

Damer 16 - 39 år

<b>1</b>	<b>Ingrid Simensen</b>	<b>101</b>	<b>32:51</b>															
02:21=	03:00=	05:54=	07:08=	08:11=	11:20=	14:15=	15:58=	18:52=	19:54=	21:45=	25:51=	28:37=	29:18=	29:57=	30:29=	31:46=	32:29=	32:51=
02:21=	00:39=	02:54=	01:14=	01:03=	03:09=	02:55=	01:43=	02:54=	01:02=	01:51=	04:06=	02:46=	00:41=	00:39=	00:32=	01:17=	00:43=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>33:23</b>															
01:36-	02:11-	04:49-	05:55-	07:15-	11:06-	13:49-	16:18+	18:53+	19:44-	21:46+	26:02+	29:25+	30:05+	30:35+	31:11+	32:29+	33:02+	33:23+
01:36-	00:35-	02:38-	01:06-	01:20+	03:51+	02:43-	02:29+	02:35-	00:51-	02:02+	04:16+	03:23+	00:40-	00:30-	00:36+	01:18+	00:33-	00:21-
00:45-	00:04-	00:16-	00:08-	00:17&	00:42#	00:12-	00:46&	00:19-	00:11-	00:11+	00:10+	00:37#	00:01-	00:09-	00:04#	00:01+	00:10-	00:01-
<b>3</b>	<b>Vera Bjarkø</b>	<b>105</b>	<b>34:29</b>															
01:24-	01:53-	04:26-	05:40-	06:50-	10:25-	13:02-	14:52-	18:13-	19:27-	21:28-	26:18+	29:22+	30:02+	30:58+	31:41+	33:31+	34:08+	34:29+
01:24-	00:29-	02:33-	01:14=	01:10+	03:35+	02:37-	01:50+	03:21+	01:14+	02:01+	04:50+	03:04+	00:40-	00:56+	00:43+	01:50+	00:37-	00:21-
00:57-	00:10-	00:21-	00:00=	00:10#	00:26#	00:18-	00:07+	00:27#	00:12#	00:10+	00:44#	00:18#	00:01-	00:17&	00:11&	00:33&	00:06-	00:01-
<b>4</b>	<b>Marie Lunde</b>	<b>115</b>	<b>36:26</b>															
01:36-	02:14-	04:57-	06:06-	07:42-	11:16-	14:23+	16:16+	20:07+	21:00+	22:49+	28:47+	31:31+	32:06+	32:43+	33:46+	35:09+	36:02+	36:26+
01:36-	00:38-	02:43-	01:09-	01:36+	03:34+	03:07+	01:53+	03:51+	00:53-	01:49-	05:58+	02:44-	00:35-	00:37-	01:03+	01:23+	00:53+	00:24+
00:45-	00:01-	00:11-	00:05-	00:33&	00:25#	00:12+	00:10+	00:57&	00:09-	00:02-	01:52&	00:02-	00:06-	00:02-	00:31&	00:06+	00:10#	00:02+
<b>5</b>	<b>Kari Borgen</b>	<b>62</b>	<b>37:35</b>															
01:13-	02:00-	04:34-	05:45-	07:09-	09:47-	12:41-	14:43-	18:59+	19:43-	21:16-	24:44-	27:07-	27:48-	28:20-	33:55+	36:42+	37:15+	37:35+
01:13-	00:47+	02:34-	01:11-	01:24+	02:38-	02:54-	02:02+	04:16+	00:44-	01:33-	03:28-	02:23-	00:41=	00:32-	05:35+	02:47+	00:33-	00:20-
01:08-	00:08#	00:20-	00:03-	00:21&	00:31-	00:01-	00:19#	01:22&	00:18-	00:18-	00:38-	00:23-	00:00=	00:07-	05:03@	01:30@	00:10-	00:02-
<b>6</b>	<b>Kirsten Vike</b>	<b>92</b>	<b>38:08</b>															
01:44-	02:41-	05:44-	07:04-	08:17+	11:51+	15:42+	17:44+	21:12+	22:12+	24:38+	29:37+	33:11+	33:58+	34:50+	35:25+	36:57+	37:41+	38:08+
01:44-	00:57+	03:03+	01:20+	01:13+	03:34+	03:51+	02:02+	03:28+	01:00-	02:26+	04:59+	03:34+	00:47+	00:52+	00:35+	01:32+	00:44+	00:27+
00:37-	00:18&	00:09+	00:06+	00:10#	00:25#	00:56&	00:19#	00:34#	00:02-	00:35&	00:53#	00:48&	00:06#	00:13&	00:03+	00:15#	00:01+	00:05#
<b>7</b>	<b>Maria Lampe</b>	<b>126</b>	<b>39:26</b>															
01:54-	02:50-	06:06+	07:24+	09:05+	12:42+	16:37+	18:58+	22:23+	23:25+	25:52+	30:42+	34:09+	35:11+	35:57+	36:40+	38:17+	39:01+	39:26+
01:54-	00:56+	03:16+	01:18+	01:41+	03:37+	03:55+	02:21+	03:25+	01:02=	02:27+	04:50+	03:27+	01:02+	00:46+	00:43+	01:37+	00:44+	00:25+
00:27-	00:17&	00:22#	00:04+	00:38&	00:28#	01:00&	00:38&	00:31#	00:00=	00:36&	00:44#	00:41#	00:21&	00:07#	00:11&	00:20&	00:01+	00:03#
<b>8</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>39:39</b>															
02:02-	02:38-	06:08+	07:32+	09:51+	14:14+	18:30+	21:10+	24:27+	25:33+	27:22+	32:16+	35:24+	36:04+	36:51+	37:23+	38:40+	39:17+	39:39+
02:02-	00:36-	03:30+	01:24+	02:19+	04:23+	04:16+	02:40+	03:17+	01:06+	01:49-	04:54+	03:08+	00:40-	00:47+	00:32=	01:17=	00:37-	00:22=
00:19-	00:03-	00:36#	00:10#	01:16@	01:14&	01:21&	00:57&	00:23#	00:04+	00:02-	00:48#	00:22#	00:01-	00:08#	00:00=	00:00=	00:06-	00:00=
<b>9</b>	<b>Helene Lie</b>	<b>228</b>	<b>39:43</b>															
01:53-	02:37-	05:55+	07:10+	09:03+	12:41+	16:39+	18:52+	22:27+	23:22+	25:35+	30:55+	34:28+	35:12+	36:08+	36:49+	38:31+	39:18+	39:43+
01:53-	00:44+	03:18+	01:15+	01:53+	03:38+	03:58+	02:13+	03:35+	00:55-	02:13+	05:20+	03:33+	00:44+	00:56+	00:41+	01:42+	00:47+	00:25+
00:28-	00:05#	00:24#	00:01+	00:50&	00:29#	01:03&	00:30&	00:41#	00:07-	00:22#	01:14&	00:47&	00:03+	00:17&	00:09&	00:25&	00:04+	00:03#
<b>10</b>	<b>Mette Langeland</b>	<b>117</b>	<b>39:54</b>															
01:51-	02:44-	05:51-	07:13+	09:16+	13:05+	16:18+	18:33+	22:00+	23:06+	25:37+	30:55+	34:25+	35:16+	36:08+	36:56+	38:45+	39:31+	39:54+
01:51-	00:53+	03:07+	01:22+	02:03+	03:49+	03:13+	02:15+	03:27+	01:06+	02:31+	05:18+	03:30+	00:51+	00:52+	00:48+	01:49+	00:46+	00:23+
00:30-	00:14&	00:13+	00:08#	01:00&	00:40#	00:18#	00:32&	00:33#	00:04+	00:40&	01:12&	00:44&	00:10#	00:13&	00:16&	00:32&	00:03+	00:01+
<b>11</b>	<b>Marita Skorpe</b>	<b>74</b>	<b>42:28</b>															
01:48-	02:42-	05:45-	06:58-	08:28+	12:08+	15:20+	17:28+	21:03+	22:03+	24:44+	31:12+	35:04+	37:25+	38:18+	39:34+	41:23+	42:09+	42:28+
01:48-	00:54+	03:03+	01:13-	01:30+	03:40+	03:12+	02:08+	03:35+	01:00-	02:41+	06:28+	03:52+	02:21+	00:53+	01:16+	01:49+	00:46+	00:19-
00:33-	00:15&	00:09+	00:01-	00:27&	00:31#	00:17+	00:25#	00:41#	00:02-	00:50&	02:22&	01:06&	01:40@	00:14&	00:44@	00:32&	00:03+	00:03-
<b>12</b>	<b>Veronica Fenne</b>	<b>206</b>	<b>42:31</b>															
02:53+	03:39+	06:36+	08:11+	09:42+	13:17+	16:05+	20:31+	24:16+	25:15+	27:24+	31:21+	33:59+	34:43+	35:35+	38:12+	41:36+	42:11+	42:31+
02:53+	00:46+	02:57+	01:35+	01:31+	03:35+	02:48-	04:26+	03:45+	00:59-	02:09+	03:57-	02:38-	00:44+	00:52+	02:37+	03:24+	00:35-	00:20-
00:32#	00:07#	00:03+	00:21&	00:28&	00:26#	00:07-	02:43@	00:51&	00:03-	00:18#	00:09-	00:08-	00:03+	00:13&	02:05@	02:07@	00:08-	00:02-
<b>13</b>	<b>Trine Selvikvåg</b>	<b>62</b>	<b>42:49</b>															
01:39-	03:07+	06:22+	07:36+	09:29+	13:58+	17:04+	19:15+	22:12+	23:44+	25:46+	29:37+	32:24+	33:09+	34:01+	40:03+	41:58+	42:28+	42:49+
01:39-	01:28+	03:15+	01:14=	01:53+	04:29+	03:06+	02:11+	02:57+	01:32+	02:02+	03:51-	02:47+	00:45+	00:52+	06:02+	01:55+	00:30-	00:21-
00:42-	00:49@	00:21#	00:00=	00:50&	01:20&	00:11+	00:28&	00:03+	00:30&	00:11+	00:15-	00:01+	00:04+	00:13&	05:30@	00:38&	00:13-	00:01-
<b>14</b>	<b>Maren Heradsteit</b>	<b>76</b>	<b>43:20</b>															
01:50-	03:00=	06:31+	07:49+	09:53+	13:29+	18:30+	23:51+	26:46+	27:41+	29:48+	34:18+	37:31+	38:08+	39:10+	40:47+	42:26+	42:59+	43:20+
01:50-	01:10+	03:31+	01:18+	02:04+	03:36+	05:01+	05:21+	02:55+	00:55-	02:07+	04:30+	03:13+	00:37-	01:02+	01:37+	01:39+	00:33-	00:21-
00:31-	00:31&	00:37#	00:04+	01:01&	00:27#	02:06&	03:38@	00:01+	00:07-	00:16#	00:24+	00:27#	00:04-	00:23&	01:05@	00:22&	00:10-	00:01-

Class	Navn	Klasse										Tid						
<b>15</b>	<b>Heidi Nordaunet</b>	<b>126</b>										<b>43:28</b>						
02:06-	03:00=	07:26+	08:54+	10:24+	14:04+	17:18+	19:23+	22:38+	23:41+	26:02+	31:28+	35:16+	36:11+	37:00+	40:02+	42:13+	43:02+	43:28+
02:06-	00:54+	04:26+	01:28+	01:30+	03:40+	03:14+	02:05+	03:15+	01:03+	02:21+	05:26+	03:48+	00:55+	00:49+	03:02+	02:11+	00:49+	00:26+
00:15-	00:15&	01:32&	00:14#	00:27&	00:31#	00:19#	00:22#	00:21#	00:01+	00:30&	01:20&	01:02&	00:14&	00:10&	02:30@	00:54&	00:06#	00:04#
<b>16</b>	<b>Ruth Magrethe Westre</b>	<b>54</b>										<b>44:44</b>						
02:06-	03:27+	07:15+	08:30+	10:25+	14:16+	18:31+	21:08+	25:15+	26:16+	28:34+	33:30+	38:08+	39:07+	40:54+	41:44+	43:23+	44:17+	44:44+
02:06-	01:21+	03:48+	01:15+	01:55+	03:51+	04:15+	02:37+	04:07+	01:01-	02:18+	04:56+	04:38+	00:59+	01:47+	00:50+	01:39+	00:54+	00:27+
00:15-	00:42@	00:54&	00:01+	00:52&	00:42#	01:20&	00:54&	01:13&	00:01-	00:27#	00:50#	01:52&	00:18&	01:08@	00:18&	00:22&	00:11&	00:05#
<b>17</b>	<b>Jorun Nymo</b>	<b>136</b>										<b>44:49</b>						
01:50-	02:59-	06:27+	07:52+	09:58+	15:11+	18:34+	20:38+	24:57+	26:26+	28:49+	33:33+	36:58+	39:50+	40:30+	41:21+	43:15+	44:25+	44:49+
01:50-	01:09+	03:28+	01:25+	02:06+	05:13+	03:23+	02:04+	04:19+	01:29+	02:23+	04:44+	03:25+	02:52+	00:40+	00:51+	01:54+	01:10+	00:24+
00:31-	00:30&	00:34#	00:11#	01:03&	02:04&	00:28#	00:21#	01:25&	00:27&	00:32&	00:38#	00:39#	02:11@	00:01+	00:19&	00:37&	00:27&	00:02+
<b>18</b>	<b>Barbro Lunde Nedrebø</b>	<b>92</b>										<b>45:03</b>						
01:58-	03:12+	08:13+	09:20+	10:59+	14:22+	18:21+	23:41+	26:45+	28:33+	30:48+	36:03+	39:26+	40:14+	41:09+	41:41+	43:52+	44:38+	45:03+
01:58-	01:14+	05:01+	01:07-	01:39+	03:23+	03:59+	05:20+	03:04+	01:48+	02:15+	05:15+	03:23+	00:48+	00:55+	00:32=	02:11+	00:46+	00:25+
00:23-	00:35&	02:07&	00:07-	00:36&	00:14+	01:04&	03:37@	00:10+	00:46&	00:24#	01:09&	00:37#	00:07#	00:16&	00:00=	00:54&	00:03+	00:03#
<b>19</b>	<b>Svitlana Rasheva</b>	<b>116</b>										<b>46:11</b>						
01:40-	02:26-	05:42-	06:54-	08:07-	14:52+	18:40+	21:43+	26:45+	27:54+	30:03+	34:48+	38:32+	39:19+	42:29+	42:55+	44:59+	45:46+	46:11+
01:40-	00:46+	03:16+	01:12-	01:13+	06:45+	03:48+	03:03+	05:02+	01:09+	02:09+	04:45+	03:44+	00:47+	03:10+	00:26-	02:04+	00:47+	00:25+
00:41-	00:07#	00:22#	00:02-	00:10#	03:36@	00:53&	01:20&	02:08&	00:07#	00:18#	00:39#	00:58&	00:06#	02:31@	00:06-	00:47&	00:04+	00:03#
<b>20</b>	<b>Rønnaug Egeland</b>	<b>154</b>										<b>47:06</b>						
01:20-	02:25-	06:53+	08:03+	09:49+	14:24+	18:41+	20:48+	23:48+	24:53+	26:30+	31:58+	35:16+	35:59+	36:37+	44:08+	46:07+	46:44+	47:06+
01:20-	01:05+	04:28+	01:10-	01:46+	04:35+	04:17+	02:07+	03:00+	01:05+	01:37-	05:28+	03:18+	00:43+	00:38-	07:31+	01:59+	00:37-	00:22=
01:01-	00:26&	01:34&	00:04-	00:43&	01:26&	01:22&	00:24#	00:06+	00:03+	00:14-	01:22&	00:32#	00:02+	00:01-	06:59@	00:42&	00:06-	00:00=
<b>21</b>	<b>Ingunn Bergheim Landsnes</b>	<b>74</b>										<b>50:08</b>						
02:00-	03:00=	06:25+	07:56+	11:11+	15:47+	21:36+	24:46+	28:53+	30:23+	33:29+	40:03+	44:13+	45:16+	46:30+	47:10+	48:48+	49:42+	50:08+
02:00-	01:00+	03:25+	01:31+	03:15+	04:36+	05:49+	03:10+	04:07+	01:30+	03:06+	06:34+	04:10+	01:03+	01:14+	00:40+	01:38+	00:54+	00:26+
00:21-	00:21&	00:31#	00:17#	02:12@	01:27&	02:54&	01:27&	01:13&	00:28&	01:15&	02:28&	01:24&	00:22&	00:35&	00:08#	00:21&	00:11&	00:04#
<b>22</b>	<b>Kjersti Fandrem Høivik</b>	<b>68</b>										<b>52:18</b>						
01:30-	03:29+	06:13+	11:18+	16:01+	19:37+	24:27+	28:22+	31:20+	32:30+	36:17+	42:41+	45:37+	46:18+	47:07+	49:12+	51:16+	51:57+	52:18+
01:30-	01:59+	02:44-	05:05+	04:43+	03:36+	04:50+	03:55+	02:58+	01:10+	03:47+	06:24+	02:56+	00:41=	00:49+	02:05+	02:04+	00:41-	00:21-
00:51-	01:20@	00:10-	03:51@	03:40@	00:27#	01:55&	02:12@	00:04+	00:08#	01:56@	02:18&	00:10+	00:00=	00:10&	01:33@	00:47&	00:02-	00:01-
<b>23</b>	<b>Tone Giske</b>	<b>7</b>										<b>54:29</b>						
02:39+	06:53+	10:38+	12:47+	14:18+	19:16+	22:41+	24:57+	29:57+	31:05+	33:23+	42:31+	46:44+	47:52+	48:47+	49:42+	52:20+	53:35+	54:29+
02:39+	04:14+	03:45+	02:09+	01:31+	04:58+	03:25+	02:16+	05:00+	01:08+	02:18+	09:08+	04:13+	01:08+	00:55+	00:55+	02:38+	01:15+	00:54+
00:18#	03:35@	00:51&	00:55&	00:28&	01:49&	00:30#	00:33&	02:06&	00:06+	00:27#	05:02@	01:27&	00:27&	00:16&	00:23&	01:21@	00:32&	00:32@
<b>Beste strekktid for klassen</b>																		
01:13	00:29	02:33	01:06	01:03	02:38	02:37	01:43	02:35	00:44	01:33	03:28	02:23	00:35	00:30	00:26	01:17	00:30	00:19

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

## Damer 40 - 49 år

<b>1</b>	<b>Berit Våg Aksland</b>	<b>116</b>										<b>44:13</b>								
01:27=	03:33=	06:00=	08:00=	12:36=	14:03=	16:57=	19:08=	20:35=	23:09=	25:36=	31:52=	35:38=	38:27=	39:18=	39:53=	40:34=	41:58=	43:05=	43:45=	44:13=
01:27=	02:06=	02:27=	02:00=	04:36=	01:27=	02:54=	02:11=	01:27=	02:34=	02:27=	06:16=	03:46=	02:49=	00:51=	00:35=	00:41=	01:24=	01:07=	00:40=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Linda Mari Vestvik</b>	<b>62</b>										<b>45:07</b>								
01:19-	03:46+	05:07-	07:00-	11:24-	13:08-	15:34-	18:00-	19:15-	21:48-	23:38-	28:39-	32:08-	34:18-	36:25-	37:10-	37:59-	39:39-	44:07+	44:46+	45:07+
01:19-	02:27+	01:21-	01:53-	04:24-	01:44+	02:26-	02:26+	01:15-	02:33-	01:50-	05:01-	03:29-	02:10-	02:07+	00:45+	00:49+	00:39-	04:28+	00:39-	00:21-
00:08-	00:21#	01:06-	00:07-	00:12-	00:17#	00:28-	00:15#	00:12-	00:01-	00:37-	01:15-	00:17-	00:39-	01:16@	00:10&	00:08#	00:16#	03:21@	00:01-	00:07-
<b>3</b>	<b>Siri Warland</b>	<b>115</b>										<b>50:05</b>								
03:03+	05:35+	07:03+	08:18+	11:43-	13:29-	22:04+	24:27+	25:51+	28:37+	30:47+	35:52+	40:10+	42:32+	44:21+	45:05+	45:47+	47:35+	48:50+	49:36+	50:05+
03:03+	02:32+	01:28-	01:15-	03:25-	01:46+	08:35+	02:23+	01:24-	02:46+	02:10-	05:05-	04:18+	02:22-	01:49+	00:44+	00:42+	01:48+	01:15+	00:46+	00:29+
01:36@	00:26#	00:59-	00:45-	01:11-	00:19#	05:41@	00:12+	00:03-	00:12+	00:17-	01:11-	00:32#	00:27-	00:58@	00:09&	00:01+	00:24&	00:08#	00:06#	00:01+
<b>4</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>53:50</b>								
01:38+	05:48+	07:48+	09:20+	15:11+	17:28+	19:47+	22:40+	24:57+	28:10+	30:58+	37:49+	42:47+	46:29+	47:53+	48:39+	49:43+	51:34+	52:35+	53:26+	53:50+
01:38+	04:10+	02:00-	01:32-	05:51+	02:17+	02:19-	02:53+	02:17+	03:13+	02:48+	06:51+	04:58+	03:42+	01:24+	00:46+	01:04+	01:51+	01:01-	00:51+	00:24-
00:11#	02:04&	00:27-	00:28-	01:15&	00:50&	00:35-	00:42&	00:50&	00:39&	00:21#	00:35+	01:12&	00:53&	00:33&	00:11&	00:23&	00:27&	00:06-	00:11&	00:04-

Class	Navn	Klasse										Tid									
<b>5</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>										<b>56:50</b>									
03:28+	06:19+	08:09+	09:21+	16:06+	18:55+	21:53+	24:50+	26:15+	29:00+	31:12+	36:17+	40:39+	43:09+	45:33+	46:38+	48:04+	50:07+	55:31+	56:17+	56:50+	
03:28+	02:51+	01:50-	01:12-	06:45+	02:49+	02:58+	02:57+	01:25-	02:45+	02:12-	05:05-	04:22+	02:30-	02:24+	01:05+	01:26+	02:03+	05:24+	00:46+	00:33+	
02:01@	00:45&	00:37-	00:48-	02:09&	01:22&	00:04+	00:46&	00:02-	00:11+	00:15-	01:11-	00:36#	00:19-	01:33@	00:30&	00:45@	00:39&	04:17@	00:06#	00:05#	
<b>6</b>	<b>Nina Svensen</b>	<b>2</b>										<b>57:12</b>									
01:47+	05:55+	09:17+	18:21+	20:09+	24:39+	26:59+	29:21+	31:53+	36:41+	42:47+	46:20+	50:12+	51:09+	51:48+	52:37+	54:14+	55:55+	56:45+	57:12+		
01:47+	04:08+	03:22+	02:08+	06:56+	01:48+	04:30+	02:20+	02:22+	02:32-	04:48+	06:06-	03:33-	03:52+	00:57+	00:39+	00:49+	01:37+	01:41+	00:50+	00:27-	
00:20#	02:02&	00:55&	00:08+	02:20&	00:21#	01:36&	00:09+	00:55&	00:02-	02:21&	00:10-	00:13-	01:03&	00:06#	00:04#	00:08#	00:13#	00:34&	00:10#	00:01-	
<b>7</b>	<b>Hilde Frøyttlog Karlsen</b>	<b>228</b>										<b>58:58</b>									
01:57+	05:23+	07:17+	08:59+	14:13+	16:31+	19:26+	24:18+	30:49+	33:55+	36:48+	43:26+	48:18+	51:07+	52:24+	53:07+	53:56+	55:58+	57:33+	58:25+	58:58+	
01:57+	03:26+	01:54-	01:42-	05:14+	02:18+	02:55+	04:52+	06:31+	03:06+	02:53+	06:38+	04:52+	02:49+	01:17+	00:43+	00:49+	02:02+	01:35+	00:52+	00:33+	
00:30&	01:20&	00:33-	00:18-	00:38#	00:51&	00:01+	02:41@	05:04@	00:32#	00:26#	00:22+	01:06&	00:00-	00:26&	00:08#	00:08#	00:38&	00:28&	00:12&	00:05#	
<b>8</b>	<b>Evy Klausen Mjølnes</b>	<b>66</b>										<b>1:00:18</b>									
01:54+	03:56+	05:24-	07:48-	12:22-	14:51+	17:35+	23:01+	24:26+	27:00+	29:22+	43:18+	47:12+	51:41+	53:03+	53:39+	54:27+	56:58+	59:06+	59:52+	60:18+	
01:54+	02:02-	01:28-	02:24+	04:34-	02:29+	02:44-	05:26+	01:25-	02:34=	02:22-	13:56+	03:54+	04:29+	01:22+	00:36+	00:48+	02:31+	02:08+	00:46+	00:26-	
00:27&	00:04-	00:59-	00:24#	00:02-	01:02&	00:10-	03:15@	00:02-	00:00=	00:05-	07:40@	00:08+	01:40&	00:31&	00:01+	00:07#	01:07&	01:01&	00:06#	00:02-	
<b>9</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>1:01:04</b>									
01:50+	04:31+	07:33+	09:37+	14:56+	17:58+	21:00+	24:02+	26:13+	29:19+	32:03+	38:25+	43:58+	52:07+	53:35+	54:32+	55:27+	57:31+	59:38+	60:30+	61:04+	
01:50+	02:41+	03:02+	02:04+	05:19+	03:02+	03:02+	02:11+	03:06+	02:44+	06:22+	05:33+	08:09+	01:28+	00:57+	00:55+	02:04+	02:07+	00:52+	00:34+		
00:23&	00:35&	00:35#	00:04+	00:43#	01:35@	00:08+	00:51&	00:44&	00:32#	00:17#	00:06+	01:47&	05:20@	00:37&	00:22&	00:14&	00:40&	01:00&	00:12&	00:06#	
<b>10</b>	<b>Astrid Espe</b>	<b>80</b>										<b>1:04:22</b>									
04:25+	07:41+	11:13+	13:55+	19:34+	21:56+	25:14+	29:46+	31:45+	34:48+	37:43+	44:40+	49:01+	54:59+	56:15+	57:02+	57:51+	59:53+	63:04+	63:50+	64:22+	
04:25+	03:16+	03:32+	02:42+	05:39+	02:22+	03:18+	04:32+	01:59+	03:03+	02:55+	06:57+	04:21+	05:58+	01:16+	00:47+	00:49+	02:02+	03:11+	00:46+	00:32+	
02:58@	01:10&	01:05&	00:42&	01:03#	00:55&	00:24#	02:21@	00:32&	00:29#	00:28#	00:41#	00:35#	03:09@	00:25&	00:12&	00:08#	00:38&	02:04@	00:06#	00:04#	
<b>Beste strekktid for klassen</b>																					
01:19	02:02	01:21	01:12	03:25	01:27	02:19	02:11	01:15	02:32	01:50	05:01	03:29	02:10	00:51	00:35	00:41	01:24	01:01	00:39	00:21	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
<b>Damer 50 - 59 år</b>																					
<b>1</b>	<b>Anne Sæbø Vik</b>	<b>116</b>										<b>39:34</b>									
01:23=	03:30=	04:47=	06:09=	11:20=	13:11=	15:00=	16:58=	18:30=	20:58=	23:06=	27:29=	31:16=	33:21=	34:23=	35:03=	35:55=	37:30=	38:22=	39:12=	39:34=	
01:23=	02:07=	01:17=	01:22=	05:11=	01:51=	01:49=	01:58=	01:32=	02:28=	02:08=	04:23=	03:47=	02:05=	01:02=	00:40=	00:52=	01:35=	00:52=	00:50=	00:22=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>40:40</b>									
02:05+	03:57+	05:19+	06:38+	11:45+	13:20+	15:30+	17:36+	18:59+	21:21+	23:12+	27:47+	32:06+	34:44+	35:53+	36:27+	37:08+	38:35+	39:40+	40:20+	40:40+	
02:05+	01:52-	01:22+	01:19-	05:07-	01:35-	02:10+	02:06+	01:23-	02:22-	01:51-	04:35+	04:19+	02:38+	01:09+	00:34-	00:41-	01:27-	01:05+	00:40-	00:20-	
00:42&	00:15-	00:05+	00:03-	00:04-	00:16-	00:21#	00:08+	00:09-	00:06-	00:17-	00:12+	00:32#	00:33&	00:07#	00:06-	00:11-	00:08-	00:13#	00:10-	00:02-	
<b>3</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>										<b>47:08</b>									
01:31+	03:59+	05:44+	07:34+	11:53+	14:08+	17:27+	19:29+	21:09+	23:55+	26:12+	31:35+	38:11+	40:34+	41:37+	42:11+	43:03+	44:44+	46:00+	46:41+	47:08+	
01:31+	02:28+	01:45+	01:50+	04:19-	02:15+	03:19+	02:02+	01:40+	02:46+	02:17+	05:23+	06:36+	02:23+	01:03+	00:34-	00:52=	01:41+	01:16+	00:41-	00:27+	
00:08+	00:21#	00:28&	00:28&	00:52-	00:24#	01:30&	00:04+	00:08+	00:18#	00:09+	01:00#	02:49&	00:18#	00:01+	00:06-	00:00=	00:06+	00:24&	00:09-	00:05#	
<b>4</b>	<b>Signe Ottesen</b>	<b>116</b>										<b>48:19</b>									
02:57+	05:34+	07:57+	10:12+	14:45+	16:40+	19:11+	21:45+	23:28+	26:32+	29:05+	34:40+	39:07+	41:36+	42:48+	43:31+	44:18+	45:59+	47:06+	47:53+	48:19+	
02:57+	02:37+	02:23+	02:15+	04:33-	01:55+	02:31+	02:34+	01:43+	03:04+	02:33+	05:35+	04:27+	02:29+	01:12+	00:43+	00:47-	01:41+	01:07+	00:47-	00:26+	
01:34@	00:30#	01:06&	00:53&	00:38-	00:04+	00:42&	00:36&	00:11#	00:36#	00:25#	01:12&	00:40#	00:24#	00:10#	00:03+	00:05-	00:06+	00:15&	00:03-	00:04#	
<b>5</b>	<b>Nidunn Sandvik</b>	<b>228</b>										<b>48:31</b>									
02:24+	04:41+	06:26+	08:27+	12:31+	14:22+	17:55+	20:12+	22:01+	25:45+	28:38+	34:36+	38:43+	41:16+	42:19+	43:07+	43:58+	45:47+	47:08+	48:01+	48:31+	
02:24+	02:17+	01:45+	02:01+	04:04-	01:51=	03:33+	02:17+	01:49+	03:44+	02:53+	05:58+	04:07+	02:33+	01:03+	00:48+	00:51-	01:49+	01:21+	00:53+	00:30+	
01:01&	00:10+	00:28&	00:39&	01:07-	00:00=	01:44&	00:19#	00:17#	01:16&	00:45&	01:35&	00:20+	00:28#	00:01+	00:08#	00:01-	00:14#	00:29&	00:03+	00:08&	
<b>6</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>51:27</b>									
01:50+	04:40+	06:50+	08:09+	13:16+	15:27+	18:29+	21:28+	23:37+	26:44+	28:59+	35:21+	40:32+	43:27+	45:21+	46:11+	46:58+	48:46+	50:07+	50:56+	51:27+	
01:50+	02:50+	02:10+	01:19-	05:07-	02:11+	03:02+	02:59+	02:09+	03:07+	02:15+	06:22+	05:11+	02:55+	01:54+	00:50+	00:47-	01:48+	01:21+	00:49-	00:31+	
00:27&	00:43&	00:53&	00:03-	00:04-	00:20#	01:13&	01:01&	00:37&	00:39&	00:07+	01:59&	01:24&	00:50&	00:52&	00:10#	00:05-	00:13#	00:29&	00:01-	00:09&	
<b>7</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>53:09</b>									
03:24+	05:48+	07:29+	09:44+	14:04+	15:56+	19:03+	21:39+	23:22+	26:39+	28:38+	33:29+	37:31+	44:49+	46:09+	46:53+	47:40+	49:42+	51:57+	52:46+	53:09+	
03:24+	02:24+	01:41+	02:15+	04:20-	01:52+	03:07+	02:36+	01:43+	03:17+	01:59-	04:51+	04:02+	07:18+	01:20+	00:44+	00:47-	02:02+	02:15+	00:49-	00:23+	
02:01@	00:17#	00:24&	00:53&	00:51-	00:01+	01:18&	00:38&	00:11#	00:49&	00:09-	00:28#	00:15+	05:13@	00:18&	00:04#	00:05-	00:27&	01:23@	00:01-	00:01+	

