

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1 Marjo Liikanen 67 39:56

03:32= 11:58= 14:04= 18:48= 21:09= 23:07= 28:29= 31:30= 32:46= 34:39= 36:41= 38:46= 39:56=
 03:32= 08:26= 02:06= 04:44= 02:21= 01:58= 05:22= 03:01= 01:16= 01:53= 02:02= 02:05= 01:10=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Trine Bolstad 62 51:44

07:07+ 18:39+ 21:16+ 26:45+ 29:25+ 31:14+ 36:10+ 40:33+ 42:29+ 44:53+ 47:36+ 50:18+ 51:44+
 07:07+ 11:32+ 02:37+ 05:29+ 02:40+ 01:49- 04:56- 04:23+ 01:56+ 02:24+ 02:43+ 02:42+ 01:26+
 03:35@ 03:06& 00:31# 00:45# 00:19# 00:09- 00:26- 01:22& 00:40& 00:31& 00:41& 00:37& 00:16#

3 Ingrid Lamark 46 52:17

05:32+ 18:17+ 19:30+ 26:34+ 29:48+ 31:58+ 37:07+ 41:37+ 43:27+ 45:54+ 48:29+ 51:03+ 52:17+
 05:32+ 12:45+ 01:13- 07:04+ 03:14+ 02:10+ 05:09- 04:30+ 01:50+ 02:27+ 02:35+ 02:34+ 01:14+
 02:00& 04:19& 00:53- 02:20& 00:53& 00:12# 00:13- 01:29& 00:34& 00:34& 00:33& 00:29# 00:04+

4 Tone Torgersen 27 53:51

04:53+ 17:49+ 18:50+ 24:40+ 27:40+ 29:34+ 34:45+ 41:49+ 43:57+ 46:41+ 49:45+ 52:28+ 53:51+
 04:53+ 12:56+ 01:01- 05:50+ 03:00+ 01:54- 05:11- 07:04+ 02:08+ 02:44+ 03:04+ 02:43+ 01:23+
 01:21& 04:30& 01:05- 01:06# 00:39& 00:04- 00:11- 04:03@ 00:52& 00:51& 01:02& 00:38& 00:13#

5 Kari Borgen 62 1:03:34

06:10+ 28:13+ 29:20+ 36:58+ 39:46+ 42:03+ 47:45+ 52:19+ 54:37+ 57:30+ 59:54+ 62:28+ 63:34+
 06:10+ 22:03+ 01:07- 07:38+ 02:48+ 02:17+ 05:42+ 04:34+ 02:18+ 02:53+ 02:24+ 02:34+ 01:06-
 02:38& 13:37@ 00:59- 02:54& 00:27# 00:19# 00:20+ 01:33& 01:02& 01:00& 00:22# 00:29# 00:04-

6 Rønnaug Egeland 154 1:07:40

07:08+ 25:18+ 27:24+ 34:55+ 38:05+ 40:49+ 47:44+ 55:13+ 57:25+ 60:12+ 63:39+ 66:16+ 67:40+
 07:08+ 18:10+ 02:06= 07:31+ 03:10+ 02:44+ 06:55+ 07:29+ 02:12+ 02:47+ 03:27+ 02:37+ 01:24+
 03:36@ 09:44@ 00:00= 02:47& 00:49& 00:46& 01:33& 04:28@ 00:56& 00:54& 01:25& 00:32& 00:14#

7 Karlotte K Sørheim 105 1:20:06

05:58+ 19:45+ 21:11+ 27:35+ 31:09+ 41:44+ 50:49+ 58:21+ 65:36+ 69:26+ 75:27+ 78:43+ 80:06+
 05:58+ 13:47+ 01:26- 06:24+ 03:34+ 10:35+ 09:05+ 07:32+ 07:15+ 03:50+ 06:01+ 03:16+ 01:23+
 02:26& 05:21& 00:40- 01:40& 01:13& 08:37@ 03:43& 04:31@ 05:59@ 01:57@ 03:59@ 01:11& 00:13#

8 Ingrid Lycke Austbø 109 1:28:03

09:32+ 32:01+ 33:06+ 41:15+ 44:26+ 47:17+ 69:40+ 74:41+ 76:25+ 79:54+ 82:45+ 86:36+ 88:03+
 09:32+ 22:29+ 01:05- 08:09+ 03:11+ 02:51+ 22:23+ 05:01+ 01:44+ 03:29+ 02:51+ 03:51+ 01:27+
 06:00@ 14:03@ 01:01- 03:25& 00:50& 00:53& 17:01@ 02:00& 00:28& 01:36& 00:49& 01:46& 00:17#

9 Maria Lampe 126 1:30:12

07:29+ 36:14+ 37:37+ 49:31+ 52:55+ 58:44+ 66:29+ 73:49+ 76:31+ 80:13+ 84:09+ 88:37+ 90:12+
 07:29+ 28:45+ 01:23- 11:54+ 03:24+ 05:49+ 07:45+ 07:20+ 02:42+ 03:42+ 03:56+ 04:28+ 01:35+
 03:57@ 20:19@ 00:43- 07:10@ 01:03& 03:51@ 02:23& 04:19@ 01:26@ 01:49& 01:54& 02:23@ 00:25&

10 Sina Thu 271 1:36:58

24:07+ 37:04+ 38:53+ 44:07+ 46:49+ 50:34+ 61:41+ 85:31+ 86:44+ 89:30+ 92:42+ 95:37+ 96:58+
 24:07+ 12:57+ 01:49- 05:14+ 02:42+ 03:45+ 11:07+ 23:50+ 01:13- 02:46+ 03:12+ 02:55+ 01:21+
 20:35@ 04:31& 00:17- 00:30# 00:21# 01:47& 05:45@ 20:49@ 00:03- 00:53& 01:10& 00:50& 00:11#

11 Bodil Krogedal 126 1:43:15

10:13+ 34:15+ 35:14+ 48:03+ 51:42+ 54:32+ 62:03+ 85:28+ 87:14+ 90:58+ 94:27+ 101:40+ 103:15+
 10:13+ 24:02+ 00:59- 12:49+ 03:39+ 02:50+ 07:31+ 23:25+ 01:46+ 03:44+ 03:29+ 07:13+ 01:35+
 06:41@ 15:36@ 01:07- 08:05@ 01:18& 00:52& 02:09& 20:24@ 00:30& 01:51& 01:27& 05:08@ 00:25&

Beste strekktid for klassen

03:32 08:26 00:59 04:44 02:21 01:49 04:56 03:01 01:13 01:53 02:02 02:05 01:06

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

Damer 40 - 49 år

1 Aud Hognestad Taksdal 92 37:19

03:03= 04:32= 13:28= 14:53= 17:13= 22:00= 25:16= 25:58= 29:04= 31:15= 33:32= 34:39= 36:14= 37:19=
 03:03= 01:29= 08:56= 01:25= 02:20= 04:47= 03:16= 00:42= 03:06= 02:11= 02:17= 01:07= 01:35= 01:05=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Class	Navn	Klasse												Tid
2	Jorunn Hadland	29												38:09
03:07+	05:04+	14:40+	16:13+	18:33+	23:16+	26:28+	27:03+	30:21+	32:16+	34:37+	35:54+	37:05+	38:09+	
03:07+	01:57+	09:36+	01:33+	02:20=	04:43-	03:12-	00:35-	03:18+	01:55-	02:21+	01:17+	01:11-	01:04-	
00:04+	00:28&	00:40+	00:08+	00:00=	00:04-	00:04-	00:07-	00:12+	00:16-	00:04+	00:10#	00:24-	00:01-	
3	Vibeke Lamark	46												50:57
04:07+	06:21+	17:41+	19:45+	23:00+	29:58+	34:54+	35:48+	39:52+	42:41+	46:11+	47:48+	49:30+	50:57+	
04:07+	02:14+	11:20+	02:04+	03:15+	06:58+	04:56+	00:54+	04:04+	02:49+	03:30+	01:37+	01:42+	01:27+	
01:04&	00:45&	02:24&	00:39&	00:55&	02:11&	01:40&	00:12&	00:58&	00:38&	01:13&	00:30&	00:07+	00:22&	
4	Ann-Cathrin Urdal	118												54:06
03:47+	05:58+	21:18+	23:28+	26:37+	32:51+	38:13+	39:10+	43:07+	45:57+	50:03+	51:22+	52:51+	54:06+	
03:47+	02:11+	15:20+	02:10+	03:09+	06:14+	05:22+	00:57+	03:57+	02:50+	04:06+	01:19+	01:29-	01:15+	
00:44#	00:42&	06:24&	00:45&	00:49&	01:27&	02:06&	00:15&	00:51&	00:39&	01:49&	00:12#	00:06-	00:10#	
5	Hilde Nordbø	93												59:38
04:17+	06:58+	20:09+	23:10+	26:39+	33:47+	39:32+	41:01+	45:26+	48:44+	53:41+	56:39+	58:19+	59:38+	
04:17+	02:41+	13:11+	03:01+	03:29+	07:08+	05:45+	01:29+	04:25+	03:18+	04:57+	02:58+	01:40+	01:19+	
01:14&	01:12&	04:15&	01:36@	01:09&	02:21&	02:29&	00:47@	01:19&	01:07&	02:40@	01:51@	00:05+	00:14#	
6	Anita Glenne Kallhovd	29												1:03:39
04:39+	07:27+	21:42+	23:53+	27:18+	34:01+	44:03+	45:14+	50:40+	53:35+	58:16+	59:56+	62:16+	63:39+	
04:39+	02:48+	14:15+	02:11+	03:25+	06:43+	10:02+	01:11+	05:26+	02:55+	04:41+	01:40+	02:20+	01:23+	
01:36&	01:19&	05:19&	00:46&	01:05&	01:56&	06:46@	00:29&	02:20&	00:44&	02:24@	00:33&	00:45&	00:18&	
7	Lise Isachsen	165												1:14:40
05:24+	07:38+	19:45+	22:12+	25:35+	36:43+	47:27+	49:10+	60:35+	64:35+	70:08+	71:40+	73:24+	74:40+	
05:24+	02:14+	12:07+	02:27+	03:23+	11:08+	10:44+	01:43+	11:25+	04:00+	05:33+	01:32+	01:44+	01:16+	
02:21&	00:45&	03:11&	01:02&	01:03&	06:21@	07:28@	01:01@	08:19@	01:49&	03:16@	00:25&	00:09+	00:11#	
8	Randi Roth	68												1:41:02
07:55+	13:58+	32:52+	35:36+	40:44+	54:49+	64:59+	66:52+	73:44+	86:53+	93:51+	96:30+	99:03+	101:02+	
07:55+	06:03+	18:54+	02:44+	05:08+	14:05+	10:10+	01:53+	06:52+	13:09+	06:58+	02:39+	02:33+	01:59+	
04:52@	04:34@	09:58@	01:19&	02:48@	09:18@	06:54@	01:11@	03:46@	10:58@	04:41@	01:32@	00:58&	00:54&	
Beste strekktid for klassen														
03:03	01:29	08:56	01:25	02:20	04:43	03:12	00:35	03:06	01:55	02:17	01:07	01:11	01:04	

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

Damer 50 - 59 år

1	Inger Tone Nygård	29												45:41
03:18=	05:34=	17:47=	19:41=	22:35=	28:21=	32:06=	32:52=	36:36=	38:46=	41:41=	43:02=	44:25=	45:41=	
03:18=	02:16=	12:13=	01:54=	02:54=	05:46=	03:45=	00:46=	03:44=	02:10=	02:55=	01:21=	01:23=	01:16=	
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=	
2	Ann Karin Tjørhom	93												55:44
04:42+	07:15+	20:58+	23:28+	27:16+	34:13+	38:44+	40:31+	44:40+	47:27+	51:05+	52:39+	54:18+	55:44+	
04:42+	02:33+	13:43+	02:30+	03:48+	06:57+	04:31+	01:47+	04:09+	02:47+	03:38+	01:34+	01:39+	01:26+	
01:24&	00:17#	01:30#	00:36&	00:54&	01:11#	00:46#	01:01@	00:25#	00:37&	00:43#	00:13#	00:16#	00:10#	
3	Grethe Anda Fuglestad	116												58:59
04:41+	07:34+	20:18+	22:34+	26:11+	35:34+	41:11+	42:40+	47:22+	50:22+	54:21+	55:59+	57:35+	58:59+	
04:41+	02:53+	12:44+	02:16+	03:37+	09:23+	05:37+	01:29+	04:42+	03:00+	03:59+	01:38+	01:36+	01:24+	
01:23&	00:37&	00:31+	00:22#	00:43#	03:37&	01:52&	00:43&	00:58&	00:50&	01:04&	00:17#	00:13#	00:08#	
4	Anne Sæbø Vik	116												1:01:48
06:49+	09:08+	20:42+	22:35+	26:14+	33:46+	41:06+	42:16+	46:48+	51:51+	55:45+	58:10+	60:09+	61:48+	
06:49+	02:19+	11:34-	01:53-	03:39+	07:32+	07:20+	01:10+	04:32+	05:03+	03:54+	02:25+	01:59+	01:39+	
03:31@	00:03+	00:39-	00:01-	00:45&	01:46&	03:35&	00:24&	00:48#	02:53@	00:59&	01:04&	00:36&	00:23&	
5	Helen Lomeland	105												1:09:57
04:26+	07:11+	21:20+	23:09+	26:37+	34:27+	43:38+	45:32+	56:57+	59:33+	64:38+	66:58+	68:37+	69:57+	
04:26+	02:45+	14:09+	01:49-	03:28+	07:50+	09:11+	01:54+	11:25+	02:36+	05:05+	02:20+	01:39+	01:20+	
01:08&	00:29#	01:56#	00:05-	00:34#	02:04&	05:26@	01:08@	07:41@	00:26#	02:10&	00:59&	00:16#	00:04+	
6	Torill Andersen	116												1:14:40
06:26+	09:05+	22:10+	30:00+	33:38+	42:38+	49:27+	50:48+	60:28+	64:22+	69:08+	71:06+	73:10+	74:40+	
06:26+	02:39+	13:05+	07:50+	03:38+	09:00+	06:49+	01:21+	09:40+	03:54+	04:46+	01:58+	02:04+	01:30+	
03:08&	00:23#	00:52+	05:56@	00:44&	03:14&	03:04&	00:35&	05:56@	01:44&	01:51&	00:37&	00:41&	00:14#	

Class	Navn	Klasse											Tid
7	Trude Katrine Hermanrud	117											1:15:11
08:07+	12:28+	29:05+	31:39+	36:07+	46:25+	52:52+	54:20+	60:39+	63:59+	69:16+	71:06+	73:19+	75:11+
08:07+	04:21+	16:37+	02:34+	04:28+	10:18+	06:27+	01:28+	06:19+	03:20+	05:17+	01:50+	02:13+	01:52+
04:49@	02:05&	04:24&	00:40&	01:34&	04:32&	02:42&	00:42&	02:35&	01:10&	02:22&	00:29&	00:50&	00:36&
8	Marie-Elizabeth Reinseth	27											1:15:58
07:31+	10:20+	23:22+	31:02+	34:52+	43:42+	50:03+	51:56+	61:50+	65:29+	70:11+	72:04+	74:26+	75:58+
07:31+	02:49+	13:02+	07:40+	03:50+	08:50+	06:21+	01:53+	09:54+	03:39+	04:42+	01:53+	02:22+	01:32+
04:13@	00:33#	00:49+	05:46@	00:56&	03:04&	02:36&	01:07@	06:10@	01:29&	01:47&	00:32&	00:59&	00:16#
9	Nidunn Sandvik	228											1:18:28
04:58+	11:20+	27:04+	29:17+	33:30+	42:08+	48:48+	50:48+	58:31+	61:38+	70:58+	74:20+	76:49+	78:28+
04:58+	06:22+	15:44+	02:13+	04:13+	08:38+	06:40+	02:00+	07:43+	03:07+	09:20+	03:22+	02:29+	01:39+
01:40&	04:06@	03:31&	00:19#	01:19&	02:52&	02:55&	01:14@	03:59@	00:57&	06:25@	02:01@	01:06&	00:23&
10	Anne-Siv Gjertsen	27											1:21:06
05:01+	07:29+	24:45+	26:58+	31:36+	42:19+	52:21+	53:58+	63:39+	67:46+	73:17+	75:25+	78:24+	81:06+
05:01+	02:28+	17:16+	02:13+	04:38+	10:43+	10:02+	01:37+	09:41+	04:07+	05:31+	02:08+	02:59+	02:42+
01:43&	00:12+	05:03&	00:19#	01:44&	04:57&	06:17@	00:51@	05:57@	01:57&	02:36&	00:47&	01:36@	01:26@
11	Rowena Naile	42											1:23:05
05:08+	10:31+	24:47+	27:29+	30:40+	39:32+	52:06+	54:08+	64:16+	66:47+	75:38+	79:18+	81:27+	83:05+
05:08+	05:23+	14:16+	02:42+	03:11+	08:52+	12:34+	02:02+	10:08+	02:31+	08:51+	03:40+	02:09+	01:38+
01:50&	03:07@	02:03#	00:48&	00:17+	03:06&	08:49@	01:16@	06:24@	00:21#	05:56@	02:19@	00:46&	00:22&
12	Ellinor Hoemsnes	116											1:23:42
15:02+	18:12+	31:27+	39:07+	42:56+	51:45+	58:07+	60:02+	70:11+	73:27+	78:04+	80:01+	82:11+	83:42+
15:02+	03:10+	13:15+	07:40+	03:49+	08:49+	06:22+	01:55+	10:09+	03:16+	04:37+	01:57+	02:10+	01:31+
11:44@	00:54&	01:02+	05:46@	00:55&	03:03&	02:37&	01:09@	06:25@	01:06&	01:42&	00:36&	00:47&	00:15#
13	Rannveig Eidem Norfolk	66											1:26:07
07:09+	15:54+	32:45+	35:23+	39:10+	50:12+	58:42+	60:08+	67:37+	73:28+	79:44+	81:52+	84:24+	86:07+
07:09+	08:45+	16:51+	02:38+	03:47+	11:02+	08:30+	01:26+	07:29+	05:51+	06:16+	02:08+	02:32+	01:43+
03:51@	06:29@	04:38&	00:44&	00:53&	05:16&	04:45@	00:40&	03:45@	03:41@	03:21@	00:47&	01:09&	00:27&
14	Eli Tjåland Stokka	94											1:28:07
06:37+	10:28+	29:34+	33:15+	39:26+	51:15+	59:17+	61:17+	68:24+	73:36+	80:37+	83:23+	86:18+	88:07+
06:37+	03:51+	19:06+	03:41+	06:11+	11:49+	08:02+	02:00+	07:07+	05:12+	07:01+	02:46+	02:55+	01:49+
03:19@	01:35&	06:53&	01:47&	03:17@	06:03@	04:17@	01:14@	03:23&	03:02@	04:06@	01:25@	01:32@	00:33&
15	Ane Kristine Rostrup	92											1:42:50
04:52+	07:26+	35:02+	37:30+	41:36+	59:08+	71:56+	74:00+	82:48+	88:40+	95:49+	98:03+	100:57+	102:50+
04:52+	02:34+	27:36+	02:28+	04:06+	17:32+	12:48+	02:04+	08:48+	05:52+	07:09+	02:14+	02:54+	01:53+
01:34&	00:18#	15:23@	00:34&	01:12&	11:46@	09:03@	01:18@	05:04@	03:42@	04:14@	00:53&	01:31@	00:37&

