

Krossberg**Strekketider****-16.05.2018****Pluss Navn**
Damer 16 - 39 år**Klasse****Tid****1 Kari Borgen****62****41:06**

02:09=	04:07=	05:49=	06:58=	07:28=	09:11=	09:27=	09:54=	11:30=	13:54=	16:42=	18:33=	21:42=	22:23=	24:29=	25:26=	29:45=	30:20=	32:04=	33:13=	34:22=	35:31=	37:27=	38:04=	39:13=	40:26=
02:09=	01:58=	01:42=	01:09=	00:30=	01:43=	00:16=	00:27=	01:36=	02:24=	02:48=	01:51=	03:09=	00:41=	02:06=	00:57=	04:19=	00:35=	01:44=	01:09=	01:09=	01:09=	01:56=	00:37=	01:09=	01:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
40:59=	41:06=																								
00:33=	00:07=																								
00:00=	00:00=																								

2 Wibeke Lende**74****46:02**

02:33+	04:38+	06:04+	07:20+	08:00+	09:07-	09:27=	09:56+	11:47+	15:04+	16:51+	18:38+	25:09+	26:21+	27:04+	30:01+	33:26+	34:26+	36:12+	37:31+	38:38+	40:35+	42:35+	43:13+	44:21+	45:23+
02:33+	02:05+	01:26-	01:16+	00:40+	01:07-	00:20+	00:29+	01:51+	03:17+	01:47-	01:47-	06:31+	01:12+	00:43-	02:57+	03:25-	01:00+	01:46+	01:19+	01:07-	01:57+	02:00+	00:38+	01:08-	01:02-
00:24#	00:07+	00:16-	00:07#	00:10&	00:36-	00:04#	00:02+	00:15#	00:53&	01:01-	00:04-	03:22@	00:31&	01:23-	02:00@	00:54-	00:25&	00:02+	00:10#	00:02-	00:48&	00:04+	00:01+	00:01-	00:11-
45:54+	46:02+																								
00:31-	00:08+																								
00:02-	00:01#																								

3 Åsta Bryne**134****46:34**

02:28+	04:32+	06:00+	07:18+	08:00+	09:21+	09:42+	10:09+	12:00+	15:05+	17:47+	19:58+	26:29+	27:12+	29:32+	30:47+	33:20+	34:44+	36:48+	38:22+	39:34+	41:01+	42:58+	43:44+	44:44+	45:46+
02:28+	02:04+	01:28-	01:18+	00:42+	01:21-	00:21+	00:27=	01:51+	03:05+	02:42-	02:11+	06:31+	00:43+	02:20+	01:15+	02:33-	01:24+	02:04+	01:34+	01:12+	01:27+	01:57+	00:46+	01:00-	01:02-
00:19#	00:06+	00:14-	00:09#	00:12&	00:22-	00:05&	00:00=	00:15#	00:41&	00:06-	00:20#	03:22@	00:02+	00:14#	00:18&	01:46-	00:49@	00:20#	00:25&	00:03+	00:18&	00:01+	00:09#	00:09-	00:11-
46:24+	46:34+																								
00:38+	00:10+																								
00:05#	00:03&																								

4 Gunn Iren Stangeland**62****49:34**

02:37+	04:48+	07:31+	08:58+	09:35+	10:58+	11:16+	11:55+	13:47+	17:15+	20:43+	23:16+	28:52+	30:17+	32:37+	33:46+	37:13+	37:56+	39:36+	40:57+	41:52+	43:17+	45:32+	46:23+	47:18+	48:57+
02:37+	02:11+	02:43+	01:27+	00:37+	01:23-	00:18+	00:39+	01:52+	03:28+	03:28+	02:33+	05:36+	01:25+	02:20+	01:09+	03:27-	00:43+	01:40-	01:21+	00:55-	01:25+	02:15+	00:51+	00:55-	01:39+
00:28#	00:13#	01:01&	00:18&	00:07#	00:20-	00:02#	00:12&	00:16#	01:04&	00:40#	00:42&	02:27&	00:44@	00:14#	00:12#	00:52-	00:08#	00:04-	00:12#	00:14-	00:16#	00:19#	00:14&	00:14-	00:26&
49:25+	49:34+																								
00:28-	00:09+																								
00:05-	00:02&																								

5 Elisabeth Groven**109****49:58**

02:58+	05:02+	06:37+	07:58+	08:37+	10:06+	10:29+	11:00+	13:04+	16:33+	19:03+	21:59+	26:15+	27:10+	28:10+	31:05+	35:34+	36:23+	37:56+	39:42+	41:40+	43:28+	45:27+	46:21+	48:01+	49:09+
02:58+	02:04+	01:35-	01:21+	00:39+	01:29-	00:23+	00:31+	02:04+	03:29+	02:30-	02:56+	04:16+	00:55+	01:00-	02:55+	04:29+	00:49+	01:33-	01:46+	01:58+	01:48+	01:59+	00:54+	01:40+	01:08-
00:49&	00:06+	00:07-	00:12#	00:09&	00:14-	00:07&	00:04#	00:28&	01:05&	00:18-	01:05&	01:07&	00:14&	01:06-	01:58@	00:10+	00:14&	00:11-	00:37&	00:49&	00:39&	00:03+	00:17&	00:31&	00:05-
49:49+	49:58+																								
00:40+	00:09+																								
00:07#	00:02&																								

6 Ingvild Amalixsen**116****50:48**

02:46+	05:04+	07:36+	11:35+	12:49+	14:17+	14:36+	15:04+	17:47+	21:00+	23:53+	25:45+	29:45+	30:45+	32:20+	33:34+	36:41+	37:24+	38:59+	40:34+	42:00+	43:51+	46:49+	47:38+	48:35+	50:02+
02:46+	02:18+	02:32+	03:59+	01:14+	01:28-	00:19+	00:28+	02:43+	03:13+	02:53+	01:52+	04:00+	01:00+	01:35-	01:14+	03:07-	00:43+	01:35-	01:35+	01:26+	01:51+	02:58+	00:49+	00:57-	01:27+
00:37&	00:20#	00:50&	02:50@	00:44@	00:15-	00:03#	00:01+	01:07&	00:49&	00:05+	00:01+	00:51&	00:19&	00:31-	00:17&	01:12-	00:08#	00:09-	00:26&	00:17#	00:42&	01:02&	00:12&	00:12-	00:14#
50:38+	50:48+																								
00:36+	00:10+																								
00:03+	00:03&																								

7 Kirsten Vike**92****51:30**

03:04+	05:25+	07:54+	09:19+	10:02+	11:27+	11:49+	12:40+	14:39+	18:33+	21:15+	23:25+	27:50+	29:13+	30:43+	32:11+	37:32+	38:16+	40:22+	42:12+	43:34+	45:10+	47:23+	48:18+	49:32+	50:39+
03:04+	02:21+	02:29+	01:25+	00:43+	01:25-	00:22+	00:51+	01:59+	03:54+	02:42-	02:10+	04:25+	01:23+	01:30-	01:28+	05:21+	00:44+	02:06+	01:50+	01:22+	01:36+	02:13+	00:55+	01:14+	01:07-
00:55&	00:23#	00:47&	00:16#	00:13&	00:18-	00:06&	00:24&	00:23#	01:30&	00:06-	00:19#	01:16&	00:42@	00:36-	00:31&	01:02#	00:09&	00:22#	00:41&	00:13#	00:27&	00:17#	00:18&	00:05+	00:06-
51:20+	51:30+																								
00:41+	00:10+																								
00:08#	00:03&																								

8 Agnes Selma Haker**115****51:51**

02:29+	04:27+	06:17+	08:38+	09:10+	10:32+	10:52+	11:26+	13:09+	16:28+	18:36+	22:20+	31:57+	32:37+	34:15+	35:32+	38:23+	39:09+	40:25+	41:52+	43:22+	44:49+	47:27+	48:48+	49:43+	51:08+
02:29+	01:58=	01:50+	02:21+	00:32+	01:22-	00:20+	00:34+	01:43+	03:19+	02:08-	03:44+	09:37+	00:40-	01:38-	01:17+	02:51-	00:46+	01:16-	01:27+	01:30+	01:27+	02:38+	01:21+	00:55-	01:25+
00:20#	00:00=	00:08+	01:12@	00:02+	00:21-	00:04#	00:07&	00:07+	00:55&	00:40-	01:53@	06:28@	00:01-	00:28-	00:20&	01:28-	00:11&	00:28-	00:18&	00:21&	00:18&	00:42&	00:44@	00:14-	00:12#
51:42+	51:51+																								
00:34+	00:09+																								
00:01+	00:02&																								

Class	Navn	Klasse										Tid													
9	Maria Lampe	126										52:12													
02:53+	04:59+	06:54+	09:48+	10:27+	12:46+	13:09+	13:38+	15:42+	19:17+	21:40+	24:59+	29:50+	31:01+	32:10+	33:20+	37:13+	38:13+	39:53+	41:40+	43:09+	44:45+	47:23+	48:21+	50:00+	51:17+
02:53+	02:06+	01:55+	02:54+	00:39+	02:19+	00:23+	00:29+	02:04+	03:35+	02:23-	03:19+	04:51+	01:11+	01:09-	01:10+	03:53-	01:00+	01:40-	01:47+	01:29+	01:36+	02:38+	00:58+	01:39+	01:17+
00:44&	00:08+	00:13#	01:45&	00:09&	00:36&	00:07&	00:02+	00:28&	01:11&	00:25-	01:28&	01:42&	00:30&	00:57-	00:13#	00:26-	00:25&	00:04-	00:38&	00:20&	00:27&	00:42&	00:21&	00:30&	00:04+
52:00+	52:12+																								
00:43+	00:12+																								
00:10&	00:05&																								
10	Mette Langeland	117										53:14													
03:50+	06:07+	08:20+	11:25+	12:05+	13:54+	14:20+	14:56+	16:52+	20:40+	23:25+	25:49+	31:08+	32:09+	33:13+	34:38+	37:43+	38:40+	40:39+	42:36+	44:04+	45:42+	48:18+	49:17+	50:52+	52:28+
03:50+	02:17+	02:13+	03:05+	00:40+	01:49+	00:26+	00:36+	01:56+	03:48+	02:45-	02:24+	05:19+	01:01+	01:04-	01:25+	03:05-	00:57+	01:59+	01:57+	01:28+	01:38+	02:36+	00:59+	01:35+	01:36+
01:41&	00:19#	00:31&	01:56&	00:10&	00:06+	00:10&	00:09&	00:20#	01:24&	00:03-	00:33&	02:10&	00:20&	01:02-	00:28&	01:14-	00:22&	00:15#	00:48&	00:19&	00:29&	00:40&	00:22&	00:26&	00:23&
53:05+	53:14+																								
00:37+	00:09+																								
00:04#	00:02&																								
11	Helene Lie	228										57:20													
03:01+	05:11+	07:28+	10:17+	11:43+	13:38+	13:58+	14:50+	17:04+	21:08+	23:36+	26:00+	31:55+	33:01+	34:20+	35:47+	40:45+	42:14+	44:05+	45:35+	47:00+	48:42+	52:46+	54:12+	55:21+	56:35+
03:01+	02:10+	02:17+	02:49+	01:26+	01:55+	00:20+	00:52+	02:14+	04:04+	02:28-	02:24+	05:55+	01:06+	01:19-	01:27+	04:58+	01:29+	01:51+	01:30+	01:25+	01:42+	04:04+	01:26+	01:09=	01:14+
00:52&	00:12#	00:35&	01:40&	00:56&	00:12#	00:04#	00:25&	00:38&	01:40&	00:20-	00:33&	02:46&	00:25&	00:47-	00:30&	00:39#	00:54&	00:07+	00:21&	00:16#	00:33&	02:08&	00:49&	00:00=	00:01+
57:10+	57:20+																								
00:35+	00:10+																								
00:02+	00:03&																								
12	Marita Skorpe	74										58:43													
03:27+	05:54+	08:20+	10:01+	10:43+	13:12+	13:30+	14:00+	16:12+	19:53+	22:20+	24:45+	35:14+	36:06+	38:59+	40:13+	43:21+	44:21+	46:18+	48:09+	49:31+	51:23+	54:10+	55:14+	56:39+	57:57+
03:27+	02:27+	02:26+	01:41+	00:42+	02:29+	00:18+	00:30+	02:12+	03:41+	02:27-	02:25+	10:29+	00:52+	02:53+	01:14+	03:08-	01:00+	01:57+	01:51+	01:22+	01:52+	02:47+	01:04+	01:25+	01:18+
01:18&	00:29#	00:44&	00:32&	00:12&	00:46&	00:02#	00:03#	00:36&	01:17&	00:21-	00:34&	07:20&	00:11&	00:47&	00:17&	01:11-	00:25&	00:13#	00:42&	00:13#	00:43&	00:51&	00:27&	00:16#	00:05+
58:34+	58:43+																								
00:37+	00:09+																								
00:04#	00:02&																								
13	Rønnaug Egeland	154										58:45													
02:40+	04:34+	06:29+	07:56+	08:47+	10:02+	10:22+	11:00+	12:51+	15:49+	17:52+	19:31+	28:57+	29:45+	31:36+	37:44+	40:53+	41:32+	46:13+	47:45+	48:53+	50:07+	52:14+	54:13+	55:52+	56:52+
02:40+	01:54-	01:55+	01:27+	00:51+	01:15-	00:20+	00:38+	01:51+	02:58+	02:03-	01:39-	09:26+	00:48+	01:51-	06:08+	03:09-	00:39+	04:41+	01:32+	01:08-	01:14+	02:07+	01:59+	01:39+	01:00-
00:31#	00:04-	00:13#	00:18&	00:21&	00:28-	00:04#	00:11&	00:15#	00:34#	00:45-	00:12-	06:17&	00:07#	00:15-	05:11&	01:10-	00:04#	02:57&	00:23&	00:01-	00:05+	00:11+	01:22&	00:30&	00:13-
58:02+	58:36+																								
01:10+	00:34+																								
00:37&	00:27&																								
14	Bodil Krogedal	126										1:03:44													
02:49+	04:58+	08:37+	12:37+	13:21+	14:56+	15:16+	16:01+	18:04+	21:41+	23:49+	27:06+	34:59+	36:08+	40:14+	41:28+	48:38+	49:45+	52:17+	53:48+	55:02+	56:22+	58:45+	59:37+	61:15+	63:02+
02:49+	02:09+	03:39+	04:00+	00:44+	01:35-	00:20+	00:45+	02:03+	03:37+	02:08-	03:17+	07:53+	01:09+	04:06+	01:14+	07:10+	01:07+	02:32+	01:31+	01:14+	01:20+	02:23+	00:52+	01:38+	01:47+
00:40&	00:11+	01:57&	02:51&	00:14&	00:08-	00:04#	00:18&	00:27&	01:13&	00:40-	01:26&	04:44&	00:28&	02:00&	00:17&	02:51&	00:32&	00:48&	00:22&	00:05+	00:11#	00:27#	00:15&	00:29&	00:34&
63:34+	63:44+																								
00:32-	00:10+																								
00:01-	00:03&																								
15	Ingunn Bergheim Landsnes	74										1:04:03													
03:18+	05:40+	08:14+	13:00+	13:36+	15:23+	15:46+	16:24+	18:56+	23:17+	26:07+	28:40+	34:54+	36:29+	39:42+	41:27+	45:06+	46:41+	48:37+	51:12+	52:34+	55:02+	58:00+	59:29+	61:11+	63:02+
03:18+	02:22+	02:34+	04:46+	00:36+	01:47+	00:23+	00:38+	02:32+	04:21+	02:50+	02:33+	06:14+	01:35+	03:13+	01:45+	03:39-	01:35+	01:56+	02:35+	01:22+	02:28+	02:58+	01:29+	01:42+	01:51+
01:09&	00:24#	00:52&	03:37&	00:06#	00:04+	00:07&	00:11&	00:56&	01:57&	00:02+	00:42&	03:05&	00:54&	01:07&	00:48&	00:40-	01:00&	00:12#	01:26&	00:13#	01:19&	01:02&	00:52&	00:33&	00:38&
63:49+	64:03+																								
00:47+	00:14+																								
00:14&	00:07&																								
16	Heidi Nordaunet	126										1:05:44													
02:58+	05:09+	07:56+	12:13+	12:55+	14:33+	14:57+	16:29+	17:28+	20:57+	25:33+	27:56+	34:38+	38:37+	40:21+	42:13+	49:28+	51:00+	52:48+	54:43+	55:59+	58:17+	60:49+	61:59+	63:46+	64:52+
02:58+	02:11+	02:47+	04:17+	00:42+	01:38-	00:24+	00:32+	01:59+	03:29+	04:36+	02:23+	06:42+	03:59+	01:44-	01:52+	07:15+	01:32+	01:48+	01:55+	01:16+	02:18+	02:32+	01:10+	01:47+	01:06-
00:49&	00:13#	01:05&	03:08&	00:12&	00:05-	00:08&	00:05#	00:23#	01:05&	01:48&	00:32&	03:33&	03:18&	00:22-	00:55&	02:56&	00:57&	00:04+	00:46&	00:07#	01:09&	00:36&	00:33&	00:38&	00:07-
65:34+	65:44+																								
00:42+	00:10+																								
00:09&	00:03&																								
17	Camilla Frafjord Haarr	116										1:08:12													
08:31+	10:32+	12:05+	13:50+	14:25+	16:05+	16:25+	16:58+	20:52+	24:11+	26:27+	28:23+	33:26+	34:14+	38:31+	39:37+	44:55+	45:49+	47:47+	54:04+	55:11+	56:44+	59:50+	60:41+	62:02+	64:05+
08:31+	02:01+	01:33-	01:45+	00:35+	01:40-	00:20+	00:33+	03:54+	03:19+	02:16-	01:56+	05:03+	00:48+	04:17+	01:06+	05:18+	00:54+	01:58+	06:17+	01:07-	01:33+	03:06+	00:51+	01:21+	02:03+
06:22&	00:03+	00:09-	00:36&	00:05#	00:03-	00:04#	00:06#	02:18&	00:55&	00:32-	00:05+	01:54&	00:07#	02:11&	00:09#	00:59#	00:19&	00:14#	05:08&	00:02-	00:24&	01:10&	00:14&	00:12#	00:50&
68:01+	68:12+																								
03:56+	00:11+																								
03:23&	00:04&																								

Class	Navn	Klasse													Tid												
18	Kjersti Pawells	105													1:11:17												
03:36+	06:03+	08:49+	13:47+	14:30+	16:03+	16:25+	17:01+	19:26+	23:35+	26:51+	29:52+	38:03+	40:10+	41:44+	43:17+	49:18+	54:08+	56:08+	58:26+	60:04+	62:02+	64:57+	66:10+	68:09+	70:18+		
03:36+	02:27+	02:46+	04:58+	00:43+	01:33-	00:22+	00:36+	02:25+	04:09+	03:16+	03:01+	08:11+	02:07+	01:34-	01:33+	06:01+	04:50+	02:00+	02:18+	01:38+	01:58+	02:55+	01:13+	01:59+	02:09+		
01:27&	00:29#	01:04&	03:49#	00:13&	00:10-	00:06&	00:09&	00:49&	01:45&	00:28#	01:10&	05:02#	01:26#	00:32-	00:36&	01:42&	04:15#	00:16#	01:09&	00:29&	00:49&	00:59&	00:36&	00:50&	00:56&		
71:05+	71:17+																										
00:47+	00:12+																										
00:14&	00:05&																										
19	Siv Hilde Berg	105													1:14:15												
04:41+	07:21+	09:16+	10:35+	11:10+	14:17+	14:38+	15:07+	17:49+	21:33+	23:50+	26:05+	39:31+	41:26+	43:21+	45:08+	50:01+	51:14+	53:38+	55:38+	57:51+	62:58+	69:08+	70:33+	71:43+	73:15+		
04:41+	02:40+	01:55+	01:19+	00:35+	03:07+	00:21+	00:29+	02:42+	03:44+	02:17-	02:15+	13:26+	01:55+	01:55-	01:47+	04:53+	01:13+	02:24+	02:00+	02:13+	05:07+	06:10+	01:25+	01:10+	01:32+		
02:32#	00:42&	00:13#	00:10#	00:05#	01:24&	00:05&	00:02+	01:06&	01:20&	00:31-	00:24#	10:17#	01:14#	00:11-	00:50&	00:34#	00:38#	00:40&	00:51&	01:04&	03:58#	04:14#	00:48#	00:01+	00:19&		
73:59+	74:15+																										
00:44+	00:16+																										
00:11&	00:09#																										
20	Svitlana Rasheva	116													1:14:17												
02:46+	05:09+	07:34+	22:15+	24:05+	26:12+	26:33+	27:44+	30:17+	33:54+	36:51+	39:15+	45:39+	46:41+	48:19+	49:41+	57:14+	58:19+	60:24+	63:31+	65:24+	66:56+	69:36+	70:42+	71:43+	73:27+		
02:46+	02:23+	02:25+	14:41+	01:50+	02:07+	00:21+	01:11+	02:33+	03:37+	02:57+	02:24+	06:24+	01:02+	01:38-	01:22+	07:33+	01:05+	02:05+	03:07+	01:53+	01:32+	02:40+	01:06+	01:01-	01:44+		
00:37&	00:25#	00:43&	13:32#	01:20#	00:24#	00:05&	00:44#	00:57&	01:13&	00:09+	00:33&	03:15#	00:21&	00:28-	00:25&	03:14&	00:30&	00:21#	01:58#	00:44&	00:23&	00:44&	00:29&	00:08-	00:31&		
74:08+	74:17+																										
00:41+	00:09+																										
00:08#	00:02&																										
21	Nithya Mohan	136													1:35:36												
09:14+	12:18+	15:57+	18:50+	20:14+	24:07+	24:34+	25:58+	29:21+	34:40+	42:31+	46:19+	56:04+	57:51+	60:47+	63:14+	69:06+	70:40+	76:49+	80:01+	82:24+	84:59+	88:09+	90:01+	92:05+	94:24+		
09:14+	03:04+	03:39+	02:53+	01:24+	03:53+	00:27+	01:24+	03:23+	05:19+	07:51+	03:48+	09:45+	01:47+	02:56+	02:27+	05:52+	01:34+	06:09+	03:12+	02:23+	02:35+	03:10+	01:52+	02:04+	02:19+		
07:05#	01:06&	01:57#	01:44#	00:54#	02:10#	00:11&	00:57#	01:47#	02:55#	05:03#	01:57#	06:36#	01:06#	00:50&	01:30#	01:33&	00:59#	04:25#	02:03#	01:14#	01:26#	01:14&	01:15#	00:55&	01:06&		
95:21+	95:36+																										
00:57+	00:15+																										
00:24&	00:08#																										
Beste strekktid for klassen																											
02:09	01:54	01:26	01:09	00:30	01:07	00:16	00:27	01:36	02:24	01:47	01:39	03:09	00:40	00:43	00:57	02:33	00:35	01:16	01:09	00:55	01:09	01:56	00:37	00:55	01:00	00:28	00:07
= Som klassevinner , - raskere , + senere , # 10% tap , & 25% tap , @ 100% tap.																											
Damer 40 - 49 år																											
1	Linda Mari Vestvik	62													40:17												
01:21=	03:11=	05:08=	07:13=	08:20=	08:38=	09:10=	11:10=	12:25=	15:23=	17:11=	24:44=	26:09=	27:28=	28:10=	30:49=	32:05=	33:33=	35:27=	37:14=	38:17=	39:40=	40:08=	40:17=				
01:21=	01:50=	01:57=	02:05=	01:07=	00:18=	00:32=	02:00=	01:15=	02:58=	01:48=	07:33=	01:25=	01:19=	00:42=	02:39=	01:16=	01:28=	01:54=	01:47=	01:03=	01:23=	00:28=	00:09=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Hege Anita H. Nielsen	48													45:48												
01:23+	03:48+	06:16+	08:24+	09:40+	10:02+	10:48+	13:10+	15:12+	18:29+	21:44+	27:45+	28:59+	30:18+	31:07+	34:19+	35:48+	37:27+	40:27+	41:31+	43:04+	45:09+	45:40+	45:48+				
01:23+	02:25+	02:28+	02:08+	01:16+	00:22+	00:46+	02:22+	02:02+	03:17+	03:15+	06:01-	01:14-	01:19=	00:49+	03:12+	01:29+	01:39+	03:00+	01:04-	01:33+	02:05+	00:31+	00:08-				
00:02+	00:35&	00:31&	00:03+	00:09#	00:04#	00:14&	00:22#	00:47&	00:19#	01:27&	01:32-	00:11-	00:00=	00:07#	00:33#	00:13#	00:11#	01:06&	00:43-	00:30&	00:42&	00:03#	00:01-				
3	Bjørg Hauge	47													47:42												
01:36+	03:52+	06:31+	08:58+	10:07+	10:31+	11:10+	13:35+	15:23+	19:02+	23:04+	29:24+	31:32+	32:47+	33:28+	37:21+	39:04+	40:38+	42:57+	44:06+	45:37+	46:55+	47:32+	47:42+				
01:36+	02:16+	02:39+	02:27+	01:09+	00:24+	00:39+	02:25+	01:48+	03:39+	04:02+	06:20-	02:08+	01:15-	00:41-	03:53+	01:43+	01:34+	02:19+	01:09-	01:31+	01:18-	00:37+	00:10+				
00:15#	00:26#	00:02#	00:02#	00:02+	00:06&	00:07#	00:25#	00:33&	00:41#	02:14#	01:13-	00:43&	00:04-	00:01-	01:14&	00:27&	00:06+	00:25#	00:38-	00:28&	00:05-	00:09&	00:01#				
4	Iren Undheim Øgreid	62													48:17												
01:12-	04:17+	06:13+	07:53+	09:31+	09:48+	10:18+	12:47+	14:10+	17:28+	20:48+	26:51+	28:29+	29:45+	30:33+	33:27+	35:05+	36:39+	38:46+	44:09+	45:40+	47:18+	48:05+	48:17+				
01:12-	03:05+	01:56-	01:40-	01:38+	00:17-	00:30-	02:29+	01:23+	03:18+	03:20+	06:03-	01:38+	01:16-	00:48+	02:54+	01:38+	01:34+	02:07+	05:23+	01:31+	01:38+	00:47+	00:12+				
00:09-	01:15&	00:01-	00:25-	00:31&	00:01-	00:02-	00:29#	00:08#	00:20#	01:32&	01:30-	00:13#	00:03-	00:06#	00:15+	00:22&	00:06+	00:13#	03:36#	00:28&	00:15#	00:19&	00:03&				
5	Siv Skretting	93													49:47												
01:29+	05:27+	07:37+	10:06+	11:20+	11:40+	12:13+	14:35+	16:57+	20:15+	23:58+	30:35+	31:53+	33:23+	34:12+	37:55+	39:16+	40:54+	43:17+	45:04+	47:07+	48:46+	49:37+	49:47+				
01:29+	03:58+	02:10+	02:29+	01:14+	00:20+	00:33+	02:22+	02:22+	03:18+	03:43+	06:37-	01:18-	01:30+	00:49+	03:43+	01:21+	01:38+	02:23+	01:47=	02:03+	01:39+	00:51+	00:10+				
00:08+	02:08#	00:13#	00:24#	00:07#	00:02#	00:01+	00:22#	01:07&	00:20#	01:55#	00:56-	00:07-	00:11#	00:07#	01:04&	00:05+	00:10#	00:29&	00:00=	01:00&	00:16#	00:23&	00:01#				
6	Nina Svensen	2													51:53												
02:00+	04:00+	07:58+	09:50+	11:14+	11:35+	12:11+	14:45+	19:17+	23:28+	27:56+	33:37+	34:59+	37:37+	38:25+	42:03+	43:36+	44:59+	47:32+	48:47+	49:54+	51:07+	51:43+	51:53+				
02:00+	02:00+	03:58+	01:52-	01:24+	00:21+	00:36+	02:34+	04:32+	04:11+	04:28+	05:41-	01:22-	02:38+	00:48+	03:38+	01:33+	01:23-	02:33+	01:15-	01:07+	01:13-	00:36+	00:10+				
00:39&	00:10+	02:01#	00:13-	00:17&	00:03#	00:04#	00:34&	03:17#	01:13&	02:40#	01:52-	00:03-	01:19&	00:06#	00:59&	00:17#	00:05-	00:39&	00:32-	00:04+	00:10-	00:08&	00:01#				
7	Tove Irene Asheim	116													57:09												
02:03+	04:29+	07:08+	10:04+	11:24+	11:49+	12:35+	15:33+	17:24+	21:27+	24:17+	32:24+	34:39+	37:37+	38:17+	41:57+	44:30+	46:50+	50:20+	51:57+	54:18+	56:05+	56:54+	57:09+				
02:03+	02:26+	02:39+	02:56+	01:20+	00:25+	00:46+	02:																				

Class	Navn	Klasse	Tid																				
8	Ragnhild Båtnes Berntsen	101	1:01:52																				
01:42+	04:32+	07:16+	10:09+	11:48+	12:15+	13:17+	16:30+	18:59+	23:00+	25:59+	35:38+	38:18+	39:57+	41:10+	46:54+	48:28+	50:31+	56:18+	57:51+	58:58+	60:55+	61:40+	61:52+
01:42+	02:50+	02:44+	02:53+	01:39+	00:27+	01:02+	03:13+	02:29+	04:01+	02:59+	09:39+	02:40+	01:39+	01:13+	05:44+	01:34+	02:03+	05:47+	01:33-	01:07+	01:57+	00:45+	00:12+
00:21&	01:00&	00:47&	00:48&	00:32&	00:09&	00:30&	01:13&	01:14&	01:03&	01:11&	02:06&	01:15&	00:20&	00:31&	03:05&	00:18#	00:35&	03:53&	00:14-	00:04+	00:34&	00:17&	00:03&
Beste strekktid for klassen																							
01:12	01:50	01:56	01:40	01:07	00:17	00:30	02:00	01:15	02:58	01:48	05:41	01:14	01:15	00:40	02:39	01:16	01:23	01:54	01:04	01:03	01:13	00:28	00:08

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

Damer 50 - 59 år

1	Keth Berggraf	116	40:59																				
02:04=	04:04=	06:03=	07:52=	08:58=	09:20=	09:55=	12:26=	13:34=	16:19=	18:10=	25:02=	26:30=	27:44=	28:22=	31:02=	32:36=	34:03=	35:57=	37:27=	38:46=	40:12=	40:52=	40:59=
02:04=	02:00=	01:59=	01:49=	01:06=	00:22=	00:35=	02:31=	01:08=	02:45=	01:51=	06:52=	01:28=	01:14=	00:38=	02:40=	01:34=	01:27=	01:54=	01:30=	01:19=	01:26=	00:40=	00:07=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Trude Katrine Hermrud	117	42:08																				
01:34-	03:54-	06:12+	08:08+	09:25+	09:47+	10:22+	12:45+	14:27+	17:29+	19:45+	25:15+	26:22-	28:23+	29:01+	32:08+	33:22+	34:57+	37:23+	38:37+	40:08+	41:18+	41:58+	42:08+
01:34-	02:20+	02:18+	01:56+	01:17+	00:22=	00:35=	02:23-	01:42+	03:02+	02:16+	05:30-	01:07-	02:01+	00:38=	03:07+	01:14-	01:35+	02:26+	01:14-	01:31+	01:10-	00:40=	00:10+
00:30-	00:20#	00:19#	00:07#	00:11#	00:00=	00:00=	00:08-	00:34&	00:17#	00:25#	01:22-	00:21-	00:47&	00:00=	00:27#	00:20-	00:08+	00:32&	00:16-	00:12#	00:16-	00:00=	00:03&
3	Gunn J. Grefstad	2	46:40																				
01:30-	03:38-	05:54-	09:24+	10:38+	10:57+	11:31+	14:23+	15:55+	19:27+	22:19+	28:11+	29:25+	32:28+	33:11+	36:56+	38:32+	40:03+	42:22+	43:28+	44:44+	45:54+	46:31+	46:40+
01:30-	02:08+	02:16+	03:30+	01:14+	00:19-	00:34-	02:52+	01:32+	03:32+	02:52+	05:52-	01:14-	03:03+	00:43+	03:45+	01:36+	01:31+	02:19+	01:06-	01:16-	01:10-	00:37-	00:09+
00:34-	00:08+	00:17#	01:41&	00:08#	00:03-	00:01-	00:21#	00:24&	00:47&	01:01&	01:00-	00:14-	01:49&	00:05#	01:05&	00:02+	00:04+	00:25#	00:24-	00:03-	00:16-	00:03-	00:02&
4	Rowena Naile	42	47:21																				
01:15-	03:07-	05:08-	07:23-	08:34-	08:56-	09:40-	12:35+	14:43+	17:35+	20:48+	26:24+	28:54+	30:11+	31:12+	36:20+	38:09+	39:31+	41:18+	43:32+	45:01+	46:34+	47:11+	47:21+
01:15-	01:52-	02:01+	02:15+	01:11+	00:22=	00:44+	02:55+	02:08+	02:52+	03:13+	05:36+	02:30+	01:17+	01:01+	05:08+	01:49+	01:22-	01:47-	02:14+	01:29+	01:33+	00:37-	00:10+
00:49-	00:08-	00:02+	00:26#	00:05+	00:00=	00:09&	00:24#	01:00&	00:07+	01:22&	01:16-	01:02&	00:03+	00:23&	02:28&	00:15#	00:05-	00:07-	00:44&	00:10#	00:07+	00:03-	00:03&
5	Anne-Siv Gjertsen	27	49:33																				
01:28-	04:32+	06:57+	09:04+	10:24+	10:46+	11:21+	13:58+	15:40+	19:25+	21:46+	31:08+	32:05+	33:39+	35:15+	38:07+	40:01+	41:46+	44:08+	45:46+	47:26+	48:43+	49:23+	49:33+
01:28-	03:04+	02:25+	02:07+	01:20+	00:22=	00:35=	02:37+	01:42+	03:45+	02:21+	09:22+	00:57-	01:34+	01:36+	02:52+	01:54+	01:45+	02:22+	01:38+	01:40+	01:17-	00:40=	00:10+
00:36-	01:04&	00:26#	00:18#	00:14#	00:00=	00:00=	00:06+	00:34&	01:00&	00:30&	02:30&	00:31-	00:20&	00:58&	00:12+	00:20#	00:18#	00:28#	00:08+	00:21&	00:09-	00:00=	00:03&
6	Kristin Skadsem	18	50:04																				
01:51-	04:30+	07:09+	09:40+	11:17+	11:41+	12:39+	15:28+	16:55+	21:08+	24:10+	31:06+	32:20+	33:48+	34:43+	37:58+	39:36+	41:32+	44:13+	45:55+	47:27+	49:04+	49:51+	50:04+
01:51-	02:39+	02:39+	02:31+	01:37+	00:24+	00:58+	02:49+	01:27+	04:13+	03:02+	06:56+	01:14-	01:28+	00:55+	03:15+	01:38+	01:56+	02:41+	01:42+	01:32+	01:37+	00:47+	00:13+
00:13-	00:39&	00:40&	00:42&	00:31&	00:02+	00:23&	00:18#	00:19&	01:28&	01:11&	00:04+	00:14-	00:14#	00:17&	00:35#	00:04+	00:29&	00:47&	00:12#	00:13#	00:11#	00:07#	00:06&
7	Torill Andersen	116	54:28																				
01:30-	06:35+	08:52+	11:27+	12:40+	13:04+	13:47+	16:28+	18:51+	22:29+	26:12+	35:38+	36:40+	39:08+	40:04+	43:14+	44:52+	46:41+	48:59+	50:31+	52:01+	53:34+	54:18+	54:28+
01:30-	05:05+	02:17+	02:35+	01:13+	00:24+	00:43+	02:41+	02:23+	03:38+	03:43+	09:26+	01:02-	02:28+	00:56+	03:10+	01:38+	01:49+	02:18+	01:32+	01:30+	01:33+	00:44+	00:10+
00:34-	03:05@	00:18#	00:46&	00:07#	00:02+	00:08#	00:10+	01:15@	00:53&	01:52@	02:34&	00:26-	01:14&	00:18&	00:30#	00:04+	00:22&	00:24#	00:02+	00:11#	00:07+	00:04#	00:03&
8	Kari Smådal Turøy	115	54:48																				
01:42-	04:21+	06:55+	09:48+	11:36+	11:58+	12:45+	16:15+	18:44+	23:16+	26:04+	33:19+	34:40+	36:14+	37:36+	41:11+	43:08+	45:00+	47:35+	49:25+	50:54+	53:52+	54:35+	54:48+
01:42-	02:39+	02:34+	02:53+	01:48+	00:22=	00:47+	03:30+	02:29+	04:32+	02:48+	07:15+	01:21-	01:34+	01:22+	03:35+	01:57+	01:52+	02:35+	01:50+	01:29+	02:58+	00:43+	00:13+
00:22-	00:39&	00:35&	01:04&	00:42&	00:00=	00:12&	00:59&	01:21@	01:47&	00:57&	00:23+	00:07-	00:20&	00:44@	00:55&	00:23#	00:25&	00:41&	00:20#	00:10#	01:32@	00:03+	00:06&
9	Nidunn Sandvik	228	55:33																				
01:42-	04:06+	06:41+	09:15+	10:40+	11:01+	11:38+	14:43+	17:12+	20:17+	22:52+	30:41+	31:36+	32:56+	34:00+	40:59+	43:28+	45:12+	47:38+	50:35+	53:11+	54:35+	55:18+	55:33+
01:42-	02:24+	02:35+	02:34+	01:25+	00:21-	00:37+	03:05+	02:29+	03:05+	02:35+	07:49+	00:55-	01:20+	01:04+	06:59+	02:29+	01:44+	02:26+	02:57+	02:36+	01:24-	00:43+	00:15+
00:22-	00:24#	00:36&	00:45&	00:19&	00:01-	00:02+	00:34#	01:21@	00:20#	00:44&	00:57#	00:33-	00:06+	00:26&	04:19@	00:55&	00:17#	00:32&	01:27&	01:17&	00:02-	00:03+	00:08@
10	Birgitte Røe	125	1:03:56																				
01:38-	04:04=	06:32+	08:19+	09:34+	09:59+	10:38+	21:23+	22:48+	27:17+	30:39+	42:44+	43:39+	44:59+	46:05+	50:56+	52:30+	54:48+	58:11+	59:42+	61:08+	63:02+	63:44+	63:56+
01:38-	02:26+	02:28+	01:47-	01:15+	00:25+	00:39+	10:45+	01:25+	04:29+	03:22+	12:05+	00:55-	01:20+	01:06+	04:51+	01:34+	02:18+	03:23+	01:31+	01:26+	01:54+	00:42+	00:12+
00:26-	00:26#	00:29#	00:02-	00:09#	00:03#	00:04#	08:14@	00:17#	01:44&	01:31&	05:13&	00:33-	00:06+	00:28&	02:11&	00:00=	00:51&	01:29&	00:01+	00:07+	00:28&	00:02+	00:05&
11	Margretha Almedal	297	1:05:27																				
01:31-	03:54-	06:19+	09:49+	11:28+	11:50+	12:30+	16:35+	19:04+	22:24+	29:11+	42:55+	43:45+	44:56+	46:53+	52:55+	54:24+	56:03+	58:42+	61:00+	63:03+	64:34+	65:17+	65:27+
01:31-	02:23+	02:28+	03:30+	01:39+	00:22=	00:40+	04:05+	02:29+	03:20+	06:47+	13:44+	00:50-	01:11-	01:57+	06:02+	01:29-	01:39+	02:39+	02:18+	02:03+	01:31+	00:43+	00:10+
00:33-	00:23#	00:26#	01:41&	00:33&	00:00=	00:05#	01:34&	01:21@	00:35#	04:56@	06:52&	00:38-	00:03-	01:19@	03:22@	00:05-	00:12#	00:45&	00:48&	00:44&	00:05+	00:03+	00:03&
12	Marie-Elizabeth Reinseth	27	1:08:42																				
07:48+	10:39+	13:03+	15:01+	16:34+	16:53+	17:30+	21:49+	28:44+	32:19+	34:40+	47:54+	50:27+	51:43+	52:46+	55:52+	57:29+	59:12+	63:18+	65:00+	66:21+	67:46+	68:31+	68:42+
07:48+	02:51+	02:24+	01:58+	01:33+	00:19-	00:37+	04:19+	06:55+	03:35+	02:21+	13:14+	02:33+	01:16+	01:03+	03:06+	01:37+	01:43+	04:06+	01:42+	01:21+	01:25-	00:45+	00:11+
05:44@	00:51&	00:25#	00:09+	00:27&	00:03-	00:02+	01:48&	05:47@	00:50&	00:30&	06:22&	01:05&	00:02+	00:25&	00:26#	00:03+	00:16#	02:12@	00:12#	00:02+	00:01-	00:05#	00:04&

Class	Navn	Klasse	Tid																				
13	Ellinor Nesse	116	1:09:35																				
01:47-	07:58+	10:40+	13:26+	14:52+	15:19+	16:32+	19:33+	22:44+	27:03+	30:56+	44:28+	46:59+	48:33+	49:34+	53:32+	55:24+	57:28+	63:02+	64:06+	65:50+	68:28+	69:15+	69:35+
01:47-	06:11+	02:42+	02:46+	01:26+	00:27+	01:13+	03:01+	03:11+	04:19+	03:53+	13:32+	02:31+	01:34+	01:01+	03:58+	01:52+	02:04+	05:34+	01:04-	01:44+	02:38+	00:47+	00:20+
00:17-	04:11@	00:43&	00:57&	00:20&	00:05#	00:38@	00:30#	02:03@	01:34&	02:02@	06:40&	01:03&	00:20&	00:23&	01:18&	00:18#	00:37&	03:40@	00:26-	00:25&	01:12&	00:07#	00:13@
14	Brit Vivian Meling	116	1:39:34																				
03:39+	09:23+	13:28+	23:54+	25:22+	25:48+	26:41+	35:03+	37:06+	41:55+	44:32+	67:18+	69:49+	71:26+	72:26+	84:45+	86:25+	88:22+	92:45+	94:32+	96:32+	98:28+	99:20+	99:34+
03:39+	05:44+	04:05+	10:26+	01:28+	00:26+	00:53+	08:22+	02:03+	04:49+	02:37+	22:46+	02:31+	01:37+	01:00+	12:19+	01:40+	01:57+	04:23+	01:47+	02:00+	01:56+	00:52+	00:14+
01:35&	03:44@	02:06@	08:37@	00:22&	00:04#	00:18&	05:51@	00:55&	02:04&	00:46&	15:54@	01:03&	00:23&	00:22&	09:39@	00:06+	00:30&	02:29@	00:17#	00:41&	00:30&	00:12&	00:07&

Beste strekktid for klassen
01:15 01:52 01:59 01:47 01:06 00:19 00:34 02:23 01:08 02:45 01:51 05:30 00:50 01:11 00:38 02:40 01:14 01:22 01:47 01:04 01:16 01:10 00:37 00:07

