

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Vera Bjarkø	105	38:34								
03:14=	05:14=	07:34=	09:19=	17:39=	19:48=	28:20=	30:38=	33:37=	35:12=	38:09=	38:34=
03:14=	02:00=	02:20=	01:45=	08:20=	02:09=	08:32=	02:18=	02:59=	01:35=	02:57=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Wibeke Lende	74	42:01								
04:12+	07:15+	09:40+	12:03+	19:47+	23:03+	32:23+	34:56+	37:50+	39:23+	41:38+	42:01+
04:12+	03:03+	02:25+	02:23+	07:44-	03:16+	09:20+	02:33+	02:54-	01:33-	02:15-	00:23-
00:58&	01:03&	00:05+	00:38&	00:36-	01:07&	00:48+	00:15#	00:05-	00:02-	00:42-	00:02-
3	Sina Thu	271	42:42								
02:44-	04:53-	07:15-	13:52+	23:11+	25:28+	32:24+	35:05+	37:47+	39:31+	42:18+	42:42+
02:44-	02:09+	02:22+	06:37+	09:19+	02:17+	06:56-	02:41+	02:42-	01:44+	02:47-	00:24-
00:30-	00:09+	00:02+	04:52@	00:59#	00:08+	01:36-	00:23#	00:17-	00:09+	00:10-	00:01-
4	Kari Borgen	62	43:18								
02:40-	04:38-	06:44-	08:48-	16:20-	18:12-	33:58+	36:39+	39:09+	40:44+	42:58+	43:18+
02:40-	01:58-	02:06-	02:04+	07:32-	01:52-	15:46+	02:41+	02:30-	01:35=	02:14-	00:20-
00:34-	00:02-	00:14-	00:19#	00:48-	00:17-	07:14&	00:23#	00:29-	00:00=	00:43-	00:05-
5	Hanne Vagle	105	47:27								
04:09+	07:17+	10:09+	12:35+	23:33+	26:57+	36:14+	39:08+	42:03+	44:02+	46:55+	47:27+
04:09+	03:08+	02:52+	02:26+	10:58+	03:24+	09:17+	02:54+	02:55-	01:59+	02:53-	00:32+
00:55&	01:08&	00:32#	00:41&	02:38&	01:15&	00:45+	00:36&	00:04-	00:24&	00:04-	00:07&
6	Mette Langeland	117	48:56								
03:30+	06:11+	08:50+	11:02+	21:46+	25:11+	36:23+	39:40+	43:03+	44:51+	48:30+	48:56+
03:30+	02:41+	02:39+	02:12+	10:44+	03:25+	11:12+	03:17+	03:23+	01:48+	03:39+	00:26+
00:16+	00:41&	00:19#	00:27&	02:24&	01:16&	02:40&	00:59&	00:24#	00:13#	00:42#	00:01+
7	Marita Skorpe	74	50:30								
05:42+	08:25+	12:06+	16:10+	26:39+	29:57+	39:03+	42:16+	45:45+	47:23+	50:01+	50:30+
05:42+	02:43+	03:41+	04:04+	10:29+	03:18+	09:06+	03:13+	03:29+	01:38+	02:38-	00:29+
02:28&	00:43&	01:21&	02:19@	02:09&	01:09&	00:34+	00:55&	00:30#	00:03+	00:19-	00:04#
8	Maren Heradstveit	76	51:01								
06:34+	08:35+	10:50+	12:42+	22:17+	24:50+	37:14+	41:42+	45:32+	47:22+	50:34+	51:01+
06:34+	02:01+	02:15-	01:52+	09:35+	02:33+	12:24+	04:28+	03:50+	01:50+	03:12+	00:27+
03:20@	00:01+	00:05-	00:07+	01:15#	00:24#	03:52&	02:10&	00:51&	00:15#	00:15+	00:02+
9	Helene Lie	228	52:06								
04:31+	06:59+	10:09+	13:12+	23:38+	26:38+	39:01+	43:11+	46:50+	48:39+	51:37+	52:06+
04:31+	02:28+	03:10+	03:03+	10:26+	03:00+	12:23+	04:10+	03:39+	01:49+	02:58+	00:29+
01:17&	00:28#	00:50&	01:18&	02:06&	00:51&	03:51&	01:52&	00:40#	00:14#	00:01+	00:04#
10	Maria Lampe	126	52:29								
04:00+	06:39+	09:25+	12:38+	25:31+	30:36+	40:57+	44:19+	47:22+	49:09+	52:05+	52:29+
04:00+	02:39+	02:46+	03:13+	12:53+	05:05+	10:21+	03:22+	03:03+	01:47+	02:56-	00:24-
00:46#	00:39&	00:26#	01:28&	04:33&	02:56@	01:49#	01:04&	00:04+	00:12#	00:01-	00:01-
11	Kirsten Vike	92	52:38								
03:38+	06:35+	09:46+	11:52+	21:26+	26:30+	39:25+	43:09+	46:53+	49:00+	52:04+	52:38+
03:38+	02:57+	03:11+	02:06+	09:34+	05:04+	12:55+	03:44+	03:44+	02:07+	03:04+	00:34+
00:24#	00:57&	00:51&	00:21#	01:14#	02:55@	04:23&	01:26&	00:45&	00:32&	00:07+	00:09&
12	Heidi Nordaunet	126	52:45								
04:55+	08:31+	11:37+	15:18+	26:49+	30:06+	41:04+	43:44+	46:51+	48:51+	52:17+	52:45+
04:55+	03:36+	03:06+	03:41+	11:31+	03:17+	10:58+	02:40+	03:07+	02:00+	03:26+	00:28+
01:41&	01:36&	00:46&	01:56@	03:11&	01:08&	02:26&	00:22#	00:08+	00:25&	00:29#	00:03#
13	Bodil Krogedal	126	56:23								
04:21+	08:13+	10:30+	12:17+	29:31+	34:28+	45:09+	48:19+	51:46+	53:27+	56:01+	56:23+
04:21+	03:52+	02:17-	01:47+	17:14+	04:57+	10:41+	03:10+	03:27+	01:41+	02:34-	00:22-
01:07&	01:52&	00:03-	00:02+	08:54@	02:48@	02:09&	00:52&	00:28#	00:06+	00:23-	00:03-
14	Ingrid Simensen	101	56:26								
03:17+	09:18+	12:25+	15:37+	25:30+	28:41+	43:17+	46:40+	50:38+	52:13+	56:00+	56:26+
03:17+	06:01+	03:07+	03:12+	09:53+	03:11+	14:36+	03:23+	03:58+	01:35=	03:47+	00:26+
00:03+	04:01@	00:47&	01:27&	01:33#	01:02&	06:04&	01:05&	00:59&	00:00=	00:50&	00:01+

Class	Navn	Klasse	Tid								
15	Kjersti Fandrem Høivik	68	1:00:32								
09:30+	12:46+	15:00+	18:05+	29:39+	33:18+	45:14+	48:26+	53:13+	57:00+	60:10+	60:32+
09:30+	03:16+	02:14-	03:05+	11:34+	03:39+	11:56+	03:12+	04:47+	03:47+	03:10+	00:22-
06:16@	01:16&	00:06-	01:20&	03:14&	01:30&	03:24&	00:54&	01:48&	02:12@	00:13+	00:03-
16	Kristina Renshaw	101	1:01:18								
03:26+	05:58+	08:48+	12:11+	22:50+	26:16+	49:39+	52:13+	55:29+	57:35+	60:50+	61:18+
03:26+	02:32+	02:50+	03:23+	10:39+	03:26+	23:23+	02:34+	03:16+	02:06+	03:15+	00:28+
00:12+	00:32&	00:30#	01:38&	02:19&	01:17&	14:51@	00:16#	00:17+	00:31&	00:18#	00:03#
17	Svitlana Rasheva	116	1:03:52								
04:34+	07:24+	11:09+	14:27+	27:38+	30:40+	50:01+	53:21+	57:58+	60:12+	63:20+	63:52+
04:34+	02:50+	03:45+	03:18+	13:11+	03:02+	19:21+	03:20+	04:37+	02:14+	03:08+	00:32+
01:20&	00:50&	01:25&	01:33&	04:51&	00:53&	10:49@	01:02&	01:38&	00:39&	00:11+	00:07&
18	Ingunn Bergheim Landsnes	74	1:10:10								
04:47+	07:53+	11:42+	14:54+	25:47+	29:33+	42:35+	46:11+	63:42+	66:02+	69:37+	70:10+
04:47+	03:06+	03:49+	03:12+	10:53+	03:46+	13:02+	03:36+	17:31+	02:20+	03:35+	00:33+
01:33&	01:06&	01:29&	01:27&	02:33&	01:37&	04:30&	01:18&	14:32@	00:45&	00:38#	00:08&
19	Barbro Lunde Nedrebø	92	1:36:52								
06:39+	11:09+	16:20+	30:27+	45:54+	51:29+	76:24+	84:58+	89:56+	92:13+	96:24+	96:52+
06:39+	04:30+	05:11+	14:07+	15:27+	05:35+	24:55+	08:34+	04:58+	02:17+	04:11+	00:28+
03:25@	02:30@	02:51@	12:22@	07:07&	03:26@	16:23@	06:16@	01:59&	00:42&	01:14&	00:03#
Beste strekktid for klassen											
02:40	01:58	02:06	01:45	07:32	01:52	06:56	02:18	02:30	01:33	02:14	00:20

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

Damer 40 - 49 år

1	Iren Undheim Øgreid	62	46:24								
02:28=	08:41=	14:11=	26:04=	32:58=	37:09=	38:59=	43:13=	45:56=	46:24=		
02:28=	06:13=	05:30=	11:53=	06:54=	04:11=	01:50=	04:14=	02:43=	00:28=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Tove Irene Asheim	116	52:16								
04:11+	09:12+	15:53+	26:57+	35:41+	40:49+	42:32+	47:37+	51:40+	52:16+		
04:11+	05:01-	06:41+	11:04-	08:44+	05:08+	01:43-	05:05+	04:03+	00:36+		
01:43&	01:12-	01:11#	00:49-	01:50&	00:57#	00:07-	00:51#	01:20&	00:08&		
3	Linda Mari Vestvik	62	52:45								
03:35+	07:13-	13:48-	22:09-	29:07-	32:49-	35:15-	48:27+	52:16+	52:45+		
03:35+	03:38-	06:35+	08:21-	06:58+	03:42-	02:26+	13:12+	03:49+	00:29+		
01:07&	02:35-	01:05#	03:32-	00:04+	00:29-	00:36&	08:58@	01:06&	00:01+		
4	Christel Dahl	92	58:48								
04:43+	09:14+	14:58+	26:52+	35:32+	48:02+	49:35+	55:10+	58:14+	58:48+		
04:43+	04:31-	05:44+	11:54+	08:40+	12:30+	01:33-	05:35+	03:04+	00:34+		
02:15&	01:42-	00:14+	00:01+	01:46&	08:19@	00:17-	01:21&	00:21#	00:06#		
5	Berit Våg Aksland	116	1:02:15								
14:13+	18:38+	22:53+	32:56+	40:08+	45:08+	55:59+	58:59+	61:49+	62:15+		
14:13+	04:25-	04:15-	10:03-	07:12+	05:00+	10:51+	03:00-	02:50+	00:26-		
11:45@	01:48-	01:15-	01:50-	00:18+	00:49#	09:01@	01:14-	00:07+	00:02-		
6	Hilde Frøytlog Karlsen	228	1:02:58								
03:26+	08:27-	15:57+	27:38+	45:53+	52:10+	54:14+	58:58+	62:19+	62:58+		
03:26+	05:01-	07:30+	11:41-	18:15+	06:17+	02:04+	04:44+	03:21+	00:39+		
00:58&	01:12-	02:00&	00:12-	11:21@	02:06&	00:14#	00:30#	00:38#	00:11&		
7	Grethe Thu Skadberg	128	1:06:04								
10:39+	15:57+	22:24+	38:03+	49:12+	55:39+	57:58+	61:54+	65:39+	66:04+		
10:39+	05:18-	06:27+	15:39+	11:09+	06:27+	02:19+	03:56-	03:45+	00:25-		
08:11@	00:55-	00:57#	03:46&	04:15&	02:16&	00:29&	00:18-	01:02&	00:03-		
8	Astri Sandanger	93	1:12:49								
04:11+	08:49+	15:28+	37:39+	54:05+	63:55+	65:13+	69:17+	72:16+	72:49+		
04:11+	04:38-	06:39+	22:11+	16:26+	09:50+	01:18-	04:04-	02:59+	00:33+		
01:43&	01:35-	01:09#	10:18&	09:32@	05:39@	00:32-	00:10-	00:16+	00:05#		

Class	Navn	Klasse	Tid
9	Ragnhild Båtnes Berntsen	101	1:13:40
03:54+	09:23+ 21:23+ 40:43+ 54:30+ 59:39+	62:02+ 73:00+ 73:40+	
03:54+	05:29- 12:00+ 19:20+ 13:47+ 05:09+	02:23+ 05:41+ 05:17+ 00:40+	
01:26&	00:44- 06:30@ 07:27& 06:53& 00:58#	00:33& 01:27& 02:34& 00:12&	
10	Monica Gilje Rennemo	92	1:14:44
07:13+	11:11+ 17:16+ 27:11+ 35:21+ 39:31+	64:41+ 70:17+ 74:14+ 74:44+	
07:13+	03:58- 06:05+ 09:55- 08:10+ 04:10-	25:10+ 05:36+ 03:57+ 00:30+	
04:45@	02:15- 00:35# 01:58- 01:16# 00:01-	23:20@ 01:22& 01:14& 00:02+	
11	Synnøve Westermoen	116	1:15:24
03:00+	09:25+ 36:04+ 44:43+ 60:27+ 65:18+	67:34+ 71:38+ 74:52+ 75:24+	
03:00+	06:25+ 26:39+ 08:39- 15:44+ 04:51+	02:16+ 04:04- 03:14+ 00:32+	
00:32#	00:12+ 21:09@ 03:14- 08:50@ 00:40#	00:26# 00:10- 00:31# 00:04#	
12	Toril Dahle	116	1:31:19
04:16+	09:01+ 17:11+ 42:55+ 52:20+ 72:01+	77:33+ 85:32+ 90:42+ 91:19+	
04:16+	04:45- 08:10+ 25:44+ 09:25+ 19:41+	05:32+ 07:59+ 05:10+ 00:37+	
01:48&	01:28- 02:40& 13:51@ 02:31& 15:30@	03:42@ 03:45& 02:27& 00:09&	
Beste strekktid for klassen			
02:28	03:38	04:15	08:21 06:54 03:42 01:18 03:00 02:43 00:25
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Damer 50 - 59 år			
1	Anne Sæbø Vik	116	38:16
02:35=	06:11= 11:28= 18:30= 26:38= 30:13=	31:55= 35:10= 37:46= 38:16=	
02:35=	03:36= 05:17= 07:02= 08:08= 03:35=	01:42= 03:15= 02:36= 00:30=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	
2	Keth Berggraf	116	47:35
05:29+	08:55+ 17:58+ 24:43+ 32:03+ 38:43+	40:18+ 43:20+ 47:12+ 47:35+	
05:29+	03:26- 09:03+ 06:45- 07:20- 06:40+	01:35- 03:02- 03:52+ 00:23-	
02:54@	00:10- 03:46& 00:17- 00:48- 03:05&	00:07- 00:13- 01:16& 00:07-	
3	Liv Omdal	116	51:15
03:36+	07:57+ 13:31+ 24:01+ 32:41+ 39:00+	42:35+ 47:16+ 50:46+ 51:15+	
03:36+	04:21+ 05:34+ 10:30+ 08:40+ 06:19+	03:35+ 04:41+ 03:30+ 00:29-	
01:01&	00:45# 00:17+ 03:28& 00:32+ 02:44&	01:53@ 01:26& 00:54& 00:01-	
4	Målfrid Bjerkeli	237	54:50
03:04+	07:23+ 20:16+ 31:39+ 39:22+ 45:26+	47:48+ 51:45+ 54:20+ 54:50+	
03:04+	04:19+ 12:53+ 11:23+ 07:43- 06:04+	02:22+ 03:57+ 02:35- 00:30=	
00:29#	00:43# 07:36@ 04:21& 00:25- 02:29&	00:40& 00:42# 00:01- 00:00=	
5	Gunn J. Grefstad	2	55:06
02:58+	07:16+ 13:52+ 22:47+ 31:04+ 42:55+	45:12+ 50:00+ 54:31+ 55:06+	
02:58+	04:18+ 06:36+ 08:55+ 08:17+ 11:51+	02:17+ 04:48+ 04:31+ 00:35+	
00:23#	00:42# 01:19# 01:53& 00:09+ 08:16@	00:35& 01:33& 01:55& 00:05#	
6	Ingunn Voilås	29	56:04
10:44+	15:03+ 23:03+ 31:26+ 40:02+ 44:17+	46:10+ 51:11+ 55:24+ 56:04+	
10:44+	04:19+ 08:00+ 08:23+ 08:36+ 04:15+	01:53+ 05:01+ 04:13+ 00:40+	
08:09@	00:43# 02:43& 01:21# 00:28+ 00:40#	00:11# 01:46& 01:37& 00:10&	
7	Signe Ottesen	116	57:59
03:15+	07:41+ 19:35+ 28:52+ 43:05+ 48:03+	50:14+ 54:11+ 57:29+ 57:59+	
03:15+	04:26+ 11:54+ 09:17+ 14:13+ 04:58+	02:11+ 03:57+ 03:18+ 00:30=	
00:40&	00:50# 06:37@ 02:15& 06:05& 01:23&	00:29& 00:42# 00:42& 00:00=	
8	Ellinor Nesse	116	1:00:02
03:19+	07:57+ 23:08+ 33:44+ 42:52+ 48:44+	51:03+ 56:03+ 59:28+ 60:02+	
03:19+	04:38+ 15:11+ 10:36+ 09:08+ 05:52+	02:19+ 05:00+ 03:25+ 00:34+	
00:44&	01:02& 09:54@ 03:34& 01:00# 02:17&	00:37& 01:45& 00:49& 00:04#	
9	Hanne-Keth Qvale	113	1:00:07
04:15+	08:32+ 22:41+ 38:22+ 46:11+ 50:41+	53:06+ 56:40+ 59:37+ 60:07+	
04:15+	04:17+ 14:09+ 15:41+ 07:49- 04:30+	02:25+ 03:34+ 02:57+ 00:30=	
01:40&	00:41# 08:52@ 08:39@ 00:19- 00:55&	00:43& 00:19+ 00:21# 00:00=	

