



Class	Navn	Klasse										Tid									
<b>15</b>	<b>Heidi Nordaunet</b>	<b>126</b>										<b>48:46</b>									
01:49+	03:26+	07:15+	08:57+	16:01+	19:38+	21:24+	22:29+	25:21+	25:58+	27:31+	28:52+	34:18+	36:46+	40:11+	43:56+	45:45+	47:07+	48:27+	48:46+		
01:49+	01:37+	03:49+	01:42+	07:04+	03:37-	01:46-	01:05-	02:52+	00:37-	01:33+	01:21+	05:26+	02:28-	03:25+	03:45+	01:49-	01:22-	01:20+	00:19-		
00:57@	00:51@	01:48&	00:48&	06:26@	00:42-	00:04-	00:04-	02:10@	01:17-	01:08@	00:04+	04:32@	01:27-	00:42&	00:57&	01:29-	00:13-	00:22&	00:31-		
<b>16</b>	<b>Ruth Magrethe Westre</b>	<b>54</b>										<b>50:27</b>									
01:19+	03:40+	06:16+	07:29+	14:13+	18:24+	20:06+	21:11+	23:59+	26:07+	27:57+	29:19+	34:52+	40:11+	43:02+	45:59+	47:46+	48:59+	50:12+	50:27+		
01:19+	02:21+	02:36+	01:13+	06:44+	04:11-	01:42-	01:05-	02:48+	02:08+	01:50+	01:22+	05:33+	05:19+	02:51+	02:57+	01:47-	01:13-	01:13+	00:15-		
00:27&	01:35@	00:35&	00:19&	06:06@	00:08-	00:08-	00:04-	02:06@	00:14#	01:25@	00:05+	04:39@	01:24&	00:08+	00:09+	01:31-	00:22-	00:15&	00:35-		
<b>17</b>	<b>Kjersti Fandrem</b>	<b>94</b>										<b>52:03</b>									
01:27+	02:54+	05:12+	06:05+	12:57+	17:06+	18:26+	19:34+	31:20+	31:45+	33:27+	35:24+	38:47+	40:44+	43:49+	47:33+	49:35+	50:43+	51:46+	52:03+		
01:27+	01:27+	02:18+	00:53-	06:52+	04:09-	01:20-	01:08-	11:46+	00:25-	01:42+	01:57+	03:23+	01:57-	03:05+	03:44+	02:02-	01:08-	01:03+	00:17-		
00:35&	00:41&	00:17#	00:01-	06:14@	00:10-	00:30-	00:01-	11:04@	01:29-	01:17@	00:40&	02:29@	01:58-	00:22#	00:56&	01:16-	00:27-	00:05+	00:33-		
<b>18</b>	<b>Elisabeth Groven</b>	<b>109</b>										<b>53:03</b>									
02:11+	07:42+	10:00+	11:12+	17:44+	21:00+	23:22+	27:06+	30:06+	30:41+	33:03+	34:25+	38:12+	41:25+	44:24+	47:53+	49:53+	51:17+	52:42+	53:03+		
02:11+	05:31+	02:18+	01:12+	06:32+	03:16-	02:22+	03:44+	03:00+	00:35-	02:22+	01:22+	03:47+	03:13-	02:59+	03:29+	02:00-	01:24-	01:25+	00:21-		
01:19@	04:45@	00:17#	00:18&	05:54@	01:03-	00:32&	02:35@	02:18@	01:19-	01:57@	00:05+	02:53@	00:42-	00:16+	00:41#	01:18-	00:11-	00:27&	00:29-		
<b>19</b>	<b>Kristina Renshaw</b>	<b>101</b>										<b>59:11</b>									
02:22+	07:35+	09:31+	10:39+	17:07+	19:57+	28:20+	29:25+	32:12+	32:42+	34:14+	36:17+	39:37+	42:12+	45:07+	53:55+	55:35+	57:08+	58:52+	59:11+		
02:22+	05:13+	01:56-	01:08+	06:28+	02:50-	08:23+	01:05-	02:47+	00:30-	01:32+	02:03+	03:20+	02:35-	02:55+	08:48+	01:40-	01:33-	01:44+	00:19-		
01:30@	04:27@	00:05-	00:14&	05:50@	01:29-	06:33@	00:04-	02:05@	01:24-	01:07@	00:46&	02:26@	01:20-	00:12+	06:00@	01:38-	00:02-	00:46&	00:31-		
<b>20</b>	<b>Barbro Lunde Nedrebø</b>	<b>92</b>										<b>1:05:11</b>									
06:27+	10:56+	13:05+	14:04+	21:37+	24:34+	26:06+	27:12+	30:51+	33:24+	35:11+	36:21+	41:28+	43:22+	46:36+	59:59+	61:38+	63:45+	64:48+	65:11+		
06:27+	04:29+	02:09+	00:59+	07:33+	02:57-	01:32-	01:06-	03:39+	02:33+	01:47+	01:10-	05:07+	01:54-	03:14+	13:23+	01:39+	02:07+	01:03+	00:23-		
05:35@	03:43@	00:08+	00:05+	06:55@	01:22-	00:18-	00:03-	02:57@	00:39&	01:22@	00:07-	04:13@	02:01-	00:31#	10:35@	01:39-	00:32&	00:05+	00:27-		
<b>21</b>	<b>Jorun Nymo</b>	<b>136</b>										<b>1:13:36</b>									
04:17+	08:56+	12:23+	15:17+	23:43+	30:39+	33:08+	34:51+	40:08+	45:29+	48:13+	50:38+	56:53+	62:04+	65:19+	68:11+	70:08+	71:43+	73:16+	73:36+		
04:17+	04:39+	03:27+	02:54+	08:26+	06:56+	02:29+	01:43+	05:17+	05:21+	02:44+	02:25+	06:15+	05:11+	03:15+	02:52+	01:57-	01:35=	01:33+	00:20-		
03:25@	03:53@	01:26&	02:00@	07:48@	02:37&	00:39&	00:34&	04:35@	03:27@	02:19@	01:08&	05:21@	01:16&	00:32#	00:04+	01:21-	00:00=	00:35&	00:30-		
<b>Beste strekktid for klassen</b>																					
00:52	00:46	01:24	00:42	00:38	01:49	01:10	00:46	00:42	00:25	00:25	00:44	00:54	01:48	02:19	02:30	01:30	00:58	00:50	00:13	00:11	

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

## Damer 40 - 49 år

<b>1</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>										<b>42:43</b>									
03:32=	05:17=	07:50=	09:54=	14:43=	17:03=	20:43=	23:09=	23:58=	25:37=	26:56=	27:27=	29:01=	30:25=	33:43=	38:16=	40:16=	42:23=	42:43=			
03:32=	01:45=	02:33=	02:04=	04:49=	02:20=	03:40=	02:26=	00:49=	01:39=	01:19=	00:31=	01:34=	01:24=	03:18=	04:33=	02:00=	02:07=	00:20=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>										<b>44:16</b>									
04:06+	06:08+	07:11-	11:38+	15:33+	17:37+	21:30+	24:14+	24:51+	26:14+	27:32+	28:05+	30:27+	32:26+	35:18+	39:29+	41:31+	43:54+	44:16+			
04:06+	02:02+	01:03-	04:27+	03:55-	02:04-	03:53+	02:44+	00:37-	01:23-	01:18-	00:33+	02:22+	01:59+	02:52-	04:11-	02:02+	02:23+	00:22+			
00:34#	00:17#	01:30-	02:23@	00:54-	00:16-	00:13+	00:18#	00:12-	00:16-	00:01-	00:02+	00:48&	00:35&	00:26-	00:22-	00:02+	00:16#	00:02#			
<b>3</b>	<b>Berit Våg Aksland</b>	<b>116</b>										<b>44:45</b>									
03:33+	08:05+	09:22+	11:48+	17:54+	20:28+	23:31+	26:00+	26:38+	28:12+	29:52+	30:15+	32:03+	33:27+	36:28+	40:22+	42:23+	44:22+	44:45+			
03:33+	04:32+	01:17-	02:26+	06:06+	02:34+	03:03-	02:29+	00:38-	01:34+	01:40+	00:23-	01:48+	01:24+	03:01-	03:54-	02:01+	01:59-	00:23+			
00:01+	02:47@	01:16-	00:22#	01:17&	00:14#	00:37-	00:03+	00:11-	00:05-	00:21&	00:08-	00:14#	00:00=	00:17-	00:39-	00:01+	00:08-	00:03#			
<b>4</b>	<b>Nina Svensen</b>	<b>2</b>										<b>48:34</b>									
05:57+	07:40+	08:38+	13:57+	17:41+	19:42+	23:02+	26:33+	27:15+	28:52+	30:31+	31:07+	33:24+	35:19+	38:24+	43:22+	45:54+	48:16+	48:34+			
05:57+	01:43-	00:58-	05:19+	03:44-	02:01-	03:20-	03:31+	00:42-	01:37-	01:39+	00:36+	02:17+	01:55+	03:05-	04:58+	02:32+	02:22+	00:18-			
02:25&	00:02-	01:35-	03:15@	01:05-	00:19-	00:20-	01:05&	00:07-	00:02-	00:20&	00:05#	00:43&	00:31&	00:13-	00:25+	00:32&	00:15#	00:02-			
<b>5</b>	<b>Siri Warland</b>	<b>115</b>										<b>50:16</b>									
03:26-	07:46+	08:43+	16:34+	23:21+	24:49+	27:38+	29:54+	30:27+	31:49+	32:55+	33:27+	36:35+	38:47+	41:58+	45:55+	47:52+	49:58+	50:16+			
03:26-	04:20+	00:57-	07:51+	06:47+	01:28-	02:49-	02:16-	00:33-	01:22-	01:06-	00:32+	03:08+	02:12+	03:11-	03:57-	01:57-	02:06-	00:18-			
00:06-	02:35@	01:36-	05:47@	01:58&	00:52-	00:51-	00:10-	00:16-	00:17-	00:13-	00:01+	01:34&	00:48&	00:07-	00:36-	00:03-	00:01-	00:02-			
<b>6</b>	<b>Hilde Frøytlog Karlsen</b>	<b>228</b>										<b>51:08</b>									
03:41+	05:44+	10:14+	12:53+	17:31+	19:35+	24:08+	27:25+	28:27+	30:37+	32:23+	33:02+	34:53+	36:42+	40:30+	46:01+	48:23+	50:46+	51:08+			
03:41+	02:03+	04:30+	02:39+	04:38-	02:04-	04:33+	03:17+	01:02+	02:10+	01:46+	00:39+	01:51+	01:49+	03:48+	05:31+	02:22+	02:23+	00:22+			
00:09+	00:18#	01:57&	00:35&	00:11-	00:16-	00:53#	00:51&	00:13&	00:31&	00:27&	00:08&	00:17#	00:25&	00:30#	00:58#	00:22#	00:16#	00:02#			

Class	Navn	Klasse										Tid								
<b>7</b>	<b>Christel Dahl</b>	<b>92</b>										<b>53:13</b>								
		03:22-	06:27+	09:04+	11:43+	16:09+	22:26+	26:44+	29:48+	30:25+	32:22+	33:46+	34:23+	36:42+	41:18+	44:25+	48:47+	50:41+	52:51+	53:13+
		03:22-	03:05+	02:37+	02:39+	04:26-	06:17+	04:18+	03:04+	00:37-	01:57+	01:24+	00:37+	02:19+	04:36+	03:07-	04:22-	01:54-	02:10+	00:22+
		00:10-	01:20&	00:04+	00:35&	00:23-	03:57@	00:38#	00:38&	00:12-	00:18#	00:05+	00:06#	00:45&	03:12@	00:11-	00:11-	00:06-	00:03+	00:02#
<b>8</b>	<b>Grethe Thu Skadberg</b>	<b>128</b>										<b>57:33</b>								
		02:52-	05:07-	05:55-	08:40-	12:44-	14:27-	18:00-	20:41-	26:35+	28:19+	29:45+	30:17+	31:48+	33:46+	37:54+	52:00+	54:29+	57:10+	57:33+
		02:52-	02:15+	00:48-	02:45+	04:04-	01:43-	03:33-	02:41+	05:54+	01:44+	01:26+	00:32+	01:31-	01:58+	04:08+	14:06+	02:29+	02:41+	00:23+
		00:40-	00:30&	01:45-	00:41&	00:45-	00:37-	00:07-	00:15#	05:05@	00:05+	00:07+	00:01+	00:03-	00:34&	00:50&	09:33@	00:29#	00:34&	00:03#
<b>Beste strekketid for klassen</b>		02:52	01:43	00:48	02:04	03:44	01:28	02:49	02:16	00:33	01:22	01:06	00:23	01:31	01:24	02:52	03:54	01:54	01:59	00:18

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

## Damer 50 - 59 år

<b>1</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>38:06</b>									
		02:12=	05:36=	06:20=	08:16=	11:19=	12:46=	14:50=	16:50=	17:30=	18:49=	20:09=	20:32=	22:09=	27:39=	30:15=	34:16=	36:01=	37:46=	38:06=	
		02:12=	03:24=	00:44=	01:56=	03:03=	01:27=	02:04=	02:00=	00:40=	01:19=	01:20=	00:23=	01:37=	05:30=	02:36=	04:01=	01:45=	01:45=	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>Anne Sæbø Vik</b>	<b>116</b>										<b>43:30</b>									
		04:08+	06:05+	07:10+	09:49+	13:14+	14:50+	18:19+	20:36+	21:20+	22:47+	24:01+	24:29+	25:57+	32:47+	35:47+	39:36+	41:07+	43:12+	43:30+	
		04:08+	01:57-	01:05+	02:39+	03:25+	01:36+	03:29+	02:17+	00:44+	01:27+	01:14-	00:28+	01:28-	06:50+	03:00+	03:49-	01:31-	02:05+	00:18-	
		01:56&	01:27-	00:21&	00:43&	00:22#	00:09#	01:25#	00:17#	00:04#	00:08#	00:06-	00:05#	00:09-	01:20#	00:24#	00:12-	00:14-	00:20#	00:02-	
<b>3</b>	<b>Torill Andersen</b>	<b>116</b>										<b>46:20</b>									
		03:23+	05:03-	06:10-	08:59+	13:12+	14:58+	18:24+	20:59+	21:37+	23:12+	24:49+	25:23+	28:59+	35:15+	38:07+	42:14+	43:58+	46:02+	46:20+	
		03:23+	01:40-	01:07+	02:49+	04:13+	01:46+	03:26+	02:35+	00:38-	01:35+	01:37+	00:34+	03:36+	06:16+	02:52+	04:07+	01:44-	02:04+	00:18-	
		01:11&	01:44-	00:23&	00:53&	01:10&	00:19#	01:22&	00:35&	00:02-	00:16#	00:17#	00:11&	01:59@	00:46#	00:16#	00:06+	00:01-	00:19#	00:02-	
<b>4</b>	<b>Liv Omdal</b>	<b>116</b>										<b>47:13</b>									
		03:24+	06:55+	08:05+	11:07+	15:40+	18:53+	21:25+	25:08+	28:00+	29:35+	30:23+	32:42+	34:14+	37:30+	42:07+	44:10+	46:42+	47:13+		
		03:24+	03:31+	01:10+	03:02+	04:33+	03:13+	02:32+	03:43+	00:45+	02:07+	01:35+	00:48+	02:19+	01:32-	03:16+	04:37+	02:03+	02:32+	00:31+	
		01:12&	00:07+	00:26&	01:06&	01:30&	01:46@	00:28#	01:43&	00:05#	00:48&	00:15#	00:25@	00:42&	03:58-	00:40&	00:36#	00:18#	00:47&	00:11&	
<b>5</b>	<b>Nidunn Sandvik</b>	<b>228</b>										<b>48:23</b>									
		03:40+	06:44+	07:43+	10:21+	14:55+	16:43+	19:30+	22:48+	23:25+	24:58+	26:27+	27:00+	31:13+	35:16+	39:04+	43:29+	45:38+	48:01+	48:23+	
		03:40+	03:04-	00:59+	02:38+	04:34+	01:48+	02:47+	03:18+	00:37-	01:33+	01:29+	00:33+	04:13+	04:03-	03:48+	04:25+	02:09+	02:23+	00:22+	
		01:28&	00:20-	00:15&	00:42&	01:31&	00:21#	00:43&	01:18&	00:03-	00:14#	00:09#	00:10&	02:36@	01:27-	01:12&	00:24+	00:24#	00:38&	00:02#	
<b>6</b>	<b>Ingunn Voilås</b>	<b>29</b>										<b>51:45</b>									
		02:59+	05:06-	09:10+	12:23+	14:29+	18:32+	20:21+	23:30+	28:48+	29:51+	31:57+	33:44+	34:17+	35:58+	38:30+	41:42+	46:53+	49:12+	51:23+	51:45+
		02:59+	02:07-	04:04+	03:13+	02:06-	04:03+	01:49-	03:09+	05:18+	01:03-	02:06+	01:47+	00:33-	01:41-	02:32-	03:12-	05:11+	02:19+	02:11+	00:22+
		00:47&	01:17-	03:20@	01:17&	00:57-	02:36@	00:15-	01:09&	04:38@	00:16-	00:46&	01:24@	01:04-	03:49-	00:04-	00:49-	03:26@	00:34&	01:51@	00:22+
<b>7</b>	<b>Amanda Renshaw</b>	<b>101</b>										<b>52:08</b>									
		04:17+	07:59+	09:18+	12:48+	17:47+	20:15+	23:01+	26:39+	27:13+	28:49+	30:50+	31:20+	38:07+	40:26+	43:24+	47:42+	49:26+	51:45+	52:08+	
		04:17+	03:42+	01:19+	03:30+	04:59+	02:28+	02:46+	03:38+	00:34-	01:36+	02:01+	00:30+	06:47+	02:19-	02:58+	04:18+	01:44-	02:19+	00:23+	
		02:05&	00:18+	00:35&	01:34&	01:56&	01:01&	00:42&	01:38&	00:06-	00:17#	00:41&	00:07&	05:10@	03:11-	00:22#	00:17+	00:01-	00:34&	00:03#	
<b>8</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>55:29</b>									
		03:34+	05:25-	06:25+	08:59+	13:38+	20:55+	23:49+	26:54+	28:01+	29:44+	31:18+	31:55+	38:22+	40:26+	44:06+	50:26+	52:34+	55:07+	55:29+	
		03:34+	01:51-	01:00+	02:34+	04:39+	07:17+	02:54+	03:05+	01:07+	01:43+	01:34+	00:37+	06:27+	02:04-	03:40+	06:20+	02:08+	02:33+	00:22+	
		01:22&	01:33-	00:16&	00:38&	01:36&	05:50@	00:50@	01:05&	00:27&	00:24&	00:14#	00:14&	04:50@	03:26-	01:04&	02:19&	00:23#	00:48&	00:02#	
<b>9</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>										<b>55:46</b>									
		03:22+	06:26+	07:27+	09:36+	13:59+	15:48+	18:56+	21:32+	24:38+	26:08+	27:34+	28:16+	28:46+	34:04+	35:48+	38:42+	44:38+	53:05+	55:28+	55:46+
		03:22+	03:04-	01:01+	02:09+	04:23+	01:49+	03:08+	02:36+	03:06+	01:30+	01:26+	00:42+	00:30-	05:18-	01:44-	02:54-	05:56+	08:27+	02:23+	00:18+
		01:10&	00:20-	00:17&	00:13#	01:20&	00:22&	01:04&	00:36&	02:26@	00:11#	00:06+	00:19&	01:07-	00:12-	00:52-	01:07-	04:11@	06:42@	02:03@	00:18+
<b>10</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>56:23</b>									
		05:16+	07:16+	08:26+	10:58+	15:29+	17:18+	20:21+	23:09+	23:50+	25:36+	27:10+	27:42+	31:08+	32:48+	36:37+	42:53+	51:05+	56:02+	56:23+	
		05:16+	02:00-	01:10+	02:32+	04:31+	01:49+	03:03+	02:48+	00:41+	01:46+	01:34+	00:32+	03:26+	01:40-	03:49+	06:16+	08:12+	04:57+	00:21+	
		03:04@	01:24-	00:26&	00:36&	01:28&	00:22&	00:59&	00:48&	00:01+	00:27&	00:14#	00:09&	01:49@	03:50-	01:13&	02:15&	06:27@	03:12@	00:01+	
<b>11</b>	<b>Kari Smådal Turøy</b>	<b>115</b>										<b>56:48</b>									
		03:50+	13:06+	14:25+	18:17+	23:11+	25:00+	28:22+	31:42+	32:30+	34:28+	35:47+	36:40+	37:14+	41:00+	43:35+	47:24+	52:09+	54:13+	56:25+	56:48+
		03:50+	09:16+	01:19+	03:52+	04:54+	01:49+	03:22+	03:20+	00:48+	01:58+	01:19-	00:53+	00:34-	03:46-	02:35-	03:49-	04:45+	02:04+	02:12+	00:23+
		01:38&	05:52@	00:35&	01:56&	01:51&	00:22&	01:18&	01:20&	00:08#	00:39&	00:01-	00:30@	01:03-	01:44-	00:01-	00:12-	03:00@	00:19#	01:52@	00:23+

Class	Navn	Klasse										Tid						
<b>12</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>59:26</b>						
05:01+	08:24+	09:39+	12:47+	21:50+	24:09+	28:39+	31:22+	32:51+	35:49+	37:15+	37:50+	40:48+	42:58+	46:19+	50:15+	55:26+	59:02+	59:26+
05:01+	03:23-	01:15+	03:08+	09:03+	02:19+	04:30+	02:43+	01:29+	02:58+	01:26+	00:35+	02:58+	02:10-	03:21+	03:56-	05:11+	03:36+	00:24+
02:49@	00:01-	00:31&	01:12&	06:00@	00:52&	02:26@	00:43&	00:49@	01:39@	00:06+	00:12&	01:21&	03:20-	00:45&	00:05-	03:26@	01:51@	00:04#
<b>13</b>	<b>Hanne-Keth Qvale</b>	<b>113</b>										<b>1:00:25</b>						
04:12+	10:47+	12:15+	14:26+	18:49+	20:32+	23:32+	27:15+	27:56+	29:44+	31:41+	32:13+	35:31+	37:18+	40:20+	55:51+	57:55+	60:06+	60:25+
04:12+	06:35+	01:28+	02:11+	04:23+	01:43+	03:00+	03:43+	00:41+	01:48+	01:57+	00:32+	03:18+	01:47-	03:02+	15:31+	02:04+	02:11+	00:19-
02:00&	03:11&	00:44&	00:15#	01:20&	00:16#	00:56&	01:43&	00:01+	00:29&	00:37&	00:09&	01:41@	03:43-	00:26#	11:30@	00:19#	00:26#	00:01-
<b>14</b>	<b>Brit Vivian Meling</b>	<b>116</b>										<b>1:06:05</b>						
04:13+	11:30+	13:19+	19:46+	25:56+	28:56+	33:57+	39:21+	40:06+	42:47+	44:46+	45:26+	48:21+	50:25+	54:08+	59:35+	61:58+	65:31+	66:05+
04:13+	07:17+	01:49+	06:27+	06:10+	03:00+	05:01+	05:24+	00:45+	02:41+	01:59+	00:40+	02:55+	02:04-	03:43+	05:27+	02:23+	03:33+	00:34+
02:01&	03:53@	01:05@	04:31@	03:07@	01:33@	02:57@	03:24@	00:05#	01:22@	00:39&	00:17&	01:18&	03:26-	01:07&	01:26&	00:38&	01:48@	00:14&
<b>15</b>	<b>Oddny Haugland</b>	<b>114</b>										<b>1:11:16</b>						
03:49+	07:54+	08:43+	13:32+	17:57+	19:24+	23:13+	25:30+	28:59+	31:03+	32:17+	32:48+	57:13+	59:01+	61:51+	66:30+	68:35+	70:48+	71:16+
03:49+	04:05+	00:49+	04:49+	04:25+	01:27=	03:49+	02:17+	03:29+	02:04+	01:14-	00:31+	24:25+	01:48-	02:50+	04:39+	02:05+	02:13+	00:28+
01:37&	00:41#	00:05#	02:53@	01:22&	00:00=	01:45&	00:17#	02:49@	00:45&	00:06-	00:08&	22:48@	03:42-	00:14+	00:38#	00:20#	00:28&	00:08&
<b>16</b>	<b>Kristin Harbo</b>	<b>92</b>										<b>1:13:49</b>						
05:18+	19:41+	20:34+	25:04+	31:12+	33:17+	36:21+	39:52+	40:46+	42:38+	44:35+	45:16+	51:02+	53:36+	57:46+	66:44+	70:18+	73:31+	73:49+
05:18+	14:23+	00:53+	04:30+	06:08+	02:05+	03:04+	03:31+	00:54+	01:52+	01:57+	00:41+	05:46+	02:34-	04:10+	08:58+	03:34+	03:13+	00:18-
03:06@	10:59@	00:09#	02:34@	03:05@	00:38&	01:00&	01:31&	00:14&	00:33&	00:37&	00:18&	04:09@	02:56-	01:34&	04:57@	01:49@	01:28&	00:02-
<b>17</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>1:15:09</b>						
04:26+	07:39+	09:14+	19:32+	27:48+	30:15+	34:25+	41:24+	42:48+	45:12+	47:59+	48:35+	58:01+	60:12+	63:38+	69:36+	71:52+	74:44+	75:09+
04:26+	03:13-	01:35+	10:18+	08:16+	02:27+	04:10+	06:59+	01:24+	02:24+	02:47+	00:36+	09:26+	02:11-	03:26+	05:58+	02:16+	02:52+	00:25+
02:14@	00:11-	00:51@	08:22@	05:13@	01:00&	02:06@	04:59@	00:44@	01:05&	01:27@	00:13&	07:49@	03:19-	00:50&	01:57&	00:31&	01:07&	00:05#
<b>18</b>	<b>Anne Katrine Lycke</b>	<b>147</b>										<b>1:25:21</b>						
03:56+	08:17+	09:46+	16:48+	22:35+	26:51+	32:23+	40:20+	41:38+	44:03+	46:05+	46:58+	50:50+	53:41+	58:55+	66:34+	82:15+	84:40+	85:21+
03:56+	04:21+	01:29+	07:02+	05:47+	04:16+	05:32+	07:57+	01:18+	02:25+	02:02+	00:53+	03:52+	02:51-	05:14+	07:39+	15:41+	02:25+	00:41+
01:44&	00:57&	00:45@	05:06@	02:44&	02:49@	03:28@	05:57@	00:38&	01:06&	00:42&	00:30@	02:15@	02:39-	02:38@	03:38&	13:56@	00:40&	00:21@
<b>19</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>										<b>1:29:29</b>						
03:23+	07:38+	08:42+	13:15+	17:52+	19:36+	25:00+	28:35+	29:11+	30:52+	32:51+	33:31+	46:44+	48:27+	53:01+	72:23+	86:37+	89:00+	89:29+
03:23+	04:15+	01:04+	04:33+	04:37+	01:44+	05:24+	03:35+	00:36-	01:41+	01:59+	00:40+	13:13+	01:43-	04:34+	19:22+	14:14+	02:23+	00:29+
01:11&	00:51#	00:20&	02:37@	01:34&	00:17#	03:20@	01:35&	00:04-	00:22&	00:39&	00:17&	11:36@	03:47-	01:58&	15:21@	12:29@	00:38&	00:09&

### Beste strekktid for klassen

02:12 01:40 00:44 01:56 02:06 01:27 01:49 02:00 00:34 01:03 01:14 00:23 00:30 01:32 01:44 02:54 01:31 01:45 00:18

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

## Damer 60 - 64 år

<b>1</b>	<b>Ingrid Eik</b>	<b>88</b>										<b>37:31</b>						
02:05=	03:20=	06:27=	08:02=	12:09=	14:11=	15:29=	16:33=	19:12=	20:32=	25:26=	27:36=	30:29=	33:41=	34:55=	37:17=	37:31=		
02:05=	01:15=	03:07=	01:35=	04:07=	02:02=	01:18=	01:04=	02:39=	01:20=	04:54=	02:10=	02:53=	03:12=	01:14=	02:22=	00:14=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Eli Frafjord</b>	<b>94</b>										<b>38:30</b>						
01:19-	02:42-	04:24-	06:23-	11:45-	14:17+	16:11+	17:17+	19:21+	20:51+	24:14-	26:26-	30:35+	34:19+	35:52+	38:11+	38:30+		
01:19-	01:23+	01:42-	01:59+	05:22+	02:32+	01:54+	01:06+	02:04-	01:30+	03:23-	02:12+	04:09+	03:44+	01:33+	02:19-	00:19+		
00:46-	00:08#	01:25-	00:24&	01:15&	00:30#	00:36&	00:02+	00:35-	00:10#	01:31-	00:02+	01:16&	00:32#	00:19&	00:03-	00:05&		
<b>3</b>	<b>Marit Karin Nygård</b>	<b>92</b>										<b>41:12</b>						
02:22+	03:49+	05:50-	07:50-	13:00+	15:21+	16:58+	18:30+	20:19+	21:38+	26:37+	28:56+	32:28+	35:56+	37:15+	39:57+	41:12+		
02:22+	01:27+	02:01-	02:00+	05:10+	02:21+	01:37+	01:32+	01:49-	01:19-	04:59+	02:19+	03:32+	03:28+	01:19+	02:42+	01:15+		
00:17#	00:12#	01:06-	00:25&	01:03&	00:19#	00:19#	00:28&	00:50-	00:01-	00:05+	00:09+	00:39#	00:16+	00:05+	00:20#	01:01@		
<b>4</b>	<b>Hanna S. Lomeland</b>	<b>47</b>										<b>45:25</b>						
01:40-	03:26+	05:57-	08:25+	13:55+	16:46+	18:52+	20:46+	23:27+	25:12+	30:29+	33:13+	36:35+	40:51+	42:30+	45:06+	45:25+		
01:40-	01:46+	02:31-	02:28+	05:30+	02:51+	02:06+	01:54+	02:41+	01:45+	05:17+	02:44+	03:22+	04:16+	01:39+	02:36+	00:19+		
00:25-	00:31&	00:36-	00:53&	01:23&	00:49&	00:48&	00:50&	00:02+	00:25&	00:23+	00:34&	00:29#	01:04&	00:25&	00:14+	00:05&		
<b>5</b>	<b>Aud Steinsland</b>	<b>128</b>										<b>45:27</b>						
01:37-	03:30+	05:55-	08:23+	13:52+	16:43+	18:51+	20:43+	23:26+	25:10+	30:33+	33:11+	36:33+	40:48+	42:32+	45:08+	45:27+		
01:37-	01:53+	02:25-	02:28+	05:29+	02:51+	02:08+	01:52+	02:43+	01:44+	05:23+	02:38+	03:22+	04:15+	01:44+	02:36+	00:19+		
00:28-	00:38&	00:42-	00:53&	01:22&	00:49&	00:50&	00:48&	00:04+	00:24&	00:29+	00:28#	00:29#	01:03&	00:30&	00:14+	00:05&		

Class	Navn	Klasse													Tid			
<b>6</b>	<b>Liv-Grete Obrestad</b>	<b>113</b>													<b>47:12</b>			
	01:38-	02:49-	11:15+	13:02+	20:49+	22:53+	25:49+	26:46+	28:52+	30:16+	33:16+	35:33+	39:01+	42:18+	44:05+	46:53+	47:12+	
	01:38-	01:11-	08:26+	01:47+	07:47+	02:04+	02:56+	00:57-	02:06-	01:24+	03:00-	02:17+	03:28+	03:17+	01:47+	02:48+	00:19+	
	00:27-	00:04-	05:19@	00:12#	03:40&	00:02+	01:38@	00:07-	00:33-	00:04+	01:54-	00:07+	00:35#	00:05+	00:33&	00:26#	00:05&	
<b>7</b>	<b>Berit K. Gramstad</b>	<b>113</b>													<b>47:22</b>			
	01:24-	03:43+	06:59+	10:07+	16:23+	19:49+	22:05+	24:35+	25:36+	27:50+	29:24+	33:17+	35:47+	39:02+	42:45+	44:26+	46:53+	47:22+
	01:24-	02:19+	03:16+	03:08+	06:16+	03:26+	02:16+	02:30+	01:01-	02:14+	01:34-	03:53+	02:30-	03:15+	03:43+	01:41-	02:27+	00:29+
	00:41-	01:04&	00:09+	01:33&	02:09&	01:24&	00:58&	01:26@	01:38-	00:54&	03:20-	01:43&	00:23-	00:03+	02:29@	00:41-	02:13@	00:29+
<b>8</b>	<b>Kari Blixhavn</b>	<b>228</b>													<b>53:17</b>			
	01:52-	04:13+	07:54+	10:58+	18:12+	21:17+	23:26+	25:19+	28:07+	29:53+	38:38+	40:35+	44:35+	48:44+	50:13+	52:58+	53:17+	
	01:52-	02:21+	03:41+	03:04+	07:14+	03:05+	02:09+	01:53+	02:48+	01:46+	08:45+	01:57-	04:00+	04:09+	01:29+	02:45+	00:19+	
	00:13-	01:06&	00:34#	01:29&	03:07&	01:03&	00:51&	00:49&	00:09+	00:26&	03:51&	00:13-	01:07&	00:57&	00:15#	00:23#	00:05&	
<b>9</b>	<b>Berit Bakken</b>	<b>168</b>													<b>54:12</b>			
	01:15-	02:40-	08:32+	11:18+	12:49+	17:38+	19:57+	21:37+	24:44+	30:42+	32:23+	39:30+	41:53+	45:20+	49:03+	50:28+	53:49+	54:12+
	01:15-	01:25+	05:52+	02:46+	01:31-	04:49+	02:19+	01:40+	03:07+	05:58+	01:41-	07:07+	02:23-	03:27+	03:43+	01:25-	03:21+	00:23+
	00:50-	00:10#	02:45&	01:11&	02:36-	02:47@	01:01&	00:36&	00:28#	04:38@	03:13-	04:57@	00:30-	00:15+	02:29@	00:57-	03:07@	00:23+
<b>10</b>	<b>Unni Relling</b>	<b>92</b>													<b>56:13</b>			
	01:38-	03:37+	06:03-	08:19+	16:53+	19:30+	21:34+	28:30+	31:09+	33:11+	39:39+	43:02+	46:57+	51:10+	52:45+	55:46+	56:13+	
	01:38-	01:59+	02:26-	02:16+	08:34+	02:37+	02:04+	06:56+	02:39-	02:02+	06:28+	03:23+	03:55+	04:13+	01:35+	03:01+	00:27+	
	00:27-	00:44&	00:41-	00:41&	04:27@	00:35&	00:46&	05:52@	00:00-	00:42&	01:34&	01:13&	01:02&	01:01&	00:21&	00:39&	00:13&	
<b>11</b>	<b>Liv Sissel Obrestad</b>	<b>54</b>													<b>59:22</b>			
	02:36+	04:26+	06:50+	09:22+	16:55+	19:32+	22:33+	25:47+	28:10+	30:03+	34:06+	36:55+	41:17+	45:39+	55:35+	58:51+	59:22+	
	02:36+	01:50+	02:24-	02:32+	07:33+	02:37+	03:01+	03:14+	02:23-	01:53+	04:03-	02:49+	04:22+	04:22+	09:56+	03:16+	00:31+	
	00:31#	00:35&	00:43-	00:57&	03:26&	00:35&	01:43@	02:10@	00:16-	00:33&	00:51-	00:39&	01:29&	01:10&	08:42@	00:54&	00:17@	
<b>Beste strekktid for klassen</b>																		
	01:15	01:11	01:42	01:35	01:31	02:02	01:18	00:57	01:01	01:19	01:34	01:57	02:23	03:12	01:14	01:25	00:14	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		
<b>Damer 65 - 69 år</b>																		
<b>1</b>	<b>Wenche Anda Haarr</b>	<b>92</b>													<b>54:10</b>			
	03:01=	04:48=	07:53=	10:34=	16:37=	22:23=	24:27=	25:47=	28:27=	30:10=	35:40=	39:09=	43:06=	48:20=	49:51=	53:49=	54:10=	
	03:01=	01:47=	03:05=	02:41=	06:03=	05:46=	02:04=	01:20=	02:40=	01:43=	05:30=	03:29=	03:57=	05:14=	01:31=	03:58=	00:21=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Kirsten Carlsen</b>	<b>93</b>													<b>54:42</b>			
	02:14-	03:52-	05:33-	07:47-	13:25-	16:16-	19:40-	22:43-	29:34+	31:43+	38:52+	41:20+	45:00+	49:18+	51:15+	54:19+	54:42+	
	02:14-	01:38-	01:41-	02:14-	05:38-	02:51-	03:24+	03:03+	06:51+	02:09+	07:09+	02:28-	03:40-	04:18-	01:57+	03:04-	00:23+	
	00:47-	00:09-	01:24-	00:27-	00:25-	02:55-	01:20&	01:43@	04:11@	00:26&	01:39&	01:01-	00:17-	00:56-	00:26&	00:54-	00:02+	
<b>Beste strekktid for klassen</b>																		
	02:14	01:38	01:41	02:14	05:38	02:51	02:04	01:20	02:40	01:43	05:30	02:28	03:40	04:18	01:31	03:04	00:21	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		
<b>Damer 70 - 74 år</b>																		
<b>1</b>	<b>Gry V. Thengs</b>	<b>68</b>													<b>44:41</b>			
	01:22=	03:18=	06:09=	08:43=	17:42=	20:17=	22:29=	23:35=	25:38=	27:14=	31:13=	33:43=	37:01=	40:40=	42:11=	44:23=	44:41=	
	01:22=	01:56=	02:51=	02:34=	08:59=	02:35=	02:12=	01:06=	02:03=	01:36=	03:59=	02:30=	03:18=	03:39=	01:31=	02:12=	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=	
<b>2</b>	<b>Helga Klausen</b>	<b>62</b>													<b>47:21</b>			
	02:15+	04:38+	07:40+	09:48+	16:01-	18:38-	20:56-	22:11-	24:45-	26:26-	30:12-	33:21-	37:37+	41:54+	43:22+	46:53+	47:21+	
	02:15+	02:23+	03:02+	02:08-	06:13-	02:37+	02:18+	01:15+	02:34+	01:41+	03:46-	03:09+	04:16+	04:17+	01:28-	03:31+	00:28+	
	00:53&	00:27#	00:11+	00:26-	02:46-	00:02+	00:06+	00:09#	00:31&	00:05+	00:13-	00:39&	00:58&	00:38#	00:03-	01:19&	00:10&	
<b>3</b>	<b>Haldis Glendrange</b>	<b>68</b>													<b>47:39</b>			
	01:35+	03:36+	06:00-	08:44+	16:31-	19:31-	21:30-	22:43-	25:16-	27:07-	31:26+	34:05+	37:57+	41:44+	44:06+	47:08+	47:39+	
	01:35+	02:01+	02:24-	02:44+	07:47-	03:00+	01:59-	01:13+	02:33+	01:51+	04:19+	02:39+	03:52+	03:47+	02:22+	03:02+	00:31+	
	00:13#	00:05+	00:27-	00:10+	01:12-	00:25#	00:13-	00:07#	00:30#	00:15#	00:20+	00:09+	00:34#	00:08+	00:51&	00:50&	00:13&	