Beste strekktid for klassen

03:18 02:16 11:34 01:49 02:54 05:46 03:45 00:46 03:44 02:10 02:55 01:21 01:23 01:16

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

Damer 60 - 64 år

1	Eli Frafjord	94											1:00:06
05:00=	16:27=	18:27=	22:04=	27:47=	36:44=	42:22=	44:15=	47:18=	50:38=	54:17=	55:58=	58:19=	60:06=
05:00=	11:27=	02:00=	03:37=	05:43=	08:57=	05:38=	01:53=	03:03=	03:20=	03:39=	01:41=	02:21=	01:47=
00:00=	00:00=	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 Blixhavn	228											1:07:26
10:29+	16:45+	19:05+	23:32+	31:15+	36:51+	46:34+	48:33+	52:38+	55:32+	60:21+	62:36+	65:20+	67:26+
10:29+	06:16-	02:20+	04:27+	07:43+	05:36-	09:43+	01:59+	04:05+	02:54-	04:49+	02:15+	02:44+	02:06+
05:29@	05:11-	00:20#	00:50#	02:00&	03:21-	04:05&	00:06+	01:02&	00:26-	01:10&	00:34&	00:23#	00:19#
3	Berit K. Gramstad	113											1:11:33
05:34+	11:58-	14:22-	18:52-	27:00-	45:11+	52:58+	54:20+	57:36+	60:23+	64:51+	66:30+	68:59+	71:33+
05:34+	06:24-	02:24+	04:30+	08:08+	18:11+	07:47+	01:22-	03:16+	02:47-	04:28+	01:39-	02:29+	02:34+
00:34#	05:03-	00:24#	00:53#	02:25&	09:14@	02:09&	00:31-	00:13+	00:33-	00:49#	00:02-	00:08+	00:47&
4	Halldis Handeland	92											1:14:53
05:25+	12:00-	19:08+	25:23+	35:13+	44:52+	53:56+	55:09+	58:24+	61:32+	66:34+	68:42+	71:48+	74:53+
05:25+	06:35-	07:08+	06:15+	09:50+	09:39+	09:04+	01:13-	03:15+	03:08-	05:02+	02:08+	03:06+	03:05+
00:25+	04:52-	05:08@	02:38&	04:07&	00:42+	03:26&	00:40-	00:12+	00:12-	01:23&	00:27&	00:45&	01:18&

Class	Navn	Klasse											Tid
5	Unni Relling	92											1:31:57
04:59-	13:08-	16:00-	27:36+	46:14+	53:48+	68:14+	70:35+	74:01+	79:15+	84:22+	86:57+	89:40+	91:57+
04:59-	08:09-	02:52+	11:36+	18:38+	07:34-	14:26+	02:21+	03:26+	05:14+	05:07+	02:35+	02:43+	02:17+
00:01-	03:18-	00:52&	07:59&	12:55&	01:23-	08:48&	00:28#	00:23#	01:54&	01:28&	00:54&	00:22#	00:30&

Beste strekktid for klassen

04:59 06:16 02:00 03:37 05:43 05:36 05:38 01:13 03:03 02:47 03:39 01:39 02:21 01:47

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

Damer 65 - 69 år

1	Ingrid W. Hestness	117											49:37
06:57=	13:21=	16:18=	19:52=	26:35=	30:36=	36:35=	37:48=	40:32=	42:44=	45:17=	46:39=	48:16=	49:37=
06:57=	06:24=	02:57=	03:34=	06:43=	04:01=	05:59=	01:13=	02:44=	02:12=	02:33=	01:22=	01:37=	01:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Inger Skretting Opstad	54											1:02:45
04:58-	13:01-	15:36-	20:12+	27:20+	33:39+	42:12+	43:42+	47:14+	50:17+	54:51+	57:48+	60:29+	62:45+
04:58-	08:03+	02:35-	04:36+	07:08+	06:19+	08:33+	01:30+	03:32+	03:03+	04:34+	02:57+	02:41+	02:16+
01:59-	01:39&	00:22-	01:02&	00:25+	02:18&	02:34&	00:17#	00:48&	00:51&	02:01&	01:35&	01:04&	00:55&

3	Mette Dagsland	68											1:20:27
04:17-	16:15+	19:38+	26:33+	33:24+	38:30+	57:36+	58:55+	62:07+	67:32+	74:45+	76:44+	78:45+	80:27+
04:17-	11:58+	03:23+	06:55+	06:51+	05:06+	19:06+	01:19+	03:12+	05:25+	07:13+	01:59+	02:01+	01:42+
02:40-	05:34&	00:26#	03:21&	00:08+	01:05&	13:07&	00:06+	00:28#	03:13&	04:40&	00:37&	00:24#	00:21&

4	Wenche Anda Haarr	92											1:23:29
06:35-	14:56+	18:08+	37:12+	46:14+	54:04+	64:18+	65:48+	69:11+	71:44+	76:13+	78:11+	80:45+	83:29+
06:35-	08:21+	03:12+	19:04+	09:02+	07:50+	10:14+	01:30+	03:23+	02:33+	04:29+	01:58+	02:34+	02:44+
00:22-	01:57&	00:15+	15:30&	02:19&	03:49&	04:15&	00:17#	00:39#	00:21#	01:56&	00:36&	00:57&	01:23&

Beste strekktid for klassen

04:17 06:24 02:35 03:34 06:43 04:01 05:59 01:13 02:44 02:12 02:33 01:22 01:37 01:21

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

Damer 70 - 74 år

1	Gry V. Thengs	68											52:55
04:04=	09:37=	12:06=	16:24=	23:05=	28:47=	35:35=	37:33=	40:26=	44:05=	47:49=	49:21=	51:20=	52:55=
04:04=	05:33=	02:29=	04:18=	06:41=	05:42=	06:48=	01:58=	02:53=	03:39=	03:44=	01:32=	01:59=	01:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Turid Nystrøm	68											56:36
04:17+	10:29+	12:39+	16:46+	25:27+	30:35+	37:52+	39:24+	42:15+	45:09+	50:03+	52:09+	54:42+	56:36+
04:17+	06:12+	02:10-	04:07-	08:41+	05:08-	07:17+	01:32-	02:51-	02:54-	04:54+	02:06+	02:33+	01:54+
00:13+	00:39#	00:19-	00:11-	02:00&	00:34-	00:29+	00:26-	00:02-	00:45-	01:10&	00:34&	00:34&	00:19#

3	Haldis Glendrange	68											59:56
04:38+	11:20+	13:58+	19:00+	25:50+	31:13+	39:57+	42:43+	45:40+	48:08+	53:16+	55:33+	57:59+	59:56+
04:38+	06:42+	02:38+	05:02+	06:50+	05:23-	08:44+	02:46+	02:57+	02:28-	05:08+	02:17+	02:26+	01:57+
00:34#	01:09#	00:09+	00:44#	00:09+	00:19-	01:56&	00:48&	00:04+	01:11-	01:24&	00:45&	00:27#	00:22#

4	Helga Aaslid	54											1:01:19
05:46+	12:36+	15:21+	20:17+	27:00+	32:33+	41:22+	43:35+	46:51+	49:18+	53:57+	56:15+	59:26+	61:19+
05:46+	06:50+	02:45+	04:56+	06:43+	05:33-	08:49+	02:13+	03:16+	02:27-	04:39+	02:18+	03:11+	01:53+
01:42&	01:17#	00:16#	00:38#	00:02+	00:09-	02:01&	00:15#	00:23#	01:12-	00:55#	00:46&	01:12&	00:18#

5	Eva Hessen	83											1:13:13
14:09+	21:35+	24:06+	28:09+	36:52+	44:05+	54:31+	56:10+	59:45+	62:10+	66:46+	68:42+	71:26+	73:13+
14:09+	07:26+	02:31+	04:03-	08:43+	07:13+	10:26+	01:39-	03:35+	02:25-	04:36+	01:56+	02:44+	01:47+
10:05&	01:53&	00:02+	00:15-	02:02&	01:31&	03:38&	00:19-	00:42#	01:14-	00:52#	00:24&	00:45&	00:12#

6	Helga Klausen	62											1:20:30
07:01+	15:58+	19:09+	29:39+	45:13+	51:48+	60:28+	61:55+	65:00+	68:28+	72:59+	75:40+	78:19+	80:30+
07:01+	08:57+	03:11+	10:30+	15:34+	06:35+	08:40+	01:27-	03:05+	03:28-	04:31+	02:41+	02:39+	02:11+
02:57&	03:24&	00:42&	06:12&	08:53&	00:53#	01:52&	00:31-	00:12+	00:11-	00:47#	01:09&	00:40&	00:36&

Class	Navn	Klasse											Tid	
7	Ragnhild Christiansen	93											1:25:35	
	05:41+	18:42+	21:21+	27:16+	36:23+	44:30+	57:03+	59:24+	64:39+	68:54+	75:27+	78:21+	82:27+	85:35+
	05:41+	13:01+	02:39+	05:55+	09:07+	08:07+	12:33+	02:21+	05:15+	04:15+	06:33+	02:54+	04:06+	03:08+
	01:37&	07:28&	00:10+	01:37&	02:26&	02:25&	05:45&	00:23#	02:22&	00:36#	02:49&	01:22&	02:07&	01:33&

Beste strekktid for klassen

04:04 05:33 02:10 04:03 06:41 05:08 06:48 01:27 02:51 02:25 03:44 01:32 01:59 01:35

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29											57:59	
	04:25=	16:19=	19:04=	22:40=	28:08=	34:24=	41:53=	43:29=	46:26=	48:22=	52:10=	53:59=	56:05=	57:59=
	04:25=	11:54=	02:45=	03:36=	05:28=	06:16=	07:29=	01:36=	02:57=	01:56=	03:48=	01:49=	02:06=	01:54=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

04:25 11:54 02:45 03:36 05:28 06:16 07:29 01:36 02:57 01:56 03:48 01:49 02:06 01:54

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

Damer 80 år og eldre

1	Gørild Espedal	113											1:00:50	
	05:30=	15:12=	23:22=	26:07=	33:19=	36:53=	46:35=	54:03=	58:04=	60:50=				
	05:30=	09:42=	08:10=	02:45=	07:12=	03:34=	09:42=	07:28=	04:01=	02:46=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

Beste strekktid for klassen

05:30 09:42 08:10 02:45 07:12 03:34 09:42 07:28 04:01 02:46

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

Damer Trim

1	Margot Asheim	105											29:16	
	02:59=	08:00=	12:39=	14:22=	16:22=	18:57=	24:26=	25:58=	27:47=	29:16=				
	02:59=	05:01=	04:39=	01:43=	02:00=	02:35=	05:29=	01:32=	01:49=	01:29=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

2	Fredrike Krahnert	126											30:39	
	02:10-	07:38-	12:16-	14:47+	16:50+	19:42+	25:13+	26:46+	29:12+	30:39+				
	02:10-	05:28+	04:38-	02:31+	02:03+	02:52+	05:31+	01:33+	02:26+	01:27-				
	00:49-	00:27+	00:01-	00:48&	00:03+	00:17#	00:02+	00:01+	00:37&	00:02-				

3	Åse Sellereite	27											33:21	
	02:35-	07:31-	13:34+	15:20+	18:52+	21:41+	28:26+	30:01+	32:01+	33:21+				
	02:35-	04:56-	06:03+	01:46+	03:32+	02:49+	06:45+	01:35+	02:00+	01:20-				
	00:24-	00:05-	01:24&	00:03+	01:32&	00:14+	01:16#	00:03+	00:11#	00:09-				

4	Margrete Jian Øye	126											33:30	
	03:47+	10:27+	14:32+	16:21+	18:45+	21:57+	27:12+	29:05+	31:19+	33:30+				
	03:47+	06:40+	04:05-	01:49+	02:24+	03:12+	05:15-	01:53+	02:14+	02:11+				
	00:48&	01:39&	00:34-	00:06+	00:24#	00:37#	00:14-	00:21#	00:25#	00:42&				

5	Kjersti Pawells	105											35:17	
	03:58+	10:09+	15:02+	17:00+	19:34+	23:13+	28:37+	30:59+	33:34+	35:17+				
	03:58+	06:11+	04:53+	01:58+	02:34+	03:39+	05:24-	02:22+	02:35+	01:43+				
	00:59&	01:10#	00:14+	00:15#	00:34&	01:04&	00:05-	00:50&	00:46&	00:14#				

6	Marita Navjord Nicolaysen	71											37:46	
	04:19+	11:49+	17:50+	19:56+	22:25+	25:47+	30:51+	32:41+	36:17+	37:46+				
	04:19+	07:30+	06:01+	02:06+	02:29+	03:22+	05:04-	01:50+	03:36+	01:29=				
	01:20&	02:29&	01:22&	00:23#	00:29#	00:47&	00:25-	00:18#	01:47&	00:00=				

