

Class	Navn	Klasse	Tid																						
15	Anna Berthelsen	117	44:21																						
01:03-	01:58-	03:15-	04:32-	08:40+	10:35+	12:14+	14:57+	16:50+	20:25+	22:59+	23:51+	26:55+	28:21+	30:19+	31:58+	33:33+	34:42+	36:05+	37:43+	38:22+	40:44+	42:50+	43:14+	44:21+	
01:03-	00:55+	01:17-	01:17+	04:08+	01:55-	01:39+	02:43+	01:53+	03:35+	02:34+	00:52+	03:04+	01:26+	01:58+	01:39+	01:35+	01:09+	01:23-	01:38+	00:39+	02:22+	02:06+	00:24+	01:07+	
00:25-	00:09#	00:07-	00:09#	00:57&	00:26-	00:36&	01:20&	00:53&	00:13+	01:03&	00:10#	00:30#	00:17#	00:26&	00:31&	00:30&	00:17&	00:13-	00:20&	00:09&	00:41&	00:33&	00:05&	00:18&	
16	Camilla Frafjord Haarr	116	44:24																						
02:41+	03:31+	04:39+	05:49+	09:43+	12:27+	14:07+	17:29+	19:52+	22:49+	24:40+	25:23+	28:19+	29:53+	32:16+	33:43+	35:12+	36:14+	37:25+	38:45+	39:24+	40:46+	42:54+	43:23+	44:24+	
02:41+	00:50+	01:08-	01:10+	03:54+	02:44+	01:40+	03:22+	02:23+	02:57-	01:51+	00:43+	02:56+	01:34+	02:23+	01:27+	01:29+	01:02+	01:11-	01:20+	00:39+	01:22-	02:08+	00:29+	01:01+	
01:13&	00:04+	00:16-	00:02+	00:43#	00:23#	00:37&	01:59@	01:23@	00:25-	00:20#	00:01+	00:22#	00:25&	00:51&	00:19&	00:24&	00:10#	00:25-	00:02+	00:09&	00:19-	00:35&	00:10&	00:12#	
17	Anne M. Enne Haug	117	45:08																						
01:08-	02:04-	02:46-	04:31-	08:28+	10:34+	12:20+	14:17+	15:45+	18:54+	21:06+	21:43+	25:08+	27:17+	29:28+	30:51+	32:39+	34:06+	35:50+	37:30+	38:06+	40:18+	43:27+	43:56+	45:08+	
01:08-	00:56+	00:42-	01:45+	03:57+	02:06-	01:46+	01:57+	01:28+	03:09-	02:12+	00:37-	03:25+	02:09+	02:11+	01:23+	01:48+	01:27+	01:44+	01:40+	00:36+	02:12+	03:09+	00:29+	01:12+	
00:20-	00:10#	00:12-	00:37&	00:46#	00:15-	00:43&	00:34&	00:28&	00:13-	00:41&	00:05-	00:51&	01:00+	00:39&	00:15#	00:43&	00:35&	00:08+	00:22&	00:06#	00:31&	01:36@	00:10&	00:23&	
18	Marie Sjursen	117	46:53																						
01:15-	02:22+	05:55+	07:10+	10:52+	12:52+	15:05+	17:52+	19:34+	23:00+	25:15+	25:49+	29:01+	30:42+	33:18+	34:45+	36:09+	37:22+	39:24+	41:02+	41:41+	43:27+	45:27+	45:47+	46:53+	
01:15-	01:07+	03:33+	01:15+	03:42+	02:00-	02:13+	02:47+	01:42+	03:26+	02:15+	00:34-	03:12+	01:41+	02:36+	01:27+	01:24+	01:13+	02:02+	01:38+	00:39+	01:46+	02:00+	00:20+	01:06+	
00:13-	00:21&	02:09@	00:07#	00:31#	00:21-	01:10@	01:24@	00:42&	00:04+	00:44&	00:08-	00:38#	00:32&	01:04&	00:19&	00:19&	00:21&	00:26&	00:20&	00:09&	00:05+	00:27&	00:01+	00:17&	
19	Marita Skorpe	74	47:34																						
01:36+	02:24+	03:29-	04:54+	10:05+	13:25+	15:17+	18:20+	20:50+	23:59+	25:45+	26:20+	29:24+	31:01+	33:20+	34:42+	36:05+	38:07+	39:40+	41:08+	41:45+	43:52+	46:01+	46:24+	47:34+	
01:36+	00:48+	01:05-	01:25+	05:11+	03:20+	01:52+	03:03+	02:30+	03:09-	01:46+	00:35-	03:04+	01:37+	02:19+	01:22+	01:23+	02:02+	01:33-	01:28+	00:37+	02:07+	02:09+	00:23+	01:10+	
00:08+	00:02+	00:19-	00:17-	02:00&	00:59&	00:49&	01:40@	01:30@	00:13-	00:17#	00:07-	00:30#	00:28&	00:47&	00:14#	00:18&	01:10@	00:03-	00:10#	00:07#	00:26&	00:04#	00:21&	00:21&	
20	Rønnaug Egeland	154	48:16																						
00:52-	01:46-	02:52-	04:09-	08:27+	10:10-	11:41+	15:07+	18:40+	21:12+	23:06+	23:44+	26:39+	28:27+	30:49+	32:03+	33:30+	34:49+	40:44+	42:25+	43:04+	44:46+	46:50+	47:12+	48:16+	
00:52-	00:54+	01:06-	01:17+	04:18+	01:43-	01:31+	03:26+	03:33+	02:32-	01:54+	00:38-	02:55+	01:48+	02:22+	01:14+	01:27+	01:19+	05:55+	01:41+	00:39+	01:42+	02:04+	00:22+	01:04+	
00:36-	00:08#	00:18-	00:09#	01:07&	00:38-	00:28&	02:03@	02:33@	00:50-	00:23&	00:04-	00:21#	00:39&	00:50&	00:06+	00:22&	00:27&	04:19@	00:23&	00:09&	00:01+	00:31&	00:03#	00:15&	
21	Anne Tove Puntervold	105	49:24																						
01:18-	02:22+	03:42+	05:11+	09:24+	11:13+	13:08+	15:17+	18:04+	21:28+	23:58+	25:08+	28:14+	29:48+	32:07+	33:50+	36:25+	37:49+	41:58+	43:30+	44:11+	45:50+	47:56+	48:18+	49:24+	
01:18-	01:04+	01:20-	01:29+	04:13+	01:49-	01:55+	02:09+	02:47+	03:24+	02:30+	01:10+	03:06+	01:34+	02:19+	01:43+	02:35+	01:24+	04:09+	01:32+	00:41+	01:39-	02:06+	00:22+	01:06+	
00:10-	00:18&	00:04-	00:21&	01:02&	00:32-	00:52&	00:46&	01:47@	00:02+	00:59&	00:28&	00:32#	00:25&	00:47&	00:35&	01:30@	00:32&	02:33@	00:14#	00:11&	00:02-	00:33&	00:03#	00:17&	
22	Heidi Nordaunet	126	51:46																						
00:54-	01:48-	05:10+	06:17+	10:18+	12:25+	14:24+	16:06+	17:27+	20:54+	23:09+	24:18+	27:26+	29:38+	32:00+	34:05+	35:50+	37:10+	42:49+	44:41+	45:19+	47:49+	50:02+	50:30+	51:46+	
00:54-	00:54+	03:22+	01:07-	04:01+	02:07-	01:59+	01:42+	01:21+	03:27+	02:15+	01:09+	03:08+	02:12+	02:22+	02:05+	01:45+	01:20+	05:39+	01:52+	00:38+	02:30+	02:13+	00:28+	01:16+	
00:34-	00:08#	01:58@	00:01-	00:50&	00:14-	00:56&	00:19#	00:21&	00:05+	00:44&	00:27&	00:34#	01:03&	00:50&	00:57&	00:40&	00:28&	04:03@	00:34&	00:08&	00:49&	00:40&	00:09&	00:27&	
23	Ingunn Bergheim Landsnes	74	52:12																						
01:00-	01:59-	02:45-	04:00-	08:35+	13:59+	16:27+	18:22+	19:55+	23:49+	26:35+	27:18+	30:53+	32:41+	35:25+	37:00+	38:38+	40:01+	42:38+	44:34+	45:24+	48:05+	50:29+	50:56+	52:12+	
01:00-	00:59+	00:46-	01:15+	04:35+	05:24+	02:28+	01:55+	01:33+	03:54+	02:46+	00:43+	03:35+	01:48+	02:44+	01:35+	01:38+	01:23+	02:37+	01:56+	00:50+	02:41+	02:24+	00:27+	01:16+	
00:28-	00:13&	00:38-	00:07#	01:24&	03:03@	01:25@	00:32&	00:33&	00:32#	01:15&	00:01+	01:01&	00:39&	01:12&	00:27&	00:33&	00:31&	01:01&	00:38&	00:20&	01:00&	00:51&	00:08&	00:27&	
24	Bodil Krogedal	126	58:35																						
01:00-	02:00-	04:45+	06:13+	11:04+	13:41+	15:18+	29:02+	31:00+	33:43+	35:35+	36:20+	39:21+	40:58+	45:51+	47:08+	48:42+	49:39+	50:55+	52:39+	53:33+	55:00+	57:15+	57:36+	58:35+	
01:00-	01:00+	02:45+	01:28+	04:51+	02:37+	01:37+	13:44+	01:58+	02:43-	01:52+	00:45+	03:01+	01:37+	04:53+	01:17+	01:34+	00:57+	01:16-	01:44+	00:54+	01:27-	02:15+	00:21+	00:59+	
00:28-	00:14&	01:21&	00:20&	01:40&	00:16#	00:34&	02:21@	00:58&	00:39-	00:21#	00:03+	00:27#	00:28&	03:21@	00:09#	00:29&	00:05+	00:20-	00:26&	00:24&	00:14-	00:42&	00:02#	00:10#	
25	Lise Nessa Di Lorenzo	168	59:20																						
01:24-	02:59+	06:33+	07:59+	11:58+	16:01+	17:55+	19:49+	21:35+	24:25+	26:42+	27:35+	31:32+	33:08+	37:49+	39:57+	42:20+	43:44+	48:13+	50:02+	50:53+	53:24+	56:58+	57:46+	58:09+	59:20+
01:24-	01:35+	03:34+	01:26+	03:59+	04:03+	01:54+	01:54+	01:46+	02:50-	02:17+	00:53+	03:57+	01:36+	04:41+	02:08+	02:23+	01:24+	04:29+	01:49+	00:51+	02:31+	03:34+	00:48+	00:23-	01:11+
00:04-	00:49@	02:10@	00:18&	00:48&	01:42&	00:51&	00:31&	00:46&	00:32-	00:46&	00:11&	01:23&	00:27&	03:09@	01:00&	01:18@	00:32&	02:53@	00:31&	00:21&	00:50&	02:01@	00:29@	00:26-	01:11+
26	Ingrid Lycke Austbø	109	1:00:11																						
00:56-	01:46-	04:16+	06:08+	10:48+	14:32+	16:32+	19:18+	20:22+	24:54+	27:37+	28:34+	36:49+	38:02+	45:22+	46:46+	48:02+	49:56+	51:18+	53:07+	54:05+	56:30+	58:39+	59:07+	60:11+	
00:56-	00:50+	02:30+	01:52+	04:40+	03:44+	02:00+	02:46+	01:04+	04:32+	02:43+	00:57+	08:15+	01:13+	07:20+	01:24+	01:16+	01:54+	01:22-	01:49+	00:58+	02:25+	02:09+	00:28+	01:04+	
00:32-	00:04+	01:06&	00:44&	01:29&	01:23&	00:57&	01:23&	00:04+	01:10&	01:12&	00:15&	05:41@	00:04+	05:48@	00:16#	00:11#	01:02@	00:14-	00:31&	00:28&	00:44&	00:36&	00:09&	00:15&	
27	Maren Heradstveit	76	1:00:43																						
02:55+	08:21+	08:40+	10:02+	14:11+	17:03+	18:29+	32:10+	34:04+	39:37+	41:05+	42:23+	45:09+	46:20+	48:45+	49:55+	51:42+	52:48+	54:06+	55:41+	56:32+	57:51+	59:26+	59:46+	60:43+	
02:55+	05:26+	00:19-	01:22+	04:09+	02:52+	01:26+	13:41+	01:54+	05:33+	01:28-	01:18+	02:46+	01:11+	02:25+	01:10+	01:47+	01:06+	01:18-	01:35+	00:51+	01:19-	01:35+	00:20+	00:57+	
01:27&	04:40@	01:05-	00:14#	00:58&	00:31#	00:23&	12:18@	00:54&	02:11&	00:03-	00:36&	00:12+	00:02+	00:53&	00:02+	00:42&	00:14&	00:18-	00:17#	00:21&	00:22-	00:02+	00:01+	00:08#	
28	Nithya Mohan	136	1:26:07																						
03:34+	05:02+	06:38+	08:34+	15:43+	19:08+	21:53+	35:02+	39:00+	47:15+	51:19+	52:29+	57:07+													

Class	Navn	Klasse																			Tid				
30	Leni Marøen	27																			1:36:37				
02:57+	05:24+	07:02+	08:42+	16:55+	43:25+	45:14+	56:49+	58:01+	62:11+	67:53+	68:28+	72:51+	74:16+	77:14+	78:39+	80:16+	81:37+	88:07+	90:08+	90:47+	92:35+	94:50+	95:13+	96:37+	
02:57+	02:27+	01:38+	01:40+	08:13+	26:30+	01:49+	11:35+	01:12+	04:10+	05:42+	00:35-	04:23+	01:25+	02:58+	01:25+	01:37+	01:21+	06:30+	02:01+	00:39+	01:48+	02:15+	00:23+	01:24+	
01:29@	01:41@	00:14#	00:32&	05:02@	24:09@	00:46&	10:12@	00:12#	00:48#	04:11@	00:07-	01:49&	00:16#	01:26&	00:17#	00:32&	00:29&	04:54@	00:43&	00:09&	00:07+	00:42&	00:04#	00:35&	
Beste strekktid for klassen																									
00:47	00:40	00:18	01:00	02:29	01:13	01:03	01:23	00:48	02:02	01:28	00:26	02:25	01:09	01:26	01:08	00:58	00:51	01:06	01:15	00:30	01:11	01:33	00:19	00:23	

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

Damer 40 - 49 år

1	Nina Svensen	2																			38:15				
02:33=	03:47=	04:46=	08:14=	10:17=	15:18=	17:15=	18:12=	20:46=	22:42=	27:10=	29:00=	30:23=	31:21=	32:53=	34:43=	36:53=	37:12=	38:15=							
02:33=	01:14=	00:59=	03:28=	02:03=	05:01=	01:57=	00:57=	02:34=	01:56=	04:28=	01:50=	01:23=	00:58=	01:32=	01:50=	02:10=	00:19=	01:03=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Hege Anita H. Nielsen	48																			39:09				
02:03-	03:23-	04:17-	07:37-	09:17-	10:55-	12:45-	13:58-	17:07-	19:09-	23:38-	28:03-	29:30-	30:34-	32:16-	34:32-	37:36+	38:00+	39:09+							
02:03-	01:20+	00:54-	03:20-	01:40-	01:38-	01:50-	01:13+	03:09+	02:02+	04:29+	04:25+	01:27+	01:04+	01:42+	02:16+	03:04+	00:24+	01:09+							
00:30-	00:06+	00:05-	00:08-	00:23-	03:23-	00:07-	00:16&	00:35#	00:06+	00:01+	02:35@	00:04+	00:04#	00:10#	00:26#	00:54&	00:05&	00:06+							
3	Berit Våg Aksland	116																			39:31				
02:17-	03:25-	04:10-	07:06-	09:05-	11:22-	14:15-	18:38+	20:59+	22:33-	26:44-	29:17+	31:20+	32:47+	34:30+	36:20+	38:18+	38:37+	39:31+							
02:17-	01:08-	00:45-	02:56-	01:59-	02:17-	02:53+	04:23+	02:21-	01:34-	04:11-	02:33+	02:03+	01:27+	01:43+	01:50=	01:58-	00:19=	00:54-							
00:16-	00:06-	00:14-	00:32-	00:04-	02:44-	00:56&	03:26@	00:13-	00:22-	00:17-	00:43&	00:40&	00:29&	00:11#	00:00=	00:12-	00:00=	00:09-							
4	Monica Gilje Rennemo	92																			39:35				
02:34+	03:52+	04:51+	08:44+	11:31+	13:24+	15:48-	17:04-	19:58-	21:56-	26:43-	28:48-	30:26+	31:35+	33:22+	35:18+	37:48+	38:12+	39:35+							
02:34+	01:18+	00:59=	03:53+	02:47+	01:53-	02:24+	01:16+	02:54+	01:58+	04:47+	02:05+	01:38+	01:09+	01:47+	01:56+	02:30+	00:24+	01:23+							
00:01+	00:04+	00:00=	00:25#	00:44&	03:08-	00:27#	00:19&	00:20#	00:02+	00:19+	00:15#	00:15#	00:11#	00:15#	00:06+	00:20#	00:05&	00:20&							
5	Iren Undheim Øgreid	62																			40:32				
02:18-	04:35+	05:24+	08:23+	10:20+	11:56-	18:17+	19:35+	22:02+	23:33+	28:03+	29:51+	31:47+	33:10+	34:54+	37:13+	39:07+	39:31+	40:32+							
02:18-	02:17+	00:49-	02:59-	01:57-	01:36-	06:21+	01:18+	02:27-	01:31-	04:30+	01:48-	01:56+	01:23+	01:44+	02:19+	01:54-	00:24+	01:01-							
00:15-	01:03&	00:10-	00:29-	00:06-	03:25-	04:24@	00:21&	00:07-	00:25-	00:02+	00:02-	00:33&	00:25&	00:12#	00:29&	00:16-	00:05&	00:02-							
6	Linda Mari Vestvik	62																			43:09				
04:40+	10:06+	11:06+	11:55+	15:03+	16:37+	18:18+	20:18+	21:27+	24:13+	25:50-	29:58+	31:50+	33:16+	35:21+	37:11+	39:33+	41:38+	42:07+	43:09+						
04:40+	05:26+	01:00+	00:49-	03:08+	01:34-	01:41-	02:00+	01:09-	02:46+	01:37-	04:08+	01:52+	01:26+	02:05+	01:50=	02:22+	02:05+	00:29-	01:02+						
02:07&	04:12@	00:01+	02:39-	01:05&	03:27-	00:16-	01:03@	01:25-	00:50&	02:51-	02:18@	00:29&	00:28&	00:33&	00:00=	00:12+	01:46@	00:34-	01:02+						
7	Hilde Frøytlog Karlsen	235																			44:20				
04:15+	05:43+	07:02+	11:01+	13:02+	15:08-	18:01+	19:20+	22:28+	24:41+	30:05+	32:33+	34:14+	35:32+	37:25+	39:45+	42:19+	42:50+	44:20+							
04:15+	01:28+	01:19+	03:59+	02:01-	02:06-	02:53+	01:19+	03:08+	02:13+	05:24+	02:28+	01:41+	01:18+	01:53+	02:20+	02:34+	00:31+	01:30+							
01:42&	00:14#	00:20&	00:31#	00:02-	02:55-	00:56&	00:22&	00:34#	00:17#	00:56#	00:38&	00:18#	00:20&	00:21#	00:30&	00:24#	00:12&	00:27&							
8	Astrid Espe	80																			46:57				
03:11+	05:02+	07:22+	11:16+	13:15+	15:13-	18:09+	19:33+	22:47+	24:56+	32:04+	34:21+	36:06+	37:29+	39:21+	42:18+	45:02+	45:32+	46:57+							
03:11+	01:51+	02:20+	03:54+	01:59-	01:58-	02:56+	01:24+	03:14+	02:09+	07:08+	02:17+	01:45+	01:23+	01:52+	02:57+	02:44+	00:30+	01:25+							
00:38#	00:37&	01:21@	00:26#	00:04-	03:03-	00:59&	00:27&	00:40&	00:13#	02:40&	00:27#	00:22&	00:25&	00:20#	01:07&	00:34&	00:11&	00:22&							
9	Siv Skretting	93																			47:28				
02:47+	04:52+	05:55+	11:38+	15:22+	17:54+	22:25+	24:06+	26:44+	28:29+	33:13+	35:16+	37:08+	38:22+	40:30+	43:06+	45:40+	46:13+	47:28+							
02:47+	02:05+	01:03+	05:43+	03:44+	02:32-	04:31+	01:41+	02:38+	01:45-	04:44+	02:03+	01:52+	01:14+	02:08+	02:36+	02:34+	00:33+	01:15+							
00:14+	00:51&	00:04+	02:15&	01:41&	02:29-	02:34@	00:44&	00:04+	00:11-	00:16+	00:13#	00:29&	00:16&	00:36&	00:46&	00:24#	00:14&	00:12#							
10	Ragnhild Båtnes Berntsen	101																			49:11				
02:58+	05:48+	06:50+	11:01+	13:26+	15:31+	19:14+	21:05+	24:27+	26:33+	32:33+	34:54+	39:04+	40:41+	42:30+	44:55+	47:21+	47:50+	49:11+							
02:58+	02:50+	01:02+	04:11+	02:25+	02:05-	03:43+	01:51+	03:22+	02:06+	06:00+	02:21+	04:10+	01:37+	01:49+	02:25+	02:26+	00:29+	01:21+							
00:25#	01:36@	00:03+	00:43#	00:22#	02:56-	01:46&	00:54&	00:48&	00:10+	01:32&	00:31&	02:47@	00:39&	00:17#	00:35&	00:16#	00:10&	00:18&							
11	Tove Irene Asheim	116																			50:36				
02:59+	05:00+	06:05+	11:01+	13:09+	15:31+	18:06+	19:47+	23:13+	25:27+	34:12+	37:13+	39:13+	40:29+	42:31+	45:01+	48:13+	48:47+	50:36+							
02:59+	02:01+	01:05+	04:56+	02:08+	02:22-	02:35+	01:41+	03:26+	02:14+	08:45+	03:01+	02:00+	01:16+	02:02+	02:30+	03:12+	00:34+	01:49+							
00:26#	00:47&	00:06#	01:28&	00:05+	02:39-	00:38&	00:44&	00:52&	00:18#	04:17&	01:11&	00:37&	00:18&	00:30&	00:40&	01:02&	00:15&	00:46&							
12	Grethe Thu Skadberg	128																			52:33				
04:11+	09:42+	12:42+	16:11+	17:43+	19:40+	23:23+	24:46+	27:31+	29:29+	34:32+	37:19+	40:47+	41:59+	43:29+	48:46+	50:57+	51:24+	52:33+							
04:11+	05:31+	03:00+	03:29+	01:32-	01:57-	03:43+	01:23+	02:45+	01:58+	05:03+	02:47+	03:28+	01:12+	01:30-	05:17+	02:11+	00:27+	01:09+							
01:38&	04:17@	02:01@	00:01+	00:31-	03:04-	01:46&	00:26&	00:11+	00:02+	00:35#	00:57&	02:05@	00:14#	00:02-	03:27@	00:01+	00:08&	00:06+							

Class	Navn	Klasse										Tid							
13	Toril Dahle	116										53:17							
03:14+	04:36+	05:39+	09:21+	11:45+	14:02-	16:35-	27:05+	30:39+	32:28+	38:03+	40:54+	42:43+	44:23+	46:43+	49:20+	51:31+	51:56+	53:17+	
03:14+	01:22+	01:03+	03:42+	02:24+	02:17-	02:33+	10:30+	03:34+	01:49-	05:35+	02:51+	01:49+	01:40+	02:20+	02:37+	02:11+	00:25+	01:21+	
00:41&	00:08#	00:04+	00:14+	00:21#	02:44-	00:36&	09:33@	01:00&	00:07-	01:07#	01:01&	00:26&	00:42&	00:48&	00:47&	00:01+	00:06&	00:18&	

Beste strekktid for klassen

02:03	01:08	00:45	00:49	01:32	01:34	01:41	00:57	01:09	01:31	01:37	01:48	01:23	00:58	01:30	01:50	01:54	00:19	00:29
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Damer 50 - 59 år

1	Gunn J. Grefstad										2	33:09							
02:06=	03:29=	04:15=	07:08=	08:36=	10:07=	12:02=	13:07=	15:46=	17:24=	22:02=	23:54=	25:13=	26:15=	27:46=	29:43=	31:45=	32:09=	33:09=	
02:06=	01:23=	00:46=	02:53=	01:28=	01:31=	01:55=	01:05=	02:39=	01:38=	04:38=	01:52=	01:19=	01:02=	01:31=	01:57=	02:02=	00:24=	01:00=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Amanda Renshaw										101	37:49							
02:05-	03:19-	04:14-	08:02+	11:01+	12:38+	14:48+	16:05+	18:59+	20:46+	25:43+	27:52+	29:21+	30:36+	32:10+	34:01+	36:16+	36:40+	37:49+	
02:05-	01:14-	00:55+	03:48+	02:59+	01:37+	02:10+	01:17+	02:54+	01:47+	04:57+	02:09+	01:29+	01:15+	01:34+	01:51-	02:15+	00:24=	01:09+	
00:01-	00:09-	00:09#	00:55&	01:31@	00:06+	00:15#	00:12#	00:15+	00:09+	00:19+	00:17#	00:10#	00:13#	00:03+	00:06-	00:13#	00:00=	00:09#	

3	Ingunn Voilås										29	38:51							
02:42+	04:10+	05:13+	09:07+	10:50+	12:45+	14:44+	16:04+	18:54+	21:01+	25:37+	28:09+	29:41+	30:59+	32:51+	34:43+	37:04+	37:34+	38:51+	
02:42+	01:28+	01:03+	03:54+	01:43+	01:55+	01:59+	01:20+	02:50+	02:07+	04:36-	02:32+	01:32+	01:18+	01:52+	01:52-	02:21+	00:30+	01:17+	
00:36&	00:05+	00:17&	01:01&	00:15#	00:24&	00:04+	00:15#	00:11+	00:29&	00:02-	00:40&	00:13#	00:16&	00:21#	00:05-	00:19#	00:06#	00:17&	

4	Hanne-Keth Qvale										113	39:02							
02:30+	03:41+	04:45+	07:58+	09:56+	11:43+	17:12+	18:52+	21:34+	23:16+	27:10+	29:23+	30:54+	31:55+	33:40+	35:33+	37:32+	37:55+	39:02+	
02:30+	01:11-	01:04+	03:13+	01:58+	01:47+	05:29+	01:40+	02:42+	01:42+	03:54-	02:13+	01:31+	01:01-	01:45+	01:53-	01:59-	00:23-	01:07+	
00:24#	00:12-	00:18&	00:20#	00:30&	00:16#	03:34@	00:35&	00:03+	00:04+	00:44-	00:21#	00:12#	00:01-	00:14#	00:04-	00:03-	00:01-	00:07#	

5	Liv Omdal										116	40:24							
03:51+	05:08+	06:24+	09:54+	12:41+	14:30+	16:59+	18:18+	21:12+	23:01+	27:54+	30:05+	31:56+	32:57+	34:42+	36:36+	38:44+	39:10+	40:24+	
03:51+	01:17-	01:16+	03:30+	02:47+	01:49+	02:29+	01:19+	02:54+	01:49+	04:53+	02:11+	01:51+	01:01-	01:45+	01:54-	02:08+	00:26+	01:14+	
01:45&	00:06-	00:30&	00:37#	01:19&	00:18#	00:34&	00:14#	00:15+	00:11#	00:15+	00:19#	00:32&	00:01-	00:14#	00:03-	00:06+	00:02+	00:14#	

6	Rowena Naile										42	41:09							
02:21+	03:34+	04:18+	08:27+	10:52+	12:59+	19:14+	20:42+	23:04+	24:29+	28:41+	30:44+	31:51+	32:45+	34:21+	37:40+	39:56+	40:17+	41:09+	
02:21+	01:13-	00:44-	04:09+	02:25+	02:07+	06:15+	01:28+	02:22-	01:25-	04:12-	02:03+	01:07-	00:54-	01:36+	03:19+	02:16+	00:21-	00:52-	
00:15#	00:10-	00:02-	01:16&	00:57&	00:36&	04:20@	00:23&	00:17-	00:13-	00:26-	00:11+	00:12-	00:08-	00:05+	01:22&	00:14#	00:03-	00:08-	

7	Torill Andersen										116	41:17							
02:39+	04:11+	05:13+	09:12+	13:32+	15:41+	17:48+	19:02+	21:43+	23:45+	28:46+	30:38+	32:48+	33:47+	35:23+	37:33+	39:36+	40:05+	41:17+	
02:39+	01:32+	01:02+	03:59+	04:20+	02:09+	02:07+	01:14+	02:41+	02:02+	05:01+	01:52=	02:10+	00:59-	01:36+	02:10+	02:03+	00:29+	01:12+	
00:33&	00:09#	00:16&	01:06&	02:52@	00:38&	00:12#	00:09#	00:02+	00:24#	00:23+	00:00=	00:51&	00:03-	00:05+	00:13#	00:01+	00:05#	00:12#	

8	Kristin Skadsem										18	41:26							
02:36+	04:20+	05:19+	09:03+	11:06+	13:02+	15:49+	17:28+	20:36+	22:46+	27:55+	30:17+	32:02+	33:17+	35:04+	36:58+	39:25+	39:52+	41:26+	
02:36+	01:44+	00:59+	03:44+	02:03+	01:56+	02:47+	01:39+	03:08+	02:10+	05:09+	02:22+	01:45+	01:15+	01:47+	01:54-	02:27+	00:27+	01:34+	
00:30#	00:21&	00:13&	00:51&	00:35&	00:25&	00:52&	00:34&	00:29#	00:32&	00:33#	00:30&	00:26&	00:13#	00:16#	00:03-	00:25#	00:03#	00:34&	

9	Nidunn Sandvik										228	44:44							
04:05+	05:22+	06:20+	09:42+	12:34+	14:06+	16:50+	18:13+	21:08+	22:54+	29:02+	31:43+	33:14+	34:28+	36:47+	39:36+	42:50+	43:25+	44:44+	
04:05+	01:17-	00:58+	03:22+	02:52+	01:32+	02:44+	01:23+	02:55+	01:46+	06:08+	02:41+	01:31+	01:14+	02:19+	02:49+	03:14+	00:35+	01:19+	
01:59&	00:06-	00:12&	00:29#	01:24&	00:01+	00:49&	00:18&	00:16#	00:08+	01:30&	00:49&	00:12#	00:12#	00:48&	00:52&	01:12&	00:11&	00:19&	

10	Målfrid Bjerkeli										237	46:06							
02:53+	04:05+	05:25+	08:49+	12:29+	14:32+	19:25+	20:52+	23:52+	25:54+	32:07+	34:57+	36:37+	37:56+	40:15+	42:30+	44:30+	44:55+	46:06+	
02:53+	01:12-	01:20+	03:24+	03:40+	02:03+	04:53+	01:27+	03:00+	02:02+	06:13+	02:50+	01:40+	01:19+	02:19+	02:15+	02:00-	00:25+	01:11+	
00:47&	00:11-	00:34&	00:31#	02:12@	00:32&	02:58@	00:22&	00:21#	00:24#	01:35&	00:58&	00:21&	00:17&	00:48&	00:18#	00:02-	00:01+	00:11#	

11	Kari Smådal Turøy										115	47:16							
03:36+	05:32+	06:43+	10:07+	12:09+	14:13+	20:03+	21:41+	24:58+	27:28+	33:15+	35:13+	37:25+	38:48+	41:07+	43:16+	45:37+	46:03+	47:16+	
03:36+	01:56+	01:11+	03:24+	02:02+	02:04+	05:50+	01:38+	03:17+	02:30+	05:47+	01:58+	02:12+	01:23+	02:19+	02:09+	02:21+	00:26+	01:13+	
01:30&	00:33&	00:25&	00:31#	00:34&	00:33&	03:55@	00:33&	00:38#	00:52&	01:09#	00:06+	00:53&	00:21&	00:48&	00:12#	00:19#	00:02+	00:13#	

12	Marit Elin Aandahl										80	47:38							
03:08+	04:39+	05:39+	09:40+	12:07+	13:59+	18:20+	19:53+	23:18+	25:32+	33:03+	35:30+	37:28+	38:43+	40:52+	43:06+	45:41+	46:07+	47:38+	
03:08+	01:31+	01:00+	04:01+	02:27+	01:52+	04:21+	01:33+	03:25+	02:14+	07:31+	02:27+	01:58+	01:15+	02:09+	02:14+	02:35+	00:26+	01:31+	
01:02&	00:08+	00:14&	01:08&	00:59&	00:21#	02:26@	00:28&	00:46&	00:36&	02:53&	00:35&	00:39&	00:13#	00:38&	00:17#	00:33&	00:02+	00:31&	

Class	Navn	Klasse										Tid								
13	Marie-Elizabeth Reinseth	27										47:44								
03:37+	05:14+	07:30+	11:50+	14:41+	17:58+	20:27+	22:50+	26:09+	28:22+	33:13+	35:44+	37:27+	38:48+	41:09+	43:29+	45:44+	46:16+	47:44+		
03:37+	01:37+	02:16+	04:20+	02:51+	03:17+	02:29+	02:23+	03:19+	02:13+	04:51+	02:31+	01:43+	01:21+	02:21+	02:20+	02:15+	00:32+	01:28+		
01:31&	00:14#	01:30@	01:27&	01:23&	01:46@	00:34&	01:18@	00:40&	00:35&	00:13+	00:39&	00:24&	00:19&	00:50&	00:23#	00:13#	00:08&	00:28&		
14	Ellinor Nesse	116										49:48								
03:51+	07:22+	08:27+	12:09+	15:00+	17:13+	20:40+	22:26+	25:42+	27:43+	33:03+	36:28+	38:11+	39:22+	41:56+	44:49+	47:52+	48:25+	49:48+		
03:51+	03:31+	01:05+	03:42+	02:51+	02:13+	03:27+	01:46+	03:16+	02:01+	05:20+	03:25+	01:43+	01:11+	02:34+	02:53+	03:03+	00:33+	01:23+		
01:45&	02:08@	00:19&	00:49&	01:23&	00:42&	01:32&	00:41&	00:37#	00:23#	00:42#	01:33&	00:24&	00:09#	01:03&	00:56&	01:01&	00:09&	00:23&		
15	Oddny Haugland	114										50:12								
02:31+	03:58+	05:04+	08:07+	15:54+	17:43+	21:30+	23:05+	25:55+	27:40+	33:12+	35:18+	39:53+	41:34+	43:32+	46:28+	48:41+	49:05+	50:12+		
02:31+	01:27+	01:06+	03:03+	07:47+	01:49+	03:47+	01:35+	02:50+	01:45+	05:32+	02:06+	04:35+	01:41+	01:58+	02:56+	02:13+	00:24=	01:07+		
00:25#	00:04+	00:20&	00:10+	06:19@	00:18#	01:52&	00:30&	00:11+	00:07+	00:54#	00:14#	03:16@	00:39&	00:27&	00:59&	00:11+	00:00=	00:07#		
16	Brit Vivian Meling	116										52:46								
03:14+	05:15+	06:27+	10:38+	13:01+	15:46+	19:46+	22:26+	26:05+	30:03+	35:56+	38:31+	41:23+	42:49+	45:30+	47:54+	50:37+	51:15+	52:46+		
03:14+	02:01+	01:12+	04:11+	02:23+	02:45+	04:00+	02:40+	03:39+	03:58+	05:53+	02:35+	02:52+	01:26+	02:41+	02:24+	02:43+	00:38+	01:31+		
01:08&	00:38&	00:26&	01:18&	00:55&	01:14&	02:05@	01:35@	01:00&	02:20@	01:15&	00:43&	01:33@	00:24&	01:10&	00:27#	00:41&	00:14&	00:31&		
17	Margot Lilledal	27										54:53								
05:18+	10:06+	11:10+	14:52+	17:52+	19:51+	25:21+	26:54+	31:06+	33:10+	39:04+	41:17+	42:49+	44:01+	47:44+	50:42+	53:12+	53:36+	54:53+		
05:18+	04:48+	01:04+	03:42+	03:00+	01:59+	05:30+	01:33+	04:12+	02:04+	05:54+	02:13+	01:32+	01:12+	03:43+	02:58+	02:30+	00:24=	01:17+		
03:12@	03:25@	00:18&	00:49&	01:32@	00:28&	03:35@	00:28&	01:33&	00:26&	01:16&	00:21#	00:13#	00:10#	02:12@	01:01&	00:28#	00:00=	00:17&		
18	Anne-Siv Gjertsen	27										57:13								
02:31+	03:48+	04:42+	08:10+	22:50+	24:44+	27:13+	33:02+	35:50+	37:48+	42:27+	44:36+	48:53+	49:59+	51:28+	53:27+	55:29+	55:54+	57:13+		
02:31+	01:17-	00:54+	03:28+	14:40+	01:54+	02:29+	05:49+	04:58+	04:39+	02:09+	04:17+	01:06+	01:29-	01:59+	02:02=	00:25+	01:19+			
00:25#	00:06-	00:08#	00:35#	13:12@	00:23&	00:34&	04:44@	00:09+	00:20#	00:01+	00:17#	02:58@	00:04+	00:02-	00:02+	00:00=	00:01+	00:19&		
19	Andrea Tapken	54										58:18								
04:29+	06:23+	08:07+	14:27+	19:26+	21:41+	26:36+	28:48+	32:29+	35:04+	41:17+	44:36+	46:40+	48:13+	50:44+	53:31+	56:24+	56:57+	58:18+		
04:29+	01:54+	01:44+	06:20+	04:59+	02:15+	04:55+	02:12+	03:41+	02:35+	06:13+	03:19+	02:04+	01:33+	02:31+	02:47+	02:53+	00:33+	01:21+		
02:23@	00:31&	00:58@	03:27@	03:31@	00:44&	03:00@	01:07@	01:02&	00:57&	01:35&	01:27&	00:45&	00:31&	01:00&	00:50&	00:51&	00:09&	00:21&		
20	Margretha Almedal	91										1:06:28								
02:36+	07:01+	09:33+	13:16+	28:01+	31:25+	35:37+	38:23+	41:35+	43:29+	50:01+	53:28+	55:13+	56:50+	59:19+	61:57+	64:40+	65:16+	66:28+		
02:36+	04:25+	02:32+	03:43+	14:45+	03:24+	04:12+	02:46+	03:12+	01:54+	06:32+	03:27+	01:45+	01:37+	02:29+	02:38+	02:43+	00:36+	01:12+		
00:30#	03:02@	01:46@	00:50&	13:17@	01:53@	02:17@	01:41@	00:33#	00:16#	01:54&	01:35&	00:26&	00:35&	00:58&	00:41&	00:41&	00:12&	00:12#		
Beste strekketid for klassen		02:05	01:11	00:44	02:53	01:28	01:31	01:55	01:05	02:22	01:25	03:54	01:52	01:07	00:54	01:29	01:51	01:59	00:21	00:52

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

Damer 60 - 64 år

1	Ingrid Eik	88										33:32									
00:40=	02:35=	03:56=	05:30=	07:16=	08:10=	09:51=	11:47=	13:20=	15:13=	18:40=	19:56=	23:07=	23:47=	25:02=	26:12=	27:52=	28:28=	29:57=	32:00=	32:24=	33:32=
00:40=	01:55=	01:21=	01:34=	01:46=	00:54=	01:41=	01:56=	01:33=	01:53=	03:27=	01:16=	03:11=	00:40=	01:15=	01:10=	01:40=	00:36=	01:29=	02:03=	00:24=	01:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marit Karin Nygård	92										33:41									
00:48+	02:59+	05:03+	06:24+	08:17+	09:05+	10:56+	12:50+	14:21+	16:11+	19:50+	21:14+	23:40+	24:14+	25:30+	26:37+	28:17+	29:00+	30:28+	32:16+	32:37+	33:41+
00:48+	02:11+	02:04+	01:21-	01:53+	00:48-	01:51+	01:54-	01:31-	01:50-	03:39+	01:24+	02:26-	00:34-	01:16+	01:07-	01:40=	00:43+	01:28-	01:48-	00:21-	01:04-
00:08#	00:16#	00:43&	00:13-	00:07+	00:06-	00:10+	00:02-	00:02-	00:03-	00:12+	00:08#	00:45-	00:06-	00:01+	00:03-	00:00=	00:07#	00:01-	00:15-	00:03-	00:04-
3	Berit Bakken	168										42:02									
01:18+	03:29+	05:14+	09:33+	11:23+	13:05+	15:16+	17:34+	19:05+	21:12+	24:53+	26:18+	28:52+	29:35+	30:50+	32:23+	34:02+	34:41+	37:40+	40:02+	40:44+	42:02+
01:18+	02:11+	01:34+	04:19+	01:50+	01:42+	02:11+	02:18+	01:31-	02:07+	03:41+	01:25+	02:34-	00:43+	01:15=	01:33+	01:39-	00:39+	02:59+	02:22+	00:42+	01:18+
00:38&	00:16#	00:24&	02:45@	00:04+	00:48&	00:30&	00:22#	00:02-	00:14#	00:14+	00:09#	00:37-	00:03+	00:00=	00:23&	00:01-	00:03+	01:30@	00:19#	00:18&	00:10#
4	Eli Frafjord	94										44:20									
04:00+	06:17+	07:51+	10:58+	12:54+	14:39+	16:33+	19:29+	21:09+	23:24+	27:21+	28:44+	32:41+	33:28+	34:46+	35:50+	37:35+	38:17+	40:12+	42:31+	43:02+	44:20+
04:00+	02:17+	01:34+	03:07+	01:56+	01:45+	01:54+	02:56+	01:40+	02:15+	03:57+	01:23+	03:57+	00:47+	01:18+	01:04-	01:45+	00:42+	01:55+	02:19+	00:31+	01:18+
03:20@	00:22#	00:13#	01:33&	00:10+	00:51&	00:13#	01:00&	00:07+	00:22#	00:30#	00:07+	00:46#	00:07#	00:03+	00:06-	00:05+	00:06#	00:26&	00:16#	00:07&	00:10#
5	Aashild Lone	105										48:25									
00:56+	04:50+	06:52+	09:03+	12:01+	13:09+	15:27+	18:34+	20:30+	23:24+	28:22+	30:27+	33:50+	34:53+	36:35+	38:12+	40:27+	41:24+	43:44+	46:32+	46:57+	48:25+
00:56+	03:54+	02:02+	02:11+	02:58+	01:08+	02:18+	03:07+	01:56+	02:54+	04:58+	02:05+	03:23+	01:03+	01:42+	01:37+	02:15+	00:57+	02:20+	02:48+	00:25+	01:28+
00:16&	01:59@	00:41&	00:37&	01:12&	00:14&	00:37&	01:11&	00:23#	01:01&	01:31&	00:49&	00:12+	00:23&	00:27&	00:27&	00:35&	00:21&	00:51&	00:45&	00:01+	00:20&