Class	Navn	Klasse												Tid			
<b>4</b>	<b>Turid Nystrøm</b>	<b>68</b>												<b>49:10</b>			
	01:58+	03:59+	07:05+	09:54+	15:17-	18:25-	21:04-	22:37-	24:57-	26:25-	32:51+	35:11+	38:41+	41:54+	46:19+	48:43+	49:10+
	01:58+	02:01+	03:06+	02:49+	05:23-	03:08+	02:39+	01:33+	02:20+	01:28-	06:26+	02:20-	03:30+	03:13-	04:25+	02:24+	00:27+
	00:36&	00:05+	00:15+	00:15+	03:36-	00:33#	00:27#	00:27&	00:17#	00:08-	02:27&	00:10-	00:12+	00:26-	02:54@	00:12+	00:09&

<b>5</b>	<b>Eva Hessen</b>	<b>83</b>												<b>52:26</b>			
	02:26+	04:44+	08:10+	11:10+	18:50+	22:06+	24:26+	26:18+	29:02+	31:12+	35:20+	38:28+	42:26+	46:35+	48:01+	51:56+	52:26+
	02:26+	02:18+	03:26+	03:00+	07:40-	03:16+	02:20+	01:52+	02:44+	02:10+	04:08+	03:08+	03:58+	04:09+	01:26-	03:55+	00:30+
	01:04&	00:22#	00:35#	00:26#	01:19-	00:41&	00:08+	00:46&	00:41&	00:34&	00:09+	00:38&	00:40#	00:30#	00:05-	01:43&	00:12&

<b>6</b>	<b>Helga Aaslid</b>	<b>54</b>												<b>55:18</b>			
	02:05+	04:28+	06:54+	09:15+	15:48-	18:38-	20:50-	27:38+	30:00+	32:03+	38:46+	42:04+	45:51+	49:48+	51:48+	54:48+	55:18+
	02:05+	02:23+	02:26-	02:21-	06:33-	02:50+	02:12=	06:48+	02:22+	02:03+	06:43+	03:18+	03:47+	03:57+	02:00+	03:00+	00:30+
	00:43&	00:27#	00:25-	00:13-	02:26-	00:15+	00:00=	05:42@	00:19#	00:27&	02:44&	00:48&	00:29#	00:18+	00:29&	00:48&	00:12&

<b>7</b>	<b>Ragnhild Christiansen</b>	<b>93</b>												<b>59:17</b>			
	02:20+	04:40+	08:09+	11:17+	20:59+	23:41+	25:52+	27:00+	29:19+	31:08+	35:57+	39:27+	44:11+	54:05+	55:40+	58:45+	59:17+
	02:20+	02:20+	03:29+	03:08+	09:42+	02:42+	02:11-	01:08+	02:19+	01:49+	04:49+	03:30+	04:44+	09:54+	01:35+	03:05+	00:32+
	00:58&	00:24#	00:38#	00:34#	00:43+	00:07+	00:01-	00:02+	00:16#	00:13#	00:50#	01:00&	01:26&	06:15@	00:04+	00:53&	00:14&

<b>8</b>	<b>Hedvig Anda</b>	<b>116</b>												<b>1:05:49</b>			
	02:49+	05:22+	09:23+	12:13+	19:14+	30:05+	32:39+	34:02+	39:31+	41:16+	46:37+	49:45+	53:37+	60:37+	62:20+	65:22+	65:49+
	02:49+	02:33+	04:01+	02:50+	07:01-	10:51+	02:34+	01:23+	05:29+	01:45+	05:21+	03:08+	03:52+	07:00+	01:43+	03:02+	00:27+
	01:27@	00:37&	01:10&	01:16#	01:58-	08:16@	00:22#	00:17&	03:26@	00:09+	01:22&	00:38&	00:34#	03:21&	00:12#	00:50&	00:09&

<b>Beste strekktid for klassen</b>																	
	01:22	01:56	02:24	02:08	05:23	02:35	01:59	01:06	02:03	01:28	03:46	02:20	03:18	03:13	01:26	02:12	00:18

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

### Damer 75 - 79 år

<b>1</b>	<b>Synnøve Fuglestad</b>	<b>29</b>												<b>42:21</b>			
	02:26=	04:19=	06:09=	08:35=	14:46=	17:13=	19:20=	20:25=	22:44=	24:20=	28:21=	30:54=	34:10=	37:55=	39:21=	41:44=	42:21=
	02:26=	01:53=	01:50=	02:26=	06:11=	02:27=	02:07=	01:05=	02:19=	01:36=	04:01=	02:33=	03:16=	03:45=	01:26=	02:23=	00:37=
	00:00=	00:00=	00:00=	00:00=	00:00=	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 Ebbell Olsen</b>	<b>68</b>												<b>1:24:26</b>			
	02:49+	08:59+	16:21+	20:52+	30:19+	35:37+	38:49+	42:06+	46:35+	49:10+	56:16+	59:51+	64:21+	78:38+	80:56+	83:53+	84:26+
	02:49+	06:10+	07:22+	04:31+	09:27+	05:18+	03:12+	03:17+	04:29+	02:35+	07:06+	03:35+	04:30+	14:17+	02:18+	02:57+	00:33-
	00:23#	04:17@	05:32@	02:05&	03:16&	02:51@	01:05&	02:12@	02:10&	00:59&	03:05&	01:02&	01:14&	10:32@	00:52&	00:34#	00:04-

<b>Beste strekktid for klassen</b>																	
	02:26	01:53	01:50	02:26	06:11	02:27	02:07	01:05	02:19	01:36	04:01	02:33	03:16	03:45	01:26	02:23	00:33

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

### Damer A

<b>1</b>	<b>Marjo Liikanen</b>	<b>67</b>												<b>36:27</b>			
	01:14=	02:18=	03:22=	04:26=	06:31=	08:32=	09:26=	11:18=	13:12=	15:43=	18:20=	18:55=	20:49=	22:29=	23:18=	24:20=	25:50=
	01:14=	01:04=	01:04=	01:04=	02:05=	02:01=	00:54=	01:52=	01:54=	02:31=	02:37=	00:35=	01:54=	01:40=	00:49=	01:02=	01:30=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>												<b>39:01</b>			
	01:37+	02:32+	03:47+	04:57+	08:20+	10:46+	11:43+	13:24+	15:07+	17:04+	19:49+	20:27+	22:24+	24:25+	25:19+	26:19+	27:30+
	01:37+	00:55-	01:15+	01:10+	03:23+	02:26+	00:57+	01:41-	01:43-	01:57-	02:45+	00:38+	01:57+	02:01+	00:54+	01:00-	01:11-
	00:23&	00:09-	00:11#	00:06+	01:18&	00:25#	00:03+	00:11-	00:11-	00:34-	00:08+	00:03+	00:03+	00:21#	00:05#	00:02-	00:19-

<b>3</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>												<b>42:39</b>			
	01:04-	02:09-	04:26+	05:39+	08:56+	11:19+	12:49+	14:40+	16:33+	18:48+	21:46+	22:30+	24:32+	26:29+	27:25+	28:32+	29:25+
	01:04-	01:05+	02:17+	01:13+	03:17+	02:23+	01:30+	01:51-	01:53-	02:15-	02:58+	00:44+	02:02+	01:57+	00:56+	01:07+	00:53-
	00:10-	00:01+	01:13@	00:09#	01:12&	00:22#	00:36&	00:01-	00:01-	00:16-	00:21#	00:09&	00:08+	00:17#	00:07#	00:05+	00:37-

<b>4</b>	<b>Trine Bolstad</b>	<b>62</b>												<b>45:43</b>			
	01:25+	02:29+	03:43+	04:59+	11:16+	13:42+	14:39+	16:23+	18:02+	20:08+	22:54+	23:35+	25:42+	27:45+	28:40+	29:39+	33:13+
	01:25+	01:04=	01:14+	01:16+	06:17+	02:26+	00:57+	01:44-	01:39-	02:06-	02:46+	00:41+	02:07+	02:03+	00:55+	00:59-	03:34+
	00:11#	00:00=	00:10#	00:12#	04:12@	00:25#	00:03+	00:08-	00:15-	00:25-	00:09+	00:06#	00:13#	00:23#	00:06#	00:03-	02:04@

Class	Navn	Klasse										Tid															
<b>5</b>	<b>Wenche M. Sæbbø</b>	<b>3</b>										<b>48:37</b>															
01:23+	03:07+	04:39+	06:46+	08:05+	10:55+	11:58+	16:38+	18:19+	20:42+	24:29+	25:18+	27:48+	30:12+	31:31+	32:48+	34:04+	36:44+	40:36+	41:18+	42:49+	43:45+	46:05+	47:13+	48:19+	48:37+		
01:23+	01:44+	01:32+	02:07+	01:19-	02:50+	01:03+	04:40+	01:41-	02:23-	03:47+	00:49+	02:30+	02:24+	01:19+	01:17+	01:16-	02:40+	03:52+	00:42+	01:31+	00:56+	02:20+	01:08+	01:06+	00:18+		
00:09#	00:40&	00:28&	01:03&	00:46-	00:49&	00:09#	02:48@	00:13-	00:08-	01:10&	00:14&	00:36&	00:44&	00:30&	00:15#	00:14-	00:36&	01:00&	00:03+	00:26&	00:11#	00:46&	00:30&	00:19&	00:05&		
<b>6</b>	<b>Tone Torgersen</b>	<b>27</b>										<b>49:51</b>															
01:07-	02:17-	04:04+	06:35+	10:50+	13:04+	15:51+	18:04+	20:08+	22:43+	25:36+	26:24+	28:57+	31:23+	32:28+	34:03+	35:05+	37:47+	41:44+	42:30+	43:55+	45:00+	47:20+	48:30+	49:35+	49:51+		
01:07-	01:10+	01:47+	02:31+	04:15+	02:14+	02:47+	02:13+	02:04+	02:35+	02:53+	00:48+	02:33+	02:26+	01:05+	01:35+	01:02-	02:42+	03:57+	00:46+	01:25+	01:05+	02:20+	01:10+	01:05+	00:16+		
00:07-	00:06+	00:43&	01:27@	02:10@	00:13#	01:53@	00:21#	00:10+	00:04+	00:16#	00:13&	00:39&	00:46&	00:16&	00:33&	00:28-	00:38&	01:05&	00:07#	00:20&	00:20&	00:46&	00:32&	00:18&	00:03#		
<b>7</b>	<b>Ann Mari Midttun</b>	<b>213</b>										<b>52:08</b>															
01:14=	02:21+	04:16+	06:17+	12:27+	14:56+	16:20+	18:31+	21:29+	24:06+	27:50+	28:35+	31:06+	33:25+	34:35+	35:48+	36:58+	39:53+	43:46+	44:30+	46:07+	47:15+	49:26+	50:30+	51:28+	52:08+		
01:14=	01:07+	01:55+	02:01+	06:10+	02:29+	01:24+	02:11+	02:58+	02:37+	03:44+	00:45+	02:31+	02:19+	01:10+	01:13+	01:10-	02:55+	03:53+	00:44+	01:37+	01:08+	02:11+	01:04+	00:58+	00:40+		
00:00=	00:03+	00:51&	00:57&	04:05@	00:28#	00:30&	00:19#	01:04&	00:06+	01:07&	00:10&	00:37&	00:39&	00:21&	00:11#	00:20-	00:51&	01:01&	00:05#	00:32&	00:23&	00:37&	00:26&	00:11#	00:27@		
<b>8</b>	<b>Maira Anderson</b>	<b>93</b>										<b>1:13:31</b>															
03:19+	04:56+	06:45+	08:25+	11:39+	18:52+	20:41+	24:19+	29:16+	32:08+	36:41+	37:47+	41:12+	48:33+	50:28+	52:26+	54:04+	57:16+	61:56+	63:11+	65:47+	67:05+	69:52+	71:36+	73:13+	73:31+		
03:19+	01:37+	01:49+	01:40+	03:14+	07:13+	01:49+	03:38+	04:57+	02:52+	04:33+	01:06+	03:25+	07:21+	01:55+	01:58+	01:38+	03:12+	04:40+	01:15+	02:36+	01:18+	02:47+	01:44+	01:37+	00:18+		
02:05@	00:33&	00:45&	00:36&	01:09&	05:12@	00:55@	01:46&	03:03@	00:21#	01:56&	00:31&	01:31&	05:41@	01:06@	00:56&	00:08+	01:08&	01:48&	00:36&	01:31@	00:33&	01:13&	01:06@	00:50@	00:05&		
<b>Beste strekktid for klassen</b>																											
01:04	00:55	01:04	01:04	01:19	02:01	00:54	01:41	01:39	01:57	02:37	00:35	01:54	01:40	00:49	00:59	00:53	02:04	02:52	00:38	01:05	00:45	01:34	00:38	00:47	00:12		

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

## Damer B

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>										<b>43:26</b>															
00:55=	02:22=	06:39=	07:27=	09:51=	12:20=	13:32=	14:53=	16:22=	17:14=	20:55=	22:09=	22:49=	26:19=	28:15=	31:09=	32:18=	35:13=	38:38=	40:16=	42:04=	43:11=	43:26=					
00:55=	01:27=	04:17=	00:48=	02:24=	02:29=	01:12=	01:21=	01:29=	00:52=	03:41=	01:14=	00:40=	03:30=	01:56=	02:54=	01:09=	02:55=	03:25=	01:38=	01:48=	01:07=	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=	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>Vibeke Lamark</b>	<b>46</b>										<b>47:11</b>															
01:01+	03:15+	05:53-	07:07-	09:30-	12:35+	13:54+	15:12+	17:26+	18:27+	22:35+	23:57+	25:17+	29:05+	31:00+	33:40+	35:05+	38:33+	42:15+	43:28+	45:28+	46:56+	47:11+					
01:01+	02:14+	02:38-	01:14+	02:23-	03:05+	01:19+	01:18-	02:14+	01:01+	04:08+	01:22+	01:20+	03:48+	01:55-	02:40-	01:25+	03:28+	03:42+	01:13-	02:00+	01:28+	00:15=					
00:06#	00:47&	01:39-	00:26&	00:01-	00:36#	00:07+	00:03-	00:45&	00:09#	00:27#	00:08#	00:40&	00:18+	00:01-	00:14-	00:16#	00:33#	00:17+	00:25-	00:12#	00:21&	00:00=					
<b>3</b>	<b>Ann-Cathrin Urdal</b>	<b>118</b>										<b>51:33</b>															
01:43+	03:38+	06:12-	07:11-	12:38+	14:57+	16:17+	17:36+	20:27+	21:19+	25:28+	26:47+	28:34+	32:29+	34:40+	37:31+	38:40+	42:32+	46:09+	47:24+	49:23+	51:18+	51:33+					
01:43+	01:55+	02:34-	00:59+	05:27+	02:19-	01:20+	01:19-	02:51+	00:52=	04:09+	01:19+	01:47+	03:55+	02:11+	02:51-	01:09=	03:52+	03:37+	01:15-	01:59+	01:55+	00:15=					
00:48&	00:28&	01:43-	00:11#	03:03@	00:10-	00:08#	00:02-	01:22&	00:00=	00:28#	00:05+	01:07@	00:25#	00:15#	00:03-	00:00=	00:57&	00:12+	00:23-	00:11#	00:48&	00:00=					
<b>4</b>	<b>Lise Isachsen</b>	<b>165</b>										<b>53:08</b>															
02:12+	04:04+	06:43+	07:28+	10:08+	13:37+	15:00+	17:14+	19:28+	20:23+	24:59+	27:13+	28:19+	32:30+	35:03+	39:25+	40:36+	45:08+	48:35+	49:51+	51:44+	52:56+	53:08+					
02:12+	01:52+	02:39-	00:45-	02:40+	03:29+	01:23+	02:14+	02:14+	00:55+	04:36+	02:14+	01:06+	04:11+	02:33+	04:22+	01:11+	04:32+	03:27+	01:16-	01:53+	01:12+	00:12-					
01:17@	00:25&	01:38-	00:03-	00:16#	01:00&	00:11#	00:53&	00:45&	00:03+	00:55#	01:00&	00:26&	00:41#	00:37&	01:28&	00:02+	01:37&	00:02+	00:22-	00:05+	00:05+	00:03-					
<b>5</b>	<b>Ellen Tindeland</b>	<b>27</b>										<b>53:28</b>															
03:14+	04:53+	07:45+	08:42+	12:01+	14:43+	16:14+	18:10+	20:09+	21:02+	25:30+	26:48+	28:13+	32:56+	35:04+	38:24+	39:37+	44:37+	48:34+	49:56+	51:53+	53:10+	53:28+					
03:14+	01:39+	02:52-	00:57+	03:19+	02:42+	01:31+	01:56+	01:59+	00:53+	04:28+	01:18+	01:25+	04:43+	02:08+	03:20+	01:13+	05:00+	03:57+	01:22-	01:57+	01:17+	00:18+					
02:19@	00:12#	01:25-	00:09#	00:55&	00:13+	00:19&	00:35&	00:30&	00:01+	00:47#	00:04+	00:45@	01:13&	00:12#	00:26#	00:04+	02:05&	00:32#	00:16-	00:09+	00:10#	00:03#					
<b>6</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>										<b>57:31</b>															
02:49+	04:29+	07:46+	08:34+	14:01+	17:39+	19:06+	20:48+	22:46+	23:44+	28:06+	29:40+	31:50+	36:07+	38:40+	42:27+	43:54+	47:07+	51:26+	52:50+	56:00+	57:17+	57:31+					
02:49+	01:40+	03:17-	00:48=	05:27+	03:38+	01:27+	01:42+	01:58+	00:58+	04:22+	01:34+	02:10+	04:17+	02:33+	03:47+	01:27+	03:13+	04:19+	01:24-	03:10+	01:17+	00:14-					
01:54@	00:13#	01:00-	00:00=	03:03@	01:09&	00:15#	00:21&	00:29&	00:06#	00:41#	00:20&	01:30@	00:47#	00:37&	00:53&	00:18#	00:18#	00:54&	00:14-	01:22&	00:10#	00:01-					
<b>7</b>	<b>Ingunn Anda Haug</b>	<b>67</b>										<b>57:42</b>															
01:38+	06:36+	09:10+	09:59+	12:33+	15:41+	17:27+	19:12+	21:23+	22:20+	26:57+	29:43+	30:52+	35:30+	37:59+	41:06+	42:23+	47:44+	52:23+	53:44+	56:05+	57:25+	57:42+					
01:38+	04:58+	02:34-	00:49+	02:34+	03:08+	01:46+	01:45+	02:11+	00:57+	04:37+	02:46+	01:09+	04:09+	02:32+	03:07+	01:17+	05:21+	04:39+	01:21-	02:21+	01:20+	00:17+					
00:43&	03:31@	01:43-	00:01+	00:10+	00:39&	00:34&	00:24&	00:42&	00:05+	00:56&	01:32@	00:29&	01:08&	00:33&	00:13+	00:08#	02:26&	01:14&	00:17-	00:33&	00:13#	00:02#					
<b>8</b>	<b>Ingrid W. Hestness</b>	<b>117</b>										<b>57:49</b>															
02:10+	04:03+	12:36+	13:15+	15:38+	20:42+	22:17+	23:35+	25:43+	26:35+	31:37+	33:32+	34:23+	38:32+	40:48+	43:55+	45:28+	48:50+	52:37+	53:56+	56:03+	57:31+	57:49+					
02:10+	01:53+	08:33+	00:39-	02:23-	05:04+	01:35+	01:18-	02:08+	00:52=	05:02+	01:55+	00:51+	04:09+	02:16+	03:07+	01:33+	03:22+	03:47+	01:19-	02:07+	01:28+	00:18+					
01:15@	00:26&	04:16&	00:09-	00:01-	02:35@	00:23&	00:03-	00:39&	00:00=	01:21&	00:41&	00:11&	00:39#	00:20#	00:13+	00:24&	00:27#	00:22#	00:19-	00:19#	00:21&	00:03#					
<b>9</b>	<b>Margrethe Roalsø</b>	<b>93</b>										<b>58:44</b>															
01:09+	03:08+	07:13+	08:02+	10:33+	14:46+	16:26+	18:03+	20:33+	21:27+	26:49+	28:15+	29:21+	33:19+	35:40+	38:53+	40:19+	49:05+	53:26+	54:40+	56:59+	58:27+	58:					

Class	Navn	Klasse										Tid											
<b>10</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>58:53</b>											
02:41+	05:11+	08:12+	08:58+	14:43+	18:52+	20:33+	22:03+	24:40+	25:41+	30:11+	31:38+	32:35+	36:32+	38:44+	42:07+	43:31+	48:54+	53:02+	54:26+	57:08+	58:32+	58:53+	
02:41+	02:30+	03:01-	00:46-	05:45+	04:09+	01:41+	01:30+	02:37+	01:01+	04:30+	01:27+	00:57+	03:57+	02:12+	03:23+	01:24+	05:23+	04:08+	01:24-	02:42+	01:24+	00:21+	
01:46@	01:03&	01:16-	00:02-	03:21@	01:40&	00:29&	00:09#	01:08&	00:09#	00:49#	00:13#	00:17&	00:27#	00:16#	00:29#	00:15#	02:28&	00:43#	00:14-	00:54&	00:17&	00:06&	
<b>11</b>	<b>Irene Rummelhoff</b>	<b>116</b>										<b>1:00:11</b>											
01:18+	03:23+	08:24+	09:07+	14:51+	18:27+	20:17+	21:55+	25:37+	27:15+	31:58+	33:23+	34:21+	39:00+	41:31+	45:12+	46:59+	50:17+	54:32+	55:58+	58:21+	59:53+	60:11+	
01:18+	02:05+	05:01+	00:43-	05:44+	03:36+	01:50+	01:38+	03:42+	01:38+	04:43+	01:25+	00:58+	04:39+	02:31+	03:41+	01:47+	03:18+	04:15+	01:26-	02:23+	01:32+	00:18+	
00:23&	00:38&	00:44#	00:05-	03:20@	01:07&	00:38&	00:17#	02:13@	00:46&	01:02&	00:11#	00:18&	01:09&	00:35&	00:47&	00:38&	00:23#	00:50#	00:12-	00:35&	00:25&	00:03#	
<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>										<b>1:00:41</b>											
01:12+	03:46+	06:46+	07:57+	11:47+	14:14+	15:47+	20:36+	23:14+	24:02+	28:34+	30:31+	32:14+	35:50+	37:57+	41:56+	43:13+	50:50+	54:39+	55:59+	58:38+	60:28+	60:41+	
01:12+	02:34+	03:00-	01:11+	03:50+	02:27-	01:33+	04:49+	02:38+	00:48-	04:32+	01:57+	01:43+	03:36+	02:07+	03:59+	01:17+	07:37+	03:49+	01:20-	02:39+	01:50+	00:13-	
00:17&	01:07&	01:17-	00:23&	01:26&	00:02-	00:21&	03:28@	01:09&	00:04-	00:51#	00:43&	01:03@	00:06+	00:11+	01:05&	00:08#	04:42@	00:24#	00:18-	00:51&	00:43&	00:02-	
<b>13</b>	<b>Jorunn Johannesen</b>	<b>116</b>										<b>1:01:57</b>											
02:47+	09:17+	12:59+	13:56+	16:30+	20:14+	22:10+	23:27+	25:30+	26:23+	30:57+	32:19+	34:05+	37:51+	40:04+	43:23+	44:42+	52:16+	56:10+	57:32+	59:49+	61:39+	61:57+	
02:47+	06:30+	03:42-	00:57+	02:34+	03:44+	01:56+	01:17-	02:03+	00:53+	04:34+	01:22+	01:46+	03:46+	02:13+	03:19+	01:19+	07:34+	03:54+	01:22-	02:17+	01:50+	00:18+	
01:52@	05:03@	03:35-	00:09#	00:10+	01:15&	00:44&	00:04-	00:34&	00:01+	00:53#	00:08#	01:06@	00:16+	00:17#	00:25#	00:10#	04:39@	00:29#	00:16-	00:29&	00:43&	00:03#	
<b>14</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>										<b>1:05:36</b>											
02:23+	04:53+	12:58+	13:45+	18:40+	23:51+	25:26+	26:59+	29:01+	30:11+	34:42+	36:32+	38:07+	42:33+	45:16+	49:13+	51:06+	54:36+	58:34+	60:07+	62:57+	65:17+	65:36+	
02:23+	02:30+	08:05+	00:47-	04:55+	05:11+	01:35+	01:33+	02:02+	01:10+	04:31+	01:50+	01:35+	04:26+	02:43+	03:57+	01:53+	03:30+	03:58+	01:33-	02:50+	02:20+	00:19+	
01:28@	01:03&	03:48&	00:01-	02:31@	02:42@	00:23&	00:12#	00:33&	00:18&	00:50#	00:36&	00:55@	00:56&	00:47&	01:03&	00:44&	00:35#	00:33#	00:05-	01:02&	01:13@	00:04&	
<b>15</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>1:06:52</b>											
03:06+	05:56+	09:57+	11:31+	15:36+	20:44+	22:32+	25:52+	28:32+	30:00+	35:32+	37:54+	39:17+	44:32+	47:01+	50:55+	52:20+	57:31+	61:50+	63:04+	65:01+	66:33+	66:52+	
03:06+	02:50+	04:01-	01:34+	04:05+	05:08+	01:48+	03:20+	02:40+	01:28+	05:32+	02:22+	01:23+	05:15+	02:29+	03:54+	01:25+	04:19+	01:14-	01:57+	01:32+	00:19+		
02:11@	01:23&	00:16-	00:46&	01:41&	02:39@	00:36&	01:59@	01:11&	00:36&	01:51&	01:08&	00:43@	01:45&	00:33&	01:00&	00:16#	02:16&	00:54&	00:24-	00:09+	00:25&	00:04&	
<b>16</b>	<b>Tone Cecilie Nystrøm</b>	<b>68</b>										<b>1:09:06</b>											
02:21+	04:30+	08:00+	10:13+	18:04+	23:05+	25:13+	26:50+	29:30+	30:40+	36:34+	38:25+	40:06+	45:37+	48:35+	52:41+	54:15+	57:56+	62:29+	64:03+	66:53+	68:42+	69:06+	
02:21+	02:09+	03:30-	02:13+	07:51+	05:01+	02:08+	01:37+	02:40+	01:10+	05:54+	01:51+	01:41+	05:31+	02:58+	04:06+	01:34+	03:41+	04:33+	01:34-	02:50+	01:49+	00:24+	
01:26@	00:42&	00:47-	01:25@	05:27@	02:32@	00:56&	00:16#	01:11&	00:18&	02:13&	00:37&	01:01@	02:01&	01:02&	01:12&	00:25&	00:46&	01:08&	00:04-	01:02&	00:42&	00:09&	
<b>17</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>1:09:39</b>											
01:38+	03:34+	08:55+	10:03+	13:52+	19:08+	21:30+	23:44+	26:35+	27:51+	36:07+	38:12+	40:41+	45:59+	48:54+	52:46+	54:17+	58:14+	63:02+	64:09+	67:49+	69:19+	69:39+	
01:38+	01:56+	05:21+	01:08+	03:49+	05:16+	02:22+	02:14+	02:51+	01:16+	08:16+	02:05+	02:29+	05:18+	02:55+	03:52+	01:31+	03:57+	04:48+	01:07-	03:40+	01:30+	00:20+	
00:43&	00:29&	01:04#	00:20&	01:25&	02:47@	01:10&	00:53&	01:22&	00:24&	04:35@	00:51&	01:49@	01:48&	00:59&	00:58&	00:22&	01:02&	01:23&	00:31-	01:52@	00:23&	00:05&	
<b>Beste strekktid for klassen</b>	00:55	01:27	02:34	00:39	02:23	02:19	01:12	01:17	01:29	00:48	03:41	01:14	00:40	03:30	01:55	02:40	01:09	02:55	03:25	01:07	01:48	01:07	00:12

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

## Damer Trim

<b>1</b>	<b>Janeth Kleppe</b>	<b>128</b>										<b>25:43</b>										
03:16=	06:38=	07:41=	08:46=	09:43=	13:48=	14:59=	16:47=	17:27=	19:22=	22:17=	23:06=	24:26=	25:28=	25:43=								
03:16=	03:22=	01:03=	01:05=	00:57=	04:05=	01:11=	01:48=	00:40=	01:55=	02:55=	00:49=	01:20=	01:02=	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=								
<b>2</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>										<b>29:34</b>										
03:31+	05:50-	07:47+	09:04+	11:34+	15:55+	17:54+	19:59+	20:43+	22:58+	25:24+	26:52+	28:11+	29:17+	29:34+								
03:31+	02:19-	01:57+	01:17+	02:30+	04:21+	01:59+	02:05+	00:44+	02:15+	02:26-	01:28+	01:19-	01:06+	00:17+								
00:15+	01:03-	00:54&	00:12#	01:33@	00:16+	00:48&	00:17#	00:04#	00:20#	00:29-	00:39&	00:01-	00:04+	00:02#								
<b>3</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>30:04</b>										
01:17-	03:15-	04:25-	05:24-	06:44-	12:13-	14:09-	18:31+	19:14+	21:53+	23:56+	26:23+	27:15+	28:39+	29:47+	30:04+							
01:17-	01:58-	01:10+	00:59-	01:20+	05:29+	01:56+	04:22+	00:43+	02:39+	02:03-	02:27+	00:52-	01:24+	01:08+	00:17+							
01:59-	01:24-	00:07#	00:06-	00:23&	01:24&	00:45&	02:34@	00:03+	00:44&	00:52-	01:38@	00:28-	00:22&	00:53@	00:17+							
<b>4</b>	<b>Parul Khandelwal</b>	<b>71</b>										<b>30:42</b>										
04:37+	06:42+	08:48+	10:21+	12:01+	16:56+	18:43+	20:51+	21:37+	24:04+	27:07+	28:00+	29:16+	30:22+	30:42+								
04:37+	02:05-	02:06+	01:33+	01:40+	04:55+	01:47+	02:08+	00:46+	02:27+	03:03+	00:53+	01:16-	01:06+	00:20+								
01:21&	01:17-	01:03&	00:28&	00:43&	00:50#	00:36&	00:20#	00:06#	00:32&	00:08+	00:04+	00:04-	00:04+	00:05&								
<b>5</b>	<b>Margot Asheim</b>	<b>105</b>										<b>31:09</b>										
03:20+	04:48-	05:50-	06:56-	08:03-	16:53+	18:56+	20:32+	21:18+	23:48+	27:08+	28:22+	29:46+	30:52+	31:09+								
03:20+	01:28-	01:02-	01:06+	01:07+	08:50+	02:03+	01:36-	00:46+	02:30+	03:20+	01:14+	01:24+	01:06+	00:17+								
00:04+	01:54-	00:01-	00:01+	00:10#	04:45@	00:52&	00:12-	00:06#	00:35&	00:25#	00:25&	00:04+	00:04+	00:02#								