Class	Navn	Klasse								Tid
10	Kristin Skadsem	18								1:02:29
14:08+	19:01+	29:05+	38:01+	47:08+	52:03+	54:17+	58:34+	61:52+	62:29+	
14:08+	04:53+	10:04+	08:56+	09:07+	04:55+	02:14+	04:17+	03:18+	00:37+	
11:33@	01:17&	04:47&	01:54&	00:59#	01:20&	00:32&	01:02&	00:42&	00:07#	
11	Nidunn Sandvik	228								1:03:25
02:41+	06:34+	14:49+	31:34+	39:34+	52:27+	54:21+	58:39+	62:50+	63:25+	
02:41+	03:53+	08:15+	16:45+	08:00-	12:53+	01:54+	04:18+	04:11+	00:35+	
00:06+	00:17+	02:58&	09:43@	00:08-	09:18@	00:12#	01:03&	01:35&	00:05#	
12	Kari Smådal Turøy	115								1:12:27
05:41+	10:29+	19:49+	43:34+	52:35+	57:40+	60:16+	67:11+	71:55+	72:27+	
05:41+	04:48+	09:20+	23:45+	09:01+	05:05+	02:36+	06:55+	04:44+	00:32+	
03:06@	01:12&	04:03&	16:43@	00:53#	01:30&	00:54&	03:40@	02:08&	00:02+	
13	Torill Andersen	116								1:14:09
13:12+	17:24+	26:31+	37:38+	50:54+	58:26+	60:00+	70:40+	73:39+	74:09+	
13:12+	04:12+	09:07+	11:07+	13:16+	07:32+	01:34-	10:40+	02:59+	00:30=	
10:37@	00:36#	03:50&	04:05&	05:08&	03:57@	00:08-	07:25@	00:23#	00:00=	
14	Kristin Harbo	92								1:14:53
15:01+	19:47+	27:42+	44:59+	55:27+	61:42+	63:54+	69:14+	74:17+	74:53+	
15:01+	04:46+	07:55+	17:17+	10:28+	06:15+	02:12+	05:20+	05:03+	00:36+	
12:26@	01:10&	02:38&	10:15@	02:20&	02:40&	00:30&	02:05&	02:27&	00:06#	
15	Marie-Elizabeth Reinseth	27								1:17:51
04:27+	10:19+	16:24+	46:15+	59:06+	66:16+	68:09+	73:19+	77:20+	77:51+	
04:27+	05:52+	06:05+	29:51+	12:51+	07:10+	01:53+	05:10+	04:01+	00:31+	
01:52&	02:16&	00:48#	22:49@	04:43&	03:35&	00:11#	01:55&	01:25&	00:01+	
16	Andrea Tapken	54								1:21:02
03:45+	09:24+	18:23+	36:26+	58:43+	66:05+	68:44+	74:44+	80:26+	81:02+	
03:45+	05:39+	08:59+	18:03+	22:17+	07:22+	02:39+	06:00+	05:42+	00:36+	
01:10&	02:03&	03:42&	11:01@	14:09@	03:47@	00:57&	02:45&	03:06@	00:06#	
17	Ellinor Hoemsnes	116								1:22:21
06:36+	11:43+	24:43+	42:45+	59:08+	64:49+	71:07+	78:56+	81:44+	82:21+	
06:36+	05:07+	13:00+	18:02+	16:23+	05:41+	06:18+	07:49+	02:48+	00:37+	
04:01@	01:31&	07:43@	11:00@	08:15@	02:06&	04:36@	04:34@	00:12+	00:07#	
18	Birgitte Røe	125								1:24:20
03:20+	08:03+	14:19+	41:42+	64:56+	71:01+	73:29+	78:52+	83:44+	84:20+	
03:20+	04:43+	06:16+	27:23+	23:14+	06:05+	02:28+	05:23+	04:52+	00:36+	
00:45&	01:07&	00:59#	20:21@	15:06@	02:30&	00:46&	02:08&	02:16&	00:06#	

Beste strekktid for klassen

02:35 03:26 05:17 06:45 07:20 03:35 01:34 03:02 02:35 00:23

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

Damer 60 - 64 år

1	Marit Karin Nygård	92								39:19
04:55=	08:12=	12:17=	18:57=	30:09=	31:50=	34:21=	36:21=	38:52=	39:19=	
04:55=	03:17=	04:05=	06:40=	11:12=	01:41=	02:31=	02:00=	02:31=	00:27=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kari Blixhavn	228								47:53
06:34+	10:20+	15:33+	25:46+	34:33+	37:32+	41:20+	43:34+	47:17+	47:53+	
06:34+	03:46+	05:13+	10:13+	08:47-	02:59+	03:48+	02:14+	03:43+	00:36+	
01:39&	00:29#	01:08&	03:33&	02:25-	01:18&	01:17&	00:14#	01:12&	00:09&	
3	Hanna S. Lomeland	47								48:12
05:38+	09:50+	15:07+	24:49+	35:20+	37:40+	41:20+	43:33+	47:37+	48:12+	
05:38+	04:12+	05:17+	09:42+	10:31-	02:20+	03:40+	02:13+	04:04+	00:35+	
00:43#	00:55&	01:12&	03:02&	00:41-	00:39&	01:09&	00:13#	01:33&	00:08&	
4	Aud Steinsland	128								48:15
05:42+	09:53+	15:12+	24:46+	35:23+	37:43+	41:19+	43:37+	47:43+	48:15+	
05:42+	04:11+	05:19+	09:34+	10:37-	02:20+	03:36+	02:18+	04:06+	00:32+	
00:47#	00:54&	01:14&	02:54&	00:35-	00:39&	01:05&	00:18#	01:35&	00:05#	

Class	Navn	Klasse	Tid							
5	Vigdis Løseth	105	51:41							
07:03+	12:13+	16:58+	24:51+	36:59+	39:17+	45:05+	47:15+	50:55+	51:41+	
07:03+	05:10+	04:45+	07:53+	12:08+	02:18+	05:48+	02:10+	03:40+	00:46+	
02:08&	01:53&	00:40#	01:13#	00:56+	00:37&	03:17@	00:10+	01:09&	00:19&	
6	Halldis Handeland	92	56:24							
05:16+	09:32+	15:57+	25:31+	40:15+	44:38+	48:19+	50:35+	55:48+	56:24+	
05:16+	04:16+	06:25+	09:34+	14:44+	04:23+	03:41+	02:16+	05:13+	00:36+	
00:21+	00:59&	02:20&	02:54&	03:32&	02:42@	01:10&	00:16#	02:42@	00:09&	
7	Unni Relling	92	1:00:29							
06:40+	10:49+	20:06+	32:16+	43:23+	46:08+	52:33+	55:08+	59:52+	60:29+	
06:40+	04:09+	09:17+	12:10+	11:07-	02:45+	06:25+	02:35+	04:44+	00:37+	
01:45&	00:52&	05:12@	05:30&	00:05-	01:04&	03:54@	00:35&	02:13&	00:10&	
8	Eli Frafjord	94	1:08:58							
04:48-	08:29+	13:58+	23:29+	45:40+	52:18+	54:37+	58:13+	65:07+	68:23+	68:58+
04:48-	03:41+	05:29+	09:31+	22:11+	06:38+	02:19-	03:36+	06:54+	03:16+	00:35+
00:07-	00:24#	01:24&	02:51&	10:59&	04:57@	00:12-	01:36&	04:23@	02:49@	00:35+
9	Liv Sissel Obrestad	54	1:14:48							
06:23+	10:02+	15:47+	38:38+	51:38+	56:32+	60:39+	63:41+	74:13+	74:48+	
06:23+	03:39+	05:45+	22:51+	13:00+	04:54+	04:07+	03:02+	10:32+	00:35+	
01:28&	00:22#	01:40&	16:11@	01:48#	03:13@	01:36&	01:02&	08:01@	00:08&	
Beste strekktid for klassen										
04:48	03:17	04:05	06:40	08:47	01:41	02:19	02:00	02:31	00:27	

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

Damer 65 - 69 år

1	Inger Skretting Opstad	54	50:21							
05:55=	09:46=	16:09=	25:49=	37:05=	39:55=	43:28=	45:48=	49:43=	50:21=	
05:55=	03:51=	06:23=	09:40=	11:16=	02:50=	03:33=	02:20=	03:55=	00:38=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kirsten Carlsen	93	54:13							
05:22-	09:51+	15:01-	28:36+	40:28+	42:51+	46:52+	49:21+	53:36+	54:13+	
05:22-	04:29+	05:10-	13:35+	11:52+	02:23-	04:01+	02:29+	04:15+	00:37-	
00:33-	00:38#	01:13-	03:55&	00:36+	00:27-	00:28#	00:09+	00:20+	00:01-	
3	Wenche Anda Haarr	92	58:37							
06:06+	10:12+	15:17-	24:09-	38:51+	44:21+	47:56+	50:32+	57:31+	58:37+	
06:06+	04:06+	05:05-	08:52-	14:42+	05:30+	03:35+	02:36+	06:59+	01:06+	
00:11+	00:15+	01:18-	00:48-	03:26&	02:40&	00:02+	00:16#	03:04&	00:28&	
Beste strekktid for klassen										
05:22	03:51	05:05	08:52	11:16	02:23	03:33	02:20	03:55	00:37	

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

Damer 70 - 74 år

1	Gry V. Thengs	68	42:23						
04:46=	08:21=	13:26=	21:56=	29:33=	32:27=	36:19=	38:38=	41:47=	42:23=
04:46=	03:35=	05:05=	08:30=	07:37=	02:54=	03:52=	02:19=	03:09=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Turid Nystrøm	68	46:29						
04:38-	08:41+	14:34+	24:29+	33:06+	35:51+	40:23+	42:44+	45:52+	46:29+
04:38-	04:03+	05:53+	09:55+	08:37+	02:45-	04:32+	02:21+	03:08-	00:37+
00:08-	00:28#	00:48#	01:25#	01:00#	00:09-	00:40#	00:02+	00:01-	00:01+
3	Helga Aaslid	54	51:03						
06:59+	10:38+	17:00+	26:53+	38:09+	40:59+	44:34+	46:50+	50:32+	51:03+
06:59+	03:39+	06:22+	09:53+	11:16+	02:50-	03:35-	02:16-	03:42+	00:31-
02:13&	00:04+	01:17&	01:23#	03:39&	00:04-	00:17-	00:03-	00:33#	00:05-

Class	Navn	Klasse	Tid
4	Hedvig Anda	116	51:05
06:10+	10:00+	17:48+	28:05+
06:10+	03:50+	07:48+	10:17+
01:24&	00:15+	02:43&	01:47#

37:52+	40:28+	44:11+	46:20+	50:37+	51:05+
09:47+	02:36-	03:43-	02:09-	04:17+	00:28-
00:18-	00:09-	00:10-	01:08&	00:08-	
5	Haldis Glendrange	68	51:45		
05:13+	10:07+	16:13+	26:10+		
05:13+	04:54+	06:06+	09:57+		
00:27+	01:19&	01:01#	01:27#		

39:04+	41:30+	45:37+	47:45+	51:15+	51:45+
02:26-	04:07+	02:08-	03:30+	00:30-	
00:28-	00:15+	00:11-	00:21#	00:06-	
6	Helga Klausen	62	54:16		
07:17+	13:25+	20:21+	30:22+	40:49+	43:40+
07:17+	06:08+	06:56+	10:01+	10:27+	02:51-
02:31&	02:33&	01:51&	01:31#	02:50&	00:03-

47:12+	49:30+	53:36+	54:16+		
03:32-	02:18-	04:06+	00:40+		
00:20-	00:01-	00:57&	00:04#		
7	Ragnhild Christiansen	93	1:03:13		
06:20+	11:07+	18:33+	34:23+	46:10+	50:41+
06:20+	04:47+	07:26+	15:50+	11:47+	04:31+
01:34&	01:12&	02:21&	07:20&	04:10&	01:37&

54:58+	57:59+	62:28+	63:13+		
04:17+	03:01+	04:29+	00:45+		
00:25#	00:42&	01:20&	00:09#		
8	Eva Hessen	83	1:04:15		
05:12+	11:06+	17:50+	40:20+	50:48+	53:34+
05:12+	05:54+	06:44+	22:30+	10:28+	02:46-
00:26+	02:19&	01:39&	14:00#	02:51&	00:08-

57:10+	59:29+	63:39+	64:15+		
03:36-	02:19=	04:10+	00:36=		
00:16-	00:00=	01:01&	00:00=		
9	Margaret Malmin	105	1:13:25		
07:41+	12:07+	18:46+	43:27+	55:51+	58:51+
07:41+	04:26+	06:39+	24:41+	12:24+	03:00+
02:55&	00:51#	01:34&	16:11#	04:47&	00:06+

65:23+	68:17+	72:33+	73:25+		
06:32+	02:54+	04:16+	00:52+		
02:40&	00:35&	01:07&	00:16&		
Beste strekktid for klassen					
04:38	03:35	05:05	08:30	07:37	02:26

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29	45:51
04:50=	08:15=	13:21=	22:29=
04:50=	03:25=	05:06=	09:08=
00:00=	00:00=	00:00=	00:00=

32:28=	35:26=	39:16=	41:30=	45:16=	45:51=
02:58=	03:50=	02:14=	03:46=	00:35=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Berit Ebbell Olsen	68	1:07:58		
06:53+	11:13+	21:02+	37:47+	50:06+	54:01+
06:53+	04:20+	09:49+	16:45+	12:19+	03:55+
02:03&	00:55&	04:43&	07:37&	02:20#	00:57&

60:03+	62:47+	67:16+	67:58+		
06:02+	02:44+	04:29+	00:42+		
02:12&	00:30#	00:43#	00:07#		
Beste strekktid for klassen					
04:50	03:25	05:06	09:08	09:59	02:58

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

Damer 80 år og eldre

1	Gørild Espedal	113	1:30:45
23:46=	41:36=	54:21=	62:31=
23:46=	17:50=	12:45=	08:10=
00:00=	00:00=	00:00=	00:00=

87:21=	90:00=	90:45=			
11:39=	02:39=	00:45=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
Beste strekktid for klassen					
23:46	17:50	12:45	08:10	13:11	11:39

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

Damer A

Class	Navn	Klasse	Tid
1	Aud Hognestad Taksdal	92	44:08
	04:11= 08:25= 13:24= 17:43= 30:10= 36:12= 39:14= 41:26= 43:44= 44:08=		
	04:11= 04:14= 04:59= 04:19= 12:27= 06:02= 03:02= 02:12= 02:18= 00:24=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Sara Marlene Nystrøm Olsen	68	47:54
	04:49+ 09:02+ 14:19+ 18:54+ 32:36+ 38:47+ 42:31+ 45:13+ 47:27+ 47:54+		
	04:49+ 04:13- 05:17+ 04:35+ 13:42+ 06:11+ 03:44+ 02:42+ 02:14- 00:27+		
	00:38# 00:01- 00:18+ 00:16+ 01:15# 00:09+ 00:42# 00:30# 00:04- 00:03#		
3	Jorunn Hadland	29	52:05
	04:16+ 08:19- 13:06- 17:11- 30:07- 44:14+ 47:11+ 49:36+ 51:37+ 52:05+		
	04:16+ 04:03- 04:47- 04:05- 12:56+ 14:07+ 02:57- 02:25+ 02:01- 00:28+		
	00:05+ 00:11- 00:12- 00:14- 00:29+ 08:05@ 00:05- 00:13+ 00:17- 00:04#		
4	Silje Sundal	71	1:03:04
	04:37+ 09:25+ 16:22+ 22:07+ 39:32+ 47:14+ 51:33+ 60:38+ 62:36+ 63:04+		
	04:37+ 04:48+ 06:57+ 05:45+ 17:25+ 07:42+ 04:19+ 09:05+ 01:58- 00:28+		
	00:26# 00:34# 01:58& 01:26& 04:58& 01:40& 01:17& 06:53@ 00:20- 00:04#		
5	Wenche M. Sæbbø	3	1:09:18
	05:45+ 10:17+ 16:17+ 21:26+ 48:05+ 58:36+ 62:31+ 65:48+ 68:48+ 69:18+		
	05:45+ 04:32+ 06:00+ 05:09+ 26:39+ 10:31+ 03:55+ 03:17+ 03:00+ 00:30+		
	01:34& 00:18+ 01:01# 00:50# 14:12@ 04:29& 00:53& 01:05& 00:42& 00:06#		
6	Maira Andersone	93	1:32:00
	10:33+ 16:07+ 25:14+ 36:30+ 65:32+ 76:07+ 82:24+ 88:40+ 91:30+ 92:00+		
	10:33+ 05:34+ 09:07+ 11:16+ 29:02+ 10:35+ 06:17+ 06:16+ 02:50+ 00:30+		
	06:22@ 01:20& 04:08& 06:57@ 16:35@ 04:33& 03:15@ 04:04@ 00:32# 00:06#		
Beste strekktid for klassen			
	04:11 04:03 04:47 04:05 12:27 06:02 02:57 02:12 01:58 00:24		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Damer B			
1	Inger Tone Nygård	29	47:37
	02:32= 05:21= 09:52= 16:54= 37:48= 40:26= 41:28= 44:17= 47:13= 47:37=		
	02:32= 02:49= 04:31= 07:02= 20:54= 02:38= 01:02= 02:49= 02:56= 00:24=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Ingrid W. Hestness	117	49:36
	02:27- 05:21= 10:09+ 18:07+ 38:14+ 41:15+ 42:39+ 46:03+ 49:09+ 49:36+		
	02:27- 02:54+ 04:48+ 07:58+ 20:07- 03:01+ 01:24+ 03:24+ 03:06+ 00:27+		
	00:05- 00:05+ 00:17+ 00:56# 00:47- 00:23# 00:22& 00:35# 00:10+ 00:03#		
3	Vibeke Lamark	46	50:28
	02:47+ 05:40+ 12:11+ 20:58+ 39:50+ 42:24+ 44:04+ 47:33+ 49:58+ 50:28+		
	02:47+ 02:53+ 06:31+ 08:47+ 18:52- 02:34- 01:40+ 03:29+ 02:25- 00:30+		
	00:15+ 00:04+ 02:00& 01:45# 02:02- 00:04- 00:38& 00:40# 00:31- 00:06#		
4	Hilde Nordbø	93	52:28
	02:21- 06:34+ 11:58+ 19:55+ 40:18+ 43:26+ 44:58+ 48:29+ 52:01+ 52:28+		
	02:21- 04:13+ 05:24+ 07:57+ 20:23- 03:08+ 01:32+ 03:31+ 03:32+ 00:27+		
	00:11- 01:24& 00:53# 00:55# 00:31- 00:30# 00:30& 00:42# 00:36# 00:03#		
5	Agnes Elin Engen	116	54:52
	02:36+ 05:53+ 13:59+ 22:59+ 43:19+ 46:23+ 48:05+ 51:27+ 54:26+ 54:52+		
	02:36+ 03:17+ 08:06+ 09:00+ 20:20- 03:04+ 01:42+ 03:22+ 02:59+ 00:26+		
	00:04+ 00:28# 03:35& 01:58& 00:34- 00:26# 00:40& 00:33# 00:03+ 00:02+		
6	Ann Karin Tjørhom	93	54:59
	02:50+ 06:22+ 12:02+ 21:38+ 44:07+ 47:25+ 49:05+ 51:58+ 54:31+ 54:59+		
	02:50+ 03:32+ 05:40+ 09:36+ 22:29+ 03:18+ 01:40+ 02:53+ 02:33- 00:28+		
	00:18# 00:43& 01:09& 02:34& 01:35+ 00:40& 00:38& 00:04+ 00:23- 00:04#		
7	Anne Garsrud	90	55:49
	02:15- 05:08- 09:40- 17:42+ 43:21+ 46:27+ 47:56+ 52:15+ 55:21+ 55:49+		
	02:15- 02:53+ 04:32+ 08:02+ 25:39+ 03:06+ 01:29+ 04:19+ 03:06+ 00:28+		
	00:17- 00:04+ 00:01+ 01:00# 04:45# 00:28# 00:27& 01:30& 00:10+ 00:04#		

