











Class	Navn	Klasse	Tid																	
<b>4</b>	<b>Hanne Eik</b>	<b>117</b>	<b>47:23</b>																	
01:38-	03:00+	04:16-	04:40-	06:01-	11:31+	12:37+	13:45+	14:55+	16:39+	19:40+	24:15+	30:05+	30:43+	33:53+	35:36+	38:22+	42:47+	44:17+	46:54+	47:23+
01:38-	01:22+	01:16-	00:24+	01:21+	05:30+	01:06+	01:08-	01:10-	01:44-	03:01-	04:35+	05:50+	00:38-	03:10+	01:43-	02:46-	04:25+	01:30=	02:37+	00:29-
00:11-	00:20&	00:20-	00:02+	00:01+	01:45&	00:14&	00:01-	00:05-	00:05-	01:23-	01:29&	02:51&	00:14-	02:16&	00:04-	00:14-	02:49&	00:00=	01:01&	00:02-
<b>5</b>	<b>Ingunn Bjerga</b>	<b>105</b>	<b>53:31</b>																	
03:51+	04:58+	06:38+	07:05+	08:35+	14:38+	15:49+	17:45+	19:08+	21:27+	27:33+	31:45+	36:19+	37:05+	38:46+	41:48+	45:00+	50:16+	51:07+	52:51+	53:31+
03:51+	01:07+	01:40+	00:27+	01:30+	06:03+	01:11+	01:56+	01:23+	02:19+	06:06+	04:12+	04:34+	00:46-	01:41+	03:02+	03:12+	05:16+	00:51-	01:44+	00:40+
02:02@	00:05+	00:04+	00:05#	00:10#	02:18&	00:19&	00:47&	00:08#	00:30&	01:42&	01:06&	01:35&	00:06-	00:47&	01:15&	00:12+	03:40@	00:39-	00:08+	00:09&
<b>6</b>	<b>Wenche Anda Haarr</b>	<b>92</b>	<b>53:46</b>																	
02:29+	03:46+	05:15+	05:43+	07:13+	12:04+	12:55+	14:24+	16:31+	19:30+	30:01+	34:22+	37:56+	38:28+	39:32+	40:51+	45:27+	49:04+	51:18+	52:58+	53:46+
02:29+	01:17+	01:29-	00:28+	01:30+	04:51+	00:51-	01:29+	02:07+	02:59+	10:31+	04:21+	03:34+	00:32-	01:04+	01:19-	04:36+	03:37+	02:14+	01:40+	00:48+
00:40&	00:15#	00:07-	00:06&	00:10#	01:06&	00:01-	00:20&	00:52&	01:10&	06:07@	01:15&	00:35#	00:20-	00:10#	00:28-	01:36&	02:01@	00:44&	00:04+	00:17&
<b>Beste strekktid for klassen</b>																				
01:32	01:02	01:16	00:22	01:15	03:45	00:42	01:08	01:10	01:44	03:01	02:50	02:53	00:32	00:54	01:19	02:46	01:36	00:51	01:29	00:29

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

## Damer 70 - 74 år

<b>1</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>35:59</b>																	
01:44=	02:46=	04:18=	04:42=	06:03=	09:57=	10:51=	12:06=	13:16=	14:51=	18:18=	21:54=	24:30=	25:17=	26:17=	27:37=	30:03=	33:11=	34:05=	35:29=	35:59=
01:44=	01:02=	01:32=	00:24=	01:21=	03:54=	00:54=	01:15=	01:10=	01:35=	03:27=	03:36=	02:36=	00:47=	01:00=	01:20=	02:26=	03:08=	00:54=	01:24=	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=	00:00=
<b>2</b>	<b>Turid Nystrøm</b>	<b>68</b>	<b>36:22</b>																	
01:33-	02:21-	03:39-	04:05-	05:19-	09:06-	09:55-	11:31-	12:34-	13:55-	17:11-	20:38-	23:38-	24:15-	25:11-	28:40+	31:00+	32:59-	34:11+	35:52+	36:22+
01:33-	00:48-	01:18-	00:26+	01:14-	03:47-	00:49-	01:36+	01:03-	01:21-	03:16-	03:27-	03:00+	00:37-	00:56-	03:29+	02:20-	01:59-	01:12+	01:41+	00:30=
00:11-	00:14-	00:14-	00:02+	00:07-	00:07-	00:05-	00:21&	00:07-	00:14-	00:11-	00:09-	00:24#	00:10-	00:04-	02:09@	00:06-	01:09-	00:18&	00:17#	00:00=
<b>3</b>	<b>Helga Klausen</b>	<b>62</b>	<b>42:17</b>																	
01:59+	02:59+	04:33+	05:02+	06:37+	12:12+	13:17+	14:40+	16:12+	17:56+	22:20+	26:26+	29:51+	30:32+	31:49+	33:32+	36:11+	38:14+	40:06+	41:49+	42:17+
01:59+	01:00-	01:34+	00:29+	01:35+	05:35+	01:05+	01:23+	01:32+	01:44+	04:24+	04:06+	03:25+	00:41-	01:17+	01:43+	02:39+	02:03-	01:52+	01:43+	00:28-
00:15#	00:02-	00:02+	00:05#	00:14#	01:41&	00:11#	00:08#	00:22&	00:09+	00:57&	00:30#	00:49&	00:06-	00:17&	00:23&	00:13+	01:05-	00:58@	00:19#	00:02-
<b>4</b>	<b>Ragnhild Christiansen</b>	<b>93</b>	<b>49:16</b>																	
02:16+	03:19+	05:22+	05:53+	07:40+	13:18+	15:19+	17:28+	19:10+	21:23+	25:43+	29:57+	33:34+	34:18+	35:43+	37:23+	41:21+	45:17+	46:21+	48:39+	49:16+
02:16+	01:03+	02:03+	00:31+	01:47+	05:38+	02:01+	02:09+	01:42+	02:13+	04:20+	04:14+	03:37+	00:44-	01:25+	01:40+	03:58+	03:56+	01:04+	02:18+	00:37+
00:32&	00:01+	00:31&	00:07&	00:26&	01:44&	01:07@	00:54&	00:32&	00:38&	00:53&	00:38#	01:01&	00:03-	00:25&	00:20#	01:32&	00:48&	00:10#	00:54&	00:07#
<b>5</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>49:56</b>																	
01:50+	04:26+	06:30+	06:58+	08:32+	12:30+	13:40+	16:08+	17:50+	19:45+	24:07+	28:38+	32:07+	32:48+	34:02+	35:25+	43:06+	46:14+	47:18+	49:21+	49:56+
01:50+	02:36+	02:04+	00:28+	01:34+	03:58+	01:10+	02:28+	01:42+	01:55+	04:22+	04:31+	03:29+	00:41-	01:14+	01:23+	07:41+	03:08=	01:04+	02:03+	00:35+
00:06+	01:34@	00:32&	00:04#	00:13#	00:04+	00:16&	01:13&	00:32&	00:20#	00:55&	00:55&	00:53&	00:06-	00:14#	00:03+	05:15@	00:00=	00:10#	00:39&	00:05#
<b>6</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>52:17</b>																	
01:44=	02:52+	04:14-	04:45+	06:07+	14:06+	15:05+	16:20+	17:54+	19:45+	26:21+	29:18+	35:10+	35:46+	38:56+	40:38+	43:28+	46:09+	49:26+	51:48+	52:17+
01:44=	01:08+	01:22-	00:31+	01:22+	07:59+	00:59+	01:15=	01:34+	01:51+	06:36+	02:57-	05:52+	00:36-	03:10+	01:42+	02:50+	02:41-	03:17+	02:22+	00:29-
00:00=	00:06+	00:10-	00:07&	00:01+	04:05@	00:05+	00:00=	00:24&	00:16#	03:09&	00:39-	03:16@	00:11-	02:10@	00:22&	00:24#	00:27-	02:23@	00:58&	00:01-
<b>7</b>	<b>Margaret Malmin</b>	<b>105</b>	<b>57:01</b>																	
02:36+	03:50+	05:36+	06:08+	07:49+	13:58+	15:08+	17:19+	18:45+	21:40+	27:41+	33:09+	36:57+	37:42+	38:46+	40:31+	44:33+	49:32+	53:52+	56:17+	57:01+
02:36+	01:14+	01:46+	00:32+	01:41+	06:09+	01:10+	02:11+	01:26+	02:55+	06:01+	05:28+	03:48+	00:45-	01:04+	01:45+	04:02+	04:59+	04:20+	02:25+	00:44+
00:52&	00:12#	00:14#	00:08&	00:20#	02:15&	00:16&	00:56&	00:16#	01:20&	02:34&	01:52&	01:12&	00:02-	00:04+	00:25&	01:36&	01:51&	03:26@	01:01&	00:14&
<b>8</b>	<b>Aslaug Lura</b>	<b>94</b>	<b>1:18:38</b>																	
03:28+	04:48+	06:48+	07:29+	09:33+	31:46+	32:56+	35:13+	37:36+	40:30+	47:01+	52:47+	58:45+	59:40+	61:21+	63:50+	69:07+	72:36+	74:00+	77:27+	78:38+
03:28+	01:20+	02:00+	00:41+	02:04+	22:13+	01:10+	02:17+	02:23+	02:54+	06:31+	05:46+	05:58+	00:55+	01:41+	02:29+	05:17+	03:29+	01:24+	03:27+	01:11+
01:44&	00:18&	00:28&	00:17&	00:43&	18:19@	00:16&	01:02&	01:13@	01:19&	03:04&	02:10&	03:22@	00:08#	00:41&	01:09&	02:51@	00:21#	00:30&	02:03@	00:41@
<b>Beste strekktid for klassen</b>																				
01:33	00:48	01:18	00:24	01:14	03:47	00:49	01:15	01:03	01:21	03:16	02:57	02:36	00:36	00:56	01:20	02:20	01:59	00:54	01:24	00:28

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

## Damer 75 - 79 år

Class	Navn	Klasse	Tid
<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>54:04</b>
	02:26= 03:45= 05:30= 06:07= 07:54= 13:33= 14:52= 17:02= 18:32= 21:26= 26:36= 33:54= 37:33= 38:27= 39:43= 41:37= 45:18= 49:26= 50:41= 53:26= 54:04=		
	02:26= 01:19= 01:45= 00:37= 01:47= 05:39= 01:19= 02:10= 01:30= 02:54= 05:10= 07:18= 03:39= 00:54= 01:16= 01:54= 03:41= 04:08= 01:15= 02:45= 00:38=		
	00:00= 00:00=		
<b>2</b>	<b>Synnøve Fuglestad</b>	<b>29</b>	<b>58:27</b>
	01:51- 04:03+ 06:57+ 07:22+ 08:46+ 12:52- 13:58- 15:20- 16:36- 18:05- 23:50- 27:43- 35:18- 35:52- 36:52- 39:42- 52:09+ 54:06+ 55:07+ 57:56+ 58:27+		
	01:51- 02:12+ 02:54+ 00:25- 01:24- 04:06- 01:06- 01:22- 01:16- 01:29- 05:45+ 03:53- 07:35+ 00:34- 01:00- 02:50+ 12:27+ 01:57- 01:01- 02:49+ 00:31-		
	00:35- 00:53& 01:09& 00:12- 00:23- 01:33- 00:13- 00:48- 00:14- 01:25- 00:35# 03:25- 03:56@ 00:20- 00:16- 00:56& 08:46@ 02:11- 00:14- 00:04+ 00:07-		
<b>Beste strekktid for klassen</b>			
	01:51 01:19 01:45 00:25 01:24 04:06 01:06 01:22 01:16 01:29 05:10 03:53 03:39 00:34 01:00 01:54 03:41 01:57 01:01 02:45 00:31		

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

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>	<b>51:46</b>
	01:31= 06:14= 08:03= 13:50= 16:53= 20:09= 23:51= 31:46= 32:45= 35:17= 39:43= 42:06= 44:42= 50:06= 51:00= 51:46=		
	01:31= 04:43= 01:49= 05:47= 03:03= 03:16= 03:42= 07:55= 00:59= 02:32= 04:26= 02:23= 02:36= 05:24= 00:54= 00:46=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>Beste strekktid for klassen</b>			
	01:31 04:43 01:49 05:47 03:03 03:16 03:42 07:55 00:59 02:32 04:26 02:23 02:36 05:24 00:54 00:46		