Class	Navn	Klasse	Tid
7	Synnøve Langvik	93	40:03
03:37+	10:52+ 16:43+ 19:12+ 22:22+ 25:45+ 32:13+ 34:45+ 37:38+ 40:03+		
03:37+	07:15+ 05:51+ 02:29+ 03:10+ 03:23+ 06:28+ 02:32+ 02:53+ 02:25+		
00:38#	02:14& 01:12& 00:46& 01:10& 00:48& 00:59# 01:00& 01:04& 00:56&		
8	Turid Johanne Kidøy	18	48:25
03:52+	08:46+ 13:23+ 16:34+ 32:53+ 35:20+ 44:20+ 45:38+ 47:04+ 48:25+		
03:52+	04:54- 04:37- 03:11+ 16:19+ 02:27- 09:00+ 01:18- 01:26- 01:21-		
00:53&	00:07- 00:02- 01:28& 14:19@ 00:08- 03:31& 00:14- 00:23- 00:08-		
9	Eli Våge	117	49:16
08:40+	15:34+ 22:28+ 25:09+ 28:33+ 33:24+ 41:07+ 43:37+ 46:54+ 49:16+		
08:40+	06:54+ 06:54+ 02:41+ 03:24+ 04:51+ 07:43+ 02:30+ 03:17+ 02:22+		
05:41@	01:53& 02:15& 00:58& 01:24& 02:16& 02:14& 00:58& 01:28& 00:53&		
10	Margretha Almedal	297	50:14
05:54+	21:47+ 26:54+ 29:19+ 32:31+ 36:12+ 43:10+ 45:31+ 48:29+ 50:14+		
05:54+	15:53+ 05:07+ 02:25+ 03:12+ 03:41+ 06:58+ 02:21+ 02:58+ 01:45+		
02:55&	10:52@ 00:28# 00:42& 01:12& 01:06& 01:29& 00:49& 01:09& 00:16#		
11	Wenke Wannberg	116	52:24
05:30+	14:04+ 21:44+ 24:44+ 28:29+ 33:12+ 44:39+ 47:04+ 50:01+ 52:24+		
05:30+	08:34+ 07:40+ 03:00+ 03:45+ 04:43+ 11:27+ 02:25+ 02:57+ 02:23+		
02:31&	03:33& 03:01& 01:17& 01:45& 02:08& 05:58@ 00:53& 01:08& 00:54&		
12	Aslaug Neteland	92	52:27
05:36+	14:02+ 21:50+ 24:42+ 28:34+ 33:17+ 44:53+ 47:09+ 50:06+ 52:27+		
05:36+	08:26+ 07:48+ 02:52+ 03:52+ 04:43+ 11:36+ 02:16+ 02:57+ 02:21+		
02:37&	03:25& 03:09& 01:09& 01:52& 02:08& 06:07@ 00:44& 01:08& 00:52&		
13	May Kristin Haaland	47	58:24
04:15+	12:49+ 22:12+ 25:41+ 30:05+ 37:50+ 47:42+ 52:09+ 56:00+ 58:24+		
04:15+	08:34+ 09:23+ 03:29+ 04:24+ 07:45+ 09:52+ 04:27+ 03:51+ 02:24+		
01:16&	03:33& 04:44@ 01:46@ 02:24@ 05:10@ 04:23& 02:55@ 02:02@ 00:55&		
14	Elsa Ingolfsdottir	126	1:00:16
05:40+	12:52+ 22:05+ 24:52+ 28:10+ 33:05+ 51:06+ 54:06+ 57:57+ 60:16+		
05:40+	07:12+ 09:13+ 02:47+ 03:18+ 04:55+ 18:01+ 03:00+ 03:51+ 02:19+		
02:41&	02:11& 04:34& 01:04& 01:18& 02:20& 12:32@ 01:28& 02:02@ 00:50&		
15	Linn Skadberg	113	1:01:51
08:11+	20:50+ 30:03+ 33:46+ 37:24+ 43:36+ 52:53+ 56:21+ 59:44+ 61:51+		
08:11+	12:39+ 09:13+ 03:43+ 03:38+ 06:12+ 09:17+ 03:28+ 03:23+ 02:07+		
05:12@	07:38@ 04:34& 02:00@ 01:38& 03:37@ 03:48& 01:56@ 01:34& 00:38&		
16	Jorunn Pedersen Lima	113	1:02:01
07:41+	20:43+ 30:04+ 33:28+ 37:08+ 42:47+ 52:21+ 54:57+ 59:11+ 62:01+		
07:41+	13:02+ 09:21+ 03:24+ 03:40+ 05:39+ 09:34+ 02:36+ 04:14+ 02:50+		
04:42@	08:01@ 04:42@ 01:41& 01:40& 03:04@ 04:05& 01:04& 02:25@ 01:21&		
17	Stine Skadberg	113	1:02:11
08:18+	20:48+ 29:58+ 34:03+ 37:29+ 43:43+ 52:52+ 56:21+ 59:51+ 62:11+		
08:18+	12:30+ 09:10+ 04:05+ 03:26+ 06:14+ 09:09+ 03:29+ 03:30+ 02:20+		
05:19@	07:29@ 04:31& 02:22@ 01:26& 03:39@ 03:40& 01:57@ 01:41& 00:51&		
18	Solbjørg Lima Skadberg	113	1:02:14
08:05+	21:03+ 30:04+ 33:47+ 37:26+ 43:30+ 52:25+ 55:48+ 59:50+ 62:14+		
08:05+	12:58+ 09:01+ 03:43+ 03:39+ 06:04+ 08:55+ 03:23+ 04:02+ 02:24+		
05:06@	07:57@ 04:22& 02:00@ 01:39& 03:29@ 03:26& 01:51@ 02:13@ 00:55&		
19	Sigrun Serigstad	128	1:09:54
12:11+	19:29+ 40:23+ 43:03+ 45:41+ 52:49+ 62:48+ 64:56+ 68:36+ 69:54+		
12:11+	07:18+ 20:54+ 02:40+ 02:38+ 07:08+ 09:59+ 02:08+ 03:40+ 01:18-		
09:12@	02:17& 16:15@ 00:57& 00:38& 04:33@ 04:30& 00:36& 01:51@ 00:11-		
20	Rebekka Lye	62	1:11:17
15:38+	26:02+ 36:52+ 41:22+ 46:51+ 54:15+ 63:33+ 66:26+ 69:35+ 71:17+		
15:38+	10:24+ 10:50+ 04:30+ 05:29+ 07:24+ 09:18+ 02:53+ 03:09+ 01:42+		
12:39@	05:23@ 06:11@ 02:47@ 03:29@ 04:49@ 03:49& 01:21& 01:20& 00:13#		
21	Priya Chilamkurthi	136	1:19:44
08:10+	22:07+ 36:50+ 43:29+ 49:49+ 56:03+ 68:00+ 71:54+ 76:34+ 79:44+		
08:10+	13:57+ 14:43+ 06:39+ 06:20+ 06:14+ 11:57+ 03:54+ 04:40+ 03:10+		
05:11@	08:56@ 10:04@ 04:56@ 04:20@ 03:39@ 06:28@ 02:22@ 02:51@ 01:41@		

Class	Navn	Klasse	Tid						
22	Gro Mariero Totland	59	1:24:08						
08:05+	23:45+	44:33+	48:33+	53:38+	59:50+	71:39+	75:25+	80:12+	84:08+
08:05+	15:40+	20:48+	04:00+	05:05+	06:12+	11:49+	03:46+	04:47+	03:56+
05:06@	10:39@	16:09@	02:17@	03:05@	03:37@	06:20@	02:14@	02:58@	02:27@

Beste strekktid for klassen

02:10 04:54 04:05 01:43 02:00 02:27 05:04 01:18 01:26 01:18

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

Herrer 16 - 39 år

1	Fredrik Omdal	74	41:12																
02:46=	04:13=	06:03=	12:31=	13:39=	15:38=	19:22=	20:04=	23:59=	24:49=	27:33=	28:03=	30:52=	32:07=	34:23=	35:30=	38:34=	39:20=	40:19=	41:12=
02:46=	01:27=	01:50=	06:28=	01:08=	01:59=	03:44=	00:42=	03:55=	00:50=	02:44=	00:30=	02:49=	01:15=	02:16=	01:07=	03:04=	00:46=	00:59=	00:53=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Harald Kalager	7	46:38																
02:57+	04:22+	06:28+	13:07+	14:29+	16:26+	20:31+	21:17+	25:24+	26:33+	30:40+	31:26+	34:41+	36:18+	38:25+	39:40+	43:10+	44:23+	45:35+	46:38+
02:57+	01:25-	02:06+	06:39+	01:22+	01:57-	04:05+	00:46+	04:07+	01:09+	04:07+	00:46+	03:15+	01:37+	02:07-	01:15+	03:30+	01:13+	01:12+	01:03+
00:11+	00:02-	00:16#	00:11+	00:14#	00:02-	00:21+	00:04+	00:12+	00:19#	01:23#	00:16#	00:26#	00:22#	00:09-	00:08#	00:26#	00:27#	00:13#	00:10#
3	Sigurd Oftedal	194	48:44																
03:10+	04:39+	06:48+	13:34+	16:02+	18:17+	22:25+	23:14+	28:16+	29:09+	32:32+	33:15+	37:07+	38:52+	41:13+	42:26+	45:28+	46:19+	47:28+	48:44+
03:10+	01:29+	02:09+	06:46+	02:28+	02:15+	04:08+	00:49+	05:02+	00:53+	03:23+	00:43+	03:52+	01:45+	02:21+	01:13+	03:02+	00:51+	01:09+	01:16+
00:24#	00:02+	00:19#	00:18+	01:20@	00:16#	00:24#	00:07#	01:07#	00:03+	00:39#	00:13#	01:03#	00:30#	00:05+	00:06+	00:02-	00:05#	00:10#	00:23#
4	Erik Lima	115	52:09																
03:38+	05:09+	07:36+	14:40+	16:46+	18:54+	23:30+	24:25+	29:09+	29:58+	34:01+	34:43+	38:37+	40:21+	43:40+	45:01+	48:12+	49:31+	50:59+	52:09+
03:38+	01:31+	02:27+	07:04+	02:06+	02:08+	04:36+	00:55+	04:44+	00:49-	04:03+	00:42+	03:54+	01:44+	03:19+	01:21+	03:11+	01:19+	01:28+	01:10+
00:52#	00:04+	00:37#	00:36+	00:58#	00:09+	00:52#	00:13#	00:49#	00:01-	01:19#	00:12#	01:05#	00:29#	01:03#	00:14#	00:07+	00:33#	00:29#	00:17#
5	Emmanuel Mondesert	116	1:00:06																
03:49+	05:53+	08:41+	18:04+	19:41+	21:48+	27:14+	28:17+	32:53+	34:13+	41:08+	42:05+	46:21+	48:27+	51:22+	52:38+	56:03+	57:25+	59:10+	60:06+
03:49+	02:04+	02:48+	09:23+	01:37+	02:07+	05:26+	01:03+	04:36+	01:20+	06:55+	00:57+	04:16+	02:06+	02:55+	01:16+	03:25+	01:22+	01:45+	00:56+
01:03#	00:37#	00:58#	02:55#	00:29#	00:08+	01:42#	00:21#	00:41#	00:30#	04:11@	00:27#	01:27#	00:51#	00:39#	00:09#	00:21#	00:36#	00:46#	00:03+
6	Sturla Stokkeland	194	1:02:53																
04:56+	07:01+	10:01+	18:11+	20:00+	22:54+	28:33+	29:30+	35:03+	36:14+	43:10+	44:16+	48:44+	50:49+	53:26+	54:52+	58:52+	60:05+	61:33+	62:53+
04:56+	02:05+	03:00+	08:10+	01:49+	02:54+	05:39+	00:57+	05:33+	01:11+	06:56+	01:06+	04:28+	02:05+	02:37+	01:26+	04:00+	01:13+	01:28+	01:20+
02:10#	00:38#	01:10#	01:42#	00:41#	00:55#	01:55#	00:15#	01:38#	00:21#	04:12@	00:36@	01:39#	00:50#	00:21#	00:19#	00:56#	00:27#	00:29#	00:27#
7	Svein Kyllingstad	71	1:03:45																
03:48+	06:03+	08:31+	18:54+	20:30+	23:19+	29:32+	30:43+	36:37+	37:59+	42:00+	42:53+	47:30+	50:51+	53:51+	55:37+	59:28+	60:54+	62:28+	63:45+
03:48+	02:15+	02:28+	10:23+	01:36+	02:49+	06:13+	01:11+	05:54+	01:22+	04:01+	00:53+	04:37+	03:21+	03:00+	01:46+	03:51+	01:26+	01:34+	01:17+
01:02#	00:48#	00:38#	03:55#	00:28#	00:50#	02:29#	00:29#	01:59#	00:32#	01:17#	00:23#	01:48#	02:06@	00:44#	00:39#	00:47#	00:40#	00:35#	00:24#
8	Cato Eike	79	1:07:23																
05:11+	07:13+	09:57+	18:08+	19:57+	22:42+	28:26+	29:27+	35:52+	37:12+	42:14+	43:02+	50:45+	53:43+	57:06+	59:08+	63:34+	64:58+	66:20+	67:23+
05:11+	02:02+	02:44+	08:11+	01:49+	02:45+	05:44+	01:01+	06:25+	01:20+	05:02+	00:48+	07:43+	02:58+	03:23+	02:02+	04:26+	01:24+	01:22+	01:03+
02:25#	00:35#	00:54#	01:43#	00:41#	00:46#	02:00#	00:19#	02:30#	00:30#	02:18#	00:18#	04:54@	01:43@	01:07#	00:55#	01:22#	00:38#	00:23#	00:10#
9	Espen Karlsen	102	1:07:47																
04:15+	06:29+	09:30+	19:18+	21:06+	24:21+	30:29+	31:33+	37:39+	39:07+	45:05+	46:15+	51:10+	53:21+	56:09+	57:44+	62:19+	64:06+	66:04+	67:47+
04:15+	02:14+	03:01+	09:48+	01:48+	03:15+	06:08+	01:04+	06:06+	01:28+	05:58+	01:10+	04:55+	02:11+	02:48+	01:35+	04:35+	01:47+	01:58+	01:43+
01:29#	00:47#	01:11#	03:20#	00:40#	01:16#	02:24#	00:22#	02:11#	00:38#	03:14@	00:40@	02:06#	00:56#	00:32#	00:28#	01:31#	01:01@	00:59#	00:50#
10	Ole Kristian Taksdal	92	1:09:39																
05:14+	07:31+	10:46+	19:41+	21:52+	25:01+	32:11+	33:51+	40:42+	42:25+	47:26+	48:49+	53:44+	56:23+	59:07+	61:04+	65:30+	66:44+	68:31+	69:39+
05:14+	02:17+	03:15+	08:55+	02:11+	03:09+	07:10+	01:40+	06:51+	01:43+	05:01+	01:23+	04:55+	02:39+	02:44+	01:57+	04:26+	01:14+	01:47+	01:08+
02:28#	00:50#	01:25#	02:27#	01:03#	01:10#	03:26#	00:58@	02:56#	00:53@	02:17#	00:53@	02:06#	01:24@	00:28#	00:50#	01:22#	00:28#	00:48#	00:15#
11	Mathias Nødlund	295	1:09:44																
04:28+	06:06+	08:40+	19:30+	21:02+	23:18+	28:58+	29:38+	35:38+	36:55+	41:06+	42:00+	50:48+	57:00+	59:38+	61:15+	65:12+	66:12+	68:30+	69:44+
04:28+	01:38+	02:34+	10:50+	01:32+	02:16+	05:40+	00:40-	06:00+	01:17+	04:11+	00:54+	08:48+	06:12+	02:38+	01:37+	03:57+	01:00+	02:18+	01:14+
01:42#	00:11#	00:44#	04:22#	00:24#	00:17#	01:56#	00:02-	02:05#	00:27#	01:27#	00:24#	05:59@	04:57@	00:22#	00:30#	00:53#	00:14#	01:19@	00:21#
12	Thomas Jansen	289	1:10:03																
04:16+	05:57+	10:04+	19:16+	21:39+	23:51+	29:24+	30:16+	41:31+	43:03+	51:28+	52:03+	56:36+	58:24+	61:10+	62:14+	65:50+	67:34+	69:03+	70:03+
04:16+	01:41+	04:07+	09:12+	02:23+	02:12+	05:33+	00:52+	11:15+	01:32+	08:25+	00:35+	04:33+	01:48+	02:46+	01:04-	03:36+	01:44+	01:29+	01:00+
01:30#	00:14#	02:17@	02:44#	01:15@	00:13#	01:49#	00:10#	07:20@	00:42#	05:41@	00:05#	01:44#	00:33#	00:30#	00:03-	00:32#	00:58@	00:30#	00:07#

