<b>105</b>	<b>1:02:13</b>																
00:42+	03:15+	04:07+	10:24+	17:00+	25:58+	27:52+	29:46+	32:30+	35:09+	37:00+	42:15+	46:25+	51:20+	55:21+	57:55+	59:42+	61:29+	62:13+	
00:42+	02:33+	00:52+	06:17+	06:36+	08:58+	01:54+	01:54+	02:44+	02:39+	01:51+	05:15+	04:10+	04:55+	04:01+	02:34+	01:47+	01:47-	00:44+	
00:05#	01:23@	00:06#	00:26+	00:50#	02:21&	00:40&	00:21#	00:34&	00:42&	00:25&	01:01#	00:51&	00:53#	00:24#	01:05&	00:34&	00:04-	00:05#	
<b>10</b>	<b>Terje Michaelsen</b>	<b>47</b>	<b>1:02:26</b>																
00:36-	01:50+	02:38+	08:53+	15:58+	26:34+	27:56+	29:44+	32:05+	34:24+	35:19+	36:30+	41:32+	46:46+	52:29+	56:37+	58:28+	59:55+	61:40+	62:26+
00:36-	01:14+	00:48+	06:15+	07:05+	10:36+	01:22+	01:48+	02:21+	02:19+	00:55-	01:11-	05:02+	05:14+	05:43+	04:08+	01:51+	01:27-	01:45+	00:46+
00:01-	00:04+	00:02+	00:24+	01:19#	03:59&	00:08#	00:15#	00:11+	00:22#	00:31-	03:03-	01:43&	01:12&	02:06&	02:39@	00:38&	00:24-	01:06@	00:46+
<b>11</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>	<b>1:03:59</b>																
00:50+	03:16+	04:00+	10:21+	16:01+	25:20+	26:41+	28:17+	31:10+	34:35+	37:55+	44:41+	48:29+	53:45+	58:20+	60:04+	61:27+	63:17+	63:59+	
00:50+	02:26+	00:44-	06:21+	05:40-	09:19+	01:21+	01:36+	02:53+	03:25+	03:20+	06:46+	03:48+	05:16+	04:35+	01:44+	01:23+	01:50-	00:42+	
00:13&	01:16@	00:02-	00:30+	00:06-	02:42&	00:07+	00:03+	00:43&	01:28&	01:54@	02:32&	00:29#	01:14&	00:58&	00:15#	00:10#	00:01-	00:03+	
<b>12</b>	<b>Bård Skogsholm</b>	<b>194</b>	<b>1:06:10</b>																
00:47+	03:03+	03:56+	11:36+	18:45+	27:33+	29:11+	31:16+	34:00+	36:41+	38:55+	44:48+	50:11+	55:02+	59:20+	61:10+	63:04+	65:16+	66:10+	
00:47+	02:16+	00:53+	07:40+	07:09+	08:48+	01:38+	02:05+	02:44+	02:41+	02:14+	05:53+	05:23+	04:51+	04:18+	01:50+	01:54+	02:12+	00:54+	
00:10&	01:06&	00:07#	01:49&	01:23#	02:11&	00:24&	00:32&	00:34&	00:44&	00:48&	01:39&	02:04&	00:49#	00:41#	00:21#	00:41&	00:21#	00:15&	
<b>13</b>	<b>Svein Erik Kvame</b>	<b>116</b>	<b>1:07:40</b>																
00:43+	02:43+	04:02+	10:20+	17:00+	26:05+	27:51+	31:29+	32:42+	35:29+	38:21+	40:05+	46:16+	50:53+	56:03+	61:25+	63:13+	64:41+	66:47+	67:40+
00:43+	02:00+	01:19+	06:18+	06:40+	09:05+	01:46+	03:38+	01:13-	02:47+	02:52+	01:44-	06:11+	04:37+	05:10+	05:22+	01:48+	01:28-	02:06+	00:53+
00:06#	00:50&	00:33&	00:27+	00:54#	02:28&	00:32&	02:05@	00:57-	00:50&	01:26&	02:30-	02:52&	00:35#	01:33&	03:53@	00:35&	00:23-	01:27@	00:53+
<b>14</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>	<b>1:19:43</b>																
00:46+	02:23+	03:33+	10:42+	18:31+	28:55+	31:17+	35:06+	38:41+	41:45+	44:21+	51:29+	56:47+	64:59+	71:29+	73:35+	75:55+	78:44+	79:43+	
00:46+	01:37+	01:10+	07:09+	07:49+	10:24+	02:22+	03:49+	03:35+	03:04+	02:36+	07:08+	05:18+	08:12+	06:30+	02:06+	02:20+	02:49+	00:59+	
00:09#	00:27&	00:24&	01:18#	02:03&	03:47&	01:08&	02:16@	01:25&	01:07&	01:10&	02:54&	01:59&	04:10@	02:53&	00:37&	01:07&	00:58&	00:20&	

Class	Navn	Klasse														Tid
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**Beste strekktid for klassen**

00:34 01:02 00:40 05:02 05:17 06:21 01:13 01:31 01:13 01:44 00:55 01:11 03:19 03:48 03:37 01:22 01:12 01:27 00:39

