

Pluss Navn Klasse

Tid

Damer 16 - 39 år

1		Wibeke Lende		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		Ingrid Simensen		101		32:21															
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		Rønnaug Egeland		154		32:45															
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#	00:08+	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		Helene Lie		228		32:56															
01:34+	03:10+	06:28+	10:04+	11:51+	13:45+	15:50+	17:36+	19:28+	20:12+	21:22+	21:56+	22:48+	24:22+	25:39+	28:29+	30:40+	31:59+	32:39+	32:56+		
01:34+	01:36+	03:18+	03:36+	01:47=	01:54+	02:05+	01:46-	01:52+	00:44-	01:10-	00:34+	00:52-	01:34-	01:17-	02:50+	02:11+	01:19-	00:40+	00:17+		
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		Mette Langeland		117		38:10															
01:54+	03:26+	08:19+	11:49+	13:50+	16:01+	18:19+	20:11+	21:55+	22:43+	24:02+	24:39+	25:37+	27:41+	29:16+	32:53+	35:08+	36:56+	37:48+	38:10+		
01:54+	01:32+	04:53+	03:30+	02:01+	02:11+	02:18+	01:52-	01:44+	00:48=	01:19-	00:37+	00:58+	02:04=	01:35+	03:37+	02:15+	01:48+	00:52+	00:22+		
00:27&	00:29&	01:49&	00:51&	00:14#	00:29&	00:36&	00:33-	00:05+	00:00=	00:06-	00:10&	00:05+	00:00=	00:13#	00:56&	00:13#	00:05+	00:19&	00:09&		
6		Hanne Thu		18		38:35															
01:24-	02:24-	05:10-	13:07+	14:56+	17:24+	19:14+	21:18+	23:03+	23:59+	25:33+	26:38+	27:41+	29:29+	31:11+	34:08+	36:14+	37:35+	38:17+	38:35+		
01:24-	01:00-	02:46-	07:57+	01:49+	02:28+	01:50+	02:04-	01:45+	00:56+	01:34+	01:05+	01:03+	01:48-	01:42+	02:57+	02:06+	01:21-	00:42+	00:18+		
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-	00:20#	00:16+	00:04+	00:22-	00:09&	00:05&		
7		Anna Berthelsen		117		38:41															
02:31+	04:16+	09:10+	12:28+	14:25+	16:43+	18:52+	20:53+	23:26+	24:16+	25:41+	26:14+	28:09+	29:11+	30:20+	33:34+	35:54+	37:42+	38:23+	38:41+		
02:31+	01:45+	04:54+	03:18+	01:57+	02:18+	02:09+	02:01-	02:33+	00:50+	01:25=	00:33+	01:55+	01:02-	01:09-	03:14+	02:20+	01:48+	00:41+	00:18+		
01:04&	00:42&	01:50&	00:39#	00:10+	00:36&	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		Ingunn Bergheim Landsnes		74		41:44															
02:01+	03:23+	08:00+	12:18+	14:20+	16:36+	18:59+	21:37+	23:35+	24:58+	26:43+	27:33+	28:45+	30:30+	32:08+	35:48+	38:28+	40:17+	41:25+	41:44+		
02:01+	01:22+	04:37+	04:18+	02:02+	02:16+	02:23+	02:38+	01:58+	01:23+	01:45+	00:50+	01:12+	01:45-	01:38+	03:40+	02:40+	01:49+	01:08+	00:19+		
00:34&	00:19&	01:33&	01:39&	00:15#	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 strekktid for klassen		01:24	01:00	02:46	02:34	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

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

Damer 40 - 49 år

1		Linda Mari Vestvik		62		38:08														
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 Hetland		29		39:06														
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 Våg Aksland		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 Irene Asheim		116		43:39														
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&



Class	Navn	Klasse																Tid			
<b>12</b>	<b>Ellinor Nesse</b>	<b>116</b>																<b>46:46</b>			
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&	
<b>13</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>																<b>50:36</b>			
01:44+	09:44+	11:38+	17:44+	22:32+	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=	
<b>14</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>																<b>52:53</b>			
04:39+	06:51+	09:23+	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#	
<b>15</b>	<b>Brit Vivian Meling</b>	<b>116</b>																<b>1:00:41</b>			
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&	
<b>Beste strekktid for klassen</b>																					
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

<b>1</b>	<b>Marit Karin Nygård</b>	<b>92</b>																<b>30:13</b>			
01:16=	02:16=	05:38=	08:44=	10:41=	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=							
<b>2</b>	<b>Ingrid Eik</b>	<b>88</b>																<b>31:57</b>			
01:14-	02:33+	05:24-	09:31+	11:09+	13:56-	17:51+	19:13-	21:23-	24:51+	27:33+	29:33+	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+							
<b>3</b>	<b>Berit Bakken</b>	<b>168</b>																<b>34:25</b>			
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#							
<b>4</b>	<b>Kari Blixhavn</b>	<b>228</b>																<b>43:11</b>			
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+	05:37+	04:38+	02:13+	04:05+	05:11+	01:46+	02:55+	02:18+	03:34+	02:44+	02:14+	00:49+	00:24+							
01:46@	00:41&	02:15&	00:16#	00:15+	02:01&	00:13#	00:33#	00:35&	00:56&	00:52&	00:37&	00:18&	00:18&	00:08&							
<b>5</b>	<b>Halldis Handeland</b>	<b>92</b>																<b>47:26</b>			
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+	01:34+	08:47+	04:04+	02:32+	03:31-	05:56+	02:46+	03:24+	03:15+	03:35+	02:42+	02:20+	00:46+	00:23+							
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&							
<b>6</b>	<b>Berit K. Gramstad</b>	<b>113</b>																<b>48:33</b>			
01:49+	03:18+	11:01+	17:50+	20:09+	23:08+	29:37+	31:56+	35:53+	39:11+	42:28+	44:57+	47:15+	48:12+	48:33+							
01:49+	01:29+	07:43+	06:49+	02:19+	02:59-	06:29+	02:19+	03:57+	03:18+	03:17+	02:29+	02:18+	00:57+	00:21+							
00:33&	00:29&	04:21@	03:43@	00:22#	00:51-	03:19@	00:46&	01:35&	01:35&	00:39#	00:37&	00:41&	00:26&	00:05&							
<b>7</b>	<b>Unni Relling</b>	<b>92</b>																<b>1:02:51</b>			
02:02+	03:49+	26:22+	31:10+	34:03+	38:48+	42:07+	45:32+	49:12+	52:09+	56:00+	58:51+	61:35+	62:25+	62:51+							
02:02+	01:47+	22:33+	04:48+	02:53+	04:45+	03:19+	03:25+	03:40+	02:57+	03:51+	02:51+	02:44+	00:50+	00:26+							
00:46&	00:47&	19:11@	01:42&	00:56&	00:55#	00:09+	01:52@	01:18&	01:14&	01:13&	00:59&	01:07&	00:19&	00:10&							
<b>Beste strekktid for klassen</b>																					
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

Class	Navn	Klasse												Tid
<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>												<b>38:06</b>
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=

<b>2</b>	<b>Kirsten Carlsen</b>	<b>93</b>												<b>40:59</b>
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-

<b>3</b>	<b>Mette Dagsland</b>	<b>68</b>												<b>41:37</b>
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-

<b>4</b>	<b>Wenche Anda Haarr</b>	<b>92</b>												<b>47:15</b>
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#

<b>Beste strekktid for klassen</b>														
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

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>												<b>32:25</b>
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=
01:30=	01:21=	03:52=	03:42=	01:48=	02:45=	03:45=	01:44=	02:34=	01:53=	02:49=	02:12=	01:31=	00:39=	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=

<b>2</b>	<b>Haldis Glendrange</b>	<b>68</b>												<b>38:46</b>
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-

<b>3</b>	<b>Helga Aaslid</b>	<b>54</b>												<b>43:30</b>
01:27-	02:58+	07:30+	13:47+	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#

<b>4</b>	<b>Hedvig Anda</b>	<b>116</b>												<b>46:30</b>
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-

<b>5</b>	<b>Eva Hessen</b>	<b>83</b>												<b>47:52</b>
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-

<b>6</b>	<b>Ragnhild Christiansen</b>	<b>93</b>												<b>51:18</b>
02:15+	04:00+	10:51+	16:45+	19:19+	23:20+	29:54+	32:43+	36:00+	39:55+	44:00+	47:27+	49:59+	50:47+	51:18+
02:15+	01:45+	06:51+	05:54+	02:34+	04:01+	06:34+	02:49+	03:17+	03:55+	04:05+	03:27+	02:32+	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&

<b>7</b>	<b>Margaret Malmin</b>	<b>105</b>												<b>55:31</b>
02:07+	04:06+	10:48+	16:02+	19:46+	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&	01:56@	01:38&	05:32@	00:59&	01:09&	01:30&	01:28&	01:16&	01:36@	00:15&	00:10&

<b>Beste strekktid for klassen</b>														
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

Class	Navn	Klasse	Tid
<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>48:21</b>
	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=		
<b>2</b>	<b>Synnøve Fuglestad</b>	<b>29</b>	<b>53:33</b>
	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-		
<b>Beste strekktid for klassen</b>			
	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 klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>	<b>1:02:20</b>
	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=		
<b>Beste strekktid for klassen</b>			
	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

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>31:56</b>
	00:34= 02:04= 03:23= 05:19= 06:09= 06:45= 07:31= 08:42= 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=		
	30:29= 31:18= 31:43= 31:56=		
	00:42= 00:49= 00:25= 00:13=		
	00:00= 00:00= 00:00= 00:00=		
<b>Beste strekktid for klassen</b>			
	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