Class	Navn	Klasse												Tid											
<b>8</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>												<b>53:34</b>											
02:02+	04:57+	06:46+	08:19+	14:03+	16:39+	19:34+	22:07+	24:09+	27:08+	30:32+	36:14+	41:08+	45:47+	46:50+	47:35+	48:30+	50:45+	52:13+	53:05+	53:34+					
02:02+	02:55+	01:49+	01:33+	05:44+	02:36+	02:55+	02:33+	02:02+	02:59+	03:24+	05:42+	04:54+	04:39+	01:03+	00:45+	00:55+	02:15+	01:28+	00:52+	00:29+					
00:39&	00:48&	00:32&	00:11#	00:33#	00:45&	01:06&	00:35&	00:30&	00:31#	01:16&	01:19&	01:07&	02:34@	00:01+	00:05#	00:03+	00:40&	00:36&	00:02+	00:07&					
<b>9</b>	<b>Gunn J. Grefstad</b>	<b>2</b>												<b>53:44</b>											
03:23+	06:02+	08:17+	10:04+	16:16+	18:13+	22:06+	24:59+	26:40+	29:21+	32:07+	39:37+	43:31+	46:10+	47:30+	48:09+	48:57+	50:49+	52:10+	52:58+	53:44+					
03:23+	02:39+	02:15+	01:47+	06:12+	01:57+	03:53+	02:53+	01:41+	02:41+	02:46+	07:30+	03:54+	02:39+	01:20+	00:39-	00:48-	01:52+	01:21+	00:48-	00:46+					
02:00@	00:32&	00:58&	00:25&	01:01#	00:06+	02:04@	00:55&	00:09+	00:13+	00:38&	03:07&	00:07+	00:34&	00:18&	00:01-	00:04-	00:17#	00:29&	00:02-	00:24@					
<b>10</b>	<b>Torill Andersen</b>	<b>116</b>												<b>54:16</b>											
01:30+	04:26+	06:53+	09:06+	13:05+	15:06+	19:48+	23:32+	25:17+	26:54+	29:32+	31:35+	38:02+	42:03+	46:21+	47:41+	48:36+	49:25+	51:19+	52:59+	53:48+	54:16+				
01:30+	02:56+	02:27+	02:13+	03:59-	02:01+	04:42+	03:44+	01:45+	01:37-	02:38+	02:03-	06:27+	04:01+	04:18+	01:20+	00:55+	00:49-	01:54+	01:40+	00:49+	00:28+				
00:07+	00:49&	01:10&	00:51&	01:12-	00:10+	02:53@	01:46&	00:13#	00:51-	00:30#	02:20-	02:40&	01:56&	03:16@	00:40&	00:03+	00:46-	01:02@	00:50&	00:27@	00:28+				
<b>11</b>	<b>Kari Smådal Turøy</b>	<b>115</b>												<b>54:25</b>											
03:21+	05:31+	07:14+	08:42+	13:03+	14:56+	18:27+	21:01+	22:50+	25:37+	29:29+	39:16+	43:44+	46:50+	48:09+	48:45+	49:31+	51:16+	53:08+	53:57+	54:25+					
03:21+	02:10+	01:43+	01:28+	04:21-	01:53+	03:31+	02:34+	01:49+	02:47+	03:52+	09:47+	04:28+	03:06+	01:19+	00:36-	00:46-	01:45+	01:52+	00:49-	00:28+					
01:58@	00:03+	00:26&	00:06+	00:50-	00:02+	01:42&	00:36&	00:17#	00:19#	01:44&	05:24@	00:41#	01:06&	00:17&	00:04-	00:06-	00:10#	01:00@	00:01-	00:06&					
<b>12</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>												<b>1:04:09</b>											
02:12+	05:18+	12:17+	14:31+	21:33+	23:29+	26:42+	29:55+	31:38+	34:45+	38:07+	44:38+	48:27+	55:48+	57:08+	57:52+	58:48+	60:40+	63:05+	63:46+	64:09+					
02:12+	03:06+	06:59+	02:14+	07:02+	01:56+	03:13+	03:13+	01:43+	03:07+	03:22+	06:31+	03:49+	07:21+	01:20+	00:44+	00:56+	01:52+	02:25+	00:41-	00:23+					
00:49&	00:59&	05:42@	00:52&	01:51&	00:05+	01:24&	01:15&	00:11#	00:39&	01:14&	02:08&	00:02+	05:16@	00:18&	00:04#	00:04+	00:17#	01:33@	00:09-	00:01+					
<b>13</b>	<b>Kristin Harbo</b>	<b>92</b>												<b>1:08:26</b>											
03:17+	06:49+	08:56+	10:47+	19:36+	22:06+	28:08+	31:37+	33:51+	41:09+	43:51+	50:15+	55:47+	58:58+	60:20+	61:19+	63:22+	65:38+	67:05+	67:56+	68:26+					
03:17+	03:32+	02:07+	01:51+	08:49+	02:30+	06:02+	03:29+	02:14+	07:18+	02:42+	06:24+	05:32+	03:11+	01:22+	00:59+	02:03+	02:16+	01:27+	00:51+	00:30+					
01:54@	01:25&	00:50&	00:29&	03:38&	00:39&	04:13@	01:31&	00:42&	04:50@	00:34&	02:01&	01:45&	01:06&	00:20&	00:19&	01:11@	00:41&	00:35&	00:01+	00:08&					
<b>14</b>	<b>Brit Vivian Meling</b>	<b>116</b>												<b>1:14:10</b>											
04:13+	09:17+	12:04+	13:50+	23:02+	25:25+	30:28+	33:51+	36:10+	39:51+	45:20+	52:31+	58:15+	65:00+	66:19+	67:11+	68:18+	70:41+	72:31+	73:31+	74:10+					
04:13+	05:04+	02:47+	01:46+	09:12+	02:23+	05:03+	03:23+	02:19+	03:41+	05:29+	07:11+	05:44+	06:45+	01:19+	00:52+	01:07+	02:23+	01:50+	01:00+	00:39+					
02:50@	02:57@	01:30@	00:24&	04:01&	00:32&	03:14@	01:25&	00:47&	01:13&	03:21@	02:48&	01:57&	04:40@	00:17&	00:12&	00:15&	00:48&	00:58@	00:10#	00:17&					
<b>15</b>	<b>Anne Katrine Lycke</b>	<b>147</b>												<b>1:19:35</b>											
04:53+	09:32+	12:15+	16:42+	23:39+	26:40+	33:11+	36:51+	39:00+	42:01+	50:44+	56:17+	61:34+	68:52+	70:30+	71:19+	72:15+	74:57+	78:12+	79:07+	79:35+					
04:53+	04:39+	02:43+	04:27+	06:57+	03:01+	06:31+	03:40+	02:09+	03:01+	08:43+	05:33+	05:17+	07:18+	01:38+	00:49+	00:56+	02:42+	03:15+	00:55+	00:28+					
03:30@	02:32@	01:26@	03:05@	01:46&	01:10&	04:42@	01:42&	00:37&	00:33#	06:35@	01:10&	01:30&	05:13@	00:36&	00:09#	00:04+	01:07&	02:23@	00:05#	00:06&					
<b>Beste strekktid for klassen</b>																									
	01:23	01:52	01:17	01:19	03:59	01:35	01:49	01:58	01:23	01:37	01:51	02:03	03:47	02:05	01:02	00:34	00:41	00:49	00:52	00:40	00:20				

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

## Damer 60 - 64 år

<b>1</b>	<b>Ingrid Eik</b>	<b>88</b>												<b>36:30</b>											
02:51=	05:00=	06:36=	08:25=	09:53=	12:39=	16:03=	18:37=	19:25=	23:09=	25:26=	29:06=	33:38=	35:00=	35:24=	36:07=	36:30=									
02:51=	02:09=	01:36=	01:49=	01:28=	02:46=	03:24=	02:34=	00:48=	03:44=	02:17=	03:40=	04:32=	01:22=	00:24=	00:43=	00:23=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
<b>2</b>	<b>Marit Karin Nygård</b>	<b>92</b>												<b>36:55</b>											
03:21+	05:29+	08:28+	10:55+	11:59+	14:53+	18:10+	20:49+	21:42+	24:49+	26:16+	29:45+	34:19+	35:24+	35:54+	36:31+	36:55+									
03:21+	02:08-	02:59+	02:27+	01:04-	02:54+	03:17-	02:39+	00:53+	03:07-	01:27-	03:29+	04:34+	01:05-	00:30+	00:37-	00:24+									
00:30#	00:01-	01:23&	00:38&	00:24-	00:08+	00:07-	00:05+	00:05#	00:37-	00:50-	00:11-	00:02+	00:17-	00:06#	00:06-	00:01+									
<b>3</b>	<b>Eli Frafjord</b>	<b>94</b>												<b>44:31</b>											
03:32+	05:55+	07:55+	10:58+	12:18+	15:08+	18:48+	21:42+	23:02+	28:13+	30:12+	34:17+	39:41+	42:29+	43:09+	43:59+	44:31+									
03:32+	02:23+	02:00+	03:03+	01:20-	02:50+	03:40+	02:54+	01:20+	05:11+	01:59+	04:05+	05:24+	02:48+	00:40+	00:50+	00:32+									
00:41#	00:14#	00:24#	01:14&	00:08-	00:04+	00:16+	00:20#	00:32&	01:27&	00:18-	00:25#	00:52#	01:26@	00:16&	00:07#	00:09&									
<b>4</b>	<b>Ingunn Kanne Risa</b>	<b>106</b>												<b>45:41</b>											
07:06+	09:25+	11:30+	14:05+	15:34+	19:03+	22:22+	24:52+	25:47+	30:03+	31:45+	36:28+	41:58+	43:31+	44:27+	45:11+	45:41+									
07:06+	02:19+	02:05+	02:35+	01:29+	03:29+	03:19-	02:30-	00:55+	04:16+	01:42-	04:43+	05:30+	01:33+	00:56+	00:44+	00:30+									
04:15@	00:10+	00:29&	00:46&	00:01+	00:43&	00:05-	00:04-	00:07#	00:32#	00:35-	01:03&	00:58#	00:11#	00:32@	00:01+	00:07&									
<b>5</b>	<b>Kari Blixhavn</b>	<b>228</b>												<b>47:23</b>											
04:19+	07:15+	09:40+	11:41+	13:31+	16:42+	21:28+	25:05+	26:05+	30:19+	32:13+	37:12+	43:06+	44:46+	45:18+	46:19+	47:23+									
04:19+	02:56+	02:25+	02:01+	01:50+	03:11+	04:46+	03:37+	01:00+	04:14+	01:54-	04:59+	05:54+	01:40+	00:32+	01:01+	01:04+									
01:28&	00:47&	00:49&	00:12#	00:22#	00:25#	01:22&	01:03&	00:12#	00:30#	00:23-	01:19&	01:22&	00:18#	00:08&	00:18&	00:41@									

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

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

## Damer 65 - 69 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>										<b>43:53</b>					
04:18=	06:37=	08:46=	10:53=	12:29=	16:04=	19:34=	23:28=	24:42=	28:36=	30:29=	34:56=	40:25=	41:44=	42:16=	43:14=	43:53=	
04:18=	02:19=	02:09=	02:07=	01:36=	03:35=	03:30=	03:54=	01:14=	03:54=	01:53=	04:27=	05:29=	01:19=	00:32=	00:58=	00:39=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Kirsten Carlsen</b>	<b>93</b>										<b>58:38</b>					
03:33-	11:26+	13:20+	18:19+	19:28+	22:31+	25:43+	31:32+	35:39+	36:59+	41:21+	43:08+	47:49+	54:07+	56:16+	57:12+	58:06+	58:38+
03:33-	07:53+	01:54-	04:59+	01:09-	03:03-	03:12-	05:49+	04:07+	01:20-	04:22+	01:47-	04:41-	06:18+	02:09+	00:56-	00:54+	00:32+
00:45-	05:34#	00:15-	02:52#	00:27-	00:32-	00:18-	01:55#	02:53#	02:34-	02:29#	02:40-	00:48-	04:59#	01:37#	00:02-	00:15#	00:32+
<b>3</b>	<b>Wenche Anda Haarr</b>	<b>92</b>										<b>1:13:28</b>					
04:57+	07:54+	10:39+	13:18+	15:13+	18:56+	24:13+	30:41+	31:56+	37:18+	55:28+	63:01+	69:34+	71:24+	72:01+	72:57+	73:28+	
04:57+	02:57+	02:45+	02:39+	01:55+	03:43+	05:17+	06:28+	01:15+	05:22+	18:10+	07:33+	06:33+	01:50+	00:37+	00:56-	00:31-	
00:39#	00:38#	00:36#	00:32#	00:19#	00:08+	01:47#	02:34#	00:01+	01:28#	16:17#	03:06#	01:04#	00:31#	00:05#	00:02-	00:08-	
<b>Beste strekktid for klassen</b>																	
03:33	02:19	01:54	02:07	01:09	03:03	03:12	03:54	01:14	01:20	01:53	01:47	04:41	01:19	00:32	00:56	00:31	

= 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>39:49</b>				
03:19=	05:44=	07:47=	10:08=	12:13=	15:18=	20:06=	22:46=	24:00=	26:56=	28:23=	32:10=	36:53=	37:56=	38:35=	39:22=	39:49=
03:19=	02:25=	02:03=	02:21=	02:05=	03:05=	04:48=	02:40=	01:14=	02:56=	01:27=	03:47=	04:43=	01:03=	00:39=	00:47=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Gry V. Thengs</b>	<b>68</b>										<b>40:41</b>				
03:27+	06:14+	08:05+	11:06+	12:43+	15:38+	19:10+	22:12-	23:07-	26:20-	27:58-	32:53+	37:30+	38:48+	39:23+	40:11+	40:41+
03:27+	02:47+	01:51-	03:01+	01:37-	02:55-	03:32-	03:02+	00:55-	03:13+	01:38+	04:55+	04:37-	01:18+	00:35-	00:48+	00:30+
00:08+	00:22#	00:12-	00:40#	00:28-	00:10-	01:16-	00:22#	00:19-	00:17+	00:11#	01:08#	00:06-	00:15#	00:04-	00:01+	00:03#



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

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

## Damer B

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>	<b>38:12</b>																			
00:27=	01:58=	03:54=	04:59=	07:02=	09:49=	11:34=	12:58=	15:41=	18:39=	20:41=	22:35=	23:30=	25:01=	26:52=	28:00=	30:48=	34:27=	35:26=	35:59=	37:18=	37:50=	38:12=
00:27=	01:31=	01:56=	01:05=	02:03=	02:47=	01:45=	01:24=	02:43=	02:58=	02:02=	01:54=	00:55=	01:31=	01:51=	01:08=	02:48=	03:39=	00:59=	00:33=	01:19=	00:32=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Hilde Nordbø</b>	<b>93</b>	<b>42:59</b>																			
00:29+	02:08+	05:04+	06:16+	08:40+	11:46+	13:52+	15:35+	18:00+	20:58+	23:41+	25:57+	26:47+	28:41+	30:37+	31:57+	35:07+	39:14+	40:03+	40:40+	42:02+	42:36+	42:59+
00:29+	01:39+	02:56+	01:12+	02:24+	03:06+	02:06+	01:43+	02:25-	02:58=	02:43+	02:16+	00:50-	01:54+	01:56+	01:20+	03:10+	04:07+	00:49-	00:37+	01:22+	00:34+	00:23+
00:02+	00:08+	01:00+	00:00=	00:07#	00:21#	00:21#	00:19#	00:18-	00:00=	00:41&	00:22#	00:05-	00:23&	00:05+	00:12#	00:22#	00:28#	00:10-	00:04#	00:03+	00:02+	00:01+
<b>3</b>	<b>Ann-Cathrin Urdal</b>	<b>118</b>	<b>44:02</b>																			
00:28+	02:05+	07:43+	08:48+	10:56+	13:43+	15:21+	17:07+	19:20+	22:15+	24:22+	26:19+	27:15+	28:25+	30:26+	31:42+	34:51+	38:43+	41:00+	41:38+	43:03+	43:40+	44:02+
00:28+	01:37+	05:38+	01:05=	02:08+	02:47=	01:38=	01:46+	02:13-	02:55-	02:07+	01:57+	00:56+	01:10-	02:01+	01:16+	03:09+	03:52+	02:17+	00:38+	01:25+	00:37+	00:22=
00:01+	00:06+	03:42@	00:00=	00:05+	00:00=	00:07-	00:22&	00:30-	00:03-	00:05+	00:03+	00:01+	00:21-	00:10+	00:08#	00:21#	00:13+	01:18@	00:05#	00:06+	00:05#	00:00=
<b>4</b>	<b>Ingrid W. Hestness</b>	<b>117</b>	<b>45:23</b>																			
00:30+	02:26+	05:08+	06:36+	09:00+	12:14+	14:09+	15:59+	18:55+	22:01+	24:16+	27:40+	28:14+	30:17+	32:20+	33:40+	37:08+	41:03+	42:01+	42:49+	44:24+	45:00+	45:23+
00:30+	01:56+	02:42+	01:28+	02:24+	03:14+	01:55+	01:50+	02:56+	03:06+	02:15+	03:24+	00:34-	02:03+	02:03+	01:20+	03:28+	03:55+	00:58-	00:48+	01:35+	00:36+	00:23+
00:03#	00:25&	00:46&	00:23&	00:21#	00:27#	00:10+	00:26&	00:13+	00:08+	00:13#	01:30&	00:21-	00:32&	00:12#	00:12#	00:40#	00:16+	00:01-	00:15&	00:16#	00:04#	00:01+
<b>5</b>	<b>Ellen Tindeland</b>	<b>27</b>	<b>46:02</b>																			
00:28+	02:15+	05:02+	05:54+	08:23+	12:04+	14:58+	16:47+	19:48+	23:12+	25:47+	28:10+	28:43+	30:05+	32:09+	33:32+	36:52+	41:33+	42:57+	43:34+	45:05+	45:38+	46:02+
00:28+	01:47+	02:47+	00:52-	02:29+	03:41+	02:54+	01:49+	03:01+	03:24+	02:35+	02:23+	00:33-	01:22-	02:04+	01:23+	03:20+	04:41+	01:24+	00:37+	01:31+	00:33+	00:24+
00:01+	00:16#	00:51&	00:13-	00:26#	00:54&	01:09&	00:25&	00:18#	00:26#	00:33&	00:29&	00:22-	00:09-	00:13#	00:15#	00:32#	01:02&	00:25&	00:04#	00:12#	00:01+	00:02+
<b>6</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>	<b>46:51</b>																			
00:26-	02:06+	04:28+	06:30+	08:54+	12:07+	16:23+	17:58+	20:09+	23:16+	25:37+	29:01+	29:53+	31:10+	33:41+	35:23+	38:49+	42:56+	44:02+	44:42+	45:57+	46:31+	46:51+
00:26-	01:40+	02:22+	02:02+	02:24+	03:13+	04:16+	01:35+	02:11-	03:07+	02:21+	03:24+	00:52-	01:17-	02:31+	01:42+	03:26+	04:07+	01:06+	00:40+	01:15-	00:34+	00:20-
00:01-	00:09+	00:26#	00:57&	00:21#	00:26#	02:31@	00:11#	00:32-	00:09+	00:19#	01:30&	00:03-	00:14-	00:40&	00:34&	00:38#	00:28#	00:07#	00:07#	00:04-	00:02+	00:02-
<b>7</b>	<b>Jorunn Johannesen</b>	<b>116</b>	<b>48:09</b>																			
00:31+	02:41+	06:07+	07:31+	09:33+	12:38+	14:19+	15:56+	19:48+	22:57+	25:11+	28:15+	30:36+	32:11+	34:38+	36:19+	40:01+	44:00+	44:55+	45:25+	47:00+	47:39+	48:09+
00:31+	02:10+	03:26+	01:24+	02:02-	03:05+	01:41-	01:37+	03:52+	03:09+	02:14+	03:04+	02:21+	01:35+	02:27+	01:41+	03:42+	03:59+	00:55-	00:30-	01:35+	00:39+	00:30+
00:04#	00:39&	01:30&	00:19&	00:01-	00:18#	00:04-	00:13#	01:09&	00:11+	00:12+	01:10&	01:26@	00:04+	00:36&	00:33&	00:54&	00:20+	00:04-	00:03-	00:16#	00:07#	00:08&
<b>8</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>	<b>48:42</b>																			
00:34+	02:27+	05:05+	06:12+	08:40+	12:01+	13:50+	15:57+	19:06+	22:34+	25:21+	28:08+	28:57+	30:55+	33:43+	35:13+	39:08+	43:27+	44:43+	45:49+	47:31+	48:16+	48:42+
00:34+	01:53+	02:38+	01:07+	02:28+	03:21+	01:49+	02:07+	03:09+	03:28+	02:47+	02:47+	00:49-	01:58+	02:48+	01:30+	03:55+	04:19+	01:16+	01:06+	01:42+	00:45+	00:26+
00:07&	00:22#	00:42&	00:02+	00:25#	00:34#	00:04+	00:43&	00:26#	00:30#	00:45&	00:53&	00:06-	00:27&	00:57&	00:22&	01:07&	00:40#	00:17&	00:33&	00:23&	00:13&	00:04#
<b>9</b>	<b>Helen Lomeland</b>	<b>105</b>	<b>49:26</b>																			
00:25-	02:04+	04:14+	05:08+	08:05+	11:16+	13:09+	14:50+	17:47+	21:23+	24:34+	26:55+	27:43+	29:26+	31:27+	32:57+	36:14+	39:58+	41:30+	43:46+	45:45+	49:01+	49:26+
00:25-	01:39+	02:10+	00:54-	02:57+	03:11+	01:53+	01:41+	02:57+	03:36+	03:11+	02:21+	00:48-	01:43+	02:01+	01:30+	03:17+	03:44+	01:32+	02:16+	01:59+	03:16+	00:25+
00:02-	00:08+	00:14#	00:11-	00:54&	00:24#	00:08+	00:17#	00:14+	00:38#	01:09&	00:27#	00:07-	00:12#	00:10+	00:22&	00:29#	00:05+	00:33&	01:43@	00:40&	02:44@	00:03#
<b>10</b>	<b>Ragnhild Auglænd</b>	<b>168</b>	<b>52:37</b>																			
00:36+	02:51+	06:13+	07:29+	09:57+	14:03+	16:16+	18:28+	21:12+	25:15+	28:10+	31:32+	32:24+	33:40+	36:07+	37:39+	41:42+	46:23+	47:43+	49:38+	51:23+	52:10+	52:37+
00:36+	02:15+	03:22+	01:16+	02:28+	04:06+	02:13+	02:12+	02:44+	04:03+	02:55+	03:22+	00:52-	01:16-	02:27+	01:32+	04:03+	04:41+	01:20+	01:55+	01:45+	00:47+	00:27+
00:09&	00:44&	01:26&	00:11#	00:25#	01:19&	00:28&	00:48&	00:01+	01:05&	00:53&	01:28&	00:03-	00:15-	00:36&	00:24&	01:15&	01:02&	00:21&	01:22@	00:26&	00:15&	00:05#
<b>11</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>1:05:40</b>																			
00:34+	04:31+	09:52+	11:56+	15:35+	21:39+	24:47+	29:31+	32:51+	37:36+	40:54+	43:51+	44:50+	46:18+	49:02+	50:37+	54:34+	59:32+	61:01+	62:19+	64:22+	65:10+	65:40+
00:34+	03:57+	05:21+	02:04+	03:39+	06:04+	03:08+	04:44+	03:20+	04:45+	03:18+	02:57+	00:59+	01:28-	02:44+	01:35+	03:57+	04:58+	01:29+	01:18+	02:03+	00:48+	00:30+
00:07&	02:26@	03:25@	00:59&	01:36&	03:17@	01:23&	03:20@	00:37#	01:47&	01:16&	01:03&	00:04+	00:03-	00:53&	00:27&	01:09&	01:19&	00:30&	00:45@	00:44&	00:16&	00:08&

Class	Navn	Klasse	Tid
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**Beste strekktid for klassen**

00:25 01:31 01:56 00:52 02:02 02:47 01:38 01:24 02:11 02:55 02:02 01:54 00:33 01:10 01:51 01:08 02:48 03:39 00:49 00:30 01:15 00:32 00:20

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

**Damer Trim**

**1 Kristin Breivold 92 21:49**  
 03:29= 05:21= 07:05= 08:47= 11:32= 12:54= 17:38= 19:27= 20:37= 21:27= 21:49=  
 03:29= 01:52= 01:44= 01:42= 02:45= 01:22= 04:44= 01:49= 01:10= 00:50= 00:22=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Margrete Jian Øye 126 22:01**  
 02:54- 04:41- 06:11- 07:32- 11:02- 12:12- 17:03- 19:57+ 20:51+ 21:38+ 22:01+  
 02:54- 01:47- 01:30- 01:21- 03:30+ 01:10- 04:51+ 02:54+ 00:54- 00:47- 00:23+  
 00:35- 00:05- 00:14- 00:21- 00:45& 00:12- 00:07+ 01:05& 00:16- 00:03- 00:01+

**3 Andrea Boutera 105 22:25**  
 03:21- 04:44- 06:02- 10:49+ 13:26+ 14:36+ 18:16+ 19:35+ 21:15+ 22:05+ 22:25+  
 03:21- 01:23- 01:18- 04:47+ 02:37- 01:10- 03:40- 01:19- 01:40+ 00:50= 00:20-  
 00:08- 00:29- 00:26- 03:05@ 00:08- 00:12- 01:04- 00:30- 00:30& 00:00= 00:02-

**4 Janeth Kleppe 128 22:29**  
 04:26+ 06:23+ 07:41+ 09:10+ 12:01+ 13:22+ 18:11+ 19:53+ 21:23+ 22:08+ 22:29+  
 04:26+ 01:57+ 01:18- 01:29- 02:51+ 01:21- 04:49+ 01:42- 01:30+ 00:45- 00:21-  
 00:57& 00:05+ 00:26- 00:13- 00:06+ 00:01- 00:05+ 00:07- 00:20& 00:05- 00:01-

**5 Marita Navjord Nicolaysen 71 22:46**  
 03:36+ 05:42+ 07:37+ 09:15+ 12:21+ 13:43+ 18:24+ 20:04+ 21:23+ 22:17+ 22:46+  
 03:36+ 02:06+ 01:55+ 01:38- 03:06+ 01:22= 04:41- 01:40- 01:19+ 00:54+ 00:29+  
 00:07+ 00:14# 00:11# 00:04- 00:21# 00:00= 00:03- 00:09- 00:09# 00:04+ 00:07&

**6 Turid Johanne Kidøy 18 23:05**  
 02:56- 04:39- 06:20- 07:43- 10:31- 11:50- 18:28+ 20:28+ 21:53+ 22:38+ 23:05+  
 02:56- 01:43- 01:41- 01:23- 02:48+ 01:19- 06:38+ 02:00+ 01:25+ 00:45- 00:27+  
 00:33- 00:09- 00:03- 00:19- 00:03+ 00:03- 01:54& 00:11# 00:15# 00:05- 00:05#

**7 Sarah Denieul 42 24:52**  
 03:36+ 05:46+ 08:01+ 10:11+ 13:33+ 14:52+ 19:43+ 22:18+ 23:32+ 24:30+ 24:52+  
 03:36+ 02:10+ 02:15+ 02:10+ 03:22+ 01:19- 04:51+ 02:35+ 01:14+ 00:58+ 00:22=  
 00:07+ 00:18# 00:31& 00:28& 00:37# 00:03- 00:07+ 00:46& 00:04+ 00:08# 00:00=

**8 Gerd Katrin Kro 117 24:54**  
 04:04+ 06:44+ 08:25+ 10:42+ 13:03+ 14:09+ 18:42+ 22:32+ 23:27+ 24:31+ 24:54+  
 04:04+ 02:40+ 01:41- 02:17+ 02:21- 01:06- 04:33- 03:50+ 00:55- 01:04+ 00:23+  
 00:35# 00:48& 00:03- 00:35& 00:24- 00:16- 00:11- 02:01@ 00:15- 00:14& 00:01+

**9 Anette Tronstad 115 25:05**  
 03:23- 05:36+ 07:36+ 09:34+ 12:40+ 14:14+ 20:04+ 22:21+ 23:33+ 24:35+ 25:05+  
 03:23- 02:13+ 02:00+ 01:58+ 03:06+ 01:34+ 05:50+ 02:17+ 01:12+ 01:02+ 00:30+  
 00:06- 00:21# 00:16# 00:16# 00:21# 00:12# 01:06# 00:28& 00:02+ 00:12# 00:08&

**10 Gunn Vagle 126 25:21**  
 04:21+ 06:12+ 07:57+ 09:47+ 12:47+ 14:29+ 20:35+ 22:45+ 23:54+ 24:56+ 25:21+  
 04:21+ 01:51- 01:45+ 01:50+ 03:00+ 01:42+ 06:06+ 02:10+ 01:09- 01:02+ 00:25+  
 00:52# 00:01- 00:01+ 00:08+ 00:15+ 00:20# 01:22& 00:21# 00:01- 00:12# 00:03#

**11 Anne Marie Gausel 105 25:24**  
 03:18- 05:09- 07:06+ 08:50+ 11:43+ 13:34+ 20:07+ 22:38+ 23:57+ 24:58+ 25:24+  
 03:18- 01:51- 01:57+ 01:44+ 02:53+ 01:51+ 06:33+ 02:31+ 01:19+ 01:01+ 00:26+  
 00:11- 00:01- 00:13# 00:02+ 00:08+ 00:29& 01:49& 00:42& 00:09# 00:11# 00:04#

**12 Marianne Johnsen 5 25:27**  
 03:13- 05:21= 07:30+ 12:39+ 15:04+ 16:27+ 21:24+ 23:14+ 24:08+ 25:04+ 25:27+  
 03:13- 02:08+ 02:09+ 05:09+ 02:25- 01:23+ 04:57+ 01:50+ 00:54- 00:56+ 00:23+  
 00:16- 00:16# 00:25# 03:27@ 00:20- 00:01+ 00:13+ 00:01+ 00:16- 00:06# 00:01+

**13 Tina Pedersen 27 25:47**  
 06:34+ 08:28+ 10:08+ 12:14+ 14:55+ 16:14+ 21:17+ 23:18+ 24:31+ 25:25+ 25:47+  
 06:34+ 01:54+ 01:40- 02:06+ 02:41- 01:19- 05:03+ 02:01+ 01:13+ 00:54+ 00:22=  
 03:05& 00:02+ 00:04- 00:24# 00:04- 00:03- 00:19+ 00:12# 00:03+ 00:04+ 00:00=

Class	Navn	Klasse										Tid
<b>14</b>	<b>Margot Asheim</b>	<b>105</b>										<b>25:59</b>
04:15+	06:31+	09:19+	10:58+	14:13+	15:44+	21:02+	22:53+	24:28+	25:34+	25:59+		
04:15+	02:16+	02:48+	01:39-	03:15+	01:31+	05:18+	01:51+	01:35+	01:06+	00:25+		
00:46#	00:24#	01:04&	00:03-	00:30#	00:09#	00:34#	00:02+	00:25&	00:16&	00:03#		
<b>15</b>	<b>Åse Sellereite</b>	<b>27</b>										<b>26:28</b>
03:39+	06:42+	08:27+	11:37+	14:37+	15:56+	21:35+	23:45+	25:09+	26:01+	26:28+		
03:39+	03:03+	01:45+	03:10+	03:00+	01:19-	05:39+	02:10+	01:24+	00:52+	00:27+		
00:10+	01:11&	00:01+	01:28&	00:15+	00:03-	00:55#	00:21#	00:14#	00:02+	00:05#		
<b>16</b>	<b>Tonje Tiley</b>	<b>27</b>										<b>26:45</b>
04:58+	07:14+	09:04+	11:11+	13:50+	15:32+	21:04+	23:26+	25:16+	26:22+	26:45+		
04:58+	02:16+	01:50+	02:07+	02:39-	01:42+	05:32+	02:22+	01:50+	01:06+	00:23+		
01:29&	00:24#	00:06+	00:25#	00:06-	00:20#	00:48#	00:33&	00:40&	00:16&	00:01+		
<b>17</b>	<b>Janne Imenes Andresen</b>	<b>117</b>										<b>26:46</b>
03:36+	05:40+	07:27+	10:03+	13:39+	15:15+	21:22+	23:32+	25:08+	26:19+	26:46+		
03:36+	02:04+	01:47+	02:36+	03:36+	01:36+	06:07+	02:10+	01:36+	01:11+	00:27+		
00:07+	00:12#	00:03+	00:54&	00:51&	00:14#	01:23&	00:21#	00:26&	00:21&	00:05#		
<b>18</b>	<b>Anlaug Nygard</b>	<b>27</b>										<b>27:12</b>
05:37+	07:45+	09:48+	11:57+	15:17+	16:42+	22:30+	24:38+	25:45+	26:46+	27:12+		
05:37+	02:08+	02:03+	02:09+	03:20+	01:25+	05:48+	02:08+	01:07-	01:01+	00:26+		
02:08&	00:16#	00:19#	00:27&	00:35#	00:03+	01:04#	00:19#	00:03-	00:11#	00:04#		
<b>19</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>										<b>27:55</b>
03:39+	05:48+	07:32+	12:17+	15:10+	16:32+	22:08+	24:32+	26:30+	27:31+	27:55+		
03:39+	02:09+	01:44=	04:45+	02:53+	01:22=	05:36+	02:24+	01:58+	01:01+	00:24+		
00:10+	00:17#	00:00=	03:03&	00:08+	00:00=	00:52#	00:35&	00:48&	00:11#	00:02+		
<b>20</b>	<b>Judith Serigstad</b>	<b>128</b>										<b>27:58</b>
04:08+	06:28+	08:29+	10:20+	13:41+	15:39+	21:33+	24:42+	26:28+	27:31+	27:58+		
04:08+	02:20+	02:01+	01:51+	03:21+	01:58+	05:54+	03:09+	01:46+	01:03+	00:27+		
00:39#	00:28#	00:17#	00:09+	00:36#	00:36&	01:10#	01:20&	00:36&	00:13&	00:05#		
<b>21</b>	<b>Sonja Johannessen</b>	<b>130</b>										<b>28:04</b>
04:00+	06:24+	08:31+	10:55+	15:08+	16:51+	23:16+	25:14+	26:37+	27:37+	28:04+		
04:00+	02:24+	02:07+	02:24+	04:13+	01:43+	06:25+	01:58+	01:23+	01:00+	00:27+		
00:31#	00:32&	00:23#	00:42&	01:28&	00:21&	01:41&	00:09+	00:13#	00:10#	00:05#		
<b>22</b>	<b>Bente Salte Aune</b>	<b>128</b>										<b>28:04</b>
04:08+	06:22+	08:28+	10:19+	13:50+	15:37+	21:37+	24:42+	26:32+	27:36+	28:04+		
04:08+	02:14+	02:06+	01:51+	03:31+	01:47+	06:00+	03:05+	01:50+	01:04+	00:28+		
00:39#	00:22#	00:22#	00:09+	00:46&	00:25&	01:16&	01:16&	00:40&	00:14&	00:06&		
<b>23</b>	<b>Ingrid O. Foss</b>	<b>117</b>										<b>28:26</b>
03:05-	05:27+	07:07+	08:54+	13:05+	14:26+	19:36+	21:34+	27:08+	27:59+	28:26+		
03:05-	02:22+	01:40-	01:47+	04:11+	01:21-	05:10+	01:58+	05:34+	00:51+	00:27+		
00:24-	00:30&	00:04-	00:05+	01:26&	00:01-	00:26+	00:09+	04:24&	00:01+	00:05#		
<b>24</b>	<b>Ingjerd Haddeland</b>	<b>115</b>										<b>28:28</b>
03:42+	05:51+	08:54+	11:07+	15:23+	17:16+	22:56+	25:11+	26:39+	28:01+	28:28+		
03:42+	02:09+	03:03+	02:13+	04:16+	01:53+	05:40+	02:15+	01:28+	01:22+	00:27+		
00:13+	00:17#	01:19&	00:31&	01:31&	00:31&	00:56#	00:26#	00:18&	00:32&	00:05#		
<b>25</b>	<b>Brit Svihus</b>	<b>92</b>										<b>28:35</b>
04:21+	06:34+	08:42+	10:50+	14:45+	16:25+	23:19+	25:27+	26:58+	28:06+	28:35+		
04:21+	02:13+	02:08+	02:08+	03:55+	01:40+	06:54+	02:08+	01:31+	01:08+	00:29+		
00:52#	00:21#	00:24#	00:26&	01:10&	00:18#	02:10&	00:19#	00:21&	00:18&	00:07&		
<b>26</b>	<b>Linn Soma</b>	<b>287</b>										<b>28:40</b>
05:50+	08:56+	10:55+	13:00+	16:52+	18:23+	23:25+	25:02+	27:02+	28:10+	28:40+		
05:50+	03:06+	01:59+	02:05+	03:52+	01:31+	05:02+	01:37-	02:00+	01:08+	00:30+		
02:21&	01:14&	00:15#	00:23#	01:07&	00:09#	00:18+	00:12-	00:50&	00:18&	00:08&		
<b>27</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>28:41</b>
06:02+	08:23+	10:49+	12:45+	15:46+	17:16+	23:26+	25:33+	27:13+	28:10+	28:41+		
06:02+	02:21+	02:26+	01:56+	03:01+	01:30+	06:10+	02:07+	01:40+	00:57+	00:31+		
02:33&	00:29&	00:42&	00:14#	00:16+	00:08+	01:26&	00:18#	00:30&	00:07#	00:09&		
<b>28</b>	<b>Gunhild Nordbø</b>	<b>117</b>										<b>29:02</b>
04:01+	06:12+	08:08+	11:50+	15:13+	16:46+	22:47+	25:13+	27:08+	28:29+	29:02+		
04:01+	02:11+	01:56+	03:42+	03:23+	01:33+	06:01+	02:26+	01:55+	01:21+	00:33+		
00:32#	00:19#	00:12#	02:00&	00:38#	00:11#	01:17&	00:37&	00:45&	00:31&	00:11&		