Class	Navn	Klasse										Tid									
13	Jonas Lye Scheie	62										1:10:59									
07:05+	08:59+	13:08+	21:58+	23:28+	26:13+	32:21+	33:31+	40:14+	41:44+	46:09+	47:02+	51:33+	54:02+	58:08+	61:59+	66:35+	68:18+	69:58+	70:59+		
07:05+	01:54+	04:09+	08:50+	01:30+	02:45+	06:08+	01:10+	06:43+	01:30+	04:25+	00:53+	04:31+	02:29+	04:06+	03:51+	04:36+	01:43+	01:40+	01:01+		
04:19#	00:27#	02:19#	02:22#	00:22#	00:46#	02:24#	00:28#	02:48#	00:40#	01:41#	00:23#	01:42#	01:14#	01:50#	02:44#	01:32#	00:57#	00:41#	00:08#		
14	Joar Fuglestad	116										1:11:00									
05:04+	07:05+	11:03+	26:53+	28:32+	30:58+	36:41+	38:20+	44:12+	47:06+	51:45+	52:28+	57:28+	59:27+	61:57+	63:00+	66:42+	68:32+	70:02+	71:00+		
05:04+	02:01+	03:58+	15:50+	01:39+	02:26+	05:43+	01:39+	05:52+	02:54+	04:39+	00:43+	05:00+	01:59+	02:30+	01:03-	03:42+	01:50+	01:30+	00:58+		
02:18#	00:34#	02:08#	09:22#	00:31#	00:27#	01:59#	00:57#	01:57#	02:04#	01:55#	00:13#	02:11#	00:44#	00:14#	00:04-	00:38#	01:04#	00:31#	00:05+		
15	Sam McCloy	271										1:11:42									
04:29+	06:13+	08:34+	19:35+	21:14+	23:34+	29:16+	30:08+	35:42+	36:57+	41:07+	41:55+	52:38+	54:25+	57:28+	60:10+	66:18+	67:38+	70:35+	71:42+		
04:29+	01:44+	02:21+	11:01+	01:39+	02:20+	05:42+	00:52+	05:34+	01:15+	04:10+	00:48+	10:43+	01:47+	03:03+	02:42+	06:08+	01:20+	02:57+	01:07+		
01:43#	00:17#	00:31#	04:33#	00:31#	00:21#	01:58#	00:10#	01:39#	00:25#	01:26#	00:18#	07:54#	00:32#	00:47#	01:35#	03:04#	00:34#	01:58#	00:14#		
16	Martin Blystad	115										1:16:02									
05:11+	07:15+	09:59+	20:16+	21:41+	25:04+	33:06+	35:07+	44:02+	45:36+	50:49+	55:28+	61:19+	63:26+	66:17+	67:48+	71:56+	73:21+	74:50+	76:02+		
05:11+	02:04+	02:44+	10:17+	01:25+	03:23+	08:02+	02:01+	08:55+	01:34+	05:13+	04:39+	05:51+	02:07+	02:51+	01:31+	04:08+	01:25+	01:29+	01:12+		
02:25#	00:37#	00:54#	03:49#	00:17#	01:24#	04:18#	01:19#	05:00#	00:44#	02:29#	04:09#	03:02#	00:52#	00:35#	00:24#	01:04#	00:39#	00:30#	00:19#		
17	Svein Magnus Halsne	71										1:17:23									
05:21+	07:19+	09:55+	29:43+	31:50+	34:48+	41:30+	43:10+	48:44+	49:48+	56:11+	57:07+	61:54+	64:03+	66:49+	68:23+	71:50+	74:41+	76:24+	77:23+		
05:21+	01:58+	02:36+	19:48+	02:07+	02:58+	06:42+	01:40+	05:34+	01:04+	06:23+	00:56+	04:47+	02:09+	02:46+	01:34+	03:27+	02:51+	01:43+	00:59+		
02:35#	00:31#	00:46#	13:20#	00:59#	00:59#	02:58#	00:58#	01:39#	00:14#	03:39#	00:26#	01:58#	00:54#	00:30#	00:27#	00:23#	02:05#	00:44#	00:06#		
18	Bjørnar A. Alvær Sandmark	68										1:21:44									
05:27+	07:41+	13:32+	27:42+	30:45+	34:08+	43:37+	44:30+	50:11+	52:05+	59:09+	60:09+	64:49+	67:30+	71:24+	72:55+	77:20+	78:36+	80:34+	81:44+		
05:27+	02:14+	05:51+	14:10+	03:03+	03:23+	09:29+	00:53+	05:41+	01:54+	07:04+	01:00+	04:40+	02:41+	03:54+	01:31+	04:25+	01:16+	01:58+	01:10+		
02:41#	00:47#	04:01#	07:42#	01:55#	01:24#	05:45#	00:11#	01:46#	01:04#	04:20#	00:30#	01:51#	01:26#	01:38#	00:24#	01:21#	00:30#	00:59#	00:17#		
19	Andreas Segadal Breiland	194										1:21:46									
04:44+	06:28+	14:14+	23:46+	25:44+	29:41+	37:04+	38:24+	46:52+	48:35+	54:41+	55:53+	60:56+	65:23+	69:39+	71:24+	76:21+	78:32+	80:21+	81:46+		
04:44+	01:44+	07:46+	09:32+	01:58+	03:57+	07:23+	01:20+	08:28+	01:43+	06:06+	01:12+	05:03+	04:27+	04:16+	01:45+	04:57+	02:11+	01:49+	01:25+		
01:58#	00:17#	05:56#	03:04#	00:50#	01:58#	03:39#	00:38#	04:33#	00:53#	03:22#	00:42#	02:14#	03:12#	02:00#	00:38#	01:53#	01:25#	00:50#	00:32#		
20	Frithjof Vassbø	109										1:27:31									
05:25+	07:15+	10:00+	20:27+	22:07+	24:30+	30:08+	30:56+	36:56+	38:12+	42:17+	43:10+	62:50+	68:42+	71:13+	72:56+	83:14+	85:17+	86:23+	87:31+		
05:25+	01:50+	02:45+	10:27+	01:40+	02:23+	05:38+	00:48+	06:00+	01:16+	04:05+	00:53+	19:40+	05:52+	02:31+	01:43+	10:18+	02:03+	01:06+	01:08+		
02:39#	00:23#	00:55#	03:59#	00:32#	00:24#	01:54#	00:06#	02:05#	00:26#	01:21#	00:23#	16:51#	04:37#	00:15#	00:36#	07:14#	01:17#	00:07#	00:15#		
21	Alexander Khorunzhiy	287										1:35:31									
07:50+	10:51+	16:54+	28:03+	29:46+	33:46+	41:58+	43:08+	50:48+	52:25+	63:21+	64:17+	70:51+	73:41+	77:44+	80:12+	88:58+	92:03+	94:15+	95:31+		
07:50+	03:01+	06:03+	11:09+	01:43+	04:00+	08:12+	01:10+	07:40+	01:37+	10:56+	00:56+	06:34+	02:50+	04:03+	02:28+	08:46+	03:05+	02:12+	01:16+		
05:04#	01:34#	04:13#	04:41#	00:35#	02:01#	04:28#	00:28#	03:45#	00:47#	08:12#	00:26#	03:45#	01:35#	01:47#	01:21#	05:42#	02:19#	01:13#	00:23#		
22	Bruno Pierfelice	51										1:40:12									
07:56+	16:40+	19:53+	36:35+	38:44+	41:34+	50:54+	52:15+	60:08+	61:45+	66:59+	69:04+	76:12+	79:18+	84:23+	86:24+	94:02+	96:07+	98:58+	100:12+		
07:56+	08:44+	03:13+	16:42+	02:09+	02:50+	09:20+	01:21+	07:53+	01:37+	05:14+	02:05+	07:08+	03:06+	05:05+	02:01+	07:38+	02:05+	02:51+	01:14+		
05:10#	07:17#	01:23#	10:14#	00:51#	00:56#	05:36#	00:39#	03:58#	00:47#	02:30#	01:35#	04:19#	01:51#	02:49#	00:54#	04:34#	01:19#	01:52#	00:21#		
23	Stig Erlend Ollestad	51										1:41:58									
06:16+	08:09+	18:57+	38:22+	40:12+	43:08+	50:20+	51:14+	58:11+	59:31+	65:19+	67:16+	77:51+	81:10+	86:31+	88:25+	95:48+	97:52+	100:42+	101:58+		
06:16+	01:53+	10:48+	19:25+	01:50+	02:56+	07:12+	00:54+	06:57+	01:20+	05:48+	01:57+	10:35+	03:19+	05:21+	01:54+	07:23+	02:04+	02:50+	01:16+		
03:30#	00:26#	08:58#	12:57#	00:42#	00:57#	03:28#	00:12#	03:02#	00:30#	03:04#	01:27#	07:46#	02:04#	03:05#	00:47#	04:19#	01:18#	01:51#	00:23#		
Beste strekktid for klassen																					
02:46	01:25	01:50	06:28	01:08	01:57	03:44	00:40	03:55	00:49	02:44	00:30	02:49	01:15	02:07	01:03	03:02	00:46	00:59	00:53		

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

Herrer 40 - 49 år

1	Bjarthe Westerheim	194										39:51									
02:46=	04:01=	05:52=	11:48=	12:53=	14:46=	18:25=	19:06=	22:58=	23:52=	27:15=	27:46=	30:32=	31:48=	33:38=	34:36=	37:04=	37:58=	38:55=	39:51=		
02:46=	01:15=	01:51=	05:56=	01:05=	01:53=	03:39=	00:41=	03:52=	00:54=	03:23=	00:31=	02:46=	01:16=	01:50=	00:58=	02:28=	00:54=	00:57=	00:56=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Tor Gunnar Aksland	116										49:24									
03:26+	04:55+	07:07+	13:54+	15:10+	17:24+	21:49+	22:37+	27:10+	28:06+	31:25+	32:16+	36:16+	38:18+	40:27+	41:39+	44:56+	46:05+	48:07+	49:24+		
03:26+	01:29+	02:12+	06:47+	01:16+	02:14+	04:25+	00:48+	04:33+	00:56+	03:19-	00:51+	04:00+	02:02+	02:09+	01:12+	03:17+	01:09+	02:02+	01:17+		
00:40#	00:14#	00:21#	00:51#	00:11#	00:21#	00:46#	00:07#	00:41#	00:02+	00:04-	00:20#	01:14#	00:46#	00:19#	00:14#	00:49#	00:15#	01:05#	00:21#		

Class	Navn	Klasse										Tid									
3	Tom Furland	62										51:12									
03:16+	05:06+	07:57+	15:07+	16:29+	18:57+	23:43+	24:38+	29:56+	30:58+	34:33+	35:17+	39:03+	40:46+	43:09+	44:18+	47:35+	48:40+	49:55+	51:12+		
03:16+	01:50+	02:51+	07:10+	01:22+	02:28+	04:46+	00:55+	05:18+	01:02+	03:35+	00:44+	03:46+	01:43+	02:23+	01:09+	03:17+	01:05+	01:15+	01:17+		
00:30#	00:35#	01:00#	01:14#	00:17#	00:35#	01:07#	00:14#	01:26#	00:08#	00:12+	00:13#	01:00#	00:27#	00:33#	00:11#	00:49#	00:11#	00:18#	00:21#		
4	Kim Richter	218										56:23									
03:12+	05:28+	09:26+	16:50+	18:14+	20:37+	25:35+	26:20+	31:36+	32:35+	36:10+	37:15+	43:52+	45:32+	48:04+	49:27+	52:22+	53:16+	55:07+	56:23+		
03:12+	02:16+	03:58+	07:24+	01:24+	02:23+	04:58+	00:45+	05:16+	00:59+	03:35+	01:05+	06:37+	01:40+	02:32+	01:23+	02:55+	00:54=	01:51+	01:16+		
00:26#	01:01#	02:07#	01:28#	00:19#	00:30#	01:19#	00:04+	01:24#	00:05+	00:12+	00:34#	03:51#	00:24#	00:42#	00:25#	00:27#	00:00=	00:54#	00:20#		
5	Terje Michaelsen	47										1:02:19									
03:58+	05:18+	08:54+	16:48+	18:15+	20:32+	25:16+	26:40+	33:12+	34:16+	37:49+	38:37+	49:41+	52:03+	54:36+	55:47+	59:11+	60:06+	61:16+	62:19+		
03:58+	01:20+	03:36+	07:54+	01:27+	02:17+	04:44+	01:24+	06:32+	01:04+	03:33+	00:48+	11:04+	02:22+	02:33+	01:11+	03:24+	00:55+	01:10+	01:03+		
01:12#	00:05+	01:45#	01:58#	00:22#	00:24#	01:05#	00:43#	02:40#	00:10#	00:10+	00:17#	08:18#	01:06#	00:43#	00:13#	00:56#	00:01+	00:13#	00:07#		
6	Joar Eilevstjønn	67										1:03:00									
03:49+	05:31+	13:10+	21:46+	23:11+	25:24+	30:12+	31:16+	32:19+	37:01+	39:46+	43:33+	44:19+	48:28+	51:54+	54:28+	55:44+	59:40+	60:41+	61:57+		
03:49+	01:42+	07:39+	08:36+	01:25+	02:13+	04:48+	01:04+	01:03-	04:42+	02:45-	03:47+	00:46-	04:09+	03:26+	02:34+	01:16-	03:56+	01:01+	01:16+		
01:03#	00:27#	05:48#	02:40#	00:20#	00:20#	01:09#	00:23#	02:49-	03:48#	00:38-	03:16#	02:00-	02:53#	01:36#	01:36#	01:12-	03:02#	00:04+	00:20#		
7	John Breiland	157										1:04:00									
04:02+	06:08+	08:44+	16:54+	18:37+	21:04+	26:53+	28:08+	34:06+	35:15+	39:11+	40:04+	44:49+	48:44+	51:20+	52:55+	60:10+	61:30+	62:42+	64:00+		
04:02+	02:06+	02:36+	08:10+	01:43+	02:27+	05:49+	01:15+	05:58+	01:09+	03:56+	00:53+	04:45+	03:55+	02:36+	01:35+	07:15+	01:20+	01:12+	01:18+		
01:16#	00:51#	00:45#	02:14#	00:38#	00:34#	02:10#	00:34#	02:06#	00:15#	00:33#	00:22#	01:59#	02:39#	00:46#	00:37#	04:47#	00:26#	00:15#	00:22#		
8	Trondr Breiland	53										1:07:33									
06:36+	09:28+	12:18+	21:08+	22:37+	25:10+	30:59+	31:58+	38:26+	39:32+	43:20+	44:12+	48:58+	52:49+	55:28+	57:11+	64:05+	65:23+	66:30+	67:33+		
06:36+	02:52+	02:50+	08:50+	01:29+	02:33+	05:49+	00:59+	06:28+	01:06+	03:48+	00:52+	04:46+	03:51+	02:39+	01:43+	06:54+	01:18+	01:07+	01:03+		
03:50#	01:37#	00:59#	02:54#	00:24#	00:40#	02:10#	00:18#	02:36#	00:12#	00:25#	00:21#	02:00#	02:35#	00:49#	00:45#	04:26#	00:24#	00:10#	00:07#		
9	Jørgen Breivold	54										1:08:55									
04:22+	05:53+	09:02+	16:27+	17:41+	20:03+	25:26+	26:53+	32:14+	33:56+	37:50+	38:48+	51:24+	53:11+	56:00+	57:28+	65:29+	66:35+	67:49+	68:55+		
04:22+	01:31+	03:09+	07:25+	01:14+	02:22+	05:23+	00:27+	05:21+	01:42+	03:54+	00:58+	12:36+	01:47+	02:49+	01:28+	08:01+	01:06+	01:14+	01:06+		
01:36#	00:16#	01:18#	01:29#	00:09#	00:29#	01:44#	00:46#	01:29#	00:48#	00:31#	00:27#	09:50#	00:31#	00:59#	00:30#	05:33#	00:12#	00:17#	00:10#		
10	Geir Sand	105										1:09:14									
04:17+	06:28+	09:25+	21:24+	23:27+	26:12+	34:13+	35:07+	43:11+	44:21+	48:16+	49:25+	54:09+	56:48+	60:22+	61:53+	65:38+	66:58+	68:09+	69:14+		
04:17+	02:11+	02:57+	11:59+	02:03+	02:45+	08:01+	00:54+	08:04+	01:10+	03:55+	01:09+	04:44+	02:39+	03:34+	01:31+	03:45+	01:20+	01:11+	01:05+		
01:31#	00:56#	01:06#	06:03#	00:58#	00:52#	04:22#	00:13#	04:12#	00:16#	00:32#	00:38#	01:58#	01:23#	01:44#	00:33#	01:17#	00:26#	00:14#	00:09#		
11	Per Inge Espedal	116										1:09:53									
03:43+	05:45+	08:22+	17:00+	18:39+	21:31+	27:27+	29:06+	36:21+	38:24+	46:21+	47:52+	52:18+	55:26+	59:45+	61:29+	65:34+	66:56+	68:34+	69:53+		
03:43+	02:02+	02:37+	08:38+	01:39+	02:52+	05:56+	01:39+	07:15+	02:03+	07:57+	01:31+	04:26+	03:08+	04:19+	01:44+	04:05+	01:22+	01:38+	01:19+		
00:57#	00:47#	00:46#	02:42#	00:34#	00:59#	02:17#	00:58#	03:23#	01:09#	04:34#	01:00#	01:40#	01:52#	02:29#	00:46#	01:37#	00:28#	00:41#	00:23#		
12	Arngrim Utskarpen	117										1:10:20									
04:25+	06:35+	09:50+	20:15+	22:09+	25:21+	31:45+	32:52+	39:56+	41:15+	45:47+	46:58+	52:34+	55:12+	58:38+	60:20+	66:15+	67:34+	69:09+	70:20+		
04:25+	02:10+	03:15+	10:25+	01:54+	03:12+	06:24+	01:07+	07:04+	01:19+	04:32+	01:11+	05:36+	02:38+	03:26+	01:42+	05:55+	01:19+	01:35+	01:11+		
01:39#	00:55#	01:24#	04:29#	00:49#	01:19#	02:45#	00:26#	03:12#	00:25#	01:09#	00:40#	02:50#	01:22#	01:36#	00:44#	03:27#	00:25#	00:38#	00:15#		
13	Thomas Schanke Eikum	62										1:13:43									
05:00+	07:41+	13:24+	23:26+	25:10+	28:23+	36:21+	37:17+	44:20+	45:34+	50:43+	51:45+	56:36+	58:53+	62:03+	64:11+	68:40+	70:29+	72:23+	73:43+		
05:00+	02:41+	05:43+	10:02+	01:44+	03:13+	07:58+	00:56+	07:03+	01:14+	05:09+	01:02+	04:51+	02:17+	03:10+	02:08+	04:29+	01:49+	01:54+	01:20+		
02:14#	01:26#	03:52#	04:06#	00:39#	01:20#	04:19#	00:15#	03:11#	00:20#	01:46#	00:31#	02:05#	01:01#	01:20#	01:10#	02:01#	00:55#	00:57#	00:24#		
14	Magne Habbestad	111										1:15:27									
05:42+	07:53+	10:53+	22:49+	24:48+	28:05+	35:27+	36:51+	44:25+	45:56+	50:56+	51:53+	57:14+	59:36+	63:12+	65:04+	69:56+	71:21+	73:58+	75:27+		
05:42+	02:11+	03:00+	11:56+	01:59+	03:17+	07:22+	01:24+	07:34+	01:31+	05:00+	00:57+	05:21+	02:22+	03:36+	01:52+	04:52+	01:25+	02:37+	01:29+		
02:56#	00:56#	01:09#	06:00#	00:54#	01:24#	03:43#	00:43#	03:42#	00:37#	01:37#	00:26#	02:35#	01:06#	01:46#	00:54#	02:24#	00:31#	01:40#	00:33#		
15	Lars Primstad	62										1:17:49									
03:23+	05:11+	08:59+	24:47+	26:32+	29:01+	34:59+	36:21+	42:22+	49:38+	53:29+	54:13+	58:41+	61:05+	65:12+	68:29+	73:37+	75:09+	76:44+	77:49+		
03:23+	01:48+	03:48+	15:48+	01:45+	02:29+	05:58+	01:22+	06:01+	07:16+	03:51+	00:44+	04:28+	02:24+	04:07+	03:17+	05:08+	01:32+	01:35+	01:05+		
00:37#	00:33#	01:57#	09:52#	00:40#	00:36#	02:19#	00:41#	02:09#	06:22#	00:28#	00:13#	01:42#	01:08#	02:17#	02:19#	02:40#	00:38#	00:38#	00:09#		
16	Raymond B. Pettersen	105										1:20:50									
04:44+	07:01+	10:28+	22:02+	24:54+	28:07+	37:43+	39:37+	48:00+	49:37+	54:40+	56:12+	61:07+	64:09+	68:27+	70:27+	75:05+	77:45+	79:26+	80:50+		
04:44+	02:17+	03:27+	11:34+	02:52+	03:13+	09:36+	01:54+	08:23+	01:37+	05:03+	01:32+	04:55+	03:02+	04:18+	02:00+	04:38+	02:40+	01:41+	01:24+		
01:58#	01:02#	01:36#	05:38#	01:47#	01:20#	05:57#	01:13#	04:31#	00:43#	01:40#	01:01#	02:09#	01:46#	02:28#	01:02#	02:10#	01:46#	00:44#	00:28#		
17	Kevin Thomas Foust	192										1:21:02									
05:46+	07:36+	10:12+	20:51+	22:27+	24:59+	30:59+	32:13+	38:45+	43:50+	48:35+	52:24+	57:30+	63:16+	71:21+	72:45+	76:43+	78:00+	79:37+	81:02+		
05:46+	01:50+	02:36+	10:39+	01:36+	02:32+	06:00+	01:14+	06:32+	05:05+	04:45+	03:49+	05:06+	05:46+	08:05+	01:24+	03:58+	01:17+	01:37+	01:25+		
03:00#	00:35#	00:45#	04:43#	00:31#	00:39#	02:21#	00:33#	02:40#	04:11#	01:22#	03:18#	02:20#	04:30#	06:15#	00:26#	01:30#	00:23#	00:40#	00:29#		