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>	<b>33:04</b>
	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=		
<b>2</b>	<b>Randi Birkeland</b>	<b>29</b>	<b>36:43</b>
	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+ 00:18& 00:28# 00:15+ 00:01- 00:16& 00:24- 00:05# 00:03#		
<b>3</b>	<b>Jorunn Johannesen</b>	<b>116</b>	<b>37:12</b>
	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&		
<b>4</b>	<b>Hilde Nordbø</b>	<b>93</b>	<b>38:40</b>
	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# 00:22& 00:40# 00:27& 00:16& 00:08# 00:18# 00:19# 00:41& 00:07+ 00:44& 00:17& 00:11+ 00:08+ 00:02+ 00:04+ 00:20+ 00:04+ 00:19& 00:11- 00:04# 00:03#		



Class	Navn	Klasse											Tid
<b>5</b>	<b>Randi Bugge</b>	<b>46</b>											<b>28:14</b>
01:28+	02:44+	06:42+	10:21+	12:07+	14:55+	18:21+	19:46+	21:35+	24:18+	26:20+	27:16+	27:55+	28:14+
01:28+	01:16-	03:58+	03:39-	01:46-	02:48+	03:26+	01:25-	01:49+	02:43+	02:02+	00:56+	00:39-	00:19=
00:15#	00:14-	00:50&	00:29-	00:11-	01:32@	00:21#	00:06-	00:09+	00:04+	00:24#	00:02+	00:02-	00:00=
<b>6</b>	<b>Margot Asheim</b>	<b>105</b>											<b>28:59</b>
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+
01:12-	01:05-	03:23+	04:26+	01:42-	01:14-	04:14+	02:37+	01:58+	03:43+	01:43+	00:48-	00:35-	00:19=
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=
<b>7</b>	<b>Grete Hellevik</b>	<b>168</b>											<b>29:02</b>
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+
01:20+	01:22-	03:11+	04:02-	01:54-	01:08-	06:12+	01:17-	01:42+	03:24+	01:41+	00:50-	00:40-	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=
<b>8</b>	<b>Solbjørg Borgersen</b>	<b>233</b>											<b>29:08</b>
01:39+	03:06+	06:30+	10:45+	12:54+	14:51+	19:25+	20:57+	22:44+	25:25+	27:16+	28:10+	28:47+	29:08+
01:39+	01:27-	03:24+	04:15+	02:09+	01:57+	04:34+	01:32+	01:47+	02:41+	01:51+	00:54=	00:37-	00:21+
00:26&	00:03-	00:16+	00:07+	00:12#	00:41&	01:29&	00:01+	00:07+	00:02+	00:13#	00:00=	00:04-	00:02#
<b>9</b>	<b>Sølvi Utbø Sakseid</b>	<b>116</b>											<b>29:12</b>
01:18+	02:30-	07:03+	10:57+	15:16+	16:25+	20:34+	21:59+	23:32+	25:43+	27:28+	28:20+	28:56+	29:12+
01:18+	01:12-	04:33+	03:54-	04:19+	01:09-	04:09+	01:25-	01:33-	02:11-	01:45+	00:52-	00:36-	00:16-
00:05+	00:18-	01:25&	00:14-	02:22@	00:07-	01:04&	00:06-	00:07-	00:28-	00:07+	00:02-	00:05-	00:03-
<b>10</b>	<b>Sigrun Serigstad</b>	<b>128</b>											<b>29:20</b>
01:26+	03:34+	07:19+	11:50+	14:05+	15:43+	19:36+	21:09+	22:54+	25:42+	27:23+	28:24+	29:03+	29:20+
01:26+	02:08+	03:45+	04:31+	02:15+	01:38+	03:53+	01:33+	01:45+	02:48+	01:41+	01:01+	00:39-	00:17-
00:13#	00:38&	00:37#	00:23+	00:18#	00:22&	00:48&	00:02+	00:05+	00:09+	00:03+	00:07#	00:02-	00:02-
<b>11</b>	<b>Judith Serigstad</b>	<b>128</b>											<b>29:45</b>
01:40+	03:12+	08:42+	13:08+	15:04+	16:19+	19:47+	21:31+	23:12+	25:51+	27:52+	28:46+	29:24+	29:45+
01:40+	01:32+	05:30+	04:26+	01:56-	01:15-	03:28+	01:44+	01:41+	02:39=	02:01+	00:54=	00:38-	00:21+
00:27&	00:02+	02:22&	00:18+	00:01-	00:01-	00:23#	00:13#	00:01+	00:00=	00:23#	00:00=	00:03-	00:02#
<b>12</b>	<b>Bente Salte Aune</b>	<b>128</b>											<b>29:47</b>
01:41+	03:12+	08:42+	13:08+	15:02+	16:25+	19:53+	21:29+	23:13+	25:52+	27:57+	28:45+	29:25+	29:47+
01:41+	01:31+	05:30+	04:26+	01:54-	01:23+	03:28+	01:36+	01:44+	02:39=	02:05+	00:48-	00:40-	00:22+
00:28&	00:01+	02:22&	00:18+	00:03-	00:07+	00:23#	00:05+	00:04+	00:00=	00:27&	00:06-	00:01-	00:03#
<b>13</b>	<b>Ruth Grødem</b>	<b>105</b>											<b>30:07</b>
01:40+	03:13+	07:01+	11:28+	13:31+	15:27+	18:56+	20:32+	22:08+	25:12+	27:11+	28:04+	29:49+	30:07+
01:40+	01:33+	03:48+	04:27+	02:03+	01:56+	03:29+	01:36+	01:36-	03:04+	01:59+	00:53-	01:45+	00:18-
00:27&	00:03+	00:40#	00:19+	00:06+	00:40&	00:24#	00:05+	00:04-	00:25#	00:21#	00:01-	01:04@	00:01-
<b>14</b>	<b>Ingunn Kristiansen Wiig</b>	<b>105</b>											<b>30:24</b>
01:20+	05:09+	08:09+	12:25+	14:15+	15:48+	19:24+	21:04+	23:00+	26:35+	28:23+	29:17+	30:01+	30:24+
01:20+	03:49+	03:00-	04:16+	01:50-	01:33+	03:36+	01:40+	01:56+	03:35+	01:48+	00:54=	00:44+	00:23+
00:07+	02:19@	00:08-	00:08+	00:07-	00:17#	00:31#	00:09+	00:16#	00:56&	00:10#	00:00=	00:03+	00:04#
<b>15</b>	<b>Astri Sandanger</b>	<b>93</b>											<b>30:30</b>
01:21+	02:26-	05:55+	10:49+	13:04+	14:33+	20:37+	22:38+	24:08+	26:51+	28:38+	29:31+	30:15+	30:30+
01:21+	01:05-	03:29+	04:54+	02:15+	01:29+	06:04+	02:01+	01:30-	02:43+	01:47+	00:53-	00:44+	00:15-
00:08#	00:25-	00:21#	00:46#	00:18#	00:13#	02:59&	00:30&	00:10-	00:04+	00:09+	00:01-	00:03+	00:04-
<b>16</b>	<b>Bjørg Elen Abrahamsen</b>	<b>29</b>											<b>30:33</b>
01:53+	03:36+	06:43+	11:46+	13:49+	15:28+	19:09+	20:56+	23:01+	26:08+	28:14+	29:20+	30:09+	30:33+
01:53+	01:43+	03:07-	05:03+	02:03+	01:39+	03:41+	01:47+	02:05+	03:07+	02:06+	01:06+	00:49+	00:24+
00:40&	00:13#	00:01-	00:55#	00:06+	00:23&	00:36#	00:16#	00:25#	00:28#	00:28&	00:12#	00:08#	00:05&
<b>17</b>	<b>Åse Sellereite</b>	<b>27</b>											<b>30:41</b>
01:38+	03:09+	07:47+	11:09+	12:55+	14:53+	21:06+	22:53+	24:34+	27:13+	28:57+	29:41+	30:24+	30:41+
01:38+	01:31+	04:38+	03:22-	01:46-	01:58+	06:13+	01:47+	01:41+	02:39=	01:44+	00:44-	00:43+	00:17-
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-
<b>18</b>	<b>Linda Haukås</b>	<b>113</b>											<b>31:47</b>
01:53+	03:30+	06:59+	11:29+	14:21+	15:52+	19:43+	21:29+	23:34+	27:04+	29:16+	30:28+	31:25+	31:47+
01:53+	01:37+	03:29+	04:30+	02:52+	01:31+	03:51+	01:46+	02:05+	03:30+	02:12+	01:12+	00:57+	00:22+
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#
<b>19</b>	<b>Elsa Ingolfsdottir</b>	<b>126</b>											<b>32:35</b>
01:23+	03:25+	07:01+	13:11+	15:32+	17:01+	21:04+	22:56+	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+	00:45+	00:22+
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#

