

Plass	Navn										Klasse	Tid									
15	Heidi Nordaunet										126	34:17									
01:13+	03:27+	05:16+	12:34+	13:43+	15:26+	17:40+	20:40+	21:25+	23:03+	24:51+	26:05+	27:40+	29:47+	31:41+	33:15+	34:17+					
01:13+	02:14+	01:49+	07:18+	01:09+	01:43+	02:14+	03:00+	00:45-	01:38+	01:48=	01:14-	01:35+	02:07+	01:54+	01:34-	01:02-					
00:19&	00:24#	00:13#	06:01@	00:29&	00:25&	00:06+	00:22#	00:09-	00:38&	00:00=	00:01-	00:23&	00:27&	00:37&	00:08-	00:05-					
16	Ingunn Bergheim Landsnes										92	35:30									
01:50+	05:16+	07:22+	08:57+	11:42+	13:15+	15:57+	19:35+	20:36+	21:56+	24:41+	27:18+	29:00+	30:34+	31:56+	34:10+	35:30+					
01:50+	03:26+	02:06+	01:35+	02:45+	01:33+	02:42+	03:38+	01:01+	01:20+	02:45+	02:37+	01:42+	01:34-	01:22+	02:14+	01:20+					
00:56@	01:36&	00:30&	00:18#	02:05@	00:15#	00:34&	01:00&	00:07#	00:20&	00:57&	01:22@	00:30&	00:06-	00:05+	00:32&	00:13#					
17	Margrete Jian Øye										126	35:36									
01:12+	03:31+	05:16+	14:24+	15:10+	16:34+	18:39+	21:54+	22:42+	23:56+	27:04+	28:35+	29:42+	31:28+	32:51+	34:31+	35:36+					
01:12+	02:19+	01:45+	09:08+	00:46+	01:24+	02:05-	03:15+	00:48-	01:14+	03:08+	01:31+	01:07-	01:46+	01:23+	01:40-	01:05-					
00:18&	00:29&	00:09+	07:51@	00:06#	00:06+	00:03-	00:37#	00:06-	00:14#	01:20&	00:16#	00:05-	00:06+	00:06+	00:02-	00:02-					
18	Barbro Lunde Nedrebø										92	40:41									
02:04+	05:03+	07:32+	10:11+	10:59+	12:50+	15:45+	22:57+	24:01+	25:40+	31:18+	32:54+	34:28+	35:59+	37:41+	39:27+	40:41+					
02:04+	02:59+	02:29+	02:39+	00:48+	01:51+	02:55+	07:12+	01:04+	01:39+	05:38+	01:36+	01:34+	01:31-	01:42+	01:46+	01:14+					
01:10@	01:09&	00:53&	01:22@	00:08#	00:33&	00:47&	04:34@	00:10#	00:39&	03:50@	00:21&	00:22&	00:09-	00:25&	00:04+	00:07#					
19	Lise Nessa Di Lorenzo										168	41:01									
01:39+	04:41+	08:09+	10:12+	10:52+	12:13+	17:26+	22:17+	23:15+	24:14+	26:23+	30:51+	35:40+	36:56+	38:27+	39:59+	41:01+					
01:39+	03:02+	03:28+	02:03+	00:40=	01:21+	05:13+	04:51+	00:58+	00:59-	02:09+	04:28+	04:49+	01:16-	01:31+	01:32-	01:02-					
00:45&	01:12&	01:52@	00:46&	00:00=	00:03+	03:05@	02:13&	00:04+	00:01-	00:21#	03:13@	03:37@	00:24-	00:14#	00:10-	00:05-					
20	Bente Cecilie Lio										136	45:49									
02:00+	04:21+	07:00+	08:57+	10:15+	12:24+	15:50+	26:13+	27:35+	29:03+	34:32+	37:26+	39:01+	40:40+	42:35+	44:33+	45:49+					
02:00+	02:21+	02:39+	01:18+	02:09+	03:26+	01:22+	01:28+	05:29+	02:54+	01:35+	02:54+	01:35+	01:39-	01:55+	01:58+	01:16+					
01:06@	00:31&	01:03&	00:40&	00:38&	00:51&	01:18&	07:45@	00:28&	00:28&	03:41@	01:39@	00:23&	00:01-	00:38&	00:16#	00:09#					
21	Nithya Mohan										136	49:42									
01:49+	05:25+	08:20+	10:59+	12:38+	15:44+	19:59+	25:03+	26:56+	28:51+	33:20+	36:48+	39:00+	41:40+	44:13+	48:25+	49:42+					
01:49+	03:36+	02:55+	02:39+	01:39+	03:06+	04:15+	05:04+	01:53+	01:55+	04:29+	03:28+	02:12+	02:40+	02:33+	04:12+	01:17+					
00:55@	01:46&	01:19&	01:22@	00:59@	01:48@	02:07&	02:26&	00:59@	00:55&	02:41@	02:13@	01:00&	01:00&	01:16&	02:30@	00:10#					
Beste strekktid for klassen																					
00:50	01:40	01:19	01:17	00:38	01:10	01:53	02:38	00:45	00:56	01:48	01:10	01:00	01:07	01:14	01:28	00:54					
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
Damer 40 - 49 år																					
1	Brit Nilsen										88	22:02									
00:45=	02:09=	03:18=	05:37=	06:07=	08:21=	11:05=	12:29=	13:57=	15:01=	17:18=	19:08=	20:51=	22:02=								
00:45=	01:24=	01:09=	02:19=	00:30=	02:14=	02:44=	01:24=	01:28=	01:04=	02:17=	01:50=	01:43=	01:11=								
00:00=	00:00=	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	23:16									
00:50+	02:28+	03:35+	06:00+	06:31+	08:53+	11:53+	13:12+	14:48+	15:59+	18:19+	20:22+	22:12+	23:16+								
00:50+	01:38+	01:07-	02:25+	00:31+	02:22+	03:00+	01:19-	01:36+	01:11+	02:20+	02:03+	01:50+	01:04-								
00:05#	00:14#	00:02-	00:06+	00:01+	00:08+	00:16+	00:05-	00:08+	00:07#	00:03+	00:13#	00:07+	00:07-								
3	Randi Helen Ladsten										128	24:00									
00:57+	02:28+	03:30+	06:30+	06:59+	09:03+	11:58+	13:37+	15:19+	16:46+	20:04+	21:37+	23:06+	24:00+								
00:57+	01:31+	01:02-	03:00+	00:29-	02:04-	02:55+	01:39+	01:42+	01:27+	03:18+	01:33-	01:29-	00:54-								
00:12&	00:07+	00:07-	00:41&	00:01-	00:10-	00:11+	00:15#	00:14#	00:23&	01:01&	00:17-	00:14-	00:17-								
4	Eli Serine Eikeskog										93	25:22									
00:55+	02:36+	03:44+	06:52+	07:26+	10:01+	13:24+	14:58+	16:38+	17:53+	20:17+	22:18+	24:07+	25:22+								
00:55+	01:41+	01:08-	03:08+	00:34+	02:35+	03:23+	01:34+	01:40+	01:15+	02:24+	02:01+	01:49+	01:15+								
00:10#	00:17#	00:01-	00:49&	00:04#	00:21#	00:39#	00:10#	00:12#	00:11#	00:07+	00:11#	00:06+	00:04+								
5	Hege Anita H. Nielsen										48	26:00									
01:01+	02:28+	03:34+	06:49+	07:26+	10:07+	13:09+	14:56+	16:38+	17:53+	20:34+	22:37+	24:44+	26:00+								
01:01+	01:27+	01:06-	03:15+	00:37+	02:41+	03:02+	01:47+	01:42+	01:15+	02:41+	02:03+	02:07+	01:16+								
00:16&	00:03+	00:03-	00:56&	00:07#	00:27#	00:18#	00:23&	00:14#	00:11#	00:24#	00:13#	00:24#	00:05+								
6	May Bente Valdal										116	26:11									
01:01+	02:45+	04:11+	06:25+	07:06+	09:49+	13:05+	14:31+	16:24+	17:51+	21:48+	23:40+	25:12+	26:11+								
01:01+	01:44+	01:26+	02:14-	00:41+	02:43+	03:16+	01:26+	01:53+	01:27+	03:57+	01:52+	01:32-	00:59-								
00:16&	00:20#	00:17#	00:05-	00:11&	00:29#	00:32#	00:02+	00:25&	00:23&	01:40&	00:02+	00:11-	00:12-								

Plass	Navn					Klasse					Tid				
7	Kristin Breivold					92					26:21				
	01:05+	02:47+	03:57+	06:56+	07:37+	09:48+	13:04+	14:50+	17:29+	18:59+	21:38+	23:29+	25:09+	26:21+	
	01:05+	01:42+	01:10+	02:59+	00:41+	02:11-	03:16+	01:46+	02:39+	01:30+	02:39+	01:51+	01:40-	01:12+	
	00:20&	00:18#	00:01+	00:40&	00:11&	00:03-	00:32#	00:22&	01:11&	00:26&	00:22#	00:01+	00:03-	00:01+	
8	Kari Sjørksen					117					26:40				
	00:58+	02:47+	04:40+	07:43+	08:14+	10:35+	14:02+	1b:45+	17:31+	18:54+	21:49+	23:39+	25:35+	26:40+	
	00:58+	01:49+	01:53+	03:03+	00:31+	02:21+	03:27+	01:43+	01:46+	01:23+	02:55+	01:50=	01:56+	01:05-	
	00:13&	00:25&	00:44&	00:44&	00:01+	00:07+	00:43&	00:19#	00:18#	00:19&	00:38&	00:00=	00:13#	00:06-	
9	Siv Skretting					93					27:53				
	01:10+	02:52+	04:17+	06:52+	07:22+	09:34+	13:05+	15:11+	19:24+	20:38+	22:39+	24:40+	26:33+	27:53+	
	01:10+	01:42+	01:25+	02:35+	00:30=	02:12-	03:31+	02:06+	04:13+	01:14+	02:01-	02:01+	01:53+	01:20+	
	00:25&	00:18#	00:16#	00:16#	00:00=	00:02-	00:47&	00:42&	02:45@	00:10#	00:16-	00:11#	00:10+	00:09#	
10	Christel Dahl					92					28:21				
	01:03+	03:16+	04:58+	07:53+	08:31+	11:18+	15:13+	17:21+	19:03+	20:33+	23:24+	25:20+	27:04+	28:21+	
	01:03+	02:13+	01:42+	02:55+	00:38+	02:47+	03:55+	02:08+	01:42+	01:30+	02:51+	01:56+	01:44+	01:17+	
	00:18&	00:49&	00:33&	00:36&	00:08&	00:33#	01:11&	00:44&	00:14#	00:26&	00:34#	00:06+	00:01+	00:06+	
11	Gøril Monsen					92					30:21				
	01:02+	02:32+	03:29+	06:32+	07:05+	10:13+	13:50+	15:34+	20:46+	22:32+	25:38+	27:38+	29:24+	30:21+	
	01:02+	01:30+	00:57-	03:03+	00:33+	03:08+	03:37+	01:44+	05:12+	01:46+	03:06+	02:00+	01:46+	00:57-	
	00:17&	00:06+	00:12-	00:44&	00:03#	00:54&	00:53&	00:20#	03:44@	00:42&	00:49&	00:10+	00:03+	00:14-	
12	Grethe Thu Skadberg					128					32:57				
	01:18+	03:07+	04:20+	07:15+	07:50+	10:21+	19:34+	20:55+	22:58+	24:24+	27:25+	29:26+	31:39+	32:57+	
	01:18+	01:49+	01:13+	02:55+	00:35+	02:31+	09:13+	01:21-	02:03+	01:26+	03:01+	02:01+	02:13+	01:18+	
	00:33&	00:25&	00:04+	00:36&	00:05#	00:17#	06:29@	00:03-	00:35&	00:22&	00:44&	00:11#	00:30&	00:07+	
13	Bjørge Hauge					47					32:59				
	01:15+	03:27+	04:55+	08:10+	08:57+	11:49+	16:14+	20:47+	22:58+	24:31+	27:30+	29:45+	31:48+	32:59+	
	01:15+	02:12+	01:28+	03:15+	00:47+	02:52+	04:25+	04:33+	02:11+	01:33+	02:59+	02:15+	02:03+	01:11=	
	00:30&	00:48&	00:19&	00:56&	00:17&	00:38&	01:41&	03:09@	00:43&	00:29&	00:42&	00:25#	00:20#	00:00=	
14	Rikke Rostrup					116					33:02				
	01:51+	04:09+	05:15+	08:31+	09:10+	12:24+	16:05+	20:02+	22:04+	24:32+	27:53+	29:45+	31:38+	33:02+	
	01:51+	02:18+	01:06-	03:16+	00:39+	03:14+	03:41+	03:57+	02:02+	02:28+	03:21+	01:52+	01:53+	01:24+	
	01:06@	00:54&	00:03-	00:57&	00:09&	01:00&	00:57&	02:33@	00:34&	01:24@	01:04&	00:02+	00:10+	00:13#	
15	Astri Sandanger					93					34:21				
	01:05+	04:15+	05:41+	08:29+	09:03+	13:10+	17:13+	19:01+	20:59+	22:25+	28:09+	30:22+	32:38+	34:21+	
	01:05+	03:10+	01:26+	02:48+	00:34+	04:07+	04:03+	01:48+	01:58+	01:26+	05:44+	02:13+	02:16+	01:43+	
	00:20&	01:46@	00:17#	00:29#	00:04#	01:53&	01:19&	00:24&	00:30&	00:22&	03:27@	00:23#	00:33&	00:32&	
16	Tove Irene Asheim					116					36:07				
	01:20+	03:08+	04:37+	09:35+	10:31+	13:09+	16:40+	18:16+	21:07+	26:20+	29:07+	31:32+	34:50+	36:07+	
	01:20+	01:48+	01:29+	04:58+	00:56+	02:38+	03:31+	01:36+	02:51+	05:13+	02:47+	02:25+	03:18+	01:17+	
	00:35&	00:24&	00:20&	02:39@	00:26&	00:24#	00:47&	00:12#	01:23&	04:09@	00:30#	00:35&	01:35&	00:06+	
17	Irene Sirevåg					105					38:04				
	01:20+	05:40+	07:11+	10:51+	11:40+	15:14+	20:07+	23:23+	25:42+	27:50+	31:04+	33:55+	36:21+	38:04+	
	01:20+	04:20+	01:31+	03:40+	00:49+	03:34+	04:53+	03:16+	02:19+	02:08+	03:14+	02:51+	02:26+	01:43+	
	00:35&	02:56@	00:22&	01:21&	00:19&	01:20&	02:09&	01:52@	00:51&	01:04&	00:57&	01:01&	00:43&	00:32&	
18	Toril Dahle					116					39:16				
	01:27+	05:09+	06:38+	14:55+	16:02+	20:11+	24:04+	26:24+	28:37+	30:24+	33:09+	35:45+	38:00+	39:16+	
	01:27+	03:42+	01:29+	08:17+	01:07+	04:09+	03:53+	02:20+	02:13+	01:47+	02:45+	02:36+	02:15+	01:16+	
	00:42&	02:18@	00:20&	05:58@	00:37@	01:55&	01:09&	00:56&	00:45&	00:43&	00:28#	00:46&	00:32&	00:05+	
19	Kathrin Sandstad					115					46:54				
	01:19+	03:30+	05:37+	10:09+	10:43+	14:02+	31:13+	34:09+	36:40+	38:04+	41:16+	43:13+	45:30+	46:54+	
	01:19+	02:11+	02:07+	04:32+	00:34+	03:19+	17:11+	02:56+	02:31+	01:24+	03:12+	01:57+	02:17+	01:24+	
	00:34&	00:47&	00:58&	02:13&	00:04#	01:05&	14:27@	01:32@	01:03&	00:20&	00:55&	00:07+	00:34&	00:13#	
Beste strekktid for klassen															
	00:45	01:24	00:57	02:14	00:29	02:04	02:44	01:19	01:28	01:04	02:01	01:33	01:29	00:54	

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

Damer 50 - 59 år

Plass	Navn				Klasse								Tid			
1	Anne Sæbø Vik				116								21:44			
	00:53=	02:17=	03:30=	06:01=	06:24=	08:25=	10:57=	12:07=	13:35=	14:43=	17:04=	18:59=	20:44=	21:44=		
	00:53=	01:24=	01:13=	02:31=	00:23=	02:01=	02:32=	01:10=	01:28=	01:08=	02:21=	01:55=	01:45=	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=		
2	Keth Berggraf				116								23:54			
	00:42=	02:45+	03:45+	06:22+	06:51+	08:52+	13:08+	14:51+	16:24+	17:26+	19:25+	20:58+	22:50+	23:54+		
	00:42=	02:03+	01:00=	02:37+	00:29+	02:01=	04:16+	01:43+	01:33+	01:02=	01:59=	01:33=	01:52+	01:04+		
	00:11=	00:39&	00:13=	00:06+	00:06&	00:00=	01:44&	00:33&	00:05+	00:06=	00:22=	00:22=	00:07+	00:04+		
3	Trude Katrine Hermanrud				117								27:32			
	00:57+	03:03+	04:06+	07:16+	07:48+	10:07+	13:08+	14:37+	16:21+	17:39+	20:58+	23:19+	26:20+	27:32+		
	00:57+	02:06+	01:03=	03:10+	00:32+	02:19+	03:01+	01:29+	01:44+	01:18+	03:19+	02:21+	03:01+	01:12+		
	00:04+	00:42&	00:10=	00:39&	00:09&	00:18#	00:29#	00:19&	00:16#	00:10#	00:58&	00:26#	01:16&	00:12#		
4	Marie-Elizabeth Reinseth				27								28:47			
	01:00+	02:44+	04:46+	09:30+	10:04+	12:33+	16:03+	17:39+	20:09+	21:31+	23:40+	25:54+	27:35+	28:47+		
	01:00+	01:44+	02:02+	04:44+	00:34+	02:29+	03:30+	01:36+	02:30+	01:22+	02:09=	02:14+	01:41=	01:12+		
	00:07#	00:20#	00:49&	02:13&	00:11&	00:28#	00:58&	00:26&	01:02&	00:14#	00:12=	00:19#	00:04=	00:12#		
5	Nidunn Sandvik				228								28:52			
	01:08+	03:14+	04:30+	07:32+	08:17+	10:44+	14:15+	16:12+	18:06+	20:19+	22:59+	24:59+	27:27+	28:52+		
	01:08+	02:06+	01:16+	03:02+	00:45+	02:27+	03:31+	01:57+	01:54+	02:13+	02:40+	02:00+	02:28+	01:25+		
	00:15&	00:42&	00:03+	00:31#	00:22&	00:26#	00:59&	00:47&	00:26&	01:05&	00:19#	00:05+	00:43&	00:25&		
6	Målfrid Bjerkeli				237								29:12			
	01:04+	03:12+	04:33+	07:48+	08:27+	11:09+	15:08+	17:19+	19:38+	21:25+	24:03+	25:55+	27:55+	29:12+		
	01:04+	02:08+	01:21+	03:15+	00:39+	02:42+	03:59+	02:11+	02:19+	01:47+	02:38+	01:52=	02:00+	01:17+		
	00:11#	00:44&	00:08#	00:44&	00:16&	00:41&	01:27&	01:01&	00:51&	00:39&	00:17#	00:03=	00:15#	00:17&		
7	Anne-Siv Gjertsen				27								29:43			
	01:00+	03:00+	04:11+	06:43+	07:16+	09:34+	12:26+	13:56+	20:04+	21:41+	24:29+	26:31+	28:22+	29:43+		
	01:00+	02:00+	01:11=	02:32+	00:33+	02:18+	02:52+	01:30+	06:08+	01:37+	02:48+	02:02+	01:51+	01:21+		
	00:07#	00:36&	00:02=	00:01+	00:10&	00:17#	00:20#	00:20&	04:40@	00:29&	00:27#	00:07+	00:06+	00:21&		
8	Birgitte Røe				125								30:05			
	01:07+	02:41+	04:19+	07:09+	07:49+	10:52+	16:16+	17:54+	19:49+	21:37+	23:54+	26:09+	28:53+	30:05+		
	01:07+	01:34+	01:38+	02:50+	00:40+	03:03+	05:24+	01:38+	01:55+	01:48+	02:17=	02:15+	02:44+	01:12+		
	00:14&	00:10#	00:25&	00:19#	00:17&	01:02&	02:52@	00:28&	00:27&	00:40&	00:04=	00:20#	00:59&	00:12#		
9	Kristin Skadsem				18								30:32			
	01:01+	03:11+	04:40+	07:42+	08:21+	11:24+	15:19+	16:57+	19:51+	21:23+	24:06+	26:40+	28:54+	30:32+		
	01:01+	02:10+	01:29+	03:02+	00:39+	03:03+	03:55+	01:38+	02:54+	01:32+	02:43+	02:34+	02:14+	01:38+		
	00:08#	00:46&	00:16#	00:31#	00:16&	01:02&	01:23&	00:28&	01:26&	00:24&	00:22#	00:39&	00:29&	00:38&		
10	Gøril Braut Aarsand				268								30:38			
	01:04+	02:58+	04:12+	07:09+	07:48+	10:14+	14:49+	16:33+	18:47+	20:14+	23:39+	25:57+	29:26+	30:38+		
	01:04+	01:54+	01:14+	02:57+	00:39+	02:26+	04:35+	01:44+	02:14+	01:27+	03:25+	02:18+	03:29+	01:12+		
	00:11#	00:30&	00:01+	00:26#	00:16&	00:25#	02:03&	00:34&	00:46&	00:19&	01:04&	00:23#	01:44&	00:12#		
11	Siri Kverneland				128								32:57			
	01:20+	03:04+	04:17+	07:17+	07:54+	10:19+	19:37+	20:58+	23:02+	24:23+	27:29+	29:24+	31:42+	32:57+		
	01:20+	01:44+	01:13=	03:00+	00:37+	02:25+	09:18+	01:21+	02:04+	01:21+	03:06+	01:55=	02:18+	01:15+		
	00:27&	00:20#	00:00=	00:29#	00:14&	00:24#	06:46@	00:11#	00:36&	00:13#	00:45&	00:00=	00:33&	00:15#		
12	Ragnhild Båtnes Berntsen				101								34:01			
	01:09+	04:19+	05:53+	09:21+	09:54+	13:29+	17:07+	20:07+	23:23+	24:53+	27:53+	30:10+	32:34+	34:01+		
	01:09+	03:10+	01:34+	03:28+	00:33+	03:35+	03:38+	03:00+	03:16+	01:30+	03:00+	02:17+	02:24+	01:27+		
	00:16&	01:46@	00:21&	00:57&	00:10&	01:34&	01:06&	01:50@	01:48@	00:22&	00:39&	00:22#	00:39&	00:27&		
13	Hilde Frøytlog Karlsen				228								34:37			
	01:00+	02:58+	05:12+	08:38+	09:21+	12:15+	16:01+	17:55+	20:01+	25:11+	28:31+	31:05+	33:07+	34:37+		
	01:00+	01:58+	02:14+	03:26+	00:43+	02:54+	03:46+	01:54+	02:06+	05:10+	03:20+	02:34+	02:02+	01:30+		
	00:07#	00:34&	01:01&	00:55&	00:20&	00:53&	01:14&	00:44&	00:38&	04:02@	00:59&	00:39&	00:17#	00:30&		
14	Ellinor Nesse				116								35:58			
	01:22+	03:17+	04:54+	07:53+	14:10+	16:45+	20:46+	22:33+	24:59+	26:56+	29:43+	32:18+	34:22+	35:58+		
	01:22+	01:55+	01:37+	02:59+	06:17+	02:35+	04:01+	01:47+	02:26+	01:57+	02:47+	02:35+	02:04+	01:36+		
	00:29&	00:31&	00:24&	00:28#	05:54@	00:34&	01:29&	00:37&	00:58&	00:49&	00:26#	00:40&	00:19#	00:36&		
15	Ingjerd Haddeland				115								36:28			
	01:41+	03:54+	05:56+	09:22+	10:11+	13:56+	17:56+	20:44+	23:53+	26:03+	30:53+	33:14+	35:12+	36:28+		
	01:41+	02:13+	02:02+	03:26+	00:49+	03:45+	04:00+	02:48+	03:09+	02:10+	04:50+	02:21+	01:58+	01:16+		
	00:48&	00:49&	00:49&	00:55&	00:26@	01:44&	01:28&	01:38@	01:41@	01:02&	02:29@	00:26#	00:13#	00:16&		

