

Class	Navn	Klasse	Tid
15	Mette Langeland	117	42:07
01:43+	03:14+ 04:37+ 08:02+	09:53+ 12:05+	14:20+ 16:55+
01:43+	01:31+ 01:23+ 03:25+	01:51+ 02:12+	02:15+ 02:35+
00:11#	00:10# 00:07+ 00:16+	00:27& 00:37&	00:17# 00:53& 01:18&
		00:06-	01:20# 00:42-
		00:29&	00:10-
		01:27#	02:17-
		01:15#	01:23-
		01:45#	00:46#
		00:03-	01:26#
		00:44+	
16	Marita Skorpe	74	42:07
01:45+	04:51+ 05:52+ 09:26+	11:19+ 13:36+	15:57+ 17:57+
01:45+	03:06+ 01:01- 03:34+	01:53+ 02:17+	02:21+ 02:00+
00:13#	01:45# 00:15- 00:25#	00:29# 00:42&	00:23# 00:18#
		00:41& 00:06-	00:18& 00:38&
		00:09-	00:10+ 00:20-
		00:12-	00:15# 01:59&
		00:22&	00:25# 00:25#
		00:25&	00:25& 00:21#
		00:21#	
17	Maria Lampe	126	46:10
02:00+	03:43+ 05:15+ 09:03+	11:09+ 13:21+	15:34+ 17:35+
02:00+	01:43+ 01:32+ 03:48+	02:06+ 02:12+	02:13+ 02:01+
00:28&	00:22& 00:16# 00:39#	00:42& 00:37&	00:15# 00:19#
		00:30& 00:07+	00:12& 00:46&
		00:07+	00:26# 00:07-
		00:24-	02:32# 03:06#
		00:50#	00:30# 00:17#
		00:20#	
18	Barbro Lunde Nedrebø	92	49:50
01:42+	03:26+ 05:56+ 11:00+	13:07+ 15:23+	17:25+ 19:17+
01:42+	01:44+ 02:30+ 05:04+	02:07+ 02:16+	02:02+ 01:52+
00:10#	00:23& 01:14& 01:55&	00:43& 00:41&	00:04+ 00:10+
		00:16#	00:01+ 00:11#
		00:11#	01:31& 00:03+
		01:31&	01:14& 00:07#
		00:07#	00:50# 00:37&
		05:30#	04:01# 01:15#
		01:13#	01:13# 00:30#
		00:30#	
19	Nithya Mohan	136	1:10:07
02:36+	05:05+ 07:18+ 14:32+	17:18+ 20:41+	23:47+ 27:21+
02:36+	02:29+ 02:13+ 07:14+	02:46+ 03:23+	03:06+ 03:34+
01:04&	01:08& 00:57& 04:05#	01:22& 01:48#	01:08& 01:52#
		02:11#	02:11# 00:40&
		00:47#	02:57# 01:31&
		01:31&	01:14& 00:07#
		00:07#	00:50# 00:37&
		05:30#	04:01# 01:15#
		01:13#	01:13# 00:30#
		00:30#	
Beste strekktid for klassen			
01:14	01:16	01:01	02:44
01:16	01:01	02:44	01:16
01:35	01:39	01:34	01:17
01:16	00:43	00:57	01:25
01:49	00:21	00:25	00:33
00:49	01:11	00:57	01:13
00:31			

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

Damer 40 - 49 år

1	Brit Nilsen	88	33:09
01:06=	02:49= 04:14= 05:54=	07:29= 09:09=	10:08= 11:38=
01:06=	01:43= 01:25= 01:40=	01:35= 01:40=	00:59= 01:30=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00=	00:00= 00:00=
2	Anne Marie Gausel	105	34:09
01:10+	02:28- 04:09- 05:54=	07:36+ 09:27+	10:35+ 11:57+
01:10+	01:18- 01:41+ 01:45+	01:42+ 01:51+	01:08+ 01:22-
00:04+	00:25- 00:16# 00:05+	00:07+ 00:11#	00:09# 00:08-
3	May Bente Valdal	116	34:27
00:59-	02:28- 03:58- 05:35-	07:10- 09:02-	10:10+ 11:47+
00:59-	01:29- 01:30+ 01:37-	01:35= 01:52+	01:08+ 01:37+
00:07-	00:14- 00:05+ 00:03-	00:00= 00:12#	00:09# 00:07+
4	Hege Anita H. Nielsen	48	35:33
01:19+	02:41- 04:04- 05:48-	07:41+ 09:49+	10:58+ 12:28+
01:19+	01:22- 01:23- 01:44+	01:53+ 02:08+	01:09+ 01:30=
00:13#	00:21- 00:02- 00:04+	00:18# 00:28&	00:10# 00:00=
5	Bente Fjermestad-Eie	178	35:49
01:12+	02:39- 03:57- 07:05+	08:52+ 10:48+	11:49+ 12:53+
01:12+	01:27- 01:18- 03:08+	01:47+ 01:56+	01:01+ 01:04-
00:06+	00:16- 00:07- 01:28&	00:12# 00:16#	00:02+ 00:26-
6	Eli Serine Eikeskog	93	36:53
01:12+	02:46- 04:19+ 06:05+	07:53+ 09:53+	11:01+ 12:49+
01:12+	01:34- 01:33+ 01:46+	01:48+ 02:00+	01:08+ 01:48+
00:06+	00:09- 00:08+ 00:06+	00:13# 00:20#	00:09# 00:18#
7	Kristin Breivold	92	38:30
01:52+	03:36+ 04:53+ 06:34+	09:36+ 12:01+	13:00+ 14:33+
01:52+	01:44+ 01:17- 01:41+	03:02+ 02:25+	00:59= 01:33+
00:46&	00:01+ 00:08- 00:01+	01:27& 00:45&	00:00= 00:03+
8	Randi Helen Ladsten	128	38:36
01:21+	03:07+ 04:30+ 06:00+	07:32+ 09:18+	10:38+ 12:08+
01:21+	01:46+ 01:23- 01:30-	01:32- 01:46+	01:20+ 01:30=
00:15#	00:03+ 00:02- 00:10-	00:03- 00:06+	00:21& 00:00=

Class	Navn	Klasse																Tid					
9	Christel Dahl	92																39:33					
01:26+	03:06+	05:46+	07:42+	10:01+	12:51+	14:01+	16:06+	17:29+	18:24+	19:45+	21:34+	23:13+	25:28+	26:28+	28:01+	29:32+	34:06+	36:02+	37:19+	38:48+	39:33+		
01:26+	01:40-	02:40+	01:56+	02:19+	02:50+	01:10+	02:05+	01:23+	00:55-	01:21-	01:49+	01:39+	02:15-	01:00-	01:33+	01:31-	04:34+	01:56+	01:17+	01:29-	00:45-		
00:20&	00:03-	01:15&	00:16#	00:44&	01:10&	00:11#	00:35&	00:02+	00:00-	00:08-	00:16#	00:01+	00:34-	00:08-	00:13#	00:11-	01:20&	00:55&	00:14#	00:03-	00:01-		
10	Siv Skretting	93																39:58					
01:27+	02:50+	04:24+	07:36+	09:11+	11:06+	12:25+	13:43+	15:05+	15:49+	18:52+	21:22+	23:11+	26:43+	27:41+	29:29+	31:06+	34:26+	36:04+	37:31+	38:57+	39:58+		
01:27+	01:23-	01:34+	03:12+	01:35-	01:55+	01:19+	01:18-	01:22+	00:44-	03:03+	02:30+	01:49+	03:32+	00:58-	01:48+	01:37-	03:20+	01:38+	01:27+	01:26-	01:01+		
00:21&	00:20-	00:09#	01:32&	00:00-	00:15#	00:20&	00:12-	00:01+	00:11-	01:34@	00:57&	00:11#	00:43&	00:10-	00:28&	00:05-	00:06+	00:37&	00:24&	00:06-	00:15&		
11	Heidi Martby	88																41:06					
02:27+	03:52+	05:14+	06:57+	08:49+	11:12+	12:10+	14:01+	15:21+	16:08+	17:35+	19:27+	21:16+	24:00+	25:01+	26:23+	28:08+	36:28+	37:43+	38:51+	40:23+	41:06+		
02:27+	01:25-	01:22-	01:43+	01:52+	02:23+	00:58-	01:51+	01:20-	00:47-	01:27-	01:52+	01:49+	02:44-	01:01-	01:22+	01:45+	08:20+	01:15+	01:08+	01:32-	00:43-		
01:21@	00:18-	00:03-	00:03+	00:17#	00:43&	00:01-	00:21#	00:01-	00:08-	00:02-	00:19#	00:11#	00:05-	00:07-	00:02+	00:03+	05:06@	00:14#	00:05+	00:00-	00:03-		
12	Grethe Thu Skadberg	128																41:34					
00:59-	02:36-	05:25+	07:44+	09:38+	12:06+	13:20+	14:57+	16:27+	17:36+	19:17+	21:15+	23:05+	26:59+	27:52+	29:16+	31:07+	35:37+	36:55+	38:18+	40:50+	41:34+		
00:59-	01:37-	02:49+	02:19+	01:54+	02:28+	01:14+	01:37+	01:30+	01:09+	01:41+	01:58+	01:50+	03:54+	00:53-	01:24+	01:51+	04:30+	01:18+	01:23+	02:32+	00:44-		
00:07-	00:06-	01:24&	00:39&	00:19#	00:48&	00:15&	00:07+	00:09#	00:14&	00:12#	00:25&	00:12#	01:05&	00:15-	00:04+	00:09+	01:16&	00:17&	00:20&	01:00&	00:02-		
13	Tove Irene Asheim	116																42:15					
01:46+	03:46+	05:30+	07:32+	09:39+	11:52+	13:24+	15:27+	16:52+	18:04+	19:40+	21:59+	23:57+	27:00+	28:09+	29:51+	32:18+	35:36+	37:41+	38:54+	41:22+	42:15+		
01:46+	02:00+	01:44+	02:02+	02:07+	02:13+	01:32+	02:03+	01:25+	01:12+	01:36+	02:19+	01:58+	03:03+	01:09+	01:42+	02:27+	03:18+	02:05+	01:13+	02:28+	00:53+		
00:40&	00:17#	00:19#	00:22#	00:32&	00:33&	00:33&	00:33&	00:04+	00:17&	00:07+	00:46&	00:20#	00:14+	00:01+	00:22&	00:45&	00:04+	01:04@	00:10#	00:56&	00:07#		
14	Kari Sjørn	117																45:03					
01:55+	03:35+	05:04+	06:58+	08:47+	10:59+	12:08+	13:46+	18:33+	19:30+	20:53+	23:19+	25:18+	28:06+	29:10+	30:35+	32:43+	38:20+	39:55+	42:42+	44:21+	45:03+		
01:55+	01:40-	01:29+	01:54+	01:49+	02:12+	01:09+	01:38+	04:47+	00:57+	01:23-	02:26+	01:59+	02:48-	01:04-	01:25+	02:08+	05:37+	01:35+	02:47+	01:39+	00:42-		
00:49&	00:03-	00:04+	00:14#	00:14#	00:32&	00:10#	00:08+	03:26@	00:02+	00:06-	00:53&	00:21#	00:01-	00:04-	00:05+	00:26&	02:23&	00:34&	01:44@	00:07+	00:04-		
15	Gøril Monsen	92																47:01					
01:04-	02:24-	03:37-	05:16-	08:49+	13:10+	14:37+	16:27+	17:52+	18:38+	20:35+	22:28+	24:09+	27:28+	28:28+	29:39+	31:20+	37:36+	38:43+	44:26+	46:26+	47:01+		
01:04-	01:20-	01:13-	01:39-	03:33+	04:21+	01:27+	01:50+	01:25+	00:46-	01:57+	01:53+	01:41+	03:19+	01:00-	01:11-	01:41-	06:16+	01:07+	05:43+	02:00+	00:35-		
00:02-	00:23-	00:12-	00:01-	01:58@	02:41@	00:28&	00:20#	00:04+	00:09-	00:28&	00:20#	00:03+	00:30#	00:08-	00:09-	00:01-	03:02&	00:06+	04:40@	00:28&	00:11-		
Beste strekketid for klassen	00:59	01:18	01:13	01:30	01:40	00:58	01:04	01:16	00:44	01:17	01:33	01:34	02:15	00:48	01:11	01:30	02:18	01:01	00:53	00:57	00:35		
= Som klassevinner, - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																							
Damer 50 - 59 år																							
1	Keth Berggraf	116																30:56					
00:45=	02:08=	03:20=	05:00=	06:30=	08:01=	09:06=	10:14=	11:28=	12:14=	13:22=	15:21=	16:50=	19:37=	20:45=	22:05=	24:09=	26:23=	27:35=	28:32=	30:17=	30:56=		
00:45=	01:23=	01:12=	01:40=	01:30=	01:31=	01:05=	01:08=	01:14=	00:46=	01:08=	01:59=	01:29=	02:47=	01:08=	01:20=	02:04=	02:14=	01:12=	00:57=	01:45=	00:39=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Anne Sæbø Vik	116																31:41					
01:19+	03:02+	04:31+	05:59+	07:33+	09:34+	10:27+	11:40+	13:12+	14:05+	15:29+	17:11+	18:48+	21:02+	21:50+	22:59+	24:37+	26:48+	28:23+	29:29+	31:01+	31:41+		
01:19+	01:43+	01:29+	01:28-	01:34+	02:01+	00:53-	01:13+	01:32+	00:53+	01:24+	01:42-	01:37+	02:14-	00:48-	01:09-	01:38-	02:11-	01:35+	01:06+	01:32-	00:40+		
00:34&	00:20#	00:17#	00:12-	00:04+	00:30&	00:12-	00:05+	00:18#	00:07#	00:16#	00:17-	00:08+	00:33-	00:20-	00:11-	00:26-	00:03-	00:23&	00:09#	00:13-	00:01+		
3	Gunn J. Grefstad	2																37:51					
01:32+	03:00+	04:38+	06:22+	08:02+	09:57+	11:13+	12:46+	14:16+	15:04+	18:47+	20:56+	22:41+	25:12+	26:14+	27:42+	29:52+	32:32+	33:58+	35:11+	37:07+	37:51+		
01:32+	01:28+	01:38+	01:44+	01:40+	01:55+	01:16+	01:33+	01:30+	00:48+	03:43+	02:09+	01:45+	02:31-	01:02-	01:28+	02:10+	02:40+	01:26+	01:13+	01:56+	00:44+		
00:47@	00:05+	00:26&	00:04+	00:10#	00:24&	00:11#	00:25&	00:16#	00:02+	02:35@	00:10+	00:16#	00:16-	00:06-	00:08#	00:06+	00:26#	00:14#	00:16&	00:11#	00:05#		
4	Liv Omdal	116																38:01					
01:16+	03:01+	04:25+	06:17+	08:12+	10:31+	11:39+	13:36+	15:02+	15:58+	17:47+	19:56+	21:49+	25:22+	26:18+	27:41+	29:37+	32:24+	34:00+	35:21+	37:21+	38:01+		
01:16+	01:45+	01:24+	01:52+	01:55+	02:19+	01:08+	01:57+	01:26+	00:56+	01:49+	02:09+	01:53+	03:33+	00:56-	01:23+	01:56+	02:47+	01:36+	01:21+	02:00+	00:40+		
00:31&	00:22&	00:12#	00:12#	00:25&	00:48&	00:03+	00:49&	00:12#	00:10#	00:41&	00:10+	00:24&	00:46&	00:12-	00:03+	00:08-	00:33#	00:24&	00:24&	00:15#	00:01+		
5	Torill Andersen	116																39:55					
01:37+	03:14+	05:01+	07:03+	08:44+	11:45+	13:01+	14:57+	16:22+	17:15+	18:49+	20:59+	22:56+	25:36+	26:42+	28:11+	30:22+	34:24+	36:11+	37:36+	39:12+	39:55+		
01:37+	01:37+	01:47+	02:02+	01:41+	03:01+	01:16+	01:56+	01:25+	00:53+	01:34+	02:10+	01:57+	02:40-	01:06-	01:29+	02:11+	04:02+	01:47+	01:25+	01:36-	00:43+		
00:52@	00:14#	00:35&	00:22#	00:11#	01:30&	00:11#	00:48&	00:11#	00:07#	00:26&	00:11+	00:28&	00:07-	00:02-	00:09#	00:07+	01:48&	00:35&	00:28&	00:09-	00:04#		
6	Kristin Skadsem	18																39:58					
01:39+	03:22+	05:05+	07:13+	09:17+	11:28+	12:53+	14:40+	16:06+	16:59+	19:01+	21:16+	23:21+	26:08+	27:17+	28:54+	30:58+	34:02+	35:30+	36:48+	39:02+	39:58+		
01:39+	01:43+	01:43+	02:08+	02:04+	02:11+	01:25+	01:47+	01:26+	00:53+	02:02+	02:15+	02:05+	02:47=	01:09+	01:37+	02:04=	03:04+	01:28+	01:18+	02:14+	00:56+		
00:54@	00:20#	00:31&	00:28&	00:34&	00:40&	00:20&	00:39&	00:12#	00:07#	00:54&	00:16#	00:36&	00:00=	00:01+	00:17#	00:00=	00:50&	00:16#	00:21&	00:29&	00:17&		

Class	Navn	Klasse											Tid								
22	Kate Lawson	101											1:05:10								
02:15+	05:10+	08:33+	12:25+	15:53+	19:45+	21:30+	23:57+	25:23+	27:22+	29:39+	33:02+	36:07+	42:57+	45:42+	47:41+	57:25+	59:30+	61:39+	64:16+	65:10+	
02:15+	02:55+	03:23+	03:52+	03:28+	03:52+	01:45+	02:27+	01:26+	01:59+	02:17+	03:23+	03:05+	06:50+	00:53-	01:52+	01:59-	09:44+	02:05+	02:09+	02:37+	00:54+
01:30@	01:32@	02:11@	02:12@	01:58@	02:21@	00:40&	01:19@	00:12#	01:13@	01:09@	01:24&	01:36@	04:03@	00:15-	00:32&	00:05-	07:30@	00:53&	01:12@	00:52&	00:15&
23	Brit Vivian Meling	116											1:13:27								
02:29+	05:09+	07:45+	10:42+	15:24+	19:33+	21:24+	24:31+	27:20+	29:39+	33:37+	37:56+	41:21+	52:48+	54:15+	56:30+	59:49+	64:15+	66:34+	68:33+	72:04+	73:27+
02:29+	02:40+	02:36+	02:57+	04:42+	04:09+	01:51+	03:07+	02:49+	02:19+	03:58+	04:19+	03:25+	11:27+	01:27+	02:15+	03:19+	04:26+	02:19+	01:59+	03:31+	01:23+
01:44@	01:17@	01:24@	01:17&	03:12@	02:38@	00:46&	01:59@	01:35@	01:33@	02:50@	02:20@	01:56@	08:40@	00:19&	00:55&	01:15&	02:12&	01:07&	01:02@	01:46@	00:44@
Beste strekktid for klassen																					
00:45	01:19	01:12	01:28	01:30	01:31	00:53	01:08	01:14	00:45	01:08	01:42	01:29	02:11	00:48	00:43	01:19	01:57	01:12	00:57	01:19	00:33

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

Damer 60 - 64 år

1	Amanda Renshaw	101											34:53								
01:13=	04:06=	05:50=	06:44=	08:33=	10:03=	11:44=	14:01=	14:59=	16:49=	18:17=	20:18=	22:00=	23:33=	24:27=	26:48=	27:39=	29:28=	31:35=	33:58=	34:53=	
01:13=	02:53=	01:44=	00:54=	01:49=	01:30=	01:41=	02:17=	00:58=	01:50=	01:28=	02:01=	01:42=	01:33=	00:54=	02:21=	00:51=	01:49=	02:07=	02:23=	00:55=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Ingunn Voilås	29											36:00								
01:07-	03:53-	05:43-	06:41-	08:30-	10:11+	12:18+	14:03+	15:19+	17:15+	18:29+	20:28+	22:17+	23:59+	24:56+	26:53+	27:40+	29:34+	31:03-	35:01+	36:00+	
01:07-	02:46-	01:50+	00:58+	01:49=	01:41+	02:07+	01:45-	01:16+	01:56+	01:14-	01:59-	01:49+	01:42+	00:57+	01:57-	00:47-	01:54+	01:29-	03:58+	00:59+	
00:06-	00:07-	00:06+	00:04+	00:00=	00:11#	00:26&	00:32-	00:18&	00:06+	00:14-	00:02-	00:07+	00:09+	00:03+	00:24-	00:04-	00:05+	00:38-	01:35&	00:04+	
3	Berit Bakken	168											39:25								
02:17+	04:53+	06:46+	07:37+	09:21+	10:54+	12:43+	14:25+	18:34+	20:51+	22:23+	24:24+	26:15+	28:22+	29:31+	31:31+	32:17+	34:06+	36:10+	38:27+	39:25+	
02:17+	02:36-	01:53+	00:51-	01:44-	01:33+	01:49+	01:42-	04:09+	02:17+	01:32+	02:01=	01:51+	02:07+	01:09+	02:00-	00:46-	01:49=	02:04-	02:17-	00:58+	
01:04&	00:17-	00:09+	00:03-	00:05-	00:03+	00:08+	00:35-	03:11@	00:27#	00:04+	00:00=	00:09+	00:34&	00:15&	00:21-	00:05-	00:00=	00:03-	00:06-	00:03+	
4	Aud Steinsland	128											41:22								
01:25+	04:31+	06:46+	08:01+	10:03+	12:09+	14:10+	16:38+	18:00+	20:31+	22:01+	24:34+	26:41+	28:26+	29:38+	31:51+	32:44+	35:12+	37:09+	40:24+	41:22+	
01:25+	03:06+	02:15+	01:15+	02:02+	02:06+	02:01+	02:28+	01:22+	02:31+	01:30+	02:33+	02:07+	01:45+	01:12+	02:13-	00:53+	02:28+	01:57-	03:15+	00:58+	
00:12#	00:13+	00:31&	00:21&	00:13#	00:36&	00:20#	00:11+	00:24&	00:41&	00:02+	00:32&	00:25#	00:12#	00:18&	00:08-	00:02+	00:39&	00:10-	00:52&	00:03+	
5	Hanna S. Lomeland	47											41:22								
01:22+	04:33+	06:49+	08:03+	10:01+	12:12+	14:13+	16:41+	18:03+	20:34+	22:05+	24:32+	26:39+	28:31+	29:40+	31:53+	32:40+	35:14+	37:12+	40:20+	41:22+	
01:22+	03:11+	02:16+	01:14+	01:58+	02:11+	02:01+	02:28+	01:22+	02:31+	01:31+	02:27+	02:07+	01:52+	01:09+	02:13-	00:47-	02:34+	01:58-	03:08+	01:02+	
00:09#	00:18#	00:32&	00:20&	00:09+	00:41&	00:20#	00:11+	00:24&	00:41&	00:03+	00:26#	00:25#	00:19#	00:15&	00:08-	00:04-	00:45&	00:09-	00:45&	00:07#	
6	Liv Sissel Obrestad	54											43:02								
01:10-	04:09+	06:14+	07:12+	10:21+	12:41+	15:04+	17:26+	18:28+	21:02+	23:22+	25:58+	27:53+	29:42+	30:43+	32:49+	33:38+	35:37+	37:18+	41:59+	43:02+	
01:10-	02:59+	02:05+	01:17+	02:50+	02:20+	02:23+	02:22+	01:02+	02:34+	02:20+	02:36+	01:55+	01:49+	01:01+	02:06-	00:49-	01:59+	01:41-	04:41+	01:03+	
00:03-	00:06+	00:21#	00:23&	01:01&	00:50&	00:42&	00:05+	00:04+	00:44&	00:52&	00:35&	00:13#	00:16#	00:07#	00:15-	00:02-	00:10+	00:26-	02:18&	00:08#	
7	Kari Blixhavn	228											48:56								
02:09+	05:50+	08:19+	09:17+	11:51+	14:10+	17:11+	20:11+	21:25+	23:53+	26:11+	28:50+	31:16+	33:13+	34:28+	36:56+	37:54+	40:32+	42:34+	47:21+	48:56+	
02:09+	03:41+	02:29+	00:58+	02:34+	02:19+	03:01+	03:00+	01:14+	02:28+	02:18+	02:39+	02:26+	01:57+	01:15+	02:28+	00:58+	02:38+	02:02-	04:47+	01:35+	
00:56&	00:48&	00:45&	00:04+	00:45&	00:49&	01:20&	00:43&	00:16&	00:38&	00:50&	00:38&	00:44&	00:24&	00:21&	00:07+	00:07#	00:49&	00:05-	02:24@	00:40&	
Beste strekktid for klassen																					
01:07	02:36	01:44	00:51	01:44	01:30	01:41	01:42	00:58	01:50	01:14	01:59	01:42	01:33	00:54	01:57	00:46	01:49	01:29	02:17	00:55	

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

Damer 65 - 69 år

1	Mette Dagsland	68											42:32								
01:07=	03:42=	05:31=	06:26=	08:28=	10:27=	12:08=	15:04=	16:02=	17:57=	19:59=	21:59=	23:43=	25:30=	26:23=	29:03=	29:54=	32:13=	34:19=	41:36=	42:32=	
01:07=	02:35=	01:49=	00:55=	02:02=	01:59=	01:41=	02:56=	00:58=	01:55=	02:02=	02:00=	01:44=	01:47=	00:53=	02:40=	00:51=	02:19=	02:06=	07:17=	00:56=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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											47:14								
01:26+	04:39+	06:57+	07:57+	09:58+	11:57+	19:33+	22:10+	23:27+	25:51+	27:15+	29:58+	32:13+	33:54+	35:00+	37:53+	38:46+	41:13+	43:20+	46:14+	47:14+	
01:26+	03:13+	02:18+	01:00+	02:01-	01:59=	07:36+	02:37-	01:17+	02:24+	01:24-	02:43+	02:15+	01:41-	01:06+	02:53+	00:53+	02:27+	02:07+	02:54-	01:00+	
00:19&	00:38#	00:29&	00:05+	00:01-	00:00=	05:55@	00:19-	00:19&	00:29&	00:38-	00:43&	00:31&	00:06-	00:13#	00:13+	00:02+	00:08+	00:01+	04:23-	00:04+	

Class	Navn	Klasse	Tid																		
3	Halldis Handeland	92	48:13																		
02:40+	05:46+	07:53+	08:55+	11:09+	17:27+	19:54+	22:12+	23:37+	26:17+	27:49+	30:36+	32:56+	34:53+	36:02+	38:56+	39:59+	42:21+	44:03+	47:13+	48:13+	
02:40+	03:06+	02:07+	01:02+	02:14+	06:18+	02:27+	02:18-	01:25+	02:40+	01:32-	02:47+	02:20+	01:57+	01:09+	02:54+	01:03+	02:22+	01:42-	03:10-	01:00+	
01:33@	00:31#	00:18#	00:07#	00:12+	04:19@	00:46&	00:38-	00:27&	00:45&	00:30-	00:47&	00:36&	00:10+	00:16&	00:14+	00:12#	00:03+	00:24-	04:07-	00:04+	
4	Wenche Anda Haarr	92	49:19																		
01:12+	04:30+	07:00+	08:09+	10:27+	13:36+	15:44+	18:44+	19:59+	22:24+	24:33+	27:24+	29:32+	31:38+	32:42+	35:16+	36:05+	43:34+	45:05+	47:50+	49:19+	
01:12+	03:18+	02:30+	01:09+	02:18+	03:09+	02:08+	03:00+	01:15+	02:25+	02:09+	02:51+	02:08+	02:06+	01:04+	02:34-	00:49-	07:29+	01:31-	02:45-	01:29+	
00:05+	00:43&	00:41&	00:14&	00:16#	01:10&	00:27&	00:04+	00:17&	00:30&	00:07+	00:51&	00:24#	00:19#	00:11#	00:06-	00:02-	05:10@	00:35-	04:32-	00:33&	
5	Synnøva Gausel	115	59:24																		
02:26+	09:43+	15:39+	16:45+	19:08+	21:31+	25:06+	28:26+	29:30+	31:37+	33:01+	35:00+	38:20+	42:22+	43:52+	46:15+	47:08+	49:55+	51:40+	58:13+	59:24+	
02:26+	07:17+	05:56+	01:06+	02:23+	02:23+	03:35+	03:20+	01:04+	02:07+	01:24-	01:59-	03:20+	04:02+	01:30+	02:23-	00:53+	02:47+	01:45-	06:33-	01:11+	
01:19@	04:42@	04:07@	00:11#	00:21#	00:24#	01:54@	00:24#	00:06#	00:12#	00:38-	00:01-	01:36&	02:15@	00:37&	00:17-	00:02+	00:28#	00:21-	00:44-	00:15&	
6	Berit K. Gramstad	113	1:06:36																		
02:47+	05:29+	07:55+	08:53+	11:14+	13:34+	28:38+	37:07+	38:27+	40:59+	42:25+	45:09+	47:01+	49:24+	50:35+	55:20+	56:11+	61:12+	62:34+	65:19+	66:36+	
02:47+	02:42+	02:26+	00:58+	02:21+	02:20+	15:04+	08:29+	01:20+	02:32+	01:26-	02:44+	01:52+	02:23+	01:11+	04:45+	00:51=	05:01+	01:22-	02:45-	01:17+	
01:40@	00:07+	00:37&	00:03+	00:19#	00:21#	13:23@	01:12&	00:33@	00:22&	00:37&	00:36-	00:44&	00:08+	00:36&	00:18&	02:05&	00:00=	02:42@	00:44-	00:21&	
7	Ingunn Bjerga	105	1:20:30																		
06:33+	10:11+	13:12+	15:18+	17:41+	20:35+	26:18+	33:17+	34:51+	37:45+	40:02+	43:43+	46:10+	48:25+	49:50+	54:22+	56:19+	60:02+	64:35+	78:53+	80:30+	
06:33+	03:38+	03:01+	02:06+	02:23+	02:54+	05:43+	06:59+	01:34+	02:54+	02:17+	03:41+	02:27+	02:15+	01:25+	04:32+	01:57+	03:43+	04:33+	14:18+	01:37+	
05:26@	01:03&	01:12&	01:11@	00:21#	00:55&	04:02@	04:03@	00:36&	00:59&	00:15#	01:41&	00:43&	00:28&	00:32&	01:52&	01:06@	01:24&	02:27@	07:01&	00:41&	
Beste strekketid for klassen	01:07	02:35	01:49	00:55	02:01	01:59	01:41	02:18	00:58	01:55	01:24	01:59	01:44	01:41	00:53	02:23	00:49	02:19	01:22	02:45	00:56
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
Damer 70 - 74 år																					
1	Inger Skretting Opstad	54	38:43																		
01:13=	04:13=	06:18=	07:16=	09:16=	11:05=	12:53=	15:10=	16:30=	18:47=	20:30=	22:38=	24:48=	26:39=	27:45=	30:15=	31:07=	33:35=	35:02=	37:42=	38:43=	
01:13=	03:00=	02:05=	00:58=	02:00=	01:49=	01:48=	02:17=	01:20=	02:17=	01:43=	02:08=	02:10=	01:51=	01:06=	02:30=	00:52=	02:28=	01:27=	02:40=	01:01=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Turid Nystrøm	68	41:35																		
01:24+	04:08-	06:18=	07:11-	09:07-	10:59-	13:10+	15:11+	16:05-	18:18-	19:42-	22:22-	24:14-	25:50-	26:56-	29:12-	30:00-	32:53-	34:49-	40:40+	41:35+	
01:24+	02:44-	02:10+	00:53-	01:56-	01:52+	02:11+	02:01-	00:54-	02:13-	01:24-	02:40+	01:52-	01:36-	01:06=	02:16-	00:48-	02:53+	01:56+	05:51+	00:55-	
00:11#	00:16-	00:05+	00:05-	00:04-	00:03+	00:23#	00:16-	00:26-	00:04-	00:19-	00:32#	00:18-	00:15-	00:00=	00:14-	00:04-	00:25#	00:29&	03:11@	00:06-	
3	Helga Klausen	62	43:58																		
01:29+	04:18+	06:27+	07:31+	09:48+	11:59+	13:46+	16:13+	17:29+	20:13+	21:39+	24:25+	26:39+	28:31+	29:39+	32:01+	33:04+	37:43+	39:35+	42:57+	43:58+	
01:29+	02:49-	02:09+	01:04+	02:17+	02:11+	01:47-	02:27+	01:16-	02:44+	01:26-	02:46+	02:14+	01:52+	01:08+	02:22-	01:03+	04:39+	01:52+	03:22+	01:01=	
00:16#	00:11-	00:04+	00:06#	00:17#	00:22#	00:01-	00:10+	00:04-	00:27#	00:17-	00:38&	00:04+	00:01+	00:02+	00:08-	00:11#	02:11&	00:25&	00:42&	00:00=	
4	Halldis Glendrange	68	48:27																		
03:00+	06:36+	09:08+	10:03+	12:18+	14:08+	16:48+	20:39+	23:42+	26:16+	27:51+	30:17+	32:18+	34:04+	35:15+	38:00+	38:56+	41:57+	43:51+	47:34+	48:27+	
03:00+	03:36+	02:32+	00:55-	02:15+	01:50+	02:40+	03:51+	03:03+	02:34+	01:35-	02:26+	02:01-	01:46-	01:11+	02:45+	00:56+	03:01+	01:54+	03:43+	00:53-	
01:47@	00:36#	00:27#	00:03-	00:15#	00:01+	00:52&	00:24#	01:34&	01:43@	00:17#	00:08-	00:18#	00:09-	00:05-	00:15#	00:04+	00:33#	00:27&	01:03&	00:08-	
5	Hedvig Anda	116	50:05																		
01:52+	04:52+	09:22+	10:32+	12:40+	15:22+	17:48+	20:29+	21:40+	24:30+	26:10+	28:45+	31:01+	33:05+	34:26+	37:39+	38:37+	42:51+	45:44+	49:06+	50:05+	
01:52+	03:00=	04:30+	01:10+	02:08+	02:42+	02:26+	02:41+	01:11-	02:50+	01:40-	02:35+	02:16+	02:04+	01:21+	03:13+	00:58+	04:14+	02:53+	03:22+	00:59-	
00:39&	00:00=	02:25@	00:12#	00:08+	00:53&	00:38&	00:24#	00:09-	00:33#	00:03-	00:27#	00:06+	00:13#	00:15#	00:43&	00:06#	01:46&	01:26&	00:42&	00:02-	
6	Eva Hessen	83	52:13																		
01:43+	05:00+	07:42+	08:58+	11:33+	14:21+	17:23+	20:20+	21:44+	25:37+	28:42+	31:39+	34:12+	36:29+	37:52+	41:01+	42:04+	46:18+	48:19+	50:58+	52:13+	
01:43+	03:17+	02:42+	01:16+	02:35+	02:48+	03:02+	02:57+	01:24+	03:53+	03:05+	02:57+	02:33+	02:17+	01:23+	03:09+	01:03+	04:14+	02:01+	02:39-	01:15+	
00:30&	00:17+	00:37&	00:18&	00:35&	00:59&	01:14&	00:40&	00:04+	01:36&	01:22&	00:49&	00:23#	00:26#	00:17&	00:39&	00:11#	01:46&	00:34&	00:01-	00:14#	
7	Ragnhild Christensen	93	56:56																		
02:50+	06:48+	10:03+	11:20+	14:29+	18:43+	22:16+	25:05+	26:35+	30:21+	32:18+	35:23+	38:15+	40:43+	42:01+	44:25+	45:25+	48:44+	52:21+	55:49+	56:56+	
02:50+	03:58+	03:15+	01:17+	03:09+	04:14+	03:33+	02:49+	01:30+	03:46+	01:57+	03:05+	02:52+	02:28+	01:18+	02:24-	01:00+	03:19+	03:37+	03:28+	01:07+	
01:37@	00:58&	01:10&	00:19&	01:09&	02:25@	01:45&	00:32#	00:10#	01:29&	00:14#	00:57&	00:42&	00:37&	00:12#	00:06-	00:08#	00:51&	02:10@	00:48&	00:06+	
8	Aslaug Lura	94	1:04:10																		
03:20+	07:06+	09:47+	11:04+	13:43+	16:56+	20:13+	23:10+	24:37+	27:53+	30:44+	34:22+	38:38+	43:21+	44:46+	47:22+	48:39+	56:41+	59:06+	62:35+	64:10+	
03:20+	03:46+	02:41+	01:17+	02:39+	03:13+	03:17+	02:57+	01:27+	03:16+	02:51+	03:38+	04:16+	04:43+	01:25+	02:36+	01:17+	08:02+	02:25+	03:29+	01:35+	
02:07@	00:46&	00:36&	00:19&	00:39&	01:24&	01:29&	00:40&	00:07+	00:59&	01:08&	01:30&	02:06&	02:52@	00:19&	00:06+	00:25&	05:34@	00:58&	00:49&	00:34&	

Class Navn Klasse Tid

Beste strekktid for klassen

01:13 02:44 02:05 00:53 01:56 01:49 01:47 02:01 00:54 02:13 01:24 02:08 01:52 01:36 01:06 02:16 00:48 02:28 01:27 02:39 00:53

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

Damer 75 - 79 år

1 Synnøve Fuglestad 29 37:08

01:48= 04:56= 06:46= 07:49= 09:46= 11:24= 13:25= 15:18= 16:34= 18:30= 19:43= 21:35= 23:24= 25:14= 26:16= 28:07= 28:58= 30:47= 32:10= 36:06= 37:08=
01:48= 03:08= 01:50= 01:03= 01:57= 01:38= 02:01= 01:53= 01:16= 01:56= 01:13= 01:52= 01:49= 01:50= 01:02= 01:51= 00:51= 01:49= 01:23= 03:56= 01:02=
00:00= 00:00=

2 Gry V. Thengs 68 39:16

02:11+ 04:55- 06:50+ 07:49= 09:49+ 11:59+ 14:17+ 17:05+ 18:15+ 20:27+ 21:40+ 23:44+ 25:35+ 27:11+ 28:08+ 30:04+ 30:55+ 32:49+ 34:14+ 38:11+ 39:16+
02:11+ 02:44- 01:55+ 00:59- 02:00+ 02:10+ 02:18+ 02:48+ 01:10- 02:12+ 01:13= 02:04+ 01:51+ 01:36- 00:57- 01:56+ 00:51= 01:54+ 01:25+ 03:57+ 01:05+
00:23# 00:24- 00:05+ 00:04- 00:03+ 00:32& 00:17# 00:55& 00:06- 00:16# 00:00= 00:12# 00:02+ 00:14- 00:05- 00:05+ 00:00= 00:05+ 00:02+ 00:01+ 00:03+ 00:03+

3 Helga Aaslid 54 47:26

01:30- 04:22- 06:21- 07:19- 09:36- 12:32+ 14:59+ 18:36+ 19:48+ 23:49+ 26:45+ 29:17+ 31:48+ 33:53+ 35:02+ 37:08+ 38:02+ 42:42+ 44:01+ 46:37+ 47:26+
01:30- 02:52- 01:59+ 00:58- 02:17+ 02:56+ 02:27+ 03:37+ 01:12- 04:01+ 02:56+ 02:32+ 02:31+ 02:05+ 01:09+ 02:06+ 00:54+ 04:40+ 01:19- 02:36- 00:49-
00:18- 00:16- 00:09+ 00:05- 00:20# 01:18& 00:26# 01:44& 00:04- 02:05@ 01:43@ 00:40& 00:42& 01:27& 00:57& 00:43& 00:20& 01:15& 00:43& 01:16& 04:51@ 00:16- 00:13-

4 Berit Ebbell Olsen 68 59:01

02:17+ 06:03+ 08:58+ 10:18+ 13:03+ 15:52+ 18:38+ 22:29+ 24:02+ 28:11+ 30:06+ 33:25+ 36:11+ 38:44+ 40:06+ 43:12+ 44:46+ 47:51+ 54:05+ 57:45+ 59:01+
02:17+ 03:46+ 02:55+ 01:20+ 02:45+ 02:49+ 02:46+ 03:51+ 01:33+ 04:09+ 01:55+ 03:19+ 02:46+ 02:33+ 01:22+ 03:06+ 01:34+ 03:05+ 06:14+ 03:40- 01:16+
00:29& 00:38# 01:05& 00:17& 00:48& 01:11& 00:45& 01:58@ 00:17# 02:13@ 00:42& 01:27& 00:57& 00:43& 00:20& 01:15& 00:43& 01:16& 04:51@ 00:16- 00:14#

Beste strekktid for klassen

01:30 02:44 01:50 00:58 01:57 01:38 02:01 01:53 01:10 01:56 01:13 01:52 01:49 01:36 00:57 01:51 00:51 01:49 01:19 02:36 00:49

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

Damer A

1 Marjo Liikanen 67 29:11

00:45= 02:34= 03:54= 04:53= 06:07= 07:36= 08:33= 09:25= 11:02= 12:31= 13:26= 14:16= 15:03= 15:51= 17:18= 18:22= 19:46= 20:36= 22:51= 23:54= 25:45= 26:43= 28:33= 29:11=
00:45= 01:49= 01:20= 00:59= 01:14= 01:29= 00:57= 00:52= 01:37= 01:29= 00:55= 00:50= 00:47= 00:48= 01:27= 01:04= 01:24= 00:50= 02:15= 01:03= 01:51= 00:58= 01:50= 00:38=
00:00= 00:00=

