

Sandtangen

Strekktider

-26.09.2018

Plass Navn
Damer 16 - 39 år

Klasse

Tid

Plass	Navn										Klasse										Tid																																	
1	Kari Borgen										62										17:55																																	
	00:29=	00:58=	01:57=	02:35=	04:34=	05:06=	05:31=	07:27=	09:43=	11:04=	12:13=	13:43=	15:22=	16:18=	17:23=	17:43=	17:55=	00:29=	00:29=	00:59=	00:38=	01:59=	00:32=	00:25=	01:56=	02:16=	01:21=	01:09=	01:30=	01:39=	00:56=	01:05=	00:20=	00:12=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Asta Bryne										105										19:35																																	
	00:33+	01:03+	02:11+	02:58+	05:24+	06:01+	06:29+	08:52+	10:17+	11:56+	13:15+	14:33+	16:33+	17:37+	18:58+	19:20+	19:35+	00:33+	00:30+	01:08+	00:47+	02:26+	00:37+	00:28+	02:23+	01:25-	01:39+	01:19+	01:18-	02:00+	01:04+	01:21+	00:22+	00:15+	00:04#	00:01+	00:09#	00:35#	00:27#	00:05#	00:03#	00:27#	00:51-	00:18#	00:10#	00:12-	00:21#	00:08#	00:16#	00:02#	00:03#			
3	Sina Thu										271										20:10																																	
	00:27-	00:59+	02:01+	03:14+	05:33+	06:10+	06:36+	08:31+	09:40-	10:48-	12:20+	15:35+	17:17+	18:18+	19:33+	19:54+	20:10+	00:27-	00:32+	01:02+	01:13+	02:19+	00:37+	00:26+	01:55-	01:09-	01:08-	01:32+	03:15+	01:42+	01:01+	01:15+	00:21+	00:16+	00:02-	00:03#	00:03+	00:35#	00:20#	00:05#	00:01+	00:27#	01:07-	00:13-	00:23#	01:45#	00:03+	00:05+	00:10#	00:01+	00:01+	00:04#		
4	Trine Selvikvåg										62										20:51																																	
	00:32+	01:02+	02:03+	02:55+	05:00+	06:14+	06:38+	08:42+	11:10+	13:11+	14:53+	16:12+	18:02+	19:03+	20:15+	20:36+	20:51+	00:32+	00:30+	01:01+	00:52+	02:05+	01:14+	00:24-	02:04+	02:28+	02:01+	01:42+	01:19-	01:50+	01:01+	01:12+	00:21+	00:15+	00:03#	00:01+	00:02+	00:14#	00:06+	00:42#	00:01-	00:08+	00:12+	00:40#	00:33#	00:11-	00:11#	00:05+	00:07#	00:01+	00:03#			
5	Kirsten Vike										92										21:19																																	
	00:42+	01:22+	02:38+	03:29+	06:03+	06:42+	07:16+	09:56+	11:17+	13:04+	14:27+	15:53+	18:00+	19:08+	20:36+	21:02+	21:19+	00:42+	00:40+	01:16+	00:51+	02:34+	00:39+	00:34+	02:40+	01:21-	01:47+	01:23+	01:26-	02:07+	01:08+	01:28+	00:26+	00:17+	00:13#	00:11#	00:17#	00:13#	00:35#	00:07#	00:09#	00:44#	00:55-	00:26#	00:14#	00:04-	00:28#	00:12#	00:23#	00:06#	00:05#			
6	Kristina Renshaw										101										21:55																																	
	00:44+	01:23+	02:37+	03:31+	06:01+	06:44+	07:15+	09:37+	10:55+	12:43+	14:02+	16:24+	18:22+	19:39+	21:12+	21:40+	21:55+	00:44+	00:39+	01:14+	00:54+	02:30+	00:43+	00:31+	02:22+	01:18-	01:48+	01:19+	02:22+	01:58+	01:17+	01:33+	00:28+	00:15+	00:15#	00:10#	00:15#	00:16#	00:31#	00:11#	00:06#	00:26#	00:58-	00:27#	00:10#	00:52#	00:19#	00:21#	00:28#	00:08#	00:03#			
7	Bodil Krogedal										126										22:04																																	
	00:40+	01:17+	02:30+	03:18+	06:02+	06:40+	07:12+	09:54+	11:26+	13:01+	14:38+	16:17+	18:42+	19:57+	21:21+	21:46+	22:04+	00:40+	00:37+	01:13+	00:48+	02:44+	00:38+	00:32+	02:42+	01:32-	01:35+	01:37+	01:39+	02:25+	01:15+	01:24+	00:25+	00:18+	00:11#	00:08#	00:14#	00:10#	00:45#	00:06#	00:07#	00:46#	00:44-	00:14#	00:28#	00:09#	00:46#	00:19#	00:19#	00:05#	00:06#			
8	Kjersti Fandrem Høivik										68										24:01																																	
	00:33+	01:10+	02:17+	03:06+	05:49+	08:55+	09:20+	12:09+	13:58+	15:37+	17:03+	18:26+	20:33+	22:07+	23:28+	23:48+	24:01+	00:33+	00:37+	01:07+	00:49+	02:43+	03:06+	00:25#	02:49+	01:49-	01:39+	01:26+	01:23-	02:07+	01:34+	01:21+	00:20=	00:13+	00:04#	00:08#	00:08#	00:11#	00:44#	02:34#	00:00=	00:53#	00:27-	00:18#	00:17#	00:07-	00:28#	00:38#	00:16#	00:00=	00:01+			
9	Ingrid Lycke Austbø										109										24:18																																	
	00:36+	01:17+	02:27+	03:21+	06:53+	07:32+	08:06+	10:38+	11:56+	14:40+	16:12+	18:31+	20:41+	22:15+	23:36+	24:03+	24:18+	00:36+	00:41+	01:10+	00:54+	03:32+	00:39+	00:34+	02:32+	01:18-	02:44+	01:32+	02:19+	02:10+	01:34+	01:21+	00:27+	00:15+	00:07#	00:12#	00:11#	00:16#	01:33#	00:07#	00:09#	00:36#	00:58-	01:23#	00:23#	00:49#	00:31#	00:38#	00:16#	00:07#	00:03#			
10	Marie Sjursen										117										24:23																																	
	00:42+	01:28+	02:50+	04:08+	07:31+	08:11+	08:51+	11:33+	13:22+	15:08+	16:47+	18:46+	20:53+	22:07+	23:40+	24:06+	24:23+	00:42+	00:46+	01:22+	01:18+	03:23+	00:40+	00:40+	02:42+	01:49-	01:46+	01:39+	01:59+	02:07+	01:14+	01:33+	00:26+	00:17+	00:13#	00:17#	00:23#	00:40#	01:24#	00:08#	00:15#	00:46#	00:27-	00:25#	00:30#	00:29#	00:28#	00:18#	00:28#	00:06#	00:05#			
11	Ruth Magrethe Westre										54										24:24																																	
	00:36+	01:30+	02:44+	03:34+	06:26+	07:05+	07:41+	10:17+	12:23+	14:03+	15:43+	18:19+	20:39+	22:17+	23:44+	24:10+	24:24+	00:36+	00:54+	01:14+	00:50+	02:52+	00:39+	00:36+	02:36+	02:06-	01:40+	01:40+	02:36+	02:20+	01:38+	01:27+	00:26+	00:14+	00:07#	00:25#	00:15#	00:12#	00:53#	00:07#	00:11#	00:40#	00:10-	00:19#	00:31#	01:06#	00:41#	00:42#	00:22#	00:06#	00:02#			
12	Mette Langeland										117										25:13																																	
	00:44+	01:26+	02:51+	03:50+	06:54+	07:46+	08:25+	11:40+	13:39+	15:35+	17:11+	18:55+	21:22+	22:46+	24:27+	24:55+	25:13+	00:44+	00:42+	01:25+	00:59+	03:04+	00:52+	00:39+	03:15+	01:59-	01:56+	01:36+	01:44+	02:27+	01:24+	01:41+	00:28+	00:18+	00:15#	00:13#	00:26#	00:21#	01:05#	00:20#	00:14#	01:19#	00:17-	00:35#	00:27#	00:14#	00:48#	00:28#	00:36#	00:08#	00:06#			
13	Lise Nessa Di Lorenzo										168										25:32																																	
	00:39+	01:15+	02:26+	03:12+	05:45+	11:00+	11:25+	13:57+	15:32+	16:59+	18:19+	20:26+	22:20+	23:30+	24:51+	25:15+	25:32+	00:39+	00:36+	01:11+	00:46+	02:33+	05:15+	00:25#	02:32+	01:35-	01:27+	01:20+	02:07+	01:54+	01:10+	01:21+	00:24+	00:17+	00:10#	00:07#	00:12#	00:08#	00:34#	04:43#	00:00=	00:36#	00:41-	00:06+	00:11#	00:37#	00:15#	00:14#	00:16#	00:04#	00:05#			
14	Heidi Nordaunet										126										26:13																																	
	00:37+	01:11+	02:32+	03:29+	06:33+	07:19+	07:46+	10:45+	13:04+	14:55+	16:39+	19:57+	22:24+	23:52+	25:27+	25:54+	26:13+	00:37+	00:34+	01:21+	00:57+	03:04+	00:46+	00:27+	02:59+	02:19+	01:51+	01:44+	03:18+	02:27+	01:28+	01:35+	00:27+	00:19+	00:08#	00:05#	00:22#	00:19#	01:05#	00:14#	00:02+	01:03#	00:03+	00:30#	00:35#	01:48#	00:48#	00:32#	00:30#	00:07#	00:07#			

Class	Navn	Klasse											Tid				
15	Ingunn Bergheim Landsnes	74											27:45				
00:38+	01:25+	02:50+	03:47+	07:40+	08:25+	09:01+	12:25+	14:21+	16:36+	18:21+	20:39+	23:21+	25:02+	26:58+	27:25+	27:45+	
00:38+	00:47+	01:25+	00:57+	03:53+	00:45+	00:36+	03:24+	01:56-	02:15+	01:45+	02:18+	02:42+	01:41+	01:56+	00:27+	00:20+	
00:09&	00:18&	00:26&	00:19&	01:54&	00:13&	00:11&	01:28&	00:20-	00:54&	00:36&	00:48&	01:03&	00:45&	00:51&	00:07&	00:08&	
16	Marita Skorpe	74											29:30				
00:36+	01:32+	02:45+	03:35+	06:19+	07:08+	07:38+	13:04+	14:03+	17:21+	19:04+	20:32+	22:32+	25:03+	27:04+	28:40+	29:10+	29:30+
00:36+	00:56+	01:13+	00:50+	02:44+	00:49+	00:30+	05:26+	00:59-	03:18+	01:43+	01:28-	02:00+	02:31+	02:01+	01:36+	00:30+	00:20+
00:07#	00:27&	00:14#	00:12&	00:45&	00:17&	00:05#	03:30@	01:17-	01:57@	00:34&	00:02-	00:21#	01:35@	00:56&	01:16@	00:18@	00:20+
17	Tone Giske	7											29:46				
00:52+	01:34+	03:01+	04:23+	07:32+	08:14+	08:47+	11:55+	16:07+	19:40+	21:23+	23:15+	25:40+	27:11+	29:00+	29:31+	29:46+	
00:52+	00:42+	01:27+	01:22+	03:09+	00:42+	00:33+	03:08+	04:12+	03:33+	01:43+	01:52+	02:25+	01:31+	01:49+	00:31+	00:15+	
00:23&	00:13&	00:28&	00:44@	01:10&	00:10&	00:08&	01:12&	01:56&	02:12@	00:34&	00:22#	00:46&	00:35&	00:44&	00:11&	00:03#	
18	Barbro Lunde Nedrebø	92											32:48				
00:36+	01:14+	02:27+	03:16+	13:04+	13:40+	14:12+	18:08+	20:33+	22:21+	24:25+	26:08+	28:36+	30:21+	32:05+	32:32+	32:48+	
00:36+	00:38+	01:13+	00:49+	09:48+	00:36+	00:32+	03:56+	02:25+	01:48+	02:04+	01:43+	02:28+	01:45+	01:44+	00:27+	00:16+	
00:07#	00:09&	00:14#	00:11&	07:49@	00:04#	00:07&	02:00@	00:09+	00:27&	00:55&	00:13#	00:49&	00:49&	00:39&	00:07&	00:04&	
Beste strekktid for klassen																	
00:27	00:29	00:59	00:38	01:59	00:32	00:24	01:55	00:59	01:08	01:09	01:18	01:39	00:56	01:05	00:20	00:12	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
Damer 40 - 49 år																	
1	Linda Mari Vestvik	62											16:41				
00:29=	01:39=	02:21=	04:07=	04:53=	05:29=	06:11=	08:46=	10:11=	10:47=	11:44=	13:58=	15:55=	16:26=	16:41=			
00:29=	01:10=	00:42=	01:46=	00:46=	00:36=	00:42=	02:35=	01:25=	00:36=	00:57=	02:14=	01:57=	00:31=	00:15=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Iren Undheim Øgreid	62											17:03				
00:28-	01:31-	02:11-	03:52-	04:34-	05:08-	05:53-	08:33-	09:59-	11:01+	11:58+	14:19+	16:15+	16:47+	17:03+			
00:28-	01:03-	00:40-	01:41-	00:42-	00:34-	00:45+	02:40+	01:26+	01:02+	00:57=	02:21+	01:56-	00:32+	00:16+			
00:01-	00:07-	00:02-	00:05-	00:04-	00:02-	00:03+	00:05+	00:01+	00:26&	00:00=	00:07+	00:01-	00:01+	00:01+			
3	Berit Våg Aksland	116											18:20				
00:52+	01:58+	02:42+	04:30+	05:47+	06:26+	07:07+	09:50+	11:16+	12:15+	13:18+	15:35+	17:36+	18:06+	18:20+			
00:52+	01:06-	00:44+	01:48+	01:17+	00:39+	00:41-	02:43+	01:26+	00:59+	01:03+	02:17+	02:01+	00:30-	00:14-			
00:23&	00:04-	00:02+	00:02+	00:31&	00:03+	00:01-	00:08+	00:01+	00:23&	00:06#	00:03+	00:04+	00:01-	00:01-			
4	Christel Dahl	92											19:24				
00:37+	01:46+	02:33+	04:28+	05:18+	05:55+	06:43+	09:47+	11:39+	12:26+	13:32+	16:08+	18:25+	19:03+	19:24+			
00:37+	01:09-	00:47+	01:55+	00:50+	00:37+	00:48+	03:04+	01:52+	00:47+	01:06+	02:36+	02:17+	00:38+	00:21+			
00:08&	00:01-	00:05#	00:09+	00:04+	00:01+	00:06#	00:29#	00:27&	00:11&	00:09#	00:22#	00:20#	00:07#	00:06&			
5	Siri Warland	115											20:02				
00:48+	02:08+	02:52+	04:54+	05:39+	07:31+	08:24+	11:04+	12:32+	13:19+	14:30+	17:00+	19:12+	19:44+	20:02+			
00:48+	01:20+	00:44+	02:02+	00:45-	01:52+	00:53+	02:40+	01:28+	00:47+	01:11+	02:30+	02:12+	00:32+	00:18+			
00:19&	00:10#	00:02+	00:16#	00:01-	01:16@	00:11&	00:05+	00:03+	00:11&	00:14#	00:16#	00:15#	00:01+	00:03#			
6	Kari Sjørusen	117											20:59				
00:38+	01:56+	02:47+	05:04+	06:01+	06:44+	07:51+	11:00+	12:42+	13:37+	14:57+	17:41+	19:59+	20:39+	20:59+			
00:38+	01:18+	00:51+	02:17+	00:57+	00:43+	01:07+	03:09+	01:42+	00:55+	01:20+	02:44+	02:18+	00:40+	00:20+			
00:09&	00:08#	00:09#	00:31&	00:11#	00:07#	00:25&	00:34#	00:17#	00:19&	00:23&	00:30#	00:21#	00:09&	00:05&			
7	Astri Sandanger	93											21:14				
00:38+	01:48+	02:38+	04:43+	05:35+	06:23+	07:12+	10:36+	12:55+	13:43+	14:51+	17:44+	20:15+	20:57+	21:14+			
00:38+	01:10=	00:50+	02:05+	00:52+	00:48+	00:49+	03:24+	02:19+	00:48+	01:08+	02:53+	02:31+	00:42+	00:17+			
00:09&	00:00=	00:08#	00:19#	00:06#	00:12&	00:07#	00:49&	00:54&	00:12&	00:11#	00:39&	00:34&	00:11&	00:02#			
8	May Bente Valdøl	116											21:17				
00:30+	01:40+	02:27+	04:18+	05:08+	06:55+	07:54+	11:31+	13:01+	14:21+	15:25+	17:59+	20:29+	21:01+	21:17+			
00:30+	01:10=	00:47+	01:51+	00:50+	01:47+	00:59+	03:37+	01:30+	01:20+	01:04+	02:34+	02:30+	00:32+	00:16+			
00:01+	00:00=	00:05#	00:05+	00:04+	01:11@	00:17&	01:02&	00:05+	00:44@	00:07#	00:20#	00:33&	00:01+	00:01+			
9	Tove Irene Asheim	116											21:47				
00:38+	02:05+	03:02+	05:20+	06:18+	07:21+	08:11+	11:39+	13:27+	14:14+	15:21+	18:21+	20:50+	21:29+	21:47+			
00:38+	01:27+	00:57+	02:18+	00:58+	01:03+	00:50+	03:28+	01:48+	00:47+	01:07+	03:00+	02:29+	00:39+	00:18+			
00:09&	00:17#	00:15&	00:32&	00:12&	00:27&	00:08#	00:53&	00:23&	00:11&	00:10#	00:46&	00:32&	00:08&	00:03#			

Class	Navn	Klasse												Tid
10	Gøril Braut Aarsand	268												22:19
01:02+	02:23+	03:20+	05:24+	06:15+	06:56+	07:44+	10:51+	13:34+	14:54+	16:06+	18:51+	21:15+	21:57+	22:19+
01:02+	01:21+	00:57+	02:04+	00:51+	00:41+	00:48+	03:07+	02:43+	01:20+	01:12+	02:45+	02:24+	00:42+	00:22+
00:33@	00:11#	00:15&	00:18#	00:05#	00:05#	00:06#	00:32#	01:18&	00:44@	00:15&	00:31#	00:27#	00:11&	00:07&
11	Nina Svensen	2												22:37
00:29=	01:37-	02:25+	04:24+	05:18+	06:02+	06:48+	09:55+	11:34+	12:31+	17:01+	19:33+	21:44+	22:19+	22:37+
00:29=	01:08-	00:48+	01:59+	00:54+	00:44+	00:46+	03:07+	01:39+	00:57+	04:30+	02:32+	02:11+	00:35+	00:18+
00:00=	00:02-	00:06#	00:13#	00:08#	00:08#	00:04+	00:32#	00:14#	00:21&	03:33@	00:18#	00:14#	00:04#	00:03#
12	Grethe Thu Skadberg	128												22:45
00:29=	01:48+	02:38+	06:49+	07:33+	08:26+	09:12+	12:50+	14:27+	15:12+	16:18+	19:13+	21:37+	22:27+	22:45+
00:29=	01:19+	00:50+	04:11+	00:44-	00:53+	00:46+	03:38+	01:37+	00:45+	01:06+	02:55+	02:24+	00:50+	00:18+
00:00=	00:09#	00:08#	02:25@	00:02-	00:17&	00:04+	01:03&	00:12#	00:09#	00:09#	00:41&	00:27#	00:19&	00:03#
13	Toril Dahle	116												23:07
00:40+	01:59+	02:51+	05:03+	06:11+	07:28+	08:31+	12:00+	13:56+	15:26+	16:44+	19:30+	22:00+	22:48+	23:07+
00:40+	01:19+	00:52+	02:12+	01:08+	01:17+	01:03+	03:29+	01:56+	01:30+	01:18+	02:46+	02:30+	00:48+	00:19+
00:11&	00:09#	00:10#	00:26#	00:22&	00:41@	00:21&	00:54&	00:31&	00:54@	00:21&	00:32#	00:33&	00:17&	00:04&
14	Astrid Espe	80												23:13
00:42+	02:10+	03:03+	05:17+	06:15+	07:16+	08:08+	11:35+	13:55+	15:00+	16:19+	19:07+	22:09+	22:51+	23:13+
00:42+	01:28+	00:53+	02:14+	00:58+	01:01+	00:52+	03:27+	02:20+	01:05+	01:19+	02:48+	03:02+	00:42+	00:22+
00:13&	00:18&	00:11&	00:28&	00:12&	00:25&	00:10#	00:52&	00:55&	00:29&	00:22&	00:34&	01:05&	00:11&	00:07&
15	Heidi Martby	88												24:14
00:39+	02:08+	03:03+	05:47+	06:54+	07:49+	08:49+	12:33+	14:41+	15:33+	16:53+	20:26+	23:13+	23:53+	24:14+
00:39+	01:29+	00:55+	02:44+	01:07+	00:55+	01:00+	03:44+	02:08+	00:52+	01:20+	03:33+	02:47+	00:40+	00:21+
00:10&	00:19&	00:13&	00:58&	00:21&	00:19&	00:18&	01:09&	00:43&	00:16&	00:23&	01:19&	00:50&	00:09&	00:06&
16	Ragnhild Båtnes Berntsen	101												25:56
00:59+	02:27+	03:22+	06:34+	07:40+	09:37+	10:27+	14:23+	16:32+	17:30+	18:44+	22:05+	24:52+	25:35+	25:56+
00:59+	01:28+	00:55+	03:12+	01:06+	01:57+	00:50+	03:56+	02:09+	00:58+	01:14+	03:21+	02:47+	00:43+	00:21+
00:30@	00:18&	00:13&	01:26&	00:20&	01:21@	00:08#	01:21&	00:44&	00:22&	00:17&	01:07&	00:50&	00:12&	00:06&
17	Synnøve Westermoen	116												26:00
00:39+	02:03+	02:57+	05:47+	08:32+	10:15+	11:03+	14:39+	16:48+	17:39+	18:51+	22:09+	24:55+	25:40+	26:00+
00:39+	01:24+	00:54+	02:50+	02:45+	01:43+	00:48+	03:36+	02:09+	00:51+	01:12+	03:18+	02:46+	00:45+	00:20+
00:10&	00:14#	00:12&	01:04&	01:59@	01:07@	00:06#	01:01&	00:44&	00:15&	00:15&	01:04&	00:49&	00:14&	00:05&
18	Randi Roth	68												28:12
00:48+	02:17+	06:07+	08:42+	09:57+	11:14+	12:08+	15:54+	18:02+	19:12+	20:31+	23:50+	27:05+	27:55+	28:12+
00:48+	01:29+	03:50+	02:35+	01:15+	01:17+	00:54+	03:46+	02:08+	01:10+	01:19+	03:19+	03:15+	00:50+	00:17+
00:19&	00:19&	03:08@	00:49&	00:29&	00:41@	00:12&	01:11&	00:43&	00:34&	00:22&	01:05&	01:18&	00:19&	00:02#
Beste strekktid for klassen														
00:28	01:03	00:40	01:41	00:42	00:34	00:41	02:35	01:25	00:36	00:57	02:14	01:56	00:30	00:14

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

Damer 50 - 59 år

1	Keth Berggraf	116												17:17
00:27=	01:29=	02:06=	03:56=	04:38=	05:23=	06:07=	08:47=	10:16=	10:58=	11:53=	14:19=	16:29=	17:03=	17:17=
00:27=	01:02=	00:37=	01:50=	00:42=	00:45=	00:44=	02:40=	01:29=	00:42=	00:55=	02:26=	02:10=	00:34=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anne Sæbø Vik	116												18:12
00:29+	01:38+	02:20+	04:09+	04:53+	06:04+	06:49+	09:30+	10:56+	11:38+	12:41+	15:07+	17:26+	17:57+	18:12+
00:29+	01:09+	00:42+	01:49+	00:44+	01:11+	00:45+	02:41+	01:26-	00:42=	01:03+	02:26=	02:19+	00:31-	00:15+
00:02+	00:07#	00:05#	00:01-	00:02+	00:26&	00:01+	00:01+	00:03-	00:00=	00:08#	00:00=	00:09+	00:03-	00:01+
3	Gunn J. Grefstad	2												19:24
00:33+	01:47+	02:34+	04:31+	05:18+	05:56+	07:06+	09:59+	11:32+	12:18+	13:29+	16:07+	18:33+	19:06+	19:24+
00:33+	01:14+	00:47+	01:57+	00:47+	00:38-	01:10+	02:53+	01:33+	00:46+	01:11+	02:38+	02:26+	00:33-	00:18+
00:06#	00:12#	00:10&	00:07+	00:05#	00:07-	00:26&	00:13+	00:04+	00:04+	00:16&	00:12+	00:16#	00:01-	00:04&
4	Anne-Siv Gjertsen	27												20:41
00:34+	01:49+	02:37+	04:42+	05:33+	06:25+	07:11+	10:33+	12:17+	13:12+	14:16+	17:19+	19:42+	20:22+	20:41+
00:34+	01:15+	00:48+	02:05+	00:51+	00:52+	00:46+	03:22+	01:44+	00:55+	01:04+	03:03+	02:23+	00:40+	00:19+
00:07&	00:13#	00:11&	00:15#	00:09#	00:07#	00:02+	00:42&	00:15#	00:13&	00:09#	00:37&	00:13#	00:06#	00:05&

Class	Navn	Klasse										Tid		
5	Liv Omdal	116										21:15		
00:31+	01:45+	02:34+	04:41+	05:31+	07:08+	07:59+	11:18+	12:59+	13:53+	14:59+	17:42+	20:27+	21:00+	21:15+
00:31+	01:14+	00:49+	02:07+	00:50+	01:37+	00:51+	03:19+	01:41+	00:54+	01:06+	02:43+	02:45+	00:33-	00:15+
00:04#	00:12#	00:12&	00:17#	00:08#	00:52@	00:07#	00:39#	00:12#	00:12&	00:11#	00:17#	00:35&	00:01-	00:01+
6	Målfrid Bjerkeli	237										21:42		
00:36+	02:16+	03:06+	05:08+	06:00+	07:27+	08:22+	11:18+	13:01+	14:26+	15:37+	18:21+	20:44+	21:22+	21:42+
00:36+	01:40+	00:50+	02:02+	00:52+	01:27+	00:55+	02:56+	01:43+	01:25+	01:11+	02:44+	02:23+	00:38+	00:20+
00:09&	00:38&	00:13&	00:12#	00:10#	00:42&	00:11#	00:16#	00:14#	00:43@	00:16&	00:18#	00:13#	00:04#	00:06&
7	Ingunn Voilås	29										21:46		
00:34+	01:59+	02:53+	05:05+	06:02+	06:50+	07:42+	11:14+	13:06+	13:49+	14:59+	18:01+	20:40+	21:23+	21:46+
00:34+	01:25+	00:54+	02:12+	00:57+	00:48+	00:52+	03:32+	01:52+	00:43+	01:10+	03:02+	02:39+	00:43+	00:23+
00:07&	00:23&	00:17&	00:22#	00:15&	00:03+	00:08#	00:52&	00:23&	00:01+	00:15&	00:36#	00:29#	00:09&	00:09&
8	Ellinor Hoemsnes	116										21:57		
00:52+	02:15+	03:07+	05:10+	06:04+	07:07+	08:09+	11:43+	13:30+	14:29+	15:36+	18:19+	20:57+	21:36+	21:57+
00:52+	01:23+	00:52+	02:03+	00:54+	01:03+	01:02+	03:34+	01:47+	00:59+	01:07+	02:43+	02:38+	00:39+	00:21+
00:25&	00:21&	00:15&	00:13#	00:12&	00:18&	00:18&	00:54&	00:18#	00:17&	00:12#	00:17#	00:28#	00:05#	00:07&
9	Kari Smådal Turøy	115										22:07		
00:39+	02:02+	02:54+	04:56+	06:49+	07:36+	08:25+	11:42+	13:29+	14:42+	15:51+	18:41+	21:11+	21:49+	22:07+
00:39+	01:23+	00:52+	02:02+	01:53+	00:47+	00:49+	03:17+	01:47+	01:13+	01:09+	02:50+	02:30+	00:38+	00:18+
00:12&	00:21&	00:15&	00:12#	01:11@	00:02+	00:05#	00:37#	00:18#	00:31&	00:14&	00:24#	00:20#	00:04#	00:04&
10	Anne Katrine Lycke	147										22:27		
00:39+	02:02+	02:53+	05:07+	06:06+	07:10+	08:25+	11:53+	13:37+	15:04+	16:18+	19:01+	21:23+	22:02+	22:27+
00:39+	01:23+	00:51+	02:14+	00:59+	01:04+	01:15+	03:28+	01:44+	01:27+	01:14+	02:43+	02:22+	00:39+	00:25+
00:12&	00:21&	00:14&	00:24#	00:17&	00:19&	00:31&	00:48&	00:15#	00:45@	00:19&	00:17#	00:12+	00:05#	00:11&
11	Margot Lilledal	27										23:12		
00:40+	02:07+	03:01+	05:12+	07:03+	07:50+	08:44+	12:20+	14:10+	15:13+	16:24+	19:35+	22:11+	22:52+	23:12+
00:40+	01:27+	00:54+	02:11+	01:51+	00:47+	00:54+	03:36+	01:50+	01:03+	01:11+	03:11+	02:36+	00:41+	00:20+
00:13&	00:25&	00:17&	00:21#	01:09@	00:02+	00:10#	00:56&	00:21#	00:21&	00:16&	00:45&	00:26#	00:07#	00:06&
12	Kristin Skadsem	18										24:08		
00:36+	02:02+	02:55+	05:31+	06:30+	07:50+	08:49+	12:31+	14:49+	15:48+	17:03+	20:12+	23:00+	23:45+	24:08+
00:36+	01:26+	00:53+	02:36+	00:59+	01:20+	00:59+	03:42+	02:18+	00:59+	01:15+	03:09+	02:48+	00:45+	00:23+
00:09&	00:24&	00:16&	00:46&	00:17&	00:35&	00:15&	01:02&	00:49&	00:17&	00:20&	00:43&	00:38&	00:11&	00:09&
13	Andrea Tapken	54										24:09		
00:43+	02:16+	03:15+	05:43+	06:46+	07:37+	08:29+	12:33+	14:37+	15:42+	17:11+	20:16+	23:04+	23:48+	24:09+
00:43+	01:33+	00:59+	02:28+	01:03+	00:51+	00:52+	04:04+	02:04+	01:05+	01:29+	03:05+	02:48+	00:44+	00:21+
00:16&	00:31&	00:22&	00:38&	00:21&	00:06#	00:08#	01:24&	00:35&	00:23&	00:34&	00:39&	00:38&	00:10&	00:07&
14	Birgitte Røe	125										24:29		
00:51+	02:19+	03:15+	05:35+	06:48+	07:31+	10:30+	13:52+	15:45+	16:28+	17:40+	20:56+	23:28+	24:08+	24:29+
00:51+	01:28+	00:56+	02:20+	01:13+	00:43-	02:59+	03:22+	01:53+	00:43+	01:12+	03:16+	02:32+	00:40+	00:21+
00:24&	00:26&	00:19&	00:30&	00:31&	00:02-	02:15@	00:42&	00:24&	00:01+	00:17&	00:50&	00:22#	00:06#	00:07&
15	Kristin Harbo	92										24:47		
00:35+	02:02+	02:53+	06:07+	07:04+	08:31+	09:25+	13:05+	15:18+	16:24+	17:42+	20:54+	23:44+	24:24+	24:47+
00:35+	01:27+	00:51+	03:14+	00:57+	01:27+	00:54+	03:40+	02:13+	01:06+	01:18+	03:12+	02:50+	00:40+	00:23+
00:08&	00:25&	00:14&	01:24&	00:15&	00:42&	00:10#	01:00&	00:44&	00:24&	00:23&	00:46&	00:40&	00:06#	00:09&
16	Ellinor Nesse	116										25:10		
00:43+	02:17+	03:17+	05:38+	06:36+	07:23+	09:49+	13:22+	15:18+	16:48+	18:06+	21:13+	23:58+	24:48+	25:10+
00:43+	01:34+	01:00+	02:21+	00:58+	00:47+	02:26+	03:33+	01:56+	01:30+	01:18+	03:07+	02:45+	00:50+	00:22+
00:16&	00:32&	00:23&	00:31&	00:16&	00:02+	01:42@	00:53&	00:27&	00:48@	00:23&	00:41&	00:35&	00:16&	00:08&
17	Hanne Hermanrud	115										27:59		
00:43+	02:36+	03:38+	06:27+	08:01+	08:59+	09:57+	14:16+	17:21+	18:17+	19:40+	23:26+	26:37+	27:37+	27:59+
00:43+	01:53+	01:02+	02:49+	01:34+	00:58+	00:58+	04:19+	03:05+	00:56+	01:23+	03:46+	03:11+	01:00+	00:22+
00:16&	00:51&	00:25&	00:59&	00:52@	00:13&	00:14&	01:39&	01:36@	00:14&	00:28&	01:20&	01:01&	00:26&	00:08&
18	Oddny Haugland	114										28:06		
05:43+	07:41+	08:28+	10:48+	11:37+	12:21+	13:15+	16:35+	19:54+	20:53+	21:57+	24:52+	27:12+	27:48+	28:06+
05:43+	01:58+	00:47+	02:20+	00:49+	00:44-	00:54+	03:20+	03:19+	00:59+	01:04+	02:55+	02:20+	00:36+	00:18+
05:16@	00:56&	00:10&	00:30&	00:07#	00:01-	00:10#	00:40#	01:50@	00:17&	00:09#	00:29#	00:10+	00:02+	00:04&
19	Brit Vivian Meling	116										38:45		
00:53+	02:54+	03:58+	06:41+	08:02+	08:57+	10:21+	14:36+	16:50+	17:57+	28:56+	32:25+	37:33+	38:21+	38:45+
00:53+	02:01+	01:04+	02:43+	01:21+	00:55+	01:24+	04:15+	02:14+	01:07+	10:59+	03:29+	05:08+	00:48+	00:24+
00:26&	00:59&	00:27&	00:53&	00:39&	00:10#	00:40&	01:35&	00:45&	00:25&	10:04@	01:03&	02:58@	00:14&	00:10&

