

Plass Navn

Klasse

Tid

Damer 16 - 39 år

**1 Wibeke Lende****74****43:17**

01:30= 02:45= 04:43= 08:47= 12:27= 17:03= 18:38= 21:06= 23:36= 25:55= 27:41= 29:52= 30:58= 32:00= 33:22= 40:12= 42:11= 43:03= 43:17=  
 01:30= 01:15= 01:58= 04:04= 03:40= 04:36= 01:35= 02:28= 02:30= 02:19= 01:46= 02:11= 01:06= 01:02= 01:22= 06:50= 01:59= 00:52= 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=

**2 Ingrid Simensen****101****44:28**

01:27- 02:47+ 04:54+ 09:04+ 12:56+ 17:37+ 20:15+ 23:10+ 25:38+ 28:23+ 30:12+ 32:27+ 34:01+ 35:35+ 37:13+ 40:44+ 43:15+ 44:14+ 44:28+  
 01:27- 01:20+ 02:07+ 04:10+ 03:52+ 04:41+ 02:38+ 02:55+ 02:28- 02:45+ 01:49+ 02:15+ 01:34+ 01:34+ 01:38+ 03:31- 02:31+ 00:59+ 00:14=  
 00:03- 00:05+ 00:09+ 00:06+ 00:12+ 00:05+ 01:03# 00:27# 00:02- 00:26# 00:03+ 00:04+ 00:28# 00:32# 00:16# 03:19- 00:32# 00:07# 00:00=

**3 Kirsten Vike****92****45:19**

01:54+ 03:35+ 06:05+ 10:14+ 13:55+ 17:36+ 20:02+ 22:47+ 25:46+ 28:29+ 30:24+ 33:31+ 34:51+ 36:08+ 38:13+ 41:11+ 43:48+ 44:57+ 45:19+  
 01:54+ 01:41+ 02:30+ 04:09+ 03:41+ 03:41- 02:26+ 02:45+ 02:59+ 02:43+ 01:55+ 03:07+ 01:20+ 01:17+ 02:05+ 02:58- 02:37+ 01:09+ 00:22+  
 00:24# 00:26# 00:32# 00:05+ 00:01+ 00:55- 00:51# 00:17# 00:29# 00:24# 00:09+ 00:56# 00:14# 00:15# 00:43# 03:52- 00:38# 00:17# 00:08#

**4 Maren Heradstveit****76****48:01**

02:22+ 04:16+ 06:22+ 11:16+ 14:17+ 17:53+ 19:55+ 22:47+ 28:55+ 31:32+ 33:47+ 36:51+ 38:06+ 39:31+ 41:56+ 44:28+ 46:36+ 47:45+ 48:01+  
 02:22+ 01:54+ 02:06+ 04:54+ 03:01- 03:36- 02:02+ 02:52+ 06:08+ 02:37+ 02:15+ 03:04+ 01:15+ 01:25+ 02:25+ 02:32- 02:08+ 01:09+ 00:16+  
 00:52# 00:39# 00:08+ 00:50# 00:39- 01:00- 00:27# 00:24# 03:38# 00:18# 00:29# 00:53# 00:09# 00:23# 01:03# 04:18- 00:09+ 00:17# 00:02#

**5 Rønnaug Egeland****154****48:35**

01:24- 03:36+ 06:46+ 12:52+ 16:42+ 22:50+ 24:34+ 27:30+ 30:51+ 33:44+ 35:42+ 37:58+ 39:22+ 40:40+ 42:19+ 44:33+ 46:51+ 48:13+ 48:35+  
 01:24- 02:12+ 03:10+ 06:06+ 03:50+ 06:08+ 01:44+ 02:56+ 03:21+ 02:53+ 01:58+ 02:16+ 01:24+ 01:18+ 01:39+ 02:14- 02:18+ 01:22+ 00:22+  
 00:06- 00:57# 01:12# 02:02# 00:10+ 01:32# 00:09+ 00:28# 00:51# 00:34# 00:12# 00:05+ 00:18# 00:16# 00:17# 04:36- 00:19# 00:30# 00:08#

**6 Heidi Nordaunet****126****49:41**

03:29+ 05:23+ 07:40+ 12:19+ 15:07+ 19:02+ 22:08+ 25:11+ 28:59+ 32:18+ 34:40+ 37:25+ 38:59+ 40:42+ 43:02+ 45:38+ 48:05+ 49:23+ 49:41+  
 03:29+ 01:54+ 02:17+ 04:39+ 02:48- 03:55- 03:06+ 03:03+ 03:48+ 03:19+ 02:22+ 02:45+ 01:34+ 01:43+ 02:20+ 02:36- 02:27+ 01:18+ 00:18+  
 01:59# 00:39# 00:19# 00:35# 00:52- 00:41- 01:31# 00:35# 01:18# 01:00# 00:36# 00:34# 00:28# 00:41# 00:58# 04:14- 00:28# 00:26# 00:04#

**7 Maria Lampe****126****50:33**

01:50+ 03:39+ 06:51+ 11:17+ 15:42+ 22:40+ 26:15+ 29:17+ 32:35+ 36:06+ 38:10+ 40:44+ 42:00+ 43:19+ 45:09+ 47:20+ 49:11+ 50:18+ 50:33+  
 01:50+ 01:49+ 03:12+ 04:26+ 04:25+ 06:58+ 03:35+ 03:02+ 03:18+ 03:31+ 02:04+ 02:34+ 01:16+ 01:19+ 01:50+ 02:11- 01:51- 01:07+ 00:15+  
 00:20# 00:34# 01:14# 00:22+ 00:45# 02:22# 02:00# 00:34# 00:48# 01:12# 00:18# 00:23# 00:10# 00:17# 00:28# 04:39- 00:08- 00:15# 00:01+

**8 Ingvild Amalixsen****116****50:58**

01:30= 03:16+ 05:47+ 09:39+ 13:40+ 22:22+ 24:10+ 27:06+ 30:18+ 33:11+ 35:14+ 38:29+ 39:38+ 41:19+ 43:01+ 46:33+ 49:06+ 50:36+ 50:58+  
 01:30= 01:46+ 02:31+ 03:52- 04:01+ 08:42+ 01:48+ 02:56+ 03:12+ 02:53+ 02:03+ 03:15+ 01:09+ 01:41+ 01:42+ 03:32- 02:33+ 01:30+ 00:22+  
 00:00= 00:31# 00:33# 00:12- 00:21+ 04:06# 00:13# 00:28# 00:42# 00:34# 00:17# 01:04# 00:03+ 00:39# 00:20# 03:18- 00:34# 00:38# 00:08#

**9 Kristin Bakke****305****51:32**

02:20+ 04:28+ 06:50+ 11:25+ 14:45+ 19:40+ 27:00+ 29:44+ 34:27+ 37:14+ 39:03+ 41:04+ 42:05+ 43:22+ 45:08+ 47:38+ 49:38+ 51:09+ 51:32+  
 02:20+ 02:08+ 02:22+ 04:35+ 03:20- 04:55+ 07:20+ 02:44+ 04:43+ 02:47+ 01:49+ 02:01- 01:01- 01:17+ 01:46+ 02:30- 02:00+ 01:31+ 00:23+  
 00:50# 00:53# 00:24# 00:31# 00:20- 00:19+ 05:45# 00:16# 02:13# 00:28# 00:03+ 00:10- 00:05- 00:15# 00:24# 04:20- 00:01+ 00:39# 00:09#

**10 Lise Nessa Di Lorenzo****168****52:37**

01:40+ 03:37+ 06:44+ 11:35+ 14:21+ 22:23+ 24:16+ 27:01+ 30:49+ 33:35+ 36:16+ 38:27+ 40:14+ 41:42+ 42:41+ 44:34+ 48:38+ 51:18+ 52:20+ 52:37+  
 01:40+ 01:57+ 03:07+ 04:51+ 02:46- 08:02+ 01:53+ 02:45+ 03:48+ 02:46+ 02:41+ 02:11= 01:47+ 01:28+ 00:59- 01:53- 04:04+ 02:40+ 01:02+ 00:17+  
 00:10# 00:42# 01:09# 00:47# 00:54- 03:26# 00:18# 00:17# 01:18# 00:27# 00:55# 00:00= 00:41# 00:26# 00:23- 04:57- 02:05# 01:48# 00:48# 00:17+

**11 Kristina Renshaw****101****55:17**

02:55+ 04:20+ 07:09+ 11:58+ 15:23+ 21:39+ 23:59+ 26:52+ 30:22+ 33:33+ 35:54+ 40:16+ 41:57+ 44:01+ 46:06+ 50:57+ 53:48+ 54:59+ 55:17+  
 02:55+ 01:25+ 02:49+ 04:49+ 03:25- 06:16+ 02:20+ 02:53+ 03:30+ 03:11+ 02:21+ 04:22+ 01:41+ 02:04+ 02:05+ 04:51- 02:51+ 01:11+ 00:18+  
 01:25# 00:10# 00:51# 00:45# 00:15- 01:40# 00:45# 00:25# 01:00# 00:52# 00:35# 02:11# 00:35# 01:02# 00:43# 01:59- 00:52# 00:19# 00:04#

**12 Hanne Berg Nilsen****117****55:29**

02:50+ 04:14+ 07:03+ 12:03+ 16:06+ 22:17+ 24:32+ 28:03+ 34:40+ 37:38+ 39:43+ 43:22+ 45:07+ 46:26+ 48:17+ 51:36+ 54:00+ 55:10+ 55:29+  
 02:50+ 01:24+ 02:49+ 05:00+ 04:03+ 06:11+ 02:15+ 03:31+ 06:37+ 02:58+ 02:05+ 03:39+ 01:45+ 01:19+ 01:51+ 03:19- 02:24+ 01:10+ 00:19+  
 01:20# 00:09# 00:51# 00:56# 00:23# 01:35# 00:40# 01:03# 04:07# 00:39# 00:19# 01:28# 00:39# 00:17# 00:29# 03:31- 00:25# 00:18# 00:05#

**13 Mette Langeland****117****56:12**

02:29+ 04:57+ 07:25+ 13:14+ 17:19+ 21:50+ 24:32+ 27:50+ 32:00+ 35:42+ 38:11+ 41:14+ 42:59+ 44:41+ 47:01+ 52:01+ 54:35+ 55:55+ 56:12+  
 02:29+ 02:28+ 02:28+ 05:49+ 04:05+ 04:31- 02:42+ 03:18+ 04:10+ 03:42+ 02:29+ 03:03+ 01:45+ 01:42+ 02:20+ 05:00- 02:34+ 01:20+ 00:17+  
 00:59# 01:13# 00:30# 01:45# 00:25# 00:05- 01:07# 00:50# 01:40# 01:23# 00:43# 00:52# 00:39# 00:40# 00:58# 01:50- 00:35# 00:28# 00:03#

**14 Anna Berthelsen****117****56:27**

02:34+ 04:06+ 06:38+ 11:31+ 15:32+ 23:35+ 25:44+ 28:41+ 31:57+ 38:53+ 41:17+ 44:00+ 46:03+ 47:28+ 49:28+ 52:14+ 55:03+ 56:08+ 56:27+  
 02:34+ 01:32+ 02:32+ 04:53+ 04:01+ 08:03+ 02:09+ 02:57+ 03:16+ 06:56+ 02:24+ 02:43+ 02:03+ 01:25+ 02:00+ 02:46- 02:49+ 01:05+ 00:19+  
 01:04# 00:17# 00:34# 00:49# 00:21+ 03:27# 00:34# 00:29# 00:46# 04:37# 00:38# 00:32# 00:57# 00:23# 00:38# 04:04- 00:50# 00:13# 00:05#

Class	Navn	Klasse										Tid						
<b>15</b>	<b>Jorun Nymo</b>	<b>136</b>										<b>56:48</b>						
02:24+	04:00+	07:00+	13:18+	16:20+	21:25+	24:00+	27:57+	31:36+	34:26+	36:22+	43:16+	44:30+	46:18+	48:45+	51:53+	54:40+	56:30+	56:48+
02:24+	01:36+	03:00+	06:18+	03:02-	05:05+	02:35+	03:57+	03:39+	02:50+	01:56+	06:54+	01:14+	01:48+	02:27+	03:08-	02:47+	01:50+	00:18+
00:54&	00:21&	01:02&	02:14&	00:38-	00:29#	01:00&	01:29&	01:09&	00:31#	00:10+	04:43&	00:08#	00:46&	01:05&	03:42-	00:48&	00:58&	00:04&
<b>16</b>	<b>Marita Skorpe</b>	<b>74</b>										<b>57:06</b>						
02:25+	04:12+	06:20+	11:36+	18:42+	26:36+	29:43+	32:45+	36:04+	39:17+	41:41+	44:16+	45:47+	47:16+	49:53+	52:44+	55:33+	56:49+	57:06+
02:25+	01:47+	02:08+	05:16+	07:06+	07:54+	03:07+	03:02+	03:19+	03:13+	02:24+	02:35+	01:31+	01:29+	02:37+	02:51-	02:49+	01:16+	00:17+
00:55&	00:32&	00:10+	01:12&	03:26&	03:18&	01:32&	00:34#	00:49&	00:54&	00:38&	00:24#	00:25&	00:27&	01:15&	03:59-	00:50&	00:24&	00:03#
<b>17</b>	<b>Ingunn Bergheim Landsnes</b>	<b>74</b>										<b>57:56</b>						
02:13+	04:45+	07:16+	13:15+	17:25+	24:06+	26:19+	30:02+	33:39+	37:13+	39:55+	43:31+	45:06+	46:51+	49:39+	53:15+	56:18+	57:37+	57:56+
02:13+	02:32+	02:31+	05:59+	04:10+	06:41+	02:13+	03:43+	03:37+	03:34+	02:42+	03:36+	01:35+	01:45+	02:48+	03:36-	03:03+	01:19+	00:19+
00:43&	01:17@	00:33&	01:55&	00:30#	02:05&	00:38&	01:15&	01:07&	01:15&	00:56&	01:25&	00:29&	00:43&	01:26@	03:14-	01:04&	00:27&	00:05&
<b>18</b>	<b>Trine Selvikvåg</b>	<b>62</b>										<b>1:01:20</b>						
04:09+	06:47+	09:09+	17:16+	20:49+	25:23+	28:14+	30:57+	34:29+	39:31+	41:11+	44:44+	45:57+	47:02+	48:56+	54:14+	59:52+	61:01+	61:20+
04:09+	02:38+	02:22+	08:07+	03:33-	04:34-	02:51+	02:43+	03:32+	05:02+	01:40-	03:33+	01:13+	01:05+	01:54+	05:18-	05:38+	01:09+	00:19+
02:39@	01:23@	00:24#	04:03&	00:07-	00:02-	01:16&	00:15#	01:02&	02:43@	00:06-	01:22&	00:07#	00:03+	00:32&	01:32-	03:39@	00:17&	00:05&
<b>19</b>	<b>Kjersti Fandrem</b>	<b>94</b>										<b>1:07:39</b>						
02:02+	03:42+	05:29+	22:32+	27:15+	34:32+	37:03+	39:49+	44:56+	49:05+	51:20+	54:58+	56:58+	58:16+	60:15+	63:40+	66:15+	67:23+	67:39+
02:02+	01:40+	01:47-	17:03+	04:43+	07:17+	02:31+	02:46+	05:07+	04:09+	02:15+	03:38+	02:00+	01:18+	01:59+	03:25-	02:35+	01:08+	00:16+
00:32&	00:25&	00:11-	12:59@	01:03&	02:41&	00:56&	00:18#	02:37@	01:50&	00:29&	01:27&	00:54&	00:16&	00:37&	03:25-	00:36&	00:16&	00:02#
<b>20</b>	<b>Siv Hilde Berg</b>	<b>105</b>										<b>1:24:24</b>						
04:47+	07:33+	11:12+	24:51+	29:12+	36:57+	39:54+	44:52+	52:05+	56:26+	59:52+	64:12+	66:04+	68:09+	71:13+	77:11+	81:56+	83:59+	84:24+
04:47+	02:46+	03:39+	13:39+	04:21+	07:45+	02:57+	04:58+	07:13+	04:21+	03:26+	04:20+	01:52+	02:05+	03:04+	05:58-	04:45+	02:03+	00:25+
03:17@	01:31@	01:41&	09:35@	00:41#	03:09&	01:22&	02:30@	04:43@	02:02&	01:40&	02:09&	00:46&	01:03@	01:42@	00:52-	02:46@	01:11@	00:11&
<b>Beste strekktid for klassen</b>																		
01:24	01:15	01:47	03:52	02:46	03:36	01:35	02:28	02:28	02:19	01:40	02:01	01:01	01:02	00:59	01:53	01:51	00:52	00:14

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

## Damer 40 - 49 år

<b>1</b>	<b>Siri Warland</b>	<b>115</b>										<b>36:31</b>						
01:56=	04:04=	06:22=	08:39=	10:19=	12:44=	15:34=	19:16=	21:15=	22:08=	23:58=	25:48=	26:53=	28:13=	30:01=	32:02=	34:20=	36:08=	36:31=
01:56=	02:08=	02:18=	02:17=	01:40=	02:25=	02:50=	03:42=	01:59=	00:53=	01:50=	01:50=	01:05=	01:20=	01:48=	02:01=	02:18=	01:48=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Berit Våg Aksland</b>	<b>116</b>										<b>42:29</b>						
01:53-	04:21+	06:30+	08:48+	10:22+	12:56+	15:39+	18:49-	20:36-	21:26-	23:43-	26:45+	31:05+	32:29+	34:49+	37:52+	40:16+	42:09+	42:29+
01:53-	02:28+	02:09-	02:18+	01:34-	02:34+	02:43-	03:10-	01:47-	00:50-	02:17+	03:02+	04:20+	01:24+	02:20+	03:03+	02:24+	01:53+	00:20-
00:03-	00:20#	00:09-	00:01+	00:06-	00:09+	00:07-	00:32-	00:12-	00:03-	00:27#	01:12&	03:15@	00:04+	00:32&	01:02&	00:06+	00:05+	00:03-
<b>3</b>	<b>Grethe Thu Skadberg</b>	<b>128</b>										<b>43:43</b>						
01:57+	05:00+	08:22+	10:50+	12:04+	15:04+	17:55+	20:55+	22:57+	23:59+	26:07+	31:19+	32:50+	34:10+	36:42+	39:48+	42:00+	43:24+	43:43+
01:57+	03:03+	03:22+	02:28+	01:14-	03:00+	02:51+	03:00-	02:02+	01:02+	02:08+	05:12+	01:31+	01:20=	02:32+	03:06+	02:12-	01:24-	00:19-
00:01+	00:55&	01:04&	00:11+	00:26-	00:35#	00:01+	00:42-	00:03+	00:09#	00:18#	03:22@	00:26&	00:00=	00:44&	01:05&	00:06-	00:24-	00:04-
<b>4</b>	<b>Linda Mari Vestvik</b>	<b>62</b>										<b>44:10</b>						
01:47-	04:05+	06:22=	09:35+	12:25+	15:12+	17:43+	20:33+	22:23+	23:29+	25:25+	28:08+	30:51+	31:57+	34:04+	39:04+	41:36+	43:54+	44:10+
01:47-	02:18+	02:17-	03:13+	02:50+	02:47+	02:31-	02:50-	01:50-	01:06+	01:56+	02:43+	02:43+	01:06-	02:07+	05:00+	02:32+	02:18+	00:16-
00:09-	00:10+	00:01-	00:56&	01:10&	00:22#	00:19-	00:52-	00:09-	00:13#	00:06+	00:53&	01:38@	00:14-	00:19#	02:59@	00:14#	00:30&	00:07-
<b>5</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>										<b>45:56</b>						
01:53-	04:12+	06:41+	09:11+	10:41+	14:02+	17:51+	24:30+	26:52+	28:10+	30:33+	33:12+	35:13+	36:48+	38:47+	41:40+	44:24+	45:35+	45:56+
01:53-	02:19+	02:29+	02:30+	01:30-	03:21+	03:49+	06:39+	02:22+	01:18+	02:23+	02:39+	02:01+	01:35+	01:59+	02:53+	02:44+	01:11-	00:21-
00:03-	00:11+	00:11+	00:13+	00:10-	00:56&	00:59&	02:57&	00:23#	00:25&	00:33&	00:49&	00:56&	00:15#	00:11#	00:52&	00:26#	00:37-	00:02-
<b>6</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>										<b>47:45</b>						
01:36-	08:29+	14:04+	17:02+	18:37+	21:01+	23:37+	27:03+	29:01+	30:05+	32:00+	34:22+	35:46+	37:04+	39:21+	43:17+	46:11+	47:27+	47:45+
01:36-	06:53+	05:35+	02:58+	01:35-	02:24-	02:36+	03:26-	01:58-	01:04+	01:55+	02:22+	01:24+	01:18-	02:17+	03:56+	02:54+	01:16-	00:18-
00:20-	04:45@	03:17@	00:41&	00:05-	00:01-	00:14-	00:16-	00:01-	00:11#	00:05+	00:32&	00:19&	00:02-	00:29&	01:55&	00:36&	00:32-	00:05-
<b>7</b>	<b>Nina Svensen</b>	<b>2</b>										<b>48:10</b>						
01:42-	04:04=	07:01+	10:10+	12:13+	18:54+	22:17+	26:10+	28:31+	29:52+	32:00+	35:47+	37:41+	39:10+	41:02+	43:44+	46:23+	47:51+	48:10+
01:42-	02:22+	02:57+	03:09+	02:03+	06:41+	03:23+	03:53+	02:21+	01:21+	02:08+	03:47+	01:54+	01:29+	01:52+	02:42+	02:39+	01:28-	00:19-
00:14-	00:14#	00:39&	00:52&	00:23#	04:16@	00:33#	00:11+	00:22#	00:28&	00:18#	01:57@	00:49&	00:09#	00:04+	00:41&	00:21#	00:20-	00:04-

Class	Navn	Klasse										Tid								
<b>8</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>48:22</b>								
02:07+	05:22+	08:47+	12:52+	15:01+	18:57+	22:25+	25:35+	27:59+	29:04+	31:27+	34:11+	35:54+	37:30+	39:39+	43:36+	46:33+	48:00+	48:22+		
02:07+	03:15+	03:25+	04:05+	02:09+	03:56+	03:28+	03:10-	02:24+	01:05+	02:23+	02:44+	01:43+	01:36+	02:09+	03:57+	02:57+	01:27-	00:22-		
00:11+	01:07&	01:07&	01:48&	00:29&	01:31&	00:38#	00:32-	00:25#	00:12#	00:33&	00:54&	00:38&	00:16#	00:21#	01:56&	00:39&	00:21-	00:01-		
<b>9</b>	<b>Heidi Martby</b>	<b>88</b>										<b>50:53</b>								
02:06+	04:34+	11:07+	14:16+	17:21+	22:28+	25:40+	29:11+	31:26+	32:36+	34:54+	37:26+	39:15+	40:40+	42:44+	45:44+	48:54+	50:27+	50:53+		
02:06+	02:28+	06:33+	03:09+	03:05+	05:07+	03:12+	03:31-	02:15+	01:10+	02:18+	02:32+	01:49+	01:25+	02:04+	03:00+	03:10+	01:33-	00:26+		
00:10+	00:20#	04:15@	00:52&	01:25&	02:42@	00:22#	00:11-	00:16#	00:17&	00:28&	00:42&	00:44&	00:05+	00:16#	00:59&	00:52&	00:15-	00:03#		
<b>10</b>	<b>Hilde Frøytlog Karlsen</b>	<b>228</b>										<b>52:25</b>								
02:06+	06:07+	10:30+	13:37+	15:22+	18:47+	22:07+	26:04+	28:44+	30:03+	32:59+	35:25+	37:01+	38:54+	41:15+	46:26+	49:37+	52:03+	52:25+		
02:06+	04:01+	04:23+	03:07+	01:45+	03:25+	03:20+	03:57+	02:40+	01:19+	02:56+	02:26+	01:36+	01:53+	02:21+	05:11+	03:11+	02:26+	00:22-		
00:10+	01:53&	02:05&	00:50&	00:05+	01:00&	00:30#	00:15+	00:41&	00:26&	01:06&	00:36&	00:31&	00:33&	00:33&	03:10@	00:53&	00:38&	00:01-		
<b>11</b>	<b>Astrid Espe</b>	<b>80</b>										<b>55:31</b>								
02:15+	05:18+	08:40+	16:17+	21:14+	24:31+	27:54+	32:55+	35:13+	36:29+	39:07+	42:02+	43:55+	45:29+	47:48+	51:21+	53:40+	55:07+	55:31+		
02:15+	03:03+	03:22+	07:37+	04:57+	03:17+	03:23+	05:01+	02:18+	01:16+	02:38+	02:55+	01:53+	01:34+	02:19+	03:33+	02:19+	01:27-	00:24+		
00:19#	00:55&	01:04&	05:20@	03:17@	00:52&	00:33#	01:19&	00:19#	00:23&	00:48&	01:05&	00:48&	00:14#	00:31&	01:32&	00:01+	00:21-	00:01+		
<b>12</b>	<b>Toril Dahle</b>	<b>116</b>										<b>59:38</b>								
01:55-	06:42+	10:54+	14:52+	18:32+	21:28+	24:34+	27:22+	31:31+	33:49+	35:04+	37:30+	41:17+	42:54+	47:45+	49:37+	54:56+	57:34+	59:19+	59:38+	
01:55-	04:47+	04:12+	03:58+	03:40+	02:56+	03:06+	02:48-	04:09+	02:18+	01:15-	02:26+	03:47+	01:37+	04:51+	01:52-	05:19+	02:38+	01:45+	00:19+	
00:01-	02:39@	01:54&	01:41&	02:00@	00:31#	00:16+	00:54-	02:10@	01:25@	00:35-	00:36&	02:42@	00:17#	03:03@	00:09-	03:01@	00:50&	01:22@	00:19+	
<b>Beste strekktid for klassen</b>		01:36	02:08	02:09	02:17	01:14	02:24	02:31	02:48	01:47	00:50	01:15	01:50	01:05	01:06	01:48	01:52	02:12	01:11	00:16

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

## Damer 50 - 59 år

<b>1</b>	<b>Anne Sæbø Vik</b>	<b>116</b>										<b>36:55</b>						
01:50=	04:14=	06:34=	08:49=	09:50=	12:45=	15:12=	18:15=	20:08=	21:08=	22:58=	24:49=	26:27=	29:29=	31:03=	33:23=	35:29=	36:35=	36:55=
01:50=	02:24=	02:20=	02:15=	01:01=	02:55=	02:27=	03:03=	01:53=	01:00=	01:50=	01:51=	01:38=	03:02=	01:34=	02:20=	02:06=	01:06=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>39:09</b>						
01:24-	04:14=	06:50+	09:01+	12:06+	14:13+	16:36+	19:11+	20:58+	22:03+	24:22+	26:30+	27:32+	28:42-	32:45+	35:34+	37:37+	38:54+	39:09+
01:24-	02:50+	02:36+	02:11-	03:05+	02:07-	02:23-	02:35-	01:47-	01:05+	02:19+	02:08+	01:02-	01:10-	04:03+	02:49+	02:03-	01:17+	00:15-
00:26-	00:26#	00:16#	00:04-	02:04@	00:48-	00:04-	00:28-	00:06-	00:05+	00:29&	00:17#	00:36-	01:52-	02:29@	00:29#	00:03-	00:11#	00:05-
<b>3</b>	<b>Torill Andersen</b>	<b>116</b>										<b>42:27</b>						
01:55+	04:37+	07:01+	10:01+	11:42+	15:11+	18:09+	22:19+	24:40+	25:49+	28:09+	31:00+	32:11+	33:31+	35:28+	38:30+	40:37+	42:04+	42:27+
01:55+	02:42+	02:24+	03:00+	01:41+	03:29+	02:58+	04:10+	02:21+	01:09+	02:20+	02:51+	01:11-	01:20-	01:57+	03:02+	02:07+	01:27+	00:23+
00:05+	00:18#	00:04+	00:45&	00:40&	00:34#	00:31#	01:07&	00:28#	00:09#	00:30&	01:00&	00:27-	01:42-	00:23#	00:42&	00:01+	00:21&	00:03#
<b>4</b>	<b>Liv Omdal</b>	<b>116</b>										<b>42:46</b>						
01:51+	04:42+	07:12+	09:44+	11:07+	14:04+	16:55+	20:11+	22:23+	23:27+	25:27+	27:48+	31:48+	33:18+	35:51+	38:58+	41:11+	42:30+	42:46+
01:51+	02:51+	02:30+	02:32+	01:23+	02:57+	02:51+	03:16+	02:12+	01:04+	02:00+	02:21+	04:00+	01:30-	02:33+	03:07+	02:13+	01:19+	00:16-
00:01+	00:27#	00:10+	00:17#	00:22&	00:02+	00:24#	00:13+	00:19#	00:04+	00:10+	00:30&	02:22@	01:32-	00:59&	00:47&	00:07+	00:13#	00:04-
<b>5</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>										<b>45:31</b>						
02:05+	06:32+	09:14+	12:59+	14:54+	19:03+	22:13+	25:11+	28:50+	29:52+	31:56+	34:13+	35:17+	36:33+	38:35+	41:22+	43:41+	44:52+	45:31+
02:05+	04:27+	02:42+	03:45+	01:55+	04:09+	03:10+	02:58-	03:39+	01:02+	02:04+	02:17+	01:04-	01:16-	02:02+	02:47+	02:19+	01:11+	00:39+
00:15#	02:03&	00:22#	01:30&	00:54&	01:14&	00:43&	00:05-	01:46&	00:02+	00:14#	00:26#	00:34-	01:46-	00:28&	00:27#	00:13#	00:05+	00:19&
<b>6</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>48:35</b>						
01:49-	04:22+	09:54+	14:44+	15:52+	18:35+	21:36+	26:15+	28:30+	29:32+	31:21+	34:10+	35:47+	37:07+	39:09+	42:08+	46:43+	48:12+	48:35+
01:49-	02:33+	05:32+	04:50+	01:08+	02:43-	03:11+	04:39+	02:15+	01:02+	01:49-	02:49+	01:37-	01:20-	02:02+	02:59+	04:35+	01:29+	00:23+
00:01-	00:09+	03:12@	02:35@	00:07#	00:12-	00:34#	01:36&	00:22#	00:02+	00:01-	00:58&	00:01-	01:42-	00:28&	00:39&	02:29@	00:23&	00:03#
<b>7</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>49:45</b>						
01:46-	05:00+	08:29+	11:18+	13:42+	17:19+	20:30+	23:39+	26:07+	27:05+	29:46+	34:23+	37:06+	38:32+	41:34+	44:38+	48:08+	49:24+	49:45+
01:46-	03:14+	03:29+	02:49+	02:24+	03:37+	03:11+	03:09+	02:28+	00:58-	02:41+	04:37+	02:43+	01:26-	03:02+	03:04+	03:30+	01:16+	00:21+
00:04-	00:50&	01:09&	00:34&	01:23@	00:42#	00:44&	00:06+	00:35&	00:02-	00:51&	02:46@	01:05&	01:36-	01:28&	00:44&	01:24&	00:10#	00:01+
<b>8</b>	<b>Amanda Renshaw</b>	<b>101</b>										<b>50:21</b>						
02:13+	05:02+	08:21+	11:08+	13:27+	18:18+	21:46+	25:47+	28:08+	29:30+	32:00+	35:42+	37:38+	38:57+	41:06+	46:06+	48:37+	50:02+	50:21+
02:13+	02:49+	03:19+	02:47+	02:19+	04:51+	03:28+	04:01+	02:21+	01:22+	02:30+	03:42+	01:56+	01:19-	02:09+	05:00+	02:31+	01:25+	00:19-
00:23#	00:25#	00:59&	00:32#	01:18@	01:56&	01:01&	00:58&	00:28#	00:22&	00:40&	01:51&	00:18#	01:43-	00:35&	02:40@	00:25#	00:19&	00:01-