Class	Navn	Klasse	Tid							
<b>29</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>	<b>29:36</b>							
04:43+	07:07+	09:37+	11:45+	15:37+	17:20+	24:19+	26:32+	27:57+	29:07+	29:36+
04:43+	02:24+	02:30+	02:08+	03:52+	01:43+	06:59+	02:13+	01:25+	01:10+	00:29+
01:14&	00:32&	00:46&	00:26&	01:07&	00:21&	02:15&	00:24#	00:15#	00:20&	00:07&
<b>30</b>	<b>Björg Elen Abrahamsen</b>	<b>29</b>	<b>29:44</b>							
05:08+	08:02+	10:03+	12:11+	15:25+	17:18+	24:04+	26:36+	28:01+	29:06+	29:44+
05:08+	02:54+	02:01+	02:08+	03:14+	01:53+	06:46+	02:32+	01:25+	01:05+	00:38+
01:39&	01:02&	00:17#	00:26&	00:29#	00:31&	02:02&	00:43&	00:15#	00:15&	00:16&
<b>31</b>	<b>Oda Ravndal</b>	<b>114</b>	<b>29:46</b>							
05:43+	08:20+	10:23+	12:40+	15:59+	17:47+	24:07+	26:13+	28:18+	29:17+	29:46+
05:43+	02:37+	02:03+	02:17+	03:19+	01:48+	06:20+	02:06+	02:05+	00:59+	00:29+
02:14&	00:45&	00:19#	00:35&	00:34#	00:26&	01:36&	00:17#	00:55&	00:09#	00:07&
<b>32</b>	<b>Randi Bugge</b>	<b>46</b>	<b>30:07</b>							
03:40+	07:14+	09:16+	11:04+	14:20+	16:00+	21:49+	23:50+	28:39+	29:40+	30:07+
03:40+	03:34+	02:02+	01:48+	03:16+	01:40+	05:49+	02:01+	04:49+	01:01+	00:27+
00:11+	01:42&	00:18#	00:06+	00:31#	00:18#	01:05#	00:12#	03:39#	00:11#	00:05#
<b>33</b>	<b>Kjersti Vasbø</b>	<b>126</b>	<b>30:11</b>							
04:03+	07:16+	09:52+	11:57+	15:14+	17:06+	24:35+	26:47+	28:20+	29:34+	30:11+
04:03+	03:13+	02:36+	02:05+	03:17+	01:52+	07:29+	02:12+	01:33+	01:14+	00:37+
00:34#	01:21&	00:52&	00:23#	00:32#	00:30&	02:45&	00:23#	00:23&	00:24&	00:15&
<b>34</b>	<b>Irene Frøyland</b>	<b>71</b>	<b>31:04</b>							
03:30+	05:54+	08:02+	09:49+	16:52+	18:30+	25:07+	27:12+	29:29+	30:33+	31:04+
03:30+	02:24+	02:08+	01:47+	07:03+	01:38+	06:37+	02:05+	02:17+	01:04+	00:31+
00:01+	00:32&	00:24#	00:05+	04:18#	00:16#	01:53&	00:16#	01:07&	00:14&	00:09&
<b>35</b>	<b>Kathrin Sandstad</b>	<b>115</b>	<b>31:28</b>							
04:02+	06:43+	08:40+	11:43+	16:47+	18:24+	26:09+	28:21+	29:52+	31:00+	31:28+
04:02+	02:41+	01:57+	03:03+	05:04+	01:37+	07:45+	02:12+	01:31+	01:08+	00:28+
00:33#	00:49&	00:13#	01:21&	02:19&	00:15#	03:01&	00:23#	00:21&	00:18&	00:06&
<b>36</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>31:36</b>							
06:08+	08:18+	10:26+	12:25+	16:32+	18:48+	24:47+	27:58+	29:41+	31:08+	31:36+
06:08+	02:10+	02:08+	01:59+	04:07+	02:16+	05:59+	03:11+	01:43+	01:27+	00:28+
02:39&	00:18#	00:24#	00:17#	01:22&	00:54&	01:15&	01:22&	00:33&	00:37&	00:06&
<b>37</b>	<b>Marianne Høie</b>	<b>116</b>	<b>31:38</b>							
06:11+	08:30+	11:34+	14:01+	17:30+	19:37+	25:47+	28:00+	29:56+	31:07+	31:38+
06:11+	02:19+	03:04+	02:27+	03:29+	02:07+	06:10+	02:13+	01:56+	01:11+	00:31+
02:42&	00:27#	01:20&	00:45&	00:44&	00:45&	01:26&	00:24#	00:46&	00:21&	00:09&
<b>38</b>	<b>Linn Skadberg</b>	<b>113</b>	<b>32:55</b>							
05:01+	07:58+	11:18+	14:05+	18:13+	19:40+	27:21+	30:17+	31:30+	32:35+	32:55+
05:01+	02:57+	03:20+	02:47+	04:08+	01:27+	07:41+	02:56+	01:13+	01:05+	00:20-
01:32&	01:05&	01:36&	01:05&	01:23&	00:05+	02:57&	01:07&	00:03+	00:15&	00:02-
<b>39</b>	<b>Jorunn Pedersen Lima</b>	<b>113</b>	<b>33:05</b>							
04:47+	07:56+	11:15+	14:20+	18:18+	19:58+	27:04+	29:30+	31:34+	32:37+	33:05+
04:47+	03:09+	03:19+	03:05+	03:58+	01:40+	07:06+	02:26+	02:04+	01:03+	00:28+
01:18&	01:17&	01:35&	01:23&	01:13&	00:18#	02:22&	00:37&	00:54&	00:13&	00:06&
<b>40</b>	<b>Solbjørg Lima Skadberg</b>	<b>113</b>	<b>33:06</b>							
04:59+	08:32+	11:14+	14:18+	18:27+	20:06+	27:11+	29:37+	31:39+	32:40+	33:06+
04:59+	03:33+	02:42+	03:04+	04:09+	01:39+	07:05+	02:26+	02:02+	01:01+	00:26+
01:30&	01:41&	00:58&	01:22&	01:24&	00:17#	02:21&	00:37&	00:52&	00:11#	00:04#
<b>41</b>	<b>Stine Skadberg</b>	<b>113</b>	<b>33:07</b>							
05:12+	07:59+	11:23+	14:23+	18:30+	20:01+	27:26+	30:15+	31:44+	32:44+	33:07+
05:12+	02:47+	03:24+	03:00+	04:07+	01:31+	07:25+	02:49+	01:29+	01:00+	00:23+
01:43&	00:55&	01:40&	01:18&	01:22&	00:09#	02:41&	01:00&	00:19&	00:10#	00:01+
<b>42</b>	<b>Grete Hellevik</b>	<b>168</b>	<b>33:10</b>							
03:29=	05:34+	07:22+	09:33+	19:20+	20:57+	26:52+	29:46+	31:36+	32:42+	33:10+
03:29=	02:05+	01:48+	02:11+	09:47+	01:37+	05:55+	02:54+	01:50+	01:06+	00:28+
00:00=	00:13#	00:04+	00:29&	07:02#	00:15#	01:11#	01:05&	00:40&	00:16&	00:06&
<b>43</b>	<b>Lene Haver Schmidt</b>	<b>88</b>	<b>33:10</b>							
05:53+	09:02+	11:17+	14:10+	18:14+	20:18+	27:35+	29:45+	31:41+	32:44+	33:10+
05:53+	03:09+	02:15+	02:53+	04:04+	02:04+	07:17+	02:10+	01:56+	01:03+	00:26+
02:24&	01:17&	00:31&	01:11&	01:19&	00:42&	02:33&	00:21#	00:46&	00:13&	00:04#

Class	Navn	Klasse	Tid
<b>44</b>	<b>Sissel Carlsen Bråstad</b>	<b>88</b>	<b>33:14</b>
05:50+	09:08+ 11:20+ 14:07+ 18:21+	20:20+ 27:36+ 29:49+ 32:41+	33:14+
05:50+	03:18+ 02:12+ 02:47+ 04:14+	01:59+ 07:16+ 02:13+ 01:53+	00:59+ 00:33+
02:21&	01:26& 00:28& 01:05& 01:29&	00:37& 02:32& 00:24# 00:43&	00:09# 00:11&
<b>45</b>	<b>Ingunn Fandrem</b>	<b>47</b>	<b>33:29</b>
05:25+	09:06+ 11:36+ 14:34+ 18:42+	20:54+ 27:52+ 30:02+ 31:32+	33:01+ 33:29+
05:25+	03:41+ 02:30+ 02:58+ 04:08+	02:12+ 06:58+ 02:10+ 01:30+	01:29+ 00:28+
01:56&	01:49& 00:46& 01:16& 01:23&	00:50& 02:14& 00:21# 00:20&	00:39& 00:06&
<b>46</b>	<b>Solveig Grønning</b>	<b>47</b>	<b>33:35</b>
05:30+	09:01+ 11:42+ 14:42+ 18:55+	20:57+ 28:00+ 30:05+ 31:36+	33:05+ 33:35+
05:30+	03:31+ 02:41+ 03:00+ 04:13+	02:02+ 07:03+ 02:05+ 01:31+	01:29+ 00:30+
02:01&	01:39& 00:57& 01:18& 01:28&	00:40& 02:19& 00:16# 00:21&	00:39& 00:08&
<b>47</b>	<b>Anita Edgren</b>	<b>88</b>	<b>34:29</b>
05:57+	08:12+ 10:34+ 12:17+ 16:35+	20:30+ 27:56+ 30:11+ 33:03+	33:56+ 34:29+
05:57+	02:15+ 02:22+ 01:43+ 04:18+	03:55+ 07:26+ 02:15+ 02:52+	00:53+ 00:33+
02:28&	00:23# 00:38& 00:01+ 01:33&	02:33& 02:42& 00:26# 01:42&	00:03+ 00:11&
<b>48</b>	<b>Karen E. Gilje Woie</b>	<b>117</b>	<b>34:36</b>
06:40+	08:40+ 16:12+ 18:15+ 21:11+	22:37+ 29:31+ 31:24+ 32:49+	34:07+ 34:36+
06:40+	02:00+ 07:32+ 02:03+ 02:56+	01:26+ 06:54+ 01:53+ 01:25+	01:18+ 00:29+
03:11&	00:08+ 05:48@ 00:21# 00:11+	00:04+ 02:10& 00:04+ 00:15#	00:28& 00:07&
<b>49</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>	<b>34:37</b>
05:58+	09:37+ 11:56+ 14:11+ 18:34+	20:43+ 28:00+ 30:29+ 32:14+	33:47+ 34:37+
05:58+	03:39+ 02:19+ 02:15+ 04:23+	02:09+ 07:17+ 02:29+ 01:45+	01:33+ 00:50+
02:29&	01:47& 00:35& 00:33& 01:38&	00:47& 02:33& 00:40& 00:35&	00:43& 00:28@
<b>50</b>	<b>Grethe Breivik</b>	<b>5</b>	<b>34:38</b>
05:05+	08:03+ 09:56+ 12:08+ 15:06+	16:54+ 23:14+ 25:40+ 32:56+	34:15+ 34:38+
05:05+	02:58+ 01:53+ 02:12+ 02:58+	01:48+ 06:20+ 02:26+ 07:16+	01:19+ 00:23+
01:36&	01:06& 00:09+ 00:30& 00:13+	00:26& 01:36& 00:37& 06:06@	00:29& 00:01+
<b>51</b>	<b>Siw Øie Norheim</b>	<b>115</b>	<b>34:51</b>
03:10-	05:57+ 09:08+ 13:31+ 16:12+	26:16+ 29:24+ 31:52+ 33:37+	34:51+
03:10-	02:47+ 03:11+ 04:23+ 02:41-	10:04+ 03:08- 02:28+ 01:45+	01:14+
00:19-	00:55& 01:27& 02:41@ 00:04-	08:42@ 01:36- 00:39& 00:35&	00:24&
<b>52</b>	<b>Haldis Vagle</b>	<b>92</b>	<b>35:52</b>
05:39+	08:49+ 11:35+ 14:38+ 19:19+	22:15+ 29:18+ 31:49+ 33:34+	35:06+ 35:52+
05:39+	03:10+ 02:46+ 03:03+ 04:41+	02:56+ 07:03+ 02:31+ 01:45+	01:32+ 00:46+
02:10&	01:18& 01:02& 01:21& 01:56&	01:34@ 02:19& 00:42& 00:35&	00:42& 00:24@
<b>53</b>	<b>Eli Våge</b>	<b>117</b>	<b>36:24</b>
04:27+	07:50+ 10:38+ 12:34+ 18:17+	20:52+ 28:25+ 31:08+ 34:27+	35:50+ 36:24+
04:27+	03:23+ 02:48+ 01:56+ 05:43+	02:35+ 07:33+ 02:43+ 03:19+	01:23+ 00:34+
00:58&	01:31& 01:04& 00:14# 02:58@	01:13& 02:49& 00:54& 02:09@	00:33& 00:12&
<b>54</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>	<b>36:26</b>
05:05+	07:55+ 09:55+ 12:02+ 14:50+	17:40+ 23:59+ 26:08+ 35:01+	35:57+ 36:26+
05:05+	02:50+ 02:00+ 02:07+ 02:48+	02:50+ 06:19+ 02:09+ 08:53+	00:56+ 00:29+
01:36&	00:58& 00:16# 00:25# 00:03+	01:28@ 01:35& 00:20# 07:43@	00:06# 00:07&
<b>55</b>	<b>Tove Kristin K. Helvig</b>	<b>105</b>	<b>37:26</b>
06:30+	08:35+ 13:19+ 15:53+ 19:32+	22:10+ 29:44+ 33:19+ 35:43+	36:52+ 37:26+
06:30+	02:05+ 04:44+ 02:34+ 03:39+	02:38+ 07:34+ 03:35+ 02:24+	01:09+ 00:34+
03:01&	00:13# 03:00@ 00:52& 00:54&	01:16& 02:50& 01:46& 01:14@	00:19& 00:12&
<b>56</b>	<b>Esther Boenheim</b>	<b>268</b>	<b>37:45</b>
05:43+	08:38+ 10:57+ 17:15+ 21:25+	24:22+ 31:50+ 33:58+ 35:41+	37:13+ 37:45+
05:43+	02:55+ 02:19+ 06:18+ 04:10+	02:57+ 07:28+ 02:08+ 01:43+	01:32+ 00:32+
02:14&	01:03& 00:35& 04:36@ 01:25&	01:35@ 02:44& 00:19# 00:33&	00:42& 00:10&
<b>57</b>	<b>Irene Mæland Torgersen</b>	<b>253</b>	<b>37:55</b>
06:39+	09:55+ 12:44+ 15:40+ 20:06+	22:41+ 30:37+ 33:25+ 35:30+	37:06+ 37:55+
06:39+	03:16+ 02:49+ 02:56+ 04:26+	02:35+ 07:56+ 02:48+ 02:05+	01:36+ 00:49+
03:10&	01:24& 01:05& 01:14& 01:41&	01:13& 03:12& 00:59& 00:55&	00:46& 00:27@
<b>58</b>	<b>Ingrid Marie Torgersen</b>	<b>253</b>	<b>37:56</b>
06:29+	09:46+ 12:43+ 15:37+ 20:03+	22:35+ 30:35+ 33:13+ 35:28+	37:07+ 37:56+
06:29+	03:17+ 02:57+ 02:54+ 04:26+	02:32+ 08:00+ 02:38+ 02:15+	01:39+ 00:49+
03:00&	01:25& 01:13& 01:12& 01:41&	01:10& 03:16& 00:49& 01:05&	00:49& 00:27@

Class	Navn	Klasse										Tid
<b>59</b>	<b>Marianne Gjesdal Lyngås</b>	<b>253</b>										<b>38:01</b>
06:33+	09:39+	12:39+	15:47+	19:59+	22:37+	30:33+	33:16+	35:26+	37:09+	38:01+		
06:33+	03:06+	03:00+	03:08+	04:12+	02:38+	07:56+	02:43+	02:10+	01:43+	00:52+		
03:04&	01:14&	01:16&	01:26&	01:27&	01:16&	03:12&	00:54&	01:00&	00:53@	00:30@		
<b>60</b>	<b>Gro Mariero Totland</b>	<b>59</b>										<b>38:50</b>
06:12+	09:26+	12:06+	14:46+	20:33+	22:57+	31:29+	34:21+	36:26+	38:12+	38:50+		
06:12+	03:14+	02:40+	02:40+	05:47+	02:24+	08:32+	02:52+	02:05+	01:46+	00:38+		
02:43&	01:22&	00:56&	00:58&	03:02@	01:02&	03:48&	01:03&	00:55&	00:56@	00:16&		
<b>61</b>	<b>Solveig Møland</b>	<b>128</b>										<b>39:09</b>
06:06+	10:30+	13:52+	17:06+	21:30+	23:52+	31:33+	34:41+	36:38+	38:32+	39:09+		
06:06+	04:24+	03:22+	03:14+	04:24+	02:22+	07:41+	03:08+	01:57+	01:54+	00:37+		
02:37&	02:32@	01:38&	01:32&	01:39&	01:00&	02:57&	01:19&	00:47&	01:04@	00:15&		
<b>62</b>	<b>Grethe Wathne</b>	<b>109</b>										<b>39:37</b>
10:33+	12:51+	15:37+	19:36+	22:49+	24:40+	31:16+	33:31+	37:40+	39:01+	39:37+		
10:33+	02:18+	02:46+	03:59+	03:13+	01:51+	06:36+	02:15+	04:09+	01:21+	00:36+		
07:04@	00:26#	01:02&	02:17@	00:28#	00:29&	01:52&	00:26#	02:59@	00:31&	00:14&		
<b>63</b>	<b>Sølvi S. Ballestad</b>	<b>105</b>										<b>41:40</b>
09:59+	14:07+	17:00+	19:50+	23:48+	25:47+	33:07+	35:48+	39:37+	41:04+	41:40+		
09:59+	04:08+	02:53+	02:50+	03:58+	01:59+	07:20+	02:41+	03:49+	01:27+	00:36+		
06:30@	02:16@	01:09&	01:08&	01:13&	00:37&	02:36&	00:52&	02:39@	00:37&	00:14&		
<b>64</b>	<b>Elisabeth Sørensen</b>	<b>115</b>										<b>41:54</b>
06:56+	10:15+	13:07+	16:18+	20:35+	23:15+	33:14+	36:28+	38:57+	40:43+	41:54+		
06:56+	03:19+	02:52+	03:11+	04:17+	02:40+	09:59+	03:14+	02:29+	01:46+	01:11+		
03:27&	01:27&	01:08&	01:29&	01:32&	01:18&	05:15@	01:25&	01:19@	00:56@	00:49@		
<b>65</b>	<b>Anne Malmin</b>	<b>113</b>										<b>43:17</b>
07:40+	11:50+	14:36+	19:13+	23:07+	26:21+	34:37+	37:06+	39:45+	42:32+	43:17+		
07:40+	04:10+	02:46+	04:37+	03:54+	03:14+	08:16+	02:29+	02:39+	02:47+	00:45+		
04:11@	02:18@	01:02&	02:55@	01:09&	01:52@	03:32&	00:40&	01:29@	01:57@	00:23@		
<b>66</b>	<b>Hilde Sondresen</b>	<b>93</b>										<b>43:53</b>
04:35+	07:43+	10:28+	13:15+	23:57+	25:58+	33:35+	36:20+	41:48+	43:20+	43:53+		
04:35+	03:08+	02:45+	02:47+	10:42+	02:01+	07:37+	02:45+	05:28+	01:32+	00:33+		
01:06&	01:16&	01:01&	01:05&	07:57@	00:39&	02:53&	00:56&	04:18@	00:42&	00:11&		
<b>67</b>	<b>Inger Synnøve Sjursen</b>	<b>92</b>										<b>43:56</b>
04:32+	07:42+	10:27+	13:15+	23:51+	25:57+	33:34+	36:18+	41:48+	43:22+	43:56+		
04:32+	03:10+	02:45+	02:48+	10:36+	02:06+	07:37+	02:44+	05:30+	01:34+	00:34+		
01:03&	01:18&	01:01&	01:06&	07:51@	00:44&	02:53&	00:55&	04:20@	00:44&	00:12&		
<b>68</b>	<b>Sarah Allen</b>	<b>111</b>										<b>43:57</b>
03:49+	18:47+	23:41+	26:00+	29:54+	32:07+	38:12+	40:23+	42:23+	43:31+	43:57+		
03:49+	14:58+	04:54+	02:19+	03:54+	02:13+	06:05+	02:11+	02:00+	01:08+	00:26+		
00:20+	13:06@	03:10@	00:37&	01:09&	00:51&	01:21&	00:22#	00:50&	00:18&	00:04#		
<b>69</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>44:29</b>
05:19+	09:20+	17:13+	20:01+	26:18+	28:29+	36:10+	41:18+	42:36+	43:58+	44:29+		
05:19+	04:01+	07:53+	02:48+	06:17+	02:11+	07:41+	05:08+	01:18+	01:22+	00:31+		
01:50&	02:09@	06:09@	01:06&	03:32@	00:49&	02:57&	03:19@	00:08#	00:32&	00:09&		
<b>70</b>	<b>Hazel Grayston</b>	<b>263</b>										<b>44:36</b>
05:56+	10:16+	15:01+	18:05+	22:39+	25:26+	36:05+	38:39+	40:40+	43:46+	44:36+		
05:56+	04:20+	04:45+	03:04+	04:34+	02:47+	10:39+	02:34+	02:01+	03:06+	00:50+		
02:27&	02:28@	03:01@	01:22&	01:49&	01:25@	05:55@	00:45&	00:51&	02:16@	00:28@		
<b>71</b>	<b>Mona Reymert</b>	<b>115</b>										<b>47:50</b>
08:31+	12:28+	16:44+	21:25+	26:14+	29:34+	38:59+	41:49+	44:39+	46:42+	47:50+		
08:31+	03:57+	04:16+	04:41+	04:49+	03:20+	09:25+	02:50+	02:50+	02:03+	01:08+		
05:02@	02:05@	02:32@	02:59@	02:04&	01:58@	04:41&	01:01&	01:40@	01:13@	00:46@		
<b>72</b>	<b>Åse Karoline B. Berg</b>	<b>115</b>										<b>47:51</b>
08:26+	12:27+	16:41+	21:19+	26:23+	29:31+	38:58+	41:48+	44:38+	46:39+	47:51+		
08:26+	04:01+	04:14+	04:38+	05:04+	03:08+	09:27+	02:50+	02:50+	02:01+	01:12+		
04:57@	02:09@	02:30@	02:56@	02:19&	01:46@	04:43&	01:01&	01:40@	01:11@	00:50@		
<b>73</b>	<b>Martina Graf-Rohr</b>	<b>128</b>										<b>50:07</b>
04:43+	06:43+	08:29+	12:36+	27:21+	29:29+	38:14+	47:44+	48:45+	49:33+	50:07+		
04:43+	02:00+	01:46+	04:07+	14:45+	02:08+	08:45+	09:30+	01:01-	00:48-	00:34+		
01:14&	00:08+	00:02+	02:25@	12:00@	00:46&	04:01&	07:41@	00:09-	00:02-	00:12&		

Class	Navn	Klasse	Tid							
<b>74</b>	<b>Aase Sveinsvoll</b>	<b>94</b>	<b>52:16</b>							
19:54+	23:20+	26:30+	29:20+	33:42+	36:15+	44:35+	47:43+	49:57+	51:34+	52:16+
19:54+	03:26+	03:10+	02:50+	04:22+	02:33+	08:20+	03:08+	02:14+	01:37+	00:42+
16:25@	01:34&	01:26&	01:08&	01:37&	01:11&	03:36&	01:19&	01:04&	00:47&	00:20&
<b>75</b>	<b>Priya Chilamkurthi</b>	<b>136</b>	<b>59:50</b>							
10:12+	17:56+	23:14+	27:03+	32:52+	36:15+	46:16+	55:22+	57:38+	59:12+	59:50+
10:12+	07:44+	05:18+	03:49+	05:49+	03:23+	10:01+	09:06+	02:16+	01:34+	00:38+
06:43@	05:52@	03:34@	02:07@	03:04@	02:01@	05:17@	07:17@	01:06&	00:44&	00:16&
<b>Beste strekktid for klassen</b>										
02:54	01:23	01:18	01:21	02:21	01:06	03:08	01:19	00:54	00:45	00:20

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

## Herrer 16 - 39 år

<b>1</b>	<b>Andreas Terjesen</b>	<b>53</b>	<b>34:58</b>																			
00:24=	01:52=	04:02=	04:47=	07:00=	09:20=	11:09=	12:29=	14:35=	17:09=	19:18=	21:13=	21:48=	22:40=	24:17=	25:35=	28:18=	31:22=	32:20=	32:53=	34:05=	34:40=	34:58=
00:24=	01:28=	02:10=	00:45=	02:13=	02:20=	01:49=	01:20=	02:06=	02:34=	02:09=	01:55=	00:35=	00:52=	01:37=	01:18=	02:43=	03:04=	00:58=	00:33=	01:12=	00:35=	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=
<b>2</b>	<b>Thomas Jansen</b>	<b>289</b>	<b>35:23</b>																			
00:24=	02:11+	04:11+	04:52+	06:33-	09:20=	11:01-	12:27-	14:24-	16:47-	18:46-	20:46-	21:16-	22:15-	24:05-	25:05-	27:58-	31:20-	32:42+	33:12+	34:37+	35:04+	35:23+
00:24=	01:47+	02:00-	00:41-	01:41-	02:47+	01:41-	01:26+	01:57-	02:23-	01:59-	02:00+	00:30-	00:59+	01:50+	01:00-	02:53+	03:22+	01:22+	00:30-	01:25+	00:27-	00:19+
00:00=	00:19#	00:10-	00:04-	00:32-	00:27#	00:08-	00:06+	00:09-	00:11-	00:10-	00:05+	00:05-	00:07#	00:13#	00:18-	00:10+	00:18+	00:24&	00:03-	00:13#	00:08-	00:01+
<b>3</b>	<b>Morten Fenne</b>	<b>228</b>	<b>35:39</b>																			
00:25+	02:10+	04:48+	05:31+	07:15+	09:37+	11:02-	12:35+	14:49+	17:56+	20:22+	22:10+	22:38+	23:40+	25:21+	26:18+	29:13+	32:20+	33:17+	33:49+	34:55+	35:21+	35:39+
00:25+	01:45+	02:38+	00:43-	01:44-	02:22+	01:25-	01:33+	02:14+	03:07+	02:26+	01:48-	00:28-	01:02+	01:41+	00:57-	02:55+	03:07+	00:57-	00:32-	01:06-	00:26-	00:18=
00:01+	00:17#	00:28#	00:02-	00:29-	00:02+	00:24-	00:13#	00:08+	00:33#	00:17#	00:07-	00:07-	00:10#	00:04+	00:21-	00:12+	00:03+	00:01-	00:01-	00:06-	00:09-	00:00=
<b>4</b>	<b>Trond Evensen</b>	<b>116</b>	<b>36:34</b>																			
00:21-	01:52=	03:44-	04:34-	06:34-	08:43-	10:04-	11:28-	13:34-	16:19-	18:32-	20:25-	21:01-	22:03-	23:52-	24:55-	28:11-	31:32+	33:25+	34:11+	35:22+	36:12+	36:34+
00:21-	01:31+	01:52-	00:50+	02:00-	02:09-	01:21-	01:24+	02:06=	02:45+	02:13+	01:53-	00:36+	01:02+	01:49+	01:03-	03:16+	03:21+	01:53+	00:46+	01:11-	00:50+	00:22+
00:03-	00:03+	00:18-	00:05#	00:13-	00:11-	00:28-	00:04+	00:00=	00:11+	00:04+	00:02-	00:01+	00:10#	00:12#	00:15-	00:33#	00:17+	00:55&	00:13&	00:01-	00:15&	00:04#
<b>5</b>	<b>Torbjørn Ims Østby</b>	<b>53</b>	<b>36:58</b>																			
00:19-	01:50-	03:52-	04:45-	06:48-	09:26+	11:10+	12:42+	14:57+	17:45+	19:49+	21:53+	22:31+	23:57+	25:42+	26:49+	29:39+	33:13+	33:56+	34:29+	36:14+	36:42+	36:58+
00:19-	01:31+	02:02-	00:53+	02:03-	02:38+	01:44-	01:32+	02:15+	02:48+	02:04-	02:04+	00:38+	01:26+	01:45+	01:07-	02:50+	03:34+	00:43-	00:33=	01:45+	00:28-	00:16-
00:05-	00:03+	00:08-	00:08#	00:10-	00:18#	00:05-	00:12#	00:09+	00:14+	00:05-	00:09+	00:03+	00:34&	00:08+	00:11-	00:07+	00:30#	00:15-	00:00=	00:33&	00:07-	00:02-
<b>6</b>	<b>Dag Eivind Watsend</b>	<b>92</b>	<b>38:14</b>																			
00:24=	02:22+	04:31+	05:51+	07:40+	10:22+	11:57+	13:27+	15:39+	18:15+	20:54+	23:11+	23:59+	25:14+	26:59+	28:03+	31:04+	34:41+	35:37+	36:11+	37:29+	37:56+	38:14+
00:24=	01:58+	02:09-	01:20+	01:49-	02:42+	01:35-	01:30+	02:12+	02:36+	02:39+	02:17+	00:48+	01:15+	01:45+	01:04-	03:01+	03:37+	00:56-	00:34+	01:18+	00:27-	00:18=
00:00=	00:30&	00:01-	00:35&	00:24-	00:22#	00:14-	00:10#	00:06+	00:02+	00:30#	00:22#	00:13&	00:23&	00:08+	00:14-	00:18#	00:33#	00:02-	00:01+	00:06+	00:08-	00:00=
<b>7</b>	<b>Svein Kyllingstad</b>	<b>71</b>	<b>38:34</b>																			
00:22-	01:53+	04:21+	05:46+	07:49+	10:07+	12:09+	13:55+	16:24+	19:02+	21:10+	23:20+	23:58+	25:14+	27:00+	28:06+	31:06+	34:37+	35:37+	36:17+	37:43+	38:13+	38:34+
00:22-	01:31+	02:28+	01:25+	02:03-	02:18-	02:02+	01:46+	02:29+	02:38+	02:08-	02:10+	00:38+	01:16+	01:46+	01:06-	03:00+	03:31+	01:00+	00:40+	01:26+	00:30-	00:21+
00:02-	00:03+	00:18#	00:40&	00:10-	00:02-	00:13#	00:26&	00:23#	00:04+	00:01-	00:15#	00:03+	00:24&	00:09+	00:12-	00:17#	00:27#	00:02+	00:07#	00:14#	00:05-	00:03#
<b>8</b>	<b>Bjørnar Owren</b>	<b>74</b>	<b>40:12</b>																			
00:24=	02:29+	05:14+	06:36+	08:32+	11:05+	12:48+	14:25+	17:33+	20:16+	22:28+	24:31+	25:07+	26:37+	28:23+	29:58+	32:43+	36:05+	37:03+	37:43+	39:16+	39:51+	40:12+
00:24=	02:05+	02:45+	01:22+	01:56-	02:33+	01:43-	01:37+	03:08+	02:43+	02:12+	02:03+	00:36+	01:30+	01:46+	01:35+	02:45+	03:22+	00:58=	00:40+	01:33+	00:35=	00:21+
00:00=	00:37&	00:35&	00:37&	00:17-	00:13+	00:06-	00:17#	01:02&	00:09+	00:03+	00:08+	00:01+	00:38&	00:09+	00:17#	00:02+	00:18+	00:00=	00:07#	00:21&	00:00=	00:03#
<b>9</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>	<b>40:57</b>																			
00:23-	02:00+	05:00+	05:56+	08:07+	10:58+	12:50+	14:55+	17:19+	20:11+	23:05+	25:14+	25:53+	27:35+	29:19+	30:38+	33:35+	37:20+	38:20+	38:52+	40:10+	40:40+	40:57+
00:23-	01:37+	03:00+	00:56+	02:11-	02:51+	01:52+	02:05+	02:24+	02:52+	02:54+	02:09+	00:39+	01:42+	01:44+	01:19+	02:57+	03:45+	01:00+	00:32-	01:18+	00:30-	00:17-
00:01-	00:09#	00:50&	00:11#	00:02-	00:31#	00:03+	00:45&	00:18#	00:18#	00:45&	00:14#	00:04#	00:50&	00:07+	00:01+	00:14+	00:41#	00:02+	00:01-	00:06+	00:05-	00:01-
<b>10</b>	<b>Rune Hatle</b>	<b>65</b>	<b>41:45</b>																			
00:23-	02:00+	05:25+	06:41+	08:50+	11:39+	13:30+	15:16+	17:22+	20:38+	22:59+	25:05+	25:57+	27:06+	28:57+	30:13+	33:47+	37:39+	38:51+	39:24+	40:50+	41:23+	41:45+
00:23-	01:37+	03:25+	01:16+	02:09-	02:49+	01:51+	01:46+	02:06=	03:16+	02:21+	02:06+	00:52+	01:09+	01:51+	01:16-	03:34+	03:52+	01:12+	00:33=	01:26+	00:33-	00:22+
00:01-	00:09#	01:15&	00:31&	00:04-	00:29#	00:02+	00:26&	00:00=	00:42&	00:12+	00:11+	00:17&	00:17&	00:14#	00:02-	00:51&	00:48&	00:14#	00:00=	00:14#	00:02-	00:04#
<b>11</b>	<b>Marius Stene</b>	<b>27</b>	<b>42:28</b>																			
01:06+	02:38+	06:42+	07:32+	09:34+	11:52+	13:56+	16:18+	18:47+	21:49+	24:12+	26:29+	28:13+	29:32+	31:25+	32:40+	35:44+	38:51+	39:48+	40:16+	41:37+	42:10+	42:28+
01:06+	01:32+	04:04+	00:50+	02:02-	02:18-	02:04+	02:22+	02:29+	03:02+	02:23+	02:17+	01:44+	01:19+	01:53+	01:15-	03:04+	03:07+	00:57-	00:28-	01:21+	00:33-	00:18=
00:42@	00:04+	01:54&	00:05#	00:11-	00:02-	00:15#	01:02&	00:23#	00:28#	00:14#	00:22#	01:09@	00:27&	00:16#	00:03-	00:21#	00:03+	00:01-	00:05-	00:09#	00:02-	00:00=