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>28:12</b>
	00:43= 01:11= 01:51= 02:42= 03:10= 03:48= 06:21= 07:54= 08:57= 10:12= 11:50= 13:13= 14:48= 15:41= 16:50= 17:13= 18:19= 19:26= 21:02= 22:28= 23:58= 25:09= 26:15= 27:06= 27:53= 28:12=		
	00:43= 00:28= 00:40= 00:51= 00:28= 00:38= 02:33= 01:33= 01:03= 01:15= 01:38= 01:23= 01:35= 00:53= 01:09= 00:23= 01:06= 01:07= 01:36= 01:26= 01:30= 01:11= 01:06= 00:51= 00:47= 00:19=		
	00:00= 00:00=		
<b>2</b>	<b>Marjo Liikanen</b>	<b>67</b>	<b>28:13</b>
	00:45+ 01:13+ 01:59+ 02:45+ 03:13+ 03:52+ 06:44+ 08:26+ 10:16+ 11:24+ 12:51+ 14:14+ 15:49+ 16:41+ 17:43+ 18:04+ 19:11+ 20:16+ 21:20+ 22:52+ 24:07+ 25:19+ 26:12- 27:04- 27:52- 28:13+		
	00:45+ 00:28= 00:46+ 00:46- 00:28= 00:39+ 02:52+ 01:42+ 01:50+ 01:08- 01:27- 01:23= 01:35= 00:52- 01:02- 00:21- 01:07+ 01:05- 01:04- 01:32+ 01:15- 01:12+ 00:53- 00:52+ 00:48+ 00:21+		
	00:02+ 00:00= 00:06# 00:05- 00:00= 00:01+ 00:19# 00:09+ 00:47& 00:07- 00:11- 00:00= 00:00= 00:01- 00:07- 00:02- 00:01+ 00:02- 00:32- 00:06+ 00:15- 00:01+ 00:13- 00:01+ 00:01+ 00:02#		
<b>3</b>	<b>Jorunn Hadland</b>	<b>29</b>	<b>32:15</b>
	00:46+ 01:36+ 02:18+ 03:21+ 03:51+ 04:31+ 07:45+ 09:38+ 10:56+ 12:09+ 13:53+ 15:20+ 17:27+ 18:24+ 19:35+ 20:06+ 21:18+ 22:47+ 23:57+ 25:32+ 27:42+ 29:08+ 30:06+ 31:00+ 31:53+ 32:15+		
	00:46+ 00:50+ 00:42+ 01:03+ 00:30+ 00:40+ 03:14+ 01:53+ 01:18+ 01:13- 01:44+ 01:27+ 02:07+ 00:57+ 01:11+ 00:31+ 01:12+ 01:29+ 01:10- 01:35+ 02:10+ 01:26+ 00:58- 00:54+ 00:53+ 00:22+		
	00:03+ 00:22& 00:02+ 00:12# 00:02+ 00:02+ 00:41& 00:20# 00:15# 00:02- 00:06+ 00:04+ 00:32& 00:04+ 00:02+ 00:08& 00:06+ 00:22& 00:26- 00:09# 00:40& 00:15# 00:08- 00:03+ 00:06# 00:03#		
<b>4</b>	<b>Trine Bolstad</b>	<b>62</b>	<b>32:32</b>
	00:48+ 01:16+ 02:08+ 03:07+ 03:38+ 04:19+ 08:16+ 09:50+ 11:10+ 12:36+ 14:34+ 15:58+ 18:14+ 19:06+ 20:21+ 20:48+ 22:05+ 23:20+ 24:38+ 26:12+ 27:46+ 29:09+ 30:07+ 31:16+ 32:08+ 32:32+		
	00:48+ 00:28= 00:52+ 00:59+ 00:31+ 00:41+ 03:57+ 01:34+ 01:20+ 01:26+ 01:58+ 01:24+ 02:16+ 00:52- 01:15+ 00:27+ 01:17+ 01:15+ 01:18- 01:34+ 01:34+ 01:23+ 00:58- 01:09+ 00:52+ 00:24+		
	00:05# 00:00= 00:12& 00:08# 00:03# 00:03+ 01:24& 00:01+ 00:17& 00:11# 00:20# 00:01+ 00:41& 00:01+ 00:41& 00:01- 00:06+ 00:04# 00:11# 00:08# 00:18- 00:08+ 00:04+ 00:12# 00:08- 00:18& 00:05# 00:05&		
<b>5</b>	<b>Sara Marlene Nystrøm Olsen</b>	<b>68</b>	<b>32:59</b>
	00:48+ 01:17+ 02:04+ 02:57+ 03:28+ 04:15+ 06:57+ 08:40+ 09:54+ 12:12+ 14:19+ 15:46+ 17:35+ 18:37+ 19:54+ 20:23+ 21:42+ 23:03+ 24:22+ 26:07+ 27:45+ 29:33+ 30:31+ 31:42+ 32:36+ 32:59+		
	00:48+ 00:29+ 00:47+ 00:53+ 00:31+ 00:47+ 02:42+ 01:43+ 01:14+ 02:18+ 02:07+ 01:27+ 01:49+ 01:02+ 01:17+ 00:29+ 01:19+ 01:21+ 01:19- 01:45+ 01:38+ 01:48+ 00:58- 01:11+ 00:54+ 00:23+		
	00:05# 00:01+ 00:07# 00:02+ 00:03# 00:09# 00:09+ 00:10# 00:11# 01:03& 00:29& 00:04+ 00:14# 00:01- 00:06+ 00:04# 00:13# 00:14# 00:17- 00:19# 00:08+ 00:37& 00:08- 00:20& 00:07# 00:04#		
<b>6</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>34:23</b>
	00:51+ 01:20+ 02:06+ 02:59+ 03:29+ 04:16+ 07:25+ 09:13+ 10:27+ 12:10+ 13:45+ 14:35+ 16:08+ 18:15+ 19:18+ 20:39+ 21:11+ 22:30+ 23:54+ 25:38+ 27:18+ 29:26+ 30:54+ 32:01+ 33:02+ 33:58+		
	00:51+ 00:29+ 00:46+ 00:53+ 00:30+ 00:47+ 03:09+ 01:48+ 01:14+ 01:43+ 01:35- 00:50- 01:33- 02:07+ 01:03- 01:21+ 00:32- 01:19+ 01:24- 01:44+ 01:44+ 02:08+ 01:28+ 01:07+ 01:01+ 00:56+		
	00:08# 00:01+ 00:06# 00:02+ 00:02+ 00:09# 00:36# 00:15# 00:11# 00:28& 00:03- 00:33- 00:02- 01:14@ 00:06- 00:58@ 00:34- 00:12# 00:12- 00:18# 00:10# 00:57& 00:22& 00:16& 00:14& 00:37@		
	34:23+		
	00:25+		
	00:25+		
<b>7</b>	<b>Ingrid Lamark</b>	<b>46</b>	<b>35:39</b>
	00:49+ 01:22+ 02:34+ 03:30+ 04:05+ 04:54+ 07:27+ 09:30+ 10:51+ 12:33+ 14:44+ 16:17+ 18:51+ 19:46+ 21:02+ 21:32+ 23:28+ 24:55+ 26:11+ 27:57+ 29:34+ 30:55+ 31:57+ 34:11+ 35:16+ 35:39+		
	00:49+ 00:33+ 01:12+ 00:56+ 00:35+ 00:49+ 02:33= 02:03+ 01:21+ 01:42+ 02:11+ 01:33+ 02:34+ 00:55+ 01:16+ 00:30+ 01:56+ 01:27+ 01:16- 01:46+ 01:37+ 01:21+ 01:02- 02:14+ 01:05+ 00:23+		
	00:06# 00:05# 00:32& 00:05+ 00:07# 00:11& 00:00= 00:30& 00:18& 00:27& 00:33& 00:10# 00:59& 00:02+ 00:07# 00:07& 00:50& 00:20& 00:20& 00:20- 00:20# 00:07+ 00:10# 00:04- 01:23@ 00:18& 00:04#		
<b>8</b>	<b>Ann Mari Midttun</b>	<b>213</b>	<b>38:21</b>
	00:56+ 01:28+ 02:19+ 03:23+ 03:57+ 05:04+ 08:47+ 10:58+ 12:20+ 14:06+ 16:34+ 18:40+ 21:09+ 22:15+ 23:48+ 24:31+ 25:57+ 27:26+ 29:09+ 30:54+ 32:37+ 34:32+ 35:37+ 36:46+ 37:59+ 38:21+		
	00:56+ 00:32+ 00:51+ 01:04+ 00:34+ 01:07+ 03:43+ 02:11+ 01:22+ 01:46+ 02:28+ 02:06+ 02:29+ 01:06+ 01:33+ 00:43+ 01:26+ 01:29+ 01:43+ 01:45+ 01:43+ 01:55+ 01:05- 01:09+ 01:13+ 00:22+		
	00:13& 00:04# 00:11& 00:13& 00:06# 00:29& 01:10& 00:38& 00:19& 00:31& 00:50& 00:43& 00:54& 00:13# 00:24& 00:20& 00:20& 00:22& 00:07+ 00:19# 00:13# 00:44& 00:01- 00:18& 00:26& 00:03#		







Class	Navn	Klasse	Tid
<b>17</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>44:26</b>
00:58+	01:18+	01:51+	03:08+
00:58+	00:20+	00:33+	01:17+
00:10#	00:04#	00:03#	00:22#
44:26+	00:12#	00:06#	00:06#
00:48+	00:40#	00:08+	00:08+
00:12#	00:05+	00:36#	00:41#
	00:39#	00:51#	00:40#
	00:16#	00:23#	00:12#
	00:29#	00:19#	00:55#
	00:31#	00:59#	00:37#
	02:15#	00:40#	00:16#

<b>18</b>	<b>Tone Cecilie Nystrom</b>	<b>68</b>	<b>44:50</b>
00:58+	01:21+	01:58+	03:08+
00:58+	00:23+	00:37+	01:10+
00:10#	00:07#	00:07#	00:15#
44:50+	00:15#	00:15#	00:18#
00:47+	00:41#	00:39#	00:04#
00:11#	00:35#	00:34#	00:59#
	00:46#	00:18#	00:17#
	00:36#	00:24#	00:45#
	00:23#	01:10#	00:17#
	01:47#	00:32#	00:37#
	00:28#	00:30#	00:30#

<b>19</b>	<b>Ragnhild Auglænd</b>	<b>168</b>	<b>44:54</b>
01:08+	02:29+	03:05+	04:12+
01:08+	01:21+	00:36+	01:07+
00:20#	01:05@	00:06#	00:12#
44:10+	44:54+	00:09#	00:13#
01:15+	00:44+	00:28#	00:11#
00:39@	00:44+	02:04#	00:21#
		00:20#	00:51#
		00:32#	00:14#
		00:21#	00:53#
		00:39@	00:44-
		01:01@	01:11-
		01:45@	00:38-
		00:47#	00:57#
		00:05-	01:35@

<b>20</b>	<b>Margrethe Roalsø</b>	<b>93</b>	<b>46:05</b>
00:53+	01:48+	02:30+	04:00+
00:53+	00:55+	00:42+	01:30+
00:05#	00:39@	00:12#	00:35#
46:05+	00:04#	00:04#	00:04#
00:42+	00:58#	00:11#	00:06-
00:06#	00:23#	00:32#	01:14#
	00:15#	00:26#	00:17#
	00:26#	00:09#	00:30#
	00:06#	04:12@	00:35#
	00:28#	00:34#	00:15#
	01:43#	00:07#	

<b>21</b>	<b>Randi Helen Ladsten</b>	<b>128</b>	<b>48:31</b>
01:05+	01:34+	02:22+	03:36+
01:05+	00:29+	00:48+	01:14+
00:17#	00:13#	00:18#	00:19#
48:31+	00:09#	00:14#	03:44@
00:43+	00:23#	00:01+	00:46#
00:07#	01:10@	00:58#	01:06#
	00:24#	00:14#	00:25#
	00:11#	01:13#	00:15#
	00:22#	00:26#	00:49#
	00:46#	00:48#	01:28#
	01:28#	03:01+	01:16+
	00:20#		

**Beste strekketid for klassen**  
00:43 00:16 00:30 00:51 00:25 00:49 01:42 01:06 01:15 01:15 01:02 01:22 01:49 01:26 00:38 01:00 00:29 00:38 00:47 01:02 00:57 01:15 01:28 01:05 01:28 00:54 00:36

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

### Damer Ny

<b>1</b>	<b>Hanna Andersson</b>	<b>50</b>	<b>25:42</b>
00:59=	02:17=	03:28=	05:42=
00:59=	01:18=	01:11=	02:14=
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=

<b>2</b>	<b>Hilde Trodal Øksnevad</b>	<b>94</b>	<b>29:07</b>
01:10+	04:38+	06:34+	09:40+
01:10+	03:28+	01:56+	03:06+
00:11#	02:10@	00:45#	00:52#
	00:21#	00:41#	00:41#
	00:19-	00:40#	00:00=
	03:20-	00:36@	00:26-
	00:51#	00:16#	00:07#

<b>3</b>	<b>Ester-Lill Waage</b>	<b>105</b>	<b>31:44</b>
01:07+	02:22+	03:50+	12:43+
01:07+	01:15-	01:28+	08:53+
00:08#	00:03-	00:17#	06:39@
	00:03-	00:34-	00:03-
	00:03+	00:49#	00:15#
	04:59-	01:32@	00:27#
	00:51#	00:22#	00:18#

<b>4</b>	<b>Hui Xu</b>	<b>101</b>	<b>36:26</b>
02:44+	04:25+	08:34+	11:40+
02:44+	01:41+	04:09+	03:06+
01:45@	00:23#	02:58@	00:52#
	01:05#	01:58#	03:00@
	00:08#	00:21#	04:20-
	01:42@	00:18-	00:31#
	00:32#	00:32#	00:07#

<b>5</b>	<b>Suma Jorige</b>	<b>80</b>	<b>47:22</b>
01:37+	03:36+	05:44+	09:18+
01:37+	01:59+	02:08+	03:34+
00:38#	00:41#	00:57#	01:20#
	02:42@	03:01@	00:14#
	07:30@	00:52@	00:15-
	00:48@	00:13#	01:11#
	01:07#	00:41@	

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

### Beste strekktid for klassen

00:59 01:15 01:11 02:14 01:12 02:13 01:36 01:05 00:48 01:24 00:31 01:19 01:27 01:35 00:29

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

### Damer Trim

<b>1</b>	<b>Janeth Kleppe</b>	<b>128</b>													<b>22:14</b>				
		01:28=	02:19=	03:04=	04:35=	05:41=	06:27=	07:54=	08:35=	12:06=	12:37=	14:01=	14:59=	16:04=	18:00=	19:20=	21:32=	21:52=	22:14=
		01:28=	00:51=	00:45=	01:31=	01:06=	00:46=	01:27=	00:41=	03:31=	00:31=	01:24=	00:58=	01:05=	01:56=	01:20=	02:12=	00:20=	00:22=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>													<b>23:10</b>				
		01:20-	02:44+	03:27+	05:19+	06:34+	07:18+	08:58+	09:45+	12:08+	12:46+	14:09+	15:18+	16:45+	17:50-	19:06-	22:27+	22:47+	23:10+
		01:20-	01:24+	00:43-	01:52+	01:15+	00:44-	01:40+	00:47+	02:23-	00:38+	01:23-	01:09+	01:27+	01:05-	01:16-	03:21+	00:20=	00:23+
		00:08-	00:33&	00:02-	00:21#	00:09#	00:02-	00:13#	00:06#	01:08-	00:07#	00:01-	00:11#	00:22&	00:51-	00:04-	01:09&	00:00=	00:01+
<b>3</b>	<b>Therese Immerstein Noraberg</b>	<b>71</b>													<b>23:43</b>				
		01:05-	02:05-	02:58-	04:29-	05:39-	06:51+	08:16+	09:19+	12:32+	13:12+	15:02+	16:44+	17:44+	19:03+	20:25+	22:57+	23:21+	23:43+
		01:05-	01:00+	00:53+	01:31=	01:10+	01:12+	01:25-	01:03+	03:13-	00:40+	01:50+	01:42+	01:00-	01:19-	01:22+	02:32+	00:24+	00:22=
		00:23-	00:09#	00:08#	00:00=	00:04+	00:26&	00:02-	00:22&	00:18-	00:09&	00:26&	00:44&	00:05-	00:37-	00:02+	00:20#	00:04#	00:00=
<b>4</b>	<b>Anette Tronstad</b>	<b>115</b>													<b>24:45</b>				
		01:37+	02:37+	03:31+	05:20+	06:45+	07:42+	09:31+	10:12+	13:24+	14:12+	15:51+	17:05+	18:27+	19:39+	21:23+	23:47+	24:15+	24:45+
		01:37+	01:00+	00:54+	01:49+	01:25+	00:57+	01:49+	00:41=	03:12-	00:48+	01:39+	01:14+	01:22+	01:12-	01:44+	02:24+	00:28+	00:30+
		00:09#	00:09#	00:09#	00:18#	00:19&	00:11#	00:22&	00:00=	00:19-	00:17&	00:15#	00:16&	00:17&	00:44-	00:24&	00:12+	00:08&	00:08&
<b>5</b>	<b>Tonje Tiley</b>	<b>27</b>													<b>25:27</b>				
		01:26-	02:40+	03:31+	05:22+	06:41+	07:48+	09:38+	10:27+	13:59+	14:42+	16:13+	17:10+	18:27+	20:15+	21:56+	24:28+	24:52+	25:27+
		01:26-	01:14+	00:51+	01:51+	01:19+	01:07+	01:50+	00:49+	03:32+	00:43+	01:31+	00:57-	01:17+	01:48-	01:41+	02:32+	00:24+	00:35+
		00:02-	00:23&	00:06#	00:20#	00:13#	00:21&	00:23&	00:08#	00:01+	00:12&	00:07+	00:01-	00:12#	00:08-	00:21&	00:20#	00:04#	00:13&
<b>6</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>													<b>25:58</b>				
		01:33+	04:05+	04:55+	06:49+	07:55+	09:03+	10:59+	11:50+	15:15+	15:57+	17:39+	18:43+	19:41+	21:17+	22:37+	25:09+	25:31+	25:58+
		01:33+	02:32+	00:50+	01:54+	01:06=	01:08+	01:56+	00:51+	03:25-	00:42+	01:42+	01:04+	00:58-	01:36-	01:20=	02:32+	00:22+	00:27+
		00:05+	01:41@	00:05#	00:23&	00:00=	00:22&	00:29&	00:10#	00:06-	00:11&	00:18#	00:06#	00:07-	00:20-	00:00=	00:20#	00:02#	00:05#
<b>7</b>	<b>Margrete Jian Øye</b>	<b>126</b>													<b>26:05</b>				
		01:18-	02:16-	03:06+	04:34-	05:35-	06:57+	08:27+	09:01+	11:42-	12:17-	13:45-	14:41-	15:33-	21:54+	23:01+	25:24+	25:42+	26:05+
		01:18-	00:58+	00:50+	01:28-	01:01-	01:22+	01:30+	00:34-	02:41-	00:35+	01:28+	00:56-	00:52-	06:21+	01:07-	02:23+	00:18-	00:23+
		00:10-	00:07#	00:05#	00:03-	00:05-	00:36&	00:03+	00:07-	00:50-	00:04#	00:04+	00:02-	00:13-	04:25@	00:13-	00:11+	00:02-	00:01+
<b>8</b>	<b>Margot Asheim</b>	<b>105</b>													<b>26:12</b>				
		01:30+	02:26+	03:34+	05:16+	06:41+	07:37+	09:09+	09:53+	13:43+	14:34+	16:05+	17:07+	18:28+	19:34+	21:10+	25:25+	25:48+	26:12+
		01:30+	00:56+	01:08+	01:42+	01:25+	00:56+	01:32+	00:44+	03:50+	00:51+	01:31+	01:02+	01:21+	01:06-	01:36+	04:15+	00:23+	00:24+
		00:02+	00:05+	00:23&	00:11#	00:19&	00:10#	00:05+	00:03+	00:19+	00:20&	00:07+	00:04+	00:16#	00:50-	00:16#	02:03&	00:03#	00:02+
<b>9</b>	<b>Stine Skadberg</b>	<b>113</b>													<b>26:16</b>				
		01:53+	02:57+	03:58+	06:27+	07:29+	08:10+	10:33+	11:25+	15:32+	16:17+	17:56+	19:05+	20:52+	21:41+	23:16+	25:26+	25:48+	26:16+
		01:53+	01:04+	01:01+	02:29+	01:02-	00:41-	02:23+	00:52+	04:07+	00:45+	01:39+	01:09+	01:47+	00:49-	01:35+	02:10-	00:22+	00:28+
		00:25&	00:13&	00:16&	00:58&	00:04-	00:05-	00:56&	00:11&	00:36#	00:14&	00:15#	00:11#	00:42&	01:07-	00:15#	00:02-	00:02#	00:06&
<b>10</b>	<b>Linn Skadberg</b>	<b>113</b>													<b>26:23</b>				
		02:00+	03:00+	04:00+	06:29+	07:32+	08:13+	10:40+	11:31+	15:37+	16:22+	17:59+	19:07+	20:59+	21:48+	23:19+	25:32+	25:53+	26:23+
		02:00+	01:00+	01:00+	02:29+	01:03-	00:41-	02:27+	00:51+	04:06+	00:45+	01:37+	01:08+	01:52+	00:49-	01:31+	02:13+	00:21+	00:30+
		00:32&	00:09#	00:15&	00:58&	00:03-	00:05-	01:00&	00:10#	00:35#	00:14&	00:13#	00:10#	00:47&	01:07-	00:11#	00:01+	00:01+	00:08&
<b>11</b>	<b>Lene Haver Schmidt</b>	<b>88</b>													<b>26:27</b>				
		01:37+	02:39+	03:44+	05:36+	06:44+	07:35+	09:19+	10:19+	13:47+	14:34+	16:12+	17:27+	19:29+	21:06+	22:45+	25:31+	25:57+	26:27+
		01:37+	01:02+	01:05+	01:52+	01:08+	00:51+	01:44+	01:00+	03:28-	00:47+	01:38+	01:15+	02:02+	01:37-	01:39+	02:46+	00:26+	00:30+
		00:09#	00:11#	00:20&	00:21#	00:02+	00:05#	00:17#	00:19&	00:03-	00:16&	00:14#	00:17&	00:57&	00:19-	00:19#	00:34&	00:06&	00:08&
<b>12</b>	<b>Parul Khandelwal</b>	<b>71</b>													<b>26:40</b>				
		01:52+	03:07+	04:01+	05:54+	07:03+	07:54+	09:53+	10:51+	15:01+	15:37+	17:52+	18:49+	19:48+	21:39+	23:08+	25:49+	26:11+	26:40+
		01:52+	01:15+	00:54+	01:53+	01:09+	00:51+	01:59+	00:58+	04:10+	00:36+	02:15+	00:57-	00:59-	01:51-	01:29+	02:41+	00:22+	00:29+
		00:24&	00:24&	00:09#	00:22#	00:03+	00:05#	00:32&	00:17&	00:39#	00:05#	00:51&	00:01-	00:06-	00:05-	00:09#	00:29#	00:02#	00:07&
<b>13</b>	<b>Solbjørg Lima Skadberg</b>	<b>113</b>													<b>27:30</b>				
		01:54+	02:49+	03:58+	06:09+	07:32+	08:27+	10:38+	11:28+	15:24+	16:18+	18:17+	19:17+	20:17+	21:50+	23:26+	26:13+	26:56+	27:30+
		01:54+	00:55+	01:09+	02:11+	01:23+	00:55+	02:11+	00:50+	03:56+	00:54+	01:59+	01:00+	01:00-	01:33-	01:36+	02:47+	00:43+	00:34+
		00:26&	00:04+	00:24&	00:40&	00:17&	00:09#	00:44&	00:09#	00:25#	00:23&	00:35&	00:02+	00:05-	00:23-	00:16#	00:35&	00:23@	00:12&

