

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Ingrid Simensen	101	26:23															
01:01=	02:07=	04:36=	07:04=	07:48=	08:24=	09:41=	11:52=	13:03=	14:20=	15:38=	16:31=	19:21=	20:21=	21:57=	23:23=	25:27=	26:08=	26:23=
01:01=	01:06=	02:29=	02:28=	00:44=	00:36=	01:17=	02:11=	01:11=	01:17=	01:18=	00:53=	02:50=	01:00=	01:36=	01:26=	02:04=	00:41=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Kari Borgen	62	26:55															
00:51-	01:48-	04:02-	06:14-	07:06-	07:34-	08:33-	10:16-	11:25-	12:33-	14:00-	14:49-	17:22-	19:02-	20:17-	24:23+	26:13+	26:40+	26:55+
00:51-	00:57-	02:14-	02:12-	00:52+	00:28-	00:59-	01:43-	01:09-	01:08-	01:27+	00:49-	02:33-	01:40+	01:15-	04:06+	01:50-	00:27-	00:15=
00:10-	00:09-	00:15-	00:16-	00:08#	00:08-	00:18-	00:28-	00:02-	00:09-	00:09#	00:04-	00:17-	00:40&	00:21-	02:40&	00:14-	00:14-	00:00=
3	Gunn Iren Stangeland	62	28:59															
00:56-	02:05-	04:39+	07:27+	08:09+	08:37+	09:50+	11:30-	12:59-	14:18-	17:19+	18:19+	21:14+	22:21+	24:12+	25:54+	28:07+	28:44+	28:59+
00:56-	01:09+	02:34+	02:48+	00:42-	00:28-	01:13-	01:40-	01:29+	01:19+	03:01+	01:00+	02:55+	01:07+	01:51+	01:42+	02:13+	00:37-	00:15=
00:05-	00:03+	00:05+	00:20#	00:02-	00:08-	00:04-	00:31-	00:18&	00:02+	01:43&	00:07#	00:05+	00:07#	00:15#	00:16#	00:09+	00:04-	00:00=
4	Kirsten Vike	92	30:05															
01:06+	02:25+	05:29+	08:49+	09:40+	10:11+	11:52+	14:06+	15:10+	16:27+	17:57+	18:56+	21:33+	22:36+	24:42+	26:23+	28:54+	29:44+	30:05+
01:06+	01:19+	03:04+	03:20+	00:51+	00:31-	01:41+	02:14+	01:04-	01:17=	01:30+	00:59+	02:37-	01:03+	02:06+	01:41+	02:31+	00:50+	00:21+
00:05+	00:13#	00:35#	00:52&	00:07#	00:05-	00:24&	00:03+	00:07-	00:00=	00:12#	00:06#	00:13-	00:03+	00:30&	00:15#	00:27#	00:09#	00:06&
5	Marie Lunde	115	30:16															
01:13+	03:07+	05:42+	08:47+	10:20+	10:55+	12:28+	14:22+	15:28+	16:59+	18:26+	19:19+	22:28+	23:28+	24:57+	26:51+	29:05+	29:56+	30:16+
01:13+	01:54+	02:35+	03:05+	01:33+	00:35-	01:33+	01:54-	01:06-	01:31+	01:27+	00:53=	03:09+	01:00=	01:29-	01:54+	02:14+	00:51+	00:20+
00:12#	00:48&	00:06+	00:37#	00:49&	00:01-	00:16#	00:17-	00:05-	00:14#	00:09#	00:00=	00:19#	00:00=	00:07-	00:28&	00:10+	00:10#	00:05&
6	Karlotte K Sørheim	105	30:23															
00:36-	01:55-	04:13-	06:55-	07:43-	08:11-	12:20+	13:30+	14:35+	15:43+	17:13+	18:07+	21:48+	23:17+	25:47+	27:12+	29:23+	30:08+	30:23+
00:36-	01:19+	02:18-	02:42+	00:48+	00:28-	04:09+	01:10-	01:05-	01:08-	01:30+	00:54+	03:41+	01:29+	02:30+	01:25-	02:11+	00:45+	00:15=
00:25-	00:13#	00:11-	00:14+	00:04+	00:08-	02:52&	01:01-	00:06-	00:09-	00:12#	00:01+	00:51&	00:29&	00:54&	00:01-	00:07+	00:04+	00:00=
7	Ruth Magrethe Westre	54	30:33															
01:12+	02:22+	05:03+	07:44+	08:40+	09:08+	10:42+	12:37+	13:45+	14:57+	16:23+	17:19+	20:27+	21:27+	23:15+	26:28+	29:48+	30:18+	30:33+
01:12+	01:10+	02:41+	02:41+	00:56+	00:28-	01:34+	01:55-	01:08-	01:12-	01:26+	00:56+	03:08+	01:00=	01:48+	03:13+	03:20+	00:30-	00:15=
00:11#	00:04+	00:12+	00:13+	00:12&	00:08-	00:17#	00:16-	00:03-	00:05-	00:08#	00:03+	00:18#	00:00=	00:12#	01:47&	01:16&	00:11-	00:00=
8	Wibeke Lende	74	30:44															
01:19+	02:47+	05:23+	08:07+	09:05+	09:33+	10:55+	12:23+	13:31+	14:59+	17:36+	18:45+	21:15+	22:20+	25:03+	26:54+	28:53+	30:30+	30:44+
01:19+	01:28+	02:36+	02:44+	00:58+	00:28-	01:22+	01:28-	01:08-	01:28+	02:37+	01:09+	02:30-	01:05+	02:43+	01:51+	01:59-	01:37+	00:14-
00:18&	00:22&	00:07+	00:16#	00:14&	00:08-	00:05+	00:43-	00:03-	00:11#	01:19&	00:16&	00:20-	00:05+	01:07&	00:25&	00:05-	00:56&	00:01-
9	Helene Lie	228	30:47															
01:08+	02:48+	05:34+	08:34+	09:29+	09:56+	11:31+	13:55+	15:33+	16:48+	18:42+	19:49+	22:34+	24:09+	25:56+	27:32+	29:52+	30:29+	30:47+
01:08+	01:40+	02:46+	03:00+	00:55+	00:27-	01:35+	02:24+	01:38+	01:15-	01:54+	01:07+	02:45-	01:35+	01:47+	01:36+	02:20+	00:37-	00:18+
00:07#	00:34&	00:17#	00:32#	00:11#	00:09-	00:18#	00:13+	00:27&	00:02-	00:36&	00:14&	00:05-	00:35&	00:11#	00:10#	00:16#	00:04-	00:03#
10	Anna Berthelsen	117	31:16															
01:34+	03:02+	06:03+	09:03+	10:07+	10:40+	12:02+	14:08+	15:28+	16:54+	18:31+	19:36+	22:43+	24:09+	25:59+	27:40+	30:12+	30:56+	31:16+
01:34+	01:28+	03:01+	03:00+	01:04+	00:33-	01:22+	02:06-	01:20+	01:26+	01:37+	01:05+	03:07+	01:26+	01:50+	01:41+	02:32+	00:44+	00:20+
00:33&	00:22&	00:32#	00:32#	00:20&	00:03-	00:05+	00:05-	00:09#	00:09#	00:19#	00:12#	00:17#	00:26&	00:14#	00:15#	00:28#	00:03+	00:05&
11	Marita Skorpe	74	31:32															
00:59-	03:05+	06:54+	09:57+	10:58+	11:29+	13:02+	15:04+	16:24+	17:46+	19:19+	20:22+	23:35+	24:45+	26:30+	27:47+	30:30+	31:15+	31:32+
00:59-	02:06+	03:49+	03:03+	01:01+	00:31-	01:33+	02:02-	01:20+	01:22+	01:33+	01:03+	03:13+	01:10+	01:45+	01:17-	02:43+	00:45+	00:17+
00:02-	01:00&	01:20&	00:35#	00:17&	00:05-	00:16#	00:09-	00:09#	00:05+	00:15#	00:10#	00:23#	00:10#	00:09+	00:09-	00:39&	00:04+	00:02#
12	Rønnaug Egeland	154	33:46															
00:59-	02:11+	04:47+	07:45+	08:36+	09:05+	16:26+	17:36+	18:46+	20:02+	21:30+	22:24+	26:05+	27:21+	28:52+	30:36+	32:43+	33:22+	33:46+
00:59-	01:12+	02:36+	02:58+	00:51+	00:29-	07:21+	01:10-	01:10-	01:16-	01:28+	00:54+	03:41+	01:16+	01:31-	01:44+	02:07+	00:39-	00:24+
00:02-	00:06+	00:07+	00:30#	00:07#	00:07-	06:04&	01:01-	00:01-	00:01-	00:10#	00:01+	00:51&	00:16&	00:05-	00:18#	00:03+	00:02-	00:09&
13	Bodil Krogedal	126	34:13															
01:27+	02:44+	05:34+	08:43+	09:44+	10:15+	11:44+	13:27+	14:44+	16:04+	17:43+	19:03+	26:26+	27:27+	29:14+	31:22+	33:19+	33:56+	34:13+
01:27+	01:17+	02:50+	03:09+	01:01+	00:31-	01:29+	01:43-	01:17+	01:20+	01:39+	01:20+	07:23+	01:01+	01:47+	02:08+	01:57-	00:37-	00:17+
00:26&	00:11#	00:21#	00:41&	00:17&	00:05-	00:12#	00:28-	00:06+	00:03+	00:21&	00:27&	04:33&	00:01+	00:11#	00:42&	00:07-	00:04-	00:02#
14	Mette Langeland	117	35:17															
01:09+	02:32+	05:34+	08:44+	09:43+	10:15+	11:49+	15:14+	17:01+	18:43+	20:25+	21:29+	25:07+	26:32+	29:02+	31:00+	34:06+	35:01+	35:17+
01:09+	01:23+	03:02+	03:10+	00:59+	00:32-	01:34+	03:25+	01:47+	01:42+	01:42+	01:04+	03:38+	01:25+	02:30+	01:58+	03:06+	00:55+	00:16+
00:08#	00:17&	00:33#	00:42&	00:15&	00:04-	00:17#	01:14&	00:36&	00:25&	00:24&	00:11#	00:48&	00:25&	00:54&	00:32&	01:02&	00:14&	00:01+

Class	Navn	Klasse										Tid							
15	Trine Selvikvåg	62										35:19							
01:06+	02:23+	04:41+	07:02-	09:57+	09:41+	11:08+	13:08+	14:00+	15:20+	16:49+	17:54+	21:12+	22:50+	25:02+	31:41+	34:19+	35:03+	35:19+	
01:06+	01:17+	02:18-	02:21-	00:55+	01:44+	01:27+	02:00-	00:52-	01:20+	01:29+	01:05+	03:18+	01:38+	02:12+	06:39+	02:38+	00:44+	00:16+	
00:05+	00:11#	00:11-	00:07-	00:11#	01:08#	00:10#	00:11-	00:19-	00:03+	00:11#	00:12#	00:28#	00:38&	00:36&	05:13#	00:34&	00:03+	00:01+	
16	Maren Heradstveit	76										36:04							
01:23+	03:23+	06:11+	09:54+	11:18+	11:42+	13:43+	18:31+	19:40+	21:07+	22:42+	23:43+	27:07+	28:32+	30:42+	32:41+	34:57+	35:47+	36:04+	
01:23+	02:00+	02:48+	03:43+	01:24+	00:24-	02:01+	04:48+	01:09-	01:27+	01:35+	01:01+	03:24+	01:25+	02:10+	01:59+	02:16+	00:50+	00:17+	
00:22&	00:54&	00:19#	01:15&	00:40&	00:12-	00:44&	02:37#	00:02-	00:10#	00:17#	00:08#	00:34#	00:25&	00:34&	00:33&	00:12+	00:09#	00:02#	
17	Maria Lampe	126										36:30							
01:04+	03:08+	06:04+	09:04+	10:08+	10:43+	12:09+	17:30+	18:55+	20:31+	22:27+	23:35+	27:14+	28:31+	30:57+	33:26+	35:28+	36:10+	36:30+	
01:04+	02:04+	02:56+	03:00+	01:04+	00:35-	01:26+	05:21+	01:25+	01:36+	01:56+	01:08+	03:39+	01:17+	02:26+	02:29+	02:02-	00:42+	00:20+	
00:03+	00:58&	00:27#	00:32#	00:20&	00:01-	00:09#	03:10#	00:14#	00:19#	00:38&	00:15&	00:49&	00:17&	00:50&	01:03&	00:02-	00:01+	00:05&	
18	Ingunn Bergheim Landsnes	74										36:47							
01:09+	02:29+	06:03+	11:40+	12:41+	13:20+	15:00+	17:06+	18:40+	20:24+	22:23+	23:31+	27:03+	28:25+	30:36+	32:30+	35:29+	36:25+	36:47+	
01:09+	01:20+	03:34+	05:37+	01:01+	00:39+	01:40+	02:06-	01:34+	01:44+	01:59+	01:08+	03:32+	01:22+	02:11+	01:54+	02:59+	00:56+	00:22+	
00:08#	00:14#	01:05&	03:09#	00:17&	00:03+	00:23&	00:05-	00:23&	00:27&	00:41&	00:15&	00:42#	00:22&	00:35&	00:28&	00:55&	00:15&	00:07&	
19	Nicola Herbert	92										37:24							
00:58-	03:34+	06:42+	09:52+	10:50+	11:21+	12:54+	14:56+	16:31+	18:00+	19:47+	21:01+	28:10+	29:30+	31:52+	33:42+	36:25+	37:07+	37:24+	
00:58-	02:36+	03:08+	03:10+	00:58+	00:31-	01:33+	02:02-	01:35+	01:29+	01:47+	01:14+	07:09+	01:20+	02:22+	01:50+	02:43+	00:42+	00:17+	
00:03-	01:30#	00:39&	00:42&	00:14&	00:05-	00:16#	00:09-	00:24&	00:12#	00:29&	00:21&	04:19#	00:20&	00:46&	00:24&	00:39&	00:01+	00:02#	
20	Kristina Renshaw	101										37:28							
03:06+	04:21+	07:06+	10:13+	14:00+	14:28+	17:19+	18:53+	20:31+	21:45+	23:19+	24:27+	28:14+	29:24+	31:43+	33:48+	36:16+	37:04+	37:28+	
03:06+	01:15+	02:45+	03:07+	03:47+	00:28-	02:51+	01:34-	01:38+	01:14-	01:34+	01:08+	03:47+	01:10+	02:19+	02:05+	02:28+	00:48+	00:24+	
02:05#	00:09#	00:16#	00:39&	03:03#	00:08-	01:34#	00:37-	00:27&	00:03-	00:16#	00:15&	00:57&	00:10#	00:43&	00:39&	00:24#	00:07#	00:09&	
21	Ingvild Amalixsen	116										37:59							
00:57-	03:02+	06:04+	09:11+	10:11+	10:45+	12:46+	15:39+	17:21+	18:42+	20:22+	21:23+	29:57+	31:17+	32:49+	34:20+	36:40+	37:19+	37:59+	
00:57-	02:05+	03:02+	03:07+	01:00+	00:34-	02:01+	02:53+	01:42+	01:21+	01:40+	01:01+	08:34+	01:20+	01:32-	01:31+	02:20+	00:39-	00:40+	
00:04-	00:59&	00:33#	00:39&	00:16&	00:02-	00:44&	00:42&	00:31&	00:04+	00:22&	00:08#	05:44#	00:20&	00:04-	00:05+	00:16#	00:02-	00:25#	
22	Kjersti Pawells	105										38:15							
01:14+	04:24+	07:51+	11:13+	12:18+	12:51+	14:26+	16:35+	18:28+	19:59+	21:58+	23:24+	26:43+	28:03+	32:16+	34:11+	37:06+	37:55+	38:15+	
01:14+	03:10+	03:27+	03:22+	01:05+	00:33-	01:35+	02:09-	01:53+	01:31+	01:59+	01:26+	03:19+	01:20+	04:13+	01:55+	02:55+	00:49+	00:20+	
00:13#	02:04#	00:58&	00:54&	00:21&	00:03-	00:18#	00:02-	00:42&	00:14#	00:41&	00:33&	00:29#	00:20&	02:37#	00:29&	00:51&	00:08#	00:05&	
23	Hanne Berg Nilsen	117										38:50							
01:21+	02:52+	05:32+	08:57+	09:49+	10:18+	11:42+	14:21+	16:09+	17:28+	18:58+	20:00+	24:47+	25:54+	27:55+	35:10+	37:36+	38:26+	38:50+	
01:21+	01:31+	02:40+	03:25+	00:52+	00:29-	01:24+	02:39+	01:48+	01:19+	01:30+	01:02+	04:47+	01:07+	02:01+	07:15+	02:26+	00:50+	00:24+	
00:20&	00:25&	00:11+	00:57&	00:08#	00:07-	00:07+	00:28#	00:37&	00:02+	00:12#	00:09#	01:57&	00:07#	00:25&	05:49#	00:22#	00:09#	00:09&	
24	Lise Nessa Di Lorenzo	168										40:15							
00:54-	02:45+	05:24+	08:36+	09:28+	09:53+	11:32+	13:32+	15:01+	16:17+	17:57+	18:57+	31:30+	32:28+	33:58+	37:11+	39:15+	39:58+	40:15+	
00:54-	01:51+	02:39+	03:12+	00:52+	00:25-	01:39+	02:00-	01:29+	01:16-	01:40+	01:00+	12:33+	00:58-	01:30-	03:13+	02:04=	00:43+	00:17+	
00:07-	00:45&	00:10+	00:44&	00:08#	00:11-	00:22&	00:11-	00:18&	00:01-	00:22&	00:07#	09:43#	00:02-	00:06-	01:47#	00:00=	00:02+	00:02#	
25	Svitlana Rasheva	116										43:27							
01:41+	03:16+	06:04+	08:54+	09:54+	10:44+	13:37+	17:01+	18:37+	20:34+	22:43+	24:09+	27:30+	28:45+	31:49+	39:26+	42:13+	43:02+	43:27+	
01:41+	01:35+	02:48+	02:50+	01:00+	00:50+	02:53+	03:24+	01:36+	01:57+	02:09+	01:26+	03:21+	01:15+	03:04+	07:37+	02:47+	00:49+	00:25+	
00:40&	00:29&	00:19#	00:22#	00:16&	00:14&	01:36#	01:13&	00:25&	00:40&	00:51&	00:33&	00:31#	00:15#	01:28&	06:11#	00:43&	00:08#	00:10&	
26	Tone Giske	7										52:44							
01:29+	04:39+	07:57+	12:21+	13:28+	14:15+	15:51+	19:05+	21:20+	22:56+	25:10+	26:45+	31:06+	33:51+	43:56+	46:38+	51:07+	52:21+	52:44+	
01:29+	03:10+	03:18+	04:24+	01:07+	00:47+	01:36+	03:14+	02:15+	01:36+	02:14+	01:35+	04:21+	02:45+	10:05+	02:42+	04:29+	01:14+	00:23+	
00:28&	02:04#	00:49&	01:56&	00:23&	00:11&	00:19#	01:03&	01:04&	00:19#	00:56&	00:42&	01:31&	01:45#	08:29#	01:16&	02:25#	00:33&	00:08&	
27	Nithya Mohan	136										57:21							
02:26+	04:51+	09:04+	12:59+	19:42+	20:23+	22:38+	27:29+	29:46+	31:40+	34:04+	35:37+	41:26+	43:23+	47:15+	51:08+	55:35+	56:57+	57:21+	
02:26+	02:25+	04:13+	03:55+	06:43+	00:41+	02:15+	04:51+	02:17+	01:54+	02:24+	01:33+	05:49+	01:57+	03:52+	03:53+	04:27+	01:22+	00:24+	
01:25#	01:19#	01:44&	01:27&	05:59#	00:05#	00:58&	02:40#	01:06&	00:37&	01:06&	00:40&	02:59#	00:57&	02:16#	02:27#	02:23#	00:41&	00:09&	
Beste strekktid for klassen																			
00:36	00:57	02:14	02:12	00:42	00:24	00:59	01:10	00:52	01:08	01:18	00:49	02:30	00:58	01:15	01:17	01:50	00:27	00:14	

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

Damer 40 - 49 år

Class	Navn	Klasse										Tid						
1	Berit Våg Aksland	116										27:15						
01:23=	02:15=	04:11=	05:25=	09:35=	09:53=	10:34=	12:23=	13:09=	15:23=	15:57=	16:38=	18:51=	20:00=	22:19=	23:49=	25:43=	26:51=	27:15=
01:23=	00:52=	01:56=	01:14=	04:10=	00:18=	00:41=	01:49=	00:46=	02:14=	00:34=	00:41=	02:13=	01:09=	02:19=	01:30=	01:54=	01:08=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hege Anita H. Nielsen	48										28:04						
00:53-	01:42-	03:47-	05:10-	09:25-	09:52-	10:28-	12:07-	12:55-	15:15-	15:46-	16:37-	18:59+	21:03+	22:48+	24:20+	26:12+	27:33+	28:04+
00:53-	00:49-	02:05+	01:23+	04:15+	00:27+	00:36-	01:39-	00:48+	02:20+	00:31-	00:51+	02:22+	02:04+	01:45-	01:32+	01:52-	01:21+	00:31+
00:30-	00:03-	00:09+	00:09#	00:05+	00:09#	00:05-	00:10-	00:02+	00:06+	00:03-	00:10#	00:09+	00:55#	00:34-	00:02+	00:02-	00:13#	00:07#
3	Linda Mari Vestvik	62										28:55						
00:54-	01:42-	03:14-	04:29-	08:43-	08:57-	09:38-	11:42-	12:22-	14:14-	14:44-	15:27-	18:29-	19:40-	21:40-	25:06+	27:24+	28:38+	28:55+
00:54-	00:48-	01:32-	01:15+	04:14+	00:14-	00:41=	02:04+	00:40-	01:52-	00:30-	00:43+	03:02+	01:11+	02:00-	03:26+	02:18+	01:14+	00:17-
00:29-	00:04-	00:24-	00:01+	00:04+	00:04-	00:00=	00:15#	00:06-	00:22-	00:04-	00:02+	00:49#	00:02+	00:19-	01:56#	00:24#	00:06+	00:07-
4	Monica Gilje Rennemo	92										29:44						
01:13-	02:00-	04:00-	05:15-	10:11+	10:36+	11:15+	12:48+	13:37+	16:05+	16:41+	17:22+	22:00+	23:02+	24:53+	26:21+	28:18+	29:18+	29:44+
01:13-	00:47-	02:00+	01:15+	04:56+	00:25+	00:39-	01:33-	00:49+	02:28+	00:36+	00:41=	04:38+	01:02-	01:51-	01:28-	01:57+	01:00-	00:26+
00:10-	00:05-	00:04+	00:01+	00:46#	00:07#	00:02-	00:16-	00:03+	00:14#	00:02+	00:00=	02:25#	00:07-	00:28-	00:02-	00:03+	00:08-	00:02+
5	Eli Serine Eikeskog	93										29:46						
00:52-	01:55-	04:07-	05:24-	10:25+	10:44+	11:41+	13:25+	14:25+	17:09+	17:49+	18:32+	21:15+	22:32+	24:32+	26:12+	28:00+	29:14+	29:46+
00:52-	01:03+	02:12+	01:17+	05:01+	00:19+	00:57+	01:44-	01:00+	02:44+	00:40+	00:43+	02:43+	01:17+	02:00-	01:40+	01:48-	01:14+	00:32+
00:31-	00:11#	00:16#	00:03+	00:51#	00:01+	00:16#	00:05-	00:14#	00:30#	00:06#	00:02+	00:30#	00:08#	00:19-	00:10#	00:06-	00:06+	00:08#
6	Siri Warland	115										29:56						
02:38+	03:30+	05:35+	06:46+	10:39+	10:57+	11:45+	13:59+	14:51+	17:09+	17:45+	18:42+	21:03+	22:15+	24:05+	25:58+	28:35+	29:34+	29:56+
02:38+	00:52=	02:05+	01:11-	03:53-	00:18=	00:48+	02:14+	00:52+	02:18+	00:36+	00:57+	02:21+	01:12+	01:50-	01:53+	02:37+	00:59-	00:22-
01:15#	00:00=	00:09+	00:03-	00:17-	00:00=	00:07#	00:25#	00:06#	00:04+	00:02+	00:16#	00:08+	00:03+	00:29-	00:23#	00:43#	00:09-	00:02-
7	Tove Irene Asheim	116										30:54						
01:16-	02:10-	04:34+	05:53+	10:49+	11:08+	11:57+	13:57+	14:47+	17:21+	17:55+	18:44+	21:30+	23:08+	25:22+	27:10+	29:18+	30:27+	30:54+
01:16-	00:54+	02:24+	01:19+	04:56+	00:19+	00:49+	02:00+	00:50+	02:34+	00:34=	00:49+	02:46+	01:38+	02:14-	01:48+	02:08+	01:09+	00:27+
00:07-	00:02+	00:28#	00:05+	00:46#	00:01+	00:08#	00:11#	00:04+	00:20#	00:00=	00:08#	00:33#	00:29#	00:05-	00:18#	00:14#	00:01+	00:03#
8	Bjørge Hauge	47										31:49						
01:22-	02:07-	04:12+	05:46+	10:51+	11:18+	12:02+	13:44+	14:40+	17:19+	17:59+	18:52+	21:29+	22:45+	24:38+	28:20+	30:09+	31:21+	31:49+
01:22-	00:45-	02:05+	01:34+	05:05+	00:27+	00:44+	01:42-	00:56+	02:39+	00:40+	00:53+	02:37+	01:16+	01:53-	03:42+	01:49-	01:12+	00:28+
00:01-	00:07-	00:09+	00:20#	00:55#	00:09#	00:03+	00:07-	00:10#	00:25#	00:06#	00:12#	00:24#	00:07#	00:26-	02:12#	00:05-	00:04+	00:04#
9	Hilde Frøytlog Karlsen	235										32:10						
01:04-	02:06-	04:30+	05:56+	11:06+	11:29+	12:15+	14:04+	14:58+	17:29+	18:16+	19:06+	22:20+	23:37+	26:43+	28:28+	30:22+	31:40+	32:10+
01:04-	01:02+	02:24+	01:26+	05:10+	00:23+	00:46+	01:49=	00:54+	02:31+	00:47+	00:50+	03:14+	01:17+	03:06+	01:45+	01:54=	01:18+	00:30+
00:19-	00:10#	00:28#	00:12#	01:00#	00:05#	00:05#	00:00=	00:08#	00:17#	00:13#	00:09#	01:01#	00:08#	00:47#	00:15#	00:00=	00:10#	00:06#
10	Nina Svensen	2										35:10						
01:12-	02:04-	04:11=	05:22-	10:09+	10:31+	11:11+	14:15+	15:35+	18:26+	19:16+	20:00+	23:13+	24:29+	29:24+	31:13+	33:17+	34:41+	35:10+
01:12-	00:52=	02:07+	01:11-	04:47+	00:22+	00:40-	03:04+	01:20+	02:51+	00:50+	00:44+	03:13+	01:16+	04:55+	01:49+	02:04+	01:24+	00:29+
00:11-	00:00=	00:11+	00:03-	00:37#	00:04#	00:01-	01:15#	00:34#	00:37#	00:16#	00:03+	01:00#	00:07#	02:36#	00:19#	00:10+	00:16#	00:05#
11	Grethe Thu Skadberg	128										35:40						
01:09-	02:08-	05:25+	06:59+	11:55+	12:21+	13:51+	15:52+	16:38+	18:49+	19:45+	21:16+	25:06+	26:40+	30:54+	32:29+	34:03+	35:17+	35:40+
01:09-	00:59+	03:17+	01:34+	04:56+	00:26+	01:30+	02:01+	00:46=	02:11-	00:56+	01:31+	03:50+	01:34+	04:14+	01:35+	01:34-	01:14+	00:23-
00:14-	00:07#	01:21#	00:20#	00:46#	00:08#	00:49#	00:12#	00:00=	00:03-	00:22#	00:50#	01:37#	00:25#	01:55#	00:05+	00:20-	00:06+	00:01-
12	Toril Dahle	116										35:48						
01:21-	02:24+	04:36+	05:50+	10:41+	11:36+	15:13+	17:06+	18:12+	21:14+	21:55+	22:50+	25:50+	27:17+	29:55+	31:25+	34:12+	35:16+	35:48+
01:21-	01:03+	02:12+	01:14=	04:51+	00:55+	03:37+	01:53+	01:06+	03:02+	00:41+	00:55+	03:00+	01:27+	02:38+	01:30=	02:47+	01:04-	00:32+
00:02-	00:11#	00:16#	00:00=	00:41#	00:37#	02:56#	00:04+	00:20#	00:48#	00:07#	00:14#	00:47#	00:18#	00:19#	00:00=	00:53#	00:04-	00:08#
13	Astrid Espe	80										36:58						
01:54+	03:13+	06:14+	07:50+	13:07+	13:31+	14:17+	16:23+	17:44+	20:39+	21:27+	22:46+	26:30+	28:01+	30:26+	32:28+	34:46+	36:22+	36:58+
01:54+	01:19+	03:01+	01:36+	05:17+	00:24+	00:46+	02:06+	01:21+	02:55+	00:48+	01:19+	03:44+	01:31+	02:25+	02:02+	02:18+	01:36+	00:36+
00:31#	00:27#	01:05#	00:22#	01:07#	00:06#	00:05#	00:17#	00:35#	00:41#	00:14#	00:38#	01:31#	00:22#	00:06+	00:32#	00:24#	00:28#	00:12#
14	Iren Undheim Øgreid	62										40:20						
01:01-	01:48-	03:36-	04:48-	14:06+	14:33+	15:15+	16:59+	17:45+	21:09+	21:49+	23:12+	28:46+	30:14+	35:29+	36:58+	38:41+	39:50+	40:20+
01:01-	00:47-	01:48-	01:12-	09:18+	00:27+	00:42+	01:44-	00:46=	03:24+	00:40+	01:23+	05:34+	01:28+	05:15+	01:29-	01:43-	01:09+	00:30+
00:22-	00:05-	00:08-	00:02-	05:08#	00:09#	00:01+	00:05-	00:00=	01:10#	00:06#	00:42#	03:21#	00:19#	02:56#	00:01-	00:11-	00:01+	00:06#
15	Synnøve Westermoen	116										43:47						
01:13-	02:08-	04:16+	05:59+	11:35+	12:04+	12:55+	20:49+	22:05+	24:39+	25:15+	29:38+	34:02+	35:30+	37:29+	39:12+	41:30+	42:57+	43:47+
01:13-	00:55+	02:08+	01:43+	05:36+	00:29+	00:51+	07:54+	01:16+	02:34+	00:36+	04:23+	04:24+	01:28+	01:59-	01:43+	02:18+	01:27+	00:50+
00:10-	00:03+	00:12#	00:29#	01:26#	00:11#	00:10#	06:05#	00:30#	00:20#	00:02+	03:42#	02:11#	00:19#	00:20-	00:13#	00:24#	00:19#	00:26#

Class	Navn	Klasse												Tid				
16	Elin Norveel	105												44:03				
01:32+	02:29+	05:06+	06:47+	12:57+	13:29+	14:26+	16:52+	18:01+	21:37+	22:23+	23:25+	26:38+	28:25+	38:22+	40:20+	42:02+	43:28+	44:03+
01:32+	00:57+	02:37+	01:41+	06:10+	00:32+	00:57+	02:26+	01:09+	03:36+	00:46+	01:02+	03:13+	01:47+	09:57+	01:58+	01:42-	01:26+	00:35+
00:09#	00:05+	00:41&	00:27&	02:00&	00:14&	00:16&	00:37&	00:23&	01:22&	00:12&	00:21&	01:00&	00:38&	07:38@	00:28&	00:12-	00:18&	00:11&
17	Randi Roth	68												44:35				
01:54+	02:55+	06:07+	08:03+	13:59+	14:16+	16:43+	19:20+	20:46+	24:19+	25:15+	27:06+	31:06+	33:36+	36:02+	39:39+	42:01+	43:49+	44:35+
01:54+	01:01+	03:12+	01:56+	05:56+	00:17-	02:27+	02:37+	01:26+	03:33+	00:56+	01:51+	04:00+	02:30+	02:26+	03:37+	02:22+	01:48+	00:46+
00:31&	00:09#	01:16&	00:42&	01:46&	00:01-	01:46@	00:48&	00:40&	01:19&	00:22&	01:10@	01:47&	01:21@	00:07+	02:07@	00:28#	00:40&	00:22&
18	Ragnhild Båtnes Berntsen	101												50:36				
01:02-	02:04-	05:03+	06:43+	12:22+	13:21+	14:21+	16:27+	19:09+	26:53+	27:37+	29:29+	33:32+	34:55+	43:57+	45:43+	48:06+	49:34+	50:36+
01:02-	01:02+	02:59+	01:40+	05:39+	00:59+	01:00+	02:06+	02:42+	07:44+	00:44+	01:52+	04:03+	01:23+	09:02+	01:46+	02:23+	01:28+	01:02+
00:21-	00:10#	01:03&	00:26&	01:29&	00:41@	00:19&	00:17#	01:56@	05:30@	00:10&	01:11@	01:50&	00:14#	06:43@	00:16#	00:29&	00:20&	00:38@
Beste strekktid for klassen																		
00:52	00:45	01:32	01:11	03:53	00:14	00:36	01:33	00:40	01:52	00:30	00:41	02:13	01:02	01:45	01:28	01:34	00:59	00:17

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

Damer 50 - 59 år

1	Keth Berggraf	116												24:49					
00:42=	01:33=	03:21=	04:30=	08:19=	08:51=	09:25=	10:52=	11:44=	14:02=	14:46=	15:30=	17:36=	18:56=	20:30=	21:53=	23:20=	24:26=	24:49=	
00:42=	00:51=	01:48=	01:09=	03:49=	00:32=	00:34=	01:27=	00:52=	02:18=	00:44=	00:44=	02:06=	01:20=	01:34=	01:23=	01:27=	01:06=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Rowena Naile	42												26:48					
00:54+	01:55+	03:37+	04:38+	08:39+	09:03+	09:53+	11:11+	11:50+	13:46-	14:19-	15:15-	17:47+	19:07+	20:54+	22:50+	25:00+	26:19+	26:48+	
00:54+	01:01+	01:42-	01:01-	04:01+	00:24-	00:50+	01:18-	00:39-	01:56-	00:33-	00:56+	02:32+	01:20+	01:47+	01:56+	02:10+	01:19+	00:29+	
00:12&	00:10#	00:06-	00:08-	00:12+	00:08-	00:16&	00:09-	00:13-	00:22-	00:11-	00:12&	00:26#	00:00=	00:13#	00:33&	00:43&	00:13#	00:06&	
3	Trude Katrine Hermanrud	117												27:57					
00:52+	01:35+	03:49+	05:05+	09:26+	09:47+	10:47+	12:26+	13:29+	15:39+	16:10+	16:57+	20:23+	21:26+	23:23+	24:53+	26:25+	27:30+	27:57+	
00:52+	00:43-	02:14+	01:16+	04:21+	00:21-	01:00+	01:39+	01:03+	02:10-	00:31-	00:47+	03:26+	01:03-	01:57+	01:30+	01:32+	01:05-	00:27+	
00:10#	00:08-	00:26#	00:07#	00:32#	00:11-	00:26&	00:12#	00:11#	00:08-	00:13-	00:03+	01:20&	00:17-	00:23#	00:07+	00:05+	00:01-	00:04#	
4	Gunn J. Grefstad	2												28:17					
01:13+	02:05+	03:57+	05:06+	09:05+	09:32+	10:15+	11:50+	12:40+	15:32+	16:09+	16:56+	19:39+	20:51+	22:41+	24:07+	26:38+	27:50+	28:17+	
01:13+	00:52+	01:52+	01:09=	03:59+	00:27-	00:43+	01:35+	00:50-	02:52+	00:37-	00:47+	02:43+	01:12-	01:50+	01:26+	02:31+	01:12+	00:27+	
00:31&	00:01+	00:04+	00:00=	00:10+	00:05-	00:09&	00:08+	00:02-	00:34#	00:07-	00:03+	00:37&	00:08-	00:16#	00:03+	01:04&	00:06+	00:04#	
5	Ingunn Voilås	29												29:08					
00:57+	01:50+	04:17+	05:36+	10:20+	10:39+	11:29+	13:12+	14:05+	16:26+	16:59+	17:49+	20:18+	21:29+	23:48+	25:19+	27:03+	28:38+	29:08+	
00:57+	00:53+	02:27+	01:19+	04:44+	00:19-	00:50+	01:43+	00:53+	02:21+	00:33-	00:50+	02:29+	01:11-	02:19+	01:31+	01:44+	01:35+	00:30+	
00:15&	00:02+	00:39&	00:10#	00:55#	00:13-	00:16&	00:16#	00:01+	00:03+	00:11-	00:06#	00:23#	00:09-	00:45&	00:08+	00:17#	00:29&	00:07&	
6	Hanne-Keth Qvale	113												29:17					
01:06+	02:37+	04:30+	05:38+	09:37+	10:01+	10:57+	12:39+	13:26+	15:56+	16:32+	17:30+	20:30+	22:09+	24:01+	25:47+	27:40+	28:50+	29:17+	
01:06+	01:31+	01:53+	01:08-	03:59+	00:24-	00:56+	01:42+	00:47-	02:30+	00:36-	00:58+	03:00+	01:39+	01:52+	01:46+	01:53+	01:10+	00:27+	
00:24&	00:40&	00:05+	00:01-	00:10+	00:08-	00:22&	00:15#	00:05-	00:12+	00:08-	00:14&	00:54&	00:19#	00:18#	00:23&	00:26&	00:04+	00:04#	
7	Anne-Siv Gjertsen	27												30:06					
00:52+	01:42+	03:51+	05:13+	10:45+	11:06+	11:54+	13:29+	14:15+	18:01+	18:48+	19:35+	21:57+	23:11+	25:03+	26:37+	28:28+	29:40+	30:06+	
00:52+	00:50-	02:09+	01:22+	05:32+	00:21-	00:48+	01:35+	00:46-	03:46+	00:47+	00:47+	02:22+	01:14-	01:52+	01:34+	01:51+	01:12+	00:26+	
00:10#	00:01-	00:21#	00:13#	01:43&	00:11-	00:14&	00:08+	00:06-	01:28&	00:03+	00:03+	00:16#	00:06-	00:18#	00:11#	00:24&	00:06+	00:03#	
8	Torill Andersen	116												30:28					
01:16+	02:14+	04:16+	05:49+	09:57+	10:24+	11:34+	13:36+	14:38+	17:16+	17:56+	18:43+	21:27+	22:57+	24:47+	26:46+	28:38+	29:50+	30:28+	
01:16+	00:58+	02:02+	01:33+	04:08+	00:27-	01:10+	02:02+	01:02+	02:38+	00:40-	00:47+	02:44+	01:30+	01:50+	01:59+	01:52+	01:12+	00:38+	
00:34&	00:07#	00:14#	00:24&	00:19+	00:05-	00:36@	00:35&	00:10#	00:20#	00:04-	00:03+	00:38&	00:10#	00:16#	00:36&	00:25&	00:06+	00:15&	
9	Kristin Skadsem	18												30:53					
00:59+	02:03+	04:37+	06:11+	11:13+	11:36+	12:20+	14:18+	15:11+	17:49+	18:29+	19:18+	21:54+	23:11+	25:31+	27:09+	29:07+	30:24+	30:53+	
00:59+	01:04+	02:34+	01:34+	05:02+	00:23-	00:44+	01:58+	00:53+	02:38+	00:40-	00:49+	02:36+	01:17-	02:20+	01:38+	01:58+	01:17+	00:29+	
00:17&	00:13&	00:46&	00:25&	01:13&	00:09-	00:10&	00:31&	00:01+	00:20#	00:04-	00:05#	00:30#	00:03-	00:46&	00:15#	00:31&	00:11#	00:06&	
10	Ane Kristine Rostrup	92												33:08					
01:14+	02:14+	04:34+	06:02+	10:20+	11:43+	12:01+	13:07+	15:12+	16:19+	19:18+	19:57+	21:34+	24:29+	25:39+	28:07+	29:58+	31:39+	32:45+	33:08+
01:14+	01:00+	02:20+	01:28+	04:18+	01:23+	00:18-	01:06-	02:05+	01:07-	02:59+	00:39-	01:37-	02:55+	01:10-	02:28+	01:51+	01:41+	01:06+	00:23+
00:32&	00:09#	00:32&	00:19&	00:29#	00:51@	00:16-	00:21-	01:13@	01:11-	02:15@	00:05-	00:29-	01:35@	00:24-	01:05&	00:24&	00:35&	00:43@	00:23+