Class	Navn	Klasse										Tid										
<b>12</b>	<b>Gunnar Thorset</b>	<b>117</b>										<b>43:12</b>										
00:29+	02:28+	04:55+	05:51+	07:59+	10:58+	12:47+	14:48+	16:59+	20:04+	22:24+	25:11+	26:36+	28:02+	30:05+	31:24+	34:53+	38:50+	40:02+	40:43+	42:11+	42:45+	43:12+
00:29+	01:59+	02:27+	00:56+	02:08-	02:59+	01:49=	02:01+	02:11+	03:05+	02:20+	02:47+	01:25+	01:26+	02:03+	01:19+	03:29+	03:57+	01:12+	00:41+	01:28+	00:34-	00:27+
00:05#	00:31&	00:17#	00:11#	00:05-	00:39&	00:00=	00:41&	00:05+	00:31#	00:11+	00:52&	00:50#	00:34&	00:26&	00:01+	00:46&	00:53&	00:14#	00:08#	00:16#	00:01-	00:09&
<b>13</b>	<b>Håkon Eggebo</b>	<b>71</b>										<b>44:17</b>										
00:29+	02:03+	04:46+	05:41+	07:40+	11:26+	13:29+	17:47+	19:33+	22:22+	24:40+	27:00+	27:47+	29:14+	31:14+	32:18+	35:41+	39:18+	41:01+	41:45+	43:25+	43:55+	44:17+
00:29+	01:34+	02:43+	00:55+	01:59-	03:46+	02:03+	04:18+	01:46-	02:49+	02:18+	02:20+	00:47+	01:27+	02:00+	01:04-	03:23+	03:37+	01:43+	00:44+	01:40+	00:30-	00:22+
00:05#	00:06+	00:33&	00:10#	00:14-	01:26&	00:14#	02:58#	00:20-	00:15+	00:09+	00:25#	00:12&	00:35&	00:23#	00:14-	00:40#	00:33#	00:45&	00:11&	00:28&	00:05-	00:04#
<b>14</b>	<b>Håvard Lauritsen</b>	<b>116</b>										<b>44:43</b>										
00:29+	02:24+	04:48+	05:52+	07:53+	11:33+	14:14+	16:32+	18:42+	22:08+	24:53+	27:27+	27:57+	29:09+	31:15+	32:40+	36:21+	40:17+	41:25+	42:11+	43:48+	44:24+	44:43+
00:29+	01:55+	02:24+	01:04+	02:01-	03:40+	02:41+	02:18+	02:10+	03:26+	02:45+	02:34+	00:30-	01:12+	02:06+	01:25+	03:41+	03:56+	01:08+	00:46+	01:37+	00:36+	00:19+
00:05#	00:27&	00:14#	00:19&	00:12-	01:20&	00:52&	00:58&	00:04+	00:52&	00:36&	00:39&	00:05-	00:20+	00:29&	00:07+	00:58&	00:52&	00:10#	00:13&	00:25&	00:01+	00:01+
<b>15</b>	<b>Rune Dahl Fitjar</b>	<b>90</b>										<b>46:11</b>										
00:30+	03:01+	05:36+	06:48+	09:19+	12:23+	14:43+	18:13+	20:45+	24:01+	26:22+	28:33+	29:17+	30:43+	32:56+	34:17+	38:02+	42:29+	43:25+	43:57+	45:20+	45:53+	46:11+
00:30+	02:31+	02:35+	01:12+	02:31+	03:04+	02:20+	03:30+	02:32+	03:16+	02:21+	02:11+	00:44+	01:26+	02:13+	01:21+	03:45+	04:27+	00:56-	00:32-	01:23+	00:33-	00:18=
00:06#	01:03&	00:25#	00:27&	00:18#	00:44&	00:31&	02:10#	00:26#	00:42&	00:12+	00:16#	00:09&	00:34&	00:36&	00:03+	01:02&	01:23&	00:02-	00:01-	00:11#	00:02-	00:00=
<b>16</b>	<b>Richard Galle</b>	<b>66</b>										<b>55:50</b>										
00:25+	02:33+	07:42+	09:57+	12:11+	15:51+	20:40+	24:52+	28:49+	33:24+	35:51+	38:05+	39:12+	40:37+	42:43+	44:35+	47:47+	51:11+	52:04+	52:54+	54:51+	55:35+	55:50+
00:25+	02:08+	05:09+	02:15+	02:14+	03:40+	04:49+	04:12+	03:57+	04:35+	02:27+	02:14+	01:07+	01:25+	02:06+	01:52+	03:12+	03:24+	00:53-	00:50+	01:57+	00:44+	00:15-
00:01+	00:40&	00:25#	01:30#	00:01+	01:20&	03:00#	02:52#	01:51&	02:01&	00:18#	00:19#	00:32&	00:33&	00:29&	00:34&	00:29#	00:20#	00:05-	00:17&	00:45&	00:09&	00:03-
<b>17</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>59:11</b>										
00:27+	02:12+	04:33+	05:33+	08:17+	11:56+	14:32+	16:38+	20:44+	24:16+	28:26+	34:26+	35:15+	37:10+	39:35+	44:01+	48:02+	52:25+	55:15+	56:03+	58:11+	58:44+	59:11+
00:27+	01:45+	02:21+	01:00+	03:39+	02:44+	02:36+	02:06+	04:06+	03:32+	04:10+	06:00+	00:49+	01:55+	02:25+	04:26+	04:01+	04:23+	02:50+	00:48+	00:33-	00:27+	
00:03#	00:17#	00:11+	00:15&	00:31#	01:19&	00:47&	00:46&	02:00&	00:58&	02:01&	04:05#	00:14&	01:03#	00:48&	03:08#	01:18&	01:19&	01:52#	00:15&	00:56&	00:02-	00:09&
<b>18</b>	<b>Eirik Thu</b>	<b>126</b>										<b>1:03:01</b>										
02:18+	07:12+	11:39+	12:54+	16:59+	19:58+	22:51+	28:23+	32:39+	35:45+	38:19+	40:52+	41:32+	43:31+	48:45+	50:10+	53:17+	56:51+	59:32+	60:18+	62:00+	62:41+	63:01+
02:18+	04:54+	04:27+	01:15+	04:05+	02:59+	02:53+	05:32+	04:16+	03:06+	02:34+	02:33+	00:40+	01:59+	05:14+	01:25+	03:07+	03:34+	02:41+	00:46+	01:42+	00:41+	00:20+
01:54#	03:26#	02:17#	00:30&	01:52&	00:39&	01:04&	04:12#	02:10#	00:32#	00:25#	00:38&	00:05#	01:07#	03:37#	00:07+	00:24#	00:30#	01:43#	00:13&	00:30&	00:06#	00:02#
<b>Beste strekktid for klassen</b>																						
00:19	01:28	01:52	00:41	01:41	02:09	01:21	01:20	01:46	02:23	01:59	01:48	00:28	00:52	01:37	00:57	02:43	03:04	00:43	00:28	01:06	00:26	00:15

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

## Herrer 40 - 49 år

<b>1</b>	<b>Jørgen Breivold</b>	<b>54</b>										<b>35:56</b>										
00:23=	01:56=	03:48=	04:48=	06:27=	08:47=	11:42=	13:07=	15:06=	17:22=	19:33=	21:18=	22:07=	23:03=	24:39=	25:37=	28:07=	31:19=	33:25=	34:01=	35:11=	35:37=	35:56=
00:23=	01:33=	01:52=	01:00=	01:39=	02:20=	02:55=	01:25=	01:59=	02:16=	02:11=	01:45=	00:49=	00:56=	01:36=	00:58=	02:30=	03:12=	02:06=	00:36=	01:10=	00:26=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ove Nygaard</b>	<b>116</b>										<b>39:06</b>										
00:26+	02:46+	06:10+	06:58+	08:48+	11:21+	12:55+	14:30+	17:03+	19:17+	22:51+	24:45+	25:24+	26:48+	28:34+	29:42+	32:21+	35:24+	36:19+	36:55+	38:15+	38:46+	39:06+
00:26+	02:20+	03:24+	00:48-	01:50+	02:33+	01:34-	01:35+	02:33+	02:14-	03:34+	01:54+	00:39-	01:24+	01:46+	01:08+	02:39+	03:03-	00:55-	00:36=	01:20+	00:31+	00:20+
00:03#	00:47&	01:32&	00:12-	00:11#	00:13+	01:21-	00:10#	00:34&	00:02-	01:23&	00:09+	00:10-	00:28&	00:10#	00:10#	00:09+	00:09-	01:11-	00:00=	00:10#	00:05#	00:01+
<b>3</b>	<b>Kevin Thomas Foust</b>	<b>192</b>										<b>40:37</b>										
00:21-	02:03+	04:44+	05:35+	10:09+	12:21+	14:24+	15:44+	17:39+	20:34+	22:44+	24:39+	25:14+	26:17+	28:07+	29:23+	32:30+	37:00+	38:05+	38:36+	39:49+	40:19+	40:37+
00:21-	01:42+	02:41+	00:51-	04:34+	02:12-	02:03-	01:20-	01:55-	02:55+	02:10-	01:55+	00:35-	01:03+	01:50+	01:16+	03:07+	04:30+	01:05-	00:31-	01:13+	00:30+	00:18-
00:02-	00:09+	00:49&	00:09-	02:55#	00:08-	00:52-	00:05-	00:04-	00:39&	00:01-	00:10+	00:14-	00:07#	00:14#	00:18&	00:37#	01:18&	01:01-	00:05-	00:03+	00:04#	00:01-
<b>4</b>	<b>Lars Primstad</b>	<b>62</b>										<b>41:01</b>										
00:26+	01:57+	04:06+	05:32+	07:22+	10:17+	11:57+	13:42+	15:48+	18:14+	21:06+	23:07+	24:02+	25:44+	27:45+	29:26+	32:39+	36:16+	38:26+	38:59+	40:16+	40:43+	41:01+
00:26+	01:31-	02:09+	01:26+	01:50+	02:55+	01:40-	01:45+	02:06+	02:26+	02:52+	02:01+	00:55+	01:42+	02:01+	01:41+	03:13+	03:37+	02:10+	00:33-	01:17+	00:27+	00:18-
00:03#	00:02-	00:17#	00:26&	00:11#	00:35#	01:15-	00:20#	00:07+	00:10+	00:41&	00:16#	00:06#	00:46&	00:25&	00:43&	00:43&	00:25#	00:04+	00:03-	00:07#	00:01+	00:01-
<b>5</b>	<b>John Breiland</b>	<b>157</b>										<b>41:40</b>										
00:30+	02:32+	05:46+	06:49+	08:51+	11:52+	13:22+	15:08+	17:24+	20:23+	22:31+	24:33+	25:10+	26:25+	28:18+	29:37+	32:50+	37:01+	38:55+	39:25+	40:41+	41:17+	41:40+
00:30+	02:02+	03:14+	01:03+	02:02+	03:01+	01:30-	01:46+	02:16+	02:59+	02:08-	02:02+	00:37-	01:15+	01:53+	01:19+	03:13+	04:11+	01:54-	00:30-	01:16+	00:36+	00:23+
00:07&	00:29&	01:22&	00:03+	00:23#	00:41&	01:25-	00:21#	00:17#	00:43&	00:03-	00:17#	00:12-	00:19&	00:17#	00:21&	00:43&	00:59&	00:12-	00:06-	00:06+	00:10&	00:04#
<b>6</b>	<b>Oddmund Nordgård</b>	<b>105</b>										<b>41:50</b>										
00:27+	02:06+	04:10+	05:13+	07:09+	10:03+	11:57+	13:35+	16:19+	19:23+	21:39+	24:09+	24:45+	26:14+	28:17+	29:46+	32:43+	36:07+	36:51+	37:53+	41:04+	41:33+	41:50+
00:27+	01:39+	02:04+	01:03+	01:56+	02:54+	01:54-	01:38+	02:44+	03:04+	02:16+	02:30+	00:36-	01:29+	02:03+	01:29+	02:57+	03:24+	00:44-	01:02+	03:11+	00:29+	00:17-
00:04#	00:06+	00:12#	00:03+	00:17#	00:34#	01:01-	00:13#	00:45&	00:48&	00:05+	00:45&	00:13-	00:33&	00:27&	00:31&	00:27#	00:12+	01:22-	00:26&	02:01#	00:03#	00:02-

Class	Navn	Klasse										Tid										
<b>7</b>	<b>Ole-Tobias Frich</b>	<b>116</b>										<b>42:32</b>										
00:28+	02:24+	04:56+	06:09+	08:19+	11:12+	13:01+	14:59+	17:54+	20:38+	23:01+	25:12+	26:00+	27:36+	29:35+	30:45+	34:01+	38:06+	39:04+	39:56+	41:31+	42:08+	42:32+
00:28+	01:56+	02:32+	01:13+	02:10+	02:53+	01:49-	01:58+	02:55+	02:44+	02:23+	02:11+	00:48-	01:36+	01:59+	01:10+	03:16+	04:05+	00:58-	00:52+	01:35+	00:37+	00:24+
00:05#	00:23#	00:40&	00:13#	00:31&	00:33#	01:06-	00:33&	00:56&	00:28#	00:12+	00:26#	00:01-	00:40&	00:23#	00:12#	00:46&	00:53&	01:08-	00:16&	00:25&	00:11&	00:05&
<b>8</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>43:46</b>										
00:28+	03:55+	06:20+	07:32+	09:45+	12:45+	15:11+	17:11+	19:27+	22:40+	25:00+	27:10+	28:09+	29:28+	31:28+	32:45+	35:41+	39:33+	40:42+	41:26+	42:54+	43:28+	43:46+
00:28+	03:27+	02:25+	01:12+	02:13+	03:00+	02:26-	02:00+	02:16+	03:13+	02:20+	02:10+	00:59+	01:19+	02:00+	01:17+	02:56+	03:52+	01:09-	00:44+	01:28+	00:34+	00:18-
00:05#	01:54@	00:33&	00:12#	00:34&	00:40&	00:29-	00:35&	00:17#	00:57&	00:09+	00:25#	00:10#	00:23&	00:24#	00:19&	00:26#	00:40#	00:57-	00:08#	00:18&	00:08&	00:01-
<b>9</b>	<b>Peter Chapman</b>	<b>117</b>										<b>44:15</b>										
00:30+	01:59+	05:43+	06:39+	08:38+	14:45+	16:33+	18:21+	20:51+	24:10+	26:38+	28:31+	29:10+	30:14+	32:14+	33:35+	36:33+	40:04+	41:38+	42:13+	43:24+	43:54+	44:15+
00:30+	01:29-	03:44+	00:56-	01:59+	06:07+	01:48-	01:48+	02:30+	03:19+	02:28+	01:53+	00:39-	01:04+	02:00+	01:21+	02:58+	03:31+	01:34-	00:35-	01:11+	00:30+	00:21+
00:07&	00:04-	01:52&	00:04-	00:20#	03:47@	01:07-	00:23&	00:31&	01:03&	00:17#	00:08+	00:10-	00:08+	00:24#	00:23&	00:28#	00:19+	00:32-	00:01-	00:01+	00:04#	00:02#
<b>10</b>	<b>Øystein Nilsen</b>	<b>42</b>										<b>44:36</b>										
00:28+	03:39+	06:15+	07:17+	09:28+	11:44+	14:21+	16:03+	18:33+	21:50+	24:03+	26:51+	27:31+	29:44+	31:44+	33:23+	36:30+	40:07+	41:18+	42:05+	43:35+	44:13+	44:36+
00:28+	03:11+	02:36+	01:02+	02:11+	02:16-	02:37-	01:42+	02:30+	03:17+	02:13+	02:48+	00:40-	02:13+	02:00+	01:39+	03:07+	03:37+	01:11-	00:47+	01:30+	00:38+	00:23+
00:05#	01:38@	00:44&	00:02+	00:32&	00:04-	00:18-	00:17#	00:31&	01:01&	00:02+	01:03&	00:09-	01:17@	00:24#	00:41&	00:37#	00:25#	00:55-	00:11&	00:20&	00:12&	00:04#
<b>11</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>44:41</b>										
00:29+	03:50+	08:48+	09:58+	11:50+	14:47+	16:19+	18:06+	20:32+	23:21+	25:30+	27:16+	28:05+	29:28+	31:33+	32:34+	35:31+	39:26+	42:05+	42:36+	43:51+	44:20+	44:41+
00:29+	03:21+	04:58+	01:10+	01:52+	02:57+	01:32-	01:47+	02:26+	02:49+	02:09-	01:46+	00:49-	01:23+	02:05+	01:01+	02:57+	03:55+	02:39+	00:31-	01:15+	00:29+	00:21+
00:06&	01:48@	03:06@	00:10#	00:13#	00:37&	01:23-	00:22&	00:27#	00:33#	00:02-	00:01+	00:00=	00:27&	00:29&	00:03+	00:27#	00:43#	00:33&	00:05-	00:05+	00:03#	00:02#
<b>12</b>	<b>Per Ivar Hovstad</b>	<b>116</b>										<b>44:55</b>										
00:28+	02:47+	06:15+	07:20+	09:23+	12:41+	14:33+	16:28+	18:54+	22:04+	25:53+	27:54+	28:36+	30:09+	31:59+	33:20+	36:15+	40:35+	41:33+	42:26+	44:06+	44:36+	44:55+
00:28+	02:19+	03:28+	01:05+	02:03+	03:18+	01:52-	01:55+	02:26+	03:10+	03:49+	02:01+	00:42-	01:33+	01:50+	01:21+	02:55+	04:20+	00:58-	00:53+	01:40+	00:30+	00:19=
00:05#	00:46&	01:36&	00:05+	00:24#	00:58&	01:03-	00:30&	00:27#	00:54&	01:38&	00:16#	00:07-	00:37&	00:14#	00:23&	00:25#	01:08&	01:08-	00:17&	00:30&	00:04#	00:00=
<b>13</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>45:02</b>										
00:28+	02:17+	05:06+	06:14+	08:45+	12:32+	14:46+	16:48+	19:08+	22:24+	25:20+	27:44+	28:39+	29:52+	31:54+	33:10+	36:27+	40:41+	41:40+	42:25+	43:55+	44:36+	45:02+
00:28+	01:49+	02:49+	01:08+	02:31+	03:47+	02:14-	02:02+	02:20+	03:16+	02:56+	02:24+	00:55+	01:13+	02:02+	01:16+	03:17+	04:14+	00:59-	00:45+	01:30+	00:41+	00:26+
00:05#	00:16#	00:57&	00:08#	00:52&	01:27&	00:41-	00:37&	00:21#	01:00&	00:45&	00:39&	00:06#	00:17&	00:26&	00:18&	00:47&	01:02&	01:07-	00:09#	00:20&	00:15&	00:07&
<b>14</b>	<b>Frode Engen</b>	<b>116</b>										<b>45:31</b>										
00:24+	01:54-	06:36+	07:28+	09:49+	12:18+	14:10+	15:46+	18:52+	21:37+	25:22+	27:30+	28:35+	29:43+	32:43+	33:54+	37:05+	41:10+	42:16+	42:57+	44:22+	44:54+	45:31+
00:24+	01:30-	04:42+	00:52-	02:21+	02:29+	01:52-	01:36+	03:06+	02:45+	03:45+	02:08+	01:05+	01:08+	03:00+	01:11+	03:11+	04:05+	01:06-	00:41+	01:25+	00:32+	00:37+
00:01+	00:03-	02:50@	00:08-	00:42&	00:09+	01:03-	00:11#	01:07&	00:29#	01:34&	00:23#	00:16&	00:12#	01:24&	00:13#	00:41&	00:53&	01:00-	00:05#	00:15#	00:06#	00:18&
<b>15</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>46:19</b>										
00:27+	02:36+	05:35+	06:43+	09:00+	12:18+	14:43+	16:51+	19:41+	22:54+	25:24+	27:56+	28:49+	30:11+	32:19+	33:46+	37:38+	41:55+	42:55+	43:32+	45:08+	45:56+	46:19+
00:27+	02:09+	02:59+	01:08+	02:17+	03:18+	02:25-	02:08+	02:50+	03:13+	02:30+	02:32+	00:53+	01:22+	02:08+	01:27+	03:52+	04:17+	01:00-	00:37+	01:36+	00:48+	00:23+
00:04#	00:36&	01:07&	00:08#	00:38&	00:58&	00:30-	00:43&	00:51&	00:57&	00:19#	00:47&	00:04+	00:26&	00:32&	00:29&	01:22&	01:05&	01:06-	00:01+	00:26&	00:22&	00:04#
<b>16</b>	<b>Jan Kristensen</b>	<b>7</b>										<b>47:05</b>										
00:28+	02:29+	04:50+	05:58+	08:43+	11:54+	14:00+	15:47+	18:29+	21:47+	25:30+	28:23+	29:30+	31:09+	33:09+	34:35+	38:02+	42:15+	43:30+	44:16+	46:05+	46:44+	47:05+
00:28+	02:01+	02:21+	01:08+	02:45+	03:11+	02:06-	01:47+	02:42+	03:18+	03:43+	02:53+	01:07+	01:39+	02:00+	01:26+	03:27+	04:13+	01:15-	00:46+	01:49+	00:39+	00:21+
00:05#	00:28&	00:29&	00:08#	01:06&	00:51&	00:49-	00:22&	00:43&	01:02&	01:32&	01:08&	00:18&	00:43&	00:24#	00:28&	00:57&	01:01&	00:51-	00:10&	00:39&	00:13&	00:02#
<b>17</b>	<b>Ådne Hausberg</b>	<b>7</b>										<b>49:37</b>										
00:24+	03:33+	07:02+	09:28+	12:15+	15:36+	17:52+	19:57+	23:17+	27:46+	30:34+	32:47+	33:20+	34:36+	36:47+	38:48+	41:49+	45:46+	46:43+	47:19+	48:40+	49:15+	49:37+
00:24+	03:09+	03:29+	02:26+	02:47+	03:21+	02:16-	02:05+	03:20+	04:29+	02:48+	02:13+	00:33-	01:16+	02:11+	02:01+	03:01+	03:57+	00:57-	00:36=	01:21+	00:35+	00:22+
00:01+	01:36@	01:37&	01:26@	01:08&	01:01&	00:39-	00:40&	01:21&	02:13&	00:37&	00:28&	00:16-	00:20&	00:35&	01:03@	00:31#	00:45#	01:09-	00:00=	00:11#	00:09&	00:03#
<b>18</b>	<b>Tor Kristian Gyland</b>	<b>108</b>										<b>49:44</b>										
00:26+	02:28+	05:22+	06:20+	09:19+	12:56+	14:55+	17:11+	19:36+	23:22+	27:30+	29:55+	30:47+	32:03+	34:16+	35:47+	40:09+	45:10+	46:24+	47:02+	48:36+	49:13+	49:44+
00:26+	02:02+	02:54+	00:58-	02:59+	03:37+	01:59-	02:16+	02:25+	03:46+	04:08+	02:25+	00:52+	01:16+	02:13+	01:31+	04:22+	05:01+	01:14-	00:38+	01:34+	00:37+	00:31+
00:03#	00:29&	01:02&	00:02-	01:20&	01:17&	00:56-	00:51&	00:26#	01:30&	01:57&	00:40&	00:03+	00:20&	00:37&	00:33&	01:52&	01:49&	00:52-	00:02+	00:24&	00:11&	00:12&
<b>19</b>	<b>Jean-Sebastien Dorne</b>	<b>42</b>										<b>49:57</b>										
00:30+	02:36+	07:48+	09:11+	11:39+	15:25+	17:57+	22:19+	25:30+	28:28+	30:38+	32:40+	33:23+	34:35+	36:39+	37:44+	40:39+	44:36+	47:05+	47:34+	48:51+	49:33+	49:57+
00:30+	02:06+	05:12+	01:23+	02:28+	03:46+	02:32-	04:22+	03:11+	02:58+	02:10-	02:02+	00:43-	01:12+	02:04+	01:05+	02:55+	03:57+	02:29+	00:29-	01:17+	00:42+	00:24+
00:07&	00:33&	03:20@	00:23&	00:49&	01:26&	00:23-	02:57@	01:12&	00:42&	00:01-	00:17#	00:06-	00:16&	00:28&	00:07#	00:25#	00:45#	00:23#	00:07-	00:07#	00:16&	00:05&
<b>20</b>	<b>Håvard Svihus</b>	<b>267</b>										<b>50:55</b>										
00:30+	02:27+	05:19+	06:26+	08:42+	11:45+	14:39+	18:38+	21:01+	23:54+	26:41+	29:17+	29:57+	32:27+	35:12+	36:25+	40:42+	46:14+	46:54+	47:44+	49:47+	50:35+	50:55+
00:30+	01:57+	02:52+	01:07+	02:16+	03:03+	02:54-	03:59+	02:23+	02:53+	02:47+	02:36+	00:40-	02:30+	02:45+	01:13+	04:17+	05:32+	00:40-	00:50+	02:03+	00:48+	00:20+
00:07&	00:24&	01:00&	00:07#	00:37&	00:43&	00:01-	02:34@	00:24#	00:37&	00:36&	00:51&	00:09-	01:34@	01:09&	00:15&	01:47&	02:20&	01:26-	00:14&	00:53&	00:22&	00:01+
<b>21</b>	<b>Jan Kenneth Polle</b>	<b>83</b>										<b>51:21</b>										
00:30+	02:51+	07:23+	08:18+	10:30+	13:55+	16:42+</																

Class	Navn	Klasse										Tid											
<b>22</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>52:22</b>											
00:31+	02:32+	05:11+	06:26+	09:27+	13:12+	15:58+	18:08+	21:04+	25:01+	27:59+	30:47+	32:17+	34:59+	37:18+	38:44+	42:35+	47:19+	48:46+	49:27+	51:22+	51:57+	52:22+	
00:31+	02:01+	02:39+	01:15+	03:01+	03:45+	02:46-	02:10+	02:56+	03:57+	02:58+	02:48+	01:30+	02:42+	02:19+	01:26+	03:51+	04:44+	01:27-	00:41+	01:55+	00:35+	00:25+	
00:08&	00:28&	00:47&	00:15#	01:22&	01:25&	00:09-	00:45&	00:57&	01:41&	00:47&	01:03&	00:41&	01:46@	00:43&	00:28&	01:21&	01:32&	00:39-	00:05#	00:45&	00:09&	00:06&	
<b>23</b>	<b>Cedric Fayemdy</b>	<b>116</b>										<b>52:34</b>											
01:09+	04:18+	12:28+	13:28+	16:06+	18:52+	21:05+	23:08+	25:42+	28:37+	31:25+	34:11+	34:38+	36:31+	38:36+	40:04+	43:01+	46:53+	49:24+	50:01+	51:28+	52:15+	52:34+	
01:09+	03:09+	08:10+	01:00=	02:38+	02:46+	02:13-	02:03+	02:34+	02:55+	02:48+	02:46+	00:27-	01:53+	02:05+	01:28+	02:57+	03:52+	02:31+	00:37+	01:27+	00:47+	00:19=	
00:46@	01:36@	06:18@	00:00=	00:59&	00:26#	00:42-	00:38&	00:35&	00:39&	00:37&	01:01&	00:22-	00:57@	00:29&	00:30&	00:27#	00:40#	00:25#	00:01+	00:17#	00:21&	00:00=	
<b>24</b>	<b>André Sirevåg</b>	<b>116</b>										<b>53:43</b>											
00:27+	02:33+	07:01+	08:13+	11:11+	16:27+	18:55+	21:05+	23:53+	27:29+	30:36+	35:04+	36:01+	37:42+	40:00+	41:18+	44:57+	49:16+	49:59+	50:57+	52:33+	53:19+	53:43+	
00:27+	02:06+	04:28+	01:12+	02:58+	05:16+	02:28-	02:10+	02:48+	03:36+	03:07+	04:28+	00:57+	01:41+	02:18+	01:18+	03:39+	04:19+	00:43-	00:58+	01:36+	00:46+	00:24+	
00:04#	00:33&	02:36@	00:12#	01:19&	02:56@	00:27-	00:45&	00:49&	01:20&	00:56&	02:43@	00:08#	00:45&	00:42&	00:20&	01:09&	01:07&	01:23-	00:22&	00:26&	00:20&	00:05&	
<b>25</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>54:18</b>											
00:27+	02:12+	09:21+	10:55+	13:07+	16:02+	17:49+	19:55+	21:42+	23:38+	26:52+	31:01+	33:42+	34:08+	35:54+	38:05+	39:12+	45:06+	49:00+	50:48+	51:51+	53:22+	54:02+	54:18+
00:27+	01:45+	07:09+	01:34+	02:12+	02:55+	01:47-	02:06+	01:47-	01:56-	03:14+	04:09+	02:41+	00:26-	01:46+	02:11+	01:07-	05:54+	03:54+	01:48+	01:03-	01:31+	00:40+	00:16+
00:04#	00:12#	05:17@	00:34&	00:33&	00:35#	01:08-	00:41&	00:12-	00:20-	01:03&	02:24@	01:52@	00:30-	00:10#	01:13@	01:23-	02:42&	01:48&	01:12@	00:07-	01:05@	00:21@	00:16+
<b>26</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>54:55</b>											
00:29+	02:33+	06:37+	07:54+	10:36+	13:55+	16:27+	18:12+	21:33+	25:09+	29:37+	32:19+	33:47+	35:12+	37:49+	39:43+	43:39+	49:11+	50:18+	51:52+	53:50+	54:27+	54:55+	
00:29+	02:04+	04:04+	01:17+	02:42+	03:19+	02:32-	01:45+	03:21+	03:36+	04:28+	02:42+	01:28+	01:25+	02:37+	01:54+	03:56+	05:32+	01:07-	01:34+	01:58+	00:37+	00:28+	
00:06&	00:31&	02:12@	00:17&	01:03&	00:59&	00:23-	00:20#	01:22&	01:20&	02:17@	00:57&	00:39&	00:29&	01:01&	00:56&	01:26&	02:20&	00:59-	00:58@	00:48&	00:11&	00:09&	
<b>27</b>	<b>Charles-Francois Farbo</b>	<b>42</b>										<b>1:01:08</b>											
00:32+	02:22+	05:48+	06:56+	09:37+	13:12+	15:19+	17:18+	19:43+	22:58+	25:34+	28:44+	29:21+	31:15+	34:54+	37:02+	42:47+	55:15+	55:55+	58:06+	59:48+	60:39+	61:08+	
00:32+	01:50+	03:26+	01:08+	02:41+	03:35+	02:07-	01:59+	02:25+	03:15+	02:36+	03:10+	00:37-	01:54+	03:39+	02:08+	05:45+	12:28+	00:40-	02:11+	01:42+	00:51+	00:29+	
00:09&	00:17#	01:34&	00:08#	01:02&	01:15&	00:48-	00:34&	00:26#	00:59&	00:25#	01:25&	00:12-	00:58@	02:03@	01:10@	03:15@	09:16@	01:26-	01:35@	00:32&	00:25&	00:10&	
<b>28</b>	<b>Eivind Moi</b>	<b>116</b>										<b>1:03:36</b>											
00:32+	04:07+	08:21+	09:26+	12:22+	23:12+	25:58+	30:11+	33:03+	37:44+	40:37+	43:26+	44:14+	45:26+	47:46+	49:18+	53:00+	58:20+	59:43+	60:39+	62:23+	63:09+	63:36+	
00:32+	03:35+	04:14+	01:05+	02:56+	10:50+	02:46-	04:13+	02:52+	04:41+	02:53+	02:49+	00:48-	01:12+	02:20+	01:32+	03:42+	05:20+	01:23-	00:56+	01:44+	00:46+	00:27+	
00:09&	02:02@	02:22@	00:05+	01:17&	08:30@	00:09-	02:48@	00:53&	02:25@	00:42&	01:04&	00:01-	00:16&	00:44&	00:34&	01:12&	02:08&	00:43-	00:20&	00:34&	00:20&	00:08&	
<b>29</b>	<b>Martin Simpson</b>	<b>167</b>										<b>1:06:22</b>											
00:34+	07:57+	12:17+	13:55+	16:58+	21:04+	24:10+	27:20+	30:47+	34:37+	39:23+	42:06+	43:30+	44:52+	47:48+	49:26+	53:32+	57:32+	62:02+	63:08+	65:01+	65:57+	66:22+	
00:34+	07:23+	04:20+	01:38+	03:03+	04:06+	03:06+	03:10+	03:27+	03:50+	04:46+	02:43+	01:24+	01:22+	02:56+	01:38+	04:06+	04:00+	04:30+	01:06+	01:53+	00:56+	00:25+	
00:11&	05:50@	02:28@	00:38&	01:24&	01:46&	00:11+	01:45@	01:28&	01:34&	02:35@	00:58&	00:35&	00:26&	01:20&	00:40&	01:36&	00:48#	02:24@	00:30&	00:43&	00:30@	00:06&	
<b>Beste strekktid for klassen</b>																							
00:21	01:29	01:52	00:48	01:39	02:12	01:30	01:20	01:47	01:56	02:08	01:45	00:27	00:26	01:36	00:58	01:07	03:03	00:40	00:29	01:03	00:26	00:17	

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

## Herrer 50 - 59 år

<b>1</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>35:32</b>										
00:23=	01:58=	03:29=	06:06=	07:23=	09:50=	12:37=	14:44=	16:08=	17:14=	19:22=	20:19=	21:45=	26:48=	29:37=	31:41=	32:26=	33:00=	33:26=	34:02=	34:39=	35:11=	35:32=
00:23=	01:35=	01:31=	02:37=	01:17=	02:27=	02:47=	02:07=	01:24=	01:06=	02:08=	00:57=	01:26=	05:03=	02:49=	02:04=	00:45=	00:34=	00:26=	00:36=	00:37=	00:32=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anders Glenne</b>	<b>7</b>										<b>36:50</b>										
00:26+	02:03+	03:37+	06:25+	07:35+	09:52+	12:40+	15:40+	16:37+	18:04+	20:16+	21:20+	22:50+	27:25+	30:29+	32:36+	33:30+	33:57+	34:24+	35:05+	35:57+	36:29+	36:50+
00:26+	01:37+	01:34+	02:48+	01:10-	02:17-	02:48+	03:00+	00:57-	01:27+	02:12+	01:04+	01:30+	04:35-	03:04+	02:07+	00:54+	00:27-	00:27+	00:41+	00:52+	00:32=	00:21=
00:03#	00:02+	00:03+	00:11+	00:07-	00:10-	00:01+	00:53&	00:27-	00:21&	00:04+	00:07#	00:04+	00:28-	00:15+	00:03+	00:09#	00:07-	00:01+	00:05#	00:15&	00:00=	00:00=
<b>3</b>	<b>Arne Magne Sondresen</b>	<b>92</b>										<b>37:29</b>										
00:25+	03:47+	05:35+	08:05+	09:30+	12:03+	14:44+	16:48+	17:55+	19:26+	21:18+	22:24+	23:58+	28:16+	31:58+	33:46+	34:32+	34:58+	35:25+	35:59+	36:30+	37:08+	37:29+
00:25+	03:22+	01:48+	02:30-	01:25+	02:33+	02:41-	02:04-	01:07-	01:31+	01:52-	01:34+	01:34+	04:18-	03:42+	01:48-	00:46+	00:26-	00:27+	00:34-	00:31-	00:38+	00:21=
00:02+	01:47@	00:17#	00:07-	00:08#	00:06+	00:06-	00:03-	00:17-	00:25&	00:16-	00:09#	00:08+	00:45-	00:53&	00:16-	00:01+	00:08-	00:01+	00:02-	00:06-	00:06#	00:00=
<b>4</b>	<b>Geir Haugvaldstad</b>	<b>116</b>										<b>38:57</b>										
00:30+	02:15+	03:54+	06:41+	07:52+	10:11+	14:52+	17:10+	18:08+	19:52+	21:32+	22:34+	23:46+	29:36+	33:03+	34:53+	35:53+	36:26+	36:51+	37:20+	38:12+	38:39+	38:57+
00:30+	01:45+	01:39+	02:47+	01:11-	02:19-	04:41+	02:18+	00:58-	01:44+	01:40-	01:02+	01:12-	05:50+	03:27+	01:50-	01:00+	00:33-	00:25-	00:29-	00:52+	00:27-	00:18-
00:07&	00:10#	00:08+	00:10+	00:06-	00:08-	01:54&	00:11+	00:26-	00:38&	00:28-	00:05+	00:14-	00:47#	00:38#	00:14-	00:15&	00:01-	00:01-	00:07-	00:15&	00:05-	00:03-
<b>5</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>39:22</b>										
00:26+	02:06+	03:17-	06:03-	07:20-	10:02+	12:53+	15:50+	16:46+	17:48+	19:31+	20:28+	22:04+	27:43+	31:02+	33:05+	34:06+	34:30+	34:59+	35:39+	38:27+	39:03+	39:22+
00:26+	01:40+	01:11-	02:46+	01:17=	02:42+	02:51+	02:57+	00:56-	01:02-	01:43-	00:57=	01:36+	05:39+	03:19+	02:03-	01:01+	00:24-	00:29+	00:40+	02:48+	00:36+	00:19-
00:03#	00:05+	00:20-	00:09+	00:00=	00:15#	00:04+	00:50&	00:28-	00:04-	00:25-	00:00=	00:10#	00:36#	00:30#	00:01-	00:16&	00:10-	00:03#	00:04#	02:11@	00:04#	00:02-

