1	Wib	eke Le	nde			-	74						31:39	•					
01:27=	02:30=	05:34=	08:13=	10:00=	11:42=	13:24=	15:49=	17:28=	18:16=	19:41=	20:08=	21:01=	23:05=	24:27=	27:08=	29:10=	30:53=	31:26=	31:39=
01:27=	01:03=	03:04=	02:39=	01:47=	01:42=	01:42=	02:25=	01:39=	00:48=	01:25=	00:27=	00:53=	02:04=	01:22=	02:41=	02:02=	01:43=	00:33=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingr	id Sim	ensen			•	101						32:21	1					
01:36+	03:48+	06:50+	09:40+	11:15+	12:51+	14:28+	18:23+	21:02+	21:50+	22:56+	23:23+	24:04+	25:29+	26:15+	28:51+	30:33+	31:35+	32:06+	32:21+
01:36+	02:12+	03:02-	02:50+	01:35-	01:36-	01:37-	03:55+	02:39+	00:48=	01:06-	00:27=	00:41-	01:25-	00:46-	02:36-	01:42-	01:02-	00:31-	00:15+
00:09#	01:09@	00:02-	00:11+	00:12-	00:06-	00:05-	01:30&	01:00&	00:00=	00:19-	00:00=	00:12-	00:39-	00:36-	00:05-	00:20-	00:41-	00:02-	00:02#
3	Røn	naug I	Egelan	d		•	154						32:45	5					
01:27=	02:40+	06:27+	09:01+	10:43+	12:40+	14:30+	16:36+	18:23+	19:04+	20:42+	21:20+	22:10+	24:01+	25:19+	28:19+	30:20+	31:53+	32:29+	32:45+
01:27=	01:13+	03:47+	02:34-	01:42-	01:57+	01:50+	02:06-	01:47+	00:41-	01:38+	00:38+	00:50-	01:51-	01:18-	03:00+	02:01-	01:33-	00:36+	00:16+
00:00=	00:10#	00:43#	00:05-	00:05-	00:15#	+80:00	00:19-	00:08+	00:07-	00:13#	00:11&	00:03-	00:13-	00:04-	00:19#	00:01-	00:10-	00:03+	00:03#
4	Hele	ne Lie)			2	228						32:56	3					
																		32:39+	
																		00:40+	
00:07+	00:33&	00:14+	00:57&	00:00=	00:12#	00:23#	00:39-	00:13#	00:04-	00:15-	00:07&	00:01-	00:30-	00:05-	00:09+	00:09+	00:24-	00:07#	00:04&
5	Mett	e Lang	geland			•	117						38:10)					
																		37:48+	
																		00:52+	
00:27&	00:29&	01:49&	00:51&	00:14#	00:29&			00:05+	00:00=	00:06-	00:10&	00:05+			00:56&	00:13#	00:05+	00:19&	00:09&
6		ne Thเ					18						38:3						
																		38:17+	
																		00:42+	
00:03-	00:03-	00:18-	05:18@	00:02+	00:46&	00:08+	00:21-	00:06+	00:08#	00:09#	00:38@	00:10#			00:16+	00:04+	00:22-	00:09&	00:05&
7			helsen	-			117						38:41	_					
																		38:23+	
																		00:41+	
01:04&						00:27&	00:24-	00:54&	00:02+	00:00=	00:06#	01:02@	01:02-	00:13-	00:33#	00:18#	00:05+	00:08#	00:05&
8	Ingu	nn Be	rghein	n Lanc	Isnes	7	74						41:44	1					
																		41:25+	
												01:12+					01:49+		
					00:34&	00:41&	00:13+	00:19#	00:35&	00:20#	00:23&	00:19&	00:19-	00:16#	00:59&	00:38&	00:06+	00:35@	00:06&
Beste	strekk	tid for	' klass	en															
01:24				01:35	01:36	01:37	01:46	01:39	00:41	01:06	00:27	00:41	01:02	00:46	02:36	01:42	01:02	00:31	00:13
					.,														

Damer 40 - 49 år

1	Lind	a Mari	Vestv	'ik		•	62						38:08	3						
01:43=	03:34=	06:06=	07:41=	11:45=	13:23=	15:00=	16:24=	17:36=	18:36=	20:04=	21:29=	27:30=	28:54=	30:17=	32:50=	34:48=	36:31=	37:23=	37:52=	38:08=
01:43=	01:51=	02:32=	01:35=	04:04=	01:38=	01:37=	01:24=	01:12=	01:00=	01:28=	01:25=	06:01=	01:24=	01:23=	02:33=	01:58=	01:43=	00:52=	00:29=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hilde	e Hetla	nd			2	29						39:06	3						
01:37-	03:15-	06:05-	13:40+	17:41+	19:18+	20:21+	22:49+	23:57+	24:47+	26:05+	26:38+	28:55+	30:14+	31:49+	34:32+	36:26+	37:37+	38:21+	38:53+	39:06+
01:37-	01:38-	02:50+	07:35+	04:01-	01:37-	01:03-	02:28+	01:08-	00:50-	01:18-	00:33-	02:17-	01:19-	01:35+	02:43+	01:54-	01:11-	00:44-	00:32+	00:13-
00:06-	00:13-	00:18#	06:00@	00:03-	00:01-	00:34-	01:04&	00:04-	00:10-	00:10-	00:52-	03:44-	00:05-	00:12#	00:10+	00:04-	00:32-	00:08-	00:03#	00:03-
3	Berit	t Våg A	Akslan	d		•	116						40:40)						
03:50+	05:49+	08:19+	10:19+	15:03+	17:07+	18:11+	19:59+	23:35+	24:24+	25:38+	26:12+	28:08+	30:33+	32:28+	36:13+	38:10+	39:20+	39:58+	40:26+	40:40+
03:50+	01:59+	02:30-	02:00+	04:44+	02:04+	01:04-	01:48+	03:36+	00:49-	01:14-	00:34-	01:56-	02:25+	01:55+	03:45+	01:57-	01:10-	00:38-	00:28-	00:14-
02:07@	00:08+	00:02-	00:25&	00:40#	00:26&	00:33-	00:24&	02:24@	00:11-	00:14-	00:51-	04:05-	01:01&	00:32&	01:12&	00:01-	00:33-	00:14-	00:01-	00:02-
4	Tove	e Irene	Ashei	im		1	116						43:39	9						
01:55+	03:59+	07:18+	09:25+	15:00+	17:22+	18:52+	20:45+	23:11+	24:14+	25:41+	26:32+	30:32+	32:08+	33:53+	37:12+	39:52+	41:32+	42:31+	43:17+	43:39+
01:55+	02:04+	03:19+	02:07+	05:35+	02:22+	01:30-	01:53+	02:26+	01:03+	01:27-	00:51-	04:00-	01:36+	01:45+	03:19+	02:40+	01:40-	00:59+	00:46+	00:22+
00:12#	00:13#	00:47&	00:32&	01:31&	00:44&	00:07-	00:29&	01:14@	00:03+	00:01-	00:34-	02:01-	00:12#	00:22&	00:46&	00:42&	00:03-	00:07#	00:17&	00:06&

Plass	Navı	1				ı	Klasse	•					Tid							
5	Hilde	Frøy	tlog Ka	arlsen		2	228						46:03	3						
01:57+			10:26+			20:14+	22:23+	23:49+	24:55+	27:19+	28:11+	31:50+	33:09+	35:22+	39:18+	42:15+	44:22+	45:05+	45:41+	46:03+
01:57+	02:35+	03:18+	02:36+	06:14+	01:59+	01:35-	02:09+	01:26+	01:06+	02:24+	00:52-	03:39-	01:19-	02:13+	03:56+	02:57+	02:07+	00:43-	00:36+	00:22+
00:14#	00:44&	00:46&	01:01&	02:10&	00:21#	00:02-	00:45&	00:14#	00:06#	00:56&	00:33-	02:22-	00:05-	00:50&	01:23&	00:59&	00:24#	00:09-	00:07#	00:06&
6	Astr	id Esp	е			8	30						52:37	7						
02:24+	04:56+	07:51+	11:25+	18:07+	20:40+	22:36+	25:29+	27:39+	29:03+	31:37+	32:46+	36:08+	38:21+	41:18+	45:27+	48:20+	50:46+	51:33+	52:13+	52:37+
02:24+	02:32+	02:55+	03:34+	06:42+	02:33+	01:56+	02:53+	02:10+	01:24+	02:34+	01:09-	03:22-	02:13+	02:57+	04:09+	02:53+	02:26+	00:47-	00:40+	00:24+
00:41&	00:41&	00:23#	01:59@	02:38&	00:55&	00:19#	01:29@	00:58&	00:24&	01:06&	00:16-	02:39-	00:49&	01:34@	01:36&	00:55&	00:43&	00:05-	00:11&	380:00
Beste	strekk	tid for	klass	en																
01:37	01:38	02:30	01:35	04:01	01:37	01:03	01:24	01:08	00:49	01:14	00:33	01:56	01:19	01:23	02:33	01:54	01:10	00:38	00:28	00:13

Damer 50 - 59 år

1	Keth	Berg	araf				116						31:5	5						
01:25=	02:55=	04:33=	05:58=	10:14=	11:43=	12:53=	14:18=	15:27=	16:14=	17:16=	18:02=	21:42=	22:53=	24:21=	26:52=	29:07=	30:25=	31:07=	31:37=	31:55=
01:25=	01:30=	01:38=	01:25=	04:16=	01:29=	01:10=	01:25=	01:09=	00:47=	01:02=	00:46=	03:40=	01:11=	01:28=	02:31=	02:15=	01:18=	00:42=	00:30=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gun	n J. Gi	refstac	t		2	2						36:5	7						
01:45+	03:48+	05:52+	08:03+	12:44+	14:28+	15:50+	17:52+	19:13+	20:15+	21:29+	22:09+	25:31+	26:52+	28:18+	31:06+	33:47+	35:08+	36:05+	36:39+	36:57+
01:45+	02:03+	02:04+	02:11+	04:41+	01:44+	01:22+	02:02+	01:21+	01:02+	01:14+	00:40-	03:22-	01:21+	01:26-	02:48+	02:41+	01:21+	00:57+	00:34+	00:18=
00:20#	00:33&	00:26&	00:46&	00:25+	00:15#	00:12#	00:37&	00:12#	00:15&	00:12#	00:06-	00:18-	00:10#	00:02-	00:17#	00:26#	00:03+	00:15&	00:04#	00:00=
3	Kari	Småd	al Tur	øν			115						37:19	9						
01:38+	03:44+	06:07+	08:35+	13:18+	15:03+	16:19+	18:12+	19:32+	20:36+	21:42+	22:24+	25:06+	27:01+	28:45+	31:44+	34:14+	35:43+	36:26+	37:01+	37:19+
01:38+	02:06+	02:23+	02:28+	04:43+	01:45+	01:16+	01:53+	01:20+	01:04+	01:06+	00:42-	02:42-	01:55+	01:44+	02:59+	02:30+	01:29+	00:43+	00:35+	00:18=
00:13#	00:36&	00:45&	01:03&	00:27#	00:16#	00:06+	00:28&	00:11#	00:17&	00:04+	00:04-	00:58-	00:44&	00:16#	00:28#	00:15#	00:11#	00:01+	00:05#	00:00=
4	Målf	rid Bje	rkeli			2	237						39:00	0						
01:36+	03:49+	05:49+	08:08+	13:45+	15:50+	17:00+	19:22+	21:03+	21:59+	23:17+	23:58+	26:33+	27:42+	29:37+	32:31+	35:01+	36:53+	38:01+	38:39+	39:00+
																	01:52+			00:21+
00:11#	00:43&	00:22#	00:54&	01:21&	00:36&	00:00=	00:57&	00:32&	00:09#	00:16&	00:05-	01:05-	00:02-	00:27&	00:23#	00:15#	00:34&	00:26&	380:00	00:03#
5	Nidu	nn Sa	ndvik			2	228						39:12	2						
01:45+	03:58+	06:05+	08:13+	13:16+	15:05+	16:13+	18:03+	19:12+	20:12+	22:31+	23:18+	25:56+	27:52+	30:34+	33:33+	36:11+	37:32+	38:15+	38:50+	39:12+
01:45+	02:13+	02:07+	02:08+	05:03+	01:49+	01:08-	01:50+	01:09=	01:00+	02:19+	00:47+	02:38-	01:56+	02:42+	02:59+	02:38+	01:21+	00:43+	00:35+	00:22+
00:20#	00:43&	00:29&	00:43&	00:47#	00:20#	00:02-	00:25&	00:00=	00:13&	01:170	00:01+	01:02-	00:45&	01:14&	00:28#	00:23#	00:03+	00:01+	00:05#	00:04#
6	Kris	tin Ska	dsem			•	18						42:2	5						
02:01+	04:10+	07:22+	09:03+	14:56+	16:45+	18:24+	20:20+	21:54+	23:07+	24:28+	25:13+	29:27+	30:47+	32:50+	36:07+	38:38+	40:33+	41:26+	42:02+	42:25+
02:01+	02:09+	03:12+	01:41+	05:53+	01:49+	01:39+	01:56+	01:34+	01:13+	01:21+	00:45-	04:14+	01:20+	02:03+	03:17+	02:31+	01:55+	00:53+	00:36+	00:23+
00:36&	00:39&	01:34&	00:16#	01:37&	00:20#	00:29&	00:31&	00:25&	00:26&	00:19&	00:01-	00:34#	00:09#	00:35&	00:46&	00:16#	00:37&	00:11&	00:06#	00:05&
7	Ingu	nn Vo	ilås			2	29						43:34	4						
																			43:13+	
																			00:37+	
00:15#	00:31&	00:13#	01:21&	04:51@	00:10#	00:19&	00:38&	00:23&	00:12&	00:23&	00:03-	00:17-	00:09#	00:37&	01:31&	00:01+	00:18#	00:03-	00:07#	00:03#
8		got Lill				_	27						43:3	_						
																			43:17+	
																			00:31+	
00:26&	00:41&	00:56&	00:06+	01:30&	00:26&	00:57&	00:38&	03:22@	00:15&	00:41&	00:06-	00:03+	00:22&	00:29&	00:33#	00:06-	00:21&	00:05#	00:01+	00:00=
9		tin Har					92						43:44	-						
02:19+	04:26+	06:32+	08:46+	14:52+	16:48+	18:17+	20:24+	22:36+	23:44+	25:40+	26:30+	30:52+	32:22+	34:01+	37:42+	40:18+	41:56+	42:40+	43:23+	43:44+
																			00:43+	
00:54&	00:37&	00:28&	00:49&	01:50&	00:27&	00:19&	00:42&	01:03&	00:21&	00:54&	00:04+	00:42#	00:19&	00:11#	01:10&	00:21#	00:20&	00:02+	00:13&	00:03#
10	Mari	e-Eliza	abeth I	Reinse	eth	2	27						43:5	5						
																	42:14+			43:55+
																	01:33+			00:17-
03:37@				00:27#	00:28&	00:34&	00:40&	00:12#	00:06#	00:13#	00:04-	00:33#	00:01+	00:18-	00:48&	01:03&	00:15#	00:09#	00:03#	00:01-
11		e Otte					116						44:34	-						
																			44:16+	
																			00:33+	
00:17#	00:30&	00:27&	00:34&	03:17&	00:16#	00:11#	00:12#	00:13#	01:24@	00:34&	00:01-	02:43&	00:18&	00:49&	00:24#	00:04+	00:04+	00:20&	00:03#	00:00=

Plass	Navı	n					Klasse						Tid							
12	Ellin	or Nes	sse			•	116						46:46	3						
01:52+	03:50+	06:20+	08:04+	15:39+	17:30+	18:55+	20:52+	23:02+	24:14+	25:56+	26:52+	31:09+	34:17+	36:12+	39:44+	42:50+	44:37+	45:36+	46:23+	46:46+
01:52+	01:58+	02:30+	01:44+	07:35+	01:51+	01:25+	01:57+	02:10+	01:12+	01:42+	00:56+	04:17+	03:08+	01:55+	03:32+	03:06+	01:47+	00:59+	00:47+	00:23+
00:27&	00:28&	00:52&	00:19#	03:19&	00:22#	00:15#	00:32&	01:01&	00:25&	00:40&	00:10#	00:37#	01:57@	00:27&	01:01&	00:51&	00:29&	00:17&	00:17&	00:05&
13	Anne	e-Siv (Gjertse	n		2	27			50:36	3									
01:44+			17:44+		24:24+	25:38+	27:10+	28:29+	29:26+	31:00+	31:40+	34:08+	35:30+	36:48+	39:34+	41:53+	48:56+	49:48+	50:18+	50:36+
01:44+	08:00+	01:54+	06:06+	04:48+	01:52+	01:14+	01:32+	01:19+	00:57+	01:34+	00:40-	02:28-	01:22+	01:18-	02:46+	02:19+	07:03+	00:52+	00:30=	00:18=
00:19#	06:30@	00:16#	04:41@	00:32#	00:23&	00:04+	00:07+	00:10#	00:10#	00:32&	00:06-	01:12-	00:11#	00:10-	00:15+	00:04+	05:45@	00:10#	00:00=	00:00=
14	Ellin	or Ho	emsne	s			116						52:53	3						
04:39+	06:51+	09:23+	12:53+	17:54+	21:43+	23:13+	26:53+	29:15+	30:24+	32:47+	33:38+	36:56+	38:36+	41:35+	44:58+	47:32+	49:19+	51:51+	52:31+	52:53+
04:39+	02:12+	02:32+	03:30+	05:01+	03:49+	01:30+	03:40+	02:22+	01:09+	02:23+	00:51+	03:18-	01:40+	02:59+	03:23+	02:34+	01:47+	02:32+	00:40+	00:22+
03:14@	00:42&	00:54&	02:05@	00:45#	02:20@	00:20&	02:15@	01:13@	00:22&	01:21@	00:05#	00:22-	00:29&	01:31@	00:52&	00:19#	00:29&	01:50@	00:10&	00:04#
15	Brit '	Vivian	Melin	a			116						1:00:	41						
02:46+	12:35+	15:34+	20:27+	26:38+	28:50+	30:24+	32:31+	34:33+	36:05+	37:51+	38:52+	43:44+	45:50+	47:46+	52:38+	55:51+	58:39+	59:29+	60:13+	60:41+
02:46+	09:49+	02:59+	04:53+	06:11+	02:12+	01:34+	02:07+	02:02+	01:32+	01:46+	01:01+	04:52+	02:06+	01:56+	04:52+	03:13+	02:48+	00:50+	00:44+	00:28+
01:21&	08:19@	01:21&	03:28@	01:55&	00:43&	00:24&	00:42&	00:53&	00:45&	00:44&	00:15&	01:12&	00:55&	00:28&	02:21&	00:58&	01:30@	00:08#	00:14&	00:10&
Beste	strekk	tid for	r klass	en																
01:25	01:30	01:38	01:25	04:16	01:29	01:08	01:25	01:09	00:47	01:02	00:40	02:28	01:09	01:10	02:31	02:09	01:18	00:39	00:30	00:17