Class	Navn	Klasse											Tid
<b>20</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>											<b>33:16</b>
01:38+	03:07+	06:51+	11:42+	15:42+	19:38+	23:19+	26:21+	30:56+	31:57+	32:48+	33:16+		
01:38+	01:29-	03:44+	04:51+	02:25+	01:35+	03:56+	01:40+	02:01+	03:02+	04:35+	01:01+	00:28+	
00:25&	00:01-	00:36#	00:43#	00:28#	00:19#	00:51&	00:09+	00:21#	00:23#	02:57@	00:07#	00:10#	
<b>21</b>	<b>Eli Våge</b>	<b>117</b>											<b>33:47</b>
01:41+	03:34+	07:44+	12:53+	14:59+	16:30+	22:31+	24:21+	26:11+	29:26+	31:28+	32:39+	33:25+	
01:41+	01:53+	04:10+	05:09+	02:06+	01:31+	06:01+	01:50+	01:50+	03:15+	02:02+	01:11+	00:46+	
00:28&	00:23&	01:02&	01:01#	00:09+	00:15#	02:56&	00:19#	00:10#	00:36#	00:24#	00:17&	00:05#	
<b>22</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>											<b>34:29</b>
02:13+	03:46+	07:59+	13:08+	15:27+	17:02+	21:10+	23:11+	25:36+	29:09+	31:52+	33:01+	33:55+	
02:13+	01:33+	04:13+	05:09+	02:19+	01:35+	04:08+	02:01+	02:25+	03:33+	02:43+	01:09+	00:54+	
01:00&	00:03+	01:05&	01:01#	00:22#	00:19#	01:03&	00:30&	00:45&	00:54&	01:05&	00:15&	00:13&	
<b>23</b>	<b>Marianne Johnsen</b>	<b>5</b>											<b>35:36</b>
01:15+	02:30-	05:55+	09:15-	10:43-	12:26-	27:32+	28:59+	30:21+	32:27+	33:56+	34:43+	35:19+	
01:15+	01:15-	03:25+	03:20-	01:28-	01:43+	15:06+	01:27-	01:22-	02:06-	01:29-	00:47-	00:36-	
00:02+	00:15-	00:17+	00:48-	00:29-	00:27&	12:01@	00:04-	00:18-	00:33-	00:09-	00:07-	00:05-	
<b>24</b>	<b>Brit Svihus</b>	<b>92</b>											<b>37:05</b>
01:49+	03:37+	08:19+	17:25+	19:29+	21:33+	25:05+	26:55+	29:34+	32:10+	35:10+	36:02+	36:45+	
01:49+	01:48+	04:42+	09:06+	02:04+	02:04+	03:32+	01:50+	02:39+	02:36-	03:00+	00:52-	00:43+	
00:36&	00:18#	01:34&	04:58@	00:07+	00:48&	00:27#	00:19#	00:59&	00:03-	01:22&	00:02-	00:02+	
<b>25</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>											<b>37:56</b>
02:23+	04:12+	08:23+	14:52+	17:32+	19:27+	23:58+	26:23+	28:51+	32:35+	35:09+	36:24+	37:21+	
02:23+	01:49+	04:11+	06:29+	02:40+	01:55+	04:31+	02:25+	02:28+	03:44+	02:34+	01:15+	00:57+	
01:10&	00:19#	01:03&	02:21&	00:43&	00:39&	01:26&	00:54&	00:48&	01:05&	00:56&	00:21&	00:16&	
<b>26</b>	<b>Solveig Mæland</b>	<b>128</b>											<b>38:26</b>
02:28+	04:49+	09:38+	15:41+	18:15+	20:05+	25:20+	27:16+	29:26+	32:53+	35:48+	37:08+	38:01+	
02:28+	02:21+	04:49+	06:03+	02:34+	01:50+	05:15+	01:56+	02:10+	03:27+	02:55+	01:20+	00:53+	
01:15@	00:51&	01:41&	01:55&	00:37&	00:34&	02:10&	00:25&	00:30&	00:48&	01:17&	00:26&	00:12&	
<b>27</b>	<b>Ingjerd Haddeland</b>	<b>115</b>											<b>39:42</b>
07:43+	09:03+	13:31+	17:32+	19:22+	20:47+	28:10+	29:51+	31:55+	34:23+	37:30+	38:22+	39:21+	
07:43+	01:20-	04:28+	04:01-	01:50-	01:25+	07:23+	01:41+	02:04+	02:28-	03:07+	00:52-	00:59+	
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&	
<b>28</b>	<b>Marianne Gjesdal Lyngås</b>	<b>253</b>											<b>39:49</b>
02:23+	04:19+	09:08+	14:42+	17:36+	19:44+	24:39+	27:09+	29:36+	34:00+	36:52+	38:09+	39:12+	
02:23+	01:56+	04:49+	05:34+	02:54+	02:08+	04:55+	02:30+	02:27+	04:24+	02:52+	01:17+	01:03+	
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&	
<b>29</b>	<b>Irene Mæland Torgersen</b>	<b>253</b>											<b>39:50</b>
02:27+	04:31+	09:15+	14:46+	17:45+	19:43+	24:43+	27:12+	29:38+	34:03+	36:50+	38:14+	39:13+	
02:27+	02:04+	04:44+	05:31+	02:59+	01:58+	05:00+	02:29+	02:26+	04:25+	02:47+	01:24+	00:59+	
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&	
<b>30</b>	<b>May Kristin Haaland</b>	<b>47</b>											<b>42:26</b>
01:56+	03:52+	09:41+	15:24+	17:53+	19:37+	28:03+	29:50+	32:05+	37:35+	40:10+	41:16+	42:05+	
01:56+	01:56+	05:49+	05:43+	02:29+	01:44+	08:26+	01:47+	02:15+	05:30+	02:35+	01:06+	00:49+	
00:43&	00:26&	02:41&	01:35&	00:32&	00:28&	05:21@	00:16#	00:35&	02:51@	00:57&	00:12#	00:08#	
<b>31</b>	<b>Gro Mariero Totland</b>	<b>59</b>											<b>48:50</b>
02:51+	04:59+	10:11+	19:17+	22:05+	24:43+	33:00+	35:25+	38:23+	43:01+	46:02+	47:23+	48:23+	
02:51+	02:08+	05:12+	09:06+	02:48+	02:38+	08:17+	02:25+	02:58+	04:38+	03:01+	01:21+	01:00+	
01:38@	00:38&	02:04&	04:58@	00:51&	01:22@	05:12@	00:54&	01:18&	01:59&	01:23&	00:27&	00:19&	
<b>Beste strekktid for klassen</b>													
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	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													