Class	Navn	Klasse										Tid										
<b>6</b>	<b>Ole Petter Haukaas</b>	<b>109</b>										<b>39:27</b>										
00:22-	06:01+	07:07+	09:53+	11:11+	13:33+	16:21+	18:26+	19:27+	20:39+	23:37+	24:36+	25:59+	30:41+	34:09+	36:08+	36:58+	37:22+	37:47+	38:20+	38:33+	39:08+	39:27+
00:22-	05:39+	01:06-	02:46+	01:18+	02:22-	02:48+	02:05-	01:01-	01:12+	02:58+	00:59+	01:23-	04:42-	03:28+	01:59-	00:50+	00:24-	00:25-	00:33-	00:13-	00:35+	00:19-
00:01-	04:04&	00:25-	00:09+	00:01+	00:05-	00:01+	00:02-	00:23-	00:06+	00:50&	00:02+	00:03-	00:21-	00:39#	00:05-	00:05#	00:10-	00:01-	00:03-	00:24-	00:03+	00:02-
<b>7</b>	<b>Espen Krogh</b>	<b>7</b>										<b>39:36</b>										
00:22-	02:04+	04:50+	07:25+	08:47+	11:21+	14:54+	17:00+	17:54+	19:26+	22:44+	23:51+	25:34+	29:59+	33:52+	35:34+	36:24+	37:00+	37:23+	37:57+	38:36+	39:16+	39:36+
00:22-	01:42+	02:46+	02:35-	01:22+	02:34+	03:33+	02:06-	00:54-	01:32+	03:18+	01:07+	01:43+	04:25-	03:53+	01:42-	00:50+	00:36+	00:23-	00:34-	00:39+	00:40+	00:20-
00:01-	00:07+	01:15&	00:02-	00:05+	00:07+	00:46&	00:01-	00:30-	00:26&	01:10&	00:10#	00:17#	00:38-	01:04&	00:22-	00:05#	00:02+	00:03-	00:02-	00:02+	00:08#	00:01-
<b>8</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>40:15</b>										
00:27+	02:04+	04:24+	07:37+	08:54+	11:27+	14:14+	16:21+	17:42+	19:06+	21:06+	22:31+	24:01+	29:35+	33:33+	35:50+	36:55+	37:27+	37:55+	38:43+	39:16+	39:52+	40:15+
00:27+	01:37+	02:20+	03:13+	01:17=	02:33+	02:47=	02:07=	01:21-	01:24+	02:00-	01:25+	01:30+	05:34+	03:58+	02:17+	01:05+	00:32-	00:28+	00:48+	00:33-	00:36+	00:23+
00:04#	00:02+	00:49&	00:36#	00:00=	00:06+	00:00=	00:00=	00:03-	00:18&	00:08-	00:28&	00:04+	00:31#	01:09&	00:13#	00:20&	00:02-	00:02+	00:12&	00:04-	00:04#	00:02+
<b>9</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>40:16</b>										
00:25+	02:28+	04:03+	07:08+	08:34+	11:09+	13:38+	16:06+	17:59+	20:19+	22:05+	23:11+	24:51+	30:39+	34:00+	36:15+	37:02+	37:50+	38:16+	39:02+	39:19+	39:57+	40:16+
00:25+	02:03+	01:35+	03:05+	01:26+	02:35+	02:29-	02:28+	01:53+	02:20+	01:46-	01:06+	01:40+	05:48+	03:21+	02:15+	00:47+	00:48+	00:26=	00:46+	00:17-	00:38+	00:19-
00:02+	00:28&	00:04+	00:28#	00:09#	00:08+	00:18-	00:21#	00:29&	01:14&	00:22-	00:09#	00:14#	00:45#	00:32#	00:11+	00:02+	00:14&	00:00=	00:10&	00:20-	00:06#	00:02-
<b>10</b>	<b>Øystein Dahle</b>	<b>92</b>										<b>40:42</b>										
00:29+	02:37+	04:07+	06:58+	08:42+	10:37+	13:25+	15:30+	16:26+	17:49+	19:12-	20:18-	21:56+	27:30+	31:01+	35:53+	37:01+	37:31+	38:01+	38:39+	39:22+	40:14+	40:42+
00:29+	02:08+	01:30-	02:51+	01:44+	01:55-	02:48+	02:05-	00:56-	01:23+	01:23-	01:06+	01:38+	05:34+	03:31+	04:52+	01:08+	00:30-	00:30+	00:38+	00:43+	00:52+	00:28+
00:06&	00:33&	00:01-	00:14+	00:27&	00:32-	00:01+	00:02-	00:28-	00:17&	00:45-	00:09#	00:12#	00:31#	00:31#	02:48&	00:23&	00:04-	00:04#	00:02+	00:06#	00:20&	00:07&
<b>11</b>	<b>Frank Hansen</b>	<b>29</b>										<b>40:57</b>										
00:26+	02:12+	04:01+	07:34+	08:49+	11:40+	15:03+	17:09+	18:26+	19:46+	21:34+	22:54+	24:26+	30:10+	33:53+	36:52+	37:41+	38:13+	38:43+	39:18+	39:50+	40:35+	40:57+
00:26+	01:46+	01:49+	03:33+	01:15-	02:51+	03:23+	02:06-	01:17-	01:20+	01:48-	01:20+	01:32+	05:44+	03:43+	02:59+	00:49+	00:32-	00:30+	00:35-	00:32-	00:45+	00:22+
00:03#	00:11#	00:18#	00:56&	00:02-	00:24#	00:36#	00:01-	00:07-	00:14#	00:20-	00:23&	00:06+	00:41#	00:54&	00:55&	00:04+	00:02-	00:04#	00:01-	00:05-	00:13&	00:01+
<b>12</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>41:05</b>										
00:27+	02:03+	03:48+	06:35+	07:53+	10:07+	13:29+	15:55+	17:16+	18:27+	19:58+	20:56+	22:20+	28:10+	31:43+	35:29+	36:10+	36:35+	37:00+	37:33+	39:58+	40:41+	41:05+
00:27+	01:36+	01:45+	02:47+	01:18+	02:14-	03:22+	02:26+	01:21-	01:11+	01:31-	00:58+	01:24-	05:50+	03:33+	03:46+	00:41-	00:25-	00:25-	00:33-	02:25+	00:43+	00:24+
00:04#	00:01+	00:14#	00:10+	00:01+	00:13-	00:35#	00:19#	00:03-	00:05+	00:37-	00:01+	00:02-	00:47#	00:44&	01:42&	00:04-	00:09-	00:01-	00:03-	01:48&	00:11&	00:03#
<b>13</b>	<b>Lars Bergersen</b>	<b>116</b>										<b>41:29</b>										
00:27+	02:05+	03:45+	06:52+	08:14+	10:49+	14:13+	16:28+	17:36+	19:16+	21:07+	23:03+	24:46+	30:20+	34:10+	37:06+	38:05+	38:34+	39:00+	40:01+	40:27+	41:05+	41:29+
00:27+	01:38+	01:40+	03:07+	01:22+	02:35+	03:24+	02:15+	01:08-	01:40+	01:51-	01:56+	01:43+	05:34+	03:50+	02:56+	00:59+	00:29-	00:26=	01:01+	00:26-	00:38+	00:24+
00:04#	00:03+	00:09+	00:30#	00:05+	00:08+	00:37#	00:08+	00:16-	00:34&	00:17-	00:59&	00:17#	00:31#	01:01&	00:52&	00:14&	00:05-	00:00=	00:25&	00:11-	00:06#	00:03#
<b>14</b>	<b>Kjell Seland</b>	<b>236</b>										<b>41:31</b>										
00:31+	02:35+	04:06+	07:25+	08:44+	11:41+	14:28+	16:56+	18:53+	20:07+	22:55+	23:49+	25:10+	30:42+	34:05+	37:30+	38:27+	38:56+	39:24+	40:02+	40:34+	41:09+	41:31+
00:31+	02:04+	01:31=	03:19+	01:19+	02:57+	02:47=	02:28+	01:57+	01:14+	02:48+	00:54-	01:21-	05:32+	03:23+	03:25+	00:57+	00:29-	00:28+	00:38+	00:32-	00:35+	00:22+
00:08&	00:29&	00:00=	00:42&	00:02+	00:30#	00:00=	00:21#	00:33&	00:08#	00:40&	00:03-	00:05-	00:29+	00:34#	01:21&	00:12&	00:05-	00:02+	00:02+	00:05-	00:03+	00:01+
<b>15</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>										<b>44:09</b>										
00:31+	02:22+	04:30+	07:48+	09:33+	12:03+	16:18+	19:03+	20:10+	21:27+	24:05+	25:16+	27:06+	33:08+	37:00+	39:35+	40:50+	41:22+	41:50+	42:44+	43:13+	43:47+	44:09+
00:31+	01:51+	02:08+	03:18+	01:45+	02:30+	04:15+	02:45+	01:07-	01:17+	02:38+	01:11+	01:50+	06:02+	03:52+	02:35+	01:15+	00:32-	00:28+	00:54+	00:29-	00:34+	00:22+
00:08&	00:16#	00:37&	00:41&	00:28&	00:03+	01:28&	00:38&	00:17-	00:11#	00:30#	00:14#	00:24&	00:59#	01:03&	00:31#	00:30&	00:02-	00:02+	00:18&	00:08-	00:02+	00:01+
<b>16</b>	<b>Torbjørn Dahle</b>	<b>92</b>										<b>46:00</b>										
00:31+	02:53+	05:12+	08:27+	09:58+	12:54+	16:57+	19:30+	21:08+	22:58+	25:39+	26:42+	28:39+	34:22+	38:24+	41:06+	42:08+	42:58+	43:30+	44:24+	44:51+	45:35+	46:00+
00:31+	02:22+	02:19+	03:15+	01:31+	02:56+	04:03+	02:33+	01:38+	01:50+	02:41+	01:03+	01:57+	05:43+	04:02+	02:42+	01:02+	00:50+	00:32+	00:54+	00:27-	00:44+	00:25+
00:08&	00:47&	00:48&	00:38#	00:14#	00:29#	01:16&	00:26#	00:14#	00:44&	00:33&	00:06#	00:31&	00:40#	01:13&	00:38&	00:17&	00:16&	00:06#	00:18&	00:10-	00:12&	00:04#
<b>17</b>	<b>Sigbjørn Gloppen</b>	<b>144</b>										<b>46:38</b>										
00:27+	02:18+	04:24+	07:53+	09:31+	13:34+	16:54+	19:29+	20:39+	22:07+	25:17+	26:36+	28:12+	33:54+	38:23+	40:33+	43:18+	43:52+	44:17+	45:00+	45:37+	46:16+	46:38+
00:27+	01:51+	02:06+	03:29+	01:38+	04:03+	03:20+	02:35+	01:10-	01:28+	03:10+	01:19+	01:36+	05:42+	04:29+	02:10+	02:45+	00:34=	00:25-	00:43+	00:37=	00:39+	00:22+
00:04#	00:16#	00:35&	00:52&	00:21&	01:36&	00:33#	00:28#	00:14-	00:22&	01:02&	00:22&	00:10#	00:39#	01:40&	00:06+	02:00&	00:00=	00:01-	00:07#	00:00=	00:07#	00:01+
<b>18</b>	<b>Pål H. Gjerden</b>	<b>116</b>										<b>46:50</b>										
00:25+	02:09+	03:48+	07:02+	08:22+	11:23+	15:22+	17:51+	19:24+	20:51+	22:44+	24:09+	25:53+	31:48+	35:59+	42:02+	43:00+	43:32+	44:05+	44:53+	45:33+	46:19+	46:50+
00:25+	01:44+	01:39+	03:14+	01:20+	03:01+	03:59+	02:29+	01:33+	01:27+	01:53-	01:25+	01:44+	05:55+	04:11+	06:03+	00:58+	00:32-	00:33+	00:48+	00:40+	00:46+	00:31+
00:02+	00:09+	00:08+	00:37#	00:03+	00:34#	01:12&	00:22#	00:09#	00:21&	00:15-	00:28&	00:18#	00:52#	01:22&	03:59&	00:13&	00:02-	00:07&	00:12&	00:03+	00:14&	00:10&
<b>19</b>	<b>Roger Nyseth</b>	<b>92</b>										<b>47:18</b>										
00:29+	02:33+	04:30+	07:43+	09:25+	12:05+	16:04+	18:53+	20:34+	22:03+	24:31+	25:51+	28:06+	34:25+	38:21+	41:36+	43:06+	43:43+	44:16+	45:16+	46:02+	46:48+	47:18+
00:29+	02:04+	01:57+	03:13+	01:42+	02:40+	03:59+	02:49+	01:41+	01:29+	02:28+	01:20+	02:15+	06:19+	03:56+	03:15+	01:30+	00:37+	00:33+	01:00+	00:46+	00:46+	00:30+
00:06&	00:29&	00:26&	00:36#	00:25&	00:13+	01:12&	00:42&	00:17#	00:23&	00:20#	00:23&	00:49&	01:16&	01:07&	01:11&	00:45&	00:03+	00:07&	00:24&	00:09#	00:14&	00:09&
<b>20</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>47:32</b>										
00:28+	02:47+	04:31+	07:58+	09:27+	12:14+	15:12+	17:57+	19:21+	21:54+	24:52+	26:14+											

Class	Navn	Klasse										Tid											
<b>21</b>	<b>Håvard Håland</b>	<b>66</b>										<b>47:36</b>											
00:29+	03:08+	05:22+	08:18+	12:22+	15:15+	18:41+	21:32+	22:59+	24:09+	28:47+	29:56+	31:40+	47:36+	40:56+	42:58+	44:02+	44:41+	45:07+	45:50+	46:13+	47:10+	47:36+	
00:29+	02:39+	02:14+	02:56+	04:04+	02:53+	03:26+	02:51+	01:27+	01:10+	04:38+	01:09+	01:44+	05:32+	03:44+	02:02-	01:04+	00:39+	00:26+	00:43+	00:23-	00:57+	00:26+	
00:06&	01:04&	00:43&	00:19#	02:47@	00:26#	00:39#	00:44&	00:03+	00:04+	02:30@	00:12#	00:18#	00:29+	00:55&	00:02-	00:19&	00:05#	00:00=	00:07#	00:14-	00:25&	00:05#	
<b>22</b>	<b>Magnar Møller</b>	<b>62</b>										<b>47:52</b>											
00:33+	02:21+	04:12+	07:11+	08:35+	11:29+	15:20+	18:00+	19:07+	20:51+	24:53+	26:04+	27:42+	35:22+	39:19+	43:40+	44:44+	45:10+	45:37+	46:20+	46:50+	47:29+	47:52+	
00:33+	01:48+	01:51+	02:59+	01:24+	02:54+	03:51+	02:40+	01:07-	01:44+	04:02+	01:11+	01:38+	07:40+	03:57+	04:21+	01:04+	00:26-	00:27+	00:43+	00:30-	00:39+	00:23+	
00:10&	00:13#	00:20#	00:22#	00:07+	00:27#	01:04&	00:33&	00:17-	00:38&	01:54&	00:14#	00:12#	02:37&	01:08&	02:17@	00:19&	00:08-	00:01+	00:07#	00:07-	00:07#	00:02+	
<b>23</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>48:20</b>											
00:30+	02:29+	04:16+	07:18+	08:57+	11:38+	14:45+	17:51+	19:07+	20:29+	22:38+	24:41+	26:19+	31:56+	36:48+	42:27+	43:23+	43:54+	44:20+	45:07+	47:02+	47:54+	48:20+	
00:30+	01:59+	01:47+	03:02+	01:39+	02:41+	03:07+	03:06+	01:16-	01:22+	02:09+	02:03+	01:38+	05:37+	04:52+	05:39+	00:56+	00:31-	00:26+	00:47+	01:55+	00:52+	00:26+	
00:07&	00:24&	00:16#	00:25#	00:22&	00:14+	00:20#	00:59&	00:08-	00:16#	00:01+	01:06@	00:12#	00:34#	02:03&	03:35@	00:11#	00:03-	00:00=	00:11&	01:18@	00:20&	00:05#	
<b>24</b>	<b>Harald Jansen</b>	<b>289</b>										<b>48:38</b>											
00:28+	02:23+	03:49+	06:51+	08:31+	11:44+	14:53+	17:40+	19:37+	21:25+	23:34+	24:42+	26:19+	33:54+	37:48+	40:28+	42:30+	43:10+	43:40+	44:34+	47:27+	48:11+	48:38+	
00:28+	01:55+	01:26-	03:02+	01:40+	03:13+	03:09+	02:47+	01:57+	01:48+	02:09+	01:08+	01:37+	07:35+	03:54+	02:40+	02:02+	00:40+	00:30+	00:54+	02:53+	00:44+	00:27+	
00:05#	00:20#	00:05-	00:25#	00:23&	00:46&	00:22#	00:40&	00:33&	00:42&	00:01+	00:11#	00:11#	02:32&	01:05&	00:36&	00:31&	02:56@	00:00=	00:08#	00:18&	02:16@	00:12&	00:06&
<b>25</b>	<b>Inge Skretting</b>	<b>165</b>										<b>48:47</b>											
00:27+	02:34+	04:23+	07:17+	08:35+	11:53+	15:35+	18:14+	20:26+	21:57+	25:43+	26:50+	28:34+	34:39+	38:33+	41:13+	42:29+	45:59+	46:25+	47:09+	47:49+	48:25+	48:47+	
00:27+	02:07+	01:49+	02:54+	01:18+	03:18+	03:42+	02:39+	02:12+	01:31+	03:46+	01:07+	01:44+	06:05+	03:54+	02:40+	01:16+	03:30+	00:26+	00:44+	00:40+	00:36+	00:22+	
00:04#	00:32&	00:18#	00:17#	00:01+	00:51&	00:55&	00:32&	00:48&	00:25&	01:38&	00:10#	00:18#	01:02#	01:05&	00:36&	00:31&	02:56@	00:00=	00:08#	00:03+	00:04#	00:01+	
<b>26</b>	<b>Arne Nygaard</b>	<b>66</b>										<b>48:53</b>											
00:29+	02:41+	04:40+	07:36+	09:00+	14:15+	17:53+	20:40+	22:24+	23:56+	28:13+	29:41+	31:18+	37:45+	41:49+	44:02+	45:07+	45:38+	46:08+	46:55+	47:41+	48:27+	48:53+	
00:29+	02:12+	01:59+	02:56+	01:00+	05:15+	03:38+	02:47+	01:44+	01:32+	04:17+	01:28+	01:37+	06:27+	04:04+	02:13+	01:05+	00:31-	00:30+	00:47+	00:46+	00:26+		
00:06&	00:37&	00:28&	00:19#	00:07+	02:48@	00:51&	00:40&	00:20#	00:26&	02:09@	00:31&	00:11#	01:24&	01:15&	00:09+	00:20&	00:03-	00:04#	00:11&	00:09#	00:14&	00:05#	
<b>27</b>	<b>Kjell Ove Aksland</b>	<b>27</b>										<b>49:16</b>											
00:26+	02:31+	06:19+	12:50+	14:58+	17:10+	20:19+	22:55+	24:09+	25:52+	28:28+	29:40+	31:14+	36:47+	40:26+	44:51+	46:03+	46:44+	47:14+	47:46+	48:15+	48:53+	49:16+	
00:26+	02:05+	03:48+	06:31+	02:08+	02:12-	03:09+	02:36+	01:14-	01:43+	02:36+	01:12+	01:34+	05:33+	03:39+	04:25+	01:12+	00:41+	00:30+	00:32-	00:29-	00:38+	00:23+	
00:03#	00:30&	02:17@	03:54@	00:51&	00:15-	00:22#	00:29#	00:10-	00:37&	00:28#	00:15&	00:08+	00:30+	00:50&	02:21@	00:27&	00:07#	00:04#	00:04-	00:08-	00:06#	00:02+	
<b>28</b>	<b>Kjetil Moen</b>	<b>228</b>										<b>49:47</b>											
00:28+	02:22+	04:18+	08:23+	09:38+	11:53+	15:36+	18:59+	21:27+	23:04+	26:54+	27:55+	29:36+	36:54+	40:55+	44:04+	45:47+	46:30+	47:02+	48:07+	48:50+	49:29+	49:47+	
00:28+	01:54+	01:56+	04:05+	01:15-	02:15-	03:43+	03:23+	02:28+	01:37+	03:50+	01:01+	01:41+	07:18+	04:01+	03:09+	01:43+	00:43+	00:32+	01:05+	00:43+	00:39+	00:18-	
00:05#	00:19#	00:25&	01:28&	00:02-	00:12-	00:56&	01:16&	01:04&	00:31&	01:42&	00:04+	00:15#	02:15&	01:12&	01:05&	00:58@	00:09&	00:06#	00:29&	00:06#	00:07#	00:03-	
<b>29</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>51:07</b>											
00:31+	02:50+	04:40+	08:49+	10:39+	14:03+	17:19+	20:56+	23:34+	25:33+	28:22+	29:49+	31:42+	38:32+	42:49+	45:44+	47:00+	47:43+	48:13+	49:02+	49:53+	50:39+	51:07+	
00:31+	02:19+	01:50+	04:09+	01:50+	03:24+	03:16+	03:37+	02:38+	01:59+	02:49+	01:27+	01:53+	06:50+	04:17+	02:55+	01:16+	00:43+	00:30+	00:49+	00:51+	00:46+	00:28+	
00:08&	00:44&	00:19#	01:32&	00:33&	00:57&	00:29#	01:30&	01:14&	00:53&	00:41&	00:30&	00:27&	01:47&	01:28&	00:51&	00:31&	00:09&	00:04#	00:13&	00:14&	00:14&	00:07&	
<b>30</b>	<b>Kjetil Sommernes</b>	<b>116</b>										<b>51:22</b>											
00:20-	02:08+	03:58+	06:49+	10:46+	13:57+	16:41+	20:52+	22:16+	24:37+	26:29+	27:42+	30:10+	37:12+	40:39+	46:01+	46:50+	47:21+	47:54+	48:47+	50:20+	50:59+	51:22+	
00:20-	01:48+	01:50+	02:51+	03:57+	03:11+	02:44-	04:11+	01:24+	02:21+	01:52-	01:13+	02:28+	07:02+	03:27+	05:22+	00:49+	00:31-	00:33+	00:53+	01:33+	00:39+	00:23+	
00:03-	00:13#	00:19#	00:14+	02:40@	00:44&	00:03-	02:04&	00:00=	01:15@	00:16-	00:16&	01:02&	01:59&	00:38#	03:18@	00:04+	00:03-	00:07&	00:17&	00:56@	00:07#	00:02+	
<b>31</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>51:30</b>											
00:30+	02:25+	04:27+	07:31+	08:54+	11:33+	15:24+	17:57+	21:42+	23:00+	30:40+	31:32+	33:12+	38:48+	43:01+	46:11+	47:38+	48:21+	48:52+	49:38+	50:25+	51:07+	51:30+	
00:30+	01:55+	02:02+	03:04+	01:23+	02:39+	03:51+	02:33+	03:45+	01:18+	07:40+	00:52-	01:40+	05:36+	04:13+	03:10+	01:27+	00:43+	00:31+	00:46+	00:47+	00:42+	00:23+	
00:07&	00:20#	00:31&	00:27#	00:06+	00:12+	01:04&	00:26#	02:21@	00:12#	05:32@	00:05-	00:14#	00:33#	01:24&	01:06&	00:42&	00:09&	00:05#	00:10&	00:10&	00:10&	00:02+	
<b>32</b>	<b>Ivar Bergset</b>	<b>35</b>										<b>54:15</b>											
00:33+	02:44+	04:33+	08:37+	11:22+	15:41+	20:05+	23:39+	25:13+	27:24+	30:33+	32:46+	35:04+	41:30+	45:45+	48:05+	49:14+	50:18+	50:53+	51:57+	52:47+	53:39+	54:15+	
00:33+	02:11+	01:49+	04:04+	02:45+	04:19+	04:24+	03:34+	01:34+	02:14+	03:09+	02:18+	02:18+	06:26+	04:15+	02:20+	01:09+	01:04+	00:35+	01:04+	00:50+	00:52+	00:36+	
00:10&	00:36&	00:18#	01:27&	01:28@	01:52&	01:37&	01:27&	00:10#	01:05&	01:01&	01:16@	00:52&	01:23&	01:26&	00:16#	00:24&	00:30&	00:09&	00:28&	00:13&	00:20&	00:15&	
<b>33</b>	<b>Tor Brekken</b>	<b>97</b>										<b>54:18</b>											
00:25+	02:05+	04:07+	08:02+	09:14+	11:42+	14:32+	16:57+	18:11+	22:30+	30:28+	32:45+	34:18+	41:46+	45:24+	47:20+	48:41+	49:07+	49:36+	50:17+	52:43+	53:54+	54:18+	
00:25+	01:40+	02:02+	03:55+	01:12-	02:28+	02:50+	02:25+	01:14-	04:19+	07:58+	02:17+	01:33+	07:28+	03:38+	01:56-	01:21+	00:26-	00:29+	00:41+	02:26+	01:11+	00:24+	
00:02+	00:05+	00:31&	01:18&	00:05-	00:01+	00:03+	00:18#	00:10-	03:13@	05:50@	01:20@	00:07+	02:25&	00:49&	00:08-	00:36&	00:08-	00:03#	00:05#	01:49@	00:39@	00:03#	
<b>34</b>	<b>Tore Morten Hope</b>	<b>228</b>										<b>55:26</b>											
00:29+	02:12+	04:04+	07:18+	09:09+	12:25+	15:21+	18:45+	23:08+	34:10+	36:06+	37:06+	38:29+	44:18+	48:09+	50:28+	51:44+	52:23+	52:56+	53:38+	54:00+	55:00+	55:26+	
00:29+	01:43+	01:52+	03:14+	01:51+	03:16+	02:56+	03:24+	04:23+	11:02+	01:56-	01:00+	01:23-	05:49+	03:51+	02:19+	01:16+	00:39+	00:33+	00:42+	00:22-	01:00+	00:26+	
00:06&	00:08+	00:21#	00:37#	00:34&	00:49&	00:09+	01:17&	02:59@	09:56@	00:12-	00:03+	00:03-	00:46#	01:02&	00:15#	00:31&	00:05#	00:07&	00:06#	00:15-	00:28&	00:05#	
<b>35</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>56:10</b>											
00:37+	02:52+	05:51+	09:00+	10:33+	19:33+	24:																	

Class	Navn	Klasse												Tid											
<b>36</b>	<b>Harald Taksdal</b>	<b>236</b>												<b>56:27</b>											
00:35+	03:50+	07:20+	12:57+	16:14+	20:08+	23:16+	25:06+	27:21+	33:31+	34:45+	36:43+	43:35+	48:04+	50:51+	52:18+	52:48+	53:28+	54:12+	55:08+	55:55+	56:27+				
00:35+	03:15+	03:30+	03:37+	01:51+	03:26+	03:54+	03:08+	01:50+	02:15+	06:10+	01:14+	01:58+	06:52+	04:29+	02:47+	01:27+	00:30-	00:40+	00:44+	00:56+	00:32+				
00:12&	01:40@	01:59@	01:00&	00:34&	00:59&	01:07&	01:01&	00:26&	01:09@	04:02@	00:17&	00:32&	01:49&	01:40&	00:43&	00:42&	00:04-	00:14&	00:08#	00:19&	00:15&				
<b>37</b>	<b>Kjell R. Nordmark</b>	<b>7</b>												<b>58:23</b>											
00:32+	02:38+	04:26+	07:10+	08:41+	12:12+	15:37+	18:53+	20:08+	21:25+	23:28+	24:24+	26:14+	32:17+	36:34+	53:47+	54:46+	55:13+	55:42+	56:25+	57:04+	57:56+				
00:32+	02:06+	01:48+	02:44+	01:31+	03:31+	03:25+	03:16+	01:15-	01:17+	02:03-	00:56-	01:50+	06:03+	04:17+	17:13+	00:59+	00:27-	00:29+	00:43+	00:39+	00:52+				
00:09&	00:31&	00:17#	00:07+	00:14#	01:04&	00:38#	01:09&	00:09-	00:11#	00:05-	00:01-	00:24&	01:00#	01:28&	15:09@	00:14&	00:07-	00:03#	00:07#	00:02+	00:20&				
<b>38</b>	<b>John C. Sinnes</b>	<b>93</b>												<b>59:27</b>											
00:32+	02:56+	04:44+	11:50+	14:31+	18:10+	22:13+	25:38+	27:41+	29:29+	32:01+	33:36+	35:48+	42:37+	47:20+	54:30+	55:33+	56:22+	56:59+	57:39+	58:11+	59:04+				
00:32+	02:24+	01:48+	07:06+	02:41+	03:39+	04:03+	03:25+	02:03+	01:48+	02:32+	01:35+	02:12+	06:49+	04:43+	07:10+	01:03+	00:49+	00:37+	00:40+	00:32-	00:53+				
00:09&	00:49&	00:17#	04:29@	01:24@	01:12&	01:16&	01:18&	00:39&	00:42&	00:24#	00:38&	00:46&	01:46&	01:54&	05:06@	00:18&	00:15&	00:11&	00:04#	00:05-	00:21&				
<b>39</b>	<b>Josef Ludoid</b>	<b>228</b>												<b>1:03:28</b>											
00:33+	03:40+	06:56+	10:15+	12:04+	15:55+	21:01+	29:19+	30:39+	32:54+	35:01+	36:49+	39:02+	46:05+	51:25+	58:15+	59:37+	60:19+	61:00+	61:52+	62:09+	63:02+				
00:33+	03:07+	03:16+	03:19+	01:49+	03:51+	05:06+	08:18+	01:20-	02:15+	02:07-	01:48+	02:13+	07:03+	05:20+	06:50+	01:22+	00:42+	00:41+	00:52+	00:17-	00:53+				
00:10&	01:32&	01:45@	00:42&	00:32&	01:24&	02:19&	06:11@	00:04-	01:09@	00:01-	00:51&	00:47&	02:00&	02:31&	04:46@	00:37&	00:08#	00:15&	00:16&	00:20-	00:21&				
<b>40</b>	<b>Svein Magne Gloppen</b>	<b>93</b>												<b>1:05:23</b>											
00:33+	06:00+	09:18+	12:39+	14:18+	17:13+	24:40+	27:55+	29:31+	32:48+	36:17+	37:48+	39:41+	47:34+	51:40+	60:18+	61:26+	62:12+	62:48+	63:31+	64:08+	64:53+				
00:33+	05:27+	03:18+	03:21+	01:39+	02:55+	07:27+	03:15+	01:36+	03:17+	03:29+	01:31+	01:53+	07:53+	04:06+	08:38+	01:08+	00:46+	00:36+	00:43+	00:37=	00:45+				
00:10&	03:52@	01:47@	00:44&	00:22&	00:28#	04:40@	01:08&	00:12#	02:11@	01:21&	00:34&	00:27&	02:50&	01:17&	06:34@	00:23&	00:12&	00:10&	00:07#	00:00=	00:13&				
<b>41</b>	<b>Torbjørn Salthe</b>	<b>125</b>												<b>1:07:55</b>											
00:37+	03:15+	06:32+	10:12+	12:00+	15:07+	19:06+	28:10+	30:42+	39:28+	43:09+	44:46+	46:56+	53:08+	56:58+	61:17+	62:58+	63:29+	63:59+	64:42+	65:39+	67:24+				
00:37+	02:38+	03:17+	03:40+	01:48+	03:07+	03:59+	09:04+	02:32+	08:46+	03:41+	01:37+	02:10+	06:12+	03:50+	04:19+	01:41+	00:31-	00:30+	00:43+	00:57+	01:45+				
00:14&	01:03&	01:46@	01:03&	00:31&	00:40&	01:12&	06:57@	01:08&	07:40@	01:33&	00:40&	00:44&	01:09#	01:01&	02:15@	00:56@	00:03-	00:04#	00:07#	00:20&	01:13@				
<b>42</b>	<b>Kjetil Alsvik</b>	<b>92</b>												<b>1:15:20</b>											
00:40+	09:50+	11:50+	15:32+	25:52+	29:28+	33:39+	38:37+	40:27+	42:39+	49:48+	51:26+	53:39+	59:45+	63:38+	69:48+	70:52+	71:38+	72:13+	73:17+	74:01+	74:52+				
00:40+	09:10+	02:00+	03:42+	10:20+	03:36+	04:11+	04:58+	01:50+	02:12+	07:09+	01:38+	02:13+	06:06+	03:53+	06:10+	01:04+	00:46+	00:35+	01:04+	00:44+	00:51+				
00:17&	07:35@	00:29&	01:05&	09:03@	01:09&	01:24&	02:51@	00:26&	01:06&	05:01@	00:41&	00:47&	01:03#	01:04&	04:06@	00:19&	00:12&	00:09&	00:28&	00:07#	00:19&				
<b>Beste strekktid for klassen</b>																									
00:20	01:35	01:06	02:30	01:10	01:55	02:29	02:04	00:54	01:02	01:23	00:52	01:12	04:18	02:49	01:42	00:41	00:24	00:23	00:29	00:13	00:27				

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

## Herrer 60 - 64 år

<b>1</b>	<b>Tor Geir Espedal</b>	<b>115</b>												<b>35:03</b>											
02:31=	03:22=	05:55=	07:19=	08:18=	11:49=	14:37=	16:41=	19:28=	20:26=	22:46=	27:18=	30:33=	31:18=	31:56=	32:26=	34:00=	34:39=	35:03=							
02:31=	00:51=	02:33=	01:24=	00:59=	03:31=	02:48=	02:04=	02:47=	00:58=	02:20=	04:32=	03:15=	00:45=	00:38=	00:30=	01:34=	00:39=	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=							
<b>2</b>	<b>Torbjørn Evensen</b>	<b>108</b>												<b>35:20</b>											
01:31-	02:25-	05:38-	06:42-	07:46-	11:08-	14:02-	16:28-	19:44+	20:43+	22:42-	27:22+	30:30-	31:20+	31:58+	32:27+	34:03+	34:49+	35:20+							
01:31-	00:54+	03:13+	01:04-	01:04+	03:22-	02:54+	02:26+	03:16+	00:59+	01:59-	04:40+	03:08-	00:50+	00:38=	00:29-	01:36+	00:46+	00:31+							
01:00-	00:03+	00:40&	00:20-	00:05+	00:09-	00:06+	00:22#	00:29#	00:01+	00:21-	00:08+	00:07-	00:05#	00:00=	00:01-	00:02+	00:07#	00:07&							
<b>3</b>	<b>Arne M. Handeland</b>	<b>92</b>												<b>39:35</b>											
01:42-	02:29-	05:24-	06:39-	07:51-	11:08-	14:02-	16:17-	19:06-	21:13+	23:32+	28:26+	31:32+	32:17+	33:07+	36:42+	38:29+	39:12+	39:35+							
01:42-	00:47-	02:55+	01:15-	01:12+	03:17-	02:54+	02:15+	02:49+	02:07+	02:19-	04:54+	03:06-	00:45=	00:50+	03:35+	01:47+	00:43+	00:23-							
00:49-	00:04-	00:22#	00:09-	00:13#	00:14-	00:06+	00:11+	00:02+	01:09@	00:01-	00:22+	00:09-	00:00=	00:12&	03:05@	00:13#	00:04#	00:01-							
<b>4</b>	<b>Hans Erik Terjesen</b>	<b>116</b>												<b>39:54</b>											
01:29-	02:16-	04:55-	06:09-	07:18-	10:40-	14:19-	16:51+	19:56+	21:05+	24:18+	28:41+	31:58+	32:40+	33:24+	37:06+	38:54+	39:32+	39:54+							
01:29-	00:47-	02:39+	01:14-	01:09+	03:22-	03:39+	02:32+	03:05+	01:09+	03:13+	04:23-	03:17+	00:42-	00:44+	03:42+	01:48+	00:38-	00:22-							
01:02-	00:04-	00:06+	00:10-	00:10#	00:09-	00:51&	00:28#	00:18#	00:11#	00:53&	00:09-	00:02+	00:03-	00:06#	03:12@	00:14#	00:01-	00:02-							
<b>5</b>	<b>Bjørn Sivertsen</b>	<b>99</b>												<b>40:55</b>											
01:50-	03:15-	06:11+	07:32+	08:46+	12:36+	15:41+	17:49+	21:34+	22:39+	24:59+	30:35+	33:52+	34:41+	35:26+	38:21+	39:58+	40:32+	40:55+							
01:50-	01:25+	02:56+	01:21-	01:14+	03:50+	03:05+	02:08+	03:45+	01:05+	02:20=	05:36+	03:17+	00:49+	00:45+	02:55+	01:37+	00:34-	00:23-							
00:41-	00:34&	00:23#	00:03-	00:15&	00:19+	00:17#	00:04+	00:58&	00:07#	00:00=	01:04#	00:02+	00:04+	00:07#	02:25@	00:03+	00:05-	00:01-							
<b>6</b>	<b>Terje Stokkeland</b>	<b>69</b>												<b>42:36</b>											
02:49+	03:21-	06:31+	07:49+	09:12+	12:34+	15:19+	17:10+	19:52+	22:54+	24:46+	29:22+	32:23+	33:02+	39:16+	39:55+	41:27+	42:14+	42:36+							
02:49+	00:32-	03:10+	01:18-	01:23+	03:22-	02:45-	01:51-	02:42-	03:02+	01:52-	04:36+	03:01-	00:39-	06:14+	00:39+	01:32-	00:47+	00:22-							
00:18#	00:19-	00:37#	00:06-	00:24&	00:09-	00:03-	00:13-	00:05-	02:04@	00:28-	00:04+	00:14-	00:06-	05:36@	00:09&	00:02-	00:08#	00:02-							