Class	Navn	Klasse										Tid							
11	Målfrid Bjerkeli	237										33:49							
01:10+	02:00+	04:20+	05:50+	10:28+	12:27+	13:08+	15:02+	16:13+	19:32+	20:09+	21:17+	24:12+	25:42+	28:25+	29:51+	31:57+	33:21+	33:49+	
01:10+	00:50-	02:20+	01:30+	04:38+	01:59+	00:41+	01:54+	01:11+	03:19+	00:37-	01:08+	02:55+	01:30+	02:43+	01:26+	02:06+	01:24+	00:28+	
00:28&	00:01-	00:32&	00:21&	00:49#	01:27@	00:07#	00:27&	00:19&	01:01&	00:07-	00:24&	00:49&	00:10#	01:09&	00:03+	00:39&	00:18&	00:05#	
12	Oddny Haugland	114										36:03							
00:53+	01:58+	04:36+	05:55+	10:32+	12:04+	12:45+	14:26+	15:33+	17:54+	18:36+	19:46+	24:01+	25:22+	27:17+	29:18+	31:11+	35:32+	36:03+	
00:53+	01:05+	02:38+	01:19+	04:37+	01:32+	00:41+	01:41+	01:07+	02:21+	00:42-	01:10+	04:15+	01:21+	01:55+	02:01+	01:53+	04:21+	00:31+	
00:11&	00:14&	00:50&	00:10#	00:48#	01:00@	00:07#	00:14#	00:15&	00:03+	00:02-	00:26&	02:09@	00:01+	00:21#	00:38&	00:26&	03:15@	00:08&	
13	Margretha Almedal	297										36:18							
01:31+	02:34+	05:21+	06:28+	12:10+	12:42+	13:38+	15:44+	17:00+	19:47+	20:43+	21:35+	25:05+	26:33+	28:58+	31:47+	34:14+	35:46+	36:18+	
01:31+	01:03+	02:47+	01:07-	05:42+	00:32=	00:56+	02:06+	01:16+	02:47+	00:56+	00:52+	03:30+	01:28+	02:25+	02:49+	02:27+	01:32+	00:32+	
00:49@	00:12#	00:59&	00:02-	01:53&	00:00=	00:22&	00:39&	00:24&	00:29#	00:12&	00:08#	01:24&	00:08#	00:51&	01:26@	01:00&	00:26&	00:09&	
14	Marie-Elizabeth Reinseth	27										38:07							
01:27+	02:30+	04:43+	06:10+	11:00+	11:26+	12:11+	13:41+	14:26+	16:47+	17:37+	18:34+	21:42+	23:11+	26:06+	35:06+	36:46+	37:47+	38:07+	
01:27+	01:03+	02:13+	01:27+	04:50+	00:26-	00:45+	01:30+	00:45-	02:21+	00:50+	00:57+	03:08+	01:29+	02:55+	09:00+	01:40+	01:01-	00:20-	
00:45@	00:12#	00:25#	00:18&	01:01&	00:06-	00:11&	00:03+	00:07-	00:03+	00:06#	00:13&	01:02&	00:09#	01:21&	07:37@	00:13#	00:05-	00:03-	
15	Ellinor Nesse	116										39:25							
01:14+	02:25+	04:50+	06:22+	13:43+	14:17+	15:50+	18:22+	19:46+	22:58+	23:50+	24:49+	28:14+	30:15+	32:32+	35:09+	37:34+	38:54+	39:25+	
01:14+	01:11+	02:25+	01:32+	07:21+	00:34+	01:33+	02:32+	01:24+	03:12+	00:52+	00:59+	03:25+	02:01+	02:17+	02:37+	02:25+	01:20+	00:31+	
00:32&	00:20&	00:37&	00:23&	03:32&	00:02+	00:59@	01:05&	00:32&	00:54&	00:08#	00:15&	01:19&	00:41&	00:43&	01:14&	00:58&	00:14#	00:08&	
16	Kristin Harbo	92										41:51							
01:48+	03:11+	06:03+	07:49+	14:03+	14:28+	15:38+	18:44+	20:05+	23:57+	24:44+	26:00+	29:40+	32:15+	34:49+	37:16+	39:33+	40:59+	41:51+	
01:48+	01:23+	02:52+	01:46+	06:14+	00:25-	01:10+	03:06+	01:21+	03:52+	00:47+	01:16+	03:40+	02:35+	02:34+	02:27+	02:17+	01:26+	00:52+	
01:06@	00:32&	01:04&	00:37&	02:25&	00:07-	00:36@	01:39@	00:29&	01:34&	00:03+	00:32&	01:34&	01:15&	01:00&	01:04&	00:50&	00:20&	00:29@	
17	Birgitte Røe	125										43:39							
01:13+	02:12+	04:42+	06:16+	15:23+	16:22+	17:19+	19:08+	20:16+	23:01+	23:53+	24:50+	29:25+	31:26+	34:55+	36:46+	39:19+	43:06+	43:39+	
01:13+	00:59+	02:30+	01:34+	09:07+	00:59+	00:57+	01:49+	01:08+	02:45+	00:52+	00:57+	04:35+	02:01+	03:29+	01:51+	02:33+	03:47+	00:33+	
00:31&	00:08#	00:42&	00:25&	05:18@	00:27&	00:23&	00:22&	00:16&	00:27#	00:08#	00:13&	02:29@	00:41&	01:55@	00:28&	01:06&	02:41@	00:10&	
18	Brit Vivian Meling	116										44:17							
01:23+	02:37+	05:28+	06:57+	12:47+	13:35+	14:37+	16:35+	17:52+	21:33+	22:19+	23:28+	27:31+	29:22+	31:39+	39:33+	42:00+	43:34+	44:17+	
01:23+	01:14+	02:51+	01:29+	05:50+	00:48+	01:02+	01:58+	01:17+	03:41+	00:46+	01:09+	04:03+	01:51+	02:17+	07:54+	02:27+	01:34+	00:43+	
00:41&	00:23&	01:03&	00:20&	02:01&	00:16&	00:28&	00:31&	00:25&	01:23&	00:02+	00:25&	01:57&	00:31&	00:43&	06:31@	01:00&	00:28&	00:20&	
19	Andrea Tapken	54										44:21							
01:22+	02:26+	05:09+	06:34+	12:56+	13:27+	14:24+	16:52+	17:56+	21:05+	21:48+	23:24+	27:10+	29:08+	31:23+	38:36+	40:12+	42:24+	43:42+	44:21+
01:22+	01:04+	02:43+	01:25+	06:22+	00:31-	00:57+	02:28+	01:04+	03:09+	00:43-	01:36+	03:46+	01:58+	02:15+	07:13+	01:36+	02:12+	01:18+	00:39+
00:40&	00:13&	00:55&	00:16#	02:33&	00:01-	00:23&	01:01&	00:12#	00:51&	00:01-	00:52@	01:40&	00:38&	00:41&	05:50@	00:09#	01:06&	00:55@	00:39+
20	Margot Lilledal	27										45:54							
01:36+	02:53+	05:53+	07:26+	14:38+	15:02+	16:04+	18:14+	19:15+	22:47+	24:07+	24:55+	29:57+	31:35+	38:02+	40:57+	43:03+	44:59+	45:54+	
01:36+	01:17+	03:00+	01:33+	07:12+	00:24-	01:02+	02:10+	01:01+	03:32+	01:20+	00:48+	05:02+	01:38+	06:27+	02:55+	02:06+	01:56+	00:55+	
00:54@	00:26&	01:12&	00:24&	03:23&	00:08-	00:28&	00:43&	00:09#	01:14&	00:36&	00:04+	02:56@	00:18#	04:53@	01:32@	00:39&	00:50&	00:32@	

Beste strekktid for klassen

00:42 00:43 01:42 01:01 03:49 00:19 00:18 01:06 00:39 01:07 00:31 00:39 01:37 01:03 01:10 01:23 01:27 01:01 00:20

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

Damer 60 - 64 år

1	Ingrid Eik	88										24:31							
00:32=	01:14=	03:29=	04:54=	06:03=	08:11=	09:27=	10:42=	11:26=	12:06=	14:06=	15:37=	17:58=	19:06=	21:07=	22:08=	23:06=	23:29=	24:08=	24:31=
00:32=	00:42=	02:15=	01:25=	01:09=	02:08=	01:16=	01:15=	00:44=	00:40=	02:00=	01:31=	02:21=	01:08=	02:01=	01:01=	00:58=	00:23=	00:39=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Berit Bakken	168										26:34							
00:47+	01:31+	03:37+	05:36+	06:55+	09:11+	10:31+	12:38+	13:13+	13:54+	15:55+	17:27+	20:05+	21:19+	22:52+	23:53+	24:49+	25:12+	26:05+	26:34+
00:47+	00:44+	02:06-	01:59+	01:19+	02:16+	01:20+	02:07+	00:35-	00:41+	02:01+	01:32+	02:38+	01:14+	01:33-	01:01=	00:56-	00:23=	00:53+	00:29+
00:15&	00:02+	00:09-	00:34&	00:10#	00:08+	00:04+	00:52&	00:09-	00:01+	00:01+	00:01+	00:17#	00:06+	00:28-	00:00=	00:02-	00:00=	00:14&	00:06&
3	Marit Karin Nygård	92										27:30							
00:47+	02:27+	05:41+	07:18+	08:31+	10:53+	12:17+	13:48+	14:28+	14:55+	17:12+	18:57+	21:31+	22:47+	24:01+	24:51+	25:46+	26:08+	27:04+	27:30+
00:47+	01:40+	03:14+	01:37+	01:13+	02:22+	01:24+	01:31+	00:40-	00:27-	02:17+	01:45+	02:34+	01:16+	01:14-	00:50-	00:55-	00:22-	00:56+	00:26+
00:15&	00:58@	00:59&	00:12#	00:04+	00:14#	00:08#	00:16#	00:04-	00:13-	00:17#	00:14#	00:13+	00:08#	00:47-	00:11-	00:03-	00:01-	00:17&	00:03#

Class	Navn	Klasse										Tid									
4	Eli Frafjord	94										29:58									
01:40+	02:26+	05:37+	07:22+	08:45+	11:19+	12:54+	14:23+	15:03+	15:52+	18:04+	19:53+	22:33+	24:19+	26:06+	27:11+	28:08+	28:34+	29:18+	29:58+		
01:40+	00:46+	03:11+	01:45+	01:23+	02:34+	01:35+	01:29+	00:40-	00:49+	02:12+	01:49+	02:40+	01:46+	01:47-	01:05+	00:57-	00:26+	00:44+	00:40+		
01:08@	00:04+	00:56&	00:20#	00:14#	00:26#	00:19#	00:14#	00:04-	00:09#	00:12#	00:18#	00:19#	00:38&	00:14-	00:04+	00:01-	00:03#	00:05#	00:17&		
5	Kari Blixhavn	228										32:32									
01:07+	02:11+	04:42+	06:44+	08:17+	10:59+	12:50+	14:29+	15:19+	16:07+	18:58+	21:02+	24:55+	26:19+	27:58+	28:58+	30:27+	31:00+	31:55+	32:32+		
01:07+	01:04+	02:31+	02:02+	01:33+	02:42+	01:51+	01:39+	00:50+	00:48+	02:51+	02:04+	03:53+	01:24+	01:39-	01:00-	01:29+	00:33+	00:55+	00:37+		
00:35@	00:22&	00:16#	00:37&	00:24&	00:34&	00:35&	00:24&	00:06#	00:08#	00:51&	00:33&	01:32&	00:16#	00:22-	00:01-	00:31&	00:10&	00:16&	00:14&		
6	Halldis Handeland	92										35:34									
01:22+	02:26+	05:53+	08:51+	10:24+	14:18+	16:23+	17:58+	18:47+	19:33+	21:42+	23:44+	27:11+	29:02+	31:03+	32:27+	33:41+	34:11+	35:02+	35:34+		
01:22+	01:04+	03:27+	02:58+	01:33+	03:54+	02:05+	01:35+	00:49+	00:46+	02:09+	02:02+	03:27+	01:51+	02:01=	01:24+	01:14+	00:30+	00:51+	00:32+		
00:50@	00:22&	01:12&	01:33@	00:24&	01:46&	00:49&	00:20&	00:05#	00:06#	00:09+	00:31&	01:06&	00:43&	00:00=	00:23&	00:16&	00:07&	00:12&	00:09&		
7	Hanna S. Lomeland	47										35:41									
01:12+	02:15+	06:00+	08:57+	10:45+	13:58+	15:43+	17:33+	18:29+	19:21+	21:44+	23:43+	26:50+	29:22+	30:56+	31:55+	33:34+	34:10+	35:11+	35:41+		
01:12+	01:03+	03:45+	02:57+	01:48+	03:13+	01:45+	01:50+	00:56+	00:52+	02:23+	01:59+	03:07+	02:32+	01:34-	00:59-	01:39+	00:36+	01:01+	00:30+		
00:40@	00:21&	01:30&	01:32@	00:39&	01:05&	00:29&	00:35&	00:12&	00:12&	00:23#	00:28&	00:46&	01:24@	00:27-	00:02-	00:41&	00:13&	00:22&	00:07&		
8	Aud Steinsland	128										35:49									
01:20+	02:23+	06:09+	09:06+	10:55+	14:07+	15:51+	17:38+	18:38+	19:30+	21:48+	23:52+	26:58+	29:27+	31:04+	32:00+	33:38+	34:15+	35:16+	35:49+		
01:20+	01:03+	03:46+	02:57+	01:49+	03:12+	01:44+	01:47+	01:00+	00:52+	02:18+	02:04+	03:06+	02:29+	01:37-	00:56-	01:38+	00:37+	01:01+	00:33+		
00:48@	00:21&	01:31&	01:32@	00:40&	01:04&	00:28&	00:32&	00:16&	00:12&	00:18#	00:33&	00:45&	01:21@	00:24-	00:05-	00:40&	00:14&	00:22&	00:10&		
9	Aashild Lone	105										38:49									
01:59+	03:25+	06:07+	08:18+	10:36+	13:59+	16:06+	18:05+	19:05+	20:15+	23:40+	25:58+	30:03+	32:01+	33:34+	34:53+	36:25+	37:16+	38:14+	38:49+		
01:59+	01:26+	02:42+	02:11+	02:18+	03:23+	02:07+	01:59+	01:00+	01:10+	03:25+	02:18+	04:05+	01:58+	01:33-	01:19+	01:32+	00:51+	00:58+	00:35+		
01:27@	00:44@	00:27#	00:46&	01:09&	01:15&	00:51&	00:44&	00:16&	00:30&	01:25&	00:47&	01:44&	00:50&	00:28-	00:18&	00:34&	00:28@	00:19&	00:12&		
10	Berit K. Gramstad	113										39:16									
04:24+	05:12+	08:43+	10:46+	12:46+	15:39+	18:22+	20:13+	21:03+	23:13+	25:16+	27:04+	31:56+	33:16+	34:50+	36:01+	37:09+	37:42+	38:28+	39:16+		
04:24+	00:48+	03:31+	02:03+	02:00+	02:53+	02:43+	01:51+	00:50+	02:10+	02:03+	01:48+	04:52+	01:20+	01:34-	01:11+	01:08+	00:33+	00:46+	00:48+		
03:52@	00:06#	01:16&	00:38&	00:51&	00:45&	01:27@	00:36&	00:06#	01:30@	00:03+	00:17#	02:31@	00:12#	00:27-	00:10#	00:10#	00:10&	00:07#	00:25@		
11	Unni Relling	92										40:18									
01:19+	02:24+	05:17+	07:32+	09:09+	12:44+	14:26+	20:15+	21:07+	22:16+	24:49+	27:26+	31:08+	33:09+	35:24+	36:29+	38:03+	38:47+	39:49+	40:18+		
01:19+	01:05+	02:53+	02:15+	01:37+	03:35+	01:42+	05:49+	00:52+	01:09+	02:33+	02:37+	03:42+	02:01+	02:15+	01:05+	01:34+	00:44+	01:02+	00:29+		
00:47@	00:23&	00:38&	00:50&	00:28&	01:27&	00:26&	04:34@	00:08#	00:29&	00:33&	01:06&	01:21&	00:53&	00:14#	00:04+	00:36&	00:21&	00:23&	00:06&		

Beste strekktid for klassen

00:32 00:42 02:06 01:25 01:09 02:08 01:16 01:15 00:35 00:27 02:00 01:31 02:21 01:08 01:14 00:50 00:55 00:22 00:39 00:23

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

Damer 65 - 69 år

1	Inger Skretting Opstad	54										31:04									
00:55=	01:40=	04:48=	06:46=	08:19=	11:07=	12:50=	14:33=	15:21=	16:13=	18:36=	20:32=	23:38=	25:03=	26:50=	28:04=	29:14=	29:41=	30:34=	31:04=		
00:55=	00:45=	03:08=	01:58=	01:33=	02:48=	01:43=	01:43=	00:48=	00:52=	02:23=	01:56=	03:06=	01:25=	01:47=	01:14=	01:10=	00:27=	00:53=	00:30=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Hanne Eik	117										31:14									
01:03+	01:59+	05:06+	06:48+	08:10-	10:40-	12:10-	14:09-	14:55-	15:34-	18:46+	20:34+	24:14+	25:38+	27:02+	28:11+	29:14=	29:40-	30:43+	31:14+		
01:03+	00:56+	03:07-	01:42-	01:22-	02:30-	01:30-	01:59+	00:46-	00:39-	03:12+	01:48-	03:40+	01:24-	01:24-	01:09-	01:03-	00:26-	01:03+	00:31+		
00:08#	00:11#	00:01-	00:16-	00:11-	00:18-	00:13-	00:16#	00:02-	00:13-	00:49&	00:08-	00:34#	00:01-	00:23-	00:05-	00:07-	00:01-	00:10#	00:01+		
3	Kirsten Carlsen	93										33:05									
01:16+	02:11+	05:57+	07:50+	09:45+	12:33+	15:00+	17:12+	17:59+	18:52+	21:07+	22:57+	26:25+	27:41+	29:03+	30:18+	31:27+	31:51+	32:39+	33:05+		
01:16+	00:55+	03:46+	01:53-	01:55+	02:48=	02:27+	02:12+	00:47-	00:53+	02:15-	02:48=	03:28+	01:16-	01:22-	01:15+	01:09-	00:24-	00:48-	00:26-		
00:21&	00:10#	00:38#	00:05-	00:22#	00:00=	00:44&	00:29&	00:01-	00:01+	00:08-	00:06-	00:22#	00:09-	00:25-	00:01+	00:01-	00:03-	00:05-	00:04-		
4	Mette Dagsland	68										34:33									
01:09+	02:37+	05:57+	08:39+	12:24+	14:36+	16:18+	17:39+	18:34+	19:35+	21:45+	24:32+	27:49+	29:07+	30:55+	31:59+	32:51+	33:19+	34:07+	34:33+		
01:09+	01:28+	03:20+	02:42+	03:45+	02:12-	01:42-	01:21-	00:55+	01:01+	02:10-	02:47+	03:17+	01:18-	01:48+	01:04-	00:52-	00:28+	00:48-	00:26-		
00:14&	00:43&	00:12+	00:44&	02:12@	00:36-	00:01-	00:22-	00:07#	00:09#	00:13-	00:51&	00:11+	00:07-	00:01+	00:10-	00:18-	00:01+	00:05-	00:04-		

Beste strekktid for klassen

00:55 00:45 03:07 01:42 01:22 02:12 01:30 01:21 00:46 00:39 02:10 01:48 03:06 01:16 01:22 01:04 00:52 00:24 00:48 00:26

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

Class	Navn	Klasse	Tid
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Damer 70 - 74 år

1	Turid Nystrøm	68	27:26																
00:52=	01:41=	04:36=	06:12=	07:24=	09:37=	10:58=	12:19=	13:03=	13:46=	16:03=	17:46=	20:41=	22:02=	23:58=	24:59=	25:55=	26:20=	27:01=	27:26=
00:52=	00:49=	02:55=	01:36=	01:12=	02:13=	01:21=	01:21=	00:44=	00:43=	02:17=	01:43=	02:55=	01:21=	01:56=	01:01=	00:56=	00:25=	00:41=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Helga Klausen	62	36:27																
03:12+	04:10+	07:40+	09:36+	11:16+	14:28+	17:09+	18:50+	19:44+	20:56+	23:17+	25:16+	28:28+	29:50+	31:45+	32:48+	34:11+	34:39+	35:40+	36:27+
03:12+	00:58+	03:30+	01:56+	01:40+	03:12+	02:41+	01:41+	00:54+	01:12+	02:21+	01:59+	03:12+	01:22+	01:55-	01:03+	01:23+	00:28+	01:01+	00:47+
02:20@	00:09#	00:35#	00:20#	00:28&	00:59&	01:20&	00:20#	00:10#	00:29&	00:04+	00:16#	00:17+	00:01+	00:01-	00:02+	00:27&	00:03#	00:20&	00:22&
3	Helga Aaslid	54	37:30																
01:09+	02:30+	10:53+	13:29+	15:18+	17:53+	19:19+	21:11+	21:52+	22:36+	24:42+	26:28+	29:32+	30:55+	32:50+	34:05+	35:19+	35:48+	36:57+	37:30+
01:09+	01:21+	08:23+	02:36+	01:49+	02:35+	01:26+	01:52+	00:41-	00:44+	02:06-	01:46+	03:04+	01:23+	01:55-	01:15+	01:14+	00:29+	01:09+	00:33+
00:17&	00:32&	05:28@	01:00&	00:37&	00:22#	00:05+	00:31&	00:03-	00:01+	00:11-	00:03+	00:09+	00:02+	00:01-	00:14#	00:18&	00:04#	00:28&	00:08&
4	Eva Hessen	83	39:38																
01:02+	02:04+	06:10+	08:52+	10:54+	13:37+	15:33+	17:56+	18:52+	20:23+	23:59+	28:04+	31:32+	33:06+	35:01+	36:04+	37:29+	37:56+	38:57+	39:38+
01:02+	01:02+	04:06+	02:42+	02:02+	02:43+	01:56+	02:23+	00:56+	01:31+	03:36+	04:05+	03:28+	01:34+	01:55-	01:03+	01:25+	00:27+	01:01+	00:41+
00:10#	00:13&	01:11&	01:06&	00:50&	00:30#	00:35&	01:02&	00:12&	00:48@	01:19&	02:22@	00:33#	00:13#	00:01-	00:02+	00:29&	00:02+	00:20&	00:16&
5	Ragnhild Christiansen	93	40:56																
01:17+	02:43+	06:47+	09:15+	11:24+	14:55+	16:56+	19:14+	20:12+	21:31+	24:31+	27:05+	31:14+	33:21+	35:20+	36:46+	38:10+	38:57+	40:17+	40:56+
01:17+	01:26+	04:04+	02:28+	02:09+	03:31+	02:01+	02:18+	00:58+	01:19+	03:00+	02:34+	04:09+	02:07+	01:59+	01:26+	01:24+	00:47+	01:20+	00:39+
00:25&	00:37&	01:09&	00:52&	00:57&	01:18&	00:40&	00:57&	00:14&	00:36&	00:43&	00:51&	01:14&	00:46&	00:03+	00:25&	00:28&	00:22&	00:39&	00:14&
6	Hedvig Anda	116	44:00																
01:26+	02:34+	06:24+	09:18+	10:57+	13:58+	16:01+	17:43+	18:45+	19:52+	26:42+	29:17+	33:39+	35:45+	38:31+	39:54+	41:29+	42:03+	43:09+	44:00+
01:26+	01:08+	03:50+	02:54+	01:39+	03:01+	02:03+	01:42+	01:02+	01:07+	06:50+	02:35+	04:22+	02:06+	02:46+	01:23+	01:35+	00:34+	01:06+	00:51+
00:34&	00:19&	00:55&	01:18&	00:27&	00:48&	00:42&	00:21&	00:18&	00:24&	04:33@	00:52&	01:27&	00:45&	00:50&	00:22&	00:39&	00:09&	00:25&	00:26@
7	Aslaug Lura	94	48:11																
01:53+	04:09+	08:49+	11:28+	13:22+	17:17+	21:01+	23:08+	24:05+	25:37+	28:50+	32:54+	38:10+	40:13+	42:15+	43:55+	45:23+	46:02+	47:30+	48:11+
01:53+	02:16+	04:40+	02:39+	01:54+	03:55+	03:44+	02:07+	00:57+	01:32+	03:13+	04:04+	05:16+	02:03+	02:02+	01:40+	01:28+	00:39+	01:28+	00:41+
01:01@	01:27@	01:45&	01:03&	00:42&	01:42&	02:23@	00:46&	00:13&	00:49@	00:56&	02:21@	02:21&	00:42&	00:06+	00:39&	00:32&	00:14&	00:47@	00:16&
8	Margaret Malmin	105	48:15																
01:56+	04:37+	08:52+	11:22+	13:28+	17:09+	21:00+	23:25+	24:19+	25:30+	28:53+	32:52+	38:14+	40:11+	42:13+	43:51+	45:20+	45:59+	47:36+	48:15+
01:56+	02:41+	04:15+	02:30+	02:06+	03:41+	03:51+	02:25+	00:54+	01:11+	03:23+	03:59+	05:22+	01:57+	02:02+	01:38+	01:29+	00:39+	01:37+	00:39+
01:04@	01:52@	01:20&	00:54&	01:28&	02:30@	01:04&	00:10#	00:28&	01:06&	02:16@	02:27&	00:36&	00:06+	00:37&	00:33&	00:14&	00:56@	00:14&	

Beste strekktid for klassen

00:52 00:49 02:55 01:36 01:12 02:13 01:21 01:21 00:41 00:43 02:06 01:43 02:55 01:21 01:55 01:01 00:56 00:25 00:41 00:25

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29	38:24																
03:19=	04:27=	07:15=	09:18=	11:56=	14:28=	16:20=	18:04=	19:03=	19:59=	22:12=	25:33=	28:58=	31:19=	33:42=	35:03=	36:10=	36:38=	37:47=	38:24=
03:19=	01:08=	02:48=	02:03=	02:38=	02:32=	01:52=	01:44=	00:59=	00:56=	02:13=	03:21=	03:25=	02:21=	02:23=	01:21=	01:07=	00:28=	01:09=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Berit Ebbell Olsen	68	48:33																
01:42-	03:46-	07:44+	17:17+	19:12+	22:29+	24:23+	26:50+	27:49+	29:20+	32:27+	34:56+	39:23+	41:26+	43:12+	44:38+	46:10+	46:47+	47:57+	48:33+
01:42-	02:04+	03:58+	09:33+	01:55-	03:17+	01:54+	02:27+	00:59=	01:31+	03:07+	02:29-	04:27+	02:03-	01:46-	01:26+	01:32+	00:37+	01:10+	00:36-
01:37-	00:56&	01:10&	07:30@	00:43-	00:45&	00:02+	00:43&	00:00=	00:35&	00:54&	00:52-	01:02&	00:18-	00:37-	00:05+	00:25&	00:09&	00:01+	00:01-

Beste strekktid for klassen

01:42 01:08 02:48 02:03 01:55 02:32 01:52 01:44 00:59 00:56 02:13 02:29 03:25 02:03 01:46 01:21 01:07 00:28 01:09 00:36

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

Damer A

Class	Navn	Klasse	Tid																						
1	Aud Hognestad Taksdal	92	25:19																						
00:28=	01:20=	02:42=	04:20=	04:31=	06:47=	07:14=	08:28=	10:00=	10:53=	12:05=	12:34=	13:09=	14:08=	15:14=	16:58=	17:54=	19:19=	19:46=	20:13=	21:52=	22:14=	22:49=	23:46=	24:50=	
00:28=	00:52=	01:22=	01:38=	00:11=	02:16=	00:27=	01:14=	01:10=	00:22=	00:53=	01:12=	00:29=	00:35=	00:59=	01:06=	01:44=	00:56=	01:25=	00:27=	00:27=	01:39=	00:22=	00:35=	00:57=	01:04=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
25:05=	25:19=																								
00:15=	00:14=																								
00:00=	00:00=																								
2	Marjo Liikanen	67	26:14																						
00:27-	01:21+	02:41-	04:17-	04:29-	06:35-	07:04-	07:28-	08:37-	08:57-	09:45-	11:15-	11:45-	12:16-	13:12-	14:13-	15:41-	17:39-	18:59-	19:23-	19:47-	21:39-	22:04-	22:34-	24:32+	25:48+
00:27-	00:54+	01:20-	01:36-	00:12+	02:06-	00:29+	00:24-	01:09-	00:20-	00:48-	01:30+	00:30+	00:31-	00:56-	01:01-	01:28-	01:58+	01:20-	00:24-	00:24-	01:52+	00:25+	00:30-	01:58+	01:16+
00:01-	00:02+	00:02-	00:02-	00:01+	00:10-	00:02+	00:50-	00:01-	00:02-	00:05-	00:18#	00:01+	00:04-	00:03-	00:05-	00:16-	01:02@	00:05-	00:03-	00:03-	00:13#	00:03#	00:05-	01:01@	00:12#
26:01+	26:14+																								
00:13-	00:13-																								
00:02-	00:01-																								
3	Jorunn Hadland	29	27:57																						
00:37+	01:37+	03:14+	04:56+	05:09+	07:23+	07:59+	08:29+	09:40+	10:03+	11:11+	12:40+	13:16+	13:47+	14:52+	16:13+	18:01+	19:07+	20:43+	21:14+	21:52+	23:43+	24:21+	24:54+	25:56+	27:24+
00:37+	01:00+	01:37+	01:42+	00:13+	02:14-	00:36+	00:30-	01:11+	00:23+	01:08+	01:29+	00:36+	00:31-	01:05+	01:21+	01:48+	01:06+	01:36+	00:31+	00:38+	01:51+	00:38+	00:33-	01:02+	01:28+
00:09&	00:08#	00:15#	00:04+	00:02#	00:02-	00:09&	00:44-	00:01+	00:01+	00:15&	00:17#	00:07#	00:04-	00:06#	00:15#	00:04+	00:10#	00:11#	00:04#	00:11&	00:12#	00:16&	00:02-	00:05+	00:24&
27:41+	27:57+																								
00:17+	00:16+																								
00:02#	00:02#																								
4	Trine Bolstad	62	29:15																						
00:35+	01:48+	03:29+	05:43+	05:55+	08:31+	09:03+	09:31+	10:47+	11:10+	12:20+	13:56+	14:27+	15:01+	16:10+	17:26+	19:05+	20:33+	22:08+	22:38+	23:20+	25:13+	25:37+	26:24+	27:33+	28:44+
00:35+	01:13+	01:41+	02:14+	00:12+	02:36+	00:32+	00:32-	01:16+	00:23+	01:10+	01:36+	00:31+	00:34-	01:09+	01:16+	01:39-	01:28+	01:35+	00:30+	00:42+	01:53+	00:24+	00:47+	01:09+	01:11+
00:07#	00:21&	00:19#	00:36&	00:01+	00:20#	00:05#	00:46-	00:06+	00:01+	00:17&	00:24&	00:02+	00:01-	00:10#	00:10#	00:05-	00:32&	00:10#	00:03#	00:15&	00:14#	00:02+	00:12&	00:12#	00:07#
29:00+	29:15+																								
00:16+	00:15+																								
00:01+	00:01+																								
5	Ingrid Lamark	46	30:08																						
00:40+	01:44+	03:27+	05:33+	05:51+	08:54+	09:29+	10:03+	11:19+	11:45+	12:50+	14:20+	14:51+	15:37+	16:49+	18:10+	20:02+	21:21+	22:50+	23:18+	24:02+	25:59+	26:36+	27:16+	28:21+	29:37+
00:40+	01:04+	01:43+	02:06+	00:18+	03:03+	00:35+	00:34-	01:16+	00:26+	01:05+	01:30+	00:31+	00:46+	01:12+	01:21+	01:52+	01:19+	01:29+	00:28+	00:44+	01:57+	00:37+	00:40+	01:05+	01:16+
00:12&	00:12#	00:21&	00:28&	00:07&	00:47&	00:08&	00:40-	00:06+	00:04#	00:12#	00:18#	00:02+	00:11&	00:13#	00:15#	00:08+	00:23&	00:04+	00:01+	00:17&	00:18#	00:15&	00:05#	00:08#	00:12#
29:52+	30:08+																								
00:15=	00:16+																								
00:00=	00:02#																								
6	Janne Tjørhom Aasheim	93	30:57																						
00:30+	01:31+	03:02+	04:59+	05:11+	07:56+	08:27+	08:58+	10:11+	10:33+	11:39+	13:09+	13:41+	14:17+	16:35+	17:45+	19:36+	20:57+	22:40+	23:09+	23:48+	26:21+	26:45+	27:30+	28:45+	30:25+
00:30+	01:01+	01:31+	01:57+	00:12+	02:45+	00:31+	00:31-	01:13+	00:22=	01:06+	01:30+	00:32+	00:36+	02:18+	01:10+	01:51+	01:21+	01:43+	00:29+	00:39+	02:33+	00:24+	00:45+	01:15+	01:40+
00:02+	00:09#	00:09#	00:19#	00:01+	00:29#	00:04#	00:43-	00:03+	00:00=	00:13#	00:18#	00:03#	00:01+	01:19@	00:04+	00:07+	00:25&	00:18#	00:02+	00:12&	00:54&	00:02+	00:10&	00:18&	00:36&
30:39+	30:57+																								
00:14-	00:18+																								
00:01-	00:04&																								
7	Silje Sundal	71	32:49																						
01:40+	02:31+	04:22+	06:28+	06:42+	09:11+	09:44+	10:09+	11:31+	11:52+	12:57+	14:32+	15:15+	15:56+	17:00+	18:17+	20:23+	23:05+	24:43+	25:13+	25:48+	28:08+	28:36+	29:19+	30:39+	32:16+
01:40+	00:51-	01:51+	02:06+	00:14+	02:29+	00:33+	00:25-	01:22+	00:21-	01:05+	01:35+	00:43+	00:41+	01:04+	01:17+	02:06+	02:42+	01:38+	00:30+	00:35+	00:28+	00:28+	00:43+	01:20+	01:37+
01:12@	00:01-	00:29&	00:28&	00:03&	00:13+	00:06#	00:49-	00:12#	00:01-	00:12#	00:23&	00:14&	00:06#	00:05+	00:11#	00:22#	01:46@	00:13#	00:03#	00:08&	00:41&	00:06&	00:08#	00:23&	00:33&
32:34+	32:49+																								
00:18+	00:15+																								
00:03#	00:01+																								
8	Heidi Bjørndal	29	34:02																						
00:36+	01:50+	03:22+	05:26+	05:41+	08:10+	09:00+	09:39+	10:54+	11:17+	13:20+	15:02+	15:31+	16:14+	17:26+	19:06+	21:36+	22:59+	24:34+	25:10+	25:54+	29:27+	29:59+	30:27+	31:52+	33:23+
00:36+	01:14+	01:32+	02:04+	00:15+	02:29+	00:50+	00:39-	01:15+	00:23+	02:03+	01:42+	00:29=	00:43+	01:12+	01:40+	02:30+	01:23+	01:35+	00:36+	00:44+	03:33+	00:32+	00:28-	01:25+	01:31+
00:08&	00:22&	00:10#	00:26&	00:04&	00:13+	00:23&	00:35-	00:05+	00:01+	01:10@	00:30&	00:00=	00:08#	00:13#	00:34&	00:46&	00:27&	00:10#	00:09&	00:17&	01:54@	00:10&	00:07-	00:28&	00:27&
33:42+	34:02+																								
00:19+	00:20+																								
00:04&	00:06&																								

Beste strekktid for klassen

00:27 00:51 01:20 01:36 00:11 02:06 00:27 00:24 01:09 00:20 00:48 01:12 00:29 00:31 00:56 01:01 01:28 00:56 01:20 00:24 00:24 01:39 00:22 00:28 00:57 01:04 00:13 00:13

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

Damer B

Class	Navn	Klasse	Tid
1	Inger Tone Nygård	29	26:11
00:49=	02:57= 03:58= 07:16= 07:36=	07:50= 08:36= 10:12= 11:17= 12:39= 13:10= 14:46= 17:15=	19:24= 19:54= 20:35= 23:03= 24:12= 25:21= 25:54= 26:11=
00:49=	02:08= 01:01= 03:18= 00:20= 00:14=	00:46= 01:36= 01:05= 01:22= 00:31= 01:36= 02:29=	02:09= 00:30= 00:41= 02:28= 01:09= 01:09= 00:33= 00:17=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Agnes Elin Engen	116	29:23
00:53+	03:26+ 04:39+ 08:28+ 08:51+ 09:07+	09:41+ 11:13+ 12:40+ 14:13+ 15:06+ 16:43+ 19:18+	21:25+ 21:55+ 22:33+ 25:05+ 26:44+ 28:16+ 29:07+ 29:23+
00:53+	02:33+ 01:13+ 03:49+ 00:23+ 00:16+	00:34- 01:32- 01:27+ 01:33+ 00:53+ 01:37+ 02:35+	02:07- 00:30= 00:38- 02:32+ 01:39+ 01:32+ 00:51+ 00:16-
00:04+	00:25# 00:12# 00:31# 00:03# 00:02#	00:12- 00:04- 00:22& 00:11# 00:22& 00:01+ 00:06+	00:02- 00:00= 00:03- 00:04+ 00:30& 00:23& 00:18& 00:01-
3	Lise Isachsen	165	29:25
00:55+	03:05+ 04:12+ 07:34+ 07:55+ 08:11+	08:46+ 10:27+ 11:30+ 13:33+ 14:11+ 15:47+ 18:10+	20:09+ 20:38+ 21:11+ 25:28+ 27:04+ 28:33+ 29:09+ 29:25+
00:55+	02:10+ 01:07+ 03:22+ 00:21+ 00:16+	00:35- 01:41+ 01:03- 02:03+ 00:38+ 01:36= 02:23-	01:59- 00:29- 00:33- 04:17+ 01:36+ 01:29+ 00:36+ 00:16-
00:06#	00:02+ 00:06+ 00:04+ 00:01+ 00:02#	00:11- 00:05+ 00:02- 00:41& 00:07# 00:00= 00:06-	00:10- 00:01- 00:08- 01:49& 00:27& 00:20& 00:03+ 00:01-
4	Helen Lomeland	105	29:28
00:49=	03:26+ 04:29+ 07:48+ 08:10+ 08:31+	09:07+ 10:46+ 12:13+ 14:58+ 15:36+ 17:12+ 19:50+	22:13+ 22:47+ 23:31+ 25:33+ 27:17+ 28:40+ 29:12+ 29:28+
00:49=	02:37+ 01:03+ 03:19+ 00:22+ 00:21+	00:36- 01:39+ 01:27+ 02:45+ 00:38+ 01:36= 02:38+	02:23+ 00:34+ 00:44+ 02:02- 01:44+ 01:23+ 00:32- 00:16-
00:00=	00:29# 00:02+ 00:01+ 00:02# 00:07&	00:10- 00:03+ 00:22& 01:23& 00:07# 00:00= 00:09+	00:14# 00:04# 00:03+ 00:26- 00:35& 00:14# 00:01- 00:01-
5	Vibeke Lamark	46	29:40
00:40-	02:59+ 04:03+ 08:04+ 08:26+ 08:42+	09:17+ 11:17+ 12:28+ 14:26+ 15:00+ 16:51+ 19:25+	22:02+ 22:35+ 23:25+ 26:05+ 27:24+ 28:48+ 29:24+ 29:40+
00:40-	02:19+ 01:04+ 04:01+ 00:22+ 00:16+	00:35- 02:00+ 01:11+ 01:58+ 00:34+ 01:51+ 02:34+	02:37+ 00:33+ 00:50+ 02:40+ 01:19+ 01:24+ 00:36+ 00:16-
00:09-	00:11+ 00:03+ 00:43# 00:02# 00:02#	00:11- 00:02# 00:06+ 00:36& 00:03+ 00:15# 00:05+	00:28# 00:03# 00:09# 00:12+ 00:10# 00:15# 00:03+ 00:01-
6	Ann Karin Tjørhom	93	30:11
00:49=	03:11+ 04:20+ 07:56+ 08:19+ 08:41+	09:18+ 10:59+ 12:21+ 13:58+ 14:37+ 16:27+ 19:32+	21:56+ 22:30+ 23:20+ 26:01+ 27:50+ 29:13+ 29:55+ 30:11+
00:49=	02:22+ 01:09+ 03:36+ 00:23+ 00:22+	00:37- 01:41+ 01:22+ 01:37+ 00:39+ 01:50+ 03:05+	02:24+ 00:34+ 00:50+ 02:41+ 01:49+ 01:23+ 00:42+ 00:16-
00:00=	00:14# 00:08# 00:18+ 00:03# 00:08&	00:09- 00:05+ 00:17& 00:15# 00:08& 00:14# 00:36#	00:15# 00:04# 00:09# 00:13+ 00:40& 00:14# 00:09& 00:01-
7	Hilde Nordbø	93	30:15
00:56+	03:20+ 04:23+ 07:49+ 08:12+ 08:29+	09:02+ 10:43+ 11:54+ 13:33+ 14:40+ 16:16+ 18:53+	21:59+ 22:34+ 23:33+ 26:09+ 27:45+ 29:23+ 29:57+ 30:15+
00:56+	02:24+ 01:03+ 03:26+ 00:23+ 00:17+	00:33- 01:41+ 01:11+ 01:39+ 01:07+ 01:36= 02:37+	03:06+ 00:35+ 00:59+ 02:36+ 01:36+ 01:38+ 00:34+ 00:18+
00:07#	00:16# 00:02+ 00:08+ 00:03# 00:03#	00:13- 00:05+ 00:06+ 00:17# 00:36& 00:00= 00:08+	00:57& 00:05# 00:18& 00:08+ 00:27& 00:29& 00:01+ 00:01+
8	Anne Garsrud	90	30:22
00:46-	02:57= 04:03+ 07:35+ 07:58+ 08:20+	09:10+ 10:56+ 12:05+ 14:04+ 14:46+ 16:28+ 19:17+	22:06+ 22:38+ 23:34+ 26:08+ 27:35+ 29:16+ 29:57+ 30:22+
00:46-	02:11+ 01:06+ 03:32+ 00:23+ 00:22+	00:50+ 01:46+ 01:09+ 01:59+ 00:42+ 01:42+ 02:49+	02:49+ 00:32+ 00:56+ 02:34+ 01:27+ 01:41+ 00:41+ 00:25+
00:03-	00:03+ 00:05+ 00:14+ 00:03# 00:08&	00:04+ 00:10# 00:04+ 00:37& 00:11& 00:06+ 00:20#	00:40& 00:02+ 00:15& 00:06+ 00:18& 00:32& 00:08# 00:08&
9	Jorunn Johannesen	116	30:41
00:43-	03:28+ 04:39+ 09:29+ 09:53+ 10:10+	10:45+ 12:32+ 13:38+ 15:27+ 16:08+ 17:48+ 21:06+	23:18+ 23:54+ 24:45+ 27:09+ 28:21+ 29:41+ 30:19+ 30:41+
00:43-	02:45+ 01:11+ 04:50+ 00:24+ 00:17+	00:35- 01:47+ 01:06+ 01:49+ 00:41+ 01:40+ 03:18+	02:12+ 00:36+ 00:51+ 02:24- 01:12+ 01:20+ 00:38+ 00:22+
00:06-	00:37& 00:10# 01:32& 00:04# 00:03#	00:11- 00:11# 00:01+ 00:27& 00:10& 00:04+ 00:49&	00:03+ 00:06# 00:10# 00:04- 00:03+ 00:11# 00:05# 00:05&
10	Ellen Tindeland	27	30:44
00:42-	03:03+ 04:21+ 08:28+ 08:55+ 09:12+	09:52+ 11:41+ 13:14+ 14:49+ 15:26+ 17:06+ 19:57+	22:12+ 22:51+ 23:41+ 26:29+ 28:16+ 29:41+ 30:19+ 30:44+
00:42-	02:21+ 01:18+ 04:07+ 00:27+ 00:17+	00:40- 01:49+ 01:33+ 01:35+ 00:37+ 01:40+ 02:51+	02:15+ 00:39+ 00:50+ 02:48+ 01:47+ 01:25+ 00:38+ 00:25+
00:07-	00:13# 00:17& 00:49# 00:07& 00:03#	00:06- 00:13# 00:28& 00:13# 00:06# 00:04+ 00:22#	00:06+ 00:09& 00:09# 00:20# 00:38& 00:16# 00:05# 00:08&
11	Anita Glenne Kallhovd	29	31:44
00:34-	03:11+ 04:18+ 08:24+ 08:46+ 09:01+	09:33+ 11:18+ 12:29+ 14:15+ 14:58+ 16:39+ 19:40+	22:07+ 22:42+ 23:39+ 27:55+ 29:30+ 30:53+ 31:27+ 31:44+
00:34-	02:37+ 01:07+ 04:06+ 00:22+ 00:15+	00:32- 01:45+ 01:11+ 01:46+ 00:43+ 01:41+ 03:01+	02:27+ 00:35+ 00:57+ 04:16+ 01:35+ 01:23+ 00:34+ 00:17=
00:15-	00:29# 00:06+ 00:48# 00:02# 00:01+	00:14- 00:09+ 00:06+ 00:24& 00:12& 00:05+ 00:32#	00:18# 00:05# 00:16& 01:48& 00:26& 00:14# 00:01+ 00:00=
12	Ingrid W. Hestness	117	32:57
01:00+	03:25+ 04:30+ 08:32+ 08:57+ 09:22+	11:43+ 13:46+ 15:05+ 16:55+ 17:43+ 19:22+ 22:26+	24:53+ 25:32+ 26:27+ 29:00+ 30:35+ 31:54+ 32:41+ 32:57+
01:00+	02:25+ 01:05+ 04:02+ 00:25+ 00:25+	02:21+ 02:03+ 01:19+ 01:50+ 00:48+ 01:39+ 03:04+	02:27+ 00:39+ 00:55+ 02:33+ 01:35+ 01:19+ 00:47+ 00:16-
00:11#	00:17# 00:04+ 00:44# 00:05# 00:11&	01:35& 00:27& 00:14# 00:28& 00:17& 00:03+ 00:35#	00:18# 00:09& 00:14& 00:05+ 00:26& 00:10# 00:14& 00:01-
13	Irene Rummelhoff	116	33:24
00:53+	03:28+ 04:35+ 08:18+ 08:45+ 09:03+	09:52+ 11:37+ 13:14+ 15:07+ 15:53+ 18:03+ 21:39+	24:07+ 24:38+ 25:34+ 28:22+ 30:32+ 32:22+ 33:05+ 33:24+
00:53+	02:35+ 01:07+ 03:43+ 00:27+ 00:18+	00:49+ 01:45+ 01:37+ 01:53+ 00:46+ 02:10+ 03:36+	02:28+ 00:31+ 00:56+ 02:48+ 02:10+ 01:50+ 00:43+ 00:19+
00:04+	00:27# 00:06+ 00:25# 00:07& 00:04&	00:03+ 00:09+ 00:32& 00:31& 00:15& 00:34& 01:07&	00:19# 00:01+ 00:15& 00:20# 01:01& 00:41& 00:10& 00:02#
14	Ingunn Anda Haug	67	33:32
00:52+	03:38+ 04:52+ 09:17+ 09:42+ 09:59+	10:43+ 12:43+ 14:12+ 16:06+ 16:48+ 18:40+ 22:35+	25:00+ 25:36+ 26:28+ 29:22+ 30:56+ 32:31+ 33:12+ 33:32+
00:52+	02:46+ 01:14+ 04:25+ 00:25+ 00:17+	00:44- 02:00+ 01:29+ 01:54+ 00:42+ 01:52+ 03:55+	02:25+ 00:36+ 00:52+ 02:54+ 01:34+ 01:35+ 00:41+ 00:20+
00:03+	00:38& 00:13# 01:07& 00:05# 00:03#	00:02- 00:24# 00:24& 00:32& 00:11& 00:16# 01:26&	00:16# 00:06# 00:11& 00:26# 00:25& 00:26& 00:08# 00:03#
15	Grethe Anda Fuglestad	116	33:47
00:47-	03:26+ 04:41+ 09:14+ 09:38+ 09:57+	10:54+ 12:58+ 14:25+ 16:18+ 17:07+ 18:59+ 22:21+	25:30+ 26:10+ 27:08+ 29:45+ 31:10+ 32:50+ 33:31+ 33:47+
00:47-	02:39+ 01:15+ 04:33+ 00:24+ 00:19+	00:57+ 02:04+ 01:27+ 01:53+ 00:49+ 01:52+ 03:22+	03:09+ 00:40+ 00:58+ 02:37+ 01:25+ 01:40+ 00:41+ 00:16-
00:02-	00:31# 00:14# 01:15& 00:04# 00:05&	00:11# 00:28& 00:22& 00:31& 00:18& 00:16# 00:53&	01:00& 00:10& 00:17& 00:09+ 00:16# 00:31& 00:08# 00:01-

