

1	Wibeke Lende										74	33:20									
01:32=	02:53=	04:09=	07:18=	08:42=	10:17=	12:15=	13:57=	15:15=	16:48=	17:31=	19:10=	20:49=	22:48=	23:34=	26:16=	26:57=	29:09=	30:32=	31:29=	32:45=	33:20=
01:32=	01:21=	01:16=	03:09=	01:24=	01:35=	01:58=	01:42=	01:18=	01:33=	00:43=	01:39=	01:39=	01:59=	00:46=	02:42=	00:41=	02:12=	01:23=	00:57=	01:16=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Bodil Krogedal										126	33:43									
01:22=	03:00+	04:03=	06:54=	08:38=	10:38+	12:37+	14:11+	15:39+	17:06+	17:51+	19:51+	21:38+	23:43+	24:08+	26:21+	26:58+	28:56=	30:21=	31:47+	33:12+	33:43+
01:22=	01:38+	01:03=	02:51=	01:44+	02:00+	01:59+	01:34=	01:28+	01:27=	00:45+	02:00+	01:47+	02:05+	00:25=	02:13=	00:37=	01:58=	01:25+	01:26+	01:25+	00:31=
00:10=	00:17#	00:13=	00:18=	00:20#	00:25#	00:01+	00:08=	00:10#	00:06=	00:02+	00:21#	00:08+	00:06+	00:21=	00:29=	00:04=	00:14=	00:02+	00:29#	00:09#	00:04=
3	Ingvild Amalixsen										116	34:50									
01:24=	02:43=	03:52=	07:03=	08:40=	10:45+	12:58+	14:36+	16:10+	17:32+	18:21+	20:33+	22:05+	24:23+	24:57+	26:55+	27:35+	30:29+	31:40+	32:42+	34:14+	34:50+
01:24=	01:19=	01:09=	03:11+	01:37+	02:05+	02:13+	01:38=	01:34+	01:22=	00:49+	02:12+	01:32=	02:18+	00:34=	01:58=	00:40=	02:54+	01:11=	01:02+	01:32+	00:36+
00:08=	00:02=	00:07=	00:02+	00:13#	00:30#	00:15#	00:04=	00:16#	00:11=	00:06#	00:33#	00:07=	00:19#	00:12=	00:44=	00:01=	00:42#	00:12=	00:05+	00:16#	00:01+
4	Agnes Selma Haker										115	35:16									
01:14=	02:44=	04:08=	07:10=	08:32=	10:22+	12:07=	13:48=	15:05=	16:28=	17:17=	19:04=	20:29=	24:10+	24:36+	26:49+	27:23+	31:02+	32:16+	33:20+	34:39+	35:16+
01:14=	01:30+	01:24+	03:02=	01:22=	01:50+	01:45=	01:41=	01:17=	01:23=	00:49+	01:47+	01:25=	03:41+	00:26=	02:13=	00:34=	03:39+	01:14=	01:04+	01:19+	00:37+
00:18=	00:09#	00:08#	00:07=	00:02=	00:15#	00:13=	00:01=	00:01=	00:10=	00:06#	00:08+	00:14=	01:42#	00:20=	00:29=	00:07=	01:27#	00:09=	00:07#	00:03+	00:02+
5	Anne M. Enne Haug										117	36:35									
01:17=	02:37=	03:40=	08:36+	09:52+	11:39+	13:57+	15:37+	17:17+	18:33+	20:36+	23:24+	24:57+	26:57+	27:22+	29:12+	29:45+	31:51+	33:16+	34:29+	36:02+	36:35+
01:17=	01:20=	01:03=	04:56+	01:16=	01:47+	02:18+	01:40=	01:40+	01:16=	02:03+	02:48+	01:33=	02:00+	00:25=	01:50=	00:33=	02:06=	01:25+	01:13+	01:33+	00:33=
00:15=	00:01=	00:13=	01:47#	00:08=	00:12#	00:20#	00:02=	00:22#	00:17=	01:20#	01:09#	00:06=	00:01+	00:21=	00:52=	00:08=	00:06=	00:02+	00:16#	00:17#	00:02=
6	Marie Lunde										115	36:38									
01:38+	02:54+	04:22+	07:06=	08:40=	11:52+	14:01+	15:44+	17:15+	18:47+	19:35+	21:28+	22:59+	24:53+	25:25+	27:28+	28:15+	31:25+	32:54+	34:06+	35:55+	36:38+
01:38+	01:16=	01:28+	02:44=	01:34+	03:12+	02:09+	01:43+	01:31+	01:32=	00:48+	01:53+	01:31=	01:54=	00:32=	02:03=	00:47+	03:10+	01:29+	01:12+	01:49+	00:43+
00:06+	00:05=	00:12#	00:25=	00:10#	01:37#	00:11+	00:01+	00:13#	00:01=	00:05#	00:14#	00:08=	00:05=	00:14=	00:39=	00:06#	00:58#	00:06+	00:15#	00:33#	00:08#
7	Hanne Berg Nilsen										117	37:52									
01:18=	02:44=	03:57=	06:43=	08:25=	10:19+	12:13=	13:50=	16:28+	17:59+	18:52+	21:01+	22:29+	24:27+	24:53+	27:35+	28:15+	33:25+	34:41+	35:45+	37:10+	37:52+
01:18=	01:26+	01:13=	02:46=	01:42+	01:54+	01:54=	01:37=	02:38+	01:31=	00:53+	02:09+	01:28=	01:58=	00:26=	02:42=	00:40=	05:10+	01:16=	01:04+	01:25+	00:42+
00:14=	00:05+	00:03=	00:23=	00:18#	00:19#	00:04=	00:05=	01:20#	00:02=	00:10#	00:30#	00:11=	00:01=	00:20=	00:00=	00:01=	02:58#	00:07=	00:07#	00:09#	00:07#
8	Margrete Jian Øye										126	38:04									
01:15=	02:31=	03:40=	07:10=	08:33=	10:26+	12:40+	14:24+	16:25+	17:59+	18:49+	21:03+	23:00+	25:02+	25:24+	27:13+	27:51+	33:44+	34:59+	36:01+	37:27+	38:04+
01:15=	01:16=	01:09=	03:30+	01:23=	01:53+	02:14+	01:44+	02:01+	01:34+	00:50+	02:14+	01:57+	02:02+	00:22=	01:49=	00:38=	05:53+	01:15=	01:02+	01:26+	00:37+
00:17=	00:05=	00:07=	00:21#	00:01=	00:18#	00:16#	00:02+	00:43#	00:01+	00:07#	00:35#	00:18#	00:03+	00:24=	00:53=	00:03=	03:41#	00:08=	00:05+	00:10#	00:02+
9	Janeth Kleppe										128	39:19									
01:25=	03:06+	04:23+	07:57+	09:16+	11:29+	13:28+	15:05+	16:53+	18:55+	19:46+	21:31+	23:25+	25:47+	26:14+	28:47+	29:41+	34:36+	35:58+	37:09+	38:41+	39:19+
01:25=	01:41+	01:17+	03:34+	01:19=	02:13+	01:59+	01:37=	01:48+	02:02+	00:51+	01:45+	01:54+	02:22+	00:27=	02:33=	00:54+	04:55+	01:22=	01:11+	01:32+	00:38+
00:07=	00:20#	00:01+	00:25#	00:05=	00:38#	00:01+	00:05=	00:30#	00:29#	00:08#	00:06+	00:15#	00:23#	00:19=	00:09=	00:13#	02:43#	00:01=	00:14#	00:16#	00:03+
10	Trine Selvikvåg										62	39:26									
01:27=	03:03+	04:28+	08:00+	09:30+	11:20+	12:59+	15:47+	18:00+	19:26+	20:11+	22:10+	23:45+	26:04+	29:00+	31:21+	32:03+	34:19+	36:05+	37:21+	38:53+	39:26+
01:27=	01:36+	01:25+	03:32+	01:30+	01:50+	01:39=	02:48+	02:13+	01:26=	00:45+	01:59+	01:35=	02:19+	02:56+	02:21=	00:42+	02:16+	01:46+	01:16+	01:32+	00:33=
00:05=	00:15#	00:09#	00:23#	00:06+	00:15#	00:19=	01:06#	00:55#	00:07=	00:02+	00:20#	00:04=	00:20#	02:10#	00:21=	00:01+	00:04+	00:23#	00:19#	00:16#	00:02=
11	Ann Torill M. Bakken										116	39:48									
03:39+	05:03+	06:41+	10:35+	12:13+	14:29+	16:31+	18:16+	20:03+	21:35+	22:27+	24:18+	25:59+	27:58+	28:29+	30:24+	31:11+	35:02+	36:34+	37:31+	39:06+	39:48+
03:39+	01:24+	01:38+	03:54+	01:38+	02:16+	02:02+	01:45+	01:47+	01:32=	00:52+	01:51+	01:41+	01:59=	00:31=	01:55=	00:47+	03:51+	01:32+	00:57=	01:35+	00:42+
02:07#	00:03+	00:22#	00:45#	00:14#	00:41#	00:04+	00:03+	00:29#	00:01=	00:09#	00:12#	00:02+	00:00=	00:15=	00:47=	00:06#	01:39#	00:09#	00:00=	00:19#	00:07#
12	Lise Nessa Di Lorenzo										168	40:46									
01:26=	03:25+	05:31+	09:45+	11:44+	14:04+	16:02+	17:48+	19:12+	20:34+	21:27+	23:21+	25:33+	30:11+	30:33+	33:15+	33:56+	36:17+	37:43+	38:50+	40:06+	40:46+
01:26=	01:59+	02:06+	04:14+	01:59+	02:20+	01:58=	01:46+	01:24+	01:22=	00:53+	01:54+	02:12+	04:38+	00:22=	02:42=	00:41=	02:21+	01:26+	01:07+	01:16=	00:40+
00:06=	00:38#	00:50#	01:05#	00:35#	00:45#	00:00=	00:04+	00:06+	00:11=	00:10#	00:15#	00:33#	02:39#	00:24=	00:00=	00:00=	00:09+	00:03+	00:10#	00:00=	00:05#
13	Ingrid Lycke Austbø										109	41:29									
01:24=	03:06+	05:55+	08:50+	10:17+	12:54+	15:41+	17:17+	19:34+	21:10+	22:01+	23:53+	25:36+	27:59+	28:28+	30:51+	31:32+	34:00+	35:31+	39:36+	40:53+	41:29+
01:24=	01:42+	02:49+	02:55=	01:27+	02:37+	02:47+	01:36=	02:17+	01:36+	00:51+	01:52+	01:43+	02:23+	00:29=	02:23=	00:41=	02:28+	01:31+	04:05+	01:17+	00:36+
00:08=	00:21#	01:33#	00:14=	00:03+	01:02#	00:49#	00:06=	00:59#	00:03+	00:08#	00:13#	00:04+	00:24#	00:17=	00:19=	00:00=	00:16#	00:08+	03:08#	00:01+	00:01+
14	Heidi Nordaunet										126	41:58									
01:31=	03:12+	04:51+	08:46+	10:38+	12:45+	14:50+	16:45+	18:15+	19:48+	20:52+	23:15+	24:48+	27:23+	27:44+	29:58+	30:49+	36:49+	38:06+	39:36+	41:11+	41:58+
01:31=	01:41+	01:39+	03:55+	01:52+	02:07+	02:05+	01:55+	01:30+	01:33+	01:04+	02:23+	01:33=	02:35+	00:21=	02:14=	00:51+	06:00+	01:17=	01:30+	01:35+	00:47+
00:01=	00:20#	00:23#	00:46#	00:28#	00:32#	00:07+	00:13#	00:12#	00:00=	00:21#	00:44#	00:06=	00:36#	00:25=	02:28=	00:10#	03:48#	00:06=	00:33#	00:19#	00:12#