## Herrer 16 - 39 år

<b>1</b>	<b>Morten Fenne</b>	<b>228</b>											<b>32:56</b>
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=	
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=	
00:00=	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>3</b>	<b>Arne M. Handeland</b>	<b>92</b>															<b>32:23</b>																																												
		01:24+	02:42+	06:09+	09:05+	11:01+	13:07+	15:06+	16:41+	18:46+	19:29+	20:40+	21:14+	22:02+	23:23+	24:46+	28:13+	30:13+	31:25+	32:05+	32:23+	01:24+	01:18+	03:27+	02:56+	01:56+	02:06+	01:59+	01:35+	02:05+	00:43+	01:11+	00:34=	00:48+	01:21-	01:23-	03:27+	02:00+	01:12+	00:40-	00:18-	00:03+	00:13#	00:35#	00:31#	00:03+	00:21#	00:22#	00:01+	00:25#	00:01+	00:03+	00:00=	00:04+	00:29-	00:14-	00:52&	00:19#	00:07#	00:01-	00:06-
<b>4</b>	<b>Torbjørn Evensen</b>	<b>108</b>															<b>33:05</b>																																												
		01:28+	02:42+	07:18+	10:16+	11:56+	13:54+	15:41+	17:18+	19:01+	19:47+	20:56+	21:25+	22:19+	23:31+	25:32+	28:33+	30:43+	32:07+	32:47+	33:05+	01:28+	01:14+	04:36+	02:58+	01:40-	01:58+	01:47+	01:37+	01:43+	00:46+	01:09+	00:29-	00:54+	01:12-	02:01+	03:01+	02:10+	01:24+	00:40-	00:18-	00:07+	00:09#	01:44&	00:33#	00:13-	00:13#	00:10#	00:03+	00:03+	00:04+	00:01+	00:05-	00:10#	00:38-	00:24#	00:26#	00:29&	00:19&	00:01-	00:06-
<b>5</b>	<b>Tor Geir Espedal</b>	<b>115</b>															<b>34:07</b>																																												
		01:23+	02:38+	06:05+	09:13+	11:04+	12:48+	14:45+	16:35+	20:34+	21:19+	22:45+	23:18+	24:10+	25:50+	26:45+	29:44+	31:48+	33:14+	33:50+	34:07+	01:23+	01:15+	03:27+	03:08+	01:51-	01:44-	01:57+	01:50+	03:59+	00:45+	01:26+	00:33-	00:52+	01:40-	00:55-	02:59+	02:04+	01:26+	00:36-	00:17-	00:02+	00:10#	00:35#	00:43&	00:02-	00:01-	00:20#	00:16#	02:19@	00:03+	00:18&	00:01-	00:08#	00:10-	00:42-	00:24#	00:23#	00:21&	00:05-	00:07-
<b>6</b>	<b>Bjørn H. Engseth</b>	<b>27</b>															<b>34:50</b>																																												
		01:26+	02:24-	06:02+	09:11+	11:05+	13:38+	15:36+	18:01+	19:54+	21:12+	22:19+	22:52+	23:50+	25:35+	26:50+	30:12+	32:15+	33:35+	34:31+	34:50+	01:26+	00:58-	03:38+	03:09+	01:54+	02:33+	01:58+	02:25+	01:53+	01:18+	01:07-	00:33-	00:58+	01:45-	01:15-	03:22+	02:03+	01:20+	00:56+	00:19-	00:05+	00:07-	00:46&	00:44&	00:01+	00:48&	00:21#	00:51&	00:13#	00:36&	00:01-	00:01-	00:14&	00:05-	00:22-	00:47&	00:22#	00:15#	00:15&	00:05-
<b>7</b>	<b>Olav Tunheim</b>	<b>93</b>															<b>35:06</b>																																												
		01:41+	02:50+	08:48+	11:51+	13:44+	15:38+	17:39+	19:51+	21:31+	22:16+	23:29+	24:03+	25:04+	26:42+	27:53+	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#	00:04+	03:06@	00:38&	00:00=	00:09+	00:24#	00:38&	00:00=	00:03+	00:05+	00:00=	00:17&	00:12-	00:26-	00:24#	00:12#	00:29&	00:09-	00:09-
<b>8</b>	<b>Bjørn Sivertsen</b>	<b>99</b>															<b>35:40</b>																																												
		01:42+	03:00+	06:50+	09:56+	11:56+	13:58+	16:16+	20:13+	21:55+	22:39+	24:03+	24:34+	25:26+	27:04+	28:07+	31:06+	33:30+	34:47+	35:23+	35:40+	01:42+	01:18+	03:50+	03:06+	02:00+	02:02+	02:18+	03:57+	01:42+	00:44+	01:24+	00:31-	00:52+	01:38-	01:03-	02:59+	02:24+	01:17+	00:36-	00:17-	00:21&	00:13#	00:58&	00:41&	00:07+	00:17#	00:41&	02:23@	00:02+	00:02+	00:16#	00:03-	00:08#	00:12-	00:34-	00:24#	00:43&	00:12#	00:05-	00:07-
<b>9</b>	<b>Bjarne Gimre</b>	<b>88</b>															<b>36:14</b>																																												
		01:44+	02:53+	06:32+	09:54+	11:46+	13:38+	15:43+	17:18+	21:00+	21:44+	22:56+	23:28+	24:22+	26:27+	28:49+	31:41+	33:44+	35:18+	35:57+	36:14+	01:44+	01:09+	03:39+	03:22+	01:52-	01:52+	02:05+	01:35+	03:42+	00:44+	01:12+	00:32-	00:54+	02:05+	02:22+	02:52+	02:03+	01:34+	00:39-	00:17-	00:23&	00:04+	00:47&	00:57&	00:01-	00:07+	00:28&	00:01+	02:02@	00:02+	00:04+	00:02-	00:10#	00:15#	00:45&	00:17#	00:22#	00:29&	00:02-	00:07-
<b>10</b>	<b>Bjørn Bjelland</b>	<b>83</b>															<b>36:25</b>																																												
		01:45+	03:20+	06:21+	09:43+	12:06+	14:18+	16:38+	18:34+	20:34+	21:17+	23:26+	23:54+	24:50+	26:20+	27:25+	30:23+	32:47+	35:31+	36:04+	36:25+	01:45+	01:35+	03:01+	03:22+	02:23+	02:12+	02:20+	01:56+	02:00+	00:43+	02:09+	00:28-	00:56+	01:30-	01:05-	02:58+	02:24+	02:44+	00:33-	00:21-	00:24&	00:30&	00:09+	00:57&	00:30&	00:27&	00:43&	00:22#	00:20#	00:01+	01:01&	00:06-	00:12&	00:20-	00:32-	00:23#	00:43&	01:39@	00:08-	00:03-
<b>11</b>	<b>Agnar Lien</b>	<b>7</b>															<b>38:01</b>																																												
		01:36+	03:05+	08:32+	11:43+	13:37+	15:49+	17:45+	19:17+	24:01+	24:46+	25:52+	27:01+	28:07+	29:12+	30:30+	33:32+	35:34+	36:57+	37:43+	38:01+	01:36+	01:29+	05:27+	03:11+	01:54+	02:12+	01:56+	01:32-	04:44+	00:45+	01:06-	01:09+	01:06+	01:05-	01:18-	03:02+	02:02+	01:23+	00:46+	00:18-	00:15#	00:24&	02:35&	00:46&	00:01+	00:27&	00:19#	00:02-	03:04@	00:03+	00:02-	00:35@	00:22&	00:45-	00:19-	00:27#	00:21#	00:18&	00:05#	00:06-
<b>12</b>	<b>Tor Harald Lunde</b>	<b>47</b>															<b>40:21</b>																																												
		01:55+	03:12+	06:16+	10:09+	12:06+	14:28+	17:00+	18:54+	21:10+	21:56+	23:18+	24:11+	25:19+	27:57+	31:31+	35:02+	37:17+	39:16+	40:03+	40:21+	01:55+	01:17+	03:04+	03:53+	01:57+	02:22+	02:32+	01:54+	02:16+	00:46+	01:22+	00:53+	01:08+	02:38+	03:34+	03:31+	02:15+	01:59+	00:47+	00:18-	00:34&	00:12#	00:12+	01:28&	00:04+	00:37&	00:55&	00:20#	00:36&	00:04+	00:14#	00:19&	00:24&	00:48&	01:57@	00:56&	00:34&	00:54&	00:06#	00:06-
<b>13</b>	<b>Tore Karlsen</b>	<b>105</b>															<b>40:23</b>																																												
		01:51+	03:30+	07:54+	11:11+	13:11+	15:32+	17:47+	21:30+	23:34+	24:17+	26:16+	27:09+	28:26+	30:05+	31:28+	35:09+	37:26+	39:03+	40:01+	40:23+	01:51+	01:39+	04:24+	03:17+	02:00+	02:21+	02:15+	03:43+	02:04+	00:43+	01:59+	00:53+	01:17+	01:39-	01:23-	03:41+	02:17+	01:37+	00:58+	00:22-	00:30&	00:34&	01:32&	00:52&	00:07+	00:36&	00:38&	02:09@	00:24#	00:01+	00:51&	00:19&	00:33&	00:11-	00:14-	01:06&	00:36&	00:32&	00:17&	00:02-
<b>14</b>	<b>Rolf Kleppe</b>	<b>63</b>															<b>43:54</b>																																												
		02:11+	04:00+	10:26+	14:16+	16:24+	19:11+	22:02+	24:25+	26:57+	27:54+	29:19+	30:00+	31:11+	33:17+	34:57+	38:40+	40:59+	42:36+	43:36+	43:54+	02:11+	01:49+	06:26+	03:50+	02:08+	02:47+	02:51+	02:23+	02:32+	00:57+	01:25+	00:41+	01:11+	02:06+	01:40+	03:43+	02:19+	01:37+	01:00+	00:18-	00:50&	00:44&	03:34@	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-
<b>15</b>	<b>Tom Hetland</b>	<b>5</b>															<b>44:33</b>																																												
		01:27+	02:40+	18:29+	21:19+	23:00+	24:54+	26:37+	28:17+	30:11+	30:50+	32:06+	32:45+	33:34+	36:13+	37:33+	40:20+	42:28+	43:43+	44:17+	44:33+	01:27+	01:13+	15:49+	02:50+	01:41-	01:54+	01:43+	01:40+	01:54+	00:39-	01:16+	00:39+	00:49+	02:39+	01:20-	02:47+	02:08+	01:15+	00:34-	00:16-	00:06+	00:08#	12:57@	00:25#	00:12-	00:09+	00:06+	00:06+	00:14#	00:03-	00:08#	00:05#	00:05#	00:49&	00:17-	00:12+	00:27&	00:10#	00:07-	00:08-
<b>Beste strekktid for klassen</b>		01:21	00:58	02:41	02:25	01:40	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																																								

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

## Herrer 65 - 69 år





Class	Navn	Klasse										Tid									
<b>8</b>	<b>Odd Garpestad</b>	<b>29</b>										<b>37:38</b>									
	01:42+	03:10+	08:23+	11:58+	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+	01:28+	05:13+	03:35+	01:34+	02:13+	01:50+	01:55+	02:57+	00:50+	01:24+	01:08+	01:19+	01:10-	01:07+	04:06+	02:14+	00:58-	00:40+	00:15=	
	00:22&	00:31&	03:04@	01:02&	00:02+	00:26#	00:15#	00:15#	01:24&	00:00=	00:20&	00:31&	00:34&	00:39-	00:04+	01:29&	00:38&	00:12-	00:06#	00:00=	
<b>9</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>										<b>41:45</b>									
	01:57+	03:43+	08:29+	11:56+	14:14+	17:13+	19:31+	21:38+	23:47+	24:40+	25:56+	26:34+	27:43+	29:29+	32:07+	35:39+	38:21+	40:32+	41:25+	41:45+	
	01:57+	01:46+	04:46+	03:27+	02:18+	02:59+	02:18+	02:07+	02:09+	00:53+	01:16+	00:38+	01:09+	01:46-	02:38+	03:32+	02:42+	02:11+	00:53+	00:20+	
	00:37&	00:49&	02:37@	00:54&	00:46&	01:12&	00:43&	00:27&	00:36&	00:03+	00:12#	00:01+	00:24&	00:03-	01:35@	00:55&	01:06&	01:01&	00:19&	00:05&	
<b>10</b>	<b>Ole Auklend</b>	<b>106</b>										<b>44:26</b>									
	01:53+	03:41+	08:06+	12:45+	14:54+	17:35+	19:59+	22:03+	24:25+	26:41+	28:52+	29:48+	30:54+	33:48+	35:25+	38:49+	41:03+	43:06+	44:04+	44:26+	
	01:53+	01:48+	04:25+	04:39+	02:09+	02:41+	02:24+	02:04+	02:22+	02:16+	02:11+	00:56+	01:06+	02:54+	01:37+	03:24+	02:14+	02:03+	00:58+	00:22+	
	00:33&	00:51&	02:16@	02:06&	00:37&	00:54&	00:49&	00:24#	00:49&	01:26@	01:07@	00:19&	00:21&	01:05&	00:34&	00:47&	00:38&	00:53&	00:24&	00:07&	
<b>11</b>	<b>Mangor Eikeland</b>	<b>92</b>										<b>47:00</b>									
	02:39+	04:33+	09:11+	13:21+	15:46+	18:50+	21:19+	23:35+	26:26+	27:41+	29:45+	30:45+	31:57+	34:27+	36:24+	40:47+	43:33+	45:22+	46:32+	47:00+	
	02:39+	01:54+	04:38+	04:10+	02:25+	03:04+	02:29+	02:16+	02:51+	01:15+	02:04+	01:00+	01:12+	02:30+	01:57+	04:23+	02:46+	01:49+	01:10+	00:28+	
	01:19&	00:57&	02:29@	01:37&	00:53&	01:17&	00:54&	00:36&	01:18&	00:25&	01:00&	00:23&	00:27&	00:41&	00:54&	01:46&	01:10&	00:39&	00:36@	00:13&	
<b>12</b>	<b>Jan H. Sagen</b>	<b>92</b>										<b>50:15</b>									
	02:16+	04:13+	08:17+	12:38+	15:04+	18:04+	20:35+	24:18+	26:56+	28:31+	30:54+	31:35+	36:11+	37:43+	39:57+	43:52+	46:26+	48:52+	49:50+	50:15+	
	02:16+	01:57+	04:04+	04:21+	02:26+	03:00+	02:31+	03:43+	02:38+	01:35+	02:23+	00:41+	04:36+	01:32-	02:14+	03:55+	02:34+	02:26+	00:58+	00:25+	
	00:56&	01:00@	01:55&	01:48&	00:54&	01:13&	00:56&	02:03@	01:05&	00:45&	01:19@	00:04#	03:51@	00:17-	01:11@	01:18&	00:58&	01:16@	00:24&	00:10&	
<b>13</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>52:01</b>									
	02:48+	04:30+	10:46+	16:41+	19:12+	22:29+	25:15+	27:41+	30:14+	31:35+	33:24+	34:22+	35:42+	37:32+	39:27+	44:24+	47:28+	50:21+	51:21+	52:01+	
	02:48+	01:42+	06:16+	05:55+	02:31+	03:17+	02:46+	02:26+	02:33+	01:21+	01:49+	00:58+	01:20+	01:50+	01:55+	04:57+	03:04+	02:53+	01:00+	00:40+	
	01:28@	00:45&	04:07@	03:22@	00:59&	01:30&	01:11&	00:46&	01:00&	00:31&	00:45&	00:21&	00:35&	00:01+	00:52&	02:20&	01:28&	01:43@	00:26&	00:25@	
<b>14</b>	<b>Reidar Liland</b>	<b>66</b>										<b>54:58</b>									
	02:17+	03:49+	10:31+	14:38+	17:06+	22:14+	25:01+	27:14+	30:32+	32:02+	34:35+	35:19+	36:42+	40:06+	44:39+	49:08+	51:38+	53:44+	54:35+	54:58+	
	02:17+	01:32+	06:42+	04:07+	02:28+	05:08+	02:47+	02:13+	03:18+	01:30+	02:33+	00:44+	01:23+	03:24+	04:33+	04:29+	02:30+	02:06+	00:51+	00:23+	
	00:57&	00:35&	04:33@	01:34&	00:56&	03:21@	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&	00:08&	
<b>Beste strekktid for klassen</b>		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