Plass	Navn										Klasse										Tid									
16	Kate Lawson										101											37:53								
	01:08+	03:03+	04:23+	07:42+	08:17+	11:26+	18:33+	21:38+	25:47+	27:45+	31:41+	34:30+	36:35+	37:53+																
	01:08+	01:55+	01:20+	03:19+	00:35+	03:09+	07:07+	03:05+	04:09+	01:58+	03:56+	02:49+	02:05+	01:18+																
	00:15&	00:31&	00:07+	00:48&	00:12&	01:08&	04:35@	01:55@	02:41@	00:50&	01:35&	00:54&	00:20#	00:18&																
17	Margot Lilledal										27											39:38								
	01:13+	03:09+	04:34+	07:46+	08:25+	11:37+	14:59+	18:27+	21:06+	28:14+	31:18+	33:37+	38:32+	39:38+																
	01:13+	01:56+	01:25+	03:12+	00:39+	03:12+	03:22+	03:28+	02:39+	07:08+	03:04+	02:19+	04:55+	01:06+																
	00:20&	00:32&	00:12#	00:41&	00:16&	01:11&	00:50&	02:18@	01:11&	06:00@	00:43&	00:24#	03:10@	00:06#																
18	Andrea Tapken										54											39:53								
	01:37+	03:42+	05:11+	09:11+	09:51+	13:22+	19:48+	25:49+	28:43+	30:48+	33:25+	36:05+	38:30+	39:53+																
	01:37+	02:05+	01:29+	04:00+	00:40+	03:31+	06:26+	06:01+	02:54+	02:05+	02:37+	02:40+	02:25+	01:23+																
	00:44&	00:41&	00:16#	01:29&	00:17&	01:30&	03:54@	04:51@	01:26&	00:57&	00:16#	00:45&	00:40&	00:23&																
19	Kristin Harbo										92											41:50								
	03:44+	07:06+	08:41+	12:43+	13:49+	16:57+	21:00+	27:05+	29:55+	32:22+	35:28+	38:02+	40:17+	41:50+																
	03:44+	03:22+	01:35+	04:02+	01:06+	03:08+	04:03+	06:05+	02:50+	02:27+	03:06+	02:34+	02:15+	01:33+																
	02:51@	01:58@	00:22&	01:31&	00:43@	01:07&	01:31&	04:55@	01:22&	01:19@	00:45&	00:39&	00:30&	00:33&																
20	Synnøve Westermoen										116											48:16								
	04:40+	06:13+	09:29+	12:32+	15:15+	17:21+	20:34+	35:35+	37:07+	39:07+	40:21+	42:44+	44:45+	46:57+	48:16+															
	04:40+	01:33+	03:16+	03:03+	02:43+	02:06+	03:13+	15:01+	01:32+	02:00+	01:14-	02:23+	02:01+	02:12+	01:19+															
	03:47@	00:09#	02:03@	00:32#	02:20@	00:05+	00:41&	13:51@	00:04+	00:52&	01:07-	00:28#	00:16#	01:12@	01:19+															
Beste strekktid for klassen																														
	00:42	01:24	01:00	02:31	00:23	02:01	02:32	01:10	01:28	01:02	01:14	01:33	01:41	01:00																
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																														
Damer 60 - 64 år																														
1	Liv-Grete Obrestad										113											21:14								
	01:16=	02:29=	04:19=	08:21=	09:32=	10:47=	12:04=	12:50=	14:22=	15:15=	17:30=	19:53=	21:14=																	
	01:16=	01:13=	01:50=	04:02=	01:11=	01:15=	01:17=	00:46=	01:32=	00:53=	02:15=	02:23=	01:21=																	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																
2	Marit Karin Nygård										92											24:09								
	01:03-	02:16-	04:07-	08:16-	09:24-	10:49+	14:20+	15:07+	16:54+	17:58+	20:08+	22:56+	24:09+																	
	01:03-	01:13=	01:51+	04:09+	01:08-	01:25+	03:31+	00:47+	01:47+	01:04+	02:10-	02:48+	01:13-																	
	00:13-	00:00=	00:01+	00:07+	00:03-	00:10#	02:14@	00:01+	00:15#	00:11#	00:05-	00:25#	00:08-																	
3	Tove Bjerkreim										105											25:24								
	01:26+	02:58+	05:39+	10:29+	12:08+	13:43+	15:16+	16:12+	18:56+	19:52+	22:19+	23:58+	25:24+																	
	01:26+	01:32+	02:41+	04:50+	01:39+	01:35+	01:33+	00:56+	02:44+	00:56+	02:27+	01:39-	01:26+																	
	00:10#	00:19&	00:51&	00:48#	00:28&	00:20&	00:16#	00:10#	01:12&	00:03+	00:12+	00:44-	00:05+																	
4	Vigdis Løseth										105											28:52								
	01:29+	02:51+	04:43+	12:15+	13:27+	16:53+	18:57+	19:43+	21:34+	22:38+	25:15+	27:19+	28:52+																	
	01:29+	01:22+	01:52+	07:32+	01:12+	03:26+	02:04+	00:46=	01:51+	01:04+	02:37+	02:04-	01:33+																	
	00:13#	00:09#	00:02+	03:30&	00:01+	02:11@	00:47&	00:00=	00:19#	00:11#	00:22#	00:19-	00:12#																	
5	Hanna S. Lomeland										47											29:04								
	01:39+	03:16+	05:55+	12:23+	13:56+	15:38+	17:54+	19:03+	21:38+	23:01+	25:35+	27:33+	29:04+																	
	01:39+	01:37+	02:39+	06:28+	01:33+	01:42+	02:16+	01:09+	02:35+	01:23+	02:34+	01:58-	01:31+																	
	00:23&	00:24&	00:49&	02:26&	00:22&	00:27&	00:59&	00:23&	01:03&	00:30&	00:19#	00:25-	00:10#																	
6	Aud Steinsland										128											29:08								
	01:44+	03:14+	05:54+	12:21+	13:58+	15:37+	17:52+	19:01+	21:37+	22:58+	25:34+	27:37+	29:08+																	
	01:44+	01:30+	02:40+	06:27+	01:37+	01:39+	02:15+	01:09+	02:36+	01:21+	02:36+	02:03-	01:31+																	
	00:28&	00:17#	00:50&	02:25&	00:26&	00:24&	00:58&	00:23&	01:04&	00:28&	00:21#	00:20-	00:10#																	
7	Ingunn Voilås										29											29:22								
	01:11-	02:33+	08:38+	12:47+	14:11+	15:55+	17:17+	18:09+	20:18+	21:26+	24:15+	27:59+	29:22+																	
	01:11-	01:22+	06:05+	04:09+	01:24+	01:44+	01:22+	00:52+	02:09+	01:08+	02:49+	03:44+	01:23+																	
	00:05-	00:09#	04:15@	00:07+	00:13#	00:29&	00:05+	00:06#	00:37&	00:15&	00:34&	01:21&	00:02+																	
8	Amanda Renshaw										101											29:43								
	01:22+	02:46+	05:24+	09:52+	11:14+	17:03+	18:43+	19:46+	21:37+	24:13+	26:33+	28:29+	29:43+																	
	01:22+	01:24+	02:38+	04:28+	01:22+	05:49+	01:40+	01:03+	01:51+	02:36+	02:20+	01:56-	01:14-																	
	00:06+	00:11#	00:48&	00:26#	00:11#	04:34@	00:23&	00:17&	00:19#	01:43@	00:05+	00:27-	00:07-																	

Plass	Navn					Klasse					Tid				
9	Berit Bakken					168					29:46				
	01:18+	02:41+	04:47+	09:02+	10:29+	12:04+	13:28+	14:33+	20:24+	21:13+	23:14+	24:14+	26:36+	28:28+	29:46+
	01:18+	01:23+	02:06+	04:15+	01:27+	01:35+	01:24+	01:05+	05:51+	00:49-	02:01-	01:00-	02:22+	01:52+	01:18+
	00:02+	00:10#	00:16#	00:13+	00:16#	00:20&	00:07+	00:19&	04:19@	00:04-	00:14-	01:23-	01:01&	01:52+	01:18+
10	Liv Sissel Obrestad					54					30:09				
	01:35+	03:48+	07:59+	13:34+	15:45+	17:21+	19:44+	20:41+	22:49+	23:59+	26:33+	28:47+	30:09+		
	01:35+	02:13+	04:11+	05:35+	02:11+	01:36+	02:23+	00:57+	02:08+	01:10+	02:34+	02:14-	01:22+		
	00:19#	01:00&	02:21@	01:33&	01:00&	00:21&	01:06&	00:11#	00:36&	00:17&	00:19#	00:09-	00:01+		
11	Kari Blixhavn					228					39:29				
	02:02+	05:24+	11:04+	17:38+	19:43+	23:00+	25:05+	26:31+	29:28+	30:59+	34:45+	37:34+	39:29+		
	02:02+	03:22+	05:40+	06:34+	02:05+	03:17+	02:05+	01:26+	02:57+	01:31+	03:46+	02:49+	01:55+		
	00:46&	02:09@	03:50@	02:32&	00:54&	02:02@	00:48&	00:40&	01:25&	00:38&	01:31&	00:26#	00:34&		
Beste strekktid for klassen															
	01:03	01:13	01:50	04:02	01:08	01:15	01:17	00:46	01:32	00:49	02:01	01:00	01:13		

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

Damer 65 - 69 år

1	Halldis Handeland												92	30:33			
01:54=	03:38=	06:16=	11:21=	13:17=	15:10=	17:45=	18:57=	21:47=	23:11=	26:07=	28:50=	30:33=					
01:54=	01:44=	02:38=	05:05=	01:56=	01:53=	02:35=	01:12=	02:50=	01:24=	02:56=	02:43=	01:43=					
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	Wenche Anda Haarr												92	34:11			
01:42-	04:32+	07:34+	13:48+	15:14+	17:11+	20:30+	21:45+	25:06+	26:35+	29:30+	32:19+	34:11+					
01:42-	02:50+	03:02+	06:14+	01:26-	01:57+	03:19+	01:15+	03:21+	01:29+	02:55-	02:49+	01:52+					
00:12-	01:06&	00:24#	01:09#	00:30-	00:04+	00:44&	00:03+	00:31#	00:05+	00:01-	00:06+	00:09+					
3	Mette Dagsland												68	34:47			
01:36-	03:07-	07:00+	17:22+	19:06+	20:39+	22:13+	24:40+	26:59+	27:54+	31:17+	33:25+	34:47+					
01:36-	01:31-	03:53+	10:22+	01:44-	01:33-	01:34-	02:27+	02:19-	00:55-	03:23+	02:08-	01:22-					
00:18-	00:13-	01:15&	05:17@	00:12-	00:20-	01:01-	01:15@	00:31-	00:29-	00:27#	00:35-	00:21-					
4	Kirsten Carlsen												93	35:18			
01:42-	04:48+	07:38+	13:18+	14:46+	17:46+	21:48+	22:49+	25:54+	27:02+	30:17+	33:34+	35:18+					
01:42-	03:06+	02:50+	05:40+	01:28-	03:00+	04:02+	01:01-	03:05+	01:08-	03:15+	03:17+	01:44+					
00:12-	01:22&	00:12+	00:35#	00:28-	01:07&	01:27&	00:11-	00:15+	00:16-	00:19#	00:34#	00:01+					
5	Berit K. Gramstad												113	35:19			
01:50-	03:54+	07:38+	13:55+	15:25+	21:23+	23:55+	24:56+	27:10+	28:14+	31:54+	33:59+	35:19+					
01:50-	02:04+	03:44+	06:17+	01:30-	05:58+	02:32-	01:01-	02:14-	01:04-	03:40+	02:05-	01:20-					
00:04-	00:20#	01:06&	01:12#	00:26-	04:05@	00:03-	00:11-	00:36-	00:20-	00:44#	00:38-	00:23-					
6	Lillian Dahl Fitjar												117	36:43			
02:02+	03:48+	07:40+	16:36+	18:50+	20:50+	23:51+	25:12+	28:02+	29:23+	32:43+	35:02+	36:43+					
02:02+	01:46+	03:52+	08:56+	02:14+	02:00+	03:01+	01:21+	02:50=	01:21-	03:20+	02:19-	01:41-					
00:08+	00:02+	01:14&	03:51&	00:18#	00:07+	00:26#	00:09#	00:00=	00:03-	00:24#	00:24-	00:02-					
Beste strekktid for klassen																	
01:36	01:31	02:38	05:05	01:26	01:33	01:34	01:01	02:14	00:55	02:55	02:05	01:20					

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

Damer 70 - 74 år

1	Turid Nystrøm													68	25:38		
	01:22=	02:41=	05:09=	10:51=	12:29=	14:08=	15:38=	16:35=	18:47=	20:05=	22:37=	24:27=	25:38=				
	01:22=	01:19=	02:28=	05:42=	01:38=	01:39=	01:30=	00:57=	02:12=	01:18=	02:32=	01:50=	01:11=				
	00:00=	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	Haldis Glendrange													68	26:19		
	01:11-	03:07+	05:20+	10:00-	11:34-	13:21-	15:05-	16:10-	18:42-	20:03-	22:50+	24:55+	26:19+				
	01:11-	01:56+	02:13-	04:40-	01:34-	01:47+	01:44+	01:05+	02:32+	01:21+	02:47+	02:05+	01:24+				
	00:11-	00:37&	00:15-	01:02-	00:04-	00:08+	00:14#	00:08#	00:20#	00:03+	00:15+	00:15#	00:13#				

Plass	Navn												Klasse	Tid
3	Hedvig Anda												116	29:58
	01:40+	03:12+	06:23+	11:37+	13:33+	15:18+	17:11+	18:31+	21:21+	22:29+	25:16+	28:38+	29:58+	
	01:40+	01:32+	03:11+	05:14-	01:56+	01:45+	01:53+	01:20+	02:50+	01:08-	02:47+	03:22+	01:20+	
	00:18#	00:13#	00:43&	00:28-	00:18#	00:06+	00:23&	00:23&	00:38&	00:10-	00:15+	01:32&	00:09#	
4	Helga Klausen												62	31:40
	01:29+	03:16+	06:14+	12:37+	15:17+	16:57+	19:38+	20:50+	22:57+	24:32+	27:47+	30:05+	31:40+	
	01:29+	01:47+	02:58+	06:23+	02:40+	01:40+	02:41+	01:12+	02:07-	01:35+	03:15+	02:18+	01:35+	
	00:07+	00:28&	00:30#	00:41#	01:02&	00:01+	01:11&	00:15&	00:05-	00:17#	00:43&	00:28&	00:24&	
5	Inger Skretting Opstad												54	32:21
	01:39+	03:10+	05:38+	11:13+	18:12+	19:48+	21:21+	22:26+	24:24+	25:37+	28:28+	30:54+	32:21+	
	01:39+	01:31+	02:28=	05:35-	06:59+	01:36-	01:33+	01:05+	01:58-	01:13-	02:51+	02:26+	01:27+	
	00:17#	00:12#	00:00=	00:07-	05:21@	00:03-	00:03+	00:08#	00:14-	00:05-	00:19#	00:36&	00:16#	
6	Eva Hessen												83	33:42
	02:13+	04:20+	07:38+	13:41+	16:32+	18:18+	20:59+	21:58+	24:12+	25:28+	28:41+	32:05+	33:42+	
	02:13+	02:07+	03:18+	06:03+	02:51+	01:46+	02:41+	00:59+	02:14+	01:16-	03:13+	03:24+	01:37+	
	00:51&	00:48&	00:50&	00:21+	01:13&	00:07+	01:11&	00:02+	00:02+	00:02-	00:41&	01:34&	00:26&	
7	Ragnhild Christiansen												93	39:26
	02:03+	04:33+	10:12+	16:52+	19:01+	21:55+	24:46+	26:26+	29:22+	31:08+	34:56+	37:38+	39:26+	
	02:03+	02:30+	05:39+	06:40+	02:09+	02:54+	02:51+	01:40+	02:56+	01:46+	03:48+	02:42+	01:48+	
	00:41&	01:11&	03:11@	00:58#	00:31&	01:15&	01:21&	00:43&	00:44&	00:28&	01:16&	00:52&	00:37&	
8	Margaret Malmin												105	42:24
	02:09+	04:13+	07:08+	15:52+	18:08+	21:53+	23:55+	25:40+	28:24+	29:59+	34:06+	40:17+	42:24+	
	02:09+	02:04+	02:55+	08:44+	02:16+	03:45+	02:02+	01:45+	02:44+	01:35+	04:07+	06:11+	02:07+	
	00:47&	00:45&	00:27#	03:02&	00:38&	02:06@	00:32&	00:48&	00:32#	00:17#	01:35&	04:21@	00:56&	
9	Aslaug Lura												94	50:37
	02:02+	05:04+	08:28+	21:10+	23:21+	25:48+	27:53+	29:10+	35:54+	41:15+	45:39+	48:38+	50:37+	
	02:02+	03:02+	03:24+	12:42+	02:11+	02:27+	02:05+	01:17+	06:44+	05:21+	04:24+	02:59+	01:59+	
	00:40&	01:43@	00:56&	07:00@	00:33&	00:48&	00:35&	00:20&	04:32@	04:03@	01:52&	01:09&	00:48&	

Beste strekktid for klassen

01:11 01:19 02:13 04:40 01:34 01:36 01:30 00:57 01:58 01:08 02:32 01:50 01:11

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

Damer 75 - 79 år

1	Helga Aaslid												54	34:20
	01:31=	03:39=	07:15=	13:18=	20:07=	21:44=	23:33=	24:33=	26:29=	27:41=	30:32=	32:53=	34:20=	
	01:31=	02:08=	03:36=	06:03=	06:49=	01:37=	01:49=	01:00=	01:56=	01:12=	02:51=	02:21=	01:27=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Berit Ebbell Olsen												68	44:52
	01:58+	04:04+	12:18+	20:37+	23:20+	26:01+	28:58+	30:35+	34:11+	36:10+	39:59+	43:00+	44:52+	
	01:58+	02:06-	08:14+	08:19+	02:43-	02:41+	02:57+	01:37+	03:36+	01:59+	03:49+	03:01+	01:52+	
	00:27&	00:02-	04:38@	02:16&	04:06-	01:04&	01:08&	00:37&	01:40&	00:47&	00:58&	00:40&	00:25&	
3	Synnøve Fuglestad												29	54:07
	01:38+	05:33+	08:22+	22:04+	31:12+	32:42+	35:26+	36:48+	45:35+	46:52+	50:25+	52:41+	54:07+	
	01:38+	03:55+	02:49-	13:42+	09:08+	01:30-	02:44+	01:22+	08:47+	01:17+	03:33+	02:16-	01:26-	
	00:07+	01:47&	00:47-	07:39@	02:19&	00:07-	00:55&	00:22&	06:51@	00:05+	00:42#	00:05-	00:01-	

Beste strekktid for klassen

01:31 02:06 02:49 06:03 02:43 01:30 01:49 01:00 01:56 01:12 02:51 02:16 01:26

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

Damer 80 år og eldre

1	Gørild Espedal												113	40:47
	01:50=	05:07=	09:03=	20:01=	23:18=	25:31=	29:23=	33:24=	36:35=	39:05=	40:47=			
	01:50=	03:17=	03:56=	10:58=	03:17=	02:13=	03:52=	04:01=	03:11=	02:30=	01:42=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

Plass	Navn		Klasse								Tid							
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Beste strekktid for klassen