Pluss	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+	19:31+	20:58+	23:01+	23:58+	26:06+	27:55+	30:08+	30:33+	32:29+	33:18+	36:26+	38:09+	39:22+	41:23+	42:07+								
01:43+	01:31+	01:23+	03:25+	01:51+	02:12+	02:15+	02:35+	02:36+	01:27-	02:03+	00:57-	02:08+	01:49-	02:13+	00:25-	01:56+	00:49-	03:08+	01:43+	01:13-	02:01+	00:44+								
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+	19:56+	21:23+	22:24+	24:41+	26:11+	28:20+	28:46+	31:16+	32:12+	36:23+	38:08+	39:30+	41:11+	42:07+									
01:45+	03:06+	01:01-	03:34+	01:53+	02:17+	02:21+	02:00+	01:59+	01:27-	01:01+	02:17+	01:30-	02:09+	00:26-	02:30-	00:56+	04:11+	01:45+	01:22+	01:41+	00:56+									
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#	00:21#									
17	Maria Lampe										126										46:10									
02:00+	03:43+	05:15+	09:03+	11:09+	13:21+	15:34+	17:35+	19:23+	21:03+	21:58+	24:23+	26:09+	28:34+	29:13+	31:31+	34:44+	40:02+	42:15+	43:42+	45:15+	46:10+									
02:00+	01:43+	01:32+	03:48+	02:06+	02:12+	02:13+	02:01+	01:48+	01:40+	00:55+	02:25+	01:46+	02:25+	00:39-	02:18-	03:13+	05:18+	02:13+	01:27+	01:33+	00:55+									
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+	20:51+	22:25+	23:19+	26:29+	28:11+	30:56+	31:23+	34:01+	34:42+	39:37+	40:50+	46:31+	49:05+	49:50+									
01:42+	01:44+	02:30+	05:04+	02:07+	02:16+	02:02+	01:52+	01:34+	01:34+	00:54+	03:10+	01:42+	02:45+	00:27-	02:38-	00:41=	04:55+	01:13-	05:41+	02:34+	00:45+									
00:10#	00:23#	01:14#	01:55#	00:43#	00:41#	00:04+	00:10+	00:16#	00:01+	00:11#	01:31#	00:03+	00:46#	00:19-	00:04-	00:00=	02:43#	00:10-	04:44#	01:18#	00:10#									
19	Nithya Mohan										136										1:10:07									
02:36+	05:05+	07:18+	14:32+	17:18+	20:41+	23:47+	27:21+	30:50+	33:03+	34:33+	39:09+	42:19+	45:32+	46:25+	49:57+	51:15+	58:57+	64:21+	66:33+	69:02+	70:07+									
02:36+	02:29+	02:13+	07:14+	02:46+	03:23+	03:06+	03:34+	03:29+	02:13+	01:30+	04:36+	03:10+	03:13+	00:53+	03:32+	01:18+	07:42+	05:24+	02:12+	02:29+	01:05+									
01:04#	01:08#	00:57#	04:05#	01:22#	01:48#	01:08#	01:52#	02:11#	00:40#	00:47#	02:57#	01:31#	01:14#	00:07#	00:50#	00:37#	05:30#	04:01#	01:15#	01:13#	00:30#									
Beste strekktid for klassen																														
01:14	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=	12:59=	13:54=	15:23=	16:56=	18:34=	21:23=	22:31=	23:51=	25:33=	28:47=	29:48=	30:51=	32:23=	33:09=	
	01:06=	01:43=	01:25=	01:40=	01:35=	01:40=	00:59=	01:30=	01:21=	00:55=	01:29=	01:33=	01:38=	02:49=	01:08=	01:20=	01:42=	03:14=	01:01=	01:03=	01:32=	00:46=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Marie Gausel										105		34:09										
	01:10+	02:28+	04:09+	05:54+	07:36+	09:27+	10:35+	11:57+	13:17+	14:41+	16:20+	18:11+	19:55+	23:02+	23:53+	25:11+	27:09+	29:27+	30:42+	31:43+	33:26+	34:09+	
	01:10+	01:18+	01:41+	01:45+	01:42+	01:51+	01:08+	01:22+	01:20+	01:24+	01:39+	01:51+	01:44+	03:07+	00:51+	01:18+	01:58+	02:18+	01:15+	01:01+	01:43+	00:43+	
	00:04+	00:25+	00:16#	00:05+	00:07+	00:11#	00:09#	00:08+	00:01+	00:29#	00:10#	00:18#	00:06+	00:18#	00:17+	00:02+	00:16#	00:56+	00:14#	00:02+	00:11#	00:03+	
3	May Bente Valdal										116		34:27										
	00:59+	02:28+	03:58+	05:35+	07:10+	09:02+	10:10+	11:47+	13:20+	14:12+	15:30+	17:48+	19:23+	21:58+	23:15+	24:43+	26:15+	29:06+	31:04+	32:22+	33:50+	34:27+	
	00:59+	01:29+	01:30+	01:37+	01:35=	01:52+	01:08+	01:37+	01:33+	00:52+	01:18+	02:18+	01:35+	02:35+	01:17+	01:28+	01:32+	02:51+	01:58+	01:18+	01:28+	00:37+	
	00:07+	00:14+	00:05+	00:03+	00:00=	00:12#	00:09#	00:07+	00:12#	00:03+	00:11+	00:45#	00:03+	00:14+	00:09#	00:08#	00:10+	00:23+	00:57#	00:15#	00:04+	00:09+	
4	Hege Anita H. Nielsen										48		35:33										
	01:19+	02:41+	04:04+	05:48+	07:41+	09:49+	10:58+	12:28+	14:02+	14:52+	16:25+	18:55+	20:50+	24:12+	25:00+	26:22+	28:03+	30:33+	31:47+	32:51+	34:50+	35:33+	
	01:19+	01:22+	01:23+	01:44+	01:53+	02:08+	01:09+	01:30=	01:34+	00:50+	01:33+	02:30+	01:55+	03:22+	00:48+	01:22+	01:41+	02:30+	01:14+	01:04+	01:59+	00:43+	
	00:13#	00:21+	00:02+	00:04+	00:18#	00:28#	00:10#	00:00=	00:13#	00:05+	00:04+	00:57#	00:17#	00:33#	00:20+	00:02+	00:01+	00:44+	00:13#	00:01+	00:27#	00:03+	
5	Bente Fjermestad-Eie										178		35:49										
	01:12+	02:39+	03:57+	07:05+	08:52+	10:48+	11:49+	12:53+	15:21+	16:07+	17:24+	19:14+	20:59+	23:51+	24:40+	26:02+	27:33+	30:38+	32:28+	33:21+	35:08+	35:49+	
	01:12+	01:27+	01:18+	03:08+	01:47+	01:56+	01:01+	01:04+	02:28+	00:46+	01:17+	01:50+	01:45+	02:52+	00:49+	01:22+	01:31+	03:05+	01:50+	00:53+	01:47+	00:41+	
	00:06+	00:16+	00:07+	01:28#	00:12#	00:16#	00:02+	00:26+	01:07#	00:09+	00:12+	00:17#	00:07+	00:03+	00:19+	00:02+	00:11+	00:09+	00:49#	00:10+	00:15#	00:05+	
6	Eli Serine Eikeskog										93		36:53										
	01:12+	02:46+	04:19+	06:05+	07:53+	09:53+	11:01+	12:49+	14:16+	15:02+	17:47+	19:45+	21:29+	24:25+	25:36+	27:11+	29:00+	31:31+	33:03+	34:08+	35:50+	36:53+	
	01:12+	01:34+	01:33+	01:46+	01:48+	02:00+	01:08+	01:48+	01:27+	00:46+	02:45+	01:58+	01:44+	02:56+	01:11+	01:35+	01:49+	02:31+	01:32+	01:05+	01:42+	01:03+	
	00:06+	00:09+	00:08+	00:06+	00:13#	00:20#	00:09#	00:18#	00:06+	00:09+	01:16#	00:25#	00:06+	00:07+	00:03+	00:15#	00:07+	00:43+	00:31#	00:02+	00:10#	00:17#	
7	Kristin Breivold										92		38:30										
	01:52+	03:36+	04:53+	06:34+	09:36+	12:01+	13:00+	14:33+	15:49+	16:53+	19:16+	21:11+	22:45+	25:36+	26:38+	27:49+	29:21+	33:36+	35:00+	35:56+	37:54+	38:30+	
	01:52+	01:44+	01:17+	01:41+	03:02+	02:25+	00:59+	01:33+	01:16+	01:04+	02:23+	01:55+	01:34+	02:51+	01:02+	01:11+	01:32+	04:15+	01:24+	00:56+	01:58+	00:36+	
	00:46#	00:01+	00:08+	00:01+	01:27#	00:45#	00:00+	00:03+	00:05+	00:09#	00:54#	00:22#	00:04+	00:02+	00:06+	00:09+	00:10+	01:01#	00:23#	00:07+	00:26#	00:10+	
8	Randi Helen Ladsten										128		38:36										
	01:21+	03:07+	04:30+	06:00+	07:32+	09:18+	10:38+	12:08+	13:34+	15:13+	16:46+	18:47+	20:24+	23:14+	24:24+	25:40+	27:10+	29:30+	34:18+	35:21+	36:18+	37:56+	38:36+
	01:21+	01:46+	01:23+	01:30+	01:32+	01:46+	01:20+	01:30=	01:26+	01:39+	01:33+	01:40+	01:37+	02:50+	01:10+	01:16+	01:30+	02:20+	04:48+	01:03+	00:57+	01:38+	00:40+
	00:15#	00:03+	00:02+	00:10+	00:03+	00:06+	00:21#	00:00=	00:05+	00:04+	00:04+	00:28#	00:01+	00:01+	00:02+	00:04+	00:12+	00:54+	03:47#	00:00+	00:35+	00:52#	00:40+

Plass	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 Sjørsten										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 strekktid for klassen																														
00:59	01:18	01:13	01:30	01:32	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+	01:18+	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&									