Class	Navn	Klasse										Tid								
18	Adne Hausberg	7										1:25:57								
04:26+	06:36+	09:48+	20:30+	22:42+	25:47+	34:10+	35:31+	42:39+	44:15+	54:28+	55:29+	64:39+	67:34+	70:54+	72:59+	79:49+	82:16+	84:03+	85:57+	
04:26+	02:10+	03:12+	10:42+	02:12+	03:05+	08:23+	01:21+	07:08+	01:36+	10:13+	01:01+	09:10+	02:55+	03:20+	02:05+	06:50+	02:27+	01:47+	01:54+	
01:40&	00:55&	01:21&	04:46&	01:07&	01:12&	04:44&	00:40&	03:16&	00:42&	06:50&	00:30&	06:24&	01:39&	01:30&	01:07&	04:22&	01:33&	00:50&	00:58&	
19	Stein Arve Finnstad	287										1:30:32								
09:49+	12:10+	15:32+	27:24+	29:26+	32:54+	45:29+	47:58+	58:03+	59:37+	64:43+	65:42+	72:39+	75:06+	78:18+	79:59+	85:49+	87:04+	88:56+	90:32+	
09:49+	02:21+	03:22+	11:52+	02:02+	03:28+	12:35+	02:29+	10:05+	01:34+	05:06+	00:59+	06:57+	02:27+	03:12+	01:41+	05:50+	01:15+	01:52+	01:36+	
07:03&	01:06&	01:31&	05:56&	00:57&	01:35&	08:56&	01:48&	06:13&	00:40&	01:43&	00:28&	04:11&	01:11&	01:22&	00:43&	03:22&	00:21&	00:55&	00:40&	
20	Jan Kristensen	7										1:44:43								
05:38+	08:25+	12:18+	37:01+	39:35+	43:58+	52:01+	53:25+	63:54+	65:46+	71:49+	73:20+	79:41+	83:00+	89:08+	91:21+	97:44+	99:38+	102:58+	104:43+	
05:38+	02:47+	03:53+	24:43+	02:34+	04:23+	08:03+	01:24+	10:29+	01:52+	06:03+	01:31+	06:21+	03:19+	06:08+	02:13+	06:23+	01:54+	03:20+	01:45+	
02:52&	01:32&	02:02&	18:47&	01:29&	02:30&	04:24&	00:43&	06:37&	00:58&	02:40&	01:00&	03:35&	02:03&	04:18&	01:15&	03:55&	01:00&	02:23&	00:49&	
21	Dag Andre Kvernstrøm	66										1:59:27								
11:49+	15:03+	27:40+	41:35+	43:48+	47:19+	56:13+	59:18+	68:38+	70:21+	75:43+	77:50+	85:11+	89:50+	95:29+	98:29+	112:17+	114:37+	117:51+	119:27+	
11:49+	03:14+	12:37+	13:55+	02:13+	03:31+	08:54+	03:05+	09:20+	01:43+	05:22+	02:07+	07:21+	04:39+	05:39+	03:00+	13:48+	02:20+	03:14+	01:36+	
09:03&	01:59&	10:46&	07:59&	01:08&	01:38&	05:15&	02:24&	05:28&	00:49&	01:59&	01:36&	04:35&	03:23&	03:49&	02:02&	11:20&	01:26&	02:17&	00:40&	
Beste strekktid for klassen																				
02:46	01:15	01:51	05:56	01:05	01:53	03:39	00:41	01:03	00:54	02:45	00:31	00:46	01:16	01:50	00:58	01:16	00:54	00:57	00:56	

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

Herrer 50 - 59 år

1	Odd Fuglestad	250										42:02						
02:18=	03:59=	05:31=	13:27=	14:17=	17:15=	18:32=	20:52=	23:04=	24:00=	27:49=	28:56=	31:57=	33:21=	35:42=	36:49=	39:54=	40:56=	42:02=
02:18=	01:41=	01:32=	07:56=	00:50=	02:58=	01:17=	02:20=	02:12=	00:56=	03:49=	01:07=	03:01=	01:24=	02:21=	01:07=	03:05=	01:02=	01:06=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Stein Arne Olsen	68										44:43						
02:20+	04:08+	05:57+	13:52+	15:00+	18:03+	19:26+	22:03+	24:21+	25:24+	29:50+	31:30+	34:24+	36:13+	38:27+	39:35+	42:35+	43:42+	44:43+
02:20+	01:48+	01:49+	07:55-	01:08+	03:03+	01:23+	02:37+	02:18+	01:03+	04:26+	01:40+	02:54-	01:49+	02:14-	01:08+	03:00-	01:07+	01:01-
00:02+	00:07+	00:17#	00:01-	00:18&	00:05+	00:06+	00:17#	00:06+	00:07#	00:37#	00:33&	00:07-	00:25&	00:07-	00:01+	00:05-	00:05+	00:05-
3	Njål F. Vadla	93										44:47						
03:30+	05:00+	06:24+	14:59+	15:50+	18:44+	20:02+	22:24+	24:48+	25:49+	29:00+	30:11+	33:03+	36:35+	38:48+	39:49+	42:43+	43:44+	44:47+
03:30+	01:30-	01:24-	08:35+	00:51+	02:54-	01:18+	02:22+	02:24+	01:01+	03:11-	01:11+	02:52-	03:32+	02:13-	01:01-	02:54-	01:01-	01:03-
01:12&	00:11-	00:08-	00:39+	00:01+	00:04-	00:01+	00:02+	00:12+	00:05+	00:38-	00:04+	00:09-	02:08&	00:08-	00:06-	00:11-	00:01-	00:03-
4	Morten Aamodt	116										45:35						
02:38+	04:27+	06:02+	13:57+	15:20+	19:00+	20:22+	22:31+	25:12+	26:09+	30:08+	31:22+	34:26+	36:20+	38:25+	39:36+	43:15+	44:27+	45:35+
02:38+	01:49+	01:35+	07:55-	01:23+	03:40+	01:22+	02:09-	02:41+	00:57+	03:59+	01:14+	03:04+	01:54+	02:05-	01:11+	03:39+	01:12+	01:08+
00:20#	00:08+	00:03+	00:01-	00:33&	00:42#	00:05+	00:11-	00:29#	00:01+	00:10+	00:07#	00:03+	00:30&	00:16-	00:04+	00:34#	00:10#	00:02+
5	Kjetil Wirak	114										46:03						
02:33+	04:14+	06:07+	14:55+	15:59+	19:12+	21:18+	23:27+	25:40+	26:46+	30:14+	31:35+	34:40+	36:20+	39:27+	40:38+	43:49+	44:58+	46:03+
02:33+	01:41=	01:53+	08:48+	01:04+	03:13+	02:06+	02:09-	02:13+	01:06+	03:28-	01:21+	03:05+	01:40+	03:07+	01:11+	03:11+	01:09+	01:05-
00:15#	00:00=	00:21#	00:52#	00:14&	00:15+	00:49&	00:11-	00:01+	00:10#	00:21-	00:14#	00:04+	00:16#	00:46&	00:04+	00:06+	00:07#	00:01-
6	Jan Einar Øvremo	50										48:29						
02:43+	04:37+	06:16+	15:25+	16:21+	19:35+	21:21+	24:19+	26:51+	28:16+	31:58+	33:27+	37:03+	38:51+	41:26+	42:30+	46:10+	47:28+	48:29+
02:43+	01:54+	01:39+	09:09+	00:56+	03:14+	01:46+	02:58+	02:32+	01:25+	03:42-	01:29+	03:36+	01:48+	02:35+	01:04-	03:40+	01:18+	01:01-
00:25#	00:13#	00:07+	01:13#	00:06#	00:16+	00:29&	00:38&	00:20#	00:29&	00:07-	00:22&	00:35#	00:24&	00:14+	00:03-	00:35#	00:16&	00:05-
7	Kjell Dale	93										50:27						
02:18=	04:00+	05:26-	16:40+	17:47+	20:53+	22:31+	25:08+	27:55+	29:03+	33:03+	34:37+	37:43+	39:53+	42:30+	44:03+	47:34+	48:58+	50:27+
02:18=	01:42+	01:26-	11:14+	01:07+	03:06+	01:38+	02:37+	02:47+	01:08+	04:00+	01:34+	03:06+	02:10+	02:37+	01:33+	03:31+	01:24+	01:29+
00:00=	00:01+	00:06-	03:18&	00:17&	00:08+	00:21&	00:17#	00:35&	00:12#	00:11+	00:27&	00:05+	00:46&	00:16#	00:26&	00:26#	00:22&	00:23&
8	Svein Erik Kvame	116										53:26						
02:57+	04:55+	06:57+	20:15+	21:16+	24:56+	26:38+	29:14+	31:56+	33:06+	36:47+	38:37+	41:55+	43:48+	46:38+	47:44+	51:16+	52:18+	53:26+
02:57+	01:58+	02:02+	13:18+	01:01+	03:40+	01:42+	02:36+	02:42+	01:10+	03:41-	01:50+	03:18+	01:53+	02:50+	01:06-	03:32+	01:02=	01:08+
00:39&	00:17#	00:30&	05:22&	00:11#	00:42#	00:25&	00:16#	00:30#	00:14#	00:08-	00:43&	00:17+	00:29&	00:29#	00:01-	00:27#	00:00=	00:02+
9	Geir Bjaanes	116										54:03						
02:48+	04:52+	06:52+	16:44+	17:45+	20:52+	22:26+	24:56+	27:32+	28:44+	34:49+	36:11+	41:38+	43:31+	46:15+	47:40+	51:12+	52:47+	54:03+
02:48+	02:04+	02:00+	09:52+	01:01+	03:07+	01:34+	02:30+	02:36+	01:12+	06:05+	01:22+	05:27+	01:53+	02:44+	01:25+	03:32+	01:35+	01:16+
00:30#	00:23#	00:28&	01:56#	00:11#	00:09+	00:17#	00:10+	00:24#	00:16&	02:16&	00:15#	02:26&	00:29&	00:23#	00:18&	00:27#	00:33&	00:10#

Class	Navn	Klasse										Tid						
10	Øyvind Rummelhoff	27										54:20						
02:28+	04:44+	06:40+	16:16+	18:03+	24:15+	26:00+	28:10+	30:23+	31:32+	35:19+	36:32+	42:50+	44:38+	47:26+	48:47+	52:10+	53:20+	54:20+
02:28+	02:16+	01:56+	09:36+	01:47+	06:12+	01:45+	02:10-	02:13+	01:09+	03:47-	01:13+	06:18+	01:48+	02:48+	01:21+	03:23+	01:10+	01:00-
00:10+	00:35&	00:24&	01:40#	00:57@	03:14@	00:28&	00:10-	00:01+	00:13#	00:02-	00:06+	03:17@	00:24&	00:27#	00:14#	00:18+	00:08#	00:06-
11	Per Ingar Hadland	7										57:41						
03:28+	05:43+	08:01+	19:32+	20:59+	24:56+	27:51+	30:42+	33:28+	34:41+	39:10+	40:42+	45:17+	47:10+	49:59+	51:23+	54:49+	56:14+	57:41+
03:28+	02:15+	02:18+	11:31+	01:27+	03:57+	02:55+	02:51+	02:46+	01:13+	04:29+	01:32+	04:35+	01:53+	02:49+	01:24+	03:26+	01:25+	01:27+
01:10&	00:34&	00:46&	03:35&	00:37&	00:59&	01:38@	00:31#	00:34&	00:17&	00:40#	00:25&	01:34&	00:29&	00:28#	00:17&	00:21#	00:23&	00:21&
12	Sturle Omdal	116										58:35						
03:10+	05:44+	07:57+	18:22+	19:39+	23:32+	25:38+	28:47+	31:58+	33:30+	38:28+	40:45+	44:44+	47:02+	50:13+	52:01+	56:13+	57:23+	58:35+
03:10+	02:34+	02:13+	10:25+	01:17+	03:53+	02:06+	03:09+	03:11+	01:32+	04:58+	02:17+	03:59+	02:18+	03:11+	01:48+	04:12+	01:10+	01:12+
00:52&	00:53&	00:41&	02:29&	00:27&	00:55&	00:49&	00:49&	00:59&	00:36&	01:09&	01:10@	00:58&	00:54&	00:50&	00:41&	01:07&	00:08#	00:06+
13	Nils John Vestøl	83										59:06						
05:37+	08:10+	12:35+	21:08+	22:16+	25:13+	26:44+	28:59+	31:21+	33:01+	36:54+	41:07+	44:51+	48:25+	50:40+	51:46+	57:20+	58:16+	59:06+
05:37+	02:33+	04:25+	08:33+	01:08+	02:57-	01:31+	02:15-	02:22+	01:40+	03:53+	04:13+	03:44+	03:34+	02:15-	01:06-	05:34+	00:56-	00:50-
03:19@	00:52&	02:53@	00:37+	00:18&	00:01-	00:14#	00:05-	00:10+	00:44&	00:04+	03:06@	00:43#	02:10@	00:06-	00:01-	02:29&	00:06-	00:16-
14	Trond Nilsen Lamark	114										1:00:41						
02:47+	04:41+	11:37+	21:31+	22:52+	26:42+	29:25+	32:05+	35:05+	36:23+	40:33+	42:03+	45:48+	48:07+	51:51+	53:15+	57:42+	59:11+	60:41+
02:47+	01:54+	06:56+	09:54+	01:21+	03:50+	02:43+	02:40+	03:00+	01:18+	04:10+	01:30+	03:45+	02:19+	03:44+	01:24+	04:27+	01:29+	01:30+
00:29#	00:13#	05:24@	01:58#	00:31&	00:52&	01:26@	00:20#	00:48&	00:22&	00:21+	00:23&	00:44#	00:55&	01:23&	00:17&	01:22&	00:27&	00:24&
15	Sveinung Svebestad	46										1:01:17						
02:49+	05:10+	06:56+	16:46+	18:03+	21:43+	24:03+	27:43+	31:08+	32:36+	37:25+	39:12+	45:17+	47:24+	50:24+	52:09+	57:01+	59:32+	61:17+
02:49+	02:21+	01:46+	09:50+	01:17+	03:40+	02:20+	03:40+	03:25+	01:28+	04:49+	01:47+	06:05+	02:07+	03:00+	01:45+	04:52+	02:31+	01:45+
00:31#	00:40&	00:14#	01:54#	00:27&	00:42#	01:03&	01:20&	01:13&	00:32&	01:00&	00:40&	03:04@	00:43&	00:39&	00:38&	01:47&	01:29@	00:39&
16	Tore Svendsen	27										1:01:37						
04:13+	06:29+	08:24+	19:13+	21:37+	25:46+	27:40+	30:38+	33:41+	35:01+	40:44+	42:20+	47:32+	49:44+	53:45+	55:19+	59:00+	60:22+	61:37+
04:13+	02:16+	01:55+	10:49+	02:24+	04:09+	01:54+	02:58+	03:03+	01:20+	05:43+	01:36+	05:12+	02:12+	04:01+	01:34+	03:41+	01:22+	01:15+
01:55&	00:35&	00:23#	02:53&	01:34@	01:11&	00:37&	00:38&	00:51&	00:24&	01:54&	00:29&	02:11&	00:48&	01:40&	00:27&	00:36#	00:20&	00:09#
17	Bjørn Serck-Hanssen	91										1:01:57						
02:25+	04:24+	06:02+	15:47+	16:59+	20:38+	22:48+	25:43+	30:21+	31:31+	35:48+	37:14+	49:10+	52:01+	54:39+	56:02+	59:30+	60:44+	61:57+
02:25+	01:59+	01:38+	09:45+	01:12+	03:39+	02:10+	02:55+	04:38+	01:10+	04:17+	01:26+	11:56+	02:51+	02:38+	01:23+	03:28+	01:14+	01:13+
00:07+	00:18#	00:06+	01:49#	00:22&	00:41#	00:53&	00:35#	02:26@	00:14#	00:28#	00:19&	08:55@	01:27@	00:17#	00:16#	00:23#	00:12#	00:07#
18	Pål Bårdsen	90										1:02:27						
02:50+	05:00+	06:56+	17:22+	18:54+	23:30+	25:28+	28:21+	31:26+	32:52+	39:53+	42:24+	47:43+	50:01+	53:50+	55:26+	59:31+	61:03+	62:27+
02:50+	02:10+	01:56+	10:26+	01:32+	04:36+	01:58+	02:53+	03:05+	01:26+	07:01+	02:31+	05:19+	02:18+	03:49+	01:36+	04:05+	01:32+	01:24+
00:32#	00:29&	00:24&	02:30&	00:42&	01:38&	00:41&	00:33#	00:53&	00:30&	03:12&	01:24@	02:18&	00:54&	01:28&	00:29&	01:00&	00:30&	00:18&
19	Øystein Dahle	92										1:02:40						
04:09+	06:17+	08:24+	18:44+	20:06+	23:58+	26:10+	29:30+	32:39+	34:04+	39:41+	43:00+	47:18+	49:36+	52:40+	54:26+	59:14+	61:07+	62:40+
04:09+	02:08+	02:07+	10:20+	01:22+	03:52+	02:12+	03:20+	03:09+	01:25+	05:37+	03:19+	04:18+	02:18+	03:04+	01:46+	04:48+	01:53+	01:33+
01:51&	00:27&	00:35&	02:24&	00:32&	00:54&	00:55&	01:00&	00:57&	00:29&	01:48&	02:12@	01:17&	00:54&	00:43&	00:39&	01:43&	00:51&	00:27&
20	Per Olav Haarr	62										1:05:35						
02:46+	04:52+	06:51+	15:22+	16:40+	19:31+	21:31+	23:54+	26:31+	27:40+	45:57+	47:51+	51:19+	53:48+	56:26+	57:49+	62:58+	64:17+	65:35+
02:46+	02:06+	01:59+	08:31+	01:18+	02:51-	02:00+	02:23+	02:37+	01:09+	18:17+	01:54+	03:28+	02:29+	02:38+	01:23+	05:09+	01:19+	01:18+
00:28#	00:25#	00:27&	00:35+	00:28&	00:07-	00:43&	00:03+	00:25#	00:13#	14:28@	00:47&	00:27#	01:05&	00:17#	00:16#	02:04&	00:17&	00:12#
21	Ivar Knutsen	116										1:08:39						
03:26+	06:09+	08:51+	21:23+	24:09+	28:39+	30:58+	34:15+	37:22+	39:00+	43:51+	47:27+	52:10+	55:46+	58:49+	60:52+	65:27+	67:10+	68:39+
03:26+	02:43+	02:42+	12:32+	02:46+	04:30+	02:19+	03:17+	03:07+	01:38+	04:51+	03:36+	04:43+	03:36+	03:03+	02:03+	04:35+	01:43+	01:29+
01:08&	01:02&	01:10&	04:36&	01:56@	01:32&	01:02&	00:57&	00:55&	00:42&	01:02&	02:29@	01:42&	02:12@	00:42&	00:56&	01:30&	00:41&	00:23&
22	Gunnar Graabak	3										1:08:48						
03:03+	05:31+	07:26+	17:17+	18:40+	23:09+	25:28+	28:50+	32:20+	33:45+	42:20+	44:21+	49:53+	53:47+	56:56+	61:08+	65:56+	67:30+	68:48+
03:03+	02:28+	01:55+	09:51+	01:23+	04:29+	02:19+	03:22+	03:30+	01:25+	08:35+	02:01+	05:32+	03:54+	03:09+	04:12+	04:48+	01:34+	01:18+
00:45&	00:47&	00:23#	01:55#	00:33&	01:31&	01:02&	01:02&	01:18&	00:29&	04:46@	00:54&	02:31&	02:30@	00:48&	03:05@	01:43&	00:32&	00:12#
23	Trygve Michaelsen	117										1:13:58						
03:20+	05:40+	12:28+	23:45+	24:52+	34:17+	36:33+	40:15+	43:34+	44:45+	50:07+	52:53+	57:38+	60:04+	64:19+	65:54+	71:25+	72:48+	73:58+
03:20+	02:20+	06:48+	11:17+	01:07+	09:25+	02:16+	03:42+	03:19+	01:11+	05:22+	02:46+	04:45+	02:26+	04:15+	01:35+	05:31+	01:23+	01:10+
01:02&	00:39&	05:16@	03:21&	00:17&	06:27@	00:59&	01:22&	01:07&	00:15&	01:33&	01:39@	01:44&	01:02&	01:54&	00:28&	02:26&	00:21&	00:04+
24	Knut Feldmann	93										1:14:07						
02:48+	05:27+	09:54+	21:07+	23:07+	27:54+	29:50+	36:26+	39:53+	41:42+	47:30+	51:19+	55:47+	58:40+	62:15+	64:33+	70:04+	72:09+	74:07+
02:48+	02:39+	04:27+	11:13+	02:00+	04:47+	01:56+	06:36+	03:27+	01:49+	05:48+	03:49+	04:28+	02:53+	03:35+	02:18+	05:31+	02:05+	01:58+
00:30#	00:58&	02:55@	03:17&	01:10@	01:49&	00:39&	04:16@	01:15&	00:53&	01:59&	02:42@	01:27&	01:29@	01:14&	01:11@	02:26&	01:03@	00:52&

