

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Kari Borgen	62	29:39
01:58=	04:56=	08:17=	09:10=
10:26=	13:56=	18:26=	21:00=
24:05=	26:28=	29:23=	29:39=
01:58=	02:58=	03:21=	00:53=
01:16=	03:30=	04:30=	02:34=
03:05=	02:23=	02:55=	00:16=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Asta Bryne	134	32:49
01:35=	04:41=	09:56+	10:40+
12:20+	15:28+	19:13+	24:07+
26:51+	29:23+	32:33+	32:49+
01:35=	03:06+	05:15+	00:44=
01:40+	03:08=	03:45=	04:54+
02:44=	02:32+	03:10+	00:16=
00:23=	00:08+	01:54&	00:09=
00:24&	00:22=	00:45=	00:25=
00:13+	00:42#	00:23#	00:16=
00:00=	00:00=	00:00=	00:00=
3	Ingrid Simensen	101	33:24
01:43=	06:19+	10:50+	12:01+
14:19+	17:04+	21:09+	23:56+
27:43+	30:29+	33:08+	33:24+
01:43=	04:36+	04:31+	01:11+
02:18+	02:45=	04:05=	02:47+
03:47+	02:46+	02:39=	00:16=
00:15=	01:38&	01:10&	00:18&
01:02&	00:45=	00:25=	00:13+
00:42#	00:23#	00:16=	00:00=
4	Rønnaug Egeland	154	35:15
01:47=	05:21+	09:47+	11:02+
12:34+	15:56+	20:23+	25:08+
29:46+	32:01+	34:55+	35:15+
01:47=	03:34+	04:26+	01:15+
01:32+	03:22=	04:27=	04:45+
04:38+	02:15=	02:54=	00:20+
00:11=	00:36#	01:05&	00:22&
00:16#	00:08=	00:03=	02:11&
01:33&	00:08=	00:01=	00:04#
5	Elisabeth Groven	109	35:41
02:09+	06:34+	10:26+	11:27+
14:04+	17:11+	22:31+	25:47+
30:37+	32:59+	35:23+	35:41+
02:09+	04:25+	03:52+	01:01+
02:37+	03:07=	05:20+	03:16+
04:50+	02:22=	02:24=	00:18+
00:11+	01:27&	00:31#	00:08#
01:21@	00:23=	00:50#	00:42&
01:45&	00:01=	00:31=	00:02#
6	Wibeke Lende	74	36:58
02:06+	06:22+	13:10+	13:58+
15:28+	18:45+	23:30+	27:13+
31:47+	33:45+	36:41+	36:58+
02:06+	04:16+	06:48+	00:48=
01:30+	03:17=	04:45+	03:43+
04:34+	01:58=	02:56+	00:17+
00:08+	01:18&	03:27@	00:05=
00:14#	00:13=	00:15+	01:09&
01:29&	00:25=	00:01+	00:01+
7	Kirsten Vike	92	44:40
01:54=	14:29+	21:11+	22:16+
23:46+	27:40+	31:26+	34:55+
38:28+	41:22+	44:19+	44:40+
01:54=	12:35+	06:42+	01:05+
01:30+	03:54+	03:46=	03:29+
03:33+	02:54+	02:57+	00:21+
00:04=	09:37@	03:21&	00:12#
00:14#	00:24#	00:44=	00:55&
00:28#	00:31#	00:02+	00:05&
8	Maria Lampe	126	45:09
02:30+	07:04+	12:39+	13:47+
15:58+	20:07+	24:52+	29:27+
35:13+	40:47+	44:44+	45:09+
02:30+	04:34+	05:35+	01:08+
02:11+	04:09+	04:45+	04:35+
05:46+	05:34+	03:57+	00:25+
00:32&	01:36&	02:14&	00:15&
00:39#	00:15#	02:01&	02:41&
03:11@	01:02&	00:09&	
9	Anna Berthelsen	117	45:42
02:07+	08:30+	13:39+	15:52+
18:00+	21:32+	27:56+	32:13+
40:04+	42:13+	45:21+	45:42+
02:07+	06:23+	05:09+	02:13+
02:08+	03:32+	06:24+	04:17+
07:51+	02:09=	03:08+	00:21+
00:09+	03:25@	01:48&	01:20@
00:52&	00:02+	01:54&	01:43&
04:46@	00:14=	00:13+	00:05&
10	Veronica Fenne	206	46:10
02:10+	05:13+	09:08+	10:49+
12:27+	16:53+	20:15+	25:03+
32:17+	42:41+	45:53+	46:10+
02:10+	03:03+	03:55+	01:41+
01:38+	04:26+	03:22=	04:48+
07:14+	10:24+	03:12+	00:17+
00:12#	00:05+	00:34#	00:48&
00:22&	00:56&	01:08=	02:14&
04:09@	08:01@	00:17+	00:01+
11	Mette Langeland	117	46:49
02:21+	06:50+	15:04+	16:50+
18:57+	22:27+	28:12+	32:07+
39:24+	42:33+	46:26+	46:49+
02:21+	04:29+	08:14+	01:46+
02:07+	03:30=	05:45+	03:55+
07:17+	03:09+	03:53+	00:23+
00:23#	01:31&	04:53@	00:53&
00:51&	00:00=	01:15&	01:21&
04:12@	00:46&	00:58&	00:07&
12	Heidi Nordaunet	126	47:33
02:56+	07:47+	16:56+	18:05+
19:59+	24:04+	29:49+	34:05+
39:38+	43:48+	47:00+	47:33+
02:56+	04:51+	09:09+	01:09+
01:54+	04:05+	05:45+	04:16+
05:33+	04:10+	03:12+	00:33+
00:58&	01:53&	05:48@	00:16&
00:38&	00:35#	01:15&	01:42&
02:28&	01:47&	00:17+	00:17@
13	Ingvild Amalixsen	116	52:28
04:56+	10:01+	16:53+	19:40+
21:22+	25:24+	30:00+	40:11+
46:13+	48:58+	52:04+	52:28+
04:56+	05:05+	06:52+	02:47+
01:42+	04:02+	04:36+	10:11+
06:02+	02:45+	03:06+	00:24+
02:58@	02:07&	03:31@	01:54@
00:26&	00:32#	00:06+	07:37@
02:57&	00:22#	00:11+	00:08&
14	Ingunn Bergheim Landsnes	74	52:53
02:18+	06:41+	13:24+	14:38+
17:45+	21:57+	28:30+	36:01+
44:52+	47:59+	52:25+	52:53+
02:18+	04:23+	06:43+	01:14+
03:07+	04:12+	06:33+	07:31+
08:51+	03:07+	04:26+	00:28+
00:20#	01:25&	03:22@	00:21&
01:51@	00:42#	02:03&	04:57@
05:46@	00:44&	01:31&	00:12&

Class	Navn	Klasse										Tid
15	Helene Lie	228										53:24
02:13+	06:38+	13:59+	18:00+	23:35+	31:14+	35:49+	46:43+	49:40+	53:00+	53:24+		
02:13+	04:25+	07:21+	01:20+	02:41+	05:35+	07:39+	04:35+	10:54+	02:57+	03:20+	00:24+	
00:15#	01:27&	04:00@	00:27&	01:25@	02:05&	03:09&	02:01&	07:49@	00:34#	00:25#	00:08&	
16	Barbro Lunde Nedrebø	92										56:17
02:44+	07:16+	17:02+	17:42+	20:09+	23:28+	28:47+	32:55+	50:12+	52:46+	55:55+	56:17+	
02:44+	04:32+	09:46+	00:40-	02:27+	03:19-	05:19+	04:08+	17:17+	02:34+	03:09+	00:22+	
00:46&	01:34&	06:25@	00:13-	01:11&	00:11-	00:49#	01:34&	14:12@	00:11+	00:14+	00:06&	
17	Trine Selvikvåg	62										57:04
04:39+	08:00+	21:53+	30:19+	31:37+	35:16+	39:28+	44:40+	50:39+	53:50+	56:38+	57:04+	
04:39+	03:21+	13:53+	08:26+	01:18+	03:39+	04:12-	05:12+	05:59+	03:11+	02:48-	00:26+	
02:41@	00:23#	10:32@	00:02+	00:09+	00:18-	02:38@	02:54&	00:48&	00:07-	00:10&		
18	Kristina Renshaw	101										1:02:38
03:01+	07:27+	24:48+	25:55+	27:19+	30:51+	36:36+	40:54+	55:14+	59:06+	62:15+	62:38+	
03:01+	04:26+	17:21+	01:07+	01:24+	03:32+	05:45+	04:18+	14:20+	03:52+	03:09+	00:23+	
01:03&	01:28&	14:00@	00:14&	00:08#	00:02+	01:15&	01:44&	11:15@	01:29&	00:14+	00:07&	
19	Ruth Magrethe Westre	54										1:06:39
02:11+	26:30+	31:34+	33:25+	35:32+	38:37+	43:18+	53:27+	58:04+	62:33+	66:22+	66:39+	
02:11+	24:19+	05:04+	01:51+	02:07+	03:05-	04:41+	10:09+	04:37+	04:29+	03:49+	00:17+	
00:13#	21:21@	01:43&	00:58@	00:51&	00:25-	00:11+	07:35@	01:32&	02:06&	00:54&	00:01+	
20	Tone Giske	7										1:08:44
02:32+	23:04+	30:09+	31:57+	34:56+	39:47+	48:46+	54:38+	60:02+	64:31+	68:21+	68:44+	
02:32+	20:32+	07:05+	01:48+	02:59+	04:51+	08:59+	05:52+	05:24+	04:29+	03:50+	00:23+	
00:34&	17:34@	03:44@	00:55@	01:43@	01:21&	04:29&	03:18@	02:19&	02:06&	00:55&	00:07&	
Beste strekktid for klassen												
01:35	02:58	03:21	00:40	01:16	02:45	03:22	02:34	02:44	01:58	02:24	00:16	

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

Damer 40 - 49 år

1	Iren Undheim Øgreid	62										33:27		
02:03=	03:43=	09:16=	13:44=	15:01=	17:23=	19:01=	19:51=	22:07=	24:06=	27:34=	28:39=	31:29=	33:06=	33:27=
02:03=	01:40=	05:33=	04:28=	01:17=	02:22=	01:38=	00:50=	02:16=	01:59=	03:28=	01:05=	02:50=	01:37=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ragnhild Richter	298										34:39		
02:53+	04:25+	08:52-	12:37-	13:43-	15:36-	18:18-	19:26-	21:28-	23:08-	29:32+	30:22+	33:18+	34:21+	34:39+
02:53+	01:32-	04:27-	03:45-	01:06-	01:53-	02:42+	01:08+	02:02-	01:40-	06:24+	00:50-	02:56+	01:03-	00:18-
00:50&	00:08-	01:06-	00:43-	00:11-	00:29-	01:04&	00:18&	00:14-	00:19-	02:56&	00:15-	00:06+	00:34-	00:03-
3	Siri Warland	115										38:20		
02:36+	05:30+	11:32+	15:55+	18:49+	21:24+	22:52+	23:43+	25:53+	29:41+	32:49+	33:58+	36:40+	37:58+	38:20+
02:36+	02:54+	06:02+	04:23-	02:54+	02:35+	01:28-	00:51+	02:10-	03:48+	03:08-	01:09+	02:42-	01:18-	00:22+
00:33&	01:14&	00:29+	00:05-	01:37@	00:13+	00:10-	00:01+	00:06-	01:49&	00:20-	00:04+	00:08-	00:19-	00:01+
4	Hege Anita H. Nielsen	48										38:36		
02:26+	04:20+	10:03+	15:11+	16:42+	19:13+	20:46+	21:51+	24:00+	26:07+	33:26+	34:32+	37:07+	38:14+	38:36+
02:26+	01:54+	05:43+	05:08+	01:31+	02:31+	01:33-	01:05+	02:09-	02:07+	07:19+	01:06+	02:35-	01:07-	00:22+
00:23#	00:14#	00:10+	00:40#	00:14#	00:09+	00:05-	00:15&	00:07-	00:08+	03:51@	00:01+	00:15-	00:30-	00:01+
5	Christel Dahl	92										44:44		
03:14+	05:17+	12:11+	18:42+	21:35+	24:58+	26:24+	27:43+	30:14+	33:41+	37:16+	38:53+	43:04+	44:19+	44:44+
03:14+	02:03+	06:54+	06:31+	02:53+	03:23+	01:26-	01:19+	02:31+	03:27+	03:35+	01:37+	04:11+	01:15-	00:25+
01:11&	00:23#	01:21#	02:03&	01:36@	01:01&	00:12-	00:29&	00:15#	01:28&	00:07+	00:32&	01:21&	00:22-	00:04#
6	Nina Svensen	2										45:29		
02:52+	05:05+	10:11+	15:52+	17:55+	21:05+	23:10+	24:38+	27:27+	35:32+	38:23+	40:35+	43:54+	45:06+	45:29+
02:52+	02:13+	05:06-	05:41+	02:03+	03:10+	02:05+	01:28+	02:49+	08:05+	02:51-	02:12+	03:19+	01:12-	00:23+
00:49&	00:33&	00:27-	01:13&	00:46&	00:48&	00:27&	00:38&	00:33#	06:06@	00:37-	01:07@	00:29#	00:25-	00:02+
7	Heidi Martby	88										46:05		
02:55+	05:41+	13:18+	18:18+	21:07+	25:24+	27:13+	28:32+	31:10+	33:29+	38:15+	39:50+	44:23+	45:44+	46:05+
02:55+	02:46+	07:37+	05:00+	02:49+	04:17+	01:49+	01:19+	02:38+	02:19+	04:46+	01:35+	04:33+	01:21-	00:21=
00:52&	01:06&	02:04&	00:32#	01:32@	01:55&	00:11#	00:29&	00:22#	00:20#	01:18&	00:30&	01:43&	00:16-	00:00=

Class	Navn	Klasse												Tid
8	Astrid Espe	80												50:56
02:58+	05:05+	12:18+	19:36+	22:02+	25:14+	27:07+	28:48+	31:45+	34:31+	43:01+	44:43+	49:04+	50:26+	50:56+
02:58+	02:07+	07:13+	07:18+	02:26+	03:12+	01:53+	01:41+	02:57+	02:46+	08:30+	01:42+	04:21+	01:22-	00:30+
00:55&	00:27&	01:40&	02:50&	01:09&	00:50&	00:15#	00:51@	00:41&	00:47&	05:02@	00:37&	01:31&	00:15-	00:09&
9	Hilde Frøylog Karlsen	228												51:05
03:39+	06:05+	16:20+	22:24+	25:00+	28:34+	30:53+	32:21+	35:02+	37:30+	41:25+	45:10+	49:12+	50:37+	51:05+
03:39+	02:26+	10:15+	06:04+	02:36+	03:34+	02:19+	01:28+	02:41+	02:28+	03:55+	03:45+	04:02+	01:25-	00:28+
01:36&	00:46&	04:42&	01:36&	01:19@	01:12&	00:41&	00:38&	00:25#	00:29#	00:27#	02:40@	01:12&	00:12-	00:07&
10	Randi Roth	68												52:46
02:25+	04:36+	14:11+	20:10+	22:59+	26:15+	28:44+	33:19+	35:58+	42:03+	46:06+	47:41+	50:51+	52:18+	52:46+
02:25+	02:11+	09:35+	05:59+	02:49+	03:16+	02:29+	04:35+	02:39+	06:05+	04:03+	01:35+	03:10+	01:27-	00:28+
00:22#	00:31&	04:02&	01:32@	00:54&	00:51&	03:45@	00:23#	04:06@	00:35#	00:30&	00:20#	00:10-	00:07&	
11	Tove Irene Asheim	116												54:37
03:16+	06:03+	13:12+	18:00+	20:01+	23:33+	25:23+	26:47+	30:27+	32:56+	44:50+	47:42+	52:01+	54:07+	54:37+
03:16+	02:47+	07:09+	04:48+	02:01+	03:32+	01:50+	01:24+	03:40+	02:29+	11:54+	02:52+	04:19+	02:06+	00:30+
01:13&	01:07&	01:36&	00:20+	00:44&	01:10&	00:12#	00:34&	01:24&	00:30&	08:26@	01:47@	01:29&	00:29&	00:09&
12	Toril Dahle	116												58:52
02:30+	12:44+	17:43+	23:55+	27:06+	29:51+	31:56+	34:38+	37:02+	39:25+	49:11+	53:04+	56:30+	58:31+	58:52+
02:30+	10:14+	04:59-	06:12+	03:11+	02:45+	02:05+	02:42+	02:24+	02:23+	09:46+	03:53+	03:26+	02:01+	00:21=
00:27#	08:34@	00:34-	01:44&	01:54@	00:23#	00:27&	01:52@	00:08+	00:24#	06:18@	02:48@	00:36#	00:24#	00:00=
13	Linda Mari Vestvik	62												1:00:36
02:27+	14:40+	19:11+	23:01+	24:55+	27:32+	36:52+	44:09+	45:45+	48:36+	54:44+	55:34+	58:48+	60:14+	60:36+
02:27+	12:13+	04:31-	03:50-	01:54+	02:37+	09:20+	07:17+	01:36-	02:51+	06:08+	00:50-	03:14+	01:26-	00:22+
00:24#	10:33@	01:02-	00:38-	00:37&	00:15#	07:42@	06:27@	00:40-	00:52&	02:40&	00:15-	00:24#	00:11-	00:01+
14	Grethe Thu Skadberg	128												1:05:26
03:20+	05:16+	20:18+	26:57+	28:11+	31:16+	32:54+	49:01+	50:44+	53:43+	57:41+	59:06+	63:26+	65:03+	65:26+
03:20+	01:56+	15:02+	06:39+	01:14-	03:05+	01:38=	16:07+	01:43-	02:59+	03:58+	01:25+	04:20+	01:37=	00:23+
01:17&	00:16#	09:29@	02:11&	00:03-	00:43&	00:00=	15:17@	00:33-	01:00&	00:30#	00:20&	01:30&	00:00=	00:02+
Beste strekktid for klassen														
02:03	01:32	04:27	03:45	01:06	01:53	01:26	00:50	01:36	01:40	02:51	00:50	02:35	01:03	00:18

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

Damer 50 - 59 år

1	Anne Sæbø Vik	116												30:25
02:31=	04:23=	09:16=	12:56=	14:17=	17:21=	18:33=	19:30=	21:38=	23:21=	24:52=	26:05=	28:58=	30:03=	30:25=
02:31=	01:52=	04:53=	03:40=	01:21=	03:04=	01:12=	00:57=	02:08=	01:43=	01:31=	01:13=	02:53=	01:05=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gunn J. Grefstad	2												33:53
03:19+	04:57+	09:58+	14:14+	16:30+	19:10+	20:42+	21:45+	23:45+	25:38+	27:41+	29:04+	32:22+	33:33+	33:53+
03:19+	01:38-	05:01+	04:16+	02:16+	02:40-	01:32+	01:03+	02:00-	01:53+	02:03+	01:23+	03:18+	01:11+	00:20-
00:48&	00:14-	00:08+	00:36#	00:55&	00:24-	00:20&	00:06#	00:08-	00:10+	00:32&	00:10#	00:25#	00:06+	00:02-
3	Trude Katrine Hermanrud	117												35:24
03:40+	05:38+	11:51+	15:54+	18:02+	20:51+	22:15+	23:16+	25:27+	27:45+	29:32+	30:31+	33:50+	34:58+	35:24+
03:40+	01:58+	06:13+	04:03+	02:08+	02:49-	01:24+	01:01+	02:11+	02:18+	01:47+	00:59-	03:19+	01:08+	00:26+
01:09&	00:06+	01:20&	00:23#	00:47&	00:15-	00:12#	00:04+	00:03+	00:35&	00:16#	00:14-	00:26#	00:03+	00:04#
4	Torill Andersen	116												35:51
02:23-	04:36+	09:45+	14:00+	16:16+	18:51+	20:23+	21:20+	24:50+	27:00+	29:34+	30:43+	33:37+	35:24+	35:51+
02:23-	02:13+	05:09+	04:15+	02:16+	02:35-	01:32+	00:57=	03:30+	02:10+	02:34+	01:09-	02:54+	01:47+	00:27+
00:08-	00:21#	00:16+	00:35#	00:55&	00:29-	00:20&	00:00=	01:22&	00:27&	01:03&	00:04-	00:01+	00:42&	00:05#
5	Nidunn Sandvik	228												35:56
02:43+	04:24+	10:23+	15:14+	16:56+	19:24+	20:49+	22:21+	24:36+	27:20+	29:38+	30:47+	33:59+	35:28+	35:56+
02:43+	01:41-	05:59+	04:51+	01:42+	02:28-	01:25+	01:32+	02:15+	02:44+	02:18+	01:09-	03:12+	01:29+	00:28+
00:12+	00:11-	01:06#	01:11&	00:21&	00:36-	00:13#	00:35&	00:07+	01:01&	00:47&	00:04-	00:19#	00:24&	00:06&
6	Keth Berggraf	116												36:01
02:13-	03:55-	09:08-	13:24+	14:16-	16:30-	17:55-	18:47-	20:32-	22:50-	29:46+	31:10+	34:38+	35:42+	36:01+
02:13-	01:42-	05:13+	04:16+	00:52-	02:14-	01:25+	00:52-	01:45-	02:18+	06:56+	01:24+	03:28+	01:04-	00:19-
00:18-	00:10-	00:20+	00:36#	00:29-	00:50-	00:13#	00:05-	00:23-	00:35&	05:25@	00:11#	00:35#	00:01-	00:03-

Class	Navn	Klasse										Tid		
7	Anne-Siv Gjertsen	27										39:01		
02:36+	04:42+	10:23+	16:37+	18:09+	22:34+	24:18+	25:11+	27:22+	30:24+	32:35+	33:38+	37:04+	38:36+	39:01+
02:36+	02:06+	05:41+	06:14+	01:32+	04:25+	01:44+	00:53-	02:11+	03:02+	02:11+	01:03-	03:26+	01:32+	00:25+
00:05+	00:14#	00:48#	02:34&	00:11#	01:21&	00:32&	00:04-	00:03+	01:19&	00:40&	00:10-	00:33#	00:27&	00:03#
8	Signe Ottesen	116										39:07		
02:49+	04:52+	11:39+	17:05+	18:31+	21:27+	22:58+	24:07+	26:40+	29:03+	32:20+	33:37+	37:11+	38:30+	39:07+
02:49+	02:03+	06:47+	05:26+	01:26+	02:56-	01:31+	01:09+	02:33+	02:23+	03:17+	01:17+	03:34+	01:19+	00:37+
00:18#	00:11+	01:54&	01:46&	00:05+	00:08-	00:19&	00:12#	00:25#	00:40&	01:46@	00:04+	00:41#	00:14#	00:15&
9	Liv Omdal	116										40:37		
02:59+	04:55+	09:31+	14:11+	15:53+	19:35+	21:36+	23:05+	25:40+	28:24+	34:18+	35:32+	38:48+	40:01+	40:37+
02:59+	01:56+	04:36-	04:40+	01:42+	03:42+	02:01+	01:29+	02:35+	02:44+	05:54+	01:14+	03:16+	01:13+	00:36+
00:28#	00:04+	00:17-	01:00&	00:21&	00:38#	00:49&	00:32&	00:27#	01:01&	04:23@	00:01+	00:23#	00:08#	00:14&
10	Rannveig Eidem Norfolk	66										41:17		
03:19+	05:23+	10:02+	15:33+	17:18+	19:59+	21:46+	23:51+	26:01+	28:06+	35:21+	36:02+	39:27+	40:45+	41:17+
03:19+	02:04+	04:39-	05:31+	01:45+	02:41-	01:47+	02:05+	02:10+	02:05+	07:15+	00:41-	03:25+	01:18+	00:32+
00:48&	00:12#	00:14-	01:51&	00:24&	00:23-	00:35&	01:08@	00:02+	00:22#	05:44@	00:32-	00:32#	00:13#	00:10&
11	Birgitte Røe	125										44:47		
03:22+	06:47+	13:00+	17:14+	18:48+	22:07+	24:32+	26:38+	29:24+	31:33+	34:25+	35:39+	40:08+	44:22+	44:47+
03:22+	03:25+	06:13+	04:14+	01:34+	03:19+	02:25+	02:06+	02:46+	02:09+	02:52+	01:14+	04:29+	04:14+	00:25+
00:51&	01:33&	01:20&	00:34#	00:13#	00:15+	01:13@	01:09@	00:38&	00:26&	01:21&	00:01+	01:36&	03:09@	00:03#
12	Hanne-Keth Qvale	113										46:00		
02:58+	04:56+	09:50+	17:50+	19:56+	22:29+	24:10+	25:21+	27:25+	29:28+	39:07+	40:14+	43:59+	45:32+	46:00+
02:58+	01:58+	04:54+	08:00+	02:06+	02:33-	01:41+	01:11+	02:04-	02:03+	09:39+	01:07-	03:45+	01:33+	00:28+
00:27#	00:06+	00:01+	04:20@	00:45&	00:31-	00:29&	00:14#	00:04-	00:20#	08:08@	00:06-	00:52&	00:28&	00:06&
13	Ingunn Voilås	29										47:56		
02:49+	04:34+	17:39+	24:43+	26:52+	30:45+	32:14+	33:16+	36:51+	39:11+	41:35+	42:37+	45:51+	47:29+	47:56+
02:49+	01:45-	13:05+	07:04+	02:09+	03:53+	01:29+	01:02+	03:35+	02:20+	02:24+	01:02-	03:14+	01:38+	00:27+
00:18#	00:07-	08:12@	03:24&	00:48&	00:49&	00:17#	00:05+	01:27&	00:37&	00:53&	00:11-	00:21#	00:33&	00:05#
14	Kristin Skadsem	18										48:33		
02:58+	05:44+	14:02+	19:09+	20:43+	23:48+	25:36+	27:03+	30:25+	32:47+	41:40+	43:01+	46:38+	48:06+	48:33+
02:58+	02:46+	08:18+	05:07+	01:34+	03:05+	01:48+	01:27+	03:22+	02:22+	08:53+	01:21+	03:37+	01:28+	00:27+
00:27#	00:54&	03:25&	01:27&	00:13#	00:01+	00:36&	00:30&	01:14&	00:39&	07:22@	00:08#	00:44&	00:23&	00:05#
15	Marie-Elizabeth Reinseth	27										49:30		
04:18+	12:29+	18:12+	23:10+	25:00+	27:40+	31:32+	32:56+	35:34+	38:04+	41:34+	43:03+	47:33+	49:12+	49:30+
04:18+	08:11+	05:43+	04:58+	01:50+	02:40-	03:52+	01:24+	02:38+	02:30+	03:30+	01:29+	04:30+	01:39+	00:18-
01:47&	06:19@	00:50#	01:18&	00:29&	00:24-	02:40@	00:27&	00:30#	00:47&	01:59@	00:16#	01:37&	00:34&	00:04-
16	Andrea Tapken	54										50:54		
03:37+	06:19+	13:52+	19:11+	21:27+	25:16+	27:09+	29:02+	32:55+	35:46+	41:05+	42:30+	48:31+	50:29+	50:54+
03:37+	02:42+	07:33+	05:19+	02:16+	03:49+	01:53+	01:53+	03:53+	02:51+	05:19+	01:25+	06:01+	01:58+	00:25+
01:06&	00:50&	02:40&	01:39&	00:55&	00:45#	00:41&	00:56&	01:45&	01:08&	03:48@	00:12#	03:08@	00:53&	00:03#
17	Oddny Haugland	114										53:15		
06:13+	16:13+	21:22+	26:39+	27:53+	30:35+	32:06+	33:10+	38:59+	42:03+	44:37+	48:30+	51:42+	52:49+	53:15+
06:13+	10:00+	05:09+	05:17+	01:14-	02:42-	01:31+	01:04+	05:49+	03:04+	02:34+	03:53+	03:12+	01:07+	00:26+
03:42@	08:08@	00:16+	01:37&	00:07-	00:22-	00:19&	00:07#	03:41@	01:21&	01:03&	02:40@	00:19#	00:02+	00:04#
18	Kristin Harbo	92										58:23		
03:17+	06:16+	15:16+	21:45+	26:40+	34:01+	37:19+	38:42+	41:42+	44:35+	48:45+	51:08+	56:20+	57:58+	58:23+
03:17+	02:59+	09:00+	06:29+	04:55+	07:21+	03:18+	01:23+	03:00+	02:53+	04:10+	02:23+	05:12+	01:38+	00:25+
00:46&	01:07&	04:07&	02:49&	03:34@	04:17@	02:06@	00:26&	00:52&	01:10&	02:39@	01:10&	02:19&	00:33&	00:03#
19	Ellinor Hoemsnes	116										1:00:35		
06:29+	10:38+	21:45+	29:29+	31:57+	36:08+	38:23+	40:14+	45:36+	48:45+	52:33+	53:57+	58:33+	60:11+	60:35+
06:29+	04:09+	11:07+	07:44+	02:28+	04:11+	02:15+	01:51+	05:22+	03:09+	03:48+	01:24+	04:36+	01:38+	00:24+
03:58@	02:17@	06:14@	04:04@	01:07&	01:07&	01:03&	00:54&	03:14@	01:26&	02:17@	00:11#	01:43&	00:33&	00:02+
20	Brit Vivian Meling	116										1:21:09		
04:43+	25:21+	37:11+	44:33+	46:06+	49:16+	51:09+	54:52+	57:43+	60:16+	71:30+	72:50+	78:53+	80:34+	81:09+
04:43+	20:38+	11:50+	07:22+	01:33+	03:10+	01:53+	03:43+	02:51+	02:33+	11:14+	01:20+	06:03+	01:41+	00:35+
02:12&	18:46@	06:57@	03:42@	00:12#	00:06+	00:41&	02:46@	00:43&	00:50&	09:43@	00:07+	03:10@	00:36&	00:13&
Beste strekktid for klassen														
02:13	01:38	04:36	03:40	00:52	02:14	01:12	00:52	01:45	01:43	01:31	00:41	02:53	01:04	00:18