2 Aud Hognestad Taksdal 92 29:31

00:42- 02:19- 03:41- 04:45- 05:52- 07:36= 08:23- 09:26+ 10:59- 12:35+ 13:26= 14:20+ 15:19+ 16:09+ 17:33+ 18:41+ 20:05+ 20:52+ 23:20+ 24:27+ 26:12+ 27:30+ 28:55+ 29:31+
00:42- 01:37- 01:22+ 01:04+ 01:07- 01:44+ 00:47- 01:03+ 01:33- 01:36+ 00:51- 00:54+ 00:59+ 00:50+ 01:24- 01:08+ 01:24= 00:47- 02:28+ 01:07+ 01:45- 01:18+ 01:25- 00:36-
00:03- 00:12- 00:02+ 00:05+ 00:07- 00:15# 00:10- 00:11# 00:04- 00:07+ 00:04- 00:04+ 00:12& 00:02+ 00:03- 00:04+ 00:00= 00:03- 00:13+ 00:04+ 00:06- 00:20& 00:25- 00:02-

3 Jorunn Hadland 29 30:27

00:45= 02:27- 03:53- 04:59+ 06:23+ 08:13+ 09:17+ 10:17+ 11:56+ 13:31+ 14:25+ 15:19+ 16:10+ 17:01+ 18:36+ 19:45+ 21:13+ 21:58+ 24:06+ 25:12+ 27:06+ 28:20+ 29:51+ 30:27+
00:45= 01:42- 01:26+ 01:06+ 01:24+ 01:50+ 01:04+ 01:00+ 01:39+ 01:35+ 00:54- 00:54+ 00:51+ 00:51+ 01:35+ 01:09+ 01:28+ 00:45- 02:08- 01:06+ 01:54+ 01:14+ 01:31- 00:36-
00:00= 00:07- 00:06+ 00:07# 00:10# 00:21# 00:07# 00:08# 00:02+ 00:06+ 00:01- 00:04+ 00:04+ 00:04+ 00:03+ 00:08+ 00:05+ 00:04+ 00:05- 00:07- 00:03+ 00:03+ 00:16& 00:19- 00:02-

4 Vilde Margrethe Sæbbø 90 33:21

00:48+ 02:50+ 04:16+ 05:22+ 06:42+ 08:20+ 09:14+ 10:25+ 12:14+ 13:53+ 14:59+ 15:53+ 16:58+ 17:59+ 19:41+ 21:00+ 22:26+ 23:16+ 26:22+ 27:40+ 29:28+ 30:44+ 32:36+ 33:21+
00:48+ 02:02+ 01:26+ 01:06+ 01:20+ 01:38+ 00:54- 01:11+ 01:49+ 01:39+ 01:06+ 00:54+ 01:05+ 01:01+ 01:42+ 01:19+ 01:26+ 00:50= 03:06+ 01:18+ 01:48- 01:16+ 01:52+ 00:45+
00:03+ 00:13# 00:06+ 00:07# 00:06+ 00:09# 00:03- 00:19& 00:12# 00:10# 00:11# 00:04+ 00:18& 00:04+ 00:18& 00:15# 00:15# 00:02+ 00:00= 00:51& 00:15# 00:03- 00:18& 00:02+ 00:07#

5 Wenche M. Sæbbø 3 36:15

00:46+ 02:49+ 04:31+ 06:02+ 07:29+ 09:12+ 10:13+ 11:20+ 13:22+ 15:16+ 16:28+ 17:26+ 18:27+ 19:30+ 21:26+ 22:52+ 24:39+ 25:41+ 28:27+ 29:57+ 32:33+ 33:51+ 35:30+ 36:15+
00:46+ 02:03+ 01:42+ 01:31+ 01:27+ 01:43+ 01:01+ 01:07+ 02:02+ 01:54+ 01:12+ 00:58+ 01:01+ 01:03+ 02:56+ 01:26+ 01:47+ 01:02+ 02:46+ 01:30+ 02:36+ 01:18+ 01:39- 00:45+
00:01+ 00:14# 00:22& 00:32& 00:13# 00:14# 00:04+ 00:15& 00:25& 00:25& 00:17& 00:08# 00:14& 00:15& 00:29& 00:22& 00:23& 00:12# 00:31# 00:27& 00:45& 00:20& 00:11- 00:07#

6 Silje Sundal 71 36:39

00:42- 02:48+ 04:17+ 05:54+ 08:42+ 10:39+ 11:35+ 12:44+ 14:50+ 16:30+ 17:30+ 18:40+ 20:27+ 21:16+ 23:01+ 24:13+ 25:56+ 26:57+ 29:27+ 30:46+ 33:14+ 34:27+ 36:03+ 36:39+
00:42- 02:06+ 01:29+ 01:37+ 02:48+ 01:57+ 00:56- 01:09+ 02:06+ 01:40+ 01:00+ 01:10+ 01:47+ 00:49+ 01:45+ 01:12+ 01:43+ 01:01+ 02:30+ 01:19+ 02:28+ 01:13+ 01:36- 00:36-
00:03- 00:17# 00:09# 00:38& 01:34@ 00:28& 00:01- 00:17& 00:29& 00:11# 00:05+ 00:20& 01:00@ 00:01+ 00:18# 00:08# 00:19# 00:11# 00:15# 00:16& 00:37& 00:15& 00:14- 00:02-

7 Sina Thu 271 44:19

01:04+ 03:02+ 05:16+ 07:15+ 08:53+ 12:50+ 14:00+ 17:15+ 19:14+ 22:08+ 23:23+ 24:17+ 25:49+ 27:20+ 29:00+ 30:23+ 32:07+ 33:08+ 35:48+ 37:29+ 40:18+ 41:41+ 43:30+ 44:19+
01:04+ 01:58+ 02:14+ 01:59+ 01:38+ 03:57+ 01:10+ 03:15+ 01:59+ 02:54+ 01:15+ 00:54+ 01:32+ 01:31+ 01:40+ 01:23+ 01:44+ 01:01+ 02:40+ 01:41+ 02:49+ 01:23+ 01:49- 00:49+
00:19& 00:09+ 00:54& 01:00@ 00:24& 02:28@ 00:13# 02:23@ 00:22# 01:25& 00:20& 00:04+ 00:45& 00:43& 00:13# 00:19& 00:20# 00:11# 00:25# 00:38& 00:58& 00:25& 00:01- 00:11&

Class	Navn	Klasse	Tid																		
9	Anne Garsrud	90	36:21																		
01:13+	03:00+	04:51+	07:10+	11:11+	12:57+	13:45+	14:52+	15:32+	16:33+	18:43+	20:06+	21:21+	23:39+	26:14+	27:03+	28:56+	30:54+	32:20+	34:58+	36:21+	
01:13+	01:47+	01:51+	02:19=	02:11+	01:50+	01:46+	00:48+	01:07+	00:40=	01:01-	02:10+	01:23+	01:15+	02:18+	02:35+	00:49+	01:53+	01:58-	01:26-	02:38+	01:23+
00:01+	00:31&	00:15#	00:00=	00:09+	00:13#	00:29&	00:06#	00:10#	00:00=	00:11-	00:22#	00:09#	00:15#	00:14#	00:14+	00:05#	00:34&	00:03-	00:43-	01:20@	00:09#
10	Agnes Elin Engen	116	36:53																		
01:18+	03:13+	05:26+	08:07+	10:11+	12:08+	13:32+	14:22+	15:22+	16:01+	17:07+	19:03+	20:38+	21:49+	24:34+	27:22+	28:01+	29:31+	32:01+	34:01+	35:36+	36:53+
01:18+	01:55+	02:13+	02:41+	02:04+	01:57+	01:24+	00:50+	01:00+	00:39-	01:06-	01:56+	01:35+	01:11+	02:45+	02:48+	00:39-	01:30+	02:30+	02:00-	01:35+	01:17+
00:06+	00:39&	00:37&	00:22#	00:02+	00:20#	00:07+	00:08#	00:03+	00:01-	00:06-	00:08+	00:21&	00:11#	00:41&	00:27#	00:05-	00:11#	00:29#	00:09-	00:17#	00:03+
11	Tone Cecilie Nyström	68	39:25																		
01:18+	03:04+	05:23+	08:29+	11:18+	13:27+	15:28+	16:22+	17:30+	18:16+	19:34+	21:48+	23:29+	24:56+	27:47+	30:00+	30:54+	32:39+	34:55+	36:30+	37:54+	39:25+
01:18+	01:46+	02:19+	03:06+	02:49+	02:09+	02:01+	00:54+	01:08+	00:46+	01:18+	02:14+	01:41+	01:27+	02:51+	02:13-	00:54+	01:45+	02:16+	01:35-	01:24+	01:31+
00:06+	00:30&	00:43&	00:47&	00:47&	00:32&	00:44&	00:12&	00:11#	00:06#	00:06+	00:26#	00:27&	00:27&	00:47&	00:08-	00:10#	00:26&	00:15#	00:34-	00:06+	00:17#
12	Ingunn Anda Haug	67	39:28																		
01:30+	03:14+	05:22+	08:19+	10:53+	13:02+	14:42+	15:34+	16:47+	17:27+	18:39+	20:58+	22:42+	24:02+	27:21+	29:42+	30:28+	32:09+	35:04+	36:29+	37:54+	39:28+
01:30+	01:44+	02:08+	02:57+	02:34+	02:09+	01:40+	00:52+	01:13+	00:40=	01:12=	02:19+	01:44+	01:20+	03:19+	02:21=	00:46+	01:41+	02:55+	01:25-	01:25+	01:34+
00:18#	00:28&	00:32&	00:38&	00:32&	00:32&	00:23&	00:10#	00:16&	00:00=	00:00=	00:31&	00:30&	00:20+	00:40&	00:00=	00:02+	00:22&	00:54&	00:44-	00:07+	00:20&
13	Irene Rummelhoff	116	40:07																		
01:17+	03:04+	05:00+	07:51+	10:08+	11:56+	13:36+	14:30+	15:36+	16:26+	17:35+	19:37+	21:04+	23:15+	25:59+	29:18+	30:05+	31:31+	34:46+	36:06+	38:51+	40:07+
01:17+	01:47+	01:56+	02:51+	02:17+	01:48+	01:40+	00:54+	01:06+	00:50+	01:09-	02:02+	01:27+	02:11+	02:44+	03:19+	00:47+	01:26+	03:15+	01:20-	02:45+	01:16+
00:05+	00:31&	00:20#	00:32#	00:15#	00:11#	00:23&	00:12&	00:09#	00:10#	00:03-	00:14#	00:13#	01:11@	00:40&	00:58&	00:03+	00:07+	01:14&	00:49-	01:27@	00:02+
14	Ragnhild Auglænd	168	41:04																		
01:29+	03:30+	06:44+	09:19+	11:53+	14:47+	16:33+	17:26+	18:44+	19:27+	20:42+	23:04+	24:45+	26:10+	28:52+	30:57+	31:47+	33:47+	35:58+	37:34+	39:29+	41:04+
01:29+	02:01+	03:14+	02:35+	02:34+	02:54+	01:46+	00:53+	01:18+	00:43+	01:15+	02:22+	01:41+	01:25+	02:42+	02:05-	00:50+	02:00+	02:11+	01:36-	01:55+	01:35+
00:17#	00:45&	01:38@	00:16#	00:32&	01:17&	00:29&	00:11&	00:21&	00:03+	00:03+	00:34&	00:27&	00:25&	00:38&	00:16-	00:06#	00:41&	00:10+	00:33-	00:37&	00:21&
15	Grethe Anda Fuglestad	116	42:10																		
03:31+	05:17+	07:23+	10:39+	13:04+	15:08+	16:49+	17:39+	18:55+	19:43+	21:02+	23:24+	25:06+	26:25+	28:58+	31:31+	32:26+	34:18+	36:28+	38:18+	40:33+	42:10+
03:31+	01:46+	02:06+	03:16+	02:25+	02:04+	01:41+	00:50+	01:16+	00:48+	01:19+	02:22+	01:42+	01:19+	02:33+	02:33+	00:55+	01:52+	02:10+	01:50-	02:15+	01:37+
02:19@	00:30&	00:30&	00:57&	00:23#	00:27&	00:24&	00:08#	00:19&	00:08#	00:07+	00:34&	00:28&	00:19&	00:29#	00:12+	00:11#	00:33&	00:09+	00:19-	00:57&	00:23&
16	Iren Undheim Øgreid	62	42:21																		
01:13+	04:17+	06:47+	11:50+	14:00+	15:57+	17:31+	18:20+	19:33+	20:30+	22:26+	24:41+	26:10+	27:30+	30:34+	32:38+	33:21+	35:02+	37:33+	39:26+	40:56+	42:21+
01:13+	03:04+	02:30+	05:03+	02:10+	01:57+	01:34+	00:49+	01:13+	00:57+	01:56+	02:15+	01:29+	01:20+	03:04+	02:04-	00:43-	01:41+	02:31+	01:53-	01:30+	01:25+
00:01+	01:48@	00:54&	02:44@	00:08+	00:20#	00:17#	00:07#	00:16&	00:17&	00:44&	00:27#	00:15#	00:20&	01:00&	00:17-	00:01-	00:22&	00:30#	00:16-	00:12#	00:11#
17	Margrethe Roalsø	93	43:18																		
02:19+	03:48+	07:27+	10:26+	12:58+	15:19+	16:58+	17:58+	19:17+	20:09+	21:29+	23:37+	25:37+	27:02+	29:46+	32:03+	32:50+	34:26+	36:31+	40:24+	41:51+	43:18+
02:19+	01:29+	03:39+	02:59+	02:32+	02:21+	01:39+	01:00+	01:19+	00:52+	01:20+	02:08+	02:00+	01:25+	02:44+	02:17-	00:47+	01:36+	02:05+	03:53+	01:27+	01:27+
01:07&	00:13#	02:03@	00:40&	00:30#	00:44&	00:22&	00:18&	00:22&	00:12&	00:08#	00:20#	00:46&	00:25&	00:40&	00:04-	00:03+	00:17#	00:04+	01:44&	00:09#	00:13#
18	Linda Mari Vestvik	62	44:57																		
01:23+	03:11+	05:46+	09:24+	11:44+	13:48+	15:44+	16:50+	17:57+	18:48+	20:49+	23:12+	24:55+	26:19+	31:17+	34:12+	35:01+	36:39+	39:31+	40:55+	43:26+	44:57+
01:23+	01:48+	02:35+	03:38+	02:20+	02:04+	01:56+	01:06+	01:07+	00:51+	02:01+	02:23+	01:43+	01:24+	04:58+	02:55+	00:49+	01:38+	02:52+	01:24-	02:31+	01:31+
00:11#	00:32&	00:59&	01:19&	00:18#	00:27&	00:39&	00:24&	00:10#	00:11&	00:49&	00:35&	00:29&	00:24&	02:54@	00:34#	00:05#	00:19#	00:51&	00:45-	01:13&	00:17#
19	Mariann Sveinsvoll	94	45:05																		
01:24+	03:46+	06:18+	09:10+	11:33+	13:30+	15:08+	16:05+	17:11+	18:07+	19:51+	22:09+	23:47+	25:07+	30:44+	33:50+	34:38+	36:31+	39:23+	41:06+	43:29+	45:05+
01:24+	02:22+	02:32+	02:52+	02:23+	01:57+	01:38+	00:57+	01:06+	00:56+	01:44+	02:18+	01:38+	01:20+	05:37+	03:06+	00:48+	01:53+	02:52+	01:43-	02:23+	01:36+
00:12#	01:06&	00:56&	00:33#	00:21#	00:20#	00:21&	00:15&	00:09#	00:16&	00:32&	00:30&	00:24&	00:20&	03:33@	00:45&	00:04+	00:34&	00:51&	00:26-	01:05&	00:22&
Beste strekktid for klassen																					
00:58	01:16	01:36	02:19	01:56	01:31	01:17	00:40	00:57	00:34	00:58	01:44	01:14	01:00	02:03	01:42	00:39	01:17	01:54	00:57	01:05	01:14

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

Damer Ny

1	Anastasia Ollestad	93	13:56									
00:38=	02:05=	03:11=	05:00=	06:00=	07:41=	08:18=	09:44=	10:24=	11:12=	12:18=	13:06=	13:56=
00:38=	01:27=	01:06=	01:49=	01:00=	01:41=	00:37=	01:26=	00:40=	00:48=	01:06=	00:48=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Silje Mollan	117	16:37									
00:51+	02:32+	03:44+	05:39+	07:25+	08:49+	09:42+	11:44+	12:29+	13:28+	14:49+	15:44+	16:37+
00:51+	01:41+	01:12+	01:55+	01:46+	01:24-	00:53+	02:02+	00:45+	00:59+	01:21+	00:55+	00:53+
00:13&	00:14#	00:06+	00:06+	00:46&	00:17-	00:16&	00:36&	00:05#	00:11#	00:15#	00:07#	00:03+

Class	Navn	Klasse											Tid
3	Gudrun Hegelstad	92											17:18
	00:55+	02:18+	03:23+	06:34+	07:20+	08:28+	09:13+	10:54+	12:31+	14:40+	16:33+	17:18+	
	00:55+	01:23-	01:05-	03:11+	00:46-	01:08-	00:45+	01:41+	00:32-	01:05+	02:09+	01:53+	00:45-
	00:17&	00:04-	00:01-	01:22&	00:14-	00:33-	00:08#	00:15#	00:08-	00:17&	01:03&	01:05@	00:05-
4	Frøydis Østtveit Kvinen	66											19:50
	01:10+	04:11+	05:21+	07:10+	07:55+	09:10+	10:17+	12:23+	13:11+	16:56+	18:17+	19:05+	19:50+
	01:10+	03:01+	01:10+	01:49+	00:45-	01:15-	01:07+	02:06+	00:48+	03:45+	01:21+	00:48+	00:45-
	00:32&	01:34@	00:04+	00:00+	00:15-	00:26-	00:30&	00:40&	00:08#	02:57@	00:15#	00:00+	00:05-
5	Maria E. Pettersen	134											20:16
	00:50+	02:28+	03:45+	05:45+	07:42+	09:43+	11:21+	13:49+	14:53+	16:27+	18:01+	19:15+	20:16+
	00:50+	01:38+	01:17+	02:00+	01:57+	02:01+	01:38+	02:28+	01:04+	01:34+	01:34+	01:14+	01:01+
	00:12&	00:11#	00:11#	00:11#	00:57&	00:20#	01:01@	01:02&	00:24&	00:46&	00:28&	00:26&	00:11#
6	Berit Høivik	134											23:20
	01:10+	04:04+	05:41+	08:20+	10:31+	12:06+	13:06+	15:19+	16:21+	17:59+	19:43+	22:04+	23:20+
	01:10+	02:54+	01:37+	02:39+	02:11+	01:35-	01:00+	02:13+	01:02+	01:38+	01:44+	02:21+	01:16+
	00:32&	01:27&	00:31&	00:50&	01:11@	00:06-	00:32&	00:47&	00:22&	00:50@	00:38&	01:33@	00:26&
7	Sidsel Gjesteland	105											23:36
	01:11+	03:22+	04:47+	07:59+	10:08+	12:37+	13:46+	17:08+	18:02+	19:40+	21:19+	22:30+	23:36+
	01:11+	02:11+	01:25+	03:12+	02:09+	02:29+	01:09+	03:22+	00:54+	01:38+	01:39+	01:11+	01:06+
	00:33&	00:44&	00:19&	01:23&	01:09@	00:48&	00:32&	01:56@	00:14&	00:50@	00:33&	00:23&	00:16&
8	Irene Haaland	117											23:44
	01:29+	03:25+	04:50+	08:07+	10:25+	12:44+	13:50+	17:15+	18:05+	19:44+	21:27+	22:32+	23:44+
	01:29+	01:56+	01:25+	03:17+	02:18+	02:19+	01:06+	03:25+	00:50+	01:39+	01:43+	01:05+	01:12+
	00:51@	00:29&	00:19&	01:28&	01:18@	00:38&	00:29&	01:59@	00:10#	00:51@	00:37&	00:17&	00:22&
9	Ester-Lill Waage	105											24:22
	00:47+	03:06+	04:59+	07:51+	09:58+	11:41+	12:38+	15:18+	16:47+	18:15+	21:53+	23:26+	24:22+
	00:47+	02:19+	01:53+	02:52+	02:07+	01:43+	00:57+	02:40+	01:29+	01:28+	03:38+	01:33+	00:56+
	00:09#	00:52&	00:47&	01:03&	01:07@	00:02+	00:20&	01:14&	00:49@	00:40&	02:32@	00:45&	00:06#
10	Suma Jorige	80											26:59
	00:58+	03:11+	04:55+	09:14+	10:29+	13:13+	16:06+	18:39+	19:43+	21:38+	23:31+	25:00+	26:59+
	00:58+	02:13+	01:44+	04:19+	01:15+	02:44+	02:53+	02:33+	01:04+	01:55+	01:53+	01:29+	01:59+
	00:20&	00:46&	00:38&	02:30@	00:15#	01:03&	02:16@	01:07&	00:24&	01:07@	00:47&	00:41&	01:09@
11	Liv Strand	105											30:28
	03:21+	05:54+	08:07+	11:36+	13:27+	15:29+	16:30+	21:15+	22:37+	25:15+	27:29+	28:58+	30:28+
	03:21+	02:33+	02:13+	03:29+	01:51+	02:02+	01:01+	04:45+	01:22+	02:38+	02:14+	01:29+	01:30+
	02:43@	01:06&	01:07@	01:40&	00:51&	00:21#	00:24&	03:19@	00:42@	01:50@	01:08@	00:41&	00:40&
Beste strekktid for klassen	00:38	01:23	01:05	01:49	00:45	01:08	00:37	01:26	00:32	00:48	01:06	00:48	00:45

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

Damer Trim

1	Maryon Paulsen Strugstad	43											16:21			
	00:37=	01:57=	02:52=	04:13=	05:37=	06:42=	08:44=	09:43=	10:24=	11:41=	12:13=	13:05=	13:39=	14:47=	15:52=	16:21=
	00:37=	01:20=	00:55=	01:21=	01:24=	01:05=	02:02=	00:59=	00:41=	01:17=	00:32=	00:52=	00:34=	01:08=	01:05=	00:29=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ann Helen Johannesen	71											18:14			
	00:36-	01:50-	02:56+	04:44+	06:27+	07:33+	09:07+	10:14+	10:57+	12:31+	13:06+	14:11+	14:50+	16:02+	17:36+	18:14+
	00:36-	01:14-	01:06+	01:48+	01:43+	01:06+	01:34-	01:07+	00:43+	01:34+	00:35+	01:05+	00:39+	01:12+	01:34+	00:38+
	00:01-	00:06-	00:11#	00:27&	00:19#	00:01+	00:28-	00:08#	00:02+	00:17#	00:03+	00:13#	00:05#	00:04+	00:29&	00:09&
3	Gerd Katrin Kro	117											19:14			
	00:34-	01:55-	02:56+	04:23+	06:09+	07:07+	10:45+	11:55+	12:27+	14:12+	14:48+	15:42+	16:15+	17:18+	18:40+	19:14+
	00:34-	01:21+	01:01+	01:27+	01:46+	00:58-	03:38+	01:10+	00:32-	01:45+	00:36+	00:54+	00:33-	01:03-	01:22+	00:34+
	00:03-	00:01+	00:06#	00:06+	00:22&	00:07-	01:36&	00:11#	00:09-	00:28&	00:04#	00:02+	00:01-	00:05-	00:17&	00:05#
4	Cecilie Kristine Karlsen	93											19:30			
	00:30-	01:55-	03:08+	04:47+	06:33+	07:32+	09:39+	11:01+	11:40+	13:09+	13:39+	15:16+	15:55+	17:10+	18:52+	19:30+
	00:30-	01:25+	01:13+	01:39+	01:46+	00:59-	02:07+	01:22+	00:39-	01:29+	00:30-	01:37+	00:39+	01:15+	01:42+	00:38+
	00:07-	00:05+	00:18&	00:18#	00:22&	00:06-	00:05+	00:23&	00:02-	00:12#	00:02-	00:45&	00:05#	00:07#	00:37&	00:09&

Class	Navn	Klasse	Tid
5	Fredrike Krahner	126	19:35
00:35-	01:58+ 03:03+ 04:36+ 07:06+ 08:03+	10:20+ 11:33+ 12:08+ 13:55+ 14:30+ 15:36+ 16:20+	17:27+ 18:57+ 19:35+
00:35-	01:23+ 01:05+ 01:33+ 02:30+ 00:57-	02:17+ 01:13+ 00:35- 01:47+ 00:35+	01:06+ 00:44+ 01:07- 01:30+ 00:38+
00:02-	00:03+ 00:10# 00:12# 01:06# 00:08-	00:15# 00:14# 00:06- 00:30# 00:03+	00:14# 00:10# 00:01- 00:25# 00:09#
6	Kristi Nessler Seglem	117	19:46
00:34-	02:05+ 03:12+ 04:54+ 07:07+ 08:18+	09:56+ 11:06+ 11:44+ 13:25+ 14:00+ 15:10+ 15:53+	17:08+ 18:53+ 19:46+
00:34-	01:31+ 01:07+ 01:42+ 02:13+ 01:11+	01:38- 01:10+ 00:38- 01:41+ 00:35+	01:10+ 00:43+ 01:15+ 01:45+ 00:53+
00:03-	00:11# 00:12# 00:21# 00:49# 00:06+	00:24- 00:11# 00:03- 00:24# 00:03+	00:18# 00:09# 00:07# 00:40# 00:24#
7	Bjørng Engelhard	165	20:11
00:41+	02:18+ 03:35+ 05:30+ 07:21+ 08:32+	10:08+ 11:14+ 12:04+ 13:38+ 14:25+ 15:26+ 16:05+	17:20+ 19:17+ 20:11+
00:41+	01:37+ 01:17+ 01:55+ 01:51+ 01:11+	01:36- 01:06+ 00:50+ 01:34+ 00:47+	01:01+ 00:39+ 01:15+ 01:57+ 00:54+
00:04#	00:17# 00:22# 00:34# 00:27# 00:06+	00:26- 00:07# 00:09# 00:17# 00:15#	00:09# 00:05# 00:07# 00:52# 00:25#
8	Tonje Tiley	27	20:18
00:41+	02:18+ 03:35+ 05:31+ 07:32+ 08:39+	10:31+ 11:43+ 12:26+ 14:13+ 14:43+ 15:53+ 16:36+	17:52+ 19:36+ 20:18+
00:41+	01:37+ 01:17+ 01:56+ 02:01+ 01:07+	01:52- 01:12+ 00:43+ 01:47+ 00:30-	01:10+ 00:43+ 01:16+ 01:44+ 00:42+
00:04#	00:17# 00:22# 00:35# 00:37# 00:02+	00:10- 00:13# 00:02+ 00:30# 00:02-	00:18# 00:09# 00:08# 00:39# 00:13#
9	Ingrid O. Foss	117	20:28
00:38+	02:08+ 03:32+ 05:29+ 07:25+ 09:02+	10:46+ 11:54+ 12:39+ 14:16+ 14:55+ 16:01+ 16:43+	18:00+ 19:43+ 20:28+
00:38+	01:30+ 01:24+ 01:57+ 01:56+ 01:37+	01:44- 01:08+ 00:45+ 01:37+ 00:39+	01:06+ 00:42+ 01:17+ 01:43+ 00:45+
00:01+	00:10# 00:29# 00:36# 00:32# 00:32#	00:18- 00:09# 00:04+ 00:20# 00:07#	00:14# 00:08# 00:09# 00:38# 00:16#
10	Gunn Vagle	126	20:43
00:42+	02:11+ 03:35+ 05:34+ 07:22+ 08:29+	10:37+ 11:47+ 12:30+ 14:12+ 14:51+ 16:06+ 17:04+	18:20+ 19:52+ 20:43+
00:42+	01:29+ 01:24+ 01:59+ 01:48+ 01:07+	02:08+ 01:10+ 00:43+ 01:42+ 00:39+	01:15+ 00:58+ 01:16+ 01:32+ 00:51+
00:05#	00:09# 00:29# 00:38# 00:24# 00:02+	00:06+ 00:11# 00:02+ 00:25# 00:07#	00:23# 00:24# 00:08# 00:27# 00:22#
11	Lise Bergli	62	20:55
00:39+	02:05+ 03:09+ 04:51+ 06:36+ 08:29+	10:05+ 11:26+ 12:05+ 13:41+ 14:20+ 15:27+ 16:14+	18:35+ 20:12+ 20:55+
00:39+	01:26+ 01:04+ 01:42+ 01:45+ 01:53+	01:36- 01:21+ 00:39- 01:36+ 00:39+	01:07+ 00:47+ 02:21+ 01:37+ 00:43+
00:02+	00:06+ 00:09# 00:21# 00:21# 00:48#	00:26- 00:22# 00:02- 00:19# 00:07#	00:15# 00:13# 01:13# 00:32# 00:14#
12	Anette Tronstad	115	21:06
00:37#	02:09+ 03:18+ 05:18+ 07:11+ 08:22+	10:12+ 11:39+ 12:32+ 14:28+ 15:08+ 16:23+ 17:09+	18:28+ 20:16+ 21:06+
00:37#	01:32+ 01:09+ 02:00+ 01:53+ 01:11+	01:50- 01:27+ 00:53+ 01:56+ 00:40+	01:15+ 00:46+ 01:19+ 01:48+ 00:50+
00:00#	00:12# 00:14# 00:39# 00:29# 00:06+	00:12- 00:28# 00:12# 00:39# 00:08#	00:23# 00:12# 00:11# 00:43# 00:21#
13	Randi Bugge	46	21:11
00:39+	02:16+ 03:29+ 05:24+ 07:16+ 08:20+	10:52+ 12:04+ 12:49+ 14:37+ 15:17+ 16:26+ 17:15+	18:34+ 20:17+ 21:11+
00:39+	01:37+ 01:13+ 01:55+ 01:52+ 01:04-	02:32+ 01:12+ 00:45+ 01:48+ 00:40+	01:09+ 00:49+ 01:19+ 01:43+ 00:54+
00:02+	00:17# 00:18# 00:34# 00:28# 00:01-	00:30# 00:13# 00:04+ 00:31# 00:08#	00:17# 00:15# 00:11# 00:38# 00:25#
14	Margot Asheim	105	21:18
00:37#	02:01+ 03:09+ 05:14+ 07:20+ 08:21+	10:03+ 11:17+ 11:58+ 14:51+ 15:27+ 16:39+ 17:25+	18:40+ 20:20+ 21:18+
00:37#	01:24+ 01:08+ 02:05+ 02:06+ 01:01-	01:42- 01:14+ 00:41= 02:53+ 00:36+	01:12+ 00:46+ 01:15+ 01:40+ 00:58+
00:00#	00:04+ 00:13# 00:44# 00:42# 00:04-	00:20- 00:15# 00:00= 01:36# 00:04#	00:20# 00:12# 00:07# 00:35# 00:29#
15	Kine Strømstad	109	21:41
00:46+	02:15+ 03:26+ 05:17+ 07:14+ 08:22+	11:10+ 12:29+ 13:18+ 15:05+ 15:44+ 16:53+ 17:33+	19:15+ 20:57+ 21:41+
00:46+	01:29+ 01:11+ 01:51+ 01:57+ 01:08+	02:48+ 01:19+ 00:49+ 01:47+ 00:39+	01:09+ 00:40+ 01:42+ 01:42+ 00:44+
00:09#	00:09# 00:16# 00:30# 00:33# 00:03+	00:46# 00:20# 00:08# 00:30# 00:07#	00:17# 00:06# 00:34# 00:37# 00:15#
16	Marianne Johnsen	5	21:59
01:05+	03:02+ 04:08+ 05:56+ 07:41+ 08:35+	11:01+ 12:26+ 13:13+ 14:37+ 15:21+ 17:49+ 18:23+	19:39+ 21:14+ 21:59+
01:05+	01:57+ 01:06+ 01:48+ 01:45+ 00:54-	02:26+ 01:25+ 00:47+ 01:24+ 00:44+	02:28+ 00:34# 01:16+ 01:35+ 00:45+
00:28#	00:37# 00:11# 00:27# 00:21# 00:11-	00:24# 00:26# 00:06# 00:07+ 00:12#	01:36# 00:00= 00:08# 00:30# 00:16#
17	Åse Sellereite	27	22:32
00:32-	02:00+ 03:37+ 05:46+ 08:23+ 09:19+	12:01+ 13:08+ 13:47+ 15:28+ 16:15+ 17:41+ 18:31+	20:01+ 21:51+ 22:32+
00:32-	01:28+ 01:37+ 02:09+ 02:37+ 00:56-	02:42+ 01:07+ 00:39- 01:41+ 00:47+	01:26+ 00:50+ 01:30+ 01:50+ 00:41+
00:05-	00:08# 00:42# 00:48# 01:13# 00:09-	00:40# 00:08# 00:02- 00:24# 00:15#	00:34# 00:16# 00:22# 00:45# 00:12#
18	Irene Frøyland	71	22:41
01:17+	03:14+ 04:25+ 06:27+ 08:50+ 09:51+	11:46+ 12:58+ 13:46+ 15:43+ 16:25+ 17:37+ 18:41+	19:57+ 22:01+ 22:41+
01:17+	01:57+ 01:11+ 02:02+ 02:23+ 01:01-	01:55- 01:12+ 00:48+ 01:57+ 00:42+	01:12+ 01:04+ 01:16+ 02:04+ 00:40+
00:40#	00:37# 00:16# 00:41# 00:59# 00:04-	00:07- 00:13# 00:07# 00:40# 00:10#	00:20# 00:30# 00:08# 00:59# 00:11#
19	Mona Nordmark Kaada	178	23:04
00:39+	02:27+ 04:02+ 06:30+ 09:26+ 10:34+	12:18+ 13:46+ 14:33+ 16:16+ 17:05+ 18:29+ 19:19+	20:38+ 22:26+ 23:04+
00:39+	01:48+ 01:35+ 02:28+ 02:56+ 01:08+	01:44- 01:28+ 00:47+ 01:43+ 00:49+	01:24+ 00:50+ 01:19+ 01:48+ 00:38+
00:02+	00:28# 00:40# 01:07# 01:32# 00:03+	00:18- 00:29# 00:06# 00:26# 00:17#	00:32# 00:16# 00:11# 00:43# 00:09#

Class	Navn	Klasse										Tid				
20	Rikke Rostrup	116										23:11				
00:44+	04:04+	05:14+	07:00+	08:48+	09:44+	11:32+	12:35+	13:16+	15:31+	16:25+	18:31+	19:11+	20:35+	22:30+	23:11+	
00:44+	03:20+	01:10+	01:46+	01:48+	00:56-	01:48-	01:03+	00:41=	02:15+	00:54+	02:06+	00:40+	01:24+	01:55+	00:41+	
00:07#	02:00#	00:15&	00:25&	00:24&	00:09-	00:14-	00:04+	00:00=	00:58&	00:22&	01:14#	00:06#	00:16#	00:50&	00:12&	
21	Margretha Almedal	91										23:15				
00:39+	02:21+	03:36+	05:36+	07:44+	09:08+	11:05+	12:20+	13:05+	15:15+	16:00+	17:10+	17:56+	19:14+	22:19+	23:15+	
00:39+	01:42+	01:15+	02:00+	02:08+	01:24+	01:57-	01:15+	00:45+	02:10+	00:45+	01:10+	00:46+	01:18+	03:05+	00:56+	
00:02+	00:22&	00:20&	00:39&	00:44&	00:19&	00:05-	00:16&	00:04+	00:53&	00:13&	00:18&	00:12&	00:10#	02:00#	00:27&	
22	Kjersti Fandrem Høivik	68										23:21				
00:40+	02:17+	03:37+	05:37+	07:49+	09:03+	10:49+	12:11+	13:02+	15:15+	16:00+	17:26+	18:14+	19:45+	22:28+	23:21+	
00:40+	01:37+	01:20+	02:00+	02:12+	01:14+	01:46-	01:22+	00:51+	02:13+	00:45+	01:26+	00:48+	01:31+	02:43+	00:53+	
00:03+	00:17#	00:25&	00:39&	00:48&	00:09#	00:16-	00:23&	00:10#	00:56&	00:13&	00:34&	00:14&	00:23&	01:38#	00:24&	
23	Grete Hellevik	168										23:50				
00:47+	02:15+	03:25+	05:18+	07:59+	10:24+	12:58+	14:04+	14:51+	16:51+	17:35+	18:48+	19:35+	21:08+	23:04+	23:50+	
00:47+	01:28+	01:10+	01:53+	02:41+	02:25+	02:34+	01:06+	00:47+	02:00+	00:44+	01:13+	00:47+	01:33+	01:56+	00:46+	
00:10&	00:08#	00:15&	00:32&	01:17&	01:20#	00:32&	00:07#	00:06#	00:43&	00:12&	00:21&	00:13&	00:25&	00:51&	00:17&	
24	Linn Skadberg	113										24:04				
00:56+	02:51+	04:33+	06:39+	09:01+	10:29+	12:26+	13:51+	14:41+	16:42+	17:27+	19:08+	19:56+	21:21+	23:12+	24:04+	
00:56+	01:55+	01:42+	02:06+	02:22+	01:28+	01:57-	01:25+	00:50+	02:01+	00:45+	01:41+	00:48+	01:25+	01:51+	00:52+	
00:19&	00:35&	00:47&	00:45&	00:58&	00:23&	00:05-	00:26&	00:09#	00:44&	00:13&	00:49&	00:14&	00:17#	00:46&	00:23&	
25	Jorunn Pedersen Lima	113										24:17				
01:03+	02:54+	04:34+	06:41+	09:09+	10:29+	12:34+	14:02+	14:53+	16:54+	17:38+	19:25+	20:07+	21:35+	23:29+	24:17+	
01:03+	01:51+	01:40+	02:07+	02:28+	01:20+	02:05+	01:28+	00:51+	02:01+	00:44+	01:47+	00:42+	01:28+	01:54+	00:48+	
00:26&	00:31&	00:45&	00:46&	01:04&	00:15#	00:03+	00:29&	00:10#	00:44&	00:12&	00:55#	00:08#	00:20&	00:49&	00:19&	
26	Bente Salte Aune	128										24:25				
00:49+	02:38+	03:59+	06:10+	09:09+	10:22+	12:09+	13:37+	14:31+	16:33+	17:15+	18:55+	19:53+	21:27+	23:30+	24:25+	
00:49+	01:49+	01:21+	02:11+	02:59+	01:13+	01:47-	01:28+	00:54+	02:02+	00:42+	01:40+	00:58+	01:34+	02:03+	00:55+	
00:12&	00:29&	00:26&	00:50&	01:35#	00:08#	00:15-	00:29&	00:13&	00:45&	00:10&	00:48&	00:24&	00:26&	00:58&	00:26&	
27	Judith Serigstad	128										24:27				
00:47+	02:38+	04:00+	06:11+	09:14+	10:22+	12:13+	13:38+	14:31+	16:35+	17:17+	18:53+	19:56+	21:28+	23:45+	24:27+	
00:47+	01:51+	01:22+	02:11+	03:03+	01:08+	01:51-	01:25+	00:53+	02:04+	00:42+	01:36+	01:03+	01:32+	02:17+	00:42+	
00:10&	00:31&	00:27&	00:50&	01:39#	00:03+	00:11-	00:26&	00:12&	00:47&	00:10&	00:44&	00:29&	00:24&	01:12#	00:13&	
28	Solbjørg Lima Skadberg	113										24:29				
01:03+	02:59+	04:25+	06:49+	09:15+	10:37+	12:41+	14:07+	14:57+	16:59+	17:43+	19:20+	20:13+	21:44+	23:37+	24:29+	
01:03+	01:56+	01:26+	02:24+	02:26+	01:22+	02:04+	01:26+	00:50+	02:02+	00:44+	01:37+	00:53+	01:31+	01:53+	00:52+	
00:26&	00:36&	00:31&	01:03&	01:02&	00:17&	00:02+	00:27&	00:09#	00:45&	00:12&	00:45&	00:19&	00:23&	00:48&	00:23&	
29	Marita Navjord Nicolaysen	71										24:40				
00:37=	02:34+	03:53+	06:10+	08:32+	09:44+	12:24+	13:47+	14:37+	17:09+	17:55+	19:45+	20:48+	22:06+	23:58+	24:40+	
00:37=	01:57+	01:19+	02:17+	02:22+	01:12+	02:40+	01:23+	00:50+	02:32+	00:46+	01:50+	01:03+	01:18+	01:52+	00:42+	
00:00=	00:37&	00:24&	00:56&	00:07#	00:38&	00:24&	00:09#	01:15&	00:14&	00:58#	00:29&	00:10#	00:47&	00:13&		
30	Camilla Haugland	105										24:51				
00:44+	02:17+	03:23+	07:21+	08:56+	10:01+	12:44+	14:01+	14:47+	16:42+	17:25+	19:09+	19:49+	22:29+	24:07+	24:51+	
00:44+	01:33+	01:06+	03:58+	01:35+	01:05=	02:43+	01:17+	00:46+	01:55+	00:43+	01:44+	00:40+	02:40+	01:38+	00:44+	
00:07#	00:13#	00:11#	02:37#	00:11#	00:00=	00:41&	00:18&	00:05#	00:38&	00:11&	00:52&	00:06#	01:32#	00:33&	00:15&	
31	Synnøve Hognestad	43										25:30				
00:38+	02:16+	03:23+	06:02+	07:55+	10:15+	12:38+	14:21+	15:44+	16:32+	18:36+	19:11+	20:23+	21:12+	23:09+	24:42+	25:30+
00:38+	01:38+	01:07+	02:39+	01:53+	02:20+	02:23+	01:43+	01:23+	00:48-	02:04+	00:35-	01:12+	00:49-	01:57+	01:33+	00:48+
00:01+	00:18#	00:12#	01:18&	00:29&	01:15#	00:21#	00:44&	00:42#	00:29-	01:32#	00:17-	00:38#	00:19-	00:52&	01:04#	00:48+
32	Synnøve Langvik	93										25:35				
00:57+	02:47+	03:59+	06:04+	08:17+	09:30+	13:23+	14:56+	15:40+	18:02+	18:44+	19:55+	20:42+	22:36+	24:39+	25:35+	
00:57+	01:50+	01:12+	02:05+	02:13+	01:13+	03:53+	01:33+	00:44+	02:22+	00:42+	01:11+	00:47+	01:54+	02:03+	00:56+	
00:20&	00:30&	00:17&	00:44&	00:49&	00:08#	01:51&	00:34&	00:03+	01:05&	00:10&	00:19&	00:13&	00:46&	00:58&	00:27&	
33	Maria Haukalid	47										25:54				
00:55+	02:33+	04:01+	06:18+	08:42+	10:03+	12:16+	13:38+	14:33+	17:16+	18:14+	19:39+	20:37+	22:34+	24:50+	25:54+	
00:55+	01:38+	01:28+	02:17+	02:24+	01:21+	02:13+	01:22+	00:55+	02:43+	00:58+	01:25+	00:58+	01:57+	02:16+	01:04+	
00:18&	00:18#	00:33&	00:56&	01:00&	00:16#	00:11+	00:23&	00:14&	01:26#	00:26&	00:33&	00:24&	00:49&	01:11#	00:35#	
34	Åse Kristensen	94										26:01				
00:46+	02:44+	04:16+	06:45+	09:22+	10:45+	13:16+	14:45+	15:33+	17:37+	18:30+	19:57+	20:46+	22:25+	25:02+	26:01+	
00:46+	01:58+	01:32+	02:29+	02:37+	01:23+	02:31+	01:29+	00:48+	02:04+	00:53+	01:27+	00:49+	01:39+	02:37+	00:59+	
00:09#	00:38&	00:37&	01:08&	01:13&	00:18&	00:29#	00:30&	00:07#	00:47&	00:21&	00:35&	00:15&	00:31&	01:32#	00:30#	