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

## Herrer 75 - 79 år

<b>1</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>29:46</b>									
	01:18=	02:22=	05:42=	08:47=	11:02=	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=						
<b>2</b>	<b>Terje Braut</b>	<b>92</b>										<b>34:27</b>									
	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=						
<b>3</b>	<b>Harald Vatne</b>	<b>67</b>										<b>36:40</b>									
	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-						
<b>4</b>	<b>Jan Bekkeheien</b>	<b>92</b>										<b>39:31</b>									
	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+						
<b>5</b>	<b>Harald I. Serigstad</b>	<b>128</b>										<b>44:37</b>									
	02:08+	03:42+	09:21+	14:22+	16:26+	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-						
<b>6</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>46:10</b>									
	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#	01:49@	00:10&	00:02-						



Class	Navn	Klasse												Tid
<b>7</b>	<b>Alf Gyland</b>	<b>92</b>												<b>48:55</b>
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&
<b>8</b>	<b>Torleiv Møgedal</b>	<b>68</b>												<b>51:47</b>
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&
<b>9</b>	<b>Arne Brandsberg</b>	<b>29</b>												<b>52:05</b>
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&	01:34@	00:15&	00:18&
<b>10</b>	<b>Albert Moe</b>	<b>54</b>												<b>57:17</b>
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&	01:21@	00:11&	00:17&

### Beste strekktid for klassen

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

<b>1</b>	<b>Sigurd Krosli</b>	<b>31</b>												<b>42:07</b>		
02:16=	05:28=	08:06=	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=	02:45=	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=
<b>2</b>	<b>Arnulf Fuglestad</b>	<b>29</b>												<b>50:18</b>		
01:50-	04:11-	07:18-	13:07-	15:52-	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+
<b>3</b>	<b>Peter Frafjord</b>	<b>116</b>												<b>1:19:09</b>		
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 strekktid for klassen

01:50 02:17 02:38 05:19 00:19 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

<b>1</b>	<b>Fredrik Omdal</b>	<b>74</b>												<b>29:48</b>											
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=																							
<b>2</b>	<b>Bjarthe Westerheim</b>	<b>194</b>												<b>30:01</b>											
00:35-	01:25=	04:29+	05:09-	05:40-	06:20-	07:53+	08:20+	09:37-	10:23-	13:13-	14:28+	16:28+	17:40+	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-	00:50+	03:04+	00:40-	00:31+	00:40=	01:33+	00:27-	01:17-	00:46-	02:50-	01:15+	02:00+	01:12-	00:24=	01:13=	00:26+	00:26-	01:57-	01:00-	01:53=	02:24+	00:55-	00:25-	00:49=	00:17-
00:01-	00:01+	00:04+	00:07-	00:01+	00:00=	00:06+	00:02-	00:03-	00:03-	00:02-	00:12#	00:15#	00:02-	00:00=	00:00=	00:09&	00:02-	00:06-	00:01-	00:00=	00:02+	00:02-	00:04-	00:00=	00:01-
30:01+																									
00:12-																									
00:01-																									

Class	Navn	Klasse	Tid
<b>3</b>	<b>Morten Bjerga Sundli</b>	<b>7</b>	<b>33:04</b>
00:44+	01:39+ 04:59+ 05:46+ 06:29+ 07:39+ 09:36+ 10:10+ 11:36+ 12:27+ 15:28+ 16:34+ 18:18+		19:33+ 19:59+ 21:23+ 21:38+ 22:06+ 24:12+ 25:17+ 27:38+
00:44+	00:55+ 03:20+ 00:47= 00:43+ 01:10+ 01:57+ 00:34+ 01:26+ 00:51+ 03:01+ 01:06+ 01:44-		00:15+ 00:26+ 01:24+ 00:15- 00:28= 02:06+ 01:05+ 02:21+
00:08#	00:06# 00:20# 00:00= 00:13& 00:30& 00:30& 00:05# 00:06+ 00:02+ 00:09+ 00:03+ 00:01-		00:01+ 00:02+ 00:11# 00:02- 00:00= 00:03+ 00:04+ 00:28#
33:04+			00:17# 00:00= 00:06# 00:03- 00:00=
00:11-			
00:02-			
<b>4</b>	<b>Erik Lima</b>	<b>115</b>	<b>33:08</b>
00:46+	01:44+ 05:15+ 06:00+ 06:32+ 07:12+ 08:43+ 09:14+ 10:41+ 11:40+ 14:52+ 16:00+ 18:01+		19:26+ 19:55+ 21:16+ 21:32+ 22:02+ 24:17+ 25:22+ 27:26+
00:46+	00:58+ 03:31+ 00:45- 00:32+ 00:40= 01:31+ 00:31+ 01:27+ 00:59+ 03:12+ 01:08+ 02:01+		01:25+ 00:29+ 01:21+ 00:16- 00:30+ 02:15+ 01:05+ 02:04+
00:10&	00:09# 00:31# 00:02- 00:02+ 00:00= 00:04+ 00:02+ 00:07+ 00:10# 00:20# 00:05+ 00:16#		00:11# 00:05# 00:08# 00:01- 00:02+ 00:12+ 00:04+ 00:11+
33:08+			00:32# 00:03+ 00:02- 00:01+ 00:01+
00:12-			
00:01-			
<b>5</b>	<b>Martin Blystad</b>	<b>115</b>	<b>36:45</b>
00:40+	01:41+ 06:38+ 07:33+ 08:12+ 08:56+ 10:31+ 11:04+ 12:29+ 13:21+ 16:34+ 17:51+ 19:44+		21:06+ 21:34+ 22:56+ 23:26+ 24:03+ 26:10+ 27:14+ 29:53+
00:40+	01:01+ 04:57+ 00:55+ 00:39+ 00:44+ 01:35+ 00:33+ 01:25+ 00:52+ 03:13+ 01:17+ 01:53+		01:22+ 00:28+ 01:22+ 00:30+ 00:37+ 02:07+ 01:04+ 02:39+
00:04#	00:12# 01:57& 00:08# 00:09& 00:04# 00:08+ 00:04# 00:05+ 00:03+ 00:21# 00:14# 00:08+		00:08# 00:04# 00:09# 00:13& 00:09& 00:04+ 00:03+ 00:46&
36:45+			00:33# 00:01+ 00:03- 01:12@ 00:02#
00:12-			
00:01-			
<b>6</b>	<b>Kenneth Mydland</b>	<b>29</b>	<b>39:27</b>
00:42+	01:47+ 05:44+ 06:31+ 07:16+ 08:01+ 10:24+ 10:56+ 12:25+ 15:20+ 18:51+ 20:09+ 22:23+		23:50+ 24:19+ 25:52+ 26:09+ 26:42+ 29:15+ 30:32+ 33:01+
00:42+	01:05+ 03:57+ 00:47= 00:45+ 00:45+ 02:23+ 00:32+ 01:29+ 02:55+ 03:31+ 01:18+ 02:14+		00:33+ 02:33+ 01:17+ 02:29+ 02:52+ 01:03+ 00:36+ 01:15+
00:06#	00:16& 00:57& 00:00= 00:15& 00:05# 00:56& 00:03# 00:09# 02:06@ 00:39# 00:15# 00:29&		00:13# 00:05# 00:20& 00:00= 00:05# 00:30# 00:16& 00:36&
39:27+			00:30# 00:06# 00:07# 00:26& 00:06&
00:16+			
00:03#			
<b>7</b>	<b>Jørgen Strømstad</b>	<b>50</b>	<b>40:09</b>
00:45+	01:49+ 06:41+ 07:41+ 08:14+ 08:59+ 10:53+ 11:29+ 13:19+ 14:29+ 18:12+ 19:28+ 22:02+		23:27+ 24:00+ 25:33+ 25:52+ 26:36+ 29:28+ 30:44+ 33:11+
00:45+	01:04+ 04:52+ 01:00+ 00:33+ 00:45+ 01:54+ 00:36+ 01:50+ 01:10+ 03:43+ 01:16+ 02:34+		01:25+ 00:33+ 01:33+ 00:19+ 00:44+ 02:52+ 01:16+ 02:27+
00:09#	00:15& 01:52& 00:13& 00:03# 00:05# 00:27& 00:07# 00:30& 00:21& 00:51& 00:13# 00:49&		00:11# 00:09& 00:20& 00:02# 00:16& 00:49& 00:15# 00:34&
40:09+			00:50& 00:08# 00:07# 00:41& 00:05&
00:12-			
00:01-			