Class	Navn	Klasse	Tid						
8	Grethe Anda Fuglestad	116	56:38						
03:32+	07:04+	12:19+	21:24+	43:53+	47:13+	48:49+	53:17+	56:09+	56:38+
03:32+	03:32+	05:15+	09:05+	22:29+	03:20+	01:36+	04:28+	02:52-	00:29+
01:00&	00:43&	00:44#	02:03&	01:35+	00:42&	00:34&	01:39&	00:04-	00:05#
9	Lise Isachsen	165	57:45						
02:09-	05:01-	09:25-	17:43+	46:38+	49:10+	50:47+	54:57+	57:17+	57:45+
02:09-	02:52+	04:24-	08:18+	28:55+	02:32-	01:37+	04:10+	02:20-	00:28+
00:23-	00:03+	00:07-	01:16#	08:01&	00:06-	00:35&	01:21&	00:36-	00:04#
10	Margrethe Roalsø	93	1:02:57						
02:38+	07:21+	15:28+	24:35+	51:33+	54:44+	56:15+	59:47+	62:30+	62:57+
02:38+	04:43+	08:07+	09:07+	26:58+	03:11+	01:31+	03:32+	02:43-	00:27+
00:06+	01:54&	03:36&	02:05&	06:04&	00:33#	00:29&	00:43&	00:13-	00:03#
11	Tone Cecilie Nystrom	68	1:05:46						
04:04+	07:44+	13:46+	25:36+	52:22+	55:25+	57:08+	61:29+	65:13+	65:46+
04:04+	03:40+	06:02+	11:50+	26:46+	03:03+	01:43+	04:21+	03:44+	00:33+
01:32&	00:51&	01:31&	04:48&	05:52&	00:25#	00:41&	01:32&	00:48&	00:09&
12	Ragnhild Auglænd	168	1:06:02						
04:22+	08:48+	14:53+	25:38+	53:24+	56:12+	57:57+	62:34+	65:27+	66:02+
04:22+	04:26+	06:05+	10:45+	27:46+	02:48+	01:45+	04:37+	02:53-	00:35+
01:50&	01:37&	01:34&	03:43&	06:52&	00:10+	00:43&	01:48&	00:03-	00:11&
13	Helen Lomeland	105	1:07:43						
02:18-	05:21=	10:18+	18:14+	52:15+	57:29+	59:00+	62:15+	67:12+	67:43+
02:18-	03:03+	04:57+	07:56+	34:01+	05:14+	01:31+	03:15+	04:57+	00:31+
00:14-	00:14+	00:26+	00:54#	13:07&	02:36&	00:29&	00:26#	02:01&	00:07&
14	Ann-Cathrin Urdal	118	1:13:44						
02:19-	05:07-	09:58+	19:03+	54:50+	63:08+	67:15+	70:33+	73:12+	73:44+
02:19-	02:48-	04:51+	09:05+	35:47+	08:18+	04:07+	03:18+	02:39-	00:32+
00:13-	00:01-	00:20+	02:03&	14:53&	05:40@	03:05@	00:29#	00:17-	00:08&
15	Randi Helen Ladsten	128	1:13:50						
04:36+	08:51+	15:08+	26:07+	55:55+	59:51+	66:32+	70:38+	73:21+	73:50+
04:36+	04:15+	06:17+	10:59+	29:48+	03:56+	06:41+	04:06+	02:43-	00:29+
02:04&	01:26&	01:46&	03:57&	08:54&	01:18&	05:39@	01:17&	00:13-	00:05#

Beste strekktid for klassen

02:09 02:48 04:24 07:02 18:52 02:32 01:02 02:49 02:20 00:24

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

Damer Trim

1	Margrete Jian Øye	126	27:36					
03:06=	06:31=	11:18=	18:15=	20:29=	23:39=	25:36=	27:05=	27:36=
03:06=	03:25=	04:47=	06:57=	02:14=	03:10=	01:57=	01:29=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anne Marie Gausel	105	30:40					
03:24+	06:46+	11:33+	20:04+	22:38+	25:50+	28:12+	30:09+	30:40+
03:24+	03:22-	04:47=	08:31+	02:34+	03:12+	02:22+	01:57+	00:31=
00:18+	00:03-	00:00=	01:34#	00:20#	00:02+	00:25#	00:28&	00:00=
3	Kristin Breivold	92	32:27					
04:02+	07:56+	12:04+	22:01+	24:37+	28:45+	30:37+	32:03+	32:27+
04:02+	03:54+	04:08-	09:57+	02:36+	04:08+	01:52-	01:26-	00:24-
00:56&	00:29#	00:39-	03:00&	00:22#	00:58&	00:05-	00:03-	00:07-
4	Ingrid O. Foss	117	33:33					
03:49+	07:18+	11:47+	22:04+	24:35+	29:00+	31:12+	33:04+	33:33+
03:49+	03:29+	04:29-	10:17+	02:31+	04:25+	02:12+	01:52+	00:29-
00:43#	00:04+	00:18-	03:20&	00:17#	01:15&	00:15#	00:23&	00:02-
5	Fredrike Krahner	126	34:55					
03:38+	07:20+	11:49+	24:20+	27:17+	30:44+	32:41+	34:24+	34:55+
03:38+	03:42+	04:29-	12:31+	02:57+	03:27+	01:57=	01:43+	00:31=
00:32#	00:17+	00:18-	05:34&	00:43&	00:17+	00:00=	00:14#	00:00=

Class	Navn	Klasse	Tid
6	Gunn Vagle	126	35:12
03:40+	08:07+ 14:06+ 23:51+ 26:43+ 30:22+	32:41+ 34:36+	35:12+
03:40+	04:27+ 05:59+ 09:45+ 02:52+ 03:39+	02:19+ 01:55+	00:36+
00:34#	01:02& 01:12& 02:48& 00:38& 00:29#	00:22# 00:26&	00:05#
7	Irene Frøyland	71	35:50
04:35+	09:15+ 14:48+ 23:40+ 27:16+	31:00+ 33:27+	35:17+
04:35+	04:40+ 05:33+ 08:52+ 03:36+	03:44+ 02:27+	01:50+
01:29&	01:15& 00:46# 01:55& 01:22&	00:34# 00:30&	00:21#
8	Anette Tronstad	115	35:53
03:22+	07:44+ 15:19+ 24:41+ 27:13+	30:52+ 33:22+	35:20+
03:22+	04:22+ 07:35+ 09:22+ 02:32+	03:39+ 02:30+	01:58+
00:16+	00:57& 02:48& 02:25& 00:18#	00:29# 00:33&	00:29&
9	Lene Haver Schmidt	88	42:20
06:34+	11:33+ 17:16+ 28:17+ 32:02+	36:29+ 39:44+	41:46+
06:34+	04:59+ 05:43+ 11:01+ 03:45+	04:27+ 03:15+	02:02+
03:28@	01:34& 00:56# 04:04& 01:31&	01:17& 01:18&	00:33&
10	Marita Navjord Nicolaysen	71	42:21
03:25+	07:18+ 17:33+ 31:02+ 33:53+	37:58+ 40:16+	41:52+
03:25+	03:53+ 10:15+ 13:29+ 02:51+	04:05+ 02:18+	01:36+
00:19#	00:28# 05:28@ 06:32& 00:37&	00:55& 00:21#	00:07+
11	Sissel Carlsen Bråstad	88	42:26
06:32+	11:32+ 17:21+ 28:20+ 32:00+	36:31+ 39:43+	41:48+
06:32+	05:00+ 05:49+ 10:59+ 03:40+	04:31+ 03:12+	02:05+
03:26@	01:35& 01:02# 04:02& 01:26&	01:21& 01:15&	00:36&
12	Sarah Denieul	42	42:51
03:21+	07:57+ 13:18+ 32:43+ 35:10+	38:48+ 40:51+	42:26+
03:21+	04:36+ 05:21+ 19:25+ 02:27+	03:38+ 02:03+	01:35+
00:15+	01:11& 00:34# 12:28@ 00:13+	00:28# 00:06+	00:06+
13	Caroline Puig	136	43:27
05:06+	08:44+ 20:01+ 27:23+ 30:00+	38:48+ 41:01+	42:53+
05:06+	03:38+ 11:17+ 07:22+ 02:37+	08:48+ 02:13+	01:52+
02:00&	00:13+ 06:30@ 00:25+ 00:23#	05:38@ 00:16#	00:23&
14	Margot Asheim	105	44:33
04:13+	12:21+ 16:29+ 23:44+ 36:57+	39:43+ 41:54+	44:03+
04:13+	08:08+ 04:08- 07:15+ 13:13+	02:46- 02:11+	02:09+
01:07&	04:43@ 00:39- 00:18+ 10:59@	00:24- 00:14#	00:40&
15	Judith Serigstad	128	44:38
05:43+	10:49+ 17:17+ 30:28+ 33:19+	39:42+ 42:05+	44:06+
05:43+	05:06+ 06:28+ 13:11+ 02:51+	06:23+ 02:23+	02:01+
02:37&	01:41& 01:41& 06:14& 00:37&	03:13@ 00:26#	00:32&
16	Bente Salte Aune	128	44:40
05:44+	10:48+ 17:24+ 30:35+ 33:32+	39:38+ 42:02+	44:07+
05:44+	05:04+ 06:36+ 13:11+ 02:57+	06:06+ 02:24+	02:05+
02:38&	01:39& 01:49& 06:14& 00:43&	02:56& 00:27#	00:36&
17	Sigrun Serigstad	128	44:53
03:20+	14:19+ 21:30+ 30:13+ 32:55+	37:31+ 42:08+	44:25+
03:20+	10:59+ 07:11+ 08:43+ 02:42+	04:36+ 04:37+	02:17+
00:14+	07:34@ 02:24& 01:46& 00:28#	01:26& 02:40@	00:48&
18	Haldis Vagle	92	45:26
04:55+	10:57+ 18:24+ 29:40+ 33:24+	38:55+ 42:15+	44:44+
04:55+	06:02+ 07:27+ 11:16+ 03:44+	05:31+ 03:20+	02:29+
01:49&	02:37& 02:40& 04:19& 01:30&	02:21& 01:23&	01:00&
19	Therese Immerstein Noraberg	71	46:34
04:30+	09:09+ 19:17+ 32:42+ 35:24+	41:50+ 44:11+	45:58+
04:30+	04:39+ 10:08+ 13:25+ 02:42+	06:26+ 02:21+	01:47+
01:24&	01:14& 05:21@ 06:28& 00:28#	03:16@ 00:24#	00:18#
20	Maria Haukalid	47	47:38
06:24+	12:57+ 19:07+ 34:24+ 38:43+	41:49+ 44:57+	47:03+
06:24+	06:33+ 06:10+ 15:17+ 04:19+	03:06- 03:08+	02:06+
03:18@	03:08& 01:23& 08:20@ 02:05&	00:04- 01:11&	00:37&

Class	Navn	Klasse	Tid
21	Ingjerd Haddeland	115	48:18
14:40+	18:33+ 27:25+ 35:37+ 39:42+ 43:35+	45:56+ 47:49+	48:18+
14:40+	03:53+ 08:52+ 08:12+ 04:05+ 03:53+	02:21+ 01:53+	00:29-
11:34@	00:28# 04:05& 01:15# 01:51& 00:43#	00:24# 00:24&	00:02-
22	Kirsti Strand Salvesen	256	49:02
05:33+	11:29+ 19:07+ 34:37+ 38:03+ 42:04+	45:31+ 48:10+	49:02+
05:33+	05:56+ 07:38+ 15:30+ 03:26+ 04:01+	03:27+ 02:39+	00:52+
02:27&	02:31& 02:51& 08:33@ 01:12& 00:51&	01:30& 01:10&	00:21&
23	Gro Skadberg Helliesen	105	50:43
08:41+	14:26+ 20:41+ 32:53+ 39:08+ 45:43+	48:09+ 50:09+	50:43+
08:41+	05:45+ 06:15+ 12:12+ 06:15+ 06:35+	02:26+ 02:00+	00:34+
05:35@	02:20& 01:28& 05:15& 04:01@ 03:25@	00:29# 00:31&	00:03+
24	Linda Haukås	113	50:56
06:01+	11:16+ 21:48+ 35:22+ 38:37+ 45:04+	48:05+ 50:18+	50:56+
06:01+	05:15+ 10:32+ 13:34+ 03:15+ 06:27+	03:01+ 02:13+	00:38+
02:55&	01:50& 05:45@ 06:37& 01:01& 03:17@	01:04& 00:44&	00:07#
25	Björg Elen Abrahamsen	29	52:04
05:00+	09:32+ 14:20+ 38:25+ 40:53+ 46:15+	49:01+ 51:20+	52:04+
05:00+	04:32+ 04:48+ 24:05+ 02:28+ 05:22+	02:46+ 02:19+	00:44+
01:54&	01:07& 00:01+ 17:08@ 00:14# 02:12&	00:49& 00:50&	00:13&
26	Ingrid Marie Torgersen	253	52:30
05:02+	10:48+ 19:41+ 32:19+ 37:09+ 44:56+	48:53+ 51:45+	52:30+
05:02+	05:46+ 08:53+ 12:38+ 04:50+ 07:47+	03:57+ 02:52+	00:45+
01:56&	02:21& 04:06& 05:41& 02:36@ 04:37@	02:00@ 01:23&	00:14&
27	Irene Mæland Torgersen	253	52:31
05:06+	10:52+ 19:45+ 32:23+ 37:12+ 45:01+	48:56+ 51:47+	52:31+
05:06+	05:46+ 08:53+ 12:38+ 04:49+ 07:49+	03:55+ 02:51+	00:44+
02:00&	02:21& 04:06& 05:41& 02:35@ 04:39@	01:58@ 01:22&	00:13&
28	Marianne Gjesdal Lyngås	253	52:32
04:55+	10:54+ 19:37+ 32:15+ 37:06+ 44:50+	48:56+ 51:48+	52:32+
04:55+	05:59+ 08:43+ 12:38+ 04:51+ 07:44+	04:06+ 02:52+	00:44+
01:49&	02:34& 03:56& 05:41& 02:37@ 04:34@	02:09@ 01:23&	00:13&
29	Marianne Johnsen	5	52:37
19:48+	24:12+ 30:52+ 40:04+ 43:05+ 47:57+	50:36+ 52:07+	52:37+
19:48+	04:24+ 06:40+ 09:12+ 03:01+ 04:52+	02:39+ 01:31+	00:30-
16:42@	00:59& 01:53& 02:15& 00:47& 01:42&	00:42& 00:02+	00:01-
30	Else Marie Furland	93	55:04
07:06+	14:54+ 25:33+ 38:27+ 42:46+ 47:56+	51:36+ 54:13+	55:04+
07:06+	07:48+ 10:39+ 12:54+ 04:19+ 05:10+	03:40+ 02:37+	00:51+
04:00@	04:23@ 05:52@ 05:57& 02:05& 02:00&	01:43& 01:08&	00:20&
31	Grete Hellevik	168	56:22
15:59+	19:58+ 24:28+ 39:55+ 46:46+ 49:56+	53:48+ 55:44+	56:22+
15:59+	03:59+ 04:30- 15:27+ 06:51+ 03:10=	03:52+ 01:56+	00:38+
12:53@	00:34# 00:17- 08:30@ 04:37@ 00:00=	01:55& 00:27&	00:07#
32	Åse Kristensen	94	57:01
06:14+	11:48+ 20:51+ 37:43+ 42:16+ 49:09+	52:08+ 56:21+	57:01+
06:14+	05:34+ 09:03+ 16:52+ 04:33+ 06:53+	02:59+ 04:13+	00:40+
03:08@	02:09& 04:16& 09:55@ 02:19@ 03:43@	01:02& 02:44@	00:09&
33	Jorunn Pedersen Lima	113	59:13
05:47+	14:26+ 33:00+ 45:41+ 49:22+ 53:36+	56:37+ 58:44+	59:13+
05:47+	08:39+ 18:34+ 12:41+ 03:41+ 04:14+	03:01+ 02:07+	00:29-
02:41&	05:14@ 13:47@ 05:44& 01:27& 01:04&	01:04& 00:38&	00:02-
34	Solbjørg Lima Skadberg	113	59:22
05:47+	14:31+ 33:01+ 45:43+ 49:23+ 53:38+	56:38+ 58:47+	59:22+
05:47+	08:44+ 18:30+ 12:42+ 03:40+ 04:15+	03:00+ 02:09+	00:35+
02:41&	05:19@ 13:43@ 05:45& 01:26& 01:05&	01:03& 00:40&	00:04#
35	Synnøve Langvik	93	1:01:31
04:30+	08:58+ 27:11+ 44:00+ 47:44+ 55:46+	58:37+ 60:50+	61:31+
04:30+	04:28+ 18:13+ 16:49+ 03:44+ 08:02+	02:51+ 02:13+	00:41+
01:24&	01:03& 13:26@ 09:52@ 01:30& 04:52@	00:54& 00:44&	00:10&