Class	Navn	Klasse										Tid									
6	Hanna S. Lomeland	47										52:14									
01:18+	04:09+	06:16+	10:36+	13:41+	14:56+	17:34+	20:27+	22:08+	25:00+	29:50+	31:51+	35:12+	36:02+	37:40+	40:00+	42:12+	43:09+	45:19+	50:26+	50:57+	52:14+
01:18+	02:51+	02:07+	04:20+	03:05+	01:15+	02:38+	02:53+	01:41+	02:52+	04:50+	02:01+	03:21+	00:50+	01:38+	02:20+	02:12+	00:57+	02:10+	05:07+	00:31+	01:17+
00:38&	00:56&	00:46&	02:46@	01:19&	00:21&	00:57&	00:57&	00:08+	00:59&	01:23&	00:45&	00:10+	00:10#	00:23&	01:10&	00:32&	00:21&	00:41&	03:04@	00:07&	00:09#

7	Halldis Handeland	92										53:48										
01:09+	05:37+	08:19+	10:54+	13:56+	15:05+	17:09+	19:49+	21:43+	24:23+	29:07+	31:18+	35:53+	37:12+	38:08+	39:52+	41:23+	44:08+	45:22+	48:30+	51:23+	51:53+	53:48+
01:09+	04:28+	02:42+	02:35+	03:02+	01:09+	02:04+	02:40+	01:54+	02:40+	04:44+	02:11+	04:35+	01:19+	00:56-	01:44+	01:31-	02:45+	01:14-	03:08+	02:53+	00:30-	01:55+
00:29&	02:33@	01:21&	01:01&	01:16&	00:15&	00:23#	00:44&	00:21#	00:47&	01:17&	00:55&	01:24&	00:39&	00:19-	00:34&	00:09-	02:09@	00:15-	01:05&	02:29@	00:38-	01:55+

8	Liv Sissel Obrestad	54										56:35									
01:44+	05:01+	07:17+	15:53+	17:51+	19:00+	21:58+	24:53+	26:59+	29:26+	34:00+	35:58+	39:19+	40:28+	41:54+	43:15+	45:52+	46:45+	51:11+	54:16+	54:57+	56:35+
01:44+	03:17+	02:16+	08:36+	01:58+	01:09+	02:58+	02:55+	02:06+	02:27+	04:34+	01:58+	03:21+	01:09+	01:26+	01:21+	02:37+	00:53+	04:26+	03:05+	00:41+	01:38+
01:04@	01:22&	00:55&	07:02@	00:12#	00:15&	01:17&	00:59&	00:33&	00:34&	01:07&	00:42&	00:10+	00:29&	00:11#	00:11#	00:57&	00:17&	02:57@	01:02&	00:17&	00:30&

9	Berit K. Gramstad	113										1:04:55										
05:14+	08:34+	11:56+	15:20+	22:40+	25:47+	26:54+	29:36+	32:32+	34:24+	36:57+	41:56+	43:54+	47:18+	48:16+	49:54+	52:07+	54:16+	55:12+	57:24+	62:29+	63:01+	64:55+
05:14+	03:20+	03:22+	03:24+	07:20+	03:07+	01:07-	02:42+	02:56+	01:52-	02:33-	04:59+	01:58-	03:24+	00:58-	01:38+	02:13+	02:09+	00:56-	02:12+	05:05+	00:32-	01:54+
04:34@	01:25&	02:01@	01:50@	05:34@	02:13@	00:34-	00:46&	01:23&	00:01-	00:54-	03:43@	01:13-	02:44@	00:17-	00:28&	00:33&	01:33@	00:33-	00:09+	04:41@	00:36-	01:54+

10	Unni Relling	92										1:09:29									
01:32+	04:42+	08:05+	12:10+	17:16+	18:15+	21:27+	24:17+	26:08+	28:24+	33:14+	35:16+	54:33+	55:31+	56:48+	58:36+	60:37+	62:14+	64:32+	67:27+	68:02+	69:29+
01:32+	03:10+	03:23+	04:05+	05:06+	00:59+	03:12+	02:50+	01:51+	02:16+	04:50+	02:02+	19:17+	00:58+	01:17+	01:48+	02:01+	01:37+	02:18+	02:55+	00:35+	01:27+
00:52@	01:15&	02:02@	02:31@	03:20@	00:05+	01:31&	00:54&	00:18#	00:23#	01:23&	00:46&	16:06@	00:18&	00:02+	00:38&	00:21#	01:01@	00:49&	00:52&	00:11&	00:19&

Beste strekktid for klassen																					
00:40	01:55	01:21	01:21	01:46	00:48	01:07	01:54	01:31	01:50	02:33	01:16	01:58	00:34	00:56	01:04	01:31	00:36	00:56	01:48	00:21	00:30

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

Damer 65 - 69 år

1	Inger Skretting Opstad	54										44:31									
00:48=	03:26=	05:31=	07:21=	09:51=	10:50=	13:07=	15:48=	17:42=	20:06=	24:33=	28:15=	31:14=	32:07=	33:40=	35:04=	37:03=	38:00=	39:52=	42:31=	43:02=	44:31=
00:48=	02:38=	02:05=	01:50=	02:30=	00:59=	02:17=	02:41=	01:54=	02:24=	04:27=	03:42=	02:59=	00:53=	01:33=	01:24=	01:59=	00:57=	01:52=	02:39=	00:31=	01:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Kirsten Carlsen	93										45:35									
00:44-	04:15+	06:10+	09:11+	11:42+	12:32+	14:48+	17:08+	18:53+	21:20+	25:58+	27:56-	30:53-	31:52-	33:45+	35:33+	38:12+	39:00+	41:02+	43:39+	44:11+	45:35+
00:44-	03:31+	01:55-	03:01+	02:31+	00:50-	02:16-	02:20-	01:45-	02:27+	04:38+	01:58-	02:57-	00:59+	01:53+	01:48+	02:39+	00:48-	02:02+	02:37-	00:32+	01:24-
00:04-	00:53&	00:10-	01:11&	00:01+	00:09-	00:01-	00:21-	00:09-	00:03+	00:11+	01:44-	00:02-	00:06#	00:20#	00:24&	00:40&	00:09-	00:10+	00:02-	00:01+	00:05-

3	Mette Dagsland	68										50:27									
04:45+	07:03+	08:40+	10:47+	12:57+	14:05+	18:02+	20:09+	21:48+	23:42+	27:33+	29:06+	38:34+	39:21+	40:43+	42:07+	43:54+	44:40+	46:20+	48:48+	49:15+	50:27+
04:45+	02:18-	01:37-	02:07+	02:10-	01:08+	03:57+	02:07-	01:39-	01:54-	03:51-	01:33-	09:28+	00:47-	01:22-	01:24=	01:47-	00:46-	01:40-	02:28-	00:27-	01:12-
03:57@	00:20-	00:28-	00:17#	00:20-	00:09#	01:40&	00:34-	00:15-	00:30-	00:36-	02:09-	06:29@	00:06-	00:11-	00:00=	00:12-	00:11-	00:12-	00:11-	00:04-	00:17-

4	Ingunn Bjerga	105										1:14:10									
06:24+	09:26+	11:49+	13:49+	17:03+	18:25+	21:22+	24:17+	26:22+	29:08+	34:12+	36:26+	58:22+	59:35+	61:14+	63:09+	65:33+	66:30+	68:35+	71:35+	72:15+	74:10+
06:24+	03:02+	02:23+	02:00+	03:14+	01:22+	02:57+	02:55+	02:05+	02:46+	05:04+	02:14-	21:56+	01:13+	01:39+	01:55+	02:24+	00:57=	02:05+	03:00+	00:40+	01:55+
05:36@	00:24#	00:18#	00:10+	00:44&	00:23&	00:40&	00:14+	00:11+	00:22#	00:37#	01:28-	18:57@	00:20&	00:06+	00:31&	00:25#	00:00=	00:13#	00:21#	00:09&	00:26&

5	Wenche Anda Haarr	92										1:20:37									
05:29+	08:33+	10:53+	15:16+	17:51+	19:07+	21:58+	24:50+	27:12+	30:09+	42:38+	44:20+	65:19+	66:19+	67:58+	69:30+	72:04+	72:54+	75:18+	77:57+	78:26+	80:37+
05:29+	03:04+	02:20+	04:23+	02:35+	01:16+	02:51+	02:52+	02:22+	02:57+	12:29+	01:42-	20:59+	01:00+	01:39+	01:32+	02:34+	00:50-	02:24+	02:39=	00:29-	02:11+
04:41@	00:26#	00:15#	02:33@	00:05+	00:17&	00:34#	00:11+	00:28#	00:33#	08:02@	02:00-	18:00@	00:07#	00:06+	00:08+	00:35&	00:07-	00:32&	00:00=	00:02-	00:42&

Beste strekktid for klassen																					
00:44	02:18	01:37	01:50	02:10	00:50	02:16	02:07	01:39	01:54	03:51	01:33	02:57	00:47	01:22	01:24	01:47	00:46	01:40	02:28	00:27	01:12

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

Damer 70 - 74 år

1	Gry V. Thengs	68										39:06									
00:46=	03:05=	04:47=	06:24=	08:33=	09:35=	11:36=	14:00=	15:34=	17:37=	22:24=	25:15=	27:37=	28:25=	29:53=	31:09=	32:53=	33:32=	35:06=	37:19=	37:44=	39:06=
00:46=	02:19=	01:42=	01:37=	02:09=	01:02=	02:01=	02:24=	01:34=	02:03=	04:47=	02:51=	02:22=	00:48=	01:28=	01:16=	01:44=	00:39=	01:34=	02:13=	00:25=	01:22=
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=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid									
2	Helga Aaslid	54										42:56									
01:04+	03:40+	05:33+	07:25+	10:02+	11:12+	13:45+	16:37+	18:26+	20:32+	24:52+	28:05+	30:53+	31:51+	33:27+	34:32+	36:21+	37:05+	38:52+	41:22+	41:48+	42:56+
01:04+	02:36+	01:53+	01:52+	02:37+	01:10+	02:33+	02:52+	01:49+	02:06+	04:20-	03:13+	02:48+	00:58+	01:36+	01:05-	01:49+	00:44+	01:47+	02:30+	00:26+	01:08-
00:18&	00:17#	00:11#	00:15#	00:28#	00:08#	00:32&	00:28#	00:15#	00:03+	00:27-	00:22#	00:26#	00:10#	00:08+	00:11-	00:05+	00:05#	00:13#	00:17#	00:01+	00:14-

3	Haldis Glendrange	68										47:02									
01:33+	04:30+	06:33+	09:31+	12:01+	13:20+	15:46+	18:27+	20:12+	22:22+	27:04+	30:08+	32:48+	34:00+	35:47+	37:24+	39:42+	40:44+	42:47+	45:19+	45:45+	47:02+
01:33+	02:57+	02:03+	02:58+	02:30+	01:19+	02:26+	02:41+	01:45+	02:10+	04:42-	03:04+	02:40+	01:12+	01:47+	01:37+	02:18+	01:02+	02:03+	02:32+	00:26+	01:17-
00:47@	00:38&	00:21#	01:21&	00:21#	00:17&	00:25#	00:17#	00:11#	00:07+	00:05-	00:13+	00:18#	00:24&	00:19#	00:21&	00:34&	00:23&	00:29&	00:19#	00:01+	00:05-

4	Helga Klausen	62										48:51										
01:37+	04:15+	06:22+	08:13+	10:58+	12:04+	14:50+	17:36+	19:35+	21:51+	28:42+	30:31+	32:04+	35:02+	35:55+	37:24+	39:05+	41:05+	41:44+	43:56+	46:42+	47:06+	48:51+
01:37+	02:38+	02:07+	01:51+	02:45+	01:06+	02:46+	02:46+	01:59+	02:16+	06:51+	01:49-	01:33-	02:58+	00:53-	01:29+	01:41-	02:00+	00:39-	02:12-	02:46+	00:24-	01:45+
00:51@	00:19#	00:25#	00:14#	00:36&	00:04+	00:45&	00:22#	00:25&	00:13#	02:04&	01:02-	00:49-	02:10@	00:35-	00:13#	00:03-	01:21@	00:55-	00:01-	02:21@	00:58-	01:45+

5	Margaret Malmin	105										1:04:18									
05:36+	08:48+	11:10+	13:24+	16:35+	17:43+	20:22+	23:31+	25:43+	28:36+	34:02+	36:27+	40:00+	41:10+	42:51+	44:59+	47:35+	48:32+	58:23+	61:41+	62:17+	64:18+
05:36+	03:12+	02:22+	02:14+	03:11+	01:08+	02:39+	03:09+	02:12+	02:53+	05:26+	02:25-	03:33+	01:10+	01:41+	02:08+	02:36+	00:57+	09:51+	03:18+	00:36+	02:01+
04:50@	00:53&	00:40&	00:37&	01:02&	00:06+	00:38&	00:45&	00:38&	00:50&	00:39#	00:26-	01:11&	00:22&	00:13#	00:52&	00:52&	00:18&	08:17@	01:05&	00:11&	00:39&

6	Ragnhild Christiansen	93										1:06:18									
04:07+	07:39+	09:56+	14:04+	17:03+	18:14+	21:57+	24:49+	27:06+	29:41+	34:50+	38:52+	42:24+	43:30+	45:08+	47:03+	49:39+	50:44+	60:37+	63:46+	64:25+	66:18+
04:07+	03:32+	02:17+	04:08+	02:59+	01:11+	03:43+	02:52+	02:17+	02:35+	05:09+	04:02+	03:32+	01:06+	01:38+	01:55+	02:36+	01:05+	09:53+	03:09+	00:39+	01:53+
03:21@	01:13&	00:35&	02:31@	00:50&	00:09#	01:42&	00:28#	00:43&	00:32&	00:22+	01:11&	01:10&	00:18&	00:10#	00:39&	00:52&	00:26&	08:19@	00:56&	00:14&	00:31&

Beste strekktid for klassen																					
00:46	02:19	01:42	01:37	02:09	01:02	02:01	02:24	01:34	02:03	04:20	01:49	01:33	00:48	00:53	01:05	01:41	00:39	00:39	02:12	00:25	00:24

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

Damer 75 - 79 år

1	Berit Ebbell Olsen	68										1:01:07									
01:21=	04:56=	07:47=	10:17=	17:00=	18:24=	22:58=	26:32=	28:38=	31:29=	37:13=	39:29=	43:51=	45:13=	47:10=	49:11=	51:55=	53:17=	55:52=	58:57=	59:34=	61:07=
01:21=	03:35=	02:51=	02:30=	06:43=	01:24=	04:34=	03:34=	02:06=	02:51=	05:44=	02:16=	04:22=	01:22=	01:57=	02:01=	02:44=	01:22=	02:35=	03:05=	00:37=	01:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Synnøve Fuglestad	29										1:05:56									
01:10-	03:38-	05:56-	07:57-	11:21-	17:05-	19:24-	22:43-	24:41-	28:02-	32:02-	33:47-	52:59+	53:49+	55:10+	56:45+	58:34+	59:19+	61:24+	63:54+	64:34+	65:56+
01:10-	02:28-	02:18-	02:01-	03:24-	05:44+	02:19-	03:19-	01:58-	03:21+	04:00-	01:45-	19:12+	00:50-	01:21-	01:35-	01:49-	00:45-	02:05-	02:30-	00:40+	01:22-
00:11-	01:07-	00:33-	00:29-	03:19-	04:20@	02:15-	00:15-	00:08-	00:30#	01:44-	00:31-	14:50@	00:32-	00:36-	00:26-	00:55-	00:37-	00:30-	00:35-	00:03+	00:11-

Beste strekktid for klassen																					
01:10	02:28	02:18	02:01	03:24	01:24	02:19	03:19	01:58	02:51	04:00	01:45	04:22	00:50	01:21	01:35	01:49	00:45	02:05	02:30	00:37	01:22

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

Damer 80 år og eldre

1	Gørild Espedal	113										1:09:52									
01:48=	04:00=	07:44=	11:20=	15:12=	20:56=	21:47=	25:15=	28:21=	36:17=	43:45=	45:55=	52:21=	54:38=	57:23=	59:26=	65:17=	67:17=	67:53=	69:52=		
01:48=	02:12=	03:44=	03:36=	03:52=	05:44=	00:51=	03:28=	03:06=	07:56=	07:28=	02:10=	06:26=	02:17=	02:45=	02:03=	05:51=	02:00=	00:36=	01:59=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen																					
01:48	02:12	03:44	03:36	03:52	05:44	00:51	03:28	03:06	07:56	07:28	02:10	06:26	02:17	02:45	02:03	05:51	02:00	00:36	01:59		

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

Damer A

Class	Navn	Klasse	Tid																						
1	Marjo Liikanen	67	33:07																						
00:46=	01:41=	02:36=	04:55=	07:24=	07:58=	09:18=	10:30=	11:27=	13:23=	14:30=	15:05=	16:30=	17:30=	18:45=	21:07=	21:59=	23:19=	24:14=	24:54=	26:06=	26:50=	28:22=	28:42=	29:18=	29:41=
00:46=	00:55=	00:55=	02:19=	02:29=	00:34=	01:20=	01:12=	00:57=	01:56=	01:07=	00:35=	01:25=	01:00=	01:15=	02:22=	00:52=	01:20=	00:55=	00:40=	01:12=	00:44=	01:32=	00:20=	00:36=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
30:38=	32:02=	32:19=	33:07=																						
00:57=	01:24=	00:17=	00:48=																						
00:00=	00:00=	00:00=	00:00=																						
2	Aud Hognestad Taksdal	92	34:15																						
00:42-	01:37-	02:21-	03:58-	06:28-	06:58-	08:20-	09:37-	10:31-	12:26-	13:33-	14:18-	15:56-	16:59-	18:20-	20:47-	22:17+	23:42+	24:45+	25:28+	26:42+	27:28+	29:03+	29:27+	30:08+	30:34+
00:42-	00:55=	00:44-	01:37-	02:30+	00:30-	01:22+	01:17+	00:54-	01:55-	01:07=	00:45+	01:38+	01:03+	01:21+	02:27+	01:30+	01:25+	01:03+	00:43+	01:14+	00:46+	01:35+	00:24+	00:41+	00:26+
00:04-	00:00=	00:11-	00:42-	00:01+	00:04-	00:02+	00:05+	00:03-	00:01-	00:00=	00:10&	00:13#	00:03+	00:06+	00:05+	00:38&	00:05+	00:08#	00:03+	00:02+	00:02+	00:03+	00:04#	00:05#	00:03#
31:39+	33:09+	33:26+	34:15+																						
01:05+	01:30+	00:17=	00:49+																						
00:08#	00:06+	00:00=	00:01+																						
3	Jorunn Hadland	29	36:56																						
01:20+	02:53+	03:39+	05:02+	07:49+	08:25+	09:56+	11:09+	12:09+	15:02+	16:10+	17:00+	18:41+	19:46+	21:08+	23:40+	24:51+	26:14+	27:16+	27:56+	29:15+	30:01+	31:33+	31:59+	32:41+	33:07+
01:20+	01:33+	00:46-	01:23-	02:47+	00:36+	01:31+	01:13+	01:00+	02:53+	01:08+	00:50+	01:41+	01:05+	01:22+	02:32+	01:11+	01:23+	01:02+	00:40=	01:19+	00:46+	01:32=	00:26+	00:42+	00:26+
00:34&	00:38&	00:09-	00:56-	00:18#	00:02+	00:11#	00:01+	00:03+	00:57&	00:01+	00:15&	00:16#	00:05+	00:07+	00:10+	00:19&	00:03+	00:07#	00:00=	00:07+	00:02+	00:00=	00:06&	00:06#	00:03#
34:14+	35:49+	36:06+	36:56+																						
01:07+	01:35+	00:17=	00:50+																						
00:10#	00:11#	00:00=	00:02+																						
4	Janne Tjørhom Aasheim	93	39:58																						
00:48+	01:56+	03:11+	05:04+	08:38+	09:19+	10:55+	12:22+	13:28+	15:51+	17:04+	18:18+	19:55+	21:11+	22:41+	25:19+	26:49+	28:21+	29:27+	30:11+	31:33+	32:23+	33:58+	34:32+	35:17+	35:41+
00:48+	01:08+	01:15+	01:53-	03:34+	00:41+	01:36+	01:27+	01:06+	02:23+	01:13+	01:14+	01:37+	01:16+	01:30+	02:38+	01:30+	01:32+	01:06+	00:44+	01:22+	00:50+	01:35+	00:34+	00:45+	00:24+
00:02+	00:13#	00:20&	00:26-	01:05&	00:07#	00:16#	00:15#	00:09#	00:27#	00:06+	00:39&	00:12#	00:16&	00:15#	00:16#	00:38&	00:12#	00:11#	00:04#	00:10#	00:06#	00:03+	00:14&	00:09#	00:01+
37:03+	38:41+	38:58+	39:58+																						
01:22+	01:38+	00:17=	01:00+																						
00:25&	00:14#	00:00=	00:12#																						
5	Trine Bolstad	62	40:01																						
00:46=	02:12+	02:50+	04:50-	07:36+	09:23+	10:59+	12:17+	13:27+	15:22+	16:38+	17:57+	19:33+	20:54+	22:23+	25:04+	26:22+	27:58+	29:07+	29:53+	31:36+	32:23+	34:20+	34:42+	35:25+	35:49+
00:46=	01:26+	00:38-	02:00-	02:46+	01:47+	01:36+	01:18+	01:10+	01:55-	01:16+	01:19+	01:36+	01:21+	01:29+	02:41+	01:18+	01:36+	01:09+	00:46+	01:43+	00:47+	01:57+	00:22+	00:43+	00:24+
00:00=	00:31&	00:17-	00:19-	00:17#	01:13@	00:16#	00:06+	00:13#	00:01-	00:09#	00:44@	00:11#	00:21&	00:14#	00:19#	00:26&	00:16#	00:14&	00:06#	00:31&	00:03+	00:25&	00:02#	00:07#	00:01+
37:07+	38:42+	39:00+	40:01+																						
01:18+	01:35+	00:18+	01:01+																						
00:21&	00:11#	00:01+	00:13&																						
6	Silje Sundal	71	45:50																						
00:42-	02:38+	03:34+	05:52+	08:59+	10:31+	12:18+	14:05+	15:24+	17:45+	18:54+	19:57+	21:57+	23:09+	24:49+	27:42+	29:37+	31:33+	32:44+	33:29+	34:46+	35:47+	39:56+	40:17+	41:07+	41:42+
00:42-	01:56+	00:56+	02:18-	03:07+	01:32+	01:47+	01:47+	01:19+	02:21+	01:09+	01:03+	02:00+	01:12+	01:40+	02:53+	01:55+	01:56+	01:11+	00:45+	01:17+	01:01+	04:09+	00:21+	00:50+	00:35+
00:04-	01:01@	00:01+	00:01-	00:38&	00:58@	00:27&	00:35&	00:22&	00:25#	00:02+	00:28&	00:35&	00:12#	00:25&	00:31#	01:03@	00:36&	00:16&	00:05#	00:05+	00:17&	02:37@	00:01+	00:14&	00:12&
43:04+	44:38+	44:57+	45:50+																						
01:22+	01:34+	00:19+	00:53+																						
00:25&	00:10#	00:02#	00:05#																						
7	Wenche M. Sæbbø	3	46:36																						
01:24+	02:42+	03:43+	06:01+	09:26+	11:16+	13:10+	15:23+	16:38+	19:18+	20:30+	21:28+	23:26+	24:44+	26:25+	29:39+	30:48+	32:37+	34:15+	35:10+	36:49+	37:57+	39:40+	40:06+	41:05+	41:36+
01:24+	01:18+	01:01+	02:18-	03:25+	01:50+	01:54+	02:13+	01:15+	02:40+	01:12+	00:58+	01:58+	01:18+	01:41+	03:14+	01:09+	01:49+	01:38+	00:55+	01:39+	01:08+	01:43+	00:26+	00:59+	00:31+
00:38&	00:23&	00:06#	00:01-	00:56&	01:16@	00:34&	01:01&	00:18&	00:44&	00:05+	00:23&	00:33&	00:18&	00:26&	00:52&	00:17&	00:29&	00:43&	00:15&	00:27&	00:24&	00:11#	00:06&	00:23&	00:08&
43:06+	45:05+	45:28+	46:36+																						
01:30+	01:59+	00:23+	01:08+																						
00:33&	00:35&	00:06&	00:20&																						
8	Sara Marlene Nystrøm Olsen	68	47:22																						
02:14+	03:30+	04:17+	06:26+	10:02+	10:38+	12:19+	13:53+	15:18+	17:30+	19:19+	20:03+	21:52+	23:15+	25:12+	28:27+	29:41+	31:31+	32:51+	33:47+	35:25+	38:28+	40:21+	40:48+	41:48+	42:20+
02:14+	01:16+	00:47-	02:09-	03:36+	00:36+	01:41+	01:34+	01:25+	02:12+	01:49+	00:44+	01:49+	01:23+	01:57+	03:15+	01:14+	01:50+	01:20+	00:56+	01:38+	03:03+	01:53+	00:27+	01:00+	00:32+
01:28@	00:21&	00:08-	00:10-	01:07&	00:02+	00:21&	00:22&	00:28&	00:16#	00:42&	00:09&	00:24&	00:23&	00:42&	00:53&	00:22&	00:30&	00:25&	00:16&	00:26&	02:19@	00:21#	00:07&	00:24&	00:09&
43:46+	45:44+	46:06+	47:22+																						
01:26+	01:58+	00:22+	01:16+																						
00:29&	00:34&	00:05&	00:28&																						
9	Pernille Melleby	18	1:05:27																						
01:01+	02:57+	04:27+	06:41+	11:33+	12:28+	15:46+	19:19+	21:09+	24:35+	26:26+	27:43+	30:30+	32:19+	34:41+	39:06+	43:31+	45:55+	47:50+	48:54+	51:21+	52:53+	56:10+	56:50+	57:57+	58:37+
01:01+	01:56+	01:30+	02:14-	04:52+	00:55+	03:18+	03:33+	01:50+	03:26+	01:51+	01:17+	02:47+	01:49+	02:22+	04:25+	04:25+	02:24+	01:55+	01:04+	02:27+	01:32+	03:17+	00:40+	01:07+	00:40+
00:15&	0																								

Class	Navn	Klasse										Tid									
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Beste strekktid for klassen

00:42	00:55	00:38	01:23	02:29	00:30	01:20	01:12	00:54	01:55	01:07	00:35	01:25	01:00	01:15	02:22	00:52	01:20	00:55	00:40	01:12	00:44	01:32	00:20	00:36	00:23	00:57	01:24
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer B

1	Inger Tone Nygård	29	37:25																						
02:08=	02:56=	04:47=	07:22=	08:46=	11:12=	13:07=	13:50=	14:56=	16:44=	17:31=	19:58=	21:32=	25:30=	27:39=	28:43=	30:07=	30:57=	31:35=	32:30=	34:10=	35:16=	36:11=	36:31=	37:25=	
02:08=	00:48=	01:51=	02:35=	01:24=	02:26=	01:55=	00:43=	01:06=	01:48=	00:47=	02:27=	01:34=	03:58=	02:09=	01:04=	01:24=	00:50=	00:38=	00:55=	01:40=	01:06=	00:55=	00:20=	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=	
2	Jorunn Johannesen	116	41:56																						
02:14+	03:18+	06:23+	09:27+	10:57+	13:17+	14:50+	15:42+	16:47+	18:48+	19:49+	22:45+	24:27+	28:59+	31:11+	32:13+	33:45+	34:40+	35:24+	36:15+	38:00+	39:13+	40:21+	40:44+	41:56+	
02:14+	01:04+	03:05+	03:04+	01:30+	02:20-	01:33-	00:52+	01:05-	02:01+	01:01+	02:56+	01:42+	04:32+	02:12+	01:02-	01:32+	00:55+	00:44+	00:51-	01:45+	01:13+	01:08+	00:23+	01:12+	
00:06+	00:16&	01:14&	00:29#	00:06+	00:06-	00:22-	00:09#	00:01-	00:13#	00:14&	00:29#	00:08+	00:34#	00:03+	00:02-	00:08+	00:05#	00:06#	00:04-	00:05+	00:07#	00:13#	00:03#	00:18&	
3	Ann-Cathrin Urdal	118	43:01																						
02:08=	03:24+	05:27+	08:36+	10:10+	12:26+	14:37+	15:33+	16:47+	18:35+	19:45+	22:35+	24:15+	28:35+	31:17+	32:23+	33:58+	35:55+	36:33+	37:24+	39:28+	40:46+	41:43+	42:03+	43:01+	
02:08=	01:16+	02:03+	03:09+	01:34+	02:16-	02:11+	00:56+	01:14+	01:48=	01:10+	02:50+	01:40+	04:20+	02:42+	01:06+	01:35+	01:57+	00:38=	00:51-	02:04+	01:18+	00:57+	00:20=	00:58+	
00:00=	00:28&	00:12#	00:34#	00:10#	00:10-	00:16#	00:13&	00:08#	00:00=	00:23&	00:23#	00:06+	00:22+	00:33&	00:02+	00:11#	01:07@	00:00=	00:04-	00:24#	00:12#	00:02+	00:00=	00:04+	
4	Hilde Nordbø	93	43:24																						
02:36+	03:39+	05:44+	08:32+	10:19+	12:45+	15:40+	17:29+	18:36+	20:20+	21:19+	23:52+	25:39+	30:10+	32:48+	33:55+	35:32+	36:35+	37:36+	38:30+	40:02+	41:13+	42:09+	42:29+	43:24+	
02:36+	01:03+	02:05+	02:48+	01:47+	02:26=	02:55+	01:49+	01:07+	01:44+	00:59+	02:33+	01:47+	04:31+	02:38+	01:07+	01:37+	01:03+	01:01+	00:54-	01:32-	01:11+	00:56+	00:20=	00:55+	
00:28#	00:15&	00:14#	00:13+	00:23&	00:00=	01:00&	01:06@	00:01+	00:04-	00:12&	00:06+	00:13#	00:33#	00:29#	00:03+	00:13#	00:23&	00:01-	00:08-	00:05+	00:01+	00:00=	00:00=	00:01+	
5	Ingrid W. Hestness	117	44:37																						
02:48+	03:53+	05:59+	08:39+	10:27+	12:52+	14:53+	15:57+	17:08+	18:53+	20:20+	23:40+	25:22+	29:35+	32:38+	33:41+	35:13+	38:00+	38:38+	39:28+	41:09+	42:16+	43:11+	43:34+	44:37+	
02:48+	01:05+	02:06+	02:40+	01:48+	02:25-	02:01+	01:04+	01:11+	01:45-	01:27+	03:20+	01:42+	04:13+	03:03+	01:03-	01:32+	02:47+	00:38=	00:50-	01:41+	01:07+	00:55=	00:23+	01:03+	
00:40&	00:17&	00:15#	00:05+	00:24&	00:01-	00:06+	00:21&	00:05+	00:03-	00:40&	00:53&	00:08+	00:15+	00:54&	00:01-	00:08+	01:57@	00:00=	00:05-	00:01+	00:01+	00:00=	00:03#	00:09#	
6	Vibeke Lamark	46	45:26																						
03:54+	06:04+	08:25+	11:32+	13:09+	15:54+	18:17+	19:26+	20:27+	22:14+	23:08+	26:01+	27:47+	32:14+	34:45+	35:50+	37:26+	38:32+	39:23+	40:16+	41:47+	43:05+	44:06+	44:30+	45:26+	
03:54+	02:10+	02:21+	03:07+	01:37+	02:45+	02:23+	01:09+	01:01-	01:47-	00:54+	02:53+	01:46+	04:27+	02:31+	01:05+	01:36+	01:06+	00:51+	00:53-	01:31-	01:18+	01:01+	00:24+	00:56+	
01:46&	01:22@	00:30&	00:32#	00:13#	00:19#	00:28#	00:26&	00:05-	00:01-	00:07#	00:26#	00:12#	00:29#	00:22#	00:01+	00:12#	00:16&	00:13&	00:02-	00:09-	00:12#	00:06#	00:04#	00:02+	
7	Anne Garsrud	90	45:28																						
02:15+	03:21+	06:34+	09:43+	11:48+	14:12+	17:32+	18:28+	19:34+	21:23+	23:02+	25:38+	27:20+	31:21+	34:15+	35:14+	36:46+	38:21+	39:13+	40:18+	42:00+	43:14+	44:11+	44:30+	45:28+	
02:15+	01:06+	03:13+	03:09+	02:05+	02:24-	03:20+	00:56+	01:06=	01:49+	01:39+	02:36+	01:42+	04:01+	02:54+	00:59-	01:32+	01:35+	00:52+	01:05+	01:42+	01:14+	00:57+	00:19-	00:58+	
00:07+	00:18&	01:22&	00:34#	00:41&	00:02-	01:25&	00:13&	00:00=	00:01+	00:52@	00:09+	00:08+	00:03+	00:45&	00:05-	00:08+	00:45&	00:14&	00:10#	00:02+	00:08#	00:02+	00:01-	00:04+	
8	Helen Lomeland	105	46:03																						
05:31+	06:13+	07:48+	10:48+	12:40+	15:14+	17:12+	18:10+	19:05+	20:47+	22:35+	23:48+	26:26+	28:12+	32:29+	35:13+	36:17+	37:56+	39:05+	39:53+	40:57+	42:40+	43:54+	44:47+	45:05+	46:03+
05:31+	00:42-	01:35-	03:00+	01:52+	02:34+	01:58+	00:58+	00:55-	01:42-	01:48+	01:13-	02:38+	01:46-	04:17+	02:44+	01:04-	01:39+	01:09+	00:48-	01:04-	01:43+	01:14+	00:53+	00:18-	00:58+
03:23@	00:06-	00:16-	00:25#	00:28&	00:08+	00:03+	00:15&	00:11-	00:06-	01:01@	01:14-	01:04&	02:12-	02:08&	01:40@	00:20-	00:49&	00:31&	00:07-	00:36-	00:37&	00:19&	00:33@	00:36-	00:58+
9	Lise Isachsen	165	46:15																						
04:53+	06:01+	07:45+	10:32+	12:07+	14:07+	18:00+	19:17+	20:44+	23:07+	24:25+	26:50+	28:28+	32:20+	34:52+	35:53+	37:18+	38:05+	39:31+	40:16+	41:05+	42:47+	43:58+	44:56+	45:16+	46:15+
04:53+	01:08+	01:44-	02:47+	01:35+	02:00-	03:53+	01:17+	01:27+	02:23+	01:18+	02:25-	01:38+	03:52-	02:32+	01:01-	01:25+	00:47-	01:26+	00:45-	00:49-	01:42+	01:11+	00:58+	00:20-	00:59+
02:45@	00:20&	00:07-	00:12+	00:11#	00:26-	01:58@	00:34&	00:21&	00:35&	00:31&	00:02-	00:04+	00:06-	00:23#	00:03-	00:01+	00:03-	00:48@	00:10-	00:51-	00:36&	00:16&	00:38@	00:34-	00:59+
10	Ann Karin Tjørhom	93	48:06																						
02:30+	03:59+	05:41+	08:54+	10:50+	13:29+	16:15+	17:13+	19:20+	21:09+	22:43+	25:45+	27:29+	32:18+	34:58+	36:08+	37:51+	39:52+	41:28+	42:23+	44:17+	45:28+	46:34+	46:56+	48:06+	
02:30+	01:29+	01:42-	03:13+	01:56+	02:39+	02:46+	00:58+	02:07+	01:49+	01:34+	03:02+	01:44+	04:49+	02:40+	01:10+	01:43+	02:01+	01:36+	00:55=	01:54+	01:11+	01:06+	00:22+	01:10+	
00:22#	00:41&	00:09-	00:32&	00:13+	00:51&	00:15&	01:01&	00:01+	00:47&	00:35#	00:10#	00:10#	00:51#	00:31#	00:06+	00:19#	01:11@	00:00=	00:14#	00:05+	00:11#	00:02#	00:16&		
11	Anita Glenne Kallhovd	29	48:23																						
02:41+	03:34+	05:11+	08:32+	10:13+	12:43+	14:55+	15:47+	19:28+	21:26+	22:46+	25:38+	27:15+	32:40+	35:17+	36:28+	38:03+	39:06+	40:55+	41:49+	43:45+	46:05+	47:01+	47:27+	48:23+	
02:41+	00:53+	01:37-	03:21+	01:41+	02:30+	02:12+	00:52+	03:41+	01:58+	01:20+	02:52+	01:37+	05:25+	02:37+	01:11+	01:35+	01:03+	01:49+	00:54-	01:56+	02:20+	00:56+	00:26+	00:56+	
00:33&	00:05#	00:14-	00:46&	00:17#	00:04+	00:17#	00:09#	02:35@	00:10+	00:33&	00:25#	00:03+	01:27&	00:28#	00:07#	00:11#	00:13&	01:11@	00:01-	00:16#	01:14@	00:01+	00:06&	00:02+	
12	Ellen Tindeland	27	49:29																						
03:35+	05:35+	08:07+	11:16+	13:10+	15:38+	18:01+	18:57+	21:21+	23:27+	24:48+	27:50+	29:41+	34:30+	37:09+	38:12+	39:47+	41:05+	42:37+	43:39+	45:36+	46:55+	48:00+	48:26+	49:29+	
03:35+	02:00+	02:32+	03:09+	01:54+	02:28+	02:23+	00:56+	02:24+	02:06+	01:21+	03:02+	01:51+	04:49+	02:39+	01:03-	01:35+	01:18+	01:32+	01:02+	01:57+	01:19+	01:05+	00:26+	01:03+	
01:27&	01:12@	00:41&	00:34#	00:30&	00:02+	00:28#	00:13&	01:18@	00:18#	00:34&	00:35#	00:17#	00:51#	00:30#	00:01-	00:11#	00:28&	00:54@	00:07#	00:17#	00:13#	00:10#	00:06&	00:09#	
13	Grethe Anda Fuglestad	116	50:58																						
02:24+	03:26+	05:53+	10:17+	12:16+	15:20+	17:40+	18:43+	20:54+	22:55+	24:30+	27:28+	29:16+	34:20+	37:05+	38:17+	40:02+	41:12+	42:11+	43:09+	45:01+	46:16+	49:28+	49:52+	50:58+	
02:24+	01:02+	02:27+	04:24+	01:59+	03:04+	02:20+	01:03+	02:11+	02:01+	01:35+	02:58+	01:48+	05:04+	02:45+	01:12+	01:45+	01:10+	00:59+	00:58+	01:52+	01:15+	03:12+	00:24+	01:06+	
00:16#	00:14&	00:36&	01:49&	00:35&	00:38&	00:25#	00:20&	01:05&	00:13#	00:48@	00:31#	00:14#	01:06&	00:36&	00:08#	00:21#	00:20&	00:21&	00:03+	00:12#	00:09#	02:17@	00:04#	00:12#	