Class	Navn	Klasse											Tid			
35	Hilde Sondresen	93											26:10			
00:56+	02:52+	04:20+	06:42+	08:58+	10:33+	12:42+	14:11+	15:08+	17:18+	18:08+	19:39+	20:30+	22:13+	25:09+	26:10+	
00:56+	01:56+	01:28+	02:22+	02:16+	01:35+	02:09+	01:29+	00:57+	02:10+	00:50+	01:31+	00:51+	01:43+	02:56+	01:01+	
00:19%	00:36%	00:33%	01:01%	00:52%	00:30%	00:07+	00:30%	00:16%	00:53%	00:18%	00:39%	00:17%	00:35%	01:51%	00:32%	
36	Rebekka Lye	62											26:10			
00:44+	02:41+	04:07+	06:47+	09:46+	10:52+	13:19+	14:33+	15:36+	17:22+	18:11+	19:37+	20:26+	23:29+	25:30+	26:10+	
00:44+	01:57+	01:26+	02:40+	02:59+	01:06+	02:27+	01:14+	01:03+	01:46+	00:49+	01:26+	00:49+	03:03+	02:01+	00:40+	
00:07#	00:37%	00:31%	01:19%	01:35%	00:01+	00:25#	00:15%	00:22%	00:29%	00:17%	00:34%	00:15%	01:55%	00:56%	00:11%	
37	Inger Synnøve Sjursen	92											26:16			
01:00+	02:57+	04:23+	06:48+	09:10+	10:32+	12:46+	14:17+	15:12+	17:23+	18:09+	19:40+	20:35+	22:16+	25:06+	26:16+	
01:00+	01:57+	01:26+	02:25+	02:22+	01:22+	02:14+	01:31+	00:55+	02:11+	00:46+	01:31+	00:55+	01:41+	02:50+	01:10+	
00:23%	00:37%	00:31%	01:04%	00:58%	00:17%	00:12+	00:32%	00:14%	00:54%	00:14%	00:39%	00:21%	00:33%	01:45%	00:41%	
38	Lillian Dahl Fitjar	117											26:20			
00:37=	02:31+	03:56+	06:23+	08:59+	10:22+	12:13+	13:36+	14:29+	16:28+	17:14+	20:43+	21:45+	23:24+	25:19+	26:20+	
00:37=	01:54+	01:25+	02:27+	02:36+	01:23+	01:51-	01:23+	00:53+	01:59+	00:46+	03:29+	01:02+	01:39+	01:55+	01:01+	
00:00=	00:34%	00:30%	01:06%	01:12%	00:18%	00:11-	00:24%	00:12%	00:42%	00:14%	02:37%	00:28%	00:31%	00:50%	00:32%	
39	Unni B. Sundli	92											26:27			
00:58+	02:58+	04:32+	06:59+	09:13+	10:23+	13:33+	15:01+	15:59+	18:07+	19:17+	20:49+	21:46+	23:27+	25:31+	26:27+	
00:58+	02:00+	01:34+	02:27+	02:14+	01:10+	03:10+	01:28+	00:58+	02:08+	01:10+	01:32+	00:57+	01:41+	02:04+	00:56+	
00:21%	00:40%	00:39%	01:06%	00:50%	00:05+	01:08%	00:29%	00:17%	00:51%	00:38%	00:40%	00:23%	00:33%	00:59%	00:27%	
40	Lene Haver Schmidt	88											26:38			
00:56+	02:40+	04:13+	06:20+	08:27+	09:55+	11:58+	14:42+	15:44+	17:59+	18:51+	20:30+	21:30+	23:27+	25:45+	26:38+	
00:56+	01:44+	01:33+	02:07+	02:07+	01:28+	02:03+	02:44+	01:02+	02:15+	00:52+	01:39+	01:00+	01:57+	02:18+	00:53+	
00:19%	00:24%	00:38%	00:46%	00:43%	00:23%	00:01+	01:45%	00:21%	00:58%	00:20%	00:47%	00:26%	00:49%	01:13%	00:24%	
41	Anita Edgren	88											26:39			
00:55+	02:35+	04:14+	06:26+	08:30+	09:54+	11:59+	14:41+	15:44+	17:58+	18:51+	20:30+	21:26+	23:31+	25:45+	26:39+	
00:55+	01:40+	01:39+	02:12+	02:04+	01:24+	02:05+	02:42+	01:03+	02:14+	00:53+	01:39+	00:56+	02:05+	02:14+	00:54+	
00:18%	00:20#	00:44%	00:51%	00:40%	00:19%	00:03+	01:43%	00:22%	00:57%	00:21%	00:47%	00:22%	00:57%	01:09%	00:25%	
42	Astrid Espe	43											26:39			
00:50+	02:46+	04:12+	07:34+	09:57+	11:15+	13:24+	14:51+	15:45+	17:57+	19:02+	20:33+	21:24+	23:18+	25:43+	26:39+	
00:50+	01:56+	01:26+	03:22+	02:23+	01:18+	02:09+	01:27+	00:54+	02:12+	01:05+	01:31+	00:51+	01:54+	02:25+	00:56+	
00:13%	00:36%	00:31%	02:01%	00:59%	00:13#	00:07+	00:28%	00:13%	00:55%	00:33%	00:39%	00:17%	00:46%	01:20%	00:27%	
43	Eli Våge	117											26:40			
00:46+	02:50+	04:25+	06:52+	10:40+	12:14+	14:14+	15:35+	16:27+	18:38+	19:31+	20:54+	21:54+	23:33+	25:48+	26:40+	
00:46+	02:04+	01:35+	02:27+	03:48+	01:34+	02:00-	01:21+	00:52+	02:11+	00:53+	01:23+	01:00+	01:39+	02:15+	00:52+	
00:09#	00:44%	00:40%	01:06%	02:24%	00:29%	00:02-	00:22%	00:11%	00:54%	00:21%	00:31%	00:26%	00:31%	01:10%	00:23%	
44	Gunhild Nordbø	117											26:44			
00:35-	02:13+	03:35+	09:11+	12:13+	13:29+	15:25+	16:48+	17:48+	19:38+	20:18+	21:30+	22:11+	24:01+	25:56+	26:44+	
00:35-	01:38+	01:22+	05:36+	03:02+	01:16+	01:56-	01:23+	01:00+	01:50+	00:40+	01:12+	00:41+	01:50+	01:55+	00:48+	
00:02-	00:18#	00:27%	04:15%	01:38%	00:11#	00:06-	00:24%	00:19%	00:33%	00:08#	00:20%	00:07#	00:42%	00:50%	00:19%	
45	Grethe Wathne	109											27:18			
00:46+	02:42+	04:06+	06:23+	08:36+	09:51+	12:52+	14:15+	15:05+	17:08+	18:15+	19:29+	20:31+	24:42+	26:21+	27:18+	
00:46+	01:56+	01:24+	02:17+	02:13+	01:15+	03:01+	01:23+	00:50+	02:03+	01:07+	01:14+	01:02+	04:11+	01:39+	00:57+	
00:09#	00:36%	00:29%	00:56%	00:49%	00:10#	00:59%	00:24%	00:09#	00:46%	00:35%	00:22%	00:28%	03:03%	00:34%	00:28%	
46	Solveig Mæland	128											27:46			
00:51+	02:40+	04:06+	06:35+	08:39+	10:09+	11:59+	13:24+	14:17+	16:17+	19:48+	20:39+	22:02+	22:53+	24:27+	26:50+	27:46+
00:51+	01:49+	01:26+	02:29+	02:04+	01:30+	01:50-	01:25+	00:53+	02:00+	03:31+	00:51-	01:23+	00:51-	01:34+	02:23+	00:56+
00:14%	00:29%	00:31%	01:08%	00:40%	00:25%	00:12-	00:26%	00:12%	00:43%	02:59%	00:01-	00:49%	00:17-	00:29%	01:54%	00:56+
47	Kirsti Strand Salvesen	256											28:05			
01:05+	03:26+	05:00+	08:03+	10:35+	11:54+	14:03+	15:47+	16:55+	19:16+	20:06+	21:52+	22:48+	24:36+	26:56+	28:05+	
01:05+	02:21+	01:34+	03:03+	02:32+	01:19+	02:09+	01:44+	01:08+	02:21+	00:50+	01:46+	00:56+	01:48+	02:20+	01:09+	
00:28%	01:01%	00:39%	01:42%	01:08%	00:14#	00:07+	00:45%	00:27%	01:04%	00:18%	00:54%	00:22%	00:40%	01:15%	00:40%	
48	Siv Hilde Berg	105											28:31			
01:11+	03:27+	05:14+	07:40+	10:03+	11:25+	13:34+	15:21+	16:23+	19:01+	19:48+	21:44+	22:42+	24:57+	27:47+	28:31+	
01:11+	02:16+	01:47+	02:26+	02:23+	01:22+	02:09+	01:47+	01:02+	02:38+	00:47+	01:56+	00:58+	02:15+	02:50+	00:44+	
00:34%	00:56%	00:52%	01:05%	00:59%	00:17%	00:07+	00:48%	00:21%	01:21%	00:15%	01:04%	00:24%	01:07%	01:45%	00:15%	
49	Ingunn Fandrem	47											28:36			
00:58+	03:02+	04:30+	06:47+	09:20+	11:39+	14:07+	16:42+	17:48+	20:00+	20:54+	22:28+	23:54+	25:28+	27:37+	28:36+	
00:58+	02:04+	01:28+	02:17+	02:33+	02:19+	02:28+	02:35+	01:06+	02:12+	00:54+	01:34+	01:26+	01:34+	02:09+	00:59+	
00:21%	00:44%	00:33%	00:56%	01:09%	01:14%	00:26#	01:36%	00:25%	00:55%	00:22%	00:42%	00:52%	00:26%	01:04%	00:30%	

Pluss	Navn	Klasse											Tid		
50	May Kristin Haaland	47											28:40		
00:45+	02:35+	04:01+	06:31+	08:40+	09:54+	12:13+	16:13+	17:25+	19:42+	20:26+	22:20+	23:19+	25:16+	27:43+	28:40+
00:45+	01:50+	01:26+	02:30+	02:09+	01:14+	02:19+	04:00+	01:12+	02:17+	00:44+	01:54+	00:59+	01:57+	02:27+	00:57+
00:08#	00:30&	00:31&	01:09&	00:45&	00:09#	00:17#	03:01@	00:31&	01:00&	00:12&	01:02@	00:25&	00:49&	01:22@	00:28&
51	Solveig Grønning	47											28:40		
00:58+	03:06+	04:35+	06:53+	09:19+	11:21+	14:08+	16:46+	17:53+	20:04+	20:55+	22:38+	23:58+	25:36+	27:42+	28:40+
00:58+	02:08+	01:29+	02:18+	02:26+	02:02+	02:47+	02:38+	01:07+	02:11+	00:51+	01:43+	01:20+	01:38+	02:06+	00:58+
00:21&	00:48&	00:34&	00:57&	01:02&	00:57&	00:45&	01:39@	00:26&	00:54&	00:19&	00:51&	00:46@	00:30&	01:01&	00:29&
52	Brynhild Haaland	101											28:59		
00:42+	02:34+	03:54+	06:29+	08:42+	09:59+	12:42+	16:50+	17:49+	19:38+	20:25+	22:27+	23:47+	25:57+	27:58+	28:59+
00:42+	01:52+	01:20+	02:35+	02:13+	01:17+	02:43+	04:08+	00:59+	01:49+	00:47+	02:02+	01:20+	02:10+	02:01+	01:01+
00:05#	00:32&	00:25&	01:14&	00:49&	00:12#	00:41&	03:09@	00:18&	00:32&	00:15&	01:10@	00:46@	01:02&	00:56&	00:32@
53	Gunvor Frafjord Tungesvik	228											29:06		
00:48+	02:35+	04:32+	06:51+	09:37+	11:00+	13:35+	15:09+	16:08+	18:46+	20:05+	21:51+	23:27+	25:38+	28:20+	29:06+
00:48+	01:47+	01:57+	02:19+	02:46+	01:23+	02:35+	01:34+	00:59+	02:38+	01:19+	01:46+	01:36+	02:11+	02:42+	00:46+
00:11&	00:27&	01:02@	00:58&	01:22&	00:18&	00:33&	00:35&	00:18&	01:21@	00:47@	00:54@	01:02@	01:03&	01:37@	00:17&
54	Reidun Solli Skjørestad	47											29:07		
00:44+	02:36+	04:27+	06:52+	09:32+	11:04+	13:32+	15:14+	16:11+	18:47+	20:11+	22:02+	23:23+	25:33+	28:24+	29:07+
00:44+	01:52+	01:51+	02:25+	02:40+	01:32+	02:28+	01:42+	00:57+	02:36+	01:24+	01:51+	01:21+	02:10+	02:51+	00:43+
00:07#	00:32&	00:56@	01:04&	01:16&	00:27&	00:26#	00:43&	00:16&	01:19@	00:52@	00:59@	00:47@	01:02&	01:46@	00:14&
55	Jorunn Birkeland	47											29:10		
00:50+	02:51+	04:36+	07:01+	09:40+	11:09+	13:49+	15:12+	16:13+	18:50+	20:07+	21:57+	23:36+	25:41+	28:23+	29:10+
00:50+	02:01+	01:45+	02:25+	02:39+	01:29+	02:40+	01:23+	01:01+	02:37+	01:17+	01:50+	01:39+	02:05+	02:42+	00:47+
00:13&	00:41&	00:50&	01:04&	01:15&	00:24&	00:38&	00:24&	00:20&	01:20@	00:45@	00:58@	01:05@	00:57&	01:37@	00:18&
56	Brit Skjelbred	94											30:02		
00:54+	02:59+	04:31+	06:57+	09:32+	11:08+	15:24+	17:07+	18:04+	20:32+	21:30+	22:51+	23:57+	26:09+	28:28+	30:02+
00:54+	02:05+	01:32+	02:26+	02:35+	01:36+	04:16+	01:43+	00:57+	02:28+	00:58+	01:21+	01:06+	02:12+	02:19+	01:34+
00:17&	00:45&	00:37&	01:05&	01:11&	00:31&	02:14@	00:44&	00:16&	01:11&	00:26&	00:29&	00:32&	01:04&	01:14@	01:05@
57	Lilly Charlotte Berg	94											30:05		
00:50+	02:54+	04:25+	06:51+	09:33+	11:11+	15:18+	17:08+	18:13+	20:34+	21:25+	22:55+	23:58+	26:05+	28:22+	30:05+
00:50+	02:04+	01:31+	02:26+	02:42+	01:38+	04:07+	01:50+	01:05+	02:21+	00:51+	01:30+	01:03+	02:07+	02:17+	01:43+
00:13&	00:44&	00:36&	01:05&	01:18&	00:33&	02:05@	00:51&	00:24&	01:04&	00:19&	00:38&	00:29&	00:59&	01:12@	01:14@
58	Marianne Gjesdal Lyngås	92											30:26		
01:03+	03:26+	05:05+	09:29+	12:13+	13:40+	16:00+	17:45+	18:54+	21:20+	22:06+	24:03+	25:08+	27:15+	29:25+	30:26+
01:03+	02:23+	01:39+	04:24+	02:44+	01:27+	02:20+	01:45+	01:09+	02:26+	00:46+	01:57+	01:05+	02:07+	02:10+	01:01+
00:26&	01:03&	00:44&	03:03@	01:20&	00:22&	00:18#	00:46&	00:28&	01:09&	00:14&	01:05@	00:31&	00:59&	01:05&	00:32@
59	Ingrid Marie Torgersen	253											30:28		
01:07+	03:22+	05:14+	09:32+	12:07+	13:43+	15:52+	17:40+	18:50+	21:13+	22:00+	23:52+	24:58+	27:09+	29:28+	30:28+
01:07+	02:15+	01:52+	04:18+	02:35+	01:36+	02:09+	01:48+	01:10+	02:23+	00:47+	01:52+	01:06+	02:11+	02:19+	01:00+
00:30&	00:55&	00:57@	02:57@	01:11&	00:31&	00:07+	00:49&	00:29&	01:06&	00:15&	01:00@	00:32&	01:03&	01:14@	00:31@
60	Irene Mæland Torgersen	253											30:32		
01:06+	03:25+	05:10+	09:37+	12:11+	13:45+	15:56+	17:43+	18:52+	21:16+	22:03+	23:59+	25:13+	27:12+	29:30+	30:32+
01:06+	02:19+	01:45+	04:27+	02:34+	01:34+	02:11+	01:47+	01:09+	02:24+	00:47+	01:56+	01:14+	01:59+	02:18+	01:02+
00:29&	00:59&	00:50&	03:06@	01:10&	00:29&	00:09+	00:48&	00:28&	01:07&	00:15&	01:04@	00:40@	00:51&	01:13@	00:33@
61	Eli Tjetland	116											30:46		
00:42+	02:45+	04:31+	08:26+	12:09+	13:27+	16:09+	17:54+	18:59+	21:30+	22:28+	24:15+	25:19+	27:20+	29:40+	30:46+
00:42+	02:03+	01:46+	03:55+	03:43+	01:18+	02:42+	01:45+	01:05+	02:31+	00:58+	01:47+	01:04+	02:01+	02:20+	01:06+
00:05#	00:43&	00:51&	02:34@	02:19@	00:13#	00:40&	00:46&	00:24&	01:14&	00:26&	00:55@	00:30&	00:53&	01:15@	00:37@
62	Janne Kristin Frantzen	116											30:57		
00:43+	02:56+	04:39+	07:47+	10:31+	11:49+	15:42+	17:53+	19:02+	21:43+	22:31+	24:41+	25:35+	27:29+	29:57+	30:57+
00:43+	02:13+	01:43+	03:08+	02:44+	01:18+	03:53+	02:11+	01:09+	02:41+	00:48+	02:10+	00:54+	01:54+	02:28+	01:00+
00:06#	00:53&	00:48&	01:47@	01:20&	00:13#	01:51&	01:12@	00:28&	01:24@	00:16&	01:18@	00:20&	00:46&	01:23@	00:31@
63	Åse Franciska Møster	128											31:28		
00:46+	03:12+	04:39+	07:07+	11:16+	12:51+	17:27+	19:15+	20:38+	22:49+	23:34+	24:51+	26:17+	28:35+	30:42+	31:28+
00:46+	02:26+	01:27+	02:28+	04:09+	01:35+	04:36+	01:48+	01:23+	02:11+	00:45+	01:17+	01:26+	02:18+	02:07+	00:46+
00:09#	01:06&	00:32&	01:07&	02:45@	00:30&	02:34@	00:49&	00:42@	00:54&	00:13&	00:25&	00:52@	01:10@	01:02&	00:17&
64	Priya Chilamkurthi	136											31:30		
00:47+	03:36+	05:20+	08:44+	12:09+	13:39+	16:13+	18:29+	19:32+	21:59+	22:53+	24:38+	25:42+	28:01+	30:21+	31:30+
00:47+	02:49+	01:44+	03:24+	03:25+	01:30+	02:34+	02:16+	01:03+	02:27+	00:54+	01:45+	01:04+	02:19+	02:20+	01:09+
00:10&	01:29@	00:49&	02:03@	02:01@	00:25&	00:32&	01:17@	00:22&	01:10&	00:22&	00:53@	00:30&	01:11@	01:15@	00:40@

Class	Navn	Klasse										Tid				
65	Linda Haukås	113										32:06				
00:47+	03:20+	04:38+	07:42+	11:08+	13:21+	20:50+	21:45+	23:56+	24:46+	26:10+	27:02+	29:03+	31:05+	32:06+		
00:47+	02:33+	01:18+	03:04+	02:16+	01:10+	02:13+	07:29+	00:55+	02:11+	00:50+	01:24+	00:52+	02:01+	02:02+		
00:10&	01:13&	00:23&	01:43&	00:52&	00:05+	00:11+	06:30&	00:14&	00:54&	00:18&	00:32&	00:18&	00:53&	00:57&		
66	Else Marie Furland	93										32:43				
01:08+	03:53+	05:36+	08:23+	11:25+	13:08+	15:59+	18:06+	19:16+	21:59+	23:13+	25:28+	26:36+	28:49+	31:26+		
01:08+	02:45+	01:43+	02:47+	03:02+	01:43+	02:51+	02:07+	01:10+	02:43+	01:14+	02:15+	01:08+	02:13+	02:37+		
00:31&	01:25&	00:48&	01:26&	01:38&	00:38&	00:49&	01:08&	00:29&	01:26&	00:42&	01:23&	00:34&	01:05&	01:32&		
67	Hazel Grayston	263										33:45				
01:18+	03:56+	06:00+	08:58+	12:00+	13:51+	16:20+	18:28+	19:45+	22:46+	23:45+	25:50+	27:17+	29:48+	32:19+		
01:18+	02:38+	02:04+	02:58+	03:02+	01:51+	02:29+	02:08+	01:17+	03:01+	00:59+	02:05+	01:27+	02:31+	02:31+		
00:41&	01:18&	01:09&	01:37&	00:13&	00:46&	00:27&	01:09&	00:36&	01:44&	00:27&	01:13&	00:53&	01:23&	01:26&		
68	Gro Mariero Totland	59										33:45				
01:00+	03:40+	05:43+	08:45+	11:49+	13:23+	16:04+	18:10+	19:28+	22:17+	23:14+	25:14+	26:24+	28:34+	32:28+		
01:00+	02:40+	02:03+	03:02+	03:04+	01:34+	02:41+	02:06+	01:18+	02:49+	00:57+	02:00+	01:10+	02:10+	03:54+		
00:23&	01:20&	01:08&	01:41&	01:40&	00:29&	00:39&	01:07&	00:37&	01:32&	00:25&	01:08&	00:36&	01:02&	02:49&		
69	Anne Malmin	113										33:56				
00:58+	02:51+	04:22+	06:46+	09:08+	10:31+	16:37+	18:32+	19:37+	22:14+	23:12+	25:51+	27:03+	28:59+	32:27+		
00:58+	01:53+	01:31+	02:24+	02:22+	01:23+	06:06+	01:55+	01:05+	02:37+	00:58+	02:39+	01:12+	01:56+	03:28+		
00:21&	00:33&	00:36&	01:03&	00:58&	00:18&	04:04&	00:56&	00:24&	01:20&	00:26&	01:47&	00:38&	00:48&	02:23&		
70	Lisbeth Iversen	62										34:24				
00:54+	02:57+	04:23+	06:40+	09:28+	10:51+	14:51+	17:15+	18:25+	21:02+	21:56+	27:34+	28:18+	30:56+	33:13+		
00:54+	02:03+	01:26+	02:17+	02:48+	01:23+	04:00+	02:24+	01:10+	02:37+	00:54+	05:38+	00:44+	02:38+	02:17+		
00:17&	00:43&	00:31&	00:56&	01:24&	00:18&	01:58&	01:25&	00:29&	01:20&	00:22&	04:46&	00:10&	01:30&	01:12&		
71	Aase Sveinsvoll	94										34:36				
01:34+	03:55+	05:48+	08:44+	12:06+	14:20+	16:58+	19:04+	20:08+	22:36+	23:50+	27:02+	28:06+	30:27+	33:17+		
01:34+	02:21+	01:53+	02:56+	03:22+	02:14+	02:38+	02:06+	01:04+	02:28+	01:14+	03:12+	01:04+	02:21+	02:50+		
00:57&	01:01&	00:58&	01:35&	01:58&	01:09&	00:36&	01:07&	00:23&	01:11&	00:42&	02:20&	00:30&	01:13&	01:45&		
72	Signe Lise Haaland	66										34:39				
01:15+	05:03+	06:42+	09:46+	14:33+	15:56+	21:31+	22:50+	23:47+	25:47+	26:32+	28:19+	29:13+	31:36+	33:36+		
01:15+	03:48+	01:39+	03:04+	04:47+	01:23+	05:35+	01:19+	00:57+	02:00+	00:45+	01:47+	00:54+	02:23+	02:00+		
00:38&	02:28&	00:44&	01:43&	03:23&	00:18&	03:33&	00:20&	00:16&	00:43&	00:13&	00:55&	00:20&	01:15&	00:55&		
73	Kjersti Vasbø	126										36:48				
02:21+	06:16+	07:57+	12:50+	15:51+	17:50+	20:11+	21:39+	23:06+	25:53+	26:58+	29:29+	30:25+	32:35+	35:34+		
02:21+	03:55+	01:41+	04:53+	03:01+	01:59+	02:21+	01:28+	01:27+	02:47+	01:05+	02:31+	00:56+	02:10+	02:59+		
01:44&	02:35&	00:46&	03:32&	01:37&	00:54&	00:19&	00:29&	00:46&	01:30&	00:33&	01:39&	00:22&	01:02&	01:54&		
74	Toyah Bråtveit	115										38:05				
00:46+	02:15+	03:17+	15:42+	19:51+	20:54+	23:41+	25:37+	26:11+	27:45+	28:21+	32:06+	33:39+	35:06+	37:17+		
00:46+	01:29+	01:02+	12:25+	04:09+	01:03-	02:47+	01:56+	00:34-	01:34+	00:36+	03:45+	01:33+	01:27+	02:11+		
00:09#	00:09#	00:07#	11:04&	02:45&	00:02-	00:45&	00:57&	00:07-	00:17#	00:04#	02:53&	00:59&	00:19&	01:06&		
75	Marit Ytreland	27										42:48				
01:14+	03:11+	04:45+	09:13+	11:59+	13:34+	15:03+	23:25+	27:09+	28:22+	31:46+	33:10+	35:05+	36:20+	38:40+		
01:14+	01:57+	01:34+	04:28+	02:46+	01:35+	01:29-	08:22+	03:44+	01:13-	03:24+	01:24+	01:55+	01:15+	02:20+		
00:37&	00:37&	00:39&	03:07&	01:22&	00:30&	00:33-	07:23&	03:03&	00:04-	02:52&	00:32&	01:21&	00:07#	01:15&		
76	Unni Byberg Mæstad	92										50:26				
00:47+	02:57+	05:56+	08:26+	11:15+	12:38+	15:33+	17:37+	18:40+	21:26+	22:26+	39:31+	45:16+	47:00+	49:26+		
00:47+	02:10+	02:59+	02:30+	02:49+	01:23+	02:55+	02:04+	01:03+	02:46+	01:00+	17:05+	05:45+	01:44+	02:26+		
00:10&	00:50&	02:04&	01:09&	01:25&	00:18&	00:53&	01:05&	00:22&	01:29&	00:28&	16:13&	05:11&	00:36&	01:21&		
Beste strekktid for klassen																
00:30	01:14	00:55	01:21	01:24	00:54	01:29	00:59	00:32	00:48	00:30	00:35	00:33	00:49	01:05		

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

Herrer 16 - 39 år

1	Jørgen Strømstad										50					25:25				
01:08=	02:20=	03:36=	05:34=	07:07=	08:21=	09:30=	10:07=	10:55=	11:19=	12:15=	13:42=	14:47=	15:40=	17:37=						
01:08=	01:12=	01:16=	01:58=	01:33=	01:14=	01:09=	00:37=	00:48=	00:24=	00:56=	01:27=	01:05=	00:53=	01:57=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
19:00=	19:33=	20:44=	22:11=	23:26=	24:29=	25:25=	01:23=	00:33=	01:11=	01:27=	01:15=	01:03=	00:56=	00:00=						

Class	Navn	Klasse										Tid									
17	Rune Hatle	65										33:17									
00:56-	02:35+	04:16+	06:33+	08:44+	10:24+	11:47+	12:30+	13:33+	14:11+	15:27+	17:12+	18:34+	19:40+	23:19+	25:23+	25:58+	27:34+	29:30+	30:33+	32:05+	33:17+
00:56-	01:39+	01:41+	02:17+	02:11+	01:40+	01:23+	00:43+	01:03+	00:38+	01:16+	01:45+	01:22+	01:06+	03:39+	02:04+	00:35+	01:36+	01:56+	01:03-	01:32+	01:12+
00:12-	00:27&	00:25&	00:19#	00:38&	00:26&	00:14#	00:06#	00:15&	00:14&	00:20&	00:18#	00:17&	00:13#	01:42&	00:41&	00:02+	00:25&	00:29&	00:12-	00:29&	00:16&
18	Simon Fjermestad Helgesen	134										33:22									
01:07-	02:36+	04:05+	06:36+	09:17+	11:17+	13:23+	14:07+	15:04+	15:34+	16:41+	18:23+	19:37+	20:44+	22:58+	25:17+	25:58+	27:21+	29:10+	30:52+	32:05+	33:22+
01:07-	01:29+	01:29+	02:31+	02:41+	02:00+	02:06+	00:44+	00:57+	00:30+	01:07+	01:42+	01:14+	01:07+	02:14+	02:19+	00:41+	01:23+	01:49+	01:42+	01:13+	01:17+
00:01-	00:17#	00:13#	00:33&	01:08&	00:46&	00:57&	00:07#	00:09#	00:06#	00:11#	00:15#	00:09#	00:14&	00:17#	00:56&	00:08#	00:12#	00:22&	00:27&	00:10#	00:21&
19	Martin Skogland	98										33:55									
01:37+	03:22+	05:07+	07:45+	09:52+	11:33+	13:03+	13:58+	15:00+	15:37+	17:21+	19:22+	20:41+	21:50+	23:54+	25:40+	26:23+	27:47+	29:40+	31:13+	32:30+	33:55+
01:37+	01:45+	01:45+	02:38+	02:07+	01:41+	01:30+	00:55+	01:02+	00:37+	01:44+	02:01+	01:19+	01:09+	02:04+	01:46+	00:43+	01:24+	01:53+	01:33+	01:17+	01:25+
00:29&	00:33&	00:29&	00:40&	00:34&	00:27&	00:21&	00:18&	00:14&	00:13&	00:48&	00:34&	00:14#	00:16&	00:07+	00:23&	00:10&	00:13#	00:26&	00:18#	00:14#	00:29&
20	Oddgeir Nevland	51										34:48									
01:16+	02:52+	04:40+	07:28+	09:32+	11:33+	12:56+	13:43+	14:52+	15:43+	16:52+	18:59+	20:38+	21:50+	24:08+	25:59+	26:47+	28:19+	30:27+	32:06+	33:24+	34:48+
01:16+	01:36+	01:48+	02:48+	02:04+	02:01+	01:23+	00:47+	01:09+	00:51+	01:09+	02:07+	01:39+	01:12+	02:18+	01:51+	00:48+	01:32+	02:08+	01:39+	01:18+	01:24+
00:08#	00:24&	00:32&	00:50&	00:31&	00:47&	00:14#	00:21&	00:21&	00:27&	00:13#	00:40&	00:34&	00:19&	00:21#	00:28&	00:15&	00:21&	00:41&	00:24&	00:15#	00:28&
21	Thomas Jansen	289										34:50									
00:55-	02:10-	03:54+	06:30+	07:58+	09:25+	10:32+	11:30+	12:25+	12:57+	14:35+	16:10+	17:22+	18:12+	20:10+	21:50+	22:37+	23:51+	26:47+	27:54+	33:41+	34:50+
00:55-	01:15+	01:44+	02:36+	01:28-	01:27+	01:07-	00:58+	00:55+	00:32+	01:38+	01:35+	01:12+	00:50-	01:58+	01:40+	00:47+	01:14+	02:56+	01:07-	05:47+	01:09+
00:13-	00:03+	00:28&	00:38&	00:05-	00:13#	00:02-	00:21&	00:07#	00:08&	00:42&	00:08+	00:07#	00:03-	00:01+	00:17#	00:14&	00:03+	01:29&	00:08-	04:44&	00:13#
22	Richard Galle	66										35:22									
01:05-	02:35+	04:46+	08:09+	10:29+	11:52+	13:10+	13:56+	14:58+	15:57+	16:58+	19:09+	20:18+	21:19+	24:23+	27:06+	27:46+	29:23+	31:05+	32:35+	34:25+	35:22+
01:05-	01:30+	02:11+	03:23+	02:20+	01:23+	01:18+	00:46+	01:02+	00:59+	01:01+	02:11+	01:09+	01:01+	03:04+	02:43+	00:40+	01:37+	01:42+	01:30+	01:50+	00:57+
00:03-	00:18#	00:55&	01:25&	00:47&	00:09#	00:09#	00:09#	00:14&	00:35&	00:05+	00:44&	00:04+	00:08#	01:07&	01:20&	00:07#	00:26&	00:15#	00:15#	00:47&	00:01+
23	Jørgen Johnsen	167										35:48									
00:56-	02:28+	04:52+	07:45+	09:33+	11:36+	13:05+	14:02+	15:38+	16:17+	17:33+	19:23+	20:39+	21:39+	25:40+	27:31+	28:14+	29:42+	31:40+	32:47+	34:04+	35:48+
00:56-	01:32+	02:24+	02:53+	01:48+	02:03+	01:29+	00:57+	01:36+	00:39+	01:16+	01:50+	01:16+	01:00+	04:01+	01:51+	00:43+	01:28+	01:58+	01:07-	01:17+	01:44+
00:12-	00:20&	01:08&	00:55&	00:15#	00:49&	00:20&	00:20&	00:48&	00:15&	00:20&	00:23&	00:11#	00:07#	02:04&	00:28&	00:10&	00:17#	00:31&	00:08-	00:14#	00:48&
24	Sondre Aspøy	117										35:52									
01:03-	02:25+	04:29+	07:01+	08:51+	10:43+	12:08+	13:07+	14:09+	14:53+	16:03+	17:55+	19:56+	21:02+	23:30+	27:05+	27:46+	29:12+	31:35+	33:21+	34:49+	35:52+
01:03-	01:22+	02:04+	02:32+	01:50+	01:52+	01:25+	00:59+	01:02+	00:44+	01:10+	01:52+	02:01+	01:06+	02:28+	03:35+	00:41+	01:26+	02:23+	01:46+	01:28+	01:03+
00:05-	00:10#	00:48&	00:34&	00:17#	00:38&	00:16#	00:22&	00:14&	00:20&	00:14#	00:25&	00:56&	00:13#	00:31&	02:12&	00:08#	00:15#	00:56&	00:31&	00:25&	00:07#
25	Vegard Våge	134										37:04									
01:36+	03:25+	06:50+	09:37+	12:20+	13:39+	14:47+	15:31+	16:21+	17:34+	18:57+	20:40+	21:52+	23:41+	26:47+	29:42+	30:24+	31:53+	33:32+	34:32+	35:59+	37:04+
01:36+	01:49+	03:25+	02:47+	02:43+	01:19+	01:08-	00:44+	00:50+	01:13+	01:23+	01:43+	01:12+	01:49+	03:06+	02:55+	00:42+	01:29+	01:39+	01:00-	01:27+	01:05+
00:28&	00:37&	02:09&	00:49&	01:10&	00:05+	00:01-	00:07#	00:02+	00:49&	00:27&	00:16#	00:07#	00:56&	01:09&	01:32&	00:09&	00:18&	00:12#	00:15-	00:24&	00:09#
26	Alexander Khorunzhiy	287										37:27									
02:03+	03:42+	06:00+	09:00+	11:12+	13:01+	14:34+	15:24+	16:32+	17:18+	18:23+	20:33+	22:05+	23:36+	25:59+	28:23+	29:13+	30:51+	33:18+	34:43+	36:04+	37:27+
02:03+	01:39+	02:18+	03:00+	02:12+	01:49+	01:33+	00:50+	01:08+	00:46+	01:05+	02:10+	01:32+	01:31+	02:23+	02:24+	00:50+	01:38+	02:27+	01:25+	01:21+	01:23+
00:55&	00:27&	01:02&	01:02&	00:39&	00:35&	00:24&	00:13&	00:20&	00:22&	00:09#	00:43&	00:27&	00:38&	00:26#	01:01&	00:17&	00:27&	01:00&	00:10#	00:18&	00:27&
27	Tor Gunnar Osen	116										37:48									
01:14+	02:39+	04:38+	08:08+	10:30+	12:15+	13:50+	14:44+	15:47+	16:40+	17:53+	19:54+	21:27+	22:37+	26:08+	28:10+	30:32+	31:58+	33:58+	35:08+	36:34+	37:48+
01:14+	01:25+	01:59+	03:30+	02:22+	01:45+	01:35+	00:54+	01:03+	00:53+	01:13+	02:01+	01:33+	01:10+	03:31+	02:02+	02:22+	01:26+	02:00+	01:10-	01:26+	01:14+
00:06+	00:13#	00:43&	01:32&	00:49&	00:31&	00:26&	00:17&	00:15&	00:29&	00:17&	00:34&	00:28&	00:17&	01:34&	00:39&	01:49&	00:15#	00:33&	00:05-	00:23&	00:18&
28	Frode Ungar	116										37:57									
01:06-	02:35+	04:41+	08:58+	10:53+	12:37+	14:10+	15:01+	16:03+	16:47+	17:58+	19:51+	21:22+	22:37+	24:49+	27:53+	28:38+	30:30+	32:46+	34:25+	36:31+	37:57+
01:06-	01:29+	02:06+	04:17+	01:55+	01:44+	01:33+	00:51+	01:02+	00:44+	01:11+	01:53+	01:31+	01:15+	02:12+	03:04+	00:45+	01:52+	02:16+	01:39+	02:06+	01:26+
00:02-	00:17#	00:50&	02:19&	00:22#	00:30&	00:24&	00:14&	00:14&	00:20&	00:15&	00:26&	00:26&	00:22&	00:15#	01:41&	00:12&	00:41&	00:49&	00:24&	01:03&	00:30&
29	Håvard Thomassen Lauritsen	116										39:00									
01:05-	02:41+	04:19+	07:27+	09:15+	11:10+	12:45+	13:27+	14:34+	15:11+	16:17+	18:19+	19:39+	20:48+	24:00+	26:32+	27:15+	28:44+	30:41+	32:03+	37:31+	39:00+
01:05-	01:36+	01:38+	03:08+	01:48+	01:55+	01:35+	00:42+	01:07+	00:37+	01:06+	02:02+	01:20+	01:09+	03:12+	02:32+	00:43+	01:29+	01:57+	01:22+	05:28+	01:29+
00:03-	00:24&	00:22&	01:10&	00:15#	00:41&	00:26&	00:05#	00:19&	00:13&	00:10#	00:35&	00:15#	00:16&	01:15&	01:09&	00:10&	00:18&	00:30&	00:07+	04:25&	00:33&
30	Eirik Thu	126										41:16									
01:08=	02:45+	05:20+	08:37+	10:37+	12:21+	13:44+	14:36+	17:16+	19:04+	20:35+	22:31+	23:52+	25:04+	30:24+	32:26+	33:11+	34:42+	36:51+	38:36+	40:07+	41:16+
01:08=	01:37+	02:35+	03:17+	02:00+	01:44+	01:23+	00:52+	02:40+	01:48+	01:31+	01:56+	01:21+	01:12+	05:20+	02:02+	00:45+	01:31+	02:09+	01:45+	01:31+	01:09+
00:00=	00:25&	01:19&	01:19&	00:27&	00:30&	00:14#	00:15&	01:52&	01:24&	00:35&	00:29&	00:16#	00:19&	03:23&	00:39&	00:12&	00:20&	00:42&	00:30&	00:28&	00:13#
31	Tarald Gaup	27										42:26									
01:31+	03:20+	05:39+	09:46+	12:08+	14:08+	15:47+	16:41+	18:10+	19:18+	21:13+	23:35+	25:27+	26:49+	29:14+	32:07+	32:58+	34:51+	37:09+	39:10+	40:52+	42:26+
01:31+	01:49+	02:19+	04:07+	02:22+	02:00+	01:39+	00:54+	01:29+	01:08+	01:55+	02:22+	01:52+	01:22+	02:25+	02:53+	00:51+	01:53+	02:18+	02:01+	01:42+	01:34+
00:23&	00:37&	01:03&	02:09&	00:49&	00:46&	00:30&															