### Beste strekktid for klassen

00:35 00:49 03:00 00:40 00:30 00:40 01:27 00:27 01:17 00:46 02:50 01:03 01:44 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

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

## Herrer B

<b>1</b>	<b>Stein Arne Olsen</b>	<b>68</b>	<b>33:05</b>
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=
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=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
33:05=			00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
00:12=			
00:00=			
<b>2</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>	<b>34:17</b>
00:35-	01:38= 05:03- 05:46- 06:22- 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+
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-
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-
34:17+			00:08+ 00:02+ 00:10& 00:14& 00:05&
00:11-			
00:01-			
<b>3</b>	<b>Odd Fuglestad</b>	<b>250</b>	<b>35:00</b>
00:40+	01:37- 05:10= 05:57= 06:34+ 07:22+ 09:03+ 09:40+ 11:01+ 11:52+ 15:14+ 16:27+ 18:29+		20:00+ 20:30+ 22:13+ 22:30+ 22:59+ 25:20+ 26:44+ 29:01+
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+
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#
35:00+			00:22# 00:03+ 00:02+ 00:04- 00:01+
00:16+			
00:04&			



Class	Navn	Klasse										Tid															
<b>5</b>	<b>Tore Svendsen</b>	<b>27</b>										<b>38:29</b>															
00:39+	02:19+	03:56+	06:52+	07:47+	08:30+	09:21+	10:43+	11:37+	13:15+	14:42+	18:29+	20:02+	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+		
00:39+	01:40+	01:37+	02:56+	00:55-	00:43+	00:51+	01:22+	00:54+	01:38+	01:27-	03:47+	01:33+	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+		
00:06#	00:08#	00:16#	01:04#	00:03-	00:09%	00:08#	00:15#	00:07#	00:36#	00:05-	00:48#	00:08+	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#		
36:56+	37:50+	38:15+	38:29+	00:50+	00:54-	00:25=	00:14+	00:05#	00:08-	00:00=	00:01+																
<b>6</b>	<b>Nils John Vestøl</b>	<b>83</b>										<b>38:48</b>															
00:33=	01:49-	03:25-	08:31+	09:54+	10:31+	11:14+	12:31+	13:08+	14:12+	15:54+	19:23+	20:54+	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+		
00:33=	01:16-	01:36+	05:06+	01:23+	00:37+	00:43=	01:17+	00:37-	01:04+	01:42+	03:29+	01:31+	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+		
00:00=	00:16-	00:15#	03:14%	00:25#	00:03+	00:00=	00:10#	00:10-	00:02+	00:10#	00:30#	00:06+	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#		
36:53+	38:10+	38:36+	38:48+	00:37-	01:17+	00:26+	00:12-	00:08-	00:15#	00:01+	00:01-																
<b>7</b>	<b>Sturle Omdal</b>	<b>116</b>										<b>39:53</b>															
00:38+	02:28+	04:15+	06:36+	07:35+	08:38+	09:36+	11:07+	11:57+	13:42+	15:44+	19:36+	21:06+	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+		
00:38+	01:50+	01:47+	02:21+	00:59+	01:03+	00:58+	01:31+	00:50+	01:45+	02:02+	03:52+	01:30+	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+		
00:05#	00:18#	00:26#	00:29#	00:01+	00:29#	00:15#	00:24#	00:03+	00:43#	00:30#	00:53#	00:05+	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#		
38:25+	39:12+	39:41+	39:53+	01:03+	00:47-	00:29+	00:12-	00:18#	00:15-	00:04#	00:01-																
<b>8</b>	<b>Geir Frøylog</b>	<b>29</b>										<b>41:43</b>															
00:34+	02:17+	03:53+	07:47+	08:42+	09:32+	10:19+	12:25+	13:04+	14:37+	16:10+	20:08+	21:36+	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+		
00:34+	01:43+	01:36+	03:54+	00:55-	00:50+	00:47+	02:06+	00:39-	01:33+	01:33+	03:58+	01:28+	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+		
00:01+	00:11#	00:15#	02:02%	00:03-	00:16#	00:04+	00:59#	00:08-	00:31#	00:01+	00:59#	00:03+	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+		
39:42+	40:57+	41:29+	41:43+	01:01+	01:15+	00:32+	00:14+	00:16#	00:13#	00:07#	00:01+																
<b>9</b>	<b>Pål Bårdsen</b>	<b>90</b>										<b>42:14</b>															
00:40+	02:40+	04:24+	06:40+	08:30+	09:18+	10:18+	11:47+	12:40+	14:10+	16:14+	20:23+	21:56+	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+		
00:40+	02:00+	01:44+	02:16+	01:50+	00:48+	01:00+	01:29+	00:53+	01:30+	02:04+	04:09+	01:33+	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+		
00:07#	00:28#	00:23#	00:24#	00:52#	00:14#	00:17#	00:22#	00:06#	00:28#	00:32#	01:10#	00:08+	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#		
40:28+	41:31+	42:03+	42:14+	01:09+	01:03+	00:32+	00:11-	00:24#	00:01+	00:07#	00:02-																
<b>10</b>	<b>Ivar Knutsen</b>	<b>116</b>										<b>48:04</b>															
00:42+	03:03+	05:00+	07:35+	08:45+	09:34+	10:52+	12:28+	13:13+	15:36+	17:53+	22:16+	24:17+	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+		
00:42+	02:21+	01:57+	02:35+	01:10+	00:49+	01:18+	01:36+	00:45-	02:23+	02:17+	04:23+	02:01+	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+		
00:09#	00:49#	00:36#	00:43#	00:12#	00:15#	00:35#	00:29#	00:02-	01:21%	00:45#	01:24#	00:36#	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#		
45:51+	46:57+	47:42+	48:04+	01:52+	01:06+	00:45+	00:22+	01:07%	00:04+	00:20#	00:09#																
<b>11</b>	<b>Erling Mauland</b>	<b>83</b>										<b>49:21</b>															
03:58+	05:52+	07:44+	10:38+	11:49+	12:31+	13:49+	15:46+	17:32+	19:08+	21:01+	25:24+	27:00+	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+		
03:58+	01:54+	01:52+	02:54+	01:11+	00:42+	01:18+	01:57+	01:46+	01:36+	01:53+	04:23+	01:36+	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+		
03:25%	00:22#	00:31#	01:02#	00:13#	00:08#	00:35#	00:50#	00:59%	00:34#	00:21#	01:24#	00:11#	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#		
47:09+	48:31+	49:06+	49:21+	01:11+	01:22+	00:35+	00:15+	00:26#	00:20#	00:10#	00:02#																
<b>Beste strekktid for klassen</b>																											
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
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																											
<b>Herrer Ny</b>																											
<b>1</b>	<b>Arild Opstad</b>	<b>54</b>										<b>25:46</b>															
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=	00:00=																	