Plass	Navn					Klasse					Tid										
7	Målfrid Bjerkeli					237					41:10										
01:10+	02:36+	04:00+	05:50+	07:47+	10:15+	11:31+	13:27+	15:01+	15:46+	17:25+	19:46+	21:41+	24:22+	27:26+	28:48+	30:36+	35:21+	37:13+	38:26+	40:25+	41:10+
01:10+	01:26+	01:24+	01:50+	01:57+	02:28+	01:16+	01:56+	01:34+	00:45-	01:39+	02:21+	01:55+	02:41-	03:04+	01:22+	01:48-	04:45+	01:52+	01:13+	01:59+	00:45+
00:25&	00:03+	00:12#	00:10#	00:27&	00:57&	00:11#	00:48&	00:20&	00:01-	00:31&	00:22#	00:26&	00:06-	01:56@	00:02+	00:16-	02:31@	00:40&	00:16&	00:14#	00:06#
8	Anne-Siv Gjertsen					27					42:52										
01:02+	02:53+	04:38+	06:21+	10:35+	13:03+	14:16+	15:34+	19:24+	20:17+	21:51+	23:41+	25:33+	30:31+	31:31+	32:45+	34:34+	37:42+	39:12+	40:24+	42:11+	42:52+
01:02+	01:51+	01:45+	01:43+	04:14+	02:28+	01:13+	01:18+	03:50+	00:53+	01:34+	01:50-	01:52+	04:58+	01:00-	01:14-	01:49-	03:08+	01:30+	01:12+	01:47+	00:41+
00:17&	00:28&	00:33&	00:03+	02:44@	00:57&	00:08#	00:10#	02:36@	00:07#	00:26&	00:09-	00:23&	02:11&	00:08-	00:06-	00:15-	00:54&	00:18#	00:15&	00:02+	00:02+
9	Hilde Frøyttlog Karlsen					228					43:02										
03:15+	04:56+	06:30+	08:50+	10:56+	13:19+	14:36+	16:15+	17:43+	18:44+	20:25+	22:57+	24:54+	28:39+	29:42+	31:14+	33:26+	36:45+	38:40+	39:59+	42:07+	43:02+
03:15+	01:41+	01:34+	02:20+	02:06+	02:23+	01:17+	01:39+	01:28+	01:01+	01:41+	02:32+	01:57+	03:45+	01:03-	01:32+	02:12+	03:19+	01:55+	01:19+	02:08+	00:55+
02:30@	00:18#	00:22&	00:40&	00:36&	00:52&	00:12#	00:31&	00:14#	00:15&	00:33&	00:33&	00:28&	00:58&	00:05-	00:12#	00:08+	01:05&	00:43&	00:22&	00:23#	00:16&
10	Andrea Tapken					54					43:36										
01:38+	03:41+	05:24+	07:21+	09:26+	12:06+	13:15+	15:03+	16:35+	18:17+	20:06+	22:37+	24:42+	28:32+	29:35+	31:09+	33:04+	37:30+	39:07+	40:26+	42:47+	43:36+
01:38+	02:03+	01:43+	01:57+	02:05+	02:40+	01:09+	01:48+	01:32+	01:42+	01:49+	02:31+	02:05+	03:50+	01:03-	01:34+	01:55-	04:26+	01:37+	01:19+	02:21+	00:49+
00:53@	00:40&	00:31&	00:17#	00:35&	01:09&	00:04+	00:40&	00:18#	00:56@	00:41&	00:32&	00:36&	01:03&	00:05-	00:14#	00:09-	02:12&	00:25&	00:22&	00:36&	00:10&
11	Nidunn Sandvik					228					44:41										
02:25+	03:52+	08:32+	10:12+	12:01+	14:37+	15:44+	17:15+	18:50+	21:15+	23:03+	26:06+	27:56+	31:44+	32:48+	34:15+	36:29+	39:43+	41:03+	42:16+	43:52+	44:41+
02:25+	01:27+	04:40+	01:40=	01:49+	02:36+	01:07+	01:31+	01:35+	02:25+	01:48+	03:03+	01:50+	03:48+	01:04-	01:27+	02:14+	03:14+	01:20+	01:13+	01:36-	00:49+
01:40@	00:04+	03:28@	00:00=	00:19#	01:05&	00:02+	00:23&	00:21&	01:39@	00:40&	01:04&	00:21#	01:01&	00:04-	00:07+	00:10+	01:00&	00:08#	00:16&	00:09-	00:10&
12	Ingjerd Haddeland					115					45:01										
01:47+	03:44+	05:19+	07:22+	09:37+	11:41+	13:11+	17:11+	18:48+	19:50+	21:32+	23:53+	25:41+	29:53+	30:45+	32:27+	34:12+	39:27+	41:00+	42:20+	44:10+	45:01+
01:47+	01:57+	01:35+	02:03+	02:15+	02:04+	01:30+	04:00+	01:37+	01:02+	01:42+	02:21+	01:48+	04:12+	00:52-	01:42+	01:45-	05:15+	01:33+	01:20+	01:50+	00:51+
01:02@	00:34&	00:23&	00:23#	00:45&	00:33&	00:25&	02:52@	00:23&	00:16&	00:34&	00:22#	00:19#	01:25&	00:16-	00:22&	00:19-	03:01@	00:21&	00:23&	00:05+	00:12&
13	Ellinor Nesse					116					45:28										
01:15+	03:06+	04:45+	06:50+	09:33+	11:49+	13:26+	15:32+	17:16+	18:18+	20:06+	22:21+	24:29+	28:27+	29:44+	31:21+	33:40+	38:18+	40:20+	41:56+	44:34+	45:28+
01:15+	01:51+	01:39+	02:05+	02:43+	02:16+	01:37+	02:06+	01:44+	01:02+	01:48+	02:15+	02:08+	03:58+	01:17+	01:37+	02:19+	04:38+	02:02+	01:36+	02:38+	00:54+
00:30&	00:28&	00:27&	00:25#	01:13&	00:45&	00:32&	00:58&	00:30&	00:16&	00:40&	00:16#	00:39&	01:11&	00:09#	00:17#	00:15#	02:24@	00:50&	00:39&	00:53&	00:15&
14	Ane Kristine Rostrup					92					45:34										
01:12+	03:27+	05:27+	07:27+	09:42+	12:16+	13:51+	17:14+	18:43+	20:23+	22:19+	24:30+	26:41+	30:06+	31:13+	32:56+	34:45+	39:18+	41:03+	42:31+	44:46+	45:34+
01:12+	02:15+	02:00+	02:00+	02:15+	02:34+	01:35+	03:23+	01:29+	01:40+	01:56+	02:11+	02:11+	03:25+	01:07-	01:43+	01:49-	04:33+	01:45+	01:28+	02:15+	00:48+
00:27&	00:52&	00:48&	00:20#	00:45&	01:03&	00:30&	02:15@	00:15#	00:54@	00:48&	00:12#	00:42&	00:38#	00:01-	00:23&	00:15-	02:19@	00:33&	00:31&	00:30&	00:09#
15	Kari Smådal Turøy					115					47:49										
01:19+	04:11+	05:44+	07:38+	09:50+	12:44+	13:55+	15:52+	17:18+	18:08+	20:09+	23:41+	25:28+	29:51+	33:17+	34:45+	36:38+	39:49+	43:30+	45:14+	47:07+	47:49+
01:19+	02:52+	01:33+	01:54+	02:12+	02:54+	01:11+	01:57+	01:26+	00:50+	02:01+	03:32+	01:47+	04:23+	03:26+	01:28+	01:53-	03:11+	03:41+	01:44+	01:53+	00:42+
00:34&	01:29@	00:21&	00:14#	00:42&	01:23&	00:06+	00:49&	00:12#	00:04+	00:53&	01:33&	00:18#	01:36&	02:18@	00:08#	00:11-	00:57&	02:29@	00:47&	00:08+	00:03+
16	Ragnhild Båtnes Berntsen					101					51:11										
01:46+	03:22+	05:05+	07:26+	09:45+	11:38+	13:33+	16:16+	18:05+	19:40+	20:52+	22:47+	25:45+	27:56+	35:29+	36:43+	38:18+	41:05+	44:16+	46:11+	47:30+	50:20+
01:46+	01:36+	01:43+	02:21+	02:19+	01:53+	01:55+	02:43+	01:49+	01:35+	01:12+	01:55-	02:58+	02:11-	07:33+	01:14-	01:35-	02:47+	03:11+	01:55+	01:19-	02:50+
01:01@	00:13#	00:31&	00:41&	00:49&	00:22#	00:50&	01:35@	00:35&	00:49@	00:04+	00:04-	01:29&	00:36-	06:25@	00:06-	00:29-	00:33#	01:59@	00:58@	00:26-	02:11@
17	Gøril Braut Aarsand					268					52:00										
01:30+	02:49+	04:17+	06:05+	07:54+	10:16+	11:40+	13:25+	15:55+	16:55+	19:22+	21:36+	23:31+	26:00+	30:58+	31:41+	33:00+	34:57+	41:08+	42:32+	49:42+	51:12+
01:30+	01:19-	01:28+	01:48+	01:49+	02:22+	01:24+	01:45+	02:30+	01:00+	02:27+	02:14+	01:55+	02:29-	04:58+	00:43-	01:19-	01:57-	06:11+	01:24+	07:10+	01:30+
00:45&	00:04-	00:16#	00:08+	00:19#	00:51&	00:19&	00:37&	01:16@	00:14&	01:19@	00:15#	00:26&	00:18-	03:50@	00:37-	00:45-	00:17-	04:59@	00:27&	05:25@	00:51@
18	Oddny Haugland					114					52:24										
01:17+	03:01+	04:31+	10:54+	15:18+	17:47+	19:09+	20:37+	23:06+	25:50+	27:23+	29:27+	31:19+	34:31+	35:32+	37:15+	38:51+	45:39+	47:16+	48:39+	51:44+	52:24+
01:17+	01:44+	01:30+	06:23+	04:24+	02:29+	01:22+	01:28+	02:29+	02:44+	01:33+	02:04+	01:52+	03:12+	01:01-	01:43+	01:36-	06:48+	01:37+	01:23+	03:05+	00:40+
00:32&	00:21&	00:18#	04:43@	02:54@	00:58&	00:17&	00:20&	01:15@	01:58@	00:25&	00:05+	00:23&	00:25#	00:07-	00:23&	00:28-	04:34@	00:25&	00:26&	01:20&	00:01+
19	Marie-Elizabeth Reinseth					27					53:08										
02:22+	03:59+	05:43+	07:24+	10:18+	19:30+	21:19+	25:24+	26:41+	27:38+	28:53+	32:45+	34:37+	38:23+	39:25+	40:51+	42:31+	47:31+	49:21+	50:41+	52:19+	53:08+
02:22+	01:37+	01:44+	01:41+	02:54+	09:12+	01:49+	04:05+	01:17+	00:57+	01:15+	03:52+	01:52+	03:46+	01:02-	01:26+	01:40-	05:00+	01:50+	01:20+	01:38-	00:49+
01:37@	00:14#	00:32&	00:01+	01:24&	07:41@	00:44&	02:57@	00:03+	00:11#	00:07#	01:53&	00:23&	00:59&	00:06-	00:06+	00:24-	02:46@	00:38&	00:23&	00:07-	00:10&
20	Sarah Denieul					42					57:13										
01:48+	03:45+	05:30+	07:21+	10:47+	18:03+	19:31+	21:21+	23:09+	25:07+	26:41+	30:05+	31:43+	37:58+	39:39+	40:56+	42:26+	47:31+	49:03+	51:25+	56:40+	57:13+
01:48+	01:57+	01:45+	01:51+	03:26+	07:16+	01:28+	01:50+	01:48+	01:58+	01:34+	03:24+	01:38+	06:15+	01:41+	01:17-	01:30-	05:05+	01:32+	02:22+	05:15+	00:33-
01:03@	00:34&	00:33&	00:11#	01:56@	05:45@	00:23&	00:42&	00:34&	01:12@	00:26&	01:25&	00:09#	03:28@	00:33&	00:03-	00:34-	02:51@	00:20&	01:25@	03:30@	00:06-
21	Hanne Hermanrud					115					1:02:21										
01:58+	04:19+	06:12+	08:42+	11:39+	15:04+	17:17+	19:21+	21:33+	22:37+	25:00+	27:58+	30:22+	37:16+	38:47+	40:52+	43:35+	47:54+	54:12+	58:16+	61:08+	62:21+
01:58+	02:21+	01:53+	02:30+	02:57+	03:25+	02:13+	02:04+	02:12+	01:04+	02:03+	02:58+	02:24+	06:54+	01:31+	02:05+	02:43+	04:19+	06:18+	04:04+	02:52+	01:13+
01:13@	00:58&	00:41&	00:50&	01:27&	01:54@	01:08@	00:56&	00:58&	00:18&	01:15@	00:59&	00:55&	04:07@	00:23&	00:45&	00:39&	02:05&	05:06@	03:07@	01:07&	00:34&

Plass	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@	05:33@	00:22&	00:37&	00:36-	00:44&	00:08+	00:36&	00:18&	02:05&	00:00=	02:42@	00:44-	04:32-	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 strekktid 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	Haldis 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-	00:05+	00:15#	00:04+	00:33#	00:27&	01:03&
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 Christiansen										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&

Plass	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											
2	Gry V. Thengs										68	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+											
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&	00:15#	00:07#	00:15#	00:03+	02:51@	00:04-	01:20-	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	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+	00:03+	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&	00:13&	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+	01:56+	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&								