Class	Navn	Klasse												Tid			
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Beste strekktid for klassen

00:27 01:02 00:37 01:49 00:42 00:38 00:44 02:40 01:26 00:42 00:55 02:26 02:10 00:31 00:14

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

Damer 60 - 64 år

1	Marit Karin Nygård	92	18:56														
00:33=	00:56=	01:42=	02:44=	03:33=	05:03=	07:01=	08:17=	09:07=	10:10=	12:57=	13:38=	14:23=	16:45=	18:11=	18:37=	18:56=	
00:33=	00:23=	00:46=	01:02=	00:49=	01:30=	01:58=	01:16=	00:50=	01:03=	02:47=	00:41=	00:45=	02:22=	01:26=	00:26=	00:19=	
00:00=	00:00=	00:30=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Berit Bakken	168	21:10														
00:35+	00:59+	01:48+	02:50+	03:47+	05:19+	07:19+	08:53+	10:55+	12:07+	14:27+	15:25+	16:36+	19:00+	20:25+	20:50+	21:10+	
00:35+	00:24+	00:49+	01:02=	00:57+	01:32+	02:00+	01:34+	02:02+	01:12+	02:20-	00:58+	01:11+	02:24+	01:25-	00:25-	00:20+	
00:02+	00:01+	00:03+	00:00=	00:08#	00:02+	00:02+	00:18#	01:12@	00:09#	00:27-	00:17&	00:26&	00:02+	00:01-	00:01-	00:01+	
3	Eli Frafjord	94	23:28														
00:38+	01:01+	01:52+	03:01+	04:07+	05:52+	08:21+	09:59+	12:01+	13:26+	16:41+	17:31+	18:17+	21:03+	22:36+	23:07+	23:28+	
00:38+	00:23=	00:51+	01:09+	01:06+	01:45+	02:29+	01:38+	02:02+	01:25+	03:15+	00:50+	00:46+	02:46+	01:33+	00:31+	00:21+	
00:05#	00:00=	00:05#	00:07#	00:17&	00:15#	00:31&	00:22&	01:12@	00:22&	00:28#	00:09#	00:01+	00:24#	00:07+	00:05#	00:02#	
4	Aud Steinsland	128	24:35														
00:36+	01:00+	01:51+	03:00+	04:03+	05:53+	08:25+	10:10+	11:24+	12:46+	15:32+	16:29+	17:51+	20:44+	22:55+	23:38+	24:12+	24:35+
00:36+	00:24+	00:51+	01:09+	01:03+	01:50+	02:32+	01:45+	01:14+	01:22+	02:46-	00:57+	01:22+	02:53+	02:11+	00:43+	00:34+	00:23+
00:03+	00:01+	00:05#	00:07#	00:14&	00:20#	00:34&	00:29&	00:24&	00:19&	00:01-	00:16&	00:37&	00:31#	00:45&	00:17&	00:15&	00:23+
5	Halldis Handeland	92	24:59														
00:45+	01:14+	02:21+	03:31+	04:39+	06:46+	09:20+	11:07+	12:35+	14:07+	16:52+	17:46+	18:41+	22:26+	24:07+	24:39+	24:59+	
00:45+	00:29+	01:07+	01:10+	01:08+	02:07+	02:34+	01:47+	01:28+	01:32+	02:45-	00:54+	00:55+	03:45+	01:41+	00:32+	00:20+	
00:12&	00:06&	00:21&	00:08#	00:19&	00:37&	00:36&	00:31&	00:38&	00:29&	00:02-	00:13&	00:10#	01:23&	00:15#	00:06#	00:01+	
6	Tove Bjerkeim	105	25:29														
00:38+	00:59+	01:48+	02:47+	03:42+	05:32+	07:33+	08:46+	12:30+	14:09+	16:15+	17:06+	20:57+	23:23+	24:43+	25:10+	25:29+	
00:38+	00:21-	00:49+	00:59-	00:55+	01:50+	02:01+	01:13-	03:44+	01:39+	02:06-	00:51+	03:51+	02:26+	01:20-	00:27+	00:19=	
00:05#	00:02-	00:03+	00:03-	00:06#	00:20#	00:03+	00:03-	02:54@	00:36&	00:41-	00:10#	03:06@	00:04+	00:06-	00:01+	00:00=	
7	Unni Relling	92	26:34														
00:58+	01:33+	02:36+	03:50+	04:57+	07:37+	10:22+	12:13+	14:02+	15:29+	18:25+	19:21+	20:28+	23:38+	25:39+	26:13+	26:34+	
00:58+	00:35+	01:03+	01:14+	01:07+	02:40+	02:45+	01:51+	01:49+	01:27+	02:56+	00:56+	01:07+	03:10+	02:01+	00:34+	00:21+	
00:25&	00:12&	00:17&	00:12#	00:18&	01:10&	00:47&	00:35&	00:59@	00:24&	00:09+	00:15&	00:22&	00:48&	00:35&	00:08&	00:02#	
8	Åse Berg	105	26:41														
00:42+	01:09+	02:14+	03:26+	04:50+	06:48+	09:30+	11:16+	13:24+	15:12+	18:21+	19:23+	20:23+	24:03+	25:46+	26:19+	26:41+	
00:42+	00:27+	01:05+	01:12+	01:24+	01:58+	02:42+	01:46+	02:08+	01:48+	03:09+	01:02+	01:00+	03:40+	01:43+	00:33+	00:22+	
00:09&	00:04#	00:19&	00:10#	00:35&	00:28&	00:44&	00:30&	01:18@	00:45&	00:22#	00:21&	00:15&	01:18&	00:17#	00:07&	00:03#	
9	Berit K. Gramstad	113	28:01														
00:53+	01:20+	02:58+	04:02+	05:02+	07:10+	09:38+	11:44+	15:06+	17:05+	19:34+	20:28+	22:07+	25:29+	27:04+	27:39+	28:01+	
00:53+	00:27+	01:38+	01:04+	01:00+	02:08+	02:28+	02:06+	03:22+	01:59+	02:29-	00:54+	01:39+	03:22+	01:35+	00:35+	00:22+	
00:20&	00:04#	00:52@	00:02+	00:11#	00:38&	00:30&	00:50&	02:32@	00:56&	00:18-	00:13&	00:54@	01:00&	00:09#	00:09&	00:03#	

Beste strekktid for klassen

00:33 00:21 00:46 00:59 00:49 01:30 01:58 01:13 00:50 01:03 02:06 00:41 00:45 02:22 01:20 00:25 00:19

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

Damer 65 - 69 år

1	Mette Dagsland	68	22:43													
01:02=	01:26=	02:50=	03:52=	05:00=	06:43=	08:59=	10:19=	11:33=	12:50=	15:11=	16:01=	16:40=	20:19=	21:57=	22:23=	22:43=
01:02=	00:24=	01:24=	01:02=	01:08=	01:43=	02:16=	01:20=	01:14=	01:17=	02:21=	00:50=	00:39=	03:39=	01:38=	00:26=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kirsten Carlsen	93	27:34													
00:47-	01:16-	02:52+	04:04+	05:05+	06:49+	09:23+	11:05+	12:59+	14:19+	19:52+	20:46+	21:44+	24:48+	26:41+	27:12+	27:34+
00:47-	00:29+	01:36+	01:12+	01:01-	01:44+	02:34+	01:42+	01:54+	01:20+	05:33+	00:54+	00:58+	03:04-	01:53+	00:31+	00:22+
00:15-	00:05#	00:12#	00:10#	00:07-	00:01+	00:18#	00:22&	00:40&	00:03+	03:12@	00:04+	00:19&	00:35-	00:15#	00:05#	00:02#

Class	Navn	Klasse												Tid			
3	Wenche Anda Haarr	92												29:55			
	00:38-	01:06-	02:12-	03:31-	04:41-	06:38-	09:45+	11:33+	15:29+	21:02+	21:56+	22:47+	26:26+	28:33+	29:05+	29:55+	
	00:38-	00:28+	01:06-	01:19+	01:10+	01:57+	03:07+	01:48+	01:58+	05:33+	00:54+	00:51+	03:39+	02:07+	00:32+	00:50+	
	00:24-	00:04#	00:18-	00:17&	00:02+	00:14#	00:51&	00:28&	00:44&	00:41&	03:12@	00:04+	00:12&	00:00=	00:29&	00:06#	00:30@

Beste strekktid for klassen

00:38 00:24 01:06 01:02 01:01 01:43 02:16 01:20 01:14 01:17 02:21 00:50 00:39 03:04 01:38 00:26 00:20

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

Damer 70 - 74 år

1	Turid Nystrøm	68												20:39			
	00:37=	01:01=	01:50=	02:51=	03:50=	05:35=	07:49=	09:11=	10:52=	12:00=	14:18=	15:09=	15:51=	18:33=	19:57=	20:22=	20:39=
	00:37=	00:24=	00:49=	01:01=	00:59=	01:45=	02:14=	01:22=	01:41=	01:08=	02:18=	00:51=	00:42=	02:42=	01:24=	00:25=	00:17=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Gry V. Thengs	68												21:54			
	00:38+	01:04+	01:57+	02:59+	03:56+	05:42+	07:55+	09:23+	10:35-	11:49-	14:08-	14:58-	15:47-	19:38+	21:06+	21:34+	21:54+
	00:38+	00:26+	00:53+	01:02+	00:57-	01:46+	02:13-	01:28+	01:12-	01:14+	02:19+	00:50-	00:49+	03:51+	01:28+	00:28+	00:20+
	00:01+	00:02+	00:04+	00:01+	00:02-	00:01+	00:01-	00:06+	00:29-	00:06+	00:01+	00:01-	00:07#	01:09&	00:04+	00:03#	00:03#

3	Haldis Glendrange	68												24:31			
	00:36-	01:00-	02:04+	03:06+	04:12+	06:00+	08:46+	10:15+	12:13+	13:22+	16:12+	18:08+	19:03+	22:04+	23:44+	24:14+	24:31+
	00:36-	00:24=	01:04+	01:02+	01:06+	01:48+	02:46+	01:29+	01:58+	01:09+	02:50+	01:56+	00:55+	03:01+	01:40+	00:30+	00:17=
	00:01-	00:00=	00:15&	00:01+	00:07#	00:03+	00:32#	00:07+	00:17#	00:01+	00:32#	01:05@	00:13&	00:19#	00:16#	00:05#	00:00=

4	Helga Klausen	62												24:33			
	00:43+	01:10+	02:10+	03:24+	04:25+	06:14+	08:56+	10:53+	12:21+	13:53+	16:39+	17:41+	18:43+	21:58+	23:45+	24:14+	24:33+
	00:43+	00:27+	01:00+	01:14+	01:01+	01:49+	02:42+	01:57+	01:28-	01:32+	02:46+	01:02+	01:02+	03:15+	01:47+	00:29+	00:19+
	00:06#	00:03#	00:11#	00:13#	00:02+	00:04+	00:28#	00:35&	00:13-	00:24&	00:28#	00:11#	00:20&	00:33#	00:23&	00:04#	00:02#

5	Hedvig Anda	116												25:04			
	00:40+	01:10+	02:04+	03:09+	04:16+	06:02+	08:53+	10:40+	12:32+	14:09+	17:49+	18:46+	19:34+	22:40+	24:15+	24:45+	25:04+
	00:40+	00:30+	00:54+	01:05+	01:07+	01:46+	02:51+	01:47+	01:52+	01:37+	03:40+	00:57+	00:48+	03:06+	01:35+	00:30+	00:19+
	00:03+	00:06#	00:05#	00:04+	00:08#	00:01+	00:37&	00:25&	00:11#	00:29&	01:22&	00:06#	00:06#	00:24#	00:11#	00:05#	00:02#

6	Helga Aasliid	54												27:03			
	00:39+	01:12+	02:08+	03:03+	04:11+	06:12+	08:32+	10:01+	11:59+	13:46+	18:54+	19:48+	22:19+	24:45+	26:16+	26:45+	27:03+
	00:39+	00:33+	00:56+	00:55-	01:08+	02:01+	02:20+	01:29+	01:58+	01:47+	05:08+	00:54+	02:31+	02:26-	01:31+	00:29+	00:18+
	00:02+	00:09&	00:07#	00:06-	00:09#	00:16#	00:06+	00:07+	00:17#	00:39&	02:50@	00:03+	01:49@	00:16-	00:07+	00:04#	00:01+

7	Ragnhild Christiansen	93												29:41			
	01:07+	01:44+	02:54+	04:24+	05:44+	08:03+	11:05+	13:12+	14:37+	16:18+	19:35+	20:52+	23:04+	26:45+	28:40+	29:15+	29:41+
	01:07+	00:37+	01:10+	01:30+	01:20+	02:19+	03:02+	02:07+	01:25-	01:41+	03:17+	01:17+	02:12+	03:41+	01:55+	00:35+	00:26+
	00:30&	00:13&	00:21&	00:29&	00:21&	00:34&	00:48&	00:45&	00:16-	00:33&	00:59&	00:26&	01:30@	00:59&	00:31&	00:10&	00:09&

8	Margaret Malmin	105												30:26			
	00:52+	01:31+	02:41+	04:11+	05:23+	07:49+	11:03+	12:58+	14:29+	16:05+	20:19+	21:35+	23:12+	27:13+	29:19+	29:56+	30:26+
	00:52+	00:39+	01:10+	01:30+	01:12+	02:26+	03:14+	01:55+	01:31-	01:36+	04:14+	01:16+	01:37+	04:01+	02:06+	00:37+	00:30+
	00:15&	00:15&	00:21&	00:29&	00:13#	00:41&	01:00&	00:33&	00:10-	00:28&	01:56&	00:25&	00:55@	01:19&	00:42&	00:12&	00:13&

9	Aslaug Lura	94												32:56			
	00:56+	01:32+	02:47+	04:27+	06:03+	08:47+	12:27+	14:39+	16:14+	18:07+	22:11+	23:30+	25:02+	29:22+	31:40+	32:23+	32:56+
	00:56+	00:36+	01:15+	01:40+	01:36+	02:44+	03:40+	02:12+	01:35-	01:53+	04:04+	01:19+	01:32+	04:20+	02:18+	00:43+	00:33+
	00:19&	00:12&	00:26&	00:39&	00:37&	00:59&	01:26&	00:26&	00:50&	00:06-	00:45&	01:46&	00:28&	00:50@	01:38&	00:54&	00:16&

10	Eva Hessen	83												36:20			
	00:47+	01:13+	02:22+	03:42+	04:54+	08:12+	10:44+	16:53+	18:49+	20:22+	28:01+	28:56+	30:17+	33:28+	35:09+	35:59+	36:20+
	00:47+	00:26+	01:09+	01:20+	01:12+	03:18+	02:32+	06:09+	01:56+	01:33+	07:39+	00:55+	01:21+	03:11+	01:41+	00:50+	00:21+
	00:10&	00:02+	00:20&	00:19&	00:13#	01:33&	00:18#	04:47@	00:15#	00:25&	05:21@	00:04+	00:39&	00:29#	00:17#	00:25&	00:04#

Beste strekktid for klassen

00:36 00:24 00:49 00:55 00:57 01:45 02:13 01:22 01:12 01:08 02:18 00:50 00:42 02:26 01:24 00:25 00:17

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

Damer 75 - 79 år

Class	Navn	Klasse	Tid
1	Berit Ebbell Olsen	68	30:26
	00:48= 01:17= 02:52= 04:12= 05:31= 07:49= 10:43= 12:38= 14:47= 16:28= 22:02= 23:07= 24:07= 27:39= 29:24= 30:01= 30:26=		
	00:48= 00:29= 01:35= 01:20= 01:19= 02:18= 02:54= 01:55= 02:09= 01:41= 05:34= 01:05= 01:00= 03:32= 01:45= 00:37= 00:25=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Synnøve Fuglestad	29	30:57
	00:48= 01:12- 02:13- 03:33- 04:45- 06:44- 09:20- 11:09- 12:14- 13:27- 18:34- 24:06+ 25:16+ 28:15+ 30:00+ 30:34+ 30:57+		
	00:48= 00:24- 01:01- 01:20= 01:12- 01:59- 02:36- 01:49- 01:05- 01:13- 05:07- 05:32+ 01:10+ 02:59- 01:45= 00:34- 00:23-		
	00:00= 00:05- 00:34- 00:00= 00:07- 00:19- 00:18- 00:06- 01:04- 00:28- 00:27- 04:27@ 00:10# 00:33- 00:00= 00:03- 00:02-		

Beste strekktid for klassen																
00:48	00:24	01:01	01:20	01:12	01:59	02:36	01:49	01:05	01:13	05:07	01:05	01:00	02:59	01:45	00:34	00:23

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

Damer 80 år og eldre

1	Gørild Espedal	113	36:02
	03:44= 05:17= 06:25= 09:13= 11:21= 15:23= 17:28= 18:57= 27:30= 29:34= 31:34= 35:28= 36:02=		
	03:44= 01:33= 01:08= 02:48= 02:08= 04:02= 02:05= 01:29= 08:33= 02:04= 02:00= 03:54= 00:34=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Beste strekktid for klassen													
03:44	01:33	01:08	02:48	02:08	04:02	02:05	01:29	08:33	02:04	02:00	03:54	00:34	

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

Damer A

1	Aud Hognestad Taksdal	92	18:50
	00:32= 01:13= 02:22= 04:16= 04:49= 05:32= 07:53= 09:36= 10:38= 11:14= 13:41= 14:52= 16:19= 17:10= 18:12= 18:37= 18:50=		
	00:32= 00:41= 01:09= 01:54= 00:33= 00:43= 02:21= 01:43= 01:02= 00:36= 02:27= 01:11= 01:27= 00:51= 01:02= 00:25= 00:13=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Janne Tjørhom Aasheim	93	19:37
	00:35+ 01:23+ 02:32+ 04:29+ 04:59+ 05:33+ 08:00+ 09:46+ 10:50+ 11:30+ 14:08+ 15:16+ 16:51+ 17:48+ 18:55+ 19:24+ 19:37+		
	00:35+ 00:48+ 01:09= 01:57+ 00:30- 00:34- 02:27+ 01:46+ 01:04+ 00:40+ 02:38+ 01:08- 01:35+ 00:57+ 01:07+ 00:29+ 00:13=		
	00:03+ 00:07# 00:00= 00:03+ 00:03- 00:09- 00:06+ 00:03+ 00:02+ 00:04# 00:11+ 00:03- 00:08+ 00:06# 00:05+ 00:04# 00:00=		

3	Marjo Liikanen	67	19:39
	00:32= 01:14+ 02:23+ 04:11- 04:41- 05:15- 07:39- 09:33- 10:31- 11:10- 13:47+ 15:32+ 17:09+ 17:59+ 19:00+ 19:25+ 19:39+		
	00:32= 00:42+ 01:09= 01:48- 00:30- 00:34- 02:24+ 01:54+ 00:58- 00:39+ 02:37+ 01:45+ 01:37+ 00:50- 01:01- 00:25= 00:14+		
	00:00= 00:01+ 00:00= 00:06- 00:03- 00:09- 00:03+ 00:11# 00:04- 00:03+ 00:10+ 00:34& 00:10# 00:01- 00:01- 00:00= 00:01+		

4	Sara Marlene Nystrøm Olsen	68	20:28
	00:33+ 01:20+ 02:35+ 04:38+ 05:10+ 05:48+ 08:31+ 10:30+ 11:34+ 12:16+ 14:50+ 16:03+ 17:44+ 18:38+ 19:45+ 20:13+ 20:28+		
	00:33+ 00:47+ 01:15+ 02:03+ 00:32- 00:38- 02:43+ 01:59+ 01:04+ 00:42+ 02:34+ 01:13+ 01:41+ 00:54+ 01:07+ 00:28+ 00:15+		
	00:01+ 00:06# 00:06+ 00:09+ 00:01- 00:05- 00:22# 00:16# 00:02+ 00:06# 00:07+ 00:02+ 00:14# 00:03+ 00:05+ 00:03# 00:02#		

5	Jorunn Hadland	29	20:54
	00:34+ 01:20+ 02:33+ 04:48+ 05:19+ 05:55+ 08:27+ 10:08+ 11:13+ 11:47+ 15:08+ 16:38+ 18:13+ 19:06+ 20:12+ 20:39+ 20:54+		
	00:34+ 00:46+ 01:13+ 02:15+ 00:31- 00:36- 02:32+ 01:41- 01:05+ 00:34- 03:21+ 01:30+ 01:35+ 00:53+ 01:06+ 00:27+ 00:15+		
	00:02+ 00:05# 00:04+ 00:21# 00:02- 00:07- 00:11+ 00:02- 00:03+ 00:02- 00:54& 00:19& 00:08+ 00:02+ 00:04+ 00:02+ 00:02#		

6	Ingrid Lamark	46	24:07
	00:43+ 01:41+ 03:18+ 05:37+ 06:13+ 07:16+ 10:18+ 12:25+ 13:49+ 14:36+ 17:41+ 19:14+ 21:07+ 22:10+ 23:22+ 23:52+ 24:07+		
	00:43+ 00:58+ 01:37+ 02:19+ 00:36+ 01:03+ 03:02+ 02:07+ 01:24+ 00:47+ 03:05+ 01:33+ 01:53+ 01:03+ 01:12+ 00:30+ 00:15+		
	00:11& 00:17& 00:28& 00:25# 00:03+ 00:20& 00:41& 00:24# 00:22& 00:11& 00:38& 00:22& 00:26& 00:12# 00:10# 00:05# 00:02#		

7	Maira Andersone	93	26:45
	00:34+ 01:32+ 03:09+ 05:47+ 06:29+ 07:15+ 10:36+ 12:54+ 14:27+ 15:23+ 18:54+ 20:54+ 23:11+ 24:25+ 25:54+ 26:28+ 26:45+		
	00:34+ 00:58+ 01:37+ 02:38+ 00:42+ 00:46+ 03:21+ 02:18+ 01:33+ 00:56+ 03:31+ 02:00+ 02:17+ 01:14+ 01:29+ 00:34+ 00:17+		
	00:02+ 00:17& 00:28& 00:44& 00:09& 00:03+ 01:00& 00:35& 00:31& 00:20& 01:04& 00:49& 00:50& 00:23& 00:27& 00:09& 00:04&		

8	Lene Bjelland	116	27:20
	00:30- 01:18+ 02:43+ 05:28+ 06:16+ 06:56+ 10:23+ 12:58+ 14:45+ 15:46+ 19:52+ 21:50+ 24:03+ 25:13+ 26:36+ 27:06+ 27:20+		
	00:30- 00:48+ 01:25+ 02:45+ 00:48+ 00:40- 03:27+ 02:35+ 01:47+ 01:01+ 04:06+ 01:58+ 02:13+ 01:10+ 01:23+ 00:30+ 00:14+		
	00:02- 00:07# 00:16# 00:51& 00:15& 00:03- 01:06& 00:52& 00:45& 00:25& 01:39& 00:47& 00:46& 00:19& 00:21& 00:05# 00:01+		

Beste strekktid for klassen

00:30 00:41 01:09 01:48 00:30 00:34 02:21 01:41 00:58 00:34 02:27 01:08 01:27 00:50 01:01 00:25 00:13