Class	Navn	Klasse	Tid
<b>14</b>	<b>Tina Pedersen</b>	<b>27</b>	<b>27:32</b>
02:59+	04:22+ 05:10+ 07:09+	08:31+ 09:40+ 11:18+ 12:12+ 15:34+ 16:16+ 18:08+ 19:29+ 20:57+	22:10+ 23:39+ 26:27+ 27:02+ 27:32+
02:59+	01:23+ 00:48+ 01:59+	01:22+ 01:09+ 01:38+ 00:54+ 03:22- 00:42+ 01:52+ 01:21+ 01:28+	01:13- 01:29+ 02:48+ 00:35+ 00:30+
01:31@	00:32& 00:03+ 00:28&	00:16# 00:23& 00:11# 00:13& 00:09- 00:11& 00:28& 00:23& 00:23&	00:43- 00:09# 00:36& 00:15& 00:08&
<b>15</b>	<b>Ingrid O. Foss</b>	<b>117</b>	<b>27:37</b>
01:22-	02:21+ 03:14+ 05:13+	06:39+ 07:39+ 09:43+ 10:35+ 16:00+ 17:03+ 18:38+ 19:56+ 21:02+	22:11+ 24:14+ 26:48+ 27:09+ 27:37+
01:22-	00:59+ 00:53+ 01:59+	01:26+ 01:00+ 02:04+ 00:52+ 05:25+ 01:03+ 01:35+ 01:18+ 01:06+	01:09- 02:03+ 02:34+ 00:21+ 00:28+
00:06-	00:08# 00:08# 00:28&	00:20& 00:14& 00:37& 00:11& 01:54& 00:32@ 00:11# 00:20& 00:01+	00:47- 00:43& 00:22# 00:01+ 00:06&
<b>16</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>27:53</b>
01:10-	04:34+ 05:56+ 07:42+ 08:41+	09:30+ 10:55+ 12:19+ 17:33+ 18:29+ 19:57+ 21:03+ 21:51+	23:07+ 24:29+ 27:10+ 27:29+ 27:53+
01:10-	03:24+ 01:22+ 01:46+	00:59- 00:49+ 01:25- 01:24+ 05:14+ 00:56+ 01:28+ 01:06+ 00:48-	01:16- 01:22+ 02:41+ 00:19- 00:24+
00:18-	02:33@ 00:37& 00:15#	00:07- 00:03+ 00:02- 00:43@ 01:43& 00:25& 00:04+ 00:08# 00:17-	00:40- 00:02+ 00:29# 00:01- 00:02+
<b>17</b>	<b>Turid Johanne Kidøy</b>	<b>18</b>	<b>28:42</b>
01:32+	02:22+ 03:07+ 04:39+	05:42+ 06:27= 08:10+ 08:49+ 18:39+ 19:00+ 20:29+ 21:11+ 22:15+	23:58+ 25:42+ 27:51+ 28:13+ 28:42+
01:32+	00:50- 00:45= 01:32+	01:03- 00:45- 01:43+ 00:39- 09:50+ 00:21- 01:29+ 00:42- 01:04-	01:43- 01:44+ 02:09- 00:22+ 00:29+
00:04+	00:01- 00:00= 00:01+	00:03- 00:01- 00:16# 00:02- 06:19@ 00:10- 00:05+ 00:16- 00:01-	00:13- 00:24& 00:03- 00:02# 00:07&
<b>18</b>	<b>Åse Sellereite</b>	<b>27</b>	<b>29:07</b>
01:34+	03:35+ 04:31+ 06:56+	08:28+ 09:31+ 11:46+ 12:32+ 15:23+ 16:15+ 18:06+ 19:37+ 21:22+	23:13+ 26:05+ 28:14+ 28:43+ 29:07+
01:34+	02:01+ 00:56+ 02:25+	01:32+ 01:03+ 02:15+ 00:46+ 02:51- 00:52+ 01:51+ 01:31+ 01:45+	01:51- 02:52+ 02:09- 00:29+ 00:24+
00:06+	01:10@ 00:11# 00:54&	00:26& 00:17& 00:48& 00:05# 00:40- 00:21& 00:27& 00:33& 00:40&	00:05- 01:32@ 00:03- 00:09& 00:02+
<b>19</b>	<b>Heidi Martby</b>	<b>88</b>	<b>29:18</b>
01:44+	04:57+ 05:54+ 08:07+	09:19+ 10:12+ 12:24+ 13:11+ 16:21+ 17:08+ 19:06+ 20:08+ 22:44+	24:00+ 25:45+ 28:18+ 28:46+ 29:18+
01:44+	03:13+ 00:57+ 02:13+	01:12+ 00:53+ 02:12+ 00:47+ 03:10- 00:47+ 01:58+ 01:50+ 02:36+	01:16- 01:45+ 02:33+ 00:28+ 00:32+
00:16#	02:22@ 00:12& 00:42&	00:06+ 00:07# 00:45& 00:06# 00:21- 00:16& 00:34& 00:04+ 01:31@	00:40- 00:25& 00:21# 00:08& 00:10&
<b>20</b>	<b>Gunhild Nordbø</b>	<b>117</b>	<b>29:24</b>
01:33+	02:49+ 03:59+ 06:12+	07:37+ 08:48+ 10:53+ 11:56+ 15:42+ 16:25+ 18:03+ 19:30+ 20:49+	23:06+ 26:06+ 28:24+ 28:51+ 29:24+
01:33+	01:16+ 01:10+ 02:13+	01:25+ 01:11+ 02:05+ 01:03+ 03:46+ 00:43+ 01:38+ 01:27+ 01:19+	02:17+ 03:00+ 02:18+ 00:27+ 00:33+
00:05+	00:25& 00:25& 00:42&	00:19& 00:25& 00:38& 00:22& 00:15+ 00:12& 00:14# 00:29& 00:14#	00:21# 01:40@ 00:06+ 00:07& 00:11&
<b>21</b>	<b>Bente Salte Aune</b>	<b>128</b>	<b>29:43</b>
01:42+	02:58+ 03:53+ 05:55+	07:11+ 08:16+ 10:22+ 11:46+ 15:44+ 16:38+ 18:37+ 19:40+ 21:38+	22:59+ 24:34+ 28:54+ 29:14+ 29:43+
01:42+	01:16+ 00:55+ 02:02+	01:16+ 01:05+ 02:06+ 01:24+ 03:58+ 00:54+ 01:59+ 01:03+ 01:58+	01:21- 01:35+ 04:20+ 00:20= 00:29+
00:14#	00:25& 00:10# 00:31&	00:10# 00:19& 00:39& 00:43@ 00:27# 00:23& 00:35& 00:05+ 00:53&	00:35- 00:15# 02:08& 00:00= 00:07&
<b>22</b>	<b>Judith Serigstad</b>	<b>128</b>	<b>29:45</b>
01:44+	03:01+ 03:55+ 05:55+	07:19+ 08:20+ 10:19+ 11:49+ 15:46+ 16:40+ 18:33+ 19:42+ 21:41+	23:00+ 24:36+ 28:57+ 29:14+ 29:45+
01:44+	01:17+ 00:54+ 02:00+	01:24+ 01:01+ 01:59+ 01:30+ 03:57+ 00:54+ 01:53+ 01:09+ 01:59+	01:19- 01:36+ 04:21+ 00:17- 00:31+
00:16#	00:26& 00:09# 00:29&	00:18& 00:15& 00:32& 00:49@ 00:26# 00:23& 00:29& 00:11# 00:54&	00:37- 00:16# 02:09& 00:03- 00:09&
<b>23</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>	<b>30:02</b>
02:04+	03:24+ 04:45+ 07:11+	08:33+ 09:52+ 12:08+ 13:06+ 16:30+ 17:27+ 19:37+ 20:56+ 22:33+	23:54+ 25:51+ 29:01+ 29:33+ 30:02+
02:04+	01:20+ 01:21+ 02:26+	01:22+ 01:19+ 02:16+ 00:58+ 03:24- 00:57+ 02:10+ 01:19+ 01:37+	01:21- 01:57+ 03:10+ 00:32+ 00:29+
00:36&	00:29& 00:36& 00:55&	00:16# 00:33& 00:49& 00:17& 00:07- 00:26& 00:46& 00:21& 00:32&	00:35- 00:37& 00:58& 00:12& 00:07&
<b>24</b>	<b>Jorunn Pedersen Lima</b>	<b>113</b>	<b>31:26</b>
02:35+	03:49+ 04:45+ 06:52+	08:04+ 09:23+ 12:12+ 13:11+ 17:40+ 18:33+ 20:45+ 22:14+ 23:47+	25:06+ 26:57+ 30:34+ 30:58+ 31:26+
02:35+	01:14+ 00:56+ 02:07+	01:12+ 01:19+ 02:49+ 00:59+ 04:29+ 00:53+ 02:12+ 01:29+ 01:33+	01:19- 01:51+ 03:37+ 00:24+ 00:28+
01:07&	00:23& 00:11# 00:36&	00:06+ 00:33& 01:22& 00:18& 00:58& 00:22& 00:48& 00:31& 00:28&	00:37- 00:31& 01:25& 00:04# 00:06&
<b>25</b>	<b>Esther Boenheim</b>	<b>268</b>	<b>31:26</b>
01:39+	02:54+ 04:00+ 06:10+	07:32+ 10:13+ 12:13+ 13:06+ 17:16+ 18:29+ 20:29+ 21:37+ 23:26+	24:56+ 27:07+ 30:23+ 30:55+ 31:26+
01:39+	01:15+ 01:06+ 02:10+	01:22+ 02:41+ 02:00+ 00:53+ 04:10+ 01:13+ 02:00+ 01:08+ 01:49+	01:30- 02:11+ 03:16+ 00:32+ 00:31+
00:11#	00:24& 00:21& 00:39&	00:16# 01:55@ 00:33& 00:12& 00:39# 00:42@ 00:36& 00:10# 00:44&	00:26- 00:51& 01:04& 00:12& 00:09&
<b>26</b>	<b>Lise Bergli</b>	<b>62</b>	<b>31:39</b>
02:04+	03:56+ 04:56+ 07:50+	09:26+ 10:32+ 12:13+ 13:17+ 16:58+ 17:32+ 19:24+ 20:24+ 23:19+	25:32+ 27:37+ 30:56+ 31:17+ 31:39+
02:04+	01:52+ 01:00+ 02:54+	01:36+ 01:06+ 01:41+ 01:04+ 03:41+ 00:34+ 01:52+ 01:00+ 02:55+	02:13+ 02:05+ 03:19+ 00:21+ 00:22=
00:36&	01:01@ 00:15& 01:23&	00:30& 00:20& 00:14# 00:23& 00:10+ 00:03+ 00:28& 00:02+ 01:50@	00:17# 00:45& 01:07& 00:01+ 00:00=
<b>27</b>	<b>Randi Bugge</b>	<b>46</b>	<b>31:44</b>
06:42+	07:32+ 08:27+ 10:24+	11:43+ 12:39+ 14:35+ 15:19+ 18:52+ 19:41+ 21:24+ 22:35+ 24:40+	25:58+ 28:07+ 30:42+ 31:16+ 31:44+
06:42+	00:50- 00:55+ 01:57+	01:19+ 00:56+ 01:56+ 00:44+ 03:33+ 00:49+ 01:43+ 01:11+ 02:05+	01:18- 02:09+ 02:35+ 00:34+ 00:28+
05:14@	00:01- 00:10# 00:26&	00:13# 00:10# 00:29& 00:03+ 00:02+ 00:18& 00:19# 00:13# 01:00&	00:38- 00:49& 00:23# 00:14& 00:06&
<b>28</b>	<b>Rebekka Lye</b>	<b>62</b>	<b>32:01</b>
02:21+	03:40+ 04:44+ 06:59+	08:26+ 09:31+ 11:54+ 13:06+ 17:43+ 18:44+ 20:47+ 22:17+ 23:56+	25:05+ 26:51+ 31:14+ 31:32+ 32:01+
02:21+	01:19+ 01:04+ 02:15+	01:27+ 01:05+ 02:23+ 01:12+ 04:37+ 01:01+ 02:03+ 01:30+ 01:39+	01:09- 01:46+ 04:23+ 00:18- 00:29+
00:53&	00:28& 00:19& 00:44&	00:21& 00:19& 00:56& 00:31& 01:06& 00:30& 00:39& 00:32& 00:34&	00:47- 00:26& 02:11& 00:02- 00:07&