Class	Navn	Klasse										Tid		
<b>6</b>	<b>Margrete Jian Øye</b>	<b>126</b>										<b>31:12</b>		
01:06-	02:25-	03:13-	04:20-	05:31-	19:04+	20:18+	22:25+	23:10+	25:36+	28:16+	28:57+	30:04+	30:58+	31:12+
01:06-	01:19-	00:48-	01:07+	01:11+	13:33+	01:14+	02:07+	00:45+	02:26+	02:40-	00:41-	01:07-	00:54-	00:14-
02:10-	02:03-	00:15-	00:02+	00:14#	09:28@	00:03+	00:19#	00:05#	00:31&	00:15-	00:08-	00:13-	00:08-	00:01-
<b>7</b>	<b>Anette Tronstad</b>	<b>115</b>										<b>31:17</b>		
03:32+	05:52-	07:27-	08:51+	10:15+	16:09+	17:40+	20:05+	20:43+	23:15+	26:28+	27:38+	29:34+	30:52+	31:17+
03:32+	02:20-	01:35+	01:24+	01:24+	05:54+	01:31+	02:25+	00:38-	02:32+	03:13+	01:10+	01:56+	01:18+	00:25+
00:16+	01:02-	00:32&	00:19&	00:27&	01:49&	00:20&	00:37&	00:02-	00:37&	00:18#	00:21&	00:36&	00:16&	00:10&
<b>8</b>	<b>Marianne Johnsen</b>	<b>5</b>										<b>31:59</b>		
04:26+	06:17-	07:30-	08:54+	10:06+	16:51+	18:42+	20:55+	22:05+	24:18+	27:36+	29:10+	30:36+	31:42+	31:59+
04:26+	01:51-	01:13+	01:24+	01:12+	06:45+	01:51+	02:13+	01:10+	02:13+	03:18+	01:34+	01:26+	01:06+	00:17+
01:10&	01:31-	00:10#	00:19&	00:15&	02:40&	00:40&	00:25#	00:30&	00:18#	00:23#	00:45&	00:06+	00:04+	00:02#
<b>9</b>	<b>Anlaug Nygard</b>	<b>27</b>										<b>32:22</b>		
03:42+	06:02-	07:20-	08:36-	10:12+	14:59+	16:51+	19:35+	20:20+	22:56+	27:33+	28:39+	30:36+	32:03+	32:22+
03:42+	02:20-	01:18+	01:16+	01:36+	04:47+	01:52+	02:44+	00:45+	02:36+	04:37+	01:06+	01:57+	01:27+	00:19+
00:26#	01:02-	00:15#	00:11#	00:39&	00:42#	00:41&	00:56&	00:05#	00:41&	01:42&	00:17&	00:37&	00:25&	00:04&
<b>10</b>	<b>Ingrid O. Foss</b>	<b>117</b>										<b>32:56</b>		
01:22-	06:06-	07:09-	08:19-	15:06+	18:58+	20:26+	22:44+	23:32+	25:51+	28:46+	29:47+	31:18+	32:35+	32:56+
01:22-	04:44+	01:03=	01:10+	06:47+	03:52-	01:28+	02:18+	00:48+	02:19+	02:55=	01:01+	01:31+	01:17+	00:21+
01:54-	01:22&	00:00=	00:05+	05:50@	00:13-	00:17#	00:30&	00:08#	00:24#	00:00=	00:12#	00:11#	00:15#	00:06&
<b>11</b>	<b>Tina Pedersen</b>	<b>27</b>										<b>33:20</b>		
01:27-	02:55-	03:50-	05:01-	06:12-	12:25-	15:11+	23:55+	24:31+	26:43+	29:46+	30:39+	31:40+	32:55+	33:20+
01:27-	01:28-	00:55-	01:11+	01:11+	06:13+	02:46+	08:44+	00:36-	02:12+	03:03+	00:53+	01:01-	01:15+	00:25+
01:49-	01:54-	00:08-	00:06+	00:14#	02:08&	01:35@	06:56@	00:04-	00:17#	00:08+	00:04+	00:19-	00:13#	00:10&
<b>12</b>	<b>Linn Skadberg</b>	<b>113</b>										<b>34:17</b>		
02:00-	03:48-	05:28-	07:20-	09:14-	16:12+	18:32+	21:01+	22:32+	26:11+	30:01+	31:05+	32:47+	33:56+	34:17+
02:00-	01:48-	01:40+	01:52+	01:54+	06:58+	02:20+	02:29+	01:31+	03:39+	03:50+	01:04+	01:42+	01:09+	00:21+
01:16-	01:34-	00:37&	00:47&	00:57&	02:53&	01:09&	00:41&	00:51@	01:44&	00:55&	00:15&	00:22&	00:07#	00:06&
<b>13</b>	<b>Jorunn Pedersen Lima</b>	<b>113</b>										<b>34:20</b>		
02:03-	03:45-	05:13-	07:13-	08:46-	16:13+	18:25+	21:08+	22:42+	26:12+	30:19+	31:16+	32:48+	34:03+	34:20+
02:03-	01:42-	01:28+	02:00+	01:33+	07:27+	02:12+	02:43+	01:34+	03:30+	04:07+	00:57+	01:32+	01:15+	00:17+
01:13-	01:40-	00:25&	00:55&	00:36&	03:22&	01:01&	00:55&	00:54@	01:35&	01:12&	00:08#	00:12#	00:13#	00:02#
<b>14</b>	<b>Solbjørg Lima Skadberg</b>	<b>113</b>										<b>34:28</b>		
02:00-	03:57-	05:47-	07:27-	09:16-	16:16+	18:27+	21:20+	22:46+	26:13+	30:21+	31:18+	32:50+	34:06+	34:28+
02:00-	01:57-	01:50+	01:40+	01:49+	07:00+	02:11+	02:53+	01:26+	03:27+	04:08+	00:57+	01:32+	01:16+	00:22+
01:16-	01:25-	00:47&	00:35&	00:52&	02:55&	01:00&	01:05&	00:46@	01:32&	01:13&	00:08#	00:12#	00:14#	00:07&
<b>15</b>	<b>Gunhild Nordbø</b>	<b>117</b>										<b>34:32</b>		
01:27-	06:13-	08:24+	09:42+	10:49+	19:32+	21:06+	23:14+	24:17+	26:51+	29:34+	30:27+	32:31+	34:06+	34:32+
01:27-	04:46+	02:11+	01:18+	01:07+	08:43+	01:34+	02:08+	01:03+	02:34+	02:43-	00:53+	02:04+	01:35+	00:26+
01:49-	01:24&	01:08@	00:13#	00:10#	04:38@	00:23&	00:20#	00:23&	00:39&	00:12-	00:04+	00:44&	00:33&	00:11&
<b>16</b>	<b>Kristin Breivold</b>	<b>92</b>										<b>34:40</b>		
01:22-	07:02+	10:13+	11:26+	12:57+	22:25+	23:37+	25:53+	26:36+	28:51+	31:14+	32:06+	33:17+	34:20+	34:40+
01:22-	05:40+	03:11+	01:13+	01:31+	09:28+	01:12+	02:16+	00:43+	02:15+	02:23-	00:52+	01:11-	01:03+	00:20+
01:54-	02:18&	02:08@	00:08#	00:34&	05:23@	00:01+	00:28&	00:03+	00:20#	00:32-	00:03+	00:09-	00:01+	00:05&
<b>17</b>	<b>Synnøve Langvik</b>	<b>93</b>										<b>36:00</b>		
04:49+	07:02+	08:38+	09:56+	11:21+	16:25+	18:53+	23:02+	23:59+	27:09+	30:42+	32:03+	34:03+	35:27+	36:00+
04:49+	02:13-	01:36+	01:18+	01:25+	05:04+	02:28+	04:09+	00:57+	03:10+	03:33+	01:21+	02:00+	01:24+	00:33+
01:33&	01:09-	00:33&	00:13#	00:28&	00:59#	01:17@	02:21@	00:17&	01:15&	00:38#	00:32&	00:40&	00:22&	00:18@
<b>18</b>	<b>Tonje Tiley</b>	<b>27</b>										<b>36:12</b>		
01:37-	03:38-	04:32-	05:46-	07:35-	19:49+	21:35+	24:46+	25:25+	28:04+	32:01+	32:57+	34:48+	35:55+	36:12+
01:37-	02:01-	00:54-	01:14+	01:49+	12:14+	01:46+	03:11+	00:39-	02:39+	03:57+	00:56+	01:51+	01:07+	00:17+
01:39-	01:21-	00:09-	00:09#	00:52&	08:09@	00:35&	01:23&	00:01-	00:44&	01:02&	00:07#	00:31&	00:05+	00:02#
<b>19</b>	<b>Synnøve Hognestad</b>	<b>115</b>										<b>36:29</b>		
03:23+	08:22+	09:51+	11:25+	12:42+	17:01+	21:06+	23:14+	25:16+	27:51+	31:33+	32:34+	34:18+	36:08+	36:29+
03:23+	04:59+	01:29+	01:34+	01:17+	04:19+	04:05+	02:08+	02:02+	02:35+	03:42+	01:01+	01:44+	01:50+	00:21+
00:07+	01:37&	00:26&	00:29&	00:20&	00:14+	02:54@	00:20#	01:22@	00:40&	00:47&	00:12#	00:24&	00:48&	00:06&
<b>20</b>	<b>Gro Mariero Totland</b>	<b>59</b>										<b>36:38</b>		
02:25-	04:34-	06:43-	08:39-	11:00+	16:08+	18:07+	20:56+	21:45+	26:23+	31:05+	32:18+	34:18+	36:11+	36:38+
02:25-	02:09-	02:09+	01:56+	02:21+	05:08+	01:59+	02:49+	00:49+	04:38+	04:42+	01:13+	02:00+	01:53+	00:27+
00:51-	01:13-	01:06@	00:51&	01:24@	01:03&	00:48&	01:01&	00:09#	02:43@	01:47&	00:24&	00:40&	00:51&	00:12&

Class	Navn	Klasse										Tid		
<b>21</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>										<b>37:09</b>		
02:02-	04:42-	06:32-	08:25-	10:44+	17:39+	20:08+	23:58+	24:48+	28:14+	32:26+	33:42+	35:21+	36:46+	37:09+
02:02-	02:40-	01:50+	01:53+	02:19+	06:55+	02:29+	03:50+	00:50+	03:26+	04:12+	01:16+	01:39+	01:25+	00:23+
01:14-	00:42-	00:47&	00:48&	01:22@	02:50&	01:18@	02:02@	00:10#	01:31&	01:17&	00:27&	00:19#	00:23&	00:08&
<b>22</b>	<b>Esther Boenheim</b>	<b>268</b>										<b>37:17</b>		
02:43-	05:55-	08:50+	10:36+	12:51+	20:11+	22:48+	24:46+	25:40+	29:14+	32:50+	33:50+	35:30+	36:55+	37:17+
02:43-	03:12-	02:55+	01:46+	02:15+	07:20+	02:37+	01:58+	00:54+	03:34+	03:36+	01:00+	01:40+	01:25+	00:22+
00:33-	00:10-	01:52@	00:41&	01:18@	03:15&	01:26@	00:10+	00:14&	01:39&	00:41#	00:11#	00:20#	00:23&	00:07&
<b>23</b>	<b>Jorunn Birkeland</b>	<b>47</b>										<b>37:22</b>		
02:07-	04:51-	07:19-	09:27+	11:20+	17:48+	20:18+	23:57+	24:55+	28:18+	32:35+	33:50+	35:30+	36:51+	37:22+
02:07-	02:44-	02:28+	02:08+	01:53+	06:28+	02:30+	03:39+	00:58+	03:23+	04:17+	01:15+	01:40+	01:21+	00:31+
01:09-	00:38-	01:25@	01:03&	00:56&	02:23&	01:19@	01:51@	00:18&	01:28&	01:22&	00:26&	00:20#	00:19&	00:16@
<b>24</b>	<b>Lene Haver Schmidt</b>	<b>88</b>										<b>37:26</b>		
02:21-	05:34-	07:03-	08:33-	10:13+	18:23+	20:35+	23:00+	24:10+	28:00+	32:09+	33:13+	35:00+	36:54+	37:26+
02:21-	03:13-	01:29+	01:30+	01:40+	08:10+	02:12+	02:25+	01:10+	03:50+	04:09+	01:04+	01:47+	01:54+	00:32+
00:55-	00:09-	00:26&	00:25&	00:43&	04:05&	01:01&	00:37&	00:30&	01:55&	01:14&	00:15&	00:27&	00:52&	00:17@
<b>25</b>	<b>Sissel Carlsen Bråstad</b>	<b>88</b>										<b>37:33</b>		
02:22-	05:26-	07:08-	08:40-	10:19+	18:30+	20:36+	23:01+	24:06+	28:01+	32:10+	33:17+	35:01+	36:56+	37:33+
02:22-	03:04-	01:42+	01:32+	01:39+	08:11+	02:06+	02:25+	01:05+	03:55+	04:09+	01:07+	01:44+	01:55+	00:37+
00:54-	00:18-	00:39&	00:27&	00:42&	04:06@	00:55&	00:37&	00:25&	02:00@	01:14&	00:18&	00:24&	00:53&	00:22@
<b>26</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>										<b>37:42</b>		
02:53-	04:48-	06:43-	07:57-	09:03-	15:54+	17:37+	19:44+	21:01+	23:53+	33:49+	34:42+	36:16+	37:19+	37:42+
02:53-	01:55-	01:55+	01:14+	01:06+	06:51+	01:43+	02:07+	01:17+	02:52+	09:56+	00:53+	01:34+	01:03+	00:23+
00:23-	01:27-	00:52&	00:09#	00:09#	02:46&	00:32&	00:19#	00:37&	00:57&	07:01@	00:04+	00:14#	00:01+	00:08&
<b>27</b>	<b>Fredrike Krahner</b>	<b>126</b>										<b>38:24</b>		
01:19-	02:51-	03:47-	04:53-	06:14-	24:13+	26:16+	28:17+	29:27+	31:28+	34:03+	34:48+	35:59+	38:09+	38:24+
01:19-	01:32-	00:56-	01:06+	01:21+	17:59+	02:03+	02:01+	01:10+	02:01+	02:35-	00:45-	01:11-	02:10+	00:15=
01:57-	01:50-	00:07-	00:01+	00:24&	13:54@	00:52&	00:13#	00:30&	00:06+	00:20-	00:04-	00:09-	01:08@	00:00=
<b>28</b>	<b>Grete Hellevik</b>	<b>168</b>										<b>40:30</b>		
07:38+	09:51+	10:57+	12:22+	13:50+	18:49+	22:23+	24:50+	26:09+	28:42+	34:43+	35:18+	36:42+	40:06+	40:30+
07:38+	02:13-	01:06+	01:25+	01:28+	04:59+	03:34+	02:27+	01:19+	02:33+	06:01+	00:35-	01:24+	03:24+	00:24+
04:22@	01:09-	00:03+	00:20&	00:31&	00:54#	02:23@	00:39&	00:39&	00:38&	03:06@	00:14-	00:04+	02:22@	00:09&
<b>29</b>	<b>Eli Våge</b>	<b>117</b>										<b>41:29</b>		
02:17-	04:20-	05:57-	07:29-	08:55-	19:45+	21:39+	25:14+	25:58+	29:31+	36:49+	37:53+	39:24+	41:02+	41:29+
02:17-	02:03-	01:37+	01:32+	01:26+	10:50+	01:54+	03:35+	00:44+	03:33+	07:18+	01:04+	01:31+	01:38+	00:27+
00:59-	01:19-	00:34&	00:27&	00:29&	06:45@	00:43&	01:47&	00:04#	01:38&	04:23@	00:15&	00:11#	00:36&	00:12&
<b>30</b>	<b>Brit Svihus</b>	<b>92</b>										<b>41:39</b>		
01:58-	04:26-	07:06-	09:16+	13:31+	22:34+	24:44+	27:09+	28:06+	31:51+	36:17+	37:24+	39:07+	40:48+	41:39+
01:58-	02:28-	02:40+	02:10+	04:15+	09:03+	02:10+	02:25+	00:57+	03:45+	04:26+	01:07+	01:43+	01:41+	00:51+
01:18-	00:54-	01:37@	01:05&	03:18@	04:58@	00:59&	00:37&	00:17&	01:50&	01:31&	00:18&	00:23&	00:39&	00:36@
<b>31</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>										<b>42:10</b>		
07:21+	08:57+	10:03+	11:13+	12:31+	27:32+	29:11+	31:54+	33:00+	35:29+	38:26+	39:19+	40:49+	41:56+	42:10+
07:21+	01:36-	01:06+	01:10+	01:18+	15:01+	01:39+	02:43+	01:06+	02:29+	02:57+	00:53+	01:30+	01:07+	00:14-
04:05@	01:46-	00:03+	00:05+	00:21&	10:56@	00:28&	00:55&	00:26&	00:34&	00:02+	00:04+	00:10#	00:05+	00:01-
<b>32</b>	<b>Linn Soma</b>	<b>287</b>										<b>42:30</b>		
04:12+	07:24+	09:29+	12:03+	14:34+	23:54+	27:15+	30:38+	31:47+	35:01+	38:20+	39:31+	40:49+	42:03+	42:30+
04:12+	03:12-	02:05+	02:34+	02:31+	09:20+	03:21+	03:23+	01:09+	03:14+	03:19+	01:11+	01:18-	01:14+	00:27+
00:56&	00:10-	01:02&	01:29@	01:34@	05:15@	02:10@	01:35&	00:29&	01:19&	00:24#	00:22&	00:02-	00:12#	00:12&
<b>33</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>										<b>42:37</b>		
02:32-	04:06-	05:18-	06:47-	07:58-	12:51-	16:18+	26:08+	30:34+	37:57+	37:57+	38:55+	40:23+	42:11+	42:37+
02:32-	01:34-	01:12+	01:29+	01:11+	04:53+	03:27+	09:50+	00:45+	03:41+	07:23+	00:58+	01:28+	01:48+	00:26+
00:44-	01:48-	00:09#	00:24&	00:14#	00:48#	02:16@	08:02@	00:05#	01:46&	04:28@	00:09#	00:08#	00:46&	00:11&
<b>34</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>43:04</b>		
05:10+	07:11+	08:49+	10:37+	12:49+	24:03+	26:15+	28:52+	30:14+	33:47+	37:54+	39:00+	40:40+	42:37+	43:04+
05:10+	02:01-	01:38+	01:48+	02:12+	11:14+	02:12+	02:37+	01:22+	03:33+	04:07+	01:06+	01:40+	01:57+	00:27+
01:54&	01:21-	00:35&	00:43&	01:15@	07:09@	01:01&	00:49&	00:42@	01:38&	01:12&	00:17&	00:20#	00:55&	00:12&
<b>35</b>	<b>Sigrun Serigstad</b>	<b>128</b>										<b>43:31</b>		
03:16=	05:13-	06:29-	07:44-	18:55+	26:08+	28:14+	30:49+	32:13+	35:11+	39:01+	39:57+	41:54+	43:08+	43:31+
03:16=	01:57-	01:16+	01:15+	11:11+	07:13+	02:06+	02:35+	01:24+	02:58+	03:50+	00:56+	01:57+	01:14+	00:23+
00:00=	01:25-	00:13#	00:10#	10:14@	03:08&	00:55&	00:47&	00:44@	01:03&	00:55&	00:07#	00:37&	00:12#	00:08&

Class	Navn	Klasse										Tid		
<b>36</b>	<b>Solveig Mæland</b>	<b>128</b>										<b>44:03</b>		
02:20-	05:21-	07:49+	10:46+	13:53+	23:47+	26:20+	29:32+	30:47+	34:32+	38:35+	39:56+	41:48+	43:32+	44:03+
02:20-	03:01-	02:28+	02:57+	03:07+	09:54+	02:33+	03:12+	01:15+	03:45+	04:03+	01:21+	01:52+	01:44+	00:31+
00:56-	00:21-	01:25@	01:52@	02:10@	05:49@	01:22@	01:24&	00:35&	01:50&	01:08&	00:32&	00:32&	00:42&	00:16@
<b>37</b>	<b>Bjørge Elen Abrahamsen</b>	<b>29</b>										<b>44:35</b>		
01:59-	04:02-	05:38-	07:06-	08:30-	27:57+	29:28+	31:54+	33:09+	36:18+	39:57+	40:52+	42:41+	44:11+	44:35+
01:59-	02:03-	01:36+	01:28+	01:24+	19:27+	01:31+	02:26+	01:15+	03:09+	03:39+	00:55+	01:49+	01:30+	00:24+
01:17-	01:19-	00:33&	00:23&	00:27&	15:22@	00:20&	00:38&	00:35&	01:14&	00:44&	00:06#	00:29&	00:28&	00:09&
<b>38</b>	<b>Anne Grete Friberg</b>	<b>141</b>										<b>45:14</b>		
04:23+	06:36-	08:28+	10:35+	12:17+	23:22+	25:15+	29:29+	30:58+	34:56+	39:30+	40:45+	42:40+	44:49+	45:14+
04:23+	02:13-	01:52+	02:07+	01:42+	11:05+	01:53+	04:14+	01:29+	03:58+	04:34+	01:15+	01:55+	02:09+	00:25+
01:07&	01:09-	00:49&	01:02&	00:45&	07:00@	00:42&	02:26@	00:49@	02:03@	01:39&	00:26&	00:35&	01:07@	00:10&
<b>39</b>	<b>Inger K. H. Rysstad</b>	<b>141</b>										<b>45:16</b>		
04:28+	06:47+	08:15+	10:41+	12:17+	23:06+	25:23+	29:59+	30:57+	35:03+	39:31+	40:54+	42:48+	44:48+	45:16+
04:28+	02:19-	01:28+	02:26+	01:36+	10:49+	02:17+	04:36+	00:58+	04:06+	04:28+	01:23+	01:54+	02:00+	00:28+
01:12&	01:03-	00:25&	01:21@	00:39&	06:44@	01:06&	02:48@	00:18&	02:11@	01:33&	00:34&	00:34&	00:58&	00:13&
<b>40</b>	<b>Kjersti Vasbø</b>	<b>126</b>										<b>45:48</b>		
01:53-	12:11+	14:02+	15:56+	17:57+	28:08+	30:14+	32:36+	33:47+	36:42+	40:51+	42:06+	43:53+	45:17+	45:48+
01:53-	10:18+	01:51+	01:54+	02:01+	10:11+	02:06+	02:22+	01:11+	02:55+	04:09+	01:15+	01:47+	01:24+	00:31+
01:23-	06:56@	00:48&	00:49&	01:04@	06:06@	00:55&	00:34&	00:31&	01:00&	01:14&	00:26&	00:27&	00:22&	00:16@
<b>41</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>46:10</b>		
03:53+	05:57-	07:13-	10:25+	11:44+	29:34+	31:58+	34:04+	34:56+	38:09+	42:02+	42:52+	44:23+	45:49+	46:10+
03:53+	02:04-	01:16+	03:12+	01:19+	17:50+	02:24+	02:06+	00:52+	03:13+	03:53+	00:50+	01:31+	01:26+	00:21+
00:37#	01:18-	00:13#	02:07@	00:22&	13:45@	01:13@	00:18#	00:12&	01:18&	00:58&	00:01+	00:11#	00:24&	00:06&
<b>42</b>	<b>Åse Sellereite</b>	<b>27</b>										<b>46:12</b>		
08:54+	19:09+	20:23+	21:32+	23:11+	30:08+	32:12+	34:24+	35:20+	37:50+	40:31+	43:14+	44:27+	45:54+	46:12+
08:54+	10:15+	01:14+	01:09+	01:39+	06:57+	02:04+	02:12+	00:56+	02:30+	02:41-	02:43+	01:13-	01:27+	00:18+
05:38@	06:53@	00:11#	00:04+	00:42&	02:52&	00:53&	00:24#	00:16&	00:35&	00:14-	01:54@	00:07-	00:25&	00:03#
<b>43</b>	<b>Linda Haukås</b>	<b>113</b>										<b>47:39</b>		
06:23+	13:28+	15:20+	17:08+	20:51+	28:06+	30:07+	32:53+	34:06+	37:35+	41:49+	43:27+	45:49+	47:18+	47:39+
06:23+	07:05+	01:52+	01:48+	03:43+	07:15+	02:01+	02:46+	01:13+	03:29+	04:14+	01:38+	02:22+	01:29+	00:21+
03:07&	03:43@	00:49&	00:43&	02:46@	03:10&	00:50&	00:58&	00:33&	01:34&	01:19&	00:49&	01:02&	00:27&	00:06&
<b>44</b>	<b>Ewelina Uscinska</b>	<b>287</b>										<b>47:41</b>		
06:39+	13:34+	15:34+	17:26+	22:26+	27:39+	30:10+	33:19+	34:33+	37:30+	41:20+	43:22+	45:43+	47:10+	47:41+
06:39+	06:55+	02:00+	01:52+	05:00+	05:13+	02:31+	03:09+	01:14+	02:57+	03:50+	02:02+	02:21+	01:27+	00:31+
03:23@	03:33@	00:57&	00:47&	04:03@	01:08&	01:20@	01:21&	00:34&	01:02&	00:55&	01:13@	01:01&	00:25&	00:16@
<b>45</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>47:51</b>		
01:46-	04:31-	07:22-	09:42+	17:06+	25:25+	28:04+	32:56+	34:47+	37:54+	42:17+	43:42+	45:45+	47:28+	47:51+
01:46-	02:45-	02:51+	02:20+	07:24+	08:19+	02:39+	04:52+	01:51+	03:07+	04:23+	01:25+	02:03+	01:43+	00:23+
01:30-	00:37-	01:48@	01:15@	06:27@	04:14@	01:28@	03:04@	01:11@	01:12&	01:28&	00:36&	00:43&	00:41&	00:08&
<b>46</b>	<b>Ane Kristine Helvig</b>	<b>105</b>										<b>48:30</b>		
01:33-	07:31+	09:19+	10:27+	12:34+	24:51+	28:55+	31:07+	34:52+	38:19+	42:47+	44:12+	46:14+	47:53+	48:30+
01:33-	05:58+	01:48+	01:08+	02:07+	12:17+	04:04+	02:12+	03:45+	03:27+	04:28+	01:25+	02:02+	01:39+	00:37+
01:43-	02:36&	00:45&	00:03+	01:10@	08:12@	02:53@	00:24#	03:05@	01:32&	01:33&	00:36&	00:42&	00:37&	00:22@
<b>47</b>	<b>Bente Salte Aune</b>	<b>128</b>										<b>48:55</b>		
03:25+	05:18-	06:58-	08:29-	10:01+	31:04+	32:49+	36:17+	37:31+	40:30+	44:28+	45:24+	46:54+	48:35+	48:55+
03:25+	01:53-	01:40+	01:31+	01:32+	21:03+	01:45+	03:28+	01:14+	02:59+	03:58+	00:56+	01:30+	01:41+	00:20+
00:09+	01:29-	00:37&	00:26&	00:35&	16:58@	00:34&	01:40&	00:34&	01:04&	01:03&	00:07#	00:10#	00:39&	00:05&
<b>48</b>	<b>Ingunn Fandrem</b>	<b>47</b>										<b>48:56</b>		
07:17+	10:42+	12:42+	15:15+	19:15+	26:50+	29:47+	33:12+	35:21+	38:40+	43:25+	44:54+	46:40+	48:34+	48:56+
07:17+	03:25+	02:00+	02:33+	04:00+	07:35+	02:57+	03:25+	02:09+	03:19+	04:45+	01:29+	01:46+	01:54+	00:22+
04:01@	00:03+	00:57&	01:28@	03:03@	03:30&	01:46@	01:37&	01:29@	01:24&	01:50&	00:40&	00:26&	00:52&	00:07&
<b>49</b>	<b>Judith Serigstad</b>	<b>128</b>										<b>48:58</b>		
03:34+	05:24-	06:53-	08:26-	10:06+	31:19+	32:53+	36:25+	37:35+	40:33+	44:31+	45:31+	46:56+	48:37+	48:58+
03:34+	01:50-	01:29+	01:33+	01:40+	21:13+	01:34+	03:32+	01:10+	02:58+	03:58+	01:00+	01:25+	01:41+	00:21+
00:18+	01:32-	00:26&	00:28&	00:43&	17:08@	00:23&	01:44&	00:30&	01:03&	01:03&	00:11#	00:05+	00:39&	00:06&
<b>50</b>	<b>Solveig Grønning</b>	<b>47</b>										<b>48:59</b>		
07:18+	10:52+	13:21+	15:20+	19:17+	26:54+	29:47+	33:07+	35:10+	38:34+	43:25+	44:58+	46:40+	48:36+	48:59+
07:18+	03:34+	02:29+	01:59+	03:57+	07:37+	02:53+	03:20+	02:03+	03:24+	04:51+	01:33+	01:42+	01:56+	00:23+
04:02@	00:12+	01:26@	00:54&	03:00@	03:32&	01:42@	01:32&	01:23@	01:29&	01:56&	00:44&	00:22&	00:54&	00:08&

Class	Navn	Klasse												Tid	
<b>51</b>	<b>Tove Kristin K. Helvig</b>	<b>105</b>												<b>49:34</b>	
05:42+	08:05+	10:03+	11:36+	13:49+	25:48+	29:52+	31:51+	35:57+	39:28+	44:02+	45:15+	47:11+	48:58+	49:34+	
05:42+	02:23-	01:58+	01:33+	02:13+	11:59+	04:04+	01:59+	04:06+	03:31+	04:34+	01:13+	01:56+	01:47+	00:36+	
02:26&	00:59-	00:55&	00:28&	01:16@	07:54@	02:53@	00:11#	03:26@	01:36&	01:39&	00:24&	00:36&	00:45&	00:21@	
<b>52</b>	<b>Anita Edgren</b>	<b>88</b>												<b>51:16</b>	
05:48+	10:09+	11:43+	13:35+	17:38+	25:41+	28:14+	37:10+	37:55+	41:45+	46:22+	47:29+	49:08+	50:55+	51:16+	
05:48+	04:21+	01:34+	01:52+	04:03+	08:03+	02:33+	08:56+	00:45+	03:50+	04:37+	01:07+	01:39+	01:47+	00:21+	
02:32&	00:59&	00:31&	00:47&	03:06@	03:58&	01:22@	07:08@	00:05#	01:55&	01:42&	00:18&	00:19#	00:45&	00:06&	
<b>53</b>	<b>Sarah Denieul</b>	<b>42</b>												<b>51:16</b>	
03:43+	08:48+	09:58+	11:06+	13:36+	21:17+	23:36+	27:13+	28:08+	30:31+	44:02+	45:50+	49:01+	50:58+	51:16+	
03:43+	05:05+	01:10+	01:08+	02:30+	07:41+	02:19+	03:37+	00:55+	02:23+	13:31+	01:48+	03:11+	01:57+	00:18+	
00:27#	01:43&	00:07#	00:03+	01:33@	03:36&	01:08&	01:49@	00:15&	00:28#	10:36@	00:59@	01:51@	00:55&	00:03#	
<b>54</b>	<b>Aase Sveinsvoll</b>	<b>94</b>												<b>52:43</b>	
02:25-	05:36-	08:00+	10:09+	12:19+	25:46+	28:22+	31:30+	34:41+	35:33+	39:58+	45:39+	47:04+	49:34+	52:07+	52:43+
02:25-	03:11-	02:24+	02:09+	02:10+	13:27+	02:36+	03:08+	03:11+	00:52-	04:25+	05:41+	01:25+	02:30+	02:33+	00:36+
00:51-	00:11-	01:21@	01:04&	01:13@	09:22@	01:25@	03:20@	02:31@	01:03-	01:30&	04:52@	00:05+	01:28@	02:18@	00:36+
<b>55</b>	<b>Hazel Grayston</b>	<b>263</b>												<b>53:21</b>	
04:25+	07:36+	10:12+	12:34+	19:56+	28:32+	31:14+	36:22+	38:27+	42:30+	46:55+	48:17+	50:48+	52:48+	53:21+	
04:25+	03:11-	02:36+	02:22+	07:22+	08:36+	02:42+	05:08+	02:05+	04:03+	04:25+	01:22+	02:31+	02:00+	00:33+	
01:09&	00:11-	01:33@	01:17@	06:25@	04:31@	01:31@	03:20@	01:25@	02:08@	01:30&	00:33&	01:11&	00:58&	00:18@	
<b>56</b>	<b>Haldis Vagle</b>	<b>92</b>												<b>55:03</b>	
11:58+	14:23+	15:55+	17:58+	20:41+	32:31+	35:12+	38:12+	39:31+	43:31+	48:49+	50:08+	52:43+	54:27+	55:03+	
11:58+	02:25-	01:32+	02:03+	02:43+	11:50+	02:41+	03:00+	01:19+	04:00+	05:18+	01:19+	02:35+	01:44+	00:36+	
08:42@	00:57-	00:29&	00:58&	01:46@	07:45@	01:30@	01:12&	00:39&	02:05@	02:23&	00:30&	01:15&	00:42&	00:21@	
<b>57</b>	<b>Sarah Allen</b>	<b>111</b>												<b>56:33</b>	
02:29-	08:09+	09:52+	11:23+	18:35+	30:00+	36:54+	40:16+	41:07+	44:32+	47:43+	48:55+	53:52+	55:35+	56:33+	
02:29-	05:40+	01:43+	01:31+	07:12+	11:25+	06:54+	03:22+	00:51+	03:25+	03:11+	01:12+	04:57+	01:43+	00:58+	
00:47-	02:18&	00:40&	00:26&	06:15@	07:20@	05:43@	01:34&	00:11&	01:30&	00:16+	00:23&	03:37@	00:41&	00:43@	
<b>58</b>	<b>Inger Synnøve Sjørven</b>	<b>92</b>												<b>56:57</b>	
04:39+	07:28+	11:12+	13:17+	16:06+	34:53+	38:06+	41:19+	42:48+	46:25+	50:26+	51:45+	54:35+	56:21+	56:57+	
04:39+	02:49-	03:44+	02:05+	02:49+	18:47+	03:13+	03:13+	01:29+	03:37+	04:01+	01:19+	02:50+	01:46+	00:36+	
01:23&	00:33-	02:41@	01:00&	01:52@	14:42@	02:02@	01:25&	00:49@	01:42&	01:06&	00:30&	01:30@	00:44&	00:21@	
<b>59</b>	<b>Hilde Sondresen</b>	<b>93</b>												<b>56:58</b>	
04:40+	07:31+	11:15+	13:19+	16:05+	35:01+	38:08+	41:24+	42:49+	46:25+	50:30+	51:50+	54:33+	56:25+	56:58+	
04:40+	02:51-	03:44+	02:04+	02:46+	18:56+	03:07+	03:16+	01:25+	03:36+	04:05+	01:20+	02:43+	01:52+	00:33+	
01:24&	00:31-	02:41@	00:59&	01:49@	14:51@	01:56@	01:28&	00:45@	01:41&	01:10&	00:31&	01:23@	00:50&	00:18@	
<b>60</b>	<b>Olau Bergjord</b>	<b>91</b>												<b>1:03:00</b>	
10:31+	13:51+	15:23+	16:53+	24:39+	32:52+	35:55+	38:50+	40:27+	43:34+	57:06+	58:15+	60:06+	62:34+	63:00+	
10:31+	03:20-	01:32+	01:30+	07:46+	08:13+	03:03+	02:55+	01:37+	03:07+	13:32+	01:09+	01:51+	02:28+	00:26+	
07:15@	00:02-	00:29&	00:25&	06:49@	04:08@	01:52@	01:07&	00:57@	01:12&	10:37@	00:20&	00:31&	01:26@	00:11&	
<b>61</b>	<b>Else Marie Furland</b>	<b>93</b>												<b>1:04:54</b>	
07:02+	10:01+	12:20+	14:34+	16:57+	33:54+	36:33+	41:26+	42:38+	46:23+	59:04+	60:21+	62:47+	64:23+	64:54+	
07:02+	02:59-	02:19+	02:14+	02:23+	16:57+	02:39+	04:53+	01:12+	03:45+	12:41+	01:17+	02:26+	01:36+	00:31+	
03:46@	00:23-	01:16@	01:09@	01:26@	12:52@	01:28@	03:05@	00:32&	01:50&	09:46@	00:28&	01:06&	00:34&	00:16@	
<b>62</b>	<b>Anne Malmin</b>	<b>113</b>												<b>1:05:59</b>	
06:40+	18:55+	20:59+	22:58+	25:09+	37:10+	40:32+	44:30+	48:35+	53:07+	58:27+	59:58+	62:12+	65:21+	65:59+	
06:40+	12:15+	02:04+	01:59+	02:11+	12:01+	03:22+	03:58+	04:05+	04:32+	05:20+	01:31+	02:14+	03:09+	00:38+	
03:24@	08:53@	01:01&	00:54&	01:14@	07:56@	02:11@	02:10@	03:25@	02:37@	02:25&	00:42&	00:54&	02:07@	00:23@	
<b>Beste strekktid for klassen</b>															
01:06	01:19	00:48	00:59	00:57	03:52	01:11	01:36	00:36	00:52	02:03	00:35	00:52	00:54	00:14	