**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**

<b>1</b>	<b>Martin Svensen</b>	<b>284</b>	<b>22:42</b>													
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=
01:08=	01:34=	01:22=	03:17=	01:26=	01:19=	01:43=	01:00=	01:31=	00:57=	01:05=	01:33=	01:50=	01:43=	00:35=	00:25=	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>Antal Jansen</b>	<b>115</b>	<b>25:41</b>													
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+
01:43+	01:52+	02:10+	02:57-	01:18-	01:22+	02:34+	01:05+	01:24-	00:40-	01:48+	01:48+	01:56+	01:37-	00:40+	00:33+	00:14=
00:35&	00:18#	00:04&	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=
<b>3</b>	<b>Asle Schanke Grude</b>	<b>92</b>	<b>25:55</b>													
01:20+	03:04+	04:30+	07:58+	09:30+	12:43+	14:32+	15:37+	17:03+	17:43+	19:03+	20:32+	22:27+	24:24+	25:08+	25:38+	25:55+
01:20+	01:44+	01:26+	03:28+	01:32+	03:13+	01:49+	01:05+	01:26-	00:40-	01:20+	01:29-	01:55+	01:57+	00:44+	00:30+	00:17+
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#
<b>4</b>	<b>Trond Egil Toft</b>	<b>53</b>	<b>27:03</b>													
01:16+	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+	27:03+
01:16+	02:03+	02:04+	04:12+	01:20-	01:40+	01:54+	01:10+	01:16-	01:48+	01:04-	01:27-	01:56+	02:22+	00:47+	00:31+	00:13-
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-
<b>5</b>	<b>Olav Helland</b>	<b>29</b>	<b>27:41</b>													
01:25+	02:50+	04:35+	08:21+	09:55+	11:43+	14:38+	15:57+	17:24+	18:07+	19:56+	21:36+	23:56+	25:57+	26:47+	27:24+	27:41+
01:25+	01:25-	01:45+	03:46+	01:34+	01:48+	02:55+	01:19+	01:27-	00:43-	01:49+	01:40+	02:20+	02:01+	00:50+	00:37+	00:17+
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#
<b>6</b>	<b>Asbjørn Brådlund</b>	<b>297</b>	<b>29:05</b>													
01:41+	03:24+	06:01+	10:51+	12:24+	14:06+	16:19+	17:29+	18:53+	19:43+	21:56+	23:23+	25:37+	27:26+	28:17+	28:49+	29:05+
01:41+	01:43+	02:37+	04:50+	01:33+	01:42+	02:55+	01:10+	01:24-	00:50-	02:13+	01:27-	02:14+	01:49+	00:51+	00:32+	00:16+
00:33&	00:09+	01:15&	01:33&	00:07+	00:23&	00:30&	00:10#	00:07-	00:07-	01:08@	00:06-	00:24#	00:06+	00:16&	00:07&	00:02#
<b>7</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>	<b>31:59</b>													
01:56+	04:06+	05:53+	10:25+	12:08+	14:07+	16:18+	17:35+	19:14+	20:03+	21:56+	25:43+	27:59+	30:11+	31:09+	31:42+	31:59+
01:56+	02:10+	01:47+	04:32+	01:43+	01:59+	02:11+	01:17+	01:39+	00:49-	01:53+	03:47+	02:16+	02:12+	00:58+	00:33+	00:17+
00:48&	00:36&	00:25&	01:15&	00:17#	00:40&	00:28&	00:17&	00:08+	00:08-	00:48&	02:14@	00:26#	00:29&	00:23&	00:08&	00:03#
<b>8</b>	<b>Lars Erik Ree-Pedersen</b>	<b>263</b>	<b>32:15</b>													
01:31+	03:21+	05:15+	09:50+	11:33+	13:45+	16:21+	18:00+	19:38+	20:43+	22:48+	24:40+	27:28+	30:04+	31:14+	31:55+	32:15+
01:31+	01:50+	01:54+	04:35+	01:43+	02:12+	02:36+	01:39+	01:38+	01:05+	02:05+	01:52+	02:48+	02:36+	01:10+	00:41+	00:20+
00:23&	00:16#	00:32&	01:18&	00:17#	00:53&	00:53&	00:39&	00:07+	00:08#	01:00&	00:19#	00:58&	00:53&	00:35&	00:16&	00:06&
<b>9</b>	<b>Heine Furubotten</b>	<b>192</b>	<b>33:26</b>													
01:44+	03:23+	05:34+	10:05+	12:35+	14:40+	17:32+	19:25+	21:05+	22:06+	23:54+	26:00+	28:45+	31:37+	32:35+	33:08+	33:26+
01:44+	01:39+	02:11+	04:31+	02:30+	02:05+	02:52+	01:53+	01:40+	01:01+	01:48+	02:06+	02:45+	02:52+	00:58+	00:33+	00:18+
00:36&	00:05+	00:49&	01:14&	01:04&	00:46&	01:09&	00:53&	00:09+	00:04+	00:43&	00:33&	00:55&	01:09&	00:23&	00:08&	00:04&
<b>10</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>	<b>33:30</b>													
01:44+	03:50+	06:01+	10:34+	12:14+	13:59+	18:31+	19:56+	21:51+	23:45+	25:25+	27:16+	29:25+	31:39+	32:35+	33:12+	33:30+
01:44+	02:06+	02:11+	04:33+	01:40+	01:45+	04:32+	01:25+	01:55+	01:54+	01:40+	01:51+	02:09+	02:14+	00:56+	00:37+	00:18+
00:36&	00:32&	00:49&	01:16&	00:14#	00:26&	02:49@	00:25&	00:24&	00:57&	00:35&	00:18#	00:19#	00:31&	00:21&	00:12&	00:04&
<b>11</b>	<b>Erling Knutzen</b>	<b>128</b>	<b>33:37</b>													
01:19+	02:51+	06:33+	10:33+	12:24+	14:17+	16:56+	18:18+	19:46+	20:46+	24:50+	26:30+	28:55+	31:53+	32:41+	33:16+	33:37+
01:19+	01:32-	03:42+	04:00+	01:51+	01:53+	02:39+	01:22+	01:28-	01:00+	04:04+	01:40+	02:25+	02:58+	00:48+	00:35+	00:21+
00:11#	00:02-	02:20@	00:43#	00:25&	00:34&	00:56&	00:22&	00:03-	00:03+	02:59@	00:07+	00:35&	01:15&	00:13&	00:10&	00:07&
<b>12</b>	<b>Frode Følgesvold</b>	<b>5</b>	<b>34:06</b>													
01:34+	03:52+	06:07+	10:46+	12:24+	14:14+	16:57+	18:46+	20:37+	21:28+	23:42+	25:23+	27:37+	30:14+	32:56+	33:47+	34:06+
01:34+	02:18+	02:15+	04:39+	01:38+	01:50+	02:43+	01:49+	01:51+	00:51-	02:14+	01:41+	02:14+	02:37+	02:42+	00:51+	00:19+
00:26&	00:44&	00:53&	01:22&	00:12#	00:31&	01:00&	00:49&	00:20#	00:06-	01:09@	00:08+	00:24#	00:54&	02:07@	00:26@	00:05&
<b>13</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>	<b>34:27</b>													
01:50+	04:14+	06:35+	10:51+	12:51+	15:36+	18:06+	19:34+	21:22+	22:18+	25:19+	27:19+	29:59+	32:29+	33:30+	34:10+	34:27+
01:50+	02:24+	02:21+	04:16+	02:00+	02:45+	02:30+	01:28+	01:48+	00:56-	03:01+	02:00+	02:40+	02:30+	01:01+	00:40+	00:17+
00:42&	00:50&	00:59&	00:59&	00:34&	01:26@	00:47&	00:28&	00:17#	00:01-	01:56@	00:27&	00:50&	00:47&	00:26&	00:15&	00:03#