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

Damer 60 - 64 år

1	Ingrid Eik	88	34:19																					
01:22=	03:09=	04:55=	06:33=	08:10=	08:40=	12:43=	14:00=	16:59=	20:23=	21:30=	23:28=	25:23=	26:25=	28:09=	29:54=	30:50=	32:06=	33:37=	34:09=	34:19=				
01:22=	01:47=	01:46=	01:38=	01:37=	00:30=	04:03=	01:17=	02:59=	03:24=	01:07=	01:58=	01:55=	01:02=	01:44=	01:45=	00:56=	01:16=	01:31=	00:32=	00:10=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Berit Bakken	168	37:14																					
01:38+	03:34+	05:45+	07:25+	09:01+	09:38+	12:52+	15:22+	18:51+	22:39+	23:51+	25:42+	27:14+	28:28+	30:58+	32:47+	33:50+	35:07+	36:23+	37:03+	37:14+				
01:38+	01:56+	02:11+	01:40+	01:36-	00:37+	03:14-	02:30+	03:29+	03:48+	01:12+	01:51-	01:32-	01:14+	02:30+	01:49+	01:03+	01:17+	01:16-	00:40+	00:11+				
00:16#	00:09+	00:25#	00:02+	00:01-	00:07#	00:49-	01:13&	00:30#	00:24#	00:05+	00:07-	00:23-	00:12#	00:46&	00:04+	00:07#	00:01+	00:15-	00:08#	00:01#				
3	Marit Karin Nygård	92	38:40																					
01:41+	03:35+	05:40+	08:13+	09:41+	10:16+	14:17+	16:49+	20:08+	23:49+	25:02+	26:49+	28:21+	29:50+	32:02+	33:58+	35:04+	36:40+	37:50+	38:31+	38:40+				
01:41+	01:54+	02:05+	02:33+	01:28-	00:35+	04:01-	02:32+	03:19+	03:41+	01:13+	01:47-	01:32-	01:29+	02:12+	01:56+	01:06+	01:36+	01:10-	00:41+	00:09-				
00:19#	00:07+	00:19#	00:55&	00:09-	00:05#	00:02-	01:15&	00:20#	00:17+	00:06+	00:11-	00:23-	00:27&	00:28&	00:11#	00:10#	00:20&	00:21-	00:09&	00:01-				
4	Liv Sissel Obrestad	54	43:30																					
02:05+	04:24+	06:47+	09:33+	11:23+	12:13+	15:10+	16:59+	21:20+	26:01+	27:11+	29:22+	31:38+	33:19+	35:53+	38:10+	39:35+	41:02+	42:30+	43:17+	43:30+				
02:05+	02:19+	02:23+	02:46+	01:50+	00:50+	02:57-	01:49+	04:21+	04:41+	01:10+	02:11+	02:16+	01:41+	02:34+	02:17+	01:25+	01:27+	01:28-	00:47+	00:13+				
00:43&	00:32&	00:37&	01:08&	00:13#	00:20&	01:06-	00:32&	01:22&	01:17&	00:03+	00:13#	00:21#	00:39&	00:50&	00:32&	00:29&	00:11#	00:03-	00:15&	00:03&				
5	Arnfrid Stangeland	96	44:48																					
01:44+	03:39+	05:46+	08:49+	10:43+	11:17+	15:07+	16:41+	20:50+	26:04+	27:13+	29:15+	31:31+	33:09+	36:07+	39:24+	40:34+	42:24+	43:43+	44:37+	44:48+				
01:44+	01:55+	02:07+	03:03+	01:54+	00:34+	03:50-	01:34+	04:09+	05:14+	01:09+	02:02+	02:16+	01:38+	02:58+	03:17+	01:10+	01:50+	01:19-	00:54+	00:11+				
00:22&	00:08+	00:21#	01:25&	00:17#	00:04#	00:13-	00:17#	01:10&	01:50&	00:02+	00:04+	00:21#	00:36&	01:14&	01:32&	00:14#	00:34&	00:12-	00:22&	00:01#				
6	Halldis Handeland	92	46:31																					
02:02+	04:04+	06:26+	08:39+	10:22+	11:11+	14:28+	16:31+	21:06+	25:59+	27:19+	30:27+	32:37+	34:33+	37:05+	39:36+	41:02+	43:25+	45:31+	46:20+	46:31+				
02:02+	02:02+	02:22+	02:13+	01:43+	00:49+	03:17-	02:03+	04:35+	04:53+	01:20+	03:08+	02:10+	01:56+	02:32+	02:31+	01:26+	02:23+	02:06+	00:49+	00:11+				
00:40&	00:15#	00:36&	00:35&	00:06+	00:19&	00:46-	00:46&	01:36&	01:29&	00:13#	01:10&	00:15#	00:54&	00:48&	00:46&	00:30&	01:07&	00:35&	00:17&	00:01#				
7	Eli Frafjord	94	50:57																					
01:36+	03:52+	05:59+	07:56+	09:31+	10:08+	21:16+	22:50+	26:37+	30:44+	31:44+	33:45+	38:44+	40:13+	43:31+	45:45+	46:47+	48:32+	49:57+	50:43+	50:57+				
01:36+	02:16+	02:07+	01:57+	01:35-	00:37+	11:08+	01:34+	03:47+	04:07+	01:00-	02:01+	04:59+	01:29+	03:18+	02:14+	01:02+	01:45+	01:25-	00:46+	00:14+				
00:14#	00:29&	00:21#	00:19#	00:02-	00:07#	07:05@	00:17#	00:48&	00:43#	00:07-	00:03+	03:04@	00:27&	01:34&	00:29&	00:06#	00:29&	00:06-	00:14&	00:04&				
8	Aud Steinsland	128	51:38																					
01:45+	03:42+	05:58+	08:57+	10:55+	11:57+	20:06+	23:14+	27:32+	32:13+	33:33+	36:17+	38:13+	40:03+	43:29+	45:33+	46:42+	48:52+	50:33+	51:27+	51:38+				
01:45+	01:57+	02:16+	02:59+	01:58+	01:02+	08:09+	03:08+	04:18+	04:41+	01:20+	02:44+	01:56+	01:50+	03:26+	02:04+	01:09+	02:10+	01:41+	00:54+	00:11+				
00:23&	00:10+	00:30&	01:21&	00:21#	00:32@	04:06@	01:51@	01:19&	01:17&	00:13#	00:46&	00:01+	00:48&	01:42&	00:19#	00:13#	00:54&	00:10#	00:22&	00:01#				
9	Hanna S. Lomeland	47	51:39																					
01:42+	03:43+	05:54+	08:59+	10:53+	11:59+	20:09+	23:16+	27:29+	32:14+	33:35+	36:14+	38:15+	40:06+	43:32+	45:34+	46:45+	48:56+	50:36+	51:28+	51:39+				
01:42+	02:01+	02:11+	03:05+	01:54+	01:06+	08:10+	03:07+	04:13+	04:45+	01:21+	02:39+	02:01+	01:51+	03:26+	02:02+	01:11+	02:11+	01:40+	00:52+	00:11+				
00:20#	00:14#	00:25#	01:27&	00:17#	00:36@	04:07@	01:50@	01:14&	01:21&	00:14#	00:41&	00:06+	00:49&	01:42&	00:17#	00:15&	00:55&	00:09+	00:20&	00:01#				
10	Kari Blixhavn	228	54:52																					
02:06+	04:25+	07:08+	09:29+	11:49+	12:35+	19:55+	26:12+	30:38+	35:27+	36:52+	39:24+	41:37+	43:51+	46:36+	49:07+	50:35+	52:09+	53:50+	54:38+	54:52+				
02:06+	02:19+	02:43+	02:21+	02:20+	00:46+	07:20+	06:17+	04:26+	04:49+	01:25+	02:32+	02:13+	02:14+	02:45+	02:31+	01:28+	01:34+	01:41+	00:48+	00:14+				
00:44&	00:32&	00:57&	00:43&	00:43&	00:16&	03:17&	05:00@	01:27&	01:25&	00:18&	00:34&	00:18#	01:12@	01:01&	00:46&	00:32&	00:18#	00:10#	00:16&	00:04&				
11	Berit K. Gramstad	113	1:01:28																					
02:21+	04:46+	07:32+	16:10+	18:00+	18:46+	29:16+	32:17+	36:35+	41:38+	42:57+	46:22+	48:29+	50:13+	52:46+	55:22+	56:52+	58:53+	60:25+	61:16+	61:28+				
02:21+	02:25+	02:46+	08:38+	01:50+	00:46+	10:30+	03:01+	04:18+	05:03+	01:19+	03:25+	02:07+	01:44+	02:33+	02:36+	01:30+	02:01+	01:32+	00:51+	00:12+				
00:59&	00:38&	01:00&	07:00@	00:13#	00:16&	06:27@	01:44@	01:19&	01:39&	00:12#	01:27&	00:12#	00:42&	00:49&	00:51&	00:34&	00:45&	00:01+	00:19&	00:02#				

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

Beste strekktid for klassen

01:22 01:47 01:46 01:38 01:28 00:30 02:57 01:17 02:59 03:24 01:00 01:47 01:32 01:02 01:44 01:45 00:56 01:16 01:10 00:32 00:09

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

Damer 65 - 69 år

1 Inger Skretting Opstad

54

42:03

01:55= 04:06= 06:29= 08:41= 10:28= 11:13= 13:59= 15:45= 20:00= 24:23= 25:51= 28:02= 29:54= 31:27= 34:27= 37:04= 38:13= 39:37= 41:06= 41:51= 42:03=

2 Mette Dagsland

68

42:47

01:42- 03:33- 05:36- 07:43- 09:23- 10:01- 13:01- 15:16- 18:58- 24:21- 25:29- 28:11+ 31:05+ 32:19+ 34:47+ 36:51- 38:08- 40:07+ 41:53+ 42:35+ 42:47+

3 Hanne Eik

117

43:16

01:44- 03:55- 06:09- 08:44+ 11:03+ 12:07+ 15:04+ 17:00+ 21:02+ 25:33+ 27:32+ 29:39+ 31:27+ 33:07+ 35:27+ 37:45+ 39:24+ 40:56+ 42:19+ 43:05+ 43:16+

4 Wenche Anda Haarr

92

47:07

02:13+ 04:56+ 07:57+ 10:28+ 12:32+ 13:28+ 16:25+ 19:01+ 23:44+ 28:39+ 29:44+ 31:48+ 34:33+ 36:10+ 39:01+ 41:38+ 42:55+ 44:28+ 46:01+ 46:53+ 47:07+

5 Kirsten Carlsen

93

48:41

02:01+ 04:20+ 08:08+ 10:28+ 12:24+ 13:02+ 16:10+ 17:54+ 22:09+ 27:10+ 28:19+ 30:48+ 35:45+ 37:13+ 40:42+ 43:06+ 44:30+ 45:52+ 47:43+ 48:28+ 48:41+

6 Synnøva Gausel

115

1:05:41

02:00+ 04:14+ 06:32+ 09:48+ 11:58+ 13:14+ 29:52+ 31:55+ 35:47+ 40:30+ 45:15+ 47:43+ 50:31+ 55:33+ 58:41+ 60:55+ 62:00+ 63:15+ 64:42+ 65:27+ 65:41+

Beste strekktid for klassen

01:42 01:51 02:03 02:07 01:40 00:38 02:46 01:44 03:42 04:23 01:05 02:04 01:48 01:14 02:20 02:04 01:05 01:15 01:23 00:42 00:11

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

Damer 70 - 74 år

1 Turid Nystrøm

68

37:47

01:50= 03:39= 05:41= 08:01= 09:42= 10:24= 13:00= 15:11= 18:41= 22:31= 23:35= 25:32= 27:23= 29:22= 31:34= 33:17= 34:27= 35:42= 36:55= 37:36= 37:47=

2 Gry V. Thengs

68

41:00

01:45- 03:51+ 06:04+ 08:37+ 10:25+ 11:14+ 14:20+ 16:02+ 19:39+ 24:14+ 25:19+ 27:28+ 29:20+ 30:51+ 33:29+ 35:26+ 36:33+ 38:14+ 39:58+ 40:49+ 41:00+

3 Helga Aaslid

54

42:58

01:31- 03:29- 05:46+ 09:34+ 11:16+ 11:53+ 14:57+ 16:59+ 20:42+ 25:09+ 27:57+ 30:24+ 32:20+ 34:32+ 36:39+ 38:25+ 39:35+ 40:49+ 42:06+ 42:44+ 42:58+

4 Haldis Glendrange

68

43:04

01:32- 03:29- 05:29- 07:55- 09:54+ 10:52+ 14:16+ 16:24+ 20:10+ 24:22+ 25:45+ 27:48+ 30:11+ 32:03+ 34:51+ 36:59+ 38:11+ 40:12+ 41:56+ 42:53+ 43:04+

5 Helga Klausen

62

46:38

01:51+ 04:17+ 06:49+ 10:24+ 12:31+ 13:07+ 16:10+ 17:56+ 21:51+ 26:22+ 28:50+ 31:04+ 33:15+ 35:26+ 38:28+ 41:00+ 42:04+ 43:53+ 45:34+ 46:27+ 46:38+

Class	Navn	Klasse	Tid																	
6	Eva Hessen	83	52:28																	
02:01+	04:16+	06:45+	09:27+	11:25+	12:19+	16:08+	19:19+	24:13+	28:53+	30:07+	32:51+	36:14+	38:21+	42:33+	45:18+	47:18+	49:20+	51:31+	52:14+	52:28+
02:01+	02:15+	02:29+	02:42+	01:58+	00:54+	03:49+	03:11+	04:54+	04:40+	01:14+	02:44+	03:23+	02:07+	04:12+	02:45+	02:00+	02:02+	02:11+	00:43+	00:14+
00:11#	00:26#	00:27#	00:22#	00:17#	00:12&	01:13&	01:00&	01:24&	00:50#	00:10#	00:47&	01:32&	00:08+	02:00&	01:02&	00:50&	00:47&	00:58&	00:02+	00:03&

7	Ragnhild Christiansen	93	56:07																	
02:27+	04:57+	07:40+	11:38+	14:02+	15:08+	19:12+	21:50+	27:16+	32:58+	35:13+	38:27+	41:32+	43:56+	47:37+	50:24+	51:44+	53:25+	54:57+	55:53+	56:07+
02:27+	02:30+	02:43+	03:58+	02:24+	01:06+	04:04+	02:38+	05:26+	05:42+	02:15+	03:14+	03:05+	02:24+	03:41+	02:47+	01:20+	01:41+	01:32+	00:56+	00:14+
00:37&	00:41&	00:41&	01:38&	00:43&	00:24&	01:28&	00:27#	01:56&	01:52&	01:11@	01:17&	01:14&	00:25#	01:29&	01:04&	00:10#	00:26&	00:19&	00:15&	00:03&

8	Aslaug Lura	94	57:49																	
02:15+	04:55+	07:36+	10:47+	13:09+	14:07+	20:24+	22:22+	27:57+	34:35+	36:07+	39:31+	42:07+	43:52+	48:14+	51:08+	52:36+	54:41+	56:41+	57:33+	57:49+
02:15+	02:40+	02:41+	03:11+	02:22+	00:58+	06:17+	01:58-	05:35+	06:38+	01:32+	03:24+	02:36+	01:45-	04:22+	02:54+	01:28+	02:05+	02:00+	00:52+	00:16+
00:25#	00:51&	00:39&	00:51&	00:41&	00:16&	03:41@	00:13-	02:05&	02:48&	00:28&	01:27&	00:45&	00:14-	02:10&	01:11&	00:18&	00:50&	00:47&	00:11&	00:05&

9	Margaret Malmin	105	1:04:46																	
02:45+	05:34+	08:36+	13:07+	15:22+	16:12+	26:20+	29:23+	34:34+	40:06+	41:31+	44:04+	46:31+	48:55+	52:15+	55:28+	58:35+	61:21+	63:27+	64:26+	64:46+
02:45+	02:49+	03:02+	04:31+	02:15+	00:50+	10:08+	03:03+	05:11+	05:32+	01:25+	02:33+	02:27+	02:24+	03:20+	03:13+	03:07+	02:46+	02:06+	00:59+	00:20+
00:55&	01:00&	01:00&	02:11&	00:34&	00:08#	07:32@	00:52&	01:41&	01:42&	00:21&	00:36&	00:36&	00:25#	01:08&	01:30&	01:57@	01:31@	00:53&	00:18&	00:09&

Beste strekktid for klassen																					
01:31	01:49	02:00	02:20	01:41	00:36	02:36	01:42	03:30	03:50	01:04	01:57	01:51	01:31	02:07	01:43	01:04	01:14	01:13	00:38	00:11	

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29	46:02																	
01:56=	04:13=	06:43=	09:33=	13:35=	14:38=	18:00=	19:54=	23:38=	28:11=	30:58=	33:17=	35:11=	37:14=	39:41=	41:34=	42:36=	43:50=	45:09=	45:48=	46:02=
01:56=	02:17=	02:30=	02:50=	04:02=	01:03=	03:22=	01:54=	03:44=	04:33=	02:47=	02:19=	01:54=	02:03=	02:27=	01:53=	01:02=	01:14=	01:19=	00:39=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Berit Ebbell Olsen	68	1:02:04																	
02:39+	05:10+	07:52+	11:19+	13:46+	15:10+	19:38+	22:11+	28:19+	34:01+	36:17+	40:44+	44:14+	46:42+	50:47+	53:37+	55:26+	58:14+	60:38+	61:42+	62:04+
02:39+	02:31+	02:42+	03:27+	02:27-	01:24+	04:28+	02:33+	06:08+	05:42+	02:16-	04:27+	03:30+	02:28+	04:05+	02:50+	01:49+	02:48+	02:24+	01:04+	00:22+
00:43&	00:14#	00:12+	00:37#	01:35-	00:21&	01:06&	00:39&	02:24&	01:09&	00:31-	02:08&	01:36&	00:25#	01:38&	00:57&	00:47&	01:34@	01:05&	00:25&	00:08&

Beste strekktid for klassen																					
01:56	02:17	02:30	02:50	02:27	01:03	03:22	01:54	03:44	04:33	02:16	02:19	01:54	02:03	02:27	01:53	01:02	01:14	01:19	00:39	00:14	

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

Damer 80 år og eldre

1	Gørild Espedal	113	50:17																	
01:34=	06:36=	08:51=	09:36=	11:27=	15:00=	15:39=	17:17=	18:57=	23:00=	28:52=	33:09=	37:13=	38:23=	42:47=	46:58=	49:58=	50:17=			
01:34=	05:02=	02:15=	00:45=	01:51=	03:33=	00:39=	01:38=	01:40=	04:03=	05:52=	04:17=	04:04=	01:10=	04:24=	04:11=	03:00=	00:19=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

Beste strekktid for klassen																					
01:34	05:02	02:15	00:45	01:51	03:33	00:39	01:38	01:40	04:03	05:52	04:17	04:04	01:10	04:24	04:11	03:00	00:19				

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

Damer A

1	Aud Hognestad Taksdal	92	38:22																						
01:04=	02:37=	04:14=	05:19=	06:08=	06:30=	06:56=	08:03=	09:02=	09:25=	10:13=	10:42=	13:02=	14:00=	14:49=	16:15=	19:13=	19:48=	21:03=	21:55=	23:28=	24:14=	27:08=	27:57=	29:32=	30:06=
01:04=	01:33=	01:37=	01:05=	00:49=	00:22=	00:26=	01:07=	00:59=	00:23=	00:48=	00:29=	02:20=	00:58=	00:49=	01:26=	02:58=	00:35=	01:15=	00:52=	01:33=	00:46=	02:54=	00:49=	01:35=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
31:23=	32:20=	33:02=	34:18=	34:47=	35:36=	36:10=	37:01=	37:49=	38:15=	38:22=															
01:17=	00:57=	00:42=	01:16=	00:29=	00:49=	00:34=	00:51=	00:48=	00:26=	00:07=															
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															

Class	Navn	Klasse										Tid													
2	Tone Torgersen	27										47:05													
01:13+	03:20+	05:14+	06:32+	07:30+	07:56+	08:34+	09:57+	11:01+	11:33+	12:27+	13:00+	15:51+	17:06+	17:55+	19:46+	23:36+	24:11+	24:54+	26:03+	28:06+	29:05+	32:09+	32:59+	35:19+	36:03+
01:13+	02:07+	01:54+	01:18+	00:58+	00:26+	00:38+	01:23+	01:04+	00:32+	00:54+	00:33+	02:51+	01:15+	00:49+	01:51+	03:50+	00:35+	00:43+	01:09+	02:03+	00:59+	03:04+	00:50+	02:20+	00:44+
00:09#	00:34#	00:17#	00:13#	00:09#	00:04#	00:12#	00:16#	00:05+	00:09#	00:06#	00:04#	00:31#	00:17#	00:00#	00:25#	00:52#	00:00#	00:32-	00:17#	00:30#	00:13#	00:10+	00:01+	00:45#	00:10#
38:18+	39:34+	40:35+	42:06+	42:44+	43:44+	44:25+	45:22+	46:21+	46:57+	47:05+															
02:15+	01:16+	01:01+	01:31+	00:38+	01:00+	00:41+	00:57+	00:59+	00:36+	00:08+															
00:58#	00:19#	00:19#	00:15#	00:09#	00:11#	00:07#	00:06#	00:11#	00:10#	00:01#															

3	Sara Marlene Nystrøm Olsen	68										47:53													
01:14+	02:59+	04:50+	06:22+	07:33+	07:55+	08:18+	09:34+	10:41+	11:10+	12:16+	12:55+	15:49+	17:30+	18:20+	20:08+	24:51+	26:02+	26:43+	27:40+	29:34+	30:54+	34:38+	35:33+	37:15+	37:52+
01:14+	01:45+	01:51+	01:32+	01:11+	00:22#	00:23-	01:16+	01:07+	00:29+	01:06+	00:39+	02:54+	01:41+	00:50+	01:48+	04:43+	01:11+	00:41-	00:57+	01:54+	01:20+	03:44+	00:55+	01:42+	00:37+
00:10#	00:12#	00:14#	00:27#	00:22#	00:00#	00:03-	00:09#	00:08#	00:06#	00:18#	00:10#	00:34#	00:43#	00:01+	00:22#	01:45#	00:36#	00:34-	00:05+	00:21#	00:34#	00:50#	00:06#	00:07+	00:03+
39:12+	40:21+	41:11+	43:00+	43:33+	44:27+	45:06+	46:08+	47:16+	47:45+	47:53+															
01:20+	01:09+	00:50+	01:49+	00:33+	00:54+	00:39+	01:02+	01:08+	00:29+	00:08+															
00:03+	00:12#	00:08#	00:33#	00:04#	00:05#	00:05#	00:11#	00:20#	00:03#	00:01#															

4	Wenche M. Sæbbø	3										49:54													
01:15+	03:17+	05:17+	06:37+	07:38+	08:02+	08:28+	09:57+	11:09+	11:35+	12:35+	13:07+	15:43+	16:54+	17:43+	19:22+	24:04+	24:32+	25:11+	26:22+	28:36+	29:40+	33:29+	34:09+	37:33+	38:20+
01:15+	02:02+	02:00+	01:20+	01:01+	00:24+	00:26#	01:29+	01:12+	00:26+	01:00+	00:32+	02:36+	01:11+	00:49+	01:39+	04:42+	00:28-	00:39-	01:11+	02:14+	01:04+	03:49+	00:40-	03:24+	00:47+
00:11#	00:29#	00:23#	00:15#	00:12#	00:02+	00:00#	00:22#	00:13#	00:03#	00:12#	00:03#	00:16#	00:13#	00:00#	00:13#	01:44#	00:07-	00:36-	00:19#	00:41#	00:18#	00:55#	00:09-	01:49#	00:13#
40:05+	42:29+	43:29+	44:59+	45:32+	46:36+	47:13+	48:13+	49:12+	49:45+	49:54+															
01:45+	02:24+	01:00+	01:30+	00:33+	01:04+	00:37+	01:00+	00:59+	00:33+	00:09+															
00:28#	01:27#	00:18#	00:14#	00:04#	00:15#	00:03#	00:09#	00:11#	00:07#	00:02#															

5	Ingrid Lamark	46										53:22													
01:13+	03:08+	05:03+	06:45+	07:51+	08:16+	08:51+	10:22+	11:42+	12:09+	13:06+	13:53+	16:35+	17:46+	18:53+	20:44+	24:36+	25:25+	26:19+	27:57+	30:07+	31:22+	34:49+	37:37+	40:20+	42:30+
01:13+	01:55+	01:55+	01:42+	01:06+	00:25+	00:35+	01:31+	01:20+	00:27+	00:57+	00:47+	02:42+	01:11+	01:07+	01:51+	03:52+	00:49+	00:54-	01:38+	02:10+	01:15+	03:27+	02:48+	02:43+	02:10+
00:09#	00:22#	00:18#	00:37#	00:17#	00:03#	00:09#	00:24#	00:21#	00:04#	00:09#	00:18#	00:22#	00:13#	00:18#	00:25#	00:54#	00:14#	00:21-	00:46#	00:37#	00:29#	00:33#	01:59#	01:08#	01:36#
43:52+	45:15+	46:31+	48:25+	48:57+	49:58+	50:42+	51:46+	52:43+	53:14+	53:22+															
01:22+	01:23+	01:16+	01:54+	00:32+	01:01+	00:44+	01:04+	00:57+	00:31+	00:08+															
00:05+	00:26#	00:34#	00:38#	00:03#	00:12#	00:10#	00:13#	00:09#	00:05#	00:01#															

Beste strekktid for klassen

01:04 01:33 01:37 01:05 00:49 00:22 00:23 01:07 00:59 00:23 00:48 00:29 02:20 00:58 00:49 01:26 02:58 00:28 00:39 00:52 01:33 00:46 02:54 00:40 01:35 00:34 01:17 00:57

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

Damer B

1	Vibeke Lamark	46										46:44													
01:22=	02:58=	04:52=	06:25=	07:40=	08:09=	09:12=	10:11=	10:28=	10:59=	11:41=	12:51=	13:31=	16:10=	17:51=	18:53=	20:39=	25:19=	26:07=	26:50=	27:46=	28:30=	30:24=	31:07=	32:40=	33:50=
01:22=	01:36=	01:54=	01:33=	01:15=	00:29#	01:03#	00:59#	00:17#	00:31#	00:42#	01:10#	00:40#	02:39#	01:41#	01:02#	01:46#	04:40#	00:48#	00:43#	00:56#	00:44#	01:54#	00:43#	01:33#	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
34:42=	36:09#	37:56#	38:51#	39:18#	41:31#	42:03#	43:15#	43:53#	44:59#	46:01#	46:36#	46:44#													
00:52=	01:27#	01:47#	00:55#	00:27#	02:13#	00:32#	01:12#	00:38#	01:06#	01:02#	00:35#	00:08#													
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													

2	Anne Garsrud	90										48:46													
01:28+	02:47-	04:45-	06:27+	07:44+	08:19+	09:22+	10:21+	10:38+	11:16+	11:52+	12:55+	13:32+	16:05-	18:04+	19:07+	20:56+	27:12+	27:49+	28:51+	29:48+	30:22+	32:34+	33:13+	34:30+	35:42+
01:28+	01:19-	01:58+	01:42+	01:17+	00:35+	01:03#	00:59#	00:17#	00:38+	00:36-	01:03-	00:37-	02:33#	01:59+	01:03+	01:49+	06:16+	00:37-	01:02+	00:57+	00:34-	02:12+	00:39-	01:17-	01:12+
00:06+	00:17-	00:04+	00:09+	00:02+	00:06#	00:00#	00:00#	00:00#	00:07#	00:06-	00:07-	00:03-	00:06-	00:18#	00:01+	00:03+	01:36#	00:11-	00:19#	00:01+	00:10-	00:18#	00:04-	00:16-	00:02+
36:35+	38:11+	39:58+	40:55+	41:15+	43:26+	44:11+	45:11+	45:55+	46:53+	48:06+	48:37+	48:46+													
00:53+	01:36+	01:47#	00:57#	00:20-	02:11-	00:45+	00:44+	00:58-	01:13+	00:09+															
00:01+	00:09#	00:00=	00:02+	00:07-	00:02-	00:13#	00:12-	00:06#	00:08-	00:11#	00:04-	00:01#													

3	Ellen Tindeland	27										50:06													
01:20-	02:45-	04:48-	06:57+	08:18+	08:52+	10:00+	11:04+	11:24+	11:54+	12:44+	13:51+	14:36+	17:43+	19:22+	20:23+	22:21+	26:20+	27:26+	28:13+	29:38+	30:28+	32:40+	33:27+	35:00+	36:21+
01:20-	01:25-	02:03+	02:09+	01:21+	00:34+	01:08+	01:04+	00:20+	00:30-	00:50+	01:07-	00:45+	03:07+	01:39-	01:01-	01:58+	03:59-	01:06+	00:47+	01:25+	00:50+	02:12+	00:47+	01:33#	01:21+
00:02-	00:11-	00:09+	00:36#	00:06+	00:05#	00:05#	00:05+	00:03#	00:01-	00:08#	00:03-	00:05#	00:28#	00:02-	00:01-	00:12#	00:41-	00:18#	00:04+	00:29#	00:06#	00:18#	00:04+	00:00=	00:11#
37:28+	38:58+	40:59+	41:59+	42:23+	44:42+	45:21+	46:29+	47:07+	48:18+	49:22+	49:57+	50:06+													
01:07+	01:30+	02:01+	01:00+	00:24-	02:19+	00:39+	01:08-	00:38-	01:11+	01:04+	00:35#	00:09+													
00:15#	00:03+	00:14#	00:05+	00:03-	00:06+	00:07#	00:04-	00:00=	00:05+	00:02+	00:00=	00:01#													

4	Lise Isachsen	165										51:29										
01:22=	02:38-	05:13+	07:13+	08:17+	08:51+	09:54+	11:00+	11:17+	11:50+	12:29+	13:24+	14:05+	17:05+	19:00+	20:18+	22:05+	25:47+	26:25+	27:21+	28:27+	29:16+	33:

Class	Navn	Klasse										Tid													
5	Hilde Nordbø	93										51:42													
01:22=	02:56-	04:54+	06:43+	08:05+	08:43+	09:45+	10:46+	11:05+	11:52+	12:39+	14:10+	14:45+	17:25+	18:59+	20:21+	22:12+	25:45+	26:40+	27:41+	29:08+	29:42+	32:32+	34:10+	36:18+	37:50+
01:22=	01:34-	01:58+	01:49+	01:22+	00:38+	01:02-	01:01+	00:19+	00:47+	00:47+	01:31+	00:35-	02:40+	01:34-	01:22+	01:51+	03:33-	00:55+	01:01+	01:27+	00:34-	02:50+	01:38+	02:08+	01:32+
00:00=	00:02-	00:04+	00:16#	00:07+	00:09#	00:01-	00:02+	00:02#	00:16#	00:05#	00:21#	00:05-	00:01+	00:07-	00:20#	00:05+	01:07-	00:07#	00:18#	00:31#	00:10-	00:56#	00:55#	00:35#	00:22#
39:07+	40:35+	42:26+	43:29+	43:52+	46:05+	46:40+	47:56+	48:43+	49:41+	50:57+	51:33+	51:42+													
01:17+	01:28+	01:51+	01:03+	00:23-	02:13=	00:35+	01:16+	00:47+	00:58-	01:16+	00:36+	00:09+													
00:25#	00:01+	00:04+	00:08#	00:04-	00:00=	00:03+	00:04+	00:09#	00:08-	00:14#	00:01+	00:01#													
6	Ingrid W. Hestness	117										52:05													
01:24+	02:43-	04:44-	06:19-	07:33-	08:03-	09:43+	10:49+	11:09+	11:49+	12:41+	13:46+	14:36+	17:35+	19:35+	21:15+	23:26+	27:31+	29:15+	30:24+	31:30+	32:14+	34:21+	35:20+	36:30+	37:59+
01:24+	01:19-	02:01+	01:35+	01:14-	00:30+	01:40+	01:06+	00:20+	00:40+	00:52+	01:05-	00:50+	02:59+	02:00+	01:40+	02:11+	04:05-	01:44+	01:09+	01:06+	00:44=	02:07+	00:59+	01:10-	01:29+
00:02+	00:17-	00:07+	00:02+	00:01-	00:01+	00:37#	00:07#	00:03#	00:09#	00:10#	00:05-	00:10#	00:20#	00:19#	00:38#	00:25#	00:35-	00:56#	00:26#	00:10#	00:00=	00:13#	00:16#	00:23-	00:19#
39:33+	40:49+	42:38+	43:43+	44:15+	46:28+	47:06+	48:11+	49:03+	50:10+	51:16+	51:55+	52:05+													
01:34+	01:16-	01:49+	01:05+	00:32+	02:13=	00:38+	01:05-	00:52+	01:07+	01:06+	00:39+	00:10+													
00:42#	00:11-	00:02+	00:10#	00:05#	00:00=	00:06#	00:07-	00:14#	00:01+	00:04+	00:04#	00:02#													
7	Anita Glenne Kallhovd	29										53:03													
01:24+	02:52-	04:51-	06:42+	07:48+	08:20+	09:40+	11:13+	11:32+	12:08+	12:55+	14:08+	14:46+	17:31+	19:17+	20:52+	22:36+	26:37+	27:42+	30:38+	31:44+	32:19+	34:36+	35:25+	36:00+	37:55+
01:24+	01:28-	01:59+	01:51+	01:06-	00:32+	01:20+	01:33+	00:19+	00:36+	00:47+	01:13+	00:38-	02:45+	01:46+	01:35+	01:44-	04:01-	01:05+	02:56+	01:06+	00:35-	02:17+	00:49+	00:35-	01:55+
00:02+	00:08-	00:05+	00:18#	00:09-	00:03#	00:17#	00:34#	00:02#	00:05#	00:05#	00:03+	00:02-	00:06+	00:05+	00:33#	00:02-	00:39-	00:17#	02:13#	00:10#	00:09-	00:23#	00:06#	00:58-	00:45#
39:28+	40:55+	42:16+	43:49+	44:54+	45:14+	47:42+	48:14+	49:16+	50:00+	51:04+	52:12+	52:52+	53:03+												
01:33+	01:27=	01:21-	01:33+	01:05+	00:20-	02:28+	00:32-	01:02+	00:44-	01:04+	01:08+	00:40+	00:41#												
00:41#	00:00=	00:26-	00:38#	00:38#	01:53-	01:56#	00:40-	00:24#	00:22-	00:02+	00:33#	00:32#													
8	Ann Karin Tjørhom	93										53:55													
01:37+	03:11+	05:18+	07:07+	08:28+	09:03+	10:09+	11:18+	11:40+	12:11+	12:58+	14:05+	14:47+	18:11+	19:45+	20:51+	22:46+	28:00+	29:00+	29:46+	30:49+	31:34+	33:43+	35:55+	37:33+	39:02+
01:37+	01:34-	02:07+	01:49+	01:21+	00:35+	01:06+	01:09+	00:22+	00:31=	00:47+	01:07-	00:42+	03:24+	01:34-	01:06+	01:55+	05:14+	01:00+	00:46+	01:03+	00:45+	02:09+	02:12+	01:38+	01:29+
00:15#	00:02-	00:13#	00:16#	00:06+	00:06#	00:03+	00:10#	00:05#	00:00=	00:05#	00:03-	00:02+	00:45#	00:07-	00:04+	00:09+	00:34#	00:12#	00:03+	00:07#	00:01+	00:15#	01:29#	00:05+	00:19#
40:33+	42:00+	44:04+	45:15+	45:53+	48:10+	48:56+	50:05+	50:56+	51:55+	53:06+	53:44+	53:55+													
01:31+	01:27=	02:04+	01:11+	00:38+	02:17+	00:46+	01:09-	00:51+	00:59-	01:11+	00:38+	00:11+													
00:39#	00:00=	00:17#	00:16#	00:11#	00:04+	00:14#	00:03-	00:13#	00:07-	00:09#	00:03+	00:03#													
9	Agnes Elin Engen	116										54:04													
01:16-	02:36-	04:30-	08:11+	10:18+	10:54+	12:00+	13:09+	13:25+	14:04+	14:43+	15:57+	16:49+	19:52+	21:24+	22:19+	24:29+	28:22+	29:15+	30:41+	31:42+	32:20+	34:28+	35:14+	36:39+	37:58+
01:16-	01:20-	01:54=	03:41+	02:07+	00:36+	01:06+	01:09+	00:16-	00:39+	00:39-	01:14+	00:52+	03:03+	01:32-	00:55-	02:10+	03:53-	00:53+	01:26+	01:01+	00:38-	02:08+	00:46+	01:25-	01:19+
00:06-	00:16-	00:00=	02:08#	00:52#	00:07#	00:03+	00:10#	00:01-	00:08#	00:03-	00:04+	00:12#	00:24#	00:09-	00:07-	00:24#	00:47-	00:05#	00:43#	00:05+	00:06-	00:14#	00:03+	00:08-	00:09#
40:47+	42:16+	44:22+	45:41+	46:06+	48:18+	49:01+	50:03+	51:18+	52:24+	53:24+	53:55+	54:04+													
02:49+	01:29+	02:06+	01:19+	00:25-	02:12-	00:43+	01:02-	01:15+	01:06=	01:00-	00:31-	00:09+													
01:57#	00:02+	00:19#	00:24#	00:02-	00:01-	00:11#	00:10-	00:37#	00:00=	00:02-	00:04-	00:01#													
10	Grethe Anda Fuglestad	116										56:11													
01:31+	03:03+	05:13+	07:16+	08:40+	09:12+	10:16+	11:18+	11:38+	12:07+	12:49+	14:00+	14:38+	17:47+	20:01+	20:55+	23:00+	28:59+	29:54+	31:44+	32:46+	33:52+	35:59+	36:56+	38:49+	40:26+
01:31+	01:32-	02:10+	02:03+	01:24+	00:32+	01:04+	01:02+	00:20+	00:29-	00:42=	01:11+	00:38-	03:09+	02:14+	00:54-	02:05+	05:59+	00:55+	01:50+	01:02+	01:06+	02:07+	00:57+	01:53+	01:37+
00:09#	00:04-	00:16#	00:30#	00:09#	00:03#	00:01+	00:03+	00:03#	00:02-	00:00=	00:11+	00:02-	00:30#	00:33#	00:08-	00:19#	01:19#	00:07#	01:07#	00:06#	00:22#	00:13#	00:14#	00:20#	00:27#
41:37+	43:07+	45:32+	46:34+	47:10+	49:31+	50:09+	51:17+	52:09+	53:33+	55:20+	56:00+	56:11+													
01:11+	01:30+	02:25+	01:02+	00:36+	02:21+	00:38+	01:08-	00:52+	01:24+	01:47+	00:40+	00:11+													
00:19#	00:03+	00:38#	00:07#	00:09#	00:08+	00:06#	00:04-	00:14#	00:18#	00:45#	00:05#	00:03#													
11	Ingunn Anda Haug	67										57:34													
01:33+	03:05+	05:24+	07:09+	08:33+	09:08+	10:37+	11:51+	12:15+	12:51+	13:37+	14:50+	16:17+	19:31+	21:02+	22:20+	24:25+	28:30+	29:39+	30:43+	32:14+	32:48+	34:56+	36:00+	37:47+	40:05+
01:33+	01:32-	02:19+	01:45+	01:24+	00:35+	01:29+	01:14+	00:24+	00:36+	00:46+	01:13+	01:27+	03:14+	01:31-	01:18+	02:05+	04:05-	01:09+	01:04+	01:31+	00:34-	02:08+	01:04+	01:47+	02:18+
00:11#	00:04-	00:25#	00:12#	00:09#	00:06#	00:26#	00:15#	00:07#	00:05#	00:04+	00:03+	00:47#	00:35#	00:10-	00:16#	00:19#	00:35-	00:21#	00:21#	00:35#	00:10-	00:14#	00:21#	00:14#	01:08#
41:22+	43:03+	46:33+	47:37+	48:05+	51:08+	51:49+	53:25+	54:21+	55:28+	56:44+	57:24+	57:34+													
01:17+	01:41+	03:30+	01:04+	00:28+	03:03+	00:41+	01:36+	00:56+	01:07+	01:16+	00:40+	00:10+													
00:25#	00:14#	01:43#	00:09#	00:01+	00:50#	00:09#	00:24#	00:18#	00:01+	00:14#	00:05#	00:02#													
12	Helen Lomeland	105										1:03:42													
01:18-	02:39-	04:26-	05:48-	07:27-	08:08-	08:37-	09:59-	11:06+	11:24+	11:55+	12:47-	13:48+	14:27-	17:21-	19:58+	20:55+	23:19-	27:55+	31:42+	33:32+	34:40+	35:22+	37:44+	38:43+	41:41+
01:18-	01:21-	01:47-	01:22-	01:39+	00:41+	00:29-	01:22+	01:07+	00:18-	00:31-	00:52-	01:01+	00:39-	02:54+	02:37+	00:57-	02:24-	04:36+	03:47+	01:50+	01:08+	00:42-	02:22+	00:59-	02:58+
00:04-	00:15-	00:07-	00:11-	00:24#	00:12#	00:34-	00:23#	00:50#	00:13-	00:11-	00:18-	00:21#	02:00-	01:13#	01:35#	00:49-	02:16-	03:48#	03:04#	00:54#	00:24#	01:12-	01:39#	00:34	

Class	Navn	Klasse										Tid													
14	Irene Rummelhoff	116										1:05:41													
01:23+	02:40-	04:43-	06:27+	08:24+	08:57+	10:16+	11:29+	12:22+	13:03+	14:11+	15:12+	18:14+	19:44+	20:47+	23:30+	34:26+	35:49+	36:42+	37:45+	38:32+	41:39+	42:52+	45:06+	46:59+	
01:23+	01:17-	02:03+	01:44+	01:57+	00:33+	01:19+	01:13+	00:22+	00:31=	00:41-	01:08-	01:01+	03:02+	01:30-	01:03+	02:43+	10:56+	01:23+	00:53+	01:03+	00:47+	03:07+	01:13+	02:14+	01:53+
00:01+	00:19-	00:09+	00:11#	00:42&	00:04#	00:16&	00:14#	00:05&	00:00=	00:01-	00:02-	00:21&	00:23#	00:11-	00:01+	00:57&	06:16@	00:35&	00:10#	00:07#	00:03+	01:13&	00:30&	00:41&	00:43&
50:02+	51:42+	54:48+	56:13+	56:45+	59:22+	60:06+	61:34+	62:26+	63:45+	64:51+	65:31+	65:41+													
03:03+	01:40+	03:06+	01:25+	00:32+	02:37+	00:44+	01:28+	00:52+	01:19+	01:06+	00:40+	00:10+													
02:11@	00:13#	01:19&	00:30&	00:05#	00:24#	00:12&	00:16#	00:14&	00:13#	00:04+	00:05#	00:02#													

15	Tone Cecilie Nystrøm	68										1:06:07													
01:37+	03:24+	05:46+	08:19+	10:13+	10:54+	12:13+	13:27+	13:49+	14:28+	15:24+	17:01+	18:00+	21:55+	24:06+	25:21+	27:42+	33:15+	34:30+	35:32+	36:54+	37:58+	41:00+	42:01+	44:09+	46:34+
01:37+	01:47+	02:22+	02:33+	01:54+	00:41+	01:19+	01:14+	00:22+	00:39+	00:56+	01:37+	00:59+	03:55+	02:11+	01:15+	02:21+	05:33+	01:15+	01:02+	01:22+	01:04+	03:02+	01:01+	02:08+	02:25+
00:15#	00:11#	00:28#	01:00&	00:39&	00:12&	00:16&	00:15&	00:05&	00:08&	00:14&	00:27&	00:19&	01:16&	00:30&	00:13#	00:35&	00:53#	00:27&	00:19&	00:26&	00:20&	01:08&	00:18&	00:35&	01:15@
48:14+	49:55+	52:40+	54:02+	54:34+	57:49+	58:59+	60:28+	61:42+	63:30+	65:13+	65:55+	66:07+													
01:40+	01:41+	02:45+	01:22+	00:32+	03:15+	01:10+	01:29+	01:14+	01:48+	01:43+	00:42+	00:12+													
00:48&	00:14#	00:58&	00:27&	00:05#	01:02&	00:38@	00:17#	00:36&	00:42&	00:41&	00:07#	00:04&													

16	Randi Helen Ladsten	128										1:07:59													
01:31+	05:46+	07:54+	10:05+	12:06+	12:51+	14:31+	16:31+	16:54+	17:33+	18:36+	19:48+	20:40+	23:51+	25:37+	27:09+	29:19+	35:08+	37:27+	38:22+	39:43+	41:16+	43:59+	44:57+	46:49+	48:28+
01:31+	04:15+	02:08+	02:11+	02:01+	00:45+	01:40+	02:00+	00:23+	00:39+	01:03+	01:12+	00:52+	03:11+	01:46+	01:32+	02:10+	05:49+	02:19+	00:55+	01:21+	01:33+	02:43+	00:58+	01:52+	01:39+
00:09#	02:39@	00:14#	00:38&	00:46&	00:16&	00:37&	01:01@	00:06&	00:08&	00:21&	00:02+	00:12&	00:32#	00:05+	00:30&	00:24#	01:09#	01:31@	00:12&	00:25&	00:49@	00:49&	00:15&	00:19#	00:29&
50:10+	51:44+	56:08+	57:31+	57:58+	61:14+	62:06+	63:33+	64:22+	65:47+	67:14+	67:49+	67:59+													
01:42+	01:34+	04:24+	01:23+	00:27=	03:16+	00:52+	01:27+	00:49+	01:25+	01:27+	00:35=	00:10+													
00:50&	00:07+	02:37@	00:28&	00:00=	01:03&	00:20&	00:15#	00:11&	00:19&	00:25&	00:00=	00:02#													