Class	Navn	Klasse	Tid
36	Gunvor Frafjord Tungesvik	228	1:02:11
09:43+	16:49+ 26:06+ 42:14+ 46:08+ 54:20+	58:39+ 61:35+	62:11+
09:43+	07:06+ 09:17+ 16:08+ 03:54+ 08:12+	04:19+ 02:56+	00:36+
06:37@	03:41@ 04:30& 09:11@ 01:40& 05:02@	02:22@ 01:27&	00:05#
37	Jorunn Birkeland	47	1:02:12
09:47+	17:16+ 26:03+ 42:12+ 46:11+ 54:28+	58:36+ 61:39+	62:12+
09:47+	07:29+ 08:47+ 16:09+ 03:59+ 08:17+	04:08+ 03:03+	00:33+
06:41@	04:04@ 04:00& 09:12@ 01:45& 05:07@	02:11@ 01:34@	00:02+
38	Reidun Solli Skjørestad	47	1:02:35
09:51+	17:03+ 26:11+ 42:07+ 46:25+ 54:23+	58:34+ 61:44+	62:35+
09:51+	07:12+ 09:08+ 15:56+ 04:18+ 07:58+	04:11+ 03:10+	00:51+
06:45@	03:47@ 04:21& 08:59@ 02:04& 04:48@	02:14@ 01:41@	00:20&
39	Gro Mariero Totland	59	1:05:41
05:20+	11:17+ 18:45+ 44:07+ 49:52+ 56:23+	61:10+ 64:45+	65:41+
05:20+	05:57+ 07:28+ 25:22+ 05:45+ 06:31+	04:47+ 03:35+	00:56+
02:14&	02:32& 02:41& 18:25@ 03:31@ 03:21@	02:50@ 02:06@	00:25&
40	Åse Sellereite	27	1:05:48
04:09+	08:50+ 41:35+ 53:04+ 56:00+ 61:11+	63:35+ 65:21+	65:48+
04:09+	04:41+ 32:45+ 11:29+ 02:56+ 05:11+	02:24+ 01:46+	00:27-
01:03&	01:16& 27:58@ 04:32& 00:42& 02:01&	00:27# 00:17#	00:04-
41	Hilde Søndresen	93	1:05:57
09:47+	16:24+ 33:24+ 49:07+ 52:12+ 58:45+	62:18+ 65:02+	65:57+
09:47+	06:37+ 17:00+ 15:43+ 03:05+ 06:33+	03:33+ 02:44+	00:55+
06:41@	03:12& 12:13@ 08:46@ 00:51& 03:23@	01:36& 01:15&	00:24&
42	Inger Synnøve Sjørnsen	92	1:05:58
09:48+	16:32+ 33:22+ 49:06+ 52:06+ 58:44+	62:19+ 65:03+	65:58+
09:48+	06:44+ 16:50+ 15:44+ 03:00+ 06:38+	03:35+ 02:44+	00:55+
06:42@	03:19& 12:03@ 08:47@ 00:46& 03:28@	01:38& 01:15&	00:24&
43	May Kristin Haaland	47	1:06:35
04:55+	11:09+ 32:09+ 49:10+ 52:47+ 60:33+	63:40+ 65:56+	66:35+
04:55+	06:14+ 21:00+ 17:01+ 03:37+ 07:46+	03:07+ 02:16+	00:39+
01:49&	02:49& 16:13@ 10:04@ 01:23& 04:36@	01:10& 00:47&	00:08&
44	Elsa Ingolfsdottir	126	1:08:05
10:13+	15:53+ 22:18+ 51:58+ 55:08+ 62:51+	65:29+ 67:17+	68:05+
10:13+	05:40+ 06:25+ 29:40+ 03:10+ 07:43+	02:38+ 01:48+	00:48+
07:07@	02:15& 01:38& 22:43@ 00:56& 04:33@	00:41& 00:19#	00:17&
45	Randi Bugge	46	1:12:20
19:37+	23:47+ 43:07+ 57:09+ 60:24+ 67:05+	69:48+ 71:42+	72:20+
19:37+	04:10+ 19:20+ 14:02+ 03:15+ 06:41+	02:43+ 01:54+	00:38+
16:31@	00:45# 14:33@ 07:05@ 01:01& 03:31@	00:46& 00:25&	00:07#
46	Hazel Grayston	263	1:19:14
17:07+	24:14+ 34:19+ 57:05+ 61:10+ 71:05+	75:03+ 78:15+	79:14+
17:07+	07:07+ 10:05+ 22:46+ 04:05+ 09:55+	03:58+ 03:12+	00:59+
14:01@	03:42@ 05:18@ 15:49@ 01:51& 06:45@	02:01@ 01:43@	00:28&
47	Ingunn Fandrem	47	1:22:16
04:41+	10:21+ 19:02+ 63:33+ 69:16+ 75:31+	78:56+ 81:45+	82:16+
04:41+	05:40+ 08:41+ 44:31+ 05:43+ 06:15+	03:25+ 02:49+	00:31+
01:35&	02:15& 03:54& 37:34@ 03:29@ 03:05&	01:28& 01:20&	00:00=
48	Solveig Grønning	47	1:22:19
04:44+	10:30+ 19:16+ 63:37+ 69:16+ 75:36+	78:59+ 81:48+	82:19+
04:44+	05:46+ 08:46+ 44:21+ 05:39+ 06:20+	03:23+ 02:49+	00:31=
01:38&	02:21& 03:59& 37:24@ 03:25@ 03:10&	01:26& 01:20&	00:00=
49	Marianne Høie	116	1:30:31
18:31+	22:50+ 42:13+ 56:11+ 61:38+ 83:11+	85:43+ 89:57+	90:31+
18:31+	04:19+ 19:23+ 13:58+ 05:27+ 21:33+	02:32+ 04:14+	00:34+
15:25@	00:54& 14:36@ 07:01@ 03:13@ 18:23@	00:35& 02:45@	00:03+
50	Ewelina Uscinska	287	1:38:09
21:19+	26:10+ 33:28+ 60:04+ 85:04+ 92:24+	94:52+ 97:32+	98:09+
21:19+	04:51+ 07:18+ 26:36+ 25:00+ 07:20+	02:28+ 02:40+	00:37+
18:13@	01:26& 02:31& 19:39@ 22:46@ 04:10@	00:31& 01:11&	00:06#

Class	Navn	Klasse	Tid
-------	------	--------	-----

Beste strekktid for klassen

03:06 03:22 04:08 06:57 02:14 02:46 01:52 01:26 00:24

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

Herrer 16 - 39 år

1	Emmanuel Mondesert	116	40:15						
02:12=	04:28=	07:55=	13:45=	27:07=	29:50=	31:27=	38:14=	39:56=	40:15=
02:12=	02:16=	03:27=	05:50=	13:22=	02:43=	01:37=	06:47=	01:42=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Andreas Terjesen	213	40:59						
01:56-	04:06-	08:13+	15:28+	31:12+	34:26+	35:51+	38:26+	40:34+	40:59+
01:56-	02:10-	04:07+	07:15+	15:44+	03:14+	01:25-	02:35-	02:08+	00:25+
00:16-	00:06-	00:40#	01:25#	02:22#	00:31#	00:12-	04:12-	00:26&	00:06&
3	Morten Fenne	228	41:59						
02:10-	04:37+	09:25+	16:30+	33:22+	35:36+	36:35+	39:11+	41:40+	41:59+
02:10-	02:27+	04:48+	07:05+	16:52+	02:14-	00:59-	02:36-	02:29+	00:19=
00:02-	00:11+	01:21&	01:15#	03:30&	00:29-	00:38-	04:11-	00:47&	00:00=
4	Bjørnar A. Alvær Sandsmark	68	42:02						
01:53-	04:35+	09:07+	16:22+	32:39+	35:04+	36:29+	39:28+	41:40+	42:02+
01:53-	02:42+	04:32+	07:15+	16:17+	02:25-	01:25-	02:59-	02:12+	00:22+
00:19-	00:26#	01:05&	01:25#	02:55#	00:18-	00:12-	03:48-	00:30&	00:03#
5	Torbjørn Ims Østby	53	43:09						
02:18+	05:48+	09:48+	17:20+	33:33+	36:05+	37:29+	40:15+	42:45+	43:09+
02:18+	03:30+	04:00+	07:32+	16:13+	02:32-	01:24-	02:46-	02:30+	00:24+
00:06+	01:14&	00:33#	01:42&	02:51#	00:11-	00:13-	04:01-	00:48&	00:05&
6	Håkon Eggebø	71	44:44						
02:41+	05:04+	09:10+	16:43+	35:52+	38:20+	39:29+	42:03+	44:19+	44:44+
02:41+	02:23+	04:06+	07:33+	19:09+	02:28-	01:09-	02:34-	02:16+	00:25+
00:29#	00:07+	00:39#	01:43&	05:47&	00:15-	00:28-	04:13-	00:34&	00:06&
7	Anders Lindaas Bringedal	116	47:17						
03:03+	07:03+	11:46+	20:05+	38:16+	40:42+	41:50+	44:46+	46:54+	47:17+
03:03+	04:00+	04:43+	08:19+	18:11+	02:26-	01:08-	02:56-	02:08+	00:23+
00:51&	01:44&	01:16&	02:29&	04:49&	00:17-	00:29-	03:51-	00:26&	00:04#
8	Marius Stene	27	47:40						
02:32+	04:56+	09:58+	17:22+	34:06+	41:30+	42:28+	44:53+	47:15+	47:40+
02:32+	02:24+	05:02+	07:24+	16:44+	07:24+	00:58-	02:25-	02:22+	00:25+
00:20#	00:08+	01:35&	01:34&	03:22&	04:41@	00:39-	04:22-	00:40&	00:06&
9	Rune Hatle	65	49:02						
02:50+	05:29+	10:52+	18:59+	39:07+	41:53+	43:10+	46:14+	48:40+	49:02+
02:50+	02:39+	05:23+	08:07+	20:08+	02:46+	01:17-	03:04-	02:26+	00:22+
00:38&	00:23#	01:56&	02:17&	06:46&	00:03+	00:20-	03:43-	00:44&	00:03#
10	Ole Kristian Taksdal	92	49:55						
01:53-	04:46+	09:02+	17:12+	40:13+	42:49+	44:04+	46:49+	49:35+	49:55+
01:53-	02:53+	04:16+	08:10+	23:01+	02:36-	01:15-	02:45-	02:46+	00:20+
00:19-	00:37&	00:49#	02:20&	09:39&	00:07-	00:22-	04:02-	01:04&	00:01+
11	Runar Eike Toft	116	52:53						
01:53-	04:13-	07:57+	14:12+	36:55+	44:15+	45:56+	50:08+	52:30+	52:53+
01:53-	02:20+	03:44+	06:15+	22:43+	07:20+	01:41+	04:12-	02:22+	00:23+
00:19-	00:04+	00:17+	00:25+	09:21&	04:37@	00:04+	02:35-	00:40&	00:04#
12	Svein Kyllingstad	71	53:21						
01:50-	04:42+	09:44+	18:31+	40:55+	44:20+	46:06+	50:04+	52:46+	53:21+
01:50-	02:52+	05:02+	08:47+	22:24+	03:25+	01:46+	03:58-	02:42+	00:35+
00:22-	00:36&	01:35&	02:57&	09:02&	00:42&	00:09+	02:49-	01:00&	00:16&
13	Dag Eivind Watsend	92	55:34						
03:11+	06:56+	12:41+	21:03+	44:24+	48:51+	49:40+	52:41+	55:13+	55:34+
03:11+	03:45+	05:45+	08:22+	23:21+	04:27+	00:49-	03:01-	02:32+	00:21+
00:59&	01:29&	02:18&	02:32&	09:59&	01:44&	00:48-	03:46-	00:50&	00:02#

Class	Navn	Klasse	Tid
14	Håvard Lauritsen	116	56:11
07:55+	10:18+ 15:25+ 23:44+ 45:10+ 47:41+	49:08+ 53:02+ 55:42+ 56:11+	
07:55+	02:23+ 05:07+ 08:19+ 21:26+ 02:31-	01:27- 03:54- 02:40+ 00:29+	
05:43@	00:07+ 01:40& 02:29& 08:04& 00:12-	00:10- 02:53- 00:58& 00:10&	
15	Øivind Fandrem Høivik	66	58:33
03:10+	06:06+ 10:40+ 19:40+ 45:51+ 50:45+	53:01+ 56:11+ 58:08+ 58:33+	
03:10+	02:56+ 04:34+ 09:00+ 26:11+ 04:54+	02:16+ 03:10- 01:57+ 00:25+	
00:58&	00:40& 01:07& 03:10& 12:49& 02:11&	00:39& 03:37- 00:15# 00:06&	
16	Gunnar Thorset	117	58:57
02:23+	05:26+ 11:19+ 20:28+ 46:46+ 51:41+	53:18+ 56:08+ 58:30+ 58:57+	
02:23+	03:03+ 05:53+ 09:09+ 26:18+ 04:55+	01:37= 02:50- 02:22+ 00:27+	
00:11+	00:47& 02:26& 03:19& 12:56& 02:12&	00:00= 03:57- 00:40& 00:08&	
17	Sondre Liavåg Larsen	71	1:00:55
03:17+	06:27+ 11:51+ 21:19+ 48:15+ 50:59+	53:19+ 56:58+ 60:25+ 60:55+	
03:17+	03:10+ 05:24+ 09:28+ 26:56+ 02:44+	02:20+ 03:39- 03:27+ 00:30+	
01:05&	00:54& 01:57& 03:38& 13:34@ 00:01+	00:43& 03:08- 01:45@ 00:11&	
18	David Wade	116	1:02:39
06:34+	11:11+ 15:44+ 24:03+ 48:43+ 51:59+	54:20+ 58:58+ 62:13+ 62:39+	
06:34+	04:37+ 04:33+ 08:19+ 24:40+ 03:16+	02:21+ 04:38- 03:15+ 00:26+	
04:22@	02:21@ 01:06& 02:29& 11:18& 00:33#	00:44& 02:09- 01:33& 00:07&	
19	Kjetil Tveit	165	1:02:39
03:09+	09:07+ 15:45+ 24:50+ 43:48+ 50:34+	53:38+ 59:39+ 62:08+ 62:39+	
03:09+	05:58+ 06:38+ 09:05+ 18:58+ 06:46+	03:04+ 06:01- 02:29+ 00:31+	
00:57&	03:42@ 03:11& 03:15& 05:36& 04:03@	01:27& 00:46- 00:47& 00:12&	
20	Jonas Nesland Vevatne	116	1:05:50
03:18+	06:18+ 11:54+ 21:53+ 52:39+ 55:44+	57:26+ 61:16+ 65:08+ 65:50+	
03:18+	03:00+ 05:36+ 09:59+ 30:46+ 03:05+	01:42+ 03:50- 03:52+ 00:42+	
01:06&	00:44& 02:09& 04:09& 17:24@ 00:22#	00:05+ 02:57- 02:10@ 00:23@	
21	Igor Muzdeka	74	1:31:15
03:05+	07:40+ 14:51+ 27:19+ 67:21+ 71:38+	73:53+ 86:23+ 90:41+ 91:15+	
03:05+	04:35+ 07:11+ 12:28+ 40:02+ 04:17+	02:15+ 12:30+ 04:18+ 00:34+	
00:53&	02:19@ 03:44@ 06:38@ 26:40@ 01:34&	00:38& 05:43& 02:36@ 00:15&	
22	Richard Galle	66	1:35:57
04:08+	07:38+ 14:39+ 23:48+ 82:27+ 86:20+	88:39+ 92:46+ 95:31+ 95:57+	
04:08+	03:30+ 07:01+ 09:09+ 58:39+ 03:53+	02:19+ 04:07- 02:45+ 00:26+	
01:56&	01:14& 03:34@ 03:19& 45:17@ 01:10&	00:42& 02:40- 01:03& 00:07&	

Beste strekktid for klassen

01:50 02:10 03:27 05:50 13:22 02:14 00:49 02:25 01:42 00:19

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

Herrer 40 - 49 år

1	Lars Primstad	62	44:06
02:23=	05:21= 09:31= 16:04= 33:51= 36:32=	38:09= 41:21= 43:42= 44:06=	
02:23=	02:58= 04:10= 06:33= 17:47= 02:41=	01:37= 03:12= 02:21= 00:24=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	
2	Ove Nygaard	116	45:21
05:17+	07:31+ 11:32+ 18:33+ 34:30+ 37:07+	39:03+ 41:48+ 45:00+ 45:21+	
05:17+	02:14- 04:01- 07:01+ 15:57- 02:37-	01:56+ 02:45- 03:12+ 00:21-	
02:54@	00:44- 00:09- 00:28+ 01:50- 00:04-	00:19# 00:27- 00:51& 00:03-	
3	Arngrim Utskarpen	117	45:46
02:53+	05:36+ 10:00+ 18:03+ 36:19+ 38:55+	40:16+ 43:12+ 45:25+ 45:46+	
02:53+	02:43- 04:24+ 08:03+ 18:16+ 02:36-	01:21- 02:56- 02:13- 00:21-	
00:30#	00:15- 00:14+ 01:30# 00:29+ 00:05-	00:16- 00:16- 00:08- 00:03-	
4	Oddmund Nordgård	105	47:48
03:12+	05:54+ 10:16+ 18:05+ 37:00+ 40:03+	41:53+ 44:44+ 47:25+ 47:48+	
03:12+	02:42- 04:22+ 07:49+ 18:55+ 03:03+	01:50+ 02:51- 02:41+ 00:23-	
00:49&	00:16- 00:12+ 01:16# 01:08+ 00:22#	00:13# 00:21- 00:20# 00:01-	

Class	Navn	Klasse	Tid
5	Svein Oddvar Netland	116	48:31
02:19-	05:07-	10:03+	17:55+
02:19-	02:48-	04:56+	07:52+
00:04-	00:10-	00:46#	01:19#
		02:12#	00:25#
		00:04-	00:00=
		00:02+	00:01-
6	Arne Hetlelid	98	50:41
02:15-	05:08-	09:57+	18:27+
02:15-	02:53-	04:49+	08:30+
00:08-	00:05-	00:39#	01:57&
		00:14+	00:25#
		02:33#	00:02+
		00:53&	00:05#
7	Leif Kjetil Hinna Gausel	116	50:43
04:23+	07:08+	11:44+	19:34+
04:23+	02:45-	04:36+	07:50+
02:00&	00:13-	00:26#	01:17#
		04:08#	00:08-
		00:24-	00:20-
		00:09-	00:00=
8	Simen Auli Staff	115	52:26
03:33+	06:25+	11:58+	21:33+
03:33+	02:52-	05:33+	09:35+
01:10&	00:06-	01:23&	03:02&
		02:09#	00:16+
		00:04-	00:16+
		00:13+	00:01+
9	Håvard Svihus	267	54:01
03:00+	05:34+	09:37+	17:23+
03:00+	02:34-	04:03-	07:46+
00:37&	00:24-	00:07-	01:13#
		08:08&	00:33#
		01:21-	02:43-
		03:03+	00:22-
		00:16-	00:29-
		00:42&	00:02-
10	Ådne Hausberg	7	54:09
02:05-	05:26+	18:02+	27:22+
02:05-	03:21+	12:36+	09:20+
00:18-	00:23#	08:26@	02:47&
		01:36-	00:01-
		00:17-	00:16-
		00:51&	00:04#
11	Frode Engen	116	56:12
02:14-	05:25+	10:30+	18:37+
02:14-	03:11+	05:05+	08:07+
00:09-	00:13+	00:55#	01:34#
		07:59&	01:14&
		00:28&	00:26-
		00:17#	00:01+
12	Thomas Schanke Eikum	62	58:01
02:11-	05:22+	10:34+	19:14+
02:11-	03:11+	05:12+	08:40+
00:12-	00:13+	01:02#	02:07&
		11:33&	00:02-
		00:07-	00:19-
		00:21-	00:01+
13	Peter Chapman	117	58:02
07:25+	09:42+	14:54+	22:31+
07:25+	02:17-	05:12+	07:37+
05:02@	00:41-	01:02#	01:04#
		08:27&	00:10-
		00:23-	00:56-
		00:31#	00:00=
14	Svend Vihovde	116	58:28
02:32+	05:43+	11:25+	20:56+
02:32+	03:11+	05:42+	09:31+
00:09+	00:13+	01:32&	02:58&
		07:19&	00:38#
		00:00=	00:17+
		01:06&	00:10&
15	John Breiland	157	1:01:02
02:16-	05:50+	11:33+	19:58+
02:16-	03:34+	05:43+	08:25+
00:07-	00:36#	01:33&	01:52&
		10:55&	01:30&
		00:08-	00:21-
		00:47&	00:19&
16	Jan Kristensen	7	1:01:30
02:11-	05:33+	11:34+	21:14+
02:11-	03:22+	06:01+	09:40+
00:12-	00:24#	01:51&	03:07&
		11:16&	00:08-
		00:25-	00:42#
		00:50&	00:01-
17	Kevin Thomas Foust	192	1:03:42
02:26+	04:56-	08:59-	15:39-
02:26+	02:30-	04:03-	06:40+
00:03+	00:28-	00:07-	00:07+
		21:30@	00:24-
		00:07-	00:41-
		00:22-	00:05#
18	Jørgen Breivold	54	1:03:57
02:43+	04:50-	09:27-	15:31-
02:43+	02:07-	04:37+	06:04-
00:20#	00:51-	00:27#	00:29-
		18:36@	00:19-
		02:41@	00:07-
		00:28-	00:01+
19	Ole-Tobias Frich	116	1:04:06
02:57+	05:46+	11:41+	26:12+
02:57+	02:49-	05:55+	14:31+
00:34#	00:09-	01:45&	07:58@
		09:29&	00:02+
		00:20-	00:25#
		00:10+	00:06#