01:50 03:17 03:56 10:58 03:17 02:13 03:52 04:01 03:11 02:30 01:42

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

Damer A

1	Marjo Liikanen										67										20:14									
00:36=	01:41=	02:39=	04:18=	05:23=	06:06=	06:56=	07:13=	08:46=	09:45=	10:57=	12:00=	13:19=	14:56=	16:28=	17:18=	18:09=	18:46=	19:39=	20:14=											
00:36=	01:05=	00:58=	01:39=	01:05=	00:43=	00:50=	00:17=	01:33=	00:59=	01:12=	01:03=	01:19=	01:37=	01:32=	00:50=	00:51=	00:37=	00:53=	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=											
2	Aud Hognestad Taksdal										92										20:44									
00:37+	01:43+	02:49+	04:31+	05:37+	06:30+	07:23+	07:42+	09:22+	10:22+	11:37+	12:24+	13:47+	15:22+	16:44+	17:33+	18:25+	19:07+	20:10+	20:44+											
00:37+	01:06+	01:06+	01:42+	01:06+	00:53+	00:53+	00:19+	01:40+	01:00+	01:15+	00:47-	01:23+	01:35-	01:22-	00:49-	00:52+	00:42+	01:03+	00:34-											
00:01+	00:01+	00:08#	00:03+	00:01+	00:10#	00:03+	00:02#	00:07+	00:01+	00:03+	00:16-	00:04+	00:02-	00:10-	00:01-	00:01+	00:05#	00:10#	00:01-											
3	Sara Marlene Nystrøm Olsen										68										22:12									
00:35-	01:45+	02:54+	04:40+	05:56+	06:45+	07:42+	08:00+	09:43+	11:01+	12:24+	13:18+	14:42+	16:28+	18:03+	19:01+	20:00+	20:36+	21:33+	22:12+											
00:35-	01:10+	01:09+	01:46+	01:16+	00:49+	00:57+	00:18+	01:43+	01:18+	01:23+	00:54-	01:24+	01:46+	01:35+	00:58+	00:59+	00:36-	00:57+	00:39+											
00:01-	00:05+	00:11#	00:07+	00:11#	00:06#	00:07#	00:01+	00:10#	00:19&	00:11#	00:09-	00:05+	00:09+	00:03+	00:08#	00:08#	00:01-	00:04+	00:04#											
4	Vilde Margrethe Sæbbø										90										23:32									
00:42+	01:56+	03:04+	05:03+	06:12+	07:12+	08:19+	08:40+	10:20+	11:29+	13:04+	13:54+	15:20+	17:17+	18:53+	19:54+	20:48+	21:35+	22:45+	23:32+											
00:42+	01:14+	01:08+	01:59+	01:09+	01:00+	01:07+	00:21+	01:40+	01:09+	01:35+	00:50-	01:26+	01:57+	01:36+	01:01+	00:54+	00:47+	01:10+	00:47+											
00:06#	00:09#	00:10#	00:20#	00:04+	00:17&	00:17&	00:04#	00:07+	00:10#	00:23&	00:13-	00:07+	00:20#	00:04+	00:11#	00:03+	00:10&	00:17&	00:12&											
5	Tone Torgersen										27										25:20									
00:46+	02:08+	03:24+	05:27+	06:46+	07:47+	08:54+	09:16+	11:05+	12:21+	14:20+	15:15+	16:49+	18:47+	20:21+	21:24+	22:34+	23:25+	24:39+	25:20+											
00:46+	01:22+	01:16+	02:03+	01:19+	01:01+	01:07+	00:22+	01:49+	01:16+	01:59+	00:55-	01:34+	01:58+	01:34+	01:03+	01:10+	00:51+	01:14+	00:41+											
00:10&	00:17&	00:18&	00:24#	00:14#	00:18&	00:17&	00:05&	00:16#	00:17&	00:47&	00:08-	00:15#	00:21#	00:02+	00:13&	00:19&	00:14&	00:21&	00:06#											
6	Ingrid Lamark										46										26:49									
00:44+	02:16+	03:42+	05:51+	07:31+	08:32+	09:38+	10:03+	12:09+	13:18+	14:52+	15:58+	17:34+	19:48+	21:39+	22:48+	23:49+	24:56+	26:06+	26:49+											
00:44+	01:32+	01:26+	02:09+	01:40+	01:01+	01:06+	00:25+	02:06+	01:09+	01:34+	01:06+	01:36+	02:14+	01:51+	01:09+	01:01+	01:07+	01:10+	00:43+											
00:08#	00:27&	00:28&	00:30&	00:35&	00:18&	00:16&	00:08&	00:33&	00:10#	00:22&	00:03+	00:17#	00:37&	00:19#	00:19&	00:10#	00:30&	00:17&	00:08#											
7	Wenche M. Sæbbø										3										27:01									
00:38+	02:36+	03:50+	06:00+	07:22+	08:42+	09:54+	10:16+	12:39+	14:03+	15:27+	16:27+	17:51+	19:53+	21:41+	22:55+	24:09+	25:05+	26:17+	27:01+											
00:38+	01:58+	01:14+	02:10+	01:22+	01:20+	01:12+	00:22+	02:23+	01:24+	01:24+	01:00-	01:24+	02:02+	01:48+	01:14+	01:14+	00:56+	01:12+	00:44+											
00:02+	00:53&	00:16&	00:31&	00:17&	00:37&	00:22&	00:05&	00:50&	00:25&	00:12#	00:03-	00:05+	00:25&	00:16#	00:24&	00:23&	00:19&	00:19&	00:09&											
8	Janne Tjørhom Aasheim										93										27:36									
00:43+	02:23+	03:49+	06:05+	07:49+	08:57+	10:27+	10:53+	13:07+	14:44+	16:33+	17:39+	19:13+	21:16+	22:59+	23:57+	24:54+	25:47+	26:52+	27:36+											
00:43+	01:40+	01:26+	02:16+	01:44+	01:08+	01:30+	00:26+	02:14+	01:37+	01:49+	01:06+	01:34+	02:03+	01:43+	00:58+	00:57+	00:53+	01:05+	00:44+											
00:07#	00:35&	00:28&	00:37&	00:39&	00:25&	00:40&	00:09&	00:41&	00:38&	00:37&	00:03+	00:15#	00:26&	00:11#	00:08#	00:06#	00:16&	00:12#	00:09&											
9	Kari Borgen										62										28:05									
00:54+	02:33+	03:46+	06:03+	07:40+	09:06+	10:28+	11:00+	12:45+	14:18+	17:02+	18:08+	19:57+	21:49+	23:22+	24:18+	25:26+	26:26+	27:28+	28:05+											
00:54+	01:39+	01:13+	02:17+	01:37+	01:26+	01:22+	00:32+	01:45+	01:33+	02:44+	01:06+	01:49+	01:52+	01:33+	00:56+	01:08+	01:00+	01:02+	00:37+											
00:18&	00:34&	00:15&	00:38&	00:32&	00:43&	00:32&	00:15&	00:12#	00:34&	01:32@	00:03+	00:30&	00:15#	00:01+	00:06#	00:17&	00:23&	00:09#	00:02+											
10	Ingrid Simensen										101										30:00									
00:52+	02:55+	04:20+	06:45+	08:47+	10:03+	11:53+	12:18+	14:33+	16:15+	18:10+	19:14+	20:59+	23:08+	24:51+	25:59+	27:06+	28:02+	29:15+	30:00+											
00:52+	02:03+	01:25+	02:25+	02:02+	01:16+	01:50+	00:25+	02:15+	01:42+	01:55+	01:04+	01:45+	02:09+	01:43+	01:08+	01:07+	00:56+	01:13+	00:45+											
00:16&	00:58&	00:27&	00:46&	00:57&	00:33&	01:00@	00:08&	00:42&	00:43&	00:43&	00:01+	00:26&	00:32&	00:11#	00:18&	00:16&	00:19&	00:20&	00:10&											
11	Lene Bjelland										116										30:21									
00:40+	02:15+	03:43+	06:01+	07:40+	08:41+	09:57+	10:32+	13:02+	14:31+	16:13+	17:38+	19:41+	21:51+	24:07+	25:21+	26:48+	28:06+	29:41+	30:21+											
00:40+	01:35+	01:28+	02:18+	01:39+	01:01+	01:16+	00:35+	02:30+	01:29+	01:42+	01:25+	02:03+	02:10+	02:16+	01:14+	01:27+	01:18+	01:35+	00:40+											
00:04#	00:30&	00:30&	00:39&	00:34&	00:18&	00:26&	00:18@	00:57&	00:30&	00:30&	00:22&	00:44&	00:33&	00:44&	00:24&	00:36&	00:41@	00:42&	00:05#											
12	Sina Thu										271										31:47									
00:58+	03:43+	05:04+	07:29+	08:55+	10:01+	11:13+	11:36+	13:35+	15:34+	18:11+	20:42+	22:24+	24:22+	26:30+	27:31+	28:47+	29:52+	31:02+	31:47+											
00:58+	02:45+	01:21+	02:25+	01:26+	01:06+	01:12+	00:23+	01:59+	01:59+	02:37+	02:31+	01:42+	01:58+	02:08+	01:01+	01:16+	01:05+	01:10+	00:45+											
00:22&	01:40@	00:23&	00:46&	00:21&	00:23&	00:22&	00:06&	00:26&	01:00@	01:25@	01:28@	00:23&	00:21#	00:36&	00:11#	00:25&	00:28&	00:17&	00:10&											
13	Maira Andersone										93										33:55									
00:51+	02:48+	04:20+	07:27+	09:24+	10:40+	12:18+	12:47+	15:35+	17:12+	19:38+	20:53+	22:49+	25:28+	27:43+	29:10+	30:27+	31:35+	33:02+	33:55+											
00:51+	01:57+	01:32+	03:07+	01:57+	01:16+	01:38+	00:29+	02:48+	01:37+	02:26+	01:15+	01:56+	02:39+	02:15+	01:27+	01:17+	01:08+	01:27+	00:53+											
00:15&	00:52&	00:34&	01:28&	00:52&	00:33&	00:48&	00:12&	01:15&	00:38&	01:14@	00:12#	00:37&	01:02&	00:43&	00:37&	00:26&	00:31&	00:34&	00:18&											

Plass	Navn		Klasse										Tid						
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Beste strekktid for klassen

00:35 01:05 00:58 01:39 01:05 00:43 00:50 00:17 01:33 00:59 01:12 00:47 01:19 01:35 01:22 00:49 00:51 00:36 00:53 00:34

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

Damer B

1	Inger Tone Nygård		29										24:08						
00:58=	02:29=	04:50=	06:14=	07:54=	09:00=	09:24=	13:20=	13:55=	15:10=	16:44=	18:35=	19:21=	20:17=	21:33=	23:13=	24:08=			
00:58=	01:31=	02:21=	01:24=	01:40=	01:06=	00:24=	03:56=	00:35=	01:15=	01:34=	01:51=	00:46=	00:56=	01:16=	01:40=	00:55=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Lise Isachsen		165										24:13						
00:46-	02:02-	04:07-	05:26-	07:01-	08:09-	08:34-	12:26-	13:04-	14:21-	16:10-	18:31-	19:21=	20:33+	21:44+	23:16+	24:13+			
00:46-	01:16-	02:05-	01:19-	01:35-	01:08+	00:25+	03:52-	00:38+	01:17+	01:49+	02:21+	00:50+	01:12+	01:11-	01:32-	00:57+			
00:12-	00:15-	00:16-	00:05-	00:05-	00:02+	00:01+	00:04-	00:03+	00:02+	00:15#	00:30&	00:04+	00:16&	00:05-	00:08-	00:02+			
3	Ann-Cathrin Nybak Urdal		118										25:07						
01:10+	02:35+	04:37-	05:58-	07:32-	08:36-	09:04-	13:14-	13:44-	15:09-	17:09+	19:05+	19:50+	20:57+	22:18+	24:02+	25:07+			
01:10+	01:25-	02:02-	01:21-	01:34-	01:04-	00:28+	04:10+	00:30-	01:25+	02:00+	01:56+	00:45-	01:07+	01:21+	01:44+	01:05+			
00:12#	00:06-	00:19-	00:03-	00:06-	00:02-	00:04#	00:14+	00:05-	00:10#	00:26&	00:05+	00:01-	00:11#	00:05+	00:04+	00:10#			
4	Hilde Nordbø		93										26:59						
01:12+	02:38+	05:17+	06:50+	08:24+	09:27+	10:01+	14:53+	15:31+	16:53+	18:36+	21:00+	21:49+	22:55+	24:11+	25:56+	26:59+			
01:12+	01:26-	02:39+	01:33+	01:34-	01:03-	00:34+	04:52+	00:38+	01:22+	01:43+	02:24+	00:49+	01:06+	01:16=	01:45+	01:03+			
00:14#	00:05-	00:18#	00:09#	00:06-	00:03-	00:10&	00:56#	00:03+	00:07+	00:09+	00:33&	00:03+	00:10#	00:00=	00:05+	00:08#			
5	Vibeke Lamark		46										28:36						
00:52-	02:14-	04:37-	06:08-	07:44-	08:56-	09:29+	13:50+	14:24+	15:51+	19:18+	22:20+	23:08+	24:13+	25:36+	27:30+	28:36+			
00:52-	01:22-	02:23+	01:31+	01:36-	01:12+	00:33+	04:21+	00:34-	01:27+	03:27+	03:02+	00:48+	01:05+	01:23+	01:54+	01:06+			
00:06-	00:09-	00:02+	00:07+	00:04-	00:06+	00:09&	00:25#	00:01-	00:12#	01:53@	01:11&	00:02+	00:09#	00:07+	00:14#	00:11#			
6	Anita Glenne Kallhovd		29										28:58						
00:56-	02:19-	04:58+	06:33+	08:33+	09:56+	10:26+	14:17+	14:57+	16:18+	18:03+	22:41+	23:32+	24:50+	26:08+	27:53+	28:58+			
00:56-	01:23-	02:39+	01:35+	02:00+	01:23+	00:30+	03:51-	00:40+	01:21+	01:45+	04:38+	00:51+	01:18+	01:18+	01:45+	01:05+			
00:02-	00:08-	00:18#	00:11#	00:20#	00:17&	00:06#	00:05-	00:05#	00:06+	00:11#	02:47@	00:05#	00:22&	00:02+	00:05+	00:10#			
7	Irene Rummelhoff		116										30:28						
01:02+	02:31+	05:49+	07:17+	08:55+	10:20+	10:50+	16:26+	17:21+	18:44+	20:58+	23:34+	24:53+	26:07+	27:23+	29:15+	30:28+			
01:02+	01:29-	03:18+	01:28+	01:38-	01:25+	00:30+	05:36+	00:55+	01:23+	02:14+	02:36+	01:19+	01:14+	01:16=	01:52+	01:13+			
00:04+	00:02-	00:57&	00:04+	00:02-	00:19&	00:06#	01:40&	00:20&	00:08#	00:40&	00:45&	00:33&	00:18&	00:00=	00:12#	00:18&			
8	Agnes Elin Engen		116										30:55						
01:23+	03:06+	05:56+	07:37+	09:23+	11:02+	11:26+	15:46+	16:24+	17:59+	20:18+	22:27+	23:35+	24:44+	26:12+	29:58+	30:55+			
01:23+	01:43+	02:50+	01:41+	01:46+	01:39+	00:24=	04:20+	00:38+	01:35+	02:19+	02:09+	01:08+	01:09+	01:28+	03:46+	00:57+			
00:25&	00:12#	00:29#	00:17#	00:06+	00:33&	00:00=	00:24#	00:03+	00:20&	00:45&	00:18#	00:22&	00:13#	00:12#	02:06@	00:02+			
9	Iren Undheim Øgreid		62										31:22						
00:57-	02:47+	05:41+	07:15+	08:53+	10:19+	10:51+	17:02+	17:43+	19:19+	21:18+	23:53+	25:19+	27:18+	28:40+	30:20+	31:22+			
00:57-	01:50+	02:54+	01:34+	01:38-	01:26+	00:32+	06:11+	00:41+	01:36+	01:59+	02:35+	01:26+	01:59+	01:22+	01:40=	01:02+			
00:01-	00:19#	00:33#	00:10#	00:02-	00:20&	00:08&	02:15&	00:06#	00:21&	00:25&	00:44&	00:40&	01:03@	00:06+	00:00=	00:07#			
10	Helen Lomeland		105										31:40						
01:18+	03:20+	05:53+	07:27+	09:04+	10:26+	10:56+	15:53+	16:27+	17:54+	19:51+	24:21+	25:13+	27:05+	28:28+	30:28+	31:40+			
01:18+	02:02+	02:33+	01:34+	01:37-	01:22+	00:30+	04:57+	00:34-	01:27+	01:57+	04:30+	00:52+	01:52+	01:23+	02:00+	01:12+			
00:20&	00:31&	00:12+	00:10#	00:03-	00:16#	00:06#	01:01&	00:01-	00:12#	00:23#	02:39@	00:06#	00:56&	00:07+	00:20#	00:17&			
11	Ingrid W. Hestness		117										32:15						
01:08+	02:49+	05:32+	07:13+	09:04+	11:15+	11:46+	17:58+	18:37+	20:09+	21:55+	26:15+	26:53+	27:59+	29:19+	31:07+	32:15+			
01:08+	01:41+	02:43+	01:41+	01:51+	02:11+	00:31+	06:12+	00:39+	01:32+	01:46+	04:20+	00:38-	01:06+	01:20+	01:48+	01:08+			
00:10#	00:10#	00:22#	00:17#	00:11#	01:05&	00:07&	02:16&	00:04#	00:17#	00:12#	02:29@	00:08-	00:10#	00:04+	00:08+	00:13#			
12	Ingunn Anda Haug		67										32:43						
03:15+	05:02+	07:43+	09:21+	11:14+	12:43+	13:24+	18:39+	19:17+	20:59+	23:07+	25:34+	26:36+	27:51+	29:27+	31:30+	32:43+			
03:15+	01:47+	02:41+	01:38+	01:53+	01:29+	00:41+	05:15+	00:38+	01:42+	02:08+	02:27+	01:02+	01:15+	01:36+	02:03+	01:13+			
02:17@	00:16#	00:20#	00:14#	00:13#	00:23&	00:17&	01:19&	00:03+	00:27&	00:34&	00:36&	00:16&	00:19&	00:20&	00:23#	00:18&			
13	Ragnhild Auglænd		168										33:20						
01:21+	03:19+	05:59+	08:06+	10:15+	11:40+	12:14+	17:06+	18:32+	20:10+	22:06+	25:30+	26:18+	28:20+	29:56+	32:05+	33:20+			
01:21+	01:58+	02:40+	02:07+	02:09+	01:25+	00:34+	04:52+	01:26+	01:38+	01:56+	03:24+	00:48+	02:02+	01:36+	02:09+	01:15+			
00:23&	00:27&	00:19#	00:43&	00:29&	00:19&	00:10&	00:56#	00:51@	00:23&	00:22#	01:33&	00:02+	01:06@	00:20&	00:29&	00:20&			

Pllass	Navn										Klasse	Tid									
14	Ann Karin Tjørhom										93	33:47									
	01:14+	03:03+	06:11+	08:03+	10:17+	11:42+	12:12+	17:38+	18:22+	19:55+	22:01+	25:57+	26:38+	28:22+	29:54+	32:39+	33:47+				
	01:14+	01:49+	03:08+	01:52+	02:14+	01:25+	00:30+	05:26+	00:44+	01:33+	02:06+	03:56+	00:41-	01:44+	01:32+	02:45+	01:08+				
	00:16&	00:18#	00:47&	00:28&	00:34&	00:19&	00:06#	01:30&	00:09&	00:18#	00:32&	02:05@	00:05-	00:48&	00:16#	01:05&	00:13#				
15	Tone Cecilie Nystrom										68	34:31									
	01:00+	02:41+	06:50+	08:47+	10:35+	12:04+	12:41+	18:44+	19:29+	21:28+	23:34+	26:39+	27:44+	29:00+	30:34+	33:11+	34:31+				
	01:00+	01:41+	04:09+	01:57+	01:48+	01:29+	00:37+	06:03+	00:45+	01:59+	02:06+	03:05+	01:05+	01:16+	01:34+	02:37+	01:20+				
	00:02+	00:10#	01:48&	00:33&	00:08+	00:23&	00:13&	02:07&	00:10&	00:44&	00:32&	01:14&	00:19&	00:20&	00:18#	00:57&	00:25&				
16	Grethe Anda Fuglestad										116	34:49									
	01:10+	03:20+	05:58+	07:34+	09:33+	11:06+	11:32+	16:47+	17:25+	23:22+	25:33+	28:06+	29:07+	30:15+	31:42+	33:42+	34:49+				
	01:10+	02:10+	02:38+	01:36+	01:59+	01:33+	00:26+	05:15+	00:38+	05:57+	02:11+	02:33+	01:01+	01:08+	01:27+	02:00+	01:07+				
	00:12#	00:39&	00:17#	00:12#	00:19#	00:27&	00:02+	01:19&	00:03+	04:42@	00:37&	00:42&	00:15&	00:12#	00:11#	00:20#	00:12#				
17	Margrethe Roalsø										93	35:23									
	00:58=	02:47+	05:46+	07:38+	09:25+	10:47+	11:14+	16:38+	17:24+	19:15+	23:16+	28:10+	28:52+	31:04+	32:20+	34:23+	35:23+				
	00:58=	01:49+	02:59+	01:52+	01:47+	01:22+	00:27+	05:24+	00:46+	01:51+	04:01+	04:54+	00:42-	02:12+	01:16=	02:03+	01:00+				
	00:00=	00:18#	00:38&	00:28&	00:07+	00:16#	00:03#	01:28&	00:11&	00:36&	02:27@	03:03@	00:04-	01:16@	00:00=	00:23#	00:05+				
18	Berit Våg Aksland										116	35:32									
	01:03+	02:38+	05:16+	06:43+	08:35+	10:03+	10:33+	21:50+	22:23+	24:06+	25:58+	28:45+	29:47+	31:25+	32:40+	34:29+	35:32+				
	01:03+	01:35+	02:38+	01:27+	01:52+	01:28+	00:30+	11:17+	00:33-	01:43+	01:52+	02:47+	01:02+	01:38+	01:15-	01:49+	01:03+				
	00:05+	00:04+	00:17#	00:03+	00:12#	00:22&	00:06#	07:21@	00:02-	00:28&	00:18#	00:56&	00:16&	00:42&	00:01-	00:09+	00:08#				
19	Mariann Sveinsvoll										94	36:51									
	01:06+	02:41+	07:51+	09:41+	12:09+	13:47+	14:31+	20:28+	21:11+	22:49+	27:06+	29:33+	30:59+	32:28+	33:50+	35:44+	36:51+				
	01:06+	01:35+	05:10+	01:50+	02:28+	01:38+	00:44+	05:57+	00:43+	01:38+	04:17+	01:26+	01:29+	01:29+	01:22+	01:54+	01:07+				
	00:08#	00:04+	02:49@	00:26&	00:48&	00:32&	00:20&	02:01&	00:08#	00:23&	02:43@	00:36&	00:40&	00:33&	00:06+	00:14#	00:12#				
Beste strekktid for klassen																					
	00:46	01:16	02:02	01:19	01:34	01:03	00:24	03:51	00:30	01:15	01:34	01:51	00:38	00:56	01:11	01:32	00:55				