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

Class	Navn	Klasse	Tid
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Damer 60 - 64 år

1	Marit Karin Nygård	92	32:14
	01:58= 04:02= 11:14= 12:12= 13:53= 17:16= 19:49= 23:00= 25:12= 28:08= 29:20= 30:51= 32:14=		
	01:58= 02:04= 07:12= 00:58= 01:41= 03:23= 02:33= 03:11= 02:12= 02:56= 01:12= 01:31= 01:23=		
	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=		
2	Ingrid Eik	88	32:50
	02:04+ 04:11+ 10:05- 10:42- 12:24- 16:49- 19:12- 22:12- 24:24- 27:24- 28:35- 30:39- 32:50+		
	02:04+ 02:07+ 05:54- 00:37- 01:42+ 04:25+ 02:23- 03:00- 02:12= 03:00+ 01:11- 02:04+ 02:11+		
	00:06+ 00:03+ 01:18- 00:21- 00:01+ 01:02& 00:10- 00:11- 00:00= 00:04+ 00:01- 00:33& 00:48&		
3	Eli Frafjord	94	32:56
	02:14+ 04:46+ 10:59- 11:55- 13:55+ 17:54+ 20:36+ 23:35+ 25:13+ 28:33+ 29:45+ 31:40+ 32:56+		
	02:14+ 02:32+ 06:13- 00:56- 00:56- 02:00+ 03:59+ 02:42+ 02:59- 01:38- 03:20+ 01:12= 01:55+ 01:16-		
	00:16# 00:28# 00:59- 00:02- 00:19# 00:36# 00:09+ 00:12- 00:34- 00:24# 00:00= 00:24& 00:07-		
4	Berit Bakken	168	45:17
	02:09+ 04:28+ 15:34+ 17:32+ 20:14+ 25:00+ 27:28+ 34:58+ 36:19+ 39:20+ 41:53+ 43:56+ 45:17+		
	02:09+ 02:19+ 11:06+ 01:58+ 02:42+ 04:46+ 02:28- 07:30+ 01:21- 03:01+ 02:33+ 02:03+ 01:21-		
	00:11+ 00:15# 03:54& 01:00# 01:01& 01:23& 00:05- 04:19# 00:51- 00:05+ 01:21# 00:32& 00:02-		
5	Liv Sissel Obrestad	54	46:07
	02:39+ 07:02+ 13:35+ 14:54+ 17:27+ 23:22+ 27:24+ 31:31+ 33:56+ 41:15+ 42:26+ 44:23+ 46:07+		
	02:39+ 04:23+ 06:33- 01:19+ 02:33+ 05:55+ 04:02+ 04:07+ 02:25+ 07:19+ 01:11- 01:57+ 01:44+		
	00:41& 02:19# 00:39- 00:21& 00:52& 02:32& 01:29& 00:56& 00:13+ 04:23# 00:01- 00:26& 00:21&		
6	Aud Steinsland	128	46:17
	02:19+ 09:17+ 17:50+ 18:31+ 20:12+ 24:36+ 27:55+ 31:43+ 33:57+ 40:41+ 42:23+ 44:22+ 46:17+		
	02:19+ 06:58+ 08:33+ 00:41- 01:41= 04:24+ 03:19+ 03:48+ 02:14+ 06:44+ 01:42+ 01:59+ 01:55+		
	00:21# 04:54# 01:21# 00:17- 00:00= 01:01& 00:46& 00:37# 00:02+ 03:48# 00:30& 00:28& 00:32&		
7	Unni Relling	92	51:33
	03:06+ 06:13+ 16:02+ 17:01+ 20:14+ 30:29+ 34:01+ 38:19+ 39:56+ 44:34+ 46:22+ 49:06+ 51:33+		
	03:06+ 03:07+ 09:49+ 00:59+ 03:13+ 10:15+ 03:32+ 04:18+ 01:37- 04:38+ 01:48+ 02:44+ 02:27+		
	01:08& 01:03& 02:37& 00:01+ 01:32& 06:52# 00:59& 01:07& 00:35- 01:42& 00:36& 01:13& 01:04&		
8	Åse Berg	105	51:40
	02:51+ 06:34+ 15:17+ 16:33+ 18:24+ 24:54+ 29:29+ 33:49+ 38:19+ 42:33+ 44:30+ 47:40+ 51:40+		
	02:51+ 03:43+ 08:43+ 01:16+ 01:51+ 06:30+ 04:35+ 04:20+ 04:30+ 04:14+ 01:57+ 03:10+ 04:00+		
	00:53& 01:39& 01:31# 00:18& 00:10+ 03:07& 02:02& 01:09& 02:18# 01:18& 00:45& 01:39# 02:37#		
9	Berit K. Gramstad	113	52:05
	04:16+ 06:43+ 17:45+ 19:42+ 26:00+ 31:41+ 35:00+ 39:00+ 41:35+ 46:16+ 47:59+ 50:13+ 52:05+		
	04:16+ 02:27+ 11:02+ 01:57+ 06:18+ 05:41+ 03:19+ 04:00+ 02:35+ 04:41+ 01:43+ 02:14+ 01:52+		
	02:18# 00:23# 03:50& 00:59# 04:37# 02:18& 00:46& 00:49& 00:23# 01:45& 00:31& 00:43& 00:29&		
10	Kari Blixhavn	228	54:06
	02:30+ 05:27+ 16:13+ 17:16+ 20:06+ 26:03+ 29:06+ 33:31+ 38:09+ 49:19+ 50:34+ 52:34+ 54:06+		
	02:30+ 02:57+ 10:46+ 01:03+ 02:50+ 05:57+ 03:03+ 04:25+ 04:38+ 11:10+ 01:15+ 02:00+ 01:32+		
	00:32& 00:53& 03:34& 00:05+ 01:09& 02:34& 00:30# 01:14& 02:26# 08:14# 00:03+ 00:29& 00:09#		
11	Aashild Lone	105	56:41
	02:39+ 06:02+ 14:20+ 17:00+ 20:57+ 30:17+ 34:00+ 39:54+ 47:04+ 51:08+ 52:35+ 55:21+ 56:41+		
	02:39+ 03:23+ 08:18+ 02:40+ 03:57+ 09:20+ 03:43+ 05:54+ 07:10+ 04:04+ 01:27+ 02:46+ 01:20-		
	00:41& 01:19& 01:06# 01:42# 02:16# 05:57# 01:10& 02:43& 04:58# 01:08& 00:15# 01:15& 00:03-		
12	Halldis Handeland	92	58:05
	02:50+ 08:16+ 16:56+ 18:02+ 20:39+ 26:17+ 30:11+ 46:43+ 48:43+ 52:36+ 54:10+ 56:09+ 58:05+		
	02:50+ 05:26+ 08:40+ 01:06+ 02:37+ 05:38+ 03:54+ 16:32+ 02:00- 03:53+ 01:34+ 01:59+ 01:56+		
	00:52& 03:22# 01:28# 00:08# 00:56& 02:15& 01:21& 13:21# 00:12- 00:57& 00:22& 00:28& 00:33&		
13	Liv-Grete Obrestad	113	59:17
	02:25+ 04:10+ 16:58+ 17:43+ 20:28+ 23:50+ 26:47+ 45:02+ 47:10+ 50:37+ 56:07+ 57:47+ 59:17+		
	02:25+ 01:45- 12:48+ 00:45- 02:45+ 03:22- 02:57+ 18:15+ 02:08- 03:27+ 05:30+ 01:40+ 01:30+		
	00:27# 00:19- 05:36& 00:13- 01:04& 00:01- 00:24# 15:04# 00:04- 00:31# 04:18# 00:09+ 00:07+		

Beste strekktid for klassen

01:58 01:45 05:54 00:37 01:41 03:22 02:23 02:59 01:21 02:56 01:11 01:31 01:16

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

Class	Navn	Klasse	Tid
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Damer 65 - 69 år

1 Mette Dagsland 68 44:05

02:53= 06:30= 15:50= 16:44= 18:20= 22:07= 24:45= 28:10= 29:40= 38:35= 39:21= 41:51= 44:05=
 02:53= 03:37= 09:20= 00:54= 01:36= 03:47= 02:38= 03:25= 01:30= 08:55= 00:46= 02:30= 02:14=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Wenche Anda Haarr 92 48:48

02:37- 10:47+ 22:05+ 22:54+ 25:29+ 29:51+ 33:01+ 36:55+ 38:50+ 42:51+ 44:01+ 47:03+ 48:48+
 02:37- 08:10+ 11:18+ 00:49- 02:35+ 04:22+ 03:10+ 03:54+ 01:55+ 04:01- 01:10+ 03:02+ 01:45-
 00:16- 04:33@ 01:58# 00:05- 00:59& 00:35# 00:32# 00:29# 00:25& 04:54- 00:24& 00:32# 00:29-

3 Ingunn Bjerga 105 55:53

02:54+ 08:49+ 23:59+ 25:16+ 28:13+ 35:05+ 38:48+ 43:18+ 45:28+ 50:56+ 52:04+ 54:24+ 55:53+
 02:54+ 05:55+ 15:10+ 01:17+ 02:57+ 06:52+ 03:43+ 04:30+ 02:10+ 05:28- 01:08+ 02:20- 01:29-
 00:01+ 02:18& 05:50& 00:23& 01:21& 03:05& 01:05& 01:05& 00:40& 03:27- 00:22& 00:10- 00:45-

Beste strekktid for klassen

02:37 03:37 09:20 00:49 01:36 03:47 02:38 03:25 01:30 04:01 00:46 02:20 01:29

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

Damer 70 - 74 år

1 Gry V. Thengs 68 36:00

02:25= 04:48= 11:19= 12:28= 14:12= 18:03= 20:38= 24:09= 25:37= 32:03= 32:42= 34:27= 36:00=
 02:25= 02:23= 06:31= 01:09= 01:44= 03:51= 02:35= 03:31= 01:28= 06:26= 00:39= 01:45= 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=

2 Turid Nystrøm 68 38:06

02:19- 06:08+ 12:16+ 13:10+ 14:52+ 19:24+ 21:47+ 25:01+ 28:42+ 33:48+ 34:56+ 36:52+ 38:06+
 02:19- 03:49+ 06:08- 00:54- 01:42- 04:32+ 02:23- 03:14- 03:41+ 05:06- 01:08+ 01:56+ 01:14-
 00:06- 01:26& 00:23- 00:15- 00:02- 00:41# 00:12- 00:17- 02:13@ 01:20- 00:29& 00:11# 00:19-

3 Haldis Glendrange 68 41:29

02:40+ 05:47+ 15:17+ 16:05+ 18:04+ 21:46+ 24:40+ 27:56+ 30:05+ 34:00+ 35:08+ 37:35+ 41:29+
 02:40+ 03:07+ 09:30+ 00:48- 01:59+ 03:42- 02:54+ 03:16- 02:09+ 03:55- 01:08+ 02:27+ 03:54+
 00:15# 00:44& 02:59& 00:21- 00:15# 00:09- 00:19# 00:15- 00:41& 02:31- 00:29& 00:42& 02:21@

4 Helga Aaslid 54 50:32

05:33+ 12:22+ 20:57+ 21:41+ 23:23+ 27:47+ 31:05+ 34:49+ 37:10+ 43:49+ 45:04+ 47:19+ 50:32+
 05:33+ 06:49+ 08:35+ 00:44- 01:42- 04:24+ 03:18+ 03:44+ 02:21+ 06:39+ 01:15+ 02:15+ 03:13+
 03:08@ 04:26@ 02:04& 00:25- 00:02- 00:33# 00:43& 00:13+ 00:53& 00:13+ 00:36& 00:30& 01:40@

5 Helga Klausen 62 51:10

02:47+ 05:40+ 14:26+ 18:51+ 25:07+ 30:39+ 33:57+ 37:59+ 40:34+ 45:15+ 46:56+ 49:13+ 51:10+
 02:47+ 02:53+ 08:46+ 04:25+ 06:16+ 05:32+ 03:18+ 04:02+ 02:35+ 04:41- 01:41+ 02:17+ 01:57+
 00:22# 00:30# 02:15& 03:16@ 04:32@ 01:41& 00:43& 00:31# 01:07& 01:45- 01:02@ 00:32& 00:24&

6 Hedvig Anda 116 54:15

02:56+ 05:55+ 20:27+ 22:30+ 24:48+ 29:33+ 32:35+ 39:19+ 43:51+ 48:58+ 50:22+ 52:47+ 54:15+
 02:56+ 02:59+ 14:32+ 02:03+ 02:18+ 04:45+ 03:02+ 06:44+ 04:32+ 05:07- 01:24+ 02:25+ 01:28-
 00:31# 00:36& 08:01@ 00:54& 00:34& 00:54# 00:27# 03:13& 03:04@ 01:19- 00:45@ 00:40& 00:05-

7 Ragnhild Christiansen 93 54:48

03:15+ 06:47+ 16:49+ 18:22+ 21:27+ 28:06+ 31:31+ 36:49+ 39:48+ 46:46+ 49:35+ 52:59+ 54:48+
 03:15+ 03:32+ 10:02+ 01:33+ 03:05+ 06:39+ 03:25+ 05:18+ 02:59+ 06:58+ 02:49+ 03:24+ 01:49+
 00:50& 01:09& 03:31& 00:24& 01:21& 02:48& 00:50& 01:47& 01:31@ 00:32+ 02:10@ 01:39& 00:16#

8 Margaret Malmin 105 55:06

03:34+ 06:36+ 23:19+ 24:23+ 27:12+ 34:05+ 38:03+ 42:29+ 44:31+ 49:50+ 50:58+ 53:33+ 55:06+
 03:34+ 03:02+ 16:43+ 01:04- 02:49+ 06:53+ 03:58+ 04:26+ 02:02+ 05:19- 01:08+ 02:35+ 01:33=
 01:09& 00:39& 10:12@ 00:05- 01:05& 03:02& 01:23& 00:55& 00:34& 01:07- 00:29& 00:50& 00:00=

Beste strekktid for klassen

02:19 02:23 06:08 00:44 01:42 03:42 02:23 03:14 01:28 03:55 00:39 01:45 01:14

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

Damer 75 - 79 år

1 Berit Ebbell Olsen 68 49:04

03:14= 06:30= 14:53= 16:09= 18:36= 26:18= 29:44= 34:33= 36:42= 42:10= 43:34= 46:20= 49:04=
 03:14= 03:16= 08:23= 01:16= 02:27= 07:42= 03:26= 04:49= 02:09= 05:28= 01:24= 02:46= 02:44=
 00:00= 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 1:03:21

02:32- 16:38+ 28:46+ 29:29+ 31:24+ 37:14+ 40:30+ 47:35+ 49:59+ 56:45+ 58:10+ 60:37+ 63:21+
 02:32- 14:06+ 12:08+ 00:43- 01:55- 05:50- 03:16- 07:05+ 02:24+ 06:46+ 01:25+ 02:27- 02:44=
 00:42- 10:50@ 03:45& 00:33- 00:32- 01:52- 00:10- 02:16& 00:15# 01:18# 00:01+ 00:19- 00:00=

Beste strekktid for klassen

02:32 03:16 08:23 00:43 01:55 05:50 03:16 04:49 02:09 05:28 01:24 02:27 02:44

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

Damer 80 år og eldre

1 Gørild Espedal 113 1:02:37

02:13= 08:44= 23:43= 36:06= 41:07= 42:15= 45:25= 48:07= 53:59= 58:57= 61:12= 62:37=
 02:13= 06:31= 14:59= 12:23= 05:01= 01:08= 03:10= 02:42= 05:52= 04:58= 02:15= 01:25=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

02:13 06:31 14:59 12:23 05:01 01:08 03:10 02:42 05:52 04:58 02:15 01:25

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

Damer A

1 Marjo Liikanen 67 33:10

01:19= 02:12= 03:26= 05:59= 07:06= 07:35= 09:19= 13:38= 15:59= 17:51= 18:37= 20:11= 22:36= 23:00= 25:55= 27:21= 28:49= 30:02= 31:04= 31:36= 32:55= 33:10=
 01:19= 00:53= 01:14= 02:33= 01:07= 00:29= 01:44= 04:19= 02:21= 01:52= 00:46= 01:34= 02:25= 00:24= 02:55= 01:26= 01:28= 01:13= 01:02= 00:32= 01:19= 00:15=
 00:00=

2 Aud Hognestad Taksdal 92 36:29

01:17- 02:11- 03:28+ 05:44- 06:54- 07:26- 09:26+ 15:28+ 20:19+ 21:29+ 22:59+ 25:16+ 25:49+ 28:52+ 30:25+ 32:18+ 33:01+ 34:11+ 34:44+ 36:15+ 36:29+
 01:17- 00:54+ 01:17+ 02:16- 01:10+ 00:32+ 02:00+ 06:02+ 04:51+ 01:10- 01:30+ 02:17+ 00:33- 03:03+ 01:33- 01:53+ 00:43- 01:10- 00:33- 01:31+ 00:14-
 00:02- 00:01+ 00:03+ 00:17- 00:03+ 00:03# 00:16# 01:43& 02:30@ 00:42- 00:44& 00:43& 01:52- 02:39@ 01:22- 00:27& 00:45- 00:03- 00:29- 00:59@ 01:05-

3 Jorunn Hadland 29 37:35

01:29+ 02:38+ 05:03+ 07:39+ 08:54+ 09:33+ 10:06+ 12:13- 17:32+ 21:58+ 22:54+ 24:15+ 26:27+ 26:58+ 29:27+ 31:09+ 33:02+ 33:55+ 35:09+ 35:44+ 37:17+ 37:35+
 01:29+ 01:09+ 02:25+ 02:36+ 01:15+ 00:39+ 00:33- 02:07- 05:19+ 04:26+ 00:56+ 01:21- 02:12- 00:31+ 02:29- 01:42+ 01:53+ 00:53- 01:14+ 00:35+ 01:33+ 00:18+
 00:10# 00:16& 01:11& 00:03+ 00:08# 00:10& 01:11- 02:12- 02:58@ 02:34@ 00:10# 00:13- 00:13- 00:07& 00:26- 00:16# 00:25& 00:20- 00:12# 00:03+ 00:14# 00:03#

4 Janne Tjørhom Aasheim 93 39:08

01:24+ 02:18+ 03:36+ 06:13+ 07:16+ 07:55+ 09:59+ 17:24+ 23:00+ 24:02+ 25:28+ 28:03+ 28:32+ 31:07+ 32:37+ 34:17+ 34:52+ 36:06+ 36:42+ 38:54+ 39:08+
 01:24+ 00:54+ 01:18+ 02:37+ 01:03- 00:39+ 02:04+ 07:25+ 05:36+ 01:02- 01:26+ 02:35+ 00:29- 02:35+ 01:30- 01:40+ 00:35- 01:14+ 00:36- 02:12+ 00:14-
 00:05+ 00:01+ 00:04+ 00:04+ 00:04- 00:10& 00:20# 03:06& 03:15@ 00:50- 00:40& 01:01& 01:56- 02:11@ 01:25- 00:14# 00:53- 00:01+ 00:26- 01:40@ 01:05-

5 Trine Bolstad 62 40:57

01:32+ 02:35+ 04:00+ 07:59+ 09:29+ 10:17+ 12:08+ 17:25+ 22:53+ 23:54+ 25:26+ 28:28+ 29:00+ 31:51+ 34:02+ 36:29+ 37:11+ 38:29+ 39:09+ 40:41+ 40:57+
 01:32+ 01:03+ 01:25+ 03:59+ 01:30+ 00:48+ 01:51+ 05:17+ 05:28+ 01:01- 01:32+ 03:02+ 00:32- 02:51+ 02:11- 02:27+ 00:42- 01:18+ 00:40- 01:32+ 00:16-
 00:13# 00:10# 00:11# 01:26& 00:23& 00:19& 00:07+ 00:58# 03:07@ 00:51- 00:46& 01:28& 01:53- 02:27@ 00:44- 01:01& 00:46- 00:05+ 00:22- 01:00@ 01:03-

6 Sara Marlene Nystrom Olsen 68 42:46

01:22+ 02:28+ 06:36+ 09:53+ 11:07+ 11:54+ 13:55+ 19:26+ 24:11+ 25:16+ 26:52+ 29:30+ 30:00+ 33:32+ 36:13+ 38:11+ 39:00+ 40:30+ 41:07+ 42:30+ 42:46+
 01:22+ 01:06+ 04:08+ 03:17+ 01:14+ 00:47+ 02:01+ 05:31+ 04:45+ 01:05- 01:36+ 02:38+ 00:30- 03:32+ 02:41- 01:58+ 00:49- 01:30+ 00:37- 01:23+ 00:16-
 00:03+ 00:13# 02:54@ 00:44& 00:07# 00:18& 00:17# 01:12& 02:24@ 00:47- 00:50@ 01:04& 01:55- 03:08@ 00:14- 00:32& 00:39- 00:17# 00:25- 00:51@ 01:03-

7 Tone Torgersen 27 46:53

01:37+ 02:55+ 04:42+ 07:31+ 09:07+ 09:52+ 12:18+ 18:32+ 24:17+ 25:36+ 27:16+ 30:40+ 31:20+ 35:06+ 38:54+ 41:15+ 42:10+ 43:58+ 44:47+ 46:33+ 46:53+
 01:37+ 01:18+ 01:47+ 02:49+ 01:36+ 00:45+ 02:26+ 06:14+ 05:45+ 01:19- 01:40+ 03:24+ 00:40- 03:46+ 03:48+ 02:21+ 00:55- 01:48+ 00:49- 01:46+ 00:20-
 00:18# 00:25& 00:33& 00:16# 00:29& 00:16& 00:42& 01:55& 03:24@ 00:33- 00:54@ 01:50@ 01:45- 03:22@ 00:53& 00:55& 00:33- 00:35& 00:13- 01:14@ 00:59-

Class	Navn	Klasse	Tid																		
8	Marit Haavardsholm	116	47:37																		
01:52+	03:03+	06:14+	09:53+	11:06+	11:49+	14:03+	19:12+	24:24+	25:50+	27:21+	30:33+	31:09+	34:30+	38:15+	41:32+	42:29+	44:29+	45:09+	47:18+	47:37+	
01:52+	01:11+	03:11+	03:39+	01:13+	00:43+	02:14+	05:09+	05:12+	01:26-	01:31+	03:12+	00:36-	03:21+	03:45+	03:17+	00:57-	02:00+	00:40-	02:09+	00:19-	
00:33&	00:18&	01:57@	01:06&	00:06+	00:14&	00:30&	00:50#	02:51@	00:26-	00:45&	01:38@	01:49-	02:57@	00:50&	01:51@	00:31-	00:47&	00:22-	01:37@	01:00-	
9	Ingrid Lamark	46	50:59																		
01:50+	03:04+	05:54+	09:14+	10:52+	11:34+	14:16+	21:15+	27:07+	28:25+	30:19+	35:06+	35:41+	39:54+	42:28+	45:32+	46:19+	47:52+	48:40+	50:39+	50:59+	
01:50+	01:14+	02:50+	03:20+	01:38+	00:42+	02:42+	06:59+	05:52+	01:18-	01:54+	04:47+	00:35-	04:13+	02:34-	03:04+	00:47-	01:33+	00:48-	01:59+	00:20-	
00:31&	00:21&	01:36@	00:47&	00:31&	00:13&	00:58&	02:40&	03:31@	00:34-	01:08@	03:13@	01:50-	03:49@	00:21-	01:38@	00:41-	00:20&	00:14-	01:27@	00:59-	
10	Maira Andersone	93	1:14:25																		
02:07+	03:48+	10:24+	14:14+	17:28+	18:27+	22:01+	31:05+	40:04+	41:42+	45:27+	50:17+	51:09+	56:23+	65:08+	67:37+	68:45+	70:48+	71:43+	74:02+	74:25+	
02:07+	01:41+	06:36+	03:50+	03:14+	00:59+	03:34+	09:04+	08:59+	01:38-	03:45+	04:50+	00:52-	05:14+	08:45+	02:29+	01:08-	02:03+	00:55-	02:19+	00:23-	
00:48&	00:48&	05:22@	01:17&	02:07@	00:30@	01:50@	04:45@	06:38@	00:14-	02:59@	03:16@	01:33-	04:50@	05:50@	01:03&	00:20-	00:50&	00:07-	01:47@	00:56-	
Beste strekktid for klassen																					
01:17	00:53	01:14	02:16	01:03	00:29	00:33	02:07	02:21	01:01	00:46	01:21	00:29	00:24	01:30	01:26	00:35	00:53	00:33	00:32	00:14	00:15

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

Damer B

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

Class	Navn	Klasse										Tid				
11	Lise Isachsen	165										49:59				
01:46+	04:16+	14:31+	15:06+	16:31+	24:04+	29:00+	32:19+	35:21+	36:34+	37:33+	40:52+	43:52+	46:18+	47:53+	49:41+	49:59+
01:46+	02:30+	10:15+	00:35-	01:25+	07:33+	04:56+	03:19+	03:02+	01:13+	00:59+	03:19+	03:00+	02:26-	01:35+	01:48+	00:18+
00:06+	00:03+	06:41@	00:01-	00:06+	04:51@	00:16+	00:07+	00:43&	00:24&	00:22&	00:03+	00:28#	00:34-	00:27&	00:15#	00:01+
12	Ann Karin Tjørhom	93										50:27				
02:24+	04:52+	07:39-	08:34+	10:08+	18:30+	24:03+	28:09+	30:32+	31:34+	33:05+	36:53+	42:41+	46:20+	47:48+	50:02+	50:27+
02:24+	02:28+	02:47-	00:55+	01:34+	08:22+	05:33+	04:06+	02:23+	01:02+	01:31+	03:48+	05:48+	03:39+	01:28+	02:14+	00:25+
00:44&	00:01+	00:47-	00:19&	00:15#	05:40@	00:53#	00:54&	00:04+	00:13&	00:54@	00:32#	03:16@	00:39#	00:20&	00:41&	00:08&
13	Helen Lomeland	105										50:39				
02:05+	08:35+	13:00+	14:08+	15:42+	21:19+	27:00+	30:46+	33:20+	34:17+	35:02+	38:49+	43:56+	46:56+	48:19+	50:21+	50:39+
02:05+	06:30+	04:25+	01:08+	01:34+	05:37+	05:41+	03:46+	02:34+	00:57+	00:45+	03:47+	05:07+	03:00=	01:23+	02:02+	00:18+
00:25#	04:03@	00:51#	00:32&	00:15#	02:55@	01:01#	00:34#	00:15#	00:08#	00:08#	00:31#	02:35@	00:00=	00:15#	00:29&	00:01+
14	Ingunn Anda Haug	67										50:47				
02:11+	04:12+	07:04-	07:52-	09:29-	12:26+	19:14+	28:00+	32:33+	33:38+	34:27+	39:00+	42:37+	45:53+	47:28+	50:25+	50:47+
02:11+	02:01-	02:52-	00:48+	01:37+	02:57+	06:48+	08:46+	04:33+	01:05+	00:49+	04:33+	03:37+	03:16+	01:35+	02:57+	00:22+
00:31&	00:26-	00:42-	00:12&	00:18#	00:15+	02:08&	05:34@	02:14&	00:16&	00:12&	01:17&	01:05&	00:16+	00:27&	01:24&	00:05&
15	Mariann Sveinsvoll	94										54:31				
02:49+	07:38+	12:49+	13:45+	16:06+	21:07+	27:31+	31:53+	34:46+	36:09+	37:08+	42:41+	47:15+	50:11+	52:03+	54:07+	54:31+
02:49+	04:49+	05:11+	00:56+	02:21+	05:01+	06:24+	04:22+	02:53+	01:23+	00:59+	05:33+	04:34+	02:56-	01:52+	02:04+	00:24+
01:09&	02:22&	01:37&	00:20&	01:02&	02:19&	01:44&	01:10&	00:34#	00:34&	00:22&	02:17&	02:02&	00:04-	00:44&	00:31&	00:07&
16	Margrethe Roalsø	93										55:21				
02:27+	05:32+	09:14+	10:54+	13:00+	18:29+	25:58+	31:41+	34:37+	36:07+	37:28+	42:49+	47:24+	50:24+	52:16+	54:58+	55:21+
02:27+	03:05+	03:42+	01:40+	02:06+	05:29+	07:29+	05:43+	02:56+	01:30+	01:21+	05:21+	04:35+	03:00=	01:52+	02:42+	00:23+
00:47&	00:38&	00:08+	01:04@	00:47&	02:47@	02:49&	02:31&	00:37&	00:41&	00:44@	02:05&	02:03&	00:00=	00:44&	01:09&	00:06&
17	Randi Helen Ladsten	128										55:29				
02:28+	04:51+	07:39-	09:18+	11:27+	15:48+	24:47+	29:42+	33:22+	34:30+	35:49+	40:34+	44:20+	51:38+	53:17+	55:10+	55:29+
02:28+	02:23-	02:48-	01:39+	02:09+	04:21+	08:59+	04:55+	03:40+	01:08+	01:19+	04:45+	03:46+	07:18+	01:39+	01:53+	00:19+
00:48&	00:04-	00:46-	01:03@	00:50&	01:39&	04:19&	01:43&	01:21&	00:19&	00:42@	01:29&	01:14&	04:18@	00:31&	00:20#	00:02#
18	Tone Cecilie Nystrom	68										57:09				
02:36+	08:45+	13:15+	15:30+	17:47+	22:55+	29:34+	33:41+	36:34+	37:46+	38:41+	43:38+	47:47+	52:50+	54:38+	56:44+	57:09+
02:36+	06:09+	04:30+	02:15+	02:17+	05:08+	06:39+	04:07+	02:53+	01:12+	00:55+	04:57+	04:09+	05:03+	01:48+	02:06+	00:25+
00:56&	03:42@	00:56&	01:39@	00:58&	02:26&	01:59&	00:55&	00:34#	00:23&	00:18&	01:41&	01:37&	02:03&	00:40&	00:33&	00:08&
Beste strekktid for klassen																
01:40	01:46	02:19	00:35	01:13	02:41	04:40	03:12	02:13	00:49	00:37	02:58	02:32	02:26	01:08	01:33	00:17