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

Damer 60 - 64 år

1	Mari	t Karir	n Nygå	rd		ç	92						30:13	3
01:16=					14:31=	17:41=	19:14=	21:36=	23:19=	25:57=	27:49=	29:26=	29:57=	30:13=
01:16=	01:00=	03:22=	03:06=	01:57=	03:50=	03:10=	01:33=	02:22=	01:43=	02:38=	01:52=	01:37=	00:31=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingri	id Eik				8	38						31:57	7
01:14-	02:33+	05:24-	09:31+	11:09+	13:56-	17:51+	19:13-	21:23-	24:51+			31:13+	31:40+	31:57+
01:14-	01:19+	02:51-	04:07+	01:38-	02:47-	03:55+	01:22-	02:10-	03:28+	02:42+	02:00+	01:40+	00:27-	00:17+
00:02-	00:19&	00:31-	01:01&	00:19-	01:03-	00:45#	00:11-	00:12-	01:45@	00:04+	00:08+	00:03+	00:04-	00:01+
3	Beri	t Bakk	en			1	168						34:25	5
01:24+	02:45+	08:31+	12:37+	14:37+	17:57+	21:07+	22:33+	25:00+	26:42+	29:29+	31:38+	33:29+	34:05+	34:25+
01:24+	01:21+	05:46+	04:06+	02:00+	03:20-	03:10=	01:26-	02:27+	01:42-	02:47+	02:09+	01:51+	00:36+	00:20+
00:08#	00:21&	02:24&	01:00&	00:03+	00:30-	00:00=	00:07-	00:05+	00:01-	00:09+	00:17#	00:14#	00:05#	00:04#
4	Kari	Blixha	avn			2	228						43:11	
03:02+	04:43+	10:20+	14:58+	17:11+	21:16+	26:27+	28:13+	31:08+	33:26+	37:00+	39:44+	41:58+	42:47+	43:11+
03:02+	01:41+		04:38+			05:11+					02:44+	02:14+	00:49+	00:24+
01:460	00:41&	02:15&	01:32&	00:16#	00:15+	02:01&	00:13#	00:33#	00:35&	00:56&	00:52&	00:37&	00:18&	380:00
5	Hallo	dis Ha	ndelar	ıd		ç	92						47:26	3
01:51+	03:25+	12:12+	16:16+	18:48+	22:19+	28:15+	31:01+	34:25+	37:40+	41:15+	43:57+	46:17+	47:03+	47:26+
01:51+			04:04+										00:46+	
00:35&	00:34&	05:25@	00:58&	00:35&	00:19-	02:46&	01:13&	01:02&	01:32&	00:57&	00:50&	00:43&	00:15&	00:07&
6	Beri	t K. Gr	amsta	d		1	113						48:33	3
01:49+	03:18+		17:50+									47:15+	48:12+	
01:49+	01:29+		06:49+										00:57+	
00:33&	00:29&	04:210	03:43@	00:22#	00:51-	03:19@	00:46&	01:35&	01:35&	00:39#	00:37&	00:41&	00:26&	00:05&
7	Unn	i Rellir	ng			ç	92						1:02:	51
02:02+	03:49+	26:22+	31:10+	34:03+	38:48+	42:07+	45:32+		52:09+	56:00+	58:51+	61:35+	62:25+	62:51+
02:02+	01:47+		04:48+		04:45+		03:25+		02:57+	03:51+	02:51+	02:44+	00:50+	00:26+
00:46&	00:47&	19:110	01:42&	00:56&	00:55#	00:09+	01:520	01:18&	01:14&	01:13&	00:59&	01:07&	00:19&	00:10&
Beste	strekk	tid for	klass	en										
01:14	01:00	02:51	03:06	01:38	02:47	03:10	01:22	02:10	01:42	02:38	01:52	01:37	00:27	00:16

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

Damer 65 - 69 år

Plass	Navı	n				ŀ	Klasse						Tid	
1	Inge	r Skre	tting C	pstad		5	54						38:06	3
01:44=	03:30=	07:49=	12:48=	14:56=	19:27=	22:32=	24:11=	27:01=	29:18=	32:43=	35:14=	37:03=	37:41=	38:06=
01:44=	01:46=	04:19=	04:59=	02:08=	04:31=	03:05=	01:39=	02:50=	02:17=	03:25=	02:31=	01:49=	00:38=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kirst	ten Ca	rlsen			g	3						40:59)
01:29-	03:05-	07:22-	11:39-	14:03-	19:47+	23:58+	26:39+	29:49+	31:35+	35:01+	37:32+	39:51+	40:39+	40:59+
01:29-	01:36-	04:17-	04:17-	02:24+	05:44+	04:11+	02:41+	03:10+	01:46-	03:26+	02:31=	02:19+	00:48+	00:20-
00:15-	00:10-	00:02-	00:42-	00:16#	01:13&	01:06&	01:02&	00:20#	00:31-	00:01+	00:00=	00:30&	00:10&	00:05-
3	Mett	e Dag	sland			6	8						41:37	7
01:43-	03:03-	09:14+	12:25-	14:31-	17:18-	21:48-	23:33-	26:01-	30:41+	36:49+	38:56+	40:38+	41:15+	41:37+
01:43-	01:20-	06:11+	03:11-	02:06-	02:47-	04:30+	01:45+	02:28-	04:40+	06:08+	02:07-	01:42-	00:37-	00:22-
00:01-	00:26-	01:52&	01:48-	00:02-	01:44-	01:25&	00:06+	00:22-	02:23@	02:43&	00:24-	00:07-	00:01-	00:03-
4	Wen	che A	nda Ha	aarr		9)2						47:15	5
01:42-	03:30=	08:56+	13:50+	16:37+	20:48+	27:04+	29:18+	34:40+	37:07+	41:34+	44:15+	46:10+	46:46+	47:15+
01:42-	01:48+	05:26+	04:54-	02:47+	04:11-	06:16+	02:14+	05:22+	02:27+	04:27+	02:41+	01:55+	00:36-	00:29+
00:02-	00:02+	01:07&	00:05-	00:39&	00:20-	03:11@	00:35&	02:32&	00:10+	01:02&	00:10+	00:06+	00:02-	00:04#
Beste	strekk	tid for	klass	en										
01:29	01:20	04:17	03:11	02:06	02:47	03:05	01:39	02:28	01:46	03:25	02:07	01:42	00:36	00:20

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

Damer 70 - 74 år

1	Turi	d Nyst	røm				88						32:25	
01:30=	02:51=	06:43=	10:25=	12:13=	14:58=	18:43=	20:27=	23:01=	24:54=	27:43=	29:55=	31:26=	32:05=	32:25=
													00:39=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hald	lis Gle	ndran	qe		6	88						38:46	3
01:29-	03:10+	08:13+	12:26+	15:06+	19:36+	23:40+	25:51+	28:25+	30:02+	33:10+	35:36+	37:47+	38:30+	38:46+
01:29-	01:41+	05:03+	04:13+	02:40+	04:30+	04:04+	02:11+	02:34=	01:37-	03:08+	02:26+	02:11+	00:43+	00:16-
00:01-	00:20#	01:11&	00:31#	00:52&	01:45&	00:19+	00:27&	00:00=	00:16-	00:19#	00:14#	00:40&	00:04#	00:04-
3	Helg	a Aas	lid			5	54						43:30)
01:27-				16:07+	19:13+	25:34+	27:47+	31:51+	35:07+	37:46+	40:07+	42:07+	43:07+	43:30+
01:27-	01:31+	04:32+	06:17+	02:20+	03:06+	06:21+	02:13+	04:04+	03:16+	02:39-	02:21+	02:00+	01:00+	00:23+
00:03-	00:10#	00:40#	02:35&	00:32&	00:21#	02:36&	00:29&	01:30&	01:23&	00:10-	00:09+	00:29&	00:21&	00:03#
4	Hed	vig An	da			1	116						46:30)
01:49+	03:31+	09:19+	13:33+	16:03+	21:04+	29:17+	32:23+	35:05+	37:34+	40:50+	43:08+	45:26+	46:11+	46:30+
01:49+	01:42+	05:48+	04:14+	02:30+	05:01+	08:13+	03:06+	02:42+	02:29+	03:16+	02:18+	02:18+	00:45+	00:19-
00:19#	00:21&	01:56&	00:32#	00:42&	02:16&	04:28@	01:22&	00:08+	00:36&	00:27#	00:06+	00:47&	00:06#	00:01-
5	Eva	Hesse	n			3	33						47:52	2
01:33+	03:24+	09:58+	15:03+	17:33+	22:23+	28:04+	30:50+	34:49+	38:22+	41:51+	44:21+	46:42+	47:33+	47:52+
01:33+	01:51+	06:34+	05:05+	02:30+	04:50+	05:41+	02:46+	03:59+	03:33+	03:29+	02:30+	02:21+	00:51+	00:19-
00:03+	00:30&	02:42&	01:23&	00:42&	02:05&	01:56&	01:02&	01:25&	01:40&	00:40#	00:18#	00:50&	00:12&	00:01-
6	Ragi	nhild (Christi	ansen		ç	93						51:18	3
02:15+						29:54+	32:43+	36:00+	39:55+	44:00+	47:27+	49:59+	50:47+	51:18+
02:15+													00:48+	00:31+
00:45&	00:24&	02:59&	02:12&	00:46&	01:16&	02:49&	01:05&	00:43&	02:02@	01:16&	01:15&	01:01&	00:09#	00:11&
7	Marc	aret N	/lalmin	1		1	105						55:31	l
02:07+					24:09+	33:26+	36:09+	39:52+	43:15+	47:32+	51:00+	54:07+	55:01+	55:31+
02:07+	01:59+	06:42+	05:14+	03:44+	04:23+	09:17+	02:43+	03:43+	03:23+	04:17+	03:28+	03:07+	00:54+	00:30+
00:37&	00:38&	02:50&	01:32&	01:560	01:38&	05:32@	00:59&	01:09&	01:30&	01:28&	01:16&	01:36@	00:15&	00:10&
Beste	strekk	tid for	klass	en										
01:27	01:21	03:52	03:42	01:48	02:45	03:45	01:44	02:34	01:37	02:39	02:12	01:31	00:39	00:16

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

Damer 75 - 79 år

Plass	Navi	n				ı	Klasse	•					Tid		
1	Beri	t Ebbe	II Olse	n		(8						48:21	1	
02:11=	04:09=	09:47=	16:53=	19:12=	23:01=	27:53=	30:44=	33:48=	36:27=	40:57=	44:33=	46:54=	47:57=	48:21=	
02:11=	01:58=	05:38=	07:06=	02:19=	03:49=	04:52=	02:51=	03:04=	02:39=	04:30=	03:36=	02:21=	01:03=	00:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Synnøve Fuglestad 29 53														
01:33-	04:40+	11:44+	15:23-	17:24-	34:39+	38:36+	40:57+	43:19+	45:14+	48:19+	50:41+	52:31+	53:12+	53:33+	
01:33-	03:07+	07:04+	03:39-	02:01-	17:15+	03:57-	02:21-	02:22-	01:55-	03:05-	02:22-	01:50-	00:41-	00:21-	
00:38-	01:09&	01:26&	03:27-	00:18-	13:26@	00:55-	00:30-	00:42-	00:44-	01:25-	01:14-	00:31-	00:22-	00:03-	
Beste	strekk	tid for	klass	en											
01:33	01:58	05:38	03:39	02:01	03:49	03:57	02:21	02:22	01:55	03:05	02:22	01:50	00:41	00:21	
= Som k	lassevir	ner, -	raskere,	+ sei	nere, #	10% tap	, & 25	5% tap,	@ 100%	tap.					

Damer 80 år og eldre

1	Gøri	ld Esp	edal			1	113						1:02:	20		
03:06=	06:34=	12:58=	21:11=	24:16=	27:27=	31:25=	33:42=	36:02=	43:23=	45:09=	48:35=	54:18=	57:59=	59:33=	61:49=	62:20=
03:06=	03:28=	06:24=	08:13=	03:05=	03:11=	03:58=	02:17=	02:20=	07:21=	01:46=	03:26=	05:43=	03:41=	01:34=	02:16=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
Beste	strekk	tid for	klass	en												
03:06	03:28	06:24	08:13	03:05	03:11	03:58	02:17	02:20	07:21	01:46	03:26	05:43	03:41	01:34	02:16	00:31

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

Damer A

1	Aud	Hogn	estad ⁻	Γaksda	al	9	92						31:56	3													
00:34=						07:31=	U8:42=	09:15=	10:42=	12:06=	15:23=	16:42=	18:06=	18:54=	20:20=	21:25=	21:55=	22:28=	23:01=	23:50=	24:15=	25:30=	26:58=	28:59=	29:47=		
00:34=	01:30=	01:19=	01:56=	00:50=	00:36=	00:46=	01:11=	00:33=	01:27=	01:24=	03:17=	01:19=	01:24=	00:48=	01:26=	01:05=	00:30=	00:33=	00:33=	00:49=	00:25=	01:15=	01:28=	02:01=	00:48=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
30:29=	31:18=	31:43=	31:56=																								
00:42=	00:49=	00:25=	00:13=																								
00:00=	00:00=	00:00=	00:00=																								
Beste :	strekk	tid for	klass	en																							
00:34	01:30	01:19	01:56	00:50	00:36	00:46	01:11	00:33	01:27	01:24	03:17	01:19	01:24	00:48	01:26	01:05	00:30	00:33	00:33	00:49	00:25	01:15	01:28	02:01	00:48	00:42	00:49

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

Damer B

1	Inge	r Tone	Nyqå	rd		2	29						33:04	4								
00:38=	01:39=	03:04=	05:48=	07:03=	07:47=	08:24=	10:02=	11:38=	14:05=	15:23=	17:47=	18:39=	20:31=	22:15=	23:05=	24:57=	29:05=	30:08=	31:05=	32:29=	32:51=	33:04=
00:38=	01:01=	01:25=	02:44=	01:15=	00:44=	00:37=	01:38=	01:36=	02:27=	01:18=	02:24=	00:52=	01:52=	01:44=	00:50=	01:52=	04:08=	01:03=	00:57=	01:24=	00:22=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Rand	di Birk	eland			2	29						36:43	3								
00:44+	01:42+	03:22+	06:46+	08:08+	09:06+	09:48+	11:09+	12:50+	16:03+	17:29+	19:56+	21:06+	23:04+	24:54+	26:02+	28:22+	32:45+	33:47+	35:00+	36:00+	36:27+	36:43+
00:44+	00:58-	01:40+	03:24+	01:22+	00:58+	00:42+	01:21-	01:41+	03:13+	01:26+	02:27+	01:10+	01:58+	01:50+	01:08+	02:20+	04:23+	01:02-	01:13+	01:00-	00:27+	00:16+
00:06#	00:03-	00:15#	00:40#	00:07+	00:14&	00:05#	00:17-	00:05+	00:46&	00:08#	00:03+	00:18&	00:06+	00:06+	00:18&	00:28#	00:15+	00:01-	00:16&	00:24-	00:05#	00:03#
3	Joru	nn Jo	hanne	sen		1	116						37:12	2								
00:51+	01:53+	03:28+	06:56+	08:12+	09:19+	10:00+	11:35+	13:02+	15:59+	17:39+	20:29+	21:40+	23:47+	25:42+	26:45+	28:51+	33:20+	34:25+	35:20+	36:26+	36:54+	37:12+
00:51+	01:02+	01:35+	03:28+	01:16+	01:07+	00:41+	01:35-	01:27-	02:57+	01:40+	02:50+	01:11+	02:07+	01:55+	01:03+	02:06+	04:29+	01:05+	00:55-	01:06-	00:28+	00:18+
00:13&	00:01+	00:10#	00:44&	00:01+	00:23&	00:04#	00:03-	00:09-	00:30#	00:22&	00:26#	00:19&	00:15#	00:11#	00:13&	00:14#	00:21+	00:02+	00:02-	00:18-	00:06&	00:05&
4	Hilde	e Nord	lbø			ç	93						38:40)								
00:43+	01:52+	03:39+	07:03+	08:45+	09:45+	10:30+	12:26+	14:21+	17:29+	18:54+	22:02+	23:11+	25:14+	27:06+	27:58+	29:54+	34:22+	35:29+	36:45+	37:58+	38:24+	38:40+
00:43+	01:09+	01:47+	03:24+	01:42+	01:00+	00:45+	01:56+	01:55+	03:08+	01:25+	03:08+	01:09+	02:03+	01:52+	00:52+	01:56+	04:28+	01:07+	01:16+	01:13-	00:26+	00:16+
00.05#	00.08#	00.226	00.40#	00.276	00.166	00.08#	00.18#	00.10#	00.416	00.074	211.00	00.176	00.111	00.087	00.02+	00.04+	00.20+	00.04+	00.100	00.11_	00.04#	00.03#