Class	Navn	Klasse	Tid																		
16	Ragnhild Auglænd	168	35:20																		
00:45-	03:43+	05:01+	09:30+	09:52+	10:18+	10:55+	12:53+	14:34+	16:21+	17:00+	18:54+	22:31+	25:57+	26:34+	27:09+	30:57+	32:25+	33:53+	34:39+	35:20+	
00:45-	02:58+	01:18+	04:29+	00:22+	00:26+	00:37-	01:58+	01:41+	01:47+	00:39+	01:54+	03:37+	03:26+	00:37+	00:35-	03:48+	01:28+	01:28+	00:46+	00:41+	
00:04-	00:50&	00:17&	01:11&	00:02#	00:12&	00:09-	00:22#	00:36&	00:25&	00:08&	00:18#	01:08&	01:17&	00:07#	00:06-	01:20&	00:19&	00:19&	00:13&	00:24@	
17	Mariann Sveinsvoll	94	35:53																		
00:51+	03:22+	04:52+	09:03+	09:30+	09:50+	10:30+	12:25+	14:08+	16:57+	17:46+	20:04+	23:49+	26:44+	27:17+	28:11+	31:23+	33:00+	34:48+	35:35+	35:53+	
00:51+	02:31+	01:30+	04:11+	00:27+	00:20+	00:40-	01:55+	01:43+	02:49+	00:49+	02:18+	03:45+	02:55+	00:33+	00:54+	03:12+	01:37+	01:48+	00:47+	00:18+	
00:02+	00:23#	00:29&	00:53&	00:07&	00:06&	00:06-	00:19#	00:38&	01:27@	00:18&	00:42&	01:16&	00:46&	00:03#	00:13&	00:44&	00:28&	00:39&	00:14&	00:01+	
18	Tone Cecilie Nystrøm	68	40:03																		
01:39+	04:21+	05:45+	10:29+	10:55+	11:13+	11:58+	14:13+	15:52+	17:58+	18:46+	21:03+	25:12+	28:32+	29:09+	30:23+	33:32+	36:50+	38:45+	39:42+	40:03+	
01:39+	02:42+	01:24+	04:44+	00:26+	00:18+	00:45-	02:15+	01:39+	02:06+	00:48+	02:17+	04:09+	03:20+	00:37+	01:14+	03:09+	03:18+	01:55+	00:57+	00:21+	
00:50@	00:34&	00:23&	01:26&	00:06&	00:04&	00:01-	00:39&	00:34&	00:44&	00:17&	00:41&	01:40&	01:11&	00:07#	00:33&	00:41&	02:09@	00:46&	00:24&	00:04#	
19	Randi Helen Ladsten	128	40:17																		
01:24+	04:05+	05:25+	09:51+	10:16+	10:59+	11:57+	14:00+	18:51+	20:55+	21:50+	23:50+	27:56+	30:39+	31:14+	32:05+	35:55+	37:40+	39:14+	40:01+	40:17+	
01:24+	02:41+	01:20+	04:26+	00:25+	00:43+	00:58+	02:03+	04:51+	02:04+	00:55+	02:00+	04:06+	02:43+	00:35+	00:51+	03:50+	01:45+	01:34+	00:47+	00:16-	
00:35&	00:33&	00:19&	01:08&	00:05#	00:29@	00:12&	00:27&	03:46@	00:42&	00:24&	00:24#	01:37&	00:34&	00:05#	00:10#	01:22&	00:36&	00:25&	00:14&	00:01-	
Beste strekktid for klassen																					
00:34	02:08	01:01	03:18	00:20	00:14	00:32	01:32	01:03	01:22	00:31	01:36	02:23	01:59	00:29	00:33	02:02	01:09	01:09	00:32	00:16	

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

Damer Ny

1	Kjerstin Østby	134	13:57																	
00:58=	01:37=	02:46=	03:58=	05:48=	07:36=	08:26=	10:04=	10:56=	11:46=	13:31=	13:57=									
00:58=	00:39=	01:09=	01:12=	01:50=	01:48=	00:50=	01:38=	00:52=	00:50=	01:45=	00:26=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	Marie Skadberg	27	14:23																	
00:55-	01:37=	03:04+	04:22+	06:12+	07:42+	08:32+	10:44+	12:05+	13:03+	13:58+	14:23+									
00:55-	00:42+	01:27+	01:18+	01:50+	01:30-	00:50=	02:12+	01:21+	00:58+	00:55-	00:25-									
00:03-	00:03+	00:18&	00:06+	00:00=	00:18-	00:00=	00:34&	00:29&	00:08#	00:50-	00:01-									
3	Anette Ungar	116	17:18																	
01:13+	01:53+	03:07+	04:59+	07:30+	09:07+	10:11+	13:22+	14:39+	15:42+	16:50+	17:18+									
01:13+	00:40+	01:14+	01:52+	02:31+	01:37-	01:04+	03:11+	01:17+	01:03+	01:08-	00:28+									
00:15&	00:01+	00:05+	00:40&	00:41&	00:11-	00:14&	01:33&	00:25&	00:13&	00:37-	00:02+									
4	Hilde Trodal Øksnevad	94	22:51																	
01:33+	02:13+	03:38+	05:32+	10:17+	11:49+	12:52+	15:58+	18:49+	21:25+	22:32+	22:51+									
01:33+	00:40+	01:25+	01:54+	04:45+	01:32-	01:03+	03:06+	02:51+	02:36+	01:07-	00:19-									
00:35&	00:01+	00:16#	00:42&	02:55@	00:16-	00:13&	01:28&	01:59@	01:46@	00:38-	00:07-									
5	Ester-Lill Waage	105	32:17																	
01:06+	02:02+	03:27+	05:28+	14:51+	20:49+	22:22+	26:28+	29:05+	30:47+	31:53+	32:17+									
01:06+	00:56+	01:25+	02:01+	09:23+	05:58+	01:33+	04:06+	02:37+	01:42+	01:06-	00:24-									
00:08#	00:17&	00:16#	00:49&	07:33@	04:10@	00:43&	02:28@	01:45@	00:52@	00:39-	00:02-									

Beste strekktid for klassen

00:55 00:39 01:09 01:12 01:50 01:30 00:50 01:38 00:52 00:50 00:55 00:19

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

Damer Trim

1	Margrete Jian Øye	126	19:42																	
01:12=	02:39=	06:07=	06:34=	08:14=	09:01=	10:19=	11:46=	13:08=	15:24=	17:01=	17:49=	18:45=	19:21=	19:42=						
01:12=	01:27=	03:28=	00:27=	01:40=	00:47=	01:18=	01:27=	01:22=	02:16=	01:37=	00:48=	00:56=	00:36=	00:21=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Marita Navjord Nicolaysen	71	20:55																	
01:09-	02:36-	06:03-	06:33-	08:09-	09:02+	10:23+	12:08+	13:51+	16:25+	18:09+	18:51+	19:43+	20:33+	20:55+						
01:09-	01:27=	03:27-	00:30+	01:36-	00:53+	01:21+	01:45+	01:43+	02:34+	01:44+	00:42-	00:52-	00:50+	00:22+						
00:03-	00:00=	00:01-	00:03#	00:04-	00:06#	00:03+	00:18#	00:21&	00:18#	00:07+	00:06-	00:04-	00:14&	00:01+						

Class	Navn	Klasse										Tid		
3	Turid Johanne Kidøy	18										21:10		
01:01-	02:27-	06:17+	06:42+	08:41+	09:19+	10:35+	12:03+	13:25+	15:39+	17:00-	17:48-	19:02+	20:51+	21:10+
01:01-	01:26-	03:50+	00:25-	01:59+	00:38-	01:16-	01:28+	01:22=	02:14-	01:21-	00:48=	01:14+	01:49+	00:19-
00:11-	00:01-	00:22#	00:02-	00:19#	00:09-	00:02-	00:01+	00:00=	00:02-	00:16-	00:00=	00:18&	01:13@	00:02-
4	Fredrike Krahner	126										21:38		
01:33+	04:17+	07:51+	08:19+	10:00+	10:56+	12:14+	13:45+	15:01+	17:47+	18:51+	19:37+	20:31+	21:09+	21:38+
01:33+	02:44+	03:34+	00:28+	01:41+	00:56+	01:18=	01:31+	01:16-	02:46+	01:04-	00:46-	00:54-	00:38+	00:29+
00:21&	01:17&	00:06+	00:01+	00:01+	00:09#	00:00=	00:04+	00:06-	00:30#	00:33-	00:02-	00:02-	00:02+	00:08&
5	Ingrid O. Foss	117										22:07		
01:13+	03:05+	06:51+	07:24+	09:05+	10:13+	11:43+	13:15+	14:58+	17:28+	18:38+	19:31+	20:47+	21:45+	22:07+
01:13+	01:52+	03:46+	00:33+	01:41+	01:08+	01:30+	01:32+	01:43+	02:30+	01:10-	00:53+	01:16+	00:58+	00:22+
00:01+	00:25&	00:18+	00:06#	00:01+	00:21&	00:12#	00:05+	00:21&	00:14#	00:27-	00:05#	00:20&	00:22&	00:01+
6	Therese Immerstein Noraberg	71										22:15		
01:11-	02:28-	06:11+	06:41+	07:54-	08:56-	11:23+	13:10+	15:08+	17:34+	18:57+	19:43+	20:53+	21:46+	22:15+
01:11-	01:17-	03:43+	00:30+	01:13-	01:02+	02:27+	01:47+	01:58+	02:26+	01:23-	00:46-	01:10+	00:53+	00:29+
00:01-	00:10-	00:15+	00:03#	00:27-	00:15&	01:09&	00:20#	00:36&	00:10+	00:14-	00:02-	00:14#	00:17&	00:08&
7	Cecilie Kristine Karlsen	93										22:35		
01:19+	03:14+	07:17+	07:50+	09:20+	10:10+	11:48+	13:29+	14:57+	18:08+	19:25+	20:14+	21:27+	22:05+	22:35+
01:19+	01:55+	04:03+	00:33+	01:30-	00:50+	01:38+	01:41+	01:28+	03:11+	01:17-	00:49+	01:13+	00:38+	00:30+
00:07+	00:28&	00:35#	00:06#	00:10-	00:03+	00:20&	00:14#	00:06+	00:55&	00:20-	00:01+	00:17&	00:02+	00:09&
8	Janeth Kleppe	128										23:00		
01:44+	03:03+	09:15+	09:40+	11:00+	12:12+	13:37+	15:00+	16:33+	19:14+	20:21+	21:00+	21:49+	22:35+	23:00+
01:44+	01:19-	06:12+	00:25-	01:20-	01:12+	01:25+	01:23-	01:33+	02:41+	01:07-	00:39-	00:49-	00:46+	00:25+
00:32&	00:08-	02:44&	00:02-	00:20-	00:25&	00:07+	00:04-	00:11#	00:25#	00:30-	00:09-	00:07-	00:10&	00:04#
9	Parul Khandelwal	71										23:52		
01:36+	03:14+	07:25+	07:54+	09:38+	10:52+	12:16+	13:59+	15:53+	18:48+	20:12+	21:08+	22:24+	23:18+	23:52+
01:36+	01:38+	04:11+	00:29+	01:44+	01:14+	01:24+	01:43+	01:54+	02:55+	01:24-	00:56+	01:16+	00:54+	00:34+
00:24&	00:11#	00:43#	00:02+	00:04+	00:27&	00:06+	00:16#	00:32&	00:39&	00:13-	00:08#	00:20&	00:18&	00:13&
10	Astri Sandanger	93										24:08		
01:15+	02:50+	06:55+	07:32+	09:33+	10:35+	12:17+	14:10+	15:48+	18:42+	20:12+	21:32+	22:36+	23:44+	24:08+
01:15+	01:35+	04:05+	00:37+	02:01+	01:02+	01:42+	01:53+	01:38+	02:54+	01:30-	01:20+	01:04+	01:08+	00:24+
00:03+	00:08+	00:37#	00:10&	00:21#	00:15&	00:24&	00:26&	00:16#	00:38&	00:07-	00:32&	00:08#	00:32&	00:03#
11	Kari Sjørnsen	117										24:11		
01:26+	02:59+	06:55+	07:29+	09:30+	10:39+	12:29+	14:13+	16:00+	19:06+	20:40+	21:35+	22:50+	23:42+	24:11+
01:26+	01:33+	03:56+	00:34+	02:01+	01:09+	01:50+	01:44+	01:47+	03:06+	01:34-	00:55+	01:15+	00:52+	00:29+
00:14#	00:06+	00:28#	00:07&	00:21#	00:22&	00:32&	00:17#	00:25&	00:50&	00:03-	00:07#	00:19&	00:16&	00:08&
12	Margot Asheim	105										24:14		
01:20+	02:53+	07:33+	08:01+	09:39+	10:29+	11:59+	14:05+	15:51+	18:39+	20:10+	21:17+	22:36+	23:47+	24:14+
01:20+	01:33+	04:40+	00:28+	01:38-	00:50+	01:30+	02:06+	01:46+	02:48+	01:31-	01:07+	01:19+	01:11+	00:27+
00:08#	00:06+	01:12&	00:01+	00:02-	00:03+	00:12#	00:39&	00:24&	00:32#	00:06-	00:19&	00:23&	00:35&	00:06&
13	Elisabeth Thompson	27										24:28		
01:18+	03:00+	06:53+	07:23+	09:40+	10:35+	12:03+	14:04+	15:40+	18:18+	21:11+	22:08+	23:12+	24:01+	24:28+
01:18+	01:42+	03:53+	00:30+	02:17+	00:55+	01:28+	02:01+	01:36+	02:38+	02:53+	00:57+	01:04+	00:49+	00:27+
00:06+	00:15#	00:25#	00:03#	00:37&	00:08#	00:10#	00:34&	00:14#	00:22#	01:16&	00:09#	00:08#	00:13&	00:06&
14	Anette Tronstad	115										24:32		
01:28+	03:28+	07:43+	08:15+	10:15+	11:13+	12:47+	14:35+	16:31+	19:14+	21:00+	22:00+	23:20+	24:08+	24:32+
01:28+	02:00+	04:15+	00:32+	02:00+	00:58+	01:34+	01:48+	01:56+	02:43+	01:46+	01:00+	01:20+	00:48+	00:24+
00:16#	00:33&	00:47#	00:05#	00:20#	00:11#	00:16#	00:21#	00:34&	00:27#	00:09+	00:12#	00:24&	00:12&	00:03#
15	Synnøve Hognestad	115										25:27		
01:33+	03:09+	08:08+	08:41+	10:38+	11:33+	13:24+	15:18+	17:07+	20:01+	21:41+	22:50+	24:03+	24:58+	25:27+
01:33+	01:36+	04:59+	00:33+	01:57+	00:55+	01:51+	01:54+	01:49+	02:54+	01:40+	01:09+	01:13+	00:55+	00:29+
00:21&	00:09#	01:31&	00:06#	00:17#	00:08#	00:33&	00:27&	00:27&	00:38&	00:03+	00:21&	00:17&	00:19&	00:08&
16	Camilla Haugland	105										25:42		
01:35+	03:11+	07:36+	08:11+	10:15+	11:08+	12:50+	14:48+	16:31+	20:01+	21:26+	22:25+	23:43+	25:17+	25:42+
01:35+	01:36+	04:25+	00:35+	02:04+	00:53+	01:42+	01:58+	01:43+	03:30+	01:25-	00:59+	01:18+	01:34+	00:25+
00:23&	00:09#	00:57&	00:08&	00:24#	00:06#	00:24&	00:31&	00:21&	01:14&	00:12-	00:11#	00:22&	00:58@	00:04#
17	Marianne Johnsen	5										26:08		
01:21+	02:49+	07:38+	08:07+	09:45+	11:17+	12:41+	17:11+	18:40+	21:54+	23:19+	23:58+	24:52+	25:42+	26:08+
01:21+	01:28+	04:49+	00:29+	01:38-	01:32+	01:24+	04:30+	01:29+	03:14+	01:25-	00:39-	00:54-	00:50+	00:26+
00:09#	00:01+	01:21&	00:02+	00:02-	00:45&	00:06+	03:03@	00:07+	00:58&	00:12-	00:09-	00:02-	00:14&	00:05#

Class	Navn	Klasse										Tid		
18	Tina Pedersen	27										26:08		
01:50+	03:33+	09:57+	10:28+	11:56+	12:57+	14:31+	16:25+	18:03+	21:13+	22:41+	23:26+	24:59+	25:45+	26:08+
01:50+	01:43+	06:24+	00:31+	01:28-	01:01+	01:34+	01:54+	01:38+	03:10+	01:28-	00:45-	01:33+	00:46+	00:23+
00:38&	00:16#	02:56&	00:04#	00:12-	00:14&	00:16#	00:27&	00:16#	00:54&	00:09-	00:03-	00:37&	00:10&	00:02+
19	Tonje Tiley	27										26:16		
01:33+	03:12+	07:25+	07:59+	09:51+	11:33+	14:52+	16:38+	18:16+	21:02+	22:27+	23:29+	24:45+	25:54+	26:16+
01:33+	01:39+	04:13+	00:34+	01:52+	01:42+	03:19+	01:46+	01:38+	02:46+	01:25-	01:02+	01:16+	01:09+	00:22+
00:21&	00:12#	00:45#	00:07&	00:12#	00:55@	02:01@	00:19#	00:16#	00:30#	00:12-	00:14&	00:20&	00:33&	00:01+
20	Sarah Denieul	42										26:39		
01:50+	03:20+	08:49+	09:09+	10:26+	11:16+	12:31+	14:09+	16:03+	19:06+	23:01+	24:48+	25:37+	26:17+	26:39+
01:50+	01:30+	05:29+	00:20-	01:17-	00:50+	01:15-	01:38+	01:54+	03:03+	03:55+	01:47+	00:49-	00:40+	00:22+
00:38&	00:03+	02:01&	00:07-	00:23-	00:03+	00:03-	00:11#	00:32&	00:47&	02:18@	00:59@	00:07-	00:04#	00:01+
21	Gunhild Nordbø	117										26:39		
01:27+	03:18+	07:02+	07:35+	09:31+	11:07+	13:49+	15:59+	17:48+	21:29+	22:49+	23:54+	24:52+	25:55+	26:39+
01:27+	01:51+	03:44+	00:33+	01:56+	01:36+	02:42+	02:10+	01:49+	03:41+	01:20-	01:05+	00:58+	01:03+	00:44+
00:15#	00:24&	00:16+	00:06#	00:16#	00:49@	01:24@	00:43&	00:27&	01:25&	00:17-	00:17&	00:02+	00:27&	00:23@
22	Solbjørg Borgersen	233										27:11		
01:39+	03:32+	08:56+	09:31+	11:40+	12:43+	14:21+	16:07+	18:07+	21:38+	23:10+	24:20+	25:43+	26:45+	27:11+
01:39+	01:53+	05:24+	00:35+	02:09+	01:03+	01:38+	01:46+	02:00+	03:31+	01:32-	01:10+	01:23+	01:02+	00:26+
00:27&	00:26&	01:56&	00:08&	00:29&	00:16&	00:20&	00:19#	00:38&	01:15&	00:05-	00:22&	00:27&	00:26&	00:05#
23	Grete Hellevik	168										27:28		
02:32+	04:21+	09:21+	09:52+	11:40+	12:55+	15:56+	17:51+	19:29+	22:13+	23:37+	24:54+	26:12+	27:04+	27:28+
02:32+	01:49+	05:00+	00:31+	01:48+	01:15+	03:01+	01:55+	01:38+	02:44+	01:24-	01:17+	01:18+	00:52+	00:24+
01:20@	00:22&	01:32&	00:04#	00:08+	00:28&	01:43@	00:28&	00:16#	00:28#	00:13-	00:29&	00:22&	00:16&	00:03#
24	Anne Marie Gausel	105										27:30		
01:28+	03:45+	09:07+	09:50+	12:15+	13:42+	15:29+	17:22+	19:17+	21:59+	23:16+	24:25+	25:49+	26:59+	27:30+
01:28+	02:17+	05:22+	00:43+	02:25+	01:27+	01:47+	01:53+	01:55+	02:42+	01:17-	01:09+	01:24+	01:10+	00:31+
00:16#	00:50&	01:54&	00:16&	00:45&	00:40&	00:29&	00:26&	00:33&	00:26#	00:20-	00:21&	00:28&	00:34&	00:10&
25	Lise Bergli	105										27:36		
01:54+	05:04+	09:05+	09:35+	11:18+	12:20+	13:52+	15:54+	17:47+	21:34+	23:00+	24:11+	25:21+	27:13+	27:36+
01:54+	03:10+	04:01+	00:30+	01:43+	01:02+	01:32+	02:02+	01:53+	03:47+	01:26-	01:11+	01:10+	01:52+	00:23+
00:42&	01:43@	00:33#	00:03#	00:03+	00:15&	00:14#	00:35&	00:31&	01:31&	00:11-	00:23&	00:14#	01:16@	00:02+
26	Anlaug Nygard	27										27:50		
03:04+	04:52+	09:41+	10:16+	12:15+	13:25+	15:17+	17:15+	19:03+	21:59+	23:48+	24:51+	26:06+	27:06+	27:50+
03:04+	01:48+	04:49+	00:35+	01:59+	01:10+	01:52+	01:58+	01:48+	02:56+	01:49+	01:03+	01:15+	01:00+	00:44+
01:52@	00:21#	01:21&	00:08&	00:19#	00:23&	00:34&	00:31&	00:26&	00:40&	00:12#	00:15&	00:19&	00:24&	00:23@
27	Kate Lawson	101										28:07		
01:35+	03:43+	08:50+	09:29+	11:47+	12:57+	14:42+	17:08+	19:15+	22:30+	23:55+	25:04+	26:31+	27:36+	28:07+
01:35+	02:08+	05:07+	00:39+	02:18+	01:10+	01:45+	02:26+	02:07+	03:15+	01:25-	01:09+	01:27+	01:05+	00:31+
00:23&	00:41&	01:39&	00:12&	00:38&	00:23&	00:27&	00:59&	00:45&	00:59&	00:12-	00:21&	00:31&	00:29&	00:10&
28	Bjørge Elen Abrahamsen	29										28:09		
01:44+	03:43+	08:18+	08:58+	11:05+	12:07+	14:21+	16:43+	18:45+	22:15+	23:46+	25:00+	26:22+	27:38+	28:09+
01:44+	01:59+	04:35+	00:40+	02:07+	01:02+	02:14+	02:22+	02:02+	03:30+	01:31-	01:14+	01:22+	01:16+	00:31+
00:32&	00:32&	01:07&	00:13&	00:27&	00:15&	00:56&	00:55&	00:40&	01:14&	00:06-	00:26&	00:26&	00:40@	00:10&
29	Judith Serigstad	128										28:24		
01:25+	04:33+	09:26+	09:59+	11:51+	13:09+	14:59+	17:21+	19:24+	23:02+	24:33+	25:41+	26:50+	27:54+	28:24+
01:25+	03:08+	04:53+	00:33+	01:52+	01:18+	01:50+	02:22+	02:03+	03:38+	01:31-	01:08+	01:09+	01:04+	00:30+
00:13#	01:41@	01:25&	00:06#	00:12#	00:31&	00:32&	00:55&	00:41&	01:22&	00:06-	00:20&	00:13#	00:28&	00:09&
30	Bente Salte Aune	128										28:25		
01:24+	04:37+	09:26+	09:58+	11:50+	13:15+	15:03+	17:26+	19:22+	23:07+	24:39+	25:42+	26:54+	27:55+	28:25+
01:24+	03:13+	04:49+	00:32+	01:52+	01:25+	01:48+	02:23+	01:56+	03:45+	01:32-	01:03+	01:12+	01:01+	00:30+
00:12#	01:46@	01:21&	00:05#	00:12#	00:38&	00:30&	00:56&	00:34&	01:29&	00:05-	00:15&	00:16&	00:25&	00:09&
31	Synnøve Langvik	93										28:29		
01:23+	03:09+	08:18+	08:51+	10:43+	11:51+	13:20+	15:21+	18:00+	22:50+	24:07+	25:02+	26:28+	27:56+	28:29+
01:23+	01:46+	05:09+	00:33+	01:52+	01:08+	01:29+	02:01+	02:39+	04:50+	01:17-	00:55+	01:26+	01:28+	00:33+
00:11#	00:19#	01:41&	00:06#	00:12#	00:21&	00:11#	00:34&	01:17&	02:34@	00:20-	00:07#	00:30&	00:52@	00:12&
32	Irene Frøyland	71										28:32		
01:31+	04:25+	08:36+	09:21+	11:26+	13:06+	14:57+	16:53+	18:59+	22:27+	23:59+	25:14+	26:50+	27:58+	28:32+
01:31+	02:54+	04:11+	00:45+	02:05+	01:40+	01:51+	01:56+	02:06+	03:28+	01:32-	01:15+	01:36+	01:08+	00:34+
00:19&	01:27&	00:43#	00:18&	00:25#	00:53@	00:33&	00:29&	00:44&	01:12&	00:05-	00:27&	00:40&	00:32&	00:13&

Class	Navn	Klasse										Tid		
33	Mari Bremnes	105										28:57		
01:52+	05:03+	08:51+	09:28+	11:21+	12:34+	14:16+	16:07+	18:01+	23:27+	25:05+	25:52+	27:15+	28:18+	28:57+
01:52+	03:11+	03:48+	00:37+	01:53+	01:13+	01:42+	01:51+	01:54+	05:26+	01:38+	00:47-	01:23+	01:03+	00:39+
00:40&	01:44@	00:20+	00:10&	00:13#	00:26&	00:24&	00:24&	00:32&	03:10@	00:01+	00:01-	00:27&	00:27&	00:18&
34	Sonja Johannessen	130										28:59		
01:35+	03:32+	08:17+	08:50+	11:10+	12:19+	13:55+	15:38+	18:44+	23:15+	25:08+	26:09+	27:22+	28:13+	28:59+
01:35+	01:57+	04:45+	00:33+	02:20+	01:09+	01:36+	01:43+	03:06+	04:31+	01:53+	01:01+	01:13+	00:51+	00:46+
00:23&	00:30&	01:17&	00:06#	00:40&	00:22&	00:18#	00:16#	01:44@	02:15&	00:16#	00:13&	00:17&	00:15&	00:25@
35	Tove Kristin K. Helvig	105										29:05		
01:48+	03:29+	08:45+	09:19+	11:24+	13:04+	14:54+	17:22+	19:41+	22:49+	24:34+	25:44+	27:00+	28:13+	29:05+
01:48+	01:41+	05:16+	00:34+	02:05+	01:40+	01:50+	02:28+	02:19+	03:08+	01:45+	01:10+	01:16+	01:13+	00:52+
00:36&	00:14#	01:48&	00:07&	00:25#	00:53@	00:32&	01:01&	00:57&	00:52&	00:08+	00:22&	00:20&	00:37@	00:31@
36	Janne Kristin Frantzen	116										29:30		
01:45+	03:50+	09:08+	09:42+	11:53+	13:27+	15:44+	17:52+	20:06+	23:20+	24:57+	26:04+	27:31+	28:44+	29:30+
01:45+	02:05+	05:18+	00:34+	02:11+	01:34+	02:17+	02:08+	02:14+	03:14+	01:37=	01:07+	01:27+	01:13+	00:46+
00:33&	00:38&	01:50&	00:07&	00:31&	00:47&	00:59&	00:41&	00:52&	00:58&	00:00=	00:19&	00:31&	00:37@	00:25@
37	Ruth Grødem	105										29:59		
01:33+	03:28+	09:09+	09:46+	11:54+	13:47+	15:36+	17:55+	20:08+	23:59+	25:40+	26:30+	28:02+	29:32+	29:59+
01:33+	01:55+	05:41+	00:37+	02:08+	01:53+	01:49+	02:19+	02:13+	03:51+	01:41+	00:50+	01:32+	01:30+	00:27+
00:21&	00:28&	02:13&	00:10&	00:28&	01:06@	00:31&	00:52&	00:51&	01:35&	00:04+	00:02+	00:36&	00:54@	00:06&
38	Bettiina Lähteenkorva	115										30:02		
02:33+	03:53+	08:36+	09:07+	10:51+	12:32+	14:11+	15:55+	17:53+	21:22+	25:09+	26:24+	28:25+	29:26+	30:02+
02:33+	01:20-	04:43+	00:31+	01:44+	01:41+	01:39+	01:44+	01:58+	03:29+	03:47+	01:15+	02:01+	01:01+	00:36+
01:21@	00:07-	01:15&	00:04#	00:04+	00:54@	00:21&	00:17#	00:36&	01:13&	02:10@	00:27&	01:05@	00:25&	00:15&
39	Kjersti Vasbø	126										30:13		
01:29+	03:47+	08:20+	09:06+	11:19+	13:26+	15:32+	17:40+	19:35+	23:52+	25:20+	26:43+	28:22+	29:39+	30:13+
01:29+	02:18+	04:33+	00:46+	02:13+	02:07+	02:06+	02:08+	01:55+	04:17+	01:28-	01:23+	01:39+	01:17+	00:34+
00:17#	00:51&	01:05&	00:19&	00:33&	01:20@	00:48&	00:41&	00:33&	02:01&	00:09-	00:35&	00:43&	00:41@	00:13&
40	Reidun Solli Skjørestad	47										30:13		
01:31+	03:36+	09:13+	10:01+	12:31+	14:03+	15:59+	18:19+	20:39+	24:06+	25:41+	27:02+	28:50+	29:43+	30:13+
01:31+	02:05+	05:37+	00:48+	02:30+	01:32+	01:56+	02:20+	02:20+	03:27+	01:35-	01:21+	01:48+	00:53+	00:30+
00:19&	00:38&	02:09&	00:21&	00:50&	00:45&	00:38&	00:53&	00:58&	01:11&	00:02-	00:33&	00:52&	00:17&	00:09&
41	Jorunn Birkeland	47										30:16		
01:36+	03:42+	09:14+	10:03+	12:37+	14:01+	16:04+	18:26+	20:44+	24:11+	25:43+	27:07+	28:58+	29:49+	30:16+
01:36+	02:06+	05:32+	00:49+	02:34+	01:24+	02:03+	02:22+	02:18+	03:27+	01:32-	01:24+	01:51+	00:51+	00:27+
00:24&	00:39&	02:04&	00:22&	00:54&	00:37&	00:45&	00:55&	00:56&	01:11&	00:05-	00:36&	00:55&	00:15&	00:06&
42	Gunvor Frafjord Tungesvik	228										30:17		
01:37+	03:41+	09:15+	10:03+	12:32+	13:56+	16:05+	18:27+	20:45+	24:11+	25:42+	27:07+	28:59+	29:50+	30:17+
01:37+	02:04+	05:34+	00:48+	02:29+	01:24+	02:09+	02:22+	02:18+	03:26+	01:31-	01:25+	01:52+	00:51+	00:27+
00:25&	00:37&	02:06&	00:21&	00:49&	00:37&	00:51&	00:55&	00:56&	01:10&	00:06-	00:37&	00:56&	00:15&	00:06&
43	Tone S Rorgemoen	27										30:28		
04:02+	05:46+	09:49+	10:33+	12:19+	13:40+	15:25+	17:41+	21:30+	25:20+	26:45+	28:09+	29:08+	29:56+	30:28+
04:02+	01:44+	04:03+	00:44+	01:46+	01:21+	01:45+	02:16+	03:49+	03:50+	01:25-	01:24+	00:59+	00:48+	00:32+
02:50@	00:17#	00:35#	00:17&	00:06+	00:34&	00:27&	00:49&	02:27@	01:34&	00:12-	00:36&	00:03+	00:12&	00:11&
44	Randi Bugge	46										31:35		
01:29+	03:22+	07:11+	07:44+	09:40+	10:46+	12:20+	21:39+	23:27+	26:20+	27:44+	28:55+	30:12+	31:02+	31:35+
01:29+	01:53+	03:49+	00:33+	01:56+	01:06+	01:34+	09:19+	01:48+	02:53+	01:24-	01:11+	01:17+	00:50+	00:33+
00:17#	00:26&	00:21#	00:06#	00:16#	00:19&	00:16#	07:52@	00:26&	00:37&	00:13-	00:23&	00:21&	00:14&	00:12&
45	Britt Elin Andersen	91										31:54		
02:10+	03:55+	08:03+	08:41+	10:30+	12:05+	14:14+	16:33+	20:08+	25:59+	27:53+	28:50+	30:07+	31:10+	31:54+
02:10+	01:45+	04:08+	00:38+	01:49+	01:35+	02:09+	02:19+	03:35+	05:51+	01:54+	00:57+	01:17+	01:03+	00:44+
00:58&	00:18#	00:40#	00:11&	00:09+	00:48@	00:51&	00:52&	02:13@	03:35@	00:17#	00:09#	00:21&	00:27&	00:23@
46	Linn Skadberg	113										32:05		
01:39+	05:41+	11:25+	12:13+	14:15+	15:38+	17:57+	20:00+	21:49+	26:26+	28:03+	28:57+	30:27+	31:41+	32:05+
01:39+	04:02+	05:44+	00:48+	02:02+	01:23+	02:19+	02:03+	01:49+	04:37+	01:37=	00:54+	01:30+	01:14+	00:24+
00:27&	02:35@	02:16&	00:21&	00:22#	00:36&	01:01&	00:36&	00:27&	02:21@	00:00=	00:06#	00:34&	00:38@	00:03#
47	Jorunn Pedersen Lima	113										32:08		
01:46+	05:54+	10:59+	11:43+	14:10+	15:42+	18:06+	20:13+	21:58+	26:25+	28:06+	29:04+	30:30+	31:45+	32:08+
01:46+	04:08+	05:05+	00:44+	02:27+	01:32+	02:24+	02:07+	01:45+	04:27+	01:41+	00:58+	01:26+	01:15+	00:23+
00:34&	02:41@	01:37&	00:17&	00:47&	00:45&	01:06&	00:40&	00:23&	02:11&	00:04+	00:10#	00:30&	00:39@	00:02+

Class	Navn	Klasse										Tid			
48	Stine Skadberg	113										32:10			
01:49+	05:52+	11:25+	12:16+	14:13+	16:07+	18:09+	20:10+	22:12+	26:25+	28:11+	29:21+	31:00+	31:49+	32:10+	
01:49+	04:03+	05:33+	00:51+	01:57+	01:54+	02:02+	02:01+	02:02+	04:13+	01:46+	01:10+	01:39+	00:49+	00:21=	
00:37&	02:36@	02:05&	00:24&	00:17#	01:07@	00:44&	00:34&	00:40&	01:57&	00:09+	00:22&	00:43&	00:13&	00:00=	
49	Solbjørg Lima Skadberg	113										32:11			
01:40+	05:55+	10:59+	11:43+	14:16+	16:06+	18:01+	20:09+	22:03+	26:18+	28:06+	29:09+	30:41+	31:44+	32:11+	
01:40+	04:15+	05:04+	00:44+	02:33+	01:50+	01:55+	02:08+	01:54+	04:15+	01:48+	01:03+	01:32+	01:03+	00:27+	
00:28&	02:48@	01:36&	00:17&	00:53&	01:03@	00:37&	00:41&	00:32&	01:59&	00:11#	00:15&	00:36&	00:27&	00:06&	
50	Kirsti Strand Salvesen	256										32:31			
01:38+	03:42+	08:31+	09:12+	11:35+	12:57+	15:16+	17:49+	20:17+	25:09+	27:26+	28:43+	30:33+	31:47+	32:31+	
01:38+	02:04+	04:49+	00:41+	02:23+	01:22+	02:19+	02:33+	02:28+	04:52+	02:17+	01:17+	01:50+	01:14+	00:44+	
00:26&	00:37&	01:21&	00:14&	00:43&	00:35&	01:01&	01:06&	01:06&	02:36@	00:40&	00:29&	00:54&	00:38@	00:23@	
51	Lene Haver Schmidt	88										33:15			
01:32+	03:25+	08:42+	09:28+	12:00+	14:06+	16:35+	19:33+	22:09+	26:20+	28:15+	29:38+	31:25+	32:39+	33:15+	
01:32+	01:53+	05:17+	00:46+	02:32+	02:06+	02:29+	02:58+	02:36+	04:11+	01:55+	01:23+	01:47+	01:14+	00:36+	
00:20&	00:26&	01:49&	00:19&	00:52&	01:19@	01:11&	01:31@	01:14&	01:55&	00:18#	00:35&	00:51&	00:38@	00:15&	
52	Sissel Carlsen Bråstad	88										33:17			
01:35+	03:33+	08:44+	09:29+	12:01+	14:11+	16:36+	19:35+	22:08+	26:19+	28:16+	29:40+	31:30+	32:41+	33:17+	
01:35+	01:58+	05:11+	00:45+	02:32+	02:10+	02:25+	02:59+	02:33+	04:11+	01:57+	01:24+	01:50+	01:11+	00:36+	
00:23&	00:31&	01:43&	00:18&	00:52&	01:23@	01:07&	01:32@	01:11&	01:55&	00:20#	00:36&	00:54&	00:35&	00:15&	
53	Eli Våge	117										33:21			
01:26+	03:41+	09:13+	09:56+	12:12+	14:07+	15:56+	18:23+	21:02+	26:28+	28:05+	29:13+	31:19+	32:57+	33:21+	
01:26+	02:15+	05:32+	00:43+	02:16+	01:16+	01:49+	02:27+	02:39+	05:26+	01:37=	01:08+	02:06+	01:38+	00:24+	
00:14#	00:48&	02:04&	00:16&	00:36&	01:08@	00:31&	01:00&	01:17&	03:10@	00:00=	00:20&	01:10@	01:02@	00:03#	
54	Sølvi S. Ballestad	105										33:36			
02:08+	05:53+	11:54+	12:30+	15:07+	16:42+	18:32+	20:31+	22:57+	26:28+	28:14+	29:31+	31:52+	32:55+	33:36+	
02:08+	03:45+	06:01+	00:36+	02:37+	01:35+	01:50+	01:59+	02:26+	03:31+	01:46+	01:17+	02:21+	01:03+	00:41+	
00:56&	02:18@	02:33&	00:09&	00:57&	00:48@	00:32&	00:32&	01:04&	01:15&	00:09+	00:29&	01:25@	00:27&	00:20&	
55	Åse Kristensen	94										34:00			
01:32+	05:16+	10:44+	11:20+	13:34+	14:50+	16:47+	18:46+	20:39+	24:59+	26:51+	28:22+	30:20+	31:44+	33:27+	34:00+
01:32+	03:44+	05:28+	00:36+	02:14+	01:16+	01:57+	01:59+	01:53+	04:20+	01:52+	01:31+	01:58+	01:24+	01:43+	00:33+
00:20&	02:17@	02:00&	00:09&	00:34&	00:29&	00:39&	00:32&	00:31&	02:04&	00:15#	00:43&	01:02@	00:48@	01:22@	00:33+
56	Caroline Puig	136										34:50			
02:19+	03:58+	09:37+	10:09+	15:09+	16:42+	18:14+	20:01+	22:01+	25:30+	27:57+	28:56+	30:08+	31:15+	34:50+	
02:19+	01:39+	05:39+	00:32+	05:00+	01:33+	01:32+	01:47+	02:00+	03:29+	02:27+	00:59+	01:12+	01:07+	03:35+	
01:07&	00:12#	02:11&	00:05#	03:20@	00:46&	00:14#	00:20#	00:38&	01:13&	00:50&	00:11#	00:16&	00:31&	03:14@	
57	Jorunn Eriksson Sætre	47										34:54			
01:21+	02:59+	08:47+	09:10+	11:09+	12:35+	14:16+	24:34+	27:00+	30:03+	31:12+	32:20+	33:33+	34:21+	34:54+	
01:21+	01:38+	05:48+	00:23-	01:59+	01:26+	01:41+	10:18+	02:26+	03:03+	01:09-	01:08+	01:13+	00:48+	00:33+	
00:09#	00:11#	02:20&	00:04-	00:19#	00:39&	00:23&	08:51@	01:04&	00:47&	00:28-	00:20&	00:17&	00:12&	00:12&	
58	Aslaug Neteland	92										35:06			
02:21+	05:50+	10:17+	10:56+	13:08+	14:42+	16:40+	19:30+	22:25+	27:26+	29:51+	30:46+	32:51+	34:24+	35:06+	
02:21+	03:29+	04:27+	00:39+	02:12+	01:34+	01:58+	02:50+	02:55+	05:01+	02:25+	00:55+	02:05+	01:33+	00:42+	
01:09&	02:02@	00:59&	00:12&	00:32&	00:47&	00:40&	01:23&	01:33@	02:45@	00:48&	00:07#	01:09@	00:57@	00:21&	
59	Wenke Wannberg	116										35:08			
02:22+	05:51+	10:17+	11:01+	13:08+	14:42+	16:41+	19:30+	22:30+	27:26+	29:51+	30:47+	32:51+	34:28+	35:08+	
02:22+	03:29+	04:26+	00:44+	02:07+	01:34+	01:59+	02:49+	03:00+	04:56+	02:25+	00:56+	02:04+	01:37+	00:40+	
01:10&	02:02@	00:58&	00:17&	00:27&	00:47&	00:41&	01:22&	01:38@	02:40@	00:48&	00:08#	01:08@	01:01@	00:19&	
60	Ingunn Fandrem	47										35:39			
02:33+	04:41+	09:53+	10:29+	12:38+	14:19+	16:32+	18:43+	20:58+	25:26+	27:02+	32:04+	33:44+	34:55+	35:39+	
02:33+	02:08+	05:12+	00:36+	02:09+	01:41+	02:13+	02:11+	02:15+	04:28+	01:36-	05:02+	01:40+	01:11+	00:44+	
01:21@	00:41&	01:44&	00:09&	00:29&	00:54@	00:55&	00:44&	00:53&	02:12&	00:01-	04:14@	00:44&	00:35&	00:23@	
61	Solveig Grønning	47										35:40			
02:39+	04:40+	09:55+	10:31+	12:40+	14:30+	16:34+	18:48+	20:57+	25:32+	27:04+	32:06+	33:48+	34:54+	35:40+	
02:39+	02:01+	05:15+	00:36+	02:09+	01:50+	02:04+	02:14+	02:09+	04:35+	01:32-	05:02+	01:42+	01:06+	00:46+	
01:27@	00:34&	01:47&	00:09&	00:29&	01:03@	00:46&	00:47&	00:47&	02:19@	00:05-	04:14@	00:46&	00:30&	00:25@	
62	Marianne Gjesdal Lyngås	253										36:04			
01:58+	04:34+	10:32+	11:23+	14:08+	15:57+	18:41+	21:42+	24:09+	28:10+	30:11+	31:42+	33:49+	35:13+	36:04+	
01:58+	02:36+	05:58+	00:51+	02:45+	01:49+	02:44+	03:01+	02:27+	04:01+	02:01+	01:31+	02:07+	01:24+	00:51+	
00:46&	01:09&	02:30&	00:24&	01:05&	01:02@	01:26@	01:34@	01:05&	01:45&	00:24#	00:43&	01:11@	00:48@	00:30@	