Class	Navn	Klasse	Tid
20	Rune Paulsen	98	1:06:56
03:48+	09:31+ 17:20+ 26:17+ 48:12+ 52:38+ 54:32+ 63:57+ 66:36+ 66:56+		
03:48+	05:43+ 07:49+ 08:57+ 21:55+ 04:26+ 01:54+ 09:25+ 02:39+ 00:20-		
01:25&	02:45& 03:39& 02:24& 04:08# 01:45& 00:17# 06:13@ 00:18# 00:04-		
21	Jan Kenneth Polle	83	1:07:09
02:49+	05:38+ 11:26+ 22:10+ 55:30+ 58:12+ 60:21+ 63:53+ 66:40+ 67:09+		
02:49+	02:49- 05:48+ 10:44+ 33:20+ 02:42+ 02:09+ 03:32+ 02:47+ 00:29+		
00:26#	00:09- 01:38& 04:11& 15:33& 00:01+ 00:32& 00:20# 00:26# 00:05#		
22	Jean-Sebastien Dorne	42	1:07:51
03:37+	15:29+ 21:07+ 29:53+ 50:29+ 53:36+ 59:21+ 63:41+ 67:23+ 67:51+		
03:37+	11:52+ 05:38+ 08:46+ 20:36+ 03:07+ 05:45+ 04:20+ 03:42+ 00:28+		
01:14&	08:54@ 01:28& 02:13& 02:49# 00:26# 04:08@ 01:08& 01:21& 00:04#		
23	Raymond B. Pettersen	105	1:08:17
02:27+	06:07+ 13:10+ 22:23+ 56:01+ 60:18+ 61:50+ 64:58+ 67:47+ 68:17+		
02:27+	03:40+ 07:03+ 09:13+ 33:38+ 04:17+ 01:32- 03:08- 02:49+ 00:30+		
00:04+	00:42# 02:53& 02:40& 15:51& 01:36& 00:05- 00:04- 00:28# 00:06#		
24	Per Ivar Hovstad	116	1:12:24
04:12+	07:54+ 13:02+ 22:15+ 58:48+ 63:06+ 64:59+ 69:03+ 71:55+ 72:24+		
04:12+	03:42+ 05:08+ 09:13+ 36:33+ 04:18+ 01:53+ 04:04+ 02:52+ 00:29+		
01:49&	00:44# 00:58# 02:40& 18:46@ 01:37& 00:16# 00:52& 00:31# 00:05#		
25	André Sirevåg	116	1:17:36
04:12+	08:02+ 14:32+ 23:53+ 59:09+ 65:13+ 70:56+ 74:30+ 77:05+ 77:36+		
04:12+	03:50+ 06:30+ 09:21+ 35:16+ 06:04+ 05:43+ 03:34+ 02:35+ 00:31+		
01:49&	00:52& 02:20& 02:48& 17:29& 03:23@ 04:06@ 00:22# 00:14+ 00:07&		
26	Stein Arve Finnestad	287	1:23:11
03:39+	07:27+ 12:14+ 25:50+ 68:39+ 73:29+ 74:29+ 78:00+ 82:47+ 83:11+		
03:39+	03:48+ 04:47+ 13:36+ 42:49+ 04:50+ 01:00- 03:31+ 04:47+ 00:24=		
01:16&	00:50& 00:37# 07:03@ 25:02@ 02:09& 00:37- 00:19+ 02:26@ 00:00=		
Beste strekktid for klassen			
02:05	02:07	04:01	06:04 15:57 02:17 01:00 02:16 01:53 00:20

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

Herrer 50 - 59 år

1	Ole Petter Haukaas	109	35:52
03:32=	05:30= 12:16= 16:37= 19:31= 21:44= 25:02= 31:01= 33:05= 35:31= 35:52=		
03:32=	01:58= 06:46= 04:21= 02:54= 02:13= 03:18= 05:59= 02:04= 02:26= 00:21=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Per Ingar Hadland	7	38:53
03:31-	05:47+ 13:34+ 17:49+ 21:47+ 24:01+ 28:37+ 34:08+ 36:14+ 38:29+ 38:53+		
03:31-	02:16+ 07:47+ 04:15- 03:58+ 02:14+ 04:36+ 05:31- 02:06+ 02:15- 00:24+		
00:01-	00:18# 01:01# 00:06- 01:04& 00:01+ 01:18& 00:28- 00:02+ 00:11- 00:03#		
3	Øystein Dahle	92	39:03
03:12-	04:53- 12:31+ 17:17+ 20:34+ 22:56+ 27:17+ 33:06+ 35:47+ 38:28+ 39:03+		
03:12-	01:41- 07:38+ 04:46+ 03:17+ 02:22+ 04:21+ 05:49- 02:41+ 02:41+ 00:35+		
00:20-	00:17- 00:52# 00:25+ 00:23# 00:09+ 01:03& 00:10- 00:37& 00:15# 00:14&		
4	Morten Johannessen	7	39:33
03:22-	05:31+ 13:02+ 17:39+ 20:22+ 23:18+ 26:21+ 35:00+ 37:01+ 39:10+ 39:33+		
03:22-	02:09+ 07:31+ 04:37+ 02:43- 02:56+ 03:03- 08:39+ 02:01- 02:09- 00:23+		
00:10-	00:11+ 00:45# 00:16+ 00:11- 00:43& 00:15- 02:40& 00:03- 00:17- 00:02+		
5	Lars Bergersen	116	41:44
04:14+	06:11+ 14:56+ 20:56+ 24:34+ 26:55+ 30:45+ 36:35+ 38:46+ 41:19+ 41:44+		
04:14+	01:57- 08:45+ 06:00+ 03:38+ 02:21+ 03:50+ 05:50- 02:11+ 02:33+ 00:25+		
00:42#	00:01- 01:59& 01:39& 00:44& 00:08+ 00:32# 00:09- 00:07+ 00:07+ 00:04#		
6	Alf Håkon Haugland	116	41:47
03:29-	05:09- 13:41+ 19:37+ 23:31+ 25:33+ 29:28+ 37:00+ 39:08+ 41:20+ 41:47+		
03:29-	01:40- 08:32+ 05:56+ 03:54+ 02:02- 03:55+ 07:32+ 02:08+ 02:12- 00:27+		
00:03-	00:18- 01:46& 01:35& 01:00& 00:11- 00:37# 01:33& 00:04+ 00:14- 00:06&		

Class	Navn	Klasse									Tid
7	Frank Hansen	29									45:14
03:38+	05:47+	14:06+	20:38+	27:58+	31:45+	40:08+	42:17+	44:46+	45:14+		
03:38+	02:09+	08:19+	06:32+	04:23+	02:57+	03:47+	08:23+	02:09+	02:29+	00:28+	
00:06+	00:11+	01:33#	02:11&	01:29&	00:44&	00:29#	02:24&	00:05+	00:03+	00:07&	
8	Ivar Bergset	35									45:15
04:17+	06:51+	14:53+	20:22+	24:33+	27:35+	31:38+	38:51+	41:39+	44:46+	45:15+	
04:17+	02:34+	08:02+	05:29+	04:11+	03:02+	04:03+	07:13+	02:48+	03:07+	00:29+	
00:45#	00:36&	01:16#	01:08&	01:17&	00:49&	00:45#	01:14#	00:44&	00:41&	00:08&	
9	Øistein Haaland	116									46:09
03:43+	06:17+	14:14+	20:55+	27:34+	30:08+	34:11+	41:28+	43:35+	45:48+	46:09+	
03:43+	02:34+	07:57+	06:41+	06:39+	02:34+	04:03+	07:17+	02:07+	02:13-	00:21=	
00:11+	00:36&	01:11#	02:20&	03:45@	00:21#	00:45#	01:18#	00:03+	00:13-	00:00=	
10	Pål H. Gjerden	116									48:52
04:29+	06:57+	15:38+	22:11+	26:55+	29:37+	33:46+	39:32+	45:16+	48:16+	48:52+	
04:29+	02:28+	08:41+	06:33+	04:44+	02:42+	04:09+	05:46-	05:44+	03:00+	00:36+	
00:57&	00:30&	01:55&	02:12&	01:50&	00:29#	00:51&	00:13-	03:40@	00:34#	00:15&	
11	Øystein Fuglestad	46									50:10
03:51+	05:54+	13:56+	21:33+	27:10+	29:49+	33:53+	44:56+	47:20+	49:45+	50:10+	
03:51+	02:03+	08:02+	07:37+	05:37+	02:39+	04:04+	11:03+	02:24+	02:25-	00:25+	
00:19+	00:05+	01:16#	03:16&	02:43&	00:26#	00:46#	05:04&	00:20#	00:01-	00:04#	
12	Arne Magne Sondresen	92									50:28
03:15-	05:19-	14:06+	24:45+	27:48+	31:50+	35:52+	44:55+	47:19+	49:59+	50:28+	
03:15-	02:04+	08:47+	10:39+	03:03+	04:02+	04:02+	09:03+	02:24+	02:40+	00:29+	
00:17-	00:06+	02:01&	06:18@	00:09+	01:49&	00:44#	03:04&	00:20#	00:14+	00:08&	
13	Anders Glenne	7									51:43
03:38+	05:27-	14:51+	27:11+	30:48+	34:37+	38:38+	46:36+	48:36+	51:18+	51:43+	
03:38+	01:49-	09:24+	12:20+	03:37+	03:49+	04:01+	07:58+	02:00-	02:42+	00:25+	
00:06+	00:09-	02:38&	07:59@	00:43#	01:36&	00:43#	01:59&	00:04-	00:16#	00:04#	
14	Kjell Ove Aksland	27									52:08
03:54+	05:54+	16:23+	22:40+	27:28+	31:30+	36:26+	46:08+	48:43+	51:45+	52:08+	
03:54+	02:00+	10:29+	06:17+	04:48+	04:02+	04:56+	09:42+	02:35+	03:02+	00:23+	
00:22#	00:02+	03:43&	01:56&	01:54&	01:49&	01:38&	03:43&	00:31#	00:36#	00:02+	
15	Sveinung Rosenvinge	116									52:39
04:35+	08:16+	17:18+	29:04+	32:53+	35:49+	40:00+	46:35+	49:16+	52:09+	52:39+	
04:35+	03:41+	09:02+	11:46+	03:49+	02:56+	04:11+	06:35+	02:41+	02:53+	00:30+	
01:03&	01:43&	02:16&	07:25@	00:55&	00:43&	00:53&	00:36#	00:37&	00:27#	00:09&	
16	Tor Sverre Skåra	266									53:15
04:04+	05:52+	16:23+	22:38+	26:16+	34:27+	38:58+	47:16+	49:43+	52:49+	53:15+	
04:04+	01:48-	10:31+	06:15+	03:38+	08:11+	04:31+	08:18+	02:27+	03:06+	00:26+	
00:32#	00:10-	03:45&	01:54&	00:44&	05:58@	01:13&	02:19&	00:23#	00:40&	00:05#	
17	Kjetil Sommernes	116									53:32
03:44+	05:46+	15:55+	22:16+	32:05+	35:20+	39:55+	48:11+	50:24+	53:01+	53:32+	
03:44+	02:02+	10:09+	06:21+	09:49+	03:15+	04:35+	08:16+	02:13+	02:37+	00:31+	
00:12+	00:04+	03:23&	02:00&	06:55@	01:02&	01:17&	02:17&	00:09+	00:11+	00:10&	
18	Geir Haugvaldstad	116									55:05
03:03-	04:43-	11:50-	22:37+	26:04+	39:59+	44:38+	49:27+	52:01+	54:45+	55:05+	
03:03-	01:40-	07:07+	10:47+	03:27+	13:55+	04:39+	04:49-	02:34+	02:44+	00:20-	
00:29-	00:18-	00:21+	06:26@	00:33#	11:42@	01:21&	01:10-	00:30#	00:18#	00:01-	
19	Sigbjørn Gloppen	144									55:16
05:31+	08:57+	18:13+	28:31+	32:31+	35:40+	41:25+	49:15+	51:39+	54:49+	55:16+	
05:31+	03:26+	09:16+	10:18+	04:00+	03:09+	05:45+	07:50+	02:24+	03:10+	00:27+	
01:59&	01:28&	02:30&	05:57@	01:06&	00:56&	02:27&	01:51&	00:20#	00:44&	00:06&	
20	Kjetil Heradstveit	12									55:57
04:00+	06:10+	16:32+	26:26+	36:02+	39:01+	43:41+	49:58+	52:29+	55:33+	55:57+	
04:00+	02:10+	10:22+	09:54+	09:36+	02:59+	04:40+	06:17+	02:31+	03:04+	00:24+	
00:28#	00:12#	03:36&	05:33@	06:42@	00:46&	01:22&	00:18+	00:27#	00:38&	00:03#	
21	Roger Nyseth	92									56:07
04:25+	07:33+	17:51+	25:22+	30:38+	36:06+	41:12+	49:54+	52:40+	55:34+	56:07+	
04:25+	03:08+	10:18+	07:31+	05:16+	05:28+	05:06+	08:42+	02:46+	02:54+	00:33+	
00:53#	01:10&	03:32&	03:10&	02:22&	03:15@	01:48&	02:43&	00:42&	00:28#	00:12&	

Class	Navn	Klasse										Tid
22	Inge Skretting	165										56:28
04:24+	07:01+	15:06+	26:38+	34:46+	38:57+	50:55+	53:31+	56:00+	56:28+			
04:24+	02:37+	08:05+	11:32+	05:15+	02:53+	04:11+	11:58+	02:36+	02:29+	00:28+		
00:52#	00:39&	01:19#	07:11@	02:21&	00:40&	00:53&	05:59&	00:32&	00:03+	00:07&		
23	Kjell R. Nordmark	7										1:01:59
03:58+	06:05+	16:11+	21:25+	31:31+	36:11+	42:09+	55:05+	58:00+	61:31+	61:59+		
03:58+	02:07+	10:06+	05:14+	10:06+	04:40+	05:58+	12:56+	02:55+	03:31+	00:28+		
00:26#	00:09+	03:20&	00:53#	07:12@	02:27@	02:40&	06:57@	00:51&	01:05&	00:07&		
24	Torbjørn Dahle	92										1:03:24
04:25+	06:20+	18:23+	31:28+	38:32+	47:50+	51:30+	57:27+	59:59+	62:53+	63:24+		
04:25+	01:55-	12:03+	13:05+	07:04+	09:18+	03:40+	05:57-	02:32+	02:54+	00:31+		
00:53#	00:03-	05:17&	08:44@	04:10@	07:05@	00:22#	00:02-	00:28#	00:28#	00:10&		
25	Kjell Seland	236										1:03:36
05:11+	06:51+	15:47+	23:48+	27:47+	46:52+	51:24+	58:09+	60:32+	63:05+	63:36+		
05:11+	01:40-	08:56+	08:01+	03:59+	19:05+	04:32+	06:45+	02:23+	02:33+	00:31+		
01:39&	00:18-	02:10&	03:40&	01:05&	16:52@	01:14&	00:46#	00:19#	00:07+	00:10&		
26	Tor Inge Halvorsen	5										1:06:17
03:30-	05:41+	18:03+	32:10+	35:22+	47:32+	51:58+	58:07+	62:59+	65:53+	66:17+		
03:30-	02:11+	12:22+	14:07+	03:12+	12:10+	04:26+	06:09+	04:52+	02:54+	00:24+		
00:02-	00:13#	05:36&	09:46@	00:18#	09:57@	01:08&	00:10+	02:48@	00:28#	00:03#		
27	Harald Jansen	289										1:06:43
03:52+	05:50+	14:21+	25:30+	38:04+	41:42+	45:34+	58:14+	61:05+	66:10+	66:43+		
03:52+	01:58=	08:31+	11:09+	12:34+	03:38+	03:52+	12:40+	02:51+	05:05+	00:33+		
00:20+	00:00=	01:45&	06:48@	09:40@	01:25&	00:34#	06:41@	00:47&	02:39@	00:12&		
28	Trygve Michaelsen	117										1:08:14
03:09-	05:30=	12:35+	20:07+	25:09+	27:29+	55:08+	61:57+	64:41+	67:51+	68:14+		
03:09-	02:21+	07:05+	07:32+	05:02+	02:20+	27:39+	06:49+	02:44+	03:10+	00:23+		
00:23-	00:23#	00:19+	03:11&	02:08&	00:07+	24:21@	00:50#	00:40&	00:44&	00:02+		
29	Svein Magne Gloppen	93										1:10:14
04:48+	06:54+	22:03+	40:43+	45:16+	48:33+	53:19+	63:41+	66:30+	69:40+	70:14+		
04:48+	02:06+	15:09+	18:40+	04:33+	03:17+	04:46+	10:22+	02:49+	03:10+	00:34+		
01:16&	00:08+	08:23@	14:19@	01:39&	01:04&	01:28&	04:23&	00:45&	00:44&	00:13&		
30	Geir Rune Seldal	192										1:13:16
04:29+	06:53+	31:24+	46:26+	50:39+	54:08+	59:08+	67:26+	70:01+	72:49+	73:16+		
04:29+	02:24+	24:31+	15:02+	04:13+	03:29+	05:00+	08:18+	02:35+	02:48+	00:27+		
00:57&	00:26#	17:45@	10:41@	01:19&	01:16&	01:42&	02:19&	00:31#	00:22#	00:06&		
31	Stein Sigbjørnsen	27										1:13:20
05:49+	10:52+	21:12+	31:51+	41:32+	46:05+	58:10+	66:17+	69:17+	72:52+	73:20+		
05:49+	05:03+	10:20+	10:39+	09:41+	04:33+	12:05+	08:07+	03:00+	03:35+	00:28+		
02:17&	03:05@	03:34&	06:18@	06:47@	02:20@	08:47@	02:08&	00:56&	01:09&	00:07&		
32	John C. Sinnes	93										1:18:36
04:48+	07:12+	17:14+	37:41+	49:07+	52:19+	56:58+	72:02+	75:16+	78:07+	78:36+		
04:48+	02:24+	10:02+	20:27+	11:26+	03:12+	04:39+	15:04+	03:14+	02:51+	00:29+		
01:16&	00:26#	03:16&	16:06@	08:32@	00:59&	01:21&	09:05@	01:10&	00:25#	00:08&		
33	Josef Ludoid	228										1:41:40
05:23+	08:01+	20:12+	33:32+	47:48+	52:23+	58:03+	93:13+	97:01+	101:07+	101:40+		
05:23+	02:38+	12:11+	13:20+	14:16+	04:35+	05:40+	35:10+	03:48+	04:06+	00:33+		
01:51&	00:40&	05:25&	08:59@	11:22@	02:22@	02:22&	29:11@	01:44&	01:40&	00:12&		
34	Per Kolbein Tonstad	66										1:58:28
04:41+	12:09+	57:13+	68:58+	76:16+	87:30+	94:35+	105:33+	112:46+	117:42+	118:28+		
04:41+	07:28+	45:04+	11:45+	07:18+	11:14+	07:05+	10:58+	07:13+	04:56+	00:46+		
01:09&	05:30@	38:18@	07:24@	04:24@	09:01@	03:47@	04:59&	05:09@	02:30@	00:25@		
Beste strekktid for klassen												
03:03	01:40	06:46	04:15	02:43	02:02	03:03	04:49	02:00	02:09	00:20		