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

Damer B

1	Inger Tone Nygård	29		22:28													
00:35=	01:21=	02:09=	04:38=	05:08=	06:04=	08:22=	10:20=	11:00=	12:49=	14:33=	15:55=	17:46=	19:03=	20:45=	21:53=	22:14=	22:28=
00:35=	00:46=	00:48=	02:29=	00:30=	00:56=	02:18=	01:58=	00:40=	01:49=	01:44=	01:22=	01:51=	01:17=	01:42=	01:08=	00:21=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Helen Lomeland	105		22:29													
00:33-	01:22+	02:15+	04:59+	05:32+	06:35+	09:09+	11:11+	11:43+	13:27+	14:22-	15:52-	17:39-	19:02-	20:45=	21:53=	22:15+	22:29+
00:33-	00:49+	00:53+	02:44+	00:33+	01:03+	02:34+	02:02+	00:32-	01:44-	00:55-	01:30+	01:47-	01:23+	01:43+	01:08=	00:22+	00:14=
00:02-	00:03+	00:05#	00:15#	00:03#	00:07#	00:16#	00:04+	00:08-	00:05-	00:49-	00:08+	00:04-	00:06+	00:01+	00:00=	00:01+	00:00=
3	Ingrid W. Hestness	117		22:49													
00:36+	01:31+	02:36+	05:12+	05:43+	06:46+	09:07+	10:48+	11:23+	13:15+	14:43+	16:07+	17:51+	19:14+	21:01+	22:11+	22:32+	22:49+
00:36+	00:55+	01:05+	02:36+	00:31+	01:03+	02:21+	01:41-	00:35-	01:52+	01:28-	01:24+	01:44-	01:23+	01:47+	01:10+	00:21=	00:17+
00:01+	00:09#	00:17&	00:07+	00:01+	00:07#	00:03+	00:17-	00:05-	00:03+	00:16-	00:02+	00:07-	00:06+	00:05+	00:02+	00:00=	00:03#
4	Anne Garsrud	90		22:59													
00:38+	01:34+	02:27+	05:14+	05:47+	06:48+	09:19+	10:59+	11:45+	13:39+	14:43+	16:08+	17:56+	19:20+	21:08+	22:21+	22:43+	22:59+
00:38+	00:56+	00:53+	02:47+	00:33+	01:01+	02:31+	01:40-	00:46+	01:54+	01:04-	01:25+	01:48-	01:24+	01:48+	01:13+	00:22+	00:16+
00:03+	00:10#	00:05#	00:18#	00:03#	00:05+	00:13+	00:18-	00:06#	00:05+	00:40-	00:03+	00:03-	00:07+	00:06+	00:05+	00:01+	00:02#
5	Ann-Cathrin Urdal	118		23:00													
00:38+	01:28+	02:20+	04:56+	05:26+	06:25+	08:58+	10:39+	11:21+	13:21+	14:27-	16:01+	17:55+	19:16+	21:10+	22:22+	22:44+	23:00+
00:38+	00:50+	00:52+	02:36+	00:30=	00:59+	02:33+	01:41-	00:42+	02:00+	01:06-	01:34+	01:54+	01:21+	01:54+	01:12+	00:22+	00:16+
00:03+	00:04+	00:04+	00:07+	00:00=	00:03+	00:15#	00:17-	00:02+	00:11#	00:38-	00:12#	00:03+	00:04+	00:12#	00:04+	00:01+	00:02#
6	Hilde Nordbø	93		23:08													
00:36+	01:25+	02:18+	04:58+	05:38+	06:42+	09:05+	11:02+	11:38+	13:27+	14:57+	16:27+	18:22+	19:36+	21:21+	22:31+	22:53+	23:08+
00:36+	00:49+	00:53+	02:40+	00:40+	01:04+	02:23+	01:57-	00:36-	01:49+	01:30-	01:30+	01:55+	01:14-	01:45+	01:10+	00:22+	00:15+
00:01+	00:03+	00:05#	00:11+	00:10&	00:08#	00:05+	00:01-	00:04-	00:00=	00:14-	00:08+	00:04+	00:03-	00:03+	00:02+	00:01+	00:01+
7	Anita Glenne Kallhovd	29		23:44													
00:38+	01:31+	02:39+	05:36+	06:10+	07:12+	09:43+	11:26+	12:06+	14:11+	15:13+	16:44+	18:40+	20:00+	21:56+	23:07+	23:29+	23:44+
00:38+	00:53+	01:08+	02:57+	00:34+	01:02+	02:31+	01:43-	00:40=	02:05+	01:02-	01:31+	01:56+	01:20+	01:56+	01:11+	00:22+	00:15+
00:03+	00:07#	00:20&	00:28#	00:04#	00:06#	00:13+	00:15-	00:00=	00:16#	00:42-	00:09#	00:05+	00:03+	00:14#	00:03+	00:01+	00:01+
8	Lise Isachsen	165		23:59													
00:34-	01:23+	02:13+	04:49+	07:46+	08:47+	11:00+	12:25+	13:07+	14:55+	15:57+	17:25+	19:13+	20:30+	22:12+	23:20+	23:41+	23:59+
00:34-	00:49+	00:50+	02:36+	02:57+	01:01+	02:13-	01:25-	00:42+	01:48-	01:02-	01:28+	01:48-	01:17=	01:42=	01:08=	00:21=	00:18+
00:01-	00:03+	00:02+	00:07+	02:27@	00:05+	00:05-	00:33-	00:02+	00:01-	00:42-	00:06+	00:03-	00:00=	00:00=	00:00=	00:00=	00:04&
9	Vibeke Lamark	46		24:41													
00:41+	01:33+	02:27+	05:10+	05:42+	06:46+	09:35+	11:32+	12:17+	14:23+	15:33+	17:16+	19:35+	20:58+	22:51+	24:03+	24:25+	24:41+
00:41+	00:52+	00:54+	02:43+	00:32+	01:04+	02:49+	01:57-	00:45+	02:06+	01:10-	01:43+	02:19+	01:23+	01:53+	01:12+	00:22+	00:16+
00:06#	00:06#	00:06#	00:14+	00:02+	00:08#	00:31#	00:01-	00:05#	00:17#	00:34-	00:21&	00:28&	00:06+	00:11#	00:04+	00:01+	00:02#
10	Grethe Anda Fuglestad	116		25:02													
00:37+	01:34+	02:31+	05:28+	06:06+	07:15+	09:56+	11:48+	12:29+	14:31+	15:51+	17:35+	19:37+	21:06+	23:04+	24:21+	24:45+	25:02+
00:37+	00:57+	00:57+	02:57+	00:38+	01:09+	02:41+	01:52-	00:41+	02:02+	01:20-	01:44+	02:02+	01:29+	01:58+	01:17+	00:24+	00:17+
00:02+	00:11#	00:09#	00:28#	00:08&	00:13#	00:23#	00:06-	00:01+	00:13#	00:24-	00:22&	00:11+	00:12#	00:16#	00:09#	00:03#	00:03#
11	Agnès Elin Engen	116		25:16													
00:38+	01:27+	02:18+	05:11+	05:48+	06:48+	09:16+	11:10+	11:55+	13:54+	15:07+	16:40+	20:13+	21:34+	23:26+	24:38+	25:00+	25:16+
00:38+	00:49+	00:51+	02:53+	00:37+	01:00+	02:28+	01:54-	00:45+	01:59+	01:13-	01:33+	03:33+	01:21+	01:52+	01:12+	00:22+	00:16+
00:03+	00:03+	00:03+	00:24#	00:07#	00:04+	00:10+	00:04-	00:05#	00:10+	00:31-	00:11#	01:42&	00:04+	00:10+	00:04+	00:01+	00:02#
12	Margrethe Roalsø	93		26:15													
00:38+	01:30+	02:25+	05:30+	06:09+	07:38+	10:24+	12:10+	12:53+	15:46+	16:56+	18:31+	20:34+	22:18+	24:18+	25:34+	26:00+	26:15+
00:38+	00:52+	00:55+	03:05+	00:39+	01:29+	02:46+	01:46-	00:43+	02:53+	01:10-	01:35+	02:03+	01:44+	02:00+	01:16+	00:26+	00:15+
00:03+	00:06#	00:07#	00:36#	00:09&	00:33&	00:28#	00:12-	00:03+	01:04&	00:34-	00:13#	00:12#	00:27&	00:18#	00:08#	00:05#	00:01+
13	Tone Cecilie Nystrom	68		27:52													
00:39+	01:34+	02:35+	05:56+	06:36+	07:43+	10:40+	12:58+	13:39+	16:02+	17:24+	19:10+	21:53+	23:31+	25:41+	27:06+	27:35+	27:52+
00:39+	00:55+	01:01+	03:21+	00:40+	01:07+	02:57+	02:18+	00:41+	02:23+	01:22-	01:46+	02:43+	01:38+	02:10+	01:25+	00:29+	00:17+
00:04#	00:09#	00:13&	00:52&	00:10&	00:11#	00:39&	00:20#	00:01+	00:34&	00:22-	00:24&	00:52&	00:21&	00:28&	00:17#	00:08&	00:03#

Class	Navn	Klasse										Tid					
14	Ragnhild Auglænd	168										27:52					
00:49+	01:53+	02:57+	06:33+	07:13+	08:23+	11:24+	13:28+	14:22+	16:36+	17:51+	19:45+	22:03+	23:38+	25:47+	27:10+	27:35+	27:52+
00:49+	01:04+	01:04+	03:36+	00:40+	01:10+	03:01+	02:04+	00:54+	02:14+	01:15-	01:54+	02:18+	01:35+	02:09+	01:23+	00:25+	00:17+
00:14&	00:18&	00:16&	01:07&	00:10&	00:14#	00:43&	00:06+	00:14&	00:25#	00:29-	00:32&	00:27#	00:18#	00:27&	00:15#	00:04#	00:03#
15	Mariann Sveinsvoll	94										27:56					
00:43+	01:40+	02:34+	05:53+	06:41+	07:53+	10:44+	13:17+	14:11+	16:47+	18:12+	19:56+	22:06+	23:54+	25:58+	27:16+	27:39+	27:56+
00:43+	00:57+	00:54+	03:19+	00:48+	01:12+	02:51+	02:33+	00:54+	02:36+	01:25-	01:44+	02:10+	01:48+	02:04+	01:18+	00:23+	00:17+
00:08#	00:11#	00:06#	00:50&	00:18&	00:16&	00:33#	00:35&	00:14&	00:47&	00:19-	00:22&	00:19#	00:31&	00:22#	00:10#	00:02+	00:03#
16	Ingunn Anda Haug	67										29:22					
00:45+	01:50+	02:49+	06:17+	06:56+	08:13+	11:23+	13:29+	14:14+	16:45+	18:05+	20:11+	23:00+	24:46+	27:06+	28:37+	29:03+	29:22+
00:45+	01:05+	00:59+	03:28+	00:39+	01:17+	03:10+	02:06+	00:45+	02:31+	01:20-	02:06+	02:49+	01:46+	02:20+	01:31+	00:26+	00:19+
00:10&	00:19&	00:11#	00:59&	00:09&	00:21&	00:52&	00:08+	00:05#	00:42&	00:24-	00:44&	00:58&	00:29&	00:38&	00:23&	00:05#	00:05&
17	Randi Helen Ladsten	128										30:31					
00:40+	01:34+	02:32+	06:08+	06:48+	08:03+	12:14+	15:44+	16:21+	18:34+	20:31+	22:17+	24:41+	26:17+	28:30+	29:53+	30:16+	30:31+
00:40+	00:54+	00:58+	03:36+	00:40+	01:15+	04:11+	03:30+	00:37-	02:13+	01:57+	01:46+	02:24+	01:36+	02:13+	01:23+	00:23+	00:15+
00:05#	00:08#	00:10#	01:07&	00:10&	00:19&	01:53&	01:32&	00:03-	00:24#	00:13#	00:24&	00:33&	00:19#	00:31&	00:15#	00:02+	00:01+

Beste strekktid for klassen

00:33 00:46 00:48 02:29 00:30 00:56 02:13 01:25 00:32 01:44 00:55 01:22 01:44 01:14 01:42 01:08 00:21 00:14

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

Damer Ny

1	Anita Heigre	297										16:52					
00:43=	02:57=	04:17=	05:39=	07:31=	08:56=	09:38=	11:30=	15:30=	16:27=	16:52=							
00:43=	02:14=	01:20=	01:22=	01:52=	01:25=	00:42=	01:52=	04:00=	00:57=	00:25=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Suma Jorjge	80										18:09					
00:47+	03:02+	04:09-	05:20-	07:24-	09:21+	10:13+	12:16+	16:06+	17:25+	18:09+							
00:47+	02:15+	01:07-	01:11-	02:04+	01:57+	00:52+	02:03+	03:50-	01:19+	00:44+							
00:04+	00:01+	00:13-	00:11-	00:12#	00:32&	00:10#	00:11+	00:10-	00:22&	00:19&							

Beste strekktid for klassen

00:43 02:14 01:07 01:11 01:52 01:25 00:42 01:52 03:50 00:57 00:25

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

Damer Trim

1	Sarah Denieul	42										13:07					
00:30=	01:53=	02:40=	05:04=	05:52=	06:44=	08:20=	09:08=	10:18=	11:08=	12:24=	12:51=	13:07=					
00:30=	01:23=	00:47=	02:24=	00:48=	00:52=	01:36=	00:48=	01:10=	00:50=	01:16=	00:27=	00:16=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Kristin Breivold	92										13:31					
00:30=	01:54+	02:37-	05:02-	05:59+	06:56+	08:37+	09:26+	10:29+	11:20+	12:45+	13:17+	13:31+					
00:30=	01:24+	00:43-	02:25+	00:57+	00:57+	01:41+	00:49+	01:03-	00:51+	01:25+	00:32+	00:14-					
00:00=	00:01+	00:04-	00:01+	00:09#	00:05+	00:05+	00:01+	00:07-	00:01+	00:09#	00:05#	00:02-					
3	Janeth Kleppe	128										13:36					
00:21-	01:35-	02:14-	05:25+	06:14+	07:10+	08:49+	09:35+	10:41+	11:31+	12:49+	13:20+	13:36+					
00:21-	01:14-	00:39-	03:11+	00:49+	00:56+	01:39+	00:46-	01:06-	00:50=	01:18+	00:31+	00:16=					
00:09-	00:09-	00:08-	00:47&	00:01+	00:04+	00:03+	00:02-	00:04-	00:00=	00:02+	00:04#	00:00=					
4	Margrete Jian Øye	126										13:40					
00:22-	01:45-	02:25-	04:56-	05:51-	06:56+	08:40+	09:35+	10:35+	11:26+	12:51+	13:25+	13:40+					
00:22-	01:23=	00:40-	02:31+	00:55+	01:05+	01:44+	00:55+	01:00-	00:51+	01:25+	00:34+	00:15-					
00:08-	00:00=	00:07-	00:07+	00:07#	00:13#	00:08+	00:07#	00:10-	00:01+	00:09#	00:07&	00:01-					
5	Marita Navjord Nicolaysen	71										13:41					
00:23-	01:43-	02:26-	04:58-	05:50-	06:48+	08:32+	09:18+	10:26+	11:16+	12:48+	13:26+	13:41+					
00:23-	01:20-	00:43-	02:32+	00:52+	00:58+	01:44+	00:46-	01:08-	00:50=	01:32+	00:38+	00:15-					
00:07-	00:03-	00:04-	00:08+	00:04+	00:06#	00:08+	00:02-	00:02-	00:00=	00:16#	00:11&	00:01-					

Class	Navn	Klasse											Tid
6	Sigrun Serigstad	128											14:17
00:21-	01:55+	02:50+	05:33+	06:22+	07:26+	09:06+	09:53+	10:59+	11:52+	13:22+	13:59+	14:17+	
00:21-	01:34+	00:55+	02:43+	00:49+	01:04+	01:40+	00:47-	01:06-	00:53+	01:30+	00:37+	00:18+	
00:09-	00:11#	00:08#	00:19#	00:01+	00:12#	00:04+	00:01-	00:04-	00:03+	00:14#	00:10&	00:02#	
7	Marianne Johnsen	5											15:11
00:25-	01:53=	02:37-	05:53+	07:12+	08:07+	09:56+	10:49+	11:59+	12:49+	14:19+	14:52+	15:11+	
00:25-	01:28+	00:44-	03:16+	01:19+	00:55+	01:49+	00:53+	01:10=	00:50=	01:30+	00:33+	00:19+	
00:05-	00:05+	00:03-	00:52&	00:31&	00:03+	00:13#	00:05#	00:00=	00:00=	00:14#	00:06#	00:03#	
8	Tina Pedersen	27											15:19
00:30=	01:56+	02:42+	05:25+	06:31+	07:46+	09:32+	10:29+	11:45+	12:42+	14:21+	15:02+	15:19+	
00:30=	01:26+	00:46-	02:43+	01:06+	01:15+	01:46+	00:57+	01:16+	00:57+	01:39+	00:41+	00:17+	
00:00=	00:03+	00:01-	00:19#	00:18&	00:23&	00:10#	00:09#	00:06+	00:07#	00:23&	00:14&	00:01+	
9	Ingrid O. Foss	117											16:16
00:25-	01:51-	02:39-	06:34+	07:33+	08:38+	10:45+	11:40+	12:49+	13:47+	15:24+	15:59+	16:16+	
00:25-	01:26+	00:48+	03:55+	00:59+	01:05+	02:07+	00:55+	01:09-	00:58+	01:37+	00:35+	00:17+	
00:05-	00:03+	00:01+	01:31&	00:11#	00:13#	00:31&	00:07#	00:01-	00:08#	00:21&	00:08&	00:01+	
10	Gunn Vagle	126											16:47
00:29-	02:14+	03:04+	06:30+	07:22+	08:38+	10:42+	11:34+	12:56+	14:09+	15:50+	16:27+	16:47+	
00:29-	01:45+	00:50+	03:26+	00:52+	01:16+	02:04+	00:52+	01:22+	01:13+	01:41+	00:37+	00:20+	
00:01-	00:22&	00:03+	01:02&	00:04+	00:24&	00:28&	00:04+	00:12#	00:23&	00:25&	00:10&	00:04#	
11	Anlaug Nygard	27											16:52
00:27-	02:11+	03:07+	06:16+	07:23+	08:43+	10:49+	11:46+	13:08+	14:06+	15:52+	16:34+	16:52+	
00:27-	01:44+	00:56+	03:09+	01:07+	01:20+	02:06+	00:57+	01:22+	00:58+	01:46+	00:42+	00:18+	
00:03-	00:21&	00:09#	00:45&	00:19&	00:28&	00:30&	00:09#	00:12#	00:08#	00:30&	00:15&	00:02#	
12	Parul Khandelwal	71											17:02
00:27-	02:01+	02:50+	06:31+	07:27+	08:44+	10:49+	11:40+	13:02+	14:03+	15:58+	16:41+	17:02+	
00:27-	01:34+	00:49+	03:41+	00:56+	01:17+	02:05+	00:51+	01:22+	01:01+	01:55+	00:43+	00:21+	
00:03-	00:11#	00:02+	01:17&	00:08#	00:25&	00:29&	00:03+	00:12#	00:11#	00:39&	00:16&	00:05&	
13	Margot Asheim	105											17:08
00:24-	02:14+	03:02+	05:55+	07:04+	08:47+	11:26+	12:20+	13:36+	14:43+	16:12+	16:51+	17:08+	
00:24-	01:50+	00:48+	02:53+	01:09+	01:43+	02:39+	00:54+	01:16+	01:07+	01:29+	00:39+	00:17+	
00:06-	00:27&	00:01+	00:29#	00:21&	00:51&	01:03&	00:06#	00:06+	00:17&	00:13#	00:12&	00:01+	
14	Anette Tronstad	115											17:11
00:45+	02:23+	03:12+	06:12+	07:14+	08:28+	10:35+	11:54+	13:14+	14:16+	16:03+	16:51+	17:11+	
00:45+	01:38+	00:49+	03:00+	01:02+	01:14+	02:07+	01:19+	01:20+	01:02+	01:47+	00:48+	00:20+	
00:15&	00:15#	00:02+	00:36#	00:14&	00:22&	00:31&	00:31&	00:10#	00:12#	00:31&	00:21&	00:04#	
15	Ingjerd Haddeland	115											17:15
00:26-	02:03+	02:50+	07:06+	08:01+	09:17+	11:26+	12:19+	13:37+	14:38+	16:20+	16:58+	17:15+	
00:26-	01:37+	00:47=	04:16+	00:55+	01:16+	02:09+	00:53+	01:18+	01:01+	01:42+	00:38+	00:17+	
00:04-	00:14#	00:00=	01:52&	00:07#	00:24&	00:33&	00:05#	00:08#	00:11#	00:26&	00:11&	00:01+	
16	Sarah Allen	111											17:17
00:34+	02:25+	03:21+	06:51+	07:47+	09:01+	11:06+	12:06+	13:33+	14:31+	16:10+	16:58+	17:17+	
00:34+	01:51+	00:56+	03:30+	00:56+	01:14+	02:05+	01:00+	01:27+	00:58+	01:39+	00:48+	00:19+	
00:04#	00:28&	00:09#	01:06&	00:08#	00:22&	00:29&	00:12#	00:17#	00:08#	00:23&	00:21&	00:03#	
17	Grete Hellevik	168											17:21
00:28-	02:05+	03:00+	06:53+	07:54+	09:06+	11:17+	12:18+	13:36+	14:33+	16:17+	17:03+	17:21+	
00:28-	01:37+	00:55+	03:53+	01:01+	01:12+	02:11+	01:01+	01:18+	00:57+	01:44+	00:46+	00:18+	
00:02-	00:14#	00:08#	01:29&	00:13&	00:20&	00:35&	00:13&	00:08#	00:07#	00:28&	00:19&	00:02#	
18	Bente Salte Aune	128											17:24
00:34+	02:07+	03:00+	06:22+	07:26+	08:53+	11:07+	12:14+	13:35+	14:38+	16:24+	17:04+	17:24+	
00:34+	01:33+	00:53+	03:22+	01:04+	01:27+	02:14+	01:07+	01:21+	01:03+	01:46+	00:40+	00:20+	
00:04#	00:10#	00:06#	00:58&	00:16&	00:35&	00:38&	00:19&	00:11#	00:13&	00:30&	00:13&	00:04#	
19	Solbjørg Borgersen	233											17:26
00:28-	02:15+	03:11+	06:24+	07:55+	09:05+	11:18+	12:12+	13:28+	14:35+	16:22+	17:05+	17:26+	
00:28-	01:47+	00:56+	03:13+	01:31+	01:10+	02:13+	00:54+	01:16+	01:07+	01:47+	00:43+	00:21+	
00:02-	00:24&	00:09#	00:49&	00:43&	00:18&	00:37&	00:06#	00:06+	00:17&	00:31&	00:16&	00:05&	
20	Judith Serigstad	128											17:26
00:30=	02:08+	03:03+	06:24+	07:32+	08:53+	11:08+	12:15+	13:34+	14:40+	16:27+	17:06+	17:26+	
00:30=	01:38+	00:55+	03:21+	01:08+	01:21+	02:15+	01:07+	01:19+	01:06+	01:47+	00:39+	00:20+	
00:00=	00:15#	00:08#	00:57&	00:20&	00:29&	00:39&	00:19&	00:09#	00:16&	00:31&	00:12&	00:04#	

Class	Navn	Klasse										Tid
21	Irene Frøyland	71										17:42
00:28-	02:08+	02:56+	06:41+	07:56+	09:25+	11:42+	12:39+	13:56+	14:59+	16:47+	17:24+	17:42+
00:28-	01:40+	00:48+	03:45+	01:15+	01:29+	02:17+	00:57+	01:17+	01:03+	01:48+	00:37+	00:18+
00:02-	00:17#	00:01+	01:21&	00:27&	00:37&	00:41&	00:09#	00:07#	00:13&	00:32&	00:10&	00:02#
22	Tonje Tiley	27										17:43
00:27-	02:05+	02:59+	05:58+	06:58+	08:15+	10:21+	11:18+	12:35+	14:46+	16:36+	17:21+	17:43+
00:27-	01:38+	00:54+	02:59+	01:00+	01:17+	02:06+	00:57+	01:17+	02:11+	01:50+	00:45+	00:22+
00:03-	00:15#	00:07#	00:35#	00:12#	00:25&	00:30&	00:09#	00:07#	01:21@	00:34&	00:18&	00:06&
23	Synnøve Langvik	93										17:46
00:36+	02:21+	03:21+	06:40+	07:45+	09:03+	11:24+	12:19+	13:48+	14:55+	16:45+	17:24+	17:46+
00:36+	01:45+	01:00+	03:19+	01:05+	01:18+	02:21+	00:55+	01:29+	01:07+	01:50+	00:39+	00:22+
00:06#	00:22&	00:13&	00:55&	00:17&	00:26&	00:45&	00:07#	00:19&	00:17&	00:34&	00:12&	00:06&
24	Randi Bugge	46										18:06
00:30=	02:11+	03:02+	07:36+	08:34+	09:50+	11:54+	13:01+	14:19+	15:15+	17:04+	17:45+	18:06+
00:30=	01:41+	00:51+	04:34+	00:58+	01:16+	02:04+	01:07+	01:18+	00:56+	01:49+	00:41+	00:21+
00:00=	00:18#	00:04+	02:10&	00:10#	00:24&	00:28&	00:19&	00:08#	00:06#	00:33&	00:14&	00:05&
25	Sonja Johannessen	130										18:19
00:26-	02:02+	02:56+	06:03+	07:15+	08:23+	10:41+	11:27+	12:54+	15:24+	17:23+	17:59+	18:19+
00:26-	01:36+	00:54+	03:07+	01:12+	01:08+	02:18+	00:46-	01:27+	02:30+	01:59+	00:36+	00:20+
00:04-	00:13#	00:07#	00:43&	00:24&	00:16&	00:42&	00:02-	00:17#	01:40@	00:43&	00:09&	00:04#
26	Toyah Bråtveit	115										18:20
00:27-	02:12+	02:57+	07:07+	07:54+	08:55+	10:42+	11:29+	12:41+	16:00+	17:27+	18:02+	18:20+
00:27-	01:45+	00:45-	04:10+	00:47-	01:01+	01:47+	00:47-	01:12+	03:19+	01:27+	00:35+	00:18+
00:03-	00:22&	00:02-	01:46&	00:01-	00:09#	00:11#	00:01-	00:02+	02:29@	00:11#	00:08&	00:02#
27	Åse Sellereite	27										18:50
00:23-	01:59+	02:42+	05:32+	06:32+	07:52+	09:41+	10:43+	15:11+	15:58+	17:54+	18:31+	18:50+
00:23-	01:36+	00:43-	02:50+	01:00+	01:20+	01:49+	01:02+	04:28+	00:47-	01:56+	00:37+	00:19+
00:07-	00:13#	00:04-	00:26#	00:12#	00:28&	00:13#	00:14&	03:18@	00:03-	00:40&	00:10&	00:03#
28	Anne Marie Gausel	105										19:11
00:26-	02:03+	02:56+	08:46+	09:48+	11:06+	13:13+	14:21+	15:39+	16:42+	18:20+	18:55+	19:11+
00:26-	01:37+	00:53+	05:50+	01:02+	01:18+	02:07+	01:08+	01:18+	01:03+	01:38+	00:35+	00:16=
00:04-	00:14#	00:06#	03:26@	00:14&	00:26&	00:31&	00:20&	00:08#	00:13&	00:22&	00:08&	00:00=
29	Bente Cecilie Lio	136										19:27
00:33+	02:27+	03:29+	07:26+	08:20+	09:56+	12:27+	13:44+	15:10+	16:19+	18:37+	19:10+	19:27+
00:33+	01:54+	01:02+	03:57+	00:54+	01:36+	02:31+	01:17+	01:26+	01:09+	02:18+	00:33+	00:17+
00:03#	00:31&	00:15&	01:33&	00:06#	00:44&	00:55&	00:29&	00:16#	00:19&	01:02&	00:06#	00:01+
30	Brit Svihus	92										19:50
00:34+	02:32+	03:29+	08:15+	09:25+	10:40+	13:13+	14:16+	15:50+	16:54+	18:39+	19:29+	19:50+
00:34+	01:58+	00:57+	04:46+	01:10+	01:15+	02:33+	01:03+	01:34+	01:04+	01:45+	00:50+	00:21+
00:04#	00:35&	00:10#	02:22&	00:22&	00:23&	00:57&	00:15&	00:24&	00:14&	00:29&	00:23&	00:05&
31	Esther Boenheim	268										20:04
00:28-	02:29+	03:39+	07:25+	08:40+	10:02+	13:04+	14:08+	15:39+	17:02+	19:02+	19:43+	20:04+
00:28-	02:01+	01:10+	03:46+	01:15+	01:22+	03:02+	01:04+	01:31+	01:23+	02:00+	00:41+	00:21+
00:02-	00:38&	00:23&	01:22&	00:27&	00:30&	01:26&	00:16&	00:21&	00:33&	00:44&	00:14&	00:05&
32	Eli Våge	117										20:05
00:41+	02:38+	03:37+	07:36+	08:44+	10:10+	12:48+	13:48+	15:43+	16:53+	18:51+	19:40+	20:05+
00:41+	01:57+	00:59+	03:59+	01:08+	01:26+	02:38+	01:00+	01:55+	01:10+	01:58+	00:49+	00:25+
00:11&	00:34&	00:12&	01:35&	00:20&	00:34&	01:02&	00:12#	00:45&	00:20&	00:42&	00:22&	00:09&
33	Björg Elen Abrahamsen	29										20:14
00:35+	02:33+	03:32+	07:10+	08:26+	10:47+	13:15+	14:22+	15:48+	17:06+	19:08+	19:51+	20:14+
00:35+	01:58+	00:59+	03:38+	01:16+	02:21+	02:28+	01:07+	01:26+	01:18+	02:02+	00:43+	00:23+
00:05#	00:35&	00:12&	01:14&	00:28&	01:29@	00:52&	00:19&	00:16#	00:28&	00:46&	00:16&	00:07&
34	Anita Edgren	88										20:14
00:35+	03:02+	04:13+	07:56+	08:56+	10:21+	12:53+	14:03+	15:55+	16:58+	19:10+	19:54+	20:14+
00:35+	02:27+	01:11+	03:43+	01:00+	01:25+	02:32+	01:10+	01:52+	01:03+	02:12+	00:44+	00:20+
00:05#	01:04&	00:24&	01:19&	00:12#	00:33&	00:56&	00:22&	00:42&	00:13&	00:56&	00:17&	00:04#
35	Ane Kristine Helvig	105										20:23
00:34+	02:29+	03:25+	08:46+	09:42+	11:03+	13:40+	14:50+	16:13+	17:20+	19:18+	20:05+	20:23+
00:34+	01:55+	00:56+	05:21+	00:56+	01:21+	02:37+	01:10+	01:23+	01:07+	01:58+	00:47+	00:18+
00:04#	00:32&	00:09#	02:57@	00:08#	00:29&	01:01&	00:22&	00:13#	00:17&	00:42&	00:20&	00:02#