Class	Navn	Klasse										Tid						
<b>9</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>50:35</b>						
02:04+	05:03+	07:50+	10:54+	12:31+	15:41+	19:16+	23:11+	27:22+	28:40+	31:13+	37:15+	38:50+	40:36+	43:00+	46:01+	48:56+	50:13+	50:35+
02:04+	02:59+	02:47+	03:04+	01:37+	03:10+	03:35+	03:55+	04:11+	01:18+	02:33+	06:02+	01:35-	01:46-	02:24+	03:01+	02:55+	01:17+	00:22+
00:14#	00:35#	00:27#	00:49#	00:36#	00:15+	01:08#	00:52#	02:18#	00:18#	00:43#	04:11#	00:03-	01:16-	00:50#	00:41#	00:49#	00:11#	00:02#
<b>10</b>	<b>Kari Smådal Turøy</b>	<b>115</b>										<b>51:51</b>						
01:57+	04:48+	09:26+	15:08+	17:22+	22:18+	26:19+	31:29+	33:37+	34:53+	36:57+	39:48+	41:10+	42:37+	44:46+	47:09+	49:51+	51:29+	51:51+
01:57+	02:51+	04:38+	05:42+	02:14+	04:56+	04:01+	05:10+	02:08+	01:16+	02:04+	02:51+	01:22-	01:27-	02:09+	02:23+	02:42+	01:38+	00:22+
00:07+	00:27#	02:18#	03:27#	01:13#	02:01#	01:34#	02:07#	00:15#	00:16#	00:14#	01:00#	00:16-	01:35-	00:35#	00:03+	00:36#	00:32#	00:02#
<b>11</b>	<b>Nidunn Sandvik</b>	<b>228</b>										<b>52:34</b>						
01:59+	05:15+	08:01+	11:15+	13:15+	18:10+	22:22+	26:06+	32:47+	33:56+	36:09+	38:30+	39:55+	41:25+	43:22+	46:50+	50:06+	52:10+	52:34+
01:59+	03:16+	02:46+	03:14+	02:00+	04:55+	04:12+	03:44+	06:41+	01:09+	02:13+	02:21+	01:25-	01:30-	01:57+	03:28+	03:16+	02:04+	00:24+
00:09+	00:52#	00:26#	00:59#	00:59#	02:00#	01:45#	00:41#	04:48#	00:09#	00:23#	00:30#	00:13-	01:32-	00:23#	01:08#	01:10#	00:58#	00:04#
<b>12</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>52:59</b>						
02:03+	05:03+	08:43+	13:42+	15:39+	18:55+	22:11+	26:56+	30:19+	31:39+	34:21+	37:17+	38:44+	40:33+	42:50+	46:18+	49:53+	52:38+	52:59+
02:03+	03:00+	03:40+	04:59+	01:57+	03:16+	03:16+	04:45+	03:23+	01:20+	02:42+	02:56+	01:27-	01:49-	02:17+	03:28+	03:35+	02:45+	00:21+
00:13#	00:36#	01:20#	02:44#	00:56#	00:21#	00:49#	01:42#	01:30#	00:20#	00:52#	01:05#	00:11-	01:13-	00:43#	01:08#	01:29#	01:39#	00:01+
<b>13</b>	<b>Oddny Haugland</b>	<b>114</b>										<b>54:24</b>						
01:55+	09:59+	16:38+	20:40+	22:37+	26:44+	29:29+	33:35+	35:35+	36:39+	38:47+	40:51+	42:37+	44:13+	46:14+	49:19+	52:28+	53:54+	54:24+
01:55+	08:04+	06:39+	04:02+	01:57+	04:07+	02:45+	04:06+	02:00+	01:04+	02:08+	02:04+	01:46+	01:36-	02:01+	03:05+	03:09+	01:26+	00:30+
00:05+	05:40#	04:19#	01:47#	00:56#	01:12#	00:18#	01:03#	00:07+	00:04+	00:18#	00:13#	00:08+	01:26-	00:27#	00:45#	01:03#	00:20#	00:10#
<b>14</b>	<b>Ellinor Nesse</b>	<b>116</b>										<b>54:50</b>						
01:57+	05:11+	10:34+	13:47+	15:16+	18:51+	22:26+	31:35+	33:50+	35:03+	37:33+	40:26+	42:35+	44:22+	46:49+	49:35+	52:29+	54:21+	54:50+
01:57+	03:14+	05:23+	03:13+	01:29+	03:35+	03:35+	09:09+	02:15+	01:13+	02:30+	02:53+	02:09+	01:47-	02:27+	02:46+	02:54+	01:52+	00:29+
00:07+	00:50#	03:03#	00:58#	00:28#	00:40#	01:08#	06:06#	00:22#	00:13#	00:40#	01:02#	00:31#	01:15-	00:53#	00:26#	00:48#	00:46#	00:09#
<b>15</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>56:31</b>						
02:08+	05:37+	11:18+	15:31+	17:41+	22:24+	25:52+	31:22+	34:14+	35:43+	38:06+	42:03+	44:07+	45:53+	49:01+	51:56+	54:49+	56:07+	56:31+
02:08+	03:29+	05:41+	04:13+	02:10+	04:43+	03:28+	05:30+	02:52+	01:29+	02:23+	03:57+	02:04+	01:46-	03:08+	02:55+	02:53+	01:18+	00:24+
00:18#	01:05#	03:21#	01:58#	01:09#	01:48#	01:01#	02:27#	00:59#	00:29#	00:33#	02:06#	00:26#	01:16-	01:34#	00:35#	00:47#	00:12#	00:04#
<b>16</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>										<b>57:15</b>						
01:51+	04:59+	10:57+	24:16+	26:00+	29:41+	32:24+	35:24+	37:27+	38:50+	41:20+	43:34+	44:48+	46:07+	48:23+	52:33+	55:43+	56:57+	57:15+
01:51+	03:08+	05:58+	13:19+	01:44+	03:41+	02:43+	03:00-	02:03+	01:23+	02:30+	02:14+	01:14-	01:19-	02:16+	04:10+	03:10+	01:14+	00:18-
00:01+	00:44#	03:38#	11:04#	00:43#	00:46#	00:16#	00:03-	00:10+	00:23#	00:40#	00:23#	00:24-	01:43-	00:42#	01:50#	01:04#	00:08#	00:02-
<b>17</b>	<b>Kristin Harbo</b>	<b>92</b>										<b>57:56</b>						
02:21+	07:08+	10:41+	15:29+	18:30+	21:59+	25:23+	30:07+	32:30+	33:54+	37:22+	40:32+	41:53+	43:28+	46:31+	51:23+	55:11+	57:34+	57:56+
02:21+	04:47+	03:33+	04:48+	03:01+	03:29+	03:24+	04:44+	02:23+	01:24+	03:28+	03:10+	01:21-	01:35-	03:03+	04:52+	03:48+	02:23+	00:22+
00:31#	02:23#	01:13#	02:33#	02:00#	00:34#	00:57#	01:41#	00:30#	00:24#	01:38#	01:19#	00:17-	01:27-	01:29#	02:32#	01:42#	01:17#	00:02#
<b>18</b>	<b>Brit Vivian Meling</b>	<b>116</b>										<b>1:09:09</b>						
02:37+	12:39+	16:09+	19:51+	23:05+	27:23+	30:59+	37:19+	40:24+	41:59+	44:56+	47:45+	49:54+	52:03+	56:18+	60:20+	67:11+	68:44+	69:09+
02:37+	10:02+	03:30+	03:42+	03:14+	04:18+	03:36+	06:20+	03:05+	01:35+	02:57+	02:49+	02:09+	02:09-	04:15+	04:02+	06:51+	01:33+	00:25+
00:47#	07:38#	01:10#	01:27#	02:13#	01:23#	01:09#	03:17#	01:12#	00:35#	01:07#	00:58#	00:31#	00:53-	02:41#	01:42#	04:45#	00:27#	00:05#
<b>19</b>	<b>Anne Katrine Lycke</b>	<b>147</b>										<b>1:15:04</b>						
02:03+	06:10+	09:26+	14:41+	16:52+	20:09+	24:02+	35:57+	38:13+	44:16+	46:37+	53:15+	55:24+	57:12+	59:51+	67:38+	72:42+	74:38+	75:04+
02:03+	04:07+	03:16+	05:15+	02:11+	03:17+	03:53+	11:55+	02:16+	06:03+	02:21+	06:38+	02:09+	01:48-	02:39+	07:47+	05:04+	01:56+	00:26+
00:13#	01:43#	00:56#	03:00#	01:10#	00:22#	01:26#	08:52#	00:23#	05:03#	00:31#	04:47#	00:31#	01:14-	01:05#	05:27#	02:58#	00:50#	00:06#
<b>Beste strekktid for klassen</b>																		
01:24	02:24	02:20	02:11	01:01	02:07	02:23	02:35	01:47	00:58	01:49	01:51	01:02	01:10	01:34	02:20	02:03	01:06	00:15

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

## Damer 60 - 64 år

<b>1</b>	<b>Marit Karin Nygård</b>	<b>92</b>										<b>34:01</b>							
01:57=	04:20=	06:58=	09:18=	10:29=	13:53=	16:00=	18:48=	20:42=	23:25=	25:24=	27:23=	29:16=	32:52=	33:46=	34:01=				
01:57=	02:23=	02:38=	02:20=	01:11=	03:24=	02:07=	02:48=	01:54=	02:43=	01:59=	01:59=	01:53=	03:36=	00:54=	00:15=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>2</b>	<b>Eli Frafjord</b>	<b>94</b>										<b>47:22</b>							
02:12+	04:51+	08:04+	10:49+	13:10+	16:58+	22:46+	24:55+	28:13+	30:22+	33:04+	35:09+	37:19+	42:22+	46:12+	47:00+	47:22+			
02:12+	02:39+	03:13+	02:45+	02:21+	03:48+	05:48+	02:09-	03:18+	02:09-	02:42+	02:05+	02:10+	05:03+	03:50+	00:48+	00:22+			
00:15#	00:16#	00:35#	00:25#	01:10#	00:24#	03:41#	00:39-	01:24#	00:34-	00:43#	00:06+	00:17#	01:27#	02:56#	00:33#	00:22+			

Class	Navn	Klasse										Tid				
<b>3</b>	<b>Ingrid Eik</b>	<b>88</b>										<b>49:18</b>				
	01:46-	11:56+	15:03+	20:05+	21:11+	23:37+	26:06+	29:58+	32:42+	37:23+	39:10+	41:23+	44:21+	47:53+	48:57+	49:18+
	01:46-	10:10+	03:07+	05:02+	01:06-	02:26-	02:29+	03:52+	02:44+	04:41+	01:47-	02:13+	02:58+	03:32-	01:04+	00:21+
	00:11-	07:47@	00:29#	02:42@	00:05-	00:58-	00:22#	01:04&	00:50&	01:58&	00:12-	00:14#	01:05&	00:04-	00:10#	00:06&
<b>4</b>	<b>Berit Bakken</b>	<b>168</b>										<b>49:57</b>				
	02:00+	14:33+	17:32+	20:21+	21:46+	25:47+	27:49+	30:58+	33:01+	35:34+	38:26+	40:17+	45:12+	48:46+	49:37+	49:57+
	02:00+	12:33+	02:59+	02:49+	01:25+	04:01+	02:02-	03:09+	02:03+	02:33-	02:52+	01:51-	04:55+	03:34-	00:51-	00:20+
	00:03+	10:10@	00:21#	00:29#	00:14#	00:37#	00:05-	00:21#	00:09+	00:10-	00:53&	00:08-	03:02@	00:02-	00:03-	00:05&
<b>5</b>	<b>Kari Blixhavn</b>	<b>228</b>										<b>51:43</b>				
	02:08+	05:35+	10:17+	13:21+	15:15+	18:50+	22:36+	26:34+	29:52+	37:14+	39:55+	42:30+	45:57+	50:13+	51:22+	51:43+
	02:08+	03:27+	04:42+	03:04+	01:54+	03:35+	03:46+	03:58+	03:18+	07:22+	02:41+	02:35+	03:27+	04:16+	01:09+	00:21+
	00:11+	01:04&	02:04&	00:44&	00:43&	00:11+	01:39&	01:10&	01:24&	04:39@	00:42&	00:36&	01:34&	00:40#	00:15&	00:06&
<b>6</b>	<b>Halldis Handeland</b>	<b>92</b>										<b>52:02</b>				
	02:14+	07:49+	12:45+	16:11+	18:37+	22:31+	25:11+	29:36+	32:25+	36:12+	39:26+	41:40+	44:41+	50:35+	51:39+	52:02+
	02:14+	05:35+	04:56+	03:26+	02:26+	03:54+	02:40+	04:25+	02:49+	03:47+	03:14+	02:14+	03:01+	05:54+	01:04+	00:23+
	00:17#	03:12@	02:18&	01:06&	01:15@	00:30#	00:33&	01:37&	00:55&	01:04&	01:15&	00:15#	01:08&	02:18&	00:10#	00:08&
<b>7</b>	<b>Vigdis Løseth</b>	<b>105</b>										<b>53:15</b>				
	01:58+	04:48+	07:43+	11:32+	13:46+	16:46+	22:09+	26:34+	28:50+	35:45+	38:33+	41:05+	45:40+	51:39+	52:51+	53:15+
	01:58+	02:50+	02:55+	03:49+	02:14+	03:00-	05:23+	04:25+	02:16+	06:55+	02:48+	02:32+	04:35+	05:59+	01:12+	00:24+
	00:01+	00:27#	00:17#	01:29&	00:13&	00:24-	03:16@	01:37&	00:22#	04:12@	00:49&	00:33&	02:42@	02:23&	00:18&	00:09&
<b>8</b>	<b>Hanna S. Lomeland</b>	<b>47</b>										<b>53:46</b>				
	02:07+	05:11+	08:49+	18:50+	20:57+	25:11+	27:52+	31:34+	33:56+	37:25+	40:00+	42:11+	46:23+	52:21+	53:24+	53:46+
	02:07+	03:04+	03:38+	10:01+	02:07+	04:14+	02:41+	03:42+	02:22+	03:29+	02:35+	02:11+	04:12+	05:58+	01:03+	00:22+
	00:10+	00:41&	01:00&	07:41@	00:56&	00:50#	00:34&	00:54&	00:28#	00:46&	00:36&	00:12#	02:19@	02:22&	00:09#	00:07&
<b>9</b>	<b>Aud Steinsland</b>	<b>128</b>										<b>53:49</b>				
	02:06+	05:16+	08:48+	18:59+	20:56+	25:10+	27:52+	31:34+	33:55+	37:25+	39:55+	42:07+	46:20+	52:17+	53:23+	53:49+
	02:06+	03:10+	03:32+	10:11+	01:57+	04:14+	02:42+	03:42+	02:21+	03:30+	02:30+	02:12+	04:13+	05:57+	01:06+	00:26+
	00:09+	00:47&	00:54&	07:51@	00:46&	00:50#	00:35&	00:54&	00:27#	00:47&	00:31&	00:13#	02:20@	02:21&	00:12#	00:11&
<b>10</b>	<b>Berit K. Gramstad</b>	<b>113</b>										<b>1:02:13</b>				
	02:08+	06:12+	11:15+	25:16+	27:14+	30:21+	32:26+	35:45+	37:51+	44:41+	46:55+	52:54+	56:17+	60:51+	61:51+	62:13+
	02:08+	04:04+	05:03+	14:01+	01:58+	03:07-	02:05-	03:19+	02:06+	06:50+	02:14+	05:59+	03:23+	04:34+	01:00+	00:22+
	00:11+	01:41&	02:25&	11:41@	00:47&	00:17-	00:02-	00:31#	00:12#	04:07@	00:15#	04:00@	01:30&	00:58&	00:06#	00:07&
<b>11</b>	<b>Unni Relling</b>	<b>92</b>										<b>1:09:06</b>				
	02:17+	05:22+	08:48+	12:32+	14:14+	17:12+	20:22+	41:01+	43:34+	50:02+	53:18+	58:31+	63:11+	67:28+	68:42+	69:06+
	02:17+	03:05+	03:26+	03:44+	01:42+	02:58-	03:10+	20:39+	02:33+	06:28+	03:16+	05:13+	04:40+	04:17+	01:14+	00:24+
	00:20#	00:42&	00:48&	01:24&	00:31&	00:26-	01:03&	17:51@	00:39&	03:45@	01:17&	03:14@	02:47@	00:41#	00:20&	00:09&
<b>12</b>	<b>Åse Berg</b>	<b>105</b>										<b>1:09:07</b>				
	02:41+	05:52+	10:12+	21:00+	24:29+	28:12+	32:02+	37:50+	42:45+	51:21+	54:42+	56:58+	61:38+	66:29+	68:27+	69:07+
	02:41+	03:11+	04:20+	10:48+	03:29+	03:43+	03:50+	05:48+	04:55+	08:36+	03:21+	02:16+	04:40+	04:51+	01:58+	00:40+
	00:44&	00:48&	01:42&	08:28@	02:18@	00:19+	01:43&	03:00@	03:01@	05:53@	01:22&	00:17#	02:47@	01:15&	01:04@	00:25@
<b>13</b>	<b>Liv Grete Obrestad</b>	<b>113</b>										<b>1:11:48</b>				
	02:14+	19:24+	23:32+	29:08+	31:08+	41:42+	44:06+	50:09+	52:08+	54:31+	56:29+	58:44+	66:01+	70:31+	71:28+	71:48+
	02:14+	17:10+	04:08+	05:36+	02:00+	10:34+	02:24+	06:03+	01:59+	02:23-	01:58-	02:15+	07:17+	04:30+	00:57+	00:20+
	00:17#	14:47@	01:30&	03:16@	00:49&	07:10@	00:17#	03:15@	00:05+	00:20-	00:01-	00:16#	05:24@	00:54#	00:03+	00:05&
<b>Beste strekktid for klassen</b>																
	01:46	02:23	02:38	02:20	01:06	02:26	02:02	02:09	01:54	02:09	01:47	01:51	01:53	03:32	00:51	00:15

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

## Damer 65 - 69 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>										<b>54:43</b>				
	02:25=	07:06=	11:58=	18:13=	21:07=	24:20=	27:25=	31:03=	33:55=	39:21=	41:51=	44:22=	47:43=	53:06=	54:14=	54:43=
	02:25=	04:41=	04:52=	06:15=	02:54=	03:13=	03:05=	03:38=	02:52=	05:26=	02:30=	02:31=	03:21=	05:23=	01:08=	00:29=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kirsten Carlsen</b>	<b>93</b>										<b>59:53</b>				
	02:16-	05:26-	09:00-	24:06+	26:46+	30:24+	33:49+	37:32+	40:01+	44:21+	46:44+	49:25+	53:55+	58:25+	59:32+	59:53+
	02:16-	03:10-	03:34-	15:06+	02:40-	03:38+	03:25+	03:43+	02:29-	04:20-	02:23-	02:41+	04:30+	04:30-	01:07-	00:21-
	00:09-	01:31-	01:18-	08:51@	00:14-	00:25#	00:20#	00:05+	00:23-	01:06-	00:07-	00:10+	01:09&	00:53-	00:01-	00:08-

Class	Navn	Klasse														Tid	
<b>3</b>	<b>Wenche Anda Haarr</b>	<b>92</b>														<b>1:03:10</b>	
		02:29+	09:36+	15:01+	18:45+	23:01+	27:22+	30:14+	37:53+	40:21+	45:06+	48:21+	50:49+	55:30+	61:32+	62:34+	63:10+
		02:29+	07:07+	05:25+	03:44-	04:16+	04:21+	02:52-	07:39+	02:28-	04:45-	03:15+	02:28-	04:41+	06:02+	01:02-	00:36+
		00:04+	02:26&	00:33#	02:31-	01:22&	01:08&	00:13-	04:01@	00:24-	00:41-	00:45&	00:03-	01:20&	00:39#	00:06-	00:07#

**Beste strekktid for klassen**

02:16 03:10 03:34 03:44 02:40 03:13 02:52 03:38 02:28 04:20 02:23 02:28 03:21 04:30 01:02 00:21

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

**Damer 70 - 74 år**

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>														<b>45:10</b>		
		02:06=	04:42=	08:16=	11:49=	13:59=	17:13=	20:08=	23:37=	25:43=	29:18=	31:54=	34:00=	39:00=	43:46=	44:47=	45:10=	
		02:06=	02:36=	03:34=	03:33=	02:10=	03:14=	02:55=	03:29=	02:06=	03:35=	02:36=	02:06=	05:00=	04:46=	01:01=	00:23=	
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Helga Aaslid</b>	<b>54</b>														<b>48:23</b>		
		02:21+	04:49+	08:39+	11:26-	13:47-	16:28-	18:37-	21:58-	23:59-	30:45+	33:01+	38:59+	42:20+	46:59+	47:59+	48:23+	
		02:21+	02:28-	03:50+	02:47-	02:21+	02:41-	02:09-	03:21-	02:01-	06:46+	02:16-	05:58+	03:21-	04:39-	01:00-	00:24+	
		00:15#	00:08-	00:16+	00:46-	00:11+	00:33-	00:46-	00:08-	00:05-	03:11&	00:20-	03:52@	01:39-	00:07-	00:01-	00:01+	
<b>3</b>	<b>Gry V. Thengs</b>	<b>68</b>														<b>49:11</b>		
		01:59-	05:25+	09:19+	12:07+	14:19+	17:14+	19:18-	22:40-	24:45-	31:37+	33:51+	39:49+	43:09+	47:54+	48:49+	49:11+	
		01:59-	03:26+	03:54+	02:48-	02:12+	02:55-	02:04-	03:22-	02:05-	06:52+	02:14-	05:58+	03:20-	04:45-	00:55-	00:22-	
		00:07-	00:50&	00:20+	00:45-	00:02+	00:19-	00:51-	00:07-	00:01-	03:17&	00:22-	03:52@	01:40-	00:01-	00:06-	00:01-	
<b>4</b>	<b>Helga Klausen</b>	<b>62</b>														<b>54:56</b>		
		02:25+	08:32+	13:31+	19:23+	21:43+	23:00+	27:10+	30:05+	33:54+	36:20+	39:52+	42:37+	45:07+	49:07+	53:37+	54:35+	54:56+
		02:25+	06:07+	04:59+	05:52+	02:20+	01:17-	04:10+	02:55-	03:49+	02:26-	03:32+	02:45+	02:30-	04:00-	04:30+	00:58+	00:21+
		00:19#	03:31@	01:25&	02:19&	00:10+	01:57-	01:15&	00:34-	01:43&	01:09-	00:56&	00:39&	02:30-	00:46-	03:29@	00:35@	00:21+
<b>5</b>	<b>Haldis Glendrange</b>	<b>68</b>														<b>1:03:44</b>		
		02:13+	18:14+	22:56+	26:15+	28:28+	32:00+	35:08+	39:09+	45:02+	48:19+	51:57+	54:30+	57:54+	62:24+	63:21+	63:44+	
		02:13+	16:01+	04:42+	03:19-	02:13+	03:32+	03:08+	04:01+	05:53+	03:17-	03:38+	02:33+	03:24-	04:30-	00:57-	00:23=	
		00:07+	13:25@	01:08&	00:14-	00:03+	00:18+	00:13+	00:32#	03:47@	00:18-	01:02&	00:27#	01:36-	00:16-	00:04-	00:00=	
<b>6</b>	<b>Eva Hessen</b>	<b>83</b>														<b>1:04:43</b>		
		02:51+	06:14+	11:10+	20:09+	22:31+	26:30+	30:46+	34:57+	39:05+	47:35+	50:59+	54:03+	57:47+	63:07+	64:19+	64:43+	
		02:51+	03:23+	04:56+	08:59+	02:22+	03:59+	04:16+	04:11+	04:08+	08:30+	03:24+	03:04+	03:44-	05:20+	01:12+	00:24+	
		00:45&	00:47&	01:22&	05:26@	00:12+	00:45#	01:21&	00:42#	02:02&	04:55@	00:48&	00:58&	01:16-	00:34#	00:11#	00:01+	
<b>7</b>	<b>Ragnhild Christiansen</b>	<b>93</b>														<b>1:04:55</b>		
		02:48+	06:00+	10:34+	14:52+	17:15+	22:11+	26:21+	30:47+	33:43+	38:28+	42:46+	52:38+	56:25+	63:07+	64:28+	64:55+	
		02:48+	03:12+	04:34+	04:18+	02:23+	04:56+	04:10+	04:26+	02:56+	04:45+	04:18+	09:52+	03:47-	06:42+	01:21+	00:27+	
		00:42&	00:36#	01:00&	00:45#	00:13#	01:42&	01:15&	00:57&	00:50&	01:10&	01:42&	07:46@	01:13-	01:56&	00:20&	00:04#	

**Beste strekktid for klassen**

01:59 02:28 03:34 02:47 02:10 01:17 02:04 02:55 02:01 02:26 02:14 02:06 02:30 04:00 00:55 00:22

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

**Damer 75 - 79 år**

<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>														<b>1:05:39</b>	
		02:48=	06:59=	14:07=	18:20=	20:51=	27:49=	31:10=	36:31=	40:24=	44:16=	48:58=	52:39=	58:07=	63:57=	65:12=	65:39=
		02:48=	04:11=	07:08=	04:13=	02:31=	06:58=	03:21=	05:21=	03:53=	05:21=	04:42=	03:41=	05:28=	05:50=	01:15=	00:27=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
		02:48	04:11	07:08	04:13	02:31	06:58	03:21	05:21	03:53	03:52	04:42	03:41	05:28	05:50	01:15	00:27

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

**Damer A**

Class	Navn	Klasse										Tid										
<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>										<b>34:31</b>										
	01:19=	03:15=	04:12=	05:23=	07:08=	08:23=	12:54=	13:50=	14:44=	17:00=	20:20=	21:27=	23:42=	25:31=	26:55=	28:40=	29:58=	30:40=	32:16=	33:49=	34:31=	
	01:19=	01:56=	00:57=	01:11=	01:45=	01:15=	04:31=	00:56=	00:54=	02:16=	03:20=	01:07=	02:15=	01:49=	01:24=	01:45=	01:18=	00:42=	01:36=	01:33=	00:42=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Jorunn Hadland</b>	<b>29</b>										<b>37:17</b>										
	01:25+	05:02+	06:00+	07:03+	08:52+	10:12+	14:35+	16:11+	17:03+	19:34+	22:36+	23:47+	26:05+	28:01+	29:22+	31:53+	33:09+	33:50+	35:10+	36:30+	37:17+	
	01:25+	03:37+	00:58+	01:03-	01:49+	01:20+	04:23-	01:36+	00:52-	02:31+	03:02-	01:11+	02:18+	01:56+	01:21-	02:31+	01:16-	00:41-	01:20-	01:20-	00:47+	
	00:06+	01:41&	00:01+	00:08-	00:04+	00:05+	00:08-	00:40&	00:02-	00:15#	00:18-	00:04+	00:03+	00:07+	00:03-	00:46&	00:02-	00:01-	00:16-	00:13-	00:05#	
<b>3</b>	<b>Tone Torgersen</b>	<b>27</b>										<b>41:53</b>										
	01:39+	03:53+	05:02+	06:14+	08:28+	10:16+	12:41-	15:42+	16:56+	17:57+	20:33+	24:29+	25:58+	28:04+	30:33+	31:53+	35:06+	37:04+	37:53+	39:26+	40:59+	41:53+
	01:39+	02:14+	01:09+	01:12+	02:14+	01:48+	02:25-	03:01+	01:14+	01:01-	02:36-	03:56+	01:29-	02:06+	02:29+	01:20-	03:13+	01:58+	00:49-	01:33=	01:33+	00:54+
	00:20&	00:18#	00:12#	00:01+	00:29&	00:33&	02:06-	02:05@	00:20&	01:15-	00:44-	02:49@	00:46-	00:17#	01:05&	00:25-	01:55@	01:16@	00:47-	00:00=	00:51@	00:54+
<b>4</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>										<b>42:35</b>										
	01:49+	04:22+	05:25+	07:25+	09:28+	11:23+	17:02+	18:15+	19:13+	22:08+	25:41+	27:06+	29:21+	32:02+	33:42+	35:45+	37:28+	38:19+	40:07+	41:42+	42:35+	
	01:49+	02:33+	01:03+	02:00+	02:03+	01:55+	05:39+	01:13+	00:58+	02:55+	03:33+	01:25+	02:15=	02:41+	01:40+	02:03+	01:43+	00:51+	01:48+	01:35+	00:53+	
	00:30&	00:37&	00:06#	00:49&	00:18#	00:40&	01:08&	00:17&	00:04+	00:39&	00:13+	00:18&	00:00=	00:52&	00:16#	00:18#	00:25&	00:09#	00:12#	00:02+	00:11&	
<b>5</b>	<b>Wenche M. Sæbbø</b>	<b>3</b>										<b>42:46</b>										
	01:43+	04:12+	05:19+	07:06+	10:22+	12:06+	16:19+	17:33+	18:50+	22:00+	24:47+	26:10+	28:57+	31:13+	33:09+	35:30+	37:13+	38:01+	40:01+	41:52+	42:46+	
	01:43+	02:29+	01:07+	01:47+	03:16+	01:44+	04:13-	01:14+	01:17+	03:10+	02:47-	01:23+	02:47+	02:16+	01:56+	02:21+	01:43+	00:48+	02:00+	01:51+	00:54+	
	00:24&	00:33&	00:10#	00:36&	01:31&	00:29&	00:18-	00:18&	00:23&	00:54&	00:33-	00:16#	00:32#	00:27#	00:32&	00:36&	00:25&	00:06#	00:24#	00:18#	00:12&	
<b>6</b>	<b>Maira Andersone</b>	<b>93</b>										<b>56:05</b>										
	01:46+	05:44+	07:06+	09:19+	13:31+	16:00+	22:21+	24:35+	25:48+	29:08+	32:56+	34:39+	37:57+	41:00+	42:34+	45:39+	47:35+	48:37+	52:48+	55:03+	56:05+	
	01:46+	03:58+	01:22+	02:13+	04:12+	02:29+	06:21+	02:14+	01:13+	03:20+	03:48+	01:43+	03:18+	03:03+	01:34+	03:05+	01:56+	01:02+	04:11+	02:15+	01:02+	
	00:27&	02:02@	00:25&	01:02&	02:27@	01:14&	01:50&	01:18@	00:19&	01:04&	00:28#	00:36&	01:03&	01:14&	00:10#	01:20&	00:38&	00:20&	02:35@	00:42&	00:20&	
<b>Beste strekktid for klassen</b>																						
	01:19	01:56	00:57	01:03	01:45	01:15	02:25	00:56	00:52	01:01	02:36	01:07	01:29	01:49	01:21	01:20	01:16	00:41	00:49	01:20	00:42	

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

## Damer B

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>										<b>34:15</b>										
	02:46=	04:10=	05:41=	07:30=	09:38=	13:58=	15:19=	18:13=	21:06=	24:37=	26:54=	29:07=	30:42=	32:35=	33:30=	34:15=						
	02:46=	01:24=	01:31=	01:49=	02:08=	04:20=	01:21=	02:54=	02:53=	03:31=	02:17=	02:13=	01:35=	01:53=	00:55=	00:45=						
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
<b>2</b>	<b>Hilde Nordbø</b>	<b>93</b>										<b>36:58</b>										
	02:51+	04:03-	06:31+	08:41+	10:51+	15:54+	17:41+	20:49+	23:51+	26:53+	29:04+	31:31+	33:18+	35:07+	36:15+	36:58+						
	02:51+	01:12-	02:28+	02:10+	02:10+	05:03+	01:47+	03:08+	03:02+	03:02-	02:11-	02:27+	01:47+	01:49-	01:08+	00:43-						
	00:05+	00:12-	00:57&	00:21#	00:02+	00:43#	00:26&	00:14+	00:09+	00:29-	00:06-	00:14#	00:12#	00:04-	00:13#	00:02-						
<b>3</b>	<b>Lise Isachsen</b>	<b>165</b>										<b>37:28</b>										
	02:36-	03:36-	05:15-	06:39-	08:40-	15:05+	16:45+	19:47+	22:46+	25:53+	29:26+	31:45+	33:49+	35:35+	36:46+	37:28+						
	02:36-	01:00-	01:39+	01:24-	02:01-	06:25+	01:40+	03:02+	02:59+	03:07-	03:33+	02:19+	02:04+	01:46-	01:11+	00:42-						
	00:10-	00:24-	00:08+	00:25-	00:07-	02:05&	00:19#	00:08+	00:06+	00:24-	01:16&	00:06+	00:29&	00:07-	00:16&	00:03-						
<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>38:30</b>										
	03:00+	04:36+	06:43+	08:36+	10:30+	16:07+	17:49+	20:42+	23:59+	26:54+	31:27+	33:45+	35:06+	36:49+	37:44+	38:30+						
	03:00+	01:36+	02:07+	01:53+	01:54-	05:37+	01:42+	02:53-	03:17+	02:55-	04:33+	02:18+	01:21-	01:43-	00:55=	00:46+						
	00:14+	00:12#	00:36&	00:04+	00:14-	01:17&	00:21&	00:01-	00:24#	00:36-	02:16&	00:05+	00:14-	00:10-	00:00=	00:01+						
<b>5</b>	<b>Ingrid W. Hestness</b>	<b>117</b>										<b>39:08</b>										
	03:06+	05:13+	07:36+	09:09+	11:40+	17:02+	19:22+	22:31+	25:31+	28:38+	30:55+	33:18+	35:02+	37:04+	38:19+	39:08+						
	03:06+	02:07+	02:23+	01:33-	02:31+	05:22+	02:20+	03:09+	03:00+	03:07-	02:17=	02:23+	01:44+	02:02+	01:15+	00:49+						
	00:20#	00:43&	00:52&	00:16-	00:23#	01:02#	00:59&	00:15+	00:07+	00:24-	00:00=	00:10+	00:09+	00:09+	00:20&	00:04+						
<b>6</b>	<b>Vibeke Lamark</b>	<b>46</b>										<b>39:20</b>										
	02:58+	04:23+	05:57+	08:34+	10:51+	15:33+	18:12+	21:20+	24:42+	27:45+	31:24+	33:52+	35:33+	37:38+	38:34+	39:20+						
	02:58+	01:25+	01:34+	02:37+	02:17+	04:42+	02:39+	03:08+	03:22+	03:03-	03:39+	02:28+	01:41+	02:05+	00:56+	00:46+						
	00:12+	00:01+	00:03+	00:48&	00:09+	00:22+	01:18&	00:14+	00:29#	00:28-	01:22&	00:15#	00:06+	00:12#	00:01+	00:01+						
<b>7</b>	<b>Anne Garsrud</b>	<b>90</b>										<b>39:29</b>										
	03:19+	05:18+	06:53+	09:40+	12:31+	17:13+	19:40+	22:41+	25:49+	28:51+	31:22+	34:03+	35:44+	37:37+	38:36+	39:29+						
	03:19+	01:59+	01:35+	02:47+	02:51+	04:42+	02:27+	03:01+	03:08+	03:02-	02:31+	02:41+	01:41+	01:53=	00:59+	00:53+						
	00:33#	00:35&	00:04+	00:58&	00:43&	00:22+	01:06&	00:07+	00:15+	00:29-	00:14#	00:28#	00:06+	00:00=	00:04+	00:08#						