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

Damer Ny

1	Martine Hansen										105	20:39									
	01:14=	03:04=	06:52=	09:40=	12:46=	16:28=	18:36=	19:39=	20:39=												
	01:14=	01:50=	03:48=	02:48=	03:06=	03:42=	02:08=	01:03=	01:00=												
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Maria E. Pettersen										7	23:07									
	01:28+	03:34+	08:12+	12:02+	16:13+	18:54+	21:05+	22:17+	23:07+												
	01:28+	02:06+	04:38+	03:50+	04:11+	02:41-	02:11+	01:12+	00:50-												
	00:14#	00:16#	00:50#	01:02&	01:05&	01:01-	00:03+	00:09#	00:10-												
3	Ester-Lill Waage										105	27:54									
	01:49+	04:47+	09:08+	12:56+	17:13+	20:53+	24:43+	25:48+	27:54+												
	01:49+	02:58+	04:21+	03:48+	04:17+	03:40-	03:50+	01:05+	02:06+												
	00:35&	01:08&	00:33#	01:00&	01:11&	00:02-	01:42&	00:02+	01:06@												
4	Tone Hartvedt										62	29:07									
	02:27+	04:49+	10:04+	14:10+	18:39+	21:55+	25:42+	27:17+	29:07+												
	02:27+	02:22+	05:15+	04:06+	04:29+	03:16-	03:47+	01:35+	01:50+												
	01:13&	00:32&	01:27&	01:18&	01:23&	00:26-	01:39&	00:32&	00:50&												
5	Bente Lyse										115	31:54									
	01:36+	03:22+	07:49+	13:11+	18:53+	22:09+	24:58+	30:19+	31:54+												
	01:36+	01:46-	04:27+	05:22+	05:42+	03:16-	02:49+	05:21+	01:35+												
	00:22&	00:04-	00:39#	02:34&	02:36&	00:26-	00:41&	04:18@	00:35&												
6	Suma Jorige										80	44:17									
	02:08+	09:48+	17:06+	21:26+	29:55+	33:23+	36:15+	42:47+	44:17+												
	02:08+	07:40+	07:18+	04:20+	08:29+	03:28-	02:52+	06:32+	01:30+												
	00:54&	05:50@	03:30&	01:32&	05:23@	00:14-	00:44&	05:29@	00:30&												
Beste strekktid for klassen																					
	01:14	01:46	03:48	02:48	03:06	02:41	02:08	01:03	00:50												

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

Plass	Navn										Klasse	Tid
Damer Trim												
1	Monica Gilje Rennemo										92	17:49
	00:43=	02:18=	03:22=	06:23=	08:10=	09:16=	10:35=	12:29=	14:36=	16:28=	17:49=	
	00:43=	01:35=	01:04=	03:01=	01:47=	01:06=	01:19=	01:54=	02:07=	01:52=	01:21=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Lise Bergli										62	18:17
	00:49+	02:43+	04:12+	06:58+	08:43+	09:48+	11:44+	13:27+	15:33+	17:12+	18:17+	
	00:49+	01:54+	01:29+	02:46=	01:45=	01:05=	01:56+	01:43=	02:06=	01:39=	01:05=	
	00:06#	00:19#	00:25&	00:15=	00:02=	00:01=	00:37&	00:11=	00:01=	00:13=	00:16=	
3	Andrea Sætre										101	18:43
	00:55+	02:25+	03:19=	05:48=	07:18=	08:12=	13:03+	14:43+	16:18+	17:50+	18:43+	
	00:55+	01:30=	00:54=	02:29=	01:30=	00:54=	04:51+	01:40=	01:35=	01:32=	00:53=	
	00:12&	00:05=	00:10=	00:32=	00:17=	00:12=	03:32@	00:14=	00:32=	00:20=	00:28=	
4	Gerd Katrin Kro										117	19:04
	01:01+	02:25+	03:22=	06:12=	08:05=	10:51+	12:48+	14:57+	16:26+	18:16+	19:04+	
	01:01+	01:24=	00:57=	02:50=	01:53+	02:46+	01:57+	02:09+	01:29=	01:50=	00:48=	
	00:18&	00:11=	00:07=	00:11=	00:06+	01:40@	00:38&	00:15#	00:38=	00:02=	00:33=	
5	Ann Helen Johannesen										71	19:11
	01:10+	02:49+	03:49+	06:25+	08:14+	09:26+	11:04+	14:21+	16:20+	18:02+	19:11+	
	01:10+	01:39+	01:00=	02:36=	01:49+	01:12+	01:38+	03:17+	01:59=	01:42=	01:09=	
	00:27&	00:04+	00:04=	00:25=	00:02+	00:06+	00:19#	01:23&	00:08=	00:10=	00:12=	
6	Heidi Seglem										116	19:12
	01:09+	02:52+	03:50+	06:30+	08:16+	09:28+	11:05+	14:25+	16:22+	18:04+	19:12+	
	01:09+	01:43+	00:58=	02:40=	01:46=	01:12+	01:37+	03:20+	01:57=	01:42=	01:08=	
	00:26&	00:08+	00:06=	00:21=	00:01=	00:06+	00:18#	01:26&	00:10=	00:10=	00:13=	
7	Lene Haver Schmidt										88	19:39
	01:13+	03:26+	04:48+	07:48+	09:34+	10:46+	12:08+	14:28+	16:26+	18:26+	19:39+	
	01:13+	02:13+	01:22+	03:00=	01:46=	01:12+	01:22+	02:20+	01:58=	02:00+	01:13=	
	00:30&	00:38&	00:18&	00:01=	00:01=	00:06+	00:03+	00:26#	00:09=	00:08+	00:08=	
8	Sara Engevik										126	19:42
	00:57+	03:25+	04:25+	08:00+	09:49+	11:18+	13:08+	15:10+	17:09+	18:44+	19:42+	
	00:57+	02:28+	01:00=	03:35+	01:49+	01:29+	01:50+	02:02+	01:59=	01:35=	00:58=	
	00:14&	00:53&	00:04=	00:34#	00:02+	00:23&	00:31&	00:08+	00:08=	00:17=	00:23=	
9	Tonje Tiley										27	20:14
	01:08+	03:00+	04:04+	07:32+	09:11+	10:09+	12:37+	14:31+	16:53+	18:50+	20:14+	
	01:08+	01:52+	01:04=	03:28+	01:39=	00:58=	02:28+	01:54=	02:22+	01:57+	01:24+	
	00:25&	00:17#	00:00=	00:27#	00:08=	00:08=	01:09&	00:00=	00:15#	00:05+	00:03+	
10	Fredrike Krahner										126	20:19
	00:44+	02:12=	05:24+	07:56+	09:27+	12:48+	14:09+	16:05+	17:42+	19:16+	20:19+	
	00:44+	01:28=	03:12+	02:32=	01:31=	03:21+	01:21+	01:56+	01:37=	01:34=	01:03=	
	00:01+	00:07=	02:08@	00:29=	00:16=	02:15@	00:02+	00:02+	00:30=	00:18=	00:18=	
11	Randi Bugge										46	20:27
	00:57+	03:07+	04:17+	07:34+	09:33+	10:49+	12:26+	14:55+	17:01+	19:11+	20:27+	
	00:57+	02:10+	01:10+	03:17+	01:59+	01:16+	01:37+	02:29+	02:06=	02:10+	01:16=	
	00:14&	00:35&	00:06+	00:16+	00:12#	00:10#	00:18#	00:35&	00:01=	00:18#	00:05=	
12	Synnøve Hognestad										43	20:39
	01:10+	03:09+	04:28+	07:17+	09:26+	11:09+	12:44+	14:55+	17:13+	19:17+	20:39+	
	01:10+	01:59+	01:19+	02:49=	02:09+	01:43+	01:35+	02:11+	02:18+	02:04+	01:22+	
	00:27&	00:24&	00:15#	00:12=	00:22#	00:37&	00:16#	00:17#	00:11+	00:12#	00:01+	
13	Kine Strømstad										109	20:53
	01:03+	02:59+	04:29+	07:22+	09:36+	11:28+	13:10+	15:33+	17:33+	19:25+	20:53+	
	01:03+	01:56+	01:30+	02:53=	02:14+	01:52+	01:42+	02:23+	02:00=	01:52=	01:28+	
	00:20&	00:21#	00:26&	00:08=	00:27&	00:46&	00:23&	00:29&	00:07=	00:00=	00:07+	
14	Marianne Johnsen										5	21:11
	00:55+	04:22+	05:46+	08:43+	10:20+	11:26+	14:08+	16:27+	18:21+	20:01+	21:11+	
	00:55+	03:27+	01:24+	02:57=	01:37=	01:06=	02:42+	02:19+	01:54=	01:40=	01:10=	
	00:12&	01:52@	00:20&	00:04=	00:10=	00:00=	01:23@	00:25#	00:13=	00:12=	00:11=	

Plass	Navn										Klasse	Tid
15	Irene Frøyland										71	22:38
	00:53+	03:50+	04:55+	08:21+	12:25+	13:33+	15:05+	17:24+	19:24+	21:23+	22:38+	
	00:53+	02:57+	01:05+	03:26+	04:04+	01:08+	01:32+	02:19+	02:00-	01:59+	01:15-	
	00:10#	01:22&	00:01+	00:25#	02:17@	00:02+	00:13#	00:25#	00:07-	00:07+	00:06-	
16	Kjersti Fandrem Høivik										68	22:40
	00:57+	02:55+	04:11+	07:32+	10:10+	12:04+	13:39+	16:17+	19:06+	21:15+	22:40+	
	00:57+	01:58+	01:16+	03:21+	02:38+	01:54+	01:35+	02:38+	02:49+	02:09+	01:25+	
	00:14&	00:23#	00:12#	00:20#	00:51&	00:48&	00:16#	00:44&	00:42&	00:17#	00:04+	
17	Anlaug Nygard										27	22:53
	01:12+	03:46+	05:00+	08:20+	10:33+	12:34+	14:23+	17:04+	19:22+	21:32+	22:53+	
	01:12+	02:34+	01:14+	03:20+	02:13+	02:01+	01:49+	02:41+	02:18+	02:10+	01:21=	
	00:29&	00:59&	00:10#	00:19#	00:26#	00:55&	00:30&	00:47&	00:11+	00:18#	00:00=	
18	Ingunn Kristiansen Wiig										105	23:39
	01:16+	03:09+	04:20+	07:35+	09:35+	12:04+	13:52+	17:28+	19:26+	22:08+	23:39+	
	01:16+	01:53+	01:11+	03:15+	02:00+	02:29+	01:48+	03:36+	01:58-	02:42+	01:31+	
	00:33&	00:18#	00:07#	00:14+	00:13#	01:23@	00:29&	01:42&	00:09-	00:50&	00:10#	
19	Astrid Espe										43	24:07
	01:09+	03:22+	04:53+	08:30+	11:35+	12:55+	15:15+	18:19+	20:40+	22:50+	24:07+	
	01:09+	02:13+	01:31+	03:37+	03:05+	01:20+	02:20+	03:04+	02:21+	02:10+	01:17-	
	00:26&	00:38&	00:27&	00:36#	01:18&	00:14#	01:01&	01:10&	00:14#	00:18#	00:04-	
20	Sarah Allen										111	24:25
	01:42+	03:41+	04:56+	09:18+	11:27+	12:56+	16:02+	19:06+	21:17+	23:15+	24:25+	
	01:42+	01:59+	01:15+	04:22+	02:09+	01:29+	03:06+	03:04+	02:11+	01:58+	01:10-	
	00:59@	00:24&	00:11#	01:21&	00:22#	00:23&	01:47@	01:10&	00:04+	00:06+	00:11-	
21	Marianne Gjesdal Lyngås										92	24:45
	01:23+	03:53+	05:41+	09:12+	11:25+	12:49+	15:22+	18:11+	20:50+	23:09+	24:45+	
	01:23+	02:30+	01:48+	03:31+	02:13+	01:24+	02:33+	02:49+	02:39+	02:19+	01:36+	
	00:40&	00:55&	00:44&	00:30#	00:26#	00:18&	01:14&	00:55&	00:32&	00:27#	00:15#	
22	Solbjørg Borgersen										233	24:45
	01:15+	04:30+	05:44+	09:13+	11:28+	12:37+	16:35+	19:01+	21:17+	23:24+	24:45+	
	01:15+	03:15+	01:14+	03:29+	02:15+	01:09+	03:58+	02:26+	02:16+	02:07+	01:21=	
	00:32&	01:40@	00:10#	00:28#	00:28&	00:03+	02:39@	00:32&	00:09+	00:15#	00:00=	
23	Mona Nordmark Kaada										178	24:45
	01:06+	03:13+	04:17+	08:04+	10:03+	13:15+	15:19+	18:27+	20:50+	23:22+	24:45+	
	01:06+	02:07+	01:04=	03:47+	01:59+	03:12+	02:04+	03:08+	02:23+	02:32+	01:23+	
	00:23&	00:32&	00:00=	00:46&	00:12#	02:06@	00:45&	01:14&	00:16#	00:40&	00:02+	
24	Hilde Christine Hoff										221	25:06
	01:25+	04:37+	05:54+	09:50+	12:13+	13:55+	15:44+	18:08+	21:03+	23:21+	25:06+	
	01:25+	03:12+	01:17+	03:56+	02:23+	01:42+	01:49+	02:24+	02:55+	02:18+	01:45+	
	00:42&	01:37@	00:13#	00:55&	00:36&	00:36&	00:30&	00:30&	00:48&	00:26#	00:24&	
25	Kirsti Strand Salvesen										256	25:09
	01:29+	03:53+	05:32+	09:31+	12:09+	13:39+	15:31+	17:59+	21:07+	23:36+	25:09+	
	01:29+	02:24+	01:39+	03:59+	02:38+	01:30+	01:52+	02:28+	03:08+	02:29+	01:33+	
	00:46@	00:49&	00:35&	00:58&	00:51&	00:24&	00:33&	00:34&	01:01&	00:37&	00:12#	
26	Janne Kristin Frantzen										116	25:22
	01:16+	03:56+	05:23+	09:19+	11:32+	12:59+	14:57+	18:31+	21:13+	23:43+	25:22+	
	01:16+	02:40+	01:27+	03:56+	02:13+	01:27+	01:58+	03:34+	02:42+	02:30+	01:39+	
	00:33&	01:05&	00:23&	00:55&	00:26#	00:21&	00:39&	01:40&	00:35&	00:38&	00:18#	
27	Ingrid O. Foss										117	25:49
	01:13+	03:08+	04:19+	07:02+	10:58+	15:31+	17:24+	20:23+	22:35+	24:16+	25:49+	
	01:13+	01:55+	01:11+	02:43-	03:56+	04:33+	01:53+	02:59+	02:12+	01:41-	01:33+	
	00:30&	00:20#	00:07#	00:18-	02:09@	03:27@	00:34&	01:05&	00:05+	00:11-	00:12#	
28	Kjersti Vasbø										126	26:06
	01:10+	04:01+	05:23+	09:27+	11:47+	13:47+	16:00+	19:45+	22:06+	24:16+	26:06+	
	01:10+	02:51+	01:22+	04:04+	02:20+	02:00+	02:13+	03:45+	02:21+	02:10+	01:50+	
	00:27&	01:16&	00:18&	01:03&	00:33&	00:54&	00:54&	01:51&	00:14#	00:18#	00:29&	
29	Eli Våge										117	26:10
	01:20+	04:13+	05:30+	09:31+	11:50+	13:57+	16:20+	19:42+	22:14+	24:26+	26:10+	
	01:20+	02:53+	01:17+	04:01+	02:19+	02:07+	02:23+	03:22+	02:32+	02:12+	01:44+	
	00:37&	01:18&	00:13#	01:00&	00:32&	01:01&	01:04&	01:28&	00:25#	00:20#	00:23&	

Plass	Navn					Klasse					Tid	
30	Jorunn Eriksson Sætre					47						26:23
	01:00+	02:58+	04:19+	07:34+	09:46+	16:04+	17:39+	19:56+	22:49+	25:06+	26:23+	
	01:00+	01:58+	01:21+	03:15+	02:12+	06:18+	01:35+	02:17+	02:53+	02:17+	01:17-	
	00:17&	00:23#	00:17&	00:14+	00:25#	05:12@	00:16#	00:23#	00:46&	00:25#	00:04-	
31	Ewelina Uscinska					287						26:26
	03:16+	05:24+	06:41+	10:21+	12:40+	14:09+	16:25+	19:12+	22:01+	24:42+	26:26+	
	03:16+	02:08+	01:17+	03:40+	02:19+	01:29+	02:16+	02:47+	02:49+	02:41+	01:44+	
	02:33@	00:33&	00:13#	00:39#	00:32&	00:23&	00:57&	00:53&	00:42&	00:49&	00:23&	
32	Maria Haukalid					47						26:29
	01:43+	04:54+	06:30+	11:19+	13:40+	15:43+	17:52+	21:02+	23:19+	25:16+	26:29+	
	01:43+	03:11+	01:36+	04:49+	02:21+	02:03+	02:09+	03:10+	02:17+	01:57+	01:13-	
	01:00@	01:36@	00:32&	01:48&	00:34&	00:57&	00:50&	01:16&	00:10+	00:05+	00:08-	
33	Lene Bjørnø					92						26:42
	01:16+	05:10+	06:37+	09:54+	13:23+	16:18+	17:55+	21:58+	23:59+	25:36+	26:42+	
	01:16+	03:54+	01:27+	03:17+	03:29+	02:55+	01:37+	04:03+	02:01-	01:37-	01:06-	
	00:33&	02:19@	00:23&	00:16+	01:42&	01:49@	00:18#	02:09@	00:06-	00:15-	00:15-	
34	Maryon Paulsen Strugstad					43						26:45
	01:27+	05:43+	07:27+	09:38+	11:28+	18:32+	20:55+	22:54+	24:36+	25:58+	26:45+	
	01:27+	04:16+	01:44+	02:11-	01:50+	07:04+	02:23+	01:59+	01:42-	01:22-	00:47-	
	00:44@	02:41@	00:40&	00:50-	00:03+	05:58@	01:04&	00:05+	00:25-	00:30-	00:34-	
35	Unni B. Sundli					92						27:00
	01:10+	03:50+	05:18+	09:58+	14:15+	15:41+	17:59+	20:37+	23:07+	25:28+	27:00+	
	01:10+	02:40+	01:28+	04:40+	04:17+	01:26+	02:18+	02:38+	02:30+	02:21+	01:32+	
	00:27&	01:05&	00:24&	01:39&	02:30@	00:20&	00:59&	00:44&	00:23#	00:29&	00:11#	
36	Sonja Johannessen					130						27:00
	01:06+	04:26+	05:43+	10:00+	12:19+	14:22+	15:57+	21:13+	23:31+	25:34+	27:00+	
	01:06+	03:20+	01:17+	04:17+	02:19+	02:03+	01:35+	05:16+	02:18+	02:03+	01:26+	
	00:23&	01:45@	00:13#	01:16&	00:32&	00:57&	00:16#	03:22@	00:11+	00:11+	00:05+	
37	Solveig Mæland					128						27:14
	01:36+	04:31+	06:29+	10:52+	13:28+	15:07+	17:29+	20:12+	22:47+	25:31+	27:14+	
	01:36+	02:55+	01:58+	04:23+	02:36+	01:39+	02:22+	02:43+	02:35+	02:44+	01:43+	
	00:53@	01:20&	00:54&	01:22&	00:49&	00:33&	01:03&	00:49&	00:28#	00:52&	00:22&	
38	Synnøve Langvik					93						27:16
	01:25+	03:31+	04:42+	08:18+	10:42+	16:55+	19:39+	22:04+	24:15+	25:57+	27:16+	
	01:25+	02:06+	01:11+	03:36+	02:24+	06:13+	02:44+	02:25+	02:11+	01:42-	01:19-	
	00:42&	00:31&	00:07#	00:35#	00:37&	05:07@	01:25@	00:31&	00:04+	00:10-	00:02-	
39	Brit Svihus					92						27:23
	01:18+	03:35+	04:57+	09:13+	12:29+	16:19+	18:20+	21:30+	23:47+	25:45+	27:23+	
	01:18+	02:17+	01:22+	04:16+	03:16+	03:50+	02:01+	03:10+	02:17+	01:58+	01:38+	
	00:35&	00:42&	00:18&	01:15&	01:29&	02:44@	00:42&	01:16&	00:10+	00:06+	00:17#	
40	Ruth Grødem					105						27:36
	01:15+	03:33+	05:01+	08:45+	11:20+	16:37+	18:20+	20:50+	23:55+	26:17+	27:36+	
	01:15+	02:18+	01:28+	03:44+	02:35+	05:17+	01:43+	02:30+	03:05+	02:22+	01:19-	
	00:32&	00:43&	00:24&	00:43#	00:48&	04:11@	00:24&	00:36&	00:58&	00:30&	00:02-	
41	Rebekka Lye					62						27:37
	01:32+	05:38+	07:05+	10:39+	12:56+	16:36+	18:15+	21:36+	24:02+	26:16+	27:37+	
	01:32+	04:06+	01:27+	03:34+	02:17+	03:40+	01:39+	03:21+	02:26+	02:14+	01:21=	
	00:49@	02:31@	00:23&	00:33#	00:30&	02:34@	00:20&	01:27&	00:19#	00:22#	00:00=	
42	Solveig Grønning					47						28:01
	01:41+	04:01+	05:30+	10:10+	13:16+	15:25+	18:23+	21:10+	24:32+	26:36+	28:01+	
	01:41+	02:20+	01:29+	04:40+	03:06+	02:09+	02:58+	02:47+	03:22+	02:04+	01:25+	
	00:58@	00:45&	00:25&	01:39&	01:19&	01:03&	01:39@	00:53&	01:15&	00:12#	00:04+	
43	Åse Kristensen					94						28:02
	01:24+	03:50+	05:09+	09:12+	13:46+	15:16+	17:20+	20:43+	23:25+	26:34+	28:02+	
	01:24+	02:26+	01:19+	04:03+	04:34+	01:30+	02:04+	03:23+	02:42+	03:09+	01:28+	
	00:41&	00:51&	00:15#	01:02&	02:47@	00:24&	00:45&	01:29&	00:35&	01:17&	00:07+	
44	Ingunn Fandrem					47						28:03
	01:37+	03:58+	05:28+	10:04+	13:10+	15:27+	18:24+	21:05+	24:33+	26:39+	28:03+	
	01:37+	02:21+	01:30+	04:36+	03:06+	02:17+	02:57+	02:41+	03:28+	02:06+	01:24+	
	00:54@	00:46&	00:26&	01:35&	01:19&	01:11@	01:38@	00:47&	01:21&	00:14#	00:03+	