Class	Navn	Klasse										Tid
36	Ingunn Fandrem	47										20:31
00:35+	02:48+	04:02+	07:43+	08:51+	10:17+	12:44+	13:51+	16:27+	17:33+	19:27+	20:11+	20:31+
00:35+	02:13+	01:14+	03:41+	01:08+	01:26+	02:27+	01:07+	02:36+	01:06+	01:54+	00:44+	00:20+
00:05#	00:50&	00:27&	01:17&	00:20&	00:34&	00:51&	00:19&	01:26@	00:16&	00:38&	00:17&	00:04#
37	Solveig Grønning	47										20:36
00:39+	02:51+	04:07+	07:49+	08:54+	10:17+	12:48+	13:55+	15:51+	17:37+	19:30+	20:14+	20:36+
00:39+	02:12+	01:16+	03:42+	01:05+	01:23+	02:31+	01:07+	01:56+	01:46+	01:53+	00:44+	00:22+
00:09&	00:49&	00:29&	01:18&	00:17&	00:31&	00:55&	00:19&	00:46&	00:56@	00:37&	00:17&	00:06&
38	Jorunn Eriksson Sætre	47										21:03
00:29-	02:01+	02:53+	08:41+	10:14+	11:29+	13:44+	15:10+	16:39+	18:10+	19:57+	20:38+	21:03+
00:29-	01:32+	00:52+	05:48+	01:33+	01:15+	02:15+	01:26+	01:29+	01:31+	01:47+	00:41+	00:25+
00:01-	00:09#	00:05#	03:24@	00:45&	00:23&	00:39&	00:38&	00:19&	00:41&	00:31&	00:14&	00:09&
39	Margretha Almedal	91										21:09
00:32+	04:02+	04:55+	09:39+	10:45+	12:05+	14:22+	15:29+	17:11+	18:23+	20:09+	20:48+	21:09+
00:32+	03:30+	00:53+	04:44+	01:06+	01:20+	02:17+	01:07+	01:42+	01:12+	01:46+	00:39+	00:21+
00:02+	02:07@	00:06#	02:20&	00:18&	00:28&	00:41&	00:19&	00:32&	00:22&	00:30&	00:12&	00:05&
40	May Kristin Haaland	47										21:24
00:38+	02:48+	03:54+	07:43+	09:01+	10:34+	13:19+	14:53+	16:32+	17:58+	20:05+	21:01+	21:24+
00:38+	02:10+	01:06+	03:49+	01:18+	01:33+	02:45+	01:34+	01:39+	01:26+	02:07+	00:56+	00:23+
00:08&	00:47&	00:19&	01:25&	00:30&	00:41&	01:09&	00:46&	00:29&	00:36&	00:51&	00:29@	00:07&
41	Linn Skadberg	113										21:39
00:40+	02:48+	03:43+	07:34+	08:49+	12:21+	14:40+	15:52+	17:16+	18:27+	20:32+	21:19+	21:39+
00:40+	02:08+	00:55+	03:51+	01:15+	03:32+	02:19+	01:12+	01:24+	01:11+	02:05+	00:47+	00:20+
00:10&	00:45&	00:08#	01:27&	00:27&	02:40@	00:43&	00:24&	00:14#	00:21&	00:49&	00:20&	00:04#
42	Solbjørg Lima Skadberg	113										21:45
00:43+	02:51+	03:46+	07:40+	08:52+	12:21+	14:44+	15:54+	17:21+	18:30+	20:36+	21:22+	21:45+
00:43+	02:08+	00:55+	03:54+	01:12+	03:29+	02:23+	01:10+	01:27+	01:09+	02:06+	00:46+	00:23+
00:13&	00:45&	00:08#	01:30&	00:24&	02:37@	00:47&	00:22&	00:17#	00:19&	00:50&	00:19&	00:07&
43	Inger Synnøve Sjursen	92										22:17
00:37+	02:53+	04:07+	08:11+	09:38+	11:16+	14:05+	15:21+	17:13+	18:37+	21:03+	21:52+	22:17+
00:37+	02:16+	01:14+	04:04+	01:27+	01:38+	02:49+	01:16+	01:52+	01:24+	02:26+	00:49+	00:25+
00:07#	00:53&	00:27&	01:40&	00:39&	00:46&	01:13&	00:28&	00:42&	00:34&	01:10&	00:22&	00:09&
44	Haldis Vagle	92										22:40
00:51+	03:16+	04:25+	08:28+	10:08+	11:36+	14:14+	15:35+	17:31+	18:51+	21:16+	22:13+	22:40+
00:51+	02:25+	01:09+	04:03+	01:40+	01:28+	02:38+	01:21+	01:56+	01:20+	02:25+	00:57+	00:27+
00:21&	01:02&	00:22&	01:39&	00:52@	00:36&	01:02&	00:33&	00:46&	00:30&	01:09&	00:30@	00:11&
45	Tove Kristin K. Helvig	105										22:46
01:04+	03:00+	03:59+	09:40+	10:53+	12:24+	14:58+	16:04+	17:43+	19:25+	21:20+	22:20+	22:46+
01:04+	01:56+	00:59+	05:41+	01:13+	01:31+	02:34+	01:06+	01:39+	01:42+	01:55+	01:00+	00:26+
00:34@	00:33&	00:12&	03:17@	00:25&	00:39&	00:58&	00:18&	00:29&	00:52@	00:39&	00:33@	00:10&
46	Lillian Dahl Fitjar	117										22:51
00:30=	02:36+	03:38+	07:21+	08:31+	11:02+	12:21+	14:36+	15:44+	17:03+	17:53+	19:44+	21:41+
00:30=	02:06+	01:02+	03:43+	01:10+	02:31+	01:19-	02:15+	01:08-	01:19+	00:50-	01:51+	01:57+
00:00=	00:43&	00:15&	01:19&	00:22&	01:39@	00:17-	01:27@	00:02-	00:29&	00:26-	01:24@	01:41@
47	Kirsti Strand Salvesen	256										23:36
00:46+	03:25+	04:39+	09:33+	10:57+	12:40+	15:31+	16:38+	18:22+	19:47+	22:11+	23:05+	23:36+
00:46+	02:39+	01:14+	04:54+	01:24+	01:43+	02:51+	01:07+	01:44+	01:25+	02:24+	00:54+	00:31+
00:16&	01:16&	00:27&	02:30@	00:36&	00:51&	01:15&	00:19&	00:34&	00:35&	01:08&	00:27&	00:15&
48	Aase Sveinsvoll	94										24:53
00:41+	03:17+	04:35+	09:00+	10:39+	12:36+	15:44+	17:07+	19:07+	20:39+	23:16+	24:22+	24:53+
00:41+	02:36+	01:18+	04:25+	01:39+	01:57+	03:08+	01:23+	02:00+	01:32+	02:37+	01:06+	00:31+
00:11&	01:13&	00:31&	02:01&	00:51@	01:05@	01:32&	00:35&	00:50&	00:42&	01:21@	00:39@	00:15&
49	Marit Kløvstad Braut	92										25:22
00:50+	03:29+	04:39+	08:59+	10:28+	12:58+	13:52+	16:45+	18:03+	19:53+	21:22+	23:58+	24:50+
00:50+	02:39+	01:10+	04:20+	01:29+	02:30+	00:54-	02:53+	01:18+	01:50+	01:29+	02:36+	00:52+
00:20&	01:16&	00:23&	01:56&	00:41&	01:38@	00:42-	02:05@	00:08#	01:00@	00:13#	02:09@	00:36@
50	Sissel Carlsen Bråstad	88										26:02
01:11+	04:06+	05:30+	10:19+	11:54+	13:49+	16:51+	18:04+	20:02+	21:42+	24:25+	25:26+	26:02+
01:11+	02:55+	01:24+	04:49+	01:35+	01:55+	03:02+	01:13+	01:58+	01:40+	02:43+	01:01+	00:36+
00:41@	01:32@	00:37&	02:25@	00:47&	01:03@	01:26&	00:25&	00:48&	00:50&	01:27@	00:34@	00:20@

Class	Navn	Klasse										Tid
51	Lene Haver Schmidt	88										26:02
01:09+	04:03+	05:29+	10:16+	11:53+	13:48+	16:48+	18:02+	21:43+	24:23+	25:28+	26:02+	
01:09+	02:54+	01:26+	04:47+	01:37+	01:55+	03:00+	01:14+	02:02+	01:39+	02:40+	01:05+	
00:39@	01:31@	00:39&	02:23&	00:49@	01:03@	01:24&	00:26&	00:52&	00:49&	01:24@	00:38@	00:18@
52	Gro Mariero Totland	59										26:43
00:35+	03:16+	04:39+	10:22+	11:46+	14:04+	17:23+	18:44+	20:41+	22:24+	25:24+	26:22+	26:43+
00:35+	02:41+	01:23+	05:43+	01:24+	02:18+	03:19+	01:21+	01:57+	01:43+	03:00+	00:58+	00:21+
00:05#	01:18&	00:36&	03:19@	00:36&	01:26@	01:43@	00:33&	00:47&	00:53@	01:44@	00:31@	00:05&
53	Else Marie Furland	93										26:45
00:52+	04:34+	05:47+	10:06+	11:32+	13:15+	16:11+	17:35+	19:35+	20:55+	25:33+	26:18+	26:45+
00:52+	03:42+	01:13+	04:19+	01:26+	01:43+	02:56+	01:24+	02:00+	01:20+	04:38+	00:45+	00:27+
00:22&	02:19@	00:26&	01:55&	00:38&	00:51&	01:20&	00:36&	00:50&	00:30&	03:22@	00:18&	00:11&
54	Hazel Grayston	263										31:11
04:09+	07:01+	08:21+	13:30+	15:28+	17:33+	20:52+	22:22+	24:37+	26:23+	29:22+	30:31+	31:11+
04:09+	02:52+	01:20+	05:09+	01:58+	02:05+	03:19+	01:30+	02:15+	01:46+	02:59+	01:09+	00:40+
03:39@	01:29@	00:33&	02:45@	01:10@	01:13@	01:41@	00:29&	00:55&	00:44&	01:43@	00:42@	00:24@
55	Liv Ertesvåg	83										40:18
09:17+	11:49+	13:01+	19:08+	21:30+	25:53+	29:10+	30:27+	32:32+	34:06+	38:46+	39:43+	40:18+
09:17+	02:32+	01:12+	06:07+	02:22+	04:23+	03:17+	01:17+	02:05+	01:34+	04:40+	00:57+	00:35+
08:47@	01:09&	00:25&	03:43@	01:34@	03:31@	01:41@	00:29&	00:55&	00:44&	03:24@	00:30@	00:19@
Beste strekktid for klassen												
00:21	01:14	00:39	02:24	00:47	00:52	00:54	00:46	01:00	00:47	00:50	00:27	00:14

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

Herrer 16 - 39 år

1	Anders Stokkeland Olsen	4										17:16					
00:30=	01:09=	01:48=	03:50=	04:22=	05:08=	06:55=	08:02=	08:29=	09:56=	10:48=	11:58=	13:15=	14:26=	15:53=	16:46=	17:04=	17:16=
00:30=	00:39=	00:39=	02:02=	00:32=	00:46=	01:47=	01:07=	00:27=	01:27=	00:52=	01:10=	01:17=	01:11=	01:27=	00:53=	00:18=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sam McCloy	7										18:51					
00:30=	01:11+	01:51+	03:56+	04:24+	05:10+	07:07+	08:21+	08:58+	10:33+	11:51+	13:00+	14:20+	15:53+	17:20+	18:17+	18:38+	18:51+
00:30=	00:41+	00:40+	02:05+	00:28-	00:46=	01:57+	01:14+	00:37+	01:35+	01:18+	01:09-	01:20+	01:33+	01:27=	00:57+	00:21+	00:13+
00:00=	00:02+	00:01+	00:03+	00:04-	00:00=	00:10+	00:07#	00:10&	00:08+	00:26&	00:01-	00:03+	00:22&	00:00=	00:04+	00:03#	00:01+
3	Torbjørn Ims Østby	53										19:13					
00:27-	01:07-	01:55+	04:04+	04:35+	05:28+	07:43+	09:04+	09:33+	11:10+	12:11+	13:33+	15:02+	16:07+	17:42+	18:41+	18:59+	19:13+
00:27-	00:40+	00:48+	02:09+	00:31-	00:53+	02:15+	01:21+	00:29+	01:37+	01:01+	01:22+	01:29+	01:05-	01:35+	00:59+	00:18=	00:14+
00:03-	00:01+	00:09#	00:07+	00:01-	00:07#	00:28&	00:14#	00:02+	00:10#	00:09#	00:12#	00:12#	00:06-	00:08+	00:06#	00:00=	00:02#
4	Bjørnar A. Alvær Sandsmark	68										19:19					
00:31+	01:10+	01:53+	04:08+	04:37+	05:27+	07:35+	09:02+	09:30+	11:14+	12:05+	13:35+	15:05+	16:11+	17:46+	18:46+	19:05+	19:19+
00:31+	00:39=	00:43+	02:15+	00:29-	00:50+	02:08+	01:27+	00:28+	01:44+	00:51-	01:30+	01:30+	01:06-	01:35+	01:00+	00:19+	00:14+
00:01+	00:00=	00:04#	00:13#	00:03-	00:04+	00:21#	00:20&	00:01+	00:17#	00:01-	00:20&	00:13#	00:05-	00:08+	00:07#	00:01+	00:02#
5	Dag Eivind Watsend	92										20:03					
00:30=	01:12+	01:55+	04:13+	04:44+	05:34+	07:42+	09:15+	09:53+	11:38+	12:45+	14:04+	15:40+	16:59+	18:32+	19:32+	19:50+	20:03+
00:30=	00:42+	00:43+	02:18+	00:31-	00:50+	02:08+	01:33+	00:38+	01:45+	01:07+	01:19+	01:36+	01:19+	01:33+	01:00+	00:18=	00:13+
00:00=	00:03+	00:04#	00:16#	00:01-	00:04+	00:21#	00:26&	00:11&	00:18#	00:15&	00:09#	00:19#	00:08#	00:06+	00:07#	00:00=	00:01+
6	Svein Kyllingstad	71										20:43					
00:29-	01:14+	02:04+	04:27+	04:57+	05:49+	08:04+	09:30+	10:01+	11:49+	12:54+	14:20+	15:58+	17:17+	18:55+	20:02+	20:26+	20:43+
00:29-	00:45+	00:50+	02:23+	00:30-	00:52+	02:15+	01:26+	00:31+	01:48+	01:05+	01:26+	01:38+	01:19+	01:38+	01:07+	00:24+	00:17+
00:01-	00:06#	00:11&	00:21#	00:02-	00:06#	00:28&	00:19&	00:04#	00:21#	00:13#	00:16#	00:21&	00:08#	00:11#	00:14&	00:06&	00:05&
7	Martin Skogland	98										20:46					
00:31+	01:17+	02:03+	04:31+	04:57+	05:49+	08:06+	09:36+	10:10+	11:52+	12:47+	14:09+	16:07+	17:23+	19:06+	20:12+	20:33+	20:46+
00:31+	00:46+	00:46+	02:28+	00:26-	00:52+	02:17+	01:30+	00:34+	01:42+	00:55+	01:22+	01:58+	01:16+	01:43+	01:06+	00:21+	00:13+
00:01+	00:07#	00:07#	00:26#	00:06-	00:06#	00:30&	00:23&	00:07&	00:15#	00:03+	00:12#	00:41&	00:05+	00:16#	00:13#	00:03#	00:01+
8	David Wade	116										21:52					
00:31+	01:15+	01:59+	04:27+	05:00+	05:51+	08:13+	09:46+	10:35+	12:30+	13:47+	15:19+	17:01+	18:21+	20:13+	21:20+	21:39+	21:52+
00:31+	00:44+	00:44+	02:28+	00:33+	00:51+	02:22+	01:33+	00:49+	01:55+	01:17+	01:32+	01:42+	01:20+	01:52+	01:07+	00:19+	00:13+
00:01+	00:05#	00:05#	00:26#	00:01+	00:05#	00:35&	00:26&	00:22&	00:28&	00:25&	00:22&	00:25&	00:09#	00:25&	00:14&	00:01+	00:01+

Class	Navn	Klasse										Tid					
9	Ole Kristian Taksdal	92										21:53					
00:38+	01:31+	02:23+	05:02+	05:31+	06:30+	08:55+	10:20+	10:56+	12:50+	13:56+	15:18+	16:56+	18:07+	20:02+	21:14+	21:42+	21:53+
00:38+	00:53+	00:52+	02:39+	00:29-	00:59+	02:25+	01:25+	00:36+	01:54+	01:06+	01:22+	01:38+	01:11=	01:55+	01:12+	00:28+	00:11-
00:08&	00:14&	00:13&	00:37&	00:03-	00:13&	00:38&	00:18&	00:09&	00:27&	00:14&	00:12#	00:21&	00:00=	00:28&	00:19&	00:10&	00:01-
10	Richard Galle	66										22:09					
00:34+	01:14+	02:17+	05:05+	05:43+	06:35+	09:20+	10:46+	11:38+	13:19+	14:44+	16:00+	17:38+	18:55+	20:33+	21:35+	21:56+	22:09+
00:34+	00:40+	01:03+	02:48+	00:38+	00:52+	02:45+	01:26+	00:52+	01:41+	01:25+	01:16+	01:38+	01:17+	01:38+	01:02+	00:21+	00:13+
00:04#	00:01+	00:24&	00:46&	00:06#	00:06#	00:58&	00:19&	00:25&	00:14#	00:33&	00:06+	00:21&	00:06+	00:11#	00:09#	00:03#	00:01+
11	Kjetil Hollund	108										22:25					
00:32+	01:11+	01:58+	04:34+	05:13+	06:10+	09:08+	10:42+	11:17+	13:00+	14:15+	15:49+	17:42+	18:57+	20:46+	21:52+	22:12+	22:25+
00:32+	00:39=	00:47+	02:36+	00:39+	00:57+	02:58+	01:34+	00:35+	01:43+	01:15+	01:34+	01:53+	01:15+	01:49+	01:06+	00:20+	00:13+
00:02+	00:00=	00:08#	00:34&	00:07#	00:11#	01:11&	00:27&	00:08&	00:16#	00:23&	00:24&	00:36&	00:04+	00:22&	00:13#	00:02#	00:01+
12	Thomas Jansen	289										22:34					
00:43+	01:34+	02:24+	05:17+	05:43+	06:34+	09:22+	10:47+	11:19+	13:20+	14:10+	15:51+	17:45+	19:10+	20:53+	21:59+	22:19+	22:34+
00:43+	00:51+	00:50+	02:53+	00:26-	00:51+	02:48+	01:25+	00:32+	02:01+	00:50-	01:41+	01:54+	01:25+	01:43+	01:06+	00:20+	00:15+
00:13&	00:12&	00:11&	00:51&	00:06-	00:05#	01:01&	00:18&	00:05#	00:34&	00:02-	00:31&	00:37&	00:14#	00:16#	00:13#	00:02#	00:03#
13	Anders Lindaas Bringedal	116										22:36					
00:34+	01:22+	02:14+	04:57+	05:39+	06:40+	09:12+	10:53+	11:36+	13:25+	14:28+	15:54+	17:37+	18:58+	20:42+	21:56+	22:19+	22:36+
00:34+	00:48+	00:52+	02:43+	00:42+	01:01+	02:32+	01:41+	00:43+	01:49+	01:03+	01:26+	01:43+	01:21+	01:44+	01:14+	00:23+	00:17+
00:04#	00:09#	00:13&	00:41&	00:10&	00:15&	00:45&	00:34&	00:16&	00:22&	00:11#	00:16#	00:26&	00:10#	00:17#	00:21&	00:05&	00:05&
14	Håkon Eggebø	71										22:49					
00:46+	01:33+	02:18+	04:59+	05:25+	06:18+	08:54+	11:18+	11:47+	13:42+	14:42+	16:12+	17:49+	19:19+	21:05+	22:09+	22:35+	22:49+
00:46+	00:47+	00:45+	02:41+	00:26-	00:53+	02:36+	02:24+	00:29+	01:55+	01:00+	01:30+	01:37+	01:30+	01:46+	01:04+	00:26+	00:14+
00:16&	00:08#	00:06#	00:39&	00:06-	00:07#	00:49&	01:17@	00:02+	00:28&	00:08#	00:20&	00:20&	00:19&	00:19#	00:11#	00:08&	00:02#
15	Rune Hatle	65										23:11					
00:32+	01:46+	02:36+	05:19+	05:49+	06:49+	09:16+	10:57+	11:39+	13:38+	14:44+	16:21+	18:05+	19:27+	21:21+	22:36+	22:58+	23:11+
00:32+	01:14+	00:50+	02:43+	00:30-	01:00+	02:27+	01:41+	00:42+	01:59+	01:06+	01:37+	01:44+	01:22+	01:54+	01:15+	00:22+	00:13+
00:02+	00:35&	00:11&	00:41&	00:02-	00:14&	00:40&	00:34&	00:15&	00:32&	00:14&	00:27&	00:27&	00:11#	00:27&	00:22&	00:04#	00:01+
16	Eirik Thu	126										23:37					
00:40+	01:31+	02:20+	04:44+	05:24+	06:19+	08:59+	10:31+	11:21+	13:20+	14:44+	16:04+	18:45+	19:59+	21:41+	22:54+	23:19+	23:37+
00:40+	00:51+	00:49+	02:24+	00:40+	00:55+	02:40+	01:32+	00:50+	01:59+	01:24+	01:20+	02:41+	01:14+	01:42+	01:13+	00:25+	00:18+
00:10&	00:12&	00:10&	00:22#	00:08#	00:09#	00:53&	00:25&	00:23&	00:32&	00:32&	00:10#	01:24@	00:03+	00:15#	00:20&	00:07&	00:06&
17	Christian Ask	351										24:21					
00:34+	01:21+	02:10+	05:55+	06:21+	07:18+	10:19+	12:42+	13:16+	15:10+	16:06+	17:34+	19:20+	20:41+	22:31+	23:47+	24:06+	24:21+
00:34+	00:47+	00:49+	03:45+	00:26-	00:57+	03:01+	02:23+	00:34+	01:54+	00:56+	01:28+	01:46+	01:21+	01:50+	01:16+	00:19+	00:15+
00:04#	00:08#	00:10&	01:43&	00:06-	00:11#	01:14&	01:16@	00:07&	00:27&	00:04+	00:18&	00:29&	00:10#	00:23&	00:23&	00:01+	00:03#
18	Håkon Rake	128										24:36					
00:39+	01:30+	02:24+	05:22+	05:51+	06:42+	10:54+	12:30+	13:15+	15:13+	16:14+	17:41+	19:35+	21:21+	22:55+	24:02+	24:21+	24:36+
00:39+	00:51+	00:54+	02:58+	00:29-	00:51+	04:12+	01:36+	00:45+	01:58+	01:01+	01:27+	01:54+	01:46+	01:34+	01:07+	00:19+	00:15+
00:09&	00:12&	00:15&	00:56&	00:03-	00:05#	02:25@	00:29&	00:18&	00:31&	00:09#	00:17#	00:37&	00:35&	00:07+	00:14&	00:01+	00:03#
19	Frode Ungar	116										26:19					
00:33+	01:24+	02:13+	04:49+	05:26+	06:26+	10:40+	12:24+	13:09+	15:22+	17:00+	18:40+	20:46+	22:43+	24:33+	25:42+	26:03+	26:19+
00:33+	00:51+	00:49+	02:36+	00:37+	01:00+	04:14+	01:44+	00:45+	02:13+	01:38+	01:40+	02:06+	01:57+	01:50+	01:09+	00:21+	00:16+
00:03#	00:12&	00:10&	00:34&	00:05#	00:14&	02:27@	00:37&	00:18&	00:46&	00:46&	00:30&	00:49&	00:46&	00:23&	00:16&	00:03#	00:04&
20	Tor Gunnar Osen	116										26:22					
00:34+	01:24+	02:35+	05:31+	06:12+	07:23+	10:42+	12:34+	13:26+	15:43+	16:55+	18:29+	20:44+	22:12+	24:11+	25:43+	26:06+	26:22+
00:34+	00:50+	01:11+	02:56+	00:41+	01:11+	03:19+	01:52+	00:52+	02:17+	01:12+	01:34+	02:15+	01:28+	01:59+	01:32+	00:23+	00:16+
00:04#	00:11&	00:32&	00:54&	00:09&	00:25&	01:32&	00:45&	00:25&	00:50&	00:20&	00:24&	00:58&	00:17#	00:32&	00:39&	00:05&	00:04&
21	Alexander Khorunzhiy	287										27:45					
00:35+	01:28+	03:44+	07:09+	07:53+	08:58+	11:47+	13:35+	14:28+	17:00+	18:24+	20:14+	22:16+	23:45+	25:47+	27:03+	27:27+	27:45+
00:35+	00:53+	02:16+	03:25+	00:44+	01:05+	02:49+	01:48+	00:53+	02:32+	01:24+	01:50+	02:02+	01:29+	02:02+	01:16+	00:24+	00:18+
00:05#	00:14&	01:37@	01:23&	00:12&	00:19&	01:02&	00:41&	00:26&	01:05&	00:32&	00:40&	00:45&	00:18&	00:35&	00:23&	00:06&	00:06&
22	Jan Henrik Neuenkirchen	117										29:44					
00:46+	01:52+	02:55+	06:27+	07:04+	08:15+	11:20+	13:35+	14:19+	16:57+	19:12+	21:18+	23:50+	25:32+	27:46+	29:07+	29:28+	29:44+
00:46+	01:06+	01:03+	03:32+	00:37+	01:11+	03:05+	02:15+	00:44+	02:38+	02:15+	02:06+	02:32+	01:42+	02:14+	01:21+	00:21+	00:16+
00:16&	00:27&	00:24&	01:30&	00:05#	00:25&	01:18&	01:08@	00:17&	01:11&	01:23@	00:56&	01:15&	00:31&	00:47&	00:28&	00:03#	00:04&
23	Igor Muzdeka	74										37:54					
00:32+	01:28+	02:44+	06:21+	07:09+	08:30+	15:37+	18:33+	19:19+	22:04+	24:03+	25:42+	28:31+	33:22+	35:50+	37:14+	37:42+	37:54+
00:32+	00:56+	01:16+	03:37+	00:48+	01:21+	07:07+	02:56+	00:46+	02:45+	01:59+	01:39+	02:49+	04:51+	02:28+	01:24+	00:28+	00:12=
00:02+	00:17&	00:37&	01:35&	00:16&	00:35&	05:20@	01:49@	00:19&	01:18&	01:07@	00:29&	01:32@	03:40@	01:01&	00:31&	00:10&	00:00=

Beste strekktid for klassen

00:27 00:39 00:39 02:02 00:26 00:46 01:47 01:07 00:27 01:27 00:50 01:09 01:17 01:05 01:27 00:53 00:18 00:11

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

Herrer 40 - 49 år

1	Jørgen Breivold	54	18:31														
00:28=	01:07=	01:55=	04:12=	04:40=	05:28=	07:21=	08:33=	09:01=	10:31=	11:38=	12:49=	14:27=	15:39=	17:05=	17:59=	18:18=	18:31=
00:28=	00:39=	00:48=	02:17=	00:28=	00:48=	01:53=	01:12=	00:28=	01:30=	01:07=	01:11=	01:38=	01:12=	01:26=	00:54=	00:19=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Glenn Madland	128	19:33														
00:30+	01:09+	01:50-	04:10-	04:39-	05:32+	07:27+	09:00+	09:34+	11:09+	12:02+	13:17+	14:46+	16:45+	18:09+	19:01+	19:21+	19:33+
00:30+	00:39=	00:41-	02:20+	00:29+	00:53+	01:55+	01:33+	00:34+	01:35+	00:53-	01:15+	01:29-	01:59+	01:24-	00:52-	00:20+	00:12-
00:02+	00:00=	00:07-	00:03+	00:01+	00:05#	00:02+	00:21&	00:06#	00:05+	00:14-	00:04+	00:09-	00:47&	00:02-	00:02-	00:01+	00:01-
3	Kevin Thomas Foust	192	20:15														
00:28=	01:10+	01:54-	04:05-	04:33-	05:25-	07:39+	09:06+	09:42+	11:27+	12:26+	14:18+	15:59+	17:10+	18:39+	19:41+	20:01+	20:15+
00:28=	00:42+	00:44-	02:11-	00:28=	00:52+	02:14+	01:27+	00:36+	01:45+	00:59-	01:52+	01:41+	01:11-	01:29+	01:02+	00:20+	00:14+
00:00=	00:03+	00:04-	00:06-	00:00=	00:04+	00:21#	00:15#	00:08&	00:15#	00:08-	00:41&	00:03+	00:01-	00:03+	00:08#	00:01+	00:01+
4	Håvard Svihus	267	20:58														
00:33+	01:19+	02:03+	04:12=	05:18+	06:15+	08:29+	09:54+	10:29+	12:34+	13:56+	15:08+	16:36+	17:47+	19:24+	20:25+	20:45+	20:58+
00:33+	00:46+	00:44-	02:09-	01:06+	00:57+	02:14+	01:25+	00:35+	02:05+	01:22+	01:12+	01:28-	01:11-	01:37+	01:01+	00:20+	00:13=
00:05#	00:07#	00:04-	00:08-	00:38@	00:09#	00:21#	00:13#	00:07#	00:35&	00:15#	00:01+	00:10-	00:01-	00:11#	00:07#	00:01+	00:00=
5	Leif Kjetil Hinna Gausel	116	21:20														
00:34+	01:20+	02:07+	04:35+	05:03+	05:59+	08:17+	10:01+	10:40+	12:24+	13:31+	14:57+	16:43+	17:55+	19:36+	20:45+	21:07+	21:20+
00:34+	00:46+	00:47-	02:28+	00:28=	00:56+	02:18+	01:44+	00:39+	01:44+	01:07=	01:26+	01:46+	01:12=	01:41+	01:09+	00:22+	00:13=
00:06#	00:07#	00:01-	00:11+	00:00=	00:08#	00:25#	00:32&	00:11&	00:14#	00:00=	00:15#	00:08+	00:00=	00:15#	00:15&	00:03#	00:00=
6	Trondr Breiland	53	21:29														
00:29+	01:16+	02:03+	04:54+	05:54+	06:46+	09:05+	10:29+	11:10+	12:59+	14:06+	15:27+	17:08+	18:16+	19:53+	20:57+	21:17+	21:29+
00:29+	00:47+	00:47-	02:51+	01:00+	00:52+	02:19+	01:24+	00:41+	01:49+	01:07=	01:21+	01:41+	01:08-	01:37+	01:04+	00:20+	00:12-
00:01+	00:08#	00:01-	00:34#	00:32@	00:04+	00:26#	00:12#	00:13&	00:19#	00:00=	00:10#	00:03+	00:04-	00:11#	00:10#	00:01+	00:01-
7	Arne Hetlelid	98	21:58														
00:35+	01:26+	02:16+	04:49+	05:21+	06:15+	08:48+	10:24+	11:05+	12:53+	13:58+	15:22+	16:59+	18:22+	20:07+	21:16+	21:41+	21:58+
00:35+	00:51+	00:50+	02:33+	00:32+	00:54+	02:33+	01:36+	00:41+	01:48+	01:05-	01:24+	01:37-	01:23+	01:45+	01:09+	00:25+	00:17+
00:07#	00:12&	00:02+	00:16#	00:04#	00:06#	00:40&	00:24&	00:13&	00:18#	00:02-	00:13#	00:01-	00:11#	00:19#	00:15&	00:06&	00:04&
8	Arjen Leendertse	91	22:18														
00:38+	01:18+	02:01+	04:23+	04:53+	05:45+	08:13+	09:35+	10:04+	11:46+	13:17+	14:35+	16:17+	18:52+	20:46+	21:44+	22:05+	22:18+
00:38+	00:40+	00:43-	02:22+	00:30+	00:52+	02:28+	01:22+	00:29+	01:42+	01:31+	01:18+	01:42+	02:35+	01:54+	00:58+	00:21+	00:13=
00:10&	00:01+	00:05-	00:05+	00:02+	00:04+	00:35&	00:10#	00:01+	00:12#	00:24&	00:07+	00:04+	01:23@	00:28&	00:04+	00:02#	00:00=
9	Frode Engen	116	22:20														
00:32+	01:15+	02:03+	04:38+	05:09+	06:08+	08:44+	10:18+	10:53+	13:03+	14:09+	15:45+	17:43+	18:56+	20:38+	21:44+	22:05+	22:20+
00:32+	00:43+	00:48=	02:35+	00:31+	00:59+	02:36+	01:34+	00:35+	02:10+	01:06-	01:36+	01:58+	01:13+	01:42+	01:06+	00:21+	00:15+
00:04#	00:04#	00:00=	00:18#	00:03#	00:11#	00:43&	00:22&	00:07#	00:40&	00:01-	00:25&	00:20#	00:01+	00:16#	00:12#	00:02#	00:02#
10	Thomas Schanke Eikum	62	22:33														
00:30+	01:16+	02:06+	04:41+	05:10+	06:07+	08:41+	10:25+	11:04+	13:06+	14:17+	15:48+	17:35+	18:55+	20:43+	21:55+	22:17+	22:33+
00:30+	00:46+	00:50+	02:35+	00:29+	00:57+	02:34+	01:44+	00:39+	02:02+	01:11+	01:31+	01:47+	01:20+	01:48+	01:12+	00:22+	00:16+
00:02+	00:07#	00:02+	00:18#	00:01+	00:09#	00:41&	00:32&	00:11&	00:32&	00:04+	00:20&	00:09+	00:08#	00:22&	00:18&	00:03#	00:03#
11	John Breiland	352	22:45														
00:33+	01:27+	02:20+	04:53+	05:21+	06:21+	08:45+	10:15+	10:54+	13:05+	14:33+	15:55+	17:44+	19:00+	20:56+	22:05+	22:29+	22:45+
00:33+	00:54+	00:53+	02:33+	00:28=	01:00+	02:24+	01:30+	00:39+	02:11+	01:28+	01:22+	01:49+	01:16+	01:56+	01:09+	00:24+	00:16+
00:05#	00:15&	00:05#	00:16#	00:00=	00:12#	00:31&	00:18#	00:11&	00:41&	00:21&	00:11#	00:11#	00:04+	00:30&	00:15&	00:05&	00:03#
12	Ådne Hausberg	7	22:50														
00:35+	01:20+	02:09+	04:47+	05:15+	06:13+	08:49+	10:29+	11:15+	13:14+	14:32+	15:58+	17:45+	19:09+	21:01+	22:12+	22:35+	22:50+
00:35+	00:54+	00:53+	02:33+	00:28=	00:58+	02:36+	01:40+	00:46+	01:59+	01:18+	01:26+	01:47+	01:24+	01:52+	01:11+	00:23+	00:15+
00:07#	00:06#	00:01+	00:21#	00:00=	00:10#	00:43&	00:28&	00:18&	00:29&	00:11#	00:15#	00:09+	00:12#	00:26&	00:17&	00:04#	00:02#
13	Per Ivar Hovstad	116	22:58														
00:33+	01:23+	02:12+	04:44+	05:18+	06:15+	09:26+	11:03+	11:49+	13:46+	14:54+	16:22+	18:01+	19:32+	21:15+	22:23+	22:43+	22:58+
00:33+	00:50+	00:49+	02:32+	00:34+	00:57+	03:11+	01:37+	00:46+	01:57+	01:08+	01:28+	01:39+	01:31+	01:43+	01:08+	00:20+	00:15+
00:05#	00:11&	00:01+	00:15#	00:06#	00:09#	01:18&	00:25&	00:18&	00:27&	00:01+	00:17#	00:01+	00:19&	00:17#	00:14&	00:01+	00:02#