Class	Navn	Klasse										Tid								
<b>7</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>43:46</b>								
	01:53-	02:45-	05:29-	06:59-	08:26+	12:46+	16:23+	19:23+	22:11+	23:17+	26:08+	31:49+	35:48+	36:56+	37:46+	41:02+	42:32+	43:18+	43:46+	
	01:53-	00:52+	02:44+	01:30+	01:27+	04:20+	03:37+	03:00+	02:48+	01:06+	02:51+	05:41+	03:59+	01:08+	00:50+	03:16+	01:30-	00:46+	00:28+	
	00:38-	00:01+	00:11+	00:06+	00:28&	00:49#	00:49&	00:56&	00:01+	00:08#	00:31#	01:09&	00:44#	00:23&	00:12&	02:46@	00:04-	00:07#	00:04#	
<b>8</b>	<b>Bjørn Bjelland</b>	<b>83</b>										<b>44:55</b>								
	01:57-	02:45-	06:19+	07:48+	09:00+	13:34+	17:42+	20:24+	24:02+	24:57+	27:12+	32:14+	35:46+	36:49+	39:41+	42:00+	43:39+	44:28+	44:55+	
	01:57-	00:48-	03:34+	01:29+	01:12+	04:34+	04:08+	02:42+	03:38+	00:55-	02:15-	05:02+	03:32+	01:03+	02:52+	02:19+	01:39+	00:49+	00:27+	
	00:34-	00:03-	01:01&	00:05+	00:13#	01:03&	01:20&	00:38&	00:51&	00:03-	00:05-	00:30#	00:17+	00:18&	02:14@	01:49@	00:05+	00:10&	00:03#	
<b>9</b>	<b>Olav Tunheim</b>	<b>93</b>										<b>46:03</b>								
	03:20+	03:59+	07:18+	08:44+	10:47+	14:26+	18:22+	21:12+	24:27+	25:36+	28:05+	32:55+	37:03+	37:56+	39:24+	43:12+	45:01+	45:42+	46:03+	
	03:20+	00:39-	03:19+	01:26+	02:03+	03:39+	03:56+	02:50+	03:15+	01:09+	02:29+	04:50+	04:08+	00:53+	01:28+	03:48+	01:49+	00:41+	00:21-	
	00:49&	00:12-	00:46&	00:02+	01:04@	00:08+	01:08&	00:46&	00:28#	00:11#	00:09+	00:18+	00:53&	00:08#	00:50@	03:18@	00:15#	00:02+	00:03-	
<b>10</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>47:27</b>								
	01:50-	03:02-	08:21+	09:34+	11:15+	15:46+	18:50+	26:40+	29:35+	30:38+	33:37+	38:55+	42:19+	43:15+	44:17+	44:58+	46:19+	47:02+	47:27+	
	01:50-	01:12+	05:19+	01:13-	01:41+	04:31+	03:04+	07:50+	02:55+	01:03+	02:59+	05:18+	03:24+	00:56+	01:02+	00:41+	01:21-	00:43+	00:25+	
	00:41-	00:21&	02:46@	00:11-	00:42&	01:00&	00:16+	05:46@	00:08+	00:05+	00:39&	00:46#	00:09+	00:11#	00:24&	00:11&	00:13-	00:04#	00:01+	
<b>11</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>49:49</b>								
	02:19-	03:14-	06:39+	08:18+	09:57+	14:52+	19:29+	21:43+	28:01+	29:11+	32:30+	38:29+	42:58+	43:49+	45:03+	46:23+	48:27+	49:21+	49:49+	
	02:19-	00:55+	03:25+	01:39+	01:39+	04:55+	04:37+	02:14+	06:18+	01:10+	03:19+	05:59+	04:29+	00:51+	01:14+	01:20+	02:04+	00:54+	00:28+	
	00:12-	00:04+	00:52&	00:15#	00:40&	01:24&	01:49&	00:10+	03:31@	00:12#	00:59&	01:27&	01:14&	00:06#	00:36&	00:50@	00:30&	00:15&	00:04#	
<b>12</b>	<b>Inge Johan Øverland</b>	<b>93</b>										<b>53:48</b>								
	01:58-	02:45-	05:51-	07:12-	10:45+	20:14+	23:29+	27:02+	31:49+	33:03+	35:47+	41:13+	45:17+	46:11+	47:42+	48:45+	52:23+	53:17+	53:48+	
	01:58-	00:47-	03:06+	01:21-	03:33+	09:29+	03:15+	03:33+	04:47+	01:14+	02:44+	05:26+	04:04+	00:54+	01:31+	01:03+	03:38+	00:54+	00:31+	
	00:33-	00:04-	00:33#	00:03-	02:34@	05:58@	00:27#	01:29&	02:00&	00:16&	00:24#	00:54#	00:49&	00:09#	00:53@	00:33@	02:04@	00:15&	00:07&	
<b>Beste strekktid for klassen</b>		01:29	00:32	02:33	01:04	00:59	03:17	02:45	01:51	02:42	00:55	01:52	04:23	03:01	00:39	00:38	00:29	01:21	00:34	00:21

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

## Herrer 65 - 69 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>25:57</b>							
	01:18=	01:48=	04:00=	05:12=	05:59=	08:27=	10:37=	12:12=	14:05=	14:49=	16:18=	19:40=	22:21=	22:53=	23:25=	23:55=	25:05=	25:37=	25:57=
	01:18=	00:30=	02:12=	01:12=	00:47=	02:28=	02:10=	01:35=	01:53=	00:44=	01:29=	03:22=	02:41=	00:32=	00:32=	00:30=	01:10=	00:32=	00:20=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>29:57</b>							
	01:20+	01:52+	05:02+	06:22+	07:41+	10:44+	13:28+	15:32+	17:33+	18:23+	19:54+	23:39+	26:18+	26:56+	27:29+	27:54+	29:05+	29:32+	29:57+
	01:20+	00:32+	03:10+	01:20+	01:19+	03:03+	02:44+	02:04+	02:01+	00:50+	01:31+	03:45+	02:39-	00:38+	00:33+	00:25-	01:11+	00:27-	00:25+
	00:02+	00:02+	00:58&	00:08#	00:32&	00:35#	00:34&	00:29&	00:08+	00:06#	00:02+	00:23#	00:02-	00:06#	00:01+	00:05-	00:01+	00:05-	00:05#
<b>3</b>	<b>Jan Hetland</b>	<b>29</b>										<b>30:24</b>							
	01:23+	02:02+	04:37+	05:39+	06:42+	09:26+	11:40+	13:23+	15:42+	17:09+	18:43+	22:13+	24:43+	25:19+	25:55+	28:15+	29:33+	30:07+	30:24+
	01:23+	00:39+	02:35+	01:02-	01:03+	02:44+	02:14+	01:43+	02:19+	01:27+	01:34+	03:30+	02:30-	00:36+	00:36+	02:20+	01:18+	00:34+	00:17-
	00:05+	00:09&	00:23#	00:10-	00:16&	00:16#	00:04+	00:08+	00:26#	00:43&	00:05+	00:08+	00:11-	00:04#	00:04#	01:50@	00:08#	00:02+	00:03-
<b>4</b>	<b>Gunnar Sakseid</b>	<b>116</b>										<b>31:36</b>							
	01:29+	02:10+	04:31+	05:36+	06:30+	09:38+	11:56+	13:49+	16:05+	16:59+	18:57+	22:47+	25:43+	26:17+	26:49+	29:31+	30:40+	31:14+	31:36+
	01:29+	00:41+	02:21+	01:05-	00:54+	03:08+	02:18+	01:53+	02:16+	00:54+	01:58+	03:50+	02:56+	00:34+	00:32=	02:42+	01:09-	00:34+	00:22+
	00:11#	00:11&	00:09+	00:07-	00:07#	00:40&	00:08+	00:18#	00:23#	00:10#	00:29&	00:28#	00:15+	00:02+	00:00=	02:12@	00:01-	00:02+	00:02#
<b>5</b>	<b>Arne Østensen</b>	<b>90</b>										<b>32:56</b>							
	01:35+	02:20+	04:59+	06:09+	07:13+	10:18+	12:55+	14:45+	17:36+	18:55+	20:47+	25:05+	28:05+	28:54+	29:39+	30:13+	31:50+	32:27+	32:56+
	01:35+	00:45+	02:39+	01:10-	01:04+	03:05+	02:37+	01:50+	02:51+	01:19+	01:52+	04:18+	03:00+	00:49+	00:45+	00:34+	01:37+	00:37+	00:29+
	00:17#	00:15&	00:27#	00:02-	00:17&	00:37#	00:27#	00:15#	00:58&	00:35&	00:23&	00:56&	00:19#	00:17&	00:13&	00:04#	00:27&	00:05#	00:09&
<b>6</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>34:12</b>							
	01:42+	02:27+	05:01+	06:11+	07:32+	10:31+	13:20+	15:57+	19:10+	20:06+	21:59+	26:29+	29:30+	30:12+	30:52+	31:30+	33:15+	33:46+	34:12+
	01:42+	00:45+	02:34+	01:10-	01:21+	02:59+	02:49+	02:37+	03:13+	00:56+	01:53+	04:30+	03:01+	00:42+	00:40+	00:38+	01:45+	00:31-	00:26+
	00:24&	00:15&	00:22#	00:02-	00:34&	00:31#	00:39&	01:02&	01:20&	00:12&	00:24&	01:08&	00:20#	00:10&	00:08#	00:08&	00:35&	00:01-	00:06&
<b>7</b>	<b>Otto Alsnes</b>	<b>50</b>										<b>34:57</b>							
	01:30+	02:18+	05:03+	06:32+	07:45+	10:58+	13:59+	15:47+	18:34+	19:37+	21:36+	26:06+	29:12+	29:56+	30:34+	31:03+	33:44+	34:29+	34:57+
	01:30+	00:48+	02:45+	01:29+	01:13+	03:13+	03:01+	01:48+	02:47+	01:03+	01:59+	04:30+	03:06+	00:44+	00:38+	00:29-	02:41+	00:45+	00:28+
	00:12#	00:18&	00:33#	00:17#	00:26&	00:45&	00:51&	00:13#	00:54&	00:19&	00:30&	01:08&	00:25#	00:12&	00:06#	00:01-	01:31@	00:13&	00:08&

Class	Navn	Klasse										Tid									
<b>8</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>37:33</b>									
01:34+	02:23+	04:50+	06:02+	08:01+	11:22+	14:06+	15:57+	20:21+	21:23+	23:47+	28:20+	31:28+	32:15+	33:00+	34:15+	36:09+	37:09+	37:33+			
01:34+	00:49+	02:27+	01:12=	01:59+	03:21+	02:44+	01:51+	04:24+	01:02+	02:24+	04:33+	03:08+	00:47+	00:45+	01:15+	01:54+	01:00+	00:24+			
00:16#	00:19#	00:15#	00:00=	01:12@	00:53#	00:34#	00:16#	02:31@	00:18#	00:55#	01:11#	00:27#	00:15#	00:13#	00:45@	00:44#	00:28#	00:04#			
<b>9</b>	<b>Svein Berge</b>	<b>126</b>										<b>38:54</b>									
02:28+	03:25+	06:48+	07:57+	09:31+	13:14+	16:30+	19:09+	22:11+	23:25+	25:09+	29:32+	32:13+	32:54+	36:05+	36:38+	37:59+	38:31+	38:54+			
02:28+	00:57+	03:23+	01:09-	01:34+	03:43+	03:16+	02:39+	03:02+	01:14+	01:44+	04:23+	02:41=	00:41+	03:11+	00:33+	01:21+	00:32=	00:23+			
01:10#	00:27#	01:11#	00:03-	00:47#	01:15#	01:06#	01:04#	01:09#	00:30#	00:15#	01:01#	00:00=	00:09#	02:39@	00:03#	00:11#	00:00=	00:03#			
<b>10</b>	<b>Terje Langeland</b>	<b>98</b>										<b>39:48</b>									
01:42+	02:36+	06:18+	07:21+	09:19+	13:03+	16:20+	18:43+	21:59+	23:04+	25:18+	30:25+	34:29+	35:11+	36:16+	37:00+	38:42+	39:21+	39:48+			
01:42+	00:54+	03:42+	01:03-	01:58+	03:44+	03:17+	02:23+	03:16+	01:05+	02:14+	05:07+	04:04+	00:42+	01:05+	00:44+	01:42+	00:39+	00:27+			
00:24#	00:24#	01:30#	00:09-	01:11@	01:16#	01:07#	00:48#	01:23#	00:21#	00:45#	01:45#	01:23#	00:10#	00:33@	00:14#	00:32#	00:07#	00:07#			
<b>11</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>40:26</b>									
01:51+	02:30+	06:36+	08:15+	10:12+	13:19+	16:21+	18:49+	21:48+	22:45+	25:58+	30:27+	33:51+	34:33+	35:15+	35:54+	39:18+	39:56+	40:26+			
01:51+	00:39+	04:06+	01:39+	01:57+	03:07+	03:02+	02:28+	02:59+	00:57+	03:13+	04:29+	03:24+	00:42+	00:42+	00:39+	03:24+	00:38+	00:30+			
00:33#	00:09#	01:54#	00:27#	01:10@	00:39#	00:52#	00:53#	01:06#	00:13#	01:44@	01:07#	00:43#	00:10#	00:10#	00:09#	02:14@	00:06#	00:10#			
<b>12</b>	<b>Roar Fitjar</b>	<b>101</b>										<b>43:01</b>									
01:38+	06:58+	10:03+	11:24+	12:43+	16:32+	19:41+	21:57+	24:56+	26:04+	28:44+	34:03+	37:22+	38:10+	39:08+	39:44+	41:51+	42:34+	43:01+			
01:38+	05:20+	03:05+	01:21+	01:19+	03:49+	03:09+	02:16+	02:59+	01:08+	02:40+	05:19+	03:19+	00:48+	00:58+	00:36+	02:07+	00:43+	00:27+			
00:20#	04:50@	00:53#	00:09#	00:32#	01:21#	00:59#	00:41#	01:06#	00:24#	01:11#	01:57#	00:38#	00:16#	00:26#	00:06#	00:57#	00:11#	00:07#			
<b>13</b>	<b>Svein Ove Horpestad</b>	<b>62</b>										<b>44:24</b>									
01:44+	02:29+	06:08+	07:43+	09:04+	17:31+	20:19+	23:39+	28:02+	29:10+	31:14+	36:02+	39:19+	40:07+	41:00+	41:34+	43:18+	43:54+	44:24+			
01:44+	00:45+	03:39+	01:35+	01:21+	08:27+	02:48+	03:20+	04:23+	01:08+	02:40+	04:48+	03:17+	00:48+	00:53+	00:34+	01:44+	00:36+	00:30+			
00:26#	00:15#	01:27#	00:23#	00:34#	05:59@	00:38#	01:45@	02:30@	00:24#	00:35#	01:26#	00:36#	00:16#	00:21#	00:04#	00:34#	00:04#	00:10#			
<b>14</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>										<b>46:53</b>									
02:05+	02:47+	06:00+	07:25+	08:44+	12:51+	16:32+	19:05+	22:15+	23:46+	25:50+	31:04+	34:37+	35:32+	36:32+	44:13+	45:46+	46:28+	46:53+			
02:05+	00:42+	03:13+	01:25+	01:19+	04:07+	03:41+	02:33+	03:10+	01:31+	02:04+	05:14+	03:33+	00:55+	01:00+	07:41+	01:33+	00:42+	00:25+			
00:47#	00:12#	01:01#	00:13#	00:32#	01:39#	01:31#	00:58#	01:17#	00:47@	00:35#	01:52#	00:52#	00:23#	00:28#	07:11@	00:23#	00:10#	00:05#			
<b>15</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>47:45</b>									
02:13+	02:59+	06:26+	08:02+	09:29+	13:43+	17:34+	20:05+	23:20+	24:39+	26:57+	32:26+	36:04+	37:00+	37:47+	45:03+	46:33+	47:15+	47:45+			
02:13+	00:46+	03:27+	01:36+	01:27+	04:14+	03:51+	02:31+	03:15+	01:19+	02:18+	05:29+	03:38+	00:56+	00:47+	07:16+	01:30+	00:42+	00:30+			
00:55#	00:16#	01:15#	00:24#	00:40#	01:46#	01:41#	00:56#	01:22#	00:35#	00:49#	02:07#	00:57#	00:24#	00:15#	06:46@	00:20#	00:10#	00:10#			
<b>16</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>50:12</b>									
01:30+	03:49+	08:04+	09:32+	12:10+	16:10+	19:05+	21:06+	25:08+	26:05+	28:26+	32:51+	36:33+	37:07+	38:16+	46:50+	49:20+	49:52+	50:12+			
01:30+	02:19+	04:15+	01:28+	02:38+	04:00+	02:55+	02:01+	04:02+	00:57+	02:21+	04:25+	03:42+	00:34+	01:09+	08:34+	02:30+	00:32=	00:20=			
00:12#	01:49@	02:03#	00:16#	01:51@	01:32#	00:45#	00:26#	02:09@	00:13#	00:52#	01:03#	01:01#	00:02+	00:37@	08:04@	01:20@	00:00=	00:00=			
<b>17</b>	<b>Per Marthon Møland</b>	<b>5</b>										<b>50:30</b>									
02:00+	02:34+	06:29+	08:24+	10:27+	14:32+	18:05+	20:28+	26:12+	27:38+	30:19+	36:35+	39:56+	40:48+	41:36+	46:23+	48:52+	49:46+	50:30+			
02:00+	00:34+	03:55+	01:55+	02:03+	04:05+	03:33+	02:23+	05:44+	01:26+	02:41+	06:16+	03:21+	00:52+	00:48+	04:47+	02:29+	00:54+	00:44+			
00:42#	00:04#	01:43#	00:43#	01:16@	01:37#	01:23#	00:48#	03:51@	00:42#	01:12#	02:54#	00:40#	00:20#	00:16#	04:17@	01:19@	00:22#	00:24@			
<b>18</b>	<b>Berge Hatteland</b>	<b>62</b>										<b>50:50</b>									
02:25+	06:20+	09:54+	11:30+	13:10+	17:50+	21:52+	24:30+	28:01+	29:27+	31:59+	38:22+	42:23+	43:32+	44:31+	45:59+	48:45+	49:50+	50:50+			
02:25+	03:55+	03:34+	01:36+	01:40+	04:40+	04:02+	02:38+	03:31+	01:26+	02:32+	06:23+	04:01+	01:09+	00:59+	01:28+	02:46+	01:05+	01:00+			
01:07#	03:25@	01:22#	00:24#	00:53@	02:12#	01:52#	01:03#	01:38#	00:42#	01:03#	03:01#	01:20#	00:37@	00:27#	00:58@	01:36@	00:33@	00:40@			
<b>19</b>	<b>Terje Gautestad</b>	<b>7</b>										<b>51:30</b>									
05:46+	06:12+	09:19+	10:43+	12:39+	16:35+	21:16+	23:23+	26:47+	27:56+	30:12+	35:35+	39:16+	40:04+	41:26+	47:46+	50:13+	51:00+	51:30+			
05:46+	00:26-	03:07+	01:24+	01:56+	03:56+	04:41+	02:07+	03:24+	01:09+	02:16+	05:23+	03:41+	00:48+	01:22+	06:20+	02:27+	00:47+	00:30+			
04:28@	00:04-	00:55#	00:12#	01:09@	01:28#	02:31@	00:32#	01:31#	00:25#	00:47#	02:01#	01:00#	00:16#	00:50@	05:50@	01:17@	00:15#	00:10#			
<b>20</b>	<b>Ragnar Rossavik</b>	<b>109</b>										<b>51:47</b>									
08:05+	09:29+	12:30+	14:04+	15:24+	19:25+	22:59+	25:46+	29:24+	30:41+	32:51+	37:46+	41:40+	42:26+	43:24+	49:04+	50:34+	51:20+	51:47+			
08:05+	01:24+	03:01+	01:34+	01:20+	04:01+	03:34+	02:47+	03:38+	01:17+	02:10+	04:55+	03:54+	00:46+	00:58+	05:40+	01:30+	00:46+	00:27+			
06:47@	00:54@	00:49#	00:22#	00:33#	01:33#	01:24#	01:12#	01:45#	00:33#	00:41#	01:33#	01:13#	00:14#	00:26#	05:10@	00:20#	00:14#	00:07#			
<b>21</b>	<b>Terje Helland</b>	<b>88</b>										<b>58:10</b>									
01:32+	02:21+	05:33+	09:04+	11:22+	14:35+	17:53+	20:18+	35:28+	37:44+	40:42+	45:08+	50:49+	51:23+	52:00+	54:19+	57:01+	57:36+	58:10+			
01:32+	00:49+	03:12+	03:31+	02:18+	03:13+	03:18+	02:25+	15:10+	02:16+	02:58+	04:26+	05:41+	00:34+	00:37+	02:19+	02:42+	00:35+	00:34+			
00:14#	00:19#	01:00#	02:19@	01:31@	00:45#	01:08#	00:50#	13:17@	01:32@	01:29#	01:04#	03:00@	00:02+	00:05#	01:49@	01:32@	00:03+	00:14#			
<b>22</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>1:01:21</b>									
02:36+	11:33+	16:40+	20:39+	22:23+	26:50+	30:47+	33:21+	37:49+	39:09+	43:41+	49:33+	53:30+	54:33+	55:37+	56:36+	59:33+	60:47+	61:21+			
02:36+	08:57+	05:07+	03:59+	01:44+	04:27+	03:57+	02:34+	04:28+	01:20+	04:32+	05:52+	03:57+	01:03+	01:04+	00:59+	02:57+	01:14+	00:34+			
01:18#	08:27@	02:55@	02:47@	00:57@	01:59#	01:47#	00:59#	02:35@	00:36#	03:03@	02:30#	01:16#	00:31#	00:32#	00:29#	01:47@	00:42@	00:14#			

Class	Navn	Klasse										Tid							
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<b>23</b>	<b>Svein Ims</b>	<b>65</b>										<b>1:03:17</b>							
02:15+	03:12+	08:41+	10:56+	13:11+	17:55+	22:10+	24:57+	27:49+	29:04+	38:27+	44:02+	49:33+	51:15+	53:06+	59:26+	61:53+	62:42+	63:17+	
02:15+	00:57+	05:29+	02:15+	02:15+	04:44+	04:15+	02:47+	02:52+	01:15+	09:23+	05:35+	05:31+	01:42+	01:51+	06:20+	02:27+	00:49+	00:35+	
00:57&	00:27&	03:17@	01:03&	01:28@	02:16&	02:05&	01:12&	00:59&	00:31&	07:54@	02:13&	02:50@	01:10@	01:19@	05:50@	01:17@	00:17&	00:15&	

**Beste strekktid for klassen**

01:18	00:26	02:12	01:02	00:47	02:28	02:10	01:35	01:53	00:44	01:29	03:22	02:30	00:32	00:32	00:25	01:09	00:27	00:17
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Herrer 70 - 74 år

<b>1</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>33:24</b>							
01:46=	02:42=	05:19=	06:33=	07:34=	10:51=	14:13=	16:14=	18:46=	19:43=	21:43=	26:07=	29:10=	29:57=	30:35=	31:07=	32:20=	33:01=	33:24=	
01:46=	00:56=	02:37=	01:14=	01:01=	03:17=	03:22=	02:01=	02:32=	00:57=	02:00=	04:24=	03:03=	00:47=	00:38=	00:32=	01:13=	00:41=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

<b>2</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>35:18</b>							
01:44-	04:09+	06:36+	07:53+	09:27+	12:56+	15:47+	17:43+	20:32+	21:35+	23:24+	27:47+	30:51+	31:39+	32:23+	32:54+	34:25+	34:57+	35:18+	
01:44-	02:25+	02:27-	01:17+	01:34+	03:29+	02:51-	01:56-	02:49+	01:03+	01:49-	04:23-	03:04+	00:48+	00:44+	00:31-	01:31+	00:32-	00:21-	
00:02-	01:29@	00:10-	00:03+	00:33&	00:12+	00:31-	00:05-	00:17#	00:06#	00:11-	00:01-	00:01+	00:01+	00:06#	00:01-	00:18#	00:09-	00:02-	

<b>3</b>	<b>Odd Garpestad</b>	<b>29</b>										<b>36:29</b>								
01:41-	02:14-	05:19=	06:27-	07:38+	10:33-	12:47-	14:28-	16:46-	18:12-	19:38-	23:27-	26:44-	27:29-	29:07-	31:48+	32:22+	34:16+	35:27+	36:02+	36:29+
01:41-	00:33-	03:05+	01:08-	01:11+	02:55-	02:14-	01:41-	02:18-	01:26-	01:26-	03:49-	03:17+	00:45-	01:38+	02:41+	00:34-	01:54+	01:11+	00:35+	00:27+
00:05-	00:23-	00:28#	00:06-	00:10#	00:22-	01:08-	00:20-	00:14-	00:29&	00:34-	00:35-	00:14+	00:02-	01:30+	02:09@	00:39-	01:13@	00:48@	00:35+	00:27+

<b>4</b>	<b>Hilmar Røthing</b>	<b>128</b>										<b>38:50</b>							
02:15+	03:11+	06:13+	07:21+	08:51+	12:17+	15:24+	17:17+	20:12+	21:03+	22:46+	27:30+	30:17+	30:59+	32:29+	35:38+	37:55+	38:25+	38:50+	
02:15+	00:56=	03:02+	01:08-	01:30+	03:26+	03:07-	01:53-	02:55+	00:51-	01:43-	04:44+	02:47-	00:42-	01:30+	03:09+	02:17+	00:30-	00:25+	
00:29&	00:00=	00:25#	00:06-	00:29&	00:09+	00:15-	00:08-	00:23#	00:06-	00:17-	00:20+	00:16-	00:05-	00:52@	02:37@	01:04&	00:11-	00:02+	

<b>5</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>40:38</b>							
01:48+	02:46+	06:03+	07:28+	08:47+	12:47+	15:35+	17:44+	21:18+	22:27+	25:10+	29:49+	33:03+	33:54+	34:44+	37:45+	39:22+	40:08+	40:38+	
01:48+	00:58+	03:17+	01:25+	01:19+	04:00+	02:48-	02:09+	03:34+	01:09+	02:43+	04:39+	03:14+	00:51+	00:50+	03:01+	01:37+	00:46+	00:30+	
00:02+	00:02+	00:40&	00:11#	00:18&	00:43#	00:34-	00:08+	01:02&	00:12#	00:43&	00:15+	00:11+	00:04+	00:12&	02:29@	00:24&	00:05#	00:07&	

<b>6</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>41:16</b>							
01:58+	02:43+	05:29+	06:49+	09:11+	13:26+	16:17+	19:24+	23:37+	24:38+	26:44+	31:55+	35:08+	35:53+	36:38+	38:36+	40:20+	40:53+	41:16+	
01:58+	00:45-	02:46+	01:20+	02:22+	04:15+	02:51-	03:07+	04:13+	01:01+	02:06+	05:11+	03:13+	00:45-	00:45+	01:58+	01:44+	00:33-	00:23=	
00:12#	00:11-	00:09+	00:06+	01:21@	00:58&	00:31-	01:06&	01:41&	00:04+	00:06+	00:47#	00:10+	00:02-	00:07#	01:26@	00:31&	00:08-	00:00=	

<b>7</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>41:22</b>							
02:06+	03:27+	07:01+	08:21+	09:26+	12:26+	15:07+	17:10+	21:19+	22:19+	25:48+	30:53+	34:19+	35:16+	37:10+	37:47+	39:39+	40:45+	41:22+	
02:06+	01:21+	03:34+	01:20+	01:05+	03:00-	02:41-	02:03+	04:09+	01:00+	03:29+	05:05+	03:26+	00:57+	01:54+	00:37+	01:52+	01:06+	00:37+	
00:20#	00:25&	00:57&	00:06+	00:04+	00:17-	00:41-	00:02+	01:37&	00:03+	01:29&	00:41#	00:23#	00:10#	01:16@	00:05#	00:39&	00:25&	00:14&	

<b>8</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>42:15</b>							
01:51+	02:41-	06:10+	07:44+	09:20+	14:15+	17:37+	20:02+	24:29+	25:35+	27:35+	32:39+	35:53+	36:40+	37:35+	38:26+	41:05+	41:49+	42:15+	
01:51+	00:50-	03:29+	01:34+	01:36+	04:55+	03:22=	02:25+	04:27+	01:06+	02:00=	05:04+	03:14+	00:47=	00:55+	00:51+	02:39+	00:44+	00:26+	
00:05+	00:06-	00:52&	00:20&	00:35&	01:38&	00:00=	00:24#	01:55&	00:09#	00:00=	00:40#	00:11+	00:00=	00:17&	00:19&	01:26@	00:03+	00:03#	

<b>9</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>44:18</b>							
01:49+	02:55+	06:05+	07:41+	10:06+	15:03+	18:06+	20:17+	23:27+	24:46+	27:39+	33:23+	36:42+	37:29+	38:31+	41:17+	42:59+	43:48+	44:18+	
01:49+	01:06+	03:10+	01:36+	02:25+	04:57+	03:03-	02:11+	03:10+	01:19+	02:53+	05:44+	03:19+	00:47=	01:02+	02:46+	01:42+	00:49+	00:30+	
00:03+	00:10#	00:33#	00:22&	01:24@	01:40&	00:19-	00:10+	00:38#	00:22&	00:53&	01:20&	00:16+	00:00=	00:24&	02:14@	00:29&	00:08#	00:07&	

<b>10</b>	<b>Knut Jonas Espedal</b>	<b>53</b>										<b>44:20</b>							
02:27+	03:24+	07:55+	09:14+	10:36+	14:54+	18:06+	20:28+	23:31+	24:38+	30:20+	35:36+	39:07+	39:58+	40:43+	41:25+	43:05+	43:49+	44:20+	
02:27+	00:57+	04:31+	01:19+	01:22+	04:18+	03:12-	02:22+	03:03+	01:07+	05:42+	05:16+	03:31+	00:51+	00:45+	00:42+	01:40+	00:44+	00:31+	
00:41&	00:01+	01:54&	00:05+	00:21&	01:01&	00:10-	00:21#	00:31#	00:10#	03:42@	00:52#	00:28#	00:04+	00:07#	00:10&	00:27&	00:03+	00:08&	

<b>11</b>	<b>Ingjald Egeland</b>	<b>7</b>										<b>44:31</b>							
02:52+	03:50+	07:02+	08:38+	09:54+	13:51+	16:31+	18:35+	22:14+	23:19+	25:53+	30:32+	33:39+	34:26+	35:16+	40:47+	43:25+	44:03+	44:31+	
02:52+	00:58+	03:12+	01:36+	01:16+	03:57+	02:40-	02:04+	03:39+	01:05+	02:34+	04:39+	03:07+	00:47=	00:50+	05:31+	02:38+	00:38-	00:28+	
01:06&	00:02+	00:35#	00:22&	00:15#	00:40#	00:42-	00:03+	01:07&	00:08#	00:34&	00:15+	00:04+	00:00=	00:12&	04:59@	01:25@	00:03-	00:05#	

<b>12</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>45:41</b>							
01:48+	06:07+	09:50+	11:15+	12:54+	16:28+	20:02+	22:35+	26:01+	26:58+	29:28+	34:51+	38:34+	39:27+	40:08+	42:46+	44:23+	45:10+	45:41+	
01:48+	04:19+	03:43+	01:25+	01:39+	03:34+	03:34+	02:33+	03:26+	00:57=	02:30+	05:23+	03:43+	00:53+	00:41+	02:38+	01:37+	00:47+	00:31+	
00:02+	03:23@	01:06&	00:11#	00:38&	00:17+	00:12+	00:32&	00:54&	00:00=	00:30#	00:59#	00:40#	00:06#	00:03+	02:06@	00:24&	00:06#	00:08&	

Class	Navn	Klasse										Tid							
<b>13</b>	<b>Tormod Aaslid</b>	<b>54</b>										<b>46:58</b>							
01:49+	02:52+	05:46+	07:00+	08:21+	12:09+	17:04+	20:14+	23:03+	26:02+	31:54+	37:01+	40:23+	41:07+	42:34+	43:38+	43:58+	45:44+	46:31+	46:58+
01:49+	01:03+	02:54+	01:14=	01:21+	03:48+	04:55+	03:10+	02:49+	02:59+	05:52+	05:07+	03:22+	00:44-	01:27+	01:04+	00:20-	01:46+	00:47+	00:27+
00:03+	00:07#	00:17#	00:00=	00:20&	00:31#	01:33&	01:09&	00:17#	02:02@	03:52@	00:43#	00:19#	00:03-	00:49@	00:32&	00:53-	01:05@	00:24@	00:27+
<b>14</b>	<b>Geir Husdal</b>	<b>93</b>										<b>51:07</b>							
02:02+	03:25+	08:21+	11:06+	13:00+	17:45+	21:10+	23:38+	28:16+	29:45+	32:29+	39:59+	43:56+	45:05+	46:02+	47:22+	49:12+	50:11+	51:07+	
02:02+	01:23+	04:56+	02:45+	01:54+	04:45+	03:25+	02:28+	04:38+	01:29+	02:44+	07:30+	03:57+	01:09+	00:57+	01:20+	01:50+	00:59+	00:56+	
00:16#	00:27&	02:19&	01:31@	00:53&	01:28&	00:03+	00:27#	02:06&	00:32&	00:44&	03:06&	00:54&	00:22&	00:19&	00:48@	00:37&	00:18&	00:33@	
<b>15</b>	<b>Svein Eliassen</b>	<b>116</b>										<b>59:37</b>							
02:13+	03:31+	07:05+	09:02+	12:04+	17:19+	21:08+	24:25+	29:17+	30:56+	35:32+	41:32+	45:27+	46:19+	48:54+	51:40+	57:49+	59:01+	59:37+	
02:13+	01:18+	03:34+	01:57+	03:02+	05:15+	03:49+	03:17+	04:52+	01:39+	04:36+	06:00+	03:55+	00:52+	02:35+	02:46+	06:09+	01:12+	00:36+	
00:27&	00:22&	00:57&	00:43&	02:01@	01:58&	00:27#	01:16&	02:20&	00:42&	02:36@	01:36&	00:52&	00:05#	01:57@	02:14@	04:56@	00:31&	00:13&	
<b>16</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>										<b>1:00:01</b>							
02:20+	03:36+	07:02+	08:47+	11:21+	16:35+	21:36+	24:19+	31:49+	34:09+	37:03+	43:01+	47:36+	48:37+	50:33+	56:18+	58:29+	59:26+	60:01+	
02:20+	01:16+	03:26+	01:45+	02:34+	05:14+	05:01+	02:43+	07:30+	02:20+	02:54+	05:58+	04:35+	01:01+	01:56+	05:45+	02:11+	00:57+	00:35+	
00:34&	00:20&	00:49&	00:31&	01:33@	01:57&	01:39&	00:42&	04:58@	01:23@	00:54&	01:34&	01:32&	00:14&	01:18@	05:13@	00:58&	00:16&	00:12&	
<b>17</b>	<b>Jan H. Sagen</b>	<b>92</b>										<b>1:01:40</b>							
02:24+	08:59+	14:50+	16:45+	21:20+	25:48+	30:02+	33:35+	37:48+	39:08+	43:47+	49:53+	53:43+	54:51+	55:51+	56:52+	59:48+	61:06+	61:40+	
02:24+	06:35+	05:51+	01:55+	04:35+	04:28+	04:14+	03:33+	04:13+	01:20+	04:39+	06:06+	03:50+	01:08+	01:00+	01:01+	02:56+	01:18+	00:34+	
00:38&	05:39@	03:14@	00:41&	03:34@	01:11&	00:52&	01:32&	01:41&	00:23&	02:39@	01:42&	00:47&	00:21&	00:22&	00:29&	01:43@	00:37&	00:11&	
<b>Beste strekktid for klassen</b>																			
01:41	00:33	02:27	01:08	01:01	02:55	02:14	01:41	02:18	00:51	01:26	03:49	02:47	00:42	00:38	00:31	00:20	00:30	00:21	