Class	Navn										Klasse										Tid																																																
32	Jan Henrik Neuenkirchen										117										49:15																																																
	01:39+	03:20+	05:36+	09:43+	12:42+	14:43+	16:37+	17:31+	18:47+	19:48+	21:22+	23:50+	25:27+	26:47+	31:07+	33:40+	34:39+	36:42+	39:45+	42:47+	47:45+	49:15+	01:39+	01:41+	02:16+	04:07+	02:59+	02:01+	01:54+	00:54+	01:16+	01:01+	01:34+	02:28+	01:37+	01:20+	04:20+	02:33+	00:59+	02:03+	03:03+	03:02+	04:58+	01:30+	00:31&	00:29&	01:00&	02:09&	01:26&	00:47&	00:45&	00:17&	00:28&	00:37&	00:38&	01:01&	00:32&	00:27&	02:23&	01:10&	00:26&	00:52&	01:36&	01:47&	03:55&	00:34&			
Beste strekktid for klassen																																																																					
	00:47	01:10	01:16	01:49	01:28	01:14	01:06	00:36	00:48	00:24	00:50	01:27	01:05	00:50	01:46	01:23	00:33	01:09	01:27	00:51	01:03	00:56																																															
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																																																					
Herrer 40 - 49 år																																																																					
1	Oddmund Nordgård										105										29:33																																																
	01:19=	02:48=	04:30=	06:32=	08:45=	10:13=	11:22=	12:02=	12:53=	13:25=	14:24=	16:14=	17:32=	18:33=	20:46=	22:19=	22:58=	24:13=	25:55=	27:00=	28:33=	29:33=	01:19=	01:29=	01:42=	02:02=	02:13=	01:28=	01:09=	00:40=	00:51=	00:32=	00:59=	01:50=	01:18=	01:01=	02:13=	01:33=	00:39=	01:15=	01:42=	01:05=	01:33=	01:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Trondr Breiland										53										30:34																																																
	01:02=	02:33=	04:23=	08:01+	09:51+	11:22+	12:35+	13:20+	14:15+	14:41+	15:34+	17:09+	18:17+	19:10+	20:57+	23:03+	23:51+	24:59+	26:44+	27:50+	29:32+	30:34+	01:02=	01:31+	01:50+	03:38+	01:50+	01:31+	01:13+	00:45+	00:55+	00:26=	00:53=	01:35=	01:08=	00:53=	01:47=	02:06+	00:48+	01:08=	01:45+	01:06+	01:42+	01:02+	00:17=	00:02+	00:08+	01:36&	00:23=	00:03+	00:04+	00:05#	00:04+	00:06=	00:06=	00:15=	00:10=	00:08=	00:26=	00:33&	00:09#	00:07=	00:03+	00:01+	00:09+	00:02+			
3	Per Ivar Hovstad										116										31:30																																																
	01:06=	02:29=	04:50+	07:09+	09:09+	10:52+	12:09+	12:50+	13:47+	14:20+	15:20+	17:09+	18:53+	20:00+	22:03+	23:48+	24:29+	25:49+	27:39+	29:08+	30:22+	31:30+	01:06=	01:23=	02:21+	02:19+	02:00=	01:43+	01:17+	00:41+	00:57+	00:33+	01:00+	01:49=	01:44+	01:07+	02:03+	01:45+	00:41+	01:20+	01:50+	01:29+	01:14=	01:08+	00:13=	00:06=	00:39&	00:17#	00:13=	00:15#	00:08#	00:01+	00:06#	00:01+	00:01+	00:01=	00:26&	00:06+	00:10=	00:12#	00:02+	00:05+	00:08+	00:24&	00:19=	00:08#			
4	Magnus Langvik										18										31:38																																																
	01:09=	02:47=	04:19=	06:14=	08:05=	09:45=	10:58=	11:41=	12:37=	13:11=	14:03=	15:57=	17:50+	19:16+	21:14+	23:48+	24:24+	25:49+	27:39+	28:56+	30:32+	31:38+	01:09=	01:38+	01:32=	01:55=	01:51=	01:40+	01:13+	00:43+	00:56+	00:34+	00:52=	01:54+	01:53+	01:26+	01:58=	02:34+	00:36=	01:25+	01:50+	01:17+	01:36+	01:06+	00:10=	00:09#	00:10=	00:07=	00:22=	00:12#	00:04+	00:03+	00:05+	00:02+	00:07=	00:04+	00:35&	00:25&	00:15=	01:01&	00:03=	00:10#	00:08+	00:12#	00:03+	00:06#			
5	Thomas Johansen										111										32:07																																																
	01:06=	02:11=	03:41=	05:49=	07:53=	09:32=	12:08+	12:44+	13:36+	14:20+	15:23+	16:57+	18:07+	19:07+	20:54+	24:22+	24:59+	26:08+	28:06+	29:36+	31:11+	32:07+	01:06=	01:05=	01:30=	02:08+	02:04=	01:39+	02:36+	00:36=	00:52+	00:44+	01:03+	01:34=	01:10=	01:00=	01:47=	03:28+	00:37=	01:09=	01:58+	01:30+	01:35+	00:56=	00:13=	00:24=	00:12=	00:06+	00:09=	00:11#	01:27&	00:04=	00:01+	00:12&	00:04+	00:16=	00:08=	00:01=	00:26=	01:55&	00:02=	00:06=	00:16#	00:25&	00:02+	00:04=			
6	Kristian Lenning										116										32:08																																																
	01:04=	02:36=	04:27=	07:06+	09:06+	10:34+	11:53+	12:50+	13:57+	14:28+	15:54+	17:33+	18:57+	20:00+	22:24+	24:04+	24:45+	26:03+	28:37+	29:49+	31:03+	32:08+	01:04=	01:32+	01:51+	02:39+	02:00=	01:28=	01:19+	00:57+	01:07+	00:31=	01:26+	01:39=	01:24+	01:03+	02:24+	01:40+	00:41+	01:18+	02:34+	01:12+	01:14=	01:05+	00:15=	00:03+	00:09+	00:37&	00:13=	00:00=	00:10#	00:17&	00:16&	00:01=	00:27&	00:11=	00:06+	00:02+	00:11+	00:07+	00:02+	00:03+	00:52&	00:07#	00:19=	00:05+			
7	Sjur Sigmo										116										32:10																																																
	01:01=	02:22=	03:53=	06:13=	08:09=	09:45=	11:29+	12:05+	13:00+	13:35+	14:48+	16:41+	17:58+	19:02+	21:11+	23:47+	24:25+	25:57+	27:52+	29:37+	30:53+	32:10+	01:01=	01:21=	01:31=	02:20+	01:56=	01:36+	01:44+	00:36=	00:55+	00:35+	01:13+	01:53+	01:17=	01:04+	02:09=	02:36+	00:38=	01:32+	01:55+	01:45+	01:16=	01:17+	00:18=	00:08=	00:11=	00:18#	00:17=	00:08+	00:35&	00:04=	00:04+	00:03+	00:14#	00:03+	00:01=	00:02+	01:04=	01:03&	00:01=	00:17#	00:13#	00:40&	00:17=	00:17&			
8	Arngrim Utskarpen										117										32:17																																																
	01:09=	02:45=	04:24=	06:50+	08:43=	10:21+	11:43+	12:37+	13:33+	14:07+	15:12+	17:05+	18:20+	19:23+	22:33+	24:15+	24:49+	26:19+	28:25+	29:34+	31:10+	32:17+	01:09=	01:36+	01:39=	02:26+	01:53=	01:38+	01:22+	00:54+	00:56+	00:34+	01:05+	01:53+	01:15=	01:03+	03:10+	01:42+	00:34=	01:30+	02:06+	01:09+	01:36+	01:07+	00:10=	00:07+	00:03=	00:24#	00:20=	00:10#	00:13#	00:14&	00:05+	00:02+	00:06#	00:03+	00:03=	00:02+	00:57&	00:09+	00:05=	00:15#	00:24#	00:04+	00:03+	00:07#			
9	Lars Primstad										62										32:29																																																
	00:58=	02:37=	03:56=	05:53=	07:53=	09:15=	10:23=	11:16=	12:40=	13:16=	14:29+	16:01=	17:17=	18:19=	22:29+	24:24+	25:05+	26:13+	27:52+	28:51+	30:40+	31:29+	32:29+	00:58=	01:39+	01:19=	01:57=	02:00=	01:22=	01:08=	00:53+	01:24+	00:36+	01:13+	01:32=	01:16=	01:02+	04:10+	01:55+	00:41+	01:08=	01:39=	00:59=	01:49+	00:49=	01:00+	00:21=	00:10#	00:23=	00:05=	00:13=	00:06=	00:01=	00:13&	00:03&	00:04#	00:14#	00:18=	00:02=	00:01+	01:57&	00:22#	00:02+	00:07=	00:03=	00:06=	00:16#	00:11=	01:00+
10	Arjen Leendertse										91										32:39																																																
	01:01=	02:20=	04:51+	06:47+	08:38=	10:02=	11:23+	12:12+	13:14+	13:39+	14:31+	16:06=	17:12=	18:14=	21:15+	23:38+	24:13+	25:23+	27:22+	29:35+	31:32+	32:39+	01:01=	01:19=	02:31+	01:56=	01:51=	01:24=	01:21+	00:49+	01:02+	00:25=	00:52=	01:35=	01:06=	01:02+	03:01+	02:23+	00:35=	01:10=	01:59+	02:13+	01:57+	01:07+	00:18=	00:10=	00:49&	00:06=	00:22=	00:04=	00:12#	00:09#	00:11#	00:07=	00:07=	00:15=	00:12=	00:01+	00:48&	00:50&	00:04=	00:05=	00:17#	01:08&	00:24&	00:07#			
11	Rune Dahl Fitjar										90										32:42																																																
	01:11=	02:41=	04:28=	06:38+	08:51+	10:36+	11:58=	12:40+	13:42+	14:20+	15:34+	17:25+	18:45+	19:57+	22:22+	24:33+	25:10+	26:34+	28:34+	29:59+	31:34+	32:42+	01:11=	01:30+	01:47+	02:10+	02:13=	01:45+	01:22+	00:42+	01:02+	00:38+	01:14+	01:51+	01:20+	01:12+	02:25+	02:11+	00:37=	01:24+	02:00+	01:25+	01:35+	01:08+	00:08=	00:01+	00:05+	00:08+	00:00=	00:17#	00:13#	00:02+	00:11#	00:06#	00:15&	00:01+	00:02+	00:11#	00:12+	00:38&	00:02=	00:09#	00:18#	00:20&	00:02+	00:08#			
12	Rune Paulsen										98										33:49																																																
	01:15=	03:03+	04:56+	07:30+	09:38+	11:27+	12:40+	13:24+	14:27+	15:02+	16:11+	18:06+	19:45+	20:49+	22:51+	24:36+	25:31+	26:53+	28:47+	29:57+	31:51+	33:49+	01:15=	01:48+	01:53+	02:34+	02:08=	01:49+	01:13+	00:44+	01:03+	00:35+	01:09+	01:55+	01:39+	01:04+	02:02=	01:45+	00:55+	01:22+	01:54+	01:10+	01:54+	01:58+	00:04=	00:19#	00:11#	00:32&	00:05=	00:21#	00:04+	00:04#	00:12#	00:03+	00:10#	00:05+	00:21&	00:03+	00:11=	00:12#	00:16&	00:07+	00:12#	00:05+	00:21#	00:58&			

Class	Navn	Klasse	Tid																		
13	Magne Habbestad	111	34:13																		
01:00-	02:30-	04:08-	06:13-	08:12-	09:46-	11:15-	12:04+	13:21+	14:00+	15:57+	17:54+	19:25+	20:36-	22:59+	25:13+	25:54+	27:21+	30:14+	31:25+	32:50+	34:13+
01:00-	01:30+	01:38-	02:05+	01:59-	01:34+	01:29+	00:49+	01:17+	00:39+	01:57+	01:57+	01:31+	01:11+	02:23+	02:14+	00:41+	01:27+	02:53+	01:11+	01:25-	01:23+
00:19-	00:01+	00:04-	00:03+	00:14-	00:06+	00:20&	00:09#	00:26&	00:07#	00:58&	00:07+	00:13#	00:10#	00:10+	00:41&	00:02+	00:12#	01:11&	00:06+	00:08-	00:23&
14	Leif Kjetil Hinna Gausel	116	34:31																		
01:11-	02:34-	04:06-	06:12-	09:16+	10:54+	12:07+	13:03+	16:57+	17:28+	18:31+	20:09+	21:25+	22:27+	24:37+	26:55+	27:32+	28:56+	30:43+	31:43+	33:18+	34:31+
01:11-	01:23-	01:32-	02:06+	03:04+	01:38+	01:13+	03:56+	00:54+	00:31-	01:03+	01:38-	01:16-	01:02+	02:10-	02:18+	00:37-	01:24+	01:47+	01:00-	01:35+	01:13+
00:08-	00:06-	00:10-	00:04+	00:51&	00:10#	00:04+	03:16@	00:03+	00:01-	00:04+	00:12-	00:02-	00:01+	00:03-	00:45&	00:02-	00:09#	00:05+	00:05-	00:02+	00:13#
15	Simen Auli Staff	115	34:42																		
01:25+	03:27+	05:20+	07:30+	09:35+	11:03+	12:48+	13:45+	14:41+	15:32+	16:35+	18:34+	19:50+	20:59+	24:10+	25:52+	26:45+	28:16+	30:05+	31:23+	33:26+	34:42+
01:25+	02:02+	01:53+	02:10+	02:05-	01:28=	01:45+	00:57+	00:56+	00:51+	01:03+	01:59+	01:16-	01:09+	03:11+	01:42+	00:53+	01:31+	01:49+	01:18+	02:03+	01:16+
00:06+	00:33&	00:11#	00:08+	00:08-	00:00=	00:36&	00:17&	00:05+	00:19&	00:04+	00:09+	00:02-	00:08+	00:58&	00:09+	00:14&	00:16#	00:07+	00:13#	00:30&	00:16&
16	Trond Sigurd Fotland	66	36:49																		
01:22+	02:49+	04:52+	07:07+	09:23+	11:07+	13:40+	14:30+	15:41+	16:27+	17:33+	19:35+	21:05+	22:12+	24:33+	26:38+	27:28+	28:58+	30:53+	32:27+	33:37+	34:49+
01:22+	01:27-	02:03+	02:15+	02:16+	01:44+	02:33+	00:50+	01:11+	00:46+	01:06+	02:02+	01:30+	01:07+	02:21+	02:05+	00:50+	01:30+	01:55+	01:34+	01:10-	01:12+
00:03+	00:02-	00:21#	00:13#	00:03+	00:16#	01:24@	00:10#	00:20&	00:14&	00:07#	00:12#	00:12#	00:06+	00:08+	00:32&	00:11&	00:15#	00:13#	00:29&	00:23-	00:12#
17	Peter Chapman	117	34:55																		
01:08-	02:42-	04:54+	07:33+	09:15+	10:55+	12:20+	14:29+	15:23+	16:12+	17:05+	18:51+	20:11+	21:13+	25:17+	27:07+	27:59+	29:12+	31:10+	32:15+	33:52+	34:55+
01:08-	01:34+	02:12+	02:39+	01:42-	01:40+	01:25+	02:09+	00:54+	00:49+	00:53-	01:46-	01:20+	01:02+	04:04+	01:50+	00:52+	01:13-	01:58+	01:05=	01:37+	01:03+
00:11-	00:05+	00:30&	00:37&	00:31-	00:12#	00:16#	01:29@	00:03+	00:17&	00:06-	00:04-	00:02+	00:01+	01:51&	00:17#	00:13&	00:02-	00:16#	00:00=	00:04+	00:03+
18	Ole-Tobias Frich	116	34:57																		
01:05-	02:26-	03:55-	06:18-	08:23-	10:02-	11:22=	12:19+	13:18+	14:01+	15:16+	17:11+	18:34+	19:40+	21:54+	26:39+	27:18+	28:48+	30:52+	32:23+	33:38+	34:57+
01:05-	01:21-	01:29-	02:23+	02:05-	01:39+	01:20+	00:57+	00:59+	00:43+	01:15+	01:55+	01:23+	01:06+	02:14+	04:45+	00:39=	01:30+	02:04+	01:31+	01:15-	01:19+
00:14-	00:08-	00:13-	00:21#	00:08-	00:11#	00:11#	00:17&	00:08#	00:11&	00:16&	00:05+	00:05+	00:05+	00:01+	03:12@	00:00=	00:15#	00:22#	00:26&	00:18-	00:19&
19	Antal Jansen	115	35:11																		
01:00-	02:36-	04:58+	07:55+	09:38+	11:00+	12:23+	13:04+	16:17+	16:59+	18:01+	19:37+	21:06+	22:00+	24:04+	27:14+	28:09+	29:17+	30:56+	32:09+	34:06+	35:11+
01:00-	01:36+	02:22+	02:57+	01:43-	01:22-	01:23+	00:41+	03:13+	00:42+	01:02+	01:36-	01:29+	00:54-	02:04-	03:10+	00:55+	01:08-	01:39-	01:13+	01:57+	01:05+
00:19-	00:07+	00:40&	00:55&	00:30-	00:06-	00:14#	00:01+	02:22@	00:10&	00:03+	00:14-	00:11#	00:07-	00:09-	01:37@	00:16&	00:07-	00:03-	00:08#	00:24&	00:05+
20	Thomas Schanke Eikum	62	35:18																		
01:09-	02:39-	04:35+	07:05+	09:03+	10:41+	12:15+	13:01+	14:03+	14:33+	15:36+	17:31+	18:55+	20:07+	22:52+	24:41+	25:19+	26:42+	28:34+	32:49+	34:02+	35:18+
01:09-	01:30+	01:56+	02:30+	01:58-	01:38+	01:34+	00:46+	01:02+	00:30-	01:03+	01:55+	01:24+	01:12+	02:45+	01:49+	00:38-	01:23+	01:52+	04:15+	01:13-	01:16+
00:10-	00:01+	00:14#	00:28#	00:15-	00:10#	00:25&	00:06#	00:11#	00:02-	00:04+	00:05+	00:06+	00:11#	00:32#	00:16#	00:01-	00:08#	00:10+	03:10@	00:20-	00:16&
21	Svend Vihovde	116	36:34																		
01:19=	02:53+	05:02+	07:48+	09:57+	11:55+	13:41+	14:25+	15:35+	16:19+	17:25+	19:36+	21:04+	22:15+	24:50+	27:04+	27:48+	29:20+	31:25+	32:53+	34:57+	36:34+
01:19=	01:34+	02:09+	02:46+	02:09-	01:58+	01:46+	00:44+	01:10+	00:44+	01:06+	02:11+	01:28+	01:11+	02:35+	02:14+	00:44+	01:32+	02:05+	01:28+	02:04+	01:37+
00:00=	00:05+	00:27&	00:44&	00:04-	00:30&	00:37&	00:04#	00:19&	00:12&	00:07#	00:21#	00:10#	00:10#	00:22#	00:41&	00:05#	00:17#	00:23#	00:23&	00:31&	00:37&
22	Gunnar Thorset	117	36:51																		
01:11-	02:49+	04:48+	08:27+	10:41+	12:39+	14:14+	15:22+	16:32+	17:26+	18:45+	20:42+	22:12+	23:19+	26:07+	28:14+	28:59+	30:23+	32:36+	33:47+	35:34+	36:51+
01:11-	01:38+	01:59+	03:39+	02:14+	01:58+	01:35+	01:08+	01:10+	00:54+	01:19+	01:57+	01:30+	01:07+	02:48+	02:07+	00:45+	01:24+	02:13+	01:11+	01:47+	01:17+
00:08-	00:09#	00:17#	01:37&	00:01+	00:30&	00:26&	00:28&	00:19&	00:22&	00:20&	00:07+	00:12#	00:06+	00:35&	00:34&	00:06#	00:09#	00:31&	00:06+	00:14#	00:17&
23	Egil Syre	101	36:52																		
01:18-	02:55+	04:31+	06:57+	08:51+	10:27+	11:53+	12:39+	13:40+	14:11+	15:09+	17:30+	18:46+	19:55+	22:51+	27:19+	27:57+	29:09+	33:48+	34:28+	35:43+	36:52+
01:18-	01:37+	01:36-	02:26+	01:54-	01:36+	01:26+	00:46+	01:01+	00:31-	00:58-	02:21+	01:16-	01:09+	02:56+	04:28+	00:38-	01:12-	04:39+	00:40-	01:15-	01:09+
00:01-	00:08+	00:06-	00:24#	00:19-	00:08+	00:17#	00:06#	00:10#	00:01-	00:01-	00:31&	00:02-	00:08#	00:43&	02:55@	00:01-	00:03-	02:57@	00:25-	00:18-	00:09#
24	Arne Hetlelid	98	36:53																		
01:12-	02:38-	04:37+	06:43+	08:32-	10:11-	11:34+	12:26+	13:26+	13:58+	15:00+	16:51+	18:11+	19:14+	25:02+	28:07+	28:58+	30:31+	32:29+	33:55+	35:27+	36:53+
01:12-	01:26-	01:59+	02:06+	01:49-	01:39+	01:23+	00:52+	01:00+	00:32=	01:02+	01:51+	01:20+	01:03+	05:48+	03:05+	00:51+	01:33+	01:58+	01:26+	01:32-	01:26+
00:07-	00:03-	00:17#	00:04+	00:24-	00:11#	00:14#	00:12&	00:09#	00:00=	00:03+	00:01+	00:02+	00:02+	03:35@	01:32&	00:12&	00:18#	00:16#	00:21&	00:01-	00:26&
25	Cedric Fayemendy	116	37:06																		
01:00-	04:48+	06:27+	09:30+	11:28+	12:53+	14:10+	15:00+	15:57+	16:28+	18:25+	20:32+	22:18+	23:11+	25:25+	29:15+	29:51+	31:11+	33:45+	35:00+	36:04+	37:06+
01:00-	03:48+	01:39-	03:03+	01:58-	01:25-	01:17+	00:50+	00:57+	00:31-	01:57+	02:07+	01:46+	00:53-	02:14+	03:50+	00:36-	01:20+	02:34+	01:15+	01:04-	01:02+
00:19-	02:19@	00:03-	01:01&	00:15-	00:03-	00:08#	00:10#	00:06#	00:01-	00:58&	00:17#	00:28&	00:08-	00:01+	02:17@	00:03-	00:05+	00:52&	00:10#	00:29-	00:02+
26	Charles-Francois Farbos	42	37:35																		
01:12-	02:42-	05:01+	08:57+	11:21+	13:02+	14:32+	15:26+	16:30+	17:17+	18:26+	20:28+	22:07+	23:16+	25:43+	27:59+	28:45+	30:09+	31:56+	34:30+	36:26+	37:35+
01:12-	01:30+	02:19+	03:56+	02:24+	01:41+	01:30+	00:54+	01:04+	00:47+	01:09+	02:02+	01:39+	01:09+	02:27+	02:16+	00:46+	01:24+	01:47+	02:34+	01:56+	01:09+
00:07-	00:01+	00:37&	01:54&	00:11+	00:13#	00:21&	00:14&	00:13&	00:15&	00:10#	00:12#	00:21&	00:08#	00:14#	00:43&	00:07#	00:09#	00:05+	01:29@	00:23#	00:09#
27	Roar Eie	27	38:10																		
01:39+	03:21+	05:57+	11:36+	13:21+	14:40+	15:40+	16:29+	17:38+	18:20+	19:20+	20:56+	22:49+	24:01+	26:49+	30:40+	31:23+	32:30+	34:38+	35:53+	37:23+	38:10+
01:39+	01:42+	02:36+	05:39+	01:45-	01:19-	01:00-	00:49+	01:09+	00:42+	01:00+	01:36-	01:53+	01:12+	02:48+	03:51+	00:43+	01:07-	02:08+	01:15+	01:30-	00:47-
00:20&	00:13#	00:54&	03:37@	00:28-	00:09-	00:09-	00:09#	00:18&	00:10&	00:01+	00:14-	00:35&	00:11#	00:35&	02:18@	00:04#	00:08-	00:26&	00:10#</		

Class	Navn	Klasse	Tid																		
28	Svein Oddvar Netland	116	38:20																		
01:03-	02:29-	05:18+	07:41+	09:53+	11:36+	13:10+	15:50+	16:51+	17:40+	18:59+	21:04+	22:33+	23:51+	26:25+	28:38+	29:27+	30:57+	33:24+	34:58+	36:54+	38:20+
01:03-	01:26-	02:49+	02:23+	02:12-	01:43+	01:34+	02:40+	01:01+	00:49+	01:19+	02:05+	01:29+	01:18+	02:34+	02:13+	00:49+	01:30+	02:27+	01:34+	01:56+	01:26+
00:16-	00:03-	01:07&	00:21#	00:01-	00:15#	00:25&	02:00#	00:10#	00:17&	00:20&	00:15#	00:11#	00:17&	00:21#	00:40&	00:10&	00:15#	00:45&	00:29&	00:23#	00:26&
29	André Sirevåg	116	38:32																		
01:16-	02:55+	04:47+	07:14+	09:32+	11:12+	12:41+	13:25+	14:46+	15:25+	17:05+	18:57+	20:20+	21:32+	28:12+	30:08+	30:45+	32:08+	34:16+	35:45+	37:19+	38:32+
01:16-	01:39+	01:52+	02:27+	02:18+	01:40+	01:29+	00:44+	01:21+	00:39+	01:40+	01:52+	01:23+	01:12+	06:40+	01:56+	00:37-	01:23+	02:08+	01:29+	01:34+	01:13+
00:03-	00:10#	00:10+	00:25#	00:05+	00:12#	00:20&	00:04#	00:30&	00:07#	00:41&	00:02+	00:05+	00:11#	04:27#	00:23#	00:02-	00:08#	00:26&	00:24&	00:01+	00:13#
30	Rolf André Svellingen	268	39:08																		
01:07-	02:41-	04:24-	07:05+	09:08+	10:59+	12:24+	13:15+	14:22+	15:19+	16:23+	18:33+	19:56+	21:07+	25:22+	27:01+	27:47+	29:26+	32:01+	34:03+	36:00+	39:08+
01:07-	01:34+	01:43+	02:41+	02:03-	01:51+	01:25+	00:51+	01:07+	00:57+	01:04+	02:10+	01:23+	01:11+	04:15+	01:39+	00:46+	01:39+	02:35+	02:02+	01:57+	03:08+
00:12-	00:05+	00:01+	00:39&	00:10-	00:23&	00:16#	00:11&	00:16&	00:25&	00:05+	00:20#	00:05+	00:10#	02:02&	00:06+	00:07#	00:24&	00:53&	00:57&	00:24&	02:08#
31	Raymond B. Pettersen	105	41:23																		
01:07-	02:44-	04:53+	09:08+	11:43+	13:47+	15:29+	16:33+	17:45+	18:34+	19:53+	22:16+	24:17+	25:26+	30:00+	32:14+	33:00+	34:46+	36:58+	38:07+	39:58+	41:23+
01:07-	01:37+	02:09+	04:15+	02:35+	02:04+	01:42+	01:04+	01:12+	00:49+	01:19+	02:23+	02:01+	01:09+	04:34+	02:14+	00:46+	01:46+	02:12+	01:09+	01:51+	01:25+
00:12-	00:08+	00:27&	02:13#	00:22#	00:36&	00:33&	00:24&	00:21&	00:17&	00:20&	00:33&	00:43&	00:08#	02:21#	00:41&	00:07#	00:31&	00:30&	00:04+	00:18#	00:25&
32	Andreas Becht	116	44:24																		
05:14+	07:11+	09:06+	11:39+	13:35+	17:42+	19:14+	20:05+	22:18+	23:25+	25:10+	27:13+	28:37+	29:38+	32:37+	34:52+	35:58+	37:19+	38:44+	40:16+	43:14+	44:24+
05:14+	01:57+	01:55+	02:33+	01:56-	04:07+	01:32+	00:51+	02:13+	01:07+	01:45+	02:03+	01:24+	01:01=	02:59+	02:15+	01:06+	01:21+	01:25-	01:32+	02:58+	01:10+
03:55#	00:28&	00:13#	00:31&	00:17-	02:39#	00:23&	00:11&	01:22#	00:35#	00:46&	00:13#	00:06+	00:00=	00:46&	00:42&	00:27&	00:06+	00:17-	00:27&	01:25&	00:10#
33	Lars Solvang	116	44:53																		
01:31+	03:29+	05:49+	08:32+	11:24+	13:34+	15:35+	16:38+	17:57+	18:47+	20:28+	22:49+	24:42+	26:10+	31:14+	34:04+	34:57+	36:41+	39:06+	41:09+	43:14+	44:53+
01:31+	01:58+	02:20+	02:43+	02:52+	02:10+	02:01+	01:03+	01:19+	00:50+	01:41+	02:21+	01:53+	01:28+	05:04+	02:50+	00:53+	01:44+	02:25+	02:03+	02:05+	01:39+
00:12#	00:29&	00:38&	00:41&	00:39&	00:42&	00:52&	00:23&	00:28&	00:18&	00:42&	00:31&	00:35&	00:27&	02:51#	01:17&	00:14&	00:29&	00:43&	00:58&	00:32&	00:39&
34	Ole Morten Svendsen	66	45:45																		
02:11+	04:11+	06:55+	09:45+	13:04+	15:09+	16:56+	17:58+	19:24+	20:21+	21:58+	25:10+	26:58+	28:19+	31:40+	35:20+	36:15+	38:17+	40:43+	42:17+	44:20+	45:45+
02:11+	02:00+	02:44+	02:50+	03:19+	02:05+	01:47+	01:02+	01:26+	00:57+	01:37+	03:12+	01:48+	01:21+	03:21+	03:40+	00:55+	02:02+	02:26+	01:34+	02:03+	01:25+
00:52&	00:31&	01:02&	00:48&	01:06&	00:37&	00:38&	00:22&	00:35&	00:25&	00:38&	01:22&	00:30&	00:20&	01:08&	02:07#	00:16&	00:47&	00:44&	00:29&	00:30&	00:25&
35	John Breiland	157	47:36																		
01:23+	02:56+	07:27+	09:56+	11:45+	13:27+	14:50+	15:45+	16:42+	17:11+	19:11+	21:14+	22:42+	28:03+	31:04+	34:35+	35:14+	36:46+	38:29+	44:43+	46:17+	47:36+
01:23+	01:33+	04:31+	02:29+	01:49-	01:42+	01:23+	00:55+	00:57+	00:29-	02:00+	02:03+	01:28+	05:21+	03:01+	03:31+	00:39=	01:32+	01:43+	06:14+	01:34+	01:19+
00:04+	00:04+	02:49#	00:27#	00:24-	00:14#	00:14#	00:15&	00:06#	00:03-	01:01#	00:13#	00:10#	04:20#	00:48&	01:58#	00:00=	00:17#	00:01+	05:09#	00:01+	00:19&
36	Jarl Steinar Berntsen	27	55:40																		
01:44+	03:53+	06:02+	09:40+	11:56+	13:45+	15:38+	16:48+	18:05+	19:22+	20:49+	23:04+	24:53+	26:19+	30:27+	36:39+	37:23+	39:31+	47:30+	48:45+	54:20+	55:40+
01:44+	02:09+	02:09+	03:38+	02:16+	01:49+	01:53+	01:10+	01:17+	01:17+	01:27+	02:15+	01:49+	01:26+	04:08+	06:12+	00:44+	02:08+	07:59+	01:15+	05:35+	01:20+
00:25&	00:40&	00:27&	01:36&	00:03+	00:21#	00:44&	00:30&	00:26&	00:45#	00:28&	00:25#	00:31&	00:25&	01:55&	04:39#	00:05#	00:53&	06:17#	00:10#	04:02#	00:20&
37	Anders Langvatn	126	56:20																		
02:20+	04:22+	07:32+	11:47+	15:20+	17:40+	19:22+	20:33+	22:16+	23:21+	26:12+	29:02+	31:04+	32:35+	38:07+	43:07+	44:14+	46:52+	50:21+	51:44+	54:39+	56:20+
02:20+	02:02+	03:10+	04:15+	03:33+	02:20+	01:42+	01:11+	01:43+	01:05+	02:51+	02:50+	02:02+	01:31+	05:32+	05:00+	01:07+	02:38+	03:29+	01:23+	02:55+	01:41+
01:01&	00:33&	01:28&	02:13#	00:20+	00:52&	00:33&	00:31&	00:52#	00:33#	01:52#	01:00&	00:44&	00:30&	03:19#	03:27#	00:28&	01:23#	01:47#	00:18&	01:22&	00:41&
Beste strekktid for klassen																					
00:58	01:05	01:19	01:55	01:42	01:19	01:00	00:36	00:51	00:25	00:52	01:32	01:06	00:53	01:47	01:33	00:34	01:07	01:25	00:40	01:04	00:47

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

Herrer 50 - 59 år

1	Frode Engen	116	30:33																				
00:38=	02:19=	03:30=	04:37=	05:33=	06:20=	07:58=	08:37=	10:04=	11:46=	13:19=	14:28=	15:38=	16:58=	19:13=	20:17=	21:33=	22:19=	23:19=	24:28=	27:35=	29:22=	29:59=	30:33=
00:38=	01:41=	01:11=	01:07=	00:56=	00:47=	01:38=	00:39=	01:27=	01:42=	01:33=	01:09=	01:10=	01:20=	02:15=	01:04=	01:16=	00:46=	01:00=	01:09=	03:07=	01:47=	00:37=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Per Ingar Hadland	7	31:19																				
00:45+	02:34+	03:56+	05:01+	06:11+	07:04+	08:33+	09:17+	10:45+	12:38+	14:16+	15:34+	16:53+	18:27+	20:24+	21:30+	22:57+	23:52+	24:53+	25:57+	28:06+	29:54+	30:41+	31:19+
00:45+	01:49+	01:22+	01:05-	01:10+	00:53+	01:29-	00:44+	01:28+	01:53+	01:38+	01:18+	01:19+	01:34+	01:57-	01:06+	01:27+	00:55+	01:01+	01:04-	02:09-	01:48+	00:47+	00:38+
00:07#	00:08+	00:11#	00:02-	00:14#	00:06#	00:09-	00:05#	00:01+	00:11#	00:05+	00:09#	00:09#	00:14#	00:18-	00:02+	00:11#	00:09#	00:01+	00:05-	00:58-	00:01+	00:10&	00:04#
3	Anders Glenne	7	31:23																				
00:48+	02:47+	04:02+	05:19+	06:35+	07:15+	09:05+	09:46+	11:11+	12:53+	14:18+	15:53+	17:12+	18:31+	21:07+	22:03+	23:30+	24:15+	25:10+	26:04+	28:01+	29:50+	30:42+	31:23+
00:48+	01:59+	01:15+	01:17+	01:16+	00:40-	01:50+	00:41+	01:25-	01:42=	01:25-	01:35+	01:19+	01:19-	02:36+	00:56-	01:27+	00:45-	00:55-	00:54-	01:57-	01:49+	00:52+	00:41+
00:10&	00:18#	00:04+	00:10#	00:20&	00:07-	00:12#	00:02+	00:02-	00:00=	00:08-	00:26&	00:09#	00:01-	00:21#	00:08-	00:11#	00:01-	00:05-	00:15-	01:10-	00:02+	00:15&	00:07#