Plass	Navı	า					Klasse)					Tid										
5	Ann-	Cathr	in Urd	al			118						39:36	6									
00:41+	01:44+	03:17+	07:39+	09:08+	09:59+	10:38+	12:07+	13:39+	16:29+	18:00+	22:31+	23:28+	25:40+	27:34+	28:32+	30:36+	35:12+	36:14+	37:16+	38:58+	39:22+	39:36+	
00:41+	01:03+	01:33+	04:22+	01:29+	00:51+	00:39+	01:29-	01:32-	02:50+	01:31+	04:31+	00:57+	02:12+	01:54+	00:58+	02:04+	04:36+	01:02-	01:02+	01:42+	00:24+	00:14+	
00:03+	00:02+	00:08+	01:38&	00:14#	00:07#	00:02+	00:09-	00:04-	00:23#	00:13#	02:07&	00:05+	00:20#	00:10+	00:08#	00:12#	00:28#	00:01-	00:05+	00:18#	00:02+	00:01+	
6	Vibe	ke Lai	mark			4	46						40:12	2									
						10:40+																	
						00:39+																	
00:04#	_					00:02+		00:00=	00:26#	00:22&	02:39@	00:05-			00:11#	00:10+	00:22+	00:02+	00:06#	00:15#	00:06&	00:04&	
7		-	da Fuç	,			116						40:32	_									
						11:24+																	
00:45+						00:52+ 00:15&																	
00.07#					00.240			00.24#	00:23#	00:19#	00:13#	00.34&			00:1/α	00.22#	00.17+	00:07#	00:04+	00:14-	00:05#	00.01+	
8			Tjørho				93	40 56.	45 50.	40.00.		05 04:	42:10	-	04 04:		05 50	00.04	40.00.	44 00.	44 55.		
						10:39+ 00:42+																	
						00:42+																	
9			lestne				117						42:33										
00:44+	-	-			10:18+	12:03+		15:42+	18:56+	20:29+	25:03+	26:14+		-	31:52+	34:06+	38:25+	39:36+	40:48+	41:51+	42:18+	42:33+	
00:44+	01:02+	01:40+	03:41+	01:36+	01:35+	01:45+	01:54+	01:45+	03:14+	01:33+	04:34+	01:11+	02:16+	02:16+	01:06+	02:14+	04:19+	01:11+	01:12+	01:03-	00:27+	00:15+	
00:06#	00:01+	00:15#	00:57&	00:21&	00:51@	01:08@	00:16#	00:09+	00:47&	00:15#	02:10&	00:19&	00:24#	00:32&	00:16&	00:22#	00:11+	00:08#	00:15&	00:21-	00:05#	00:02#	
10	Anne	e Gars	rud			9	90						45:2°	1									
00:48+	01:56+	03:28+	07:13+	11:55+	16:45+	17:19+	19:16+	21:20+	24:06+	25:36+	29:41+	30:49+	32:41+	34:25+	35:17+	37:06+	41:06+	42:08+	43:17+	44:40+	45:05+	45:21+	
00:48+						00:34-																	
00:10&					04:06@	00:03-		00:28&	00:19#	00:12#	01:41&	00:16&	00:00=	00:00=	00:02+	00:03-	00:08-	00:01-	00:12#	00:01-	00:03#	00:03#	
11	Tone	e Ceci	lie Nys	strøm		(68						46:23	3									
						14:24+																	
						01:27+																	
	_	_			00:20&	00:50@		00:36&	01:13&	00:27&	00:33#	00:19&			00:20&	00:40&	00:5/#	00:18&	00:13#	00:01+	00:12&	00:04&	
12			da Ha				67						46:30	•									
						11:22+																	
						00:52+ 00:15&																	
		_			00:05#			00.30&	01:13α	00.300	01.10α	00.290			01:320	00.37-	01:10-	04.230	00.240	00:13-	00.376	00:136	00.17+
13			veinsv		14.001		94	20.241	00.541	05.501	20.251	21.571	51:30	-	20.251	40 - E1 I	46.011	47.17.	40-401	E0.221	E1.11.	E1.201	
						14:56+ 00:56+																	
						00:30+																	
Beste							,				>				,								
00:38		01:25		_	00.44	00:34	01.21	01.27	02.27	01.18	02:24	00.47	01.07	01.44	00:50	01.15	02.58	01.02	00:55	01:00	00:22	00:13	
00.30	00.50	01.23	02.44	01.13	00.44	00.34	01.21	01.27	02.27	01.10	02.24	00.47	01.07	01.44	00.30	01.13	02.30	01.02	00.55	01.00	00.22	00.13	

Damer Trim

1	Ingri	d O. F	oss			•	117						25:39
01:13=	02:43=	05:51=	09:59=	11:56=	13:12=	16:17=	17:48=	19:28=	22:07=	23:45=	24:39=	25:20=	25:39=
01:13=	01:30=	03:08=	04:08=	01:57=	01:16=	03:05=	01:31=	01:40=	02:39=	01:38=	00:54=	00:41=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jane	th Kle	ppe			•	128						26:12
01:01-	02:08-		08:50-	10:37-	11:43-	17:47+	19:02+	20:24+	22:22+	24:00+	24:40+	25:56+	26:12+
01:01-	01:07-	02:30-	04:12+	01:47-	01:06-	06:04+	01:15-	01:22-	01:58-	01:38=	00:40-	01:16+	00:16-
00:12-	00:23-	00:38-	00:04+	00:10-	00:10-	02:59&	00:16-	00:18-	00:41-	00:00=	00:14-	00:35&	00:03-
3	Toni	e Tile	/			2	27						27:07
01:27+	03:11+	06:35+	10:19+	12:12+	13:23+	17:58+	19:37+	21:10+	23:33+	25:16+	26:12+	26:49+	27:07+
01:27+	01:44+	03:24+	03:44-	01:53-	01:11-	04:35+	01:39+	01:33-	02:23-	01:43+	00:56+	00:37-	00:18-
00:14#	00:14#	00:16+	00:24-	00:04-	00:05-	01:30&	00:08+	00:07-	00:16-	00:05+	00:02+	00:04-	00:01-
4	Soni	a Joha	annes	sen		•	130						27:36
01:25+	02:49+	05:50-	09:38-	11:26-	12:42-	17:30+	19:04+	20:42+	23:31+	25:26+	26:33+	27:17+	27:36+
01:25+	01:24-	03:01-	03:48-	01:48-	01:16=	04:48+	01:34+	01:38-	02:49+	01:55+	01:07+	00:44+	00:19=
00:12#	00:06-	00:07-	00:20-	00:09-	00:00=	01:43&	00:03+	00:02-	00:10+	00:17#	00:13#	00:03+	00:00=

Plass	Navı	า				ı	Klasse)					Tid
5	Rand	di Buq	ae			4	46						28:14
-				12:07+	14:55+	18:21+	19:46+	21:35+	24:18+	26:20+	27:16+	27:55+	
				01:46-								00:39-	00:19=
00:15#	00:14-	00:50&	00:29-	00:11-	01:320	00:21#	00:06-	00:09+	00:04+	00:24#	00:02+	00:02-	00:00=
6	Marc	aot As	heim			•	105						28:59
01:12-	02:17-	05:40-	10:06+	11:48-	13:02-	17:16+	19:53+	21:51+	25:34+	27:17+	28:05+	28:40+	28:59+
				01:42-									
00:01-	00:25-	00:15+	00:18+	00:15-	00:02-	01:09&	01:06&	00:18#	01:04&	00:05+	00:06-	00:06-	00:00=
7	Gret	e Helle	evik			•	168						29:02
01:20+	02:42-	05:53+	09:55-	11:49-	12:57-	19:09+	20:26+	22:08+	25:32+	27:13+	28:03+	28:43+	29:02+
				01:54-									00:19=
00:07+	00:08-	00:03+	00:06-	00:03-	00:08-	03:07@	00:14-	00:02+	00:45&	00:03+	00:04-	00:01-	00:00=
8	Solb	jørg B	orger	sen		- 2	233						29:08
				12:54+							28:10+		29:08+
				02:09+							00:54=		
00:26&	_		_	00:12#	00:41&			00:07+	00:02+	00:13#	00:00=	00:04-	
9	Sølv	i Utbø	Sakse	eid		•	116						29:12
				15:16+								28:56+	
				04:19+							00:52-	00:36-	
		_		02:22@	00:07-			00:07-	00:28-	00:07+	00:02-	00:05-	
10			rigstac				128						29:20
				14:05+									29:20+
				02:15+							01:01+	00:39-	
				00:18#	00:22&			00:05+	00:09+	00:03+	00:0/#	00:02-	
11			igstad				128						29:45
				15:04+							28:46+		29:45+
				01:56-							00:54=		
				00:01-	00:01-			00:01+	00:00=	00:23#	00:00=	00:03-	
12			e Aun				128						29:47
				15:02+									29:47+
				01:54- 00:03-							00:48-	00:40-	00:22+ 00:03#
		_		00:03-	00:07+			00:04+	00:00=	00:27&	00:06-	00:01-	
13		ı Grød					105						30:07
				13:31+ 02:03+							28:04+ 00:53-	29:49+ 01:45+	
				00:06+							00:53-		
	_				_			00.04	00.23π	00.21#	00.01	01.046	
14				en Wi			105	02 001	06.05.	00 001	00 17.	20 01:	30:24
				14:15+ 01:50-							29:17+ 00:54=	30:01+ 00:44+	
				00:07-								00:44+	
				00.07	00.17		93	00.10	00.004	00.10	00.00	00.00	
15		Sand		13:04+	1/.22			24.001	26.51.	20.201	29:31+	30:15+	30:30
				02:15+							00:53-		
				00:18#								00:03+	
16	Riar	a Elon	Ahral	namse	n		29						30:33
. •	ושנם	y ⊑ieii	11:46±	13:49+	15.28+			23.01+	26.08+	28:14+	29:20+	30:09+	
				02:03+							01:06+	00:49+	
	00:13#			00:06+							00:12#	00:08#	
17	Åsa	Seller	oita				27						30:41
				12:55+	14.53+	_		24 • 34+	27 • 13+	28.57+	29.41+	30:24+	
				01:46-									
00:25&	00:01+	01:30&	00:46-	00:11-	00:42&	03:08@	00:16#	00:01+	00:00=	00:06+	00:10-	00:02+	00:02-
18	l ind	a Hau	kås				113						31:47
				14:21+	15:52+			23:34+	27:04+	29:16+	30:28+	31:25+	
				02:52+									
00:40&	00:07+	00:21#	00:22+	00:55&	00:15#	00:46#	00:15#	00:25#	00:51&	00:34&	00:18&	00:16&	00:03#
19	Elsa	Ingolf	fsdotti	r			126						32:35
				15:32+	17:01+			24:45+	28:26+	30:27+	31:28+	32:13+	32:35+
01:23+	02:02+	03:36+	06:10+	02:21+	01:29+	04:03+	01:52+	01:49+	03:41+	02:01+	01:01+		
00:10#	00:32&	00:28#	02:02&	00:24#	00:13#	00:58&	00:21#	00:09+	01:02&	00:23#	00:07#	00:04+	00:03#

Plass	Nav	n					Klasse						Tid
20	Lillia	an Dah	ıl Fitja	r			117						33:16
01:38+			11:42+		15:42+	19:38+	21:18+	23:19+	26:21+	30:56+	31:57+	32:48+	33:16+
			04:51+										00:28+
00:25&	00:01-	00:36#	00:43#	00:28#	00:19#			00:21#	00:23#	02:57@	00:07#	00:10#	
21	Eli V	/åge				•	117						33:47
			12:53+										33:47+
			05:09+										
			01:01#					00:10#	00:36#	00:24#	00:17&	00:05#	00:03#
22			nd Sal			_	256						34:29
			13:08+										34:29+
			05:09+ 01:01#										00:34+ 00:15&
					00:19#	01:03%	- 00:30&	00:43&	00:34&	01:03%	00:134	00:134	
23			Johns			;	5						35:36
			09:15-									35:19+	
			03:20- 00:48-										
				00.23	00.270			00.10	00.55	00.03	00.07	00.03	
24		Svihu		40.00.	04 00		92		00.40.	05.40.	0.5.00.	0.5 4.5	37:05
01:49+			17:25+ 09:06+				26:55+					36:45+	37:05+ 00:20+
			04:580										
25			stad B		00.104		92	00.034	00.00	01.224	00.02	00.02	37:56
			14:52+		10.071		_	20.51.	20.251	25.001	26.241	37:21+	37:56+
			06:29+										00:35+
			02:21&										
26	Solv	eig Ma	mland				128						38:26
			15:41+	18.15+	20.05+			29.26+	32.53+	35.48+	37.08+	38.01+	
			06:03+										
01:15@			01:55&										
27	India	ord Ha	ddelar	hd			115						39:42
			17:32+		20:47+			31:55+	34:23+	37:30+	38:22+	39:21+	39:42+
			04:01-										
06:30@	00:10-	01:20&	00:07-	00:07-	00:09#	04:18@	00:10#	00:24#	00:11-	01:29&	00:02-	00:18&	00:02#
28	Mari	ianne (Gjesda	al Lynd	rås	4	253						39:49
			14:42+			_		29:36+	34:00+	36:52+	38:09+	39:12+	
			05:34+									01:03+	00:37+
01:10&	00:26&	01:41&	01:26&	00:57&	00:52&	01:50&	00:59&	00:47&	01:45&	01:14&	00:23&	00:22&	00:18&
29	Iren	e Mæla	and To	raers	en	1	253						39:50
02:27+			14:46+			24:43+	27:12+	29:38+	34:03+	36:50+	38:14+	39:13+	39:50+
02:27+			05:31+										
01:14@	00:34&	01:36&	01:23&	01:02&	00:42&	01:55&	00:58&	00:46&	01:46&	01:09&	00:30&	00:18&	00:18&
30	May	Kristi	n Haal	and		4	47						42:26
01:56+			15:24+								41:16+	42:05+	42:26+
01:56+			05:43+								01:06+		00:21+
00:43&	00:26&	02:41&	01:35&	00:32&	00:28&			00:35&	02:51@	00:57&	00:12#	00:08#	00:02#
31			ro Totl				59						48:50
			19:17+										
			09:06+										
01:380			04:580		U1:22@	U5:12@	UU:54&	01:18%	U1:59&	U1:23&	00:27&	00:19&	880:00
Beste													
01:01	01:05	02:30	03:20	01:28	01:06	03:05	01:15	01:22	01:58	01:29	00:40	00:35	00:15

Herrer 16 - 39 år

Morten Fenne 228

00:34= 01:28= 02:38= 06:01= 07:19= 08:06= 08:57= 10:13= 11:42= 14:08= 15:29= 17:53= 18:51= 20:51= 22:25= 23:47= 25:45= 29:30= 30:30= 31:22= 32:24= 32:45= 32:56= 00:34= 00:54= 01:10= 03:23= 01:18= 00:47= 00:51= 01:16= 01:29= 02:26= 01:21= 02:24= 00:58= 02:00= 01:34= 01:22= 01:58= 03:45= 01:00= 00:52= 01:02= 00:01= 00:00