Class	Navn	Klasse										Tid					
14	Arngrim Utskarpen	117										23:28					
00:47+	01:42+	02:35+	05:11+	05:53+	06:52+	09:28+	10:59+	11:42+	13:24+	14:29+	15:58+	17:59+	20:03+	21:43+	22:53+	23:16+	23:28+
00:47+	00:55+	00:53+	02:36+	00:42+	00:59+	02:36+	01:31+	00:43+	01:42+	01:05-	01:29+	02:01+	02:04+	01:40+	01:10+	00:23+	00:12-
00:19&	00:16&	00:05#	00:19#	00:14&	00:11#	00:43&	00:19&	00:15&	00:12#	00:02-	00:18&	00:23#	00:52&	00:14#	00:16&	00:04#	00:01-
15	Ole-Tobias Frich	116										23:35					
00:36+	01:29+	02:20+	05:15+	05:48+	06:46+	09:18+	10:52+	11:39+	13:47+	14:55+	16:26+	18:17+	19:48+	21:42+	22:57+	23:20+	23:35+
00:36+	00:53+	00:51+	02:55+	00:33+	00:58+	02:32+	01:34+	00:47+	02:08+	01:08+	01:31+	01:51+	01:31+	01:54+	01:15+	00:23+	00:15+
00:08&	00:14&	00:03+	00:38&	00:05#	00:10#	00:39&	00:22&	00:19&	00:38&	00:01+	00:20&	00:13#	00:19&	00:28&	00:21&	00:04#	00:02#
16	Oddmund Nordgård	105										23:36					
00:35+	01:18+	02:06+	04:41+	05:16+	06:13+	11:03+	12:28+	13:00+	14:56+	15:55+	17:23+	19:07+	20:17+	21:56+	23:00+	23:22+	23:36+
00:35+	00:43+	00:48=	02:35+	00:35+	00:57+	04:50+	01:25+	00:32+	01:56+	00:59-	01:28+	01:44+	01:10-	01:39+	01:04+	00:22+	00:14+
00:07#	00:04#	00:00=	00:18#	00:07#	00:09#	02:57@	00:13#	00:04#	00:26&	00:08-	00:17#	00:06+	00:02-	00:13#	00:10#	00:03#	00:01+
17	Rune Paulsen	98										24:10					
00:29+	02:01+	02:48+	05:34+	06:04+	07:08+	09:27+	10:55+	11:47+	13:33+	15:24+	16:49+	18:39+	20:41+	22:24+	23:37+	23:58+	24:10+
00:29+	01:32+	00:47-	02:46+	00:30+	01:04+	02:19+	01:28+	00:52+	01:46+	01:51+	01:25+	01:50+	02:02+	01:43+	01:13+	00:21+	00:12-
00:01+	00:53@	00:01-	00:29#	00:02+	00:16&	00:26#	00:16#	00:24&	00:16#	00:44&	00:14#	00:12#	00:50&	00:17#	00:19&	00:02#	00:01-
18	Lars Primstad	62										24:18					
00:46+	01:36+	02:23+	05:07+	05:36+	06:44+	09:49+	11:15+	12:06+	14:35+	15:28+	16:52+	18:48+	20:04+	22:50+	23:45+	24:04+	24:18+
00:46+	00:50+	00:47-	02:44+	00:29+	01:08+	03:05+	01:26+	00:51+	02:29+	00:53-	01:24+	01:56+	01:16+	02:46+	00:55+	00:19=	00:14+
00:18&	00:11&	00:01-	00:27#	00:01+	00:20&	01:12&	00:14#	00:23&	00:59&	00:14-	00:13#	00:18#	00:04+	01:20&	00:01+	00:00=	00:01+
19	Cedric Fayemendy	116										24:37					
00:34+	01:21+	02:10+	04:48+	06:02+	06:49+	09:17+	10:45+	11:32+	13:19+	14:22+	15:39+	19:32+	20:44+	22:46+	23:48+	24:24+	24:37+
00:34+	00:47+	00:49+	02:38+	01:14+	00:47-	02:28+	01:28+	00:47+	01:47+	01:03-	01:17+	03:53+	01:12=	02:02+	01:02+	00:36+	00:13=
00:06#	00:08#	00:01+	00:21#	00:46@	00:01-	00:35&	00:16#	00:19&	00:17#	00:04-	00:06+	02:15@	00:00=	00:36&	00:08#	00:17&	00:00=
20	Stein Arve Finnestad	287										24:42					
00:40+	01:32+	02:25+	05:10+	05:49+	06:53+	09:26+	11:08+	11:45+	13:56+	15:01+	16:37+	18:30+	20:39+	22:36+	23:57+	24:23+	24:42+
00:40+	00:52+	00:53+	02:45+	00:39+	01:04+	02:33+	01:42+	00:37+	02:11+	01:05-	01:36+	01:53+	02:09+	01:57+	01:21+	00:26+	00:19+
00:12&	00:13&	00:05#	00:28#	00:11&	00:16&	00:40&	00:30&	00:09&	00:41&	00:02-	00:25&	00:15#	00:57&	00:31&	00:27&	00:07&	00:06&
21	Jan Kristensen	7										25:00					
00:32+	01:25+	02:16+	05:04+	05:36+	06:41+	09:22+	11:52+	12:26+	14:40+	16:09+	17:48+	19:41+	21:10+	23:08+	24:23+	24:45+	25:00+
00:32+	00:53+	00:51+	02:48+	00:32+	01:05+	02:41+	02:30+	00:34+	02:14+	01:29+	01:39+	01:53+	01:29+	01:58+	01:15+	00:22+	00:15+
00:04#	00:14&	00:03+	00:31#	00:04#	00:17&	00:48&	01:18@	00:06#	00:44&	00:22&	00:28&	00:15#	00:17#	00:32&	00:21&	00:03#	00:02#
22	Jan Kenneth Polle	83										25:17					
00:34+	01:28+	02:20+	05:24+	05:55+	06:57+	09:34+	12:09+	12:44+	14:42+	15:55+	17:39+	19:38+	21:09+	23:14+	24:36+	25:01+	25:17+
00:34+	00:54+	00:52+	03:04+	00:31+	01:02+	02:37+	02:35+	00:35+	01:58+	01:13+	01:44+	01:59+	01:31+	02:05+	01:22+	00:25+	00:16+
00:06#	00:15&	00:04+	00:47&	00:03#	00:14&	00:44&	01:23@	00:07#	00:28&	00:06+	00:33&	00:21#	00:19&	00:39&	00:28&	00:06&	00:03#
23	Peter Chapman	117										25:40					
00:33+	01:42+	02:27+	05:00+	08:12+	08:58+	11:08+	13:30+	14:14+	16:03+	17:05+	18:19+	19:57+	22:04+	24:02+	25:04+	25:26+	25:40+
00:33+	01:09+	00:45-	02:33+	03:12+	00:46-	02:10+	02:22+	00:44+	01:49+	01:02-	01:14+	01:38=	02:07+	01:58+	01:02+	00:22+	00:14+
00:05#	00:30&	00:03-	00:16#	02:44@	00:02-	00:17#	01:10&	00:16&	00:19#	00:05-	00:03+	00:00=	00:55&	00:32&	00:08#	00:03#	00:01+
24	Svend Vihovde	116										26:25					
00:36+	01:32+	02:29+	05:35+	06:24+	07:31+	10:23+	12:19+	12:58+	15:17+	16:29+	18:48+	20:53+	22:18+	24:16+	25:38+	26:06+	26:25+
00:36+	00:56+	00:57+	03:06+	00:49+	01:07+	02:52+	01:56+	00:39+	02:19+	01:12+	02:19+	02:05+	01:25+	01:58+	01:22+	00:28+	00:19+
00:08&	00:17&	00:09#	00:49&	00:21&	00:19&	00:59&	00:44&	00:11&	00:49&	00:05+	01:08&	00:27&	00:13#	00:32&	00:28&	00:09&	00:06&
25	Raymond B. Pettersen	105										26:45					
00:42+	01:38+	02:33+	05:25+	05:57+	07:08+	10:16+	12:04+	13:00+	15:29+	16:53+	18:42+	20:53+	22:26+	24:42+	26:02+	26:29+	26:45+
00:42+	00:56+	00:55+	02:52+	00:32+	01:11+	03:08+	01:48+	00:56+	02:29+	01:24+	01:49+	02:11+	01:33+	02:16+	01:20+	00:27+	00:16+
00:14&	00:17&	00:07#	00:35&	00:04#	00:23&	01:15&	00:36&	00:28&	00:59&	00:17&	00:38&	00:33&	00:21&	00:50&	00:26&	00:08&	00:03#
26	Ole Morten Svendsen	66										26:45					
00:48+	01:51+	02:54+	05:39+	06:25+	07:26+	10:13+	11:52+	12:35+	15:09+	16:17+	17:58+	20:09+	21:55+	24:49+	26:01+	26:28+	26:45+
00:48+	01:03+	01:03+	02:45+	00:46+	01:01+	02:47+	01:39+	00:43+	02:34+	01:08+	01:41+	02:11+	01:46+	02:54+	01:12+	00:27+	00:17+
00:20&	00:24&	00:15&	00:28#	00:18&	00:13&	00:54&	00:27&	00:15&	01:04&	00:01+	00:30&	00:33&	00:34&	01:28@	00:18&	00:08&	00:04&
27	Eivind Moi	116										28:08					
00:38+	01:33+	02:34+	05:25+	05:59+	07:23+	11:27+	13:37+	14:25+	16:31+	18:10+	20:07+	22:16+	23:46+	26:05+	27:28+	27:52+	28:08+
00:38+	00:55+	01:01+	02:51+	00:34+	01:24+	04:04+	02:10+	00:48+	02:06+	01:39+	01:57+	02:09+	01:30+	02:19+	01:23+	00:24+	00:16+
00:10&	00:16&	00:13&	00:34#	00:06#	00:36&	02:11@	00:58&	00:20&	00:36&	00:32&	00:46&	00:31&	00:18#	00:53&	00:29&	00:05&	00:03#
Beste strekktid for klassen																	
00:28	00:39	00:41	02:09	00:28	00:46	01:53	01:12	00:28	01:30	00:53	01:11	01:28	01:08	01:24	00:52	00:19	00:12

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

Class	Navn	Klasse	Tid
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Herrer 50 - 59 år

1	Øistein Haaland	116	16:49
00:26=	01:04= 02:06= 02:48= 04:20= 04:59= 05:30= 06:00= 07:58= 09:06= 10:03= 10:41= 11:34= 12:28= 14:08= 15:04= 16:11= 16:32= 16:49=		
00:26=	00:38= 01:02= 00:42= 01:32= 00:39= 00:31= 00:30= 01:58= 01:08= 00:57= 00:38= 00:53= 00:54= 01:40= 00:56= 01:07= 00:21= 00:17=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Ole Petter Haukaas	109	17:05
00:23-	00:57- 02:07+ 02:54+ 04:28+ 05:15+ 05:50+ 06:16+ 08:22+ 09:29+ 10:25+ 10:59+ 11:54+ 12:40+ 14:32+ 15:31+ 16:34+ 16:51+ 17:05+		
00:23-	00:34- 01:10+ 00:47+ 01:34+ 00:47+ 00:35+ 00:26- 02:06+ 01:07- 00:56- 00:34- 00:55+ 00:46- 01:52+ 00:59+ 01:03- 00:17- 00:14-		
00:03-	00:04- 00:08# 00:08# 00:05# 00:02+ 00:08# 00:04- 00:08+ 00:01- 00:01- 00:04- 00:02+ 00:08- 00:12# 00:03+ 00:04- 00:04- 00:03-		
3	Arne Magne Sondresen	92	17:29
00:27+	01:03- 02:10+ 03:00+ 04:30+ 05:21+ 05:49+ 06:17+ 08:10+ 09:22+ 10:28+ 11:04+ 12:00+ 13:06+ 14:53+ 15:48+ 16:53+ 17:14+ 17:29+		
00:27+	00:36- 01:07+ 00:50+ 01:30- 00:51+ 00:28- 00:28- 01:53- 01:12+ 01:06+ 00:36- 00:56+ 01:06+ 01:47+ 00:55- 01:05- 00:21= 00:15-		
00:01+	00:02- 00:05+ 00:08# 00:02- 00:12& 00:03- 00:02- 00:05- 00:04+ 00:09# 00:02- 00:03+ 00:12# 00:07+ 00:01- 00:02- 00:00= 00:02-		
4	Anders Glenne	7	17:44
00:29+	01:07+ 02:11+ 02:57+ 04:25+ 05:06+ 05:41+ 06:17+ 08:14+ 09:24+ 10:25+ 11:10+ 12:06+ 13:21+ 15:02+ 16:05+ 17:09+ 17:29+ 17:44+		
00:29+	00:38= 01:04+ 00:46+ 01:28- 00:41+ 00:35+ 00:36+ 01:57- 01:10+ 01:01+ 00:45+ 00:56+ 01:15+ 01:41+ 01:03+ 01:04- 00:20- 00:15-		
00:03#	00:00= 00:02+ 00:04+ 00:04- 00:02+ 00:04# 00:06# 00:01- 00:02+ 00:04+ 00:07# 00:03+ 00:21& 00:01+ 00:07# 00:03- 00:01- 00:02-		
5	Kjell Olav Gjerde	7	18:06
00:33+	01:11+ 02:15+ 03:04+ 04:42+ 05:25+ 05:56+ 06:28+ 08:34+ 09:48+ 10:48+ 11:31+ 12:32+ 13:52+ 15:33+ 16:30+ 17:28+ 17:51+ 18:06+		
00:33+	00:38= 01:04+ 00:49+ 01:38+ 00:43+ 00:31= 00:32+ 02:06+ 01:14+ 01:00+ 00:43+ 01:01+ 01:20+ 01:41+ 00:57+ 00:58- 00:23+ 00:15-		
00:07&	00:00= 00:02+ 00:07# 00:06+ 00:04# 00:00= 00:02+ 00:08+ 00:06+ 00:03+ 00:05# 00:08# 00:26& 00:01+ 00:01+ 00:09- 00:02+ 00:02-		
6	Øivind Berggraf	116	18:52
00:26=	01:09+ 02:12+ 03:01+ 04:42+ 05:27+ 05:54+ 06:26+ 08:28+ 09:38+ 10:43+ 11:28+ 13:19+ 14:23+ 16:09+ 17:12+ 18:16+ 18:36+ 18:52+		
00:26=	00:43+ 01:03+ 00:49+ 01:41+ 00:45+ 00:27- 00:32+ 02:02+ 01:10+ 01:05+ 00:45+ 01:51+ 01:04+ 01:46+ 01:03+ 01:04- 00:20- 00:16-		
00:00=	00:05# 00:01+ 00:07# 00:09+ 00:06# 00:04- 00:02+ 00:04+ 00:02+ 00:08# 00:07# 00:58& 00:10# 00:06+ 00:07# 00:03- 00:01- 00:01-		
7	Espen Krogh	7	18:55
00:22-	01:00- 03:41+ 04:31+ 06:07+ 06:50+ 07:19+ 07:47+ 09:43+ 10:49+ 11:49+ 12:24+ 13:23+ 14:32+ 16:19+ 17:18+ 18:21+ 18:40+ 18:55+		
00:22-	00:38= 02:41+ 00:50+ 01:36+ 00:43+ 00:29- 00:28- 01:56- 01:06- 01:00+ 00:35- 00:59+ 01:09+ 01:47+ 00:59+ 01:03- 00:19- 00:15-		
00:04-	00:00= 01:39& 00:08# 00:04+ 00:04# 00:02- 00:02- 00:02- 00:02- 00:03+ 00:03- 00:06# 00:15& 00:07+ 00:03+ 00:04- 00:02- 00:02-		
8	Per Ingar Hadland	7	18:58
00:27+	01:09+ 02:24+ 03:11+ 05:07+ 05:51+ 06:22+ 06:51+ 09:12+ 10:30+ 11:37+ 12:11+ 13:12+ 14:12+ 16:09+ 17:10+ 18:22+ 18:43+ 18:58+		
00:27+	00:42+ 01:15+ 00:47+ 01:56+ 00:44+ 00:31= 00:29- 02:21+ 01:18+ 01:07+ 00:34- 01:01+ 01:00+ 01:57+ 01:01+ 01:12+ 00:21= 00:15-		
00:01+	00:04# 00:13# 00:05# 00:24& 00:05# 00:00= 00:01- 00:23# 00:10# 00:10# 00:04- 00:08# 00:06# 00:17# 00:05+ 00:05+ 00:00= 00:02-		
9	Frank Hansen	29	19:00
00:30+	01:04= 02:10+ 03:05+ 04:44+ 05:32+ 06:12+ 06:42+ 08:47+ 10:12+ 11:13+ 11:55+ 12:57+ 14:15+ 16:10+ 17:18+ 18:24+ 18:45+ 19:00+		
00:30+	00:34- 01:06+ 00:55+ 01:39+ 00:48+ 00:40+ 00:30= 02:05+ 01:25+ 01:01+ 00:42+ 01:02+ 01:18+ 01:55+ 01:08+ 01:06- 00:21= 00:15-		
00:04#	00:04- 00:04+ 00:13& 00:07+ 00:09# 00:09& 00:00= 00:07+ 00:17# 00:04+ 00:04# 00:09# 00:24& 00:15# 00:12# 00:01- 00:00= 00:02-		
10	Geir Haugvaldstad	116	19:06
00:34+	01:16+ 02:16+ 03:07+ 04:40+ 05:32+ 06:07+ 06:36+ 08:40+ 10:25+ 11:24+ 11:58+ 12:53+ 14:23+ 16:11+ 17:11+ 18:31+ 18:55+ 19:06+		
00:34+	00:42+ 01:00- 00:51+ 01:33+ 00:52+ 00:35+ 00:29- 02:04+ 01:45+ 00:59+ 00:34- 00:55+ 01:30+ 01:48+ 01:00+ 01:20+ 00:24+ 00:11-		
00:08&	00:04# 00:02- 00:09# 00:01+ 00:13& 00:04# 00:01- 00:06+ 00:37& 00:02+ 00:04- 00:02+ 00:36& 00:08+ 00:04+ 00:13# 00:03# 00:06-		
11	Pål H. Gjerden	116	19:13
00:27+	01:01- 02:08+ 02:57+ 04:33+ 05:17+ 05:51+ 06:20+ 08:45+ 10:03+ 11:06+ 11:45+ 12:52+ 13:55+ 15:59+ 17:17+ 18:34+ 18:57+ 19:13+		
00:27+	00:34- 01:07+ 00:49+ 01:36+ 00:44+ 00:34+ 00:29- 02:25+ 01:18+ 01:03+ 00:39+ 01:07+ 01:03+ 02:04+ 01:18+ 01:17+ 00:23+ 00:16-		
00:01+	00:04- 00:05+ 00:07# 00:04+ 00:05# 00:03+ 00:01- 00:27# 00:10# 00:06# 00:01+ 00:14& 00:09# 00:24# 00:22& 00:10# 00:02+ 00:01-		
12	Tor Brekken	97	19:34
00:26=	01:05+ 02:13+ 03:04+ 05:34+ 06:20+ 06:52+ 07:21+ 09:28+ 10:47+ 11:52+ 12:34+ 13:44+ 14:45+ 16:36+ 17:37+ 18:52+ 19:18+ 19:34+		
00:26=	00:39+ 01:08+ 00:51+ 02:30+ 00:46+ 00:32+ 00:29- 02:07+ 01:19+ 01:05+ 00:42+ 01:10+ 01:01+ 01:51+ 01:01+ 01:15+ 00:26+ 00:16-		
00:00=	00:01+ 00:06+ 00:09# 00:58& 00:07# 00:01+ 00:01- 00:09+ 00:11# 00:08# 00:04# 00:17& 00:07# 00:11# 00:05+ 00:08# 00:05# 00:01-		
13	Sigbjørn Gløppen	144	19:45
00:30+	01:09+ 02:19+ 03:10+ 05:06+ 06:04+ 06:44+ 07:16+ 09:27+ 10:51+ 12:00+ 12:39+ 13:46+ 14:59+ 16:52+ 17:57+ 19:05+ 19:29+ 19:45+		
00:30+	00:39+ 01:10+ 00:51+ 01:56+ 00:58+ 00:40+ 00:32+ 02:11+ 01:24+ 01:09+ 00:39+ 01:07+ 01:13+ 01:53+ 01:05+ 01:08+ 00:24+ 00:16-		
00:04#	00:01+ 00:08# 00:09# 00:24& 00:19& 00:09& 00:02+ 00:13# 00:16# 00:12# 00:01+ 00:14& 00:19& 00:13# 00:09# 00:01+ 00:03# 00:01-		
14	Kjell Seland	236	19:53
00:28+	01:07+ 02:53+ 03:46+ 05:28+ 06:18+ 06:48+ 07:18+ 09:37+ 10:58+ 12:04+ 12:53+ 13:55+ 14:58+ 16:55+ 17:58+ 19:16+ 19:37+ 19:53+		
00:28+	00:39+ 01:46+ 00:53+ 01:42+ 00:50+ 00:30- 00:30= 02:19+ 01:21+ 01:06+ 00:49+ 01:02+ 01:03+ 01:57+ 01:03+ 01:18+ 00:21= 00:16-		
00:02+	00:01+ 00:44& 00:11& 00:10# 00:11& 00:01- 00:00= 00:21# 00:13# 00:09# 00:11& 00:09# 00:09# 00:17# 00:07# 00:11# 00:00= 00:01-		