Class	Navn	Klasse												Tid											
4	Geir Haugvaldstad	116												31:37											
01:02+	02:28+	03:46+	05:01+	06:01+	06:53+	08:26+	09:08+	10:25+	12:10+	13:27+	14:32+	15:45+	17:06+	20:57+	21:39+	22:58+	23:43+	24:32+	25:30+	28:46+	30:16+	31:10+	31:37+		
01:02+	01:26-	01:18+	01:15+	01:00+	00:52+	01:33-	00:42+	01:17-	01:45+	01:17-	01:05-	01:13+	01:21+	03:51+	00:42-	01:19+	00:45-	00:49-	00:58-	03:16+	01:30-	00:54+	00:27-		
00:24&	00:15-	00:07+	00:08#	00:04+	00:05#	00:05-	00:03+	00:10-	00:03+	00:16-	00:04-	00:03+	00:01+	01:36&	00:22-	00:03+	00:01-	00:11-	00:11-	00:09+	00:17-	00:17&	00:07-		
5	Ole Petter Haukaas	109												31:56											
00:39+	02:05-	03:12-	04:15-	05:22-	06:17-	07:49-	08:28-	09:49-	11:40-	13:17-	14:44+	16:00+	17:32+	20:20+	21:14+	22:28+	23:33+	24:31+	25:35+	28:14+	30:30+	31:22+	31:56+		
00:39+	01:26-	01:07-	01:03-	01:07+	00:55+	01:32-	00:39=	01:21-	01:51+	01:37+	01:27+	01:16+	01:32+	02:48+	00:54-	01:14-	01:05+	00:58-	01:04-	02:39-	02:16+	00:52+	00:34=		
00:01+	00:15-	00:04-	00:04-	00:11#	00:08#	00:06-	00:00=	00:06-	00:09+	00:04+	00:18&	00:06+	00:12#	00:33#	00:10-	00:02-	00:19&	00:02-	00:05-	00:28-	00:29&	00:15&	00:00=		
6	Bertrand Denieuf	42												32:16											
00:46+	02:31+	03:33+	04:27-	05:43+	06:26+	08:02+	08:42+	11:33+	13:20+	14:41+	15:54+	17:08+	18:31+	20:23+	22:52+	24:21+	25:29+	26:21+	27:11+	29:21+	31:00+	31:45+	32:16+		
00:46+	01:45+	01:02-	00:54-	01:16+	00:43-	01:36-	00:40+	02:51+	01:47+	01:21-	01:13+	01:14+	01:23+	01:52-	02:29+	01:29+	01:08+	00:52-	00:50-	02:10-	01:39-	00:45+	00:31-		
00:08#	00:04+	00:09-	00:13-	00:20&	00:04-	00:02-	00:01+	01:24&	00:05+	00:12-	00:04+	00:04+	00:23+	00:23-	01:25@	00:13#	00:22&	00:08-	00:19-	00:57-	00:08-	00:08#	00:03-		
7	Øivind Berggraf	116												32:21											
00:46+	02:18-	03:28-	04:26-	05:36+	06:26+	08:18+	08:59+	10:31+	12:08+	13:30+	15:00+	16:22+	17:53+	20:35+	21:36+	23:32+	24:34+	25:30+	26:26+	28:34+	30:19+	31:46+	32:21+		
00:46+	01:32-	01:10-	00:58-	01:10+	00:50+	01:52+	00:41+	01:32+	01:37-	01:22-	01:30+	01:22+	01:31+	02:42+	01:01-	01:56+	01:02+	00:56-	00:56-	02:08-	01:45-	01:27+	00:35+		
00:08#	00:09-	00:01-	00:09-	00:14#	00:03+	00:14#	00:02+	00:05+	00:05-	00:11-	00:21&	00:12#	00:11#	00:27#	00:03-	00:40&	00:16&	00:04-	00:13-	00:59-	00:02-	00:50@	00:01+		
8	Tor Brekken	97												32:32											
00:47+	02:12-	03:17-	04:23-	05:29-	06:31+	08:08+	08:46+	10:01-	11:39-	13:04-	14:25-	15:59+	17:22+	19:58+	21:07+	22:39+	23:27+	24:28+	25:31+	28:43+	30:56+	31:53+	32:32+		
00:47+	01:25-	01:05-	01:06-	01:06+	01:02+	01:37-	00:38-	01:15-	01:38-	01:25-	01:21+	01:34+	01:23+	02:36+	01:09+	01:32+	00:48+	01:01+	01:03-	03:12+	02:13+	00:57+	00:39+		
00:09#	00:16-	00:06-	00:01-	00:10#	00:15&	00:01-	00:01-	00:12-	00:04-	00:08-	00:12#	00:24&	00:03+	00:21#	00:05+	00:16#	00:02+	00:01+	00:06-	00:05+	00:26#	00:20&	00:05#		
9	Morten Johannessen	7												32:33											
00:44+	02:28+	03:39+	04:39+	05:38+	06:54+	08:29+	09:16+	10:30+	12:17+	13:39+	14:52+	16:07+	17:40+	19:54+	21:04+	22:19+	23:06+	23:57+	25:03+	29:36+	31:08+	31:59+	32:33+		
00:44+	01:44+	01:11=	01:00-	00:59+	01:16+	01:35-	00:47+	01:30+	01:47+	01:22-	01:13+	01:15+	01:33+	02:14-	01:10+	01:15-	00:47+	00:51-	01:06-	04:33+	01:32-	00:51+	00:34=		
00:06#	00:03+	00:00=	00:07-	00:03+	00:29&	00:03-	00:08#	00:13-	00:05+	00:11-	00:04+	00:05+	00:13#	00:01-	00:06+	00:01-	00:01+	00:09-	00:03-	01:26&	00:15-	00:14&	00:00=		
10	Lars Bergersen	116												32:37											
00:43+	02:14-	03:29-	04:37=	05:55+	06:52+	08:27+	09:12+	10:35+	12:22+	13:49+	15:05+	16:28+	17:56+	20:13+	21:20+	22:34+	23:31+	24:31+	25:56+	28:31+	30:54+	31:55+	32:37+		
00:43+	01:31-	01:15+	01:08+	01:18+	00:57+	01:35-	00:45+	01:23-	01:47+	01:27-	01:16+	01:23+	01:28+	02:17+	01:07+	01:14-	00:57+	01:00=	01:25+	02:35-	02:23+	01:01+	00:42+		
00:05#	00:10-	00:04+	00:01+	00:22&	00:10#	00:03-	00:06#	00:04-	00:05+	00:06-	00:07#	00:13#	00:08#	00:02+	00:03+	00:02-	00:11#	00:00=	00:16#	00:32-	00:36&	00:24&	00:08#		
11	Arne Magne Sandresen	92												33:22											
00:51+	02:49+	04:04+	05:20+	06:28+	07:25+	09:15+	09:59+	11:13+	12:56+	14:24+	15:41+	16:59+	18:29+	20:43+	23:05+	25:21+	26:14+	27:12+	28:10+	30:17+	31:57+	32:43+	33:22+		
00:51+	01:58+	01:15+	01:16+	01:08+	00:57+	01:50+	00:44+	01:14-	01:43+	01:28-	01:17+	01:18+	01:30+	02:14-	02:22+	02:16+	00:53+	00:58-	00:58-	02:07-	01:40-	00:46+	00:39+		
00:13&	00:17#	00:04+	00:09#	00:12#	00:10#	00:12#	00:05#	00:13-	00:01+	00:05-	00:08#	00:08#	00:10#	00:01-	01:18@	01:00&	00:07#	00:02-	00:11-	01:00-	00:07-	00:09#	00:05#		
12	Frank Hansen	29												33:28											
00:49+	02:30+	03:38+	04:43+	06:16+	07:06+	08:42+	09:25+	10:46+	12:22+	13:47+	15:09+	16:34+	18:03+	21:04+	23:00+	24:24+	25:22+	26:20+	27:23+	29:42+	31:31+	32:58+	33:28+		
00:49+	01:41=	01:08-	01:05-	01:33+	00:50+	01:36-	00:43+	01:21-	01:36-	01:25-	01:22+	01:25+	01:29+	03:01+	01:56+	01:24+	00:58+	00:58-	01:03-	02:19-	01:49+	01:27+	00:30-		
00:11&	00:00=	00:03-	00:02-	00:37&	00:03+	00:02-	00:04#	00:06-	00:06-	00:08-	00:13#	00:15#	00:09#	00:46&	00:52&	00:08#	00:12&	00:02-	00:06-	00:48-	00:02+	00:50@	00:04-		
13	Håvard Håland	66												33:32											
00:44+	02:51+	04:02+	05:04+	06:27+	07:26+	09:02+	09:42+	11:16+	12:52+	14:12+	15:39+	17:09+	18:30+	20:49+	22:04+	23:58+	25:00+	25:56+	26:56+	30:20+	32:05+	32:57+	33:32+		
00:44+	02:07+	01:11=	01:02-	01:23+	00:59+	01:36-	00:40+	01:34+	01:36-	01:20-	01:27+	01:30+	01:21+	02:19+	01:15+	01:54+	01:02+	00:56-	01:00-	03:24+	01:45-	00:52+	00:35+		
00:06#	00:26&	00:00=	00:05-	00:27&	00:12&	00:02-	00:01+	00:07+	00:06-	00:13-	00:18&	00:20&	00:01+	00:04+	00:11#	00:38&	00:16&	00:04-	00:09-	00:17+	00:02-	00:15&	00:01+		
14	Magnar Møller	62												33:40											
00:52+	02:19=	03:31+	04:38+	05:40+	06:31+	08:24+	09:09+	10:42+	12:30+	14:07+	15:32+	16:57+	18:29+	20:43+	21:56+	23:49+	24:42+	26:16+	27:40+	29:53+	32:15+	32:58+	33:40+		
00:52+	01:27-	01:12+	01:07=	01:02+	00:51+	01:53+	00:45+	01:33+	01:48+	01:37+	01:25+	01:25+	01:32+	02:14-	01:13+	01:53+	00:53+	01:34+	01:24+	02:13-	02:22+	00:43+	00:42+		
00:14&	00:14-	00:01+	00:00=	00:06#	00:04+	00:15#	00:06#	00:06+	00:06+	00:04+	00:16#	00:15#	00:12#	00:01-	00:09#	00:37&	00:07#	00:34&	00:07#	00:54-	00:35&	00:06#	00:08#		
15	Knut Feldmann	93												33:46											
00:47+	02:19=	03:34+	04:42+	06:04+	06:51+	08:47+	09:31+	10:59+	12:52+	14:24+	15:50+	17:17+	19:11+	21:48+	23:00+	24:33+	25:29+	26:35+	27:46+	30:14+	32:19+	33:08+	33:46+		
00:47+	01:32-	01:15+	01:08+	01:22+	00:47=	01:56+	00:44+	01:28+	01:53+	01:32-	01:26+	01:27+	01:54+	02:37+	01:12+	01:33+	00:56+	01:06+	01:11+	02:28-	02:05+	00:49+	00:38+		
00:09#	00:09-	00:04+	00:01+	00:26&	00:00=	00:18#	00:05#	00:01+	00:11#	00:01-	00:17#	00:17#	00:34&	00:22#	00:08#	00:17#	00:10#	00:06#	00:02+	00:39-	00:18#	00:12&	00:04#		
16	Jan Hetland	29												34:06											
00:44+	02:26+	04:33+	05:40+	07:11+	07:57+	09:45+	10:23+	11:46+	13:18+	14:27+	15:38+	17:34+	19:34+	23:04+	23:46+	25:00+	26:05+	27:06+	28:33+	30:43+	32:30+	33:38+	34:06+		
00:44+	01:42+	02:07+	01:07=	01:31+	00:46-	01:48+	00:38-	01:23-	01:32-	01:09-	01:11+	01:56+	02:00+	03:30+	00:42-	01:14-	01:05+	01:01+	01:27+	02:10-	01:47=	01:08+	00:28-		
00:06#	00:01+	00:56&	00:00=	00:35&	00:01-	00:10#	00:01-	00:04-	00:10-	00:24-	00:02+	00:46&	00:40&	01:15&	00:22-	00:02-	00:19&	00:01+	00:18&	00:57-	00:00=	00:31&	00:06-		
17	Jørgen Nilsen	53												34:11											
00:44+	02:31+	03:55+	04:51+	05:58+	07:02+	09:07+	09:55+	11:19+	13:06+	14:35+	15:58+	17:17+	18:51+	21:23+	22:32+	24:05+	25:00+	26:06+	27:14+	29:59+	32:21+	33:27+	34:11+		
00:44+	01:47+	01:24+	00:56-	01:07+	01:04+	02:05+	00:48+	01:24-	01:47+	01:29-	01:23+	01:19+	01:34+	02:32+	01:09+	01:33+	00:55+	01:06+	01:08-	02:45-	02:22+	01:06+	00:44+		
00:06#	00:06+	00:13#	00:11-	00:11#	00:17																				

Class	Navn	Klasse												Tid											
19	Torbjørn Dahle	92												34:52											
00:50+	02:24+	03:44+	04:46+	06:01+	06:54+	08:30+	09:30+	10:48+	12:42+	14:37+	15:59+	17:22+	18:53+	21:14+	22:21+	24:16+	25:28+	26:35+	27:39+	31:06+	33:19+	34:15+	34:52+		
00:50+	01:34+	01:20+	01:02+	01:15+	00:53+	01:36+	01:00+	01:18+	01:54+	01:55+	01:22+	01:23+	01:31+	02:21+	01:07+	01:55+	01:12+	01:07+	01:04+	03:27+	02:13+	00:56+	00:37+		
00:12&	00:07-	00:09#	00:05-	00:19&	00:06#	00:02-	00:21&	00:09-	00:12#	00:22#	00:13#	00:13#	00:11#	00:06+	00:03+	00:39&	00:26&	00:07#	00:05-	00:20#	00:26#	00:19&	00:03+		
20	Kjell Seland	236												34:58											
00:39+	02:15-	03:42+	04:46+	05:52+	06:50+	08:35+	09:17+	10:35+	12:24+	13:50+	15:04+	16:27+	18:00+	22:22+	24:40+	25:59+	26:56+	27:58+	29:27+	31:39+	33:26+	34:19+	34:58+		
00:39+	01:36-	01:27+	01:04-	01:06+	00:58+	01:45+	00:42+	01:18-	01:49+	01:26-	01:14+	01:23+	01:33+	04:22+	02:18+	01:19+	00:57+	01:02+	01:29+	02:12-	01:47=	00:53+	00:39+		
00:01+	00:05-	00:16#	00:03-	00:10#	00:11#	00:07+	00:03+	00:09-	00:07+	00:07-	00:05+	00:13#	00:13#	02:07&	01:14@	00:03+	00:11#	00:02+	00:20&	00:55-	00:00=	00:16&	00:05#		
21	Arne Øvstebø	71												35:12											
00:41+	02:29+	03:58+	05:15+	06:45+	07:39+	09:41+	10:25+	11:47+	13:28+	15:11+	16:34+	18:00+	19:28+	21:34+	22:43+	24:45+	25:42+	26:44+	27:57+	30:10+	33:39+	34:33+	35:12+		
00:41+	01:48+	01:29+	01:17+	01:30+	00:54+	02:02+	00:44+	01:22-	01:41-	01:43+	01:23+	01:26+	01:28+	02:06-	01:09+	02:02+	00:57+	01:02+	01:13+	02:13-	03:29+	00:54+	00:39+		
00:03+	00:07+	00:18&	00:10#	00:34&	00:07#	00:24#	00:05#	00:05-	00:01-	00:10#	00:14#	00:16#	00:08#	00:09-	00:05+	00:46&	00:11#	00:02+	00:04+	00:54-	01:42&	00:17&	00:05#		
22	Alf Håkon Haugland	116												35:17											
01:00+	02:20+	03:25-	04:30-	05:26-	06:29+	08:37+	09:16+	10:33+	12:03+	14:09+	15:29+	16:46+	18:06+	20:54+	22:00+	25:33+	26:28+	27:28+	28:42+	31:04+	33:25+	34:40+	35:17+		
01:00+	01:20-	01:05-	01:05-	00:56=	01:03+	02:08+	00:39=	01:17-	01:30-	02:06+	01:20+	01:17+	01:20=	02:48+	01:06+	03:33+	00:55+	01:00=	01:14+	02:22-	02:21+	01:15+	00:37+		
00:22&	00:21-	00:06-	00:02=	00:00=	00:16&	00:30&	00:00=	00:10-	00:12-	00:33&	00:11#	00:07#	00:00=	00:33#	00:02+	02:17@	00:09#	00:00=	00:05+	00:45-	00:34&	00:38@	00:03+		
23	Tor Inge Halvorsen	5												36:04											
00:39+	02:21+	03:49+	05:24+	06:45+	07:55+	09:44+	10:31+	11:53+	13:53+	15:39+	17:07+	18:34+	20:16+	22:40+	23:52+	25:46+	26:55+	28:02+	29:38+	32:41+	34:33+	35:29+	36:04+		
00:39+	01:42+	01:28+	01:35+	01:21+	01:10+	01:49+	00:47+	01:22-	02:00+	01:46+	01:28+	01:27+	01:42+	02:24+	01:12+	01:54+	01:09+	01:07+	01:36+	03:03-	01:52+	00:56+	00:35+		
00:01+	00:01+	00:17#	00:28+	00:25&	00:23&	00:11#	00:08#	00:05-	00:18#	00:13#	00:19&	00:17#	00:22&	00:09+	00:08#	00:38&	00:23&	00:07#	00:27&	00:04-	00:05+	00:19&	00:01+		
24	Øystein Fuglestad	46												36:58											
00:44+	02:29+	03:36+	04:47+	07:10+	08:13+	09:49+	10:34+	12:16+	14:12+	15:51+	17:28+	18:55+	20:43+	23:22+	24:25+	26:17+	27:12+	28:25+	29:38+	32:09+	35:21+	36:08+	36:58+		
00:44+	01:45+	01:07-	01:11+	02:23+	01:03+	01:36-	00:45+	01:42+	01:56+	01:39+	01:37+	01:27+	01:48+	02:39+	01:03-	01:13+	01:13+	01:13+	02:31-	03:12+	00:47+	00:50+			
00:06#	00:04+	00:04-	00:04+	01:27@	00:16&	00:02-	00:06#	00:15#	00:14#	00:06+	00:28&	00:17#	00:28&	00:24#	00:01-	00:36&	00:09#	00:13#	00:04+	00:36-	01:25&	00:10&	00:16&		
25	Åge Håland	214												37:13											
00:53+	02:49+	04:12+	05:27+	06:49+	07:42+	09:45+	10:35+	12:05+	14:00+	15:36+	17:02+	18:36+	20:03+	22:29+	23:34+	25:36+	26:28+	27:51+	28:58+	31:21+	35:40+	36:30+	37:13+		
00:53+	01:56+	01:23+	01:15+	01:22+	00:53+	02:03+	00:50+	01:30+	01:55+	01:36+	01:26+	01:34+	01:27+	02:26+	01:05+	02:02+	00:52+	01:23+	01:07-	02:23-	04:19+	00:50+	00:43+		
00:15&	00:15#	00:12#	00:08#	00:26&	00:06#	00:25&	00:11&	00:03+	00:13#	00:03+	00:17#	00:24&	00:07+	00:11+	00:01+	00:46&	00:06#	00:23&	00:02-	00:44-	02:32@	00:13&	00:09&		
26	Ernst Kristensen	116												37:42											
00:59+	03:06+	04:40+	06:01+	07:23+	08:17+	10:16+	11:00+	12:47+	14:43+	16:31+	18:21+	19:58+	21:36+	24:03+	25:45+	27:14+	28:14+	29:22+	30:26+	32:50+	35:01+	37:05+	37:42+		
00:59+	02:07+	01:34+	01:21+	01:22+	00:54+	01:59+	00:44+	01:47+	01:56+	01:48+	01:50+	01:37+	01:38+	02:27+	01:42+	01:29+	01:00+	01:08+	01:04-	02:24-	02:11+	02:04+	00:37+		
00:21&	00:26&	00:23&	00:14#	00:26&	00:07#	00:21#	00:05#	00:20#	00:14#	00:15#	00:41&	00:27&	00:18#	00:12+	00:38&	00:13#	00:14&	00:08#	00:05-	00:43-	00:24#	01:27@	00:03+		
27	Harald Takسد	236												38:08											
01:03+	02:53+	04:39+	06:17+	07:40+	08:46+	10:44+	11:31+	13:19+	15:21+	17:16+	18:47+	20:21+	21:49+	24:34+	26:08+	27:39+	28:38+	29:48+	30:55+	34:08+	36:22+	37:25+	38:08+		
01:03+	01:50+	01:46+	01:38+	01:23+	01:06+	01:58+	00:47+	01:48+	02:02+	01:55+	01:31+	01:34+	01:28+	02:45+	01:34+	01:31+	00:59+	01:10+	01:07-	03:13+	02:14+	01:03+	00:43+		
00:25&	00:09+	00:35&	00:31&	00:27&	00:19&	00:20#	00:08#	00:21#	00:20#	00:22#	00:22&	00:24&	00:08#	00:30#	00:30&	00:15#	00:13&	00:10#	00:02-	00:06+	00:27&	00:26&	00:09&		
28	David Greig	134												38:24											
00:57+	03:16+	04:30+	05:38+	07:07+	07:59+	09:50+	10:44+	12:32+	14:03+	15:13+	16:52+	18:47+	20:18+	21:53+	24:12+	26:44+	28:21+	29:40+	30:40+	31:37+	34:21+	36:21+	37:21+	38:24+	
00:57+	02:19+	01:14+	01:08+	01:29+	00:52+	01:51+	00:54+	01:48+	01:31-	01:10-	01:39+	01:55+	01:31+	01:35-	02:19+	02:32+	01:37+	01:19+	01:00-	00:57-	02:44+	02:00+	01:00+	01:03+	
00:19&	00:38&	00:03+	00:01+	00:33&	00:05#	00:13#	00:15&	00:21#	00:11-	00:23-	00:30&	00:45&	00:11#	00:40-	01:15@	01:16&	00:51@	00:19&	00:09-	02:10-	00:57&	01:23@	00:26&	01:03+	
29	Sigbjørn Gloppen	144												38:31											
00:58+	02:42+	04:08+	05:45+	07:04+	07:52+	10:27+	11:22+	13:04+	14:48+	16:18+	17:40+	19:17+	20:52+	24:14+	25:39+	28:46+	29:45+	30:47+	31:56+	34:30+	37:01+	37:53+	38:31+		
00:58+	01:44+	01:26+	01:37+	01:19+	00:48+	02:35+	00:55+	01:42+	01:44+	01:30-	01:22+	01:37+	01:35+	03:22+	01:25+	03:07+	00:59+	01:02+	01:09=	02:34-	02:31+	00:52+	00:38+		
00:20&	00:03+	00:15#	00:23&	00:23&	00:01+	00:57&	00:16&	00:15#	00:02+	00:30-	00:13#	00:27&	00:15#	01:07&	00:21&	01:51@	00:13&	00:02+	00:00=	00:33-	00:44&	00:15&	00:04#		
30	Stein Arve Finnstad	287												38:43											
00:45+	02:42+	05:49+	06:40+	07:55+	08:44+	10:13+	11:03+	12:30+	14:53+	16:17+	17:48+	19:14+	20:51+	23:46+	26:12+	27:53+	28:50+	29:53+	31:01+	34:55+	37:29+	38:10+	38:43+		
00:45+	01:57+	03:07+	00:51-	01:15+	00:49+	01:29+	00:50+	01:27=	02:23+	01:24-	01:31+	01:26+	01:37+	02:55+	02:26+	01:41+	00:57+	01:03+	01:08-	03:54+	02:34+	00:41+	00:33-		
00:07#	00:16#	01:56@	00:16-	00:19&	00:02+	00:09-	00:11&	00:00=	00:41&	00:09-	00:22&	00:16#	00:17#	00:40&	01:22@	00:25&	00:11#	00:03+	00:01-	00:47&	00:47&	00:04#	00:01-		
31	Ivar Bergset	35												39:02											
00:52+	02:38+	04:05+	05:22+	06:41+	07:47+	09:40+	10:32+	12:29+	14:55+	16:41+	18:19+	19:57+	22:02+	25:49+	26:51+	28:26+	29:37+	31:06+	32:15+	34:48+	37:17+	38:18+	39:02+		
00:52+	01:46+	01:27+	01:17+	01:19+	01:06+	01:53+	00:52+	01:57+	02:26+	01:46+	01:38+	01:38+	02:05+	03:47+	01:02-	01:35+	01:11+	01:29+	01:09=	02:33-	02:29+	01:01+	00:44+		
00:14&	00:05+	00:16#	00:10#	00:23&	00:19&	00:15#	00:13&	00:30&	00:44&	00:13#	00:29&	00:28&	00:45&	01:32&	00:02-	00:19#	00:25&	00:29&	00:00=	00:34-	00:42&	00:24&	00:10&		
32	Erling Knutzen	128												40:15											
00:55+	02:38+	04:48+	06:16+	07:17+	08:08+	10:05+	10:52+	12:09+	14:25+	16:17+	17:39+	19:12+	20:51+	24:34+	26:57+	29:14+	30:17+	31:28+	33:09+	36:17+	38:46+	39:30+	40:15+		
00:55+	01:43+	02:10+	01:28+	01:01+	00:51+	01:57+	00:47+	01:17-	02:16+	01:52+	01:22+	01:33+	01:39+	03:43+	02:23+	02:17+	01:03+	01:11+	01:41+						

Class	Navn	Klasse													Tid												
34	Steinar Torjusen	167													40:55												
00:54+	02:29+	03:43+	05:05+	06:11+	07:00+	10:14+	12:15+	14:41+	16:33+	17:54+	20:21+	22:05+	24:50+	26:12+	29:34+	30:27+	31:35+	32:38+	36:08+	39:01+	40:08+	40:55+					
00:54+	01:35-	01:14+	01:22+	01:06+	00:49+	03:14+	00:42+	01:19-	02:26+	01:52+	01:21+	02:27+	01:44+	02:45+	01:22+	03:22+	00:53+	01:08+	01:03-	03:30+	02:53+	01:07+	00:47+				
00:16&	00:06-	00:03+	00:15#	00:10#	00:02+	01:36&	00:03+	00:08-	00:44&	00:19#	00:12#	01:17@	00:24&	00:30#	00:18&	02:06@	00:07#	00:08#	00:06-	00:23#	01:06&	00:30&	00:13&				
35	Svein Magne Gloppen	93													40:57												
00:53+	02:38+	04:24+	05:41+	06:52+	08:14+	10:44+	11:44+	13:30+	15:35+	17:16+	18:56+	20:43+	22:31+	26:02+	27:40+	30:36+	31:50+	33:03+	34:16+	36:56+	39:09+	40:10+	40:57+				
00:53+	01:45+	01:46+	01:17+	01:11+	01:22+	02:30+	01:00+	01:46+	02:05+	01:41+	01:40+	01:47+	01:48+	03:31+	01:38+	02:56+	01:14+	01:13+	01:13+	02:40-	02:13+	01:01+	00:47+				
00:15&	00:04+	00:35&	00:10#	00:15&	00:35&	00:52&	00:21&	00:19#	00:23#	00:08+	00:31&	00:37&	00:28&	01:16&	00:34&	01:40@	00:28&	00:13#	00:04+	00:27-	00:26#	00:24&	00:13&				
36	Ole J. Bakkevold	17													42:09												
01:02+	02:43+	04:11+	05:35+	06:59+	08:01+	10:11+	11:02+	12:34+	14:39+	16:51+	18:51+	21:03+	22:44+	26:00+	28:32+	30:47+	32:00+	33:10+	34:23+	37:30+	40:25+	41:40+	42:09+				
01:02+	01:41=	01:28+	01:24+	01:24+	01:02+	02:10+	00:51+	01:32+	02:05+	02:12+	02:00+	02:12+	01:41+	03:16+	02:32+	02:15+	01:13+	01:10+	01:13+	03:07=	02:55+	01:15+	00:29-				
00:24&	00:00=	00:17#	00:17&	00:28&	00:15&	00:32&	00:12&	00:05+	00:23#	00:39&	00:51&	01:02&	00:21&	01:01&	01:28@	00:59&	00:27&	00:10#	00:04+	00:00=	01:08&	00:38@	00:05-				
37	Inge Skretting	165													42:30												
00:46+	02:41+	04:01+	05:35+	07:12+	09:12+	11:14+	12:55+	15:03+	17:10+	18:51+	20:25+	21:56+	23:28+	26:39+	27:58+	30:53+	31:45+	32:56+	33:56+	36:09+	40:44+	41:51+	42:30+				
00:46+	01:55+	01:20+	01:34+	01:37+	02:00+	02:02+	01:41+	02:08+	02:07+	01:41+	01:34+	01:31+	01:32+	03:11+	01:19+	02:55+	00:52+	01:11+	01:00-	02:13-	04:35+	01:07+	00:39+				
00:08#	00:14#	00:09#	00:27&	00:41&	01:13@	00:24#	01:02@	00:41&	00:25#	00:08+	00:25&	00:21&	00:12#	00:56&	00:15#	01:39@	00:06#	00:11#	00:09-	00:54-	02:48@	00:30&	00:05#				
38	Stein Sigbjørnsen	27													42:35												
00:51+	02:45+	04:06+	05:25+	07:00+	07:53+	09:58+	10:56+	12:40+	14:47+	16:32+	18:24+	20:06+	22:04+	26:10+	29:26+	31:28+	32:33+	33:49+	35:17+	38:48+	40:53+	41:46+	42:35+				
00:51+	01:54+	01:21+	01:19+	01:35+	00:53+	02:05+	00:58+	01:44+	02:07+	01:45+	01:52+	01:42+	01:58+	04:06+	03:16+	02:02+	01:05+	01:16+	01:28+	03:31+	02:05+	00:53+	00:49+				
00:13&	00:13#	00:10#	00:12#	00:39&	00:06#	00:27&	00:19&	00:17#	00:25#	00:12#	00:43&	00:32&	00:38&	01:51&	02:12@	00:46&	00:19&	00:16&	00:19&	00:24#	00:18#	00:16&	00:15&				
39	Arild Holm	114													42:47												
00:59+	02:51+	04:29+	05:46+	07:08+	08:05+	10:55+	11:47+	13:59+	16:10+	18:18+	20:11+	21:51+	23:49+	27:34+	29:35+	31:24+	32:36+	33:54+	35:11+	38:33+	40:44+	42:03+	42:47+				
00:59+	01:52+	01:38+	01:17+	01:22+	00:57+	02:50+	00:52+	02:12+	02:11+	02:08+	01:53+	01:40+	01:58+	03:45+	02:01+	01:49+	01:12+	01:18+	01:17+	03:22+	02:11+	01:19+	00:44+				
00:21&	00:11#	00:27&	00:10#	00:26&	00:10#	01:12&	00:13&	00:45&	00:29&	00:35&	00:44&	00:30&	00:38&	01:30&	00:57&	00:33&	00:26&	00:18&	00:08#	00:15+	00:24#	00:42@	00:10&				
40	Asbjørn Brårland	297													45:20												
00:57+	03:13+	04:34+	05:57+	07:31+	08:29+	10:35+	11:24+	12:56+	14:48+	16:18+	19:23+	20:57+	22:49+	25:18+	27:27+	29:20+	30:21+	31:23+	32:36+	41:26+	43:37+	44:25+	45:20+				
00:57+	02:16+	01:21+	01:23+	01:34+	00:58+	02:06+	00:49+	01:32+	01:52+	01:30-	03:05+	01:34+	01:52+	02:29+	02:09+	01:53+	01:01+	01:02+	01:13+	08:50+	02:11+	00:48+	00:55+				
00:19&	00:35&	00:10#	00:16#	00:38&	00:11#	00:28&	00:10&	00:05+	00:10+	00:03-	01:56@	00:24&	00:32&	00:14#	01:05@	00:37&	00:15&	00:02+	00:04+	05:43@	00:24#	00:11&	00:21&				
41	Arne Nygaard	66													45:52												
01:02+	03:15+	04:35+	05:41+	07:19+	08:04+	09:40+	10:23+	12:09+	13:59+	15:39+	18:02+	19:30+	21:10+	26:23+	27:50+	28:56+	36:09+	37:08+	38:12+	39:23+	42:01+	44:09+	45:17+	45:52+			
01:02+	02:13+	01:20+	01:06-	01:38+	00:45-	01:36-	00:43+	01:46+	01:50+	01:40+	02:23+	01:28+	01:40+	05:13+	01:27+	01:06-	07:13+	00:59-	01:04-	01:11-	02:38+	02:08+	01:08+	00:35+			
00:24&	00:32&	00:09#	00:01-	00:42&	00:02-	00:02-	00:04#	00:19#	00:08+	00:07+	01:14@	00:18&	00:20#	02:58@	00:23&	00:10-	06:27@	00:01-	00:05-	01:56-	00:51&	01:31@	00:34&	00:35+			
42	Ove Njå	90													47:21												
00:58+	03:22+	05:36+	06:50+	08:15+	09:57+	14:45+	15:38+	17:13+	20:01+	21:47+	23:48+	25:33+	27:08+	30:11+	31:58+	33:29+	34:38+	35:50+	37:01+	41:20+	45:04+	46:33+	47:21+				
00:58+	02:24+	02:14+	01:14+	01:25+	01:42+	04:48+	00:53+	01:35+	02:48+	01:46+	02:01+	01:45+	01:35+	03:03+	01:47+	01:31+	01:09+	01:12+	01:11+	04:19+	03:44+	01:29+	00:48+				
00:20&	00:43&	01:03&	00:07#	00:29&	00:55@	03:10@	00:14&	00:08+	01:06&	00:13#	00:52&	00:35&	00:15#	00:48&	00:43&	00:15#	00:23&	00:12#	00:02+	01:12&	01:57@	00:52@	00:14&				
43	Torbjørn Salthe	125													48:11												
01:33+	03:25+	05:12+	06:33+	08:59+	10:00+	12:13+	13:07+	14:40+	16:42+	18:32+	24:04+	25:51+	29:01+	31:35+	33:18+	34:59+	37:07+	38:14+	39:22+	43:14+	46:10+	47:30+	48:11+				
01:33+	01:52+	01:47+	01:21+	02:26+	01:01+	02:13+	00:54+	01:33+	02:02+	01:50+	05:32+	01:47+	03:10+	02:34+	01:43+	01:41+	02:08+	01:07+	01:08-	03:52+	02:56+	01:20+	00:41+				
00:55@	00:11#	00:36&	00:14#	01:30@	00:14&	00:35&	00:15&	00:06+	00:20#	00:17#	04:23@	00:37&	01:50@	00:19#	00:39&	00:25&	01:22@	00:07#	00:01-	00:45#	01:09&	00:43@	00:07#				
44	Frode Følgesvold	5													52:07												
00:45+	03:03+	05:08+	06:34+	07:45+	11:32+	13:46+	18:33+	20:12+	22:30+	24:22+	26:33+	28:20+	30:21+	34:38+	37:17+	39:59+	41:31+	42:49+	44:24+	48:13+	50:22+	51:30+	52:07+				
00:45+	02:18+	02:05+	01:26+	01:11+	03:47+	02:14+	04:47+	01:39+	02:18+	01:52+	02:11+	01:47+	02:01+	04:17+	02:39+	02:42+	01:32+	01:18+	01:35+	03:49+	02:09+	01:08+	00:37+				
00:07#	00:37&	00:54&	00:19&	00:15&	03:00@	00:36&	04:08@	00:12#	00:36&	00:19#	01:02&	00:37&	00:41&	02:02&	01:35@	01:26@	00:46&	00:18&	00:26&	00:42#	00:22#	00:31&	00:03+				
45	Josef Ludoid	228													55:21												
01:10+	03:03+	05:27+	07:06+	09:21+	11:04+	12:54+	13:48+	17:21+	19:51+	21:43+	23:16+	24:56+	27:17+	36:35+	38:51+	41:26+	42:37+	44:28+	45:31+	48:33+	53:22+	54:36+	55:21+				
01:10+	01:53+	02:24+	01:39+	02:15+	01:43+	01:50+	00:54+	03:33+	02:30+	01:52+	01:33+	01:40+	02:21+	09:18+	02:16+	02:35+	01:11+	01:51+	01:03-	03:02-	04:49+	01:14+	00:45+				
00:32&	00:12#	01:13@	00:32&	01:19@	00:56@	00:12#	00:15&	02:06@	00:48&	00:19#	00:24&	00:30&	01:01&	07:03@	01:12@	01:19@	00:25&	00:51&	00:06-	00:05-	03:02@	00:37&	00:11&				
Beste strekktid for klassen																											
00:37	01:20	01:02	00:51	00:56	00:40	01:29	00:38	01:14	01:30	01:09	01:05	01:10	01:19	01:35	00:42	01:06	00:45	00:49	00:50	00:57	01:30	00:37	00:27				
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																											
Herrer 60 - 64 år																											
1	Espen Krogh													7													
01:21=	02:20=	03:16=	05:33=	06:40=	08:10=	09:44=	11:01=	12:47=	13:58=	14:40=	16:10=	17:38=	19:13=	19:33=	21:01=	21:33=	23:14=	25:09=	26:05=	27:18=	27:51=						
01:21=	00:59=	00:56=	02:17=	01:07=	01:30=	01:34=	01:17=	01:46=	01:11=	00:42=	01:30=	01:28=	01:35=	00:20=	01:28=	00:32=	01:41=	01:55=	00:56=	01:13=	00:33=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

Class	Navn	Klasse										Tid							
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Beste strekktid for klassen

01:14 00:59 00:56 02:13 01:07 01:30 01:34 01:17 01:17 01:11 00:41 01:30 01:25 01:35 00:20 01:24 00:32 01:41 01:05 00:56 01:11 00:31

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

Herrer 65 - 69 år

1	Bjørn Alsaker	115										24:58									
01:05=	02:06=	03:03=	05:05=	06:12=	07:34=	09:11=	10:17=	11:34=	12:41=	13:23=	14:42=	16:00=	17:40=	18:03=	19:23=	19:56=	21:34=	22:35=	23:25=	24:29=	24:58=
01:05=	01:01=	00:57=	02:02=	01:07=	01:22=	01:37=	01:06=	01:17=	01:07=	00:42=	01:19=	01:18=	01:40=	00:23=	01:20=	00:33=	01:38=	01:01=	00:50=	01:04=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arne Kristian Espedal	68										28:37									
01:04-	02:06=	03:06+	05:20+	06:29+	07:58+	10:07+	11:28+	14:18+	15:32+	16:16+	17:41+	19:07+	20:39+	20:59+	22:28+	23:02+	24:59+	25:52+	26:52+	28:03+	28:37+
01:04-	01:02+	01:00+	02:14+	01:09+	01:29+	02:09+	01:21+	02:50+	01:14+	00:44+	01:25+	01:26+	01:32-	00:20-	01:29+	00:34+	01:57+	00:53-	01:00+	01:11+	00:34+
00:01-	00:01+	00:03+	00:12+	00:02+	00:07+	00:32&	00:15#	01:33&	00:07#	00:02+	00:06+	00:08#	00:08-	00:03-	00:09#	00:01+	00:19#	00:08-	00:10#	00:07#	00:05#
3	Gunnar Sakseid	116										29:37									
01:43+	02:51+	03:49+	06:10+	07:29+	09:06+	10:51+	12:15+	13:38+	14:45+	15:52+	17:25+	18:59+	20:43+	21:03+	22:28+	23:06+	25:22+	26:40+	27:42+	29:02+	29:37+
01:43+	01:08+	00:58+	02:21+	01:19+	01:37+	01:45+	01:24+	01:23+	01:07=	01:07+	01:33+	01:34+	01:44+	00:20-	01:25+	00:38+	02:16+	01:18+	01:02+	01:20+	00:35+
00:38&	00:07#	00:01+	00:19#	00:12#	00:15#	00:08+	00:18&	00:06+	00:00=	00:25&	00:14#	00:16#	00:04+	00:03-	00:05+	00:05#	00:38&	00:17&	00:12#	00:16#	00:06#
4	Bjørn Bjelland	83										33:16									
02:37+	04:27+	05:36+	07:58+	09:10+	10:56+	13:02+	14:42+	16:03+	17:36+	18:21+	20:07+	21:45+	23:57+	24:23+	26:16+	26:52+	29:16+	30:21+	31:27+	32:38+	33:16+
02:37+	01:50+	01:09+	02:22+	01:12+	01:46+	02:06+	01:40+	01:21+	01:33+	00:45+	01:46+	01:38+	02:12+	00:26+	01:53+	00:36+	02:24+	01:05+	01:06+	01:11+	00:38+
01:32@	00:49&	00:12#	00:20#	00:05+	00:24&	00:29&	00:34&	00:04+	00:26&	00:03+	00:27&	00:20&	00:32&	00:03#	00:33&	00:03+	00:46&	00:04+	00:16&	00:07#	00:09&
5	Bjarne Gimre	88										33:19									
01:33+	03:10+	04:05+	07:28+	08:40+	10:32+	12:27+	13:59+	15:17+	16:36+	17:20+	18:55+	20:33+	22:18+	22:44+	24:43+	25:30+	28:37+	29:57+	31:23+	32:45+	33:19+
01:33+	01:37+	00:55-	03:23+	01:12+	01:52+	01:55+	01:32+	01:18+	01:19+	00:44+	01:35+	01:38+	01:45+	00:26+	01:59+	00:47+	03:07+	01:20+	01:26+	01:22+	00:34+
00:28&	00:36&	00:02-	01:21&	00:05+	00:30&	00:18#	00:26&	00:01+	00:12#	00:02+	00:16#	00:20&	00:05+	00:03#	00:39&	00:14&	01:29&	00:19&	00:36&	00:18&	00:05#
6	Eivind L. Rake	92										33:19									
01:27+	02:47+	04:18+	07:00+	08:20+	10:16+	12:24+	13:57+	15:12+	16:41+	17:28+	19:20+	20:55+	22:45+	23:06+	24:57+	25:41+	28:44+	29:59+	31:04+	32:38+	33:19+
01:27+	01:20+	01:31+	02:42+	01:20+	01:56+	02:08+	01:33+	01:15-	01:29+	00:47+	01:52+	01:35+	01:50+	00:21-	01:51+	00:44+	03:03+	01:15+	01:05+	01:34+	00:41+
00:22&	00:19&	00:34&	00:40&	00:13#	00:34&	00:31&	00:27&	00:02-	00:22&	00:05#	00:33&	00:17#	00:10#	00:02-	00:31&	00:11&	01:25&	00:14#	00:15&	00:30&	00:12&
7	Otto Alsnes	50										34:05									
01:35+	03:01+	04:39+	07:57+	09:25+	10:56+	12:45+	14:31+	16:06+	18:01+	18:50+	20:29+	21:56+	24:04+	24:30+	26:36+	27:22+	29:41+	30:49+	32:03+	33:25+	34:05+
01:35+	01:26+	01:38+	03:18+	01:28+	01:31+	01:49+	01:46+	01:35+	01:55+	00:49+	01:39+	01:27+	02:08+	00:26+	02:06+	00:46+	02:19+	01:08+	01:14+	01:22+	00:40+
00:30&	00:25&	00:41&	01:16&	00:21&	00:09#	00:12#	00:40&	00:18#	00:48&	00:07#	00:20&	00:09#	00:28&	00:03#	00:46&	00:13&	00:41&	00:07#	00:24&	00:18&	00:11&
8	Arne M. Handeland	92										35:40									
01:23+	04:20+	05:51+	08:43+	10:34+	12:32+	14:31+	16:05+	17:26+	18:59+	19:56+	21:54+	23:27+	25:34+	26:03+	28:04+	28:42+	30:51+	32:16+	33:43+	35:05+	35:40+
01:23+	02:57+	01:31+	02:52+	01:51+	01:58+	01:59+	01:34+	01:21+	01:33+	00:57+	01:58+	01:33+	02:07+	00:29+	02:01+	00:38+	02:09+	01:25+	01:27+	01:22+	00:35+
00:18&	01:56@	00:34&	00:50&	00:44&	00:36&	00:22#	00:28&	00:04+	00:26&	00:15&	00:39&	00:15#	00:02#	00:06&	00:41&	00:05#	00:31&	00:24&	00:37&	00:18&	00:06#
9	Jan Inge Lunde	88										35:45									
02:50+	04:22+	05:42+	08:17+	09:59+	12:02+	14:14+	16:13+	17:37+	18:59+	19:46+	21:36+	23:25+	25:34+	25:58+	28:04+	28:49+	31:22+	32:31+	33:39+	35:06+	35:45+
02:50+	01:32+	01:20+	02:35+	01:42+	02:03+	02:12+	01:59+	01:24+	01:22+	00:47+	01:50+	01:49+	02:09+	00:24+	02:06+	00:45+	02:33+	01:09+	01:08+	01:27+	00:39+
01:45@	00:31&	00:23&	00:33&	00:35&	00:41&	00:35&	00:53&	00:07+	00:15#	00:05#	00:31&	00:31&	00:29&	00:01+	00:46&	00:12&	00:55&	00:08#	00:18&	00:23&	00:10&
10	Kjell Ivar Skjørestad	92										36:59									
01:26+	04:02+	05:04+	09:50+	11:13+	13:01+	14:50+	16:25+	18:12+	19:32+	20:24+	22:58+	24:37+	26:49+	27:27+	29:36+	30:17+	32:19+	33:43+	35:03+	36:23+	36:59+
01:26+	02:36+	01:02+	04:46+	01:23+	01:48+	01:49+	01:35+	01:47+	01:20+	00:52+	02:34+	01:39+	02:12+	00:38+	02:09+	00:41+	02:02+	01:24+	01:20+	01:20+	00:36+
00:21&	01:35@	00:05+	02:44@	00:16#	00:26&	00:12#	00:29&	00:30&	00:13#	00:10#	01:15&	00:21&	00:32&	00:15&	00:49&	00:08#	00:24#	00:23&	00:30&	00:16#	00:07#
11	Ragnar Rossavik	109										37:59									
02:31+	03:48+	04:54+	07:22+	08:35+	10:22+	12:20+	13:55+	15:54+	17:27+	18:26+	20:09+	21:37+	23:19+	23:40+	25:05+	25:47+	27:57+	31:50+	33:09+	37:13+	37:59+
02:31+	01:17+	01:06+	02:28+	01:13+	01:47+	01:58+	01:35+	01:59+	01:33+	00:59+	01:43+	01:28+	01:42+	00:21-	01:25+	00:42+	02:10+	03:53+	01:19+	04:04+	00:46+
01:26@	00:16&	00:09#	00:26#	00:06+	00:25&	00:21#	00:29&	00:42&	00:26&	00:17&	00:24&	00:10#	00:02+	00:02-	00:05+	00:09&	00:32&	02:52@	00:29&	03:00@	00:17&
12	Bjørn Vidar Gunvaldsen	29										38:21									
01:51+	03:27+	04:43+	07:52+	09:37+	11:39+	13:45+	15:28+	16:55+	18:31+	19:40+	21:37+	23:22+	25:33+	26:04+	28:56+	29:45+	32:35+	34:52+	35:57+	37:43+	38:21+
01:51+	01:36+	01:16+	03:09+	01:45+	02:02+	02:06+	01:43+	01:27+	01:36+	01:09+	01:57+	01:45+	02:11+	00:31+	02:52+	00:49+	02:50+	02:17+	01:05+	01:46+	00:38+
00:46&	00:35&	00:19&	01:07&	00:38&	00:40&	00:29&	00:37&	00:10#	00:29&	00:27&	00:38&	00:27&	00:31&	00:08&	01:32@	00:16&	01:12&	01:16@	00:15&	00:42&	00:09&
13	Bjørn Tore Aase	29										38:45									
01:42+	03:14+	04:38+	07:42+	09:26+	11:25+	13:49+	15:42+	17:21+	18:57+	19:51+	22:01+	24:07+	26:34+	27:09+	29:35+	30:35+	33:12+	35:00+	36:20+	38:01+	38:45+
01:42+	01:32+	01:24+	03:04+	01:44+	01:59+	02:24+	01:53+	01:39+	01:36+	00:54+	02:10+	02:06+	02:27+	00:35+	02:26+	01:00+	02:37+	01:48+	01:20+	01:41+	00:44+
00:37&	00:31&	00:27&	01:02&	00:37&	00:37&	00:47&	00:47&	00:22&	00:29&	00:12&	00:51&	00:48&	00:47&	00:12&	01:06&	00:27&	00:59&	00:47&	00:30&	00:37&	00:15&