17	Rannveig Eidem Norfolk	66										1:10:39													
01:25+	03:18+	05:21+	07:21+	08:47+	09:39+	11:20+	12:34+	13:02+	13:42+	14:25+	15:36+	16:53+	19:59+	21:43+	23:28+	26:15+	30:35+	31:53+	34:34+	36:10+	36:56+	40:12+	43:55+	48:53+	50:50+
01:25+	01:53+	02:03+	02:00+	01:26+	00:52+	01:41+	01:14+	00:28+	00:40+	00:43+	01:11+	01:17+	03:06+	01:44+	01:45+	02:47+	04:20-	01:18+	02:41+	01:36+	00:46+	03:16+	03:43+	04:58+	01:57+
00:03+	00:17#	00:09+	00:27&	00:11#	00:23&	00:38&	00:15&	00:11&	00:09&	00:01+	00:01+	00:37&	00:27#	00:03+	00:43&	01:01&	00:20-	00:30&	01:58@	00:40&	00:02+	01:22&	03:00@	03:25@	00:47&
52:19+	54:07+	56:59+	58:41+	59:08+	62:41+	64:03+	66:00+	67:06+	68:38+	69:49+	70:28+	70:39+													
01:29+	01:48+	02:52+	01:42+	00:27=	03:33+	01:22+	01:57+	01:06+	01:32+	01:11+	00:39+	00:11+													
00:37&	00:21#	01:05&	00:47&	00:00=	01:20&	00:50@	00:45&	00:28&	00:26&	00:09#	00:04#	00:03&													

Beste strekktid for klassen
 01:16 01:16 01:47 01:22 01:04 00:29 00:29 00:59 00:16 00:18 00:31 00:52 00:35 00:39 01:30 00:54 00:57 02:24 00:37 00:43 00:56 00:34 00:42 00:35 00:35 01:10 00:52 01:02

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

Damer Ny

1	Marie Lunde	115										17:44													
01:10=	03:22=	05:33=	06:21=	07:25=	09:13=	11:35=	12:28=	15:45=	16:40=	17:21=	17:44=														
01:10=	02:12=	02:11=	00:48=	01:04=	01:48=	02:22=	00:53=	03:17=	00:55=	00:41=	00:23=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														

2	Tita Lagahino Erland	117										32:11													
02:28+	07:37+	10:35+	12:30+	13:25+	17:49+	23:30+	25:29+	29:03+	30:32+	31:38+	32:11+														
02:28+	05:09+	02:58+	01:55+	00:55-	04:24+	05:41+	01:59+	03:34+	01:29+	01:06+	00:33+														
01:18@	02:57@	00:47&	01:07@	00:09-	02:36@	03:19@	01:06@	00:17+	00:34&	00:25&	00:10&														

Beste strekktid for klassen
 01:10 02:12 02:11 00:48 00:55 01:48 02:22 00:53 03:17 00:55 00:41 00:23

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

Damer Trim

1	Janeth Kleppe	128										26:03													
02:56=	05:00=	05:54=	07:52=	08:34=	09:31=	11:10=	14:21=	15:51=	18:06=	19:35=	20:28=	21:40=	23:07=	25:54=	26:03=										
02:56=	02:04=	00:54=	01:58=	00:42=	00:57=	01:39=	03:11=	01:30=	02:15=	01:29=	00:53=	01:12=	01:27=	02:47=	00:09=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										

2	Sarah Denieul	42										26:51													
03:19+	05:02+	05:48-	07:35-	08:23-	09:22-	10:31-	13:26-	15:27-	17:51-	21:00+	21:51+	23:00+	24:49+	26:40+	26:51+										
03:19+	01:43-	00:46-	01:47-	00:48+	00:59+	01:09-	02:55-	02:01+	02:24+	03:09+	00:51-	01:09-	01:49+	01:51-	00:11+										
00:23#	00:21-	00:08-	00:11-	00:06#	00:02+	00:30-	00:16-	00:31&	00:09+	01:40@	00:02-	00:03-	00:22&	00:56-	00:02#										

3	Ingrid O. Foss	117										27:32													
03:10+	05:33+	06:15+	08:31+	09:40+	10:56+	12:05+	15:36+	17:55+	20:24+	22:00+	22:50+	24:12+	25:45+	27:22+	27:32+										
03:10+	02:23+	00:42-	02:16+	01:09+	01:16+	01:09-	03:31+	02:19+	02:29+	01:36+	00:50-	01:22+	01:33+	01:37-	00:10+										
00:14+	00:19#	00:12-	00:18#	00:27&	00:19&	00:30-	00:20#	00:49&	00:14#	00:07+	00:03-	00:10#	00:06+	01:10-	00:01#										

Class	Navn	Klasse											Tid		
4	Linn Soma	287											27:51		
03:12+	05:01+	06:14+	08:30+	09:14+	10:32+	12:42+	16:26+	18:10+	20:22+	22:02+	22:53+	24:04+	25:27+	27:40+	27:51+
03:12+	01:49-	01:13+	02:16+	00:44+	01:18+	02:10+	03:44+	01:44+	02:12-	01:40+	00:51-	01:11-	01:23-	02:13-	00:11+
00:16+	00:15-	00:19&	00:18#	00:02+	00:21&	00:31&	00:33#	00:14#	00:03-	00:11#	00:02-	00:01-	00:04-	00:34-	00:02#
5	Marianne Johnsen	5											28:01		
03:15+	05:10+	05:55+	08:15+	09:10+	10:21+	12:02+	15:36+	17:20+	20:11+	21:59+	23:02+	24:09+	25:22+	27:52+	28:01+
03:15+	01:55-	00:45-	02:20+	00:55+	01:11+	01:41+	03:34+	01:44+	02:51+	01:48+	01:03+	01:07-	01:13-	02:30-	00:09=
00:19#	00:09-	00:09-	00:22#	00:13&	00:14#	00:02+	00:23#	00:14#	00:36&	00:19#	00:10#	00:05-	00:14-	00:17-	00:00=
6	Sølvi Utbø Sakseid	116											28:24		
03:45+	05:49+	07:40+	09:56+	10:32+	11:35+	12:54+	16:43+	18:37+	20:45+	22:26+	23:23+	24:38+	26:30+	28:14+	28:24+
03:45+	02:04=	01:51+	02:16+	00:36-	01:03+	01:19-	03:49+	01:54+	02:08-	01:41+	00:57+	01:15+	01:52+	01:44-	00:10+
00:49&	00:00=	00:57@	00:18#	00:06-	00:06#	00:20-	00:38#	00:24&	00:07-	00:12#	00:04+	00:03+	00:25&	01:03-	00:01#
7	Astri Sandanger	93											29:06		
03:24+	05:31+	06:25+	09:00+	09:51+	10:46+	12:17+	16:06+	17:54+	20:29+	22:23+	23:24+	24:56+	27:09+	28:57+	29:06+
03:24+	02:07+	00:54=	02:35+	00:51+	00:55-	01:31-	03:49+	01:48+	02:35+	01:54+	01:01+	01:32+	02:13+	01:48-	00:09=
00:28#	00:03+	00:00=	00:37&	00:09#	00:02-	00:08-	00:38#	00:18#	00:20#	00:25&	00:08#	00:20&	00:46&	00:59-	00:00=
8	Tonje Tiley	27											29:06		
03:26+	05:41+	06:35+	08:52+	09:43+	11:04+	12:39+	16:19+	18:12+	21:08+	22:47+	23:53+	25:14+	26:54+	28:51+	29:06+
03:26+	02:15+	00:54=	02:17+	00:51+	01:21+	01:35-	03:40+	01:53+	02:56+	01:39+	01:06+	01:21+	01:40+	01:57-	00:15+
00:30#	00:11+	00:00=	00:19#	00:09#	00:24&	00:04-	00:29#	00:23&	00:41&	00:10#	00:13#	00:09#	00:13#	00:50-	00:06&
9	Gerd Katrin Kro	117											29:21		
03:21+	05:29+	06:55+	09:04+	12:29+	13:18+	14:39+	17:57+	19:45+	22:32+	23:51+	24:55+	26:07+	27:18+	29:11+	29:21+
03:21+	02:08+	01:26+	02:09+	03:25+	00:49-	01:21-	03:18+	01:48+	02:47+	01:19-	01:04+	01:12=	01:11-	01:53-	00:10+
00:25#	00:04+	00:32&	00:11+	02:43@	00:08-	00:18-	00:07+	00:18#	00:32#	00:10-	00:11#	00:00=	00:16-	00:54-	00:01#
10	Solbjørg Borgersen	233											29:22		
04:06+	06:31+	07:18+	10:01+	10:48+	11:50+	13:32+	17:33+	19:21+	21:37+	23:18+	24:16+	25:33+	26:58+	29:09+	29:22+
04:06+	02:25+	00:47-	02:43+	00:47+	01:02+	01:42+	04:01+	01:48+	02:16+	01:41+	00:58+	01:17+	01:25-	02:11-	00:13+
01:10&	00:21#	00:07-	00:45&	00:05#	00:05+	00:03+	00:50&	00:18#	00:01+	00:12#	00:05+	00:05+	00:02-	00:36-	00:04&
11	Mona Nordmark Kaada	178											30:00		
03:14+	05:30+	06:24+	09:01+	09:46+	11:02+	13:02+	16:52+	19:02+	22:10+	23:52+	24:51+	26:12+	27:45+	29:48+	30:00+
03:14+	02:16+	00:54=	02:37+	00:45+	01:16+	02:00+	03:50+	02:10+	03:08+	01:42+	00:59+	01:21+	01:33+	02:03-	00:12+
00:18#	00:12+	00:00=	00:39&	00:03+	00:19&	00:21#	00:39#	00:40&	00:53&	00:13#	00:06#	00:09#	00:06+	00:44-	00:03&
12	Anette Tronstad	115											31:06		
03:24+	05:35+	06:19+	09:01+	10:06+	11:01+	13:55+	18:08+	20:17+	22:49+	24:47+	26:03+	27:20+	28:51+	30:55+	31:06+
03:24+	02:11+	00:44-	02:42+	01:05+	00:55-	02:54+	04:13+	02:09+	02:32+	01:58+	01:16+	01:17+	01:31+	02:04-	00:11+
00:28#	00:07+	00:10-	00:44&	00:23&	00:02-	01:15&	01:02&	00:39&	00:17#	00:29&	00:23&	00:05+	00:04+	00:43-	00:02#
13	Randi Bugge	46											31:43		
04:15+	06:17+	07:45+	10:43+	12:03+	13:54+	15:22+	19:10+	21:08+	23:50+	25:24+	26:20+	27:38+	29:34+	31:31+	31:43+
04:15+	02:02-	01:28+	02:58+	01:20+	01:51+	01:28-	03:48+	01:58+	02:42+	01:34+	00:56+	01:18+	01:56+	01:57-	00:12+
01:19&	00:02-	00:34&	01:00&	00:38&	00:54&	00:11-	00:37#	00:28&	00:27#	00:05+	00:03+	00:06+	00:29&	00:50-	00:03&
14	Grete Hellevik	168											32:20		
03:34+	05:47+	06:53+	09:23+	09:55+	11:38+	13:21+	17:12+	19:54+	22:12+	24:04+	25:25+	26:58+	30:09+	32:08+	32:20+
03:34+	02:13+	01:06+	02:30+	00:32-	01:43+	01:43+	03:51+	02:42+	02:18+	01:52+	01:21+	01:33+	03:11+	01:59-	00:12+
00:38#	00:09+	00:12#	00:32&	00:10-	00:46&	00:04+	00:40#	01:12&	00:03+	00:23&	00:21&	00:28&	01:44@	00:48-	00:03&
15	Bjørg Elen Abrahamsen	29											33:00		
04:30+	07:05+	07:55+	10:42+	11:25+	12:23+	14:19+	18:54+	21:04+	24:05+	26:09+	27:28+	29:00+	30:45+	32:49+	33:00+
04:30+	02:35+	00:50-	02:47+	00:43+	00:58+	01:56+	04:35+	02:10+	03:01+	02:04+	01:19+	01:32+	01:45+	02:04-	00:11+
01:34&	00:31#	00:04-	00:49&	00:01+	00:01+	00:17#	01:24&	00:40&	00:46&	00:35&	00:26&	00:20&	00:18#	00:43-	00:02#
16	Gunn Vagle	126											33:14		
03:57+	06:23+	07:45+	10:28+	11:06+	12:17+	15:30+	19:25+	21:28+	25:54+	27:38+	28:40+	29:54+	31:14+	33:02+	33:14+
03:57+	02:26+	01:22+	02:43+	00:38-	01:11+	03:13+	03:55+	02:03+	04:26+	01:44+	01:02+	01:14+	01:20-	01:48-	00:12+
01:01&	00:22#	00:28&	00:45&	00:04-	00:14#	01:34&	00:44#	00:33&	02:11&	00:15#	00:09#	00:02+	00:07-	00:59-	00:03&
17	Sonja Johannessen	130											33:27		
03:30+	05:55+	06:41+	09:18+	10:07+	11:17+	13:44+	17:54+	19:46+	22:43+	24:38+	25:35+	27:01+	31:03+	33:15+	33:27+
03:30+	02:25+	00:46-	02:37+	00:49+	01:10+	02:27+	04:10+	01:52+	02:57+	01:55+	00:57+	01:26+	04:02+	02:12-	00:12+
00:34#	00:21#	00:08-	00:39&	00:07#	00:13#	00:48&	00:59&	00:22#	00:42&	00:26&	00:04+	00:14#	02:35@	00:35-	00:03&
18	Kjersti Vasbø	126											34:14		
04:08+	06:40+	07:31+	10:35+	11:25+	12:56+	14:55+	20:20+	22:24+	25:30+	27:37+	28:42+	30:19+	31:58+	34:01+	34:14+
04:08+	02:32+	00:51-	03:04+	00:50+	01:31+	01:59+	05:25+	02:04+	03:06+	02:07+	01:05+	01:37+	01:39+	02:03-	00:13+
01:12&	00:28#	00:03-	01:06&	00:08#	00:34&	00:20#	02:14&	00:34&	00:51&	00:38&	00:12#	00:25&	00:12#	00:44-	00:04&

Class	Navn	Klasse	Tid
19	Karen E. Gilje Woie	117	34:27
03:14+	05:07+	05:45-	08:03+
08:39+	09:25-	16:38+	19:50+
23:46+	25:28+	27:32+	30:51+
32:35+	34:17+	34:27+	
03:14+	01:53-	00:38-	02:18+
00:36-	00:46-	07:13+	03:12+
01:42+	02:14-	01:42+	02:04+
03:19+	00:17#	01:05-	00:01#
00:18#	00:11-	00:16-	00:20#
00:06-	00:11-	05:34#	00:01+
00:12#	00:01-	00:13#	01:11#
02:07#			
20	Marita Navjord Nicolaysen	71	34:33
05:38+	07:37+	08:42+	11:10+
12:05+	13:06+	14:20+	17:54+
19:20+	26:02+	27:41+	28:36+
29:50+	32:00+	34:22+	34:33+
05:38+	01:59-	01:05+	02:28+
00:55+	01:01+	01:14-	03:34+
01:26-	06:42+	01:39+	00:55+
01:14+	02:10+	02:22-	00:11+
02:42&	00:05-	00:11#	00:30&
00:13&	00:04+	00:25-	00:23#
00:04-	04:27#	00:10#	00:02+
00:02+	00:02+	00:43&	00:25-
00:02#			
21	Janne Kristin Frantzen	116	34:34
04:14+	07:00+	07:50+	10:55+
11:34+	12:36+	14:27+	19:03+
21:10+	23:58+	25:58+	27:08+
29:59+	31:47+	34:22+	34:34+
04:14+	02:46+	00:50-	03:05+
00:39-	01:02+	01:51+	04:36+
02:07+	02:48+	02:00+	01:10+
02:51+	01:48+	02:35-	00:12+
01:18&	00:42&	00:04-	01:07&
00:03-	00:05+	00:12#	01:25&
00:37&	00:33#	00:31&	00:17&
01:39#	00:21#	00:12-	00:03&
22	Reidun Solli Skjørestad	47	34:51
04:22+	07:13+	08:18+	11:15+
12:16+	13:39+	15:54+	20:27+
22:45+	25:40+	27:54+	29:17+
30:54+	32:19+	34:34+	34:51+
04:22+	02:51+	01:05+	02:57+
01:01+	01:23+	02:15+	04:33+
02:18+	02:55+	02:14+	01:23+
01:37+	01:25-	02:15-	00:17+
01:26&	00:47&	00:11#	00:59&
00:19&	00:26&	00:36&	01:22&
00:48&	00:40&	00:45&	00:30&
00:25&	00:02-	00:32-	00:08&
23	Marianne Høie	116	34:54
03:38+	06:10+	07:00+	10:02+
10:36+	11:33+	13:17+	17:14+
19:30+	24:20+	26:32+	27:37+
28:59+	32:50+	34:44+	34:54+
03:38+	02:32+	00:50-	03:02+
00:34-	00:57=	01:44+	03:57+
02:16+	04:50+	02:12+	01:05+
01:22+	03:51+	01:54-	00:10+
00:42#	00:28#	00:04-	01:04&
00:08-	00:00=	00:05+	00:46#
00:46&	02:35#	00:43&	00:12#
00:10#	02:24#	00:53-	00:01#
24	Jorunn Birkeland	47	35:00
04:24+	07:15+	08:15+	11:19+
12:21+	13:36+	15:52+	20:29+
22:49+	25:45+	27:57+	29:11+
30:46+	32:29+	34:44+	35:00+
04:24+	02:51+	01:00+	03:04+
01:02+	01:15+	02:16+	04:37+
02:20+	02:56+	02:12+	01:14+
01:35+	01:43+	02:15-	00:16+
01:28&	00:47&	00:06#	01:06&
00:20&	00:18&	00:37&	01:26&
00:50&	00:41&	00:43&	00:21&
00:23&	00:16#	00:32-	00:07&
25	Synnøve Langvik	93	35:37
03:49+	06:17+	07:25+	10:13+
10:52+	12:07+	13:57+	18:03+
19:51+	23:31+	25:53+	26:52+
28:18+	32:26+	35:25+	35:37+
03:49+	02:28+	01:08+	02:48+
00:39-	01:15+	01:50+	04:06+
01:48+	03:40+	02:22+	00:59+
01:26+	04:08+	02:59+	00:12+
00:53&	00:24#	00:14&	00:50&
00:03-	00:18&	00:11#	00:55&
00:18#	01:25&	00:53&	00:06#
00:14#	02:41#	00:12+	00:03&
26	Anne Marie Gausel	105	35:40
04:40+	07:13+	08:00+	11:11+
12:09+	13:22+	15:12+	20:07+
22:37+	25:53+	27:55+	29:11+
30:42+	32:34+	35:26+	35:40+
04:40+	02:33+	00:47-	03:11+
00:58+	01:13+	01:50+	04:55+
02:30+	03:16+	02:02+	01:16+
01:31+	01:52+	02:52+	00:14+
01:44&	00:29#	00:07-	01:13&
00:16&	00:16&	00:11#	01:44&
01:00&	01:01&	00:33&	00:23&
00:19&	00:25&	00:05+	00:05&
27	Lene Haver Schmidt	88	35:43
05:33+	08:32+	10:17+	13:09+
13:47+	15:13+	16:55+	21:40+
23:49+	27:04+	29:03+	30:23+
31:48+	33:19+	35:33+	35:43+
05:33+	02:59+	01:45+	02:52+
00:38-	01:26+	01:42+	04:45+
02:09+	03:15+	01:59+	01:20+
01:25+	01:31+	02:14-	00:10+
02:37&	00:55&	00:51&	00:54&
00:04-	00:29&	00:03+	00:13#
00:04+	00:03+	00:04+	00:03+
00:02#	00:03+	01:34&	00:39&
01:00&	00:30&	01:09&	00:30&
00:27&	00:02+	00:09#	00:09#
28	Margot Asheim	105	35:44
03:06+	05:01+	05:39-	07:46-
08:24-	16:10+	19:01+	22:54+
24:45+	27:00+	28:56+	29:51+
31:12+	33:09+	35:35+	35:44+
03:06+	01:55-	00:38-	02:07+
00:38-	07:46+	02:51+	03:53+
01:51+	02:15=	01:56+	00:55+
01:21+	01:57+	02:26-	00:09=
00:10+	00:09-	00:16-	00:09+
00:04-	06:49#	01:12&	00:42#
00:21#	00:00=	00:27&	00:02+
00:09#			
29	Sissel Carlsen Bråstad	88	35:50
05:35+	08:31+	10:16+	13:13+
13:58+	15:17+	16:59+	21:44+
23:44+	27:08+	29:05+	30:27+
31:51+	33:24+	35:38+	35:50+
05:35+	02:56+	01:45+	02:57+
00:45+	01:19+	01:42+	04:45+
02:00+	03:24+	01:57+	01:22+
01:24+	01:33+	02:14-	00:12+
02:39&	00:52&	00:51&	00:59&
00:03+	00:22&	00:03+	01:34&
00:30&	01:09&	00:28&	00:29&
00:12#			
30	Åse Karoline B. Berg	115	36:20
04:40+	07:05+	08:01+	11:06+
12:17+	13:44+	15:33+	20:18+
22:49+	25:46+	27:59+	29:19+
31:09+	33:40+	36:06+	36:20+
04:40+	02:25+	00:56+	03:05+
01:11+	01:27+	01:49+	04:45+
02:57+	02:13+	01:20+	01:50+
02:31+	02:31+	02:26-	00:14+
01:44&	00:21#	00:02+	01:07&
00:29&	00:30&	00:10#	01:34&
01:01&	00:42&	00:44&	00:27&
00:38&	01:04&	00:21-	00:05&
31	Linn Skadberg	113	36:24
03:51+	06:15+	07:08+	10:14+
11:06+	12:28+	14:38+	19:03+
21:43+	25:31+	28:14+	29:16+
30:30+	34:03+	36:14+	36:24+
03:51+	02:24+	00:53-	03:06+
00:52+	01:22+	02:10+	04:25+
02:40+	03:48+	02:43+	01:02+
01:14+	02:06#	00:36-	00:01#
00:55&	00:20#	00:01-	01:08&
00:10#	00:25&	00:31&	01:14&
01:10&	01:33&	01:14&	00:09#
00:02+			
32	Jorunn Pedersen Lima	113	36:26
03:56+	06:19+	07:11+	10:31+
11:11+	12:39+	14:37+	19:19+
21:46+	25:33+	28:20+	29:24+
30:46+	34:05+	36:16+	36:26+
03:56+	02:23+	00:52-	03:20+
00:40-	01:28+	01:58+	04:42+
02:27+	03:47+	02:47+	01:04+
01:22+	03:19+	02:11-	00:10+
01:00&	00:19#	00:02-	01:22&
00:02-	00:31&	00:19#	01:31&
00:57&	01:32&	01:18&	00:11#
00:10#	01:52#	00:36-	00:01#
33	Solbjørg Lima Skadberg	113	36:31
03:59+	06:23+	07:20+	10:36+
11:17+	12:43+	14:47+	19:24+
21:52+	25:41+	28:20+	29:29+
30:49+	34:09+	36:20+	36:31+
03:59+	02:24+	00:57+	03:16+
00:41-	01:26+	02:04+	04:37+
02:28+	03:49+	02:39+	01:09+
01:20+	03:20+	02:11-	00:11+
01:03&	00:20#	00:03+	01:18&
00:01-	00:29&	00:25&	01:26&
00:58&	01:34&	01:10&	00:16&
00:08#	01:53#	00:36-	00:02#

Class	Navn	Klasse										Tid				
34	Linda Haukås	113										36:32				
04:27+	07:09+	08:07+	11:14+	12:00+	13:37+	15:25+	20:34+	22:53+	26:10+	28:15+	29:24+	31:17+	33:59+	36:19+	36:32+	
04:27+	02:42+	00:58+	03:07+	00:46+	01:37+	01:48+	05:09+	02:19+	03:17+	02:05+	01:09+	01:53+	02:42+	02:20-	00:13+	
01:31&	00:38&	00:04+	01:09&	00:04+	00:40&	00:09+	01:58&	00:49&	01:02&	00:36&	00:16&	00:41&	01:15&	00:27-	00:04&	
35	Tonje Birkenes	67										36:32				
03:04+	05:01+	09:04+	11:52+	13:40+	14:39+	17:56+	21:54+	26:13+	28:54+	30:40+	31:38+	33:01+	34:33+	36:22+	36:32+	
03:04+	01:57-	04:03+	02:48+	01:48+	00:59+	03:17+	03:58+	04:19+	02:41+	01:46+	00:58+	01:23+	01:32+	01:49-	00:10+	
00:08+	00:07-	03:09@	00:50&	01:06@	00:02+	01:38&	00:47#	02:49@	00:26#	00:17#	00:05+	00:11#	00:05+	00:58-	00:01#	
36	Kate Lawson	101										36:37				
04:11+	06:30+	08:23+	11:12+	12:15+	14:04+	15:46+	20:39+	22:39+	25:21+	27:26+	28:34+	30:19+	33:30+	36:27+	36:37+	
04:11+	02:19+	01:53+	02:49+	01:03+	01:49+	01:42+	04:53+	02:00+	02:42+	02:05+	01:08+	01:45+	03:11+	02:57+	00:10+	
01:15&	00:15#	00:59@	00:51&	00:21&	00:52&	00:03+	01:42&	00:30&	00:27#	00:36&	00:15&	00:33&	01:44@	00:10+	00:01#	
37	Randi Wesetvik	116										37:06				
04:26+	06:58+	08:09+	11:19+	12:17+	13:48+	15:38+	20:55+	23:11+	27:03+	28:59+	30:25+	32:01+	34:02+	36:52+	37:06+	
04:26+	02:32+	01:11+	03:10+	00:58+	01:31+	01:50+	05:17+	02:16+	03:52+	01:56+	01:26+	01:36+	02:01+	02:50+	00:14+	
01:30&	00:28#	00:17&	01:12&	00:16&	00:34&	00:11#	02:06&	00:46&	01:37&	00:27&	00:33&	00:24&	00:34&	00:03+	00:05&	
38	Solveig Møland	128										37:14				
05:12+	07:58+	09:16+	12:24+	13:30+	14:48+	17:09+	21:43+	23:51+	26:26+	28:15+	29:35+	31:00+	34:39+	36:58+	37:14+	
05:12+	02:46+	01:18+	03:08+	01:06+	01:18+	02:21+	04:34+	02:08+	02:35+	01:49+	01:20+	01:25+	03:39+	02:19-	00:16+	
02:16&	00:42&	00:24&	01:10&	00:24&	00:21&	00:42&	01:23&	00:38&	00:20#	00:20#	00:27&	00:13#	02:12@	00:28-	00:07&	
39	Elin Norveel	105										37:32				
04:14+	06:46+	07:39+	10:26+	11:10+	12:36+	14:02+	18:27+	20:34+	28:25+	30:17+	32:04+	33:36+	35:04+	37:20+	37:32+	
04:14+	02:32+	00:53-	02:47+	00:44+	01:26+	01:26+	04:25+	02:07+	07:51+	01:52+	01:47+	01:32+	01:28+	02:16-	00:12+	
01:18&	00:28#	00:01-	00:49&	00:02+	00:29&	00:13-	01:14&	00:37&	05:36@	00:23&	00:54@	00:20&	00:01+	00:31-	00:03&	
40	Ruth Grødem	105										38:00				
03:58+	06:22+	07:25+	11:16+	12:00+	13:18+	15:04+	19:36+	21:36+	26:52+	29:00+	29:56+	31:33+	35:21+	37:46+	38:00+	
03:58+	02:24+	01:03+	03:51+	00:44+	01:18+	01:46+	04:32+	02:00+	05:16+	02:08+	00:56+	01:37+	03:48+	02:25-	00:14+	
01:02&	00:20#	00:09#	01:53&	00:02+	00:21&	00:07+	01:21&	00:30&	03:01@	00:39&	00:03+	00:25&	02:21@	00:22-	00:05&	
41	Kirsti Strand Salvesen	256										38:47				
05:09+	08:09+	09:03+	12:14+	12:59+	14:05+	16:23+	21:49+	24:34+	27:56+	30:06+	32:14+	33:51+	35:49+	38:29+	38:47+	
05:09+	03:00+	00:54=	03:11+	00:45+	01:06+	02:18+	05:26+	02:45+	03:22+	02:10+	02:08+	01:37+	01:58+	02:40-	00:18+	
02:13&	00:56&	00:00=	01:13&	00:03+	00:09#	00:39&	02:15&	01:15&	01:07&	00:41&	01:15@	00:25&	00:31&	00:07-	00:09&	
42	Rebekka Lye	62										38:47				
04:17+	06:45+	07:36+	10:39+	11:12+	12:37+	15:12+	20:51+	23:03+	26:24+	28:38+	29:42+	31:16+	36:15+	38:40+	38:47+	
04:17+	02:28+	00:51-	03:03+	00:33-	01:25+	02:35+	05:39+	02:12+	03:21+	02:14+	01:04+	01:34+	04:59+	02:25-	00:07-	
01:21&	00:24#	00:03-	01:05&	00:09-	00:28&	00:56&	02:28&	00:42&	01:06&	00:45&	00:11#	00:22&	03:32@	00:22-	00:02-	
43	Ingunn Fandrem	47										38:55				
04:16+	06:31+	10:01+	12:42+	13:49+	15:37+	17:43+	23:17+	25:25+	29:11+	31:40+	32:57+	34:23+	36:14+	38:42+	38:55+	
04:16+	02:15+	03:30+	02:41+	01:07+	01:48+	02:06+	05:34+	02:08+	03:46+	02:29+	01:17+	01:26+	01:51+	02:28-	00:13+	
01:20&	00:11+	02:36@	00:43&	00:25&	00:51&	00:27&	02:23&	00:38&	01:31&	01:00&	00:24&	00:14#	00:24&	00:19-	00:04&	
44	Solveig Grønning	47										39:01				
04:20+	06:32+	10:07+	12:42+	13:56+	15:51+	17:49+	23:23+	25:39+	29:16+	31:41+	33:03+	34:30+	36:29+	38:46+	39:01+	
04:20+	02:12+	03:35+	02:35+	01:14+	01:55+	01:58+	05:34+	02:16+	03:37+	02:25+	01:22+	01:27+	01:59+	02:17-	00:15+	
01:24&	00:08+	02:41@	00:37&	00:32&	00:58@	00:19#	02:23&	00:46&	01:22&	00:56&	00:29&	00:15#	00:32&	00:30-	00:06&	
45	Åse Kristensen	94										39:25				
05:17+	07:50+	08:56+	11:44+	12:27+	14:09+	16:20+	21:04+	23:48+	28:13+	30:18+	31:38+	33:03+	36:47+	39:10+	39:25+	
05:17+	02:33+	01:06+	02:48+	00:43+	01:42+	02:11+	04:44+	02:44+	04:25+	02:05+	01:20+	01:25+	03:44+	02:23-	00:15+	
02:21&	00:29#	00:12#	00:50&	00:01+	00:45&	00:32&	01:33&	01:14&	02:10&	00:36&	00:27&	00:13#	02:17@	00:24-	00:06&	
46	Marianne Gjesdal Lyngås	253										41:28				
05:13+	08:22+	09:32+	13:02+	14:24+	16:12+	18:02+	23:37+	27:07+	30:26+	32:48+	34:15+	36:05+	38:04+	41:10+	41:28+	
05:13+	03:09+	01:10+	03:30+	01:22+	01:48+	01:50+	05:35+	03:30+	03:19+	02:22+	01:27+	01:50+	01:59+	03:06+	00:18+	
02:17&	01:05&	00:16&	01:32&	00:40&	00:51&	00:11#	02:24&	02:00@	01:04&	00:53&	00:34&	00:38&	00:32&	00:19#	00:09&	
47	Ingrid Marie Torgersen	253										41:29				
05:16+	08:18+	09:35+	13:05+	14:23+	16:09+	18:05+	23:36+	27:15+	30:21+	32:46+	34:11+	36:03+	38:00+	41:14+	41:29+	
05:16+	03:02+	01:17+	03:30+	01:18+	01:46+	01:56+	05:31+	03:39+	03:06+	02:25+	01:25+	01:52+	01:57+	03:14+	00:15+	
02:20&	00:58&	00:23&	01:32&	00:36&	00:49&	00:17#	02:20&	02:09@	00:51&	00:56&	00:32&	00:40&	00:30&	00:27#	00:06&	
48	Irene Møland Torgersen	253										41:31				
05:18+	08:21+	09:38+	13:09+	14:28+	16:15+	18:08+	23:41+	27:13+	30:25+	32:51+	34:20+	36:08+	38:16+	41:18+	41:31+	
05:18+	03:03+	01:17+	03:31+	01:19+	01:47+	01:53+	05:33+	03:32+	03:12+	02:26+	01:29+	01:48+	02:08+	03:02+	00:13+	
02:22&	00:59&	00:23&	01:33&	00:37&	00:50&	00:14#	02:22&	02:02@	00:57&	00:57&	00:36&	00:36&	00:41&	00:15+	00:04&	

Class	Navn	Klasse										Tid				
49	Esther Boenheim	268										41:55				
07:11+	09:34+	12:30+	15:14+	16:08+	17:35+	20:09+	24:54+	27:04+	33:27+	35:23+	36:28+	37:47+	39:22+	41:41+	41:55+	
07:11+	02:23+	02:56+	02:44+	00:54+	01:27+	02:34+	04:45+	02:10+	06:23+	01:56+	01:05+	01:19+	01:35+	02:19-	00:14+	
04:15@	00:19#	02:02@	00:46&	00:12&	00:30&	00:55&	01:34&	00:40&	04:08@	00:27&	00:12#	00:07+	00:08+	00:28-	00:05&	
50	Sølvi S. Ballestad	105										42:43				
05:24+	08:21+	10:00+	13:10+	14:24+	16:24+	19:15+	25:16+	28:00+	32:04+	34:09+	35:26+	37:22+	39:31+	42:28+	42:43+	
05:24+	02:57+	01:39+	03:10+	01:14+	02:00+	02:51+	06:01+	02:44+	04:04+	02:05+	01:17+	01:56+	02:09+	02:57+	00:15+	
02:28&	00:53&	00:45&	01:12&	00:32&	01:03@	01:12&	02:50&	01:14&	01:49&	00:36&	00:24&	00:44&	00:42&	00:10+	00:06&	
51	Sigrun Serigstad	128										43:48				
03:35+	08:45+	11:23+	14:04+	15:12+	16:12+	19:48+	24:08+	30:10+	32:14+	34:16+	35:19+	36:40+	41:20+	43:37+	43:48+	
03:35+	05:10+	02:38+	02:41+	01:08+	01:00+	03:36+	04:20+	06:02+	02:04-	02:02+	01:03+	01:21+	04:40+	02:17-	00:11+	
00:39#	03:06@	01:44@	00:43&	00:26&	00:03+	01:57@	01:09&	04:32@	00:11-	00:33&	00:10#	00:09#	03:13@	00:30-	00:02#	
52	Shazia Ali Zade	115										44:16				
05:41+	08:33+	09:52+	13:20+	14:12+	15:45+	18:26+	23:43+	25:51+	30:50+	32:48+	33:42+	35:22+	41:35+	44:02+	44:16+	
05:41+	02:52+	01:19+	03:28+	00:52+	01:33+	02:41+	05:17+	02:08+	04:59+	01:58+	00:54+	01:40+	06:13+	02:27-	00:14+	
02:45&	00:48&	00:25&	01:30&	00:10#	00:36&	01:02&	02:06&	00:38&	02:44@	00:29&	00:01+	00:28&	04:46@	00:20-	00:05&	
53	Brynhild Haaland	101										44:58				
07:26+	10:20+	12:12+	15:24+	16:39+	18:35+	21:47+	27:53+	30:26+	33:54+	37:44+	39:00+	40:25+	42:04+	44:42+	44:58+	
07:26+	02:54+	01:52+	03:12+	01:15+	01:56+	03:12+	06:06+	02:33+	03:28+	03:50+	01:16+	01:25+	01:39+	02:38-	00:16+	
04:30@	00:50&	00:58@	01:14&	00:33&	00:59@	01:33&	02:55&	01:03&	01:13&	02:21@	00:23&	00:13#	00:12#	00:09-	00:07&	
54	Aase Sveinsvoll	94										46:44				
04:59+	08:13+	09:52+	13:37+	14:43+	16:36+	19:28+	25:55+	28:53+	35:12+	37:53+	39:19+	41:05+	43:07+	46:25+	46:44+	
04:59+	03:14+	01:39+	03:45+	01:06+	01:53+	02:52+	06:27+	02:58+	06:19+	02:41+	01:26+	01:46+	02:02+	03:18+	00:19+	
02:03&	01:10&	00:45&	01:47&	00:24&	00:56&	01:13&	03:16@	01:28&	04:04@	01:12&	00:33&	00:34&	00:35&	00:31#	00:10@	
55	Inger Synnøve Sjursen	92										46:46				
05:25+	08:21+	10:13+	13:57+	15:18+	17:18+	19:38+	25:11+	27:43+	36:07+	38:30+	39:48+	41:28+	43:39+	46:20+	46:46+	
05:25+	02:56+	01:52+	03:44+	01:21+	02:00+	02:20+	05:33+	02:32+	08:24+	02:23+	01:18+	01:40+	02:11+	02:41-	00:26+	
02:29&	00:52&	00:58@	01:46&	00:39&	01:03@	00:41&	02:22&	01:02&	06:09@	00:54&	00:25&	00:28&	00:44&	00:06-	00:17@	
56	Hilde Søndresen	93										46:47				
05:27+	08:13+	10:06+	13:48+	15:22+	17:09+	19:37+	25:10+	27:38+	36:12+	38:34+	39:49+	41:29+	43:41+	46:19+	46:47+	
05:27+	02:46+	01:53+	03:42+	01:34+	01:47+	02:28+	05:33+	02:28+	08:34+	02:22+	01:15+	01:40+	02:12+	02:38-	00:28+	
02:31&	00:42&	00:59@	01:44&	00:52@	00:50&	00:49&	02:22&	00:58&	06:19@	00:53&	00:22&	00:28&	00:45&	00:09-	00:19@	
57	Bettiina Lähteenkorva	115										50:15				
03:27+	05:51+	11:12+	14:51+	16:36+	18:57+	21:04+	26:21+	28:35+	38:19+	40:10+	41:32+	42:35+	43:56+	47:47+	50:02+	
03:27+	02:24+	05:21+	03:39+	01:45+	02:21+	02:07+	05:17+	02:14+	09:44+	01:51+	01:22+	01:03-	01:21-	03:51+	02:15+	
00:31#	00:20#	04:27@	01:41&	01:03@	01:24@	00:28&	02:06&	00:44&	07:29@	00:22#	00:29&	00:09-	00:06-	01:04&	02:06@	
58	May Kristin Haaland	47										53:42				
04:22+	07:29+	14:36+	18:03+	28:42+	30:23+	32:08+	37:32+	39:58+	43:11+	45:24+	46:38+	48:21+	50:51+	53:28+	53:42+	
04:22+	03:07+	07:07+	03:27+	10:39+	01:41+	01:45+	05:24+	02:26+	03:13+	02:13+	01:14+	01:43+	02:30+	02:37-	00:14+	
01:26&	01:03&	06:13@	01:29&	09:57@	00:44&	00:06+	02:13&	00:56&	00:58&	00:44&	00:21&	00:31&	01:03&	00:10-	00:05&	
59	Brit Svihus	92										55:50				
03:58+	06:45+	07:40+	13:01+	14:05+	16:05+	18:38+	25:29+	28:36+	33:49+	39:34+	40:52+	42:51+	50:29+	55:23+	55:50+	
03:58+	02:47+	00:55+	05:21+	01:04+	02:00+	02:33+	06:51+	03:07+	05:13+	05:45+	01:18+	01:59+	07:38+	04:54+	00:27+	
01:02&	00:43&	00:01+	03:23@	00:22&	01:03@	00:54&	03:40@	01:37@	02:58@	04:16@	00:25&	00:47&	06:11@	02:07&	00:18@	
60	Priya Chilamkurthi	136										1:00:11				
08:00+	17:03+	21:54+	25:33+	27:46+	30:00+	33:01+	39:22+	41:49+	45:56+	48:20+	50:15+	52:29+	54:10+	59:58+	60:11+	
08:00+	09:03+	04:51+	03:39+	02:13+	02:14+	03:01+	06:21+	02:27+	04:07+	02:24+	01:55+	02:14+	01:41+	05:48+	00:13+	
05:04@	06:59@	03:57@	01:41&	01:31@	01:17@	01:22&	03:10&	00:57&	01:52&	00:55&	01:02@	01:02&	00:14#	03:01@	00:04&	
61	Tove Kristin K. Helvig	105										1:02:43				
04:17+	06:47+	32:20+	34:56+	35:38+	37:47+	39:30+	44:06+	46:29+	53:28+	56:09+	57:12+	58:37+	60:07+	62:28+	62:43+	
04:17+	02:30+	25:33+	02:36+	00:42=	02:09+	01:43+	04:36+	02:23+	06:59+	02:41+	01:03+	01:25+	01:30+	02:21-	00:15+	
01:21&	00:26#	24:39@	00:38&	00:00=	01:12@	00:04+	01:25&	00:53&	04:44@	01:12&	00:10#	00:13#	00:03+	00:26-	00:06&	
Beste strekktid for klassen																
02:56	01:43	00:38	01:47	00:32	00:46	01:09	02:55	01:26	02:04	01:19	00:50	01:03	01:11	01:37	00:07	