Plass	Navn					Klasse					Tid
45	Gunvor Frafjord Tungesvik					228					28:09
	01:25+	04:50+	06:09+	10:42+	14:08+	16:09+	18:52+	21:36+	24:27+	26:52+	28:09+
	01:25+	03:25+	01:19+	04:33+	03:26+	02:01+	02:43+	02:44+	02:51+	02:25+	01:17-
	00:42&	01:50@	00:15#	01:32&	01:39&	00:55&	01:24@	00:50&	00:44&	00:33&	00:04-
46	Reidun Solli Skjørestad					47					28:12
	01:39+	04:59+	06:23+	10:51+	14:17+	16:25+	19:08+	21:51+	24:42+	27:00+	28:12+
	01:39+	03:20+	01:24+	04:28+	03:26+	02:08+	02:43+	02:43+	02:51+	02:18+	01:12-
	00:56@	01:45@	00:20&	01:27&	01:39&	01:02&	01:24@	00:49&	00:44&	00:26#	00:09-
47	Eli Tjetland					116					28:17
	01:07+	04:18+	06:00+	09:58+	13:05+	14:49+	17:13+	20:38+	23:43+	26:25+	28:17+
	01:07+	03:11+	01:42+	03:58+	03:07+	01:44+	02:24+	03:25+	03:05+	02:42+	01:52+
	00:24&	01:36@	00:38&	00:57&	01:20&	00:38&	01:05&	01:31&	00:58&	00:50&	00:31&
48	Tove Kristin K. Helvig					105					28:50
	01:57+	04:55+	06:27+	10:21+	12:43+	14:28+	16:43+	19:30+	23:23+	27:19+	28:50+
	01:57+	02:58+	01:32+	03:54+	02:22+	01:45+	02:15+	02:47+	03:53+	03:56+	01:31+
	01:14@	01:23&	00:28&	00:53&	00:35&	00:39&	00:56&	00:53&	01:46&	02:04@	00:10#
49	Randi Wesetvik					116					28:56
	01:18+	04:20+	05:55+	09:59+	12:33+	14:25+	18:05+	21:44+	24:29+	27:04+	28:56+
	01:18+	03:02+	01:35+	04:04+	02:34+	01:52+	03:40+	03:39+	02:45+	02:35+	01:52+
	00:35&	01:27&	00:31&	01:03&	00:47&	00:46&	02:21@	01:45&	00:38&	00:43&	00:31&
50	Margretha Almedal					91					28:58
	01:20+	08:31+	09:59+	13:18+	16:22+	18:36+	20:45+	23:14+	25:27+	27:42+	28:58+
	01:20+	07:11+	01:28+	03:19+	03:04+	02:14+	02:09+	02:29+	02:13+	02:15+	01:16-
	00:37&	05:36@	00:24&	00:18+	01:17&	01:08@	00:50&	00:35&	00:06+	00:23#	00:05-
51	Jorunn Birkeland					47					28:59
	01:34+	04:51+	06:22+	10:43+	14:21+	16:19+	18:58+	21:44+	24:37+	27:06+	28:59+
	01:34+	03:17+	01:31+	04:21+	03:38+	01:58+	02:39+	02:46+	02:53+	02:29+	01:53+
	00:51@	01:42@	00:27&	01:20&	01:51@	00:52&	01:20@	00:52&	00:46&	00:37&	00:32&
52	May Kristin Haaland					47					29:01
	01:19+	04:53+	06:21+	10:26+	13:03+	14:51+	17:34+	21:08+	24:24+	27:44+	29:01+
	01:19+	03:34+	01:28+	04:05+	02:37+	01:48+	02:43+	03:34+	03:16+	03:20+	01:17-
	00:36&	01:59@	00:24&	01:04&	00:50&	00:42&	01:24@	01:40&	01:09&	01:28&	00:04-
53	Linn Skadberg					113					29:33
	01:00+	03:08+	04:33+	09:29+	12:02+	13:32+	15:15+	23:38+	26:13+	28:19+	29:33+
	01:00+	02:08+	01:25+	04:56+	02:33+	01:30+	01:43+	08:23+	02:35+	02:06+	01:14-
	00:17&	00:33&	00:21&	01:55&	00:46&	00:24&	00:24&	06:29@	00:28#	00:14#	00:07-
54	Jorunn Pedersen Lima					113					29:39
	01:05+	03:12+	04:36+	09:33+	12:00+	13:31+	15:18+	23:44+	26:10+	28:25+	29:39+
	01:05+	02:07+	01:24+	04:57+	02:27+	01:31+	01:47+	08:26+	02:26+	02:15+	01:14-
	00:22&	00:32&	00:20&	01:56&	00:40&	00:25&	00:28&	06:32@	00:19#	00:23#	00:07-
55	Marit Kløvstad Braut					92					29:46
	01:16+	04:15+	06:51+	10:58+	13:34+	17:33+	19:36+	22:09+	25:26+	28:03+	29:46+
	01:16+	02:59+	02:36+	04:07+	02:36+	03:59+	02:03+	02:33+	03:17+	02:37+	01:43+
	00:33&	01:24&	01:32@	01:06&	00:49&	02:53@	00:44&	00:39&	01:10&	00:45&	00:22&
56	Signe Lise Haaland					66					29:52
	01:19+	03:45+	05:27+	09:57+	12:20+	16:13+	17:58+	23:25+	26:06+	28:27+	29:52+
	01:19+	02:26+	01:42+	04:30+	02:23+	03:53+	01:45+	05:27+	02:41+	02:21+	01:25+
	00:36&	00:51&	00:38&	01:29&	00:36&	02:47@	00:26&	03:33@	00:34&	00:29&	00:04+
57	Solbjørg Lima Skadberg					113					30:02
	01:10+	03:22+	04:38+	09:36+	12:08+	13:37+	15:20+	23:48+	26:16+	28:33+	30:02+
	01:10+	02:12+	01:16+	04:58+	02:32+	01:29+	01:43+	08:28+	02:28+	02:17+	01:29+
	00:27&	00:37&	00:12#	01:57&	00:45&	00:23&	00:24&	06:34@	00:21#	00:25#	00:08+
58	Unni Byberg Mæstad					92					30:15
	02:06+	04:15+	05:34+	09:23+	11:46+	13:06+	16:35+	20:04+	25:08+	28:47+	30:15+
	02:06+	02:09+	01:19+	03:49+	02:23+	01:20+	03:29+	03:29+	05:04+	03:39+	01:28+
	01:23@	00:34&	00:15#	00:48&	00:36&	00:14#	02:10@	01:35&	02:57@	01:47&	00:07+
59	Grete Hellevik					168					30:33
	01:05+	02:57+	03:57+	06:30+	08:12+	09:19+	16:22+	25:45+	27:39+	29:35+	30:33+
	01:05+	01:52+	01:00-	02:33-	01:42-	01:07+	07:03+	09:23+	01:54-	01:56+	00:58-
	00:22&	00:17#	00:04-	00:28-	00:05-	00:01+	05:44@	07:29@	00:13-	00:04+	00:23-

Plass	Navn										Klasse	Tid
60	Haldis Vagle										92	30:45
	01:46+	04:59+	06:48+	11:13+	14:23+	15:58+	18:20+	22:29+	25:42+	28:12+	30:45+	
	01:46+	03:13+	01:49+	04:25+	03:10+	01:35+	02:22+	04:09+	03:13+	02:30+	02:33+	
	01:03@	01:38@	00:45&	01:24&	01:23&	00:29&	01:03&	02:15@	01:06&	00:38&	01:12&	
61	Sigrun Serigstad										128	31:17
	01:04+	08:08+	13:44+	17:41+	19:36+	21:13+	23:48+	26:17+	28:33+	30:16+	31:17+	
	01:04+	07:04+	05:36+	03:57+	01:55+	01:37+	02:35+	02:29+	02:16+	01:43-	01:01-	
	00:21&	05:29@	04:32@	00:56&	00:08+	00:31&	01:16&	00:35&	00:09+	00:09-	00:20-	
62	Cecilie Kristine Karlsen										93	31:18
	00:57+	02:55+	03:58+	06:43+	08:12+	20:42+	22:08+	26:32+	28:11+	30:07+	31:18+	
	00:57+	01:58+	01:03-	02:45-	01:29-	12:30+	01:26+	04:24+	01:39-	01:56+	01:11-	
	00:14&	00:23#	00:01-	00:16-	00:18-	11:24@	00:07+	02:30@	00:28-	00:04+	00:10-	
63	Marte Bollestad										126	31:34
	01:37+	03:40+	04:47+	07:42+	09:29+	10:36+	17:11+	26:46+	28:39+	30:24+	31:34+	
	01:37+	02:03+	01:07+	02:55-	01:47=	01:07+	06:35+	09:35+	01:53-	01:45-	01:10-	
	00:54@	00:28&	00:03+	00:06-	00:00=	00:01+	05:16@	07:41@	00:14-	00:07-	00:11-	
64	Gudrun Hegelstad										92	31:45
	01:19+	08:13+	09:22+	12:17+	13:50+	15:01+	16:37+	27:14+	29:04+	30:36+	31:45+	
	01:19+	06:54+	01:09+	02:55-	01:33-	01:11+	01:36+	10:37+	01:50-	01:32-	01:09-	
	00:36&	05:19@	00:05+	00:06-	00:14-	00:05+	00:17#	08:43@	00:17-	00:20-	00:12-	
65	Gunn Vagle										126	32:42
	01:05+	03:26+	04:43+	07:22+	09:22+	14:17+	25:22+	27:16+	29:30+	31:26+	32:42+	
	01:05+	02:21+	01:17+	02:39-	02:00+	04:55+	11:05+	01:54=	02:14+	01:56+	01:16-	
	00:22&	00:46&	00:13#	00:22-	00:13#	03:49@	09:46@	00:00=	00:07+	00:04+	00:05-	
66	Åse Franciska Møster										128	33:46
	01:25+	03:58+	06:20+	12:38+	15:12+	19:28+	22:22+	27:27+	30:06+	32:33+	33:46+	
	01:25+	02:33+	02:22+	06:18+	02:34+	04:16+	02:54+	05:05+	02:39+	02:27+	01:13-	
	00:42&	00:58&	01:18@	03:17@	00:47&	03:10@	01:35@	03:11@	00:32&	00:35&	00:08-	
67	Gro Mariero Totland										59	34:03
	01:33+	04:40+	06:34+	11:37+	14:54+	17:58+	20:38+	24:05+	27:56+	31:58+	34:03+	
	01:33+	03:07+	01:54+	05:03+	03:17+	03:04+	02:40+	03:27+	03:51+	04:02+	02:05+	
	00:50@	01:32&	00:50&	02:02&	01:30&	01:58@	01:21@	01:33&	01:44&	02:10@	00:44&	
68	Marita Navjord Nicolaysen										71	34:29
	01:02+	06:57+	08:26+	13:16+	16:17+	23:05+	25:12+	28:09+	30:57+	33:10+	34:29+	
	01:02+	05:55+	01:29+	04:50+	03:01+	06:48+	02:07+	02:57+	02:48+	02:13+	01:19-	
	00:19&	04:20@	00:25&	01:49&	01:14&	05:42@	00:48&	01:03&	00:41&	00:21#	00:02-	
69	Priya Chilamkurthi										136	34:40
	01:26+	04:18+	05:38+	12:18+	16:26+	18:54+	23:09+	26:51+	30:11+	32:54+	34:40+	
	01:26+	02:52+	01:20+	06:40+	04:08+	02:28+	04:15+	03:42+	03:20+	02:43+	01:46+	
	00:43&	01:17&	00:16#	03:39@	02:21@	01:22@	02:56@	01:48&	01:13&	00:51&	00:25&	
70	Judith Serigstad										128	34:54
	01:24+	03:56+	05:18+	09:42+	12:16+	14:04+	25:50+	28:24+	31:10+	33:30+	34:54+	
	01:24+	02:32+	01:22+	04:24+	02:34+	01:48+	11:46+	02:34+	02:46+	02:20+	01:24+	
	00:41&	00:57&	00:18&	01:23&	00:47&	00:42&	10:27@	00:40&	00:39&	00:28#	00:03+	
71	Bente Salte Aune										128	34:55
	01:23+	03:55+	05:18+	09:46+	12:16+	14:01+	25:56+	28:30+	31:15+	33:28+	34:55+	
	01:23+	02:32+	01:23+	04:28+	02:30+	01:45+	11:55+	02:34+	02:45+	02:13+	01:27+	
	00:40&	00:57&	00:19&	01:27&	00:43&	00:39&	10:36@	00:40&	00:38&	00:21#	00:06+	
72	Marit Ytreland										27	35:18
	04:19+	07:12+	10:04+	15:32+	18:20+	21:42+	26:09+	28:58+	31:47+	33:45+	35:18+	
	04:19+	02:53+	02:52+	05:28+	02:48+	03:22+	04:27+	02:49+	02:49+	01:58+	01:33+	
	03:36@	01:18&	01:48@	02:27&	01:01&	02:16@	03:08@	00:55&	00:42&	00:06+	00:12#	
73	Åse Sellereite										27	35:32
	00:57+	02:54+	04:03+	07:30+	09:35+	12:17+	27:45+	30:23+	32:33+	34:17+	35:32+	
	00:57+	01:57+	01:09+	03:27+	02:05+	02:42+	15:28+	02:38+	02:10+	01:44-	01:15-	
	00:14&	00:22#	00:05+	00:26#	00:18#	01:36@	14:09@	00:44&	00:03+	00:08-	00:06-	
74	Gro Lygre										111	36:10
	01:49+	06:51+	09:56+	15:31+	18:15+	20:21+	22:50+	29:37+	32:18+	34:36+	36:10+	
	01:49+	05:02+	03:05+	05:35+	02:44+	02:06+	02:29+	06:47+	02:41+	02:18+	01:34+	
	01:06@	03:27@	02:01@	02:34&	00:57&	01:00&	01:10&	04:53@	00:34&	00:26#	00:13#	

Plass	Navn					Klasse					Tid					
75	Inger Synnøve Sjursen					92						36:25				
01:10+	04:17+	11:38+	16:01+	19:39+	21:50+	24:09+	28:58+	31:56+	34:59+	36:25+						
01:10+	03:07+	07:21+	04:23+	03:38+	02:11+	02:19+	04:49+	02:58+	03:03+	01:26+						
00:27&	01:32&	06:17@	01:22&	01:51@	01:05&	01:00&	02:55@	00:51&	01:11&	00:05+						
76	Margot Asheim					105						36:31				
01:10+	03:57+	05:11+	08:14+	10:29+	11:50+	14:14+	20:37+	28:02+	29:17+	30:45+	33:00+	35:27+	36:31+			
01:10+	02:47+	01:14+	03:03+	02:15+	01:21+	02:24+	06:23+	07:25+	01:15-	01:28+	02:15+	02:27+	01:04+			
00:27&	01:12&	00:10#	00:02+	00:28&	00:15#	01:05&	04:29@	05:18@	00:37-	00:07+	02:15+	02:27+	01:04+			
77	Hilde Sondresen					93						36:34				
01:20+	04:25+	11:51+	16:21+	19:36+	22:01+	24:18+	28:58+	32:02+	35:00+	36:34+						
01:20+	03:05+	07:26+	04:30+	03:15+	02:25+	02:17+	04:40+	03:04+	02:58+	01:34+						
00:37&	01:30&	06:22@	01:29&	01:28&	01:19@	00:58&	02:46@	00:57&	01:06&	00:13#						
78	Aase Sveinsvoll					94						37:03				
01:31+	04:51+	06:58+	11:46+	15:02+	20:41+	24:41+	28:27+	31:58+	34:54+	37:03+						
01:31+	03:20+	02:07+	04:48+	03:16+	05:39+	04:00+	03:46+	03:31+	02:56+	02:09+						
00:48@	01:45@	01:03&	01:47&	01:29&	04:33@	02:41@	01:52&	01:24&	01:04&	00:48&						
79	Brynhild Haaland					101						37:18				
01:31+	04:39+	06:25+	15:32+	19:06+	20:34+	26:41+	29:31+	32:50+	35:36+	37:18+						
01:31+	03:08+	01:46+	09:07+	03:34+	01:28+	06:07+	02:50+	03:19+	02:46+	01:42+						
00:48@	01:33&	00:42&	06:06@	01:47&	00:22&	04:48@	00:56&	01:12&	00:54&	00:21&						
80	Hazel Grayston					263						38:39				
02:11+	05:53+	08:16+	15:33+	18:55+	20:57+	23:56+	28:40+	32:48+	36:18+	38:39+						
02:11+	03:42+	02:23+	07:17+	03:22+	02:02+	02:59+	04:44+	04:08+	03:30+	02:21+						
01:28@	02:07@	01:19@	04:16@	01:35&	00:56&	01:40@	02:50@	02:01&	01:38&	01:00&						
81	Else Marie Furland					93						39:44				
01:38+	04:33+	06:24+	10:42+	15:17+	17:28+	27:10+	30:53+	35:21+	37:54+	39:44+						
01:38+	02:55+	01:51+	04:18+	04:35+	02:11+	09:42+	03:43+	04:28+	02:33+	01:50+						
00:55@	01:20&	00:47&	01:17&	02:48@	01:05&	08:23@	01:49&	02:21@	00:41&	00:29&						
82	Liv Ertesvåg					83						43:15				
01:50+	12:57+	17:37+	23:25+	26:47+	28:46+	31:06+	34:23+	37:48+	40:57+	43:15+						
01:50+	11:07+	04:40+	05:48+	03:22+	01:59+	02:20+	03:17+	03:25+	03:09+	02:18+						
01:07@	09:32@	03:36@	02:47&	01:35&	00:53&	01:01&	01:23&	01:18&	01:17&	00:57&						
83	Unni K Tveit					105						44:53				
03:25+	10:23+	12:56+	18:53+	26:00+	28:14+	31:50+	36:49+	40:06+	43:23+	44:53+						
03:25+	06:58+	02:33+	05:57+	07:07+	02:14+	03:36+	04:59+	03:17+	03:17+	01:30+						
02:42@	05:23@	01:29@	02:56&	05:20@	01:08@	02:17@	03:05@	01:10&	01:25&	00:09#						
84	Linda Haukås					113						47:42				
01:11+	03:30+	04:44+	08:57+	31:48+	34:43+	36:48+	39:48+	42:38+	45:42+	47:42+						
01:11+	02:19+	01:14+	04:13+	22:51+	02:55+	02:05+	03:00+	02:50+	03:04+	02:00+						
00:28&	00:44&	00:10#	01:12&	21:04@	01:49@	00:46&	01:06&	00:43&	01:12&	00:39&						
85	Toyah Bråtveit					115						48:54				
00:56+	03:13+	06:36+	09:21+	12:32+	19:23+	38:04+	39:44+	42:34+	47:56+	48:54+						
00:56+	02:17+	03:23+	02:45-	03:11+	06:51+	18:41+	01:40-	02:50+	05:22+	00:58-						
00:13&	00:42&	02:19@	00:16-	01:24&	05:45@	17:22@	00:14-	00:43&	03:30@	00:23-						
Beste strekktid for klassen																
00:43	01:24	00:54	02:11	01:29	00:54	01:19	01:40	01:29	01:15	00:47						

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

Herrer 16 - 39 år

1	Mathias Nødland					194						20:57			
	00:44=	02:03=	04:03=	05:14=	06:38=	07:41=	08:05=	11:31=	11:56=	12:59=	14:27=	15:56=	16:44=	17:34=	18:34=
	00:44=	01:19=	02:00=	01:11=	01:24=	01:03=	00:24=	03:26=	00:25=	01:03=	01:28=	01:29=	00:48=	00:50=	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=
2	Rune Svihus					62						21:41			
	00:48+	02:01-	03:39-	04:55-	06:08-	07:03-	07:25-	11:11-	11:56=	13:06+	14:44+	16:18+	17:04+	17:57+	19:03+
	00:48+	01:13-	01:38-	01:16+	01:13-	00:55-	00:22-	03:46+	00:45+	01:10+	01:38+	01:34+	00:46-	00:53+	01:06+
	00:04+	00:06-	00:22-	00:05+	00:11-	00:08-	00:02-	00:20+	00:20&	00:07#	00:10#	00:05+	00:02-	00:03+	00:06#