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

Herrer 60 - 64 år

Class	Navn	Klasse	Tid
1	Arne Kristian Espedal	68	33:31
02:40=	04:32= 06:49= 09:07= 15:51=	17:41= 24:50= 27:11= 29:21= 30:52= 33:05= 33:31=	
02:40=	01:52= 02:17= 02:18= 06:44=	01:50= 07:09= 02:21= 02:10= 01:31= 02:13= 00:26=	
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
2	Kjell Skjæveland	108	46:00
03:09+	06:06+ 08:38+ 10:17+ 18:28+	21:52+ 31:09+ 38:42+ 41:21+ 43:06+ 45:35+ 46:00+	
03:09+	02:57+ 02:32+ 01:39- 08:11+	03:24+ 09:17+ 07:33+ 02:39+ 01:45+ 02:29+ 00:25-	
00:29#	01:05& 00:15# 00:39- 01:27#	01:34& 02:08& 05:12@ 00:29# 00:14# 00:16# 00:01-	
3	Hans Erik Terjesen	116	47:29
03:16+	05:39+ 08:43+ 11:39+ 19:50+	22:20+ 37:33+ 39:57+ 42:43+ 44:23+ 47:02+ 47:29+	
03:16+	02:23+ 03:04+ 02:56+ 08:11+	02:30+ 15:13+ 02:24+ 02:46+ 01:40+ 02:39+ 00:27+	
00:36#	00:31& 00:47& 00:38& 01:27#	00:40& 08:04@ 00:03+ 00:36& 00:09+ 00:26# 00:01+	
4	Arne M. Handeland	92	48:57
04:14+	07:46+ 10:16+ 11:56+ 20:18+	23:14+ 35:15+ 40:29+ 43:33+ 45:17+ 48:30+ 48:57+	
04:14+	03:32+ 02:30+ 01:40- 08:22+	02:56+ 12:01+ 05:14+ 03:04+ 01:44+ 03:13+ 00:27+	
01:34&	01:40& 00:13+ 00:38- 01:38#	01:06& 04:52& 02:53@ 00:54& 00:13# 01:00& 00:01+	
5	Terje Stokkeland	69	49:05
03:30+	06:24+ 08:59+ 13:03+ 24:26+	27:23+ 38:11+ 41:30+ 44:07+ 46:09+ 48:37+ 49:05+	
03:30+	02:54+ 02:35+ 04:04+ 11:23+	02:57+ 10:48+ 03:19+ 02:37+ 02:02+ 02:28+ 00:28+	
00:50&	01:02& 00:18# 01:46& 04:39&	01:07& 03:39& 00:58& 00:27# 00:31& 00:15# 00:02+	
6	Olav Tunheim	93	52:02
03:37+	06:14+ 08:42+ 11:11+ 24:04+	26:28+ 37:58+ 41:42+ 46:06+ 48:16+ 51:39+ 52:02+	
03:37+	02:37+ 02:28+ 02:29+ 12:53+	02:24+ 11:30+ 03:44+ 04:24+ 02:10+ 03:23+ 00:23-	
00:57&	00:45& 00:11+ 00:11+ 06:09&	00:34& 04:21& 01:23& 02:14@ 00:39& 01:10& 00:03-	
7	Magne Tunheim	144	55:45
03:44+	05:56+ 08:55+ 11:21+ 22:13+	25:22+ 41:23+ 47:23+ 50:41+ 52:57+ 55:23+ 55:45+	
03:44+	02:12+ 02:59+ 02:26+ 10:52+	03:09+ 16:01+ 06:00+ 03:18+ 02:16+ 02:26+ 00:22-	
01:04&	00:20# 00:42& 00:08+ 04:08&	01:19& 08:52@ 03:39@ 01:08& 00:45& 00:13+ 00:04-	
8	Jan Øyvind Lilledal	281	56:42
03:56+	07:49+ 10:42+ 12:43+ 25:40+	29:35+ 39:46+ 45:55+ 50:13+ 52:26+ 56:15+ 56:42+	
03:56+	03:53+ 02:53+ 02:01- 12:57+	03:55+ 10:11+ 06:09+ 04:18+ 02:13+ 03:49+ 00:27+	
01:16&	02:01@ 00:36& 00:17- 06:13&	02:05@ 03:02& 03:48@ 02:08& 00:42& 01:36& 00:01+	
9	Bjørn H. Engseth	27	56:54
03:24+	07:01+ 09:44+ 12:59+ 22:17+	24:43+ 44:10+ 47:07+ 50:22+ 53:06+ 56:20+ 56:54+	
03:24+	03:37+ 02:43+ 03:15+ 09:18+	02:26+ 19:27+ 02:57+ 03:15+ 02:44+ 03:14+ 00:34+	
00:44&	01:45& 00:26# 00:57& 02:34&	00:36& 12:18@ 00:36& 01:05& 01:13& 01:01& 00:08&	
10	Bjørn Bjelland	83	1:00:03
06:41+	09:22+ 12:55+ 15:05+ 24:18+	28:45+ 40:56+ 44:26+ 53:50+ 56:06+ 59:29+ 60:03+	
06:41+	02:41+ 03:33+ 02:10- 09:13+	04:27+ 12:11+ 03:30+ 09:24+ 02:16+ 03:23+ 00:34+	
04:01@	00:49& 01:16& 00:08- 02:29&	02:37@ 05:02& 01:09& 07:14@ 00:45& 01:10& 00:08&	
11	Sveinung Tveit	236	1:00:35
04:08+	06:22+ 09:18+ 10:57+ 20:35+	23:48+ 37:49+ 52:40+ 55:36+ 57:23+ 60:04+ 60:35+	
04:08+	02:14+ 02:56+ 01:39- 09:38+	03:13+ 14:01+ 14:51+ 02:56+ 01:47+ 02:41+ 00:31+	
01:28&	00:22# 00:39& 00:39- 02:54&	01:23& 06:52& 12:30@ 00:46& 00:16# 00:28# 00:05#	
12	Tom Hetland	5	1:02:00
09:19+	13:31+ 16:09+ 18:06+ 34:50+	38:53+ 49:19+ 52:42+ 55:56+ 57:59+ 61:31+ 62:00+	
09:19+	04:12+ 02:38+ 01:57- 16:44+	04:03+ 10:26+ 03:23+ 03:14+ 02:03+ 03:32+ 00:29+	
06:39@	02:20@ 00:21# 00:21- 10:00@	02:13@ 03:17& 01:02& 01:04& 00:32& 01:19& 00:03#	
13	Agnar Lien	7	1:05:56
03:22+	05:50+ 08:46+ 11:00+ 19:28+	22:53+ 50:58+ 54:16+ 57:41+ 62:11+ 65:20+ 65:56+	
03:22+	02:28+ 02:56+ 02:14- 08:28+	03:25+ 28:05+ 03:18+ 03:25+ 04:30+ 03:09+ 00:36+	
00:42&	00:36& 00:39& 00:04- 01:44&	01:35& 20:56@ 00:57& 01:15& 02:59@ 00:56& 00:10&	
14	Inge Johan Øverland	93	1:06:10
03:52+	06:21+ 08:39+ 11:35+ 30:42+	34:38+ 49:38+ 53:30+ 56:55+ 61:03+ 65:42+ 66:10+	
03:52+	02:29+ 02:18+ 02:56+ 19:07+	03:56+ 15:00+ 03:52+ 03:25+ 04:08+ 04:39+ 00:28+	
01:12&	00:37& 00:01+ 00:38& 12:23@	02:06@ 07:51@ 01:31& 01:15& 02:37@ 02:26@ 00:02+	
15	Tor Harald Lunde	47	1:11:31
04:20+	07:05+ 10:21+ 12:20+ 24:01+	26:45+ 56:46+ 59:49+ 62:28+ 65:18+ 70:31+ 71:31+	
04:20+	02:45+ 03:16+ 01:59- 11:41+	02:44+ 30:01+ 03:03+ 02:39+ 02:50+ 05:13+ 01:00+	
01:40&	00:53& 00:59& 00:19- 04:57&	00:54& 22:52@ 00:42& 00:29# 01:19& 03:00@ 00:34@	

Class	Navn	Klasse										Tid
16	Rolf Kleppe	63										1:17:32
	04:25+	10:19+	13:22+	16:39+	29:25+	33:28+	62:44+	66:20+	71:40+	73:49+	77:02+	77:32+
	04:25+	05:54+	03:03+	03:17+	12:46+	04:03+	29:16+	03:36+	05:20+	02:09+	03:13+	00:30+
	01:45&	04:02@	00:46&	00:59&	06:02&	02:13@	22:07@	01:15&	03:10@	00:38&	01:00&	00:04#
Beste strekktid for klassen												
	02:40	01:52	02:17	01:39	06:44	01:50	07:09	02:21	02:10	01:31	02:13	00:22
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Herrer 65 - 69 år												
1	Bjørn Alsaker	115										31:49
	02:31=	04:20=	06:13=	07:41=	14:18=	16:04=	23:17=	25:30=	27:41=	29:11=	31:28=	31:49=
	02:31=	01:49=	01:53=	01:28=	06:37=	01:46=	07:13=	02:13=	02:11=	01:30=	02:17=	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=
2	Asgeir Bell	117										33:32
	02:40+	04:41+	06:48+	08:09+	16:39+	18:18+	24:41+	26:54+	29:04+	30:41+	33:02+	33:32+
	02:40+	02:01+	02:07+	01:21-	08:30+	01:39-	06:23-	02:13=	02:10-	01:37+	02:21+	00:30+
	00:09+	00:12#	00:14#	00:07-	01:53&	00:07-	00:50-	00:00=	00:01-	00:07+	00:04+	00:09&
3	Harry Breiland	66										38:06
	02:57+	04:59+	07:05+	08:33+	15:37+	17:38+	27:48+	31:01+	33:42+	35:18+	37:39+	38:06+
	02:57+	02:02+	02:06+	01:28=	07:04+	02:01+	10:10+	03:13+	02:41+	01:36+	02:21+	00:27+
	00:26#	00:13#	00:13#	00:00=	00:27+	00:15#	02:57&	01:00&	00:30#	00:06+	00:04+	00:06&
4	Otto Alsnes	50										39:18
	03:03+	05:14+	07:54+	10:07+	17:28+	20:10+	28:15+	31:29+	33:50+	35:50+	38:49+	39:18+
	03:03+	02:11+	02:40+	02:13+	07:21+	02:42+	08:05+	03:14+	02:21+	02:00+	02:59+	00:29+
	00:32#	00:22#	00:47&	00:45&	00:44#	00:56&	00:52#	01:01&	00:10+	00:30&	00:42&	00:08&
5	Eivind L. Rake	92										41:56
	04:28+	07:33+	10:10+	12:06+	20:43+	23:02+	31:28+	34:03+	36:38+	38:42+	41:19+	41:56+
	04:28+	03:05+	02:37+	01:56+	08:37+	02:19+	08:26+	02:35+	02:35+	02:04+	02:37+	00:37+
	01:57&	01:16&	00:44&	00:28&	02:00&	00:33&	01:13#	00:22#	00:24#	00:34&	00:20#	00:16&
6	Jan Hetland	29										44:51
	03:01+	05:09+	07:40+	09:52+	18:09+	21:39+	35:54+	37:50+	40:24+	41:54+	44:32+	44:51+
	03:01+	02:08+	02:31+	02:12+	08:17+	03:30+	14:15+	01:56-	02:34+	01:30=	02:38+	00:19-
	00:30#	00:19#	00:38&	00:44&	01:40&	01:44&	07:02&	00:17-	00:23#	00:00=	00:21#	00:02-
7	Svein Berge	126										45:42
	03:13+	08:53+	10:57+	12:42+	22:48+	25:36+	34:22+	37:40+	41:03+	42:41+	45:14+	45:42+
	03:13+	05:40+	02:04+	01:45+	10:06+	02:48+	08:46+	03:18+	03:23+	01:38+	02:33+	00:28+
	00:42&	03:51@	00:11+	00:17#	03:29&	01:02&	01:33#	01:05&	01:12&	00:08+	00:16#	00:07&
8	Olav Habbestad	116										45:46
	03:28+	05:23+	08:01+	10:37+	19:12+	24:00+	33:23+	35:48+	39:28+	42:40+	45:21+	45:46+
	03:28+	01:55+	02:38+	02:36+	08:35+	04:48+	09:23+	02:25+	03:40+	03:12+	02:41+	00:25+
	00:57&	00:06+	00:45&	01:08&	01:58&	03:02@	02:10&	00:12+	01:29&	01:42@	00:24#	00:04#
9	Jostein Tunheim	116										46:18
	03:16+	05:44+	08:27+	10:57+	19:17+	22:42+	35:08+	38:09+	41:00+	42:59+	45:51+	46:18+
	03:16+	02:28+	02:43+	02:30+	08:20+	03:25+	12:26+	03:01+	02:51+	01:59+	02:52+	00:27+
	00:45&	00:39&	00:50&	01:02&	01:43&	01:39&	05:13&	00:48&	00:40&	00:29&	00:35&	00:06&
10	Paul A. Paulsen	117										47:25
	03:10+	07:08+	09:26+	11:28+	21:49+	24:26+	34:52+	38:25+	42:11+	44:04+	47:00+	47:25+
	03:10+	03:58+	02:18+	02:02+	10:21+	02:37+	10:26+	03:33+	03:46+	01:53+	02:56+	00:25+
	00:39&	02:09@	00:25#	00:34&	03:44&	00:51&	03:13&	01:20&	01:35&	00:23&	00:39&	00:04#
11	Terje Langeland	98										48:51
	03:08+	05:43+	08:15+	10:41+	21:48+	25:22+	36:25+	39:43+	43:04+	44:52+	48:24+	48:51+
	03:08+	02:35+	02:32+	02:26+	11:07+	03:34+	11:03+	03:18+	03:21+	01:48+	03:32+	00:27+
	00:37#	00:46&	00:39&	00:58&	04:30&	01:48@	03:50&	01:05&	01:10&	00:18#	01:15&	00:06&
12	Leif Gunnar Wikene	43										50:11
	03:45+	05:52+	08:16+	10:01+	19:16+	21:45+	34:36+	41:12+	44:46+	46:41+	49:42+	50:11+
	03:45+	02:07+	02:24+	01:45+	09:15+	02:29+	12:51+	06:36+	03:34+	01:55+	03:01+	00:29+
	01:14&	00:18#	00:31&	00:17#	02:38&	00:43&	05:38&	04:23@	01:23&	00:25&	00:44&	00:08&

Class	Navn	Klasse	Tid
13	Per Marthon Mæland	5	56:26
04:36+	08:13+ 11:04+ 15:54+ 26:42+	29:44+ 40:11+ 45:11+ 48:39+ 50:55+ 55:53+ 56:26+	
04:36+	03:37+ 02:51+ 04:50+ 10:48+	03:02+ 10:27+ 05:00+ 03:28+ 02:16+ 04:58+ 00:33+	
02:05&	01:48& 00:58& 03:22@ 04:11& 01:16&	03:14& 02:47@ 01:17& 00:46& 02:41@ 00:12&	
14	Kjell Ingar Olsen	50	1:00:00
04:51+	07:58+ 11:26+ 19:21+ 29:28+	32:41+ 46:55+ 50:12+ 53:15+ 56:39+ 59:29+ 60:00+	
04:51+	03:07+ 03:28+ 07:55+ 10:07+	03:13+ 14:14+ 03:17+ 03:03+ 03:24+ 02:50+ 00:31+	
02:20&	01:18& 01:35& 06:27@ 03:30& 01:27&	07:01& 01:04& 00:52& 01:54@ 00:33# 00:10&	
15	Svein Ims	65	1:00:19
04:08+	06:35+ 09:39+ 11:40+ 22:06+	25:06+ 38:16+ 50:17+ 53:43+ 56:04+ 59:47+ 60:19+	
04:08+	02:27+ 03:04+ 02:01+ 10:26+	03:00+ 13:10+ 12:01+ 03:26+ 02:21+ 03:43+ 00:32+	
01:37&	00:38& 01:11& 00:33& 03:49& 01:14&	05:57& 09:48@ 01:15& 00:51& 01:26& 00:11&	
16	Arne Østensen	90	1:03:13
03:04+	05:13+ 07:22+ 10:35+ 19:55+	26:41+ 40:52+ 56:37+ 58:36+ 60:12+ 62:45+ 63:13+	
03:04+	02:09+ 02:09+ 03:13+ 09:20+	06:46+ 14:11+ 15:45+ 01:59- 01:36+ 02:33+ 00:28+	
00:33#	00:20# 00:16# 01:45@ 02:43& 05:00@	06:58& 13:32@ 00:12- 00:06+ 00:16# 00:07&	
17	Sverre Vatland	93	1:03:24
04:25+	07:17+ 10:27+ 12:08+ 21:33+	24:51+ 38:51+ 53:45+ 56:43+ 59:02+ 62:48+ 63:24+	
04:25+	02:52+ 03:10+ 01:41+ 09:25+	03:18+ 14:00+ 14:54+ 02:58+ 02:19+ 03:46+ 00:36+	
01:54&	01:03& 01:17& 00:13# 02:48& 01:32&	06:47& 12:41@ 00:47& 00:49& 01:29& 00:15&	
Beste strekktid for klassen			
02:31	01:49	01:53	01:21
06:37	01:39	06:23	01:56
01:59	01:30	02:17	00:19
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer 70 - 74 år			
1	Hilmar Røthing	128	45:50
03:21=	06:05= 08:49= 10:31= 17:42=	20:52= 31:49= 34:21= 41:05= 42:44= 45:22= 45:50=	
03:21=	02:44= 02:44= 01:42= 07:11=	03:10= 10:57= 02:32= 06:44= 01:39= 02:38= 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=	
2	Arvid Thorsen	5	46:00
04:35+	07:11+ 09:38+ 11:21+ 20:14+	22:29+ 34:31+ 37:56+ 40:37- 42:29- 45:31+ 46:00+	
04:35+	02:36- 02:27- 01:43+ 08:53+	02:15- 12:02+ 03:25+ 02:41- 01:52+ 03:02+ 00:29+	
01:14&	00:08- 00:17- 00:01+ 01:42#	00:55- 01:05+ 00:53& 04:03- 00:13# 00:24# 00:01+	
3	Finn Morten Årstad	115	47:20
03:19-	05:44- 07:59- 10:02- 17:18-	19:22- 30:07- 37:17+ 41:46+ 44:08+ 46:50+ 47:20+	
03:19-	02:25- 02:15- 02:03+ 07:16+	02:04- 10:45- 07:10+ 04:29- 02:22+ 02:42+ 00:30+	
00:02-	00:19- 00:29- 00:21# 00:05+	01:06- 00:12- 04:38@ 02:15- 00:43& 00:04+ 00:02+	
4	Tormod Aaslid	54	47:31
03:26+	05:24- 07:46- 09:28- 19:21+	21:39+ 34:04+ 38:29+ 42:17+ 44:13+ 47:02+ 47:31+	
03:26+	01:58- 02:22- 01:42= 09:53+	02:18- 12:25+ 04:25+ 03:48- 01:56+ 02:49+ 00:29+	
00:05+	00:46- 00:22- 00:00= 02:42&	00:52- 01:28# 01:53& 02:56- 00:17# 00:11+ 00:01+	
5	Svein Glendrange	68	49:22
03:54+	06:45+ 09:17+ 12:08+ 22:18+	25:43+ 37:59+ 40:57+ 44:03+ 46:02+ 48:51+ 49:22+	
03:54+	02:51+ 02:32- 02:51+ 10:10+	03:25+ 12:16+ 02:58+ 03:06- 01:59+ 02:49+ 00:31+	
00:33#	00:07+ 00:12- 01:09& 02:59&	00:15+ 01:19# 00:26# 03:38- 00:20# 00:11+ 00:03#	
6	Geir Husdal	93	51:39
04:10+	06:47+ 09:27+ 11:49+ 21:25+	24:56+ 34:55+ 41:39+ 45:30+ 47:35+ 51:05+ 51:39+	
04:10+	02:37- 02:40- 02:22+ 09:36+	03:31+ 09:59- 06:44+ 03:51- 02:05+ 03:30+ 00:34+	
00:49#	00:07- 00:04- 00:40& 02:25&	00:21# 00:58- 04:12@ 02:53- 00:26& 00:52& 00:06#	
7	Ingjald Egeland	7	1:00:37
03:40+	06:02- 08:56+ 10:55+ 20:40+	27:48+ 30:12- 49:09+ 51:54+ 55:14+ 57:04+ 60:09+ 60:37+	
03:40+	02:22- 02:54+ 01:59+ 09:45+	07:08+ 02:24- 18:57+ 02:45- 03:20+ 01:50- 03:05+ 00:28+	
00:19+	00:22- 00:10+ 00:17# 02:34&	03:58@ 08:33- 16:25@ 03:59- 01:41@ 00:48- 02:37@ 00:28+	
8	Øyvind Egeskog	5	1:01:14
03:52+	07:23+ 10:03+ 13:55+ 23:06+	26:11+ 48:07+ 51:18+ 55:05+ 57:12+ 60:47+ 61:14+	
03:52+	03:31+ 02:40- 03:52+ 09:11+	03:05- 21:56+ 03:11+ 03:47- 02:07+ 03:35+ 00:27-	
00:31#	00:47& 00:04- 02:10@ 02:00&	00:05- 10:59@ 00:39& 02:57- 00:28& 00:57& 00:01-	