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

Herrer 16 - 39 år

Class	Navn	Klasse										Tid													
1	Runar Eike Toft	116										41:53													
00:57=	01:51=	03:17=	04:22=	05:52=	06:18=	07:13=	08:01=	08:40=	09:37=	10:29=	11:01=	12:54=	13:53=	15:26=	16:51=	20:20=	22:21=	23:02=	24:04=	24:37=	26:45=	27:32=	28:59=	30:13=	
00:57=	00:54=	01:26=	01:05=	01:30=	00:26=	00:55=	00:48=	00:12=	00:27=	00:57=	00:52=	00:32=	01:53=	00:59=	01:33=	01:25=	03:29=	02:01=	00:41=	01:02=	00:33=	02:08=	00:47=	01:27=	01:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
31:20=	32:22=	34:16=	35:01=	35:24=	37:19=	37:45=	38:32=	39:05=	40:17=	41:11=	41:46=	41:53=													
01:07=	01:02=	01:54=	00:45=	00:23=	01:55=	00:26=	00:47=	00:33=	01:12=	00:54=	00:35=	00:07=													
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													
2	Emmanuel Mondesert	116										42:46													
00:59+	01:56+	03:23+	04:38+	05:34=	05:59-	06:58-	07:48-	08:02-	08:28-	09:03-	09:52-	10:23-	12:32-	13:54+	14:55-	16:45-	23:01+	24:16+	25:27+	26:22+	26:55+	29:18+	30:00+	31:14+	32:25+
00:59+	00:57+	01:27+	01:15+	00:56-	00:25-	00:59+	00:50+	00:14+	00:26-	00:35-	00:49-	00:31-	02:09+	01:22+	01:01-	01:50+	06:16+	01:15-	01:11+	00:55-	00:33=	02:23+	00:42-	01:14-	01:11-
00:02+	00:03+	00:01+	00:10#	00:34-	00:01-	00:04+	00:02+	00:02#	00:01-	00:22-	00:03-	00:01-	00:16#	00:23&	00:32-	00:25&	02:47&	00:46-	00:30&	00:07-	00:00=	00:15#	00:05-	00:13-	00:03-
33:10+	34:02+	35:24+	36:18+	36:33+	38:13+	38:57+	39:51+	40:24+	41:20+	42:10+	42:38+	42:46+													
00:45-	00:52-	01:22-	00:54+	00:15-	01:40-	00:44+	00:54+	00:33=	00:56-	00:50-	00:28-	00:08+													
00:22-	00:10-	00:32-	00:09#	00:08-	00:15-	00:18&	00:07#	00:00=	00:16-	00:04-	00:07-	00:01#													
3	Ole Kristian Taksdal	92										46:56													
01:25+	02:46+	04:44+	06:45+	07:50+	08:30+	08:59+	10:02+	11:08+	11:29+	12:54+	13:27+	14:23+	14:56+	17:33+	18:37+	20:04+	21:44+	26:00+	26:32+	27:08+	28:20+	28:55+	31:01+	32:08+	33:27+
01:25+	01:21+	01:58+	02:01+	01:05-	00:40+	00:29-	01:03+	01:06+	00:21-	01:25+	00:33-	00:56+	00:33-	02:37+	01:04-	01:27+	01:40-	04:16+	00:32-	00:36-	01:12+	00:35-	02:06+	01:07-	01:19+
00:28&	00:27&	00:32&	00:56&	00:25-	00:14&	00:26-	00:15&	00:54&	00:06-	00:28&	00:19-	00:24&	01:20-	01:38&	00:29-	00:02+	01:49-	02:15&	00:09-	00:26-	00:39&	01:33-	01:19&	00:20-	00:05+
34:39+	35:37+	36:56+	38:44+	39:47+	40:07+	42:02+	42:38+	43:45+	44:18+	45:21+	46:14+	46:49+	46:56+												
01:12+	00:58-	01:19-	01:48+	01:03+	00:20-	01:55+	00:36-	01:07+	00:33-	01:03+	00:53+	00:35+	00:07+												
00:05+	00:04-	00:35-	01:03&	00:40&	01:35-	01:29&	00:11-	00:34&	00:39-	00:09#	00:18&	00:28&	00:07+												
4	Rune Hatle	65										48:36													
01:14+	02:36+	04:32+	06:13+	07:57+	08:46+	10:25+	11:14+	11:34+	11:59+	12:33+	13:55+	14:31+	17:20+	18:51+	20:17+	22:08+	26:30+	27:20+	28:39+	29:40+	30:16+	32:26+	33:22+	34:45+	36:14+
01:14+	01:22+	01:56+	01:41+	01:44+	00:49+	01:39+	00:49+	00:20+	00:25-	00:34-	01:22+	00:36+	02:49+	01:31+	01:26-	01:51+	04:22+	00:50-	01:19+	01:01-	00:36+	02:10+	00:56+	01:23-	01:29+
00:17&	00:28&	00:30&	00:36&	00:14#	00:23&	00:44&	00:01+	00:08&	00:02-	00:23-	00:30&	00:04#	00:56&	00:32&	00:07-	00:26&	00:53&	01:11-	00:38&	00:01-	00:03+	00:02+	00:09#	00:04-	00:15#
37:03+	38:19+	40:21+	41:15+	41:37+	43:35+	44:13+	45:13+	45:57+	47:06+	47:56+	48:27+	48:36+													
00:49-	01:16+	02:02+	00:54+	00:22-	01:58+	00:38+	01:00+	00:44+	01:09-	00:50-	00:31-	00:09+													
00:18-	00:14#	00:08+	00:09#	00:01-	00:03+	00:12&	00:13&	00:11&	00:03-	00:04-	00:04-	00:02&													
5	Marius Stene	27										48:49													
01:06+	02:21+	03:56+	05:07+	06:24+	07:08+	08:33+	09:27+	09:45+	10:19+	11:02+	11:57+	12:33+	15:12+	16:42+	18:04+	19:39+	24:43+	26:08+	26:51+	27:53+	28:22+	30:17+	30:54+	33:49+	34:57+
01:06+	01:15+	01:35+	01:11+	01:17-	00:44+	01:25+	00:54+	00:18+	00:34+	00:43-	00:55+	00:36+	02:39+	01:30+	01:22-	01:35+	05:04+	01:25-	00:43+	01:02=	00:29-	01:55-	00:37-	02:55+	01:08-
00:09#	00:21&	00:09#	00:06+	00:13-	00:18&	00:30&	00:06#	00:06&	00:07&	00:14-	00:03+	00:04#	00:46&	00:31&	00:11-	00:10#	01:35&	00:36-	00:02+	00:00=	00:04-	00:13-	00:10-	01:28&	00:06-
35:51+	37:03+	39:09+	40:22+	41:09+	43:06+	43:54+	44:42+	45:23+	46:27+	48:15+	48:42+	48:49+													
00:54-	01:12+	02:06+	01:13+	00:47+	01:57+	00:48+	00:48+	00:41+	01:04-	01:48+	00:27-	00:07=													
00:13-	00:10#	00:12#	00:28&	00:24&	00:02+	00:22&	00:01+	00:08#	00:08-	00:54&	00:08-	00:00=													
6	Dag Eivind Watsend	92										49:06													
01:09+	02:17+	03:58+	04:59+	06:37+	07:02+	09:13+	10:06+	10:23+	10:47+	11:17+	12:07+	12:46+	15:21+	16:42+	17:37+	19:41+	26:45+	27:46+	30:12+	31:06+	31:56+	33:45+	34:25+	35:53+	36:55+
01:09+	01:08+	01:41+	01:01-	01:38+	00:25-	02:11+	00:53+	00:17+	00:24-	00:30-	00:50-	00:39+	02:35+	01:21+	00:55-	02:04+	07:04+	01:01-	02:26+	00:54-	00:50+	01:49-	00:40-	01:28+	01:02-
00:12#	00:14&	00:15#	00:04-	00:08+	00:01-	01:16&	00:05#	00:05&	00:03-	00:27-	00:02-	00:07#	00:42&	00:22&	00:38-	00:39&	03:35&	01:00-	01:45&	00:08-	00:17&	00:19-	00:07-	00:01+	00:12-
37:52+	38:58+	40:28+	41:13+	41:40+	43:45+	44:41+	45:54+	46:40+	47:32+	48:30+	49:00+	49:06+													
00:57-	01:06+	01:30-	00:45=	00:27+	02:05+	00:56+	01:13+	00:46+	00:52-	00:58+	00:30-	00:06-													
00:10-	00:04+	00:24-	00:00=	00:04#	00:10+	00:30&	00:26&	00:13&	00:20-	00:04+	00:05-	00:01-													
7	Svein Kyllingstad	71										49:43													
01:04+	02:14+	04:09+	05:31+	06:38+	07:09+	08:12+	09:14+	09:33+	09:59+	10:35+	11:21+	12:06+	14:39+	15:51+	16:50+	18:26+	24:32+	25:55+	26:45+	27:39+	29:12+	32:30+	33:06+	34:20+	35:33+
01:04+	01:10+	01:55+	01:22+	01:07-	00:31+	01:03+	01:02+	00:19+	00:26-	00:36-	00:46-	00:45+	02:33+	01:12+	00:59-	01:36+	06:06+	01:23-	00:50+	00:54-	01:33+	03:18+	00:36-	01:14-	01:13-
00:07#	00:16&	00:29&	00:17&	00:23-	00:05#	00:08#	00:14&	00:07&	00:01-	00:21-	00:06-	00:13&	00:40&	00:13#	00:34-	00:11#	02:37&	00:38-	00:09#	00:08-	01:00&	01:10&	00:11-	00:13-	00:01-
36:32+	37:39+	41:08+	42:00+	42:26+	44:33+	45:27+	46:25+	47:04+	48:08+	49:04+	49:34+	49:43+													
00:59-	01:07+	03:29+	00:52+	00:26+	02:07+	00:54+	00:58+	00:39+	01:04-	00:56+	00:30-	00:09+													
00:08-	00:05+	01:35&	00:07#	00:03#	00:12#	00:28&	00:11#	00:06#	00:08-	00:02+	00:05-	00:02&													
8	Svein Magnus Halsne	71										51:32													
00:59+	02:12+	03:51+	05:04+	06:32+	07:22+	08:19+	09:13+	09:29+	09:58+	10:46+	11:42+	12:21+	14:48+	16:12+	18:06+	20:33+	23:39+	24:30+	25:44+	26:41+	27:11+	29:33+	31:16+	32:53+	38:19+
00:59+	01:13+	01:39+	01:13+	01:28-	00:50+	00:57+	00:54+	00:16+	00:29+	00:48-	00:56+	00:39+	02:27+	01:24+	01:54+	02:27+	03:06-	00:51-	01:14+	00:57-	00:30-	02:22+	01:43+	01:37+	05:26+
00:02+	00:19&	00:13#	00:08#	00:02-	00:24&	00:02+	00:06#	00:04&	00:02+	00:09-	00:04+	00:07#	00:34&	00:25&	00:21#	01:02&	00:23-	01:10-	00:33&	00:05-	00:03-	00:14#	00:56&	00:10#	04:12&
40:00+	41:14+	43:01+	43:44+	44:00+	45:51+	46:30+	47:31+	48:15+	49:19+	50:57+	51:24+	51:32+													
01:41+	01:14+	01:47-	00:43-	00:16-	01:51-	00:39+	01:01+	00:44+	01:04-	01:38+	00:27-	00:08+													
00:34&	00:12#	00:07-	00:02-	00:07-	00:04-	00:13&	00:14&	00:11&	00:08-	00:44&	00:08-	00:01#													
9	Håkon Eggebø	71										52:05													
02:04+	03:04+	04:40+	05:48+	06:54+	07:30+	12:35+	13:27+	13:45+	14:15+	14:50+	15:38+	17:35+	19:59+	21:31+	22:55+	25:27+	29:28+	30:14+	31:32+	32:29+	33:15+	35:46+	36:57+	38:38+	40:09+
02:04+	01:00+	01:36+	01:08+	01:06-	00:36+	05:05+	00:52+	00:																	

Class	Navn	Klasse															Tid									
10	Martin Skogland	98															52:30									
01:14+	02:39+	04:32+	07:01+	08:12+	08:45+	11:47+	12:38+	12:56+	13:25+	14:05+	15:09+	16:00+	18:27+	20:10+	21:45+	23:34+	27:24+	28:20+	29:55+	34:17+	34:45+	36:35+	37:16+	38:20+	39:36+	
01:14+	01:25+	01:53+	02:29+	01:11-	00:33+	03:02+	00:51+	00:18+	00:29+	00:40-	01:04+	00:51+	02:27+	01:43+	01:35+	01:49+	03:50+	00:56-	01:35+	04:22+	00:28-	01:50-	00:41-	01:04-	01:16+	
00:17&	00:31&	00:27&	01:240	00:19-	00:07&	02:070	00:03+	00:06&	00:02+	00:17-	00:12#	00:19&	00:34&	00:44&	00:02+	00:24&	00:21#	01:05-	00:540	03:200	00:05-	00:18-	00:06-	00:23-	00:02+	
40:29+	41:52+	44:13+	45:19+	45:51+	47:48+	48:21+	49:19+	49:56+	51:05+	51:53+	52:22+	52:30+	00:53-	01:23+	02:21+	01:06+	00:32+	01:57+	00:33+	00:58+	00:37+	01:09-	00:48-	00:29-	00:08+	
00:14-	00:21&	00:27#	00:21&	00:09&	00:02+	00:07&	00:11#	00:04#	00:03-	00:06-	00:06-	00:01#														
11	Kjetil Hollund	108															52:56									
01:04+	03:12+	04:58+	06:35+	08:29+	09:00+	09:55+	11:03+	11:20+	11:56+	12:30+	13:31+	14:19+	17:08+	18:47+	20:24+	22:10+	27:33+	28:56+	30:14+	32:56+	33:32+	35:35+	36:31+	37:49+	39:18+	
01:04+	02:08+	01:46+	01:37+	01:54+	00:31+	00:55-	01:08+	00:17+	00:36+	00:34-	01:01+	00:48+	02:49+	01:39+	01:37+	01:46+	05:23+	01:23-	01:18+	02:42+	00:36+	02:03-	00:56+	01:18-	01:29+	
00:07#	01:140	00:20#	00:32&	00:24&	00:05#	00:00-	00:20&	00:05&	00:09&	00:23-	00:09#	00:16&	00:56&	00:40&	00:04+	00:21#	01:54&	00:38-	00:37&	01:400	00:03+	00:05-	00:09#	00:09-	00:15#	
40:41+	42:09+	44:03+	45:12+	45:30+	47:22+	48:01+	48:54+	49:35+	51:09+	52:17+	52:48+	52:56+	01:23+	01:28+	01:54=	01:09+	00:18-	01:52-	00:39+	00:53+	00:41+	01:34+	01:08+	00:31-	00:08+	
00:16#	00:26&	00:00=	00:24&	00:05-	00:03-	00:13&	00:06#	00:08#	00:22&	00:14&	00:04-	00:01#														
12	Torbjørn Ims Østby	53															53:36									
00:58+	02:06+	03:50+	04:57+	06:12+	06:45+	07:38+	08:33+	08:49+	09:20+	11:17+	12:41+	13:31+	14:37+	15:12+	17:44+	19:07+	20:19-	22:06-	29:29+	31:48+	32:37+	34:35+	35:11+	37:23+	38:19+	
00:58+	01:08+	01:44+	01:07+	01:15-	00:33+	00:53-	00:55+	00:16+	00:31+	01:57+	01:24+	00:50+	01:06-	00:35-	02:32+	01:23-	01:12-	01:47-	07:23+	02:19+	00:49+	01:58-	00:36-	02:12+	00:56-	
00:01+	00:14&	00:18#	00:02+	00:15-	00:07&	00:02-	00:07#	00:04&	00:04#	01:000	00:32&	00:18&	00:47-	00:24-	00:59&	00:02-	02:17-	00:14-	06:420	01:170	00:16&	00:10-	00:11-	00:45&	00:18-	
39:28+	41:13+	42:08+	43:12+	45:30+	46:26+	46:57+	49:00+	49:35+	50:35+	51:13+	52:01+	53:00+	53:29+	53:36+	01:09+	01:45+	00:55-	01:04+	02:18+	00:56-	00:31+	02:03+	00:18-	01:52-	00:39+	
00:02+	00:43&	00:05-	00:19&	01:550	00:13&	00:05#	01:160	00:02+	00:02+	00:12-	00:16-	00:13&	00:520	00:29+	00:07+											
13	Asgeir Nærland	88															54:38									
01:15+	02:25+	04:09+	06:02+	07:14+	07:44+	08:43+	09:51+	10:08+	10:44+	11:24+	12:28+	13:15+	15:35+	18:06+	19:25+	21:04+	26:41+	28:58+	29:49+	31:07+	32:10+	36:16+	37:00+	39:22+	40:40+	
01:15+	01:10+	01:44+	01:53+	01:12-	00:30+	00:59+	01:08+	00:17+	00:36+	00:40-	01:04+	00:47+	02:20+	02:31+	01:19-	01:39+	05:37+	02:17+	00:51+	01:18+	01:03+	04:06+	00:44-	02:22+	01:18+	
00:18&	00:16&	00:18#	00:48&	00:18-	00:04#	00:04+	00:20&	00:05&	00:09&	00:17-	00:12#	00:15&	00:27#	01:320	00:14-	00:14#	02:08&	00:16#	00:10#	00:16&	00:30&	01:58&	00:03-	00:55&	00:04+	
41:48+	42:50+	45:02+	46:05+	46:29+	48:53+	49:48+	51:26+	52:02+	53:04+	53:58+	54:31+	54:38+	01:08+	01:02=	02:12+	01:03+	00:24+	00:55+	01:38+	00:36+	01:02-	00:54=	00:33-	00:07=		
00:01+	00:00=	00:18#	00:18&	00:01+	00:29&	00:290	00:510	00:03+	00:10-	00:00=	00:02-	00:00=														
14	Bjørnar A. Alvær Sandmark	68															56:02									
01:07+	02:24+	04:26+	05:56+	09:21+	10:08+	11:19+	12:15+	12:31+	13:00+	13:41+	15:23+	15:58+	18:43+	20:07+	21:24+	23:54+	28:36+	30:08+	30:54+	32:00+	32:42+	35:37+	36:23+	37:30+	40:15+	
01:07+	01:17+	02:02+	01:30+	03:25+	00:47+	01:11+	00:56+	00:16+	00:29+	00:41-	01:42+	00:35+	02:45+	01:24+	01:17-	02:30+	04:42+	01:32-	00:46+	01:06+	00:42+	02:55+	00:46-	01:07-	02:45+	
00:10#	00:23&	00:36&	00:25&	01:550	00:21&	00:16&	00:08#	00:04&	00:02+	00:16-	00:50&	00:03+	00:52&	00:25&	00:16-	01:05&	01:13&	00:29-	00:05#	00:04+	00:09&	00:47&	00:01-	00:20-	01:310	
41:23+	42:35+	45:34+	46:52+	48:19+	50:28+	51:01+	52:03+	52:51+	53:56+	55:21+	55:53+	56:02+	01:08+	01:24+	01:17-	02:30+	04:42+	01:32-	00:46+	01:06+	00:42+	02:55+	00:46-	01:07-	02:45+	
01:08+	01:12+	02:59+	01:18+	01:27+	02:09+	00:33+	01:02+	00:48+	01:05-	01:25+	00:32-	00:09+	00:01+	00:10#	01:05&	00:33&	01:040	00:18+	00:56+	01:11+	00:49+	03:04+	00:41-	01:22-	01:27+	
00:01+	00:10#	01:05&	00:33&	01:040	00:14#	00:07&	00:15&	00:15&	00:07-	00:31&	00:03-	00:02&														
15	Gunnar Thorset	117															56:15									
01:28+	03:10+	05:19+	07:10+	08:24+	09:04+	10:17+	11:35+	11:57+	12:36+	13:33+	14:41+	15:36+	18:52+	20:28+	22:24+	24:31+	28:40+	29:52+	30:44+	31:55+	32:44+	35:48+	36:29+	37:51+	39:18+	
01:28+	01:42+	02:09+	01:51+	01:14-	00:40+	01:13+	01:18+	00:22+	00:39+	00:57+	01:08+	00:55+	03:16+	01:36+	01:56+	02:07+	04:09+	01:12-	00:52+	01:11+	00:49+	03:04+	00:41-	01:22-	01:27+	
00:31&	00:48&	00:43&	00:46&	00:16-	00:14&	00:18&	00:30&	00:10&	00:12&	00:00-	00:16&	00:23&	01:23&	00:37&	00:23#	00:42&	00:40#	00:49-	00:11&	00:09#	00:16&	00:56&	00:06-	00:05-	00:13#	
40:44+	42:06+	46:12+	47:23+	47:53+	50:17+	51:03+	52:19+	52:59+	54:15+	55:30+	56:04+	56:15+	01:26+	01:22+	04:06+	01:11+	00:30+	02:24+	00:46+	01:16+	00:40+	01:15+	00:34-	00:11+		
00:19&	00:20&	02:120	00:26&	00:07&	00:29&	06:20&	00:29&	00:07#	00:04+	00:21&	00:01-	00:04&														
16	David Wade	116															58:39									
01:06+	03:13+	04:54+	06:46+	08:07+	08:39+	09:58+	11:08+	11:24+	11:55+	12:52+	14:03+	14:53+	17:38+	19:02+	20:51+	23:55+	27:57+	28:35+	29:31+	30:30+	31:26+	33:49+	35:23+	36:41+	38:19+	
01:06+	02:07+	01:41+	01:52+	01:21-	00:32+	01:19+	01:10+	00:16+	00:31+	00:57=	01:11+	00:50+	02:45+	01:24+	01:49+	03:04+	04:02+	00:38-	00:56+	00:59-	00:56+	02:23+	01:34+	01:18-	01:38+	
00:09#	01:130	00:15#	00:47&	00:09-	00:06#	00:24&	00:22&	00:04&	00:04#	00:00=	00:19&	00:18&	00:52&	00:25&	00:16#	01:390	00:33#	01:23-	00:15&	00:03-	00:23&	00:15#	00:47&	00:09-	00:24&	
39:54+	41:10+	43:19+	44:33+	47:14+	49:45+	50:22+	52:33+	55:47+	56:42+	58:01+	58:31+	58:39+	01:35+	01:16+	02:09+	01:14+	02:41+	02:31+	00:37+	02:11+	03:14+	00:55-	01:19+	00:30-	00:08+	
00:28&	00:14#	00:15#	00:29&	02:180	00:36&	00:11&	01:240	02:410	00:17-	00:25&	00:05-	00:01#														
17	Bruce Chalmers	165															59:14									
01:28+	02:44+	04:45+	06:34+	07:59+	08:43+	09:43+	11:11+	11:31+	12:20+	13:03+	14:12+	15:00+	17:57+	20:13+	22:05+	24:02+	30:36+	31:22+	32:29+	33:39+	34:52+	38:58+	39:49+	41:24+	43:11+	
01:28+	01:16+	02:01+	01:49+	01:25-	00:44+	01:00+	01:28+	00:20+	00:49+	00:43-	01:09+	00:48+	02:57+	02:16+	01:52+	01:57+	06:34+	00:46-	01:07+	01:10+	01:13+	04:06+	00:51+	01:35+	01:47+	
00:31&	00:22&	00:35&	00:44&	00:05-	00:18&	00:05+	00:40&	00:08&	00:22&	00:14-	00:17&	00:16&	01:04&	01:170	00:19#	00:32&	03:05&	01:15-	00:26&	00:08#	00:400	01:58&	00:04+	00:08+	00:33&	
44:23+	45:50+	47:59+	49:10+	49:49+	53:14+	54:05+	55:32+	56:25+	57:32+	58:25+	59:03+	59:14+	01:12+	01:27+	02:09+	01:11+	00:39+	03:25+	00:51+	01:27+	00:53+	01:07-	00:53-	00:38+	00:11+	
00:05+	00:25&	00:15#	00:26&	00:16&	01:30&	00:25&	00:40&	00:20&	00:05-	00:01-	00:03+	00:04&														
18	Alexander Khorunzhiy	287															1:02:40									
01:24+	02:58+	06:16+</																								

Class	Navn	Klasse											Tid												
19	Richard Galle	66											1:07:16												
01:25+	02:59+	05:00+	07:08+	09:11+	10:02+	12:38+	13:43+	14:01+	14:34+	15:35+	16:41+	17:39+	20:15+	21:54+	23:50+	26:09+	31:05+	32:14+	35:00+	36:07+	37:57+	42:52+	44:05+	46:02+	47:58+
01:25+	01:34+	02:01+	02:08+	02:03+	00:51+	02:36+	01:05+	00:18+	00:33+	01:01+	01:06+	00:58+	02:36+	01:39+	01:56+	02:19+	04:56+	01:09-	02:46+	01:07+	01:50+	04:55+	01:13+	01:57+	01:56+
00:28&	00:40&	00:35&	01:03&	00:33&	00:25&	01:41@	00:17&	00:06&	00:06#	00:04+	00:14&	00:26&	00:43&	00:40&	00:23#	00:54&	01:27&	00:52-	02:05@	00:05+	01:17@	02:47@	00:26&	00:30&	00:42&
49:15+	50:34+	54:02+	55:55+	58:11+	60:13+	60:53+	62:02+	63:16+	64:23+	66:40+	67:08+	67:16+													
01:17+	01:19+	03:28+	01:53+	02:16+	02:02+	00:40+	01:09+	01:14+	01:07-	02:17+	00:28-	00:08+													
00:10#	00:17&	01:34&	01:08@	01:53@	00:07+	00:14&	00:22&	00:41@	00:05-	01:23@	00:07-	00:01#													

20	Igor Muzdeka	74											1:19:32												
01:27+	03:09+	05:39+	08:05+	09:58+	10:43+	13:27+	14:58+	15:20+	16:03+	17:56+	19:35+	20:35+	24:07+	26:14+	29:19+	35:00+	39:49+	41:33+	44:43+	46:30+	47:29+	50:16+	51:22+	52:55+	55:34+
01:27+	01:42+	02:30+	02:26+	01:53+	00:45+	02:44+	01:31+	00:22+	00:43+	01:53+	01:39+	01:00+	03:32+	02:07+	03:05+	05:41+	04:49+	01:44-	03:10+	01:47+	00:59+	02:47+	01:06+	01:33+	02:39+
00:30&	00:48&	01:04&	01:21@	00:23&	00:19&	01:49@	00:43&	00:10&	00:16&	00:56&	00:47&	00:28&	01:39&	01:08@	01:32&	04:16@	01:20&	00:17-	02:29@	00:45&	00:26&	00:39&	00:19&	00:06+	01:25@
57:31+	59:36+	62:06+	64:22+	65:03+	65:35+	68:43+	70:16+	71:45+	76:06+	77:16+	78:39+	79:23+													
01:57+	02:05+	02:30+	02:16+	00:41+	00:32-	03:08+	01:33+	01:29+	04:21+	01:10+	01:23+	00:44+	00:09+												
00:50&	01:03@	00:36&	01:31@	00:18&	01:23-	02:42@	00:46&	00:56@	03:09@	00:16&	00:48@	00:37@	00:09+												

Beste strekktid for klassen

00:57	00:54	01:26	01:01	00:56	00:25	00:29	00:48	00:12	00:21	00:30	00:33	00:31	00:33	00:35	00:55	01:23	01:12	00:38	00:32	00:36	00:28	00:35	00:36	01:04	00:56	00:45	00:52
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer 40 - 49 år

1	Jørgen Breivold	54											46:38												
01:09=	02:09=	03:40=	04:59=	06:00=	06:30=	07:24=	08:13=	08:29=	08:57=	09:41=	10:44=	11:27=	13:36=	14:48=	15:57=	17:52=	22:02=	22:50=	23:41=	25:13=	26:00=	27:52=	28:51=	31:13=	32:59=
01:09=	01:00=	01:31=	01:19=	01:01=	00:30=	00:54=	00:49=	00:16=	00:28=	00:44=	01:03=	00:43=	02:09=	01:12=	01:09=	01:55=	04:10=	00:48=	00:51=	01:32=	00:47=	01:52=	00:59=	02:22=	01:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
33:56=	35:08=	38:26=	39:13=	39:30=	41:22=	42:06=	43:05=	43:49=	45:04=	46:02=	46:31=	46:38=													
00:57=	01:12=	03:18=	00:47=	00:17=	01:52=	00:44=	00:59=	00:44=	01:15=	00:58=	00:29=	00:07=													
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													

2	Kevin Thomas Foust	192											47:16												
01:09=	02:54+	04:31+	05:55+	07:10+	07:45+	08:37+	09:37+	09:52+	10:17+	10:50+	11:53+	12:27+	15:01+	16:44+	18:00+	19:30+	23:07+	23:58+	26:28+	29:10+	29:45+	31:58+	33:09+	34:27+	35:41+
01:09=	01:45+	01:37+	01:24+	01:15+	00:35+	00:52-	01:00+	00:15-	00:25-	00:33-	01:03=	00:34-	02:34+	01:43+	01:16+	01:30-	03:37-	00:51+	02:30+	02:42+	00:35-	02:13+	01:11+	01:18-	01:14-
00:00=	00:45&	00:06+	00:05+	00:14#	00:05#	00:02-	00:11#	00:01-	00:03-	00:11-	00:00=	00:09-	00:25#	00:31&	00:07#	00:25-	00:33-	00:03+	01:39@	01:10&	00:12-	00:21#	00:12#	01:04-	00:32-
36:32+	37:39+	39:20+	39:57+	40:27+	42:25+	43:05+	44:03+	44:42+	45:26+	46:44+	47:09+	47:16+													
00:51-	01:07-	01:41-	00:37-	00:30+	01:58+	00:40-	00:58-	00:39-	00:44-	01:18+	00:25-	00:07=													
00:06-	00:05-	01:37-	00:10-	00:13&	00:06+	00:04-	00:01-	00:05-	00:31-	00:20&	00:04-	00:00=													

3	Magne Habbestad	111											49:44												
01:13+	02:24+	04:36+	05:56+	07:03+	07:39+	08:44+	09:42+	10:01+	10:26+	11:08+	12:16+	13:15+	15:50+	17:14+	18:12+	20:22+	24:54+	25:59+	28:02+	29:16+	29:55+	32:10+	33:07+	34:38+	36:02+
01:13+	01:11+	02:12+	01:20+	01:07+	00:36+	01:05+	00:58+	00:19+	00:25-	00:42-	01:08+	00:59+	02:35+	01:24+	00:58-	02:10+	04:32+	01:05+	02:03+	01:14-	00:39-	02:15+	00:57-	01:31-	01:24-
00:04+	00:11#	00:41&	00:01+	00:06+	00:06#	00:11#	00:09#	00:03#	00:03-	00:02-	00:05+	00:16&	00:26&	00:12#	00:11-	00:15#	00:22+	00:17&	01:12@	00:18-	00:08-	00:23#	00:02-	00:51-	00:22-
37:23+	38:44+	40:40+	41:40+	41:56+	44:24+	45:08+	46:09+	46:57+	48:00+	49:00+	49:34+	49:44+													
01:21+	01:21+	01:56-	01:00+	00:18+	02:26+	00:44=	01:01+	00:48+	01:03-	01:00+	00:34+	00:10+													
00:24&	00:09#	01:22-	00:13&	00:01+	00:34&	00:00=	00:02+	00:04+	00:12-	00:02+	00:05#	00:03&													

4	Arjen Leendertse	91											50:38												
01:09=	02:11+	03:54+	05:01+	06:30+	06:58+	09:03+	10:03+	10:17+	10:44+	11:19+	12:16+	12:51+	15:44+	17:33+	18:27+	20:23+	24:28+	25:41+	27:27+	28:41+	29:23+	31:38+	32:45+	34:09+	35:29+
01:09=	01:02+	01:43+	01:07-	01:29+	00:28-	02:05+	01:00+	00:14-	00:27-	00:35-	00:57-	00:35-	02:53+	01:49+	00:54-	01:56+	04:05-	01:13+	01:46+	01:14-	00:42-	02:15+	01:07+	01:24-	01:20-
00:00=	00:02+	00:12#	00:12-	00:28&	00:02-	01:11@	00:11#	00:02-	00:01-	00:09-	00:06-	00:08-	00:44&	00:37&	00:15-	00:01+	00:05-	00:25&	00:55@	00:18-	00:05-	00:23#	00:08#	00:58-	00:26-
38:27+	39:38+	41:29+	42:12+	43:42+	45:23+	46:30+	47:23+	48:01+	48:58+	49:59+	50:30+	50:38+													
02:58+	01:11-	01:51-	00:43-	01:30+	01:41-	01:07+	00:53-	00:38-	00:57-	01:01+	00:31+	00:08+													
02:01@	00:01-	01:27-	00:04-	01:13@	00:11-	00:23&	00:06-	00:06-	00:18-	00:03+	00:02+	00:01#													

5	Trondr Breiland	53											50:53												
01:14+	02:26+	04:13+	06:05+	07:30+	08:00+	09:03+	10:02+	10:19+	10:51+	12:24+	13:19+	14:13+	16:44+	18:20+	19:57+	21:50+	26:41+	27:23+	28:25+	29:36+	30:22+	32:05+	33:00+	34:14+	35:28+
01:14+	01:12+	01:47+	01:52+	01:25+	00:30=	01:03+	00:59+	00:17+	00:32+	01:33+	00:55-	00:54+	02:31+	01:36+	01:37+	01:53-	04:51+	00:42-	01:02+	01:11-	00:46-	01:43-	00:55-	01:14-	01:14-
00:05+	00:12#	00:16#	00:33&	00:24&	00:00=	00:09#	00:10#	00:01+	00:04#	00:49@	00:08-	00:11&	00:22#	00:24&	00:28&	00:02-	00:41#	00:06-	00:11#	00:21-	00:01-	00:09-	00:04-	01:08-	00:32-
36:27+	38:05+	41:17+	42:29+	42:50+	45:10+	45:46+	47:19+	48:07+	49:17+	50:10+	50:44+	50:53+													
00:59+	01:38+	03:12-	01:12+	00:21+	02:20+	00:36-	01:33+	00:48+	01:10-	00:53-	00:34+	00:09+													
00:02+	00:26&	00:06-	00:25&	00:04#	00:28#	00:08-	00:34&	00:04+	00:05-	00:05-	00:05#	00:02&													

Class	Navn	Klasse												Tid												
7	Svein Oddvar Netland	116												52:02												
01:20+	02:33+	04:32+	06:38+	07:44+	08:23+	09:39+	10:40+	10:57+	11:35+	12:24+	13:23+	13:59+	16:40+	18:03+	19:25+	21:10+	24:57+	25:45+	27:05+	28:07+	29:32+	32:41+	33:55+	35:39+	36:59+	
01:20+	01:13+	01:59+	02:06+	01:06+	00:39+	01:16+	01:01+	00:17+	00:38+	00:49+	00:59+	00:36-	02:41+	01:23+	01:22+	01:45-	03:47-	00:48=	01:20+	01:02-	01:25+	03:09+	01:14+	01:44-	01:20-	
00:11#	00:13#	00:28&	00:47&	00:05+	00:09&	00:22&	00:12#	00:01+	00:10&	00:05#	00:04-	00:07-	00:32#	00:11#	00:13#	00:10-	00:23-	00:00=	00:29&	00:30-	00:38&	01:17&	00:15&	00:38-	00:26-	
38:03+	39:20+	41:59+	43:00+	44:17+	46:13+	46:50+	48:13+	48:58+	50:19+	51:21+	51:54+	52:02+														
01:04+	01:17+	02:39-	01:01+	01:17+	01:56+	00:37-	01:23+	00:45+	01:21+	01:02+	00:33+	00:08+														
00:07#	00:05+	00:39-	00:14&	01:00&	00:04+	00:07-	00:24&	00:01+	00:06+	00:04+	00:04#	00:01#														
8	Ådne Hausberg	7												53:37												
01:20+	02:47+	04:43+	06:37+	07:56+	08:39+	09:48+	10:53+	11:11+	11:40+	12:18+	13:26+	14:12+	16:53+	18:49+	20:19+	22:16+	26:06+	28:00+	29:05+	30:47+	31:42+	34:11+	35:00+	38:51+	40:18+	
01:20+	01:27+	01:56+	01:54+	01:19+	00:43+	01:09+	01:05+	00:18+	00:29+	00:38-	01:08+	00:46+	02:41+	01:56+	01:30+	01:57+	03:50-	01:54+	01:05+	01:42+	00:55+	02:29+	00:49-	03:51+	01:27-	
00:11#	00:27&	00:25&	00:35&	00:18&	00:13&	00:15&	00:16&	00:02#	00:01+	00:06-	00:05+	00:03+	00:32#	00:44&	00:21&	00:02+	00:20-	01:06&	00:14&	00:10#	00:08#	00:37&	00:10-	01:29&	00:19-	
41:27+	42:49+	44:45+	45:40+	46:06+	48:04+	48:53+	49:58+	50:52+	51:56+	52:53+	53:28+	53:37+														
01:09+	01:22+	01:56-	00:55+	00:26+	01:58+	00:49+	01:05+	00:54+	01:04-	00:57-	00:35+	00:09+														
00:12#	00:10#	01:22-	00:08#	00:09&	00:06+	00:05#	00:06#	00:10#	00:11-	00:01-	00:06#	00:02&														
9	Simen Auli Staff	115												53:44												
01:06-	02:23+	04:14+	06:10+	07:18+	07:53+	09:03+	10:27+	10:45+	11:21+	12:02+	13:00+	13:41+	16:33+	18:11+	19:16+	21:13+	26:35+	27:31+	28:19+	29:22+	30:58+	33:23+	34:23+	37:54+	39:56+	
01:06-	01:17+	01:51+	01:56+	01:08+	00:35+	01:10+	01:24+	00:18+	00:36+	00:41-	00:58-	00:41-	02:52+	01:38+	01:05-	01:57+	05:22+	00:56+	00:48-	01:03-	01:36+	02:25+	01:00+	03:31+	02:02+	
00:03-	00:17&	00:20#	00:37&	00:07#	00:05#	00:16&	00:35&	00:02#	00:08&	00:03-	00:05-	00:02-	00:43&	00:26&	00:04-	00:02+	01:12&	00:08#	00:03-	00:29-	00:49&	00:33&	00:01+	01:09&	00:16#	
41:24+	42:42+	44:39+	45:43+	46:09+	48:08+	48:55+	50:06+	50:44+	51:40+	53:04+	53:37+	53:44+														
01:28+	01:18+	01:57-	01:04+	00:26+	01:59+	00:47+	01:11+	00:38-	00:56-	01:24+	00:33+	00:07=														
00:31&	00:06+	01:21-	00:17&	00:09&	00:07+	00:03#	00:12#	00:06-	00:19-	00:26&	00:04#	00:00=														
10	Pär Andersson	50												54:05												
01:20+	02:43+	04:42+	06:41+	08:19+	08:49+	09:59+	10:59+	11:18+	11:45+	12:24+	13:24+	13:58+	17:00+	18:47+	19:42+	22:14+	26:43+	27:35+	30:12+	31:24+	33:11+	35:04+	36:45+	38:07+	40:06+	
01:20+	01:23+	01:59+	01:59+	01:38+	00:30=	01:10+	01:00+	00:19+	00:27-	00:39-	01:00-	00:34-	03:02+	01:47+	00:55-	02:32+	04:29+	00:52+	02:37+	01:12-	01:47+	01:53+	01:41+	01:22-	01:59+	
00:11#	00:23&	00:28&	00:40&	00:37&	00:00=	00:16&	00:11#	00:03#	00:01-	00:05-	00:03-	00:09-	00:53&	00:35&	00:14-	00:37&	00:19+	00:04+	01:46&	00:20-	01:00&	00:01+	00:42&	01:00-	00:13#	
41:20+	42:44+	44:53+	45:58+	46:22+	48:23+	49:01+	50:20+	51:08+	52:28+	53:21+	53:55+	54:05+														
01:14+	01:24+	02:09-	01:05+	00:24+	02:01+	00:38-	01:19+	00:48+	01:20+	00:53-	00:34+	00:10+														
00:17&	00:12#	01:09-	00:18&	00:07&	00:09+	00:06-	00:20&	00:04+	00:05+	00:05-	00:05#	00:03&														
11	Per Ivar Hovstad	116												54:48												
01:21+	02:47+	04:46+	07:06+	08:23+	08:58+	10:13+	11:29+	11:47+	12:18+	13:22+	14:06+	14:46+	17:36+	19:07+	20:22+	22:09+	27:30+	28:26+	29:22+	30:24+	32:01+	34:35+	36:31+	37:06+	39:10+	
01:21+	01:26+	01:59+	02:20+	01:17+	00:35+	01:15+	01:16+	00:18+	00:31+	01:04+	00:44-	00:40-	02:50+	01:31+	01:15+	01:47-	05:21+	00:56+	00:56+	01:02-	01:37+	02:34+	01:56+	00:35-	02:04+	
00:12#	00:26&	00:28&	01:01&	00:16&	00:05#	00:21&	00:27&	00:02#	00:03#	00:20&	00:19-	00:03-	00:41&	00:19&	00:06+	00:08-	01:11&	00:08#	00:05+	00:30-	00:50&	00:42&	00:57&	01:47-	00:18#	
41:00+	42:22+	43:38+	45:43+	46:45+	47:12+	49:11+	49:49+	51:01+	52:06+	52:48+	54:12+	54:40+	54:48+													
01:50+	01:22+	01:16-	02:05+	01:02+	00:27-	01:59+	00:38-	01:12+	01:05-	00:42-	01:24+	00:28+	00:08+													
00:53&	00:10#	02:02-	01:18&	00:45&	01:25-	01:15&	00:21-	00:28&	00:10-	00:16-	00:55&	00:21&	00:08+													
12	Håvard Svihus	267												55:42												
01:10+	02:20+	04:04+	05:46+	06:53+	07:45+	09:07+	10:13+	10:34+	11:03+	11:41+	12:37+	13:16+	15:50+	17:26+	18:56+	21:17+	26:21+	27:13+	28:00+	28:48+	30:56+	35:07+	36:36+	39:41+	41:12+	
01:10+	01:10+	01:44+	01:42+	01:07+	00:52+	01:22+	01:06+	00:21+	00:29+	00:38-	00:56+	00:39-	02:34+	01:36+	01:30+	02:21+	05:04+	00:52+	00:47-	00:48-	02:08+	04:11+	01:29+	03:05+	01:31-	
00:01+	00:10#	00:13#	00:23&	00:06+	00:22&	00:28&	00:17&	00:05&	00:01+	00:06-	00:07-	00:04-	00:25#	00:24&	00:21&	00:26#	00:54#	00:04+	00:04-	00:44-	01:21&	02:19&	00:30&	00:43&	00:15-	
42:19+	43:38+	45:24+	46:21+	46:54+	49:06+	50:01+	51:24+	52:19+	53:37+	54:53+	55:34+	55:42+														
01:07+	01:19+	01:46-	00:57+	00:33+	02:12+	00:55+	01:23+	00:55+	01:18+	01:16+	00:41+	00:08+														
00:10#	00:07+	01:32-	00:10#	00:16&	00:20#	00:11#	00:24&	00:11#	00:03+	00:18&	00:12&	00:01#														
13	Stig Erlend Bjonness	105												57:26												
01:13+	02:18+	05:56+	10:46+	11:51+	12:20+	13:06+	14:20+	14:35+	14:57+	15:30+	16:36+	17:25+	19:33+	21:52+	23:29+	25:29+	34:45+	35:36+	36:20+	37:09+	37:45+	40:12+	41:54+	43:04+	44:22+	
01:13+	01:05+	03:38+	04:50+	01:05+	00:29-	00:46-	01:14+	00:15-	00:22-	00:33-	01:06+	00:49+	02:08-	02:19+	01:37+	02:00+	09:16+	00:51+	00:44-	00:49-	00:36-	02:27+	01:42+	01:10-	01:18-	
00:04+	00:05+	02:07&	03:31&	00:04+	00:01-	00:08-	00:25&	00:01-	00:06-	00:11-	00:03+	00:06#	00:01-	01:07&	00:28&	00:05+	05:06&	00:03+	00:07-	00:43-	00:11-	00:35&	00:43&	01:12-	00:28-	
46:34+	47:38+	49:50+	50:44+	51:00+	52:51+	53:30+	54:19+	55:02+	55:45+	56:49+	57:17+	57:26+														
02:12+	01:04-	02:12-	00:54+	00:16-	01:51-	00:39-	00:49-	00:43-	00:43-	01:04+	00:28-	00:09+														
01:15&	00:08-	01:06-	00:07#	00:01-	00:01-	00:05-	00:10-	00:01-	00:32-	00:06#	00:01-	00:02&														
14	Jon Kåre Olsen	92												58:45												
01:06-	02:23+	04:16+	05:48+	07:13+	07:52+	09:59+	10:57+	11:17+	11:51+	12:35+	15:13+	15:54+	19:02+	21:12+	22:21+	24:46+	28:47+	32:08+	32:59+	33:53+	34:38+	36:39+	37:34+	38:47+	41:07+	
01:06-	01:17+	01:53+	01:32+	01:25+	00:39+	02:07+	00:58+	00:20+	00:34+	00:44=	02:38+	00:41-	03:08+	02:10+	01:09=	02:25+	04:01-	03:21+	00:51=	00:54-	00:45-	02:01+	00:55-	01:13-	02:20+	
00:03-	00:17&	00:22#	00:13#	00:24&	00:09&	01:13&	00:09#	00:04#	00:06#	00:00=	01:35&	00:02-	00:59&	00:58&	00:00=	00:30&	00:09-	02:33&								