= 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>37:48</b>								
00:55=	02:04=	04:22=	05:04=	07:41=	10:16=	11:48=	12:57=	14:42=	15:25=	18:23=	19:33=	20:35=	24:18=	25:53=	28:17=	29:28=	31:50=	34:24=	35:19=	36:40=	37:34=	37:48=
00:55=	01:09=	02:18=	00:42=	02:37=	02:35=	01:32=	01:09=	01:45=	00:43=	02:58=	01:10=	01:02=	03:43=	01:35=	02:24=	01:11=	02:22=	02:34=	00:55=	01:21=	00:54=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid											
<b>2</b>	<b>Thomas Jansen</b>	<b>289</b>										<b>39:43</b>											
	00:42-	02:01-	03:46-	04:19-	05:59-	08:14-	09:10-	10:15-	17:12+	17:48+	20:48+	21:52+	22:33+	25:22+	26:57+	29:18+	30:10+	32:51+	35:32+	36:51+	38:30+	39:33+	39:43+
	00:42-	01:19+	01:45-	00:33-	01:40-	02:15-	00:56-	01:05-	06:57+	00:36-	03:00+	01:04-	00:41-	02:49-	01:35-	02:21-	00:52-	02:41+	02:41+	01:19+	01:39+	01:03+	00:10-
	00:13-	00:10#	00:33-	00:09-	00:57-	00:20-	00:36-	00:04-	05:12#	00:07-	00:02+	00:06-	00:21-	00:54-	00:00-	00:03-	00:19-	00:19#	00:07+	00:24#	00:18#	00:09#	00:04-
<b>3</b>	<b>Morten Fenne</b>	<b>228</b>										<b>39:55</b>											
	01:06+	02:18+	04:25+	05:02-	06:51-	09:20-	10:18-	11:19-	13:00-	13:45-	18:05-	19:28-	20:07-	23:24-	25:13-	28:36+	29:33+	32:44+	36:01+	36:58+	38:35+	39:43+	39:55+
	01:06+	01:12+	02:07-	00:37-	01:49-	02:29-	00:58-	01:01-	01:41-	00:45+	04:20+	01:23+	00:39-	03:17-	01:49+	03:23+	00:57-	03:11+	03:17+	00:57+	01:37+	01:08+	00:12-
	00:11#	00:03+	00:11-	00:05-	00:48-	00:06-	00:34-	00:08-	00:04-	00:02+	01:22#	00:13#	00:23-	00:26-	00:14#	00:59#	00:14-	00:49#	00:43#	00:02+	00:16#	00:14#	00:02-
<b>4</b>	<b>Dag Eivind Watsend</b>	<b>92</b>										<b>42:14</b>											
	02:01+	03:23+	06:12+	06:52+	08:57+	11:57+	13:12+	14:13+	15:42+	16:21+	19:51+	21:13+	21:55+	25:18+	27:36+	29:51+	30:51+	34:29+	38:03+	39:12+	40:41+	42:01+	42:14+
	02:01+	01:22+	02:49+	00:40-	02:05-	03:00+	01:15-	01:01-	01:29-	00:39-	03:30+	01:22+	00:42-	03:23-	02:18+	02:15-	01:00-	03:38+	03:34+	01:09+	01:29+	01:20+	00:13-
	01:06#	00:13#	00:31#	00:02-	00:32-	00:25#	00:17-	00:08-	00:16-	00:04-	00:32#	00:12#	00:20-	00:20-	00:43#	00:09-	00:11-	01:16#	01:00#	00:14#	00:08+	00:26#	00:01-
<b>5</b>	<b>Mathias Nødland</b>	<b>295</b>										<b>42:59</b>											
	01:20+	03:05+	05:25+	06:12+	08:12+	10:59+	12:13+	13:15+	15:20+	16:18+	20:09+	21:18+	22:17+	25:34+	27:48+	30:10+	31:40+	35:28+	38:27+	39:29+	41:18+	42:30+	42:59+
	01:20+	01:45+	02:20+	00:47+	02:00-	02:47+	01:14-	01:02-	02:05+	00:58+	03:51+	01:09-	00:59-	03:17-	02:14+	02:22-	01:30+	03:48+	02:59+	01:02+	01:49+	01:12+	00:29+
	00:25#	00:36#	00:02+	00:05#	00:37-	00:12+	00:18-	00:07-	00:20#	00:15#	00:53#	00:01-	00:03-	00:26-	00:39#	00:02-	00:19#	01:26#	00:25#	00:07#	00:28#	00:18#	00:15#
<b>6</b>	<b>Andreas Terjesen</b>	<b>213</b>										<b>43:19</b>											
	02:02+	03:20+	05:37+	06:05+	08:03+	14:19+	15:38+	16:47+	18:33+	19:17+	22:21+	23:29+	24:10+	27:40+	29:33+	31:54+	32:49+	36:22+	39:11+	40:04+	41:38+	43:02+	43:19+
	02:02+	01:18+	02:17-	00:28-	01:58-	06:16+	01:19-	01:09-	01:46+	00:44+	03:04+	01:08-	00:41-	03:30-	01:53+	02:21-	00:55-	03:33+	02:49+	00:53-	01:34+	01:24+	00:17+
	01:07#	00:09#	00:01-	00:14-	00:39-	03:41#	00:13-	00:00-	00:01+	00:01+	00:06+	00:02-	00:21-	00:13-	00:18#	00:03-	00:16-	01:11#	00:15+	00:02-	00:13#	00:30#	00:03#
<b>7</b>	<b>Svein Kyllingstad</b>	<b>71</b>										<b>44:56</b>											
	00:54-	02:01-	05:13+	05:51+	08:08+	10:59+	12:38+	13:55+	15:35+	16:14+	22:29+	23:47+	24:45+	28:14+	30:33+	33:13+	34:12+	36:59+	40:27+	41:32+	43:28+	44:40+	44:56+
	00:54-	01:07-	03:12+	00:38-	02:17-	02:51+	01:39+	01:17+	01:40-	00:39-	06:15+	01:18+	00:58-	03:29-	02:19+	02:40+	00:59-	02:47+	03:28+	01:05+	01:56+	01:12+	00:16+
	00:01-	00:02-	00:54#	00:04-	00:20-	00:16#	00:07+	00:08#	00:05-	00:04-	03:17#	00:08#	00:04-	00:14-	00:44#	00:16#	00:12-	00:25#	00:54#	00:10#	00:35#	00:18#	00:02#
<b>8</b>	<b>Bjørnar A. Alvær Sandmark</b>	<b>68</b>										<b>45:41</b>											
	01:58+	03:21+	06:21+	06:54+	09:39+	12:47+	14:22+	15:39+	17:33+	18:23+	22:16+	23:37+	24:25+	27:59+	29:51+	34:33+	35:27+	38:29+	41:31+	42:30+	44:19+	45:28+	45:41+
	01:58+	01:23+	03:00+	00:33-	02:45+	03:08+	01:35+	01:17+	01:54+	00:50+	03:53+	01:21+	00:48-	03:34-	01:52+	04:42+	00:54-	03:02+	03:02+	00:59+	01:49+	01:09+	00:13-
	01:03#	00:14#	00:42#	00:09-	00:08+	00:33#	00:03+	00:08#	00:09+	00:07#	00:55#	00:11#	00:14-	00:09-	00:17#	02:18#	00:17-	00:40#	00:28#	00:04+	00:28#	00:15#	00:01-
<b>9</b>	<b>Kjetil Hollund</b>	<b>108</b>										<b>48:34</b>											
	02:43+	04:36+	07:49+	08:39+	11:15+	14:48+	16:20+	17:41+	19:58+	20:51+	25:25+	27:09+	28:12+	32:15+	34:38+	37:29+	38:40+	41:09+	44:16+	45:27+	47:07+	48:19+	48:34+
	02:43+	01:53+	03:13+	00:50+	02:36-	03:33+	01:32-	01:21+	02:17+	00:53+	04:34+	01:44+	01:03+	04:03+	02:23+	02:51+	01:11-	02:29+	03:07+	01:11+	01:40+	01:12+	00:15+
	01:48#	00:44#	00:55#	00:08#	00:01-	00:58#	00:00-	00:12#	00:32#	00:10#	01:36#	00:34#	00:01+	00:20+	00:48#	00:27#	00:00-	00:07+	00:33#	00:16#	00:19#	00:18#	00:01+
<b>10</b>	<b>Bjørnar Owren</b>	<b>74</b>										<b>48:58</b>											
	03:09+	04:35+	07:31+	08:18+	10:41+	13:42+	15:07+	16:24+	17:58+	18:50+	24:37+	25:45+	27:09+	31:02+	32:56+	36:09+	37:22+	40:37+	44:32+	45:23+	47:06+	48:42+	48:58+
	03:09+	01:26+	02:56+	00:47+	02:23-	03:01+	01:25-	01:17+	01:34-	00:52+	05:47+	01:08-	01:24+	03:53+	01:54+	03:13+	01:13+	03:15+	03:55+	00:51-	01:43+	01:36+	00:16+
	02:14#	00:17#	00:38#	00:05#	00:14-	00:26#	00:07-	00:08#	00:11-	00:09#	02:49#	00:02-	00:22#	00:10+	00:19#	00:49#	00:02+	00:53#	01:21#	00:04-	00:22#	00:42#	00:02#
<b>11</b>	<b>Marius Stene</b>	<b>27</b>										<b>49:26</b>											
	01:16+	03:18+	06:47+	07:32+	10:36+	13:47+	14:51+	15:56+	19:28+	20:27+	24:54+	26:14+	27:07+	30:33+	32:22+	37:25+	39:08+	42:48+	45:23+	46:23+	47:53+	49:09+	49:26+
	01:16+	02:02+	03:29+	00:45+	03:04+	03:11+	01:04-	01:05-	03:32+	00:59+	04:27+	01:20+	00:53-	03:26-	01:49+	05:03+	01:43+	03:40+	02:35+	01:00+	01:30+	01:16+	00:17+
	00:21#	00:53#	01:11#	00:03+	00:27#	00:36#	00:28-	00:04-	01:47#	00:16#	01:29#	00:10#	00:09-	00:17-	00:14#	02:39#	00:32#	01:18#	00:01+	00:05+	00:09#	00:22#	00:03#
<b>12</b>	<b>Rune Dahl Fitjar</b>	<b>90</b>										<b>51:07</b>											
	01:10+	02:53+	05:40+	06:39+	10:27+	14:13+	15:40+	17:30+	19:34+	20:32+	24:27+	26:04+	27:55+	32:37+	34:56+	38:00+	39:13+	42:29+	46:12+	47:38+	49:42+	50:52+	51:07+
	01:10+	01:43+	02:47+	00:59+	03:48+	03:46+	01:27-	01:50+	02:04+	00:58+	03:55+	01:37+	01:51+	04:42+	02:19+	03:04+	01:13+	03:16+	03:43+	01:26+	02:04+	01:10+	00:15+
	00:15#	00:34#	00:29#	00:17#	01:11#	01:11#	00:05-	00:41#	00:19#	00:15#	00:57#	00:27#	00:49#	00:59#	00:44#	00:40#	00:02+	00:54#	01:09#	00:31#	00:43#	00:16#	00:01+
<b>13</b>	<b>Asgeir Nærland</b>	<b>88</b>										<b>52:05</b>											
	01:22+	02:50+	09:02+	09:41+	12:48+	16:47+	18:53+	20:09+	22:21+	23:20+	27:32+	29:03+	30:25+	34:19+	36:23+	39:35+	40:50+	44:11+	47:26+	48:38+	50:32+	51:51+	52:05+
	01:22+	01:28+	06:12+	00:39-	03:07+	03:59+	02:06+	01:16+	02:12+	00:59+	04:12+	01:22+	01:22+	03:54+	02:04+	03:12+	01:15+	03:21+	03:15+	01:12+	01:54+	01:19+	00:14#
	00:27#	00:19#	03:54#	00:03-	00:30#	01:24#	00:34#	00:07#	00:27#	00:16#	01:14#	00:21#	00:20#	00:11+	00:29#	00:48#	00:04+	00:59#	00:41#	00:17#	00:33#	00:25#	00:00-
<b>14</b>	<b>Sondre Liavåg Larsen</b>	<b>71</b>										<b>52:34</b>											
	02:43+	05:25+	09:07+	09:57+	12:38+	15:53+	17:20+	18:42+	20:33+	21:33+	25:56+	27:17+	28:23+	31:59+	34:10+	37:09+	38:31+	43:23+	47:14+	48:32+	50:46+	52:15+	52:34+
	02:43+	02:42+	03:42+	00:50+	02:41+	03:15+	01:27-	01:22+	01:51+	01:00+	04:23+	01:21+	01:06+	03:36-	02:11+	02:59+	01:22+	04:52+	03:51+	01:18+	02:14+	01:29+	00:19+
	01:48#	01:33#	01:24#	00:08#	00:04+	00:40#	00:05-	00:13#	00:06+	00:17#	01:25#	00:11#	00:04+	00:07-	00:36#	00:35#	00:11#	02:30#	01:17#	00:23#	00:53#	00:35#	00:05#
<b>15</b>	<b>Gunnar Thorset</b>	<b>117</b>										<b>55:05</b>											
	01:10+	02:46+	05:01+	07:34+	08:24+	12:58+	17:32+	19:03+	20:33+	22:31+	23:35+	28:14+	30:00+	31:20+	35:42+	38:06+	41:09+	42:28+	45:54+	49:55+	51:12+	53:29+	54:49+
	01:10+	01:36+	02:15-	02:33+	00:50-	04:34+	04:34+	01:31+	01:30-	01:58+	01:04-	04:39+	01:46+	01:20-	04:22+	02:24#	03:03+	01:19-	03:26+	04:01+	01:17-	02:17+	01:20+
	00:15#	00:27#	00:03-	01:51#	01:47-	01:59#	03:02#	00:22#	00:15-	01:15#	01:54-	03:29#	00:44#	02:23-	02:47#	00:00-	01:52#	01:03-	00:52#	03:06#	00:04-	01:23#	01:06#

Class	Navn	Klasse										Tid										
<b>17</b>	<b>Martin Skogland</b>	<b>98</b>										<b>56:27</b>										
01:08+	04:59+	07:54+	08:36+	10:52+	14:21+	15:40+	20:31+	22:42+	23:30+	28:58+	30:32+	31:37+	35:09+	36:59+	41:41+	42:54+	47:51+	51:12+	52:23+	54:42+	56:11+	56:27+
01:08+	03:51+	02:55+	00:42=	02:16-	03:29+	01:19-	04:51+	02:11+	00:48+	05:28+	01:34+	01:05+	03:32-	01:50+	04:42+	01:13+	04:57+	03:21+	01:11+	02:19+	01:29+	00:16+
00:13#	02:42@	00:37&	00:00=	00:21-	00:54&	00:13-	03:42@	00:26#	00:05#	02:30&	00:24&	00:03+	00:11-	00:15#	02:18&	00:02+	02:35@	00:47&	00:16&	00:58&	00:35&	00:02#
<b>18</b>	<b>Frode Ungar</b>	<b>116</b>										<b>57:30</b>										
02:47+	04:08+	07:49+	08:31+	12:06+	15:52+	17:21+	18:53+	20:59+	22:13+	26:42+	28:19+	29:21+	33:58+	37:44+	41:29+	42:39+	46:10+	50:35+	52:24+	55:34+	57:01+	57:30+
02:47+	01:21+	03:41+	00:42=	03:35+	03:46+	01:29-	01:32+	02:06+	01:14+	04:29+	01:37+	01:02=	04:37+	03:46+	03:45+	01:10-	03:31+	04:25+	01:49+	03:10+	01:27+	00:29+
01:52@	00:12#	01:23&	00:00=	00:58&	01:11&	00:03-	00:23&	00:21#	00:31&	01:31&	00:27&	00:00=	00:54#	02:11@	01:21&	00:01-	01:09&	01:51&	00:54&	01:49@	00:33&	00:15@
<b>19</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>58:22</b>										
03:49+	05:13+	08:52+	09:33+	12:57+	17:06+	18:19+	19:50+	22:03+	23:06+	27:51+	29:24+	30:37+	35:05+	38:47+	42:25+	43:41+	47:11+	51:39+	53:25+	56:52+	58:07+	58:22+
03:49+	01:24+	03:39+	00:41-	03:24+	04:09+	01:13-	01:31+	02:13+	01:03+	04:45+	01:33+	01:13+	04:28+	03:42+	03:38+	01:16+	03:30+	04:28+	01:46+	03:27+	01:15+	00:15+
02:54@	00:15#	01:21&	00:01-	00:47&	01:34&	00:19-	00:22&	00:28&	00:20&	01:47&	00:23&	00:11#	00:45#	02:07@	01:14&	00:05+	01:08&	01:54&	00:51&	02:06@	00:21&	00:01+
<b>20</b>	<b>David Wade</b>	<b>116</b>										<b>1:01:33</b>										
01:38+	03:26+	13:31+	14:16+	18:03+	21:36+	23:22+	24:57+	27:23+	28:29+	33:10+	34:44+	35:49+	40:15+	43:04+	46:26+	47:30+	51:57+	56:58+	57:58+	59:59+	61:17+	61:33+
01:38+	01:48+	10:05+	00:45+	03:47+	03:33+	01:46+	01:35+	02:26+	01:06+	04:41+	01:34+	01:05+	04:26+	02:49+	03:22+	01:04-	04:27+	05:01+	01:00+	02:01+	01:18+	00:16+
00:43&	00:39&	07:47@	00:03+	01:10&	00:58&	00:14#	00:26&	00:41&	00:23&	01:43&	00:24&	00:03+	00:43&	01:14&	00:58&	00:07-	02:05&	02:27&	00:05+	00:40&	00:24&	00:02#
<b>21</b>	<b>Håvard Lauritsen</b>	<b>116</b>										<b>1:06:36</b>										
02:58+	05:19+	13:45+	14:29+	19:04+	25:12+	26:58+	28:47+	33:06+	33:51+	37:30+	39:48+	40:36+	44:45+	47:27+	49:57+	51:34+	56:23+	61:17+	63:01+	64:58+	66:12+	66:36+
02:58+	02:21+	08:26+	00:44+	04:35+	06:08+	01:46+	01:49+	04:19+	00:45+	03:39+	02:18+	00:48-	04:09+	02:42+	02:30+	01:37+	04:49+	04:54+	01:44+	01:57+	01:14+	00:24+
02:03@	01:12@	06:08@	00:02+	01:58&	03:33@	00:14#	00:40&	02:34@	00:02+	00:41#	01:08&	00:14-	00:26#	01:07&	00:06+	00:26&	02:27@	02:20&	00:49&	00:36&	00:20&	00:10&
<b>22</b>	<b>Igor Muzdeka</b>	<b>74</b>										<b>1:32:39</b>										
03:22+	07:20+	17:27+	18:32+	25:32+	30:27+	32:54+	34:54+	38:22+	39:41+	47:06+	49:22+	50:38+	56:28+	61:58+	66:01+	67:42+	71:52+	76:55+	78:30+	90:57+	92:22+	92:39+
03:22+	03:58+	10:07+	01:05+	07:00+	04:55+	02:27+	02:00+	03:28+	01:19+	07:25+	02:16+	01:16+	05:50+	05:30+	04:03+	01:41+	04:10+	05:03+	01:35+	12:27+	01:25+	00:17+
02:27@	02:49@	07:49@	00:23&	04:23@	02:20&	00:55&	00:51&	01:43&	00:36&	04:27@	01:06&	00:14#	02:07&	03:55@	01:39&	00:30&	01:48&	02:29&	00:40&	11:06@	00:31&	00:03#
<b>Beste strekktid for klassen</b>																						
00:42	01:07	01:45	00:28	00:50	02:15	00:56	01:01	01:14	00:36	01:04	01:04	00:39	01:20	01:35	02:15	00:52	01:19	02:34	00:51	01:17	00:54	00:10

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

## Herrer 40 - 49 år

<b>1</b>	<b>Ove Nygaard</b>	<b>116</b>										<b>42:16</b>										
01:28=	02:35=	04:40=	05:22=	09:00=	11:43=	12:50=	13:55=	15:42=	16:16=	20:33=	21:45=	22:25=	25:20=	27:22=	30:13=	32:33=	35:20=	38:14=	39:22=	41:04=	42:06=	42:16=
01:28=	01:07=	02:05=	00:42=	03:38=	02:43=	01:07=	01:05=	01:47=	00:34=	04:17=	01:12=	00:40=	02:55=	02:02=	02:51=	02:20=	02:47=	02:54=	01:08=	01:42=	01:02=	00:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>43:25</b>										
01:00-	02:41+	05:39+	06:40+	08:53-	11:40-	13:03+	14:06+	16:36+	17:38+	21:09+	22:31+	23:32+	26:39+	28:47+	31:32+	32:46+	35:49+	39:11+	40:02+	41:53+	43:13+	43:25+
01:00-	01:41+	02:58+	01:01+	02:13-	02:47+	01:23+	01:03-	02:30+	01:02+	03:31-	01:22+	01:01+	03:07+	02:08+	02:45-	01:14-	03:03+	03:22+	00:51-	01:51+	01:20+	00:12+
00:28-	00:34&	00:53&	00:19&	01:25-	00:04+	00:16#	00:02-	00:43&	00:28&	00:46-	00:10#	00:21&	00:12+	00:06+	00:06-	01:06-	00:16+	00:28#	00:17-	00:09+	00:18&	00:02#
<b>3</b>	<b>Jørgen Breivold</b>	<b>54</b>										<b>43:56</b>										
01:59+	03:13+	05:35+	06:09+	08:18-	13:02+	14:13+	15:08+	16:30+	17:12+	20:20-	21:30-	22:25=	25:34+	27:08-	29:36-	32:21-	35:32+	39:52+	40:53+	42:39+	43:42+	43:56+
01:59+	01:14+	02:22+	00:34-	02:09-	04:44+	01:11+	00:55-	01:22-	00:42+	03:08-	01:10-	00:55+	03:09+	01:34-	02:28-	02:45+	03:11+	04:20+	01:01-	01:46+	01:03+	00:14+
00:31&	00:07#	00:17#	00:08-	01:29-	02:01&	00:04+	00:10-	00:25-	00:08#	01:09-	00:02-	00:15&	00:14+	00:28-	00:23-	00:25#	00:24#	01:26&	00:07-	00:04+	00:01+	00:04&
<b>4</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>44:07</b>										
02:01+	03:32+	06:53+	07:29+	09:32+	12:18+	13:23+	14:27+	16:03+	16:56+	23:19+	24:35+	25:57+	29:08+	30:54+	33:30+	34:23+	37:07+	40:05+	40:49+	42:42+	43:56+	44:07+
02:01+	01:31+	03:21+	00:36-	02:03-	02:46+	01:05-	01:04-	01:36-	00:53+	06:23+	01:16+	01:22+	03:11+	01:46-	02:36-	00:53-	02:44-	02:58+	00:44-	01:53+	01:14+	00:11+
00:33&	00:24&	01:16&	00:06-	01:35-	00:03+	00:02-	00:01-	00:11-	00:19&	02:06&	00:04+	00:42@	00:16+	00:16-	00:15-	01:27-	00:03-	00:04+	00:24-	00:11#	00:12#	00:01#
<b>5</b>	<b>Arjen Leendertse</b>	<b>91</b>										<b>46:19</b>										
01:53+	03:50+	07:31+	08:03+	13:27+	16:11+	17:14+	18:16+	20:04+	20:51+	24:17+	25:22+	26:10+	29:35+	31:48+	34:27+	35:32+	38:21+	41:12+	41:59+	44:49+	46:02+	46:19+
01:53+	01:57+	03:41+	00:32-	05:24+	02:44+	01:03-	01:02-	01:48+	00:47+	03:26-	01:05+	00:48+	03:25+	02:13+	02:39-	01:05-	02:49+	02:51-	00:47-	02:50+	01:13+	00:17+
00:25&	00:50&	01:36&	00:10-	01:46&	00:01+	00:04-	00:03-	00:01+	00:13&	00:51-	00:07-	00:08#	00:30#	00:11+	00:12-	01:15-	00:02+	00:03-	00:21-	01:08&	00:11#	00:07&
<b>6</b>	<b>John Breiland</b>	<b>157</b>										<b>46:48</b>										
01:32+	02:51+	05:34+	06:14+	10:28+	13:31+	15:08+	16:14+	17:44+	18:29+	22:13+	23:21+	24:03+	27:04+	29:06+	31:44+	33:02+	37:36+	41:43+	43:04+	44:58+	46:29+	46:48+
01:32+	01:19+	02:43+	00:40-	04:14+	03:03+	01:37+	01:06+	01:30-	00:45+	03:44-	01:08-	00:42+	03:01+	02:02=	02:38-	01:18-	04:34+	04:07+	01:21+	01:54+	01:31+	00:19+
00:04+	00:12#	00:38&	00:02-	00:36#	00:20#	00:30&	00:01+	00:17-	00:11&	00:33-	00:04-	00:02+	00:06+	00:00=	00:13-	01:02-	01:47&	01:13&	00:13#	00:12#	00:29&	00:09&
<b>7</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>47:04</b>										
01:08-	02:36+	05:52+	06:42+	08:54-	12:44+	13:58+	15:20+	17:25+	18:20+	22:48+	24:22+	25:08+	28:29+	30:35+	33:49+	35:42+	38:42+	42:07+	43:16+	45:14+	46:43+	47:04+
01:08-	01:28+	03:16+	00:50+	02:12-	03:50+	01:14+	01:22+	02:05+	00:55+	04:28+	01:34+	00:46+	03:21+	02:06+	03:14+	01:53-	03:00+	03:25+	01:09+	01:58+	01:29+	00:21+
00:20-	00:21&	01:11&	00:08#	01:26-	01:07&	00:07#	00:17&	00:18#	00:21&	00:11+	00:22&	00:06#	00:26#	00:04+	00:23#	00:27-	00:13+	00:31#	00:01+	00:16#	00:27&	00:11@

Class	Navn	Klasse	Tid																			
<b>8</b>	<b>Svein Oddvar Netland</b>	<b>116</b>	<b>49:36</b>																			
01:14-	02:52+	05:59+	06:48+	10:28+	13:33+	15:06+	16:51+	19:21+	20:19+	24:50+	26:03+	27:09+	30:52+	32:54+	36:12+	37:25+	40:48+	44:31+	45:37+	47:50+	49:24+	49:36+
01:14-	01:38+	03:07+	00:49+	03:40+	03:05+	01:33+	01:45+	02:30+	00:58+	04:31+	01:13+	01:06+	03:43+	02:02+	03:18+	01:13-	03:23+	03:43+	01:06-	02:13+	01:34+	00:12+
00:14-	00:31&	01:02&	00:07#	00:02+	00:22#	00:26&	00:40&	00:43&	00:24&	00:14+	00:01+	00:26&	00:48&	00:00+	00:27#	01:07-	00:36#	00:49&	00:02-	00:31&	00:32&	00:02#
<b>9</b>	<b>Magne Habbestad</b>	<b>111</b>	<b>49:51</b>																			
01:56+	03:22+	05:39+	06:22+	08:33-	11:44+	12:54+	14:00+	15:52+	16:46+	20:55+	22:22+	23:34+	27:16+	29:10+	32:18+	35:21+	41:07+	44:37+	46:03+	48:01+	49:33+	49:51+
01:56+	01:26+	02:17+	00:43+	02:11-	03:11+	01:10+	01:06+	01:52+	00:54+	04:09-	01:27+	01:12+	03:42+	01:54-	03:08+	03:03+	05:46+	03:30+	01:26+	01:58+	01:32+	00:18+
00:28&	00:19&	00:12+	00:01+	01:27-	00:28#	00:03+	00:01+	00:05+	00:20&	00:08-	00:15#	00:32&	00:47&	00:08-	00:17+	00:43&	02:59@	00:36#	00:18&	00:16#	00:30&	00:08&
<b>10</b>	<b>Fredrik Jomaas</b>	<b>134</b>	<b>52:05</b>																			
01:33+	02:54+	05:06+	05:56+	08:15-	12:12+	13:36+	15:11+	17:42+	18:33+	22:45+	24:06+	25:20+	32:08+	34:15+	37:22+	38:27+	41:54+	46:08+	47:15+	50:24+	51:42+	52:05+
01:33+	01:21+	02:12+	00:50+	02:19-	03:57+	01:24+	01:35+	02:31+	00:51+	04:12-	01:21+	01:14+	06:48+	02:07+	03:07+	01:05-	03:27+	04:14+	01:07-	03:09+	01:18+	00:23+
00:05+	00:14#	00:07+	00:08#	01:19-	01:14&	00:17&	00:30&	00:44&	00:17&	00:05-	00:09#	00:34&	03:53@	00:05+	00:16+	01:15-	00:40#	01:20&	00:01-	01:27&	00:16&	00:13@
<b>11</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>	<b>52:21</b>																			
01:43+	03:07+	06:43+	07:24+	13:18+	15:54+	17:04+	18:22+	20:17+	21:09+	25:17+	26:49+	27:45+	32:18+	34:36+	38:43+	39:52+	42:41+	46:15+	47:25+	50:36+	51:59+	52:21+
01:43+	01:24+	03:36+	00:41-	05:54+	02:36-	01:10+	01:18+	01:55+	00:52+	04:08-	01:32+	00:56+	04:33+	02:18+	04:07+	01:09-	02:49+	03:34+	01:10+	03:11+	01:23+	00:22+
00:15#	00:17&	01:31&	00:01-	02:16&	00:07-	00:03+	00:13#	00:08+	00:18&	00:09-	00:20&	00:16&	01:38&	00:16#	01:16&	01:11-	00:02+	00:40#	00:02+	01:29&	00:21&	00:12@
<b>12</b>	<b>Øystein Nilsen</b>	<b>42</b>	<b>52:36</b>																			
01:31+	02:59+	05:44+	06:37+	12:21+	15:28+	17:07+	18:27+	20:37+	21:37+	26:28+	27:55+	29:55+	33:47+	37:04+	40:16+	41:42+	44:43+	48:04+	49:11+	50:56+	52:18+	52:36+
01:31+	01:28+	02:45+	00:53+	05:44+	03:07+	01:39+	01:20+	02:10+	01:00+	04:51+	01:27+	02:00+	03:52+	03:17+	03:12+	01:26-	03:01+	03:21+	01:07-	01:45+	01:22+	00:18+
00:03+	00:21&	00:40&	00:11&	02:06&	00:24#	00:32&	00:15#	00:23#	00:26&	00:34#	00:15#	01:20@	00:57&	01:15&	00:21#	00:54-	00:14+	00:27#	00:01-	00:03+	00:20&	00:08&
<b>13</b>	<b>Håvard Svihus</b>	<b>267</b>	<b>53:14</b>																			
02:09+	04:14+	06:55+	07:38+	11:45+	15:18+	16:28+	17:58+	20:10+	21:05+	24:52+	26:06+	27:32+	30:48+	33:02+	36:01+	37:31+	41:09+	48:17+	49:32+	51:57+	53:01+	53:14+
02:09+	02:05+	02:41+	00:43+	04:07+	03:33+	01:10+	01:30+	02:12+	00:55+	03:47-	01:14+	01:26+	03:16+	02:14+	02:59+	01:30-	03:38+	07:08+	01:15+	02:25+	01:04+	00:13+
00:41&	00:58&	00:36&	00:01+	00:29#	00:50&	00:03+	00:25&	00:25#	00:21&	00:30-	00:02+	00:46@	00:21#	00:12+	00:08+	00:50-	00:51&	04:14@	00:07#	00:43&	00:02+	00:03&
<b>14</b>	<b>Per Ivar Hovstad</b>	<b>116</b>	<b>54:14</b>																			
01:11-	03:21+	07:34+	08:46+	12:10+	16:15+	18:10+	20:14+	23:14+	24:25+	28:43+	30:15+	32:23+	35:51+	37:56+	41:02+	42:10+	45:31+	49:21+	50:34+	52:37+	53:59+	54:14+
01:11-	02:10+	04:13+	01:12+	03:24-	04:05+	01:55+	02:04+	03:00+	01:11+	04:18+	01:32+	02:08+	03:28+	02:05+	03:06+	01:08-	03:21+	03:50+	01:13+	02:03+	01:22+	00:15+
00:17-	01:03&	02:08@	00:30&	00:14-	01:22&	00:48&	00:59&	01:13&	00:37@	00:01+	00:20&	01:28@	00:33#	00:03+	00:15+	01:12-	00:34#	00:56&	00:05+	00:21#	00:20&	00:05&
<b>15</b>	<b>Lars Primstad</b>	<b>62</b>	<b>54:37</b>																			
01:29+	03:00+	06:47+	07:28+	11:26+	14:20+	19:18+	20:27+	21:50+	23:43+	26:49+	28:14+	29:04+	32:21+	34:41+	36:53+	39:00+	41:49+	45:44+	47:33+	53:06+	54:25+	54:37+
01:29+	01:31+	03:47+	00:41-	03:58+	02:54+	04:58+	01:09+	01:23-	01:53+	03:06-	01:25+	00:50+	03:17+	02:20+	02:12-	02:07-	02:49+	03:55+	01:49+	05:33+	01:19+	00:12+
00:01+	00:24&	01:42&	00:01-	00:20+	00:11+	03:51@	00:04+	00:24-	01:19@	01:11-	00:13#	00:10#	00:22#	00:18#	00:39-	00:13-	00:02+	01:01&	00:41&	03:51@	00:17&	00:02#
<b>16</b>	<b>Rune Paulsen</b>	<b>98</b>	<b>55:27</b>																			
01:17-	04:39+	08:33+	09:36+	12:04+	15:23+	18:58+	20:35+	23:04+	24:14+	28:08+	29:40+	30:55+	34:33+	36:47+	40:06+	41:35+	46:36+	50:06+	51:46+	53:56+	55:12+	55:27+
01:17-	03:22+	03:54+	01:03+	02:28-	03:19+	03:35+	01:37+	02:29+	01:10+	03:54-	01:32+	01:15+	03:38+	02:14+	03:19+	01:29-	05:01+	03:30+	01:40+	02:10+	01:16+	00:15+
00:11-	02:15@	01:49&	00:21&	01:10-	00:36#	02:28@	00:32&	00:42&	00:36@	00:23-	00:20&	00:35&	00:43#	00:12+	00:28#	00:51-	02:14&	00:36#	00:32&	00:28&	00:14#	00:05&
<b>17</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>	<b>56:34</b>																			
02:26+	03:51+	13:46+	14:29+	17:22+	20:36+	22:02+	23:30+	26:26+	27:27+	31:24+	32:38+	34:12+	37:50+	39:48+	42:51+	43:49+	48:05+	51:33+	52:58+	54:58+	56:19+	56:34+
02:26+	01:25+	09:55+	00:43+	02:53-	03:14+	01:26+	01:28+	02:56+	01:01+	03:57-	01:14+	01:34+	03:38+	01:58-	03:03+	00:58-	04:16+	03:28+	01:25+	02:00+	01:21+	00:15+
00:58&	00:18&	07:50@	00:01+	00:45-	00:31#	00:19&	00:23&	01:09&	00:27&	00:20-	00:02+	00:54@	00:43#	00:04-	00:12+	01:22-	01:29&	00:34#	00:17#	00:18#	00:19&	00:05&
<b>18</b>	<b>Jan Kristensen</b>	<b>7</b>	<b>58:21</b>																			
02:11+	03:42+	07:26+	08:22+	10:59+	15:56+	18:13+	20:13+	23:22+	24:17+	28:54+	30:34+	31:38+	36:02+	38:28+	42:40+	44:23+	48:10+	52:16+	53:53+	56:24+	58:02+	58:21+
02:11+	01:31+	03:44+	00:56+	02:37-	04:57+	02:17+	02:00+	03:09+	00:55+	04:37+	01:40+	01:04+	04:24+	02:26+	04:12+	01:43-	03:47+	04:06+	01:37+	02:31+	01:38+	00:19+
00:43&	00:24&	01:39&	00:14&	01:01-	02:14&	01:10@	00:55&	01:22&	00:21&	00:20+	00:28&	00:24&	01:29&	00:24#	01:21&	00:37-	01:00&	01:12&	00:49&	00:36&	00:09&	
<b>19</b>	<b>Jan Kenneth Polle</b>	<b>83</b>	<b>58:35</b>																			
02:55+	04:33+	08:43+	09:21+	12:46+	17:01+	18:44+	20:09+	22:18+	23:12+	27:46+	29:18+	30:28+	34:45+	37:35+	41:03+	41:59+	48:55+	53:01+	54:11+	56:41+	58:16+	58:35+
02:55+	01:38+	04:10+	00:38-	03:25-	04:15+	01:43+	01:25+	02:09+	00:54+	04:34+	01:32+	01:10+	04:17+	02:50+	03:28+	00:56-	06:56+	04:06+	01:10+	02:30+	01:35+	00:19+
01:27&	00:31&	02:05&	00:04-	00:13-	01:32&	00:36&	00:20&	00:22#	00:20&	00:17+	00:20&	00:30&	01:22&	00:48&	00:37#	01:24-	04:09@	01:12&	00:02+	00:48&	00:33&	00:09&
<b>20</b>	<b>Peter Chapman</b>	<b>117</b>	<b>58:55</b>																			
01:00-	03:19+	06:12+	06:53+	15:20+	18:05+	28:17+	29:12+	31:04+	32:04+	35:53+	37:18+	38:15+	41:49+	43:38+	47:11+	48:20+	51:20+	54:29+	55:28+	57:12+	58:39+	58:55+
01:00-	02:19+	02:53+	00:41-	08:27+	02:45+	10:12+	00:55-	01:52+	01:00+	03:49-	01:25+	00:57+	03:34+	01:49-	03:33+	01:09-	03:00+	03:09+	00:59-	01:44+	01:27+	00:16+
00:28-	01:12@	00:48&	00:01-	04:49@	00:02+	09:05@	00:10-	00:05+	00:26&	00:28-	00:13#	00:17&	00:39#	00:13-	00:42#	01:11-	00:13+	00:15+	00:09-	00:02+	00:25&	00:06&
<b>21</b>	<b>Frode Engen</b>	<b>116</b>	<b>59:01</b>																			
02:36+	04:05+	07:19+	08:13+	12:33+	15:28+	16:43+	17:57+	20:46+	21:32+	27:24+	29:06+	30:07+	33:23+	35:35+	38:14+	39:22+	42:31+	46:39+	48:16+	57:30+	58:46+	59:01+
02:36+	01:29+	03:14+	00:54+	04:20+	02:55+	01:15+	01:14+	02:49+	00:46+	05:52+	01:42+	01:01+	03:16+	02:12+	02:39-	01:08-	03:09+	04:08+	01:37+	09:14+	01:16+	00:15+
01:08&	00:22&	01:09&	00:12&	00:42#	00:12+	00:08#	00:09#	01:02&	00:12&	01:35&	00:30&	00:21&	00:21#	00:10+	00:12-	01:12-	00:22#	01:14&	00:29&	07:32@	00:14#	00:05&
<b>22</b>	<b>Eivind Moi</b>	<b>116</b>	<b>1:02:42</b>																			
02:09+	04:05+	10:24+	11:33+	14:47+	18:22+	20:08+	21:55+	24:49+	25:40+	30:11+	31:59+	33:07+	37:26+	39:49+	47:08+	48:32+	52:06+	56:55+	58:11+	61:03+	62:28+	62