Plass	Navn	1					Klasse	•					Tid									
2	Biørr	nar A.	Alvær	Sand	smark		68						34:0	1								
00:34=	01:25-					08:48-	10:40+	12:23+	15:44+	17:13+	19:47+	20:38+	22:28+	24:05+	25:01+	26:43+	30:33+	31:21+	32:25+	33:28+	33:49+	34:01+
00:34=	00:51-																					
00:00=	00:03-	00:21&	00:19-	00:05-	00:05#	00:08-	00:36&	00:14#	00:55&	00:08+	00:10+	00:07-	00:10-	00:03+	00:26-	00:16-	00:05+	00:12-	00:12#	00:01+	00:00=	00:01+
3	Rune	Svih	us			(62						35:16	3								
00:39+	01:28=			06:28-	07:23-	08:06-	09:18-	10:43-	13:13-	14:23-	21:22+	22:22+	24:04+	25:30+	26:31+	28:05+	31:26+	32:17+	33:07+	34:33+	35:01+	35:16+
00:39+	00:49-	01:07-	02:44-	01:09-	00:55+	00:43-	01:12-	01:25-	02:30+	01:10-	06:59+	01:00+	01:42-	01:26-	01:01-	01:34-	03:21-	00:51-	00:50-	01:26+	00:28+	00:15+
00:05#	00:05-	00:03-	00:39-	00:09-	00:08#	00:08-	00:04-	00:04-	00:04+	00:11-	04:35@	00:02+	00:18-	00:08-	00:21-	00:24-	00:24-	00:09-	00:02-	00:24&	00:07&	00:04&
4	Biørr	nar Ov	vren				74						35:48	3								
00:35+	01:33+			08:27+	09:37+	10:45+	12:40+	13:56+	16:47+	18:04+	20:56+	21:55+	23:50+	25:31+	26:47+	28:41+	32:34+	33:26+	34:10+	35:07+	35:33+	35:48+
00:35+	00:58+	01:22+	03:29+	02:03+	01:10+	01:08+	01:55+	01:16-	02:51+	01:17-	02:52+	00:59+	01:55-	01:41+	01:16-	01:54-	03:53+	00:52-	00:44-	00:57-	00:26+	00:15+
00:01+	00:04+	00:12#	00:06+	00:45&	00:23&	00:17&	00:39&	00:13-	00:25#	00:04-	00:28#	00:01+	00:05-	00:07+	00:06-	00:04-	00:08+	00:08-	00:08-	00:05-	00:05#	00:04&
5	Jøra	en He	tland				59						35:5	1								
00:38+	01:34+	-		07:24+	08:21+	09:01+	10:28+	12:04+	14:51+	16:32+	19:37+	20:41+	22:52+	24:39+	25:32+	27:48+	32:03+	33:08+	34:01+	35:03+	35:35+	35:51+
00:38+	00:56+	01:26+	03:01-	01:23+	00:57+	00:40-	01:27+	01:36+	02:47+	01:41+	03:05+	01:04+	02:11+	01:47+	00:53-	02:16+	04:15+	01:05+	00:53+	01:02=	00:32+	00:16+
00:04#	00:02+	00:16#	00:22-	00:05+	00:10#	00:11-	00:11#	00:07+	00:21#	00:20#	00:41&	00:06#	00:11+	00:13#	00:29-	00:18#	00:30#	00:05+	00:01+	00:00=	00:11&	00:05&
6	David	d Wad	le				116						41:02	2								
00:31-	01:47+	03:14+	08:32+	10:04+	11:00+	11:43+	15:13+	17:34+	20:20+	21:35+	24:27+	26:08+	28:15+	29:53+	30:54+	33:02+	36:54+	37:49+	38:57+	40:25+	40:48+	41:02+
00:31-	01:16+	01:27+	05:18+	01:32+	00:56+	00:43-	03:30+	02:21+	02:46+	01:15-	02:52+	01:41+	02:07+	01:38+	01:01-	02:08+	03:52+	00:55-	01:08+	01:28+	00:23+	00:14+
00:03-	00:22&	00:17#	01:55&	00:14#	00:09#	00:08-	02:14@	00:52&	00:20#	00:06-	00:28#	00:43&	00:07+	00:04+	00:21-	00:10+	00:07+	00:05-	00:16&	00:26&	00:02+	00:03&
7	Rune	Dahl	Fitiar			9	90						41:5	5								
00:44+	01:45+			10:32+	11:30+	12:21+	14:34+	16:36+	20:05+	21:31+	25:02+	26:11+	28:19+	30:17+	31:18+	33:30+	38:02+	39:09+	40:01+	41:19+	41:42+	41:55+
00:44+	01:01+	01:45+	03:40+	03:22+	00:58+	00:51=	02:13+	02:02+	03:29+	01:26+	03:31+	01:09+	02:08+	01:58+	01:01-	02:12+	04:32+	01:07+	00:52=	01:18+	00:23+	00:13+
00:10&	00:07#	00:35&	00:17+	02:04@	00:11#	00:00=	00:57&	00:33&	01:03&	00:05+	01:07&	00:11#	00:08+	00:24&	00:21-	00:14#	00:47#	00:07#	00:00=	00:16&	00:02+	00:02#
8	Rune	Hatle	<u> </u>				65						42:07	7								
00:44+	01:45+		-	08:50+	09:41+			14:54+	17:50+	19:35+	22:30+	23:46+	26:16+	28:21+	29:27+	31:58+	36:50+	38:03+	39:50+	41:30+	41:52+	42:07+
00:44+	01:01+	01:25+	04:06+	01:34+	00:51+	00:44-	02:01+	02:28+	02:56+	01:45+	02:55+	01:16+	02:30+	02:05+	01:06-	02:31+	04:52+	01:13+	01:47+	01:40+	00:22+	00:15+
00:10&	00:07#	00:15#	00:43#	00:16#	00:04+	00:07-	00:45&	00:59&	00:30#	00:24&	00:31#	00:18&	00:30#	00:31&	00:16-	00:33&	01:07&	00:13#	00:55@	00:38&	00:01+	00:04&
9	laor	Muzd	eka				74						56:30)								
00:39+	02:10+			13:48+	14:39+			22:56+	26:53+	30:55+	34:07+	35:31+		-	42:54+	45:57+	51:29+	53:03+	54:32+	55:48+	56:16+	56:30+
	01:31+																				00:28+	
00:05#	00:37&	01:31@	01:06&	03:10@	00:04+	02:43@	01:00&	00:58&	01:31&	02:41@	00:48&	00:26&	01:00&	00:59&	00:28&	01:05&	01:47&	00:34&	00:37&	00:14#	00:07&	00:03&
Beste	strekki	tid for	klass	en																		
	00:49			_	00:47	00:40	01:12	01:16	02:26	01:10	02:24	00:51	01:42	01:26	00:53	01:34	03:21	00:48	00:44	00:57	00:21	00:11

Herrer 40 - 49 år

1	Kieti	l Tora	ersen			2	29						31:35	5								
00:34=				06:21=	06:56=	07:27=	11:08=	12:42=	15:04=	16:03=	17:50=	18:41=	20:21=	22:02=	22:52=	24:35=	28:08=	29:11=	29:59=	31:03=	31:24=	31:35=
00:34=	00:44=	01:11=	02:45=	01:07=	00:35=	00:31=	03:41=	01:34=	02:22=	00:59=	01:47=	00:51=	01:40=	01:41=	00:50=	01:43=	03:33=	01:03=	00:48=	01:04=	00:21=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ove	Nygaa	ard			•	116						33:04	1								
00:40+		03:04+		07:12+	07:59+	08:38+	09:52-	13:07+	15:43+	16:57+	18:53+	19:48+	21:39+	23:16+	24:23+	26:18+	29:48+	30:33+	31:03+	32:30+	32:50+	33:04+
00:40+	01:11+	01:13+	02:34-	01:34+	00:47+	00:39+		03:15+	02:36+	01:14+	01:56+	00:55+	01:51+	01:37-	01:07+	01:55+	03:30-	00:45-	00:30-	01:27+	00:20-	00:14+
00:06#	00:27&	00:02+	00:11-	00:27&	00:12&	380:00	02:27-	01:41@	00:14+	00:15&	00:09+	00:04+	00:11#	00:04-	00:17&	00:12#	00:03-	00:18-	00:18-	00:23&	00:01-	00:03&
3	Nils	Tore F	ounter	vold		7	7						35:10)								
00:33-	01:23+	02:40+	05:36+	06:54+	08:17+	09:09+	10:24-	11:50-	14:31-	15:52-	18:24+	19:31+	21:29+	23:20+	24:31+	27:10+	31:26+	32:26+	33:09+	34:35+	34:56+	35:10+
00:33-	00:50+	01:17+	02:56+	01:18+	01:23+	00:52+	01:15-	01:26-		01:21+		01:07+	01:58+	01:51+	01:11+	02:39+	04:16+	01:00-	00:43-	01:26+	00:21=	00:14+
00:01-	00:06#	00:06+	00:11+	00:11#	00:48@	00:21&	02:26-	00:08-	00:19#	00:22&	00:45&	00:16&	00:18#	00:10+	00:21&	00:56&	00:43#	00:03-	00:05-	00:22&	00:00=	00:03&
4	Kevi	n Tho	mas F	oust		•	192						35:14	1								
00:35+	01:35+	02:54+	05:54+	07:10+	08:04+	08:42+	10:02-	11:39-	14:14-	15:40-	20:17+	21:10+	23:07+	24:53+	25:42+	27:24+	31:09+	32:04+	32:58+	34:41+	35:00+	35:14+
00:35+	01:00+	01:19+	03:00+	01:16+	00:54+	00:38+	01:20-	01:37+	02:35+	01:26+	04:37+	00:53+	01:57+	01:46+	00:49-	01:42-	03:45+	00:55-	00:54+	01:43+	00:19-	00:14+
00:01+	00:16&	00:08#	00:15+	00:09#	00:19&	00:07#	02:21-	00:03+	00:13+	00:27&	02:50@	00:02+	00:17#	00:05+	00:01-	00:01-	00:12+	00:08-	00:06#	00:39&	00:02-	00:03&
5	Odd	mund	Nordg	ård		•	105						36:07	7								
00:38+	01:27+	02:57+	05:55+	07:41+	08:37+	09:17+	11:00-	12:32-	15:52+	17:11+	20:45+	21:52+	23:52+	25:37+	26:37+	28:49+	32:33+	33:31+	34:26+	35:35+	35:55+	36:07+
00:38+	00:49+	01:30+	02:58+	01:46+	00:56+	00:40+	01:43-	01:32-	03:20+	01:19+	03:34+	01:07+	02:00+	01:45+	01:00+	02:12+	03:44+	00:58-	00:55+	01:09+	00:20-	00:12+
00:04#	00:05#	00:19&	00:13+	00:39&	00:21&	00:09&	01:58-	00:02-	00:58&	00:20&	01:47&	00:16&	00:20#	00:04+	00:10#	00:29&	00:11+	00:05-	00:07#	00:05+	00:01-	00:01+

Plass	Navn						Klasse)					Tid									
6	Arngr	im Uts	skarp	en			117						38:1	1								
00:44+	01:54+	03:39+	08:16+	09:35+	10:23+	11:03+	12:29+	14:14+	16:55+	18:21+	21:18+	22:23+	24:53+	26:38+	27:42+	29:53+	33:57+	35:06+	35:56+	37:35+	37:58+	38:11+
	01:10+																					
00:10&	00:26&	00:34&	01:52&	00:12#	00:13&	00:09&	02:15-	00:11#	00:19#	00:27&	01:10&	00:14&	00:50&	00:04+	00:14&	00:28&	00:31#	00:06+	00:02+	00:35&	00:02+	00:02#
7	Magn	e Habi	besta	d			111						39:00)								
00:38+	01:26+				09:03+			13:10+	16:03+	17:35+	19:54+	20:51+	23:42+	25:34+	27:53+	29:54+	34:48+	35:47+	36:48+	38:15+	38:43+	39:00+
00:38+	00:48+	01:28+	03:55+	01:28+	00:46+	00:43+	01:36-	01:48+	02:53+	01:32+	02:19+	00:57+	02:51+	01:52+	02:19+	02:01+	04:54+	00:59-	01:01+	01:27+	00:28+	00:17+
00:04#	00:04+	00:17#	01:10&	00:21&	00:11&	00:12&	02:05-	00:14#	00:31#	00:33&	00:32&	00:06#	01:11&	00:11#	01:29@	00:18#	01:21&	00:04-	00:13&	00:23&	00:07&	00:06&
8	Per ly	ar Hov	vstad				116						40:19	9								
00:38+	02:05+			07:29+	08:06+	08:37+	12:18+	13:50+	16:18+	18:05+	22:32+	23:36+	26:05+	27:56+	29:04+	31:10+	35:25+	36:36+	37:54+	39:36+	40:06+	40:19+
	01:27+																					
00:04#	00:43&	00:20&	00:03+	00:02-	00:02+	00:00=	00:00=	00:02-	00:06+	00:48&	02:40@	00:13&	00:49&	00:10+	00:18&	00:23#	00:42#	00:08#	00:30&	00:38&	00:09&	00:02#
9	Stein	Arve F	inne	stad		:	287						40:30	6								
00:42+	01:41+				10:11+	10:59+	12:42+	14:46+	18:11+	19:53+	23:00+	24:07+	26:22+	28:26+	29:29+	31:47+	36:30+	37:38+	38:24+	39:47+	40:19+	40:36+
00:42+	00:59+	01:37+	04:14+	01:43+	00:56+	00:48+	01:43-	02:04+	03:25+	01:42+	03:07+	01:07+	02:15+	02:04+	01:03+	02:18+	04:43+	01:08+	00:46-	01:23+	00:32+	00:17+
00:08#	00:15&	00:26&	01:29&	00:36&	00:21&	00:17&	01:58-	00:30&	01:03&	00:43&	01:20&	00:16&	00:35&	00:23#	00:13&	00:35&	01:10&	00:05+	00:02-	00:19&	00:11&	00:06&
10	Arne	Hetleli	d			9	98						41:03	3								
00:42+	01:40+			07:46+	08:40+			17:03+	20:24+	21:54+	24:13+	25:29+			30:17+	32:36+	36:51+	37:54+	39:01+	40:18+	40:47+	41:03+
00:42+	00:58+	01:33+	03:07+	01:26+	00:54+	00:41+	05:12+	02:30+	03:21+	01:30+	02:19+	01:16+	02:06+	01:51+	00:51+	02:19+	04:15+	01:03=	01:07+	01:17+	00:29+	00:16+
00:08#	00:14&	00:22&	00:22#	00:19&	00:19&	00:10&	01:31&	00:56&	00:59&	00:31&	00:32&	00:25&	00:26&	00:10+	00:01+	00:36&	00:42#	00:00=	00:19&	00:13#	380:00	00:05&
11	Ådne	Hausk	oera			•	7						42:04	4								
00:40+	01:34+			07:54+	09:05+	10:08+	11:49+	13:19+	16:39+	18:25+	23:49+	24:38+	27:32+	29:32+	30:56+	32:46+	37:37+	38:38+	39:35+	41:18+	41:48+	42:04+
00:40+	00:54+	01:30+	03:32+	01:18+	01:11+	01:03+	01:41-	01:30-	03:20+	01:46+	05:24+	00:49-	02:54+	02:00+	01:24+	01:50+	04:51+	01:01-	00:57+	01:43+	00:30+	00:16+
00:06#	00:10#	00:19&	00:47&	00:11#	00:36@	00:320	02:00-	00:04-	00:58&	00:47&	03:37@	00:02-	01:14&	00:19#	00:34&	00:07+	01:18&	00:02-	00:09#	00:39&	00:09&	00:05&
12	Stein	ar Han	sen			:	27						44:00	0								
00:38+	01:34+	03:05+	07:29+	09:04+	10:09+	11:14+	14:17+	16:19+	19:26+	21:14+	25:19+	26:25+	28:49+	30:51+	31:52+	33:52+	38:43+	39:43+	40:52+	43:18+	43:45+	44:00+
	00:56+																					
00:04#	00:12&	00:20&	01:39&	00:28&	00:30&	00:340	00:38-	00:28&	00:45&	00:49&	02:18@	00:15&	00:44&	00:21#	00:11#	00:17#	01:18&	00:03-	00:21&	01:22@	00:06&	00:04&
13	Peter	Chapi	man				117						44:18	3								
	01:38+																					
	01:02+																					
00:02+	00:18&	00:12#	00:07+	00:14#	00:16&	00:09&	00:29#	00:21#	00:03-	00:08#	06:57@	00:04+	01:09&	00:14#	00:12#	00:13#	01:06&	00:14-	00:26&	00:20&	00:00=	00:03&
14		Oddv					116						45:37									
	01:35+																					
	00:53+																					
	00:09#	00:27&	01:03&	00:18&	00:580			00:07+	00:10+	00:38&	08:580	00:02-		_	00:09#	00:20#	00:46#	00:04+	00:06#	01:08@	00:02+	00:02#
15		in Nils					42						45:43	-								
	02:25+																					
	01:41+ 00:57@																					
				02:130	01:040	00:20&	U1:51-	00:204	00:44&	02:070	02:030	00:09#		_	00:20&	01:04&	00:36#	00:07#	00:42&	00:364	00:084	00:03&
16		risten					1						45:47									
	01:45+																					
	01:06+ 00:22&																					
			-	02.100	00.554			01.140	00.514	00.430	01.300	00.230			00.200	00.550	01.140	00.12π	00.140	01.034	00.100	00.07@
17		Primst			40.05		62	40.00.	0.5.00.				46:32		0.5 40.		40.00.	40 55	44 50.	45 50.	46 45	46.00
	01:22+ 00:46+																					
	00:46+																					
	_							00.11	10.206	00.104	00.554	00.051		_	00.434	00.13	00.50	00.05	00.00	00.01	00.05	00.014
18	01:56+	ond B					105	20.501	24.241	26.271	20.471	21.021	51:22		20.001	40.51.	46.201	47.501	40.001	E0.271	F1 - 0 C I	E1.001
	01:06+																					
	00:22&																					
								,	,										,	,		
19	Eivin		00.54	10.01	14.05.		116	26.40	20.47.	22.50	27.07	20.201	1:04:		16.00	10.57	56.25	E7.E4.	E0.20:	62.12.	62.55	64.101
	02:21+ 01:19+																					
	00:35&																					
	strekkt																					
	00:44			_	00.25	00.21	01.10	01.22	02.10	00.50	01.47	00.40	01.40	01.27	00.40	01.40	02.20	00.45	00.20	01.02	00.10	00:11
00:33	00:44	01:11	02:34	01:05	00:35	00:31	01:10	U1:23	02:19	00:59	U1:4/	00:49	01:40	01:3/	00:49	01:42	03:30	00:45	00:30	01:03	00:19	00:11