Class	Navn	Klasse	Tid												
<b>8</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>	<b>41:56</b>												
03:21+	04:49+	06:38+	09:30+	11:57+	17:23+	20:10+	23:43+	27:22+	30:53+	33:16+	35:47+	37:45+	39:36+	41:02+	41:56+
03:21+	01:28+	01:49+	02:52+	02:27+	05:26+	02:47+	03:33+	03:39+	03:31=	02:23+	02:31+	01:58+	01:51-	01:26+	00:54+
00:35#	00:04+	00:18#	01:03&	00:19#	01:06&	01:26@	00:39#	00:46&	00:00=	00:06+	00:18#	00:23#	00:02-	00:31&	00:09#
<b>9</b>	<b>Agnes Elin Engen</b>	<b>116</b>	<b>42:16</b>												
02:59+	04:36+	06:26+	08:47+	11:28+	18:48+	21:39+	24:49+	28:17+	31:27+	34:03+	36:39+	38:27+	40:16+	41:29+	42:16+
02:59+	01:37+	01:50+	02:21+	02:41+	07:20+	02:51+	03:10+	03:28+	03:10-	02:36+	02:36+	01:48+	01:49-	01:13+	00:47+
00:13+	00:13#	00:19#	00:32&	00:33&	03:00&	01:30@	00:16+	00:35#	00:21-	00:19#	00:23#	00:13#	00:04-	00:18&	00:02+
<b>10</b>	<b>Jorunn Johannesen</b>	<b>116</b>	<b>43:17</b>												
03:01+	04:22+	06:01+	08:23+	11:23+	16:48+	19:37+	22:37+	26:06+	29:01+	34:06+	38:05+	39:45+	41:32+	42:27+	43:17+
03:01+	01:21-	01:39+	02:22+	03:00+	05:25+	02:49+	03:00+	03:29+	02:55-	05:05+	03:59+	01:40+	01:47-	00:55=	00:50+
00:15+	00:03-	00:08+	00:33&	00:52&	01:05#	01:28@	00:06+	00:36#	00:36-	02:48@	01:46&	00:05+	00:06-	00:00=	00:05#
<b>11</b>	<b>Irene Rummelhoff</b>	<b>116</b>	<b>43:42</b>												
03:10+	04:38+	06:31+	09:14+	11:25+	17:01+	19:14+	23:48+	27:37+	31:09+	33:49+	36:34+	38:21+	41:22+	42:46+	43:42+
03:10+	01:28+	01:53+	02:43+	02:11+	05:36+	02:13+	04:34+	03:49+	03:32+	02:40+	02:45+	01:47+	03:01+	01:24+	00:56+
00:24#	00:04+	00:22#	00:54&	00:03+	01:16&	00:52&	01:40&	00:56&	00:01+	00:23#	00:32#	00:12#	01:08&	00:29&	00:11#
<b>12</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>	<b>46:34</b>												
03:13+	04:45+	06:44+	10:45+	13:32+	20:58+	24:12+	27:42+	31:17+	35:00+	37:34+	40:06+	42:21+	44:31+	45:31+	46:34+
03:13+	01:32+	01:59+	04:01+	02:47+	07:26+	03:14+	03:30+	03:35+	03:43+	02:34+	02:32+	02:15+	02:10+	01:00+	01:03+
00:27#	00:08+	00:28&	02:12@	00:39&	03:06&	01:53@	00:36#	00:42#	00:12+	00:17#	00:19#	00:40&	00:17#	00:05+	00:18&
<b>13</b>	<b>Margrethe Roalsø</b>	<b>93</b>	<b>53:11</b>												
02:59+	04:42+	06:44+	10:10+	13:14+	22:53+	25:00+	28:39+	33:10+	38:35+	41:31+	44:21+	46:52+	50:13+	52:22+	53:11+
02:59+	01:43+	02:02+	03:26+	03:04+	09:39+	02:07+	03:39+	04:31+	05:25+	02:56+	02:50+	02:31+	03:21+	02:09+	00:49+
00:13+	00:19#	00:31&	01:37&	00:56&	05:19@	00:46&	00:45&	01:38&	01:54&	00:39&	00:37&	00:56&	01:28&	01:14@	00:04+
<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>	<b>54:15</b>												
03:22+	05:22+	07:22+	09:38+	12:43+	23:36+	26:03+	29:40+	35:52+	40:37+	43:30+	47:22+	49:34+	51:43+	53:12+	54:15+
03:22+	02:00+	02:00+	02:16+	03:05+	10:53+	02:27+	03:37+	06:12+	04:45+	02:53+	03:52+	02:12+	02:09+	01:29+	01:03+
00:36#	00:36&	00:29&	00:27#	00:57&	06:33@	01:06&	00:43#	03:19@	01:14&	00:36&	01:39&	00:37&	00:16#	00:34&	00:18&
<b>15</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>57:09</b>												
06:59+	08:24+	11:38+	15:15+	19:13+	26:35+	29:22+	35:37+	39:29+	43:13+	46:03+	49:30+	51:51+	54:44+	55:58+	57:09+
06:59+	01:25+	03:14+	03:37+	03:58+	07:22+	02:47+	06:15+	03:52+	03:44+	02:50+	03:27+	02:21+	02:53+	01:14+	01:11+
04:13@	00:01+	01:43@	01:48&	01:50&	03:02&	01:26@	03:21@	00:59&	00:13+	00:33#	01:14&	00:46&	01:00&	00:19&	00:26&
<b>16</b>	<b>Randi Helen Ladsten</b>	<b>128</b>	<b>1:01:23</b>												
03:53+	06:46+	08:54+	13:58+	17:08+	32:38+	35:40+	39:13+	43:47+	47:05+	50:11+	53:00+	55:43+	59:05+	60:24+	61:23+
03:53+	02:53+	02:08+	05:04+	03:10+	15:30+	03:02+	03:33+	04:34+	03:18-	03:06+	02:49+	02:43+	03:22+	01:19+	00:59+
01:07&	01:29@	00:37&	03:15@	01:02&	11:10@	01:41@	00:39#	01:41&	00:13-	00:49&	00:36&	01:08&	01:29&	00:24&	00:14&

### Beste strekktid for klassen

02:36 01:00 01:31 01:24 01:54 04:20 01:21 02:53 02:53 02:55 02:11 02:13 01:21 01:43 00:55 00:42

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

### Damer Ny

<b>1</b>	<b>Karen Bjørheim Sømme</b>	<b>109</b>	<b>24:21</b>								
01:31=	04:16=	06:57=	12:27=	14:03=	15:14=	17:46=	19:26=	21:09=	22:06=	23:51=	24:21=
01:31=	02:45=	02:41=	05:30=	01:36=	01:11=	02:32=	01:40=	01:43=	00:57=	01:45=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Lisbeth Iversen</b>	<b>62</b>	<b>33:27</b>								
01:43+	03:59-	06:21-	10:49-	12:49-	15:08-	17:59+	19:25-	31:20+	31:50+	32:57+	33:27+
01:43+	02:16-	02:22-	04:28-	02:00+	02:19+	02:51+	01:26-	11:55+	00:30-	01:07-	00:30=
00:12#	00:29-	00:19-	01:02-	00:24#	01:08&	00:19#	00:14-	10:12@	00:27-	00:38-	00:00=

### Beste strekktid for klassen

01:31 02:16 02:22 04:28 01:36 01:11 02:32 01:26 01:43 00:30 01:07 00:30

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

### Damer Trim

Class	Navn	Klasse										Tid
<b>1</b>	<b>Ingrid O. Foss</b>	<b>117</b>										<b>28:37</b>
	01:53=	07:30=	10:48=	16:35=	19:46=	22:33=	23:52=	27:21=	28:17=	28:37=		
	01:53=	05:37=	03:18=	05:47=	03:11=	02:47=	01:19=	03:29=	00:56=	00:20=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Gerd Katrin Kro</b>	<b>117</b>										<b>28:43</b>
	01:43-	06:00-	08:40-	14:43-	18:09-	20:44-	25:32+	27:04-	28:21+	28:43+		
	01:43-	04:17-	02:40-	06:03+	03:26+	02:35-	04:48+	01:32-	01:17+	00:22+		
	00:10-	01:20-	00:38-	00:16+	00:15+	00:12-	03:29#	01:57-	00:21#	00:02#		
<b>3</b>	<b>Margrete Jian Øye</b>	<b>126</b>										<b>28:43</b>
	01:41-	06:51-	09:27-	16:09-	19:45-	23:01+	24:29+	27:31+	28:24+	28:43+		
	01:41-	05:10-	02:36-	06:42+	03:36+	03:16+	01:28+	03:02-	00:53-	00:19-		
	00:12-	00:27-	00:42-	00:55#	00:25#	00:29#	00:09#	00:27-	00:03-	00:01-		
<b>4</b>	<b>Kristin Breivold</b>	<b>92</b>										<b>29:00</b>
	01:54+	06:16-	09:51-	15:50-	20:28+	22:51+	24:48+	27:22+	28:41+	29:00+		
	01:54+	04:22-	03:35+	05:59+	04:38+	02:23-	01:57+	02:34-	01:19+	00:19-		
	00:01+	01:15-	00:17+	00:12+	01:27#	00:24-	00:38#	00:55-	00:23#	00:01-		
<b>5</b>	<b>Janeth Kleppe</b>	<b>128</b>										<b>30:40</b>
	01:27-	08:40+	11:33+	19:32+	22:29+	24:51+	25:59+	29:11+	30:22+	30:40+		
	01:27-	07:13+	02:53-	07:59+	02:57-	02:22-	01:08-	03:12-	01:11+	00:18-		
	00:26-	01:36#	00:25-	02:12#	00:14-	00:25-	00:11-	00:17-	00:15#	00:02-		
<b>6</b>	<b>Karen E. Gilje Woie</b>	<b>117</b>										<b>30:51</b>
	02:03+	07:34+	12:16+	20:01+	23:08+	25:49+	27:00+	29:30+	30:31+	30:51+		
	02:03+	05:31-	04:42+	07:45+	03:07-	02:41-	01:11-	02:30-	01:01+	00:20=		
	00:10+	00:06-	01:24#	01:58#	00:04-	00:06-	00:08-	00:59-	00:05+	00:00=		
<b>7</b>	<b>Tina Pedersen</b>	<b>27</b>										<b>31:24</b>
	01:46-	07:03-	10:18-	18:15+	21:24+	24:10+	26:53+	30:03+	31:02+	31:24+		
	01:46-	05:17-	03:15-	07:57+	03:09-	02:46-	02:43+	03:10-	00:59+	00:22+		
	00:07-	00:20-	00:03-	02:10#	00:02-	00:01-	01:24#	00:19-	00:03+	00:02#		
<b>8</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>										<b>31:25</b>
	01:48-	06:30-	10:47-	16:57+	21:45+	24:44+	27:10+	29:51+	31:06+	31:25+		
	01:48-	04:42-	04:17+	06:10+	04:48+	02:59+	02:26+	02:41-	01:15+	00:19-		
	00:05-	00:55-	00:59#	00:23+	01:37#	00:12+	01:07#	00:48-	00:19#	00:01-		
<b>9</b>	<b>Fredrike Krahner</b>	<b>126</b>										<b>31:37</b>
	01:43-	08:19+	12:05+	17:58+	21:16+	23:47+	25:14+	30:18+	31:20+	31:37+		
	01:43-	06:36+	03:46+	05:53+	03:18+	02:31-	01:27+	05:04+	01:02+	00:17-		
	00:10-	00:59#	00:28#	00:06+	00:07+	00:16-	00:08#	01:35#	00:06#	00:03-		
<b>10</b>	<b>Tonje Tiley</b>	<b>27</b>										<b>31:38</b>
	01:57+	06:53-	10:13-	18:21+	22:23+	25:22+	27:07+	29:56+	31:18+	31:38+		
	01:57+	04:56-	03:20+	08:08+	04:02+	02:59+	01:45+	02:49-	01:22+	00:20=		
	00:04+	00:41-	00:02+	02:21#	00:51#	00:12+	00:26#	00:40-	00:26#	00:00=		
<b>11</b>	<b>Randi Bugge</b>	<b>46</b>										<b>31:44</b>
	02:58+	08:20+	11:53+	19:04+	22:32+	25:18+	26:47+	29:42+	31:21+	31:44+		
	02:58+	05:22-	03:33+	07:11+	03:28+	02:46-	01:29+	02:55-	01:39+	00:23+		
	01:05#	00:15-	00:15+	01:24#	00:17+	00:01-	00:10#	00:34-	00:43#	00:03#		
<b>12</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>										<b>32:45</b>
	01:59+	08:00+	11:34+	19:37+	23:19+	26:37+	28:25+	31:24+	32:26+	32:45+		
	01:59+	06:01+	03:34+	08:03+	03:42+	03:18+	01:48+	02:59-	01:02+	00:19-		
	00:06+	00:24+	00:16+	02:16#	00:31#	00:31#	00:29#	00:30-	00:06#	00:01-		
<b>13</b>	<b>Margot Asheim</b>	<b>105</b>										<b>32:57</b>
	01:54+	07:11-	11:44+	20:10+	24:19+	27:10+	29:04+	31:32+	32:39+	32:57+		
	01:54+	05:17-	04:33+	08:26+	04:09+	02:51+	01:54+	02:28-	01:07+	00:18-		
	00:01+	00:20-	01:15#	02:39#	00:58#	00:04+	00:35#	01:01-	00:11#	00:02-		
<b>14</b>	<b>Judith Serigstad</b>	<b>128</b>										<b>33:30</b>
	02:22+	08:07+	11:43+	20:13+	24:01+	26:46+	28:45+	32:04+	33:10+	33:30+		
	02:22+	05:45+	03:36+	08:30+	03:48+	02:45-	01:59+	03:19-	01:06+	00:20=		
	00:29#	00:08+	00:18+	02:43#	00:37#	00:02-	00:40#	00:10-	00:10#	00:00=		
<b>15</b>	<b>Bente Salte Aune</b>	<b>128</b>										<b>33:33</b>
	02:22+	08:06+	11:44+	20:13+	24:02+	26:56+	28:51+	32:04+	33:11+	33:33+		
	02:22+	05:44+	03:38+	08:29+	03:49+	02:54+	01:55+	03:13-	01:07+	00:22+		
	00:29#	00:07+	00:20#	02:42#	00:38#	00:07+	00:36#	00:16-	00:11#	00:02#		

Class	Navn	Klasse	Tid
<b>16</b>	<b>Anette Tronstad</b>	<b>115</b>	<b>33:39</b>
02:00+	07:46+ 11:47+ 20:18+ 24:20+ 27:12+	29:13+ 31:54+ 33:16+ 33:39+	
02:00+	05:46+ 04:01+ 08:31+ 04:02+ 02:52+	02:01+ 02:41- 01:22+ 00:23+	
00:07+	00:09+ 00:43# 02:44& 00:51& 00:05+	00:42& 00:48- 00:26& 00:03#	
<b>17</b>	<b>Astri Sandanger</b>	<b>93</b>	<b>34:29</b>
01:56+	07:04- 11:33+ 18:24+ 21:42+ 28:58+	30:06+ 33:11+ 34:12+ 34:29+	
01:56+	05:08- 04:29+ 06:51+ 03:18+ 07:16+	01:08- 03:05- 01:01+ 00:17-	
00:03+	00:29- 01:11& 01:04# 00:07+ 04:29@	00:11- 00:24- 00:05+ 00:03-	
<b>18</b>	<b>Ingjerd Haddeland</b>	<b>115</b>	<b>35:08</b>
02:12+	07:46+ 11:31+ 19:11+ 25:00+ 28:02+	30:02+ 33:25+ 34:44+ 35:08+	
02:12+	05:34- 03:45+ 07:40+ 05:49+ 03:02+	02:00+ 03:23- 01:19+ 00:24+	
00:19#	00:03- 00:27# 01:53& 02:38& 00:15+	00:41& 00:06- 00:23& 00:04#	
<b>19</b>	<b>Synnøve Langvik</b>	<b>93</b>	<b>35:25</b>
02:16+	08:09+ 12:19+ 20:07+ 23:28+ 26:48+	30:42+ 33:54+ 35:00+ 35:25+	
02:16+	05:53+ 04:10+ 07:48+ 03:21+ 03:20+	03:54+ 03:12- 01:06+ 00:25+	
00:23#	00:16+ 00:52& 02:01& 00:10+ 00:33#	02:35@ 00:17- 00:10# 00:05#	
<b>20</b>	<b>Kathrin Sandstad</b>	<b>115</b>	<b>35:44</b>
02:23+	09:54+ 14:28+ 22:58+ 26:39+ 29:49+	31:18+ 34:15+ 35:24+ 35:44+	
02:23+	07:31+ 04:34+ 08:30+ 03:41+ 03:10+	01:29+ 02:57- 01:09+ 00:20=	
00:30&	01:54& 01:16& 02:43& 00:30#	00:10# 00:32- 00:13# 00:00=	
<b>21</b>	<b>Solbjørg Borgersen</b>	<b>233</b>	<b>35:55</b>
02:15+	08:06+ 12:42+ 21:35+ 25:24+ 29:10+	31:05+ 34:34+ 35:32+ 35:55+	
02:15+	05:51+ 04:36+ 08:53+ 03:49+ 03:46+	01:55+ 03:29= 00:58+ 00:23+	
00:22#	00:14+ 01:18& 03:06& 00:38# 00:59&	00:36& 00:00= 00:02+ 00:03#	
<b>22</b>	<b>Gro Skadberg Helliesen</b>	<b>105</b>	<b>36:19</b>
02:00+	07:38+ 11:36+ 20:27+ 26:30+ 29:13+	31:01+ 34:27+ 35:51+ 36:19+	
02:00+	05:38+ 03:58+ 08:51+ 06:03+ 02:43-	01:48+ 03:26- 01:24+ 00:28+	
00:07+	00:01+ 00:40# 03:04& 02:52& 00:04-	00:29& 00:03- 00:28& 00:08&	
<b>23</b>	<b>Janne Imenes Andresen</b>	<b>117</b>	<b>37:13</b>
02:11+	08:36+ 12:04+ 20:54+ 26:06+ 29:01+	32:11+ 35:32+ 36:46+ 37:13+	
02:11+	06:25+ 03:28+ 08:50+ 05:12+ 02:55+	03:10+ 03:21- 01:14+ 00:27+	
00:18#	00:48# 00:10+ 03:03& 02:01& 00:08+	01:51@ 00:08- 00:18& 00:07&	
<b>24</b>	<b>Ingunn Kristiansen Wiig</b>	<b>105</b>	<b>38:19</b>
02:12+	08:42+ 13:22+ 21:49+ 26:45+ 30:35+	32:13+ 35:34+ 37:57+ 38:19+	
02:12+	06:30+ 04:40+ 08:27+ 04:56+ 03:50+	01:38+ 03:21- 02:23+ 00:22+	
00:19#	00:53# 01:22& 02:40& 01:45& 01:03&	00:19# 00:08- 01:27@ 00:02#	
<b>25</b>	<b>Linn Skadberg</b>	<b>113</b>	<b>38:28</b>
02:12+	08:22+ 14:06+ 22:59+ 27:45+ 31:25+	33:49+ 37:11+ 38:11+ 38:28+	
02:12+	06:10+ 05:44+ 08:53+ 04:46+ 03:40+	02:24+ 03:22- 01:00+ 00:17-	
00:19#	00:33+ 02:26& 03:06& 01:35& 00:53&	01:05& 00:07- 00:04+ 00:03-	
<b>26</b>	<b>Jorunn Pedersen Lima</b>	<b>113</b>	<b>38:38</b>
02:12+	08:29+ 14:18+ 23:11+ 28:02+ 31:25+	33:50+ 37:19+ 38:18+ 38:38+	
02:12+	06:17+ 05:49+ 08:53+ 04:51+ 03:23+	02:25+ 03:29= 00:59+ 00:20=	
00:19#	00:40# 02:31& 03:06& 01:40& 00:36#	01:06& 00:00= 00:03+ 00:00=	
<b>27</b>	<b>Stine Skadberg</b>	<b>113</b>	<b>38:45</b>
02:14+	08:38+ 14:26+ 23:47+ 28:11+ 31:49+	33:54+ 37:21+ 38:24+ 38:45+	
02:14+	06:24+ 05:48+ 09:21+ 04:24+ 03:38+	02:05+ 03:27- 01:03+ 00:21+	
00:21#	00:47# 02:30& 03:34& 01:13& 00:51&	00:46& 00:02- 00:07# 00:01+	
<b>28</b>	<b>Gunvor Frafjord Tungesvik</b>	<b>228</b>	<b>38:48</b>
02:18+	08:20+ 13:33+ 22:43+ 28:05+ 31:35+	33:20+ 36:52+ 38:26+ 38:48+	
02:18+	06:02+ 05:13+ 09:10+ 05:22+ 03:30+	01:45+ 03:32+ 01:34+ 00:22+	
00:25#	00:25+ 01:55& 03:23& 02:11& 00:43&	00:26& 00:03+ 00:38& 00:02#	
<b>29</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>	<b>38:49</b>
02:17+	08:26+ 13:34+ 22:51+ 28:04+ 31:32+	33:20+ 36:57+ 38:31+ 38:49+	
02:17+	06:09+ 05:08+ 09:17+ 05:13+ 03:28+	01:48+ 03:37+ 01:34+ 00:18-	
00:24#	00:32+ 01:50& 03:30& 02:02& 00:41#	00:29& 00:08+ 00:38& 00:02-	
<b>30</b>	<b>Maria Haukalid</b>	<b>47</b>	<b>38:51</b>
02:05+	09:46+ 14:32+ 22:39+ 27:52+ 31:29+	32:55+ 37:02+ 38:27+ 38:51+	
02:05+	07:41+ 04:46+ 08:07+ 05:13+ 03:37+	01:26+ 04:07+ 01:25+ 00:24+	
00:12#	02:04& 01:28& 02:20& 02:02& 00:50&	00:07+ 00:38# 00:29& 00:04#	

Class	Navn	Klasse	Tid
<b>31</b>	<b>Solbjørg Lima Skadberg</b>	<b>113</b>	<b>38:51</b>
02:24+	08:41+ 14:30+ 23:37+ 28:12+ 31:53+	33:58+ 37:24+	38:51+
02:24+	06:17+ 05:49+ 09:07+ 04:35+ 03:41+	02:05+ 03:26-	01:03+ 00:24+
00:31&	00:40# 02:31& 03:20& 01:24& 00:54&	00:46& 00:03-	00:07# 00:04#
<b>32</b>	<b>Bjørg Elen Abrahamsen</b>	<b>29</b>	<b>39:00</b>
02:25+	08:29+ 14:04+ 22:48+ 28:24+ 32:22+	34:09+ 37:26+	38:36+ 39:00+
02:25+	06:04+ 05:35+ 08:44+ 05:36+ 03:58+	01:47+ 03:17-	01:10+ 00:24+
00:32&	00:27+ 02:17& 02:57& 02:25& 01:11&	00:28& 00:12-	00:14# 00:04#
<b>33</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>	<b>39:08</b>
02:56+	09:45+ 13:52+ 23:28+ 28:20+	31:51+ 33:52+ 37:21+	38:38+ 39:08+
02:56+	06:49+ 04:07+ 09:36+ 04:52+ 03:31+	02:01+ 03:29=	01:17+ 00:30+
01:03&	01:12# 00:49# 03:49& 01:41& 00:44&	00:42& 00:00=	00:21& 00:10&
<b>34</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>	<b>39:27</b>
02:28+	10:21+ 14:57+ 24:10+ 29:14+ 32:50+	34:39+ 37:51+	38:57+ 39:27+
02:28+	07:53+ 04:36+ 09:13+ 05:04+ 03:36+	01:49+ 03:12-	01:06+ 00:30+
00:35&	02:16& 01:18& 03:26& 01:53& 00:49&	00:30& 00:17-	00:10# 00:10&
<b>35</b>	<b>Olaug Bergjord</b>	<b>91</b>	<b>39:42</b>
02:02+	08:13+ 13:27+ 21:49+ 27:11+ 30:28+	33:06+ 37:26+	39:20+ 39:42+
02:02+	06:11+ 05:14+ 08:22+ 05:22+ 03:17+	02:38+ 04:20+	01:54+ 00:22+
00:09+	00:34# 01:56& 02:35& 02:11& 00:30#	01:19& 00:51#	00:58@ 00:02#
<b>36</b>	<b>Lise Bergli</b>	<b>62</b>	<b>39:47</b>
01:49-	12:49+ 16:17+ 23:10+ 28:26+ 31:45+	34:13+ 37:47+	39:24+ 39:47+
01:49-	11:00+ 03:28+ 06:53+ 05:16+ 03:19+	02:28+ 03:34+	01:37+ 00:23+
00:04-	05:23& 00:10+ 01:06# 02:05& 00:32#	01:09& 00:05+	00:41& 00:03#
<b>37</b>	<b>Synnøve Hognestad</b>	<b>115</b>	<b>39:51</b>
02:06+	09:54+ 15:25+ 22:45+ 26:12+ 29:03+	30:45+ 38:36+	39:27+ 39:51+
02:06+	07:48+ 05:31+ 07:20+ 03:27+ 02:51+	01:42+ 07:51+	00:51- 00:24+
00:13#	02:11& 02:13& 01:33& 00:16+ 00:04+	00:23& 04:22@	00:05- 00:04#
<b>38</b>	<b>Kjersti Vasbø</b>	<b>126</b>	<b>40:02</b>
02:25+	09:11+ 14:21+ 24:19+ 29:16+ 32:41+	34:49+ 38:14+	39:26+ 40:02+
02:25+	06:46+ 05:10+ 09:58+ 04:57+ 03:25+	02:08+ 03:25-	01:12+ 00:36+
00:32&	01:09# 01:52& 04:11& 01:46& 00:38#	00:49& 00:04-	00:16& 00:16&
<b>39</b>	<b>Ingunn Fandrem</b>	<b>47</b>	<b>40:31</b>
02:37+	09:50+ 16:10+ 25:06+ 29:51+ 33:11+	34:56+ 38:47+	40:06+ 40:31+
02:37+	07:13+ 06:20+ 08:56+ 04:45+ 03:20+	01:45+ 03:51+	01:19+ 00:25+
00:44&	01:36& 03:02& 03:09& 01:34& 00:33#	00:26& 00:22#	00:23& 00:05#
<b>40</b>	<b>Solveig Grønning</b>	<b>47</b>	<b>40:34</b>
02:41+	09:54+ 16:16+ 25:10+ 29:55+ 33:20+	35:01+ 38:56+	40:11+ 40:34+
02:41+	07:13+ 06:22+ 08:54+ 04:45+ 03:25+	01:41+ 03:55+	01:15+ 00:23+
00:48&	01:36& 03:04& 03:07& 01:34& 00:38#	00:22& 00:26#	00:19& 00:03#
<b>41</b>	<b>Sarah Denieul</b>	<b>42</b>	<b>40:36</b>
01:44-	07:21- 10:32- 29:26+ 31:45+ 34:22+	36:30+ 39:03+	40:17+ 40:36+
01:44-	05:37= 03:11- 18:54+ 02:19- 02:37-	02:08+ 02:33-	01:14+ 00:19-
00:09-	00:00= 00:07- 13:07@ 00:52- 00:10-	00:49& 00:56-	00:18& 00:01-
<b>42</b>	<b>Linda Haukås</b>	<b>113</b>	<b>40:54</b>
02:35+	09:10+ 13:29+ 21:31+ 25:32+ 29:21+	31:13+ 39:17+	40:29+ 40:54+
02:35+	06:35+ 04:19+ 08:02+ 04:01+ 03:49+	01:52+ 08:04+	01:12+ 00:25+
00:42&	00:58# 01:01& 02:15& 00:50& 01:02&	00:33& 04:35@	00:16& 00:05#
<b>43</b>	<b>Grethe Wathne</b>	<b>109</b>	<b>41:46</b>
02:13+	07:45+ 16:14+ 25:38+ 29:30+ 33:03+	35:56+ 40:11+	41:22+ 41:46+
02:13+	05:32- 08:29+ 09:24+ 03:52+ 03:33+	02:53+ 04:15+	01:11+ 00:24+
00:20#	00:05- 05:11@ 03:37& 00:41# 00:46&	01:34@ 00:46#	00:15& 00:04#
<b>44</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>	<b>42:22</b>
03:05+	11:05+ 15:26+ 25:17+ 30:43+ 34:22+	36:52+ 40:23+	41:45+ 42:22+
03:05+	08:00+ 04:21+ 09:51+ 05:26+ 03:39+	02:30+ 03:31+	01:22+ 00:37+
01:12&	02:23& 01:03& 04:04& 02:15& 00:52&	01:11& 00:02+	00:26& 00:17&
<b>45</b>	<b>Irene Mæland Torgersen</b>	<b>253</b>	<b>43:18</b>
03:13+	10:18+ 15:24+ 26:07+ 31:45+ 35:49+	37:36+ 41:42+	42:54+ 43:18+
03:13+	07:05+ 05:06+ 10:43+ 05:38+ 04:04+	01:47+ 04:06+	01:12+ 00:24+
01:20&	01:28& 01:48& 04:56& 02:27& 01:17&	00:28& 00:37#	00:16& 00:04#



Class	Navn	Klasse								Tid
<b>61</b>	<b>Elisabeth Sørensen</b>	<b>115</b>								<b>59:12</b>
03:26+	14:41+	21:08+	34:59+	48:08+	51:04+	56:27+	58:20+	59:12+		
03:26+	11:15+	06:27+	13:51+	07:53+	05:16+	02:56+	05:23+	01:53+	00:52+	
01:33&	05:38@	03:09&	08:04@	04:42@	02:29&	01:37@	01:54&	00:57@	00:32@	
<b>62</b>	<b>Åse Karoline B. Berg</b>	<b>115</b>								<b>59:19</b>
03:41+	14:37+	21:24+	34:53+	43:00+	48:26+	51:11+	56:23+	58:28+	59:19+	
03:41+	10:56+	06:47+	13:29+	08:07+	05:26+	02:45+	05:12+	02:05+	00:51+	
01:48&	05:19&	03:29@	07:42@	04:56@	02:39&	01:26@	01:43&	01:09@	00:31@	
<b>63</b>	<b>Mona Reymert</b>	<b>115</b>								<b>59:24</b>
03:40+	14:49+	21:34+	35:14+	42:59+	48:19+	51:22+	56:39+	58:41+	59:24+	
03:40+	11:09+	06:45+	13:40+	07:45+	05:20+	03:03+	05:17+	02:02+	00:43+	
01:47&	05:32&	03:27@	07:53@	04:34@	02:33&	01:44@	01:48&	01:06@	00:23@	
<b>64</b>	<b>Sigrun Serigstad</b>	<b>128</b>								<b>1:03:48</b>
03:42+	14:51+	28:52+	37:00+	42:22+	54:03+	55:34+	62:43+	63:32+	63:48+	
03:42+	11:09+	14:01+	08:08+	05:22+	11:41+	01:31+	07:09+	00:49-	00:16-	
01:49&	05:32&	10:43@	02:21&	02:11&	08:54@	00:12#	03:40@	00:07-	00:04-	
<b>65</b>	<b>Lene Haver Schmidt</b>	<b>88</b>								<b>1:04:01</b>
03:53+	15:03+	23:55+	41:06+	48:34+	53:57+	56:30+	61:32+	63:15+	64:01+	
03:53+	11:10+	08:52+	17:11+	07:28+	05:23+	02:33+	05:02+	01:43+	00:46+	
02:00@	05:33&	05:34@	11:24@	04:17@	02:36&	01:14&	01:33&	00:47&	00:26@	
<b>66</b>	<b>May Kristin Haaland</b>	<b>47</b>								<b>1:04:43</b>
02:41+	29:34+	36:45+	46:52+	52:03+	55:43+	58:22+	62:45+	64:21+	64:43+	
02:41+	26:53+	07:11+	10:07+	05:11+	03:40+	02:39+	04:23+	01:36+	00:22+	
00:48&	21:16@	03:53@	04:20&	02:00&	00:53&	01:20@	00:54&	00:40&	00:02#	
<b>67</b>	<b>Hazel Grayston</b>	<b>263</b>								<b>1:05:03</b>
03:06+	13:03+	21:07+	34:32+	41:08+	45:39+	56:16+	62:51+	64:25+	65:03+	
03:06+	09:57+	08:04+	13:25+	06:36+	04:31+	10:37+	06:35+	01:34+	00:38+	
01:13&	04:20&	04:46@	07:38@	03:25@	01:44&	09:18@	03:06&	00:38&	00:18&	
<b>68</b>	<b>Priya Chilamkurthi</b>	<b>136</b>								<b>1:05:53</b>
02:32+	15:25+	32:38+	46:34+	51:17+	56:15+	58:26+	64:15+	65:20+	65:53+	
02:32+	12:53+	17:13+	13:56+	04:43+	04:58+	02:11+	05:49+	01:05+	00:33+	
00:39&	07:16@	13:55@	08:09@	01:32&	02:11&	00:52&	02:20&	00:09#	00:13&	
<b>Beste strekktid for klassen</b>										
01:27	04:17	02:36	05:47	02:19	02:10	01:08	01:32	00:45	00:16	

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

## Herrer 16 - 39 år

<b>1</b>	<b>Emmanuel Mondesert</b>	<b>116</b>								<b>29:39</b>					
02:09=	03:17=	04:40=	06:33=	08:21=	12:03=	13:25=	15:39=	18:09=	20:16=	21:55=	25:41=	26:53=	28:16=	29:00=	29:39=
02:09=	01:08=	01:23=	01:53=	01:48=	03:42=	01:22=	02:14=	02:30=	02:07=	01:39=	03:46=	01:12=	01:23=	00:44=	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=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Torbjørn Ims Østby</b>	<b>53</b>								<b>34:27</b>					
02:13+	04:19+	05:33+	07:20+	09:48+	14:27+	16:52+	19:34+	22:29+	25:18+	27:49+	29:45+	31:14+	32:46+	33:47+	34:27+
02:13+	02:06+	01:14-	01:47-	02:28+	04:39+	02:25+	02:42+	02:55+	02:49+	02:31+	01:56-	01:29+	01:32+	01:01+	00:40+
00:04+	00:58&	00:09-	00:06-	00:40&	00:57&	01:03&	00:28#	00:25#	00:42&	00:52&	01:50-	00:17#	00:09#	00:17&	00:01+
<b>3</b>	<b>Andreas Terjesen</b>	<b>213</b>								<b>34:36</b>					
02:04-	03:33+	05:06+	06:58+	09:21+	14:43+	16:09+	19:21+	22:00+	24:33+	26:47+	28:38+	29:54+	31:24+	33:59+	34:36+
02:04-	01:29+	01:33+	01:52-	02:23+	05:22+	01:26+	03:12+	02:39+	02:33+	02:14+	01:51-	01:16+	01:30+	02:35+	00:37-
00:05-	00:21&	00:10#	00:01-	00:35&	01:40&	00:04+	00:58&	00:09+	00:26#	00:35&	01:55-	00:04+	00:07+	01:51@	00:02-
<b>4</b>	<b>Ole Kristian Taksdal</b>	<b>92</b>								<b>35:44</b>					
02:43+	04:13+	05:25+	07:15+	09:31+	15:33+	17:06+	19:56+	23:00+	26:18+	28:27+	30:41+	32:25+	34:00+	34:53+	35:44+
02:43+	01:30+	01:12-	01:50-	02:16+	06:02+	01:33+	02:50+	03:04+	03:18+	02:09+	02:14-	01:44+	01:35+	00:53+	00:51+
00:34&	00:22&	00:11-	00:03-	00:28&	02:20&	00:11#	00:36&	00:34#	01:11&	00:30&	01:32-	00:32&	00:12#	00:09#	00:12&
<b>5</b>	<b>Jonas Lye Scheie</b>	<b>62</b>								<b>37:13</b>					
02:37+	03:53+	05:38+	08:57+	11:38+	18:51+	20:20+	22:42+	26:04+	28:30+	30:17+	32:15+	33:41+	35:36+	36:32+	37:13+
02:37+	01:16+	01:45+	03:19+	02:41+	07:13+	01:29+	02:22+	03:22+	02:26+	01:47+	01:58-	01:26+	01:55+	00:56+	00:41+
00:28#	00:08#	00:22&	01:26&	00:53&	03:31&	00:07+	00:08+	00:52&	00:19#	00:08+	01:48-	00:14#	00:32&	00:12&	00:02+