Class	Navn	Klasse										Tid										
<b>23</b>	<b>Cedric Fayemendy</b>	<b>116</b>										<b>1:05:33</b>										
04:25+	06:11+	10:58+	11:48+	20:10+	23:36+	27:38+	29:09+	31:08+	32:02+	36:16+	38:45+	39:35+	44:18+	46:41+	49:50+	51:55+	54:53+	59:25+	60:45+	63:42+	65:18+	65:33+
04:25+	01:46+	04:47+	00:50+	08:22+	03:26+	04:02+	01:31+	01:59+	00:54+	04:14-	02:29+	00:50+	04:43+	02:23+	03:09+	02:05-	02:58+	04:32+	01:20+	02:57+	01:36+	00:15+
02:57@	00:39&	02:42@	00:08#	04:44@	00:43&	02:55@	00:26&	00:12#	00:20&	00:03-	01:17@	00:10#	01:48&	00:21#	00:18#	00:15-	00:11+	01:38&	00:12#	01:15&	00:34&	00:05&
<b>24</b>	<b>Tord Peter Ursin</b>	<b>116</b>										<b>1:06:06</b>										
01:28=	03:09+	09:14+	10:12+	16:47+	19:52+	21:34+	23:02+	25:30+	26:42+	31:07+	32:55+	33:50+	38:19+	40:59+	45:11+	46:39+	53:38+	57:43+	59:26+	64:20+	65:47+	66:06+
01:28=	01:41+	06:05+	00:58+	06:35+	03:05+	01:42+	01:28+	02:28+	01:12+	04:25+	01:48+	00:55+	04:29+	02:40+	04:12+	01:28-	06:59+	04:05+	01:43+	04:54+	01:27+	00:19+
00:00=	00:34&	04:00@	00:16&	02:57&	00:22#	00:35&	00:23&	00:41&	00:38@	00:08+	00:36&	00:15&	01:34&	00:38&	01:21&	00:52-	04:12@	01:11&	00:35&	03:12@	00:25&	00:09&
<b>25</b>	<b>Gordon Ramsay</b>	<b>42</b>										<b>1:09:41</b>										
02:36+	04:42+	13:24+	14:27+	18:21+	23:52+	25:18+	28:26+	30:46+	31:50+	37:37+	39:10+	41:24+	45:22+	49:04+	53:43+	55:28+	58:31+	64:14+	65:44+	67:57+	69:25+	69:41+
02:36+	02:06+	08:42+	01:03+	03:54+	05:31+	01:26+	03:08+	02:20+	01:04+	05:47+	01:33+	02:14+	03:58+	03:42+	04:39+	01:45-	03:03+	05:43+	01:30+	02:13+	01:28+	00:16+
01:08&	00:59&	06:37@	00:21&	00:16+	02:48@	00:19&	02:03@	00:33&	00:30&	01:30&	00:21&	01:34@	01:03&	01:40&	01:48&	00:35-	00:16+	02:49&	00:22&	00:31&	00:26&	00:06&
<b>26</b>	<b>Martin Simpson</b>	<b>167</b>										<b>1:10:59</b>										
01:42+	03:30+	07:57+	08:59+	12:43+	18:07+	26:16+	27:44+	29:59+	31:08+	36:45+	38:30+	39:26+	44:11+	47:31+	51:53+	53:20+	58:54+	62:45+	63:51+	68:51+	70:35+	70:59+
01:42+	01:48+	04:27+	01:02+	03:44+	05:24+	08:09+	01:28+	02:15+	01:09+	05:37+	01:45+	00:56+	04:45+	03:20+	04:22+	01:27-	05:34+	03:51+	01:06-	05:00+	01:44+	00:24+
00:14#	00:41&	02:22@	00:20&	00:06+	02:41&	07:02@	00:23&	00:28&	00:35@	01:20&	00:33&	00:16&	01:50&	01:18&	01:31&	00:53-	02:47&	00:57&	00:02-	03:18@	00:42&	00:14@
<b>27</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>1:11:19</b>										
01:28=	03:06+	16:54+	17:28+	19:53+	22:52+	24:20+	25:33+	28:41+	29:28+	34:15+	35:40+	37:48+	41:53+	44:30+	52:04+	53:11+	58:06+	62:23+	63:54+	69:09+	71:00+	71:19+
01:28=	01:38+	13:48+	00:34-	02:25-	02:59+	01:28+	01:13+	03:08+	00:47+	04:47+	01:25+	02:08+	04:05+	02:37+	07:34+	01:07-	04:55+	04:17+	01:31+	05:15+	01:51+	00:19+
00:00=	00:31&	11:43@	00:08-	01:13-	00:16+	00:21&	00:08#	01:21&	00:13&	00:30#	00:13#	01:28@	01:10&	00:35&	04:43@	01:13-	02:08&	01:23&	00:23&	03:33@	00:49&	00:09&
<b>28</b>	<b>Jon Kåre Olsen</b>	<b>92</b>										<b>1:11:43</b>										
01:49+	04:35+	16:00+	17:05+	24:57+	28:21+	30:04+	32:44+	36:11+	37:07+	41:48+	44:18+	47:16+	51:22+	53:33+	57:42+	58:49+	62:10+	66:04+	67:11+	69:59+	71:22+	71:43+
01:49+	02:46+	11:25+	01:05+	07:52+	03:24+	01:43+	02:40+	03:27+	00:56+	04:41+	02:30+	02:58+	04:06+	02:11+	04:09+	01:07-	03:21+	03:54+	01:07-	02:48+	01:23+	00:21+
00:21#	01:39@	09:20@	00:23&	04:14@	00:41&	00:36&	01:35@	01:40&	00:22&	00:24+	01:18@	02:18@	01:11&	00:09+	01:18&	01:13-	00:34#	01:00&	00:01-	01:06&	00:21&	00:11@
<b>Beste strekktid for klassen</b>																						
01:00	01:07	02:05	00:32	02:03	02:36	01:03	00:55	01:22	00:34	03:06	01:05	00:40	02:55	01:34	02:12	00:53	02:44	02:51	00:44	01:42	01:02	00:10

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

## Herrer 50 - 59 år

<b>1</b>	<b>Ole Petter Haukaas</b>	<b>109</b>										<b>34:38</b>										
00:28=	01:03=	03:05=	05:29=	07:52=	08:53=	09:23=	13:21=	15:15=	15:40=	17:43=	19:08=	21:10=	23:25=	25:44=	29:11=	29:57=	31:25=	33:30=	34:26=	34:38=		
00:28=	00:35=	02:02=	02:24=	02:23=	01:01=	00:30=	03:58=	01:54=	00:25=	02:03=	01:25=	02:02=	02:15=	02:19=	03:27=	00:46=	01:28=	02:05=	00:56=	00:12=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Per Ingar Hadland</b>	<b>7</b>										<b>35:07</b>										
00:29+	01:09+	05:25+	07:50+	10:26+	11:29+	12:04+	13:55+	16:18+	16:41+	18:50+	20:02+	21:26+	23:36+	26:08+	29:51+	30:30+	32:00+	34:03+	34:55+	35:07+		
00:29+	00:40+	04:16+	02:25+	02:36+	01:03+	00:35+	01:51-	02:23+	00:23-	02:09+	01:12-	01:24-	02:10-	02:32+	03:43+	00:39-	01:30+	02:03-	00:52-	00:12=		
00:01+	00:05#	02:14@	00:01+	00:13+	00:02+	00:05#	02:07-	00:29&	00:02-	00:06+	00:13-	00:38-	00:05-	00:13+	00:16+	00:07-	00:02+	00:02-	00:04-	00:00=		
<b>3</b>	<b>Alf Håkon Haugland</b>	<b>116</b>										<b>36:49</b>										
00:33+	01:14+	03:24+	05:27-	08:42+	09:45+	10:15+	13:14-	15:13-	15:35-	17:57+	20:24+	21:59+	25:06+	27:35+	30:57+	31:43+	33:05+	35:14+	36:22+	36:49+		
00:33+	00:41+	02:10+	02:03-	03:15+	01:03+	00:30=	02:59-	01:59+	00:22-	02:22+	02:27+	01:35-	03:07+	02:29+	03:22-	00:46=	01:22-	02:09+	01:08+	00:27+		
00:05#	00:06#	00:08+	00:21-	00:52&	00:02+	00:00=	00:59-	00:05+	00:03-	00:19#	01:02&	00:27-	00:52&	00:10+	00:05-	00:00=	00:06-	00:04+	00:12#	00:15@		
<b>4</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>37:35</b>										
00:30+	01:10+	04:05+	06:43+	09:54+	11:08+	11:38+	14:23+	16:37+	17:03+	19:36+	20:49+	23:05+	25:07+	27:58+	31:57+	32:34+	34:02+	36:09+	37:16+	37:35+		
00:30+	00:40+	02:55+	02:38+	03:11+	01:14+	00:30=	02:45-	02:14+	00:26+	02:33+	01:13-	02:16+	02:02-	02:51+	03:59+	00:37-	01:28=	02:07+	01:07+	00:19+		
00:02+	00:05#	00:53&	00:14+	00:48&	00:13#	00:00=	01:13-	00:20#	00:01+	00:30#	00:12-	00:14#	00:13-	00:32#	00:32#	00:09-	00:00=	00:02+	00:11#	00:07&		
<b>5</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>38:44</b>										
00:37+	01:19+	03:55+	07:05+	10:00+	10:57+	11:25+	13:55+	17:15+	17:36+	20:02+	21:31+	24:31+	27:23+	29:47+	33:19+	34:01+	35:30+	37:34+	38:28+	38:44+		
00:37+	00:42+	02:36+	03:10+	02:55+	00:57-	00:28-	02:30-	03:20+	00:21-	02:26+	01:29+	03:00+	02:52+	02:24+	03:32+	00:42-	01:29+	02:04-	00:54-	00:16+		
00:09&	00:07#	00:34&	00:46&	00:32#	00:04-	00:02-	01:28-	01:26&	00:04-	00:23#	00:04+	00:58&	00:37&	00:05+	00:05+	00:04-	00:01+	00:01-	00:02-	00:04&		
<b>6</b>	<b>Knut Feldmann</b>	<b>93</b>										<b>38:59</b>										
00:33+	01:20+	03:53+	06:31+	09:52+	10:56+	11:31+	13:37+	18:02+	18:26+	21:18+	23:02+	24:51+	27:13+	29:50+	33:16+	34:02+	35:35+	37:42+	38:40+	38:59+		
00:33+	00:47+	02:33+	02:38+	03:21+	01:04+	00:35+	02:06-	04:25+	00:24-	02:52+	01:44+	01:49-	02:22+	02:37+	03:26-	00:46=	01:33+	02:07+	00:58+	00:19+		
00:05#	00:12&	00:31&	00:14+	00:58&	00:03+	00:05#	01:52-	02:31@	00:01-	00:49&	00:19#	00:13-	00:07+	00:18#	00:01-	00:00=	00:05+	00:02+	00:02+	00:07&		
<b>7</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>39:13</b>										
01:02+	01:56+	04:09+	07:53+	11:01+	12:10+	12:46+	15:56+	18:16+	18:42+	20:56+	22:24+	24:07+	27:00+	29:39+	33:06+	34:01+	36:04+	37:53+	38:57+	39:13+		
01:02+	00:54+	02:13+	03:44+	03:08+	01:09+	00:36+	03:10-	02:20+	00:26+	02:14+	01:28+	01:43-	02:53+	02:39+	03:27=	00:55+	02:03+	01:49-	01:04+	00:16+		
00:34@	00:19&	00:11+	01:20&	00:45&	00:08#	00:06#	00:48-	00:26#	00:01+	00:11+	00:03+	00:19-	00:38&	00:20#	00:00=	00:09#	00:35&	00:16-	00:08#	00:04&		

Class	Navn	Klasse										Tid									
<b>8</b>	<b>Håvard Håland</b>	<b>66</b>										<b>40:21</b>									
00:37+	01:23+	04:46+	07:14+	10:04+	11:13+	12:05+	15:07+	17:58+	18:27+	21:11+	23:41+	25:31+	30:41+	34:11+	34:51+	36:28+	38:42+	40:02+	40:21+		
00:37+	00:46+	03:23+	02:28+	02:50+	01:09+	00:52+	03:02-	02:51+	00:29+	02:44+	02:30+	01:50-	02:25+	02:45+	03:30+	00:40-	01:37+	02:14+	01:20+	00:19+	
00:09%	00:11%	01:21%	00:04+	00:27#	00:08#	00:22%	00:56-	00:57%	00:04#	00:41%	01:05%	00:12-	00:10+	00:26#	00:03+	00:06-	00:09#	00:09+	00:24%	00:07%	
<b>9</b>	<b>Arne Magne Søndresen</b>	<b>92</b>										<b>40:24</b>									
00:36+	01:28+	05:51+	08:22+	12:18+	13:29+	14:06+	16:45+	19:09+	19:37+	22:32+	24:41+	26:32+	29:07+	31:29+	34:52+	35:41+	37:05+	39:03+	40:09+	40:24+	
00:36+	00:52+	04:23+	02:31+	03:56+	01:11+	00:37+	02:39-	02:24+	00:28+	02:55+	02:09+	01:51-	02:35+	02:22+	03:23-	00:49+	01:24-	01:58-	01:06+	00:15+	
00:08%	00:17%	02:21@	00:07+	01:33%	00:10#	00:07#	01:19-	00:30%	00:03#	00:52%	00:44%	00:11-	00:20#	00:03+	00:04-	00:03+	00:04-	00:07-	00:10#	00:03#	
<b>10</b>	<b>Lars Bergersen</b>	<b>116</b>										<b>41:14</b>									
00:44+	01:21+	04:03+	06:28+	09:51+	11:00+	11:36+	15:05+	18:29+	18:54+	21:22+	22:39+	24:25+	28:36+	31:11+	35:05+	35:47+	37:20+	39:48+	40:51+	41:14+	
00:44+	00:37+	02:42+	02:25+	03:23+	01:09+	00:36+	03:29-	03:24+	00:25+	02:28+	01:17-	01:46-	04:11+	02:35+	03:54+	00:42-	01:33+	02:28+	01:03+	00:23+	
00:16%	00:02+	00:40%	00:01+	01:00%	00:08#	00:06#	00:29-	01:30%	00:00+	00:25#	00:08-	00:16-	01:56%	00:16#	00:27#	00:04-	00:05+	00:23#	00:07#	00:11%	
<b>11</b>	<b>Frank Hansen</b>	<b>29</b>										<b>42:03</b>									
00:43+	01:22+	07:45+	09:54+	13:00+	14:16+	14:51+	17:45+	20:01+	20:31+	23:08+	24:26+	26:18+	29:08+	31:39+	35:19+	36:49+	38:18+	40:44+	41:47+	42:03+	
00:43+	00:39+	06:23+	02:09-	03:06+	01:16+	00:35+	02:54-	02:16+	00:30+	02:37+	01:18-	01:52-	02:50+	02:31+	03:40+	01:30+	01:29+	02:26+	01:03+	00:16+	
00:15%	00:04#	04:21@	00:15-	00:43%	00:15#	00:05#	01:04-	00:22#	00:05#	00:34%	00:07-	00:10-	00:35%	00:12+	00:13+	00:44%	00:01+	00:21#	00:07#	00:04%	
<b>12</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>42:18</b>									
00:27-	01:01-	06:48+	08:47+	11:44+	12:48+	13:16+	15:29+	19:49+	20:10+	22:31+	24:28+	26:07+	28:48+	31:19+	35:29+	36:14+	38:24+	40:45+	42:05+	42:18+	
00:27-	00:34-	05:47+	01:59-	02:57+	01:04+	00:28-	02:13-	04:20+	00:21-	02:21+	01:57+	01:39-	02:41+	02:31+	04:10+	00:45-	02:10+	02:21+	01:20+	00:13+	
00:01-	00:01-	03:45@	00:25-	00:34#	00:03+	00:02-	01:45-	02:26@	00:04-	00:18#	00:32%	00:23-	00:26#	00:12+	00:43#	00:01-	00:42%	00:16#	00:24%	00:01+	
<b>13</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>42:55</b>									
00:31+	01:23+	05:06+	08:05+	11:21+	12:26+	13:06+	15:49+	18:59+	19:16+	21:46+	23:44+	27:14+	29:42+	32:39+	36:45+	37:34+	39:20+	41:39+	42:38+	42:55+	
00:31+	00:52+	03:43+	02:59+	03:16+	01:05+	00:40+	02:43-	03:10+	00:17+	02:30+	01:58+	03:30+	02:28+	02:57+	04:06+	00:49+	01:46+	02:19+	00:59+	00:17+	
00:03#	00:17%	01:41%	00:35#	00:53%	00:04+	00:10%	01:15-	01:16%	00:08-	00:27#	00:33%	01:28%	00:13+	00:38%	00:39#	00:03+	00:18#	00:14#	00:03+	00:05%	
<b>14</b>	<b>Inge Skretting</b>	<b>165</b>										<b>43:06</b>									
00:40+	02:35+	06:57+	09:29+	13:14+	14:32+	15:02+	17:54+	20:06+	20:41+	23:19+	25:49+	27:43+	30:12+	32:49+	36:44+	37:35+	39:21+	41:41+	42:51+	43:06+	
00:40+	01:55+	04:22+	02:32+	03:45+	01:18+	00:30+	02:52-	02:12+	00:35+	02:38+	02:30+	01:54-	02:29+	02:37+	03:55+	00:51+	01:46+	02:20+	01:10+	00:15+	
00:12%	01:20@	02:20@	00:08+	01:22%	00:17%	00:00+	01:06-	00:18#	00:10%	00:35%	01:05%	00:08-	00:14#	00:18#	00:28#	00:05#	00:18#	00:15#	00:14#	00:03#	
<b>15</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>43:11</b>									
00:38+	01:44+	04:40+	07:29+	11:25+	13:03+	13:54+	17:21+	20:41+	21:05+	23:50+	25:26+	27:23+	30:14+	32:53+	37:01+	37:55+	39:31+	41:56+	42:55+	43:11+	
00:38+	01:06+	02:56+	02:49+	03:56+	01:38+	00:51+	03:27-	03:20+	00:24-	02:45+	01:36+	01:57-	02:51+	02:39+	04:08+	00:54+	01:36+	02:25+	00:59+	00:16+	
00:10%	00:31%	00:54%	00:25#	01:33%	00:37%	00:21%	00:31-	01:26%	00:01-	00:42%	00:11#	00:05-	00:36%	00:20#	00:41#	00:08#	00:08+	00:20#	00:03+	00:04%	
<b>16</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>43:38</b>									
00:54+	01:38+	07:30+	10:48+	14:50+	16:02+	16:44+	19:46+	21:59+	22:23+	24:56+	26:16+	28:15+	30:45+	33:32+	37:20+	38:18+	39:57+	42:20+	43:21+	43:38+	
00:54+	00:44+	05:52+	03:18+	04:02+	01:12+	00:42+	03:02-	02:13+	00:24-	02:33+	01:20-	01:59-	02:30+	02:47+	03:48+	00:58+	01:39+	02:23+	01:01+	00:17+	
00:26%	00:09%	03:50@	00:54%	01:39%	00:11#	00:12%	00:56-	00:19#	00:01-	00:30#	00:05-	00:03-	00:15#	00:28#	00:21#	00:12%	00:11#	00:18#	00:05+	00:05%	
<b>17</b>	<b>Magnar Møller</b>	<b>62</b>										<b>43:41</b>									
00:36+	01:13+	03:32+	06:54+	10:29+	11:49+	12:27+	16:55+	19:08+	19:36+	22:14+	24:23+	26:22+	28:58+	31:53+	36:19+	38:27+	40:06+	42:29+	43:26+	43:41+	
00:36+	00:37+	02:19+	03:22+	03:35+	01:20+	00:38+	04:28+	02:13+	00:28+	02:38+	02:09+	01:59-	02:36+	02:55+	04:26+	02:08+	01:39+	02:23+	00:57+	00:15+	
00:08%	00:02+	00:17#	00:58%	01:12%	00:19%	00:08%	00:30#	00:19#	00:03#	00:35%	00:44%	00:03-	00:21#	00:36%	00:59%	01:22@	00:11#	00:18#	00:01+	00:03#	
<b>18</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>44:11</b>									
00:51+	01:50+	04:38+	08:08+	11:40+	13:15+	14:01+	16:55+	20:01+	20:30+	23:15+	25:35+	27:38+	30:03+	32:54+	37:05+	38:03+	40:08+	42:31+	43:55+	44:11+	
00:51+	00:59+	02:48+	03:30+	03:32+	01:35+	00:46+	02:54-	03:06+	00:29+	02:45+	02:20+	02:03+	02:25+	02:51+	04:11+	00:58+	02:05+	02:23+	01:24+	00:16+	
00:23%	00:24%	00:46%	01:06%	01:09%	00:34%	00:16%	01:04-	01:12%	00:04#	00:42%	00:55%	00:01+	00:10+	00:32#	00:44#	00:12%	00:37%	00:18#	00:28%	00:04%	
<b>19</b>	<b>Anders Glenne</b>	<b>7</b>										<b>44:23</b>									
00:45+	01:30+	06:22+	08:24+	11:13+	12:30+	13:04+	15:36+	20:44+	21:22+	23:35+	25:16+	27:00+	29:58+	32:55+	36:19+	37:52+	39:17+	42:42+	44:10+	44:23+	
00:45+	00:45+	04:52+	02:02-	02:49+	01:17+	00:34+	02:32-	05:08+	00:38+	02:13+	01:41+	01:44-	02:58+	02:57+	03:24-	01:33+	03:25+	03:25+	01:28+	00:13+	
00:17%	00:10%	02:50@	00:22-	00:26#	00:16%	00:04#	01:26-	03:14@	00:13%	00:10+	00:16#	00:18-	00:43%	00:38%	00:03-	00:47@	00:03-	01:20%	00:32%	00:01+	
<b>20</b>	<b>Ivar Bergset</b>	<b>35</b>										<b>46:54</b>									
02:51+	03:51+	07:05+	09:51+	13:24+	14:43+	15:43+	19:14+	21:32+	21:53+	24:45+	26:19+	27:57+	31:17+	34:32+	39:18+	40:10+	42:12+	45:03+	46:30+	46:54+	
02:51+	01:00+	03:14+	02:46+	03:33+	01:19+	01:00+	03:31-	02:18+	00:21-	02:52+	01:34+	01:38-	03:20+	03:15+	04:46+	00:52+	02:02+	02:51+	01:27+	00:24+	
02:23@	00:25%	01:12%	00:22#	01:10%	00:18%	00:30%	00:27-	00:24#	00:04-	00:49%	00:09#	00:24-	01:05%	00:56%	01:19%	00:06#	00:34%	00:46%	00:31%	00:12%	
<b>21</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>										<b>47:37</b>									
00:37+	01:36+	06:07+	10:42+	14:27+	15:55+	16:34+	19:17+	21:55+	22:27+	25:29+	28:31+	30:39+	33:18+	36:15+	40:39+	41:33+	43:18+	45:55+	47:17+	47:37+	
00:37+	00:59+	04:31+	04:35+	03:45+	01:28+	00:39+	02:43-	02:38+	00:32+	03:02+	03:02+	02:08+	02:39+	02:57+	04:24+	00:54+	01:45+	02:37+	01:22+	00:20+	
00:09%	00:24%	02:29@	02:11%	01:22%	00:27%	00:09%	01:15-	00:44%	00:07%	00:59%	01:37@	00:06+	00:24#	00:38%	00:57%	00:08#	00:17#	00:32%	00:26%	00:08%	
<b>22</b>	<b>Harald Kleveland</b>	<b>7</b>										<b>47:40</b>									
00:49+	01:48+	05:33+	08:34+	12:10+	13:26+	14:29+	16:58+	21:51+	22:20+	25:13+	27:18+	29:22+	32:23+	35:31+	41:27+	42:35+	44:10+	46:14+	47:23+	47:40+	
00:49+	00:59+	03:45+	03:01+	03:36+	01:16+	01:03+	02:29-	04:53+	00:29+	02:53+	02:05+	02:04+	03:01+	03:08+	05:56+	01:08+	01:35+	02:04-	01:09+	00:17+	
00:21%	00:24%	01:43%	00:37%	01:13%	00:15#	00:33@	01:29-	02:59@	00:04#	00:50%	00:40%	00:02+	00:46%	00:49%	02:29%	00:22%	00:07+	00:01-	00:13#	00:05%	

Class	Navn	Klasse										Tid									
<b>23</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>49:00</b>									
01:10+	02:19+	05:42+	08:51+	12:37+	13:52+	14:38+	18:26+	22:21+	22:50+	25:46+	29:01+	31:04+	34:21+	37:18+	41:40+	42:45+	44:59+	47:40+	48:41+	49:00+	
01:10+	01:09+	03:23+	03:09+	03:46+	01:15+	00:46+	03:48-	03:55+	00:29+	02:56+	03:15+	02:03+	03:17+	02:57+	04:22+	01:05+	02:14+	02:41+	01:01+	00:19+	
00:42@	00:34&	01:21&	00:45&	01:23&	00:14#	00:16&	00:10-	02:01@	00:04#	00:53&	01:50@	00:01+	01:02&	00:38&	00:55&	00:19&	00:46&	00:36&	00:05+	00:07&	
<b>24</b>	<b>Kjetil Heradstveit</b>	<b>12</b>										<b>49:22</b>									
00:35+	02:17+	04:32+	06:48+	09:49+	10:49+	11:36+	15:03+	19:47+	20:14+	23:38+	29:14+	31:31+	34:47+	37:41+	41:56+	42:48+	44:33+	47:40+	49:07+	49:22+	
00:35+	01:42+	02:15+	02:16-	03:01+	01:00-	00:47+	03:27-	04:44+	00:27+	03:24+	05:36+	02:17+	03:16+	02:54+	04:15+	00:52+	01:45+	03:07+	01:27+	00:15+	
00:07#	01:07@	00:13#	00:08-	00:38&	00:01-	00:17&	00:31-	02:50@	00:02+	01:21&	04:11@	00:15#	01:01&	00:35&	00:48#	00:06#	00:17#	01:02&	00:31&	00:03#	
<b>25</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>50:13</b>									
00:34+	01:40+	04:40+	07:06+	10:25+	11:37+	12:17+	16:27+	27:02+	27:25+	30:09+	31:45+	33:49+	36:22+	39:17+	43:46+	44:44+	46:29+	48:42+	49:59+	50:13+	
00:34+	01:06+	03:00+	02:26+	03:19+	01:12+	00:40+	04:10+	10:35+	00:23-	02:44+	01:36+	02:04+	02:33+	02:55+	04:29+	00:58+	01:45+	02:13+	01:17+	00:14+	
00:06#	00:31&	00:58&	00:02+	00:56&	00:11#	00:10&	00:12+	08:41@	00:02-	00:41&	00:11#	00:02+	00:18#	00:36&	01:02&	00:12&	00:17#	00:08+	00:21&	00:02#	
<b>26</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>51:09</b>									
00:50+	02:13+	07:12+	10:26+	14:16+	15:25+	16:12+	19:20+	26:01+	26:32+	29:28+	31:15+	33:31+	36:34+	39:44+	44:21+	45:19+	47:05+	49:33+	50:48+	51:09+	
00:50+	01:23+	04:59+	03:14+	03:50+	01:09+	00:47+	03:08-	06:41+	00:31+	02:56+	01:47+	02:16+	03:03+	03:10+	04:37+	00:58+	01:46+	02:28+	01:15+	00:21+	
00:22&	00:48@	02:57@	00:50&	01:27&	00:08#	00:17&	00:50-	04:47@	00:06#	00:53&	00:22&	00:14#	00:48&	00:51&	01:10&	00:12&	00:18#	00:23#	00:19&	00:09&	
<b>27</b>	<b>Harald Jansen</b>	<b>289</b>										<b>52:33</b>									
02:02+	03:47+	06:28+	08:23+	11:07+	17:28+	18:11+	20:50+	28:17+	28:47+	31:30+	34:28+	36:24+	39:11+	42:07+	45:58+	46:46+	48:28+	50:48+	52:16+	52:33+	
02:02+	01:45+	02:41+	01:55-	02:44+	06:21+	00:43+	02:39-	07:27+	00:30+	02:43+	02:58+	01:56-	02:47+	02:56+	03:51+	00:48+	01:42+	02:20+	01:28+	00:17+	
01:34@	01:10@	00:39&	00:29-	00:21#	05:20@	00:13&	01:19-	05:33@	00:05#	00:40&	01:33@	00:06-	00:32#	00:37&	00:24#	00:02+	00:14#	00:15#	00:32&	00:05&	
<b>28</b>	<b>John Lage Bergan</b>	<b>116</b>										<b>53:07</b>									
00:40+	02:20+	12:16+	15:13+	19:03+	20:32+	21:15+	24:35+	27:58+	28:31+	31:43+	34:12+	36:16+	39:44+	42:39+	46:19+	47:16+	49:01+	51:34+	52:47+	53:07+	
00:40+	01:40+	09:56+	02:57+	03:50+	01:29+	00:43+	03:20-	00:33+	03:12+	02:29+	02:04+	00:57+	03:28+	02:55+	03:40+	00:57+	01:45+	02:33+	01:13+	00:20+	
00:12&	01:05@	07:54@	00:33#	01:27&	00:28&	00:13&	00:38-	01:29&	00:08&	01:09&	01:04&	00:02+	01:13&	00:36&	00:13+	00:11#	00:17#	00:28#	00:17&	00:08&	
<b>29</b>	<b>Sigbjørn Gloppen</b>	<b>144</b>										<b>53:14</b>									
00:39+	01:47+	08:24+	11:55+	16:28+	18:01+	18:46+	24:23+	26:45+	27:33+	30:52+	33:42+	36:15+	40:04+	42:53+	46:36+	47:29+	49:05+	51:28+	52:56+	53:14+	
00:39+	01:08+	06:37+	03:31+	04:33+	01:33+	00:45+	05:37+	02:22+	00:48+	03:19+	02:50+	02:33+	03:49+	02:49+	03:43+	00:53+	01:36+	02:23+	01:28+	00:18+	
00:11&	00:33&	04:35@	01:07&	02:10&	00:32&	00:15&	01:39&	00:28#	00:23&	01:16&	01:25&	00:31&	01:34&	00:30#	00:16+	00:07#	00:08+	00:18#	00:32&	00:06&	
<b>30</b>	<b>Kjell Ove Aksland</b>	<b>27</b>										<b>53:57</b>									
00:34+	01:26+	10:49+	13:36+	17:44+	18:50+	19:30+	22:00+	24:27+	25:12+	27:58+	30:00+	35:56+	40:04+	43:09+	47:18+	48:25+	50:01+	52:28+	53:37+	53:57+	
00:34+	00:52+	09:23+	02:47+	04:08+	01:06+	00:40+	02:30-	02:27+	00:45+	02:46+	02:02+	05:56+	04:08+	03:05+	04:09+	01:07+	01:36+	02:27+	01:09+	00:20+	
00:06#	00:17&	07:21@	00:23#	01:45&	00:05+	00:10&	01:28-	00:33&	00:20&	00:43&	00:37&	03:54@	01:53&	00:46&	00:42#	00:21&	00:08+	00:22#	00:13#	00:08&	
<b>31</b>	<b>Josef Ludoid</b>	<b>228</b>										<b>54:57</b>									
02:03+	02:50+	06:57+	09:39+	13:09+	14:12+	15:23+	21:35+	24:04+	24:31+	27:15+	29:41+	33:10+	36:08+	39:20+	44:18+	45:29+	47:12+	51:53+	54:40+	54:57+	
02:03+	00:47+	04:07+	02:42+	03:30+	01:03+	01:11+	06:12+	02:29+	00:27+	02:44+	02:26+	03:29+	02:58+	03:12+	04:58+	01:11+	01:43+	04:41+	02:47+	00:17+	
01:35@	00:12&	02:05@	00:18#	01:07&	00:02+	00:41@	02:14&	00:35&	00:02+	00:41&	01:01&	01:27&	00:43&	00:53&	01:31&	00:25&	00:15#	02:36@	01:51@	00:05&	
<b>32</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>56:25</b>									
01:09+	02:47+	09:28+	11:58+	16:06+	17:28+	18:14+	23:20+	27:12+	27:42+	30:36+	33:31+	37:07+	41:15+	44:53+	49:38+	50:26+	52:23+	55:06+	56:02+	56:25+	
01:09+	01:38+	06:41+	02:30+	04:08+	01:22+	00:46+	05:06+	03:52+	00:30+	02:54+	02:55+	03:36+	04:08+	03:38+	04:45+	00:48+	01:57+	02:43+	00:56=	00:23+	
00:41@	01:03@	04:39@	00:06+	01:45&	00:21&	00:16&	01:08&	01:58@	00:05#	00:51&	01:30@	01:34&	01:53&	01:19&	01:18&	00:02+	00:29&	00:38&	00:00=	00:11&	
<b>33</b>	<b>Kjell Seland</b>	<b>236</b>										<b>59:20</b>									
00:40+	01:33+	15:43+	18:03+	21:56+	23:01+	23:33+	27:01+	33:32+	36:48+	37:08+	39:45+	41:48+	43:39+	46:25+	49:12+	53:14+	54:02+	55:36+	57:52+	59:01+	
00:40+	00:53+	14:10+	02:20-	03:53+	01:05+	00:32+	03:28-	06:31+	03:16+	00:20-	02:37+	02:03+	01:51-	02:46+	02:47-	04:02+	00:48-	01:34-	02:16+	01:09+	
00:12&	00:18&	12:08@	00:04-	01:30&	00:04+	00:02+	00:30-	04:37@	02:51@	01:43-	01:12&	00:01+	00:24-	00:27#	00:40-	03:16@	00:40-	00:31-	01:20@	00:19+	
<b>34</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>1:00:48</b>									
00:51+	02:08+	09:08+	12:47+	16:32+	17:57+	18:41+	22:40+	32:38+	33:08+	36:10+	38:10+	41:00+	45:28+	48:44+	52:51+	54:04+	55:48+	58:38+	60:23+	60:48+	
00:51+	01:17+	07:00+	03:39+	03:45+	01:25+	00:44+	03:59+	09:58+	00:30+	03:02+	02:00+	02:50+	04:28+	03:16+	04:07+	01:13+	01:44+	02:50+	01:45+	00:25+	
00:23&	00:42@	04:58@	01:15&	01:22&	00:24&	00:14&	00:01+	08:04@	00:05#	00:59&	00:35&	00:48&	02:13&	00:57&	00:40#	00:27&	00:16#	00:45&	00:49&	00:13@	
<b>35</b>	<b>Tore Morten Hope</b>	<b>228</b>										<b>1:08:22</b>									
01:09+	01:57+	08:31+	11:11+	14:35+	15:40+	16:24+	19:07+	22:11+	22:35+	25:07+	27:25+	30:54+	41:27+	47:58+	54:02+	56:32+	61:54+	66:12+	67:56+	68:22+	
01:09+	00:48+	06:34+	02:40+	03:24+	01:05+	00:44+	02:43-	03:04+	00:24-	02:32+	02:18+	03:29+	01:33+	06:31+	06:04+	02:30+	05:22+	04:18+	01:44+	00:26+	
00:41@	00:13&	04:32@	00:16#	01:01&	00:04+	00:14&	01:15-	01:10&	00:01-	00:29#	00:53&	01:27&	08:18@	04:12@	02:37&	01:44@	03:54@	02:13@	00:48&	00:14@	
<b>36</b>	<b>Torbjørn Dahle</b>	<b>92</b>										<b>1:15:53</b>									
00:34+	01:23+	08:50+	12:08+	14:18+	17:46+	19:00+	19:37+	27:49+	35:25+	35:50+	38:53+	42:23+	44:09+	46:58+	50:17+	65:45+	69:46+	71:19+	74:12+	75:30+	
00:34+	00:49+	07:27+	03:18+	02:10-	03:28+	01:14+	00:37-	08:12+	07:36+	00:25-	03:03+	03:30+	01:46-	02:49+	03:19-	15:28+	04:01+	01:33-	02:53+	01:18+	
00:06#	00:14&	05:25@	00:54&	00:13-	02:27@	00:44@	03:21-	06:18@	07:11@	01:38-	01:38@	01:28&	00:29-	00:30#	00:08-	14:42@	02:33@	00:32-	01:57@	01:06@	
<b>Beste strekketid for klassen</b>																					
00:27	00:34	02:02	01:55	02:10	00:57	00:28	00:37	01:54	00:17	00:20	01:12	01:24	01:46	02:19	02:47	00:37	00:48	01:33	00:52	00:12	