Class	Navn	Klasse											Tid												
16	Arne Hetlelid	98											59:41												
01:19+	03:02+	04:55+	06:25+	07:36+	08:08+	10:56+	12:06+	12:23+	12:54+	13:41+	14:42+	15:28+	18:42+	20:07+	21:33+	24:35+	28:52+	31:41+	32:45+	33:55+	34:46+	37:47+	38:45+	40:37+	42:24+
01:19+	01:43+	01:53+	01:30+	01:11+	00:32+	02:48+	01:10+	00:17+	00:31+	00:47+	01:01-	00:46+	03:14+	01:25+	01:26+	03:02+	04:17+	02:49+	01:04+	01:10-	00:51+	03:01+	00:58-	01:52-	01:47+
00:10#	00:43#	00:22#	00:11#	00:10#	00:02+	01:54#	00:21#	00:01+	00:03#	00:03+	00:02-	00:03+	01:05#	00:13#	00:17#	01:07#	00:07+	02:01#	00:13#	00:22-	00:04+	01:09#	00:01-	00:30-	00:01+
43:32+	45:10+	47:49+	50:07+	50:32+	53:26+	54:04+	55:24+	56:21+	57:33+	59:01+	59:33+	59:41+													
01:08+	01:38+	02:39-	02:18+	00:25+	02:54+	00:38-	01:20+	00:57+	01:12-	01:28+	00:32+	00:08+													
00:11#	00:26#	00:39-	01:31#	00:08#	01:02#	00:06-	00:21#	00:13#	00:03-	00:30#	00:03#	00:01#													
17	Arngrim Utskarpen	117											59:49												
01:11+	02:24+	04:20+	06:11+	07:20+	07:54+	09:15+	10:19+	10:43+	11:22+	12:04+	12:57+	13:39+	17:06+	19:14+	20:48+	23:46+	31:48+	32:44+	33:31+	34:41+	35:56+	38:24+	39:25+	40:56+	43:21+
01:11+	01:13+	01:56+	01:51+	01:09+	00:34+	01:21+	01:04+	00:24+	00:39+	00:42-	00:53-	00:42-	03:27+	02:08+	01:34+	02:58+	08:02+	00:56+	00:47-	01:10-	01:15+	02:28+	01:01+	01:31-	02:25+
00:02+	00:13#	00:25#	00:32#	00:08#	00:04#	00:27#	00:15#	00:08#	00:11#	00:02-	00:10-	00:01-	01:18#	00:56#	00:25#	01:03#	03:52#	00:08#	00:04-	00:22-	00:28#	00:36#	00:02+	00:51-	00:39#
44:36+	46:20+	50:34+	51:37+	52:05+	54:22+	55:01+	56:03+	56:55+	58:07+	59:13+	59:41+	59:49+													
01:15+	01:44+	04:14+	01:03+	00:28+	02:17+	00:39-	01:02+	00:52+	01:12-	01:06+	00:28-	00:08+													
00:18#	00:32#	00:56#	00:16#	00:11#	00:25#	00:05-	00:03+	00:08#	00:03-	00:08#	00:01-	00:01#													
18	Ole-Tobias Frich	116											1:00:07												
01:21+	02:50+	04:51+	07:36+	10:01+	10:43+	12:37+	13:49+	14:10+	14:45+	15:26+	16:28+	17:22+	20:29+	22:33+	24:23+	26:17+	30:47+	32:52+	33:53+	35:05+	36:01+	40:35+	41:45+	44:10+	45:52+
01:21+	01:29+	02:01+	02:45+	02:25+	00:42+	01:54+	01:12+	00:21+	00:35+	00:41-	01:02-	00:54+	03:07+	02:04+	01:50+	01:54-	04:30+	02:05+	01:01+	01:12-	00:56+	04:34+	01:10+	02:25+	01:42-
00:12#	00:29#	00:30#	01:26#	01:24#	00:12#	01:00#	00:23#	00:05#	00:07#	00:03-	00:01-	00:11#	00:58#	00:52#	00:41#	00:01-	00:20+	01:17#	00:10#	00:20-	00:09#	02:42#	00:11#	00:03+	00:04-
46:58+	48:31+	50:31+	51:33+	51:57+	54:48+	55:26+	56:32+	57:22+	58:17+	59:26+	59:58+	60:07+													
01:06+	01:33+	02:00-	01:02+	00:24+	02:51+	00:38-	01:06+	00:50+	00:55-	01:09+	00:32+	00:09+													
00:09#	00:21#	01:18-	00:15#	00:07#	00:59#	00:06-	00:07#	00:06#	00:20-	00:11#	00:03#	00:02#													
19	Steinar Hansen	27											1:04:51												
01:25+	05:04+	06:54+	08:27+	09:42+	10:11+	11:01+	13:00+	13:20+	13:47+	14:46+	16:04+	16:40+	19:38+	21:20+	23:29+	25:34+	32:30+	34:02+	39:03+	40:22+	41:41+	44:27+	45:42+	47:32+	48:59+
01:25+	03:39+	01:50+	01:33+	01:15+	00:29-	00:50-	01:59+	00:20+	00:27-	00:59+	01:18+	00:36-	02:58+	01:42+	02:09+	02:05+	06:56+	01:32+	05:01+	01:19-	01:19+	02:46+	01:15+	01:50-	01:27-
00:16#	02:39#	00:19#	00:14#	00:14#	00:01-	00:04-	01:10#	00:04#	00:01-	00:15#	00:15#	00:07-	00:49#	00:30#	01:00#	00:10+	02:46#	00:44#	04:10#	00:13-	00:32#	00:54#	00:16#	00:32-	00:19-
50:27+	52:03+	54:17+	55:13+	55:52+	58:06+	58:47+	60:24+	61:47+	62:48+	64:09+	64:41+	64:51+													
01:28+	01:36+	02:14-	00:56+	00:39+	00:14+	00:41-	01:37+	01:23+	01:01-	01:21+	00:32+	00:10+													
00:31#	00:24#	01:04-	00:09#	00:22#	00:22#	00:03-	00:38#	00:39#	00:14-	00:23#	00:03#	00:03#													
20	Raymond B. Pettersen	105											1:07:16												
01:34+	02:59+	05:16+	06:56+	16:36+	17:07+	18:20+	19:33+	19:53+	22:32+	23:10+	24:50+	25:46+	28:59+	30:49+	31:52+	33:49+	41:59+	43:04+	43:41+	45:00+	45:55+	48:43+	49:38+	51:13+	52:57+
01:34+	01:25+	02:17+	01:40+	09:40+	00:31+	01:13+	01:13+	00:20+	02:39+	00:38-	01:40+	00:56+	03:13+	01:50+	01:03-	01:57+	08:10+	01:05+	00:37-	01:19-	00:55+	02:48+	00:55-	01:35-	01:44-
00:25#	00:25#	00:46#	00:21#	08:39#	00:01+	00:19#	00:24#	00:04#	02:11#	00:06-	00:37#	00:13#	01:04#	00:38#	00:06-	00:02+	04:00#	00:17#	00:14-	00:13-	00:08#	00:56#	00:04-	00:47-	00:02-
54:02+	55:31+	57:23+	58:28+	58:53+	61:47+	62:17+	63:25+	64:26+	65:20+	66:34+	67:06+	67:16+													
01:05+	01:29+	01:52-	01:05+	00:25+	02:54+	00:30-	01:08+	01:01+	00:54-	01:14+	00:32+	00:10+													
00:08#	00:17#	01:26-	00:18#	00:08#	01:02#	00:14-	00:09#	00:17#	00:21-	00:16#	00:03#	00:03#													
21	Rune Paulsen	98											1:07:42												
01:11+	02:35+	04:28+	05:54+	08:26+	08:59+	12:49+	13:49+	14:08+	14:36+	15:13+	16:19+	17:05+	19:57+	21:25+	22:47+	24:52+	33:56+	38:00+	39:40+	40:47+	41:24+	46:55+	48:20+	49:41+	52:40+
01:11+	01:24+	01:53+	01:26+	02:32+	00:33+	03:50+	01:00+	00:19+	00:28+	00:37-	01:06#	00:46+	02:52+	01:28+	01:22+	02:05+	09:04+	04:04+	01:40+	01:07-	00:37-	05:31+	01:25+	01:21-	02:59+
00:02+	00:24#	00:22#	00:07+	01:31#	00:03#	02:56#	00:11#	00:03#	00:00+	00:07-	00:03+	00:03+	00:43#	00:16#	00:13#	00:10+	04:54#	03:16#	00:49#	00:25-	00:10-	03:39#	00:26#	01:01-	01:13#
53:58+	55:44+	57:51+	58:51+	59:09+	61:54+	62:43+	64:18+	65:05+	66:06+	67:04+	67:34+	67:42+													
01:18+	01:46+	02:07-	01:00+	00:18+	02:45+	00:49+	01:35+	00:47+	01:01-	00:58#	00:30+	00:08+													
00:21#	00:34#	01:11-	00:13#	00:01+	00:53#	00:05#	00:36#	00:03+	00:14-	00:00#	00:01+	00:01#													
22	Jan Kenneth Polle	83											1:14:30												
01:18+	05:18+	07:23+	10:28+	12:32+	13:57+	16:06+	18:03+	18:26+	19:02+	19:56+	21:10+	21:58+	25:12+	26:57+	28:23+	30:43+	38:49+	41:14+	42:53+	44:15+	45:17+	48:30+	49:56+	55:25+	57:11+
01:18+	04:00+	02:05+	03:05+	02:04+	01:25+	02:09+	01:57+	00:23+	00:36+	00:54+	01:14+	00:48+	03:14+	01:45+	01:26+	02:20+	08:06+	02:25+	01:39+	01:22-	01:02+	03:13+	01:26+	05:29+	01:46-
00:09#	03:00#	00:34#	01:46#	01:03#	00:55#	01:15#	01:08#	00:07#	00:08#	00:10#	00:11#	00:05#	01:05#	00:33#	00:17#	00:25#	03:56#	01:37#	00:48#	00:10-	00:15#	01:21#	00:27#	03:07#	00:00#
58:26+	60:05+	62:31+	63:45+	64:11+	67:34+	68:33+	70:05+	71:04+	72:22+	73:29+	74:19+	74:30+													
01:15+	01:39+	02:26-	01:14+	00:26+	03:23+	00:59+	01:32+	00:59+	01:18+	01:07+	00:50+	00:11+													
00:18#	00:27#	00:52-	00:27#	00:09#	01:31#	00:15#	00:33#	00:15#	00:03+	00:09#	00:21#	00:04#													
23	Eivind Moi	116											1:17:32												
04:20+	05:35+	07:43+	09:39+	11:09+	11:47+	12:51+	14:07+	14:29+	18:58+	24:12+	25:57+	26:47+	31:06+	33:09+	34:20+	37:35+	43:06+	44:15+	44:49+	45:53+	47:27+	48:22+	52:55+	53:47+	55:32+
04:20+	01:15+	02:08+	01:56+	01:30+	00:38+	01:04+	01:16+	00:22+	04:29+	05:14+	01:45+	00:50+	04:19+	02:03+	01:11+	03:15+	05:31+	01:09+	00:34-	01:04-	01:34+	00:55-	04:33+	00:52-	01:45-
03:11#	00:15#	00:37#	00:37#	00:29#	00:08#	00:10#	00:27#	00:06#	04:01#	04:30#	00:42#	00:07#	02:10#	00:51#	00:02+	01:20#	01:21#	00:21#	00:17-	00:28-	00:47#	00:57-			

Class	Navn	Klasse																			Tid	
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Beste strekktid for klassen

01:06 01:00 01:31 01:07 01:01 00:28 00:46 00:49 00:14 00:22 00:33 00:44 00:34 02:08 01:12 00:54 01:30 03:37 00:42 00:34 00:48 00:35 00:55 00:49 00:35 01:14 00:50 01:04

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

Herrer 50 - 59 år

1	Øistein Haaland																			116	41:41				
00:58=	02:42=	04:22=	05:21=	07:16=	07:43=	08:39=	09:32=	09:53=	10:21=	11:34=	12:09=	14:53=	16:02=	18:02=	19:41=	20:30=	21:54=	24:10=	25:39=	26:43=	27:18=	29:31=	30:26=	31:48=	33:40=
00:58=	01:44=	01:40=	00:59=	01:55=	00:27=	00:56=	00:53=	00:21=	00:28=	01:13=	00:35=	02:44=	01:09=	02:00=	01:39=	00:49=	01:24=	02:16=	01:29=	01:04=	00:35=	02:13=	00:55=	01:22=	01:52=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
34:27=	34:45=	36:51=	38:13=	38:56=	40:05=	40:57=	41:33=	41:41=																	
00:47=	00:18=	02:06=	01:22=	00:43=	01:09=	00:52=	00:36=	00:08=																	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																	

2	Trygve Michaelsen																			117	45:09				
01:04+	02:44+	04:43+	06:13+	07:22+	07:53+	09:06+	10:00+	10:21+	10:48+	12:05+	12:41+	15:07+	16:27+	18:54+	20:56+	21:44+	25:33+	28:00+	28:57+	29:27+	30:15+	31:55+	33:21+	34:38+	36:02+
01:04+	01:40-	01:59+	01:30+	01:09-	00:31+	01:13+	00:54+	00:21=	00:27-	01:17+	00:36+	02:26-	01:20+	02:27+	02:02+	00:48-	03:49+	02:27+	00:57-	00:30-	00:48+	01:40-	01:26+	01:17-	01:24-
00:06#	00:04-	00:19#	00:31&	00:46-	00:04#	00:17&	00:01+	00:00=	00:01-	00:04+	00:01+	00:18-	00:11#	00:27#	00:23#	00:01-	02:25@	00:11+	00:32-	00:34-	00:13&	00:33-	00:31&	00:05-	00:28-
36:54+	37:11+	39:23+	41:16+	41:56+	43:04+	44:38+	45:02+	45:09+																	
00:52+	00:17-	02:12+	01:53+	00:40-	01:08-	01:34+	00:24-	00:07-																	
00:05#	00:01-	00:06+	00:31&	00:03-	00:01-	00:42&	00:12-	00:01-																	

3	Per Ingar Hadland																			7	45:33				
01:21+	03:27+	05:33+	07:01+	08:21+	08:51+	09:59+	11:12+	11:35+	12:02+	13:28+	14:06+	17:15+	18:47+	21:20+	23:06+	24:05+	25:54+	29:02+	30:15+	30:45+	31:26+	33:23+	34:23+	35:45+	37:24+
01:21+	02:06+	02:06+	01:28+	01:20-	00:30+	01:08+	01:13+	00:23+	00:27-	01:26+	00:38+	03:09+	01:32+	02:33+	01:46+	00:59+	01:49+	03:08+	01:13-	00:30-	00:41+	01:57-	01:00+	01:22=	01:39-
00:23&	00:22#	00:26&	00:29&	00:35-	00:03#	00:12#	00:20&	00:02+	00:01-	00:13#	00:03+	00:25#	00:23&	00:33&	00:07+	00:10#	00:25&	00:52&	00:16-	00:34-	00:06#	00:16-	00:05+	00:00=	00:13-
38:16+	38:32+	40:41+	42:15+	42:54+	43:53+	44:53+	45:26+	45:33+																	
00:52+	00:16-	02:09+	01:34+	00:39-	00:59-	01:00+	00:33-	00:07-																	
00:05#	00:02-	00:03+	00:12#	00:04-	00:10-	00:08#	00:03-	00:01-																	

4	Arne Magne Søndresen																			92	45:51				
01:19+	03:05+	04:53+	06:31+	07:38+	08:13+	09:13+	10:27+	10:50+	11:15+	12:38+	13:17+	16:05+	18:37+	20:59+	22:38+	23:27+	25:21+	27:21+	28:19+	29:05+	29:59+	32:11+	33:20+	34:39+	36:12+
01:19+	01:46+	01:48+	01:38+	01:07-	00:35+	01:00+	01:14+	00:23+	00:25-	01:23+	00:39+	02:48+	02:32+	02:22+	01:39=	00:49=	01:54+	02:00-	00:58-	00:46-	00:54+	02:12-	01:09+	01:19-	01:33-
00:21&	00:02+	00:08+	00:39&	00:48-	00:08&	00:04+	00:21&	00:02+	00:03-	00:10#	00:04#	00:04+	01:23@	00:22#	00:00=	00:00=	00:30&	00:16-	00:31-	00:18-	00:19&	00:01-	00:14&	00:03-	00:19-
37:10+	38:11+	40:26+	42:02+	43:15+	44:19+	45:11+	45:41+	45:51+																	
00:58+	01:01+	02:15+	01:36+	01:13+	01:04-	00:52=	00:30-	00:10+																	
00:11#	00:43@	00:09+	00:14#	00:30&	00:05-	00:00=	00:06-	00:02#																	

5	Knut Feldmann																			93	47:32				
01:09+	03:24+	05:20+	07:06+	08:22+	08:52+	09:53+	11:15+	11:38+	12:09+	14:05+	14:46+	17:50+	19:34+	21:56+	23:44+	24:34+	27:13+	28:20+	29:22+	30:06+	31:33+	35:04+	36:06+	37:48+	39:09+
01:09+	02:15+	01:56+	01:46+	01:16-	00:30+	01:01+	01:22+	00:23+	00:31+	01:56+	00:41+	03:04+	01:44+	02:22+	01:48+	00:50+	02:39+	01:07-	01:02-	00:44-	01:27+	03:31+	01:02+	01:42+	01:21-
00:11#	00:31&	00:16#	00:47&	00:39-	00:03#	00:05+	00:29&	00:02+	00:03#	00:43&	00:06#	00:20#	00:35&	00:22#	00:09+	00:01+	01:15&	01:09-	00:27-	00:20-	00:52@	01:18&	00:07#	00:20#	00:31-
39:59+	40:18+	42:28+	44:01+	44:51+	45:48+	46:48+	47:23+	47:32+																	
00:50+	00:19+	02:10+	01:33+	00:50+	00:57-	01:00+	00:35-	00:09+																	
00:03+	00:01+	00:04+	00:11#	00:07#	00:12-	00:08#	00:01-	00:01#																	

6	Kjell Seland																			236	47:39				
01:26+	03:32+	05:37+	06:59+	08:08+	08:40+	09:42+	10:49+	11:13+	11:56+	13:13+	14:05+	17:06+	18:43+	21:07+	22:51+	23:48+	29:13+	30:16+	31:16+	31:55+	32:48+	34:46+	35:32+	36:46+	38:14+
01:26+	02:06+	02:05+	01:22+	01:09-	00:32+	01:02+	01:07+	00:24+	00:43+	01:17+	00:52+	03:01+	01:37+	02:24+	01:44+	00:57+	05:25+	01:03-	01:00-	00:39-	00:53+	01:58-	00:46-	01:14-	01:28-
00:28&	00:22#	00:25#	00:23&	00:46-	00:05#	00:06#	00:14&	00:03#	00:15&	00:04+	00:17&	00:17#	00:28&	00:24#	00:05+	00:08#	04:01@	01:13-	00:29-	00:25-	00:18&	00:15-	00:09-	00:08-	00:24-
38:58+	39:14+	41:39+	43:18+	44:08+	45:05+	46:54+	47:23+	47:39+																	
00:44-	00:16-	02:25+	01:39+	00:50+	00:57-	01:49+	00:29-	00:16+																	
00:03-	00:02-	00:19#	00:17#	00:07#	00:12-	00:57@	00:07-	00:08&																	

7	Ole Petter Haukaas																			109	48:19				
01:07+	03:02+	04:52+	06:18+	07:28+	08:02+	09:27+	12:14+	12:37+	13:06+	14:25+	15:00+	17:56+	19:30+	21:41+	23:29+	24:15+	26:05+	27:10+	28:04+	28:59+	29:36+	34:59+	35:54+	37:15+	39:38+
01:07+	01:55+	01:50+	01:26+	01:10-	00:34+	01:25+	02:47+	00:23+	00:29+	01:19+	00:35=	02:56+	01:34+	02:11+	01:48+	00:46-	01:50+	01:05-	00:54-	00:55-	00:37+	05:23+	00:55=	01:21-	02:23+
00:09#	00:11#	00:10#	00:27&	00:45-	00:07&	00:29&	01:54@	00:02+	00:01+	00:06+	00:00=	00:12+	00:25&	00:11+	00:09+	00:03-	00:26&	01:11-	00:35-	00:09-	00:02+	03:10@	00:00=	00:01-	00:31&
40:37+	41:01+	43:27+	44:53+	45:41+	46:35+	47:37+	48:12+	48:19+																	
00:59+	00:24+	02:26+	01:26+	00:48+	00:54-	01:02+	00:35-	00:07-																	
00:12&	00:06&	00:20#	00:04+	00:05#	00:15-	00:10#	00:01-	00:01-																	

8	Lars Bergersen																			116	48:42				
01:16+	03:28+	05:54+	07:09+	08:27+	09:05+	10:14+	11:28+	11:51+	12:36+	14:00+	14:41+	17:40+	19:23+	22:09+	24:21+	26:31+	29:25+	30:28+	31:35+	32:16+	33:07+	35:09+	36:12+	37:26+	39:16+
01:16+	02:12+	02:26+	01:15+	01:18-	00:38+	01:09+	01:14+	00:23+	00:45+	01:24+	00:41+	02:59+	01:43+	02:46+	02:12+	02:10+	02:54+	01:03-	01:07-	00:41-	00:51+	02:02-	01:03+	01:14-	01:50-
00:18&	00:28&	00:46&	00:16&	00:37-	00:11&	00:13#	00:21&	00:02+	00:17&	00:11#	00:06#	00:15+	00:34&	00:46&	00:33&	01:21@	01:30@	01:13-	00:22-	00:23-	00:16&	00:11-	00:08#	00:08-	00:02-
40:23+	40:41+	43:07+	44:41+	45:37+	46:53+	47:56+	48:33+	48:42+																	
01:07+	00:18=	02:26+	01:34+	00:56+	01:16+	01:03+	00:37+	00:09+																	
00:20&	00:00=	00:20#	00:12#	00:13&	00:07#	00:11#	00:01+	00:01#																	

Class	Navn	Klasse										Tid													
9	Tor Brekken	97										50:40													
01:22+	03:11+	05:00+	06:51+	08:42+	09:20+	10:24+	11:26+	11:52+	12:33+	13:56+	14:43+	17:38+	20:17+	22:42+	24:24+	25:19+	31:10+	32:44+	34:09+	34:58+	36:01+	38:03+	39:07+	40:22+	42:03+
01:22+	01:49+	01:49+	01:51+	01:51-	00:38+	01:04+	01:02+	00:26+	00:41+	01:23+	00:47+	02:55+	02:39+	02:25+	01:42+	00:55+	05:51+	01:34-	01:25-	00:49-	01:03+	02:02-	01:04+	01:15-	01:41-
00:24&	00:05+	00:09+	00:52&	00:04-	00:11&	00:08#	00:09#	00:05#	00:13&	00:10#	00:12&	00:11+	01:30#	00:25#	00:03+	00:06#	04:27#	00:42-	00:04-	00:15-	00:28&	00:11-	00:09#	00:07-	00:11-
42:57+	43:21+	45:25+	47:05+	47:54+	48:49+	49:48+	50:28+	50:40+	00:54+	00:24+	02:04-	01:40+	00:49+	00:55-	00:59+	00:40+	00:12+	00:07#	00:06&	00:02-	00:06#	00:14-	00:07#	00:04#	00:04&
10	Geir Rune Seldal	192										50:57													
01:13+	03:28+	05:50+	07:26+	08:45+	09:47+	10:51+	12:02+	12:27+	13:01+	14:51+	15:35+	19:10+	22:14+	24:13+	26:04+	27:22+	29:41+	30:56+	31:57+	32:36+	33:21+	35:32+	36:41+	37:52+	39:53+
01:13+	02:15+	02:22+	01:36+	01:19-	01:02+	01:04+	01:11+	00:25+	00:34+	01:50+	00:44+	03:35+	03:04+	01:59-	01:51+	01:18+	02:19+	01:15-	01:01-	00:39-	00:45+	02:11-	01:09+	01:11-	02:01+
00:15&	00:31&	00:42&	00:37&	00:36-	00:35#	00:08#	00:18&	00:04#	00:06#	00:37&	00:09&	00:51&	01:55#	00:01-	00:12#	00:29&	00:55&	01:01-	00:28-	00:25-	00:10&	00:02-	00:14&	00:11-	00:09+
40:59+	41:18+	43:49+	45:41+	48:12+	49:03+	50:16+	50:48+	50:57+	01:06+	00:19+	02:31+	01:52+	02:31+	00:51-	01:13+	00:32-	00:09+	00:19&	00:01+	00:25#	00:30&	01:48#	00:18-	00:21&	00:04-
11	Frank Hansen	29										52:34													
01:58+	05:25+	07:24+	09:18+	10:37+	11:18+	12:27+	13:37+	14:06+	14:38+	16:02+	16:43+	20:08+	21:36+	23:29+	25:21+	26:49+	33:00+	34:18+	35:26+	36:03+	37:03+	39:03+	40:24+	41:38+	43:26+
01:58+	03:27+	01:59+	01:54+	01:19-	00:41+	01:09+	01:10+	00:29+	00:32+	01:24+	00:41+	03:25+	01:28+	01:53-	01:52+	01:28+	06:11+	01:18-	01:08-	00:37-	01:00+	02:00-	01:21+	01:14-	01:48-
01:00#	01:43&	00:19#	00:55&	00:36-	00:14&	00:13#	00:17&	00:08&	00:04#	00:11#	00:06#	00:41#	00:19&	00:07-	00:13#	00:39&	04:47#	00:58-	00:21-	00:27-	00:25&	00:13-	00:26&	00:08-	00:04-
44:20+	44:46+	46:55+	48:35+	49:22+	50:46+	51:49+	52:25+	52:34+	00:54+	00:26+	02:09+	01:40+	00:47+	01:24+	01:03+	00:36-	00:09+	00:07#	00:08&	00:03+	00:18#	00:04+	00:15#	00:00=	00:01#
12	Øystein Fuglestad	46										52:39													
01:16+	03:20+	05:26+	06:59+	08:17+	08:49+	09:59+	11:10+	11:37+	12:04+	13:25+	14:06+	17:28+	20:03+	22:43+	24:43+	27:58+	30:37+	31:37+	32:59+	33:31+	34:14+	36:19+	37:33+	39:02+	41:47+
01:16+	02:04+	02:06+	01:33+	01:18-	00:32+	01:10+	01:11+	00:27+	00:27-	01:21+	00:41+	03:22+	02:35+	02:40+	02:00+	03:15+	02:39+	01:00-	01:22-	00:32-	00:43+	02:05-	01:14+	01:29+	02:45+
00:18&	00:20#	00:26&	00:34&	00:37-	00:05#	00:14#	00:18&	00:06&	00:01-	00:08#	00:06#	00:38#	01:26#	00:40&	00:21#	02:26#	01:15&	01:16-	00:07-	00:32-	00:08#	00:08-	00:19&	00:07+	00:53&
42:54+	43:19+	45:41+	47:17+	48:02+	49:26+	51:55+	52:30+	52:39+	01:07+	00:25+	02:22+	01:36+	00:45+	01:24+	02:29+	00:35-	00:09+	00:20&	00:07&	00:16#	00:14#	00:02+	00:15#	01:37#	00:01-
13	Sveinung Roseneng	116										52:54													
01:25+	03:36+	05:47+	07:29+	08:56+	09:42+	10:51+	12:18+	12:51+	13:31+	15:07+	15:53+	19:36+	22:11+	24:12+	26:32+	27:44+	30:16+	31:20+	32:45+	33:32+	34:28+	38:09+	39:16+	40:50+	42:52+
01:25+	02:11+	02:11+	01:42+	01:27-	00:46+	01:09+	01:27+	00:33+	00:40+	01:36+	00:46+	03:43+	02:35+	02:01+	02:20+	01:12+	02:32+	01:04-	01:25-	00:47-	00:56+	03:41+	01:07+	01:34+	02:02+
00:27&	00:27&	00:31&	00:43&	00:28-	00:19&	00:13#	00:34&	00:12&	00:12&	00:23&	00:11&	00:59&	01:26#	00:01+	00:41&	00:23&	01:08&	01:12-	00:04-	00:17-	00:21&	01:28&	00:12#	00:12#	00:10+
43:54+	44:23+	46:50+	48:51+	49:50+	50:52+	52:07+	52:44+	52:54+	01:02+	00:29+	02:27+	02:01+	00:59+	00:21#	00:31&	00:16#	00:11&	00:12-	00:04-	00:17-	00:21&	01:28&	00:12#	00:12#	00:10+
01:02+	00:29+	02:27+	02:01+	00:59+	01:02-	01:15+	00:37+	00:10+	00:15&	00:11&	00:21#	00:16#	00:07#	00:02#	00:01+	00:02#									
14	Alf Håkon Haugland	116										53:55													
01:07+	02:53+	04:38+	06:18+	07:42+	08:24+	09:30+	10:30+	10:50+	11:13+	12:23+	13:09+	15:54+	17:58+	20:40+	22:16+	23:02+	32:16+	33:46+	34:46+	35:48+	37:12+	39:03+	40:08+	41:28+	43:29+
01:07+	01:46+	01:45+	01:40+	01:24-	00:42+	01:06+	01:00+	00:20-	00:23-	01:10-	00:46+	02:45+	02:04+	02:42+	01:36-	00:46-	09:14+	01:30-	01:00-	01:02-	01:24+	01:51-	01:05+	01:20-	02:01+
00:09#	00:02+	00:05+	00:41&	00:31-	00:15&	00:10#	00:07#	00:01-	00:05-	00:03-	00:11&	00:01+	00:55&	00:42&	00:03-	00:03-	07:50#	00:46-	00:29-	00:02-	00:49#	00:22-	00:10#	00:02-	00:09+
44:25+	44:55+	47:04+	48:54+	50:32+	51:34+	53:09+	53:48+	53:55+	00:56+	00:30+	02:09+	01:50+	01:38+	01:02-	01:35+	00:39+	00:07-	00:09#	00:12&	00:03+	00:28&	00:55#	00:07-	00:43&	00:03+
15	Kjell Ove Aksland	27										54:43													
01:24+	03:18+	05:19+	07:05+	08:34+	09:16+	10:23+	15:15+	15:42+	16:20+	17:53+	18:38+	21:29+	23:05+	25:29+	27:35+	28:45+	30:47+	32:37+	33:40+	34:28+	35:24+	38:24+	39:40+	41:24+	43:44+
01:24+	01:54+	02:01+	01:46+	01:29-	00:42+	01:07+	04:52+	00:27+	00:26&	00:10+	00:21#	00:47&	00:10&	00:20&	00:10&	00:07+	01:36+	02:24+	02:06+	01:10+	02:02+	01:50-	01:03-	00:48-	00:56+
00:26&	00:10+	00:21#	00:47&	00:26-	00:15&	00:11#	03:59#	00:06&	00:10&	00:20&	00:10&	00:07+	00:27&	00:24#	00:27&	00:21&	00:38&	00:26-	00:26-	00:16-	00:21&	00:56+	03:00+	01:16+	01:44+
44:52+	45:35+	48:06+	49:59+	51:24+	52:46+	53:53+	54:35+	54:43+	01:08+	00:43+	02:31+	01:53+	01:25+	01:22+	01:07+	00:42+	00:08-	00:21&	00:25#	00:31&	00:42&	00:13#	00:15&	00:06#	00:00=
16	Roger Nyseth	92										54:54													
01:27+	03:48+	06:11+	08:23+	10:01+	10:39+	11:58+	13:23+	13:51+	14:27+	16:19+	17:14+	21:01+	23:23+	25:37+	27:57+	29:15+	31:20+	33:03+	34:41+	35:29+	36:31+	39:03+	40:21+	41:56+	43:59+
01:27+	02:21+	02:23+	02:12+	01:38-	00:38+	01:19+	01:25+	00:28+	00:36+	01:52+	00:55+	03:47+	02:22+	02:14+	02:20+	01:18+	02:05+	01:43-	01:38+	00:48-	01:02+	02:32+	01:18+	01:35+	02:03+
00:29&	00:37&	00:43&	01:13#	00:17-	00:11&	00:23&	00:32&	00:07&	00:08&	00:39&	00:20&	01:03&	01:13#	00:14#	00:41&	00:29&	00:41&	00:33-	00:09#	00:16-	00:27&	00:19#	00:23&	00:13#	00:11+
45:04+	45:36+	48:24+	50:23+	51:17+	52:41+	54:00+	54:43+	54:54+	01:05+	00:32+	02:48+	01:59+	00:54+	01:24+	01:19+	00:43+	00:11+	00:18&	00:14&	00:42&	00:37&	00:11&	00:15#	00:27&	00:07#
17	Ernst Kristensen	116										56:06													
01:26+	03:36+	05:54+	08:07+	09:48+	10:25+	13:21+	14:41+	15:09+	15:45+	17:21+	18:14+	21:38+	24:04+	26:22+	28:26+	29:29+	31:51+	33:24+	35:11+	35:59+	36:41+	37:46+	40:20+	41:34+	43:11+
01:26+	02:10+	02:18+	02:13+	01:41-	00:37+	02:56+	01:20+	00:28+	00:36+	01:36+	00:53+	03:24+	02:26+	02:18+	02:04+	01:03+	02:22+	01:33-	01:47+	00:48-	00:42+	01:05-	02:34+	01:14-	01:37-
00:28&	00:26#	00:38&	01:14#	00:14-	00:10&	02:00#	00:27&	00:07&	00:08&	00:23&	00:18&	00:40#	01:17#	00:18#	00:25&	00:14&	00:58&	00:43-	00:18#	00:16-	00:07#	01:08-	01:39#	00:08-	00:15-
45:24+	46:37+	47:11+	49:51+	51:40+	52:32+	53:55+	55:12+	55:55+	56:06+	02:13+	01:13+	00:34-	02:40+	01:49+	00:52-	01:23+	01:17+	00:43+	00:11+	01:26#	00:55#	01:32-	01:18&	01:06#	00:17-
01:26#	00:55#	01:32-	01:18&	01:06#	00:17-	00:31&	00:41#	00:35#	00:11+																

Class	Navn	Klasse										Tid													
7	Bjarne Gimre	88										46:16													
03:02+	05:13+	06:38+	08:02+	08:39+	10:12+	10:40+	11:22+	13:44+	16:50+	19:17+	22:16+	26:33+	27:27+	28:57+	30:40+	33:08+	33:54+	35:42+	37:10+	38:34+	40:12+	42:14+	42:59+	44:07+	45:36+
03:02+	02:11+	01:25+	01:24+	00:37-	01:33+	00:28+	00:42+	02:22+	03:06+	02:27+	02:59+	04:17+	00:54+	01:30+	01:43+	02:28+	00:46+	01:48-	01:28+	01:24+	01:38+	02:02+	00:45+	01:08+	01:29+
00:53&	00:30&	00:15#	00:05+	00:03-	00:12#	00:12&	00:18&	00:45&	00:46&	00:38&	01:09&	00:24#	00:22&	00:49&	00:46&	00:35&	00:06#	00:40-	00:26&	00:41&	00:26&	00:27&	00:11&	00:14&	00:41&
46:08+	46:16+																								
00:32=	00:08-																								
00:00=	00:01-																								
8	Arne M. Handeland	92										47:19													
02:44+	04:59+	06:49+	08:30+	09:10+	10:37+	11:02+	11:42+	13:52+	17:15+	19:29+	22:06+	26:50+	27:43+	28:38+	30:47+	33:35+	34:39+	36:36+	38:00+	39:37+	41:06+	43:10+	43:54+	45:03+	46:31+
02:44+	02:15+	01:50+	01:41+	00:40=	01:27+	00:25+	00:40+	02:10+	03:23+	02:14+	02:37+	04:44+	00:53+	00:55+	02:09+	02:48+	01:04+	01:57-	01:24+	01:37+	01:29+	02:04+	00:44+	01:09+	01:28+
00:35&	00:34&	00:40&	00:22&	00:00=	00:06+	00:09&	00:16&	00:33&	01:03&	00:25#	00:47&	00:51#	00:21&	00:14&	01:12@	00:55&	00:24&	00:31-	00:22&	00:54@	00:17#	00:29&	00:10&	00:15&	00:40&
47:08+	47:19+																								
00:37+	00:11+																								
00:05#	00:02#																								
9	Kjell Skjæveland	108										48:29													
02:47+	04:44+	06:14+	07:39+	08:29+	10:08+	10:27+	11:01+	12:53+	15:35+	18:05+	21:06+	29:55+	31:06+	32:07+	33:43+	36:28+	37:07+	39:06+	40:39+	41:42+	42:56+	44:54+	45:44+	46:47+	47:44+
02:47+	01:57+	01:30+	01:25+	00:50+	01:39+	00:19+	00:34+	01:52+	02:42+	02:30+	03:01+	08:49+	01:11+	01:01+	01:36+	02:45+	00:39-	01:59-	01:33+	01:03+	01:14+	01:58+	00:50+	01:03+	00:57+
00:38&	00:16#	00:20&	00:06+	00:10#	00:18#	00:03#	00:10&	00:15#	00:22#	00:41&	01:11&	04:56@	00:39@	00:20&	00:39&	00:52&	00:01-	00:29-	00:31&	00:20&	00:02+	00:23#	00:16&	00:09#	00:09#
48:20+	48:29+																								
00:36+	00:09=																								
00:04#	00:00=																								
10	Tor Harald Lunde	47										51:47													
03:21+	05:38+	07:45+	09:53+	10:45+	12:16+	12:40+	13:16+	15:27+	19:29+	21:46+	24:47+	29:01+	30:12+	32:46+	34:25+	37:13+	38:15+	40:12+	42:10+	43:27+	44:57+	47:25+	48:30+	49:36+	50:54+
03:21+	02:17+	02:07+	02:08+	00:52+	01:31+	00:24+	00:36+	02:11+	04:02+	02:17+	03:01+	04:14+	01:11+	02:34+	01:39+	02:48+	01:02+	01:57-	01:58+	01:17+	01:30+	02:28+	01:05+	01:06+	01:18+
01:12&	00:36&	00:57&	00:49&	00:12&	00:10#	00:08&	00:12&	00:34&	01:42&	00:28&	01:11&	00:21+	00:39@	01:53@	00:42&	00:55&	00:22&	00:31-	00:56&	00:34&	00:18#	00:53&	00:31&	00:12#	00:30&
51:38+	51:47+																								
00:44+	00:09=																								
00:12&	00:00=																								
11	Sveinung Tveit	236										52:15													
03:09+	05:38+	07:32+	09:08+	09:47+	11:32+	11:55+	12:30+	15:20+	19:14+	22:31+	24:50+	29:41+	30:31+	32:22+	33:44+	37:03+	38:45+	40:42+	42:27+	43:40+	45:20+	47:54+	48:44+	50:10+	51:21+
03:09+	02:29+	01:54+	01:36+	00:39-	01:45+	00:23+	00:35+	02:50+	03:54+	03:17+	02:19+	04:51+	00:50+	01:51+	01:22+	03:19+	01:42+	01:57-	01:45+	01:13+	01:40+	02:34+	00:50+	01:26+	01:11+
01:00&	00:48&	00:44&	00:17#	00:01-	00:24&	00:07&	00:11&	01:13&	01:34&	01:28&	00:29&	00:58#	00:18&	01:10@	00:25&	01:26&	01:02@	00:31-	00:43&	00:30&	00:28&	00:59&	00:16&	00:32&	00:23&
52:02+	52:15+																								
00:41+	00:13+																								
00:09&	00:04&																								
12	Bjørn Sivertsen	99										54:07													
03:07+	05:25+	07:12+	08:27+	09:04+	10:31+	10:54+	11:29+	13:35+	17:03+	19:40+	22:31+	32:36+	33:31+	36:08+	37:15+	40:15+	41:22+	43:08+	44:43+	46:13+	47:32+	50:12+	51:00+	52:04+	53:08+
03:07+	02:18+	01:47+	01:15-	00:37-	01:27+	00:23+	00:35+	02:06+	03:28+	02:37+	02:51+	10:05+	00:55+	02:37+	01:07+	03:00+	01:07+	01:46-	01:35+	01:30+	01:19+	02:40+	00:48+	01:04+	01:04+
00:58&	00:37&	00:37&	00:04-	00:03-	00:06+	00:07&	00:11&	00:29&	01:08&	00:48&	01:01&	06:12@	00:23&	01:56@	00:10#	01:07&	00:27&	00:42-	00:33&	00:47@	00:07+	01:05&	00:14&	00:10#	00:16&
53:56+	54:07+																								
00:48+	00:11+																								
00:16&	00:02#																								
13	Olav Tunheim	93										54:55													
02:56+	05:05+	07:01+	11:12+	11:58+	13:29+	13:50+	14:27+	16:42+	20:29+	22:34+	25:56+	31:27+	33:22+	35:27+	36:39+	39:17+	40:21+	42:26+	45:18+	46:22+	47:53+	50:30+	51:23+	52:52+	54:10+
02:56+	02:09+	01:56+	04:11+	00:46+	01:31+	00:21+	00:37+	02:15+	03:47+	02:05+	03:22+	05:31+	01:55+	02:05+	01:12+	02:38+	01:04+	02:05-	02:52+	01:04+	01:31+	02:37+	00:53+	01:29+	01:18+
00:47&	00:28&	00:46&	02:52@	00:06#	00:10#	00:05&	00:13&	00:38&	01:27&	00:16#	01:32&	01:38&	01:23@	01:24@	00:15&	00:45&	00:24&	00:23-	01:50@	00:21&	00:19&	01:02&	00:19&	00:35&	00:30&
54:48+	54:55+																								
00:38+	00:07-																								
00:06#	00:02-																								
14	Lars Tore Kvasheim	7										57:18													
03:18+	05:56+	07:59+	09:48+	10:42+	12:16+	12:43+	13:24+	15:47+	19:34+	22:02+	25:03+	31:15+	32:14+	33:19+	34:41+	39:05+	39:54+	41:58+	43:52+	45:22+	46:56+	50:57+	52:28+	54:07+	56:20+
03:18+	02:38+	02:03+	01:49+	00:54+	01:34+	00:27+	00:41+	02:23+	03:47+	02:28+	03:01+	06:12+	00:59+	01:05+	01:22+	04:24+	00:49+	02:04-	01:54+	01:30+	01:34+	04:01+	01:31+	01:39+	02:13+
01:09&	00:57&	00:53&	00:30&	00:14&	00:13#	00:11&	00:17&	00:46&	01:27&	00:39&	01:11&	02:19&	00:27&	00:24&	00:25&	02:31@	00:09#	00:24-	00:52&	00:47@	00:22&	02:26@	00:57@	00:45&	01:25@
57:05+	57:18+																								
00:45+	00:13+																								
00:13&	00:04&																								
15	Bjørn Bjelland	83										1:00:30													
03:05+	05:33+	07:48+	09:11+	10:06+	12:23+	12:45+	13:24+	15:25+	18:39+	20:49+	23:09+	33:08+	34:37+	36:40+	38:00+	45:08+	46:16+	48:22+	50:20+	51:26+	53:00+	55:34+	57:12+	58:17+	59:37+
03:05+	02:28+	02:15+	01:23+	00:55+	02:17+	00:22+	00:39+	02:01+	03:14+	02:10+	02:20+	09:59+	01:29+	02:03+	01:20+	07:08+	01:08+	02:06-	01:58+	01:06+	01:34+	02:34+	01:38+	01:05+	01:20+
00:56&	00:47&	01:05&	00:04+	00:15&	00:56&	00:06&	00:15&	00:24#	00:54&	00:21#	00:30&	06:06@	00:57@	01:22@	00:23&	05:15@	00:28&	00:22-	00:56&	00:23&	00:22&	00:59&	01:04@	00:11#	00:32&
60:19+	60:30+																								
00:42+	00:11+																								
00:10&	00:02#																								

Class	Navn	Klasse										Tid													
16	Rolf Kleppe	63										1:03:52													
03:32+	06:20+	08:25+	10:20+	11:12+	12:50+	13:13+	13:55+	16:25+	20:22+	24:43+	28:26+	37:01+	38:12+	40:41+	42:10+	46:56+	47:57+	50:13+	52:14+	53:54+	55:50+	59:20+	60:19+	61:38+	62:56+
03:32+	02:48+	02:05+	01:55+	00:52+	01:38+	00:23+	00:42+	02:30+	03:57+	04:21+	03:43+	08:35+	01:11+	02:29+	01:29+	04:46+	01:01+	02:16-	02:01+	01:40+	01:56+	03:30+	00:59+	01:19+	01:18+
01:23&	01:07&	00:55&	00:36&	00:12&	00:17#	00:07&	00:18&	00:53&	01:37&	02:32@	01:53@	04:42@	00:39@	01:48@	00:32&	02:53@	00:21&	00:12-	00:59&	00:57@	00:44&	01:55@	00:25&	00:25&	00:30&
63:42+	63:52+																								
00:46+	00:10+																								
00:14&	00:01#																								

17	Egil Røyneberg	93										1:12:03													
04:19+	07:07+	09:42+	11:47+	12:48+	14:47+	15:15+	16:37+	21:03+	25:34+	29:14+	31:58+	37:44+	40:38+	44:12+	46:07+	50:13+	52:23+	55:32+	57:55+	60:01+	62:39+	66:00+	67:06+	68:47+	70:57+
04:19+	02:48+	02:35+	02:05+	01:01+	01:59+	00:28+	01:22+	04:26+	04:31+	03:40+	02:44+	05:46+	02:54+	03:34+	01:55+	04:06+	02:10+	03:09+	02:23+	02:06+	02:38+	03:21+	01:06+	01:41+	02:10+
02:10@	01:07&	01:25@	00:46&	00:21&	00:38&	00:12&	00:58@	02:49@	02:11&	01:51@	00:54&	01:53&	02:22@	02:53@	00:58@	02:13@	01:30@	00:41&	01:21@	01:23@	01:26@	01:46@	00:32&	00:47&	01:22@
71:49+	72:03+																								
00:52+	00:14+																								
00:20&	00:05&																								