Class	Navn	Klasse	Tid																					
14	Margrethe Roalsø	93	51:38																					
02:08=	03:53+	06:30+	09:38+	11:52+	16:02+	19:54+	20:52+	22:03+	24:07+	26:17+	29:10+	31:02+	35:50+	39:34+	41:12+	42:53+	44:40+	45:16+	46:20+	48:08+	49:26+	50:19+	50:39+	51:38+
02:08=	01:45+	02:37+	03:08+	02:14+	04:10+	03:52+	00:58+	01:11+	02:04+	02:10+	02:53+	01:52+	04:48+	03:44+	01:38+	01:41+	01:47+	00:36-	01:04+	01:48+	01:18+	00:53-	00:20=	00:59+
00:00=	00:57@	00:46&	00:33#	00:50&	01:44&	01:57@	00:15&	00:05+	00:16#	01:23@	00:26#	00:18#	00:50#	01:35&	00:34&	00:17#	00:57@	00:02-	00:09#	00:08+	00:12#	00:02-	00:00=	00:05+
15	Ingunn Anda Haug	67	53:59																					
03:09+	04:15+	06:50+	10:18+	12:40+	15:51+	20:06+	21:16+	22:44+	25:03+	26:16+	29:19+	31:35+	38:03+	40:59+	42:17+	44:06+	45:52+	46:52+	47:54+	49:40+	51:14+	52:25+	52:50+	53:59+
03:09+	01:06+	02:35+	03:28+	02:22+	03:11+	04:15+	01:10+	01:28+	02:19+	01:13+	03:03+	02:16+	06:28+	02:56+	01:18+	01:49+	01:46+	01:00+	01:02+	01:46+	01:34+	01:11+	00:25+	01:09+
01:01&	00:18&	00:44&	00:53&	00:58&	00:45&	02:20@	00:27&	00:22&	00:31&	00:26&	00:36#	00:42&	02:30&	00:47&	00:14#	00:25&	00:56@	00:22&	00:07#	00:06+	00:28&	00:16&	00:05#	00:15&
16	Irene Rummelhoff	116	54:00																					
03:49+	05:28+	07:42+	11:10+	13:04+	16:23+	18:36+	19:33+	23:41+	26:04+	28:22+	31:18+	33:22+	38:24+	41:32+	42:46+	44:54+	46:14+	47:09+	48:12+	49:54+	51:25+	52:35+	52:58+	54:00+
03:49+	01:39+	02:14+	03:28+	01:54+	03:19+	02:13+	00:57+	04:08+	02:23+	02:18+	02:56+	02:04+	05:02+	03:08+	01:14+	02:08+	01:20+	00:55+	01:03+	01:42+	01:31+	01:10+	00:23+	01:02+
01:41&	00:51@	00:23#	00:53&	00:30&	00:53&	00:18#	00:14&	03:02@	00:35&	01:31@	00:29#	00:30&	01:04+	00:59&	00:10#	00:44&	00:30&	00:17&	00:08#	00:02+	00:25&	00:15&	00:03#	00:08#
17	Grethe Stokland	62	54:19																					
02:33+	03:47+	05:39+	08:51+	11:30+	16:56+	21:14+	22:23+	24:42+	26:42+	28:38+	31:22+	33:02+	38:15+	41:52+	43:22+	44:59+	46:18+	47:23+	48:35+	50:58+	52:13+	53:10+	53:28+	54:19+
02:33+	01:14+	01:52+	03:12+	02:39+	05:26+	04:18+	01:09+	02:19+	02:00+	01:56+	02:44+	01:40+	05:13+	03:37+	01:30+	01:37+	01:19+	01:05+	01:12+	02:23+	01:15+	00:57+	00:18-	00:51-
00:25#	00:26&	00:01+	00:37#	01:15&	03:00@	02:23@	00:26&	01:13@	00:12#	01:09@	00:17#	00:06+	01:15&	01:28&	00:26&	00:13#	00:29&	00:27&	00:17&	00:43&	00:09#	00:02+	00:02-	00:03-
18	Tone Cecilie Nystrom	68	58:15																					
02:38+	03:46+	07:15+	10:44+	13:27+	17:16+	20:56+	22:16+	23:30+	26:03+	28:10+	31:24+	33:41+	39:26+	43:09+	44:34+	46:32+	47:54+	49:42+	51:00+	53:22+	55:12+	56:30+	57:01+	58:15+
02:38+	01:08+	03:29+	03:29+	02:43+	03:49+	03:40+	01:20+	01:14+	02:33+	02:07+	03:14+	02:17+	05:45+	03:43+	01:25+	01:58+	01:22+	01:48+	01:18+	02:22+	01:50+	01:18+	00:31+	01:14+
00:30#	00:20&	01:38&	00:54&	01:19&	01:23&	01:45&	00:37&	00:08#	00:45&	01:20@	00:47&	00:43&	01:47&	01:34&	00:21&	00:34&	00:32&	01:10@	00:23&	00:42&	00:44&	00:23&	00:11&	00:20&
19	Mariann Sveinsvoll	94	58:57																					
05:54+	07:07+	09:41+	13:03+	15:25+	20:27+	23:33+	24:52+	26:26+	28:44+	29:50+	33:01+	35:06+	40:18+	43:20+	44:41+	46:27+	48:06+	49:10+	50:16+	52:25+	56:06+	57:15+	57:46+	58:57+
05:54+	01:13+	02:34+	03:22+	02:22+	05:02+	03:06+	01:19+	01:34+	02:18+	01:06+	03:11+	02:05+	05:12+	03:02+	01:21+	01:46+	01:39+	01:04+	01:06+	02:09+	03:41+	01:09+	00:31+	01:11+
03:46@	00:25&	00:43&	00:47&	00:58&	02:36@	01:11&	00:36&	00:28&	00:30&	00:19&	00:44&	00:31&	01:14&	00:53&	00:17&	00:22&	00:49&	00:26&	00:11#	00:29&	02:35@	00:14&	00:11&	00:17&
Beste strekktid for klassen																								
02:08	00:42	01:35	02:35	01:24	02:00	01:33	00:43	00:55	01:42	00:47	01:13	01:34	01:46	02:09	00:59	01:04	00:47	00:36	00:45	00:49	01:06	00:53	00:18	00:18

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

Damer Ny

1	Elsa Ingolfsdottir	126	22:14																					
02:04=	04:29=	06:02=	08:25=	10:09=	13:57=	16:27=	18:36=	20:41=	22:14=															
02:04=	02:25=	01:33=	02:23=	01:44=	03:48=	02:30=	02:09=	02:05=	01:33=															
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															
2	Karen Bjørheim Sømme	109	32:47																					
03:09+	07:04+	08:58+	12:05+	14:53+	21:11+	23:47+	27:01+	30:09+	32:47+															
03:09+	03:55+	01:54+	03:07+	02:48+	06:18+	02:36+	03:14+	03:08+	02:38+															
01:05&	01:30&	00:21#	00:44&	01:04&	02:30&	00:06+	01:05&	01:03&	01:05&															
3	Hui Xu	101	50:28																					
02:12+	05:41+	07:02+	23:21+	25:02+	43:00+	44:35+	47:11+	48:50+	50:28+															
02:12+	03:29+	01:21-	16:19+	01:41-	17:58+	01:35-	02:36+	01:39-	01:38+															
00:08+	01:04&	00:12-	13:56@	00:03-	14:10@	00:55-	00:27#	00:26-	00:05+															

Beste strekktid for klassen

02:04 02:25 01:21 02:23 01:41 03:48 01:35 02:09 01:39 01:33

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

Damer Trim

1	Margrete Jian Øye	126	25:01																					
00:49=	02:47=	03:50=	05:10=	06:32=	09:06=	10:35=	13:27=	14:57=	17:17=	18:58=	20:05=	22:22=	23:30=	23:55=	25:01=									
00:49=	01:58=	01:03=	01:20=	01:22=	02:34=	01:29=	02:52=	01:30=	02:20=	01:41=	01:07=	02:17=	01:08=	00:25=	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=									
2	Therese Immerstein Noraberg	71	25:22																					
01:49+	03:38+	04:33+	06:06+	07:43+	09:46+	11:36+	14:29+	15:44+	18:18+	19:42+	20:46+	22:44+	24:01+	24:24+	25:22+									
01:49+	01:49-	00:55-	01:33+	01:37+	02:03-	01:50+	02:53+	01:15-	02:34+	01:24-	01:04-	01:58-	01:17+	00:23-	00:58-									
01:00@	00:09-	00:08-	00:13#	00:15#	00:31-	00:21#	00:01+	00:15-	00:14#	00:17-	00:03-	00:19-	00:09#	00:02-	00:08-									

Class	Navn	Klasse										Tid			
3	Tina Pedersen	27										26:57			
	01:54+	03:59+	04:57+	06:19+	08:16+	10:28+	12:45+	15:40+	17:17+	19:40+	21:09+	22:13+	24:09+	25:17+	26:57+
	01:54+	02:05+	00:58-	01:22+	01:57+	02:12-	02:17+	02:55+	01:37+	02:23+	01:29-	01:04-	01:56-	01:08=	00:32+
	01:05	00:07+	00:05-	00:02+	00:35	00:22-	00:48	00:03+	00:07+	00:03+	00:12-	00:03-	00:21-	00:00=	00:07
4	Irene Frøyland	71										31:00			
	00:56+	03:12+	04:26+	08:01+	09:24+	11:46+	13:40+	17:05+	18:42+	22:21+	23:45+	24:57+	28:07+	29:20+	29:45+
	00:56+	02:16+	01:14+	03:35+	01:23+	02:22-	01:54+	03:25+	01:37+	03:39+	01:24-	01:12+	03:10+	01:13+	00:25=
	00:07#	00:18#	00:11#	02:15	00:01+	00:12-	00:25	00:33#	00:07+	01:19	00:17-	00:05+	00:53	00:05+	00:00=
5	Anette Tronstad	115										31:01			
	00:58+	03:24+	04:35+	07:02+	08:31+	11:19+	13:17+	16:44+	19:08+	22:12+	23:50+	25:06+	27:54+	29:13+	29:40+
	00:58+	02:26+	01:11+	02:27+	01:29+	02:48+	01:58+	03:27+	02:24+	03:04+	01:38-	01:16+	02:48+	01:19+	00:27+
	00:09#	00:28#	00:08#	01:07	00:07+	00:14+	00:29	00:35#	00:54	00:44	00:03-	00:09#	00:31#	00:11#	00:02+
6	Veronica Fenne	206										31:04			
	01:06+	03:05+	04:03+	06:27+	07:42+	13:56+	15:24+	18:08+	19:19+	22:22+	23:47+	24:47+	28:52+	29:43+	30:05+
	01:06+	01:59+	00:58-	02:24+	01:15-	06:14+	01:28-	02:44-	01:11-	03:03+	01:25-	01:00-	04:05+	00:51-	00:22-
	00:17	00:01+	00:05-	01:04	00:07-	03:40	00:01-	00:08-	00:19-	00:43	00:16-	00:07-	01:48	00:17-	00:03-
7	Åse Sellereite	27										31:31			
	00:51+	03:26+	04:37+	05:54+	07:12+	09:31+	12:10+	15:17+	17:04+	20:14+	22:13+	23:36+	28:51+	29:57+	30:26+
	00:51+	02:35+	01:11+	01:17-	01:18-	02:19-	02:39+	03:07+	01:47+	03:10+	01:59+	01:23+	05:15+	01:06-	00:29+
	00:02+	00:37	00:08#	00:03-	00:04-	00:15-	01:10	00:15+	00:17#	00:50	00:18#	00:16#	02:58	00:02-	00:04#
8	Kjersti Fandrem	94										31:31			
	00:56+	02:44-	03:36-	09:20+	13:14+	15:18+	17:15+	20:14+	21:31+	24:04+	25:36+	26:44+	28:56+	30:10+	30:33+
	00:56+	01:48-	00:52-	05:44+	03:54+	02:04-	01:57+	02:59+	01:17-	02:33+	01:32-	01:08+	02:12-	01:14+	00:23-
	00:07#	00:10-	00:11-	04:24	02:32	00:30-	00:28	00:07+	00:13-	00:13+	00:09-	00:01+	00:05-	00:06+	00:02-
9	Turid Johanne Kidøy	18										31:35			
	01:33+	03:28+	04:32+	07:58+	12:54+	15:03+	16:36+	20:04+	21:22+	24:26+	25:49+	27:10+	29:02+	30:07+	30:27+
	01:33+	01:55-	01:04+	03:26+	04:56+	02:09-	01:33+	03:28+	01:18-	03:04+	01:23-	01:21+	01:52-	01:05-	00:20-
	00:44	00:03-	00:01+	02:06	03:34	00:25-	00:04+	00:36#	00:12-	00:44	00:18-	00:14#	00:25-	00:03-	00:05-
10	Svitlana Rasheva	116										31:54			
	01:07+	03:19+	04:17+	05:53+	08:35+	12:49+	15:25+	19:05+	20:25+	23:43+	25:28+	26:42+	29:11+	30:26+	30:52+
	01:07+	02:12+	00:58-	01:36+	02:42+	04:14+	02:36+	03:40+	01:20-	03:18+	01:45+	01:14+	02:29+	01:15+	00:26+
	00:18	00:14#	00:05-	00:16#	01:20	01:40	01:07	00:48	00:10-	00:58	00:04+	00:07#	00:12+	00:07#	00:01+
11	Elin Norveel	105										32:34			
	01:09+	03:59+	05:07+	07:49+	09:10+	12:02+	14:20+	18:26+	20:25+	23:17+	24:59+	26:23+	29:06+	30:35+	31:06+
	01:09+	02:50+	01:08+	02:42+	01:21-	02:52+	02:18+	04:06+	01:59+	02:52+	01:42+	01:24+	02:43+	01:29+	00:31+
	00:20	00:52	00:05+	01:22	00:01-	00:18#	00:49	01:14	00:29	00:32#	00:01+	00:17	00:26#	00:21	00:06#
12	Camilla Haugland	105										32:37			
	00:53+	03:07+	04:17+	05:45+	08:01+	10:43+	13:02+	16:17+	21:54+	24:59+	26:51+	27:54+	30:00+	31:04+	31:27+
	00:53+	02:14+	01:10+	01:28+	02:16+	02:42+	02:19+	03:15+	05:37+	03:05+	01:52+	01:03-	02:06-	01:04-	00:23-
	00:04+	00:16#	00:07#	00:08#	00:54	00:08+	00:50	00:23#	04:07	00:45	00:11#	00:04-	00:11-	00:04-	00:02-
13	Gunn Vagle	126										32:52			
	00:58+	03:17+	04:25+	06:09+	09:37+	12:48+	15:32+	19:12+	20:52+	24:03+	25:55+	27:20+	29:46+	31:10+	31:35+
	00:58+	02:19+	01:08+	01:44+	03:28+	03:11+	02:44+	03:40+	01:40+	03:11+	01:52+	01:25+	02:26+	01:24+	00:25=
	00:09#	00:21#	00:05+	00:24	02:06	00:37#	01:15	00:48	00:10#	00:51	00:11#	00:18	00:09+	00:16#	00:00=
14	Marita Navjord Nicolaysen	71										33:02			
	00:47-	02:49+	03:44-	05:58+	11:15+	13:21+	15:09+	17:51+	19:12+	24:36+	26:08+	27:14+	30:29+	31:43+	32:05+
	00:47-	02:02+	00:55-	02:14+	05:17+	02:06-	01:48+	02:42-	01:21-	05:24+	01:32-	01:06-	03:15+	01:14+	00:22-
	00:02-	00:04+	00:08-	00:54	03:55	00:28-	00:19#	00:10-	00:09-	03:04	00:09-	00:01-	00:58	00:06+	00:03-
15	Ann Helen Johannesen	71										33:08			
	00:54+	03:09+	04:11+	09:53+	11:54+	15:45+	17:39+	20:43+	22:08+	25:06+	26:43+	27:50+	30:33+	31:39+	32:07+
	00:54+	02:15+	01:02-	05:42+	02:01+	03:51+	01:54+	03:04+	01:25-	02:58+	01:37-	01:07=	02:43+	01:06-	00:28+
	00:05#	00:17#	00:01-	04:22	00:39	01:17	00:25	00:12+	00:05-	00:38	00:04-	00:00=	00:26#	00:02-	00:03#
16	Gunhild Nordbø	117										34:07			
	01:02+	03:26+	04:34+	06:09+	08:06+	10:40+	12:39+	16:15+	18:37+	21:56+	23:49+	25:12+	30:14+	32:09+	32:39+
	01:02+	02:24+	01:08+	01:35+	01:57+	02:34=	01:59+	03:36+	02:22+	03:19+	01:53+	01:23+	05:02+	01:55+	00:30+
	00:13	00:26#	00:05+	00:15#	00:35	00:00=	00:30	00:44	00:52	00:59	00:12#	00:16#	02:45	00:47	00:05#
17	Eli Våge	117										34:10			
	01:19+	04:07+	05:27+	07:26+	09:26+	12:35+	14:44+	19:19+	21:01+	24:18+	26:22+	27:55+	30:42+	32:11+	32:39+
	01:19+	02:48+	01:20+	01:59+	02:00+	03:09+	02:09+	04:35+	01:42+	03:17+	02:04+	01:33+	02:47+	01:29+	00:28+
	00:30	00:50	00:17	00:39	00:38	00:35#	00:40	01:43	00:12#	00:57	00:23#	00:26	00:30#	00:21	00:03#

Class	Navn	Klasse										Tid				
18	Esther Boenheim	268										34:22				
02:33+	05:14+	06:19+	07:47+	09:43+	12:56+	15:12+	19:15+	21:09+	23:52+	26:13+	27:36+	30:40+	32:05+	32:32+	34:22+	
02:33+	02:41+	01:05+	01:28+	01:56+	03:13+	02:16+	04:03+	01:54+	02:43+	02:21+	01:23+	03:04+	01:25+	00:27+	01:50+	
01:44@	00:43&	00:02+	00:08#	00:34&	00:39&	00:47&	01:11&	00:24&	00:23#	00:40&	00:16#	00:47&	00:17#	00:02+	00:44&	
19	Gerd Katrin Kro	117										34:23				
01:17+	03:37+	04:39+	06:38+	11:00+	13:38+	16:02+	19:06+	20:24+	23:07+	24:34+	25:36+	31:48+	32:53+	33:25+	34:23+	
01:17+	02:20+	01:02-	01:59+	04:22+	02:38+	02:24+	03:04+	01:18-	02:43+	01:27-	01:02-	06:12+	01:05-	00:32+	00:58-	
00:28&	00:22#	00:01-	00:39&	03:00@	00:04+	00:55&	00:12+	00:12-	00:23#	00:14-	00:05-	03:55@	00:03-	00:07&	00:08-	
20	Lise Bergli	62										34:28				
02:33+	04:41+	06:05+	08:30+	12:38+	14:55+	17:05+	20:52+	22:22+	25:56+	27:45+	28:58+	31:35+	32:44+	33:18+	34:28+	
02:33+	02:08+	01:24+	02:25+	04:08+	02:17-	02:10+	03:47+	01:30=	03:34+	01:49+	01:13+	02:37+	01:09+	00:34+	01:10+	
01:44@	00:10+	00:21&	01:05&	02:46@	00:17-	00:41&	00:55&	00:00=	01:14&	00:08+	00:06+	00:20#	00:01+	00:09&	00:04+	
21	Sonja Johannessen	130										34:59				
01:06+	03:34+	04:48+	06:24+	08:54+	11:32+	14:15+	17:58+	19:28+	23:57+	25:33+	26:51+	31:37+	33:08+	33:35+	34:59+	
01:06+	02:28+	01:14+	01:36+	02:30+	02:38+	02:43+	03:43+	01:30=	04:29+	01:36-	01:18+	04:46+	01:31+	00:27+	01:24+	
00:17&	00:30&	00:11#	00:16#	01:08&	00:04+	01:14&	00:51&	00:00=	02:09&	00:05-	00:11#	02:29@	00:23&	00:02+	00:18&	
22	Fredrike Krahnert	126										35:09				
00:54+	03:01+	03:57+	06:32+	09:40+	14:20+	16:39+	19:48+	21:24+	24:32+	26:20+	27:40+	32:24+	33:49+	34:05+	35:09+	
00:54+	02:07+	00:56-	02:35+	03:08+	04:40+	02:19+	03:09+	01:36+	03:08+	01:48+	01:20+	04:44+	01:25+	00:16-	01:04-	
00:05#	00:09+	00:07-	01:15&	01:46@	02:06&	00:50&	00:17+	00:06+	00:48&	00:07+	00:13#	02:27@	00:17#	00:09-	00:02-	
23	Linn Skadberg	113										35:13				
02:42+	05:18+	06:33+	08:18+	10:35+	13:16+	16:19+	20:44+	22:21+	25:23+	27:20+	28:35+	32:01+	33:31+	33:53+	35:13+	
02:42+	02:36+	01:15+	01:45+	02:17+	02:41+	03:03+	04:25+	01:37+	03:02+	01:57+	01:15+	03:26+	01:30+	00:22-	01:20+	
01:53@	00:38&	00:12#	00:25&	00:55&	00:07+	01:34@	01:33&	00:07+	00:42&	00:16#	00:08#	01:09&	00:22&	00:03-	00:14#	
24	Jorunn Pedersen Lima	113										35:23				
02:38+	05:31+	06:43+	08:28+	10:37+	13:25+	16:30+	20:47+	22:25+	25:27+	27:22+	28:40+	32:19+	33:36+	34:01+	35:23+	
02:38+	02:53+	01:12+	01:45+	02:09+	02:48+	03:05+	04:17+	01:38+	03:02+	01:55+	01:18+	03:39+	01:17+	00:25=	01:22+	
01:49@	00:55&	00:09#	00:25&	00:47&	00:14+	01:36@	01:25&	00:08+	00:42&	00:14#	00:11#	01:22&	00:09#	00:00=	00:16#	
25	Stine Skadberg	113										35:43				
02:46+	05:42+	07:16+	08:52+	10:48+	13:43+	16:33+	20:59+	22:57+	26:05+	27:37+	29:06+	32:25+	33:56+	34:21+	35:43+	
02:46+	02:56+	01:34+	01:36+	01:56+	02:55+	02:50+	04:26+	01:58+	03:08+	01:32-	01:29+	03:19+	01:31+	00:25=	01:22+	
01:57@	00:58&	00:31&	00:16#	00:34&	00:21#	01:21&	01:34&	00:28&	00:48&	00:09-	00:22&	01:02&	00:23&	00:00=	00:16#	
26	Solbjørg Lima Skadberg	113										35:50				
02:36+	05:40+	07:14+	08:52+	10:52+	13:42+	16:33+	21:01+	22:59+	26:07+	27:45+	29:14+	32:33+	33:58+	34:28+	35:50+	
02:36+	03:04+	01:34+	01:38+	02:00+	02:50+	02:51+	04:28+	01:58+	03:08+	01:38-	01:29+	03:19+	01:25+	00:30+	01:22+	
01:47@	01:06&	00:31&	00:18#	00:38&	00:16#	01:22&	01:36&	00:28&	00:48&	00:03-	00:22&	01:02&	00:17#	00:05#	00:16#	
27	Astri Sandanger	93										35:56				
02:27+	04:45+	05:51+	07:09+	09:21+	11:46+	13:50+	17:35+	20:53+	27:55+	29:33+	30:46+	32:58+	34:16+	34:43+	35:56+	
02:27+	02:18+	01:06+	01:18-	02:12+	02:25-	02:04+	03:45+	03:18+	07:02+	01:38-	01:13+	02:12-	01:18+	00:27+	01:13+	
01:38@	00:20#	00:03+	00:02-	00:50&	00:09-	00:35&	00:53&	01:48@	04:42@	00:03-	00:06+	00:05-	00:10#	00:02+	00:07#	
28	Marianne Johnsen	5										35:59				
01:35+	04:39+	05:55+	07:15+	09:15+	11:41+	13:36+	16:26+	17:46+	27:39+	29:16+	30:27+	33:12+	34:17+	34:39+	35:59+	
01:35+	03:04+	01:16+	01:20=	02:00+	02:26-	01:55+	02:50-	01:20-	09:53+	01:37-	01:11+	02:45+	01:05-	00:22-	01:20+	
00:46&	01:06&	00:13#	00:00=	00:38&	00:08-	00:26&	00:02-	00:10-	07:33@	00:04-	00:04+	00:28#	00:03-	00:03-	00:14#	
29	Brit Svihus	92										36:15				
01:18+	04:39+	06:01+	08:53+	12:15+	15:10+	17:24+	20:59+	22:55+	25:58+	27:38+	28:59+	32:44+	34:19+	34:52+	36:15+	
01:18+	03:21+	01:22+	02:52+	03:22+	02:55+	02:14+	03:35+	01:56+	03:03+	01:40-	01:21+	03:45+	01:35+	00:33+	01:23+	
00:29&	01:23&	00:19&	01:32@	02:00@	00:21#	00:45&	00:43#	00:26&	00:43&	00:01-	00:14#	01:28&	00:27&	00:08&	00:17&	
30	Sarah Denieul	42										37:00				
00:55+	04:04+	05:08+	13:04+	15:10+	17:54+	19:58+	23:04+	26:05+	28:55+	30:46+	32:05+	34:19+	35:34+	36:02+	37:00+	
00:55+	03:09+	01:04+	07:56+	02:06+	02:44+	02:04+	03:06+	03:01+	02:50+	01:51+	01:19+	02:14-	01:15+	00:28+	00:58-	
00:06#	01:11&	00:01+	06:36@	00:44&	00:10+	00:35&	00:14+	01:31@	00:30#	00:10+	00:12#	00:03-	00:07#	00:03#	00:08-	
31	Tonje Tiley	27										37:03				
01:06+	03:32+	04:50+	06:04+	13:26+	16:11+	18:29+	21:51+	23:37+	27:17+	29:41+	31:10+	34:13+	35:27+	35:54+	37:03+	
01:06+	02:26+	01:18+	01:14-	07:22+	02:45+	02:18+	03:22+	01:46+	03:40+	02:24+	01:29+	03:03+	01:14+	00:27+	01:09+	
00:17&	00:28#	00:15#	00:06-	06:00@	00:11+	00:49&	00:30#	00:16#	01:20&	00:43&	00:22&	00:46&	00:06+	00:02+	00:03+	
32	Ingrid O. Foss	117										37:23				
01:00+	03:09+	04:14+	11:10+	12:53+	18:16+	20:18+	23:21+	25:30+	28:49+	30:46+	32:01+	34:23+	35:42+	36:17+	37:23+	
01:00+	02:09+	01:05+	06:56+	01:43+	05:23+	02:02+	03:03+	02:09+	03:19+	01:57+	01:15+	02:22+	01:19+	00:35+	01:06=	
00:11#	00:11+	00:02+	05:36@	00:21&	02:49@	00:33&	00:11+	00:39&	00:59&	00:16#	00:08#	00:05+	00:11#	00:10&	00:00=	

Class	Navn	Klasse										Tid				
33	Kjersti Vasbø	126										37:34				
01:16+	04:01+	05:37+	09:36+	11:30+	14:25+	16:32+	20:36+	22:24+	25:30+	29:00+	30:20+	33:17+	34:57+	35:23+	37:34+	
01:16+	02:45+	01:36+	03:59+	01:54+	02:55+	02:07+	04:04+	01:48+	03:06+	03:30+	01:20+	02:57+	01:40+	00:26+	02:11+	
00:27&	00:47&	00:33&	02:39&	00:32&	00:21#	00:38&	01:12&	00:18#	00:46&	01:49&	00:13#	00:40&	00:32&	00:01+	01:05&	
34	Åse Kristensen	94										37:58				
01:28+	04:25+	05:44+	08:14+	10:50+	13:49+	16:11+	20:17+	22:16+	26:17+	28:15+	29:52+	33:43+	35:30+	36:17+	37:58+	
01:28+	02:57+	01:19+	02:30+	02:36+	02:59+	02:22+	04:06+	01:59+	04:01+	01:58+	01:37+	03:51+	01:47+	00:47+	01:41+	
00:39&	00:59&	00:16&	01:10&	01:14&	00:25#	00:53&	01:14&	00:29&	01:41&	00:17#	00:30&	01:34&	00:39&	00:22&	00:35&	
35	Margot Asheim	105										38:26				
04:23+	06:24+	07:27+	10:51+	12:48+	18:11+	20:49+	24:07+	25:48+	28:24+	29:53+	30:58+	35:27+	36:53+	37:13+	38:26+	
04:23+	02:01+	01:03=	03:24+	01:57+	05:23+	02:38+	03:18+	01:41+	02:36+	01:29-	01:05-	04:29+	01:26+	00:20-	01:13+	
03:34&	00:03+	00:00=	02:04&	00:35&	02:49&	01:09&	00:26#	00:11#	00:16#	00:12-	00:02-	02:12&	00:18&	00:05-	00:07#	
36	Reidun Solli Skjørestad	47										38:26				
01:24+	04:31+	06:01+	08:32+	10:26+	13:57+	16:43+	20:31+	22:45+	27:08+	29:34+	31:45+	35:11+	36:39+	37:11+	38:26+	
01:24+	03:07+	01:30+	02:31+	01:54+	03:31+	02:46+	03:48+	02:14+	04:23+	02:26+	02:11+	03:26+	01:28+	00:32+	01:15+	
00:35&	01:09&	00:27&	01:11&	00:32&	00:57&	01:17&	00:56&	00:44&	02:03&	00:45&	01:04&	01:09&	00:20&	00:07&	00:09#	
37	Gunvor Frafjord Tungesvik	228										38:39				
01:20+	04:34+	06:02+	08:26+	10:22+	13:53+	16:45+	20:34+	22:48+	27:25+	30:02+	31:31+	35:06+	36:47+	37:15+	38:39+	
01:20+	03:14+	01:28+	02:24+	01:56+	03:31+	02:52+	03:49+	02:14+	04:37+	02:37+	01:29+	03:35+	01:41+	00:28+	01:24+	
00:31&	01:16&	00:25&	01:04&	00:34&	00:57&	01:23&	00:57&	00:44&	02:17&	00:56&	00:22&	01:18&	00:33&	00:03#	00:18&	
38	Mona Nordmark Kaada	178										38:41				
02:43+	05:04+	06:11+	12:41+	14:46+	17:21+	20:20+	24:04+	26:07+	29:30+	31:38+	33:05+	35:48+	36:54+	37:17+	38:41+	
02:43+	02:21+	01:07+	06:30+	02:05+	02:35+	02:59+	03:44+	02:03+	03:23+	02:08+	01:27+	02:43+	01:06-	00:23-	01:24+	
01:54&	00:23#	00:04+	05:10&	00:43&	00:01+	01:30&	00:52&	00:33&	01:03&	00:27&	00:20&	00:26#	00:02-	00:02-	00:18&	
39	Thorhild Bjørkevoll Lande	71										38:49				
01:02+	03:40+	05:04+	06:44+	12:34+	15:36+	18:29+	22:43+	24:39+	28:03+	30:15+	31:44+	35:11+	36:53+	37:28+	38:49+	
01:02+	02:38+	01:24+	01:40+	05:50+	03:02+	02:53+	04:14+	01:56+	03:24+	02:12+	01:29+	03:27+	01:42+	00:35+	01:21+	
00:13&	00:40&	00:21&	00:20#	04:28&	00:28#	01:24&	01:22&	00:26&	01:04&	00:31&	00:22&	01:10&	00:34&	00:10&	00:15#	
40	Jorunn Birkeland	47										38:52				
01:29+	04:38+	06:09+	08:32+	10:21+	13:47+	16:51+	20:51+	22:57+	27:15+	30:02+	31:43+	35:06+	36:52+	37:22+	38:52+	
01:29+	03:09+	01:31+	02:23+	01:49+	03:26+	03:04+	04:00+	02:06+	04:18+	02:47+	01:41+	03:23+	01:46+	00:30+	01:30+	
00:40&	01:11&	00:28&	01:03&	00:27&	00:52&	01:35&	01:08&	00:36&	01:58&	01:06&	00:34&	01:06&	00:38&	00:05#	00:24&	
41	Solbjørg Borgersen	233										39:08				
01:24+	04:02+	05:24+	08:21+	10:06+	12:53+	18:16+	21:58+	24:16+	27:27+	31:21+	32:57+	35:36+	37:10+	37:41+	39:08+	
01:24+	02:38+	01:22+	02:57+	01:45+	02:47+	05:23+	03:42+	02:18+	03:11+	03:54+	01:36+	02:39+	01:34+	00:31+	01:27+	
00:35&	00:40&	00:19&	01:37&	00:23&	00:13+	03:54&	00:50&	00:48&	00:51&	02:13&	00:29&	00:22#	00:26&	00:06#	00:21&	
42	Rebekka Lye	62										39:08				
01:04+	03:59+	05:13+	06:42+	10:40+	14:32+	18:06+	22:07+	24:11+	27:51+	31:20+	32:48+	35:47+	37:17+	37:39+	39:08+	
01:04+	02:55+	01:14+	01:29+	03:58+	03:52+	03:34+	04:01+	02:04+	03:40+	03:29+	01:28+	02:59+	01:30+	00:22-	01:29+	
00:15&	00:57&	00:11#	00:09#	02:36&	01:18&	02:05&	01:09&	00:34&	01:20&	01:48&	00:21&	00:42&	00:22&	00:03-	00:23&	
43	Lillian Dahl Fitjar	117										39:11				
02:14+	05:12+	06:35+	09:04+	10:50+	14:35+	19:00+	22:46+	24:46+	28:07+	30:33+	32:18+	35:13+	37:00+	37:34+	39:11+	
02:14+	02:58+	01:23+	02:29+	01:46+	03:45+	04:25+	03:46+	02:00+	03:21+	02:26+	01:45+	02:55+	01:47+	00:34+	01:37+	
01:25&	01:00&	00:20&	01:09&	00:24&	01:11&	02:56&	00:54&	00:30&	01:01&	00:45&	00:38&	00:38&	00:39&	00:09&	00:31&	
44	Elisabeth Thompson	27										39:16				
00:58+	03:34+	04:54+	06:37+	12:54+	15:36+	17:39+	21:04+	23:09+	30:40+	32:25+	33:50+	36:19+	37:39+	38:08+	39:16+	
00:58+	02:36+	01:20+	01:43+	06:17+	02:42+	02:03+	03:25+	02:05+	07:31+	01:45+	01:25+	02:29+	01:20+	00:29+	01:08+	
00:09#	00:38&	00:17&	00:23&	04:55&	00:08+	00:34&	00:33#	00:35&	05:11&	00:04+	00:18&	00:12+	00:12#	00:04#	00:02+	
45	Cecilie Kristine Karlsen	93										39:35				
01:33+	03:42+	05:10+	06:54+	13:39+	16:46+	18:43+	21:39+	23:02+	30:28+	32:49+	33:56+	36:58+	38:13+	38:42+	39:35+	
01:33+	02:09+	01:28+	01:44+	06:45+	03:07+	01:57+	02:56+	01:23-	07:26+	02:21+	01:07=	03:02+	01:15+	00:29+	00:53-	
00:44&	00:11+	00:25&	00:24&	05:23&	00:33#	00:28&	00:04+	00:07-	05:06&	00:40&	00:00=	00:45&	00:07#	00:04#	00:13-	
46	Janne Imenes Andresen	117										40:04				
01:10+	04:08+	06:04+	07:57+	10:08+	12:50+	15:52+	19:57+	21:46+	30:35+	32:24+	34:01+	36:43+	38:07+	38:38+	40:04+	
01:10+	02:58+	01:56+	01:53+	02:11+	02:42+	03:02+	04:05+	01:49+	08:49+	01:49+	01:37+	02:42+	01:24+	00:31+	01:26+	
00:21&	01:00&	00:53&	00:33&	00:49&	00:08+	01:33&	01:13&	00:19#	06:29&	00:08+	00:30&	00:25#	00:16#	00:06#	00:20&	
47	Anita Edgren	88										41:11				
01:15+	05:26+	06:47+	08:29+	10:11+	14:34+	18:51+	24:11+	26:09+	29:36+	32:13+	34:02+	37:19+	39:02+	39:30+	41:11+	
01:15+	04:11+	01:21+	01:42+	01:42+	04:23+	04:17+	05:20+	01:58+	03:27+	02:37+	01:49+	03:17+	01:43+	00:28+	01:41+	
00:26&	02:13&	00:18&	00:22&	00:20#	01:49&	02:48&	02:28&	00:28&	01:07&	00:56&	00:42&	01:00&	00:35&	00:03#	00:35&	

Class	Navn	Klasse										Tid			
48	Grete Hellevik	168										41:12			
00:58+	03:39+	04:56+	08:35+	14:18+	16:30+	20:43+	22:26+	26:08+	30:03+	31:25+	34:18+	38:59+	39:45+	41:12+	
00:58+	02:41+	01:17+	03:39+	03:06+	02:37+	02:12+	04:13+	01:43+	03:42+	03:55+	01:22+	02:53+	04:41+	00:46+	
00:09#	00:43#	00:14#	02:19#	01:44#	00:03+	00:43#	01:21#	00:13#	01:22#	02:14#	00:15#	00:36#	03:33#	00:21#	
49	Kirsti Strand Salvesen	256										41:39			
01:35+	04:55+	06:26+	08:38+	11:20+	15:31+	18:04+	22:38+	25:21+	29:00+	31:21+	34:08+	36:58+	38:50+	39:31+	
01:35+	03:20+	01:31+	02:12+	02:42+	04:11+	02:33+	04:34+	02:43+	03:39+	02:21+	02:47+	02:50+	01:52+	00:41+	
00:46#	01:22#	00:28#	00:52#	01:20#	01:37#	01:04#	01:42#	01:13#	01:19#	00:40#	01:40#	00:33#	00:44#	00:16#	
50	Synnøve Langvik	93										42:25			
01:39+	04:34+	06:22+	07:50+	09:37+	12:17+	15:49+	19:46+	21:24+	32:55+	34:42+	36:11+	39:01+	40:38+	41:11+	
01:39+	02:55+	01:48+	01:28+	01:47+	02:40+	03:32+	03:57+	01:38+	11:31+	01:47+	01:29+	02:50+	01:37+	00:33+	
00:50#	00:57#	00:45#	00:08#	00:25#	00:06+	02:03#	01:05#	00:08+	09:11#	00:06+	00:22#	00:33#	00:29#	00:08#	
51	Kjersti Flaot	27										42:46			
01:05+	03:23+	04:26+	05:57+	18:29+	21:04+	23:46+	27:13+	29:40+	34:55+	36:45+	37:59+	40:06+	41:15+	41:42+	
01:05+	02:18+	01:03#	01:31+	12:32+	02:35+	02:42+	03:27+	02:27+	05:15+	01:50+	01:14+	02:07-	01:09+	00:27+	
00:16#	00:20#	00:00#	00:11#	11:10#	00:01+	01:13#	00:35#	00:57#	02:55#	00:09+	00:07#	00:10-	00:01+	00:02+	
52	Jorunn Eriksson Sætre	47										43:08			
01:09+	03:40+	04:51+	06:25+	07:58+	10:21+	13:22+	17:52+	19:52+	24:53+	28:17+	29:28+	40:12+	41:18+	41:45+	
01:09+	02:31+	01:11+	01:34+	01:33+	02:23-	03:01+	04:30+	02:00+	05:01+	03:24+	01:11+	10:44+	01:06-	00:27+	
00:20#	00:33#	00:08#	00:14#	00:11#	00:11-	01:32#	01:38#	00:30#	02:41#	01:43#	00:04+	08:27#	00:02-	00:17#	
53	Eli Tjetland	116										44:08			
01:31+	04:24+	05:48+	12:13+	14:14+	17:20+	20:51+	25:10+	27:18+	32:14+	34:23+	36:13+	39:38+	41:39+	42:11+	
01:31+	02:53+	01:24+	06:25+	02:01+	03:06+	03:31+	04:19+	02:08+	04:56+	02:09+	01:50+	03:25+	02:01+	00:32+	
00:42#	00:55#	00:21#	05:05#	00:39#	00:32#	02:02#	01:27#	00:38#	02:36#	00:28#	00:43#	01:08#	00:53#	00:07#	
54	Parul Khandelwal	71										44:09			
01:01+	03:21+	04:28+	06:17+	20:10+	22:58+	25:19+	29:00+	30:34+	33:39+	35:24+	36:43+	40:38+	42:10+	42:38+	
01:01+	02:20+	01:07+	01:49+	13:53+	02:48+	02:21+	03:41+	01:34+	03:05+	01:45+	01:19+	03:55+	01:32+	00:28+	
00:12#	00:22#	00:04+	00:29#	12:31#	00:14+	00:52#	00:49#	00:04+	00:45#	00:04+	00:12#	01:38#	00:24#	00:03#	
55	Wenke Wannberg	116										44:13			
01:18+	04:01+	05:16+	07:37+	09:33+	12:28+	21:55+	26:17+	28:43+	33:52+	35:38+	37:18+	40:44+	42:14+	42:50+	
01:18+	02:43+	01:15+	02:21+	01:56+	02:55+	09:27+	04:22+	02:26+	05:09+	01:46+	01:40+	03:26+	01:30+	00:36+	
00:29#	00:45#	00:12#	01:01#	00:34#	00:21#	07:58#	01:30#	00:56#	02:49#	00:05+	00:33#	01:09#	00:22#	00:11#	
56	Aslaug Neteland	92										44:13			
01:15+	03:59+	05:13+	07:38+	09:30+	12:33+	21:54+	26:14+	28:45+	34:00+	35:40+	37:15+	40:38+	42:09+	42:51+	
01:15+	02:44+	01:14+	02:25+	01:52+	03:03+	09:21+	04:20+	02:31+	05:15+	01:40-	01:35+	03:23+	01:31+	00:42+	
00:26#	00:46#	00:11#	01:05#	00:30#	00:29#	07:52#	01:28#	01:01#	02:55#	00:01-	00:28#	01:06#	00:23#	00:17#	
57	Marianne Gjesdal Lyngås	253										44:26			
03:06+	06:39+	08:13+	10:00+	12:15+	16:55+	19:33+	24:10+	26:16+	30:13+	33:52+	36:00+	39:15+	41:28+	42:21+	
03:06+	03:33+	01:34+	01:47+	02:15+	04:40+	02:38+	04:37+	02:06+	03:57+	03:39+	02:08+	03:15+	02:13+	00:53+	
02:17#	01:35#	00:31#	00:27#	00:53#	02:06#	01:09#	01:45#	00:36#	01:37#	01:58#	01:01#	00:58#	01:05#	00:28#	
58	Ingrid Marie Torgersen	253										44:26			
02:32+	06:41+	08:12+	09:59+	12:18+	17:01+	19:35+	24:14+	26:20+	30:17+	33:48+	35:59+	39:19+	41:33+	42:24+	
02:32+	04:09+	01:31+	01:47+	02:19+	04:43+	02:34+	04:39+	02:06+	03:57+	03:31+	02:11+	03:20+	02:14+	00:51+	
01:43#	02:11#	00:28#	00:27#	00:57#	02:09#	01:05#	01:47#	00:36#	01:37#	01:50#	01:04#	01:03#	01:06#	00:26#	
59	Irene Mæland Torgersen	253										44:28			
02:38+	06:43+	08:17+	10:02+	12:23+	17:08+	19:37+	24:20+	26:27+	30:21+	34:02+	36:08+	39:26+	41:35+	42:24+	
02:38+	04:05+	01:34+	01:45+	02:21+	04:45+	02:29+	04:43+	02:07+	03:54+	03:41+	02:06+	03:18+	02:09+	00:49+	
01:49#	02:07#	00:31#	00:25#	00:59#	02:11#	01:00#	01:51#	00:37#	01:34#	02:00#	00:59#	01:01#	01:01#	00:24#	
60	Solveig Grønning	47										44:45			
01:19+	04:25+	05:48+	09:15+	12:51+	15:52+	18:35+	22:20+	24:14+	33:33+	36:18+	38:09+	41:13+	42:56+	43:25+	
01:19+	03:06+	01:23+	03:27+	03:36+	03:01+	02:43+	03:45+	01:54+	09:19+	02:45+	01:51+	03:04+	01:43+	00:29+	
00:30#	01:08#	00:20#	02:07#	02:14#	00:27#	01:14#	00:53#	00:24#	06:59#	01:04#	00:44#	00:47#	00:35#	00:04#	
61	Ingunn Fandrem	47										44:48			
01:23+	04:25+	05:54+	09:13+	12:50+	15:46+	18:33+	22:29+	24:13+	33:28+	36:19+	37:55+	41:11+	42:56+	43:26+	
01:23+	03:02+	01:29+	03:19+	03:37+	02:56+	02:47+	03:56+	01:44+	09:15+	02:51+	01:36+	03:16+	01:45+	00:30+	
00:34#	01:04#	00:26#	01:59#	02:15#	00:22#	01:18#	01:04#	00:14#	06:55#	01:10#	00:29#	00:59#	00:37#	00:05#	
62	Maria Haukalid	47										45:00			
04:31+	07:30+	09:01+	11:27+	20:54+	23:42+	26:19+	30:05+	32:04+	34:46+	36:31+	37:54+	41:38+	43:08+	43:43+	
04:31+	02:59+	01:31+	02:26+	09:27+	02:48+	02:37+	03:46+	01:59+	02:42+	01:45+	01:23+	03:44+	01:30+	00:35+	
03:42#	01:01#	00:28#	01:06#	08:05#	00:14+	01:08#	00:54#	00:29#	00:22#	00:04+	00:16#	01:27#	00:22#	00:10#	