Plass	Navn					Klasse					Tid													
8	Kari Borgen					62					44:40													
02:02+	03:56+	05:32+	07:09+	08:52+	11:41+	14:40+	16:20+	18:27+	21:00+	22:17+	23:54+	25:39+	26:58+	28:48+	30:04+	31:52+	34:02+	37:12+	38:32+	40:46+	42:14+	44:03+	44:40+	
02:02+	01:54+	01:36+	01:37+	01:43+	02:49+	02:59+	01:40+	02:07+	02:33+	01:17+	01:37+	01:45+	01:19+	01:50+	01:16+	01:48+	02:10+	03:10+	01:20+	02:14+	01:28+	01:49-	00:37-	
01:17@	00:05+	00:16#	00:38&	00:29&	01:20&	02:02@	00:48&	00:30&	01:04&	00:22&	00:47&	00:58@	00:31&	00:23&	00:12#	00:24&	01:20@	00:55&	00:17&	00:23#	00:30&	00:01-	00:01-	
9	Sara Marlene Nystrøm Olsen					68					45:03													
01:06+	03:39+	05:45+	07:10+	09:00+	11:25+	12:43+	14:13+	16:49+	19:23+	20:35+	21:48+	23:11+	24:14+	26:06+	27:47+	29:48+	31:20+	35:11+	36:53+	39:43+	41:19+	44:17+	45:03+	
01:06+	02:33+	02:06+	01:25+	01:50+	02:25+	01:18+	01:30+	02:36+	02:34+	01:12+	01:13+	01:23+	01:03+	01:52+	01:41+	02:01+	01:32+	03:51+	01:42+	02:50+	01:36+	02:58+	00:46+	
00:21&	00:44&	00:46&	00:26&	00:36&	00:56&	00:21&	00:38&	00:59&	01:05&	00:17&	00:23&	00:36&	00:15&	00:25&	00:37&	00:37&	00:42&	01:36&	00:39&	00:59&	00:38&	01:08&	00:08#	
10	Ingrid Lamark					46					45:09													
01:04+	03:41+	05:43+	07:14+	08:59+	11:23+	12:39+	14:10+	16:52+	19:25+	20:39+	21:51+	23:14+	24:16+	26:09+	27:49+	29:51+	31:13+	35:11+	36:53+	39:45+	41:21+	44:16+	45:09+	
01:04+	02:37+	02:02+	01:31+	01:45+	02:24+	01:16+	01:31+	02:42+	02:33+	01:14+	01:12+	01:23+	01:02+	01:53+	01:40+	02:02+	01:22+	03:58+	01:42+	02:52+	01:36+	02:55+	00:53+	
00:19&	00:48&	00:42&	00:32&	00:31&	00:55&	00:19&	00:39&	01:05&	01:04&	00:19&	00:22&	00:36&	00:14&	00:26&	00:36&	00:38&	00:32&	01:43&	00:39&	01:01&	00:38&	01:05&	00:15&	
11	Ingrid Simensen					101					46:50													
01:22+	03:16+	05:02+	06:33+	10:36+	13:11+	14:40+	16:41+	18:43+	20:50+	22:40+	23:52+	25:24+	26:28+	28:31+	29:57+	31:56+	33:14+	37:17+	38:54+	41:37+	43:53+	46:12+	46:50+	
01:22+	01:54+	01:46+	01:31+	04:03+	02:35+	01:29+	02:01+	02:02+	02:07+	01:50+	01:12+	01:32+	01:04+	02:03+	01:26+	01:59+	01:18+	04:03+	01:37+	02:43+	02:16+	02:19+	00:38=	
00:37&	00:05+	00:26&	00:32&	02:49@	01:06&	00:32&	01:09@	00:25&	00:38&	00:55&	00:22&	00:45&	00:16&	00:36&	00:22&	00:35&	00:28&	01:48&	00:34&	00:52&	01:18@	00:29&	00:00=	
12	Maira Andersone					93					47:25													
00:52+	03:06+	04:59+	07:10+	09:19+	11:50+	13:06+	14:41+	17:10+	19:41+	21:29+	22:53+	24:35+	26:04+	28:17+	29:50+	32:04+	33:34+	37:37+	39:33+	42:37+	44:28+	46:34+	47:25+	
00:52+	02:14+	01:53+	02:11+	02:09+	02:31+	01:16+	01:35+	02:29+	02:31+	01:48+	01:24+	01:42+	01:29+	02:13+	01:33+	02:14+	01:30+	04:03+	01:56+	03:04+	01:51+	02:06+	00:51+	
00:07#	00:25#	00:33&	01:12@	00:55&	01:02&	00:19&	00:43&	00:52&	01:02&	00:53&	00:34&	00:55@	00:41&	00:46&	00:29&	00:50&	00:40&	01:48&	00:53&	01:13&	00:53&	00:16#	00:13&	
Beste strekktid for klassen																								
	00:42	01:37	01:20	00:59	01:07	01:29	00:47	00:52	01:33	01:29	00:51	00:50	00:47	00:48	01:24	01:04	01:24	00:45	02:08	01:03	01:45	00:58	01:25	00:36
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																								
Damer B																								
1	Inger Tone Nygård					29					32:02													
01:12=	02:28=	04:04=	06:23=	08:25=	10:02=	11:19=	12:01=	12:58=	13:38=	14:50=	16:38=	17:52=	18:52=	20:56=	23:17=	24:01=	25:20=	27:21=	29:30=	30:48=	32:02=			
01:12=	01:16=	01:36=	02:19=	02:02=	01:37=	01:17=	00:42=	00:57=	00:40=	01:12=	01:48=	01:14=	01:00=	02:04=	02:21=	00:44=	01:19=	02:01=	02:09=	01:18=	01:14=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ann-Cathrin Nybak Urdal					118					33:04													
01:13+	02:44+	04:57+	07:31+	09:30+	11:18+	12:55+	13:35+	14:43+	15:21+	16:23+	18:24+	19:45+	20:56+	23:09+	24:57+	25:40+	27:13+	29:19+	30:23+	31:37+	33:04+			
01:13+	01:31+	02:13+	02:34+	01:59-	01:48+	01:37+	00:40-	01:08+	00:38-	01:02-	02:01+	01:21+	01:11+	02:13+	01:48-	00:43-	01:33+	02:06+	01:04-	01:14-	01:27+			
00:01+	00:15#	00:37&	00:15#	00:03-	00:11#	00:20&	00:02-	00:11#	00:02-	00:10-	00:13#	00:07+	00:11#	00:09+	00:33-	00:01-	00:14#	00:05+	01:05-	00:04-	00:13#			
3	Lise Isachsen					165					33:04													
00:58-	02:27-	04:16+	06:42+	08:54+	10:25+	11:47+	12:29+	13:28+	14:22+	15:21+	17:05+	18:23+	19:29+	21:32+	23:37+	24:23+	25:40+	28:45+	30:45+	31:50+	33:04+			
00:58-	01:29+	01:49+	02:26+	02:12+	01:31-	01:22+	00:42=	00:59+	00:54+	00:59-	01:44-	01:18+	01:06+	02:03-	02:05-	00:46+	01:17-	03:05+	02:00-	01:05-	01:14=			
00:14-	00:13#	00:13#	00:07+	00:10+	00:06-	00:05+	00:00=	00:02+	00:14&	00:13-	00:04-	00:04+	00:06#	00:01-	00:16-	00:02+	00:02-	01:04&	00:09-	00:13-	00:00=			
4	Anita Glenne Kallhovd					29					33:28													
01:07-	02:53+	05:05+	07:39+	09:55+	11:44+	13:05+	13:48+	15:07+	15:49+	16:55+	18:59+	20:19+	21:25+	23:35+	25:26+	26:08+	27:35+	29:45+	30:49+	32:09+	33:28+			
01:07-	01:46+	02:12+	02:34+	02:16+	01:49+	01:21+	00:43+	01:19+	00:42+	01:06-	02:04+	01:20+	01:06+	02:10+	01:51-	00:42-	01:27+	02:10+	01:04-	01:20+	01:19+			
00:05-	00:30&	00:36&	00:15#	00:14#	00:12#	00:04+	00:01+	00:22&	00:02+	00:06-	00:16#	00:06+	00:06#	00:06+	00:30-	00:02-	00:08#	00:09+	01:05-	00:02+	00:05+			
5	Hilde Nordbø					93					33:43													
01:20+	03:10+	05:33+	08:15+	10:11+	12:01+	13:29+	14:16+	15:16+	15:55+	16:53+	18:45+	20:18+	21:25+	23:44+	25:32+	26:19+	27:44+	29:54+	31:14+	32:26+	33:43+			
01:20+	01:50+	02:23+	02:42+	01:56-	01:50+	01:28+	00:47+	01:00+	00:39-	00:58-	01:52+	01:33+	01:07+	02:19+	01:48-	00:47+	01:25+	02:10+	01:20-	01:12-	01:17+			
00:08#	00:34&	00:47&	00:23#	00:06-	00:13#	00:11#	00:05#	00:03+	00:01-	00:14-	00:04+	00:19&	00:07#	00:15#	00:33-	00:03+	00:06+	00:09+	00:49-	00:06-	00:03+			
6	Ingrid W. Hestness					117					34:38													
01:10-	02:42+	04:35+	06:58+	09:14+	10:53+	12:14+	13:39+	15:58+	16:32+	17:36+	19:29+	20:54+	22:09+	24:20+	26:02+	26:46+	28:25+	30:19+	31:50+	33:21+	34:38+			
01:10-	01:32+	01:53+	02:23+	02:16+	01:39+	01:21+	01:25+	02:19+	00:34-	01:04-	01:53+	01:25+	01:15+	02:11+	01:42-	00:44=	01:39+	01:54-	01:31-	01:31+	01:17+			
00:02-	00:16#	00:17#	00:04+	00:14#	00:02+	00:04+	00:43@	01:22@	00:06-	00:08-	00:05+	00:11#	00:15#	00:07+	00:39-	00:00=	00:20&	00:07-	00:38-	00:13#	00:03+			
7	Jorunn Johannesen					116					34:40													
01:11-	02:47+	04:49+	07:27+	09:39+	11:22+	12:55+	13:41+	14:44+	15:32+	16:38+	18:44+	20:16+	21:25+	23:40+	25:59+	26:45+	28:18+	30:14+	31:11+	33:21+	34:40+			
01:11-	01:36+	02:02+	02:38+	02:12+	01:43+	01:33+	00:46+	01:03+	00:48+	01:06-	02:06+	01:32+	01:09+	02:15+	02:19-	00:46+	01:33+	01:56-	00:57-	02:10+	01:19+			
00:01-	00:20&	00:26&	00:19#	00:10+	00:06+	00:16#	00:04+	00:06#	00:08#	00:06-	00:18#	00:18#	00:09#	00:11+	00:02-	00:02+	00:14#	00:05-	01:12-	00:52&	00:05+			
8	Ann Karin Tjørhom					93					35:51													
01:15+	02:59+	04:57+	07:28+	10:03+	11:58+	13:32+	14:21+	15:28+	16:09+	17:27+	19:32+	21:03+	22:15+	24:31+	26:29+	27:16+	28:53+	31:12+	33:00+	34:24+	35:51+			
01:15+	01:44+	01:58+	02:31+	02:35+	01:55+	01:34+	00:49+	01:07+	00:41+	01:18+	02:05+	01:31+	01:12+	02:16+	01:58-	00:47+	01:37+	02:19+	01:48-	01:24+	01:27+			
00:03+	00:28&	00:22#	00:12+	00:33&	00:18#	00:17#	00:07#	00:10#	00:01+	00:06+	00:17#	00:17#	00:12#	00:12+	00:23-	00:03+	00:18#	00:18#	00:21-	00:06+	00:13#			

Plass	Navn										Klasse	Tid									
9	Anne Garsrud										90	36:21									
01:13+	03:00+	04:51+	07:10+	09:21+	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 Nystrøm										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&	01:15&	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+		

Plass	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+	11:26+	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&					

Plass	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+	01:54-	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#		

Plass	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+
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+
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#
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+
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+
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&
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+
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+
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&
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+
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+
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&
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+
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+
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&
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+
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+
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#
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+
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+
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&
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+
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+
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&
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+
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+
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&
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+
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+
00:00=	00:37&	00:24&	00:56&	00:58&	00:07#	00:38&	00:24&	00:09#	01:15&	00:14&	00:58#	00:29&
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+
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+
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#
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+
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+
00:01+	00:18#	00:12#	01:18&	00:29&	01:15#	00:21#	00:44&	00:42#	00:29-	01:32#	00:17-	00:38#
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+
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+
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&
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+
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+
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&
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+
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+
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#

Plass	Navn				Klasse				Tid			
35	Hilde Søndresen				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+
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+
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+
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+
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+
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+
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+
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+
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%	00:56%										
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+
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+
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%
01:41+	02:04+	00:56%										
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+
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+
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+
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+
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+
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+
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%	00:46%										
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+
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+
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+
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+
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#
24:01+	01:50+	01:55+										
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+
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+
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%
04:11+	01:39+	00:57+										
46	Solveig Møland				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+
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+
00:14%	00:29%	00:31%	01:08%	00:40%	00:25%	00:12-	00:26%	00:12%	00:43%	02:59%	00:01-	00:49%
22:53+	24:27+	26:50+	27:46+									
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+
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+
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%
24:36+	26:56+	28:05+										
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+
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+
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%
24:57+	27:47+	28:31+										
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+
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+
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%
25:28+	27:37+	28:36+										

Plass	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@

Plass	Navn				Klasse				Tid			
65	Linda Haukås				113				32:06			
00:47+	03:20+	04:38+	07:42+	09:58+	11:08+	13:21+	20:50+	23:56+	24:46+	26:10+	27:02+	29:03+
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+
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&	00:32&										
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+
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+
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&
28:49+	31:26+	32:43+										
02:13+	02:37+	01:17+										
01:05&	01:32&	00:48&										
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+
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+
00:41&	01:18&	01:09&	01:37&	01:38&	00:46&	00:27#	01:09&	00:36&	01:44&	00:27&	01:13&	00:53&
29:48+	32:19+	33:45+										
02:31+	02:31+	01:26+										
01:23&	01:26&	00:57&										
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+
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+
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&
28:34+	32:28+	33:45+										
02:10+	03:54+	01:17+										
01:02&	02:49&	00:48&										
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+
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+
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&
28:59+	32:27+	33:56+										
01:56+	03:28+	01:29+										
00:48&	02:23&	01:00&										
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+
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+
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&
30:56+	33:13+	34:24+										
02:38+	02:17+	01:11+										
01:30&	01:12&	00:42&										
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+
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+
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&
30:27+	33:17+	34:36+										
02:21+	02:50+	01:19+										
01:13&	01:45&	00:50&										
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+
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+
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&
31:36+	33:36+	34:39+										
02:23+	02:00+	01:03+										
01:15&	00:55&	00:34&										
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+
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+
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&
32:35+	35:34+	36:48+										
02:10+	02:59+	01:14+										
01:02&	01:54&	00:45&										
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+
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+
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&
35:06+	37:17+	38:05+										
01:27+	02:11+	00:48+										
00:19&	01:06&	00:19&										
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+
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+
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&
36:20+	38:40+	41:21+	42:48+									
01:15+	02:20+	02:41+	01:27+									
00:07#	01:15&	02:12&	01:27&									
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+
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+
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&
47:00+	49:26+	50:26+										
01:44+	02:26+	01:00+										
00:36&	01:21&	00:31&										
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	00:29										