Class	Navn	Klasse										Tid		
63	Ingrid Marie Torgersen	253										36:06		
01:57+	04:29+	10:31+	11:24+	14:03+	16:02+	18:41+	21:43+	24:09+	28:10+	30:13+	31:42+	33:43+	35:16+	36:06+
01:57+	02:32+	06:02+	00:53+	02:39+	01:59+	02:39+	03:02+	02:26+	04:01+	02:03+	01:29+	02:01+	01:33+	00:50+
00:45&	01:05&	02:34&	00:26&	00:59&	01:12&	01:21&	01:35&	01:04&	01:45&	00:26&	00:41&	01:05&	00:57&	00:29&
64	Irene Mæland Torgersen	253										36:07		
02:01+	04:37+	10:37+	11:29+	14:12+	16:15+	18:46+	21:48+	24:14+	28:16+	30:18+	31:48+	33:56+	35:25+	36:07+
02:01+	02:36+	06:00+	00:52+	02:43+	02:03+	02:31+	03:02+	02:26+	04:02+	02:02+	01:30+	02:08+	01:29+	00:42+
00:49&	01:09&	02:32&	00:25&	01:03&	01:16&	01:13&	01:35&	01:04&	01:46&	00:25&	00:42&	01:12&	00:53&	00:21&
65	Anita Edgren	88										36:33		
06:56+	09:05+	14:36+	15:19+	17:43+	19:43+	21:46+	24:16+	26:28+	30:20+	32:14+	33:22+	35:09+	36:01+	36:33+
06:56+	02:09+	05:31+	00:43+	02:24+	02:00+	02:03+	02:30+	02:12+	03:52+	01:54+	01:08+	01:47+	00:52+	00:32+
05:44&	00:42&	02:03&	00:16&	00:44&	01:13&	00:45&	01:03&	00:50&	01:36&	00:17#	00:20&	00:51&	00:16&	00:11&
66	Rebekka Lye	62										36:52		
02:24+	04:54+	11:11+	11:43+	14:01+	15:32+	18:15+	20:36+	22:37+	29:55+	31:35+	32:52+	35:02+	36:09+	36:52+
02:24+	02:30+	06:17+	00:32+	02:18+	01:31+	02:43+	02:21+	02:01+	07:18+	01:40+	01:17+	02:10+	01:07+	00:43+
01:12&	01:03&	02:49&	00:25&	00:24#	00:47&	01:25&	00:54&	00:39&	05:02&	00:03+	00:29&	01:14&	00:31&	00:22&
67	Janne Imenes Andresen	117										37:46		
01:48+	04:01+	12:13+	13:05+	15:09+	16:43+	22:45+	25:10+	27:34+	31:13+	34:08+	35:15+	36:21+	37:15+	37:46+
01:48+	02:13+	08:12+	00:52+	02:04+	01:34+	06:02+	02:25+	02:24+	03:39+	02:55+	01:07+	01:06+	00:54+	00:31+
00:36&	00:46&	04:44&	00:25&	00:24#	00:47&	04:44&	00:58&	01:02&	01:23&	01:18&	00:19&	00:10#	00:18&	00:10&
68	Haldis Vagle	92										38:17		
05:21+	07:28+	13:45+	14:30+	16:59+	18:45+	21:20+	24:16+	26:50+	30:40+	32:53+	34:35+	36:00+	37:24+	38:17+
05:21+	02:07+	06:17+	00:45+	02:29+	01:46+	02:35+	02:56+	02:34+	03:50+	02:13+	01:42+	01:25+	01:24+	00:53+
04:09&	00:40&	02:49&	00:18&	00:49&	00:59&	01:17&	01:29&	01:12&	01:34&	00:36&	00:54&	00:29&	00:48&	00:32&
69	Aase Sveinsvoll	94										39:08		
02:41+	05:48+	12:02+	12:55+	15:59+	17:58+	20:17+	23:12+	26:00+	30:21+	32:54+	34:48+	36:58+	38:21+	39:08+
02:41+	03:07+	06:14+	00:53+	03:04+	01:59+	02:19+	02:55+	02:48+	04:21+	02:33+	01:54+	02:10+	01:23+	00:47+
01:29&	01:40&	02:46&	00:26&	01:24&	01:12&	01:01&	01:28&	01:26&	02:05&	00:56&	01:06&	01:14&	00:47&	00:26&
70	Bente Aarrestad	117										39:24		
02:08+	03:55+	10:43+	11:13+	13:47+	16:24+	20:05+	22:52+	25:41+	32:19+	34:19+	35:25+	36:51+	38:51+	39:24+
02:08+	01:47+	06:48+	00:30+	02:34+	02:37+	03:41+	02:47+	02:49+	06:38+	02:00+	01:06+	01:26+	02:00+	00:33+
00:56&	00:20#	03:20&	00:03#	00:54&	01:50&	02:23&	01:20&	01:27&	04:22&	00:23#	00:18&	00:30&	01:24&	00:12&
71	Terese Marie Gilje	117										39:26		
02:07+	04:05+	10:45+	11:17+	13:46+	16:26+	20:13+	22:52+	25:35+	32:22+	34:19+	35:27+	36:51+	38:51+	39:26+
02:07+	01:58+	06:40+	00:32+	02:29+	02:40+	03:47+	02:39+	02:43+	06:47+	01:57+	01:08+	01:24+	02:00+	00:35+
00:55&	00:31&	03:12&	00:05#	00:49&	01:53&	02:29&	01:12&	01:21&	04:31&	00:20#	00:20&	00:28&	01:24&	00:14&
72	Hazel Grayston	263										39:44		
02:09+	05:42+	11:39+	12:27+	15:16+	17:48+	20:21+	23:18+	26:32+	31:51+	34:02+	35:20+	37:33+	38:50+	39:44+
02:09+	03:33+	05:57+	00:48+	02:49+	02:32+	02:33+	02:57+	03:14+	05:19+	02:11+	01:18+	02:13+	01:17+	00:54+
00:57&	02:06&	02:29&	00:21&	01:09&	01:45&	01:15&	01:30&	01:52&	03:03&	00:34&	00:30&	01:17&	00:41&	00:33&
73	Birte Nerdal	27										40:15		
02:13+	04:32+	09:40+	10:22+	12:38+	14:06+	16:11+	22:13+	24:32+	31:19+	33:37+	35:27+	38:15+	39:30+	40:15+
02:13+	02:19+	05:08+	00:42+	02:16+	01:28+	02:05+	06:02+	02:19+	06:47+	02:18+	01:50+	02:48+	01:15+	00:45+
01:01&	00:52&	01:40&	00:15&	00:36&	00:41&	00:47&	04:35&	00:57&	04:31&	00:41&	01:02&	01:52&	00:39&	00:24&
74	Heidi Martby	88										40:20		
02:09+	04:46+	11:02+	11:53+	14:48+	16:53+	19:37+	23:18+	27:29+	32:36+	34:50+	36:27+	38:05+	39:34+	40:20+
02:09+	02:37+	06:16+	00:51+	02:55+	02:05+	02:44+	03:41+	04:11+	05:07+	02:14+	01:37+	01:38+	01:29+	00:46+
00:57&	01:10&	02:48&	00:24&	01:15&	01:18&	01:26&	02:14&	02:49&	02:51&	00:37&	00:49&	00:42&	00:53&	00:25&
75	Eli Tjetland	116										41:14		
06:36+	08:50+	15:32+	16:10+	18:39+	20:36+	22:39+	26:37+	28:41+	33:34+	35:23+	36:39+	38:46+	40:05+	41:14+
06:36+	02:14+	06:42+	00:38+	02:29+	01:57+	02:03+	03:58+	02:04+	04:53+	01:49+	01:16+	02:07+	01:19+	01:09+
05:24&	00:47&	03:14&	00:11&	00:49&	01:10&	00:45&	02:31&	00:42&	02:37&	00:12#	00:28&	01:11&	00:43&	00:48&
76	May Kristin Haaland	47										41:49		
01:17+	03:27+	09:19+	10:08+	12:31+	14:47+	17:27+	26:37+	30:40+	34:24+	36:36+	37:46+	39:38+	41:15+	41:49+
01:17+	02:10+	05:52+	00:49+	02:23+	02:16+	02:40+	09:10+	04:03+	03:44+	02:12+	01:10+	01:52+	01:37+	00:34+
00:05+	00:43&	02:24&	00:22&	00:43&	01:29&	01:22&	07:43&	02:41&	01:28&	00:35&	00:22&	00:56&	01:01&	00:13&
77	Torhild Stokka Stølsvik	92										41:55		
01:25+	03:40+	09:28+	10:15+	12:42+	14:56+	17:36+	26:46+	30:59+	34:36+	36:44+	38:04+	40:06+	41:24+	41:55+
01:25+	02:15+	05:48+	00:47+	02:27+	02:14+	02:40+	09:10+	04:13+	03:37+	02:08+	01:20+	02:02+	01:18+	00:31+
00:13#	00:48&	02:20&	00:20&	00:47&	01:27&	01:22&	07:43&	02:51&	01:21&	00:31&	00:32&	01:06&	00:42&	00:10&

Class	Navn	Klasse										Tid	
78	Linda Haukås	113										43:08	
01:34+	06:47+	13:18+	13:57+	17:34+	21:30+	29:57+	32:19+	36:08+	38:01+	39:37+	41:02+	42:25+	43:08+
01:34+	05:13+	06:31+	00:39+	02:18+	01:19+	03:56+	08:27+	02:22+	03:49+	01:53+	01:36+	01:25+	01:23+
00:22&	03:46&	03:03&	00:12&	00:38&	00:32&	02:38&	07:00&	01:00&	01:33&	00:16#	00:48&	00:29&	00:47&
79	Priya Chilamkurthi	136										43:15	
03:57+	06:11+	13:42+	14:35+	17:29+	20:13+	22:48+	25:21+	28:05+	33:40+	36:40+	38:52+	41:01+	42:20+
03:57+	02:14+	07:31+	00:53+	02:54+	02:44+	02:35+	02:33+	02:44+	05:35+	03:00+	02:12+	02:09+	01:19+
02:45@	00:47&	04:03@	00:26&	01:14&	01:57@	01:17&	01:06&	01:22&	03:19@	01:23&	01:24@	01:13@	00:43@
80	Maria Haukalid	47										45:27	
01:59+	04:29+	11:54+	12:36+	14:40+	16:27+	18:16+	22:44+	24:47+	38:38+	40:33+	42:01+	43:50+	45:00+
01:59+	02:30+	07:25+	00:42+	02:04+	01:47+	01:49+	04:28+	02:03+	13:51+	01:55+	01:28+	01:49+	01:10+
00:47&	01:03&	03:57@	00:15&	00:24#	01:00@	00:31&	03:01@	00:41&	11:35@	00:18#	00:40&	00:53&	00:34&
81	Hilde Sondresen	93										45:40	
02:05+	09:17+	14:32+	15:17+	17:52+	19:57+	22:04+	26:01+	29:42+	38:45+	40:46+	42:09+	43:39+	44:51+
02:05+	07:12+	05:15+	00:45+	02:35+	02:05+	02:07+	03:57+	03:41+	09:03+	02:01+	01:23+	01:30+	01:12+
00:53&	05:45@	01:47&	00:18&	00:55&	01:18@	00:49&	02:30@	02:19@	06:47@	00:24#	00:35&	00:34&	00:36&
82	Inger Synnøve Sjursen	92										45:41	
02:07+	09:19+	14:33+	15:19+	17:51+	20:00+	22:06+	25:59+	29:43+	38:45+	40:48+	42:09+	43:39+	44:53+
02:07+	07:12+	05:14+	00:46+	02:32+	02:09+	02:06+	03:53+	03:44+	09:02+	02:03+	01:21+	01:30+	01:14+
00:55&	05:45@	01:46&	00:19&	00:52&	01:22@	00:48&	02:26@	02:22@	06:46@	00:26&	00:33&	00:34&	00:38@
83	Sigrun Serigstad	128										55:50	
04:00+	07:14+	21:51+	24:45+	26:32+	27:38+	30:04+	36:37+	39:56+	48:58+	49:52+	51:43+	54:18+	55:19+
04:00+	03:14+	14:37+	02:54+	01:47+	01:06+	02:26+	06:33+	03:19+	09:02+	00:54-	01:51+	02:35+	01:01+
02:48@	01:47@	11:09@	02:27@	00:07+	00:19&	01:08&	05:06@	01:57@	06:46@	00:43-	01:03@	01:39@	00:25&
Beste strekktid for klassen													
01:01	01:17	03:27	00:20	01:13	00:38	01:15	01:23	01:16	02:14	00:54	00:39	00:49	00:36

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

Herrer 16 - 39 år

1	Runar Eike Toft	116										22:24	
00:37=	02:15=	02:59=	05:24=	05:40=	05:50=	06:18=	07:32=	08:24=	10:01=	10:35=	11:50=	13:45=	15:55=
00:37=	01:38=	00:44=	02:25=	00:16=	00:10=	00:28=	01:14=	00:52=	01:37=	00:34=	01:15=	01:55=	02:10=
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=
2	Emmanuel Mondesert	116										24:06	
00:39+	02:08-	02:56-	05:50+	06:07+	06:23+	07:02+	08:22+	09:16+	10:36+	12:12+	13:20+	15:29+	17:27+
00:39+	01:29-	00:48+	02:54+	00:17+	00:16+	00:39+	01:20+	00:54+	01:20-	01:36+	01:08-	02:09+	01:58-
00:02+	00:09-	00:04+	00:29#	00:01+	00:06&	00:11&	00:06+	00:02+	00:17-	01:02@	00:07-	00:14#	00:12-
3	Marius Stene	27										24:47	
00:55+	03:18+	04:10+	06:49+	07:07+	07:27+	08:01+	09:21+	10:25+	11:55+	12:26+	13:55+	16:09+	17:46+
00:55+	02:23+	00:52+	02:39+	00:18+	00:20+	00:34+	01:20+	01:04+	01:30-	00:31-	01:29+	02:14+	01:37-
00:18&	00:45&	00:08#	00:14+	00:02#	00:10&	00:06+	00:06+	00:12#	00:07-	00:03-	00:14#	00:19#	00:33-
4	Torbjørn Ims Østby	53										24:55	
00:30-	02:08-	03:06+	06:06+	06:24+	06:38+	07:10+	08:37+	09:41+	11:17+	12:16+	13:37+	16:06+	17:59+
00:30-	01:38=	00:58+	03:00+	00:18+	00:14+	00:32+	01:27+	01:04+	01:36-	00:59+	01:21+	02:29+	01:53-
00:07-	00:00=	00:14&	00:35#	00:02#	00:04&	00:04#	00:13#	00:12#	00:01-	00:25&	00:06+	00:34&	00:17-
5	Svein Kyllingstad	71										25:18	
00:41+	02:35+	03:29+	06:39+	07:07+	07:27+	07:59+	09:33+	11:01+	12:38+	13:12+	14:37+	16:53+	18:43+
00:41+	01:54+	00:54+	03:10+	00:28+	00:20+	00:32+	01:34+	01:28+	01:37=	00:34=	01:25+	02:16+	01:50-
00:04#	00:16#	00:10#	00:45&	00:12&	00:10&	00:04#	00:20&	00:36&	00:00=	00:00=	00:10#	00:21#	00:20-
6	Trond Evensen	116										25:26	
00:34-	02:31+	03:32+	06:32+	06:51+	07:09+	07:46+	08:59+	10:01+	11:30+	12:06+	13:30+	17:11+	18:56+
00:34-	01:57+	01:01+	03:00+	00:19+	00:18+	00:37+	01:13-	01:02+	01:29-	00:36+	01:24+	03:41+	01:45-
00:03-	00:19#	00:17&	00:35#	00:03#	00:08&	00:09&	00:01-	00:10#	00:08-	00:02+	00:09#	01:46&	00:25-
7	Martin Skogland	98										25:46	
01:05+	03:19+	04:24+	07:29+	07:48+	08:03+	08:33+	10:15+	11:19+	13:10+	13:44+	15:14+	17:38+	19:39+
01:05+	02:14+	01:05+	03:05+	00:19+	00:15+	00:30+	01:42+	01:04+	01:51+	00:34=	01:30+	02:24+	02:01-
00:28&	00:36&	00:21&	00:40&	00:03#	00:05&	00:02+	00:28&	00:12#	00:14#	00:00=	00:15#	00:29&	00:09-

Class	Navn	Klasse										Tid									
8	Jonas Lye Scheie	62										25:55									
00:42+	02:56+	03:54+	07:02+	07:20+	07:39+	08:12+	09:28+	10:29+	12:16+	12:46+	14:27+	16:58+	18:59+	19:31+	20:26+	23:13+	24:03+	25:09+	25:44+	25:55+	
00:42+	02:14+	00:58+	03:08+	00:18+	00:19+	00:33+	01:16+	01:01+	01:47+	00:30-	01:41+	02:31+	02:01-	00:32+	00:55+	02:47+	00:50-	01:06+	00:35+	00:11-	
00:05#	00:36&	00:14&	00:43&	00:02#	00:09&	00:05#	00:02+	00:09#	00:10#	00:04-	00:26&	00:36&	00:09-	00:08&	00:13&	00:16#	00:17-	00:02+	00:08&	00:03-	
9	Morten Fenne	228										26:16									
00:32-	02:36+	03:38+	07:58+	08:20+	08:33+	09:06+	10:28+	11:45+	13:14+	14:07+	15:34+	17:41+	19:28+	19:58+	20:42+	22:54+	24:09+	25:24+	25:59+	26:16+	
00:32-	02:04+	01:02+	04:20+	00:22+	00:13+	00:33+	01:22+	01:17+	01:29-	00:53+	01:27+	02:07+	01:47-	00:30+	00:44+	02:12-	01:15+	01:15+	00:35+	00:17+	
00:05-	00:26&	00:18&	01:55&	00:06&	00:03&	00:05#	00:08#	00:25&	00:08-	00:19&	00:12#	00:12#	00:23-	00:06#	00:02+	00:19-	00:08#	00:11#	00:08&	00:03#	
10	Rune Svihus	62										26:29									
01:48+	03:24+	04:21+	07:08+	07:30+	07:46+	08:21+	09:43+	10:43+	12:13+	12:56+	14:18+	16:32+	18:43+	19:10+	19:55+	23:05+	24:12+	25:42+	26:14+	26:29+	
01:48+	01:36-	00:57+	02:47+	00:22+	00:16+	00:35+	01:22+	01:00+	01:30-	00:43+	01:22+	02:14+	02:11+	00:27+	00:45+	03:10+	01:07=	01:30+	00:32+	00:15+	
01:11@	00:02-	00:13&	00:22#	00:06&	00:06&	00:07#	00:08#	00:08#	00:07-	00:09&	00:07+	00:19#	00:01+	00:03#	00:03+	00:39&	00:00=	00:26&	00:05#	00:01+	
11	Bjørnar A. Alvær Sandmark	68										26:30									
00:40+	02:47+	03:46+	06:57+	07:18+	07:33+	08:03+	09:29+	10:35+	12:16+	12:51+	14:17+	16:47+	19:07+	19:44+	20:27+	22:40+	24:31+	25:42+	26:16+	26:30+	
00:40+	02:07+	00:59+	03:11+	00:21+	00:15+	00:30+	01:26+	01:06+	01:41+	00:35+	01:26+	02:30+	02:20+	00:37+	00:43+	02:13-	01:51+	01:11+	00:34+	00:14=	
00:03+	00:29&	00:15&	00:46&	00:05&	00:05&	00:02+	00:12#	00:14&	00:04+	00:01+	00:11#	00:35&	00:10+	00:13&	00:01+	00:18-	00:44&	00:07#	00:07&	00:00=	
12	Håkon Eggebø	71										26:44									
00:50+	02:49+	03:53+	06:58+	07:21+	07:40+	08:04+	09:42+	10:53+	13:11+	13:41+	15:11+	17:21+	19:55+	20:23+	20:58+	23:21+	24:33+	25:50+	26:30+	26:44+	
00:50+	01:59+	01:04+	03:05+	00:23+	00:19+	00:24-	01:38+	01:11+	02:18+	00:30-	01:30+	02:10+	02:34+	00:28+	00:35-	02:23-	01:12+	01:17+	00:40+	00:14=	
00:13&	00:21#	00:20&	00:40&	00:07&	00:09&	00:04-	00:24&	00:19&	00:41&	00:04-	00:15#	00:15#	00:24#	00:04#	00:07-	00:08-	00:05+	00:13#	00:13&	00:00=	
13	Ole Kristian Taksdal	92										26:53									
00:43+	02:38+	03:36+	06:37+	06:56+	07:12+	07:45+	09:24+	10:37+	11:59+	12:31+	14:16+	17:48+	20:12+	20:45+	21:15+	23:26+	24:30+	26:02+	26:37+	26:53+	
00:43+	01:55+	00:58+	03:01+	00:19+	00:16+	00:33+	01:39+	01:13+	01:22-	00:32-	01:45+	03:32+	02:24+	00:33+	00:30-	02:11-	01:04-	01:32+	00:35+	00:16+	
00:06#	00:17#	00:14&	00:36#	00:03#	00:06&	00:05#	00:25&	00:21&	00:15-	00:02-	00:30&	01:37&	00:14#	00:09&	00:12-	00:20-	00:03-	00:28&	00:08&	00:02#	
14	Andreas Terjesen	213										26:53									
00:38+	03:00+	03:57+	07:10+	07:32+	07:50+	08:26+	10:06+	11:11+	12:59+	13:51+	15:30+	17:51+	19:40+	20:11+	20:57+	23:38+	25:04+	26:08+	26:39+	26:53+	
00:38+	02:22+	00:57+	03:13+	00:22+	00:18+	00:36+	01:40+	01:05+	01:48+	00:52+	01:39+	02:21+	01:49-	00:31+	00:46+	02:41+	01:26+	01:04=	00:31+	00:14=	
00:01+	00:44&	00:13&	00:48&	00:06&	00:08&	00:08&	00:26&	00:13#	00:11#	00:18&	00:24&	00:26#	00:21-	00:07&	00:04+	00:10+	00:19&	00:00=	00:04#	00:00=	
15	Svein Magnus Halsne	71										26:57									
00:42+	02:18+	03:14+	07:28+	07:48+	08:01+	09:02+	10:16+	11:09+	12:21+	13:26+	15:02+	17:42+	19:35+	20:01+	20:46+	23:48+	25:06+	26:07+	26:42+	26:57+	
00:42+	01:36-	00:56+	04:14+	00:20+	00:13+	01:01+	01:14=	00:53+	01:12-	01:05+	01:36+	02:40+	01:53-	00:26+	00:45+	03:02+	01:18+	01:01-	00:35+	00:15+	
00:05#	00:02-	00:12&	01:49&	00:04#	00:03&	00:33@	00:00=	00:01+	00:25-	00:31&	00:21&	00:45&	00:17-	00:02+	00:03+	00:31#	00:11#	00:03-	00:08&	00:01+	
16	Jens Rostrup Eikehaugen	92										27:08									
00:36-	02:58+	03:58+	07:32+	07:51+	08:15+	08:43+	10:18+	11:26+	12:47+	13:18+	14:49+	17:54+	19:51+	20:21+	21:00+	23:04+	25:14+	26:18+	26:53+	27:08+	
00:36-	02:22+	01:00+	03:34+	00:19+	00:24+	00:28=	01:35+	01:08+	01:21-	00:31-	01:31+	03:05+	01:57-	00:30+	00:39-	02:04-	02:10+	01:04=	00:35+	00:15+	
00:01-	00:44&	00:16&	01:09&	00:03#	00:14@	00:00=	00:21&	00:16&	00:16-	00:03-	00:16#	01:10&	00:13-	00:06#	00:03-	00:27-	01:03&	00:00=	00:08&	00:01+	
17	David Wade	116										27:29									
00:56+	02:56+	03:49+	07:43+	08:06+	08:21+	08:56+	10:17+	11:38+	13:03+	13:34+	15:08+	17:54+	20:18+	20:49+	21:28+	23:23+	25:11+	26:29+	27:08+	27:29+	
00:56+	02:00+	00:53+	03:54+	00:23+	00:15+	00:35+	01:21+	01:21+	01:25-	00:31-	01:34+	02:46+	02:24+	00:31+	00:39-	01:55-	01:48+	01:18+	00:39+	00:21+	
00:19&	00:22#	00:09#	01:29&	00:07&	00:05&	00:07#	00:07+	00:29&	00:12-	00:03-	00:19&	00:51&	00:14#	00:07&	00:03-	00:36-	00:41&	00:14#	00:12&	00:07&	
18	Frode Stangeland	273										27:43									
00:45+	02:58+	04:06+	07:53+	08:18+	08:40+	09:29+	11:12+	12:11+	13:37+	14:14+	15:48+	18:03+	19:52+	20:26+	21:08+	23:27+	25:25+	26:46+	27:26+	27:43+	
00:45+	02:13+	01:08+	03:47+	00:25+	00:22+	00:49+	01:43+	00:59+	01:26-	00:37+	01:34+	02:15+	01:49-	00:34+	00:42=	02:19-	01:58+	01:21+	00:40+	00:17+	
00:08#	00:35&	00:24&	01:22&	00:09&	00:12@	00:21&	00:24&	00:29&	00:07#	00:11-	00:03+	00:19&	00:20#	00:10&	00:00=	00:12-	00:51&	00:17&	00:13&	00:03#	
19	Asgeir Nærland	88										27:54									
00:47+	03:04+	03:56+	07:13+	07:34+	07:53+	08:30+	10:06+	11:18+	13:00+	13:36+	15:11+	18:05+	20:53+	21:28+	22:05+	24:23+	25:35+	27:08+	27:37+	27:54+	
00:47+	02:17+	00:52+	03:17+	00:21+	00:19+	00:37+	01:36+	01:12+	01:42+	00:36+	01:35+	02:54+	02:48+	00:35+	00:37-	02:18-	01:12+	01:33+	00:29+	00:17+	
00:10&	00:39&	00:08#	00:52&	00:05&	00:09&	00:09&	00:22&	00:20&	00:05+	00:02+	00:20&	00:59&	00:38&	00:11&	00:05-	00:13-	00:05+	00:29&	00:02+	00:03#	
20	Kjetil Hollund	108										28:18									
00:53+	03:05+	04:05+	07:37+	07:59+	08:17+	08:50+	10:30+	11:47+	13:26+	14:03+	15:38+	18:42+	20:52+	21:19+	22:13+	24:43+	26:06+	27:28+	28:03+	28:18+	
00:53+	02:12+	01:00+	03:32+	00:22+	00:18+	00:33+	01:40+	01:17+	01:39+	00:37+	01:35+	03:04+	02:10=	00:27+	00:54+	02:30-	01:23+	01:22+	00:35+	00:15+	
00:16&	00:34&	00:16&	01:07&	00:06&	00:08&	00:05#	00:26&	00:25&	00:02+	00:03+	00:20&	01:09&	00:00=	00:03#	00:12&	00:01-	00:16#	00:18&	00:08&	00:01+	
21	Bjørnar Owren	74										28:29									
00:54+	02:49+	03:44+	07:11+	07:35+	07:51+	08:20+	09:57+	11:04+	12:37+	13:10+	14:39+	17:30+	19:38+	20:07+	20:43+	24:21+	25:54+	27:22+	28:04+	28:29+	
00:54+	01:55+	00:55+	03:27+	00:24+	00:16+	00:29+	01:37+	01:07+	01:33-	00:33-	01:29+	02:51+	02:08-	00:29+	00:36-	03:38+	01:33+	01:28+	00:42+	00:25+	
00:17&	00:17#	00:11#	01:02&	00:08&	00:06&	00:01+	00:23&	00:15&	00:04-	00:01-	00:14#	00:56&	00:02-	00:05#	00:06-	01:07&	00:26&	00:24&	00:15&	00:11&	
22	Mathias Nødland	295										29:07									
00:53+	02:53+	03:55+	06:49+	07:15+	07:36+	08:10+	09:30+	10:54+	14:17+	14:45+	16:07+	18:22+	20:36+	21:06+	21:38+	24:36+	25:47+	28:17+	28:49+	29:07+	
00:53+	02:00+	01:02+	02:54+	00:26+	00:21+	00:34+	01:20+	01:24+	03:23+	00:28-	01:22+	02:15+	02:14+	00:30+	00:32-	02:58+	01:11+	02:30+	00:32+	00:18+	
00:16&	00:22#	00:18&	00:29#	00:10&	00:11@	00:06#	00:06+	00:32&	01:46@	00:06-	00:07+	00:20#	00:04+	00:06#	00:10-	00:27#	00:04+	01:26@	00:05#	00:04&	

Class	Navn	Klasse														Tid				
23	Andreas Segadal Breiland	194														30:37				
00:42+	02:36+	03:46+	07:14+	07:37+	07:51+	09:00+	10:26+	11:47+	13:27+	13:56+	15:41+	18:24+	21:01+	21:29+	22:11+	27:03+	28:19+	29:48+	30:21+	30:37+
00:42+	01:54+	01:10+	03:28+	00:23+	00:14+	01:09+	01:26+	01:21+	01:40+	00:29-	01:45+	02:43+	02:37+	00:28+	00:42=	04:52+	01:16+	01:29+	00:33+	00:16+
00:05#	00:16#	00:26&	01:03&	00:07&	00:04&	00:41@	00:12#	00:29&	00:03+	00:05-	00:30&	00:48&	00:27#	00:04#	00:00=	02:21&	00:09#	00:25&	00:06#	00:02#
24	Rune Hatle	65														30:49				
00:33-	02:47+	03:42+	08:19+	08:41+	08:58+	09:35+	11:37+	12:55+	15:13+	15:56+	17:43+	20:21+	22:43+	23:19+	23:53+	26:41+	28:33+	29:59+	30:34+	30:49+
00:33-	02:14+	00:55+	04:37+	00:22+	00:17+	00:37+	02:02+	01:18+	02:18+	00:43+	01:47+	02:38+	02:22+	00:36+	00:34-	02:48+	01:52+	01:26+	00:35+	00:15+
00:04-	00:36&	00:11#	02:12&	00:06&	00:07&	00:09&	00:48&	00:26&	00:41&	00:09&	00:32&	00:43&	00:12+	00:12&	00:08-	00:17#	00:45&	00:22&	00:08&	00:01+
25	Rune Dahl Fitjar	90														31:54				
01:19+	03:28+	04:42+	09:01+	09:26+	09:43+	10:24+	12:17+	13:35+	15:35+	16:13+	18:10+	20:50+	23:08+	23:42+	24:37+	27:09+	29:27+	30:57+	31:35+	31:54+
01:19+	02:09+	01:14+	04:19+	00:25+	00:17+	00:41+	01:53+	01:18+	02:00+	00:38+	01:57+	02:40+	02:18+	00:34+	00:55+	02:32+	02:18+	01:30+	00:38+	00:19+
00:42@	00:31&	00:30&	01:54&	00:09&	00:07&	00:13&	00:39&	00:26&	00:23#	00:04#	00:42&	00:45&	00:08+	00:10&	00:13&	00:01+	01:11@	00:26&	00:11&	00:05&
26	Richard Galle	66														32:26				
00:59+	03:03+	04:05+	07:49+	08:13+	08:32+	09:07+	10:33+	12:11+	14:01+	14:49+	16:24+	20:19+	22:57+	23:29+	24:29+	27:44+	29:48+	31:16+	32:02+	32:26+
00:59+	02:04+	01:02+	03:44+	00:24+	00:19+	00:35+	01:26+	01:38+	01:50+	00:48+	01:35+	03:55+	02:38+	00:32+	01:00+	03:15+	02:04+	01:28+	00:46+	00:24+
00:22&	00:26&	00:18&	01:19&	00:08&	00:09&	00:07#	00:12#	00:46&	00:13#	00:14&	00:20&	02:00@	00:28#	00:08&	00:18&	00:44&	00:57&	00:24&	00:19&	00:10&
27	Andreas Jørgensen	19														32:38				
00:40+	02:38+	03:39+	08:10+	08:28+	08:44+	09:18+	12:03+	13:53+	16:24+	17:04+	18:40+	21:28+	23:44+	24:16+	25:17+	28:37+	29:47+	31:27+	32:16+	32:38+
00:40+	01:58+	01:01+	04:31+	00:18+	00:16+	00:34+	02:45+	01:50+	02:31+	00:40+	01:36+	02:48+	02:16+	00:32+	01:01+	03:20+	01:10+	01:40+	00:49+	00:22+
00:03+	00:20#	00:17&	02:06&	00:02#	00:06&	00:06#	00:17&	00:58@	00:54&	00:06#	00:21&	00:53&	00:06+	00:08&	00:19&	00:49&	00:03+	00:36&	00:22&	00:08&
28	Eirik Dalane	294														34:34				
01:08+	03:25+	04:38+	09:25+	09:50+	10:07+	10:55+	12:40+	14:07+	15:54+	16:49+	18:57+	23:04+	25:33+	26:13+	27:04+	29:57+	32:08+	33:41+	34:18+	34:34+
01:08+	02:17+	01:13+	04:47+	00:25+	00:17+	00:48+	01:45+	01:27+	01:47+	00:55+	02:08+	04:07+	02:29+	00:40+	00:51+	02:53+	02:11+	01:33+	00:37+	00:16+
00:31&	00:39&	00:29&	02:22&	00:09&	00:07&	00:20&	00:31&	00:35&	00:10#	00:21&	00:53&	02:12@	00:19#	00:16&	00:09#	00:22#	01:04&	00:29&	00:10&	00:02#
29	Sondre Gjersdal Størkersen	115														35:47				
01:01+	03:02+	04:02+	08:33+	08:52+	09:22+	10:10+	11:56+	13:33+	15:49+	16:31+	18:12+	20:47+	22:47+	23:27+	24:12+	29:55+	33:07+	34:46+	35:30+	35:47+
01:01+	02:01+	01:00+	04:31+	00:19+	00:30+	00:48+	01:46+	01:37+	02:16+	00:42+	01:41+	02:35+	02:00-	00:40+	00:45+	05:43+	03:12+	01:39+	00:44+	00:17+
00:24&	00:23#	00:16&	02:06&	00:03#	00:20@	00:20&	00:32&	00:45&	00:39&	00:08#	00:26&	00:40&	00:10-	00:16&	00:03+	03:12@	02:05@	00:35&	00:17&	00:03#
30	Kristian Stautland	27														40:57				
01:02+	03:24+	04:17+	10:35+	11:04+	18:57+	19:42+	21:13+	22:10+	23:57+	25:01+	26:48+	29:51+	32:17+	32:47+	33:29+	36:52+	38:12+	39:41+	40:18+	40:57+
01:02+	02:22+	00:53+	06:18+	00:29+	07:53+	00:45+	01:31+	00:57+	01:47+	01:04+	01:47+	03:03+	02:26+	00:30+	00:42=	03:23+	01:20+	01:29+	00:37+	00:39+
00:25&	00:44&	00:09#	03:53@	00:13&	07:43@	00:17&	00:17#	00:05+	00:10#	00:30&	00:32&	01:08&	00:16#	00:06#	00:00=	00:52&	00:13#	00:25&	00:10&	00:25@
31	Igor Muzdeka	74														45:03				
01:26+	06:40+	07:47+	13:07+	13:33+	13:59+	14:47+	17:14+	18:59+	21:13+	21:51+	24:08+	28:09+	31:38+	32:14+	32:51+	38:06+	40:54+	42:54+	43:37+	45:03+
01:26+	05:14+	01:07+	05:20+	00:26+	00:26+	00:48+	02:27+	01:45+	02:14+	00:38+	02:17+	04:01+	03:29+	00:36+	00:37-	05:15+	02:48+	02:00+	00:43+	01:26+
00:49@	03:36@	00:23&	02:55@	00:10&	00:16@	00:20&	01:13&	00:53@	00:37&	00:04#	01:02&	02:06@	01:19&	00:12&	00:05-	02:44@	01:41@	00:56&	00:16&	01:12@
Beste strekktid for klassen																				
00:30	01:29	00:44	02:25	00:16	00:10	00:24	01:13	00:52	01:12	00:28	01:08	01:55	01:37	00:23	00:30	01:41	00:50	01:01	00:27	00:11

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

Herrer 40 - 49 år

1	Jørgen Breivold	54														22:10				
00:33=	02:05=	02:54=	05:35=	05:53=	06:15=	06:43=	08:08=	09:05=	10:31=	11:02=	12:29=	14:28=	16:49=	17:19=	17:56=	19:40=	20:38=	21:33=	21:57=	22:10=
00:33=	01:32=	00:49=	02:41=	00:18=	00:22=	00:28=	01:25=	00:57=	01:26=	00:31=	01:27=	01:59=	02:21=	00:30=	00:37=	01:44=	00:58=	00:55=	00:24=	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=	00:00=	00:00=	00:00=
2	Kevin Thomas Foust	192														26:33				
00:37+	02:29+	03:27+	06:30+	06:49+	07:07+	07:34+	09:06+	10:12+	11:54+	12:34+	14:01+	16:53+	18:41+	19:09+	19:49+	23:11+	24:40+	25:54+	26:20+	26:33+
00:37+	01:52+	00:58+	03:03+	00:19+	00:18-	00:27-	01:32+	01:06+	01:42+	00:40+	01:27=	02:52+	01:48-	00:28-	00:40+	03:22+	01:29+	01:14+	00:26+	00:13=
00:04#	00:20#	00:09#	00:22#	00:01+	00:04-	00:01-	00:07+	00:09#	00:16#	00:09&	00:00=	00:53&	00:33-	00:02-	00:03+	01:38&	00:31&	00:19&	00:02+	00:00=
3	Magne Habbestad	111														28:15				
00:35+	02:48+	03:48+	07:03+	07:24+	07:45+	08:20+	09:55+	11:09+	12:41+	13:25+	15:19+	18:54+	21:02+	21:37+	22:23+	24:41+	26:01+	27:17+	27:58+	28:15+
00:35+	02:13+	01:00+	03:15+	00:21+	00:21-	00:35+	01:35+	01:14+	01:32+	00:44+	01:54+	03:35+	02:08-	00:35+	00:46+	02:18+	01:20+	01:16+	00:41+	00:17+
00:02+	00:41&	00:11#	00:34#	00:03#	00:01-	00:07#	00:10#	00:17&	00:06+	00:13&	00:27&	01:36&	00:13-	00:05#	00:09#	00:34&	00:22&	00:21&	00:17&	00:04&
4	Trondr Breiland	53														28:24				
00:48+	03:12+	04:09+	07:29+	07:50+	08:04+	08:42+	10:02+	11:20+	12:53+	13:30+	14:59+	17:36+	20:43+	21:14+	21:48+	24:43+	26:11+	27:34+	28:08+	28:24+
00:48+	02:24+	00:57+	03:20+	00:21+	00:14-	00:38+	01:20-	01:18+	01:33+	00:37+	01:29+	02:37+	03:07+	00:31+	00:34-	02:55+	01:28+	01:23+	00:34+	00:16+
00:15&	00:52&	00:08#	00:39#	00:03#	00:08-	00:10&	00:05-	00:21&	00:07+	00:06#	00:02+	00:38&	00:46&	00:01+	00:03-	01:11&	00:30&	00:28&	00:10&	00:03#