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

**Herrer C**

<b>1</b>	<b>Jan Einar Øvremo</b>	<b>50</b>	<b>44:02</b>														
01:07=	01:52=	02:42=	09:16=	15:02=	18:30=	19:46=	21:31=	25:53=	27:18=	28:00=	32:42=	37:11=	41:55=	42:32=	43:17=	44:02=	
01:07=	00:45=	00:50=	06:34=	05:46=	03:28=	01:16=	01:45=	04:22=	01:25=	00:42=	04:42=	04:29=	04:44=	00:37=	00:45=	00:45=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Kjetil Wirak</b>	<b>114</b>	<b>44:26</b>														
00:39-	01:29-	02:16-	08:18-	13:16-	15:54-	16:51-	17:56-	19:16-	27:33+	29:03+	29:42-	34:18-	38:48-	42:26-	42:56-	43:42-	44:26+
00:39-	00:50+	00:47-	06:02-	04:58-	02:38-	00:57-	01:05-	01:20-	08:17+	01:30+	00:39-	04:36+	04:30-	03:38+	00:30-	00:46+	00:44+
00:28-	00:05#	00:03-	00:32-	00:48-	00:50-	00:19-	00:40-	03:02-	06:52@	00:48@	04:03-	00:07+	00:14-	03:01@	00:15-	00:01+	00:44+
<b>3</b>	<b>Otte Omdal</b>	<b>65</b>	<b>46:05</b>														
00:36-	01:30-	02:17-	09:00-	14:34-	18:07-	19:03-	21:04-	27:25+	29:07+	29:56+	30:27-	35:20-	39:51-	43:57+	44:29+	45:22+	46:05+
00:36-	00:54+	00:47-	06:43+	05:34-	03:33+	00:56-	02:01+	06:21+	01:42+	00:49+	00:31-	04:53+	04:31-	04:06+	00:32-	00:53+	00:43+
00:31-	00:09#	00:03-	00:09+	00:12-	00:05+	00:20-	00:16#	01:59&	00:17#	00:07#	04:11-	00:24+	00:13-	03:29@	00:13-	00:08#	00:43+
<b>4</b>	<b>Nils John Vestøl</b>	<b>83</b>	<b>46:47</b>														
00:36-	01:37-	02:42=	08:39-	14:24-	18:27-	19:25-	21:06-	25:21-	26:46-	30:20+	35:35+	40:48+	44:53+	45:22+	46:08+	46:47+	
00:36-	01:01+	01:05+	05:57-	05:45-	04:03+	00:58-	01:41-	04:15-	01:25=	03:34+	05:15+	05:13+	04:05-	00:29-	00:46+	00:39-	
00:31-	00:16&	00:15&	00:37-	00:01-	00:35#	00:18-	00:04-	00:07-	00:00=	02:52@	00:33#	00:44#	00:39-	00:08-	00:01+	00:06-	
<b>5</b>	<b>Inge Løland</b>	<b>114</b>	<b>48:03</b>														
00:42-	01:32-	02:20-	08:34-	14:05-	17:46-	19:19-	21:12-	29:11+	30:56+	31:41+	32:11-	37:26+	42:10+	45:52+	46:26+	47:15+	48:03+
00:42-	00:50+	00:48-	06:14-	05:31-	03:41+	01:33+	01:53+	07:59+	01:45+	00:45+	00:30-	05:15+	04:44=	03:42+	00:34-	00:49+	00:48+
00:25-	00:05#	00:02-	00:20-	00:15-	00:13+	00:17#	00:08+	03:37&	00:20#	00:03+	04:12-	00:46#	00:00=	03:05@	00:11-	00:04+	00:48+
<b>6</b>	<b>Sveinung Svebestad</b>	<b>46</b>	<b>54:02</b>														
00:41-	02:02+	03:09+	10:14+	18:36+	23:44+	25:08+	27:09+	32:16+	34:17+	35:02+	41:06+	46:45+	51:27+	52:05+	53:11+	54:02+	
00:41-	01:21+	01:07+	07:05+	08:22+	05:08+	01:24+	02:01+	05:07+	02:01+	00:45+	06:04+	05:39+	04:42-	00:38+	01:06+	00:51+	
00:26-	00:36&	00:17&	00:31+	02:36&	01:40&	00:08#	00:16#	00:45#	00:36&	00:03+	01:22&	01:10&	00:02-	00:01+	00:21&	00:06#	
<b>7</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>56:23</b>														
01:04-	02:11+	03:20+	11:12+	18:13+	24:14+	25:29+	27:58+	34:00+	35:38+	36:27+	43:27+	48:56+	53:46+	54:21+	55:17+	56:23+	
01:04-	01:07+	01:09+	07:52+	07:01+	06:01+	01:15-	02:29+	06:02+	01:38+	00:49+	07:00+	05:29+	04:50+	00:35-	00:56+	01:06+	
00:03-	00:22&	00:19&	01:18#	01:15#	02:33&	00:01-	00:44&	01:40&	00:13#	00:07#	02:18&	01:00#	00:06+	00:02-	00:11#	00:21&	
<b>8</b>	<b>Sturle Omdal</b>	<b>116</b>	<b>57:13</b>														
01:51+	03:07+	04:07+	11:38+	19:50+	24:18+	25:34+	28:07+	33:05+	35:17+	36:07+	42:57+	49:56+	54:47+	55:29+	56:29+	57:13+	
01:51+	01:16+	01:00+	07:31+	08:12+	04:28+	01:16=	02:33+	04:58+	02:12+	00:50+	06:50+	06:59+	04:51+	00:42+	01:00+	00:44-	
00:44&	00:31&	00:10#	00:57#	02:26&	01:00&	00:00=	00:48&	00:36#	00:47&	00:08#	02:08&	02:30&	00:07+	00:05#	00:15&	00:01-	
<b>9</b>	<b>Knut Taugbøl</b>	<b>116</b>	<b>58:46</b>														
00:45-	02:08+	03:03+	09:57+	20:03+	27:06+	28:24+	30:21+	37:17+	38:58+	40:04+	45:56+	51:01+	55:48+	56:31+	57:47+	58:46+	
00:45-	01:23+	00:55+	06:54+	10:06+	07:03+	01:18+	01:57+	06:56+	01:41+	01:06+	05:52+	05:05+	04:47+	00:43+	01:16+	00:59+	
00:22-	00:38&	00:05#	00:20+	04:20&	03:35@	00:02+	00:12#	02:34&	00:16#	00:24&	01:10#	00:36#	00:03+	00:06#	00:31&	00:14&	
<b>10</b>	<b>Rune Christiansen</b>	<b>93</b>	<b>59:23</b>														
00:43-	02:11+	03:11+	10:52+	18:33+	22:53+	25:48+	27:15+	29:31+	37:05+	38:59+	39:48+	46:36+	52:19+	56:46+	57:22+	58:32+	59:23+
00:43-	01:28+	01:00+	07:41+	07:41+	04:20+	02:55+	01:27-	02:16-	07:34+	01:54+	00:49-	06:48+	05:43+	04:27+	00:36-	01:10+	00:51+
00:24-	00:43&	00:10#	01:07#	01:55&	00:52#	01:39@	00:18-	02:06-	06:09@	01:12@	03:53-	02:19&	00:59#	03:50@	00:09-	00:25&	00:51+
<b>11</b>	<b>Ove Oaland</b>	<b>116</b>	<b>1:04:28</b>														
01:00-	03:03+	04:45+	13:25+	20:30+	25:13+	26:56+	29:17+	37:19+	39:59+	41:10+	41:58+	49:32+	56:27+	61:50+	62:31+	63:35+	64:28+
01:00-	02:03+	01:42+	08:40+	07:05+	04:43+	01:43+	02:21+	08:02+	02:40+	01:11+	00:48-	07:34+	06:55+	05:23+	00:41-	01:04+	00:53+
00:07-	01:18@	00:52@	02:06&	01:19#	01:15&	00:27&	00:36&	03:40&	01:15&	00:29&	03:54-	03:05&	02:11&	04:46@	00:04-	00:19&	00:53+
<b>12</b>	<b>Tore Svendsen</b>	<b>27</b>	<b>1:04:38</b>														
00:42-	01:45-	03:17+	12:24+	24:11+	27:31+	31:18+	32:47+	34:40+	41:22+	43:11+	43:58+	50:01+	55:40+	62:09+	62:44+	63:42+	64:38+
00:42-	01:03+	01:32+	09:07+	11:47+	03:20-	03:47+	01:29-	01:53-	06:42+	01:49+	00:47-	06:03+	05:39+	06:29+	00:35-	00:58+	00:56+
00:25-	00:18&	00:42&	02:33&	06:01@	00:08-	02:31@	00:16-	02:29-	05:17@	01:07@	03:55-	01:34&	00:55#	05:52@	00:10-	00:13&	00:56+
<b>13</b>	<b>Ivar Knutsen</b>	<b>116</b>	<b>1:05:25</b>														
01:00-	02:37+	03:49+	11:42+	22:59+	28:02+	31:10+	34:21+	40:29+	42:38+	43:39+	50:50+	57:25+	62:26+	63:10+	64:21+	65:25+	
01:00-	01:37+	01:12+	07:53+	11:17+	05:03+	03:08+	03:11+	06:08+	02:09+	01:01+	07:11+	06:35+	05:01+	00:44+	01:11+	01:04+	
00:07-	00:52@	00:22&	01:19#	05:31&	01:35&	01:52@	01:26&	01:46&	00:44&	00:19&	02:29&	02:06&	00:17+	00:07#	00:26&	00:19&	