Herrer 50 - 59 år

Plass Navn

1	Per I	Ingar F	Hadlar	ıd			7						35:12	2									
							12:38=																
							02:22=																
_				00:00=	00:00=		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	, -	Selan	-	00.151	11.00	-	236	14.161	15.101	10.421	20-451	22.221	37:07		20.421	20-021	21 - 21 -	22.201	25.101	26.241	26.541	27.071	
							13:26+ 01:47-																
							00:35-																
3	Øivii	nd Ber	raaraf				116						37:36	3									
00:40-				08:10+	09:57+		13:34+	14:41+	15:49+	20:03+	21:56+	23:40+			28:26+	28:51+	31:02+	33:18+	35:10+	36:52+	37:20+	37:36+	
							02:43+																
00:09-	00:03-	00:09-	00:06-	00:33&	00:15#	00:14&	00:21#	00:19&	00:18&	00:47#	00:11-	00:05-	00:05+	00:02-	00:05-	00:05-	00:05-	00:03+	00:11-	00:34&	00:03#	00:03#	
4		ard Hå					66						38:04										
							14:15+																
							02:10- 00:12-																
5		Petter			00.12		109	00.204	00.00	00.00	00.00	00.00	38:18	_	00.00	00.00	00.02	00.00	00.01	00.100	00.124	00.00	
•					09:42+		12:17-	13:18-	14:27+	17:48+	19:58+	21:49+		-	26:27+	26:51-	29:02-	33:45+	35:50+	37:37+	38:06+	38:18+	
							01:55-																
00:02-	00:18#	00:01+	00:14-	00:07-	00:10#	00:00=	00:27-	00:13&	00:19&	00:06-	00:06+	00:02+	00:07-	00:02-	00:01-	00:06-	00:05-	02:30@	00:02+	00:39&	00:04#	00:01-	
6	Arne	Magn	ne Son	drese	n	,	92						39:00)									
							13:46+																
							02:04- 00:18-																
_				00:05+	00:42&	00:04#	7	02:000	00:03+	00:04+	00:06-	00:31&		-	00:17-	00:03#	00:13-	00:14-	00:10-	00:11#	00:01+	00:02#	
7		ers Gle		00.421	10.501	12.001	13:37+	15.461	17.201	10.201	21.501	22.521	40:21	_	20.201	20.171	20.461	22.051	25.11:	27.01.	20.201	10.061	40.21.
							00:37-																
							01:45-																
_																							
8	Tor I	Brekke	en)	97						41:11										
	03:06+	04:26+	08:10+				9 7 15:58+						27:38+	29:05+									
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	,			13:10+	15:34+	-	19:08+	20:53+	22:35+	32:59+	36:01+	38:37+		-	45:29+	46:15+	49:27+	52:53+	55:31+	57:39+	58:17+	58:39+	
							02:33+																
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01:27+	02:39+	01:54+	03:10+	10:18+	02:31+	00:45+	02:58+	01:32+	03:24+	03:48+	02:19+	02:22+	04:27+	01:55+	03:05+	00:33+	02:17+	02:41+	02:19+	04:06+	00:36+	00:18+	
					00:59&		00:36&	00:44&	02:340	00:21#	00:15#	00:33&			01:05&	00:03#	00:01+	00:28#	00:16#	02:58@	00:11&	00:05&	
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							05:02+																
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Herrer 60 - 64 år

1	Hans	s Erik	Terjes	en		1	116						29:13	3					
01:21=	02:26=	05:18=	07:43=	09:36=	11:21=	12:58=	14:32=	16:12=	16:54=	18:02=	18:36=	19:20=	21:10=	22:47=	25:22=	27:03=	28:08=	28:49=	29:13=
01:21=	01:05=	02:52=	02:25=	01:53=	01:45=	01:37=	01:34=	01:40=	00:42=	01:08=	00:34=	00:44=	01:50=	01:37=	02:35=	01:41=	01:05=	00:41=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Svei	nung '	Tveit			2	236						32:02	2					
01:31+	02:45+	05:26+	08:41+	10:37+	12:52+	14:49+	16:46+	18:34+	19:17+	20:39+	21:10+	22:09+	24:04+	25:07+	27:52+	29:41+	31:11+	31:45+	32:02+
01:31+	01:14+	02:41-	03:15+	01:56+	02:15+	01:57+	01:57+	01:48+	00:43+	01:22+	00:31-	00:59+	01:55+	01:03-	02:45+	01:49+	01:30+	00:34-	00:17-
00:10#																			

Plass	Navı	า					Klasse	•					Tid						
3	Arne	M. Ha	andela	nd		ç	92						32:23	3					
	02:42+	06:09+	09:05+	11:01+				18:46+					23:23+	24:46+					
								02:05+ 00:25#											
4			vense		00.21		108	00.23	00.011	00.031	00.00	00.041	33:0	_	00.524	00.13	00.07	00.01	00.00
-					13:54+			19:01+	19:47+	20:56+	21:25+	22:19+			28:33+	30:43+	32:07+	32:47+	33:05+
								01:43+											
00:07+	_		_	-	00:13#			00:03+	00:04+	00:01+	00:05-	00:10#		_	00:26#	00:29&	00:19&	00:01-	00:06-
5			speda		10.401		115	20:34+	21.101	22.45.	22-101	24-101	34:07		20-441	21 - 40 -	22.141	22.501	24.071
								03:59+											
								02:19@											
6	Bjør	n H. E	ngseth	1		2	27						34:50)					
								19:54+											
								01:53+ 00:13#											
7		Tunh	_	00.01	00.404	_	93	00.13	00.504	00.01	00.01	00.144	35:06	_	00.474	00.22	00.15	00.134	00.05
•				13:44+	15:38+			21:31+	22:16+	23:29+	24:03+	25:04+			30:52+	32:45+	34:19+	34:51+	35:06+
01:41+	01:09+	05:58+	03:03+	01:53=	01:54+	02:01+	02:12+	01:40=	00:45+	01:13+	00:34=	01:01+	01:38-	01:11-	02:59+	01:53+	01:34+	00:32-	00:15-
00:20#			_	00:00=	00:09+			00:00=	00:03+	00:05+	00:00=	00:17&		_	00:24#	00:12#	00:29&	00:09-	00:09-
8		n Sive		44 55.	40.50.	•	99	04 55		04.00.	04.04.	05.06.	35:40	•	04.05.		0.4.45	05.00.	05 40.
								21:55+ 01:42+											
								00:02+											
9	Bjar	ne Gin	nre			8	38						36:14	1					
	02:53+	06:32+	09:54+					21:00+											
								03:42+ 02:02@											
10		n Biell		00.01	00.07	_	33	02.020	00.02	00.01	00.02	00.10	36:25	_	00.17	00.22	00.234	00.02	00.07
				12:06+	14:18+			20:34+	21:17+	23:26+	23:54+	24:50+		-	30:23+	32:47+	35:31+	36:04+	36:25+
								02:00+											
	_			00:30&	00:27&	00:43&	00:22#	00:20#	00:01+	01:01&	00:06-	00:12&		_	00:23#	00:43&	01:39@	00:08-	00:03-
11	-	ar Lier		10 07.	15 40.	17 45	10 17.	04 01	04.461	05 50.	07 01	00 07	38:01	-	22 20.	25 24:	26 57	27 42.	20 01 :
								24:01+ 04:44+											
								03:04@											
12	Tor	Harald	Lund	е		4	17						40:21	1					
								21:10+											
								02:16+ 00:36&											
13		Karls					105						40:23	_					
				13:11+	15:32+			23:34+	24:17+	26:16+	27:09+	28:26+			35:09+	37:26+	39:03+	40:01+	40:23+
								02:04+											
				00:07+	00:36&			00:24#	00:01+	00:51&	00:19&	00:33&		_	01:06&	00:36&	00:32&	00:1/&	00:02-
14		Klepp		16.241	10.11.		53	26:57+	27.541	20.101	20.001	21.11:	43:54		20.401	40.501	12.261	12.261	12.511
								02:32+											
00:50&	00:44&	03:340	01:25&	00:15#	01:02&	01:14&	00:49&	00:52&	00:15&	00:17#	00:07#	00:27&	00:16#	00:03+	01:08&	00:38&	00:32&	00:19&	00:06-
15		Hetla					5						44:33						
								30:11+ 01:54+											
								01:54+											
Beste																			
					01:44	01:37	01:32	01:40	00:39	01:06	00:28	00:44	01:05	00:55	02:35	01:41	01:05	00:32	00:15

Herrer 65 - 69 år

Plass	Navr	า					Klasse)					Tid						
1	Biør	n Alsa	ker				115						23:31	1					
				07:57=	09:26=		12:07=	13:24=	14:05=	14:54=	15:17=	16:12=			20:17=	21:53=	22:48=	23:17=	23:31=
							01:10=												
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=
2		y Brei					66						25:36	-					
							12:59+ 01:31+												
							00:21&												
3	Jan l	Hetlar	ıd			4	29						28:18	3					
01:16=				09:16+	11:04+	12:49+	14:34+	16:01+	16:43+	17:49+	18:18+	19:09+		-	24:18+	26:13+	27:34+	28:06+	28:18+
							01:45+												
_	_	_		00:06+	00:19#		00:35&	00:10#	00:01+	00:17&	00:06&	00:04-		_	00:06+	00:19#	00:26&	00:03#	00:02-
4			ıkseid				116						28:54	-					
							15:59+ 02:51+												
							01:410												
5	_	Øste					90						29:29						
•				09:25+	11:13+		14:26+	16:53+	17:35+	19:16+	19:42+	20:28+		-	25:51+	27:32+	28:37+	29:12+	29:29+
							01:26+												
00:08#	00:15-	00:29#	00:54&	00:12#	00:19#		00:16#	01:10&	00:01+	00:52@	00:03#	00:09-	00:53&	00:11#	00:14#	00:05+	00:10#	00:06#	00:03#
6		n Berç					126						29:46	-					
							15:05+ 01:41+												
							00:31&												
7		A. Pa	_				117						30:27	_					
•				09:49+	11:49+		15:30+	17:28+	18:12+	19:28+	20:07+	20:54+			26:09+	28:07+	29:23+	30:11+	30:27+
							01:51+												
00:08#			_	00:18#	00:31&	00:19#	00:41&	00:41&	00:03+	00:27&	00:16&	00:08-	00:37&	00:09#	00:24#	00:22#	00:21&	00:19&	00:02#
8		Hella					88						32:03						
							17:15+ 01:40+												
							00:30&												
9	Fivir	nd L. F	?ake				92						33:25	5					
01:31+				10:56+	12:45+		16:36+	19:27+	20:10+	21:25+	22:04+	22:56+			29:00+	31:03+	32:30+	33:07+	33:25+
							01:53+												
		_			00:20#		00:43&	01:34@	00:02+	00:26&	00:16&	00:03-		_	01:15&	00:27&	00:32&	380:00	00:04&
10			ar Wik				43						33:53						
							16:22+ 02:01+												
							00:51&												
11	Asae	eir Bel	I				117						35:07	7					
				15:11+	17:58+		20:59+	23:47+	24:29+	25:27+	25:53+	26:43+			31:43+	33:22+	34:21+	34:50+	35:07+
							01:28+												
	_			00:10#	01:18&		00:18&	01:310	00:01+	00:09#	00:03#	00:05-		_	00:12+	00:03+	00:04+	00:00=	00:03#
12		re Vat		10 17.	15 20.		93	01 07.	00 01 .	00 41 1	04.14.	05 10.	36:36	-	20.061	24 14:	25 25.	26 01 .	26.261
							19:41+ 01:58+												
							00:48&												
13	Roar	· Fitjaı	•				101						36:42	2					
				12:00+	14:12+		18:34+	20:44+	21:38+	22:58+	23:35+	24:48+		_	31:29+	34:00+	35:27+	36:23+	36:42+
							02:03+												
				00:31&	UU:43&		00:53&	00:53&	00:13&	00:31&	UU:14&	UU:18&		_	UU:56&	00:55&	00:32&	00:27&	UU:05&
14			jeland	10.00:	15.50		9 8 19:59+	01.50	00.41:	04.00:	04.07	25.24:	36:48		20.12:	24.20:	25.42:	26.26	26.40
							19:59+ 02:04+												
							00:54&												
15	Ragi	nar Ro	ssavil	(109						36:57	7					
					11:31+		20:06+	21:49+	23:00+	24:12+	24:48+	25:58+			32:30+	34:39+	36:08+	36:39+	36:57+
							06:36+												
00:08#	00:12-	00:59&	00:35&	00:19#	00:16#	00:28&	05:260	00:26&	00:30&	00:23&	00:13&	00:15&	01:390	00:12#	00:36&	00:33&	00:34&	00:02+	00:04&

Plass	Navi	n				ı	Klasse	•					Tid							
16	Jan	Inge L	unde			8	38						38:3	1						
01:48+				13:55+	15:54+	18:06+	19:39+	22:27+	23:14+	24:54+	25:26+	25:55+	26:52+	28:24+	30:53+	34:00+	36:10+	37:34+	38:12+	38:31+
01:48+			03:48+													03:07+		01:24+		
00:32&	00:30&	02:360	01:41&	00:39&	00:30&	00:41&	00:23&	01:31@	00:06#	00:51@	00:09&	00:26-	00:02+	00:35&	00:16#	01:31&	01:15@	00:55@	00:24@	00:19+
17	Olav	Habb	estad			•	116						42:32	2						
01:31+			10:34+	13:45+	19:39+	21:32+	23:36+	27:09+	27:57+	29:32+	30:05+	30:57+	32:31+	33:38+	38:35+	40:28+	41:38+	42:19+	42:32+	
01:31+	01:20+	05:01+	02:42+	03:11+	05:54+	01:53+	02:04+	03:33+	00:48+	01:35+	00:33+	00:52-	01:34+	01:07+	04:57+	01:53+	01:10+	00:41+	00:13-	
00:15#	00:14#	02:55@	00:35&	01:49@	04:25@	00:22#	00:54&	02:160	00:07#	00:46&	00:10&	00:03-	00:39&	00:10#	02:44@	00:17#	00:15&	00:12&	00:01-	
18	Terje	e Gaut	estad			7	7						44:58	8						
02:00+				17:07+	19:56+	22:22+	27:17+	29:52+	31:18+	33:04+	33:49+	34:43+	36:16+	37:32+	40:33+	42:39+	43:59+	44:38+	44:58+	
02:00+	01:29+	05:50+	05:46+	02:02+	02:49+	02:26+	04:55+	02:35+	01:26+	01:46+	00:45+	00:54-	01:33+	01:16+	03:01+	02:06+	01:20+	00:39+	00:20+	
00:44&	00:23&	03:44@	03:390	00:40&	01:20&	00:55&	03:45@	01:18@	00:45@	00:57@	00:22&	00:01-	00:38&	00:19&	00:48&	00:30&	00:25&	00:10&	00:06&	
19	Berg	e Hatt	teland			(62						45:56	6						
02:27+	04:34+	09:18+	13:53+	16:17+	19:02+	21:40+	23:48+	26:14+	27:19+	29:06+	29:49+	31:02+	32:54+	34:36+	39:02+	42:00+	44:15+	45:22+	45:56+	
02:27+																02:58+		01:07+		
01:11&	01:01&	02:38@	02:28@	01:02&	01:16&	01:07&	00:58&	01:09&	00:24&	00:58@	00:20&	00:18&	00:57@	00:45&	02:13&	01:22&	01:20@	00:38@	00:20@	
20	Johi	n Abra	hamse	en		•	125						51:30	0						
02:27+	06:59+	12:33+	18:25+	20:35+	23:05+	25:40+	30:12+	34:07+	35:22+	37:12+	38:02+	39:25+	41:05+	42:51+	46:00+	48:25+	50:09+	51:11+	51:30+	
02:27+	04:32+	05:34+	05:52+	02:10+	02:30+	02:35+	04:32+	03:55+	01:15+	01:50+	00:50+	01:23+	01:40+	01:46+	03:09+	02:25+	01:44+	01:02+	00:19+	
01:11&	03:260	03:28@	03:45@	00:48&	01:01&	01:04&	03:220	02:38@	00:34&	01:01@	00:27@	00:28&	00:45&	00:49&	00:56&	00:49&	00:49&	00:33@	00:05&	
21	Per	Martho	on Mæ	land		į.	5						1:12:	:35						
02:23+	03:55+	22:24+	30:58+	33:57+	37:57+	41:04+	48:23+	51:09+	52:26+	54:20+	55:09+	56:55+	59:04+	60:38+	65:59+	69:10+	70:48+	71:55+	72:35+	
02:23+	01:32+	18:29+	08:34+	02:59+	04:00+	03:07+	07:19+	02:46+	01:17+	01:54+	00:49+	01:46+	02:09+	01:34+	05:21+	03:11+	01:38+	01:07+	00:40+	
01:07&	00:26&	16:23@	06:27@	01:37@	02:31@	01:360	06:09@	01:29@	00:36&	01:05@	00:26@	00:51&	01:140	00:37&	03:080	01:35&	00:43&	00:38@	00:26@	
Beste	strekk	tid for	· klass	en																
01:16				_	01:29	01:31	01:10	01:17	00:36	00:49	00:23	00:29	00:55	00:55	02:13	01:36	00:55	00:29	00:12	