Class	Navn	Klasse										Tid					
<b>6</b>	<b>Thomas Jansen</b>	<b>289</b>										<b>37:38</b>					
02:19+	03:49+	05:32+	07:18+	09:12+	17:04+	18:09+	20:18+	23:29+	26:50+	29:01+	30:57+	32:19+	34:04+	36:54+	37:38+		
02:19+	01:30+	01:43+	01:46-	01:54+	07:52+	01:05-	02:09-	03:11+	03:21+	02:11+	01:56-	01:22+	01:45+	02:50+	00:44+		
00:10+	00:22&	00:20#	00:07-	00:06+	04:10@	00:17-	00:05-	00:41&	01:14&	00:32&	01:50-	00:10#	00:22&	02:06@	00:05#		
<b>7</b>	<b>Svein Kyllingstad</b>	<b>71</b>										<b>38:14</b>					
02:17+	04:06+	06:02+	07:44+	09:45+	16:19+	18:31+	21:17+	24:14+	26:53+	29:17+	32:56+	34:33+	36:31+	37:23+	38:14+		
02:17+	01:49+	01:56+	01:42-	02:01+	06:34+	02:12+	02:46+	02:57+	02:39+	02:24+	03:39-	01:37+	01:58+	00:52+	00:51+		
00:08+	00:41&	00:33&	00:11-	00:13#	02:52&	00:50&	00:32#	00:27#	00:32&	00:45&	00:07-	00:25&	00:35&	00:08#	00:12&		
<b>8</b>	<b>Dag Eivind Watsend</b>	<b>92</b>										<b>38:43</b>					
02:33+	03:43+	05:06+	07:39+	11:17+	16:01+	19:44+	22:57+	25:50+	29:25+	31:30+	33:40+	35:07+	36:52+	37:58+	38:43+		
02:33+	01:10+	01:23=	02:33+	03:38+	04:44+	03:43+	03:13+	02:53+	03:35+	02:05+	02:10-	01:27+	01:45+	01:06+	00:45+		
00:24#	00:02+	00:00=	00:40&	01:50@	01:02&	02:21@	00:59&	00:23#	01:28&	00:26&	01:36-	00:15#	00:22&	00:22&	00:06#		
<b>9</b>	<b>Gunnar Thorset</b>	<b>117</b>										<b>39:33</b>					
03:01+	04:41+	06:17+	08:16+	10:43+	17:25+	19:20+	22:42+	26:05+	29:22+	31:43+	34:16+	36:00+	37:35+	38:42+	39:33+		
03:01+	01:40+	01:36+	01:59+	02:27+	06:42+	01:55+	03:22+	03:23+	03:17+	02:21+	02:33-	01:44+	01:35+	01:07+	00:51+		
00:52&	00:32&	00:13#	00:06+	00:39&	03:00&	00:33&	01:08&	00:53&	01:10&	00:42&	01:13-	00:32&	00:12#	00:23&	00:12&		
<b>10</b>	<b>David Wade</b>	<b>116</b>										<b>39:38</b>					
02:16+	03:27+	05:19+	07:26+	10:24+	16:33+	18:42+	22:38+	26:29+	29:15+	31:37+	34:08+	35:54+	38:15+	39:04+	39:38+		
02:16+	01:11+	01:52+	02:07+	02:58+	06:09+	02:09+	03:56+	03:51+	02:46+	02:22+	02:31-	01:46+	02:21+	00:49+	00:34-		
00:07+	00:03+	00:29&	00:14#	01:10&	02:27&	00:47&	01:42&	01:21&	00:39&	00:43&	01:15-	00:34&	00:58&	00:05#	00:05-		
<b>11</b>	<b>Morten Fenne</b>	<b>228</b>										<b>40:18</b>					
02:32+	03:55+	05:31+	07:47+	10:11+	17:28+	18:49+	21:39+	25:32+	28:24+	33:09+	35:15+	36:59+	38:32+	39:33+	40:18+		
02:32+	01:23+	01:36+	02:16+	02:24+	07:17+	01:21-	02:50+	03:53+	02:52+	04:45+	02:06-	01:44+	01:33+	01:01+	00:45+		
00:23#	00:15#	00:13#	00:23#	00:36&	03:35&	00:01-	00:36&	01:23&	00:45&	03:06@	01:40-	00:32&	00:10#	00:17&	00:06#		
<b>12</b>	<b>Kjetil Hollund</b>	<b>108</b>										<b>40:23</b>					
02:26+	03:49+	05:48+	08:20+	11:26+	18:20+	20:20+	23:10+	26:16+	29:13+	31:58+	34:09+	35:51+	38:08+	39:40+	40:23+		
02:26+	01:23+	01:59+	02:32+	03:06+	06:54+	02:00+	02:50+	03:06+	02:57+	02:45+	02:11-	01:42+	02:17+	01:32+	00:43+		
00:17#	00:15#	00:36&	00:39&	01:18&	03:12&	00:38&	00:36&	00:36#	00:50&	01:06&	01:35-	00:30&	00:54&	00:48@	00:04#		
<b>13</b>	<b>Frode Ungar</b>	<b>116</b>										<b>40:40</b>					
02:39+	04:01+	05:50+	08:07+	10:25+	15:54+	17:52+	20:54+	24:18+	27:50+	30:26+	32:49+	34:35+	38:07+	39:30+	40:40+		
02:39+	01:22+	01:49+	02:17+	02:18+	05:29+	01:58+	03:02+	03:24+	03:32+	02:36+	02:23-	01:46+	03:32+	01:23+	01:10+		
00:30#	00:14#	00:26&	00:24#	00:30&	01:47&	00:36&	00:48&	00:54&	01:25&	00:57&	01:23-	00:34&	02:09@	00:39&	00:31&		
<b>14</b>	<b>Sondre Liavåg Larssen</b>	<b>71</b>										<b>41:13</b>					
03:06+	04:36+	06:15+	09:07+	11:30+	16:59+	18:45+	21:36+	24:33+	27:38+	30:09+	33:29+	35:21+	37:22+	38:26+	41:13+		
03:06+	01:30+	01:39+	02:52+	02:23+	05:29+	01:46+	02:51+	02:57+	03:05+	02:31+	03:20-	01:52+	02:01+	01:04+	02:47+		
00:57&	00:22&	00:16#	00:59&	00:35&	01:47&	00:24&	00:37&	00:27#	00:58&	00:52&	00:26-	00:40&	00:38&	00:20&	02:08@		
<b>15</b>	<b>Håkon Eggebø</b>	<b>71</b>										<b>41:27</b>					
02:22+	03:39+	05:33+	07:43+	10:46+	22:04+	24:02+	26:33+	29:39+	32:30+	34:42+	36:53+	38:20+	39:43+	40:39+	41:27+		
02:22+	01:17+	01:54+	02:10+	03:03+	11:18+	01:58+	02:31+	03:06+	02:51+	02:12+	02:11-	01:27+	01:23+	00:56+	00:48+		
00:13#	00:09#	00:31&	00:17#	01:15&	07:36@	00:36&	00:17#	00:36#	00:44&	00:33&	01:35-	00:15#	00:00=	00:12&	00:09#		
<b>16</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>										<b>42:11</b>					
02:40+	03:59+	06:48+	09:00+	11:58+	18:13+	20:46+	23:55+	28:15+	31:01+	33:25+	35:55+	38:16+	40:26+	41:23+	42:11+		
02:40+	01:19+	02:49+	02:12+	02:58+	06:15+	02:33+	03:09+	04:20+	02:46+	02:24+	02:30-	02:21+	02:10+	00:57+	00:48+		
00:31#	00:11#	01:26@	00:19#	01:10&	02:33&	01:11&	00:55&	01:50&	00:39&	00:45&	01:16-	01:09&	00:47&	00:13&	00:09#		
<b>17</b>	<b>Chistian Ask</b>	<b>900</b>										<b>42:28</b>					
02:30+	10:23+	11:52+	13:33+	15:26+	20:56+	22:44+	25:38+	28:47+	32:01+	34:19+	36:53+	38:32+	40:30+	41:34+	42:28+		
02:30+	07:53+	01:29+	01:41-	01:53+	05:30+	01:48+	02:54+	03:09+	03:14+	02:18+	02:34-	01:39+	01:58+	01:04+	00:54+		
00:21#	06:45@	00:06+	00:12-	00:05+	01:48&	00:26&	00:40&	00:39&	01:07&	00:39&	01:12-	00:27&	00:35&	00:20&	00:15&		
<b>18</b>	<b>Bjørnar Owren</b>	<b>74</b>										<b>42:39</b>					
02:22+	03:46+	05:37+	08:04+	11:09+	16:20+	17:42+	20:06+	22:45+	34:01+	35:55+	38:09+	39:35+	41:01+	41:56+	42:39+		
02:22+	01:24+	01:51+	02:27+	03:05+	05:11+	01:22=	02:24+	02:39+	11:16+	01:54+	02:14-	01:26+	01:26+	00:55+	00:43+		
00:13#	00:16#	00:28&	00:34&	01:17&	01:29&	00:00=	00:10+	00:09+	09:09@	00:15#	01:32-	00:14#	00:03+	00:11#	00:04#		
<b>19</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>51:29</b>					
02:58+	04:07+	08:02+	11:01+	15:41+	21:31+	25:44+	29:32+	33:35+	37:17+	40:41+	43:23+	45:31+	48:37+	50:17+	51:29+		
02:58+	01:09+	03:55+	02:59+	04:40+	05:50+	04:13+	03:48+	04:03+	03:42+	03:24+	02:42-	02:08+	03:06+	01:40+	01:12+		
00:49&	00:01+	02:32@	01:06&	02:52@	02:08&	02:51@	01:34&	01:33&	01:35&	01:45@	01:04-	00:56&	01:43@	00:56@	00:33&		
<b>Beste strekktid for klassen</b>																	
02:04	01:08	01:12	01:41	01:48	03:42	01:05	02:09	02:30	02:07	01:39	01:51	01:12	01:23	00:44	00:34		

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

## Herrer 40 - 49 år

<b>1</b>	<b>Jørgen Breivold</b>	<b>54</b>	<b>32:32</b>
02:32=	03:21= 04:35= 06:16= 07:56= 11:55= 14:07= 16:32= 19:24= 21:50= 24:00= 25:45= 27:24= 28:53= 31:40= 32:32=		
02:32=	00:49= 01:14= 01:41= 01:40= 03:59= 02:12= 02:25= 02:52= 02:26= 02:10= 01:45= 01:39= 01:29= 02:47= 00:52=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Oddmund Nordgård</b>	<b>105</b>	<b>34:05</b>
02:29-	03:43+ 05:20+ 06:57+ 09:12+ 13:43+ 15:21+ 18:16+ 21:31+ 24:39+ 26:58+ 29:09+ 30:35+ 32:22+ 33:16+ 34:05+		
02:29-	01:14+ 01:37+ 01:37- 02:15+ 04:31+ 01:38- 02:55+ 03:15+ 03:08+ 02:19+ 02:11+ 01:26- 01:47+ 00:54- 00:49-		
00:03-	00:25& 00:23& 00:04- 00:35& 00:32# 00:34- 00:30# 00:23# 00:42& 00:09+ 00:26# 00:13- 00:18# 01:53- 00:03-		
<b>3</b>	<b>Ove Nygaard</b>	<b>116</b>	<b>36:11</b>
02:27-	03:39+ 05:25+ 07:14+ 09:25+ 15:08+ 16:24+ 18:48+ 22:40+ 25:24+ 28:36+ 30:45+ 32:08+ 34:19+ 35:17+ 36:11+		
02:27-	01:12+ 01:46+ 01:49+ 02:11+ 05:43+ 01:16- 02:24- 03:52+ 02:44+ 03:12+ 02:09+ 01:23- 02:11+ 00:58- 00:54+		
00:05-	00:23& 00:32& 00:08+ 00:31& 01:44& 00:56- 00:01- 01:00& 00:18# 01:02& 00:24# 00:16- 00:42& 01:49- 00:02+		
<b>4</b>	<b>Svein Oddvar Netland</b>	<b>116</b>	<b>37:47</b>
02:43+	03:59+ 05:47+ 08:03+ 10:15+ 15:48+ 17:27+ 21:06+ 24:14+ 27:11+ 29:49+ 32:05+ 33:56+ 35:47+ 36:50+ 37:47+		
02:43+	01:16+ 01:48+ 02:16+ 02:12+ 05:33+ 01:39- 03:39+ 03:08+ 02:57+ 02:38+ 02:16+ 01:51+ 01:51+ 01:03- 00:57+		
00:11+	00:27& 00:34& 00:35& 00:32& 01:34& 00:33- 01:14& 00:16+ 00:31# 00:28# 00:31& 00:12# 00:22# 01:44- 00:05+		
<b>5</b>	<b>Frode Engen</b>	<b>116</b>	<b>38:52</b>
02:33+	03:33+ 05:42+ 08:19+ 10:32+ 15:13+ 19:05+ 21:53+ 25:27+ 28:41+ 30:54+ 33:13+ 34:54+ 37:01+ 38:02+ 38:52+		
02:33+	01:00+ 02:09+ 02:37+ 02:13+ 04:41+ 03:52+ 02:48+ 03:34+ 03:14+ 02:13+ 02:19+ 01:41+ 02:07+ 01:01- 00:50-		
00:01+	00:11# 00:55& 00:56& 00:33& 00:42# 01:40& 00:23# 00:42# 00:48& 00:03+ 00:34& 00:02+ 00:38& 01:46- 00:02-		
<b>6</b>	<b>Ole-Tobias Frich</b>	<b>116</b>	<b>39:34</b>
02:51+	04:01+ 05:25+ 07:05+ 09:46+ 16:25+ 18:57+ 22:45+ 27:06+ 30:04+ 32:32+ 34:46+ 36:11+ 37:49+ 38:48+ 39:34+		
02:51+	01:10+ 01:24+ 01:40- 02:41+ 06:39+ 02:32+ 03:48+ 04:21+ 02:58+ 02:28+ 02:14+ 01:25- 01:38+ 00:59- 00:46-		
00:19#	00:21& 00:10# 00:01- 01:01& 02:40& 00:20# 01:23& 01:29& 00:32# 00:18# 00:29& 00:14- 00:09# 01:48- 00:06-		
<b>7</b>	<b>John Breiland</b>	<b>157</b>	<b>39:41</b>
02:44+	04:36+ 06:07+ 07:48+ 10:11+ 17:06+ 18:37+ 21:13+ 25:35+ 28:27+ 31:10+ 33:50+ 35:56+ 37:52+ 38:51+ 39:41+		
02:44+	01:52+ 01:31+ 01:41= 02:23+ 06:55+ 01:31- 02:36+ 04:22+ 02:52+ 02:43+ 02:40+ 02:06+ 01:56+ 00:59- 00:50-		
00:12+	01:03@ 00:17# 00:00= 00:43& 02:56& 00:41- 00:11+ 01:30& 00:26# 00:33& 00:55& 00:27& 00:27& 01:48- 00:02-		
<b>8</b>	<b>Stein Arve Finnstad</b>	<b>287</b>	<b>39:55</b>
03:01+	04:42+ 07:17+ 09:02+ 11:39+ 17:09+ 19:01+ 22:23+ 26:00+ 29:17+ 31:39+ 34:09+ 36:09+ 37:56+ 39:04+ 39:55+		
03:01+	01:41+ 02:35+ 01:45+ 02:37+ 05:30+ 01:52- 03:22+ 03:37+ 03:17+ 02:22+ 02:30+ 02:00+ 01:47+ 01:08- 00:51-		
00:29#	00:52@ 01:21@ 00:04+ 00:57& 01:31& 00:20- 00:57& 00:45& 00:51& 00:12+ 00:45& 00:21# 00:18# 01:39- 00:01-		
<b>9</b>	<b>Magne Habbestad</b>	<b>111</b>	<b>40:01</b>
02:38+	04:01+ 05:21+ 08:40+ 10:52+ 17:44+ 19:49+ 22:57+ 26:45+ 29:47+ 32:16+ 34:42+ 36:30+ 38:18+ 39:12+ 40:01+		
02:38+	01:23+ 01:20+ 03:19+ 02:12+ 06:52+ 02:05- 03:08+ 03:48+ 03:02+ 02:29+ 02:26+ 01:48+ 01:48+ 00:54- 00:49-		
00:06+	00:34& 00:06+ 01:38& 00:32& 02:53& 00:07- 00:43& 00:56& 00:36# 00:19# 00:41& 00:09+ 00:19# 01:53- 00:03-		
<b>10</b>	<b>Per Ivar Hovstad</b>	<b>116</b>	<b>41:32</b>
03:19+	05:44+ 08:03+ 10:27+ 12:57+ 17:39+ 20:16+ 23:41+ 26:49+ 29:50+ 33:34+ 36:00+ 37:41+ 39:49+ 40:44+ 41:32+		
03:19+	02:25+ 02:19+ 02:24+ 02:30+ 04:42+ 02:37+ 03:25+ 03:08+ 03:01+ 03:44+ 02:26+ 01:41+ 02:08+ 00:55- 00:48-		
00:47&	01:36@ 01:05& 00:43& 00:50& 00:43# 00:25# 01:00& 00:16+ 00:35# 01:34& 00:41& 00:02+ 00:39& 01:52- 00:04-		
<b>11</b>	<b>Øystein Nilsen</b>	<b>42</b>	<b>41:36</b>
02:35+	03:51+ 06:58+ 09:02+ 11:17+ 17:15+ 19:15+ 21:56+ 25:55+ 29:19+ 31:43+ 34:44+ 36:46+ 39:29+ 40:38+ 41:36+		
02:35+	01:16+ 03:07+ 02:04+ 02:15+ 05:58+ 02:00- 02:41+ 03:59+ 03:24+ 02:24+ 03:01+ 02:02+ 02:43+ 01:09- 00:58+		
00:03+	00:27& 01:53@ 00:23# 00:35& 01:59& 00:12- 00:16# 01:07& 00:58& 00:14# 01:16& 00:23# 01:14& 01:38- 00:06#		
<b>12</b>	<b>Arne Hetlelid</b>	<b>98</b>	<b>41:58</b>
02:37+	03:36+ 06:18+ 07:50+ 10:21+ 16:53+ 19:17+ 22:06+ 25:23+ 28:14+ 30:57+ 33:11+ 35:06+ 40:08+ 41:05+ 41:58+		
02:37+	00:59+ 02:42+ 01:32- 02:31+ 06:32+ 02:24+ 02:49+ 03:17+ 02:51+ 02:43+ 02:14+ 01:55+ 05:02+ 00:57- 00:53+		
00:05+	00:10# 01:28@ 00:09- 00:51& 02:33& 00:12+ 00:24# 00:25# 00:25# 00:33& 00:29& 00:16# 03:33@ 01:50- 00:01+		
<b>13</b>	<b>Jan Kristensen</b>	<b>7</b>	<b>42:15</b>
02:39+	04:08+ 05:37+ 07:25+ 10:11+ 18:03+ 20:07+ 23:47+ 27:36+ 31:02+ 33:36+ 36:08+ 38:02+ 40:21+ 41:18+ 42:15+		
02:39+	01:29+ 01:29+ 01:48+ 02:46+ 07:52+ 02:04- 03:40+ 03:49+ 03:26+ 02:34+ 02:32+ 01:54+ 02:19+ 00:57- 00:57+		
00:07+	00:40& 00:15# 00:07+ 01:06& 03:53& 00:08- 01:15& 00:57& 01:00& 00:24# 00:47& 00:15# 00:50& 01:50- 00:05+		
<b>14</b>	<b>Arjen Leendertse</b>	<b>91</b>	<b>42:16</b>
02:30-	04:22+ 06:41+ 09:01+ 12:10+ 19:02+ 20:54+ 23:25+ 26:04+ 28:44+ 30:53+ 36:42+ 38:53+ 40:30+ 41:28+ 42:16+		
02:30-	01:52+ 02:19+ 02:20+ 03:09+ 06:52+ 01:52- 02:31+ 02:39- 02:40+ 02:09- 05:49+ 02:11+ 01:37+ 00:58- 00:48-		
00:02-	01:03@ 01:05& 00:39& 01:29& 02:53& 00:20- 00:06+ 00:13- 00:14+ 00:01- 04:04@ 00:32& 00:08+ 01:49- 00:04-		

Class	Navn	Klasse										Tid			
<b>15</b>	<b>Lars Primstad</b>	<b>62</b>										<b>42:41</b>			
02:19-	03:46+	05:23+	07:09+	09:10+	13:22+	20:42+	23:14+	26:06+	30:12+	32:09+	34:19+	35:45+	37:06+	42:08+	42:41+
02:19-	01:27+	01:37+	01:46+	02:01+	04:12+	07:20+	02:32+	02:52=	04:06+	01:57-	02:10+	01:26-	01:21-	05:02+	00:33-
00:13-	00:38&	00:23&	00:05+	00:21#	00:13+	05:08@	00:07+	00:00=	01:40&	00:13-	00:25#	00:13-	00:08-	02:15&	00:19-
<b>16</b>	<b>Simen Auli Staff</b>	<b>115</b>										<b>43:39</b>			
02:48+	04:42+	06:47+	09:10+	11:37+	18:38+	20:43+	24:27+	28:58+	32:10+	34:51+	37:19+	39:08+	41:29+	42:44+	43:39+
02:48+	01:54+	02:05+	02:23+	02:27+	07:01+	02:05-	03:44+	04:31+	03:12+	02:41+	02:28+	01:49+	02:21+	01:15-	00:55+
00:16#	01:05@	00:51&	00:42&	00:47&	03:02&	00:07-	01:19&	01:39&	00:46&	00:31#	00:43&	00:10#	00:52&	01:32-	00:03+
<b>17</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>										<b>44:01</b>			
02:50+	04:01+	07:48+	09:54+	12:07+	17:24+	19:11+	22:32+	27:05+	30:37+	33:15+	35:49+	37:45+	42:02+	43:10+	44:01+
02:50+	01:11+	03:47+	02:06+	02:13+	05:17+	01:47-	03:21+	04:33+	03:32+	02:38+	02:34+	01:56+	04:17+	01:08-	00:51-
00:18#	00:22&	02:33@	00:25#	00:33&	01:18&	00:25-	00:56&	01:41&	01:06&	00:28#	00:49&	00:17#	02:48@	01:39-	00:01-
<b>18</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>44:25</b>			
02:28-	06:45+	11:32+	13:15+	17:07+	25:09+	26:38+	29:09+	31:57+	35:13+	37:05+	38:57+	40:25+	42:05+	43:33+	44:25+
02:28-	04:17+	04:47+	01:43+	03:52+	08:02+	01:29-	02:31+	02:48-	03:16+	01:52-	01:52+	01:28-	01:40+	01:28-	00:52=
00:04-	03:28@	03:33@	00:02+	02:12@	04:03@	00:43-	00:06+	00:04-	00:50&	00:18-	00:07+	00:11-	00:11#	01:19-	00:00=
<b>19</b>	<b>Kevin Thomas Foust</b>	<b>192</b>										<b>44:41</b>			
02:15-	03:49+	05:33+	07:40+	09:40+	25:38+	26:58+	29:31+	32:19+	34:44+	36:38+	38:35+	40:00+	43:18+	44:05+	44:41+
02:15-	01:34+	01:44+	02:07+	02:00+	15:58+	01:20-	02:33+	02:48-	02:25-	01:54-	01:57+	01:25-	03:18+	00:47-	00:36-
00:17-	00:45&	00:30&	00:26&	00:20#	11:59@	00:52-	00:08+	00:04-	00:01-	00:16-	00:12#	00:14-	01:49@	02:00-	00:16-
<b>20</b>	<b>Jean-Sebastien Dorne</b>	<b>42</b>										<b>45:43</b>			
03:04+	04:44+	08:26+	10:29+	13:39+	19:46+	23:13+	26:17+	29:28+	32:56+	35:21+	37:59+	40:01+	43:06+	44:41+	45:43+
03:04+	01:40+	03:42+	02:03+	03:10+	06:07+	03:27+	03:04+	03:11+	03:28+	02:25+	02:38+	02:02+	03:05+	01:35-	01:02+
00:32#	00:51@	02:28@	00:22#	01:30&	02:08&	01:15&	00:39&	00:19#	01:02&	00:15#	00:53&	00:23#	01:36@	01:12-	00:10#
<b>21</b>	<b>Steinar Hansen</b>	<b>27</b>										<b>45:50</b>			
02:37+	04:09+	06:59+	09:44+	12:37+	20:32+	23:11+	27:15+	30:30+	34:04+	36:58+	39:22+	41:02+	43:42+	44:59+	45:50+
02:37+	01:32+	02:50+	02:45+	02:53+	07:55+	02:39+	04:04+	03:15+	03:34+	02:54+	02:24+	01:40+	02:40+	01:17-	00:51-
00:05+	00:43&	01:36@	01:04&	01:13&	03:56&	00:27#	01:39&	00:23#	01:08&	00:44&	00:39&	00:01+	01:11&	01:30-	00:01-
<b>22</b>	<b>Ådne Hausberg</b>	<b>7</b>										<b>50:50</b>			
02:40+	04:07+	10:17+	11:58+	14:38+	19:27+	21:44+	33:20+	36:23+	39:26+	42:05+	44:32+	46:31+	48:37+	49:52+	50:50+
02:40+	01:27+	06:10+	01:41=	02:40+	04:49+	02:17+	11:36+	03:03+	03:03+	02:39+	02:27+	01:59+	02:06+	01:15-	00:58+
00:08+	00:38&	04:56@	00:00=	01:00&	00:50#	00:05+	09:11@	00:11+	00:37&	00:29#	00:42&	00:20#	00:37&	01:32-	00:06#
<b>23</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>51:00</b>			
02:45+	04:26+	06:28+	09:15+	12:18+	22:41+	25:22+	28:51+	32:44+	35:31+	38:32+	40:56+	42:29+	48:48+	50:09+	51:00+
02:45+	01:41+	02:02+	02:47+	03:03+	10:23+	02:41+	03:29+	03:53+	02:47+	03:01+	02:24+	01:33-	06:19+	01:21-	00:51-
00:13+	00:52@	00:48&	01:06&	01:23&	06:24@	00:29#	01:04&	01:01&	00:21#	00:51&	00:39&	00:06-	04:50@	01:26-	00:01-
<b>24</b>	<b>Jan Kenneth Polle</b>	<b>83</b>										<b>51:43</b>			
02:47+	04:38+	06:48+	08:25+	11:02+	24:49+	27:38+	31:02+	34:43+	38:05+	40:56+	45:20+	47:39+	49:29+	50:40+	51:43+
02:47+	01:51+	02:10+	01:37-	02:37+	13:47+	02:49+	03:24+	03:41+	03:22+	02:51+	04:24+	02:19+	01:50+	01:11-	01:03+
00:15+	01:02@	00:56&	00:04-	00:57&	09:48@	00:37&	00:59&	00:49&	00:56&	00:41&	02:39@	00:40&	00:21#	01:36-	00:11#
<b>25</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>51:44</b>			
03:19+	04:59+	07:06+	10:04+	12:45+	21:48+	26:22+	30:15+	34:18+	37:33+	40:40+	43:19+	45:23+	49:17+	50:46+	51:44+
03:19+	01:40+	02:07+	02:58+	02:41+	09:03+	04:34+	03:53+	04:03+	03:15+	03:07+	02:39+	02:04+	03:54+	01:29-	00:58+
00:47&	00:51@	00:53&	01:17&	01:01&	05:04@	02:22@	01:28&	01:11&	00:49&	00:57&	00:54&	00:25&	02:25@	01:18-	00:06#
<b>26</b>	<b>Jon Kåre Olsen</b>	<b>92</b>										<b>52:21</b>			
07:59+	10:04+	13:03+	15:43+	19:46+	25:55+	28:10+	31:44+	35:57+	39:13+	41:46+	44:52+	46:38+	49:19+	51:23+	52:21+
07:59+	02:05+	02:59+	02:40+	04:03+	06:09+	02:15+	03:34+	04:13+	03:16+	02:33+	03:06+	01:46+	02:41+	02:04-	00:58+
05:27@	01:16@	01:45@	00:59&	02:23@	02:10&	00:03+	01:09&	01:21&	00:50&	00:23#	01:21&	00:07+	01:12&	00:43-	00:06#
<b>27</b>	<b>Charles-Francois Farbo</b>	<b>42</b>										<b>53:59</b>			
03:33+	05:17+	09:01+	12:30+	15:08+	21:46+	26:40+	30:07+	34:14+	37:34+	40:41+	46:56+	49:21+	51:33+	52:58+	53:59+
03:33+	01:44+	03:44+	03:29+	02:38+	06:38+	04:54+	03:27+	04:07+	03:20+	03:07+	06:15+	02:25+	02:12+	01:25-	01:01+
01:01&	00:55@	02:30@	01:48@	00:58&	02:39&	02:42@	01:02&	01:15&	00:54&	00:57&	04:30@	00:46&	00:43&	01:22-	00:09#
<b>28</b>	<b>Håvard Svihus</b>	<b>267</b>										<b>56:31</b>			
02:37+	04:28+	07:06+	09:26+	12:55+	19:45+	22:02+	25:05+	28:23+	31:05+	33:42+	48:20+	49:41+	54:16+	55:36+	56:31+
02:37+	01:51+	02:38+	02:20+	03:29+	06:50+	02:17+	03:03+	03:18+	02:42+	02:37+	14:38+	01:21-	04:35+	01:20-	00:55+
00:05+	01:02@	01:24@	00:39&	01:49@	02:51&	00:05+	00:38&	00:26#	00:16#	00:27#	12:53@	00:18-	03:06@	01:27-	00:03+
<b>29</b>	<b>Ove Stapnes</b>	<b>76</b>										<b>1:04:54</b>			
02:54+	10:36+	12:55+	15:45+	19:06+	26:03+	33:40+	38:07+	41:43+	44:51+	47:38+	50:05+	52:27+	62:49+	64:01+	64:54+
02:54+	07:42+	02:19+	02:50+	03:21+	06:57+	07:37+	04:27+	03:36+	03:08+	02:47+	02:27+	02:22+	10:22+	01:12-	00:53+
00:22#	06:53@	01:05&	01:09&	01:41@	02:58&	05:25@	02:02&	00:44&	00:42&	00:37&	00:42&	00:43&	08:53@	01:35-	00:01+

Class	Navn	Klasse										Tid				
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<b>30</b>	<b>Eivind Moi</b>	<b>116</b>										<b>1:07:52</b>				
03:55+	14:36+	19:59+	22:56+	27:17+	36:33+	39:00+	43:16+	47:40+	52:32+	55:16+	58:01+	60:18+	64:59+	66:49+	67:52+	
03:55+	10:41+	05:23+	02:57+	04:21+	09:16+	02:27+	04:16+	04:24+	04:52+	02:44+	02:45+	02:17+	04:41+	01:50-	01:03+	
01:23&	09:52@	04:09@	01:16&	02:41@	05:17@	00:15#	01:51&	01:32&	02:26&	00:34&	01:00&	00:38&	03:12@	00:57-	00:11#	

**Beste strekktid for klassen**

02:15	00:49	01:14	01:32	01:40	03:59	01:16	02:24	02:39	02:25	01:52	01:45	01:21	01:21	00:47	00:33
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= Som klassevinner , - raskere , + senere , # 10% tap , & 25% tap , @ 100% tap.