Class	Navn	Klasse										Tid
63	Sølvi S. Ballestad	105										46:12
01:27+	04:49+	06:37+	09:10+	12:40+	16:55+	20:48+	27:28+	34:47+	37:00+	38:39+	42:18+	46:12+
01:27+	03:22+	01:48+	02:33+	03:30+	04:15+	03:53+	04:24+	02:16+	07:19+	02:13+	01:39+	01:33+
00:38&	01:24&	00:45&	01:13&	02:08&	01:41&	02:24&	01:32&	00:46&	04:59&	00:32&	00:32&	01:22&
64	Sigrun Serigstad	128										46:33
04:54+	07:33+	08:32+	10:05+	11:52+	14:12+	16:15+	19:40+	21:12+	38:18+	40:45+	41:41+	44:09+
04:54+	02:39+	00:59-	01:33+	01:47+	02:20-	02:03+	03:25+	01:32+	17:06+	02:27+	00:56-	02:28+
04:05@	00:41&	00:04-	00:13#	00:25&	00:14-	00:34&	00:33#	00:02+	14:46@	00:46&	00:11-	00:11+
65	Ruth Grødem	105										46:35
01:19+	04:01+	05:20+	07:02+	11:14+	14:04+	17:04+	23:56+	25:48+	37:14+	38:56+	40:18+	43:09+
01:19+	02:42+	01:19+	01:42+	04:12+	02:50+	03:00+	06:52+	01:52+	11:26+	01:42+	01:22+	02:51+
00:30&	00:44&	00:16&	00:22&	02:50@	00:16#	01:31@	04:00@	00:22#	09:06@	00:01+	00:15#	00:34#
66	Karen E. Gilje Woie	117										46:56
00:58+	03:24+	05:15+	14:58+	19:02+	22:25+	24:20+	27:50+	29:19+	34:51+	39:32+	40:47+	44:20+
00:58+	02:26+	01:51+	09:43+	04:04+	03:23+	01:55+	03:30+	01:29-	05:32+	04:41+	01:15+	03:33+
00:09#	00:28#	00:48&	08:23@	02:42@	00:49&	00:26&	00:38#	00:01-	03:12@	03:00@	00:08#	01:16&
67	Linn Soma	287										47:00
02:32+	04:45+	05:54+	11:08+	15:14+	19:31+	22:10+	25:19+	26:43+	33:29+	35:37+	36:52+	43:50+
02:32+	02:13+	01:09+	05:14+	04:06+	04:17+	02:39+	03:09+	01:24-	06:46+	02:08+	01:15+	06:58+
01:43@	00:15#	00:06+	03:54@	02:44@	01:43&	01:10&	00:17+	00:06-	04:26@	00:27&	00:08#	04:41@
68	Solveig Mæland	128										47:09
01:32+	04:39+	06:29+	08:57+	11:57+	20:05+	22:43+	27:59+	30:13+	34:11+	36:46+	39:10+	42:52+
01:32+	03:07+	01:50+	02:28+	03:00+	08:08+	02:38+	05:16+	02:14+	03:58+	02:35+	02:24+	03:42+
00:43&	01:09&	00:47&	01:08&	01:38@	05:34@	01:09&	02:24&	00:44&	01:38&	00:54&	01:17@	01:25&
69	Haldis Vagle	92										47:10
01:31+	04:58+	06:30+	11:56+	14:20+	18:02+	22:21+	26:53+	28:50+	34:34+	37:13+	39:07+	42:30+
01:31+	03:27+	01:32+	05:26+	02:24+	03:42+	04:19+	04:32+	01:57+	05:44+	02:39+	01:54+	03:23+
00:42&	01:29&	00:29&	04:06@	01:02&	01:08&	02:50@	01:40&	00:27&	03:24@	00:58&	00:47&	01:06&
70	Hilde Trodal Øksnevad	94										47:27
01:02+	03:57+	05:22+	06:55+	08:49+	14:46+	17:33+	21:34+	23:41+	31:54+	35:29+	36:42+	44:15+
01:02+	02:55+	01:25+	01:33+	01:54+	05:57+	02:47+	04:01+	02:07+	08:13+	03:35+	01:13+	07:33+
00:13&	00:57&	00:22&	00:13#	00:32&	03:23@	01:18&	01:09&	00:37&	05:53@	01:54@	00:06+	05:16@
71	Ane Kristine Helvig	105										49:36
06:59+	09:26+	10:42+	13:28+	15:07+	20:48+	28:43+	32:50+	34:31+	38:50+	42:06+	43:22+	46:22+
06:59+	02:27+	01:16+	02:46+	01:39+	05:41+	07:55+	04:07+	01:41+	04:19+	03:16+	01:16+	03:00+
06:10@	00:29#	00:13#	01:26@	00:17#	03:07@	06:26@	01:15&	00:11#	01:59&	01:35&	00:09#	00:43&
72	Randi Bugge	46										50:20
01:06+	07:05+	08:19+	10:18+	21:47+	24:37+	26:50+	30:14+	31:47+	41:12+	43:04+	44:29+	46:49+
01:06+	05:59+	01:14+	01:59+	11:29+	02:50+	02:13+	03:24+	01:33+	09:25+	01:52+	01:25+	02:20+
00:17&	04:01@	00:11#	00:39&	10:07@	00:16#	00:44&	00:32#	00:03+	07:05@	00:11#	00:18&	00:03+
73	Hilde Sande Borck	114										50:27
01:22+	04:08+	16:53+	19:38+	21:28+	24:55+	27:58+	32:15+	37:09+	40:28+	42:29+	44:04+	47:06+
01:22+	02:46+	12:45+	02:45+	01:50+	03:27+	03:03+	04:17+	04:54+	03:19+	02:01+	01:35+	03:02+
00:33&	00:48&	11:42@	01:25@	00:28&	00:53&	01:34@	01:25&	03:24@	00:59&	00:20#	00:28&	00:45&
74	Randi Wesetvik	116										50:49
01:16+	04:30+	05:53+	07:56+	10:33+	17:05+	24:32+	30:24+	32:32+	37:16+	40:05+	41:51+	46:39+
01:16+	03:14+	01:23+	02:03+	02:37+	06:32+	07:27+	05:52+	02:08+	04:44+	02:49+	01:46+	04:48+
00:27&	01:16&	00:20&	00:43&	01:15&	03:58@	05:58@	03:00@	00:38&	02:24@	01:08&	00:39&	02:31@
75	Åse Karoline B. Berg	115										51:08
02:05+	06:15+	07:58+	10:27+	12:23+	16:42+	20:04+	25:52+	28:09+	34:26+	37:48+	40:01+	45:03+
02:05+	04:10+	01:43+	02:29+	01:56+	04:19+	03:22+	05:48+	02:17+	06:17+	03:22+	02:13+	05:02+
01:16@	02:12@	00:40&	01:09&	00:34&	01:45&	01:53@	02:56@	00:47&	03:57@	01:41&	01:06&	02:45@
76	Siw Øie Norheim	115										51:12
02:03+	06:20+	08:02+	10:31+	12:27+	16:38+	20:04+	25:47+	28:05+	34:31+	37:54+	39:59+	45:10+
02:03+	04:17+	01:42+	02:29+	01:56+	04:11+	03:26+	05:43+	02:18+	06:26+	03:23+	02:05+	05:11+
01:14@	02:19@	00:39&	01:09&	00:34&	01:37&	01:57@	02:51&	00:48&	04:06@	01:42@	00:58&	02:54@
77	Tove Kristin K. Helvig	105										51:20
03:26+	06:12+	07:30+	16:34+	19:03+	22:15+	25:31+	30:01+	31:51+	39:49+	43:13+	44:38+	47:32+
03:26+	02:46+	01:18+	09:04+	02:29+	03:12+	03:16+	04:30+	01:50+	07:58+	03:24+	01:25+	02:54+
02:37@	00:48&	00:15#	07:44@	01:07&	00:38#	01:47@	01:38&	00:20#	05:38@	01:43@	00:18&	00:37&

Class	Navn	Klasse											Tid				
78	May Kristin Haaland	47											52:07				
02:40+	06:35+	08:01+	11:40+	14:52+	19:02+	22:50+	27:35+	30:02+	35:08+	39:52+	41:51+	48:19+	50:07+	50:37+	52:07+		
02:40+	03:55+	01:26+	03:39+	03:12+	04:10+	03:48+	04:45+	02:27+	05:06+	04:44+	01:59+	06:28+	01:48+	00:30+	01:30+		
01:51@	01:57&	00:23&	02:19@	01:50@	01:36&	02:19@	01:53&	00:57&	02:46@	03:03@	00:52&	04:11@	00:40&	00:05#	00:24&		
79	Aase Sveinsvoll	94											52:10				
01:30+	05:33+	07:20+	10:05+	12:55+	17:58+	24:29+	30:07+	32:21+	35:55+	41:26+	43:33+	47:46+	49:36+	50:14+	52:10+		
01:30+	04:03+	01:47+	02:45+	02:50+	05:03+	06:31+	05:38+	02:14+	03:34+	05:31+	02:07+	04:13+	01:50+	00:38+	01:56+		
00:41&	02:05@	00:44&	01:25@	01:28@	02:29&	05:02@	02:46&	00:44&	01:14&	03:50@	01:00&	01:56&	00:42&	00:13&	00:50&		
80	Torhild Stokka Stølsvik	92											52:34				
02:33+	06:40+	08:06+	11:44+	14:59+	19:09+	22:56+	27:43+	30:07+	35:14+	39:59+	41:57+	48:26+	50:14+	50:51+	52:34+		
02:33+	04:07+	01:26+	03:38+	03:15+	04:10+	03:47+	04:47+	02:24+	05:07+	04:45+	01:58+	06:29+	01:48+	00:37+	01:43+		
01:44@	02:09@	00:23&	02:18@	01:53@	01:36&	02:18@	01:55&	00:54&	02:47@	03:04@	00:51&	04:12@	00:40&	00:12&	00:37&		
81	Priya Chilamkurthi	136											52:46				
01:58+	06:34+	09:23+	12:05+	14:22+	20:43+	24:51+	31:29+	33:54+	38:15+	42:02+	44:47+	48:52+	50:41+	51:08+	52:46+		
01:58+	04:36+	02:49+	02:42+	02:17+	06:21+	04:08+	06:38+	02:25+	04:21+	03:47+	02:45+	04:05+	01:49+	00:27+	01:38+		
01:09@	02:38@	01:46@	01:22@	00:55&	03:47@	02:39@	03:46@	00:55&	02:01&	02:06@	01:38@	01:48&	00:41&	00:02+	00:32&		
82	Mari Bremnes	105											53:05				
01:06+	04:32+	05:57+	09:09+	21:48+	24:30+	26:39+	29:55+	31:56+	37:12+	44:05+	45:56+	49:53+	51:21+	51:50+	53:05+		
01:06+	03:26+	01:25+	03:12+	12:39+	02:42+	02:09+	03:16+	02:01+	05:16+	06:53+	01:51+	03:57+	01:28+	00:29+	01:15+		
00:17&	01:28&	00:22&	01:52@	11:17@	00:08+	00:40&	00:24#	00:31&	02:56@	05:12@	00:44&	01:40&	00:20&	00:04#	00:09#		
83	Sølvi Utbø Sakseid	116											53:28				
01:46+	09:47+	11:10+	12:58+	26:34+	28:40+	35:30+	39:09+	41:03+	43:40+	45:28+	46:44+	50:51+	52:01+	52:21+	53:28+		
01:46+	08:01+	01:23+	01:48+	13:36+	02:06-	06:50+	03:39+	01:54+	02:37+	01:48+	01:16+	04:07+	01:10+	00:20-	01:07+		
00:57@	06:03@	00:20&	00:28&	12:14@	00:28-	05:21@	00:47&	00:24&	00:17#	00:07+	00:09#	01:50&	00:02+	00:05-	00:01+		
84	Inger Synnøve Sjursen	92											54:01				
01:25+	05:16+	06:51+	09:48+	23:34+	26:41+	30:47+	35:40+	37:45+	41:49+	44:37+	46:11+	49:39+	51:10+	51:46+	54:01+		
01:25+	03:51+	01:35+	02:57+	13:46+	03:07+	04:06+	04:53+	02:05+	04:04+	02:48+	01:34+	03:28+	01:31+	00:36+	02:15+		
00:36&	01:53&	00:32&	01:37@	12:24@	00:33#	02:37@	02:01&	00:35&	01:44&	01:07&	00:27&	01:11&	00:23&	00:11&	01:09@		
85	Bettiina Lähteenkorva	115											55:31				
01:04+	03:22+	04:30+	06:26+	22:13+	25:10+	27:03+	30:22+	33:33+	43:56+	46:18+	47:33+	51:50+	53:43+	54:21+	55:31+		
01:04+	02:18+	01:08+	01:56+	15:47+	02:57+	01:53+	03:19+	03:11+	10:23+	02:22+	01:15+	04:17+	01:53+	00:38+	01:10+		
00:15&	00:20#	00:05+	00:36&	14:25@	00:23#	00:24&	00:27#	01:41@	08:03@	00:41&	00:08#	02:00&	00:45&	00:13&	00:04+		
86	Hazel Grayston	263											56:40				
01:47+	05:43+	07:31+	10:12+	13:17+	17:57+	21:01+	26:34+	29:05+	40:26+	43:15+	46:41+	50:38+	53:12+	53:59+	56:40+		
01:47+	03:56+	01:48+	02:41+	03:05+	04:40+	03:04+	05:33+	02:31+	11:21+	02:49+	03:26+	03:57+	02:34+	00:47+	02:41+		
00:58@	01:58&	00:45&	01:21@	01:43@	02:06&	01:35@	02:41&	01:01&	09:01@	01:08&	02:19@	01:40&	01:26@	00:22&	01:35@		
87	Marianne Høie	116											57:23				
01:06+	05:25+	06:35+	16:43+	20:30+	23:10+	25:17+	39:09+	44:41+	47:38+	49:42+	50:58+	54:13+	55:34+	56:03+	57:23+		
01:06+	04:19+	01:10+	10:08+	03:47+	02:40+	02:07+	13:52+	05:32+	02:57+	02:04+	01:16+	03:15+	01:21+	00:29+	01:20+		
00:17&	02:21@	00:07#	08:48@	02:25@	00:06+	00:38&	11:00@	04:02@	00:37&	00:23#	00:09#	00:58&	00:13#	00:04#	00:14#		
Beste strekktid for klassen																	
00:47	01:48	00:52	01:14	01:15	02:03	01:28	02:42	01:11	02:20	01:23	00:56	01:52	00:51	00:16	00:53		

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

Herrer 16 - 39 år

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

Class	Navn	Klasse											Tid											
4	Håkon Eggebø	71											39:36											
01:42+	02:32+	04:39+	07:15+	10:13+	12:01+	13:58+	14:52+	16:10+	17:40+	18:41+	21:21+	22:47+	26:46+	29:24+	30:34+	32:11+	33:20+	33:55+	34:41+	36:07+	37:27+	38:26+	38:46+	39:36+
01:42+	00:50+	02:07+	02:36-	02:58+	01:48-	01:57+	00:54+	01:18+	01:30-	01:01+	02:40+	01:26+	03:59+	02:38+	01:10+	01:37+	01:09+	00:35-	00:46+	01:26+	01:20+	00:59+	00:20+	00:50+
00:14#	00:03+	00:15#	00:02-	01:59#	00:14-	00:15#	00:07#	00:11#	00:12-	00:04+	00:26#	00:18#	00:57#	00:41#	00:17#	00:04+	00:08#	00:07-	00:03+	00:14#	00:29#	00:13#	00:01+	00:03+
5	Svein Kyllingstad	71											40:35											
01:26-	02:13-	04:23+	07:32+	09:12+	11:41+	13:23+	14:14+	15:16+	16:55+	18:06+	20:34+	22:25+	26:30+	29:00+	29:54+	31:24+	32:27+	33:44+	34:29+	36:07+	38:40+	39:30+	39:48+	40:35+
01:26-	00:47#	02:10+	03:09+	01:40+	02:29+	01:42#	00:51+	01:02-	01:39-	01:11+	02:28+	01:51+	04:05+	02:30+	00:54+	01:30-	01:03+	01:17+	00:45+	01:38+	02:33+	00:50+	00:18-	00:47#
00:02-	00:00#	00:18#	00:31#	00:41#	00:27#	00:00#	00:04+	00:05-	00:03-	00:14#	00:14#	00:43#	01:03#	00:33#	00:01+	00:03-	00:02+	00:35#	00:02+	00:26#	01:42#	00:04+	00:01-	00:00#
6	Morten Fenne	228											40:44											
02:11+	03:13+	05:16+	08:17+	09:41+	12:20+	14:51+	16:00+	17:00+	18:39+	19:31+	22:01+	23:31+	27:27+	29:39+	30:58+	32:40+	33:46+	34:40+	35:27+	36:58+	38:47+	39:35+	39:58+	40:44+
02:11+	01:02+	02:03+	03:01+	01:24+	02:39+	02:31+	01:09+	01:00-	01:39-	00:52-	02:30+	01:30+	03:56+	02:12+	01:19+	01:42+	01:06+	00:54+	00:47+	01:31+	01:49+	00:48+	00:23+	00:46-
00:43#	00:15#	00:11+	00:23#	00:25#	00:37#	00:49#	00:22#	00:07-	00:03-	00:05-	00:16#	00:22#	00:54#	00:15#	00:26#	00:09+	00:05+	00:12#	00:04+	00:19#	00:58#	00:02+	00:04#	00:01-
7	Torbjørn Fuglestad	116											41:50											
03:00+	03:57+	06:02+	08:51+	10:22+	13:23+	15:37+	16:40+	17:42+	19:16+	20:30+	23:18+	25:30+	29:34+	32:13+	33:09+	34:42+	35:47+	36:32+	37:17+	38:40+	39:49+	40:44+	41:03+	41:50+
03:00+	00:57+	02:05+	02:49+	01:31+	03:01+	02:14+	01:03+	01:02-	01:34-	01:14+	02:48+	02:12+	04:04+	02:39+	00:56+	01:33#	01:05+	00:45+	00:45+	01:23+	01:09+	00:55+	00:19#	00:47#
01:32#	00:10#	00:13#	00:11+	00:32#	00:59#	00:32#	00:16#	00:05-	00:08-	00:17#	00:34#	01:04#	01:02#	00:42#	00:03+	00:00#	00:04+	00:03+	00:02+	00:11#	00:18#	00:09#	00:00#	00:00#
8	Rune Hatle	65											43:24											
02:40+	04:02+	05:33+	08:32+	10:18+	13:07+	15:38+	16:31+	18:35+	20:29+	21:23+	24:09+	25:52+	30:34+	33:12+	34:17+	35:45+	36:49+	37:33+	38:23+	39:51+	41:05+	42:05+	42:27+	43:24+
02:40+	01:22+	01:31-	02:59+	01:46+	02:49+	02:31+	00:53+	02:04+	01:54+	00:54-	02:46+	01:43+	04:42+	02:38+	01:05+	01:28-	01:04+	00:44+	00:50+	01:28+	01:14+	01:00+	00:22+	00:57+
01:12#	00:35#	00:21-	00:11-	00:47#	00:47#	00:49#	00:06#	00:57#	00:12#	00:03-	00:32#	00:35#	01:40#	00:41#	00:12#	00:05-	00:03+	00:02+	00:07#	00:16#	00:23#	00:14#	00:03#	00:10#
9	Andreas Terjesen	213											43:51											
02:07+	04:25+	06:19+	08:44+	10:09+	12:20+	15:09+	16:08+	22:09+	23:37+	24:46+	27:03+	28:30+	32:13+	34:38+	35:38+	36:52+	37:55+	38:39+	39:31+	41:01+	41:58+	42:47+	43:04+	43:51+
02:07+	02:18+	01:54+	02:25-	01:09+	02:11+	02:49+	00:59+	06:01+	01:28-	01:09+	02:17+	01:27+	03:43+	02:25+	01:00+	01:14-	01:03+	00:44+	00:52+	01:30+	00:57+	00:49+	00:17-	00:47#
00:39#	01:31#	00:02+	00:13-	00:26#	00:09+	01:07#	00:12#	04:54#	00:14-	00:12#	00:03+	00:19#	00:41#	00:28#	00:07#	00:19-	00:02+	00:02+	00:09#	00:18#	00:06#	00:03+	00:02-	00:00#
10	Alexander Khorunzhiy	287											45:27											
02:49+	04:05+	06:17+	09:35+	11:24+	14:07+	16:28+	17:30+	18:31+	20:30+	21:23+	24:51+	26:16+	30:36+	33:27+	34:33+	36:09+	37:09+	38:01+	38:55+	40:53+	43:17+	44:18+	44:37+	45:27+
02:49+	01:16+	02:12+	03:18+	01:49+	02:43+	02:21+	01:02+	01:01-	01:59+	00:53-	03:28+	01:25+	04:20+	02:51+	01:06+	01:36+	01:00-	00:52+	00:54+	01:58+	02:24+	01:01+	00:19#	00:50+
01:21#	00:29#	00:20#	00:40#	00:50#	00:41#	00:39#	00:15#	00:06-	00:17#	00:04-	01:14#	00:17#	01:18#	00:54#	00:13#	00:03+	00:01-	00:10#	00:11#	00:46#	01:33#	00:15#	00:00#	00:03+
11	Marius Stene	27											45:53											
03:19+	05:11+	06:51+	09:31+	10:49+	13:13+	15:19+	16:15+	17:13+	18:44+	19:36+	22:03+	23:19+	26:38+	36:09+	37:03+	38:19+	39:44+	40:38+	41:21+	42:33+	44:10+	44:48+	45:04+	45:53+
03:19+	01:52+	01:40-	02:40+	01:18+	02:24+	02:06+	00:56+	00:58-	01:31-	00:52-	02:27+	01:16+	03:19+	09:31+	00:54+	01:16-	01:25+	00:54+	00:43#	01:12#	01:37+	00:38-	00:16-	00:49+
01:51#	01:05#	00:12-	00:02+	00:19#	00:22#	00:24#	00:09#	00:09-	00:11-	00:05-	00:13+	00:08#	00:17+	07:34#	00:01+	00:17-	00:24#	00:12#	00:00#	00:00#	00:46#	00:08-	00:03-	00:02+
12	Jonas Lye Scheie	62											45:54											
01:49+	03:06+	05:35+	11:13+	12:36+	15:06+	18:19+	19:10+	22:47+	24:23+	25:31+	27:42+	30:16+	34:50+	37:18+	38:08+	39:17+	40:16+	41:03+	41:50+	43:16+	44:11+	44:59+	45:14+	45:54+
01:49+	01:17+	02:29+	05:38#	01:23+	02:30+	03:13+	00:51+	03:37+	01:36-	01:08+	02:11-	02:34+	04:34+	02:28+	00:50-	01:09-	00:59-	00:47+	00:47+	01:26+	00:55+	00:48+	00:15-	00:40-
00:21#	00:30#	00:37#	03:00#	00:24#	00:28#	01:31#	00:04+	02:30#	00:06-	00:11#	00:03-	01:26#	01:32#	00:31#	00:03-	00:24-	00:02-	00:05#	00:04+	00:14#	00:04+	00:02+	00:04-	00:07-
13	Bjørnar Owren	74											46:22											
01:56+	03:13+	05:37+	08:10+	09:33+	12:11+	17:18+	18:15+	21:11+	23:05+	24:13+	26:35+	28:23+	32:22+	36:02+	37:07+	38:43+	39:44+	40:43+	41:30+	42:57+	44:03+	45:02+	45:25+	46:22+
01:56+	01:17+	02:24+	02:33-	01:23+	02:38+	05:07+	00:57+	02:56+	01:54+	01:08+	02:22+	01:48+	03:59+	03:40+	01:05+	01:36+	01:01#	00:59+	00:47+	01:27+	01:06+	00:59+	00:23+	00:57+
00:28#	00:30#	00:32#	00:05-	00:24#	00:36#	03:25#	00:10#	01:49#	00:12#	00:11#	00:08+	00:40#	00:57#	01:43#	00:12#	00:03+	00:00#	00:17#	00:04+	00:15#	00:15#	00:13#	00:04#	00:10#
14	Jonas Nesland Vevatne	116											46:25											
03:00+	03:51+	05:16+	08:09+	10:13+	12:56+	15:24+	16:22+	17:27+	19:28+	20:32+	23:18+	25:09+	30:24+	33:17+	34:31+	36:35+	38:04+	39:29+	40:23+	42:37+	43:52+	44:59+	45:22+	46:25+
03:00+	00:51+	01:25-	02:53+	02:04+	02:43+	02:28+	00:58+	01:05-	02:01+	01:04+	02:46+	01:51+	05:15+	02:53+	01:14+	02:04+	01:29+	01:25+	00:54+	02:14+	01:15+	01:07+	00:23+	01:03+
01:32#	00:04+	00:27-	00:15#	01:05#	00:41#	00:46#	00:11#	00:02-	00:19#	00:07#	00:32#	00:43#	02:13#	00:56#	00:21#	00:31#	00:28#	00:43#	00:11#	01:02#	00:24#	00:21#	00:04#	00:16#
15	Gunnar Thorset	117											49:15											
03:14+	04:35+	06:21+	09:21+	10:53+	15:46+	17:59+	18:54+	19:52+	21:46+	23:25+	26:28+	28:47+	33:54+	37:05+	38:23+	40:11+	41:19+	42:10+	43:18+	45:10+	46:32+	47:40+	48:04+	49:15+
03:14+	01:21+	01:46-	03:00+	01:53+	04:53+	02:13+	00:55+	00:58-	01:54+	01:39+	03:03+	02:19+	05:07+	03:11+	01:18+	01:08+	00:51+	01:08+	01:52+	01:22+	01:08+	00:24+	01:11+	
01:46#	00:34#	00:06-	00:22#	00:33#	02:51#	00:31#	00:08#	00:09-	00:12#	00:42#	00:49#	01:11#	02:05#	01:14#	00:25#	00:15#	00:07#	00:09#	00:25#	00:40#	00:31#	00:22#	00:05#	00:24#
16	Bruce Chalmers	165											51:55											
03:40+	04:47+	06:33+	10:14+	12:43+	15:10+	19:01+	20:06+	21:24+	23:55+	25:25+	28:50+	31:08+	36:27+	39:38+	41:03+	42:47+	44:39+	45:18+	46:15+	48:00+	49:18+	50:30+	50:56+	51:55+
03:40+	01:07+	01:46-	03:41+	02:29+	02:27#	03:51+	01:05+	01:18+	02:31+	01:30+	03:25+	02:18+	05:19+	03:11+	01:25+	01:44+	01:52+	00:39-	00:57+	01:45+	01:18+	01:12+	00:26+	00:59+
02:12#	00:20#	00:06-	01:03#	01:30#	00:25#	02:09#	00:18#	00:11#	00:49#	00:33#	01:11#	01:10#	02:17#	01:14#	00:32#	00:11#	00:51#	00:03-	00:14#	00:33#	00:27#	00:26#	00:07#	00:12#
17	Håvard Lauritsen	116											54:05											
02:15+	03:41+	05:21+	08:34+	16:16+	19:20+	21:40+	22:49+																	

Class	Navn	Klasse	Tid																								
19	Sondre Liavåg Larssen	71	56:35																								
03:07+	05:23+	09:10+	12:06+	19:42+	22:34+	27:18+	28:34+	30:15+	32:20+	33:59+	36:29+	38:07+	42:28+	45:12+	46:31+	48:14+	49:39+	50:35+	51:24+	52:58+	54:07+	55:14+	55:36+	56:35+			
03:07+	02:16+	03:47+	02:56+	07:36+	02:52+	04:44+	01:16+	01:41+	02:05+	01:39+	02:30+	01:38+	04:21+	02:44+	01:19+	01:43+	01:25+	00:56+	00:49+	01:34+	01:09+	01:07+	00:22+	00:59+			
01:39#	01:29#	01:55#	00:18#	06:37#	00:50#	03:02#	00:29#	00:34#	00:23#	00:42#	00:16#	00:30#	01:19#	00:47#	00:26#	00:10#	00:24#	00:14#	00:06#	00:22#	00:18#	00:21#	00:03#	00:12#			
20	Igor Muzdeka	74	1:11:49																								
02:25+	03:41+	05:36+	10:03+	12:50+	15:44+	19:23+	20:23+	22:15+	25:51+	27:35+	41:59+	44:01+	49:06+	55:28+	57:38+	59:46+	63:08+	64:11+	65:24+	67:42+	69:14+	70:19+	70:41+	71:49+			
02:25+	01:16+	01:55+	04:27+	02:47+	02:54+	03:39+	01:00+	01:52+	03:36+	01:44+	14:24+	02:02+	05:05+	06:22+	02:10+	02:08+	03:22+	01:03+	01:13+	02:18+	01:32+	01:05+	00:22+	01:08+			
00:57#	00:29#	00:03+	01:49#	01:48#	00:52#	01:57#	00:13#	00:45#	01:54#	00:47#	12:10#	00:54#	02:03#	04:25#	01:17#	00:35#	02:21#	00:21#	00:30#	01:06#	00:41#	00:19#	00:03#	00:21#			
21	Jan Henrik Neuenkirchen	117	1:12:50																								
02:45+	04:56+	08:19+	12:58+	15:22+	21:34+	27:37+	28:44+	35:28+	38:53+	41:34+	44:30+	46:10+	53:50+	57:08+	58:40+	60:41+	61:59+	63:10+	64:25+	68:20+	69:53+	71:14+	71:40+	72:50+			
02:45+	02:11+	03:23+	04:39+	02:24+	06:12+	06:03+	01:07+	06:44+	03:25+	02:41+	02:56+	01:40+	07:40+	03:18+	01:32+	02:01+	01:18+	01:11+	01:15+	03:55+	01:33+	01:21+	00:26+	01:10+			
01:17#	01:24#	01:31#	02:01#	01:25#	04:10#	04:21#	00:20#	05:37#	01:43#	01:44#	00:42#	00:32#	04:38#	01:21#	00:39#	00:28#	00:17#	00:29#	00:32#	02:43#	00:42#	00:35#	00:07#	00:23#			
Beste strekketid for klassen			01:26	00:47	01:25	02:20	00:59	01:48	01:26	00:42	00:55	01:14	00:41	02:10	01:08	03:02	01:56	00:50	01:09	00:48	00:35	00:42	01:12	00:51	00:38	00:15	00:40

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

Herrer 40 - 49 år

1	Kevin Thomas Foust	192	37:16																					
01:30=	02:46=	04:34=	07:03=	08:28=	10:51=	12:30=	13:25=	14:40=	16:18=	17:18=	19:42=	21:06=	24:47=	27:05=	28:29=	30:02=	31:23=	32:07=	32:48=	34:02=	35:10=	36:01=	36:18=	37:16=
01:30=	01:16=	01:48=	02:29=	01:25=	02:23=	01:39=	00:55=	01:15=	01:38=	01:00=	02:24=	01:24=	03:41=	02:18=	01:24=	01:33=	01:21=	00:44=	00:41=	01:14=	01:08=	00:51=	00:17=	00:58=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Arjen Leendertse	91	37:24																					
01:33+	02:58+	04:19=	06:42=	08:38+	11:14+	13:12+	14:02+	14:59+	16:43+	17:52+	20:09+	21:29+	24:56+	27:15+	28:27=	29:51=	30:58=	31:54=	32:45=	34:23+	35:28+	36:18+	36:36+	37:24+
01:33+	01:25+	01:21=	02:23=	01:56+	02:36+	01:58+	00:50=	00:57=	01:44+	01:09+	02:17=	01:20=	03:27=	02:19+	01:12=	01:24=	01:07=	00:56+	00:51+	01:38+	01:05=	00:50=	00:18+	00:48=
00:03+	00:09#	00:27=	00:06=	00:31#	00:13+	00:19#	00:05=	00:18=	00:06+	00:09#	00:07=	00:04=	00:14=	00:01+	00:12=	00:09=	00:14=	00:12#	00:10#	00:24#	00:03=	00:01=	00:01+	00:10=
3	Jørgen Breivold	54	37:24																					
02:52+	04:45+	06:19+	08:37+	10:13+	11:59+	14:16+	15:06+	16:00+	17:22+	18:26+	20:34+	22:32+	25:49+	27:41+	29:03+	30:24+	31:27+	32:13+	32:56+	34:28+	35:25+	36:20+	36:38+	37:24+
02:52+	01:53+	01:34=	02:18=	01:36+	01:46=	02:17+	00:50=	00:54=	01:22=	01:04+	02:08=	01:58+	03:17=	01:52=	01:22=	01:21=	01:03=	00:46+	00:43+	01:32+	00:57=	00:55+	00:18+	00:46=
01:22#	00:37#	00:14=	00:11=	00:11#	00:37=	00:38#	00:05=	00:21=	00:16=	00:04+	00:16=	00:34#	00:24=	00:26=	00:02=	00:12=	00:18=	00:02+	00:02+	00:18#	00:11=	00:04+	00:01+	00:12=
4	Trondr Breiland	53	40:14																					
02:42+	05:33+	07:33+	10:11+	11:35+	14:13+	16:17+	17:01+	18:03+	19:57+	20:46+	23:06+	24:30+	28:25+	30:34+	31:30+	32:49+	33:36+	34:32+	35:30+	37:14+	38:16+	39:07+	39:24+	40:14+
02:42+	02:51+	02:00+	02:38+	01:24=	02:38+	02:04+	00:44=	01:02=	01:54+	00:49=	02:20=	01:24=	03:55+	02:09=	00:56=	01:19=	00:47=	00:56+	00:58+	01:44+	01:02=	00:51=	00:17=	00:50=
01:12#	01:35#	00:12#	00:09+	00:01=	00:15#	00:25#	00:11=	00:13=	00:16#	00:11=	00:04=	00:00=	00:14+	00:09=	00:28=	00:14=	00:34=	00:12#	00:17#	00:30#	00:06=	00:00=	00:00=	00:08=
5	Oddmund Nordgård	105	41:51																					
03:09+	04:08+	06:35+	09:22+	11:17+	13:37+	16:46+	17:43+	19:11+	20:52+	21:59+	24:38+	26:10+	30:05+	32:03+	33:15+	34:42+	35:42+	36:27+	37:18+	38:57+	39:59+	40:48+	41:06+	41:51+
03:09+	00:59=	02:27+	02:47+	01:55+	02:20=	03:09+	00:57+	01:28+	01:41+	01:07+	02:39+	01:32+	03:55+	01:58=	01:12=	01:27=	01:00=	00:45+	00:51+	01:39+	01:02=	00:49=	00:18+	00:45=
01:39#	00:17=	00:39#	00:18#	00:30#	00:03=	01:30#	00:02+	00:13#	00:03+	00:07#	00:15#	00:08+	00:14+	00:20=	00:12=	00:06=	00:21=	00:01+	00:10#	00:25#	00:06=	00:02=	00:01+	00:13=
6	Ole-Tobias Frich	116	42:32																					
03:16+	04:13+	05:46+	08:34+	10:16+	13:08+	15:21+	16:17+	17:22+	19:15+	20:12+	22:58+	24:37+	29:21+	31:55+	32:58+	34:31+	35:35+	36:29+	37:24+	38:58+	40:10+	41:10+	41:31+	42:32+
03:16+	00:57=	01:33=	02:48+	01:42+	02:52+	02:13+	00:56+	01:05=	01:53+	00:57=	02:46+	01:39+	04:44+	02:34+	01:03=	01:33=	01:04=	00:54+	00:55+	01:34+	01:12+	01:00+	00:21+	01:01+
01:46#	00:19=	00:15=	00:19#	00:17#	00:29#	00:34#	00:01+	00:10=	00:15#	00:03=	00:22#	00:15#	01:03#	00:16#	00:21=	00:00=	00:17=	00:10#	00:14#	00:20#	00:04+	00:09#	00:04#	00:03+
7	Arne Hetlelid	98	43:06																					
02:09+	03:17+	05:18+	08:32+	10:10+	12:35+	16:02+	17:06+	18:31+	21:07+	22:26+	24:57+	26:25+	30:49+	33:01+	34:00+	35:22+	36:24+	37:18+	38:03+	39:32+	40:59+	41:49+	42:08+	43:06+
02:09+	01:08=	02:01+	03:14+	01:38+	02:25+	03:27+	01:04+	01:25+	02:36+	01:19+	02:31+	01:28+	04:24+	02:12=	00:59=	01:22=	01:02=	00:54+	00:45+	01:29+	01:27+	00:50=	00:19+	00:58=
00:39#	00:08=	00:13#	00:45#	00:13#	00:02+	01:48#	00:09#	00:10#	00:58#	00:19#	00:07+	00:04+	00:43#	00:06=	00:25=	00:11=	00:19=	00:10#	00:04+	00:15#	00:19#	00:01=	00:02#	00:00=
8	Magne Habbestad	111	43:13																					
01:59+	03:13+	05:08+	07:54+	09:22+	11:33+	14:10+	15:03+	16:26+	18:43+	19:50+	22:36+	24:06+	29:08+	31:56+	33:26+	34:59+	36:09+	37:03+	37:59+	39:33+	40:54+	41:55+	42:17+	43:13+
01:59+	01:14=	01:55+	02:46+	01:28+	02:11=	02:37+	00:53=	01:23+	02:17+	01:07+	02:46+	01:30+	05:02+	02:48+	01:30+	01:33#	01:10=	00:54+	00:56+	01:34+	01:21+	01:01+	00:22+	00:56=
00:29#	00:02=	00:07+	00:17#	00:03+	00:12=	00:58#	00:02=	00:08#	00:39#	00:07#	00:22#	00:06+	01:21#	00:30#	00:06+	00:00=	00:11=	00:10#	00:15#	00:20#	00:13#	00:10#	00:05#	00:02=
9	Svein Oddvar Netland	116	43:21																					
02:02+	03:24+	04:53+	08:01+	10:04+	12:42+	14:41+	15:25+	18:08+	20:00+	20:52+	24:09+	25:47+	30:32+	32:42+	33:48+	35:12+	36:35+	37:27+	38:17+	40:14+	41:19+	42:13+	42:29+	43:21+
02:02+	01:22+	01:29=	03:08+	02:03+	02:38+	01:59+	00:44=	02:43+	01:52+	00:52=	03:17+	01:38+	04:45+	02:10=	01:06=	01:24=	01:23+	00:52+	00:50+	01:57+	01:05=	00:54+	00:16=	00:52=
00:32#	00:06+	00:19=	00:39#	00:38#	00:15#	00:20#	00:11=	01:28#	00:14#	00:08=	00:53#	00:14#	01:04#	00:08=	00:18=	00:09=	00:02+	00:08#	00:09#	00:43#	00:03=	00:03+	00:01=	00:06=
10	John Breiland	157	44:10																					
02:15+	02:58+	05:04+	07:37+	09:16+	11:49+	14:06+	14:53+	16:56+	19:07+	19:53+	22:27+	23:58+	28:09+	30:31+	31:30+	32:57+	34:58+	35:51+	37:19+	39:18+	42:01+	42:55+	43:13+	44:10+
02:15+	00:43=	02:06+	02:33+	01:39+	02:33+	02:17+	00:47=	02:03+	02:11+	00:46=	02:34+	01:31+	04:11+	02:22+	00:59=	01:27=	02:							