Class	Navn	Klasse										Tid							
25	Magnar Møller	62										1:15:27							
03:43+	06:31+	09:20+	25:10+	27:47+	32:22+	35:29+	39:24+	43:06+	44:44+	49:58+	51:44+	58:30+	60:59+	64:38+	66:30+	72:27+	73:59+	75:27+	
03:43+	02:48+	02:49+	15:50+	02:37+	04:35+	03:07+	03:55+	03:42+	01:38+	05:14+	01:46+	06:46+	02:29+	03:39+	01:52+	05:57+	01:32+	01:28+	
01:25&	01:07&	01:17&	07:54&	01:47&	01:37&	01:50&	01:35&	01:30&	00:42&	01:25&	00:39&	03:45&	01:05&	01:18&	00:45&	02:52&	00:30&	00:22&	
26	Espen Fyhn Nilsen	116										1:15:29							
03:23+	06:19+	08:45+	20:57+	22:47+	27:31+	29:56+	33:17+	36:31+	38:17+	44:45+	46:24+	56:45+	60:03+	63:36+	65:53+	71:17+	73:38+	75:29+	
03:23+	02:56+	02:26+	12:12+	01:50+	04:44+	02:25+	03:21+	03:14+	01:46+	06:28+	01:39+	10:21+	03:18+	03:33+	02:17+	05:24+	02:21+	01:51+	
01:05&	01:15&	00:54&	04:16&	01:00&	01:46&	01:08&	01:01&	01:02&	00:50&	02:39&	00:32&	07:20&	01:54&	01:12&	01:10&	02:19&	01:19&	00:45&	
27	Torbjørn Dahle	92										1:19:23							
03:09+	05:28+	07:30+	20:42+	22:08+	27:30+	29:56+	34:29+	38:16+	40:28+	47:32+	55:01+	60:11+	63:46+	68:25+	70:13+	75:54+	77:40+	79:23+	
03:09+	02:19+	02:02+	13:12+	01:26+	05:22+	02:26+	04:33+	03:47+	02:12+	07:04+	07:29+	05:10+	03:35+	04:39+	01:48+	05:41+	01:46+	01:43+	
00:51&	00:38&	00:30&	05:16&	00:36&	02:24&	01:09&	02:13&	01:35&	01:16&	03:15&	06:22&	02:09&	02:11&	02:18&	00:41&	02:36&	00:44&	00:37&	
28	Svein Magne Gløppen	93										1:19:25							
04:18+	07:10+	10:28+	22:50+	25:43+	30:05+	34:35+	37:54+	42:18+	43:58+	50:26+	56:06+	61:23+	64:50+	69:13+	71:05+	76:23+	77:57+	79:25+	
04:18+	02:52+	03:18+	12:22+	02:53+	04:22+	04:30+	03:19+	04:24+	01:40+	06:28+	05:40+	05:17+	03:27+	04:23+	01:52+	05:18+	01:34+	01:28+	
02:00&	01:11&	01:46&	04:26&	02:03&	01:24&	03:13&	00:59&	02:12&	00:44&	02:39&	04:33&	02:16&	02:03&	02:02&	00:45&	02:13&	00:32&	00:22&	
29	Sverre Magnar Nordal	116										1:19:51							
03:36+	06:30+	09:33+	23:55+	25:39+	31:27+	33:47+	37:51+	41:35+	43:22+	53:06+	56:18+	61:25+	64:15+	68:32+	71:05+	76:11+	78:07+	79:51+	
03:36+	02:54+	03:03+	14:22+	01:44+	05:48+	02:20+	04:04+	03:44+	01:47+	09:44+	03:12+	05:07+	02:50+	04:17+	02:33+	05:06+	01:56+	01:44+	
01:18&	01:13&	01:31&	06:26&	00:54&	02:50&	01:03&	01:44&	01:32&	00:51&	05:55&	02:05&	02:06&	01:26&	01:56&	01:26&	02:01&	00:54&	00:38&	
30	Øistein Haaland	116										1:24:44							
03:01+	05:32+	09:58+	23:57+	25:19+	31:56+	33:56+	37:40+	41:04+	42:47+	50:16+	58:47+	66:19+	69:15+	72:41+	75:27+	81:09+	83:01+	84:44+	
03:01+	02:31+	04:26+	13:59+	01:22+	06:37+	02:00+	03:44+	03:24+	01:43+	07:29+	08:31+	07:32+	02:56+	03:26+	02:46+	05:42+	01:52+	01:43+	
00:43&	00:50&	02:54&	06:03&	00:32&	03:39&	00:43&	01:24&	01:12&	00:47&	03:40&	07:24&	04:31&	01:32&	01:05&	01:39&	02:37&	00:50&	00:37&	
31	Harald Jansen	289										1:24:49							
10:08+	12:23+	14:08+	26:28+	28:03+	32:26+	34:53+	38:41+	42:52+	44:29+	51:01+	56:47+	60:25+	66:32+	69:15+	73:04+	74:58+	81:40+	83:14+	84:49+
10:08+	02:15+	01:45+	12:20+	01:35+	04:23+	02:27+	03:48+	04:11+	01:37+	06:32+	05:46+	03:38+	06:07+	02:43+	03:49+	01:54+	06:42+	01:34+	01:35+
07:50&	00:34&	00:13&	04:24&	00:45&	01:25&	01:10&	01:28&	01:59&	00:41&	02:43&	04:39&	00:37&	04:43&	00:22&	02:42&	01:11-	05:40&	00:28&	01:35+
32	Tore Morten Hope	228										1:30:31							
04:14+	07:00+	11:28+	28:38+	30:30+	35:16+	39:54+	43:51+	48:42+	50:41+	56:20+	59:10+	71:52+	75:32+	79:01+	81:28+	86:58+	89:07+	90:31+	
04:14+	02:46+	04:28+	17:10+	01:52+	04:46+	04:38+	03:57+	04:51+	01:59+	05:39+	02:50+	12:42+	03:40+	03:29+	02:27+	05:30+	02:09+	01:24+	
01:56&	01:05&	02:56&	09:14&	01:02&	01:48&	03:21&	01:37&	02:39&	01:03&	01:50&	01:43&	09:41&	02:16&	01:08&	01:20&	02:25&	01:07&	00:18&	
33	Kjell Olav Gjerde	7										1:31:31							
05:03+	08:03+	11:39+	39:25+	42:13+	46:32+	49:03+	53:21+	58:50+	60:31+	66:51+	69:07+	73:55+	77:05+	80:38+	82:54+	87:45+	89:44+	91:31+	
05:03+	03:00+	03:36+	27:46+	02:48+	04:19+	02:31+	04:18+	05:29+	01:41+	06:20+	02:16+	04:48+	03:10+	03:33+	02:16+	04:51+	01:59+	01:47+	
02:45&	01:19&	02:04&	19:50&	01:58&	01:21&	01:14&	01:58&	03:17&	00:45&	02:31&	01:09&	01:47&	01:46&	01:12&	01:09&	01:46&	00:57&	00:41&	
34	Øystein Fuglestad	46										1:31:48							
03:17+	05:54+	08:28+	19:54+	22:27+	27:15+	29:31+	32:57+	46:53+	58:10+	66:04+	69:28+	74:36+	77:08+	80:49+	82:54+	88:16+	90:09+	91:48+	
03:17+	02:37+	02:34+	11:26+	02:33+	04:48+	02:16+	03:26+	13:56+	11:17+	07:54+	03:24+	05:08+	02:32+	03:41+	02:05+	05:22+	01:53+	01:39+	
00:59&	00:56&	01:02&	03:30&	01:43&	01:50&	00:59&	01:06&	11:44&	10:21&	04:05&	02:17&	02:07&	01:08&	01:20&	00:58&	02:17&	00:51&	00:33&	
35	John C. Sinnes	93										1:36:31							
04:22+	07:17+	18:40+	34:07+	36:12+	41:22+	46:08+	50:17+	54:52+	56:55+	63:11+	65:48+	78:53+	81:38+	85:23+	87:35+	93:29+	95:03+	96:31+	
04:22+	02:55+	11:23+	15:27+	02:05+	05:10+	04:46+	04:09+	04:35+	02:03+	06:16+	02:37+	13:05+	02:45+	03:45+	02:12+	05:54+	01:34+	01:28+	
02:04&	01:14&	09:51&	07:31&	01:15&	02:12&	03:29&	01:49&	02:23&	01:07&	02:27&	01:30&	10:04&	01:21&	01:24&	01:05&	02:49&	00:32&	00:22&	
36	Geir Rune Seldal	192										1:38:01							
05:52+	08:35+	11:20+	41:40+	43:53+	50:38+	53:00+	57:01+	62:19+	64:32+	70:33+	72:44+	78:25+	81:02+	85:17+	87:26+	94:21+	96:23+	98:01+	
05:52+	02:43+	02:45+	30:20+	02:13+	06:45+	02:22+	04:01+	05:18+	02:13+	06:01+	02:11+	05:41+	02:37+	04:15+	02:09+	06:55+	02:02+	01:38+	
03:34&	01:02&	01:13&	22:24&	01:23&	03:47&	01:05&	01:41&	03:06&	01:17&	02:12&	01:04&	02:40&	01:13&	01:54&	01:02&	03:50&	01:00&	00:32&	
37	Roger Nyseth	92										1:38:08							
04:29+	08:00+	14:01+	30:09+	32:41+	38:38+	41:37+	46:26+	50:43+	52:47+	60:14+	63:06+	72:20+	76:27+	81:22+	84:46+	93:03+	95:40+	98:08+	
04:29+	03:31+	06:01+	16:08+	02:32+	05:57+	02:59+	04:49+	04:17+	02:04+	07:27+	02:52+	09:14+	04:07+	04:55+	03:24+	08:17+	02:37+	02:28+	
02:11&	01:50&	04:29&	08:12&	01:42&	02:59&	01:42&	02:29&	02:05&	01:08&	03:38&	01:45&	06:13&	02:43&	02:34&	02:17&	05:12&	01:35&	01:22&	
38	Kjetil Moen	228										1:54:15							
03:25+	07:05+	10:09+	28:57+	36:25+	40:26+	44:10+	48:56+	58:47+	62:20+	71:02+	81:32+	91:28+	98:28+	102:15+	104:06+	108:47+	112:36+	114:15+	
03:25+	03:40+	03:04+	18:48+	07:28+	04:01+	03:44+	04:46+	09:51+	03:33+	08:42+	10:30+	09:56+	07:00+	03:47+	01:51+	04:41+	03:49+	01:39+	
01:07&	01:59&	01:32&	10:52&	06:38&	01:03&	02:27&	02:26&	07:39&	02:37&	04:53&	09:23&	06:55&	05:36&	01:26&	00:44&	01:36&	02:47&	00:33&	
39	Ove Njå	90										1:58:24							
07:12+	15:22+	19:14+	42:32+	46:36+	53:37+	58:07+	63:36+	68:59+	71:53+	81:04+	84:58+	91:53+	95:36+	101:03+	104:35+	113:21+	116:01+	118:24+	
07:12+	08:10+	03:52+	23:18+	04:04+	07:01+	04:30+	05:29+	05:23+	02:54+	09:11+	03:54+	06:55+	03:43+	05:27+	03:32+	08:46+	02:40+	02:23+	
04:54&	06:29&	02:20&	15:22&	03:14&	04:03&	03:13&	03:09&	03:11&	01:58&	05:22&	02:47&	03:54&	02:19&	03:06&	02:25&	05:41&	01:38&	01:17&	

Class	Navn	Klasse														Tid
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Beste strekktid for klassen

02:18 01:30 01:24 07:55 00:50 02:51 01:17 02:09 02:12 00:56 03:11 01:07 02:52 01:24 02:05 01:01 01:54 00:56 00:50

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

Herrer 60 - 64 år

1 Arne Kristian Espedal 68 42:30

05:01= 14:23= 15:22= 20:49= 23:10= 24:56= 29:24= 33:13= 35:15= 37:14= 39:24= 41:19= 42:30=
 05:01= 09:22= 00:59= 05:27= 02:21= 01:46= 04:28= 03:49= 02:02= 01:59= 02:10= 01:55= 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=

2 Otte Omdal 65 47:05

03:59- 15:54+ 17:26+ 23:33+ 26:15+ 28:48+ 33:47+ 37:33+ 39:33+ 41:29+ 43:35+ 45:37+ 47:05+
 03:59- 11:55+ 01:32+ 06:07+ 02:42+ 02:33+ 04:59+ 03:46- 02:00- 01:56- 02:06- 02:02+ 01:28+
 01:02- 02:33& 00:33& 00:40# 00:21# 00:47& 00:31# 00:03- 00:02- 00:03- 00:04- 00:07+ 00:17#