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

Herrer 16 - 39 år

1	Torbjørn Ims Østby				66				27:44			
00:47=	01:57=	03:24=	05:31=	07:15=	08:41=	09:51=	10:27=	11:20=	11:50=	12:42=	14:17=	15:35=
00:47=	01:10=	01:27=	02:07=	01:44=	01:26=	01:10=	00:36=	00:53=	00:30=	00:52=	01:35=	01:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
16:37=	18:33=	20:15=	21:00=	22:18=	23:59=	25:04=	26:44=	27:44=				
01:02=	01:56=	01:42=	00:45=	01:18=	01:41=	01:05=	01:40=	01:00=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

Plass	Navn					Klasse					Tid											
2	Cato Eike					79					27:58											
	00:55+	02:15+	04:01+	06:21+	08:14+	09:35+	10:56+	11:40+	12:39+	13:06+	14:16+	15:46+	16:56+	17:53+	19:41+	21:39+	22:12+	23:26+	25:01+	25:53+	26:58+	27:58+
	00:55+	01:20+	01:46+	02:20+	01:53+	01:21-	01:21+	00:44+	00:59+	00:27-	01:10+	01:30-	01:10-	00:57-	01:48-	01:58+	00:33-	01:14-	01:35-	00:52-	01:05-	01:00=
	00:08#	00:10#	00:19#	00:13#	00:09+	00:05-	00:11#	00:08#	00:06#	00:03-	00:18&	00:05-	00:08-	00:05-	00:08-	00:16#	00:12-	00:04-	00:06-	00:13-	00:35-	00:00=
3	Marius Stene					27					29:47											
	00:54+	03:48+	05:17+	07:45+	09:22+	10:48+	11:54+	12:36+	13:28+	14:03+	15:05+	16:45+	17:57+	18:56+	20:51+	22:23+	22:58+	24:15+	25:53+	26:50+	28:47+	29:47+
	00:54+	02:54+	01:29+	02:28+	01:37-	01:26=	01:06-	00:42+	00:52-	00:35+	01:02+	01:40+	01:12-	00:59-	01:55-	01:32-	00:35-	01:17-	01:38-	00:57-	01:57+	01:00=
	00:07#	01:44&	00:02+	00:21#	00:07-	00:00=	00:04-	00:06#	00:01-	00:05#	00:10#	00:05+	00:06-	00:03-	00:01-	00:10-	00:10-	00:01-	00:03-	00:08-	00:17#	00:00=
4	Mathias Nødland					194					29:52											
	01:07+	02:34+	04:25+	06:14+	08:06+	09:35+	10:52+	11:32+	12:28+	13:10+	14:08+	15:58+	17:13+	18:15+	20:06+	22:01+	22:36+	23:56+	25:41+	27:35+	28:46+	29:52+
	01:07+	01:27+	01:51+	01:49-	01:52+	01:29+	01:17+	00:40+	00:56+	00:42+	00:58+	01:50+	01:15-	01:02=	01:51-	01:55+	00:35-	01:20+	01:45+	01:54+	01:11-	01:06+
	00:20&	00:17#	00:24&	00:18-	00:08+	00:03+	00:07#	00:04#	00:03+	00:12&	00:06#	00:15#	00:03-	00:00=	00:05-	00:13#	00:10-	00:02+	00:04+	00:49&	00:29-	00:06#
5	Morten Fenne					228					30:07											
	00:59+	02:33+	04:02+	06:04+	07:59+	09:30+	10:42+	11:19+	12:15+	12:41+	13:53+	15:30+	16:48+	17:45+	19:31+	21:24+	21:59+	23:11+	24:56+	27:22+	29:04+	30:07+
	00:59+	01:34+	01:29+	02:02-	01:55+	01:31+	01:12+	00:37+	00:56+	00:26-	01:12+	01:37+	01:18=	00:57-	01:46-	01:53+	00:35-	01:12-	01:45+	02:26+	01:42+	01:03+
	00:12&	00:24&	00:02+	00:05-	00:11#	00:05+	00:02+	00:01+	00:03+	00:04-	00:20&	00:02+	00:00=	00:05-	00:10-	00:11#	00:10-	00:06-	00:04+	01:21&	00:02+	00:03+
6	Håkon Eggebø					71					30:22											
	00:58+	02:23+	03:59+	06:30+	08:08+	09:40+	11:00+	11:42+	12:37+	13:10+	14:32+	16:25+	17:45+	18:45+	21:19+	23:11+	23:47+	24:58+	26:37+	27:55+	29:13+	30:22+
	00:58+	01:25+	01:36+	02:31+	01:38-	01:32+	01:20+	00:42+	00:55+	00:33+	01:22+	01:53+	01:20+	01:00-	02:34+	01:52+	00:36-	01:11-	01:39-	01:18+	01:18-	01:09+
	00:11#	00:15#	00:09#	00:24#	00:06-	00:06+	00:10#	00:06#	00:02+	00:03#	00:30&	00:18#	00:02+	00:02-	00:38&	00:10+	00:09-	00:07-	00:02-	00:13#	00:22-	00:09#
7	Andreas Segadal Breiland					194					31:00											
	01:02+	02:31+	04:24+	06:47+	08:32+	10:25+	11:53+	12:33+	13:29+	14:01+	15:00+	16:38+	17:55+	18:56+	21:25+	23:25+	24:02+	25:17+	27:09+	28:18+	29:48+	31:00+
	01:02+	01:29+	01:53+	02:23+	01:45+	01:53+	01:28+	00:40+	00:56+	00:32+	00:59+	01:38+	01:17-	01:01-	02:29+	02:00+	00:37-	01:15-	01:52+	01:09+	01:30-	01:12+
	00:15&	00:19&	00:26&	00:16#	00:01+	00:27&	00:18&	00:04#	00:03+	00:02+	00:07#	00:03+	00:01-	00:01-	00:33&	00:18#	00:08-	00:03-	00:11#	00:04+	00:10-	00:12#
8	Øivind Fandrem Høivik					66					31:24											
	01:07+	02:26+	04:27+	07:14+	09:00+	10:32+	11:50+	12:36+	13:35+	14:10+	15:15+	17:19+	18:51+	19:51+	21:56+	23:42+	24:26+	25:41+	27:50+	29:04+	30:18+	31:24+
	01:07+	01:19+	02:01+	02:47+	01:46+	01:32+	01:18+	00:46+	00:59+	00:35+	01:05+	02:04+	01:32+	01:00-	02:05+	01:46+	00:44-	01:15-	02:09+	01:14+	01:14-	01:06+
	00:20&	00:09#	00:34&	00:40&	00:02+	00:06+	00:08#	00:10&	00:06#	00:05#	00:13#	00:29&	00:14#	00:02-	00:09+	00:04+	00:01-	00:03-	00:28&	00:09#	00:26-	00:06#
9	Andreas Terjesen					213					31:27											
	00:59+	02:15+	03:42+	06:52+	08:34+	10:00+	11:18+	12:05+	13:33+	14:16+	15:34+	17:14+	18:40+	19:46+	22:34+	24:39+	25:16+	26:31+	28:10+	29:01+	30:24+	31:27+
	00:59+	01:16+	01:27=	03:10+	01:42-	01:26=	01:18+	00:47+	01:28+	00:43+	01:18+	01:40+	01:26+	01:06+	02:48+	02:05+	00:37-	01:15-	01:39-	00:51-	01:23-	01:03+
	00:12&	00:06+	00:00=	01:03&	00:02-	00:00=	00:08#	00:11&	00:35&	00:13&	00:26&	00:05+	00:08#	00:04+	00:52&	00:23#	00:08-	00:03-	00:02-	00:14-	00:17-	00:03+
10	Bjørnar Owren					74					31:46											
	01:01+	03:16+	04:55+	07:23+	09:13+	10:39+	12:05+	12:47+	13:51+	14:33+	15:51+	17:51+	19:09+	20:07+	22:13+	24:08+	24:42+	26:01+	27:36+	28:47+	30:37+	31:46+
	01:01+	02:15+	01:39+	02:28+	01:50+	01:26=	01:26+	00:42+	01:04+	00:42+	01:18+	02:00+	01:18=	00:58-	02:06+	01:55+	00:34-	01:19+	01:35-	01:11+	01:50+	01:09+
	00:14&	01:05&	00:12#	00:21#	00:06+	00:00=	00:16#	00:06#	00:11#	00:12&	00:26&	00:25&	00:00=	00:04-	00:10+	00:13#	00:11-	00:01+	00:06-	00:06+	00:10#	00:09#
11	Svein Kyllingstad					71					31:48											
	00:52+	02:38+	04:09+	06:15+	08:02+	11:10+	12:25+	13:09+	14:06+	14:43+	15:52+	17:25+	18:44+	19:53+	21:52+	23:38+	24:12+	25:34+	27:22+	29:35+	30:39+	31:48+
	00:52+	01:46+	01:31+	02:06-	01:47+	03:08+	01:15+	00:44+	00:57+	00:37+	01:09+	01:33-	01:19+	01:09+	01:59+	01:46+	00:34-	01:22+	01:48+	02:13+	01:04-	01:09+
	00:05#	00:36&	00:04+	00:01-	00:03+	01:42&	00:05+	00:08#	00:04+	00:07#	00:17&	00:02-	00:01+	00:07#	00:03+	00:04+	00:11-	00:04+	00:07+	01:08&	00:36-	00:09#
12	Bjørnar A. Alvær Sandsmark					68					31:53											
	01:00+	02:15+	03:45+	05:39+	07:19+	08:46+	10:01+	10:41+	11:37+	12:12+	13:29+	15:06+	16:26+	17:24+	19:38+	21:42+	22:16+	23:31+	25:09+	29:24+	30:49+	31:53+
	01:00+	01:15+	01:30+	01:54-	01:40-	01:27+	01:15+	00:40+	00:56+	00:35+	01:17+	01:37+	01:20+	00:58-	02:14+	02:04+	00:34-	01:15-	01:38-	04:15+	01:25-	01:04+
	00:13&	00:05+	00:03+	00:13-	00:04-	00:01+	00:05+	00:04#	00:03+	00:05#	00:25&	00:02+	00:02+	00:04-	00:18#	00:22#	00:11-	00:03-	00:03-	03:10&	00:15-	00:04+
13	David Wade					116					32:01											
	01:02+	02:37+	04:06+	06:16+	08:14+	09:46+	11:04+	11:50+	13:56+	14:51+	15:58+	17:54+	19:16+	20:29+	23:05+	24:50+	25:26+	26:48+	28:40+	29:42+	30:54+	32:01+
	01:02+	01:35+	01:29+	02:10+	01:58+	01:32+	01:18+	00:46+	02:06+	00:55+	01:07+	01:56+	01:22+	01:13+	02:36+	01:45+	00:36-	01:22+	01:52+	01:02-	01:12-	01:07+
	00:15&	00:25&	00:02+	00:03+	00:14#	00:06+	00:08#	00:10&	01:13&	00:25&	00:15&	00:21#	00:04+	00:11#	00:40&	00:03+	00:09-	00:04+	00:11#	00:03-	00:28-	00:07#
14	Thorben Beimel					239					32:58											
	01:00+	02:23+	04:17+	06:59+	08:41+	10:10+	11:50+	12:41+	13:34+	14:26+	15:33+	17:06+	18:21+	19:20+	23:10+	25:45+	26:22+	27:31+	29:16+	30:23+	32:00+	32:58+
	01:00+	01:23+	01:54+	02:42+	01:42-	01:29+	01:40+	00:51+	00:53=	00:52+	01:07+	01:33-	01:15-	00:59-	03:50+	02:35+	00:37-	01:09-	01:45+	01:07+	01:37-	00:58-
	00:13&	00:13#	00:27&	00:35&	00:02-	00:03+	00:30&	00:15&	00:00=	00:22&	00:15&	00:02-	00:03-	00:03-	01:54&	00:53&	00:08-	00:09-	00:04+	00:02+	00:03-	00:02-
15	Andreas Florian Ente					66					33:06											
	01:12+	02:31+	04:25+	06:38+	08:37+	10:24+	11:36+	12:17+	13:23+	14:13+	15:03+	16:53+	18:08+	19:34+	23:10+	25:26+	26:00+	27:23+	29:14+	30:37+	31:58+	33:06+
	01:12+	01:19+	01:54+	02:13+	01:59+	01:47+	01:12+	00:41+	01:06+	00:50+	00:50-	01:50+	01:15-	01:26+	03:36+	02:16+	00:34-	01:23+	01:51+	01:23+	01:21-	01:08+
	00:25&	00:09#	00:27&	00:06+	00:15#	00:21#	00:02+	00:05#	00:13#	00:20&	00:02-	00:15#	00:03-	00:24&	01:40&	00:34&	00:11-	00:05+	00:10+	00:18&	00:19-	00:08#
16	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+
	00:09#	00:29&	00:14#	00:10+	00:27&	00:14#	00:13#	00:07#	00:10#	00:08&	00:24&	00:10#	00:04+	00:04+	01:43&	00:22#	00:10-	00:18#	00:15#	00:02-	00:08-	00:12#