Class	Navn	Klasse										Tid								
5	Arne Hetlelid	98										28:37								
00:50+	03:17+	04:22+	08:36+	08:59+	09:17+	09:49+	11:16+	12:34+	13:54+	14:33+	16:14+	19:10+	28:37	21:56+	22:33+	25:02+	26:21+	27:40+	28:23+	28:37+
00:50+	02:27+	01:05+	04:14+	00:23+	00:18-	00:32+	01:27+	01:18+	01:20-	00:39+	01:41+	02:56+	02:14-	00:32+	00:37=	02:29+	01:19+	01:19+	00:43+	00:14+
00:17&	00:55&	00:16&	01:33&	00:05&	00:04-	00:04#	00:02+	00:21&	00:06-	00:08&	00:14#	00:57&	00:07-	00:02+	00:00=	00:45&	00:21&	00:24&	00:19&	00:01+
6	Ådne Hausberg	7										29:16								
00:47+	02:55+	04:11+	07:51+	08:10+	08:24+	08:53+	11:13+	12:47+	14:12+	14:48+	16:23+	19:20+	21:36+	22:05+	22:47+	25:32+	26:56+	28:20+	28:58+	29:16+
00:47+	02:08+	01:16+	03:40+	00:19+	00:14-	00:29+	02:20+	01:34+	01:25-	00:36+	01:35+	02:57+	02:16-	00:29-	00:42+	02:45+	01:24+	01:24+	00:38+	00:18+
00:14&	00:36&	00:27&	00:59&	00:01+	00:08-	00:01+	00:55&	00:37&	00:01-	00:05#	00:08+	00:58&	00:05-	00:01-	00:05#	01:01&	00:26&	00:29&	00:14&	00:05&
7	Lars Primstad	62										29:27								
00:30-	03:15+	04:04+	07:42+	08:06+	08:24+	09:59+	12:35+	13:46+	15:27+	16:08+	17:48+	21:18+	23:05+	23:31+	24:01+	26:06+	27:32+	28:43+	29:13+	29:27+
00:30-	02:45+	00:49=	03:38+	00:24+	00:18-	01:35+	02:36+	01:11+	01:41+	00:41+	01:40+	03:30+	01:47-	00:26-	00:30-	02:05+	01:26+	01:11+	00:30+	00:14+
00:03-	01:13&	00:00=	00:57&	00:06&	00:04-	01:07@	01:11&	00:14#	00:15#	00:10&	00:13#	01:31&	00:34-	00:04-	00:07-	00:21#	00:28&	00:16&	00:06#	00:01+
8	Arngrim Utskarpen	117										29:40								
00:47+	03:04+	04:18+	07:41+	08:02+	08:20+	09:00+	10:39+	11:50+	14:34+	15:02+	16:45+	19:33+	21:41+	22:18+	22:58+	25:56+	27:28+	28:44+	29:22+	29:40+
00:47+	02:17+	01:14+	03:23+	00:21+	00:18-	00:40+	01:39+	01:11+	02:44+	00:28-	01:43+	02:48+	02:08-	00:37+	00:40+	02:58+	01:32+	01:16+	00:38+	00:18+
00:14&	00:45&	00:25&	00:42&	00:03#	00:04-	00:12&	00:14#	00:14#	01:18&	00:03-	00:16#	00:49&	00:13-	00:07#	00:03+	01:14&	00:34&	00:21&	00:14&	00:05&
9	Kjetil Svihus	291										29:47								
00:45+	03:00+	04:06+	07:55+	08:16+	08:34+	09:07+	10:46+	11:57+	13:45+	14:30+	16:24+	19:27+	21:37+	22:11+	23:00+	26:06+	27:24+	28:53+	29:33+	29:47+
00:45+	02:15+	01:06+	03:49+	00:21+	00:18-	00:33+	01:39+	01:11+	01:48+	00:45+	01:54+	03:03+	02:10-	00:34+	00:49+	03:06+	01:18+	01:29+	00:40+	00:14+
00:12&	00:43&	00:17&	01:08&	00:03#	00:04-	00:05#	00:14#	00:14#	00:22&	00:14&	00:27&	01:04&	00:11-	00:04#	00:12&	01:22&	00:20&	00:34&	00:16&	00:01+
10	Steinar Hansen	27										29:59								
00:37+	03:01+	04:13+	07:39+	08:01+	08:18+	08:51+	10:34+	11:50+	13:18+	13:57+	15:43+	18:46+	21:05+	21:39+	22:21+	25:30+	27:25+	28:55+	29:38+	29:59+
00:37+	02:24+	01:12+	03:26+	00:21+	00:17-	00:33+	01:43+	01:16+	01:28+	00:39+	01:46+	03:03+	02:19-	00:34+	00:42+	03:09+	01:55+	01:30+	00:43+	00:21+
00:04#	00:52&	00:23&	00:45&	00:04#	00:05-	00:05#	00:18#	00:19&	00:02+	00:08&	00:19#	01:04&	00:02-	00:04#	00:05#	01:25&	00:57&	00:35&	00:19&	00:08&
11	Thomas Schanke Eikum	62										30:07								
01:30+	03:49+	04:50+	09:14+	09:35+	09:51+	10:23+	12:01+	13:27+	14:57+	15:37+	17:12+	19:52+	22:04+	22:34+	23:20+	26:31+	27:41+	29:12+	29:50+	30:07+
01:30+	02:19+	01:01+	04:24+	00:21+	00:16-	00:32+	01:38+	01:26+	01:30+	00:40+	01:35+	02:40+	02:12-	00:30=	00:46+	03:11+	01:10+	01:31+	00:38+	00:17+
00:57@	00:47&	00:12#	01:43&	00:03#	00:06-	00:04#	00:13#	00:29&	00:04+	00:09&	00:08+	00:41&	00:09-	00:00=	00:09#	01:27&	00:12#	00:36&	00:14&	00:04&
12	Jakob Ravnås	200										30:09								
01:00+	03:08+	04:15+	08:17+	08:38+	09:05+	09:40+	11:17+	13:06+	14:32+	15:05+	16:38+	19:08+	21:14+	21:45+	22:28+	25:36+	27:01+	29:18+	29:46+	30:09+
01:00+	02:08+	01:07+	04:02+	00:21+	00:27+	00:35+	01:37+	01:49+	01:26=	00:33+	01:33+	02:30+	02:06-	00:31+	00:43+	03:08+	01:25+	02:17+	00:28+	00:23+
00:27&	00:36&	00:18&	01:21&	00:03#	00:05#	00:07#	00:12#	00:52&	00:00=	00:02+	00:06+	00:31&	00:15-	00:01+	00:06#	01:24&	00:27&	01:22@	00:04#	00:10&
13	Pär Andersson	50										30:44								
00:42+	03:12+	04:18+	08:41+	09:06+	09:25+	10:08+	11:44+	12:54+	15:52+	16:27+	18:01+	21:04+	23:57+	24:30+	25:06+	27:32+	28:39+	29:54+	30:29+	30:44+
00:42+	02:30+	01:06+	04:23+	00:25+	00:19-	00:43+	01:36+	01:10+	02:58+	00:35+	01:34+	03:03+	02:53+	00:33+	00:36-	02:26+	01:07+	01:15+	00:35+	00:15+
00:09&	00:58&	00:17&	01:42&	00:07&	00:03-	00:15&	00:11#	00:13#	01:32@	00:04#	00:07+	01:04&	00:32#	00:03#	00:01-	00:42&	00:09#	00:20&	00:11&	00:02#
14	Peter Chapman	117										30:50								
01:47+	04:03+	04:54+	09:17+	09:39+	09:56+	10:29+	11:53+	13:12+	14:22+	14:59+	16:26+	19:40+	21:52+	22:22+	22:52+	27:28+	28:42+	30:01+	30:30+	30:50+
01:47+	02:16+	00:51+	04:23+	00:22+	00:17-	00:33+	01:24-	01:19+	01:10-	00:37+	01:27=	03:14+	02:12-	00:30=	00:30-	04:36+	01:14+	01:19+	00:29+	00:20+
01:14@	00:44&	00:02+	01:42&	00:04#	00:05-	00:05#	00:01-	00:22&	00:16-	00:06#	00:00=	01:15&	00:09-	00:00=	00:07-	02:52@	00:16&	00:24&	00:05#	00:07&
15	Svein Oddvar Netland	116										30:56								
00:36+	02:43+	03:49+	07:39+	07:59+	08:15+	08:48+	10:34+	12:05+	14:07+	14:56+	16:33+	20:02+	22:13+	22:43+	23:25+	26:17+	28:07+	29:40+	30:24+	30:56+
00:36+	02:07+	01:06+	03:50+	00:20+	00:16-	00:33+	01:46+	01:31+	02:02+	00:49+	01:37+	03:29+	02:11-	00:30=	00:42+	02:52+	01:50+	01:33+	00:44+	00:32+
00:03+	00:35&	00:17&	01:09&	00:02#	00:06-	00:05#	00:21#	00:34&	00:36&	00:18&	00:10#	01:30&	00:10-	00:00=	00:05#	01:08&	00:52&	00:38&	00:20&	00:19@
16	Per Ivar Hovstad	116										30:57								
01:08+	04:08+	05:10+	08:45+	09:08+	09:26+	10:00+	11:35+	12:43+	14:33+	15:19+	16:55+	20:30+	23:11+	23:47+	24:37+	27:04+	28:31+	30:11+	30:38+	30:57+
01:08+	03:00+	01:02+	03:35+	00:23+	00:18-	00:34+	01:35+	01:08+	01:50+	00:46+	01:36+	03:35+	02:41+	00:36+	00:50+	02:27+	01:27+	01:40+	00:27+	00:19+
00:35@	01:28&	00:13&	00:54&	00:05&	00:04-	00:06#	00:10#	00:11#	00:24&	00:15&	00:09#	01:36&	00:20#	00:06#	00:13&	00:43&	00:29&	00:45&	00:03#	00:06&
17	Frode Dyrliid	116										31:01								
00:46+	03:14+	04:37+	08:28+	08:48+	09:10+	09:50+	11:56+	13:37+	15:18+	16:08+	17:48+	20:47+	23:35+	24:12+	24:58+	27:23+	28:40+	30:02+	30:42+	31:01+
00:46+	02:28+	01:23+	03:51+	00:20+	00:22=	00:40+	02:06+	01:41+	01:41+	00:50+	01:40+	02:59+	02:48+	00:37+	00:46+	02:25+	01:17+	01:22+	00:40+	00:19+
00:13&	00:56&	00:34&	01:10&	00:02#	00:00=	00:12&	00:41&	00:44&	00:15#	00:19&	00:13#	01:00&	00:27#	00:07#	00:09#	00:41&	00:19&	00:27&	00:16&	00:06&
18	Håvard Svihus	267										31:56								
00:58+	03:00+	03:58+	07:22+	07:42+	07:57+	08:46+	10:23+	11:43+	13:05+	13:41+	15:12+	18:28+	21:43+	22:15+	23:14+	27:36+	29:26+	30:57+	31:41+	31:56+
00:58+	02:02+	00:58+	03:24+	00:20+	00:15-	00:49+	01:37+	01:20+	01:22-	00:36+	01:31+	03:16+	03:15+	00:32+	00:59+	04:22+	01:50+	01:31+	00:44+	00:15+
00:25&	00:30&	00:09#	00:43&	00:02#	00:07-	00:21&	00:12#	00:23&	00:04-	00:05#	00:04+	01:17&	00:54&	00:02+	00:22&	02:38@	00:52&	00:36&	00:20&	00:02#
19	Simen Auli Staff	115										33:13								
01:12+	03:10+	04:07+	07:44+	08:08+	08:27+	09:07+	10:41+	11:55+	13:39+	14:15+	15:59+	19:04+	21:13+	21:43+	22:29+	29:05+	30:15+	32:14+	32:50+	33:13+
01:12+	01:58+	00:57+	03:37+	00:24+	00:19-	00:40+	01:34+	01:14+	01:44+	00:36+	01:44+	03:05+	02:09-	00:30=	00:46+	06:36+	01:10+	01:59+	00:36+	00:23+
00:39@	00:26&	00:08#	00:56&	00:06&	00:03-	00:12&	00:09#	00:17&	00:18#	00:05#	00:17#	01:06&	00:12-	00:00=	00:09#	04:52@	00:12#	01:04@	00:12&	00:10&

Class	Navn	Klasse										Tid									
20	Jon Kåre Olsen	92										34:03									
00:47+	03:44+	04:52+	09:27+	10:11+	10:53+	13:00+	14:30+	16:20+	17:00+	18:36+	22:20+	24:43+	25:16+	26:26+	29:55+	31:19+	33:05+	33:42+	34:03+		
00:47+	02:57+	01:08+	04:35+	00:26+	00:18-	00:42+	02:07+	01:30+	01:50+	00:40+	01:36+	03:44+	02:23+	00:33+	01:10+	03:29+	01:24+	01:46+	00:37+	00:21+	
00:14&	01:25&	00:19&	01:54&	00:08&	00:04-	00:14&	00:42&	00:33&	00:24&	00:09&	00:09#	01:45&	00:02+	00:03#	00:33&	01:45@	00:26&	00:51&	00:13&	00:08&	
21	Jan Kristensen	7										35:39									
00:46+	03:01+	04:22+	08:12+	08:36+	08:55+	10:55+	12:45+	14:21+	16:40+	17:28+	19:18+	22:23+	24:38+	25:14+	26:13+	30:34+	32:13+	34:26+	35:20+	35:39+	
00:46+	02:15+	01:21+	03:50+	00:24+	00:19-	02:00+	01:50+	01:36+	02:19+	00:48+	01:50+	03:05+	02:15-	00:36+	00:59+	04:21+	01:39+	02:13+	00:54+	00:19+	
00:13&	00:43&	00:32&	01:09&	00:06&	00:03-	01:32@	00:25&	00:39&	00:53&	00:17&	00:23&	01:06&	00:06-	00:06#	00:22&	02:37@	00:41&	01:18@	00:30@	00:06&	
22	Raymond B. Pettersen	105										35:58									
00:46+	03:14+	04:27+	10:04+	10:29+	10:46+	11:25+	13:19+	14:56+	16:56+	17:46+	19:30+	22:43+	25:53+	26:26+	27:15+	31:00+	32:28+	34:16+	35:34+	35:58+	
00:46+	02:28+	01:13+	05:37+	00:25+	00:17-	00:39+	01:54+	01:37+	02:00+	00:50+	01:44+	03:13+	03:10+	00:33+	00:49+	03:45+	01:28+	01:48+	01:18+	00:24+	
00:13&	00:56&	00:24&	02:56@	00:07&	00:05-	00:11&	00:29&	00:40&	00:34&	00:19&	00:17#	01:14&	00:49&	00:03#	00:12&	02:01@	00:30&	00:53&	00:54@	00:11&	
23	Martin Simpson	167										36:13									
00:47+	03:02+	04:08+	08:23+	08:49+	09:10+	10:16+	12:13+	13:57+	15:43+	16:27+	18:19+	21:35+	24:03+	24:38+	25:54+	29:26+	33:02+	35:03+	35:46+	36:13+	
00:47+	02:15+	01:06+	04:15+	00:26+	00:21-	01:06+	01:57+	01:44+	01:46+	00:44+	01:52+	03:16+	02:28+	00:35+	01:16+	03:32+	03:36+	02:01+	00:43+	00:27+	
00:14&	00:43&	00:17&	01:34&	00:08&	00:01-	00:38@	00:32&	00:47&	00:20#	00:13&	00:25&	01:17&	00:07+	00:05#	00:39@	01:48@	02:38@	01:06@	00:19&	00:14@	
24	Tord Peter Ursin	116										36:21									
00:48+	03:27+	04:43+	08:50+	09:18+	09:41+	10:24+	12:19+	13:42+	16:28+	17:19+	19:27+	22:53+	25:33+	26:08+	27:03+	28:53+	30:47+	33:23+	35:21+	36:02+	36:21+
00:48+	02:39+	01:16+	04:07+	00:28+	00:23+	00:43+	01:55+	01:23+	02:46+	00:51+	02:08+	03:26+	02:40+	00:35+	00:55+	01:50+	01:54+	02:36+	01:58+	00:41+	00:19+
00:15&	01:07&	00:27&	01:26&	00:10&	00:01+	00:15&	00:27&	00:26&	01:20&	00:20&	00:41&	01:27&	00:19#	00:05#	00:18&	00:06+	00:56&	01:41@	01:34@	00:28@	00:19+
25	Charles-Francois Farbo	42										38:57									
00:49+	03:40+	04:47+	09:22+	10:03+	10:25+	11:19+	12:55+	14:03+	16:40+	17:30+	19:22+	24:03+	28:27+	29:01+	29:48+	34:54+	36:11+	37:50+	38:33+	38:57+	
00:49+	02:51+	01:07+	04:35+	00:41+	00:22=	00:54+	01:36+	01:08+	02:37+	00:50+	01:52+	04:41+	04:24+	00:34+	00:47+	05:06+	01:17+	01:39+	00:43+	00:24+	
00:16&	01:19&	00:18&	01:54&	00:23@	00:00=	00:26&	00:11#	00:11#	01:11&	00:19&	00:25&	02:42@	02:03&	00:04#	00:10&	03:22@	00:19&	00:44&	00:19&	00:11&	
26	Rune Paulsen	98										40:48									
02:02+	04:33+	05:45+	08:55+	09:16+	09:31+	12:08+	13:52+	15:52+	18:09+	18:53+	21:55+	27:16+	29:29+	30:00+	30:49+	33:31+	37:00+	39:51+	40:36+	40:48+	
02:02+	02:31+	01:12+	03:10+	00:21+	00:15-	02:37+	01:44+	02:00+	02:17+	00:44+	03:02+	05:21+	02:13-	00:31+	00:49+	02:42+	03:29+	02:51+	00:45+	00:12-	
01:29@	00:59&	00:23&	00:29#	00:03#	00:07-	02:09@	00:19#	01:03@	00:51&	00:13&	01:35@	03:22@	00:08-	00:01+	00:12&	00:58&	02:31@	01:56@	00:21&	00:01-	
27	Ole Morten Svendsen	66										41:07									
01:13+	04:09+	05:43+	10:27+	10:51+	11:16+	12:05+	15:15+	17:33+	19:27+	20:08+	23:31+	27:29+	30:19+	30:56+	32:06+	35:57+	37:42+	39:41+	40:30+	41:07+	
01:13+	02:56+	01:34+	04:44+	00:24+	00:25+	00:49+	03:10+	02:18+	01:54+	00:41+	03:23+	03:58+	02:50+	00:37+	01:10+	03:51+	01:45+	01:59+	00:49+	00:37+	
00:40@	01:24&	00:45&	02:03&	00:06&	00:03#	00:21&	01:45@	01:21@	00:28&	00:10&	01:56@	01:59&	00:29#	00:07#	00:33&	02:07@	00:47&	01:04@	00:25@	00:24@	
28	Jan Kenneth Polle	83										43:24									
01:03+	03:20+	04:36+	11:13+	11:33+	12:22+	13:13+	15:10+	16:45+	19:01+	20:14+	22:11+	25:56+	30:16+	31:11+	32:14+	35:59+	39:30+	41:58+	43:01+	43:24+	
01:03+	02:17+	01:16+	06:37+	00:20+	00:49+	00:51+	01:57+	01:35+	02:16+	01:13+	01:57+	03:45+	04:20+	00:55+	01:03+	03:45+	03:31+	02:28+	01:03+	00:23+	
00:30&	00:45&	00:27&	03:56@	00:02#	00:27@	00:23&	00:32&	00:38&	00:50&	00:42@	00:30&	01:46&	01:59&	00:25&	00:26&	02:01@	02:33@	01:33@	00:39@	00:10&	
29	Eivind Moi	116										46:59									
00:58+	03:55+	05:07+	09:41+	10:08+	10:31+	11:09+	13:27+	14:46+	16:36+	17:15+	19:19+	34:17+	37:05+	37:44+	38:32+	41:50+	44:03+	45:38+	46:21+	46:59+	
00:58+	02:57+	01:12+	04:34+	00:27+	00:23+	00:38+	02:18+	01:19+	01:50+	00:39+	02:04+	14:58+	02:48+	00:39+	00:48+	03:18+	02:13+	01:35+	00:43+	00:38+	
00:25&	01:25&	00:23&	01:53&	00:09&	00:01+	00:10&	00:53&	00:22&	00:24&	00:08&	00:37&	12:59@	00:27#	00:09&	00:11&	01:34&	01:15@	00:40&	00:19&	00:25@	
Beste strekktid for klassen																					
00:30	01:32	00:49	02:41	00:18	00:14	00:27	01:20	00:57	01:10	00:28	01:27	01:59	01:47	00:26	00:30	01:44	00:58	00:55	00:24	00:12	

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

Herrer 50 - 59 år

1	Arne Magne Sondresen	92										21:31									
01:16=	02:13=	04:19=	05:46=	06:06=	06:45=	07:55=	08:20=	10:09=	11:30=	12:36=	14:00=	14:39=	16:27=	17:04=	18:22=	19:32=	20:59=	21:17=	21:31=		
01:16=	00:57=	02:06=	01:27=	00:20=	00:39=	01:10=	00:25=	01:49=	01:21=	01:06=	01:24=	00:39=	01:48=	00:37=	01:18=	01:10=	01:27=	00:18=	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=		
2	Per Ingar Hadland	7										22:34									
01:15-	02:25+	05:04+	06:33+	06:56+	07:35+	08:57+	09:24+	11:21+	12:12+	13:25+	14:53+	15:27+	17:12+	17:54+	19:33+	20:36+	22:04+	22:22+	22:34+		
01:15-	01:10+	02:39+	01:29+	00:23+	00:39=	01:22+	00:27+	01:57+	00:51-	01:13+	01:28+	00:34-	01:45-	00:42+	01:39+	01:03-	01:28+	00:18=	00:12-		
00:01-	00:13#	00:33&	00:02+	00:03#	00:00=	00:12#	00:02+	00:08+	00:30-	00:07#	00:04+	00:05-	00:03-	00:05#	00:21&	00:07-	00:01+	00:00=	00:02-		
3	Ole Petter Haukaas	109										22:46									
01:04-	02:19+	04:44+	06:17+	06:42+	07:22+	08:48+	09:14+	11:02+	11:54+	13:01+	14:16+	14:52+	16:33+	17:22+	18:44+	19:57+	20:42-	22:12+	22:32+	22:46+	
01:04-	01:15+	02:25+	01:33+	00:25+	00:40+	01:26+	00:26+	01:48-	00:52-	01:07+	01:15-	00:36-	01:41-	00:49+	01:22+	01:13+	00:45-	01:30+	00:20+	00:14+	
00:12-	00:18&	00:19#	00:06+	00:05#	00:01+	00:16#	00:01+	00:01-	00:29-	00:01+	00:09-	00:03-	00:07-	00:12&	00:04+	00:03+	00:42-	01:12@	00:06&	00:14+	

Class	Navn	Klasse										Tid									
4	Tor Brekken	97										22:47									
01:05-	02:02-	04:25+	05:48+	06:07+	07:05+	08:48+	09:11+	10:47+	11:56+	13:04+	14:25+	15:00+	17:12+	17:57+	19:30+	20:35+	22:09+	22:29+	22:47+		
01:05-	00:57=	02:23+	01:23-	00:19-	00:58+	01:43+	00:23-	01:36-	01:09-	01:08+	01:21-	00:35-	02:12+	00:45+	01:33+	01:05-	01:34+	00:20+	00:18+		
00:11-	00:00=	00:17#	00:04-	00:01-	00:19#	00:33#	00:02-	00:13-	00:12-	00:02+	00:03-	00:04-	00:24#	00:08#	00:15#	00:05-	00:07+	00:02#	00:04#		
5	Øystein Dahle	92										23:08									
01:34+	02:32+	04:55+	06:16+	06:46+	07:31+	08:50+	09:15+	11:00+	12:02+	13:14+	14:40+	15:17+	17:08+	18:02+	19:35+	20:41+	22:15+	22:39+	23:08+		
01:34+	00:58+	02:23+	01:21-	00:30+	00:45+	01:19+	00:25=	01:45-	01:02-	01:12+	01:26+	00:37-	01:51+	00:54+	01:33+	01:06-	01:34+	00:24+	00:29+		
00:18#	00:01+	00:17#	00:06-	00:10#	00:06#	00:09#	00:00=	00:04-	00:19-	00:06+	00:02+	00:02-	00:03+	00:17#	00:15#	00:04-	00:07+	00:06#	00:15#		
6	Øistein Haaland	116										23:18									
01:07-	02:02-	04:19=	05:34-	05:57-	06:37-	07:59+	08:22+	10:13+	11:10-	12:20-	13:37-	14:13-	16:00-	17:10+	18:36+	21:13+	22:37+	23:01+	23:18+		
01:07-	00:55-	02:17+	01:15-	00:23+	00:40+	01:22+	00:23-	01:51+	00:57-	01:10+	01:17-	00:36-	01:47-	01:10+	01:26+	02:37+	01:24-	00:24+	00:17+		
00:09-	00:02-	00:11+	00:12-	00:03#	00:01+	00:12#	00:02-	00:02+	00:24-	00:04+	00:07-	00:03-	00:01-	00:33#	00:08#	01:27#	00:03-	00:06#	00:03#		
7	Øivind Berggraf	116										24:26									
01:25+	02:22+	05:14+	06:38+	06:59+	07:40+	10:04+	10:31+	12:43+	13:35+	14:44+	16:16+	16:48+	19:19+	20:01+	21:24+	22:26+	23:52+	24:10+	24:26+		
01:25+	00:57=	02:52+	01:24-	00:21+	00:41+	02:24+	00:27+	02:12+	00:52-	01:09+	01:32+	00:32-	02:31+	00:42+	01:23+	01:02-	01:26-	00:18=	00:16+		
00:09#	00:00=	00:46#	00:03-	00:01+	00:02+	01:14#	00:02+	00:23#	00:29-	00:03+	00:08+	00:07-	00:43#	00:05#	00:05+	00:08-	00:01-	00:00=	00:02#		
8	Kjell Seland	236										24:42									
01:22+	02:36+	05:25+	07:01+	07:30+	08:16+	09:36+	10:02+	12:21+	13:43+	14:58+	16:19+	16:54+	19:01+	19:49+	21:31+	22:21+	24:03+	24:27+	24:42+		
01:22+	01:14+	02:49+	01:36+	00:29+	00:46+	01:20+	00:26+	02:19+	01:22+	01:15+	01:21-	00:35-	02:07+	00:48+	01:42+	00:50-	01:42+	00:24+	00:15+		
00:06+	00:17#	00:43#	00:09#	00:09#	00:07#	00:10#	00:01+	00:30#	00:01+	00:09#	00:03-	00:04-	00:19#	00:11#	00:24#	00:20-	00:15#	00:06#	00:01+		
9	Frank Hansen	29										25:03									
01:24+	02:29+	04:57+	07:03+	07:27+	08:23+	09:53+	10:21+	12:24+	13:48+	15:03+	16:31+	17:08+	19:00+	19:51+	21:34+	22:54+	24:25+	24:49+	25:03+		
01:24+	01:05+	02:28+	02:06+	00:24+	00:56+	01:30+	00:28+	02:03+	01:24+	01:15+	01:28+	00:37-	01:52+	00:51+	01:43+	01:20+	01:31+	00:24+	00:14=		
00:08#	00:08#	00:22#	00:39#	00:04#	00:17#	00:20#	00:03#	00:14#	00:03+	00:09#	00:04+	00:02-	00:04+	00:14#	00:25#	00:10#	00:04+	00:06#	00:00=		
10	Øystein Fuglestad	46										25:09									
01:27+	02:31+	05:10+	06:42+	07:03+	07:39+	09:10+	09:38+	11:44+	13:07+	14:31+	16:06+	16:44+	18:40+	19:26+	21:38+	22:47+	24:31+	24:51+	25:09+		
01:27+	01:04+	02:39+	01:32+	00:21+	00:36-	01:31+	00:28+	02:06+	01:23+	01:24+	01:35+	00:38-	01:56+	00:46+	02:12+	01:09-	01:44+	00:20+	00:18+		
00:11#	00:07#	00:33#	00:05+	00:01+	00:03-	00:21#	00:03#	00:17#	00:02+	00:18#	00:11#	00:01-	00:08+	00:09#	00:54#	00:01-	00:17#	00:02#	00:04#		
11	Håvard Håland	66										25:58									
01:32+	02:33+	05:02+	06:39+	07:02+	07:54+	09:29+	09:56+	12:41+	13:48+	15:01+	16:43+	17:21+	20:05+	20:42+	22:23+	23:42+	25:19+	25:43+	25:58+		
01:32+	01:01+	02:29+	01:37+	00:23+	00:52+	01:35+	00:27+	02:45+	01:07-	01:13+	01:42+	00:38-	02:44+	00:37=	01:41+	01:19+	01:37+	00:24+	00:15+		
00:16#	00:04+	00:23#	00:10#	00:03#	00:13#	00:25#	00:02+	00:56#	00:14-	00:07#	00:18#	00:01-	00:56#	00:00=	00:23#	00:09#	00:10#	00:06#	00:01+		
12	Trygve Michaelsen	117										26:01									
01:09-	02:08-	04:55+	06:19+	06:37+	07:16+	08:44+	09:11+	11:22+	12:32+	13:47+	15:51+	17:05+	20:13+	20:53+	22:35+	23:54+	25:23+	25:40+	26:01+		
01:09-	00:59+	02:47+	01:24-	00:18-	00:39=	01:28+	00:27+	02:11+	01:10-	01:15+	02:04+	01:14+	03:08+	00:40+	01:42+	01:19+	01:29+	00:17-	00:21+		
00:07-	00:02+	00:41#	00:03-	00:02-	00:00=	00:18#	00:02+	00:22#	00:11-	00:09#	00:40#	00:35#	01:20#	00:03+	00:24#	00:09#	00:02+	00:01-	00:07#		
13	Jørgen Nilsen	53										26:09									
01:33+	02:39+	05:05+	06:35+	06:58+	09:45+	11:02+	11:32+	13:27+	14:42+	15:54+	17:23+	18:02+	19:53+	20:49+	22:46+	23:53+	25:31+	25:52+	26:09+		
01:33+	01:06+	02:26+	01:30+	00:23+	02:47+	01:17+	00:30+	01:55+	01:15-	01:12+	01:29+	00:39=	01:51+	00:56+	01:57+	01:07-	01:38+	00:21+	00:17+		
00:17#	00:09#	00:20#	00:03+	00:03#	02:08#	00:07#	00:05#	00:06+	00:06-	00:06+	00:05+	00:00=	00:03+	00:19#	00:39#	00:03-	00:11#	00:03#	00:03#		
14	Arne Øvstebø	71										26:54									
01:50+	03:02+	05:36+	07:06+	07:30+	09:36+	11:09+	11:44+	13:29+	14:51+	16:11+	17:45+	18:22+	20:50+	21:40+	23:28+	24:43+	26:13+	26:34+	26:54+		
01:50+	01:12+	02:34+	01:30+	00:24+	02:06+	01:33+	00:35+	01:45-	01:22+	01:20+	01:34+	00:37-	02:28+	00:50+	01:48+	01:15+	01:30+	00:21+	00:20+		
00:34#	00:15#	00:28#	00:03+	00:04#	01:27#	00:23#	00:10#	00:04-	00:01+	00:14#	00:10#	00:02-	00:40#	00:13#	00:30#	00:05+	00:03+	00:03#	00:06#		
15	Sigbjørn Gloppen	144										27:23									
01:35+	02:37+	05:44+	07:31+	07:53+	09:03+	10:33+	10:58+	13:32+	14:59+	16:07+	17:40+	18:50+	20:57+	21:51+	23:41+	24:59+	26:44+	27:07+	27:23+		
01:35+	01:02+	03:07+	01:47+	00:22+	01:10+	01:30+	00:25=	02:34+	01:27+	01:08+	01:33+	01:10+	02:07+	00:54+	01:50+	01:18+	01:45+	00:23+	00:16+		
00:19#	00:05+	01:01#	00:20#	00:02#	00:31#	00:20#	00:00=	00:45#	00:06+	00:02+	00:09#	00:31#	00:19#	00:17#	00:32#	00:08#	00:18#	00:05#	00:02#		
16	Kjell Ove Aksland	27										27:28									
01:29+	02:47+	05:33+	07:06+	07:29+	08:18+	09:54+	10:23+	13:03+	14:14+	15:29+	17:00+	17:43+	20:40+	21:38+	23:43+	25:02+	26:47+	27:06+	27:28+		
01:29+	01:18+	02:46+	01:33+	00:23+	00:49+	01:36+	00:29+	02:40+	01:11-	01:15+	01:31+	00:43+	02:57+	00:58+	02:05+	01:19+	01:45+	00:19+	00:22+		
00:13#	00:21#	00:40#	00:06+	00:03#	00:10#	00:26#	00:04#	00:51#	00:10-	00:09#	00:07+	00:04#	01:09#	00:21#	00:47#	00:09#	00:18#	00:01+	00:08#		
17	Stein Sigbjørnsen	27										27:40									
01:30+	02:31+	05:13+	06:56+	08:19+	09:21+	10:45+	11:14+	13:31+	14:51+	16:10+	17:48+	18:32+	20:40+	21:32+	23:20+	25:05+	26:52+	27:21+	27:40+		
01:30+	01:01+	02:42+	01:43+	01:23+	01:02+	01:24+	00:29+	02:17+	01:20-	01:19+	01:38+	00:44+	02:08+	00:52+	01:48+	01:45+	01:47+	00:29+	00:19+		
00:14#	00:04+	00:36#	00:16#	01:03#	00:23#	00:14#	00:04#	00:28#	00:01-	00:13#	00:14#	00:05#	00:20#	00:15#	00:30#	00:35#	00:20#	00:11#	00:05#		
18	Steinar Torjusen	167										27:57									
01:43+	02:52+	05:23+	07:08+	07:26+	08:26+	10:20+	10:45+	12:54+	14:04+	15:18+	16:56+	17:45+	20:12+	20:52+	24:05+	25:36+	27:20+	27:42+	27:57+		
01:43+	01:09+	02:31+	01:45+	00:18-	01:00+	01:54+	00:25=	02:09+	01:10-	01:14+	01:38+	00:49+	02:27+	00:40+	03:13+	01:31+	01:44+	00:22+	00:15+		
00:27#	00:12#	00:25#	00:18#	00:02-	00:21#	00:44#	00:00=	00:20#	00:11-	00:08#	00:14#	00:10#	00:39#	00:03+	01:55#	00:21#	00:17#	00:04#	00:01+		

Class	Navn	Klasse										Tid							
19	Lars Salvesen	50										28:09							
01:53+	03:12+	06:08+	07:40+	08:06+	09:13+	11:09+	11:39+	14:11+	15:29+	16:37+	18:32+	19:33+	22:05+	22:59+	24:46+	25:59+	27:36+	27:53+	28:09+
01:53+	01:19+	02:56+	01:32+	00:26+	01:07+	01:56+	00:30+	02:32+	01:18-	01:08+	01:55+	01:01+	02:32+	00:54+	01:47+	01:13+	01:37+	00:17-	00:16+
00:37&	00:22&	00:50&	00:05+	00:06&	00:28&	00:46&	00:05#	00:43&	00:03-	00:02+	00:31&	00:22&	00:44&	00:17&	00:29&	00:03+	00:10#	00:01-	00:02#
20	Alf Håkon Haugland	116										28:16							
02:03+	02:58+	05:30+	06:47+	07:07+	07:48+	09:04+	09:26+	11:57+	13:15+	14:22+	15:34+	16:12+	18:29+	19:08+	20:44+	21:57+	27:22+	27:44+	28:16+
02:03+	00:55-	02:32+	01:17-	00:20=	00:41+	01:16+	00:22-	02:31+	01:18-	01:07+	01:12-	00:38-	02:17+	00:39+	01:36+	01:13+	05:25+	00:22+	00:32+
00:47&	00:02-	00:26#	00:10-	00:00=	00:02+	00:06+	00:03-	00:42&	00:03-	00:01+	00:12-	00:01-	00:29&	00:02+	00:18#	00:03+	03:58@	00:04#	00:18@
21	Roger Nyseth	92										29:23							
01:31+	02:50+	05:56+	07:45+	08:11+	09:03+	10:43+	11:19+	13:44+	14:52+	16:23+	18:10+	18:58+	21:10+	22:16+	24:28+	26:37+	28:36+	29:02+	29:23+
01:31+	01:19+	03:06+	01:49+	00:26+	00:52+	01:40+	00:36+	02:25+	01:08-	01:31+	01:47+	00:48+	02:12+	01:06+	02:12+	02:09+	01:59+	00:26+	00:21+
00:15#	00:22&	01:00&	00:22&	00:06&	00:13&	00:30&	00:11&	00:36&	00:13-	00:25&	00:23&	00:09#	00:24#	00:29&	00:54&	00:59&	00:32&	00:08&	00:07&
22	Magnar Møller	62										30:18							
01:56+	03:03+	07:12+	08:39+	09:00+	09:51+	11:23+	11:49+	15:00+	16:14+	17:36+	19:12+	20:18+	22:50+	23:34+	25:54+	27:14+	29:24+	29:50+	30:18+
01:56+	01:07+	04:09+	01:27=	00:21+	00:51+	01:32+	00:26+	03:11+	01:14-	01:22+	01:36+	01:06+	02:32+	00:44+	02:20+	01:20+	02:10+	00:26+	00:28+
00:40&	00:10#	02:03&	00:00=	00:01+	00:12&	00:22&	00:01+	01:22&	00:07-	00:16#	00:12#	00:27&	00:44&	00:07#	01:02&	00:10#	00:43&	00:08&	00:14&
23	Harald Taksdal	236										31:56							
01:47+	03:08+	06:25+	08:10+	08:39+	09:45+	11:37+	12:05+	14:25+	15:54+	17:21+	19:55+	21:33+	24:30+	25:28+	27:24+	29:01+	30:59+	31:29+	31:56+
01:47+	01:21+	03:17+	01:45+	00:29+	01:06+	01:52+	00:28+	02:20+	01:29+	01:27+	02:34+	01:38+	02:57+	00:58+	01:56+	01:37+	01:58+	00:30+	00:27+
00:31&	00:24&	01:11&	00:18#	00:09&	00:27&	00:42&	00:03#	00:31&	00:08+	00:21&	01:10&	00:59@	01:09&	00:21&	00:38&	00:27&	00:31&	00:12&	00:13&
24	Sveinung Rosenvinge	116										31:56							
01:23+	02:34+	06:04+	07:42+	08:07+	08:57+	10:50+	11:18+	13:38+	14:59+	16:35+	18:15+	19:04+	21:15+	22:12+	24:28+	29:19+	31:14+	31:37+	31:56+
01:23+	01:11+	03:30+	01:38+	00:25+	00:50+	01:53+	00:28+	02:20+	01:21=	01:36+	01:40+	00:49+	02:11+	00:57+	02:16+	04:51+	01:55+	00:23+	00:19+
00:07+	00:14#	01:24&	00:11#	00:05#	00:11&	00:43&	00:03#	00:31&	00:00=	00:30&	00:16#	00:10&	00:23#	00:20&	00:58&	03:41@	00:28&	00:05&	00:05&
25	Torbjørn Dahle	92										31:58							
01:23+	02:39+	05:14+	07:04+	07:29+	08:15+	10:41+	11:09+	13:51+	15:24+	16:47+	19:02+	19:47+	22:29+	23:31+	25:01+	26:53+	29:30+	31:08+	31:38+
01:23+	01:16+	02:35+	01:50+	00:25+	00:46+	02:26+	00:28+	02:42+	01:33+	01:23+	02:15+	00:45+	02:42+	01:02+	01:30+	01:52+	02:37+	01:38+	00:30+
00:07+	00:19&	00:29#	00:23&	00:05#	00:07#	01:16@	00:03#	00:53&	00:12#	00:17&	00:51&	00:06#	00:54&	00:25&	00:12#	00:42&	01:10&	01:20@	00:16@
26	Geir Haugvaldstad	116										32:15							
01:33+	02:37+	06:48+	08:19+	08:43+	09:53+	11:55+	12:34+	14:13+	15:12+	16:58+	18:26+	19:27+	22:28+	23:27+	27:54+	28:55+	30:45+	31:50+	32:15+
01:33+	01:04+	04:11+	01:31+	00:24+	01:10+	02:02+	00:39+	01:39-	00:59-	01:46+	01:28+	01:01+	03:01+	00:59+	04:27+	01:01-	01:50+	01:05+	00:25+
00:17#	00:07#	02:05&	00:04+	00:04#	00:31&	00:52&	00:14&	00:10-	00:22-	00:40&	00:04+	00:22&	01:13&	00:22&	03:09@	00:09-	00:23&	00:47@	00:11&
27	Svein Sivertsen	115										33:10							
03:10+	04:28+	07:44+	09:48+	10:14+	11:06+	13:09+	13:52+	16:54+	18:28+	20:02+	21:55+	22:39+	25:20+	26:10+	28:48+	30:22+	32:31+	32:52+	33:10+
03:10+	01:18+	03:16+	02:04+	00:26+	00:52+	02:03+	00:43+	03:02+	01:34+	01:34+	01:53+	00:44+	02:41+	00:50+	02:38+	01:34+	02:09+	00:21+	00:18+
01:54@	00:21&	01:10&	00:37&	00:06&	00:13&	00:53&	00:18&	01:13&	00:13#	00:28&	00:29&	00:05#	00:53&	00:13&	01:20@	00:24&	00:42&	00:03#	00:04&
28	Svein Magne Gløppen	93										33:49							
01:53+	03:20+	06:32+	08:15+	08:45+	10:15+	11:44+	12:21+	15:17+	16:54+	18:31+	20:16+	21:11+	23:34+	25:56+	30:12+	31:10+	32:58+	33:31+	33:49+
01:53+	01:27+	03:12+	01:43+	00:30+	01:30+	01:29+	00:37+	02:56+	01:37+	01:37+	01:45+	00:55+	02:23+	02:22+	04:16+	00:58-	01:48+	00:33+	00:18+
00:37&	00:30&	01:06&	00:16#	00:10&	00:51@	00:19&	00:12&	01:07&	00:16#	00:31&	00:21#	00:16&	00:35&	01:45@	02:58@	00:12-	00:21#	00:15&	00:04&
29	Kjell Helge Husebø	115										33:50							
02:11+	03:24+	06:34+	08:18+	08:46+	09:49+	12:05+	12:40+	15:10+	16:48+	18:20+	20:48+	21:49+	25:42+	26:32+	28:41+	30:39+	32:52+	33:28+	33:50+
02:11+	01:13+	03:10+	01:44+	00:28+	01:03+	02:16+	00:35+	02:30+	01:38+	01:32+	02:28+	01:01+	03:53+	00:50+	02:09+	01:58+	02:13+	00:36+	00:22+
00:55&	00:16&	01:04&	00:17#	00:08&	00:24&	01:06&	00:10&	00:41&	00:17#	00:26&	01:04&	00:22&	02:05@	00:13&	00:51&	00:48&	00:46&	00:18&	00:08&
30	Kjell Lervik	239										34:06							
01:43+	03:15+	06:23+	08:15+	08:40+	09:33+	12:01+	12:28+	15:04+	16:37+	18:03+	20:04+	22:05+	24:33+	25:50+	30:12+	31:29+	33:16+	33:41+	34:06+
01:43+	01:32+	03:08+	01:52+	00:25+	00:53+	02:28+	00:27+	02:36+	01:33+	01:26+	02:01+	02:01+	02:28+	01:17+	04:22+	01:17+	01:47+	00:25+	00:25+
00:27&	00:35&	01:02&	00:25&	00:05#	00:14&	01:18@	00:02+	00:47&	00:12#	00:20&	00:37&	01:22@	00:40&	00:40@	03:04@	00:07#	00:20#	00:07&	00:11&
31	Harald Jansen	289										35:44							
02:34+	03:53+	06:22+	07:58+	08:21+	10:14+	11:48+	12:17+	16:33+	17:52+	19:04+	21:17+	22:08+	24:41+	25:24+	31:47+	33:04+	34:55+	35:18+	35:44+
02:34+	01:19+	02:29+	01:36+	00:23+	01:53+	01:34+	00:29+	04:16+	01:19-	01:12+	02:13+	00:51+	02:33+	00:43+	06:23+	01:17+	01:51+	00:23+	00:26+
01:18@	00:22&	00:23#	00:09#	00:03#	01:14@	00:24&	00:04#	02:27@	00:02-	00:06+	00:49&	00:12&	00:45&	00:06#	05:05@	00:07#	00:24&	00:05&	00:12&
32	Sverre Magnar Nordal	116										38:41							
02:01+	03:24+	06:22+	08:09+	08:38+	09:38+	11:22+	12:01+	14:34+	16:08+	17:35+	19:28+	20:18+	23:41+	24:49+	29:34+	36:03+	37:56+	38:22+	38:41+
02:01+	01:23+	02:58+	01:47+	00:29+	01:00+	01:44+	00:39+	02:33+	01:34+	01:27+	01:53+	00:50+	03:23+	01:08+	04:45+	06:29+	01:53+	00:26+	00:19+
00:45&	00:26&	00:52&	00:20#	00:09&	00:21&	00:34&	00:14&	00:44&	00:13#	00:21&	00:29&	00:11&	01:35&	00:31&	03:27@	05:19@	00:26&	00:08&	00:05&
33	John C. Sinnes	93										39:40							
01:47+	02:57+	06:02+	07:49+	08:13+	14:53+	17:19+	18:00+	20:24+	21:52+	23:09+	25:01+	25:56+	28:19+	29:25+	35:41+	36:40+	38:46+	39:14+	39:40+
01:47+	01:10+	03:05+	01:47+	00:24+	06:40+	02:26+	00:41+	02:24+	01:28+	01:17+	01:52+	00:55+	02:23+	01:06+	06:16+	00:59-	02:06+	00:28+	00:26+
00:31&	00:13#	00:59&	00:20#	00:04#	06:01@	01:16@	00:16&	00:35&	00:07+	00:11#	00:28&	00:16&	00:35&	00:29&	04:58@	00:11-	00:39&	00:10&	00:12&

Class	Navn	Klasse	Tid																
34	Per Kolbein Tonstad	66	43:16																
02:16+	04:02+	07:57+	10:09+	10:40+	11:54+	13:57+	14:36+	18:15+	20:30+	22:27+	25:07+	27:11+	32:12+	33:06+	35:39+	38:36+	42:11+	42:45+	43:16+
02:16+	01:46+	03:55+	02:12+	00:31+	01:14+	02:03+	00:39+	03:39+	02:15+	01:57+	02:40+	02:04+	05:01+	00:54+	02:33+	02:57+	03:35+	00:34+	00:31+
01:00&	00:49&	01:49&	00:45&	00:11&	00:35&	00:53&	00:14&	01:50&	00:54&	00:51&	01:16&	01:25&	03:13&	00:17&	01:15&	01:47&	02:08&	00:16&	00:17&
35	Josef Ludoid	228	49:39																
04:02+	05:39+	08:48+	11:11+	11:36+	12:52+	14:49+	15:31+	18:26+	20:03+	21:38+	23:35+	24:27+	29:19+	30:30+	44:29+	45:53+	48:31+	49:03+	49:39+
04:02+	01:37+	03:09+	02:23+	00:25+	01:16+	01:57+	00:42+	02:55+	01:37+	01:35+	01:57+	00:52+	04:52+	01:11+	13:59+	01:24+	02:38+	00:32+	00:36+
02:46@	00:40&	01:03&	00:56&	00:05#	00:37&	00:47&	00:17&	01:06&	00:16#	00:29&	00:33&	00:13&	03:04@	00:34&	12:41@	00:14#	01:11&	00:14&	00:22@
Beste strekktid for klassen																			
01:04	00:55	02:06	01:15	00:18	00:36	01:10	00:22	01:36	00:51	01:06	01:12	00:32	01:41	00:37	01:18	00:50	00:45	00:17	00:12