Plass	Navn					Klasse					Tid						
3	Torbjørn Ims Østby					66					21:59						
	00:40-	01:55-	03:50-	05:51+	07:10+	08:07+	08:33+	11:59+	12:26+	13:31+	15:04+	17:02+	17:48+	18:42+	19:45+	21:15+	21:59+
	00:40-	01:15-	01:55-	02:01+	01:19-	00:57-	00:26+	03:26=	00:27+	01:05+	01:33+	01:58+	00:46-	00:54+	01:03+	01:30-	00:44-
	00:04-	00:04-	00:05-	00:50&	00:05-	00:06-	00:02+	00:00=	00:02+	00:02+	00:05+	00:29&	00:02-	00:04+	00:03+	00:04-	00:05-
4	Thorben Beimel					239					22:21						
	00:53+	02:13+	04:22+	05:28+	06:58+	07:58+	08:23+	12:16+	12:57+	14:12+	15:48+	17:30+	18:17+	19:10+	20:14+	21:32+	22:21+
	00:53+	01:20+	02:09+	01:06-	01:30+	01:00-	00:25+	03:53+	00:41+	01:15+	01:36+	01:42+	00:47-	00:53+	01:04+	01:18-	00:49=
	00:09#	00:01+	00:09+	00:05-	00:06+	00:03-	00:01+	00:27#	00:16&	00:12#	00:08+	00:13#	00:01-	00:03+	00:04+	00:16-	00:00=
5	Andreas Terjesen					53					22:47						
	01:00+	02:00-	04:17+	05:29+	06:47+	07:44+	08:06+	11:17-	11:48-	12:59=	14:39+	17:39+	18:30+	19:22+	20:27+	21:56+	22:47+
	01:00+	01:00-	02:17+	01:12+	01:18-	00:57-	00:22-	03:11-	00:31+	01:11+	01:40+	03:00+	00:51+	00:52+	01:05+	01:29-	00:51+
	00:16&	00:19-	00:17#	00:01+	00:06-	00:06-	00:02-	00:15-	00:06#	00:08#	00:12#	01:31@	00:03+	00:02+	00:05+	00:05-	00:02+
6	Håkon Eggebø					71					22:50						
	00:44=	01:56-	03:45-	05:03-	06:20-	07:35-	08:01-	12:04+	12:34+	13:47+	15:22+	16:58+	17:40+	19:19+	20:24+	21:58+	22:50+
	00:44=	01:12-	01:49-	01:18+	01:17-	01:15+	00:26+	04:03+	00:30+	01:13+	01:35+	01:36+	00:42-	01:39+	01:05+	01:34=	00:52+
	00:00=	00:07-	00:11-	00:07+	00:07-	00:12#	00:02+	00:37#	00:05#	00:10#	00:07+	00:07+	00:06-	00:49&	00:05+	00:00=	00:03+
7	Bjørnar Owren					74					23:01						
	00:52+	02:12+	04:20+	05:43+	07:48+	09:05+	09:28+	13:05+	13:36+	14:43+	16:12+	18:09+	18:54+	19:48+	20:54+	22:13+	23:01+
	00:52+	01:20+	02:08+	01:23+	02:05+	01:17+	00:23-	03:37+	00:31+	01:07+	01:29+	01:57+	00:45-	00:54+	01:06+	01:19-	00:48-
	00:08#	00:01+	00:08+	00:12#	00:41&	00:14#	00:01-	00:11+	00:06#	00:04+	00:01+	00:28&	00:03-	00:04+	00:06#	00:15-	00:01-
8	Andreas Segadal Breiland					194					23:09						
	00:59+	02:09+	04:07+	05:25+	06:56+	08:07+	08:34+	12:13+	12:45+	13:59+	15:47+	17:44+	18:34+	19:20+	20:32+	22:11+	23:09+
	00:59+	01:10-	01:58-	01:18+	01:31+	01:11+	00:27+	03:39+	00:32+	01:14+	01:48+	01:57+	00:50+	00:46-	01:12+	01:39+	00:58+
	00:15&	00:09-	00:02-	00:07+	00:07+	00:08#	00:03#	00:13+	00:07&	00:11#	00:20#	00:28&	00:02+	00:04-	00:12#	00:05+	00:09#
9	David Wade					116					23:16						
	01:05+	02:22+	04:26+	05:42+	07:07+	08:30+	08:59+	12:35+	13:10+	14:35+	16:12+	18:11+	18:54+	20:00+	21:09+	22:32+	23:16+
	01:05+	01:17-	02:04+	01:16+	01:25+	01:23+	00:29+	03:36+	00:35+	01:25+	01:37+	01:59+	00:43-	01:06+	01:09+	01:23-	00:44-
	00:21&	00:02-	00:04+	00:05+	00:01+	00:20&	00:05#	00:10+	00:10&	00:22&	00:09#	00:30&	00:05-	00:16&	00:09#	00:11-	00:05-
10	Marius Stene					27					23:33						
	00:53+	02:52+	05:38+	07:05+	08:18+	09:19+	09:48+	13:25+	13:52+	15:02+	16:42+	18:44+	19:32+	20:24+	21:31+	22:49+	23:33+
	00:53+	01:59+	02:46+	01:27+	01:13-	01:01-	00:29+	03:37+	00:27+	01:10+	01:40+	02:02+	00:48=	00:52+	01:07+	01:18-	00:44-
	00:09#	00:40&	00:46&	00:16#	00:11-	00:02-	00:05#	00:11+	00:02+	00:07#	00:12#	00:33&	00:00=	00:02+	00:07#	00:16-	00:05-
11	Bjørnar A. Alvær Sandsmark					68					23:57						
	01:16+	02:26+	04:38+	05:52+	07:23+	08:33+	08:57+	13:04+	13:37+	14:49+	16:36+	18:23+	19:05+	20:38+	21:37+	23:07+	23:57+
	01:16+	01:10-	02:12+	01:14+	01:31+	01:10+	00:24=	04:07+	00:33+	01:12+	01:47+	01:47+	00:42-	01:33+	00:59-	01:30-	00:50+
	00:32&	00:09-	00:12#	00:03+	00:07+	00:07#	00:00=	00:41#	00:08&	00:09#	00:19#	00:18#	00:06-	00:43&	00:01-	00:04-	00:01+
12	Morten Fenne					228					24:28						
	00:46+	02:01-	03:58-	05:34+	06:57+	08:32+	09:05+	14:15+	14:41+	15:54+	17:18+	19:08+	20:04+	21:03+	22:09+	23:34+	24:28+
	00:46+	01:15-	01:57-	01:36+	01:23-	01:35+	00:33+	05:10+	00:26+	01:13+	01:24-	01:50+	00:56+	00:59+	01:06+	01:25-	00:54+
	00:02+	00:04-	00:03-	00:25&	00:01-	00:32&	00:09&	01:44&	00:01+	00:10#	00:04-	00:21#	00:08#	00:09#	00:06#	00:09-	00:05#
13	Svein Kyllingstad					71					25:20						
	00:51+	01:55-	04:10+	05:31+	07:04+	08:07+	08:38+	12:37+	13:04+	14:10+	17:54+	19:47+	20:44+	21:47+	22:52+	24:25+	25:20+
	00:51+	01:04-	02:15+	01:21+	01:33+	01:03=	00:31+	03:59+	00:27+	01:06+	03:44+	01:53+	00:57+	01:03+	01:05+	01:33-	00:55+
	00:07#	00:15-	00:15#	00:10#	00:09#	00:00=	00:07&	00:33#	00:02+	00:03+	02:16@	00:24&	00:09#	00:13&	00:05+	00:01-	00:06#
14	Thomas Jansen					289					25:34						
	00:37-	01:35-	03:26-	04:33-	05:54-	06:48-	07:12-	10:51-	11:14-	12:21-	13:39-	21:04+	21:34+	22:20+	23:29+	24:47+	25:34+
	00:37-	00:58-	01:51-	01:07-	01:21-	00:54-	00:24=	03:39+	00:23-	01:07+	01:18-	07:25+	00:30-	00:46-	01:09+	01:18-	00:47-
	00:07-	00:21-	00:09-	00:04-	00:03-	00:09-	00:00=	00:13+	00:02-	00:04+	00:10-	05:56@	00:18-	00:04-	00:09#	00:16-	00:02-
15	Andreas Urdal					118					26:13						
	00:48+	02:00-	03:59-	05:22+	07:01+	08:22+	08:51+	12:57+	14:12+	15:34+	17:29+	19:39+	20:47+	21:55+	23:09+	25:10+	26:13+
	00:48+	01:12-	01:59-	01:23+	01:39+	01:21+	00:29+	04:06+	01:15+	01:22+	01:55+	02:10+	01:08+	01:08+	01:14+	02:01+	01:03+
	00:04+	00:07-	00:01-	00:12#	00:15#	00:18&	00:05#	00:40#	00:50@	00:19&	00:27&	00:41&	00:20&	00:18&	00:14#	00:27&	00:14&
16	Rune Hatle					65					28:06						
	00:56+	02:16+	04:32+	05:56+	07:57+	09:12+	09:37+	14:07+	15:18+	16:48+	18:35+	21:21+	22:04+	23:48+	25:05+	27:06+	28:06+
	00:56+	01:20+	02:16+	01:24+	02:01+	01:15+	00:25+	04:30+	01:11+	01:30+	01:47+	02:46+	00:43-	01:44+	01:17+	02:01+	01:00+
	00:12&	00:01+	00:16#	00:13#	00:37&	00:12#	00:01+	01:04&	00:46@	00:27&	00:19#	01:17&	00:05-	00:54@	00:17&	00:27&	00:11#
17	Håvard Thomassen Lauritsen					116					28:55						
	01:02+	02:08+	06:05+	07:43+	09:21+	10:36+	11:08+	15:16+	16:04+	17:28+	19:21+	21:51+	22:54+	24:37+	25:58+	27:45+	28:55+
	01:02+	01:06-	03:57+	01:38+	01:38+	01:15+	00:32+	04:08+	00:48+	01:24+	01:53+	02:30+	01:03+	01:43+	01:21+	01:47+	01:10+
	00:18&	00:13-	01:57&	00:27&	00:14#	00:12#	00:08&	00:42#	00:23&	00:21&	00:25&	01:01&	00:15&	00:53@	00:21&	00:13#	00:21&

Plass	Navn					Klasse					Tid				
18	Alexander Khorunzhiy					287					29:25				
01:06+	02:57+	05:41+	07:24+	09:10+	10:45+	11:26+	16:10+	16:58+	18:35+	20:33+	23:03+	24:04+	25:25+	26:41+	28:22+
01:06+	01:51+	02:44+	01:43+	01:46+	01:35+	00:41+	04:44+	00:48+	01:37+	01:58+	02:30+	01:01+	01:21+	01:16+	01:41+
00:22&	00:32&	00:44&	00:32&	00:22&	00:32&	00:17&	01:18&	00:23&	00:34&	00:30&	01:01&	00:13&	00:31&	00:16&	00:07+
19	Audun Helland					116					29:47				
01:23+	02:58+	06:00+	07:15+	09:05+	10:23+	10:56+	16:32+	17:21+	19:00+	20:48+	23:18+	24:08+	26:06+	27:19+	28:46+
01:23+	01:35+	03:02+	01:15+	01:50+	01:18+	00:33+	05:36+	00:49+	01:39+	01:48+	02:30+	00:50+	01:58+	01:13+	01:27-
00:39&	00:16#	01:02&	00:04+	00:26&	00:15#	00:09&	02:10&	00:24&	00:36&	00:20#	01:01&	00:02+	01:08@	00:13#	00:07-
20	Frode Ungar					116					29:54				
01:05+	02:38+	05:11+	06:36+	08:54+	10:11+	11:06+	15:17+	16:41+	18:15+	20:53+	23:09+	24:06+	25:59+	27:15+	28:58+
01:05+	01:33+	02:33+	01:25+	02:18+	01:17+	00:55+	04:11+	01:24+	01:34+	02:38+	02:16+	00:57+	01:53+	01:16+	01:43+
00:21&	00:14#	00:33&	00:14#	00:54&	00:14#	00:31@	00:45#	00:59@	00:31&	01:10&	00:47&	00:09#	01:03@	00:16&	00:09+
21	Sondre Aspøy					117					29:57				
01:37+	03:02+	05:37+	06:59+	08:59+	10:23+	10:59+	15:40+	16:27+	18:13+	20:07+	23:24+	24:55+	26:16+	27:29+	29:03+
01:37+	01:25+	02:35+	01:22+	02:00+	01:24+	00:36+	04:41+	00:47+	01:46+	01:54+	03:17+	01:31+	01:21+	01:13+	01:34=
00:53@	00:06+	00:35&	00:11#	00:36&	00:21&	00:12&	01:15&	00:22&	00:43&	00:26&	01:48@	00:43&	00:31&	00:13#	00:00=
22	Jørgen Johnsen					167					30:02				
01:17+	02:56+	07:28+	09:18+	11:03+	12:36+	13:05+	17:11+	17:40+	18:58+	20:54+	24:02+	24:39+	25:48+	26:53+	29:10+
01:17+	01:39+	04:32+	01:50+	01:45+	01:33+	00:29+	04:06+	00:29+	01:18+	01:56+	03:08+	00:37-	01:09+	01:05+	02:17+
00:33&	00:20&	02:32@	00:39&	00:21#	00:30&	00:05#	00:40#	00:04#	00:15#	00:28&	01:39@	00:11-	00:19&	00:05+	00:43&
23	Sondre Liavåg Larssen					71					30:08				
00:58+	02:22+	05:03+	06:50+	08:25+	09:57+	10:36+	15:25+	16:05+	17:25+	20:00+	24:29+	25:08+	26:11+	27:28+	29:11+
00:58+	01:24+	02:41+	01:47+	01:35+	01:32+	00:39+	04:49+	00:40+	01:20+	02:35+	04:29+	00:39-	01:03+	01:17+	01:43+
00:14&	00:05+	00:41&	00:36&	00:11#	00:29&	00:15&	01:23&	00:15&	00:17&	01:07&	03:00@	00:09-	00:13&	00:17&	00:09+
24	Dag Eivind Watsend					92					31:46				
00:56+	02:04+	04:35+	05:59+	07:32+	08:46+	09:17+	14:26+	14:54+	16:17+	18:05+	20:58+	27:01+	27:55+	29:05+	30:46+
00:56+	01:08-	02:31+	01:24+	01:33+	01:14+	00:31+	05:09+	00:28+	01:23+	01:48+	02:53+	06:03+	00:54+	01:10+	01:41+
00:12&	00:11-	00:31&	00:13#	00:09#	00:11#	00:07&	01:43&	00:03#	00:20&	00:20#	01:24&	05:15@	00:04+	00:10#	00:07+
25	Cato Eike					79					31:51				
00:39-	05:26+	11:47+	13:00+	14:27+	15:33+	15:56+	20:24+	21:10+	22:21+	23:59+	26:41+	27:26+	28:32+	29:35+	31:02+
00:39-	04:47+	06:21+	01:13+	01:27+	01:06+	00:23-	04:28+	00:46+	01:11+	01:38+	02:42+	00:45-	01:06+	01:03+	01:27-
00:05-	03:28@	04:21@	00:02+	00:03+	00:03+	00:01-	01:02&	00:21&	00:08#	00:10#	01:13&	00:03-	00:16&	00:03+	00:07-
26	Richard Galle					66					32:33				
01:35+	03:07+	07:53+	09:34+	11:06+	12:25+	12:57+	17:50+	18:30+	19:53+	21:45+	24:58+	26:35+	29:21+	30:19+	31:46+
01:35+	01:32+	04:46+	01:41+	01:32+	01:19+	00:32+	04:53+	00:40+	01:23+	01:52+	03:13+	01:37+	02:46+	00:58-	01:27-
00:51@	00:13#	02:46@	00:30&	00:08+	00:16&	00:08&	01:27&	00:15&	00:20&	00:24&	01:44@	00:49@	01:56@	00:02-	00:07-
27	Jon Vikse					134					35:48				
01:07+	05:45+	08:58+	10:40+	12:50+	14:52+	15:20+	20:18+	20:58+	22:20+	24:12+	26:43+	30:59+	32:08+	33:09+	34:53+
01:07+	04:38+	03:13+	01:42+	02:10+	02:02+	00:28+	04:58+	00:40+	01:22+	01:52+	02:31+	04:16+	01:09+	01:01+	01:44+
00:23&	03:19@	01:13&	00:31&	00:46&	00:59&	00:04+	01:32&	00:15&	00:19&	00:24&	01:02&	03:28@	00:19&	00:01+	00:10#
28	Øivind Fandrem Høivik					66					37:19				
01:39+	07:54+	09:53+	11:53+	13:43+	15:07+	15:35+	20:40+	21:19+	22:54+	28:21+	30:57+	31:48+	33:21+	34:41+	36:15+
01:39+	06:15+	01:59-	02:00+	01:50+	01:24+	00:28+	05:05+	00:39+	01:35+	05:27+	02:36+	00:51+	01:33+	01:20+	01:34=
00:55@	04:56@	00:01-	00:49&	00:26&	00:21&	00:04#	01:39&	00:14&	00:32&	03:59@	01:07&	00:03+	00:43&	00:20&	00:00=
29	Eirik Thu					126					37:46				
01:12+	09:54+	12:23+	14:13+	17:19+	18:44+	19:20+	22:59+	24:20+	25:43+	27:52+	32:01+	32:42+	34:07+	35:19+	36:57+
01:12+	08:42+	02:29+	01:50+	03:06+	01:25+	00:36+	03:39+	01:21+	01:23+	02:09+	04:09+	00:41-	01:25+	01:12+	01:38+
00:28&	07:23@	00:29#	00:39&	01:42@	00:22&	00:12&	00:13+	00:56@	00:20&	00:41&	02:40@	00:07-	00:35&	00:12#	00:04+
30	Jan Henrik Neuenkirchen					117					40:16				
01:47+	04:27+	08:11+	10:33+	12:58+	14:57+	15:38+	22:16+	23:40+	26:16+	28:25+	31:41+	33:02+	35:01+	36:44+	38:54+
01:47+	02:40+	03:44+	02:22+	02:25+	01:59+	00:41+	06:38+	01:24+	02:36+	02:09+	03:16+	01:21+	01:59+	01:43+	02:10+
01:03@	01:21@	01:44&	01:11&	01:01&	00:56&	00:17&	03:12&	00:59@	01:33@	00:41&	01:47@	00:33&	01:09@	00:43&	00:36&
31	Rune Aasvestad					136					43:17				
07:20+	09:22+	12:00+	14:07+	17:51+	19:09+	19:38+	26:05+	27:03+	28:56+	31:32+	37:36+	38:13+	39:34+	40:44+	42:20+
07:20+	02:02+	02:38+	02:07+	03:44+	01:18+	00:29+	06:27+	00:58+	01:53+	02:36+	06:04+	00:37-	01:21+	01:10+	01:36+
06:36@	00:43&	00:38&	00:56&	02:20@	00:15#	00:05#	03:01&	00:33@	00:50&	01:08&	04:35@	00:11-	00:31&	00:10#	00:02+
Beste strekketid for klassen															
00:37	00:58	01:38	01:06	01:13	00:54	00:22	03:11	00:23	01:03	01:18	01:29	00:30	00:46	00:58	01:18

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

Plass	Navn										Klasse					Tid				
Herrer 40 - 49 år																				
1	Leif Kjetil Hinna Gausel										116					22:58				
01:04=	02:18=	04:22=	05:43=	07:14=	08:22=	08:51=	12:27=	12:57=	14:10=	15:36=	17:23=	18:12=	19:11=	20:23=	22:04=	22:58=				
01:04=	01:14=	02:04=	01:21=	01:31=	01:08=	00:29=	03:36=	00:30=	01:13=	01:26=	01:47=	00:49=	00:59=	01:12=	01:41=	00:54=				
00:00=	00:00=	00:00=	00:00=	00:00=	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	Oddmund Nordgård										105					23:01				
00:49=	02:19+	04:32+	05:51+	07:26+	08:31+	08:58+	13:26+	13:58+	15:09+	16:36+	18:23+	19:05+	19:50+	20:53+	22:17+	23:01+				
00:49=	01:30+	02:13+	01:19=	01:35+	01:05=	00:27=	04:28+	00:32+	01:11=	01:27+	01:47=	00:42=	00:45=	01:03=	01:24=	00:44=				
00:15=	00:16#	00:09+	00:02=	00:04+	00:03=	00:02=	00:52#	00:02+	00:02=	00:01+	00:00=	00:07=	00:14=	00:09=	00:17=	00:10=				
3	Magnus Langvik										18					25:14				
00:57=	02:39+	05:31+	06:48+	08:14+	09:21+	09:46+	14:33+	14:58+	16:13+	17:45+	20:22+	21:00+	21:57+	23:00+	24:29+	25:14+				
00:57=	01:42+	02:52+	01:17=	01:26=	01:07=	00:25=	04:47+	00:25=	01:15+	01:32+	02:37+	00:38=	00:57=	01:03=	01:29=	00:45=				
00:07=	00:28&	00:48&	00:04=	00:05=	00:01=	00:04=	01:11&	00:05=	00:02+	00:06+	00:50&	00:11=	00:02=	00:09=	00:12=	00:09=				
4	Trondr Breiland										53					25:56				
00:51=	02:01=	04:14=	05:35=	07:00=	08:03=	08:29=	12:41+	13:08=	14:12+	18:04+	20:27+	21:30+	22:28+	23:27+	25:07+	25:56+				
00:51=	01:10=	02:13+	01:21=	01:25=	01:03=	00:26=	04:12+	00:27=	01:04=	03:52+	02:23+	01:03+	00:58=	00:59=	01:40=	00:49=				
00:13=	00:04=	00:09+	00:00=	00:06=	00:05=	00:03=	00:36#	00:03=	00:09=	02:26&	00:36&	00:14&	00:01=	00:13=	00:01=	00:05=				
5	Peter Chapman										117					26:52				
02:13+	03:40+	05:40+	07:22+	08:47+	09:59+	10:20+	15:04+	15:54+	17:49+	19:40+	21:34+	22:17+	23:08+	24:15+	25:54+	26:52+				
02:13+	01:27+	02:00=	01:42+	01:25=	01:12+	00:21=	04:44+	00:50+	01:55+	01:51+	01:54+	00:43=	00:51=	01:07=	01:39=	00:58+				
01:09&	00:13#	00:04=	00:21&	00:06=	00:04+	00:08=	01:08&	00:20&	00:42&	00:25&	00:07+	00:06=	00:08=	00:05=	00:02=	00:04+				
6	Jakob Ravnås										294					26:57				
01:27+	02:42+	04:55+	06:33+	08:36+	09:53+	10:21+	14:50+	15:21+	16:46+	18:41+	20:45+	21:50+	22:55+	24:06+	25:52+	26:57+				
01:27+	01:15+	02:13+	01:38+	02:03+	01:17+	00:28=	04:29+	00:31+	01:25+	01:55+	02:04+	01:05+	01:05+	01:11=	01:46+	01:05+				
00:23&	00:01+	00:09+	00:17#	00:32&	00:09#	00:01=	00:53#	00:01+	00:12#	00:29&	00:17#	00:16&	00:06#	00:01=	00:05+	00:11#				
7	Svein Oddvar Netland										116					27:04				
00:59=	02:13=	04:39+	06:05+	07:43+	08:56+	09:28+	15:17+	15:52+	17:16+	19:08+	20:52+	21:46+	23:00+	24:19+	26:06+	27:04+				
00:59=	01:14=	02:26+	01:26+	01:38+	01:13+	00:32+	05:49+	00:35+	01:24+	01:52+	01:44=	00:54+	01:14+	01:19+	01:47+	00:58+				
00:05=	00:00=	00:22#	00:05+	00:07+	00:05+	00:03#	02:13&	00:05#	00:11#	00:26&	00:03=	00:05#	00:15&	00:07+	00:06+	00:04+				
8	Rune Paulsen										98					27:39				
01:08+	02:46+	05:27+	06:59+	08:30+	09:49+	10:18+	14:57+	15:31+	16:59+	18:40+	21:47+	22:47+	23:58+	25:10+	26:48+	27:39+				
01:08+	01:38+	02:41+	01:32+	01:31=	01:19+	00:29=	04:39+	00:34+	01:28+	01:41+	03:07+	01:00+	01:11+	01:12=	01:38=	00:51=				
00:04+	00:24&	00:37&	00:11#	00:00=	00:11#	00:00=	01:03&	00:04#	00:15#	00:15#	01:20&	00:11#	00:12#	00:00=	00:03=	00:03=				
9	Magne Habbestad										111					27:50				
01:02=	02:30+	05:55+	07:19+	08:54+	10:16+	10:47+	15:28+	16:13+	17:45+	19:45+	21:49+	22:35+	23:43+	25:07+	26:49+	27:50+				
01:02=	01:28+	03:25+	01:24+	01:35+	01:22+	00:31+	04:41+	00:45+	01:32+	02:00+	02:04+	00:46=	01:08+	01:24+	01:42+	01:01+				
00:02=	00:14#	01:21&	00:03+	00:04+	00:14#	00:02+	01:05&	00:15&	00:19&	00:34&	00:17#	00:03=	00:09#	00:12#	00:01+	00:07#				
10	Thomas Johansen										111					27:59				
00:58=	02:10=	06:17+	07:31+	11:12+	12:19+	12:44+	16:33+	17:12+	18:36+	20:21+	22:16+	23:09+	24:19+	25:31+	27:09+	27:59+				
00:58=	01:12=	04:07+	01:14=	03:41+	01:07=	00:25=	03:49+	00:39+	01:24+	01:45+	01:55+	00:53+	01:10+	01:12=	01:38=	00:50=				
00:06=	00:02=	02:03&	00:07=	02:10&	00:01=	00:04=	00:13+	00:09&	00:11#	00:19#	00:08+	00:04+	00:11#	00:00=	00:03=	00:04=				
11	Gunnar Thorset										117					28:27				
01:24+	02:51+	05:29+	07:12+	09:55+	11:19+	11:54+	15:55+	16:50+	18:30+	20:24+	22:19+	23:19+	24:24+	25:43+	27:31+	28:27+				
01:24+	01:27+	02:38+	01:43+	02:43+	01:24+	00:35+	04:01+	00:55+	01:40+	01:54+	01:55+	01:00+	01:05+	01:19+	01:48+	00:56+				
00:20&	00:13#	00:34&	00:22&	01:12&	00:16#	00:06#	00:25#	00:25&	00:27&	00:28&	00:08+	00:11#	00:06#	00:07+	00:07+	00:02+				
12	André Sirevåg										116					29:27				
00:58=	02:24+	04:53+	06:30+	08:08+	09:35+	10:08+	15:37+	16:13+	17:40+	19:31+	23:09+	24:11+	25:24+	26:37+	28:19+	29:27+				
00:58=	01:26+	02:29+	01:37+	01:38+	01:27+	00:33+	05:29+	00:36+	01:27+	01:51+	03:38+	01:02+	01:13+	01:13+	01:42+	01:08+				
00:06=	00:12#	00:25#	00:16#	00:07+	00:19&	00:04#	01:53&	00:06#	00:14#	00:25&	01:51&	00:13&	00:14#	00:01+	00:01+	00:14&				
13	Arngrim Utskarpen										117					29:47				
04:45+	06:07+	08:31+	09:48+	11:24+	12:37+	13:04+	17:59+	18:39+	20:19+	22:03+	23:54+	24:57+	25:56+	27:07+	28:48+	29:47+				
04:45+	01:22+	02:24+	01:17=	01:36+	01:13+	00:27=	04:55+	00:40+	01:40+	01:44+	01:51+	01:03+	00:59=	01:11=	01:41=	00:59+				
03:41&	00:08#	00:20#	00:04=	00:05+	00:05+	00:02=	01:19&	00:10&	00:27&	00:18#	00:04+	00:14&	00:00=	00:01=	00:00=	00:05+				
14	John Breiland										352					29:55				
01:03=	03:04+	05:51+	07:24+	08:53+	10:08+	10:38+	15:02+	16:53+	18:35+	20:28+	23:07+	24:27+	25:43+	27:00+	28:48+	29:55+				
01:03=	02:01+	02:47+	01:33+	01:29=	01:15+	00:30+	04:24+	01:51+	01:42+	01:53+	02:39+	01:20+	01:16+	01:17+	01:48+	01:07+				
00:01=	00:47&	00:43&	00:12#	00:02=	00:07#	00:01+	00:48#	01:21&	00:29&	00:27&	00:52&	00:31&	00:17&	00:05+	00:07+	00:13#				