Plass	Navn						Klasse						Tid					
17	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+
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+
00:20&	00:19&	00:02+	00:24#	00:57&	00:34&		00:56&	00:08#	00:04+	00:00=	00:15&	00:07+	00:04-	00:05+	00:18#	00:37&	00:04-	00:05+
18	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+
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+
00:50@	00:35&	00:18#	00:31#	00:23#	00:15#		00:20&	00:19&	00:09#	00:07#	00:52&	00:26&	00:01+	00:07#	00:08+	00:04+	00:02-	00:06+
19	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+
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+
00:29&	00:26&	00:21#	00:41&	00:20#	00:35&		00:13#	00:11&	00:16&	00:21&	00:17&	00:32&	00:21&	00:10#	00:22#	00:09+	00:03+	00:14#
20	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+
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-
00:08#	00:05+	00:17#	00:29#	00:16-	00:01+		00:03-	00:22&	00:02+	00:02+	00:46&	00:00=	00:06-	00:12-	00:02+	00:02-	00:02+	00:04-
21	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+
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+
00:18&	00:20&	00:44&	01:16&	00:36&	00:03-		00:08#	00:10&	00:09#	00:29&	00:09#	00:36&	00:09-	00:01-	01:08&	01:01&	00:05-	00:19#
22	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+
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+
00:09#	00:22&	00:57&	00:46&	00:04+	00:37&		00:19&	00:21&	00:43&	00:09&	00:24&	00:15#	00:02-	00:02-	02:05@	00:09+	00:02-	00:10#
23	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+
01:03+	01:22+	02:04+	02:53+	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+
00:16&	00:12#	00:37&	00:25#	00:06+	00:26&		00:15#	00:23&	00:09#	00:14&	00:18&	00:17#	00:43&	00:04+	00:32&	01:53@	00:04-	00:08#
24	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+
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+
00:49@	00:39&	01:58@	00:40&	00:59&	00:07-		00:02-	00:08#	00:03-	00:43@	00:31&	00:08+	00:06-	00:47&	01:10&	01:13&	00:03-	00:11#
25	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+
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+
01:16@	00:29&	00:51&	00:53&	00:28&	00:23&		00:23&	00:14&	00:15&	00:16&	00:13#	00:35&	00:14#	00:29&	00:27#	00:42&	00:05#	00:20&
26	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+
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+
00:27&	00:15#	00:32&	01:23&	00:38&	00:19#		00:25&	00:18&	00:10#	00:23&	00:21&	00:26&	00:15#	00:08#	01:35&	00:20#	01:37@	00:08#
27	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+
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+
00:19&	00:19&	00:39&	02:10@	00:11#	00:18#		00:23&	00:15&	00:09#	00:14&	00:19&	00:18#	00:13#	00:13#	00:16#	01:22&	00:00=	00:34&
28	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+
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+
00:18&	00:26&	00:11#	01:01&	00:04+	00:29&		00:25&	00:06#	00:14&	00:07#	00:14&	00:27&	00:02+	00:07#	01:16&	00:50&	00:02-	00:11#
29	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+
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+
00:21&	00:27&	01:08&	01:10&	00:16#	00:18#		00:13#	00:16&	01:47@	01:18@	00:39&	00:21#	00:03+	00:10#	03:24@	00:20#	00:00=	00:13#
30	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+
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+
00:44&	00:39&	00:52&	02:00&	00:38&	00:34&		00:29&	00:18&	00:36&	00:38@	01:03@	00:47&	00:34&	00:20&	00:29#	01:11&	00:06#	00:35&
31	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+
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+
00:52@	00:31&	00:49&	02:00&	01:15&	00:35&		00:44&	00:18&	00:23&	00:31@	00:42&	00:53&	00:19#	00:18&	02:24@	00:51&	00:14&	00:45&

Plass	Klasse																Tid																	
Beste strekktid for klassen																																		
	00:47	01:10	01:27	01:49	01:28	01:19	01:06	00:36	00:50	00:26	00:50	01:30	01:09	00:50	01:46	01:32	00:33	01:09	01:35	00:51	01:04	00:57												
= 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=	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=	00:06=	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+	00:01=	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=	00:20=	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=	00:03+	00:04=	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&	00:33&	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&													
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&													

Plass	Navn					Klasse					Tid										
14	Leif Kjetil Hinna Gausel					116					34:31										
01:11-	02:34-	04:06-	06:12-	09:16+	10:54+	12:07+	16:03+	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					34:49										
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@	00:09-	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#	00:03-	00:13-
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+															

Plass	Navn				Klasse				Tid			
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+
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+
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+
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+
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#	00:08#	02:21#	00:41#	00:07#	00:31#
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+
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+
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+
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+
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+
00:06+	00:46#	00:42#	00:27#	00:06+	00:17-	00:27#	01:25#	00:06+	00:27#	00:06+	00:27#	00:06+
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+
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+
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+
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+
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+
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+
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+
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+
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#	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+
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+
01:01#	00:33#	01:28#	02:13#	01:20#	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=
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=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
00:00=	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+
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+
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-	00:08-	00:26#	00:09#			
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+
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+
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#	01:10-	00:02+	00:15#
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+
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+
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+	01:36#	00:22-	00:03+	00:01+	01:36#	00:22-	00:03+	00:01+

Plass	Navn				Klasse				Tid			
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+
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+
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#
6	Bertrand Denieul				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+
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+
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+
											00:03+	00:23-
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+
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+
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#
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+
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+
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#
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+
00:44+	01:44+	01:11=	01:00-	00:59+	01:16+	01:35-	00:47+	01:14-	01:47+	01:22-	01:13+	01:15+
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-
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+
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+
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+
11	Arne Magne Sondresen				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+
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+
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-
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+
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+
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&
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+
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+
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+
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+
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+
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-
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+
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+
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#
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+
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+
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&
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+
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+
00:06#	00:06+	00:13#	00:11-	00:11#	00:17&	00:27&	00:09#	00:03-	00:05+	00:04-	00:14#	00:09#
											00:14#	00:17#
18	Trygve Michaelsen				117				34:35			
00:37-	02:07-	03:33+	04:39+	05:45+	06:37+	08:22+	09:16+	10:55+	12:47+	14:19+	16:10+	17:35+
00:37-	01:30-	01:26+	01:06-	01:06+	00:52+	01:45+	00:54+	01:39+	01:52+	01:32-	01:51+	01:25+
00:01-	00:11-	00:15#	00:01-	00:10#	00:05#	00:07+	00:15&	00:12#	00:10+	00:01-	00:42&	00:15#
											00:13#	01:00&
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+
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+
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+

Plass	Navn					Klasse					Tid				
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+
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+
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#
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+
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+
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+
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+
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+
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+
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+
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+
00:01+	00:01+	00:17#	00:04+	00:25#	00:23#	00:11#	00:08#	00:05-	00:18#	00:13#	00:19#	00:17#	00:22#	00:09+	00:08#
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+
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-
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-
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+
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+
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+
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+
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+
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#
27	Harald Taksdal					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+
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+
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#
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+
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+
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#
29	Sigbjørn Gløppen					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+
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+
00:20#	00:03+	00:15#	00:30#	00:23#	00:01+	00:57#	00:16#	00:15#	00:02+	00:03-	00:13#	00:27#	00:15#	01:07#	00:21#
30	Stein Arve Finnestad					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+
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+
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#
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+
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-
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-
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+
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+
00:17#	00:02+	00:59#	00:21#	00:05+	00:04+	00:19#	00:08#	00:10-	00:34#	00:19#	00:13#	00:23#	00:19#	01:28#	01:19#
33	Geir Rune Seldal					192					40:47				
00:50+	02:36+	04:01+	05:33+	06:57+	08:06+	10:06+	10:50+	12:21+	14:46+	16:32+	18:11+	19:53+	22:13+	25:20+	27:02+
00:50+	01:46+	01:25+	01:32+	01:24+	01:09+	02:00+	00:44+	01:31+	02:25+	01:46+	01:39+	01:42+	02:20+	03:07+	01:42+
00:12#	00:05+	00:14#	00:25#	00:28#	00:22#	00:22#	00:05#	00:04+	00:43#	00:13#	00:30#	00:32#	01:00#	00:52#	00:38#
34	Steinar Torjusen					167					40:55				
00:54+	02:29+	03:43+	05:05+	06:11+	07:00+	10:14+	10:56+	12:15+	14:41+	16:33+	17:54+	20:21+	22:05+	24:50+	26:12+
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+
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#

Plass	Navn					Klasse					Tid				
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+
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+
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#
													00:28&	00:13#	00:04+
													00:27-	00:26#	00:24&
													00:24#	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+
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+
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#
													00:10#	00:04+	00:00=
													01:08&	01:15+	00:29-
													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+
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+
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&	00:16&	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+
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+
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&	00:16&	00:19&
													00:24#	00:18#	00:16&
													00:42#	00:15&	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+
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+
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#	00:15&	00:15&
40	Asbjørn Brådland					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+
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+
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+
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+
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&
													00:51&	01:31#	00:34&
													00:35+	00:35+	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+
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+
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#	00:52#	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+
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+
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#	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+
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+
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+	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+
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+
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&	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	00:37	00:27

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

Herrer 60 - 64 år

1	Espen Krogh										7	27:51									
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=
2	Kjell Skjæveland										108	28:33									
01:35+	02:42+	03:46+	05:59+	07:21+	08:54+	10:38+	12:01+	13:18+	14:34+	15:15+	16:59+	18:33+	20:19+	20:42+	22:06+	22:45+	24:29+	25:34+	26:42+	28:01+	28:33+
01:35+	01:07+	01:04+	02:13-	01:22+	01:33+	01:44+	01:23+	01:17-	01:16+	00:41-	01:44+	01:34+	01:46+	00:23+	01:24-	00:39+	01:44+	01:05-	01:08+	01:19+	00:32-
00:14#	00:08#	00:08#	00:04-	00:15#	00:03+	00:10#	00:06+	00:29-	00:05+	00:01-	00:14#	00:06+	00:11#	00:03#	00:04-	00:07#	00:03+	00:50-	00:12#	00:06+	00:01-