Herrer 70 - 74 år

1	Hilm	ar Røt	hing			•	128						27:26	3					
01:20=	02:17=	04:26=	06:59=	08:31=	10:18=	11:53=	13:33=	15:06=	15:56=	17:00=	17:37=	18:22=	20:11=	21:14=	23:51=	25:27=	26:37=	27:11=	27:26=
01:20=	00:57=	02:09=	02:33=	01:32=	01:47=	01:35=	01:40=	01:33=	00:50=	01:04=	00:37=	00:45=	01:49=	01:03=	02:37=	01:36=	01:10=	00:34=	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=
2	Hern	nann S	Skogsl	holm		į.	53						29:56	3					
01:29+					11:58+	13:38+	15:27+	17:20+	18:03+	19:06+	19:40+	20:25+	22:13+	23:21+	25:47+	27:41+	28:55+	29:38+	29:56+
01:29+	01:06+	02:34+	03:01+	01:34+	02:14+	01:40+	01:49+	01:53+	00:43-	01:03-	00:34-	00:45=	01:48-	01:08+	02:26-	01:54+	01:14+	00:43+	00:18+
00:09#	00:09#	00:25#	00:28#	00:02+	00:27&	00:05+	00:09+	00:20#	00:07-	00:01-	00:03-	00:00=	00:01-	00:05+	00:11-	00:18#	00:04+	00:09&	00:03#
3	Finn	Morte	n Årst	tad		•	115						29:56	3					
01:33+	02:56+	05:37+	08:19+	09:56+	11:43+	13:39+	15:06+	16:34+	17:19+	18:24+	18:53+	20:00+	21:35+	22:43+	25:36+	27:33+	29:07+	29:39+	29:56+
01:33+	01:23+	02:41+	02:42+	01:37+	01:47=	01:56+	01:27-	01:28-	00:45-	01:05+	00:29-	01:07+	01:35-	01:08+	02:53+	01:57+	01:34+	00:32-	00:17+
00:13#	00:26&	00:32#	00:09+	00:05+	00:00=	00:21#	00:13-	00:05-	00:05-	00:01+	00:08-	00:22&	00:14-	00:05+	00:16#	00:21#	00:24&	00:02-	00:02#
4	Kjell	Svihu	IS			1	154						31:22	2					
01:33+				12:15+	14:01+	15:50+	17:25+	18:58+	19:41+	21:06+	21:40+	22:43+	23:51+	24:45+	27:30+	29:27+	30:34+	31:07+	31:22+
01:33+	01:17+	04:48+	02:49+	01:48+	01:46-	01:49+	01:35-	01:33=	00:43-	01:25+	00:34-	01:03+	01:08-	00:54-	02:45+	01:57+	01:07-	00:33-	00:15=
00:13#	00:20&	02:390	00:16#	00:16#	00:01-	00:14#	00:05-	00:00=	00:07-	00:21&	00:03-	00:18&	00:41-	00:09-	00:08+	00:21#	00:03-	00:01-	00:00=
5	Svei	n Gler	ndrang	le		•	88						32:51	1					
01:39+	03:03+	06:58+	10:03+	11:40+	13:44+	15:34+	17:40+	19:23+	20:11+	21:14+	21:46+	22:41+	24:12+	25:29+	28:29+	30:34+	31:50+	32:31+	32:51+
01:39+	01:24+	03:55+	03:05+	01:37+	02:04+	01:50+	02:06+	01:43+	00:48-	01:03-	00:32-	00:55+	01:31-	01:17+	03:00+	02:05+	01:16+	00:41+	00:20+
00:19#	00:27&	01:46&	00:32#	00:05+	00:17#	00:15#	00:26&	00:10#	00:02-	00:01-	00:05-	00:10#	00:18-	00:14#	00:23#	00:29&	00:06+	00:07#	00:05&
6	Torn	nod Aa	aslid			Ę	54						33:50)					
01:33+	02:37+	05:43+	08:39+	12:19+	13:51+	15:34+	17:09+	18:36+	19:52+	21:12+	21:42+	22:59+	25:32+	26:43+	29:21+	31:28+	33:01+	33:33+	33:50+
01:33+	01:04+	03:06+	02:56+	03:40+	01:32-	01:43+	01:35-	01:27-	01:16+	01:20+	00:30-	01:17+	02:33+	01:11+	02:38+	02:07+	01:33+	00:32-	00:17+
00:13#	00:07#	00:57&	00:23#	02:08@	00:15-	00:08+	00:05-	00:06-	00:26&	00:16#	00:07-	00:32&	00:44&	00:08#	00:01+	00:31&	00:23&	00:02-	00:02#
7	Olav	Dag E	Borger	sen		1	154						35:35	5					
01:33+	02:33+	04:54+	08:04+	12:52+	14:47+	16:40+	18:37+	20:29+	21:29+	22:35+	23:09+	24:02+	26:21+	27:43+	30:50+	32:36+	34:39+	35:18+	35:35+
01:33+	01:00+	02:21+	03:10+	04:48+	01:55+	01:53+	01:57+	01:52+	01:00+	01:06+	00:34-	00:53+	02:19+	01:22+	03:07+	01:46+	02:03+	00:39+	00:17+
00:13#	00:03+	00:12+	00:37#	03:160	00:08+	00:18#	00:17#	00:19#	00:10#	00:02+	00:03-	00:08#	00:30&	00:19&	00:30#	00:10#	00:53&	00:05#	00:02#

Plass	Navı	n				ı	Klasse						Tid						
8	Odd	Garpe	estad			2	29						37:38	3					
01:42+			11:58+	13:32+	15:45+	17:35+	19:30+	22:27+	23:17+	24:41+	25:49+	27:08+	28:18+	29:25+	33:31+	35:45+	36:43+	37:23+	37:38+
01:42+			03:35+			01:50+										02:14+			00:15=
00:22&			01:02&		00:26#			01:24&	00:00=	00:20&	00:31&	00:34&			01:29&	00:38&	00:12-	00:06#	00:00=
9	Lars	Ernst	: Ravn	dal		1	125						41:45	5					
01:57+			11:56+														40:32+	41:25+	41:45+
01:57+			03:27+															00:53+	
00:37&			00:54&	00:46&	01:12&			00:36&	00:03+	00:12#	00:01+	00:24&			00:55&	01:06&	01:01&	00:19&	00:05&
10	Ole A	Aukler	าd			1	106						44:26	3					
01:53+	03:41+	08:06+	12:45+	14:54+													43:06+	44:04+	44:26+
01:53+			04:39+			02:24+												00:58+	
00:33&	00:51&	02:160	02:06&	00:37&	00:54&			00:49&	01:26@	01:07@	00:19&	00:21&	01:05&	00:34&	00:47&	00:38&	00:53&	00:24&	00:07&
11	Man	gor Ei	keland			Ś	92						47:00)					
02:39+			13:21+														45:22+	46:32+	47:00+
02:39+			04:10+															01:10+	
01:19&			01:37&	00:53&	01:17&			01:18&	00:25&	01:00&	00:23&	00:27&			01:46&	01:10&	00:39&	00:360	00:13&
12	Jan	H. Sag	gen			ξ	92						50:18	5					
02:16+			12:38+														48:52+	49:50+	50:15+
02:16+			04:21+			02:31+											02:26+		00:25+
00:56&			01:48&		01:13&			01:05&	00:45&	01:19@	00:04#	03:51@			01:18&	00:58&	01:16@	00:24&	00:10&
13	Steir	nar Un	ıdheim			5	54						52:01						
02:48+			16:41+																
02:48+			05:55+																
01:280	00:45&	04:070	03:22@	00:59&	01:30&			01:00&	00:31&	00:45&	00:21&	00:35&	00:01+	00:52&	02:20&	01:28&	01:430	00:26&	00:25@
14	Reid	lar Lila	and			6	66						54:58	3					
02:17+			14:38+														53:44+	54:35+	54:58+
02:17+			04:07+															00:51+	
			01:34&		03:210	01:12&	00:33&	01:45@	00:40&	01:29@	00:07#	00:38&	01:35&	03:30@	01:52&	00:54&	00:56&	00:17&	380:00
Beste	strekk	tid for	r klass	en															
01:20	00:57	02:09	02:33	01:32	01:32	01:35	01:27	01:27	00:43	01:03	00:29	00:45	01:08	00:54	02:26	01:36	00:58	00:32	00:15

Herrer 75 - 79 år

1	Knu	t Skjæ	veland	t		9	93						29:46	3
01:18=		05:42=			14:00=	17:10=	19:03=	21:20=	22:52=	25:34=	27:34=	28:53=	29:26=	29:46=
01:18=	01:04=	03:20=	03:05=	02:15=	02:58=	03:10=	01:53=	02:17=	01:32=	02:42=	02:00=	01:19=	00:33=	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=
2	Terio	e Brau	t			9	92						34:27	7
01:35+	03:01+	06:13+	09:45+	11:56+	14:44+	19:08+	20:53+	24:04+	26:13+	29:18+	31:48+	33:20+	34:07+	34:27+
01:35+	01:26+	03:12-	03:32+	02:11-	02:48-	04:24+	01:45-	03:11+	02:09+	03:05+	02:30+	01:32+	00:47+	00:20=
00:17#	00:22&	00:08-	00:27#	00:04-	00:10-	01:14&	00:08-	00:54&	00:37&	00:23#	00:30#	00:13#	00:14&	00:00=
3	Hara	ald Vat	ne			(67						36:40)
01:30+	02:39+	06:12+	09:59+	11:52+	17:04+	21:21+	23:51+	26:33+	28:11+	31:18+	33:49+	35:47+	36:22+	36:40+
01:30+	01:09+	03:33+	03:47+	01:53-	05:12+	04:17+	02:30+	02:42+	01:38+	03:07+	02:31+	01:58+	00:35+	00:18-
00:12#	00:05+	00:13+	00:42#	00:22-	02:14&	01:07&	00:37&	00:25#	00:06+	00:25#	00:31&	00:39&	00:02+	00:02-
4	Jan	Bekke	heien			9	92						39:31	1
01:27+	02:57+	09:22+	13:03+	15:21+	19:59+	23:51+	25:36+	28:29+	30:59+	34:11+	36:27+	38:22+	39:10+	39:31+
01:27+	01:30+	06:25+	03:41+	02:18+	04:38+	03:52+	01:45-	02:53+	02:30+	03:12+	02:16+	01:55+	00:48+	00:21+
00:09#	00:26&	03:05&	00:36#	00:03+	01:40&	00:42#	00:08-	00:36&	00:58&	00:30#	00:16#	00:36&	00:15&	00:01+
5	Hara	ald I. S	eriasta	ad			128						44:37	7
02:08+	03:42+		14:22+		20:00+	24:49+	27:38+	30:53+	33:24+	37:52+	40:45+	43:41+	44:18+	44:37+
02:08+	01:34+	05:39+	05:01+	02:04-	03:34+	04:49+	02:49+	03:15+	02:31+	04:28+	02:53+	02:56+	00:37+	00:19-
00:50&	00:30&	02:19&	01:56&	00:11-	00:36#	01:39&	00:56&	00:58&	00:59&	01:46&	00:53&	01:37@	00:04#	00:01-
6	Kiell	Maud	al			(33						46:10)
01:57+	03:54+	08:25+	14:38+	17:05+	20:17+	26:45+	28:59+	32:56+	36:26+	39:37+	42:01+	45:09+	45:52+	46:10+
01:57+	01:57+	04:31+	06:13+	02:27+	03:12+	06:28+	02:14+	03:57+	03:30+	03:11+	02:24+	03:08+	00:43+	00:18-
00:39&	00:53&	01:11&	03:08@	00:12+	00:14+	03:18@	00:21#	01:40&	01:58@	00:29#	00:24#	01:490	00:10&	00:02-

Plass	Navı	า				ı	Klasse						Tid	
7	Alf G	yland				9	92						48:55	5
01:41+	03:10+	14:20+	18:15+	20:37+	24:22+	29:33+	31:44+	36:13+	38:17+	41:47+	45:23+	47:41+	48:28+	48:55+
01:41+	01:29+	11:10+	03:55+	02:22+	03:45+	05:11+	02:11+	04:29+	02:04+	03:30+	03:36+	02:18+	00:47+	00:27+
00:23&	00:25&	07:50@	00:50&	00:07+	00:47&	02:01&	00:18#	02:12&	00:32&	00:48&	01:36&	00:59&	00:14&	00:07&
8	Torle	eiv Mø	gedal			6	88						51:47	7
02:05+	03:39+	08:16+	13:47+	18:45+	25:24+	31:49+	34:10+	38:52+	41:33+	45:26+	48:14+	50:27+	51:20+	51:47+
02:05+	01:34+	04:37+	05:31+	04:58+	06:39+	06:25+	02:21+	04:42+	02:41+	03:53+	02:48+	02:13+	00:53+	00:27+
00:47&	00:30&	01:17&	02:26&	02:43@	03:41@	03:15@	00:28#	02:25@	01:09&	01:11&	00:48&	00:54&	00:20&	00:07&
9	Arne	Brand	dsberg	ı		2	29						52:05	5
02:08+	03:41+	09:27+	14:24+	17:52+	25:29+	29:49+	32:19+	35:58+	39:26+	44:35+	47:46+	50:39+	51:27+	52:05+
02:08+	01:33+	05:46+	04:57+	03:28+	07:37+	04:20+	02:30+	03:39+	03:28+	05:09+	03:11+	02:53+	00:48+	00:38+
00:50&	00:29&	02:26&	01:52&	01:13&	04:39@	01:10&	00:37&	01:22&	01:56@	02:27&	01:11&	01:340	00:15&	00:18&
10	Albe	rt Moe	•			5	54						57:17	7
01:58+	03:36+	10:22+	15:33+	18:01+	27:24+	33:52+	37:30+	42:34+	45:22+	49:37+	53:16+	55:56+	56:40+	57:17+
01:58+	01:38+	06:46+	05:11+	02:28+	09:23+	06:28+	03:38+	05:04+	02:48+	04:15+	03:39+	02:40+	00:44+	00:37+
00:40&	00:34&	03:26@	02:06&	00:13+	06:25@	03:18@	01:45&	02:47@	01:16&	01:33&	01:39&	01:210	00:11&	00:17&
Beste	strekk	tid for	klass	en										
01:18	01:04	03:12	03:05	01:53	02:48	03:10	01:45	02:17	01:32	02:42	02:00	01:19	00:33	00:18

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

Herrer 80 år og eldre

1	Sigu	ird Kro	sli				31						42:07	7		
02:16=	05:28=		13:25=	17:05=	19:28=	22:23=	24:18=	26:33=	27:38=	30:23=	32:52=	35:48=	39:59=	40:57=	41:48=	42:07=
02:16=	03:12=	02:38=	05:19=	03:40=	02:23=	02:55=	01:55=	02:15=	01:05=	02:45=	02:29=	02:56=	04:11=	00:58=	00:51=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arnı	ılf Fug	lestad			2	29						50:18	3		
01:50-		07:18-			18:46-	21:14-	22:38-	25:11-	26:35-	28:59-	41:23+	45:17+	48:16+	49:19+	49:58+	50:18+
01:50-	02:21-	03:07+	05:49+	02:45-	02:54+	02:28-	01:24-	02:33+	01:24+	02:24-	12:24+	03:54+	02:59-	01:03+	00:39-	00:20+
00:26-	00:51-	00:29#	00:30+	00:55-	00:31#	00:27-	00:31-	00:18#	00:19&	00:21-	09:55@	00:58&	01:12-	00:05+	00:12-	00:01+
3	Pete	r Frafi	ord			•	116						1:19:	09		
02:51+	05:08-	09:53+	31:24+	33:43+	36:14+	39:35+	41:40+	45:16+	47:26+	57:17+	67:14+	72:11+	76:11+	77:49+	78:41+	79:09+
02:51+	02:17-	04:45+	21:31+	02:19-	02:31+	03:21+	02:05+	03:36+	02:10+	09:51+	09:57+	04:57+	04:00-	01:38+	00:52+	00:28+
00:35&	00:55-	02:07&	16:12@	01:21-	00:08+	00:26#	00:10+	01:21&	01:05&	07:06@	07:28@	02:01&	00:11-	00:40&	00:01+	00:09&
Beste	strekk	tid for	klass	en												
01:50	02:17	02:38	05:19	02:19	02:23	02:28	01:24	02:15	01:05	02:24	02:29	02:56	02:59	00:58	00:39	00:19

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

Herrer A

1	Fred	rik On	ndal			7	74						29:48	3											
00:36=	01:25=	04:25=	05:12=	05:42=	06:22=	07:49=	08:18=	09:38=	10:27=	13:19=	14:22=	16:07=	17:21=	17:45=	18:58=	19:15=	19:43=	21:46=	22:47=	24:40=	27:02=	27:59=	28:28=	29:17=	29:35=
00:36=	00:49=	03:00=	00:47=	00:30=	00:40=	01:27=	00:29=	01:20=	00:49=	02:52=	01:03=	01:45=	01:14=	00:24=	01:13=	00:17=	00:28=	02:03=	01:01=	01:53=	02:22=	00:57=	00:29=	00:49=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
29:48=																									
00:13=																									
00:00=																									
2	Bjart	he We	esterhe	eim		1	194						30:01	l											
2 00:35-	, ,			eim 05:40-	06:20-		08:20+	09:37-	10:23-	13:13-	14:28+	16:28+	30:0 1	18:04+	19:17+	19:43+	20:09+	22:06+	23:06+	24:59+	27:23+	28:18+	28:43+	29:32+	29:49+
00:35- 00:35-	, ,	-	05:09-		06:20- 00:40=				10:23- 00:46-					18:04+				22:06+ 01:57-			27:23+ 02:24+	28:18+ 00:55-		29:32+ 00:49=	29:49+ 00:17-
00:35-	01:25=	04:29+ 03:04+	05:09-	05:40-	00:40=	07:53+	08:20+	01:17-		02:50-	01:15+	02:00+	17:40+ 01:12-	18:04+ 00:24=	01:13=	00:26+	00:26-			01:53=			00:25-	00:49=	
00:35-	01:25= 00:50+	04:29+ 03:04+	05:09- 00:40-	05:40- 00:31+	00:40=	07:53+ 01:33+	08:20+ 00:27-	01:17-	00:46-	02:50-	01:15+	02:00+	17:40+ 01:12-	18:04+ 00:24=	01:13=	00:26+	00:26-	01:57-	01:00-	01:53=	02:24+	00:55-	00:25-	00:49=	00:17-
00:35- 00:01-	01:25= 00:50+	04:29+ 03:04+	05:09- 00:40-	05:40- 00:31+	00:40=	07:53+ 01:33+	08:20+ 00:27-	01:17-	00:46-	02:50-	01:15+	02:00+	17:40+ 01:12-	18:04+ 00:24=	01:13=	00:26+	00:26-	01:57-	01:00-	01:53=	02:24+	00:55-	00:25-	00:49=	00:17-