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

## Herrer 60 - 64 år

<b>1</b>	<b>Sveinung Tveit</b>	<b>236</b>	<b>36:22</b>																
02:07=	03:14=	05:11=	06:12=	11:15=	13:03=	14:25=	15:07=	17:09=	17:41=	19:00=	20:52=	24:05=	25:52=	28:41=	32:06=	33:46=	35:00=	36:05=	36:22=
02:07=	01:07=	01:57=	01:01=	05:03=	01:48=	01:22=	00:42=	02:02=	00:32=	01:19=	01:52=	03:13=	01:47=	02:49=	03:25=	01:40=	01:14=	01:05=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Tor Geir Espedal</b>	<b>115</b>	<b>37:17</b>																
01:57-	03:04-	04:53-	05:40-	10:31-	12:20-	13:58-	14:48-	16:57-	17:39-	19:14+	20:27-	25:27+	27:16+	30:03+	33:19+	35:03+	36:02+	37:00+	37:17+
01:57-	01:07=	01:49-	00:47-	04:51-	01:49+	01:38+	00:50+	02:09+	00:42+	01:35+	01:13-	05:00+	01:49+	02:47-	03:16-	01:44+	00:59-	00:58-	00:17=
00:10-	00:00=	00:08-	00:14-	00:12-	00:01+	00:16#	00:08#	00:07+	00:10&	00:16#	00:39-	01:47&	00:02+	00:02-	00:09-	00:04+	00:15-	00:07-	00:00=
<b>3</b>	<b>Bjørn Sivertsen</b>	<b>99</b>	<b>37:23</b>																
01:01-	03:55+	05:12+	05:54-	10:21-	12:19-	15:00+	15:34+	17:56+	18:40+	20:09+	21:15+	23:50-	25:52=	28:53+	32:36+	34:50+	36:01+	37:05+	37:23+
01:01-	02:54+	01:17-	00:42-	04:27-	01:58+	02:41+	00:34-	02:22+	00:44+	01:29+	01:06-	02:35-	02:02+	03:01+	03:43+	02:14+	01:11-	01:04-	00:18+
01:06-	01:47@	00:40-	00:19-	00:36-	00:10+	01:19&	00:08-	00:20#	00:12&	00:10#	00:46-	00:38-	00:15#	00:12+	00:18+	00:34&	00:03-	00:01-	00:01+
<b>4</b>	<b>Arne M. Handeland</b>	<b>92</b>	<b>38:22</b>																
01:13-	02:30-	04:07-	05:00-	10:19-	12:08-	13:33-	14:27-	17:11+	17:52+	19:14+	20:33-	23:55-	28:04+	30:50+	33:54+	35:41+	36:51+	38:03+	38:22+
01:13-	01:17+	01:37-	00:53-	05:19+	01:49+	01:25+	00:54+	02:44+	00:41+	01:22+	01:19-	03:22+	04:09+	02:46-	03:04-	01:47+	01:10-	01:12+	00:19+
00:54-	00:10#	00:20-	00:08-	00:16+	00:01+	00:03+	00:12&	00:42&	00:09&	00:03+	00:33-	00:09+	02:22@	00:03-	00:21-	00:07+	00:04-	00:07#	00:02#
<b>5</b>	<b>Olav Tunheim</b>	<b>93</b>	<b>38:45</b>																
01:09-	02:21-	04:02-	04:57-	09:59-	14:13+	15:38+	16:23+	18:55+	19:30+	21:11+	22:35+	25:57+	28:04+	30:55+	33:54+	36:19+	37:28+	38:30+	38:45+
01:09-	01:12+	01:41-	00:55-	05:02-	04:14+	01:25+	00:45+	02:32+	00:35+	01:41+	01:24-	03:22+	02:07+	02:51+	02:59-	02:25+	01:09-	01:02-	00:15-
00:58-	00:05+	00:16-	00:06-	00:01-	02:26@	00:03+	00:03+	00:30#	00:03+	00:22&	00:28-	00:09+	00:20#	00:02+	00:26-	00:45&	00:05-	00:03-	00:02-
<b>6</b>	<b>Magne Tunheim</b>	<b>144</b>	<b>40:11</b>																
01:11-	02:11-	03:42-	04:29-	09:31-	11:15-	12:39-	13:27-	15:33-	16:23-	17:42-	18:42-	27:32+	29:49+	32:18+	35:12+	36:48+	38:56+	39:47+	40:11+
01:11-	01:00-	01:31-	00:47-	05:02-	01:44-	01:24+	00:48+	02:06+	00:50+	01:19=	01:00-	08:50+	02:17+	02:29-	02:54-	01:36-	02:08+	00:51-	00:24+
00:56-	00:07-	00:26-	00:14-	00:01-	00:04-	00:02+	00:06#	00:04+	00:18&	00:00=	00:52-	05:37@	00:30&	00:20-	00:31-	00:04-	00:54&	00:14-	00:07&
<b>7</b>	<b>Tor Harald Lunde</b>	<b>47</b>	<b>41:00</b>																
01:13-	02:27-	04:32-	05:34-	10:40-	12:45-	14:19-	15:29+	18:52+	19:32+	21:20+	22:47+	25:56+	29:10+	32:26+	36:01+	38:25+	39:42+	40:46+	41:00+
01:13-	01:14+	02:05+	01:02+	05:06+	02:05+	01:34+	01:10+	03:23+	00:40+	01:48+	01:27-	03:09-	03:14+	03:16+	03:35+	02:24+	01:17+	01:04-	00:14-
00:54-	00:07#	00:08+	00:01+	00:03+	00:17#	00:12#	00:28&	01:21&	00:08#	00:29&	00:25-	00:04-	01:27&	00:27#	00:10+	00:44&	00:03+	00:01-	00:03-
<b>8</b>	<b>Bjørn H. Engseth</b>	<b>27</b>	<b>41:07</b>																
01:20-	02:20-	04:26-	05:24-	11:07-	13:14+	15:45+	16:35+	19:20+	19:50+	21:22+	22:32+	25:57+	28:39+	32:34+	35:50+	38:19+	39:34+	40:50+	41:07+
01:20-	01:00-	02:06+	00:58-	05:43+	02:07+	02:31+	00:50+	02:45+	00:30-	01:32+	01:10-	03:25+	02:42+	03:55+	03:16-	02:29+	01:15+	01:16+	00:17=
00:47-	00:07-	00:09+	00:03-	00:40#	00:19#	01:09&	00:08#	00:43&	00:02-	00:13#	00:42-	00:12+	00:55&	01:06&	00:09-	00:49&	00:01+	00:11#	00:00=
<b>9</b>	<b>Terje Stokkeland</b>	<b>69</b>	<b>41:48</b>																
03:23+	04:26+	06:55+	08:03+	14:16+	16:51+	18:40+	19:22+	21:42+	22:08+	23:41+	24:48+	28:50+	30:59+	33:58+	36:57+	38:46+	40:01+	41:15+	41:48+
03:23+	01:03-	02:29+	01:08+	06:13+	02:35+	01:49+	00:42=	02:20+	00:26-	01:33+	01:07-	04:02+	02:09+	02:59+	02:59-	01:49+	01:15+	01:14+	00:33+
01:16&	00:04-	00:32&	00:07#	01:10#	00:47&	00:27&	00:00=	00:18#	00:06-	00:14#	00:45-	00:49&	00:22#	00:10+	00:26-	00:09+	00:01+	00:09#	00:16&
<b>10</b>	<b>Agnar Lien</b>	<b>7</b>	<b>41:54</b>																
01:48-	03:33+	05:28+	06:22+	11:47+	14:01+	15:39+	16:38+	18:51+	19:53+	21:34+	22:42+	25:54+	29:32+	32:59+	36:37+	38:36+	40:16+	41:35+	41:54+
01:48-	01:45+	01:55-	00:54-	05:25+	02:14+	01:38+	00:59+	02:13+	01:02+	01:41+	01:08-	03:12-	03:38+	03:27+	03:38+	01:59+	01:40+	01:19+	00:19+
00:19-	00:38&	00:02-	00:07-	00:22+	00:26#	00:16#	00:17&	00:11+	00:30&	00:22&	00:44-	00:01-	01:51@	00:38#	00:13+	00:19#	00:26&	00:14#	00:02#
<b>11</b>	<b>Hans Erik Terjesen</b>	<b>116</b>	<b>42:34</b>																
02:04-	04:54+	07:06+	08:00+	13:18+	16:37+	18:26+	19:36+	21:43+	22:07+	23:26+	25:04+	30:50+	32:53+	35:26+	38:27+	40:07+	41:15+	42:19+	42:34+
02:04-	02:50+	02:12+	00:54-	05:18+	03:19+	01:49+	01:10+	02:07+	00:24-	01:19=	01:38-	05:46+	02:03+	02:33-	03:01-	01:40=	01:08-	01:04-	00:15-
00:03-	01:43@	00:15#	00:07-	00:15+	01:31&	00:27&	00:28&	00:05+	00:08-	00:00=	00:14-	02:33&	00:16#	00:16-	00:24-	00:00=	00:06-	00:01-	00:02-
<b>12</b>	<b>Bjørn Bjelland</b>	<b>83</b>	<b>43:07</b>																
02:04-	03:24+	05:20+	06:16+	11:18+	13:44+	15:05+	15:57+	18:04+	18:34+	20:05+	21:27+	29:17+	31:29+	34:36+	38:20+	40:24+	41:34+	42:49+	43:07+
02:04-	01:20+	01:56-	00:56-	05:02-	02:26+	01:21-	00:52+	02:07+	00:30-	01:31+	01:22-	07:50+	02:12+	03:07+	03:44+	02:04+	01:10-	01:15+	00:18+
00:03-	00:13#	00:01-	00:05-	00:01-	00:38&	00:01-	00:10#	00:05+	00:02-	00:12#	00:30-	04:37@	00:25#	00:18#	00:19+	00:24#	00:04-	00:10#	00:01+
<b>13</b>	<b>Kjell Skjæveland</b>	<b>108</b>	<b>43:26</b>																
02:29+	05:29+	07:29+	08:21+	16:21+	18:17+	20:00+	21:25+	24:02+	24:42+	26:07+	27:14+	30:54+	33:19+	36:14+	38:53+	40:56+	42:02+	43:09+	43:26+
02:29+	03:00+	02:00+	00:52-	08:00+	01:56+	01:43+	01:25+	02:37+	00:40+	01:25+	01:07-	03:40+	02:25+	02:55+	02:39-	02:03+	01:06-	01:07+	00:17=
00:22#	01:53@	00:03+	00:09-	02:57&	00:08+	00:21&	00:43@	00:35&	00:08#	00:06+	00:45-	00:27#	00:38&	00:06+	00:46-	00:23#	00:08-	00:02+	00:00=
<b>14</b>	<b>Dag Helliksen</b>	<b>80</b>	<b>47:38</b>																
02:15+	03:23+	05:14+	06:09-	14:12+	16:11+	17:38+	18:33+	21:05+	22:17+	24:08+	29:15+	33:45+	36:13+	39:31+	42:49+	44:29+	45:59+	47:22+	47:38+
02:15+	01:08+	01:51-	00:55-	08:03+	01:59+	01:27+	00:55+	02:32+	01:12+	01:51+	05:07+	04:30+	02:28+	03:18+	03:18-	01:40=	01:30+	01:23+	00:16-
00:08+	00:01+	00:06-	00:06-	03:00&	00:11#	00:05+	00:13&	00:30#	00:40@	00:32&	03:15@	01:17&	00:41&	00:29#	00:07-	00:00=	00:16#	00:18&	00:01-

Class	Navn	Klasse										Tid								
<b>15</b>	<b>Inge Johan Øverland</b>	<b>93</b>										<b>48:30</b>								
03:10+	04:32+	06:59+	08:10+	13:51+	16:51+	18:52+	20:24+	23:45+	24:33+	26:12+	27:28+	32:20+	36:32+	39:43+	43:01+	45:05+	46:34+	48:12+	48:30+	
03:10+	01:22+	02:27+	01:11+	05:41+	03:00+	02:01+	01:32+	03:21+	00:48+	01:39+	01:16+	04:52+	04:12+	03:11+	03:18-	02:04+	01:29+	01:38+	00:18+	
01:03&	00:15#	00:30&	00:10#	00:38#	01:12&	00:39&	00:50#	01:19&	00:16&	00:20&	00:36-	01:39&	02:25#	00:22#	00:07-	00:24#	00:15#	00:33&	00:01+	
<b>16</b>	<b>Tom Hetland</b>	<b>5</b>										<b>49:24</b>								
05:32+	09:14+	11:23+	12:31+	17:52+	20:00+	22:15+	24:09+	26:29+	27:06+	28:22+	29:28+	36:01+	38:37+	41:25+	44:50+	46:32+	47:48+	49:05+	49:24+	
05:32+	03:42+	02:09+	01:08+	05:21+	02:08+	02:15+	01:54+	02:20+	00:37+	01:16-	01:06-	06:33+	02:36+	02:48-	03:25=	01:42+	01:16+	01:17+	00:19+	
03:25#	02:35#	00:12#	00:07#	00:18+	00:20#	00:53&	01:12#	00:18#	00:05#	00:03-	00:46-	03:20#	00:49&	00:01-	00:00=	00:02+	00:02+	00:12#	00:02#	
<b>17</b>	<b>Tore Karlsen</b>	<b>105</b>										<b>54:48</b>								
03:16+	04:36+	06:56+	08:29+	17:59+	20:44+	22:36+	23:58+	27:02+	27:44+	29:36+	31:12+	36:50+	39:29+	42:47+	47:04+	50:18+	52:52+	54:23+	54:48+	
03:16+	01:20+	02:20+	01:33+	09:30+	02:45+	01:52+	01:22+	03:04+	00:42+	01:52+	01:36-	05:38+	02:39+	03:18+	04:17+	03:14+	02:34+	01:31+	00:25+	
01:09&	00:13#	00:23#	00:32&	04:27&	00:57&	00:30&	00:40&	01:02&	00:10&	00:33&	00:16-	02:25&	00:52&	00:29#	00:52&	01:34&	01:20#	00:26&	00:08&	
<b>18</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>1:00:56</b>								
05:20+	06:29+	08:41+	11:53+	17:47+	21:23+	23:12+	24:35+	27:36+	31:40+	33:18+	35:28+	43:28+	45:57+	50:11+	53:36+	56:23+	57:49+	60:38+	60:56+	
05:20+	01:09+	02:12+	03:12+	05:54+	03:36+	01:49+	01:23+	03:01+	04:04+	01:38+	02:10+	08:00+	02:29+	04:14+	03:25=	02:47+	01:26+	02:49+	00:18+	
03:13#	00:02+	00:15#	02:11#	00:51#	01:48&	00:27&	00:41&	00:59&	03:32#	00:19#	00:18#	04:47#	00:42&	01:25&	00:00=	01:07&	00:12#	01:44#	00:01+	
<b>Beste strekktid for klassen</b>																				
01:01	01:00	01:17	00:42	04:27	01:44	01:21	00:34	02:02	00:24	01:16	01:00	02:35	01:47	02:29	02:39	01:36	00:59	00:51	00:14	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
<b>Herrer 65 - 69 år</b>																				
<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>26:36</b>								
00:54=	01:58=	03:25=	04:09=	08:06=	09:23=	10:27=	11:01=	12:36=	12:57=	14:03=	14:50=	17:00=	18:21=	20:48=	23:14=	24:40=	25:39=	26:22=	26:36=	
00:54=	01:04=	01:27=	00:44=	03:57=	01:17=	01:04=	00:34=	01:35=	00:21=	01:06=	00:47=	02:10=	01:21=	02:27=	02:26=	01:26=	00:59=	00:43=	00:14=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Harry Breiland</b>	<b>66</b>										<b>28:29</b>								
01:25+	02:19+	03:51+	04:33+	08:21+	09:57+	11:30+	12:11+	14:18+	14:44+	15:58+	16:50+	19:06+	20:25+	22:51+	25:13+	26:35+	27:33+	28:16+	28:29+	
01:25+	00:54-	01:32+	00:42-	03:48-	01:36+	01:33+	00:41+	02:07+	00:26+	01:14+	00:52+	02:16+	01:19-	02:26-	02:22-	01:22-	00:58-	00:43=	00:13-	
00:31&	00:10-	00:05+	00:02-	00:09-	00:19#	00:29&	00:07#	00:32&	00:05#	00:08#	00:05#	00:06+	00:02-	00:01-	00:04-	00:04-	00:01-	00:00=	00:01-	
<b>3</b>	<b>Gunnar Sakseid</b>	<b>116</b>										<b>31:05</b>								
00:58+	01:49-	03:31+	04:20+	08:32+	10:23+	11:50+	12:41+	14:35+	15:03+	16:17+	17:16+	20:41+	22:24+	24:49+	27:37+	29:02+	29:59+	30:51+	31:05+	
00:58+	00:51-	01:42+	00:49+	04:12+	01:51+	01:27+	00:51+	01:54+	00:28+	01:14+	00:59+	03:25+	01:43+	02:25-	02:48+	01:25-	00:57-	00:52+	00:14=	
00:04+	00:13-	00:15#	00:05#	00:15+	00:34&	00:23&	00:17&	00:19#	00:07&	00:08#	00:12&	01:15&	00:22&	00:02-	00:22#	00:01-	00:02-	00:09#	00:00=	
<b>4</b>	<b>Jan Hetland</b>	<b>29</b>										<b>33:19</b>								
00:51-	02:17+	04:20+	05:07+	09:28+	11:15+	12:43+	13:37+	15:44+	16:38+	18:00+	19:12+	21:46+	23:25+	25:55+	29:12+	30:51+	31:56+	33:03+	33:19+	
00:51-	01:26+	02:03+	00:47+	04:21+	01:47+	01:28+	00:54+	02:07+	00:54+	01:22+	01:12+	02:34+	01:39+	02:30+	03:17+	01:39+	01:05+	01:07+	00:16+	
00:03-	00:22&	00:36&	00:03+	00:24#	00:30&	00:24&	00:20&	00:32&	00:33#	00:16#	00:25&	00:24#	00:18#	00:03+	00:51&	00:13#	00:06#	00:24&	00:02#	
<b>5</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>34:31</b>								
01:06+	01:56-	03:26+	04:04-	13:07+	14:40+	15:49+	16:31+	19:01+	19:30+	20:34+	21:26+	23:47+	25:30+	27:50+	30:29+	32:10+	33:16+	34:15+	34:31+	
01:06+	00:50-	01:30+	00:38-	09:03+	01:33+	01:09+	00:42+	02:30+	00:29+	01:04-	00:52+	02:21+	01:43+	02:20-	02:39+	01:41+	01:06+	00:59+	00:16+	
00:12#	00:14-	00:03+	00:06-	05:06#	00:16#	00:05+	00:08#	00:55&	00:08&	00:02-	00:05#	00:11+	00:22&	00:07-	00:13+	00:15#	00:07#	00:16&	00:02#	
<b>6</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>37:21</b>								
00:54=	02:01+	03:47+	04:48+	10:31+	12:24+	13:51+	14:46+	16:47+	17:46+	19:20+	20:33+	24:47+	26:46+	29:30+	32:37+	34:28+	35:46+	37:04+	37:21+	
00:54=	01:07+	01:46+	01:01+	05:43+	01:53+	01:27+	00:55+	02:01+	00:59+	01:34+	01:13+	04:14+	01:59+	02:44+	03:07+	01:51+	01:18+	01:18+	00:17+	
00:00=	00:03+	00:19#	00:17&	01:46&	00:36&	00:23&	00:21&	00:26&	00:38#	00:28&	00:26&	02:04&	00:38&	00:17#	00:41&	00:25&	00:19&	00:35&	00:03#	
<b>7</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>38:50</b>								
01:29+	02:32+	05:50+	06:49+	11:46+	14:00+	15:12+	16:01+	18:59+	19:22+	20:53+	22:01+	25:04+	26:50+	29:41+	32:49+	35:44+	37:07+	38:33+	38:50+	
01:29+	01:03-	03:18+	00:59+	04:57+	02:14+	01:12+	00:49+	02:58+	00:23+	01:31+	01:08+	03:03+	01:46+	02:51+	03:08+	02:55+	01:23+	01:26+	00:17+	
00:35&	00:01-	01:51#	00:15&	01:00&	00:57&	00:08#	00:15&	01:23&	00:02+	00:25&	00:21&	00:53&	00:25&	00:24#	00:42&	01:29#	00:24&	00:43&	00:03#	
<b>8</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>39:23</b>								
01:10+	02:12+	03:59+	04:47+	09:23+	11:29+	13:14+	15:26+	18:06+	19:13+	20:59+	22:03+	25:21+	29:02+	31:54+	35:00+	36:56+	37:57+	39:09+	39:23+	
01:10+	01:02-	01:47+	00:48+	04:36+	02:06+	01:45+	02:12+	02:40+	01:07+	01:46+	01:04+	03:18+	03:41+	02:52+	03:06+	01:56+	01:01+	01:12+	00:14=	
00:16&	00:02-	00:20#	00:04+	00:39#	00:49&	00:41&	01:38#	01:05&	00:46#	00:40&	00:17&	01:08&	02:20#	00:25#	00:40&	00:30&	00:02+	00:29&	00:00=	
<b>9</b>	<b>Svein Ove Horpestad</b>	<b>62</b>										<b>39:51</b>								
01:26+	02:37+	04:30+	05:21+	10:26+	13:31+	15:18+	16:11+	18:23+	19:11+	20:46+	21:53+	26:28+	29:11+	32:10+	35:26+	37:16+	38:26+	39:34+	39:51+	
01:26+	01:11+	01:53+	00:51+	05:05+	03:05+	01:47+	00:53+	02:12+	00:48+	01:35+	01:07+	04:35+	02:43+	02:59+	03:16+	01:50+	01:10+	01:08+	00:17+	
00:32&	00:07#	00:26&	00:07#	01:08&	01:48#	00:43&	00:19&	00:37&	00:27#	00:29&	00:20&	02:25#	01:22#	00:32#	00:50&	00:24&	00:11#	00:25&	00:03#	

Class	Navn	Klasse										Tid							
<b>10</b>	<b>Sverre Vatland</b>	<b>93</b>										<b>42:48</b>							
02:36+	04:03+	06:16+	07:16+	14:06+	16:40+	18:20+	19:33+	21:53+	22:35+	24:04+	25:54+	29:09+	30:57+	34:11+	37:46+	39:55+	41:21+	42:31+	42:48+
02:36+	01:27+	02:13+	01:00+	06:50+	02:34+	01:40+	01:13+	02:20+	00:42+	01:29+	01:50+	03:15+	01:48+	03:14+	03:35+	02:09+	01:26+	01:10+	00:17+
01:42@	00:23&	00:46&	00:16&	02:53&	01:17&	00:36&	00:39@	00:45&	00:21&	00:23&	01:03@	01:05&	00:27&	00:47&	01:09&	00:43&	00:27&	00:27&	00:03#
<b>11</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>44:23</b>							
03:42+	04:35+	06:13+	06:57+	11:03+	12:49+	14:51+	15:35+	17:47+	18:15+	19:32+	20:37+	27:44+	30:23+	33:38+	37:04+	40:24+	41:25+	44:10+	44:23+
03:42+	00:53-	01:38+	00:44=	04:06+	01:46+	02:02+	00:44+	02:12+	00:28+	01:17+	01:05+	07:07+	02:39+	03:15+	03:26+	03:20+	01:01+	02:45+	00:13-
02:48@	00:11-	00:11#	00:00=	00:09+	00:29&	00:58&	00:10&	00:37&	00:07&	00:11#	00:18&	04:57@	01:18&	00:48&	01:00&	01:54@	00:02+	02:02@	00:01-
<b>12</b>	<b>Arne Østensen</b>	<b>90</b>										<b>44:59</b>							
00:56+	03:43+	05:40+	06:25+	16:19+	18:43+	20:18+	21:10+	23:30+	24:04+	25:29+	26:27+	30:00+	32:50+	35:28+	38:34+	42:27+	43:22+	44:28+	44:59+
00:56+	02:47+	01:57+	00:45+	09:54+	02:24+	01:35+	00:52+	02:20+	00:34+	01:25+	00:58+	03:33+	02:50+	02:38+	03:06+	03:53+	00:55-	01:06+	00:31+
00:02+	01:43@	00:30&	00:01+	05:57@	01:07&	00:31&	00:18&	00:45&	00:13&	00:19&	00:11#	01:23&	01:29@	00:11+	00:40&	02:27@	00:04-	00:23&	00:17@
<b>13</b>	<b>Ragnar Rossavik</b>	<b>109</b>										<b>45:43</b>							
01:13+	02:40+	04:31+	05:23+	10:29+	12:38+	16:33+	17:17+	19:28+	20:01+	21:35+	23:35+	32:50+	35:14+	37:51+	41:07+	42:57+	44:17+	45:25+	45:43+
01:13+	01:27+	01:51+	00:52+	05:06+	02:09+	03:55+	00:44+	02:11+	00:33+	01:34+	02:00+	09:15+	02:24+	02:37+	03:16+	01:50+	01:20+	01:08+	00:18+
00:19&	00:23&	00:24&	00:08#	01:09&	00:52&	02:51@	00:10&	00:36&	00:12&	00:28&	01:13@	07:05@	01:03&	00:10+	00:50&	00:24&	00:21&	00:25&	00:04&
<b>14</b>	<b>Terje Helland</b>	<b>88</b>										<b>49:07</b>							
01:03+	02:35+	04:36+	05:22+	09:59+	13:10+	14:37+	16:09+	19:03+	19:55+	21:42+	22:46+	29:32+	38:17+	41:27+	44:33+	46:43+	47:51+	48:49+	49:07+
01:03+	01:32+	02:01+	00:46+	04:37+	03:11+	01:27+	01:32+	02:54+	00:52+	01:47+	01:04+	06:46+	08:45+	03:10+	03:06+	02:10+	01:08+	00:58+	00:18+
00:09#	00:28&	00:34&	00:02+	00:40#	01:54@	00:23&	00:58@	01:19&	00:31@	00:41&	00:17&	04:36@	07:24@	00:43&	00:40&	00:44&	00:09#	00:15&	00:04&
<b>15</b>	<b>Berge Hatteland</b>	<b>62</b>										<b>50:23</b>							
01:58+	03:23+	05:42+	06:49+	12:48+	15:05+	16:44+	17:55+	20:44+	21:46+	23:39+	25:04+	33:44+	36:01+	39:59+	44:22+	46:46+	48:23+	49:56+	50:23+
01:58+	01:25+	02:19+	01:07+	05:59+	02:17+	01:39+	01:11+	02:49+	01:02+	01:53+	01:25+	08:40+	02:17+	03:58+	04:23+	02:24+	01:37+	01:33+	00:27+
01:04@	00:21&	00:52&	00:23&	02:02&	01:00&	00:35&	00:37@	01:14&	00:41@	00:47&	00:38&	06:30@	00:56&	01:31&	01:57&	00:58&	00:38&	00:50@	00:13&
<b>16</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>										<b>50:30</b>							
02:00+	08:24+	10:53+	12:04+	17:56+	20:18+	22:05+	23:12+	26:13+	26:49+	28:23+	29:39+	33:25+	37:53+	41:28+	45:06+	47:37+	48:53+	50:12+	50:30+
02:00+	06:24+	02:29+	01:11+	05:52+	02:22+	01:47+	01:07+	03:01+	00:36+	01:34+	01:16+	03:46+	04:28+	03:35+	03:38+	02:31+	01:16+	01:19+	00:18+
01:06@	05:20@	01:02&	00:27&	01:55&	01:05&	00:43&	00:33&	01:26&	00:15&	00:28&	00:29&	01:36&	03:07@	01:08&	01:12&	01:05&	00:17&	00:36&	00:04&
<b>17</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>51:25</b>							
02:29+	03:57+	07:08+	08:46+	16:11+	18:36+	20:29+	21:28+	24:13+	25:17+	26:53+	28:48+	35:12+	38:10+	42:18+	46:00+	48:03+	49:35+	50:57+	51:25+
02:29+	01:28+	03:11+	01:38+	07:25+	02:25+	01:53+	00:59+	02:45+	01:04+	01:36+	01:55+	06:24+	02:58+	04:08+	03:42+	02:03+	01:32+	01:22+	00:28+
01:35@	00:24&	01:44@	00:54@	03:28&	01:08&	00:49&	00:25&	01:10&	00:43@	00:30&	01:08@	04:14@	01:37@	01:41&	01:16&	00:37&	00:33&	00:39&	00:14&
<b>18</b>	<b>Leif Gustav Hollund</b>	<b>116</b>										<b>1:04:11</b>							
03:27+	11:56+	14:36+	15:37+	21:17+	23:36+	25:38+	26:33+	29:08+	33:28+	35:06+	36:17+	43:14+	50:26+	53:52+	57:33+	60:18+	61:56+	63:51+	64:11+
03:27+	08:29+	02:40+	01:01+	05:40+	02:19+	02:02+	00:55+	02:35+	04:20+	01:38+	01:11+	06:57+	07:12+	03:26+	03:41+	02:45+	01:38+	01:55+	00:20+
02:33@	07:25@	01:13&	00:17&	01:43&	01:02&	00:58&	00:21&	01:00&	03:59@	00:32&	00:24&	04:47@	05:51@	00:59&	01:15&	01:19&	00:39&	01:12@	00:06&

### Beste strekktid for klassen

00:51 00:50 01:27 00:38 03:48 01:17 01:04 00:34 01:35 00:21 01:04 00:47 02:10 01:19 02:20 02:22 01:22 00:55 00:43 00:13

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

## Herrer 70 - 74 år

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

Class	Navn	Klasse										Tid									
<b>5</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>37:25</b>									
01:11+	02:42+	04:28+	05:15+	09:28+	11:28+	12:56+	13:47+	15:49-	16:17-	17:40=	18:52+	22:48+	25:28+	28:42+	32:08+	34:06+	36:06+	37:08+	37:25+		
01:11+	01:31+	01:46-	00:47-	04:13-	02:00+	01:28-	00:51=	02:02-	00:28-	01:23+	01:12+	03:56+	02:40+	03:14+	03:26+	01:58+	02:00+	01:02+	00:17-		
00:04+	00:25&	00:09-	00:06-	00:10-	00:08+	00:09-	00:00=	00:08-	00:02-	00:07+	00:07#	01:17&	00:55&	00:26#	00:22#	00:22#	00:57&	00:01+	00:06-		
<b>6</b>	<b>Kjell Langvik</b>	<b>93</b>										<b>39:49</b>									
01:13+	02:20+	03:57-	04:57-	09:48+	12:00+	13:30+	14:31+	16:49+	17:50+	19:34+	20:40+	23:46+	27:27+	31:02+	35:20+	37:05+	38:28+	39:32+	39:49+		
01:13+	01:07+	01:37-	01:00+	04:51+	02:12+	01:30-	01:01+	02:18+	01:01+	01:44+	01:06+	03:06+	03:41+	03:35+	04:18+	01:45+	01:23+	01:04+	00:17-		
00:06+	00:01+	00:18-	00:07#	00:28#	00:20#	00:07-	00:10#	00:08+	00:31@	00:28&	00:01+	00:27#	01:56@	00:47&	01:14&	00:09+	00:20&	00:03+	00:06-		
<b>7</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>40:12</b>									
01:24+	02:47+	04:51+	05:52+	11:14+	13:44+	15:41+	16:53+	19:21+	20:08+	21:42+	23:01+	26:30+	28:25+	31:33+	34:51+	37:08+	38:32+	39:48+	40:12+		
01:24+	01:23+	02:04+	01:01+	05:22+	02:30+	01:57+	01:12+	02:28+	00:47+	01:34+	01:19+	03:29+	01:55+	03:08+	03:18+	02:17+	01:24+	01:16+	00:24+		
00:17&	00:17&	00:09+	00:08#	00:59#	00:38&	00:20#	00:21&	00:18#	00:17&	00:18#	00:14#	00:50&	00:10+	00:20#	00:14+	00:41&	00:21&	00:15#	00:01+		
<b>8</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>42:28</b>									
01:22+	02:32+	04:30+	05:17+	09:57+	13:09+	14:45+	17:05+	19:22+	20:21+	21:55+	23:07+	26:25+	30:06+	33:05+	37:39+	39:33+	41:11+	42:11+	42:28+		
01:22+	01:10+	01:58+	00:47-	04:40+	03:12+	01:36-	02:20+	02:17+	00:59+	01:34+	01:12+	03:18+	03:41+	02:59+	04:34+	01:54+	01:38+	01:00-	00:17-		
00:15#	00:04+	00:03+	00:06-	00:17+	01:20&	00:01-	01:29@	00:07+	00:29&	00:18#	00:07#	00:39#	01:56@	00:11+	01:30&	00:18#	00:35&	00:01-	00:06-		
<b>9</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>42:46</b>									
01:40+	03:03+	05:04+	05:57+	10:56+	13:09+	14:34+	15:15+	17:22+	17:54+	19:24+	20:54+	24:18+	27:23+	29:14+	32:19+	36:14+	39:14+	40:40+	42:27+		
01:40+	01:23+	02:01+	00:53=	04:59+	02:13+	01:25-	00:41-	02:07-	00:32+	01:30+	01:30+	03:24+	03:05+	01:51-	03:05+	03:55+	03:00+	01:26+	01:47+		
00:33&	00:17&	00:06+	00:00=	00:36#	00:21#	00:12-	00:10-	00:03-	00:02+	00:14#	00:25&	00:45&	01:20&	00:57-	00:01+	02:19@	01:57@	00:25&	01:24@		
<b>10</b>	<b>Ingjald Egeland</b>	<b>7</b>										<b>43:06</b>									
01:15+	07:46+	09:42+	10:45+	16:55+	21:26+	23:24+	24:12+	26:15+	26:42+	27:58+	29:09+	31:37+	33:22+	36:01+	39:09+	40:44+	41:48+	42:46+	43:06+		
01:15+	06:31+	01:56+	01:03+	06:10+	04:31+	01:58+	00:48-	02:03-	00:27-	01:16=	01:11+	02:28-	01:45=	02:39-	03:08+	01:35-	01:04+	00:58-	00:20-		
00:08#	05:25@	00:01+	00:10#	01:47&	02:39@	00:21#	00:03-	00:07-	00:03-	00:00=	00:06+	00:11-	00:00=	00:09-	00:04+	00:01-	00:01+	00:03-	00:03-		
<b>11</b>	<b>Arvid Thorsen</b>	<b>5</b>										<b>45:08</b>									
03:19+	04:16+	05:56+	06:42+	14:28+	16:51+	18:21+	19:12+	21:07+	21:48+	23:12+	24:25+	32:21+	34:51+	38:00+	41:16+	42:47+	43:54+	44:52+	45:08+		
03:19+	00:57-	01:40-	00:46-	07:46+	02:23+	01:30-	00:51=	01:55-	00:41+	01:24+	01:13+	07:56+	02:30+	03:09+	03:16+	01:31-	01:07+	00:58-	00:16-		
02:12@	00:09-	00:15-	00:07-	03:23&	00:31&	00:07-	00:00=	00:15-	00:11&	00:08#	00:08#	05:17@	00:45&	00:21#	00:12+	00:05-	00:04+	00:03-	00:07-		
<b>12</b>	<b>Odd Garpestad</b>	<b>29</b>										<b>46:39</b>									
01:56+	03:12+	05:04+	06:04+	11:01+	15:18+	17:52+	18:43+	20:43+	22:44+	24:05+	25:21+	28:44+	31:04+	34:06+	41:44+	43:28+	44:35+	46:17+	46:39+		
01:56+	01:16+	01:52-	01:00+	04:57+	04:17+	02:34+	00:51=	02:00-	02:01+	01:21+	01:16+	03:23+	02:20+	03:02+	07:38+	01:44+	01:07+	01:42+	00:22-		
00:49&	00:10#	00:03-	00:07#	00:34#	02:25@	00:57&	00:00=	00:10-	01:31@	00:05+	00:11#	00:44&	00:35&	00:14+	04:34@	00:08+	00:04+	00:41&	00:01-		
<b>13</b>	<b>Arne Tveita</b>	<b>109</b>										<b>47:40</b>									
02:34+	04:12+	06:08+	07:08+	12:51+	15:01+	16:52+	19:28+	22:17+	22:55+	24:51+	26:44+	29:46+	32:22+	36:25+	42:01+	44:24+	45:44+	47:15+	47:40+		
02:34+	01:38+	01:56+	01:00+	05:43+	02:10+	01:51+	02:36+	02:49+	00:38+	01:56+	01:53+	03:02+	02:36+	04:03+	05:36+	02:23+	01:20+	01:31+	00:25+		
01:27@	00:32&	00:01+	00:07#	01:20&	00:18#	00:14#	01:45@	00:39&	00:08&	00:40&	00:48&	00:23#	00:51&	01:15&	02:32&	00:47&	00:17&	00:30&	00:02+		
<b>14</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>58:28</b>									
01:46+	02:57+	05:51+	07:01+	14:15+	17:15+	19:08+	20:25+	23:26+	24:41+	26:28+	28:55+	44:08+	46:44+	49:46+	53:09+	55:19+	56:40+	58:05+	58:28+		
01:46+	01:11+	02:54+	01:10+	07:14+	03:00+	01:53+	01:17+	03:01+	01:15+	01:47+	02:27+	15:13+	02:36+	03:02+	03:23+	02:10+	01:21+	01:25+	00:23=		
00:39&	00:05+	00:59&	00:17&	02:51&	01:08&	00:16#	00:26&	00:51&	00:45@	00:31&	01:22@	12:34@	00:51&	00:14+	00:19#	00:34&	00:18&	00:24&	00:00=		
<b>15</b>	<b>Mangor Eikeland</b>	<b>92</b>										<b>1:10:04</b>									
02:15+	03:57+	09:21+	11:07+	22:48+	26:49+	29:30+	31:08+	35:57+	36:46+	39:13+	41:26+	49:29+	52:35+	57:12+	62:06+	65:05+	67:07+	69:33+	70:04+		
02:15+	01:42+	05:24+	01:46+	11:41+	04:01+	02:41+	01:38+	04:49+	00:49+	02:27+	02:13+	08:03+	03:06+	04:37+	04:54+	02:59+	02:02+	02:26+	00:31+		
01:08@	00:36&	03:29@	00:53&	07:18@	02:09@	01:04&	00:47&	02:39@	00:19&	01:11&	01:08@	05:24@	01:21&	01:49&	01:50&	01:23&	00:59&	01:25@	00:08&		
<b>16</b>	<b>Svein Eliassen</b>	<b>116</b>										<b>1:14:30</b>									
02:39+	04:34+	08:14+	10:16+	19:35+	24:02+	27:07+	28:42+	34:55+	35:46+	38:16+	40:18+	46:53+	52:13+	56:26+	60:49+	65:00+	66:37+	70:57+	74:30+		
02:39+	01:55+	03:40+	02:02+	09:19+	04:27+	03:05+	01:35+	06:13+	00:51+	02:30+	02:02+	06:35+	05:20+	04:13+	04:23+	04:11+	01:37+	04:20+	03:33+		
01:32@	00:49&	01:45&	01:09@	04:56@	02:35@	01:28&	00:44&	04:03@	00:21&	01:14&	00:57&	03:56@	03:35@	01:25&	01:19&	02:35@	00:34&	03:19@	03:10@		
<b>17</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>										<b>1:19:53</b>									
02:01+	05:10+	07:49+	09:20+	18:50+	24:39+	27:11+	28:30+	44:56+	45:36+	48:11+	50:03+	59:46+	63:05+	67:36+	72:28+	75:22+	77:09+	79:23+	79:53+		
02:01+	03:09+	03:40+	01:31+	09:30+	05:49+	02:32+	01:19+	16:26+	00:40+	02:35+	01:52+	09:43+	03:19+	04:31+	04:52+	02:54+	01:47+	02:14+	00:30+		
00:54&	02:03@	00:44&	00:38&	05:07@	03:57@	00:55&	00:28&	14:16@	00:10&	01:19@	00:47&	07:04@	01:34&	01:43&	01:48&	01:18&	00:44&	01:13@	00:07&		
<b>Beste strekktid for klassen</b>																					
01:07	00:51	01:26	00:43	03:54	01:18	01:02	00:39	01:32	00:26	01:05	00:50	02:28	01:45	01:51	01:31	01:31	01:02	00:58	00:14		