Class	Navn	Klasse	Tid														
<b>14</b>	<b>Henning Sundby</b>	<b>114</b>	<b>1:05:49</b>														
01:19+	02:21+	03:09+	09:21+	15:04+	17:57-	20:35+	21:45+	23:17-	43:45+	46:21+	46:59+	54:35+	59:13+	63:12+	63:57+	65:00+	65:49+
01:19+	01:02+	00:48-	06:12-	05:43-	02:53-	02:38+	01:10-	01:32-	20:28+	02:36+	00:38-	07:36+	04:38-	03:59+	00:45=	01:03+	00:49+
00:12#	00:17&	00:02-	00:22-	00:03-	00:35-	01:22@	00:35-	02:50-	19:03@	01:54@	04:04-	03:07&	00:06-	03:22@	00:00=	00:18&	00:49+
<b>15</b>	<b>Pål Bårdsen</b>	<b>90</b>	<b>1:09:44</b>														
00:58-	01:57+	02:56+	10:21+	17:15+	30:49+	32:06+	34:26+	44:06+	45:47+	46:44+	55:33+	61:41+	66:23+	67:17+	68:30+	69:44+	
00:58-	00:59+	00:59+	07:25+	06:54+	13:34+	01:17+	02:20+	09:40+	01:41+	00:57+	08:49+	06:08+	04:42-	00:54+	01:13+	01:14+	
00:09-	00:14&	00:09#	00:51#	01:08#	10:06@	00:01+	00:35&	05:18@	00:16#	00:15&	04:07&	01:39&	00:02-	00:17&	00:28&	00:29&	
<b>Beste strekktid for klassen</b>																	
00:36	00:45	00:47	05:57	04:58	02:38	00:56	01:05	01:20	01:25	00:42	00:30	04:29	04:05	00:29	00:30	00:39	