Class	Navn	Klasse										Tid
9	Ole Auklend	106										1:01:57
04:20+	07:56+	11:48+	14:15+	26:10+	28:51+	44:20+	48:20+	53:47+	56:47+	60:54+	61:57+	
04:20+	03:36+	03:52+	02:27+	11:55+	02:41-	15:29+	04:00+	05:27-	03:00+	04:07+	01:03+	
00:59&	00:52&	01:08&	00:45&	04:44&	00:29-	04:32&	01:28&	01:17-	01:21&	01:29&	00:35@	
10	Mangor Eikeland	92										1:05:58
04:51+	08:51+	12:50+	15:36+	28:26+	33:42+	46:09+	50:49+	58:51+	61:08+	65:13+	65:58+	
04:51+	04:00+	03:59+	02:46+	12:50+	05:16+	12:27+	04:40+	08:02+	02:17+	04:05+	00:45+	
01:30&	01:16&	01:15&	01:04&	05:39&	02:06&	01:30#	02:08&	01:18#	00:38&	01:27&	00:17&	
11	Jan H. Sagen	92										1:08:13
05:01+	08:11+	11:28+	13:36+	24:59+	28:10+	52:42+	56:39+	61:25+	64:01+	67:45+	68:13+	
05:01+	03:10+	03:17+	02:08+	11:23+	03:11+	24:32+	03:57+	04:46-	02:36+	03:44+	00:28=	
01:40&	00:26#	00:33#	00:26&	04:12&	00:01+	13:35@	01:25&	01:58-	00:57&	01:06&	00:00=	
12	Knut Jonas Espedal	53										1:09:24
04:51+	07:51+	11:45+	14:02+	24:18+	27:10+	53:35+	59:25+	62:33+	64:59+	68:48+	69:24+	
04:51+	03:00+	03:54+	02:17+	10:16+	02:52-	26:25+	05:50+	03:08-	02:26+	03:49+	00:36+	
01:30&	00:16+	01:10&	00:35&	03:05&	00:18-	15:28@	03:18@	03:36-	00:47&	01:11&	00:08&	
13	Svein Eliassen	116										1:25:08
05:55+	10:04+	13:56+	17:44+	32:00+	37:18+	61:50+	69:57+	76:59+	80:04+	84:31+	85:08+	
05:55+	04:09+	03:52+	03:48+	14:16+	05:18+	24:32+	08:07+	07:02+	03:05+	04:27+	00:37+	
02:34&	01:25&	01:08&	02:06@	07:05&	02:08&	13:35@	05:35@	00:18+	01:26&	01:49&	00:09&	
14	Lars Ernst Ravndal	125										1:37:38
05:21+	08:46+	12:01+	16:19+	46:40+	52:31+	76:24+	86:49+	90:17+	93:12+	96:57+	97:38+	
05:21+	03:25+	03:15+	04:18+	30:21+	05:51+	23:53+	10:25+	03:28-	02:55+	03:45+	00:41+	
02:00&	00:41#	00:31#	02:36@	23:10@	02:41&	12:56@	07:53@	03:16-	01:16&	01:07&	00:13&	
Beste strekktid for klassen												
03:19	01:58	02:15	01:42	07:11	02:04	02:24	02:32	02:41	01:39	01:50	00:27	

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

Herrer 75 - 79 år

1	Bjarne Edland	92										47:48
05:12=	09:11=	13:58=	23:25=	31:28=	35:20=	38:36=	40:37=	47:19=	47:48=			
05:12=	03:59=	04:47=	09:27=	08:03=	03:52=	03:16=	02:01=	06:42=	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=	
2	Jan Bekkeheien	92										50:08
05:12=	08:53-	16:34+	26:53+	36:58+	39:42+	43:02+	45:24+	49:35+	50:08+			
05:12=	03:41-	07:41+	10:19+	10:05+	02:44-	03:20+	02:22+	04:11-	00:33+			
00:00=	00:18-	02:54&	00:52+	02:02&	01:08-	00:04+	00:21#	02:31-	00:04#			
3	Terje Braut	92										50:59
04:32-	08:55-	13:46-	26:07+	34:30+	37:57+	41:26+	43:32+	50:19+	50:59+			
04:32-	04:23+	04:51+	12:21+	08:23+	03:27-	03:29+	02:06+	06:47+	00:40+			
00:40-	00:24#	00:04+	02:54&	00:20+	00:25-	00:13+	00:05+	00:05+	00:11&			
4	Harald I. Serigstad	128										52:41
06:12+	10:16+	15:53+	25:36+	36:40+	39:53+	44:46+	47:33+	52:06+	52:41+			
06:12+	04:04+	05:37+	09:43+	11:04+	03:13-	04:53+	02:47+	04:33-	00:35+			
01:00#	00:05+	00:50#	00:16+	03:01&	00:39-	01:37&	00:46&	02:09-	00:06#			
5	Kjell Maudal	63										54:00
06:19+	10:28+	16:38+	27:54+	41:17+	43:46+	47:29+	49:54+	53:27+	54:00+			
06:19+	04:09+	06:10+	11:16+	13:23+	02:29-	03:43+	02:25+	03:33-	00:33+			
01:07#	00:10+	01:23&	01:49#	05:20&	01:23-	00:27#	00:24#	03:09-	00:04#			
6	Arne Brandsberg	29										54:19
05:58+	10:51+	16:40+	26:34+	37:48+	41:08+	45:48+	48:45+	53:26+	54:19+			
05:58+	04:53+	05:49+	09:54+	11:14+	03:20-	04:40+	02:57+	04:41-	00:53+			
00:46#	00:54#	01:02#	00:27+	03:11&	00:32-	01:24&	00:56&	02:01-	00:24&			
7	Magne Jakobsen	63										55:04
08:47+	12:42+	17:57+	28:38+	40:22+	44:06+	47:47+	50:05+	54:26+	55:04+			
08:47+	03:55-	05:15+	10:41+	11:44+	03:44-	03:41+	02:18+	04:21-	00:38+			
03:35&	00:04-	00:28+	01:14#	03:41&	00:08-	00:25#	00:17#	02:21-	00:09&			

Class	Navn	Klasse	Tid						
8	Gunnar Furland	93	55:15						
06:20+	11:14+	17:41+	28:58+	42:14+	44:41+	48:31+	50:56+	54:32+	55:15+
06:20+	04:54+	06:27+	11:17+	13:16+	02:27-	03:50+	02:25+	03:36-	00:43+
01:08#	00:55#	01:40&	01:50#	05:13&	01:25-	00:34#	00:24#	03:06-	00:14&

Beste strekktid for klassen

04:32 03:41 04:47 09:27 08:03 02:27 03:16 02:01 03:33 00:29

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

Herrer 80 år og eldre

1 Sigurd Krosli 31 45:38

03:56= 15:33= 22:43= 29:02= 33:52= 42:42= 45:01= 45:38=
03:56= 11:37= 07:10= 06:19= 04:50= 08:50= 02:19= 00:37=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Arnulf Fuglestad 29 46:01

07:04+ 17:36+ 23:40+ 29:00- 35:33+ 43:29+ 45:29+ 46:01+
07:04+ 10:32- 06:04- 05:20- 06:33+ 07:56- 02:00- 00:32-
03:08& 01:05- 01:06- 00:59- 01:43& 00:54- 00:19- 00:05-

3 Magne Westerheim 93 51:43

10:27+ 20:45+ 27:52+ 33:51+ 39:46+ 47:31+ 51:11+ 51:43+
10:27+ 10:18- 07:07- 05:59- 05:55+ 07:45- 03:40+ 00:32-
06:31@ 01:19- 00:03- 00:20- 01:05# 01:05- 01:21& 00:05-

Beste strekktid for klassen

03:56 10:18 06:04 05:20 04:50 07:45 02:00 00:32

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

Herrer A

1 Fredrik Omdal 74 43:19

01:37= 03:42= 06:52= 13:12= 14:01= 17:05= 26:49= 28:15= 31:43= 34:24= 36:31= 38:17= 41:22= 42:57= 43:19=
01:37= 02:05= 03:10= 06:20= 00:49= 03:04= 09:44= 01:26= 03:28= 02:41= 02:07= 01:46= 03:05= 01:35= 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=

2 Morten Bjerga Sundli 7 45:51

01:39+ 03:44+ 07:08+ 13:49+ 14:37+ 17:24+ 27:42+ 29:23+ 33:00+ 35:51+ 38:36+ 40:16+ 43:37+ 45:29+ 45:51+
01:39+ 02:05= 03:24+ 06:41+ 00:48- 02:47- 10:18+ 01:41+ 03:37+ 02:51+ 02:45+ 01:40- 03:21+ 01:52+ 00:22=
00:02+ 00:00= 00:14+ 00:21+ 00:01- 00:17- 00:34+ 00:15# 00:09+ 00:10+ 00:38& 00:06- 00:16+ 00:17# 00:00=

3 Bjarthe Westerheim 194 46:04

01:41+ 03:28- 06:28- 15:20+ 16:06+ 18:58+ 28:17+ 29:49+ 34:03+ 36:49+ 38:33+ 40:25+ 44:05+ 45:45+ 46:04+
01:41+ 01:47- 03:00- 08:52+ 00:46- 02:52- 09:19- 01:32+ 04:14+ 02:46+ 01:44- 01:52+ 03:40+ 01:40+ 00:19-
00:04+ 00:18- 00:10- 02:32& 00:03- 00:12- 00:25- 00:06+ 00:46# 00:05+ 00:23- 00:06+ 00:35# 00:05+ 00:03-

4 Fredrik Sandal 88 49:23

01:47+ 04:03+ 07:33+ 14:24+ 15:14+ 18:12+ 28:22+ 30:16+ 35:19+ 38:24+ 41:24+ 43:40+ 47:27+ 49:03+ 49:23+
01:47+ 02:16+ 03:30+ 06:51+ 00:50+ 02:58- 10:10+ 01:54+ 05:03+ 03:05+ 03:00+ 02:16+ 03:47+ 01:36+ 00:20-
00:10# 00:11+ 00:20# 00:31+ 00:01+ 00:06- 00:26+ 00:28& 01:35& 00:24# 00:53& 00:30& 00:42# 00:01+ 00:02-

5 Aart Joakim in't Veld 93 49:46

02:30+ 04:50+ 09:10+ 16:17+ 17:09+ 20:04+ 30:08+ 31:43+ 35:10+ 38:01+ 40:47+ 42:36+ 47:33+ 49:22+ 49:46+
02:30+ 02:20+ 04:20+ 07:07+ 00:52+ 02:55- 10:04+ 01:35+ 03:27- 02:51+ 02:46+ 01:49+ 04:57+ 01:49+ 00:24+
00:53& 00:15# 01:10& 00:47# 00:03+ 00:09- 00:20+ 00:09# 00:01- 00:10+ 00:39& 00:03+ 01:52& 00:14# 00:02+

6 Erik Lima 115 49:56

01:49+ 03:52+ 07:23+ 14:24+ 15:09+ 18:29+ 30:27+ 32:07+ 35:57+ 39:16+ 41:09+ 43:21+ 47:33+ 49:38+ 49:56+
01:49+ 02:03- 03:31+ 07:01+ 00:45- 03:20+ 11:58+ 01:40+ 03:50+ 03:19+ 01:53- 02:12+ 04:12+ 02:05+ 00:18-
00:12# 00:02- 00:21# 00:41# 00:04- 00:16+ 02:14# 00:14# 00:22# 00:38# 00:14- 00:26# 01:07& 00:30& 00:04-

7 Martin Blystad 115 51:33

02:24+ 04:49+ 10:17+ 17:55+ 18:41+ 21:31+ 31:52+ 33:22+ 37:06+ 39:50+ 42:40+ 44:26+ 49:34+ 51:11+ 51:33+
02:24+ 02:25+ 05:28+ 07:38+ 00:46- 02:50- 10:21+ 01:30+ 03:44+ 02:44+ 02:50+ 01:46= 05:08+ 01:37+ 00:22=
00:47& 00:20# 02:18& 01:18# 00:03- 00:14- 00:37+ 00:04+ 00:16+ 00:03+ 00:43& 00:00= 02:03& 00:02+ 00:00=

Class	Navn	Klasse												Tid	
8	Lars Ole Løseth	116												57:57	
	02:21+	04:29+	08:33+	15:16+	16:08+	19:23+	33:50+	35:36+	40:20+	43:35+	46:20+	51:16+	55:39+	57:33+	57:57+
	02:21+	02:08+	04:04+	06:43+	00:52+	03:15+	14:27+	01:46+	04:44+	03:15+	02:45+	04:56+	04:23+	01:54+	00:24+
	00:44&	00:03+	00:54&	00:23+	00:03+	00:11+	04:43&	00:20#	01:16&	00:34#	00:38&	03:10@	01:18&	00:19#	00:02+

Beste strekktid for klassen

01:37 01:47 03:00 06:20 00:45 02:47 09:19 01:26 03:27 02:41 01:44 01:40 03:05 01:35 00:18

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

Herrer B

1	Njål F. Vadla	93												45:14	
	01:32=	03:40=	07:11=	14:03=	14:55=	17:55=	27:23=	28:49=	32:24=	35:24=	37:09=	39:07=	42:50=	44:52=	45:14=
	01:32=	02:08=	03:31=	06:52=	00:52=	03:00=	09:28=	01:26=	03:35=	03:00=	01:45=	01:58=	03:43=	02:02=	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=
2	Joar Eilevstjønn	67												50:33	
	02:39+	05:04+	08:34+	15:38+	16:29+	19:23+	29:23+	31:19+	36:24+	39:27+	42:25+	44:45+	48:25+	50:11+	50:33+
	02:39+	02:25+	03:30-	07:04+	00:51-	02:54-	10:00+	01:56+	05:05+	03:03+	02:58+	02:20+	03:40-	01:46-	00:22=
	01:07&	00:17#	00:01-	00:12+	00:01-	00:06-	00:32+	00:30&	01:30&	00:03+	01:13&	00:22#	00:03-	00:16-	00:00=
3	Odd Fuglestad	250												53:55	
	01:44+	04:14+	08:14+	16:43+	17:43+	21:33+	32:32+	34:18+	38:29+	41:37+	43:48+	46:00+	51:08+	53:28+	53:55+
	01:44+	02:30+	04:00+	08:29+	01:00+	03:50+	10:59+	01:46+	04:11+	03:08+	02:11+	02:12+	05:08+	02:20+	00:27+
	00:12#	00:22#	00:29#	01:37#	00:08#	00:50&	01:31#	00:20#	00:36#	00:08+	00:26#	00:14#	01:25&	00:18#	00:05#
4	Geir Sand	105												54:23	
	01:55+	04:23+	07:57+	16:47+	17:32+	21:09+	32:36+	34:28+	39:06+	42:19+	44:27+	47:29+	52:03+	54:02+	54:23+
	01:55+	02:28+	03:34+	08:50+	00:45-	03:37+	11:27+	01:52+	04:38+	03:13+	02:08+	03:02+	04:34+	01:59-	00:21-
	00:23#	00:20#	00:03+	01:58&	00:07-	00:37#	01:59#	00:26&	01:03&	00:13+	00:23#	01:04&	00:51#	00:03-	00:01-
5	Per Olav Haarr	62												57:34	
	01:54+	04:19+	08:00+	15:53+	16:45+	20:20+	32:03+	34:26+	40:31+	43:49+	46:04+	49:46+	55:10+	57:10+	57:34+
	01:54+	02:25+	03:41+	07:53+	00:52=	03:35+	11:43+	02:23+	06:05+	03:18+	02:15+	03:42+	05:24+	02:00-	00:24+
	00:22#	00:17#	00:10+	01:01#	00:00=	00:35#	02:15#	00:57&	02:30&	00:18#	00:30&	01:44&	01:41&	00:02-	00:02+
6	Svein Erik Kvame	116												57:51	
	02:23+	04:42+	08:51+	17:42+	18:32+	22:46+	34:16+	36:07+	41:10+	44:55+	47:10+	50:27+	55:00+	57:26+	57:51+
	02:23+	02:19+	04:09+	08:51+	00:50-	04:14+	11:30+	01:51+	05:03+	03:45+	02:15+	03:17+	04:33+	02:26+	00:25+
	00:51&	00:11+	00:38#	01:59&	00:02-	01:14&	02:02#	00:25&	01:28&	00:45#	00:30&	01:19&	00:50#	00:24#	00:03#
7	Øystein Amundrud	90												1:10:08	
	01:52+	04:42+	08:53+	17:51+	19:08+	23:49+	39:40+	42:08+	49:01+	53:27+	57:43+	61:31+	67:27+	69:44+	70:08+
	01:52+	02:50+	04:11+	08:58+	01:17+	04:41+	15:51+	02:28+	06:53+	04:26+	04:16+	03:48+	05:56+	02:17+	00:24+
	00:20#	00:42&	00:40#	02:06&	00:25&	01:41&	06:23&	01:02&	03:18&	01:26&	02:31@	01:50&	02:13&	00:15#	00:02+

Beste strekktid for klassen

01:32 02:08 03:30 06:52 00:45 02:54 09:28 01:26 03:35 03:00 01:45 01:58 03:40 01:46 00:21

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

Herrer C

1	Kjetil Wirak	114												42:56	
	04:08=	07:35=	12:07=	15:48=	28:00=	34:58=	38:17=	40:42=	42:35=	42:56=					
	04:08=	03:27=	04:32=	03:41=	12:12=	06:58=	03:19=	02:25=	01:53=	00:21=					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Inge Løland	114												45:16	
	04:01-	07:56+	12:40+	16:46+	29:16+	36:42+	39:41+	42:21+	44:46+	45:16+					
	04:01-	03:55+	04:44+	04:06+	12:30+	07:26+	02:59-	02:40+	02:25+	00:30+					
	00:07-	00:28#	00:12+	00:25#	00:18+	00:28+	00:20-	00:15#	00:32&	00:09&					
3	Nils John Vestøl	83												48:06	
	04:22+	08:34+	14:30+	18:23+	31:20+	40:07+	43:09+	45:48+	47:42+	48:06+					
	04:22+	04:12+	05:56+	03:53+	12:57+	08:47+	03:02-	02:39+	01:54+	00:24+					
	00:14+	00:45#	01:24&	00:12+	00:45+	01:49&	00:17-	00:14+	00:01+	00:03#					