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

Damer Ny

1	Karen Bjørheim Sømme	109										20:48				
01:42=	04:11=	07:15=	11:33=	15:16=	18:24=	20:10=	20:48=									
01:42=	02:29=	03:04=	04:18=	03:43=	03:08=	01:46=	00:38=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	Suma Jorige	80										47:59				
09:53+	26:06+	31:07+	34:25+	38:22+	44:51+	47:10+	47:59+									
09:53+	16:13+	05:01+	03:18-	03:57+	06:29+	02:19+	00:49+									
08:11@	13:44@	01:57&	01:00-	00:14+	03:21@	00:33&	00:11&									

Beste strekktid for klassen

01:42 02:29 03:04 03:18 03:43 03:08 01:46 00:38

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

Damer Trim

1	Gerd Katrin Kro	117										19:43				
01:51=	03:16=	05:17=	09:38=	11:37=	13:16=	14:30=	16:05=	18:17=	19:04=	19:43=						
01:51=	01:25=	02:01=	04:21=	01:59=	01:39=	01:14=	01:35=	02:12=	00:47=	00:39=						
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	Anne Marie Gausel	105	21:12
	01:49- 03:19+ 04:46- 09:35- 12:21+ 14:22+ 15:33+ 18:09+ 20:34+ 21:12+		
	01:49- 01:30+ 01:27- 04:49+ 02:46+ 02:01+ 01:11- 02:36+ 01:46- 00:39- 00:38-		
	00:02- 00:05+ 00:34- 00:28# 00:47& 00:22# 00:03- 01:01& 00:26- 00:08- 00:01-		
3	Ingrid O. Foss	117	21:54
	01:41- 03:06- 04:47- 10:41+ 13:14+ 15:12+ 16:16+ 18:27+ 20:17+ 21:16+ 21:54+		
	01:41- 01:25= 01:41- 05:54+ 02:33+ 01:58+ 01:04- 02:11+ 01:50- 00:59+ 00:38-		
	00:10- 00:00= 00:20- 01:33& 00:34& 00:19# 00:10- 00:36& 00:22- 00:12& 00:01-		
4	Turid Johanne Kidøy	18	22:08
	01:46- 04:11+ 05:33+ 10:19+ 13:23+ 15:47+ 16:43+ 19:00+ 21:01+ 21:30+ 22:08+		
	01:46- 02:25+ 01:22- 04:46+ 03:04+ 02:24+ 00:56- 02:17+ 02:01- 00:29- 00:38-		
	00:05- 01:00& 00:39- 00:25+ 01:05& 00:45& 00:18- 00:42& 00:11- 00:18- 00:01-		
5	Svitlana Rasheva	116	22:12
	01:31- 03:18+ 05:48+ 10:03+ 12:28+ 15:09+ 16:15+ 18:53+ 20:44+ 21:26+ 22:12+		
	01:31- 01:47+ 02:30+ 04:15- 02:25+ 02:41+ 01:06- 02:38+ 01:51- 00:42- 00:46+		
	00:20- 00:22& 00:29# 00:06- 00:26# 01:02& 00:08- 01:03& 00:21- 00:05- 00:07#		
6	Kjersti Fandrem	94	22:23
	01:20- 02:42- 04:01- 09:01- 13:46+ 15:37+ 16:36+ 18:22+ 21:08+ 21:49+ 22:23+		
	01:20- 01:22- 01:19- 05:00+ 04:45+ 01:51+ 00:59- 01:46+ 02:46+ 00:41- 00:34-		
	00:31- 00:03- 00:42- 00:39# 02:46@ 00:12# 00:15- 00:11# 00:34& 00:06- 00:05-		
7	Margrete Jian Øye	126	23:10
	01:36- 02:51- 04:12- 10:00+ 14:48+ 16:40+ 17:47+ 20:19+ 21:43+ 22:28+ 23:10+		
	01:36- 01:15- 01:21- 05:48+ 04:48+ 01:52+ 01:07- 02:32+ 01:24- 00:45- 00:42+		
	00:15- 00:10- 00:40- 01:27& 02:49@ 00:13# 00:07- 00:57& 00:48- 00:02- 00:03+		
8	Janeth Kleppe	128	23:17
	01:40- 03:05- 04:31- 13:02+ 16:07+ 17:45+ 18:46+ 20:16+ 21:52+ 22:32+ 23:17+		
	01:40- 01:25= 01:26- 08:31+ 03:05+ 01:38- 01:01- 01:30- 01:36- 00:40- 00:45+		
	00:11- 00:00= 00:35- 04:10& 01:06& 00:01- 00:13- 00:05- 00:36- 00:07- 00:06#		
9	Solbjørg Borgersen	233	23:18
	01:59+ 03:50+ 05:35+ 11:06+ 13:35+ 15:45+ 17:05+ 19:32+ 21:47+ 22:34+ 23:18+		
	01:59+ 01:51+ 01:45- 05:31+ 02:29+ 02:10+ 01:20+ 02:27+ 02:15+ 00:47= 00:44+		
	00:08+ 00:26& 00:16- 01:10& 00:30& 00:31& 00:06+ 00:52& 00:03+ 00:00= 00:05#		
10	Bjørg Elen Abrahamsen	29	23:27
	02:08+ 03:51+ 05:43+ 10:24+ 13:36+ 16:01+ 17:24+ 19:59+ 21:55+ 22:41+ 23:27+		
	02:08+ 01:43+ 01:52- 04:41+ 03:12+ 02:25+ 01:23+ 02:35+ 01:56- 00:46- 00:46+		
	00:17# 00:18# 00:09- 00:20+ 01:13& 00:46& 00:09# 01:00& 00:16- 00:01- 00:07#		
11	Fredrike Krahn	126	23:33
	02:08+ 03:34+ 04:54- 10:49+ 15:13+ 17:01+ 18:04+ 20:03+ 22:07+ 22:53+ 23:33+		
	02:08+ 01:26+ 01:20- 05:55+ 04:24+ 01:48+ 01:03- 01:59+ 02:04- 00:46- 00:40+		
	00:17# 00:01+ 00:41- 01:34& 02:25@ 00:09+ 00:11- 00:24& 00:08- 00:01- 00:01+		
12	Ann Helen Johannesen	71	23:42
	02:26+ 05:35+ 08:07+ 14:01+ 15:54+ 17:33+ 18:33+ 20:33+ 22:26+ 23:05+ 23:42+		
	02:26+ 03:09+ 02:32+ 05:54+ 01:53- 01:39= 01:00- 02:00+ 01:53- 00:39- 00:37-		
	00:35& 01:44@ 00:31& 01:33& 00:06- 00:00= 00:14- 00:25& 00:19- 00:08- 00:02-		
13	Parul Khandelwal	71	24:45
	01:45- 03:30+ 05:16- 10:08+ 13:59+ 17:29+ 18:49+ 21:02+ 23:16+ 23:53+ 24:45+		
	01:45- 01:45+ 01:46- 04:52+ 03:51+ 03:30+ 01:20+ 02:13+ 02:14+ 00:37- 00:52+		
	00:06- 00:20# 00:15- 00:31# 01:52& 01:51@ 00:06+ 00:38& 00:02+ 00:10- 00:13&		
14	Anlaug Nygard	27	25:15
	02:08+ 05:31+ 07:02+ 12:58+ 15:15+ 17:24+ 18:43+ 21:13+ 23:33+ 24:29+ 25:15+		
	02:08+ 03:23+ 01:31- 05:56+ 02:17+ 02:09+ 01:19+ 02:30+ 02:20+ 00:56+ 00:46+		
	00:17# 01:58@ 00:30- 01:35& 00:18# 00:30& 00:05+ 00:55& 00:08+ 00:09# 00:07#		
15	Margot Asheim	105	25:32
	01:46- 04:17+ 09:24+ 14:07+ 16:33+ 18:52+ 20:08+ 22:16+ 24:12+ 24:58+ 25:32+		
	01:46- 02:31+ 05:07+ 04:43+ 02:26+ 02:19+ 01:16+ 02:08+ 01:56- 00:46- 00:34-		
	00:05- 01:06& 03:06@ 00:22+ 00:27# 00:40& 00:02+ 00:33& 00:16- 00:01- 00:05-		
16	Tina Pedersen	27	25:40
	01:59+ 03:47+ 07:59+ 14:02+ 16:59+ 18:56+ 20:07+ 21:51+ 23:46+ 25:03+ 25:40+		
	01:59+ 01:48+ 04:12+ 06:03+ 02:57+ 01:57+ 01:11- 01:44+ 01:55- 01:17+ 00:37-		
	00:08+ 00:23& 02:11@ 01:42& 00:58& 00:18# 00:03- 00:09+ 00:17- 00:30& 00:02-		

Class	Navn	Klasse									Tid
17	Irene Frøyland	71									25:42
01:46-	04:32+	06:12+	12:46+	16:25+	18:27+	19:47+	22:06+	24:10+	24:54+	25:42+	
01:46-	02:46+	01:40-	06:34+	03:39+	02:02+	01:20+	02:19+	02:04-	00:44-	00:48+	
00:05-	01:21&	00:21-	02:13&	01:40&	00:23#	00:06+	00:44&	00:08-	00:03-	00:09#	
18	Lise Bergli	62									26:04
01:51=	04:15+	06:13+	11:58+	15:53+	18:17+	19:28+	21:48+	24:04+	25:02+	26:04+	
01:51=	02:24+	01:58-	05:45+	03:55+	02:24+	01:11-	02:20+	02:16+	00:58+	01:02+	
00:00=	00:59&	00:03-	01:24&	01:56&	00:45&	00:03-	00:45&	00:04+	00:11#	00:23&	
19	Tonje Tiley	27									26:29
01:50-	03:29+	09:05+	13:41+	17:14+	19:55+	21:12+	23:20+	25:17+	25:52+	26:29+	
01:50-	01:39+	05:36+	04:36+	03:33+	02:41+	01:17+	02:08+	01:57-	00:35-	00:37-	
00:01-	00:14#	03:35@	00:15+	01:34&	01:02&	00:03+	00:33&	00:15-	00:12-	00:02-	
20	Kirsti Strand Salvesen	256									26:38
02:24+	04:29+	06:27+	11:26+	15:28+	18:12+	19:51+	22:38+	24:44+	25:38+	26:38+	
02:24+	02:05+	01:58-	04:59+	04:02+	02:44+	01:39+	02:47+	02:06-	00:54+	01:00+	
00:33&	00:40&	00:03-	00:38#	02:03@	01:05&	00:25&	01:12&	00:06-	00:07#	00:21&	
21	Jorunn Eriksson Sætre	47									26:56
01:42-	03:07-	08:48+	13:53+	17:11+	19:20+	20:27+	22:56+	25:15+	26:11+	26:56+	
01:42-	01:25=	05:41+	05:05+	03:18+	02:09+	01:07-	02:29+	02:19+	00:56+	00:45+	
00:09-	00:00=	03:40@	00:44#	01:19&	00:30&	00:07-	00:54&	00:07+	00:09#	00:06#	
22	Judith Serigstad	128									27:04
03:09+	05:12+	07:03+	13:49+	17:09+	19:10+	20:35+	22:53+	25:05+	26:00+	27:04+	
03:09+	02:03+	01:51-	06:46+	03:20+	02:01+	01:25+	02:18+	02:12=	00:55+	01:04+	
01:18&	00:38&	00:10-	02:25&	01:21&	00:22#	00:11#	00:43&	00:00=	00:08#	00:25&	
23	Brit Svihus	92									27:07
02:04+	03:42+	05:36+	11:16+	15:58+	18:43+	20:12+	22:39+	25:19+	26:15+	27:07+	
02:04+	01:38+	01:54-	05:40+	04:42+	02:45+	01:29+	02:27+	02:40+	00:56+	00:52+	
00:13#	00:13#	00:07-	01:19&	02:43@	01:06&	00:15#	00:52&	00:28#	00:09#	00:13&	
24	Sarah Denieul	42									27:07
01:58+	06:36+	08:34+	12:34+	15:31+	17:37+	18:49+	22:27+	25:20+	26:08+	27:07+	
01:58+	04:38+	01:58-	04:00-	02:57+	02:06+	01:12-	03:38+	02:53+	00:48+	00:59+	
00:07+	03:13@	00:03-	00:21-	00:58&	00:27&	00:02-	02:03@	00:41&	00:01+	00:20&	
25	Bente Salte Aune	128									27:09
03:15+	05:19+	07:18+	13:51+	17:09+	19:12+	20:35+	22:52+	25:15+	26:02+	27:09+	
03:15+	02:04+	01:59-	06:33+	03:18+	02:03+	01:23+	02:17+	02:23+	00:47=	01:07+	
01:24&	00:39&	00:02-	02:12&	01:19&	00:24#	00:09#	00:42&	00:11+	00:00=	00:28&	
26	Marianne Johnsen	5									27:14
01:33-	03:03-	06:07+	10:30+	18:46+	20:42+	22:08+	24:05+	25:47+	26:32+	27:14+	
01:33-	01:30+	03:04+	04:23+	08:16+	01:56+	01:26+	01:57+	01:42-	00:45-	00:42+	
00:18-	00:05+	01:03&	00:02+	06:17@	00:17#	00:12#	00:22#	00:30-	00:02-	00:03+	
27	Synnøve Hognestad	115									27:22
01:49-	03:30+	05:00-	15:04+	18:38+	20:41+	22:12+	24:18+	26:04+	26:38+	27:22+	
01:49-	01:41+	01:30-	10:04+	03:34+	02:03+	01:31+	02:06+	01:46-	00:34-	00:44+	
00:02-	00:16#	00:31-	05:43@	01:35&	00:24#	00:17#	00:31&	00:26-	00:13-	00:05#	
28	Marie Skadberg	27									27:37
02:00+	03:46+	09:41+	15:32+	17:35+	19:38+	20:56+	23:01+	26:03+	26:49+	27:37+	
02:00+	01:46+	05:55+	05:51+	02:03+	02:03+	01:18+	02:05+	03:02+	00:46-	00:48+	
00:09+	00:21#	03:54@	01:30&	00:04+	00:24#	00:04+	00:30&	00:50&	00:01-	00:09#	
29	Randi Bugge	46									27:43
01:51=	03:35+	05:36+	12:14+	14:21+	19:05+	20:43+	22:50+	25:53+	27:00+	27:43+	
01:51=	01:44+	02:01=	06:38+	02:07+	04:44+	01:38+	02:07+	03:03+	01:07+	00:43+	
00:00=	00:19#	00:00=	02:17&	00:08+	03:05@	00:24&	00:32&	00:51&	00:20&	00:04#	
30	Jorunn Pedersen Lima	113									27:48
02:26+	04:04+	08:06+	13:25+	17:25+	20:07+	21:27+	24:09+	26:07+	27:01+	27:48+	
02:26+	01:38+	04:02+	05:19+	04:00+	02:42+	01:20+	02:42+	01:58-	00:54+	00:47+	
00:35&	00:13#	02:01&	00:58#	02:01@	01:03&	00:06+	01:07&	00:14-	00:07#	00:08#	
31	Solbjørg Lima Skadberg	113									27:52
02:24+	04:11+	08:12+	13:30+	17:29+	20:09+	21:31+	24:13+	26:13+	27:05+	27:52+	
02:24+	01:47+	04:01+	05:18+	03:59+	02:40+	01:22+	02:42+	02:00-	00:52+	00:47+	
00:33&	00:22&	02:00&	00:57#	02:00@	01:01&	00:08#	01:07&	00:12-	00:05#	00:08#	

Class	Navn	Klasse									Tid
32	Anette Tronstad	115									27:55
01:48-	03:28+	09:30+	14:59+	18:04+	20:16+	21:27+	23:46+	26:11+	27:07+	27:55+	
01:48-	01:40+	06:02+	05:29+	03:05+	02:12+	01:11-	02:19+	02:25+	00:56+	00:48+	
00:03-	00:15#	04:01@	01:08&	01:06&	00:33&	00:03-	00:44&	00:13+	00:09#	00:09#	
33	Ruth Grødem	105									27:59
02:19+	04:35+	06:24+	12:16+	16:56+	19:36+	21:05+	23:38+	26:17+	27:07+	27:59+	
02:19+	02:16+	01:49-	05:52+	04:40+	02:40+	01:29+	02:33+	02:39+	00:50+	00:52+	
00:28&	00:51&	00:12-	01:31&	02:41@	01:01&	00:15#	00:58&	00:27#	00:03+	00:13&	
34	Lillian Dahl Fitjar	117									28:27
02:31+	04:17+	06:10+	13:35+	16:12+	18:57+	20:18+	23:30+	26:08+	27:22+	28:27+	
02:31+	01:46+	01:53-	07:25+	02:37+	02:45+	01:21+	03:12+	02:38+	01:14+	01:05+	
00:40&	00:21#	00:08-	03:04&	00:38&	01:06&	00:07+	01:37@	00:26#	00:27&	00:26&	
35	Elisabeth Thompson	27									28:55
02:58+	05:26+	07:28+	17:10+	20:03+	22:09+	23:29+	25:33+	27:28+	28:14+	28:55+	
02:58+	02:28+	02:02+	09:42+	02:53+	02:06+	01:20+	02:04+	01:55-	00:46-	00:41+	
01:07&	01:03&	00:01+	05:21@	00:54&	00:27&	00:06+	00:29&	00:17-	00:01-	00:02+	
36	May Kristin Haaland	47									29:09
02:28+	05:34+	07:53+	13:35+	16:30+	19:27+	21:16+	24:11+	27:08+	28:17+	29:09+	
02:28+	03:06+	02:19+	05:42+	02:55+	02:57+	01:49+	02:55+	02:57+	01:09+	00:52+	
00:37&	01:41@	00:18#	01:21&	00:56&	01:18&	00:35&	01:20&	00:45&	00:22&	00:13&	
37	Ingunn Kristiansen Wiig	105									29:09
01:34-	05:13+	10:38+	15:11+	18:46+	21:13+	22:39+	24:53+	27:19+	28:21+	29:09+	
01:34-	03:39+	05:25+	04:33+	03:35+	02:27+	01:26+	02:14+	02:26+	01:02+	00:48+	
00:17-	02:14@	03:24@	00:12+	01:36&	00:48&	00:12#	00:39&	00:14#	00:15&	00:09#	
38	Esther Boenheim	268									29:10
02:13+	04:11+	06:53+	13:38+	17:36+	20:08+	21:30+	24:06+	26:19+	27:49+	29:10+	
02:13+	01:58+	02:42+	06:45+	03:58+	02:32+	01:22+	02:36+	02:13+	01:30+	01:21+	
00:22#	00:33&	00:41&	02:24&	01:59&	00:53&	00:08#	01:01&	00:01+	00:43&	00:42@	
39	Lilly Charlotte Berg	94									29:27
03:15+	05:36+	07:27+	14:41+	17:23+	20:01+	21:29+	24:05+	27:07+	28:36+	29:27+	
03:15+	02:21+	01:51-	07:14+	02:42+	02:38+	01:28+	02:36+	03:02+	01:29+	00:51+	
01:24&	00:56&	00:10-	02:53&	00:43&	00:59&	00:14#	01:01&	00:50&	00:42&	00:12&	
40	Cecilie Kristine Karlsen	93									29:59
01:33-	03:09-	04:38-	12:06+	21:21+	23:03+	24:25+	26:19+	27:59+	28:58+	29:59+	
01:33-	01:36+	01:29-	07:28+	09:15+	01:42+	01:22+	01:54+	01:40-	00:59+	01:01+	
00:18-	00:11#	00:32-	03:07&	07:16@	00:03+	00:08#	00:19#	00:32-	00:12&	00:22&	
41	Kjersti Vasbø	126									30:28
02:15+	04:15+	06:38+	13:59+	18:43+	21:07+	22:54+	25:53+	28:27+	29:34+	30:28+	
02:15+	02:00+	02:23+	07:21+	04:44+	02:24+	01:47+	02:59+	02:34+	01:07+	00:54+	
00:24#	00:35&	00:22#	03:00&	02:45@	00:45&	00:33&	01:24&	00:22#	00:20&	00:15&	
42	Marit Elin Aandahl	80									30:32
02:10+	03:46+	11:55+	17:09+	19:33+	21:49+	23:06+	25:46+	28:32+	29:20+	30:32+	
02:10+	01:36+	08:09+	05:14+	02:24+	02:16+	01:17+	02:40+	02:46+	00:48+	01:12+	
00:19#	00:11#	06:08@	00:53#	00:25#	00:37&	00:03+	01:05&	00:34&	00:01+	00:33&	
43	Gunhild Nordbø	117									30:40
01:51=	05:03+	06:56+	18:09+	20:50+	22:59+	24:44+	27:07+	28:51+	29:50+	30:40+	
01:51=	03:12+	01:53-	11:13+	02:41+	02:09+	01:45+	02:23+	01:44-	00:59+	00:50+	
00:00=	01:47@	00:08-	06:52@	00:42&	00:30&	00:31&	00:48&	00:28-	00:12&	00:11&	
44	Linn Soma	287									31:54
02:27+	04:31+	10:54+	16:17+	19:59+	23:01+	24:15+	27:10+	30:16+	31:07+	31:54+	
02:27+	02:04+	06:23+	05:23+	03:42+	03:02+	01:14=	02:55+	03:06+	00:51+	00:47+	
00:36&	00:39&	04:22@	01:02#	01:43&	01:23&	00:00=	01:20&	00:54&	00:04+	00:08#	
45	Linda Haukås	113									31:55
02:21+	05:02+	06:50+	15:07+	20:08+	22:43+	24:05+	26:41+	30:02+	30:48+	31:55+	
02:21+	02:41+	01:48-	08:17+	05:01+	02:35+	01:22+	02:36+	03:21+	00:46-	01:07+	
00:30&	01:16&	00:13-	03:56&	03:02@	00:56&	00:08#	01:01&	01:09&	00:01-	00:28&	
46	Sissel Carlsen Bråstad	88									32:39
03:30+	05:58+	08:42+	16:45+	19:50+	22:52+	24:37+	27:40+	30:16+	31:26+	32:39+	
03:30+	02:28+	02:44+	08:03+	03:05+	03:02+	01:45+	03:03+	02:36+	01:10+	01:13+	
01:39&	01:03&	00:43&	03:42&	01:06&	01:23&	00:31&	01:28&	00:24#	00:23&	00:34&	

Class	Navn	Klasse										Tid
47	Lene Haver Schmidt	88										32:40
03:34+	05:57+	08:42+	16:43+	19:49+	22:52+	24:35+	27:40+	30:14+	31:25+	32:40+		
03:34+	02:23+	02:45+	08:01+	03:06+	03:03+	01:43+	03:05+	02:34+	01:11+	01:15+		
01:43&	00:58&	00:44&	03:40&	01:07&	01:24&	00:29&	01:30&	00:22#	00:24&	00:36&		
48	Grete Hellevik	168										32:43
02:41+	04:26+	06:21+	12:19+	15:26+	24:59+	26:20+	28:30+	30:57+	31:54+	32:43+		
02:41+	01:45+	01:55-	05:58+	03:07+	09:33+	01:21+	02:10+	02:27+	00:57+	00:49+		
00:50&	00:20#	00:06-	01:37&	01:08&	07:54@	00:07+	00:35&	00:15#	00:10#	00:10&		
49	Cathrine Furenes	19										32:58
01:50-	04:01+	07:30+	13:40+	18:21+	24:21+	25:56+	28:18+	31:07+	32:00+	32:58+		
01:50-	02:11+	03:29+	06:10+	04:41+	06:00+	01:35+	02:22+	02:49+	00:53+	00:58+		
00:01-	00:46&	01:28&	01:49&	02:42@	04:21@	00:21&	00:47&	00:37&	00:06#	00:19&		
50	Margretha Almedal	91										33:01
01:58+	06:13+	08:21+	21:20+	24:07+	25:55+	27:11+	29:25+	31:30+	32:19+	33:01+		
01:58+	04:15+	02:08+	12:59+	02:47+	01:48+	01:16+	02:14+	02:05-	00:49+	00:42+		
00:07+	02:50@	00:07+	08:38@	00:48&	00:09+	00:02+	00:39&	00:07-	00:02+	00:03+		
51	Heidi Horne	71										33:06
02:18+	15:18+	16:48+	21:59+	24:05+	26:05+	27:12+	29:20+	31:37+	32:30+	33:06+		
02:18+	13:00+	01:30-	05:11+	02:06+	02:00+	01:07-	02:08+	02:17+	00:53+	00:36-		
00:27#	11:35@	00:31-	00:50#	00:07+	00:21#	00:07-	00:33&	00:05+	00:06#	00:03-		
52	Reidun Solli Skjørestad	47										33:18
02:45+	05:44+	08:34+	16:51+	19:35+	23:00+	24:48+	28:07+	31:15+	32:28+	33:18+		
02:45+	02:59+	02:50+	08:17+	02:44+	03:25+	01:48+	03:19+	03:08+	01:13+	00:50+		
00:54&	01:34@	00:49&	03:56&	00:45&	01:46@	00:34&	01:44@	00:56&	00:26&	00:11&		
53	Linda Rotevatn	47										33:21
02:46+	05:45+	08:39+	16:56+	19:35+	23:00+	24:49+	28:12+	31:20+	32:32+	33:21+		
02:46+	02:59+	02:54+	08:17+	02:39+	03:25+	01:49+	03:23+	03:08+	01:12+	00:49+		
00:55&	01:34@	00:53&	03:56&	00:40&	01:46@	00:35&	01:48@	00:56&	00:25&	00:10&		
54	Solveig Mæland	128										33:32
02:27+	04:39+	06:54+	13:50+	18:38+	22:01+	23:43+	27:38+	31:15+	32:31+	33:32+		
02:27+	02:12+	02:15+	06:56+	04:48+	03:23+	01:42+	03:55+	03:37+	01:16+	01:01+		
00:36&	00:47&	00:14#	02:35&	02:49@	01:44@	00:28&	02:20@	01:25&	00:29&	00:22&		
55	Anita Heggheim	19										34:02
02:48+	05:01+	08:31+	14:46+	19:30+	25:36+	26:56+	29:23+	32:06+	33:07+	34:02+		
02:48+	02:13+	03:30+	06:15+	04:44+	06:06+	01:20+	02:27+	02:43+	01:01+	00:55+		
00:57&	00:48&	01:29&	01:54&	02:45@	04:27@	00:06+	00:52&	00:31#	00:14&	00:16&		
56	Sigrun Serigstad	128										34:06
01:32-	04:26+	05:45+	21:03+	24:52+	26:58+	28:18+	31:00+	32:28+	33:23+	34:06+		
01:32-	02:54+	01:19-	15:18+	03:49+	02:06+	01:20+	02:42+	01:28-	00:55+	00:43+		
00:19-	01:29@	00:42-	10:57@	01:50&	00:27&	00:06+	01:07&	00:44-	00:08#	00:04#		
57	Tone S Rorgemoen	27										34:12
02:14+	04:23+	14:18+	19:45+	24:29+	26:53+	28:19+	30:24+	32:31+	33:20+	34:12+		
02:14+	02:09+	09:55+	05:27+	04:44+	02:24+	01:26+	02:05+	02:07-	00:49+	00:52+		
00:23#	00:44&	07:54@	01:06&	02:45@	00:45&	00:12#	00:30&	00:05-	00:02+	00:13&		
58	Maria Haukalid	47										34:14
01:53+	03:42+	12:06+	17:58+	21:50+	24:33+	26:15+	28:59+	32:04+	33:17+	34:14+		
01:53+	01:49+	08:24+	05:52+	03:52+	02:43+	01:42+	02:44+	03:05+	01:13+	00:57+		
00:02+	00:24&	06:23@	01:31&	01:53&	01:04&	00:28&	01:09&	00:53&	00:26&	00:18&		
59	Synnøve Langvik	93										34:40
03:24+	05:35+	08:23+	13:38+	16:23+	22:35+	24:15+	26:34+	32:33+	33:51+	34:40+		
03:24+	02:11+	02:48+	05:15+	02:45+	06:12+	01:40+	02:19+	05:59+	01:18+	00:49+		
01:33&	00:46&	00:47&	00:54#	00:46&	04:33@	00:26&	00:44&	03:47@	00:31&	00:10&		
60	Tatiana Lindeberg	134										34:50
03:43+	05:56+	09:24+	15:38+	20:15+	26:16+	27:53+	30:15+	33:02+	33:52+	34:50+		
03:43+	02:13+	03:28+	06:14+	04:37+	06:01+	01:37+	02:22+	02:47+	00:50+	00:58+		
01:52@	00:48&	01:27&	01:53&	02:38@	04:22@	00:23&	00:47&	00:35&	00:03+	00:19&		
61	Brynhild Haaland	101										35:02
02:59+	06:11+	08:45+	15:41+	19:55+	26:01+	27:34+	30:29+	33:04+	34:09+	35:02+		
02:59+	03:12+	02:34+	06:56+	04:14+	06:06+	01:33+	02:55+	02:35+	01:05+	00:53+		
01:08&	01:47@	00:33&	02:35&	02:15@	04:27@	00:19&	01:20&	00:23#	00:18&	00:14&		