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

Herrer 60 - 64 år

1	Arne Kristian Espedal	68	22:58															
01:27=	02:29=	04:35=	06:35=	07:12=	08:05=	09:04=	10:16=	11:08=	12:16=	13:28=	14:14=	16:37=	18:01=	19:13=	20:16=	22:09=	22:42=	22:58=
01:27=	01:02=	02:06=	02:00=	00:37=	00:53=	00:59=	01:12=	00:52=	01:08=	01:12=	00:46=	02:23=	01:24=	01:12=	01:03=	01:53=	00:33=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Lars Stangeland	96	27:48															
01:04-	02:10-	04:37+	07:07+	09:16+	09:37+	10:34+	12:09+	13:09+	14:16+	15:37+	16:50+	20:04+	21:21+	22:52+	24:22+	26:32+	27:06+	27:48+
01:04-	01:06+	02:27+	02:30+	02:09+	00:21-	00:57-	01:35+	01:00+	01:07-	01:21+	01:13+	03:14+	01:17-	01:31+	01:30+	02:10+	00:34+	00:42+
00:23-	00:04+	00:21#	00:30#	01:32@	00:32-	00:02-	00:23&	00:08#	00:01-	00:09#	00:27&	00:51&	00:07-	00:19&	00:27&	00:17#	00:01+	00:26@
3	Kjell Skjæveland	108	27:53															
00:41-	01:56-	04:31-	07:26+	08:11+	08:35+	09:45+	11:19+	12:33+	13:50+	15:36+	16:30+	19:17+	20:29+	22:25+	24:40+	26:57+	27:39+	27:53+
00:41-	01:15+	02:35+	02:55+	00:45+	00:24-	01:10+	01:34+	01:14+	01:17+	01:46+	00:54+	02:47+	01:12-	01:56+	02:15+	02:17+	00:42+	00:14-
00:46-	00:13#	00:29#	00:55&	00:08#	00:29-	00:11#	00:22&	00:22&	00:09#	00:34&	00:08#	00:24#	00:12-	00:44&	01:12@	00:24#	00:09&	00:02-
4	Bjarne Gimre	88	28:11															
00:40-	02:09-	05:05+	08:02+	08:53+	09:20+	10:53+	12:41+	13:52+	15:16+	16:45+	17:42+	20:50+	21:48+	23:33+	24:56+	27:13+	27:55+	28:11+
00:40-	01:29+	02:56+	02:57+	00:51+	00:27-	01:33+	01:48+	01:11+	01:24+	01:29+	00:57+	03:08+	00:58-	01:45+	01:23+	02:17+	00:42+	00:16=
00:47-	00:27&	00:50&	00:57&	00:14&	00:26-	00:34&	00:36&	00:19&	00:16#	00:17#	00:11#	00:45&	00:26-	00:33&	00:20&	00:24#	00:09&	00:00=
5	Magne Tunheim	144	28:56															
00:42-	01:56-	04:16-	07:00+	08:57+	09:26+	10:27+	12:15+	13:49+	14:53+	16:30+	17:26+	20:44+	21:50+	23:44+	25:16+	28:04+	28:38+	28:56+
00:42-	01:14+	02:20+	02:44+	01:57+	00:29-	01:01+	01:48+	01:34+	01:04-	01:37+	00:56+	03:18+	01:06-	01:54+	01:32+	02:48+	00:34+	00:18+
00:45-	00:12#	00:14#	00:44&	01:20@	00:24-	00:02+	00:36&	00:42&	00:04-	00:25&	00:10#	00:55&	00:18-	00:42&	00:29&	00:55&	00:01+	00:02#
6	Bjørn H. Engseth	27	29:16															
00:48-	02:17-	04:54+	07:54+	08:51+	09:26+	10:46+	12:40+	14:16+	15:39+	17:15+	18:16+	21:19+	22:42+	24:25+	25:31+	28:07+	28:55+	29:16+
00:48-	01:29+	02:37+	03:00+	00:57+	00:35-	01:20+	01:54+	01:36+	01:23+	01:36+	01:01+	03:03+	01:23-	01:43+	01:06+	02:36+	00:48+	00:21+
00:39-	00:27&	00:31#	01:00&	00:20&	00:18-	00:21&	00:42&	00:44&	00:15#	00:24&	00:15&	00:40&	00:01-	00:31&	00:03+	00:43&	00:15&	00:05&
7	Torbjørn Evensen	108	29:20															
00:43-	01:52-	04:40+	07:23+	08:22+	08:52+	10:24+	12:56+	14:14+	15:38+	17:14+	18:16+	21:10+	22:17+	24:16+	25:53+	28:15+	29:00+	29:20+
00:43-	01:09+	02:48+	02:43+	00:59+	00:30-	01:32+	02:32+	01:18+	01:24+	01:36+	01:02+	02:54+	01:07-	01:59+	01:37+	02:22+	00:45+	00:20+
00:44-	00:07#	00:42&	00:43&	00:22&	00:23-	00:33&	01:20@	00:26&	00:16#	00:24&	00:16&	00:31#	00:17-	00:47&	00:34&	00:29&	00:12&	00:04#
8	Hans Erik Terjesen	116	30:52															
01:05-	02:30+	05:03+	07:58+	10:53+	11:17+	12:48+	14:27+	15:37+	17:38+	19:03+	19:57+	23:20+	24:34+	26:09+	27:41+	29:47+	30:30+	30:52+
01:05-	01:25+	02:33+	02:55+	02:55+	00:24-	01:31+	01:39+	01:10+	02:01+	01:25+	00:54+	03:23+	01:14-	01:35+	01:32+	02:06+	00:43+	00:22+
00:22-	00:23&	00:27#	00:55&	02:18@	00:29-	00:32&	00:27&	00:18&	00:53&	00:13#	00:08#	01:00&	00:10-	00:23&	00:29&	00:13#	00:10&	00:06&
9	Bjørn Sivertsen	99	31:43															
02:40+	04:02+	07:14+	10:20+	11:10+	11:44+	13:16+	14:49+	16:13+	17:44+	19:23+	20:26+	23:12+	24:28+	26:27+	28:20+	30:40+	31:22+	31:43+
02:40+	01:22+	03:12+	03:06+	00:50+	00:34-	01:32+	01:33+	01:24+	01:31+	01:39+	01:03+	02:46+	01:16-	01:59+	01:53+	02:20+	00:42+	00:21+
01:13&	00:20&	01:06&	01:06&	00:13&	00:19-	00:33&	00:21&	00:32&	00:23&	00:27&	00:17&	00:23#	00:08-	00:47&	00:50&	00:27#	00:09&	00:05&
10	Sveinung Tveit	236	32:59															
02:01+	03:25+	06:39+	09:55+	10:56+	11:23+	13:10+	15:05+	16:25+	17:48+	19:22+	20:34+	23:14+	24:31+	26:20+	29:55+	31:58+	32:39+	32:59+
02:01+	01:24+	03:14+	03:16+	01:01+	00:27-	01:47+	01:55+	01:20+	01:23+	01:34+	01:12+	02:40+	01:17-	01:49+	03:35+	02:03+	00:41+	00:20+
00:34&	00:22&	01:08&	01:16&	00:24&	00:26-	00:48&	00:43&	00:28&	00:15#	00:22&	00:26&	00:17#	00:07-	00:37&	02:32@	00:10+	00:08#	00:04#
11	Tor Harald Lunde	47	33:36															
01:08-	03:01+	05:48+	09:02+	11:01+	11:34+	12:58+	15:17+	16:40+	18:26+	20:09+	21:08+	24:15+	26:02+	28:02+	30:07+	32:19+	33:08+	33:36+
01:08-	01:53+	02:47+	03:14+	01:59+	00:33-	01:24+	02:19+	01:23+	01:46+	01:43+	00:59+	03:07+	01:47+	02:00+	02:05+	02:12+	00:49+	00:28+
00:19-	00:51&	00:41&	01:14&	01:22@	00:20-	00:25&	01:07&	00:31&	00:38&	00:31&	00:13&	00:44&	00:23&	00:48&	01:02&	00:19#	00:16&	00:12&

Class	Navn	Klasse										Tid						
12	Tor Geir Espedal	115										33:58						
01:24-	02:46+	05:35+	08:27+	09:25+	09:53+	12:28+	18:14+	19:25+	20:43+	22:10+	23:05+	25:44+	27:00+	28:43+	30:19+	32:59+	33:40+	33:58+
01:24-	01:22+	02:49+	02:52+	00:58+	00:28-	02:35+	05:46+	01:11+	01:18+	01:27+	00:55+	02:39+	01:16-	01:43+	01:36+	02:40+	00:41+	00:18+
00:03-	00:20&	00:43&	00:52&	00:21&	00:25-	01:36@	04:34@	00:19&	00:10#	00:15#	00:09#	00:16#	00:08-	00:31&	00:33&	00:47&	00:08#	00:02#
13	Arne M. Handeland	92										35:25						
03:49+	05:10+	08:25+	13:00+	14:11+	14:49+	16:24+	18:06+	19:16+	21:12+	22:58+	24:00+	27:01+	28:28+	30:22+	31:55+	34:21+	35:08+	35:25+
03:49+	01:21+	03:15+	04:35+	01:11+	00:38-	01:35+	01:42+	01:10+	01:56+	01:46+	01:02+	03:01+	01:27+	01:54+	01:33+	02:26+	00:47+	00:17+
02:22@	00:19&	01:09&	02:35@	00:34&	00:15-	00:36&	00:30&	00:18&	00:48&	00:34&	00:16&	00:38&	00:03+	00:42&	00:30&	00:33&	00:14&	00:01+
14	Olav Tunheim	93										36:03						
00:58-	02:42+	05:48+	13:00+	13:10+	13:45+	15:12+	17:04+	18:42+	20:16+	22:05+	23:12+	26:43+	28:04+	30:01+	32:01+	34:50+	35:41+	36:03+
00:58-	01:44&	03:06+	06:12+	01:10+	00:35-	01:27+	01:52+	01:38+	01:34+	01:49+	01:07+	03:31+	01:21-	01:57+	02:00+	02:49+	00:51+	00:22+
00:29-	00:42&	01:00&	04:12@	00:33&	00:18-	00:28&	00:40&	00:46&	00:26&	00:37&	00:21&	01:08&	00:03-	00:45&	00:57&	00:56&	00:18&	00:06&
15	Bjørn Bjelland	83										36:14						
00:47-	02:23-	05:54+	12:19+	13:18+	13:52+	15:32+	17:32+	19:17+	20:44+	22:25+	23:26+	26:29+	27:56+	29:45+	31:20+	34:49+	35:41+	36:14+
00:47-	01:36+	03:31+	06:25+	00:59+	00:34-	01:40+	02:00+	01:45+	01:27+	01:41+	01:01+	03:03+	01:27+	01:49+	01:35+	03:29+	00:52+	00:33+
00:40-	00:34&	01:25&	04:25@	00:22&	00:19-	00:41&	00:48&	00:53@	00:19&	00:29&	00:15&	00:40&	00:03+	00:37&	00:32&	01:36&	00:19&	00:17@
16	Bjørn Tore Aase	29										37:01						
01:07-	02:57+	07:06+	11:12+	12:21+	13:01+	14:28+	16:30+	18:20+	20:04+	22:05+	23:23+	26:51+	28:11+	30:33+	32:19+	35:40+	36:34+	37:01+
01:07-	01:50+	04:09+	04:06+	01:09+	00:40-	01:27+	02:02+	01:50+	01:44+	02:01+	01:18+	03:28+	01:20-	02:22+	01:46+	03:21+	00:54+	00:27+
00:20-	00:48&	02:03&	02:06@	00:32&	00:13-	00:28&	00:50&	00:58@	00:36&	00:49&	00:32&	01:05&	00:04-	01:10&	00:43&	01:28&	00:21&	00:11&
17	Rolf Kleppe	63										38:55						
01:12-	02:49+	06:10+	09:30+	12:03+	12:30+	14:07+	18:21+	19:57+	21:32+	23:30+	24:39+	28:16+	29:54+	33:24+	34:58+	37:43+	38:35+	38:55+
01:12-	01:37+	03:21+	03:20+	00:23+	00:27-	01:37+	04:14+	01:36+	01:35+	01:58+	01:09+	03:37+	01:38+	03:30+	01:34+	02:45+	00:52+	00:20+
00:15-	00:35&	01:15&	01:20&	01:56@	00:26-	00:38&	03:02@	00:44&	00:27&	00:46&	00:23&	01:14&	00:14#	02:18@	00:31&	00:52&	00:19&	00:04#
18	Inge Johan Øverland	93										39:16						
01:30+	03:10+	06:01+	09:19+	10:17+	10:46+	12:40+	15:48+	17:26+	18:52+	22:39+	23:48+	28:14+	29:26+	32:37+	34:29+	37:49+	38:49+	39:16+
01:30+	01:40+	02:51+	03:18+	00:58+	00:29-	01:54+	03:08+	01:38+	01:26+	03:47+	01:09+	04:26+	01:12-	03:11+	01:52+	03:20+	01:00+	00:27+
00:03+	00:38&	00:45&	01:18&	00:21&	00:24-	00:55&	01:56@	00:46&	00:18&	02:35@	00:23&	02:03&	00:12-	01:59@	00:49&	01:27&	00:27&	00:11&
19	Jan Øyvind Lilledal	281										39:48						
00:58-	02:49+	05:54+	11:31+	12:23+	13:00+	14:23+	16:17+	18:12+	19:41+	22:17+	23:37+	26:46+	28:05+	30:15+	36:10+	38:37+	39:22+	39:48+
00:58-	01:51+	03:05+	05:37+	00:52+	00:37-	01:23+	01:54+	01:55+	01:29+	02:36+	01:20+	03:09+	01:19-	02:10+	05:55+	02:27+	00:45+	00:26+
00:29-	00:49&	00:59&	03:37@	00:15&	00:16-	00:24&	00:42&	01:03@	00:21&	01:24@	00:34&	00:46&	00:05-	00:58&	04:52@	00:34&	00:12&	00:10&
20	Jan Arendal	116										41:13						
02:46+	04:32+	08:00+	11:23+	12:20+	13:00+	14:38+	17:17+	18:36+	20:22+	22:15+	23:31+	26:40+	28:00+	35:15+	37:02+	39:55+	40:46+	41:13+
02:46+	01:46+	03:28+	03:23+	00:57+	00:40-	01:38+	02:39+	01:19+	01:46+	01:53+	01:16+	03:09+	01:20-	07:15+	01:47+	02:53+	00:51+	00:27+
01:19&	00:44&	01:22&	00:20&	00:13-	00:39&	01:27@	00:27&	00:38&	00:41&	00:30&	00:46&	00:04-	06:03@	00:44&	01:00&	00:18&	00:11&	00:11&
21	Lars Tore Kvasheim	7										41:16						
01:12-	02:55+	06:07+	09:14+	10:20+	10:53+	12:16+	14:13+	15:46+	17:19+	19:21+	20:28+	23:47+	25:54+	29:40+	36:13+	39:58+	40:52+	41:16+
01:12-	01:43+	03:12+	03:07+	01:06+	00:33-	01:23+	01:57+	01:33+	01:33+	02:02+	01:07+	03:19+	02:07+	03:46+	06:33+	03:45+	00:54+	00:24+
00:15-	00:41&	01:06&	01:07&	00:29&	00:20-	00:24&	00:45&	00:41&	00:25&	00:50&	00:21&	00:56&	00:43&	02:34@	05:30@	01:52&	00:21&	00:08&
22	Egil Røyneberg	93										49:47						
02:40+	05:45+	09:39+	14:34+	16:00+	16:47+	19:22+	22:36+	25:07+	27:04+	29:20+	31:14+	37:02+	38:38+	41:09+	43:59+	48:05+	49:20+	49:47+
02:40+	03:05+	03:54+	04:55+	01:26+	00:47-	02:35+	03:14+	02:31+	01:57+	02:16+	01:54+	05:48+	01:36+	02:31+	02:50+	04:06+	01:15+	00:27+
01:13&	02:03@	01:48&	02:55@	00:49@	00:06-	01:36@	02:02@	01:39@	00:49&	01:04&	01:08@	03:25@	00:12#	01:19@	01:47@	02:13@	00:42@	00:11&
Beste strekktid for klassen																		
00:40	01:02	02:06	02:00	00:37	00:21	00:57	01:12	00:52	01:04	01:12	00:46	02:23	00:58	01:12	01:03	01:53	00:33	00:14

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

Herrer 65 - 69 år

1	Bjørn Alsaker	115										22:14						
00:40=	01:40=	03:51=	06:13=	06:50=	07:17=	08:17=	09:37=	10:31=	11:36=	12:50=	13:42=	16:12=	17:05=	18:30=	19:44=	21:23=	21:59=	22:14=
00:40=	01:00=	02:11=	02:22=	00:37=	00:27=	01:00=	01:20=	00:54=	01:05=	01:14=	00:52=	02:30=	00:53=	01:25=	01:14=	01:39=	00:36=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Harry Breiland	66										24:16						
00:40=	01:47+	04:06+	06:14+	07:01+	07:26+	08:33+	10:12+	11:14+	12:31+	13:49+	14:42+	17:10+	18:16+	20:45+	21:50+	23:25+	23:57+	24:16+
00:40=	01:07+	02:19+	02:08-	00:47+	00:25-	01:07+	01:39+	01:02+	01:17+	01:18+	00:53+	02:28-	01:06+	02:29+	01:05-	01:35-	00:32-	00:19+
00:00=	00:07#	00:08+	00:14-	00:10&	00:02-	00:07#	00:19#	00:08#	00:12#	00:04+	00:01+	00:02-	00:13#	01:04&	00:09-	00:04-	00:04-	00:04&

Class	Navn	Klasse										Tid						
3	Gunnar Sakseid	116										26:23						
00:43+	01:56+	04:14+	06:44+	07:41+	08:04+	09:20+	12:30+	13:43+	14:51+	16:04+	16:54+	19:36+	20:38+	22:13+	23:34+	25:30+	26:06+	26:23+
00:43+	01:13+	02:18+	02:30+	00:57+	00:23-	01:16+	03:10+	01:13+	01:08+	01:13-	00:50-	02:42+	01:02+	01:35+	01:21+	01:56+	00:36=	00:17+
00:03+	00:13#	00:07+	00:08+	00:20+	00:04-	00:16#	01:50#	00:19#	00:03+	00:01-	00:02-	00:12+	00:09#	00:10#	00:07+	00:17#	00:00=	00:02#
4	Leif Gunnar Wikene	43										27:03						
00:46+	02:17+	05:04+	07:52+	08:49+	09:19+	10:47+	12:45+	14:00+	15:15+	16:38+	17:33+	20:10+	21:17+	22:56+	24:15+	26:06+	26:43+	27:03+
00:46+	01:31+	02:47+	02:48+	00:57+	00:30+	01:28+	01:58+	01:15+	01:15+	01:23+	00:55+	02:37+	01:07+	01:39+	01:19+	01:51+	00:37+	00:20+
00:06#	00:31#	00:36#	00:26#	00:20#	00:03#	00:28#	00:38#	00:21#	00:10#	00:09#	00:03+	00:07+	00:14#	00:14#	00:05+	00:12#	00:01+	00:05#
5	Ragnvald Frøyland	128										27:10						
01:11+	02:24+	05:33+	08:40+	09:27+	09:56+	11:16+	13:29+	14:24+	15:36+	16:55+	17:46+	20:14+	21:23+	22:53+	24:16+	26:15+	26:52+	27:10+
01:11+	01:13+	03:09+	03:07+	00:47+	00:29+	01:20+	02:13+	00:55+	01:12+	01:19+	00:51-	02:28-	01:09+	01:30+	01:23+	01:59+	00:37+	00:18+
00:31#	00:13#	00:58#	00:45#	00:10#	00:02+	00:20#	00:53#	00:01+	00:07#	00:05+	00:01-	00:02-	00:16#	00:05+	00:09#	00:20#	00:01+	00:03#
6	Eivind L. Rake	92										27:46						
00:38-	01:55+	04:36+	07:32+	08:29+	08:58+	10:32+	12:04+	13:37+	15:01+	16:40+	17:44+	20:06+	21:09+	22:58+	24:22+	26:49+	27:28+	27:46+
00:38-	01:17+	02:41+	02:56+	00:57+	00:29+	01:34+	01:32+	01:33+	01:24+	01:39+	01:04+	02:22-	01:03+	01:49+	01:24+	02:27+	00:39+	00:18+
00:02-	00:17#	00:30#	00:34#	00:20#	00:02+	00:34#	00:12#	00:39#	00:19#	00:25#	00:12#	00:08-	00:10#	00:24#	00:10#	00:48#	00:03+	00:03#
7	Otto Alsnes	50										27:48						
00:35-	01:52+	04:23+	07:04+	07:52+	08:21+	09:45+	11:19+	12:17+	13:36+	15:20+	16:26+	19:28+	20:36+	22:17+	24:10+	26:31+	27:30+	27:48+
00:35-	01:17+	02:31+	02:41+	00:48+	00:29+	01:24+	01:34+	00:58+	01:19+	01:44+	01:06+	03:02+	01:08+	01:41+	01:53+	02:21+	00:59+	00:18+
00:05-	00:17#	00:20#	00:19#	00:11#	00:02+	00:24#	00:14#	00:04+	00:14#	00:30#	00:14#	00:32#	00:15#	00:16#	00:39#	00:42#	00:23#	00:03#
8	Paul A. Paulsen	117										28:09						
00:44+	01:57+	04:52+	07:48+	08:54+	09:26+	10:36+	12:21+	13:27+	14:45+	16:35+	17:32+	19:54+	21:07+	22:40+	24:18+	26:55+	27:53+	28:09+
00:44+	01:13+	02:55+	02:56+	01:06+	00:32+	01:10+	01:45+	01:06+	01:18+	01:50+	00:57+	02:22-	01:13+	01:33+	01:38+	02:37+	00:58+	00:16+
00:04#	00:13#	00:44#	00:34#	00:29#	00:05#	00:10#	00:25#	00:12#	00:13#	00:36#	00:05+	00:08-	00:20#	00:08+	00:24#	00:58#	00:22#	00:01+
9	Arne Østensen	90										29:41						
00:49+	02:02+	04:36+	08:29+	09:23+	09:50+	11:35+	13:22+	14:57+	16:10+	17:45+	18:41+	21:52+	22:57+	24:46+	26:13+	28:29+	29:08+	29:41+
00:49+	01:13+	02:34+	03:53+	00:54+	00:27#	01:45+	01:47+	01:35+	01:13+	01:35+	00:56+	03:11+	01:05+	01:49+	01:27+	02:16+	00:39+	00:33+
00:09#	00:13#	00:23#	01:31#	00:17#	00:00=	00:45#	00:27#	00:41#	00:08#	00:21#	00:04+	00:41#	00:12#	00:24#	00:13#	00:37#	00:03+	00:18#
10	Svein Ove Horpestad	62										30:16						
01:06+	02:28+	05:17+	08:20+	09:23+	09:56+	11:12+	13:57+	15:16+	16:42+	18:32+	19:29+	22:44+	23:51+	25:30+	26:48+	29:00+	29:56+	30:16+
01:06+	01:22+	02:49+	03:03+	01:03+	00:33+	01:16+	02:45+	01:19+	01:26+	01:50+	00:57+	03:15+	01:07+	01:39+	01:18+	02:12+	00:56+	00:20+
00:26#	00:22#	00:38#	00:41#	00:26#	00:06#	00:16#	01:25#	00:25#	00:21#	00:36#	00:05+	00:45#	00:14#	00:14#	00:04+	00:33#	00:20#	00:05#
11	Terje Helland	88										31:43						
00:54+	02:23+	05:58+	08:41+	09:33+	10:04+	11:31+	13:24+	14:34+	15:52+	17:21+	18:13+	24:01+	25:14+	26:48+	28:17+	30:43+	31:22+	31:43+
00:54+	01:29+	03:35+	02:43+	00:52+	00:31+	01:27+	01:53+	01:10+	01:18+	01:29+	00:52+	05:48+	01:13+	01:34+	01:29+	02:26+	00:39+	00:21+
00:14#	00:29#	01:24#	00:21#	00:15#	00:04#	00:27#	00:33#	00:16#	00:13#	00:15#	00:00=	03:18#	00:20#	00:09#	00:15#	00:47#	00:03+	00:06#
12	Olav Habbestad	116										32:56						
01:20+	03:01+	05:32+	08:16+	10:07+	10:27+	11:57+	13:38+	14:58+	16:11+	19:50+	20:42+	25:03+	26:30+	28:06+	29:31+	31:50+	32:37+	32:56+
01:20+	01:41+	02:31+	02:44+	01:51+	00:20-	01:30+	01:41+	01:20+	01:13+	03:39+	00:52+	04:21+	01:27+	01:36+	01:25+	02:19+	00:47+	00:19+
00:40#	00:41#	00:20#	00:22#	01:14#	00:07-	00:30#	00:21#	00:26#	00:08#	02:25#	00:00=	01:51#	00:34#	00:11#	00:11#	00:40#	00:11#	00:04#
13	Svein Ims	65										34:07						
01:15+	02:49+	05:47+	08:55+	10:27+	11:01+	12:37+	14:55+	16:25+	17:56+	19:49+	21:04+	25:20+	26:38+	28:57+	30:35+	32:58+	33:49+	34:07+
01:15+	01:34+	02:58+	03:08+	01:32+	00:34+	01:36+	02:18+	01:30+	01:31+	01:53+	01:15+	04:16+	01:18+	02:19+	01:38+	02:23+	00:51+	00:18+
00:35#	00:34#	00:47#	00:46#	00:55#	00:07#	00:36#	00:58#	00:36#	00:26#	00:39#	00:23#	01:46#	00:25#	00:54#	00:24#	00:44#	00:15#	00:03#
14	Terje Gautestad	7										34:54						
01:53+	03:44+	07:11+	10:54+	11:58+	12:30+	14:09+	16:03+	17:24+	19:04+	20:51+	22:22+	25:50+	27:20+	29:21+	31:12+	33:42+	34:30+	34:54+
01:53+	01:51+	03:27+	03:43+	01:04+	00:32+	01:39+	01:54+	01:21+	01:40+	01:47+	01:31+	03:28+	01:30+	02:01+	01:51+	02:30+	00:48+	00:24+
01:13#	00:51#	01:16#	01:21#	00:27#	00:05#	00:39#	00:34#	00:27#	00:35#	00:33#	00:39#	00:58#	00:37#	00:36#	00:37#	00:51#	00:12#	00:09#
15	Berge Hatteland	62										35:27						
00:56+	02:30+	05:57+	09:20+	10:29+	11:08+	12:44+	14:45+	16:27+	18:18+	20:27+	21:57+	25:57+	27:33+	29:36+	31:15+	34:03+	34:58+	35:27+
00:56+	01:34+	03:27+	03:23+	01:09+	00:39+	01:36+	02:01+	01:42+	01:51+	02:09+	01:30+	04:00+	01:36+	02:03+	01:39+	02:48+	00:55+	00:29+
00:16#	00:34#	01:16#	01:01#	00:32#	00:12#	00:36#	00:41#	00:48#	00:46#	00:55#	00:38#	01:30#	00:43#	00:38#	00:25#	01:09#	00:19#	00:14#
16	Jostein Tunheim	116										35:29						
00:48+	02:11+	07:15+	10:33+	11:24+	11:53+	15:03+	16:52+	18:09+	19:37+	21:03+	21:58+	24:54+	26:04+	28:07+	32:19+	34:35+	35:11+	35:29+
00:48+	01:23+	05:04+	03:18+	00:51+	00:29+	03:10+	01:49+	01:17+	01:28+	01:26+	00:55+	02:56+	01:10+	02:03+	04:12+	02:16+	00:36=	00:18+
00:08#	00:23#	02:53#	00:56#	00:14#	00:02+	02:10#	00:29#	00:23#	00:23#	00:12#	00:03+	00:26#	00:17#	00:38#	02:58#	00:37#	00:00=	00:03#
17	Kjell Ingar Olsen	50										37:15						
00:59+	02:31+	05:30+	09:57+	11:05+	11:32+	14:20+	16:16+	18:18+	20:22+	22:12+	23:28+	27:38+	28:50+	30:39+	32:24+	36:09+	36:49+	37:15+
00:59+	01:32+	02:59+	04:27+	01:08+	00:27#	02:48+	01:56+	02:02+	02:04+	01:50+	01:16+	04:10+	01:12+	01:49+	01:45+	03:45+	00:40+	00:26+
00:19#	00:32#	00:48#	02:05#	00:31#	00:00=	01:48#	00:36#	01:08#	00:59#	00:36#	00:24#	01:40#	00:19#	00:24#	00:31#	02:06#	00:04#	00:11#

Class	Navn	Klasse										Tid						
18	Torstein Gjesteland	126										37:35						
01:32+	03:14+	06:28+	09:32+	10:37+	11:05+	12:31+	15:09+	16:52+	18:24+	20:23+	21:30+	25:43+	27:30+	31:52+	33:35+	36:18+	37:18+	37:35+
01:32+	01:42+	03:14+	03:04+	01:05+	00:28+	01:26+	02:38+	01:43+	01:32+	01:59+	01:07+	04:13+	01:47+	04:22+	01:43+	02:43+	01:00+	00:17+
00:52@	00:42&	01:03&	00:42&	00:28&	00:01+	00:26&	01:18&	00:49&	00:27&	00:45&	00:15&	01:43&	00:54@	02:57@	00:29&	01:04&	00:24&	00:02#
19	Leif Gustav Hollund	116										39:48						
01:43+	03:47+	09:20+	13:00+	14:01+	14:34+	17:10+	19:33+	21:14+	22:42+	24:27+	25:59+	30:12+	31:59+	34:04+	35:44+	38:36+	39:29+	39:48+
01:43+	02:04+	05:33+	03:40+	01:01+	00:33+	02:36+	02:23+	01:41+	01:28+	01:45+	01:32+	04:13+	01:47+	02:05+	01:40+	02:52+	00:53+	00:19+
01:03@	01:04@	03:22@	01:18&	00:24&	00:06#	01:36@	01:03&	00:47&	00:23&	00:31&	00:40&	01:43&	00:54@	00:40&	00:26&	01:13&	00:17&	00:04&
Beste strekktid for klassen																		
00:35	01:00	02:11	02:08	00:37	00:20	01:00	01:20	00:54	01:05	01:13	00:50	02:22	00:53	01:25	01:05	01:35	00:32	00:15

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

Herrer 70 - 74 år

1	Kjell Svihus	154										26:07						
00:45=	01:57=	04:43=	07:33=	08:25=	08:56=	10:07=	11:57=	13:04=	14:22=	15:44=	16:40=	19:17=	20:24=	22:01=	23:19=	25:09=	25:48=	26:07=
00:45=	01:12=	02:46=	02:50=	00:52=	00:31=	01:11=	01:50=	01:07=	01:18=	01:22=	00:56=	02:37=	01:07=	01:37=	01:18=	01:50=	00:39=	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=	00:00=
2	Ingjald Egeland	7										27:38						
00:47+	02:08+	04:39-	07:15-	08:03-	08:32-	09:53-	11:36-	12:41-	13:56-	15:43-	16:39-	19:31+	20:37+	22:19+	24:13+	26:28+	27:18+	27:38+
00:47+	01:21+	02:31-	02:36-	00:48-	00:29-	01:21+	01:43-	01:05-	01:15-	01:47+	00:56=	02:52+	01:06-	01:42+	01:54+	02:15+	00:50+	00:20+
00:02+	00:09#	00:15-	00:14-	00:04-	00:02-	00:10#	00:07-	00:02-	00:03-	00:25&	00:00=	00:15+	00:01-	00:05+	00:36&	00:25#	00:11&	00:01+
3	Olav Dag Borgersen	154										28:11						
02:29+	03:43+	06:42+	09:50+	10:37+	11:06+	12:27+	14:17+	15:21+	16:37+	18:00+	18:50+	21:16+	22:25+	23:56+	25:18+	27:19+	27:55+	28:11+
02:29+	01:14+	02:59+	03:08+	00:47-	00:29-	01:21+	01:50=	01:04-	01:16-	01:23+	00:50-	02:26-	01:09+	01:31-	01:22+	02:01+	00:36-	00:16-
01:44@	00:02+	00:13+	00:18#	00:05-	00:02-	00:10#	00:00=	00:03-	00:02-	00:01+	00:06-	00:11-	00:02+	00:06-	00:04+	00:11#	00:03-	00:03-
4	Hilmar Røthing	128										28:22						
00:59+	02:24+	05:19+	08:11+	08:59+	09:42+	11:06+	12:42+	13:44+	14:55+	16:15+	17:01+	21:01+	22:06+	23:59+	25:18+	27:24+	27:56+	28:22+
00:59+	01:25+	02:55+	02:52+	00:48-	00:43+	01:24+	01:36-	01:02-	01:11-	01:20-	00:46-	04:00+	01:05-	01:53+	01:19+	02:06+	00:32-	00:26+
00:14&	00:13#	00:09+	00:02+	00:04-	00:12&	00:13#	00:14-	00:05-	00:07-	00:02-	00:10-	01:23&	00:02-	00:16#	00:01+	00:16#	00:07-	00:07&
5	Svein Glendrange	68										29:16						
00:42-	01:59+	04:43=	07:26-	08:18-	08:47-	10:23+	12:10+	13:34+	14:57+	16:27+	17:30+	21:03+	22:09+	24:33+	26:05+	28:17+	28:57+	29:16+
00:42-	01:17+	02:44-	02:43-	00:52=	00:29-	01:36+	01:47-	01:24+	01:23+	01:30+	01:03+	03:33+	01:06-	02:24+	01:32+	02:12+	00:40+	00:19=
00:03-	00:05+	00:02-	00:07-	00:00=	00:02-	00:25&	00:03-	00:17&	00:05+	00:08+	00:07#	00:56&	00:01-	00:47&	00:14#	00:22#	00:01+	00:00=
6	Øyvind Egeskog	5										29:24						
01:08+	02:21+	05:16+	08:12+	09:07+	09:35+	11:07+	12:58+	14:10+	15:34+	17:13+	18:12+	21:18+	22:38+	24:29+	25:51+	28:25+	29:08+	29:24+
01:08+	01:13+	02:55+	02:56+	00:55+	00:28-	01:32+	01:51+	01:12+	01:24+	01:39+	00:59+	03:06+	01:20+	01:51+	01:22+	02:34+	00:43+	00:16-
00:23&	00:01+	00:09+	00:06+	00:03+	00:03-	00:21&	00:01+	00:05+	00:06+	00:17#	00:03+	00:29#	00:13#	00:14#	00:04+	00:44&	00:04#	00:03-
7	Tormod Aaslid	54										30:01						
00:52+	02:13+	05:02+	07:59+	09:00+	09:30+	11:22+	13:25+	14:53+	16:09+	17:58+	19:05+	21:49+	23:11+	24:51+	26:26+	28:59+	29:44+	30:01+
00:52+	01:21+	02:49+	02:57+	01:01+	00:30-	01:52+	02:03+	01:28+	01:16-	01:49+	01:07+	02:44+	01:22+	01:40+	01:35+	02:33+	00:45+	00:17-
00:07#	00:09#	00:03+	00:07+	00:09#	00:01-	00:41&	00:13#	00:21&	00:02-	00:27&	00:11#	00:07+	00:15#	00:03+	00:17#	00:43&	00:06#	00:02-
8	Finn Morten Årstad	115										30:57						
00:55+	04:18+	07:14+	10:41+	11:33+	12:03+	13:15+	14:53+	16:01+	17:21+	18:55+	19:54+	22:41+	23:57+	25:33+	27:48+	30:00+	30:39+	30:57+
00:55+	03:23+	02:56+	03:27+	00:52=	00:30-	01:12+	01:38-	01:08+	01:20+	01:34+	00:59+	02:47+	01:16+	01:36-	02:15+	02:12+	00:39=	00:18-
00:10#	02:11@	00:10+	00:37#	00:00=	00:01-	00:01+	00:12-	00:01+	00:02+	00:12#	00:03+	00:10+	00:09#	00:01-	00:57&	00:22#	00:00=	00:01-
9	Hermann Skogsholm	53										31:10						
00:49+	02:21+	05:13+	08:34+	09:34+	10:02+	11:25+	13:11+	14:31+	15:53+	17:22+	18:29+	22:05+	23:21+	25:03+	26:45+	30:00+	30:48+	31:10+
00:49+	01:32+	02:52+	03:21+	01:00+	00:28-	01:23+	01:46-	01:20+	01:22+	01:29+	01:07+	03:36+	01:16+	01:42+	01:42+	03:15+	00:48+	00:22+
00:04+	00:20&	00:06+	00:31#	00:08#	00:03-	00:12#	00:04-	00:13#	00:04+	00:07+	00:11#	00:59&	00:09#	00:05+	00:24&	01:25&	00:09#	00:03#
10	Geir Husdal	93										31:16						
00:53+	02:28+	05:23+	08:12+	09:10+	09:46+	11:01+	12:49+	14:06+	15:28+	16:54+	17:51+	21:01+	22:28+	24:54+	26:34+	28:57+	29:45+	31:16+
00:53+	01:35+	02:55+	02:49-	00:58+	00:36+	01:15+	01:48-	01:17+	01:22+	01:26+	00:57+	03:10+	01:27+	02:26+	01:40+	02:23+	00:48+	01:31+
00:08#	00:23&	00:09+	00:01-	00:06#	00:05#	00:04+	00:02-	00:10#	00:04+	00:04+	00:01+	00:33#	00:20&	00:49&	00:22&	00:33&	00:09#	01:12@
11	Steinar Undheim	54										34:53						
01:50+	03:42+	07:10+	10:52+	11:55+	12:28+	14:05+	16:00+	17:32+	19:03+	20:49+	22:21+	25:53+	27:19+	29:18+	31:10+	33:40+	34:34+	34:53+
01:50+	01:52+	03:28+	03:42+	01:03+	00:33+	01:37+	01:55+	01:32+	01:31+	01:46+	01:32+	03:32+	01:26+	01:59+	01:52+	02:30+	00:54+	00:19=
01:05@	00:40&	00:42&	00:52&	00:11#	00:02+	00:26&	00:05+	00:25&	00:13#	00:24&	00:36&	00:55&	00:19&	00:22#	00:34&	00:40&	00:15&	00:00=

Class	Navn	Klasse												Tid					
12	Norvald Skretting	43												35:48					
00:57+	02:19+	05:31+	08:51+	09:49+	10:23+	12:15+	14:42+	16:21+	17:45+	19:28+	20:50+	26:43+	28:01+	29:53+	32:06+	34:30+	35:26+	35:48+	
00:57+	01:22+	03:12+	03:20+	00:58+	00:34+	01:52+	02:27+	01:39+	01:24+	01:43+	01:22+	05:53+	01:18+	01:52+	02:13+	02:24+	00:56+	00:22+	
00:12&	00:10#	00:26#	00:30#	00:06#	00:03+	00:41&	00:37&	00:32&	00:06+	00:21&	00:26&	03:16@	00:11#	00:15#	00:55&	00:34&	00:17&	00:03#	
13	Ole Auklend	106												36:17					
00:54+	02:30+	05:40+	09:16+	10:38+	11:13+	14:00+	16:33+	18:05+	19:36+	21:28+	22:50+	26:04+	27:20+	30:33+	32:12+	34:48+	35:37+	36:17+	
00:54+	01:36+	03:10+	03:36+	01:22+	00:35+	02:47+	02:33+	01:32+	01:31+	01:52+	01:22+	03:14+	01:16+	03:13+	01:39+	02:36+	00:49+	00:40+	
00:09#	00:24&	00:24#	00:46&	00:30&	00:04#	01:36@	00:43&	00:25&	00:13#	00:30&	00:26&	00:37#	00:09#	01:36&	00:21&	00:46&	00:10&	00:21@	
14	Kjell Langvik	93												36:18					
01:03+	02:27+	05:50+	09:15+	10:09+	10:48+	12:23+	14:42+	16:16+	17:47+	22:16+	23:31+	27:22+	28:42+	30:35+	32:13+	35:04+	35:51+	36:18+	
01:03+	01:24+	03:23+	03:25+	00:54+	00:39+	01:35+	02:19+	01:34+	01:31+	04:29+	01:15+	03:51+	01:20+	01:53+	01:38+	02:51+	00:47+	00:27+	
00:18&	00:12#	00:37#	00:35#	00:02+	00:08&	00:24&	00:29&	00:27&	00:13#	03:07@	00:19&	01:14&	00:13#	00:16#	00:20&	01:01&	00:08#	00:08&	
15	Odd Garpestad	29												40:25					
03:48+	04:46+	08:41+	12:41+	13:31+	13:55+	18:57+	20:30+	21:43+	23:46+	25:43+	26:41+	30:02+	32:08+	33:25+	37:13+	39:23+	40:00+	40:25+	
03:48+	00:58-	03:55+	04:00+	00:50-	00:24-	05:02+	01:33-	01:13+	02:03+	01:57+	00:58+	03:21+	02:06+	01:17-	03:48+	02:10+	00:37-	00:25+	
03:03@	00:14-	01:09&	01:10&	00:02-	00:07-	03:51@	00:17-	00:06+	00:45&	00:35&	00:02+	00:44&	00:59&	00:20-	02:30@	00:20#	00:02-	00:06&	
16	Jan H. Sagen	92												40:26					
01:35+	03:27+	07:24+	11:14+	12:23+	13:02+	14:49+	17:30+	19:27+	21:16+	23:26+	25:07+	29:18+	31:09+	33:26+	35:27+	38:49+	40:02+	40:26+	
01:35+	01:52+	03:57+	03:50+	01:09+	00:39+	01:47+	02:41+	01:57+	01:49+	02:10+	01:41+	04:11+	01:51+	02:17+	02:01+	03:22+	01:13+	00:24+	
00:50@	00:40&	01:11&	01:00&	00:17&	00:08&	00:36&	00:51&	00:50&	00:31&	00:48&	00:45&	01:34&	00:44&	00:40&	00:43&	01:32&	00:34&	00:05&	
17	Arvid Thorsen	5												40:52					
01:22+	03:01+	05:46+	08:45+	09:50+	10:18+	11:50+	13:56+	15:21+	16:35+	18:01+	18:57+	24:23+	25:29+	27:17+	37:50+	39:59+	40:35+	40:52+	
01:22+	01:39+	02:45-	02:59+	01:05+	00:28-	01:32+	02:06+	01:25+	01:14-	01:26+	00:56+	05:26+	01:06-	01:48+	10:33+	02:09+	00:36-	00:17-	
00:37&	00:27&	00:01-	00:09+	00:13#	00:03-	00:21&	00:16#	00:18&	00:04-	00:04+	00:00=	02:49@	00:01-	00:11#	09:15@	00:19#	00:03-	00:02-	
18	Lars Ernst Ravndal	125												42:04					
01:32+	03:39+	07:15+	11:33+	12:50+	13:23+	15:10+	18:03+	19:39+	21:13+	22:59+	24:39+	28:09+	29:21+	31:49+	37:16+	40:37+	41:39+	42:04+	
01:32+	02:07+	03:36+	04:18+	01:17+	00:33+	01:47+	02:53+	01:36+	01:34+	01:46+	01:40+	03:30+	01:12+	02:28+	05:27+	03:21+	01:02+	00:25+	
00:47@	00:55&	00:50&	01:28&	00:25&	00:02+	00:36&	01:03&	00:29&	00:16#	00:24&	00:44&	00:53&	00:05+	00:51&	04:09@	01:31&	00:23&	00:06&	
19	Mangor Eikeland	92												47:08					
01:54+	03:54+	08:09+	12:43+	14:03+	14:45+	16:40+	19:21+	21:37+	23:45+	26:19+	27:55+	33:04+	34:52+	39:17+	41:20+	44:55+	46:15+	47:08+	
01:54+	02:00+	04:15+	04:34+	01:20+	00:42+	01:55+	02:41+	02:16+	02:08+	02:34+	01:36+	05:09+	01:48+	04:25+	02:03+	03:35+	01:20+	00:53+	
01:09@	00:48&	01:29&	01:44&	00:28&	00:11&	00:44&	00:51&	01:09@	00:50&	01:12&	00:40&	02:32&	00:41&	02:48@	00:45&	01:45&	00:41@	00:34@	
20	Reidar Liland	66												54:06					
02:01+	04:34+	09:18+	13:44+	14:58+	15:36+	17:22+	19:55+	21:58+	24:21+	28:30+	29:52+	34:35+	36:21+	40:20+	48:40+	52:20+	53:34+	54:06+	
02:01+	02:33+	04:44+	04:26+	01:14+	00:38+	01:46+	02:33+	02:03+	02:23+	04:09+	01:22+	04:43+	01:46+	03:59+	08:20+	03:40+	01:14+	00:32+	
01:16@	01:21@	01:58&	01:36&	00:22&	00:07#	00:35&	00:43&	00:56&	01:05&	02:47@	00:26&	02:06&	00:39&	02:22@	07:02@	01:50&	00:35&	00:13&	
Beste strekktid for klassen																			
00:42	00:58	02:31	02:36	00:47	00:24	01:11	01:33	01:02	01:11	01:20	00:46	02:26	01:05	01:17	01:18	01:50	00:32	00:16	