Class	Navn	Klasse	Tid
<b>74</b>	<b>Hazel Grayston</b>	<b>263</b>	<b>58:09</b>
04:29+	09:22+ 10:41+ 14:06+ 16:05+ 17:49+	21:04+ 22:27+ 36:48+ 38:05+ 41:07+ 42:53+ 44:14+	48:04+ 52:07+ 56:35+ 57:14+ 58:09+
04:29+	04:53+ 01:19+ 03:25+ 01:59+ 01:44+	03:15+ 01:23+ 14:21+ 01:17+ 03:02+ 01:46+ 01:21+	03:50+ 04:03+ 04:28+ 00:39+ 00:55+
03:01@	04:02@ 00:34& 01:54@ 00:53& 00:58@	01:48@ 00:42@ 10:50@ 00:46@ 01:38@ 00:48& 00:16#	01:54& 02:43@ 02:16@ 00:19& 00:33@
<b>75</b>	<b>Tita Lagahino Erland</b>	<b>117</b>	<b>1:00:24</b>
03:31+	05:15+ 06:52+ 10:31+ 12:29+ 15:06+	17:57+ 19:29+ 39:31+ 40:49+ 44:03+ 45:38+ 47:50+	52:16+ 55:41+ 58:43+ 59:30+ 60:24+
03:31+	01:44+ 01:37+ 03:39+ 01:58+ 02:37+	02:51+ 01:32+ 20:02+ 01:18+ 03:14+ 01:35+ 02:12+	04:26+ 03:25+ 03:02+ 00:47+ 00:54+
02:03@	00:53@ 00:52@ 02:08@ 00:52& 01:51@	01:24& 00:51@ 16:31@ 00:47@ 01:50@ 00:37& 01:07@	02:30@ 02:05@ 00:50& 00:27@ 00:32@
<b>76</b>	<b>Hilde Enger-Nybo</b>	<b>94</b>	<b>1:04:12</b>
02:13+	06:24+ 07:29+ 10:31+ 12:18+ 13:44+	17:23+ 19:24+ 25:01+ 28:23+ 31:10+	32:51+ 35:23+ 36:59+ 39:21+ 62:40+
02:13+	04:11+ 01:05+ 03:02+ 01:47+ 01:26+	03:39+ 02:01+ 05:37+ 03:22+ 02:47+ 01:41+ 02:32+	01:36- 02:22+ 23:19+ 00:57+ 00:35+
00:45&	03:20@ 00:20& 01:31& 00:41& 00:40&	02:12@ 01:20@ 02:06& 02:51@ 01:23&	00:20- 01:02& 21:07@ 00:37@ 00:13&
<b>Beste strekktid for klassen</b>	01:05 00:48 00:43 01:28 00:59 00:41 01:25 00:34 02:23 00:21 01:23 00:42 00:48 00:49 01:07 02:09 00:17 00:22		

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

## Herrer 16 - 39 år

<b>1</b>	<b>Emmanuel Mondesert</b>	<b>116</b>	<b>28:00</b>									
00:36=	00:50= 01:11= 02:06= 02:26= 03:20=	05:17= 06:15= 07:12= 09:12= 10:34=	11:54= 13:17= 14:27= 14:59= 15:54=	16:23= 17:34= 18:20= 20:04= 20:59=	22:35= 23:59= 25:20= 26:36= 27:30=							
00:36=	00:14= 00:21= 00:55= 00:20= 00:54=	01:57= 00:58= 00:57= 02:00= 01:22=	01:20= 01:23= 01:10= 00:32= 00:55=	00:29= 01:11= 00:46= 01:44= 00:55=	01:36= 01:24= 01:21= 01:16= 00:54=							
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= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=							
28:00=												
00:30=												
00:00=												
<b>2</b>	<b>Marius Stene</b>	<b>27</b>	<b>30:39</b>									
00:44+	00:57+ 01:23+ 02:13+ 02:39+ 03:22+	05:44+ 06:51+ 09:01+ 10:19+ 11:29+	12:48+ 14:32+ 16:03+ 16:39+ 17:47+	18:19+ 19:34+ 20:18+ 22:53+ 23:41+	25:08+ 26:39+ 27:52+ 29:06+ 29:58+							
00:44+	00:13- 00:26+ 00:50- 00:26+ 00:43-	02:22+ 01:07+ 02:10+ 01:18-	01:10- 01:19- 01:44+ 01:31+	00:36+ 01:08+ 00:32+ 01:15+	00:44- 02:35+ 00:48- 01:27-	01:31+ 01:13- 01:14- 00:52-						
00:08#	00:01- 00:05# 00:05- 00:06& 00:11-	00:25# 00:09# 01:13@ 00:42-	00:12- 00:01- 00:21& 00:21&	00:04# 00:13# 00:03# 00:04+	00:02- 00:51& 00:07- 00:09-	00:07+ 00:08- 00:02- 00:02-						
30:39+												
00:41+												
00:11&												
<b>3</b>	<b>Torbjørn Ims Østby</b>	<b>53</b>	<b>30:42</b>									
00:37+	00:57+ 01:30+ 02:16+ 02:38+ 03:19-	05:50+ 06:50+ 08:22+ 09:38+ 10:44+	12:07+ 14:05+ 15:33+ 16:15+	17:22+ 17:50+	19:10+ 20:00+ 22:07+ 22:54+	24:46+ 26:20+ 27:18+	29:02+ 30:04+					
00:37+	00:20+ 00:33+ 00:46- 00:22+ 00:41-	02:31+ 01:00+ 01:32+ 01:16-	01:06- 01:23+ 01:58+ 01:28+	00:42+ 01:07+ 00:28-	01:20+ 00:50+ 02:07+	00:47- 01:52+ 01:34+	00:58- 01:44+ 01:02+					
00:01+	00:06& 00:12& 00:09- 00:02#	00:13- 00:34& 00:02+ 00:35& 00:44-	00:16- 00:03+ 00:35&	00:18& 00:10&	00:12# 00:01-	00:09# 00:04+	00:23# 00:08-	00:16# 00:10# 00:23-	00:28& 00:08#			
30:42+												
00:38+												
00:08&												
<b>4</b>	<b>Andreas Terjesen</b>	<b>213</b>	<b>30:52</b>									
00:43+	00:59+ 01:25+ 02:19+ 02:45+ 03:30+	05:03- 06:20+ 08:17+ 09:43+ 10:47+	12:12+ 13:52+ 15:35+ 16:21+	17:24+ 17:57+	19:22+ 20:21+ 22:16+ 23:19+	25:16+ 26:49+ 28:02+	29:27+ 30:20+					
00:43+	00:16+ 00:26+ 00:54- 00:26+ 00:45-	01:33- 01:17+ 01:57+ 01:26-	01:04- 01:25+ 01:40+	01:43+ 00:46+ 01:03+	00:33+ 01:25+ 00:59+	01:55+ 01:03+	01:57+ 01:33+	01:13- 01:25+	00:53-			
00:07#	00:02# 00:05# 00:01- 00:06&	00:09-	00:24- 00:19&	01:00@ 00:34-	00:18-	00:05+	00:17# 00:33&	00:14&	00:08# 00:04# 00:14#	00:13& 00:11# 00:08# 00:21#	00:09# 00:08-	00:09# 00:01-
30:52+												
00:32+												
00:02+												
<b>5</b>	<b>Mathias Nødland</b>	<b>295</b>	<b>32:18</b>									
01:09+	01:24+ 01:53+ 03:29+ 03:53+ 04:43+	07:04+ 08:31+ 10:04+ 11:35+	12:40+ 14:06+ 15:52+	17:24+ 18:03+	19:06+ 19:37+	20:53+ 21:42+	23:38+ 24:38+	26:28+ 28:03+	29:10+	30:41+	31:37+	
01:09+	00:15+ 00:29+ 01:36+ 00:24+	00:50- 02:21+ 01:27+ 01:33+	01:31- 01:05-	01:26+ 01:46+	01:32+ 00:39+	01:03+ 00:31+	01:16+ 00:49+	01:56+ 01:00+	01:50+	01:35+	01:07-	01:31+
00:33&	00:01+ 00:08& 00:41& 00:04#	00:04- 00:24# 00:29& 00:36&	00:29- 00:17-	00:06+ 00:23&	00:22& 00:07#	00:08# 00:02+	00:05+ 00:03+	00:12# 00:05+	00:14# 00:11#	00:14-	00:15# 00:02+	
32:18+												
00:41+												
00:11&												
<b>6</b>	<b>Andreas Segadal Breiland</b>	<b>194</b>	<b>32:33</b>									
00:44+	01:01+ 01:32+ 02:25+ 02:51+ 03:40+	05:30+ 06:40+ 07:57+ 09:34+	10:56+ 12:23+ 14:33+	15:56+ 16:35+	17:37+ 18:08+	19:43+ 20:27+	23:35+ 24:40+	26:39+ 28:15+	29:19+	31:05+	31:57+	
00:44+	00:17+ 00:31+ 00:53- 00:26+ 00:49-	01:50- 01:10+ 01:17+ 01:37-	01:22= 01:27+	02:10+ 01:23+	00:39+ 01:02+	00:31+	01:35+ 00:44-	03:08+ 01:05+	01:59+	01:36+	01:04-	
00:08#	00:03# 00:10& 00:02- 00:06& 00:05-	00:07- 00:12# 00:20& 00:23-	00:00= 00:07+	00:47& 00:13#	00:07# 00:07#	00:02+ 00:24&	00:02- 01:24&	00:10# 00:23#	00:12# 00:17-	00:30& 00:02-		
32:33+												
00:36+												
00:06#												



Pluss	Navn	Klasse	Tid
<b>7</b>	<b>Dag Eivind Watsend</b>	<b>92</b>	<b>32:58</b>
00:45+	01:12+ 01:40+ 02:35+ 02:58+ 03:39+	06:16+ 07:20+ 09:43+ 11:01+ 12:08+	13:42+ 15:31+ 17:03+ 17:43+ 19:06+
00:45+	00:27+ 00:28+ 00:55= 00:23+ 00:41-	02:37+ 01:04+ 02:23+ 01:18-	01:07- 01:34+ 01:49+ 01:32+ 00:40+
00:09#	00:13& 00:07& 00:00= 00:03# 00:13-	00:40& 00:06# 01:26@ 00:42-	00:15- 00:14# 00:26& 00:22& 00:08#
32:58+			00:28& 00:04# 00:01+ 00:10# 00:21# 00:02-
00:31+			00:23# 00:47& 00:12-
00:01+			00:13# 00:00=
<b>8</b>	<b>Jonas Lye Scheie</b>	<b>62</b>	<b>34:01</b>
00:47+	00:59+ 01:22+ 02:14+ 02:37+ 03:19-	04:52- 05:58- 07:01-	09:15+ 10:33-
00:47+	00:12- 00:23+ 00:52- 00:23+ 00:42-	01:33- 01:06+ 01:03+ 02:14+	01:18- 01:35+ 01:28+
00:11&	00:02- 00:02+ 00:03- 00:03# 00:12-	00:24- 00:08# 00:06# 00:14#	00:04- 00:15# 00:05+
34:01+			00:14# 00:12& 00:09# 00:13& 00:05-
00:29-			00:00= 00:27& 00:27& 00:04+
00:01-			00:29& 00:09-
<b>9</b>	<b>Kjetil Hollund</b>	<b>108</b>	<b>34:49</b>
00:40+	00:56+ 01:27+ 02:20+ 02:45+ 03:36+	05:35+ 06:51+ 08:24+	10:07+ 11:56+
00:40+	00:16+ 00:31+ 00:53- 00:25+ 00:51-	01:59+ 01:16+ 01:33+ 01:43-	01:49+ 01:29+
00:04#	00:02# 00:10& 00:02- 00:05# 00:03-	00:02+ 00:18& 00:36& 00:17-	00:27& 00:09#
34:49+			00:29& 00:24& 00:19& 00:14& 00:07#
00:35+			00:11# 00:09# 00:35& 00:30& 00:25&
00:05#			00:28& 00:08-
<b>10</b>	<b>Svein Kyllingstad</b>	<b>71</b>	<b>34:57</b>
00:40+	00:55+ 01:27+ 02:17+ 02:46+ 03:34+	06:04+ 07:11+ 08:27+	13:17+ 14:38+
00:40+	00:15+ 00:32+ 00:50- 00:29+ 00:48-	02:30+ 01:07+ 01:16+ 04:50+	01:21- 01:27+ 01:43+
00:04#	00:01+ 00:11& 00:05- 00:09& 00:06-	00:33& 00:09# 00:19& 02:50@	00:01-
34:57+			00:07+ 00:20# 00:21& 00:08#
00:39+			00:07# 00:08& 00:06+
00:09&			00:02- 00:13# 00:06# 00:04-
<b>11</b>	<b>Rune Svihus</b>	<b>62</b>	<b>35:59</b>
00:56+	01:11+ 01:37+ 02:28+ 02:51+ 03:29+	05:33+ 07:30+ 08:33+	09:43+ 13:57+
00:56+	00:15+ 00:26+ 00:51- 00:23+ 00:38-	02:04+ 01:57+ 01:03+	01:10-
00:20&	00:01+ 00:05# 00:04- 00:03# 00:16-	00:07+ 00:59@ 00:06# 00:50-	02:52@ 00:46& 00:02+
35:59+			00:34& 00:11& 00:05+
00:28-			00:04-
00:02-			00:21& 00:20& 00:50& 00:32& 00:06+
<b>12</b>	<b>Thomas Jansen</b>	<b>289</b>	<b>35:59</b>
01:16+	01:32+ 02:43+ 03:30+ 03:49+	04:32+ 07:37+ 08:56+	11:22+ 13:33+
01:16+	00:16+ 01:11+ 00:47- 00:19-	00:43- 03:05+ 01:19+ 02:26+	02:11+ 01:13-
00:40@	00:02# 00:50@ 00:08- 00:01-	00:11- 01:08& 00:21& 01:29@	00:11+ 00:09-
35:59+			00:05+ 00:52& 00:45& 00:10&
00:36+			00:12# 00:00= 00:13# 00:01+
00:06#			00:16# 00:10# 00:05-
<b>13</b>	<b>Bjørnar A. Alvær Sandmark</b>	<b>68</b>	<b>36:18</b>
00:45+	01:20+ 02:07+ 02:57+ 03:22+ 04:11+	05:59+ 07:04+ 10:13+	11:49+
00:45+	00:35+ 00:47+ 00:50- 00:25+ 00:49-	01:48- 01:05+ 03:09+	01:36-
00:09#	00:21@ 00:26@ 00:05- 00:05# 00:05-	00:09- 00:07# 02:12@ 00:24-	00:54& 00:05+
36:18+			00:44& 00:44&
00:33+			00:34& 00:07# 00:02+
00:03#			00:02+ 00:31+ 01:29+ 00:18&
<b>14</b>	<b>Rune Lode</b>	<b>175</b>	<b>37:06</b>
00:46+	01:06+ 01:54+ 03:17+ 03:56+	04:41+ 06:15+ 07:35+	08:53+ 11:35+
00:46+	00:20+ 00:48+ 01:23+ 00:39+	00:45- 01:34- 01:20+	01:18+
00:10&	00:06& 00:27@ 00:28& 00:19& 00:09-	00:23- 00:22& 00:21& 00:42&	00:14-
37:06+			00:01-
00:31+			00:43& 00:25& 00:32& 00:26&
00:01+			00:02- 00:07+ 00:04+
<b>15</b>	<b>Svein Magnus Halsne</b>	<b>71</b>	<b>37:06</b>
00:39+	00:55+ 01:19+ 02:05- 02:31+	03:21+ 06:20+ 07:28+	08:32+ 12:32+
00:39+	00:16+ 00:24+ 00:46- 00:26+	00:50- 02:59+ 01:08+	01:04+
00:03+	00:02# 00:03# 00:09- 00:06& 00:04-	01:02& 00:10# 00:07# 02:00&	00:08+
37:06+			00:05+
00:36+			00:54& 00:34& 00:04#
00:06#			00:20& 00:03-