Class	Navn	Klasse										Tid										
14	Tom Hetland	5										39:14										
01:20+	02:42+	08:41+	12:23+	13:37+	15:24+	17:22+	19:00+	20:42+	22:01+	22:46+	24:47+	26:18+	28:22+	28:48+	31:07+	31:46+	34:22+	35:52+	37:07+	38:31+	39:14+	
01:20+	01:22+	05:59+	03:42+	01:14+	01:47+	01:58+	01:38+	01:42+	01:19+	00:45+	02:01+	01:31+	02:04+	00:26+	02:19+	00:39+	02:36+	01:30+	01:15+	01:24+	00:43+	
00:15#	00:21&	05:02@	01:40&	00:07#	00:25&	00:21#	00:32&	00:25&	00:12#	00:03+	00:42&	00:13#	00:24#	00:03#	00:59&	00:06#	00:58&	00:29&	00:25&	00:20&	00:14&	
15	Odd Arild Werness	88										40:16										
01:54+	04:01+	05:45+	09:02+	10:58+	13:10+	15:39+	17:21+	19:04+	20:39+	21:45+	23:52+	25:41+	28:00+	28:28+	30:43+	31:40+	34:13+	35:56+	37:17+	39:24+	40:16+	
01:54+	02:07+	01:44+	03:17+	01:56+	02:12+	02:29+	01:42+	01:43+	01:35+	01:06+	02:07+	01:49+	02:19+	00:28+	02:15+	00:57+	02:33+	01:43+	01:21+	02:07+	00:52+	
00:49&	01:06@	00:47&	01:15&	00:49&	00:50&	00:52&	00:36&	00:26&	00:28&	00:24&	00:48&	00:31&	00:39&	00:05#	00:55&	00:24&	00:55&	00:42&	00:31&	01:03&	00:23&	
16	Terje Langeland	98										42:13										
01:39+	03:11+	04:38+	07:56+	09:32+	11:38+	13:37+	15:19+	18:43+	20:17+	21:12+	23:44+	25:30+	27:52+	28:24+	31:20+	32:23+	36:51+	38:11+	39:19+	41:12+	42:13+	
01:39+	01:32+	01:27+	03:18+	01:36+	02:06+	01:59+	01:42+	03:24+	01:34+	00:55+	02:32+	01:46+	02:22+	00:32+	02:56+	01:03+	04:28+	01:20+	01:08+	01:53+	01:01+	
00:34&	00:31&	00:30&	01:16&	00:29&	00:44&	00:22#	00:36&	02:07@	00:27&	00:13&	01:13&	00:28&	00:42&	00:09&	01:36@	00:30&	02:50@	00:19&	00:18&	00:49&	00:32@	
17	Per Marthon Møland	5										42:18										
01:55+	03:46+	05:51+	07:06+	10:31+	12:33+	14:39+	17:26+	19:12+	20:57+	22:17+	23:24+	25:42+	27:39+	29:53+	30:27+	32:48+	33:50+	37:13+	38:53+	40:05+	41:27+	42:18+
01:55+	01:51+	02:05+	01:15-	03:25+	02:02+	02:06+	02:47+	01:46+	01:45+	01:20+	01:07-	02:18+	01:57+	02:14+	00:34-	02:21+	01:02-	03:23+	01:40+	01:12+	01:22+	00:51+
00:50&	00:50&	01:08@	00:47-	02:18@	00:40&	00:29&	01:41@	00:29&	00:38&	00:38&	00:12-	01:00&	00:17#	01:51@	00:46-	01:48@	00:36-	02:22@	00:50&	00:08#	00:53@	00:51+
18	Tore R. Tvedt	90										42:50										
02:10+	03:49+	05:31+	10:42+	12:56+	15:25+	17:43+	19:52+	21:53+	23:49+	25:06+	27:12+	28:54+	31:19+	31:57+	34:17+	35:06+	37:19+	38:56+	40:15+	41:57+	42:50+	
02:10+	01:39+	01:42+	05:11+	02:14+	02:29+	02:18+	02:09+	02:01+	01:56+	01:17+	02:06+	01:42+	02:25+	00:38+	02:20+	00:49+	02:13+	01:37+	01:19+	01:42+	00:53+	
01:05&	00:38&	00:45&	03:09@	01:07&	01:07&	00:41&	01:03&	00:44&	00:49&	00:35&	00:47&	00:24&	00:45&	00:15&	01:00&	00:16&	00:35&	00:36&	00:29&	00:38&	00:24&	
19	Svein Ove Horpestad	62										42:58										
01:32+	03:01+	04:33+	08:15+	10:31+	12:30+	14:38+	16:19+	18:01+	19:30+	20:16+	22:02+	23:38+	26:13+	26:47+	30:10+	30:53+	33:58+	38:21+	40:33+	42:08+	42:58+	
01:32+	01:29+	01:32+	03:42+	02:16+	01:59+	02:08+	01:41+	01:42+	01:29+	00:46+	01:46+	01:36+	02:35+	00:34+	03:23+	00:43+	03:05+	04:23+	02:12+	01:35+	00:50+	
00:27&	00:28&	00:35&	01:40&	01:09@	00:37&	00:31&	00:35&	00:25&	00:22&	00:04+	00:27&	00:18#	00:55&	00:11&	02:03@	00:10&	01:27&	03:22@	01:22@	00:31&	00:21&	
20	Olav Habbestad	116										43:17										
01:31+	02:45+	04:26+	07:07+	08:36+	10:01+	12:26+	13:52+	15:21+	16:52+	17:40+	19:35+	21:23+	23:39+	25:18+	27:00+	27:45+	34:03+	35:18+	40:46+	42:29+	43:17+	
01:31+	01:14+	01:41+	02:41+	01:29+	01:25+	02:25+	01:26+	01:29+	01:31+	00:48+	01:55+	01:48+	02:16+	01:39+	01:42+	00:45+	06:18+	01:15+	05:28+	01:43+	00:48+	
00:26&	00:13#	00:44&	00:39&	00:22&	00:03+	00:48&	00:20&	00:12#	00:24&	00:06#	00:36&	00:30&	00:36&	01:16@	00:22&	00:12&	04:40@	00:14#	04:38@	00:39&	00:19&	
21	Roar Fitjar	101										47:56										
01:29+	03:06+	04:33+	07:03+	08:51+	10:33+	12:34+	14:23+	15:52+	17:26+	18:23+	20:36+	22:15+	30:46+	31:18+	34:02+	34:51+	42:52+	44:11+	45:37+	47:07+	47:56+	
01:29+	01:37+	01:27+	02:30+	01:48+	01:42+	02:01+	01:49+	01:29+	01:34+	00:57+	02:13+	01:39+	08:31+	00:32+	02:44+	00:49+	08:01+	01:19+	01:26+	01:30+	00:49+	
00:24&	00:36&	00:30&	00:28#	00:41&	00:20#	00:24#	00:43&	00:12#	00:27&	00:15&	00:54&	00:21&	06:51@	00:09&	01:24@	00:16&	06:23@	00:18&	00:36&	00:26&	00:20&	
	01:04	01:01	00:55	01:15	01:07	01:22	01:37	01:06	01:15	01:07	00:42	01:07	01:18	01:32	00:20	00:34	00:33	01:02	00:53	00:50	01:04	00:29

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

Herrer 70 - 74 år

1	Harry Breiland	66										26:16									
01:12=	02:15=	03:18=	05:31=	06:40=	08:04=	09:35=	10:48=	11:57=	13:05=	13:50=	15:18=	16:32=	17:58=	18:22=	19:54=	20:27=	22:16=	23:44=	24:35=	25:45=	26:16=
01:12=	01:03=	01:03=	02:13=	01:09=	01:24=	01:31=	01:13=	01:09=	01:08=	00:45=	01:28=	01:14=	01:26=	00:24=	01:32=	00:33=	01:49=	01:28=	00:51=	01:10=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Asgeir Bell	117										28:36									
01:02-	02:03-	02:55-	06:12+	07:29+	08:51+	10:24+	11:39+	12:48+	13:54+	14:37+	17:31+	18:45+	20:27+	20:49+	22:23+	22:57+	24:57+	25:49+	26:46+	27:59+	28:36+
01:02-	01:01-	00:52-	03:17+	01:17+	01:22-	01:33+	01:15+	01:09+	01:06-	00:43-	02:54+	01:14=	01:42+	00:22-	01:34+	00:34+	02:00+	00:52-	00:57+	01:13+	00:37+
00:10-	00:02-	00:11-	01:04&	00:08#	00:02-	00:02+	00:02+	00:00=	00:02-	00:02-	01:26&	00:00=	00:16#	00:02-	00:02+	00:01+	00:11#	00:36-	00:06#	00:03+	00:06#
3	Hilmar Røthing	128										31:12									
01:25+	02:38+	03:44+	06:03+	07:32+	09:20+	11:25+	12:55+	14:10+	15:33+	16:22+	17:59+	19:19+	21:29+	22:15+	23:43+	24:19+	26:25+	27:40+	28:33+	30:36+	31:12+
01:25+	01:13+	01:06+	02:19+	01:29+	01:48+	02:05+	01:30+	01:15+	01:23+	00:49+	01:37+	01:20+	02:10+	00:46+	01:28-	00:36+	02:06+	01:15-	00:53+	02:03+	00:36+
00:13#	00:10#	00:03+	00:06+	00:20&	00:24&	00:34&	00:17#	00:06+	00:15#	00:04+	00:09#	00:06+	00:44&	00:22&	00:04-	00:03+	00:17#	00:13-	00:02+	00:53&	00:05#
4	Kjell Svihus	154										31:14									
01:25+	02:48+	03:55+	06:22+	07:49+	09:30+	11:23+	12:55+	15:01+	16:18+	17:09+	18:57+	20:21+	22:08+	22:30+	24:00+	24:42+	26:51+	28:06+	29:16+	30:39+	31:14+
01:25+	01:23+	01:07+	02:27+	01:27+	01:41+	01:53+	01:32+	02:06+	01:17+	00:51+	01:48+	01:24+	01:47+	00:22-	01:30-	00:42+	02:09+	01:15-	01:10+	01:23+	00:35+
00:13#	00:20&	00:04+	00:14#	00:18&	00:17#	00:22#	00:19&	00:57&	00:09#	00:06#	00:20#	00:10#	00:21#	00:02-	00:02-	00:09&	00:20#	00:13-	00:19&	00:13#	00:04#
5	Finn Morten Årstad	115										31:24									
01:27+	02:40+	03:51+	06:06+	07:27+	09:13+	11:05+	12:35+	13:59+	15:35+	16:19+	18:15+	19:46+	21:48+	22:12+	23:44+	24:35+	26:59+	28:11+	29:19+	30:40+	31:24+
01:27+	01:13+	01:11+	02:15+	01:21+	01:46+	01:52+	01:30+	01:24+	01:36+	00:44-	01:56+	01:31+	02:02+	00:24=	01:32=	00:51+	02:24+	01:12-	01:08+	01:21+	00:44+
00:15#	00:10#	00:08#	00:02+	00:12#	00:22&	00:21#	00:17#	00:15#	00:28&	00:01-	00:28&	00:17#	00:36&	00:00=	00:00=	00:18&	00:35&	00:16-	00:17&	00:11#	00:13&

Class	Navn	Klasse															Tid									
6	Leif Gunnar Wikene	43															33:19									
01:29+	03:00+	04:03+	07:24+	08:42+	10:32+	12:26+	13:56+	15:18+	16:37+	17:21+	18:57+	20:32+	22:18+	22:50+	24:42+	25:30+	28:38+	29:59+	31:20+	32:45+	33:19+					
01:29+	01:31+	01:03=	03:21+	01:18+	01:50+	01:54+	01:30+	01:22+	01:19+	00:44-	01:36+	01:35+	01:46+	00:32+	01:52+	00:48+	03:08+	01:21-	01:21+	01:25+	00:34+					
00:17#	00:28&	00:00=	01:08&	00:09#	00:26&	00:23&	00:17#	00:13#	00:11#	00:01-	00:08+	00:21&	00:20#	00:08&	00:20#	00:15&	01:19&	00:07-	00:30&	00:15#	00:03+					
7	Olav Dag Borgersen	154															34:39									
01:38+	03:20+	04:55+	08:04+	09:26+	11:26+	13:29+	14:57+	16:32+	17:59+	18:53+	21:00+	22:35+	24:39+	25:08+	26:56+	27:37+	29:51+	31:21+	32:49+	34:06+	34:39+					
01:38+	01:42+	01:35+	03:09+	01:22+	02:00+	02:03+	01:28+	01:35+	01:27+	00:54+	02:07+	01:35+	02:04+	00:29+	01:48+	00:41+	02:14+	01:30+	01:28+	01:17+	00:33+					
00:26&	00:39&	00:32&	00:56&	00:13#	00:36&	00:32&	00:15#	00:26&	00:19&	00:09#	00:39&	00:21&	00:38&	00:05#	00:16#	00:08#	00:25#	00:02+	00:37&	00:07#	00:02+					
8	Paul A. Paulsen	117															35:30									
02:07+	03:34+	04:41+	07:22+	08:40+	10:39+	12:27+	14:09+	15:53+	17:17+	18:12+	21:21+	22:47+	24:28+	24:52+	27:10+	28:01+	30:55+	32:03+	33:12+	34:51+	35:30+					
02:07+	01:27+	01:07+	02:41+	01:18+	01:59+	01:48+	01:42+	01:44+	01:24+	00:55+	03:09+	01:26+	01:41+	00:24+	02:18+	00:51+	02:54+	01:08-	01:09+	01:39+	00:39+					
00:55&	00:24&	00:04+	00:28#	00:09#	00:35&	00:17#	00:29&	00:35&	00:16#	00:10#	01:41@	00:12#	00:15#	00:00=	00:46&	00:18&	01:05&	00:20-	00:18&	00:29&	00:08&					
9	Svein Glendrange	68															36:08									
01:32+	03:05+	04:23+	08:02+	09:32+	11:28+	13:28+	15:04+	16:38+	18:14+	19:09+	21:11+	22:49+	25:03+	25:33+	27:57+	28:42+	31:20+	32:43+	33:55+	35:25+	36:08+					
01:32+	01:33+	01:18+	03:39+	01:30+	01:56+	02:00+	01:36+	01:34+	01:36+	00:55+	02:02+	01:38+	02:14+	00:30+	02:24+	00:45+	02:38+	01:23-	01:12+	01:30+	00:43+					
00:20&	00:30&	00:15#	01:26&	00:21&	00:32&	00:29&	00:23&	00:25&	00:28&	00:10#	00:34&	00:24&	00:48&	00:06#	00:52&	00:12&	00:49&	00:05-	00:21&	00:20&	00:12&					
10	Ingjald Egeland	7															36:48									
01:28+	03:06+	04:24+	07:13+	08:48+	10:40+	12:32+	14:14+	15:44+	17:21+	18:13+	20:08+	21:47+	23:49+	24:12+	26:00+	26:44+	31:16+	32:54+	34:09+	36:03+	36:48+					
01:28+	01:38+	01:18+	02:49+	01:35+	01:52+	01:52+	01:42+	01:30+	01:37+	00:52+	01:55+	01:39+	02:02+	00:23-	01:48+	00:44+	04:32+	01:38+	01:15+	01:54+	00:45+					
00:16#	00:35&	00:15#	00:36&	00:26&	00:28&	00:21#	00:29&	00:21&	00:29&	00:07#	00:27&	00:25&	00:36&	00:01-	00:16#	00:11&	02:43@	00:10#	00:24&	00:44&	00:14&					
11	Steinar Undheim	54															37:20									
01:33+	03:19+	04:55+	08:28+	09:46+	12:34+	15:09+	17:01+	18:50+	20:20+	21:17+	23:12+	24:54+	27:03+	27:24+	29:18+	30:05+	32:10+	33:24+	34:42+	36:24+	37:20+					
01:33+	01:46+	01:36+	03:33+	01:18+	02:48+	02:35+	01:52+	01:49+	01:30+	00:57+	01:55+	01:42+	02:09+	00:21-	01:54+	00:47+	02:05+	01:14-	01:18+	01:42+	00:56+					
00:21&	00:43&	00:33&	01:20&	00:09#	01:24&	01:04&	00:39&	00:40&	00:22&	00:12&	00:27&	00:28&	00:43&	00:03-	00:22#	00:14&	00:16#	00:14-	00:27&	00:32&	00:25&					
12	Arvid Thorsen	5															37:33									
01:27+	02:49+	04:13+	06:55+	08:32+	10:34+	12:46+	14:44+	16:08+	17:32+	18:28+	21:04+	22:45+	24:52+	25:20+	26:56+	27:41+	32:28+	33:53+	35:02+	36:47+	37:33+					
01:27+	01:22+	01:24+	02:42+	01:37+	02:02+	02:12+	01:58+	01:24+	01:24+	00:56+	02:36+	01:41+	02:07+	00:28+	01:36+	00:45+	04:47+	01:25-	01:09+	01:45+	00:46+					
00:15#	00:19&	00:21&	00:29#	00:28&	00:38&	00:41&	00:45&	00:15#	00:16#	00:11#	01:08&	00:27&	00:41&	00:04#	00:04+	00:12&	02:58@	00:03-	00:18&	00:35&	00:15&					
13	Sverre Vatland	93															37:47									
01:38+	03:14+	04:42+	07:35+	09:21+	11:30+	13:41+	15:33+	17:09+	18:38+	19:41+	21:54+	23:44+	26:16+	26:55+	29:10+	29:56+	32:13+	33:35+	35:12+	37:01+	37:47+					
01:38+	01:36+	01:28+	02:53+	01:46+	02:09+	02:11+	01:52+	01:36+	01:29+	01:03+	02:13+	01:50+	02:32+	00:39+	02:15+	00:46+	02:17+	01:22-	01:37+	01:49+	00:46+					
00:26&	00:33&	00:25&	00:40&	00:37&	00:45&	00:40&	00:39&	00:27&	00:21&	00:18&	00:45&	00:36&	01:06&	00:15&	00:43&	00:13&	00:28&	00:06-	00:46&	00:39&	00:15&					
14	Geir Husdal	93															39:46									
01:34+	02:59+	04:24+	07:15+	08:46+	10:37+	12:50+	15:01+	16:45+	18:37+	19:33+	22:36+	24:42+	27:30+	28:03+	30:36+	31:26+	34:24+	35:54+	37:21+	39:04+	39:46+					
01:34+	01:25+	01:25+	02:51+	01:31+	01:51+	02:13+	02:11+	01:44+	01:52+	00:56+	03:03+	02:06+	02:48+	00:33+	02:33+	00:50+	02:58+	01:30+	01:27+	01:43+	00:42+					
00:22&	00:22&	00:22&	00:38&	00:22&	00:27&	00:42&	00:58&	00:35&	00:44&	00:11#	01:35@	00:52&	01:22&	00:09&	01:01&	00:17&	01:09&	00:02+	00:36&	00:33&	00:11&					
15	Hermann Skogsholm	53															40:34									
01:57+	03:30+	05:13+	08:52+	10:36+	12:22+	14:25+	16:01+	17:35+	19:06+	20:06+	24:02+	25:36+	27:50+	28:17+	30:31+	31:18+	34:22+	35:55+	37:36+	39:37+	40:34+					
01:57+	01:33+	01:43+	03:39+	01:44+	01:46+	02:03+	01:36+	01:34+	01:31+	01:00+	03:56+	01:34+	02:14+	00:27+	02:14+	00:47+	03:04+	01:33+	01:41+	02:01+	00:57+					
00:45&	00:30&	00:40&	01:26&	00:35&	00:22&	00:32&	00:23&	00:25&	00:23&	00:15&	02:28@	00:20&	00:48&	00:03#	00:42&	00:14&	01:15&	00:05+	00:50&	00:51&	00:26&					
16	Knut Jonas Espedal	53															40:44									
01:53+	03:32+	05:03+	07:55+	09:51+	12:30+	14:55+	16:47+	18:29+	20:53+	21:52+	24:12+	26:05+	28:28+	29:07+	31:27+	32:24+	34:53+	36:36+	37:49+	39:50+	40:44+					
01:53+	01:39+	01:31+	02:52+	01:56+	02:39+	02:25+	01:52+	01:42+	02:24+	00:59+	02:20+	01:53+	02:23+	00:39+	02:20+	00:57+	02:29+	01:43+	01:13+	02:01+	00:54+					
00:41&	00:36&	00:28&	00:39&	00:47&	01:15&	00:54&	00:39&	00:33&	01:16@	00:14&	00:52&	00:39&	00:57&	00:15&	00:48&	00:24&	00:40&	00:15#	00:22&	00:51&	00:23&					
17	Ole Auklend	106															45:41									
01:48+	03:29+	06:18+	09:30+	11:10+	13:20+	15:57+	18:06+	20:24+	22:20+	23:31+	25:44+	27:41+	29:59+	30:28+	33:14+	34:14+	39:01+	40:50+	42:33+	44:30+	45:41+					
01:48+	01:41+	02:49+	03:12+	01:40+	02:10+	02:37+	02:09+	02:18+	01:56+	01:11+	02:13+	01:57+	02:18+	00:29+	02:46+	01:00+	04:47+	01:49+	01:43+	01:57+	01:11+					
00:36&	00:38&	01:46@	00:59&	00:31&	00:46&	01:06&	00:56&	01:09&	00:48&	00:26&	00:45&	00:43&	00:52&	00:05#	01:14&	00:27&	02:58@	00:21#	00:52@	00:47&	00:40@					
18	Norvald Skretting	43															46:20									
01:36+	03:04+	07:36+	12:22+	14:02+	17:42+	19:45+	21:29+	23:24+	24:56+	25:51+	27:54+	29:47+	32:08+	32:42+	34:56+	35:47+	40:18+	42:10+	43:46+	45:34+	46:20+					
01:36+	01:28+	04:32+	04:46+	01:40+	03:40+	02:03+	01:44+	01:55+	01:32+	00:55+	02:03+	01:53+	02:21+	00:34+	02:14+	00:51+	04:31+	01:52+	01:36+	01:48+	00:46+					
00:24&	00:25&	03:29@	02:33@	00:31&	02:16@	00:32&	00:31&	00:46&	00:24&	00:10#	00:35&	00:39&	00:55&	00:10&	00:42&	00:18&	02:42@	00:24&	00:45&	00:38&	00:15&					
19	Mangor Eikeland	92															47:04									
02:09+	04:07+	05:46+	09:23+	11:19+	13:58+	16:36+	19:38+	22:01+	23:57+	25:12+	27:43+	29:46+	32:29+	33:02+	35:29+	36:26+	40:18+	42:04+	44:06+	46:05+	47:04+					
02:09+	01:58+	01:39+	03:37+	01:56+	02:39+	02:38+	03:02+	02:23+	01:56+	01:15+	02:31+	02:03+	02:43+	00:33+	02:27+	00:57+	03:52+	01:46+	02:02+	01:59+	00:59+					
00:57&	00:55&	00:36&	01:24&	00:47&	01:15&	01:07&	01:49@	01:14@	00:48&	00:30&	01:03&	00:49&	01:17&	00:09&	00:55&	00:24&	02:03@	00:18#	01:11@	00:49&	00:28&					
20	Lars Ernst Ravndal	125															51:09									
02:12+	03:57+	05:37+	09:21+	11:20+	13:55+	16:39+	19:57+	22:03+	24:16+	25:18+	28:39+	31:29+	34:15+	34:54+	37:51+	38:40+	43:52+	46:34+	48:05+	49:54+	51:09+					
02:12+	01:45+	01:40+	03:44+	01:59+	02:35+	02:44+	03:18+	02:06+	02:13+	01:02+	03:21+	02:50+	02:46+	00:39+	02:57+	00:49+	05:12+	02:42+	01:31+	01:49+	01:15+					
01:00&																										

Class	Navn	Klasse										Tid									
21	Jan H. Sagen	92										51:21									
02:09+	04:05+	06:43+	10:40+	12:22+	15:25+	18:22+	20:12+	21:58+	23:47+	24:48+	27:10+	29:13+	31:48+	32:15+	34:18+	35:19+	38:58+	43:37+	48:05+	50:23+	51:21+
02:09+	01:56+	02:38+	03:57+	01:42+	03:03+	02:57+	01:50+	01:46+	01:49+	01:01+	02:22+	02:03+	02:35+	00:27+	02:03+	01:01+	03:39+	04:39+	04:28+	02:18+	00:58+
00:57&	00:53&	01:35@	01:44&	00:33&	01:39@	01:26&	00:37&	00:37&	00:41&	00:16&	00:54&	00:49&	01:09&	00:03#	00:31&	00:28&	01:50@	03:11@	03:37@	01:08&	00:27&
22	Reidar Liland	66										58:01									
02:13+	04:40+	06:46+	13:34+	16:34+	19:41+	23:01+	25:55+	29:11+	31:07+	32:15+	35:16+	38:12+	41:32+	42:02+	45:07+	46:11+	50:06+	51:51+	54:51+	56:56+	58:01+
02:13+	02:27+	02:06+	06:48+	03:00+	03:07+	03:20+	02:54+	03:16+	01:56+	01:08+	03:01+	02:56+	03:20+	00:30+	03:05+	01:04+	03:55+	01:45+	03:00+	02:05+	01:05+
01:01&	01:24@	01:03&	04:35@	01:51@	01:43@	01:49@	01:41@	02:07@	00:48&	00:23&	01:33@	01:42@	01:54@	00:06#	01:33@	00:31&	02:06@	00:17#	02:09@	00:55&	00:34@

Beste strekktid for klassen

01:02 01:01 00:52 02:13 01:09 01:22 01:31 01:13 01:09 01:06 00:43 01:28 01:14 01:26 00:21 01:28 00:33 01:49 00:52 00:51 01:10 00:31

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

Herrer 75 - 79 år

1	Tormod Aaslid	54										32:20									
01:18=	03:33=	04:57=	05:40=	07:27=	08:48=	10:37=	12:07=	13:03=	14:57=	16:02=	17:57=	19:29=	20:59=	22:17=	24:11=	24:51=	27:56=	29:09=	31:37=	32:20=	
01:18=	02:15=	01:24=	00:43=	01:47=	01:21=	01:49=	01:30=	00:56=	01:54=	01:05=	01:55=	01:32=	01:30=	01:18=	01:54=	00:40=	03:05=	01:13=	02:28=	00:43=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Knut Skjæveland	93										32:28									
01:13-	03:44+	05:20+	06:05+	07:53+	09:39+	11:33+	13:11+	14:06+	16:16+	17:24+	19:13+	20:57+	22:43+	23:37+	25:46+	26:26+	27:59+	29:26+	31:36-	32:28+	
01:13-	02:31+	01:36+	00:45+	01:48+	01:46+	01:54+	01:38+	00:55-	02:10+	01:08+	01:49-	01:44+	01:46+	00:54-	02:09+	00:40=	01:33-	01:27+	02:10-	00:52+	
00:05-	00:16#	00:12#	00:02+	00:01+	00:25&	00:05+	00:08+	00:01-	00:16#	00:03+	00:06-	00:12#	00:16#	00:24-	00:15#	00:00=	01:32-	00:14#	00:18-	00:09#	
3	Jan Værp	62										35:51									
01:15-	03:47+	05:33+	06:26+	08:21+	09:54+	11:56+	14:00+	15:09+	17:08+	18:22+	20:13+	21:57+	23:29+	24:27+	26:17+	27:01+	28:46+	32:13+	35:04+	35:51+	
01:15-	02:32+	01:46+	00:53+	01:55+	01:33+	02:02+	02:04+	01:09+	01:59+	01:14+	01:51-	01:44+	01:32+	00:58-	01:50-	00:44+	01:45-	03:27+	02:51+	00:47+	
00:03-	00:17#	00:22&	00:10#	00:08+	00:12#	00:13#	00:34&	00:13#	00:05+	00:09#	00:04-	00:12#	00:02+	00:20-	00:04-	00:04#	01:20-	02:14@	00:23#	00:04+	
4	Kjell Langvik	93										38:40									
01:43+	04:23+	06:08+	07:03+	09:07+	11:22+	13:21+	15:29+	16:36+	18:41+	20:45+	22:41+	24:34+	26:06+	27:13+	29:48+	30:35+	33:03+	35:25+	37:44+	38:40+	
01:43+	02:40+	01:45+	00:55+	02:04+	02:15+	01:59+	02:08+	01:07+	02:05+	02:04+	01:56+	01:53+	01:32+	01:07-	02:35+	00:47+	02:28-	02:22+	02:19-	00:56+	
00:25&	00:25#	00:21#	00:12&	00:17#	00:54&	00:10+	00:38&	00:11#	00:11+	00:59&	00:01+	00:21#	00:02+	00:11-	00:41&	00:07#	00:37-	01:09&	00:09-	00:13&	
5	Harald Vatne	67										41:47									
01:25+	04:12+	06:20+	07:09+	09:32+	11:43+	14:16+	16:21+	17:24+	21:14+	22:55+	25:12+	27:08+	29:20+	30:21+	32:33+	33:26+	35:47+	37:49+	40:56+	41:47+	
01:25+	02:47+	02:08+	00:49+	02:23+	02:11+	02:33+	02:05+	01:03+	03:50+	01:41+	02:17+	01:56+	02:12+	01:01-	02:12+	00:53+	02:21-	02:02+	03:07+	00:51+	
00:07+	00:32#	00:44&	00:06#	00:36&	00:50&	00:44&	00:35&	00:07#	01:56@	00:36&	00:22#	00:24&	00:42&	00:17-	00:18#	00:13&	00:44-	00:49&	00:39&	00:08#	
6	Alf Gyland	92										49:17									
01:58+	05:18+	07:08+	08:09+	10:07+	12:08+	15:24+	19:07+	20:07+	23:18+	24:52+	27:23+	30:10+	31:56+	32:51+	35:05+	35:59+	43:13+	44:42+	48:04+	49:17+	
01:58+	03:20+	01:50+	01:01+	01:58+	02:01+	03:16+	03:43+	01:00+	03:11+	01:34+	02:31+	02:47+	01:46+	00:55-	02:14+	00:54+	07:14+	01:29+	03:22+	01:13+	
00:40&	01:05&	00:26&	00:18&	00:11#	00:40&	01:27&	02:13@	00:04+	01:17&	00:29&	00:36&	01:15&	00:16#	00:23-	00:20#	00:14&	04:09@	00:16#	00:54&	00:30&	
7	Gunnar Furland	93										50:54									
02:16+	07:14+	09:30+	10:39+	12:58+	15:11+	18:29+	21:27+	22:50+	26:18+	27:54+	30:30+	32:48+	34:59+	36:01+	38:26+	39:14+	44:40+	46:40+	49:42+	50:54+	
02:16+	04:58+	02:16+	01:09+	02:19+	02:13+	03:18+	02:58+	01:23+	03:28+	01:36+	02:36+	02:18+	02:11+	01:02-	02:25+	00:48+	05:26+	02:00+	03:02+	01:12+	
00:58&	02:43@	00:52&	00:26&	00:32&	00:52&	01:29&	01:28&	00:27&	01:34&	00:31&	00:41&	00:46&	00:41&	00:16-	00:31&	00:08#	02:21&	00:47&	00:34#	00:29&	
8	Rolv Nærland	63										53:41									
01:53+	05:09+	07:23+	08:20+	10:31+	12:52+	22:54+	25:18+	26:28+	29:56+	31:46+	34:50+	37:12+	39:32+	40:52+	43:03+	43:48+	46:27+	48:47+	50:08+	52:46+	53:41+
01:53+	03:16+	02:14+	00:57+	02:11+	02:21+	10:02+	02:24+	01:10+	03:28+	01:50+	03:04+	02:22+	02:20+	01:20+	02:11+	00:45+	02:39-	02:20+	01:21-	02:38+	00:55+
00:35&	01:01&	00:50&	00:14&	00:24#	01:00&	08:13@	00:54&	00:14#	01:34&	00:45&	01:09&	00:50&	00:50&	00:02+	00:17#	00:05#	00:26-	01:07&	01:07-	01:55@	00:55+
9	Torleiv Møgedal	68										58:04									
01:35+	05:20+	07:23+	08:37+	11:02+	13:47+	22:27+	25:07+	26:26+	31:32+	33:44+	36:59+	39:53+	42:26+	43:56+	46:35+	47:41+	50:34+	52:44+	56:56+	58:04+	
01:35+	03:45+	02:03+	01:14+	02:25+	02:45+	08:40+	02:40+	01:19+	05:06+	02:12+	03:15+	02:54+	02:33+	01:30+	02:39+	01:06+	02:53-	02:10+	04:12+	01:08+	
00:17#	01:30&	00:39&	00:31&	00:38&	01:24@	06:51@	01:10&	00:23&	03:12@	01:07@	01:20&	01:22&	01:03&	00:12#	00:45&	00:26&	00:12-	00:57&	01:44&	00:25&	
10	Kjell Maudal	63										1:13:58									
03:45+	09:27+	12:40+	14:24+	17:45+	21:37+	25:01+	28:24+	29:56+	36:53+	40:28+	44:31+	47:52+	50:38+	52:24+	55:20+	56:48+	64:45+	66:57+	72:22+	73:58+	
03:45+	05:42+	03:13+	01:44+	03:21+	03:52+	03:24+	03:23+	01:32+	06:57+	03:35+	04:03+	03:21+	02:46+	01:46+	02:56+	01:28+	07:57+	02:12+	05:25+	01:36+	
02:27@	03:27@	01:49@	01:01@	01:34&	02:31@	01:35&	01:53@	00:36&	05:03@	02:30@	02:08@	01:49@	01:16&	00:28&	01:02&	00:48@	04:52@	00:59&	02:57@	00:53@	

Beste strekktid for klassen

01:13 02:15 01:24 00:43 01:47 01:21 01:49 01:30 00:55 01:54 01:05 01:49 01:32 01:30 00:54 01:50 00:40 01:33 01:13 01:21 00:43

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

Class	Navn	Klasse	Tid
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Herrer 80 år og eldre

1	Arnulf Fuglestad	29	27:46																
00:44=	02:31=	04:15=	06:42=	08:21=	09:28=	10:12=	11:07=	13:08=	14:32=	15:39=	17:56=	18:35=	20:09=	20:52=	22:32=	23:06=	24:24=	26:59=	27:46=
00:44=	01:47=	01:44=	02:27=	01:39=	01:07=	00:44=	00:55=	02:01=	01:24=	01:07=	02:17=	00:39=	01:34=	00:43=	01:40=	00:34=	01:18=	02:35=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Magne Jakobsen	63	28:38																
00:49+	03:01+	04:15=	06:27-	08:26+	09:44+	10:33+	11:25+	13:06-	15:03+	16:17+	18:58+	19:46+	21:01+	21:43+	23:29+	24:31+	25:53+	27:51+	28:38+
00:49+	02:12+	01:14-	02:12-	01:59+	01:18+	00:49+	00:52-	01:41-	01:57+	01:14+	02:41+	00:48+	01:15-	00:42-	01:46+	01:02+	01:22+	01:58-	00:47=
00:05#	00:25#	00:30-	00:15-	00:20#	00:11#	00:05#	00:03-	00:20-	00:33&	00:07#	00:24#	00:09#	00:19-	00:01-	00:06+	00:28&	00:04+	00:37-	00:00=
3	Sigurd Krosli	31	37:22																
00:55+	04:45+	06:13+	08:29+	11:19+	13:23+	15:16+	16:56+	18:48+	21:38+	23:20+	26:10+	27:01+	29:16+	30:08+	32:06+	32:50+	34:14+	36:28+	37:22+
00:55+	03:50+	01:23-	02:16-	02:50+	02:04+	01:53+	01:40+	01:52-	02:50+	01:42+	02:50+	00:51+	02:15+	00:52+	01:58+	00:44+	01:24+	02:14-	00:54+
00:11#	02:03@	00:16-	00:11-	01:11&	00:57&	01:09@	00:45&	00:09-	01:26@	00:35&	00:33#	00:12&	00:41&	00:09#	00:18#	00:10&	00:06+	00:21-	00:07#
4	Bjarne Edland	92	43:17																
00:54+	03:27+	04:50+	07:28+	10:09+	11:54+	17:39+	18:54+	21:08+	23:05+	24:12+	27:25+	28:09+	36:27+	37:02+	38:46+	39:35+	40:52+	42:40+	43:17+
00:54+	02:33+	01:23-	02:38+	02:41+	01:45+	05:45+	01:15+	02:14+	01:57+	01:07=	03:13+	00:44+	08:18+	00:35-	01:44+	00:49+	01:17-	01:48-	00:37-
00:10#	00:46&	00:21-	00:11+	01:02&	00:38&	05:01@	00:20&	00:13#	00:33&	00:00=	00:56&	00:05#	06:44@	00:08-	00:04+	00:15&	00:01-	00:47-	00:10-
5	Magne Westerheim	93	58:45																
01:01+	03:45+	05:14+	08:52+	34:43+	36:09+	37:46+	39:01+	40:44+	42:41+	44:15+	47:11+	48:11+	49:58+	50:58+	53:12+	53:55+	55:07+	57:57+	58:45+
01:01+	02:44+	01:29-	03:38+	25:51+	01:26+	01:37+	01:15+	01:43-	01:57+	01:34+	02:56+	01:00+	01:47+	01:00+	02:14+	00:43+	01:12-	02:50+	00:48+
00:17&	00:57&	00:15-	01:11&	24:12@	00:19&	00:53@	00:20&	00:18-	00:33&	00:27&	00:39&	00:21&	00:13#	00:17&	00:34&	00:09&	00:06-	00:15+	00:01+
Beste strekktid for klassen																			
00:44	01:47	01:14	02:12	01:39	01:07	00:44	00:52	01:41	01:24	01:07	02:17	00:39	01:15	00:35	01:40	00:34	01:12	01:48	00:37