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

Herrer 75 - 79 år

1	Jan Værp	62												25:46					
00:42=	01:31=	03:29=	05:05=	06:20=	08:58=	10:27=	11:55=	12:47=	13:33=	15:30=	17:17=	19:55=	21:09=	22:26=	23:12=	24:09=	24:32=	25:20=	25:46=
00:42=	00:49=	01:58=	01:36=	01:15=	02:38=	01:29=	01:28=	00:52=	00:46=	01:57=	01:47=	02:38=	01:14=	01:17=	00:46=	00:57=	00:23=	00:48=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Knut Skjæveland	93												27:15					
00:36-	01:22-	04:25+	05:50+	07:10+	09:37+	11:09+	12:19+	12:55+	13:39+	15:33+	17:56+	21:23+	22:31+	23:43+	24:34+	25:26+	25:52+	26:47+	27:15+
00:36-	00:46-	03:03+	01:25-	01:20+	02:27-	01:32+	01:10-	00:36-	00:44-	01:54-	02:23+	03:27+	01:08-	01:12-	00:51+	00:52+	00:26+	00:55+	00:28+
00:06-	00:03-	01:05&	00:11-	00:05+	00:11-	00:03+	00:18-	00:16-	00:02-	00:03-	00:36&	00:49&	00:06-	00:05-	00:05#	00:05-	00:03#	00:07#	00:02+
3	Alf Gyland	92												31:02					
01:50+	02:47+	06:16+	08:14+	10:24+	13:13+	14:46+	16:11+	16:49+	17:34+	19:27+	21:56+	25:13+	26:22+	27:32+	28:27+	29:19+	29:43+	30:37+	31:02+
01:50+	00:57+	03:29+	01:58+	02:10+	02:49+	01:33+	01:25-	00:38-	00:45-	01:53-	02:29+	03:17+	01:09-	01:10-	00:55+	00:52-	00:24+	00:54+	00:25-
01:08@	00:08#	01:31&	00:22#	00:55&	00:11+	00:04+	00:03-	00:14-	00:01-	00:04-	00:42&	00:39#	00:05-	00:07-	00:09#	00:05-	00:01+	00:06#	00:01-
4	Rolv Nærland	63												31:58					
01:30+	02:13+	05:39+	07:42+	09:21+	12:09+	13:52+	15:37+	16:24+	17:16+	19:38+	21:29+	24:42+	26:06+	27:59+	29:00+	30:08+	30:37+	31:27+	31:58+
01:30+	00:43-	03:26+	02:03+	01:39+	02:48+	01:43+	01:45+	00:47-	00:52+	02:22+	01:51+	03:13+	01:24+	01:53+	01:01+	01:08+	00:29+	00:50+	00:31+
00:48@	00:06-	01:28&	00:27&	00:24&	00:10+	00:14#	00:17#	00:05-	00:06#	00:25#	00:04+	00:35#	00:10#	00:36&	00:15&	00:11#	00:06&	00:02+	00:05#

Class	Navn	Klasse										Tid									
5	Kjell Maudal	63										35:26									
01:16+	02:14+	09:44+	11:37+	13:21+	15:57+	17:24+	19:07+	19:55+	20:46+	22:51+	24:34+	27:28+	28:50+	30:48+	32:02+	33:16+	33:45+	34:51+	35:26+		
01:16+	00:58+	07:30+	01:53+	01:44+	02:36-	01:27-	01:43+	00:48-	00:51+	02:05+	01:43-	02:54+	01:22+	01:58+	01:14+	01:14+	00:29+	01:06+	00:35+		
00:34&	00:09#	05:32@	00:17#	00:29&	00:02-	00:02-	00:15#	00:04-	00:05#	00:08+	00:04-	00:16#	00:08#	00:41&	00:28&	00:17&	00:06&	00:18&	00:09&		
6	Harald Vatne	67										35:29									
02:23+	03:08+	08:21+	10:11+	11:57+	14:49+	16:28+	17:56+	18:40+	20:32+	22:48+	24:43+	27:46+	29:20+	30:52+	32:21+	33:28+	34:03+	35:04+	35:29+		
02:23+	00:45-	05:13+	01:50+	01:46+	02:52+	01:39+	01:28=	00:44-	01:52+	02:16+	01:55+	03:03+	01:34+	01:32+	01:29+	01:07+	00:35+	01:01+	00:25-		
01:41@	00:04-	03:15@	00:14#	00:31&	00:14+	00:10#	00:00=	00:08-	01:06@	00:19#	00:08+	00:25#	00:20&	00:15#	00:43&	00:10#	00:12&	00:13&	00:01-		
7	Magne Jakobsen	63										37:11									
00:47+	01:36+	04:55+	06:52+	08:41+	11:35+	13:28+	15:18+	16:13+	17:26+	20:12+	22:19+	27:03+	29:09+	31:07+	32:58+	34:06+	34:35+	36:27+	37:11+		
00:47+	00:49=	03:19+	01:57+	01:49+	02:54+	01:53+	01:50+	00:55+	01:13+	02:46+	02:07+	04:44+	02:06+	01:58+	01:51+	01:08+	00:29+	01:52+	00:44+		
00:05#	00:00=	01:21&	00:21#	00:34&	00:16#	00:24&	00:22#	00:03+	00:27&	00:49&	00:20#	02:06&	00:52&	00:41&	01:05@	00:11#	00:06&	01:04@	00:18&		
8	Terje Braut	92										38:20									
00:59+	01:44+	07:59+	09:33+	12:05+	14:37+	20:22+	21:45+	22:38+	23:58+	26:25+	28:02+	31:14+	32:32+	34:03+	35:18+	36:24+	36:52+	37:46+	38:20+		
00:59+	00:45-	06:15+	01:34-	02:32+	02:32-	05:45+	01:23-	00:53+	01:20+	02:27+	01:37-	03:12+	01:18+	01:31+	01:15+	01:06+	00:28+	00:54+	00:34+		
00:17&	00:04-	04:17@	00:02-	01:17@	00:06-	04:16@	00:05-	00:01+	00:34&	00:30&	00:10-	00:34#	00:04+	00:14#	00:29&	00:09#	00:05#	00:06#	00:08&		
9	Torleiv Møgedal	68										39:44									
03:21+	04:19+	07:25+	09:46+	11:29+	14:36+	16:28+	18:38+	19:35+	20:49+	24:13+	26:38+	30:25+	32:29+	34:24+	35:50+	37:14+	37:50+	38:56+	39:44+		
03:21+	00:58+	03:06+	02:21+	01:43+	03:07+	01:52+	02:10+	00:57+	01:14+	03:24+	02:25+	03:47+	02:04+	01:55+	01:26+	01:24+	00:36+	01:06+	00:48+		
02:39@	00:09#	01:08&	00:45&	00:28&	00:29#	00:23#	00:42&	00:05+	00:28&	01:27&	00:38&	01:09&	00:50&	00:38&	00:40&	00:27&	00:13&	00:18&	00:22&		
10	Albert Moe	54										43:14									
00:57+	02:04+	10:25+	12:42+	14:29+	17:44+	19:46+	21:34+	22:35+	23:27+	26:17+	28:36+	32:36+	35:38+	37:31+	38:55+	40:21+	41:01+	42:15+	43:14+		
00:57+	01:07+	08:21+	02:17+	01:47+	03:15+	02:02+	01:48+	01:01+	00:52+	02:50+	02:19+	04:00+	03:02+	01:53+	01:24+	01:26+	00:40+	01:14+	00:59+		
00:15&	00:18&	06:23@	00:41&	00:32&	00:37#	00:33&	00:20#	00:09#	00:06#	00:53&	00:32&	01:22&	01:48@	00:36&	00:38&	00:29&	00:17&	00:26&	00:33@		
11	Arne Brandsberg	29										49:26									
00:57+	02:01+	06:44+	12:08+	14:07+	18:23+	20:49+	22:59+	24:31+	25:39+	29:32+	32:53+	38:24+	40:30+	42:45+	44:22+	45:59+	46:44+	48:32+	49:26+		
00:57+	01:04+	04:43+	05:24+	01:59+	04:16+	02:26+	02:10+	01:32+	01:08+	03:53+	03:21+	05:31+	02:06+	02:15+	01:37+	01:37+	00:45+	01:48+	00:54+		
00:15&	00:15&	02:45@	03:48@	00:44&	01:38&	00:57&	00:42&	00:40&	00:22&	01:56&	01:34&	02:53@	00:52&	00:58&	00:51@	00:40&	00:22&	01:00@	00:28@		
12	Harald I. Serigstad	128										1:03:01									
01:21+	06:32+	10:27+	12:25+	13:56+	17:40+	20:07+	27:53+	30:38+	31:47+	34:55+	39:37+	46:57+	49:30+	51:39+	57:51+	59:09+	61:22+	62:13+	63:01+		
01:21+	05:11+	03:55+	01:58+	01:31+	03:44+	02:27+	07:46+	02:45+	01:09+	03:08+	04:42+	07:20+	02:33+	02:09+	06:12+	01:18+	02:13+	00:51+	00:48+		
00:39&	04:22@	01:57&	00:22#	00:16#	01:06&	00:58&	06:18@	01:53@	00:23&	01:11&	02:55@	04:42@	01:19@	00:52&	05:26@	00:21&	01:50@	00:03+	00:22&		
Beste strekktid for klassen																					
00:36	00:43	01:58	01:25	01:15	02:27	01:27	01:10	00:36	00:44	01:53	01:37	02:38	01:08	01:10	00:46	00:52	00:23	00:48	00:25		

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

Herrer 80 år og eldre

1	Sigurd Krosli	31										30:13									
02:09=	04:00=	05:39=	08:51=	10:45=	13:05=	13:46=	15:09=	16:54=	19:38=	21:28=	23:09=	24:42=	26:01=	27:10=	28:57=	29:48=	30:13=				
02:09=	01:51=	01:39=	03:12=	01:54=	02:20=	00:41=	01:23=	01:45=	02:44=	01:50=	01:41=	01:33=	01:19=	01:09=	01:47=	00:51=	00:25=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Arnulf Fuglestad	29										39:02									
01:54-	03:35-	05:20-	17:42+	20:37+	21:56+	22:48+	23:59+	25:39+	28:50+	30:49+	32:28+	34:23+	35:14+	38:09+	38:41+	39:02+	142:55+				
01:54-	01:41-	01:45+	12:22+	02:55+	01:19-	00:52+	01:11-	01:40-	03:11+	01:59+	01:39-	01:55+	00:51-	02:55+	00:32-	00:21-	103:53+				
00:15-	00:10-	00:06+	09:10@	01:01&	01:01-	00:11&	00:12-	00:05-	00:27#	00:09+	00:02-	00:22#	00:28-	01:46@	01:15-	00:30-	103:28@				
3	Peter Frafjord	116										39:53									
04:57+	06:35+	08:47+	12:58+	14:50+	17:17+	18:19+	19:44+	21:40+	27:20+	29:05+	32:05+	35:16+	36:02+	37:24+	38:45+	39:28+	39:53+				
04:57+	01:38-	02:12+	04:11+	01:52-	02:27+	01:02+	01:25+	01:56+	05:40+	01:45-	03:00+	03:11+	00:46-	01:22+	01:21-	00:43-	00:25=				
02:48@	00:13-	00:33&	00:59&	00:02-	00:07+	00:21&	00:02+	00:11#	02:56@	00:05-	01:19&	01:38@	00:33-	00:13#	00:26-	00:08-	00:00=				
4	Magne Westerheim	93										1:21:53									
03:05+	06:08+	08:10+	30:43+	32:08+	34:20+	35:07+	38:04+	40:08+	43:25+	48:42+	57:56+	77:03+	77:49+	79:14+	80:35+	81:34+	81:53+				
03:05+	03:03+	02:02+	22:33+	01:25-	02:12-	00:47+	02:57+	02:04+	03:17+	05:17+	09:14+	19:07+	00:46-	01:25+	01:21-	00:59+	00:19-				
00:56&	01:12&	00:23#	19:21@	00:29-	00:08-	00:06#	01:34@	00:19#	00:33#	03:27@	07:33@	17:34@	00:33-	00:16#	00:26-	00:08#	00:06-				
Beste strekktid for klassen																					
01:54	01:38	01:39	03:12	01:25	01:19	00:41	01:11	01:40	02:44	01:45	01:39	01:33	00:46	01:09	00:32	00:21	00:19				

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

Herrer A

1	Bjarthe Westerheim	194	22:15																						
00:16=	00:44=	02:08=	03:31=	03:41=	05:37=	05:53=	06:18=	07:13=	07:46=	08:04=	08:47=	09:15=	09:50=	10:17=	10:37=	11:43=	12:38=	14:00=	15:21=	16:01=	17:22=	17:45=	18:32=	19:15=	20:29=
00:16=	00:28=	01:24=	01:23=	00:10=	01:56=	00:16=	00:25=	00:55=	00:33=	00:18=	00:43=	00:28=	00:35=	00:27=	00:20=	01:06=	00:55=	01:22=	01:21=	00:40=	01:21=	00:23=	00:47=	00:43=	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=
21:28=	22:01=	22:15=																							
00:59=	00:33=	00:14=																							
00:00=	00:00=	00:00=																							
2	Ola Magnus Laugaland	194	23:01																						
00:17+	00:39-	02:07-	03:38+	03:48+	05:44+	06:00+	06:23+	07:16+	07:46=	08:04=	08:51+	09:20+	09:54+	10:17=	10:35-	11:42-	12:37-	13:58-	15:19-	15:58-	17:29+	17:51+	18:40+	19:22+	21:16+
00:17+	00:22-	01:28+	01:31+	00:10=	01:56=	00:16=	00:23-	00:53-	00:30-	00:18=	00:47+	00:29+	00:34-	00:23-	00:18-	01:07+	00:55=	01:21-	01:21=	00:39-	01:31+	00:22-	00:49+	00:42-	01:54+
00:01+	00:06-	00:04+	00:08+	00:00=	00:00=	00:00=	00:02-	00:02-	00:03-	00:00=	00:04+	00:01+	00:01-	00:04-	00:02-	00:01+	00:00=	00:01-	00:00=	00:01-	00:10#	00:01-	00:02+	00:01-	00:40&
22:10+	22:45+	23:01+																							
00:54-	00:35+	00:16+																							
00:05-	00:02+	00:02#																							
3	Fredrik Omdal	74	23:05																						
00:16=	00:38-	02:21+	03:44+	03:54+	05:48+	06:05+	06:34+	07:25+	07:54+	08:13+	08:59+	09:26+	10:01+	10:25+	10:45+	12:19+	13:17+	14:36+	15:54+	16:34+	18:04+	18:27+	19:15+	19:59+	21:25+
00:16=	00:22-	01:43+	01:23=	00:10=	01:54-	00:17+	00:29+	00:51-	00:29-	00:19+	00:46+	00:27-	00:35=	00:24-	00:20=	01:34+	00:58+	01:19-	01:18-	00:40=	01:30+	00:23=	00:48+	00:44+	01:26+
00:00=	00:06-	00:19#	00:00=	00:00=	00:02-	00:01+	00:04#	00:04-	00:04-	00:01+	00:03+	00:01-	00:00=	00:03-	00:00=	00:28&	00:03+	00:03-	00:03-	00:00=	00:09#	00:00=	00:01+	00:01+	00:12#
22:16+	22:51+	23:05+																							
00:51-	00:35+	00:14=																							
00:08-	00:02+	00:00=																							
4	Harald Kalager	7	25:22																						
00:22+	00:51+	02:25+	04:09+	04:19+	06:18+	06:35+	07:02+	07:56+	08:35+	08:58+	09:45+	10:22+	11:01+	11:28+	11:51+	13:07+	14:39+	16:01+	17:38+	18:39+	20:11+	20:32+	21:30+	22:12+	23:24+
00:22+	00:29+	01:34+	01:44+	00:10=	01:59+	00:17+	00:27+	00:54-	00:39+	00:23+	00:47+	00:37+	00:39+	00:27=	00:23+	01:16+	01:32+	01:22=	01:37+	01:01+	01:32+	00:21-	00:58+	00:42-	01:12-
00:06&	00:01+	00:10#	00:21&	00:00=	00:03+	00:01+	00:02+	00:01-	00:06#	00:05&	00:04+	00:09&	00:04#	00:00=	00:03#	00:10#	00:37&	00:00=	00:16#	00:21&	00:11#	00:02-	00:11#	00:01-	00:02-
24:23+	25:04+	25:22+																							
00:59=	00:41+	00:18+																							
00:00=	00:08#	00:04&																							
5	Aart Joakim in't Veld	93	25:45																						
00:18+	00:49+	02:40+	04:13+	04:26+	06:36+	06:54+	07:21+	08:21+	08:54+	09:15+	10:09+	10:57+	11:38+	12:07+	12:30+	13:51+	14:58+	16:24+	17:57+	18:41+	20:20+	20:44+	21:40+	22:32+	23:50+
00:18+	00:31+	01:51+	01:33+	00:13+	02:10+	00:18+	00:27+	01:00+	00:33=	00:21+	00:54+	00:48+	00:41+	00:29+	00:23+	01:21+	01:07+	01:26+	01:33+	00:44+	01:39+	00:24+	00:56+	00:52+	01:18+
00:02#	00:03#	00:27&	00:10#	00:03&	00:14#	00:02#	00:02+	00:05+	00:00=	00:03#	00:11&	00:20&	00:06#	00:02+	00:03#	00:15#	00:12#	00:04+	00:12#	00:04#	00:18#	00:01+	00:09#	00:09#	00:04+
24:48+	25:24+	25:45+																							
00:58-	00:36+	00:21+																							
00:01-	00:03+	00:07&																							
6	Fredrik Sandal	88	26:25																						
00:21+	00:49+	02:33+	04:07+	04:18+	06:24+	06:42+	07:09+	08:08+	08:43+	09:04+	09:59+	10:32+	11:15+	11:39+	11:58+	13:24+	14:29+	16:32+	18:03+	18:54+	20:46+	21:10+	22:09+	22:58+	24:23+
00:21+	00:28=	01:44+	01:34+	00:11+	02:06+	00:18+	00:27+	00:59+	00:35+	00:21+	00:55+	00:33+	00:43+	00:24-	00:19-	01:26+	01:05+	02:03+	01:31+	00:51+	01:52+	00:24+	00:59+	00:49+	01:25+
00:05&	00:00=	00:20#	00:11#	00:01#	00:10+	00:02#	00:02+	00:04+	00:02+	00:03#	00:12&	00:05#	00:08#	00:03-	00:01-	00:20&	00:10#	00:41&	00:10#	00:11&	00:31&	00:01+	00:12&	00:06#	00:11#
25:28+	26:07+	26:25+																							
01:05+	00:39+	00:18+																							
00:06#	00:06#	00:04&																							
7	Erik Lima	115	29:21																						
00:29+	01:02+	03:09+	04:52+	05:07+	07:35+	07:55+	08:26+	09:38+	10:14+	10:37+	11:28+	12:05+	12:50+	13:16+	13:41+	15:10+	16:27+	18:20+	20:15+	21:11+	23:14+	23:38+	24:51+	25:40+	27:14+
00:29+	00:33+	02:07+	01:43+	00:15+	02:28+	00:20+	00:31+	01:12+	00:36+	00:23+	00:51+	00:37+	00:45+	00:26-	00:25+	01:29+	01:17+	01:53+	01:55+	00:56+	02:03+	00:24+	01:13+	00:49+	01:34+
00:13&	00:05#	00:43&	00:20#	00:05&	00:32&	00:04#	00:06#	00:17&	00:03+	00:05&	00:08#	00:09&	00:10&	00:01-	00:05#	00:23&	00:22&	00:31&	00:34&	00:16&	00:42&	00:01+	00:26&	00:06#	00:20&
28:22+	29:03+	29:21+																							
01:08+	00:41+	00:18+																							
00:09#	00:08#	00:04&																							
8	Cato Eike	79	29:57																						
00:24+	00:53+	02:50+	04:42+	04:59+	07:13+	07:33+	08:15+	09:18+	10:00+	10:25+	11:19+	12:01+	12:45+	13:25+	13:53+	15:29+	16:44+	18:47+	20:40+	21:55+	24:02+	24:28+	25:34+	26:25+	27:53+
00:24+	00:29+	01:57+	01:52+	00:17+	02:14+	00:20+	00:42+	01:03+	00:42+	00:25+	00:54+	00:42+	00:44+	00:40+	00:28+	01:36+	01:15+	02:03+	01:53+	01:15+	02:07+	00:26+	01:06+	00:51+	01:28+
00:08&	00:01+	00:33&	00:29&	00:07&	00:18#	00:04#	00:17&	00:08#	00:09&	00:07&	00:11&	00:14&	00:09&	00:13&	00:08&	00:30&	00:20&	00:41&	00:32&	00:35&	00:46&	00:03#	00:19&	00:08#	00:14#
28:59+	29:40+	29:57+																							
01:06+	00:41+	00:17+																							
00:07#	00:08#	00:03#																							

Class	Navn	Klasse										Tid													
9	Martin Blystad	115										34:37													
00:24+	00:52+	02:48+	04:37+	04:50+	07:21+	07:43+	08:28+	09:35+	10:13+	10:36+	12:01+	12:36+	13:33+	14:04+	14:32+	16:10+	17:32+	19:18+	22:01+	23:08+	27:05+	27:51+	28:54+	29:56+	32:21+
00:24+	00:28=	01:56+	01:49+	00:13+	02:31+	00:22+	00:45+	01:07+	00:38+	00:23+	01:25+	00:35+	00:57+	00:31+	00:28+	01:38+	01:22+	01:46+	02:43+	01:07+	03:57+	00:46+	01:03+	01:02+	02:25+
00:08&	00:00=	00:32&	00:26&	00:03&	00:35&	00:06&	00:20&	00:12#	00:05#	00:05&	00:42&	00:07#	00:22&	00:04#	00:08&	00:32&	00:27&	00:24&	01:22@	00:27&	02:36@	00:23&	00:16&	00:19&	01:11&
33:33+	34:20+	34:37+																							
01:12+	00:47+	00:17+																							
00:13#	00:14&	00:03#																							

Beste strekktid for klassen

00:16 00:22 01:24 01:23 00:10 01:54 00:16 00:23 00:51 00:29 00:18 00:43 00:27 00:34 00:23 00:18 01:06 00:55 01:19 01:18 00:39 01:21 00:21 00:47 00:42 01:12 00:51 00:33

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

Herrer B

1	Oddvar Taksdal	194										25:02													
00:22=	00:47=	02:25=	03:52=	04:04=	06:12=	06:30=	06:58=	07:58=	08:31=	08:52=	09:43=	10:14=	10:59=	11:27=	11:50=	13:07=	14:12=	15:40=	17:14=	18:00=	19:42=	20:13=	21:04=	21:50=	23:10=
00:22=	00:25=	01:38=	01:27=	00:12=	02:08=	00:18=	00:28=	01:00=	00:33=	00:21=	00:51=	00:31=	00:45=	00:28=	00:23=	01:17=	01:05=	01:28=	01:34=	00:46=	01:42=	00:31=	00:51=	00:46=	01:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
24:07=	24:44=	25:02=																							
00:57=	00:37=	00:18=																							
00:00=	00:00=	00:00=																							

2	Tor Gunnar Aksland	116										26:23													
00:21-	00:44-	02:11-	03:39-	03:50-	05:53-	06:11-	06:37-	07:34-	08:07-	08:30-	09:21-	09:59-	10:39-	11:06-	11:30-	12:46-	13:50-	15:21-	17:44+	18:33+	20:35+	21:02+	22:01+	22:47+	24:21+
00:21-	00:23-	01:27-	01:28+	00:11-	02:03-	00:18=	00:57-	00:28+	00:33=	00:23+	00:51=	00:38+	00:40-	00:27-	00:24+	01:16-	01:04-	01:31+	02:23+	00:49+	02:02+	00:27-	00:59+	00:46=	01:34+
00:01-	00:02-	00:11-	00:01+	00:01-	00:05-	00:00=	00:02-	00:03-	00:00=	00:02+	00:00=	00:07#	00:05-	00:01-	00:01+	00:01-	00:01-	00:03+	00:49&	00:03+	00:20#	00:04-	00:08#	00:00=	00:14#
25:23+	26:01+	26:23+																							
01:02+	00:38+	00:22+																							
00:05+	00:01+	00:04#																							

3	Stein Arne Olsen	68										26:37													
00:19-	00:43-	02:30+	04:10+	04:22+	06:39+	06:59+	07:25+	08:25+	08:58+	09:20+	10:12+	10:44+	11:25+	11:50+	12:11+	13:29+	14:33+	15:58+	18:08+	18:55+	20:40+	21:03+	21:54+	22:40+	24:03+
00:19-	00:24-	01:47+	01:40+	00:12=	02:17+	00:20+	00:26-	01:00=	00:33=	00:22+	00:52+	00:32+	00:41-	00:25-	00:21-	01:18+	01:04-	01:25-	02:10+	00:47+	01:45+	00:23-	00:51=	00:46=	01:23+
00:03-	00:01-	00:09+	00:13#	00:00=	00:09+	00:02#	00:02-	00:00=	00:00=	00:01+	00:01+	00:01+	00:04-	00:03-	00:02-	00:01+	00:01-	00:03-	00:36&	00:01+	00:03+	00:08-	00:00=	00:00=	00:03+
25:02+	25:38+	26:21+	26:37+																						
00:59+	00:36-	00:43+	00:16+																						
00:02+	00:01-	00:25@	00:16+																						

4	Geir Sand	105										27:38													
00:26+	00:51+	03:00+	04:33+	04:45+	07:03+	07:21+	07:50+	08:47+	09:20+	09:43+	10:39+	11:13+	11:55+	12:23+	12:56+	14:19+	15:27+	17:06+	18:51+	19:51+	21:47+	22:14+	23:23+	24:10+	25:40+
00:26+	00:25=	02:09+	01:33+	00:12=	02:18+	00:18=	00:29+	00:57-	00:33=	00:23+	00:56+	00:34+	00:42-	00:28=	00:33+	01:23+	01:08+	01:39+	01:45+	01:00+	01:56+	00:27-	01:09+	00:47+	01:30+
00:04#	00:00=	00:31&	00:06+	00:00=	00:10+	00:00=	00:01+	00:03-	00:00=	00:02+	00:05+	00:03+	00:03-	00:00=	00:10&	00:06+	00:03+	00:11#	00:11#	00:14&	00:14#	00:04-	00:18&	00:01+	00:10#
26:46+	27:23+	27:38+																							
01:06+	00:37=	00:15-																							
00:09#	00:00=	00:03-																							

5	Njål F. Vadla	93										27:44													
00:18-	00:41-	02:14-	03:45-	03:57-	06:10-	06:29-	06:55-	07:54-	08:27-	08:47-	09:38-	10:10-	10:48-	11:15-	11:38-	13:20+	14:42+	17:50+	19:26+	20:19+	22:19+	22:43+	23:38+	24:28+	25:47+
00:18-	00:23-	01:33-	01:31+	00:12=	02:13+	00:19+	00:26-	00:59-	00:33=	00:20-	00:51=	00:32+	00:38-	00:27-	00:23=	01:42+	01:22+	03:08+	01:36+	00:53+	02:00+	00:24-	00:55+	00:50+	01:19-
00:04-	00:02-	00:05-	00:04+	00:00=	00:05+	00:01+	00:02-	00:01-	00:00=	00:01-	00:00=	00:01+	00:07-	00:01-	00:00=	00:25&	00:17&	01:40@	00:02+	00:07#	00:18#	00:07-	00:04+	00:04+	00:01-
26:47+	27:28+	27:44+																							
01:00+	00:41+	00:16-																							
00:03+	00:04#	00:02-																							

6	Jan-Rune Basso	91										28:03													
00:22=	00:47=	02:44+	04:20+	04:32+	06:56+	07:14+	07:43+	08:42+	09:24+	09:46+	10:46+	11:21+	12:13+	12:39+	13:06+	14:30+	15:41+	17:14+	19:15+	20:04+	22:09+	22:35+	23:41+	24:33+	25:55+
00:22=	00:25=	01:57+	01:36+	00:12=	02:24+	00:18=	00:29+	00:59-	00:42+	00:22+	01:00+	00:35+	00:52+	00:26-	00:27+	01:24+	01:11+	01:33+	02:01+	00:49+	02:05+	00:26-	01:06+	00:52+	01:22+
00:00=	00:00=	00:19#	00:09#	00:00=	00:16#	00:00=	00:01+	00:01-	00:09&	00:01+	00:09#	00:04#	00:07#	00:02-	00:04#	00:07+	00:06+	00:05+	00:27&	00:03+	00:23#	00:05-	00:15&	00:06#	00:02+
27:02+	27:44+	28:03+																							
01:07+	00:42+	00:19+																							
00:10#	00:05#	00:01+																							

7	Morten Aamodt	116										28:12													
00:25+	00:54+	02:56+	04:35+	04:46+	06:59+	07:18+	07:46+	08:49+	09:24+	09:47+	10:37+	11:11+	12:06+	12:32+	12:58+	14:33+	15:53+	17:24+	19:17+	20:07+	22:00+	22:28+	23:31+	24:22+	26:00+
00:25+	00:29+	02:02+	01:39+	00:11-	02:13+	00:19+	00:28=	01:03+	00:35+	00:23+	00:50-	00:34+	00:55+	00:26-	00:26+	01:35+	01:20+	01:31+	01:53+	00:50+	01:53+	00:28-	01:03+	00:51+	01:38+
00:03#	00:04#	00:24#	00:12#	00:01-	00:05+	00:01+	00:00=	00:03+	00:02+	00:02+	00:01-	00:03+	00:10#	00:02-	00:03#	00:18#	00:15#	00:03+	00:19#	00:04+	00:11#	00:03-	00:12#	00:05#	00:18#
27:05+	27:47+	28:12+																							
01:05+	00:42+	00:25+																							
00:08#	00:05#	00:07&																							

Class	Navn	Klasse	Tid																						
17	Tallak Langmyr	283	39:53																						
00:57+	01:28+	03:37+	05:52+	06:08+	08:56+	09:17+	10:00+	11:16+	12:04+	12:31+	13:46+	14:34+	15:35+	16:06+	16:41+	18:32+	20:02+	22:00+	24:26+	25:26+	31:22+	32:01+	33:49+	35:00+	37:10+
00:57+	00:31+	02:09+	02:15+	00:16+	02:48+	00:21+	00:43+	01:16+	00:48+	00:27+	01:15+	00:48+	01:01+	00:31+	00:35+	01:51+	01:30+	01:58+	02:26+	01:00+	05:56+	00:39+	01:48+	01:11+	02:10+
00:35@	00:06#	00:31&	00:48&	00:04&	00:40&	00:03#	00:15&	00:16&	00:15&	00:06&	00:24&	00:17&	00:16&	00:03#	00:12&	00:34&	00:25&	00:30&	00:52&	00:14&	04:14@	00:08&	00:57@	00:25&	00:50&
38:37+	39:31+	39:53+																							
01:27+	00:54+	00:22+																							
00:30&	00:17&	00:04#																							

Beste strekktid for klassen

00:17 00:21 01:27 01:27 00:11 02:03 00:15 00:26 00:57 00:33 00:20 00:50 00:31 00:38 00:25 00:21 01:16 01:04 01:25 01:34 00:45 01:42 00:20 00:51 00:45 01:19 00:57 00:36

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

Herrer C

1	Otte Omdal	65	26:59																						
00:36=	01:39=	03:11=	04:52=	05:05=	07:25=	07:55=	08:22=	09:36=	09:57=	10:56=	12:23=	12:49=	13:24=	14:28=	15:43=	17:15=	18:55=	20:29=	20:57=	21:26=	23:06=	23:32=	24:07=	25:19=	26:30=
00:36=	01:03=	01:32=	01:41=	00:13=	02:20=	00:30=	00:27=	01:14=	00:21=	00:59=	01:27=	00:26=	00:35=	01:04=	01:15=	01:32=	01:40=	01:34=	00:28=	00:29=	01:40=	00:26=	00:35=	01:12=	01:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
26:45=	26:59=																								
00:15=	00:14=																								
00:00=	00:00=																								

2	Jan Einar Øvremo	50	27:24																						
00:28-	01:19-	02:56-	04:38-	04:52-	07:18-	07:55=	08:23+	09:39+	10:01+	10:54-	12:17-	12:49=	13:17-	14:16-	15:20-	16:54-	18:13-	19:34-	20:04-	20:31-	22:37-	23:01-	23:38-	25:38+	26:56+
00:28-	00:51-	01:37+	01:42+	00:14+	02:26+	00:37+	00:28+	01:16+	00:22+	00:53-	01:23-	00:32+	00:28-	00:59-	01:04-	01:34+	01:19-	01:21-	00:30+	00:27-	02:06+	00:24-	00:37+	02:00+	01:18+
00:08-	00:12-	00:05+	00:01+	00:01+	00:06+	00:07#	00:01+	00:02+	00:01+	00:06-	00:04-	00:06#	00:07-	00:05-	00:11-	00:02+	00:21-	00:13-	00:02+	00:02-	00:26&	00:02-	00:02+	00:48&	00:07+
27:09+	27:24+																								
00:13-	00:15+																								
00:02-	00:01+																								

3	Knut Taugbøl	116	29:08																						
00:45+	01:46+	03:22+	05:03+	05:18+	07:41+	08:10+	08:52+	10:02+	10:26+	11:31+	12:51+	13:19+	13:59+	14:57+	16:12+	18:08+	20:04+	21:41+	22:13+	22:47+	24:40+	25:13+	25:48+	27:06+	28:30+
00:45+	01:01-	01:36+	01:41=	00:15+	02:23+	00:29-	00:42+	01:10-	00:24+	01:05+	01:20-	00:28+	00:40+	00:58-	01:15=	01:56+	01:56+	01:37+	00:32+	00:34+	01:53+	00:33+	00:35=	01:18+	01:24+
00:09#	00:02-	00:04+	00:00=	00:02#	00:03+	00:01-	00:15&	00:04-	00:03#	00:06#	00:07-	00:02+	00:05#	00:06-	00:00=	00:24&	00:16#	00:03+	00:04#	00:05#	00:13#	00:07&	00:00=	00:06+	00:13#
28:50+	29:08+																								
00:20+	00:18+																								
00:05&	00:04&																								

4	Inge Løland	114	29:27																						
00:37+	01:38-	03:05-	04:44-	05:01-	07:25=	07:54-	08:20-	09:35-	10:01+	11:00+	12:19-	12:49=	13:42+	14:38+	15:55+	18:16+	19:51+	21:40+	22:06+	22:47+	25:02+	25:35+	26:14+	27:23+	28:50+
00:37+	01:01-	01:27-	01:39-	00:17+	02:24+	00:29-	00:26-	01:15+	00:26+	00:59=	01:19-	00:30+	00:53+	00:56-	01:17+	02:21+	01:35-	01:49+	00:26-	00:41+	02:15+	00:33+	00:39+	01:09-	01:27+
00:01+	00:02-	00:05-	00:02-	00:04&	00:04+	00:01-	00:01-	00:01+	00:05#	00:00=	00:08-	00:04#	00:18&	00:08-	00:02+	00:49&	00:05-	00:15#	00:02-	00:12&	00:35&	00:07&	00:04#	00:03-	00:16#
29:07+	29:27+																								
00:17+	00:20+																								
00:02#	00:06&																								

5	Lars Helgeland	23	29:29																						
00:34-	01:31-	03:07-	05:08+	05:21+	07:58+	08:56+	09:27+	10:41+	11:05+	12:16+	13:31+	14:11+	14:46+	15:58+	17:25+	19:14+	20:51+	22:30+	22:58+	23:28+	25:21+	25:50+	26:25+	27:39+	28:51+
00:34-	00:57-	01:36+	02:01+	00:13=	02:37+	00:58+	00:31+	01:14=	00:24+	01:11+	01:15-	00:40+	00:35=	01:12+	01:27+	01:49+	01:37-	01:39+	00:28=	00:30+	01:53+	00:29+	00:35=	01:14+	01:12+
00:02-	00:06-	00:04+	00:20#	00:00=	00:17#	00:28&	00:04#	00:00=	00:03#	00:12#	00:12-	00:14&	00:00=	00:08#	00:12#	00:17#	00:03-	00:05+	00:00=	00:01+	00:13#	00:03#	00:00=	00:02+	00:01+
29:08+	29:29+																								
00:17+	00:21+																								
00:02#	00:07&																								

6	Paul Terje Haarr	62	29:39																						
00:43+	01:43+	03:25+	05:21+	05:35+	08:02+	08:35+	09:06+	10:25+	10:48+	11:49+	13:24+	13:57+	14:41+	15:44+	17:12+	19:18+	20:48+	22:23+	22:49+	23:28+	25:38+	26:00+	26:32+	27:48+	29:07+
00:43+	01:00-	01:42+	01:56+	00:14+	02:27+	00:33+	00:31+	01:19+	00:23+	01:01+	01:35+	00:33+	00:44+	01:03-	01:28+	02:06+	01:30-	01:35+	00:26-	00:39+	02:10+	00:22-	00:32-	01:16+	01:19+
00:07#	00:03-	00:10#	00:15#	00:01+	00:07+	00:03#	00:04#	00:05+	00:02+	00:02+	00:08+	00:07&	00:09&	00:01-	00:13#	00:34&	00:10-	00:01+	00:02-	00:10&	00:30&	00:04-	00:03-	00:04+	00:08#
29:23+	29:39+																								
00:16+	00:16+																								
00:01+	00:02#																								

7	Kjetil Wirak	114	30:18																						
01:51+	02:40+	04:00+	05:30+	05:42+	07:48+	08:18+	08:45+	09:49+	10:11+	11:08+	12:32+	14:09+	14:40+	15:43+	16:48+	18:23+	19:42+	21:05+	21:32+	22:07+	23:49+	27:02+	27:37+	28:36+	29:47+
01:51+	00:49-	01:20-	01:30-	00:12-	02:06-	00:30=	00:27=	01:04-	00:22+	00:57-	01:24-	01:37+	00:31-	01:03-	01:05-	01:35+	01:19-	01:23-	00:27-	00:35+	01:42+	03:13+	00:35=	00:59-	01:11=
01:15@	00:14-	00:12-	00:11-	00:01-	00:14-	00:00=	00:00=	00:10-	00:01+	00:02-	00:03-	01:11@	00:04-	00:01-	00:10-	00:03+	00:21-	00:11-	00:01-	00:06#	00:02+	02:47@	00:00=	00:13-	00:00=
30:03+	30:18+																								
00:16+	00:15+																								
00:01+	00:01+																								

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

Class	Navn	Klasse										Tid													
17	Ove Oaland	116										36:48													
01:25+	02:54+	04:42+	06:55+	07:14+	10:09+	10:46+	11:26+	12:58+	13:26+	15:14+	16:50+	17:55+	18:43+	20:07+	21:35+	23:51+	25:18+	27:30+	28:01+	28:55+	31:21+	31:58+	32:42+	34:06+	35:41+
01:25+	01:29+	01:48+	02:13+	00:19+	02:55+	00:37+	00:40+	01:32+	00:28+	01:48+	01:36+	01:05+	00:48+	01:24+	01:28+	02:16+	01:27-	02:12+	00:31+	00:54+	02:26+	00:37+	00:44+	01:24+	01:35+
00:49@	00:26@	00:16#	00:32&	00:06&	00:35#	00:07#	00:13&	00:18#	00:07&	00:49&	00:09#	00:39@	00:13&	00:20&	00:13#	00:44&	00:13-	00:38&	00:03#	00:25&	00:46&	00:11&	00:09&	00:12#	00:24&
36:04+	36:48+																								
00:23+	00:44+																								
00:08&	00:30@																								

18	Ivar Knutsen	116										40:43													
00:58+	02:30+	04:38+	06:49+	07:12+	10:06+	10:43+	11:35+	13:00+	13:26+	15:09+	17:05+	17:48+	18:40+	20:08+	21:38+	24:45+	26:47+	29:00+	29:34+	30:26+	32:46+	33:24+	34:14+	35:49+	37:31+
00:58+	01:32+	02:08+	02:11+	00:23+	02:54+	00:37+	00:52+	01:25+	00:26+	01:43+	01:56+	00:43+	00:52+	01:28+	01:30+	03:07+	02:02+	02:13+	00:34+	00:52+	02:20+	00:38+	00:50+	01:35+	01:42+
00:22&	00:29&	00:36&	00:30&	00:10&	00:34#	00:07#	00:25&	00:11#	00:05#	00:44&	00:29&	00:17&	00:17&	00:24&	00:15#	01:35@	00:22#	00:39&	00:06#	00:23&	00:40&	00:12&	00:15&	00:23&	00:31&
40:22+	40:43+																								
02:51+	00:21+																								
02:36@	00:07&																								

Beste strekktid for klassen

00:28 00:49 01:20 01:30 00:11 02:06 00:27 00:26 01:02 00:21 00:53 01:14 00:26 00:24 00:56 01:04 01:32 01:19 01:21 00:25 00:27 01:40 00:22 00:28 00:41 01:11 00:13 00:14

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

Herrer Ny

1	Oddbjørn Nevestveit	80										16:43													
00:52=	01:31=	02:58=	05:01=	07:25=	08:49=	09:30=	12:36=	13:55=	15:14=	16:19=	16:43=														
00:52=	00:39=	01:27=	02:03=	02:24=	01:24=	00:41=	03:06=	01:19=	01:19=	01:05=	00:24=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														
2	Simon Whitehead	42										21:35													
01:43+	02:29+	04:20+	06:13+	08:26+	11:11+	12:22+	15:20+	19:11+	20:14+	21:10+	21:35+														
01:43+	00:46+	01:51+	01:53-	02:13-	02:45+	01:11+	02:58-	03:51+	01:03-	00:56-	00:25+														
00:51&	00:07#	00:24&	00:10-	00:11-	01:21&	00:30&	00:08-	02:32@	00:16-	00:09-	00:01+														
3	Lars Solvang	116										40:48													
03:10+	06:00+	09:20+	12:10+	18:05+	22:18+	24:50+	30:49+	34:10+	37:47+	40:06+	40:48+														
03:10+	02:50+	03:20+	02:50+	05:55+	04:13+	02:32+	05:59+	03:21+	03:37+	02:19+	00:42+														
02:18@	02:11@	01:53@	00:47&	03:31@	02:49@	01:51@	02:53&	02:02@	02:18@	01:14@	00:18&														

Beste strekktid for klassen

00:52 00:39 01:27 01:53 02:13 01:24 00:41 02:58 01:19 01:03 00:56 00:24

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

Herrer Trim

1	Olav Magnus Eik Espedal	88										16:29													
01:03=	02:00=	02:49=	04:29=	06:12=	07:09=	07:37=	08:16=	09:23=	11:02=	11:53=	13:08=	13:50=	14:24=	14:56=	15:38=	16:13=	16:29=								
01:03=	00:57=	00:49=	01:40=	01:43=	00:57=	00:28=	00:39=	01:07=	01:39=	00:51=	01:15=	00:42=	00:34=	00:32=	00:42=	00:35=	00:16=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Martin Svensen	284										17:30													
01:12+	02:16+	03:10+	04:52+	05:55-	07:01-	07:34-	08:06-	09:30+	11:36+	12:36+	13:46+	14:33+	15:26+	16:09+	16:58+	17:12+	17:30+								
01:12+	01:04+	00:54+	01:42+	01:03-	01:06+	00:33+	00:32-	01:24+	02:06+	01:00+	01:10-	00:47+	00:53+	00:43+	00:49+	00:14-	00:18+								
00:09#	00:07#	00:05#	00:02+	00:40-	00:09#	00:05#	00:07-	00:17&	00:27&	00:09#	00:05-	00:05#	00:19&	00:11&	00:07#	00:21-	00:02#								
3	Anders Noraberg	269										18:16													
01:38+	02:33+	03:22+	05:09+	06:30+	07:30+	08:30+	09:17+	10:17+	12:08+	13:26+	14:27+	15:21+	16:12+	16:49+	17:43+	18:00+	18:16+								
01:38+	00:55-	00:49=	01:47+	01:21-	01:00+	01:00+	00:47+	01:00-	01:51+	01:18+	01:01-	00:54+	00:51+	00:37+	00:54+	00:17-	00:16=								
00:35&	00:02-	00:00=	00:07+	00:22-	00:03+	00:32@	00:08#	00:07-	00:12#	00:27&	00:14-	00:12&	00:17&	00:05#	00:12&	00:18-	00:00=								
4	Morten Moss	109										19:19													
01:54+	02:51+	03:48+	05:41+	06:48+	07:44+	08:13+	08:56+	10:23+	12:32+	13:47+	14:57+	15:57+	17:12+	17:51+	18:44+	19:05+	19:19+								
01:54+	00:57=	00:57+	01:53+	01:07-	00:56-	00:29+	00:43+	01:27+	02:09+	01:15+	01:10-	01:00+	01:15+	00:39+	00:53+	00:21-	00:14-								
00:51&	00:00=	00:08#	00:13#	00:36-	00:01-	00:01+	00:04#	00:20&	00:30&	00:24&	00:05-	00:18&	00:41@	00:07#	00:11&	00:14-	00:02-								
5	Thomas Johansen	111										19:28													
01:35+	02:34+	03:32+	05:32+	06:34+	07:49+	08:26+	09:27+	10:36+	12:22+	13:20+	14:29+	16:22+	17:00+	17:51+	18:56+	19:12+	19:28+								
01:35+	00:59+	00:58+	02:00+	01:02-	01:15+	00:37+	01:01+	01:09+	01:46+	00:58+	01:09-	01:53+	00:38+	00:51+	01:05+	00:16-	00:16=								
00:32&	00:02+	00:09#	00:20#	00:41-	00:18&	00:09&	00:22&	00:02+	00:07+	00:07#	00:06-	01:11@	00:04#	00:19&	00:23&	00:19-	00:00=								