3 Paul Terje Haarr 62 49:09

05:02+ 16:42+ 17:53+ 23:46+ 26:59+ 28:52+ 34:10+ 38:08+ 40:16+ 42:40+ 45:04+ 47:40+ 49:09+
 05:02+ 11:40+ 01:11+ 05:53+ 03:13+ 01:53+ 05:18+ 03:58+ 02:08+ 02:24+ 02:24+ 02:36+ 01:29+
 00:01+ 02:18# 00:12# 00:26+ 00:52& 00:07+ 00:50# 00:09+ 00:06+ 00:25# 00:14# 00:41& 00:18&

4 Dag Helliksen 80 49:55

04:29- 15:21+ 17:36+ 23:11+ 26:16+ 28:42+ 33:51+ 38:24+ 40:19+ 42:53+ 45:38+ 48:43+ 49:55+
 04:29- 10:52+ 02:15+ 05:35+ 03:05+ 02:26+ 05:09+ 04:33+ 01:55- 02:34+ 02:45+ 03:05+ 01:12+
 00:32- 01:30# 01:16@ 00:08+ 00:44& 00:40& 00:41# 00:44# 00:07- 00:35& 00:35& 01:10& 00:01+

5 Terje Stokkeland 69 58:55

04:36- 16:01+ 17:13+ 25:02+ 28:12+ 30:16+ 35:54+ 45:48+ 48:00+ 50:48+ 54:20+ 57:27+ 58:55+
 04:36- 11:25+ 01:12+ 07:49+ 03:10+ 02:04+ 05:38+ 09:54+ 02:12+ 02:48+ 03:32+ 03:07+ 01:28+
 00:25- 02:03# 00:13# 02:22& 00:49& 00:18# 01:10& 06:05@ 00:10+ 00:49& 01:22& 01:12& 00:17#

6 Ove Oaland 116 1:01:53

06:16+ 18:32+ 23:11+ 30:33+ 33:53+ 36:25+ 42:59+ 47:34+ 50:49+ 53:56+ 56:52+ 60:26+ 61:53+
 06:16+ 12:16+ 04:39+ 07:22+ 03:20+ 02:32+ 06:34+ 04:35+ 03:15+ 03:07+ 02:56+ 03:34+ 01:27+
 01:15# 02:54& 03:40@ 01:55& 00:59& 00:46& 02:06& 00:46# 01:13& 01:08& 00:46& 01:39& 00:16#

7 Bjarne Gimre 88 1:03:25

06:26+ 20:18+ 21:37+ 30:59+ 34:38+ 37:17+ 44:43+ 50:20+ 53:17+ 56:12+ 59:09+ 61:55+ 63:25+
 06:26+ 13:52+ 01:19+ 09:22+ 03:39+ 02:39+ 07:26+ 05:37+ 02:57+ 02:55+ 02:57+ 02:46+ 01:30+
 01:25& 04:30& 00:20& 03:55& 01:18& 00:53& 02:58& 01:48& 00:55& 00:56& 00:47& 00:51& 00:19&

8 Arne M. Handeland 92 1:03:28

05:36+ 19:45+ 20:55+ 30:48+ 33:38+ 35:56+ 41:48+ 46:10+ 48:03+ 54:56+ 58:30+ 62:05+ 63:28+
 05:36+ 14:09+ 01:10+ 09:53+ 02:50+ 02:18+ 05:52+ 04:22+ 01:53- 06:53+ 03:34+ 03:35+ 01:23+
 00:35# 04:47& 00:11# 04:26& 00:29# 00:32& 01:24& 00:33# 00:09- 04:54@ 01:24& 01:40& 00:12#

9 Bjørn H. Engseth 27 1:03:40

04:42- 19:23+ 20:36+ 27:36+ 31:31+ 33:59+ 41:33+ 47:51+ 50:27+ 55:00+ 58:21+ 61:49+ 63:40+
 04:42- 14:41+ 01:13+ 07:00+ 03:55+ 02:28+ 07:34+ 06:18+ 02:36+ 04:33+ 03:21+ 03:28+ 01:51+
 00:19- 05:19& 00:14# 01:33& 01:34& 00:42& 03:06& 02:29& 00:34& 02:34@ 01:11& 01:33& 00:40&

10 Inge Johan Øverland 93 1:46:55

07:49+ 22:55+ 24:29+ 42:24+ 47:39+ 54:36+ 66:49+ 78:27+ 82:44+ 87:04+ 92:24+ 104:35+ 106:55+
 07:49+ 15:06+ 01:34+ 17:55+ 05:15+ 06:57+ 12:13+ 11:38+ 04:17+ 04:20+ 05:20+ 12:11+ 02:20+
 02:48& 05:44& 00:35& 12:28@ 02:54@ 05:11@ 07:45@ 07:49@ 02:15@ 02:21@ 03:10@ 10:16@ 01:09&

11 Rolf Kleppe 63 1:57:29

33:02+ 53:10+ 55:16+ 64:19+ 69:12+ 73:11+ 88:05+ 95:17+ 102:53+ 106:10+ 110:18+ 115:14+ 117:29+
 33:02+ 20:08+ 02:06+ 09:03+ 04:53+ 03:59+ 14:54+ 07:12+ 07:36+ 03:17+ 04:08+ 04:56+ 02:15+
 28:01@ 10:46@ 01:07@ 03:36& 02:32@ 02:13@ 10:26@ 03:23& 05:34@ 01:18& 01:58& 03:01@ 01:04&

Beste strekktid for klassen

03:59 09:22 00:59 05:27 02:21 01:46 04:28 03:46 01:53 01:56 02:06 01:55 01:11

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

Herrer 65 - 69 år

Class	Navn	Klasse												Tid
1	Bjørn Alsaker	115												39:26
	03:39=	12:43=	13:42=	19:33=	22:05=	24:04=	28:14=	31:23=	32:43=	34:24=	36:29=	38:24=	39:26=	
	03:39=	09:04=	00:59=	05:51=	02:32=	01:59=	04:10=	03:09=	01:20=	01:41=	02:05=	01:55=	01:02=	
	00:00=	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												48:22
	04:22+	15:31+	16:27+	22:18+	24:53+	27:02+	31:41+	35:42+	40:15+	42:47+	44:56+	47:06+	48:22+	
	04:22+	11:09+	00:56-	05:51=	02:35+	02:09+	04:39+	04:01+	04:33+	02:32+	02:09+	02:10+	01:16+	
	00:43#	02:05#	00:03-	00:00=	00:03+	00:10+	00:29#	00:52&	03:13@	00:51&	00:04+	00:15#	00:14#	
3	Ragnvald Frøyland	128												53:14
	05:07+	18:06+	19:24+	26:05+	29:12+	31:09+	37:18+	41:37+	43:59+	46:49+	49:26+	52:02+	53:14+	
	05:07+	12:59+	01:18+	06:41+	03:07+	01:57-	06:09+	04:19+	02:22+	02:50+	02:37+	02:36+	01:12+	
	01:28&	03:55&	00:19&	00:50#	00:35#	00:02-	01:59&	01:10&	01:02&	01:09&	00:32&	00:41&	00:10#	
4	Ragnar Rossavik	109												55:33
	04:40+	19:58+	22:48+	28:30+	31:41+	34:00+	39:18+	43:39+	45:26+	48:09+	50:56+	53:59+	55:33+	
	04:40+	15:18+	02:50+	05:42-	03:11+	02:19+	05:18+	04:21+	01:47+	02:43+	02:47+	03:03+	01:34+	
	01:01&	06:14&	01:51@	00:09-	00:39&	00:20#	01:08&	01:12&	00:27&	01:02&	00:42&	01:08&	00:32&	
5	Jostein Tunheim	116												59:29
	04:46+	18:13+	19:27+	31:18+	34:56+	37:03+	43:30+	47:50+	49:55+	52:39+	55:31+	58:13+	59:29+	
	04:46+	13:27+	01:14+	11:51+	03:38+	02:07+	06:27+	04:20+	02:05+	02:44+	02:52+	02:42+	01:16+	
	01:07&	04:23&	00:15&	06:00@	01:06&	00:08+	02:17&	01:11&	00:45&	01:03&	00:47&	00:47&	00:14#	
6	Terje Helland	88												1:01:31
	05:38+	18:16+	20:14+	27:25+	31:06+	33:34+	40:22+	46:30+	48:49+	51:48+	55:30+	60:08+	61:31+	
	05:38+	12:38+	01:58+	07:11+	03:41+	02:28+	06:48+	06:08+	02:19+	02:59+	03:42+	04:38+	01:23+	
	01:59&	03:34&	00:59&	01:20#	01:09&	00:29#	02:38&	02:59&	00:59&	01:18&	01:37&	02:43@	00:21&	
7	Svein Berge	126												1:02:06
	05:33+	20:31+	22:35+	29:23+	32:47+	34:41+	41:06+	47:46+	49:44+	53:48+	57:15+	60:41+	62:06+	
	05:33+	14:58+	02:04+	06:48+	03:24+	01:54-	06:25+	06:40+	01:58+	04:04+	03:27+	03:26+	01:25+	
	01:54&	05:54&	01:05@	00:57#	00:52&	00:05-	02:15&	03:31@	00:38&	02:23@	01:22&	01:31&	00:23&	
8	Arne Østensen	90												1:02:37
	07:11+	28:01+	29:13+	36:54+	39:54+	42:24+	48:05+	51:48+	53:27+	56:11+	58:39+	61:19+	62:37+	
	07:11+	20:50+	01:12+	07:41+	03:00+	02:30+	05:41+	03:43+	01:39+	02:44+	02:28+	02:40+	01:18+	
	03:32&	11:46@	00:13#	01:50&	00:28#	00:31&	01:31&	00:34#	00:19#	01:03&	00:23#	00:45&	00:16&	
9	Asgeir Bell	117												1:03:29
	03:40+	22:43+	23:55+	40:41+	43:21+	45:06+	50:13+	53:42+	55:09+	57:18+	59:46+	62:09+	63:29+	
	03:40+	19:03+	01:12+	16:46+	02:40+	01:45-	05:07+	03:29+	01:27+	02:09+	02:28+	02:23+	01:20+	
	00:01+	09:59@	00:13#	10:55@	00:08+	00:14-	00:57#	00:20#	00:07+	00:28&	00:23#	00:28#	00:18&	
10	Leif Gunnar Wikene	43												1:04:33
	06:51+	21:29+	23:02+	30:38+	34:20+	36:44+	43:48+	49:36+	51:54+	54:53+	58:36+	63:00+	64:33+	
	06:51+	14:38+	01:33+	07:36+	03:42+	02:24+	07:04+	05:48+	02:18+	02:59+	03:43+	04:24+	01:33+	
	03:12&	05:34&	00:34&	01:45&	01:10&	00:25#	02:54&	02:39&	00:58&	01:18&	01:38&	02:29@	00:31&	
11	Svein Ims	65												1:14:17
	09:09+	25:17+	26:52+	34:22+	38:08+	40:56+	51:10+	58:00+	60:33+	66:15+	69:38+	72:36+	74:17+	
	09:09+	16:08+	01:35+	07:30+	03:46+	02:48+	10:14+	06:50+	02:33+	05:42+	03:23+	02:58+	01:41+	
	05:30@	07:04&	00:36&	01:39&	01:14&	00:49&	06:04@	03:41@	01:13&	04:01@	01:18&	01:03&	00:39&	
12	Paul A. Paulsen	117												1:31:16
	14:57+	35:07+	39:12+	46:32+	52:18+	55:40+	59:55+	68:28+	74:53+	77:56+	81:44+	85:15+	89:36+	91:16+
	14:57+	20:10+	04:05+	07:20+	05:46+	03:22+	04:15+	08:33+	06:25+	03:03+	03:48+	03:31+	04:21+	01:40+
	11:18@	11:06@	03:06@	01:29&	03:14@	01:23&	00:05+	05:24@	05:05@	01:22&	01:43&	01:36&	03:19@	01:40+
13	Per Marthon Møland	5												1:31:24
	06:35+	21:38+	25:13+	38:32+	42:49+	50:22+	60:30+	67:44+	76:05+	79:30+	83:35+	88:32+	91:24+	
	06:35+	15:03+	03:35+	13:19+	04:17+	07:33+	10:08+	07:14+	08:21+	03:25+	04:05+	04:57+	02:52+	
	02:56&	05:59&	02:36@	07:28@	01:45&	05:34@	05:58@	04:05@	07:01@	01:44@	02:00&	03:02@	01:50@	
14	Torstein Gjesteland	126												1:44:58
	11:40+	32:21+	34:51+	51:54+	56:23+	60:37+	70:34+	78:51+	83:39+	89:30+	94:01+	102:34+	104:58+	
	11:40+	20:41+	02:30+	17:03+	04:29+	04:14+	09:57+	08:17+	04:48+	05:51+	04:31+	08:33+	02:24+	
	08:01@	11:37@	01:31@	11:12@	01:57&	02:15@	05:47@	05:08@	03:28@	04:10@	02:26@	06:38@	01:22@	

Beste strekketid for klassen

03:39 09:04 00:56 05:42 02:32 01:45 04:10 03:09 01:20 01:41 02:05 01:55 01:02

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

Class	Navn	Klasse	Tid
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Herrer 70 - 74 år

1 Tormod Aaslid 54 52:09

05:41= 16:47= 19:48= 25:23= 28:25= 30:49= 36:05= 40:32= 42:30= 45:04= 47:44= 50:50= 52:09=
 05:41= 11:06= 03:01= 05:35= 03:02= 02:24= 05:16= 04:27= 01:58= 02:34= 02:40= 03:06= 01:19=
 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=

2 Hermann Skogsholm 53 52:13

04:35- 17:05+ 18:17- 25:52+ 29:02+ 31:19+ 36:48+ 40:57+ 42:38+ 45:36+ 48:12+ 50:48- 52:13+
 04:35- 12:30+ 01:12- 07:35+ 03:10+ 02:17- 05:29+ 04:09- 01:41- 02:58+ 02:36- 02:36- 01:25+
 01:06- 01:24# 01:49- 02:00& 00:08+ 00:07- 00:13+ 00:18- 00:17- 00:24# 00:04- 00:30- 00:06+

3 Kjell Svihus 154 52:47

05:29- 17:51+ 19:19- 26:58+ 29:59+ 31:57+ 37:32+ 41:43+ 43:32+ 46:07+ 48:38+ 51:24+ 52:47+
 05:29- 12:22+ 01:28- 07:39+ 03:01- 01:58- 05:35+ 04:11- 01:49- 02:35+ 02:31- 02:46- 01:23+
 00:12- 01:16# 01:33- 02:04& 00:01- 00:26- 00:19+ 00:16- 00:09- 00:01+ 00:09- 00:20- 00:04+

4 Finn Morten Årstad 115 58:06

04:24- 17:48+ 19:05- 25:27+ 28:33+ 30:52+ 36:42+ 45:04+ 47:04+ 51:16+ 53:45+ 56:38+ 58:06+
 04:24- 13:24+ 01:17- 06:22+ 03:06+ 02:19- 05:50+ 08:22+ 02:00+ 04:12+ 02:29- 02:53- 01:28+
 01:17- 02:18# 01:44- 00:47# 00:04+ 00:05- 00:34# 03:55& 00:02+ 01:38& 00:11- 00:13- 00:09#

5 Arvid Thorsen 5 1:02:46

08:30+ 23:13+ 24:39+ 31:31+ 35:43+ 38:37+ 45:38+ 51:02+ 53:12+ 55:44+ 58:29+ 61:18+ 62:46+
 08:30+ 14:43+ 01:26- 06:52+ 04:12+ 02:54+ 07:01+ 05:24+ 02:10+ 02:32- 02:45+ 02:49- 01:28+
 02:49& 03:37& 01:35- 01:17# 01:10& 00:30# 01:45& 00:57# 00:12# 00:02- 00:05+ 00:17- 00:09#

6 Svein Glendrange 68 1:02:59

05:25- 19:35+ 21:03+ 31:14+ 34:41+ 37:17+ 43:05+ 47:55+ 50:56+ 54:19+ 58:02+ 61:24+ 62:59+
 05:25- 14:10+ 01:28- 10:11+ 03:27+ 02:36+ 05:48+ 04:50+ 03:01+ 03:23+ 03:43+ 03:22+ 01:35+
 00:16- 03:04& 01:33- 04:36& 00:25# 00:12+ 00:32# 00:23+ 01:03& 00:49& 01:03& 00:16+ 00:16#

7 Kjell Langvik 93 1:03:59

07:23+ 20:58+ 22:25+ 30:44+ 34:28+ 38:16+ 46:14+ 51:36+ 53:28+ 56:22+ 59:28+ 62:25+ 63:59+
 07:23+ 13:35+ 01:27- 08:19+ 03:44+ 03:48+ 07:58+ 05:22+ 01:52- 02:54+ 03:06+ 02:57- 01:34+
 01:42& 02:29# 01:34- 02:44& 00:42# 01:24& 02:42& 00:55# 00:06- 00:20# 00:26# 00:09- 00:15#

8 Øyvind Egeskog 5 1:05:58

05:01- 21:01+ 22:25+ 30:59+ 34:42+ 37:09+ 45:01+ 52:58+ 55:07+ 57:51+ 60:54+ 64:09+ 65:58+
 05:01- 16:00+ 01:24- 08:34+ 03:43+ 02:27+ 07:52+ 07:57+ 02:09+ 02:44+ 03:03+ 03:15+ 01:49+
 00:40- 04:54& 01:37- 02:59& 00:41# 00:03+ 02:36& 03:30& 00:11+ 00:10+ 00:23# 00:09+ 00:30&