Class	Navn	Klasse										Tid				
<b>14</b>	<b>Steinar Amundsen</b>	<b>115</b>										<b>34:44</b>				
01:57+	04:26+	06:48+	12:39+	14:20+	16:27+	18:55+	20:20+	22:11+	23:20+	25:11+	27:18+	29:54+	32:28+	33:47+	34:24+	34:44+
01:57+	02:29+	02:22+	05:51+	01:41+	02:07+	02:28+	01:25+	01:51+	01:09+	01:51+	02:07+	02:36+	02:34+	01:19+	00:37+	00:20+
00:49&	00:55&	01:00&	02:34&	00:15#	00:48&	00:45&	00:25&	00:20#	00:12#	00:46&	00:34&	00:46&	00:51&	00:44@	00:12&	00:06&
<b>15</b>	<b>Tor Inge Hansen</b>	<b>144</b>										<b>35:07</b>				
03:24+	05:13+	07:32+	11:40+	13:45+	16:41+	18:53+	20:20+	22:22+	23:27+	26:04+	28:19+	31:18+	33:21+	34:17+	34:50+	35:07+
03:24+	01:49+	02:19+	04:08+	02:05+	02:56+	02:12+	01:27+	02:02+	01:05+	02:37+	02:15+	02:59+	02:03+	00:56+	00:33+	00:17+
02:16@	00:15#	00:57&	00:51&	00:39&	01:37@	00:29&	00:27&	00:31&	00:08#	01:32@	00:42&	01:09&	00:20#	00:21&	00:08&	00:03#
<b>16</b>	<b>Reidar Haver</b>	<b>4</b>										<b>35:35</b>				
01:36+	03:20+	05:43+	12:53+	14:38+	16:33+	19:09+	20:37+	22:04+	23:08+	26:37+	29:06+	31:25+	33:35+	34:39+	35:17+	35:35+
01:36+	01:44+	02:23+	07:10+	01:45+	01:55+	02:36+	01:28+	01:27-	01:04+	03:29+	02:29+	02:19+	02:10+	01:04+	00:38+	00:18+
00:28&	00:10#	01:01&	03:53@	00:19#	00:36&	00:53&	00:28&	00:04-	00:07#	02:24@	00:56&	00:29&	00:27&	00:29&	00:13&	00:04&
<b>17</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>36:15</b>				
04:22+	06:07+	08:58+	13:40+	15:27+	17:31+	19:51+	21:55+	23:34+	24:42+	26:43+	29:16+	31:49+	34:06+	35:13+	35:54+	36:15+
04:22+	01:45+	02:51+	04:42+	01:47+	02:04+	02:20+	02:04+	01:39+	01:08+	02:01+	02:33+	02:33+	02:17+	01:07+	00:41+	00:21+
03:14@	00:11#	01:29@	01:25&	00:21#	00:45&	00:37&	00:41&	00:08+	00:11#	00:56&	01:00&	00:43&	00:34&	00:32&	00:16&	00:07&
<b>18</b>	<b>Ragnar Lillemo</b>	<b>128</b>										<b>37:33</b>				
02:33+	05:14+	08:11+	12:10+	14:06+	16:10+	20:18+	21:59+	23:48+	25:56+	29:43+	31:36+	33:48+	35:43+	36:36+	37:06+	37:33+
02:33+	02:41+	02:57+	03:59+	01:56+	02:04+	04:08+	01:41+	01:49+	02:08+	03:47+	01:53+	02:12+	01:55+	00:53+	00:30+	00:27+
01:25@	01:07&	01:35@	00:42#	00:30&	00:45&	02:25@	00:41&	00:18#	01:11@	02:42@	00:20#	00:22#	00:12#	00:18&	00:05#	00:13&
<b>19</b>	<b>Arne Hope</b>	<b>43</b>										<b>38:00</b>				
02:00+	04:40+	07:48+	13:17+	15:08+	17:22+	20:06+	21:35+	23:13+	24:50+	27:40+	30:21+	33:14+	35:54+	37:01+	37:38+	38:00+
02:00+	02:40+	03:08+	05:29+	01:51+	02:14+	02:44+	01:29+	01:38+	01:37+	02:50+	02:41+	02:53+	02:40+	01:07+	00:37+	00:22+
00:52&	01:06&	01:46@	02:12&	00:25&	00:55&	01:01&	00:29&	00:07+	00:40&	01:45@	01:08&	01:03&	00:57&	00:32&	00:12&	00:08&
<b>20</b>	<b>Cato Eike</b>	<b>79</b>										<b>38:27</b>				
02:14+	04:57+	07:23+	11:26+	14:06+	16:04+	18:51+	20:21+	22:25+	24:32+	27:29+	30:39+	33:23+	36:29+	37:26+	38:01+	38:27+
02:14+	02:43+	02:26+	04:03+	02:40+	01:58+	02:47+	01:30+	02:04+	02:07+	02:57+	03:10+	02:44+	03:06+	00:57+	00:35+	00:26+
01:06&	01:09&	01:04&	00:46#	01:14&	00:39&	01:04&	00:30&	00:33&	01:10@	01:52@	01:37@	00:54&	01:23&	00:22&	00:10&	00:12&
<b>21</b>	<b>Frode Lund</b>	<b>18</b>										<b>38:30</b>				
01:45+	03:51+	06:40+	11:14+	13:06+	14:56+	22:36+	23:57+	25:36+	28:08+	29:45+	31:49+	34:18+	36:44+	37:36+	38:11+	38:30+
01:45+	02:06+	02:49+	04:34+	01:52+	01:50+	07:40+	01:21+	01:39+	02:32+	01:37+	02:04+	02:29+	02:26+	00:52+	00:35+	00:19+
00:37&	00:32&	01:27@	01:17&	00:26&	00:31&	05:57@	00:21&	00:08+	01:35@	00:32&	00:31&	00:39&	00:43&	00:17&	00:10&	00:05&
<b>22</b>	<b>Anders H Foss</b>	<b>263</b>										<b>38:45</b>				
04:34+	06:05+	09:17+	13:39+	16:04+	18:20+	22:23+	24:08+	26:40+	27:29+	29:01+	31:10+	34:33+	37:02+	37:46+	38:22+	38:45+
04:34+	01:31-	03:12+	04:22+	02:25+	02:16+	04:03+	01:45+	02:32+	00:49-	01:32+	02:09+	03:23+	02:29+	00:44+	00:36+	00:23+
03:26@	00:03-	01:50@	01:05&	00:59&	00:57&	02:20@	00:45&	01:01&	00:08-	00:27&	00:36&	01:33&	00:46&	00:09&	00:11&	00:09&
<b>23</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>38:50</b>				
01:56+	04:19+	07:39+	12:13+	14:06+	16:20+	20:09+	21:44+	24:00+	25:05+	28:30+	31:10+	34:10+	36:40+	37:51+	38:32+	38:50+
01:56+	02:23+	03:20+	04:34+	01:53+	02:14+	03:49+	01:35+	02:16+	01:05+	03:25+	02:40+	03:00+	02:30+	01:11+	00:41+	00:18+
00:48&	00:49&	01:58@	01:17&	00:27&	00:55&	02:06@	00:35&	00:45&	00:08#	02:20@	01:07&	01:10&	00:47&	00:36@	00:16&	00:04&
<b>24</b>	<b>Arild Olsen</b>	<b>4</b>										<b>39:11</b>				
01:56+	04:18+	07:55+	15:26+	17:10+	19:15+	21:37+	23:10+	24:58+	26:27+	28:30+	31:09+	33:49+	36:48+	38:03+	38:49+	39:11+
01:56+	02:22+	03:37+	07:31+	01:44+	02:05+	02:22+	01:33+	01:48+	01:29+	02:03+	02:39+	02:40+	02:59+	01:15+	00:46+	00:22+
00:48&	00:48&	02:15@	04:14@	00:18#	00:46&	00:39&	00:33&	00:17#	00:32&	00:58&	01:06&	00:50&	01:16&	00:40@	00:21&	00:08&
<b>25</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>41:43</b>				
01:47+	03:59+	06:39+	12:17+	15:38+	17:49+	20:21+	22:04+	24:20+	26:00+	29:06+	31:42+	34:29+	38:09+	39:27+	40:32+	41:21+
01:47+	02:12+	02:40+	05:38+	03:21+	02:11+	02:32+	01:43+	02:16+	01:40+	03:06+	02:36+	02:47+	03:40+	01:18+	01:05+	00:49+
00:39&	00:38&	01:18&	02:21&	01:55@	00:52&	00:49&	00:43&	00:45&	00:43&	02:01@	01:03&	00:57&	01:57@	00:43@	00:40@	00:35@
<b>26</b>	<b>Per Bakken</b>	<b>5</b>										<b>43:11</b>				
02:31+	06:30+	10:08+	17:31+	19:41+	22:09+	25:10+	26:44+	28:31+	30:01+	32:46+	35:24+	38:18+	41:10+	42:13+	42:49+	43:11+
02:31+	03:59+	03:38+	07:23+	02:10+	02:28+	03:01+	01:34+	01:47+	01:30+	02:45+	02:38+	02:54+	02:52+	01:03+	00:36+	00:22+
01:23@	02:25@	02:16@	04:06@	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&
<b>27</b>	<b>Harald Nilsen</b>	<b>79</b>										<b>43:17</b>				
01:54+	04:52+	07:40+	13:54+	16:05+	18:40+	22:10+	24:01+	26:25+	27:56+	30:43+	33:49+	36:54+	40:12+	41:42+	42:59+	43:17+
01:54+	02:58+	02:48+	06:14+	02:11+	02:35+	03:30+	01:51+	02:24+	01:31+	02:47+	03:06+	03:05+	03:18+	01:30+	01:17+	00:18+
00:46&	01:24&	01:26@	02:57&	00:45&	01:16&	01:47@	00:51&	00:53&	00:34&	01:42@	01:33&	01:15&	01:35&	00:55@	00:52@	00:04&
<b>28</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>										<b>43:33</b>				
01:38+	03:10+	05:28+	11:12+	22:14+	23:39+	25:24+	28:06+	29:35+	31:34+	32:39+	34:31+	36:44+	39:12+	41:33+	42:29+	43:16+
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+
00:30&	00:02-	00:56&	02:27&	09:36@	00:06+	00:02+	01:42@	00:02-	01:02@	00:00=	00:19#	00:23#	00:45&	01:46@	00:31@	00:33@

Class	Navn	Klasse										Tid					
<b>29</b>	<b>Arild Svihus</b>	<b>92</b>										<b>43:36</b>					
02:36+	05:25+	08:24+	15:08+	17:41+	20:05+	23:14+	25:11+	27:41+	29:04+	31:41+	33:53+	37:36+	41:06+	42:19+	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+	
01:28@	01:15&	01:37@	03:27@	01:07&	01:05&	01:26&	00:57&	00:59&	00:26&	01:32@	00:39&	01:53@	01:47@	00:38@	00:24&	00:14&	
<b>30</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>44:15</b>					
02:14+	05:34+	08:45+	14:50+	17:09+	19:42+	23:13+	24:58+	27:28+	28:57+	31:46+	35:04+	38:05+	41:16+	42:46+	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&	
<b>31</b>	<b>Inge Grødem</b>	<b>92</b>										<b>45:00</b>					
02:18+	06:12+	09:19+	15:48+	18:10+	20:32+	24:12+	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+	
01:10@	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&	
<b>32</b>	<b>Ove Vatland</b>	<b>128</b>										<b>48:26</b>					
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@	01:16@	00:55&	00:33&	02:29@	00:54&	01:45&	01:20&	03:42@	00:23&	00:15@	
<b>33</b>	<b>Hans Klausen</b>	<b>62</b>										<b>49:11</b>					
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+	01:37+	02:15+	11:16+	03:54+	02:03+	00:31-	08:04+	01:24-	01:31+	01:16+	04:01+	01:54+	02:53+	02:22+	00:55+	01:06+	00:19+
00:42&	00:03+	00:53&	07:59@	02:28@	00:44&	01:12-	07:04@	00:07-	00:34&	00:11#	02:28@	00:04+	01:10&	01:47@	00:30@	00:52@	00:19+
<b>34</b>	<b>Johan Rasmussen</b>	<b>93</b>										<b>50:04</b>					
02:48+	05:21+	09:41+	19:34+	22:15+	24:29+	29:43+	31:25+	33:21+	35:51+	39:48+	42:02+	44:54+	47:47+	48:55+	49:38+	50:04+	
02:48+	02:33+	04:20+	09:53+	02:41+	02:14+	05:14+	01:42+	01:56+	02:30+	03:57+	02:14+	02:52+	02:53+	01:08+	00:43+	00:26+	
01:40@	00:59&	02:58@	06:36@	01:15&	00:55&	03:31@	00:42&	00:25&	01:33@	02:52@	00:41&	01:02&	01:10&	00:33&	00:18&	00:12&	
<b>35</b>	<b>Frank Gulbrandsen</b>	<b>105</b>										<b>51:04</b>					
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+	02:45+	06:19+	05:54+	04:09+	02:03+	03:49+	01:44+	02:12+	03:18+	03:55+	02:57+	03:43+	03:16+	01:15+	00:41+	00:32+	
01:24@	01:11&	04:57@	02:37&	02:43@	00:44&	02:06@	00:44&	00:41&	02:21@	02:50@	01:24&	01:53@	01:33&	00:40@	00:16&	00:18@	
<b>36</b>	<b>Arthur Christiansen</b>	<b>93</b>										<b>1:22:31</b>					
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+	
03:23+	03:35+	04:48+	10:40+	03:47+	04:37+	04:55+	02:52+	03:40+	01:54+	04:32+	04:32+	05:52+	18:57+	02:08+	01:28+	00:51+	
02:15@	02:01@	03:26@	07:23@	02:21@	03:18@	03:12@	01:52@	02:09@	00:57&	03:27@	02:59@	04:02@	17:14@	01:33@	01:03@	00:37@	
<b>Beste strekktid for klassen</b>																	
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	

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