## Herrer 50 - 59 år

<b>1</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>32:40</b>							
01:14=	02:17=	04:03=	05:28=	07:25=	09:17=	11:03=	13:17=	15:49=	17:41=	20:20=	22:19=	23:41=	25:29=	27:00=	28:25=	29:16=	31:41=	32:22=	32:40=
01:14=	01:03=	01:46=	01:25=	01:57=	01:52=	01:46=	02:14=	02:32=	01:52=	02:39=	01:59=	01:22=	01:48=	01:31=	01:25=	00:51=	02:25=	00:41=	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=	00:00=	00:00=	00:00=

<b>2</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>34:38</b>							
01:30+	03:06+	05:15+	06:53+	08:24+	10:17+	12:00+	14:49+	17:13+	19:10+	21:56+	23:30+	24:54+	26:21+	27:49+	30:14+	31:09+	33:46+	34:22+	34:38+
01:30+	01:36+	02:09+	01:38+	01:31-	01:53+	01:43-	02:49+	02:24-	01:57+	02:46+	01:34-	01:24+	01:27-	01:28-	02:25+	00:55+	02:37+	00:36-	00:16-
00:16#	00:33&	00:23#	00:13#	00:26-	00:01+	00:03-	00:35&	00:08-	00:05+	00:07+	00:25-	00:02+	00:21-	00:03-	01:00&	00:04+	00:12+	00:05-	00:02-

<b>3</b>	<b>Knut Feldmann</b>	<b>93</b>										<b>35:31</b>							
01:26+	02:36+	04:39+	06:04+	07:40+	10:01+	12:04+	14:20+	17:12+	19:14+	22:24+	23:52+	25:25+	26:59+	28:37+	30:22+	31:25+	34:38+	35:15+	35:31+
01:26+	01:10+	02:03+	01:25=	01:36+	02:21+	02:03+	02:16+	02:52+	02:02+	03:10+	01:28-	01:33+	01:34-	01:38+	01:45+	01:03+	03:13+	00:37-	00:16-
00:12#	00:07#	00:17#	00:00=	00:21-	00:29&	00:17#	00:02+	00:20#	00:10+	00:31#	00:31-	00:11#	00:14-	00:07+	00:20#	00:12#	00:48&	00:04-	00:02-

<b>4</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>35:47</b>							
01:36+	02:50+	04:52+	06:22+	08:05+	10:24+	12:15+	14:27+	17:17+	19:19+	22:28+	24:40+	26:05+	27:30+	29:21+	30:57+	32:11+	34:57+	35:34+	35:47+
01:36+	01:14+	02:02+	01:30+	01:43-	02:19+	01:51+	02:12-	02:50+	02:02+	03:09+	02:12+	01:25+	01:25-	01:51+	01:36+	01:14+	02:46+	00:37-	00:13-
00:22&	00:11#	00:16#	00:05+	00:14-	00:27#	00:05+	00:02-	00:18#	00:10+	00:30#	00:13#	00:03+	00:23-	00:20#	00:11#	00:23&	00:21#	00:04-	00:05-

<b>5</b>	<b>Øivind Berggraf</b>	<b>116</b>										<b>37:32</b>							
01:21+	02:27+	04:50+	06:47+	08:17+	11:11+	13:15+	15:16+	17:57+	20:12+	23:09+	24:38+	26:08+	27:32+	29:05+	30:51+	31:59+	36:24+	37:16+	37:32+
01:21+	01:06+	02:23+	01:57+	01:30-	02:54+	02:04+	02:01-	02:41+	02:15+	02:57+	01:29-	01:30+	01:24-	01:33+	01:46+	01:08+	04:25+	00:52+	00:16-
00:07+	00:03+	00:37&	00:32&	00:27-	01:02&	00:18#	00:13-	00:09+	00:23#	00:18#	00:30-	00:08+	00:24-	00:02+	00:21#	00:17&	02:00&	00:11&	00:02-

<b>6</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>38:42</b>							
01:18+	02:26+	05:46+	07:22+	09:16+	12:16+	14:32+	16:46+	19:30+	22:05+	25:18+	27:04+	28:34+	29:53+	31:26+	33:18+	34:40+	37:49+	38:28+	38:42+
01:18+	01:08+	03:20+	01:36+	01:54-	03:00+	02:16+	02:14=	02:44+	02:35+	03:13+	01:46-	01:30+	01:19-	01:33+	01:52+	01:22+	03:09+	00:39-	00:14-
00:04+	00:05+	01:34&	00:11#	00:03-	01:08&	00:30&	00:00=	00:12+	00:43&	00:34#	00:13-	00:08+	00:29-	00:02+	00:27&	00:31&	00:44&	00:02-	00:04-

<b>7</b>	<b>Anders Glenne</b>	<b>7</b>										<b>39:00</b>							
01:57+	03:03+	05:12+	06:47+	08:50+	11:27+	13:23+	15:57+	18:36+	21:47+	24:28+	25:49+	29:27+	30:53+	32:20+	33:50+	34:40+	37:53+	38:41+	39:00+
01:57+	01:06+	02:09+	01:35+	02:03+	02:37+	01:56+	02:34+	02:39+	03:11+	02:41+	01:21-	03:38+	01:26-	01:27-	01:30+	00:50-	03:13+	00:48+	00:19+
00:43&	00:03+	00:23#	00:10#	00:06+	00:45&	00:10+	00:20#	00:07+	01:19&	00:02+	00:38-	02:16@	00:22-	00:04-	00:05+	00:01-	00:48&	00:07#	00:01+

<b>8</b>	<b>Ole Petter Haukaas</b>	<b>109</b>										<b>39:36</b>							
01:19+	02:55+	04:57+	06:32+	08:58+	11:03+	12:47+	17:18+	19:57+	22:08+	25:14+	27:50+	29:24+	30:45+	32:25+	34:09+	35:46+	38:42+	39:20+	39:36+
01:19+	01:36+	02:02+	01:35+	02:26+	02:05+	01:44-	04:31+	02:39+	02:11+	03:06+	02:36+	01:34+	01:21-	01:40+	01:44+	01:37+	02:56+	00:38-	00:16-
00:05+	00:33&	00:16#	00:10#	00:29#	00:13#	00:02-	02:17@	00:07+	00:19#	00:27#	00:37&	00:12#	00:27-	00:09+	00:19#	00:46&	00:31#	00:03-	00:02-

<b>9</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>39:53</b>							
01:52+	03:05+	05:34+	07:34+	09:11+	11:40+	13:57+	16:30+	19:25+	21:39+	25:02+	26:30+	28:07+	31:16+	32:57+	34:50+	36:00+	39:01+	39:35+	39:53+
01:52+	01:13+	02:29+	02:00+	01:37-	02:29+	02:17+	02:33+	02:55+	02:14+	03:23+	01:28-	01:37+	03:09+	01:41+	01:53+	01:10+	03:01+	00:34-	00:18=
00:38&	00:10#	00:43&	00:35&	00:20-	00:37&	00:31&	00:19#	00:23#	00:22#	00:44&	00:31-	00:15#	01:21&	00:10#	00:28&	00:19&	00:36#	00:07-	00:00=

<b>10</b>	<b>Lars Bergersen</b>	<b>116</b>										<b>40:05</b>							
01:19+	02:43+	05:13+	07:11+	09:46+	12:16+	14:05+	16:33+	19:24+	21:44+	25:04+	27:28+	29:04+	30:56+	32:54+	34:48+	35:56+	39:06+	39:48+	40:05+
01:19+	01:24+	02:30+	01:58+	02:35+	02:30+	01:49+	02:28+	02:51+	02:20+	03:20+	02:24+	01:36+	01:52+	01:58+	01:54+	01:08+	03:10+	00:42+	00:17-
00:05+	00:21&	00:44&	00:33&	00:38&	00:38&	00:03+	00:14#	00:19#	00:28#	00:41&	00:25#	00:14#	00:04+	00:27&	00:29&	00:17&	00:45&	00:01+	00:01-

<b>11</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>										<b>40:15</b>							
01:52+	03:08+	05:38+	07:33+	09:17+	11:59+	14:03+	16:40+	19:52+	22:24+	25:55+	28:19+	30:03+	31:28+	33:06+	35:02+	36:12+	39:08+	39:55+	40:15+
01:52+	01:16+	02:30+	01:55+	01:44-	02:42+	02:04+	02:37+	03:12+	02:32+	03:31+	02:24+	01:44+	01:25-	01:38+	01:56+	01:10+	02:56+	00:47+	00:20+
00:38&	00:13#	00:44&	00:30&	00:13-	00:50&	00:18#	00:23#	00:40&	00:40&	00:52&	00:25#	00:22&	00:23-	00:07+	00:31&	00:19&	00:31#	00:06#	00:02#

<b>12</b>	<b>Tor Brekken</b>	<b>97</b>										<b>40:29</b>							
01:20+	03:27+	05:43+	07:25+	08:45+	10:36+	12:37+	14:54+	17:50+	20:08+	23:10+	25:00+	26:39+	28:17+	30:19+	32:17+	35:03+	39:25+	40:10+	40:29+
01:20+	02:07+	02:16+	01:42+	01:20-	01:51-	02:01+	02:17+	02:56+	02:18+	03:02+	01:50-	01:39+	01:38-	02:02+	01:58+	02:46+	04:22+	00:45+	00:19+
00:06+	01:04@	00:30&	00:17#	00:37-	00:01-	00:15#	00:03+	00:24#	00:26#	00:23#	00:09-	00:17#	00:10-	00:31&	00:33&	01:55@	01:57&	00:04+	00:01+

Class	Navn	Klasse										Tid									
<b>13</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>40:50</b>									
01:32+	02:47+	05:04+	06:53+	08:43+	11:10+	13:10+	15:30+	18:31+	21:53+	25:27+	27:22+	29:04+	30:31+	32:20+	34:12+	35:19+	39:48+	40:31+	40:50+		
01:32+	01:15+	02:17+	01:49+	01:50-	02:27+	02:00+	02:20+	03:01+	03:22+	03:34+	01:55-	01:42+	01:27-	01:49+	01:52+	01:07+	04:29+	00:43+	00:19+		
00:18#	00:12#	00:31&	00:24&	00:07-	00:35&	00:14#	00:06+	00:29#	01:30&	00:55&	00:04-	00:20#	00:21-	00:18#	00:27&	00:16&	02:04&	00:02+	00:01+		
<b>14</b>	<b>Håvard Håland</b>	<b>66</b>										<b>42:06</b>									
01:32+	03:06+	05:28+	07:31+	09:20+	11:32+	13:29+	15:54+	18:57+	21:05+	24:11+	26:44+	28:15+	30:15+	31:59+	36:45+	37:48+	40:50+	41:43+	42:06+		
01:32+	01:34+	02:22+	02:03+	01:49-	02:12+	01:57+	02:25+	03:03+	02:08+	03:06+	02:33+	01:31+	02:00+	01:44+	04:46+	01:03+	03:02+	00:53+	00:23+		
00:18#	00:31&	00:36&	00:38&	00:08-	00:20#	00:11#	00:11+	00:31#	00:16#	00:27#	00:34&	00:09#	00:12#	00:13#	03:21@	00:12#	00:37&	00:12&	00:05&		
<b>15</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>42:14</b>									
01:45+	03:09+	06:20+	07:43+	10:02+	12:17+	14:09+	16:22+	19:01+	21:06+	24:15+	26:05+	27:33+	29:01+	30:30+	35:52+	37:47+	40:55+	41:55+	42:14+		
01:45+	01:24+	03:11+	01:23-	02:19+	02:15+	01:52+	02:13-	02:39+	02:05+	03:09+	01:50-	01:28+	01:28-	01:29-	05:22+	01:55+	03:08+	01:00+	00:19+		
00:31&	00:21&	01:25&	00:02-	00:22#	00:23#	00:06+	00:01-	00:07+	00:13#	00:30#	00:09-	00:06+	00:20-	00:02-	03:57@	01:04@	00:43&	00:19&	00:01+		
<b>16</b>	<b>Frank Hansen</b>	<b>29</b>										<b>42:21</b>									
01:49+	03:02+	05:19+	07:39+	09:14+	11:43+	13:58+	17:04+	19:50+	22:04+	25:01+	26:45+	28:16+	30:00+	31:29+	36:57+	38:12+	41:20+	42:04+	42:21+		
01:49+	01:13+	02:17+	02:20+	01:35-	02:29+	02:15+	03:06+	02:46+	02:14+	02:57+	01:44-	01:31+	01:44-	01:29-	05:28+	01:15+	03:08+	00:44+	00:17-		
00:35&	00:10#	00:31&	00:55&	00:22-	00:37&	00:29&	00:52&	00:14+	00:22#	00:18#	00:15-	00:09#	00:04-	00:02-	04:03@	00:24&	00:43&	00:03+	00:01-		
<b>17</b>	<b>Arne Øvstebø</b>	<b>71</b>										<b>42:23</b>									
01:21+	02:56+	05:14+	08:28+	11:18+	14:10+	16:29+	19:17+	22:29+	25:25+	28:35+	29:53+	31:34+	33:06+	34:48+	37:06+	38:14+	41:20+	42:08+	42:23+		
01:21+	01:35+	02:18+	03:14+	02:50+	02:52+	02:19+	02:48+	03:12+	02:56+	03:10+	01:18-	01:41+	01:32-	01:42+	02:18+	01:08+	03:06+	00:48+	00:15-		
00:07+	00:32&	00:32&	01:49@	00:53&	01:00&	00:33&	00:34&	00:40&	01:04&	00:31#	00:41-	00:19#	00:16-	00:11#	00:53&	00:17&	00:41&	00:07#	00:03-		
<b>18</b>	<b>Torbjørn Dahle</b>	<b>92</b>										<b>43:52</b>									
01:30+	02:52+	06:03+	07:50+	10:16+	12:43+	15:01+	17:29+	23:07+	25:53+	29:20+	30:53+	32:27+	34:03+	35:55+	37:51+	39:18+	42:32+	43:33+	43:52+		
01:30+	01:22+	03:11+	01:47+	02:16+	02:27+	02:18+	02:28+	05:38+	02:46+	03:27+	01:33-	01:34+	01:36-	01:52+	01:56+	01:27+	03:14+	01:01+	00:19+		
00:16#	00:19&	01:25&	00:22&	00:29#	00:35&	00:32&	00:14#	03:06@	00:54&	00:48&	00:26-	00:12#	00:12-	00:21#	00:31&	00:36&	00:49&	00:20&	00:01+		
<b>19</b>	<b>Magnar Møller</b>	<b>62</b>										<b>43:56</b>									
01:39+	03:23+	06:58+	09:01+	10:42+	13:00+	14:45+	17:22+	20:56+	23:53+	27:15+	29:45+	32:44+	34:26+	36:07+	38:16+	39:37+	42:50+	43:36+	43:56+		
01:39+	01:44+	03:35+	02:03+	01:41-	02:18+	01:45-	02:37+	03:34+	02:57+	03:22+	02:30+	02:59+	01:42-	01:41+	02:09+	01:21+	03:13+	00:46+	00:20+		
00:25&	00:41&	01:49@	00:38&	00:16-	00:26#	00:01-	00:23#	01:02&	01:05&	00:43&	00:31&	01:37@	00:06-	00:10#	00:44&	00:30&	00:48&	00:05#	00:02#		
<b>20</b>	<b>Kjell Ove Aksland</b>	<b>27</b>										<b>44:30</b>									
01:38+	03:32+	06:07+	07:59+	10:22+	12:48+	15:09+	17:26+	20:44+	23:29+	27:02+	28:33+	30:21+	32:20+	34:39+	36:29+	39:30+	43:30+	44:12+	44:30+		
01:38+	01:54+	02:35+	01:52+	02:23+	02:26+	02:21+	02:17+	03:18+	02:45+	03:33+	01:31-	01:48+	01:59+	02:19+	01:50+	03:01+	04:00+	00:42+	00:18=		
00:24&	00:51&	00:49&	00:27&	00:26#	00:34&	00:35&	00:03+	00:46&	00:53&	00:54&	00:28-	00:26&	00:11#	00:48&	00:25&	02:10@	01:35&	00:01+	00:00=		
<b>21</b>	<b>Harald Jansen</b>	<b>289</b>										<b>46:14</b>									
01:56+	03:11+	05:20+	06:52+	08:13+	10:38+	12:36+	16:05+	19:05+	22:38+	25:58+	29:02+	31:09+	32:46+	34:34+	40:22+	41:28+	45:10+	45:47+	46:14+		
01:56+	01:15+	02:09+	01:32+	01:21-	02:25+	01:58+	03:29+	03:00+	03:33+	03:20+	03:04+	02:07+	01:37-	01:48+	05:48+	01:06+	03:42+	00:37-	00:27+		
00:42&	00:12#	00:23#	00:07+	00:36-	00:33&	00:12#	01:15&	00:28#	01:41&	00:41&	01:05&	00:45&	00:11-	00:17#	04:23@	00:15&	01:17&	00:04-	00:09&		
<b>22</b>	<b>Kjell Seland</b>	<b>236</b>										<b>47:39</b>									
01:57+	04:11+	06:34+	08:35+	10:36+	12:48+	14:43+	17:13+	20:26+	22:51+	26:05+	28:46+	30:17+	32:35+	34:12+	41:55+	42:59+	46:26+	47:17+	47:39+		
01:57+	02:14+	02:23+	02:01+	02:01+	02:12+	01:55+	02:30+	03:13+	02:25+	03:14+	02:41+	01:31+	02:18+	01:37+	07:43+	01:04+	03:27+	00:51+	00:22+		
00:43&	01:11@	00:37&	00:36&	00:04+	00:20#	00:09+	00:16#	00:41&	00:33&	00:35#	00:42&	00:09#	00:30&	00:06+	06:18@	00:13&	01:02&	00:10#	00:04#		
<b>23</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>50:14</b>									
01:44+	03:20+	06:37+	08:40+	11:11+	14:58+	17:33+	20:28+	23:55+	26:27+	29:51+	31:51+	33:39+	36:04+	37:48+	43:04+	44:45+	49:16+	49:56+	50:14+		
01:44+	01:36+	03:17+	02:03+	02:31+	03:47+	02:35+	02:55+	03:27+	02:32+	03:24+	02:00+	01:48+	02:25+	01:44+	05:16+	01:41+	04:31+	00:40-	00:18=		
00:30&	00:33&	01:31&	00:38&	00:34&	01:55@	00:49&	00:41&	00:55&	00:40&	00:45&	00:10+	00:26&	00:37&	00:13#	03:51@	00:50&	02:06&	00:01-	00:00=		
<b>24</b>	<b>Kjetil Sommernes</b>	<b>116</b>										<b>50:17</b>									
01:47+	04:11+	07:45+	09:48+	14:32+	18:02+	20:08+	23:11+	26:03+	29:07+	33:58+	36:56+	38:23+	40:11+	42:08+	44:22+	45:48+	49:21+	50:02+	50:17+		
01:47+	02:24+	03:34+	02:03+	04:44+	03:30+	02:06+	03:03+	2:50+	03:04+	04:51+	02:58+	01:27+	01:48=	01:57+	02:14+	01:26+	03:33+	00:41=	00:15-		
00:33&	01:21@	01:48@	00:38&	02:47@	01:38&	00:20#	00:49&	00:20#	01:12&	02:12&	00:59&	00:05+	00:00=	00:26&	00:49&	00:35&	01:08&	00:00=	00:03-		
<b>25</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>53:05</b>									
01:48+	03:13+	05:45+	07:40+	10:23+	13:14+	15:45+	20:38+	24:11+	26:46+	30:24+	32:10+	34:00+	35:53+	37:07+	41:49+	42:54+	44:55+	47:03+	48:23+		
01:48+	01:25+	02:32+	01:55+	02:43+	02:51+	02:31+	04:53+	03:33+	02:35+	03:38+	01:46-	01:50+	01:53+	01:14-	04:42+	01:05+	02:01-	02:08+	01:20+		
00:34&	00:22&	00:46&	00:30&	00:46&	00:59&	00:45&	02:39@	01:01&	00:43&	00:59&	00:13-	00:28&	00:05+	00:17-	03:17@	00:14&	00:24-	01:27@	01:02@		
<b>26</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>53:08</b>									
01:43+	03:15+	06:00+	08:17+	10:11+	12:49+	14:56+	17:56+	21:14+	23:41+	27:22+	29:07+	35:21+	37:02+	39:59+	47:16+	48:36+	51:53+	52:46+	53:08+		
01:43+	01:32+	02:45+	02:17+	01:54-	02:38+	02:07+	03:00+	03:18+	02:27+	03:41+	01:45-	06:14+	01:41-	02:57+	07:17+	01:20+	03:17+	00:53+	00:22+		
00:29&	00:29&	00:59&	00:52&	00:03-	00:46&	00:21#	00:46&	00:46&	00:35&	01:02&	00:14-	04:52@	00:07-	01:26&	05:52@	00:29&	00:52&	00:12&	00:04#		
<b>27</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>53:14</b>									
01:39+	03:09+	06:59+	08:49+	11:50+	17:23+	19:46+	22:40+	26:22+	28:57+	32:35+	34:14+	36:00+	37:24+	39:20+	47:22+	48:40+	52:10+	52:55+	53:14+		
01:39+	01:30+	03:50+	01:50+	03:01+	05:33+	02:23+	02:54+	03:42+	02:35+	03:38+	01:39-	01:46+	01:24-	01:56+	08:02+	01:18+	03:30+	00:45+	00:19+		
00:25&	00:27&	02:04@	00:25&	01:04&	03:41@	00:37&	00:40&	01:10&	00:43&	00:59&	00:20-	00:24&	00:24-	00:25&	06:37@	00:27&	01:05&	00:04+	00:01+		

Class	Navn	Klasse										Tid									
<b>28</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>54:10</b>									
02:10+	04:37+	07:20+	09:27+	12:36+	16:29+	23:44+	26:39+	29:48+	32:45+	36:18+	38:55+	40:27+	42:15+	44:27+	46:52+	49:05+	52:40+	53:49+	54:10+		
02:10+	02:27+	02:43+	02:07+	03:09+	03:53+	07:15+	02:55+	03:09+	02:57+	03:33+	02:37+	01:32+	01:48=	02:12+	02:25+	02:13+	03:35+	01:09+	00:21+		
00:56&	01:24@	00:57&	00:42&	01:12&	02:01@	05:29@	00:41&	00:37#	01:05&	00:54&	00:38&	00:10#	00:00=	00:41&	01:00&	01:22@	01:10&	00:28&	00:03#		
<b>29</b>	<b>John C. Sinnes</b>	<b>93</b>										<b>54:34</b>									
03:02+	04:28+	07:29+	10:44+	13:41+	17:38+	20:06+	22:45+	26:05+	28:53+	32:25+	33:59+	37:51+	39:38+	41:38+	48:07+	49:34+	53:26+	54:15+	54:34+		
03:02+	01:26+	03:01+	03:15+	02:57+	03:57+	02:28+	02:39+	03:20+	02:48+	03:32+	01:34-	03:52+	01:47-	02:00+	06:29+	01:27+	03:52+	00:49+	00:19+		
01:48@	00:23&	01:15&	01:50@	01:00&	02:05@	00:42&	00:25#	00:48&	00:56&	00:53&	00:25-	02:30@	00:01-	00:29&	05:04@	00:36&	01:27&	00:08#	00:01+		
<b>30</b>	<b>Kjetil Moen</b>	<b>228</b>										<b>54:59</b>									
02:39+	03:58+	06:20+	08:43+	12:32+	15:02+	17:38+	20:28+	24:12+	26:33+	29:50+	34:22+	36:25+	38:08+	47:15+	49:00+	50:16+	53:48+	54:40+	54:59+		
02:39+	01:19+	02:22+	02:23+	03:49+	02:30+	02:36+	02:50+	03:44+	02:21+	03:17+	04:32+	02:03+	01:43-	09:07+	01:45+	01:16+	03:32+	00:52+	00:19+		
01:25@	00:16&	00:36&	00:58&	01:52&	00:38&	00:50&	00:36&	01:12&	00:29&	00:38#	02:33@	00:41&	00:05-	07:36@	00:20#	00:25&	01:07&	00:11&	00:01+		
<b>31</b>	<b>Sigbjørn Gloppen</b>	<b>144</b>										<b>56:23</b>									
01:39+	03:22+	05:57+	08:21+	11:28+	15:04+	18:02+	22:50+	25:54+	29:30+	32:46+	36:39+	38:36+	40:17+	42:19+	49:27+	50:36+	54:41+	55:58+	56:23+		
01:39+	01:43+	02:35+	02:24+	03:07+	03:36+	02:58+	04:48+	03:04+	03:36+	03:16+	03:53+	01:57+	01:41-	02:02+	07:08+	01:09+	04:05+	01:17+	00:25+		
00:25&	00:40&	00:49&	00:59&	01:10&	01:44&	01:12&	02:34@	00:32#	01:44&	00:37#	01:54&	00:35&	00:07-	00:31&	05:43@	00:18&	01:40&	00:36&	00:07&		
<b>32</b>	<b>Kjell R. Nordmark</b>	<b>7</b>										<b>58:31</b>									
01:47+	03:06+	05:44+	07:26+	09:45+	15:26+	17:50+	27:32+	30:42+	33:24+	36:27+	38:46+	40:59+	43:06+	44:51+	46:50+	48:08+	56:32+	58:13+	58:31+		
01:47+	01:19+	02:38+	01:42+	02:19+	05:41+	02:24+	09:42+	03:10+	02:42+	03:03+	02:19+	02:13+	02:07+	01:45+	01:59+	01:18+	08:24+	01:41+	00:18=		
00:33&	00:16&	00:52&	00:17#	00:22#	03:49@	00:38&	07:28@	00:38#	00:50&	00:24#	00:20#	00:51&	00:19#	00:14#	00:34&	00:27&	05:59@	01:00@	00:00=		
<b>33</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>59:36</b>									
01:57+	03:40+	06:33+	09:33+	12:12+	16:01+	19:11+	22:01+	25:14+	28:38+	32:42+	34:53+	36:45+	38:41+	40:52+	52:53+	54:08+	58:06+	59:11+	59:36+		
01:57+	01:43+	02:53+	03:00+	02:39+	03:49+	03:10+	02:50+	03:13+	03:24+	04:04+	02:11+	01:52+	01:56+	02:11+	12:01+	01:15+	03:58+	01:05+	00:25+		
00:43&	00:40&	01:07&	01:35@	00:42&	01:57@	01:24&	00:36&	00:41&	01:32&	01:25&	00:12#	00:30&	00:08+	00:40&	10:36@	00:24&	01:33&	00:24&	00:07&		
<b>34</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>1:04:39</b>									
02:20+	04:13+	09:09+	11:12+	14:17+	17:36+	22:00+	31:08+	34:58+	38:12+	42:11+	45:59+	47:54+	49:47+	51:42+	53:50+	56:05+	62:48+	64:16+	64:39+		
02:20+	01:53+	04:56+	02:03+	03:05+	03:19+	04:24+	09:08+	03:50+	03:14+	03:59+	03:48+	01:55+	01:53+	01:55+	02:08+	02:15+	06:43+	01:28+	00:23+		
01:06&	00:50&	03:10@	00:38&	01:08&	01:27&	02:38@	06:54@	01:18&	01:22&	01:20&	01:49&	00:33&	00:05+	00:24&	00:43&	01:24@	04:18@	00:47@	00:05&		
<b>35</b>	<b>Kjell Helge Husebø</b>	<b>115</b>										<b>1:09:34</b>									
01:59+	03:54+	14:50+	17:14+	21:23+	24:53+	28:52+	32:15+	35:45+	38:27+	42:23+	45:14+	47:17+	49:15+	51:50+	56:25+	63:17+	66:56+	69:11+	69:34+		
01:59+	01:55+	10:56+	02:24+	04:09+	03:30+	03:59+	03:23+	03:30+	02:42+	03:56+	02:51+	02:03+	01:58+	02:35+	04:35+	06:52+	03:39+	02:15+	00:23+		
00:45&	00:52&	09:10@	00:59&	02:12@	01:38&	02:13@	01:09&	00:58&	00:50&	01:17&	00:52&	00:41&	00:10+	01:04&	03:10@	06:01@	01:14&	01:34@	00:05&		
<b>36</b>	<b>John Lage Bergan</b>	<b>116</b>										<b>1:15:06</b>									
01:56+	03:52+	06:21+	11:36+	14:41+	17:40+	25:37+	28:33+	31:27+	36:19+	39:40+	48:42+	50:11+	52:11+	53:46+	59:55+	68:59+	73:27+	74:45+	75:06+		
01:56+	01:56+	02:29+	05:15+	03:05+	02:59+	07:57+	02:56+	02:54+	04:52+	03:21+	09:02+	01:29+	02:00+	01:35+	06:09+	09:04+	04:28+	01:18+	00:21+		
00:42&	00:53&	00:43&	03:50@	01:08&	01:07&	06:11@	00:42&	00:22#	03:00@	00:42&	07:03@	00:07+	00:12#	00:04+	04:44@	08:13@	02:03&	00:37&	00:03#		
<b>37</b>	<b>Josef Ludoid</b>	<b>228</b>										<b>1:15:44</b>									
02:33+	09:32+	22:40+	26:41+	29:22+	32:20+	34:53+	38:47+	42:51+	47:04+	51:06+	53:54+	61:25+	63:07+	65:25+	67:39+	69:23+	74:27+	75:24+	75:44+		
02:33+	06:59+	13:08+	04:01+	02:41+	02:58+	02:33+	03:54+	04:04+	04:13+	04:02+	02:48+	07:31+	01:42-	02:18+	02:14+	01:44+	05:04+	00:57+	00:20+		
01:19@	05:56@	11:22@	02:36@	00:44&	01:06&	00:47&	01:40&	01:32&	02:21@	01:23&	00:49&	06:09@	00:06-	00:47&	00:49&	00:53@	02:39@	00:16&	00:02#		
<b>Beste strekktid for klassen</b>																					
01:14	01:03	01:46	01:23	01:20	01:51	01:43	02:01	02:24	01:52	02:39	01:18	01:22	01:19	01:14	01:25	00:50	02:01	00:34	00:13		

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

## Herrer 60 - 64 år

<b>1</b>	<b>Kjell Skjæveland</b>	<b>108</b>										<b>36:14</b>									
01:28=	02:43=	04:39=	08:34=	11:13=	14:42=	16:06=	18:42=	21:09=	23:34=	25:18=	26:56=	27:53=	29:01=	30:39=	32:59=	34:52=	35:58=	36:14=			
01:28=	01:15=	01:56=	03:55=	02:39=	03:29=	01:24=	02:36=	02:27=	02:25=	01:44=	01:38=	00:57=	01:08=	01:38=	02:20=	01:53=	01:06=	00:16=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>43:04</b>									
01:57+	03:24+	05:50+	10:23+	13:18+	16:17+	18:08+	21:18+	24:35+	27:36+	29:39+	31:52+	33:14+	34:38+	36:36+	38:40+	41:30+	42:48+	43:04+			
01:57+	01:27+	02:26+	04:33+	02:55+	02:59-	01:51+	03:10+	03:17+	03:01+	02:03+	02:13+	01:22+	01:24+	01:58+	02:04-	02:50+	01:18+	00:16=			
00:29&	00:12#	00:30&	00:38#	00:16#	00:30-	00:27&	00:34#	00:50&	00:36#	00:19#	00:35&	00:25&	00:16#	00:20#	00:16-	00:57&	00:12#	00:00=			
<b>3</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>44:25</b>									
01:41+	03:45+	06:14+	10:27+	14:00+	17:12+	19:14+	22:11+	24:33+	27:11+	29:11+	31:00+	31:59+	33:12+	35:03+	37:26+	42:58+	44:08+	44:25+			
01:41+	02:04+	02:29+	04:13+	03:33+	03:12-	02:02+	02:57+	02:22-	02:38+	02:00+	01:49+	00:59+	01:13+	01:51+	02:23+	05:32+	01:10+	00:17+			
00:13#	00:49&	00:33&	00:18+	00:54&	00:17-	00:38&	00:21#	00:05-	00:13+	00:16#	00:11#	00:02+	00:05+	00:13#	00:03+	03:39@	00:04+	00:01+			

Class	Navn	Klasse														Tid				
<b>4</b>	<b>Tor Geir Espedal</b>	<b>115</b>														<b>44:50</b>				
	01:52+	03:06+	05:24+	09:25+	13:10+	16:11+	18:10+	20:50+	27:39+	30:28+	32:28+	34:18+	35:34+	36:51+	38:37+	41:06+	43:20+	44:33+	44:50+	
	01:52+	01:14-	02:18+	04:01+	03:45+	03:01-	01:59+	02:40+	06:49+	02:49+	02:00+	01:50+	01:16+	01:17+	01:46+	02:29+	02:14+	01:13+	00:17+	
	00:24&	00:01-	00:22#	00:06+	01:06&	00:28-	00:35&	00:04+	04:22@	00:24#	00:16#	00:12#	00:19&	00:09#	00:08+	00:09+	00:21#	00:07#	00:01+	
<b>5</b>	<b>Hans Erik Terjesen</b>	<b>116</b>														<b>46:19</b>				
	01:39+	02:56+	04:58+	10:04+	12:27+	16:42+	18:34+	21:10+	25:59+	28:24+	30:12+	35:47+	36:54+	38:07+	39:40+	41:50+	44:23+	46:04+	46:19+	
	01:39+	01:17+	02:02+	05:06+	02:23-	04:15+	01:52+	02:36=	04:49+	02:25=	01:48+	05:35+	01:07+	01:13+	01:33-	02:10-	02:33+	01:41+	00:15-	
	00:11#	00:02+	00:06+	01:11&	00:16-	00:46#	00:28&	00:00=	02:22&	00:00=	00:04+	03:57@	00:10#	00:05+	00:05-	00:10-	00:40&	00:35&	00:01-	
<b>6</b>	<b>Arne M. Handeland</b>	<b>92</b>														<b>46:51</b>				
	02:05+	03:35+	07:05+	11:29+	15:11+	19:03+	20:40+	23:32+	26:44+	29:33+	32:02+	35:11+	36:39+	38:03+	39:57+	42:50+	45:19+	46:33+	46:51+	
	02:05+	01:30+	03:30+	04:24+	03:42+	03:52+	01:37+	02:52+	03:12+	02:49+	02:29+	03:09+	01:28+	01:24+	01:54+	02:53+	02:29+	01:14+	00:18+	
	00:37&	00:15#	01:34&	00:29#	01:03&	00:23#	00:13#	00:16#	00:45&	00:24#	00:45&	01:31&	00:31&	00:16#	00:16#	00:33#	00:36&	00:08#	00:02#	
<b>7</b>	<b>Bjørn Sivertsen</b>	<b>99</b>														<b>47:09</b>				
	01:44+	03:40+	05:52+	10:43+	15:43+	19:22+	21:01+	24:12+	28:27+	31:09+	33:46+	35:45+	36:51+	38:13+	40:14+	42:59+	45:27+	46:48+	47:09+	
	01:44+	01:56+	02:12+	04:51+	05:00+	03:39+	01:39+	03:11+	04:15+	02:42+	02:37+	01:59+	01:06+	01:22+	02:01+	02:45+	02:28+	01:21+	00:21+	
	00:16#	00:41&	00:16#	00:56#	02:21&	00:10+	00:15#	00:35#	01:48&	00:17#	00:53&	00:21#	00:09#	00:14#	00:23#	00:25#	00:35&	00:15#	00:05&	
<b>8</b>	<b>Tor Harald Lunde</b>	<b>47</b>														<b>47:46</b>				
	01:54+	03:55+	06:24+	11:17+	14:07+	18:29+	20:38+	23:39+	26:51+	29:54+	32:03+	34:29+	37:19+	38:37+	40:41+	44:03+	46:13+	47:30+	47:46+	
	01:54+	02:01+	02:29+	04:53+	02:50+	04:22+	02:09+	03:01+	03:12+	03:03+	02:09+	02:26+	02:50+	01:18+	02:04+	03:22+	02:10+	01:17+	00:16=	
	00:26&	00:46&	00:33&	00:58#	00:11+	00:53&	00:45&	00:25#	00:45&	00:38&	00:25#	00:48&	01:53@	00:10#	00:26&	01:02&	00:17#	00:11#	00:00=	
<b>9</b>	<b>Olav Tunheim</b>	<b>93</b>														<b>50:52</b>				
	02:27+	04:47+	06:59+	13:06+	16:00+	19:09+	21:06+	23:59+	30:40+	34:16+	36:43+	38:52+	40:12+	41:39+	43:38+	46:55+	49:16+	50:34+	50:52+	
	02:27+	02:20+	02:12+	06:07+	02:54+	03:09-	01:57+	02:53+	06:41+	03:36+	02:27+	02:09+	01:20+	01:27+	01:59+	03:17+	02:21+	01:18+	00:18+	
	00:59&	01:05&	00:16#	02:12&	00:15+	00:20-	00:33&	00:17#	04:14@	01:11&	00:43&	00:31&	00:23&	00:19&	00:21#	00:57&	00:28#	00:12#	00:02#	
<b>10</b>	<b>Bjørn Bjelland</b>	<b>83</b>														<b>51:12</b>				
	02:01+	03:32+	06:24+	11:00+	14:54+	18:07+	20:02+	23:00+	26:12+	29:07+	31:27+	34:29+	35:34+	37:01+	39:03+	44:03+	48:59+	50:54+	51:12+	
	02:01+	01:31+	02:52+	04:36+	03:54+	03:13-	01:55+	02:58+	03:12+	02:55+	02:20+	03:02+	01:05+	01:27+	02:02+	05:00+	04:56+	01:55+	00:18+	
	00:33&	00:16#	00:56&	00:41#	01:15&	00:16-	00:31&	00:22#	00:45&	00:30#	00:36&	01:24&	00:08#	00:19&	00:24#	02:40@	03:03@	00:49&	00:02#	
<b>11</b>	<b>Agnar Lien</b>	<b>7</b>														<b>51:22</b>				
	01:52+	03:31+	10:46+	15:45+	19:31+	22:44+	24:39+	27:53+	31:05+	34:12+	36:34+	39:06+	40:50+	42:18+	44:27+	47:27+	49:51+	51:02+	51:22+	
	01:52+	01:39+	07:15+	04:59+	03:46+	03:13-	01:55+	03:14+	03:12+	03:07+	02:22+	02:32+	01:44+	01:28+	02:09+	03:00+	02:24+	01:11+	00:20+	
	00:24&	00:24&	05:19@	01:04&	01:07&	00:16-	00:31&	00:38#	00:45&	00:42&	00:38&	00:54&	00:47&	00:20&	00:31&	00:40&	00:31&	00:05+	00:04#	
<b>12</b>	<b>Bjørn H. Engseth</b>	<b>27</b>														<b>52:38</b>				
	01:35+	03:00+	05:57+	10:59+	14:52+	17:48+	21:37+	23:56+	27:52+	32:17+	35:44+	37:54+	40:07+	41:32+	43:28+	45:50+	48:36+	51:02+	52:16+	52:38+
	01:35+	01:25+	02:57+	05:02+	03:53+	02:56-	03:49+	02:19-	03:56+	04:25+	03:27+	02:10+	02:13+	01:25+	01:56+	02:22+	02:46+	02:26+	01:14+	00:22+
	00:07+	00:10#	01:01&	01:07&	01:14&	00:33-	02:25@	00:17-	01:29&	02:00&	01:43&	00:32&	01:16@	00:17#	00:18#	00:02+	00:53&	01:20@	00:58@	00:22+
<b>13</b>	<b>Rolf Kleppe</b>	<b>63</b>														<b>1:17:09</b>				
	02:12+	04:20+	23:47+	28:46+	32:22+	42:55+	46:16+	49:44+	53:24+	56:44+	59:00+	61:29+	62:59+	64:44+	66:54+	69:46+	75:36+	76:50+	77:09+	
	02:12+	02:08+	19:27+	04:59+	03:36+	10:33+	03:21+	03:28+	03:40+	03:20+	02:16+	02:29+	01:30+	01:45+	02:10+	02:52+	05:50+	01:14+	00:19+	
	00:44&	00:53&	17:31@	01:04&	00:57&	07:04@	01:57@	00:52&	01:13&	00:55&	00:32&	00:51&	00:33&	00:37&	00:32&	00:32#	03:57@	00:08#	00:03#	