Plass	Navn					Klasse					Tid										
3	Dag Helliksen					80					33:03										
01:14-	02:29+	03:36+	06:08+	07:22+	09:06+	10:58+	12:21+	14:14+	15:27+	16:10+	18:04+	19:35+	21:39+	22:01+	23:34+	24:13+	27:19+	28:59+	31:13+	32:24+	33:03+
01:14-	01:15+	01:07+	02:32+	01:14+	01:44+	01:52+	01:23+	01:53+	01:13+	00:43+	01:54+	01:31+	02:04+	00:22+	01:33+	00:39+	03:06+	01:40-	02:14+	01:11-	00:39+
00:07-	00:16%	00:11#	00:15#	00:07#	00:14#	00:18#	00:06+	00:07+	00:02+	00:01+	00:24%	00:03+	00:29%	00:02#	00:05+	00:07#	01:25%	00:15-	01:18@	00:02-	00:06#
4	Torbjørn Evensen					108					34:34										
01:19-	02:34+	03:42+	06:07+	07:27+	09:19+	11:12+	12:57+	14:59+	16:21+	17:12+	18:57+	20:37+	22:41+	23:06+	24:55+	25:36+	30:00+	31:19+	32:29+	33:54+	34:34+
01:19-	01:15+	01:08+	02:25+	01:20+	01:52+	01:53+	01:45+	02:02+	01:22+	00:51+	01:45+	01:40+	02:04+	00:25+	01:49+	00:41+	04:24+	01:19-	01:10+	01:25+	00:40+
00:02-	00:16%	00:12#	00:08+	00:13#	00:22#	00:19#	00:28%	00:16#	00:11#	00:09#	00:15#	00:12#	00:29%	00:05#	00:21#	00:09%	02:43@	00:36-	00:14#	00:12#	00:07#
5	Lars Salvesen					50					34:39										
01:58+	03:26+	04:32+	07:59+	09:22+	11:23+	13:29+	14:51+	16:24+	17:51+	18:50+	20:56+	22:31+	24:39+	25:08+	26:56+	27:38+	29:56+	31:22+	32:46+	34:08+	34:39+
01:58+	01:28+	01:06+	03:27+	01:23+	02:01+	02:06+	01:22+	01:33-	01:27+	00:59+	02:06+	01:35+	02:08+	00:29+	01:48+	00:42+	02:18+	01:26-	01:24+	01:22+	00:31-
00:37%	00:29%	00:10#	01:10%	00:16#	00:31%	00:32%	00:05+	00:13-	00:16#	00:17%	00:36%	00:07+	00:33%	00:09%	00:20#	00:10%	00:37%	00:29-	00:28%	00:09#	00:02-
6	Tor Harald Lunde					47					34:48										
01:29+	03:24+	04:33+	07:01+	08:47+	10:59+	13:04+	14:53+	16:29+	17:48+	18:34+	20:29+	22:14+	24:21+	24:50+	26:53+	27:34+	30:06+	31:35+	32:45+	34:11+	34:48+
01:29+	01:55+	01:09+	02:28+	01:46+	02:12+	02:05+	01:49+	01:36-	01:19+	00:46+	01:55+	01:45+	02:07+	00:29+	02:03+	00:41+	02:32+	01:29-	01:10+	01:26+	00:37+
00:08+	00:56%	00:13#	00:11+	00:39%	00:42%	00:31%	00:32%	00:10-	00:08#	00:04+	00:25%	00:17#	00:32%	00:09%	00:35%	00:09%	00:51%	00:26-	00:14#	00:13#	00:04#
7	Bjørn Sivertsen					99					35:58										
01:24+	03:00+	04:17+	07:03+	08:23+	10:29+	13:46+	15:27+	17:15+	18:35+	19:26+	21:14+	23:06+	25:54+	26:18+	28:01+	28:43+	31:00+	32:37+	33:44+	35:13+	35:58+
01:24+	01:36+	01:17+	02:46+	01:20+	02:06+	03:17+	01:41+	01:48+	01:20+	00:51+	01:48+	01:52+	02:48+	00:24+	01:43+	00:42+	02:17+	01:37-	01:07+	01:29+	00:45+
00:03+	00:37%	00:21%	00:29#	00:13#	00:36%	01:43@	00:24%	00:02+	00:09#	00:09#	00:18#	00:24%	01:13%	00:04#	00:15#	00:10%	00:36%	00:18-	00:11#	00:16#	00:12%
8	Sveinung Tveit					236					36:00										
01:34+	02:50+	04:45+	07:03+	08:36+	10:14+	12:25+	14:16+	15:36+	17:01+	17:50+	19:54+	21:26+	23:32+	24:00+	26:00+	26:44+	30:34+	32:44+	33:44+	35:19+	36:00+
01:34+	01:16+	01:55+	02:18+	01:33+	01:38+	02:11+	01:51+	01:20-	01:25+	00:49+	02:04+	01:32+	02:06+	00:28+	02:00+	00:44+	03:50+	02:10+	01:00+	01:35+	00:41+
00:13#	00:17%	00:59@	00:01+	00:26%	00:08+	00:37%	00:34%	00:26-	00:14#	00:07#	00:34%	00:04+	00:31%	00:08%	00:32%	00:12%	02:09@	00:15#	00:04+	00:22%	00:08#
9	Terje Stokkeland					69					36:20										
01:41+	03:01+	04:36+	08:52+	10:12+	11:57+	13:49+	15:25+	17:12+	18:32+	19:20+	21:06+	22:31+	24:44+	25:09+	27:04+	28:17+	30:59+	32:14+	34:04+	35:45+	36:20+
01:41+	01:20+	01:35+	04:16+	01:20+	01:45+	01:52+	01:36+	01:47+	01:20+	00:48+	01:46+	01:25-	02:13+	00:25+	01:55+	01:13+	02:42+	01:15-	01:50+	01:41+	00:35+
00:20#	00:21%	00:39%	01:59%	00:13#	00:15#	00:18#	00:19#	00:01+	00:09#	00:06#	00:16#	00:03-	00:38%	00:05#	00:27%	00:41@	01:01%	00:40-	00:54%	00:28%	00:02+
10	Kjell Lervik					239					38:12										
01:28+	03:11+	05:48+	09:24+	11:13+	13:27+	15:47+	17:52+	19:41+	21:05+	21:59+	23:54+	26:03+	28:25+	28:56+	30:49+	31:30+	33:29+	34:48+	36:08+	37:35+	38:12+
01:28+	01:43+	02:37+	03:36+	01:49+	02:14+	02:20+	02:05+	01:49+	01:24+	00:54+	01:55+	02:09+	02:22+	00:31+	01:53+	00:41+	01:59+	01:19-	01:20+	01:27+	00:37+
00:07+	00:44%	01:41@	01:19%	00:42%	00:44%	00:46%	00:48%	00:03+	00:13#	00:12%	00:25%	00:41%	00:47%	00:11%	00:25%	00:09%	00:18#	00:36-	00:24%	00:14#	00:04#
11	Øyvind Nagel-Alne					74					38:50										
01:39+	03:17+	04:47+	08:17+	09:49+	11:48+	13:57+	15:46+	18:40+	20:10+	21:01+	23:16+	24:56+	27:08+	27:34+	29:36+	30:24+	32:45+	34:07+	35:25+	38:07+	38:50+
01:39+	01:38+	01:30+	03:30+	01:32+	01:59+	02:09+	01:49+	02:54+	01:30+	00:51+	02:15+	01:40+	02:12+	00:26+	02:02+	00:48+	02:21+	01:22-	01:18+	02:42+	00:43+
00:18#	00:39%	00:34%	01:13%	00:25%	00:29%	00:35%	00:32%	01:08%	00:19%	00:09#	00:45%	00:12#	00:37%	00:06%	00:34%	00:16%	00:40%	00:33-	00:22%	01:29@	00:10%
12	Agnar Lien					7					42:15										
01:27+	02:47+	05:42+	10:10+	11:55+	13:59+	16:09+	18:16+	19:55+	21:22+	22:13+	24:01+	25:41+	27:53+	28:24+	30:33+	31:19+	33:34+	34:45+	39:48+	41:25+	42:15+
01:27+	01:20+	02:55+	04:28+	01:45+	02:04+	02:10+	02:07+	01:39-	01:27+	00:51+	01:48+	01:40+	02:12+	00:31+	02:09+	00:46+	02:15+	01:11-	05:03+	01:37+	00:50+
00:06+	00:21%	01:59@	02:11%	00:38%	00:34%	00:36%	00:50%	00:07-	00:16#	00:09#	00:18#	00:12#	00:37%	00:11%	00:41%	00:14%	00:34%	00:44-	04:07@	00:24%	00:17%
13	Inge Johan Øverland					93					43:42										
01:48+	03:16+	05:37+	09:03+	10:45+	12:53+	14:54+	16:41+	19:08+	20:50+	21:53+	24:07+	25:52+	28:18+	28:44+	31:29+	32:14+	34:48+	36:11+	37:24+	42:48+	43:42+
01:48+	01:28+	02:21+	03:26+	01:42+	02:08+	02:01+	01:47+	02:27+	01:42+	01:03+	02:14+	01:45+	02:26+	00:26+	02:45+	00:45+	02:34+	01:23-	01:13+	05:24+	00:54+
00:27%	00:29%	01:25@	01:09%	00:35%	00:38%	00:27%	00:30%	00:41%	00:31%	00:21%	00:44%	00:17#	00:51%	00:06%	01:17%	00:13%	00:53%	00:32-	00:17%	04:11@	00:21%
14	Tore Karlsen					105					44:10										
01:33+	03:15+	04:41+	08:44+	11:29+	13:55+	16:23+	18:38+	20:27+	22:06+	22:59+	25:45+	28:31+	30:40+	31:13+	33:29+	34:30+	37:35+	38:59+	41:06+	43:23+	44:10+
01:33+	01:42+	01:26+	04:03+	02:45+	02:26+	02:28+	02:15+	01:49+	01:39+	00:53+	02:46+	02:46+	02:09+	00:33+	02:16+	01:01+	03:05+	01:24-	02:07+	02:17+	00:47+
00:12#	00:43%	00:30%	01:46%	01:38@	00:56%	00:54%	00:58%	00:03+	00:28%	00:11%	01:16%	01:18%	00:34%	00:13%	00:48%	00:29%	01:24%	00:31-	01:11@	01:04%	00:14%
15	Rolf Kleppe					63					46:19										
01:54+	04:16+	05:43+	09:43+	11:44+	14:19+	16:52+	19:04+	21:11+	22:58+	25:33+	28:00+	30:16+	33:09+	33:36+	35:51+	36:33+	39:27+	42:12+	43:49+	45:32+	46:19+
01:54+	02:22+	01:27+	04:00+	02:01+	02:35+	02:33+	02:12+	02:07+	01:47+	02:35+	02:27+	02:16+	02:53+	00:27+	02:15+	00:42+	02:54+	02:45+	01:37+	01:43+	00:47+
00:33%	01:23@	00:31%	01:43%	00:54%	01:05%	00:59%	00:55%	00:21#	00:36%	01:53@	00:57%	00:48%	01:18%	00:07%	00:47%	00:10%	01:13%	00:50%	00:41%	00:30%	00:14%
16	Egil Røyneberg					93					57:41										
05:36+	07:26+	09:47+	14:23+	16:17+	19:26+	21:56+	23:59+	26:05+	27:41+	29:00+	31:39+	33:58+	39:47+	40:10+	43:49+	44:41+	51:37+	53:08+	54:48+	56:54+	57:41+
05:36+	01:50+	02:21+	04:36+	01:54+	03:09+	02:30+	02:03+	02:06+	01:36+	01:19+	02:39+	02:19+	05:49+	00:23+	03:39+	00:52+	06:56+	01:31-	01:40+	02:06+	00:47+
04:15@	00:51%	01:25@	02:19@	00:47%	01:39@	00:56%	00:46%	00:20#	00:25%	00:37%	01:09%	00:51%	04:14@	00:03#	02:11@	00:20%	05:15@	00:24-	00:44%	00:53%	00:14%
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

Plass	Navn	Klasse	Tid
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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#	00:27=	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=
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=

Plass	Navn										Klasse	Tid										
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&	
Beste strekktid for klassen																						
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&	
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+	