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

## Herrer Ny

<b>1</b>	<b>Oddbjørn Nevestveit</b>	<b>80</b>	<b>28:49</b>					
03:11=	06:55=	13:36=	15:04=	17:46=	21:02=	27:42=	28:49=	
03:11=	03:44=	06:41=	01:28=	02:42=	03:16=	06:40=	01:07=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Johannes Toft</b>	<b>53</b>	<b>47:18</b>					
06:28+	08:51+	13:25-	33:29+	35:12+	37:29+	42:33+	46:34+	47:18+
06:28+	02:23-	04:34-	20:04+	01:43-	02:17-	05:04-	04:01+	00:44+
03:17@	01:21-	02:07-	18:36@	00:59-	00:59-	01:36-	02:54@	00:44+
<b>3</b>	<b>Goran Djajic</b>	<b>115</b>	<b>55:55</b>					
03:28+	14:08+	29:16+	32:18+	40:53+	46:19+	54:53+	55:55+	
03:28+	10:40+	15:08+	03:02+	08:35+	05:26+	08:34+	01:02-	
00:17+	06:56@	08:27@	01:34@	05:53@	02:10&	01:54&	00:05-	
<b>Beste strekktid for klassen</b>								
03:11	02:23	04:34	01:28	01:43	02:17	05:04	01:02	

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

## Herrer Trim

<b>1</b>	<b>Martin Svensen</b>	<b>284</b>	<b>27:29</b>						
01:12=	06:45=	11:52=	14:17=	16:17=	19:35=	24:00=	25:25=	26:48=	27:29=
01:12=	05:33=	05:07=	02:25=	02:00=	03:18=	04:25=	01:25=	01:23=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ole Andreas Otterøen</b>	<b>92</b>	<b>32:29</b>						
01:18+	08:28+	14:24+	16:22+	19:01+	22:26+	27:57+	30:07+	31:38+	32:29+
01:18+	07:10+	05:56+	01:58-	02:39+	03:25+	05:31+	02:10+	01:31+	00:51+
00:06+	01:37&	00:49#	00:27-	00:39&	00:07+	01:06#	00:45&	00:08+	00:10#
<b>3</b>	<b>Thorben Beimel</b>	<b>239</b>	<b>34:38</b>						
01:13+	07:25+	12:55+	15:11+	18:01+	21:21+	31:16+	32:19+	33:56+	34:38+
01:13+	06:12+	05:30+	02:16-	02:50+	03:20+	09:55+	01:03-	01:37+	00:42+
00:01+	00:39#	00:23+	00:09-	00:50&	00:02+	05:30@	00:22-	00:14#	00:01+
<b>4</b>	<b>Anders Noraberg</b>	<b>269</b>	<b>34:59</b>						
01:09-	07:50+	14:52+	16:58+	19:19+	24:53+	30:51+	32:53+	34:18+	34:59+
01:09-	06:41+	07:02+	02:06-	02:21+	05:34+	05:58+	02:02+	01:25+	00:41=
00:03-	01:08#	01:55&	00:19-	00:21#	02:16&	01:33&	00:37&	00:02+	00:00=
<b>5</b>	<b>Oddgeir Nevland</b>	<b>51</b>	<b>35:15</b>						
01:47+	09:16+	16:27+	18:20+	21:31+	24:37+	30:14+	32:19+	34:23+	35:15+
01:47+	07:29+	07:11+	01:53-	03:11+	03:06-	05:37+	02:05+	02:04+	00:52+
00:35&	01:56&	02:04&	00:32-	01:11&	00:12-	01:12&	00:40&	00:41&	00:11&
<b>6</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>	<b>37:12</b>						
01:31+	09:05+	15:40+	18:25+	21:16+	24:54+	30:55+	33:14+	36:07+	37:12+
01:31+	07:34+	06:35+	02:45+	02:51+	03:38+	06:01+	02:19+	02:53+	01:05+
00:19&	02:01&	01:28&	00:20#	00:51&	00:20#	01:36&	00:54&	01:30@	00:24&