Class	Navn	Klasse																			Tid									
<b>19</b>	<b>Rune Paulsen</b>	<b>98</b>																			<b>43:49</b>									
00:57+	01:22+	02:27+	03:47+	04:19+	05:14+	07:09+	08:35+	13:29+	16:12+	18:35+	20:23+	22:20+	24:04+	24:46+	26:00+	26:36+	28:06+	29:04+	31:27+	32:22+	34:52+	38:01+	40:33+	42:17+	43:18+					
00:57+	00:25+	01:05+	01:20+	00:32+	00:55+	01:55-	01:26+	04:54+	02:43+	02:23-	01:48+	01:57+	01:44+	00:42+	01:14+	00:36+	01:30+	00:58+	02:23+	00:55-	02:30+	03:09+	02:32+	01:44-	01:01+					
00:10#	00:02+	00:36@	00:28&	00:06#	00:09#	00:06-	00:27&	03:52@	01:28@	00:37-	00:09+	00:33&	00:33&	00:06#	00:24&	00:02+	00:18#	00:18&	00:38&	00:01-	01:02&	01:44@	01:35@	00:22-	00:17&					
43:49+																														
00:31-																														
00:02-																														
<b>20</b>	<b>Peter Chapman</b>	<b>117</b>																			<b>44:26</b>									
00:49+	01:07-	01:43+	02:47+	03:13+	04:09+	10:46+	12:08+	13:34+	16:14+	20:03+	22:12+	24:40+	26:04+	27:01+	28:22+	28:54+	30:30+	31:20+	34:04+	35:14+	37:32+	39:27+	40:55+	42:58+	43:48+					
00:49+	00:18-	00:36+	01:04+	00:26=	00:56+	06:37+	01:22+	01:26+	02:40+	03:49+	02:09+	02:28+	01:24+	00:57+	01:21+	00:32-	01:36+	00:50+	02:44+	01:10+	02:18+	01:55+	01:28+	02:03-	00:50+					
00:02+	00:05-	00:07#	00:12#	00:00=	00:10#	04:36@	00:23&	00:24&	01:25@	00:49&	00:30&	01:04&	00:13#	00:21&	00:31&	00:02-	00:24&	00:10#	00:59&	00:14#	00:50&	00:30&	00:31&	00:03-	00:06#					
44:26+																														
00:38+																														
00:05#																														
<b>21</b>	<b>Jakob Ravnås</b>	<b>200</b>																			<b>44:57</b>									
00:55+	01:13+	01:54+	02:52+	03:17+	04:07+	12:36+	14:04+	15:36+	20:03+	21:23+	23:00+	25:01+	26:42+	27:25+	28:49+	29:28+	31:11+	32:14+	34:36+	35:47+	37:47+	39:58+	41:28+	43:11+	44:13+					
00:55+	00:18-	00:41+	00:58+	00:25-	00:50+	08:29+	01:28+	01:32+	04:27+	01:20-	01:37-	02:01+	01:41+	00:43+	01:24+	00:39+	01:43+	01:03+	02:22+	01:11+	02:00+	02:11+	01:30+	01:43-	01:02+					
00:08#	00:05-	00:12&	00:06#	00:01-	00:04+	06:28@	00:29&	00:30&	03:12@	01:40-	00:02-	00:37&	00:30&	00:07#	00:34&	00:05#	00:31&	00:23&	00:37&	00:15&	00:32&	00:46&	00:33&	00:23-	00:18&					
44:57+																														
00:44+																														
00:11&																														
<b>22</b>	<b>Tord Peter Ursin</b>	<b>116</b>																			<b>45:12</b>									
01:02+	01:20+	01:54+	02:54+	03:29+	04:24+	06:32+	08:55+	10:32+	14:59+	18:02+	20:05+	22:34+	24:25+	25:17+	26:34+	27:19+	29:09+	30:07+	33:05+	34:26+	36:41+	38:58+	40:15+	43:32+	44:28+					
01:02+	00:18-	00:34+	01:00+	00:35+	00:55+	02:08+	02:23+	01:37+	04:27+	03:03+	02:03+	02:29+	01:51+	00:52+	01:17+	00:45+	01:50+	00:58+	02:58+	01:21+	02:15+	02:17+	01:17+	03:17+	00:56+					
00:15&	00:05-	00:05#	00:08#	00:09&	00:09#	00:07+	01:24@	00:35&	03:12@	00:03+	00:24#	01:05&	00:40&	00:16&	00:27&	00:11&	00:38&	00:18&	01:13&	00:25&	00:47&	00:52&	00:20&	01:11&	00:12&					
45:12+																														
00:44+																														
00:11&																														
<b>23</b>	<b>Håvard Svihus</b>	<b>267</b>																			<b>45:47</b>									
02:20+	02:40+	04:45+	05:54+	06:22+	07:16+	09:50+	10:52+	12:08+	15:09+	20:46+	22:18+	23:48+	25:17+	25:58+	27:02+	27:50+	29:24+	30:26+	33:52+	36:27+	38:28+	40:25+	42:18+	44:18+	45:14+					
02:20+	00:20-	02:05+	01:09+	00:28+	00:54+	02:34+	01:02+	01:16+	03:01+	05:37+	01:32-	01:30+	01:29+	00:41+	01:04+	00:48+	01:34+	01:02+	03:26+	02:35+	02:01+	01:57+	01:53+	02:00-	00:56+					
01:33@	00:03-	01:36@	00:17&	00:02+	00:08#	00:33&	00:03+	00:14#	01:46@	02:37&	00:07-	00:06+	00:18&	00:05#	00:14&	00:14&	00:22&	00:22&	01:41&	01:39@	00:33&	00:32&	00:56&	00:06-	00:12&					
45:47+																														
00:33=																														
00:00=																														
<b>24</b>	<b>Charles-Francois Farbo</b>	<b>42</b>																			<b>46:41</b>									
01:08+	01:28+	02:06+	03:45+	04:20+	05:20+	07:55+	09:58+	12:23+	14:24+	15:36+	17:38+	20:03+	22:19+	23:14+	24:41+	25:45+	27:57+	29:20+	34:04+	35:37+	37:46+	40:11+	43:32+	45:00+	46:02+					
01:08+	00:20-	00:38+	01:39+	00:35+	01:00+	02:35+	02:03+	02:25+	02:01+	01:12-	02:02+	02:25+	02:16+	00:55+	01:27+	01:04+	02:12+	01:23+	04:44+	01:33+	02:09+	02:25+	03:21+	01:28-	01:02+					
00:21&	00:03-	00:09&	00:47&	00:09&	00:14&	00:34&	01:04@	01:23@	00:46&	01:48-	00:23#	01:01&	01:05&	00:19&	00:37&	00:30&	01:00&	00:43@	02:59@	00:37&	00:41&	01:00&	02:24@	00:38-	00:18&					
46:41+																														
00:39+																														
00:06#																														
<b>25</b>	<b>Jan Kenneth Polle</b>	<b>83</b>																			<b>49:39</b>									
01:00+	01:18+	02:26+	03:28+	04:01+	04:59+	07:12+	08:56+	10:59+	16:53+	18:22+	20:19+	23:50+	26:51+	27:39+	29:34+	30:21+	32:06+	33:09+	35:53+	37:40+	41:14+	43:28+	45:28+	47:17+	48:36+					
01:00+	00:18-	01:08+	01:02+	00:33+	00:58+	02:13+	01:44+	02:03+	05:54+	01:29-	01:57+	03:31+	03:01+	00:48+	01:55+	00:47+	01:45+	01:03+	02:44+	01:47+	03:34+	02:14+	02:00+	01:49-	01:19+					
00:13&	00:05-	00:39@	00:10#	00:07&	00:12&	00:12+	00:45&	01:01&	04:39@	01:31-	00:18#	02:07@	01:50@	00:12&	01:05@	00:13&	00:33&	00:23&	00:59&	00:51&	02:06@	00:49&	01:03@	00:17-	00:35&					
49:39+																														
01:03+																														
00:30&																														
<b>26</b>	<b>Jan Kristensen</b>	<b>7</b>																			<b>49:51</b>									
00:49+	01:11+	02:15+	03:12+	03:37+	04:29+	06:46+	08:04+	13:49+	18:23+	20:15+	22:48+	25:43+	27:40+	28:32+	29:50+	30:38+	32:27+	33:37+	37:00+	38:07+	40:32+	42:29+	44:01+	48:07+	49:16+					
00:49+	00:22-	01:04+	00:57+	00:25-	00:52+	02:17+	01:18+	05:45+	04:34+	01:52-	02:33+	02:55+	01:57+	00:52+	01:18+	00:48+	01:49+	01:10+	03:23+	01:07+	02:25+	01:57+	01:32+	04:06+	01:09+					
00:02+	00:01-	00:35@	00:05+	00:01-	00:06#	00:16#	00:19&	04:43@	03:19@	01:08-	00:54&	01:31@	00:46&	00:16&	00:28&	00:14&	00:37&	00:30&	01:38&	00:11#	00:57&	00:32&	00:35&	02:00&	00:25&					
49:51+																														
00:35+																														
00:02+																														

**Beste strekktid for klassen**

00:37 00:14 00:25 00:45 00:21 00:43 01:35 00:59 00:58 01:10 01:03 01:26 01:24 01:11 00:35 00:50 00:29 01:10 00:40 01:38 00:44 01:25 00:47 00:40 01:28 00:44 00:31

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

**Herrer 50 - 59 år**

Class	Navn	Klasse	Tid
<b>1</b>	<b>Ole Petter Haukaas</b>	<b>109</b>	<b>30:12</b>
00:38=	01:05= 01:34= 02:45= 03:03= 04:17= 06:17= 08:55= 10:32= 11:14= 12:39= 15:22= 16:55=	18:32= 19:59= 21:29= 22:29= 24:25= 28:32= 29:52= 30:12=	
00:38=	00:27= 00:29= 01:11= 00:18= 01:14= 02:00= 02:38= 01:37= 00:42= 01:25= 02:43= 01:33=	01:37= 01:27= 01:30= 01:00= 01:56= 04:07= 01:20= 00:20=	
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=	
<b>2</b>	<b>Morten Johannessen</b>	<b>7</b>	<b>30:41</b>
00:41+	01:10+ 01:43+ 03:00+ 03:22+ 04:31+ 07:25+ 10:12+ 12:02+ 12:47+ 14:06+ 16:55+ 18:15+	19:40+ 21:01+ 22:18+ 23:39+ 25:33+ 28:52+ 30:17+ 30:41+	
00:41+	00:29+ 00:33+ 01:17+ 00:22+ 01:09- 02:54+ 02:47+ 01:50+ 00:45+ 01:19- 02:49+ 01:20-	01:25- 01:21- 01:17- 01:21+ 01:54- 03:19- 01:25+ 00:24+	
00:03+	00:02+ 00:04# 00:06+ 00:04# 00:05- 00:54# 00:09+ 00:13# 00:03+ 00:06- 00:06+ 00:13-	00:12- 00:06- 00:13- 00:21# 00:02- 00:48- 00:05+ 00:04#	
<b>3</b>	<b>Øivind Berggraf</b>	<b>116</b>	<b>31:14</b>
00:37-	01:04- 01:31- 02:53+ 03:11+ 04:22+ 06:42+ 09:25+ 10:59+ 11:43+ 13:42+ 16:03+ 17:29+	18:59+ 20:41+ 23:02+ 24:07+ 25:57+ 29:20+ 30:48+ 31:14+	
00:37-	00:27= 00:27- 01:22+ 00:18= 01:11- 02:20+ 02:43+ 01:34- 00:44+ 01:59+ 02:21- 01:26-	01:30- 01:42+ 02:21+ 01:05+ 01:50- 03:23- 01:28+ 00:26+	
00:01-	00:00= 00:02- 00:11# 00:00= 00:03- 00:20# 00:05+ 00:03- 00:02+ 00:34& 00:22-	00:07- 00:15# 00:51& 00:05+ 00:06- 00:44- 00:08# 00:06&	
<b>4</b>	<b>Arne Magne Søndresen</b>	<b>92</b>	<b>33:43</b>
00:40+	01:08+ 01:34= 02:46+ 03:04+ 04:14- 10:16+ 13:23+ 14:56+ 15:45+ 17:03+ 19:32+ 21:00+	22:22+ 23:41+ 25:29+ 26:28+ 28:25+ 31:41+ 33:20+ 33:43+	
00:40+	00:28+ 00:26- 01:12+ 00:18= 01:10- 06:02+ 03:07+ 01:33- 00:49+ 01:18- 02:29- 01:28-	01:22- 01:19- 01:48+ 00:59- 01:57+ 03:16- 01:39+ 00:23+	
00:02+	00:01+ 00:03- 00:01+ 00:00= 00:04- 04:02# 00:29# 00:04- 00:07# 00:07- 00:14- 00:05-	00:15- 00:08- 00:18# 00:01- 00:01+ 00:51- 00:19# 00:03#	
<b>5</b>	<b>Øystein Dahle</b>	<b>92</b>	<b>34:05</b>
00:55+	01:27+ 01:58+ 03:06+ 03:25+ 04:43+ 07:19+ 10:08+ 11:57+ 12:44+ 14:01+ 16:49+ 18:25+	19:57+ 21:26+ 24:20+ 25:23+ 27:30+ 32:15+ 33:38+ 34:05+	
00:55+	00:32+ 00:31+ 01:08- 00:19+ 01:18+ 02:36+ 02:49+ 01:49+ 00:47+ 01:17- 02:48+ 01:36+	01:32- 01:29+ 02:54+ 01:03+ 02:07+ 04:45+ 01:23+ 00:27+	
00:17&	00:05# 00:02+ 00:03- 00:01+ 00:04+ 00:36& 00:11+ 00:12# 00:05# 00:08- 00:05+ 00:03+	00:05- 00:02+ 01:24& 00:03+ 00:11+ 00:38# 00:03+ 00:07&	
<b>6</b>	<b>Lars Bergersen</b>	<b>116</b>	<b>34:43</b>
00:41+	01:08+ 01:40+ 02:54+ 03:12+ 04:27+ 06:58+ 10:00+ 12:07+ 13:10+ 14:52+ 17:42+ 19:16+	20:45+ 22:31+ 24:22+ 25:32+ 27:22+ 32:52+ 34:19+ 34:43+	
00:41+	00:27= 00:32+ 01:14+ 00:18= 01:15+ 02:31+ 03:02+ 02:07+ 01:03+ 01:42+ 02:50+ 01:34+	01:29- 01:46+ 01:51+ 01:10+ 01:50- 05:30+ 01:27+ 00:24+	
00:03+	00:00= 00:03# 00:03+ 00:00= 00:01+ 00:31& 00:24# 00:30& 00:21& 00:17# 00:07+ 00:01+	00:08- 00:19# 00:21# 00:10# 00:06- 01:23& 00:07+ 00:04#	
<b>7</b>	<b>Frank Hansen</b>	<b>29</b>	<b>35:12</b>
00:42+	01:17+ 01:44+ 03:02+ 03:22+ 04:37+ 07:15+ 10:07+ 11:58+ 12:52+ 16:30+ 19:01+ 21:55+	23:42+ 25:23+ 27:00+ 28:08+ 29:48+ 33:27+ 34:51+ 35:12+	
00:42+	00:35+ 00:27- 01:18+ 00:20+ 01:15+ 02:38+ 02:52+ 01:51+ 00:54+ 03:38+ 02:31- 02:54+	01:47+ 01:41+ 01:37+ 01:08+ 01:40- 03:39- 01:24+ 00:21+	
00:04#	00:08& 00:02- 00:07+ 00:02# 00:01+ 00:38& 00:14+ 00:14# 00:12& 02:13# 00:12- 01:21&	00:10# 00:14# 00:07+ 00:08# 00:16- 00:28- 00:04+ 00:01+	
<b>8</b>	<b>Kjell Seland</b>	<b>236</b>	<b>35:26</b>
00:45+	01:18+ 01:51+ 03:07+ 03:26+ 05:28+ 07:53+ 11:19+ 13:04+ 13:46+ 16:26+ 19:01+ 20:37+	22:02+ 23:36+ 25:07+ 26:27+ 28:16+ 33:27+ 35:00+ 35:26+	
00:45+	00:33+ 00:33+ 01:16+ 00:19+ 02:02+ 02:25+ 03:26+ 01:45+ 00:42= 02:40+ 02:35- 01:36+	01:25- 01:34+ 01:31+ 01:20+ 01:49- 05:11+ 01:33+ 00:26+	
00:07#	00:06# 00:04# 00:05+ 00:01+ 00:48& 00:25# 00:48& 00:08+ 00:00= 01:15& 00:08- 00:03+	00:12- 00:07+ 00:01+ 00:20& 00:07- 01:04& 00:13# 00:06&	
<b>9</b>	<b>Øistein Haaland</b>	<b>116</b>	<b>35:37</b>
00:39+	01:05= 01:31- 02:38- 02:54- 04:06- 06:22+ 09:44+ 11:28+ 12:09+ 13:52+ 16:17+ 20:09+	21:51+ 23:18+ 24:50+ 25:53+ 28:26+ 33:50+ 35:11+ 35:37+	
00:39+	00:26- 00:26- 01:07- 00:16- 01:12- 02:16+ 03:22+ 01:44+ 00:41- 01:43+ 02:25- 03:52+	01:42+ 01:27= 01:32+ 01:03+ 02:33+ 05:24+ 01:21+ 00:26+	
00:01+	00:01- 00:03- 00:04- 00:02- 00:02- 00:16# 00:44& 00:07+ 00:01- 00:18# 00:18- 02:19#	00:05+ 00:00= 00:02+ 00:03+ 00:37& 01:17& 00:01+ 00:06&	
<b>10</b>	<b>Øystein Fuglestad</b>	<b>46</b>	<b>35:40</b>
00:39+	01:08+ 01:39+ 02:51+ 03:09+ 04:31+ 06:54+ 10:18+ 12:02+ 12:52+ 14:14+ 17:22+ 19:04+	20:44+ 22:21+ 26:18+ 27:24+ 29:27+ 33:42+ 35:16+ 35:40+	
00:39+	00:29+ 00:31+ 01:12+ 00:18= 01:22+ 02:23+ 03:24+ 01:44+ 00:50+ 01:22- 03:08+ 01:42+	01:40+ 01:37+ 03:57+ 01:06+ 02:03+ 04:15+ 01:34+ 00:24+	
00:01+	00:02+ 00:02+ 00:01+ 00:00= 00:08# 00:23# 00:46& 00:07+ 00:08# 00:03- 00:25# 00:09+	00:03+ 00:10# 02:27# 00:06# 00:07+ 00:08+ 00:14# 00:04#	
<b>11</b>	<b>Torbjørn Dahle</b>	<b>92</b>	<b>36:12</b>
00:46+	01:17+ 01:53+ 03:17+ 03:39+ 05:04+ 07:44+ 12:23+ 14:25+ 15:14+ 16:44+ 20:24+ 22:05+	23:43+ 25:20+ 27:06+ 28:24+ 30:51+ 34:09+ 35:45+ 36:12+	
00:46+	00:31+ 00:36+ 01:24+ 00:22+ 01:25+ 02:40+ 04:39+ 02:02+ 00:49+ 01:30+ 03:40+ 01:41+	01:38+ 01:37+ 01:46+ 01:18+ 02:27+ 03:18- 01:36+ 00:27+	
00:08#	00:04# 00:07# 00:13# 00:04# 00:11# 00:40& 00:201& 00:25& 00:07# 00:05+ 00:57& 00:08+	00:01+ 00:10# 00:16# 00:18& 00:31& 00:49- 00:16# 00:07&	
<b>12</b>	<b>Trygve Michaelsen</b>	<b>117</b>	<b>36:40</b>
00:37-	01:04- 01:52+ 03:11+ 03:28+ 04:37+ 07:05+ 10:45+ 12:34+ 13:24+ 14:29+ 17:53+ 19:55+	21:16+ 22:58+ 26:05+ 26:54+ 28:38+ 34:49+ 36:17+ 36:40+	
00:37-	00:27= 00:48+ 01:19+ 00:17- 01:09- 02:28+ 03:40+ 01:49+ 00:50+ 01:05- 03:24+ 02:02+	01:21- 01:42+ 03:07+ 00:49- 01:44- 06:11+ 01:28+ 00:23+	
00:01-	00:00= 00:19& 00:08# 00:01- 00:05- 00:28# 01:02& 00:12# 00:08# 00:20- 00:41& 00:29&	00:16- 00:15# 01:37# 00:11- 00:12- 02:04& 00:08# 00:03#	
<b>13</b>	<b>Harald Jansen</b>	<b>289</b>	<b>36:41</b>
00:42+	01:11+ 01:43+ 02:51+ 03:15+ 04:40+ 07:57+ 10:58+ 12:57+ 14:02+ 15:21+ 18:10+ 20:08+	21:54+ 23:45+ 26:23+ 27:59+ 29:33+ 34:25+ 36:17+ 36:41+	
00:42+	00:29+ 00:32+ 01:08- 00:24+ 01:25+ 03:17+ 03:01+ 01:59+ 01:05+ 01:19- 02:49+ 01:58+	01:46+ 01:51+ 02:38+ 01:36+ 01:34- 04:52+ 01:52+ 00:24+	
00:04#	00:02+ 00:03# 00:03- 00:06& 00:11# 01:17& 00:23# 00:22# 00:23& 00:06- 00:06+ 00:25&	00:09+ 00:24& 01:08& 00:36& 00:22- 00:45# 00:32& 00:04#	
<b>14</b>	<b>Kjell Ove Akstrand</b>	<b>27</b>	<b>36:58</b>
00:53+	02:08+ 02:41+ 04:08+ 04:27+ 05:48+ 08:31+ 11:51+ 14:05+ 14:53+ 16:43+ 20:27+ 22:07+	23:31+ 25:14+ 26:52+ 27:57+ 29:52+ 34:40+ 36:36+ 36:58+	
00:53+	01:15+ 00:33+ 01:27+ 00:19+ 01:21+ 02:43+ 03:20+ 02:14+ 00:48+ 01:50+ 03:44+ 01:40+	01:24- 01:43+ 01:38+ 01:05+ 01:55- 04:48+ 01:56+ 00:22+	
00:15&	00:48# 00:04# 00:16# 00:01+ 00:07+ 00:43& 00:42& 00:37& 00:06# 00:25& 01:01& 00:07+	00:13- 00:16# 00:08+ 00:05+ 00:01- 00:41# 00:36& 00:02#	
<b>15</b>	<b>Kjell Olav Gjerde</b>	<b>7</b>	<b>37:05</b>
00:46+	01:29+ 02:05+ 03:35+ 03:54+ 05:16+ 08:04+ 10:59+ 12:53+ 13:50+ 15:24+ 18:13+ 19:48+	21:55+ 23:33+ 26:19+ 29:40+ 31:51+ 35:19+ 36:41+ 37:05+	
00:46+	00:43+ 00:36+ 01:30+ 00:19+ 01:22+ 02:48+ 02:55+ 01:54+ 00:57+ 01:34+ 02:49+ 01:35+	02:07+ 01:38+ 02:46+ 03:21+ 02:11+ 03:28- 01:22+ 00:24+	
00:08#	00:16& 00:07# 00:19& 00:01+ 00:08# 00:48& 00:17# 00:17# 00:15& 00:09# 00:06+ 00:02+	00:30& 00:11# 01:16& 02:21# 00:15# 00:39- 00:02+ 00:04#	