Class	Navn	Klasse												Tid				
15	Øystein Fuglestad	46												19:55				
00:28+	01:06+	02:18+	03:12+	04:48+	05:41+	06:20+	06:50+	09:13+	10:38+	11:51+	12:30+	13:30+	14:36+	16:47+	17:54+	19:16+	19:40+	19:55+
00:28+	00:38=	01:12+	00:54+	01:36+	00:53+	00:39+	00:30=	02:23+	01:25+	01:13+	00:39+	01:00+	01:06+	02:11+	01:07+	01:22+	00:24+	00:15-
00:02+	00:00=	00:10#	00:12&	00:04+	00:14&	00:08&	00:00=	00:25#	00:17#	00:16&	00:01+	00:07#	00:12#	00:31&	00:11#	00:15#	00:03#	00:02-
16	Morten Johannessen	7												20:03				
00:30+	01:12+	02:17+	03:06+	05:02+	06:00+	06:34+	07:04+	09:04+	10:19+	11:18+	11:53+	12:48+	15:26+	17:11+	18:13+	19:21+	19:47+	20:03+
00:30+	00:42+	01:05+	00:49+	01:56+	00:58+	00:34+	00:30=	02:00+	01:15+	00:59+	00:35-	00:55+	02:38+	01:45+	01:02+	01:08+	00:26+	00:16-
00:04#	00:04#	00:03+	00:07#	00:24&	00:19&	00:03+	00:00=	00:02+	00:07#	00:02+	00:03-	00:02+	01:44#	00:05+	00:06#	00:01+	00:05#	00:01-
17	Knut Feldmann	93												20:31				
00:26=	01:06+	02:14+	03:03+	04:53+	05:53+	06:29+	07:01+	09:10+	10:29+	11:33+	12:13+	13:24+	15:50+	17:43+	18:46+	19:54+	20:15+	20:31+
00:26=	00:40+	01:08+	00:49+	01:50+	01:00+	00:36+	00:32+	02:09+	01:19+	01:04+	00:40+	01:11+	02:26+	01:53+	01:03+	01:08+	00:21=	00:16-
00:00=	00:02+	00:06+	00:07#	00:18#	00:21&	00:05#	00:02+	00:11+	00:11#	00:07#	00:02+	00:18&	01:32#	00:13#	00:07#	00:01+	00:00=	00:01-
18	Trygve Michaelsen	117												20:31				
00:26=	01:01-	02:10+	02:58+	04:37+	05:22+	05:55+	06:27+	08:40+	09:54+	11:05+	11:42+	12:54+	15:32+	17:31+	18:34+	19:53+	20:15+	20:31+
00:26=	00:35-	01:09+	00:48+	01:39+	00:45+	00:33+	00:32+	02:13+	01:14+	01:11+	00:37-	01:12+	02:38+	01:59+	01:03+	01:19+	00:22+	00:16-
00:00=	00:03-	00:07#	00:06#	00:07+	00:06#	00:02+	00:02+	00:15#	00:06+	00:14#	00:01-	00:19&	01:44#	00:19#	00:07#	00:12#	00:01+	00:01-
19	Lars Bergersen	116												20:52				
00:28+	01:03-	02:10+	03:02+	04:56+	05:46+	06:20+	06:49+	09:16+	12:11+	13:09+	13:50+	14:51+	15:59+	17:59+	19:01+	20:12+	20:36+	20:52+
00:28+	00:35-	01:07+	00:52+	01:54+	00:50+	00:34+	00:29-	02:27+	02:55+	00:58+	00:41+	01:01+	01:08+	02:00+	01:02+	01:11+	00:24+	00:16-
00:02+	00:03-	00:05+	00:10#	00:22#	00:11&	00:03+	00:01-	00:29#	01:47#	00:01+	00:03+	00:08#	00:14&	00:20#	00:06#	00:04+	00:03#	00:01-
20	Kjell Ove Aksland	27												20:58				
00:28+	01:18+	02:25+	03:24+	05:34+	06:33+	07:22+	07:51+	10:13+	11:39+	12:51+	13:34+	14:35+	15:51+	17:56+	19:05+	20:19+	20:42+	20:58+
00:28+	00:50+	01:07+	00:59+	02:10+	00:59+	00:49+	00:29-	02:22+	01:26+	01:12+	00:43+	01:01+	01:16+	02:05+	01:09+	01:14+	00:23+	00:16-
00:02+	00:12&	00:05+	00:17&	00:38&	00:20&	00:18&	00:01-	00:24#	00:18&	00:15&	00:05#	00:08#	00:22&	00:25#	00:13#	00:07#	00:02+	00:01-
21	John C. Sinnes	93												21:21				
00:33+	01:16+	02:36+	03:53+	05:49+	06:47+	07:23+	07:55+	10:25+	11:46+	12:55+	13:43+	14:48+	16:01+	18:04+	19:21+	20:40+	21:04+	21:21+
00:33+	00:43+	01:20+	01:17+	01:56+	00:58+	00:36+	00:32+	02:30+	01:21+	01:09+	00:48+	01:05+	01:13+	02:03+	01:17+	01:19+	00:24+	00:17=
00:07&	00:05#	00:18&	00:35&	00:24&	00:19&	00:05#	00:02+	00:32&	00:13#	00:12#	00:10&	00:12#	00:19&	00:23#	00:21&	00:12#	00:03#	00:00=
22	Åge Bryne	241												21:23				
00:54+	01:43+	02:52+	03:47+	05:38+	06:34+	07:13+	07:45+	09:53+	11:12+	12:21+	13:12+	14:28+	16:22+	18:23+	19:24+	20:40+	21:04+	21:23+
00:54+	00:49+	01:09+	00:55+	01:51+	00:56+	00:39+	00:32+	02:08+	01:19+	01:09+	00:51+	01:16+	01:54+	02:01+	01:01+	01:16+	00:24+	00:19+
00:28#	00:11&	00:07#	00:13&	00:19#	00:17&	00:08&	00:02+	00:10+	00:11#	00:12#	00:13&	00:23&	01:00#	00:21#	00:05+	00:09#	00:03#	00:02#
23	Tor Inge Halvorsen	5												21:27				
00:30+	01:11+	02:25+	04:01+	05:49+	06:41+	07:21+	07:50+	10:07+	11:34+	12:46+	13:28+	14:40+	15:50+	17:56+	19:20+	20:44+	21:10+	21:27+
00:30+	00:41+	01:14+	01:36+	01:48+	00:52+	00:40+	00:29-	02:17+	01:27+	01:12+	00:42+	01:12+	01:10+	02:06+	01:24+	01:24+	00:26+	00:17=
00:04#	00:03+	00:12#	00:54#	00:16#	00:13&	00:09&	00:01-	00:19#	00:19&	00:15&	00:04#	00:19&	00:16&	00:26&	00:28&	00:17&	00:05#	00:00=
24	Torbjørn Dahle	92												21:30				
00:34+	01:19+	02:37+	03:36+	05:49+	06:39+	07:17+	07:52+	10:18+	11:43+	13:00+	14:00+	15:05+	16:20+	18:26+	19:30+	20:46+	21:12+	21:30+
00:34+	00:45+	01:18+	00:59+	02:13+	00:50+	00:38+	00:35+	02:26+	01:25+	01:17+	01:00+	01:05+	01:15+	02:06+	01:04+	01:16+	00:26+	00:18+
00:08&	00:07#	00:16&	00:17&	00:41&	00:11&	00:07#	00:05#	00:28#	00:17#	00:20&	00:22&	00:12#	00:21&	00:26&	00:08#	00:09#	00:05#	00:01+
25	Lars Salvesen	50												21:38				
00:32+	01:16+	02:31+	03:38+	05:14+	06:11+	07:09+	07:39+	09:58+	11:28+	12:40+	13:29+	14:49+	16:09+	18:32+	19:43+	20:59+	21:23+	21:38+
00:32+	00:44+	01:15+	01:07+	01:36+	00:57+	00:58+	00:30=	02:19+	01:30+	01:12+	00:49+	01:20+	01:20+	02:23+	01:11+	01:16+	00:24+	00:15-
00:06#	00:06#	00:13#	00:25&	00:04+	00:18&	00:27&	00:00=	00:21#	00:22&	00:15&	00:11&	00:27&	00:26&	00:43&	00:15&	00:09#	00:03#	00:02-
26	Arne Nygaard	66												21:39				
00:30+	01:10+	02:26+	03:27+	05:21+	06:12+	07:02+	07:35+	09:59+	11:50+	12:55+	13:39+	14:48+	16:25+	18:25+	19:34+	20:57+	21:27+	21:39+
00:30+	00:40+	01:16+	01:01+	01:54+	00:51+	00:50+	00:33+	02:24+	01:51+	01:05+	00:44+	01:09+	01:37+	02:00+	01:09+	01:23+	00:30+	00:12-
00:04#	00:02+	00:14#	00:19&	00:22#	00:12&	00:19&	00:03#	00:26#	00:43&	00:08#	00:06#	00:16&	00:43&	00:20#	00:13#	00:16#	00:09&	00:05-
27	Tor Sverre Skåra	266												21:44				
00:30+	01:14+	02:26+	03:24+	05:24+	06:29+	07:00+	07:36+	10:12+	11:46+	13:06+	13:47+	15:08+	16:21+	18:35+	19:41+	21:03+	21:29+	21:44+
00:30+	00:44+	01:12+	00:58+	02:00+	01:05+	00:31=	00:36+	02:36+	01:34+	01:20+	00:41+	01:21+	01:13+	02:14+	01:06+	01:22+	00:26+	00:15-
00:04#	00:06#	00:10#	00:16&	00:28&	00:26&	00:00=	00:06#	00:38&	00:26&	00:23&	00:03+	00:28&	00:19&	00:34&	00:10#	00:15#	00:05#	00:02-
28	Magnar Møller	62												21:46				
00:31+	01:16+	02:25+	03:19+	06:49+	07:36+	08:06+	08:38+	10:56+	12:19+	13:34+	14:09+	15:33+	16:30+	18:42+	19:46+	21:03+	21:27+	21:46+
00:31+	00:45+	01:09+	00:54+	03:30+	00:47+	00:30-	00:32+	02:18+	01:23+	01:15+	00:35-	01:24+	00:57+	02:12+	01:04+	01:17+	00:24+	00:19+
00:05#	00:07#	00:07#	00:12&	01:58#	00:08#	00:01-	00:02+	00:20#	00:15#	00:18&	00:03-	00:31&	00:03+	00:32&	00:08#	00:10#	00:03#	00:02#
29	Harald Taksdal	236												21:47				
00:41+	01:24+	02:41+	03:46+	06:20+	07:21+	08:00+	08:32+	10:54+	12:21+	13:26+	14:16+	15:22+	16:30+	18:34+	19:46+	21:04+	21:28+	21:47+
00:41+	00:43+	01:17+	01:05+	02:34+	01:01+	00:39+	00:32+	02:22+	01:27+	01:05+	00:50+	01:06+	01:08+	02:04+	01:12+	01:18+	00:24+	00:19+
00:15&	00:05#	00:15#	00:23&	01:02&	00:22&	00:08&	00:02+	00:24#	00:19&	00:08#	00:12&	00:13#	00:14&	00:24#	00:16&	00:11#	00:03#	00:02#

Class	Navn	Klasse														Tid				
30	Svein Magne Gloppen	93														22:17				
00:34+	01:23+	02:40+	03:43+	06:07+	07:09+	08:00+	08:31+	10:47+	12:11+	13:26+	14:05+	15:12+	16:50+	18:59+	20:11+	21:32+	22:02+	22:17+		
00:34+	00:49+	01:17+	01:03+	02:24+	01:02+	00:51+	00:31+	02:16+	01:24+	01:15+	00:39+	01:07+	01:38+	02:09+	01:12+	01:21+	00:30+	00:15-		
00:08&	00:11&	00:15#	00:21&	00:52&	00:23&	00:20&	00:01+	00:18#	00:16#	00:18&	00:01+	00:14&	00:44&	00:29&	00:16&	00:14#	00:09&	00:02-		
31	Stein Sigbjørnsen	27														22:25				
00:31+	01:10+	02:21+	03:18+	05:14+	06:15+	06:54+	07:30+	09:56+	11:25+	12:43+	13:40+	15:04+	16:43+	19:01+	20:16+	21:32+	22:08+	22:25+		
00:31+	00:39+	01:11+	00:57+	01:56+	01:01+	00:39+	00:36+	02:26+	01:29+	01:18+	00:57+	01:24+	01:39+	02:18+	01:15+	01:16+	00:36+	00:17=		
00:05#	00:01+	00:09#	00:15&	00:24&	00:22&	00:08&	00:06#	00:28#	00:21&	00:21&	00:19&	00:31&	00:45&	00:38&	00:19&	00:09#	00:15&	00:00=		
32	Håvard Håland	66														22:54				
00:29+	01:07+	02:13+	03:03+	07:21+	08:11+	08:49+	09:23+	11:28+	12:45+	13:43+	14:28+	15:31+	17:15+	19:05+	20:59+	22:14+	22:36+	22:54+		
00:29+	00:38=	01:06+	00:50+	04:18+	00:50+	00:38+	00:34+	02:05+	01:17+	00:58+	00:45+	01:03+	01:44+	01:50+	01:54+	01:15+	00:22+	00:18+		
00:03#	00:00=	00:04+	00:08#	02:46@	00:11&	00:07#	00:04#	00:07+	00:09#	00:01+	00:07#	00:10#	00:50&	00:10#	00:58@	00:08#	00:01+	00:01+		
33	Sveinung Rosenvinge	116														22:57				
00:31+	01:12+	02:31+	03:33+	06:04+	06:59+	07:33+	08:07+	10:49+	12:18+	13:40+	14:25+	15:53+	17:14+	19:33+	20:40+	22:06+	22:37+	22:57+		
00:31+	00:41+	01:19+	01:02+	02:31+	00:55+	00:34+	00:34+	02:42+	01:29+	01:22+	00:45+	01:28+	01:21+	02:19+	01:07+	01:26+	00:31+	00:20+		
00:05#	00:03+	00:17&	00:20&	00:59&	00:16&	00:03+	00:04#	00:44&	00:21&	00:25&	00:07#	00:35&	00:27&	00:39&	00:11#	00:19&	00:10&	00:03#		
34	Torbjørn Salthe	125														23:01				
00:40+	01:30+	02:40+	04:00+	05:52+	06:44+	07:25+	08:12+	10:25+	12:11+	13:18+	14:12+	15:44+	17:28+	19:34+	20:57+	22:19+	22:46+	23:01+		
00:40+	00:50+	01:10+	01:20+	01:52+	00:52+	00:41+	00:47+	02:13+	01:46+	01:07+	00:54+	01:32+	01:44+	02:06+	01:23+	01:22+	00:27+	00:15-		
00:14&	00:12&	00:08#	00:38&	00:20#	00:13&	00:10&	00:17&	00:15#	00:38&	00:10#	00:16&	00:39&	00:50&	00:26&	00:27&	00:15#	00:06&	00:02-		
35	Geir Rune Seldal	192														23:25				
00:33+	01:17+	02:31+	03:55+	05:56+	07:29+	08:41+	09:09+	11:45+	13:21+	14:37+	15:11+	16:27+	17:51+	20:10+	21:11+	22:42+	23:08+	23:25+		
00:33+	00:44+	01:14+	01:24+	02:01+	01:33+	01:12+	00:28-	02:36+	01:36+	01:16+	00:34-	01:16+	01:24+	02:19+	01:01+	01:31+	00:26+	00:17=		
00:07&	00:06#	00:12#	00:42&	00:29&	00:54@	00:41@	00:02-	00:38&	00:28&	00:19&	00:04-	00:23&	00:30&	00:39&	00:05+	00:24&	00:05#	00:00=		
36	Kjell Lervik	239														24:01				
00:39+	01:35+	03:02+	04:18+	06:22+	07:34+	08:21+	08:56+	11:48+	13:22+	14:40+	15:31+	16:57+	18:11+	20:29+	21:45+	23:13+	23:41+	24:01+		
00:39+	00:56+	01:27+	01:16+	02:04+	01:12+	00:47+	00:35+	02:52+	01:34+	01:18+	00:51+	01:26+	01:14+	02:18+	01:16+	01:28+	00:28+	00:20+		
00:13&	00:18&	00:25&	00:34&	00:32&	00:33&	00:16&	00:05#	00:54&	00:26&	00:21&	00:13&	00:33&	00:20&	00:38&	00:20&	00:21&	00:07&	00:03#		
37	Svein Sivertsen	115														24:32				
00:41+	01:31+	02:52+	03:56+	05:59+	06:56+	07:43+	08:22+	11:22+	13:04+	14:59+	15:54+	17:14+	18:32+	21:03+	22:16+	23:43+	24:13+	24:32+		
00:41+	00:50+	01:21+	01:04+	02:03+	00:57+	00:47+	00:39+	03:00+	01:42+	01:55+	00:55+	01:20+	01:18+	02:31+	01:13+	01:27+	00:30+	00:19+		
00:15&	00:12&	00:19&	00:22&	00:31&	00:18&	00:16&	00:09&	01:02&	00:34&	00:58@	00:17&	00:27&	00:24&	00:51&	00:17&	00:20&	00:09&	00:02#		
38	Kjell Helge Husebø	115														27:14				
00:49+	01:44+	03:05+	05:29+	07:50+	08:53+	09:38+	10:20+	12:57+	14:41+	16:27+	17:30+	19:30+	21:06+	23:23+	24:54+	26:25+	26:55+	27:14+		
00:49+	00:55+	01:21+	02:24+	02:21+	01:03+	00:45+	00:42+	02:37+	01:44+	01:46+	01:03+	02:00+	01:36+	02:17+	01:31+	01:31+	00:30+	00:19+		
00:23&	00:17&	00:19&	01:42&	00:49&	00:24&	00:14&	00:12&	00:39&	00:36&	00:49&	00:25&	01:07@	00:42&	00:37&	00:35&	00:24&	00:09&	00:02#		
39	Per Kolbein Tonstad	66														27:36				
00:55+	01:58+	03:30+	04:42+	06:58+	08:10+	09:06+	09:46+	12:48+	14:50+	16:17+	17:17+	19:00+	20:36+	23:28+	25:00+	26:44+	27:13+	27:36+		
00:55+	01:03+	01:32+	01:12+	02:16+	01:12+	00:56+	00:40+	03:02+	02:02+	01:27+	01:00+	01:43+	01:36+	02:52+	01:32+	01:44+	00:29+	00:23+		
00:29@	00:25&	00:30&	00:30&	00:44&	00:33&	00:25&	00:10&	01:04&	00:54&	00:30&	00:22&	00:50&	00:42&	01:12&	00:36&	00:37&	00:08&	00:06&		
40	Sverre Magnar Nordal	116														35:56				
00:36+	01:23+	02:43+	13:34+	18:04+	19:11+	19:54+	20:35+	23:12+	24:50+	26:06+	26:57+	28:28+	30:15+	32:31+	33:54+	35:12+	35:35+	35:56+		
00:36+	00:47+	01:20+	10:51+	04:30+	01:07+	00:43+	00:41+	02:37+	01:38+	01:16+	00:51+	01:31+	01:47+	02:16+	01:23+	01:18+	00:23+	00:21+		
00:10&	00:09#	00:18&	10:09@	02:58@	00:28&	00:12&	00:11&	00:39&	00:30&	00:19&	00:13&	00:38&	00:53&	00:36&	00:27&	00:11#	00:02+	00:04#		
Beste strekktid for klassen																				
00:22	00:34	01:00	00:42	01:28	00:39	00:27	00:26	01:53	01:06	00:56	00:34	00:53	00:46	01:40	00:55	00:58	00:17	00:11		

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

Herrer 60 - 64 år

1	Terje Stokkeland	69														19:58				
00:46=	01:26=	02:38=	03:28=	05:54=	06:32=	07:01=	09:22=	10:37=	12:06=	13:37=	14:56=	16:49=	17:56=	19:16=	19:39=	19:58=				
00:46=	00:40=	01:12=	00:50=	02:26=	00:38=	00:29=	02:21=	01:15=	01:29=	01:31=	01:19=	01:53=	01:07=	01:20=	00:23=	00:19=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Kjell Skjæveland	108														20:18				
00:34-	01:05-	02:14-	03:02-	05:56+	06:30-	07:00-	09:11-	10:29-	12:01-	13:25-	15:18+	17:10+	18:18+	19:40+	20:03+	20:18+				
00:34-	00:31-	01:09-	00:48-	02:54+	00:34-	00:30+	02:11-	01:18+	01:32+	01:24-	01:53+	01:52-	01:08+	01:22+	00:23=	00:15-				
00:12-	00:09-	00:03-	00:02-	00:28#	00:04-	00:01+	00:10-	00:03+	00:03+	00:07-	00:34&	00:01-	00:01+	00:02+	00:00=	00:04-				

Class	Navn	Klasse												Tid			
3	Magne Tunheim	144												20:30			
	00:36-	01:08-	02:15-	03:02-	05:23-	05:59-	06:26-	08:39-	09:50-	11:02-	12:27-	15:46+	17:38+	18:44+	19:54+	20:16+	20:30+
	00:36-	00:32-	01:07-	00:47-	02:21-	00:36-	00:27-	02:13-	01:11-	01:12-	01:25-	03:19+	01:52-	01:06-	01:10-	00:22-	00:14-
	00:10-	00:08-	00:05-	00:03-	00:05-	00:02-	00:02-	00:08-	00:04-	00:17-	00:06-	02:00#	00:01-	00:01-	00:10-	00:01-	00:05-
4	Dag Helliksen	80												20:35			
	00:32-	01:08-	02:21-	03:08-	05:28-	05:58-	06:33-	08:45-	10:00-	12:44+	14:02+	15:41+	17:38+	18:46+	20:00+	20:21+	20:35+
	00:32-	00:36-	01:13+	00:47-	02:20-	00:30-	00:35+	02:12-	01:15-	02:44+	01:18-	01:39+	01:57+	01:08+	01:14-	00:21-	00:14-
	00:14-	00:04-	00:01+	00:03-	00:06-	00:08-	00:06#	00:09-	00:00-	01:15#	00:13-	00:20#	00:04+	00:01+	00:06-	00:02-	00:05-
5	Sveinung Tveit	236												21:23			
	00:39-	01:16-	02:30-	03:21-	05:59+	06:37+	07:09+	09:31+	10:50+	13:11+	14:28+	15:58+	17:58+	19:06+	20:43+	21:05+	21:23+
	00:39-	00:37-	01:14+	00:51+	02:38+	00:38-	00:32+	02:22+	01:19+	02:21+	01:17-	01:30+	02:00+	01:08+	01:37+	00:22-	00:18-
	00:07-	00:03-	00:02+	00:01+	00:12+	00:00-	00:03#	00:01+	00:04+	00:52#	00:14-	00:11#	00:07+	00:01+	00:17#	00:01-	00:01-
6	Tor Geir Espedal	115												21:23			
	00:41-	01:18-	02:29-	03:22-	05:51-	06:27-	06:58-	09:31+	11:09+	12:48+	14:10+	16:09+	18:17+	19:21+	20:46+	21:08+	21:23+
	00:41-	00:37-	01:11-	00:53+	02:29+	00:36-	00:31+	02:33+	01:38+	01:39+	01:22-	01:59+	02:08+	01:04-	01:25+	00:22-	00:15-
	00:05-	00:03-	00:01-	00:03+	00:03+	00:02-	00:02+	00:12+	00:23#	00:10#	00:09-	00:40#	00:15#	00:03-	00:05+	00:01-	00:04-
7	Torbjørn Evensen	108												21:59			
	00:35-	01:08-	02:20-	03:12-	05:46-	06:29-	07:06+	09:35+	10:55+	13:20+	14:41+	16:15+	18:30+	19:43+	21:14+	21:40+	21:59+
	00:35-	00:33-	01:12-	00:52+	02:34+	00:43+	00:37+	02:29+	01:20+	02:25+	01:21-	01:34+	02:15+	01:13+	01:31+	00:26+	00:19-
	00:11-	00:07-	00:00-	00:02+	00:08+	00:05#	00:08-	00:08+	00:05+	00:56#	00:10-	00:15#	00:22#	00:06+	00:11#	00:03#	00:00-
8	Bjarne Gimre	88												22:28			
	00:42-	01:22-	02:41+	03:30+	06:34+	07:14+	07:48+	10:25+	12:00+	13:51+	15:11+	16:43+	19:01+	20:15+	21:46+	22:12+	22:28+
	00:42-	00:40-	01:19+	00:49-	03:04+	00:40+	00:34+	02:37+	01:35+	01:51+	01:20-	01:32+	02:18+	01:14+	01:31+	00:26+	00:16-
	00:04-	00:00-	00:07+	00:01-	00:38#	00:02+	00:05#	00:16#	00:20#	00:22#	00:11-	00:13#	00:25#	00:07#	00:11#	00:03#	00:03-
9	Bjørn H. Engseth	27												22:28			
	01:29+	02:04+	03:24+	04:17+	06:48+	08:01+	08:32+	11:01+	12:19+	13:49+	15:24+	16:46+	18:48+	20:04+	21:42+	22:09+	22:28+
	01:29+	00:35-	01:20+	00:53+	02:31+	01:13+	00:31+	02:29+	01:18+	01:30+	01:35+	01:22+	02:02+	01:16+	01:38+	00:27+	00:19-
	00:43#	00:05-	00:08#	00:03+	00:05+	00:35#	00:02+	00:08+	00:03+	00:01+	00:04+	00:03+	00:09+	00:09#	00:18#	00:04#	00:00-
10	Tor Harald Lunde	47												23:54			
	00:34-	01:12-	02:36-	03:28-	06:05+	06:55+	07:32+	10:14+	11:34+	14:31+	15:52+	18:01+	20:17+	21:33+	23:08+	23:34+	23:54+
	00:34-	00:38-	01:24+	00:52+	02:37+	00:50+	00:37+	02:42+	01:20+	02:57+	01:21-	02:09+	02:16+	01:16+	01:35+	00:26+	00:20+
	00:12-	00:02-	00:12#	00:02+	00:11+	00:12#	00:08#	00:21#	00:05+	01:28#	00:10-	00:50#	00:23#	00:09#	00:15#	00:03#	00:01+
11	Jan Øyvind Lilledal	281												24:01			
	00:39-	01:15-	02:36-	03:47+	06:38+	07:21+	07:58+	10:53+	12:59+	15:02+	16:30+	18:01+	20:23+	21:36+	23:17+	23:43+	24:01+
	00:39-	00:36-	01:21+	01:11+	02:51+	00:43+	00:37+	02:55+	02:06+	02:03+	01:28-	01:31+	02:22+	01:13+	01:41+	00:26+	00:18-
	00:07-	00:04-	00:09#	00:21#	00:25#	00:05#	00:08#	00:34#	00:51#	00:34#	00:03-	00:12#	00:29#	00:06+	00:21#	00:03#	00:01-
12	Arne M. Handeland	92												24:04			
	00:39-	01:17-	02:36-	03:29+	06:05+	06:48+	07:22+	09:51+	13:17+	14:56+	16:41+	18:34+	20:39+	21:56+	23:24+	23:48+	24:04+
	00:39-	00:38-	01:19+	00:53+	02:36+	00:43+	00:34+	02:29+	03:26+	01:39+	01:45+	01:53+	02:05+	01:17+	01:28+	00:24+	00:16-
	00:07-	00:02-	00:07+	00:03+	00:10+	00:05#	00:05#	00:08+	02:11#	00:10#	00:14#	00:34#	00:12#	00:10#	00:08#	00:01+	00:03-
13	Bjørn Bjelland	83												24:51			
	00:41-	01:19-	02:41+	03:44+	06:47+	07:36+	08:12+	11:08+	12:38+	14:30+	17:06+	18:48+	21:14+	22:25+	24:02+	24:31+	24:51+
	00:41-	00:38-	01:22+	01:03+	03:03+	00:49+	00:36+	02:56+	01:30+	01:52+	02:36+	01:42+	02:26+	01:11+	01:37+	00:29+	00:20+
	00:05-	00:02-	00:10#	00:13#	00:37#	00:11#	00:07#	00:35#	00:15#	00:23#	01:05#	00:23#	00:33#	00:04+	00:17#	00:06#	00:01+
14	Inge Johan Øverland	93												24:54			
	00:44-	01:32+	02:54+	03:46+	07:17+	08:03+	08:39+	11:15+	12:38+	15:06+	17:04+	18:42+	21:13+	22:39+	24:11+	24:35+	24:54+
	00:44-	00:48+	01:22+	00:52+	03:31+	00:46+	00:36+	02:36+	01:23+	02:28+	01:58+	01:38+	02:31+	01:26+	01:32+	00:24+	00:19-
	00:02-	00:08#	00:10#	00:02+	01:05#	00:08#	00:07#	00:15#	00:08#	00:59#	00:27#	00:19#	00:38#	00:19#	00:12#	00:01+	00:00-
15	Agnar Lien	7												25:01			
	00:44-	01:28+	03:09+	04:47+	07:37+	08:14+	08:50+	11:35+	13:24+	15:59+	17:30+	18:58+	21:12+	22:40+	24:12+	24:39+	25:01+
	00:44-	00:44+	01:41+	01:38+	02:50+	00:37-	00:36+	02:45+	01:49+	02:35+	01:31-	01:28+	02:14+	01:28+	01:32+	00:27+	00:22+
	00:02-	00:04#	00:29#	00:48#	00:24#	00:01-	00:07#	00:24#	00:34#	01:06#	00:00-	00:09#	00:21#	00:21#	00:12#	00:04#	00:03#
16	Rolf Kleppe	63												28:52			
	00:47+	01:35+	03:11+	06:51+	09:52+	10:34+	11:15+	14:15+	16:03+	18:08+	20:25+	22:24+	24:55+	26:23+	28:02+	28:34+	28:52+
	00:47+	00:48+	01:36+	03:40+	03:01+	00:42+	00:41+	03:00+	01:48+	02:05+	02:17+	01:59+	02:31+	01:28+	01:39+	00:32+	00:18-
	00:01+	00:08#	00:24#	02:50#	00:35#	00:04#	00:12#	00:39#	00:33#	00:36#	00:46#	00:40#	00:38#	00:21#	00:19#	00:09#	00:01-
Beste strekktid for klassen																	
	00:32	00:31	01:07	00:47	02:20	00:30	00:27	02:11	01:11	01:12	01:17	01:19	01:52	01:04	01:10	00:21	00:14