= 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>37:40</b>							
03:06=	05:18=	07:00=	09:16=	11:01=	13:37=	18:39=	21:05=	22:29=	25:31=	27:02=	30:34=	34:53=	35:52=	36:25=	37:11=	37:40=			
03:06=	02:12=	01:42=	02:16=	01:45=	02:36=	05:02=	02:26=	01:24=	03:02=	01:31=	03:32=	04:19=	00:59=	00:33=	00:46=	00:29=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>47:46</b>							
04:25+	07:20+	09:40+	12:05+	13:49+	16:57+	24:33+	27:37+	28:50+	32:31+	34:38+	38:51+	44:29+	45:50+	46:26+	47:19+	47:46+			
04:25+	02:55+	02:20+	02:25+	01:44-	03:08+	07:36+	03:04+	01:13-	03:41+	02:07+	04:13+	05:38+	01:21+	00:36+	00:53+	00:27-			
01:19&	00:43&	00:38&	00:09+	00:01-	00:32#	02:34&	00:38&	00:11-	00:39#	00:36&	00:41#	01:19&	00:22&	00:03+	00:07#	00:02-			
<b>3</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>50:50</b>							
03:58+	06:38+	08:51+	11:19+	13:23+	17:29+	22:44+	25:59+	26:55+	31:37+	34:28+	40:40+	46:01+	48:24+	49:12+	50:20+	50:50+			
03:58+	02:40+	02:13+	02:28+	02:04+	04:06+	05:15+	03:15+	00:56-	04:42+	02:51+	06:12+	05:21+	02:23+	00:48+	01:08+	00:30+			
00:52&	00:28#	00:31&	00:12+	00:19#	01:30&	00:13+	00:49&	00:28-	01:40&	01:20&	02:40&	01:02#	01:24@	00:15&	00:22&	00:01+			
<b>4</b>	<b>Harald Vatne</b>	<b>67</b>										<b>50:53</b>							
03:40+	07:42+	12:23+	15:52+	17:13+	19:51+	25:43+	28:27+	29:24+	33:06+	35:24+	40:23+	46:43+	48:59+	49:35+	50:26+	50:53+			
03:40+	04:02+	04:41+	03:29+	01:21-	02:38+	05:52+	02:44+	00:57-	03:42+	02:18+	04:59+	06:20+	02:16+	00:36+	00:51+	00:27-			
00:34#	01:50&	02:59@	01:13&	00:24-	00:02+	00:50#	00:18#	00:27-	00:40#	00:47&	01:27&	02:01&	01:17@	00:03+	00:05#	00:02-			
<b>5</b>	<b>Harald I. Serigstad</b>	<b>128</b>										<b>1:01:55</b>							
06:36+	09:37+	13:26+	16:23+	17:54+	22:51+	28:55+	38:51+	40:17+	44:14+	46:15+	50:52+	56:16+	57:58+	58:48+	59:56+	61:55+			
06:36+	03:01+	03:49+	02:57+	01:31-	04:57+	06:04+	09:56+	01:26+	03:57+	02:01+	04:37+	05:24+	01:42+	00:50+	01:08+	01:59+			
03:30@	00:49&	02:07@	00:41&	00:14-	02:21&	01:02#	07:30@	00:02+	00:55&	00:30&	01:05&	01:05&	00:43&	00:17&	00:22&	01:30@			
<b>6</b>	<b>Albert Moe</b>	<b>54</b>										<b>1:04:47</b>							
04:38+	08:18+	13:08+	15:22+	17:23+	26:07+	31:11+	34:58+	35:59+	41:34+	45:18+	51:28+	57:57+	62:12+	63:08+	64:05+	64:47+			
04:38+	03:40+	04:50+	02:14-	02:01+	08:44+	05:04+	03:47+	01:01-	05:35+	03:44+	06:10+	06:29+	04:15+	00:56+	00:57+	00:42+			
01:32&	01:28&	03:08@	00:02-	00:16#	06:08@	00:02+	01:21&	00:23-	02:33&	02:13@	02:38&	02:10&	03:16@	00:23&	00:11#	00:13&			
<b>7</b>	<b>Gunnar Furland</b>	<b>93</b>										<b>1:07:26</b>							
04:15+	07:14+	09:27+	16:41+	18:55+	28:18+	35:28+	41:17+	42:32+	47:14+	50:01+	55:28+	63:36+	65:07+	65:54+	66:52+	67:26+			
04:15+	02:59+	02:13+	07:14+	02:14+	09:23+	07:10+	05:49+	01:15-	04:42+	02:47+	05:27+	08:08+	01:31+	00:47+	00:58+	00:34+			
01:09&	00:47&	00:31&	04:58@	00:29&	06:47@	02:08&	03:23@	00:09-	01:40&	01:16&	01:55&	03:49&	00:32&	00:14&	00:12&	00:05#			
<b>Beste strekktid for klassen</b>																			
03:06	02:12	01:42	02:14	01:21	02:36	05:02	02:26	00:56	03:02	01:31	03:32	04:19	00:59	00:33	00:46	00:27			

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

## Herrer 80 år og eldre

<b>1</b>	<b>Magne Westerheim</b>	<b>93</b>	<b>49:04</b>														
00:47=	03:04=	06:48=	07:36=	11:48=	14:52=	18:08=	20:22=	23:50=	30:53=	35:06=	39:18=	41:53=	42:32=	46:12=	47:34=	48:36=	49:04=
00:47=	02:17=	03:44=	00:48=	04:12=	03:04=	03:16=	02:14=	03:28=	07:03=	04:13=	04:12=	02:35=	00:39=	03:40=	01:22=	01:02=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Sigurd Krosli</b>	<b>31</b>	<b>59:00</b>														
00:44-	02:39-	06:15-	07:32-	12:39+	16:36+	19:18+	21:55+	31:01+	37:37+	41:06+	45:29+	48:20+	49:51+	53:21+	56:00+	57:24+	59:00+
00:44-	01:55-	03:36-	01:17+	05:07+	03:57+	02:42-	02:37+	09:06+	06:36-	03:29-	04:23+	02:51+	01:31+	03:30-	02:39+	01:24+	01:36+
00:03-	00:22-	00:08-	00:29&	00:55#	00:53&	00:34-	00:23#	05:38@	00:27-	00:44-	00:11+	00:16#	00:52@	00:10-	01:17&	00:22&	01:08@
<b>3</b>	<b>Peter Frafjord</b>	<b>116</b>	<b>1:15:05</b>														
00:38-	02:51-	10:48+	11:38+	15:48+	19:04+	22:57+	29:14+	30:48+	37:37+	50:45+	55:15+	58:01+	60:39+	65:36+	72:51+	74:29+	75:05+
00:38-	02:13-	07:57+	00:50+	04:10-	03:16+	03:53+	02:17+	05:34+	06:49-	13:08+	04:30+	02:46+	02:38+	04:57+	07:15+	01:38+	00:36+
00:09-	00:04-	04:13@	00:02+	00:02-	00:12+	00:37#	00:03+	02:06&	00:14-	08:55@	00:18+	00:11+	01:59@	01:17&	05:53@	00:36&	00:08&
<b>4</b>	<b>Svein Haukaas</b>	<b>901</b>	<b>1:22:54</b>														
00:52+	02:53-	07:56+	09:06+	14:33+	18:34+	22:17+	26:53+	30:05+	38:35+	43:15+	62:03+	71:56+	74:05+	79:14+	80:32+	82:01+	82:54+
00:52+	02:01-	05:03+	01:10+	05:27+	04:01+	03:43+	04:36+	03:12-	08:30+	04:40+	18:48+	09:53+	02:09+	05:09+	01:18-	01:29+	00:53+
00:05#	00:16-	01:19&	00:22&	01:15&	00:57&	00:27#	02:22@	00:16-	01:27#	00:27#	14:36@	07:18@	01:30@	01:29&	00:04-	00:27&	00:25&

### Beste strekktid for klassen

00:38 01:55 03:36 00:48 04:10 03:04 02:42 02:14 03:12 06:36 03:29 04:12 02:35 00:39 03:30 01:18 01:02 00:28

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

## Herrer A

<b>1</b>	<b>Fredrik Omdal</b>	<b>74</b>	<b>38:19</b>																						
01:01=	01:58=	03:24=	04:01=	05:24=	06:04=	07:12=	07:42=	08:32=	10:13=	11:01=	11:20=	12:59=	16:55=	17:50=	19:51=	20:58=	22:08=	23:19=	24:53=	26:30=	30:44=	34:03=	34:36=	34:54=	35:16=
01:01=	00:57#	01:26=	00:37=	01:23=	00:40=	01:08=	00:30=	00:50=	01:41=	00:48=	00:19=	01:39=	03:56=	00:55=	02:01=	01:07=	01:10=	01:11=	01:34=	01:37=	04:14=	03:19=	00:33=	00:18=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
36:13=	36:40=	37:03=	37:33=	38:00=	38:19=																				
00:57=	00:27=	00:23=	00:30=	00:27=	00:19=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				
<b>2</b>	<b>Erik Lima</b>	<b>115</b>	<b>43:47</b>																						
01:08+	02:07+	03:34+	04:25+	05:50+	06:36+	07:16+	07:51+	08:45+	11:08+	12:04+	12:37+	14:05+	19:01+	20:05+	22:23+	23:43+	25:22+	26:45+	28:44+	31:05+	35:41+	39:05+	39:43+	39:59+	40:23+
01:08+	00:59+	01:27+	00:51+	01:25+	00:46+	00:40-	00:35+	00:54+	02:23+	00:56+	00:33+	01:28-	04:56+	01:04+	02:18+	01:20+	01:39+	01:23+	01:59+	02:21+	04:36+	03:24+	00:38+	00:16-	00:24+
00:07#	00:02+	00:01+	00:14&	00:02+	00:06#	00:28-	00:05#	00:04+	00:42&	00:08#	00:14&	00:11-	01:00&	00:09#	00:17#	00:13#	00:29&	00:12#	00:25&	00:44&	00:22+	00:05+	00:05#	00:02-	00:02+
41:22+	41:56+	42:27+	43:00+	43:28+	43:47+																				
00:59+	00:34+	00:31+	00:33+	00:28+	00:19=																				
00:02+	00:07&	00:08&	00:03#	00:01+	00:00=																				
<b>3</b>	<b>Morten Bjerga Sundli</b>	<b>7</b>	<b>43:55</b>																						
01:07+	02:02+	04:32+	05:18+	06:45+	07:45+	08:19+	08:47+	09:53+	11:53+	12:36+	13:06+	14:28+	19:13+	20:09+	22:59+	24:17+	25:42+	26:57+	28:43+	30:31+	35:31+	39:10+	39:45+	40:06+	40:32+
01:07+	00:55-	02:30+	00:46+	01:27+	01:00+	00:34-	00:28-	01:06+	02:00+	00:43-	00:30+	01:22-	04:45+	00:56+	02:50+	01:18+	01:25+	01:15+	01:46+	01:48+	05:00+	03:39+	00:35+	00:21+	00:26+
00:06+	00:02-	01:04&	00:09#	00:04+	00:20&	00:34-	00:02-	00:16&	00:19#	00:05-	00:11&	00:17-	00:49#	00:01+	00:49&	00:11#	00:15#	00:04+	00:12#	00:11#	00:46#	00:20#	00:02+	00:03#	00:04#
41:26+	41:58+	42:28+	42:57+	43:30+	43:55+																				
00:54-	00:32+	00:30+	00:29-	00:33+	00:25+																				
00:03-	00:05#	00:07&	00:01-	00:06#	00:06&																				
<b>4</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>	<b>44:05</b>																						
01:19+	02:17+	04:14+	05:15+	06:54+	07:42+	08:26+	09:04+	10:02+	13:00+	13:46+	14:19+	15:50+	19:50+	20:57+	23:36+	24:49+	25:53+	27:09+	29:06+	31:00+	35:33+	39:26+	40:01+	40:20+	40:43+
01:19+	00:58+	01:57+	01:01+	01:39+	00:48+	00:44-	00:38+	00:58+	02:58+	00:46-	00:33+	01:31-	04:00+	01:07+	02:39+	01:13+	01:04-	01:16+	01:57+	01:54+	04:33+	03:53+	00:35+	00:19+	00:23+
00:18&	00:01+	00:31&	00:24&	00:16#	00:08#	00:24-	00:08&	00:08#	01:17&	00:02-	00:14&	00:08-	00:04+	00:12#	00:38&	00:06+	00:06-	00:05+	00:23#	00:17#	00:19+	00:34#	00:02+	00:01+	00:01+
41:36+	42:10+	42:41+	43:17+	43:44+	44:05+																				
00:53-	00:34+	00:31+	00:36+	00:27=	00:21+																				
00:04-	00:07&	00:08&	00:06#	00:00=	00:02#																				
<b>5</b>	<b>Lars Ole Løseth</b>	<b>116</b>	<b>47:24</b>																						
01:26+	02:29+	03:57+	04:46+	06:22+	08:02+	08:40+	09:21+	10:33+	12:53+	13:56+	14:40+	16:19+	21:00+	22:11+	24:47+	26:09+	27:52+	29:23+	31:15+	33:48+	38:34+	42:26+	43:08+	43:37+	44:00+
01:26+	01:03+	01:28+	00:49+	01:36+	01:40+	00:38-	00:41+	01:12+	02:20+	01:03+	00:44+	01:39=	04:41+	01:11+	02:36+	01:22+	01:43+	01:31+	01:52+	02:33+	04:46+	03:52+	00:42+	00:29+	00:23+
00:25&	00:06#	00:02+	00:12&	00:13#	01:00@	00:30-	00:11&	00:22&	00:39&	00:15&	00:25@	00:00=	00:45#	00:16&	00:35&	00:15#	00:33&	00:20&	00:18#	00:56&	00:32#	00:33#	00:09&	00:11&	00:01+
44:44+	45:21+	45:52+	46:32+	47:06+	47:24+																				
00:44-	00:37+	00:31+	00:40+	00:34+	00:18-																				
00:13-	00:10&	00:08&	00:10&	00:07&	00:01-																				

Class	Navn	Klasse	Tid																						
<b>6</b>	<b>Joakim B. Enne Haug</b>	<b>71</b>	<b>53:35</b>																						
01:17+	02:22+	04:01+	05:01+	06:58+	08:42+	09:25+	09:58+	11:05+	13:42+	14:45+	15:24+	17:06+	22:38+	24:00+	26:43+	28:14+	30:30+	32:14+	34:12+	36:33+	41:17+	45:22+	46:11+	46:34+	46:58+
01:17+	01:05+	01:39+	01:00+	01:57+	01:44+	00:43-	00:33+	01:07+	02:37+	01:03+	00:39+	01:42+	05:32+	01:22+	02:43+	01:31+	02:16+	01:44+	01:58+	02:21+	04:44+	04:05+	00:49+	00:23+	00:24+
00:16&	00:08#	00:13#	00:23&	00:34&	01:04@	00:25-	00:03#	00:17&	00:56&	00:15&	00:20@	00:03+	01:36&	00:27&	00:42&	00:24&	01:06&	00:33&	00:24&	00:44&	00:30#	00:46#	00:16&	00:05&	00:02+
50:19+	51:30+	52:00+	52:43+	53:16+	53:35+																				
03:21+	01:11+	00:30+	00:43+	00:33+	00:19=																				
02:24@	00:44@	00:07&	00:13&	00:06#	00:00=																				

### Beste strekktid for klassen

01:01 00:55 01:26 00:37 01:23 00:40 00:34 00:28 00:50 01:41 00:43 00:19 01:22 03:56 00:55 02:01 01:07 01:04 01:11 01:34 01:37 04:14 03:19 00:33 00:16 00:22 00:44 00:27

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

## Herrer B

<b>1</b>	<b>Stein Arne Olsen</b>	<b>68</b>	<b>41:07</b>																						
01:07=	02:14=	03:33=	04:23=	05:54=	06:39=	07:19=	07:50=	08:41=	10:32=	11:27=	11:49=	13:15=	17:03=	18:03=	20:39=	21:46=	22:55=	24:11=	25:47=	27:51=	32:30=	35:47=	36:23=	36:43=	37:10=
01:07=	01:07=	01:19=	00:50=	01:31=	00:45=	00:40=	00:31=	00:51=	01:51=	00:55=	00:22=	01:26=	03:48=	01:00=	02:36=	01:07=	01:09=	01:16=	01:36=	02:04=	04:39=	03:17=	00:36=	00:20=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
38:41=	39:13=	39:38=	40:19=	40:47=	41:07=																				
01:31=	00:32=	00:25=	00:41=	00:28=	00:20=																				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				

<b>2</b>	<b>Oddvar Taksdal</b>	<b>194</b>	<b>42:52</b>																						
01:04-	02:03-	03:45+	04:30+	05:59+	07:15+	07:49+	08:23+	09:17+	11:13+	12:01+	12:23+	14:09+	18:06+	19:11+	21:30+	22:39+	24:08+	25:33+	27:20+	29:29+	34:26+	38:04+	38:40+	39:00+	39:23+
01:04-	00:59-	01:42+	00:45-	01:29-	01:16+	00:34-	00:34+	00:54+	01:56+	00:48-	00:22=	01:46+	03:57+	01:05+	02:19-	01:09+	01:29+	01:25+	01:47+	02:09+	04:57+	03:38+	00:36=	00:20=	00:23-
00:03-	00:08-	00:23&	00:05-	00:02-	00:31&	00:06-	00:03+	00:03+	00:05+	00:07-	00:00=	00:20#	00:09+	00:05+	00:17-	00:02+	00:20&	00:09#	00:11#	00:05+	00:18+	00:21#	00:00=	00:00=	00:04-
40:12+	40:46+	41:23+	41:59+	42:31+	42:52+																				
00:49-	00:34+	00:37+	00:36-	00:32+	00:21+																				
00:42-	00:02+	00:12&	00:05-	00:04#	00:01+																				

<b>3</b>	<b>Odd Fuglestad</b>	<b>250</b>	<b>43:30</b>																						
01:07=	02:07-	03:40+	04:26+	06:11+	07:07+	07:42+	08:12+	09:12+	11:10+	12:00+	12:26+	14:02+	18:21+	19:21+	22:14+	23:18+	24:39+	25:50+	27:46+	30:09+	35:01+	39:06+	39:51+	40:11+	40:34+
01:07=	01:00-	01:33+	00:46-	01:45+	00:56+	00:35-	00:30-	01:00+	01:58+	00:50-	00:26+	01:36+	04:19+	01:00=	02:53+	01:04-	01:21+	01:11-	01:56+	02:23+	04:52+	04:05+	00:45+	00:20=	00:23-
00:00=	00:07-	00:14#	00:04-	00:14#	00:11#	00:05-	00:01-	00:09#	00:07+	00:05-	00:04#	00:10#	00:31#	00:00=	00:17#	00:03-	00:12#	00:05-	00:20#	00:19#	00:13+	00:48#	00:09#	00:00=	00:04-
41:20+	41:53+	42:16+	42:44+	43:09+	43:30+																				
00:46-	00:33+	00:23-	00:28-	00:25-	00:21+																				
00:45-	00:01+	00:02-	00:13-	00:03-	00:01+																				

<b>4</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>	<b>43:38</b>																						
01:01-	01:57-	03:56+	04:36+	05:56+	06:52+	07:36+	08:09+	08:59+	11:29+	12:17+	12:50+	14:23+	18:05+	19:02+	21:16+	22:24+	23:56+	25:13+	27:22+	29:29+	34:24+	37:49+	38:27+	38:47+	39:09+
01:01-	00:56-	01:59+	00:40-	01:20-	00:56+	00:44+	00:33+	00:50-	02:30+	00:48-	00:33+	01:33+	03:42-	00:57-	02:14-	01:08+	01:32+	01:17+	02:09+	02:07+	04:55+	03:25+	00:38+	00:20=	00:22-
00:06-	00:11-	00:40&	00:10-	00:11-	00:11#	00:04#	00:02+	00:01-	00:39&	00:07-	00:11&	00:07+	00:06-	00:03-	00:22-	00:01+	00:23&	00:01+	00:33&	00:03+	00:16+	00:08+	00:02+	00:00=	00:05-
41:12+	41:47+	42:23+	42:54+	43:19+	43:38+																				
02:03+	00:35+	00:36+	00:31-	00:25-	00:19-																				
00:32&	00:03+	00:11&	00:10-	00:03-	00:01-																				

<b>5</b>	<b>Geir Sand</b>	<b>105</b>	<b>43:57</b>																						
01:19+	02:17+	03:36+	04:38+	06:20+	07:07+	07:51+	08:20+	09:14+	11:47+	12:46+	13:17+	14:59+	18:57+	20:01+	22:37+	23:46+	25:13+	26:25+	28:03+	29:59+	35:19+	39:02+	39:36+	39:55+	40:18+
01:19+	00:58-	01:19=	01:02+	01:42+	00:47+	00:44+	00:29-	00:54+	02:33+	00:59+	00:31+	01:42+	03:58+	01:04+	02:36=	01:09+	01:27+	01:12-	01:38+	01:56-	05:20+	03:43+	00:34-	00:19-	00:23-
00:12#	00:09-	00:00=	00:12#	00:11#	00:02+	00:04#	00:02-	00:03+	00:42&	00:04+	00:09&	00:16#	00:10+	00:04+	00:00=	00:02+	00:18&	00:04-	00:02+	00:08-	00:41#	00:26#	00:02-	00:01-	00:04-
41:22+	41:51+	42:42+	43:17+	43:41+	43:57+																				
01:04-	00:29-	00:51+	00:35-	00:24-	00:16-																				
00:27-	00:03-	00:26@	00:06-	00:04-	00:04-																				

<b>6</b>	<b>Njal F. Vadla</b>	<b>93</b>	<b>44:59</b>																						
00:57-	01:49-	03:08-	03:45-	05:05-	05:56-	06:37-	07:08-	08:08-	11:06+	11:57+	12:26+	13:45+	17:49+	18:42+	21:14+	22:21+	23:37+	24:52+	26:27+	28:17+	32:47+	36:13+	36:52+	37:12+	37:39+
00:57-	00:52-	01:19=	00:37-	01:20-	00:51+	00:41+	00:31=	01:00+	02:58+	00:51-	00:29+	01:19-	04:04+	00:53-	02:32-	01:07=	01:16+	01:15-	01:35-	01:50-	04:30-	03:26+	00:39+	00:20=	00:27=
00:10-	00:15-	00:00=	00:13-	00:11-	00:06#	00:01+	00:00=	00:09#	01:07&	00:04-	00:07&	00:07-	00:16+	00:07-	00:04-	00:00=	00:07#	00:01-	00:01-	00:14-	00:09-	00:09+	00:03+	00:00=	00:00=
42:44+	43:16+	43:44+	44:12+	44:38+	44:59+																				
05:05+	00:32=	00:28+	00:28-	00:28-	00:21+																				
03:34@	00:00=	00:03#	00:13-	00:02-	00:01+																				

<b>7</b>	<b>Per Olav Haarr</b>	<b>62</b>	<b>45:33</b>																						
01:20+	02:19+	04:47+	05:38+	07:52+	09:12+	09:47+	10:12+	11:16+	13:14+	14:03+	14:31+	16:05+	20:24+	21:27+	24:19+	25:23+	26:43+	27:56+	29:42+	32:13+	36:47+	40:54+	41:32+	41:56+	42:26+
01:20+	00:59-	02:28+	00:51+	02:14+	01:20+	00:35-	00:25-	01:04+	01:58+	00:49-	00:28+	01:34+	04:19+	01:03+	02:52+	01:04-	01:20+	01:13-	01:46+	02:31+	04:34-	04:07+	00:38+	00:24+	00:30+
00:13#	00:08-	01:09&	00:01+	00:43&	00:35&	00:05-	00:06-	00:13&	00:07+	00:06-	00:06&	00:08+	00:31#	00:03+	00:16#	00:03-	00:11#	00:03-	00:10#	00:27#	00:05-	00:50&	00:02+	00:04#	00:03#
43:24+	44:00+	44:24+	44:51+	45:13+	45:33+																				
00:58-	00:36+	00:24-	00:27-	00:22-	00:20																				

Class	Navn	Klasse										Tid													
<b>8</b>	<b>Svein Erik Kvame</b>	<b>116</b>										<b>48:35</b>													
01:20+	02:30+	04:12+	05:03+	06:48+	07:45+	08:26+	09:07+	10:12+	13:35+	14:26+	15:03+	16:43+	21:20+	22:57+	25:27+	26:55+	28:17+	29:38+	31:42+	33:54+	39:36+	43:27+	44:04+	44:27+	44:56+
01:20+	01:10+	01:42+	00:51+	01:45+	00:57+	00:41+	00:41+	01:05+	03:23+	00:51-	00:37+	01:40+	04:37+	01:37+	02:30-	01:28+	01:22+	01:21+	02:04+	02:12+	05:42+	03:51+	00:37+	00:23+	00:29+
00:13#	00:03+	00:23&	00:01+	00:14#	00:12&	00:01+	00:10&	00:14&	01:32&	00:04-	00:15&	00:14#	00:49#	00:37&	00:06-	00:21&	00:13#	00:05+	00:28&	00:08+	01:03#	00:34#	00:01+	00:03#	00:02+
45:47+	46:21+	47:02+	47:44+	48:13+	48:35+																				
00:51-	00:34+	00:41+	00:42+	00:29+	00:22+																				
00:40-	00:02+	00:16&	00:01+	00:01+	00:02#																				

<b>9</b>	<b>Morten Aamodt</b>	<b>116</b>										<b>54:08</b>													
01:06-	02:06-	04:07+	04:59+	06:47+	09:20+	09:55+	10:26+	11:40+	13:42+	14:38+	15:09+	16:42+	21:20+	22:25+	24:47+	26:05+	27:39+	28:57+	36:34+	38:44+	43:37+	47:51+	48:38+	49:01+	49:28+
01:06-	01:00-	02:01+	00:52+	01:48+	02:33+	00:35-	00:31=	01:14+	02:02+	00:56+	00:31+	01:33+	04:38+	01:05+	02:22-	01:18+	01:34+	01:18+	07:37+	02:10+	04:53+	04:14+	00:47+	00:23+	00:27=
00:01-	00:07-	00:42&	00:02+	00:17#	01:48@	00:05-	00:00=	00:23&	00:11+	00:01+	00:09&	00:07+	00:50#	00:05+	00:14-	00:11#	00:25&	00:02+	06:01@	00:06+	00:14+	00:57&	00:11&	00:03#	00:00=
51:21+	52:04+	52:26+	53:05+	53:40+	54:08+																				
01:53+	00:43+	00:22-	00:39-	00:35+	00:28+																				
00:22#	00:11&	00:03-	00:02-	00:07#	00:08&																				

### Beste strekktid for klassen

00:57 00:52 01:19 00:37 01:20 00:45 00:34 00:25 00:50 01:51 00:48 00:22 01:19 03:42 00:53 02:14 01:04 01:09 01:11 01:35 01:50 04:30 03:17 00:34 00:19 00:22 00:46 00:29

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

## Herrer C

<b>1</b>	<b>Kjetil Wirak</b>	<b>114</b>										<b>35:31</b>													
01:49=	02:47=	03:42=	06:06=	07:29=	08:54=	10:19=	12:13=	14:23=	16:04=	17:30=	20:18=	22:03=	23:23=	24:05=	25:29=	27:53=	30:39=	31:44=	32:20=	33:06=	33:30=	34:07=	34:45=	35:10=	35:31=
01:49=	00:58=	00:55=	02:24=	01:23=	01:25=	01:25=	01:54=	02:10=	01:41=	01:26=	02:48=	01:45=	01:20=	00:42=	01:24=	02:24=	02:46=	01:05=	00:36=	00:46=	00:24=	00:37=	00:38=	00:25=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Jan Einar Øvremo</b>	<b>50</b>										<b>36:46</b>													
01:18-	02:11-	03:08-	05:52-	07:24-	08:52-	10:19=	12:07-	14:37+	16:24+	17:37+	18:47-	20:55-	22:31-	23:28-	25:06-	28:17+	31:37+	33:07+	33:48+	34:24+	34:49+	35:24+	36:02+	36:28+	36:46+
01:18-	00:53-	00:57+	02:44+	01:32+	01:28+	01:27+	01:48-	02:30+	01:47+	01:13-	01:10-	02:08+	01:36+	00:57+	01:38+	03:11+	03:20+	01:30+	00:41+	00:36-	00:25+	00:35-	00:38=	00:26+	00:18-
00:31-	00:05-	00:02+	00:20#	00:09#	00:03+	00:02+	00:06-	00:20#	00:06+	00:13-	01:38-	00:23#	00:16#	00:15&	00:14#	00:47&	00:34#	00:25&	00:05#	00:10-	00:01+	00:02-	00:00=	00:01+	00:03-

<b>3</b>	<b>Otte Omdal</b>	<b>65</b>										<b>38:43</b>													
01:41-	02:44-	03:49+	06:38+	08:08+	09:36+	11:10+	13:58+	16:22+	18:13+	19:22+	20:26+	22:29+	23:59+	24:47+	26:57+	29:51+	33:04+	34:25+	35:01+	35:42+	36:04+	36:51+	37:52+	38:25+	38:43+
01:41-	01:03+	01:05+	02:49+	01:30+	01:28+	01:34+	02:48+	02:24+	01:51+	01:09-	01:04-	02:03+	01:30+	00:48+	02:10+	02:54+	03:13+	01:21+	00:36=	00:41-	00:22-	00:47+	01:01+	00:33+	00:18-
00:08-	00:05+	00:10#	00:25#	00:07+	00:03+	00:09#	00:54&	00:14#	00:10+	00:17-	01:44-	00:18#	00:10#	00:06#	00:46&	00:30#	00:27#	00:16#	00:00=	00:05-	00:02-	00:10&	00:23&	00:08&	00:03-

<b>4</b>	<b>Knut Taugbøl</b>	<b>116</b>										<b>40:57</b>													
01:36-	03:02+	04:14+	07:14+	08:48+	10:27+	12:09+	14:19+	17:04+	19:23+	20:40+	21:59+	24:04+	25:50+	26:43+	28:53+	31:53+	35:04+	36:18+	37:04+	38:08+	38:33+	39:08+	40:01+	40:33+	40:57+
01:36-	01:26+	01:12+	03:00+	01:34+	01:39+	01:42+	02:10+	02:45+	02:19+	01:17-	01:19-	02:05+	01:46+	00:53+	02:10+	03:00+	03:11+	01:14+	00:46+	01:04+	00:25+	00:35-	00:53+	00:32+	00:24+
00:13-	00:28&	00:17&	00:36#	00:11#	00:14#	00:17#	00:16#	00:35&	00:38&	00:09-	01:29-	00:20#	00:26&	00:11&	00:46&	00:36#	00:25#	00:09#	00:10&	00:18&	00:01+	00:02-	00:15&	00:07&	00:03#

<b>5</b>	<b>Øystein Huglen</b>	<b>27</b>										<b>41:44</b>													
01:36-	03:02+	04:07+	07:06+	08:56+	10:40+	12:15+	14:35+	17:13+	19:09+	21:31+	22:50+	25:09+	26:49+	27:59+	29:45+	32:45+	35:47+	37:15+	38:03+	38:49+	39:17+	39:51+	40:55+	41:21+	41:44+
01:36-	01:26+	01:05+	02:59+	01:50+	01:44+	01:35+	02:20+	02:38+	01:56+	02:22+	01:19-	02:19+	01:40+	01:10+	01:46+	03:00+	03:02+	01:28+	00:48+	00:46=	00:28+	00:34-	01:04+	00:26+	00:23+
00:13-	00:28&	00:10#	00:35#	00:27&	00:19#	00:10#	00:26#	00:28#	00:15#	00:56&	01:29-	00:34&	00:20#	00:28&	00:28&	00:36#	00:16+	00:23&	00:12&	00:00=	00:04#	00:03-	00:26&	00:01+	00:02+

<b>6</b>	<b>Sturle Omdal</b>	<b>116</b>										<b>41:59</b>													
01:33-	02:51+	03:51+	06:52+	08:31+	10:16+	11:52+	13:57+	16:33+	18:41+	19:45+	20:56+	23:09+	24:58+	26:11+	28:43+	32:50+	36:06+	37:29+	38:18+	39:07+	39:32+	40:17+	41:07+	41:40+	41:59+
01:33-	01:18+	01:00+	03:01+	01:39+	01:45+	01:36+	02:05+	02:36+	02:08+	01:04-	01:11-	02:13+	01:49+	01:13+	02:32+	04:07+	03:16+	01:23+	00:49+	00:49+	00:25+	00:45+	00:50+	00:33+	00:19-
00:16-	00:20&	00:05+	00:37&	00:16#	00:20#	00:11#	00:11+	00:26#	00:27&	00:22-	01:37-	00:28&	00:29&	00:31&	01:08&	01:43&	00:30#	00:18&	00:13&	00:03+	00:01+	00:08#	00:12&	00:08&	00:02-

<b>7</b>	<b>Geir Bjaanes</b>	<b>116</b>										<b>44:27</b>													
01:55+	03:03+	04:11+	07:34+	09:21+	11:16+	12:58+	15:28+	18:25+	20:51+	22:05+	23:37+	26:10+	27:56+	29:04+	30:57+	34:32+	38:00+	39:20+	40:20+	41:05+	41:36+	42:15+	43:13+	43:56+	44:27+
01:55+	01:08+	01:08+	03:23+	01:47+	01:55+	01:42+	02:30+	02:57+	01:14-	01:32-	02:33+	01:46+	01:08+	01:53+	03:35+	03:28+	01:20+	01:00+	00:31+	00:39+	00:58+	00:43+	00:31+		
00:06+	00:10#	00:13#	00:59&	00:24&	00:30&	00:17#	00:36&	00:47&	00:45&	00:12-	01:16-	00:48&	00:26&	00:26&	00:29&	01:11&	00:42&	00:15#	00:24&	00:01-	00:07&	00:02+	00:20&	00:18&	00:10&

<b>8</b>	<b>Sveinung Svebestad</b>	<b>46</b>										<b>46:25</b>													
01:39-	04:01+	05:01+	08:12+	10:03+	11:50+	13:43+	16:11+	19:15+	21:33+	23:28+	24:50+	27:17+	29:08+	30:27+	32:17+	36:17+	39:41+	41:16+	42:05+	43:02+	43:34+	44:19+	45:18+	45:59+	46:25+
01:39-	02:22+	01:00+	03:11+	01:51+	01:47+	01:53+	02:28+	03:04+	02:18+	01:55+	01:22-	02:27+	01:51+	01:19+	01:50+	04:00+	03:24+	01:35+	00:49+	00:57+	00:32+	00:45+	00:59+	00:41+	00:26+
00:10-	01:24@	00:05+	00:47&	00:28&	00:22&	00:28&	00:34&	00:54&	00:37&	00:29&	01:26-	00:42&	00:31&	00:37&	00:26&	01:36&	00:38#	00:30&	00:13&	00:11#	00:08&	00:08#	00:21&	00:16&	00:05#