Class	Navn	Klasse	Tid																					
11	Arngrim Utskarpen	117	44:23																					
02:40+	03:55+	05:41+	09:01+	11:07+	13:23+	15:45+	16:52+	18:18+	20:39+	22:04+	24:44+	26:27+	30:32+	33:18+	34:29+	35:58+	37:10+	38:29+	39:20+	41:02+	42:15+	43:16+	43:33+	44:23+
02:40+	01:15-	01:46-	03:20+	02:06+	02:16-	02:22+	01:07+	01:26+	02:21+	01:25+	02:40+	01:43+	04:05+	02:46+	01:11-	01:29-	01:12-	01:19+	00:51+	01:42+	01:13+	01:01+	00:17=	00:50-
01:10&	00:01-	00:02-	00:51&	00:41&	00:07-	00:43&	00:12#	00:11#	00:43&	00:25&	00:16#	00:19#	00:24#	00:28#	00:13-	00:04-	00:09-	00:35&	00:10#	00:28&	00:05+	00:10#	00:00=	00:08-
12	Thomas Schanke Eikum	62	44:41																					
02:40+	03:54+	06:01+	09:01+	10:58+	13:14+	16:44+	17:51+	18:59+	20:51+	22:24+	25:05+	26:40+	31:11+	33:39+	34:43+	36:21+	38:08+	38:48+	39:46+	41:21+	42:36+	43:28+	43:46+	44:41+
02:40+	01:14-	02:07+	03:00+	01:57+	02:16-	03:30+	01:07+	01:08-	01:52+	01:33+	02:41+	01:35+	04:31+	02:28+	01:04-	01:38+	01:47+	00:40-	00:58+	01:35+	01:15+	00:52+	00:18+	00:55-
01:10&	00:02-	00:19#	00:31#	00:32&	00:07-	01:51@	00:12#	00:07-	00:14#	00:33&	00:17#	00:11#	00:50#	00:10+	00:20-	00:05+	00:26&	00:04-	00:17&	00:21&	00:07#	00:01+	00:01+	00:03-
13	Stein Arve Finnstad	287	46:26																					
03:26+	04:40+	06:25+	09:36+	11:40+	14:38+	16:45+	17:52+	18:57+	20:41+	21:53+	24:43+	26:21+	31:16+	34:25+	35:38+	37:54+	39:11+	40:11+	41:06+	42:50+	44:08+	45:09+	45:28+	46:26+
03:26+	01:14-	01:45-	03:11+	02:04+	02:58+	02:07+	01:07+	01:05-	01:44+	01:12+	02:50+	01:38+	04:55+	03:09+	01:13-	02:16+	01:17-	01:00+	00:55+	01:44+	01:18+	01:01+	00:19+	00:58=
01:56@	00:02-	00:03-	00:42&	00:39&	00:35#	00:28&	00:12#	00:10-	00:06+	00:12#	00:26#	00:14#	01:14&	00:51&	00:11-	00:43&	00:04-	00:16&	00:14&	00:30&	00:10#	00:10#	00:02#	00:00=
14	Pär Andersson	50	47:27																					
02:09+	03:31+	06:31+	09:59+	11:53+	14:07+	16:05+	17:26+	19:52+	21:33+	23:11+	26:12+	27:57+	32:16+	34:57+	36:07+	37:41+	40:36+	41:25+	42:13+	43:51+	44:58+	45:57+	46:18+	47:27+
02:09+	01:22+	03:00+	03:28+	01:54+	02:14-	01:58+	01:21+	02:26+	01:41+	01:38+	03:01+	01:45+	04:19+	02:41+	01:10-	01:34+	02:55+	00:49+	00:48+	01:38+	01:07-	00:59+	00:21+	01:09+
00:39&	00:06+	01:12&	00:59&	00:29&	00:09-	00:19#	00:26&	01:11&	00:03+	00:38&	00:37&	00:21#	00:38#	00:23#	00:14-	00:01+	01:34@	00:05#	00:07#	00:24&	00:01-	00:08#	00:04#	00:11#
15	Per Ivar Hovstad	116	50:00																					
02:21+	03:56+	06:33+	09:55+	11:46+	15:21+	18:18+	19:18+	21:26+	23:17+	24:43+	27:46+	29:31+	34:01+	36:40+	37:47+	39:52+	42:14+	43:31+	44:27+	46:23+	47:33+	48:38+	48:58+	50:00+
02:21+	01:35+	02:37+	03:22+	01:51+	03:35+	02:57+	01:00+	02:08+	01:51+	01:26+	03:03+	01:45+	04:30+	02:39+	01:07-	02:05+	02:22+	01:17+	00:56+	01:56+	01:10+	01:05+	00:20+	01:02+
00:51&	00:19#	00:49&	00:53&	00:26&	01:12&	01:18&	00:49&	00:53&	00:13#	00:26&	00:39&	00:21#	00:49#	00:21#	00:17-	00:32&	01:01&	00:33&	00:15&	00:42&	00:02+	00:14&	00:03#	00:04+
16	Håvard Svihus	267	50:12																					
04:05+	04:54+	07:22+	10:11+	12:14+	14:29+	17:10+	18:10+	19:28+	22:36+	24:03+	26:32+	28:03+	32:10+	35:16+	36:22+	38:22+	40:21+	41:33+	42:40+	45:14+	47:31+	49:01+	49:25+	50:12+
04:05+	00:49-	02:28+	02:49+	02:03+	02:15-	02:41+	01:00+	01:18+	03:08+	01:27+	02:29+	01:31+	04:07+	03:06+	01:06-	02:00+	01:59+	01:12+	01:07+	02:34+	02:17+	01:30+	00:24+	00:47-
02:35@	00:27-	00:40&	00:20#	00:38&	00:08-	01:02&	00:05+	00:03+	01:30&	00:27&	00:05+	00:07+	00:26#	00:48&	00:18-	00:27&	00:38&	00:28&	00:26&	01:20@	01:09@	00:39&	00:07&	00:11-
17	Ådne Hausberg	7	50:22																					
01:54+	02:54+	05:05+	08:05+	10:12+	12:50+	19:29+	20:31+	22:44+	24:41+	25:41+	28:41+	30:45+	35:14+	38:21+	39:33+	40:57+	43:38+	44:24+	45:11+	46:56+	48:10+	49:06+	49:25+	50:22+
01:54+	01:00-	02:11+	03:00+	02:07+	02:38+	06:39+	01:02+	02:13+	01:57+	01:00=	03:00+	02:04+	04:29+	03:07+	01:12-	01:24-	02:41+	00:46+	00:47+	01:45+	01:14+	00:56+	00:19+	00:57-
00:24&	00:16-	00:23#	00:31#	00:42&	00:15#	05:00@	00:07#	00:58&	00:19#	00:00=	00:36#	00:40&	00:48#	00:49&	00:12-	00:09-	01:20&	00:02+	00:06#	00:31&	00:06+	00:05+	00:02#	00:01-
18	Jan Kristensen	7	51:44																					
03:13+	04:31+	07:18+	10:34+	12:36+	15:17+	17:47+	19:10+	22:21+	24:25+	25:48+	28:55+	30:45+	35:14+	38:46+	40:18+	42:09+	43:50+	44:55+	45:57+	47:54+	49:14+	50:20+	50:44+	51:44+
03:13+	01:18+	02:47+	03:16+	02:02+	02:41+	02:30+	01:23+	03:11+	02:04+	01:23+	03:07+	01:50+	04:29+	03:32+	01:32+	01:51+	01:41+	01:05+	01:02+	01:57+	01:20+	01:06+	00:24+	01:00+
01:43@	00:02+	00:59&	00:47&	00:37&	00:18#	00:51&	00:28&	01:56@	00:26&	00:23&	00:43&	00:26&	00:48#	01:14&	00:08+	00:18#	00:20#	00:21&	00:21&	00:43&	00:12#	00:15&	00:07&	00:02+
19	Raymond B. Pettersen	105	52:09																					
03:13+	04:14+	06:15+	09:47+	11:28+	14:34+	16:58+	18:08+	20:03+	21:53+	23:16+	26:38+	29:02+	34:03+	38:36+	39:54+	41:38+	43:02+	44:39+	45:36+	47:25+	49:49+	50:48+	51:09+	52:09+
03:13+	01:01-	02:01+	03:32+	01:41+	03:06+	02:24+	01:10+	01:55+	01:50+	01:23+	03:22+	02:24+	05:01+	04:33+	01:18-	01:44+	01:24+	01:37+	00:57+	01:49+	02:24+	00:59+	00:21+	01:00+
01:43@	00:15-	00:13#	01:03&	00:16#	00:43&	00:45&	00:15&	00:40&	00:12#	00:23&	00:58&	01:00&	02:00&	02:15&	00:06-	00:11#	00:03+	00:53@	00:16&	00:35&	01:16@	00:08#	00:04#	00:02+
20	Peter Chapman	117	53:01																					
03:06+	04:31+	06:38+	10:07+	11:34+	14:08+	19:24+	20:24+	22:53+	25:15+	26:18+	28:41+	30:18+	34:31+	37:15+	42:09+	43:43+	44:57+	46:34+	47:25+	49:08+	50:50+	51:46+	52:07+	53:01+
03:06+	01:25+	02:07+	03:29+	01:27+	02:34+	05:16+	01:00+	02:29+	02:22+	01:03+	02:23-	01:37+	04:13+	02:44+	04:54+	01:34+	01:14-	01:37+	00:51+	01:43+	01:42+	00:56+	00:21+	00:54-
01:36@	00:09#	00:19#	01:00&	00:02+	00:11+	03:37@	00:05+	01:14&	00:44&	00:03+	00:01-	00:13#	00:32#	00:26#	03:30@	00:01+	00:07-	00:53@	00:10#	00:29&	00:34&	00:05+	00:04#	00:04-
21	Lars Primstad	62	55:02																					
01:37+	02:29-	05:09+	07:50+	09:31+	12:11+	14:25+	19:34+	20:19+	22:03+	23:20+	25:53+	27:19+	31:13+	44:44+	45:37+	47:25+	48:29+	49:10+	49:57+	51:53+	52:57+	53:54+	54:11+	55:02+
01:37+	00:52-	02:40+	02:41+	01:41+	02:40+	02:14+	05:09+	00:45-	01:44+	01:17+	02:33+	01:26+	03:54+	13:31+	00:53-	01:48+	01:04-	00:41-	00:47+	01:56+	01:04-	00:57+	00:17=	00:51-
00:07+	00:24-	00:52&	00:12+	00:16#	00:17#	00:35&	04:14@	00:30-	00:06+	00:17&	00:09+	00:02+	00:13+	11:13@	00:31-	00:15#	00:17-	00:03-	00:06#	00:42&	00:04-	00:06#	00:00=	00:07-
22	Jan Kenneth Polle	83	1:00:23																					
02:18+	05:08+	07:32+	10:49+	12:51+	16:59+	19:11+	20:11+	21:38+	23:47+	25:06+	28:33+	31:34+	38:11+	45:47+	46:55+	48:56+	50:30+	52:19+	53:34+	55:58+	57:36+	58:49+	59:14+	60:23+
02:18+	02:50+	02:24+	03:17+	02:02+	04:08+	02:12+	01:00+	01:27+	02:09+	01:19+	03:27+	03:01+	06:37+	07:36+	01:08-	02:01+	01:34+	01:49+	01:15+	02:24+	01:38+	01:13+	00:25+	01:09+
00:48&	01:34@	00:36&	00:48&	00:37&	01:45&	00:33&	00:05+	00:12#	00:31&	00:19&	01:03&	01:37@	02:56&	05:18@	00:16-	00:28&	00:13#	01:05@	00:34&	01:10&	00:30&	00:22&	00:08&	00:11#
23	Roar Eie	27	1:02:28																					
08:02+	09:08+	14:58+	17:57+	20:58+	23:35+	29:59+	30:35+	32:12+	34:51+	36:23+	38:48+	40:12+	45:40+	48:18+	49:32+	51:15+	53:07+	54:14+	55:12+	57:10+	58:09+	61:17+	61:49+	62:28+
08:02+	01:06-	05:50+	02:59+	03:01+	02:37+	06:24+	00:36-	01:37+	02:39+	01:32+	02:25+	01:24=	05:28+	02:38+	01:14-	01:43+	01:52+	01:07+	00:58+	01:58+	00:59-	03:08+	00:32+	00:39-
06:32@	00:10-	04:02@	00:30#	01:36@	00:14+	04:45@	00:19-	00:22&	01:01&	00:32&	00:01+	00:00=	01:47&	00:20#	00:10-	00:10#	00:31&	00:23&	00:17&	00:44&	00:09-	02:17@	00:15&	00:19-
Beste strekktid for klassen																								
01:30	00:43	01:21	02:18	01:24	01:46	01:39	00:36	00:45	01:22	00:46	02:08	01:20	03:17	01:52	00:53	01:19	00:47	00:40	00:41	01:14				

Class	Navn	Klasse																Tid						
1	Lars Bergersen	116																37:24						
00:32=	01:38=	04:09=	06:10=	07:25=	09:30=	10:15=	10:58=	12:24=	14:10=	15:43=	17:29=	20:48=	22:10=	24:19=	26:25=	27:46=	29:37=	30:09=	31:33=	32:29=	34:00=	36:06=	36:32=	37:24=
00:32=	01:06=	02:31=	02:01=	01:15=	02:05=	00:45=	00:43=	01:26=	01:46=	01:33=	01:46=	03:19=	01:22=	02:09=	02:06=	01:21=	01:51=	00:32=	01:24=	00:56=	01:31=	02:06=	00:26=	00:52=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Espen Krogh	7																37:37						
00:37+	01:48+	03:17-	05:24-	06:19-	08:01-	08:47-	09:35-	11:00-	12:33-	15:17-	16:50-	19:49-	21:26-	23:39-	25:58-	27:19-	28:58-	31:19+	32:32+	33:16+	34:46+	36:28+	36:44+	37:37+
00:37+	01:11+	01:29-	02:07+	00:55-	01:42-	00:46+	00:48+	01:25-	01:33-	02:44+	01:33-	02:59-	01:37+	02:13+	02:19+	01:21=	01:39-	02:21+	01:13-	00:44-	01:30-	01:42-	00:16-	00:53+
00:05#	00:05+	01:02-	00:06+	00:20-	00:23-	00:01+	00:05#	00:01-	00:13-	01:11&	00:13-	00:20-	00:15#	00:04+	00:13#	00:00=	00:12-	01:49#	00:11-	00:12-	00:01-	00:24-	00:10-	00:01+
3	Frank Hansen	29																38:37						
00:38+	02:00+	03:20-	05:24-	06:36-	08:30-	10:13-	11:15+	13:18+	14:56+	16:29+	18:12+	21:15+	23:04+	25:28+	27:58+	29:44+	31:13+	31:47+	33:02+	33:56+	35:34+	37:21+	37:42+	38:37+
00:38+	01:22+	01:20-	02:04+	01:12-	01:54-	01:43+	01:02+	02:03+	01:38-	01:33=	01:43-	03:03-	01:49+	02:24+	02:30+	01:46+	01:29-	00:34+	01:15-	00:54-	01:38+	01:47-	00:21-	00:55+
00:06#	00:16#	01:11-	00:03+	00:03-	00:11-	00:58#	00:19&	00:37&	00:08-	00:00=	00:03-	00:16-	00:27&	00:15#	00:24#	00:25&	00:22-	00:02+	00:09-	00:02-	00:07+	00:19-	00:05-	00:03+
4	Arne Magne Søndresen	92																38:44						
00:33+	01:53+	03:03-	05:11-	06:10-	07:52-	08:42-	09:40-	11:04-	13:03-	14:30-	16:01-	21:41+	24:22+	26:17+	28:15+	29:52+	31:31+	32:11+	33:24+	34:19+	35:50+	37:31+	37:50+	38:44+
00:33+	01:20+	01:10-	02:08+	00:59-	01:42-	00:50+	00:58+	01:24-	01:59+	01:27-	01:31-	05:40+	02:41+	01:55-	01:58-	01:37+	01:39-	00:40+	01:13-	00:55-	01:31=	01:41-	00:19-	00:54+
00:01+	00:14#	01:21-	00:07+	00:16-	00:23-	00:05#	00:15&	00:02-	00:13#	00:06-	00:15-	02:21&	01:19&	00:14-	00:08-	00:16#	00:12-	00:08#	00:11-	00:01-	00:00=	00:25-	00:07-	00:02+
5	Arne Øvstebø	71																39:12						
01:13+	02:31+	04:22+	06:38+	07:50+	09:43+	10:22+	11:15+	13:03+	14:47+	16:27+	18:08+	21:13+	22:24+	25:19+	27:33+	29:08+	30:49+	31:47+	33:11+	34:02+	35:44+	37:44+	38:05+	39:12+
01:13+	01:18+	01:51-	02:16+	01:12-	01:53-	00:39-	00:53+	01:48+	01:44-	01:40+	01:41-	03:05-	01:11-	02:55+	02:14+	01:35+	01:41-	00:58+	01:24=	00:51-	01:42+	02:00-	00:21-	01:07+
00:41#	00:12#	00:40-	00:15#	00:03-	00:12-	00:06-	00:10#	00:22&	00:02-	00:07+	00:05-	00:14-	00:11-	00:46&	00:08+	00:14#	00:10-	00:26&	00:00=	00:05-	00:11#	00:06-	00:05-	00:15&
6	Knut Feldmann	93																39:30						
00:28-	01:37-	02:42-	04:51-	05:50-	07:27-	08:07-	08:53-	11:05-	13:45-	15:27-	17:18-	21:16+	23:02+	25:07+	28:16+	29:32+	31:12+	31:43+	33:04+	34:03+	36:03+	38:01+	38:23+	39:30+
00:28-	01:09+	01:05-	02:09+	00:59-	01:37-	00:40-	00:46+	02:12+	02:40-	01:42+	01:51+	03:58+	01:46+	02:05-	03:09+	01:16-	01:40-	00:31-	01:21-	00:59+	02:00+	01:58-	00:22-	01:07+
00:04-	00:03+	01:26-	00:08+	00:16-	00:28-	00:05-	00:03+	00:46&	00:54&	00:09+	00:05+	00:39#	00:24&	00:04-	01:03&	00:05-	00:11-	00:01-	00:03-	00:03+	00:29&	00:08-	00:04-	00:15&
7	Kjell R. Nordmark	7																39:59						
00:39+	02:09+	03:30-	05:37-	06:48-	08:49-	11:12+	11:57+	13:56+	15:47+	17:21+	19:09+	22:28+	23:53+	26:18+	28:52+	30:09+	31:55+	32:42+	34:02+	34:56+	36:37+	38:36+	38:56+	39:59+
00:39+	01:30+	01:21-	02:07+	01:11-	02:01-	02:23+	00:45+	01:59+	01:51+	01:34+	01:48+	03:19=	01:25+	02:25+	02:34+	01:17-	01:46-	00:47+	01:20-	00:54-	01:41+	01:59-	00:20-	01:03+
00:07#	00:24&	01:10-	00:06+	00:04-	00:04-	01:38#	00:02+	00:33&	00:05+	00:01+	00:02+	00:00=	00:03+	00:16#	00:28#	00:04-	00:05-	00:15&	00:04-	00:02-	00:10#	00:07-	00:06-	00:11#
8	Harald Jansen	289																40:04						
00:36+	02:07+	03:11-	05:37-	07:31+	09:20-	10:21+	11:06+	13:12+	14:44+	16:21+	18:05+	21:38+	22:51+	26:03+	27:54+	29:26+	31:50+	32:31+	34:09+	35:05+	36:56+	38:44+	39:07+	40:04+
00:36+	01:31+	01:04-	02:26+	01:54+	01:49-	01:01+	00:45+	02:06+	01:32-	01:37+	01:44-	03:33+	01:13-	03:12+	01:51-	01:32+	02:24+	00:41+	01:38+	00:56=	01:51+	01:48-	00:23-	00:57+
00:04#	00:25&	01:27-	00:25#	00:39&	00:16-	00:16&	00:02+	00:40&	00:14-	00:04+	00:02-	00:14+	00:09-	01:03&	00:15-	00:11#	00:33&	00:09&	00:14#	00:00=	00:20#	00:18-	00:03-	00:05+
9	Øystein Fuglestad	46																40:34						
00:46+	02:01+	03:12-	06:51-	08:45-	09:32-	10:17-	12:05-	13:58-	15:40-	17:35+	21:01+	23:23+	25:44+	28:19+	30:01+	31:52+	33:03+	34:29+	35:25+	37:07+	39:05+	39:26+	40:34+	
00:46+	01:15+	01:11-	02:25+	01:14-	01:54-	00:47+	00:45+	01:48+	01:53+	01:42+	01:55+	03:26+	02:22+	02:21+	02:35+	01:42+	01:51=	01:11+	01:26+	00:56=	01:42+	01:58-	00:21-	01:08+
00:14&	00:09#	01:20-	00:24#	00:01-	00:11-	00:02+	00:02+	00:22&	00:07+	00:09+	00:09+	00:07+	01:00&	00:12+	00:29#	00:21&	00:00=	00:39#	00:02+	00:00=	00:11#	00:08-	00:05-	00:16&
10	Morten Johannessen	7																40:38						
02:22+	03:30+	04:54+	06:56+	07:59+	09:43+	11:40+	12:22+	14:51+	16:24+	18:02+	19:36+	22:37+	26:45+	28:49+	30:36+	31:58+	33:34+	34:08+	35:22+	36:12+	37:36+	39:18+	39:39+	40:38+
02:22+	01:08+	01:24-	02:02+	01:03-	01:44-	01:57+	00:42-	02:29+	01:33-	01:38+	01:34-	03:01-	04:08+	02:04-	01:47-	01:22+	01:36-	00:34+	01:14-	00:50-	01:24-	01:42-	00:21-	00:59+
01:50#	00:02+	01:07-	00:01+	00:12-	00:21-	01:12#	00:01-	01:03&	00:13-	00:05+	00:12-	00:18-	02:46#	00:05-	00:19-	00:01+	00:15-	00:02+	00:10-	00:06-	00:07-	00:24-	00:05-	00:07#
11	Tor Brekken	97																40:52						
02:26+	04:15+	05:49+	08:00+	09:02+	10:36+	11:17+	12:11+	14:27+	16:25+	17:58+	19:40+	22:29+	23:42+	26:07+	28:18+	30:28+	32:17+	32:55+	34:15+	35:06+	37:16+	39:23+	39:50+	40:52+
02:26+	01:49+	01:34-	02:11+	01:02-	01:34-	00:41-	00:54+	02:16+	01:58+	01:33=	01:42-	02:49-	01:13-	02:25+	02:11+	02:10+	01:49-	00:38+	01:20-	00:51-	02:10+	02:07+	00:27+	01:02+
01:54#	00:43&	00:57-	00:10+	00:13-	00:31-	00:04-	00:11&	00:50&	00:12#	00:00=	00:24-	00:30-	00:09-	00:16#	00:05+	00:49&	00:02-	00:06#	00:04-	00:05-	00:39&	00:01+	00:01+	00:10#
12	Jørgen Nilsen	53																41:18						
00:34+	02:22+	03:39-	05:47-	06:54-	09:12-	10:43+	12:01+	14:18+	16:37+	18:17+	20:22+	23:44+	25:03+	27:28+	29:43+	31:18+	33:03+	33:42+	35:00+	35:52+	37:32+	39:43+	40:07+	41:18+
00:34+	01:48+	01:17-	02:08+	01:07-	02:18+	01:31+	01:18+	02:17+	02:19+	01:40+	02:05+	03:22+	01:19-	02:25+	02:15+	01:35+	01:45-	00:39+	01:18-	00:52-	01:40+	02:11+	00:24-	01:11+
00:02+	00:42&	01:14-	00:07+	00:08-	00:13#	00:46#	00:35&	00:51&	00:33&	00:07+	00:19#	00:03+	00:03-	00:16#	00:09+	00:14#	00:06-	00:07#	00:06-	00:04-	00:09+	00:05+	00:02-	00:19&
13	Lars Salvesen	50																41:35						
00:30-	01:35-	02:43-	04:53-	06:11-	08:00-	08:49-	09:36-	11:24-	13:44-	15:43=	17:49+	21:18+	22:55+	25:03+	27:37+	30:13+	32:43+	33:46+	34:57+	35:57+	38:21+	40:07+	40:27+	41:35+
00:30-	01:05-	01:08-	02:10+	01:18+	01:49-	00:49+	00:47+	01:48+	02:20+	01:59+	02:06+	03:29+	01:37+	02:08-	02:34+	02:36+	02:30+	01:03+	01:11-	01:00+	02:24+	01:46-	00:20-	01:08+
00:02-	00:01-	01:23-	00:09+	00:03+	00:16-	00:04+	00:04+	00:22&	00:34&	00:26&	00:20#	00:10+	00:15#	00:01-	00:28#	01:15&	00:39&	00:31&	00:13-	00:04+	00:53&	00:20-	00:06-	00:16&
14	Trygve Michaelsen	117																41:51						
00:26-	02:46+	03:49-	06:11+	07:48+	09:59+	11:44+	12:27+	14:24+	16:05+	17:39+	19:22+	24:31+	25:38+	27:52+	31:14+	32:44+	34:40+	35:26+	36:38+	37:33+	39:04+	40:35+	40:54+	41:51+
00:26-	02:20+	01:03-	02:22+	01:37+	02:11+	01:45+	00:43=	01:57+	01:41-	01:34+	01:43-	05:09+	01:07-	02:14+	03:22+	01:30+	01:56+	00:46+	01:12-	00:55-	01:31=	01:31-	00:19-	00:57+
00:06-	01:14#	01:28-	00:21#	00:22&	00:06+	01:00#	00:00=	00:31&	00:05-	00:01+	00:03-	01:50&	00:15-	00:05+	01:16&	00:09#	00:05+	00:14&	00:12-	00:01-	00:00=	00:35-	00:07-	00:05+
15	Sveinung Rosenvinge	116																41:57						
00:44+	02:05+	03:38-	06:11+	07:21-	09:20-	10:03-	10:57-	12:36+	16:01+	17:51+	19:58+	23:37+	25:16+	27:38+	29:56+	31:42+	33:25+	33:59+	35:26+	36:23+	38:17+	40:23+	40:49+	41:57+
00:44+	01:21+	01:33-	02																					

Class	Navn	Klasse										Tid													
16	Arne Nygaard	66										41:59													
01:06+	02:21+	03:59-	06:11+	07:14-	08:59-	09:43-	11:32+	13:10+	15:00+	16:50+	18:41+	21:39+	25:03+	28:04+	30:28+	32:01+	33:36+	34:22+	35:41+	36:39+	38:33+	40:37+	41:00+	41:59+	
01:06+	01:15+	01:38-	02:12+	01:03-	01:45-	00:44-	01:49+	01:38+	01:50+	01:50+	01:51+	02:58-	03:24+	03:01+	02:24+	01:33+	01:35-	00:46+	01:19-	00:58+	01:54+	02:04-	00:23-	00:59+	
00:34#	00:09#	00:53-	00:11+	00:12-	00:20-	00:01-	01:06#	00:12#	00:04+	00:17#	00:05+	00:21-	02:02#	00:52#	00:18#	00:12#	00:16-	00:14#	00:05-	00:02+	00:23#	00:02-	00:03-	00:07#	
17	Ernst Kristensen	116										42:04													
00:46+	03:11+	04:35+	07:11+	08:26+	10:45+	11:28+	12:26+	14:20+	17:34+	19:13+	21:08+	24:29+	26:12+	28:31+	30:45+	32:16+	34:07+	34:35+	35:56+	36:50+	38:33+	40:32+	40:58+	42:04+	
00:46+	02:25+	01:24-	02:36+	01:15=	02:19+	00:43-	00:58+	01:54+	03:14+	01:39+	01:55+	03:21+	01:43+	02:19+	02:14+	01:31+	01:51=	00:28-	01:21-	00:54-	01:43+	01:59-	00:26=	01:06+	
00:14#	01:19#	01:07-	00:35#	00:00=	00:14#	00:02-	00:15#	00:28#	01:28#	00:06+	00:09+	00:02+	00:21#	00:10+	00:08+	00:10#	00:00=	00:04-	00:03-	00:02-	00:12#	00:07-	00:00=	00:14#	
18	Håvard Håland	66										42:56													
01:13+	02:38+	04:28+	07:02+	08:05+	09:49+	10:36+	12:30+	14:03+	16:04+	17:53+	19:28+	22:33+	26:08+	29:09+	31:27+	32:56+	34:34+	35:20+	36:44+	37:37+	39:30+	41:41+	42:02+	42:56+	
01:13+	01:25+	01:50-	02:34+	01:03-	01:44-	00:47+	01:54+	01:33+	02:01+	01:49+	01:35-	03:05-	03:35+	03:01+	02:18+	01:29+	01:38-	00:46+	01:24=	00:53-	01:53+	02:11+	00:21-	00:54+	
00:41#	00:19#	00:41-	00:33#	00:12-	00:21-	00:02+	01:11#	00:07+	00:15#	00:16#	00:11-	00:14-	02:13#	00:52#	00:12+	00:08+	00:13-	00:14#	00:00=	00:03-	00:22#	00:05+	00:05-	00:02+	
19	Steinar Torjusen	167										44:11													
01:15+	02:29+	03:50-	06:23+	07:53+	10:29+	11:24+	12:21+	14:57+	17:33+	19:30+	21:32+	25:17+	26:39+	29:17+	32:30+	34:21+	36:02+	36:25+	37:55+	38:55+	41:04+	42:53+	43:14+	44:11+	
01:15+	01:14+	01:21-	02:33+	01:30+	02:36+	00:55+	00:57+	02:36+	02:36+	01:57+	02:02+	03:45+	01:22=	02:38+	03:13+	01:51+	01:41-	00:23-	01:30+	01:00+	02:09+	01:49-	00:21-	00:57+	
00:43#	00:08#	01:10-	00:32#	00:15#	00:31#	00:10#	00:14#	01:10#	00:50#	00:24#	00:16#	00:26#	00:00=	00:29#	01:07#	00:30#	00:10-	00:09-	00:06+	00:04+	00:38#	00:17-	00:05-	00:05+	
20	Kjell Olav Gjerde	7										44:22													
00:34+	01:44+	03:06-	05:36-	08:22+	10:31+	11:27+	16:11+	19:27+	20:59+	22:30+	24:12+	27:08+	28:20+	30:46+	33:26+	35:00+	36:36+	37:03+	38:20+	39:40+	41:17+	43:00+	43:23+	44:22+	
00:34+	01:10+	01:22-	02:30+	02:46+	02:09+	00:56+	04:44+	03:16+	01:32-	01:31-	01:42-	02:56-	01:12-	02:26+	02:40+	01:34+	01:36-	00:27-	01:17-	01:20+	01:37+	01:43-	00:23-	00:59+	
00:02+	00:04+	01:09-	00:29#	01:31#	00:04+	00:11#	04:01#	01:50#	00:14-	00:02-	00:04-	00:23-	00:10-	00:17#	00:34#	00:13#	00:15-	00:05-	00:07-	00:24#	00:06#	00:23-	00:03-	00:07#	
21	Kjell Seland	236										45:51													
00:36+	02:25+	03:34-	05:58-	07:01-	11:42+	15:53+	17:01+	19:09+	22:20+	24:00+	25:55+	29:30+	30:44+	33:02+	35:12+	36:37+	38:16+	38:55+	40:15+	40:58+	42:32+	44:21+	44:39+	45:51+	
00:36+	01:49+	01:09-	02:24+	01:03-	04:41+	04:11+	01:08+	02:08+	03:11+	01:40+	01:55+	03:35+	01:14-	02:18+	02:10+	01:39-	00:39+	01:20-	00:43-	01:34+	01:49-	00:18-	01:12+		
00:04#	00:43#	01:22-	00:23#	00:12-	02:36#	03:26#	00:25#	00:42#	01:25#	00:07+	00:09+	00:16+	00:08-	00:09+	00:04+	00:04+	00:12-	00:07#	00:04-	00:13-	00:03+	00:17-	00:08-	00:20#	
22	Geir Haugvaldstad	116										46:26													
02:26+	03:30+	05:12+	07:57+	09:01+	10:50+	11:45+	15:03+	17:00+	19:07+	21:28+	22:59+	29:25+	30:43+	33:20+	35:17+	36:35+	38:17+	38:59+	40:40+	41:33+	43:28+	45:11+	45:34+	46:26+	
02:26+	01:04-	01:42-	02:45+	01:04-	01:49-	00:55+	03:18+	01:57+	02:47+	01:41+	01:31-	06:26+	01:18-	02:37+	01:57-	01:18-	01:42-	00:42+	01:41+	00:53-	01:55+	01:43-	00:23-	00:52=	
01:54#	00:02-	00:49-	00:44#	00:11-	00:16-	00:10#	02:35#	00:31#	01:01#	00:08+	00:15-	03:07#	00:04-	00:28#	00:09-	00:03-	00:09-	00:10#	00:17#	00:03-	00:24#	00:23-	00:03-	00:00=	
23	Roger Nyseth	92										46:33													
01:21+	02:28+	04:02-	06:35+	07:54+	10:04+	11:00+	12:33+	14:47+	17:07+	19:02+	21:20+	25:05+	27:22+	30:08+	33:16+	35:25+	37:23+	38:09+	39:37+	40:37+	42:31+	44:45+	45:11+	46:33+	
01:21+	01:07+	01:34-	02:33+	01:19+	02:10+	00:56+	01:33+	02:14+	02:20+	01:55+	02:18+	03:45+	02:17+	02:46+	03:08+	02:09+	01:58+	00:46+	01:28+	01:00+	01:54+	02:14+	00:26=	01:22+	
00:49#	00:01+	00:57-	00:32#	00:04+	00:05+	00:11#	00:50#	00:48#	00:34#	00:22#	00:32#	00:26#	00:55#	00:37#	01:02#	00:48#	00:07+	00:14#	00:04+	00:04+	00:23#	00:08+	00:00=	00:30#	
24	Kjell Ove Aksland	27										47:47													
00:47+	02:17+	03:46-	06:24+	09:10+	10:51+	11:50+	13:41+	17:39+	19:34+	21:50+	23:37+	27:03+	28:57+	30:57+	33:49+	35:48+	38:10+	39:26+	40:36+	41:33+	43:53+	46:26+	46:49+	47:47+	
00:47+	01:30+	01:29-	02:38+	02:46+	01:41-	00:59+	01:51+	03:58+	01:55+	02:16+	01:47+	03:26+	01:54+	02:00-	02:52+	01:59+	02:22+	01:16+	01:10-	00:57+	02:20+	02:33+	00:23-	00:58+	
00:15#	00:24#	01:02-	00:37#	01:31#	00:24-	00:14#	01:08#	02:32#	00:09+	00:43#	00:01+	00:07+	00:32#	00:09-	00:46#	00:38#	00:31#	00:44#	00:14-	00:01+	00:49#	00:27#	00:03-	00:06#	
25	Harald Taksdal	236										48:01													
01:02+	02:45+	04:57+	07:35+	09:06+	11:50+	12:57+	14:04+	16:34+	18:45+	20:40+	22:45+	26:25+	27:55+	30:43+	33:18+	35:39+	37:39+	38:44+	40:19+	41:21+	44:12+	46:28+	46:55+	48:01+	
01:02+	01:43+	02:12-	02:38+	01:31+	02:44+	01:07+	01:07+	02:30+	02:11+	01:55+	02:05+	03:40+	01:30+	02:48+	02:35+	02:21+	02:00+	01:05+	01:35+	01:02+	02:51+	02:16+	00:27+	01:06+	
00:30#	00:37#	00:19-	00:37#	00:16#	00:39#	00:22#	00:24#	01:04#	00:25#	00:22#	00:19#	00:21#	00:08+	00:39#	00:29#	01:00#	00:09+	00:33#	00:11#	00:06#	01:20#	00:10+	00:01+	00:14#	
26	Sigbjørn Gloppen	144										48:12													
00:48+	02:45+	06:42+	09:03+	12:16+	14:12+	16:19+	17:25+	19:34+	21:56+	23:37+	25:19+	28:33+	29:55+	33:51+	37:04+	38:43+	40:16+	40:47+	42:07+	43:01+	44:44+	46:42+	47:07+	48:12+	
00:48+	01:57+	03:57+	02:21+	03:13+	01:56-	02:07+	01:06+	02:09+	02:22+	01:41+	01:42-	03:14-	01:22=	03:56+	03:13+	01:39+	01:33-	00:31-	01:20-	00:54-	01:43+	01:58-	00:25-	01:05+	
00:16#	00:51#	01:26#	00:20#	01:58#	00:09-	01:22#	00:23#	00:43#	00:36#	00:08+	00:04-	00:05-	00:00=	01:47#	01:07#	00:18#	00:18-	00:01-	00:04-	00:02-	00:12#	00:08-	00:01-	00:13#	
27	Torbjørn Dahle	92										48:27													
00:48+	02:04+	03:27-	05:53-	08:32+	10:25+	11:16+	12:12+	16:15+	17:51+	19:25+	21:11+	23:21+	29:24+	30:59+	33:56+	36:19+	38:13+	39:51+	40:35+	41:54+	43:09+	45:00+	47:00+	47:21+	48:27+
00:48+	01:16+	01:23-	02:26+	02:39+	01:53-	00:51+	00:56+	04:03+	01:36-	01:34+	01:46#	02:10-	06:03+	01:35-	02:57+	02:23+	01:54+	01:38+	00:44-	01:19+	01:15-	01:51-	02:00+	00:21-	01:06+
00:16#	00:10#	01:08-	00:25#	01:24#	00:12-	00:06#	00:13#	02:37#	00:10-	00:01+	00:00=	01:09-	04:41#	00:34-	00:51#	01:02#	00:03+	01:06#	00:40-	00:23#	00:16-	00:15-	01:34#	00:31-	01:06+
28	Tor Inge Halvorsen	5										48:45													
00:33+	03:50+	05:11+	07:23+	09:57+	12:05+	16:59+	18:56+	21:09+	22:58+	24:45+	26:34+	29:58+	31:17+	33:45+	35:53+	37:25+	39:49+	40:21+	42:21+	43:22+	45:21+	47:25+	47:45+	48:45+	
00:33+	03:17+	01:21-	02:12+	02:34+	02:08+	04:54+	01:57+	02:13+	01:49+	01:47+	01:49+	03:24+	01:19-	02:28+	02:08+	01:32+	02:24+	00:32=	02:00+	01:01+	01:59+	02:04-	00:20-	01:00+	
00:01+	02:11#	01:10-	00:11+	01:19#	00:03+	04:09#	01:14#	00:47#	00:03+	00:14#	00:03+	00:05+	00:03-	00:19#	00:02+	00:11#	00:33#	00:00=	00:36#	00:05+	00:28#	00:02-	00:06-	00:08#	
29	Kjell Lervik	239										49:15													
00:44+	02:45+	04:46+	07:41+	09:01+	11:38+	12:30+	14:30+	17:03+	19:																