Plass	Navn						Klasse						Tid					
15	Arne Hetlelid						98						30:11					
	00:54-	02:50+	05:19+	07:01+	08:34+	11:22+	11:49+	15:53+	16:27+	17:54+	19:30+	23:30+	24:20+	25:43+	27:07+	28:54+	30:11+	
	00:54-	01:56+	02:29+	01:42+	01:33+	02:48+	00:27-	04:04+	00:34+	01:27+	01:36+	04:00+	00:50+	01:23+	01:24+	01:47+	01:17+	
	00:10-	00:42&	00:25#	00:21&	00:02+	01:40@	00:02-	00:28#	00:04#	00:14#	00:10#	02:13@	00:01+	00:24&	00:12#	00:06+	00:23&	
16	Charles-Francois Farbos						42						30:43					
	01:04=	02:35+	05:22+	06:49+	08:34+	10:18+	10:48+	14:48+	16:15+	17:43+	20:17+	23:22+	24:18+	25:47+	27:11+	29:49+	30:43+	
	01:04=	01:31+	02:47+	01:27+	01:45+	01:44+	00:30+	04:00+	01:27+	01:28+	02:34+	03:05+	00:56+	01:29+	01:24+	02:38+	00:54=	
	00:00=	00:17#	00:43&	00:06+	00:14#	00:36&	00:01+	00:24#	00:57@	00:15#	01:08&	01:18&	00:07#	00:30&	00:12#	00:57&	00:00=	
17	Ole Morten Svendsen						66						31:02					
	01:04=	02:44+	06:02+	07:43+	09:44+	11:13+	11:57+	16:33+	17:17+	18:59+	21:11+	23:25+	25:21+	26:56+	28:10+	29:54+	31:02+	
	01:04=	01:40+	03:18+	01:41+	02:01+	01:29+	00:44+	04:36+	00:44+	01:42+	02:12+	02:14+	01:56+	01:35+	01:14+	01:44+	01:08+	
	00:00=	00:26&	01:14&	00:20#	00:30&	00:21&	00:15&	01:00&	00:14&	00:29&	00:46&	00:27&	01:07@	00:36&	00:02+	00:03+	00:14&	
18	Raymond B. Pettersen						105						31:14					
	02:26+	03:52+	06:26+	08:24+	10:21+	11:40+	12:19+	17:04+	17:42+	19:18+	21:27+	23:47+	24:54+	26:17+	27:37+	30:10+	31:14+	
	02:26+	01:26+	02:34+	01:58+	01:57+	01:19+	00:39+	04:45+	00:38+	01:36+	02:09+	02:20+	01:07+	01:23+	01:20+	02:33+	01:04+	
	01:22@	00:12#	00:30#	00:37&	00:26&	00:11#	00:10&	01:09&	00:08&	00:23&	00:43&	00:33&	00:18&	00:24&	00:08#	00:52&	00:10#	
19	Kjetil Bårdsen						105						31:22					
	03:06+	05:23+	07:52+	09:19+	11:17+	12:41+	13:45+	17:55+	18:31+	20:05+	22:12+	24:52+	25:55+	27:25+	28:25+	30:30+	31:22+	
	03:06+	02:17+	02:29+	01:27+	01:58+	01:24+	01:04+	04:10+	00:36+	01:34+	02:07+	02:40+	01:03+	01:30+	01:00-	02:05+	00:52-	
	02:02@	01:03&	00:25#	00:06+	00:27&	00:16#	00:35@	00:34#	00:06#	00:21&	00:41&	00:53&	00:14&	00:31&	00:12-	00:24#	00:02-	
20	Andreas Becht						116						32:43					
	01:43+	03:54+	07:36+	09:38+	11:33+	13:02+	13:31+	18:08+	18:46+	20:24+	23:09+	26:47+	27:49+	28:50+	30:04+	31:52+	32:43+	
	01:43+	02:11+	03:42+	02:02+	01:55+	01:29+	00:29=	04:37+	00:38+	01:38+	02:45+	03:38+	01:02+	01:01+	01:14+	01:48+	00:51-	
	00:39&	00:57&	01:38&	00:41&	00:24&	00:21&	00:00=	01:01&	00:08&	00:25&	01:19&	01:51@	00:13&	00:02+	00:02+	00:07+	00:03-	
21	Bjørn Kristian Røyland						115						33:00					
	01:15+	03:11+	06:14+	07:53+	09:43+	11:22+	12:03+	17:38+	18:20+	20:10+	22:45+	26:06+	27:05+	28:52+	30:07+	32:11+	33:00+	
	01:15+	01:56+	03:03+	01:39+	01:50+	01:39+	00:41+	05:35+	00:42+	01:50+	02:35+	03:21+	00:59+	01:47+	01:15+	02:04+	00:49-	
	00:11#	00:42&	00:59&	00:18#	00:19#	00:31&	00:12&	01:59&	00:12&	00:37&	01:09&	01:34&	00:10#	00:48&	00:03+	00:23#	00:05-	
22	Dag Andre Kvernstrøm						66						33:08					
	01:45+	04:08+	06:59+	08:29+	11:06+	12:45+	13:09+	16:50+	18:09+	19:37+	22:02+	26:02+	26:56+	28:07+	29:00+	30:59+	33:08+	
	01:45+	02:23+	02:51+	01:30+	02:37+	01:39+	00:24-	03:41+	01:19+	01:28+	02:25+	04:00+	00:54+	01:11+	00:53-	01:59+	02:09+	
	00:41&	01:09&	00:47&	00:09#	01:06&	00:31&	00:05-	00:05+	00:49@	00:15#	00:59&	02:13@	00:05#	00:12#	00:19-	00:18#	01:15@	
23	Håvard Svihus						267						33:19					
	01:01-	02:51+	07:35+	09:04+	10:43+	12:42+	13:16+	17:47+	18:29+	20:00+	22:05+	26:01+	27:22+	28:36+	29:59+	32:10+	33:19+	
	01:01-	01:50+	04:44+	01:29+	01:39+	01:59+	00:34+	04:31+	00:42+	01:31+	02:05+	03:56+	01:21+	01:14+	01:23+	02:11+	01:09+	
	00:03-	00:36&	02:40@	00:08+	00:08+	00:51&	00:05#	00:55&	00:12&	00:18#	00:39&	02:09@	00:32&	00:15&	00:11#	00:30&	00:15&	
24	Erlend Kveinen						116						33:33					
	01:11+	02:34+	04:34+	05:49+	07:46+	09:01+	09:28+	21:53+	22:40+	23:59+	25:48+	28:21+	29:14+	30:16+	31:20+	32:39+	33:33+	
	01:11+	01:23+	02:00-	01:15-	01:57+	01:15+	00:27-	12:25+	00:47+	01:19+	01:49+	02:33+	00:53+	01:02+	01:04-	01:19-	00:54=	
	00:07#	00:09#	00:04-	00:06-	00:26&	00:07#	00:02-	08:49@	00:17&	00:06+	00:23&	00:46&	00:04+	00:03+	00:08-	00:22-	00:00=	
25	Lars Solvang						116						35:40					
	01:28+	03:05+	05:39+	07:32+	09:50+	11:21+	12:12+	17:17+	18:06+	19:49+	22:59+	28:41+	29:30+	30:53+	32:26+	34:25+	35:40+	
	01:28+	01:37+	02:34+	01:53+	02:18+	01:31+	00:51+	05:05+	00:49+	01:43+	03:10+	05:42+	00:49=	01:23+	01:33+	01:59+	01:15+	
	00:24&	00:23&	00:30#	00:32&	00:47&	00:23&	00:22&	01:29&	00:19&	00:30&	01:44@	03:55@	00:00=	00:24&	00:21&	00:18#	00:21&	
26	Martin Simpson						167						42:10					
	01:15+	03:18+	12:05+	14:19+	16:15+	18:10+	18:54+	24:03+	25:58+	27:52+	30:17+	34:58+	36:11+	37:25+	38:55+	40:54+	42:10+	
	01:15+	02:03+	08:47+	02:14+	01:56+	01:56+	00:44+	05:09+	01:55+	01:54+	02:25+	04:41+	01:13+	01:14+	01:30+	01:59+	01:16+	
	00:11#	00:49&	06:43@	00:53&	00:25&	00:47&	00:15&	01:33&	01:25@	00:41&	00:59&	02:54@	00:24&	00:15&	00:18#	00:18#	00:22&	
Beste strekktid for klassen																		
	00:49	01:10	02:00	01:14	01:25	01:03	00:21	03:36	00:25	01:04	01:26	01:44	00:38	00:45	00:53	01:19	00:44	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		

Herrer 50 - 59 år

1	Bertrand Denieul						42						22:18					
	01:03=	02:59=	04:35=	06:31=	07:25=	10:12=	11:47=	12:35=	13:59=	15:14=	16:53=	18:08=	20:00=	21:29=	22:18=			
	01:03=	01:56=	01:36=	01:56=	00:54=	02:47=	01:35=	00:48=	01:24=	01:15=	01:39=	01:15=	01:52=	01:29=	00:49=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

Plass	Navn					Klasse					Tid				
2	Morten Johannessen					7					24:06				
	01:09+	02:34-	04:29-	06:27-	07:33+	10:28+	12:03+	12:40+	14:25+	15:29+	17:53+	19:05+	20:58+	23:10+	24:06+
	01:09+	01:25-	01:55+	01:58+	01:06+	02:55+	01:35=	00:37-	01:45+	01:04-	02:24+	01:12-	01:53+	02:12+	00:56+
	00:06+	00:31-	00:19#	00:02+	00:12#	00:08+	00:00=	00:11-	00:21#	00:11-	00:45&	00:03-	00:01+	00:43&	00:07#
3	Frode Engen					116					24:06				
	01:09+	02:38-	04:27-	06:33+	07:38+	10:33+	12:34+	13:19+	15:08+	16:41+	18:15+	19:31+	21:26+	23:03+	24:06+
	01:09+	01:29-	01:49+	02:06+	01:05+	02:55+	02:01+	00:45-	01:49+	01:33+	01:34-	01:16+	01:55+	01:37+	01:03+
	00:06+	00:27-	00:13#	00:10+	00:11#	00:08+	00:26&	00:03-	00:25&	00:18#	00:05-	00:01+	00:03+	00:08+	00:14&
4	Håvard Håland					66					24:22				
	01:34+	03:09+	04:44+	07:03+	08:18+	11:26+	13:17+	14:02+	15:51+	17:03+	18:40+	20:00+	21:53+	23:27+	24:22+
	01:34+	01:35-	01:35-	02:19+	01:15+	03:08+	01:51+	00:45-	01:49+	01:12-	01:37-	01:20+	01:53+	01:34+	00:55+
	00:31&	00:21-	00:01-	00:23#	00:21&	00:21#	00:16#	00:03-	00:25&	00:03-	00:02-	00:05+	00:01+	00:05+	00:06#
5	Ole Petter Haukaas					109					24:55				
	01:13+	03:10+	04:47+	07:01+	08:10+	10:53+	13:02+	13:56+	15:28+	16:54+	18:46+	20:13+	22:21+	24:00+	24:55+
	01:13+	01:57+	01:37+	02:14+	01:09+	02:43-	02:09+	00:54+	01:32+	01:26+	01:52+	01:27+	02:08+	01:39+	00:55+
	00:10#	00:01+	00:01+	00:18#	00:15&	00:04-	00:34&	00:06#	00:08+	00:11#	00:13#	00:12#	00:16#	00:10#	00:06#
6	Per Ingar Hadland					7					24:57				
	01:02-	02:29-	04:10-	06:25-	07:40+	10:18+	12:20+	13:13+	15:01+	16:15+	18:25+	19:48+	22:07+	23:56+	24:57+
	01:02-	01:27-	01:41+	02:15+	01:15+	02:38-	02:02+	00:53+	01:48+	01:14-	02:10+	01:23+	02:19+	01:49+	01:01+
	00:01-	00:29-	00:05+	00:19#	00:21&	00:09-	00:27&	00:05#	00:24&	00:01-	00:31&	00:08#	00:27#	00:20#	00:12#
7	Alf Håkon Haugland					116					25:15				
	01:10+	03:09+	04:38+	06:59+	08:10+	11:35+	13:19+	14:05+	16:20+	17:30+	19:19+	21:07+	22:58+	24:22+	25:15+
	01:10+	01:59+	01:29-	02:21+	01:11+	03:25+	01:44+	00:46-	02:15+	01:10-	01:49+	01:48+	01:51-	01:24-	00:53+
	00:07#	00:03+	00:07-	00:25#	00:17&	00:38#	00:09+	00:02-	00:51&	00:05-	00:10#	00:33&	00:01-	00:05-	00:04+
8	Arne Magne Sondresen					92					25:35				
	01:10+	02:28-	04:27-	06:35+	07:34+	10:46+	12:42+	13:32+	15:12+	16:50+	18:58+	20:17+	22:21+	24:38+	25:35+
	01:10+	01:18-	01:59+	02:08+	00:59+	03:12+	01:56+	00:50+	01:40+	01:38+	02:08+	01:19+	02:04+	02:17+	00:57+
	00:07#	00:38-	00:23#	00:12#	00:05+	00:25#	00:21#	00:02+	00:16#	00:23&	00:29&	00:04+	00:12#	00:48&	00:08#
9	Trygve Michaelsen					117					26:02				
	01:09+	02:35-	04:22-	06:33+	07:42+	10:27+	12:16+	13:09+	16:12+	17:29+	19:40+	21:08+	23:08+	24:56+	26:02+
	01:09+	01:26-	01:47+	02:11+	01:09+	02:45-	01:49+	00:53+	03:03+	01:17+	02:11+	01:28+	02:00+	01:48+	01:06+
	00:06+	00:30-	00:11#	00:15#	00:15&	00:02-	00:14#	00:05#	01:39@	00:02+	00:32&	00:13#	00:08+	00:19#	00:17&
10	Jørgen Nilsen					53					26:12				
	01:04+	02:26-	04:24-	06:54+	08:04+	10:53+	13:34+	14:22+	16:42+	17:51+	19:52+	21:14+	23:19+	25:00+	26:12+
	01:04+	01:22-	01:58+	02:30+	01:10+	02:49+	02:41+	00:48=	02:20+	01:09-	02:01+	01:22+	02:05+	01:41+	01:12+
	00:01+	00:34-	00:22#	00:34&	00:16&	00:02+	01:06&	00:00=	00:56&	00:06-	00:22#	00:07+	00:13#	00:12#	00:23&
11	Øystein Fuglestad					46					26:32				
	01:21+	03:14+	05:06+	07:30+	08:45+	11:35+	13:35+	14:35+	16:23+	17:45+	19:48+	21:21+	23:38+	25:23+	26:32+
	01:21+	01:53-	01:52+	02:24+	01:15+	02:50+	02:00+	01:00+	01:48+	01:22+	02:03+	01:33+	02:17+	01:45+	01:09+
	00:18&	00:03-	00:16#	00:28#	00:21&	00:03+	00:25&	00:12#	00:24&	00:07+	00:24#	00:18#	00:25#	00:16#	00:20&
12	Anders Glenne					7					26:52				
	02:39+	04:03+	05:46+	07:56+	09:05+	12:06+	13:48+	14:30+	16:45+	18:18+	20:38+	22:37+	24:26+	25:54+	26:52+
	02:39+	01:24-	01:43+	02:10+	01:09+	03:01+	01:42+	00:42-	02:15+	01:33+	02:20+	01:59+	01:49-	01:28-	00:58+
	01:36@	00:32-	00:07+	00:14#	00:15&	00:14+	00:07+	00:06-	00:51&	00:18#	00:41&	00:44&	00:03-	00:01-	00:09#
13	Geir Haugvaldstad					116					27:03				
	01:10+	02:46-	06:57+	09:12+	10:08+	12:41+	14:25+	15:01+	16:39+	18:56+	21:09+	22:37+	24:12+	26:04+	27:03+
	01:10+	01:36-	04:11+	02:15+	00:56+	02:33-	01:44+	00:36-	01:38+	02:17+	02:13+	01:28+	01:35-	01:52+	00:59+
	00:07#	00:20-	02:35@	00:19#	00:02+	00:14-	00:09+	00:12-	00:14#	01:02&	00:34&	00:13#	00:17-	00:23&	00:10#
14	Tor Brekken					97					27:09				
	01:23+	02:39-	06:19+	08:30+	09:27+	12:08+	13:48+	15:03+	17:06+	18:18+	20:30+	22:35+	24:24+	26:06+	27:09+
	01:23+	01:16-	03:40+	02:11+	00:57+	02:41-	01:40+	01:15+	02:03+	01:12-	02:12+	02:05+	01:49-	01:42+	01:03+
	00:20&	00:40-	02:04@	00:15#	00:03+	00:06-	00:05+	00:27&	00:39&	00:03-	00:33&	00:50&	00:03-	00:13#	00:14&
15	Frank Hansen					29					27:10				
	01:17+	02:46-	04:40+	06:58+	08:15+	11:10+	13:07+	13:52+	15:58+	17:21+	20:06+	22:26+	24:40+	26:08+	27:10+
	01:17+	01:29-	01:54+	02:18+	01:17+	02:55+	01:57+	00:45-	02:06+	01:23+	02:45+	02:20+	02:14+	01:28-	01:02+
	00:14#	00:27-	00:18#	00:22#	00:23&	00:08+	00:22#	00:03-	00:42&	00:08#	01:06&	01:05&	00:22#	00:01-	00:13&
16	Arnfinn Rømuld					116					27:21				
	01:06+	02:23-	04:00-	06:12-	07:22-	10:21+	12:02+	12:48+	15:19+	16:29+	20:09+	21:24+	23:36+	26:29+	27:21+
	01:06+	01:17-	01:37+	02:12+	01:10+	02:59+	01:41+	00:46-	02:31+	01:10-	03:40+	01:15=	02:12+	02:53+	00:52+
	00:03+	00:39-	00:01+	00:16#	00:16&	00:12+	00:06+	00:02-	01:07&	00:05-	02:01@	00:00=	00:20#	01:24&	00:03+