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

Herrer A

1	Fredrik Omdal	74	27:59																						
00:23=	01:29=	02:32=	03:16=	04:47=	05:43=	06:30=	07:26=	08:18=	09:17=	10:13=	11:00=	12:29=	13:48=	14:46=	15:44=	17:34=	18:33=	19:19=	20:43=	22:20=	23:20=	24:34=	25:16=	26:24=	27:31=
00:23=	01:06=	01:03=	00:44=	01:31=	00:56=	00:47=	00:56=	00:52=	00:59=	00:56=	00:47=	01:29=	01:19=	00:58=	00:58=	01:50=	00:59=	00:46=	01:24=	01:37=	01:00=	01:14=	00:42=	01:08=	01:07=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
27:59=																									
00:28=																									
00:00=																									
2	Ørjan Ravndal	194	28:45																						
00:20-	01:21-	02:16-	03:01-	04:27-	05:09-	05:53-	06:42-	07:34-	08:48-	09:44-	10:28-	11:53-	13:10-	14:08-	15:05-	17:02-	17:58-	18:45-	20:47+	22:24+	23:22+	24:35+	25:13-	26:34+	28:22+
00:20-	01:01-	00:55-	00:45+	01:26-	00:42-	00:44-	00:49-	00:52=	01:14+	00:56=	00:44-	01:25-	01:17-	00:58=	00:57-	01:57+	00:56-	00:47+	02:02+	01:37=	00:58-	01:13-	00:38-	01:21+	01:48+
00:03-	00:05-	00:08-	00:01+	00:05-	00:14-	00:03-	00:07-	00:00=	00:15&	00:00=	00:03-	00:04-	00:02-	00:00=	00:01-	00:07+	00:03-	00:01+	00:38&	00:00=	00:02-	00:01-	00:04-	00:13#	00:41&
28:45+																									
00:23-																									
00:05-																									
3	Morten Bjerga Sundli	7	29:35																						
00:23=	01:36+	02:40+	03:28+	05:01+	05:47+	06:36+	08:00+	08:54+	10:14+	11:03+	11:51+	13:15+	14:38+	15:41+	16:34+	18:26+	19:24+	20:07+	21:30+	23:03+	24:02+	25:17+	26:16+	27:49+	29:04+
00:23=	01:13+	01:04+	00:48+	01:33+	00:46-	00:49+	01:24+	00:54+	01:20+	00:49-	00:48+	01:24-	01:23+	01:03+	00:53-	01:52+	00:58-	00:43-	01:23-	01:33-	00:59-	01:15+	00:59+	01:33+	01:15+
00:00=	00:07#	00:01+	00:04+	00:02+	00:10-	00:02+	00:28&	00:02+	00:21&	00:07-	00:01+	00:05-	00:04+	00:05+	00:05-	00:02+	00:01-	00:03-	00:01-	00:04-	00:01-	00:01+	00:17&	00:25&	00:08#
29:35+																									
00:31+																									
00:03#																									
4	Erik Lima	115	31:25																						
00:24+	01:36+	02:44+	03:50+	05:37+	06:29+	07:21+	08:18+	09:08+	10:16+	11:10+	12:07+	13:44+	15:07+	16:10+	17:11+	19:19+	20:23+	21:16+	22:53+	24:34+	25:42+	27:18+	28:04+	29:33+	30:55+
00:24+	01:12+	01:08+	01:06+	01:47+	00:52-	00:52+	00:57+	00:50-	01:08+	00:54-	00:57+	01:37+	01:23+	01:03+	01:01+	02:08+	01:04+	00:53+	01:37+	01:41+	01:08+	01:36+	00:46+	01:29+	01:22+
00:01+	00:06+	00:05+	00:22&	00:16#	00:04-	00:05#	00:01+	00:02-	00:09#	00:02-	00:10#	00:08+	00:04+	00:05+	00:03+	00:18#	00:05+	00:07#	00:13#	00:04+	00:08#	00:22&	00:04+	00:21&	00:15#
31:25+																									
00:30+																									
00:02+																									

Class	Navn	Klasse										Tid															
5	Harald Kalager	7										31:30															
00:27+	01:39+	02:54+	03:48+	05:23+	06:22+	07:17+	08:07+	09:06+	10:19+	11:19+	12:14+	13:45+	15:10+	16:10+	17:13+	19:10+	20:13+	21:03+	22:44+	24:25+	25:28+	27:09+	28:15+	29:41+	31:00+		
00:27+	01:12+	01:15+	00:54+	01:35+	00:59+	00:55+	00:50-	00:59+	01:13+	01:00+	00:55+	01:31+	01:25+	01:00+	01:03+	01:57+	01:03+	00:50+	01:41+	01:41+	01:03+	01:41+	01:06+	01:26+	01:19+		
00:04#	00:06+	00:12#	00:10#	00:04+	00:03+	00:08#	00:06-	00:07#	00:14#	00:04+	00:08#	00:02+	00:06+	00:02+	00:05+	00:07+	00:04+	00:04+	00:17#	00:04+	00:03+	00:27&	00:24&	00:18&	00:12#		
31:30+																											
00:30+																											
00:02+																											
6	Aart Joakim in't Veld	93										33:00															
00:22-	01:41+	02:53+	03:47+	05:30+	06:31+	07:25+	08:16+	09:10+	10:25+	11:28+	12:52+	14:31+	16:03+	17:05+	18:39+	20:41+	21:45+	22:35+	24:14+	26:28+	27:39+	28:59+	29:42+	31:16+	32:30+		
00:22-	01:19+	01:12+	00:54+	01:43+	01:01+	00:54+	00:51-	00:54+	01:15+	01:03+	01:24+	01:39+	01:32+	01:02+	01:34+	02:02+	01:04+	00:50+	01:39+	02:14+	01:11+	01:20+	00:43+	01:34+	01:14+		
00:01-	00:13#	00:09#	00:10#	00:12#	00:05+	00:07#	00:05-	00:02+	00:16&	00:07#	00:37&	00:10#	00:13#	00:04+	00:36&	00:12#	00:05+	00:04+	00:15#	00:37&	00:11#	00:06+	00:01+	00:26&	00:07#		
33:00+																											
00:30+																											
00:02+																											
7	Fredrik Sandal	88										33:29															
00:27+	01:43+	02:50+	03:48+	05:33+	06:36+	07:30+	08:35+	09:36+	10:48+	11:48+	12:42+	14:16+	15:54+	17:07+	18:11+	20:27+	21:33+	22:26+	24:03+	25:56+	27:04+	29:04+	29:59+	31:21+	32:52+		
00:27+	01:16+	01:07+	00:58+	01:45+	01:03+	00:54+	01:05+	01:01+	01:12+	01:00+	00:54+	01:34+	01:38+	01:13+	01:04+	02:16+	01:06+	00:53+	01:37+	01:53+	01:08+	02:00+	00:55+	01:22+	01:31+		
00:04#	00:10#	00:04+	00:14&	00:14#	00:07#	00:07#	00:09#	00:09#	00:13#	00:04+	00:07#	00:05+	00:19#	00:15&	00:06#	00:26#	00:07#	00:07#	00:13#	00:16#	00:08#	00:46&	00:13&	00:14#	00:24&		
33:29+																											
00:37+																											
00:09&																											
8	Martin Blystad	115										36:29															
00:27+	01:41+	02:58+	04:06+	05:57+	06:53+	07:51+	08:54+	09:57+	11:07+	11:58+	13:04+	15:00+	16:37+	17:47+	18:57+	21:25+	22:46+	23:47+	26:05+	28:07+	29:18+	31:14+	32:11+	34:33+	35:57+		
00:27+	01:14+	01:17+	01:08+	01:51+	00:56#	00:58+	01:03+	01:03+	01:10+	00:51-	01:06+	01:56+	01:37+	01:10+	01:10+	02:28+	01:21+	01:01+	02:18+	02:02+	01:11+	01:56+	00:57+	02:22+	01:24+		
00:04#	00:08#	00:14#	00:24&	00:20#	00:00=	00:11#	00:07#	00:11#	00:11#	00:05-	00:19&	00:27&	00:18#	00:12#	00:12#	00:38&	00:22&	00:15&	00:54&	00:25&	00:11#	00:42&	00:15&	01:14@	00:17&		
36:29+																											
00:32+																											
00:04#																											
9	Markus Breivold	92										36:50															
00:29+	01:43+	02:52+	03:55+	05:38+	06:31+	07:26+	08:17+	09:17+	10:43+	11:34+	12:36+	15:24+	16:57+	17:57+	18:59+	21:16+	22:22+	23:12+	25:19+	29:12+	30:22+	32:45+	33:34+	35:03+	36:28+		
00:29+	01:14+	01:09+	01:03+	01:43+	00:53-	00:55+	00:51-	01:00+	01:26+	00:51-	01:02+	02:48+	01:33+	01:00+	01:02+	02:17+	01:06+	00:50+	02:07+	03:53+	01:10+	02:23+	00:49+	01:29+	01:25+		
00:06&	00:08#	00:06+	00:19&	00:12#	00:03-	00:08#	00:05-	00:08#	00:27&	00:05-	00:15&	01:19&	00:14#	00:02+	00:04+	00:27#	00:07#	00:04+	00:43&	02:16@	00:10#	01:09&	00:07#	00:21&	00:18&		
36:50+																											
00:22-																											
00:06-																											
10	Runar Eike Toft	116										37:42															
00:23=	01:41+	02:56+	03:55+	05:31+	06:32+	07:20+	09:25+	10:24+	11:53+	12:54+	13:58+	15:39+	17:02+	18:03+	19:19+	21:26+	22:26+	23:21+	24:58+	29:18+	30:19+	32:30+	33:31+	35:34+	37:10+		
00:23=	01:18+	01:15+	00:59+	01:36+	01:01+	00:48+	02:05+	00:59+	01:29+	01:01+	01:04+	01:41+	01:23+	01:01+	01:16+	02:07+	01:00+	00:55+	01:37+	04:20+	01:01+	02:11+	01:01+	02:03+	01:36+		
00:00=	00:12#	00:12#	00:15&	00:05+	00:05+	00:01+	01:09@	00:07#	00:30&	00:05+	00:17&	00:12#	00:04+	00:03+	00:18&	00:17#	00:01+	00:09#	00:13#	02:43@	00:01+	00:57&	00:19&	00:55&	00:29&		
37:42+																											
00:32+																											
00:04#																											
11	Clive Walmsliv	134										40:19															
00:27+	02:05+	03:41+	05:44+	07:33+	08:53+	09:49+	11:58+	13:02+	14:40+	15:35+	16:29+	19:01+	20:44+	21:51+	22:58+	25:59+	27:27+	28:25+	30:23+	32:31+	33:48+	35:34+	36:43+	38:16+	39:48+		
00:27+	01:38+	01:36+	02:03+	01:49+	01:20+	00:56+	02:09+	01:04+	01:38+	00:55-	00:54+	02:32+	01:43+	01:07+	01:07+	03:01+	01:28+	00:58+	01:58+	02:08+	01:17+	01:46+	01:09+	01:33+	01:32+		
00:04#	00:32&	00:33&	01:19@	00:18#	00:24&	00:09#	01:13@	00:12#	00:39&	00:01-	00:07#	01:03&	00:24&	00:09#	00:09#	01:11&	00:29&	00:12&	00:34&	00:31&	00:17&	00:32&	00:27&	00:25&	00:25&		
40:19+																											
00:31+																											
00:03#																											
Beste strekktid for klassen																											
00:20	01:01	00:55	00:44	01:26	00:42	00:44	00:49	00:50	00:59	00:49	00:44	01:24	01:17	00:58	00:53	01:50	00:56	00:43	01:23	01:33	00:58	01:13	00:38	01:08	01:07	00:22	

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

Herrer B

1	Njål F. Vadla	93										31:42													
00:24=	01:35=	02:36=	03:50=	05:33=	06:23=	07:19=	08:11=	09:05=	10:10=	11:00=	11:55=	13:35=	15:10=	16:18=	17:22=	19:22=	20:36=	21:32=	23:04=	24:48=	25:56=	27:37=	28:25=	29:42=	31:08=
00:24=	01:11=	01:01=	01:14=	01:43=	00:50=	00:56=	00:52=	00:54=	01:05=	00:50=	00:55=	01:40=	01:35=	01:08=	01:04=	02:00=	01:14=	00:56=	01:32=	01:44=	01:08=	01:41=	00:48=	01:17=	01:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
31:42=																									
00:34=																									
00:00=																									

Class	Navn	Klasse										Tid													
11	Per Olav Haarr	62										37:45													
00:24=	01:41+	02:48+	04:06+	05:53+	06:47+	07:42+	08:40+	09:47+	11:17+	12:16+	16:15+	18:01+	19:32+	20:38+	21:47+	24:00+	25:06+	26:01+	27:44+	29:37+	30:48+	33:13+	34:10+	35:44+	37:10+
00:24=	01:17+	01:07+	01:18+	01:47+	00:54+	00:55-	00:58+	01:07+	01:30+	00:59+	03:59+	01:46+	01:31-	01:06-	01:09+	02:13+	01:06-	00:55-	01:43+	01:53+	01:11+	02:25+	00:57+	01:34+	01:26=
00:00=	00:06+	00:06+	00:04+	00:04+	00:04+	00:01-	00:06#	00:13#	00:25#	00:09#	03:04@	00:06+	00:04-	00:02-	00:05+	00:13#	00:08-	00:01-	00:11#	00:09+	00:03+	00:44&	00:09#	00:17#	00:00=
37:45+																									
00:35+																									
00:01+																									
12	Svein Erik Kvame	116										39:07													
00:27+	01:55+	03:30+	04:37+	06:50+	07:58+	09:03+	10:15+	11:28+	12:51+	13:53+	15:12+	17:11+	19:05+	20:20+	21:30+	24:15+	25:36+	26:39+	28:31+	30:46+	32:07+	33:50+	34:58+	36:50+	38:30+
00:27+	01:28+	01:35+	01:07-	02:13+	01:08+	01:05+	01:12+	01:13+	01:23+	01:02+	01:19+	01:59+	01:54+	01:15+	01:10+	02:45+	01:21+	01:03+	01:52+	02:15+	01:21+	01:43+	01:08+	01:52+	01:40+
00:03#	00:17#	00:34&	00:07-	00:30#	00:18&	00:09#	00:20&	00:19&	00:18&	00:12#	00:24#	00:19#	00:19#	00:07#	00:06+	00:45&	00:07+	00:07#	00:20#	00:31&	00:13#	00:02+	00:20&	00:35&	00:14#
39:07+																									
00:37+																									
00:03+																									
13	Jørgen Breivold	54										40:27													
00:28+	01:56+	03:18+	05:00+	06:44+	07:47+	08:40+	10:30+	11:31+	13:08+	16:02+	17:12+	18:47+	20:20+	21:22+	22:24+	24:23+	25:29+	26:21+	28:25+	30:47+	31:52+	35:36+	36:45+	38:33+	39:54+
00:28+	01:28+	01:22+	01:42+	01:44+	01:03+	00:53-	01:50+	01:01+	01:37+	02:54+	01:10+	01:35-	01:33-	01:02-	01:02-	01:59-	01:06-	00:52-	02:04+	02:22+	01:05-	03:44+	01:09+	01:48+	01:21-
00:04#	00:17#	00:21&	00:28&	00:01+	00:13#	00:03-	00:58@	00:07#	00:32&	02:04@	00:15#	00:05-	00:02-	00:06-	00:02-	00:01-	00:08-	00:04-	00:32&	00:38&	00:03-	02:03@	00:21&	00:31&	00:05-
40:27+																									
00:33+																									
00:01-																									
14	Bård Skogsholm	194										40:46													
00:27+	01:59+	03:47+	05:14+	07:10+	08:12+	09:14+	10:17+	11:24+	12:45+	13:41+	14:43+	16:32+	18:17+	19:32+	20:46+	23:10+	24:28+	25:33+	27:41+	30:25+	31:42+	33:27+	36:39+	38:30+	40:09+
00:27+	01:32+	01:48+	01:27+	01:56+	01:02+	01:02+	01:03+	01:07+	01:21+	00:56+	01:02+	01:49+	01:45+	01:15+	01:14+	02:24+	01:18+	01:05+	02:08+	02:44+	01:17+	01:45+	03:12+	01:51+	01:39+
00:03#	00:21&	00:47&	00:13#	00:13#	00:12#	00:06#	00:11#	00:13#	00:16#	00:06#	00:07#	00:09+	00:10#	00:07#	00:10#	00:24#	00:04+	00:09#	00:36&	01:00&	00:09#	00:04+	02:24@	00:34&	00:13#
40:46+																									
00:37+																									
00:03+																									
15	Øystein Amundrud	90										41:38													
00:36+	02:10+	03:44+	04:53+	06:50+	07:56+	09:01+	10:13+	11:19+	12:30+	13:32+	14:32+	16:19+	18:05+	19:30+	20:43+	23:11+	24:32+	25:35+	27:34+	30:57+	32:20+	36:20+	37:28+	39:10+	40:56+
00:36+	01:34+	01:34+	01:09-	01:57+	01:06+	01:05+	01:12+	01:06+	01:11+	01:02+	01:00+	01:47+	01:46+	01:25+	01:13+	02:28+	01:21+	01:03+	01:59+	03:23+	01:23+	04:00+	01:08+	01:42+	01:46+
00:12&	00:23&	00:33&	00:05-	00:14#	00:16&	00:09#	00:20&	00:12#	00:06+	00:12#	00:05+	00:07+	00:11#	00:17#	00:09#	00:28#	00:07+	00:07#	00:27&	01:39&	00:15#	02:19@	00:20&	00:25&	00:20#
41:38+																									
00:42+																									
00:08#																									
16	Pål Bårdsen	90										42:28													
00:35+	02:14+	03:46+	05:09+	07:18+	08:33+	09:38+	11:06+	12:36+	14:17+	15:28+	16:47+	18:43+	20:37+	22:03+	23:34+	26:18+	27:35+	28:42+	30:51+	33:23+	34:47+	36:30+	38:06+	39:51+	41:49+
00:35+	01:39+	01:32+	01:23+	02:09+	01:15+	01:05+	01:28+	01:30+	01:41+	01:11+	01:19+	01:56+	01:54+	01:26+	01:31+	02:44+	01:17+	01:07+	02:09+	02:32+	01:24+	01:43+	01:36+	01:45+	01:58+
00:11&	00:28&	00:31&	00:09#	00:26&	00:25&	00:09#	00:36&	00:36&	00:36&	00:21&	00:24&	00:16#	00:19#	00:18&	00:27&	00:44&	00:03+	00:11#	00:37&	00:48&	00:16#	00:02+	00:48&	00:28&	00:32&
42:28+																									
00:39+																									
00:05#																									
17	Espen Fyhn Nilsen	116										45:39													
00:35+	02:23+	04:15+	05:36+	07:56+	09:13+	10:22+	11:47+	13:12+	15:09+	16:17+	17:41+	19:45+	21:53+	23:23+	25:09+	28:06+	29:34+	30:39+	32:59+	35:28+	36:55+	39:05+	41:08+	43:09+	44:58+
00:35+	01:48+	01:52+	01:21+	02:20+	01:17+	01:09+	01:25+	01:25+	01:57+	01:08+	01:24+	02:04+	02:08+	01:30+	01:46+	02:57+	01:28+	01:05+	02:20+	02:29+	01:27+	02:10+	02:03+	02:01+	01:49+
00:11&	00:37&	00:51&	00:07+	00:37&	00:27&	00:13#	00:33&	00:31&	00:52&	00:18&	00:29&	00:24#	00:33&	00:22&	00:42&	00:57&	00:14#	00:09#	00:48&	00:45&	00:19&	00:29&	01:15@	00:44&	00:23&
45:39+																									
00:41+																									
00:07#																									

Beste strekktid for klassen

00:24 01:11 01:01 00:52 01:43 00:50 00:52 00:52 00:54 01:05 00:47 00:55 01:35 01:27 01:02 00:58 01:59 01:00 00:49 01:32 01:44 01:05 01:19 00:48 01:17 01:13 00:30

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

Herrer C

1	Kjetil Wirak	114										30:22											
00:43=	02:32=	03:53=	04:54=	06:09=	07:39=	08:35=	09:35=	11:16=	12:51=	13:52=	14:40=	15:46=	16:35=	18:09=	19:17=	20:43=	21:36=	24:02=	25:14=	27:04=	28:20=	29:45=	30:22=
00:43=	01:49=	01:21=	01:01=	01:15=	01:30=	00:56=	01:00=	01:41=	01:35=	01:01=	00:48=	01:06=	00:49=	01:34=	01:08=	01:26=	00:53=	02:26=	01:12=	01:50=	01:16=	01:25=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jan Einar Øvremo	50										31:23											
00:39-	02:17-	03:44-	05:08+	06:25+	07:55+	08:50+	10:03+	11:41+	13:15+	14:13+	15:10+	16:11+	17:26+	18:59+	20:14+	21:38+	22:28+	24:56+	26:21+	28:16+	29:19+	30:46+	31:23+
00:39-	01:38-	01:27+	01:24+	01:17+	01:30=	00:55-	01:13+	01:38-	01:34-	00:58-	00:57+	01:01-	01:15+	01:33-	01:15+	01:24-	00:50-	02:28+	01:25+	01:55+	01:03-	01:27+	00:37=
00:04-	00:11-	00:06+	00:23&	00:02+	00:00=	00:01-	00:13#	00:03-	00:01-	00:03-	00:09#	00:05-	00:26&	00:01-	00:07#	00:02-	00:03-	00:02+	00:13#	00:05+	00:13-	00:02+	00:00=

Class	Navn	Klasse												Tid											
3	Kjell Dale	93												32:14											
00:52+	02:34+	03:54+	05:07+	06:20+	07:49+	08:48+	09:46+	11:32+	13:14+	14:47+	15:37+	16:38+	17:28+	19:05+	20:13+	21:50+	22:56+	25:26+	26:39+	28:28+	29:42+	31:32+	32:14+		
00:52+	01:42-	01:20-	01:13+	01:13-	01:29-	00:59+	00:58-	01:46+	01:42+	01:33+	00:50+	01:01-	00:50+	01:37+	01:08=	01:37+	01:06+	02:30+	01:13+	01:49-	01:14-	01:50+	00:42+		
00:09#	00:07-	00:01-	00:12#	00:02-	00:01-	00:03+	00:02-	00:05+	00:07+	00:32&	00:02+	00:05-	00:01+	00:03+	00:00=	00:11#	00:13#	00:04+	00:01+	00:01-	00:02-	00:25&	00:05#		
4	Geir Bjaanes	116												32:56											
00:56+	02:39+	04:07+	05:13+	06:34+	08:31+	09:37+	10:41+	12:29+	14:06+	15:10+	16:06+	17:02+	17:59+	19:39+	20:50+	22:32+	23:28+	25:54+	27:13+	29:07+	30:24+	32:14+	32:56+		
00:56+	01:43-	01:28+	01:06+	01:21+	01:57+	01:06+	01:04+	01:48+	01:37+	01:04+	00:56+	00:56-	00:57+	01:40+	01:11+	01:42+	00:56+	02:26=	01:19+	01:54+	01:17+	01:50+	00:42+		
00:13&	00:06-	00:07+	00:05+	00:06+	00:27&	00:10#	00:04+	00:07+	00:02+	00:03+	00:08#	00:10-	00:08#	00:06+	00:03+	00:16#	00:03+	00:00=	00:07+	00:04+	00:01+	00:25&	00:05#		
5	Nils John Vestøl	83												32:56											
00:47+	02:27-	03:47-	04:52-	06:19+	07:52+	08:44+	09:41+	11:30+	13:05+	14:20+	16:18+	17:11+	18:04+	19:39+	20:49+	22:14+	23:20+	25:52+	27:14+	29:06+	30:20+	32:25+	32:56+		
00:47+	01:40-	01:20-	01:05+	01:27+	01:33+	00:52-	00:57-	01:49+	01:35=	01:15+	01:58+	00:53-	00:53+	01:35+	01:10+	01:25-	01:06+	02:32+	01:22+	01:52+	01:14-	02:05+	00:31-		
00:04+	00:09-	00:01-	00:04+	00:12#	00:03+	00:04-	00:03-	00:08+	00:00=	00:14#	01:10#	00:13-	00:04+	00:01+	00:02+	00:01-	00:13#	00:06+	00:10#	00:02+	00:02-	00:40&	00:06-		
6	Otte Omdal	65												33:20											
01:29+	03:10+	04:12+	04:50-	05:56-	07:39=	09:16+	10:25+	11:22+	13:16+	14:54+	15:55+	16:52+	17:55+	18:50+	20:18+	21:27+	22:58+	23:59-	26:17+	27:33+	29:34+	30:46+	32:43+	33:20+	
01:29+	01:41-	01:02-	00:38-	01:06-	01:43+	01:37+	01:09+	00:57-	01:54+	01:38+	01:01+	00:57-	01:03+	00:55-	01:28+	01:09-	01:31+	01:01-	02:18+	01:16-	02:01+	01:12-	01:57+	00:37+	
00:46#	00:08-	00:19-	00:23-	00:09-	00:13#	00:41&	00:09#	00:44-	00:19#	00:37&	00:13&	00:09-	00:14&	00:39-	00:20&	00:17-	00:38&	01:25-	01:06&	00:34-	00:45&	00:13-	01:20#	00:37+	
7	Tore Svendsen	27												34:06											
00:41-	02:43+	03:58+	05:12+	06:28+	08:31+	09:30+	10:32+	12:22+	14:00+	14:51+	15:48+	17:12+	18:07+	19:47+	20:59+	22:22+	23:35+	25:38+	26:57+	30:10+	31:39+	33:26+	34:06+		
00:41-	02:02+	01:15-	01:14+	01:16+	02:03+	00:59+	01:02+	01:50+	01:38+	00:51-	00:57+	01:24+	00:55+	01:40+	01:12+	01:23-	01:13+	02:03-	01:19+	03:13+	01:29+	01:47+	00:40+		
00:02-	00:13#	00:06-	00:13#	00:01+	00:33&	00:03+	00:02+	00:09+	00:03+	00:10-	00:09#	00:18&	00:06#	00:06+	00:04+	00:03-	00:20&	00:23-	00:07+	01:23&	00:13#	00:22&	00:03+		
8	Trond Nilsen Lamark	114												34:37											
00:57+	02:54+	04:28+	05:43+	07:07+	08:45+	09:54+	11:06+	13:00+	14:46+	15:53+	16:50+	17:56+	18:51+	20:29+	21:45+	23:20+	24:42+	27:16+	28:42+	30:42+	31:59+	33:56+	34:37+		
00:57+	01:57+	01:34+	01:15+	01:24+	01:38+	01:09+	01:12+	01:54+	01:46+	01:07+	00:57+	01:06=	00:55+	01:38+	01:16+	01:35+	01:22+	02:34+	01:26+	02:00+	01:17+	01:57+	00:41+		
00:14&	00:08+	00:13#	00:14#	00:09#	00:08+	00:13#	00:12#	00:13#	00:11#	00:06+	00:09#	00:00=	00:06#	00:04+	00:08#	00:09#	00:29&	00:08+	00:14#	00:10+	00:01+	00:32&	00:04#		
9	Inge Løland	114												35:09											
01:02+	03:24+	04:54+	06:08+	07:24+	09:33+	10:34+	11:45+	13:44+	15:23+	16:23+	17:16+	18:17+	19:12+	20:51+	22:07+	23:36+	24:55+	27:21+	28:39+	30:51+	32:11+	34:23+	35:09+		
01:02+	02:22+	01:30+	01:14+	01:16+	02:09+	01:01+	01:11+	01:59+	01:39+	01:00-	00:53+	01:01-	00:55+	01:39+	01:16+	01:29+	01:19+	02:26=	01:18+	02:12+	01:20+	02:12+	00:46+		
00:19&	00:33&	00:09#	00:13#	00:01+	00:39&	00:05+	00:11#	00:18#	00:04+	00:01-	00:05#	00:05-	00:06#	00:05+	00:08#	00:03+	00:26&	00:00=	00:06+	00:22#	00:04+	00:47&	00:09#		
10	Knut Taugbøl	116												35:11											
00:49+	02:33+	04:00+	05:39+	06:59+	08:53+	09:42+	10:42+	12:24+	13:54+	14:52+	15:40+	16:41+	17:34+	19:07+	20:17+	21:51+	23:00+	25:36+	26:55+	29:51+	32:21+	34:30+	35:11+		
00:49+	01:44-	01:27+	01:39+	01:20+	01:54+	00:49-	01:00=	01:42+	01:30-	00:58-	00:48=	01:01-	00:53+	01:33-	01:10+	01:34+	01:09+	02:36+	01:19+	02:56+	02:30+	02:09+	00:41+		
00:06#	00:05-	00:06+	00:38&	00:05+	00:24&	00:07-	00:00=	00:01+	00:05-	00:03-	00:00=	00:05-	00:04+	00:01-	00:02+	00:08+	00:16&	00:10+	00:07+	01:06&	01:14&	00:44&	00:04#		
11	Jon Myklebust	116												35:53											
00:52+	02:52+	04:26+	06:09+	07:26+	09:20+	10:27+	11:40+	13:27+	15:11+	16:20+	17:16+	18:15+	19:12+	20:54+	22:10+	23:39+	24:47+	28:03+	29:23+	31:22+	32:42+	35:12+	35:53+		
00:52+	02:00+	01:34+	01:43+	01:17+	01:54+	01:07+	01:13+	01:47+	01:44+	01:09+	00:56+	00:59-	00:57+	01:42+	01:16+	01:29+	01:08+	03:16+	01:20+	01:59+	01:20+	02:30+	00:41+		
00:09#	00:11#	00:13#	00:42&	00:02+	00:24&	00:11#	00:13#	00:06+	00:09+	00:08#	00:08#	00:07-	00:08#	00:08+	00:08#	00:03+	00:15&	00:50&	00:08#	00:09+	00:04+	01:05&	00:04#		
12	Ivar Knutsen	116												40:49											
00:58+	03:14+	05:03+	06:54+	08:48+	10:50+	11:56+	13:15+	15:09+	17:07+	18:31+	19:37+	20:54+	21:48+	23:43+	25:25+	27:12+	28:26+	31:18+	32:46+	34:58+	36:37+	40:03+	40:49+		
00:58+	02:16+	01:49+	01:51+	01:54+	02:02+	01:06+	01:19+	01:54+	01:58+	01:24+	01:06+	01:17+	00:54+	01:55+	01:42+	01:47+	01:14+	02:52+	01:28+	02:12+	01:39+	03:26+	00:46+		
00:15&	00:27#	00:28&	00:50&	00:39&	00:32&	00:10#	00:19&	00:13#	00:23#	00:23&	00:18&	00:11#	00:05#	00:21#	00:34&	00:21#	00:21&	00:26#	00:16#	00:22#	00:23&	02:01#	00:09#		
13	Paul Terje Haarr	62												40:57											
00:58+	03:14+	05:05+	06:26+	08:02+	12:52+	13:55+	15:18+	17:21+	19:14+	20:29+	21:41+	22:51+	23:53+	25:40+	27:04+	28:36+	30:08+	33:05+	34:36+	36:44+	38:05+	40:12+	40:57+		
00:58+	02:16+	01:51+	01:21+	01:36+	04:50+	01:03+	01:23+	02:03+	01:53+	01:15+	01:12+	01:10+	01:02+	01:47+	01:24+	01:32+	01:32+	02:57+	01:31+	02:08+	01:21+	02:07+	00:45+		
00:15&	00:27#	00:30&	00:20&	00:21&	03:20#	00:07#	00:23&	00:22#	00:18#	00:20&	00:14#	00:04+	00:13&	00:13#	00:16#	00:06+	00:39&	00:31#	00:19&	00:18#	00:05+	00:42&	00:08#		
14	Rune Christiansen	93												42:33											
00:45+	02:36+	04:01+	05:19+	06:45+	08:35+	14:11+	15:19+	17:15+	19:15+	20:26+	21:33+	22:51+	23:52+	25:47+	27:15+	29:07+	30:36+	33:46+	35:11+	37:10+	38:41+	41:55+	42:33+		
00:45+	01:51+	01:25+	01:18+	01:26+	01:50+	05:36+	01:08+	01:56+	02:00+	01:11+	01:07+	01:18+	01:01+	01:55+	01:28+	01:52+	01:29+	03:10+	01:25+	01:59+	01:31+	03:14+	00:38+		
00:02+	00:02+	00:04+	00:17&	00:11#	00:20#	04:40#	00:08#	00:15#	00:25&	00:10#	00:19&	00:12#	00:12#	00:21#	00:20&	00:26&	00:36&	00:44&	00:13#	00:09+	00:15#	01:49#	00:01+		
15	Erling Mauland	83												44:45											
01:23+	03:24+	05:11+	06:28+	08:17+	10:13+	11:12+	12:18+	14:23+	16:34+	17:46+	18:58+	20:49+	21:54+	23:48+	25:25+	27:16+	29:03+	32:27+	34:08+	37:51+	40:18+	43:52+	44:45+		
01:23+	02:01+	01:47+	01:17+	01:49+	01:56+	00:59+	01:06+	02:05+	02:11+	01:12+	01:12+	01:51+	01:05+	01:54+	01:37+	01:51+	01:47+	03:24+	01:41+	03:43+	02:27+	03:34+	00:53+		
00:40&	00:12#	00:26&	00:16&	00:34&	00:26&	00:03+	00:06#	00:24#	00:36&	00:11#	00:24&	00:45&	00:16&	00:20#	00:29&	00:25&	00:54#	00:58&	00:29&	01:53#	01:11&	02:09#	00:16&		
16	Sveinung Svebestad	46												46:22											
00:58+	03:10+	04:48+	06:21+	08:03+	10:05+	11:15+	16:32+	18:30+	20:26+	21:39+	22:46+	24:08+	25:13+	27:13+	28:38+	30:28+	32:29+	35:32+	37:02+	39:53+	41:29+	45:26+	46:22+		
00:58+	02:12+	01:38+	01:33+	01:42+	02:02+	01:10+	05:17+	01:58+	01:56+	01:13+	01:07+	01:22+	01:05+	02:00+	01:25+	01:50+	02:01+	03:03+	01:30+	02:51+	01:36+	03:57+	00:5		

Herrer Ny

1 Vegard Braut Kyllingstad 66 14:45

01:04= 04:08= 05:16= 06:57= 07:50= 08:47= 09:19= 10:39= 11:10= 11:59= 13:01= 14:02= 14:45=
 01:04= 03:04= 01:08= 01:41= 00:53= 00:57= 00:32= 01:20= 00:31= 00:49= 01:02= 01:01= 00:43=
 00:00= 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 Stein Stornes Nordal 66 19:30

01:07+ 04:01- 05:01- 06:29- 07:28- 08:43- 09:34+ 13:20+ 13:47+ 16:52+ 18:14+ 18:54+ 19:30+
 01:07+ 02:54- 01:00- 01:28- 00:59+ 01:15+ 00:51+ 03:46+ 00:27- 03:05+ 01:22+ 00:40- 00:36-
 00:03+ 00:10- 00:08- 00:13- 00:06# 00:18& 00:19& 02:26@ 00:04- 02:16@ 00:20& 00:21- 00:07-

3 Kjetil Hellesøy 12 38:22

01:02- 05:21+ 08:44+ 12:21+ 18:34+ 21:05+ 22:15+ 25:32+ 26:56+ 29:00+ 32:21+ 35:56+ 38:22+
 01:02- 04:19+ 03:23+ 03:37+ 06:13+ 02:31+ 01:10+ 03:17+ 01:24+ 02:04+ 03:21+ 03:35+ 02:26+
 00:02- 01:15& 02:15@ 01:56@ 05:20@ 01:34@ 00:38@ 01:57@ 00:53@ 01:15@ 02:19@ 02:34@ 01:43@

Beste strekktid for klassen

01:02 02:54 01:00 01:28 00:53 00:57 00:32 01:20 00:27 00:49 01:02 00:40 00:36

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

Herrer Trim

1 Martin Svensen 284 18:18

00:28= 01:30= 02:22= 03:37= 04:54= 05:47= 06:22= 06:56= 08:03= 09:14= 10:20= 11:54= 12:27= 13:39= 14:07= 15:11= 15:34= 16:19= 17:43= 18:18=
 00:28= 01:02= 00:52= 01:15= 01:17= 00:53= 00:35= 00:34= 01:07= 01:11= 01:06= 01:34= 00:33= 01:12= 00:28= 01:04= 00:23= 00:45= 01:24= 00:35=
 00:00=

2 Alexander Romanov 111 18:29

00:40+ 02:00+ 02:54+ 04:23+ 05:40+ 06:30+ 07:02+ 07:43+ 08:47+ 10:04+ 10:57+ 12:29+ 13:05+ 14:02+ 14:35+ 15:46+ 16:07+ 16:47+ 17:56+ 18:29+
 00:40+ 01:20+ 00:54+ 01:29+ 01:17= 00:50- 00:32- 00:41+ 01:04- 01:17+ 00:53- 01:32- 00:36+ 00:57- 00:33+ 01:11+ 00:21- 00:40- 01:09- 00:33-
 00:12& 00:18& 00:02+ 00:14# 00:00= 00:03- 00:03- 00:07# 00:03- 00:06+ 00:13- 00:02- 00:03+ 00:15- 00:05# 00:07# 00:02- 00:05- 00:15- 00:02-

3 Pål Ommund Refvem 116 18:35

00:38+ 01:50+ 02:48+ 04:06+ 05:47+ 06:37+ 07:07+ 07:41+ 08:40+ 09:52+ 10:32+ 12:14+ 12:42+ 13:43+ 14:14+ 15:20+ 15:48+ 16:37+ 18:01+ 18:35+
 00:38+ 01:12+ 00:58+ 01:18+ 01:41+ 00:50- 00:30- 00:34= 00:59- 01:12+ 00:40- 01:42+ 00:28- 01:01- 00:31+ 01:06+ 00:28+ 00:49+ 01:24= 00:34-
 00:10& 00:10# 00:06# 00:03+ 00:24& 00:03- 00:05- 00:00= 00:08- 00:01+ 00:26- 00:08+ 00:05- 00:11- 00:03# 00:02+ 00:05# 00:04+ 00:00= 00:01-

4 Bruno Pierfelice 51 18:35

00:30+ 01:33+ 02:29+ 03:55+ 05:12+ 05:58+ 06:23+ 07:04+ 08:12+ 10:03+ 10:37+ 13:20+ 13:45+ 14:31+ 15:00+ 16:01+ 16:21+ 16:57+ 18:06+ 18:35+
 00:30+ 01:03+ 00:56+ 01:26+ 01:17= 00:46- 00:25- 00:41+ 01:08+ 01:51+ 00:34- 02:43+ 00:25- 00:46- 00:29+ 01:01- 00:20- 00:36- 01:09- 00:29-
 00:02+ 00:01+ 00:04+ 00:11# 00:00= 00:07- 00:10- 00:07# 00:01+ 00:40& 00:32- 01:09& 00:08- 00:26- 00:01+ 00:03- 00:03- 00:09- 00:15- 00:06-

5 Kjetil Bårdsen 105 19:45

00:47+ 02:01+ 02:59+ 04:41+ 06:22+ 07:15+ 07:49+ 08:23+ 09:34+ 11:00+ 11:42+ 13:20+ 14:00+ 14:56+ 15:36+ 16:41+ 17:17+ 18:10+ 19:16+ 19:45+
 00:47+ 01:14+ 00:58+ 01:42+ 01:41+ 00:53= 00:34- 00:34= 01:11+ 01:26+ 00:42- 01:38+ 00:40+ 00:56- 00:40+ 01:05+ 00:36+ 00:53+ 01:06- 00:29-
 00:19& 00:12# 00:06# 00:27& 00:24& 00:00= 00:01- 00:00= 00:04+ 00:15# 00:24- 00:04+ 00:07# 00:16- 00:12& 00:01+ 00:13& 00:08# 00:18- 00:06-

6 Kjartan Bryne 105 19:58

00:37+ 01:54+ 02:54+ 04:41+ 06:12+ 07:01+ 07:34+ 08:21+ 09:33+ 10:48+ 11:38+ 13:16+ 14:02+ 14:58+ 15:31+ 16:49+ 17:16+ 18:04+ 19:22+ 19:58+
 00:37+ 01:17+ 01:00+ 01:47+ 01:31+ 00:49- 00:33- 00:47+ 01:12+ 01:15+ 00:50- 01:38+ 00:46+ 00:56- 00:33+ 01:18+ 00:27+ 00:48+ 01:18- 00:36+
 00:09& 00:15# 00:08# 00:32& 00:14# 00:04- 00:02- 00:13& 00:05+ 00:04+ 00:16- 00:04+ 00:13& 00:16- 00:05# 00:14# 00:04# 00:03+ 00:06- 00:01+

7 Trond Egil Toft 53 20:46

00:30+ 01:55+ 02:45+ 04:06+ 07:27+ 08:14+ 08:42+ 09:19+ 10:44+ 12:07+ 12:54+ 14:36+ 15:09+ 16:12+ 16:44+ 17:50+ 18:12+ 19:07+ 20:17+ 20:46+
 00:30+ 01:25+ 00:50- 01:21+ 03:21+ 00:47- 00:28- 00:37+ 01:25+ 01:23+ 00:47- 01:42+ 00:33= 01:03- 00:32+ 01:06+ 00:22- 00:55+ 01:10- 00:29-
 00:02+ 00:23& 00:02- 00:06+ 02:04@ 00:06- 00:07- 00:03+ 00:18& 00:12# 00:19- 00:08+ 00:00= 00:09- 00:04# 00:02+ 00:01- 00:10# 00:14- 00:06-

8 Tore Larsen Aspmo 74 20:53

00:36+ 02:05+ 03:02+ 04:34+ 06:41+ 07:33+ 08:11+ 08:50+ 09:59+ 11:04+ 11:54+ 13:40+ 14:33+ 15:32+ 16:17+ 17:31+ 18:00+ 18:52+ 20:14+ 20:53+
 00:36+ 01:29+ 00:57+ 01:32+ 02:07+ 00:52- 00:38+ 00:39+ 01:09+ 01:05- 00:50- 01:46+ 00:53+ 00:59- 00:45+ 01:14+ 00:29+ 00:52+ 01:22- 00:39+
 00:08& 00:27& 00:05+ 00:17# 00:50& 00:01- 00:03+ 00:05# 00:02+ 00:06- 00:16- 00:12# 00:20& 00:13- 00:17& 00:10# 00:06& 00:07# 00:02- 00:04#

9 Håvard Svihus 267 21:08

00:36+ 01:49+ 02:41+ 04:44+ 07:18+ 08:03+ 08:34+ 09:16+ 10:17+ 11:37+ 12:22+ 14:09+ 14:38+ 15:34+ 16:11+ 17:39+ 18:03+ 19:05+ 20:34+ 21:08+
 00:36+ 01:13+ 00:52= 02:03+ 02:34+ 00:45- 00:31- 00:42+ 01:01- 01:20+ 00:45- 01:47+ 00:29- 00:56- 00:37+ 01:28+ 00:24+ 01:02+ 01:29+ 00:34-
 00:08& 00:11# 00:00= 00:48& 01:17& 00:08- 00:04- 00:08# 00:06- 00:09# 00:21- 00:13# 00:04- 00:16- 00:09& 00:24& 00:01+ 00:17& 00:05+ 00:01-