Class	Navn	Klasse									Tid
62	Kristin Breivold	92									35:24
02:18+	03:38+	05:11-	13:00+	17:01+	28:41+	29:49+	31:42+	33:38+	34:25+	35:24+	
02:18+	01:20-	01:33-	07:49+	04:01+	11:40+	01:08-	01:53+	01:56-	00:47=	00:59+	
00:27#	00:05-	00:28-	03:28&	02:02@	10:01@	00:06-	00:18#	00:16-	00:00=	00:20&	
63	Haldis Vagle	92									35:31
02:43+	04:57+	10:29+	20:35+	23:19+	26:04+	27:39+	30:13+	33:09+	34:30+	35:31+	
02:43+	02:14+	05:32+	10:06+	02:44+	02:45+	01:35+	02:34+	02:56+	01:21+	01:01+	
00:52&	00:49&	03:31@	05:45@	00:45&	01:06&	00:21&	00:59&	00:44&	00:34&	00:22&	
64	Ase Kristensen	94									35:37
02:22+	04:27+	06:28+	14:04+	21:24+	25:24+	27:10+	29:44+	32:34+	34:11+	35:37+	
02:22+	02:05+	02:01=	07:36+	07:20+	04:00+	01:46+	02:34+	02:50+	01:37+	01:26+	
00:31&	00:40&	00:00=	03:15&	05:21@	02:21@	00:32&	00:59&	00:38&	00:50@	00:47@	
65	Elsa Ingolfsdottir	126									36:52
04:59+	07:42+	13:00+	20:51+	25:01+	27:33+	28:59+	31:29+	34:31+	35:39+	36:52+	
04:59+	02:43+	05:18+	07:51+	04:10+	02:32+	01:26+	02:30+	03:02+	01:08+	01:13+	
03:08@	01:18&	03:17@	03:30&	02:11@	00:53&	00:12#	00:55&	00:50&	00:21&	00:34&	
66	Karin Gilje Ask	141									37:09
02:29+	04:17+	12:25+	21:35+	24:39+	27:24+	29:14+	32:18+	35:10+	36:10+	37:09+	
02:29+	01:48+	08:08+	09:10+	03:04+	02:45+	01:50+	03:04+	02:52+	01:00+	00:59+	
00:38&	00:23&	06:07@	04:49@	01:05&	01:06&	00:36&	01:29&	00:40&	00:13&	00:20&	
67	Inger K. H. Rysstad	141									37:09
02:24+	04:12+	12:44+	21:31+	24:35+	27:24+	29:17+	32:13+	35:04+	36:05+	37:09+	
02:24+	01:48+	08:32+	08:47+	03:04+	02:49+	01:53+	02:56+	02:51+	01:01+	01:04+	
00:33&	00:23&	06:31@	04:26@	01:05&	01:10&	00:39&	01:21&	00:39&	00:14&	00:25&	
68	Else Marie Furland	93									37:27
03:18+	06:11+	08:52+	19:23+	23:52+	28:02+	29:53+	32:50+	35:19+	36:26+	37:27+	
03:18+	02:53+	02:41+	10:31+	04:29+	04:10+	01:51+	02:57+	02:29+	01:07+	01:01+	
01:27&	01:28@	00:40&	06:10@	02:30@	02:31@	00:37&	01:22&	00:17#	00:20&	00:22&	
69	Grethe Wathne	109									37:36
03:48+	06:52+	11:06+	18:39+	26:51+	29:33+	31:03+	33:38+	35:53+	36:49+	37:36+	
03:48+	03:04+	04:14+	07:33+	08:12+	02:42+	01:30+	02:35+	02:15+	00:56+	00:47+	
01:57@	01:39@	02:13@	03:12&	06:13@	01:03&	00:16#	01:00&	00:03+	00:09#	00:08#	
70	Gunvor Frafjord Tunesvik	228									38:36
02:19+	04:21+	09:22+	18:09+	22:53+	28:28+	30:26+	33:53+	36:49+	37:39+	38:36+	
02:19+	02:02+	05:01+	08:47+	04:44+	05:35+	01:58+	03:27+	02:56+	00:50+	00:57+	
00:28&	00:37&	03:00@	04:26@	02:45@	03:56@	00:44&	01:52@	00:44&	00:03+	00:18&	
71	Jorunn Birkeland	47									38:39
02:25+	04:28+	09:23+	18:15+	22:54+	28:29+	30:32+	33:53+	36:46+	37:45+	38:39+	
02:25+	02:03+	04:55+	08:52+	04:39+	05:35+	02:03+	03:21+	02:53+	00:59+	00:54+	
00:34&	00:38&	02:54@	04:31@	02:40@	03:56@	00:49&	01:46@	00:41&	00:12&	00:15&	
72	Hilde Søndresen	93									39:04
02:29+	05:20+	07:19+	19:27+	22:38+	25:22+	27:28+	31:48+	35:05+	37:36+	39:04+	
02:29+	02:51+	01:59-	12:08+	03:11+	02:44+	02:06+	04:20+	03:17+	02:31+	01:28+	
00:38&	01:26@	00:02-	07:47@	01:12&	01:05&	00:52&	02:45@	01:05&	01:44@	00:49@	
73	Inger Synnøve Sjursen	92									39:05
02:27+	05:15+	07:25+	19:37+	22:36+	25:20+	27:27+	31:47+	35:03+	37:34+	39:05+	
02:27+	02:48+	02:10+	12:12+	02:59+	02:44+	02:07+	04:20+	03:16+	02:31+	01:31+	
00:36&	01:23&	00:09+	07:51@	01:00&	01:05&	00:53&	02:45@	01:04&	01:44@	00:52@	
74	Gro Mariero Totland	59									39:21
03:27+	05:54+	08:10+	20:28+	24:26+	27:48+	29:44+	33:12+	36:45+	37:54+	39:21+	
03:27+	02:27+	02:16+	12:18+	03:58+	03:22+	01:56+	03:28+	03:33+	01:09+	01:27+	
01:36&	01:02&	00:15#	07:57@	01:59&	01:43@	00:42&	01:53@	01:21&	00:22&	00:48@	
75	Gro Skadberg Helliesen	105									40:05
07:51+	10:19+	16:10+	25:23+	27:39+	29:42+	31:24+	34:47+	37:53+	38:41+	40:05+	
07:51+	02:28+	05:51+	09:13+	02:16+	02:03+	01:42+	03:23+	03:06+	00:48+	01:24+	
06:00@	01:03&	03:50@	04:52@	00:17#	00:24#	00:28&	01:48@	00:54&	00:01+	00:45@	
76	Sølvi Utbø Sakseid	116									41:33
02:41+	06:06+	07:42+	12:54+	29:51+	31:45+	36:20+	38:06+	39:36+	40:55+	41:33+	
02:41+	03:25+	01:36-	05:12+	16:57+	01:54+	04:35+	01:46+	01:30-	01:19+	00:38-	
00:50&	02:00@	00:25-	00:51#	14:58@	00:15#	03:21@	00:11#	00:42-	00:32&	00:01-	

Class	Navn	Klasse										Tid
77	Ingunn Fandrem	47										41:46
02:27+	06:06+	09:35+	18:35+	25:50+	30:09+	31:42+	34:21+	37:58+	40:57+	41:46+		
02:27+	03:39+	03:29+	09:00+	07:15+	04:19+	01:33+	02:39+	03:37+	02:59+	00:49+		
00:36&	02:14@	01:28&	04:39@	05:16@	02:40@	00:19&	01:04&	01:25&	02:12@	00:10&		
78	Solveig Grønning	47										41:48
02:27+	06:02+	09:33+	18:32+	25:49+	30:12+	31:47+	34:21+	38:04+	41:02+	41:48+		
02:27+	03:35+	03:31+	08:59+	07:17+	04:23+	01:35+	02:34+	03:43+	02:58+	00:46+		
00:36&	02:10@	01:30&	04:38@	05:18@	02:44@	00:21&	00:59&	01:31&	02:11@	00:07#		
79	Gunn Vagle	126										42:59
02:23+	04:55+	06:28+	30:43+	33:51+	35:56+	37:22+	39:25+	41:14+	42:07+	42:59+		
02:23+	02:32+	01:33-	24:15+	03:08+	02:05+	01:26+	02:03+	01:49-	00:53+	00:52+		
00:32&	01:07&	00:28-	19:54@	01:09&	00:26&	00:12#	00:28&	00:23-	00:06#	00:13&		
80	Astri Sandanger	93										44:24
01:57+	04:52+	21:30+	32:44+	34:44+	36:55+	38:15+	40:36+	42:58+	43:40+	44:24+		
01:57+	02:55+	16:38+	11:14+	02:00+	02:11+	01:20+	02:21+	02:22+	00:42-	00:44+		
00:06+	01:30@	14:37@	06:53@	00:01+	00:32&	00:06+	00:46&	00:10+	00:05-	00:05#		
81	Hazel Grayston	263										44:26
03:04+	05:14+	13:03+	22:21+	28:38+	33:37+	35:22+	38:35+	41:51+	43:08+	44:26+		
03:04+	02:10+	07:49+	09:18+	06:17+	04:59+	01:45+	03:13+	03:16+	01:17+	01:18+		
01:13&	00:45&	05:48@	04:57@	04:18@	03:20@	00:31&	01:38@	01:04&	00:30&	00:39&		
82	Sonja Johannessen	130										48:16
01:47-	06:51+	08:18+	27:28+	30:54+	37:49+	39:18+	42:05+	45:59+	47:04+	48:16+		
01:47-	05:04+	01:27-	19:10+	03:26+	06:55+	01:29+	02:47+	03:54+	01:05+	01:12+		
00:04-	03:39@	00:34-	14:49@	01:27&	05:16@	00:15#	01:12&	01:42&	00:18&	00:33&		
83	Mona Reymert	115										49:10
05:00+	08:35+	11:33+	24:17+	29:03+	33:47+	36:39+	41:28+	45:32+	47:04+	49:10+		
05:00+	03:35+	02:58+	12:44+	04:46+	04:44+	02:52+	04:49+	04:04+	01:32+	02:06+		
03:09@	02:10@	00:57&	08:23@	02:47@	03:05@	01:38@	03:14@	01:52&	00:45&	01:27@		
84	Åse Karoline B. Berg	115										49:29
05:13+	08:41+	11:58+	24:25+	28:48+	34:06+	36:48+	41:24+	45:40+	47:21+	49:29+		
05:13+	03:28+	03:17+	12:27+	04:23+	05:18+	02:42+	04:36+	04:16+	01:41+	02:08+		
03:22@	02:03@	01:16&	08:06@	02:24@	03:39@	01:28@	03:01@	02:04&	00:54@	01:29@		
85	Toyah Bråtveit	115										56:53
02:36+	05:26+	32:40+	43:25+	47:48+	49:50+	51:33+	53:23+	55:07+	55:58+	56:53+		
02:36+	02:50+	27:14+	10:45+	04:23+	02:02+	01:43+	01:50+	01:44-	00:51+	00:55+		
00:45&	01:25&	25:13@	06:24@	02:24@	00:23#	00:29&	00:15#	00:28-	00:04+	00:16&		
86	Anita Edgren	88										57:11
02:37+	04:42+	35:02+	41:22+	44:52+	47:46+	49:08+	52:02+	54:57+	56:06+	57:11+		
02:37+	02:05+	30:20+	06:20+	03:30+	02:54+	01:22+	02:54+	02:55+	01:09+	01:05+		
00:46&	00:40&	28:19@	01:59&	01:31&	01:15&	00:08#	01:19&	00:43&	00:22&	00:26&		
87	Priya Chilamkurthi	136										1:06:02
04:07+	06:35+	09:42+	22:44+	36:39+	42:44+	44:50+	48:30+	51:21+	52:48+	66:02+		
04:07+	02:28+	03:07+	13:02+	13:55+	06:05+	02:06+	03:40+	02:51+	01:27+	13:14+		
02:16@	01:03&	01:06&	08:41@	11:56@	04:26@	00:52&	02:05@	00:39&	00:40&	12:35@		
88	Anne Malmin	113										1:09:39
03:21+	06:45+	09:22+	43:04+	50:25+	57:51+	59:53+	63:34+	66:39+	68:14+	69:39+		
03:21+	03:24+	02:37+	33:42+	07:21+	07:26+	02:02+	03:41+	03:05+	01:35+	01:25+		
01:30&	01:59@	00:36&	29:21@	05:22@	05:47@	00:48&	02:06@	00:53&	00:48@	00:46@		
89	Åse Bjørnstad	18										1:21:14
08:27+	10:37+	12:26+	18:49+	54:17+	68:58+	70:39+	73:16+	76:18+	77:24+	81:14+		
08:27+	02:10+	01:49-	06:23+	35:28+	14:41+	01:41+	02:37+	03:02+	01:06+	03:50+		
06:36@	00:45&	00:12-	02:02&	33:29@	13:02@	00:27&	01:02&	00:50&	00:19&	03:11@		
Beste strekktid for klassen												
01:20	01:15	01:19	04:00	01:53	01:38	00:56	01:30	01:24	00:29	00:34		

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

Herrer 16 - 39 år

Class	Navn	Klasse										Tid				
1	Jonas Lye Scheie	62										32:38				
02:12=	04:16=	06:59=	07:40=	08:55=	11:08=	15:14=	18:30=	21:06=	21:42=	22:21=	25:12=	27:41=	29:49=	31:10=	32:25=	32:38=
02:12=	02:04=	02:43=	00:41=	01:15=	02:13=	04:06=	03:16=	02:36=	00:36=	00:39=	02:51=	02:29=	02:08=	01:21=	01:15=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Torbjørn Ims Østby	53										34:58				
01:22=	03:16=	05:18=	06:18=	07:21=	11:09+	16:59+	19:51+	22:08+	23:02+	23:44+	27:11+	29:52+	32:12+	33:16+	34:42+	34:58+
01:22=	01:54=	02:02=	01:00+	01:03=	03:48+	05:50+	02:52=	02:17=	00:54+	00:42+	03:27+	02:41+	02:20+	01:04=	01:26+	00:16+
00:50=	00:10=	00:41=	00:19&	00:12=	01:35&	01:44&	00:24=	00:19=	00:18&	00:03+	00:36#	00:12+	00:12+	00:17=	00:11#	00:03#
3	Morten Fenne	228										35:53				
01:57=	04:31+	06:14=	07:07=	09:02+	12:50+	17:18+	20:24+	22:33+	23:22+	23:53+	27:04+	29:48+	32:22+	34:08+	35:38+	35:53+
01:57=	02:34+	01:43=	00:53+	01:55+	03:48+	04:28+	03:06=	02:09=	00:49+	00:31=	03:11+	02:44+	02:34+	01:46+	01:30+	00:15+
00:15=	00:30#	01:00=	00:12&	00:40&	01:35&	00:22+	00:10=	00:27=	00:13&	00:08=	00:20#	00:15#	00:26#	00:25&	00:15#	00:02#
4	Andreas Terjesen	213										36:07				
01:49=	03:21=	07:41+	08:25+	09:48+	12:16+	16:20+	19:13+	21:06=	21:59+	22:47+	26:10+	29:18+	32:51+	34:12+	35:51+	36:07+
01:49=	01:32=	04:20+	00:44+	01:23+	02:28+	04:04=	02:53=	01:53=	00:53+	00:48+	03:23+	03:08+	03:33+	01:21=	01:39+	00:16+
00:23=	00:32=	01:37&	00:03+	00:08#	00:15#	00:02=	00:23=	00:43=	00:17&	00:09#	00:32#	00:39&	01:25&	00:00=	00:24&	00:03#
5	Ole Kristian Taksdal	92										38:53				
02:01=	03:44=	06:19=	07:01=	08:18=	10:46=	16:18+	20:47+	23:12+	24:03+	24:45+	28:11+	32:05+	34:35+	36:27+	38:39+	38:53+
02:01=	01:43=	02:35=	00:42+	01:17+	02:28+	05:32+	04:29+	02:25=	00:51+	00:42+	03:26+	03:54+	02:30+	01:52+	02:12+	00:14+
00:11=	00:21=	00:08=	00:01+	00:02+	00:15#	01:26&	01:13&	00:11=	00:15&	00:03+	00:35#	01:25&	00:22#	00:31&	00:57&	00:01+
6	Svein Kyllingstad	71										40:08				
02:04=	04:51+	06:49=	07:35=	09:16+	13:47+	19:14+	22:46+	25:11+	25:59+	26:32+	30:12+	32:48+	36:56+	38:18+	39:51+	40:08+
02:04=	02:47+	01:58=	00:46+	01:41+	04:31+	05:27+	03:32+	02:25=	00:48+	00:33=	03:40+	02:36+	04:08+	01:22+	01:33+	00:17+
00:08=	00:43&	00:45=	00:05#	00:26&	02:18@	01:21&	00:16+	00:11=	00:12&	00:06=	00:49&	00:07+	02:00&	00:01+	00:18#	00:04&
7	Kjetil Hollund	108										41:25				
01:55=	04:00=	07:13+	08:11+	09:44+	14:41+	20:37+	24:59+	27:03+	28:08+	28:49+	32:01+	34:46+	38:13+	39:36+	41:07+	41:25+
01:55=	02:05+	03:13+	00:58+	01:33+	04:57+	05:56+	04:22+	02:04=	01:05+	00:41+	03:12+	02:45+	03:27+	01:23+	01:31+	00:18+
00:17=	00:01+	00:30#	00:17&	00:18#	02:44@	01:50&	01:06&	00:32=	00:29&	00:02+	00:21#	00:16#	01:19&	00:02+	00:16#	00:05&
8	Dag Eivind Watsend	92										41:27				
01:47=	07:12+	09:29+	10:33+	11:43+	15:33+	20:22+	23:48+	26:13+	27:00+	27:38+	31:53+	35:18+	37:59+	39:06+	41:10+	41:27+
01:47=	05:25+	02:17=	01:04+	01:10=	03:50+	04:49+	03:26+	02:25=	00:47+	00:38=	04:15+	03:25+	02:41+	01:07=	02:04+	00:17+
00:25=	03:21@	00:26=	00:23&	00:05=	01:37&	00:43#	00:10+	00:11=	00:11&	00:01=	01:24&	00:56&	00:33&	00:14=	00:49&	00:04&
9	Torbjørn Fuglestad	116										41:32				
01:48=	03:46=	05:58=	07:01=	08:30=	11:34+	18:37+	21:53+	24:14+	25:24+	26:03+	30:45+	33:53+	37:53+	39:18+	41:19+	41:32+
01:48=	01:58=	02:12=	01:03+	01:29+	03:04+	07:03+	03:16=	02:21=	01:10+	00:39=	04:42+	03:08+	04:00+	01:25+	02:01+	00:13=
00:24=	00:06=	00:31=	00:22&	00:14#	00:51&	02:57&	00:00=	00:15=	00:34&	00:00=	01:51&	00:39&	01:52&	00:04+	00:46&	00:00=
10	Marius Stene	27										41:49				
01:54=	04:11=	06:45=	07:35=	09:55+	17:24+	21:29+	25:27+	27:14+	28:02+	28:36+	32:16+	34:59+	38:34+	40:10+	41:34+	41:49+
01:54=	02:17+	02:34=	00:50+	02:20+	07:29+	04:05=	03:58+	01:47=	00:48+	00:34=	03:40+	02:43+	03:35+	01:36+	01:24+	00:15+
00:18=	00:13#	00:09=	00:09#	01:05&	05:16@	00:01=	00:42#	00:49=	00:12&	00:05=	00:49&	00:14+	01:27&	00:15#	00:09#	00:02#
11	Martin Skogland	98										42:00				
01:47=	04:59+	09:33+	11:10+	12:40+	15:24+	20:00+	24:25+	27:05+	28:17+	29:28+	32:35+	35:28+	38:48+	40:01+	41:42+	42:00+
01:47=	03:12+	04:34+	01:37+	01:30+	02:44+	04:36+	04:25+	02:40+	01:12+	01:11+	03:07+	02:53+	03:20+	01:13=	01:41+	00:18+
00:25=	01:08&	01:51&	00:56@	00:15#	00:31#	00:30#	01:09&	00:04+	00:36&	00:32&	00:16+	00:24#	01:12&	00:08=	00:26&	00:05&
12	Rune Dahl Fitjar	90										42:41				
01:46=	04:05=	06:10=	07:04=	08:33=	14:36+	19:50+	23:51+	26:18+	27:14+	27:53+	31:40+	35:26+	39:12+	40:33+	42:23+	42:41+
01:46=	02:19+	02:05=	00:54+	01:29+	06:03+	05:14+	04:01+	02:27=	00:56+	00:39=	03:47+	03:46+	03:46+	01:21=	01:50+	00:18+
00:26=	00:15#	00:38=	00:13&	00:14#	03:50@	01:08&	00:45#	00:09=	00:20&	00:00=	00:56&	01:17&	01:38&	00:00=	00:35&	00:05&
13	Emmanuel Mondesert	116										45:23				
02:25+	06:19+	10:08+	14:00+	15:44+	19:24+	25:29+	30:41+	32:32+	33:18+	34:17+	37:44+	40:02+	42:34+	43:46+	45:06+	45:23+
02:25+	03:54+	03:49+	03:52+	01:44+	03:40+	06:05+	05:12+	01:51=	00:46+	00:59+	03:27+	02:18=	02:32+	01:12=	01:20+	00:17+
00:13+	01:50&	01:06&	03:11@	00:29&	01:27&	01:59&	01:56&	00:45=	00:10&	00:20&	00:36#	00:11=	00:24#	00:09=	00:05+	00:04&
14	Thorben Beimel	239										46:55				
01:31=	03:21=	07:12+	08:03+	09:25+	19:37+	23:28+	26:25+	28:27+	29:31+	30:13+	34:08+	36:50+	43:10+	45:06+	46:41+	46:55+
01:31=	01:50=	03:51+	00:51+	01:22+	10:12+	03:51=	02:57=	02:02=	01:04+	00:42+	03:55+	02:42+	06:20+	01:56+	01:35+	00:14+
00:41=	00:14=	01:08&	00:10#	00:07+	07:59@	00:15=	00:19=	00:34=	00:28&	00:03+	01:04&	00:13+	04:12@	00:35&	00:20&	00:01+
15	Rune Hatle	65										46:57				
02:04=	05:04+	07:20+	08:27+	10:19+	13:06+	18:17+	23:47+	27:47+	29:35+	30:37+	34:25+	40:03+	43:34+	44:44+	46:41+	46:57+
02:04=	03:00+	02:16=	01:07+	01:52+	02:47+	05:11+	05:30+	04:00+	01:48+	01:02+	03:48+	05:38+	03:31+	01:10=	01:57+	00:16+
00:08=	00:56&	00:27=	00:26&	00:37&	00:34&	01:05&	02:14&	01:24&	01:12@	00:23&	00:57&	03:09@	01:23&	00:11=	00:42&	00:03#

Class	Navn	Klasse										Tid				
16	Gunnar Thorset	117										47:29				
01:59-	03:58-	06:53-	09:02+	10:38+	14:02+	20:58+	27:58+	31:09+	32:07+	33:01+	36:41+	40:19+	43:01+	44:41+	47:05+	47:29+
01:59-	01:59-	02:55+	02:09+	01:36+	03:24+	06:56+	07:00+	03:11+	00:58+	00:54+	03:40+	03:38+	02:42+	01:40+	02:24+	00:24+
00:13-	00:05-	00:12+	01:28@	00:21&	01:11&	02:50&	03:44@	00:35#	00:22&	00:15&	00:49&	01:09&	00:34&	00:19#	01:09&	00:11&
17	Svein Magnus Halsne	71										48:01				
01:42-	04:15-	09:44+	10:12+	11:58+	14:13+	19:01+	22:38+	24:31+	25:14+	25:58+	29:08+	31:33+	41:37+	46:01+	47:42+	48:01+
01:42-	02:33+	05:29+	00:28-	01:46+	02:15+	04:48+	03:37+	01:53-	00:43+	00:44+	03:10+	02:25-	10:04+	04:24+	01:41+	00:19+
00:30-	00:29#	02:46@	00:13-	00:31&	00:02+	00:42#	00:21#	00:43-	00:07#	00:05#	00:19#	00:04-	07:56@	03:03@	00:26&	00:06&
18	Ove W. Haugvaldstad	116										48:20				
01:55-	03:25-	08:01+	09:05+	10:13+	17:48+	22:32+	25:14+	33:15+	34:00+	34:42+	38:08+	41:30+	44:19+	45:57+	47:58+	48:20+
01:55-	01:30-	04:36+	01:04+	01:08-	07:35+	04:44+	02:42-	08:01+	00:45+	00:42+	03:26+	03:22+	02:49+	01:38+	02:01+	00:22+
00:17-	00:34-	01:53&	00:23&	00:07-	05:22@	00:38#	00:34-	05:25@	00:09#	00:03+	00:35#	00:53&	00:41&	00:17#	00:46&	00:09&
19	Bjørnar Owren	74										48:22				
02:05-	04:29+	06:58-	08:07+	10:07+	16:22+	21:05+	24:23+	26:20+	33:50+	34:37+	37:14+	40:03+	44:21+	45:52+	48:05+	48:22+
02:05-	02:24+	02:29-	01:09+	02:00+	06:15+	04:43+	03:18+	01:57-	07:30+	00:47+	02:37-	02:49+	04:18+	01:31+	02:13+	00:17+
00:07-	00:20#	00:14-	00:28&	00:45&	04:02@	00:37#	00:02+	00:39-	06:54@	00:08#	00:14-	00:20#	02:10@	00:10#	00:58&	00:04&
20	Richard Galle	66										49:17				
02:42+	05:44+	09:54+	11:02+	12:57+	18:00+	23:13+	28:34+	30:28+	31:52+	33:04+	36:49+	40:00+	45:14+	47:13+	48:58+	49:17+
02:42+	03:02+	04:10+	01:08+	01:55+	05:03+	05:13+	05:21+	01:54-	01:24+	01:12+	03:45+	03:11+	05:14+	01:59+	01:45+	00:19+
00:30#	00:58&	01:27&	00:27&	00:40&	02:50@	01:07&	02:05&	00:42-	00:48@	00:33&	00:54&	00:42&	03:06@	00:38&	00:30&	00:06&
21	Jørgen Johnsen	167										49:23				
02:04-	05:22+	09:41+	11:01+	12:36+	15:14+	20:28+	25:34+	28:10+	29:17+	30:11+	37:14+	40:59+	45:19+	47:15+	49:06+	49:23+
02:04-	03:18+	04:19+	01:20+	01:35+	02:38+	05:14+	05:06+	02:36=	01:07+	00:54+	07:03+	03:45+	04:20+	01:56+	01:51+	00:17+
00:08-	01:14&	01:36&	00:39&	00:20&	00:25#	01:08&	01:50&	00:00=	00:31&	00:15&	04:12@	01:16&	02:12@	00:35&	00:36&	00:04&
22	David Wade	116										52:24				
02:03-	06:38+	11:48+	15:50+	17:32+	22:28+	29:05+	32:03+	36:04+	36:47+	39:13+	43:34+	46:10+	49:19+	50:44+	52:10+	52:24+
02:03-	04:35+	05:10+	04:02+	01:42+	04:56+	06:37+	02:58-	04:01+	00:43+	02:26+	04:21+	02:36+	03:09+	01:25+	01:26+	00:14+
00:09-	02:31@	02:27&	03:21@	00:27&	02:43@	02:31&	00:18-	01:25&	00:07#	01:47@	01:30&	00:07+	01:01&	00:04+	00:11#	00:01+
23	Håvard Lauritsen	116										58:55				
02:02-	06:58+	09:22+	11:25+	13:33+	19:50+	28:04+	35:32+	38:02+	39:12+	40:05+	44:43+	50:10+	54:29+	56:20+	58:24+	58:55+
02:02-	04:56+	02:24-	02:03+	02:08+	06:17+	08:14+	07:28+	02:30-	01:10+	00:53+	04:38+	05:27+	04:19+	01:51+	02:04+	00:31+
00:10-	02:52@	00:19-	01:22@	00:53&	04:04@	04:08@	04:12@	00:06-	00:34&	00:14&	01:47&	02:58@	02:11@	00:30&	00:49&	00:18@
24	Håkon Eggebø	71										1:00:21				
01:43-	08:28+	12:44+	13:56+	16:07+	19:14+	28:45+	31:27+	33:32+	35:13+	36:04+	41:17+	44:19+	54:35+	58:14+	60:03+	60:21+
01:43-	06:45+	04:16+	01:12+	02:11+	03:07+	09:31+	02:42-	02:05-	01:41+	00:51+	05:13+	03:02+	10:16+	03:39+	01:49+	00:18+
00:29-	04:41@	01:33&	00:31&	00:56&	00:54&	05:25@	00:34-	00:31-	01:05@	00:12&	02:22&	00:33#	08:08@	02:18@	00:34&	00:05&
25	Igor Muzdeka	74										1:01:03				
02:39+	06:45+	11:39+	12:53+	14:48+	21:54+	28:43+	37:18+	40:09+	41:26+	42:30+	47:36+	51:36+	54:54+	58:48+	60:42+	61:03+
02:39+	04:06+	04:54+	01:14+	01:55+	07:06+	06:49+	08:35+	02:51+	01:17+	01:04+	05:06+	04:00+	03:18+	03:54+	01:54+	00:21+
00:27#	02:02&	02:11&	00:33&	00:40&	04:53@	02:43&	05:19@	00:15+	00:41@	00:25&	02:15&	01:31&	01:10&	02:33@	00:39&	00:08&
26	Alexander Khorunzhiy	287										1:01:24				
02:15+	05:24+	08:43+	12:45+	14:31+	21:33+	32:29+	38:19+	41:07+	42:23+	43:17+	49:42+	53:08+	57:25+	59:14+	61:03+	61:24+
02:15+	03:09+	03:19+	04:02+	01:46+	07:02+	10:56+	05:50+	02:48+	01:16+	00:54+	06:25+	03:26+	04:17+	01:49+	01:49+	00:21+
00:03+	01:05&	00:36#	03:21@	00:31&	04:49@	06:50@	02:34&	00:12+	00:40@	00:15&	03:34@	00:57&	02:09@	00:28&	00:34&	00:08&
27	Frode Ungar	116										1:04:17				
02:12=	10:52+	13:32+	15:36+	18:53+	21:39+	26:37+	31:07+	33:19+	37:00+	41:01+	44:59+	48:46+	59:29+	61:58+	63:55+	64:17+
02:12=	08:40+	02:40-	02:04+	03:17+	02:46+	04:58+	04:30+	02:12-	03:41+	04:01+	03:58+	03:47+	10:43+	02:29+	01:57+	00:22+
00:00=	06:36@	00:03-	01:23@	02:02@	00:33#	00:52#	01:14&	00:24-	03:05@	03:22@	01:07&	01:18&	08:35@	01:08&	00:42&	00:09&
28	Tor Gunnar Osen	116										1:09:03				
02:29+	15:56+	19:19+	20:27+	22:43+	27:29+	36:33+	42:18+	45:06+	46:37+	47:59+	53:47+	58:27+	63:16+	65:45+	68:32+	69:03+
02:29+	13:27+	03:23+	01:08+	02:16+	04:46+	09:04+	05:45+	02:48+	01:31+	01:22+	05:48+	04:40+	04:49+	02:29+	02:47+	00:31+
00:17#	11:23@	00:40#	00:27&	01:01&	02:33@	04:58@	02:29&	00:12+	00:55@	00:43@	02:57@	02:11&	02:41@	01:08&	01:32@	00:18@
Beste strekktid for klassen																
01:22	01:30	01:43	00:28	01:03	02:13	03:51	02:42	01:47	00:36	00:31	02:37	02:18	02:08	01:04	01:15	00:13