### Beste strekktid for klassen

01:28 01:14 01:56 03:55 02:23 02:56 01:24 02:19 02:22 02:25 01:44 01:38 00:57 01:08 01:33 02:04 01:53 01:06 00:15

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

### Herrer 65 - 69 år

<b>1</b>	<b>Harry Breiland</b>	<b>66</b>														<b>34:00</b>				
	01:33=	03:02=	04:42=	08:14=	10:32=	12:53=	14:08=	16:32=	18:46=	20:50=	22:27=	24:19=	25:30=	26:39=	28:09=	30:20=	32:46=	33:44=	34:00=	
	01:33=	01:29=	01:40=	03:32=	02:18=	02:21=	01:15=	02:24=	02:14=	02:04=	01:37=	01:52=	01:11=	01:09=	01:30=	02:11=	02:26=	00:58=	00:16=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Arne Østensen</b>	<b>90</b>														<b>37:02</b>				
	01:22-	02:31-	04:10-	07:43-	10:43+	14:08+	16:24+	18:44+	21:28+	24:01+	25:46+	28:16+	29:10+	30:28+	32:12+	33:50+	35:47+	36:45+	37:02+	
	01:22-	01:09-	01:39-	03:33+	03:00+	03:25+	02:16+	02:20-	02:44+	02:33+	01:45+	02:30+	00:54-	01:18+	01:44+	01:38-	01:57-	00:58=	00:17+	
	00:11-	00:20-	00:01-	00:01+	00:42&	01:04&	01:01&	00:04-	00:30#	00:29#	00:08+	00:38&	00:17-	00:09#	00:14#	00:33-	00:29-	00:00=	00:01+	
<b>3</b>	<b>Bjørn Alsaker</b>	<b>115</b>														<b>38:01</b>				
	01:43+	03:00-	04:45+	08:10-	10:45+	13:37+	15:16+	17:27+	19:32+	21:39+	22:59+	27:34+	28:44+	29:44+	31:13+	34:57+	36:35+	37:45+	38:01+	
	01:43+	01:17-	01:45+	03:25-	02:35+	02:52+	01:39+	02:11-	02:05-	02:07+	01:20-	04:35+	01:10-	01:00-	01:29-	03:44+	01:38-	01:10+	00:16=	
	00:10#	00:12-	00:05+	00:07-	00:17#	00:31#	00:24&	00:13-	00:09-	00:03+	00:17-	02:43@	00:01-	00:09-	00:01-	01:33&	00:48-	00:12#	00:00=	

Class	Navn	Klasse										Tid						
<b>4</b>	<b>Jan Hetland</b>	<b>29</b>										<b>38:15</b>						
01:53+	03:22+	05:46+	09:48+	12:01+	15:05+	16:38+	18:54+	21:45+	24:05+	25:41+	29:13+	30:11+	31:15+	32:38+	34:26+	36:14+	38:00+	38:15+
01:53+	01:29=	02:24+	04:02+	02:13-	03:04+	01:33+	02:16-	02:51+	02:20+	01:36-	03:32+	00:58-	01:04-	01:23-	01:48-	01:48-	01:46+	00:15-
00:20#	00:00=	00:44&	00:30#	00:05-	00:43&	00:18#	00:08-	00:37&	00:16#	00:01-	01:40&	00:13-	00:05-	00:07-	00:23-	00:38-	00:48&	00:01-
<b>5</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>39:10</b>						
01:42+	03:01-	05:02+	08:48+	11:28+	15:57+	17:30+	19:57+	22:49+	25:11+	26:54+	28:44+	29:50+	31:11+	32:53+	35:14+	37:09+	38:52+	39:10+
01:42+	01:19-	02:01+	03:46+	02:40+	04:29+	01:33+	02:27+	02:52+	02:22+	01:43+	01:50-	01:06-	01:21+	01:42+	02:21+	01:55-	01:43+	00:18+
00:09+	00:10-	00:21#	00:14+	00:22#	02:08&	00:18#	00:03+	00:38&	00:18#	00:06+	00:02-	00:05-	00:12#	00:12#	00:10+	00:31-	00:45&	00:02#
<b>6</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>43:59</b>						
01:38+	03:17+	05:29+	11:05+	13:59+	17:20+	19:36+	22:07+	24:49+	27:47+	29:41+	32:46+	34:50+	36:00+	37:56+	40:21+	42:35+	43:42+	43:59+
01:38+	01:39+	02:12+	05:36+	02:54+	03:21+	02:16+	02:31+	02:42+	02:58+	01:54+	03:05+	02:04+	01:10+	01:56+	02:25+	02:14-	01:07+	00:17+
00:05+	00:10#	00:32&	02:04&	00:36&	01:00&	01:01&	00:07+	00:28#	00:54&	00:17#	01:13&	00:53&	00:01+	00:26&	00:14#	00:12-	00:09#	00:01+
<b>7</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>45:33</b>						
02:00+	03:27+	05:59+	10:36+	13:12+	17:58+	20:20+	22:54+	26:34+	29:08+	31:10+	34:09+	35:16+	36:30+	38:21+	41:48+	44:04+	45:15+	45:33+
02:00+	01:27-	02:32+	04:37+	02:36+	04:46+	02:22+	02:34+	03:40+	02:34+	02:02+	02:59+	01:07-	01:14+	01:51+	03:27+	02:16-	01:11+	00:18+
00:27&	00:02-	00:52&	01:05&	00:18#	02:25@	01:07&	00:10+	01:26&	00:30#	00:25&	01:07&	00:04-	00:05+	00:21#	01:16&	00:10-	00:13#	00:02#
<b>8</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>45:55</b>						
02:02+	03:48+	07:36+	12:36+	15:38+	18:35+	20:22+	23:42+	26:50+	29:56+	32:14+	34:30+	35:45+	37:18+	39:26+	41:56+	44:22+	45:36+	45:55+
02:02+	01:46+	03:48+	05:00+	03:02+	02:57+	01:47+	03:20+	03:08+	03:06+	02:18+	02:16+	01:15+	01:33+	02:08+	02:30+	02:26+	01:14+	00:19+
00:29&	00:17#	02:08@	01:28&	00:44&	00:36&	00:32&	00:56&	00:54&	01:02&	00:41&	00:24#	00:04+	00:24&	00:38&	00:19#	00:00=	00:16&	00:03#
<b>9</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>46:23</b>						
01:57+	03:17+	08:00+	13:35+	16:27+	19:05+	22:28+	25:33+	28:08+	30:51+	32:48+	34:35+	36:04+	37:25+	39:54+	42:57+	45:01+	46:04+	46:23+
01:57+	01:20-	04:43+	05:35+	02:52+	02:38+	03:23+	03:05+	02:35+	02:43+	01:57+	01:47-	01:29+	01:21+	02:29+	03:03+	02:04-	01:03+	00:19+
00:24&	00:09-	03:03@	02:03&	00:34#	00:17#	02:08@	00:41&	00:21#	00:39&	00:20#	00:05-	00:18&	00:12#	00:59&	00:52&	00:22-	00:05+	00:03#
<b>10</b>	<b>Svein Ove Horpestad</b>	<b>62</b>										<b>48:46</b>						
01:43+	03:03+	05:33+	10:45+	13:28+	17:54+	19:46+	22:39+	29:00+	31:52+	33:54+	36:51+	38:03+	39:51+	41:54+	44:26+	47:04+	48:25+	48:46+
01:43+	01:20-	02:30+	05:12+	02:43+	04:26+	01:52+	02:53+	06:21+	02:52+	02:02+	02:57+	01:12+	01:48+	02:03+	02:32+	02:38+	01:21+	00:21+
00:10#	00:09-	00:50&	01:40&	00:25#	02:05&	00:37&	00:29#	04:07@	00:48&	00:25&	01:05&	00:01+	00:39&	00:33&	00:21#	00:12+	00:23&	00:05&
<b>11</b>	<b>Sverre Vatland</b>	<b>93</b>										<b>50:36</b>						
01:52+	03:34+	06:15+	13:03+	17:06+	21:45+	24:01+	28:14+	31:05+	34:06+	36:17+	38:40+	40:06+	41:33+	43:41+	46:11+	48:32+	50:03+	50:36+
01:52+	01:42+	02:41+	06:48+	04:03+	04:39+	02:16+	04:13+	02:51+	03:01+	02:11+	02:23+	01:26+	01:27+	02:08+	02:30+	02:21-	01:31+	00:33+
00:19#	00:13#	01:01&	03:16&	01:45&	02:18&	01:01&	01:49&	00:37&	00:57&	00:34&	00:31&	00:15#	00:18&	00:38&	00:19#	00:05-	00:33&	00:17@
<b>12</b>	<b>Per Marthon Møland</b>	<b>5</b>										<b>51:27</b>						
02:48+	04:26+	06:48+	11:17+	14:15+	17:42+	19:32+	23:10+	26:58+	35:42+	38:09+	40:30+	41:49+	43:13+	45:07+	47:03+	49:35+	51:09+	51:27+
02:48+	01:38+	02:22+	04:29+	02:58+	03:27+	01:50+	03:38+	03:48+	08:44+	02:27+	02:21+	01:19+	01:24+	01:54+	01:56-	02:32+	01:34+	00:18+
01:15&	00:09#	00:42&	00:57&	00:40&	01:06&	00:35&	01:14&	01:34&	06:40@	00:50&	00:29&	00:08#	00:15#	00:24&	00:15-	00:06+	00:36&	00:02#
<b>13</b>	<b>Terje Helland</b>	<b>88</b>										<b>51:34</b>						
01:39+	03:34+	05:56+	13:18+	16:59+	21:11+	22:47+	25:19+	28:56+	31:46+	34:22+	37:27+	38:40+	40:08+	41:59+	45:08+	47:49+	51:16+	51:34+
01:39+	01:55+	02:22+	07:22+	03:41+	04:12+	01:36+	02:32+	03:37+	02:50+	02:36+	03:05+	01:13+	01:28+	01:51+	03:09+	02:41+	03:27+	00:18+
00:06+	00:26&	00:42&	03:50@	01:23&	01:51&	00:21&	00:08+	01:23&	00:46&	00:59&	01:13&	00:02+	00:19&	00:21#	00:58&	00:15#	02:29@	00:02#
<b>14</b>	<b>Roar Fitjar</b>	<b>101</b>										<b>52:42</b>						
01:39+	03:52+	06:06+	10:26+	16:29+	19:33+	22:09+	25:26+	28:59+	33:01+	35:32+	40:35+	42:01+	43:33+	46:10+	48:34+	51:19+	52:25+	52:42+
01:39+	02:13+	02:14+	04:20+	06:03+	03:04+	02:36+	03:17+	03:33+	04:02+	02:31+	05:03+	01:26+	01:32+	02:37+	02:24+	02:45+	01:06+	00:17+
00:06+	00:44&	00:34&	00:48#	03:45@	00:43&	01:21@	00:53&	01:19&	01:58&	00:54&	03:11@	00:15#	00:23&	01:07&	00:13+	00:19#	00:08#	00:01+
<b>15</b>	<b>Ragnar Rossavik</b>	<b>109</b>										<b>54:55</b>						
02:25+	04:05+	06:45+	15:54+	18:46+	21:33+	24:17+	27:22+	30:57+	34:46+	37:01+	42:55+	44:09+	45:35+	48:14+	50:13+	53:26+	54:37+	54:55+
02:25+	01:40+	02:40+	09:09+	02:52+	02:47+	02:44+	03:05+	03:55+	03:49+	02:15+	05:54+	01:14+	01:26+	02:39+	01:59-	03:13+	01:11+	00:18+
00:52&	00:11#	01:00&	05:37@	00:34#	00:26#	01:29@	00:41&	01:21&	01:45&	00:38&	04:02@	00:03+	00:17#	01:09&	00:12-	00:47&	00:13#	00:02#
<b>16</b>	<b>Terje Langeland</b>	<b>98</b>										<b>55:47</b>						
02:21+	04:53+	07:55+	12:06+	17:37+	21:49+	24:14+	27:39+	31:45+	35:40+	38:06+	41:32+	43:28+	44:54+	47:04+	51:48+	54:15+	55:21+	55:47+
02:21+	02:32+	03:02+	04:11+	05:31+	04:12+	02:25+	03:25+	04:06+	03:55+	02:26+	03:26+	01:56+	01:26+	02:10+	04:44+	02:27+	01:06+	00:26+
00:48&	01:03&	01:22&	00:39#	03:13@	01:51&	01:10&	01:01&	01:52&	01:51&	00:49&	01:34&	00:45&	00:17#	00:40&	02:33@	00:01+	00:08#	00:10&
<b>17</b>	<b>Vidar Gjesdal</b>	<b>109</b>										<b>57:45</b>						
02:15+	03:50+	07:03+	12:35+	16:07+	20:04+	22:30+	26:39+	31:15+	34:43+	37:16+	41:09+	42:27+	44:07+	47:21+	50:16+	53:08+	57:03+	57:45+
02:15+	01:35+	03:13+	05:32+	03:32+	03:57+	02:26+	04:09+	04:36+	03:28+	02:33+	03:53+	01:18+	01:40+	03:14+	02:55+	02:52+	03:55+	00:42+
00:42&	00:06+	01:33&	02:00&	01:14&	01:36&	01:11&	01:45&	02:22@	01:24&	00:56&	02:01@	00:07+	00:31&	01:44@	00:44&	00:26#	02:57@	00:26@
<b>18</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>1:00:35</b>						
01:39+	03:03+	06:27+	10:45+	15:39+	22:32+	27:10+	31:22+	34:01+	37:41+	39:42+	45:08+	46:41+	48:00+	50:10+	54:33+	56:49+	60:11+	60:35+
01:39+	01:24-	03:24+	04:18+	04:54+	06:53+	04:38+	04:12+	02:39+	03:40+	02:01+	05:26+	01:33+	01:19+	02:10+	04:23+	02:16-	03:22+	00:24+
00:06+	00:05-	01:44@	00:46#	02:36@	04:32@	03:23@	01:48&	00:25#	01:36&	00:24#	03:34@	00:22&	00:10#	00:40&	02:12@	00:10-	02:24@	00:08&

Class	Navn	Klasse										Tid								
<b>19</b>	<b>Svein Ims</b>	<b>65</b>										<b>1:01:37</b>								
01:47+	04:00+	07:09+	13:15+	21:05+	27:50+	30:24+	33:33+	40:16+	43:24+	45:40+	48:41+	50:15+	52:07+	54:34+	57:11+	59:51+	61:17+	61:37+		
01:47+	02:13+	03:09+	06:06+	07:50+	06:45+	02:34+	03:09+	06:43+	03:08+	02:16+	03:01+	01:34+	01:52+	02:27+	02:37+	02:40+	01:26+	00:20+		
00:14#	00:44&	01:29&	02:34&	05:32@	04:24@	01:19@	00:45&	04:29@	01:04&	00:39&	01:09&	00:23&	00:43&	00:57&	00:26#	00:14+	00:28&	00:04#		
<b>20</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>1:15:49</b>								
04:44+	07:04+	11:47+	22:36+	29:01+	37:43+	41:22+	45:14+	49:09+	53:06+	55:43+	60:12+	62:04+	64:15+	66:51+	70:03+	73:44+	75:26+	75:49+		
04:44+	02:20+	04:43+	10:49+	06:25+	08:42+	03:39+	03:52+	03:55+	03:57+	02:37+	04:29+	01:52+	02:11+	02:36+	03:12+	03:41+	01:42+	00:23+		
03:11@	00:51&	03:03@	07:17@	04:07@	06:21@	02:24@	01:28&	01:41&	01:53&	01:00&	02:37@	00:41&	01:02&	01:06&	01:01&	01:15&	00:44&	00:07&		
<b>Beste strekktid for klassen</b>		01:22	01:09	01:39	03:25	02:13	02:21	01:15	02:11	02:05	02:04	01:20	01:47	00:54	01:00	01:23	01:38	01:38	00:58	00:15

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

## Herrer 70 - 74 år

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

Class	Navn	Klasse										Tid						
<b>12</b>	<b>Knut Jonas Espedal</b>	<b>53</b>										<b>50:31</b>						
02:29+	04:08+	07:14+	12:10+	16:04+	20:13+	22:57+	26:08+	30:33+	33:56+	36:11+	38:34+	40:15+	41:54+	44:03+	46:30+	49:02+	50:10+	50:31+
02:29+	01:39+	03:06+	04:56+	03:54+	04:09+	02:44+	03:11+	04:25+	03:23+	02:15+	02:23+	01:41+	01:39+	02:09+	02:27+	02:32+	01:08-	00:21+
00:54&	00:07+	01:17&	00:52#	00:59&	01:35&	01:13&	00:45&	01:50&	01:02&	00:31&	00:44&	00:39&	00:33&	00:27&	00:21#	00:31&	00:03-	00:03#
<b>13</b>	<b>Odd Aarberg</b>	<b>5</b>										<b>55:24</b>						
02:25+	04:20+	07:37+	14:25+	17:23+	20:49+	23:13+	27:13+	31:12+	34:26+	37:08+	40:40+	42:14+	43:48+	46:10+	49:23+	52:10+	55:02+	55:24+
02:25+	01:55+	03:17+	06:48+	02:58+	03:26+	02:24+	04:00+	03:59+	03:14+	02:42+	03:32+	01:34+	01:34+	02:22+	03:13+	02:47+	02:52+	00:22+
00:50&	00:23#	01:28&	02:44&	00:03+	00:52&	00:53&	01:34&	01:24&	00:53&	00:58&	01:53@	00:32&	00:28&	00:40&	01:07&	00:46&	01:41@	00:04#
<b>14</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>										<b>58:57</b>						
02:12+	04:05+	07:11+	12:59+	16:22+	21:57+	24:18+	28:44+	32:48+	36:28+	39:11+	42:19+	43:47+	45:45+	48:04+	52:09+	56:45+	58:33+	58:57+
02:12+	01:53+	03:06+	05:48+	03:23+	05:35+	02:21+	04:26+	04:04+	03:40+	02:43+	03:08+	01:28+	01:58+	02:19+	04:05+	04:36+	01:48+	00:24+
00:37&	00:21#	01:17&	01:44&	00:28#	03:01@	00:50&	02:00&	01:29&	01:19&	00:59&	01:29&	00:26&	00:52&	00:37&	01:59&	02:35@	00:37&	00:06&
<b>15</b>	<b>Magne Frøyland</b>	<b>43</b>										<b>59:37</b>						
04:44+	07:49+	11:09+	18:21+	22:17+	30:06+	32:59+	36:49+	40:07+	43:20+	45:33+	47:50+	49:17+	50:49+	52:56+	55:26+	57:44+	59:12+	59:37+
04:44+	03:05+	03:20+	07:12+	03:56+	07:49+	02:53+	03:50+	03:18+	03:13+	02:13+	02:17+	01:27+	01:32+	02:07+	02:30+	02:18+	01:28+	00:25+
03:09@	01:33@	01:31&	03:08&	01:01&	05:15@	01:22&	01:24&	00:43&	00:52&	00:29&	00:38&	00:25&	00:26&	00:25#	00:24#	00:17#	00:17#	00:07&
<b>16</b>	<b>Svein Eliassen</b>	<b>116</b>										<b>1:02:58</b>						
02:48+	04:41+	07:51+	14:10+	18:02+	22:03+	26:53+	30:13+	33:53+	37:28+	40:59+	45:25+	46:59+	48:52+	52:31+	56:21+	60:49+	62:35+	62:58+
02:48+	01:53+	03:10+	06:19+	03:52+	04:01+	04:50+	03:20+	03:40+	03:35+	03:31+	04:26+	01:34+	01:53+	03:39+	03:50+	04:28+	01:46+	00:23+
01:13&	00:21#	01:21&	02:15&	00:57&	01:27&	03:19@	00:54&	01:05&	01:14&	01:47@	02:47@	00:32&	00:47&	01:57@	01:44&	02:27@	00:35&	00:05&
<b>17</b>	<b>Ole Auklend</b>	<b>106</b>										<b>1:07:47</b>						
02:28+	04:20+	08:13+	13:22+	23:40+	31:05+	34:24+	38:33+	42:54+	47:11+	49:32+	52:16+	53:43+	55:23+	57:34+	61:47+	65:45+	67:20+	67:47+
02:28+	01:52+	03:53+	05:09+	10:18+	07:25+	03:19+	04:09+	04:21+	04:17+	02:21+	02:44+	01:27+	01:40+	02:11+	04:13+	03:58+	01:35+	00:27+
00:53&	00:20#	02:04@	01:05&	07:23@	04:51@	01:48@	01:43&	01:46&	01:56&	00:37&	01:05&	00:25&	00:34&	00:29&	02:07@	01:57&	00:24&	00:09&
<b>18</b>	<b>Jan H. Sagen</b>	<b>92</b>										<b>1:08:16</b>						
02:34+	04:52+	08:40+	17:41+	21:48+	30:43+	34:18+	38:01+	42:03+	45:57+	48:34+	52:56+	54:12+	56:14+	58:39+	62:37+	65:22+	67:53+	68:16+
02:34+	02:18+	03:48+	09:01+	04:07+	08:55+	03:35+	03:43+	04:02+	03:54+	02:37+	04:22+	01:16+	02:02+	02:25+	03:58+	02:45+	02:31+	00:23+
00:59&	00:46&	01:59@	04:57@	01:12&	06:21@	02:04@	01:17&	01:27&	01:33&	00:53&	02:43@	00:14#	00:56&	00:43&	01:52&	00:44&	01:20@	00:05&
<b>19</b>	<b>Mangor Eikeland</b>	<b>92</b>										<b>1:09:04</b>						
02:25+	04:45+	07:22+	15:34+	23:21+	29:44+	32:53+	36:59+	42:19+	46:44+	49:51+	53:12+	54:58+	56:57+	59:30+	63:23+	66:47+	68:33+	69:04+
02:25+	02:20+	02:37+	08:12+	07:47+	06:23+	03:09+	04:06+	05:20+	04:25+	03:07+	03:21+	01:46+	01:59+	02:33+	03:53+	03:24+	01:46+	00:31+
00:50&	00:48&	00:48&	04:08@	04:52@	03:49@	01:38@	01:40&	02:45@	02:04&	01:23&	01:42@	00:44&	00:53&	00:51&	01:47&	01:23&	00:35&	00:13&
<b>20</b>	<b>Arne Tveita</b>	<b>109</b>										<b>1:12:35</b>						
02:44+	04:41+	10:08+	23:52+	28:11+	34:11+	38:42+	42:15+	47:27+	53:51+	56:25+	59:22+	60:54+	62:36+	65:07+	68:14+	70:38+	72:13+	72:35+
02:44+	01:57+	05:27+	13:44+	04:19+	06:00+	04:31+	03:33+	05:12+	06:24+	02:34+	02:57+	01:32+	01:42+	02:31+	03:07+	02:24+	01:35+	00:22+
01:09&	00:25&	03:38@	09:40@	01:24&	03:26@	03:00@	01:07&	02:37@	04:03@	00:50&	01:18&	00:30&	00:36&	00:49&	01:01&	00:23#	00:24&	00:04#
<b>Beste strekktid for klassen</b>																		
01:35	01:17	01:49	03:50	02:32	02:33	01:22	02:24	02:19	02:21	01:38	01:31	00:55	01:03	01:24	01:53	01:43	00:54	00:16

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

## Herrer 75 - 79 år

<b>1</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>41:06</b>							
01:51=	05:03=	07:49=	10:07=	11:28=	14:03=	16:06=	19:11=	22:03=	26:24=	28:39=	30:33=	35:06=	39:48=	40:44=	41:06=				
01:51=	03:12=	02:46=	02:18=	01:21=	02:35=	02:03=	03:05=	02:52=	04:21=	02:15=	01:54=	04:33=	04:42=	00:56=	00:22=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>2</b>	<b>Jan Værp</b>	<b>62</b>										<b>41:20</b>							
01:48-	05:06+	07:21-	13:28+	14:39+	17:23+	19:39+	24:56+	27:01+	30:17+	32:12+	34:01+	35:55+	39:31-	41:00+	41:20+				
01:48-	03:18+	02:15-	06:07+	01:11-	02:44+	02:16+	05:17+	02:05-	03:16-	01:55-	01:49-	01:54-	03:36-	01:29+	00:20-				
00:03-	00:06+	00:31-	03:49@	00:10-	00:09+	00:13#	02:12&	00:47-	01:05-	00:20-	00:05-	02:39-	01:06-	00:33&	00:02-				
<b>3</b>	<b>Gunnar Furland</b>	<b>93</b>										<b>47:14</b>							
02:38+	06:05+	09:35+	13:18+	15:14+	19:17+	22:13+	26:01+	28:27+	31:43+	34:29+	37:18+	41:03+	45:50+	46:50+	47:14+				
02:38+	03:27+	03:30+	03:43+	01:56+	04:03+	02:56+	03:48+	02:26-	03:16-	02:46+	02:49+	03:45-	04:47+	01:00+	00:24+				
00:47&	00:15+	00:44&	01:25&	00:35&	01:28&	00:53&	00:43#	00:26-	01:05-	00:31#	00:55&	00:48-	00:05+	00:04+	00:02+				
<b>4</b>	<b>Bjarne Edland</b>	<b>92</b>										<b>55:13</b>							
01:59+	04:28-	07:27-	10:50+	12:27+	16:27+	19:26+	37:02+	39:12+	42:51+	44:58+	47:12+	50:31+	53:53+	54:53+	55:13+				
01:59+	02:29-	02:59+	03:23+	01:37+	04:00+	02:59+	17:36+	02:10-	03:39-	02:07-	02:14+	03:19-	03:22-	01:00+	00:20-				
00:08+	00:43-	00:13+	01:05&	00:16#	01:25&	00:56&	14:31@	00:42-	00:42-	00:08-	00:20#	01:14-	01:20-	00:04+	00:02-				

Class	Navn	Klasse											Tid			
<b>5</b>	<b>Magne Jakobsen</b>	<b>63</b>											<b>1:00:03</b>			
02:19+	05:47+	10:25+	16:00+	21:36+	24:37+	29:31+	33:40+	35:51+	42:05+	45:24+	47:59+	51:10+	58:28+	59:31+	60:03+	
02:19+	03:28+	04:38+	05:35+	05:36+	03:01+	04:54+	04:09+	02:11-	06:14+	03:19+	02:35+	03:11-	07:18+	01:03+	00:32+	
00:28&	00:16+	01:52&	03:17@	04:15@	00:26#	02:51@	01:04&	00:41-	01:53&	01:04&	00:41&	01:22-	02:36&	00:07#	00:10&	
<b>6</b>	<b>Alf Gyland</b>	<b>92</b>											<b>1:00:41</b>			
01:51=	04:50-	08:23+	15:13+	17:08+	20:29+	23:19+	27:30+	30:03+	35:20+	37:42+	45:48+	55:00+	59:16+	60:20+	60:41+	
01:51=	02:59-	03:33+	06:50+	01:55+	03:21+	02:50+	04:11+	02:33-	05:17+	02:22+	08:06+	09:12+	04:16-	01:04+	00:21-	
00:00=	00:13-	00:47&	04:32@	00:34&	00:46&	00:47&	01:06&	00:19-	00:56#	00:07+	06:12@	04:39@	00:26-	00:08#	00:01-	
<b>7</b>	<b>Rolv Nærland</b>	<b>63</b>											<b>1:02:08</b>			
02:02+	04:57-	10:14+	20:59+	22:25+	25:28+	28:21+	33:14+	38:21+	48:06+	50:28+	52:52+	56:03+	60:44+	61:47+	62:08+	
02:02+	02:55-	05:17+	10:45+	01:26+	03:03+	02:53+	04:53+	05:07+	09:45+	02:22+	02:24+	03:11-	04:41-	01:03+	00:21-	
00:11+	00:17-	02:31&	08:27@	00:05+	00:28#	00:50&	01:48&	02:15&	05:24@	00:07+	00:30&	01:22-	00:01-	00:07#	00:01-	
<b>8</b>	<b>Kjell Maudal</b>	<b>63</b>											<b>1:03:08</b>			
02:51+	06:04+	11:18+	21:56+	23:21+	26:32+	29:31+	34:18+	39:25+	49:15+	51:34+	53:56+	56:58+	61:47+	62:49+	63:08+	
02:51+	03:13+	05:14+	10:38+	01:25+	03:11+	02:59+	04:47+	05:07+	09:50+	02:19+	02:22+	03:02-	04:49+	01:02+	00:19-	
01:00&	00:01+	02:28&	08:20@	00:04+	00:36#	00:56&	01:42&	02:15&	05:29@	00:04+	00:28#	01:31-	00:07+	00:06#	00:03-	
<b>9</b>	<b>Torleiv Møgedal</b>	<b>68</b>											<b>1:08:47</b>			
02:22+	05:49+	15:55+	23:16+	25:24+	32:16+	39:18+	43:24+	46:48+	51:29+	54:05+	56:39+	60:00+	66:55+	68:24+	68:47+	
02:22+	03:27+	10:06+	07:21+	02:08+	06:52+	07:02+	04:06+	03:24+	04:41+	02:36+	02:34+	03:21-	06:55+	01:29+	00:23+	
00:31&	00:15+	07:20@	05:03@	00:47&	04:17@	04:59@	01:01&	00:32#	00:20+	00:21#	00:40&	01:12-	02:13&	00:33&	00:01+	
<b>10</b>	<b>Terje Braut</b>	<b>92</b>											<b>1:15:19</b>			
02:07+	05:57+	09:02+	20:29+	23:53+	31:41+	36:44+	40:07+	43:33+	57:56+	60:27+	63:16+	67:21+	71:35+	73:32+	74:51+	75:19+
02:07+	03:50+	03:05+	11:27+	03:24+	07:48+	05:03+	03:23+	03:26+	14:23+	02:31+	02:49+	04:05-	04:14-	01:57+	01:19+	00:28+
00:16#	00:38#	00:19#	09:09@	02:03@	05:13@	03:00@	00:18+	00:34#	10:02@	00:16#	00:55&	00:28-	00:28-	01:01@	00:57@	00:28+
<b>11</b>	<b>Jan Bekkeheien</b>	<b>92</b>											<b>1:19:11</b>			
02:11+	15:42+	19:54+	23:26+	26:48+	35:46+	41:10+	45:05+	47:29+	62:09+	64:49+	67:24+	71:25+	76:04+	77:38+	78:40+	79:11+
02:11+	13:31+	04:12+	03:32+	03:22+	08:58+	05:24+	03:55+	02:24-	14:40+	02:40+	02:35+	04:01-	04:39-	01:34+	01:02+	00:31+
00:20#	10:19@	01:26&	01:14&	02:01@	06:23@	03:21@	00:50&	00:28-	10:19@	00:25#	00:41&	00:32-	00:03-	00:38&	00:40@	00:31+
<b>Beste strekktid for klassen</b>																
01:48	02:29	02:15	02:18	01:11	02:35	02:03	03:05	02:05	03:16	01:55	01:49	01:54	03:22	00:56	00:19	