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

00:43 00:27 00:56 00:42 00:47 02:38 01:00 00:54 01:31 01:15 02:04 01:18 02:01 01:11 01:04 01:07 01:21 00:54 01:46 01:08 00:47 00:21

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

**Herrer 70 - 74 år**

<b>1</b>	<b>Finn Morten Årstad</b>	<b>115</b>	<b>34:49</b>
00:59=	01:34= 02:43= 03:30= 04:28= 08:17=	09:45= 10:51= 12:31= 14:27= 17:03=	18:50= 21:07= 22:49= 24:21= 25:51= 28:01= 29:15= 31:34= 33:23= 34:24= 34:49=
00:59=	00:35= 01:09= 00:47= 00:58= 03:49=	01:28= 01:06= 01:40= 01:56= 02:36=	01:47= 02:17= 01:42= 01:32= 01:30= 02:10= 01:14= 02:19= 01:49= 01:01= 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= 00:00= 00:00= 00:00=
<b>2</b>	<b>Hermann Skogsholm</b>	<b>53</b>	<b>38:06</b>
00:59=	01:51+ 02:59+ 03:48+ 04:45+ 08:15-	09:54+ 11:24+ 13:09+ 14:32+ 17:01-	18:39- 21:41+ 23:33+ 25:28+ 27:42+ 29:32+ 31:38+ 34:03+ 36:35+ 37:41+ 38:06+
00:59=	00:52+ 01:08- 00:49+ 00:57-	03:30- 01:39+ 01:30+ 01:45+ 01:23-	02:29- 01:38- 03:02+ 01:52+ 01:55+ 02:14+ 01:50-
00:00=	00:17& 00:01- 00:02+ 00:01-	00:19- 00:11# 00:24& 00:05+ 00:33-	00:07- 00:09- 00:45& 00:01+ 00:23# 00:44& 00:20-
<b>3</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>38:52</b>
01:00+	01:59+ 03:16+ 04:15+ 05:20+	08:44+ 10:24+ 12:01+ 13:55+ 15:40+	18:45+ 20:42+ 23:16+ 24:59+ 26:26+ 28:16+ 30:23+ 31:37+ 35:05+ 37:14+ 38:24+ 38:52+
01:00+	00:59+ 01:17+ 00:59+ 01:05+	03:24- 01:40+ 01:37+ 01:54+ 01:45-	03:05+ 01:57+ 02:34+ 01:43+ 01:27-
00:01+	00:24& 00:08# 00:12& 00:07#	00:25- 00:12# 00:31& 00:14#	00:11- 00:29# 00:10+ 00:17# 00:01+ 00:05- 00:20# 00:03-
<b>4</b>	<b>Tormod Aaslid</b>	<b>54</b>	<b>40:01</b>
00:58-	01:35+ 05:21+ 06:18+ 07:06+	08:01- 11:10+ 12:30+ 13:34+ 15:08+	16:34- 19:04+ 20:42- 23:42+ 25:30+ 27:25+ 29:47+ 31:31+ 33:32+ 35:56+ 38:35+ 39:34+ 40:01+
00:58-	00:37+ 03:46+ 00:57+ 00:48-	00:55- 03:09+ 01:20+ 01:04-	01:34- 01:26- 02:30+ 01:38-
00:01-	00:02+ 02:37@ 00:10#	00:10- 02:54-	01:41@ 00:14# 00:36- 00:22-
<b>5</b>	<b>Steinar Undheim</b>	<b>54</b>	<b>41:55</b>
01:02+	01:46+ 03:12+ 04:12+ 05:19+	08:09- 10:07+ 11:42+ 14:22+	16:06+ 19:39+ 21:19+ 24:09+
01:02+	00:44+ 01:26+ 01:00+	01:07+ 02:50-	01:58+ 01:35+ 02:40+ 01:44-
00:03+	00:09& 00:17# 00:13& 00:09#	00:59- 00:30& 00:29&	01:00& 00:12-
<b>6</b>	<b>Hilmar Røthing</b>	<b>128</b>	<b>42:05</b>
00:47-	01:35+ 02:37- 03:24-	04:17-	10:18+ 12:16+ 15:02+
00:47-	00:48+ 01:02- 00:47=	00:53-	06:01+ 01:58+ 02:46+ 01:53+ 01:47-
00:12-	00:13& 00:07- 00:00= 00:05-	02:12&	00:30& 01:40@ 00:13# 00:09-
<b>7</b>	<b>Olav Dag Borgersen</b>	<b>154</b>	<b>42:41</b>
00:57-	01:34= 03:28+ 04:20+ 05:18+	11:46+ 13:12+ 14:30+ 16:12+	17:56+ 23:38+ 26:05+ 29:15+ 31:14+ 32:44+ 34:11+ 35:59+ 37:03+ 39:41+ 40:51+ 42:12+ 42:41+
00:57-	00:37+ 01:54+ 00:52+ 00:58=	06:28+ 01:26-	01:18+ 01:42+ 01:44-
00:02-	00:02+ 00:45& 00:05# 00:00=	02:39& 00:02-	00:12# 00:02+ 00:12-
<b>8</b>	<b>Knut Jonas Espedal</b>	<b>53</b>	<b>42:52</b>
01:09+	01:56+ 03:38+ 04:43+ 05:47+	09:11+ 10:54+ 12:17+ 14:51+	16:54+ 19:48+ 21:51+ 24:55+
01:09+	00:47+ 01:42+ 01:05+	01:04+ 03:24-	01:43+ 01:23+ 02:34+ 02:03+
00:10#	00:12& 00:33& 00:18& 00:06#	00:25-	00:15# 00:17& 00:54& 00:07+
<b>9</b>	<b>Kjell Langvik</b>	<b>93</b>	<b>43:28</b>
00:56-	01:37+ 02:54+ 03:57+ 05:09+	08:46+ 10:23+ 12:18+	14:31+ 16:29+ 19:59+ 22:50+ 25:52+
00:56-	00:41+ 01:17+ 01:03+ 01:12+	03:37-	01:37+ 01:55+ 02:13+ 01:58+
00:03-	00:06# 00:08# 00:16& 00:14#	00:12-	00:09# 00:49& 00:33& 00:02+
<b>10</b>	<b>Øyvind Egeskog</b>	<b>5</b>	<b>43:40</b>
00:54-	01:31-	02:45+	03:35+ 04:35+ 07:39-
00:54-	00:37+ 01:14+	00:50+	01:00+ 03:04-
00:05-	00:02+ 00:05+ 00:03+	00:02+	00:45-
<b>11</b>	<b>Svein Eliassen</b>	<b>116</b>	<b>48:24</b>
01:10+	01:58+ 03:18+ 04:23+	05:47+	09:39+ 11:49+ 13:44+
01:10+	00:48+ 01:20+ 01:05+	01:24+ 03:52+	02:10+ 01:55+ 02:44+
00:11#	00:13& 00:11# 00:18& 00:26&	00:03+	00:42& 00:49& 01:04& 00:25#
<b>12</b>	<b>Ole Auklënd</b>	<b>106</b>	<b>50:17</b>
01:00+	01:48+ 03:14+ 04:21+	05:35+	13:23+ 15:38+ 17:02+
01:00+	00:48+ 01:26+ 01:07+ 01:14+	07:48+ 02:15+ 01:24+	02:11+ 02:18+ 02:53+
00:01+	00:13& 00:17# 00:20& 00:16&	03:59@ 00:47& 00:18&	00:31& 00:22# 00:17# 00:18# 00:35&
<b>13</b>	<b>Norvald Skretting</b>	<b>43</b>	<b>52:43</b>
00:58-	01:39+ 02:59+ 03:54+ 05:04+	08:49+ 10:47+ 12:39+	21:50+ 23:48+ 27:22+ 29:28+ 32:25+
00:58-	00:41+ 01:20+ 00:55+	01:10+ 03:45-	01:58+ 01:52+ 09:11+ 01:58+
00:01-	00:06# 00:11# 00:08# 00:12#	00:04-	00:30& 00:46& 07:31@ 00:02+

Class	Navn	Klasse	Tid
<b>14</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>	<b>53:40</b>
01:03+	01:48+	03:14+	04:18+
01:03+	00:45+	01:26+	01:04+
00:04+	00:10&	00:17#	00:17&
<b>15</b>	<b>Odd Aarreberg</b>	<b>5</b>	<b>53:42</b>
01:04+	01:47+	03:30+	04:41+
01:04+	00:43+	01:43+	01:11+
00:05+	00:08#	00:34&	00:24#
<b>16</b>	<b>Mangor Eikeland</b>	<b>92</b>	<b>1:06:10</b>
01:22+	02:26+	04:11+	05:40+
01:22+	01:04+	01:45+	01:29+
00:23&	00:29&	00:36&	00:42&

**Beste strekktid for klassen**

00:47	00:35	01:02	00:47	00:48	00:55	01:26	01:06	01:04	01:23	01:26	01:38	01:38	01:36	01:14	01:27	01:23	01:04	02:01	01:10	01:01	00:25
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

**Herrer 75 - 79 år**

<b>1</b>	<b>Knut Skjæveland</b>	<b>93</b>	<b>32:29</b>
01:47=	02:31=	03:36=	04:01=
01:47=	00:44=	01:05=	00:25=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Harald Vatne</b>	<b>67</b>	<b>38:09</b>
01:38-	02:36+	03:53+	04:21+
01:38-	00:58+	01:17+	00:28+
00:09-	00:14&	00:12#	00:03#
<b>3</b>	<b>Terje Braut</b>	<b>92</b>	<b>38:46</b>
03:15+	04:18+	05:38+	06:03+
03:15+	01:03+	01:20+	00:25=
01:28&	00:19&	00:15#	00:00=
<b>4</b>	<b>Kjell Maudal</b>	<b>63</b>	<b>43:18</b>
02:27+	06:13+	08:02+	08:29+
02:27+	03:46+	01:49+	00:27+
00:40&	03:02@	00:44&	00:02+
<b>5</b>	<b>Rolv Nærland</b>	<b>63</b>	<b>43:26</b>
01:57+	02:47+	04:07+	04:35+
01:57+	00:50+	01:20+	00:28+
00:10+	00:06#	00:15#	00:03#
<b>6</b>	<b>Magne Jakobsen</b>	<b>63</b>	<b>44:26</b>
02:07+	03:06+	04:27+	04:52+
02:07+	00:59+	01:21+	00:25=
00:20#	00:15&	00:16#	00:00=
<b>7</b>	<b>Jan Bekkeheien</b>	<b>92</b>	<b>48:45</b>
02:15+	03:25+	04:56+	06:05+
02:15+	01:10+	01:31+	01:09+
00:28&	00:26&	00:26&	00:44@
<b>8</b>	<b>Arne Brandsberg</b>	<b>29</b>	<b>51:44</b>
02:29+	03:52+	05:48+	06:22+
02:29+	01:23+	01:36+	00:34+
00:42&	00:39&	00:51&	00:09&
<b>9</b>	<b>Gunnar Furland</b>	<b>93</b>	<b>53:28</b>
02:09+	03:38+	05:12+	05:43+
02:09+	01:29+	01:34+	00:31+
00:22#	00:45@	00:29&	00:06#
<b>10</b>	<b>Albert Moe</b>	<b>54</b>	<b>1:02:48</b>
02:25+	03:34+	05:29+	06:05+
02:25+	01:09+	01:55+	00:36+
00:38&	00:25&	00:50&	00:11&