Class	Navn	Klasse										Tid																										
31	Svein Magne Gloppen	93										52:38																										
	02:59+	04:34+	08:49+	11:23+	13:08+	15:24+	16:35+	17:35+	20:30+	22:41+	24:37+	27:38+	31:09+	34:56+	38:39+	41:15+	42:52+	44:24+	45:15+	46:21+	47:17+	49:15+	51:11+	51:33+	52:38+													
	02:59+	01:35+	04:15+	02:34+	01:45+	02:16+	01:11+	01:00+	02:55+	02:11+	01:56+	03:01+	03:31+	03:47+	03:43+	02:36+	01:37+	01:32-	00:51+	01:06-	00:56=	01:58+	01:56-	00:22-	01:05+													
	02:27@	00:29&	01:44&	00:33&	00:30&	00:11+	00:26&	00:17&	01:29@	00:25#	00:23#	01:15&	00:12+	02:25@	01:34&	00:30#	00:16#	00:19-	00:19&	00:18-	00:00=	00:27&	00:10-	00:04-	00:13#													
32	Kjell Helge Husebø	115										57:36																										
	01:07+	03:07+	05:19+	08:06+	11:18+	14:59+	16:00+	17:25+	20:08+	22:15+	24:09+	26:08+	30:26+	34:25+	38:25+	41:40+	44:12+	46:19+	47:24+	49:23+	50:31+	53:12+	55:39+	56:16+	57:36+													
	01:07+	02:00+	02:12-	02:47+	03:12+	03:41+	01:01+	01:25+	02:43+	02:07+	01:54+	01:59+	04:18+	03:59+	04:00+	03:15+	02:32+	02:07+	01:05+	01:59+	01:08+	02:41+	02:27+	00:37+	01:20+													
	00:35@	00:54&	00:19-	00:46&	01:57@	01:36&	00:16&	00:42&	01:17&	00:21#	00:21#	00:13#	00:59&	02:37@	01:51&	01:09&	01:11&	00:16#	00:33@	00:35&	00:12#	01:10&	00:21#	00:11&	00:28&													
33	John C. Sinnes	93										57:44																										
	00:57+	05:20+	07:11+	10:05+	11:50+	15:06+	18:44+	20:23+	22:17+	25:02+	26:58+	31:12+	35:01+	37:00+	39:43+	43:54+	46:40+	49:11+	49:48+	51:11+	52:13+	54:03+	56:16+	56:40+	57:44+													
	00:57+	04:23+	01:51-	02:54+	01:45+	03:16+	03:38+	01:39+	01:54+	02:45+	01:56+	04:14+	03:49+	01:59+	02:43+	04:11+	02:46+	02:31+	00:37+	01:23-	01:02+	01:50+	02:13+	00:24-	01:04+													
	00:25&	03:17@	00:40-	00:53&	00:30&	01:11&	02:53@	00:56@	00:28&	00:59&	00:23#	02:28@	00:30#	00:37&	00:34&	02:05&	01:25@	00:40&	00:05#	00:01-	00:06#	00:19#	00:07+	00:02-	00:12#													
34	Kjetil Moen	228										58:55																										
	02:11+	04:23+	05:57+	12:00+	17:33+	20:31+	21:35+	23:32+	25:00+	26:24+	27:58+	29:36+	36:43+	40:22+	43:12+	45:49+	47:42+	49:53+	50:20+	51:40+	52:47+	55:22+	57:35+	57:58+	58:55+													
	02:11+	02:12+	01:34-	06:03+	05:33+	02:58+	01:04+	01:57+	01:28+	01:24-	01:34+	01:38-	07:07+	03:39+	02:50+	02:37+	01:53+	02:11+	00:27-	01:20-	01:07+	02:35+	02:13+	00:23-	00:57+													
	01:39@	01:06&	00:57-	04:02@	04:18@	00:53&	00:19&	01:48@	00:02+	00:22-	00:01+	00:08-	03:48@	02:17@	00:41&	00:31#	00:32&	00:20#	00:05-	00:04-	00:11#	01:04&	00:07+	00:03-	00:05+													
35	Per Kolbein Tonstad	66										1:11:16																										
	01:01+	03:16+	05:14+	08:23+	10:06+	13:23+	17:14+	20:34+	24:57+	28:28+	31:06+	33:44+	39:37+	42:17+	46:33+	51:56+	55:11+	57:45+	60:14+	62:10+	63:32+	66:17+	69:02+	69:36+	71:16+													
	01:01+	02:15+	01:58-	03:09+	01:43+	03:17+	03:51+	03:20+	04:23+	03:31+	02:38+	02:38+	05:53+	02:40+	04:16+	05:23+	03:15+	02:34+	02:29+	01:56+	01:22+	02:45+	02:45+	00:34+	01:40+													
	00:29&	01:09@	00:33-	01:08&	00:28&	01:12&	03:06@	02:37@	02:57@	01:45&	01:05&	00:52&	02:34&	01:18&	02:07&	03:17@	01:54@	00:43&	01:57@	00:32&	00:26&	01:14&	00:39&	00:08&	00:48&													
Beste strekktid for klassen														00:26	01:04	01:03	02:01	00:55	01:34	00:39	00:42	01:24	01:24	01:27	01:31	02:10	01:07	01:35	01:47	01:16	01:29	00:23	00:44	00:43	01:15	01:31	00:16	00:21
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																						
Herrer 60 - 64 år																																						
1	Arne Kristian Espedal	68										33:03																										
	01:00=	01:38=	03:19=	04:24=	07:51=	08:59=	10:47=	11:54=	13:11=	15:29=	17:01=	17:31=	19:49=	21:23=	22:43=	23:42=	24:49=	25:43=	26:59=	28:09=	28:39=	30:05=	31:41=	32:01=	33:03=													
	01:00=	00:38=	01:41=	01:05=	03:27=	01:08=	01:48=	01:07=	01:17=	02:18=	01:32=	00:30=	02:18=	01:34=	01:20=	00:59=	01:07=	00:54=	01:16=	01:10=	00:30=	01:26=	01:36=	00:20=	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=	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 Geir Espedal	115										37:18																										
	00:51-	01:41+	02:09-	03:15-	07:12-	09:04+	10:40-	12:19+	13:28+	16:01+	17:53+	18:49+	22:04+	23:42+	25:39+	26:56+	28:07+	29:09+	30:42+	32:02+	32:39+	34:13+	36:02+	36:21+	37:18+													
	00:51-	00:50+	00:28-	01:06+	03:57+	01:52+	01:36-	01:39+	01:09-	02:33+	01:52+	00:56+	03:15+	01:38+	01:57+	01:17+	01:11+	01:02+	01:33+	01:20+	00:37+	01:34+	01:49+	00:19-	00:57-													
	00:09-	00:12&	01:13-	00:01+	00:30#	00:44&	00:12-	00:32&	00:08-	00:15#	00:20#	00:26&	00:57&	00:04+	00:37&	00:18&	00:04+	00:08#	00:17#	00:10#	00:07#	00:08+	00:13#	00:01-	00:05-													
3	Ivar Johan Larsen	46										37:59																										
	01:17+	02:05+	02:47-	04:01-	07:53+	09:33+	11:15+	12:50+	13:45+	16:20+	18:07+	18:38+	21:49+	23:08+	25:15+	26:26+	27:34+	28:42+	30:24+	31:58+	32:35+	34:06+	36:12+	36:38+	37:59+													
	01:17+	00:48+	00:42-	01:14+	03:52+	01:40+	01:42-	01:35+	00:55-	02:35+	01:47+	00:31+	03:11+	01:19-	02:07+	01:11+	01:08+	01:08+	01:42+	01:34+	00:37+	01:31+	02:06+	00:26+	01:21+													
	00:17&	00:10&	00:59-	00:09#	00:25#	00:32&	00:06-	00:28&	00:22-	00:17#	00:15#	00:01+	00:53&	00:15-	00:47&	00:12#	00:01+	00:14&	00:26&	00:24&	00:07#	00:05+	00:30&	00:06&	00:19&													
4	Torbjørn Evensen	108										39:14																										
	00:53-	01:47+	02:20-	03:34-	06:50-	08:41-	10:10-	14:15+	15:39+	18:14+	20:06+	20:54+	23:50+	25:07+	27:06+	28:19+	29:33+	30:37+	31:53+	33:23+	34:04+	35:35+	37:39+	38:02+	39:14+													
	00:53-	00:54+	00:33-	01:14+	03:16-	01:51+	01:29-	04:05+	01:24+	02:35+	01:52+	00:48+	02:56+	01:17-	01:59+	01:13+	01:14+	01:04+	01:16=	01:30+	00:41+	01:31+	02:04+	00:23+	01:12+													
	00:07-	00:16&	01:08-	00:09#	00:11-	00:43&	00:19-	02:58@	00:07+	00:17#	00:20#	00:18&	00:38&	00:17-	00:39&	00:14#	00:07#	00:10#	00:00=	00:20&	00:11&	00:05+	00:28&	00:03#	00:10#													
5	Kjell Skjæveland	108										39:51																										
	00:49-	01:57+	02:37-	03:43-	07:21-	11:22+	12:52+	17:36+	18:32+	21:05+	22:50+	23:23+	25:57+	27:21+	28:56+	30:06+	31:12+	32:10+	33:18+	34:38+	35:12+	36:33+	38:25+	38:45+	39:51+													
	00:49-	01:08+	00:40-	01:06+	03:38+	04:01+	01:30-	04:44+	00:56-	02:33+	01:45+	00:33+	02:34+	01:24-	01:35+	01:10+	01:06-	00:58+	01:08-	01:20+	00:34+	01:21-	01:52+	00:20-	01:06+													
	00:11-	00:30&	01:01-	00:11+	02:53@	00:18-	03:37@	00:21-	00:15#	00:13#	00:03#	00:16#	00:10-	00:10-	00:15#	00:11#	00:01-	00:04+	00:08-	00:10#	00:04#	00:05-	00:16#	00:00=	00:04+													
6	Arne M. Handeland	92										40:04																										
	01:00=	02:09+	02:49-	04:15-	07:43-	10:13+	11:54+	14:23+	15:22+	18:26+	20:18+	21:02+	23:54+	25:25+	27:23+	28:40+	29:59+	30:56+	32:26+	34:08+	34:47+	36:29+	38:38+	39:09+	40:04+													
	01:00=	01:09+	00:40-	01:26+	03:28+	02:30+	01:41-	02:29+	00:59-	03:04+	01:52+	00:44+	02:52+	01:31-	01:58+	01:17+	01:19+	00:57+	01:30+	01:42+	00:39+	01:42+	02:09+	00:31+	00:55-													
	00:00=	00:31&	01:01-	00:21&	00:01+	01:22@	00:07-	01:22@	00:18-	00:46&	00:20#	00:14&	00:34#	00:03-	00:38&	00:18&	00:12#	00:03+	00:14#	00:32&	00:09&	00:16#	00:33&	00:11&	00:07-													
7	Bjarne Gimre	88										40:29																										
	00:58-	01:53+	03:03-	04:18-	07:47-	09:24+	11:08+	12:59+	14:12+	17:09+	19:19+	19:54+	23:18+	25:12+	27:28+	28:51+	30:13+	31:28+	32:50+	34:26+	35:06+	36:47+	38:55+	39:17+	40:29+													
	00:58-	00:55+	01:10-	01:15+	03:29+	01:37+	01:44-	01:51+	01:13-	02:57+	02:10+	00:35+	03:24+	01:54+	02:16+	01:23+	01:22+	01:15+	01:22+	01:36+	00:40+	01:41+	02:08+	00:22+	01:12+													
	00:02-	00:17&	00:31-	00:10#	00:02+	00:29&	00:04-	00:44&	00:04-	00:39&	00:38&	00:05#	01:06&	00:20#	00:56&	00:24&	00:15#	00:21&	00:06+	00:26&	00:10&	00:15#	00:32&	00:02#	00:10#													
8	Bjørn Sivertsen	99										40:54																										
	01:07+	02:08+	03:00-	04:14-	08:45+	10:42+	12:21+	13:59+	15:19+	18:06+	20:03+	20:40+	23:47+	25:15+	27:22+	28:53+	30:08+	31:16+	33:01+	34:47+	35:25+	37:10+	39:18+	39:42+	40:54+													
	01:07+	01:01+	00:52-	01:14+	04:31+	01:57+	01:39-	01:38+	01																													

Class	Navn	Klasse	Tid
9	Bjørn Bjelland	83	44:50
01:06+	02:35+	03:33+	04:44+
01:06+	01:29+	00:58-	01:11+
00:06#	00:51@	00:43-	00:06+
00:57-	03:32+	03:47+	04:53+
00:57-	02:35+	00:42-	01:18+
00:03-	01:57@	00:59-	00:13#
11	Olav Aartun	262	49:12
01:30+	02:32+	03:47+	04:54+
01:30+	01:02+	01:15-	01:07+
00:30&	00:24&	00:26-	00:02+
12	Terje Stokkeland	69	51:23
03:56+	05:04+	06:11+	07:30+
03:56+	01:08+	01:07-	01:19+
02:56@	00:30&	00:34-	00:14#
13	Inge Johan Øverland	93	51:36
01:01+	02:08+	03:19=	05:10+
01:01+	01:07+	01:11-	01:51+
00:01+	00:29&	00:30-	00:46&
14	Bjørn Vidar Gunvaldsen	27	51:46
01:46+	02:48+	03:42+	05:10+
01:46+	01:02+	00:54-	01:28+
00:46&	00:24&	00:47-	00:23&
15	Tor Harald Lunde	47	54:48
00:58-	01:54+	03:14-	04:28+
00:58-	00:56+	01:20-	01:14+
00:02-	00:18&	00:21-	00:09#
16	Egil Røyneberg	93	55:37
01:26+	02:42+	04:32+	06:10+
01:26+	01:16+	01:50+	01:38+
00:26&	00:38&	00:09+	00:33&
17	Bjørn Tore Aase	29	55:58
01:08+	02:14+	02:50-	04:17-
01:08+	01:06+	00:36-	01:27+
00:08#	00:28&	01:05-	00:22&
18	Jan Øyvind Lilledal	281	1:02:25
01:01+	01:59+	03:53+	05:26+
01:01+	00:58+	01:54+	01:33+
00:01+	00:20&	00:13#	00:28&
19	Rolf Kleppe	63	1:11:50
02:08+	03:24+	04:02+	05:51+
02:08+	01:16+	00:38-	01:49+
01:08@	00:38&	01:03-	00:44&

Beste strekketid for klassen

00:49 00:38 00:28 01:05 03:16 01:08 01:29 01:07 00:55 02:18 01:32 00:30 02:18 01:17 01:20 00:59 01:06 00:54 01:08 01:10 00:30 01:21 01:36 00:19 00:55

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

Herrer 65 - 69 år

1	Asgeir Bell	117	30:18
00:44=	01:27=	01:54=	02:50=
00:44=	00:43=	00:27=	00:56=
00:00=	00:00=	00:00=	00:00=
2	Harry Breiland	66	30:31
00:55+	01:41+	02:25+	03:28+
00:55+	00:46+	00:44+	01:03+
00:11#	00:03+	00:17&	00:07#

Class	Navn	Klasse											Tid												
3	Gunnar Sakseid	116											34:53												
00:51+	01:38+	02:18+	03:22+	06:18+	08:16+	09:28+	11:06+	12:23+	14:37+	16:19+	16:46+	19:17+	20:33+	22:20+	23:28+	24:32+	25:27+	27:44+	29:15+	29:53+	31:52+	33:37+	33:56+	34:53+	
00:51+	00:47+	00:40+	01:04+	02:56+	01:58+	01:12-	01:38+	01:17+	02:14+	01:42+	00:27-	02:31+	01:16-	01:47+	01:08+	01:04-	00:55-	02:17+	01:31+	00:38+	01:59+	01:45+	00:19-	00:57-	
00:07#	00:04+	00:13&	00:08#	00:12+	00:41&	00:01-	00:05+	00:34&	00:10+	00:09+	00:04-	00:12+	00:12-	00:18#	00:14&	00:01-	00:06-	00:41&	00:11#	00:07#	00:50&	00:07+	00:02-	00:02-	
4	Eivind L. Rake	92											37:45												
00:55+	01:55+	03:27+	04:41+	08:17+	10:07+	12:04+	13:37+	14:26+	16:50+	18:43+	19:26+	22:22+	23:52+	26:06+	27:19+	28:30+	29:29+	30:40+	32:18+	32:52+	34:18+	36:14+	36:37+	37:45+	
00:55+	01:00+	01:32+	01:14+	03:36+	01:50+	01:57+	01:33=	00:49+	02:24+	01:53+	00:43+	02:56+	01:30+	02:14+	01:13+	01:11+	00:59-	01:11-	01:38+	00:34+	01:26+	01:56+	00:23+	01:08+	
00:11#	00:17&	01:05@	00:18&	00:52&	00:33&	00:44&	00:00=	00:06#	00:20#	00:20#	00:12&	00:37&	00:02+	00:45&	00:19&	00:06+	00:02-	00:25-	00:18#	00:03+	00:17#	00:18#	00:02+	00:09#	
5	Jan Hetland	29											37:56												
00:57+	02:08+	02:56+	03:59+	07:50+	10:15+	11:37+	13:32+	14:32+	17:06+	18:58+	19:55+	24:41+	25:49+	27:25+	28:29+	29:40+	30:23+	31:39+	32:59+	33:33+	35:01+	36:48+	37:07+	37:56+	
00:57+	01:11&	00:48+	01:03+	03:51+	02:25+	01:22+	01:55+	01:00+	02:34+	01:52+	00:57+	04:46+	01:08-	01:36+	01:04+	01:11+	00:43-	01:16-	01:20=	00:34+	01:28+	01:47+	00:19-	00:49-	
00:13&	00:28&	00:21&	00:07#	01:07&	01:08&	00:09#	00:22#	00:17&	00:30#	00:19#	00:26&	02:27@	00:20-	00:07+	00:10#	00:06+	00:18-	00:20-	00:00=	00:03+	00:19&	00:09+	00:02-	00:10-	
6	Arne Østensen	90											38:53												
00:53+	01:42+	03:40+	05:10+	08:39+	10:12+	11:38+	15:22+	16:19+	19:25+	21:31+	22:22+	25:11+	26:38+	28:26+	29:35+	30:42+	31:37+	32:42+	33:56+	34:26+	35:40+	37:25+	37:48+	38:53+	
00:53+	00:49+	01:58+	01:30+	03:29+	01:33+	01:26+	03:44+	00:57+	03:06+	02:06+	00:51+	02:49+	01:27-	01:48+	01:09+	01:07+	00:55-	01:05-	01:14-	00:30-	01:14+	01:45+	00:23+	01:05+	
00:09#	00:06#	01:31@	00:34&	00:45&	00:16#	00:13#	02:11@	00:14&	01:02&	00:33&	00:20&	00:30#	00:01-	00:19#	00:15&	00:02+	00:06-	00:31-	00:06-	00:01-	00:05+	00:07+	00:02+	00:06#	
7	Svein Berge	126											41:52												
00:47+	01:37+	03:19+	04:29+	10:22+	12:01+	13:54+	15:57+	17:19+	19:47+	21:34+	22:23+	25:14+	27:03+	29:04+	30:29+	31:48+	32:48+	34:00+	35:30+	36:13+	38:33+	40:31+	40:56+	41:52+	
00:47+	00:50+	01:42+	01:10+	05:53+	01:39+	01:53+	02:03+	01:22+	02:28+	01:47+	00:49+	02:51+	01:49+	02:01+	01:25+	01:19+	01:00-	01:12-	01:30+	00:43+	02:20+	01:58+	00:25+	00:56-	
00:03+	00:07#	01:15@	00:14#	03:09@	00:22&	00:40&	00:30&	00:39&	00:24#	00:14#	00:18&	00:32#	00:21#	00:32&	00:31&	00:14#	00:01-	00:24-	00:10#	00:12&	01:11@	00:20#	00:04#	00:03-	
8	Paul A. Paulsen	117											42:15												
00:56+	01:46+	02:40+	03:50+	07:18+	08:47+	10:17+	11:46+	13:02+	15:40+	17:56+	18:33+	21:25+	22:52+	24:32+	30:22+	31:32+	32:34+	34:39+	36:16+	36:58+	38:54+	40:45+	41:08+	42:15+	
00:56+	00:50+	00:54+	01:10+	03:38+	01:29+	01:30+	01:29-	01:16+	02:38+	02:16+	00:37+	02:52+	01:27-	01:40+	05:50+	01:02+	02:05+	01:37+	00:42+	01:56+	01:51+	00:23+	01:07+		
00:12&	00:07#	00:27&	00:14#	00:44&	00:12#	00:17#	00:04-	00:33&	00:34&	00:43&	00:06#	00:33#	00:01-	00:11#	04:56@	00:05+	00:01+	00:29&	00:17#	00:11&	00:47&	00:13#	00:02+	00:08#	
9	Ragnvald Frøyland	128											44:37												
00:50+	01:44+	02:27+	03:38+	07:17+	10:52+	12:15+	17:14+	19:24+	21:53+	23:46+	24:23+	27:18+	28:29+	30:13+	31:15+	32:18+	33:14+	37:48+	39:12+	39:51+	41:24+	43:10+	43:37+	44:37+	
00:50+	00:54+	00:43+	01:11+	03:39+	03:35+	01:23+	04:59+	02:10+	02:29+	01:53+	00:37+	02:55+	01:11-	01:44+	01:02+	01:03-	00:56-	04:34+	01:24+	00:39+	01:33+	01:46+	00:27+	01:00+	
00:06#	00:11&	00:16&	00:15&	00:55&	02:18@	00:10#	03:26@	01:27@	00:25#	00:20#	00:06#	00:36&	00:17-	00:15#	00:08#	00:02-	00:05-	02:58@	00:04+	00:08&	00:24&	00:08+	00:06&	00:01+	
10	Roar Fitjar	101											44:54												
01:52+	02:42+	03:54+	05:05+	09:21+	11:52+	13:44+	15:35+	16:56+	20:03+	22:10+	23:14+	26:38+	28:24+	30:50+	32:37+	33:59+	35:07+	36:52+	38:44+	39:26+	41:09+	43:22+	43:48+	44:54+	
01:52+	00:50+	01:12+	01:11+	04:16+	02:31+	01:52+	01:51+	01:21+	03:07+	02:07+	01:04+	03:24+	01:46+	02:26+	01:47+	01:22+	01:08+	01:45+	01:52+	00:42+	01:43+	02:13+	00:26+	01:06+	
01:08@	00:07#	00:45@	00:15&	01:32&	01:14&	00:39&	00:18#	00:38&	01:03&	00:34&	00:33@	01:05&	00:18#	00:57&	00:53&	00:17&	00:07#	00:09+	00:32&	00:11&	00:34&	00:35&	00:05#	00:07#	
11	Otto Alsnes	50											45:03												
01:49+	03:03+	04:05+	05:09+	09:27+	11:54+	16:31+	18:37+	19:29+	22:13+	24:04+	24:53+	28:05+	29:34+	31:20+	32:35+	33:44+	34:53+	36:51+	38:24+	39:03+	40:57+	43:22+	43:49+	45:03+	
01:49+	01:14+	01:02+	01:04+	04:18+	02:27+	04:37+	02:06+	00:52+	02:44+	01:51+	00:49+	03:12+	01:29+	01:46+	01:15+	01:09+	01:09+	01:58+	01:33+	00:39+	01:54+	02:25+	00:27+	01:14+	
01:05@	00:31&	00:35@	00:08#	01:34&	01:10&	03:24@	00:33&	00:09#	00:40&	00:18#	00:18&	00:53&	00:01+	00:17#	00:21&	00:04+	00:08#	00:22#	00:13#	00:08&	00:45&	00:47&	00:06&	00:15&	
12	Leif Gunnar Wikene	43											46:24												
00:52+	02:51+	03:42+	04:47+	09:04+	10:36+	17:34+	19:01+	20:57+	23:26+	25:09+	25:41+	28:28+	29:53+	34:22+	35:39+	36:44+	37:44+	39:18+	40:37+	41:06+	42:53+	44:54+	45:16+	46:24+	
00:52+	01:59+	00:51+	01:05+	04:17+	01:32+	06:58+	01:27-	01:56+	02:29+	01:43+	00:32+	02:47+	01:25-	04:29+	01:17+	01:05=	01:00-	01:34-	01:19-	00:29-	01:47+	02:01+	00:22+	01:08+	
00:08#	01:16@	00:24&	00:09#	01:33&	00:15#	05:45@	00:06-	01:13@	00:25#	00:10#	00:01+	00:28#	00:03-	03:00@	00:23&	00:00=	00:01-	00:02-	00:01-	00:02-	00:38&	00:23#	00:01+	00:09#	
13	Kjell Ingar Olsen	50											46:45												
01:03+	02:09+	03:23+	05:45+	10:21+	12:01+	13:37+	15:17+	17:28+	20:38+	24:01+	24:40+	28:12+	30:14+	32:52+	34:17+	35:43+	37:09+	38:27+	40:33+	41:17+	42:56+	45:10+	45:35+	46:45+	
01:03+	01:06+	01:14+	02:22+	04:36+	01:40+	01:36+	01:40+	02:11+	03:10+	03:23+	00:39+	03:32+	02:02+	02:38+	01:25+	01:26+	01:26+	01:18-	02:06+	00:44+	01:39+	02:14+	00:25+	01:10+	
00:19&	00:23&	00:47@	01:26@	01:52&	00:23&	00:23&	00:07+	01:28@	01:06&	01:50@	00:08&	01:13&	00:34&	01:09&	00:31&	00:21&	00:25&	00:18-	00:46&	00:13&	00:30&	00:36&	00:04#	00:11#	
14	Jostein Tunheim	116											46:48												
01:51+	03:30+	04:18+	04:39+	05:40+	09:28+	11:48+	13:14+	22:53+	24:11+	26:36+	28:32+	29:26+	32:29+	33:48+	35:37+	36:47+	38:03+	39:00+	39:55+	41:28+	42:03+	43:29+	45:24+	45:44+	46:48+
01:51+	01:39+	00:48+	00:21-	01:01-	03:48+	02:20+	01:26-	09:39+	01:18-	02:25+	01:56+	00:54-	03:03+	01:19-	01:49+	01:10+	01:16+	00:57-	00:55-	01:33+	00:35-	01:26-	01:55+	00:20-	01:04+
01:07@	00:56@	00:21&	00:35-	01:43-	02:31@	01:07&	00:07-	08:56@	00:46-	00:52&	01:25@	01:25-	01:35@	00:10-	00:55@	00:05+	00:15#	00:39-	00:25-	01:02@	00:34-	00:12-	01:34@	00:39-	01:04+
15	Svein Ove Horpestad	62											47:08												
01:36+	03:13+	03:57+	05:15+	09:39+	11:16+	12:55+	15:00+	19:02+	22:26+	24:25+	26:04+	29:15+	30:50+	33:41+	34:53+	36:05+	37:11+	38:41+	40:35+	41:21+	43:08+	45:22+	45:48+	47:08+	
01:36+	01:37+	00:44+	01:18+	04:24+	01:37+	01:39+	02:05+	04:02+	03:24+	01:59+	01:39+	03:11+	01:35+	02:51+	01:12+	01:12+	01:06+	01:30-	01:54+	00:46+	01:47+	02:14+	00:26+	01:20+	
00:52@	00:54@	00:17&	00:22&	01:40&	00:20&	00:26&	00:32&	03:19@	01:20&	00:26&	01:08@	00:52&	00:07+	01:22&	00:18&	00:07#	00:05+	00:06-	00:34&	00:15&	00:38&	00:36&	00:05#	00:21&	
16	Leif Gustav Holland	116											49:15												
01:04+	02:08+	03:39+	06:06+	10:34+	14:20+	16:16+	18:06+	19:50+	23:14+	27:05+	28:17+	31:35+	33:24+	35:35+	36:56+	38:17+	39:30+	41:19+	43:03+	43:42+	45:22+	47:36+	48:00+	49:15+	
01:04+	01:04+	01:31+	02:27+	04:28+	03:46+	01:56+	01:50+	01:44+	03:24+	03:51+	01:12+	03:18+	01:49+	02:11+	01:21+	01:21+	01:13+	01:49+	01:44+	00:39+	01:40+	02:14+	00:24+	01:15+	
00:20&	00:21&	01:04@	01:31@	01:44&	02:29@	00:43&	00:17#	01:01@	01:20&	02:18@	00:41@	00:59&	00:21#	00:42&	00:27&	00:16#	00:12#	00:13#	00:24&	00:08&	00:31&	00:36&	00:03#	00:16&	
17	Terje Langeland	98											52:23												
01:03+	02:54+	03:43+	04:56+	10:29+	12:57+	14:34+	16:51+	18:04+	21:29+	24:28+	25:23+	29:52+	31:15+	33:35+	35:58+	37:48+	39:11+	41:35+	43:23+	44:12+	46:45+	50:35+	51:03+	52:23+	
01:03+	01:51+	00:49+	01:13+	05:33+	02:28+	01:37+	02:17+	01:13+	03:25+	02:59+	00:55+	04:29+	01:23-	02:20+											

Class	Navn	Klasse	Tid																						
18	Torstein Gjesteland	126	56:29																						
01:00+	01:57+	02:59+	04:22+	09:19+	11:39+	13:16+	25:35+	27:09+	30:48+	33:20+	34:03+	37:21+	38:59+	41:36+	43:15+	44:32+	45:38+	48:00+	49:52+	50:38+	52:19+	54:33+	55:06+	56:29+	
01:00+	00:57+	01:02+	01:23+	04:57+	02:20+	01:37+	12:19+	01:34+	03:39+	02:32+	00:43+	03:18+	01:38+	02:37+	01:39+	01:17+	01:06+	02:22+	01:52+	00:46+	01:41+	02:14+	00:33+	01:23+	
00:16&	00:14&	00:35@	00:27&	02:13&	01:03&	00:24&	10:46@	00:51@	01:35&	00:59&	00:12&	00:59&	00:10#	01:08&	00:45&	00:12#	00:05+	00:46&	00:32&	00:15&	00:32&	00:36&	00:12&	00:24&	
19	Svein Ims	65	58:05																						
01:02+	01:59+	04:32+	06:02+	10:15+	12:12+	13:53+	15:50+	17:06+	20:00+	25:51+	26:26+	29:41+	31:14+	42:42+	43:39+	45:05+	46:18+	47:55+	50:15+	51:19+	53:24+	56:07+	56:37+	58:05+	
01:02+	00:57+	02:33+	01:30+	04:13+	01:57+	01:41+	01:57+	01:16+	02:54+	05:51+	00:35+	03:15+	01:33+	11:28+	00:57+	01:26+	01:13+	01:37+	02:20+	01:04+	02:05+	02:43+	00:30+	01:28+	
00:18&	00:14&	02:06@	00:34&	01:29&	00:40&	00:28&	00:24&	00:33&	00:50&	04:18@	00:04#	00:56&	00:05+	09:59@	00:03+	00:21&	00:12#	00:01+	01:00&	00:33@	00:56&	01:05&	00:09&	00:29&	
20	John Abrahamsen	125	1:01:59																						
02:07+	04:14+	05:49+	07:11+	11:46+	17:03+	21:57+	25:17+	28:04+	31:48+	34:16+	35:09+	38:32+	40:25+	44:30+	46:05+	48:05+	49:27+	52:21+	54:42+	55:32+	57:45+	60:11+	60:43+	61:59+	
02:07+	02:07+	01:35+	01:22+	04:35+	05:17+	04:54+	03:20+	02:47+	03:44+	02:28+	00:53+	03:23+	01:53+	04:05+	01:35+	02:00+	01:22+	02:54+	02:21+	00:50+	02:13+	02:26+	00:32+	01:16+	
01:23@	01:24@	01:08@	00:26&	01:51&	04:00@	03:41@	01:47@	02:04@	01:40&	00:55&	00:22&	01:04&	00:25&	02:36@	00:41&	00:55&	00:21&	01:18&	01:01&	00:19&	01:04&	00:48&	00:11&	00:17&	
	00:44	00:43	00:27	00:21	01:01	01:17	01:12	01:22	00:43	01:18	01:33	00:27	00:54	01:08	01:19	00:54	00:54	00:43	00:57	00:55	00:29	00:35	01:26	00:19	00:20

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

Herrer 70 - 74 år

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

Class	Navn	Klasse	Tid
11	Ingjald Egeland	7	47:39
01:01-	02:00-	03:48-	07:08-
01:01-	00:59-	00:43+	01:05-
00:01-	00:20-	00:11&	00:23-
12	Hermann Skogsholm	53	48:11
01:03+	02:06-	03:01+	04:28+
01:03+	01:03-	00:55+	01:27-
00:01+	00:16-	00:23&	00:01-
13	Arvid Thorsen	5	49:02
00:52-	01:50-	02:41-	03:55-
00:52-	00:58-	00:51+	01:14-
00:10-	00:21-	00:19&	00:14-
14	Ole Auklend	106	52:54
01:46+	03:25+	04:43+	06:04+
01:46+	01:39+	01:18+	01:21-
00:44&	00:20&	00:46&	00:07-
15	Norvald Skretting	43	56:09
01:04+	02:09-	03:34+	04:50+
01:04+	01:05-	01:25+	01:16-
00:02+	00:14-	00:53&	00:12-
16	Lars Ernst Ravndal	125	57:12
01:10+	02:21=	03:39+	05:22+
01:10+	01:11-	01:18+	01:43+
00:08#	00:08-	00:46@	00:15#
17	Mangor Eikeland	92	57:43
02:31+	03:45+	04:51+	06:36+
02:31+	01:14-	01:06+	01:45+
01:29@	00:05-	00:34@	00:17#
18	Jan H. Sagen	92	1:00:32
01:13+	02:27+	03:43+	05:26+
01:13+	01:14-	01:16+	01:43+
00:11#	00:05-	00:44@	00:15#
19	Svein Eliassen	116	1:07:09
01:13+	02:24+	03:11+	05:22+
01:13+	01:11-	00:47+	02:11+
00:11#	00:08-	00:15&	00:43&
20	Odd Aarberg	5	1:09:52
02:05+	03:08+	05:37+	06:52+
02:05+	01:03-	02:29+	01:13-
01:03@	00:16-	01:57@	00:15-
Beste strekktid for klassen			
00:52	00:46	00:29	00:53
03:20	01:23	01:19	01:26
00:58	02:20	01:35	00:32
02:52	01:17	01:39	01:04
01:00	00:55	01:21	01:24
00:30	01:21	01:46	00:21
01:00	00:21	01:00	00:02

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

Herrer 75 - 79 år

1	Knut Skjæveland	93	38:45
00:46+	04:41=	06:52=	08:33=
00:46+	03:55=	02:11=	01:41=
00:00=	00:00=	00:00=	00:00=
2	Jan Værp	62	40:23
05:21+	07:43+	09:39+	11:26+
05:21+	02:22-	01:56-	01:47+
04:35@	01:33-	00:15-	00:06+
3	Harald Vatne	67	41:44
01:06+	04:50+	06:58+	09:41+
01:06+	03:44-	02:08-	02:43+
00:20&	00:11-	00:03-	01:02&

Class	Navn	Klasse															Tid														
4	Bjarne Edland	92															49:28														
01:14+	03:34-	05:59-	10:18+	12:24+	14:00+	17:44+	20:28+	22:17+	24:36+	28:58+	31:03+	37:57+	38:42+	39:58+	41:00+	42:47+	43:33+	45:20+	47:52+	48:14+	49:28+										
01:14+	02:20-	02:25+	04:19+	02:06-	01:36+	03:44+	02:44+	01:49+	02:19+	04:22+	02:05+	06:54+	00:45+	01:16+	01:02-	01:47+	00:46+	01:47+	02:32-	00:22-	01:14-										
00:28&	01:35-	00:14#	02:38@	00:27-	00:12#	02:10@	00:31#	00:23&	00:20#	00:30#	00:25#	04:35@	00:06#	00:07#	00:09-	00:14#	00:09#	00:01+	00:05-	00:02-	00:02-										
5	Kjell Maudal	63															49:43														
01:00+	04:01-	06:18-	10:15+	14:57+	15:51+	18:39+	21:09+	22:56+	25:23+	30:00+	31:59+	34:57+	35:56+	37:49+	39:30+	42:07+	43:02+	45:12+	47:45+	48:15+	49:43+										
01:00+	03:01-	02:17+	03:57+	04:42+	00:54-	02:48+	02:30+	01:47+	02:27+	04:37+	01:59+	02:58+	00:59+	01:53+	01:41+	02:37+	00:55+	02:10+	02:33-	00:30+	01:28+										
00:14&	00:54-	00:06+	02:16@	02:09&	00:30-	01:14&	00:17#	00:21#	00:28#	00:45#	00:19#	00:39&	00:20&	00:44&	00:30&	01:04&	00:18&	00:24#	00:04-	00:06#	00:12#										
6	Albert Moe	54															51:07														
02:15+	05:17+	07:47+	09:37+	12:53+	14:07+	16:42+	20:03+	22:04+	24:59+	30:10+	32:26+	36:28+	37:32+	39:02+	40:47+	42:57+	43:50+	45:48+	48:51+	49:25+	51:07+										
02:15+	03:02-	02:30+	01:50+	03:16+	01:14-	02:35+	03:21+	02:01+	02:55+	05:11+	02:16+	04:02+	01:04+	01:30+	01:45+	02:10+	00:53+	01:58+	03:03+	00:34+	01:42+										
01:29@	00:53-	00:19#	00:09+	00:43&	00:10-	01:01&	01:08&	00:35&	00:56&	01:19&	00:36&	01:43&	00:25&	00:21&	00:34&	00:37&	00:16&	00:12#	00:26#	00:10&	00:26&										
7	Jan Bekkeheien	92															57:40														
08:30+	11:42+	13:45+	15:50+	18:20+	19:20+	21:30+	24:36+	26:16+	28:34+	32:38+	34:32+	39:30+	40:20+	41:54+	43:35+	46:06+	47:02+	51:13+	55:41+	56:11+	57:40+										
08:30+	03:12-	02:03-	02:05+	02:30-	01:00-	02:10+	03:06+	01:40+	02:18+	04:04+	01:54+	04:58+	00:50+	01:34+	01:41+	02:31+	00:56+	04:11+	04:28+	00:30+	01:29+										
07:44@	00:43-	00:08-	00:24#	00:03-	00:24-	00:36&	00:53&	00:14#	00:19#	00:12+	00:14#	02:39@	00:11&	00:25&	00:30&	00:58&	00:19&	02:25@	01:51&	00:06#	00:13#										
8	Arne Brandsberg	29															1:04:52														
01:26+	04:39-	07:32+	09:37+	12:12+	13:23+	23:14+	26:44+	29:06+	32:16+	38:25+	41:26+	45:50+	46:57+	49:07+	51:25+	54:19+	55:19+	57:42+	61:35+	62:24+	64:52+										
01:26+	03:13-	02:53+	02:05+	02:35+	01:11-	09:51+	03:30+	02:22+	03:10+	06:09+	03:01+	04:24+	01:07+	02:10+	02:18+	02:54+	01:00+	02:23+	03:53+	00:49+	02:28+										
00:40&	00:42-	00:42&	00:24#	00:02+	00:13-	08:17@	01:17&	00:56&	01:11&	02:17&	01:21&	02:05&	00:28&	01:01&	01:07&	01:21&	00:23&	00:37&	01:16&	00:25@	01:12&										
9	Harald I. Serigstad	128															1:06:14														
01:20+	05:14+	07:43+	09:45+	14:03+	23:45+	26:16+	29:14+	31:26+	34:11+	39:17+	41:33+	46:14+	47:07+	48:48+	50:17+	57:59+	59:10+	61:15+	64:00+	64:32+	66:14+										
01:20+	03:54-	02:29+	02:02+	04:18+	09:42+	02:31+	02:58+	02:12+	02:45+	05:06+	02:16+	04:41+	00:53+	01:41+	01:29+	07:42+	01:11+	02:05+	02:45+	00:32+	01:42+										
00:34&	00:01-	00:18#	00:21#	01:45&	08:18@	00:57&	00:45&	00:46&	00:46&	01:14&	00:36&	02:22@	00:14&	00:32&	00:18&	06:09@	00:34&	00:19#	00:08+	00:08&	00:26&										
10	Rolv Nærland	63															1:07:50														
00:52+	10:58+	12:53+	14:48+	17:31+	18:22+	21:46+	24:49+	26:37+	29:00+	33:49+	35:44+	55:05+	55:51+	57:13+	58:50+	60:43+	61:24+	63:28+	65:56+	66:34+	67:50+										
00:52+	10:06+	01:55-	01:55+	02:43+	00:51-	03:24+	03:03+	01:48+	02:23+	04:49+	01:55+	19:21+	00:46+	01:22+	01:37+	01:53+	00:41+	02:04+	02:28-	00:38+	01:16=										
00:06#	06:11@	00:16-	00:14#	00:10+	00:33-	01:50@	00:50&	00:22&	00:24#	00:57#	00:15#	17:02@	00:07#	00:13#	00:26&	00:20#	00:04#	00:18#	00:09-	00:14&	00:00=										
Beste strekktid for klassen																															
00:46	02:20	01:55	01:41	01:54	00:50	01:34	02:05	01:26	01:56	03:49	01:40	02:19	00:39	01:06	01:02	01:29	00:36	01:34	02:08	00:22	01:06										

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

Herrer 80 år og eldre

1	Peter Frafjord	116															1:04:57														
01:58=	03:33=	05:46=	09:07=	12:02=	14:49=	15:54=	25:24=	27:36=	33:49=	40:43=	43:07=	47:46=	49:35=	56:12=	57:40=	60:46=	62:34=	63:11=	64:57=												
01:58=	01:35=	02:13=	03:21=	02:55=	02:47=	01:05=	09:30=	02:12=	06:13=	06:54=	02:24=	04:39=	01:49=	06:37=	01:28=	03:06=	01:48=	00:37=	01:46=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Magne Westerheim	93															2:09:25														
01:19-	03:55+	06:09+	08:49-	11:40-	58:57+	61:12+	63:40+	64:40+	81:52+	87:49+	90:15+	104:05+	105:53+	114:43+	123:29+	126:11+	127:26+	127:54+	129:25+												
01:19-	02:36+	02:14+	02:40-	02:51-	47:17+	02:15+	02:28-	01:00-	17:12+	05:57-	02:26+	13:50+	01:48-	08:50+	08:46+	02:42-	01:15-	00:28-	01:31-												
00:39-	01:01&	00:01+	00:41-	00:04-	44:30@	01:10@	07:02-	01:12-	10:59@	00:57-	00:02+	09:11@	00:01-	02:13&	07:18@	00:24-	00:33-	00:09-	00:15-												