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

## Herrer 75 - 79 år

Class	Navn	Klasse										Tid					
<b>1</b>	<b>Jan Værp</b>	<b>62</b>										<b>37:24</b>					
	01:53=	03:19=	06:15=	08:15=	13:02=	15:05=	16:41=	17:38=	19:29=	20:47=	25:10=	27:13=	30:10=	33:46=	35:05=	37:04=	37:24=
	01:53=	01:26=	02:56=	02:00=	04:47=	02:03=	01:36=	00:57=	01:51=	01:18=	04:23=	02:03=	02:57=	03:36=	01:19=	01:59=	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=
<b>2</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>37:58</b>					
	01:30-	03:15-	04:57-	07:31-	12:11-	14:19-	15:58-	18:55+	20:40+	21:55+	25:53+	28:01+	31:00+	33:57+	35:13+	37:36+	37:58+
	01:30-	01:45+	01:42-	02:34+	04:40-	02:08+	01:39+	02:57+	01:45-	01:15-	03:58-	02:08+	02:59+	02:57-	01:16-	02:23+	00:22+
	00:23-	00:19#	01:14-	00:34#	00:07-	00:05+	00:03+	02:00#	00:06-	00:03-	00:25-	00:05+	00:02+	00:39-	00:03-	00:24#	00:02#
<b>3</b>	<b>Terje Braut</b>	<b>92</b>										<b>41:35</b>					
	01:41-	03:23+	05:15-	07:24-	12:53-	15:27+	17:21+	18:16+	20:29+	22:12+	25:57+	28:40+	31:59+	37:16+	38:45+	41:15+	41:35+
	01:41-	01:42+	01:52-	02:09+	05:29+	02:34+	01:54+	00:55-	02:13+	01:43+	03:45-	02:43+	03:19+	05:17+	01:29+	02:30+	00:20=
	00:12-	00:16#	01:04-	00:09+	00:42#	00:31#	00:18#	00:02-	00:22#	00:25#	00:38-	00:40#	00:22#	01:41#	00:10#	00:31#	00:00=
<b>4</b>	<b>Harald Vatne</b>	<b>67</b>										<b>44:31</b>					
	02:07+	04:00+	05:58-	08:20+	14:10+	16:59+	19:15+	21:07+	23:16+	24:51+	28:27+	31:19+	34:35+	38:21+	41:28+	44:14+	44:31+
	02:07+	01:53+	01:58-	02:22+	05:50+	02:49+	02:16+	01:52+	02:09+	01:35+	03:36-	02:52+	03:16+	03:46+	03:07+	02:46+	00:17-
	00:14#	00:27#	00:58-	00:22#	01:03#	00:46#	00:40+	00:55#	00:18#	00:17#	00:47-	00:49#	00:19#	00:10+	01:48#	00:47#	00:03-
<b>5</b>	<b>Rolv Nærland</b>	<b>63</b>										<b>44:34</b>					
	03:04+	04:49+	06:58+	09:34+	15:53+	18:20+	20:20+	21:26+	23:42+	25:19+	29:11+	31:35+	35:03+	40:20+	41:52+	44:16+	44:34+
	03:04+	01:45+	02:09-	02:36+	06:19+	02:27+	02:00+	01:06+	02:16+	01:37+	03:52-	02:24+	03:28+	05:17+	01:32+	02:24+	00:18-
	01:11#	00:19#	00:47-	00:36#	01:32#	00:24#	00:24#	00:09#	00:25#	00:19#	00:31-	00:21#	00:31#	01:41#	00:13#	00:25#	00:02-
<b>6</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>45:29</b>					
	04:05+	05:57+	07:59+	10:32+	16:37+	19:09+	21:20+	22:20+	24:38+	26:19+	29:59+	32:25+	36:01+	41:18+	42:39+	45:11+	45:29+
	04:05+	01:52+	02:02-	02:33+	06:05+	02:32+	02:11+	01:00+	02:18+	01:41+	03:40-	02:26+	03:36+	05:17+	01:21+	02:32+	00:18-
	02:12#	00:26#	00:54-	00:33#	01:18#	00:29#	00:35#	00:03+	00:27#	00:23#	00:43-	00:23#	00:39#	01:41#	00:02+	00:33#	00:02-
<b>7</b>	<b>Jan Bekkeheien</b>	<b>92</b>										<b>45:40</b>					
	01:31-	03:40+	06:29+	09:08+	14:57+	17:54+	20:20+	21:55+	24:24+	26:09+	29:45+	32:31+	35:50+	39:44+	42:33+	45:21+	45:40+
	01:31-	02:09+	02:49-	02:39+	05:49+	02:57+	02:26+	01:35+	02:29+	01:45+	03:36-	02:46+	03:19+	03:54+	02:49+	02:48+	00:19-
	00:22-	00:43#	00:07-	00:39#	01:02#	00:54#	00:50#	00:38#	00:38#	00:27#	00:47-	00:43#	00:22#	00:18+	01:30#	00:49#	00:01-
<b>8</b>	<b>Bjarne Edland</b>	<b>92</b>										<b>46:11</b>					
	02:00+	03:22+	04:51-	06:44-	11:24-	14:07-	21:27+	24:42+	26:36+	27:53+	31:24+	34:53+	37:50+	41:31+	43:02+	45:51+	46:11+
	02:00+	01:22-	01:29-	01:53-	04:40-	02:43+	07:20+	03:15+	01:54+	01:17-	03:31-	03:29+	02:57=	03:41+	01:31+	02:49+	00:20=
	00:07+	00:04-	01:27-	00:07-	00:07-	00:40#	05:44#	02:18#	00:03+	00:01-	00:52-	01:26#	00:00=	00:05+	00:12#	00:50#	00:00=
<b>9</b>	<b>Alf Gyland</b>	<b>92</b>										<b>52:06</b>					
	03:15+	05:13+	07:54+	11:18+	17:15+	20:12+	22:22+	23:38+	26:00+	27:58+	31:18+	35:32+	40:52+	47:04+	49:27+	51:42+	52:06+
	03:15+	01:58+	02:41-	03:24+	05:57+	02:57+	02:10+	01:16+	02:22+	01:58+	03:20-	04:14+	05:20+	06:12+	02:23+	02:15+	00:24+
	01:22#	00:32#	00:15-	01:24#	01:10#	00:54#	00:34#	00:19#	00:31#	00:40#	01:03-	02:11#	02:23#	02:36#	01:04#	00:16#	00:04#
<b>10</b>	<b>Torleiv Møgedal</b>	<b>68</b>										<b>53:15</b>					
	04:05+	05:59+	09:34+	12:14+	17:47+	20:27+	22:46+	24:05+	26:34+	28:15+	34:43+	38:35+	43:20+	47:20+	49:10+	52:48+	53:15+
	04:05+	01:54+	03:35+	02:40+	05:33+	02:40+	02:19+	01:19+	02:29+	01:41+	06:28+	03:52+	04:45+	04:00+	01:50+	03:38+	00:27+
	02:12#	00:28#	00:39#	00:40#	00:46#	00:37#	00:43#	00:22#	00:38#	00:23#	02:05#	01:49#	01:48#	00:24#	00:31#	01:39#	00:07#
<b>11</b>	<b>Gunnar Furland</b>	<b>93</b>										<b>53:17</b>					
	02:42+	04:48+	07:47+	10:21+	17:35+	20:56+	23:32+	25:03+	27:46+	29:34+	38:03+	40:30+	44:08+	48:28+	49:57+	52:51+	53:17+
	02:42+	02:06+	02:59+	02:34+	07:14+	03:21+	02:36+	01:31+	02:43+	01:48+	08:29+	02:27+	03:38+	04:20+	01:29+	02:54+	00:26+
	00:49#	00:40#	00:03+	00:34#	02:27#	01:18#	01:00#	00:34#	00:52#	00:30#	04:06#	00:24#	00:41#	00:44#	00:10#	00:55#	00:06#
<b>12</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>56:49</b>					
	01:50-	03:42+	07:48+	10:00+	15:16+	18:13+	20:36+	22:06+	25:20+	28:20+	41:06+	43:45+	48:18+	52:30+	53:54+	56:29+	56:49+
	01:50-	01:52+	04:06+	02:12+	05:16+	02:57+	02:23+	01:30+	03:14+	03:00+	12:46+	02:39+	04:33+	04:12+	01:24+	02:35+	00:20=
	00:03-	00:26#	01:10#	00:12#	00:29#	00:54#	00:47#	00:33#	01:23#	01:42#	08:23#	00:36#	01:36#	00:36#	00:05+	00:36#	00:00=
<b>Beste strekktid for klassen</b>																	
	01:30	01:22	01:29	01:53	04:40	02:03	01:36	00:55	01:45	01:15	03:20	02:03	02:57	02:57	01:16	01:59	00:17

= 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>33:55</b>					
	01:35=	05:48=	08:56=	09:38=	16:48=	17:32=	18:54=	21:05=	22:48=	25:27=	28:55=	30:46=	32:18=	33:33=	33:55=		
	01:35=	04:13=	03:08=	00:42=	07:10=	00:44=	01:22=	02:11=	01:43=	02:39=	03:28=	01:51=	01:32=	01:15=	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=		

Class	Navn	Klasse												Tid
<b>2</b>	<b>Arnulf Fuglestad</b>	<b>29</b>												<b>39:10</b>
07:56+	10:41+	13:14+	13:51+	17:28+	18:12+	19:15+	21:19+	24:43+	27:08+	34:14+	36:17+	37:28+	38:49+	39:10+
07:56+	02:45-	02:33-	00:37-	03:37-	00:44=	01:03-	02:04-	03:24+	02:25-	07:06+	02:03+	01:11-	01:21+	00:21-
06:21@	01:28-	00:35-	00:05-	03:33-	00:00=	00:19-	00:07-	01:41&	00:14-	03:38@	00:12#	00:21-	00:06+	00:01-
<b>3</b>	<b>Peter Frafjord</b>	<b>116</b>												<b>40:58</b>
01:50+	03:49-	06:40-	07:20-	13:37-	14:25-	16:08-	18:58-	22:09-	27:31+	33:37+	34:53+	37:41+	40:24+	40:58+
01:50+	01:59-	02:51-	00:40-	06:17-	00:48+	01:43+	02:50+	03:11+	05:22+	06:06+	01:16-	02:48+	02:43+	00:34+
00:15#	02:14-	00:17-	00:02-	00:53-	00:04+	00:21&	00:39&	01:28&	02:43@	02:38&	00:35-	01:16&	01:28@	00:12&
<b>Beste strekktid for klassen</b>														
01:35	01:59	02:33	00:37	03:37	00:44	01:03	02:04	01:43	02:25	03:28	01:16	01:11	01:15	00:21

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

## Herrer A

<b>1</b>	<b>Fredrik Omdal</b>	<b>74</b>												<b>35:31</b>											
00:43=	01:06=	03:17=	04:26=	05:48=	06:47=	07:25=	09:27=	10:57=	12:24=	12:58=	14:27=	16:02=	17:10=	17:44=	18:30=	21:50=	22:59=	25:08=	27:26=	29:21=	30:19=	30:52=	32:49=	33:41=	34:36=
00:43=	00:23=	02:11=	01:09=	01:22=	00:59=	00:38=	02:02=	01:30=	01:27=	00:34=	01:29=	01:35=	01:08=	00:34=	00:46=	03:20=	01:09=	02:09=	02:18=	01:55=	00:58=	00:33=	01:57=	00:52=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
35:20=	35:31=																								
00:44=	00:11=																								
00:00=	00:00=																								
<b>2</b>	<b>Bjarthe Westerheim</b>	<b>194</b>												<b>36:24</b>											
01:02+	01:24+	02:23-	03:20-	04:28-	05:25-	06:06-	08:55-	10:20-	12:12-	12:57-	14:31+	15:59-	17:05-	17:48+	18:31+	21:42-	23:21+	26:10+	28:29+	30:28+	31:12+	31:47+	33:44+	34:42+	35:27+
01:02+	00:22+	00:59-	00:57-	01:08-	00:57-	00:41+	02:49+	01:25-	01:52+	00:45+	01:34+	01:28-	01:06-	00:43+	00:43-	03:11-	01:39+	02:49+	02:19+	01:59+	00:44-	00:35+	01:57=	00:58+	00:45-
00:19&	00:01-	01:12-	00:12-	00:14-	00:02-	00:03+	00:47&	00:05-	00:25&	00:11&	00:05+	00:07-	00:02-	00:09&	00:03-	00:09-	00:30&	00:40&	00:01+	00:04+	00:14-	00:02+	00:00=	00:06#	00:10-
36:13+	36:24+																								
00:46+	00:11=																								
00:02+	00:00=																								
<b>3</b>	<b>Morten Bjerga Sundli</b>	<b>7</b>												<b>37:50</b>											
01:23+	01:54+	02:55-	04:07-	05:02-	06:06-	06:53-	09:07-	10:55-	12:30+	13:11+	14:56+	16:39+	17:45+	18:18+	19:09+	22:45+	24:07+	26:43+	29:23+	31:33+	32:20+	32:54+	35:00+	36:01+	36:49+
01:23+	00:31+	01:01-	01:12+	00:55-	01:04+	00:47+	02:14+	01:48+	01:35+	00:41+	01:45+	01:43+	01:06-	00:33-	00:51+	03:36+	01:22+	02:36+	02:40+	02:10+	00:47-	00:34+	02:06+	01:01+	00:48-
00:40&	00:08&	01:10-	00:03+	00:27-	00:05+	00:09#	00:12+	00:18#	00:08+	00:07#	00:16#	00:08+	00:02-	00:01-	00:05#	00:16+	00:13#	00:27#	00:22#	00:15#	00:11-	00:01+	00:09+	00:09#	00:07-
37:38+	37:50+																								
00:49+	00:12+																								
00:05#	00:01+																								
<b>4</b>	<b>Fredrik Sandal</b>	<b>88</b>												<b>37:51</b>											
00:58+	02:12+	03:00-	04:05-	04:57-	06:03-	06:46-	09:11-	10:52-	12:30+	13:18+	14:51+	16:31+	17:39+	18:27+	19:11+	22:35+	23:46+	26:29+	29:09+	31:16+	32:21+	33:01+	35:03+	36:01+	36:55+
00:58+	01:14+	00:48-	01:05-	00:52-	01:06+	00:43+	02:25+	01:41+	01:38+	00:48+	01:33+	01:40+	01:08=	00:48+	00:44-	03:24+	01:11+	02:43+	02:40+	02:07+	01:05+	00:40+	02:02+	00:58+	00:54-
00:15&	00:51@	01:23-	00:04-	00:30-	00:07#	00:05#	00:23#	00:11#	00:11#	00:14&	00:04+	00:05+	00:00=	00:14&	00:02-	00:04+	00:02+	00:34&	00:22#	00:12#	00:07#	00:07#	00:05+	00:06#	00:01-
37:41+	37:51+																								
00:46+	00:10-																								
00:02+	00:01-																								
<b>5</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>												<b>42:36</b>											
00:51+	01:18+	02:14-	03:31-	05:49+	07:01+	07:46+	10:20+	12:00+	13:55+	14:32+	16:13+	18:15+	19:25+	20:07+	20:58+	25:14+	27:03+	29:58+	32:57+	35:07+	36:03+	36:39+	39:28+	40:35+	41:31+
00:51+	00:27+	00:56-	01:17+	02:18+	01:12+	00:45+	02:34+	01:40+	01:55+	00:37+	01:41+	02:02+	01:10+	00:42+	00:51+	04:16+	01:49+	02:55+	02:59+	02:10+	00:56-	00:36+	02:49+	01:07+	00:56+
00:08#	00:04#	01:15-	00:08#	00:56&	00:13#	00:07#	00:32&	00:10#	00:28&	00:03+	00:12#	00:27&	00:02+	00:08#	00:05#	00:56&	00:40&	00:46&	00:41&	00:15#	00:02-	00:03+	00:52&	00:15&	00:01+
42:25+	42:36+																								
00:54+	00:11=																								
00:10#	00:00=																								
<b>6</b>	<b>Jørgen Strømstad</b>	<b>50</b>												<b>46:46</b>											
02:23+	02:55+	04:17+	05:33+	07:26+	08:30+	09:28+	12:17+	14:04+	15:55+	16:32+	18:26+	20:16+	21:47+	22:30+	23:27+	28:33+	30:46+	33:36+	36:25+	38:50+	39:47+	40:28+	43:21+	44:35+	45:37+
02:23+	00:32+	01:22-	01:16+	01:53+	01:04+	00:58+	02:49+	01:47+	01:51+	00:37+	01:54+	01:50+	01:31+	00:43+	00:57+	05:06+	02:13+	02:50+	02:49+	02:25+	00:57-	00:41+	02:53+	01:14+	01:02+
01:40@	00:09&	00:49-	00:07#	00:31&	00:05+	00:20&	00:47&	00:17#	00:24&	00:03+	00:25&	00:15#	00:23&	00:09&	00:11#	01:46&	01:04&	00:41&	00:31#	00:30&	00:01-	00:08#	00:56&	00:22&	00:07#
46:34+	46:46+																								
00:57+	00:12+																								
00:13&	00:01+																								
<b>7</b>	<b>Cato Eike</b>	<b>79</b>												<b>54:50</b>											
00:55+	01:23+	04:42+	06:16+	07:50+	09:16+	10:06+	13:00+	17:48+	19:42+	23:10+	25:12+	27:28+	29:11+	30:20+	31:04+	35:33+	37:59+	41:18+	44:14+	46:29+	47:53+	48:32+	50:58+	52:27+	53:38+
00:55+	00:28+	03:19+	01:34+	01:34+	01:26+	00:50+	02:54+	04:48+	01:54+	03:28+	02:02+	02:16+	01:43+	01:09+	00:44-	04:29+	02:26+	03:19+	02:56+	02:15+	01:24+	00:39+	02:26+	01:29+	01:11+
00:12&	00:05#	01:08&	00:25&	00:12#	00:27&	00:12&	00:52&	03:18@	00:27&	02:54@	00:33&	00:41&	00:35&	00:35@	00:02-	01:09&	01:17@	01:10&	00:38&	00:20#	00:26&	00:06#	00:29#	00:37&	00:16&
54:36+	54:50+																								
00:58+	00:14+																								
00:14&	00:03&																								

Class	Navn	Klasse										Tid									
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### Beste strekktid for klassen

00:43 00:22 00:48 00:57 00:52 00:57 00:38 02:02 01:25 01:27 00:34 01:29 01:28 01:06 00:33 00:43 03:11 01:09 02:09 02:18 01:55 00:44 00:33 01:57 00:52 00:45 00:44 00:10

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

## Herrer B

**1 Njål F. Vadla 93 37:40**  
 00:57= 01:19= 02:10= 03:04= 03:51= 04:58= 06:28= 08:41= 10:08= 11:39= 12:17= 14:00= 15:37= 16:50= 18:10= 19:13= 22:45= 23:56= 26:26= 29:11= 31:24= 32:21= 32:55= 35:02= 35:59= 36:40=  
 00:57= 00:22= 00:51= 00:54= 00:47= 01:07= 01:30= 02:13= 01:27= 01:31= 00:38= 01:43= 01:37= 01:13= 01:20= 01:03= 03:32= 01:11= 02:30= 02:45= 02:13= 00:57= 00:34= 02:07= 00:57= 00:41=  
 00:00=  
 37:28= 37:40=  
 00:48= 00:12=  
 00:00= 00:00=

**2 Oddvar Taksdal 194 38:31**  
 01:01+ 01:27+ 02:22+ 03:30+ 04:47+ 05:59+ 06:49+ 09:04+ 10:49+ 12:21+ 12:59+ 14:41+ 16:28+ 17:34+ 18:05- 18:54- 22:33- 23:53- 26:32+ 29:11= 31:27+ 32:22+ 33:01+ 35:21+ 36:35+ 37:23+  
 01:01+ 00:26+ 00:55+ 01:08+ 01:17+ 01:12+ 00:50- 02:15+ 01:45+ 01:32+ 00:38= 01:42- 01:47+ 01:06- 00:31- 00:49- 03:39+ 01:20+ 02:39+ 02:39- 02:16+ 00:55- 00:39+ 02:20+ 01:14+ 00:48+  
 00:04+ 00:04# 00:04+ 00:14& 00:30& 00:05+ 00:40- 00:02+ 00:18# 00:01+ 00:00= 00:01- 00:10# 00:07- 00:49- 00:14- 00:07+ 00:09# 00:09+ 00:06- 00:03+ 00:02- 00:05# 00:13# 00:17& 00:07#  
 38:19+ 38:31+  
 00:56+ 00:12=  
 00:08# 00:00=

**3 Geir Sand 105 38:35**  
 01:21+ 01:48+ 02:55+ 04:05+ 05:21+ 06:32+ 07:13+ 09:28+ 11:03+ 12:58+ 13:41+ 15:25+ 17:07+ 18:17+ 19:02+ 19:49+ 23:17+ 24:42+ 27:40+ 30:11+ 32:17+ 33:17+ 33:50+ 35:47+ 36:52+ 37:36+  
 01:21+ 00:27+ 01:07+ 01:10+ 01:16+ 01:11+ 00:41- 02:15+ 01:35+ 01:55+ 00:43+ 01:44+ 01:42+ 01:10- 00:45- 00:47- 03:28- 01:25+ 02:58+ 02:31- 02:06- 01:00+ 00:33- 01:57- 01:05+ 00:44+  
 00:24& 00:05# 00:16& 00:16& 00:29& 00:04+ 00:49- 00:02+ 00:08+ 00:24& 00:05# 00:01+ 00:05+ 00:03- 00:35- 00:16- 00:04- 00:14# 00:28# 00:14- 00:07- 00:03+ 00:01- 00:10- 00:08# 00:03+  
 38:21+ 38:35+  
 00:45- 00:14+  
 00:03- 00:02#

**4 Tor Gunnar Aksland 116 38:44**  
 00:42- 01:06- 02:17+ 03:27+ 05:02+ 06:07+ 07:06+ 09:19+ 10:57+ 12:34+ 13:10+ 14:46+ 16:28+ 17:37+ 18:50+ 19:38+ 24:00+ 25:10+ 27:47+ 30:11+ 32:17+ 33:12+ 33:49+ 35:49+ 36:51+ 37:39+  
 00:42- 00:24+ 01:11+ 01:10+ 01:35+ 01:05- 00:59- 02:13= 01:38+ 01:37+ 00:36- 01:36- 01:42+ 01:09- 01:13- 00:48- 04:22+ 01:10- 02:37+ 02:24- 02:06- 00:55- 00:37+ 02:00- 01:02+ 00:48+  
 00:15- 00:02+ 00:20& 00:16& 00:48& 00:02- 00:31- 00:00= 00:11# 00:06+ 00:02- 00:07- 00:05+ 00:04- 00:07- 00:15- 00:50# 00:01- 00:07+ 00:21- 00:07- 00:02- 00:03+ 00:07- 00:05+ 00:07#  
 38:27+ 38:44+  
 00:48= 00:17+  
 00:00= 00:05&

**5 Tom Furland 62 39:40**  
 00:48- 01:17- 02:14+ 03:14+ 05:18+ 06:16+ 07:14+ 09:26+ 11:01+ 12:44+ 13:25+ 15:17+ 17:07+ 18:24+ 19:09+ 19:57+ 23:31+ 25:10+ 27:31+ 30:19+ 32:46+ 33:48+ 34:25+ 36:45+ 37:57+ 38:36+  
 00:48- 00:29+ 00:57+ 01:00+ 02:04+ 00:58- 00:58- 02:12- 01:35+ 01:43+ 00:41+ 01:52+ 01:50+ 01:17+ 00:45- 00:48- 03:34+ 01:39+ 02:21- 02:48+ 02:27+ 01:02+ 00:37+ 02:20+ 01:12+ 00:39-  
 00:09- 00:07& 00:06# 00:06# 01:17& 00:09- 00:32- 00:01- 00:08+ 00:12# 00:03+ 00:09+ 00:13# 00:04+ 00:35- 00:15- 00:02+ 00:28& 00:09- 00:03+ 00:14# 00:05+ 00:03+ 00:13# 00:15& 00:02-  
 39:28+ 39:40+  
 00:52+ 00:12=  
 00:04+ 00:00=

**6 Joar Eilevstjønn 67 43:28**  
 01:08+ 01:47+ 03:23+ 04:36+ 05:37+ 06:52+ 07:34+ 09:48+ 11:35+ 13:41+ 14:22+ 16:16+ 18:02+ 19:28+ 20:34+ 21:27+ 25:54+ 29:13+ 31:35+ 34:07+ 36:12+ 37:19+ 37:55+ 40:32+ 41:43+ 42:28+  
 01:08+ 00:39+ 01:36+ 01:13+ 01:01+ 01:15+ 00:42- 02:14+ 01:47+ 02:06+ 00:41+ 01:54+ 01:46+ 01:26+ 01:06- 00:53- 04:27+ 03:19+ 02:22- 02:32- 02:05- 01:07+ 00:36+ 02:37+ 01:11+ 00:45+  
 00:11# 00:17& 00:45& 00:19& 00:14& 00:08# 00:48- 00:01+ 00:20# 00:35& 00:03+ 00:11# 00:09+ 00:13# 00:14- 00:10- 00:55& 02:08& 00:08- 00:13- 00:08- 00:10# 00:02+ 00:30# 00:14# 00:04+  
 43:17+ 43:28+  
 00:49+ 00:11-  
 00:01+ 00:01-

**7 Svein Erik Kvame 116 45:17**  
 01:36+ 02:03+ 03:33+ 04:44+ 05:58+ 07:16+ 08:01+ 10:37+ 12:24+ 14:22+ 15:02+ 17:04+ 19:07+ 20:22+ 21:15+ 22:06+ 26:08+ 28:32+ 31:46+ 34:49+ 37:19+ 38:22+ 39:02+ 41:56+ 43:06+ 44:06+  
 01:36+ 00:27+ 01:30+ 01:11+ 01:14+ 01:18+ 00:45- 02:36+ 01:47+ 01:58+ 00:40+ 02:02+ 02:03+ 01:15+ 00:53- 00:51- 04:02+ 02:24+ 03:14+ 03:03+ 02:30+ 01:03+ 00:40+ 02:54+ 01:10+ 01:00+  
 00:39& 00:05# 00:39& 00:17& 00:27& 00:11# 00:45- 00:23# 00:20# 00:27& 00:02+ 00:19# 00:26& 00:02+ 00:27- 00:12- 00:30# 01:13& 00:44& 00:18# 00:17# 00:06# 00:06# 00:47& 00:13# 00:19&  
 45:03+ 45:17+  
 00:57+ 00:14+  
 00:09# 00:02#

**8 Jan-Rune Basso 91 48:29**  
 01:23+ 01:50+ 03:01+ 04:01+ 07:49+ 08:58+ 09:43+ 12:18+ 14:07+ 18:44+ 19:42+ 21:28+ 23:13+ 24:31+ 25:58+ 26:48+ 30:25+ 31:57+ 34:45+ 37:26+ 39:49+ 40:49+ 41:28+ 45:18+ 46:16+ 47:21+  
 01:23+ 00:27+ 01:11+ 01:00+ 03:48+ 01:09+ 00:45- 02:35+ 01:49+ 04:37+ 00:58+ 01:46+ 01:45+ 01:18+ 01:27+ 00:50- 03:37+ 01:32+ 02:48+ 02:41- 02:23+ 01:00+ 00:39+ 03:50+ 00:58+ 01:05+  
 00:26& 00:05# 00:20& 00:06# 03:01& 00:02+ 00:45- 00:22# 00:22& 03:06& 00:20& 00:03+ 00:08+ 00:05+ 00:07+ 00:13- 00:05+ 00:21& 00:18# 00:04- 00:10+ 00:03+ 00:05# 01:43& 00:01+ 00:24&  
 48:16+ 48:29+  
 00:55+ 00:13+  
 00:07# 00:01+

Class	Navn	Klasse	Tid																						
<b>9</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>	<b>50:54</b>																						
01:07+	03:47+	05:42+	06:59+	08:11+	09:26+	10:12+	13:31+	15:05+	16:50+	17:32+	21:20+	23:06+	24:29+	26:54+	27:52+	32:56+	34:56+	38:15+	41:01+	43:09+	44:56+	45:41+	47:49+	49:06+	49:51+
01:07+	02:40+	01:55+	01:17+	01:12+	01:15+	00:46-	03:19+	01:34+	01:45+	00:42+	03:48+	01:46+	01:23+	02:25+	00:58-	05:04+	02:00+	03:19+	02:46+	02:08-	01:47+	00:45+	02:08+	01:17+	00:45+
00:10#	02:18@	01:04@	00:23&	00:25&	00:08#	00:44-	01:06&	00:07+	00:14#	00:04#	02:05@	00:09+	00:10#	01:05&	00:05-	01:32&	00:49&	00:49&	00:01+	00:05-	00:50&	00:11&	00:01+	00:20&	00:04+
50:40+	50:54+																								
00:49+	00:14+																								
00:01+	00:02#																								

<b>10</b>	<b>Stein Arne Olsen</b>	<b>68</b>	<b>59:02</b>																						
00:54-	01:21+	05:22+	06:34+	09:33+	10:41+	11:24+	14:35+	16:32+	18:39+	19:19+	23:19+	25:26+	26:51+	28:23+	29:17+	33:50+	35:25+	38:49+	42:03+	44:57+	46:40+	47:20+	50:37+	54:57+	56:07+
00:54-	00:27+	04:01+	01:12+	02:59+	01:08+	00:43-	03:11+	01:57+	02:07+	00:40+	04:00+	02:07+	01:25+	01:32+	00:54-	04:33+	01:35+	03:24+	03:14+	02:54+	01:43+	00:40+	03:17+	04:20+	01:10+
00:03-	00:05#	03:10@	00:18&	02:12@	00:01+	00:47-	00:58&	00:30&	00:36&	00:02+	02:17@	00:30&	00:12#	00:12#	00:09-	01:01&	00:24&	00:54&	00:29#	00:41&	00:46&	00:06#	01:10&	03:23@	00:29&
57:25+	58:41+	59:02+																							
01:18+	01:16+	00:21+																							
00:30&	01:04@	00:21+																							

### Beste strekktid for klassen

00:42 00:22 00:51 00:54 00:47 00:58 00:41 02:12 01:27 01:31 00:36 01:36 01:37 01:06 00:31 00:47 03:28 01:10 02:21 02:24 02:05 00:55 00:33 01:57 00:57 00:39 00:45 00:11