Class	Navn	Klasse										Tid										
<b>11</b>	<b>Alf Gyland</b>	<b>92</b>										<b>1:13:22</b>										
		01:52+	06:20+	08:01+	08:27+	09:50+	33:45+	34:50+	36:25+	37:30+	39:45+	44:58+	47:54+	52:32+	53:21+	54:20+	55:48+	67:31+	69:39+	71:15+	72:48+	73:22+
		01:52+	04:28+	01:41+	00:26+	01:23+	23:55+	01:05+	01:35+	01:05+	02:15+	05:13+	02:56+	04:38+	00:49+	00:59+	01:28+	11:43+	02:08+	01:36+	01:33+	00:34+
		00:05+	03:44#	00:36#	00:01+	00:18#	18:07#	00:21#	00:37#	00:07#	01:00#	02:32#	00:11+	02:18#	00:20#	00:10#	00:26#	08:53#	00:12#	00:31#	00:19#	00:05#

### Beste strekktid for klassen

01:38 00:44 01:05 00:25 01:05 03:43 00:44 00:58 00:58 01:15 02:41 02:45 02:20 00:27 00:49 01:02 02:28 01:24 00:51 01:14 00:29

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

## Herrer 80 år og eldre

<b>1</b>	<b>Arnulf Fuglestad</b>	<b>29</b>										<b>31:14</b>											
		03:34=	06:17=	07:14=	10:25=	12:14=	13:51=	15:54=	19:16=	20:00=	21:58=	24:49=	25:58=	27:26=	30:17=	30:44=	31:14=						
		03:34=	02:43=	00:57=	03:11=	01:49=	01:37=	02:03=	03:22=	00:44=	01:58=	02:51=	01:09=	01:28=	02:51=	00:27=	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=						

<b>2</b>	<b>Peter Frafjord</b>	<b>116</b>										<b>46:58</b>											
		01:16-	04:31-	06:41-	11:40+	15:27+	17:21+	26:50+	30:32+	31:30+	33:37+	37:08+	39:04+	41:28+	45:50+	46:21+	46:58+						
		01:16-	03:15+	02:10+	04:59+	03:47+	01:54+	09:29+	03:42+	00:58+	02:07+	03:31+	01:56+	02:24+	04:22+	00:31+	00:37+						
		02:18-	00:32#	01:13#	01:48#	01:58#	00:17#	07:26#	00:20+	00:14#	00:09+	00:40#	00:47#	00:56#	01:31#	00:04#	00:07#						

<b>3</b>	<b>Magne Westerheim</b>	<b>93</b>										<b>1:04:51</b>											
		01:08-	05:12-	06:16-	11:52+	16:37+	18:02+	20:46+	24:20+	25:12+	27:37+	49:05+	56:41+	61:01+	63:52+	64:22+	64:51+						
		01:08-	04:04+	01:04+	05:36+	04:45+	01:25-	02:44+	03:34+	00:52+	02:25+	21:28+	07:36+	04:20+	02:51=	00:30+	00:29-						
		02:26-	01:21#	00:07#	02:25#	02:56#	00:12-	00:41#	00:12+	00:08#	00:27#	18:37#	06:27#	02:52#	00:00=	00:03#	00:01-						

### Beste strekktid for klassen

01:08 02:43 00:57 03:11 01:49 01:25 02:03 03:22 00:44 01:58 02:51 01:09 01:28 02:51 00:27 00:29

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

## Herrer A

<b>1</b>	<b>Morten Bjerga Sundli</b>	<b>93</b>										<b>30:34</b>																
		00:42=	01:08=	01:32=	02:13=	02:59=	03:33=	05:26=	06:20=	07:29=	08:37=	09:45=	10:20=	11:32=	13:24=	15:23=	16:35=	17:18=	18:23=	19:27=	20:02=	21:55=	22:58=	24:09=	25:55=	26:59=	28:05=	
		00:42=	00:26=	00:24=	00:41=	00:46=	00:34=	01:53=	00:54=	01:09=	01:08=	01:08=	00:35=	01:12=	01:52=	01:59=	01:12=	00:43=	01:05=	01:04=	00:35=	01:53=	01:03=	01:11=	01:46=	01:04=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
		29:14=	29:57=	30:34=																								
		01:09=	00:43=	00:37=																								
		00:00=	00:00=	00:00=																								

<b>2</b>	<b>Ørjan Ravndal</b>	<b>194</b>										<b>30:57</b>															
		00:34-	00:55-	01:18-	01:58-	02:41-	03:31-	05:52+	06:44+	07:39+	08:33-	09:07-	09:39-	10:54-	13:02-	14:49-	16:03-	16:48-	18:10-	19:16-	19:54-	21:47-	22:44-	23:51-	25:35-	26:51-	28:07+
		00:34-	00:21-	00:23-	00:40-	00:43-	00:50+	02:21+	00:52-	00:55-	00:54-	00:34-	00:32-	01:15+	02:08+	01:47-	01:14+	00:45+	01:22+	01:06+	00:38+	01:53=	00:57-	01:07-	01:44-	01:16+	01:16+
		00:08-	00:05-	00:01-	00:01-	00:03-	00:16#	00:28#	00:02-	00:14-	00:14-	00:34-	00:03-	00:03+	00:16#	00:12-	00:02+	00:02+	00:17#	00:02+	00:03+	00:00=	00:06-	00:04-	00:02-	00:12#	00:10#
		29:38+	30:24+	30:57+																							
		01:31+	00:46+	00:33-																							
		00:22#	00:03+	00:04-																							

<b>3</b>	<b>Harald Kalager</b>	<b>7</b>										<b>31:59</b>															
		00:34-	00:58-	01:24-	02:04-	02:52-	03:32-	05:35+	06:45+	07:42+	09:41+	10:25+	11:03+	12:14+	14:09+	16:19+	17:25+	18:20+	19:50+	20:54+	21:30+	23:24+	24:29+	25:35+	27:20+	28:21+	29:33+
		00:34-	00:24-	00:26+	00:40-	00:48+	00:40+	02:03+	01:10+	00:57-	01:59+	00:44-	00:38+	01:11-	01:55+	02:10+	01:06-	00:55+	01:30+	01:04=	00:36+	01:54+	01:05+	01:06-	01:45-	01:01-	01:12+
		00:08-	00:02-	00:02+	00:01-	00:02+	00:06#	00:10+	00:16#	00:12-	00:51#	00:24-	00:03+	00:01-	00:03+	00:11+	00:06-	00:12#	00:25#	00:00=	00:01+	00:01+	00:02+	00:05-	00:01-	00:03-	00:06+
		30:40+	31:28+	31:59+																							
		01:07-	00:48+	00:31-																							
		00:02-	00:05#	00:06-																							

<b>4</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>										<b>32:09</b>															
		00:34-	01:01-	01:25-	02:08-	02:52-	03:25-	05:26=	06:26+	07:30+	08:28-	09:06-	09:42-	10:59-	13:11-	15:25+	16:35=	17:21+	18:39+	20:28+	20:59+	22:54+	24:19+	25:38+	27:37+	28:36+	29:31+
		00:34-	00:27+	00:24=	00:43+	00:44-	00:33-	02:01+	01:00+	01:04-	00:58-	00:38-	00:36+	01:17+	02:12+	02:14+	01:10-	00:46+	01:18+	01:49+	00:31-	01:55+	01:25+	01:19+	01:59+	00:59-	00:55-
		00:08-	00:01+	00:00=	00:02+	00:02-	00:01-	00:08+	00:06#	00:05-	00:10-	00:30-	00:01+	00:05+	00:20#	00:15#	00:02-	00:03+	00:13#	00:45#	00:04-	00:02+	00:22#	00:08#	00:13#	00:05-	00:11-
		30:49+	31:35+	32:09+																							
		01:18+	00:46+	00:34-																							
		00:09#	00:03+	00:03-																							

Class	Navn	Klasse	Tid
<b>5</b>	<b>Cato Eike</b>	<b>79</b>	<b>38:18</b>
00:34-	00:59-	01:31-	02:14+
00:34-	00:25-	00:32+	00:43+
00:08-	00:01-	00:08&	00:02+
36:52+	37:46+	38:18+	
02:33+	00:54+	00:32-	
01:24@	00:11&	00:05-	
<b>6</b>	<b>Jørgen Strømstad</b>	<b>50</b>	<b>38:45</b>
00:31-	00:53-	01:16-	02:02-
00:31-	00:22-	00:23-	00:46+
00:11-	00:04-	00:01-	00:05#
37:20+	38:13+	38:45+	
03:27+	00:53+	00:32-	
02:18@	00:10#	00:05-	
<b>7</b>	<b>Martin Blystad</b>	<b>115</b>	<b>40:53</b>
00:40-	01:06-	01:32=	02:19+
00:40-	00:26=	00:26+	00:47+
00:02-	00:00=	00:02+	00:06#
38:04+	39:29+	40:18+	40:53+
02:47+	01:25+	00:49+	00:35+
01:38@	00:42&	00:12&	00:35+
<b>8</b>	<b>Joar Fuglestad</b>	<b>116</b>	<b>41:08</b>
00:37-	01:06-	01:51+	02:33+
00:37-	00:29+	00:45+	00:42+
00:05-	00:03#	00:21&	00:01+
39:47+	40:39+	41:08+	
02:07+	00:52+	00:29-	
00:58&	00:09#	00:08-	
<b>9</b>	<b>Espen Karlsen</b>	<b>102</b>	<b>42:56</b>
00:37-	01:05-	01:34+	03:09+
00:37-	00:28+	00:29+	00:48+
00:05-	00:02+	00:05#	00:07#
41:15+	42:17+	42:56+	
01:33+	01:02+	00:39+	
00:24&	00:19&	00:02+	

### Beste strekketid for klassen

00:31 00:21 00:23 00:40 00:43 00:33 01:53 00:52 00:55 00:54 00:34 00:32 01:11 01:52 01:47 01:06 00:43 00:59 01:04 00:28 00:49 00:57 01:06 01:22 00:59 00:55 01:07 00:43

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

## Herrer B

<b>1</b>	<b>Oddvar Taksdal</b>	<b>194</b>	<b>29:23</b>
00:37=	01:01=	01:30=	02:09=
00:37=	00:24=	00:29=	00:39=
00:00=	00:00=	00:00=	00:00=
28:01=	28:49=	29:23=	
01:07=	00:48=	00:34=	
00:00=	00:00=	00:00=	
<b>2</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>	<b>30:26</b>
00:33-	00:54-	01:22-	02:02-
00:33-	00:21-	00:28-	00:40+
00:04-	00:03-	00:01-	00:01+
29:11+	29:54+	30:26+	
01:17+	00:43-	00:32-	
00:10#	00:05-	00:02-	
<b>3</b>	<b>Stein Arne Olsen</b>	<b>68</b>	<b>31:15</b>
00:36-	01:01=	01:26=	02:59+
00:36-	00:25+	00:25-	00:45+
00:01-	00:01+	00:04-	00:06#
29:57+	30:46+	31:15+	
01:06-	00:49+	00:29-	
00:01-	00:01+	00:05-	