9 Geir Husdal 93 1:21:55

05:55+ 22:42+ 26:21+ 37:22+ 41:56+ 45:21+ 54:08+ 64:18+ 66:55+ 70:37+ 75:15+ 79:17+ 81:55+
 05:55+ 16:47+ 03:39+ 11:01+ 04:34+ 03:25+ 08:47+ 10:10+ 02:37+ 03:42+ 04:38+ 04:02+ 02:38+
 00:14+ 05:41& 00:38# 05:26& 01:32& 01:01& 03:31& 05:43@ 00:39& 01:08& 01:58& 00:56& 01:19&

10 Ingjald Egeland 7 1:24:14

17:45+ 33:11+ 35:45+ 43:36+ 47:14+ 49:59+ 56:45+ 63:10+ 71:47+ 74:55+ 78:55+ 82:32+ 84:14+
 17:45+ 15:26+ 02:34- 07:51+ 03:38+ 02:45+ 06:46+ 06:25+ 08:37+ 03:08+ 04:00+ 03:37+ 01:42+
 12:04@ 04:20& 00:27- 02:16& 00:36# 00:21# 01:30& 01:58& 06:39@ 00:34# 01:20& 00:31# 00:23&

11 Jan H. Sagen 92 2:05:19

10:31+ 41:52+ 44:24+ 64:41+ 73:24+ 77:03+ 87:35+ 98:50+ 102:12+ 111:42+ 117:04+ 122:29+ 125:19+
 10:31+ 31:21+ 02:32- 20:17+ 08:43+ 03:39+ 10:32+ 11:15+ 03:22+ 09:30+ 05:22+ 05:25+ 02:50+
 04:50& 20:15@ 00:29- 14:42@ 05:41@ 01:15& 05:16& 06:48@ 01:24& 06:56@ 02:42@ 02:19& 01:31@

Beste strekktid for klassen

04:24 11:06 01:12 05:35 03:01 01:58 05:16 04:09 01:41 02:32 02:29 02:36 01:19

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

Herrer 75 - 79 år

1 Jan Værp 62 48:11

04:40= 09:54= 11:55= 15:17= 20:00= 26:44= 35:17= 36:20= 38:50= 40:28= 43:32= 45:00= 46:46= 48:11=
 04:40= 05:14= 02:01= 03:22= 04:43= 06:44= 08:33= 01:03= 02:30= 01:38= 03:04= 01:28= 01:46= 01:25=
 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=

Class	Navn	Klasse												Tid
2	Knut Skjæveland	93												53:32
	04:11-	10:13+	11:50-	15:08-	21:41+	25:55-	34:59-	36:05-	38:18-	45:53+	48:58+	50:10+	51:49+	53:32+
	04:11-	06:02+	01:37-	03:18-	06:33+	04:14-	09:04+	01:06+	02:13-	07:35+	03:05+	01:12-	01:39-	01:43+
	00:29-	00:48#	00:24-	00:04-	01:50&	02:30-	00:31+	00:03+	00:17-	05:57@	00:01+	00:16-	00:07-	00:18#
3	Magne Jakobsen	63												58:45
	04:23-	17:59+	20:12+	23:48+	29:16+	35:18+	42:48+	44:16+	47:23+	49:26+	53:09+	54:57+	57:00+	58:45+
	04:23-	13:36+	02:13+	03:36+	05:28+	06:02-	07:30-	01:28+	03:07+	02:03+	03:43+	01:48+	02:03+	01:45+
	00:17-	08:22@	00:12+	00:14+	00:45#	00:42-	01:03-	00:25&	00:37#	00:25&	00:39#	00:20#	00:17#	00:20#
4	Harald I. Serigstad	128												1:04:21
	05:32+	13:39+	17:41+	25:18+	33:09+	38:51+	47:28+	48:44+	51:52+	54:39+	58:19+	60:05+	62:22+	64:21+
	05:32+	08:07+	04:02+	07:37+	07:51+	05:42-	08:37+	01:16+	03:08+	02:47+	03:40+	01:46+	02:17+	01:59+
	00:52#	02:53&	02:01&	04:15@	03:08&	01:02-	00:04+	00:13#	00:38&	01:09&	00:36#	00:18#	00:31&	00:34&
5	Terje Braut	92												1:04:41
	08:24+	13:05+	17:50+	21:31+	27:12+	33:58+	47:02+	48:18+	51:00+	53:29+	57:24+	60:31+	62:28+	64:41+
	08:24+	04:41-	04:45+	03:41+	05:41+	06:46+	13:04+	01:16+	02:42+	02:29+	03:55+	03:07+	01:57+	02:13+
	03:44&	00:33-	02:44@	00:19+	00:58#	00:02+	04:31&	00:13#	00:12+	00:51&	00:51&	01:39@	00:11#	00:48&
6	Kjell Maudal	63												1:05:55
	05:49+	13:31+	16:18+	20:19+	28:50+	36:15+	46:40+	48:23+	51:58+	54:22+	58:49+	61:48+	64:06+	65:55+
	05:49+	07:42+	02:47+	04:01+	08:31+	07:25+	10:25+	01:43+	03:35+	02:24+	04:27+	02:59+	02:18+	01:49+
	01:09#	02:28&	00:46&	00:39#	03:48&	00:41#	01:52#	00:40&	01:05&	00:46&	01:23&	01:31@	00:32&	00:24&

Beste strekktid for klassen

04:11 04:41 01:37 03:18 04:43 04:14 07:30 01:03 02:13 01:38 03:04 01:12 01:39 01:25

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

Herrer 80 år og eldre

1	Arnulf Fuglestad	29												32:36
	02:09=	07:01=	11:10=	12:25=	18:15=	19:52=	24:32=	27:57=	30:58=	32:36=				
	02:09=	04:52=	04:09=	01:15=	05:50=	01:37=	04:40=	03:25=	03:01=	01:38=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Magne Westerheim	93												58:04
	03:33+	09:13+	15:16+	16:43+	22:22+	24:09+	29:24+	51:49+	56:08+	58:04+				
	03:33+	05:40+	06:03+	01:27+	05:39-	01:47+	05:15+	22:25+	04:19+	01:56+				
	01:24&	00:48#	01:54&	00:12#	00:11-	00:10#	00:35#	19:00@	01:18&	00:18#				

Beste strekktid for klassen

02:09 04:52 04:09 01:15 05:39 01:37 04:40 03:25 03:01 01:38

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

Herrer Trim

1	Kevin Hammer Knutsen	239												25:39
	02:25=	05:47=	09:15=	10:17=	16:18=	17:04=	20:18=	23:18=	24:38=	25:39=				
	02:25=	03:22=	03:28=	01:02=	06:01=	00:46=	03:14=	03:00=	01:20=	01:01=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Ole Andreas Otterøen	92												27:12
	01:25-	05:31-	09:28+	10:44+	13:19-	14:39-	18:19-	24:14+	25:43+	27:12+				
	01:25-	04:06+	03:57+	01:16+	02:35-	01:20+	03:40+	05:55+	01:29+	01:29+				
	01:00-	00:44#	00:29#	00:14#	03:26-	00:34&	00:26#	02:55&	00:09#	00:28&				
3	Kjell Ivar Skjørestad	92												27:46
	01:49-	05:52+	09:41+	11:19+	14:11-	15:49-	19:50-	24:00+	26:25+	27:46+				
	01:49-	04:03+	03:49+	01:38+	02:52-	01:38+	04:01+	04:10+	02:25+	01:21+				
	00:36-	00:41#	00:21#	00:36&	03:09-	00:52@	00:47#	01:10&	01:05&	00:20&				
4	Thorben Beimel	239												30:14
	02:05-	05:22-	08:34-	10:13-	18:36+	19:42+	24:55+	27:36+	29:07+	30:14+				
	02:05-	03:17-	03:12-	01:39+	08:23+	01:06+	05:13+	02:41-	01:31+	01:07+				
	00:20-	00:05-	00:16-	00:37&	02:22&	00:20&	01:59&	00:19-	00:11#	00:06+				

Class	Navn	Klasse	Tid						
5	Hans Klausen	62	31:26						
02:10-	06:45+	10:47+	12:25+	15:13-	16:30-	21:09+	24:31+	29:42+	31:26+
02:10-	04:35+	04:02+	01:38+	02:48-	01:17+	04:39+	03:22+	05:11+	01:44+
00:15-	01:13&	00:34#	00:36&	03:13-	00:31&	01:25&	00:22#	03:51@	00:43&
6	Lars Erik Ree-Pedersen	263	31:54						
01:43-	06:14+	11:16+	12:40+	16:36+	18:06+	22:09+	28:01+	30:16+	31:54+
01:43-	04:31+	05:02+	01:24+	03:56-	01:30+	04:03+	05:52+	02:15+	01:38+
00:42-	01:09&	01:34&	00:22&	02:05-	00:44&	00:49&	02:52&	00:55&	00:37&
7	Antal Jansen	115	32:44						
03:34+	07:27+	11:10+	12:39+	17:39+	18:54+	23:22+	29:36+	31:32+	32:44+
03:34+	03:53+	03:43+	01:29+	05:00-	01:15+	04:28+	06:14+	01:56+	01:12+
01:09&	00:31#	00:15+	00:27&	01:01-	00:29&	01:14&	03:14@	00:36&	00:11#
8	Erling Knutzen	128	33:12						
03:23+	09:54+	14:12+	16:23+	19:50+	21:24+	25:30+	29:04+	31:10+	33:12+
03:23+	06:31+	04:18+	02:11+	03:27-	01:34+	04:06+	03:34+	02:06+	02:02+
00:58&	03:09&	00:50#	01:09@	02:34-	00:48@	00:52&	00:34#	00:46&	01:01&
9	Øyvind Nagel-Alne	74	33:51						
03:55+	08:35+	13:10+	15:11+	19:07+	21:05+	26:37+	30:20+	32:29+	33:51+
03:55+	04:40+	04:35+	02:01+	03:56-	01:58+	05:32+	03:43+	02:09+	01:22+
01:30&	01:18&	01:07&	00:59&	02:05-	01:12@	02:18&	00:43#	00:49&	00:21&
10	Anders H Foss	263	33:58						
04:23+	08:58+	13:54+	15:25+	18:33+	19:46+	23:42+	29:29+	32:20+	33:58+
04:23+	04:35+	04:56+	01:31+	03:08-	01:13+	03:56+	05:47+	02:51+	01:38+
01:58&	01:13&	01:28&	00:29&	02:53-	00:27&	00:42#	02:47&	01:31@	00:37&
11	Kjartan Bryne	105	34:53						
02:22-	06:56+	11:07+	13:48+	20:53+	22:20+	27:45+	31:44+	33:41+	34:53+
02:22-	04:34+	04:11+	02:41+	07:05+	01:27+	05:25+	03:59+	01:57+	01:12+
00:03-	01:12&	00:43#	01:39@	01:04#	00:41&	02:11&	00:59&	00:37&	00:11#
12	Rolf Øystein Kluge	7	37:41						
03:29+	08:35+	14:17+	16:20+	21:14+	23:22+	28:33+	33:05+	35:57+	37:41+
03:29+	05:06+	05:42+	02:03+	04:54-	02:08+	05:11+	04:32+	02:52+	01:44+
01:04&	01:44&	02:14&	01:01&	01:07-	01:22@	01:57&	01:32&	01:32@	00:43&
13	Niklas Gustafsson	192	38:56						
04:58+	13:24+	17:23+	19:36+	23:14+	25:35+	30:24+	35:38+	37:30+	38:56+
04:58+	08:26+	03:59+	02:13+	03:38-	02:21+	04:49+	05:14+	01:52+	01:26+
02:33@	05:04@	00:31#	01:11@	02:23-	01:35@	02:14&	00:32&	00:25&	
14	Nils Egil Lie	91	38:59						
02:02-	08:11+	14:35+	16:20+	23:52+	25:37+	30:54+	35:04+	37:29+	38:59+
02:02-	06:09+	06:24+	01:45+	07:32+	01:45+	05:17+	04:10+	02:25+	01:30+
00:23-	02:47&	02:56&	00:43&	01:31&	00:59@	02:03&	01:10&	01:05&	00:29&
15	Lars Tore Opdal	97	39:56						
01:52-	11:07+	14:25+	15:47+	24:31+	26:21+	31:11+	36:54+	38:50+	39:56+
01:52-	09:15+	03:18-	01:22+	08:44+	01:50+	04:50+	05:43+	01:56+	01:06+
00:33-	05:53@	00:10-	00:20&	02:43&	01:04@	01:36&	02:43&	00:36&	00:05+
16	Arild Svihus	92	43:41						
02:53+	09:47+	16:26+	18:26+	22:36+	24:12+	30:54+	40:08+	41:51+	43:41+
02:53+	06:54+	06:39+	02:00+	04:10-	01:36+	06:42+	09:14+	01:43+	01:50+
00:28#	03:32@	03:11&	00:58&	01:51-	00:50@	03:28@	06:14@	00:23&	00:49&
17	Tore Karlsen	105	44:00						
06:30+	12:48+	18:31+	20:22+	24:44+	26:53+	32:02+	38:25+	41:43+	44:00+
06:30+	06:18+	05:43+	01:51+	04:22-	02:09+	05:09+	06:23+	03:18+	02:17+
04:05@	02:56&	02:15&	00:49&	01:39-	01:23@	01:55&	03:23@	01:58@	01:16@
18	Jan Henrik Neuenkirchen	117	49:00						
02:58+	12:16+	17:59+	20:09+	25:00+	29:25+	35:50+	43:27+	47:04+	49:00+
02:58+	09:18+	05:43+	02:10+	04:51-	04:25+	06:25+	07:37+	03:37+	01:56+
00:33#	05:56@	02:15&	01:08@	01:10-	03:39@	03:11&	04:37@	02:17@	00:55&
19	Ove Vatland	128	50:18						
03:53+	13:58+	21:37+	24:13+	29:12+	31:45+	39:02+	44:25+	47:29+	50:18+
03:53+	10:05+	07:39+	02:36+	04:59-	02:33+	07:17+	05:23+	03:04+	02:49+
01:28&	06:43@	04:11@	01:34@	01:02-	01:47@	04:03@	02:23&	01:44@	01:48@

Class	Navn	Klasse										Tid
20	Tom Leveraas	188										54:16
	04:01+	12:23+	18:22+	25:02+	31:55+	36:39+	44:08+	50:01+	52:31+	54:16+		
	04:01+	08:22+	05:59+	06:40+	06:53+	04:44+	07:29+	05:53+	02:30+	01:45+		
	01:36&	05:00@	02:31&	05:38@	00:52#	03:58@	04:15@	02:53&	01:10&	00:44&		
21	Harald Nilsen	79										54:26
	04:24+	13:03+	21:24+	24:22+	29:59+	32:21+	38:51+	48:22+	51:42+	54:26+		
	04:24+	08:39+	08:21+	02:58+	05:37-	02:22+	06:30+	09:31+	03:20+	02:44+		
	01:59&	05:17@	04:53@	01:56@	00:24-	01:36@	03:16@	06:31@	02:00@	01:43@		
22	Ragnar Lillemo	128										54:38
	05:34+	11:16+	15:17+	17:40+	28:18+	30:06+	38:29+	47:37+	51:19+	54:38+		
	05:34+	05:42+	04:01+	02:23+	10:38+	01:48+	08:23+	09:08+	03:42+	03:19+		
	03:09@	02:20&	00:33#	01:21@	04:37&	01:02@	05:09@	06:08@	02:22@	02:18@		
23	Audun Sjøen	111										56:22
	05:25+	17:22+	23:54+	26:22+	31:43+	34:05+	41:17+	50:04+	53:17+	56:22+		
	05:25+	11:57+	06:32+	02:28+	05:21-	02:22+	07:12+	08:47+	03:13+	03:05+		
	03:00@	08:35@	03:04&	01:26@	00:40-	01:36@	03:58@	05:47@	01:53@	02:04@		
24	Jon Grepstad	111										1:07:47
	07:24+	18:14+	27:11+	30:01+	41:44+	44:29+	52:25+	58:30+	65:10+	67:47+		
	07:24+	10:50+	08:57+	02:50+	11:43+	02:45+	07:56+	06:05+	06:40+	02:37+		
	04:59@	07:28@	05:29@	01:48@	05:42&	01:59@	04:42@	03:05@	05:20@	01:36@		
25	Arthur Christiansen	93										1:32:50
	05:06+	19:15+	30:52+	34:15+	41:03+	45:09+	57:11+	78:38+	87:56+	92:50+		
	05:06+	14:09+	11:37+	03:23+	06:48+	04:06+	12:02+	21:27+	09:18+	04:54+		
	02:41@	10:47@	08:09@	02:21@	00:47#	03:20@	08:48@	18:27@	07:58@	03:53@		
26	Frank Gulbrandsen	105										1:54:55
	06:16+	17:50+	24:06+	66:55+	75:48+	78:43+	93:33+	104:41+	111:37+	114:55+		
	06:16+	11:34+	06:16+	42:49+	08:53+	02:55+	14:50+	11:08+	06:56+	03:18+		
	03:51@	08:12@	02:48&	41:47@	02:52&	02:09@	11:36@	08:08@	05:36@	02:17@		
Beste strekktid for klassen												
	01:25	03:17	03:12	01:02	02:35	00:46	03:14	02:41	01:20	01:01		

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