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

## Herrer 80 år og eldre

<b>1</b>	<b>Sigurd Krosli</b>	<b>31</b>											<b>44:08</b>			
02:06=	07:23=	13:15=	16:37=	21:34=	24:10=	27:25=	30:01=	32:42=	36:02=	39:09=	42:47=	43:39=	44:08=			
02:06=	05:17=	05:52=	03:22=	04:57=	02:36=	03:15=	02:36=	02:41=	03:20=	03:07=	03:38=	00:52=	00:29=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Magne Westerheim</b>	<b>93</b>											<b>58:17</b>			
02:35+	06:18-	14:58+	19:23+	28:16+	30:24+	34:11+	36:50+	45:20+	48:11+	51:19+	56:16+	57:59+	58:17+			
02:35+	03:43-	08:40+	04:25+	08:53+	02:08-	03:47+	02:39+	08:30+	02:51-	03:08+	04:57+	01:43+	00:18-			
00:29#	01:34-	02:48&	01:03&	03:56&	00:28-	00:32#	00:03+	05:49@	00:29-	00:01+	01:19&	00:51&	00:11-			
<b>3</b>	<b>Peter Frafjord</b>	<b>116</b>											<b>1:03:52</b>			
02:18+	08:28+	14:33+	29:30+	34:52+	39:19+	42:57+	50:19+	52:52+	56:08+	58:58+	62:02+	63:27+	63:52+			
02:18+	06:10+	06:05+	14:57+	05:22+	04:27+	03:38+	07:22+	02:33-	03:16-	02:50-	03:04-	01:25+	00:25-			
00:12+	00:53#	00:13+	11:35@	00:25+	01:51&	00:23#	04:46@	00:08-	00:04-	00:17-	00:34-	00:33&	00:04-			
<b>Beste strekktid for klassen</b>																
02:06	03:43	05:52	03:22	04:57	02:08	03:15	02:36	02:33	02:51	02:50	03:04	00:52	00:18			

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

## Herrer A

<b>1</b>	<b>Bjarthe Westerheim</b>	<b>194</b>											<b>28:48</b>									
01:11=	02:04=	05:15=	08:11=	09:17=	09:55=	11:13=	11:56=	13:47=	15:01=	15:46=	17:28=	19:09=	20:39=	21:41=	22:23=	23:31=	24:17=	25:25=	26:43=	27:56=	28:37=	28:48=
01:11=	00:53=	03:11=	02:56=	01:06=	00:38=	01:18=	00:43=	01:51=	01:14=	00:45=	01:42=	01:41=	01:30=	01:02=	00:42=	01:08=	00:46=	01:08=	01:18=	01:13=	00:41=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid										
<b>2</b>	<b>Fredrik Omdal</b>	<b>74</b>										<b>30:18</b>										
01:06-	01:56-	05:09-	08:12+	09:22+	10:06+	11:10-	11:57+	14:14+	15:27+	16:12+	17:51+	19:46+	21:23+	22:33+	23:35+	24:49+	25:36+	26:40+	28:01+	29:13+	30:05+	30:18+
01:06-	00:50-	03:13+	03:03+	01:10+	00:44+	01:04-	00:47+	02:17+	01:13-	00:45=	01:39-	01:55+	01:37+	00:47+	01:02+	01:14+	00:47+	01:04-	01:21+	01:12-	00:52+	00:13+
00:05-	00:03-	00:02+	00:07+	00:04+	00:06#	00:14-	00:04+	00:26#	00:01-	00:00=	00:03-	00:14#	00:07+	00:08#	00:20&	00:06+	00:01+	00:04-	00:03+	00:01-	00:11&	00:02#
<b>3</b>	<b>Erik Lima</b>	<b>115</b>										<b>32:44</b>										
01:17+	02:09+	05:27+	08:46+	10:08+	11:42+	13:06+	13:56+	15:58+	17:41+	18:36+	20:28+	22:10+	23:56+	25:11+	25:53+	27:01+	27:52+	28:51+	30:26+	31:48+	32:30+	32:44+
01:17+	00:52-	03:18+	03:19+	01:22+	01:34+	01:24+	00:50+	02:02+	01:43+	00:55+	01:52+	01:42+	01:46+	01:15+	00:42=	01:08=	00:51+	00:59-	01:35+	01:22+	00:42+	00:14+
00:06+	00:01-	00:07+	00:23#	00:16#	00:56#	00:06+	00:07#	00:11+	00:29&	00:10#	00:10+	00:01+	00:16#	00:13#	00:00=	00:00=	00:05#	00:09-	00:17#	00:09#	00:01+	00:03&
<b>4</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>										<b>35:01</b>										
01:17+	02:19+	06:27+	09:54+	11:13+	12:41+	13:54+	14:39+	16:41+	18:03+	19:14+	21:11+	23:02+	24:57+	26:21+	27:04+	28:35+	29:30+	30:42+	32:36+	33:57+	34:46+	35:01+
01:17+	01:02+	04:08+	03:27+	01:19+	01:28+	01:13-	00:45+	02:02+	01:22+	01:11+	01:57+	01:51+	01:55+	01:24+	00:43+	01:31+	00:55+	01:12+	01:54+	01:21+	00:49+	00:15+
00:06+	00:09#	00:57&	00:31#	00:50#	00:50#	00:05-	00:02+	00:11+	00:08#	00:26&	00:15#	00:10+	00:25&	00:22&	00:01+	00:23&	00:09#	00:04+	00:36&	00:08#	00:08#	00:04&
<b>5</b>	<b>Morten Bjerga Sundli</b>	<b>7</b>										<b>36:53</b>										
01:37+	02:46+	06:14+	09:47+	11:10+	12:12+	15:08+	16:01+	18:07+	19:38+	20:39+	22:26+	25:19+	27:07+	28:26+	29:13+	30:34+	31:31+	32:38+	34:11+	35:33+	36:38+	36:53+
01:37+	01:09+	03:28+	03:33+	01:23+	01:02+	02:56+	00:53+	02:06+	01:31+	01:01+	01:47+	02:53+	01:48+	01:19+	00:47+	01:21+	00:57+	01:07-	01:33+	01:22+	01:05+	00:15+
00:26&	00:16&	00:17+	00:37#	00:17&	00:24&	01:38#	00:10#	00:15#	00:17#	00:16&	00:05+	01:12&	00:18#	00:17&	00:05#	00:13#	00:11#	00:01-	00:15#	00:09#	00:24&	00:04&
<b>6</b>	<b>Martin Blystad</b>	<b>115</b>										<b>37:00</b>										
01:24+	02:23+	07:22+	10:35+	12:08+	13:03+	14:14+	15:04+	17:04+	18:37+	19:37+	21:28+	23:18+	25:21+	26:48+	27:53+	29:31+	30:27+	31:40+	34:16+	36:02+	36:47+	37:00+
01:24+	00:59+	04:59+	03:13+	01:33+	00:55+	01:11-	00:50+	02:00+	01:33+	01:00+	01:51+	01:50+	02:03+	01:27+	01:05+	01:38+	00:56+	01:13+	02:36+	01:46+	00:45+	00:13+
00:13#	00:06#	01:48&	00:17+	00:27&	00:17&	00:07-	00:07#	00:09+	00:19&	00:15&	00:09+	00:09+	00:33&	01:27+	01:05+	01:38+	00:10#	00:05+	01:18&	00:33&	00:04+	00:02#
<b>7</b>	<b>Lars Ole Løseth</b>	<b>116</b>										<b>45:25</b>										
01:29+	02:50+	06:29+	17:31+	19:06+	19:59+	21:24+	22:23+	24:25+	26:03+	27:00+	29:10+	31:28+	33:33+	35:00+	36:02+	37:28+	38:35+	39:45+	42:31+	43:48+	45:08+	45:25+
01:29+	01:21+	03:39+	11:02+	00:53+	00:53+	01:25+	00:59+	02:02+	01:38+	00:57+	02:10+	02:18+	02:05+	01:27+	01:02+	01:26+	01:07+	01:10+	02:46+	01:17+	01:20+	00:17+
00:18&	00:28&	00:28#	08:06#	00:29&	00:15&	00:07+	00:16&	00:11+	00:24&	00:12&	00:28&	00:37&	00:35&	00:25&	00:20&	00:18&	00:21&	00:02+	01:28#	00:04+	00:39&	00:06&
<b>8</b>	<b>Espen Karlsen</b>	<b>102</b>										<b>46:14</b>										
01:16+	02:23+	07:36+	12:11+	13:50+	17:40+	19:51+	20:48+	23:22+	26:11+	27:31+	29:43+	31:58+	34:16+	35:51+	37:03+	38:51+	39:59+	41:32+	43:31+	45:11+	45:57+	46:14+
01:16+	01:07+	05:13+	04:35+	01:39+	03:50+	02:11+	00:57+	02:34+	02:49+	01:20+	02:12+	02:15+	02:18+	01:35+	01:12+	01:48+	01:08+	01:33+	01:59+	01:40+	00:46+	00:17+
00:05+	00:14&	02:02&	01:39&	00:33&	03:12#	00:53&	00:14&	00:43&	01:35#	00:35&	00:30&	00:34&	00:48&	00:33&	00:30&	00:40&	00:22&	00:25&	00:41&	00:27&	00:05#	00:06&
<b>9</b>	<b>Joakim B. Enne Haug</b>	<b>71</b>										<b>47:22</b>										
01:16+	02:29+	08:16+	12:02+	13:57+	15:53+	17:20+	18:26+	20:46+	22:25+	23:45+	25:35+	28:24+	30:39+	32:17+	35:27+	38:29+	39:32+	42:03+	44:29+	46:11+	47:08+	47:22+
01:16+	01:13+	05:47+	03:46+	01:55+	01:56+	01:27+	01:06+	02:20+	01:39+	01:20+	01:50+	02:49+	02:15+	01:38+	03:10+	03:02+	01:03+	02:31+	02:26+	01:42+	00:57+	00:14+
00:05+	00:20&	02:36&	00:50&	00:49&	01:18#	00:09#	00:23&	00:29&	00:25&	00:35&	00:08+	01:08&	00:45&	00:36&	02:28#	01:54#	00:17&	01:23#	01:08&	00:29&	00:16&	00:03&
<b>10</b>	<b>Jørgen Strømstad</b>	<b>50</b>										<b>49:29</b>										
01:32+	03:08+	08:30+	12:44+	14:36+	15:46+	18:04+	19:13+	22:17+	24:05+	25:12+	27:14+	29:33+	32:35+	34:14+	35:24+	37:09+	38:15+	40:03+	45:04+	48:15+	49:16+	49:29+
01:32+	01:36+	05:22+	04:14+	01:52+	01:10+	02:18+	01:09+	03:04+	01:48+	01:07+	02:02+	02:19+	03:02+	01:39+	01:10+	01:45+	01:06+	01:48+	05:01+	03:11+	01:01+	00:13+
00:21&	00:43&	02:11&	01:18&	00:46&	00:32&	01:00&	00:26&	01:13&	00:34&	00:22&	00:20#	00:38&	01:32#	00:37&	00:28&	00:37&	00:20&	00:40&	03:43#	01:58#	00:20&	00:02#
<b>Beste strekktid for klassen</b>																						
01:06	00:50	03:11	02:56	01:06	00:38	01:04	00:43	01:51	01:13	00:45	01:39	01:41	01:30	01:02	00:42	01:08	00:46	00:59	01:18	01:12	00:41	00:11

**Beste strekktid for klassen**

01:06 00:50 03:11 02:56 01:06 00:38 01:04 00:43 01:51 01:13 00:45 01:39 01:41 01:30 01:02 00:42 01:08 00:46 00:59 01:18 01:12 00:41 00:11

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

**Herrer B**

<b>1</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>										<b>33:32</b>										
01:02=	02:18=	06:10=	09:37=	11:11=	11:55=	13:12=	13:57=	15:59=	17:20=	18:30=	20:14=	22:58=	24:37=	25:52=	26:35=	27:56=	28:55=	30:04=	31:23=	32:42=	33:19=	33:32=
01:02=	01:16=	03:52=	03:27=	01:34=	00:44=	01:17=	00:45=	02:02=	01:21=	01:10=	01:44=	02:44=	01:39=	01:15=	00:43=	01:21=	00:59=	01:09=	01:19=	01:19=	00:37=	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=	00:00=	00:00=
<b>2</b>	<b>Geir Sand</b>	<b>105</b>										<b>34:32</b>										
01:17+	02:13-	05:31-	08:44-	10:03-	11:16-	12:44-	13:30-	15:29-	16:57-	18:12-	19:54-	21:57-	23:47-	25:13-	26:27-	28:03+	28:58+	30:17+	31:59+	33:30+	34:20+	34:32+
01:17+	00:56-	03:18-	03:13-	01:19-	01:13+	01:28+	00:46+	01:59-	01:28+	01:15+	01:42-	02:03-	01:50+	01:26+	01:14+	01:36+	00:55-	01:19+	01:42+	01:31+	00:50+	00:12-
00:15#	00:20-	00:34-	00:14-	00:15-	00:29&	00:11#	00:01+	00:03-	00:07+	00:05+	00:02-	00:41-	00:11#	00:11#	00:31&	00:15#	00:04-	00:10#	00:23&	00:12#	00:13&	00:01-
<b>3</b>	<b>Jan-Rune Basso</b>	<b>91</b>										<b>35:13</b>										
01:12+	02:05-	05:24-	08:51-	10:20-	11:54-	13:13+	14:07+	16:18+	17:53+	18:50+	20:43+	22:35-	24:27-	25:52=	26:47+	28:16+	29:10+	30:37+	32:29+	34:07+	34:58+	35:13+
01:12+	00:53-	03:19-	03:27=	01:29-	01:34+	01:19+	00:54+	02:11+	01:35+	00:57-	01:53+	01:52-	01:52+	01:25+	00:55+	01:29+	00:54-	01:27+	01:52+	01:38+	00:51+	00:15+
00:10#	00:23-	00:33-	00:00=	00:05-	00:50#	00:02+	00:09#	00:09+	00:14#	00:13-	00:09+	00:52-	00:13#	00:10#	00:12&	00:08+	00:05-	00:18&	00:33&	00:19#	00:14&	00:02#
<b>4</b>	<b>Oddvar Taksdal</b>	<b>194</b>										<b>35:27</b>										
01:13+	02:11-	06:10=	09:50+	11:20+	12:06+	13:25+	14:12+	16:28+	18:16+	19:21+	21:17+	23:23+	25:16+	26:41+	27:40+	29:10+	30:06+	31:18+	33:02+	34:27+	35:13+	35:27+
01:13+	00:58-	03:59+	03:40+	01:30-	00:46+	01:19+	00:47+	02:16+	01:48+	01:05-	01:56+	02:06-	01:53+	01:25+	00:59+	01:30+	00:56-	01:12+	01:44+	01:25+	00:46+	00:14+
00:11#	00:18-	00:07+	00:13+	00:04-	00:02+	00:02+	00:02+	00:14#	00:27&	00:05-	00:12#	00:38-	00:14#	00:10#	00:16&	00:09#	00:03-	00:03+	00:25&	00:06+	00:09#	00:01+

Class	Navn	Klasse																		Tid		
<b>5</b>	<b>Per Olav Haarr</b>	<b>62</b>																		<b>37:56</b>		
01:13+	02:17-	06:11+	10:00+	11:37+	12:40+	14:52+	15:39+	18:05+	19:49+	20:51+	22:45+	24:46+	26:49+	28:17+	29:12+	30:38+	31:49+	33:12+	35:02+	36:41+	37:41+	37:56+
01:13+	01:04-	03:54+	03:49+	01:37+	01:03+	02:12+	00:47+	02:26+	01:44+	01:02-	01:54+	02:01-	02:03+	01:28+	00:55+	01:26+	01:11+	01:23+	01:50+	01:39+	01:00+	00:15+
00:11#	00:12-	00:02+	00:22#	00:03+	00:19#	00:55#	00:02+	00:24#	00:23#	00:08-	00:10+	00:43-	00:24#	00:13#	00:12&	00:05+	00:12#	00:14#	00:31&	00:20&	00:23&	00:02#
<b>6</b>	<b>Njål F. Vadla</b>	<b>93</b>																		<b>37:59</b>		
01:10+	02:01-	05:59-	09:19-	10:36-	11:44-	15:23+	16:16+	18:43+	20:18+	21:08+	23:05+	25:16+	27:10+	28:33+	29:19+	30:57+	31:53+	33:15+	34:49+	36:59+	37:44+	37:59+
01:10+	00:51-	03:58+	03:20-	01:17-	01:08+	03:39+	00:53+	02:27+	01:35+	00:50-	01:57+	02:11-	01:54+	01:23+	00:46+	01:38+	00:56-	01:22+	01:34+	02:10+	00:45+	00:15+
00:08#	00:25-	00:06+	00:07-	00:17-	00:24&	02:22#	00:08#	00:25#	00:14#	00:20-	00:13#	00:33-	00:15#	00:08#	00:03+	00:17#	00:03-	00:13#	00:15#	00:51&	00:08#	00:02#
<b>7</b>	<b>Øystein Amundrud</b>	<b>90</b>																		<b>38:44</b>		
01:21+	02:23+	07:04+	10:47+	12:21+	13:35+	14:54+	15:44+	18:45+	20:24+	21:37+	23:35+	25:33+	27:33+	29:00+	30:11+	32:01+	33:09+	34:22+	35:43+	37:14+	38:27+	38:44+
01:21+	01:02-	04:41+	03:43+	01:34=	01:14+	01:19+	00:50+	03:01+	01:39+	01:13+	01:58+	01:58-	02:00+	01:27+	01:11+	01:50+	01:08+	01:13+	01:21+	01:31+	01:13+	00:17+
00:19&	00:14-	00:49#	00:16+	00:00=	00:30&	00:02+	00:05#	00:59&	00:18#	00:03+	00:14#	00:46-	00:21#	00:12#	00:28&	00:29&	00:09#	00:04+	00:02+	00:12#	00:36&	00:04&
<b>8</b>	<b>Odd Fuglestad</b>	<b>250</b>																		<b>39:40</b>		
01:08+	02:05-	06:03-	10:19+	11:33+	12:29+	13:47+	14:37+	16:56+	18:52+	19:49+	21:57+	24:07+	26:04+	27:33+	28:59+	30:31+	31:26+	32:44+	37:08+	38:39+	39:26+	39:40+
01:08+	00:57-	03:58+	04:16+	01:14-	00:56+	01:18+	00:50+	02:19+	01:56+	00:57-	02:08+	02:10-	01:57+	01:29+	01:26+	01:32+	00:55-	01:18+	04:24+	01:31+	00:47+	00:14+
00:06+	00:19-	00:06+	00:49#	00:20-	00:12&	00:01+	00:05#	00:17#	00:35&	00:13-	00:24#	00:34-	00:18#	00:14#	00:43&	00:11#	00:04-	00:09#	03:05#	00:12#	00:10&	00:01+
<b>9</b>	<b>Bård Skogsholm</b>	<b>194</b>																		<b>40:26</b>		
01:33+	02:39+	06:53+	11:34+	13:11+	14:47+	16:34+	17:26+	20:06+	21:57+	22:56+	25:07+	27:04+	28:59+	30:38+	31:40+	33:17+	34:15+	35:39+	37:35+	39:16+	40:13+	40:26+
01:33+	01:06-	04:14+	04:41+	01:37+	01:36+	01:47+	00:52+	02:40+	01:51+	00:59-	02:11+	01:57-	01:55+	01:39+	01:02+	01:37+	00:58-	01:24+	01:56+	01:41+	00:57+	00:13=
00:31&	00:10-	00:22+	01:14&	00:03+	00:52#	00:30&	00:07#	00:38&	00:30&	00:11-	00:27&	00:47-	00:16#	00:24&	00:19&	00:16#	00:01-	00:15#	00:37&	00:22&	00:20&	00:00=
<b>10</b>	<b>Joar Eilevstjønn</b>	<b>67</b>																		<b>41:03</b>		
01:09+	02:04-	07:27+	11:19+	13:16+	17:00+	18:17+	19:09+	21:09+	22:38+	23:31+	25:32+	27:23+	29:23+	30:55+	31:57+	33:25+	34:30+	35:46+	38:17+	40:06+	40:50+	41:03+
01:09+	00:55-	05:23+	03:52+	01:57+	03:44+	01:17=	00:52+	02:00+	01:29+	00:53-	02:01+	01:51-	02:00+	00:52+	01:02+	01:16+	02:31+	01:49+	02:31+	01:49+	00:44+	00:13=
00:07#	00:21-	01:31&	00:25#	00:23#	03:00#	00:00=	00:07#	00:02-	00:08+	00:17-	00:17#	00:53-	00:21#	00:17#	00:19&	00:07+	00:06#	00:07#	01:12&	00:30&	00:07#	00:00=
<b>11</b>	<b>Morten Aamodt</b>	<b>116</b>																		<b>41:09</b>		
01:24+	02:19+	06:26+	10:03+	12:21+	13:10+	14:50+	15:34+	17:51+	19:40+	20:29+	22:23+	26:39+	28:28+	29:53+	30:51+	32:36+	33:33+	36:24+	37:42+	39:49+	40:52+	41:09+
01:24+	00:55-	04:07+	03:37+	02:18+	00:49+	01:40+	00:44-	02:17+	01:49+	00:49-	01:54+	04:16+	01:49+	01:25+	00:58+	01:45+	00:57-	02:51+	01:18-	02:07+	01:03+	00:17+
00:22&	00:21-	00:15+	00:10+	00:44&	00:05#	00:23&	00:01-	00:15#	00:28&	00:21-	00:10+	01:32&	00:10#	00:10#	00:15&	00:24&	00:02-	01:42#	00:01-	00:48&	00:26&	00:04&
<b>12</b>	<b>Jone Sæbbø</b>	<b>90</b>																		<b>42:35</b>		
01:37+	02:42+	07:06+	11:19+	12:47+	14:24+	16:47+	17:50+	20:24+	22:11+	23:29+	25:39+	27:46+	29:51+	31:16+	33:23+	34:53+	35:56+	38:09+	39:51+	41:30+	42:21+	42:35+
01:37+	01:05-	04:24+	04:13+	01:28-	01:37+	02:23+	01:03+	02:34+	01:47+	01:18+	02:10+	02:07-	02:05+	01:25+	02:07+	01:30+	01:03+	02:13+	01:42+	01:39+	00:51+	00:14+
00:35&	00:11-	00:32#	00:46#	00:06-	00:53#	01:06&	00:18&	00:32&	00:26&	00:08#	00:26#	00:37-	00:26&	00:10#	01:24#	00:09#	00:04+	01:04&	00:23&	00:20&	00:14&	00:01+
<b>13</b>	<b>Svein Erik Kvame</b>	<b>116</b>																		<b>43:46</b>		
01:18+	02:34+	06:54+	10:55+	12:35+	14:30+	16:21+	17:10+	19:39+	21:16+	23:43+	26:00+	28:01+	30:10+	31:42+	33:44+	37:09+	38:06+	39:30+	41:03+	42:39+	43:30+	43:46+
01:18+	01:16-	04:20+	04:01+	01:40+	01:55+	01:51+	00:49+	02:29+	01:37+	02:27+	02:17+	02:01-	02:09+	01:32+	02:02+	03:25+	00:57-	01:24+	01:33+	01:36+	00:51+	00:16+
00:16&	00:00=	00:28#	00:34#	00:06+	01:11#	00:34&	00:04+	00:27#	00:16#	01:17#	00:33&	00:43-	00:30&	00:17#	01:19#	02:04#	00:02-	00:15#	00:14#	00:17#	00:14&	00:03#
<b>14</b>	<b>Bjørn Serck-Hanssen</b>	<b>91</b>																		<b>44:00</b>		
01:34+	03:44+	07:26+	10:58+	12:27+	13:43+	15:09+	16:04+	18:23+	20:11+	21:06+	23:16+	25:46+	27:51+	29:16+	30:25+	33:44+	34:41+	37:18+	39:32+	42:36+	43:43+	44:00+
01:34+	02:10+	03:42-	03:32+	01:29-	01:16+	01:26+	00:55+	02:19+	01:48+	00:55-	02:10+	02:30-	02:05+	01:25+	01:09+	03:19+	00:57-	02:37+	02:14+	03:04+	01:07+	00:17+
00:32&	00:54&	00:10-	00:05+	00:05-	00:32&	00:09#	00:10#	00:17#	00:27&	00:15-	00:26#	00:14-	00:26&	00:10#	00:26&	01:58#	00:02-	01:28#	00:55&	01:45#	00:30&	00:04&
<b>15</b>	<b>Bjørnar André Haug</b>	<b>80</b>																		<b>45:52</b>		
01:49+	03:04+	08:14+	14:24+	16:04+	17:10+	20:02+	21:10+	23:36+	25:22+	26:29+	28:38+	30:55+	33:17+	35:16+	36:36+	38:16+	39:32+	41:13+	43:02+	44:43+	45:37+	45:52+
01:49+	01:15-	05:10+	06:10+	01:40+	01:06+	02:52+	01:08+	02:26+	01:46+	01:07-	02:09+	02:17-	02:22+	01:59+	01:20+	01:40+	01:16+	01:41+	01:49+	01:41+	00:54+	00:15+
00:47&	00:01-	01:18&	02:43&	00:06+	00:22&	01:35#	00:23&	00:24#	00:25&	00:03-	00:25#	00:27-	00:43&	00:44&	00:37&	00:19#	00:17&	00:32&	00:30&	00:22&	00:17&	00:02#
<b>Beste strekketid for klassen</b>																						
01:02	00:51	03:18	03:13	01:14	00:44	01:17	00:44	01:59	01:21	00:49	01:42	01:51	01:39	01:15	00:43	01:21	00:54	01:09	01:18	01:19	00:37	00:12

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

## Herrer C

<b>1</b>	<b>Nils John Vestøl</b>	<b>83</b>																		<b>33:55</b>	
01:13=	03:03=	03:55=	05:39=	07:27=	08:46=	12:40=	13:44=	14:47=	17:09=	19:33=	20:44=	22:49=	24:52=	26:02=	27:57=	29:21=	30:07=	31:47=	33:12=	33:55=	
01:13=	01:50=	00:52=	01:44=	01:48=	01:19=	03:54=	01:04=	01:03=	02:22=	02:24=	01:11=	02:05=	02:03=	01:10=	01:55=	01:24=	00:46=	01:40=	01:25=	00:43=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kjetil Wirak</b>	<b>114</b>																		<b>34:39</b>	
01:20+	03:14+	04:11+	05:30-	07:11-	08:40-	12:17-	13:26-	14:19-	16:39-	19:05-	20:28-	22:35-	24:31-	25:45-	27:22-	28:50-	30:55+	32:19+	33:58+	34:39+	
01:20+	01:54+	00:57+	01:19-	01:41-	01:29+	03:37-	01:09+	00:53-	02:20-	02:26+	01:23+	02:07+	01:56-	01:14+	01:37-	01:28+	02:05+	01:24-	01:39+	00:41-	
00:07+	00:04+	00:05+	00:25-	00:07-	00:10#	00:17-	00:05+	00:10-	00:02-	00:02+	00:12#	00:02+	00:07-	00:04+	00:18-	00:04+	01:19#	00:16-	00:14#	00:02-	

Class	Navn	Klasse														Tid									
<b>3</b>	<b>Jan Einar Øvremo</b>	<b>50</b>														<b>36:16</b>									
01:18+	03:19+	04:15+	06:05+	08:06+	09:30+	13:39+	16:11+	17:05+	19:29+	22:10+	23:18+	25:19+	27:16+	28:30+	30:25+	31:39+	32:26+	34:02+	35:32+	36:16+					
01:18+	02:01+	00:56+	01:50+	02:01+	01:24+	04:09+	02:32+	00:54-	02:24+	02:41+	01:08-	02:01-	01:57-	01:14+	01:55=	01:14-	00:47+	01:36-	01:30+	00:44+					
00:05+	00:11#	00:04+	00:06+	00:13#	00:05+	00:15+	01:28@	00:09-	00:02+	00:17#	00:03-	00:04-	00:06-	00:04+	00:00=	00:10-	00:01+	00:04-	00:05+	00:01+					
<b>4</b>	<b>Henning Sundby</b>	<b>114</b>														<b>37:09</b>									
01:19+	03:16+	04:17+	05:48+	07:36+	09:11+	13:30+	14:48+	15:48+	17:54+	20:17+	21:24+	23:43+	26:18+	28:09+	29:59+	31:44+	32:29+	34:28+	36:21+	37:09+					
01:19+	01:57+	01:01+	01:31-	01:48=	01:35+	04:19+	01:18+	01:00-	02:06-	02:23-	01:07-	02:19+	02:35+	01:51+	01:50-	01:45+	00:45-	01:59+	01:53+	00:48+					
00:06+	00:07+	00:09#	00:13-	00:00=	00:16#	00:25#	00:14#	00:03-	00:16-	00:01-	00:04-	00:14#	00:32#	00:41#	00:05-	00:21#	00:01-	00:19#	00:28#	00:05#					
<b>5</b>	<b>Otte Omdal</b>	<b>65</b>														<b>38:17</b>									
01:21+	03:25+	04:31+	06:15+	08:02+	09:45+	13:59+	15:12+	16:24+	18:38+	21:15+	22:29+	24:41+	26:57+	29:00+	30:58+	32:30+	33:12+	34:52+	37:30+	38:17+					
01:21+	02:04+	01:06+	01:44=	01:47-	01:43+	04:14+	01:13+	01:12+	02:14-	02:37+	01:14+	02:12+	02:16+	02:03+	01:58+	01:32+	00:42-	01:40=	02:38+	00:47+					
00:08#	00:14#	00:14#	00:00=	00:01-	00:24#	00:20+	00:09#	00:09#	00:08-	00:13+	00:03+	00:07+	00:13#	00:53#	00:03+	00:08+	00:04-	00:00=	01:13#	00:04+					
<b>6</b>	<b>Paul Terje Haarr</b>	<b>62</b>														<b>39:53</b>									
01:36+	03:57+	05:08+	06:51+	08:48+	10:30+	15:43+	16:49+	17:52+	20:41+	23:39+	25:06+	27:58+	30:19+	31:52+	33:47+	35:07+	35:56+	37:35+	39:05+	39:53+					
01:36+	02:21+	01:11+	01:43-	01:57+	01:42+	05:13+	01:06+	01:03=	02:49+	02:58+	01:27+	02:52+	02:21+	01:33+	01:55=	01:20-	00:49+	01:39-	01:30+	00:48+					
00:23#	00:31#	00:19#	00:01-	00:09+	00:23#	01:19#	00:02+	00:00=	00:27#	00:34#	00:16#	00:47#	00:18#	00:23#	00:00=	00:04-	00:03+	00:01-	00:05+	00:05#					
<b>7</b>	<b>Pål Bårdsen</b>	<b>90</b>														<b>40:48</b>									
01:31+	03:41+	05:26+	06:47+	08:43+	10:33+	15:37+	16:51+	17:49+	20:27+	23:40+	24:54+	27:04+	29:14+	31:08+	33:45+	35:57+	36:47+	38:25+	40:01+	40:48+					
01:31+	02:10+	01:45+	01:21-	01:56+	01:50+	05:04+	01:14+	00:58-	02:38+	03:13+	01:14+	02:10+	02:10+	01:54+	02:37+	02:12+	00:50+	01:38-	01:36+	00:47+					
00:18#	00:20#	00:53@	00:23-	00:08+	00:31#	01:10#	00:10#	00:05-	00:16#	00:49#	00:03+	00:05+	00:07+	00:44#	00:42#	00:48#	00:04+	00:02-	00:11#	00:04+					
<b>8</b>	<b>Sturle Omdal</b>	<b>116</b>														<b>41:05</b>									
01:22+	04:00+	05:33+	06:55+	09:17+	11:05+	15:54+	17:04+	18:00+	20:45+	23:30+	25:12+	27:35+	29:42+	31:14+	33:34+	35:07+	36:00+	37:32+	39:36+	41:05+					
01:22+	02:38+	01:33+	01:22-	02:22+	01:48+	04:49+	01:10+	00:56-	02:45+	02:45+	01:42+	02:23+	02:07+	01:32+	02:20+	00:53+	01:32-	02:04+	01:29+	00:09#					
00:09#	00:48#	00:41#	00:22-	00:34#	00:29#	00:55#	00:06+	00:07-	00:23#	00:21#	00:31#	00:18#	00:04+	00:22#	00:25#	00:09#	00:07#	00:08-	00:39#	00:46@					
<b>9</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>														<b>41:36</b>									
01:33+	03:46+	04:52+	06:12+	08:07+	09:42+	14:13+	15:24+	16:22+	19:01+	21:43+	22:56+	27:16+	29:18+	30:36+	32:52+	34:13+	34:58+	36:26+	40:45+	41:36+					
01:33+	02:13+	01:06+	01:20-	01:55+	01:35+	04:31+	01:11+	00:58-	02:39+	02:42+	01:13+	04:20+	02:02-	01:18+	02:16+	01:21-	00:45-	01:28-	04:19+	00:51+					
00:20#	00:23#	00:14#	00:24-	00:07+	00:16#	00:37#	00:07#	00:05-	00:17#	00:18#	00:02+	02:15@	00:01-	00:08#	00:21#	00:03-	00:01-	00:12-	02:54@	00:08#					
<b>10</b>	<b>Øystein Huglen</b>	<b>27</b>														<b>41:40</b>									
01:23+	03:23+	04:19+	06:06+	08:08+	09:51+	17:48+	18:57+	20:06+	22:38+	25:25+	26:43+	29:46+	31:53+	33:25+	35:30+	36:57+	37:41+	39:20+	40:53+	41:40+					
01:23+	02:00+	00:56+	01:47+	02:02+	01:43+	07:57+	01:09+	01:09+	02:32+	02:47+	01:18+	03:03+	02:07+	01:32+	02:05+	01:27+	00:44-	01:39-	01:33+	00:47+					
00:10#	00:10+	00:04+	00:03+	00:14#	00:24#	04:03@	00:05+	00:06+	00:10+	00:23#	00:07+	00:58#	00:04+	00:22#	00:10+	00:03+	00:02-	00:01-	00:08+	00:04+					
<b>11</b>	<b>Tore Svendsen</b>	<b>27</b>														<b>43:02</b>									
01:24+	04:10+	05:09+	06:27+	08:39+	10:20+	15:50+	16:48+	17:37+	21:13+	23:40+	24:59+	26:16+	28:47+	31:21+	32:49+	36:06+	37:45+	38:36+	40:29+	42:07+					
01:24+	02:46+	00:59+	01:18-	02:12+	01:41+	05:30+	00:58-	00:49-	03:36+	02:27+	01:19+	01:17-	02:31+	02:34+	01:28-	03:17+	01:39+	00:51-	01:53+	01:38+					
00:11#	00:56#	00:07#	00:26-	00:24#	00:22#	01:36#	00:06-	00:14-	01:14#	00:03+	00:08#	00:48-	00:28#	01:24@	00:27-	01:53@	00:53@	00:49-	00:28#	00:55@					
<b>12</b>	<b>Rune Christiansen</b>	<b>93</b>														<b>43:40</b>									
01:18+	03:39+	04:51+	06:23+	08:46+	10:38+	16:28+	17:35+	18:46+	21:41+	25:25+	27:01+	29:40+	32:03+	34:02+	36:12+	37:51+	38:54+	40:47+	42:46+	43:40+					
01:18+	02:21+	01:12+	01:32-	02:23+	01:52+	05:50+	01:07+	01:11+	02:55+	03:44+	01:36+	02:39+	02:23+	01:59+	02:10+	01:39+	01:03+	01:53+	01:59+	00:54+					
00:05+	00:31#	00:20#	00:12-	00:35#	00:33#	01:56#	00:03+	00:08#	00:33#	01:20#	00:25#	00:34#	00:20#	00:49#	00:15#	00:15#	00:17#	00:13#	00:34#	00:11#					
<b>13</b>	<b>Erling Mauland</b>	<b>83</b>														<b>44:56</b>									
01:40+	04:00+	05:17+	07:07+	09:14+	11:09+	15:58+	18:25+	19:28+	22:34+	25:40+	27:06+	29:46+	32:19+	36:08+	38:14+	39:44+	40:35+	42:24+	44:08+	44:56+					
01:40+	02:20+	01:17+	01:50+	02:07+	01:55+	04:49+	02:27+	01:03=	03:06+	03:06+	01:26+	02:40+	02:33+	03:49+	02:06+	01:30+	00:51+	01:49+	01:44+	00:48+					
00:27#	00:30#	00:25#	00:06+	00:19#	00:36#	00:55#	01:23@	00:00=	00:44#	00:42#	00:15#	00:35#	00:30#	02:39@	00:11+	00:06+	00:05#	00:09+	00:19#	00:05#					
<b>Beste strekketid for klassen</b>																									
01:13	01:50	00:52	01:18	01:41	01:19	03:37	00:58	00:49	02:06	02:23	01:07	01:17	01:56	01:10	01:28	01:14	00:42	00:51	01:25	00:41					