Beste strekktid for klassen

02:09 01:41 01:10 01:15 00:37 01:20 00:16 00:17 00:31 01:56 01:48 01:48 02:31 00:32 00:41 00:56 01:01 00:39 00:46 01:02 00:43 00:55 01:18 00:34 00:47 00:48 00:29 00:07

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

Herrer 65 - 69 år

1	Bjørn Alsaker	115										33:57													
02:17=	03:58=	05:15=	06:24=	06:50=	07:55=	08:11=	08:39=	10:05=	12:39=	14:16=	15:51=	19:15=	20:16=	20:50=	21:56=	23:50=	24:31=	26:43=	27:42=	28:30=	29:32=	31:08=	31:43=	32:30=	33:15=
02:17=	01:41=	01:17=	01:09=	00:26=	01:05=	00:16=	00:28=	01:26=	02:34=	01:37=	01:35=	03:24=	01:01=	00:34=	01:06=	01:54=	00:41=	02:12=	00:59=	00:48=	01:02=	01:36=	00:35=	00:47=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
33:49=	33:57=																								
00:34=	00:08=																								
00:00=	00:00=																								

2	Asgeir Bell	117										35:02													
02:17=	04:03+	05:16+	06:24=	06:55+	08:06+	08:22+	08:45+	10:26+	13:03+	14:43+	17:09+	20:05+	20:54+	21:41+	22:34+	24:38+	25:31+	26:45+	28:01+	28:55+	30:14+	31:53+	32:25+	33:36+	34:24+
02:17=	01:46+	01:13-	01:08-	00:31+	01:11+	00:16=	00:23-	01:41+	02:37+	01:40+	02:26+	02:56-	00:49-	00:47+	00:53-	02:04+	00:53+	01:14-	01:16+	00:54+	01:19+	01:39+	00:32-	01:11+	00:48+
00:00=	00:05+	00:04-	00:01-	00:05#	00:06+	00:00=	00:05-	00:15#	00:03+	00:03+	00:51&	00:28-	00:12-	00:13&	00:13-	00:10+	00:12&	00:58-	00:17&	00:06#	00:17&	00:03+	00:03-	00:24&	00:03+
34:53+	35:02+																								
00:29-	00:09+																								
00:05-	00:01#																								

3	Harry Breiland	66										37:35													
02:46+	04:47+	06:14+	07:19+	07:52+	08:57+	09:16+	09:44+	11:14+	13:49+	15:28+	17:12+	20:35+	21:17+	22:07+	23:24+	25:45+	26:24+	28:24+	29:38+	30:25+	31:29+	34:21+	34:58+	35:51+	36:55+
02:46+	02:01+	01:27+	01:05-	00:33+	01:05=	00:19+	00:28=	01:30+	02:35+	01:39+	01:44+	03:23-	00:42-	00:50+	01:17+	02:21+	00:39-	02:00-	01:14+	00:47-	01:04+	02:52+	00:37+	00:53+	01:04+
00:29#	00:20#	00:10#	00:04-	00:07&	00:00=	00:03#	00:00=	00:04+	00:01+	00:02+	00:09+	00:01-	00:19-	00:16&	00:11#	00:27#	00:02-	00:12-	00:15&	00:01-	00:02+	01:16&	00:02+	00:06#	00:19&
37:26+	37:35+																								
00:31-	00:09+																								
00:03-	00:01#																								

4	Arne Østensen	90										42:02													
02:30+	04:26+	06:02+	07:14+	07:59+	09:13+	09:31+	10:12+	12:01+	14:48+	17:35+	19:28+	23:33+	24:50+	25:40+	26:49+	29:11+	30:20+	32:14+	33:52+	34:56+	36:09+	38:11+	38:52+	40:01+	41:11+
02:30+	01:56+	01:36+	01:12+	00:45+	01:14+	00:18+	00:41+	01:49+	02:47+	02:47+	01:53+	04:05+	01:17+	00:50+	01:09+	02:22+	01:09+	01:54-	01:38+	01:04+	01:13+	02:02+	00:41+	01:09+	01:10+
00:13+	00:15#	00:19#	00:03+	00:19&	00:09#	00:02#	00:13&	00:23&	00:13+	01:10&	00:18#	00:41#	00:16&	00:16&	00:03+	00:28#	00:28&	00:18-	00:39&	00:16&	00:11#	00:26&	00:06#	00:22&	00:25&
41:50+	42:02+																								
00:39+	00:12+																								
00:05#	00:04&																								

5	Gunnar Sakseid	116										43:55													
02:24+	04:15+	05:46+	06:55+	07:30+	08:47+	09:04+	09:31+	11:08+	14:00+	16:11+	18:31+	24:35+	27:09+	27:56+	28:41+	29:59+	32:00+	32:37+	34:47+	36:27+	37:36+	38:50+	40:42+	41:17+	42:15+
02:24+	01:51+	01:31+	01:09=	00:35+	01:17+	00:17+	00:27-	01:37+	02:52+	02:11+	02:20+	06:04+	02:34+	00:47+	00:45-	01:18-	02:01+	00:37-	02:10+	01:40+	01:09+	01:14-	01:52+	00:35-	00:58+
00:07+	00:10+	00:14#	00:00=	00:09&	00:12#	00:01+	00:01-	00:11#	00:18#	00:34&	00:45&	02:40&	01:33@	00:13&	00:21-	00:36-	01:20@	01:35-	01:11@	00:52@	00:07#	00:22-	01:17@	00:12-	00:13&
43:15+	43:44+	43:55+																							
01:00+	00:29+	00:11+																							
00:26&	00:21@	00:11+																							

6	Paul A. Paulsen	117										45:28													
02:45+	04:55+	07:11+	08:31+	09:11+	10:32+	10:55+	11:34+	13:26+	16:26+	18:42+	21:27+	25:41+	26:49+	28:41+	29:45+	32:08+	33:28+	35:16+	36:51+	37:56+	39:29+	41:32+	42:24+	43:35+	44:39+
02:45+	02:10+	02:16+	01:20+	00:40+	01:21+	00:23+	00:39+	01:52+	03:00+	02:16+	02:45+	04:14+	01:08+	01:52+	01:04-	02:23+	01:20+	01:48-	01:35+	01:05+	01:33+	02:03+	00:52+	01:11+	01:04+
00:28#	00:29&	00:59&	00:11#	00:14&	00:16#	00:07&	00:11&	00:26&	00:26#	00:39&	01:10&	00:50#	00:07#	01:18@	00:02-	00:29&	00:39&	00:24-	00:36&	00:17&	00:31&	00:27&	00:17&	00:24&	00:19&
45:18+	45:28+																								
00:39+	00:10+																								
00:05#	00:02#																								

Class	Navn	Klasse	Tid																							
7	Leif Gunnar Wikene	43	45:38																							
02:37+	04:40+	06:18+	07:53+	08:42+	10:23+	10:42+	11:12+	13:16+	16:24+	18:22+	20:16+	24:52+	26:32+	28:51+	30:02+	32:47+	33:38+	35:00+	36:24+	37:41+	39:28+	41:24+	42:27+	43:26+	44:44+	
02:37+	02:03+	01:38+	01:35+	00:49+	01:41+	00:19+	00:30+	02:04+	03:08+	01:58+	01:54+	04:36+	01:40+	02:19+	01:11+	02:45+	00:51+	01:22-	01:24+	01:17+	01:47+	01:56+	01:03+	00:59+	01:18+	
00:20#	00:22#	00:21&	00:26&	00:23&	00:36&	00:03#	00:02+	00:38&	00:34#	00:21#	00:19#	01:12&	00:39&	01:45#	00:05+	00:51&	00:10#	00:50-	00:25&	00:29&	00:45&	00:20#	00:28&	00:12&	00:33&	
45:27+	45:38+																									
00:43+	00:11+																									
00:09&	00:03&																									
8	Otto Alsnes	50	46:23																							
02:35+	04:40+	06:23+	07:42+	08:20+	10:47+	11:05+	11:38+	13:20+	16:32+	18:31+	21:14+	28:07+	29:59+	30:46+	31:42+	34:28+	35:14+	36:41+	38:06+	39:03+	40:41+	42:57+	43:40+	44:37+	45:36+	
02:35+	02:05+	01:43+	01:19+	00:38+	02:27+	00:18+	00:33+	01:42+	03:12+	01:59+	02:43+	06:53+	01:52+	00:47+	00:56-	02:46+	00:46+	01:27-	01:25+	00:57+	01:38+	02:16+	00:43+	00:57+	00:59+	
00:18#	00:24#	00:26&	00:10#	00:12&	01:22#	00:02#	00:05#	00:16#	00:38#	00:22#	01:08&	03:29#	00:51&	00:13&	00:10-	00:52&	00:05#	00:45-	00:26&	00:09#	00:36&	00:40&	00:08#	00:10#	00:14&	
46:12+	46:23+																									
00:36+	00:11+																									
00:02+	00:03&																									
9	Terje Helland	88	47:26																							
02:20+	04:17+	05:55+	07:27+	08:18+	09:41+	10:08+	10:39+	12:56+	16:50+	18:48+	21:31+	26:11+	27:58+	29:23+	31:29+	34:09+	35:11+	36:44+	38:10+	39:20+	40:42+	42:49+	43:47+	45:02+	46:45+	
02:20+	01:57+	01:38+	01:32+	00:51+	01:23+	00:27+	00:31+	02:17+	03:54+	01:58+	02:43+	04:40+	01:47+	01:25+	02:06+	02:40+	01:02+	01:33-	01:26+	01:10+	01:22+	02:07+	00:58+	01:15+	01:43+	
00:03+	00:16#	00:21&	00:23&	00:25&	00:18&	00:11&	00:03#	00:51&	01:20&	00:21#	01:08&	01:16&	00:46&	00:51#	01:00&	00:46&	00:21&	00:39-	00:27&	00:22&	00:20&	00:31&	00:23&	00:28&	00:58#	
47:16+	47:26+																									
00:31-	00:10+																									
00:03-	00:02#																									
10	Ragnvald Frøyland	128	47:54																							
02:48+	04:54+	06:22+	07:42+	08:15+	09:34+	09:54+	10:31+	12:28+	15:26+	17:35+	19:27+	24:28+	25:18+	27:38+	28:54+	31:08+	31:56+	35:02+	37:16+	40:07+	41:03+	42:12+	44:09+	45:01+	45:52+	
02:48+	02:06+	01:28+	01:20+	00:33+	01:19+	00:20+	00:37+	01:57+	02:58+	02:09+	01:52+	05:01+	00:50-	02:20+	01:16+	02:14+	00:48+	03:06+	02:14+	02:51+	00:56-	01:09-	01:57+	00:52+	00:51+	
00:31#	00:25#	00:11#	00:11#	00:07&	00:14#	00:04#	00:09&	00:31&	00:24#	00:32&	00:17#	01:37&	00:11-	01:46#	00:10#	00:20#	00:07#	00:54&	01:15#	02:03#	00:06-	00:27-	01:22#	00:05#	00:06#	
47:10+	47:44+	47:54+																								
01:18+	00:34+	00:10+																								
00:44#	00:26#	00:10+																								
11	Jan Inge Lunde	88	50:56																							
03:00+	05:30+	07:21+	09:21+	10:01+	11:37+	12:01+	12:43+	15:37+	18:45+	21:42+	24:41+	29:22+	30:32+	32:12+	33:26+	36:36+	37:30+	40:16+	42:00+	43:01+	44:23+	46:50+	47:48+	49:06+	50:13+	
03:00+	02:30+	01:51+	02:00+	00:40+	01:36+	00:24+	00:42+	02:54+	03:08+	02:57+	02:59+	04:41+	01:10+	01:40+	01:14+	03:10+	00:54+	02:46+	01:44+	01:01+	01:22+	02:27+	00:58+	01:18+	01:07+	
00:43&	00:49&	00:34&	00:51&	00:14&	00:31&	00:08&	00:14&	01:28#	00:34#	01:20&	01:24&	01:17&	00:09#	01:06#	00:08#	01:16&	00:13&	00:34&	00:45&	00:13&	00:20&	00:51&	00:23&	00:31&	00:22&	
50:48+	50:56+																									
00:35+	00:08=																									
00:01+	00:00=																									
12	Jostein Tunheim	116	51:07																							
02:47+	04:57+	06:33+	08:12+	09:10+	10:58+	11:18+	11:55+	13:51+	17:03+	21:51+	23:57+	29:04+	29:57+	31:31+	32:36+	36:38+	37:36+	39:35+	41:21+	42:27+	43:50+	46:14+	47:28+	48:45+	50:26+	
02:47+	02:10+	01:36+	01:39+	00:58+	01:48+	00:20+	00:37+	01:56+	03:12+	04:48+	02:06+	05:07+	00:53-	01:34+	01:05-	04:02+	00:58+	01:59-	01:46+	01:06+	01:23+	02:24+	01:14+	01:17+	01:41+	
00:30#	00:29&	00:19#	00:30&	00:32#	00:43&	00:04#	00:09&	00:30&	00:38#	03:11#	00:31&	01:43&	00:08-	01:00#	00:01-	02:08#	00:17&	00:13-	00:47&	00:18&	00:21&	00:48&	00:39#	00:30&	00:56#	
50:58+	51:07+																									
00:32-	00:09+																									
00:02-	00:01#																									
13	Svein Ove Horpestad	62	51:23																							
03:23+	05:44+	07:29+	08:52+	09:34+	11:53+	12:15+	12:45+	15:39+	18:56+	21:25+	23:36+	28:47+	30:25+	32:26+	34:52+	37:52+	38:59+	40:41+	42:10+	43:20+	44:42+	46:58+	48:08+	49:06+	50:29+	
03:23+	02:21+	01:45+	01:23+	00:42+	02:19+	00:22+	00:30+	02:54+	03:17+	02:29+	02:11+	05:11+	01:38+	02:01+	02:26+	03:00+	01:07+	01:42-	01:29+	01:10+	01:22+	02:16+	01:10+	00:58+	01:23+	
01:06&	00:40&	00:28&	00:14#	00:16&	01:14#	00:06&	00:02+	01:28#	00:43&	00:52&	00:36&	01:47&	00:37&	01:27#	01:20#	01:06&	00:26&	00:30-	00:30&	00:22&	00:20&	00:40&	00:35&	00:11#	00:38&	
51:12+	51:23+																									
00:43+	00:11+																									
00:09&	00:03&																									
14	Eivind L. Rake	92	52:12																							
04:02+	06:11+	07:33+	09:04+	09:37+	10:52+	11:15+	11:55+	13:52+	17:24+	19:30+	23:07+	30:30+	31:33+	32:29+	33:54+	36:29+	37:24+	39:29+	40:54+	42:04+	43:42+	46:55+	47:49+	49:23+	51:21+	
04:02+	02:09+	01:22+	01:31+	00:33+	01:15+	00:23+	00:40+	01:57+	03:32+	02:06+	03:37+	07:23+	01:03+	00:56+	01:25+	02:35+	00:55+	02:05-	01:25+	01:10+	01:38+	03:13+	00:54+	01:34+	01:58+	
01:45&	00:28&	00:05+	00:22&	00:07&	00:10#	00:07&	00:12&	00:31&	00:58&	00:29&	02:02#	03:59#	00:02+	00:22&	00:19&	00:41&	00:14&	00:07-	00:26&	00:22&	00:36&	01:37#	00:19&	00:47&	01:13#	
52:03+	52:12+																									
00:42+	00:09+																									
00:08#	00:01#																									
15	Olav Habbestad	116	52:33																							
05:20+	07:10+	08:58+	10:38+	11:35+	12:51+	13:15+	13:45+	15:59+	18:49+	20:50+	23:13+	30:00+	30:57+	31:53+	32:51+	35:37+	36:41+	40:58+	42:30+	43:43+	45:01+	48:18+	49:16+	50:09+	51:37+	
05:20+	01:50+	01:48+	01:40+	00:57+	01:16+	00:24+	00:30+	02:14+	02:50+	02:01+	02:23+	06:47+	00:57-	00:56+	00:58-	02:46+	01:04+	04:17+	01:32+	01:13+	01:18+	03:17+	00:58+	00:53+	01:28+	
03:03#	00:09+	00:31&	00:31&	00:31#	00:11#	00:08&	00:02+	00:48&	00:16#	00:24#	00:48&	03:23&	00:04-	00:22&	00:08-	00:52&	00:23&	02:05&	00:33&	00:25&	00:16&	01:41#	00:23&	00:06#	00:43&	
52:26+	52:33+																									
00:49+	00:07-																									
00:15&	00:01-																									

Class	Navn	Klasse										Tid													
16	Gudmund Gausel	115										52:53													
03:05+	05:20+	07:02+	08:34+	09:18+	11:11+	11:33+	12:14+	14:55+	19:25+	21:50+	24:30+	29:16+	30:27+	31:36+	32:53+	36:09+	37:11+	39:22+	41:04+	42:33+	44:30+	47:40+	48:59+	50:24+	51:58+
03:05+	02:15+	01:42+	01:32+	00:44+	01:53+	00:22+	00:41+	02:41+	04:30+	02:25+	02:40+	04:46+	01:11+	01:09+	01:17+	03:16+	01:02+	02:11-	01:42+	01:29+	01:57+	03:10+	01:19+	01:25+	01:34+
00:48&	00:34&	00:25&	00:23&	00:18&	00:48&	00:06&	00:13&	01:15&	01:56&	00:48&	01:05&	01:22&	00:10#	00:35#	00:11#	01:22&	00:21&	00:01-	00:43&	00:41&	00:55&	01:34&	00:44#	00:38&	00:49#
52:40+	52:53+																								
00:42+	00:13+																								
00:08#	00:05&																								
17	Ragnar Rossavik	109										56:00													
02:50+	05:19+	07:39+	11:02+	11:39+	14:08+	14:26+	14:56+	21:09+	24:29+	27:08+	29:55+	35:35+	36:53+	38:38+	39:41+	43:38+	44:12+	46:14+	47:32+	48:28+	49:49+	52:03+	52:51+	53:44+	55:23+
02:50+	02:29+	02:20+	03:23+	00:37+	02:29+	00:18+	00:30+	06:13+	03:20+	02:39+	02:47+	05:40+	01:18+	01:45+	01:03-	03:57+	00:34-	02:02-	01:18+	00:56+	01:21+	02:14+	00:48+	00:53+	01:39+
00:33#	00:48&	01:03&	02:14#	00:11&	01:24#	00:02#	00:02+	04:47#	00:46&	01:02&	01:12&	02:16&	00:17&	01:11#	00:03-	02:03#	00:07-	00:10-	00:19&	00:08#	00:19&	00:38&	00:13&	00:06#	00:54#
55:50+	56:00+																								
00:27-	00:10+																								
00:07-	00:02#																								
18	Kjell Ingar Olsen	50										56:01													
03:09+	05:48+	08:19+	10:28+	12:00+	13:44+	14:07+	14:54+	17:23+	20:42+	24:26+	26:49+	31:50+	32:47+	33:49+	35:12+	38:45+	40:13+	45:33+	47:09+	48:05+	49:26+	51:56+	52:55+	54:13+	55:17+
03:09+	02:39+	02:31+	02:09+	01:32+	01:44+	00:23+	00:47+	02:29+	03:19+	03:44+	02:23+	05:01+	00:57-	01:02+	01:23+	03:33+	01:28+	05:20+	01:36+	00:56+	01:21+	02:30+	00:59+	01:18+	01:04+
00:52&	00:58&	01:14&	01:00&	01:06#	00:39&	00:07&	00:19&	01:03&	00:45&	02:07#	00:48&	01:37&	00:04-	00:28&	00:17&	01:39&	00:47#	03:08#	00:37&	00:08#	00:19&	00:54&	00:24&	00:31&	00:19&
55:51+	56:01+																								
00:34=	00:10+																								
00:00=	00:02#																								
19	Svein Berge	126										56:04													
03:10+	05:23+	07:12+	08:36+	09:36+	11:04+	11:24+	11:54+	13:54+	17:27+	19:29+	21:33+	29:58+	32:33+	34:22+	35:20+	36:27+	39:46+	40:48+	43:02+	44:47+	45:57+	47:35+	50:37+	51:20+	52:38+
03:10+	02:13+	01:49+	01:24+	01:00+	01:28+	00:20+	00:30+	02:00+	03:33+	02:02+	02:04+	08:25+	02:35+	01:49+	00:58-	01:07-	03:19+	01:02-	02:14+	01:45+	01:10+	01:38+	03:02+	00:43-	01:18+
00:53&	00:32&	00:32&	00:15#	00:34#	00:23&	00:04#	00:02+	00:34&	00:59&	00:25&	00:29&	05:01#	01:34#	01:15#	00:08-	00:47-	02:38#	01:10-	01:15#	00:57#	00:08#	00:02+	02:27#	00:04-	00:33&
54:34+	55:53+	56:04+																							
01:56+	01:19+	00:11+																							
01:22#	01:11#	00:11+																							
20	Sverre Vatland	93										59:08													
03:18+	06:07+	08:12+	11:12+	12:11+	13:56+	14:21+	14:54+	19:38+	23:26+	25:57+	28:51+	36:19+	37:27+	39:17+	40:37+	43:57+	45:47+	47:45+	49:18+	50:27+	52:05+	54:44+	55:43+	57:04+	58:21+
03:18+	02:49+	02:05+	03:00+	00:59+	01:45+	00:25+	00:33+	04:44+	03:48+	02:31+	02:54+	07:28+	01:08+	01:50+	01:20+	03:20+	01:50+	01:58-	01:33+	01:09+	01:38+	02:39+	00:59+	01:21+	01:17+
01:01&	01:08&	00:48&	01:51#	00:33#	00:40&	00:09&	00:05#	03:18#	01:14&	00:54&	01:19&	04:04#	00:07#	01:16#	00:14#	01:26&	01:09#	00:14-	00:34&	00:21&	00:36&	01:03&	00:24&	00:34&	00:32&
58:58+	59:08+																								
00:37+	00:10+																								
00:03+	00:02#																								
21	Terje Langeland	98										59:39													
02:53+	05:13+	07:05+	08:51+	09:51+	11:29+	11:59+	12:34+	14:57+	18:42+	21:08+	23:48+	33:27+	34:49+	36:34+	37:55+	43:26+	44:28+	46:29+	48:14+	49:30+	51:23+	54:04+	56:17+	57:28+	58:46+
02:53+	02:20+	01:52+	01:46+	01:00+	01:38+	00:30+	00:35+	02:23+	03:45+	02:26+	02:40+	09:39+	01:22+	01:45+	01:21+	05:31+	01:02+	02:01-	01:45+	01:16+	01:53+	02:41+	02:13+	01:11+	01:18+
00:36&	00:39&	00:35&	00:37&	00:34#	00:33&	00:14&	00:07#	00:57&	01:11&	00:49&	01:05&	06:15#	00:21&	01:11#	00:15#	03:37#	00:21&	00:11-	00:46&	00:28&	00:51&	01:05&	01:38#	00:24&	00:33&
59:28+	59:39+																								
00:42+	00:11+																								
00:08#	00:03&																								
22	Berge Hatteland	62										1:02:00													
03:55+	06:42+	09:05+	10:54+	11:43+	13:39+	14:03+	14:49+	17:22+	21:48+	25:54+	29:44+	35:04+	36:13+	37:21+	39:23+	43:40+	44:43+	47:09+	49:02+	50:47+	52:46+	55:32+	56:34+	58:10+	60:55+
03:55+	02:47+	02:23+	01:49+	00:49+	01:56+	00:24+	00:46+	02:33+	04:26+	04:06+	03:50+	05:20+	01:09+	01:08+	02:02+	04:17+	01:03+	02:26+	01:53+	01:45+	01:59+	02:46+	01:02+	01:36+	02:45+
01:38&	01:06&	01:06&	00:40&	00:23&	00:51&	00:08&	00:18&	01:07&	01:52&	02:29#	02:15#	01:56&	00:08#	00:34&	00:56&	02:23#	00:22&	00:14#	00:54&	00:57#	01:10&	00:27&	00:49#	02:00#	
61:45+	62:00+																								
00:50+	00:15+																								
00:16&	00:07&																								
23	Torstein Gjesteland	126										1:02:28													
03:10+	05:29+	07:24+	08:55+	09:35+	11:09+	11:33+	12:11+	14:25+	18:40+	21:06+	24:16+	30:16+	31:55+	34:30+	35:55+	39:28+	40:26+	43:44+	45:25+	47:19+	49:03+	53:29+	57:52+	58:42+	60:01+
03:10+	02:19+	01:55+	01:31+	00:40+	01:34+	00:24+	00:38+	02:14+	04:15+	02:26+	03:10+	06:00+	01:39+	02:35+	01:25+	03:33+	00:58+	03:18+	01:41+	01:54+	01:44+	04:26+	04:23+	00:50+	01:19+
00:53&	00:38&	00:38&	00:22&	00:14&	00:29&	00:08&	00:10&	00:48&	01:41&	00:49&	01:35&	02:36&	00:38&	02:01#	00:19&	01:39&	00:17&	01:06&	00:42&	01:06#	00:42&	02:50#	03:48#	00:03+	00:34&
61:27+	62:16+	62:28+																							
01:26+	00:49+	00:12+																							
00:52#	00:41#	00:12+																							
24	Per Marthon Maeland	5										1:04:39													
04:00+	07:06+	09:56+	12:26+	12:56+	14:35+	15:03+	15:37+	18:08+	21:59+	24:48+	28:19+	36:44+	38:14+	39:32+	40:50+	45:40+	46:37+	50:32+	52:34+	54:04+	56:02+	58:58+	60:13+	61:58+	63:20+
04:00+	03:06+	02:50+	02:30+	00:30+	01:39+	00:28+	00:34+	02:31+	03:51+	02:49+	03:31+	08:25+	01:30+	01:18+	01:18+	04:50+	00:57+	03:55+	02:02+	01:30+	01:58+	02:56+	01:15+	01:45+	01:22+
01:43&	01:25&	01:33#	01:21#	00:04#	00:34&	00:12&	00:06#	01:05&	01:17&	01:12&	01:56#	05:01#	00:29&	00:44#	00:12#	02:56#	00:16&	01:43&	01:						

Class	Navn	Klasse										Tid													
25	Tore R. Tvedt	90										1:19:43													
04:03+	07:02+	09:42+	13:27+	14:23+	16:49+	17:27+	18:16+	22:08+	27:14+	31:51+	35:53+	42:01+	43:05+	47:17+	52:15+	56:35+	58:06+	61:14+	64:08+	65:59+	69:18+	73:19+	74:36+	76:14+	78:06+
04:03+	02:59+	02:40+	03:45+	00:56+	02:26+	00:38+	00:49+	03:52+	05:06+	04:37+	04:02+	06:08+	01:04+	04:12+	04:58+	04:20+	01:31+	03:08+	02:54+	01:51+	03:19+	04:01+	01:17+	01:38+	01:52+
01:46&	01:18&	01:23@	02:36@	00:30@	01:21@	00:22@	00:21&	02:26@	02:32&	03:00@	02:27@	02:44&	00:03+	03:38@	03:52@	02:26@	00:50@	00:56&	01:55@	01:03@	02:17@	02:25@	00:42@	00:51@	01:07@
79:19+	79:43+																								
01:13+	00:24+																								
00:39@	00:16@																								

26	John Abrahamsen	125										1:28:11													
03:34+	06:09+	14:23+	18:06+	19:44+	22:37+	23:11+	24:29+	27:37+	31:37+	35:26+	39:48+	53:21+	54:59+	56:44+	58:46+	64:46+	66:36+	68:49+	72:26+	75:01+	76:53+	80:37+	82:44+	85:13+	87:09+
03:34+	02:35+	08:14+	03:43+	01:38+	02:53+	00:34+	01:18+	03:08+	04:00+	03:49+	04:22+	13:33+	01:38+	01:45+	02:02+	06:00+	01:50+	02:13+	03:37+	02:35+	01:52+	03:44+	02:07+	02:29+	01:56+
01:17&	00:54&	06:57@	02:34@	01:12@	01:48@	00:18@	00:50@	01:42@	01:26&	02:12@	02:47@	10:09@	00:37&	01:11@	00:56&	04:06@	01:09@	00:01+	02:38@	01:47@	00:50&	02:08@	01:32@	01:42@	01:11@
88:02+	88:11+																								
00:53+	00:09+																								
00:19&	00:01#																								

Beste strekktid for klassen

02:17	01:41	01:13	01:05	00:26	01:05	00:16	00:23	01:26	02:34	01:37	01:35	02:56	00:42	00:34	00:45	01:07	00:34	00:37	00:59	00:47	00:56	01:09	00:32	00:35	00:45	00:27	00:07
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer 70 - 74 år

1	Kjell Svihus	154										42:39													
02:42=	04:49=	06:35=	07:54=	08:30=	09:55=	10:13=	10:52=	12:41=	15:29=	17:52=	20:09=	24:04=	24:48=	26:34=	27:56=	30:40=	31:39=	33:22=	34:47=	35:45=	37:15=	39:17=	40:00=	40:59=	42:02=
02:42=	02:07=	01:46=	01:19=	00:36=	01:25=	00:18=	00:39=	01:49=	02:48=	02:23=	02:17=	03:55=	00:44=	01:46=	01:22=	02:44=	00:59=	01:43=	01:25=	00:58=	01:30=	02:02=	00:43=	00:59=	01:03=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
42:30=	42:39=																								
00:28=	00:09=																								
00:00=	00:00=																								

2	Odd Garpestad	29										46:00													
03:00+	06:11+	08:31+	09:41+	10:14+	11:45+	12:01+	12:36+	14:33+	17:29+	19:40+	21:30+	26:38+	27:23+	29:53+	30:58+	33:08+	33:56+	36:02+	37:44+	38:36+	39:55+	42:05+	43:08+	44:04+	44:56+
03:00+	03:11+	02:20+	01:10-	00:33-	01:31+	00:16-	00:35-	01:57+	02:56+	02:11-	01:50-	05:08+	00:45+	02:30+	01:05-	02:10-	00:48-	02:06+	01:42+	00:52-	01:19-	02:10+	01:03+	00:56-	00:52-
00:18#	01:04&	00:34&	00:09-	00:03-	00:06+	00:02-	00:04-	00:08+	00:08+	00:12-	00:27-	01:13&	00:01+	00:44&	00:17-	00:34-	00:11-	00:23#	00:17#	00:06-	00:11-	00:08+	00:20&	00:03-	00:11-
45:46+	46:00+																								
00:50+	00:14+																								
00:22&	00:05&																								

3	Olav Dag Borgersen	154										46:31																	
04:35+	06:48+	08:50+	09:28+	11:54+	13:23+	14:58+	15:26+	15:43+	16:13+	18:09+	21:09+	22:58-	25:22+	29:05+	29:41+	30:40=	31:44+	34:12+	34:51+	36:40+	37:57+	38:58-	40:16+	42:32+	43:20+				
04:35+	02:13+	02:02+	00:38-	02:26+	01:29+	01:35+	00:28-	00:17-	00:30-	01:56-	03:00+	01:49-	02:24+	03:43+	00:36-	00:59-	01:04+	02:28+	00:39-	01:49+	01:17-	01:01-	01:18+	02:16+	00:48-				
01:53&	00:06+	00:16#	00:41-	01:50@	00:04+	01:17@	00:11-	01:32-	02:18-	00:27-	00:43&	02:06-	01:40@	01:57@	00:46-	01:45-	00:05+	00:45&	00:46-	00:51&	00:13-	01:01-	00:35&	01:17@	00:15-				
44:13+	45:48+		46:21+		46:31+																								
00:53+	01:35+		00:33+		00:10+																								
00:25&	01:26@		00:33+		00:10+																								

4	Svein Glendrange	68										46:47													
02:55+	05:11+	06:56+	08:27+	09:07+	10:40+	11:02+	11:37+	14:19+	17:38+	20:13+	22:14+	26:15+	27:19+	28:14+	29:18+	32:09+	33:27+	36:04+	37:54+	39:01+	40:30+	42:37+	43:43+	44:52+	45:59+
02:55+	02:16+	01:45-	01:31+	00:40+	01:33+	00:22+	00:35-	02:42+	03:19+	02:35+	02:01-	04:01+	01:04+	00:55-	01:04-	02:51+	01:18+	02:37+	01:50+	01:07+	01:29-	02:07+	01:06+	01:09+	01:07+
00:13+	00:09+	00:01-	00:12#	00:04#	00:08+	00:04#	00:04-	00:53&	00:31#	00:12+	00:16-	00:06+	00:20&	00:51-	00:18-	00:07+	00:19&	00:54&	00:25&	00:09#	00:01-	00:05+	00:23&	00:10#	00:04+
46:36+	46:47+																								
00:37+	00:11+																								
00:09&	00:02#																								

5	Finn Morten Årstad	115										46:53													
02:50+	05:59+	07:42+	11:17+	13:47+	15:01+	15:22+	15:52+	17:39+	20:31+	22:27+	24:20+	28:09+	29:15+	30:28+	31:35+	34:00+	35:06+	36:46+	38:05+	39:12+	40:57+	43:08+	43:50+	45:04+	46:07+
02:50+	03:09+	01:43-	03:35+	02:30+	01:14-	00:21+	00:30-	01:47-	02:52+	01:56-	01:53-	03:49-	01:06+	01:13-	01:07-	02:25-	01:06+	01:40-	01:19-	01:07+	01:45+	02:11+	00:42-	01:14+	01:03=
00:08+	01:02&	00:03-	02:16@	01:54@	00:11-	00:03#	00:09-	00:02-	00:04+	00:27-	00:24-	00:06-	00:22&	00:33-	00:15-	00:19-	00:07#	00:03-	00:06-	00:09#	00:15#	00:09+	00:01-	00:15&	00:00=
46:44+	46:53+																								
00:37+	00:09=																								
00:09&	00:00=																								

6	Hilmar Røthing	128										47:08															
02:28-	04:24-	06:06-	07:55+	08:39+	09:59+	10:18+	10:44-	12:31-	15:16-	17:09-	19:28-	25:01+	26:04+	27:46+	29:34+	31:59+	34:47+	35:20+	36:47+	38:03+	39:04+	40:11+	43:34+	44:10+	45:26+		
02:28-	01:56-	01:42-	01:49+	00:44+	01:20-	00:19+	00:26-	01:47-	02:45-	01:53-	02:19+	05:33+	01:03+	01:42-	01:48+	02:25-	02:48+	00:33-	01:27+	01:16+	01:01-	01:07-	03:23+	00:36-	01:16+		
00:14-	00:11-	00:04-	00:30&	00:08#	00:05-	00:01+	00:13-	00:02-	00:03-	00:30-	00:02+	01:38&	00:19&	00:04-	00:26&	00:19-	01:49@	01:10-	00:02+	00:18&	00:29-	00:55-	02:40@	00:23-	00:13#		
46:25+	47:00+		47:08+																								
00:59+	00:35+		00:08+																								
00:31@	00:26@		00:08+																								

Pluss	Navn	Klasse										Tid													
16	Svein Eliassen	116										1:05:20													
04:00+	06:29+	08:33+	10:35+	11:38+	13:36+	14:09+	15:25+	18:14+	22:09+	25:24+	28:22+	33:24+	38:05+	40:56+	42:31+	45:55+	46:45+	49:40+	52:21+	54:04+	57:05+	59:48+	61:12+	62:36+	64:14+
04:00+	02:29+	02:04+	02:02+	01:03+	01:58+	00:33+	01:16+	02:49+	03:55+	03:15+	02:58+	05:02+	04:41+	02:51+	01:35+	03:24+	00:50-	02:55+	02:41+	01:43+	03:01+	02:43+	01:24+	01:24+	01:38+
01:18&	00:22#	00:18#	00:43&	00:27&	00:33&	00:15&	00:37&	01:00&	01:07&	00:52&	00:41&	01:07&	03:57@	01:05&	00:13#	00:40#	00:09-	01:12&	01:16&	00:45&	01:31@	00:41&	00:41&	00:25&	00:35&
65:07+	65:20+																								
00:53+	00:13+																								
00:25&	00:04&																								
17	Lars Ernst Ravndal	125										1:05:28													
03:18+	05:53+	08:25+	15:13+	16:11+	18:13+	18:37+	19:18+	21:53+	25:40+	30:12+	32:56+	38:42+	40:06+	41:21+	43:06+	47:43+	49:23+	51:23+	53:40+	55:14+	57:06+	59:38+	60:29+	62:26+	64:29+
03:18+	02:35+	02:32+	06:48+	00:58+	02:02+	00:24+	00:41+	02:35+	03:47+	04:32+	02:44+	05:46+	01:24+	01:15-	01:45+	04:37+	01:40+	02:00+	02:17+	01:34+	01:52+	02:32+	00:51+	01:57+	02:03+
00:36#	00:28#	00:46&	05:29@	00:22&	00:37&	00:06&	00:02+	00:46&	00:59&	02:09&	00:27#	01:51&	00:40&	00:31-	00:23&	01:53&	00:41&	00:17#	00:52&	00:36&	00:22#	00:30#	00:08#	00:58&	01:00&
65:14+	65:28+																								
00:45+	00:14+																								
00:17&	00:05&																								
18	Steinar Undheim	54										1:07:29													
02:55+	05:21+	07:04+	08:38+	09:24+	10:58+	11:23+	11:58+	14:16+	17:43+	20:03+	23:43+	28:22+	29:33+	32:00+	36:06+	39:11+	40:08+	47:46+	57:09+	58:36+	60:15+	62:31+	63:39+	65:13+	66:32+
02:55+	02:26+	01:43-	01:34+	00:46+	01:34+	00:25+	00:35-	02:18+	03:27+	02:20-	03:40+	04:39+	01:11+	02:27+	04:06+	03:05+	00:57-	07:38+	09:23+	01:27+	01:39+	02:16+	01:08+	01:34+	01:19+
00:13+	00:19#	00:03-	00:15#	00:10&	00:09#	00:07&	00:04-	00:29&	00:39#	00:03-	01:23&	00:44#	00:27&	00:41&	02:44@	00:21#	00:02-	05:55@	07:58@	00:29&	00:09#	00:14#	00:25&	00:35&	00:16&
67:15+	67:29+																								
00:43+	00:14+																								
00:15&	00:05&																								
19	Jan H. Sagen	92										1:12:29													
03:56+	06:38+	08:47+	12:45+	13:35+	15:35+	16:00+	18:20+	22:57+	27:14+	29:48+	32:46+	38:28+	39:41+	42:30+	45:42+	49:37+	51:04+	53:13+	55:16+	57:03+	63:39+	66:30+	67:59+	69:33+	71:26+
03:56+	02:42+	02:09+	03:58+	00:50+	02:00+	00:25+	02:20+	04:37+	04:17+	02:34+	02:58+	05:42+	01:13+	02:49+	03:12+	03:55+	01:27+	02:09+	02:03+	01:47+	06:36+	02:51+	01:29+	01:34+	01:53+
01:14&	00:35&	00:23#	02:39@	00:14&	00:35&	00:07&	01:41@	02:48@	01:29&	00:11+	00:41&	01:47&	00:29&	01:03&	01:50@	01:11&	00:28&	00:26&	00:38&	00:49&	05:06@	00:49&	00:46@	00:35&	00:50&
72:16+	72:29+																								
00:50+	00:13+																								
00:22&	00:04&																								
20	Mangor Eikeland	92										1:12:57													
04:59+	08:11+	10:53+	13:02+	13:58+	16:39+	17:09+	17:57+	20:58+	25:49+	29:37+	32:43+	38:29+	40:46+	45:10+	47:00+	51:05+	52:28+	55:18+	57:47+	59:32+	61:58+	65:20+	67:00+	69:06+	71:45+
04:59+	03:12+	02:42+	02:09+	00:56+	02:41+	00:30+	00:48+	03:01+	04:51+	03:48+	03:06+	05:46+	02:17+	04:24+	01:50+	04:05+	01:23+	02:50+	02:29+	01:45+	02:26+	03:22+	01:40+	02:06+	02:39+
02:17&	01:05&	00:56&	00:50&	00:20&	01:16&	00:12&	00:09#	01:12&	02:03&	01:25&	00:49&	01:51&	01:33@	02:38@	00:28&	01:21&	00:24&	01:07&	01:04&	00:47&	00:56&	01:20&	00:57@	01:07@	01:36@
72:41+	72:57+																								
00:56+	00:16+																								
00:28&	00:07&																								
21	Arne Tveita	109										1:22:14													
07:09+	10:36+	13:09+	16:51+	17:42+	19:34+	20:14+	21:04+	24:03+	28:44+	32:45+	35:42+	43:43+	44:55+	51:39+	53:25+	61:15+	63:15+	65:53+	68:03+	69:26+	72:38+	75:58+	77:10+	79:04+	81:08+
07:09+	03:27+	02:33+	03:42+	00:51+	01:52+	00:40+	00:50+	02:59+	04:41+	04:01+	02:57+	08:01+	01:12+	06:44+	01:46+	07:50+	02:00+	02:38+	02:10+	01:23+	03:12+	03:20+	01:12+	01:54+	02:04+
04:27@	01:20&	00:47&	02:23@	00:15&	00:27&	00:22@	00:11&	01:10&	01:53&	01:38&	00:40&	04:06@	00:28&	04:58@	00:24&	05:06@	01:01@	00:55&	00:45&	00:25&	01:42@	01:18&	00:29&	00:55&	01:01&
81:59+	82:14+																								
00:51+	00:15+																								
00:23&	00:06&																								

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

Herrer 75 - 79 år

1	Knut Skjæveland	93										37:13													
01:39=	03:25=	05:40=	07:34=	09:04=	09:39=	13:12=	15:30=	19:02=	22:37=	24:26=	26:28=	28:08=	29:25=	31:12=	32:49=	33:39=	34:54=	36:22=	37:01=	37:13=					
01:39=	01:46=	02:15=	01:54=	01:30=	00:35=	03:33=	02:18=	03:32=	03:35=	01:49=	02:02=	01:40=	01:17=	01:47=	01:37=	00:50=	01:15=	01:28=	00:39=	00:12=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jan Værp	62										39:06													
01:44+	03:43+	05:54+	07:45+	09:17+	09:52+	12:05-	13:41-	17:14-	21:16-	23:23-	25:21-	27:17-	28:33-	30:56-	35:04+	35:43+	36:56+	38:06+	38:54+	39:06+					
01:44+	01:59+	02:11-	01:51-	01:32+	00:35=	02:13-	01:36-	03:33+	04:02+	02:07+	01:58-	01:56+	01:16-	02:23+	04:08+	00:39-	01:13-	01:10-	00:48+	00:12=					
00:05+	00:13#	00:04-	00:03-	00:02+	00:00=	01:20-	00:42-	00:01+	00:27#	00:18#	00:04-	00:16#	00:01-	00:36&	02:31@	00:11-	00:02-	00:18-	00:09#	00:00=					
3	Alf Gyland	92										40:41													
01:36-	03:34+	05:53+	08:01+	09:52+	10:32+	13:51+	15:41+	19:17+	23:26+	24:47+	27:28+	29:25+	31:06+	33:29+	35:40+	36:52+	38:10+	39:36+	40:29+	40:41+					
01:36-	01:58+	02:19+	02:08+	01:51+	00:40+	03:19-	01:50-	03:36+	04:09+	01:21-	02:41+	01:57+	01:41+	02:23+	02:11+	01:12+	01:18+	01:26-	00:53+	00:12=					
00:03-	00:12#	00:04+	00:14#	00:21#	00:05#	00:14-	00:28-	00:04+	00:34#	00:28-	00:39&	00:17#	00:24&	00:36&	00:34&	00:22&	00:03+	00:02-	00:14&	00:00=					