Class	Navn	Klasse										Tid			
<b>5</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>23:30</b>			
00:59+	02:21+	03:18+	06:25+	08:00+	09:12+	11:13+	13:50+	14:34+	16:13+	17:40+	18:55+	20:16+	22:38+	23:02+	23:30+
00:59+	01:22+	00:57+	03:07+	01:35+	01:12+	02:01+	02:37+	00:44+	01:39+	01:27=	01:15+	01:21+	02:22+	00:24-	00:28+
00:11#	00:20&	00:05+	00:42&	00:22&	00:23&	00:25&	00:35&	00:20&	00:28&	00:00=	00:18&	00:15#	00:33&	00:12-	00:09&
<b>6</b>	<b>Anders H Foss</b>	<b>263</b>										<b>23:39</b>			
00:54+	02:05+	03:05+	05:49+	07:30+	08:29+	10:50+	13:50+	14:19+	16:05+	17:51+	18:49+	20:18+	22:38+	23:06+	23:39+
00:54+	01:11+	01:00+	02:44+	01:41+	00:59+	02:21+	03:00+	00:29+	01:46+	01:46+	00:58+	01:29+	02:20+	00:28-	00:33+
00:06#	00:09#	00:08#	00:19#	00:28&	00:10#	00:45&	00:58&	00:05#	00:35&	00:19#	00:01+	00:23&	00:31&	00:08-	00:14&
<b>7</b>	<b>Lars Erik Ree-Pedersen</b>	<b>263</b>										<b>24:21</b>			
00:55+	02:14+	03:05+	05:54+	07:34+	08:41+	11:07+	13:58+	14:44+	16:19+	18:40+	19:37+	21:15+	23:32+	23:54+	24:21+
00:55+	01:19+	00:51-	02:49+	01:40+	01:07+	02:26+	02:51+	00:46+	01:35+	02:21+	00:57=	01:38+	02:17+	00:22-	00:27+
00:07#	00:17&	00:01-	00:24#	00:27&	00:18&	00:50&	00:49&	00:22&	00:24&	00:54&	00:00=	00:32&	00:28&	00:14-	00:08&
<b>8</b>	<b>Bjørn Kristian Røylund</b>	<b>115</b>										<b>24:32</b>			
00:53+	02:28+	03:23+	06:21+	07:49+	09:05+	10:59+	13:48+	14:46+	16:08+	17:52+	20:06+	21:32+	23:45+	24:10+	24:32+
00:53+	01:35+	00:55+	02:58+	01:28+	01:16+	01:54+	02:49+	00:58+	01:22+	01:44+	02:14+	01:26+	02:13+	00:25-	00:22+
00:05#	00:33&	00:03+	00:33#	00:15#	00:27&	00:18#	00:47&	00:34&	00:11#	00:17#	01:17&	00:20&	00:24#	00:11-	00:03#
<b>9</b>	<b>Nils Egil Lie</b>	<b>91</b>										<b>24:44</b>			
01:00+	02:16+	03:06+	06:14+	07:43+	09:15+	11:37+	14:17+	14:58+	16:35+	18:36+	20:00+	21:49+	24:03+	24:22+	24:44+
01:00+	01:16+	00:50-	03:08+	01:29+	01:32+	02:22+	02:40+	00:41+	01:37+	02:01+	01:24+	01:49+	02:14+	00:19-	00:22+
00:12#	00:14#	00:02-	00:43&	00:16#	00:43&	00:46&	00:38&	00:17&	00:26&	00:34&	00:27&	00:43&	00:25#	00:17-	00:03#
<b>10</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>										<b>24:58</b>			
00:56+	02:47+	03:39+	06:26+	08:09+	09:42+	11:56+	14:46+	15:37+	17:19+	18:54+	19:57+	21:37+	24:12+	24:33+	24:58+
00:56+	01:51+	00:52=	02:47+	01:43+	01:33+	02:14+	02:50+	00:51+	01:42+	01:35+	01:40+	01:03+	02:35+	00:21-	00:25+
00:08#	00:49&	00:00=	00:22#	00:30&	00:44&	00:38&	00:48&	00:27&	00:31&	00:08+	00:06#	00:34&	00:46&	00:15-	00:06&
<b>11</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>										<b>25:01</b>			
01:00+	02:13+	03:04+	05:56+	07:45+	09:11+	11:05+	13:50+	14:36+	16:06+	18:10+	20:15+	21:51+	24:16+	24:37+	25:01+
01:00+	01:13+	00:51-	02:52+	01:49+	01:26+	01:54+	02:45+	00:46+	01:30+	02:04+	02:05+	01:36+	02:25+	00:21-	00:24+
00:12#	00:11#	00:01-	00:27#	00:36&	00:37&	00:18#	00:43&	00:22&	00:19&	00:37&	01:08&	00:30&	00:36&	00:15-	00:05&
<b>12</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>										<b>25:26</b>			
01:11+	02:44+	03:40+	06:34+	08:02+	09:22+	11:19+	14:00+	14:38+	16:17+	18:01+	19:12+	20:45+	24:32+	24:56+	25:26+
01:11+	01:33+	00:56+	02:54+	01:28+	01:20+	01:57+	02:41+	00:38+	01:39+	01:44+	01:11+	01:33+	03:47+	00:24-	00:30+
00:23&	00:31&	00:04+	00:29#	00:15#	00:31&	00:21#	00:39&	00:14&	00:28&	00:17#	00:14#	00:27&	01:58&	00:12-	00:11&
<b>13</b>	<b>Ingvar Haabeth</b>	<b>92</b>										<b>25:50</b>			
00:52+	02:12+	03:02+	08:09+	10:06+	11:21+	13:39+	16:09+	16:43+	18:15+	19:56+	20:51+	22:38+	25:01+	25:20+	25:50+
00:52+	01:20+	00:50-	05:07+	01:57+	01:15+	02:18+	02:30+	00:34+	01:32+	01:41+	00:55-	01:47+	02:23+	00:19-	00:30+
00:04+	00:18&	00:02-	02:42&	00:44&	00:26&	00:42&	00:28#	00:10&	00:21&	00:14#	00:02-	00:41&	00:34&	00:17-	00:11&
<b>14</b>	<b>Frode Ungar</b>	<b>116</b>										<b>25:50</b>			
00:54+	03:08+	04:00+	06:52+	08:08+	10:08+	11:53+	15:40+	16:36+	18:03+	20:49+	21:46+	23:02+	25:01+	25:25+	25:50+
00:54+	02:14+	00:52=	02:52+	01:16+	02:00+	01:45+	03:47+	00:56+	01:27+	02:46+	00:57=	01:16+	01:59+	00:24-	00:25+
00:06#	01:12&	00:00=	00:27#	00:03+	01:11&	00:09+	01:45&	00:32&	00:16#	01:19&	00:00=	00:10#	00:10+	00:12-	00:06&
<b>15</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>27:12</b>			
00:59+	02:57+	03:58+	06:59+	08:41+	10:14+	12:21+	15:28+	16:18+	17:53+	20:04+	21:30+	23:32+	26:21+	26:43+	27:12+
00:59+	01:58+	01:01+	03:01+	01:42+	01:33+	02:07+	03:07+	00:50+	01:35+	02:11+	01:26+	02:02+	02:49+	00:22-	00:29+
00:11#	00:56&	00:09#	00:36#	00:29&	00:44&	00:31&	01:05&	00:26&	00:24&	00:44&	00:29&	00:56&	01:00&	00:14-	00:10&
<b>16</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>27:46</b>			
00:54+	02:03+	02:56+	06:33+	08:09+	09:23+	11:23+	16:15+	16:47+	18:12+	20:28+	23:14+	24:51+	27:09+	27:28+	27:46+
00:54+	01:09+	00:53+	03:37+	01:36+	01:14+	02:00+	04:52+	00:32+	01:25+	02:16+	02:46+	01:37+	02:18+	00:19-	00:18-
00:06#	00:07#	00:01+	01:12&	00:23&	00:25&	00:24#	02:50&	00:08&	00:14#	00:49&	01:49&	00:31&	00:29&	00:17-	00:01-
<b>17</b>	<b>Hans Klausen</b>	<b>62</b>										<b>28:10</b>			
00:59+	04:01+	04:51+	07:56+	09:41+	10:45+	12:48+	15:33+	16:18+	17:56+	19:35+	21:58+	24:33+	26:39+	27:44+	28:10+
00:59+	03:02+	00:50-	03:05+	01:45+	01:04+	02:03+	02:45+	00:45+	01:38+	01:39+	02:23+	02:35+	02:06+	01:05+	00:26+
00:11#	02:00&	00:02-	00:40&	00:32&	00:15&	00:27&	00:43&	00:21&	00:27&	00:12#	01:26&	01:29&	00:17#	00:29&	00:07&
<b>18</b>	<b>Steinar Amundsen</b>	<b>115</b>										<b>28:13</b>			
01:03+	02:30+	03:35+	06:40+	08:21+	09:54+	11:50+	14:45+	15:34+	17:30+	19:33+	21:03+	25:00+	27:22+	27:48+	28:13+
01:03+	01:27+	01:05+	03:05+	01:41+	01:33+	01:56+	02:55+	00:49+	01:56+	02:03+	01:30+	03:57+	02:22+	00:26-	00:25+
00:15&	00:25&	00:13#	00:40&	00:28&	00:44&	00:20#	00:53&	00:25&	00:45&	00:36&	00:33&	02:51&	00:33&	00:10-	00:06&
<b>19</b>	<b>Reidar Haver</b>	<b>4</b>										<b>28:49</b>			
00:59+	02:31+	03:31+	06:28+	08:13+	09:38+	11:54+	18:01+	18:45+	20:35+	22:29+	24:23+	25:53+	28:01+	28:24+	28:49+
00:59+	01:32+	01:00+	02:57+	01:45+	01:25+	02:16+	06:07+	00:44+	01:50+	01:54+	01:54+	01:30+	02:08+	00:23-	00:25+
00:11#	00:30&	00:08#	00:32#	00:32&	00:36&	00:40&	04:05&	00:20&	00:39&	00:27&	00:57&	00:24&	00:19#	00:13-	00:06&



Class	Navn	Klasse											Tid			
<b>35</b>	<b>John Øgreid</b>	<b>27</b>											<b>33:38</b>			
00:51+	02:45+	03:27+	05:58+	07:54+	09:27+	11:39+	20:47+	21:30+	23:05+	25:18+	27:16+	30:02+	32:50+	33:10+	33:38+	
00:51+	01:54+	00:42-	02:31+	01:56+	01:33+	02:12+	09:08+	00:43+	01:35+	02:13+	01:58+	02:46+	02:48+	00:20-	00:28+	
00:03+	00:52&	00:10-	00:06+	00:43&	00:44&	00:36&	07:06@	00:19&	00:24&	00:46&	01:01@	01:40@	00:59&	00:16-	00:09&	
<b>36</b>	<b>Sverre Uhving</b>	<b>105</b>											<b>34:44</b>			
01:09+	03:20+	04:40+	08:29+	10:39+	12:51+	15:43+	19:53+	20:40+	22:48+	25:06+	26:48+	30:30+	33:46+	34:12+	34:44+	
01:09+	02:11+	01:20+	03:49+	02:10+	02:12+	02:52+	04:10+	00:47+	02:08+	02:18+	01:42+	03:42+	03:16+	00:26-	00:32+	
00:21&	01:09@	00:28&	01:24&	00:57&	01:23@	01:16&	02:08@	00:23&	00:57&	00:51&	00:45&	02:36@	01:27&	00:10-	00:13&	
<b>37</b>	<b>Arild Olsen</b>	<b>4</b>											<b>35:58</b>			
01:38+	03:10+	04:25+	07:25+	09:19+	10:45+	13:04+	19:03+	19:49+	21:38+	23:35+	25:24+	27:02+	35:07+	35:29+	35:58+	
01:38+	01:32+	01:15+	03:00+	01:54+	01:26+	02:19+	05:59+	00:46+	01:49+	01:57+	01:49+	01:38+	08:05+	00:22-	00:29+	
00:50@	00:30&	00:23&	00:35#	00:41&	00:37&	00:43&	03:57@	00:22&	00:38&	00:30&	00:52&	00:32&	06:16@	00:14-	00:10&	
<b>38</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>											<b>36:40</b>			
01:01+	02:39+	03:56+	07:53+	10:05+	12:01+	14:41+	17:54+	18:45+	20:58+	23:33+	28:32+	32:02+	35:39+	36:11+	36:40+	
01:01+	01:38+	01:17+	03:57+	02:12+	01:56+	02:40+	03:13+	00:51+	02:13+	02:35+	04:59+	03:30+	03:37+	00:32-	00:29+	
00:13&	00:36&	00:25&	01:32&	00:59&	01:07@	01:04&	01:11&	00:27@	01:02&	01:08&	04:02@	02:24@	01:48&	00:04-	00:10&	
<b>39</b>	<b>Sverre Sørheim</b>	<b>7</b>											<b>36:45</b>			
01:05+	03:08+	04:10+	08:27+	10:42+	12:08+	14:31+	17:59+	18:48+	20:48+	23:22+	25:18+	26:55+	33:47+	34:20+	35:50+	
01:05+	02:03+	01:02+	04:17+	02:15+	01:26+	02:23+	03:28+	00:49+	02:00+	02:34+	01:56+	01:37+	06:52+	00:33-	01:30+	
00:17&	01:01&	00:10#	01:52&	01:02&	00:37&	00:47&	01:26&	00:25@	00:49&	01:07&	00:59@	00:31&	05:03@	00:03-	01:11@	
<b>40</b>	<b>Per Bakken</b>	<b>5</b>											<b>37:12</b>			
01:01+	03:52+	05:03+	08:54+	10:53+	12:54+	15:49+	20:38+	21:35+	24:11+	26:47+	30:01+	32:05+	36:11+	36:42+	37:12+	
01:01+	02:51+	01:11+	03:51+	01:59+	01:59+	02:55+	04:49+	00:57+	02:36+	02:36+	03:14+	02:04+	04:06+	00:31-	00:30+	
00:13&	01:49@	00:19&	01:26&	00:46&	01:12@	01:19&	02:47@	00:33@	01:25@	01:09&	02:17@	00:58&	02:17@	00:05-	00:11&	
<b>41</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>											<b>39:12</b>			
01:08+	02:53+	03:55+	08:02+	11:51+	13:55+	17:11+	22:30+	25:05+	27:46+	30:00+	32:13+	34:47+	38:12+	38:39+	39:12+	
01:08+	01:45+	01:02+	04:07+	03:49+	02:04+	03:16+	05:19+	02:35+	02:41+	02:14+	02:13+	02:34+	03:25+	00:27-	00:33+	
00:20&	00:43&	00:10#	01:42&	02:36@	01:15@	01:40@	03:17@	02:11@	01:30@	00:47&	01:16@	01:28@	01:36&	00:09-	00:14&	
<b>42</b>	<b>Christoffer Soma</b>	<b>286</b>											<b>39:13</b>			
01:31+	04:06+	05:00+	08:36+	10:26+	13:23+	15:14+	26:09+	26:48+	28:52+	31:40+	33:10+	35:12+	38:21+	38:44+	39:13+	
01:31+	02:35+	00:54+	03:36+	01:50+	02:57+	01:51+	10:55+	00:39+	02:04+	02:48+	01:30+	02:02+	03:09+	00:23-	00:29+	
00:43&	01:33@	00:02+	01:11&	00:37&	02:08@	00:15#	08:53@	00:15&	00:53&	01:21&	00:33&	00:56&	01:20&	00:13-	00:10&	
<b>43</b>	<b>Jon Grepstad</b>	<b>111</b>											<b>41:27</b>			
05:57+	07:15+	08:37+	12:51+	15:42+	17:28+	20:57+	26:07+	27:04+	29:16+	31:54+	34:20+	36:33+	40:25+	40:51+	41:27+	
05:57+	01:18+	01:22+	04:14+	02:51+	01:46+	03:29+	05:10+	00:57+	02:12+	02:38+	02:26+	02:13+	03:52+	00:26-	00:36&	
05:09@	00:16&	00:30&	01:49&	01:38@	00:57@	01:53@	03:08@	00:33@	01:01&	01:11&	01:29@	01:07@	02:03@	00:10-	00:17&	
<b>44</b>	<b>Harald Nilsen</b>	<b>79</b>											<b>44:11</b>			
01:43+	03:15+	04:19+	08:09+	10:10+	11:38+	14:34+	27:36+	28:26+	30:26+	34:02+	35:45+	37:56+	43:14+	43:42+	44:11+	
01:43+	01:32+	01:04+	03:50+	02:01+	01:28+	02:56+	13:02+	00:50+	02:00+	03:36+	01:43+	02:11+	05:18+	00:28-	00:29+	
00:55@	00:30&	00:12#	01:25&	00:48&	00:39&	01:20&	11:00@	00:26@	00:49&	02:09@	00:46&	01:05&	03:29@	00:08-	00:10&	
<b>45</b>	<b>Ove Vatland</b>	<b>128</b>											<b>46:00</b>			
01:32+	05:16+	06:30+	10:45+	13:08+	14:34+	17:16+	31:53+	32:54+	35:09+	37:22+	39:07+	41:26+	44:48+	45:18+	46:00+	
01:32+	03:44+	01:14+	04:15+	02:23+	01:26+	02:42+	14:37+	01:01+	02:15+	02:13+	01:45+	02:19+	03:22+	00:30-	00:42+	
00:44&	02:42@	00:22&	01:50&	01:10&	00:37&	01:06&	12:35@	00:37@	01:04&	00:46&	00:48&	01:13@	01:33&	00:06-	00:23@	
<b>46</b>	<b>Svein Inge Sævereid</b>	<b>126</b>											<b>47:15</b>			
01:42+	06:37+	08:10+	13:48+	16:49+	18:58+	22:45+	29:43+	31:32+	34:22+	37:03+	38:48+	42:01+	45:38+	46:18+	47:15+	
01:42+	04:55+	01:33+	05:38+	03:01+	02:09+	03:47+	06:58+	01:49+	02:50+	02:41+	01:45+	03:13+	03:37+	00:40+	00:57+	
00:54@	03:53@	00:41&	03:13@	01:48@	01:20@	02:11@	04:56@	01:25@	01:39@	01:14&	00:48&	02:07@	01:48&	00:04#	00:38@	
<b>47</b>	<b>Svein-Tore Brundtland</b>	<b>27</b>											<b>49:22</b>			
00:58+	02:37+	03:34+	07:07+	08:56+	10:37+	12:51+	20:25+	20:56+	22:44+	25:26+	26:40+	28:23+	48:36+	48:59+	49:22+	
00:58+	01:39+	00:57+	03:33+	01:49+	01:41+	02:14+	07:34+	00:31+	01:48+	02:42+	01:14+	01:43+	20:13+	00:23-	00:23+	
00:10#	00:37&	00:05+	01:08&	00:36&	00:52@	00:38&	05:32@	00:07&	00:37&	01:15&	00:17&	00:37&	18:24@	00:13-	00:04#	
<b>48</b>	<b>Arthur Christiansen</b>	<b>93</b>											<b>53:02</b>			
02:06+	06:54+	08:52+	15:08+	18:20+	21:21+	25:33+	31:54+	33:21+	36:44+	40:36+	42:39+	45:55+	51:21+	52:03+	53:02+	
02:06+	04:48+	01:58+	06:16+	03:12+	03:01+	04:12+	06:21+	01:27+	03:23+	03:52+	02:03+	03:16+	05:26+	00:42+	00:59+	
01:18@	03:46@	01:06@	03:51@	01:59@	02:12@	02:36@	04:19@	01:03@	02:12@	02:25@	01:06@	02:10@	03:37@	00:06#	00:40@	
<b>49</b>	<b>Sverre Vareberg</b>	<b>7</b>											<b>58:03</b>			
01:46+	04:25+	05:55+	11:43+	16:32+	19:30+	24:54+	30:37+	31:50+	35:38+	39:02+	44:42+	49:12+	56:09+	56:52+	58:03+	
01:46+	02:39+	01:30+	05:48+	04:49+	02:58+	05:24+	05:43+	01:13+	03:48+	03:24+	05:40+	04:30+	06:57+	00:43+	01:11+	
00:58@	01:37@	00:38&	03:23@	03:36@	02:09@	03:48@	03:41@	00:49@	02:37@	01:57@	04:43@	03:24@	05:08@	00:07#	00:52@	

Class	Navn	Klasse														Tid
<b>50</b>	<b>Inge Grødem</b>	<b>92</b>														<b>1:07:06</b>
01:25+	03:26+	04:41+	09:14+	12:10+	14:03+	17:21+	39:25+	40:43+	42:57+	45:24+	54:05+	56:26+	65:46+	66:20+	67:06+	
01:25+	02:01+	01:15+	04:33+	02:56+	01:53+	03:18+	22:04+	01:18+	02:14+	02:27+	08:41+	02:21+	09:20+	00:34-	00:46+	
00:37&	00:59&	00:23&	02:08&	01:43@	01:04@	01:42@	20:02@	00:54@	01:03&	01:00&	07:44@	01:15@	07:31@	00:02-	00:27@	

**Beste strekktid for klassen**

00:35 01:01 00:39 02:11 01:13 00:47 01:29 02:02 00:24 00:34 01:17 00:55 01:06 01:34 00:19 00:18

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