Class	Navn	Klasse										Tid									
10	Per-Olof Wallerstedt	136										21:33									
00:32+	01:50+	02:51+	04:27+	06:02+	07:14+	07:51+	08:35+	09:59+	11:16+	12:06+	14:01+	14:32+	15:35+	16:20+	17:53+	18:18+	19:08+	20:50+	21:33+		
00:32+	01:18+	01:01+	01:36+	01:35+	01:12+	00:37+	00:44+	01:24+	01:17+	00:50-	01:55+	00:31-	01:03-	00:45+	01:33+	00:25+	00:50+	01:42+	00:43+		
00:04#	00:16#	00:09#	00:21#	00:18#	00:19#	00:02+	00:10#	00:17#	00:06+	00:16-	00:21#	00:02-	00:09-	00:17#	00:29#	00:02+	00:05#	00:18#	00:08#		
11	Svein Mæle	115										21:48									
00:40+	01:52+	02:46+	04:22+	05:49+	06:46+	07:21+	08:12+	09:27+	10:56+	11:48+	13:49+	14:20+	15:39+	16:25+	18:08+	18:32+	19:29+	21:04+	21:48+		
00:40+	01:12+	00:54+	01:36+	01:27+	00:57+	00:35=	00:51+	01:15+	01:29+	00:52-	02:01+	00:31-	01:19+	00:46+	01:43+	00:24+	00:57+	01:35+	00:44+		
00:12#	00:10#	00:02+	00:21#	00:10#	00:04+	00:00=	00:17#	00:08#	00:18#	00:14-	00:27#	00:02-	00:07+	00:18#	00:39#	00:01+	00:12#	00:11#	00:09#		
12	Robin Chalmers	165										22:09									
00:37+	01:56+	03:05+	04:42+	06:24+	07:17+	07:49+	08:34+	09:48+	11:38+	12:39+	14:40+	15:23+	16:26+	17:10+	18:30+	18:55+	19:55+	21:32+	22:09+		
00:37+	01:19+	01:09+	01:37+	01:42+	00:53=	00:32-	00:45+	01:14+	01:50+	01:01-	02:01+	00:43+	01:03-	00:44+	01:20+	00:25+	01:00+	01:37+	00:37+		
00:09#	00:17#	00:17#	00:22#	00:25#	00:00=	00:03-	00:11#	00:07#	00:39#	00:05-	00:27#	00:10#	00:09-	00:16#	00:16#	00:02+	00:15#	00:13#	00:02+		
13	Niklas Gustafsson	192										22:16									
00:37+	01:52+	02:57+	04:30+	06:13+	07:08+	07:43+	08:27+	09:55+	12:08+	13:09+	15:07+	15:58+	17:01+	17:41+	18:53+	19:15+	20:03+	21:36+	22:16+		
00:37+	01:15+	01:05+	01:33+	01:43+	00:55+	00:35=	00:44+	01:28+	02:13+	01:01-	01:58+	00:51+	01:03-	00:40+	01:12+	00:22-	00:48+	01:33+	00:40+		
00:09#	00:13#	00:13#	00:18#	00:26#	00:02+	00:00=	00:10#	00:21#	01:02#	00:05-	00:24#	00:18#	00:09-	00:12#	00:08#	00:01-	00:03+	00:09#	00:05#		
14	Anders H Foss	263										22:19									
00:38+	02:26+	03:28+	05:04+	06:40+	07:35+	08:11+	08:58+	10:15+	11:42+	12:48+	14:55+	15:27+	16:29+	17:07+	18:52+	19:18+	20:12+	21:39+	22:19+		
00:38+	01:48+	01:02+	01:36+	01:36+	00:55+	00:36+	00:47+	01:17+	01:27+	01:06=	02:07+	00:32-	01:02-	00:38+	01:45+	00:26+	00:54+	01:27+	00:40+		
00:10#	00:46#	00:10#	00:21#	00:19#	00:02+	00:01+	00:13#	00:10#	00:16#	00:00=	00:33#	00:01-	00:10-	00:10#	00:41#	00:03#	00:09#	00:03+	00:05#		
15	Alf Olav Kalvik	134										22:41									
00:42+	02:10+	03:14+	05:01+	06:45+	07:48+	08:24+	09:07+	10:30+	11:50+	12:47+	14:46+	15:26+	16:28+	17:10+	18:41+	19:20+	20:07+	22:03+	22:41+		
00:42+	01:28+	01:04+	01:47+	01:44+	01:03+	00:36+	00:43+	01:20+	01:20+	00:57-	01:59+	00:40+	01:02-	00:42+	01:31+	00:39+	00:47+	01:56+	00:38+		
00:14#	00:26#	00:12#	00:32#	00:27#	00:10#	00:01+	00:09#	00:16#	00:09#	00:09-	00:25#	00:07#	00:10-	00:14#	00:27#	00:16#	00:02+	00:32#	00:03+		
16	Tor Helge Økland	111										22:52									
00:44+	02:02+	03:41+	06:12+	08:36+	09:39+	10:11+	10:54+	12:12+	13:49+	14:39+	16:26+	16:56+	17:49+	18:21+	19:25+	19:51+	20:35+	22:25+	22:52+		
00:44+	01:18+	01:39+	02:31+	02:24+	01:03+	00:32-	00:43+	01:18+	01:37+	00:50-	01:47+	00:30-	00:53-	00:32+	01:04=	00:26+	00:44-	01:50+	00:27-		
00:16#	00:16#	00:47#	01:16#	01:07#	00:10#	00:03-	00:09#	00:11#	00:26#	00:16-	00:13#	00:03-	00:19-	00:04#	00:00=	00:03#	00:01-	00:26#	00:08-		
17	Bruce Chalmers	165										23:05									
00:42+	02:08+	03:09+	04:47+	06:29+	08:27+	09:32+	10:17+	12:11+	13:34+	14:33+	16:21+	16:58+	18:10+	18:46+	20:01+	20:26+	21:13+	22:27+	23:05+		
00:42+	01:26+	01:01+	01:38+	01:42+	01:58+	01:05+	00:45+	01:54+	01:23+	00:59-	01:48+	00:37+	01:12=	00:36+	01:15+	00:25+	00:47+	01:14-	00:38+		
00:14#	00:24#	00:09#	00:23#	00:25#	01:05#	00:30#	00:11#	00:47#	00:12#	00:07-	00:14#	00:04#	00:00=	00:08#	00:11#	00:02+	00:02+	00:02+	00:03+		
18	Elvio Freitas	51										23:13									
00:32+	01:54+	02:54+	04:39+	06:14+	07:19+	07:58+	08:47+	10:01+	11:49+	12:46+	14:46+	15:17+	17:35+	18:10+	19:40+	20:12+	21:03+	22:31+	23:13+		
00:32+	01:22+	01:00+	01:45+	01:35+	01:05+	00:39+	00:49+	01:14+	01:48+	00:57-	02:00+	00:31-	02:18+	00:35+	01:30+	00:32+	00:51+	01:28+	00:42+		
00:04#	00:20#	00:08#	00:30#	00:18#	00:12#	00:04#	00:15#	00:07#	00:37#	00:09-	00:26#	00:02-	01:06#	00:07#	00:26#	00:09#	00:06#	00:04+	00:07#		
19	Svein Erik Bjørnsen	91										23:25									
00:45+	02:11+	03:16+	04:58+	06:30+	07:23+	07:59+	08:52+	10:12+	12:06+	12:57+	15:01+	15:33+	16:41+	17:31+	19:00+	19:31+	20:34+	22:30+	23:25+		
00:45+	01:26+	01:05+	01:42+	01:32+	00:53=	00:36+	00:53+	01:20+	01:54+	00:51-	02:04+	00:32-	01:08-	00:50+	01:29+	00:31+	01:03+	01:56+	00:55+		
00:17#	00:24#	00:13#	00:27#	00:15#	00:00=	00:01+	00:19#	00:13#	00:43#	00:15-	00:30#	00:01-	00:04-	00:22#	00:25#	00:08#	00:18#	00:32#	00:20#		
20	Rolf Frøyland	5										23:26									
00:27-	01:29-	02:21-	03:39+	04:57+	05:41-	06:09-	06:49-	08:00-	09:17+	09:59-	11:35-	12:02-	19:09+	19:36+	20:42+	21:01+	21:48+	22:55+	23:26+		
00:27-	01:02=	00:52=	01:18+	01:18+	00:44-	00:28-	00:40+	01:11+	01:17+	00:42-	01:36+	00:27-	07:07+	00:27-	01:06+	00:19-	00:47+	01:07-	00:31-		
00:01-	00:00=	00:00=	00:03+	00:01+	00:09-	00:07-	00:06#	00:04+	00:06+	00:24-	00:02+	00:06-	05:55#	00:01-	00:02+	00:04-	00:02+	00:17-	00:04-		
21	Ivar Aalbu	29										23:34									
00:38+	02:08+	03:18+	05:10+	06:49+	07:47+	08:24+	09:22+	10:44+	12:26+	13:27+	15:38+	16:17+	17:24+	18:12+	19:41+	20:09+	21:16+	22:50+	23:34+		
00:38+	01:30+	01:10+	01:52+	01:39+	00:58+	00:37+	00:58+	01:22+	01:42+	01:01-	02:11+	00:39+	01:07-	00:48+	01:29+	00:28+	01:07+	01:34+	00:44+		
00:10#	00:28#	00:18#	00:37#	00:22#	00:05+	00:02+	00:24#	00:15#	00:31#	00:05-	00:37#	00:06#	00:05-	00:20#	00:25#	00:05#	00:22#	00:10#	00:09#		
22	Frode Lund	18										23:37									
00:36+	02:01+	03:08+	05:02+	06:51+	08:02+	08:43+	09:34+	11:06+	12:34+	13:44+	15:54+	16:42+	17:50+	18:37+	20:09+	20:35+	21:21+	22:58+	23:37+		
00:36+	01:25+	01:07+	01:54+	01:49+	01:11+	00:41+	00:51+	01:32+	01:28+	01:10+	02:10+	00:48+	01:08-	00:47+	01:32+	00:26+	00:46+	01:37+	00:39+		
00:08#	00:23#	00:15#	00:39#	00:32#	00:18#	00:06#	00:17#	00:25#	00:17#	00:04+	00:36#	00:15#	00:04-	00:19#	00:28#	00:03#	00:01+	00:13#	00:04#		
23	Ståle Sletten	249										23:40									
00:38+	02:08+	03:14+	05:13+	06:50+	07:52+	08:33+	09:28+	11:06+	12:36+	13:40+	15:25+	16:05+	17:20+	17:59+	19:36+	20:04+	21:20+	23:00+	23:40+		
00:38+	01:30+	01:06+	01:59+	01:37+	01:02+	00:41+	00:55+	01:38+	01:30+	01:04-	01:45+	00:40+	01:15+	00:39+	01:37+	00:28+	01:16+	01:40+	00:40+		
00:10#	00:28#	00:14#	00:44#	00:20#	00:09#	00:06#	00:21#	00:31#	00:19#	00:02-	00:11#	00:07#	00:03+	00:11#	00:33#	00:05#	00:31#	00:16#	00:05#		
24	Jan Erik Syvertsen	51										23:47									
00:39+	02:06+	03:10+	05:05+	07:25+	08:34+	09:13+	09:57+	11:09+	13:04+	14:06+	16:16+	16:56+	18:02+	18:42+	20:07+	20:35+	21:28+	23:08+	23:47+		
00:39+	01:27+	01:04+	01:55+	02:20+	01:09+	00:39+	00:44+	01:12+	01:55+	01:02-	02:10+	00:40+	01:06-	00:40+	01:25+	00:28+	00:53+	01:40+	00:39+		
00:11#	00:25#	00:12#	00:40#	01:03#	00:16#	00:04#	00:10#	00:05+	00:44#	00:04-	00:36#	00:07#	00:06-	00:12#	00:21#	00:05#	00:08#	00:16#	00:04#		

Class	Navn	Klasse										Tid									
25	Cato Bjerkeli	237										24:01									
00:47+	02:21+	03:29+	05:07+	09:03+	09:57+	10:30+	11:18+	12:27+	13:44+	14:37+	16:33+	17:05+	18:17+	18:54+	20:22+	20:55+	21:55+	23:21+	24:01+		
00:47+	01:34+	01:08+	01:38+	03:56+	00:54+	00:33-	00:48+	01:09+	01:17+	00:53-	01:56+	00:32-	01:12=	00:37+	01:28+	00:33+	01:00+	01:26+	00:40+		
00:19&	00:32&	00:16&	00:23&	02:39&	00:01+	00:02-	00:14&	00:02+	00:06+	00:13-	00:22#	00:01-	00:00=	00:09&	00:24&	00:10&	00:15&	00:02+	00:05#		
26	Jon Jakobsen	116										24:11									
00:35+	02:01+	03:22+	05:06+	07:06+	08:04+	08:47+	09:44+	11:08+	12:48+	13:47+	15:51+	16:35+	17:46+	18:30+	19:49+	20:27+	21:40+	23:09+	24:11+		
00:35+	01:26+	01:21+	01:44+	02:00+	00:58+	00:43+	00:57+	01:24+	01:40+	00:59-	02:04+	00:44+	01:11-	00:44+	01:19+	00:38+	01:13+	01:29+	01:02+		
00:07#	00:24&	00:29&	00:29&	00:43&	00:05+	00:08#	00:23&	00:17&	00:29&	00:07-	00:30&	00:11&	00:01-	00:16&	00:15#	00:15&	00:28&	00:05+	00:27&		
27	Thorstein Gunnarsson	144										24:15									
00:38+	02:02+	03:11+	05:01+	06:51+	07:51+	08:31+	09:20+	11:20+	12:42+	13:42+	15:47+	16:20+	18:02+	18:35+	20:21+	20:53+	21:55+	23:34+	24:15+		
00:38+	01:24+	01:09+	01:50+	01:50+	01:00+	00:40+	00:49+	02:00+	01:22+	01:00-	02:05+	00:33=	01:42+	00:33+	01:46+	00:32+	01:02+	01:39+	00:41+		
00:10&	00:22&	00:17&	00:35&	00:33&	00:07#	00:05#	00:15&	00:53&	00:11#	00:06-	00:31&	00:00=	00:30&	00:05#	00:42&	00:09&	00:17&	00:15#	00:06#		
28	Reidar Haver	4										24:26									
00:48+	02:20+	03:33+	05:20+	07:07+	08:11+	09:05+	10:03+	11:24+	12:51+	13:55+	16:07+	16:59+	18:08+	18:55+	20:28+	21:01+	22:02+	23:45+	24:26+		
00:48+	01:32+	01:13+	01:47+	01:47+	01:04+	00:54+	00:58+	01:21+	01:27+	01:04-	02:12+	00:52+	01:09-	00:47+	01:33+	00:33+	01:01+	01:43+	00:41+		
00:20&	00:30&	00:21&	00:32&	00:32&	00:11#	00:19&	00:24&	00:14#	00:16#	00:02-	00:38&	00:19&	00:03-	00:19&	00:29&	00:10&	00:16&	00:19#	00:06#		
29	Andreas Kristiansen	167										25:01									
00:54+	02:24+	03:35+	05:19+	07:04+	08:07+	08:53+	09:45+	11:14+	13:09+	14:14+	16:30+	17:19+	18:25+	19:09+	21:05+	21:33+	22:35+	24:10+	25:01+		
00:54+	01:30+	01:11+	01:44+	01:45+	01:03+	00:46+	00:52+	01:29+	01:55+	01:05-	02:16+	00:49+	01:06-	00:44+	01:56+	00:28+	01:02+	01:35+	00:51+		
00:26&	00:28&	00:19&	00:29&	00:28&	00:10#	00:11&	00:18&	00:22&	00:44&	00:01-	00:42&	00:16&	00:06-	00:16&	00:52&	00:05#	00:17&	00:11#	00:16&		
30	Christoffer Soma	286										25:04									
00:34+	01:56+	02:57+	04:43+	08:18+	09:31+	10:16+	11:04+	12:31+	14:08+	15:07+	17:16+	17:51+	19:01+	19:56+	21:28+	22:18+	23:00+	24:31+	25:04+		
00:34+	01:22+	01:01+	01:46+	03:35+	01:13+	00:45+	00:48+	01:27+	01:37+	00:59-	02:09+	00:35+	01:10-	00:55+	01:32+	00:50+	00:42-	01:31+	00:33-		
00:06#	00:20&	00:09#	00:31&	02:18&	00:20&	00:10&	00:14&	00:20&	00:26&	00:07-	00:35&	00:02+	00:02-	00:27&	00:28&	00:27&	00:03-	00:07+	00:02-		
31	Svein Sivertsen	115										25:30									
00:50+	02:24+	03:33+	05:30+	08:01+	09:11+	09:50+	10:53+	12:33+	14:04+	15:05+	17:11+	17:47+	19:04+	19:54+	21:35+	22:07+	23:04+	24:45+	25:30+		
00:50+	01:34+	01:09+	01:57+	02:31+	01:10+	00:39+	01:03+	01:40+	01:31+	01:01-	02:06+	00:36+	01:17+	00:50+	01:41+	00:32+	00:57+	01:41+	00:45+		
00:22&	00:32&	00:17&	00:42&	01:14&	00:17&	00:04#	00:29&	00:33&	00:20&	00:05-	00:32&	00:03+	00:05+	00:22&	00:37&	00:09&	00:12&	00:17#	00:10&		
32	Joar Fandrem	94										25:36									
00:37+	02:04+	03:05+	05:14+	07:02+	08:20+	08:55+	09:49+	11:20+	12:32+	13:36+	15:48+	16:28+	17:41+	18:22+	19:43+	20:14+	22:18+	24:57+	25:36+		
00:37+	01:27+	01:01+	02:09+	01:48+	01:18+	00:35=	00:54+	01:31+	01:12+	01:04-	02:12+	00:40+	01:13+	00:41+	01:21+	00:31+	02:04+	02:39+	00:39+		
00:09&	00:25&	00:09#	00:54&	00:31&	00:25&	00:00=	00:20&	00:24&	00:01+	00:02-	00:38&	00:07#	00:01+	00:13&	00:17&	00:08&	01:19&	01:15&	00:04#		
33	Arid Olsen	4										25:43									
00:41+	02:31+	03:52+	05:57+	08:05+	09:13+	10:06+	11:01+	12:27+	13:54+	14:59+	17:03+	18:05+	19:19+	20:00+	21:32+	22:03+	23:04+	24:56+	25:43+		
00:41+	01:50+	01:21+	02:05+	02:08+	01:08+	00:53+	00:55+	01:26+	01:27+	01:05-	02:04+	01:02+	01:14+	00:41+	01:32+	00:31+	01:01+	01:52+	00:47+		
00:13&	00:48&	00:29&	00:50&	00:51&	00:15&	00:18&	00:21&	00:19&	00:16#	00:01-	00:30&	00:29&	00:02+	00:13&	00:28&	00:08&	00:16&	00:28&	00:12&		
34	Steinar Amundsen	115										25:56									
00:46+	02:24+	03:44+	05:36+	07:29+	08:36+	09:21+	10:13+	12:06+	13:44+	14:52+	17:25+	18:04+	19:24+	20:15+	21:59+	22:33+	23:35+	25:15+	25:56+		
00:46+	01:38+	01:20+	01:52+	01:53+	01:07+	00:45+	00:52+	01:53+	01:38+	01:08+	02:33+	00:39+	01:20+	00:51+	01:44+	00:34+	01:02+	01:40+	00:41+		
00:18&	00:36&	00:28&	00:37&	00:36&	00:14&	00:10&	00:18&	00:46&	00:27&	00:02+	00:59&	00:06#	00:08#	00:23&	00:40&	00:11&	00:17&	00:16#	00:06#		
35	Richard William Metcalfe	116										26:25									
00:46+	02:35+	04:01+	06:06+	08:10+	09:20+	10:10+	11:06+	12:34+	14:34+	15:35+	17:36+	18:21+	19:39+	20:15+	21:35+	22:14+	23:20+	25:38+	26:25+		
00:46+	01:49+	01:26+	02:05+	02:04+	01:10+	00:50+	00:56+	01:28+	02:00+	01:01-	02:01+	00:45+	01:18+	00:36+	01:20+	00:39+	01:06+	02:18+	00:47+		
00:18&	00:47&	00:34&	00:50&	00:47&	00:17&	00:15&	00:22&	00:21&	00:49&	00:05-	00:27&	00:12&	00:06+	00:08&	00:16#	00:16&	00:21&	00:54&	00:12&		
36	Rolf Øystein Kluge	7										28:10									
00:39+	02:59+	04:17+	06:28+	08:36+	09:53+	11:05+	12:06+	13:45+	15:26+	16:38+	18:53+	19:44+	21:03+	21:53+	23:34+	24:25+	25:38+	27:23+	28:10+		
00:39+	02:20+	01:18+	02:11+	02:08+	01:17+	01:12+	01:01+	01:39+	01:41+	01:12+	02:15+	00:51+	01:19+	00:50+	01:41+	00:51+	01:13+	01:45+	00:47+		
00:11&	01:18&	00:26&	00:56&	00:51&	00:24&	00:37&	00:27&	00:32&	00:30&	00:06+	00:41&	00:18&	00:07+	00:22&	00:37&	00:28&	00:28&	00:21#	00:12&		
37	Arne Hope	43										28:12									
00:41+	02:11+	03:22+	05:36+	07:44+	09:02+	09:40+	10:34+	12:05+	16:00+	17:01+	19:04+	19:49+	21:05+	21:53+	23:23+	23:52+	25:11+	27:17+	28:12+		
00:41+	01:30+	01:11+	02:14+	02:08+	01:18+	00:38+	00:54+	01:31+	03:55+	01:01-	02:03+	00:45+	01:16+	00:48+	01:30+	00:29+	01:19+	02:06+	00:55+		
00:13&	00:28&	00:19&	00:59&	00:51&	00:25&	00:03+	00:20&	00:24&	02:44&	00:05-	00:29&	00:12&	00:04+	00:20&	00:26&	00:06&	00:34&	00:42&	00:20&		
38	Ommund Bakkevoid	68										28:13									
00:46+	02:26+	03:46+	05:59+	08:09+	09:27+	10:22+	11:14+	12:55+	14:26+	15:53+	18:22+	19:11+	20:29+	21:24+	23:16+	23:51+	25:06+	27:20+	28:13+		
00:46+	01:40+	01:20+	02:13+	02:10+	01:18+	00:55+	00:52+	01:41+	01:31+	01:27+	02:29+	00:49+	01:18+	00:55+	01:52+	00:35+	01:15+	02:14+	00:53+		
00:18&	00:38&	00:28&	00:58&	00:53&	00:25&	00:20&	00:18&	00:34&	00:20&	00:21&	00:55&	00:16&	00:06+	00:27&	00:48&	00:12&	00:30&	00:50&	00:18&		
39	Tom Leveraas	188										28:49									
00:53+	02:29+	03:43+	05:28+	07:30+	08:43+	09:27+	10:57+	12:38+	14:15+	15:21+	17:36+	18:23+	21:44+	23:25+	24:52+	25:31+	26:31+	28:08+	28:49+		
00:53+	01:36+	01:14+	01:45+	02:02+	01:13+	00:44+	01:30+	01:41+	01:37+	01:06=	02:15+	00:47+	03:21+	01:41+	01:27+	00:39+	01:00+	01:37+	00:41+		
00:25&	00:34&	00:22&	00:30&	00:45&	00:20&	00:09&	00:56&	00:34&	00:26&	00:00=	00:41&	00:14&	02:09&	01:13&	00:23&	00:16&	00:15&	00:13#	00:06#		

Class	Navn	Klasse										Tid								
40	Per Aspøy	117										28:51								
00:47+	02:32+	03:45+	06:42+	08:44+	09:52+	10:39+	11:39+	13:07+	15:18+	16:32+	18:41+	19:26+	20:35+	21:19+	22:59+	23:35+	25:09+	28:08+	28:51+	
00:47+	01:45+	01:13+	02:57+	02:02+	01:08+	00:47+	01:00+	01:28+	02:11+	01:14+	02:09+	00:45+	01:09-	00:44+	01:40+	00:36+	01:34+	02:59+	00:43+	
00:19&	00:43&	00:21&	01:42@	00:45&	00:15&	00:12&	00:26&	00:21&	01:00&	00:08#	00:35&	00:12&	00:03-	00:16&	00:36&	00:13&	00:49@	01:35@	00:08#	
41	Jan Erik Rasmussen	51										28:53								
00:38+	02:52+	04:07+	06:10+	07:59+	09:12+	09:58+	10:58+	12:40+	15:13+	16:23+	18:59+	19:49+	21:34+	22:28+	24:22+	24:58+	26:09+	28:04+	28:53+	
00:38+	02:14+	01:15+	02:03+	01:49+	01:13+	00:46+	01:00+	01:42+	02:33+	01:10+	02:36+	00:50+	01:45+	00:54+	01:54+	00:36+	01:11+	01:55+	00:49+	
00:10&	01:12@	00:23&	00:48&	00:32&	00:20&	00:11&	00:26&	00:35&	01:22@	00:04+	01:02&	00:17&	00:33&	00:26&	00:50&	00:13&	00:26&	00:31&	00:14&	
42	John Thorsnæs	51										29:46								
00:36+	02:07+	03:13+	05:12+	07:16+	08:17+	09:07+	10:15+	11:49+	14:24+	15:42+	18:50+	20:05+	20:39+	22:03+	23:01+	24:47+	25:31+	26:52+	29:03+	29:46+
00:36+	01:31+	01:06+	01:59+	02:04+	01:01+	00:50+	01:08+	01:34+	02:35+	01:18+	03:08+	01:15+	00:34-	01:24+	00:58-	01:46+	00:44-	01:21-	02:11+	00:43+
00:08&	00:29&	00:14&	00:44&	00:47&	00:08#	00:15&	00:34&	00:27&	01:24@	00:12#	01:34&	00:42@	00:38-	00:56@	00:06-	01:23@	00:01-	00:03-	01:36@	00:43+
43	Robert Sogemoen	62										30:03								
01:57+	03:33+	04:51+	06:34+	08:18+	10:13+	11:04+	12:12+	13:54+	15:59+	17:19+	19:59+	20:52+	22:36+	23:22+	25:07+	25:52+	27:08+	29:11+	30:03+	
01:57+	01:36+	01:18+	01:43+	01:44+	01:55+	00:51+	01:08+	01:42+	02:05+	01:20+	02:40+	00:53+	01:44+	00:46+	01:45+	00:45+	01:16+	02:03+	00:52+	
01:29@	00:34&	00:26&	00:28&	00:27&	01:02@	00:16&	00:34&	00:35&	00:54&	00:14#	01:06&	00:20&	00:32&	00:18&	00:41&	00:22&	00:31&	00:39&	00:17&	
44	Sverre Uhving	105										30:13								
00:44+	02:54+	03:59+	05:59+	08:12+	09:56+	10:43+	11:38+	13:28+	15:16+	16:37+	19:39+	20:45+	22:16+	23:09+	25:00+	25:39+	26:49+	29:11+	30:13+	
00:44+	02:10+	01:05+	02:00+	02:13+	01:44+	00:47+	00:55+	01:50+	01:48+	01:21+	03:02+	01:06+	01:31+	00:53+	01:51+	00:39+	01:10+	02:22+	01:02+	
00:16&	01:08@	00:13#	00:45&	00:56&	00:51&	00:12&	00:21&	00:43&	00:37&	00:15#	01:28&	00:33&	00:19&	00:25&	00:47&	00:16&	00:25&	00:58&	00:27&	
45	Per Bakken	5										30:17								
00:43+	02:39+	03:58+	07:34+	09:59+	11:11+	11:57+	13:00+	14:52+	16:57+	18:06+	20:52+	21:44+	23:12+	24:04+	25:55+	26:32+	27:37+	29:24+	30:17+	
00:43+	01:56+	01:19+	03:36+	02:25+	01:12+	00:46+	01:03+	01:52+	02:05+	01:09+	02:46+	00:52+	01:28+	00:52+	01:51+	00:37+	01:05+	01:47+	00:53+	
00:15&	00:54&	00:27&	02:21@	01:08&	00:19&	00:11&	00:29&	00:45&	00:54&	00:03+	01:12&	00:19&	00:16#	00:24&	00:47&	00:14&	00:20&	00:23&	00:18&	
46	Harald Nilsen	79										31:20								
00:34+	02:31+	05:21+	07:33+	09:49+	11:09+	11:56+	12:55+	14:40+	17:24+	18:36+	21:20+	22:09+	23:40+	24:33+	26:35+	27:07+	28:29+	30:22+	31:20+	
00:34+	01:57+	02:50+	02:12+	02:16+	01:20+	00:47+	00:59+	01:45+	02:44+	01:12+	02:44+	00:49+	01:31+	00:53+	02:02+	00:32+	01:22+	01:53+	00:58+	
00:06#	00:55&	01:58@	00:57&	00:59&	00:27&	00:12&	00:25&	00:38&	01:33@	00:06+	01:10&	00:16&	00:19&	00:25&	00:58&	00:09&	00:37&	00:29&	00:23&	
47	Ove Mæstad	67										31:48								
01:10+	04:08+	05:44+	08:00+	10:35+	11:36+	12:21+	13:39+	15:16+	17:31+	18:52+	21:49+	22:38+	24:06+	24:57+	26:43+	27:14+	28:34+	30:58+	31:48+	
01:10+	02:58+	01:36+	02:16+	02:35+	01:01+	00:45+	01:18+	01:37+	02:15+	01:21+	02:57+	00:49+	01:28+	00:51+	01:46+	00:31+	01:20+	02:24+	00:50+	
00:42@	01:56@	00:44&	01:01&	01:18@	00:08#	00:10&	00:44@	00:30&	01:04&	00:15#	01:23&	00:16&	00:16#	00:23&	00:42&	00:08&	00:35&	01:00&	00:15&	
48	Paul Richard Carr	136										31:57								
00:45+	02:43+	04:03+	07:05+	09:38+	11:03+	11:46+	12:55+	14:36+	16:19+	17:17+	20:56+	21:39+	23:19+	24:21+	27:05+	27:45+	28:54+	31:04+	31:57+	
00:45+	01:58+	01:20+	03:02+	02:33+	01:25+	00:43+	01:09+	01:41+	01:43+	00:58-	03:39+	00:43+	01:40+	01:02+	02:44+	00:40+	01:09+	02:10+	00:53+	
00:17&	00:56&	00:28&	01:47@	01:16&	00:32&	00:08#	00:35@	00:34&	00:32&	00:08-	02:05@	00:10&	00:28&	00:34@	01:40@	00:17&	00:24&	00:46&	00:18&	
49	Audun Sjøen	111										32:30								
00:37+	02:15+	03:22+	07:35+	09:40+	11:20+	12:07+	13:07+	14:53+	17:02+	18:50+	21:58+	22:38+	24:11+	25:17+	27:40+	28:17+	29:30+	31:37+	32:30+	
00:37+	01:38+	01:07+	04:13+	02:05+	01:40+	00:47+	01:00+	01:46+	02:09+	01:48+	03:08+	00:40+	01:33+	01:06+	02:23+	00:37+	01:13+	02:07+	00:53+	
00:09&	00:36&	00:15&	02:58@	00:48&	00:47&	00:12&	00:26&	00:39&	00:58&	00:42&	01:34&	00:07#	00:21&	00:38@	01:19@	00:14&	00:28&	00:43&	00:18&	
50	Arild Svihus	92										32:38								
01:03+	03:59+	06:21+	08:50+	10:56+	12:39+	13:27+	14:27+	16:17+	18:04+	19:45+	22:33+	23:44+	25:13+	26:09+	27:59+	28:40+	29:47+	31:50+	32:38+	
01:03+	02:56+	02:22+	02:29+	02:06+	01:43+	00:48+	01:00+	01:50+	01:47+	01:41+	02:48+	01:11+	01:29+	00:56+	01:50+	00:41+	01:07+	02:03+	00:48+	
00:35@	01:54@	01:30@	01:14&	00:49&	00:50&	00:13&	00:26&	00:43&	00:36&	00:35&	01:14&	00:38@	00:17#	00:28&	00:46&	00:18&	00:22&	00:39&	00:13&	
51	Frank Gulbrandsen	105										32:49								
00:49+	02:54+	04:29+	07:16+	09:13+	10:25+	11:15+	12:18+	15:43+	17:39+	18:49+	21:53+	22:52+	24:26+	25:20+	27:17+	28:03+	29:42+	32:11+	32:49+	
00:49+	02:05+	01:35+	02:47+	01:57+	01:12+	00:50+	01:03+	03:25+	01:56+	01:10+	03:04+	00:59+	01:34+	00:54+	01:57+	00:46+	01:39+	02:29+	00:38+	
00:21&	01:03@	00:43&	01:32@	00:40&	00:19&	00:15&	00:29&	02:18@	00:45&	00:04+	01:30&	00:26&	00:22&	00:26&	00:53&	00:23&	00:54@	01:05&	00:03+	
52	Leif Jarle Skåra	29										32:56								
00:37+	02:12+	03:28+	05:35+	09:11+	10:17+	10:55+	11:58+	13:26+	18:14+	21:48+	24:15+	24:49+	26:05+	27:02+	28:50+	29:16+	30:18+	32:07+	32:56+	
00:37+	01:35+	01:16+	02:07+	03:36+	01:06+	00:38+	01:03+	01:28+	04:48+	03:34+	02:27+	00:34+	01:16+	00:57+	01:48+	00:26+	01:02+	01:49+	00:49+	
00:09&	00:33&	00:24&	00:52&	02:19@	00:13#	00:03+	00:29&	00:21&	03:37@	02:28@	00:53&	00:01+	00:04+	00:29@	00:44&	00:03#	00:17&	00:25&	00:14&	
53	Asle Schanke Grude	92										33:00								
01:09+	03:22+	04:55+	07:06+	10:19+	11:44+	12:35+	13:38+	15:21+	17:14+	18:43+	21:36+	22:22+	24:46+	25:42+	27:55+	28:34+	29:49+	32:05+	33:00+	
01:09+	02:13+	01:33+	02:11+	03:13+	01:25+	00:51+	01:03+	01:43+	01:53+	01:29+	02:53+	00:46+	02:24+	00:56+	02:13+	00:39+	01:15+	02:16+	00:55+	
00:41@	01:11@	00:41&	00:56&	01:56@	00:32&	00:16&	00:29&	00:36&	00:42&	00:23&	01:19&	00:13&	01:12&	00:28&	01:09@	00:16&	00:30&	00:52&	00:20&	
54	Gunnar Andersen	144										34:04								
00:45+	02:29+	03:46+	05:37+	08:44+	11:31+	12:18+	14:28+	17:01+	18:39+	19:58+	22:24+	23:27+	24:44+	25:41+	27:24+	27:59+	29:34+	33:08+	34:04+	
00:45+	01:44+	01:17+	01:51+	03:07+	02:47+	00:47+	02:10+	02:33+	01:38+	01:19+	02:26+	01:03+	01:17+	00:57+	01:43+	00:35+	01:35+	03:34+	00:56+	
00:17&	00:42&	00:25&	00:36&	01:50@	01:54@	00:12&	01:36@	01:26@	00:27&	00:13#	00:52&	00:30&	00:05+	00:29@	00:39&	00:12&	00:50@	02:10@	00:21&	

Class	Navn	Klasse										Tid									
55	Jon Grepstad	111										34:31									
01:00+	02:59+	04:36+	07:10+	09:33+	11:08+	12:06+	13:24+	15:36+	18:43+	20:23+	23:50+	24:38+	26:15+	27:16+	29:25+	30:04+	31:28+	33:37+	34:31+		
01:00+	01:59+	01:37+	02:34+	02:23+	01:35+	00:58+	01:18+	02:12+	03:07+	01:40+	03:27+	00:48+	01:37+	01:01+	02:09+	00:39+	01:24+	02:09+	00:54+		
00:32@	00:57&	00:45&	01:19@	01:06&	00:42&	00:23&	00:44@	01:05&	01:56@	00:34&	01:53@	00:15&	00:25&	00:33@	01:05@	00:16&	00:39&	00:45&	00:19&		
56	Ove Vatland	128										36:10									
00:56+	03:02+	04:32+	07:00+	09:16+	10:53+	11:48+	12:52+	18:49+	20:41+	21:54+	24:54+	25:39+	27:07+	28:08+	30:24+	31:06+	32:35+	35:03+	36:10+		
00:56+	02:06+	01:30+	02:28+	02:16+	01:37+	00:55+	01:04+	05:57+	01:52+	01:13+	03:00+	00:45+	01:28+	01:01+	02:16+	00:42+	01:29+	02:28+	01:07+		
00:28&	01:04@	00:38&	01:13&	00:59&	00:44&	00:20&	00:30&	04:50@	00:41&	00:07#	01:26&	00:12&	00:16#	00:33@	01:12@	00:19&	00:44&	01:04&	00:32&		
57	Steinar Aase	268										37:29									
01:13+	03:35+	05:32+	08:29+	11:28+	13:13+	14:11+	15:25+	17:50+	19:58+	21:35+	25:10+	26:09+	27:48+	29:12+	31:38+	32:21+	33:49+	36:16+	37:29+		
01:13+	02:22+	01:57+	02:57+	02:59+	01:45+	00:58+	01:14+	02:25+	02:08+	01:37+	03:35+	00:59+	01:39+	01:24+	02:26+	00:43+	01:28+	02:27+	01:13+		
00:45@	01:20@	01:05@	01:42@	01:42@	00:52&	00:23&	00:40@	01:18@	00:57&	00:31&	02:01@	00:26&	00:27&	00:56@	01:22@	00:20&	00:43&	01:03&	00:38@		
58	Svein Inge Sævereid	126										37:56									
01:10+	03:40+	05:30+	08:20+	11:00+	12:43+	13:50+	15:11+	17:23+	19:36+	21:07+	24:49+	25:39+	27:46+	29:02+	31:46+	32:34+	34:02+	36:46+	37:56+		
01:10+	02:30+	01:50+	02:50+	02:40+	01:43+	01:07+	01:21+	02:12+	02:13+	01:31+	03:42+	00:50+	02:07+	01:16+	02:44+	00:48+	01:28+	02:44+	01:10+		
00:42@	01:28@	00:58@	01:35@	01:23@	00:50&	00:32&	00:47@	01:05&	01:02&	00:25&	02:08@	00:17&	00:55&	00:48@	01:40@	00:25@	00:43&	01:20&	00:35&		
59	Inge Grødem	92										39:12									
00:49+	02:49+	04:27+	07:13+	10:53+	13:02+	14:05+	15:12+	17:06+	22:28+	23:58+	26:49+	27:47+	29:53+	30:53+	32:54+	33:34+	35:02+	38:05+	39:12+		
00:49+	02:00+	01:38+	02:46+	03:40+	02:09+	01:03+	01:07+	01:54+	05:22+	01:30+	02:51+	00:58+	02:06+	01:00+	02:01+	00:40+	01:28+	03:03+	01:07+		
00:21&	00:58&	00:46&	01:31@	02:23@	01:16@	00:28&	00:33&	00:47&	04:11@	00:24&	01:17&	00:25&	00:54&	00:32@	00:57&	00:17&	00:43&	01:39@	00:32&		
60	Arthur Christiansen	93										1:02:44									
01:43+	05:15+	07:52+	11:51+	16:12+	19:23+	21:31+	23:41+	27:26+	32:10+	36:35+	41:54+	43:08+	46:33+	48:10+	52:53+	54:03+	56:45+	60:49+	62:44+		
01:43+	03:32+	02:37+	03:59+	04:21+	03:11+	02:08+	02:10+	03:45+	04:44+	04:25+	05:19+	01:14+	03:25+	01:37+	04:43+	01:10+	02:42+	04:04+	01:55+		
01:15@	02:30@	01:45@	02:44@	03:04@	02:18@	01:33@	01:36@	02:38@	03:33@	03:19@	03:45@	00:41@	02:13@	01:09@	03:39@	00:47@	01:57@	02:40@	01:20@		
61	Karl Johnny Braut	27										1:03:09									
04:44+	11:34+	12:59+	15:52+	21:10+	24:29+	28:09+	29:40+	34:01+	38:09+	39:49+	46:03+	47:03+	49:03+	50:19+	52:38+	56:08+	58:43+	62:00+	63:09+		
04:44+	06:50+	01:25+	02:53+	05:18+	03:19+	03:40+	01:31+	04:21+	04:08+	01:40+	06:14+	01:00+	02:00+	01:16+	02:19+	03:30+	02:35+	03:17+	01:09+		
04:16@	05:48@	00:33&	01:38@	04:01@	02:26@	03:05@	00:57@	03:14@	02:57@	00:34&	04:40@	00:27&	00:48&	00:48@	01:15@	03:07@	01:50@	01:53@	00:34&		
Beste strekktid for klassen																					
00:27	01:02	00:50	01:15	01:17	00:44	00:25	00:34	00:59	01:05	00:34	01:32	00:25	00:34	00:27	00:58	00:19	00:36	01:06	00:27		

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