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

Herrer 40 - 49 år

Class	Navn	Klasse												Tid			
1	Arne Hetlelid	98												37:53			
	01:53=	04:11=	06:23=	07:20=	09:10=	11:46=	17:25=	20:27=	22:36=	23:43=	24:36=	28:31=	32:10=	34:39=	35:58=	37:35=	37:53=
	01:53=	02:18=	02:12=	00:57=	01:50=	02:36=	05:39=	03:02=	02:09=	01:07=	00:53=	03:55=	03:39=	02:29=	01:19=	01:37=	00:18=
	00:00=	00:00=	00:00=	00:00=	00:00=	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	Ole-Tobias Frich	116												39:51			
	02:11+	04:16+	06:33+	07:28+	08:52-	11:34-	17:20-	21:32+	23:54+	24:53+	25:43+	29:43+	33:21+	36:10+	37:31+	39:33+	39:51+
	02:11+	02:05-	02:17+	00:55-	01:24-	02:42+	05:46+	04:12+	02:22+	00:59-	00:50-	04:00+	03:38-	02:49+	01:21+	02:02+	00:18=
	00:18#	00:13-	00:05+	00:02-	00:26-	00:06+	00:07+	01:10&	00:13#	00:08-	00:03-	00:05+	00:01-	00:20#	00:02+	00:25&	00:00=
3	Magne Habbestad	111												40:14			
	02:06+	04:36+	07:17+	08:04+	09:14+	11:43-	16:32-	20:57+	24:20+	25:11+	25:54+	29:30+	32:38+	36:19+	38:00+	39:55+	40:14+
	02:06+	02:30+	02:41+	00:47-	01:10-	02:29-	04:49-	04:25+	03:23+	00:51-	00:43-	03:36-	03:08-	03:41+	01:41+	01:55+	00:19+
	00:13#	00:12+	00:29#	00:10-	00:40-	00:07-	00:50-	01:23&	01:14&	00:16-	00:10-	00:19-	00:31-	01:12&	00:22&	00:18#	00:01+
4	Oddmund Nordgård	105												41:35			
	02:35+	04:07-	06:35+	08:23+	09:49+	13:01+	19:17+	23:26+	25:40+	26:56+	27:35+	31:03+	33:57+	37:44+	39:40+	41:19+	41:35+
	02:35+	01:32-	02:28+	01:48+	01:26-	03:12+	06:16+	04:09+	02:14+	01:16+	00:39-	03:28-	02:54-	03:47+	01:56+	01:39+	00:16-
	00:42&	00:46-	00:16#	00:51&	00:24-	00:36#	00:37#	01:07&	00:05+	00:09#	00:14-	00:27-	00:45-	01:18&	00:37&	00:02+	00:02-
5	Fredrik Jomaas	134												42:03			
	02:32+	04:07-	10:19+	11:08+	12:50+	16:06+	21:12+	24:43+	27:17+	28:04+	28:47+	32:09+	35:09+	38:26+	39:51+	41:41+	42:03+
	02:32+	01:35-	06:12+	00:49-	01:42-	03:16+	05:06-	03:31+	02:34+	00:47-	00:43-	03:22-	03:00-	03:17+	01:25+	01:50+	00:22+
	00:39&	00:43-	04:00#	00:08-	00:08-	00:40&	00:33-	00:29#	00:25#	00:20-	00:10-	00:33-	00:39-	00:48&	00:06+	00:13#	00:04#
6	Frode Engen	116												42:15			
	03:18+	07:30+	10:28+	11:45+	13:08+	15:53+	20:48+	24:21+	26:32+	27:19+	28:06+	31:41+	35:35+	38:48+	40:01+	41:56+	42:15+
	03:18+	04:12+	02:58+	01:17+	01:23-	02:45+	04:55+	03:33+	02:11+	00:47-	00:47-	03:35-	03:54+	03:13+	01:13-	01:55+	00:19+
	01:25&	01:54&	00:46&	00:20&	00:27-	00:09+	00:44-	00:31#	00:02+	00:20-	00:06-	00:20-	00:15+	00:44&	00:06-	00:18#	00:01+
7	Ernst Kloster	91												43:32			
	02:02+	04:22+	07:06+	08:01+	10:42+	13:32+	18:21+	22:37+	24:56+	25:55+	27:09+	30:39+	34:36+	39:13+	41:04+	43:13+	43:32+
	02:02+	02:20+	02:44+	00:55-	02:41+	02:50+	04:49-	04:16+	02:19+	00:59-	01:14+	03:30-	03:57+	04:37+	01:51+	02:09+	00:19+
	00:09+	00:02+	00:32#	00:02-	00:51&	00:14+	00:50-	01:14&	00:10+	00:08-	00:21&	00:25-	00:18+	02:08&	00:32&	00:32&	00:01+
8	Jan Kristensen	7												46:15			
	02:28+	04:36+	07:32+	08:30+	10:09+	13:48+	19:30+	23:33+	26:17+	28:03+	28:55+	32:52+	36:46+	42:29+	44:00+	45:54+	46:15+
	02:28+	02:08-	02:56+	00:58+	01:39-	03:39+	05:42+	04:03+	02:44+	01:46+	00:52-	03:57+	03:54+	05:43+	01:31+	01:54+	00:21+
	00:35&	00:10-	00:44&	00:01+	00:11-	01:03&	00:03+	01:01&	00:35&	00:39&	00:01-	00:02+	00:15+	03:14#	00:12#	00:17#	00:03#
9	Jørgen Breivold	54												46:22			
	01:38-	03:59-	07:47+	08:29+	10:05+	15:25+	26:10+	29:45+	32:27+	33:33+	34:12+	37:05+	39:33+	43:37+	44:47+	46:09+	46:22+
	01:38-	02:21+	03:48+	00:42-	01:36-	05:20+	10:45+	03:35+	02:42+	01:06-	00:39-	02:53-	02:28-	04:04+	01:10-	01:22-	00:13-
	00:15-	00:03+	01:36&	00:15-	00:14-	02:44#	05:06&	00:33#	00:33&	00:01-	00:14-	01:02-	01:11-	01:35&	00:09-	00:15-	00:05-
10	Ove Nygaard	116												47:26			
	02:12+	05:48+	07:47+	09:00+	10:42+	14:32+	27:27+	31:25+	33:17+	34:12+	34:47+	38:18+	41:03+	43:42+	45:35+	47:10+	47:26+
	02:12+	03:36+	01:59-	01:13+	01:42-	03:50+	12:55+	03:58+	01:52-	00:55-	00:35-	03:31-	02:45-	02:39+	01:53+	01:35-	00:16-
	00:19#	01:18&	00:13-	00:16&	00:08-	01:14&	07:16#	00:56&	00:17-	00:12-	00:18-	00:24-	00:54-	00:10+	00:34&	00:02-	00:02-
11	Simen Auli Staff	115												48:29			
	01:56+	04:18+	10:10+	11:26+	13:15+	16:58+	24:23+	27:47+	29:53+	31:17+	32:20+	36:06+	40:00+	44:24+	45:49+	48:12+	48:29+
	01:56+	02:22+	05:52+	01:16+	01:49-	03:43+	07:25+	03:24+	02:06-	01:24+	01:03+	03:46-	03:54+	04:24+	01:25+	02:23+	00:17-
	00:03+	00:04+	03:40#	00:19&	00:01-	01:07&	01:46&	00:22#	00:03-	00:17&	00:10#	00:09-	00:15+	01:55&	00:06+	00:46&	00:01-
12	Rune Paulsen	98												49:42			
	02:39+	05:02+	11:23+	12:31+	16:41+	20:20+	25:35+	29:19+	32:41+	33:41+	34:57+	38:56+	42:33+	45:54+	47:37+	49:28+	49:42+
	02:39+	02:23+	06:21+	01:08+	04:10+	03:39+	05:15-	03:44+	03:22+	01:00-	01:16+	03:59+	03:37-	03:21+	01:43+	01:51+	00:14-
	00:46&	00:05+	04:09#	00:11#	02:20#	01:03&	00:24-	00:42#	01:13&	00:07-	00:23&	00:04+	00:02-	00:52&	00:24&	00:14#	00:04-
13	Martin Simpson	167												50:23			
	01:56+	04:01-	07:30+	09:24+	11:49+	15:18+	21:34+	28:34+	31:17+	32:25+	33:26+	38:09+	41:56+	46:11+	48:10+	50:03+	50:23+
	01:56+	02:05-	03:29+	01:54+	02:25+	03:29+	06:16+	07:00+	02:43+	01:08+	01:01+	04:43+	03:47+	04:15+	01:59+	01:53+	00:20+
	00:03+	00:13-	01:17&	00:57&	00:35&	00:53&	00:37#	03:58#	00:34&	00:01+	00:08#	00:48#	00:08+	01:46&	00:40&	00:16#	00:02#
14	Stein Arve Finnestad	287												51:08			
	02:27+	09:05+	12:07+	13:14+	15:08+	18:59+	24:26+	28:44+	31:09+	32:59+	33:47+	38:35+	42:45+	46:49+	48:50+	50:51+	51:08+
	02:27+	06:38+	03:02+	01:07+	01:54+	03:51+	05:27-	04:18+	02:25+	01:50+	00:48-	04:48+	04:10+	04:04+	02:01+	02:01+	00:17-
	00:34&	04:20#	00:50&	00:10#	00:04+	01:15&	00:12-	01:16&	00:16#	00:43&	00:05-	00:53#	00:31#	01:35&	00:42&	00:24#	00:01-
15	Per Ivar Hovstad	116												52:00			
	02:28+	05:26+	11:22+	12:14+	14:36+	19:39+	25:32+	29:52+	32:24+	33:29+	37:53+	42:01+	45:31+	48:26+	49:52+	51:40+	52:00+
	02:28+	02:58+	05:56+	00:52-	02:22+	05:03+	05:53+	04:20+	02:32+	01:05-	04:24+	04:08+	03:30-	02:55+	01:26+	01:48+	00:20+
	00:35&	00:40&	03:44#	00:05-	00:32&	02:27&	00:14+	01:18&	00:23#	00:02-	03:31#	00:13+	00:09-	00:26#	00:07+	00:11#	00:02#

Class	Navn	Klasse										Tid				
16	Håvard Svihus	267										52:08				
01:43-	03:52-	13:24+	14:11+	15:44+	18:25+	23:30+	28:22+	33:33+	34:28+	35:38+	38:39+	41:34+	47:45+	49:28+	51:50+	52:08+
01:43-	02:09-	09:32+	00:47-	01:33-	02:41+	05:05-	04:52+	05:11+	00:55-	01:10+	03:01-	02:55-	06:11+	01:43+	02:22+	00:18=
00:10-	00:09-	07:20@	00:10-	00:17-	00:05+	00:34-	01:50&	03:02@	00:12-	00:17&	00:54-	00:44-	03:42@	00:24&	00:45&	00:00=
17	Arjen Leendertse	91										53:04				
01:39-	03:41-	08:00+	09:19+	10:42+	13:49+	18:20+	22:51+	32:00+	33:06+	37:21+	41:33+	45:42+	49:46+	51:06+	52:46+	53:04+
01:39-	02:02-	04:19+	01:19+	01:23-	03:07+	04:31-	04:31+	09:09+	01:06-	04:15+	04:12+	04:09+	04:04+	01:20+	01:40+	00:18=
00:14-	00:16-	02:07&	00:22&	00:27-	00:31#	01:08-	01:29&	07:00@	00:01-	03:22@	00:17+	00:30#	01:35&	00:01+	00:03+	00:00=
18	Peter Chapman	117										53:04				
02:23+	10:01+	13:42+	14:10+	16:04+	18:14+	30:30+	34:20+	36:23+	37:14+	39:04+	42:25+	46:12+	49:51+	51:07+	52:48+	53:04+
02:23+	07:38+	03:41+	00:28-	01:54+	02:10-	12:16+	03:50+	02:03-	00:51-	01:50+	03:21-	03:47+	03:39+	01:16-	01:41+	00:16-
00:30&	05:20@	01:29&	00:29-	00:04+	00:26-	06:37@	00:48&	00:06-	00:16-	00:57@	00:34-	00:08+	01:10&	00:03-	00:04+	00:02-
19	Steinar Hansen	27										53:10				
02:43+	08:34+	11:10+	12:38+	14:53+	22:04+	27:24+	31:39+	33:57+	34:52+	35:53+	40:51+	45:00+	49:38+	51:08+	52:51+	53:10+
02:43+	05:51+	02:36+	01:28+	02:15+	07:11+	05:20-	04:15+	02:18+	00:55-	01:01+	04:58+	04:09+	04:38+	01:30+	01:43+	00:19+
00:50&	03:33@	00:24#	00:31&	00:25#	04:35@	00:19-	01:13&	00:09+	00:12-	00:08#	01:03&	00:30#	02:09&	00:11#	00:06+	00:01+
20	Svend Vihovde	116										53:39				
02:46+	05:13+	10:20+	11:28+	12:58+	16:47+	23:18+	29:23+	33:22+	34:27+	35:30+	40:11+	44:36+	49:17+	50:56+	53:10+	53:39+
02:46+	02:27+	05:07+	01:08+	01:30-	03:49+	06:31+	06:05+	03:59+	01:05-	01:03+	04:41+	04:25+	04:41+	01:39+	02:14+	00:29+
00:53&	00:09+	02:55@	00:11#	00:20-	01:13&	00:52#	03:03@	01:50&	00:02-	00:10#	00:46#	00:46#	02:12&	00:20&	00:37&	00:11&
21	Jon Kåre Olsen	92										54:16				
01:51-	04:47+	08:52+	10:04+	12:28+	16:27+	24:09+	32:02+	36:06+	37:11+	38:17+	43:11+	47:10+	50:04+	52:05+	53:56+	54:16+
01:51-	02:56+	04:05+	01:12+	02:24+	03:59+	07:42+	07:53+	04:04+	01:05-	01:06+	04:54+	03:59+	02:54+	02:01+	01:51+	00:20+
00:02-	00:38&	01:53&	00:15&	00:34&	01:23&	02:03&	04:51@	01:55&	00:02-	00:13#	00:59&	00:20+	00:25#	00:42&	00:14#	00:02#
22	Kristian Lenning	116										55:32				
01:53=	08:10+	11:50+	12:41+	14:26+	16:54+	22:06+	33:27+	35:49+	36:53+	37:52+	43:07+	49:00+	52:15+	53:38+	55:16+	55:32+
01:53=	06:17+	03:40+	00:51-	01:45-	02:28-	05:12-	11:21+	02:22+	01:04-	00:59+	05:15+	05:53+	03:15+	01:23+	01:38+	00:16-
00:00=	03:59@	01:28&	00:06-	00:05-	00:08-	00:27-	08:19@	00:13#	00:03-	00:06#	01:20&	02:14&	00:46&	00:04+	00:01+	00:02-
23	Svein Oddvar Netland	116										56:56				
01:53=	05:46+	07:54+	08:58+	10:22+	28:20+	33:13+	37:10+	39:28+	40:35+	41:22+	45:28+	48:50+	53:07+	54:45+	56:39+	56:56+
01:53=	03:53+	02:08-	01:04+	01:24-	17:58+	04:53-	03:57+	02:18+	01:07=	00:47-	04:06+	03:22-	04:17+	01:38+	01:54+	00:17-
00:00=	01:35&	00:04-	00:07#	00:26-	15:22@	00:46-	00:55&	00:09+	00:00=	00:06-	00:11+	00:17-	01:48&	00:19#	00:17#	00:01-
24	Raymond B. Pettersen	105										58:42				
02:06+	07:41+	10:29+	11:34+	13:35+	20:21+	26:23+	30:05+	32:38+	33:52+	34:52+	42:26+	46:15+	54:52+	56:20+	58:21+	58:42+
02:06+	05:35+	02:48+	01:05+	02:01+	06:46+	06:02+	03:42+	02:33+	01:14+	01:00+	07:34+	03:49+	08:37+	01:28+	02:01+	00:21+
00:13#	03:17@	00:36&	00:08#	00:11#	04:10@	00:23+	00:40#	00:24#	00:07#	00:07#	03:39&	00:10+	06:08@	00:09#	00:24#	00:03#
25	Eivind Moi	116										1:02:33				
02:17+	05:31+	09:28+	12:02+	14:24+	17:32+	24:59+	31:19+	35:43+	44:21+	45:02+	50:15+	54:31+	58:11+	60:10+	62:14+	62:33+
02:17+	03:14+	03:57+	02:34+	02:22+	03:08+	07:27+	06:20+	04:24+	08:38+	00:41-	05:13+	04:16+	03:40+	01:59+	02:04+	00:19+
00:24#	00:56&	01:45&	01:37@	00:32&	00:32#	01:48&	03:18@	02:15@	07:31@	00:12-	01:18&	00:37#	01:11&	00:40&	00:27&	00:01+
26	Lars Primstad	62										1:06:02				
01:27-	03:13-	08:51+	09:44+	10:59+	13:32+	22:06+	25:08+	33:23+	34:03+	34:39+	46:50+	54:56+	62:15+	63:53+	65:45+	66:02+
01:27-	01:46-	05:38+	00:53-	01:15-	02:33-	08:34+	03:02=	08:15+	00:40-	00:36-	12:11+	08:06+	07:19+	01:38+	01:52+	00:17-
00:26-	00:32-	03:26@	00:04-	00:35-	00:03-	02:55+	00:00=	06:06@	00:27-	00:17-	08:16@	04:27@	04:50@	00:19#	00:15#	00:01-
27	Jean-Sebastien Dorne	42										1:14:15				
02:39+	12:07+	20:34+	21:13+	23:26+	31:59+	38:33+	44:07+	46:41+	48:13+	49:16+	54:02+	57:39+	70:06+	71:49+	73:54+	74:15+
02:39+	09:28+	08:27+	00:39-	02:13+	08:33+	06:34+	05:34+	02:34+	01:32+	01:03+	04:46+	03:37-	12:27+	01:43+	02:05+	00:21+
00:46&	07:10@	06:15@	00:18-	00:23#	05:57@	00:55#	02:32&	00:25#	00:25&	00:10#	00:51#	00:02-	09:58@	00:24&	00:28&	00:03#
28	Cedric Fayemendy	116										1:41:53				
02:31+	06:01+	21:38+	22:11+	25:14+	38:22+	53:11+	63:52+	66:33+	67:25+	68:44+	78:02+	82:10+	95:35+	97:47+	101:33+	101:53+
02:31+	03:30+	15:37+	00:33-	03:03+	13:08+	14:49+	10:41+	02:41+	00:52-	01:19+	09:18+	04:08+	13:25+	02:12+	03:46+	00:20+
00:38&	01:12&	13:25@	00:24-	01:13&	10:32@	09:10@	07:39@	00:32#	00:15-	00:26&	05:23@	00:29#	10:56@	00:53&	02:09@	00:02#
Beste strekktid for klassen																
01:27	01:32	01:59	00:28	01:10	02:10	04:31	03:02	01:52	00:40	00:35	02:53	02:28	02:29	01:10	01:22	00:13

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

Herrer 50 - 59 år

Class	Navn	Klasse													Tid
1	Per Ingar Hadland	7													28:57
01:23=	04:47=	09:08=	10:47=	12:20=	16:03=	18:12=	19:13=	20:53=	23:59=	25:27=	27:51=	28:41=	28:57=		
01:23=	03:24=	04:21=	01:39=	01:33=	03:43=	02:09=	01:01=	01:40=	03:06=	01:28=	02:24=	00:50=	00:16=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ole Petter Haukaas	109													30:32
01:09-	04:23-	08:54-	10:35-	12:04-	15:28-	18:13+	19:11-	21:21+	24:43+	27:12+	29:35+	30:18+	30:32+		
01:09-	03:14-	04:31+	01:41+	01:29-	03:24-	02:45+	00:58-	02:10+	03:22+	02:29+	02:23-	00:43-	00:14-		
00:14-	00:10-	00:10+	00:02+	00:04-	00:19-	00:36&	00:03-	00:30&	00:16+	01:01&	00:01-	00:07-	00:02-		
3	Lars Bergersen	116													31:09
01:14-	04:35-	09:01-	10:45-	12:07-	15:53-	18:05-	19:12-	23:04+	26:17+	27:07+	30:03+	30:51+	31:09+		
01:14-	03:21-	04:26+	01:44+	01:22-	03:46+	02:12+	01:07+	03:52+	03:13+	00:50-	02:56+	00:48-	00:18+		
00:09-	00:03-	00:05+	00:05+	00:11-	00:03+	00:03+	00:06+	02:12&	00:07+	00:38-	00:32#	00:02-	00:02#		
4	Øivind Berggraf	116													32:01
01:13-	04:29-	08:51-	11:36+	13:05+	16:15+	18:26+	19:54+	24:03+	27:35+	28:35+	30:53+	31:40+	32:01+		
01:13-	03:16-	04:22+	02:45+	01:29-	03:10-	02:11+	01:28+	04:09+	03:32+	01:00-	02:18-	00:47-	00:21+		
00:10-	00:08-	00:01+	01:06&	00:04-	00:33-	00:02+	00:02&	00:27&	02:29&	00:26#	00:28-	00:06-	00:03-		
5	Espen Krogh	7													33:34
01:00-	04:12-	08:17-	10:04-	12:19-	18:06+	20:20+	21:52+	23:19+	26:42+	29:18+	32:01+	33:17+	33:34+		
01:00-	03:12-	04:05-	01:47+	02:15+	05:47+	02:14+	01:32+	01:27-	03:23+	02:36+	02:43+	01:16+	00:17+		
00:23-	00:12-	00:16-	00:08+	00:42&	02:04&	00:05+	00:31&	00:13-	00:17+	01:08&	00:19#	00:26&	00:01+		
6	Kjell Seland	236													34:03
01:35+	05:19+	11:59+	14:26+	16:07+	19:38+	22:26+	23:47+	25:29+	29:04+	30:15+	32:44+	33:45+	34:03+		
01:35+	03:44+	06:40+	02:27+	01:41+	03:31-	02:48+	01:21+	01:42+	03:35+	01:11-	02:29+	01:01+	00:18+		
00:12#	00:20+	02:19&	00:48&	00:08+	00:12-	00:39&	00:20&	00:02+	00:29#	00:17-	00:05+	00:11#	00:02#		
7	Tor Sverre Skåra	266													34:13
01:21-	05:16+	09:53+	11:41+	13:38+	18:12+	20:43+	22:11+	24:22+	28:11+	29:30+	32:58+	33:52+	34:13+		
01:21-	03:55+	04:37+	01:48+	01:57+	04:34+	02:31+	01:28+	02:11+	03:49+	01:19-	03:28+	00:54+	00:21+		
00:02-	00:31#	00:16+	00:09+	00:24&	00:51#	00:22#	00:27&	00:31&	00:43#	00:09-	01:04&	00:04+	00:05&		
8	Øystein Dahle	92													34:15
01:24+	05:06+	09:45+	11:23+	13:11+	17:27+	21:06+	22:33+	24:29+	28:10+	29:49+	32:55+	33:53+	34:15+		
01:24+	03:42+	04:39+	01:38-	01:48+	04:16+	03:39+	01:27+	01:56+	03:41+	01:39+	03:06+	00:58+	00:22+		
00:01+	00:18+	00:18+	00:01-	00:15#	00:33#	01:30&	00:26&	00:16#	00:35#	00:11#	00:42&	00:08#	00:06&		
9	Arne Øvstebø	71													34:27
01:23=	04:47=	09:33+	11:48+	14:57+	19:39+	21:56+	22:59+	24:49+	28:37+	30:06+	32:59+	34:00+	34:27+		
01:23=	03:24=	04:46+	02:15+	03:09+	04:42+	02:17+	01:03+	01:50+	03:48+	01:29+	02:53+	01:01+	00:27+		
00:00=	00:00=	00:25+	00:36&	01:36&	00:59&	00:08+	00:02+	00:10#	00:42#	00:01+	00:29#	00:11#	00:11&		
10	Knut Feldmann	93													34:34
01:15-	04:48+	09:08=	11:14+	13:12+	17:16+	20:05+	22:17+	25:13+	30:11+	30:58+	33:25+	34:13+	34:34+		
01:15-	03:33+	04:20-	02:06+	01:58+	04:04+	02:49+	02:12+	02:56+	04:58+	00:47-	02:27+	00:48-	00:21+		
00:08-	00:09+	00:01-	00:27&	00:25&	00:21+	00:40&	01:11&	01:16&	01:52&	00:41-	00:03+	00:02-	00:05&		
11	Morten Johannessen	7													35:23
01:27+	05:04+	12:44+	14:48+	16:34+	20:21+	22:20+	24:06+	26:09+	30:47+	31:55+	34:04+	35:04+	35:23+		
01:27+	03:37+	07:40+	02:04+	01:46+	03:47+	01:59-	01:46+	02:03+	04:38+	01:08-	02:09-	01:00+	00:19+		
00:04+	00:13+	03:19&	00:25&	00:13#	00:04+	00:10-	00:45&	00:23#	01:32&	00:20-	00:15-	00:10#	00:03#		
12	Geir Haugvaldstad	116													35:25
01:29+	05:50+	10:07+	12:09+	14:05+	19:08+	21:27+	22:56+	26:33+	30:33+	31:49+	34:03+	35:11+	35:25+		
01:29+	04:21+	04:17-	02:02+	01:56+	05:03+	02:19+	01:29+	03:37+	04:00+	01:16-	02:14-	01:08+	00:14-		
00:06+	00:57&	00:04-	00:23#	00:23#	01:20&	00:10+	00:28&	01:57&	00:54&	00:12-	00:10-	00:18&	00:02-		
13	Trygve Michaelsen	117													35:45
01:14-	05:14+	10:45+	12:39+	14:39+	18:42+	21:13+	22:27+	26:15+	30:49+	31:57+	34:41+	35:27+	35:45+		
01:14-	04:00+	05:31+	01:54+	02:00+	04:03+	02:31+	01:14+	03:48+	04:34+	01:08-	02:44+	00:46-	00:18+		
00:09-	00:36#	01:10&	00:15#	00:27&	00:20+	00:22#	00:13#	02:08&	01:28&	00:20-	00:20#	00:04-	00:02#		
14	Frank Hansen	29													36:19
01:27+	05:56+	10:11+	12:41+	15:43+	20:00+	22:19+	23:54+	26:08+	29:56+	32:23+	34:55+	36:00+	36:19+		
01:27+	04:29+	04:15-	02:30+	03:02+	04:17+	02:19+	01:35+	02:14+	03:48+	02:27+	02:32+	01:05+	00:19+		
00:04+	01:05&	00:06-	00:51&	01:29&	00:34#	00:10+	00:34&	00:34&	00:42#	00:59&	00:08+	00:15&	00:03#		
15	Magnar Møller	62													37:32
01:28+	05:05+	09:59+	14:34+	16:24+	21:54+	24:31+	25:42+	28:05+	31:42+	33:13+	36:25+	37:13+	37:32+		
01:28+	03:37+	04:54+	04:35+	01:50+	05:30+	02:37+	01:11+	02:23+	03:37+	01:31+	03:12+	00:48-	00:19+		
00:05+	00:13+	00:33#	02:56&	00:17#	01:47&	00:28#	00:10#	00:43&	00:31#	00:03+	00:48&	00:02-	00:03#		