Class	Navn	Klasse										Tid					
6	Frode Ungar	116										19:34					
01:19+	02:12+	03:08+	04:57+	06:09-	07:12+	07:59+	08:54+	10:08+	12:09+	13:30+	14:42+	16:01+	16:55+	17:42+	18:31+	18:55+	19:34+
01:19+	00:53-	00:56+	01:49+	01:12-	01:03+	00:47+	00:55+	01:14+	02:01+	01:21+	01:12-	01:19+	00:54+	00:47+	00:49+	00:24-	00:39+
00:16&	00:04-	00:07#	00:09+	00:31-	00:06#	00:19&	00:16&	00:07#	00:22#	00:30&	00:03-	00:37&	00:20&	00:15&	00:07#	00:11-	00:23#
7	Antal Jansen	115										19:39					
01:41+	02:37+	03:39+	05:19+	06:37+	07:49+	08:19+	09:19+	10:33+	13:41+	14:45+	15:55+	16:39+	17:45+	18:26+	19:02+	19:23+	19:39+
01:41+	00:56-	01:02+	01:40=	01:18-	01:12+	00:30+	01:00+	01:14+	03:08+	01:04+	01:10-	00:44+	01:06+	00:41+	00:36-	00:21-	00:16=
00:38&	00:01-	00:13&	00:00=	00:25-	00:15&	00:02+	00:21&	00:07#	01:29&	00:13&	00:05-	00:02+	00:32&	00:09&	00:06-	00:14-	00:00=
8	Trond Egil Toft	53										19:52					
01:04+	01:55-	02:45-	04:43+	05:49-	06:55-	07:29-	08:09-	09:29+	12:00+	13:53+	15:19+	16:14+	17:05+	17:50+	18:49+	19:23+	19:52+
01:04+	00:51-	00:50+	01:58+	01:06-	01:06+	00:34+	00:40+	01:20+	02:31+	01:53+	01:26+	00:55+	00:51+	00:45+	00:59+	00:34-	00:29+
00:01+	00:06-	00:01+	00:18#	00:37-	00:09#	00:06#	00:01+	00:13#	00:52&	01:02@	00:11#	00:13&	00:17&	00:13&	00:17&	00:01-	00:13&
9	Asbjørn Brådlund	297										19:58					
02:02+	03:04+	04:00+	06:15+	07:16+	08:55+	09:23+	10:08+	11:24+	13:31+	14:41+	15:49+	16:54+	17:31+	18:21+	19:20+	19:40+	19:58+
02:02+	01:02+	00:56+	02:15+	01:01-	01:39+	00:28=	00:45+	01:16+	02:07+	01:10+	01:08-	01:05+	00:37+	00:50+	00:59+	00:20-	00:18+
00:59&	00:05+	00:07#	00:35&	00:42-	00:42&	00:00=	00:06#	00:09#	00:28&	00:19&	00:07-	00:23&	00:03+	00:18&	00:17&	00:15-	00:02#
10	Oddgeir Nevland	51										20:29					
01:30+	02:34+	03:42+	06:05+	07:34+	08:48+	09:24+	10:12+	11:34+	13:52+	14:52+	16:11+	17:16+	17:57+	18:52+	19:45+	20:07+	20:29+
01:30+	01:04+	01:08+	02:23+	01:29-	01:14+	00:36+	00:48+	01:22+	02:18+	01:00+	01:19+	01:05+	00:41+	00:55+	00:53+	00:22-	00:22+
00:27&	00:07#	00:19&	00:43&	00:14-	00:17&	00:08&	00:09#	00:15#	00:39&	00:09#	00:04+	00:23&	00:07#	00:23&	00:11&	00:13-	00:06&
11	Bruno Pierfelice	51										20:36					
01:04+	02:12+	03:18+	05:19+	08:14+	09:19+	09:50+	10:22+	11:40+	13:33+	14:29+	15:32+	17:48+	18:16+	18:54+	19:49+	20:21+	20:36+
01:04+	01:08+	01:06+	02:01+	02:55+	01:05+	00:31+	00:32-	01:18+	01:53+	00:56+	01:03-	02:16+	00:28-	00:38+	00:55+	00:32-	00:15-
00:01+	00:11#	00:17&	00:21#	01:12&	00:08#	00:03#	00:07-	00:11#	00:14#	00:05+	00:12-	01:34@	00:06-	00:06#	00:13&	00:03-	00:01-
12	Kjartan Bryne	105										20:50					
01:12+	02:14+	03:12+	05:23+	06:26+	08:00+	08:33+	09:23+	10:39+	13:11+	14:30+	15:48+	16:51+	18:13+	19:00+	19:59+	20:25+	20:50+
01:12+	01:02+	00:58+	02:11+	01:03-	01:34+	00:33+	00:50+	01:16+	02:32+	01:19+	01:18+	01:03+	01:22+	00:47+	00:59+	00:26-	00:25+
00:09#	00:05+	00:09#	00:31&	00:40-	00:37&	00:05#	00:11&	00:09#	00:53&	00:28&	00:03+	00:21&	00:48@	00:15&	00:17&	00:09-	00:09&
13	John Øgreid	27										21:13					
02:46+	03:50+	04:53+	06:59+	08:09+	09:25+	10:02+	10:57+	12:16+	14:29+	15:44+	16:58+	17:53+	18:43+	19:27+	20:23+	20:55+	21:13+
02:46+	01:04+	01:03+	02:06+	01:10-	01:16+	00:37+	00:55+	01:19+	02:13+	01:15+	01:14-	00:55+	00:50+	00:44+	00:56+	00:32-	00:18+
01:43@	00:07#	00:14&	00:26&	00:33-	00:19&	00:09&	00:16&	00:12#	00:34&	00:24&	00:01-	00:13&	00:16&	00:12&	00:14&	00:03-	00:02#
14	Ole Andreas Otterøen	92										21:29					
02:16+	03:41+	04:46+	07:13+	08:31+	09:50+	10:23+	11:10+	12:28+	14:44+	15:52+	17:00+	17:54+	18:36+	19:29+	20:38+	21:01+	21:29+
02:16+	01:25+	01:05+	02:27+	01:18-	01:19+	00:33+	00:47+	01:18+	02:16+	01:08+	01:08-	00:54+	00:42+	00:53+	01:09+	00:23-	00:28+
01:13@	00:28&	00:16&	00:47&	00:25-	00:22&	00:05#	00:08#	00:11#	00:37&	00:17&	00:07-	00:12&	00:08#	00:21&	00:27&	00:12-	00:12&
15	Håvard Lauritsen	116										21:39					
01:46+	02:51+	04:05+	06:20+	07:25+	08:40+	09:10+	10:49+	12:15+	14:23+	15:36+	17:02+	18:16+	18:51+	19:51+	20:54+	21:21+	21:39+
01:46+	01:05+	01:14+	02:15+	01:05-	01:15+	00:30+	01:39+	01:26+	02:08+	01:13+	01:26+	01:14+	00:35+	01:00+	01:03+	00:27-	00:18+
00:43&	00:08#	00:25&	00:35&	00:38-	00:18&	00:02+	01:00@	00:19&	00:29&	00:22&	00:11#	00:32&	00:01+	00:28&	00:21&	00:08-	00:02#
16	Bruce Chalmers	165										22:02					
01:35+	02:41+	03:50+	05:48+	07:02+	08:43+	09:42+	10:50+	12:03+	14:35+	15:51+	17:03+	18:24+	19:22+	20:17+	21:12+	21:36+	22:02+
01:35+	01:06+	01:09+	01:58+	01:14-	01:41+	00:59+	01:08+	01:13+	02:32+	01:16+	01:12-	01:21+	00:58+	00:55+	00:55+	00:24-	00:26+
00:32&	00:09#	00:20&	00:18#	00:29-	00:44&	00:31@	00:29&	00:06+	00:53&	00:25&	00:03-	00:39&	00:24&	00:23&	00:13&	00:11-	00:10&
17	Heine Furubotten	192										22:16					
01:45+	02:50+	03:51+	06:51+	08:05+	09:41+	10:27+	11:27+	12:48+	14:56+	16:16+	18:00+	18:45+	19:22+	20:23+	21:39+	22:00+	22:16+
01:45+	01:05+	01:01+	03:00+	01:14-	01:36+	00:46+	01:00+	01:21+	02:08+	01:20+	01:44+	00:45+	00:37+	01:01+	01:16+	00:21-	00:16=
00:42&	00:08#	00:12#	01:20&	00:29-	00:39&	00:18&	00:21&	00:14#	00:29&	00:29&	00:29&	00:03+	00:03+	00:29&	00:34&	00:14-	00:00=
18	Erling Knutzen	128										22:25					
01:49+	03:06+	04:10+	06:39+	08:11+	09:23+	10:08+	11:04+	12:29+	15:01+	16:14+	17:46+	18:50+	19:46+	20:45+	21:39+	22:05+	22:25+
01:49+	01:17+	01:04+	02:29+	01:32-	01:12+	00:45+	00:56+	01:25+	02:32+	01:13+	01:32+	01:04+	00:56+	00:59+	00:54+	00:26-	00:20+
00:46&	00:20&	00:15&	00:49&	00:11-	00:15&	00:17&	00:17&	00:18&	00:53&	00:22&	00:17#	00:22&	00:22&	00:27&	00:12&	00:09-	00:04#
19	Niklas Gustafsson	192										22:49					
02:04+	03:12+	04:17+	06:32+	08:40+	10:02+	10:42+	11:36+	12:55+	15:20+	16:36+	18:01+	18:54+	20:18+	21:18+	22:07+	22:29+	22:49+
02:04+	01:08+	01:05+	02:15+	02:08+	01:22+	00:40+	00:54+	01:19+	02:25+	01:16+	01:25+	00:53+	01:24+	01:00+	00:49+	00:22-	00:20+
01:01&	00:11#	00:16&	00:35&	00:25#	00:25&	00:12&	00:15&	00:12#	00:46&	00:25&	00:10#	00:11&	00:50@	00:28&	00:07#	00:13-	00:04#
20	Kent Christensen	12										23:10					
01:52+	02:52+	03:51+	06:00+	07:28+	08:44+	09:32+	10:20+	11:57+	14:20+	16:10+	17:45+	18:56+	20:16+	21:25+	22:17+	22:44+	23:10+
01:52+	01:00+	00:59+	02:09+	01:28-	01:16+	00:48+	00:48+	01:37+	02:23+	01:50+	01:35+	01:11+	01:20+	01:09+	00:52+	00:27-	00:26+
00:49&	00:03+	00:10#	00:29&	00:15-	00:19&	00:20&	00:09#	00:30&	00:44&	00:59@	00:20&	00:29&	00:46@	00:37@	00:10#	00:08-	00:10&

Class	Navn	Klasse										Tid					
21	Steinar Amundsen	115										23:46					
02:06+	03:33+	04:47+	07:20+	08:46+	10:22+	11:02+	11:57+	13:23+	16:14+	17:23+	18:57+	20:05+	20:58+	22:08+	23:06+	23:25+	23:46+
02:06+	01:27+	01:14+	02:33+	01:26-	01:36+	00:40+	00:55+	01:26+	02:51+	01:09+	01:34+	01:08+	00:53+	01:10+	00:58+	00:19-	00:21+
01:03&	00:30&	00:25&	00:53&	00:17-	00:39&	00:12&	00:16&	00:19&	01:12&	00:18&	00:19&	00:26&	00:19&	00:30&	00:16&	00:16-	00:05&
22	Kjetil Bårdsen	105										23:49					
02:24+	04:16+	07:14+	09:14+	10:22+	11:22+	12:01+	12:47+	13:55+	16:31+	18:03+	19:28+	20:30+	21:22+	22:13+	23:02+	23:30+	23:49+
02:24+	01:52+	02:58+	02:00+	01:08-	01:00+	00:39+	00:46+	01:08+	02:36+	01:32+	01:25+	01:02+	00:52+	00:51+	00:49+	00:28-	00:19+
01:21@	00:55&	02:09@	00:20#	00:35-	00:03+	00:11&	00:07#	00:01+	00:57&	00:41&	00:10#	00:20&	00:18&	00:19&	00:07#	00:07-	00:03#
23	Kjetil Tveit	165										23:55					
01:59+	04:24+	05:30+	07:23+	08:33+	10:58+	11:28+	12:05+	13:18+	15:26+	17:19+	18:35+	20:53+	21:27+	22:17+	23:13+	23:34+	23:55+
01:59+	02:25+	01:06+	01:53+	01:10-	02:25+	00:30+	00:37-	01:13+	02:08+	01:53+	01:16+	02:18+	00:34=	00:50+	00:56+	00:21-	00:21+
00:56&	01:28@	00:17&	00:13#	00:33-	01:28@	00:02+	00:02-	00:06+	00:29&	01:02@	00:01+	01:36@	00:00=	00:18&	00:14&	00:14-	00:05&
24	Thorstein Gunnarsson	144										24:17					
01:53+	03:07+	04:30+	07:10+	08:57+	10:41+	11:34+	12:48+	14:14+	16:50+	18:00+	19:24+	20:24+	21:23+	22:18+	23:24+	23:55+	24:17+
01:53+	01:14+	01:23+	02:40+	01:47+	01:44+	00:53+	01:14+	01:26+	02:36+	01:10+	01:24+	01:00+	00:59+	00:55+	01:06+	00:31-	00:22+
00:50&	00:17&	00:34&	01:00&	00:04+	00:47&	00:25&	00:35&	00:19&	00:57&	00:19&	00:09#	00:18&	00:25&	00:23&	00:24&	00:04-	00:06&
25	Jan Henrik Neuenkirchen	117										24:26					
01:47+	02:50+	04:17+	06:44+	08:16+	09:44+	10:37+	11:56+	13:19+	16:13+	17:46+	19:14+	20:25+	21:14+	22:09+	23:44+	24:09+	24:26+
01:47+	01:03+	01:27+	02:27+	01:32-	01:28+	00:53+	01:19+	01:23+	02:54+	01:33+	01:28+	01:11+	00:49+	00:55+	01:35+	00:25-	00:17+
00:44&	00:06#	00:38&	00:47&	00:11-	00:31&	00:25&	00:40@	00:16#	01:15&	00:42&	00:13#	00:29&	00:15&	00:23&	00:53@	00:10-	00:01+
26	Ingvar Haabeth	92										24:33					
01:45+	02:58+	04:13+	06:37+	07:59+	10:04+	10:43+	12:17+	14:12+	16:39+	17:57+	19:38+	20:39+	21:46+	22:39+	23:52+	24:16+	24:33+
01:45+	01:13+	01:15+	02:24+	01:22-	02:05+	00:39+	01:34+	01:55+	02:27+	01:18+	01:41+	01:01+	01:07+	00:53+	01:13+	00:24-	00:17+
00:42&	00:16&	00:26&	00:44&	00:21-	01:08@	00:11&	00:55@	00:48&	00:48&	00:27&	00:26&	00:19&	00:33&	00:21&	00:31&	00:11-	00:01+
27	Øyvind Nagel-Alne	74										24:42					
02:31+	03:44+	05:25+	07:50+	09:06+	10:29+	11:04+	11:56+	13:33+	16:03+	17:56+	19:21+	21:07+	21:56+	22:43+	23:56+	24:19+	24:42+
02:31+	01:13+	01:41+	02:25+	01:16-	01:23+	00:35+	00:52+	01:37+	02:30+	01:53+	01:46+	01:46+	00:49+	00:47+	01:13+	00:23-	00:23+
01:28@	00:16&	00:52@	00:45&	00:27-	00:26&	00:07#	00:13&	00:30&	00:51&	01:02@	00:10#	01:04@	00:15&	00:15&	00:31&	00:12-	00:07&
28	Nils Egil Lie	91										24:44					
01:59+	03:07+	04:33+	07:31+	08:49+	10:54+	11:44+	12:49+	14:24+	16:43+	18:02+	19:51+	21:32+	22:07+	22:50+	24:05+	24:29+	24:44+
01:59+	01:08+	01:26+	02:58+	01:18-	02:05+	00:50+	01:05+	01:35+	02:19+	01:19+	01:49+	01:41+	00:35+	00:43+	01:15+	00:24-	00:15-
00:56&	00:11#	00:37&	01:18&	00:25-	01:08@	00:22&	00:26&	00:28&	00:40&	00:28&	00:34&	00:59@	00:01+	00:11&	00:33&	00:11-	00:01-
29	Ivar Aalbu	29										24:54					
01:48+	03:07+	04:22+	07:00+	08:27+	09:53+	10:39+	11:38+	13:07+	16:13+	17:45+	19:22+	20:25+	21:29+	22:33+	23:57+	24:36+	24:54+
01:48+	01:19+	01:15+	02:38+	01:27-	01:26+	00:46+	00:59+	01:29+	03:06+	01:32+	01:37+	01:03+	01:04+	01:04+	01:24+	00:39+	00:18+
00:45&	00:22&	00:26&	00:58&	00:16-	00:29&	00:18&	00:20&	00:22&	01:27&	00:41&	00:22&	00:21&	00:30&	00:32&	00:42&	00:04#	00:02#
30	Falk Weihs	115										25:13					
02:38+	04:01+	05:37+	07:55+	09:24+	11:39+	12:53+	13:45+	15:00+	17:31+	18:46+	20:34+	21:35+	22:12+	23:04+	24:20+	24:51+	25:13+
02:38+	01:23+	01:36+	02:18+	01:29-	02:15+	01:14+	00:52+	01:15+	02:31+	01:15+	01:48+	01:01+	00:37+	00:52+	01:16+	00:31-	00:22+
01:35@	00:26&	00:47&	00:38&	00:14-	01:18@	00:46@	00:13&	00:08#	00:52&	00:24&	00:33&	00:19&	00:03+	00:20&	00:34&	00:04-	00:06&
31	Andreas Molin Edlund	136										25:27					
01:51+	03:22+	04:26+	06:20+	08:16+	10:03+	10:43+	12:03+	13:28+	16:03+	17:53+	20:35+	21:57+	23:01+	23:48+	24:45+	25:10+	25:27+
01:51+	01:31+	01:04+	01:54+	01:56+	01:47+	00:40+	01:20+	01:25+	02:35+	01:50+	02:42+	01:22+	01:04+	00:47+	00:57+	00:25-	00:17+
00:48&	00:34&	00:15&	00:14#	00:13#	00:50&	00:12&	00:41@	00:18&	00:56&	00:59@	01:27@	00:40&	00:30&	00:15&	00:15&	00:10-	00:01+
32	Anders H Foss	263										25:31					
01:17+	02:28+	03:39+	06:34+	08:16+	09:33+	10:06+	10:52+	12:14+	18:23+	19:31+	21:08+	22:08+	22:54+	23:42+	24:48+	25:07+	25:31+
01:17+	01:11+	01:11+	02:55+	01:42-	01:17+	00:33+	00:46+	01:22+	06:09+	01:08+	01:37+	01:00+	00:46+	00:48+	01:06+	00:19-	00:24+
00:14#	00:14#	00:22&	01:15&	00:01-	00:20&	00:05#	00:07#	00:15#	04:30@	00:17&	00:22&	00:18&	00:12&	00:16&	00:24&	00:16-	00:08&
33	Espen Lunde	68										25:56					
01:47+	02:57+	04:03+	06:46+	08:26+	09:47+	10:32+	12:46+	14:13+	17:19+	19:01+	20:40+	21:51+	23:14+	24:08+	25:10+	25:36+	25:56+
01:47+	01:10+	01:06+	02:43+	01:40-	01:21+	00:45+	02:14+	01:27+	03:06+	01:42+	01:39+	01:11+	01:23+	00:54+	01:02+	00:26-	00:20+
00:44&	00:13#	00:17&	01:03&	00:03-	00:24&	00:17&	01:35@	00:20&	01:27&	00:51&	00:24&	00:29&	00:49@	00:22&	00:20&	00:09-	00:04#
34	Samuel Denieul	42										26:20					
01:58+	03:01+	05:01+	08:27+	10:19+	11:30+	12:06+	13:01+	14:29+	17:33+	19:11+	20:41+	23:22+	23:47+	24:43+	25:31+	25:55+	26:20+
01:58+	01:03+	02:00+	03:26+	01:52+	01:11+	00:36+	00:55+	01:28+	03:04+	01:38+	01:30+	02:41+	00:25-	00:56+	00:48+	00:24-	00:25+
00:55&	00:06#	01:11@	01:46@	00:09+	00:14#	00:08&	00:16&	00:21&	01:25&	00:47&	00:15#	01:59@	00:09-	00:24&	00:06#	00:11-	00:09&
35	Arnt Krisitian Viland	27										26:48					
01:38+	02:50+	04:02+	06:22+	07:58+	10:26+	11:17+	12:46+	14:20+	17:26+	19:00+	20:42+	21:56+	22:59+	23:57+	24:53+	26:26+	26:48+
01:38+	01:12+	01:12+	02:20+	01:36-	02:28+	00:51+	01:29+	01:34+	03:06+	01:34+	01:42+	01:14+	01:03+	00:58+	00:56+	01:33+	00:22+
00:35&	00:15&	00:23&	00:40&	00:07-	01:31@	00:23&	00:50@	00:27&	01:27&	00:43&	00:27&	00:32&	00:29&	00:26&	00:14&	00:58@	00:06&

Class	Navn	Klasse										Tid						
36	Asle Schanke Grude	92										27:39						
01:31+	03:49+	05:14+	07:12+	08:30+	09:38+	10:10+	11:14+	12:44+	20:51+	22:06+	23:21+	24:28+	25:05+	25:57+	26:57+	27:21+	27:39+	
01:31+	02:18+	01:25+	01:58+	01:18-	01:08+	00:32+	01:04+	01:30+	08:07+	01:15+	01:15=	01:07+	00:37+	00:52+	01:00+	00:24-	00:18+	
00:28&	01:21@	00:36&	00:18#	00:25-	00:11#	00:04#	00:25&	00:23&	06:28@	00:24&	00:00=	00:25&	00:03+	00:20&	00:18&	00:11-	00:02#	
37	Tom Leveraas	188										27:45						
02:17+	03:29+	04:44+	07:17+	09:02+	11:19+	12:01+	13:18+	14:52+	17:58+	19:27+	21:24+	22:35+	24:28+	25:25+	26:52+	27:18+	27:45+	
02:17+	01:12+	01:15+	02:33+	01:45+	02:17+	00:42+	01:17+	01:34+	03:06+	01:29+	01:57+	01:11+	01:53+	00:57+	01:27+	00:26-	00:27+	
01:14@	00:15&	00:26&	00:53&	00:02+	01:20@	00:14&	00:38&	00:27&	01:27&	00:38&	00:42&	00:29&	01:19@	00:25&	00:45@	00:09-	00:11&	
38	Jan Erik Syvertsen	51										27:49						
02:14+	03:15+	04:20+	06:27+	07:54+	09:05+	09:40+	14:51+	16:16+	19:39+	21:08+	22:30+	23:44+	25:01+	25:49+	26:58+	27:30+	27:49+	
02:14+	01:01+	01:05+	02:07+	01:27-	01:11+	00:35+	05:11+	01:25+	03:23+	01:29+	01:22+	01:14+	01:17+	00:48+	01:09+	00:32-	00:19+	
01:11@	00:04+	00:16&	00:27&	00:16-	00:14#	00:07#	04:32@	00:18&	01:44@	00:38&	00:07+	00:32&	00:43@	00:16&	00:27&	00:03-	00:03#	
39	Rolf Øystein Kluge	7										27:55						
03:02+	04:24+	05:49+	08:42+	10:19+	12:18+	13:11+	14:22+	15:58+	18:43+	20:11+	21:52+	23:06+	24:23+	25:31+	26:46+	27:15+	27:55+	
03:02+	01:22+	01:25+	02:53+	01:37-	01:59+	00:53+	01:11+	01:36+	02:45+	01:28+	01:41+	01:14+	01:17+	01:08+	01:15+	00:29-	00:40+	
01:59@	00:25&	00:36&	01:13&	00:06-	01:02@	00:25&	00:32&	00:29&	01:06&	00:37&	00:26&	00:32&	00:43@	00:36@	00:33&	00:06-	00:24@	
40	Tor Gunnar Osen	116										28:03						
01:33+	02:35+	04:23+	06:57+	08:39+	09:59+	12:51+	13:47+	15:14+	17:31+	18:51+	20:01+	21:12+	24:43+	25:13+	26:15+	27:15+	27:42+	28:03+
01:33+	01:02+	01:48+	02:34+	01:42-	01:20+	02:52+	00:56+	01:27+	02:17+	01:20+	01:10-	01:11+	03:31+	00:30-	01:02+	01:00+	00:27+	00:21+
00:30&	00:05+	00:59@	00:54&	00:01-	00:23&	02:24@	00:17&	00:20&	00:38&	00:29&	00:05-	00:29&	02:57@	00:02-	00:20&	00:25&	00:11&	00:21+
41	Joar Fandrem	94										28:25						
02:16+	03:36+	05:26+	07:50+	10:02+	12:09+	12:48+	14:05+	15:50+	19:12+	20:47+	22:17+	23:44+	25:23+	26:23+	27:32+	28:03+	28:25+	
02:16+	01:20+	01:50+	02:24+	02:12+	02:07+	00:39+	01:17+	01:45+	03:22+	01:35+	01:27+	01:27+	01:39+	01:00+	01:09+	00:31-	00:22+	
01:13@	00:23&	01:01@	00:44&	00:29&	01:10@	00:11&	00:38&	00:38&	01:43@	00:44&	00:15#	00:45@	01:05@	00:28&	00:27&	00:04-	00:06&	
42	Ragnar Lillemo	128										28:29						
01:54+	03:00+	04:05+	06:20+	08:06+	11:42+	12:30+	13:26+	15:17+	17:46+	20:29+	22:07+	23:24+	25:49+	26:41+	27:34+	28:02+	28:29+	
01:54+	01:06+	01:05+	02:15+	01:46+	03:36+	00:48+	00:56+	01:51+	02:29+	02:43+	01:38+	01:17+	02:25+	00:52+	00:53+	00:28-	00:27+	
00:51&	00:09#	00:16&	00:35&	00:03+	02:39@	00:20&	00:17&	00:44&	00:50&	01:52@	00:23&	00:35&	01:51@	00:20&	00:11&	00:07-	00:11&	
43	Arild Svihus	92										28:36						
02:05+	03:18+	05:07+	07:57+	09:26+	11:08+	11:57+	13:44+	15:26+	18:27+	19:55+	21:30+	22:42+	23:48+	24:42+	26:01+	28:12+	28:36+	
02:05+	01:13+	01:49+	02:50+	01:29-	01:42+	00:49+	01:47+	01:42+	03:01+	01:28+	01:35+	01:12+	01:06+	00:54+	01:19+	02:11+	00:24+	
01:02&	00:16&	01:00@	01:10&	00:14-	00:45&	00:21&	01:08@	00:35&	01:22&	00:37&	00:20&	00:30&	00:32&	00:22&	00:37&	01:36@	00:08&	
44	Jan Erik Rasmussen	51										28:42						
01:44+	03:09+	04:34+	07:20+	08:58+	10:39+	11:30+	12:38+	14:25+	17:38+	20:07+	22:12+	23:36+	25:14+	26:26+	27:45+	28:13+	28:42+	
01:44+	01:25+	01:25+	02:46+	01:38-	01:41+	00:51+	01:08+	01:47+	03:13+	02:29+	02:05+	01:24+	01:38+	01:12+	01:19+	00:28-	00:29+	
00:41&	00:28&	00:36&	00:05-	00:44&	00:23&	00:29&	00:40&	01:34&	01:38@	00:50&	00:42&	01:04@	00:40@	00:37&	00:07-	00:13&		
45	Bjørn Olav Frøytlog Bjørnsen	235										28:50						
01:41+	03:06+	05:25+	08:53+	10:41+	12:22+	13:20+	14:38+	16:40+	20:18+	22:05+	23:35+	24:41+	25:29+	26:45+	27:56+	28:32+	28:50+	
01:41+	01:25+	02:19+	03:28+	01:48+	01:41+	00:58+	01:18+	02:02+	03:38+	01:47+	01:30+	01:06+	00:48+	01:16+	01:11+	00:36+	00:18+	
00:38&	00:28&	01:30@	01:48@	00:05+	00:44&	00:30@	00:39&	00:55&	01:59@	00:56@	00:15#	00:24&	00:14&	00:44@	00:29&	00:01+	00:02#	
46	John Thorsnæs	51										29:10						
02:04+	03:19+	04:48+	07:24+	09:06+	13:49+	15:49+	16:47+	18:25+	20:53+	22:06+	24:01+	25:02+	26:10+	27:12+	28:36+	28:57+	29:10+	
02:04+	01:15+	01:29+	02:36+	01:42-	04:43+	02:00+	00:58+	01:38+	02:28+	01:13+	01:55+	01:01+	01:08+	01:02+	01:24+	00:21-	00:13-	
01:01&	00:18&	00:40&	00:56&	00:01-	03:46@	01:32@	00:19&	00:31&	00:49&	00:22&	00:40&	00:19&	00:34&	00:30&	00:42&	00:14-	00:03-	
47	Audun Sjøen	111										29:29						
02:05+	03:18+	04:37+	07:31+	09:15+	11:00+	11:41+	13:40+	15:11+	18:28+	20:23+	22:06+	23:31+	26:00+	27:06+	28:34+	29:04+	29:29+	
02:05+	01:13+	01:19+	02:54+	01:44+	01:45+	00:41+	01:59+	01:31+	03:17+	01:55+	01:43+	01:25+	02:29+	01:06+	01:28+	00:30-	00:25+	
01:02&	00:16&	00:30&	01:14&	00:01+	00:48&	00:13&	01:20@	00:24&	01:38&	01:04@	00:28&	00:43@	01:55@	00:34@	00:46@	00:05-	00:09&	
48	Goran Djajic	115										29:40						
05:02+	05:58+	07:14+	10:13+	12:16+	13:46+	14:34+	16:16+	18:09+	21:07+	22:56+	24:29+	25:39+	26:31+	27:32+	28:47+	29:16+	29:40+	
05:02+	00:56-	01:16+	02:59+	02:03+	01:30+	00:48+	01:42+	01:53+	02:58+	01:49+	01:33+	01:10+	00:52+	01:01+	01:15+	00:29-	00:24+	
03:59@	00:01-	00:27&	01:19&	00:20#	00:33&	00:20&	01:03@	00:46&	01:19&	00:58@	00:18#	00:28&	00:18&	00:29&	00:33&	00:06-	00:08&	
49	Trond Riskjell	51										29:45						
02:31+	04:07+	05:32+	08:26+	10:07+	11:46+	12:35+	13:46+	15:44+	18:48+	21:12+	23:20+	24:46+	26:18+	27:23+	28:42+	29:09+	29:45+	
02:31+	01:36+	01:25+	02:54+	01:41-	01:39+	00:49+	01:11+	01:58+	03:04+	02:24+	02:08+	01:26+	01:32+	01:05+	01:19+	00:27-	00:36+	
01:28@	00:39&	00:36&	01:14&	00:02-	00:42&	00:21&	00:32&	00:51&	01:25&	01:33@	00:53&	00:44@	00:58@	00:33@	00:37&	00:08-	00:20@	
50	Tor Inge Hansen	144										30:12						
01:42+	02:45+	04:23+	06:34+	11:48+	14:42+	16:30+	17:25+	19:10+	21:35+	22:52+	24:49+	25:54+	27:11+	28:05+	29:23+	29:55+	30:12+	
01:42+	01:03+	01:38+	02:11+	05:14+	02:54+	01:48+	00:55+	01:45+	02:25+	01:17+	01:57+	01:05+	01:17+	00:54+	01:18+	00:32-	00:17+	
00:39&	00:06#	00:49&	00:31&	03:31@	01:57@	01:20@	00:16&	00:38&	00:46&	00:26&	00:42&	00:23&	00:43@	00:22&	00:36&	00:03-	00:01+	

Class	Navn	Klasse										Tid					
51	Arne Hope	43										31:18					
01:42+	02:56+	04:13+	06:53+	08:26+	10:05+	10:52+	12:07+	18:36+	21:24+	23:36+	25:24+	26:31+	27:44+	28:55+	30:30+	30:56+	31:18+
01:42+	01:14+	01:17+	02:40+	01:33-	01:39+	00:47+	01:15+	06:29+	02:48+	02:12+	01:48+	01:07+	01:13+	01:11+	01:35+	00:26-	00:22+
00:39&	00:17&	00:28&	01:00&	00:10-	00:42&	00:19&	00:36&	05:22@	01:09&	01:21@	00:33&	00:25&	00:39@	00:39@	00:53@	00:09-	00:06&
52	Tore Morten Hope	228										31:22					
03:30+	04:27+	05:45+	08:32+	10:18+	13:28+	14:06+	16:52+	20:09+	22:47+	23:52+	25:17+	26:27+	27:08+	28:18+	30:38+	31:01+	31:22+
03:30+	00:57=	01:18+	02:47+	01:46+	03:10+	00:38+	02:46+	03:17+	02:38+	01:05+	01:25+	01:10+	00:41+	01:10+	02:20+	00:23-	00:21+
02:27@	00:00=	00:29&	01:07&	00:03+	02:13@	00:10&	02:07@	02:10@	00:59&	00:14&	00:10#	00:28&	00:07#	00:38@	01:38@	00:12-	00:05&
53	Jon Grepstad	111										31:31					
02:06+	03:48+	05:25+	08:51+	11:16+	12:58+	13:53+	15:29+	17:38+	20:54+	22:50+	24:53+	26:21+	27:48+	29:16+	30:38+	31:08+	31:31+
02:06+	01:42+	01:37+	03:26+	02:25+	01:42+	00:55+	01:36+	02:09+	03:16+	01:56+	02:03+	01:28+	01:27+	01:28+	01:22+	00:30-	00:23+
01:03&	00:45&	00:48&	01:46@	00:42&	00:45&	00:27&	00:57@	01:02&	01:37&	01:05@	00:48&	00:46@	00:53@	00:56@	00:40&	00:05-	00:07&
54	Steinar Aase	268										31:50					
02:12+	03:50+	05:31+	08:50+	10:55+	13:23+	14:57+	16:32+	18:40+	21:58+	23:30+	25:08+	27:39+	28:28+	29:41+	30:56+	31:25+	31:50+
02:12+	01:38+	01:41+	03:19+	02:05+	02:28+	01:34+	01:35+	02:08+	03:18+	01:32+	01:38+	02:31+	00:49+	01:13+	01:15+	00:29-	00:25+
01:09@	00:41&	00:52@	01:39&	00:22#	01:31@	01:06@	00:56@	01:01&	01:39&	00:41&	00:23&	01:49@	00:15&	00:41@	00:33&	00:06-	00:09&
55	Ove Vatland	128										32:37					
02:16+	03:58+	05:48+	09:06+	10:54+	12:41+	13:47+	15:06+	17:04+	20:28+	22:36+	24:48+	26:45+	28:17+	29:52+	31:30+	32:10+	32:37+
02:16+	01:42+	01:50+	03:18+	01:48+	01:47+	01:06+	01:19+	01:58+	03:24+	02:08+	02:12+	01:57+	01:32+	01:35+	01:38+	00:40+	00:27+
01:13@	00:45&	01:01@	01:38&	00:05+	00:50&	00:38@	00:40@	00:51&	01:45@	01:17@	00:57&	01:15@	00:58@	01:03@	00:56@	00:05#	00:11&
56	Einar Hinna	7										33:27					
02:49+	04:25+	06:00+	09:14+	11:01+	12:47+	14:01+	15:17+	17:39+	21:22+	23:28+	25:33+	27:13+	28:42+	30:40+	32:17+	32:57+	33:27+
02:49+	01:36+	01:35+	03:14+	01:47+	01:46+	01:14+	01:16+	02:32+	03:43+	02:06+	02:05+	01:40+	01:29+	01:58+	01:37+	00:40+	00:30+
01:46@	00:39&	00:46&	01:34&	00:04+	00:49&	00:46@	00:37&	01:15@	02:04@	01:15@	00:50&	00:58@	00:55@	01:26@	00:55@	00:05#	00:14&
57	Sverre Sørheim	7										33:47					
01:44+	03:03+	04:19+	08:03+	12:44+	14:14+	15:05+	16:37+	18:34+	23:15+	24:44+	26:40+	27:57+	29:36+	30:47+	31:57+	33:22+	33:47+
01:44+	01:19+	01:16+	03:44+	04:41+	01:30+	00:51+	01:32+	01:57+	04:41+	01:29+	01:56+	01:17+	01:39+	01:11+	01:10+	01:25+	00:25+
00:41&	00:22&	00:27&	02:04@	02:58@	00:33&	00:23&	00:53@	00:50&	03:02@	00:38&	00:41&	00:35&	01:05@	00:39@	00:28&	00:50@	00:09&
58	Per Bakken	5										34:21					
02:30+	04:32+	06:17+	09:45+	11:25+	13:11+	14:13+	16:04+	18:30+	23:11+	25:11+	28:16+	29:42+	30:38+	31:48+	33:33+	34:00+	34:21+
02:30+	02:02+	01:45+	03:28+	01:40-	01:46+	01:02+	01:51+	02:26+	04:41+	02:00+	03:05+	01:26+	00:56+	01:10+	01:45+	00:27-	00:21+
01:27@	01:05@	00:56@	01:48@	00:03-	00:49&	00:34@	01:12@	01:19@	03:02@	01:09@	01:50@	00:44@	00:22&	00:38@	01:03@	00:08-	00:05&
59	Inge Grødem	92										34:33					
02:45+	04:46+	06:31+	09:52+	11:38+	13:29+	14:30+	15:57+	17:56+	21:51+	23:56+	26:32+	28:23+	30:00+	31:24+	33:12+	34:03+	34:33+
02:45+	02:01+	01:45+	03:21+	01:46+	01:51+	01:01+	01:27+	01:59+	03:55+	02:05+	02:36+	01:51+	01:37+	01:24+	01:48+	00:51+	00:30+
01:42@	01:04@	00:56@	01:41@	00:03+	00:54&	00:33@	00:48@	00:52&	02:16@	01:14@	01:21@	01:09@	01:03@	00:52@	01:06@	00:16&	00:14&
60	Stig Ballestad	37										35:17					
02:07+	03:27+	04:55+	07:58+	09:42+	12:07+	12:53+	17:02+	18:40+	22:22+	26:37+	28:18+	31:33+	32:16+	33:19+	34:33+	35:00+	35:17+
02:07+	01:20+	01:28+	03:03+	01:44+	02:25+	00:46+	04:09+	01:38+	03:42+	04:15+	01:41+	03:15+	00:43+	01:03+	01:14+	00:27-	00:17+
01:04@	00:23&	00:39&	01:23&	00:01+	01:28@	00:18&	03:30@	00:31&	02:03@	03:24@	00:26&	02:33@	00:09&	00:31&	00:32&	00:08-	00:01+
61	Sverre Uhlving	105										35:26					
03:00+	04:26+	06:00+	08:50+	10:31+	12:31+	13:38+	15:57+	17:46+	24:47+	26:44+	28:44+	30:21+	31:28+	32:31+	34:05+	34:51+	35:26+
03:00+	01:26+	01:34+	02:50+	01:41-	02:00+	01:07+	02:19+	01:49+	07:01+	01:57+	02:00+	01:37+	01:07+	01:03+	01:34+	00:46+	00:35+
01:57@	00:29&	00:45&	01:10&	00:02-	01:03@	00:39@	01:40@	00:42&	05:22@	01:06@	00:45&	00:55@	00:33&	00:31&	00:52@	00:11&	00:19@
62	Terje Hodne Nilsen	115										35:56					
02:20+	03:51+	05:33+	09:03+	11:08+	13:04+	15:11+	16:38+	18:43+	22:43+	25:01+	27:16+	28:58+	30:58+	32:46+	34:28+	35:17+	35:56+
02:20+	01:31+	01:42+	03:30+	02:05+	01:56+	02:07+	01:27+	02:05+	04:00+	02:18+	02:15+	01:42+	02:00+	01:48+	01:42+	00:49+	00:39+
01:17@	00:34&	00:53@	01:50@	00:22#	00:59@	01:39@	00:48@	00:58&	02:21@	01:27@	01:00&	01:00@	01:26@	01:16@	01:00@	00:14&	00:23@
63	Harald Nilsen	79										36:01					
02:21+	03:51+	05:47+	08:55+	10:33+	12:02+	13:05+	14:19+	16:01+	25:56+	28:23+	30:22+	31:31+	32:15+	33:21+	35:12+	35:39+	36:01+
02:21+	01:30+	01:56+	03:08+	01:38-	01:29+	01:03+	01:14+	01:42+	09:55+	02:27+	01:59+	01:09+	00:44+	01:06+	01:51+	00:27-	00:22+
01:18@	00:33&	01:07@	01:28&	00:05-	00:32&	00:35@	00:35&	00:35&	08:16@	01:36@	00:44&	00:27&	00:10&	00:34@	01:09@	00:08-	00:06&
64	Svein Inge Sævereid	126										40:26					
02:38+	05:14+	07:08+	10:30+	12:33+	14:26+	15:29+	17:22+	20:02+	25:47+	27:57+	32:28+	34:23+	35:37+	37:20+	39:06+	39:47+	40:26+
02:38+	02:36+	01:54+	03:22+	02:03+	01:53+	01:03+	01:53+	02:40+	05:45+	02:10+	04:31+	01:55+	01:14+	01:43+	01:46+	00:41+	00:39+
01:35@	01:39@	01:05@	01:42@	00:20#	00:56&	00:35@	01:14@	01:33@	04:06@	01:19@	03:16@	01:13@	00:40@	01:11@	01:04@	00:06#	00:23@
65	Alf Inge Jåtten	63										47:15					
02:31+	03:54+	05:41+	08:56+	10:42+	19:33+	22:00+	24:01+	26:02+	33:40+	36:53+	40:06+	42:15+	43:08+	44:16+	45:50+	46:25+	47:15+
02:31+	01:23+	01:47+	03:15+	01:46+	08:51+	02:27+	02:01+	02:01+	07:38+	03:13+	03:13+	02:09+	00:53+	01:08+	01:34+	00:35=	00:50+
01:28@	00:26&	00:58@	01:35&	00:03+	07:54@	01:59@	01:22@	00:54&	05:59@	02:22@	01:58@	01:27@	00:19&	00:36@	00:52@	00:00=	00:34@

Class	Navn	Klasse										Tid					
66	Arthur Christiansen	93										48:34					
04:02+	06:48+	09:14+	14:09+	18:15+	20:49+	22:13+	24:20+	27:23+	32:37+	35:19+	38:21+	40:43+	42:29+	44:20+	46:53+	47:49+	48:34+
04:02+	02:46+	02:26+	04:55+	04:06+	02:34+	01:24+	02:07+	03:03+	05:14+	02:42+	03:02+	02:22+	01:46+	01:51+	02:33+	00:56+	00:45+
02:59@	01:49@	01:37@	03:15@	02:23@	01:37@	00:56@	01:28@	01:56@	03:35@	01:51@	01:47@	01:40@	01:12@	01:19@	01:51@	00:21&	00:29@

Beste strekktid for klassen

01:03	00:51	00:49	01:40	01:01	00:56	00:28	00:32	01:00	01:39	00:51	01:01	00:42	00:25	00:30	00:36	00:14	00:13
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.