Plass	Navn	Klasse	Tid
00:44+ 00:08# 33:04+ 00:11-	00:55+ 03:20+ 00:47= 00:43+ 01:10+ 01:5		33:04 19:33+ 19:59+ 21:23+ 21:38+ 22:06+ 24:12+ 25:17+ 27:38+ 30:17+ 31:14+ 31:49+ 32:35+ 32:53+ 01:15+ 00:26+ 01:24+ 00:15- 00:28= 02:06+ 01:05+ 02:21+ 02:39+ 00:57= 00:35+ 00:46- 00:18= 00:01+ 00:02+ 00:11# 00:02- 00:00= 00:03+ 00:04+ 00:28# 00:17# 00:00= 00:06# 00:03- 00:00=
00:02- 4 00:46+ 00:10& 33:08+ 00:12- 00:01-	00:58+ 03:31+ 00:45- 00:32+ 00:40= 01:3	1+ 00:31+ 01:27+ 00:59+ 03:12+ 01:08+ 02:01+	33:08 19:26+ 19:55+ 21:16+ 21:32+ 22:02+ 24:17+ 25:22+ 27:26+ 30:20+ 31:20+ 31:47+ 32:37+ 32:56+ 01:25+ 00:29+ 01:21+ 00:16- 00:30+ 02:15+ 01:05+ 02:04+ 02:54+ 01:00+ 00:27- 00:50+ 00:19+ 00:11# 00:05# 00:08# 00:01- 00:02+ 00:12+ 00:04+ 00:11+ 00:32# 00:03+ 00:02- 00:01+ 00:01+
00:40+	01:01+ 04:57+ 00:55+ 00:39+ 00:44+ 01:3	5+ 00:33+ 01:25+ 00:52+ 03:13+ 01:17+ 01:53+	36:45 21:06+ 21:34+ 22:56+ 23:26+ 24:03+ 26:10+ 27:14+ 29:53+ 32:48+ 33:46+ 34:12+ 36:13+ 36:33+ 01:22+ 00:28+ 01:22+ 00:30+ 00:37+ 02:07+ 01:04+ 02:39+ 02:55+ 00:58+ 00:26- 02:01+ 00:20+ 00:08# 00:04# 00:09# 00:13& 00:09& 00:04+ 00:03+ 00:46& 00:33# 00:01+ 00:03- 01:12@ 00:02#
00:42+ 00:42+	01:05+ 03:57+ 00:47= 00:45+ 00:45+ 02:2	3+ 00:32+ 01:29+ 02:55+ 03:31+ 01:18+ 02:14+	39:27 23:50+ 24:19+ 25:52+ 26:09+ 26:42+ 29:15+ 30:32+ 33:01+ 35:53+ 36:56+ 37:32+ 38:47+ 39:11+ 01:27+ 00:29+ 01:33+ 00:17= 00:33+ 02:33+ 01:17+ 02:29+ 02:52+ 01:03+ 00:36+ 01:15+ 00:24+ 00:13# 00:05# 00:20& 00:00= 00:05# 00:30# 00:16& 00:36& 00:30# 00:06# 00:07# 00:26& 00:06&
	01:04+ 04:52+ 01:00+ 00:33+ 00:45+ 01:5		40:09 23:27+ 24:00+ 25:33+ 25:52+ 26:36+ 29:28+ 30:44+ 33:11+ 36:23+ 37:28+ 38:04+ 39:34+ 39:57+ 01:25+ 00:33+ 01:33+ 00:19+ 00:44+ 02:52+ 01:16+ 02:27+ 03:12+ 01:05+ 00:36+ 01:30+ 00:23+ 00:11# 00:09\$ 00:20\$ 00:20\$ 00:02# 00:16\$ 00:49\$ 00:15# 00:34\$ 00:50\$ 00:08# 00:07# 00:41\$ 00:05\$
00:35		27 00:27 01:17 00:46 02:50 01:03 01:44 tap, & 25% tap, @ 100% tap.	01:12 00:24 01:13 00:15 00:26 01:57 01:00 01:53 02:22 00:55 00:25 00:46 00:17 00:11

Herrer B

1	Stei	n Arne	Olser	1			68						33:0	5											
00:37=	01:38=	05:10=	05:57=	06:29=	07:13=	08:56=	09:29=	10:55=	11:47=	14:59=	16:13=	18:03=	19:21=	19:47=	21:12=	21:31=	22:03=	24:21=	25:31=	27:34=	30:15=	31:16=	31:44=	32:35=	32:53=
00:37=	01:01=	03:32=	00:47=	00:32=	00:44=	01:43=	00:33=	01:26=	00:52=	03:12=	01:14=	01:50=	01:18=	00:26=	01:25=	00:19=	00:32=	02:18=	01:10=	02:03=	02:41=	01:01=	00:28=	00:51=	00:18=
00:00= 33:05=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
00:12=																									
00:00=																									
2	Tor	Gunna	ır Aksi	and			116						34:1	7											
00:35-	01:38=		_		07:08-	08:52-	09:22-	10:39-	11:47=	14:46-	15:54-	17:58-	20:15+	20:40+	22:08+	22:23+	22:53+	24:58+	26:07+	28:08+	30:57+	32:00+	32:38+	33:43+	34:06+
00:35-	01:03+	03:25-	00:43-	00:36+	00:46+	01:44+	00:30-	01:17-	01:08+	02:59-	01:08-	02:04+	02:17+	00:25-	01:28+	00:15-	00:30-	02:05-	01:09-	02:01-	02:49+	01:03+	00:38+	01:05+	00:23+
00:02-	00:02+	00:07-	00:04-	00:04#	00:02+	00:01+	00:03-	00:09-	00:16&	00:13-	00:06-	00:14#	00:59&	00:01-	00:03+	00:04-	00:02-	00:13-	00:01-	00:02-	00:08+	00:02+	00:10&	00:14&	00:05&
34:17+																									
00:11-																									
00:01-																									
3	Odd	l Fugle	stad				250						35:00)											
00:40+		05:10=		06:34+	07:22+	09:03+		11:01+	11:52+	15:14+	16:27+	18:29+	20:00+	-	22:13+	22:30+	22:59+	25:20+	26:44+	29:01+	32:04+	33:08+	33:38+	34:25+	34:44+
00:40+	00:57-	03:33+	00:47=	00:37+	00:48+	01:41-	00:37+	01:21-	00:51-	03:22+	01:13-	02:02+	01:31+	00:30+	01:43+	00:17-	00:29-	02:21+	01:24+	02:17+	03:03+	01:04+	00:30+	00:47-	00:19+
00:03+	00:04-	00:01+	00:00=	00:05#	00:04+	00:02-	00:04#	00:05-	00:01-	00:10+	00:01-	00:12#	00:13#	00:04#	00:18#	00:02-	00:03-	00:03+	00:14#	00:14#	00:22#	00:03+	00:02+	00:04-	00:01+
35:00+																									
00:16+																									
00.04%																									

Plass	Navi	n					Klasse	•					Tid													
4	Geir	Sand					105						36:50	3												
00:42+		05:42+	06:38+	07:12+	07:57+	09:39+	10:14+	12:00+	13:00+	16:16+	18:29+			22:32+	23:57+	24:39+	25:15+	27:39+	28:45+	31:01+	33:48+	34:47+	35:27+	36:26+	36:44+	
		03:55+						01:46+			02:13+			00:25-					01:06-			00:59-	00:40+			
00:05# 36:56+ 00:12=	00:04+	00:23#	00:09#	00:02+	00:01+	00:01-	00:02+	00:20#	00:08#	00:04+	00:59&	00:11#	00:19#	00:01-	00:00=	00:23@	00:04#	00:06+	00:04-	00:13#	00:06+	00:02-	00:12&	00:08#	00:00=	
00:00=	•		17				440						44.0													
)		n Erik					116						41:2°													
				07:47+			11:21+								25:53+			29:33+	31:06+	33:52+		38:15+		40:46+		
	01:14+			00:39+			00:37+				01:22+				01:34+			02:46+		02:46+			01:25+		00:21+	
41:21+	00:13#	00:33#	00.10#	00:07#	00:07#	00:23#	00:04#	00.270	00.174	00.450	00:00#	00.300	00.210	00.00&	00:09#	00:00-	00.03+	00.20#	00.230	00.430	00.30#	00:03+	00.576	00:13α	00.03#	
00:14+																										
00:02#																										
	Øyvi	ind Ru	ımmel	hoff			27						42:40	3												
00:46+	01:52+	05:34+	10:21+	13:43+	14:36+	16:21+	16:53+	18:18+	19:13+	22:30+	23:46+	25:37+	27:02+	27:28+	28:59+	29:25+	29:58+	32:11+	33:14+	35:45+	38:32+	39:29+	40:01+	42:19+	42:35+	
	01:06+		04:47+		00:53+			01:25-	00:55+		01:16+		01:25+	00:26=	01:31+	00:26+	00:33+	02:13-	01:03-	02:31+	02:47+	00:57-	00:32+	02:18+	00:16-	
	00:05+	00:10+	04:000	02:50@	00:09#	00:02+	00:01-	00:01-	00:03+	00:05+	00:02+	00:01+	00:07+	00:00=	00:06+	00:07&	00:01+	00:05-	00:07-	00:28#	00:06+	00:04-	00:04#	01:27@	00:02-	
42:46+ 00:11-																										
00:01-																										
,,,,,	Fend	en Fyh	n Nile	on			116						50:07	7												
01:07+				10:21+	11.31+		14:46+	17.02+	18:33+	22:58+	24.31+	27:13+		29:59+	32:24+	32.46+	33:28+	36:15+	38:01+	40:51+	44:55+	46:34+	47:33+	49:16+	49:49+	
	01:21+			00:47+							01:33+			00:57+				02:47+						01:43+		
00:30&	00:20&						00:15&																			
50:07+																										
00:18+																										
00:06&																										
este :		tid for																								
00:35	00:57	03:25	00:43	00:32	00:44	01:41	. 00:30	01:17	00:51	02:59	01:08	01:50	01:18	00:25	01:25	00:15	00:29	02:05	01:03	02:01	02:41	00:57	00:28	00:47	00:16	00:

Herrer C

1	Kieti	il Wira	k				114						31:40)											
00:33=	02:05=	03:26=	05:18=	06:16=	06:50=	07:33=	08:40=	09:27=	10:29=	12:01=	15:00=	16:25=	17:43=	18:35=	20:04=	21:08=	21:41=	22:13=	22:51=	23:40=	24:01=	25:10=	26:39=	28:25=	29:15=
00:33=	01:32=	01:21=	01:52=	00:58=	00:34=	00:43=	01:07=	00:47=	01:02=	01:32=	02:59=	01:25=	01:18=	00:52=	01:29=	01:04=	00:33=	00:32=	00:38=	00:49=	00:21=	01:09=	01:29=	01:46=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
30:00=	31:02=	31:27=	31:40=																						
00:45=	01:02=	00:25=	00:13=																						
00:00=	00:00=	00:00=	00:00=																						
2	Jan	Einar 9	Øvrem	0			50						36:16	3											
00:33=	01:57-	03:34+	05:33+	06:32+	07:14+	08:04+	09:23+	10:01+	11:18+	12:51+	16:24+	17:56+	19:26+	20:12+	22:32+	23:40+	24:08+	24:49+	25:32+	26:40+	27:06+	28:22+	30:01+	32:26+	33:20+
00:33=	01:24-	01:37+	01:59+	00:59+	00:42+	00:50+	01:19+	00:38-	01:17+	01:33+	03:33+	01:32+	01:30+	00:46-	02:20+	01:08+	00:28-	00:41+	00:43+	01:08+	00:26+	01:16+	01:39+	02:25+	00:54+
00:00=	00:08-	00:16#	00:07+	00:01+	00:08#	00:07#	00:12#	00:09-	00:15#	00:01+	00:34#	00:07+	00:12#	00:06-	00:51&	00:04+	00:05-	00:09&	00:05#	00:19&	00:05#	00:07#	00:10#	00:39&	00:04+
34:35+	35:34+	36:03+	36:16+																						
01:15+	00:59-	00:29+	00:13=																						
00:30&	00:03-	00:04#	00:00=																						
3	Arvi	d Myd	land			2	29						37:30)											
00:38+	02:20+	03:47+	05:47+	06:39+	07:18+	08:09+	09:31+	10:07+	11:14+	12:47+	17:04+	18:37+	20:20+	21:25+	24:07+	25:06+	25:42+	26:24+	27:01+	28:00+	28:30+	29:58+	31:42+	33:53+	34:43+
00:38+	01:42+	01:27+	02:00+	00:52-	00:39+	00:51+	01:22+	00:36-	01:07+	01:33+	04:17+	01:33+	01:43+	01:05+	02:42+	00:59-	00:36+	00:42+	00:37-	00:59+	00:30+	01:28+	01:44+	02:11+	00:50=
00:05#	00:10#		+80:00	00:06-	00:05#	00:08#	00:15#	00:11-	00:05+	00:01+	01:18&	00:08+	00:25&	00:13#	01:13&	00:05-	00:03+	00:10&	00:01-	00:10#	00:09&	00:19&	00:15#	00:25#	00:00=
	36:52+	37:18+																							
	01:23+																								
00:01+	00:21&	00:01+	00:01-																						
4	Otte	Omda	al			(3 5						37:35	5											
00:32-	02:11+	03:39+	06:10+	07:02+	07:37+	09:03+	10:23+	10:58+	12:17+	14:04+	18:04+	19:30+	20:58+	21:59+	24:14+	25:30+	26:06+	26:45+	27:24+	28:18+	28:50+	30:17+	31:52+	34:02+	35:00+
00:32-	01:39+	01:28+	02:31+	00:52-	00:35+	01:26+	01:20+	00:35-	01:19+	01:47+	04:00+	01:26+	01:28+	01:01+	02:15+	01:16+	00:36+	00:39+	00:39+	00:54+	00:32+	01:27+	01:35+	02:10+	00:58+
								00 40	00 17 4	00:15#	01.010	00:01+	00:10#	00:09#	00:46&	00:12#	00:03+	00:07#	00:01+	00:05#	00:11&	00:18&	00:06+	00:24#	00:08#
00:01-	00:07+	00:07+	00:39&	00:06-	00:01+	00:43&	00:13#	00:12-	00:1/8	00:10#	01:01α	00:01+	00:10#	00.09π	00.404	00.12π	00.051	00.07π	00.011	00:03#	00:110	00:10%	00:06+	00:24#	00.00π
	00:07+ 36:48+	00:07+ 37:21+		00:06-	00:01+	00:43&	00:13#	00:12-	00:1/&	00:15#	01:01&	00.01+	00:10#	00.09π	00.404	00.12#	00.031	00.07π	00.011	00:05#	00.114	00:18&	00:06+	00:24#	00.00π
36:01+		37:21+	37:35+	00:06-	00:01+	00:43&	00:13#	00:12-	00:1/&	00.15#	01.01&	00.01+	00:10#	00.09π	00.404	00.12#	00.031	00.07#	00.011	00.03#	00.114	00:10%	00:06+	00.24#	00.00#