Class	Navn	Klasse										Tid	
16	Anders Glenne	7										37:59	
01:19-	06:44+	10:56+	14:40+	16:13+	20:30+	22:42+	23:57+	29:01+	33:09+	34:13+	36:50+	37:44+	37:59+
01:19-	05:25+	04:12-	03:44+	01:33=	04:17+	02:12+	01:15+	05:04+	04:08+	01:04-	02:37+	00:54+	00:15-
00:04-	02:01&	00:09-	02:05@	00:00=	00:34#	00:03+	00:14#	03:24@	01:02&	00:24-	00:13+	00:04+	00:01-
17	Roger Nyseth	92										38:18	
01:33+	05:15+	10:57+	14:44+	17:18+	21:59+	24:53+	26:36+	28:44+	32:38+	34:02+	36:58+	37:54+	38:18+
01:33+	03:42+	05:42+	03:47+	02:34+	04:41+	02:54+	01:43+	02:08+	03:54+	01:24-	02:56+	00:56+	00:24+
00:10#	00:18#	01:21&	02:08@	01:01&	00:58&	00:45&	00:42&	00:28&	00:48&	00:04-	00:32#	00:06#	00:08&
18	Kjell Olav Gjerde	7										38:33	
01:23=	05:06+	09:34+	11:34+	13:22+	17:30+	19:43+	22:01+	28:26+	32:04+	34:44+	37:13+	38:16+	38:33+
01:23=	03:43+	04:28+	02:00+	01:48+	04:08+	02:13+	02:18+	06:25+	03:38+	02:40+	02:29+	01:03+	00:17+
00:00=	00:19+	00:07+	00:21#	00:15#	00:25#	00:04+	01:17@	04:45@	00:32#	01:12&	00:05+	00:13&	00:01+
19	Sigbjørn Gløppen	144										38:47	
01:22-	04:54+	13:22+	15:29+	17:16+	21:39+	24:13+	25:46+	28:14+	32:55+	34:39+	37:36+	38:29+	38:47+
01:22-	03:32+	08:28+	02:07+	01:47+	04:23+	02:34+	01:33+	02:28+	04:41+	01:44+	02:57+	00:53+	00:18+
00:01-	00:08+	04:07&	00:28&	00:14#	00:40#	00:25#	00:32&	00:48&	01:35&	00:16#	00:33#	00:03+	00:02#
20	Steinar Torjusen	167										39:15	
02:33+	06:53+	11:38+	13:43+	15:58+	22:06+	24:41+	26:16+	29:02+	33:26+	34:55+	37:38+	38:59+	39:15+
02:33+	04:20+	04:45+	02:05+	02:15+	06:08+	02:35+	01:35+	02:46+	04:24+	01:29+	02:43+	01:21+	00:16=
01:10&	00:56&	00:24+	00:26&	00:42&	02:25&	00:26#	00:34&	01:06&	01:18&	00:01+	00:19#	00:31&	00:00=
21	Inge Skretting	165										39:56	
01:29+	05:06+	10:04+	13:04+	15:22+	19:54+	24:08+	26:00+	29:22+	33:34+	35:41+	38:49+	39:38+	39:56+
01:29+	03:37+	04:58+	03:00+	02:18+	04:32+	04:14+	01:52+	03:22+	04:12+	02:07+	03:08+	00:49-	00:18+
00:06+	00:13+	00:37#	01:21&	00:45&	00:49#	02:05&	00:51&	01:42@	01:06&	00:39&	00:44&	00:01-	00:02#
22	Øistein Haaland	116										39:58	
01:17-	04:04-	12:37+	14:29+	15:57+	25:09+	27:26+	28:48+	30:49+	33:35+	35:48+	38:49+	39:38+	39:58+
01:17-	02:47-	08:33+	01:52+	01:28-	09:12+	02:17+	01:22+	02:01+	02:46-	02:13+	03:01+	00:49-	00:20+
00:06-	00:37-	04:12&	00:13#	00:05-	05:29@	00:08+	00:21&	00:21#	00:20-	00:45&	00:37&	00:01-	00:04#
23	Sveinung Rosenvinge	116										40:21	
01:33+	06:33+	12:45+	14:39+	17:47+	23:16+	25:53+	28:01+	30:19+	34:13+	35:21+	38:47+	40:01+	40:21+
01:33+	05:00+	06:12+	01:54+	03:08+	05:29+	02:37+	02:08+	02:18+	03:54+	01:08-	03:26+	01:14+	00:20+
00:10#	01:36&	01:51&	00:15#	01:35@	01:46&	00:28#	01:07@	00:38&	00:48&	00:20-	01:02&	00:24&	00:04#
24	Torbjørn Dahle	92										41:51	
01:27+	05:19+	11:31+	19:30+	21:12+	25:16+	27:52+	29:18+	32:26+	36:40+	37:32+	40:32+	41:29+	41:51+
01:27+	03:52+	06:12+	07:59+	01:42+	04:04+	02:36+	01:26+	03:08+	04:14+	00:52-	03:00+	00:57+	00:22+
00:04+	00:28#	01:51&	06:20@	00:09+	00:21+	00:27#	00:25&	01:28&	01:08&	00:36-	00:36#	00:07#	00:06&
25	Ivar Bergset	35										42:24	
01:48+	05:48+	12:40+	15:33+	17:37+	23:08+	27:32+	29:13+	31:36+	36:10+	37:41+	40:50+	41:56+	42:24+
01:48+	04:00+	06:52+	02:53+	02:04+	05:31+	04:24+	01:41+	02:23+	04:34+	01:31+	03:09+	01:06+	00:28+
00:25&	00:36#	02:31&	01:14&	00:31&	01:48&	02:15@	00:40&	00:43&	01:28&	00:03+	00:45&	00:16&	00:12&
26	Svein Magne Gløppen	93										42:27	
01:42+	06:38+	11:57+	14:55+	17:27+	21:02+	23:43+	27:44+	30:15+	34:57+	37:02+	40:50+	42:01+	42:27+
01:42+	04:56+	05:19+	02:58+	02:32+	03:35-	02:41+	04:01+	02:31+	04:42+	02:05+	03:48+	01:11+	00:26+
00:19#	01:32&	00:58#	01:19&	00:59&	00:08-	00:32#	03:00@	00:51&	01:36&	00:37&	01:24&	00:21&	00:10&
27	Geir Rune Seldal	192										42:33	
01:40+	05:45+	11:38+	14:32+	16:32+	22:20+	25:07+	26:29+	30:20+	36:55+	38:07+	41:22+	42:16+	42:33+
01:40+	04:05+	05:53+	02:54+	02:00+	05:48+	02:47+	01:22+	03:51+	06:35+	01:12-	03:15+	00:54+	00:17+
00:17#	00:41#	01:32&	01:15&	00:27&	02:05&	00:38&	00:21&	02:11@	03:29@	00:16-	00:51&	00:04+	00:01+
28	Jørgen Nilsen	53										42:37	
01:21-	12:12+	16:52+	18:37+	21:58+	25:41+	28:13+	29:20+	33:23+	37:50+	38:56+	41:26+	42:17+	42:37+
01:21-	10:51+	04:40+	01:45+	03:21+	03:43=	02:32+	01:07+	04:03+	04:27+	01:06-	02:30+	00:51+	00:20+
00:02-	07:27@	00:19+	00:06+	01:48@	00:00=	00:23#	00:06+	02:23@	01:21&	00:22-	00:06+	00:01+	00:04#
29	Tor Inge Halvorsen	5										45:38	
01:20-	05:00+	18:03+	20:18+	22:04+	26:13+	28:44+	29:58+	32:30+	38:05+	40:56+	44:01+	45:17+	45:38+
01:20-	03:40+	13:03+	02:15+	01:46+	04:09+	02:31+	01:14+	02:32+	05:35+	02:51+	03:05+	01:16+	00:21+
00:03-	00:16+	08:42@	00:36&	00:13#	00:26#	00:22#	00:13#	00:52&	02:29&	01:23&	00:41&	00:26&	00:05&
30	Kjell Ove Aksland	27										46:09	
01:23=	05:05+	14:07+	16:08+	19:26+	29:34+	32:08+	33:31+	35:59+	40:15+	41:24+	43:59+	45:01+	46:09+
01:23=	03:42+	09:02+	02:01+	03:18+	10:08+	02:34+	01:23+	02:28+	04:16+	01:09-	02:35+	01:02+	01:08+
00:00=	00:18+	04:41@	00:22#	01:45@	06:25@	00:25#	00:22&	00:48&	01:10&	00:19-	00:11+	00:12#	00:52@

Class	Navn	Klasse										Tid	
31	Øystein Fuglestad	46										48:03	
01:18-	04:43-	11:21+	14:48+	17:44+	22:32+	25:47+	29:12+	35:41+	40:00+	43:52+	46:40+	47:43+	48:03+
01:18-	03:25+	06:38+	03:27+	02:56+	04:48+	03:15+	03:25+	06:29+	04:19+	03:52+	02:48+	01:03+	00:20+
00:05-	00:01+	02:17&	01:48@	01:23&	01:05&	01:06&	02:24@	04:49@	01:13&	02:24@	00:24#	00:13&	00:04#
32	John Lage Bergan	116										50:57	
01:30+	05:40+	10:08+	14:21+	16:23+	23:58+	27:03+	28:38+	33:27+	38:00+	46:26+	49:38+	50:34+	50:57+
01:30+	04:10+	04:28+	04:13+	02:02+	07:35+	03:05+	01:35+	04:49+	04:33+	08:26+	03:12+	00:56+	00:23+
00:07+	00:46#	00:07+	02:34@	00:29&	03:52@	00:56&	00:34&	03:09@	01:27&	06:58@	00:48&	00:06#	00:07&
33	Kjell Lervik	239										51:11	
01:55+	07:12+	13:27+	20:00+	21:55+	29:24+	32:32+	37:03+	40:06+	44:54+	46:33+	49:40+	50:49+	51:11+
01:55+	05:17+	06:15+	06:33+	01:55+	07:29+	03:08+	04:31+	03:03+	04:48+	01:39+	03:07+	01:09+	00:22+
00:32&	01:53&	01:54&	04:54@	00:22#	03:46@	00:59&	03:30@	01:23&	01:42&	00:11#	00:43&	00:19&	00:06&
34	Lars Salvesen	50										53:06	
01:36+	11:04+	18:31+	21:56+	23:57+	31:23+	34:35+	39:20+	42:08+	46:51+	48:31+	51:34+	52:45+	53:06+
01:36+	09:28+	07:27+	03:25+	02:01+	07:26+	03:12+	04:45+	02:48+	04:43+	01:40+	03:03+	01:11+	00:21+
00:13#	06:04@	03:06&	01:46@	00:28&	03:43&	01:03&	03:44@	01:08&	01:37&	00:12#	00:39&	00:21&	00:05&
35	John C. Sinnes	93										56:12	
01:34+	06:42+	12:21+	18:30+	20:55+	26:09+	28:58+	37:23+	40:07+	47:18+	50:21+	54:21+	55:50+	56:12+
01:34+	05:08+	05:39+	06:09+	02:25+	05:14+	02:49+	08:25+	02:44+	07:11+	03:03+	04:00+	01:29+	00:22+
00:11#	01:44&	01:18&	04:30@	00:52&	01:31&	00:40&	07:24@	01:04&	04:05@	01:35@	01:36&	00:39&	00:06&
36	Sverre Magnar Nordal	116										57:17	
01:46+	07:52+	14:41+	24:15+	27:11+	33:27+	36:43+	42:12+	45:17+	51:01+	52:44+	55:36+	56:55+	57:17+
01:46+	06:06+	06:49+	09:34+	02:56+	06:16+	03:16+	05:29+	03:05+	05:44+	01:43+	02:52+	01:19+	00:22+
00:23&	02:42&	02:28&	07:55@	01:23&	02:33&	01:07&	04:28@	01:25&	02:38&	00:15#	00:28#	00:29&	00:06&
Beste strekktid for klassen													
01:00	02:47	04:05	01:38	01:22	03:10	01:59	00:58	01:27	02:46	00:47	02:09	00:43	00:14
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Herrer 60 - 64 år													
1	Arne Kristian Espedal	68										26:09	
01:24=	03:59=	06:32=	08:05=	09:20=	11:36=	14:41=	17:13=	20:59=	23:19=	25:49=	26:09=		
01:24=	02:35=	02:33=	01:33=	01:15=	02:16=	03:05=	02:32=	03:46=	02:20=	02:30=	00:20=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Dag Helliksen	80										32:11	
01:41+	05:11+	09:06+	10:06+	11:27+	16:35+	21:10+	24:21+	27:06+	29:19+	31:52+	32:11+		
01:41+	03:30+	03:55+	01:00-	01:21+	05:08+	04:35+	03:11+	02:45-	02:13-	02:33+	00:19-		
00:17#	00:55&	01:22&	00:33-	00:06+	02:52@	01:30&	00:39&	01:01-	00:07-	00:03+	00:01-		
3	Sveinung Tveit	236										33:15	
02:22+	05:44+	09:59+	13:03+	14:42+	17:49+	21:01+	24:32+	27:53+	30:08+	32:53+	33:15+		
02:22+	03:22+	04:15+	03:04+	01:39+	03:07+	03:12+	03:31+	03:21-	02:15-	02:45+	00:22+		
00:58&	00:47&	01:42&	01:31&	00:24&	00:51&	00:07+	00:59&	00:25-	00:05-	00:15#	00:02#		
4	Ivar Johan Larsen	46										33:55	
01:38+	06:00+	10:14+	11:12+	12:57+	15:58+	20:32+	24:36+	28:04+	30:16+	33:30+	33:55+		
01:38+	04:22+	04:14+	00:58-	01:45+	03:01+	04:34+	04:04+	03:28-	02:12-	03:14+	00:25+		
00:14#	01:47&	01:41&	00:35-	00:30&	00:45&	01:29&	01:32&	00:18-	00:08-	00:44&	00:05#		
5	Kjell Skjæveland	108										34:38	
01:34+	08:05+	12:00+	13:03+	14:58+	18:08+	22:56+	26:10+	29:15+	31:27+	34:20+	34:38+		
01:34+	06:31+	03:55+	01:03-	01:55+	03:10+	04:48+	03:14+	03:05-	02:12-	02:53+	00:18-		
00:10#	03:56@	01:22&	00:30-	00:40&	00:54&	01:43&	00:42&	00:41-	00:08-	00:23#	00:02-		
6	Bjørn Sivertsen	99										34:57	
02:10+	06:23+	11:40+	12:51+	14:31+	17:35+	21:42+	25:27+	28:55+	31:08+	34:34+	34:57+		
02:10+	04:13+	05:17+	01:11-	01:40+	03:04+	04:07+	03:45+	03:28-	02:13-	03:26+	00:23+		
00:46&	01:38&	02:44@	00:22-	00:25&	00:48&	01:02&	01:13&	00:18-	00:07-	00:56&	00:03#		
7	Hans Erik Terjesen	116										35:08	
01:50+	05:06+	09:04+	12:26+	13:44+	16:33+	20:25+	23:31+	29:33+	32:11+	34:50+	35:08+		
01:50+	03:16+	03:58+	03:22+	01:18+	02:49+	03:52+	03:06+	06:02+	02:38+	02:39+	00:18-		
00:26&	00:41&	01:25&	01:49@	00:03+	00:33#	00:47&	00:34#	02:16&	00:18#	00:09+	00:02-		

Class	Navn	Klasse										Tid
8	Arne M. Handeland	92										35:36
02:09+	06:21+	11:20+	12:34+	14:10+	17:14+	21:15+	24:51+	31:49+	35:13+	35:36+		
02:09+	04:12+	04:59+	01:14-	01:36+	03:04+	04:01+	03:36+	03:37-	03:21+	03:24+	00:23+	
00:45&	01:37&	02:26&	00:19-	00:21&	00:48&	00:56&	01:04&	00:09-	01:01&	00:54&	00:03#	
9	Tor Harald Lunde	47										37:05
02:27+	06:27+	10:51+	12:33+	15:27+	18:41+	22:27+	26:06+	30:12+	32:45+	36:43+	37:05+	
02:27+	04:00+	04:24+	01:42+	02:54+	03:14+	03:46+	03:39+	04:06+	02:33+	03:58+	00:22+	
01:03&	01:25&	01:51&	00:09+	01:39#	00:58&	00:41#	01:07&	00:20+	00:13+	01:28&	00:02#	
10	Bjørn H. Engseth	27										40:08
01:48+	11:00+	15:28+	16:35+	18:25+	22:09+	25:39+	29:06+	32:41+	36:24+	39:46+	40:08+	
01:48+	09:12+	04:28+	01:07-	01:50+	03:44+	03:30+	03:27+	03:35-	03:43+	03:22+	00:22+	
00:24&	06:37@	01:55&	00:26-	00:35&	01:28&	00:25#	00:55&	00:11-	01:23&	00:52&	00:02#	
11	Magne Tunheim	144										43:31
03:18+	14:40+	19:19+	20:53+	22:30+	25:31+	30:04+	33:11+	36:45+	39:40+	43:06+	43:31+	
03:18+	11:22+	04:39+	01:34+	01:37+	03:01+	04:33+	03:07+	03:34-	02:55+	03:26+	00:25+	
01:54@	08:47@	02:06&	00:01+	00:22&	00:45&	01:28&	00:35#	00:12-	00:35#	00:56&	00:05#	
12	Agnar Lien	7										44:15
02:17+	06:19+	17:00+	18:22+	20:12+	24:31+	28:24+	32:33+	37:46+	40:20+	43:45+	44:15+	
02:17+	04:02+	10:41+	01:22-	01:50+	04:19+	03:53+	04:09+	05:13+	02:34+	03:25+	00:30+	
00:53&	01:27&	08:08@	00:11-	00:35&	02:03&	00:48&	01:37&	01:27&	00:14#	00:55&	00:10&	
13	Olav Tunheim	93										45:05
02:39+	07:10+	16:05+	19:42+	21:16+	24:50+	29:40+	33:55+	38:10+	41:09+	44:45+	45:05+	
02:39+	04:31+	08:55+	03:37+	01:34+	03:34+	04:50+	04:15+	04:15+	02:59+	03:36+	00:20=	
01:15&	01:56&	06:22@	02:04@	00:19&	01:18&	01:45&	01:43&	00:29#	00:39&	01:06&	00:00=	
14	Terje Stokkeland	69										49:07
02:01+	17:42+	24:07+	25:16+	26:42+	29:49+	34:33+	38:06+	40:48+	44:53+	48:50+	49:07+	
02:01+	15:41+	06:25+	01:09-	01:26+	03:07+	04:44+	03:33+	02:42-	04:05+	03:57+	00:17-	
00:37&	13:06@	03:52@	00:24-	00:11#	00:51&	01:39&	01:01&	01:04-	01:45&	01:27&	00:03-	
15	Rolf Kleppe	63										57:15
02:27+	10:46+	16:01+	17:19+	20:25+	26:08+	33:41+	37:59+	43:27+	52:01+	56:52+	57:15+	
02:27+	08:19+	05:15+	01:18-	03:06+	05:43+	07:33+	04:18+	05:28+	08:34+	04:51+	00:23+	
01:03&	05:44@	02:42@	00:15-	01:51@	03:27@	04:28@	01:46&	01:42&	06:14@	02:21&	00:03#	
Beste strekktid for klassen	01:24	02:35	02:33	00:58	01:15	02:16	03:05	02:32	02:42	02:12	02:30	00:17

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

Herrer 65 - 69 år

1	Bjørn Alsaker	115										24:04
01:40=	04:30=	07:48=	08:40=	09:56=	12:09=	15:10=	17:49=	20:02=	21:40=	23:47=	24:04=	
01:40=	02:50=	03:18=	00:52=	01:16=	02:13=	03:01=	02:39=	02:13=	01:38=	02:07=	00:17=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Harry Breiland	66										27:22
01:38-	05:18+	09:13+	10:00+	11:18+	13:42+	16:47+	19:32+	22:30+	24:23+	27:04+	27:22+	
01:38-	03:40+	03:55+	00:47-	01:18+	02:24+	03:05+	02:45+	02:58+	01:53+	02:41+	00:18+	
00:02-	00:50&	00:37#	00:05-	00:02+	00:11+	00:04+	00:06+	00:45&	00:15#	00:34&	00:01+	
3	Eivind L. Rake	92										32:27
01:42+	05:24+	10:09+	11:19+	13:05+	15:48+	19:01+	22:34+	27:01+	29:14+	32:08+	32:27+	
01:42+	03:42+	04:45+	01:10+	01:46+	02:43+	03:13+	03:33+	04:27+	02:13+	02:54+	00:19+	
00:02+	00:52&	01:27&	00:18&	00:30&	00:30#	00:12+	00:54&	02:14@	00:35&	00:47&	00:02#	
4	Jan Hetland	29										34:07
01:47+	04:40+	11:11+	12:06+	14:06+	16:55+	21:14+	25:06+	28:22+	31:06+	33:53+	34:07+	
01:47+	02:53+	06:31+	00:55+	02:00+	02:49+	04:19+	03:52+	03:16+	02:44+	02:47+	00:14-	
00:07+	00:03+	03:13&	00:03+	00:44&	00:36&	01:18&	01:13&	01:03&	01:06&	00:40&	00:03-	
5	Paul A. Paulsen	117										34:24
01:44+	06:23+	10:24+	11:34+	13:15+	16:39+	21:01+	25:02+	28:55+	31:18+	34:04+	34:24+	
01:44+	04:39+	04:01+	01:10+	01:41+	03:24+	04:22+	04:01+	03:53+	02:23+	02:46+	00:20+	
00:04+	01:49&	00:43#	00:18&	00:25&	01:11&	01:21&	01:22&	01:40&	00:45&	00:39&	00:03#	

Class	Navn	Klasse										Tid
6	Asgeir Bell	117										35:54
01:25-	09:27+	16:53+	17:45+	19:02+	21:36+	25:52+	28:35+	31:05+	33:07+	35:33+	35:54+	
01:25-	08:02+	07:26+	00:52=	01:17+	02:34+	04:16+	02:43+	02:30+	02:02+	02:26+	00:21+	
00:15-	05:12@	04:08@	00:00=	00:01+	00:21#	01:15&	00:04+	00:17#	00:24#	00:19#	00:04#	
7	Gunnar Sakseid	116										36:15
02:01+	05:46+	12:27+	13:32+	15:04+	17:45+	23:40+	27:01+	30:15+	32:36+	35:54+	36:15+	
02:01+	03:45+	06:41+	01:05+	01:32+	02:41+	05:55+	03:21+	03:14+	02:21+	03:18+	00:21+	
00:21#	00:55&	03:23@	00:13#	00:16#	00:28#	02:54&	00:42&	01:01&	00:43&	01:11&	00:04#	
8	Roar Fitjar	101										39:01
01:57+	06:42+	11:04+	12:43+	14:42+	17:59+	23:06+	27:20+	31:39+	34:49+	38:37+	39:01+	
01:57+	04:45+	04:22+	01:39+	01:59+	03:17+	05:07+	04:14+	04:19+	03:10+	03:48+	00:24+	
00:17#	01:55&	01:04&	00:47&	00:43&	01:04&	02:06&	01:35&	02:06&	01:32&	01:41&	00:07&	
9	Leif Gunnar Wikene	43										41:11
01:54+	05:52+	12:27+	13:43+	15:58+	19:20+	30:05+	33:16+	35:42+	37:53+	40:50+	41:11+	
01:54+	03:58+	06:35+	01:16+	02:15+	03:22+	10:45+	03:11+	02:26+	02:11+	02:57+	00:21+	
00:14#	01:08&	03:17&	00:24&	00:59&	01:09&	07:44@	00:32#	00:13+	00:33&	00:50&	00:04#	
10	Svein Ove Horpestad	62										42:15
02:25+	05:59+	11:35+	12:27+	14:11+	17:02+	22:33+	26:01+	33:52+	37:05+	41:50+	42:15+	
02:25+	03:34+	05:36+	00:52=	01:44+	02:51+	05:31+	03:28+	07:51+	03:13+	04:45+	00:25+	
00:45&	00:44&	02:18&	00:00=	00:28&	00:38&	02:30&	00:49&	05:38@	01:35&	02:38@	00:08&	
11	Svein Berge	126										42:22
02:41+	06:41+	10:50+	12:03+	13:27+	16:25+	20:51+	32:52+	36:48+	39:16+	42:03+	42:22+	
02:41+	04:00+	04:09+	01:13+	01:24+	02:58+	04:26+	12:01+	03:56+	02:28+	02:47+	00:19+	
01:01&	01:10&	00:51&	00:21&	00:08#	00:45&	01:25&	09:22@	01:43&	00:50&	00:40&	00:02#	
12	Sverre Vatland	93										43:44
02:34+	07:42+	12:24+	13:47+	15:40+	19:00+	25:29+	29:14+	35:57+	39:33+	43:21+	43:44+	
02:34+	05:08+	04:42+	01:23+	01:53+	03:20+	06:29+	03:45+	06:43+	03:36+	03:48+	00:23+	
00:54&	02:18&	01:24&	00:31&	00:37&	01:07&	03:28@	01:06&	04:30@	01:58@	01:41&	00:06&	
13	Terje Gautestad	7										45:07
02:13+	07:03+	12:43+	15:18+	17:26+	21:13+	31:06+	34:54+	39:01+	41:15+	44:38+	45:07+	
02:13+	04:50+	05:40+	02:35+	02:08+	03:47+	09:53+	03:48+	04:07+	02:14+	03:23+	00:29+	
00:33&	02:00&	02:22&	01:43@	00:52&	01:34&	06:52@	01:09&	01:54&	00:36&	01:16&	00:12&	
14	Jostein Tunheim	116										45:56
01:43+	08:42+	13:34+	14:34+	16:26+	19:20+	23:32+	27:02+	31:10+	41:47+	45:32+	45:56+	
01:43+	06:59+	04:52+	01:00+	01:52+	02:54+	04:12+	03:30+	04:08+	10:37+	03:45+	00:24+	
00:03+	04:09@	01:34&	00:08#	00:36&	00:41&	01:11&	00:51&	01:55&	08:59@	01:38&	00:07&	
15	Berge Hatteland	62										46:43
02:35+	07:01+	11:48+	13:09+	15:07+	18:45+	24:07+	34:51+	38:53+	41:55+	46:03+	46:43+	
02:35+	04:26+	04:47+	01:21+	01:58+	03:38+	05:22+	10:44+	04:02+	03:02+	04:08+	00:40+	
00:55&	01:36&	01:29&	00:29&	00:42&	01:25&	02:21&	08:05@	01:49&	01:24&	02:01&	00:23@	
16	Terje Langeland	98										48:33
02:08+	06:31+	15:11+	16:47+	18:53+	23:23+	27:57+	36:45+	41:13+	43:50+	48:10+	48:33+	
02:08+	04:23+	08:40+	01:36+	02:06+	04:30+	04:34+	08:48+	04:28+	02:37+	04:20+	00:23+	
00:28&	01:33&	05:22@	00:44&	00:50&	02:17@	01:33&	06:09@	02:15@	00:59&	02:13@	00:06&	
17	Kjell Ingar Olsen	50										49:05
02:40+	06:44+	12:54+	14:56+	16:32+	26:04+	32:07+	36:40+	42:08+	45:12+	48:41+	49:05+	
02:40+	04:04+	06:10+	02:02+	01:36+	09:32+	06:03+	04:33+	05:28+	03:04+	03:29+	00:24+	
01:00&	01:14&	02:52&	01:10@	00:20&	07:19@	03:02@	01:54&	03:15@	01:26&	01:22&	00:07&	
18	Terje Helland	88										49:36
01:54+	10:43+	14:33+	15:38+	17:23+	20:49+	25:26+	30:15+	41:41+	46:03+	49:13+	49:36+	
01:54+	08:49+	03:50+	01:05+	01:45+	03:26+	04:37+	04:49+	11:26+	04:22+	03:10+	00:23+	
00:14#	05:59@	00:32#	00:13#	00:29&	01:13&	01:36&	02:10&	09:13@	02:44@	01:03&	00:06&	
19	Otto Alsnes	50										53:33
01:41+	05:15+	11:12+	12:08+	13:25+	16:15+	20:41+	31:59+	42:03+	49:34+	53:12+	53:33+	
01:41+	03:34+	05:57+	00:56+	01:17+	02:50+	04:26+	11:18+	10:04+	07:31+	03:38+	00:21+	
00:01+	00:44&	02:39&	00:04+	00:01+	00:37&	01:25&	08:39@	07:51@	05:53@	01:31&	00:04#	
20	Svein Ims	65										53:40
02:38+	06:58+	13:54+	15:01+	16:58+	26:30+	31:31+	40:48+	45:29+	49:06+	53:12+	53:40+	
02:38+	04:20+	06:56+	01:07+	01:57+	09:32+	05:01+	09:17+	04:41+	03:37+	04:06+	00:28+	
00:58&	01:30&	03:38@	00:15&	00:41&	07:19@	02:00&	06:38@	02:28@	01:59@	01:59&	00:11&	

Class	Navn	Klasse	Tid								
21	Ragnar Rossavik	109	54:40								
01:51+	06:06+	12:01+	13:41+	15:12+	27:34+	32:45+	40:29+	47:37+	50:54+	54:15+	54:40+
01:51+	04:15+	05:55+	01:40+	01:31+	12:22+	05:11+	07:44+	07:08+	03:17+	03:21+	00:25+
00:11#	01:25&	02:37&	00:48&	00:15#	10:09@	02:10&	05:05@	04:55@	01:39@	01:14&	00:08&
22	Per Marthon Mæland	5	1:11:37								
02:29+	10:20+	28:59+	30:23+	32:01+	38:10+	45:14+	50:11+	61:42+	65:45+	70:58+	71:37+
02:29+	07:51+	18:39+	01:24+	01:38+	06:09+	07:04+	04:57+	11:31+	04:03+	05:13+	00:39+
00:49&	05:01@	15:21@	00:32&	00:22&	03:56@	04:03@	02:18&	09:18@	02:25@	03:06@	00:22@
Beste strekktid for klassen											
01:25	02:50	03:18	00:47	01:16	02:13	03:01	02:39	02:13	01:38	02:07	00:14