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

Herrer 65 - 69 år

1	Bjørn Alsaker	115	16:32
00:33=	01:05= 02:05= 02:45= 04:42= 05:16= 05:43= 07:42= 08:44= 09:55= 11:07= 12:16= 13:56= 14:52= 16:00= 16:19= 16:32=		
00:33=	00:32= 01:00= 00:40= 01:57= 00:34= 00:27= 01:59= 01:02= 01:11= 01:12= 01:09= 01:40= 00:56= 01:08= 00:19= 00:13=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Asgeir Bell	117	17:19
00:31-	01:01- 02:09+ 02:50+ 05:03+ 05:34+ 06:01+ 08:05+ 09:14+ 10:26+ 11:36+ 12:42+ 14:29+ 15:27+ 16:40+ 17:01+ 17:19+		
00:31-	00:30- 01:08+ 00:41+ 02:13+ 00:31- 00:27= 02:04+ 01:09+ 01:12+ 01:10- 01:06- 01:47+ 00:58+ 01:13+ 00:21+ 00:18+		
00:02-	00:02- 00:08# 00:01+ 00:16# 00:03- 00:00= 00:05+ 00:07# 00:01+ 00:02- 00:03- 00:07+ 00:02+ 00:05+ 00:02# 00:05&		
3	Harry Breiland	66	18:06
00:34+	01:05= 02:09+ 02:51+ 04:51+ 05:20+ 05:46+ 07:48+ 10:00+ 11:19+ 12:30+ 13:41+ 15:22+ 16:19+ 17:29+ 17:51+ 18:06+		
00:34+	00:31- 01:04+ 00:42+ 02:12+ 00:31- 00:29= 02:02+ 01:19+ 01:11- 01:11+ 01:41+ 00:57+ 01:10+ 00:22+ 00:15+		
00:01+	00:01- 00:04+ 00:02+ 00:03+ 00:05- 00:01- 00:03+ 01:10# 00:08# 00:01- 00:02+ 00:01+ 00:01+ 00:02+ 00:03# 00:02#		
4	Jan Hetland	29	18:10
00:30-	01:04- 02:12+ 02:59+ 05:15+ 05:45+ 06:14+ 08:11+ 09:20+ 11:05+ 12:19+ 13:45+ 15:31+ 16:29+ 17:38+ 17:56+ 18:10+		
00:30-	00:34+ 01:08+ 00:47+ 02:16+ 00:30- 00:29+ 01:57- 01:09+ 01:45+ 01:14+ 01:26+ 01:46+ 00:58+ 01:09+ 00:18- 00:14+		
00:03-	00:02+ 00:08# 00:07# 00:19# 00:04- 00:02+ 00:02- 00:07# 00:34& 00:02+ 00:17# 00:06+ 00:02+ 00:01+ 00:01- 00:01+		
5	Leif Gunnar Wikene	43	20:34
00:39+	01:18+ 02:31+ 03:18+ 05:32+ 06:08+ 06:39+ 09:00+ 10:16+ 11:55+ 13:32+ 15:01+ 17:18+ 18:29+ 19:51+ 20:16+ 20:34+		
00:39+	00:39+ 01:13+ 00:47+ 02:14+ 00:36+ 00:31+ 02:21+ 01:16+ 01:39+ 01:37+ 01:29+ 02:17+ 01:11+ 01:22+ 00:25+ 00:18+		
00:06#	00:07# 00:13# 00:07# 00:17# 00:02+ 00:04# 00:22# 00:14# 00:28& 00:25& 00:20& 00:37& 00:15& 00:14# 00:06& 00:05&		
6	Olav Habbestad	116	20:36
00:33=	01:10+ 02:16+ 03:05+ 05:17+ 05:49+ 06:20+ 08:21+ 09:35+ 10:59+ 12:19+ 14:06+ 16:26+ 18:48+ 20:00+ 20:20+ 20:36+		
00:33=	00:37+ 01:06+ 00:49+ 02:12+ 00:32- 00:31+ 02:01+ 01:14+ 01:24+ 01:20+ 01:47+ 02:20+ 02:22+ 01:12+ 00:20+ 00:16+		
00:00=	00:05# 00:06# 00:09# 00:15# 00:02- 00:04# 00:02+ 00:12# 00:13# 00:08# 00:38& 00:40& 01:26# 00:04+ 00:01+ 00:03#		
7	Gunnar Sakseid	116	20:58
00:37+	01:11+ 02:18+ 03:05+ 05:24+ 06:04+ 06:35+ 08:50+ 10:03+ 11:38+ 12:49+ 16:01+ 18:03+ 19:06+ 20:22+ 20:42+ 20:58+		
00:37+	00:34+ 01:07+ 00:47+ 02:19+ 00:40+ 00:31+ 02:15+ 01:13+ 01:35+ 01:11- 03:12+ 02:02+ 01:03+ 01:16+ 00:20+ 00:16+		
00:04#	00:02+ 00:07# 00:07# 00:22# 00:06# 00:04# 00:16# 00:11# 00:24& 00:01- 02:03# 00:22# 00:07# 00:08# 00:01+ 00:03#		
8	Jostein Tunheim	116	21:21
00:40+	01:32+ 02:47+ 03:37+ 06:22+ 07:01+ 07:37+ 10:00+ 11:15+ 13:05+ 14:29+ 15:56+ 18:01+ 19:15+ 20:39+ 21:03+ 21:21+		
00:40+	00:52+ 01:15+ 00:50+ 02:45+ 00:39+ 00:36+ 02:23+ 01:15+ 01:50+ 01:24+ 01:27+ 02:05+ 01:14+ 01:24+ 00:24+ 00:18+		
00:07#	00:20& 00:15# 00:10# 00:48& 00:05# 00:09& 00:24# 00:13# 00:39& 00:12# 00:18& 00:25# 00:18& 00:16# 00:05& 00:05&		
9	Eivind L. Rake	92	21:42
00:41+	01:14+ 02:28+ 03:13+ 05:34+ 06:12+ 06:46+ 09:16+ 11:03+ 12:43+ 14:07+ 15:26+ 17:27+ 18:37+ 20:59+ 21:24+ 21:42+		
00:41+	00:33+ 01:14+ 00:45+ 02:21+ 00:38+ 00:34+ 02:30+ 01:47+ 01:40+ 01:24+ 01:19+ 02:01+ 01:10+ 02:22+ 00:25+ 00:18+		
00:08#	00:01+ 00:14# 00:05# 00:24# 00:04# 00:07& 00:31& 00:45& 00:29& 00:12# 00:10# 00:21# 00:14# 01:14# 00:06& 00:05&		
10	Otto Alsnes	50	21:44
00:36+	01:13+ 02:28+ 03:20+ 05:59+ 06:32+ 07:05+ 09:38+ 11:02+ 12:38+ 14:05+ 15:42+ 17:56+ 19:08+ 20:59+ 21:25+ 21:44+		
00:36+	00:37+ 01:15+ 00:52+ 02:39+ 00:33- 00:33+ 02:33+ 01:24+ 01:36+ 01:27+ 01:37+ 02:14+ 01:12+ 01:51+ 00:26+ 00:19+		
00:03+	00:05# 00:15# 00:12& 00:42& 00:01- 00:06# 00:34& 00:22& 00:25& 00:15# 00:28& 00:34& 00:16& 00:43& 00:07& 00:06&		
11	Arne Østensen	90	21:49
00:36+	01:14+ 02:19+ 03:02+ 06:01+ 06:33+ 07:39+ 09:52+ 11:45+ 13:18+ 15:00+ 16:42+ 18:36+ 19:45+ 21:04+ 21:31+ 21:49+		
00:36+	00:38+ 01:05+ 00:43+ 02:59+ 00:32- 01:06+ 02:13+ 01:53+ 01:33+ 01:42+ 01:42+ 01:54+ 01:09+ 01:19+ 00:27+ 00:18+		
00:03+	00:06# 00:05+ 00:03+ 01:02& 00:02- 00:39# 00:14# 00:51& 00:22& 00:30& 00:33& 00:14# 00:13# 00:11# 00:08& 00:05&		
12	Paul A. Paulsen	117	22:42
00:40+	01:27+ 02:33+ 03:33+ 06:11+ 06:51+ 07:24+ 09:38+ 11:46+ 13:58+ 15:33+ 16:54+ 19:07+ 20:27+ 21:52+ 22:21+ 22:42+		
00:40+	00:47+ 01:06+ 01:00+ 02:38+ 00:40+ 00:33+ 02:14+ 02:08+ 02:12+ 01:35+ 01:21+ 02:13+ 01:20+ 01:25+ 00:29+ 00:21+		
00:07#	00:15& 00:06# 00:20& 00:41& 00:06# 00:06# 00:15# 01:06# 01:01& 00:23& 00:12# 00:33& 00:24& 00:17# 00:10& 00:08&		
13	Roar Fitjar	101	22:52
00:33=	01:12+ 02:27+ 03:24+ 06:15+ 06:55+ 07:31+ 10:10+ 12:05+ 13:57+ 15:21+ 17:00+ 19:16+ 20:39+ 22:09+ 22:34+ 22:52+		
00:33=	00:39+ 01:15+ 00:57+ 02:51+ 00:40+ 00:36+ 02:39+ 01:55+ 01:52+ 01:24+ 01:39+ 02:16+ 01:23+ 01:30+ 00:25+ 00:18+		
00:00=	00:07# 00:15# 00:17& 00:54& 00:06# 00:09& 00:40& 00:53& 00:41& 00:12# 00:30& 00:36& 00:27& 00:22& 00:06& 00:05&		
14	Terje Langeland	98	24:35
00:47+	01:32+ 02:58+ 04:02+ 07:11+ 07:57+ 08:48+ 11:26+ 13:03+ 14:45+ 16:31+ 18:10+ 20:17+ 21:47+ 23:26+ 24:17+ 24:35+		
00:47+	00:45+ 01:26+ 01:04+ 03:09+ 00:46+ 00:51+ 02:38+ 01:37+ 01:42+ 01:46+ 01:39+ 02:07+ 01:30+ 01:39+ 00:51+ 00:18+		
00:14&	00:13& 00:26& 00:24& 01:12& 00:12& 00:24& 00:39& 00:35& 00:31& 00:34& 00:30& 00:27& 00:34& 00:31& 00:32# 00:05&		

Class	Navn	Klasse	Tid
15	Jan Inge Lunde	88	24:37
00:45+	01:29+ 02:59+ 03:58+ 07:13+ 07:54+	08:32+ 11:30+ 13:04+ 14:58+ 16:34+ 18:18+ 20:44+	22:04+ 23:48+ 24:18+ 24:37+
00:45+	00:44+ 01:30+ 00:59+ 03:15+ 00:41+	00:38+ 02:58+ 01:34+ 01:54+ 01:36+ 01:44+ 02:26+	01:20+ 01:44+ 00:30+ 00:19+
00:12&	00:12& 00:30& 00:19& 01:18& 00:07#	00:11& 00:59& 00:32& 00:43& 00:24& 00:35& 00:46&	00:24& 00:36& 00:11& 00:06&
16	Gabriel Herigstad	7	25:25
00:44+	01:37+ 02:56+ 03:55+ 06:52+ 07:35+	08:18+ 11:02+ 12:41+ 15:05+ 17:01+ 18:42+ 21:34+	23:00+ 24:33+ 25:08+ 25:25+
00:44+	00:53+ 01:19+ 00:59+ 02:57+ 00:43+	00:43+ 02:44+ 01:39+ 02:24+ 01:56+ 01:41+ 02:52+	01:26+ 01:33+ 00:35+ 00:17+
00:11&	00:21& 00:19& 00:19& 01:00& 00:09&	00:16& 00:45& 00:37& 01:13& 00:44& 00:32& 01:12&	00:30& 00:25& 00:16& 00:04&
17	Terje Gautestad	7	25:51
00:48+	01:40+ 03:06+ 04:18+ 07:43+ 08:26+	09:14+ 12:03+ 13:37+ 15:41+ 17:50+ 19:24+ 21:47+	23:11+ 24:58+ 25:27+ 25:51+
00:48+	00:52+ 01:26+ 01:12+ 03:25+ 00:43+	00:48+ 02:49+ 01:34+ 02:04+ 02:09+ 01:34+ 02:23+	01:24+ 01:47+ 00:29+ 00:24+
00:15&	00:20& 00:26& 00:32& 01:28& 00:09&	00:21& 00:50& 00:32& 00:53& 00:57& 00:25& 00:43&	00:28& 00:39& 00:10& 00:11&
18	Odd Arild Werness	88	28:37
00:48+	01:35+ 03:05+ 04:03+ 07:25+ 08:13+	08:52+ 11:57+ 13:28+ 15:19+ 16:52+ 21:48+ 24:20+	25:44+ 27:41+ 28:14+ 28:37+
00:48+	00:47+ 01:30+ 00:58+ 03:22+ 00:48+	00:39+ 03:05+ 01:31+ 01:51+ 01:33+ 04:56+ 02:32+	01:24+ 01:57+ 00:33+ 00:23+
00:15&	00:15& 00:30& 00:18& 01:25& 00:14&	00:12& 01:06& 00:29& 00:40& 00:21& 03:47& 00:52&	00:28& 00:49& 00:14& 00:10&
19	John Abrahamsen	125	31:04
00:59+	01:54+ 03:22+ 04:37+ 09:27+ 10:27+	11:10+ 14:38+ 17:38+ 19:49+ 22:03+ 24:14+ 26:52+	28:37+ 30:14+ 30:43+ 31:04+
00:59+	00:55+ 01:28+ 01:15+ 04:50+ 01:00+	00:43+ 03:28+ 03:00+ 02:11+ 02:14+ 02:11+ 02:38+	01:45+ 01:37+ 00:29+ 00:21+
00:26&	00:23& 00:28& 00:35& 02:53&	00:26& 00:16& 01:29& 01:58& 01:00& 01:02& 01:02& 00:58&	00:49& 00:29& 00:10& 00:08&
Beste strekktid for klassen			
00:30	00:30	01:00	00:40
01:57	00:29	00:26	01:57
01:02	01:11	01:10	01:06
01:40	00:56	01:08	00:18
00:13			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer 70 - 74 år			
1	Hilmar Røthing	128	18:50
00:32=	01:04= 02:10= 02:55= 05:24= 05:54=	06:25= 08:44= 09:53= 11:25= 12:37= 13:49= 15:45=	16:51= 18:12= 18:34= 18:50=
00:32=	00:32= 01:06= 00:45= 02:29= 00:30=	00:31= 02:19= 01:09= 01:32= 01:12= 01:12= 01:56=	01:06= 01:21= 00:22= 00:16=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=
2	Finn Morten Årstad	115	19:52
00:41+	01:18+ 02:36+ 03:26+ 05:58+ 06:30+	07:00+ 09:21+ 10:52+ 12:19+ 13:40+ 14:58+ 16:54+	17:54+ 19:16+ 19:37+ 19:52+
00:41+	00:37+ 01:18+ 00:50+ 02:32+ 00:32+	00:30- 02:21+ 01:31+ 01:27- 01:21+ 01:18+ 01:56=	01:00- 01:22+ 00:21- 00:15-
00:09&	00:05# 00:12# 00:05# 00:03+ 00:02+	00:01- 00:02+ 00:22& 00:05- 00:09# 00:06+ 00:00=	00:06- 00:01+ 00:01- 00:01-
3	Hermann Skogsholm	53	21:10
00:37+	01:22+ 02:35+ 03:31+ 06:05+ 06:56+	07:31+ 09:56+ 11:12+ 12:59+ 14:18+ 15:44+ 17:53+	19:04+ 20:30+ 20:54+ 21:10+
00:37+	00:45+ 01:13+ 00:56+ 02:34+ 00:51+	00:35+ 02:25+ 01:16+ 01:47+ 01:19+ 01:26+ 02:09+	01:11+ 01:26+ 00:24+ 00:16=
00:05#	00:13& 00:07# 00:11# 00:05+ 00:21&	00:04# 00:06+ 00:07# 00:15# 00:07+	00:05+ 00:05+ 00:02+ 00:00=
4	Kjell Svihus	154	21:38
00:39+	01:20+ 02:40+ 03:30+ 06:09+ 06:52+	07:28+ 10:01+ 11:36+ 13:13+ 14:53+ 16:14+ 18:16+	19:21+ 20:49+ 21:20+ 21:38+
00:39+	00:41+ 01:20+ 00:50+ 02:39+ 00:43+	00:36+ 02:33+ 01:35+ 01:37+ 01:40+ 01:21+ 02:02+	01:05- 01:28+ 00:31+ 00:18+
00:07#	00:09& 00:14# 00:05# 00:10+ 00:13&	00:05# 00:14# 00:26& 00:05+ 00:28& 00:09# 00:06+	00:01- 00:07+ 00:09& 00:02#
5	Ingjald Egeland	7	21:52
00:42+	01:29+ 02:48+ 03:37+ 06:10+ 06:48+	07:25+ 09:48+ 11:11+ 12:51+ 14:15+ 16:12+ 18:17+	19:42+ 21:08+ 21:33+ 21:52+
00:42+	00:47+ 01:19+ 00:49+ 02:33+ 00:38+	00:37+ 02:23+ 01:23+ 01:40+ 01:24+ 01:57+ 02:05+	01:25+ 01:26+ 00:25+ 00:19+
00:10&	00:15& 00:13# 00:04+ 00:08&	00:06# 00:04+ 00:14# 00:08+ 00:12# 00:45& 00:09+	00:19& 00:05+ 00:03# 00:03#
6	Svein Glendrange	68	23:01
00:43+	01:21+ 02:40+ 03:32+ 06:25+ 07:10+	07:44+ 10:20+ 11:44+ 14:11+ 15:40+ 17:13+ 19:29+	20:41+ 22:15+ 22:42+ 23:01+
00:43+	00:38+ 01:19+ 00:52+ 02:53+ 00:45+	00:34+ 02:36+ 01:24+ 02:27+ 01:29+ 01:33+ 02:16+	01:12+ 01:34+ 00:27+ 00:19+
00:11&	00:06# 00:13# 00:07# 00:24# 00:15&	00:03+ 00:17# 00:15# 00:55& 00:17# 00:21& 00:20#	00:06+ 00:13# 00:05# 00:03#
7	Øyvind Egeskog	5	23:01
00:40+	01:21+ 02:52+ 03:44+ 06:48+ 07:22+	08:00+ 10:48+ 12:14+ 13:55+ 15:28+ 17:07+ 19:24+	20:34+ 22:14+ 22:42+ 23:01+
00:40+	00:41+ 01:31+ 00:52+ 03:04+ 00:34+	00:38+ 02:48+ 01:26+ 01:41+ 01:33+ 01:39+ 02:17+	01:10+ 01:40+ 00:28+ 00:19+
00:08#	00:09& 00:25& 00:07# 00:35# 00:04#	00:07# 00:29# 00:17# 00:09+ 00:21& 00:27& 00:21#	00:04+ 00:19# 00:06& 00:03#
8	Geir Husdal	93	24:04
00:40+	01:21+ 02:39+ 03:30+ 06:13+ 07:01+	07:34+ 10:14+ 11:31+ 13:44+ 16:16+ 17:49+ 20:07+	21:38+ 23:22+ 23:47+ 24:04+
00:40+	00:41+ 01:18+ 00:51+ 02:43+ 00:48+	00:33+ 02:40+ 01:17+ 02:13+ 02:32+ 01:33+ 02:18+	01:31+ 01:44+ 00:25+ 00:17+
00:08#	00:09& 00:12# 00:06# 00:14+ 00:18&	00:02+ 00:21# 00:08# 00:41& 01:20& 00:21& 00:22#	00:25& 00:23& 00:03# 00:01+

Class	Navn	Klasse											Tid				
4	Magne Jakobsen	63											23:34				
	00:58+	01:28+	02:22+	03:31+	04:31+	06:17+	08:35+	10:13+	13:55+	16:24+	17:16+	18:07+	21:09+	22:38+	23:15+	23:34+	
	00:58+	00:30+	00:54+	01:09+	01:00-	01:46+	02:18-	01:38+	02:21+	01:21+	02:29+	00:52+	00:51+	03:02+	01:29-	00:37+	
	00:19&	00:03#	00:01+	00:01+	00:05-	00:06+	00:16-	00:08+	01:05&	00:15#	00:08+	00:02+	00:09#	00:22#	00:03-	00:08&	00:01+
5	Kjell Maudal	63											24:20				
	00:41+	01:13+	02:13+	03:23+	04:26+	06:44+	09:25+	11:04+	12:24+	13:40+	16:33+	17:27+	18:22+	21:47+	23:27+	24:01+	24:20+
	00:41+	00:32+	01:00+	01:10+	01:03-	02:18+	02:41+	01:39+	01:20+	01:16+	02:53+	00:54+	00:55+	03:25+	01:40+	00:34+	00:19+
	00:02+	00:05#	00:07#	00:02+	00:02-	00:38&	00:07+	00:09#	00:04+	00:10#	00:32#	00:04+	00:13&	00:45&	00:08+	00:05#	00:01+
6	Terje Braut	92											25:24				
	01:20+	01:42+	02:48+	03:59+	05:02+	06:54+	11:23+	12:50+	13:56+	15:10+	17:33+	18:21+	20:36+	23:07+	24:36+	25:05+	25:24+
	01:20+	00:22-	01:06+	01:11+	01:03-	01:52+	04:29+	01:27-	01:06-	01:14+	02:23+	00:48-	02:15+	02:31-	01:29-	00:29=	00:19+
	00:41@	00:05-	00:13#	00:03+	00:02-	00:12#	01:55&	00:03-	00:10-	00:08#	00:02+	00:02-	01:33@	00:09-	00:03-	00:00=	00:01+
7	Gunnar Furland	93											26:35				
	00:52+	01:23+	02:24+	03:44+	05:25+	07:16+	10:11+	11:53+	13:43+	15:08+	18:33+	19:36+	20:31+	23:46+	25:35+	26:12+	26:35+
	00:52+	00:31+	01:01+	01:20+	01:41+	01:51+	02:55+	01:42+	01:50+	01:25+	03:25+	01:03+	00:55+	03:15+	01:49+	00:37+	00:23+
	00:13&	00:04#	00:08#	00:12#	00:36&	00:11#	00:21#	00:12#	00:34&	00:19&	01:04&	00:13&	00:13&	00:35#	00:17#	00:08&	00:05&
8	Jan Bekkeheien	92											27:28				
	00:37-	04:02+	04:48+	05:54+	06:58+	08:47+	13:02+	14:55+	16:20+	17:34+	20:15+	21:09+	22:08+	24:54+	26:32+	27:04+	27:28+
	00:37-	03:25+	00:46-	01:06-	01:04-	01:49+	04:15+	01:53+	01:25+	01:14+	02:41+	00:54+	00:59+	02:46+	01:38+	00:32+	00:24+
	00:02-	02:58@	00:07-	00:02-	00:01-	00:09+	01:41&	00:23&	00:09#	00:08#	00:20#	00:04+	00:17&	00:06+	00:06+	00:03#	00:06&
9	Albert Moe	54											29:20				
	01:08+	01:48+	02:54+	04:25+	05:37+	07:41+	11:03+	12:50+	14:26+	16:11+	19:30+	20:43+	22:31+	26:13+	28:23+	28:58+	29:20+
	01:08+	00:40+	01:06+	01:31+	01:12+	02:04+	03:22+	01:47+	01:36+	01:45+	03:19+	01:13+	01:48+	03:42+	02:10+	00:35+	00:22+
	00:29&	00:13&	00:13#	00:23&	00:07#	00:24#	00:48&	00:17#	00:20&	00:39&	00:58&	00:23&	01:06@	01:02&	00:38&	00:06#	00:04#
10	Arne Brandsberg	29											30:48				
	00:57+	01:34+	02:50+	04:28+	05:46+	08:02+	11:17+	13:13+	14:51+	16:37+	20:52+	22:11+	23:12+	27:02+	29:11+	30:17+	30:48+
	00:57+	00:37+	01:16+	01:38+	01:18+	02:16+	03:15+	01:56+	01:38+	01:46+	04:15+	01:19+	01:01+	03:50+	02:09+	01:06+	00:31+
	00:18&	00:10&	00:23&	00:30&	00:13#	00:36&	00:41&	00:26&	00:22&	00:40&	01:54&	00:29&	00:19&	01:10&	00:37&	00:37@	00:13&
11	Harald I. Serigstad	128											30:54				
	00:45+	02:37+	03:41+	05:05+	06:07+	08:31+	11:30+	13:20+	15:00+	16:23+	21:23+	23:37+	24:30+	28:06+	30:01+	30:34+	30:54+
	00:45+	01:52+	01:04+	01:24+	01:02-	02:24+	02:59+	01:50+	01:40+	01:23+	05:00+	02:14+	00:53+	03:36+	01:55+	00:33+	00:20+
	00:06#	01:25@	00:11#	00:16#	00:03-	00:44&	00:25#	00:20#	00:24&	00:17&	02:39@	01:24@	00:11&	00:56&	00:23#	00:04#	00:02#
Beste strekktid for klassen																	
	00:37	00:22	00:46	00:58	00:59	01:40	02:02	01:15	00:49	01:05	02:21	00:41	00:42	02:24	01:29	00:28	00:18

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

Herrer 80 år og eldre

1	Sigurd Krosli	31											21:29				
	01:11=	02:09=	03:17=	05:44=	07:39=	10:02=	11:41=	12:40=	16:25=	18:32=	20:10=	21:07=	21:29=				
	01:11=	00:58=	01:08=	02:27=	01:55=	02:23=	01:39=	00:59=	03:45=	02:07=	01:38=	00:57=	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=				
2	Peter Frafjord	116											25:32				
	01:17+	02:19+	03:27+	06:17+	08:34+	15:02+	16:20+	19:42+	21:51+	23:57+	25:05+	25:32+					
	01:17+	01:02+	01:08=	02:50+	02:17+	06:28+	01:18-	03:22+	02:09-	02:06-	01:08-	00:27-					
	00:06+	00:04+	00:00=	00:23#	00:22#	04:05@	00:21-	02:23@	01:36-	00:01-	00:30-	00:30-					
3	Arnulf Fuglestad	29											26:37				
	01:13+	02:06-	02:56-	05:10-	06:59-	17:05+	18:24+	19:19+	22:03+	23:54+	25:23+	26:18+	26:37+				
	01:13+	00:53-	00:50-	02:14-	01:49-	10:06+	01:19-	00:55-	02:44-	01:51-	01:29-	00:55-	00:19-				
	00:02+	00:05-	00:18-	00:13-	00:06-	07:43@	00:20-	00:04-	01:01-	00:16-	00:09-	00:02-	00:03-				
4	Magne Westerheim	93											36:21				
	01:43+	02:52+	03:51+	06:31+	08:37+	14:33+	24:45+	27:53+	33:10+	35:03+	36:00+	36:21+					
	01:43+	01:09+	00:59-	02:40+	02:06+	05:56+	10:12+	03:08+	05:17+	01:53-	00:57-	00:21-					
	00:32&	00:11#	00:09-	00:13+	00:11+	03:33@	08:33@	02:09@	01:32&	00:14-	00:41-	00:36-					

Beste strekktid for klassen

01:11 00:53 00:50 02:14 01:49 02:23 01:18 00:55 02:09 01:51 00:57 00:21 00:19

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

Herrer A

1	Fredrik Omdal	74	18:25																		
00:11=	00:41=	00:59=	01:18=	02:18=	03:57=	04:24=	05:42=	06:59=	07:55=	08:39=	09:25=	10:42=	11:13=	12:23=	13:24=	13:57=	14:50=	16:04=	17:25=	18:13=	18:25=
00:11=	00:30=	00:18=	00:19=	01:00=	01:39=	00:27=	01:18=	01:17=	00:56=	00:44=	00:46=	01:17=	00:31=	01:10=	01:01=	00:33=	00:53=	01:14=	01:21=	00:48=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Bjerga Sundli	7	19:21																		
00:09=	00:42+	01:02+	01:22+	02:27+	04:07+	04:35+	05:54+	07:16+	08:18+	09:04+	09:50+	11:01+	11:33+	12:48+	13:52+	14:51+	15:41+	16:57+	18:20+	19:08+	19:21+
00:09=	00:33+	00:20+	00:20+	01:05+	01:40+	00:28+	01:19+	01:22+	01:02+	00:46+	00:46+	01:11=	00:32+	01:15+	01:04+	00:59+	00:50=	01:16+	01:23+	00:48=	00:13+
00:02=	00:03#	00:02#	00:01+	00:05+	00:01+	00:01+	00:01+	00:05+	00:06#	00:02+	00:00=	00:06=	00:01+	00:05+	00:03+	00:26#	00:03=	00:02+	00:02+	00:00=	00:01+
3	Erik Lima	115	20:47																		
00:14+	00:50+	01:14+	01:33+	02:40+	04:33+	05:04+	06:30+	07:58+	09:06+	09:54+	10:44+	12:05+	12:43+	14:01+	15:14+	15:40+	16:44+	18:06+	19:43+	20:34+	20:47+
00:14+	00:36+	00:24+	00:19=	01:07+	01:53+	00:31+	01:26+	01:28+	01:08+	00:48+	00:50+	01:21+	00:38+	01:18+	01:13+	00:26=	01:04+	01:22+	01:37+	00:51+	00:13+
00:03&	00:06#	00:06&	00:00=	00:07#	00:14#	00:04#	00:08#	00:11#	00:12#	00:04+	00:04+	00:04+	00:07#	00:08#	00:12#	00:07=	00:11#	00:08#	00:16#	00:03+	00:01+
4	Martin Blystad	115	20:47																		
00:10=	00:38=	00:57=	01:15=	02:19+	04:15+	04:50+	06:17+	07:44+	08:46+	09:22+	10:06+	11:53+	12:34+	14:27+	15:35+	16:00+	16:57+	18:18+	19:49+	20:35+	20:47+
00:10=	00:28=	00:19+	00:18=	01:04+	01:56+	00:35+	01:27+	01:27+	01:02+	00:36=	00:44=	01:47+	00:41+	01:53+	01:08+	00:25=	00:57+	01:21+	01:31+	00:46=	00:12=
00:01=	00:02=	00:01+	00:01=	00:04+	00:17#	00:08&	00:09#	00:10#	00:06#	00:08=	00:02=	00:30&	00:10&	00:43&	00:07#	00:08=	00:04+	00:07+	00:10#	00:02=	00:00=
5	Aart Joakim in't Veld	93	20:48																		
00:12+	00:43+	01:03+	01:24+	02:29+	04:16+	04:46+	06:17+	07:44+	08:51+	09:38+	10:30+	11:47+	12:18+	13:39+	14:48+	15:13+	16:17+	18:09+	19:41+	20:35+	20:48+
00:12+	00:31+	00:20+	00:21+	01:05+	01:47+	00:30+	01:31+	01:27+	01:07+	00:47+	00:52+	01:17=	00:31=	01:21+	01:09+	00:25=	01:04+	01:52+	01:32+	00:54+	00:13+
00:01+	00:01+	00:02#	00:02#	00:05+	00:08+	00:03#	00:13#	00:10#	00:11#	00:03+	00:06#	00:00=	00:00=	00:11#	00:08#	00:08=	00:11#	00:38&	00:11#	00:06#	00:01+
6	Fredrik Sandal	88	22:01																		
00:11=	00:43+	01:07+	01:27+	02:37+	04:59+	05:28+	06:52+	08:21+	09:34+	10:23+	11:09+	12:35+	13:16+	14:51+	16:07+	16:33+	17:34+	19:04+	20:50+	21:45+	22:01+
00:11=	00:32+	00:24+	00:20+	01:10+	02:22+	00:29+	01:24+	01:29+	01:13+	00:49+	00:46=	01:26+	00:41+	01:35+	01:16+	00:26=	01:01+	01:30+	01:46+	00:55+	00:16+
00:00=	00:02+	00:06&	00:01+	00:10#	00:43&	00:02+	00:06+	00:12#	00:17&	00:05#	00:00=	00:09#	00:10&	00:25&	00:15#	00:07=	00:08#	00:16#	00:25&	00:07#	00:04&

Beste strekttid for klassen

00:09 00:28 00:18 00:18 01:00 01:39 00:27 01:18 01:17 00:56 00:36 00:44 01:11 00:31 01:10 01:01 00:25 00:50 01:14 01:21 00:46 00:12