Plass	Navn				Klasse				Tid			
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+
	01:38+	01:42+	01:35+	03:09+	01:22+	02:00+	02:03+	01:28+	01:35+	01:27+	00:54+	02:07+
	00:26%	00:39%	00:32%	00:56%	00:13#	00:36%	00:32%	00:15#	00:26%	00:19%	00:09#	00:39%
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+
	02:07+	01:27+	01:07+	02:41+	01:18+	01:59+	01:48+	01:42+	01:44+	01:24+	00:55+	03:09+
	00:55%	00:24%	00:04+	00:28#	00:09#	00:35%	00:17#	00:29%	00:35%	00:16#	00:10#	01:41@
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+
	01:32+	01:33+	01:18+	03:39+	01:30+	01:56+	02:00+	01:36+	01:34+	01:36+	00:55+	02:02+
	00:20%	00:30%	00:15#	01:26%	00:21%	00:32%	00:29%	00:23%	00:25%	00:28%	00:10#	00:34%
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+
	01:28+	01:38+	01:18+	02:49+	01:35+	01:52+	01:52+	01:42+	01:30+	01:37+	00:52+	01:55+
	00:16#	00:35%	00:15#	00:36%	00:26%	00:28%	00:21#	00:29%	00:21%	00:29%	00:07#	00:27%
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+
	01:33+	01:46+	01:36+	03:33+	01:18+	02:48+	02:35+	01:52+	01:49+	01:30+	00:57+	01:55+
	00:21%	00:43%	00:33%	01:20%	00:09#	01:24%	01:04%	00:39%	00:40%	00:22%	00:12%	00:27%
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+
	01:27+	01:22+	01:24+	02:42+	01:37+	02:02+	02:12+	01:58+	01:24+	01:24+	00:56+	02:36+
	00:15#	00:19%	00:21%	00:29#	00:28%	00:38%	00:41%	00:45%	00:15#	00:16#	00:11#	01:08%
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+
	01:38+	01:36+	01:28+	02:53+	01:46+	02:09+	02:11+	01:52+	01:36+	01:29+	01:03+	02:13+
	00:26%	00:33%	00:25%	00:40%	00:37%	00:45%	00:40%	00:39%	00:27%	00:21%	00:18%	00:45%
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+
	01:34+	01:25+	01:25+	02:51+	01:31+	01:51+	02:13+	02:11+	01:44+	01:52+	00:56+	03:03+
	00:22%	00:22%	00:22%	00:38%	00:22%	00:27%	00:42%	00:58%	00:35%	00:44%	00:11#	01:35@
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+
	01:57+	01:33+	01:43+	03:39+	01:44+	01:46+	02:03+	01:36+	01:34+	01:31+	01:00+	03:56+
	00:45%	00:30%	00:40%	01:26%	00:35%	00:22%	00:32%	00:23%	00:25%	00:23%	00:15%	02:28@
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+
	01:53+	01:39+	01:31+	02:52+	01:56+	02:39+	02:25+	01:52+	01:42+	02:24+	00:59+	02:20+
	00:41%	00:36%	00:28%	00:39%	00:47%	01:15%	00:54%	00:39%	00:33%	01:16@	00:14%	00:52%
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+
	01:48+	01:41+	02:49+	03:12+	01:40+	02:10+	02:37+	02:09+	02:18+	01:56+	01:11+	02:13+
	00:36%	00:38%	01:46@	00:59%	00:31%	00:46%	01:06%	00:56%	01:09%	00:48%	00:26%	00:45%
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+
	01:36+	01:28+	04:32+	04:46+	01:40+	03:40+	02:03+	01:44+	01:55+	01:32+	00:55+	02:03+
	00:24%	00:25%	03:29@	02:33@	00:31%	02:16@	00:32%	00:31%	00:46%	00:24%	00:10#	00:35%
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+
	02:09+	01:58+	01:39+	03:37+	01:56+	02:39+	02:38+	03:02+	02:23+	01:56+	01:15+	02:31+
	00:57%	00:55%	00:36%	01:24%	00:47%	01:15%	01:07%	01:49@	01:14@	00:48%	00:30%	01:03%
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+
	02:12+	01:45+	01:40+	03:44+	01:59+	02:35+	02:44+	03:18+	02:06+	02:13+	01:02+	03:21+
	01:00%	00:42%	00:37%	01:31%	00:50%	01:11%	01:13%	02:05@	00:57%	01:05%	00:17%	01:53@
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+
	02:09+	01:56+	02:38+	03:57+	01:42+	03:03+	02:57+	01:50+	01:46+	01:49+	01:01+	02:22+
	00:57%	00:53%	01:35@	01:44%	00:33%	01:39@	01:26%	00:37%	00:37%	00:41%	00:16%	00:54%

Plass	Navn										Klasse	Tid									
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
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= 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+	
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+	
00:35&	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@	
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
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer 80 år og eldre

Plass	Navn										Klasse										Tid										
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=	01:18+	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+	01:28=	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=																															
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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+																															
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+																															
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Plass	Navn				Klasse				Tid																			
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&			
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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+																												
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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+																												
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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+																												
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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=																												
2	Tom Furland				62				32:39																			
00:27+	01:44+	02:57+	03:55+	05:42+	06:35+	07:31+	08:28+	09:27+	10:36+	11:33+	12:31+	14:08+	15:41+	16:51+	17:57+	20:06+	21:16+	22:08+	23:44+	25:28+	26:38+	28:10+	29:03+	30:40+	32:04+			
00:27+	01:17+	01:13+	00:58-	01:47+	00:53+	00:56=	00:57+	00:59+	01:09+	00:57+	00:58+	01:37-	01:33-	01:10+	01:06+	02:09+	01:10-	00:52-	01:36+	01:44=	01:10+	01:32-	00:53+	01:37+	01:24-			
00:03#	00:06+	00:12#	00:16-	00:04+	00:03+	00:00=	00:05+	00:05+	00:04+	00:07#	00:03+	00:03-	00:02-	00:02+	00:02+	00:09+	00:04-	00:04-	00:04+	00:00=	00:02+	00:09-	00:05#	00:20&	00:02-			
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11.05.2019 15.00.55																												
Side:30																												

Plass	Navn				Klasse				Tid			
3	Magnus Landstad				66				32:52			
	00:28+	01:50+	03:08+	04:08+	05:57+	06:54+	07:50+	08:48+	09:42+	11:03+	11:59+	12:56+
	00:28+	01:22+	01:18+	01:00-	01:49+	00:57+	00:56=	00:58+	00:54=	01:21+	00:56+	00:57+
	00:04#	00:11#	00:17&	00:14-	00:06+	00:07#	00:00=	00:06#	00:00=	00:16#	00:06#	00:02+
	32:52+											00:03-
4	Geir Sand				105				33:08			
	00:26+	01:50+	03:04+	04:05+	05:52+	06:52+	07:44+	08:42+	09:39+	11:17+	12:11+	13:08+
	00:26+	01:24+	01:14+	01:01-	01:47+	01:00+	00:52-	00:58+	00:57+	01:38+	00:54+	00:57+
	00:02+	00:13#	00:13#	00:13-	00:04+	00:10#	00:04-	00:06#	00:03+	00:33&	00:04+	00:02+
	33:08+											00:07+
5	Oddgeir Eikeskog				93				33:20			
	00:25+	01:45+	02:47+	03:39-	05:30-	06:30+	07:29+	08:24+	09:23+	10:32+	11:28+	12:30+
	00:25+	01:20+	01:02+	00:52-	01:51+	01:00+	00:59+	00:55+	00:59+	01:09+	00:56+	01:02+
	00:01+	00:09#	00:01+	00:22-	00:08+	00:10#	00:03+	00:03+	00:05+	00:04+	00:06#	00:07#
	33:20+											00:07+
6	Joar Eilevstjønn				67				33:29			
	00:25+	02:21+	03:28+	04:32+	06:15+	07:15+	08:07+	09:11+	10:14+	11:29+	12:16+	13:16+
	00:25+	01:56+	01:07+	01:04-	01:43=	01:00+	00:52-	01:04+	01:03+	01:15+	00:47-	01:00+
	00:01+	00:45&	00:06+	00:10-	00:00=	00:10#	00:04-	00:12#	00:09#	00:10#	00:03-	00:05+
	33:29+											00:09+
7	Morten Aamodt				116				34:35			
	00:28+	01:48+	03:14+	04:13+	06:00+	07:01+	07:58+	08:57+	09:56+	11:26+	12:20+	13:17+
	00:28+	01:20+	01:26+	00:59-	01:47+	01:01+	00:57+	00:59+	00:59+	01:30+	00:54+	00:57+
	00:04#	00:09#	00:25&	00:15-	00:04+	00:11#	00:01+	00:07#	00:05+	00:25&	00:04+	00:02+
	34:35+											00:03+
8	Bjørnar André Haug				80				35:09			
	00:26+	01:53+	03:15+	04:35+	06:31+	07:32+	08:29+	09:35+	10:44+	12:09+	13:02+	14:06+
	00:26+	01:27+	01:22+	01:20+	01:56+	01:01+	00:57+	01:06+	01:09+	01:25+	00:53+	01:04+
	00:02+	00:16#	00:21&	00:06+	00:13#	00:11#	00:01+	00:14&	00:15&	00:20&	00:03+	00:09#
	35:09+											00:01-
9	Odd Fuglestad				250				35:42			
	00:25+	01:45+	03:04+	04:03+	05:57+	06:58+	08:01+	09:05+	10:03+	11:27+	12:27+	13:30+
	00:25+	01:20+	01:19+	00:59-	01:54+	01:01+	01:03+	01:04+	00:58+	01:24+	01:00+	01:03+
	00:01+	00:09#	00:18&	00:15-	00:11#	00:11#	00:07#	00:12#	00:04+	00:19&	00:10#	00:08#
	35:42+											00:05+
10	Sturla Stokkeland				194				36:30			
	00:26+	01:55+	03:19+	04:25+	06:22+	07:22+	08:20+	09:27+	10:32+	12:04+	13:07+	14:24+
	00:26+	01:29+	01:24+	01:06-	01:57+	01:00+	00:58+	01:07+	01:05+	01:32+	01:03+	01:17+
	00:02+	00:18&	00:23&	00:08-	00:14#	00:10#	00:02+	00:15&	00:11#	00:27&	00:13&	00:22&
	36:30+											00:05+
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+
	00:24=	01:17+	01:07+	01:18+	01:47+	00:54+	00:55-	00:58+	01:07+	01:30+	00:59+	03:59+
	00:00=	00:06+	00:06+	00:04+	00:04+	00:04+	00:01-	00:06#	00:13#	00:25&	00:09#	03:04@
	37:45+											00:06+

Plass	Navn										Klasse										Tid									
12	Svein Erik Kvame										116										39:07									
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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#					
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13	Jørgen Breivold										54										40:27									
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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#					
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2	Jan Einar Øvremo										50										31:23									
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	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+			
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5	Nils John Vestøl					83					32:56																
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	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-			
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6	Otte Omdal					65					33:20																
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	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																
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	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+			
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8	Trond Nilsen Lamark					114					34:37																
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9	Inge Løland					114					35:09																
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10	Knut Taugbøl					116					35:11																
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11	Jon Myklebust					116					35:53																
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12	Ivar Knutsen					116					40:49																
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13	Paul Terje Haarr					62					40:57																
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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+	01:51+	01:11+	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+	00:56+			
	00:15%	00:23#	00:17#	00:32%	00:27%	00:32%	00:14#	04:17%	00:17#	00:21#	00:12#	00:19%	00:16#	00:16%	00:26%	00:17#	00:24%	01:08%	00:37%	00:18#	01:01%	00:20%	02:32%	00:19%			
Beste strekketid for klassen																											
	00:39	01:38	01:02	00:38	01:06	01:29	00:49	00:57	00:57	01:30	00:51	00:48	00:53	00:49	00:55	01:08	01:09	00:50	01:01	01:12	01:16	01:03	01:12	00:31			

Plass	Navn					Klasse					Tid				
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=
	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=
	00:00=	00:00=	00:00=	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	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+
	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+
	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#
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+
	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+
	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#
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+
	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+
	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+
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+
	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+
	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&
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+
	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+
	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#
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+
	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+
	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#
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+
	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+
	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&
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+
	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+
	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&
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+
	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+
	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&

Plass	Navn					Klasse					Tid								
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+	01:23+	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+	00:10-	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#
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#

Plass	Navn			Klasse							Tid						
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+
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+
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&
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+
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+
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&
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+
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+
00:20&	00:30&	00:21&	00:32&	00:30&	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&
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+
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+
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&
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+
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-
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-
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+
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+
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&
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+
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+
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@
33	Arild 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+
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+
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&
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+
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+
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&
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+
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+
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&
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+
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+
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&
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+
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+
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&
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+
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+
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&
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+
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+
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&
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+
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+
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@

Plass	Navn			Klasse							Tid						
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+
	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+
	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&
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+
	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+
	00:08&	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@
43	Robert Soggemoen			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+
	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+
	01:29@	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&
44	Sverre Uhlving			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+
	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+
	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&
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+
	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+
	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&
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+
	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+
	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&
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+
	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+
	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&
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+
	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+
	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&
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+
	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+
	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&
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+
	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+
	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&
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+
	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+
	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&
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+
	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+
	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#
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+
	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+
	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&
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+
	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+
	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&
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+
	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+
	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&

Plass	Navn										Klasse										Tid									
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.																														