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

Herrer 70 - 74 år

1	Kjell Svihus	154	34:01								
01:49=	05:54=	14:30=	15:23=	16:54=	19:42=	22:50=	26:07=	28:39=	30:51=	33:39=	34:01=
01:49=	04:05=	08:36=	00:53=	01:31=	02:48=	03:08=	03:17=	02:32=	02:12=	02:48=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tormod Aaslid	54	35:01								
02:11+	06:19+	15:31+	16:26+	17:56+	20:43+	23:55+	27:10+	29:42+	31:54+	34:41+	35:01+
02:11+	04:08+	09:12+	00:55+	01:30+	02:47+	03:12+	03:15+	02:32+	02:12+	02:47+	00:20+
00:22#	00:03+	00:36+	00:02+	00:01-	00:01-	00:04+	00:02-	00:00=	00:00=	00:01-	00:02-
3	Arvid Thorsen	5	36:06								
02:18+	06:22+	16:18+	17:10+	18:54+	21:37+	24:51+	28:08+	30:37+	32:52+	35:46+	36:06+
02:18+	04:04+	09:56+	00:52+	01:44+	02:43+	03:14+	03:17+	02:29+	02:15+	02:54+	00:20+
00:29&	00:01-	01:20#	00:01-	00:13#	00:05-	00:06+	00:00=	00:03-	00:03+	00:06+	00:02-
4	Svein Glendrange	68	37:02								
02:03+	05:21-	09:44-	10:44-	12:34-	18:28-	22:18-	27:58+	31:24+	33:50+	36:38+	37:02+
02:03+	03:18-	04:23-	01:00+	01:50+	05:54+	03:50+	05:40+	03:26+	02:26+	02:48=	00:24+
00:14#	00:47-	04:13-	00:07#	00:19#	03:06@	00:42#	02:23&	00:54&	00:14#	00:00=	00:02+
5	Finn Morten Årstad	115	37:21								
01:49=	10:17+	13:53-	14:48-	16:58+	20:14+	24:22+	29:06+	32:20+	34:24+	37:00+	37:21+
01:49=	08:28+	03:36-	00:55+	02:10+	03:16+	04:08+	04:44+	03:14+	02:04-	02:36-	00:21-
00:00=	04:23@	05:00-	00:02+	00:39&	00:28#	01:00&	01:27&	00:42&	00:08-	00:12-	00:01-
6	Ole Auklend	106	38:35								
02:33+	06:53+	11:28-	12:45-	15:02-	18:23-	23:07+	27:10+	31:42+	34:33+	38:09+	38:35+
02:33+	04:20+	04:35-	01:17+	02:17+	03:21+	04:44+	04:03+	04:32+	02:51+	03:36+	00:26+
00:44&	00:15+	04:01-	00:24&	00:46&	00:33#	01:36&	00:46#	02:00&	00:39&	00:48&	00:04#
7	Kjell Langvik	93	39:03								
02:12+	06:36+	10:43-	11:57-	13:50-	17:56-	22:06-	25:50-	32:31+	35:10+	38:40+	39:03+
02:12+	04:24+	04:07-	01:14+	01:53+	04:06+	04:10+	03:44+	06:41+	02:39+	03:30+	00:23+
00:23#	00:19+	04:29-	00:21&	00:22#	01:18&	01:02+	00:27#	04:09@	00:27#	00:42#	00:01+
8	Odd Garpestad	29	39:24								
02:09+	06:15+	15:14+	17:19+	18:36+	23:54+	28:14+	31:25+	34:10+	36:23+	39:04+	39:24+
02:09+	04:06+	08:59+	02:05+	01:17-	05:18+	04:20+	03:11-	02:45+	02:13+	02:41-	00:20-
00:20#	00:01+	00:23+	01:12@	00:14-	02:30&	01:12&	00:06-	00:13+	00:01+	00:07-	00:02-
9	Geir Husdal	93	45:13								
01:44-	05:53-	09:42-	10:57-	12:38-	16:58-	26:56+	33:38+	38:39+	41:24+	44:47+	45:13+
01:44-	04:09+	03:49-	01:15+	01:41+	04:20+	09:58+	06:42+	05:01+	02:45+	03:23+	00:26+
00:05-	00:04+	04:47-	00:22&	00:10#	01:32&	06:50@	03:25@	02:29&	00:33#	00:35#	00:04#
10	Norvald Skretting	43	45:20								
02:16+	05:57+	10:26-	11:51-	13:49-	17:03-	24:06+	28:03+	37:30+	41:15+	44:56+	45:20+
02:16+	03:41-	04:29-	01:25+	01:58+	03:14+	07:03+	03:57+	09:27+	03:45+	03:41+	00:24+
00:27#	00:24-	04:07-	00:32&	00:27&	00:26#	03:55@	00:40#	06:55@	01:33&	00:53&	00:02+
11	Hermann Skogsholm	53	47:04								
02:05+	09:04+	20:17+	21:09+	23:23+	26:38+	31:22+	36:38+	40:15+	43:35+	46:44+	47:04+
02:05+	06:59+	11:13+	00:52-	02:14+	03:15+	04:44+	05:16+	03:37+	03:20+	03:09+	00:20-
00:16#	02:54&	02:37&	00:01-	00:43&	00:27#	01:36&	01:59&	01:05&	01:08&	00:21#	00:02-

Class	Navn	Klasse										Tid
12	Knut Jonas Espedal	53										47:37
02:19+	07:01+	15:07+	16:10+	18:54+	22:17+	26:36+	28:18+	32:20+	40:40+	43:20+	47:11+	47:37+
02:19+	04:42+	08:06-	01:03+	02:44+	03:23+	04:19+	01:42-	04:02+	08:20+	02:40-	03:51+	00:26+
00:30&	00:37#	00:30-	00:10#	01:13&	00:35#	01:11&	01:35-	01:30&	06:08@	00:08-	03:29@	00:26+
13	Svein Eliassen	116										51:43
03:44+	08:56+	14:04-	15:50+	18:58+	23:09+	29:34+	34:47+	39:22+	47:14+	51:18+	51:43+	
03:44+	05:12+	05:08-	01:46+	03:08+	04:11+	06:25+	05:13+	04:35+	07:52+	04:04+	00:25+	
01:55@	01:07&	03:28-	00:53&	01:37@	01:23&	03:17@	01:56&	02:03&	05:40@	01:16&	00:03#	
14	Steinar Undheim	54										55:23
04:27+	13:02+	24:35+	25:19+	27:24+	31:45+	36:12+	40:40+	46:24+	51:10+	55:02+	55:23+	
04:27+	08:35+	11:33+	00:44-	02:05+	04:21+	04:27+	04:28+	05:44+	04:46+	03:52+	00:21-	
02:38@	04:30@	02:57&	00:09-	00:34&	01:33&	01:19&	01:11&	03:12@	02:34@	01:04&	00:01-	
15	Mangor Eikeland	92										56:59
02:26+	08:17+	19:34+	21:09+	23:30+	27:41+	34:48+	39:56+	45:57+	50:10+	56:24+	56:59+	
02:26+	05:51+	11:17+	01:35+	02:21+	04:11+	07:07+	05:08+	06:01+	04:13+	06:14+	00:35+	
00:37&	01:46&	02:41&	00:42&	00:50&	01:23&	03:59@	01:51&	03:29@	02:01&	03:26@	00:13&	
16	Jan H. Sagen	92										58:05
02:23+	07:46+	13:59-	15:25+	17:25+	21:09+	29:00+	42:02+	49:37+	53:02+	57:32+	58:05+	
02:23+	05:23+	06:13-	01:26+	02:00+	03:44+	07:51+	13:02+	07:35+	03:25+	04:30+	00:33+	
00:34&	01:18&	02:23-	00:33&	00:29&	00:56&	04:43@	09:45@	05:03@	01:13&	01:42&	00:11&	
17	Lars Ernst Ravndal	125										1:01:19
02:51+	21:05+	27:35+	29:01+	31:45+	37:05+	43:26+	48:11+	52:47+	56:24+	60:48+	61:19+	
02:51+	18:14+	06:30-	01:26+	02:44+	05:20+	06:21+	04:45+	04:36+	03:37+	04:24+	00:31+	
01:02&	14:09@	02:06-	00:33&	01:13&	02:32&	03:13@	01:28&	02:04&	01:25&	01:36&	00:09&	
18	Reidar Liland	66										1:12:57
03:35+	09:20+	23:06+	24:47+	28:31+	32:53+	40:22+	46:39+	63:48+	67:15+	72:28+	72:57+	
03:35+	05:45+	13:46+	01:41+	03:44+	04:22+	07:29+	06:17+	17:09+	03:27+	05:13+	00:29+	
01:46&	01:40&	05:10&	00:48&	02:13@	01:34&	04:21@	03:00&	14:37@	01:15&	02:25&	00:07&	
Beste strekktid for klassen												
01:44	03:18	03:36	00:44	01:17	02:43	03:08	01:42	02:29	02:04	02:36	00:20	

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

Herrer 75 - 79 år

1	Jan Værp	62										31:33
02:07=	04:30=	10:09=	10:48=	12:56=	16:44=	19:09=	22:17=	23:41=	27:56=	28:57=	30:30=	31:33=
02:07=	02:23=	05:39=	00:39=	02:08=	03:48=	02:25=	03:08=	01:24=	04:15=	01:01=	01:33=	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=
2	Knut Skjæveland	93										39:28
02:15+	07:19+	14:37+	15:29+	17:15+	21:10+	23:31+	29:52+	31:02+	35:36+	36:28+	38:07+	39:28+
02:15+	05:04+	07:18+	00:52+	01:46-	03:55+	02:21-	06:21+	01:10-	04:34+	00:52-	01:39+	01:21+
00:08+	02:41@	01:39&	00:13&	00:22-	00:07+	00:04-	03:13@	00:14-	00:19+	00:09-	00:06+	00:18&
3	Kjell Maudal	63										41:11
03:25+	07:42+	17:01+	18:02+	19:42+	24:02+	26:59+	30:14+	32:20+	36:13+	37:15+	39:42+	41:11+
03:25+	04:17+	09:19+	01:01+	01:40-	04:20+	02:57+	03:15+	02:06+	03:53-	01:02+	02:27+	01:29+
01:18&	01:54&	03:40&	00:22&	00:28-	00:32#	00:32#	00:07+	00:42&	00:22-	00:01+	00:54&	00:26&
4	Rolv Nærland	63										41:58
02:36+	08:40+	17:50+	18:53+	20:40+	25:07+	27:48+	31:00+	32:56+	37:06+	38:15+	40:37+	41:58+
02:36+	06:04+	09:10+	01:03+	01:47-	04:27+	02:41+	03:12+	01:56+	04:10-	01:09+	02:22+	01:21+
00:29#	03:41@	03:31&	00:24&	00:21-	00:39#	00:16#	00:04+	00:32&	00:05-	00:08#	00:49&	00:18&
5	Harald Vatne	67										44:39
02:34+	07:11+	15:14+	16:03+	17:56+	22:12+	25:10+	28:48+	34:34+	38:01+	40:03+	41:58+	44:39+
02:34+	04:37+	08:03+	00:49+	01:53-	04:16+	02:58+	03:38+	05:46+	03:27-	02:02+	01:55+	02:41+
00:27#	02:14&	02:24&	00:10&	00:15-	00:28#	00:33#	00:30#	04:22@	00:48-	01:01&	00:22#	01:38@
6	Alf Gyland	92										47:06
02:08+	04:50+	12:43+	18:51+	20:59+	24:50+	29:17+	32:54+	34:31+	39:03+	40:49+	42:52+	47:06+
02:08+	02:42+	07:53+	06:08+	02:08=	03:51+	04:27+	03:37+	01:37+	04:32+	01:46+	02:03+	04:14+
00:01+	00:19#	02:14&	05:29@	00:00=	00:03+	02:02&	00:29#	00:13#	00:17+	00:45&	00:30&	03:11@

Class	Navn	Klasse										Tid	
7	Gunnar Furland	93										47:42	
	03:14+	06:16+	13:29+	15:02+	17:32+	24:04+	32:27+	36:14+	37:53+	42:08+	44:17+	46:07+	47:42+
	03:14+	03:02+	07:13+	01:33+	02:30+	06:32+	08:23+	03:47+	01:39+	04:15+	02:09+	01:50+	01:35+
	01:07&	00:39&	01:34&	00:54@	00:22#	02:44&	05:58@	00:39#	00:15#	00:00=	01:08@	00:17#	00:32&
8	Magne Jakobsen	63										48:16	
	02:48+	05:59+	16:29+	17:27+	20:20+	28:08+	31:14+	34:56+	36:45+	41:06+	42:38+	46:35+	48:16+
	02:48+	03:11+	10:30+	00:58+	02:53+	07:48+	03:06+	03:42+	01:49+	04:21+	01:32+	03:57+	01:41+
	00:41&	00:48&	04:51&	00:19&	00:45&	04:00@	00:41&	00:34#	00:25&	00:06+	00:31&	02:24@	00:38&
9	Jan Bekkeheien	92										53:11	
	02:55+	07:56+	22:37+	23:55+	26:07+	30:32+	33:52+	37:39+	40:02+	47:01+	48:17+	51:11+	53:11+
	02:55+	05:01+	14:41+	01:18+	02:12+	04:25+	03:20+	03:47+	02:23+	06:59+	01:16+	02:54+	02:00+
	00:48&	02:38@	09:02@	00:39&	00:04+	00:37#	00:55&	00:39#	00:59&	02:44&	00:15#	01:21&	00:57&
10	Arne Brandsberg	29										53:46	
	02:59+	06:34+	16:05+	17:07+	20:16+	28:04+	32:48+	37:49+	39:23+	44:14+	48:36+	51:16+	53:46+
	02:59+	03:35+	09:31+	01:02+	03:09+	07:48+	04:44+	05:01+	01:34+	04:51+	04:22+	02:40+	02:30+
	00:52&	01:12&	03:52&	00:23&	01:01&	04:00@	02:19&	01:53&	00:10#	00:36#	03:21@	01:07&	01:27@
Beste strekktid for klassen													
	02:07	02:23	05:39	00:39	01:40	03:48	02:21	03:08	01:10	03:27	00:52	01:33	01:03

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

Herrer 80 år og eldre

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

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

Herrer A

1	Fredrik Omdal	74										33:39									
	01:19=	02:47=	04:44=	05:37=	06:04=	07:46=	11:52=	15:06=	15:48=	17:08=	19:34=	19:57=	23:44=	24:20=	26:58=	28:20=	29:53=	31:48=	32:59=	33:26=	33:39=
	01:19=	01:28=	01:57=	00:53=	00:27=	01:42=	04:06=	03:14=	00:42=	01:20=	02:26=	00:23=	03:47=	00:36=	02:38=	01:22=	01:33=	01:55=	01:11=	00:27=	00:13=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjarthe Westerheim	194										34:17									
	01:17-	02:47=	04:41-	05:57+	06:27+	07:56+	12:11+	15:19+	15:56+	17:27+	20:09+	20:31+	24:26+	25:03+	27:30+	28:52+	30:21+	32:27+	33:42+	34:05+	34:17+
	01:17-	01:30+	01:54-	01:16+	00:30+	01:29+	04:15+	03:08-	00:37-	01:31+	02:42+	00:22-	03:55+	00:37+	02:27-	01:22-	01:29-	02:06+	01:15+	00:23-	00:12-
	00:02-	00:02+	00:03-	00:23&	00:03#	00:13-	00:09+	00:06-	00:05-	00:11#	00:16#	00:01-	00:08+	00:01+	00:11-	00:00=	00:04-	00:11+	00:04+	00:04-	00:01-
3	Morten Bjerga Sundli	7										39:50									
	01:26+	03:02+	07:20+	08:13+	08:44+	10:13+	14:15+	17:46+	18:29+	19:58+	23:19+	23:42+	27:29+	28:29+	31:31+	33:02+	34:48+	38:02+	39:15+	39:37+	39:50+
	01:26+	01:36+	04:18+	00:53=	00:31+	01:29-	04:02-	03:31+	00:43+	01:29+	03:21+	00:23=	03:47=	01:00+	03:02+	01:31+	01:46+	03:14+	01:13+	00:22-	00:13=
	00:07+	00:08+	02:21@	00:00=	00:04#	00:13-	00:04-	00:17+	00:01+	00:09#	00:55&	00:00=	00:00=	00:24&	00:24#	00:09#	00:13#	01:19&	00:02+	00:05-	00:00=
4	Lars Ole Løseth	116										40:51									
	01:53+	03:24+	07:07+	08:22+	08:59+	11:01+	14:57+	18:46+	19:33+	21:37+	24:40+	25:09+	29:16+	30:02+	32:40+	34:35+	36:40+	38:35+	40:08+	40:36+	40:51+
	01:53+	01:31+	03:43+	01:15+	00:37+	02:02+	03:56-	03:49+	00:47+	02:04+	03:03+	00:29+	04:07+	00:46+	02:38=	01:55+	02:05+	01:55=	01:33+	00:28+	00:15+
	00:34&	00:03+	01:46&	00:22&	00:10&	00:20#	00:10-	00:35#	00:05#	00:44&	00:37&	00:06&	00:20+	00:10&	00:00=	00:33&	00:32&	00:00=	00:22&	00:01+	00:02#

Class	Navn	Klasse										Tid									
5	Vegard Karlsen	50										44:53									
	01:44+	03:16+	06:31+	07:50+	08:30+	10:28+	15:37+	20:48+	21:26+	23:17+	26:21+	26:50+	32:17+	32:54+	36:48+	38:40+	40:15+	42:56+	44:15+	44:38+	44:53+
	01:44+	01:32+	03:15+	01:19+	00:40+	01:58+	05:09+	05:11+	00:38-	01:51+	03:04+	00:29+	05:27+	00:37+	03:54+	01:52+	01:35+	02:41+	01:19+	00:23-	00:15+
	00:25&	00:04+	01:18&	00:26&	00:13&	00:16#	01:03&	01:57&	00:04-	00:31&	00:38&	00:06&	01:40&	00:01+	01:16&	00:30&	00:02+	00:46&	00:08#	00:04-	00:02#
6	Aart Joakim in't Veld	93										46:57									
	01:32+	02:54+	05:45+	07:07+	07:46+	09:33+	14:21+	19:18+	20:23+	22:24+	27:40+	28:06+	32:39+	33:24+	37:23+	40:23+	42:28+	44:41+	46:16+	46:42+	46:57+
	01:32+	01:22-	02:51+	01:22+	00:39+	01:47+	04:48+	04:57+	01:05+	02:01+	05:16+	00:26+	04:33+	00:45+	03:59+	03:00+	02:05+	02:13+	01:35+	00:26-	00:15+
	00:13#	00:06-	00:54&	00:29&	00:12&	00:05+	00:42#	01:43&	00:23&	00:41&	02:50@	00:03#	00:46#	00:09#	01:21&	01:38@	00:32&	00:18#	00:24&	00:01-	00:02#
7	Martin Blystad	115										48:17									
	02:21+	03:42+	06:13+	07:40+	08:21+	10:08+	16:26+	20:51+	21:36+	23:36+	26:43+	27:16+	31:23+	32:33+	35:58+	38:25+	40:23+	46:00+	47:35+	48:04+	48:17+
	02:21+	01:21-	02:31+	01:27+	00:41+	01:47+	06:18+	04:25+	00:45+	02:00+	03:07+	00:33+	04:07+	01:10+	03:25+	02:27+	01:58+	05:37+	01:35+	00:29+	00:13=
	01:02&	00:07-	00:34&	00:34&	00:14&	00:05+	02:12&	01:11&	00:03+	00:40&	00:41&	00:10&	00:20+	00:34&	00:47&	01:05&	00:25&	03:42@	00:24&	00:02+	00:00=
8	Jørgen Strømstad	50										52:01									
	02:19+	04:55+	08:02+	09:14+	10:16+	12:25+	18:59+	23:34+	24:34+	27:09+	31:10+	31:42+	37:36+	38:42+	42:21+	44:25+	46:16+	48:59+	51:12+	51:48+	52:01+
	02:19+	02:36+	03:07+	01:12+	01:02+	02:09+	06:34+	04:35+	01:00+	02:35+	04:01+	00:32+	05:54+	01:06+	03:39+	02:04+	01:51+	02:43+	02:13+	00:36+	00:13=
	01:00&	01:08&	01:10&	00:19&	00:35@	00:27&	02:28&	01:21&	00:18&	01:15&	01:35&	00:09&	02:07&	00:30&	01:01&	00:42&	00:18#	00:48&	01:02&	00:09&	00:00=
9	Joakim B. Enne Haug	71										57:49									
	02:21+	04:19+	07:37+	08:50+	09:34+	11:47+	19:11+	27:07+	28:06+	30:38+	34:24+	35:18+	41:28+	42:44+	46:27+	49:14+	51:51+	54:50+	56:48+	57:30+	57:49+
	02:21+	01:58+	03:18+	01:13+	00:44+	02:13+	07:24+	07:56+	00:59+	02:32+	03:46+	00:54+	06:10+	01:16+	03:43+	02:47+	02:37+	02:59+	01:58+	00:42+	00:19+
	01:02&	00:30&	01:21&	00:20&	00:17&	00:31&	03:18&	04:42@	00:17&	01:12&	01:20&	00:31@	02:23&	00:40@	01:05&	01:25@	01:04&	01:04&	00:47&	00:15&	00:06&
Beste strekktid for klassen																					
	01:17	01:21	01:54	00:53	00:27	01:29	03:56	03:08	00:37	01:20	02:26	00:22	03:47	00:36	02:27	01:22	01:29	01:55	01:11	00:22	00:12
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
Herrer B																					
1	Geir Sand	105										37:56									
	01:31=	03:08=	05:14=	06:11=	06:40=	08:19=	12:04=	15:42=	16:32=	18:07=	21:06=	21:36=	25:43=	26:20=	29:26=	31:12=	32:58=	36:00=	37:20=	37:42=	37:56=
	01:31=	01:37=	02:06=	00:57=	00:29=	01:39=	03:45=	03:38=	00:50=	01:35=	02:59=	00:30=	04:07=	00:37=	03:06=	01:46=	01:46=	03:02=	01:20=	00:22=	00:14=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Njål F. Vadla	93										38:50									
	01:38+	02:59-	05:12-	06:08-	06:36-	08:19=	12:52+	16:37+	17:16+	18:53+	22:00+	22:26+	26:47+	27:26+	31:14+	32:54+	34:37+	36:54+	38:10+	38:34+	38:50+
	01:38+	01:21-	02:13+	00:56-	00:28-	01:43+	04:33+	03:45+	00:39-	01:37+	03:07+	00:26-	04:21+	00:39+	03:48+	01:40-	01:43-	02:17-	01:16-	00:24+	00:16+
	00:07+	00:16-	00:07+	00:01-	00:01-	00:04+	00:48#	00:07+	00:11-	00:02+	00:08+	00:04-	00:14+	00:02+	00:42#	00:06-	00:03-	00:45-	00:04-	00:02+	00:02#
3	Oddvar Taksdal	194										39:24									
	01:31=	03:02-	05:17+	06:40+	07:16+	09:06+	13:19+	17:14+	17:58+	19:35+	22:37+	23:27+	27:33+	28:17+	31:02+	32:50+	34:56+	37:06+	38:31+	39:07+	39:24+
	01:31=	01:31-	02:15+	01:23+	00:36+	01:50+	04:13+	03:55+	00:44-	01:37+	03:02+	00:50+	04:06-	00:44+	02:45-	01:48+	02:06+	02:10-	01:25+	00:36+	00:17+
	00:00=	00:06-	00:09+	00:26&	00:07#	00:11#	00:28#	00:17+	00:06-	00:02+	00:03+	00:20&	00:01-	00:07#	00:21-	00:02+	00:20#	00:52-	00:05+	00:14&	00:03#
4	Morten Aamodt	116										40:32									
	01:30-	02:58-	05:11-	06:40+	07:22+	09:06+	13:24+	17:34+	18:24+	20:19+	23:14+	23:39+	28:17+	29:34+	32:29+	34:22+	36:02+	38:10+	39:46+	40:15+	40:32+
	01:30-	01:28-	02:13+	01:29+	00:42+	01:44+	04:18+	04:10+	00:50=	01:55+	02:55-	00:25-	04:38+	01:17+	02:55-	01:53+	01:40-	02:08-	01:36+	00:29+	00:17+
	00:01-	00:09-	00:07+	00:32&	00:13&	00:05+	00:33#	00:32#	00:00=	00:20#	00:04-	00:05-	00:31#	00:40@	00:11-	00:07+	00:06-	00:54-	00:16#	00:07&	00:03#
5	Jan-Rune Basso	91										42:27									
	01:38+	03:19+	05:47+	07:03+	07:38+	09:15+	13:14+	17:28+	18:17+	20:11+	23:38+	24:05+	28:30+	29:19+	32:38+	34:49+	36:59+	40:03+	41:34+	42:10+	42:27+
	01:38+	01:41+	02:28+	01:16+	00:35+	01:37-	03:59+	04:14+	00:49-	01:54+	03:27+	00:27-	04:25+	00:49+	03:19+	02:11+	02:10+	03:04+	01:31+	00:36+	00:17+
	00:07+	00:04+	00:22#	00:19&	00:06#	00:02-	00:14+	00:36#	00:01-	00:19#	00:28#	00:03-	00:18+	00:12&	00:13+	00:25#	00:24#	00:02+	00:11#	00:14&	00:03#
6	Stein Arne Olsen	68										43:34									
	01:38+	02:58-	05:33+	07:02+	07:38+	09:18+	14:07+	18:46+	19:29+	21:11+	24:01+	24:27+	28:38+	29:25+	32:31+	35:50+	38:50+	41:32+	42:49+	43:19+	43:34+
	01:38+	01:20-	02:35+	01:29+	00:36+	01:40+	04:49+	04:39+	00:43-	01:42+	02:50-	00:26+	04:11+	00:47+	03:06=	03:19+	03:00+	02:42-	01:17-	00:30+	00:15+
	00:07+	00:17-	00:29#	00:32&	00:07#	00:01+	01:04&	01:01&	00:07-	00:07+	00:09-	00:04-	00:04+	00:10&	00:00=	01:33&	01:14&	00:20-	00:03-	00:08&	00:01+
7	Joar Eilevstjønn	67										44:53									
	01:34+	03:35+	06:18+	07:21+	08:16+	10:10+	14:45+	18:42+	20:12+	22:01+	26:11+	26:47+	32:50+	33:23+	36:46+	38:22+	40:18+	42:43+	44:07+	44:40+	44:53+
	01:34+	02:01+	02:43+	01:03+	00:55+	01:54+	04:35+	03:57+	01:30+	01:49+	04:10+	00:36+	06:03+	00:33-	03:23+	01:36-	01:56+	02:25-	01:24+	00:33+	00:13-
	00:03+	00:24#	00:37&	00:06#	00:26&	00:15#	00:50#	00:19+	00:40&	00:14#	01:11&	00:06#	01:56&	00:04-	00:17+	00:10-	00:10+	00:37-	00:04+	00:11&	00:01-
8	Øyvind Rummelhoff	27										45:26									
	01:26-	03:00-	05:44+	07:13+	07:55+	09:47+	15:19+	19:09+	20:18+	22:08+	24:55+	25:25+	30:03+	31:11+	35:08+	37:35+	39:25+	43:09+	44:53+	45:15+	45:26+
	01:26-	01:34-	02:44+	01:29+	00:42+	01:52+	05:32+	03:50+	01:09+	01:50+	02:47-	00:30=	04:38+	01:08+	03:57+	02:27+	01:50+	03:44+	01:44+	00:22=	00:11-
	00:05-	00:03-	00:38&	00:32&	00:13&	00:13#	01:47&	00:12+	00:19&	00:15#	00:12-	00:00=	00:31#	00:31&	00:51&	00:41&	00:04+	00:42#	00:24&	00:00=	00:03-