Class	Navn	Klasse										Tid
<b>7</b>	<b>Lars Tore Opdal</b>	<b>97</b>										<b>38:44</b>
	00:56-	09:44+	15:58+	19:25+	22:54+	26:15+	33:11+	35:13+	37:52+	38:44+		
	00:56-	08:48+	06:14+	03:27+	03:29+	03:21+	06:56+	02:02+	02:39+	00:52+		
	00:16-	03:15&	01:07#	01:02&	01:29&	00:03+	02:31&	00:37&	01:16&	00:11&		
<b>8</b>	<b>Johannes Kro</b>	<b>51</b>										<b>39:52</b>
	07:06+	15:16+	22:32+	25:09+	27:50+	30:37+	35:55+	37:30+	38:58+	39:52+		
	07:06+	08:10+	07:16+	02:37+	02:41+	02:47-	05:18+	01:35+	01:28+	00:54+		
	05:54@	02:37&	02:09&	00:12+	00:41&	00:31-	00:53#	00:10#	00:05+	00:13&		
<b>9</b>	<b>Frode Ungar</b>	<b>116</b>										<b>40:22</b>
	01:17+	10:10+	17:57+	20:50+	23:39+	26:44+	33:40+	35:55+	39:28+	40:22+		
	01:17+	08:53+	07:47+	02:53+	02:49+	03:05-	06:56+	02:15+	03:33+	00:54+		
	00:05+	03:20&	02:40&	00:28#	00:49&	00:13-	02:31&	00:50&	02:10@	00:13&		
<b>10</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>41:16</b>
	01:51+	10:56+	18:09+	20:30+	24:11+	28:02+	35:08+	37:26+	40:13+	41:16+		
	01:51+	09:05+	07:13+	02:21-	03:41+	03:51+	07:06+	02:18+	02:47+	01:03+		
	00:39&	03:32&	02:06&	00:04-	01:41&	00:33#	02:41&	00:53&	01:24@	00:22&		
<b>11</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>44:59</b>
	01:23+	08:23+	25:04+	27:14+	29:53+	32:40+	38:01+	40:40+	44:06+	44:59+		
	01:23+	07:00+	16:41+	02:10-	02:39+	02:47-	05:21+	02:39+	03:26+	00:53+		
	00:11#	01:27&	11:34@	00:15-	00:39&	00:31-	00:56#	01:14&	02:03@	00:12&		
<b>12</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>										<b>45:03</b>
	01:51+	10:55+	21:28+	24:21+	27:06+	31:08+	37:31+	41:35+	44:05+	45:03+		
	01:51+	09:04+	10:33+	02:53+	02:45+	04:02+	06:23+	04:04+	02:30+	00:58+		
	00:39&	03:31&	05:26@	00:28#	00:45&	00:44#	01:58&	02:39@	01:07&	00:17&		
<b>13</b>	<b>Trond Egil Toft</b>	<b>53</b>										<b>45:54</b>
	10:48+	16:53+	28:35+	30:22+	32:53+	36:07+	42:21+	43:55+	45:10+	45:54+		
	10:48+	06:05+	11:42+	01:47-	02:31+	03:14-	06:14+	01:34+	01:15-	00:44+		
	09:36@	00:32+	06:35@	00:38-	00:31&	00:04-	01:49&	00:09#	00:08-	00:03+		
<b>14</b>	<b>Steinar Amundsen</b>	<b>115</b>										<b>46:08</b>
	02:01+	11:40+	25:01+	28:20+	31:45+	35:08+	41:14+	43:06+	45:05+	46:08+		
	02:01+	09:39+	13:21+	03:19+	03:25+	03:23+	06:06+	01:52+	01:59+	01:03+		
	00:49&	04:06&	08:14@	00:54&	01:25&	00:05+	01:41&	00:27&	00:36&	00:22&		
<b>15</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>46:14</b>
	05:36+	13:30+	21:51+	24:51+	29:11+	32:57+	40:51+	43:28+	45:29+	46:14+		
	05:36+	07:54+	08:21+	03:00+	04:20+	03:46+	07:54+	02:37+	02:01+	00:45+		
	04:24@	02:21&	03:14&	00:35#	02:20@	00:28#	03:29&	01:12&	00:38&	00:04+		
<b>16</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>46:16</b>
	02:18+	11:51+	19:53+	22:57+	26:31+	31:31+	40:06+	43:09+	45:17+	46:16+		
	02:18+	09:33+	08:02+	03:04+	03:34+	05:00+	08:35+	03:03+	02:08+	00:59+		
	01:06&	04:00&	02:55&	00:39&	01:34&	01:42&	04:10&	01:38@	00:45&	00:18&		
<b>17</b>	<b>Stig Ballestad</b>	<b>37</b>										<b>46:28</b>
	01:27+	12:05+	20:25+	23:07+	26:53+	30:49+	37:58+	43:06+	45:10+	46:28+		
	01:27+	10:38+	08:20+	02:42+	03:46+	03:56+	07:09+	05:08+	02:04+	01:18+		
	00:15#	05:05&	03:13&	00:17#	01:46&	00:38#	02:44&	03:43@	00:41&	00:37&		
<b>18</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>47:08</b>
	01:46+	12:01+	20:03+	25:17+	29:21+	33:12+	41:09+	44:00+	46:02+	47:08+		
	01:46+	10:15+	08:02+	05:14+	04:04+	03:51+	07:57+	02:51+	02:02+	01:06+		
	00:34&	04:42&	02:55&	02:49@	02:04@	00:33#	03:32&	01:26@	00:39&	00:25&		
<b>19</b>	<b>Nils Egil Lie</b>	<b>91</b>										<b>47:30</b>
	02:10+	13:03+	23:12+	26:17+	29:49+	34:31+	42:17+	44:36+	46:34+	47:30+		
	02:10+	10:53+	10:09+	03:05+	03:32+	04:42+	07:46+	02:19+	01:58+	00:56+		
	00:58&	05:20&	05:02&	00:40&	01:32&	01:24&	03:21&	00:54&	00:35&	00:15&		
<b>20</b>	<b>Asle Schanke Grude</b>	<b>92</b>										<b>48:47</b>
	01:53+	08:38+	20:30+	22:18+	25:12+	37:31+	43:26+	46:10+	47:52+	48:47+		
	01:53+	06:45+	11:52+	01:48-	02:54+	12:19+	05:55+	02:44+	01:42+	00:55+		
	00:41&	01:12#	06:45@	00:37-	00:54&	09:01@	01:30&	01:19&	00:19#	00:14&		
<b>21</b>	<b>Bruce Chalmers</b>	<b>165</b>										<b>48:55</b>
	12:02+	19:39+	26:43+	29:10+	32:40+	35:54+	43:08+	46:01+	47:58+	48:55+		
	12:02+	07:37+	07:04+	02:27+	03:30+	03:14-	07:14+	02:53+	01:57+	00:57+		
	10:50@	02:04&	01:57&	00:02+	01:30&	00:04-	02:49&	01:28@	00:34&	00:16&		