Class	Navn	Klasse								Tid
4	Kjell Dale	93								48:35
04:07-	08:10+	13:29+	18:12+	32:33+	39:19+	42:03+	44:52+	48:02+	48:35+	
04:07-	04:03+	05:19+	04:43+	14:21+	06:46-	02:44-	02:49+	03:10+	00:33+	
00:01-	00:36#	00:47#	01:02&	02:09#	00:12-	00:35-	00:24#	01:17&	00:12&	
5	Sturle Omdal	116								52:09
04:35+	08:58+	14:58+	19:47+	34:42+	42:51+	46:51+	49:35+	51:40+	52:09+	
04:35+	04:23+	06:00+	04:49+	14:55+	08:09+	04:00+	02:44+	02:05+	00:29+	
00:27#	00:56&	01:28&	01:08&	02:43#	01:11#	00:41#	00:19#	00:12#	00:08&	
6	Sveinung Svebestad	46								53:45
04:34+	09:30+	15:04+	19:56+	35:24+	43:48+	47:14+	50:18+	53:16+	53:45+	
04:34+	04:56+	05:34+	04:52+	15:28+	08:24+	03:26+	03:04+	02:58+	00:29+	
00:26#	01:29&	01:02#	01:11&	03:16&	01:26#	00:07+	00:39&	01:05&	00:08&	
7	Paul Terje Haarr	62								54:16
04:49+	09:14+	15:15+	20:10+	35:03+	45:29+	48:47+	51:21+	53:49+	54:16+	
04:49+	04:25+	06:01+	04:55+	14:53+	10:26+	03:18-	02:34+	02:28+	00:27+	
00:41#	00:58&	01:29&	01:14&	02:41#	03:28&	00:01-	00:09+	00:35&	00:06&	
8	Knut Taugbøl	116								54:39
04:27+	08:47+	14:11+	19:31+	35:54+	44:50+	48:08+	51:39+	54:12+	54:39+	
04:27+	04:20+	05:24+	05:20+	16:23+	08:56+	03:18-	03:31+	02:33+	00:27+	
00:19+	00:53&	00:52#	01:39&	04:11&	01:58&	00:01-	01:06&	00:40&	00:06&	
9	Rune Christiansen	93								59:19
05:33+	10:59+	18:16+	24:03+	40:58+	50:21+	53:51+	56:34+	58:51+	59:19+	
05:33+	05:26+	07:17+	05:47+	16:55+	09:23+	03:30+	02:43+	02:17+	00:28+	
01:25&	01:59&	02:45&	02:06&	04:43&	02:25&	00:11+	00:18#	00:24#	00:07&	
10	Ove Oaland	116								59:23
05:23+	10:20+	17:06+	22:14+	39:26+	48:57+	53:15+	56:25+	58:54+	59:23+	
05:23+	04:57+	06:46+	05:08+	17:12+	09:31+	04:18+	03:10+	02:29+	00:29+	
01:15&	01:30&	02:14&	01:27&	05:00&	02:33&	00:59&	00:45&	00:36&	00:08&	
11	Erling Mauland	83								1:02:00
06:39+	11:44+	18:13+	23:00+	41:18+	52:34+	55:48+	58:56+	61:36+	62:00+	
06:39+	05:05+	06:29+	04:47+	18:18+	11:16+	03:14-	03:08+	02:40+	00:24+	
02:31&	01:38&	01:57&	01:06&	06:06&	04:18&	00:05-	00:43&	00:47&	00:03#	
12	Ivar Knutsen	116								1:03:08
05:22+	10:46+	16:44+	22:14+	39:51+	50:16+	55:58+	59:57+	62:38+	63:08+	
05:22+	05:24+	05:58+	05:30+	17:37+	10:25+	05:42+	03:59+	02:41+	00:30+	
01:14&	01:57&	01:26&	01:49&	05:25&	03:27&	02:23&	01:34&	00:48&	00:09&	
13	Pål Bårdsen	90								1:04:37
06:40+	11:25+	17:18+	22:27+	40:25+	55:02+	58:35+	61:20+	64:09+	64:37+	
06:40+	04:45+	05:53+	05:09+	17:58+	14:37+	03:33+	02:45+	02:49+	00:28+	
02:32&	01:18&	01:21&	01:28&	05:46&	07:39&	00:14+	00:20#	00:56&	00:07&	
Beste strekktid for klassen										
04:01	03:27	04:32	03:41	12:12	06:46	02:44	02:25	01:53	00:21	

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

Herrer Trim

1	Anders Noraberg	269								30:03
02:30=	10:32=	15:24=	19:21=	22:51=	28:06=	29:38=	30:03=			
02:30=	08:02=	04:52=	03:57=	03:30=	05:15=	01:32=	00:25=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Eirik Thu	126								31:26
02:30=	10:25-	16:23+	20:29+	24:28+	29:37+	31:01+	31:26+			
02:30=	07:55-	05:58+	04:06+	03:59+	05:09-	01:24-	00:25=			
00:00=	00:07-	01:06#	00:09+	00:29#	00:06-	00:08-	00:00=			
3	Thomas Johansen	111								32:12
02:34+	09:12-	13:36-	17:50-	22:03-	30:10+	31:46+	32:12+			
02:34+	06:38-	04:24-	04:14+	04:13+	08:07+	01:36+	00:26+			
00:04+	01:24-	00:28-	00:17+	00:43#	02:52&	00:04+	00:01+			

Class	Navn	Klasse	Tid
4	Martin Svensen	284	32:21
	01:49- 12:53+ 18:06+ 21:35+ 24:46+ 30:48+ 31:57+ 32:21+		
	01:49- 11:04+ 05:13+ 03:29- 03:11- 06:02+ 01:09- 00:24-		
	00:41- 03:02& 00:21+ 00:28- 00:19- 00:47# 00:23- 00:01-		
5	Antal Jansen	115	34:47
	02:19- 08:09- 19:06+ 24:00+ 27:21+ 33:13+ 34:25+ 34:47+		
	02:19- 05:50- 10:57+ 04:54+ 03:21- 05:52+ 01:12- 00:22-		
	00:11- 02:12- 06:05@ 00:57# 00:09- 00:37# 00:20- 00:03-		
6	Anders H Foss	263	39:00
	03:15+ 10:30- 16:22+ 21:56+ 29:07+ 36:31+ 38:23+ 39:00+		
	03:15+ 07:15- 05:52+ 05:34+ 07:11+ 07:24+ 01:52+ 00:37+		
	00:45& 00:47- 01:00# 01:37& 03:41@ 02:09& 00:20# 00:12&		
7	Tor Inge Hansen	144	40:41
	03:13+ 10:43+ 19:17+ 25:09+ 30:26+ 38:24+ 40:14+ 40:41+		
	03:13+ 07:30- 08:34+ 05:52+ 05:17+ 07:58+ 01:50+ 00:27+		
	00:43& 00:32- 03:42& 01:55& 01:47& 02:43& 00:18# 00:02+		
8	Thorstein Gunnarsson	144	40:48
	03:41+ 12:35+ 19:51+ 25:33+ 31:43+ 38:23+ 40:20+ 40:48+		
	03:41+ 08:54+ 07:16+ 05:42+ 06:10+ 06:40+ 01:57+ 00:28+		
	01:11& 00:52# 02:24& 01:45& 02:40& 01:25& 00:25& 00:03#		
9	Asbjørn Brådlund	297	41:53
	02:36+ 16:28+ 21:55+ 26:35+ 31:02+ 39:10+ 41:27+ 41:53+		
	02:36+ 13:52+ 05:27+ 04:40+ 04:27+ 08:08+ 02:17+ 00:26+		
	00:06+ 05:50& 00:35# 00:43# 00:57& 02:53& 00:45& 00:01+		
10	Stig Erlend Ollestad	51	42:02
	02:27- 19:52+ 24:52+ 30:02+ 33:17+ 40:20+ 41:39+ 42:02+		
	02:27- 17:25+ 05:00+ 05:10+ 03:15- 07:03+ 01:19- 00:23-		
	00:03- 09:23@ 00:08+ 01:13& 00:15- 01:48& 00:13- 00:02-		
11	Hans Klausen	62	42:39
	04:31+ 13:00+ 18:34+ 23:23+ 30:24+ 40:32+ 42:12+ 42:39+		
	04:31+ 08:29+ 05:34+ 04:49+ 07:01+ 10:08+ 01:40+ 00:27+		
	02:01& 00:27+ 00:42# 00:52# 03:31@ 04:53& 00:08+ 00:02+		
12	Bjørn Kristian Røyland	115	42:39
	02:44+ 08:47- 22:21+ 27:18+ 32:14+ 40:35+ 42:16+ 42:39+		
	02:44+ 06:03- 13:34+ 04:57+ 04:56+ 08:21+ 01:41+ 00:23-		
	00:14+ 01:59- 08:42@ 01:00& 01:26& 03:06& 00:09+ 00:02-		
13	Oddgeir Nevland	51	42:50
	02:34+ 10:10- 24:05+ 29:28+ 34:33+ 40:53+ 42:25+ 42:50+		
	02:34+ 07:36- 13:55+ 05:23+ 05:05+ 06:20+ 01:32= 00:25=		
	00:04+ 00:26- 09:03@ 01:26& 01:35& 01:05# 00:00= 00:00=		
14	Ingvar Haabeth	92	43:10
	03:26+ 11:12+ 17:12+ 24:13+ 30:35+ 40:34+ 42:40+ 43:10+		
	03:26+ 07:46- 06:00+ 07:01+ 06:22+ 09:59+ 02:06+ 00:30+		
	00:56& 00:16- 01:08# 03:04& 02:52& 04:44& 00:34& 00:05#		
15	Øyvind Nagel-Alne	74	43:15
	10:12+ 17:39+ 24:22+ 30:17+ 34:40+ 41:08+ 42:45+ 43:15+		
	10:12+ 07:27- 06:43+ 05:55+ 04:23+ 06:28+ 01:37+ 00:30+		
	07:42@ 00:35- 01:51& 01:58& 00:53& 01:13# 00:05+ 00:05#		
16	Paul Richard Carr	136	44:45
	04:15+ 13:49+ 21:05+ 27:37+ 34:27+ 42:03+ 44:15+ 44:45+		
	04:15+ 09:34+ 07:16+ 06:32+ 06:50+ 07:36+ 02:12+ 00:30+		
	01:45& 01:32# 02:24& 02:35& 03:20& 02:21& 00:40& 00:05#		
17	Jarl Steinar Berntsen	27	45:14
	09:36+ 18:10+ 24:05+ 29:57+ 36:18+ 42:55+ 44:43+ 45:14+		
	09:36+ 08:34+ 05:55+ 05:52+ 06:21+ 06:37+ 01:48+ 00:31+		
	07:06@ 00:32+ 01:03# 01:55& 02:51& 01:22& 00:16# 00:06#		
18	Cato Bjerkeli	237	46:11
	02:27- 18:11+ 25:51+ 31:55+ 37:02+ 43:49+ 45:37+ 46:11+		
	02:27- 15:44+ 07:40+ 06:04+ 05:07+ 06:47+ 01:48+ 00:34+		
	00:03- 07:42& 02:48& 02:07& 01:37& 01:32& 00:16# 00:09&		

Class	Navn	Klasse	Tid
19	Arild Svihus	92	46:47
03:43+	14:54+ 25:43+ 31:45+ 36:37+ 44:12+ 46:11+ 46:47+		
03:43+	11:11+ 10:49+ 06:02+ 04:52+ 07:35+ 01:59+ 00:36+		
01:13&	03:09& 05:57@ 02:05& 01:22& 02:20& 00:27& 00:11&		
20	Trond Egil Toft	53	47:08
06:37+	13:48+ 22:26+ 34:10+ 39:29+ 45:26+ 46:46+ 47:08+		
06:37+	07:11- 08:38+ 11:44+ 05:19+ 05:57+ 01:20- 00:22-		
04:07@	00:51- 03:46& 07:47@ 01:49& 00:42# 00:12- 00:03-		
21	Svein Erik Bjørnsen	91	50:32
11:25+	18:06+ 24:48+ 33:29+ 38:00+ 48:25+ 50:03+ 50:32+		
11:25+	06:41- 06:42+ 08:41+ 04:31+ 10:25+ 01:38+ 00:29+		
08:55@	01:21- 01:50& 04:44@ 01:01& 05:10& 00:06+ 00:04#		
22	Bruno Pierfelice	51	51:31
03:17+	18:45+ 25:12+ 37:39+ 42:40+ 49:40+ 51:04+ 51:31+		
03:17+	15:28+ 06:27+ 12:27+ 05:01+ 07:00+ 01:24- 00:27+		
00:47&	07:26& 01:35& 08:30@ 01:31& 01:45& 00:08- 00:02+		
23	Rolf Øystein Kluge	7	52:28
03:30+	12:52+ 29:08+ 35:17+ 41:39+ 49:54+ 51:57+ 52:28+		
03:30+	09:22+ 16:16+ 06:09+ 06:22+ 08:15+ 02:03+ 00:31+		
01:00&	01:20# 11:24@ 02:12& 02:52& 03:00& 00:31& 00:06#		
24	Lars Tore Opdal	97	52:34
02:48+	11:32+ 31:01+ 37:00+ 42:24+ 50:11+ 52:05+ 52:34+		
02:48+	08:44+ 19:29+ 05:59+ 05:24+ 07:47+ 01:54+ 00:29+		
00:18#	00:42+ 14:37@ 02:02& 01:54& 02:32& 00:22# 00:04#		
25	Ommund Bakkevold	68	53:36
05:08+	17:40+ 25:04+ 33:43+ 41:14+ 50:42+ 52:56+ 53:36+		
05:08+	12:32+ 07:24+ 08:39+ 07:31+ 09:28+ 02:14+ 00:40+		
02:38@	04:30& 02:32& 04:42@ 04:01@ 04:13& 00:42& 00:15&		
26	Arne Hope	43	53:56
04:04+	14:54+ 27:18+ 36:04+ 44:37+ 51:24+ 53:22+ 53:56+		
04:04+	10:50+ 12:24+ 08:46+ 08:33+ 06:47+ 01:58+ 00:34+		
01:34&	02:48& 07:32@ 04:49@ 05:03@ 01:32& 00:26& 00:09&		
27	Kjell Ivar Skjørestad	92	56:48
10:52+	17:57+ 32:52+ 39:42+ 44:35+ 54:37+ 56:18+ 56:48+		
10:52+	07:05- 14:55+ 06:50+ 04:53+ 10:02+ 01:41+ 00:30+		
08:22@	00:57- 10:03@ 02:53& 01:23& 04:47& 00:09+ 00:05#		
28	Niklas Gustafsson	192	56:49
04:00+	22:37+ 34:25+ 40:00+ 48:42+ 54:48+ 56:20+ 56:49+		
04:00+	18:37+ 11:48+ 05:35+ 08:42+ 06:06+ 01:32= 00:29+		
01:30&	10:35@ 06:56@ 01:38& 05:12@ 00:51# 00:00= 00:04#		
29	John Øgreid	27	56:51
03:25+	22:49+ 32:26+ 37:44+ 42:27+ 54:37+ 56:20+ 56:51+		
03:25+	19:24+ 09:37+ 05:18+ 04:43+ 12:10+ 01:43+ 00:31+		
00:55&	11:22@ 04:45& 01:21& 01:13& 06:55@ 00:11# 00:06#		
30	Morten Moss	109	57:08
03:54+	12:05+ 24:33+ 32:47+ 46:52+ 54:56+ 56:41+ 57:08+		
03:54+	08:11+ 12:28+ 08:14+ 14:05+ 08:04+ 01:45+ 00:27+		
01:24&	00:09+ 07:36@ 04:17@ 10:35@ 02:49& 00:13# 00:02+		
31	Sverre Uhlving	105	59:10
05:33+	22:21+ 31:32+ 38:52+ 45:46+ 54:26+ 58:32+ 59:10+		
05:33+	16:48+ 09:11+ 07:20+ 06:54+ 08:40+ 04:06+ 00:38+		
03:03@	08:46@ 04:19& 03:23& 03:24& 03:25& 02:34@ 00:13&		
32	Ivar Aalbu	29	1:00:55
15:09+	24:49+ 31:22+ 45:40+ 50:53+ 58:15+ 60:20+ 60:55+		
15:09+	09:40+ 06:33+ 14:18+ 05:13+ 07:22+ 02:05+ 00:35+		
12:39@	01:38# 01:41& 10:21@ 01:43& 02:07& 00:33& 00:10&		
33	Joar Fandrem	94	1:03:53
06:57+	27:56+ 36:02+ 42:46+ 54:49+ 61:32+ 63:23+ 63:53+		
06:57+	20:59+ 08:06+ 06:44+ 12:03+ 06:43+ 01:51+ 00:30+		
04:27@	12:57@ 03:14& 02:47& 08:33@ 01:28& 00:19# 00:05#		

Class	Navn	Klasse	Tid
34	Samuel Denieul	42	1:05:56
03:16+	13:01+	32:59+	41:55+
03:16+	09:45+	19:58+	08:56+
00:46&	01:43#	15:06@	04:59@
57:22+	64:20+	65:31+	65:56+
15:27+	06:58+	01:11-	00:25=
11:57@	01:43&	00:21-	00:00=
35	Ove Vatland	128	1:09:41
10:49+	30:58+	42:11+	48:45+
10:49+	20:09+	11:13+	06:34+
08:19@	12:07@	06:21@	02:37&
55:11+	66:29+	68:53+	69:41+
06:26+	11:18+	02:24+	00:48+
02:56&	06:03@	00:52&	00:23&
36	Harald Nilsen	79	1:10:53
09:54+	29:49+	37:46+	44:52+
09:54+	19:55+	07:57+	07:06+
07:24@	11:53@	03:05&	03:09&
57:52+	68:00+	70:21+	70:53+
13:00+	10:08+	02:21+	00:32+
09:30@	04:53&	00:49&	00:07&
37	Svein Inge Sævereid	126	1:17:36
12:48+	29:39+	39:08+	50:30+
12:48+	16:51+	09:29+	11:22+
10:18@	08:49@	04:37&	07:25@
59:36+	73:01+	76:26+	77:36+
09:06+	13:25+	03:25+	01:10+
05:36@	08:10@	01:53@	00:45@
38	Arthur Christiansen	93	1:17:49
05:25+	28:03+	39:14+	51:05+
05:25+	22:38+	11:11+	11:51+
02:55@	14:36@	06:19@	07:54@
59:44+	73:15+	76:42+	77:49+
08:39+	13:31+	03:27+	01:07+
05:09@	08:16@	01:55@	00:42@
39	Tom Leveraas	188	1:23:59
04:50+	47:44+	56:11+	62:58+
04:50+	42:54+	08:27+	06:47+
02:20&	34:52@	03:35&	02:50&
74:53+	81:35+	83:29+	83:59+
11:55+	06:42+	01:54+	00:30+
08:25@	01:27&	00:22#	00:05#
40	Per Bakken	5	1:30:08
14:45+	29:40+	46:18+	69:55+
14:45+	14:55+	16:38+	23:37+
12:15@	06:53&	11:46@	19:40@
78:51+	87:06+	89:36+	90:08+
08:56+	08:15+	02:30+	00:32+
05:26@	03:00&	00:58&	00:07&
Beste strekktid for klassen			
01:49	05:50	04:24	03:29
03:11	05:09	01:09	00:22

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