Class	Navn	Klasse															Tid				
5	Øystein Huglen	27															43:43				
02:07+	03:09+	06:32+	09:43+	10:54+	11:31+	13:23+	18:39+	24:02+	25:04+	26:37+	29:48+	30:28+	34:00+	36:13+	38:14+	39:04+	40:57+	41:46+	43:24+	43:43+	
02:07+	01:02+	03:23+	03:11+	01:11+	00:37-	01:52+	05:16+	05:23+	01:02+	01:33-	03:11+	00:40+	03:32-	02:13+	02:01-	00:50+	01:53+	00:49-	01:38-	00:19+	
00:52&	00:06#	01:55@	00:43&	00:06+	00:01-	00:05+	00:07+	00:23+	00:01+	00:02-	00:23#	00:10&	00:15-	00:23#	00:02-	00:10#	00:30&	00:06-	00:28-	00:05&	
6	Kjell Dale	93															44:24				
02:06+	03:07+	05:01+	08:55+	11:07+	12:05+	14:17+	19:40+	25:02+	26:04+	27:42+	30:27+	30:56+	33:54+	35:51+	38:31+	39:36+	41:40+	42:21+	44:03+	44:24+	
02:06+	01:01+	01:54+	03:54+	02:12+	00:58+	02:12+	05:23+	05:22+	01:02+	01:38+	02:45-	00:29-	02:58-	01:57+	02:40+	01:05+	02:04+	00:41-	01:42-	00:21+	
00:51&	00:05+	00:26&	01:26&	01:07@	00:20&	00:25#	00:14+	00:22+	00:01+	00:03+	00:03-	00:01-	00:49-	00:07+	00:37&	00:25&	00:41&	00:14-	00:24-	00:07&	
7	Nils John Vestøl	83															44:33				
01:32+	02:33+	05:20+	08:42+	10:34+	11:05+	12:52+	18:25+	23:23+	24:32+	25:58+	28:25+	29:51+	32:37+	36:30+	39:37+	40:22+	41:44+	42:28+	44:12+	44:33+	
01:32+	01:01+	02:47+	03:22+	01:52+	00:31-	01:47+	05:33+	04:58-	01:09+	01:26-	02:27-	01:26+	02:46-	03:53+	03:07+	00:45+	01:22-	00:44-	01:44-	00:21+	
00:17#	00:05+	01:19&	00:54&	00:47&	00:07-	00:00=	00:24+	00:02-	00:08#	00:09-	00:21-	00:56@	01:01-	02:03@	01:04&	00:05#	00:01-	00:11-	00:22-	00:07&	
8	Sveinung Svebestad	46															46:13				
01:27+	02:41+	04:56+	07:23+	08:32+	11:17+	12:00+	14:43-	20:41+	26:29+	27:33+	29:13+	32:07+	32:44+	36:02+	38:04+	40:17+	41:25+	43:05+	43:53+	45:54+	46:13+
01:27+	01:14+	02:15+	02:27-	01:09+	02:45+	00:43-	02:43-	05:58+	05:48+	01:04-	01:40-	02:54+	00:37-	03:18+	02:02-	02:13+	01:08-	01:40+	00:48-	02:01+	00:19+
00:12#	00:18&	00:47&	00:01-	00:04+	02:07@	01:04-	02:26-	00:58#	04:47@	00:31-	01:08-	02:24@	03:10-	01:28&	00:01-	01:33@	00:15-	00:45&	01:18-	01:47@	00:19+
9	Ivar Knutsen	116															46:50				
01:42+	02:58+	05:10+	08:50+	11:02+	11:58+	14:38+	21:41+	27:21+	28:36+	30:01+	32:51+	33:21+	36:45+	38:54+	41:37+	42:30+	43:58+	44:42+	46:28+	46:50+	
01:42+	01:16+	02:12+	03:40+	02:12+	00:56+	02:40+	07:03+	05:40+	01:15+	01:25-	02:50+	00:30=	03:24-	02:09+	02:43+	00:53+	01:28+	00:44-	01:46-	00:22+	
00:27&	00:20&	00:44&	01:12&	01:07@	00:18&	00:53&	00:44&	00:14#	00:10-	00:02+	00:00=	00:23-	02:09+	02:43+	00:53+	01:28+	00:44-	01:46-	00:22+	00:08&	
10	Knut Taugbøl	116															46:51				
01:38+	02:48+	05:03+	08:58+	10:30+	11:47+	14:49+	20:13+	26:00+	27:02+	28:30+	31:32+	32:10+	35:52+	38:16+	40:55+	41:49+	44:03+	44:51+	46:32+	46:51+	
01:38+	01:10+	02:15+	03:55+	01:32+	01:17+	03:02+	05:24+	05:47+	01:02+	01:28-	03:02+	00:38+	03:42-	02:24+	02:39+	00:54+	02:14+	00:48-	01:41-	00:19+	
00:23&	00:14#	00:47&	01:27&	00:27&	00:39@	01:15&	00:15+	00:47#	00:01+	00:07-	00:14+	00:08&	00:05-	00:34&	00:36&	00:14&	00:51&	00:07-	00:25-	00:05&	
11	Inge Løland	114															46:51				
01:23+	02:30+	05:00+	07:55+	09:03+	09:54+	11:33+	18:48+	23:54+	25:06+	26:41+	29:19+	29:57+	33:35+	35:26+	41:27+	42:13+	44:05+	44:44+	46:32+	46:51+	
01:23+	01:07+	02:30+	02:55+	01:08+	00:51+	01:39-	07:15+	05:06+	01:12+	01:35=	02:38-	00:38+	03:38-	01:51+	06:01+	00:46+	01:52+	00:39-	01:48-	00:19+	
00:08#	00:11#	01:02&	00:27#	00:03+	00:13&	00:08-	02:06&	00:06+	00:11#	00:00=	00:10-	00:08&	00:09-	00:01+	03:58@	00:06#	00:29&	00:16-	00:18-	00:05&	
12	Geir Frøylog	29															47:05				
01:11-	02:13+	03:54+	06:50+	09:06+	11:34+	12:07+	16:30+	21:49+	27:39+	28:42+	30:16+	32:46+	33:48+	37:18+	39:18+	41:23+	42:11+	44:16+	44:58+	46:50+	47:05+
01:11-	01:02+	01:41+	02:56+	02:16+	02:28+	00:33-	04:23-	05:19+	05:50+	01:03-	01:34-	02:30+	01:02-	03:30+	02:00-	02:05+	00:48-	02:05+	00:42-	01:52+	00:15+
00:04-	00:06#	00:13#	00:28#	01:11@	01:50@	01:14-	00:46-	00:19+	04:49@	00:32-	01:14-	02:00@	02:45-	01:40&	00:03-	01:25@	00:35-	01:10@	01:24-	01:38@	00:15+
13	Paul Terje Haarr	62															47:14				
01:41+	02:52+	06:58+	10:27+	11:54+	12:38+	14:42+	20:20+	25:38+	27:08+	28:49+	31:35+	32:23+	36:47+	39:31+	41:27+	42:25+	44:13+	44:51+	46:52+	47:14+	
01:41+	01:11+	04:06+	03:29+	01:27+	00:44+	02:04+	05:38+	05:18+	01:30+	01:41+	02:46-	00:48+	04:24+	02:44+	01:56-	00:58+	01:48+	00:38-	02:01-	00:22+	
00:26&	00:15&	02:38@	01:01&	00:22&	00:06#	00:17#	00:29+	00:18+	00:29&	00:06+	00:02-	00:18&	00:37#	00:54&	00:07-	00:18&	00:25&	00:17-	00:05-	00:08&	
14	Rune Christiansen	93															50:43				
01:17+	02:32+	05:30+	09:51+	11:34+	12:24+	15:24+	22:05+	28:14+	29:44+	31:50+	35:36+	36:12+	40:15+	42:37+	44:58+	46:04+	47:46+	48:35+	50:24+	50:43+	
01:17+	01:15+	02:58+	04:21+	01:43+	00:50+	03:00+	06:41+	06:09+	01:30+	02:06+	03:46+	00:36+	04:03+	02:22+	02:21+	01:06+	01:42+	00:49-	01:49-	00:19+	
00:02+	00:19&	01:30@	01:53&	00:38&	00:12&	01:13&	01:32&	01:09#	00:29&	00:31&	00:58&	00:06#	00:16+	00:32&	00:18#	00:26&	00:19#	00:06-	00:17-	00:05&	
15	Erling Mauland	83															50:46				
01:47+	03:07+	06:47+	10:50+	12:40+	13:34+	15:46+	22:54+	28:33+	29:49+	31:39+	34:48+	35:25+	38:56+	42:25+	45:14+	46:05+	48:02+	48:53+	50:28+	50:46+	
01:47+	01:20+	03:40+	04:03+	01:50+	00:54+	02:12+	07:08+	05:39+	01:16+	01:50+	03:09+	00:37+	03:31-	03:29+	02:49+	00:51+	01:57+	00:51-	01:35-	00:18+	
00:32&	00:24&	02:12@	01:35&	00:45&	00:16&	00:25#	01:59&	00:39#	00:15#	00:15#	00:21#	00:07#	00:16-	01:39&	00:46&	00:11&	00:34&	00:04-	00:31-	00:04&	
16	Pål Bårdsen	90															52:42				
01:33+	02:37+	08:21+	11:37+	13:23+	14:02+	17:03+	24:08+	29:47+	30:53+	32:28+	36:23+	37:13+	41:02+	44:32+	47:38+	48:21+	49:49+	50:31+	52:23+	52:42+	
01:33+	01:04+	05:44+	03:16+	01:46+	00:39+	03:01+	07:05+	05:39+	01:06+	01:35=	03:55+	00:50+	03:49+	03:30+	03:06+	00:43+	01:28+	00:42-	01:52-	00:19+	
00:18#	00:08#	04:16@	00:48&	00:41&	00:01+	01:14&	01:56&	00:39#	00:05+	00:00=	01:07&	00:20&	00:02+	01:40&	01:03&	00:03+	00:05+	00:13-	00:14-	00:05&	
17	Ove Oaland	116															57:30				
01:47+	03:06+	05:24+	09:55+	11:28+	12:24+	14:45+	22:42+	29:36+	32:38+	34:36+	38:14+	38:58+	43:20+	46:24+	50:10+	51:45+	53:53+	55:03+	57:09+	57:30+	
01:47+	01:19+	02:18+	04:31+	01:33+	00:56+	02:21+	07:57+	06:54+	03:02+	01:58+	03:38+	00:44+	04:22+	03:04+	03:46+	01:35+	02:08+	01:10+	02:06=	00:21+	
00:32&	00:23&	00:50&	02:03&	00:28&	00:18&	00:34&	02:48&	01:54&	02:01@	00:23#	00:50&	00:14&	00:35#	01:14&	01:43&	00:55@	00:45&	00:15&	00:00=	00:07&	
Beste strekktid for klassen																					
01:11	00:56	01:27	02:27	01:05	00:31	00:33	02:43	04:36	00:56	01:03	01:34	00:27	00:37	01:46	01:53	00:39	00:48	00:33	00:42	00:14	

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

Herrer Ny

Class	Navn	Klasse	Tid
1	Krisitian Knudsen	27	32:43
	12:12= 17:15= 20:12= 23:15= 26:25= 29:09= 32:01= 32:43=		
	12:12= 05:03= 02:57= 03:03= 03:10= 02:44= 02:52= 00:42=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Beste strekktid for klassen

12:12 05:03 02:57 03:03 03:10 02:44 02:52 00:42

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

Herrer Trim

1	Johannes Kro	51	21:58
	00:46= 03:40= 07:42= 10:31= 13:15= 13:48= 14:56= 15:59= 18:53= 20:36= 21:25= 21:58=		
	00:46= 02:54= 04:02= 02:49= 02:44= 00:33= 01:08= 01:03= 02:54= 01:43= 00:49= 00:33=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Thomas Johansen	111	22:57
	01:13+ 04:26+ 06:58- 10:00- 12:40- 13:09- 14:28- 15:50- 20:19+ 21:23+ 22:17+ 22:57+		
	01:13+ 03:13+ 02:32- 03:02+ 02:40- 00:29- 01:19+ 01:22+ 04:29+ 01:04- 00:54+ 00:40+		
	00:27& 00:19# 01:30- 00:13+ 00:04- 00:04- 00:11# 00:19& 01:35& 00:39- 00:05# 00:07#		
3	Antal Jansen	115	23:57
	00:50+ 05:54+ 08:34+ 11:52+ 14:33+ 15:06+ 16:39+ 17:41+ 20:57+ 22:26+ 23:17+ 23:57+		
	00:50+ 05:04+ 02:40- 03:18+ 02:41- 00:33= 01:33+ 01:02- 03:16+ 01:29- 00:51+ 00:40+		
	00:04+ 02:10& 01:22- 00:29# 00:03- 00:00= 00:25& 00:01- 00:22# 00:14- 00:02+ 00:07#		
4	Martin Svensen	284	24:16
	00:54+ 03:36- 06:29- 09:19- 12:27- 13:02- 14:21- 15:33- 17:36- 23:02+ 23:44+ 24:16+		
	00:54+ 02:42- 02:53- 02:50+ 03:08+ 00:35+ 01:19+ 01:12+ 02:03- 05:26+ 00:42- 00:32-		
	00:08# 00:12- 01:09- 00:01+ 00:24# 00:02+ 00:11# 00:09# 00:51- 03:43@ 00:07- 00:01-		
5	Olav Magnus Eik Espedal	88	25:00
	01:06+ 04:52+ 09:44+ 14:06+ 16:38+ 17:05+ 18:28+ 19:31+ 21:47+ 23:34+ 24:24+ 25:00+		
	01:06+ 03:46+ 04:52+ 04:22+ 02:32- 00:27- 01:23+ 01:03= 02:16- 01:47+ 00:50+ 00:36+		
	00:20& 00:52& 00:50# 01:33& 00:12- 00:06- 00:15# 00:00= 00:38- 00:04+ 00:01+ 00:03+		
6	Bruno Pierfelice	51	26:05
	01:04+ 04:46+ 07:35- 11:52+ 14:40+ 15:17+ 17:34+ 18:44+ 21:23+ 24:53+ 25:37+ 26:05+		
	01:04+ 03:42+ 02:49- 04:17+ 02:48+ 00:37+ 02:17+ 01:10+ 02:39- 03:30+ 00:44- 00:28-		
	00:18& 00:48& 01:13- 01:28& 00:04+ 00:04# 01:09@ 00:07# 00:15- 01:47@ 00:05- 00:05-		
7	Sondre Liavåg Larssen	71	26:35
	00:55+ 04:42+ 08:57+ 12:57+ 15:51+ 16:29+ 17:58+ 19:12+ 23:01+ 24:53+ 25:53+ 26:35+		
	00:55+ 03:47+ 04:15+ 04:00+ 02:54+ 00:38+ 01:29+ 01:14+ 03:49+ 01:52+ 01:00+ 00:42+		
	00:09# 00:53& 00:13+ 00:10+ 00:05# 00:21& 00:11# 00:55& 00:09+ 00:11# 00:09&		
8	Oddgeir Nevland	51	28:38
	01:18+ 05:28+ 09:33+ 14:39+ 17:38+ 18:14+ 19:45+ 21:15+ 25:04+ 27:00+ 28:01+ 28:38+		
	01:18+ 04:10+ 04:05+ 05:06+ 02:59+ 00:36+ 01:31+ 01:30+ 03:49+ 01:56+ 01:01+ 00:37+		
	00:32& 01:16& 00:03+ 02:17& 00:15+ 00:03+ 00:23& 00:27& 00:55& 00:13# 00:12# 00:04#		
9	Erling Knutzen	128	29:07
	01:04+ 05:30+ 09:12+ 14:05+ 17:44+ 18:13+ 19:51+ 21:16+ 24:37+ 27:17+ 28:24+ 29:07+		
	01:04+ 04:26+ 03:42- 04:53+ 03:39+ 00:29- 01:38+ 01:25+ 03:21+ 02:40+ 01:07+ 00:43+		
	00:18& 01:32& 00:20- 02:04& 00:55& 00:04- 00:30& 00:22& 00:27# 00:57& 00:18& 00:10&		
10	Arnt Krisitian Viland	27	30:25
	01:05+ 04:31+ 09:39+ 13:09+ 16:18+ 17:08+ 18:54+ 20:22+ 25:31+ 28:37+ 29:40+ 30:25+		
	01:05+ 03:26+ 05:08+ 03:30+ 03:09+ 00:50+ 01:46+ 01:28+ 05:09+ 03:06+ 01:03+ 00:45+		
	00:19& 00:32# 01:06& 00:41# 00:25# 00:17& 00:38& 00:25& 02:15& 01:23& 00:14& 00:12&		
11	Vegard Hausken	130	30:55
	00:54+ 04:19+ 07:57+ 11:14+ 16:24+ 17:04+ 18:25+ 19:45+ 27:28+ 29:09+ 30:19+ 30:55+		
	00:54+ 03:25+ 03:38- 03:17+ 05:10+ 00:40+ 01:21+ 01:20+ 07:43+ 01:41- 01:10+ 00:36+		
	00:08# 00:31# 00:24- 00:28# 02:26& 00:07# 00:13# 00:17& 04:49@ 00:02- 00:21& 00:03+		
12	Reidar Haver	4	32:08
	01:02+ 05:29+ 08:55+ 15:18+ 18:30+ 19:09+ 21:13+ 22:47+ 27:28+ 30:03+ 31:24+ 32:08+		
	01:02+ 04:27+ 03:26- 06:23+ 03:12+ 00:39+ 02:04+ 01:34+ 04:41+ 02:35+ 01:21+ 00:44+		
	00:16& 01:33& 00:36- 03:34@ 00:28# 00:06# 00:56& 00:31& 01:47& 00:52& 00:32& 00:11&		

Class	Navn	Klasse	Tid								
13	Asbjørn Brådlund	297	32:35								
03:30+	06:55+	09:36+	12:52+	21:09+	22:00+	23:37+	25:02+	29:10+	30:49+	31:58+	32:35+
03:30+	03:25+	02:41-	03:16+	08:17+	00:51+	01:37+	01:25+	04:08+	01:39-	01:09+	00:37+
02:44@	00:31#	01:21-	00:27#	05:33@	00:18&	00:29&	00:22&	01:14&	00:04-	00:20&	00:04#
14	Ingvar Haabeth	92	33:42								
01:09+	06:34+	10:28+	16:03+	19:08+	19:56+	21:51+	23:18+	28:41+	32:07+	33:04+	33:42+
01:09+	05:25+	03:54-	05:35+	03:05+	00:48+	01:55+	01:27+	05:23+	03:26+	00:57+	00:38+
00:23&	02:31&	00:08-	02:46&	00:21#	00:15&	00:47&	00:24&	02:29&	01:43&	00:08#	00:05#
15	Øivind Fandrem Høivik	66	33:52								
01:00+	03:45+	11:24+	16:20+	18:41+	25:16+	26:58+	28:08+	30:15+	32:11+	33:08+	33:52+
01:00+	02:45-	07:39+	04:56+	02:21-	06:35+	01:42+	01:10+	02:07-	01:56+	00:57+	00:44+
00:14&	00:09-	03:37&	02:07&	00:23-	06:02@	00:34&	00:07#	00:47-	00:13#	00:08#	00:11&
16	Jon Arne Bratås	239	34:17								
00:54+	07:25+	11:07+	15:56+	20:00+	20:57+	23:05+	25:23+	28:49+	32:23+	33:35+	34:17+
00:54+	06:31+	03:42-	04:49+	04:04+	00:57+	02:08+	02:18+	03:26+	03:34+	01:12+	00:42+
00:08#	03:37@	00:20-	02:00&	01:20&	00:24&	01:00&	01:15@	00:32#	01:51@	00:23&	00:09&
17	Christoffer Soma	286	35:05								
00:55+	04:43+	08:45+	18:01+	21:09+	21:39+	23:16+	26:41+	31:57+	33:43+	34:29+	35:05+
00:55+	03:48+	04:02=	09:16+	03:08+	00:30-	01:37+	03:25+	05:16+	01:46+	00:46-	00:36+
00:09#	00:54&	00:00=	06:27@	00:24#	00:03-	00:29&	02:22@	02:22&	00:03+	00:03-	00:03+
18	Kjell Ivar Skjørestad	92	35:37								
01:06+	04:55+	07:51+	21:12+	23:59+	24:40+	26:09+	27:53+	32:10+	33:56+	34:50+	35:37+
01:06+	03:49+	02:56-	13:21+	02:47+	00:41+	01:29+	01:44+	04:17+	01:46+	00:54+	00:47+
00:20&	00:55&	01:06-	10:32@	00:03+	00:08#	00:21&	00:41&	01:23&	00:03+	00:05#	00:14&
19	Frode Følgesvold	5	36:44								
01:15+	07:06+	11:26+	18:01+	21:41+	22:52+	24:53+	26:42+	32:19+	34:53+	36:03+	36:44+
01:15+	05:51+	04:20+	06:35+	03:40+	01:11+	02:01+	01:49+	05:37+	02:34+	01:10+	00:41+
00:29&	02:57@	00:18+	03:46@	00:56&	00:38@	00:53&	00:46&	02:43&	00:51&	00:21&	00:08#
20	Niklas Gustafsson	192	37:39								
01:02+	04:30+	13:24+	19:13+	22:07+	22:58+	24:45+	26:38+	32:41+	35:53+	36:57+	37:39+
01:02+	03:28+	08:54+	05:49+	02:54+	00:51+	01:47+	01:53+	06:03+	03:12+	01:04+	00:42+
00:16&	00:34#	04:52@	03:00@	00:10+	00:18&	00:39&	00:50&	03:09@	01:29&	00:15&	00:09&
21	Øyvind Nagel-Alne	74	38:17								
01:51+	05:44+	11:26+	18:21+	23:23+	24:01+	26:10+	29:44+	34:44+	36:34+	37:37+	38:17+
01:51+	03:53+	05:42+	06:55+	05:02+	00:38+	02:09+	03:34+	05:00+	01:50+	01:03+	00:40+
01:05@	00:59&	01:40&	04:06@	02:18&	00:05#	01:01&	02:31@	02:06&	00:07+	00:14&	00:07#
22	Arne Hope	43	39:15								
01:49+	07:41+	12:34+	20:20+	24:48+	25:37+	27:44+	29:37+	34:35+	37:10+	38:23+	39:15+
01:49+	05:52+	04:53+	07:46+	04:28+	00:49+	02:07+	01:53+	04:58+	02:35+	01:13+	00:52+
01:03@	02:58@	00:51#	04:57@	01:44&	00:16&	00:59&	00:50&	02:04&	00:52&	00:24&	00:19&
23	Tom Leveraas	188	40:30								
05:10+	09:01+	13:34+	18:25+	21:55+	22:31+	24:22+	26:41+	34:46+	37:41+	39:24+	40:30+
05:10+	03:51+	04:33+	04:51+	03:30+	00:36+	01:51+	02:19+	08:05+	02:55+	01:43+	01:06+
04:24@	00:57&	00:31#	02:02&	00:46&	00:03+	00:43&	01:16@	05:11@	01:12&	00:54@	00:33&
24	Jan Erik Rasmussen	51	40:52								
01:12+	07:42+	14:28+	20:03+	25:29+	26:24+	29:14+	31:32+	35:33+	38:40+	39:57+	40:52+
01:12+	06:30+	06:46+	05:35+	05:26+	00:55+	02:50+	02:18+	04:01+	03:07+	01:17+	00:55+
00:26&	03:36@	02:44&	02:46&	02:42&	00:22&	01:42@	01:15@	01:07&	01:24&	00:28&	00:22&
25	Arild Svihus	92	40:53								
01:03+	06:31+	11:04+	18:54+	22:34+	23:16+	25:20+	27:17+	35:35+	37:32+	39:39+	40:53+
01:03+	05:28+	04:33+	07:50+	03:40+	00:42+	02:04+	01:57+	08:18+	01:57+	02:07+	01:14+
00:17&	02:34&	00:31#	05:01@	00:56&	00:09&	00:56&	00:54&	05:24@	00:14#	01:18@	00:41@
26	John Øgreid	27	41:11								
05:18+	08:45+	12:25+	18:57+	21:35+	22:27+	24:46+	26:31+	36:43+	38:39+	40:14+	41:11+
05:18+	03:27+	03:40-	06:32+	02:38-	00:52+	02:19+	01:45+	10:12+	01:56+	01:35+	00:57+
04:32@	00:33#	00:22-	03:43@	00:06-	00:19&	01:11@	00:42&	07:18@	00:13#	00:46&	00:24&
27	Ommund Bakkevold	68	42:36								
01:38+	08:38+	12:58+	21:35+	25:55+	26:46+	29:25+	32:17+	38:02+	39:58+	41:39+	42:36+
01:38+	07:00+	04:20+	08:37+	04:20+	00:51+	02:39+	02:52+	05:45+	01:56+	01:41+	00:57+
00:52@	04:06@	00:18+	05:48@	01:36&	00:18&	01:31@	01:49@	02:51&	00:13#	00:52@	00:24&

Class	Navn	Klasse										Tid
28	Jan Erik Syvertsen	51										42:37
01:54+	05:57+	19:20+	28:01+	31:24+	32:12+	33:48+	35:04+	40:42+	41:51+	42:37+		
01:54+	04:03+	13:23+	08:41+	03:23+	00:48+	01:36+	01:16+	03:31+	02:07+	01:09+	00:46+	
01:08@	01:09&	09:21@	05:52@	00:39#	00:15&	00:28&	00:13#	00:37#	00:24#	00:20&	00:13&	
29	Asle Schanke Grude	92										44:12
00:56+	05:04+	15:07+	25:45+	28:59+	29:41+	31:35+	32:58+	40:44+	42:18+	43:20+	44:12+	
00:56+	04:08+	10:03+	10:38+	03:14+	00:42+	01:54+	01:23+	07:46+	01:34-	01:02+	00:52+	
00:10#	01:14&	06:01@	07:49@	00:30#	00:09&	00:46&	00:20&	04:52@	00:09-	00:13&	00:19&	
30	Jon Vikse	134										44:24
03:32+	07:14+	10:53+	25:22+	28:03+	28:38+	30:41+	38:04+	41:39+	42:49+	43:55+	44:24+	
03:32+	03:42+	03:39-	14:29+	02:41-	00:35+	02:03+	07:23+	03:35+	01:10-	01:06+	00:29-	
02:46@	00:48&	00:23-	11:40@	00:03-	00:02+	00:55&	06:20@	00:41#	00:33-	00:17&	00:04-	
31	Ove Vatland	128										45:35
01:40+	07:00+	11:36+	16:34+	20:56+	21:43+	24:47+	26:59+	31:10+	42:50+	44:25+	45:35+	
01:40+	05:20+	04:36+	04:58+	04:22+	00:47+	03:04+	02:12+	04:11+	11:40+	01:35+	01:10+	
00:54@	02:26&	00:34#	02:09&	01:38&	00:14&	01:56@	01:09@	01:17&	09:57@	00:46&	00:37@	
32	Jan Henrik Neuenkirchen	117										45:41
01:10+	08:08+	22:18+	27:26+	30:37+	31:18+	33:25+	35:14+	41:58+	43:33+	44:53+	45:41+	
01:10+	06:58+	14:10+	05:08+	03:11+	00:41+	02:07+	01:49+	06:44+	01:35-	01:20+	00:48+	
00:24&	04:04@	10:08@	02:19&	00:27#	00:08#	00:59&	00:46&	03:50@	00:08-	00:31&	00:15&	
33	Steinar Aase	268										46:24
01:34+	07:33+	16:27+	22:33+	27:35+	28:59+	31:54+	34:42+	40:28+	42:57+	44:47+	46:24+	
01:34+	05:59+	08:54+	06:06+	05:02+	01:24+	02:55+	02:48+	05:46+	02:29+	01:50+	01:37+	
00:48@	03:05@	04:52@	03:17@	02:18&	00:51@	01:47@	01:45@	02:52&	00:46&	01:01@	01:04@	
34	Arild Olsen	4										46:26
01:13+	06:37+	22:17+	26:40+	29:55+	31:13+	34:00+	35:38+	42:06+	43:59+	45:18+	46:26+	
01:13+	05:24+	15:40+	04:23+	03:15+	01:18+	02:47+	01:38+	06:28+	01:53+	01:19+	01:08+	
00:27&	02:30&	11:38@	01:34&	00:31#	00:45@	01:39@	00:35&	03:34@	00:10+	00:30&	00:35@	
35	Sverre Uhlvig	105										48:56
01:44+	06:21+	12:05+	17:54+	22:17+	23:10+	27:24+	30:02+	43:26+	45:56+	47:38+	48:56+	
01:44+	04:37+	05:44+	05:49+	04:23+	00:53+	04:14+	02:38+	13:24+	02:30+	01:42+	01:18+	
00:58@	01:43&	01:42&	03:00@	01:39&	00:20&	03:06@	01:35@	10:30@	00:47&	00:53@	00:45@	
36	Joar Fandrem	94										51:06
01:01+	15:48+	19:17+	34:20+	37:08+	38:34+	40:36+	42:10+	47:17+	48:50+	50:09+	51:06+	
01:01+	14:47+	03:29-	15:03+	02:48+	01:26+	02:02+	01:34+	05:07+	01:33-	01:19+	00:57+	
00:15&	11:53@	00:33-	12:14@	00:04+	00:53@	00:54&	00:31&	02:13&	00:10-	00:30&	00:24&	
37	Samuel Denieul	42										51:09
01:16+	06:12+	11:46+	22:14+	27:01+	27:32+	29:07+	34:59+	47:15+	49:04+	50:28+	51:09+	
01:16+	04:56+	05:34+	10:28+	04:47+	00:31-	01:35+	05:52+	12:16+	01:49+	01:24+	00:41+	
00:30&	02:02&	01:32&	07:39@	02:03&	00:02-	00:27&	04:49@	09:22@	00:06+	00:35&	00:08#	
38	Tor Inge Hansen	144										55:24
02:45+	15:10+	20:06+	27:41+	32:30+	33:15+	36:09+	37:45+	49:06+	53:12+	54:40+	55:24+	
02:45+	12:25+	04:56+	07:35+	04:49+	00:45+	02:54+	01:36+	11:21+	04:06+	01:28+	00:44+	
01:59@	09:31@	00:54#	04:46@	02:05&	00:12&	01:46@	00:33&	08:27@	02:23@	00:39&	00:11&	
39	Johan Rasmussen	93										55:26
02:58+	09:43+	14:49+	23:27+	28:05+	29:21+	31:58+	34:27+	49:38+	51:33+	53:42+	55:26+	
02:58+	06:45+	05:06+	08:38+	04:38+	01:16+	02:37+	02:29+	15:11+	01:55+	02:09+	01:44+	
02:12@	03:51@	01:04&	05:49@	01:54&	00:43@	01:29@	01:26@	12:17@	00:12#	01:20@	01:11@	
40	Per Bakken	5										56:23
01:32+	08:42+	20:36+	30:29+	37:38+	41:28+	43:57+	46:05+	51:24+	53:41+	55:21+	56:23+	
01:32+	07:10+	11:54+	09:53+	07:09+	03:50+	02:29+	02:08+	05:19+	02:17+	01:40+	01:02+	
00:46&	04:16@	07:52@	07:04@	04:25@	03:17@	01:21@	01:05@	02:25&	00:34&	00:51@	00:29&	
41	Inge Grødem	92										1:00:07
01:35+	12:44+	17:39+	27:43+	34:50+	42:49+	45:53+	48:19+	54:22+	57:04+	58:49+	60:07+	
01:35+	11:09+	04:55+	10:04+	07:07+	07:59+	03:04+	02:26+	06:03+	02:42+	01:45+	01:18+	
00:49@	08:15@	00:53#	07:15@	04:23@	07:26@	01:56@	01:23@	03:09@	00:59&	00:56@	00:45@	
42	Arthur Christiansen	93										1:01:27
02:14+	11:43+	18:49+	28:32+	35:51+	37:16+	41:23+	44:48+	51:45+	57:16+	59:44+	61:27+	
02:14+	09:29+	07:06+	09:43+	07:19+	01:25+	04:07+	03:25+	06:57+	05:31+	02:28+	01:43+	
01:28@	06:35@	03:04&	06:54@	04:35@	00:52@	02:59@	02:22@	04:03@	03:48@	01:39@	01:10@	

Class	Navn	Klasse										Tid
43	Harald Nilsen	79										1:01:30
02:00+	08:09+	12:34+	18:06+	38:25+	41:46+	43:45+	46:15+	56:40+	59:10+	60:33+	61:30+	
02:00+	06:09+	04:25+	05:32+	20:19+	03:21+	01:59+	02:30+	10:25+	02:30+	01:23+	00:57+	
01:14@	03:15@	00:23+	02:43&	17:35@	02:48@	00:51&	01:27@	07:31@	00:47&	00:34&	00:24&	
44	Jon Grepstad	111										1:04:15
03:02+	12:03+	17:13+	40:01+	44:34+	46:15+	51:49+	53:51+	58:35+	61:22+	63:09+	64:15+	
03:02+	09:01+	05:10+	22:48+	04:33+	01:41+	05:34+	02:02+	04:44+	02:47+	01:47+	01:06+	
02:16@	06:07@	01:08&	19:59@	01:49&	01:08@	04:26@	00:59&	01:50&	01:04&	00:58@	00:33&	
45	Svein Inge Sævereid	126										1:05:42
05:43+	12:07+	23:14+	38:03+	45:19+	46:34+	50:28+	53:33+	59:05+	62:28+	64:16+	65:42+	
05:43+	06:24+	11:07+	14:49+	07:16+	01:15+	03:54+	03:05+	05:32+	03:23+	01:48+	01:26+	
04:57@	03:30@	07:05@	12:00@	04:32@	00:42@	02:46@	02:02@	02:38&	01:40&	00:59@	00:53@	
Beste strekktid for klassen												
00:46	02:42	02:32	02:49	02:21	00:27	01:08	01:02	02:03	01:04	00:42	00:28	

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