Class	Navn	Klasse															Tid			
4	Harald Vatne	67															42:53			
02:36+	04:30+	06:49+	09:13+	10:41+	11:25+	14:06+	15:28-	19:11+	23:13+	26:04+	30:02+	32:11+	33:45+	35:58+	37:56+	39:01+	40:44+	41:53+	42:41+	42:53+
02:36+	01:54+	02:19+	02:24+	01:28-	00:44+	02:41-	01:22-	03:43+	04:02+	02:51+	03:58+	02:09+	01:34+	02:13+	01:58+	01:05+	01:43+	01:09-	00:48+	00:12=
00:57&	00:08+	00:04+	00:30&	00:02-	00:09&	00:52-	00:56-	00:11+	00:27#	01:02&	01:56&	00:29&	00:17#	00:26#	00:21#	00:15&	00:28&	00:19-	00:09#	00:00=
5	Jan Bekkeheien	92															46:20			
01:54+	04:02+	06:29+	09:14+	11:09+	12:07+	15:24+	17:38+	22:06+	26:40+	28:02+	31:34+	33:43+	35:26+	38:05+	40:26+	41:42+	43:39+	45:21+	46:08+	46:20+
01:54+	02:08+	02:27+	02:45+	01:55+	00:58+	03:17-	02:14-	04:28+	04:34+	01:22-	03:32+	02:09+	01:43+	02:39+	02:21+	01:16+	01:57+	01:42+	00:47+	00:12=
00:15#	00:22#	00:12+	00:51&	00:25&	00:23&	00:16-	00:04-	00:56&	00:59&	00:27-	01:30&	00:29&	00:26&	00:52&	00:44&	00:26&	00:42&	00:14#	00:08#	00:00=
6	Gunnar Furland	93															47:23			
02:05+	04:29+	07:18+	10:19+	12:13+	13:07+	16:18+	18:08+	22:33+	27:35+	29:00+	32:18+	34:23+	36:11+	38:36+	41:19+	42:48+	44:42+	46:21+	47:11+	47:23+
02:05+	02:24+	02:49+	03:01+	01:54+	00:54+	03:11-	01:50-	04:25+	05:02+	01:25-	03:18+	02:05+	01:48+	02:25+	02:43+	01:29+	01:54+	01:39+	00:50+	00:12=
00:26&	00:38&	00:34&	01:07&	00:24&	00:19&	00:22-	00:28-	00:53#	01:27&	00:24-	01:16&	00:25#	00:31&	00:38&	01:06&	00:39&	00:39&	00:11#	00:11&	00:00=
7	Terje Braut	92															50:59			
11:14+	13:13+	15:25+	17:01+	18:43+	19:27+	24:16+	25:18+	29:01+	32:56+	35:49+	38:27+	40:53+	42:29+	44:50+	46:43+	47:39+	48:55+	50:12+	50:47+	50:59+
11:14+	01:59+	02:12-	01:36-	01:42+	00:44+	04:49+	01:02-	03:43+	03:55+	02:53+	02:38+	02:26+	01:36+	02:21+	01:53+	00:56+	01:16+	01:17-	00:35-	00:12=
09:35@	00:13#	00:03-	00:18-	00:12#	00:09&	01:16&	01:16-	00:11+	00:20+	01:04&	00:36&	00:46&	00:19#	00:34&	00:16#	00:06#	00:01+	00:11-	00:04-	00:00=
8	Torleiv Møgedal	68															51:11			
02:09+	04:40+	08:28+	11:10+	13:21+	14:13+	17:13+	19:05+	23:38+	28:30+	29:54+	33:14+	37:08+	38:46+	41:52+	44:25+	46:19+	48:02+	49:56+	50:58+	51:11+
02:09+	02:31+	03:48+	02:42+	02:11+	00:52+	03:00-	01:52-	04:33+	04:52+	01:24-	03:20+	03:54+	01:38+	03:06+	02:33+	01:54+	01:43+	01:54+	01:02+	00:13+
00:30&	00:45&	01:33&	00:48&	00:41&	00:17&	00:33-	00:26-	01:01&	01:17&	00:25-	01:18&	02:14@	00:21&	01:19&	00:56&	01:04@	00:28&	00:26&	00:23&	00:01+
9	Magne Jakobsen	63															51:53			
01:58+	03:58+	06:12+	08:58+	10:41+	11:38+	15:53+	18:20+	22:23+	26:53+	28:16+	30:38+	33:50+	36:03+	39:24+	44:14+	45:22+	47:45+	49:46+	51:37+	51:53+
01:58+	02:00+	02:14-	02:46+	01:43+	00:57+	04:15+	02:27+	04:03+	04:30+	01:23-	02:22+	03:12+	02:13+	03:21+	04:50+	01:08+	02:23+	02:01+	01:51+	00:16+
00:19#	00:14#	00:01-	00:52&	00:13#	00:22&	00:42#	00:09+	00:31#	00:55&	00:26-	00:20#	01:32&	00:56&	01:34&	03:13@	00:18&	01:08&	00:33&	01:12@	00:04&
10	Albert Moe	54															52:40			
03:43+	06:14+	09:00+	11:30+	13:34+	14:29+	17:36+	20:51+	25:54+	30:58+	32:56+	35:15+	37:11+	38:42+	41:44+	46:05+	47:49+	50:10+	51:39+	52:26+	52:40+
03:43+	02:31+	02:46+	02:30+	02:04+	00:55+	03:07-	03:15+	05:03+	05:04+	01:58+	02:19+	01:56+	01:31+	03:02+	04:21+	01:44+	02:21+	01:29+	00:47+	00:14+
02:04@	00:45&	00:31#	00:36&	00:34&	00:20&	00:26-	00:57&	01:31&	01:29&	00:09+	00:17#	00:16#	00:14#	01:15&	02:44@	00:54@	01:06&	00:01+	00:08#	00:02#
11	Kjell Maudal	63															53:53			
02:11+	04:38+	07:18+	10:12+	12:15+	13:24+	17:46+	20:16+	24:29+	28:56+	30:14+	32:30+	35:44+	38:09+	41:33+	46:16+	47:29+	49:40+	51:45+	53:34+	53:53+
02:11+	02:27+	02:40+	02:54+	02:03+	01:09+	04:22+	02:30+	04:13+	04:27+	01:18-	02:16+	03:14+	02:25+	03:24+	04:43+	01:13+	02:11+	02:05+	01:49+	00:19+
00:32&	00:41&	00:25#	01:00&	00:33&	00:34&	00:49#	00:12+	00:41#	00:52#	00:31-	00:14#	01:34&	01:08&	01:37&	03:06@	00:23&	00:56&	00:37&	01:10@	00:07&
12	Rolv Nærland	63															1:00:49			
01:57+	04:10+	06:36+	09:44+	11:31+	12:10+	28:19+	30:02+	34:22+	39:16+	40:32+	44:30+	47:24+	49:12+	52:33+	55:02+	56:25+	58:12+	59:50+	60:37+	60:49+
01:57+	02:13+	02:26+	03:08+	01:47+	00:39+	16:09+	01:43-	04:20+	04:54+	01:16-	03:58+	02:54+	01:48+	03:21+	02:29+	01:23+	01:47+	01:38+	00:47+	00:12=
00:18#	00:27&	00:11+	01:14&	00:17#	00:04#	12:36@	00:35-	00:48#	01:19&	00:33-	01:56&	01:14&	00:31&	01:34&	00:52&	00:33&	00:32&	00:10#	00:08#	00:00=
13	Bjarne Edland	92															1:06:21			
01:45+	03:49+	06:06+	08:03+	11:07+	11:40+	17:30+	30:45+	42:26+	46:49+	47:49+	50:00+	55:08+	56:14+	59:31+	61:44+	62:35+	64:09+	65:30+	66:09+	66:21+
01:45+	02:04+	02:17+	01:57+	03:04+	00:33-	05:50+	13:15+	11:41+	04:23+	01:00-	02:11+	05:08+	01:06-	03:17+	02:13+	00:51+	01:34+	01:21-	00:39=	00:12=
00:06+	00:18#	00:02+	00:03+	01:34@	00:02-	02:17&	10:57@	08:09@	00:48#	00:49-	00:09+	03:28@	00:11-	01:30&	00:36&	00:01+	00:19&	00:07-	00:00=	00:00=
Beste strekktid for klassen																				
01:36	01:46	02:11	01:36	01:28	00:33	02:13	01:02	03:32	03:35	01:00	01:58	01:40	01:06	01:47	01:37	00:39	01:13	01:09	00:35	00:12

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

Herrer 80 år og eldre

1	Sigurd Krosli	31															39:47				
01:02=	04:00=	07:20=	07:53=	08:47=	12:14=	12:49=	13:42=	17:00=	19:21=	23:11=	27:07=	30:11=	31:13=	32:43=	36:12=	39:34=	39:47=				
01:02=	02:58=	03:20=	00:33=	00:54=	03:27=	00:35=	00:53=	03:18=	02:21=	03:50=	03:56=	03:04=	01:02=	01:30=	03:29=	03:22=	00:13=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Peter Frafjord	116															40:52				
01:02=	05:57+	08:15+	09:05+	10:05+	13:00+	13:31+	14:10+	15:24-	18:23-	23:16+	29:19+	32:38+	34:20+	36:28+	38:00+	40:38+	40:52+				
01:02=	04:55+	02:18-	00:50+	01:00+	02:55-	00:31-	00:39-	01:14-	02:59+	04:53+	06:03+	03:19+	01:42+	02:08+	01:32-	02:38-	00:14+				
00:00=	01:57&	01:02-	00:17&	00:06#	00:32-	00:04-	00:14-	02:04-	00:38&	01:03&	02:07&	00:15+	00:40&	00:38&	01:57-	00:44-	00:01+				
3	Kjell Audun Gjersdal	7															42:24				
04:54+	08:10+	10:12+	11:06+	12:16+	14:50+	15:25+	16:43+	18:09+	20:28+	25:09+	28:37+	32:17+	33:28+	35:05+	38:32+	42:07+	42:24+				
04:54+	03:16+	02:02-	00:54+	01:10+	02:34-	00:35=	01:18+	01:26-	02:19-	04:41+	03:28-	03:40+	01:11+	01:37+	03:27-	03:35+	00:17+				
03:52@	00:18#	01:18-	00:21&	00:16&	00:53-	00:00=	00:25&	01:52-	00:02-	00:51#	00:28-	00:36#	00:09#	00:07+	00:02-	00:13+	00:04&				

Class	Navn	Klasse	Tid
4	Magne Westerheim	93	45:11
00:58-	04:16+	06:03-	06:50-
00:58-	03:18+	01:47-	00:47+
00:04-	00:20#	01:33-	00:14&

Beste strekktid for klassen

00:58 02:58 01:47 00:33 00:54 02:34 00:31 00:25 01:02 01:02 03:50 03:28 02:52 01:02 01:15 01:32 02:38 00:13

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

Herrer A

1	Fredrik Omdal	74	37:08
01:46=	03:22=	04:18=	05:08=
01:46=	01:36=	00:56=	00:50=
00:00=	00:00=	00:00=	00:00=
27:57=	28:57=	29:36=	30:27=
01:04=	01:00=	00:39=	00:51=
00:00=	00:00=	00:00=	00:00=

2	Kristian Haarr	27	43:06
02:13+	03:54+	05:05+	05:57+
00:27&	00:05+	00:15&	00:02+
32:10+	33:04+	33:45+	34:50+
01:07+	00:54-	00:41+	01:05+
00:03+	00:06-	00:02+	00:14&

3	Espen Karlsen	102	52:46
02:15+	04:06+	05:11+	06:13+
00:29&	00:15#	00:09#	00:12#
37:54+	40:55+	41:50+	43:04+
01:25+	03:01+	00:55+	01:14+
00:21&	02:01@	00:16&	00:23&

4	Cato Eike	79	57:07
02:05+	03:45+	05:24+	06:30+
00:19#	00:04+	00:43&	00:16&
41:11+	44:41+	45:53+	46:57+
01:15+	03:30+	01:12+	01:04+
00:11#	02:30@	00:33&	00:13&

5	Jørgen Strømstad	50	58:30
02:08+	03:46+	05:00+	05:59+
00:22#	00:02+	00:18&	00:09#
42:26+	43:41+	45:25+	46:43+
02:28+	01:15+	01:44+	01:18+
01:24@	00:15#	01:05@	00:27&

6	Joakim B. Enne Haug	71	1:02:17
02:22+	04:05+	05:32+	06:44+
00:36&	00:07+	00:31&	00:22&
42:50+	44:09+	45:30+	46:38+
00:52-	01:19+	01:21+	01:08+
00:12-	00:19&	00:42@	00:17&

7	Sondre Gjerdal Størkersen	115	1:40:00
02:44+	04:43+	06:36+	07:46+
00:58&	00:23#	00:57@	00:20&
70:49+	78:34+	82:45+	84:07+
05:26+	07:45+	04:11+	01:22+
04:22@	06:45@	03:32@	00:31&

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:46 01:36 00:56 00:50 00:22 00:48 00:42 00:14 00:25 00:31 00:42 00:23 02:00 01:05 00:41 01:12 02:12 00:35 00:39 00:36 01:18 00:36 01:21 00:39 01:08 00:27 00:52 00:54

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

Herrer B

1	Jan-Rune Basso	91	42:12																						
01:58=	03:33=	04:43=	05:37=	06:01=	06:50=	07:46=	08:02=	08:23=	08:56=	09:40=	10:11=	12:18=	13:18=	14:02=	15:37=	18:16=	18:53=	20:00=	21:45=	23:37=	24:27=	27:10=	27:35=	29:21=	30:01=
01:58=	01:35=	01:10=	00:54=	00:24=	00:49=	00:56=	00:16=	00:21=	00:33=	00:44=	00:31=	02:07=	01:00=	00:44=	01:35=	02:39=	00:37=	01:07=	01:45=	01:52=	00:50=	02:43=	00:25=	01:46=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
31:09=	32:09=	32:54=	33:57=	35:11=	35:53=	36:11=	37:52=	38:23=	39:16=	40:02=	40:49=	41:38=	42:05=	42:12=											
01:08=	01:00=	00:45=	01:03=	01:14=	00:42=	00:18=	01:41=	00:31=	00:53=	00:46=	00:47=	00:49=	00:27=	00:07=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											

2	Odd Fuglestad	250	42:28																						
02:06+	03:42+	04:56+	05:51+	06:18+	07:05+	07:56+	08:10+	08:39+	09:09+	10:20+	10:47+	13:13+	14:17+	15:04+	17:00+	19:42+	20:17+	20:51+	21:33-	23:20-	24:00-	26:37-	27:20-	28:55-	29:25-
02:06+	01:36+	01:14+	00:55+	00:27+	00:47-	00:51-	00:14-	00:29+	00:30-	01:11+	00:27-	02:26+	01:04+	00:47+	01:56+	02:42+	00:35-	00:34-	00:42-	01:47-	00:40-	02:37-	00:43+	01:35-	00:30-
00:08+	00:01+	00:04+	00:01+	00:03#	00:02-	00:05-	00:02-	00:08&	00:03-	00:27&	00:04-	00:19#	00:04+	00:03+	00:21#	00:03+	00:02-	00:33-	01:03-	00:05-	00:10-	00:06-	00:18&	00:11-	00:10-
30:34-	31:46-	32:26-	33:26-	35:49+	36:25+	36:41+	38:24+	38:55+	39:46+	40:23+	41:05+	41:53+	42:20+	42:28+											
01:09+	01:12+	00:40-	01:00-	02:23+	00:36-	00:16-	01:43+	00:31=	00:51-	00:37-	00:42-	00:48-	00:27=	00:08+											
00:01+	00:12#	00:05-	00:03-	01:09&	00:06-	00:02-	00:02+	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:01#											

3	Morten Aamodt	116	43:41																						
02:02+	03:41+	04:48+	05:46+	06:16+	07:11+	08:00+	08:15+	08:41+	09:13+	09:56+	10:26+	12:33+	13:33+	14:17+	16:00+	19:59+	20:50+	22:03+	23:29+	25:13+	25:52+	28:16+	29:05+	30:27+	31:04+
02:02+	01:39+	01:07-	00:58+	00:30+	00:55+	00:49-	00:15-	00:26+	00:32-	00:43-	00:30-	02:07+	01:00=	00:44=	01:43+	03:59+	00:51+	01:13+	01:26-	01:44-	00:39-	02:24-	00:49+	01:22-	00:37-
00:04+	00:04+	00:03-	00:04+	00:06#	00:06#	00:07-	00:01-	00:05#	00:01-	00:01-	00:01-	00:00=	00:00=	00:00=	00:08+	01:20&	00:14&	00:06+	00:19-	00:08-	00:11-	00:19-	00:24&	00:24-	00:03-
32:19+	33:19+	34:00+	35:04+	36:35+	37:21+	37:35+	39:12+	39:40+	40:38+	41:09+	41:59+	43:03+	43:33+	43:41+											
01:15+	01:00=	00:41-	01:04+	01:31+	00:46+	00:14-	01:37-	00:14-	00:58+	00:31-	00:50+	01:04+	00:30+	00:08+											
00:07#	00:00=	00:04-	00:01+	00:17#	00:04+	00:04-	00:04-	00:03-	00:05+	00:15-	00:03+	00:15&	00:03#	00:01#											

4	Geir Sand	105	44:06																						
02:04+	03:36+	04:53+	05:51+	06:21+	07:30+	08:14+	08:29+	08:53+	09:26+	10:15+	10:45+	13:03+	14:00+	14:43+	16:17+	19:16+	20:09+	21:55+	22:44+	24:47+	25:25+	28:51+	29:17+	30:57+	31:45+
02:04+	01:32-	01:17+	00:58+	00:30+	01:09+	00:44-	00:15-	00:24+	00:33=	00:49+	00:30-	02:18+	00:57-	00:43-	01:34-	02:59+	00:53+	01:46+	00:49-	02:03+	00:38-	03:26+	00:26+	01:40-	00:48+
00:06+	00:03-	00:07#	00:04+	00:06#	00:20&	00:12-	00:01-	00:03#	00:00=	00:05#	00:01-	00:11+	00:03-	00:01-	00:01-	00:20#	00:16&	00:39&	00:56-	00:11+	00:12-	00:43&	00:01+	00:06-	00:08#
32:55+	34:06+	34:50+	35:55+	37:14+	37:56+	38:12+	40:10+	40:43+	41:30+	41:55+	42:32+	43:31+	43:59+	44:06+											
01:10+	01:11+	00:44-	01:05+	01:19+	00:42=	00:16-	01:58+	00:33+	00:47-	00:25-	00:37-	00:59+	00:28+	00:07=											
00:02+	00:11#	00:01-	00:02+	00:05+	00:00=	00:02-	00:17#	00:02+	00:06-	00:21-	00:10-	00:10#	00:01+	00:00=											

5	Njål F. Vadla	93	44:24																						
02:00+	03:38+	04:48+	05:41+	06:08+	07:09+	07:57+	08:12+	08:33+	09:07+	09:54+	10:22+	12:30+	13:48+	14:43+	16:12+	18:52+	19:34+	20:41+	22:05+	23:41+	24:33+	28:28+	29:20+	31:00+	31:43+
02:00+	01:38+	01:10=	00:53-	00:27+	01:01+	00:48-	00:15-	00:21=	00:34+	00:47+	00:28-	02:08+	01:18+	00:55+	01:29-	02:40+	00:42+	01:07=	01:24-	01:36-	00:52+	03:55+	00:52+	01:40-	00:43+
00:02+	00:03+	00:00=	00:01-	00:03#	00:12#	00:08-	00:01-	00:00=	00:01+	00:03+	00:03-	00:01+	00:18&	00:11#	00:06-	00:01+	00:05#	00:00=	00:21-	00:16-	00:02+	01:12&	00:27@	00:06-	00:03+
32:55+	33:56+	34:58+	36:00+	37:21+	38:00+	38:27+	40:14+	40:42+	41:40+	42:14+	42:59+	43:48+	44:16+	44:24+											
01:12+	01:01+	01:02+	01:02-	01:21+	00:39-	00:27+	01:47+	00:28-	00:58+	00:34-	00:45-	00:49=	00:28+	00:08+											
00:04+	00:01+	00:17&	00:01-	00:07+	00:03-	00:09&	00:06+	00:03-	00:05+	00:12-	00:02-	00:00=	00:01+	00:01#											

6	Oddvar Taksdal	194	44:36																						
02:02+	03:33=	04:35-	05:55+	06:21+	07:06+	07:57+	08:11+	08:34+	09:01+	09:46+	10:16+	12:19+	13:21+	14:25+	15:46+	19:52+	20:28+	22:51+	23:36+	25:14+	26:02+	28:41+	29:31+	31:04+	32:11+
02:02+	01:31-	01:02-	01:20+	00:26+	00:45-	00:51-	00:14-	00:23+	00:27-	00:45+	00:30-	02:03-	01:02+	01:04+	01:21-	04:06+	00:36-	02:23+	00:45-	01:38-	00:48-	02:39-	00:50+	01:33-	01:07+
00:04+	00:04-	00:08-	00:26&	00:02+	00:04-	00:05-	00:02-	00:02+	00:06-	00:01+	00:01-	00:04-	00:02+	00:20&	00:14-	01:27&	00:01-	01:16@	01:00-	00:14-	00:02-	00:04-	00:25&	00:13-	00:27&
33:19+	34:27+	35:08+	36:08+	37:28+	38:11+	38:26+	40:31+	40:58+	41:46+	42:26+	43:16+	44:00+	44:29+	44:36+											
01:08=	01:08+	00:41-	01:00-	01:20+	00:43+	00:15-	02:05+	00:27-	00:48-	00:40-	00:50+	00:44-	00:29+	00:07=											
00:00=	00:08#	00:04-	00:03-	00:06+	00:01+	00:03-	00:24#	00:04-	00:05-	00:06-	00:03+	00:05-	00:02+	00:00=											

7	Øyvind Rummelhoff	27	45:04																						
01:58=	03:32-	04:47+	05:48+	06:15+	07:20+	08:13+	08:27+	08:47+	09:15+	09:58+	10:24+	12:51+	13:59+	14:42+	16:28+	20:13+	20:50+	21:22+	22:35+	24:16+	25:05+	27:22+	28:36+	30:45+	31:38+
01:58=	01:34+	01:15+	01:01+	00:27+	01:05+	00:53-	00:14-	00:20-	00:28-	00:43-	00:26-	02:27+	01:08+	00:43-	01:46+	03:45+	00:37=	00:32-	01:13-	01:41-	00:49-	02:17-	01:14+	02:09+	00:53+
00:00=	00:01-	00:05+	00:07#	00:03#	00:16&	00:03-	00:02-	00:01-	00:05-	00:01-	00:05-	00:20#	00:08#	00:01-	00:11#	01:06&	00:00=	00:35-	00:32-	00:11-	00:01-	00:26-	00:49@	00:23#	00:13&
32:53+	34:02+	35:19+	36:15+	37:46+	38:33+	38:52+	40:53+	41:20+	42:04+	42:45+	43:36+	44:30+	44:57+	45:04+											
01:15+	01:09+	01:17+	00:56-	01:31+	00:47+	00:19+	02:01+	00:27-	00:44-	00:41-	00:51+	00:54+	00:27=	00:07=											
00:07#	00:09#	00:32&	00:07-	00:17#	00:05#	00:01+	00:20#	00:04-	00:09-	00:05-	00:04+	00:05#	00:00=	00:00=											

8	Bjørnar André Haug	80	47:02
02:			

Class	Navn	Klasse																Tid															
9	Per Olav Haarr	62																49:10															
02:09+	03:47+	05:09+	06:09+	06:35+	07:22+	08:11+	08:26+	08:52+	09:28+	10:28+	10:56+	13:14+	14:44+	15:25+	16:51+	20:34+	21:11+	23:40+	24:28+	26:27+	27:19+	31:36+	32:13+	34:00+	34:46+								
02:09+	01:38+	01:22+	01:00+	00:26+	00:47-	00:49-	00:15-	00:26+	00:36+	01:00+	00:28-	02:18+	01:30+	00:41-	01:26-	03:43+	00:37=	02:29+	00:48-	01:59+	00:52+	04:17+	00:37+	01:47+	00:46+								
00:11+	00:03+	00:12#	00:06#	00:02+	00:02-	00:07-	00:01-	00:05#	00:03+	00:16&	00:03-	00:11+	00:30&	00:03-	00:09-	01:04&	00:00=	01:22#	00:57-	00:07+	00:02+	01:34&	00:12&	00:01+	00:06#								
36:04+	37:19+	38:15+	39:19+	40:47+	41:42+	42:41+	44:30+	45:00+	45:52+	46:25+	47:33+	48:31+	49:03+	49:10+																			
01:18+	01:15+	00:56+	01:04+	01:28+	00:55+	00:59+	01:49+	00:30-	00:52-	00:33-	01:08+	00:58+	00:32+	00:07=																			
00:10#	00:15#	00:11#	00:01+	00:14#	00:13&	00:41#	00:08+	00:01-	00:01-	00:13-	00:21&	00:09#	00:05#	00:00=																			
10	Joar Eilevstjønn	67																50:05															
02:33+	04:13+	05:30+	06:30+	06:55+	08:40+	09:32+	09:46+	10:11+	10:45+	11:35+	12:05+	14:28+	16:06+	17:06+	18:58+	25:11+	26:05+	26:40+	27:32+	30:01+	30:51+	34:18+	35:17+	36:52+	37:35+								
02:33+	01:40+	01:17+	01:00+	00:25+	01:45+	00:52-	00:14-	00:25+	00:34+	00:50+	00:30-	02:23+	01:38+	01:00+	01:52+	06:13+	00:54+	00:35-	00:52-	02:29+	00:50=	03:27+	00:59+	01:35-	00:43+								
00:35&	00:05+	00:07#	00:06#	00:01+	00:56#	00:04-	00:02-	00:04#	00:01+	00:06#	00:01-	00:16#	00:38&	00:16&	00:17#	03:34#	00:17&	00:32-	00:53-	00:37&	00:00=	00:44&	00:34#	00:11-	00:03+								
38:54+	39:56+	40:49+	42:01+	43:31+	44:12+	44:27+	46:10+	46:38+	47:33+	48:01+	48:42+	49:31+	49:58+	50:05+																			
01:19+	01:02+	00:53+	01:12+	01:30+	00:41-	00:15-	01:43+	00:28-	00:55+	00:28-	00:41-	00:49=	00:27=	00:07=																			
00:11#	00:02+	00:08#	00:09#	00:16#	00:01-	00:03-	00:02+	00:03-	00:02+	00:18-	00:06-	00:00=	00:00=	00:00=																			
11	Terje Michaelsen	47																51:48															
02:05+	03:51+	05:04+	06:04+	06:33+	07:32+	08:20+	08:35+	08:55+	09:26+	10:19+	10:48+	13:03+	14:37+	15:44+	19:42+	26:04+	26:40+	28:10+	28:59+	30:45+	31:32+	34:40+	35:24+	36:51+	38:21+								
02:05+	01:46+	01:13+	01:00+	00:29+	00:59+	00:48-	00:15-	00:20-	00:31-	00:53+	00:29-	02:15+	01:34+	01:07+	03:58+	06:22+	00:36-	01:30+	00:49-	01:46-	00:47-	03:08+	00:44+	01:27-	01:30+								
00:07+	00:11#	00:03+	00:06#	00:05#	00:10#	00:08-	00:01-	00:01-	00:02-	00:09#	00:02-	00:08+	00:34&	00:02&	02:23#	03:43#	00:01-	00:23&	00:56-	00:06-	00:03-	00:25#	00:19&	00:19-	00:50#								
39:40+	40:45+	41:33+	42:40+	44:13+	45:14+	45:29+	47:24+	47:51+	48:57+	49:30+	50:18+	51:09+	51:40+	51:48+																			
01:19+	01:05+	00:48+	01:07+	01:33+	01:01+	00:15-	01:55+	00:27-	01:06+	00:33-	00:48+	00:51+	00:31+	00:08+																			
00:11#	00:05+	00:03+	00:04+	00:19&	00:19&	00:03-	00:14#	00:04-	00:13#	00:13-	00:01+	00:02+	00:04#	00:01#																			
12	Svein Erik Kvame	116																53:35															
02:33+	04:31+	05:51+	06:57+	07:27+	08:47+	09:46+	10:05+	10:32+	11:06+	12:02+	12:35+	15:14+	16:27+	17:18+	19:27+	23:05+	24:05+	25:24+	28:03+	30:03+	30:58+	33:54+	34:59+	36:35+	37:11+								
02:33+	01:58+	01:20+	01:06+	00:30+	01:20+	00:59+	00:19+	00:27+	00:34+	00:56+	00:33+	02:39+	01:13+	00:51+	02:09+	03:38+	01:00+	01:19+	02:39+	02:00+	00:55+	02:56+	01:05+	01:36-	00:36-								
00:35&	00:23#	00:10#	00:12#	00:06#	00:31&	00:03+	00:03#	00:06&	00:01+	00:12&	00:02+	00:32&	00:13#	00:07#	00:34&	00:59&	00:23&	00:12#	00:54&	00:08+	00:05#	00:13+	00:40#	00:10-	00:04-								
38:28+	39:37+	40:27+	41:42+	44:45+	45:35+	45:58+	48:01+	48:36+	49:44+	50:25+	51:21+	52:57+	53:27+	53:35+																			
01:17+	01:09+	00:50+	01:15+	03:03+	00:50+	00:23+	02:03+	00:35+	01:08+	00:41-	00:56+	01:36+	00:30+	00:08+																			
00:09#	00:09#	00:05#	00:12#	01:49#	00:08#	00:05&	00:22#	00:04#	00:15&	00:05-	00:09#	00:47&	00:03#	00:01#																			
13	Øystein Amundrud	90																54:23															
02:46+	04:22+	05:53+	06:53+	07:25+	08:10+	08:59+	09:15+	09:39+	10:12+	11:04+	11:40+	13:51+	15:40+	16:28+	17:58+	21:50+	22:32+	24:07+	25:47+	27:26+	28:28+	32:53+	33:47+	36:33+	37:40+								
02:46+	01:36+	01:31+	01:00+	00:32+	00:45-	00:49-	00:16=	00:24+	00:33=	00:52+	00:36+	02:11+	01:49+	00:48+	01:30-	03:52+	00:42+	01:35+	01:40-	01:39-	01:02+	04:25+	00:54+	02:46+	01:07+								
00:48&	00:01+	00:21&	00:06#	00:08&	00:04-	00:07-	00:00=	00:03#	00:00=	00:08#	00:05#	00:04+	00:49&	00:04+	00:05-	01:13&	00:05#	00:28&	00:05-	00:13-	00:12#	01:42&	00:29#	01:00&	00:27&								
39:03+	40:23+	41:23+	42:31+	44:59+	45:53+	46:53+	49:23+	50:01+	51:07+	51:40+	52:41+	53:40+	54:14+	54:23+																			
01:23+	01:20+	01:00+	01:08+	02:28+	00:54+	01:00+	02:30+	00:38+	01:06+	00:33-	01:01+	00:59+	00:34+	00:09+																			
00:15#	00:20&	00:15&	00:05+	01:14&	00:12&	00:42#	00:49&	00:07#	00:13#	00:13-	00:14&	00:10#	00:07&	00:02&																			
14	Espen Fyhn Nilsen	116																57:46															
02:47+	04:42+	06:23+	07:28+	08:02+	09:00+	09:55+	10:13+	10:39+	11:22+	12:26+	13:04+	16:17+	17:43+	18:51+	21:13+	25:32+	26:16+	27:56+	28:52+	31:16+	32:16+	36:55+	38:02+	39:55+	40:49+								
02:47+	01:55+	01:41+	01:05+	00:34+	00:58+	00:55-	00:18+	00:26+	00:43+	01:04+	00:38+	03:13+	01:26+	01:08+	02:22+	04:19+	00:44+	01:40+	00:56-	02:24+	01:00+	04:39+	01:07+	01:53+	00:54+								
00:49&	00:20#	00:31&	00:11#	00:10&	00:09#	00:01-	00:02#	00:05#	00:10&	00:20&	00:07#	01:06&	00:26&	00:24&	00:47&	01:40&	00:07#	00:33&	00:49-	00:32&	00:10#	01:56&	00:42#	00:07+	00:14&								
43:13+	44:45+	45:47+	47:04+	48:56+	49:51+	50:25+	52:42+	53:14+	54:18+	54:59+	55:53+	56:58+	57:35+	57:46+																			
02:24+	01:32+	01:02+	01:17+	01:52+	00:55+	00:34+	02:17+	00:32+	01:04+	00:41-	00:54+	01:05+	00:37+	00:11+																			
01:16#	00:32&	00:17&	00:14#	00:38&	00:13&	00:16&	00:36&	00:01+	00:11#	00:05-	00:07#	00:16&	00:10&	00:04&																			

Beste strekktid for klassen

01:58 01:31 01:02 00:53 00:24 00:45 00:44 00:14 00:20 00:27 00:43 00:26 02:03 00:57 00:41 01:21 02:39 00:35 00:32 00:42 01:36 00:38 02:17 00:25 01:22 00:30 01:08 01:00

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

Herrer C

1	Jan Einar Øvremo	50																42:10															
01:04=	02:41=	04:19=	05:38=	06:44=	07:05=	07:29=	08:42=	09:39=	10:06=	10:52=	13:03=	15:31=	16:39=	17:25=	19:13=	22:30=	23:21=	23:54=	24:40=	26:27=	27:23=	30:04=	30:52=	32:49=	33:34=								
01:04=	01:37=	01:38=	01:19=	01:06=	00:21=	00:24=	01:13=	00:57=	00:27=	00:46=	02:11=	02:28=	01:08=	00:46=	01:48=	03:17=	00:51=	00:33=	00:46=	01:47=	00:56=	02:41=	00:48=	01:57=	00:45=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
34:45=	35:48=	36:37=	38:01=	38:35=	39:28=	39:58=	40:40=	41:36=	42:03=	42:10=																							
01:11=	01:03=	00:49=	01:24=	00:34=	00:53=	00:30=	00:42=	00:56=	00:27=	00:07=																							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																							
2	Inge Løland	114																45:43															
01:05+	02:48+	04:38+	05:51+	06:37-	06:56-																												

Class	Navn	Klasse										Tid													
3	Kjetil Wirak	114										47:41													
01:05+	02:58+	04:38+	05:57+	06:48+	07:08+	07:36+	08:44+	09:47+	10:20+	12:05+	12:36-	14:44-	15:46-	16:52-	18:24-	21:49-	22:47-	23:43-	24:38-	27:25+	28:17+	32:56+	34:05+	36:25+	37:07+
01:05+	01:53+	01:40+	01:19=	00:51-	00:20-	00:28+	01:08-	01:03+	00:33+	01:45+	00:31-	02:08-	01:02-	01:06+	01:32-	03:25+	00:58+	00:56+	00:55+	02:47+	00:52-	04:39+	01:09+	02:20+	00:42-
00:01+	00:16#	00:02+	00:00=	00:15-	00:01-	00:04#	00:05-	00:06#	00:06#	00:59#	01:40-	00:20-	00:06-	00:20#	00:16-	00:08+	00:07#	00:23#	00:09#	01:00#	00:04-	01:58#	00:21#	00:23#	00:03-
39:43+	40:53+	41:42+	43:23+	43:53+	44:41+	45:24+	46:18+	47:04+	47:33+	47:41+															
02:36+	01:10+	00:49=	01:41+	00:30-	00:48-	00:43+	00:54+	00:46-	00:29+	00:08+															
01:25@	00:07#	00:00=	00:17#	00:04-	00:05-	00:13#	00:12#	00:10-	00:02+	00:01#															
4	Paul Terje Haarr	62										48:31													
01:20+	03:25+	05:23+	06:54+	07:51+	08:13+	08:40+	10:07+	11:14+	11:47+	12:51+	13:28+	16:05+	17:35+	18:37+	20:48+	24:23+	25:10+	25:51+	27:15+	29:25+	30:25+	34:00+	35:43+	37:30+	38:13+
01:20+	02:05+	01:58+	01:31+	00:57-	00:22+	00:27+	01:27+	01:07+	00:33+	01:04+	00:37-	02:37+	01:30+	01:02+	02:11+	03:35+	00:47-	00:41+	01:24+	02:10+	01:00+	03:35+	01:43+	01:47-	00:43-
00:16#	00:28#	00:20#	00:12#	00:09-	00:01+	00:03#	00:14#	00:10#	00:06#	00:18#	01:34-	00:09+	00:22#	00:16#	00:23#	00:18+	00:04-	00:08#	00:38#	00:23#	00:04+	00:54#	00:55#	00:10-	00:02-
39:43+	40:45+	41:51+	43:33+	44:04+	45:10+	45:53+	46:56+	47:49+	48:22+	48:31+															
01:30+	01:02-	01:06+	01:42+	00:31-	01:06+	00:43+	01:03+	00:53-	00:33+	00:09+															
00:19#	00:01-	00:17#	00:18#	00:03-	00:13#	00:13#	00:21#	00:03-	00:06#	00:02#															
5	Knut Taugbøl	116										49:37													
01:12+	02:56+	04:42+	06:10+	07:13+	07:38+	08:09+	09:22+	10:49+	11:21+	12:20+	13:07+	15:48+	17:26+	18:18+	20:04+	23:34+	24:17+	25:07+	26:22+	29:41+	30:44+	34:05+	35:24+	37:26+	38:12+
01:12+	01:44+	01:46+	01:28+	01:03-	00:25+	00:31+	01:13=	01:27+	00:32+	00:59+	00:47-	02:41+	01:38+	00:52+	01:46-	03:30+	00:43-	00:50+	01:15+	03:19+	01:03+	03:21+	01:19+	02:02+	00:46+
00:08#	00:07+	00:08+	00:09#	00:03-	00:04#	00:07#	00:00=	00:30#	00:05#	00:13#	01:24-	00:13+	00:30#	00:06#	00:02-	00:13+	00:08-	00:17#	00:29#	01:32#	00:07#	00:40#	00:31#	00:05+	00:01+
39:39+	41:03+	41:57+	43:45+	44:28+	45:24+	46:51+	47:50+	48:57+	49:27+	49:37+															
01:27+	01:24+	00:54+	01:48+	00:43+	00:56+	01:27+	00:59+	01:07+	00:30+	00:10+															
00:16#	00:21#	00:05#	00:24#	00:09#	00:03+	00:57#	00:17#	00:11#	00:03#	00:03#															
6	Øystein Huglen	27										50:00													
01:07+	02:48+	04:31+	06:04+	07:01+	07:23+	08:40+	09:53+	10:57+	11:36+	12:22+	12:57-	15:27-	17:20+	18:34+	21:08+	24:19+	25:15+	26:35+	28:31+	31:41+	32:44+	36:01+	36:35+	38:38+	39:35+
01:07+	01:41+	01:43+	01:33+	00:57-	00:22+	01:17+	01:13=	01:04+	00:39+	00:46=	00:35-	02:30+	01:53+	01:14+	02:34+	03:11-	00:56+	01:20+	01:56+	03:10+	01:03+	03:17+	00:34-	02:03+	00:57+
00:03+	00:04+	00:05+	00:14#	00:09-	00:01+	00:53#	00:00=	00:07#	00:12#	00:00=	01:36-	00:02+	00:45#	00:28#	00:46#	00:06-	00:05+	00:47#	01:10#	01:23#	00:07#	00:36#	00:14-	00:06+	00:12#
40:54+	42:04+	43:06+	44:37+	45:10+	46:15+	47:11+	48:04+	49:22+	49:52+	50:00+															
01:19+	01:10+	01:02+	01:31+	00:33-	01:05+	00:56+	00:53+	01:18+	00:30+	00:08+															
00:08#	00:07#	00:13#	00:07+	00:01-	00:12#	00:26#	00:11#	00:22#	00:03#	00:01#															
7	Rune Christiansen	93										50:30													
01:10+	05:10+	06:53+	08:13+	09:17+	09:41+	10:10+	11:34+	12:50+	13:27+	14:44+	15:20+	18:01+	19:20+	20:13+	22:02+	25:30+	26:18+	27:06+	28:16+	30:49+	31:55+	35:31+	36:24+	38:25+	39:20+
01:10+	04:00+	01:43+	01:20+	01:04-	00:24+	00:29+	01:24+	01:16+	00:37+	01:17+	00:36-	02:41+	01:19+	00:53+	01:49+	03:28+	00:48-	00:48+	01:10+	02:33+	01:06+	03:36+	00:53+	02:01+	00:55+
00:06+	02:23@	00:05+	00:01+	00:02-	00:03#	00:05#	00:11#	00:19#	00:10#	00:31#	01:35-	00:13+	00:11#	00:07#	00:01+	00:11+	00:03-	00:15#	00:24#	00:46#	00:10#	00:55#	00:05#	00:04+	00:10#
40:54+	42:25+	43:15+	45:05+	45:42+	46:55+	47:33+	48:36+	49:49+	50:22+	50:30+															
01:34+	01:31+	00:50+	01:50+	00:37+	01:13+	00:38+	01:03+	01:13+	00:33+	00:08+															
00:23#	00:28#	00:01+	00:26#	00:03+	00:20#	00:08#	00:21#	00:17#	00:06#	00:01#															
8	Sturle Omdal	116										51:18													
01:13+	03:00+	04:54+	06:42+	07:45+	08:10+	09:26+	10:41+	11:49+	12:17+	13:12+	13:46+	16:15+	17:43+	19:19+	21:30+	25:25+	26:10+	27:30+	28:35+	30:28+	31:34+	36:05+	36:42+	39:34+	40:31+
01:13+	01:47+	01:54+	01:48+	01:03-	00:25+	01:16+	01:15+	01:08+	00:28+	00:55+	00:34-	02:29+	01:28+	01:36+	02:11+	03:55+	00:45-	01:20+	01:05+	01:53+	01:06+	04:31+	00:37-	02:52+	00:57+
00:09#	00:10#	00:16#	00:29#	00:03-	00:04#	00:52#	00:02+	00:11#	00:01+	00:09#	01:37-	00:01+	00:20#	00:50#	00:23#	00:38#	00:06-	00:47#	00:19#	00:06+	00:10#	01:50#	00:11-	00:55#	00:12#
42:22+	43:30+	44:25+	46:17+	46:47+	47:54+	48:30+	49:27+	50:42+	51:09+	51:18+															
01:51+	01:08+	00:55+	01:52+	00:30-	01:07+	00:36+	00:57+	01:15+	00:27=	00:09+															
00:40#	00:05+	00:06#	00:28#	00:04-	00:14#	00:06#	00:15#	00:19#	00:00=	00:02#															
9	Pål Bårdsen	90										51:51													
01:15+	03:14+	05:13+	06:50+	07:45+	08:10+	08:37+	10:15+	12:12+	12:46+	14:12+	14:50+	17:29+	18:55+	19:48+	22:00+	25:49+	27:32+	28:09+	29:19+	31:22+	32:15+	36:34+	37:30+	39:19+	39:58+
01:15+	01:59+	01:59+	01:37+	00:55-	00:25+	00:27+	01:38+	01:57+	00:34+	01:26+	00:38-	02:39+	01:26+	00:53+	02:12+	03:49+	01:43+	00:37+	01:10+	02:03+	00:53-	04:19+	00:56+	01:49-	00:39-
00:11#	00:22#	00:21#	00:18#	00:11-	00:04#	00:03#	00:25#	01:00#	00:07#	00:40#	01:33-	00:11+	00:18#	00:07#	00:24#	00:32#	00:52@	00:04#	00:24#	00:16#	00:03-	01:38#	00:08#	00:08-	00:06-
41:32+	42:51+	44:38+	46:26+	47:04+	48:06+	48:47+	50:06+	51:08+	51:41+	51:51+															
01:34+	01:19+	01:47+	01:48+	00:38+	01:02+	00:41+	01:19+	01:02+	00:33+	00:10+															
00:23#	00:16#	00:58@	00:24#	00:04#	00:09#	00:11#	00:37#	00:06#	00:06#	00:03#															
10	Tore Svendsen	27										52:51													
01:10+	03:00+	04:49+	05:58+	07:06+	07:35+	08:17+	09:51+	10:59+	11:35+	12:28+	13:06+	15:36+	18:17+	19:13+	21:41+	25:35+	26:24+	28:01+	28:59+	31:45+	32:44+	36:01+	36:53+	39:10+	40:01+
01:10+	01:50+	01:49+	01:09-	01:08+	00:29+	00:42+	01:34+	01:08+	00:36+	00:53+	00:38-	02:30+	02:41+	00:56+	02:28+	03:54+	00:49-	01:37+	00:58+	02:46+	00:59+	03:17+	00:52+	02:17+	00:51+
00:06+	00:13#	00:11#	00:10-	00:02+	00:08#	00:18#	00:21#	00:11#	00:09#	00:07#	01:33-	00:02+	01:33@	00:10#	00:40#	00:37#	00:02-	01:04@	00:12#	00:59#	00:03+	00:36#	00:04+	00:20#	00:06#
41:12+	44:02+	45:00+	46:49+	47:37+	49:41+	50:15+	51:08+	52:02+	52:40+	52:51+															
01:11=	02:50+	00:58+	01:49+																						