Beste strekktid for klassen

01:19 01:35 02:13 02:40 02:51 02:47 01:05 02:28 01:00 06:13 05:57 02:24 04:39 01:48 06:37 01:28 02:42 01:15 00:28 01:31

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

Herrer A

1	Fredrik Omdal	74															34:26														
00:55=	01:41=	02:39=	03:26=	04:46=	07:03=	08:00=	09:02=	09:57=	10:39=	12:12=	13:26=	14:47=	16:57=	21:02=	23:06=	23:46=	24:55=	25:36=	27:10=	27:29=	28:18=	29:23=	30:50=	31:12=	32:15=						
00:55=	00:46=	00:58=	00:47=	01:20=	02:17=	00:57=	01:02=	00:55=	00:42=	01:33=	01:14=	01:21=	02:10=	04:05=	02:04=	00:40=	01:09=	00:41=	01:34=	00:19=	00:49=	01:05=	01:27=	00:22=	01:03=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
33:33=	33:48=	34:26=																													
01:18=	00:15=	00:38=																													
00:00=	00:00=	00:00=																													

Class	Navn	Klasse	Tid																						
2	Morten Bjerga Sundli	7	37:26																						
01:03+	01:54+	03:06+	04:00+	05:23+	08:15+	09:17+	10:15+	10:54+	11:28+	14:19+	15:40+	16:55+	18:48+	23:14+	25:31+	26:13+	27:25+	28:07+	29:49+	30:09+	31:00+	32:07+	33:38+	34:01+	34:59+
01:03+	00:51+	01:12+	00:54+	01:23+	02:52+	01:02+	00:58-	00:39-	00:34-	02:51+	01:21+	01:15-	01:53-	04:26+	02:17+	00:42+	01:12+	00:42+	01:42+	00:20+	00:51+	01:07+	01:31+	00:23+	00:58-
00:08#	00:05#	00:14#	00:07#	00:03+	00:35&	00:05+	00:04-	00:16-	00:08-	01:18&	00:07+	00:06-	00:17-	00:21+	00:13#	00:02+	00:03+	00:01+	00:08+	00:01+	00:02+	00:02+	00:04+	00:01+	00:05-
36:23+	36:40+	37:26+																							
01:24+	00:17+	00:46+																							
00:06+	00:02#	00:08#																							
3	Kristian Haarr	27	37:49																						
01:26+	02:15+	03:32+	04:21+	05:58+	08:41+	09:36+	10:42+	11:16+	11:50+	13:43+	14:58+	16:11+	18:19+	23:11+	25:32+	26:13+	27:26+	28:13+	29:40+	30:01+	30:57+	32:04+	33:47+	34:08+	35:21+
01:26+	00:49+	01:17+	00:49+	01:37+	02:43+	00:55-	01:06+	00:34-	00:34-	01:53+	01:15+	01:13-	02:08-	04:52+	02:21+	00:41+	01:13+	00:47+	01:27-	00:21+	00:56+	01:07+	01:43+	00:21-	01:13+
00:31&	00:03+	00:19&	00:02+	00:17#	00:26#	00:02-	00:04+	00:21-	00:08-	00:20#	00:01+	00:08-	00:02-	00:47#	00:17#	00:01+	00:04+	00:06#	00:07-	00:02#	00:07#	00:02+	00:16#	00:01-	00:10#
36:46+	37:01+	37:49+																							
01:25+	00:15=	00:48+																							
00:07+	00:00=	00:10&																							
4	Erik Lima	115	38:40																						
01:03+	02:05+	03:01+	04:04+	05:42+	08:27+	09:29+	10:31+	11:09+	11:55+	13:51+	15:17+	16:35+	18:33+	22:55+	25:09+	26:08+	27:28+	28:09+	29:39+	30:01+	30:52+	32:00+	33:33+	33:54+	36:02+
01:03+	01:02+	00:56-	01:03+	01:38+	02:45+	01:02+	01:02=	00:38-	00:46+	01:56+	01:26+	01:18-	01:58-	04:22+	02:14+	00:59+	01:20+	00:41=	01:30-	00:22+	00:51+	01:08+	01:33+	00:21-	02:08+
00:08#	00:16&	00:02-	00:16&	00:18#	00:28#	00:05+	00:00=	00:17-	00:04+	00:23#	00:12#	00:03-	00:12-	00:17+	00:10+	00:19&	00:11#	00:00=	00:04-	00:03#	00:02+	00:03+	00:06+	00:01-	01:05&
37:34+	37:52+	38:40+																							
01:32+	00:18+	00:48+																							
00:14#	00:03#	00:10&																							
5	Joakim B. Enne Haug	71	41:21																						
01:06+	02:42+	03:44+	04:36+	06:03+	08:49+	09:56+	11:22+	12:33+	13:16+	15:42+	17:17+	19:13+	21:11+	25:25+	27:53+	28:48+	30:08+	30:57+	32:31+	32:53+	33:53+	35:22+	37:15+	37:40+	38:46+
01:06+	01:36+	01:02+	00:52+	01:27+	02:46+	01:07+	01:26+	01:11+	00:43+	02:26+	01:35+	01:56+	01:58-	04:14+	02:28+	00:55+	01:20+	00:49+	01:34=	00:22+	01:00+	01:29+	01:53+	00:25+	01:06+
00:11#	00:50&	00:04+	00:05#	00:07+	00:29#	00:10#	00:24&	00:16&	00:01+	00:53&	00:21&	00:35&	00:12-	00:09+	00:24#	00:15&	00:11#	00:08#	00:00=	00:03#	00:11#	00:24&	00:26&	00:03#	00:03+
40:13+	40:32+	41:21+																							
01:27+	00:19+	00:49+																							
00:09#	00:04&	00:11&																							
6	Jørgen Strømstad	50	41:49																						
01:02+	01:59+	03:06+	04:07+	06:22+	09:33+	10:38+	11:59+	12:55+	13:55+	16:08+	17:45+	19:38+	21:44+	26:03+	28:13+	29:01+	30:13+	31:03+	32:34+	32:58+	33:54+	35:08+	37:09+	37:51+	39:22+
01:02+	00:57+	01:07+	01:01+	02:15+	03:11+	01:05+	01:21+	00:56+	01:00+	02:13+	01:37+	01:53+	02:06-	04:19+	02:10+	00:48+	01:12+	00:50+	01:31-	00:24+	00:56+	01:14+	02:01+	00:42+	01:31+
00:07#	00:11#	00:09#	00:14&	00:55&	00:54&	00:08#	00:19&	00:01+	00:18&	00:40&	00:23&	00:32&	00:04-	00:14+	00:06+	00:08#	00:03+	00:09#	00:03-	00:05&	00:07#	00:09#	00:34&	00:20&	00:28&
40:52+	41:07+	41:49+																							
01:30+	00:15=	00:42+																							
00:12#	00:00=	00:04#																							
7	Cato Eike	79	41:59																						
01:00+	01:48+	03:33+	04:36+	06:23+	09:19+	10:29+	11:47+	12:45+	13:42+	15:32+	17:16+	18:44+	20:41+	25:02+	27:26+	28:18+	29:46+	30:41+	32:17+	32:42+	33:37+	35:13+	37:17+	37:55+	39:13+
01:00+	00:48+	01:45+	01:03+	01:47+	02:56+	01:10+	01:18+	00:58+	00:57+	01:50+	01:44+	01:28+	01:57-	04:21+	02:24+	00:52+	01:28+	00:55+	01:36+	00:25+	00:55+	01:36+	02:04+	00:38+	01:18+
00:05+	00:02+	00:47&	00:16&	00:27&	00:39&	00:13#	00:16&	00:03+	00:15&	00:17#	00:30&	00:07+	00:13-	00:16+	00:20#	00:12&	00:19&	00:14&	00:02+	00:06&	00:06#	00:31&	00:37&	00:16&	00:15#
40:53+	41:13+	41:59+																							
01:40+	00:20+	00:46+																							
00:22&	00:05&	00:08#																							
8	Aart Joakim in't Veld	93	42:09																						
00:59+	01:59+	03:35+	05:15+	08:15+	10:56+	12:02+	13:21+	14:05+	14:53+	17:40+	18:58+	20:18+	22:14+	26:38+	28:52+	29:34+	30:50+	31:40+	33:34+	33:59+	35:00+	36:19+	37:58+	38:21+	39:29+
00:59+	01:00+	01:36+	01:40+	03:00+	02:41+	01:06+	01:19+	00:44-	00:48+	02:47+	01:18+	01:20-	01:56-	04:24+	02:14+	00:42+	01:16+	00:50+	01:54+	00:25+	01:01+	01:19+	01:39+	00:23+	01:08+
00:04+	00:14&	00:38&	00:53&	01:40&	00:24#	00:09#	00:17&	00:11-	00:06#	01:14&	00:04+	00:01-	00:14-	00:19+	00:10+	00:02+	00:17#	00:09#	00:20#	00:06&	00:12#	00:14#	00:12#	00:01+	00:05+
41:02+	41:19+	42:09+																							
01:33+	00:17+	00:50+																							
00:15#	00:02#	00:12&																							
9	Joar Fuglestad	116	44:34																						
01:28+	02:18+	03:26+	06:58+	08:37+	11:04+	12:22+	13:29+	15:18+	16:07+	18:04+	19:27+	21:02+	23:10+	27:58+	31:13+	31:51+	33:17+	34:07+	35:55+	36:55+	37:46+	38:57+	40:44+	41:04+	42:14+
01:28+	00:50+	01:08+	03:32+	01:39+	02:27+	01:18+	01:07+	01:49+	00:49+	01:57+	01:23+	01:35+	02:08-	04:48+	03:15+	00:38-	01:26+	00:50+	01:48+	01:00+	00:51+	01:11+	01:47+	00:20-	01:10+
00:33&	00:04+	00:10#	02:45&	00:19#	00:10+	00:21&	00:05+	00:54&	00:07#	00:24&	00:09#	00:14#	00:02-	00:43#	01:11&	00:02-	00:17#	00:09#	00:14#	00:41&	00:02+	00:06+	00:20#	00:02-	00:07#
43:34+	43:52+	44:34+																							
01:20+	00:18+	00:42+																							
00:02+	00:03#	00:04#																							
10	Kristian Nygård Holtan	116	45:52																						
01:06+	02:07+	03:56+	05:06+	08:04+	11:28+	12:38+	14:21+	15:17+	16:28+	18:35+	20:03+	21:39+	24:01+	28:46+	31:17+	32:04+	33:37+	34:33+	36:38+	37:00+	38:09+	39:49+	41:44+	42:06+	43:12+
01:06+	01:01+	01:49+	01:10+	02:58+	03:24+	01:10+	01:43+	00:56+	01:11+	02:07+	01:28+	01:36+	02:22+	04:45+	02:31+	00:47+	01:33+	00:56+	02:05+	00:22+	01:09+	01:40+	01:55+	00:22=	01:06+
00:11#	00:15&	00:51&	00:23&	01:38&	01:07&	00:13#	00:41&	00:01+	00:29&	00:34&	00:14#	00:15#	00:12+	00:40#	00:27#	00:07#	00:24&	00:15&	00:31&	00:03#	00:20&	00:35&	00:28&	00:00=	00:03+
44:46+	45:01+	45:52+																							
01:34+	00:15=	00:51+																							
00:16#	00:00=	00:13&																							

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

00:55 00:46 00:56 00:47 01:20 02:17 00:55 00:58 00:34 00:34 01:33 01:14 01:13 01:53 04:05 02:04 00:38 01:09 00:41 01:27 00:19 00:49 01:05 01:27 00:20 00:58 01:18 00:15

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

Herrer B

1	Geir Sand	105	35:24																						
00:55=	01:58=	02:57=	03:54=	05:23=	07:43=	08:46=	09:47=	10:26=	11:04=	12:57=	14:13=	15:19=	17:11=	21:14=	23:18=	24:01=	25:13=	26:03=	27:30=	27:51=	28:42=	29:44=	31:13=	31:34=	33:00=
00:55=	01:03=	00:59=	00:57=	01:29=	02:20=	01:03=	01:01=	00:39=	00:38=	01:53=	01:16=	01:06=	01:52=	04:03=	02:04=	00:43=	01:12=	00:50=	01:27=	00:21=	00:51=	01:02=	01:29=	00:21=	01:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
34:24=	34:41=	35:24=																							
01:24=	00:17=	00:43=																							
00:00=	00:00=	00:00=																							

2	Njål F. Vadla	93	36:43																						
01:00+	01:57-	03:01+	03:51-	05:33+	08:25+	09:16+	10:18+	10:55+	11:30+	13:17+	14:40+	15:56+	17:55+	22:07+	24:16+	24:58+	26:11+	27:00+	28:29+	28:54+	29:49+	31:00+	32:40+	33:06+	34:08+
01:00+	00:57-	01:04+	00:50-	01:42+	02:52+	00:51-	01:02+	00:37-	00:35-	01:47-	01:23+	01:16+	01:59+	04:12+	02:09+	00:42-	01:13+	00:49-	01:29+	00:25+	00:55+	01:11+	01:40+	00:26+	01:02-
00:05+	00:06-	00:05+	00:07-	00:13#	00:32#	00:12-	00:01+	00:02-	00:03-	00:06-	00:07+	00:10#	00:07+	00:09+	00:05+	00:01-	00:01+	00:01-	00:02+	00:04#	00:04+	00:09#	00:11#	00:05#	00:24-
35:36+	35:53+	36:43+																							
01:28+	00:17=	00:50+																							
00:04+	00:00=	00:07#																							

3	Tor Gunnar Aksland	116	36:56																						
01:03+	02:10+	03:12+	04:06+	06:08+	09:06+	09:59+	10:57+	11:37+	12:25+	14:08+	15:36+	16:46+	18:36+	22:36+	24:47+	25:26+	26:36+	27:27+	28:47+	29:16+	30:02+	31:32+	33:03+	33:27+	34:28+
01:03+	01:07+	01:02+	00:54-	02:02+	02:58+	00:53-	00:58-	00:40+	00:48+	01:43-	01:28+	01:10+	01:50-	04:00-	02:11+	00:39-	01:10-	00:51+	01:20-	00:29+	00:46-	01:30+	01:31+	00:24+	01:01-
00:08#	00:04+	00:03+	00:03-	00:33&	00:38&	00:10-	00:03-	00:01+	00:10&	00:10-	00:12#	00:04+	00:02-	00:03-	00:07+	00:04-	00:02-	00:01+	00:07-	00:08&	00:05-	00:28&	00:02+	00:03#	00:25-
35:53+	36:09+	36:56+																							
01:25+	00:16-	00:47+																							
00:01+	00:01-	00:04+																							

4	Stein Arne Olsen	68	37:20																						
00:59+	01:52-	03:22+	04:14+	05:32+	08:22+	09:21+	10:28+	11:12+	11:57+	13:38+	15:01+	16:15+	18:11+	22:28+	24:43+	25:27+	26:43+	27:32+	29:00+	29:22+	30:17+	31:41+	33:22+	33:48+	34:50+
00:59+	00:53-	01:30+	00:52-	01:18-	02:50+	00:59-	01:07+	00:44+	00:45+	01:41-	01:23+	01:14+	01:56+	04:17+	02:15+	00:44+	01:16+	00:49-	01:28+	00:22+	00:55+	01:24+	01:41+	00:26+	01:02-
00:04+	00:10-	00:31&	00:05-	00:11-	00:30#	00:04-	00:06+	00:05#	00:07#	00:12-	00:07+	00:08#	00:04+	00:14+	00:11+	00:01+	00:04+	00:01-	00:01+	00:01+	00:04+	00:22&	00:12#	00:05#	00:24-
36:17+	36:33+	37:20+																							
01:27+	00:16-	00:47+																							
00:03+	00:01-	00:04+																							

5	Oddvar Taksdal	194	37:40																						
01:03+	01:55-	02:59+	04:12+	05:45+	08:27+	09:21+	10:23+	10:59+	11:36+	13:33+	14:58+	16:11+	18:01+	22:54+	25:05+	25:45+	26:55+	27:41+	29:04+	29:25+	30:16+	31:35+	33:13+	33:38+	34:44+
01:03+	00:52-	01:04+	01:13+	01:33+	02:42+	00:54-	01:02+	00:36-	00:37-	01:57+	01:25+	01:13+	01:50-	04:53+	02:11+	00:40-	01:10-	00:46-	01:23-	00:21=	00:51=	01:19+	01:38+	00:25+	01:06-
00:08#	00:11-	00:05+	00:16&	00:04+	00:22#	00:09-	00:01+	00:03-	00:01-	00:04+	00:09#	00:07#	00:02-	00:50#	00:07+	00:03-	00:02-	00:04-	00:04-	00:00=	00:00=	00:17&	00:09#	00:04#	00:20-
36:24+	36:44+	37:40+																							
01:40+	00:20+	00:56+																							
00:16#	00:03#	00:13&																							

6	Odd Fuglestad	250	39:19																						
01:00+	02:05+	03:08+	04:22+	05:48+	08:30+	09:24+	10:40+	11:23+	12:06+	14:04+	15:35+	16:55+	18:53+	23:18+	25:39+	26:23+	27:52+	28:44+	30:41+	31:08+	32:03+	33:25+	35:07+	35:32+	36:35+
01:00+	01:05+	01:03+	01:14+	01:26-	02:42+	00:54-	01:16+	00:43+	00:43+	01:58+	01:31+	01:20+	01:58+	04:25+	02:21+	00:44+	01:29+	00:52+	01:57+	00:27+	00:55+	01:22+	01:42+	00:25+	01:03-
00:05+	00:02+	00:04+	00:17&	00:03-	00:22#	00:09-	00:15#	00:04#	00:05#	00:05+	00:15#	00:14#	00:06+	00:22+	00:17#	00:01+	00:17#	00:02+	00:30&	00:06&	00:04+	00:20&	00:13#	00:04#	00:23-
38:06+	38:24+	39:19+																							
01:31+	00:18+	00:55+																							
00:07+	00:01+	00:12&																							

7	Tom Furland	62	39:34																						
01:10+	02:51+	03:54+	04:45+	06:00+	08:48+	09:56+	11:05+	11:42+	12:20+	14:09+	15:53+	17:41+	19:46+	24:14+	26:35+	27:20+	28:37+	29:30+	31:00+	31:21+	32:17+	33:25+	35:07+	35:33+	36:39+
01:10+	01:41+	01:03+	00:51-	01:15-	02:48+	01:08+	01:09+	00:37-	00:38=	01:49-	01:44+	01:48+	02:05+	04:28+	02:21+	00:45+	01:17+	00:53+	01:30+	00:21=	00:56+	01:08+	01:42+	00:26+	01:06-
00:15&	00:38&	00:04+	00:06-	00:14-	00:28#	00:05+	00:08#	00:02-	00:00=	00:04-	00:28&	00:42&	00:13#	00:25#	00:17#	00:02+	00:05+	00:03+	00:03+	00:00=	00:05+	00:06+	00:13#	00:05#	00:20-
38:16+	38:35+	39:34+																							
01:37+	00:19+	00:59+																							
00:13#	00:02#	00:16&																							

8	Jan-Rune Basso	91	39:46																						
00:59+	02:02+	03:01+	03:55+	05:34+	08:12+	09:31+	10:29+	11:55+	12:36+	14:36+	16:10+	17:20+	19:19+	24:02+	26:14+	26:56+	28:14+	29:04+	31:10+	31:33+	32:29+	33:47+	35:33+	35:57+	37:04+
00:59+	01:03=	00:59=	00:54-	01:39+	02:38+	01:19+	00:58-	01:26+	00:41+	02:00+	01:34+	01:10+	01:59+	04:43+	02:12+	00:42-	01:18+	00:50=	02:06+	00:23+	00:56+	01:18+	01:46+	00:24+	01:07-
00:04+	00:00=	00:00=	00:03-	00:10#	00:18#	00:16&	00:03-	00:47&	00:03+	00:07+	00:18#	00:04+	00:07+	00:40#	00:08+	00:01-	00:06+	00:00=	00:39&	00:02+	00:05+	00:16&	00:17#	00:03#	00:19-
38:35+	38:53+	39:46+																							
01:31+	00:18+	00:53+																							
00:07+	00:01+	00:10#																							

Class	Navn	Klasse										Tid															
9	Morten Aamodt	116										40:05															
01:03+	02:10+	03:46+	04:47+	06:30+	09:15+	10:16+	11:20+	12:51+	13:31+	15:40+	17:03+	18:19+	20:28+	25:13+	27:37+	28:18+	29:36+	30:24+	31:51+	32:12+	33:07+	34:13+	35:56+	36:19+	37:29+		
01:03+	01:07+	01:36+	01:01+	01:43+	02:45+	01:01-	01:04+	01:31+	00:40+	02:09+	01:23+	01:16+	02:09+	04:45+	02:24+	00:41-	01:18+	00:48-	01:27=	00:21=	00:55+	01:06+	01:43+	00:23+	01:10-		
00:08#	00:04+	00:37&	00:04+	00:14#	00:25#	00:02-	00:03+	00:52@	00:02+	00:16#	00:07+	00:10#	00:17#	00:42#	00:20#	00:02-	00:06+	00:02-	00:00=	00:00=	00:04+	00:04+	00:14#	00:02+	00:16-		
38:58+	39:15+	40:05+																									
01:29+	00:17=	00:50+																									
00:05+	00:00=	00:07#																									
10	Per Olav Haarr	62										41:00															
01:04+	02:02+	03:10+	04:27+	07:13+	09:47+	11:02+	12:05+	12:46+	13:22+	15:56+	17:23+	18:45+	20:51+	25:10+	27:24+	28:08+	29:23+	30:12+	31:47+	32:19+	33:12+	34:18+	35:50+	36:13+	38:20+		
01:04+	00:58-	01:08+	01:17+	02:46+	02:34+	01:15+	01:03+	00:41+	00:36-	02:34+	01:27+	01:22+	02:06+	04:19+	02:14+	00:44+	01:15+	00:49-	01:35+	00:32+	00:53+	01:06+	01:32+	00:23+	02:07+		
00:09#	00:05-	00:09#	00:20&	01:17&	00:14#	00:12#	00:02+	00:02+	00:02-	00:41&	00:11#	00:16#	00:14#	00:16+	00:10+	00:01+	00:03+	00:01-	00:08+	00:11&	00:02+	00:04+	00:03+	00:02+	00:41&		
39:51+	40:07+	41:00+																									
01:31+	00:16-	00:53+																									
00:07+	00:01-	00:10#																									
11	Bård Skogsholm	194										43:10															
01:05+	02:06+	03:21+	04:20+	05:59+	09:02+	10:04+	11:14+	12:14+	13:02+	15:34+	17:11+	18:44+	20:59+	25:53+	28:30+	29:32+	30:55+	31:50+	33:35+	34:00+	35:03+	36:26+	38:26+	38:52+	40:16+		
01:05+	01:01-	01:15+	00:59+	01:39+	03:03+	01:02-	01:10+	01:00+	00:48+	02:32+	01:37+	01:33+	02:15+	04:54+	02:37+	01:02+	01:23+	00:55+	01:45+	00:25+	01:03+	01:23+	02:00+	00:26+	01:24-		
00:10#	00:02-	00:16&	00:02+	00:10#	00:43&	00:01-	00:09#	00:21&	00:10&	00:39&	00:21&	00:27&	00:23#	00:51#	00:33&	00:19&	00:11#	00:05#	00:18#	00:04#	00:12#	00:21&	00:31&	00:05#	00:02-		
41:54+	42:12+	43:10+																									
01:38+	00:18+	00:58+																									
00:14#	00:01+	00:15&																									
12	Svein Erik Kvame	116										44:49															
01:10+	02:39+	03:48+	04:57+	06:54+	09:53+	10:27+	11:16+	12:32+	14:15+	14:59+	16:52+	18:36+	20:07+	22:33+	27:53+	30:35+	31:22+	32:50+	33:39+	35:21+	35:46+	36:50+	38:06+	40:07+	40:39+		
01:10+	01:29+	01:09+	01:09+	01:57+	02:59+	00:34-	00:49-	01:16+	01:43+	00:44-	01:53+	01:44+	01:31-	02:26-	05:20+	02:42+	00:47-	01:28+	00:49-	01:42+	00:25-	01:04+	01:16-	02:01+	00:32-		
00:15&	00:26&	00:10#	00:12#	00:28&	00:39&	00:29-	00:12-	00:37&	01:05@	01:09-	00:37&	00:38&	00:21-	01:37-	03:16@	01:59@	00:25-	00:38&	00:38-	01:21@	00:26-	00:02+	00:13-	01:40@	00:54-		
41:54+	43:35+	43:54+	44:49+																								
01:15-	01:41+	00:19-	00:55+																								
00:09-	01:24@	00:24-	00:55+																								
13	Bjørnar André Haug	80										45:10															
01:05+	02:52+	04:05+	05:25+	07:28+	10:25+	12:02+	13:00+	13:42+	14:34+	17:39+	19:37+	20:59+	23:04+	27:21+	29:39+	30:30+	31:58+	32:56+	35:26+	35:58+	37:03+	38:38+	40:41+	41:06+	42:31+		
01:05+	01:47+	01:13+	01:20+	02:03+	02:57+	01:37+	00:58-	00:42+	00:52+	03:05+	01:58+	01:22+	02:05+	04:17+	02:18+	00:51+	01:28+	00:58+	02:30+	00:32+	01:05+	01:35+	02:03+	00:25+	01:25-		
00:10#	00:44&	00:14#	00:23&	00:34&	00:37&	00:34&	00:03-	00:03+	00:14&	01:12&	00:42&	00:16#	00:13#	00:14+	00:14#	00:08#	00:16#	00:08#	01:03&	00:11&	00:14&	00:33&	00:34&	00:04#	00:01-		
44:05+	44:23+	45:10+																									
01:34+	00:18+	00:47+																									
00:10#	00:01+	00:04+																									
14	Bjørn Serck-Hanssen	91										46:04															
01:06+	02:10+	03:25+	04:34+	06:33+	10:04+	11:17+	12:50+	13:39+	14:40+	16:41+	18:18+	19:53+	22:10+	27:29+	30:16+	31:06+	32:33+	33:35+	35:23+	35:50+	36:51+	38:33+	40:40+	41:13+	42:52+		
01:06+	01:04+	01:15+	01:09+	01:59+	03:31+	01:13+	01:33+	00:49+	01:01+	02:01+	01:37+	01:35+	02:17+	05:19+	02:47+	00:50+	01:27+	01:02+	01:48+	00:27+	01:01+	01:42+	02:07+	00:33+	01:39+		
00:11#	00:01+	00:16&	00:12#	00:30&	01:11&	00:10#	00:32&	00:10&	00:23&	00:08+	00:21&	00:29&	00:25#	01:16&	00:43&	00:07#	00:15#	00:12#	00:21#	00:06&	00:10#	00:40&	00:38&	00:12&	00:13#		
44:39+	45:00+	46:04+																									
01:47+	00:21+	01:04+																									
00:23&	00:04#	00:21&																									
15	Øystein Amundrud	90										48:26															
01:17+	02:25+	03:30+	04:31+	08:12+	11:46+	12:58+	15:36+	16:42+	17:19+	19:16+	20:52+	22:20+	24:24+	29:00+	32:21+	33:09+	34:24+	35:27+	36:55+	38:31+	39:26+	41:26+	43:17+	43:46+	45:24+		
01:17+	01:08+	01:05+	01:01+	03:41+	03:34+	01:12+	02:38+	01:06+	00:37-	01:57+	01:36+	01:28+	02:04+	04:36+	03:21+	00:48+	01:15+	01:03+	01:28+	01:36+	00:55+	02:00+	01:51+	00:29+	01:38+		
00:22&	00:05+	00:06#	00:04+	02:12@	01:14&	00:09#	01:37@	00:27&	00:01-	00:04+	00:20&	00:22&	00:12#	00:33#	01:17&	00:05#	00:03+	00:13&	00:01+	01:15@	00:04+	00:58&	00:22#	00:08&	00:12#		
47:13+	47:34+	48:26+																									
01:49+	00:21+	00:52+																									
00:25&	00:04#	00:09#																									
16	Espen Fyhn Nilsen	116										58:23															
01:24+	02:45+	04:30+	05:49+	07:46+	11:53+	13:17+	14:42+	15:41+	16:45+	20:21+	22:59+	25:22+	28:22+	34:48+	37:55+	39:00+	40:48+	42:19+	45:00+	45:35+	47:00+	49:42+	52:06+	52:51+	54:30+		
01:24+	01:21+	01:45+	01:19+	01:57+	04:07+	01:24+	01:25+	00:59+	01:04+	03:36+	02:38+	02:23+	03:00+	06:26+	03:07+	01:05+	01:48+	01:31+	02:41+	00:35+	01:25+	02:42+	02:24+	00:45+	01:39+		
00:29&	00:18&	00:46&	00:22&	00:28&	01:47&	00:21&	00:24&	00:20&	00:26&	01:43&	01:22@	01:17@	01:08&	02:23&	01:03&	00:22&	00:36&	00:41&	01:14&	00:14&	00:34&	01:40@	00:55&	00:24@	00:13#		
56:41+	57:08+	58:23+																									
02:11+	00:27+	01:15+																									
00:47&	00:10&	00:32&																									
Beste strekktid for klassen																											
00:55	00:52	00:59	00:50	01:15	02:20	00:34	00:49	00:36	00:35	00:44	01:16	01:06	01:31	02:26	02:04	00:39	00:47	00:46	00:49	00:21	00:25	01:02	01:16	00:21	00:32	01:15	00:16

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

Herrer C

Class	Navn	Klasse	Tid																						
1	Jan Einar Øvremo	50	35:24																						
00:39=	01:37=	02:18=	03:40=	06:26=	07:22=	08:56=	10:13=	11:11=	13:10=	14:30=	15:07=	16:37=	17:43=	19:07=	21:51=	23:03=	24:29=	25:29=	26:15=	27:37=	28:36=	30:09=	30:31=	31:14=	31:37=
00:39=	00:58=	00:41=	01:22=	02:46=	00:56=	01:34=	01:17=	00:58=	01:59=	01:20=	00:37=	01:30=	01:06=	01:24=	02:44=	01:12=	01:26=	01:00=	00:46=	01:22=	00:59=	01:33=	00:22=	00:43=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
32:42=	34:15=	34:33=	35:24=																						
01:05=	01:33=	00:18=	00:51=																						
00:00=	00:00=	00:00=	00:00=																						
2	Nils John Vestøl	83	37:11																						
00:43+	01:57+	02:57+	04:46+	07:23+	08:47+	10:20+	11:51+	12:52+	14:47+	15:58+	16:49+	18:27+	19:36+	21:04+	23:48+	24:48+	26:15+	27:20+	28:00+	29:14+	30:08+	31:39+	32:04+	32:46+	33:15+
00:43+	01:14+	01:00+	01:49+	02:37-	01:24+	01:33-	01:31+	01:01+	01:55-	01:11-	00:51+	01:38+	01:09+	01:28+	02:44=	01:00-	01:27+	01:05+	00:40-	01:14-	00:54-	01:31-	00:25+	00:42-	00:29+
00:04#	00:16&	00:19&	00:27&	00:09-	00:28&	00:01-	00:14#	00:03+	00:04-	00:09-	00:14&	00:08+	00:03+	00:04+	00:00=	00:12-	00:01+	00:05+	00:06-	00:08-	00:05-	00:02-	00:03#	00:01-	00:06&
34:36+	36:08+	36:24+	37:11+																						
01:21+	01:32-	00:16-	00:47-																						
00:16#	00:01-	00:02-	00:04-																						
3	Otte Omdal	65	39:37																						
00:42+	03:37+	04:42+	07:22+	10:02+	11:05+	12:37+	14:03+	15:09+	17:13+	18:13+	19:04+	20:41+	21:46+	23:04+	25:46+	26:46+	28:10+	29:17+	30:04+	31:25+	32:14+	33:51+	34:22+	35:03+	35:30+
00:42+	02:55+	01:05+	02:40+	02:40-	01:03+	01:32-	01:26+	01:06+	02:04+	01:00-	00:51+	01:37+	01:05-	01:18-	02:42-	01:00-	01:24-	01:07+	00:47+	01:21-	00:49-	01:37+	00:31+	00:41-	00:27+
00:03+	01:57@	00:24&	01:18&	00:06-	00:07#	00:02-	00:09#	00:08#	00:05+	00:20-	00:14&	00:07+	00:01-	00:06-	00:02-	00:12-	00:02-	00:07#	00:01+	00:01-	00:10-	00:04+	00:09&	00:02-	00:04#
36:50+	38:32+	38:50+	39:37+																						
01:20+	01:42+	00:18=	00:47-																						
00:15#	00:09+	00:00=	00:04-																						
4	Øystein Huglen	27	40:07																						
01:00+	02:46+	03:58+	06:04+	08:56+	09:30+	11:14+	13:10+	14:15+	16:27+	17:33+	18:17+	19:55+	21:12+	22:42+	25:33+	26:40+	28:12+	29:11+	30:11+	31:32+	32:30+	34:21+	34:42+	35:29+	36:05+
01:00+	01:46+	01:12+	02:06+	02:52+	00:34-	01:44+	01:56+	01:05+	02:12+	01:06-	00:44+	01:38+	01:17+	01:30+	02:51+	01:07-	01:32+	00:59-	01:00+	01:21-	00:58-	01:51+	00:21-	00:47+	00:36+
00:21&	00:48&	00:31&	00:44&	00:06+	00:22-	00:10#	00:39&	00:07#	00:13#	00:14-	00:07#	00:08+	00:11#	00:06+	00:07+	00:05-	00:06+	00:01-	00:14&	00:01-	00:01-	00:18#	00:01-	00:04+	00:13&
37:18+	38:55+	39:13+	40:07+																						
01:13+	01:37+	00:18=	00:54+																						
00:08#	00:04+	00:00=	00:03+																						
5	Rune Christiansen	93	42:16																						
00:45+	01:51+	02:42+	04:15+	07:14+	07:54+	09:41+	11:10+	12:24+	15:31+	16:52+	17:58+	19:52+	21:08+	22:45+	25:46+	28:00+	29:35+	30:53+	31:43+	33:17+	34:20+	36:25+	36:52+	37:40+	38:11+
00:45+	01:06+	00:51+	01:33+	02:59+	00:40-	01:47+	01:29+	01:14+	03:07+	01:21+	01:06+	01:54+	01:16+	01:37+	03:01+	02:14+	01:35+	01:18+	00:50+	01:34+	01:03+	02:05+	00:27+	00:48+	00:31+
00:06#	00:08#	00:10#	00:11#	00:13+	00:16-	00:13#	00:12#	00:16&	01:08&	00:01+	00:29&	00:24&	00:10#	00:13#	00:17#	01:02&	00:09#	00:18&	00:04+	00:12#	00:04+	00:32&	00:05#	00:05#	00:08&
39:26+	41:02+	41:21+	42:16+																						
01:15+	01:36+	00:19+	00:55+																						
00:10#	00:03+	00:01+	00:04+																						
6	Tore Svendsen	27	42:23																						
00:44+	02:08+	02:55+	05:22+	08:29+	09:11+	11:08+	12:44+	14:11+	16:17+	17:32+	18:13+	20:39+	21:55+	23:35+	26:36+	27:54+	29:59+	31:18+	32:05+	33:38+	34:33+	36:07+	36:36+	37:25+	37:59+
00:44+	01:24+	00:47+	02:27+	03:07+	00:42-	01:57+	01:36+	01:27+	02:06+	01:15-	00:41+	02:26+	01:16+	01:40+	03:01+	01:18+	02:05+	01:19+	00:47+	01:33+	00:55-	01:34+	00:29+	00:49+	00:34+
00:05#	00:26&	00:06#	01:05&	00:21#	00:14-	00:23#	00:19#	00:29&	00:07+	00:05-	00:04#	00:56&	00:10#	00:16#	00:17#	00:06+	00:39&	00:19&	00:01+	00:11#	00:04-	00:01+	00:07&	00:06#	00:11&
39:21+	41:00+	41:21+	42:23+																						
01:22+	01:39+	00:21+	01:02+																						
00:17&	00:06+	00:03#	00:11#																						
7	Erling Mauland	83	43:07																						
00:44+	01:52+	02:40+	05:28+	08:24+	09:00+	10:40+	12:10+	13:25+	18:24+	19:51+	20:45+	22:29+	23:37+	25:13+	28:18+	29:24+	30:56+	31:58+	32:53+	34:24+	35:23+	37:26+	37:51+	38:40+	39:07+
00:44+	01:08+	00:48+	02:48+	02:56+	00:36-	01:40+	01:30+	01:15+	04:59+	01:27+	00:54+	01:44+	01:08+	01:36+	03:05+	01:06-	01:32+	01:02+	00:55+	01:31+	00:59-	02:03+	00:25+	00:49+	00:27+
00:05#	00:10#	00:07#	01:26@	00:10+	00:20-	00:06+	00:13#	00:17&	03:00@	00:07+	00:17&	01:14#	00:02+	00:12#	00:21#	00:06-	00:06+	00:02+	00:09#	00:09#	00:00=	00:30&	00:03#	00:06#	00:04#
40:21+	41:53+	42:11+	43:07+																						
01:14+	01:32-	00:18=	00:56+																						
00:09#	00:01-	00:00=	00:05+																						
8	Pål Bårdsen	90	43:46																						
00:51+	02:37+	03:22+	04:48+	07:59+	08:40+	10:22+	12:00+	13:19+	16:22+	17:52+	18:41+	20:20+	21:31+	23:11+	26:08+	28:02+	29:49+	31:11+	32:03+	33:51+	34:56+	37:03+	37:31+	38:23+	39:05+
00:51+	01:46+	00:45+	01:26+	03:11+	00:41-	01:42+	01:38+	01:19+	03:03+	01:30+	00:49+	01:39+	01:11+	01:40+	02:57+	01:54+	01:47+	01:22+	00:52+	01:48+	01:05+	02:07+	00:28+	00:52+	00:42+
00:12&	00:48&	00:04+	00:04+	00:25#	00:15-	00:08+	00:21&	00:21&	01:04&	00:10#	00:12&	00:09#	00:05+	00:16#	00:13+	00:42&	00:21#	00:22&	00:06#	00:26&	00:06#	00:34&	00:06&	00:09#	00:19&
40:23+	42:15+	42:38+	43:46+																						
01:18+	01:52+	00:23+	01:08+																						
00:13#	00:19#	00:05&	00:17&																						
9	Sturle Omdal	116	44:33																						
00:47+	01:59+	03:00+	05:17+	08:16+	10:27+	12:02+	13:59+	15:05+	17:27+	20:38+	21:39+	23:18+	24:29+	26:18+	28:58+	30:02+	31:32+	32:46+	33:33+	34:53+	35:53+	38:06+	38:28+	39:44+	40:16+
00:47+	01:12+	01:01+	02:17+	02:59+	02:11+	01:35+	01:57+	01:06+	02:22+	03:11+	01:01+	01:39+	01:11+	01:49+	02:40-	01:04-	01:30+	01:14+	00:47+	01:20-	01:00+	02:13+	00:22=	01:16+	00:32+
00:08#	00:14#	00:20&	00:55&	00:13+																					

Class	Navn	Klasse										Tid													
10	Sveinung Svebestad	46										47:39													
00:47+	02:40+	03:39+	05:46+	08:56+	09:37+	11:36+	13:25+	14:44+	17:10+	18:45+	19:53+	21:49+	23:09+	24:48+	28:10+	30:43+	32:34+	33:50+	34:47+	36:25+	37:32+	39:47+	40:24+	41:19+	41:57+
00:47+	01:53+	00:59+	02:07+	03:10+	00:41-	01:59+	01:49+	01:19+	02:26+	01:35+	01:08+	01:56+	01:20+	01:39+	03:22+	02:33+	01:51+	01:16+	00:57+	01:38+	01:07+	02:15+	00:37+	00:55+	00:38+
00:08#	00:55&	00:18&	00:45&	00:24#	00:15-	00:25&	00:32&	00:21&	00:27#	00:15#	00:31&	00:26&	00:14#	00:15#	00:38#	01:21@	00:25&	00:16&	00:11#	00:16#	00:08#	00:42&	00:15&	00:12&	00:15&
43:42+	45:48+	46:14+	47:39+																						
01:45+	02:06+	00:26+	01:25+																						
00:40&	00:33&	00:08&	00:34&																						

11	Henning Sundby	114										49:19													
00:42+	01:41+	02:49+	04:55+	07:24+	08:59+	15:58+	17:48+	18:50+	23:35+	24:51+	25:59+	27:42+	28:51+	30:14+	33:05+	34:50+	36:45+	37:46+	38:33+	39:55+	40:51+	43:10+	43:36+	44:20+	44:50+
00:42+	00:59+	01:08+	02:06+	02:29-	01:35+	06:59+	01:50+	01:02+	04:45+	01:16-	01:08+	01:43+	01:09+	01:23-	02:51+	01:45+	01:55+	01:01+	00:47+	01:22=	00:56-	02:19+	00:26+	00:44+	00:30+
00:03+	00:01+	00:27&	00:44&	00:17-	00:39&	05:25@	00:33&	00:04+	02:46@	00:04-	00:31&	00:13#	00:03+	00:01-	00:07+	00:33&	00:29&	00:01+	00:01+	00:00=	00:03-	00:46&	00:04#	00:01+	00:07&
46:22+	48:07+	48:30+	49:19+																						
01:32+	01:45+	00:23+	00:49-																						
00:27&	00:12#	00:05&	00:02-																						