Class	Navn	Klasse									Tid
<b>22</b>	<b>Ommund Bakkevold</b>	<b>68</b>									<b>51:45</b>
01:28+	13:09+	23:44+	27:39+	32:05+	37:22+	45:26+	48:12+	50:30+	51:45+		
01:28+	11:41+	10:35+	03:55+	04:26+	05:17+	08:04+	02:46+	02:18+	01:15+		
00:16#	06:08@	05:28@	01:30&	02:26@	01:59&	03:39&	01:21&	00:55&	00:34&		
<b>23</b>	<b>Arild Svihus</b>	<b>92</b>									<b>51:50</b>
02:41+	12:41+	21:29+	25:23+	29:48+	36:31+	45:46+	48:33+	50:48+	51:50+		
02:41+	10:00+	08:48+	03:54+	04:25+	06:43+	09:15+	02:47+	02:15+	01:02+		
01:29@	04:27&	03:41&	01:29&	02:25@	03:25@	04:50@	01:22&	00:52&	00:21&		
<b>24</b>	<b>Audun Sjøen</b>	<b>111</b>									<b>52:00</b>
04:55+	15:30+	23:11+	26:30+	30:43+	36:23+	44:22+	47:06+	50:50+	52:00+		
04:55+	10:35+	07:41+	03:19+	04:13+	05:40+	07:59+	02:44+	03:44+	01:10+		
03:43@	05:02&	02:34&	00:54&	02:13@	02:22&	03:34&	01:19&	02:21@	00:29&		
<b>25</b>	<b>Antal Jansen</b>	<b>115</b>									<b>53:43</b>
01:09-	07:37+	19:41+	22:56+	25:41+	29:35+	49:36+	51:17+	52:54+	53:43+		
01:09-	06:28+	12:04+	03:15+	02:45+	03:54+	20:01+	01:41+	01:37+	00:49+		
00:03-	00:55#	06:57@	00:50&	00:45&	00:36#	15:36@	00:16#	00:14#	00:08#		
<b>26</b>	<b>Ragnar Lillemo</b>	<b>128</b>									<b>54:08</b>
04:13+	17:38+	25:27+	28:39+	32:17+	35:28+	44:56+	50:31+	53:03+	54:08+		
04:13+	13:25+	07:49+	03:12+	03:38+	03:11-	09:28+	05:35+	02:32+	01:05+		
03:01@	07:52@	02:42&	00:47&	01:38&	00:07-	05:03@	04:10@	01:09&	00:24&		
<b>27</b>	<b>Håvard Lauritsen</b>	<b>116</b>									<b>54:33</b>
01:57+	09:58+	20:51+	24:10+	30:31+	35:50+	46:48+	51:21+	53:18+	54:33+		
01:57+	08:01+	10:53+	03:19+	06:21+	05:19+	10:58+	04:33+	01:57+	01:15+		
00:45&	02:28&	05:46@	00:54&	04:21@	02:01&	06:33@	03:08@	00:34&	00:34&		
<b>28</b>	<b>Erling Knutzen</b>	<b>128</b>									<b>55:13</b>
03:16+	12:46+	20:18+	24:23+	27:52+	32:12+	45:59+	51:27+	53:53+	55:13+		
03:16+	09:30+	07:32+	04:05+	03:29+	04:20+	13:47+	05:28+	02:26+	01:20+		
02:04@	03:57&	02:25&	01:40&	01:29&	01:02&	09:22@	04:03@	01:03&	00:39&		
<b>29</b>	<b>John Thorsnæs</b>	<b>51</b>									<b>55:21</b>
01:33+	09:54+	36:10+	38:32+	41:46+	44:51+	50:31+	52:33+	54:27+	55:21+		
01:33+	08:21+	26:16+	02:22-	03:14+	03:05-	05:40+	02:02+	01:54+	00:54+		
00:21&	02:48&	21:09@	00:03-	01:14&	00:13-	01:15&	00:37&	00:31&	00:13&		
<b>30</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>									<b>55:31</b>
02:23+	10:45+	29:13+	31:55+	36:57+	40:47+	50:05+	52:23+	54:35+	55:31+		
02:23+	08:22+	18:28+	02:42+	05:02+	03:50+	09:18+	02:18+	02:12+	00:56+		
01:11&	02:49&	13:21@	00:17#	03:02@	00:32#	04:53@	00:53&	00:49&	00:15&		
<b>31</b>	<b>John Øgreid</b>	<b>27</b>									<b>56:07</b>
03:00+	20:37+	33:49+	36:37+	40:07+	45:58+	51:41+	53:23+	55:14+	56:07+		
03:00+	17:37+	13:12+	02:48+	03:30+	05:51+	05:43+	01:42+	01:51+	00:53+		
01:48@	12:04@	08:05@	00:23#	01:30&	02:33&	01:18&	00:17#	00:28&	00:12&		
<b>32</b>	<b>Per Olav Egeland</b>	<b>128</b>									<b>56:14</b>
04:20+	13:49+	21:20+	25:25+	28:56+	33:14+	47:05+	52:37+	54:56+	56:14+		
04:20+	09:29+	07:31+	04:05+	03:31+	04:18+	13:51+	05:32+	02:19+	01:18+		
03:08@	03:56&	02:24&	01:40&	01:31&	01:00&	09:26@	04:07@	00:56&	00:37&		
<b>33</b>	<b>Hans Klausen</b>	<b>62</b>									<b>56:15</b>
04:39+	18:42+	30:28+	33:25+	36:45+	41:20+	46:47+	53:04+	55:08+	56:15+		
04:39+	14:03+	11:46+	02:57+	03:20+	04:35+	05:27+	06:17+	02:04+	01:07+		
03:27@	08:30@	06:39@	00:32#	01:20&	01:17&	01:02#	04:52@	00:41&	00:26&		
<b>34</b>	<b>Tor Gunnar Osen</b>	<b>116</b>									<b>56:30</b>
01:31+	09:29+	28:44+	34:36+	37:29+	42:35+	47:58+	53:30+	55:27+	56:30+		
01:31+	07:58+	19:15+	05:52+	02:53+	05:06+	05:23+	05:32+	01:57+	01:03+		
00:19&	02:25&	14:08@	03:27@	00:53&	01:48&	00:58#	04:07@	00:34&	00:22&		
<b>35</b>	<b>Sverre Uhlving</b>	<b>105</b>									<b>59:02</b>
04:34+	15:46+	25:15+	31:58+	37:23+	41:38+	51:50+	55:03+	58:00+	59:02+		
04:34+	11:12+	09:29+	06:43+	05:25+	04:15+	10:12+	03:13+	02:57+	01:02+		
03:22@	05:39@	04:22&	04:18@	03:25@	00:57&	05:47@	01:48@	01:34@	00:21&		
<b>36</b>	<b>Kjetil Tveit</b>	<b>165</b>									<b>59:49</b>
04:19+	10:49+	37:33+	40:40+	45:33+	48:29+	55:07+	57:18+	58:54+	59:49+		
04:19+	06:30+	26:44+	03:07+	04:53+	02:56-	06:38+	02:11+	01:36+	00:55+		
03:07@	00:57#	21:37@	00:42&	02:53@	00:22-	02:13&	00:46&	00:13#	00:14&		