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

## Herrer C

<b>1</b>	<b>Nils John Vestøl</b>	<b>83</b>	<b>36:56</b>																						
00:51=	01:33=	02:22=	03:26=	04:48=	06:55=	07:56=	09:29=	11:00=	13:08=	15:34=	16:08=	18:04=	19:47=	20:43=	21:42=	22:58=	25:05=	28:03=	28:35=	30:59=	31:53=	33:37=	35:13=	36:44=	36:56=
00:51=	00:42=	00:49=	01:04=	01:22=	02:07=	01:01=	01:33=	01:31=	02:08=	02:26=	00:34=	01:56=	01:43=	00:56=	00:59=	01:16=	02:07=	02:58=	00:32=	02:24=	00:54=	01:44=	01:36=	01:31=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>37:53</b>																						
01:12+	02:09+	03:16+	04:47+	06:59+	09:25+	10:24+	12:30+	13:46+	15:50+	18:31+	19:06+	20:59+	22:44+	23:44+	25:19+	26:12+	28:23+	31:23+	32:04+	33:11+	34:01+	35:41+	36:36+	37:39+	37:53+
01:12+	00:57+	01:07+	01:31+	02:12+	02:26+	00:59-	02:06+	01:16-	02:04-	02:41+	00:35+	01:53-	01:45+	01:00+	01:35+	00:53-	02:11+	03:00+	00:41+	01:07-	00:50-	01:40-	00:55-	01:03-	00:14+
00:21&	00:15&	00:18&	00:27&	00:50&	00:19#	00:02-	00:33&	00:15-	00:04-	00:15#	00:01+	00:03-	00:02+	00:04+	00:36&	00:23-	00:04+	00:02+	00:09&	01:17-	00:04-	00:04-	00:41-	00:28-	00:02#
<b>3</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>39:59</b>																						
01:20+	02:20+	03:41+	05:04+	06:22+	09:05+	10:24+	12:26+	13:48+	15:45+	18:27+	19:08+	21:22+	23:33+	24:43+	25:57+	27:01+	29:29+	33:08+	33:48+	35:14+	36:11+	38:05+	38:54+	39:46+	39:59+
01:20+	01:00+	01:21+	01:23+	01:18-	02:43+	01:19+	02:02+	01:22-	01:57-	02:42+	00:41+	02:14+	02:11+	01:10+	01:14+	01:04-	02:28+	03:39+	00:40+	01:26-	00:57+	01:54+	00:49-	00:52-	00:13+
00:29&	00:18&	00:32&	00:19&	00:04-	00:36&	00:18&	00:29&	00:09-	00:11-	00:16#	00:07#	00:18#	00:28&	00:14#	00:15&	00:12-	00:21#	00:41#	00:08#	00:58-	00:03+	00:10+	00:47-	00:39-	00:01+
<b>4</b>	<b>Rune Christiansen</b>	<b>93</b>	<b>43:40</b>																						
01:07+	02:07+	03:36+	04:53+	06:50+	09:11+	11:02+	13:13+	15:09+	17:41+	20:39+	21:29+	23:53+	26:10+	27:17+	28:33+	29:30+	32:05+	36:13+	36:56+	38:29+	39:29+	41:23+	42:20+	43:25+	43:40+
01:07+	01:00+	01:29+	01:17+	01:57+	02:21+	01:51+	02:11+	01:56+	02:32+	02:58+	00:50+	02:24+	02:17+	01:07+	01:16+	00:57-	02:35+	04:08+	00:43+	01:33-	01:00+	01:54+	00:57-	01:05-	00:15+
00:16&	00:18&	00:40&	00:13#	00:35&	00:14#	00:50&	00:38&	00:25&	00:24#	00:32#	00:16&	00:28#	00:34&	00:11#	00:17&	00:19-	00:28#	01:10&	00:11&	00:51-	00:06#	00:10+	00:39-	00:26-	00:03#
<b>5</b>	<b>Inge Løland</b>	<b>114</b>	<b>46:57</b>																						
01:10+	02:15+	04:32+	05:53+	09:35+	11:28+	12:25+	15:03+	17:37+	22:15+	25:00+	25:37+	27:39+	29:38+	30:23+	32:00+	33:20+	35:39+	39:02+	39:45+	41:48+	42:49+	44:31+	45:40+	46:40+	46:57+
01:10+	01:05+	02:17+	01:21+	03:42+	01:53-	00:57-	02:38+	02:34+	04:38+	02:45+	00:37+	02:02+	01:59+	00:45-	01:37+	01:20+	02:19+	03:23+	00:43+	02:03-	01:01+	01:42-	01:09-	01:00-	00:17+
00:19&	00:23&	01:28@	00:17&	02:20@	00:14-	00:04-	01:05&	01:03&	02:30@	00:19#	00:03+	00:06+	00:16#	00:11-	00:38&	00:04+	00:12+	00:25#	00:11&	00:21-	00:07#	00:02-	00:27-	00:31-	00:05&
<b>6</b>	<b>Sturle Omdal</b>	<b>116</b>	<b>48:06</b>																						
01:20+	02:26+	03:41+	05:05+	06:40+	09:45+	11:10+	14:55+	17:18+	21:11+	24:15+	25:02+	27:35+	30:27+	31:43+	33:02+	34:07+	36:43+	40:14+	40:59+	42:40+	43:44+	45:49+	46:56+	47:49+	48:06+
01:20+	01:06+	01:15+	01:24+	01:35+	03:05+	01:25+	03:45+	02:23+	03:53+	03:04+	00:47+	02:33+	02:52+	01:16+	01:19+	01:05-	02:36+	03:31+	00:45+	01:41-	01:04+	02:05+	01:07-	00:53-	00:17+
00:29&	00:24&	00:26&	00:20&	00:13#	00:58&	00:24&	02:12@	00:52&	01:45&	00:38&	00:13&	00:37&	01:09&	00:20&	00:20&	00:11-	00:29#	00:33#	00:13&	00:43-	00:10#	00:21#	00:29-	00:38-	00:05&
<b>7</b>	<b>Sveinung Svebestad</b>	<b>46</b>	<b>48:51</b>																						
01:05+	02:31+	03:46+	05:20+	08:44+	11:51+	13:24+	15:09+	17:14+	19:54+	23:32+	24:28+	26:59+	29:34+	30:47+	32:52+	34:07+	36:50+	40:21+	41:13+	42:38+	43:55+	46:06+	47:18+	48:31+	48:51+
01:05+	01:26+	01:15+	01:34+	03:07+	03:07+	01:33+	01:45+	02:05+	02:40+	03:38+	00:56+	02:31+	02:35+	01:13+	02:05+	01:13+	00:52+	03:31+	00:52+	01:25-	01:17+	02:11+	01:12-	01:13-	00:20+
00:14&	00:44@	00:26&	00:30&	02:02@	01:00&	00:32&	00:12#	00:34&	00:32#	01:12&	00:22&	00:35&	00:52&	00:17&	01:06@	00:01-	00:36&	00:33#	00:20&	00:59-	00:23&	00:27&	00:24-	00:18-	00:08&
<b>8</b>	<b>Øystein Huglen</b>	<b>27</b>	<b>48:58</b>																						
01:07+	02:08+	03:21+	04:44+	06:07+	08:31+	10:56+	13:10+	14:41+	18:59+	23:19+	24:01+	26:16+	28:28+	29:31+	30:57+	33:02+	35:43+	40:25+	41:06+	42:51+	44:00+	46:08+	47:36+	48:42+	48:58+
01:07+	01:01+	01:13+	01:23+	01:23+	02:24+	02:25+	02:14+	01:31=	04:18+	04:20+	00:42+	02:15+	02:12+	01:03+	01:26+	02:05+	02:41+	04:42+	00:41+	01:45-	01:09+	02:08+	01:28-	01:06-	00:16+
00:16&	00:19&	00:24&	00:19&	00:01+	00:17#	01:24@	00:41&	00:00=	02:10@	01:54&	00:08#	00:19#	00:29&	00:07#	00:27&	00:49&	00:34&	01:44&	00:09&	00:39-	00:15&	00:24#	00:08-	00:25-	00:04&
<b>9</b>	<b>Otte Omdal</b>	<b>65</b>	<b>50:09</b>																						
01:59+	02:55+	07:17+	08:26+	10:00+	12:53+	14:17+	16:12+	17:51+	20:03+	23:07+	23:51+	30:34+	32:48+	33:36+	34:59+	36:14+	38:32+	41:50+	42:45+	44:33+	45:26+	47:08+	48:50+	49:56+	50:09+
01:59+	00:56+	04:22+	01:09+	01:34+	02:53+	01:24+	01:55+	01:39+	02:12+	03:04+	00:44+	06:43+	02:14+	00:48-	01:23+	01:15-	02:18+	03:18+	00:55+	01:48-	00:53-	01:42-	01:42+	01:06-	00:13+
01:08@	00:14&	03:33@	00:05+	00:12#	00:46&	00:23&	00:22#	00:08+	00:04+	00:38&	00:10&	04:47@	00:31&	00:08-	00:24&	00:01-	00:11+	00:20#	00:23&	00:36-	00:01-	00:02-	00:06+	00:25-	00:01+
<b>10</b>	<b>Geir Bjaanes</b>	<b>116</b>	<b>50:11</b>																						
01:33+	02:46+	04:27+	05:43+	07:33+	10:14+	12:35+	15:46+	17:14+	21:29+	24:26+	25:10+	27:27+	29:39+	30:38+	31:56+	36:18+	39:04+	42:11+	42:56+	44:38+	45:43+	47:42+	48:47+	49:49+</	

Class	Navn	Klasse										Tid															
<b>11</b>	<b>Erling Mauland</b>	<b>83</b>										<b>50:30</b>															
01:28+	03:40+	05:19+	06:52+	10:18+	13:27+	14:52+	17:18+	19:04+	21:37+	24:34+	25:18+	27:40+	30:42+	31:48+	34:19+	35:26+	38:07+	41:42+	42:31+	44:22+	45:33+	47:28+	49:06+	50:13+	50:30+		
01:28+	02:12+	01:39+	01:33+	03:26+	03:09+	01:25+	02:26+	01:46+	02:33+	02:57+	00:44+	02:22+	03:02+	01:06+	02:31+	01:07-	02:41+	03:35+	00:49+	01:51-	01:11+	01:55+	01:38+	01:07-	00:17+		
00:37&	01:30@	00:50@	00:29&	02:04@	01:02&	00:24&	00:53&	00:15#	00:25#	00:31#	00:10&	00:26#	01:19&	00:10#	01:32@	00:09-	00:34&	00:37#	00:17&	00:33-	00:17&	00:11#	00:02+	00:24-	00:05&		
<b>12</b>	<b>Ove Oaland</b>	<b>116</b>										<b>57:32</b>															
01:26+	02:37+	04:19+	06:14+	09:25+	12:29+	15:08+	18:15+	21:10+	24:49+	28:33+	29:33+	32:37+	35:15+	36:31+	38:05+	39:53+	43:04+	48:14+	49:14+	51:21+	52:28+	54:39+	56:01+	57:11+	57:32+		
01:26+	01:11+	01:42+	01:55+	03:11+	03:04+	02:39+	03:07+	02:55+	03:39+	03:44+	01:00+	03:04+	02:38+	01:16+	01:34+	01:48+	03:11+	05:10+	01:00+	02:07-	01:07+	02:11+	01:22-	01:10-	00:21+		
00:35&	00:29&	00:53@	00:51&	01:49@	00:57&	01:38@	01:34@	01:24&	01:31&	01:18&	00:26&	01:08&	00:55&	00:20&	00:35&	00:32&	01:04&	02:12&	00:28&	00:17-	00:13#	00:27&	00:14-	00:21-	00:09&		
<b>13</b>	<b>Ivar Knutsen</b>	<b>116</b>										<b>58:53</b>															
01:11+	02:27+	04:15+	05:47+	11:47+	15:05+	16:29+	20:01+	21:51+	28:14+	32:01+	32:51+	35:19+	37:41+	38:38+	42:25+	43:30+	46:30+	50:27+	51:18+	52:53+	53:53+	56:07+	57:18+	58:29+	58:53+		
01:11+	01:16+	01:48+	01:32+	06:00+	03:18+	01:24+	03:32+	01:50+	06:23+	03:47+	00:50+	02:28+	02:22+	00:57+	03:47+	01:05-	03:00+	03:57+	00:51+	01:35-	01:00+	02:14+	01:11-	01:11-	00:24+		
00:20&	00:34&	00:59@	00:28&	04:38@	01:11&	00:23&	01:59@	00:19#	04:15@	01:21&	00:16&	00:32&	00:39&	00:01+	02:48@	00:11-	00:53&	00:59&	00:19&	00:49-	00:06#	00:30&	00:25-	00:20-	00:12&		
<b>Beste strekketid for klassen</b>																											
00:51	00:42	00:49	01:04	01:18	01:53	00:57	01:33	01:16	01:57	02:26	00:34	01:53	01:43	00:45	00:59	00:53	02:07	02:58	00:32	01:07	00:50	01:40	00:49	00:52	00:12		

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

## Herrer Trim

<b>1</b>	<b>Martin Svensen</b>	<b>284</b>										<b>21:03</b>														
01:54=	03:06=	05:10=	05:39=	08:19=	08:42=	09:42=	12:13=	13:20=	15:43=	17:59=	18:36=	19:45=	20:52=	21:03=												
01:54=	01:12=	02:04=	00:29=	02:40=	00:23=	01:00=	02:31=	01:07=	02:23=	02:16=	00:37=	01:09=	01:07=	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=												
<b>2</b>	<b>Trond Egil Toft</b>	<b>53</b>										<b>23:05</b>														
01:04-	02:29-	04:06-	04:35-	07:21-	10:30+	10:50+	11:45-	12:57-	15:34-	17:22-	19:43+	20:48+	21:51+	22:48+	23:05+											
01:04-	01:25+	01:37-	00:29=	02:46+	03:09+	00:20-	00:55-	01:12+	02:37+	01:48-	02:21+	01:05-	01:03-	00:57+	00:17+											
00:50-	00:13#	00:27-	00:00=	00:06+	02:46@	00:40-	01:36-	00:05+	00:14+	00:28-	01:44@	00:04-	00:04-	00:46@	00:17+											
<b>3</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>23:17</b>														
00:59-	01:52-	03:52-	04:10-	07:51-	12:30+	12:55+	14:14+	15:18+	17:28+	19:53+	20:34+	21:48+	23:08+	23:17+												
00:59-	00:53-	02:00-	00:18-	03:41+	04:39+	00:25-	01:19-	01:04-	02:10-	02:25+	00:41+	01:14+	01:20+	00:09-												
00:55-	00:19-	00:04-	00:11-	01:01&	04:16@	00:35-	01:12-	00:03-	00:13-	00:09+	00:04#	00:05+	00:13#	00:02-												
<b>4</b>	<b>Thomas Johansen</b>	<b>111</b>										<b>23:43</b>														
01:03-	02:12-	04:00-	04:27-	06:57-	07:23-	10:39+	12:27+	15:45+	17:41+	20:12+	20:58+	21:59+	23:25+	23:43+												
01:03-	01:09-	01:48-	00:27-	02:30-	00:26+	03:16+	01:48-	03:18+	01:56-	02:31+	00:46+	01:01-	01:26+	00:18+												
00:51-	00:03-	00:16-	00:02-	00:10-	00:03#	02:16@	00:43-	02:11@	00:27-	00:15#	00:09#	00:08-	00:19&	00:07&												
<b>5</b>	<b>Oddgeir Nevland</b>	<b>51</b>										<b>23:55</b>														
01:15-	02:22-	04:20-	04:48-	07:54-	08:24-	12:09+	14:24+	15:52+	18:17+	20:45+	21:29+	22:33+	23:38+	23:55+												
01:15-	01:07-	01:58-	00:28-	03:06+	00:30+	03:45+	02:15-	01:28+	02:25+	02:28+	00:44+	01:04-	01:05-	00:17+												
00:39-	00:05-	00:06-	00:01-	00:26#	00:07&	02:45@	00:16-	00:21&	00:02+	00:12+	00:07#	00:05-	00:02-	00:06&												
<b>6</b>	<b>Bruce Chalmers</b>	<b>165</b>										<b>24:30</b>														
02:41+	04:10+	06:46+	07:15+	12:01+	12:30+	13:26+	14:57+	16:24+	18:30+	21:21+	22:10+	23:11+	24:13+	24:30+												
02:41+	01:29+	02:36+	00:29=	04:46+	00:29+	00:56-	01:31-	01:27+	02:06-	02:51+	00:49+	01:01-	01:02-	00:17+												
00:47&	00:17#	00:32&	00:00=	02:06&	00:06&	00:04-	01:00-	00:20&	00:17-	00:35&	00:12&	00:08-	00:05-	00:06&												
<b>7</b>	<b>Asbjørn Brådlund</b>	<b>297</b>										<b>25:01</b>														
04:18+	06:30+	08:33+	08:56+	13:01+	13:36+	14:24+	15:47+	16:58+	19:21+	21:52+	22:33+	23:41+	24:45+	25:01+												
04:18+	02:12+	02:03-	00:23-	04:05+	00:35+	00:48-	01:23-	01:11+	02:23=	02:31+	00:41+	01:08-	01:04-	00:16+												
02:24@	01:00&	00:01-	00:06-	01:25&	00:12&	00:12-	01:08-	00:04+	00:00=	00:15#	00:04#	00:01-	00:03-	00:05&												
<b>8</b>	<b>Rolf Anders Brandsvoll</b>	<b>91</b>										<b>25:39</b>														
01:23-	03:29+	05:16+	05:42+	09:20+	09:45+	10:36+	15:10+	16:48+	18:38+	21:55+	22:39+	24:00+	25:21+	25:39+												
01:23-	02:06+	01:47-	00:26-	03:38+	00:25+	00:51-	04:34+	01:38+	01:50-	03:17+	00:44+	01:21+	01:21+	00:18+												
00:31-	00:54&	00:17-	00:03-	00:58&	00:02+	00:09-	02:03&	00:31&	00:33-	01:01&	00:07#	00:12#	00:14#	00:07&												
<b>9</b>	<b>Eirik Thu</b>	<b>126</b>										<b>26:45</b>														
04:39+	06:39+	08:07+	08:42+	12:38+	13:23+	14:34+	15:13+	16:49+	18:37+	20:27+	22:50+	23:39+	25:00+	25:57+	26:45+											
04:39+	02:00+	01:28-	00:35+	03:56+	00:45+	01:11+	00:39-	01:36+	01:48-	01:50-	02:23+	00:49-	01:21+	00:57+	00:48+											
02:45@	00:48&	00:36-	00:06#	01:16&	00:22&	00:11#	01:52-	00:29&	00:35-	00:26-	01:46@	00:20-	00:14#	00:46@	00:48+											
<b>10</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>27:18</b>														
01:30-	03:22+	06:05+	06:36+	11:25+	12:07+	13:37+	16:05+	17:29+	19:44+	23:33+	24:34+	25:48+	27:01+	27:18+												
01:30-	01:52+	02:43+	00:31+	04:49+	00:42+	01:30+	02:28-	01:24+	02:15-	03:49+	01:01+	01:14+	01:13+	00:17+												
00:24-	00:40&	00:39&	00:02+	02:09&	00:19&	00:30&	00:03-	00:17&	00:08-	01:33&	00:24&	00:05+	00:06+	00:06&												

Class	Navn	Klasse													Tid
<b>11</b>	<b>Frode Lund</b>	<b>18</b>													<b>27:18</b>
03:09+	04:41+	06:59+	07:35+	11:19+	12:02+	13:13+	14:38+	18:25+	20:47+	23:46+	24:33+	25:53+	27:00+	27:18+	
03:09+	01:32+	02:18+	00:36+	03:44+	00:43+	01:11+	01:25-	03:47+	02:22-	02:59+	00:47+	01:20+	01:07=	00:18+	
01:15&	00:20&	00:14#	00:07#	01:04&	00:20&	00:11#	01:06-	02:40&	00:01-	00:43&	00:10&	00:11#	00:00=	00:07&	
<b>12</b>	<b>Anders H Foss</b>	<b>263</b>													<b>27:25</b>
01:33-	03:11+	04:48-	05:14-	09:13+	09:55+	13:11+	14:39+	17:18+	19:41+	23:15+	23:58+	25:06+	27:05+	27:25+	
01:33-	01:38+	01:37-	00:26-	03:59+	00:42+	03:16+	01:28-	02:39+	02:23=	03:34+	00:43+	01:08-	01:59+	00:20+	
00:21-	00:26&	00:27-	00:03-	01:19&	00:19&	02:16@	01:03-	01:32@	00:00=	01:18&	00:06#	00:01-	00:52&	00:09&	
<b>13</b>	<b>John Thorsnæs</b>	<b>51</b>													<b>27:32</b>
01:27-	03:11+	05:17+	05:49+	10:11+	10:50+	12:05+	14:13+	15:33+	18:00+	21:09+	22:14+	24:33+	27:12+	27:32+	
01:27-	01:44+	02:06+	00:32+	04:22+	00:39+	01:15+	02:08-	01:20+	02:27+	03:09+	01:05+	02:19+	02:39+	00:20+	
00:27-	00:32&	00:02+	00:03#	01:42&	00:16&	00:15#	00:23-	00:13#	00:04+	00:53&	00:28&	01:10@	01:32@	00:09&	
<b>14</b>	<b>Ingvar Haabeth</b>	<b>92</b>													<b>27:43</b>
01:17-	02:57-	05:40+	06:14+	12:52+	14:01+	15:22+	17:31+	18:44+	21:06+	24:03+	24:47+	26:14+	27:22+	27:43+	
01:17-	01:40+	02:43+	00:34+	06:38+	01:09+	01:21+	02:09-	01:13+	02:22-	02:57+	00:44+	01:27+	01:08+	00:21+	
00:37-	00:28&	00:39&	00:05#	03:58@	00:46@	00:21&	00:56-	00:37&	00:01-	00:41&	00:07#	00:18&	00:01+	00:10&	
<b>15</b>	<b>Niklas Gustafsson</b>	<b>192</b>													<b>27:54</b>
01:15-	03:08+	06:18+	07:07+	12:52+	13:47+	15:18+	16:53+	18:37+	20:52+	23:31+	24:43+	26:15+	27:20+	27:54+	
01:15-	01:53+	03:10+	00:49+	05:45+	00:55+	01:31+	01:35-	01:44+	02:15-	02:39+	01:12+	01:32+	01:05-	00:34+	
00:39-	00:41&	01:06&	00:20&	03:05@	00:32@	00:31+	00:56-	00:37&	00:08-	00:23#	00:35&	00:23&	00:02-	00:23@	
<b>16</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>													<b>28:03</b>
02:07+	04:01+	06:22+	06:45+	10:37+	11:34+	12:46+	14:29+	18:35+	21:05+	24:33+	25:24+	26:39+	27:43+	28:03+	
02:07+	01:54+	02:21+	00:23-	03:52+	00:57+	01:12+	01:43-	04:06+	02:30+	03:28+	00:51+	01:15+	01:04-	00:20+	
00:13#	00:42&	00:17#	00:06-	01:12&	00:34@	00:12#	00:48-	02:59@	00:07+	01:12&	00:14&	00:06+	00:03-	00:09&	
<b>17</b>	<b>Frode Følgesvold</b>	<b>5</b>													<b>28:14</b>
01:24-	03:20+	05:56+	06:38+	11:02+	11:52+	13:16+	15:24+	16:50+	19:21+	23:01+	23:54+	25:18+	27:53+	28:14+	
01:24-	01:56+	02:36+	00:42+	04:24+	00:50+	01:24+	02:08-	01:26+	02:31+	03:40+	00:53+	01:24+	02:35+	00:21+	
00:30-	00:44&	00:32&	00:13&	01:44&	00:27@	00:24&	00:23-	00:19&	00:08+	01:24&	00:16&	00:15#	01:28@	00:10&	
<b>18</b>	<b>Erling Knutzen</b>	<b>128</b>													<b>28:30</b>
01:18-	05:55+	07:37+	08:49+	09:14+	11:53+	12:29+	15:53+	17:28+	18:43+	21:16+	24:27+	25:14+	27:01+	28:14+	28:30+
01:18-	04:37+	01:42-	01:12+	00:25-	02:39+	00:36-	03:24+	01:35+	01:15-	02:33+	03:11+	00:47-	01:47+	01:13+	00:16+
00:36-	03:25@	00:22-	00:43@	02:15-	02:16@	00:24-	00:53&	00:28&	01:08-	00:17#	02:34@	00:22-	00:40&	01:02@	00:16+
<b>19</b>	<b>Hans Klausen</b>	<b>62</b>													<b>29:06</b>
04:46+	06:43+	09:02+	09:30+	12:40+	13:18+	14:18+	16:04+	17:24+	19:48+	22:37+	23:24+	25:38+	28:47+	29:06+	
04:46+	01:57+	02:19+	00:28-	03:10+	00:38+	01:00=	01:46-	01:20+	02:24+	02:49+	00:47+	02:14+	03:09+	00:19+	
02:52@	00:45&	00:15#	00:01-	00:30#	00:15&	00:00=	00:45-	00:13#	00:01+	00:33#	00:10&	01:05&	02:02@	00:08&	
<b>20</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>													<b>29:06</b>
03:09+	04:58+	06:51+	07:21+	13:48+	14:26+	17:45+	19:20+	20:36+	22:47+	25:29+	26:21+	27:25+	28:33+	29:06+	
03:09+	01:49+	01:53-	00:30+	06:27+	00:38+	03:19+	01:35-	01:16+	02:11-	02:42+	00:52+	01:04-	01:08+	00:33+	
01:15&	00:37&	00:11-	00:01+	03:47@	00:15&	02:19@	00:56-	00:09#	00:12-	00:26#	00:15&	00:05-	00:01+	00:22@	
<b>21</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>													<b>29:36</b>
03:04+	04:55+	06:31+	06:59+	12:17+	12:53+	13:46+	15:19+	19:20+	22:06+	25:36+	26:35+	28:04+	29:19+	29:36+	
03:04+	01:51+	01:36-	00:28-	05:18+	00:36+	00:53-	01:33-	04:01+	02:46+	03:30+	00:59+	01:29+	01:15+	00:17+	
01:10&	00:39&	00:28-	00:01-	02:38&	00:13&	00:07-	00:58-	02:54@	00:23#	01:14&	00:22&	00:20&	00:08#	00:06&	
<b>22</b>	<b>Tor Inge Hansen</b>	<b>144</b>													<b>29:50</b>
04:13+	05:40+	08:16+	08:49+	11:48+	12:35+	14:16+	16:11+	17:38+	19:56+	25:48+	26:58+	28:13+	29:31+	29:50+	
04:13+	01:27+	02:36+	00:33+	02:59+	00:47+	01:41+	01:55-	01:27+	02:18-	05:52+	01:10+	01:15+	01:18+	00:19+	
02:19@	00:15#	00:32&	00:04#	00:19#	00:24@	00:41&	00:36-	00:20&	00:05-	03:36@	00:33&	00:06+	00:11#	00:08&	
<b>23</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>													<b>30:23</b>
01:01-	06:58+	08:23+	08:39+	12:11+	12:36+	18:09+	19:20+	21:54+	23:57+	27:39+	28:13+	29:16+	30:11+	30:23+	
01:01-	05:57+	01:25-	00:16-	03:32+	00:25+	05:33+	01:11-	02:34+	02:03-	03:42+	00:34-	01:03-	00:55-	00:12+	
00:53-	04:45@	00:39-	00:13-	00:52&	00:02+	04:33@	01:20-	01:27@	00:20-	01:26&	00:03-	00:06-	00:12-	00:01+	
<b>24</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>													<b>31:26</b>
01:36-	04:18+	07:09+	07:46+	12:21+	13:07+	15:01+	17:45+	19:45+	22:37+	26:57+	28:05+	29:41+	31:04+	31:26+	
01:36-	02:42+	02:51+	00:37+	04:35+	00:46+	01:54+	02:44+	02:00+	02:52+	04:20+	01:08+	01:36+	01:23+	00:22+	
00:18-	01:30@	00:47&	00:08&	01:55&	00:23&	00:54&	00:13+	00:53&	00:29#	02:04&	00:31&	00:27&	00:16#	00:11&	
<b>25</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>													<b>31:48</b>
01:58+	03:55+	07:43+	08:16+	12:10+	13:16+	14:23+	17:01+	21:30+	24:03+	27:10+	28:17+	29:36+	31:31+	31:48+	
01:58+	01:57+	03:48+	00:33+	03:54+	01:06+	01:07+	02:38+	04:29+	02:33+	03:07+	01:07+	01:19+	01:55+	00:17+	
00:04+	00:45&	01:44&	00:04#	01:14&	00:43@	00:07#	00:07+	03:22@	00:10+	00:51&	00:30&	00:10#	00:48&	00:06&	

Class	Navn	Klasse												Tid	
<b>26</b>	<b>Ommund Bakkevold</b>	<b>68</b>												<b>31:48</b>	
01:45-	04:20+	07:15+	07:44+	13:15+	14:01+	15:37+	18:16+	20:30+	23:12+	26:42+	27:58+	29:48+	31:23+	31:48+	
01:45-	02:35+	02:55+	00:29+	05:31+	00:46+	01:36+	02:39+	02:14+	02:42+	03:30+	01:16+	01:50+	01:35+	00:25+	
00:09-	01:23@	00:51&	00:00=	02:51@	00:23&	00:36&	00:08+	01:07&	00:19#	01:14&	00:39@	00:41&	00:28&	00:14@	
<b>27</b>	<b>Ivar Aalbu</b>	<b>29</b>												<b>31:55</b>	
02:24+	03:55+	05:56+	06:25+	12:21+	12:52+	13:51+	15:47+	22:17+	24:46+	27:41+	28:32+	30:15+	31:38+	31:55+	
02:24+	01:31+	02:01-	00:29=	05:56+	00:31+	00:59-	01:56-	06:30+	02:29+	02:55+	00:51+	01:43+	01:23+	00:17+	
00:30&	00:19&	00:03-	00:00=	03:16@	00:08&	00:01-	00:35-	05:23@	00:06+	00:39&	00:14&	00:34&	00:16#	00:06&	
<b>28</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>												<b>32:24</b>	
03:25+	04:53+	07:18+	07:41+	11:12+	11:58+	13:01+	14:50+	16:19+	18:49+	28:36+	29:31+	30:37+	31:59+	32:24+	
03:25+	01:28+	02:25+	00:23-	03:31+	00:46+	01:03+	01:49-	01:29+	02:30+	09:47+	00:55+	01:06-	01:22+	00:25+	
01:31&	00:16#	00:21#	00:06-	00:51&	00:23&	00:03+	00:42-	00:22&	00:07+	07:31@	00:18&	00:03-	00:15#	00:14@	
<b>29</b>	<b>Arild Svihus</b>	<b>92</b>												<b>33:04</b>	
01:40-	05:51+	08:41+	09:20+	16:47+	17:28+	18:45+	21:14+	22:56+	25:59+	29:03+	30:00+	31:25+	32:41+	33:04+	
01:40-	04:11+	02:50+	00:39+	07:27+	00:41+	01:17+	02:29-	01:42+	03:03+	03:04+	00:57+	01:25+	01:16+	00:23+	
00:14-	02:59@	00:46&	00:10&	04:47@	00:18&	00:17&	00:02-	00:35&	00:40&	00:48&	00:20&	00:16#	00:09#	00:12@	
<b>30</b>	<b>Asle Schanke Grude</b>	<b>92</b>												<b>33:20</b>	
01:06-	05:27+	07:47+	08:10+	11:10+	11:40+	12:39+	21:16+	23:17+	26:25+	30:12+	30:53+	31:57+	33:01+	33:20+	
01:06-	04:21+	02:20+	00:23-	03:00+	00:30+	00:59-	08:37+	02:01+	03:08+	03:47+	00:41+	01:04-	01:04-	00:19+	
00:48-	03:09@	00:16#	00:06-	00:20#	00:07&	00:01-	06:06@	00:54&	00:45&	01:31&	00:04#	00:05-	00:03-	00:08&	
<b>31</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>												<b>34:50</b>	
01:35-	06:16+	11:46+	12:28+	17:52+	18:58+	21:31+	23:59+	26:16+	28:34+	31:10+	31:54+	33:15+	34:31+	34:50+	
01:35-	04:41+	05:30+	00:42+	05:24+	01:06+	02:33+	02:28-	02:17+	02:18-	02:36+	00:44+	01:21+	01:16+	00:19+	
00:19-	03:29@	03:26@	00:13&	02:44@	00:43@	01:33@	00:03-	01:10@	00:05-	00:20#	00:07#	00:12#	00:09#	00:08&	
<b>32</b>	<b>Per Bakken</b>	<b>5</b>												<b>36:55</b>	
02:06+	04:31+	07:46+	08:47+	13:35+	14:27+	16:24+	18:51+	22:39+	25:52+	32:27+	33:29+	34:55+	36:32+	36:55+	
02:06+	02:25+	03:15+	01:01+	04:48+	00:52+	01:57+	02:27-	03:48+	03:13+	06:35+	01:02+	01:26+	01:37+	00:23+	
00:12#	01:13@	01:11&	00:32@	02:08&	00:29@	00:57&	00:04-	02:41@	00:50&	04:19@	00:25&	00:17#	00:30&	00:12@	
<b>33</b>	<b>Arild Olsen</b>	<b>4</b>												<b>37:50</b>	
02:46+	05:01+	07:12+	07:53+	14:31+	15:06+	16:47+	19:38+	24:28+	27:03+	30:14+	34:19+	36:16+	37:25+	37:50+	
02:46+	02:15+	02:11+	00:41+	06:38+	00:35+	01:41+	02:51+	04:50+	02:35+	03:11+	04:05+	01:57+	01:09+	00:25+	
00:52&	01:03&	00:07+	00:12&	03:58@	00:12&	00:41&	00:20#	03:43@	00:12+	00:55&	03:28@	00:48&	00:02+	00:14@	
<b>34</b>	<b>Arne Hope</b>	<b>43</b>												<b>39:30</b>	
05:01+	07:07+	10:18+	11:07+	17:47+	18:37+	20:45+	22:51+	25:49+	28:49+	32:12+	33:27+	36:43+	38:54+	39:30+	
05:01+	02:06+	03:11+	00:49+	06:40+	00:50+	02:08+	02:06-	02:58+	03:00+	03:23+	01:15+	03:16+	02:11+	00:36+	
03:07@	00:54&	01:07&	00:20&	04:00@	00:27@	01:08@	00:25-	01:51@	00:37&	01:07&	00:38@	02:07@	01:04&	00:25@	
<b>35</b>	<b>Steinar Aase</b>	<b>268</b>												<b>42:23</b>	
02:44+	05:59+	10:31+	11:10+	20:08+	20:54+	22:36+	25:16+	28:52+	32:54+	37:00+	38:21+	40:10+	41:55+	42:23+	
02:44+	03:15+	04:32+	00:39+	08:58+	00:46+	01:42+	02:40+	03:36+	04:02+	04:06+	01:21+	01:49+	01:45+	00:28+	
00:50&	02:03@	02:28@	00:10&	06:18@	00:23&	00:42&	00:09+	02:29@	01:39&	01:50&	00:44@	00:40&	00:38&	00:17@	
<b>36</b>	<b>Ove Vatland</b>	<b>128</b>												<b>44:03</b>	
12:12+	14:16+	16:41+	17:17+	24:00+	24:44+	26:08+	29:26+	31:37+	34:56+	38:47+	40:06+	41:47+	43:35+	44:03+	
12:12+	02:04+	02:25+	00:36+	06:43+	00:44+	01:24+	03:18+	02:11+	03:19+	03:51+	01:19+	01:41+	01:48+	00:28+	
10:18@	00:52&	00:21#	00:07#	04:03@	00:21&	00:24&	00:47&	01:04&	00:56&	01:35&	00:42@	00:32&	00:41&	00:17@	
<b>37</b>	<b>Samuel Denieul</b>	<b>42</b>												<b>46:47</b>	
03:46+	08:40+	11:44+	12:11+	22:56+	24:11+	26:48+	31:18+	32:31+	36:34+	40:01+	42:45+	43:33+	45:25+	46:30+	46:47+
03:46+	04:54+	03:04+	00:27-	10:45+	01:15+	02:37+	04:30+	01:13+	04:03+	03:27+	02:44+	00:48-	01:52+	01:05+	00:17+
01:52&	03:42@	01:00&	00:02-	08:05@	00:52@	01:37@	01:59&	00:06+	01:40&	01:11&	02:07@	00:21-	00:45&	00:54@	00:17+
<b>38</b>	<b>Paul Richard Carr</b>	<b>136</b>												<b>48:22</b>	
03:29+	04:54+	09:04+	09:59+	25:22+	25:52+	28:07+	32:07+	33:35+	36:22+	39:45+	41:38+	46:24+	47:59+	48:22+	
03:29+	01:25+	04:10+	00:55+	15:23+	00:30+	02:15+	04:00+	01:28+	02:47+	03:23+	01:53+	04:46+	01:35+	00:23+	
01:35&	00:13#	02:06@	00:26&	12:43@	00:07&	01:15@	01:29&	00:21&	00:24#	01:07&	01:16@	03:37@	00:28&	00:12@	
<b>39</b>	<b>Svein Inge Sævereid</b>	<b>126</b>												<b>53:02</b>	
06:25+	11:29+	16:01+	17:00+	25:50+	26:45+	29:43+	33:21+	37:48+	42:07+	46:42+	48:06+	50:17+	52:27+	53:02+	
06:25+	05:04+	04:32+	00:59+	08:50+	00:55+	02:58+	03:38+	04:27+	04:19+	04:35+	01:24+	02:11+	02:10+	00:35+	
04:31@	03:52@	02:28@	00:30@	06:10@	00:32@	01:58@	01:07&	03:20@	01:56&	02:19@	00:47@	01:02&	01:03&	00:24@	
<b>40</b>	<b>Johan Rasmussen</b>	<b>93</b>												<b>53:26</b>	
08:48+	11:52+	16:07+	16:54+	22:46+	24:07+	26:51+	32:50+	36:11+	39:19+	43:56+	49:04+	50:29+	52:29+	53:26+	
08:48+	03:04+	04:15+	00:47+	05:52+	01:21+	02:44+	05:59+	03:21+	03:08+	04:37+	05:08+	01:25+	02:00+	00:57+	
06:54@	01:52@	02:11@	00:18&	03:12@	00:58@	01:44@	03:28@	02:14@	00:45&	02:21@	04:31@	00:16#	00:53&	00:46@	

Class	Navn	Klasse													Tid
<b>41</b>	<b>Arthur Christiansen</b>	<b>93</b>													<b>1:00:01</b>
08:03+	11:15+	16:32+	17:47+	24:38+	26:08+	28:24+	32:32+	36:26+	41:40+	51:15+	53:29+	56:20+	59:16+	60:01+	
08:03+	03:12+	05:17+	01:15+	06:51+	01:30+	02:16+	04:08+	03:54+	05:14+	09:35+	02:14+	02:51+	02:56+	00:45+	
06:09@	02:00@	03:13@	00:46@	04:11@	01:07@	01:16@	01:37@	02:47@	02:51@	07:19@	01:37@	01:42@	01:49@	00:34@	

**Beste strekktid for klassen**

00:59	00:53	01:25	00:16	00:25	00:23	00:20	00:39	01:04	01:15	01:48	00:34	00:47	00:55	00:09
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.