Class	Navn	Klasse	Tid																						
12	Sveinung Svebestad	46	56:14																						
01:28+	03:26+	05:26+	07:07+	08:08+	08:31+	09:08+	10:37+	11:56+	12:29+	13:23+	14:07+	17:07+	18:26+	19:43+	22:01+	26:02+	27:07+	28:02+	30:20+	32:44+	33:42+	38:24+	40:03+	42:20+	43:16+
01:28+	01:58+	02:00+	01:41+	01:01-	00:23+	00:37+	01:29+	01:19+	00:33+	00:54+	00:44-	03:00+	01:19+	01:17+	02:18+	04:01+	01:05+	00:55+	02:18+	02:24+	00:58+	04:42+	01:39+	02:17+	00:56+
00:24&	00:21#	00:22#	00:22&	00:05-	00:02+	00:13&	00:16#	00:22&	00:06#	00:08#	01:27-	00:32#	00:11#	00:31&	00:30&	00:44#	00:14&	00:22&	01:32@	00:37&	00:02+	02:01&	00:51@	00:20#	00:11#
46:44+	48:11+	49:13+	51:00+	51:43+	52:47+	53:30+	54:31+	55:28+	56:04+	56:14+															
03:28+	01:27+	01:02+	01:47+	00:43+	01:04+	00:43+	01:01+	00:57+	00:36+	00:10+															
02:17@	00:24&	00:13&	00:23&	00:09&	00:11#	00:13&	00:19&	00:01+	00:09&	00:03&															

13	Erling Mauland	83	1:00:52																						
01:08+	02:57+	04:53+	06:47+	07:44+	08:07+	08:36+	10:30+	11:46+	12:18+	13:31+	14:09+	16:56+	18:21+	19:55+	22:07+	31:40+	32:41+	33:59+	34:53+	37:31+	38:44+	44:31+	45:41+	48:33+	49:00+
01:08+	01:49+	01:56+	01:54+	00:57-	00:23+	00:29+	01:54+	01:16+	00:32+	01:13+	00:38-	02:47+	01:25+	01:34+	02:12+	09:33+	01:01+	01:18+	00:54+	02:38+	01:13+	05:47+	01:10+	02:52+	00:27-
00:04+	00:12#	00:18#	00:35&	00:09-	00:02+	00:05#	00:41&	00:19&	00:05#	00:27&	01:33-	00:19#	00:17#	00:48@	00:24#	06:16@	00:10#	00:45@	00:08#	00:51&	00:17&	03:06@	00:22&	00:55&	00:18-
51:36+	52:54+	53:56+	55:26+	56:13+	57:30+	58:14+	59:15+	60:10+	60:42+	60:52+															
02:36+	01:18+	01:02+	01:30+	00:47+	01:17+	00:44+	01:01+	00:55-	00:32+	00:10+															
01:25@	00:15#	00:13&	00:06+	00:13&	00:24&	00:14&	00:19&	00:01-	00:05#	00:03&															

14	Ove Oaland	116	1:03:53																						
02:37+	05:00+	07:04+	08:46+	09:54+	10:40+	11:14+	12:52+	14:19+	15:11+	16:30+	17:10+	20:03+	21:36+	22:29+	24:26+	30:47+	31:24+	32:15+	33:23+	36:16+	37:46+	43:15+	44:01+	46:44+	47:28+
02:37+	02:23+	02:04+	01:42+	01:08+	00:46+	00:34+	01:38+	01:27+	00:52+	01:19+	00:40-	02:53+	01:33+	00:53+	01:57+	06:21+	00:37-	00:51+	01:08+	02:53+	01:30+	05:29+	00:46-	02:43+	00:44-
01:33@	00:46&	00:26&	00:23&	00:02+	00:25@	00:10&	00:25&	00:30&	00:25&	00:33&	01:31-	00:25#	00:25&	00:07#	00:09+	03:04&	00:14-	00:18&	00:22&	01:06&	00:34&	02:48@	00:02-	00:46&	00:01-
50:07+	51:47+	55:13+	57:23+	57:59+	59:36+	60:25+	61:45+	63:07+	63:45+	63:53+															
02:39+	01:40+	03:26+	02:10+	00:36+	01:37+	00:49+	01:20+	01:22+	00:38+	00:08+															
01:28@	00:37&	02:37@	00:46&	00:02+	00:44&	00:19&	00:38&	00:26&	00:11&	00:01#															

Beste strekktid for klassen
01:04 01:37 01:38 01:09 00:46 00:19 00:24 01:05 00:57 00:27 00:46 00:31 02:08 01:02 00:46 01:32 02:54 00:33 00:33 00:46 01:47 00:52 02:32 00:34 01:47 00:27 01:11 01:02

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

Herrer Ny

1	Johannes Toft	53	13:04																						
00:58=	02:50=	03:58=	04:43=	05:06=	06:29=	09:15=	10:35=	11:44=	12:31=	12:56=	13:04=														
00:58=	01:52=	01:08=	00:45=	00:23=	01:23=	02:46=	01:20=	01:09=	00:47=	00:25=	00:08=														
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	Goran Djajic	115	18:51																						
01:57+	04:24+	06:18+	07:35+	08:26+	10:19+	14:09+	15:14+	17:09+	18:01+	18:41+	18:51+														
01:57+	02:27+	01:54+	01:17+	00:51+	01:53+	03:50+	01:05-	01:55+	00:52+	00:40+	00:10+														
00:59@	00:35&	00:46&	00:32&	00:28@	00:30&	01:04&	00:15-	00:46&	00:05#	00:15&	00:02#														

Beste strekktid for klassen
00:58 01:52 01:08 00:45 00:23 01:23 02:46 01:05 01:09 00:47 00:25 00:08

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

Herrer Trim

1	Olav Magnus Eik Espedal	88	22:17																						
00:37=	02:37=	03:46=	04:14=	04:46=	06:17=	06:35=	07:02=	07:20=	08:02=	08:35=	09:55=	12:42=	15:05=	18:09=	18:55=	19:56=	20:53=	22:09=	22:17=						
00:37=	02:00=	01:09=	00:28=	00:32=	01:31=	00:18=	00:27=	00:18=	00:42=	00:33=	01:20=	02:47=	02:23=	03:04=	00:46=	01:01=	00:57=	01:16=	00:08=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Johannes Kro	51	22:34																						
00:38+	02:43+	04:48+	05:14+	05:53+	07:19+	07:35+	08:11+	09:01+	10:14+	13:55+	16:28+	18:22+	19:04+	19:58+	21:02+	22:26+	22:34+								
00:38+	02:05+	02:05+	00:26-	00:39+	01:26-	00:16-	00:36+	00:50+	01:13+	03:41+	02:33+	02:02-	01:54-	00:42-	00:54-	01:04+	01:24+	00:08-							
00:01+	00:05+	00:56&	00:02-	00:07#	00:05-	00:02-	00:09&	00:32@	00:31&	03:08@	01:13&	00:53-	01:41-	02:10-	00:18&	00:23&	00:49-								
3	Trond Egil Toft	53	23:25																						
00:35-	02:26-	03:47+	04:24+	04:58+	05:19-	07:17+	07:31+	08:00+	08:56+	11:09+	13:42+	15:44+	18:02+	19:32+	20:35+	22:00+	23:17+	23:25+							
00:35-	01:51-	01:21+	00:37+	00:34+	00:21-	01:58+	00:14-	00:29+	00:56+	02:13+	02:33+	02:02-	02:18-	01:30-	01:03+	01:25+	01:17+	00:08-							
00:02-	00:09-	00:12#	00:09&	00:02+	01:10-	01:40@	00:13-	00:11&	00:14&	01:40@	01:13&	00:45-	00:05-	01:34-	00:17&	00:24&	00:20&	01:08-							
4	Tor Gunnar Osen	116	23:31																						
00:46+	02:51+	04:15+	04:51+	05:22+	07:18+	07:38+	08:16+	09:17+	10:31+	13:35+	15:54+	18:36+	19:24+	20:24+	21:35+	23:20+	23:31+								
00:46+	02:05+	01:24+	00:36+	00:31-	01:56+	00:20+	00:38+	01:01+	01:14+	03:04+	02:19+	02:42-	00:48-	01:00-	01:11+	01:45+	00:11-								
00:09#	00:05+	00:15#	00:08&	00:01-	00:25&	00:02#	00:11&	00:43@	00:32&	02:31@	00:59&	00:05-	01:35-	02:04-	00:25&	00:44&	00:46-								

Class	Navn	Klasse	Tid
5	Kjetil Tveit	165	24:15
00:49+	04:58+	06:13+	06:40+
07:09+	08:39+	08:58+	09:21+
10:07+	11:22+	14:25+	17:12+
19:09+	19:57+	20:56+	22:40+
24:06+	24:15+		
00:49+	04:09+	01:15+	00:27-
01:30-	00:29-	01:30-	00:19+
00:23-	00:46+	01:15+	03:03+
02:47+	01:57-	00:48-	00:59-
01:44+	01:26+	00:09-	
00:12%	02:09%	00:06+	00:01-
00:03-	00:01-	00:01-	00:01+
00:04-	00:28%	00:33%	02:30%
01:27%	00:50-	01:35-	02:05-
00:58%	00:25%	00:48-	
6	Pål Ommund Refvem	116	24:50
00:43+	03:10+	04:58+	05:34+
06:14+	07:51+	08:07+	08:33+
09:11+	10:20+	13:08+	17:02+
19:02+	19:51+	20:48+	23:05+
24:40+	24:50+		
00:43+	02:27+	01:48+	00:36+
00:40+	01:37+	00:16-	00:26-
00:38+	01:09+	02:48+	03:54+
02:00-	00:49-	00:57-	02:17+
01:35+	00:10-		
00:06%	00:27%	00:39%	00:08%
00:08%	00:08%	00:06+	00:02-
00:01-	00:20%	00:27%	02:15%
02:34%	00:47-	01:34-	02:07-
01:31%	00:34%	00:47-	
7	Kjartan Bryne	105	25:02
00:42+	03:01+	04:28+	04:59+
06:28+	08:34+	08:53+	09:43+
10:41+	11:41+	14:48+	17:32+
19:55+	20:47+	21:54+	23:01+
24:53+	25:02+		
00:42+	02:19+	01:27+	00:31+
01:29+	02:06+	00:19+	00:50+
00:58+	01:00+	03:07+	02:44+
02:23-	00:52-	01:07-	01:07+
01:52+	00:09-		
00:05%	00:19%	00:18%	00:03%
00:57%	00:35%	00:01+	00:23%
00:40%	00:18%	02:34%	01:24%
00:24-	01:31-	01:57-	00:21%
00:51%	00:51%	00:21%	00:03+
8	Frode Ungar	116	25:15
00:51+	02:57+	04:41+	05:12+
06:16+	08:04+	08:22+	09:03+
09:54+	11:11+	14:52+	17:34+
20:24+	21:06+	22:03+	23:09+
25:07+	25:15+		
00:51+	02:06+	01:44+	00:31+
01:04+	01:48+	00:18+	00:41+
00:51+	01:17+	03:41+	02:42+
02:50+	00:42-	00:57-	01:06+
01:58+	00:08-		
00:14%	00:06+	00:35%	00:03%
00:32%	00:17%	00:00+	00:14%
00:33%	00:35%	03:08%	01:22%
00:03+	00:35-	00:35-	
9	Martin Svensen	284	25:53
00:32-	03:02+	04:14+	04:39+
10:54+	12:17+	12:40+	13:08+
14:00+	15:03+	17:31+	19:28+
21:40+	22:20+	23:10+	24:25+
25:48+	25:53+		
00:32-	02:30+	01:12+	00:25-
06:15+	01:23-	00:23+	00:28+
00:52+	01:03+	02:28+	01:57+
02:12-	00:40-	00:50-	01:15+
01:23+	00:05-		
00:05-	00:30%	00:03+	00:03-
05:43%	00:08-	00:05%	00:01+
00:34%	00:21%	01:55%	00:37%
00:35-			
10	Asle Schanke Grude	92	26:30
00:44+	02:55+	04:20+	04:51+
05:40+	07:16+	07:40+	08:11+
08:58+	12:20+	15:35+	17:58+
20:14+	21:01+	22:12+	23:48+
26:19+	26:30+		
00:44+	02:11+	01:25+	00:31+
00:49+	01:36+	01:24+	00:31+
00:47+	03:22+	03:15+	02:23+
02:16-	00:47-	01:11-	01:36+
00:11-			
00:07%	00:11+	00:16%	00:03%
00:17%	00:05+	00:06%	00:04%
00:29%	02:40%	02:42%	01:03%
00:31-	01:36-	01:53-	00:50%
01:30%	00:46-		
11	Heine Furubotten	192	26:32
00:48+	03:15+	04:42+	05:21+
06:01+	08:04+	08:29+	09:00+
09:45+	11:17+	14:56+	18:31+
21:07+	22:09+	23:20+	24:41+
26:21+	26:32+		
00:48+	02:27+	01:27+	00:39+
00:40+	02:03+	00:25+	00:31+
00:45+	01:32+	03:39+	03:35+
02:36-	01:02-	01:11-	01:21+
01:40+	00:11-		
00:11%	00:27%	00:18%	00:11%
00:08%	00:32%	00:07%	00:04%
00:27%	00:50%	03:06%	02:15%
00:11-	01:21-	01:53-	00:35%
00:39%	00:46-		
12	Bruno Pierfelice	51	26:42
00:34-	02:28-	03:48+	04:18+
08:04+	09:29+	09:45+	10:24+
11:06+	12:57+	15:25+	20:37+
22:49+	23:37+	24:34+	25:23+
26:34+	26:42+		
00:34-	01:54-	01:20+	00:30+
03:46+	01:25-	00:16-	00:39+
00:42+	01:51+	02:28+	05:12+
02:12-	00:48-	00:57-	00:49+
01:11+	00:08-		
00:03-	00:06-	00:11%	00:02+
03:14%	00:06-	00:02-	00:12%
00:24%	01:09%	01:55%	03:52%
00:35-	01:35-	02:07-	00:03+
00:10%	00:49-		
13	Samuel Denieul	42	26:47
00:44+	03:16+	04:32+	05:00+
05:36+	07:15+	07:32+	08:19+
09:15+	10:25+	13:21+	16:40+
21:05+	21:48+	22:57+	24:43+
26:37+	26:47+		
00:44+	02:32+	01:16+	00:28%
00:36+	01:39+	00:17-	00:47+
00:56+	01:10+	02:56+	03:19+
04:25+	00:43-	01:09-	01:46+
01:54+	00:10-		
00:07%	00:32%	00:07%	00:00%
00:04%	00:08+	00:01-	00:20%
00:38%	00:28%	02:23%	01:59%
01:38%	01:40-	01:55-	01:00%
00:53%	00:47-		
14	Reidar Haver	4	27:15
00:56+	03:33+	05:13+	05:49+
06:50+	08:44+	09:06+	09:39+
10:46+	12:44+	16:18+	19:04+
21:34+	22:34+	23:47+	25:21+
27:04+	27:15+		
00:56+	02:37+	01:40+	00:36+
01:01+	01:54+	00:22+	00:33+
01:07+	01:58+	03:34+	02:46+
02:30-	01:00-	01:13-	01:34+
01:43+	00:11-		
00:19%	00:37%	00:31%	00:08%
00:29%	00:23%	00:04%	00:06%
00:49%	01:16%	03:01%	01:26%
00:17-	01:23-	01:51-	00:48%
00:42%	00:46-		
15	Anders H Foss	263	27:17
00:51+	03:24+	05:01+	05:50+
06:23+	08:18+	08:39+	09:20+
10:06+	11:56+	15:29+	18:35+
21:14+	22:15+	23:34+	25:08+
27:08+	27:17+		
00:51+	02:33+	01:37+	00:49+
00:33+	01:55+	00:21+	00:41+
00:46+	01:50+	03:33+	03:06+
02:39-	01:01-	01:19-	01:34+
02:00+	00:09-		
00:14%	00:33%	00:28%	00:21%
00:01+	00:24%	00:03%	00:14%
00:28%	01:08%	03:00%	01:46%
00:08-	01:22-	01:45-	00:48%
00:59%	00:48-		
16	Lars Erik Ree-Pedersen	263	27:44
00:45+	04:07+	05:49+	06:26+
07:00+	09:09+	09:35+	10:20+
11:07+	12:32+	16:24+	19:12+
21:56+	22:51+	24:12+	25:50+
27:32+	27:44+		
00:45+	03:22+	01:42+	00:37+
00:34+	02:09+	00:26+	00:45+
00:47+	01:25+	03:52+	02:48+
02:44-	00:55-	01:21-	01:38+
01:42+	00:12-		
00:08%	01:22%	00:33%	00:09%
00:02+	00:38%	00:08%	00:18%
00:29%	00:43%	03:19%	01:28%
00:03-	01:28-	01:43-	00:52%
00:41%	00:45-		
17	Niklas Gustafsson	192	27:48
00:52+	03:21+	04:58+	05:35+
06:27+	08:17+	08:38+	09:35+
11:48+	13:29+	16:55+	19:45+
22:11+	23:09+	24:17+	25:42+
27:35+	27:48+		
00:52+	02:29+	01:37+	00:37+
00:52+	01:50+	00:21+	00:57+
02:13+	01:41+	03:26+	02:50+
02:26-	00:58-	01:08-	01:25+
01:53+	00:15%	00:28%	00:09%
00:20%	00:19%	00:03%	00:30%
01:55%	00:59%	02:53%	01:30%
00:21-	01:25-	01:56-	00:39%
00:52%	00:44-		
18	Asbjørn Bråndland	297	28:20
00:43+	03:13+	04:40+	05:19+
05:59+	08:03+	08:24+	08:57+
09:36+	11:08+	14:18+	21:02+
23:30+	24:15+	25:18+	26:12+
28:11+	28:20+		
00:43+	02:30+	01:27+	00:39+
00:40+	02:04+	00:21+	00:33+
00:39+	01:32+	03:10+	06:44+
02:28-	00:45-	01:03-	00:54+
01:59+	00:09-		
00:06%	00:30%	00:18%	00:11%
00:08%	00:33%	00:03%	00:06%
00:21%	00:50%	02:37%	05:24%
00:19-	01:38-	02:01-	00:08%
00:58%	00:48-		
19	Kjell Ivar Skjørestad	92	28:26
00:40+	03:00+	04:48+	05:22+
05:57+	08:30+	08:52+	09:29+
10:12+	11:28+	15:06+	18:39+
20:56+	21:47+	22:58+	25:38+
28:16+	28:26+		
00:40+	02:20+	01:48+	00:34+
00:35+	02:33+	00:22+	00:37+
00:43+	01:16+	03:38+	03:33+
02:17-	00:51-	01:11-	02:40+
02:38+	00:10-		
00:03+	00:20%	00:39%	00:06%
00:03+	01:02%	00:04%	00:10%
00:25%	00:34%	03:05%	02:13%
00:30-	01:32-	01:53-	01:54%
01:37%	00:47-		

Class	Navn	Klasse											Tid			
20	Erling Knutzen	128											28:27			
01:01+	03:45+	05:30+	06:10+	06:59+	09:03+	09:30+	11:15+	12:33+	16:25+	19:31+	22:29+	23:38+	24:55+	26:19+	28:17+	28:27+
01:01+	02:44+	01:45+	00:40+	00:49+	02:04+	00:27+	00:53+	00:52+	01:18+	03:52+	03:06+	02:58+	01:09-	01:17-	01:24+	01:58+
00:24&	00:44&	00:36&	00:12&	00:17&	00:33&	00:09&	00:26&	00:34@	00:36&	03:19@	01:46@	00:11+	01:14-	01:47-	00:38&	00:57&
21	Tor Inge Hansen	144											28:38			
00:41+	02:56+	04:28+	04:59+	05:39+	07:17+	07:38+	08:21+	09:17+	10:52+	16:31+	19:22+	22:22+	23:16+	24:15+	26:54+	28:29+
00:41+	02:15+	01:32+	00:31+	00:40+	01:38+	00:21+	00:43+	00:56+	01:35+	05:39+	02:51+	03:00+	00:54-	00:59-	02:39+	01:35+
00:04#	00:15#	00:23&	00:03#	00:08#	00:07+	00:03#	00:16&	00:38@	00:53@	05:06@	01:31@	00:13+	01:29-	02:05-	01:53@	00:34&
22	Jan Erik Syvertsen	51											28:45			
00:52+	02:56+	04:11+	05:29+	05:55+	08:25+	08:41+	09:24+	10:40+	11:46+	14:43+	17:12+	23:36+	24:18+	25:18+	26:18+	28:36+
00:52+	02:04+	01:15+	01:18+	00:26-	02:30+	00:16-	00:43+	01:16+	01:06+	02:57+	02:29+	06:24+	00:42-	01:00-	01:00+	02:18+
00:15&	00:04+	00:06+	00:50@	00:06-	00:59&	00:02-	00:16&	00:58@	00:24&	02:24@	01:09&	03:37@	01:41-	02:04-	00:14&	01:17@
23	Anders Løland	239											28:51			
00:35-	02:13-	03:18-	03:44-	04:16-	05:41-	06:03-	06:31-	16:33+	17:54+	20:33+	22:54+	25:02+	25:41+	26:29+	27:37+	28:42+
00:35-	01:38-	01:05-	00:26-	00:32=	01:25-	00:22+	00:28+	10:02+	01:21+	02:39+	02:21+	02:08-	00:39-	00:48-	01:08+	01:05+
00:02-	00:22-	00:04-	00:02-	00:00=	00:06-	00:04#	00:01+	09:44@	00:39&	02:06@	01:01&	00:39-	01:44-	02:16-	00:22&	00:04+
24	Arild Olsen	4											29:02			
00:52+	03:37+	05:19+	05:56+	06:48+	08:57+	09:22+	10:24+	11:40+	13:40+	17:29+	20:04+	22:39+	23:38+	24:51+	26:28+	28:49+
00:52+	02:45+	01:42+	00:37+	00:52+	02:09+	00:25+	01:02+	01:16+	02:00+	03:49+	02:35+	02:35-	00:59-	01:13-	01:37+	02:21+
00:15&	00:45&	00:33&	00:09&	00:20&	00:38&	00:07&	00:35@	00:58@	01:18@	03:16@	01:15&	00:12-	01:24-	01:51-	00:51@	01:20@
25	Hans Klausen	62											29:11			
00:49+	03:34+	05:10+	05:47+	06:32+	08:36+	09:01+	09:49+	10:41+	12:51+	16:23+	19:07+	21:40+	22:36+	23:51+	27:13+	29:02+
00:49+	02:45+	01:36+	00:37+	00:45+	02:04+	00:25+	00:48+	00:52+	02:10+	03:32+	02:44+	02:33-	00:56-	01:15-	03:22+	01:49+
00:12&	00:45&	00:27&	00:09&	00:13&	00:33&	00:07&	00:21&	00:34@	01:28@	02:59@	01:24@	00:14-	01:27-	01:49-	02:36@	00:48&
26	John Øgreid	27											29:17			
00:46+	04:23+	05:48+	06:21+	07:16+	09:55+	10:15+	10:50+	11:36+	13:24+	16:31+	19:30+	22:12+	23:11+	24:15+	27:20+	29:07+
00:46+	03:37+	01:25+	00:33+	00:55+	02:39+	00:20+	00:35+	00:46+	01:48+	03:07+	02:59+	02:42-	00:59-	01:04-	03:05+	01:47+
00:09#	01:37&	00:16#	00:05#	00:23&	01:08&	00:02#	00:08&	00:28@	01:06@	02:34@	01:39@	00:05-	01:24-	02:00-	02:19@	00:46&
27	Ivar Aalbu	29											30:27			
00:56+	03:42+	05:34+	06:14+	09:13+	11:11+	11:34+	12:12+	13:07+	14:51+	18:26+	21:31+	24:27+	25:35+	26:51+	28:05+	30:13+
00:56+	02:46+	01:52+	00:40+	02:59+	01:58+	00:23+	00:38+	00:55+	01:44+	03:35+	03:05+	02:56+	01:08-	01:16-	01:14+	02:08+
00:19&	00:46&	00:43&	00:12&	02:27@	00:27&	00:05&	00:11&	00:37@	01:02@	03:02@	01:45@	00:09+	01:15-	01:48-	00:28&	01:07@
28	Lars Tore Opdal	97											31:25			
00:40+	03:22+	04:47+	05:35+	07:03+	09:20+	09:52+	10:43+	11:50+	13:52+	18:01+	21:23+	24:23+	25:37+	27:04+	28:56+	31:14+
00:40+	02:42+	01:25+	00:48+	01:28+	02:17+	00:32+	00:51+	01:07+	02:02+	04:09+	03:22+	03:00+	01:14-	01:27-	01:52+	02:18+
00:03+	00:42&	00:16#	00:20&	00:56@	00:46&	00:14&	00:24&	00:49@	01:20@	03:36@	02:02@	00:13+	01:09-	01:37-	01:06@	01:17@
29	Christoffer Soma	286											31:55			
00:52+	03:35+	05:15+	05:50+	09:24+	11:28+	11:51+	12:39+	13:46+	15:07+	18:47+	22:45+	25:35+	26:47+	28:16+	29:47+	31:48+
00:52+	02:43+	01:40+	00:35+	03:34+	02:04+	00:23+	00:48+	01:07+	01:21+	03:40+	03:58+	02:50+	01:12-	01:29-	01:31+	02:01+
00:15&	00:43&	00:31&	00:07#	03:02@	00:33&	00:05&	00:21&	00:49@	00:39&	03:07@	02:38@	00:03+	01:11-	01:35-	00:45&	01:00&
30	Harald Nilsen	79											32:00			
00:53+	03:57+	05:57+	06:43+	07:35+	09:56+	10:24+	11:07+	12:18+	14:11+	18:25+	22:00+	25:06+	26:06+	27:41+	29:58+	31:48+
00:53+	03:04+	02:00+	00:46+	00:52+	02:21+	00:28+	00:43+	01:11+	01:53+	04:14+	03:35+	03:06+	01:00-	01:35-	02:17+	01:50+
00:16&	01:04&	00:51&	00:18&	00:20&	00:50&	00:10&	00:16&	00:53@	01:11@	03:41@	02:15@	00:19#	01:23-	01:29-	01:31@	00:49&
31	Sverre Sørheim	7											32:02			
01:05+	04:14+	06:01+	06:36+	07:31+	09:55+	10:20+	10:56+	12:22+	13:53+	18:14+	21:57+	24:48+	25:56+	27:14+	29:25+	31:46+
01:05+	03:09+	01:47+	00:35+	00:55+	02:24+	00:25+	00:36+	01:26+	01:31+	04:21+	03:43+	02:51+	01:08-	01:18-	02:11+	02:21+
00:28&	01:09&	00:38&	00:07#	00:23&	00:53&	00:07&	00:09&	01:08@	00:49@	03:48@	02:23@	00:04+	01:15-	01:46-	01:25@	01:20@
32	Joar Fandrem	94											32:08			
00:47+	05:23+	06:43+	07:18+	09:03+	10:53+	11:14+	11:54+	12:48+	14:30+	18:08+	21:10+	25:24+	26:18+	27:39+	29:58+	31:58+
00:47+	04:36+	01:20+	00:35+	01:45+	01:50+	00:21+	00:40+	00:54+	01:42+	03:38+	03:02+	04:14+	00:54-	01:21-	02:19+	02:00+
00:10&	02:36@	00:11#	00:07#	01:13@	00:19#	00:03#	00:13&	00:36@	01:00@	03:05@	01:42@	01:27&	01:29-	01:43-	01:33@	00:59&
33	Ingvar Haabeth	92											32:13			
00:59+	03:36+	05:21+	06:00+	10:39+	12:36+	13:00+	13:37+	14:34+	16:25+	20:24+	23:20+	26:02+	27:06+	28:23+	29:53+	32:01+
00:59+	02:37+	01:45+	00:39+	04:39+	01:57+	00:24+	00:37+	00:57+	01:51+	03:59+	02:56+	02:42-	01:04-	01:17-	01:30+	02:08+
00:22&	00:37&	00:36&	00:11&	04:07@	00:26&	00:06&	00:10&	00:39@	01:09@	03:26@	01:36@	00:05-	01:19-	01:47-	00:44&	01:07@
34	Espen Lunde	68											32:42			
00:52+	03:28+	05:02+	05:40+	06:30+	08:36+	09:00+	09:47+	10:36+	15:25+	18:55+	22:43+	25:44+	27:01+	28:18+	30:22+	32:30+
00:52+	02:36+	01:34+	00:38+	00:50+	02:06+	00:24+	00:47+	00:49+	04:49+	03:30+	03:48+	03:01+	01:17-	01:17-	02:04+	02:08+
00:15&	00:36&	00:25&	00:10&	00:18&	00:35&	00:06&	00:20&	00:31@	04:07@	02:57@	02:28@	00:14+	01:06-	01:47-	01:18@	01:07@

Class	Navn	Klasse										Tid					
35	Andreas Molin Edlund	136										33:05					
00:47+	03:00+	04:16+	04:53+	11:31+	13:14+	13:39+	14:52+	16:18+	18:37+	21:50+	24:36+	26:56+	28:01+	29:09+	30:43+	32:45+	33:05+
00:47+	02:13+	01:16+	00:37+	06:38+	01:43+	00:25+	01:13+	01:26+	02:19+	03:13+	02:46+	02:20-	01:05-	01:08-	01:34+	02:02+	00:20-
00:10&	00:13#	00:07#	00:09&	06:06@	00:12#	00:07&	00:46@	01:08@	01:37@	02:40@	01:26@	00:27-	01:18-	01:56-	00:48@	01:01&	00:37-
36	Jan Erik Rasmussen	51										33:07					
00:56+	03:57+	05:47+	06:31+	07:37+	09:55+	10:25+	11:10+	12:18+	14:23+	19:07+	22:59+	26:04+	27:08+	28:39+	30:42+	32:54+	33:07+
00:56+	03:01+	01:50+	00:44+	01:06+	02:18+	00:30+	00:45+	01:08+	02:05+	04:44+	03:52+	03:05+	01:04-	01:31-	02:03+	02:12+	00:13-
00:19&	01:01&	00:41&	00:16&	00:34@	00:47&	00:12&	00:18&	00:50@	01:23@	04:11@	02:32@	00:18#	01:19-	01:33-	01:17@	01:11@	00:44-
37	Paul Richard Carr	136										34:33					
00:55+	03:53+	05:48+	06:23+	07:13+	09:18+	09:42+	10:21+	11:28+	13:02+	17:00+	24:25+	27:09+	28:08+	29:34+	32:26+	34:22+	34:33+
00:55+	02:58+	01:55+	00:35+	00:50+	02:05+	00:24+	00:39+	01:07+	01:34+	03:58+	07:25+	02:44-	00:59-	01:26-	02:52+	01:56+	00:11-
00:18&	00:58&	00:46&	00:07#	00:18&	00:34&	00:06&	00:12&	00:49@	00:52@	03:25@	06:05@	00:03-	01:24-	01:38-	02:06@	00:55&	00:46-
38	John Thorsnæs	51										34:42					
00:46+	03:14+	04:49+	05:28+	06:13+	08:18+	08:42+	09:33+	10:36+	12:42+	16:26+	19:26+	22:18+	23:22+	24:39+	32:35+	34:31+	34:42+
00:46+	02:28+	01:35+	00:39+	00:45+	02:05+	00:24+	00:51+	01:03+	02:06+	03:44+	03:00+	02:52+	01:04-	01:17-	07:56+	01:56+	00:11-
00:09#	00:28#	00:26&	00:11&	00:13&	00:34&	00:06&	00:24&	00:45@	01:24@	03:11@	01:40@	00:05+	01:19-	01:47-	07:10@	00:55&	00:46-
39	Tom Leveraas	188										35:04					
01:05+	03:42+	05:51+	06:26+	07:30+	09:55+	11:14+	11:55+	13:00+	14:46+	18:54+	22:55+	26:10+	27:41+	29:00+	32:24+	34:48+	35:04+
01:05+	02:37+	02:09+	00:35+	01:04+	02:25+	01:19+	00:41+	01:05+	01:46+	04:08+	04:01+	03:15+	01:31-	01:19-	03:24+	02:24+	00:16-
00:28&	00:37&	01:00&	00:07#	00:32&	00:54&	01:01@	00:14&	00:47@	01:04@	03:35@	02:41@	00:28#	00:52-	01:45-	02:38@	01:23@	00:41-
40	Per Bakken	5										35:20					
00:59+	04:06+	05:59+	06:49+	07:57+	10:31+	11:00+	11:45+	13:16+	15:23+	19:55+	23:51+	27:23+	28:36+	30:23+	32:42+	35:06+	35:20+
00:59+	03:07+	01:53+	00:50+	01:08+	02:34+	00:29+	00:45+	01:31+	02:07+	04:32+	03:56+	03:32+	01:13-	01:47-	02:19+	02:24+	00:14-
00:22&	01:07&	00:44&	00:22&	00:36@	01:03&	00:11&	00:18&	01:13@	01:25@	03:59@	02:36@	00:45&	01:10-	01:17-	01:33@	01:23@	00:43-
41	Ove Vatland	128										35:29					
01:14+	04:48+	06:58+	07:50+	08:36+	11:16+	11:43+	12:30+	13:54+	15:45+	20:46+	24:37+	28:04+	29:18+	30:53+	32:37+	35:11+	35:29+
01:14+	03:34+	02:10+	00:52+	00:46+	02:40+	00:27+	00:47+	01:24+	01:51+	05:01+	03:51+	03:27+	01:14-	01:35-	01:44+	02:34+	00:18-
00:37&	01:34&	01:01&	00:24&	00:14&	01:09&	00:09&	00:20&	01:06@	01:09@	04:28@	02:31@	00:40#	01:09-	01:29-	00:58@	01:33@	00:39-
42	Per Aspøy	117										35:53					
01:08+	04:01+	05:39+	06:23+	09:02+	11:55+	12:20+	13:17+	14:44+	16:49+	20:58+	24:44+	28:43+	29:51+	31:10+	32:49+	35:39+	35:53+
01:08+	02:53+	01:38+	00:44+	02:39+	02:53+	00:25+	00:57+	01:27+	02:05+	04:09+	03:46+	03:59+	01:08-	01:19-	01:39+	02:50+	00:14-
00:31&	00:53&	00:29&	00:16&	02:07@	01:22&	00:07&	00:30@	01:09@	01:23@	03:36@	02:26@	01:12&	01:15-	01:45-	00:53@	01:49@	00:43-
43	Tor Arne Klakegg	67										36:08					
00:59+	03:45+	05:28+	06:11+	07:14+	09:29+	09:54+	10:45+	12:45+	14:18+	18:31+	22:13+	25:33+	26:44+	27:54+	34:03+	35:57+	36:08+
00:59+	02:46+	01:43+	00:43+	01:03+	02:15+	00:25+	00:51+	02:00+	01:33+	04:13+	03:42+	03:20+	01:11-	01:10-	06:09+	01:54+	00:11-
00:22&	00:46&	00:34&	00:15&	00:31&	00:44&	00:07&	00:24&	01:42@	00:51@	03:40@	02:22@	00:33#	01:12-	01:54-	05:23@	00:53&	00:46-
44	Ragnar Lillemo	128										36:43					
04:05+	06:32+	08:23+	09:13+	11:03+	13:31+	13:58+	14:48+	16:08+	17:51+	22:10+	25:43+	29:34+	30:40+	32:01+	33:47+	36:21+	36:43+
04:05+	02:27+	01:51+	00:50+	01:50+	02:28+	00:27+	00:50+	01:20+	01:43+	04:19+	03:33+	03:51+	01:06-	01:21-	01:46+	02:34+	00:22-
03:28@	00:27#	00:42&	00:22&	01:18@	00:57&	00:09&	00:23&	01:02@	01:01@	03:46@	02:13@	01:04&	01:17-	01:43-	01:00@	01:33@	00:35-
45	Steinar Aase	268										36:50					
01:05+	07:13+	09:39+	10:17+	11:30+	14:08+	14:28+	15:03+	16:10+	18:41+	23:12+	27:01+	30:13+	31:22+	32:54+	34:37+	36:37+	36:50+
01:05+	06:08+	02:26+	00:38+	01:13+	02:38+	00:20+	00:35+	01:07+	02:31+	04:31+	03:49+	03:12+	01:09-	01:32-	01:43+	02:00+	00:13-
00:28&	04:08@	01:17@	00:10&	00:41@	01:07&	00:02#	00:08&	00:49@	01:49@	03:58@	02:29@	00:25#	01:14-	01:32-	00:57@	00:59&	00:44-
46	Jørn Snorre Andersen	91										37:20					
01:17+	04:12+	05:57+	06:55+	07:31+	09:25+	09:48+	10:32+	13:39+	15:24+	19:09+	23:13+	26:31+	32:25+	33:44+	35:17+	37:08+	37:20+
01:17+	02:55+	01:45+	00:58+	00:36+	01:54+	00:23+	00:44+	03:07+	01:45+	03:45+	04:04+	03:18+	05:54+	01:19-	01:33+	01:51+	00:12-
00:40@	00:55&	00:36&	00:30@	00:04#	00:23&	00:05&	00:17&	02:49@	01:03@	03:12@	02:44@	00:31#	03:31@	01:45-	00:47@	00:50&	00:45-
47	Per Olav Egeland	128										37:43					
04:58+	07:31+	09:33+	10:13+	11:56+	14:32+	14:58+	15:48+	17:07+	18:53+	23:12+	26:43+	30:28+	31:41+	33:01+	34:47+	37:24+	37:43+
04:58+	02:33+	02:02+	00:40+	01:43+	02:36+	00:26+	00:50+	01:19+	01:46+	04:19+	03:31+	03:45+	01:13-	01:20-	01:46+	02:37+	00:19-
04:21@	00:33&	00:53&	00:12&	01:11@	01:05&	00:08&	00:23&	01:01@	01:04@	03:46@	02:11@	00:58&	01:10-	01:44-	01:00@	01:36@	00:38-
48	Einar Hinna	7										38:38					
01:07+	05:37+	07:29+	08:17+	09:11+	11:55+	12:24+	13:51+	15:17+	17:08+	21:41+	25:08+	28:15+	29:21+	30:48+	35:49+	38:16+	38:38+
01:07+	04:30+	01:52+	00:48+	00:54+	02:44+	00:29+	01:27+	01:26+	01:51+	04:33+	03:27+	03:07+	01:06-	01:27-	05:01+	02:27+	00:22-
00:30&	02:30@	00:43&	00:20&	00:22&	01:13&	00:11&	01:00@	01:08@	01:09@	04:00@	02:07@	00:20#	01:17-	01:37-	04:15@	01:26@	00:35-
49	Arne Hope	43										38:51					
00:58+	04:23+	06:07+	06:46+	07:32+	09:48+	10:18+	11:00+	12:25+	16:52+	20:40+	23:55+	29:30+	30:27+	31:44+	35:41+	38:36+	38:51+
00:58+	03:25+	01:44+	00:39+	00:46+	02:16+	00:30+	00:42+	01:25+	04:27+	03:48+	03:15+	05:35+	00:57-	01:17-	03:57+	02:55+	00:15-
00:21&	01:25&	00:35&	00:11&	00:14&	00:45&	00:12&	00:15&	01:07@	03:45@	03:15@	01:55@	02:48@	01:26-	01:47-	03:11@	01:54@	00:42-

Class	Navn	Klasse																Tid	
50	Bjørn André Kaland	165																39:05	
00:58+	03:39+	04:52+	05:27+	06:07+	08:08+	08:30+	14:55+	16:21+	18:03+	22:51+	25:45+	29:12+	30:10+	31:28+	36:03+	38:42+	39:05+		
00:58+	02:41+	01:13+	00:35+	00:40+	02:01+	00:22+	06:25+	01:26+	01:42+	04:48+	02:54+	03:27+	00:58-	01:18-	04:35+	02:39+	00:23-		
00:21&	00:41&	00:04+	00:07#	00:08#	00:30&	00:04#	05:58@	01:08@	01:00@	04:15@	01:34@	00:40#	01:25-	01:46-	03:49@	01:38@	00:34-		
51	Audun Sjøen	111																40:36	
00:56+	03:28+	05:16+	06:02+	06:51+	09:03+	09:30+	10:18+	15:28+	17:11+	20:59+	24:39+	28:19+	29:31+	34:44+	37:50+	40:24+	40:36+		
00:56+	02:32+	01:48+	00:46+	00:49+	02:12+	00:27+	00:48+	05:10+	01:43+	03:48+	03:40+	03:40+	01:12-	05:13+	03:06+	02:34+	00:12-		
00:19&	00:32&	00:39&	00:18&	00:17&	00:41&	00:09&	00:21&	04:52@	01:01@	03:15@	02:20@	00:53&	01:11-	02:09&	02:20@	01:33@	00:45-		
52	Sverre Uhlving	105																41:56	
01:12+	05:26+	07:19+	08:53+	09:52+	12:26+	13:03+	14:04+	17:38+	19:52+	24:43+	29:01+	32:49+	34:03+	35:36+	39:44+	41:41+	41:56+		
01:12+	04:14+	01:53+	01:34+	00:59+	02:34+	00:37+	01:01+	03:34+	02:14+	04:51+	04:18+	03:48+	01:14-	01:33-	04:08+	01:57+	00:15-		
00:35&	02:14@	00:44&	01:06@	00:27&	01:03&	00:19@	00:34@	03:16@	01:32@	04:18@	02:58@	01:01&	01:09-	01:31-	03:22@	00:56&	00:42-		
53	Svein Inge Sævereid	126																42:45	
01:33+	05:37+	08:04+	09:06+	10:14+	13:17+	13:51+	14:43+	16:34+	18:47+	24:30+	30:32+	34:08+	35:34+	37:30+	39:34+	42:24+	42:45+		
01:33+	04:04+	02:27+	01:02+	01:08+	03:03+	00:34+	00:52+	01:51+	02:13+	05:43+	06:02+	03:36+	01:26-	01:56-	02:04+	02:50+	00:21-		
00:56@	02:04@	01:18@	00:34@	00:36@	01:32@	00:16&	00:25&	01:33@	01:31@	05:10@	04:42@	00:49&	00:57-	01:08-	01:18@	01:49@	00:36-		
54	Inge Grødem	92																44:21	
01:34+	05:44+	08:03+	08:58+	10:13+	13:20+	14:58+	16:05+	17:28+	21:17+	27:14+	32:06+	36:07+	37:35+	39:16+	41:08+	44:06+	44:21+		
01:34+	04:10+	02:19+	00:55+	01:15+	03:07+	01:38+	01:07+	01:23+	03:49+	05:57+	04:52+	04:01+	01:28-	01:41-	01:52+	02:58+	00:15-		
00:57@	02:10@	01:10@	00:27&	00:43@	01:36@	01:20@	00:40@	01:05@	03:07@	05:24@	03:32@	01:14&	00:55-	01:23-	01:06@	01:57@	00:42-		
55	Jon Grepstad	111																44:21	
01:24+	05:31+	07:53+	08:43+	09:54+	15:05+	15:40+	16:44+	18:09+	20:11+	26:22+	31:06+	35:20+	36:56+	38:51+	41:13+	44:02+	44:21+		
01:24+	04:07+	02:22+	00:50+	01:11+	05:11+	00:35+	01:04+	01:25+	02:02+	06:11+	04:44+	04:14+	01:36-	01:55-	02:22+	02:49+	00:19-		
00:47@	02:07@	01:13@	00:22&	00:39@	03:40@	00:17&	00:37@	01:07@	01:20@	05:38@	03:24@	01:27&	00:47-	01:09-	01:36@	01:48@	00:38-		
56	Arthur Christiansen	93																54:58	
01:48+	06:57+	10:07+	11:21+	12:34+	17:15+	18:00+	19:17+	21:13+	24:11+	31:50+	37:17+	42:38+	44:31+	47:03+	50:30+	54:34+	54:58+		
01:48+	05:09+	03:10+	01:14+	01:13+	04:41+	00:45+	01:17+	01:56+	02:58+	07:39+	05:27+	05:21+	01:53-	02:32-	03:27+	04:04+	00:24-		
01:11@	03:09@	02:01@	00:46@	00:41@	03:10@	00:27@	00:50@	01:38@	02:16@	07:06@	04:07@	02:34&	00:30-	00:32-	02:41@	03:03@	00:33-		
Beste strekktid for klassen																			
00:32	01:38	01:05	00:25	00:26	00:21	00:16	00:14	00:18	00:42	00:33	01:20	01:54	00:39	00:48	00:46	01:01	00:05	00:08	00:08

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