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

Herrer B

1	Geir Sand	105	19:38																		
00:09=	00:39=	00:59=	01:19=	02:23=	04:10=	04:42=	06:05=	07:28=	08:34=	09:18=	10:05=	11:17=	11:56=	13:23=	14:33=	14:58=	15:55=	17:11=	18:37=	19:25=	19:38=
00:09=	00:30=	00:20=	00:20=	01:04=	01:47=	00:32=	01:23=	01:23=	01:06=	00:44=	00:47=	01:12=	00:39=	01:27=	01:10=	00:25=	00:57=	01:16=	01:26=	00:48=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tor Gunnar Aksland	116	20:23																		
00:09=	00:40+	00:58=	01:18=	02:27+	04:14+	04:45+	06:07+	07:35+	08:44+	09:44+	10:31+	11:46+	12:22+	13:42+	14:50+	15:23+	16:23+	17:43+	19:15+	20:10+	20:23+
00:09=	00:31+	00:18=	00:20=	01:09+	01:47=	00:31=	01:22=	01:28+	01:09+	01:00+	00:47=	01:15+	00:36=	01:20=	01:08=	00:33+	01:00+	01:20+	01:32+	00:55+	00:13=
00:00=	00:01+	00:02=	00:00=	00:05+	00:00=	00:01=	00:01=	00:05+	00:03+	00:16&	00:00=	00:03+	00:03=	00:07=	00:02=	00:08&	00:03+	00:04+	00:06+	00:07#	00:00=
3	Per Olav Haarr	62	21:22																		
00:09=	00:41+	01:00+	01:21+	02:29+	04:22+	04:51+	06:21+	07:51+	09:07+	09:59+	10:53+	12:17+	12:49+	14:20+	15:33+	16:03+	17:06+	18:35+	20:13+	21:08+	21:22+
00:09=	00:32+	00:19=	00:21+	01:08+	01:53+	00:29=	01:30+	01:30+	01:16+	00:52+	00:54+	01:24+	00:32=	01:31+	01:13+	00:30+	01:03+	01:29+	01:38+	00:55+	00:14+
00:00=	00:02+	00:01=	00:01+	00:04+	00:06+	00:03=	00:07+	00:07+	00:10#	00:08#	00:07#	00:12#	00:07=	00:04+	00:03+	00:05#	00:06#	00:13#	00:12#	00:07#	00:01+
4	Odd Fuglestad	250	22:08																		
00:10+	00:42+	01:01+	01:22+	02:34+	04:27+	04:57+	06:34+	08:02+	09:26+	10:17+	11:07+	12:40+	13:18+	14:52+	16:06+	16:41+	17:41+	19:14+	20:52+	21:53+	22:08+
00:10+	00:32+	00:19=	00:21+	01:12+	01:53+	00:30=	01:37+	01:28+	01:24+	00:51+	00:50+	01:33+	00:38=	01:34+	01:14+	00:35+	01:00+	01:33+	01:38+	01:01+	00:15+
00:01#	00:02+	00:01=	00:01+	00:08#	00:06+	00:02=	00:14#	00:05+	00:18&	00:07#	00:03+	00:21&	00:01=	00:07+	00:04+	00:10&	00:03+	00:17#	00:12#	00:13&	00:02#
5	Joar Eilevstjønn	67	22:41																		
00:10+	00:38=	01:00+	01:21+	02:27+	04:28+	06:40+	08:03+	09:34+	10:41+	11:31+	12:22+	13:43+	14:17+	15:50+	17:06+	17:38+	18:35+	19:59+	21:37+	22:28+	22:41+
00:10+	00:28=	00:22+	00:21+	01:06+	02:01+	02:12+	01:23=	01:31+	01:07+	00:50+	00:51+	01:21+	00:34=	01:33+	01:16+	00:32+	00:57=	01:24+	01:38+	00:51+	00:13=
00:01#	00:02=	00:02#	00:01+	00:02+	00:14#	01:40#	00:00=	00:08+	00:01+	00:06#	00:04+	00:09#	00:05=	00:06+	00:06+	00:07&	00:00=	00:08#	00:12#	00:03+	00:00=
6	Bjørnar André Haug	80	23:14																		
00:12+	00:49+	01:15+	01:38+	02:55+	04:58+	05:31+	07:03+	08:46+	09:58+	10:57+	11:59+	13:27+	14:11+	15:44+	17:04+	17:35+	18:42+	20:10+	21:57+	22:58+	23:14+
00:12+	00:37+	00:26+	00:23+	01:17+	02:03+	00:33+	01:32+	01:43+	01:12+	00:59+	01:02+	01:28+	00:44+	01:33+	01:20+	00:31+	01:07+	01:28+	01:47+	01:01+	00:16+
00:03&	00:07#	00:06&	00:03#	00:13#	00:16#	00:01+	00:09#	00:20#	00:06+	00:15&	00:15&	00:16#	00:05#	00:06+	00:10#	00:06#	00:10#	00:12#	00:21#	00:13&	00:03#

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

Beste strekktid for klassen

00:29 00:41 01:07 01:48 00:31 00:33 02:12 01:42 01:02 00:35 02:17 01:08 01:29 00:49 01:01 00:25 00:13

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

Herrer Ny

1	Oddbjørn Nevestveit	80										17:40				
00:36=	02:57=	04:05=	05:15=	07:25=	09:16=	10:04=	12:10=	15:57=	17:10=	17:40=						
00:36=	02:21=	01:08=	01:10=	02:10=	01:51=	00:48=	02:06=	03:47=	01:13=	00:30=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						

2	Håvard Jektnes	111										18:25				
00:45+	03:18+	04:33+	06:03+	07:58+	09:49+	10:35+	12:28+	16:42+	17:52+	18:25+						
00:45+	02:33+	01:15+	01:30+	01:55-	01:51=	00:46-	01:53-	04:14+	01:10-	00:33+						
00:09#	00:12+	00:07#	00:20&	00:15-	00:00=	00:02-	00:13-	00:27#	00:03-	00:03#						

Beste strekktid for klassen

00:36 02:21 01:08 01:10 01:55 01:51 00:46 01:53 03:47 01:10 00:30

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

Herrer Trim

1	Rolf Frøyland	5										12:02				
00:38=	01:14=	01:50=	03:20=	04:30=	05:53=	06:53=	07:27=	09:14=	10:12=	11:16=	11:47=	12:02=				
00:38=	00:36=	00:36=	01:30=	01:10=	01:23=	01:00=	00:34=	01:47=	00:58=	01:04=	00:31=	00:15=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

2	Antal Jansen	115										12:09				
00:44+	01:18+	01:51+	03:20=	04:22-	05:42-	06:46-	07:18-	09:01-	10:22+	11:26+	11:56+	12:09+				
00:44+	00:34-	00:33-	01:29-	01:02-	01:20-	01:04+	00:32-	01:43-	01:21+	01:04=	00:30-	00:13-				
00:06#	00:02-	00:03-	00:01-	00:08-	00:03-	00:04+	00:02-	00:04-	00:23&	00:00=	00:01-	00:02-				

Class	Navn	Klasse										Tid
3	Thomas Johansen	111										12:13
00:37-	01:11-	01:46-	03:16-	04:22-	05:45-	06:47-	07:26-	09:19+	10:19+	11:25+	11:59+	12:13+
00:37-	00:34-	00:35-	01:30-	01:06-	01:23=	01:02+	00:39+	01:53+	01:00+	01:06+	00:34+	00:14-
00:01-	00:02-	00:01-	00:00=	00:04-	00:00=	00:02+	00:05#	00:06+	00:02+	00:02+	00:03+	00:01-
4	Stig Erlend Ollestad	51										12:19
00:51+	01:27+	02:01+	03:30+	04:37+	05:58+	06:58+	07:33+	09:24+	10:32+	11:34+	12:05+	12:19+
00:51+	00:36=	00:34-	01:29-	01:07-	01:21-	01:00=	00:35+	01:51+	01:08+	01:02-	00:31=	00:14-
00:13&	00:00=	00:02-	00:01-	00:03-	00:02-	00:00=	00:01+	00:04+	00:10#	00:02-	00:00=	00:01-
5	Trond Egil Toft	53										12:47
00:49+	01:23+	01:58+	03:27+	04:39+	06:02+	07:07+	07:46+	09:37+	10:47+	11:56+	12:34+	12:47+
00:49+	00:34-	00:35-	01:29-	01:12+	01:23=	01:05+	00:39+	01:51+	01:10+	01:09+	00:38+	00:13-
00:11&	00:02-	00:01-	00:01-	00:02+	00:00=	00:05+	00:05#	00:04+	00:12#	00:05+	00:07#	00:02-
6	Bruno Pierfelice	51										12:47
00:36-	01:15+	01:50=	03:25+	04:36+	06:03+	07:04+	07:37+	09:42+	10:48+	11:59+	12:32+	12:47+
00:36-	00:39+	00:35-	01:35+	01:11+	01:27+	01:01+	00:33-	02:05+	01:06+	01:11+	00:33+	00:15=
00:02-	00:03+	00:01-	00:05+	00:01+	00:04+	00:01+	00:01-	00:18#	00:08#	00:07#	00:02+	00:00=
7	Martin Svensen	284										13:29
00:36-	01:10-	01:47-	03:24+	04:31+	05:43-	06:35-	07:13-	09:10-	11:35+	12:41+	13:16+	13:29+
00:36-	00:34-	00:37+	01:37+	01:07-	01:12-	00:52-	00:38+	01:57+	02:25+	01:06+	00:35+	00:13-
00:02-	00:02-	00:01+	00:07+	00:03-	00:11-	00:08-	00:04#	00:10+	01:27@	00:02+	00:04#	00:02-
8	Kjartan Bryne	105										13:53
00:50+	01:30+	02:09+	03:52+	05:13+	06:46+	07:52+	08:34+	10:34+	11:49+	13:00+	13:38+	13:53+
00:50+	00:40+	00:39+	01:43+	01:21+	01:33+	01:06+	00:42+	02:00+	01:15+	01:11+	00:38+	00:15=
00:12&	00:04#	00:03+	00:13#	00:11#	00:10#	00:06#	00:08#	00:13#	00:17&	00:07#	00:07#	00:00=
9	Niklas Gustafsson	192										14:29
00:52+	01:33+	02:16+	04:07+	05:28+	07:04+	08:21+	09:03+	11:06+	12:20+	13:31+	14:13+	14:29+
00:52+	00:41+	00:43+	01:51+	01:21+	01:36+	01:17+	00:42+	02:03+	01:14+	01:11+	00:42+	00:16+
00:14&	00:05#	00:07#	00:21#	00:11#	00:13#	00:17&	00:08#	00:16#	00:16&	00:07#	00:11&	00:01+
10	Ragnar Lillemo	128										15:10
00:58+	01:37+	02:20+	04:08+	05:26+	08:42+	09:27+	11:39+	13:02+	14:13+	14:51+	15:10+	
00:58+	00:39+	00:43+	01:48+	01:18+	03:16+	00:45-	02:12+	01:23-	01:11+	00:38-	00:19-	
00:20&	00:03+	00:07#	00:18#	00:08#	01:53@	00:15-	01:38@	00:24-	00:13#	00:26-	00:12-	
11	Oddgeir Nevland	51										15:16
00:56+	01:38+	02:20+	04:10+	05:32+	07:13+	08:30+	09:14+	11:25+	12:51+	14:11+	14:59+	15:16+
00:56+	00:42+	00:42+	01:50+	01:22+	01:41+	01:17+	00:44+	02:11+	01:26+	01:20+	00:48+	00:17+
00:18&	00:06#	00:06#	00:20#	00:12#	00:18#	00:17&	00:10&	00:24#	00:28&	00:16#	00:17&	00:02#
12	Erling Knutzen	128										15:20
00:46+	01:28+	02:15+	04:16+	05:42+	07:26+	08:42+	09:29+	11:46+	13:03+	14:25+	15:04+	15:20+
00:46+	00:42+	00:47+	02:01+	01:26+	01:44+	01:16+	00:47+	02:17+	01:17+	01:22+	00:39+	00:16+
00:08#	00:06#	00:11&	00:31&	00:16#	00:21&	00:16&	00:13&	00:30&	00:19&	00:18&	00:08&	00:01+
13	Joar Fandrem	94										15:49
01:21+	02:08+	02:52+	04:45+	06:14+	07:55+	09:07+	10:04+	12:13+	13:28+	14:53+	15:32+	15:49+
01:21+	00:47+	00:44+	01:53+	01:29+	01:41+	01:12+	00:57+	02:09+	01:15+	01:25+	00:39+	00:17+
00:43@	00:11&	00:08#	00:23&	00:19&	00:18#	00:12#	00:23&	00:22#	00:17&	00:21&	00:08&	00:02#
14	Cato Bjerkeli	237										15:57
00:51+	01:38+	02:22+	04:17+	05:41+	07:22+	08:42+	09:28+	11:49+	13:25+	14:54+	15:37+	15:57+
00:51+	00:47+	00:44+	01:55+	01:24+	01:41+	01:20+	00:46+	02:21+	01:36+	01:29+	00:43+	00:20+
00:13&	00:11&	00:08#	00:25&	00:14#	00:18#	00:20&	00:12&	00:34&	00:38&	00:25&	00:12&	00:05&
15	Frode Lund	18										16:02
00:54+	01:40+	02:28+	04:26+	06:00+	07:42+	09:02+	09:53+	12:10+	13:37+	15:00+	15:42+	16:02+
00:54+	00:46+	00:48+	01:58+	01:34+	01:42+	01:20+	00:51+	02:17+	01:27+	01:23+	00:42+	00:20+
00:16&	00:10&	00:12&	00:28&	00:24&	00:19#	00:20&	00:17&	00:30&	00:29&	00:19&	00:11&	00:05&
16	Asbjørn Bråndland	297										16:03
00:53+	01:37+	02:20+	04:12+	05:47+	07:23+	08:45+	09:36+	12:02+	13:33+	14:59+	15:41+	16:03+
00:53+	00:44+	00:43+	01:52+	01:35+	01:36+	01:22+	00:51+	02:26+	01:31+	01:26+	00:42+	00:22+
00:15&	00:08#	00:07#	00:22#	00:25&	00:13#	00:22&	00:17&	00:39&	00:33&	00:22&	00:11&	00:07&
17	Hans Klausen	62										16:18
01:04+	01:51+	02:39+	04:48+	06:15+	07:59+	09:18+	10:02+	12:25+	13:53+	15:19+	15:59+	16:18+
01:04+	00:47+	00:48+	02:09+	01:27+	01:44+	01:19+	00:44+	02:23+	01:28+	01:26+	00:40+	00:19+
00:26&	00:11&	00:12&	00:39&	00:17#	00:21&	00:19&	00:10&	00:36&	00:30&	00:22&	00:09&	00:04&

Class	Navn	Klasse										Tid
18	Øyvind Nagel-Alne	74										16:19
00:53+	01:39+	02:24+	04:25+	05:54+	07:44+	09:11+	09:58+	12:22+	13:57+	15:16+	16:00+	16:19+
00:53+	00:46+	00:45+	02:01+	01:29+	01:50+	01:27+	00:47+	02:24+	01:35+	01:19+	00:44+	00:19+
00:15&	00:10&	00:09#	00:31&	00:19&	00:27&	00:27&	00:13&	00:37&	00:37&	00:15#	00:13&	00:04&
19	Reidar Haver	4										16:24
01:00+	01:55+	02:47+	04:45+	06:21+	08:03+	09:22+	10:14+	12:33+	13:56+	15:20+	16:08+	16:24+
01:00+	00:55+	00:52+	01:58+	01:36+	01:42+	01:19+	00:52+	02:19+	01:23+	01:24+	00:48+	00:16+
00:22&	00:19&	00:16&	00:28&	00:26&	00:19#	00:19&	00:18&	00:32&	00:25&	00:20&	00:17&	00:01+
20	Holger Pansch	134										16:30
01:10+	02:08+	02:59+	04:53+	06:25+	08:07+	09:45+	10:34+	12:37+	14:06+	15:22+	16:07+	16:30+
01:10+	00:58+	00:51+	01:54+	01:32+	01:42+	01:38+	00:49+	02:03+	01:29+	01:16+	00:45+	00:23+
00:32&	00:22&	00:15&	00:24&	00:22&	00:19#	00:38&	00:15&	00:16#	00:31&	00:12#	00:14&	00:08&
21	Svein Erik Bjørnsen	91										16:37
01:04+	01:49+	02:33+	04:28+	05:57+	07:41+	08:50+	09:36+	12:27+	14:18+	15:35+	16:18+	16:37+
01:04+	00:45+	00:44+	01:55+	01:29+	01:44+	01:09+	00:46+	02:51+	01:51+	01:17+	00:43+	00:19+
00:26&	00:09#	00:08#	00:25&	00:19&	00:21&	00:09#	00:12&	01:04&	00:53&	00:13#	00:12&	00:04&
22	Heine Furubotten	192										16:38
01:09+	01:56+	02:45+	04:52+	06:15+	07:52+	09:10+	09:55+	12:28+	13:56+	15:36+	16:18+	16:38+
01:09+	00:47+	00:49+	02:07+	01:23+	01:37+	01:18+	00:45+	02:33+	01:28+	01:40+	00:42+	00:20+
00:31&	00:11&	00:13&	00:37&	00:13#	00:14#	00:18&	00:11&	00:46&	00:30&	00:36&	00:11&	00:05&
23	Jon Arne Bratås	239										16:39
02:17+	02:59+	03:44+	05:30+	06:52+	08:31+	09:44+	10:37+	12:51+	14:28+	15:44+	16:26+	16:39+
02:17+	00:42+	00:45+	01:46+	01:22+	01:39+	01:13+	00:53+	02:14+	01:37+	01:16+	00:42+	00:13-
01:39@	00:06#	00:09#	00:16#	00:12#	00:16#	00:13#	00:19&	00:27&	00:39&	00:12#	00:11&	00:02-
24	Ketil Vestbakke	116										16:56
00:53+	01:44+	02:35+	04:56+	06:32+	08:25+	10:04+	10:53+	13:16+	14:40+	15:55+	16:41+	16:56+
00:53+	00:51+	00:51+	02:21+	01:36+	01:53+	01:39+	00:49+	02:23+	01:24+	01:15+	00:46+	00:15=
00:15&	00:15&	00:15&	00:51&	00:26&	00:30&	00:39&	00:15&	00:36&	00:26&	00:11#	00:15&	00:00=
25	Anders H Foss	263										16:57
00:58+	01:41+	02:30+	04:26+	05:51+	07:43+	09:10+	09:53+	12:31+	14:10+	15:45+	16:34+	16:57+
00:58+	00:43+	00:49+	01:56+	01:25+	01:52+	01:27+	00:43+	02:38+	01:39+	01:35+	00:49+	00:23+
00:20&	00:07#	00:13&	00:26&	00:15#	00:29&	00:27&	00:09&	00:51&	00:41&	00:31&	00:18&	00:08&
26	Kevin Hammer Knutsen	239										17:10
00:45+	01:22+	01:59+	03:36+	04:51+	06:15+	07:16+	07:55+	14:05+	15:16+	16:25+	16:58+	17:10+
00:45+	00:37+	00:37+	01:37+	01:15+	01:24+	01:01+	00:39+	06:10+	01:11+	01:09+	00:33+	00:12-
00:07#	00:01+	00:01+	00:07+	00:05+	00:01+	00:01+	00:05#	04:23@	00:13#	00:05+	00:02+	00:03-
27	Ingvar Haabeth	92										17:21
00:52+	01:35+	02:27+	04:36+	06:07+	10:03+	10:45+	13:18+	14:55+	16:24+	17:03+	17:21+	
00:52+	00:43+	00:52+	02:09+	01:31+	03:56+	00:42-	02:33+	01:37-	01:29+	00:39-	00:18-	
00:14&	00:07#	00:16&	00:39&	00:21&	02:33@	00:18-	01:59@	00:10-	00:31&	00:25-	00:13-	
28	Steinar Amundsen	115										17:34
00:55+	01:47+	02:39+	04:49+	06:23+	08:17+	09:49+	10:36+	13:22+	15:00+	16:29+	17:15+	17:34+
00:55+	00:52+	00:52+	02:10+	01:34+	01:54+	01:32+	00:47+	02:46+	01:38+	01:29+	00:46+	00:19+
00:17&	00:16&	00:16&	00:40&	00:24&	00:31&	00:32&	00:13&	00:59&	00:40&	00:25&	00:15&	00:04&
29	Arne Hope	43										17:36
01:00+	01:55+	02:46+	04:51+	06:28+	08:25+	09:49+	10:41+	13:23+	14:59+	16:30+	17:15+	17:36+
01:00+	00:55+	00:51+	02:05+	01:37+	01:57+	01:24+	00:52+	02:42+	01:36+	01:31+	00:45+	00:21+
00:22&	00:19&	00:15&	00:35&	00:27&	00:34&	00:24&	00:18&	00:55&	00:38&	00:27&	00:14&	00:06&
30	Tom Leveraas	188										17:37
01:31+	02:20+	03:06+	05:09+	07:17+	09:15+	10:27+	11:20+	13:55+	15:06+	16:29+	17:19+	17:37+
01:31+	00:49+	00:46+	02:03+	02:08+	01:58+	01:12+	00:53+	02:35+	01:11+	01:23+	00:50+	00:18+
00:53@	00:13&	00:10&	00:33&	00:58&	00:35&	00:12#	00:19&	00:48&	00:13#	00:19&	00:19&	00:03#
31	John Thorsnæs	51										17:49
01:02+	02:01+	02:48+	04:49+	06:22+	08:18+	09:48+	10:45+	13:35+	15:15+	16:51+	17:33+	17:49+
01:02+	00:59+	00:47+	02:01+	01:33+	01:56+	01:30+	00:57+	02:50+	01:40+	01:36+	00:42+	00:16+
00:24&	00:23&	00:11&	00:31&	00:23&	00:33&	00:30&	00:23&	01:03&	00:42&	00:32&	00:11&	00:01+
32	Ivar Aalbu	29										18:12
01:04+	02:00+	02:52+	05:03+	06:42+	08:48+	10:18+	11:13+	13:53+	15:31+	17:03+	17:51+	18:12+
01:04+	00:56+	00:52+	02:11+	01:39+	02:06+	01:30+	00:55+	02:40+	01:38+	01:32+	00:48+	00:21+
00:26&	00:20&	00:16&	00:41&	00:29&	00:43&	00:30&	00:21&	00:53&	00:40&	00:28&	00:17&	00:06&

Class	Navn	Klasse										Tid
33	Rolf Øystein Kluge	7										18:39
01:06+	01:58+	02:52+	05:19+	06:52+	09:10+	10:37+	11:29+	14:24+	15:59+	17:34+	18:21+	18:39+
01:06+	00:52+	00:54+	02:27+	01:33+	02:18+	01:27+	00:52+	02:55+	01:35+	01:35+	00:47+	00:18+
00:28&	00:16&	00:18&	00:57&	00:23&	00:55&	00:27&	00:18&	01:08&	00:37&	00:31&	00:16&	00:03#
34	Arild Olsen	4										18:56
01:03+	01:53+	02:43+	04:50+	06:20+	10:50+	11:45+	14:29+	16:04+	17:39+	18:29+	18:56+	
01:03+	00:50+	00:50+	02:07+	01:30+	04:30+	00:55-	02:44+	01:35-	01:35+	00:50-	00:27-	
00:25&	00:14&	00:14&	00:37&	00:20&	03:07@	00:05-	02:10@	00:12-	00:37&	00:14-	00:04-	
35	Paul Richard Carr	136										19:21
01:11+	02:03+	02:58+	05:21+	07:07+	09:15+	10:56+	11:55+	14:46+	16:25+	18:03+	19:01+	19:21+
01:11+	00:52+	00:55+	02:23+	01:46+	02:08+	01:41+	00:59+	02:51+	01:39+	01:38+	00:58+	00:20+
00:33&	00:16&	00:19&	00:53&	00:36&	00:45&	00:41&	00:25&	01:04&	00:41&	00:34&	00:27&	00:05&
36	Tor Inge Hansen	144										19:50
00:53+	01:31+	02:13+	03:58+	05:19+	11:46+	12:27+	15:37+	17:20+	18:46+	19:30+	19:50+	
00:53+	00:38+	00:42+	01:45+	01:21+	06:27+	00:41-	03:10+	01:43-	01:26+	00:44-	00:20-	
00:15&	00:02+	00:06#	00:15#	00:11#	05:04@	00:19-	02:36@	00:04-	00:28&	00:20-	00:11-	
37	Terje Hodne Nilsen	115										20:02
01:09+	02:06+	03:00+	05:07+	06:39+	08:36+	10:08+	11:03+	15:37+	17:07+	18:38+	19:40+	20:02+
01:09+	00:57+	00:54+	02:07+	01:32+	01:57+	01:32+	00:55+	04:34+	01:30+	01:31+	01:02+	00:22+
00:31&	00:21&	00:18&	00:37&	00:22&	00:34&	00:32&	00:21&	02:47@	00:32&	00:27&	00:31&	00:07&
38	Ommund Bakkevoid	68										21:13
00:57+	01:49+	02:45+	05:10+	07:13+	09:29+	11:14+	12:32+	15:51+	17:54+	19:44+	20:50+	21:13+
00:57+	00:52+	00:56+	02:25+	02:03+	02:16+	01:45+	01:18+	03:19+	02:03+	01:50+	01:06+	00:23+
00:19&	00:16&	00:20&	00:55&	00:53&	00:53&	00:45&	00:44@	01:32&	01:05@	00:46&	00:35@	00:08&
39	Alf Inge Jåtten	63										21:21
01:33+	02:25+	03:20+	05:45+	08:00+	10:03+	11:36+	12:42+	15:27+	17:18+	19:58+	20:58+	21:21+
01:33+	00:52+	00:55+	02:25+	02:15+	02:03+	01:33+	01:06+	02:45+	01:51+	02:40+	01:00+	00:23+
00:55@	00:16&	00:19&	00:55&	01:05&	00:40&	00:33&	00:32&	00:58&	00:53&	01:36@	00:29&	00:08&
40	Frank Gulbrandsen	105										21:49
01:23+	02:20+	03:20+	05:55+	07:45+	10:46+	12:29+	13:21+	16:26+	18:35+	20:37+	21:30+	21:49+
01:23+	00:57+	01:00+	02:35+	01:50+	03:01+	01:43+	00:52+	03:05+	02:09+	02:02+	00:53+	00:19+
00:45@	00:21&	00:24&	01:05&	00:40&	01:38@	00:43&	00:18&	01:18&	01:11@	00:58&	00:22&	00:04&
41	Steinar Aase	268										21:52
01:03+	01:55+	03:01+	05:26+	07:40+	10:02+	11:45+	13:03+	16:35+	18:36+	20:33+	21:30+	21:52+
01:03+	00:52+	01:06+	02:25+	02:14+	02:22+	01:43+	01:18+	03:32+	02:01+	01:57+	00:57+	00:22+
00:25&	00:16&	00:30&	00:55&	01:04&	00:59&	00:43&	00:44@	01:45&	01:03@	00:53&	00:26&	00:07&
42	Harald Nilsen	79										22:11
01:08+	02:03+	03:18+	06:01+	07:55+	10:10+	11:46+	12:48+	15:58+	19:00+	20:55+	21:51+	22:11+
01:08+	00:55+	01:15+	02:43+	01:54+	02:15+	01:36+	01:02+	03:10+	03:02+	01:55+	00:56+	00:20+
00:30&	00:19&	00:39@	01:13&	00:44&	00:52&	00:36&	00:28&	01:23&	02:04@	00:51&	00:25&	00:05&
43	Einar Hinna	7										22:46
01:06+	02:07+	03:07+	05:47+	07:49+	13:18+	14:16+	17:26+	19:28+	21:24+	22:18+	22:46+	
01:06+	01:01+	01:00+	02:40+	02:02+	05:29+	00:58-	03:10+	02:02+	01:56+	00:54-	00:28-	
00:28&	00:25&	00:24&	01:10&	00:52&	04:06@	00:02-	02:36@	00:15#	00:58&	00:10-	00:03-	
44	Jon Grepstad	111										22:56
01:34+	02:48+	03:49+	06:31+	08:41+	11:10+	13:02+	14:13+	17:30+	19:29+	21:24+	22:33+	22:56+
01:34+	01:14+	01:01+	02:42+	02:10+	02:42+	01:52+	01:11+	03:17+	01:59+	01:55+	01:09+	00:23+
00:56@	00:38@	00:25&	01:12&	01:00&	01:06&	00:52&	00:37@	01:30&	01:01@	00:51&	00:38@	00:08&
45	Ove Vatland	128										23:05
01:16+	02:24+	03:27+	06:21+	08:21+	10:49+	12:43+	13:46+	17:09+	19:38+	21:35+	22:36+	23:05+
01:16+	01:08+	01:03+	02:54+	02:00+	02:28+	01:54+	01:03+	03:23+	02:29+	01:57+	01:01+	00:29+
00:38&	00:32&	00:27&	01:24&	00:50&	01:05&	00:54&	00:29&	01:36&	01:31@	00:53&	00:30&	00:14&
46	Inge Grødem	92										23:29
01:21+	02:31+	03:33+	06:26+	08:29+	10:20+	13:53+	15:04+	18:25+	20:27+	22:16+	23:09+	23:29+
01:21+	01:10+	01:02+	02:53+	02:03+	01:51+	03:33+	01:11+	03:21+	02:02+	01:49+	00:53+	00:20+
00:43@	00:34&	00:26&	01:23&	00:53&	00:28&	02:33@	00:37@	01:34&	01:04@	00:45&	00:22&	00:05&
47	Sverre Uhlving	105										24:26
01:17+	02:18+	03:18+	05:44+	07:31+	09:54+	11:52+	13:08+	19:22+	21:14+	23:02+	24:02+	24:26+
01:17+	01:01+	01:00+	02:26+	01:47+	02:23+	01:58+	01:16+	06:14+	01:52+	01:48+	01:00+	00:24+
00:39@	00:25&	00:24&	00:56&	00:37&	01:00&	00:58&	00:42@	04:27@	00:54&	00:44&	00:29&	00:09&

Class	Navn	Klasse												Tid
48	Tor Magnus Sivertsen	128												27:14
	01:32+	02:37+	03:54+	06:38+	09:00+	11:30+	13:16+	18:32+	21:43+	23:55+	25:50+	26:46+	27:14+	
	01:32+	01:05+	01:17+	02:44+	02:22+	02:30+	01:46+	05:16+	03:11+	02:12+	01:55+	00:56+	00:28+	
	00:54@	00:29&	00:41@	01:14&	01:12@	01:07&	00:46&	04:42@	01:24&	01:14@	00:51&	00:25&	00:13&	
49	Svein Inge Sævereid	126												28:53
	01:53+	03:13+	04:33+	07:56+	10:34+	13:33+	15:37+	17:04+	22:19+	24:42+	27:00+	28:14+	28:53+	
	01:53+	01:20+	01:20+	03:23+	02:38+	02:59+	02:04+	01:27+	05:15+	02:23+	02:18+	01:14+	00:39+	
	01:15@	00:44@	00:44@	01:53@	01:28@	01:36@	01:04@	00:53@	03:28@	01:25@	01:14@	00:43@	00:24@	
50	Arthur Christiansen	93												33:46
	02:11+	03:51+	05:29+	09:38+	12:33+	16:20+	19:02+	20:43+	25:53+	28:59+	31:46+	33:12+	33:46+	
	02:11+	01:40+	01:38+	04:09+	02:55+	03:47+	02:42+	01:41+	05:10+	03:06+	02:47+	01:26+	00:34+	
	01:33@	01:04@	01:02@	02:39@	01:45@	02:24@	01:42@	01:07@	03:23@	02:08@	01:43@	00:55@	00:19@	
51	Sverre Vareberg	7												35:17
	02:05+	03:28+	05:14+	09:22+	13:16+	17:27+	20:51+	22:33+	26:53+	30:03+	33:04+	34:35+	35:17+	
	02:05+	01:23+	01:46+	04:08+	03:54+	04:11+	03:24+	01:42+	04:20+	03:10+	03:01+	01:31+	00:42+	
	01:27@	00:47@	01:10@	02:38@	02:44@	02:48@	02:24@	01:08@	02:33@	02:12@	01:57@	01:00@	00:27@	
Beste strekktid for klassen														
	00:36	00:34	00:33	01:29	01:02	01:12	00:41	00:32	01:23	00:58	00:38	00:18	00:12	

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