12	Ove Oaland	116										56:09													
00:58+	03:27+	04:33+	06:53+	10:14+	12:17+	14:48+	16:47+	18:06+	22:04+	24:07+	26:15+	28:20+	29:48+	31:31+	35:16+	36:26+	38:34+	42:54+	43:49+	45:27+	46:32+	48:47+	49:20+	50:21+	50:57+
00:58+	02:29+	01:06+	02:20+	03:21+	02:03+	02:31+	01:59+	01:19+	03:58+	02:03+	02:08+	02:05+	01:28+	01:43+	03:45+	01:10-	02:08+	04:20+	00:55+	01:38+	01:05+	02:15+	00:33+	01:01+	00:36+
00:19&	01:31@	00:25&	00:58&	00:35#	01:07@	00:57&	00:42&	00:21&	01:59&	00:43&	01:31@	00:35&	00:22&	00:19#	01:01&	00:02-	00:42&	03:20@	00:09#	00:16#	00:06#	00:42&	00:11&	00:18&	00:13&
52:44+	54:42+	55:05+	56:09+																						
01:47+	01:58+	00:23+	01:04+																						
00:42&	00:25&	00:05&	00:13&																						

Beste strekktid for klassen

00:39 00:58 00:41 01:22 02:29 00:34 01:32 01:17 00:58 01:55 01:00 00:37 01:30 01:05 01:18 02:40 01:00 01:24 00:59 00:40 01:14 00:49 01:31 00:21 00:41 00:23 01:05 01:32

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

Herrer Ny

1	Mats Hauge	101										34:27													
02:57=	11:12=	13:01=	19:54=	22:02=	26:59=	29:14=	31:17=	33:05=	34:27=																
02:57=	08:15=	01:49=	06:53=	02:08=	04:57=	02:15=	02:03=	01:48=	01:22=																
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																

Beste strekktid for klassen

02:57 08:15 01:49 06:53 02:08 04:57 02:15 02:03 01:48 01:22

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

Herrer Trim

1	Martin Svensen	284										25:36													
01:58=	02:32=	03:47=	05:24=	06:37=	08:05=	08:40=	09:54=	10:35=	12:17=	15:35=	16:43=	19:09=	20:08=	21:05=	22:00=	23:36=	24:27=	24:45=	25:36=						
01:58=	00:34=	01:15=	01:37=	01:13=	01:28=	00:35=	01:14=	00:41=	01:42=	03:18=	01:08=	02:26=	00:59=	00:57=	00:55=	01:36=	00:51=	00:18=	00:51=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						

2	Thorben Beimel	239										26:03													
00:39-	01:28-	02:41-	04:08-	05:57-	07:11-	07:48-	09:03-	09:45-	11:16-	14:25-	15:51-	17:43-	19:33-	20:21-	21:42-	24:07+	24:56+	25:15+	26:03+						
00:39-	00:49+	01:13-	01:27-	01:49+	01:14-	00:37+	01:15+	00:42+	01:31-	03:09-	01:26+	01:52-	01:50+	00:48-	01:21+	02:25+	00:49-	00:19+	00:48-						
01:19-	00:15&	00:02-	00:10-	00:36&	00:14-	00:02+	00:01+	00:01+	00:11-	00:09-	00:18&	00:34-	00:51&	00:09-	00:26&	00:49&	00:02-	00:01+	00:03-						

3	Bruno Pierfelice	51										26:04													
00:45-	01:59-	03:09-	04:49-	06:08-	07:42-	08:21-	09:30-	10:14-	11:47-	15:33-	17:10+	19:25+	20:35+	21:18+	22:08+	23:51+	24:44+	25:05+	26:04+						
00:45-	01:14+	01:10-	01:40+	01:19+	01:34+	00:39+	01:09+	00:44+	01:33-	03:46+	01:37+	02:15-	01:10+	00:43-	00:50-	01:43+	00:53+	00:21+	00:59+						
01:13-	00:40@	00:05-	00:03+	00:06+	00:06+	00:04#	00:05-	00:03+	00:09-	00:28#	00:29&	00:11-	00:11#	00:14-	00:05-	00:07+	00:02+	00:03#	00:08#						

4	Olav Magnus Eik Espedal	88										26:47													
00:38-	01:15-	02:28-	04:07-	07:18+	08:57+	09:29+	11:11+	11:47+	13:15+	16:13+	17:09+	19:18+	20:26+	21:14+	21:59-	24:53+	25:35+	25:54+	26:47+						
00:38-	00:37+	01:13-	01:39+	03:11+	01:39+	00:32-	01:42+	00:36-	01:28-	02:58-	00:56-	02:09-	01:08+	00:48-	00:45-	02:54+	00:42-	00:19+	00:53+						
01:20-	00:03+	00:02-	00:02+	01:58@	00:11#	00:03-	00:28&	00:05-	00:14-	00:20-	00:12-	00:17-	00:09#	00:09-	00:10-	01:18&	00:09-	00:01+	00:02+						

5	Antal Jansen	115										27:30													
00:46-	01:40-	02:52-	04:23-	05:19-	09:37+	10:01+	11:41+	12:42+	14:15+	17:34+	18:50+	20:37+	21:44+	22:46+	23:40+	25:23+	26:20+	26:39+	27:30+						
00:46-	00:54+	01:12-	01:31-	00:56-	04:18+	00:24-	01:40+	01:01+	01:33-	03:19+	01:16+	01:47-	01:07+	01:02+	00:54-	01:43+	00:57+	00:19+	00:51=						
01:12-	00:20&	00:03-	00:06-	00:17-	02:50@	00:11-	00:26&	00:20&	00:09-	00:01+	00:08#	00:39-	00:08#	00:05+	00:01-	00:07+	00:06#	00:01+	00:00=						

Class	Navn	Klasse	Tid
6	Endre Bøen	72	31:24
00:47-	01:53-	03:25-	05:03-
08:34+	10:39+	11:19+	13:23+
14:06+	16:14+	19:05+	20:40+
21:41+	24:09+	25:23+	26:09+
27:07+	29:13+	30:04+	30:35+
31:24+			
00:47-	01:06+	01:32+	01:38+
03:31+	02:05+	00:40+	02:04+
00:43+	02:08+	02:51-	01:35+
01:01-	02:28+	01:14+	00:46-
00:58-	02:06+	00:51+	00:31-
00:49+			
01:11-	00:32&	00:17#	00:01+
02:18@	00:37&	00:05#	00:50&
00:02+	00:26&	00:27-	00:27&
01:25-	01:29@	00:17&	00:09-
00:38-	01:15@	00:33@	00:20-
00:49+			
7	Jon Kåre Olsen	92	31:45
00:52-	01:59-	03:34-	05:28+
07:26+	09:18+	10:05+	11:21+
11:58+	13:33+	17:25+	20:52+
22:47+	23:55+	26:47+	27:41+
29:26+	30:26+	30:51+	31:45+
00:52-	01:07+	01:35+	01:54+
01:58+	01:52+	00:47+	01:16+
00:37-	01:35-	03:52+	03:27+
01:55-	01:08+	02:52+	00:54-
01:45+	01:00+	00:25+	00:54+
01:06-	00:33&	00:20&	00:17#
00:45&	00:24&	00:12&	00:02+
00:04-	00:07-	00:34#	02:19@
00:31-	00:09#	01:55@	00:01-
00:09+	00:09#	00:09#	00:07&
00:03+			
8	Kevin Hammer Knutsen	239	32:13
00:40-	01:42-	03:17-	04:54-
07:30+	08:57+	12:40+	16:40+
17:17+	18:53+	22:06+	23:07+
25:26+	26:25+	27:09+	27:58+
30:07+	31:02+	31:22+	32:13+
00:40-	01:02+	01:35+	01:37=
02:36+	01:27-	03:43+	04:00+
00:37-	01:36-	03:13-	01:01-
02:19-	00:59=	00:44-	00:49-
02:09+	00:55+	00:20+	00:51=
00:51=			
01:18-	00:28&	00:20&	00:00=
01:23@	00:01-	03:08@	02:46@
00:04-	00:06-	00:05-	00:07-
00:07-	00:00=	00:13-	00:06-
00:33&	00:04+	00:02#	00:02#
00:00=			
9	Oddgeir Nevland	51	32:50
00:55-	02:08-	03:43-	06:17+
08:17+	09:56+	10:38+	13:02+
13:56+	15:45+	19:37+	20:52+
24:47+	26:02+	27:03+	28:04+
30:19+	31:23+	31:46+	32:50+
00:55-	01:13+	01:35+	02:34+
02:00+	01:39+	00:42+	02:24+
00:54+	01:49+	03:52+	01:15+
03:55+	01:15+	01:01+	01:01+
02:15+	01:04+	00:23+	01:04+
01:04+			
01:03-	00:39@	00:20&	00:57&
00:47&	00:11#	00:07#	01:10&
00:13&	00:07+	00:34#	00:07#
01:29&	00:16&	00:04+	00:06#
00:39&	00:13&	00:05&	00:02#
00:07#			
10	Jan Erik Syvertsen	51	32:55
00:48-	01:53-	03:32-	05:35+
08:05+	10:19+	10:58+	12:22+
13:08+	14:54+	19:58+	21:08+
24:40+	25:50+	26:59+	28:06+
30:26+	31:37+	31:57+	32:55+
00:48-	01:05+	01:39+	02:03+
02:30+	02:14+	00:39+	01:24+
00:46+	01:46+	05:04+	01:10+
03:32+	01:10+	01:09+	01:07+
02:20+	01:11+	00:20+	00:58+
01:10-	00:31&	00:24&	00:26&
01:17@	00:46&	00:04#	00:10#
00:05#	00:05#	00:04+	01:46&
00:02+	01:06&	00:02+	01:06&
01:06&			
11	Johannes Kro	51	32:59
00:50-	01:35-	02:57-	04:29-
05:54-	13:57+	14:47+	15:55+
16:34+	18:09+	21:31+	23:12+
26:23+	27:30+	28:20+	29:10+
30:43+	31:37+	32:06+	32:59+
00:50-	00:45+	01:22+	01:32-
08:03+	00:50+	01:08-	00:39-
01:35-	01:35-	00:39-	01:08-
00:59-	00:39-	00:02-	00:07-
00:04+	00:33&	00:45&	00:08#
00:07-	00:05-	00:03-	00:03+
00:11&	00:07+	00:05-	00:12#
06:35@	00:15&	00:06-	00:02-
00:07-			
12	Anders H Foss	263	34:10
02:28+	03:39+	05:12+	07:09+
08:03+	10:35+	11:16+	12:40+
13:39+	15:50+	21:15+	22:53+
25:22+	26:49+	27:46+	28:56+
31:06+	32:25+	32:58+	34:10+
02:28+	01:11+	01:33+	01:57+
01:54+	01:32+	00:41+	01:24+
00:59+	02:11+	05:25+	01:38+
02:29+	01:27+	00:57=	01:10+
02:10+	01:19+	00:33+	01:12+
00:30&	00:37@	00:18#	00:20#
00:41&	00:04+	00:06#	00:10#
00:18&	00:29&	02:07&	00:30&
00:03+	00:28&	00:00=	00:15&
00:34&	00:28&	00:15&	00:21&
13	Lars Erik Ree-Pedersen	263	34:40
01:38-	02:36+	04:06+	06:26+
08:03+	10:15+	10:59+	12:41+
13:32+	15:54+	20:39+	22:25+
25:17+	27:05+	28:09+	29:19+
31:42+	33:01+	33:29+	34:40+
01:38-	00:58+	01:30+	02:20+
01:37+	02:12+	00:44+	01:42+
00:51+	02:22+	04:45+	01:46+
02:52+	01:48+	01:04+	01:10+
02:23+	01:19+	00:28+	01:11+
00:20-	00:24&	00:15#	00:43&
00:24&	00:44&	00:09&	00:28&
00:10#	00:40&	01:27&	00:38&
00:26#	00:49&	00:07#	00:15&
00:47&	00:28&	00:10&	00:20&
14	Reidar Haver	4	35:10
01:15-	02:42+	04:21+	06:31+
08:49+	10:43+	12:09+	13:58+
15:41+	17:47+	22:00+	23:18+
26:16+	27:42+	29:03+	30:23+
32:37+	33:42+	34:05+	35:10+
01:15-	01:27+	01:39+	02:10+
02:18+	01:54+	01:26+	01:49+
01:43+	02:06+	04:13+	01:18+
02:58+	01:26+	01:21+	01:20+
02:14+	01:05+	00:23+	01:05+
00:43-	00:53@	00:24&	00:33&
01:05&	00:26&	00:51@	00:35&
01:02@	00:24#	00:55&	00:10#
00:32#	00:27&	00:24&	00:25&
00:38&	00:14&	00:05&	00:14&
15	Erling Knutzen	128	35:26
00:59-	02:04-	03:43-	05:51+
07:11+	09:24+	10:32+	12:27+
13:48+	15:50+	20:24+	22:31+
25:01+	26:20+	28:14+	29:29+
32:37+	33:48+	34:15+	35:26+
00:59-	01:05+	01:39+	02:08+
01:20+	02:13+	01:08+	01:55+
01:21+	02:02+	04:34+	02:07+
02:30+	01:19+	01:54+	01:15+
03:08+	01:11+	00:27+	01:11+
00:59-	00:31&	00:24&	00:31&
00:07+	00:45&	00:33&	00:41&
00:40&	00:20#	01:16&	00:59&
00:04+			
16	Ingvar Haabeth	92	35:43
00:57-	02:31-	04:24+	06:35+
09:38+	11:55+	12:26+	15:13+
15:56+	17:52+	22:22+	23:47+
27:15+	28:30+	29:24+	30:33+
32:56+	34:10+	34:37+	35:43+
00:57-	01:34+	01:53+	02:11+
03:03+	02:17+	00:31-	02:47+
00:43+	01:56+	04:30+	01:25+
03:28+	01:15+	00:54-	01:09+
02:23+	01:14+	00:27+	01:06+
01:01-	01:00@	00:38&	00:34&
00:49&	00:04-	01:33@	00:02+
00:14#	01:12&	00:17#	01:02&
00:16&	00:03-	00:14&	00:47&
00:23&	00:09&	00:15&	00:15&
17	Steinar Amundsen	115	36:56
00:58-	02:43+	05:02+	07:28+
10:22+	12:24+	13:06+	14:40+
15:37+	18:04+	22:57+	24:33+
27:48+	29:29+	30:45+	31:59+
34:06+	35:14+	35:41+	36:56+
00:58-	01:45+	02:19+	02:26+
02:54+	02:02+	00:42+	01:34+
00:57+	02:27+	04:53+	01:36+
03:15+	01:41+	01:16+	01:14+
02:07+	01:08+	00:27+	01:15+
01:00-	01:11@	01:04&	00:49&
01:41@	00:34&	00:07#	00:20&
00:16&	00:45&	01:35&	00:28&
00:49&	00:42&	00:19&	00:31&
00:17&	00:09&	00:24&	
18	Arild Olsen	4	37:05
01:15-	02:34+	04:25+	07:23+
09:51+	12:09+	13:20+	15:06+
16:50+	18:48+	23:24+	24:51+
27:35+	28:59+	30:27+	31:48+
34:11+	35:30+	35:58+	37:05+
01:15-	01:19+	01:51+	02:58+
02:28+	02:18+	01:11+	01:46+
01:44+	01:58+	04:36+	01:27+
02:44+	01:24+	01:28+	01:21+
02:23+	01:19+	00:28+	01:07+
00:43-	00:45@	00:36&	01:21&
01:15@	00:50&	00:36@	00:32&
01:03@	00:16#	01:18&	00:19&
00:18#	00:25&	00:31&	00:26&
00:47&	00:28&	00:10&	00:16&
19	Joar Fandrem	94	37:12
00:50-	02:09-	03:49+	05:46+
07:40+	10:27+	11:15+	12:58+
16:20+	18:26+	22:28+	24:03+
27:06+	28:58+	30:42+	32:04+
34:28+	35:45+	36:08+	37:12+
00:50-	01:19+	01:40+	01:57+
01:54+	02:47+	00:48+	01:43+
03:22+	02:06+	04:02+	01:35+
03:03+	01:52+	01:44+	01:22+
02:24+	01:17+	00:23+	01:04+
01:08-	00:45@	00:25&	00:20#
00:41&	01:19&	00:13&	00:29&
02:41@	00:24#	00:44#	00:27&
00:37&	00:53&	00:47&	00:27&
00:48&	00:26&	00:05&	00:13&
20	John Øgreid	27	37:33
00:45-	01:46-	03:17-	04:55-
06:16-	14:40+	15:43+	17:08+
17:46+	19:35+	23:27+	25:07+
29:28+	30:38+		

Class	Navn	Klasse										Tid							
21	Paul Richard Carr	136										38:00							
01:06-	02:36+	04:30+	06:58+	09:37+	11:49+	12:33+	14:22+	15:15+	17:41+	22:47+	24:22+	28:05+	29:35+	30:50+	32:11+	34:46+	36:03+	36:29+	38:00+
01:06-	01:30+	01:54+	02:28+	02:39+	02:12+	00:44+	01:49+	00:53+	02:26+	05:06+	01:35+	03:43+	01:30+	01:15+	01:21+	02:35+	01:17+	00:26+	01:31+
00:52-	00:56@	00:39%	00:51%	01:26@	00:44%	00:09%	00:35%	00:12%	00:44%	01:48%	00:27%	01:17%	00:31%	00:18%	00:26%	00:59%	00:26%	00:08%	00:40%
22	Arild Nesbø	71										38:12							
01:03-	02:20-	04:13+	06:37+	08:50+	11:05+	11:41+	13:45+	14:48+	17:08+	22:08+	23:54+	27:18+	29:01+	30:25+	31:42+	34:32+	36:23+	36:55+	38:12+
01:03-	01:17+	01:53+	02:24+	02:13+	02:15+	00:36+	02:04+	01:03+	02:20+	05:00+	01:46+	03:24+	01:43+	01:24+	01:17+	02:50+	01:51+	00:32+	01:17+
00:55-	00:43@	00:38%	00:47%	01:00%	00:47%	00:01+	00:50%	00:22%	00:38%	01:42%	00:38%	00:58%	00:44%	00:27%	00:22%	01:14%	01:00@	00:14%	00:26%
23	Frode Lund	18										38:20							
00:58-	01:58-	04:00+	06:13+	08:08+	11:05+	12:09+	15:00+	16:04+	18:19+	22:53+	25:27+	28:48+	30:14+	31:31+	32:51+	35:22+	36:43+	37:10+	38:20+
00:58-	01:00+	02:02+	02:13+	01:55+	02:57+	01:04+	02:51+	01:04+	02:15+	04:34+	02:34+	03:21+	01:26+	01:17+	01:20+	02:31+	01:21+	00:27+	01:10+
01:00-	00:26%	00:47%	00:36%	00:42%	01:29@	00:29%	01:37@	00:23%	00:33%	01:16%	01:26@	00:55%	00:27%	00:20%	00:25%	00:55%	00:30%	00:09%	00:19%
24	Arild Svihus	92										39:00							
01:02-	02:51+	04:39+	07:03+	08:42+	11:26+	12:06+	14:52+	15:43+	18:19+	23:15+	24:55+	27:51+	29:25+	30:47+	33:32+	36:10+	37:34+	37:59+	39:00+
01:02-	01:49+	01:48+	02:24+	01:39+	02:44+	00:40+	02:46+	00:51+	02:36+	04:56+	01:40+	02:56+	01:34+	01:22+	02:45+	02:38+	01:24+	00:25+	01:01+
00:56-	01:15@	00:33%	00:47%	00:26%	01:16%	00:05#	01:32@	00:10#	00:54%	01:38%	00:32%	00:30#	00:35%	00:25%	01:50@	01:02%	00:33%	00:07%	00:10#
25	Øyvind Nagel-Alne	74										39:11							
00:55-	03:38+	05:27+	07:31+	09:51+	14:43+	15:29+	18:35+	19:23+	22:02+	26:06+	27:37+	30:33+	31:50+	32:38+	33:43+	36:31+	37:36+	38:03+	39:11+
00:55-	02:43+	01:49+	02:04+	02:20+	04:52+	00:46+	03:06+	00:48+	02:39+	04:04+	01:31+	02:56+	01:17+	00:48-	01:05+	02:48+	01:05+	00:27+	01:08+
01:03-	02:09@	00:34%	00:27%	01:07%	03:24@	00:11%	01:52@	00:07#	00:57%	00:46#	00:23%	00:30#	00:18%	00:09-	00:10#	01:12%	00:14%	00:09%	00:17%
26	Stig Ballestad	37										40:56							
01:04-	03:15+	04:57+	07:12+	10:42+	12:46+	13:28+	15:13+	16:44+	19:09+	23:50+	25:34+	29:16+	30:48+	31:52+	33:09+	37:46+	39:08+	39:34+	40:56+
01:04-	02:11+	01:42+	02:15+	03:30+	02:04+	00:42+	01:45+	01:44+	02:25+	04:41+	01:44+	03:42+	01:32+	01:04+	01:17+	04:37+	01:22+	00:26+	01:22+
00:54-	01:37@	00:27%	00:38%	02:17@	00:36%	00:07#	00:31%	00:50@	00:43%	01:23%	00:36%	01:16%	00:33%	00:07#	00:22%	03:01@	00:31%	00:08%	00:31%
27	John Thorsnæs	51										41:17							
02:16+	03:36+	05:14+	07:32+	09:08+	11:24+	12:09+	13:50+	14:38+	17:00+	21:30+	23:42+	26:24+	28:17+	29:22+	30:40+	38:23+	39:37+	40:16+	41:17+
02:16+	01:20+	01:38+	02:18+	01:36+	02:16+	00:45+	01:41+	00:48+	02:22+	04:30+	02:12+	02:42+	01:53+	01:05+	01:18+	07:43+	01:14+	00:39+	01:01+
00:18#	00:46@	00:23%	00:41%	00:23%	00:48%	00:10%	00:27%	00:07#	00:40%	01:12%	01:04%	00:16#	00:54%	00:08#	00:23%	06:07@	00:23%	00:21@	00:10#
28	Frode Følgesvold	5										41:34							
01:18-	03:33+	05:31+	07:43+	09:33+	12:41+	13:30+	16:38+	17:45+	20:19+	25:24+	27:11+	30:49+	32:25+	33:49+	35:13+	38:19+	39:33+	40:03+	41:34+
01:18-	02:15+	01:58+	02:12+	01:50+	03:08+	00:49+	03:08+	01:07+	02:34+	05:05+	01:47+	03:38+	01:36+	01:24+	01:24+	03:06+	01:14+	00:30+	01:31+
00:40-	01:41@	00:43%	00:35%	00:37%	01:40@	00:14%	01:54@	00:26%	00:52%	01:47%	00:39%	01:12%	00:37%	00:27%	00:29%	01:30%	00:23%	00:12%	00:40%
29	Arne Hope	43										41:52							
01:02-	03:01+	04:45+	07:23+	09:09+	11:27+	12:08+	15:51+	17:00+	19:16+	24:11+	25:55+	29:50+	31:35+	33:28+	34:52+	38:20+	40:00+	40:34+	41:52+
01:02-	01:59+	01:44+	02:38+	01:46+	02:18+	00:41+	03:43+	01:09+	02:16+	04:55+	01:44+	03:55+	01:45+	01:53+	01:24+	03:28+	01:40+	00:34+	01:18+
00:56-	01:25@	00:29%	01:01%	00:33%	00:50%	00:06#	02:29@	00:28%	00:34%	01:37%	00:36%	01:29%	00:46%	00:56%	00:29%	01:52@	00:49%	00:16%	00:27%
30	Jon Arne Bratås	239										41:52							
00:40-	02:12-	04:15+	05:51+	08:58+	11:14+	12:04+	15:12+	16:18+	18:49+	22:54+	23:57+	33:09+	34:54+	36:21+	37:40+	39:44+	40:43+	41:02+	41:52+
00:40-	01:32+	02:03+	01:36-	03:07+	02:16+	00:50+	03:08+	01:06+	02:31+	04:05+	01:03-	09:12+	01:45+	01:27+	01:19+	02:04+	00:59+	00:19+	00:50-
01:18-	00:58@	00:48%	00:01-	01:54@	00:48%	00:15%	01:54@	00:25%	00:49%	00:47#	00:05-	06:46@	00:46%	00:30%	00:24%	00:28%	00:08#	00:01+	00:01-
31	Rolf Øystein Kluge	7										41:57							
01:53-	03:02+	04:54+	07:19+	09:59+	12:55+	14:00+	17:03+	18:02+	20:09+	25:40+	27:36+	31:05+	32:46+	34:46+	36:11+	38:58+	40:26+	40:54+	41:57+
01:53-	01:09+	01:52+	02:25+	02:40+	02:56+	01:05+	03:03+	00:59+	02:07+	05:31+	01:56+	03:29+	01:41+	02:00+	01:25+	02:47+	01:28+	00:28+	01:03+
00:05-	00:35@	00:37%	00:48%	01:27@	01:28%	00:30%	01:49@	00:18%	00:25#	02:13%	00:48%	01:03%	00:42%	01:03@	00:30%	01:11%	00:37%	00:10%	00:12#
32	Ivar Aalbu	29										42:36							
01:20-	02:57+	04:42+	06:52+	09:12+	11:53+	12:26+	14:23+	15:50+	18:02+	24:16+	27:02+	32:11+	33:39+	35:13+	36:27+	39:32+	40:56+	41:23+	42:36+
01:20-	01:37+	01:45+	02:10+	02:20+	02:41+	00:33-	01:57+	01:27+	02:12+	06:14+	02:46+	05:09+	01:28+	01:34+	01:14+	03:05+	01:24+	00:27+	01:13+
00:38-	01:03@	00:30%	00:33%	01:07%	01:13%	00:02-	00:43%	00:46@	00:30%	02:56%	01:38@	02:43@	00:29%	00:37%	00:19%	01:29%	00:33%	00:09%	00:22%
33	Christoffer Soma	286										42:46							
00:51-	02:11-	03:45-	05:57+	08:50+	11:37+	13:22+	16:19+	17:55+	20:11+	25:14+	26:49+	29:48+	31:02+	36:24+	37:49+	40:18+	41:20+	41:42+	42:46+
00:51-	01:20+	01:34+	02:12+	02:53+	02:47+	01:45+	02:57+	01:36+	02:16+	05:03+	01:35+	02:59+	01:14+	05:22+	01:25+	02:29+	01:02+	00:22+	01:04+
01:07-	00:46@	00:19%	00:35%	01:40@	01:19%	01:10@	01:43@	00:55@	00:34%	01:45%	00:27%	00:33#	00:15%	04:25@	00:30%	00:53%	00:11#	00:04#	00:13%
34	Hans Klausen	62										43:12							
01:03-	02:49+	04:54+	07:14+	08:46+	10:58+	12:48+	14:37+	15:24+	17:36+	23:53+	25:38+	34:03+	35:19+	36:27+	37:36+	40:15+	41:27+	41:55+	43:12+
01:03-	01:46+	02:05+	02:20+	01:32+	02:12+	01:50+	01:49+	00:47+	02:12+	06:17+	01:45+	08:25+	01:16+	01:08+	01:09+	02:39+	01:12+	00:28+	01:17+
00:55-	01:12@	00:50%	00:43%	00:19%	00:44%	01:15@	00:35%	00:06#	00:30%	02:59%	00:37%	05:59@	00:17%	00:11#	00:14%	01:03%	00:21%	00:10%	00:26%
35	Ommund Bakkevold	68										43:14							
01:06-	02:37+	04:31+	07:12+	10:03+	12:35+	14:48+	16:51+	17:56+	20:27+	26:21+	28:34+	32:26+	34:19+	35:52+	37:19+	39:51+	41:18+	41:48+	43:14+
01:06-	01:31+	01:54+	02:41+	02:51+	02:32+	02:13+	02:03+	01:05+	02:31+	05:54+	02:13+	03:52+	01:53+	01:33+	01:27+	02:32+	01:27+	00:30+	01:26+
00:52-	00:57@	00:39%	01:04%	01:38@	01:04%	01:38@	00:49%	00:24%	00:49%	02:36%	01:05%	01:26%	00:54%	00:36%	00:32%	00:56%	00:36%	00:12%	00:35%

Class	Navn	Klasse										Tid							
36	Kjell Ivar Skjørestad	92										43:33							
00:50-	02:16-	04:17+	06:12+	08:20+	10:37+	11:15+	13:30+	14:25+	16:18+	20:22+	21:41+	31:25+	43:12+	35:10+	36:19+	40:26+	41:59+	42:22+	43:33+
00:50-	01:26+	02:01+	01:55+	02:08+	02:17+	00:38+	02:15+	00:55+	01:53+	04:04+	01:19+	09:44+	02:47+	00:58+	01:09+	04:07+	01:33+	00:23+	01:11+
01:08-	00:52@	00:46&	00:18#	00:55&	00:49&	00:03+	01:01&	00:14&	00:11#	00:46#	00:11#	07:18@	01:48@	00:01+	00:14&	02:31@	00:42&	00:05&	00:20&
37	Jarl Steinar Berntsen	27										43:33							
02:15+	03:00+	04:34+	06:49+	09:20+	14:55+	18:28+	19:37+	20:34+	22:21+	26:34+	28:43+	32:20+	33:30+	37:09+	38:28+	40:33+	41:58+	42:30+	43:33+
02:15+	00:45+	01:34+	02:15+	02:31+	05:35+	03:33+	01:09-	00:57+	01:47+	04:13+	02:09+	03:37+	01:10+	03:39+	01:19+	02:05+	01:25+	00:32+	01:03+
00:17#	00:11&	00:19&	00:38&	01:18@	04:07@	02:58@	00:05-	00:16&	00:05+	00:55&	01:01&	01:11&	00:11#	02:42@	00:24&	00:29&	00:34&	00:14&	00:12#
38	Steinar Aase	268										43:45							
01:02-	02:45+	05:09+	07:51+	09:42+	12:39+	13:23+	15:32+	16:33+	19:09+	25:10+	27:12+	30:25+	32:17+	35:08+	36:58+	39:59+	41:39+	42:21+	43:45+
01:02-	01:43+	02:24+	02:42+	01:51+	02:57+	00:44+	02:09+	01:01+	02:36+	06:01+	02:02+	03:13+	01:52+	02:51+	01:50+	03:01+	01:40+	00:42+	01:24+
00:56-	01:09@	01:09&	01:05&	00:38&	01:29@	00:09&	00:55&	00:20&	00:54&	02:43&	00:54&	00:47&	00:53&	01:54@	00:55&	01:25&	00:49&	00:24@	00:33&
39	Samuel Denieul	42										43:49							
00:49-	02:35+	07:52+	11:57+	19:17+	21:11+	22:01+	24:15+	25:04+	26:47+	32:36+	34:00+	36:35+	37:43+	38:34+	39:35+	41:42+	42:35+	43:04+	43:49+
00:49-	01:46+	05:17+	04:05+	07:20+	01:54+	00:50+	02:14+	00:49+	01:43+	05:49+	01:24+	02:35+	01:08+	00:51-	01:01+	02:07+	00:53+	00:29+	00:45-
01:09-	01:12@	04:02@	02:28@	06:07@	00:26&	00:15&	01:00&	00:08#	00:01+	02:31&	00:16#	00:09+	00:09#	00:06-	00:06#	00:31&	00:02+	00:11&	00:06-
40	Ove Vatland	128										44:22							
01:22-	02:39+	05:04+	07:52+	11:18+	14:08+	14:51+	16:41+	17:46+	20:42+	26:42+	28:56+	32:00+	33:57+	35:31+	37:03+	40:15+	41:52+	42:28+	44:22+
01:22-	01:17+	02:25+	02:48+	03:26+	02:50+	00:43+	01:50+	01:05+	02:56+	06:00+	02:14+	03:04+	01:57+	01:34+	01:32+	03:12+	01:37+	00:36+	01:54+
00:36-	00:43@	01:10&	01:11&	02:13@	01:22&	00:08#	00:36&	00:24&	01:14&	02:42&	01:06&	00:38&	00:58&	00:37&	00:37&	01:36&	00:46&	00:18&	01:03@
41	Harald Nilsen	79										46:24							
01:00-	02:45+	06:31+	09:08+	12:05+	15:39+	16:41+	18:24+	19:26+	21:52+	27:05+	31:03+	34:12+	35:50+	37:20+	40:12+	43:09+	44:31+	44:56+	46:24+
01:00-	01:45+	03:46+	02:37+	02:57+	03:34+	01:02+	01:43+	01:02+	02:26+	05:13+	03:58+	03:09+	01:38+	01:30+	02:52+	02:57+	01:22+	00:25+	01:28+
00:58-	01:11@	02:31@	01:00&	01:44@	02:06@	00:27&	00:29&	00:21&	00:44&	01:55&	02:50@	00:43&	00:39&	00:33&	01:57@	01:21&	00:31&	00:07&	00:37&
42	Jan Erik Rasmussen	51										48:40							
03:22+	04:33+	06:26+	09:15+	12:41+	15:59+	17:41+	20:19+	21:35+	24:06+	30:17+	32:34+	35:51+	37:53+	40:15+	42:07+	44:45+	46:29+	47:12+	48:40+
03:22+	01:11+	01:53+	02:49+	03:26+	03:18+	01:42+	02:38+	01:16+	02:31+	06:11+	02:17+	03:17+	02:02+	02:22+	01:52+	02:38+	01:44+	00:43+	01:28+
01:24&	00:37@	00:38&	01:12&	02:13@	01:50@	01:07@	01:24@	00:35&	00:49&	02:53&	01:09@	00:51&	01:03@	01:25@	00:57@	01:02&	00:53@	00:25@	00:37&
43	Tom Leveraas	188										49:57							
01:11-	05:29+	07:46+	10:06+	13:45+	17:40+	18:45+	21:36+	23:18+	25:39+	30:27+	32:19+	39:24+	41:03+	42:05+	43:33+	47:16+	48:32+	48:58+	49:57+
01:11-	04:18+	02:17+	02:20+	03:39+	03:55+	01:05+	02:51+	01:42+	02:21+	04:48+	01:52+	07:05+	01:39+	01:02+	01:28+	03:43+	01:16+	00:26+	00:59+
00:47-	03:44@	01:02&	00:43&	02:26@	02:27@	00:30&	01:37@	01:01@	00:39&	01:30&	00:44&	04:39@	00:40&	00:05+	00:33&	02:07@	00:25&	00:08&	00:08#
44	Terje Hodne Nilsen	115										50:41							
02:47+	04:13+	07:00+	09:27+	13:18+	15:27+	16:24+	19:30+	20:45+	23:07+	28:25+	30:09+	38:58+	40:39+	42:09+	43:51+	47:14+	48:53+	49:25+	50:41+
02:47+	01:26+	02:47+	02:27+	03:51+	02:09+	00:57+	03:06+	01:15+	02:22+	05:18+	01:44+	08:49+	01:41+	01:30+	01:42+	03:23+	01:39+	00:32+	01:16+
00:49&	00:52@	01:32@	00:50&	02:38@	00:41&	00:22&	01:52@	00:34&	00:40&	02:00&	00:36&	06:23@	00:42&	00:33&	00:47&	01:47@	00:48&	00:14&	00:25&
45	Jon Grepstad	111										51:31							
01:07-	03:51+	05:49+	09:11+	11:05+	15:19+	16:17+	18:36+	19:47+	22:48+	34:46+	36:37+	39:57+	41:34+	42:47+	44:33+	47:55+	49:25+	49:57+	51:31+
01:07-	02:44+	01:58+	03:22+	01:54+	04:14+	00:58+	02:19+	01:11+	03:01+	11:58+	01:51+	03:20+	01:37+	01:13+	01:46+	03:22+	01:30+	00:32+	01:34+
00:51-	02:10@	00:43&	01:45@	00:41&	02:46@	00:23&	01:05&	00:30&	01:19&	08:40@	00:43&	00:54&	00:38&	00:16&	00:51&	01:46@	00:39&	00:14&	00:43&
46	Alf Inge Jåtten	63										53:37							
01:14-	02:37+	04:59+	07:40+	11:01+	14:22+	15:00+	19:05+	20:22+	23:08+	28:39+	31:01+	34:38+	41:33+	45:20+	46:55+	50:14+	51:46+	52:18+	53:37+
01:14-	01:23+	02:22+	02:41+	03:21+	03:21+	00:38+	04:05+	01:17+	02:46+	05:31+	02:22+	03:37+	06:55+	03:47+	01:35+	03:19+	01:32+	00:32+	01:19+
00:44-	00:49@	01:07&	01:04&	02:08@	01:53@	00:03+	02:51@	00:36&	01:04&	02:13&	01:14@	01:11&	05:56@	02:50@	00:40&	01:43@	00:41&	00:14&	00:28&
47	Sverre Uhling	105										54:30							
01:36-	03:16+	05:30+	08:08+	11:59+	15:09+	17:24+	21:34+	23:02+	25:48+	31:48+	33:55+	37:34+	39:45+	46:07+	47:47+	51:00+	52:37+	53:11+	54:30+
01:36-	01:40+	02:14+	02:38+	03:51+	03:10+	02:15+	04:10+	01:28+	02:46+	06:00+	02:07+	03:39+	02:11+	06:22+	01:40+	03:13+	01:37+	00:34+	01:19+
00:22-	01:06@	00:59&	01:01&	02:38@	01:42@	01:40@	02:56@	00:47@	01:04&	02:42&	00:59&	01:13&	01:12@	05:25@	00:45&	01:37@	00:46&	00:16&	00:28&
48	Inge Grødem	92										59:57							
01:19-	07:12+	09:32+	12:46+	16:20+	19:53+	21:01+	25:22+	27:29+	30:34+	36:58+	43:52+	46:34+	48:57+	51:07+	53:03+	56:17+	58:00+	58:34+	59:57+
01:19-	05:53+	02:20+	03:14+	03:34+	03:33+	01:08+	04:21+	02:07+	03:05+	06:24+	06:54+	02:42+	02:23+	02:10+	01:56+	03:14+	01:43+	00:34+	01:23+
00:39-	05:19@	01:05&	01:37&	02:21@	02:05@	00:33&	03:07@	01:26@	01:23&	03:06&	05:46@	00:16#	01:24@	01:13@	01:01@	01:38@	00:52@	00:16&	00:32&
49	Svein Inge Sævereid	126										1:11:08							
02:22+	03:53+	06:40+	13:03+	20:05+	23:44+	24:46+	33:37+	36:54+	40:39+	47:49+	50:13+	54:43+	57:04+	58:55+	61:29+	65:30+	67:52+	68:39+	71:08+
02:22+	01:31+	02:47+	06:23+	07:02+	03:39+	01:02+	08:51+	03:17+	03:45+	07:10+	02:24+	04:30+	02:21+	01:51+	02:34+	04:01+	02:22+	00:47+	02:29+
00:24#	00:57@	01:32@	04:46@	05:49@	02:11@	00:27&	07:37@	02:36@	02:03@	03:52@	01:16@	02:04&	01:22@	00:54&	01:39@	02:25@	01:31@	00:29@	01:38@
50	Per Bakken	5										1:15:06							
01:28-	02:57+	04:51+	07:42+	11:01+	14:38+	15:47+	41:43+	42:47+	45:51+	51:54+	53:48+	61:53+	63:43+	65:22+	67:15+	72:05+	73:20+	73:48+	75:06+
01:28-	01:29+	01:54+	02:51+	03:19+	03:37+	01:09+	25:56+	01:04+	03:04+	06:03+	01:54+	08:05+	01:50+	01:39+	01:53+	04:50+	01:15+	00:28+	01:18+
00:30-	00:55@	00:39&	01:14&	02:06@	02:09@	00:34&	24:42@	00:23&	01:22&	02:45&	00:46&	05:39@	00:51&	00:42&	00:58@	03:14@	00:24&	00:10&	00:27&

Class	Navn	Klasse																Tid		
51	Arthur Christiansen	93																1:23:58		
06:09+	07:46+	11:22+	24:31+	27:51+	35:09+	36:18+	39:58+	42:30+	46:51+	56:39+	59:16+	65:33+	68:27+	70:38+	73:06+	77:32+	80:05+	81:07+	83:58+	
06:09+	01:37+	03:36+	13:09+	03:20+	07:18+	01:09+	03:40+	02:32+	04:21+	09:48+	02:37+	06:17+	02:54+	02:11+	02:28+	04:26+	02:33+	01:02+	02:51+	
04:11@	01:03@	02:21@	11:32@	02:07@	05:50@	00:34@	02:26@	01:51@	02:39@	06:30@	01:29@	03:51@	01:55@	01:14@	01:33@	02:50@	01:42@	00:44@	02:00@	
Beste strekktid for klassen																				
00:38	00:34	01:10	01:27	00:56	01:14	00:24	01:08	00:36	01:28	02:51	00:56	01:01	00:59	00:43	00:45	00:58	00:42	00:18	00:31	

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