Class	Navn	Klasse	Tid
<b>37</b>	<b>Svein-Tore Brundtland</b>	<b>27</b>	<b>1:00:08</b>
01:33+	09:56+ 17:32+ 22:09+ 26:00+ 38:40+	46:49+ 57:11+ 59:14+ 60:08+	
01:33+	08:23+ 07:36+ 04:37+ 03:51+ 12:40+	08:09+ 10:22+ 02:03+ 00:54+	
00:21&	02:50& 02:29& 02:12& 01:51& 09:22@	03:44& 08:57@ 00:40& 00:13&	
<b>38</b>	<b>Joar Fandrem</b>	<b>94</b>	<b>1:00:26</b>
02:43+	11:12+ 31:17+ 34:43+ 39:22+ 44:35+	52:53+ 57:39+ 59:27+ 60:26+	
02:43+	08:29+ 20:05+ 03:26+ 04:39+ 05:13+	08:18+ 04:46+ 01:48+ 00:59+	
01:31@	02:56& 14:58@ 01:01& 02:39@	01:55& 03:53& 03:21@ 00:25& 00:18&	
<b>39</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>	<b>1:00:27</b>
02:23+	13:43+ 23:41+ 28:17+ 33:26+ 38:07+	51:53+ 55:19+ 59:06+ 60:27+	
02:23+	11:20+ 09:58+ 04:36+ 05:09+ 04:41+	13:46+ 03:26+ 03:47+ 01:21+	
01:11&	05:47@ 04:51& 02:11& 03:09@	01:23& 09:21@ 02:01@ 02:24@ 00:40&	
<b>40</b>	<b>Tor Inge Hansen</b>	<b>144</b>	<b>1:00:49</b>
02:08+	10:12+ 22:24+ 30:44+ 33:53+ 39:14+	45:46+ 58:11+ 59:55+ 60:49+	
02:08+	08:04+ 12:12+ 08:20+ 03:09+ 05:21+	06:32+ 12:25+ 01:44+ 00:54+	
00:56&	02:31& 07:05@ 05:55@ 01:09& 02:03&	02:07& 11:00@ 00:21& 00:13&	
<b>41</b>	<b>Steinar Aase</b>	<b>268</b>	<b>1:00:49</b>
04:01+	16:46+ 28:12+ 32:28+ 37:24+ 42:45+	52:59+ 55:50+ 59:33+ 60:49+	
04:01+	12:45+ 11:26+ 04:16+ 04:56+ 05:21+	10:14+ 02:51+ 03:43+ 01:16+	
02:49@	07:12@ 06:19@ 01:51& 02:56@	02:03& 05:49@ 01:26@ 02:20@ 00:35&	
<b>42</b>	<b>Ove Vatland</b>	<b>128</b>	<b>1:02:42</b>
03:00+	13:28+ 24:48+ 27:35+ 32:12+ 38:50+	56:39+ 58:46+ 61:03+ 62:42+	
03:00+	10:28+ 11:20+ 02:47+ 04:37+ 06:38+	17:49+ 02:07+ 02:17+ 01:39+	
01:48@	04:55& 06:13@ 00:22# 02:37@	03:20@ 13:24@ 00:42& 00:54& 00:58@	
<b>43</b>	<b>Kevin Hammer Knutsen</b>	<b>239</b>	<b>1:04:23</b>
00:50-	12:43+ 43:10+ 45:58+ 48:06+ 51:16+	59:44+ 62:13+ 63:40+ 64:23+	
00:50-	11:53+ 30:27+ 02:48+ 02:08+ 03:10-	08:28+ 02:29+ 01:27+ 00:43+	
00:22-	06:20@ 25:20@ 00:23# 00:08+ 00:08-	04:03& 01:04& 00:04+ 00:02+	
<b>44</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>	<b>1:04:34</b>
01:56+	14:33+ 26:51+ 30:56+ 35:05+ 48:39+	58:00+ 61:03+ 63:38+ 64:34+	
01:56+	12:37+ 12:18+ 04:05+ 04:09+ 13:34+	09:21+ 03:03+ 02:35+ 00:56+	
00:44&	07:04@ 07:11@ 01:40& 02:09@	10:16@ 04:56@ 01:38@ 01:12& 00:15&	
<b>45</b>	<b>Per Bakken</b>	<b>5</b>	<b>1:05:03</b>
02:03+	12:52+ 28:39+ 32:14+ 37:43+ 43:02+	58:26+ 60:41+ 63:50+ 65:03+	
02:03+	10:49+ 15:47+ 03:35+ 05:29+ 05:19+	15:24+ 02:15+ 03:09+ 01:13+	
00:51&	05:16& 10:40@ 01:10& 03:29@	02:01& 10:59@ 00:50& 01:46@ 00:32&	
<b>46</b>	<b>Harald Nilsen</b>	<b>79</b>	<b>1:06:28</b>
05:29+	15:48+ 26:01+ 29:18+ 33:33+ 39:39+	50:23+ 61:36+ 65:07+ 66:28+	
05:29+	10:19+ 10:13+ 03:17+ 04:15+ 06:06+	10:44+ 11:13+ 03:31+ 01:21+	
04:17@	04:46& 05:06& 00:52& 02:15@	02:48& 06:19@ 09:48@ 02:08@ 00:40&	
<b>47</b>	<b>Inge Grødem</b>	<b>92</b>	<b>1:08:51</b>
08:54+	22:02+ 32:52+ 37:39+ 43:39+ 49:40+	60:06+ 63:05+ 67:11+ 68:51+	
08:54+	13:08+ 10:50+ 04:47+ 06:00+ 06:01+	10:26+ 02:59+ 04:06+ 01:40+	
07:42@	07:35@ 05:43@ 02:22& 04:00@	02:43& 06:01@ 01:34@ 02:43@ 00:59@	
<b>48</b>	<b>Josef Ludoid</b>	<b>228</b>	<b>1:12:29</b>
06:54+	20:23+ 29:42+ 35:13+ 39:12+ 44:53+	52:25+ 62:00+ 71:21+ 72:29+	
06:54+	13:29+ 09:19+ 05:31+ 03:59+ 05:41+	07:32+ 09:35+ 09:21+ 01:08+	
05:42@	07:56@ 04:12& 03:06@	01:59& 02:23& 03:07& 08:10@ 07:58@ 00:27&	
<b>49</b>	<b>Samuel Denieul</b>	<b>42</b>	<b>1:14:45</b>
01:58+	12:28+ 39:49+ 42:14+ 46:38+ 62:08+	69:55+ 72:37+ 74:06+ 74:45+	
01:58+	10:30+ 27:21+ 02:25= 04:24+ 15:30+	07:47+ 02:42+ 01:29+ 00:39-	
00:46&	04:57& 22:14@ 00:00= 02:24@	12:12@ 03:22& 01:17& 00:06+ 00:02-	
<b>50</b>	<b>Per Aspøy</b>	<b>117</b>	<b>1:15:41</b>
05:32+	14:58+ 43:03+ 47:20+ 52:02+ 58:36+	70:29+ 72:27+ 74:33+ 75:41+	
05:32+	09:26+ 28:05+ 04:17+ 04:42+ 06:34+	11:53+ 01:58+ 02:06+ 01:08+	
04:20@	03:53& 22:58@ 01:52& 02:42@	03:16& 07:28@ 00:33& 00:43& 00:27&	
<b>51</b>	<b>Tom Leveraas</b>	<b>188</b>	<b>1:22:37</b>
02:41+	31:57+ 44:47+ 49:09+ 53:34+ 69:13+	75:39+ 78:42+ 81:35+ 82:37+	
02:41+	29:16+ 12:50+ 04:22+ 04:25+ 15:39+	06:26+ 03:03+ 02:53+ 01:02+	
01:29@	23:43@ 07:43@ 01:57& 02:25@	12:21@ 02:01& 01:38@ 01:30@ 00:21&	