Plass	Navn	Klasse	Tid
5	Tore Svendsen	27	38:29
	02:19+ 03:56+ 06:52+ 07:47+ 08:30+ 0		2+ 21:41+ 22:40+ 24:16+ 25:27+ 26:18+ 26:58+ 27:32+ 29:18+ 29:45+ 31:10+ 32:54+ 35:10+ 36:06+
			3+ 01:39+ 00:59+ 01:36+ 01:11+ 00:51+ 00:40+ 00:34- 01:46+ 00:27+ 01:25+ 01:44+ 02:16+ 00:56+ 8+ 00:21& 00:07# 00:07+ 00:07# 00:18& 00:08# 00:04- 00:57@ 00:06& 00:16# 00:15# 00:30& 00:06#
	37:50+ 38:15+ 38:29+	0.00# 00.15# 00.07# 00.50@ 00.05 00.40@ 00.0	0.00.214 00.07# 00.07# 00.07# 00.104 00.004 00.37# 00.37# 00.10# 00.10# 00.37# 00.30#
	00:54- 00:25= 00:14+		
00:05#	00:08- 00:00= 00:01+		
6	Nils John Vestøl	83	38:48
			4+ 22:19+ 23:47+ 25:58+ 27:07+ 27:42+ 28:27+ 29:00+ 30:06+ 30:34+ 31:46+ 33:17+ 35:19+ 36:16+ 1+ 01:25+ 01:28+ 02:11+ 01:09+ 00:35+ 00:45+ 00:33- 01:06+ 00:28+ 01:12+ 01:31+ 02:02+ 00:57+
			6+ 00:07+ 00:36& 00:42& 00:05+ 00:02+ 00:13& 00:05- 00:17& 00:07& 00:03+ 00:02+ 00:16# 00:07#
	38:10+ 38:36+ 38:48+		
	01:17+ 00:26+ 00:12- 00:15# 00:01+ 00:01-		
7	Sturle Omdal	116	39:53
00:38+			6+ 22:45+ 23:55+ 25:41+ 27:17+ 28:01+ 28:43+ 29:24+ 30:40+ 31:06+ 32:23+ 34:10+ 36:21+ 37:22+
			0+ 01:39+ 01:10+ 01:46+ 01:36+ 00:44+ 00:42+ 00:41+ 01:16+ 00:26+ 01:17+ 01:47+ 02:11+ 01:01+
	00:18# 00:26& 00:29& 00:01+ 00:29& 0 39:12+ 39:41+ 39:53+	0:15& 00:24& 00:03+ 00:43& 00:30& 00:53& 00:0	5+ 00:21& 00:18& 00:17# 00:32& 00:11& 00:10& 00:03+ 00:27& 00:05# 00:08# 00:18# 00:25# 00:11#
	39:12+ 39:41+ 39:53+ 00:47- 00:29+ 00:12-		
	00:15- 00:04# 00:01-		
8	Geir Frøytlog	29	41:43
			6+ 23:17+ 24:12+ 26:21+ 28:32+ 29:11+ 30:02+ 30:35+ 31:34+ 32:12+ 33:39+ 35:16+ 37:50+ 38:41+
			8+ 01:41+ 00:55+ 02:09+ 02:11+ 00:39+ 00:51+ 00:33- 00:59+ 00:38+ 01:27+ 01:37+ 02:34+ 00:51+ 3+ 00:23& 00:03+ 00:40& 01:07@ 00:06# 00:19& 00:05- 00:10# 00:17& 00:18& 00:08+ 00:48& 00:01+
	40:57+ 41:29+ 41:43+	0:04+ 00:35& 00:00- 00:31& 00:01+ 00:35& 00:0	3T 00.23% 00.03T 00.40% 01.07e 00.00# 00.17% 00.10# 00.17% 00.17% 00.10% 00.00T 00.40% 00.01T
	01:15+ 00:32+ 00:14+		
00:16&	00:13# 00:07& 00:01+		
9	Pål Bårdsen	90	42:14
			6+ 23:38+ 25:20+ 27:37+ 29:09+ 29:40+ 30:26+ 31:06+ 32:07+ 32:34+ 34:04+ 35:49+ 38:19+ 39:19+ 3+ 01:42+ 01:42+ 02:17+ 01:32+ 00:31- 00:46+ 00:40+ 01:01+ 00:27+ 01:30+ 01:45+ 02:30+ 01:00+
			8+ 00:24& 00:50& 00:48& 00:28& 00:02- 00:14& 00:02+ 00:12# 00:06& 00:21& 00:16# 00:44& 00:10#
	41:31+ 42:03+ 42:14+		
	01:03+ 00:32+ 00:11- 00:01+ 00:07& 00:02-		
		116	49.04
10	Ivar Knutsen		48:04 7+ 25:55+ 26:59+ 29:47+ 32:20+ 33:03+ 34:01+ 35:05+ 36:14+ 36:50+ 38:24+ 40:22+ 42:57+ 43:59+
			1+ 01:38+ 01:04+ 02:48+ 02:33+ 00:43+ 00:58+ 01:04+ 01:09+ 00:36+ 01:34+ 01:58+ 02:35+ 01:02+
		0:35& 00:29& 00:02- 01:21@ 00:45& 01:24& 00:3	6& 00:20& 00:12# 01:19& 01:29@ 00:10& 00:26& 00:26& 00:20& 00:15& 00:25& 00:29& 00:49& 00:12#
	46:57+ 47:42+ 48:04+ 01:06+ 00:45+ 00:22+		
	00:04+ 00:20& 00:09&		
11	Erling Mauland	83	49:21
	05:52+ 07:44+ 10:38+ 11:49+ 12:31+ 1	3:49+ 15:46+ 17:32+ 19:08+ 21:01+ 25:24+ 27:0	0+ 28:45+ 30:28+ 33:42+ 35:03+ 35:47+ 36:27+ 37:08+ 38:10+ 38:48+ 40:18+ 42:12+ 44:55+ 45:58+
			6+ 01:45+ 01:43+ 03:14+ 01:21+ 00:44+ 00:40+ 00:41+ 01:02+ 00:38+ 01:30+ 01:54+ 02:43+ 01:03+
	00:22# 00:31& 01:02& 00:13# 00:08# 0 48:31+ 49:06+ 49:21+	U:35& UU:50& UU:59@ UU:34& UU:21# 01:24& 00:1	1# 00:27& 00:51& 01:45@ 00:17& 00:11& 00:08# 00:03+ 00:13& 00:17& 00:21& 00:25& 00:57& 00:13&
	01:22+ 00:35+ 00:15+		
00:26&	00:20& 00:10& 00:02#		
	strekktid for klassen		
00:32	01:16 01:21 01:52 00:52 00:34	00:43 01:07 00:35 01:02 01:27 02:59 01:	25 01:18 00:46 01:29 00:59 00:28 00:32 00:33 00:49 00:21 01:09 01:29 01:46 00:50 00:37 00:47

Herrer Ny

1 Arild Opstad 54

00:44= 03:55= 05:53= 08:58= 09:52= 12:58= 15:19= 18:55= 22:30= 24:54= 25:46=
00:44= 03:11= 01:58= 03:05= 00:54= 03:06= 02:21= 03:36= 03:35= 02:24= 00:52=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Plass Navn Tid Klasse

Beste strekktid for klassen
00:44 03:11 01:58 03:05 00:54 03:06 02:21 03:36 03:35 02:24 00:52

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

Herrer Trim

1	Mart	in Sve	nsen			2	284			22:42								
01:08=	02:42=	04:04=	07:21=	08:47=	10:06=	11:49=	12:49=	14:20=	15:17=	16:22=	17:55=	19:45=	21:28=	22:03=	22:28=	22:42=		
				01:26=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Anta	I Jans	en			1	115						25:41					
01:43+	03:35+	05:45+	08:42+	10:00+	11:22+	13:56+	15:01+	16:25+	17:05+	18:53+	20:41+	22:37+	24:14+	24:54+	25:27+	25:41+		
				01:18-														
00:35&	00:18#	00:48&	00:20-	00:08-	00:03+	00:51&	00:05+	00:07-	00:17-	00:43&	00:15#	00:06+	00:06-	00:05#	00:08&	00:00=		
3	Asle	Schai	nke Gr	ude		ç	92						25:55	5				
				09:30+														
				01:32+														
00:12#	00:10#	00:04+	00:11+	00:06+	01:54@	00:06+	00:05+	00:05-	00:17-	00:15#	00:04-	00:05+	00:14#	00:09&	00:05#	00:03#		
4	Trond Egil Toft 53 - 03:19+ 05:23+ 09:35+ 10:55+ 12:35+ 14:29+ 15:39+ 16:55+ 18:43+ 19:47+ 21:14+ 23:10+ 25:32+ 26:19+ 26:50+ 27																	
				01:20-														
00:08#	00:29&	00:42&	00:55&	00:06-	00:21&	00:11#	00:10#	00:15-	00:51&	00:01-	00:06-	00:06+	00:39&	00:12&	00:06#	00:01-		
5	Olav	Hella	nd			2	<u> 29</u>				27:41							
				09:55+														
				01:34+														
00:17#	00:09-	00:23&	00:29#	00:08+	00:29&	01:12&	00:19&	00:04-	00:14-	00:44&	00:07+	00:30&	00:18#	00:15&	00:12&	00:03#		
6			rådlan			_	297						29:05					
				12:24+														
				01:33+														
00:33&				00:07+	00:23&	00:30&	00:10#	00:07-	00:07-	01:08@	00:06-	00:24#			00:07&	00:02#		
7	Øyvi	ind Na	gel-Alı	ne		7	74						31:59)				
				12:08+														
				01:43+														
00:48&				00:17#		_		00:08+	00:08-	00:48&	02:140	00:26#		_	380:00	00:03#		
8				derse	•	_	263						32:15	•				
				11:33+														
				01:43+														
00:23&				00:17#	00:53&			00:07+	00:08#	01:00%	00:19#	00:58&			00:16%	00:00%		
9			ubotte				192						33:26					
01:44+				12:35+ 02:30+														
				02:30+														
	_							00.031	00.041	00.430	00.554	00.55&			00.000	00.040		
10				nkirch	•		117	04 54	00 45	05 05	0.7 4.5		33:30					
				12:14+														
				01:40+ 00:14#														
				00.14#	00.200	· · · · -		00.240	00.574	00.554	00.10#	00.19π			00.120	00.040		
11		ıg Knu		40.04.	44.45		128	40.46.	00 46:	04.50	0.5.00.	00 55.	33:37		00 45.	00.00		
				12:24+ 01:51+														
01:19+				00:25&														
		. – .	_	_	00.540	_	-	00.03	00.031	02.556	00.071	00.55&			00.100	00.070		
12			jesvol			46.55	•				05 00.		34:06		00 45.	04.06		
				12:24+ 01:38+														
01:34+				01:38+														
			_					50.20π		01.000	50.001	00.24T			00.200	50.054		
13				arsson 12:51+			10.24	21.22	22.10:	25.10:	27.10:	20.50:	34:27		24.10:	24.271		
				12:51+														
				00:34&														
00.120	55.50d	00.000	00.000	00.040	01.208	00.170	00.200	00.±/1F	00.01	01.000	00.2/0	55.564	00.170	50.200	a	30.00		

Plass	Nav	n				ı	Klasse)			Tid						
14	Stei	nar Am	nundse	en		•	115						34:44	4			
		06:48+ 02:22+															
		02:22+															
15		Inge H					144						35:07				
		07:32+															
		02:19+ 00:57&															
16		lar Hav		00.004	01.070		1	00.014	00.00	01.020	00.124	01.034	35:3	_	00.004	00.00	
. •		05:43+		14:38+	16:33+		•	22:04+	23:08+	26:37+	29:06+	31:25+			35:17+	35:35+	
		02:23+															
	_	01:01&	03:53@	00:19#	00:36&			00:04-	00:07#	02:240	00:56&	00:29&		_	00:13&	00:04&	
17		Aalbu	12.401	15.271	17.21.	_	29	22.241	24.421	26.421	20.161	21.401	36:1	-	25.541	26.151	
		08:58+															
		01:29@															
18	Ragnar Lillemo 128 37:33																
		08:11+															
		02:57+ 01:35@															
19	_	Hope		00.004	00.104		43	00.10	01.110	02.120	001201	00122#	38:00	_	00.00	00.104	
		07:48+		15:08+	17:22+			23:13+	24:50+	27:40+	30:21+	33:14+		-	37:38+	38:00+	
		03:08+															
		01:460	02:12&	00:25&	00:55&	_		00:07+	00:40&	01:45@	01:08&	01:03&		_	00:12&	380:00	
20		Eike	11 06	14 06	16 04		79	00 05:	04 00.	07.00.	20 20.	22 22.	38:27		20 01 .	20 07	
		07:23+ 02:26+															
		01:04&															
21	Froc	le Lun	d			•	18						38:30)			
		06:40+															
		02:49+ 01:27@															
22		ers H F	_	00.204	00.014		263	00.00	01.000	00.024	00.014	00.004	38:4	_	00.104	00.004	
		09:17+		16:04+	18:20+	_		26:40+	27:29+	29:01+	31:10+	34:33+	••••	-	38:22+	38:45+	
		03:12+															
		01:50@			00:57&	_	_	01:01&	00:08-	00:27&	00:36&	01:33&		_	00:11&	00:09&	
23		Øyste			16.001		7	24-001	25.051	20.201	21.10.	24-101	38:50		20.221	20.501	
		07:39+															
		01:58@															
24	Arilo	l Olser	1			4	4						39:1	1			
		07:55+ 03:37+															
		03:37+															
25	_	Erik R					51						41:43	_			
		06:39+			17:49+			24:20+	26:00+	29:06+	31:42+	34:29+		-	40:32+	41:21+	41:43+
		02:40+															
		01:18&		01:550	00:52&	00:49&	00:43&	00:45&	00:43&	02:010	01:03&	00:5/&		_	00:40@	00:350	00:22+
26		Bakkei		10./11	22.00+	25.104	26.44+	20.31⊥	30.014	32.46±	35.2/⊥	30.101	43:11	-	12 · 10 ±	/3·11±	
		03:38+															
01:23@	02:25@	02:160	04:060	00:44&	01:09&	01:18&	00:34&	00:16#	00:33&	01:40@	01:05&	01:04&	01:09&	00:28&	00:11&	00:08&	
27		ald Nils					79						43:17				
		07:40+															
		02:48+ 01:26@															
28		Ivar S				_	92						43:33				
		05:28+			23:39+		-	29:35+	31:34+	32:39+	34:31+	36:44+			42:29+	43:16+	43:33+
01:38+	01:32-	02:18+	05:44+	11:02+	01:25+	01:45+	02:42+	01:29-	01:59+	01:05=	01:52+	02:13+	02:28+	02:21+	00:56+	00:47+	00:17+
00:30&	00:02-	00:56&	02:27&	09:360	00:06+	00:02+	U1:42@	00:02-	U1:02@	00:00=	UU:19#	00:23#	UU:45&	U1:46@	00:310	00:330	00:17+

Plass	Navi	า			Klasse							Tid						
29	Arild	Svihi	ıs			9	92					43:30	6					
02:36+				17:41+	20:05+	•	25:11+	27:41+	29:04+	31:41+	33:53+	37:36+			43:08+	43:36+		
02:36+	02:49+	02:59+	06:44+	02:33+	02:24+	03:09+	01:57+	02:30+	01:23+	02:37+	02:12+	03:43+	03:30+	01:13+	00:49+	00:28+		
01:280	01:15&	01:37@	03:27@	01:07&	01:05&	01:26&	00:57&	00:59&	00:26&	01:320	00:39&	01:53@	01:47@	00:38@	00:24&	00:14&		
30	Terie	boH e	ne Nils	en	115								44:1					
02:14+					19:42+		24:58+	27:28+	28:57+	31:46+	35:04+	38:05+		-	43:51+	44:15+		
02:14+	03:20+	03:11+	06:05+	02:19+	02:33+	03:31+	01:45+	02:30+	01:29+	02:49+	03:18+	03:01+	03:11+	01:30+	01:05+	00:24+		
01:06&	01:46@	01:49@	02:48&	00:53&	01:14&	01:48@	00:45&	00:59&	00:32&	01:44@	01:45@	01:11&	01:28&	00:55@	00:40@	00:10&		
31	Inae	Grøde	em			9	92		45:00									
02:18+				18:10+	20:32+		26:10+	28:21+	30:46+	33:51+	35:59+	38:56+	42:21+	43:43+	44:35+	45:00+		
02:18+	03:54+	03:07+	06:29+	02:22+	02:22+	03:40+	01:58+	02:11+	02:25+	03:05+	02:08+	02:57+	03:25+	01:22+	00:52+	00:25+		
01:100	02:20@	01:45@	03:12&	00:56&	01:03&	01:57@	00:58&	00:40&	01:28@	02:00@	00:35&	01:07&	01:42&	00:47@	00:27@	00:11&		
32	Ove	Vatlar	nd				128			48:26								
02:48+	06:16+	09:07+	14:56+	17:47+	20:33+	24:01+	26:17+	28:43+	30:13+	33:47+	36:14+	39:49+	42:52+	47:09+	47:57+	48:26+		
02:48+	03:28+	02:51+	05:49+	02:51+	02:46+	03:28+	02:16+	02:26+	01:30+	03:34+	02:27+	03:35+	03:03+	04:17+	00:48+	00:29+		
01:40@	01:54@	01:29@	02:32&	01:25&	01:27@	01:45@	01:160	00:55&	00:33&	02:290	00:54&	01:45&	01:20&	03:42@	00:23&	00:15@		
33	Hans	s Klau	sen		62					49:11								
01:50+	03:27+	05:42+	16:58+	20:52+	22:55+	23:26+	31:30+	32:54+	34:25+	35:41+	39:42+	41:36+	44:29+	46:51+	47:46+	48:52+	49:11+	
01:50+							08:04+											
00:42&	00:03+	00:53&	07:59@	02:28@	00:44&	01:12-	07:040	00:07-	00:34&	00:11#	02:28@	00:04+	01:10&	01:47@	00:30@	00:520	00:19+	
34	Joha	an Ras	muss	en	93					50:04								
02:48+							31:25+											
02:48+							01:42+											
01:40@	00:59&	02:58@	06:360	01:15&	00:55&	03:310	00:42&	00:25&	01:330	02:52@	00:41&	01:02&	01:10&	00:33&	00:18&	00:12&		
35	Fran	k Gull	brands	sen	105								51:04					
02:32+	05:17+	11:36+	17:30+	21:39+	23:42+	27:31+	29:15+	31:27+	34:45+	38:40+	41:37+	45:20+	48:36+	49:51+	50:32+	51:04+		
02:32+							01:44+											
01:240	01:11&	04:57@	02:37&	02:43@	00:44&	02:060	00:44&	00:41&	02:21@	02:50@	01:24&	01:530	01:33&	00:40@	00:16&	00:180		
36	Arth	ur Chi	ristians	sen		(93						1:22:	:31				
03:23+	06:58+	11:46+	22:26+	26:13+	30:50+	35:45+	38:37+	42:17+	44:11+	48:43+	53:15+	59:07+	78:04+	80:12+	81:40+	82:31+		
							02:52+											
02:15@	02:01@	03:260	07:23@	02:210	03:18@	03:12@	01:520	02:09@	00:57&	03:27@	02:59@	04:02@	17:14@	01:33@	01:03@	00:37@		
Beste	strekk	tid for	r klass	en														
01:08	01:25	01:22	02:57	01:18	01:19	00:31	01:00	01:16	00:40	01:04	01:27	01:50	01:37	00:35	00:25	00:13		