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

## Herrer Ny

<b>1</b>	<b>Arthur Fayemdy</b>	<b>134</b>														<b>20:44</b>									
01:33=	03:17=	04:39=	07:28=	08:21=	09:10=	11:49=	14:51=	15:49=	19:12=	20:25=	20:44=	01:33=	01:44=	01:22=	02:49=	00:53=	00:49=	02:39=	03:02=	00:58=	03:23=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
<b>2</b>	<b>Knut Osmundsen</b>	<b>134</b>														<b>21:41</b>									
01:32-	04:00+	05:56+	09:37+	10:46+	11:53+	14:54+	16:47+	18:28+	19:24+	20:54+	21:41+	01:32-	02:28+	01:56+	03:41+	01:09+	01:07+	03:01+	01:53-	01:41+	00:56-				
00:01-	00:44#	00:34#	00:52#	00:16#	00:18#	00:22#	01:09-	00:43#	02:27-	00:17#	00:28@	00:01-	00:44#	00:34#	00:52#	00:16#	00:18#	00:22#	01:09-	00:43#	02:27-				

Class	Navn	Klasse	Tid								
<b>3</b>	<b>Robert Soggemoen</b>	<b>62</b>	<b>33:28</b>								
01:43+	04:06+	06:21+	10:32+	12:45+	15:12+	18:03+	19:48+	31:12+	31:45+	32:48+	33:28+
01:43+	02:23+	02:15+	04:11+	02:13+	02:27+	02:51+	01:45-	11:24+	00:33-	01:03-	00:40+
00:10#	00:39&	00:53&	01:22&	01:20@	01:38@	00:12+	01:17-	10:26@	02:50-	00:10-	00:21@
<b>4</b>	<b>Ari Krisna Mawira Tarigan</b>	<b>53</b>	<b>34:45</b>								
02:05+	04:50+	08:08+	14:01+	15:21+	17:09+	19:44+	22:25+	24:27+	29:11+	34:06+	34:45+
02:05+	02:45+	03:18+	05:53+	01:20+	01:48+	02:35-	02:41-	02:02+	04:44+	04:55+	00:39+
00:32&	01:01&	01:56@	03:04@	00:27&	00:59@	00:04-	00:21-	01:04@	01:21&	03:42@	00:20@
<b>Beste strekktid for klassen</b>											
01:32	01:44	01:22	02:49	00:53	00:49	02:35	01:45	00:58	00:33	01:03	00:19

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

## Herrer Trim

<b>1</b>	<b>Olav Magnus Eik Espedal</b>	<b>88</b>	<b>23:45</b>										
01:34=	03:16=	06:19=	08:54=	11:53=	13:21=	15:22=	17:44=	18:50=	20:16=	21:12=	22:57=	23:30=	23:45=
01:34=	01:42=	03:03=	02:35=	02:59=	01:28=	02:01=	02:22=	01:06=	01:26=	00:56=	01:45=	00:33=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Johannes Kro</b>	<b>51</b>	<b>26:34</b>										
01:28-	03:23+	07:06+	09:22+	14:56+	16:37+	18:32+	20:13+	21:30+	22:48+	24:35+	25:42+	26:18+	26:34+
01:28-	01:55+	03:43+	02:16-	05:34+	01:41+	01:55-	01:41-	01:17+	01:18-	01:47+	01:07-	00:36+	00:16+
00:06-	00:13#	00:40#	00:19-	02:35&	00:13#	00:06-	00:41-	00:11#	00:08-	00:51&	00:38-	00:03+	00:01+
<b>3</b>	<b>Martin Svensen</b>	<b>284</b>	<b>27:10</b>										
01:11-	02:49-	07:53+	10:23+	13:43+	15:34+	17:36+	20:48+	22:11+	23:18+	24:57+	26:19+	26:58+	27:10+
01:11-	01:38-	05:04+	02:30-	03:20+	01:51+	02:02+	03:12+	01:23+	01:07-	01:39+	01:22-	00:39+	00:12-
00:23-	00:04-	02:01&	00:05-	00:21#	00:23&	00:01+	00:50&	00:17&	00:19-	00:43&	00:23-	00:06#	00:03-
<b>4</b>	<b>Ole Andreas Otterøen</b>	<b>92</b>	<b>27:51</b>										
01:30-	04:10+	07:38+	12:01+	15:25+	17:04+	19:38+	21:41+	23:07+	24:32+	25:39+	26:50+	27:32+	27:51+
01:30-	02:40+	03:28+	04:23+	03:24+	01:39+	02:34+	02:03-	01:26+	01:25-	01:07+	01:11-	00:42+	00:19+
00:04-	00:58&	00:25#	01:48&	00:25#	00:11#	00:33&	00:19-	00:20&	00:01-	00:11#	00:34-	00:09&	00:04&
<b>5</b>	<b>Asle Schanke Grude</b>	<b>92</b>	<b>27:54</b>										
01:26-	03:53+	07:38+	10:08+	13:13+	15:19+	17:37+	20:49+	22:20+	24:03+	25:10+	27:07+	27:36+	27:54+
01:26-	02:27+	03:45+	02:30-	03:05+	02:06+	02:18+	03:12+	01:31+	01:43+	01:07+	01:57+	00:29-	00:18+
00:08-	00:45&	00:42#	00:05-	00:06+	00:38&	00:17#	00:50&	00:25&	00:17#	00:11#	00:12#	00:04-	00:03#
<b>6</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>	<b>29:54</b>										
01:25-	03:20+	10:35+	12:48+	16:06+	17:30+	19:45+	21:21+	22:42+	24:04+	25:01+	28:49+	29:42+	29:54+
01:25-	01:55+	07:15+	02:13-	03:18+	01:24-	02:15+	01:36-	01:21+	01:22-	00:57+	03:48+	00:53+	00:12-
00:09-	00:13#	04:12@	00:22-	00:19#	00:04-	00:14#	00:46-	00:15#	00:04-	00:01+	02:03@	00:20&	00:03-
<b>7</b>	<b>Kjartan Bryne</b>	<b>105</b>	<b>30:41</b>										
01:36+	04:09+	07:48+	10:46+	14:22+	16:33+	19:04+	22:42+	24:24+	26:17+	28:06+	29:51+	30:20+	30:41+
01:36+	02:33+	03:39+	02:58+	03:36+	02:11+	02:31+	03:38+	01:42+	01:53+	01:49+	01:45=	00:29-	00:21+
00:02+	00:51&	00:36#	00:23#	00:37#	00:43&	00:30#	01:16&	00:36&	00:27&	00:53&	00:00=	00:04-	00:06&
<b>8</b>	<b>Oddgeir Nevland</b>	<b>51</b>	<b>30:58</b>										
01:39+	03:56+	08:38+	11:10+	16:53+	18:57+	21:25+	23:48+	25:21+	26:57+	28:16+	30:04+	30:38+	30:58+
01:39+	02:17+	04:42+	02:32-	05:43+	02:04+	02:28+	02:23+	01:33+	01:36+	01:19+	01:48+	00:34+	00:20+
00:05+	00:35&	01:39&	00:03-	02:44&	00:36&	00:27#	00:01+	00:27&	00:10#	00:23&	00:03+	00:01+	00:05&
<b>9</b>	<b>Frode Lund</b>	<b>18</b>	<b>31:26</b>										
01:48+	04:24+	08:36+	11:46+	16:07+	18:15+	21:07+	23:21+	25:15+	27:09+	28:47+	30:15+	31:06+	31:26+
01:48+	02:36+	04:12+	03:10+	04:21+	02:08+	02:52+	02:14-	01:54+	01:54+	01:38+	01:28-	00:51+	00:20+
00:14#	00:54&	01:09&	00:35#	01:22&	00:40&	00:51&	00:08-	00:48&	00:28&	00:42&	00:17-	00:18&	00:05&
<b>10</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>	<b>32:37</b>										
01:37+	03:46+	07:54+	11:15+	16:22+	18:28+	21:01+	25:29+	27:06+	28:50+	30:05+	31:34+	32:21+	32:37+
01:37+	02:09+	04:08+	03:21+	05:07+	02:06+	02:33+	04:28+	01:37+	01:44+	01:15+	01:29-	00:47+	00:16+
00:03+	00:27&	01:05&	00:46&	02:08&	00:38&	00:32&	02:06&	00:31&	00:18#	00:19&	00:16-	00:14&	00:01+
<b>11</b>	<b>Reidar Haver</b>	<b>4</b>	<b>32:40</b>										
01:52+	04:18+	08:15+	10:59+	15:23+	17:38+	20:30+	22:57+	24:38+	27:00+	29:16+	31:47+	32:22+	32:40+
01:52+	02:26+	03:57+	02:44+	04:24+	02:15+	02:52+	02:27+	01:41+	02:22+	02:16+	02:31+	00:35+	00:18+
00:18#	00:44&	00:54&	00:09+	01:25&	00:47&	00:51&	00:05+	00:35&	00:56&	01:20@	00:46&	00:02+	00:03#

Class	Navn	Klasse												Tid
<b>12</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>												<b>33:37</b>
02:01+	04:24+	08:28+	13:00+	16:47+	18:48+	21:15+	24:29+	26:34+	28:50+	30:29+	32:27+	33:16+	33:37+	
02:01+	02:23+	04:04+	04:32+	03:47+	02:01+	02:27+	03:14+	02:05+	02:16+	01:39+	01:58+	00:49+	00:21+	
00:27&	00:41&	01:01&	01:57&	00:48&	00:33&	00:26#	00:52&	00:59&	00:50&	00:43&	00:13#	00:16&	00:06&	
<b>13</b>	<b>Antal Jansen</b>	<b>115</b>												<b>33:43</b>
01:22-	03:11-	06:30+	09:07+	16:45+	18:47+	20:48+	23:06+	26:23+	27:26+	28:33+	32:44+	33:30+	33:43+	
01:22-	01:49+	03:19+	02:37+	07:38+	02:02+	02:01=	02:18-	03:17+	01:03-	01:07+	04:11+	00:46+	00:13-	
00:12-	00:07+	00:16+	00:02+	04:39@	00:34&	00:00=	00:04-	02:11@	00:23-	00:11#	02:26@	00:13&	00:02-	
<b>14</b>	<b>Ingvar Haabeth</b>	<b>92</b>												<b>33:53</b>
01:56+	04:18+	08:46+	12:58+	17:34+	19:51+	22:38+	24:44+	26:31+	28:58+	30:22+	32:42+	33:35+	33:53+	
01:56+	02:22+	04:28+	04:12+	04:36+	02:17+	02:47+	02:06-	01:47+	02:27+	01:24+	02:20+	00:53+	00:18+	
00:22#	00:40&	01:25&	01:37&	01:37&	00:49&	00:46&	00:16-	00:41&	01:01&	00:28&	00:35&	00:20&	00:03#	
<b>15</b>	<b>Bjørn Kristian Røyland</b>	<b>115</b>												<b>33:56</b>
01:40+	04:07+	07:33+	13:16+	16:51+	18:55+	21:26+	23:35+	27:19+	29:07+	30:32+	32:44+	33:35+	33:56+	
01:40+	02:27+	03:26+	05:43+	03:35+	02:04+	02:31+	02:09-	03:44+	01:48+	01:25+	02:12+	00:51+	00:21+	
00:06+	00:45&	00:23#	03:08@	00:36#	00:36&	00:30#	00:13-	02:38@	00:22&	00:29&	00:27&	00:18&	00:06&	
<b>16</b>	<b>Hans Klausen</b>	<b>62</b>												<b>35:11</b>
02:55+	05:43+	10:26+	14:07+	18:06+	20:43+	23:30+	25:29+	27:27+	29:18+	30:38+	34:10+	34:55+	35:11+	
02:55+	02:48+	04:43+	03:41+	03:59+	02:37+	02:47+	01:59-	01:58+	01:51+	01:20+	03:32+	00:45+	00:16+	
01:21&	01:06&	01:40&	01:06&	01:00&	01:09&	00:46&	00:23-	00:52&	00:25&	00:24&	01:47@	00:12&	00:01+	
<b>17</b>	<b>Svein Mæle</b>	<b>115</b>												<b>35:23</b>
01:32-	03:51+	08:40+	14:16+	18:50+	21:19+	24:10+	26:30+	28:38+	30:43+	32:16+	34:20+	35:09+	35:23+	
01:32-	02:19+	04:49+	05:36+	04:34+	02:29+	02:51+	02:20-	02:08+	02:05+	01:33+	02:04+	00:49+	00:14-	
00:02-	00:37&	01:46&	03:01@	01:35&	01:01&	00:50&	00:02-	01:02&	00:39&	00:37&	00:19#	00:16&	00:01-	
<b>18</b>	<b>Niklas Gustafsson</b>	<b>192</b>												<b>35:24</b>
01:39+	04:32+	09:25+	12:38+	18:07+	20:15+	22:43+	27:10+	29:03+	30:58+	33:02+	34:28+	35:02+	35:24+	
01:39+	02:53+	04:53+	03:13+	05:29+	02:08+	02:28+	04:27+	01:53+	01:55+	02:04+	01:26+	00:34+	00:22+	
00:05+	01:11&	01:50&	00:38#	02:30&	00:40&	00:27#	02:05&	00:47&	00:29&	01:08@	00:19-	00:01+	00:07&	
<b>19</b>	<b>Samuel Denieul</b>	<b>42</b>												<b>35:37</b>
01:40+	09:01+	12:57+	15:20+	19:05+	20:58+	23:40+	27:38+	29:04+	31:15+	32:58+	34:45+	35:22+	35:37+	
01:40+	07:21+	03:56+	02:23-	03:45+	01:53+	02:42+	03:58+	01:26+	02:11+	01:43+	01:47+	00:37+	00:15=	
00:06+	05:39@	00:53&	00:12-	00:46&	00:25&	00:41&	01:36&	00:20&	00:45&	00:47&	00:02+	00:04#	00:00=	
<b>20</b>	<b>John Øgreid</b>	<b>27</b>												<b>35:57</b>
01:35+	04:54+	09:37+	12:47+	16:12+	18:40+	21:06+	24:27+	26:45+	31:10+	33:12+	35:07+	35:37+	35:57+	
01:35+	03:19+	04:43+	03:10+	03:25+	02:28+	02:26+	03:21+	02:18+	04:25+	02:02+	01:55+	00:30-	00:20+	
00:01+	01:37&	01:40&	00:35#	00:26#	01:00&	00:25#	00:59&	01:12@	02:59@	01:06@	00:10+	00:03-	00:05&	
<b>21</b>	<b>Asbjørn Brårdland</b>	<b>297</b>												<b>36:01</b>
01:40+	03:54+	13:22+	15:57+	19:27+	22:41+	25:13+	27:06+	28:47+	30:28+	32:55+	35:05+	35:43+	36:01+	
01:40+	02:14+	09:28+	02:35=	03:30+	03:14+	02:32+	01:53-	01:41+	01:41+	02:27+	02:10+	00:38+	00:18+	
00:06+	00:32&	06:25@	00:00=	00:31#	01:46@	00:31&	00:29-	00:35&	00:15#	01:31@	00:25#	00:05#	00:03#	
<b>22</b>	<b>Rolf Frøyland</b>	<b>5</b>												<b>36:17</b>
01:21-	08:02+	13:15+	17:43+	22:15+	23:59+	26:45+	30:07+	31:31+	32:55+	34:06+	35:31+	36:00+	36:17+	
01:21-	06:41+	05:13+	04:28+	04:32+	01:44+	02:46+	03:22+	01:24+	01:24-	01:11+	01:25-	00:29-	00:17+	
00:13-	04:59@	02:10&	01:53&	01:33&	00:16#	00:45&	01:00&	00:18&	00:02-	00:15&	00:20-	00:04-	00:02#	
<b>23</b>	<b>Erling Knutzen</b>	<b>128</b>												<b>36:27</b>
01:37+	03:34+	09:03+	13:11+	17:08+	20:07+	23:08+	25:45+	27:51+	29:55+	31:44+	33:54+	36:08+	36:27+	
01:37+	01:57+	05:29+	04:08+	03:57+	02:59+	03:01+	02:37+	02:06+	02:04+	01:49+	02:10+	02:14+	00:19+	
00:03+	00:15#	02:26&	01:33&	00:58&	01:31@	01:00&	00:15#	01:00&	00:38&	00:53&	00:25#	01:41@	00:04&	
<b>24</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>												<b>37:32</b>
01:37+	04:14+	07:54+	11:54+	15:21+	18:59+	21:44+	25:43+	27:24+	29:26+	30:48+	36:25+	37:14+	37:32+	
01:37+	02:37+	03:40+	04:00+	03:27+	03:38+	02:45+	03:59+	01:41+	02:02+	01:22+	05:37+	00:49+	00:18+	
00:03+	00:55&	00:37#	01:25&	00:28#	02:10@	00:44&	01:37&	00:35&	00:36&	00:26&	03:52@	00:16&	00:03#	
<b>25</b>	<b>Ivar Aalbu</b>	<b>29</b>												<b>38:40</b>
01:56+	05:18+	12:56+	16:43+	21:38+	23:51+	26:50+	28:57+	31:26+	33:34+	34:47+	36:37+	38:20+	38:40+	
01:56+	03:22+	07:38+	03:47+	04:55+	02:13+	02:59+	02:07-	02:29+	02:08+	01:13+	01:50+	01:43+	00:20+	
00:22#	01:40&	04:35@	01:12&	01:56&	00:45&	00:58&	00:15-	01:23@	00:42&	00:17&	00:05+	01:10@	00:05&	
<b>26</b>	<b>Arild Olsen</b>	<b>4</b>												<b>39:30</b>
02:04+	04:50+	09:22+	13:39+	18:34+	20:44+	23:33+	25:53+	27:50+	31:20+	34:21+	37:51+	39:05+	39:30+	
02:04+	02:46+	04:32+	04:17+	04:55+	02:10+	02:49+	02:20-	01:57+	03:30+	03:01+	03:30+	01:14+	00:25+	
00:30&	01:04&	01:29&	01:42&	01:56&	00:42&	00:48&	00:02-	00:51&	02:04@	02:05@	01:45&	00:41@	00:10&	

Class	Navn	Klasse										Tid	
<b>27</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>39:43</b>	
01:55+	05:24+	10:35+	14:19+	19:45+	22:27+	25:58+	28:13+	30:05+	32:24+	35:39+	38:22+	39:25+	39:43+
01:55+	03:29+	05:11+	03:44+	05:26+	02:42+	03:31+	02:15-	01:52+	02:19+	03:15+	02:43+	01:03+	00:18+
00:21#	01:47@	02:08&	01:09&	02:27&	01:14&	01:30&	00:07-	00:46&	00:53&	02:19@	00:58&	00:30&	00:03#
<b>28</b>	<b>Steinar Amundsen</b>	<b>115</b>										<b>40:18</b>	
02:27+	05:23+	10:45+	17:05+	21:44+	23:56+	27:31+	30:27+	32:45+	34:27+	36:34+	38:42+	39:56+	40:18+
02:27+	02:56+	05:22+	06:20+	04:39+	02:12+	03:35+	02:56+	02:18+	01:42+	02:07+	02:08+	01:14+	00:22+
00:53&	01:14&	02:19&	03:45@	01:40&	00:44&	01:34&	00:34#	01:12@	00:16#	01:11@	00:23#	00:41@	00:07&
<b>29</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>40:33</b>	
01:45+	09:42+	14:00+	17:08+	21:07+	24:06+	26:51+	31:15+	33:29+	35:32+	37:25+	39:22+	40:13+	40:33+
01:45+	07:57+	04:18+	03:08+	03:59+	02:59+	02:45+	04:24+	02:14+	02:03+	01:53+	01:57+	00:51+	00:20+
00:11#	06:15@	01:15&	00:33#	01:00&	01:31@	00:44&	02:02&	01:08@	00:37&	00:57@	00:12#	00:18&	00:05&
<b>30</b>	<b>Arild Svihus</b>	<b>92</b>										<b>40:49</b>	
02:00+	04:33+	10:13+	14:16+	19:17+	23:28+	26:28+	29:50+	31:57+	34:16+	36:13+	39:32+	40:30+	40:49+
02:00+	02:33+	05:40+	04:03+	05:01+	04:11+	03:00+	03:22+	02:07+	02:19+	01:57+	03:19+	00:58+	00:19+
00:26&	00:51&	02:37&	01:28&	02:02&	02:43@	00:59&	01:00&	01:01&	00:53&	01:01@	01:34&	00:25&	00:04&
<b>31</b>	<b>Arild Nesbø</b>	<b>71</b>										<b>40:50</b>	
01:55+	04:54+	12:31+	16:38+	23:37+	25:54+	28:48+	30:59+	32:54+	36:02+	37:39+	39:48+	40:32+	40:50+
01:55+	02:59+	07:37+	04:07+	06:59+	02:17+	02:54+	02:11-	01:55+	03:08+	01:37+	02:09+	00:44+	00:18+
00:21#	01:17&	04:34@	01:32&	04:00@	00:49&	00:53&	00:11-	00:49&	01:42@	00:41&	00:24#	00:11&	00:03#
<b>32</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>41:02</b>	
02:51+	05:14+	09:40+	16:02+	22:11+	24:29+	27:18+	31:44+	33:45+	36:01+	37:56+	40:07+	40:46+	41:02+
02:51+	02:23+	04:26+	06:22+	06:09+	06:09+	02:18+	04:26+	02:01+	02:16+	01:55+	02:11+	00:39+	00:16+
01:17&	00:41&	01:23&	03:47@	03:10@	00:50&	00:48&	02:04&	00:55&	00:50&	00:59@	00:26#	00:06#	00:01+
<b>33</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>41:28</b>	
01:56+	04:29+	10:18+	14:04+	22:13+	24:38+	27:21+	32:08+	33:58+	36:21+	38:27+	40:28+	41:08+	41:28+
01:56+	02:33+	05:49+	03:46+	08:09+	02:25+	02:43+	04:47+	01:50+	02:23+	02:06+	02:01+	00:40+	00:20+
00:22#	00:51&	02:46&	01:11&	05:10@	00:57&	00:42&	02:25@	00:44&	00:57&	01:10@	00:16#	00:07#	00:05&
<b>34</b>	<b>Lars Tore Opdal</b>	<b>97</b>										<b>42:58</b>	
01:43+	04:40+	08:35+	12:21+	16:27+	19:54+	22:33+	25:31+	27:46+	30:24+	31:58+	36:10+	42:35+	42:58+
01:43+	02:57+	03:55+	03:46+	04:06+	03:27+	02:39+	02:58+	02:15+	02:38+	01:34+	04:12+	06:25+	00:23+
00:09+	01:15&	00:52&	01:11&	01:07&	01:59@	00:38&	00:36&	01:09@	01:12&	00:38&	02:27@	05:52@	00:08&
<b>35</b>	<b>Tom Leveraas</b>	<b>188</b>										<b>43:36</b>	
01:55+	04:42+	13:25+	17:54+	24:21+	26:45+	29:30+	32:48+	35:33+	38:06+	39:56+	42:34+	43:12+	43:36+
01:55+	02:47+	08:43+	04:29+	06:27+	02:24+	02:45+	03:18+	02:45+	02:33+	01:50+	02:38+	00:38+	00:24+
00:21#	01:05&	05:40@	01:54&	03:28@	00:56&	00:44&	00:56&	01:39@	01:07&	00:54&	00:53&	00:05#	00:09&
<b>36</b>	<b>Ragnar Lillemo</b>	<b>128</b>										<b>45:04</b>	
02:57+	05:44+	09:45+	13:04+	23:32+	26:15+	29:06+	31:23+	33:45+	36:04+	39:59+	43:37+	44:42+	45:04+
02:57+	02:47+	04:01+	03:19+	10:28+	02:43+	02:51+	02:17-	02:22+	02:19+	03:55+	03:38+	01:05+	00:22+
01:23&	01:05&	00:58&	00:44&	07:29@	01:15&	00:50&	00:05-	01:16@	00:53&	02:59@	01:53@	00:32&	00:07&
<b>37</b>	<b>Paul Richard Carr</b>	<b>136</b>										<b>45:21</b>	
02:07+	09:25+	13:49+	17:08+	22:18+	24:27+	27:39+	34:47+	37:35+	40:12+	41:48+	44:00+	44:58+	45:21+
02:07+	07:18+	04:24+	03:19+	05:10+	02:09+	03:12+	07:08+	02:48+	02:37+	01:36+	02:12+	00:58+	00:23+
00:33&	05:36@	01:21&	00:44&	02:11&	00:41&	01:11&	04:46@	01:42@	01:11&	00:40&	00:27&	00:25&	00:08&
<b>38</b>	<b>Ommund Bakkevold</b>	<b>68</b>										<b>46:20</b>	
02:18+	06:31+	12:07+	18:50+	23:56+	27:13+	30:18+	32:56+	37:55+	40:25+	42:39+	44:45+	45:57+	46:20+
02:18+	04:13+	05:36+	06:43+	05:06+	03:17+	03:05+	02:38+	04:59+	02:30+	02:14+	02:06+	01:12+	00:23+
00:44&	02:31@	02:33&	04:08@	02:07&	01:49@	01:04&	00:16#	03:53@	01:04&	01:18@	00:21#	00:39@	00:08&
<b>39</b>	<b>Jon Grepstad</b>	<b>111</b>										<b>48:21</b>	
05:02+	08:38+	14:52+	19:05+	23:56+	26:22+	29:43+	38:35+	40:38+	42:44+	44:22+	47:03+	47:59+	48:21+
05:02+	03:36+	06:14+	04:13+	04:51+	02:26+	03:21+	08:52+	02:03+	02:06+	01:38+	02:41+	00:56+	00:22+
03:28@	01:54@	03:11@	01:38&	01:52&	00:58&	01:20&	06:30@	00:57&	00:40&	00:42&	00:56&	00:23&	00:07&
<b>40</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>										<b>48:22</b>	
02:10+	05:57+	15:26+	19:17+	23:27+	28:17+	31:20+	37:04+	39:17+	42:09+	44:15+	46:37+	48:02+	48:22+
02:10+	03:47+	09:29+	03:51+	04:10+	04:50+	03:03+	05:44+	02:13+	02:52+	02:06+	02:22+	01:25+	00:20+
00:36&	02:05@	06:26@	01:16&	01:11&	03:22@	01:02&	03:22@	01:07@	01:26&	01:10@	00:37&	00:52@	00:05&
<b>41</b>	<b>Inge Grødem</b>	<b>92</b>										<b>50:52</b>	
02:21+	06:01+	11:53+	16:09+	21:56+	25:09+	28:43+	33:55+	36:46+	42:32+	44:39+	49:36+	50:30+	50:52+
02:21+	03:40+	05:52+	04:16+	05:47+	03:13+	03:34+	05:12+	02:51+	05:46+	02:07+	04:57+	00:54+	00:22+
00:47&	01:58@	02:49&	01:41&	02:48&	01:45@	01:33&	02:50@	01:45@	04:20@	01:11@	03:12@	00:21&	00:07&

Class	Navn	Klasse												Tid
<b>42</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>												<b>51:16</b>
02:08+	05:52+	11:34+	15:34+	24:56+	28:09+	31:57+	40:17+	42:35+	45:06+	47:05+	50:11+	50:50+	51:16+	
02:08+	03:44+	05:42+	04:00+	09:22+	03:13+	03:48+	08:20+	02:18+	02:31+	01:59+	03:06+	00:39+	00:26+	
00:34&	02:02@	02:39&	01:25&	06:23@	01:45@	01:47&	05:58@	01:12@	01:05&	01:03@	01:21&	00:06#	00:11&	
<b>43</b>	<b>Arne Hope</b>	<b>43</b>												<b>52:18</b>
02:08+	05:25+	10:36+	24:00+	28:18+	31:34+	34:31+	40:46+	43:33+	46:33+	48:09+	50:51+	51:59+	52:18+	
02:08+	03:17+	05:11+	13:24+	04:18+	03:16+	02:57+	06:15+	02:47+	03:00+	01:36+	02:42+	01:08+	00:19+	
00:34&	01:35&	02:08&	10:49@	01:19&	01:48@	00:56&	03:53@	01:41@	01:34@	00:40&	00:57&	00:35@	00:04&	
<b>44</b>	<b>Per Bakken</b>	<b>5</b>												<b>54:10</b>
07:24+	14:43+	20:24+	24:41+	30:25+	34:02+	37:19+	41:36+	43:59+	46:45+	49:48+	53:00+	53:47+	54:10+	
07:24+	07:19+	05:41+	04:17+	05:44+	03:37+	03:17+	04:17+	02:23+	02:46+	03:03+	03:12+	00:47+	00:23+	
05:50@	05:37@	02:38&	01:42&	02:45&	02:09@	01:16&	01:55&	01:17@	01:20&	02:07@	01:27&	00:14&	00:08&	
<b>45</b>	<b>Bjørn André Kaland</b>	<b>165</b>												<b>54:18</b>
01:43+	04:54+	20:56+	25:03+	30:24+	32:30+	35:25+	39:51+	41:37+	44:13+	50:06+	52:00+	53:59+	54:18+	
01:43+	03:11+	16:02+	04:07+	05:21+	02:06+	02:55+	04:26+	01:46+	02:36+	05:53+	01:54+	01:59+	00:19+	
00:09+	01:29&	12:59@	01:32&	02:22&	00:38&	00:54&	02:04&	00:40&	01:10&	04:57@	00:09+	01:26@	00:04&	
<b>46</b>	<b>Joar Fandrem</b>	<b>94</b>												<b>56:54</b>
01:54+	09:06+	25:34+	30:25+	34:41+	36:52+	39:39+	46:14+	48:10+	51:04+	52:55+	55:20+	56:34+	56:54+	
01:54+	07:12+	16:28+	04:51+	04:16+	02:11+	02:47+	06:35+	01:56+	02:54+	01:51+	02:25+	01:14+	00:20+	
00:20#	05:30@	13:25@	02:16&	01:17&	00:43&	00:46&	04:13@	00:50&	01:28@	00:55&	00:40&	00:41@	00:05&	
<b>47</b>	<b>Arthur Christiansen</b>	<b>93</b>												<b>1:19:04</b>
06:54+	12:49+	22:40+	30:23+	40:15+	44:43+	50:59+	58:37+	63:39+	68:41+	71:16+	76:27+	78:20+	79:04+	
06:54+	05:55+	09:51+	07:43+	09:52+	04:28+	06:16+	07:38+	05:02+	05:02+	02:35+	05:11+	01:53+	00:44+	
05:20@	04:13@	06:48@	05:08@	06:53@	03:00@	04:15@	05:16@	03:56@	03:36@	01:39@	03:26@	01:20@	00:29@	
<b>Beste strekktid for klassen</b>														
01:11	01:38	03:03	02:13	02:59	01:24	01:55	01:36	01:06	01:03	00:56	01:07	00:29	00:12	

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