Class	Navn	Klasse								Tid
<b>52</b>	<b>Arthur Christiansen</b>	<b>93</b>								<b>1:25:05</b>
02:58+	20:29+	39:02+	43:59+	50:14+	59:21+	73:19+	78:23+	82:23+	85:05+	
02:58+	17:31+	18:33+	04:57+	06:15+	09:07+	13:58+	05:04+	04:00+	02:42+	
01:46@	11:58@	13:26@	02:32@	04:15@	05:49@	09:33@	03:39@	02:37@	02:01@	
<b>53</b>	<b>Jon Arne Bratås</b>	<b>239</b>								<b>1:25:33</b>
07:05+	19:25+	47:51+	53:16+	58:53+	63:48+	78:32+	81:26+	84:39+	85:33+	
07:05+	12:20+	28:26+	05:25+	05:37+	04:55+	14:44+	02:54+	03:13+	00:54+	
05:53@	06:47@	23:19@	03:00@	03:37@	01:37&	10:19@	01:29@	01:50@	00:13&	
<b>54</b>	<b>Falk Weihs</b>	<b>115</b>								<b>1:31:48</b>
04:27+	20:25+	65:03+	66:48+	75:45+	79:55+	86:36+	88:56+	90:58+	91:48+	
04:27+	15:58+	44:38+	01:45-	08:57+	04:10+	06:41+	02:20+	02:02+	00:50+	
03:15@	10:25@	39:31@	00:40-	06:57@	00:52&	02:16&	00:55&	00:39&	00:09#	
<b>Beste strekktid for klassen</b>										
00:50	05:33	05:07	01:45	02:00	02:47	04:25	01:03	01:15	00:39	

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