<b>9</b>	<b>Ivar Knutsen</b>	<b>116</b>										<b>48:04</b>													
01:47-	03:39+	04:51+	08:27+	10:56+	12:35+	14:19+	16:45+	20:25+	22:29+	24:26+	25:39+	28:47+	30:35+	31:33+	34:09+	37:53+	41:13+	42:36+	43:29+	44:16+	44:44+	45:42+	46:48+	47:35+	48:04+
01:47-	01:52+	01:12+	03:36+	02:29+	01:39+	01:44+	02:26+	03:40+	02:04+	01:57+	01:13-	03:08+	01:48+	00:58+	02:36+	03:44+	03:20+	01:23+	00:53+	00:47+	00:28+	00:58+	01:06+	00:47+	00:29+
00:02-	00:54&	00:17&	01:12&																						

Class	Navn	Klasse										Tid													
<b>11</b>	<b>Erling Mauland</b>	<b>83</b>										<b>49:46</b>													
01:38-	02:53+	04:14+	06:50+	08:53+	12:08+	13:58+	16:01+	19:49+	21:49+	25:13+	26:22+	29:31+	34:03+	35:04+	36:53+	40:16+	43:48+	45:18+	46:01+	46:47+	47:15+	47:50+	48:51+	49:25+	49:46+
01:38-	01:15+	01:21+	02:36+	02:03+	03:15+	01:50+	02:03+	03:48+	02:00+	03:24+	01:09-	03:09+	04:32+	01:01+	01:49+	03:23+	03:32+	01:30+	00:43+	00:46=	00:28+	00:35-	01:01+	00:34+	00:21=
00:11-	00:17%	00:26%	00:12+	00:40%	01:50%	00:25%	00:09+	01:38%	00:19#	01:58%	01:39-	01:24%	03:12%	00:19%	00:25%	00:59%	00:46%	00:25%	00:07#	00:00=	00:04#	00:02-	00:23%	00:09%	00:00=

**Beste strekktid for klassen**

01:18	00:53	00:55	02:24	01:23	01:25	01:25	01:48	02:10	01:41	01:04	01:04	01:45	01:20	00:42	01:24	02:24	02:46	01:05	00:36	00:36	00:22	00:34	00:38	00:25	00:18
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

**Herrer Ny**

<b>1</b>	<b>Sigbjørn Groven</b>	<b>300</b>										<b>17:02</b>									
----------	------------------------	------------	--	--	--	--	--	--	--	--	--	--------------	--	--	--	--	--	--	--	--	--

01:50=	03:34=	04:32=	08:17=	09:59=	12:00=	13:03=	13:49=	15:01=	16:32=	17:02=															
01:50=	01:44=	00:58=	03:45=	01:42=	02:01=	01:03=	00:46=	01:12=	01:31=	00:30=															
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**

01:50	01:44	00:58	03:45	01:42	02:01	01:03	00:46	01:12	01:31	00:30															
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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

**Herrer Trim**

<b>1</b>	<b>Johannes Kro</b>	<b>51</b>										<b>27:06</b>														
00:27=	01:27=	04:10=	04:44=	06:57=	08:26=	09:53=	11:03=	12:21=	16:12=	18:15=	20:24=	21:45=	22:31=	24:47=	26:09=	26:47=	27:06=									
00:27=	01:00=	02:43=	00:34=	02:13=	01:29=	01:27=	01:10=	01:18=	03:51=	02:03=	02:09=	01:21=	00:46=	02:16=	01:22=	00:38=	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=	00:00=									

<b>2</b>	<b>Sindre Dyrstad</b>	<b>53</b>										<b>27:46</b>														
00:30+	01:21-	03:46-	04:21-	07:01+	09:05+	11:09+	12:36+	14:23+	17:59+	20:05+	21:57+	23:19+	23:44+	26:09+	26:41+	27:24+	27:46+									
00:30+	00:51-	02:25-	00:35+	02:40+	02:04+	02:04+	01:27+	01:47+	03:36-	02:06+	01:52-	01:22+	00:25-	02:25+	00:32-	00:43+	00:22+									
00:03#	00:09-	00:18-	00:01+	00:27#	00:35%	00:37%	00:17#	00:29%	00:15-	00:03+	00:17-	00:01+	00:21-	00:09+	00:50-	00:05#	00:03#									

<b>3</b>	<b>Anders Noraberg</b>	<b>269</b>										<b>28:34</b>														
00:25-	01:23-	03:21-	04:03-	06:28-	07:57-	09:47-	11:13+	12:51+	16:30+	18:53+	20:46+	22:24+	22:59+	26:29+	27:26+	28:15+	28:34+									
00:25-	00:58-	01:58-	00:42+	02:25+	01:29=	01:50+	01:26+	01:38+	03:39-	02:23+	01:53-	01:38+	00:35-	03:30+	00:57-	00:49+	00:19=									
00:02-	00:02-	00:45-	00:08#	00:12+	00:00=	00:23%	00:16#	00:20%	00:12-	00:20#	00:16-	00:17#	00:11-	01:14%	00:25-	00:11%	00:00=									

<b>4</b>	<b>Thomas Johansen</b>	<b>111</b>										<b>29:12</b>														
00:24-	01:20-	03:17-	05:23+	07:41+	09:18+	11:23+	12:48+	14:25+	19:19+	21:33+	23:44+	24:52+	25:28+	27:41+	28:13+	28:54+	29:12+									
00:24-	00:56-	01:57-	02:06+	02:18+	01:37+	02:05+	01:25+	01:37+	04:54+	02:14+	02:11+	01:08-	00:36-	02:13-	00:32-	00:41+	00:18-									
00:03-	00:04-	00:46-	01:32%	00:05+	00:08+	00:38%	00:15#	00:19#	01:03%	00:11+	00:02+	00:13-	00:10-	00:03-	00:50-	00:03+	00:01-									

<b>5</b>	<b>Ole Andreas Otterøen</b>	<b>92</b>										<b>29:27</b>														
00:28+	01:37+	03:45-	04:34-	07:15+	08:49+	10:42+	12:02+	13:53+	18:16+	20:55+	23:09+	24:25+	25:20+	27:31+	28:14+	29:03+	29:27+									
00:28+	01:09+	02:08-	00:49+	02:41+	01:34+	01:53+	01:20+	01:51+	04:23+	02:39+	02:14+	01:16-	00:55+	02:11-	00:43-	00:49+	00:24+									
00:01+	00:09#	00:35-	00:15%	00:28#	00:05+	00:26%	00:10#	00:33%	00:32#	00:36%	00:05+	00:05-	00:09#	00:05-	00:39-	00:11%	00:05%									

<b>6</b>	<b>Antal Jansen</b>	<b>115</b>										<b>31:23</b>														
01:51+	02:51+	05:56+	06:34+	10:10+	11:38+	13:03+	14:19+	15:55+	19:50+	21:55+	23:54+	25:09+	25:47+	29:43+	30:22+	31:06+	31:23+									
01:51+	01:00=	03:05+	00:38+	03:36+	01:28-	01:25-	01:16+	01:36+	03:55+	02:05+	01:59-	01:15-	00:38-	03:56+	00:39-	00:44+	00:17-									
01:24%	00:00=	00:22#	00:04#	01:23%	00:01-	00:02-	00:06+	00:18#	00:04+	00:02+	00:10-	00:06-	00:08-	01:40%	00:43-	00:06#	00:02-									

<b>7</b>	<b>Trond Egil Toft</b>	<b>53</b>										<b>31:46</b>														
00:21-	01:54+	03:47-	04:18-	07:46+	10:04+	12:01+	13:37+	15:23+	19:05+	21:27+	23:35+	26:56+	27:28+	29:29+	30:38+	31:27+	31:46+									
00:21-	01:33+	01:53-	00:31-	03:28+	02:18+	01:57+	01:36+	01:46+	03:42-	02:22+	02:08+	03:21+	00:32-	02:01-	01:09-	00:49+	00:19=									
00:06-	00:33%	00:50-	00:03-	01:15%	00:49%	00:30%	00:26%	00:28%	00:09-	00:19#	00:01-	02:00%	00:14-	00:15-	00:13-	00:11%	00:00=									

<b>8</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>31:48</b>														
00:25-	02:03+	04:32+	05:12+	07:56+	09:33+	11:22+	13:04+	14:57+	19:28+	22:17+	25:32+	26:51+	27:38+	29:57+	30:40+	31:27+	31:48+									
00:25-	01:38+	02:29-	00:40+	02:44+	01:37+	01:49+	01:42+	01:53+	04:31+	02:49+	03:15+	01:19-	00:47+	02:19+	00:43-	00:47+	00:21+									
00:02-	00:38%	00:14-	00:06#	00:31#	00:08+	00:22%	00:32%	00:35%	00:40#	00:46%	01:06%	00:02-	00:01+	00:03+	00:39-	00:09#	00:02#									

<b>9</b>	<b>Rolf Frøyland</b>	<b>5</b>										<b>33:04</b>														
00:23-	02:01+	04:06-	04:47+	07:04+	12:13+	13:50+	15:13+	16:53+	20:45+	23:28+	27:15+	28:36+	29:04+	31:22+	32:02+	32:43+	33:04+									
00:23-	01:38+	02:05-	00:41+	02:17+	05:09+	01:37+	01:23+	01:40+	03:52+	02:43+	03:47+	01:21=	00:28-	02:18+	00:40-	00:41+	00:21+									
00:04-	00:38%	00:38-	00:07#	00:04+	03:40%	00:10#	00:13#	00:22%	00:01+	00:40%	01:38%	00:00=	00:18-	00:02+	00:42-	00:03+	00:02#									

Class	Navn	Klasse											Tid				
<b>10</b>	<b>Oddgeir Nevland</b>	<b>51</b>											<b>33:41</b>				
00:32+	01:44+	04:19+	05:12+	08:07+	10:00+	11:51+	13:39+	16:16+	22:27+	24:56+	27:12+	28:26+	29:19+	31:43+	32:28+	33:16+	33:41+
00:32+	01:12+	02:35-	00:53+	02:55+	01:53+	01:51+	01:48+	02:37+	06:11+	02:29+	02:16+	01:14-	00:53+	02:24+	00:45-	00:48+	00:25+
00:05#	00:12#	00:08-	00:19#	00:42#	00:24#	00:24#	00:38#	01:19#	02:20#	00:26#	00:07+	00:07-	00:07#	00:08+	00:37-	00:10#	00:06#
<b>11</b>	<b>Martin Svensen</b>	<b>284</b>											<b>34:11</b>				
00:21-	01:14-	03:13-	08:47+	11:02+	13:01+	14:35+	15:57+	18:12+	22:00+	24:01+	25:57+	27:14+	27:54+	30:35+	33:06+	33:55+	34:11+
00:21-	00:53-	01:59-	05:34+	02:15+	01:59+	01:34+	01:22+	02:15+	03:48-	02:01-	01:56-	01:17-	00:40-	02:41+	02:31+	00:49+	00:16-
00:06-	00:07-	00:44-	05:00#	00:02+	00:30#	00:07+	00:12#	00:57#	00:03-	00:02-	00:13-	00:04-	00:06-	00:25#	01:09#	00:11#	00:03-
<b>12</b>	<b>Asbjørn Bråndland</b>	<b>297</b>											<b>34:31</b>				
00:29+	01:34+	04:07-	04:47+	07:32+	09:38+	11:24+	12:59+	14:47+	19:32+	22:22+	24:30+	25:51+	26:32+	30:28+	33:17+	34:08+	34:31+
00:29+	01:05+	02:33-	00:40+	02:45+	02:06+	01:46+	01:35+	01:48+	04:45+	02:50+	02:08-	01:21=	00:41-	03:56+	02:49+	00:51+	00:23+
00:02+	00:05+	00:10-	00:06#	00:32#	00:37#	00:19#	00:25#	00:30#	00:54#	00:47#	00:01-	00:00=	00:05-	01:40#	01:27#	00:13#	00:04#
<b>13</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>											<b>34:33</b>				
00:28+	01:48+	04:33+	05:50+	09:19+	11:39+	13:48+	15:14+	17:07+	21:53+	24:19+	26:47+	28:14+	29:24+	32:40+	33:25+	34:12+	34:33+
00:28+	01:20+	02:45+	01:17+	03:29+	02:20+	02:09+	01:26+	01:53+	04:46+	02:26+	02:28+	01:27+	01:10+	03:16+	00:45-	00:47+	00:21+
00:01+	00:20#	00:02+	00:43#	01:16#	00:51#	00:42#	00:16#	00:35#	00:55#	00:23#	00:19#	00:06+	00:24#	01:00#	00:37-	00:09#	00:02#
<b>14</b>	<b>Anders H Foss</b>	<b>263</b>											<b>36:10</b>				
00:33+	01:40+	04:18+	05:06+	08:05+	09:48+	12:13+	14:12+	16:17+	21:56+	24:59+	28:21+	30:08+	30:48+	33:51+	34:47+	35:40+	36:10+
00:33+	01:07+	02:38-	00:48+	02:59+	01:43+	02:25+	01:59+	02:05+	05:39+	03:03+	03:22+	01:47+	00:40-	03:03+	00:56-	00:53+	00:30+
00:06#	00:07#	00:05-	00:14#	00:46#	00:14#	00:58#	00:49#	00:47#	01:48#	01:00#	01:13#	00:26#	00:06-	00:47#	00:26-	00:15#	00:11#
<b>15</b>	<b>Asle Schanke Grude</b>	<b>92</b>											<b>37:11</b>				
00:27=	01:38+	03:38-	04:17-	06:57=	09:03+	10:43+	12:17+	15:35+	20:17+	22:31+	26:55+	28:16+	28:53+	34:13+	36:13+	36:52+	37:11+
00:27=	01:11+	02:00-	00:39+	02:40+	02:06+	01:40+	01:34+	02:06+	04:42+	02:14+	04:24+	01:21=	00:37-	05:20+	02:00+	00:39+	00:19=
00:00=	00:11#	00:43-	00:05#	00:27#	00:37#	00:13#	00:24#	02:00#	00:51#	00:11+	02:15#	00:00=	00:09-	03:04#	00:38#	00:01+	00:00=
<b>16</b>	<b>Heine Furubotten</b>	<b>192</b>											<b>37:32</b>				
00:35+	02:27+	05:09+	06:33+	09:55+	12:24+	14:38+	16:40+	18:45+	24:21+	27:13+	29:59+	31:51+	32:28+	35:31+	36:15+	37:06+	37:32+
00:35+	01:52+	02:42-	01:24+	03:22+	02:29+	02:14+	02:02+	02:05+	05:36+	02:52+	02:46+	01:52+	00:37-	03:03+	00:44-	00:51+	00:26+
00:08#	00:52#	00:01-	00:50#	01:09#	01:00#	00:47#	00:52#	00:47#	01:45#	00:49#	00:37#	00:31#	00:09-	00:47#	00:38-	00:13#	00:07#
<b>17</b>	<b>Arnt Krisitian Viland</b>	<b>27</b>											<b>37:55</b>				
00:33+	02:01+	05:24+	06:39+	10:03+	12:01+	14:39+	16:32+	19:49+	24:11+	26:47+	29:39+	31:26+	32:03+	35:23+	36:32+	37:26+	37:55+
00:33+	01:28+	03:23+	01:15+	03:24+	01:58+	02:38+	01:53+	03:17+	04:22+	02:36+	02:52+	01:47+	00:37-	03:20+	01:09-	00:54+	00:29+
00:06#	00:28#	00:40#	00:41#	01:11#	00:29#	01:11#	00:43#	01:59#	00:31#	00:33#	00:43#	00:26#	00:09-	01:04#	00:13-	00:16#	00:10#
<b>18</b>	<b>Morten Moss</b>	<b>109</b>											<b>38:03</b>				
00:31+	02:35+	04:48+	06:09+	10:14+	11:57+	13:41+	15:15+	16:55+	20:48+	23:53+	26:13+	28:04+	28:29+	36:05+	36:57+	37:45+	38:03+
00:31+	02:04+	02:13-	01:21+	04:05+	01:43+	01:44+	01:34+	01:40+	03:53+	03:05+	02:20+	01:51+	00:25-	07:36+	00:52-	00:48+	00:18-
00:04#	01:04#	00:30-	00:47#	01:52#	00:14#	00:17#	00:24#	00:22#	00:02+	01:02#	00:11+	00:30#	00:21-	05:20#	00:30-	00:10#	00:01-
<b>19</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>											<b>38:31</b>				
00:35+	02:03+	05:23+	06:24+	09:34+	13:29+	15:39+	17:26+	19:32+	24:20+	27:01+	29:29+	31:21+	32:12+	36:29+	37:11+	38:04+	38:31+
00:35+	01:28+	03:20+	01:01+	03:10+	03:55+	02:10+	01:47+	02:06+	04:48+	02:41+	02:28+	01:52+	00:51+	04:17+	00:42-	00:53+	00:27+
00:08#	00:28#	00:37#	00:27#	00:57#	02:26#	00:43#	00:37#	00:48#	00:57#	00:38#	00:19#	00:31#	00:05#	02:01#	00:40-	00:15#	00:08#
<b>20</b>	<b>Svein Mæle</b>	<b>115</b>											<b>39:02</b>				
00:26-	01:50+	04:06-	06:57+	10:56+	12:43+	15:04+	16:51+	19:31+	24:40+	27:39+	29:57+	31:25+	32:14+	36:54+	37:43+	38:38+	39:02+
00:26-	01:24+	02:16-	02:51+	03:59+	01:47+	02:21+	01:47+	02:40+	05:09+	02:59+	02:18+	01:28+	00:49+	04:40+	00:49-	00:55+	00:24+
00:01-	00:24#	00:27-	02:17#	01:46#	00:18#	00:54#	00:37#	01:22#	01:18#	00:56#	00:09+	00:07+	00:03+	02:24#	00:33-	00:17#	00:05#
<b>21</b>	<b>Steinar Amundsen</b>	<b>115</b>											<b>39:03</b>				
00:38+	02:42+	05:43+	06:54+	10:27+	12:44+	14:51+	17:50+	19:49+	24:57+	28:26+	30:52+	32:33+	33:20+	36:35+	37:28+	38:29+	39:03+
00:38+	02:04+	03:01+	01:11+	03:33+	02:17#	02:07+	02:59+	01:59+	05:08+	03:29+	02:26+	01:41+	00:47+	03:15+	00:53-	01:01+	00:34+
00:11#	01:04#	00:18#	00:37#	01:20#	00:48#	00:40#	01:49#	00:41#	01:17#	01:26#	00:17#	00:20#	00:01+	00:59#	00:29-	00:23#	00:15#
<b>22</b>	<b>John Øgreid</b>	<b>27</b>											<b>39:17</b>				
00:30+	04:04+	06:46+	08:02+	11:26+	13:21+	15:34+	17:11+	19:01+	23:58+	26:28+	28:54+	30:24+	33:14+	37:11+	38:00+	38:51+	39:17+
00:30+	03:34+	02:42-	01:16+	03:24+	01:55+	02:13+	01:37+	01:50+	04:57+	02:30+	02:26+	01:30+	02:50+	03:57+	00:49-	00:51+	00:26+
00:03#	02:34#	00:01-	00:42#	01:11#	00:26#	00:46#	00:27#	00:32#	01:06#	00:27#	00:17#	00:09#	02:04#	01:41#	00:33-	00:13#	00:07#
<b>23</b>	<b>Hans Klausen</b>	<b>62</b>											<b>39:50</b>				
00:36+	01:52+	04:17+	05:33+	08:25+	12:58+	14:54+	16:32+	18:35+	23:59+	26:47+	31:33+	33:14+	33:52+	37:26+	38:37+	39:26+	39:50+
00:36+	01:16+	02:25-	01:16+	02:52+	04:33+	01:56+	01:38+	02:03+	05:24+	02:48+	04:46+	01:41+	00:38-	03:34+	01:11-	00:49+	00:24+
00:09#	00:16#	00:18-	00:42#	00:39#	03:04#	00:29#	00:28#	00:45#	01:33#	00:45#	02:37#	00:20#	00:08-	01:18#	00:11-	00:11#	00:05#
<b>24</b>	<b>Frode Følgesvold</b>	<b>5</b>											<b>40:25</b>				
00:28+	02:29+	05:25+	07:23+	11:14+	13:42+	15:47+	17:34+	20:04+	25:42+	28:41+	31:17+	33:32+	34:24+	37:46+	39:05+	40:03+	40:25+
00:28+	02:01+	02:56+	01:58+	03:51+	02:28+	02:05+	01:47+	02:30+	05:38+	02:59+	02:36+	02:15+	00:52+	03:22+	01:19-	00:58+	00:22+
00:01+	01:01#	00:13+	01:24#	01:38#	00:59#	00:38#	00:37#	01:12#	01:47#	00:56#	00:27#	00:54#	00:06#	01:06#	00:03-	00:20#	00:03#

Class	Navn	Klasse										Tid					
<b>25</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>41:11</b>					
02:27+	03:36+	07:07+	08:04+	11:28+	13:30+	16:40+	18:35+	21:20+	26:00+	28:58+	31:25+	34:55+	35:48+	38:55+	39:54+	40:46+	41:11+
02:27+	01:09+	03:31+	00:57+	03:24+	02:02+	03:10+	01:55+	02:45+	04:40+	02:58+	02:27+	03:30+	00:53+	03:07+	00:59-	00:52+	00:25+
02:00#	00:09#	00:48&	00:23&	01:11&	00:33&	01:43#	00:45&	01:27#	00:49#	00:55&	00:18#	02:09#	00:07#	00:51&	00:23-	00:14&	00:06&
<b>26</b>	<b>Paul Richard Carr</b>	<b>136</b>										<b>41:30</b>					
00:38+	02:53+	06:35+	07:29+	11:02+	13:26+	16:02+	18:15+	20:21+	26:19+	30:03+	32:58+	34:40+	35:58+	39:11+	40:06+	41:00+	41:30+
00:38+	02:15+	03:42+	00:54+	03:33+	02:24+	02:36+	02:13+	02:06+	05:58+	03:44+	02:55+	01:42+	01:18+	03:13+	00:55-	00:54+	00:30+
00:11&	01:15#	00:59&	00:20&	01:20&	00:55&	01:09&	01:03&	00:48&	02:07&	01:41&	00:46&	00:21&	00:32&	00:57&	00:27-	00:16&	00:11&
<b>27</b>	<b>Tor Inge Hansen</b>	<b>144</b>										<b>43:07</b>					
00:28+	02:31+	05:04+	05:47+	09:50+	13:30+	15:18+	17:15+	19:40+	26:57+	29:25+	34:07+	35:50+	36:20+	39:40+	41:42+	42:44+	43:07+
00:28+	02:03+	02:33-	00:43+	04:03+	03:40+	01:48+	01:57+	02:25+	07:17+	02:28+	04:42+	01:43+	00:30-	03:20+	02:02+	01:02+	00:23+
00:01+	01:03#	00:10-	00:09#	01:50&	02:11#	00:21#	00:47&	01:07&	03:26&	00:25#	02:33#	00:22&	00:16-	01:04&	00:40&	00:24&	00:04#
<b>28</b>	<b>Samuel Denieul</b>	<b>42</b>										<b>45:59</b>					
01:21+	02:47+	05:15+	05:56+	11:24+	17:21+	19:48+	22:07+	25:27+	30:51+	33:35+	39:25+	41:06+	41:32+	44:02+	44:46+	45:38+	45:59+
01:21+	01:26+	02:28-	00:41+	05:28+	05:57+	02:27+	02:19+	03:20+	05:24+	02:44+	05:50+	01:41+	00:26-	02:30+	00:44-	00:52+	00:21+
00:54#	00:26&	00:15-	00:07#	03:15#	04:28#	01:00&	01:09&	02:02#	01:33&	00:41&	03:41#	00:20#	00:20-	00:14#	00:38-	00:14&	00:02#
<b>29</b>	<b>Niklas Gustafsson</b>	<b>192</b>										<b>46:51</b>					
00:59+	02:52+	05:51+	06:38+	10:05+	12:30+	14:46+	16:13+	18:08+	23:31+	26:01+	33:55+	35:26+	35:59+	42:40+	44:58+	46:20+	46:51+
00:59+	01:53+	02:59+	00:47+	03:27+	02:25+	02:16+	01:27+	01:55+	05:23+	02:30+	07:54+	01:31+	00:33-	06:41+	02:18+	01:22+	00:31+
00:32#	00:53&	00:16+	00:13&	01:14&	00:56&	00:49&	00:17#	00:37&	01:32&	00:27#	05:45#	00:10#	00:13-	04:25#	00:56&	00:44#	00:12&
<b>30</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>										<b>47:35</b>					
00:33+	01:56+	05:14+	06:41+	09:50+	11:49+	13:59+	16:07+	23:05+	28:02+	30:40+	39:21+	41:07+	41:58+	45:05+	46:01+	47:08+	47:35+
00:33+	01:23+	03:18+	01:27+	03:09+	01:59+	02:10+	02:08+	06:58+	04:57+	02:38+	08:41+	01:46+	00:51+	03:07+	00:56-	01:07+	00:27+
00:06#	00:23&	00:35#	00:53#	00:56&	00:30&	00:43&	00:58&	05:40#	01:06&	00:35&	06:32#	00:25&	00:05#	00:51&	00:26-	00:29&	00:08&
<b>31</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>48:20</b>					
00:37+	02:31+	06:23+	11:10+	15:06+	17:41+	20:56+	22:42+	25:07+	32:03+	35:33+	38:19+	40:38+	41:34+	45:24+	46:41+	47:54+	48:20+
00:37+	01:54+	03:52+	04:47+	03:56+	02:35+	03:15+	01:46+	02:25+	06:56+	03:30+	02:46+	02:19+	00:56+	03:50+	01:17-	01:13+	00:26+
00:10&	00:54&	01:09&	04:13#	01:43&	01:06&	01:48#	00:36&	01:07&	03:05&	01:27&	00:37&	00:58&	00:10#	01:34&	00:05-	00:35&	00:07&
<b>32</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>48:39</b>					
00:35+	02:10+	05:06+	06:16+	09:33+	11:48+	14:15+	16:09+	23:24+	28:19+	31:13+	37:29+	40:48+	41:31+	45:58+	46:56+	48:11+	48:39+
00:35+	01:35+	02:56+	01:10+	03:17+	02:15+	02:27+	01:54+	07:15+	04:55+	02:54+	06:16+	03:19+	00:43-	04:27+	00:58-	01:15+	00:28+
00:08&	00:35&	00:13+	00:36#	01:04&	00:46&	01:00&	00:44&	05:57#	01:04&	00:51&	04:07#	01:58#	00:03-	02:11&	00:24-	00:37&	00:09&
<b>33</b>	<b>Reidar Haver</b>	<b>4</b>										<b>49:04</b>					
00:38+	02:16+	08:09+	11:41+	14:43+	16:33+	19:01+	20:40+	23:05+	28:24+	31:02+	33:26+	35:16+	35:48+	46:23+	47:16+	48:32+	49:04+
00:38+	01:38+	05:53+	03:32+	03:02+	01:50+	02:28+	01:39+	02:25+	05:19+	02:38+	02:24+	01:50+	00:32-	10:35+	00:53-	01:16+	00:32+
00:11&	00:38&	03:10#	02:58#	00:49&	00:21#	01:01&	00:29&	01:07&	01:28&	00:35&	00:15#	00:29&	00:14-	08:19#	00:29-	00:38&	00:13&
<b>34</b>	<b>Audun Sjøen</b>	<b>111</b>										<b>49:55</b>					
00:32+	01:42+	04:21+	05:20+	09:15+	14:16+	17:11+	20:18+	23:27+	31:20+	34:31+	40:03+	42:10+	42:49+	46:56+	48:10+	49:25+	49:55+
00:32+	01:10+	02:39-	00:59+	03:55+	05:01+	02:55+	03:07+	03:09+	07:53+	03:11+	05:32+	02:07+	00:39-	04:07+	01:14-	01:15+	00:30+
00:05#	00:10#	00:04-	00:25&	01:42&	03:32#	01:28#	01:57#	01:51#	04:02#	01:08&	03:23#	00:46&	00:07-	01:51&	00:08-	00:37&	00:11&
<b>35</b>	<b>Per Bakken</b>	<b>5</b>										<b>52:47</b>					
00:45+	02:54+	07:04+	08:31+	12:34+	16:01+	19:12+	21:54+	25:15+	30:39+	34:18+	40:49+	43:48+	44:43+	48:02+	51:06+	52:16+	52:47+
00:45+	02:09+	04:10+	01:27+	04:03+	03:27+	03:11+	02:42+	03:21+	05:24+	03:39+	06:31+	02:59+	00:55+	03:19+	03:04+	01:10+	00:31+
00:18&	01:09#	01:27&	00:53#	01:50&	01:58#	01:44#	01:32#	02:03#	01:33&	01:36&	04:22#	01:38#	00:09#	01:03&	01:42#	00:32&	00:12&
<b>36</b>	<b>Ove Vatland</b>	<b>128</b>										<b>52:59</b>					
00:57+	02:53+	06:44+	07:47+	12:44+	16:26+	20:49+	23:30+	27:34+	34:18+	38:11+	41:07+	43:13+	44:01+	49:29+	50:55+	52:16+	52:59+
00:57+	01:56+	03:51+	01:03+	04:57+	03:42+	04:23+	02:41+	04:04+	06:44+	03:53+	02:56+	02:06+	00:48+	05:28+	01:26+	01:21+	00:43+
00:30#	00:56&	01:08&	00:29&	02:44#	02:13#	02:56#	01:31#	02:46#	02:53&	01:50&	00:47&	00:45&	00:02+	03:12#	00:04+	00:43#	00:24#
<b>37</b>	<b>Sverre Uhlving</b>	<b>105</b>										<b>55:02</b>					
00:46+	03:29+	07:40+	08:52+	12:28+	15:17+	18:24+	21:12+	25:09+	33:59+	37:21+	40:26+	46:59+	48:07+	48:50+	52:17+	53:19+	54:30+
00:46+	02:43+	04:11+	01:12+	03:36+	02:49+	03:07+	02:48+	03:57+	08:50+	03:22+	03:05+	06:33+	01:08+	00:43-	03:27+	01:02+	01:11+
00:19&	01:43#	01:28&	00:38#	01:23&	01:20&	01:40#	01:38#	02:39#	04:59#	01:19&	00:56&	05:12#	00:22&	01:33-	02:05#	00:24&	00:52#
<b>38</b>	<b>Jon Grepstad</b>	<b>111</b>										<b>55:49</b>					
00:44+	03:58+	08:04+	09:01+	14:30+	19:12+	21:52+	24:16+	30:23+	37:11+	41:00+	44:41+	47:19+	48:18+	52:51+	54:04+	55:16+	55:49+
00:44+	03:14+	04:06+	00:57+	05:29+	04:42+	02:40+	02:24+	06:07+	06:48+	03:49+	03:41+	02:38+	00:59+	04:33+	01:13-	01:12+	00:33+
00:17&	02:14#	01:23&	00:23&	03:16#	03:13#	01:13&	01:14#	04:49#	02:57&	01:46&	01:32&	01:17&	00:13&	02:17#	00:09-	00:34&	00:14&
<b>39</b>	<b>Svein Inge Sævereid</b>	<b>126</b>										<b>56:21</b>					
01:06+	03:54+	08:28+	10:10+	14:54+	18:38+	22:16+	26:08+	29:43+	38:04+	42:11+	45:18+	47:39+	48:33+	52:26+	53:40+	55:23+	56:21+
01:06+	02:48+	04:34+	01:42+	04:44+	03:44+	03:38+	03:52+	03:35+	08:21+	04:07+	03:07+	02:21+	00:54+	03:53+	01:14-	01:43+	00:58+
00:39#	01:48#	01:51&	01:08#	02:31#	02:15#	02:11#	02:42#	02:17#	04:30#	02:04#	00:58&	01:00&	00:08#	01:37&	00:08-	01:05#	00:39#

Class	Navn	Klasse												Tid			
<b>40</b>	<b>Arild Olsen</b>	<b>4</b>												<b>59:21</b>			
00:33+	02:52+	05:49+	07:21+	19:33+	26:53+	29:27+	31:30+	34:27+	41:41+	44:48+	48:15+	50:45+	52:18+	56:40+	57:43+	58:51+	59:21+
00:33+	02:19+	02:57+	01:32+	12:12+	07:20+	02:34+	02:03+	02:57+	07:14+	03:07+	03:27+	02:30+	01:33+	04:22+	01:03-	01:08+	00:30+
00:06#	01:19@	00:14+	00:58@	09:59@	05:51@	01:07&	00:53&	01:39@	03:23&	01:04&	01:18&	01:09&	00:47@	02:06&	00:19-	00:30&	00:11&
<b>41</b>	<b>Tom Leveraas</b>	<b>188</b>												<b>59:49</b>			
04:54+	06:42+	09:39+	10:33+	19:26+	24:01+	26:42+	28:52+	31:12+	36:43+	39:58+	44:27+	51:22+	53:06+	56:17+	58:16+	59:25+	59:49+
04:54+	01:48+	02:57+	00:54+	08:53+	04:35+	02:41+	02:10+	02:20+	05:31+	03:15+	04:29+	06:55+	01:44+	03:11+	01:59+	01:09+	00:24+
04:27@	00:48&	00:14+	00:20&	06:40@	03:06@	01:14&	01:00&	01:02&	01:40&	01:12&	02:20@	05:34@	00:58@	00:55&	00:37&	00:31&	00:05&
<b>42</b>	<b>Steinar Aase</b>	<b>268</b>												<b>1:09:39</b>			
01:14+	03:57+	10:12+	12:47+	18:21+	21:32+	30:18+	36:33+	40:13+	48:50+	53:16+	56:59+	59:19+	60:24+	65:44+	67:14+	69:02+	69:39+
01:14+	02:43+	06:15+	02:35+	05:34+	03:11+	08:46+	06:15+	03:40+	08:37+	04:26+	03:43+	02:20+	01:05+	05:20+	01:30+	01:48+	00:37+
00:47@	01:43@	03:32@	02:01@	03:21@	01:42@	07:19@	05:05@	02:22@	04:46@	02:23@	01:34&	00:59&	00:19&	03:04@	00:08+	01:10@	00:18&
<b>43</b>	<b>Inge Grødem</b>	<b>92</b>												<b>1:20:46</b>			
00:53+	07:24+	22:50+	24:21+	29:29+	32:27+	36:08+	41:39+	45:37+	53:24+	57:15+	60:25+	70:27+	71:25+	75:47+	78:45+	80:11+	80:46+
00:53+	06:31+	15:26+	01:31+	05:08+	02:58+	03:41+	05:31+	03:58+	07:47+	03:51+	03:10+	10:02+	00:58+	04:22+	02:58+	01:26+	00:35+
00:26&	05:31@	12:43@	00:57@	02:55@	01:29&	02:14@	04:21@	02:40@	03:56@	01:48&	01:01&	08:41@	00:12&	02:06&	01:36@	00:48@	00:16&
<b>44</b>	<b>Sverre Vareberg</b>	<b>7</b>												<b>1:28:57</b>			
01:10+	03:41+	09:20+	10:50+	16:33+	25:55+	32:26+	36:42+	41:17+	56:08+	63:21+	69:47+	73:45+	76:14+	83:19+	85:32+	87:45+	88:57+
01:10+	02:31+	05:39+	01:30+	05:43+	09:22+	06:31+	04:16+	04:35+	14:51+	07:13+	06:26+	03:58+	02:29+	07:05+	02:13+	02:13+	01:12+
00:43@	01:31@	02:56@	00:56@	03:30@	07:53@	05:04@	03:06@	03:17@	11:00@	05:10@	04:17@	02:37@	01:43@	04:49@	00:51&	01:35@	00:53@
<b>Beste strekktid for klassen</b>																	
00:21	00:51	01:53	00:31	02:13	01:28	01:25	01:10	01:18	03:36	02:01	01:52	01:08	00:25	00:43	00:32	00:38	00:16

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