Plass	Navn				Klasse								Tid			
17	Øivind Berggraf				116								27:48			
	01:09+	03:20+	04:55+	06:57+	08:00+	11:03+	12:33+	13:15+	15:12+	16:19+	21:43+	23:02+	25:10+	26:49+	27:48+	
	01:09+	02:11+	01:35-	02:02+	01:03+	03:03+	01:30-	00:42-	01:57+	01:07-	05:24+	01:19+	02:08+	01:39+	00:59+	
	00:06+	00:15#	00:01-	00:06+	00:09#	00:16+	00:05-	00:06-	00:33&	00:08-	03:45@	00:04+	00:16#	00:10#	00:10#	
18	Arne Nygaard				66								28:28			
	01:07+	02:35-	05:11+	07:35+	08:40+	12:15+	14:31+	15:20+	17:10+	18:44+	20:49+	23:07+	25:33+	27:27+	28:28+	
	01:07+	01:28-	02:36+	02:24+	01:05+	03:35+	02:16+	00:49+	01:50+	01:34+	02:05+	02:18+	02:26+	01:54+	01:01+	
	00:04+	00:28-	01:00&	00:28#	00:11#	00:48&	00:41&	00:01+	00:26&	00:19&	00:26&	01:03&	00:34&	00:25&	00:12#	
19	Kjell R. Nordmark				7								28:43			
	01:30+	02:59=	04:57+	07:12+	08:14+	12:01+	13:50+	14:34+	16:48+	18:15+	20:26+	22:51+	24:55+	27:44+	28:43+	
	01:30+	01:29-	01:58+	02:15+	01:02+	03:47+	01:49+	00:44-	02:14+	01:27+	02:11+	02:25+	02:04+	02:49+	00:59+	
	00:27&	00:27=	00:22#	00:19#	00:08#	01:00&	00:14#	00:04-	00:50&	00:12#	00:32&	01:10&	00:12#	01:20&	00:10#	
20	Sigbjørn Gloppen				144								28:53			
	01:32+	02:57-	05:49+	08:04+	09:20+	12:51+	15:07+	15:52+	17:43+	19:13+	21:27+	23:25+	25:44+	27:49+	28:53+	
	01:32+	01:25-	02:52+	02:15+	01:16+	03:31+	02:16+	00:45-	01:51+	01:30+	02:14+	01:58+	02:19+	02:05+	01:04+	
	00:29&	00:31-	01:16&	00:19#	00:22&	00:44&	00:41&	00:03-	00:27&	00:15#	00:35&	00:43&	00:27#	00:36&	00:15&	
21	Inge Skretting				165								29:22			
	01:32+	03:05+	05:36+	08:12+	09:20+	12:42+	14:57+	15:43+	17:39+	19:01+	21:04+	23:41+	25:57+	27:52+	29:22+	
	01:32+	01:33-	02:31+	02:36+	01:08+	03:22+	02:15+	00:46-	01:56+	01:22+	02:03+	02:37+	02:16+	01:55+	01:30+	
	00:29&	00:23-	00:55&	00:40&	00:14&	00:35#	00:40&	00:02-	00:32&	00:07+	00:24#	01:22@	00:24#	00:26&	00:41&	
22	Magnar Møller				62								29:52			
	03:17+	05:00+	06:49+	09:09+	10:20+	13:19+	15:27+	16:17+	19:23+	20:41+	23:23+	24:45+	26:58+	28:38+	29:52+	
	03:17+	01:43-	01:49+	02:20+	01:11+	02:59+	02:08+	00:50+	03:06+	01:18+	02:42+	01:22+	02:13+	01:40+	01:14+	
	02:14@	00:13-	00:13#	00:24#	00:17&	00:12+	00:33&	00:02+	01:42@	00:03+	01:03&	00:07+	00:21#	00:11#	00:25&	
23	Ådne Hausberg				7								30:06			
	01:19+	04:10+	06:06+	08:38+	10:01+	13:38+	16:07+	17:07+	19:04+	20:37+	22:37+	24:26+	26:55+	28:55+	30:06+	
	01:19+	02:51+	01:56+	02:32+	01:23+	03:37+	02:29+	01:00+	01:57+	01:33+	02:00+	01:49+	02:29+	02:00+	01:11+	
	00:16&	00:55&	00:20#	00:36&	00:29&	00:50&	00:54&	00:12#	00:33&	00:18#	00:21#	00:34&	00:37&	00:31&	00:22&	
24	Torbjørn Dahle				92								30:07			
	01:28+	03:02+	05:08+	07:36+	08:47+	14:11+	15:53+	16:41+	18:29+	19:53+	22:10+	23:55+	26:02+	29:07+	30:07+	
	01:28+	01:34-	02:06+	02:28+	01:11+	05:24+	01:42+	00:48=	01:48+	01:24+	02:17+	01:45+	02:07+	03:05+	01:00+	
	00:25&	00:22-	00:30&	00:32&	00:17&	02:37&	00:07+	00:00=	00:24&	00:09#	00:38&	00:30&	00:15#	01:36@	00:11#	
25	Tor Inge Halvorsen				5								30:50			
	01:15+	02:57-	05:36+	08:26+	10:03+	13:54+	16:16+	17:12+	19:34+	21:10+	23:48+	25:23+	27:41+	29:35+	30:50+	
	01:15+	01:42-	02:39+	02:50+	01:37+	03:51+	02:22+	00:56+	02:22+	01:36+	02:38+	01:35+	02:18+	01:54+	01:15+	
	00:12#	00:14-	01:03&	00:54&	00:43&	01:04&	00:47&	00:08#	00:58&	00:21&	00:59&	00:20&	00:26#	00:25&	00:26&	
26	Ernst Kristensen				116								31:04			
	01:21+	04:42+	07:07+	09:31+	10:36+	14:13+	16:13+	17:07+	20:43+	22:04+	24:17+	26:00+	28:10+	29:57+	31:04+	
	01:21+	03:21+	02:25+	02:24+	01:05+	03:37+	02:00+	00:54+	03:36+	01:21+	02:13+	01:43+	02:10+	01:47+	01:07+	
	00:18&	01:25&	00:49&	00:28#	00:11#	00:50&	00:25&	00:06#	02:12@	00:06+	00:34&	00:28&	00:18#	00:18#	00:18&	
27	Knut Feldmann				93								31:10			
	03:53+	05:21+	07:18+	09:47+	11:09+	15:24+	17:12+	18:34+	20:22+	21:56+	24:38+	26:23+	28:32+	30:09+	31:10+	
	03:53+	01:28-	01:57+	02:29+	01:22+	04:15+	01:48+	01:22+	01:48+	01:34+	02:42+	01:45+	02:09+	01:37+	01:01+	
	02:50@	00:28-	00:21#	00:33&	00:28&	01:28&	00:13#	00:34&	00:24&	00:19&	01:03&	00:30&	00:17#	00:08+	00:12#	
28	Arild Holm				114								31:31			
	01:34+	03:08+	05:13+	08:04+	09:27+	13:37+	15:48+	16:47+	18:36+	20:14+	23:23+	25:02+	27:49+	30:17+	31:31+	
	01:34+	01:34-	02:05+	02:51+	01:23+	04:10+	02:11+	00:59+	01:49+	01:38+	03:09+	01:39+	02:47+	02:28+	01:14+	
	00:31&	00:22-	00:29&	00:55&	00:29&	01:23&	00:36&	00:11#	00:25&	00:23&	01:30&	00:24&	00:55&	00:59&	00:25&	
29	Harald Taksdal				236								31:31			
	01:33+	03:25+	05:34+	08:01+	09:26+	13:33+	15:46+	16:38+	18:39+	20:04+	25:09+	26:29+	28:39+	30:24+	31:31+	
	01:33+	01:52-	02:09+	02:27+	01:25+	04:07+	02:13+	00:52+	02:01+	01:25+	05:05+	01:20+	02:10+	01:45+	01:07+	
	00:30&	00:04-	00:33&	00:31&	00:31&	01:20&	00:38&	00:04+	00:37&	00:10#	03:26@	00:05+	00:18#	00:16#	00:18&	
30	Geir Rune Seldal				192								31:42			
	02:36+	04:09+	06:26+	09:25+	10:44+	14:33+	16:36+	17:32+	20:01+	21:28+	24:03+	26:00+	28:33+	30:27+	31:42+	
	02:36+	01:33-	02:17+	02:59+	01:19+	03:49+	02:03+	00:56+	02:29+	01:27+	02:35+	01:57+	02:33+	01:54+	01:15+	
	01:33@	00:23-	00:41&	01:03&	00:25&	01:02&	00:28&	00:08#	01:05&	00:12#	00:56&	00:42&	00:41&	00:25&	00:26&	
31	Stein Arve Finnestad				287								32:11			
	01:14+	02:38-	04:29-	06:40+	07:58+	11:34+	13:26+	14:13+	16:26+	17:58+	23:35+	27:33+	29:34+	31:09+	32:11+	
	01:14+	01:24-	01:51+	02:11+	01:18+	03:36+	01:52+	00:47-	02:13+	01:32+	05:37+	03:58+	02:01+	01:35+	01:02+	
	00:11#	00:32-	00:15#	00:15#	00:24&	00:49&	00:17#	00:01-	00:49&	00:17#	03:58@	02:43@	00:09+	00:06+	00:13&	

Plass	Navn				Klasse								Tid			
32	Age Håland				214								32:20			
	01:15+	02:40-	05:07+	07:57+	09:02+	12:35+	14:43+	16:16+	18:15+	19:57+	25:09+	26:52+	29:20+	31:14+	32:20+	
	01:15+	01:25-	02:27+	02:50+	01:05+	03:33+	02:08+	01:33+	01:59+	01:42+	05:12+	01:43+	02:28+	01:54+	01:06+	
	00:12#	00:31-	00:51&	00:54&	00:11#	00:46&	00:33&	00:45&	00:35&	00:27&	03:33@	00:28&	00:36&	00:25&	00:17&	
33	Kjell Ove Aksland				27								32:36			
	01:28+	03:11+	06:05+	08:30+	09:55+	15:39+	17:55+	18:44+	21:00+	22:34+	25:27+	27:18+	29:34+	31:29+	32:36+	
	01:28+	01:43-	02:54+	02:25+	01:25+	05:44+	02:16+	00:49+	02:16+	01:34+	02:53+	01:51+	02:16+	01:55+	01:07+	
	00:25&	00:13-	01:18&	00:29#	00:31&	02:57@	00:41&	00:01+	00:52&	00:19&	01:14&	00:36&	00:24#	00:26&	00:18&	
34	Jarl Steinar Berntsen				27								33:02			
	01:52+	04:04+	06:25+	08:52+	10:08+	15:17+	17:38+	18:37+	22:14+	24:04+	26:21+	28:15+	30:22+	31:54+	33:02+	
	01:52+	02:12+	02:21+	02:27+	01:16+	05:09+	02:21+	00:59+	03:37+	01:50+	02:17+	01:54+	02:07+	01:32+	01:08+	
	00:49&	00:16#	00:45&	00:31&	00:22&	02:22&	00:46&	00:11#	02:13@	00:35&	00:38&	00:39&	00:15#	00:03+	00:19&	
35	Kjell Seland				236								33:22			
	01:20+	02:58-	04:34-	06:51+	08:01+	10:53+	12:51+	13:39+	20:20+	21:41+	25:35+	27:50+	30:03+	32:10+	33:22+	
	01:20+	01:38-	01:36=	02:17+	01:10+	02:52+	01:58+	00:48=	06:41+	01:21+	03:54+	02:15+	02:13+	02:07+	01:12+	
	00:17&	00:18-	00:00=	00:21#	00:16&	00:05+	00:23#	00:00=	05:17@	00:06+	02:15@	01:00&	00:21#	00:38&	00:23&	
36	Ove Njå				90								33:32			
	01:23+	02:58-	06:35+	09:58+	11:16+	14:35+	17:13+	17:58+	20:03+	21:33+	25:50+	27:54+	30:06+	32:05+	33:32+	
	01:23+	01:35-	03:37+	03:23+	01:18+	03:19+	02:38+	00:45-	02:05+	01:30+	04:17+	02:04+	02:12+	01:59+	01:27+	
	00:20&	00:21-	02:01@	01:27&	00:24&	00:32#	01:03&	00:03-	00:41&	00:15#	02:38@	00:49&	00:20#	00:30&	00:38&	
37	Stein Sigbjørnsen				27								33:43			
	01:36+	03:11+	06:08+	08:37+	10:10+	13:57+	16:34+	17:23+	20:35+	22:21+	24:55+	26:39+	28:53+	32:43+	33:43+	
	01:36+	01:35-	02:57+	02:29+	01:33+	03:47+	02:37+	00:49+	03:12+	01:46+	02:34+	01:44+	02:14+	03:50+	01:00+	
	00:33&	00:21-	01:21&	00:33&	00:39&	01:00&	01:02&	00:01+	01:48@	00:31&	00:55&	00:29&	00:22#	02:21@	00:11#	
38	Josef Ludoid				228								35:10			
	02:20+	04:18+	08:25+	11:50+	13:18+	17:12+	19:39+	21:21+	23:29+	24:52+	27:07+	28:54+	31:15+	33:55+	35:10+	
	02:20+	01:58+	04:07+	03:25+	01:28+	03:54+	02:27+	01:42+	02:08+	01:23+	02:15+	01:47+	02:21+	02:40+	01:15+	
	01:17@	00:02+	02:31@	01:29&	00:34&	01:07&	00:52&	00:54@	00:44&	00:08#	00:36&	00:32&	00:29&	01:11&	00:26&	
39	John C. Sinnes				93								35:19			
	01:29+	03:10+	05:56+	09:09+	10:34+	15:04+	17:45+	19:24+	21:26+	22:59+	28:13+	30:00+	32:18+	34:15+	35:19+	
	01:29+	01:41-	02:46+	03:13+	01:25+	04:30+	02:41+	01:39+	02:02+	01:33+	05:14+	01:47+	02:18+	01:57+	01:04+	
	00:26&	00:15-	01:10&	01:17&	00:31&	01:43&	01:06&	00:51@	00:38&	00:18#	03:35@	00:32&	00:26#	00:28&	00:15&	
40	Svein Magne Gloppen				93								35:26			
	01:24+	03:55+	06:04+	08:38+	10:50+	15:37+	18:23+	19:16+	21:22+	23:46+	26:43+	30:13+	32:26+	34:14+	35:26+	
	01:24+	02:31+	02:09+	02:34+	02:12+	04:47+	02:46+	00:53+	02:06+	02:24+	02:57+	03:30+	02:13+	01:48+	01:12+	
	00:21&	00:35&	00:33&	00:38&	01:18@	02:00&	01:11&	00:05#	00:42&	01:09&	01:18&	02:15@	00:21#	00:19#	00:23&	
41	Ivar Bergset				35								35:33			
	01:14+	03:08+	05:09+	08:19+	09:51+	13:42+	16:23+	17:33+	21:26+	23:36+	27:08+	28:55+	31:41+	33:59+	35:33+	
	01:14+	01:54-	02:01+	03:10+	01:32+	03:51+	02:41+	01:10+	03:53+	02:10+	03:32+	01:47+	02:46+	02:18+	01:34+	
	00:11#	00:02-	00:25&	01:14&	00:38&	01:04&	01:06&	00:22&	02:29@	00:55&	01:53@	00:32&	00:54&	00:49&	00:45&	
42	Kjetil Heradstveit				12								36:36			
	01:34+	04:26+	08:14+	12:27+	13:35+	17:05+	20:07+	21:06+	23:05+	24:57+	29:05+	31:28+	33:57+	35:38+	36:36+	
	01:34+	02:52+	03:48+	04:13+	01:08+	03:30+	03:02+	00:59+	01:59+	01:52+	04:08+	02:23+	02:29+	01:41+	00:58+	
	00:31&	00:56&	02:12@	02:17@	00:14&	00:43&	01:27&	00:11#	00:35&	00:37&	02:29@	01:08&	00:37&	00:12#	00:09#	
43	Frode Følgesvold				5								39:39			
	01:41+	03:18+	08:03+	10:29+	11:49+	15:49+	18:52+	19:47+	24:31+	26:17+	29:27+	32:25+	36:46+	38:30+	39:39+	
	01:41+	01:37-	04:45+	02:26+	01:20+	04:00+	03:03+	00:55+	04:44+	01:46+	03:10+	02:58+	04:21+	01:44+	01:09+	
	00:38&	00:19-	03:09@	00:30&	00:26&	01:13&	01:28&	00:07#	03:20@	00:31&	01:31&	01:43@	02:29@	00:15#	00:20&	
44	Tore Morten Hope				228								40:01			
	01:58+	03:42+	07:45+	10:13+	11:23+	14:51+	17:34+	18:36+	20:48+	23:21+	32:44+	35:07+	37:21+	38:56+	40:01+	
	01:58+	01:44-	04:03+	02:28+	01:10+	03:28+	02:43+	01:02+	02:12+	02:33+	09:23+	02:23+	02:14+	01:35+	01:05+	
	00:55&	00:12-	02:27@	00:32&	00:16&	00:41#	01:08&	00:14&	00:48&	01:18@	07:44@	01:08&	00:22#	00:06+	00:16&	
45	Asbjørn Brådland				297								43:26			
	01:30+	03:50+	08:09+	10:34+	15:07+	19:57+	21:53+	22:46+	24:47+	28:49+	36:13+	38:17+	40:31+	42:30+	43:26+	
	01:30+	02:20+	04:19+	02:25+	04:33+	04:50+	01:56+	00:53+	02:01+	04:02+	07:24+	02:04+	02:14+	01:59+	00:56+	
	00:27&	00:24#	02:43@	00:29#	03:39@	02:03&	00:21#	00:05#	00:37&	02:47@	05:45@	00:49&	00:22#	00:30&	00:07#	
46	Erling Knutzen				128								45:19			
	01:38+	03:10+	06:07+	13:41+	15:14+	18:40+	20:59+	21:56+	24:09+	25:36+	36:22+	38:43+	41:08+	44:05+	45:19+	
	01:38+	01:32-	02:57+	07:34+	01:33+	03:26+	02:19+	00:57+	02:13+	01:27+	10:46+	02:21+	02:25+	02:57+	01:14+	
	00:35&	00:24-	01:21&	05:38@	00:39&	00:39#	00:44&	00:09#	00:49&	00:12#	09:07@	01:06&	00:33&	01:28&	00:25&	

Plass	Navn					Klasse					Tid				
47	Steinar Torjusen					167					49:31				
	01:27+	04:06+	12:49+	15:08+	16:41+	20:00+	24:57+	25:38+	27:26+	28:46+	42:10+	43:51+	46:05+	48:27+	49:31+
	01:27+	02:39+	08:43+	02:19+	01:33+	03:19+	04:57+	00:41-	01:48+	01:20+	13:24+	01:41+	02:14+	02:22+	01:04+
	00:24&	00:43&	07:07@	00:23#	00:39&	00:32#	03:22@	00:07-	00:24&	00:05+	11:45@	00:26&	00:22#	00:53&	00:15&
Beste strekktid for klassen															
	01:02	01:16	01:29	01:56	00:54	02:33	01:30	00:36	01:24	01:04	01:34	01:12	01:35	01:24	00:49
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
Herrer 60 - 64 år															
1	Espen Krogh					7					20:59				
	00:58=	02:31=	03:47=	04:53=	05:31=	06:40=	08:21=	11:15=	11:53=	12:43=	14:14=	15:21=	16:22=	17:37=	18:47=
	00:58=	01:33=	01:16=	01:06=	00:38=	01:09=	01:41=	02:54=	00:38=	00:50=	01:31=	01:07=	01:01=	01:15=	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=
2	Kjell Skjæveland					108					23:17				
	00:52-	02:59+	04:35+	05:38+	06:25+	07:41+	09:40+	12:22+	13:08+	14:03+	15:41+	17:11+	18:19+	19:39+	20:54+
	00:52-	02:07+	01:36+	01:03-	00:47+	01:16+	01:59+	02:42-	00:46+	00:55+	01:38+	01:30+	01:08+	01:20+	01:15+
	00:06-	00:34&	00:20&	00:03-	00:09#	00:07#	00:18#	00:12-	00:08#	00:05#	00:07+	00:23&	00:07#	00:05+	00:08#
3	Tor Geir Espedal					115					24:49				
	01:25+	03:35+	05:08+	06:20+	07:06+	08:29+	10:42+	13:19+	14:02+	14:56+	16:38+	17:49+	19:03+	20:18+	21:51+
	01:25+	02:10+	01:33+	01:12+	00:46+	01:23+	02:13+	02:37-	00:43+	00:54+	01:42+	01:11+	01:14+	01:15=	01:33+
	00:27&	00:37&	00:17#	00:06+	00:08#	00:14#	00:32&	00:17-	00:05#	00:04+	00:11#	00:04+	00:13#	00:00=	00:23&
4	Torbjørn Evensen					108					25:31				
	00:57-	03:09+	04:47+	06:09+	07:23+	08:39+	11:01+	13:49+	14:40+	15:48+	17:34+	18:40+	19:59+	21:08+	22:41+
	00:57-	02:12+	01:38+	01:22+	01:14+	01:16+	02:22+	02:48-	00:51+	01:08+	01:46+	01:06-	01:19+	01:09-	01:33+
	00:01-	00:39&	00:22&	00:16#	00:36&	00:07#	00:41&	00:06-	00:13&	00:18&	00:15#	00:01-	00:18&	00:06-	00:23&
5	Dag Helliksen					80					25:41				
	01:21+	03:38+	05:15+	06:34+	07:21+	08:44+	11:23+	14:12+	15:26+	16:18+	18:08+	19:32+	20:41+	22:00+	23:10+
	01:21+	02:17+	01:37+	01:19+	00:47+	01:23+	02:39+	02:49-	01:14+	00:52+	01:50+	01:24+	01:09+	01:19+	01:10=
	00:23&	00:44&	00:21&	00:13#	00:09#	00:14#	00:58&	00:05-	00:36&	00:02+	00:19#	00:17&	00:08#	00:04+	00:00=
6	Bjørn Sivertsen					99					26:41				
	01:03+	03:05+	04:57+	06:11+	07:33+	08:42+	10:50+	13:24+	14:17+	15:17+	17:58+	19:20+	20:30+	21:58+	23:32+
	01:03+	02:02+	01:52+	01:14+	01:22+	01:09=	02:08+	02:34-	00:53+	01:00+	02:41+	01:22+	01:10+	01:28+	01:34+
	00:05+	00:29&	00:36&	00:08#	00:44@	00:00=	00:27&	00:20-	00:15&	00:10#	01:10&	00:15#	00:09#	00:13#	00:24&
7	Lars Salvesen					50					27:12				
	01:15+	03:14+	05:07+	06:38+	07:28+	08:47+	11:27+	14:31+	15:15+	16:23+	18:12+	19:24+	20:41+	22:57+	24:17+
	01:15+	01:59+	01:53+	01:31+	00:50+	01:19+	02:40+	03:04+	00:44+	01:08+	01:49+	01:12+	01:17+	02:16+	01:20+
	00:17&	00:26&	00:37&	00:25&	00:12&	00:10#	00:59&	00:10+	00:06#	00:18&	00:18#	00:05+	00:16&	01:01&	00:10#
8	Magne Tunheim					144					28:26				
	01:46+	03:47+	08:19+	10:19+	10:59+	12:23+	14:09+	16:59+	17:40+	18:41+	20:52+	22:33+	23:48+	25:03+	26:18+
	01:46+	02:01+	04:32+	02:00+	00:40+	01:24+	01:46+	02:50-	00:41+	01:01+	02:11+	01:41+	01:15+	01:15=	01:15+
	00:48&	00:28&	03:16@	00:54&	00:02+	00:15#	00:05+	00:04-	00:03+	00:11#	00:40&	00:34&	00:14#	00:00=	00:05+
9	Sverre Magnar Nordal					116					30:46				
	01:19+	03:34+	05:34+	07:02+	07:57+	09:37+	14:11+	17:21+	18:19+	19:33+	21:25+	22:53+	25:02+	26:19+	27:44+
	01:19+	02:15+	02:00+	01:28+	00:55+	01:40+	04:34+	03:10+	00:58+	01:14+	01:52+	01:28+	02:09+	01:17+	01:25+
	00:21&	00:42&	00:44&	00:22&	00:17&	00:31&	02:53@	00:16+	00:20&	00:24&	00:21#	00:21&	01:08@	00:02+	00:15#
10	Kjell Lervik					239					31:13				
	01:22+	04:25+	06:45+	08:56+	10:02+	11:46+	14:15+	17:45+	18:32+	19:50+	22:22+	23:49+	25:16+	26:29+	27:58+
	01:22+	03:03+	02:20+	02:11+	01:06+	01:44+	02:29+	03:30+	00:47+	01:18+	02:32+	01:27+	01:27+	01:13-	01:29+
	00:24&	01:30&	01:04&	01:05&	00:28&	00:35&	00:48&	00:36#	00:09#	00:28&	01:01&	00:20&	00:26&	00:02-	00:19&
11	Olav Tunheim					93					32:10				
	01:27+	03:42+	05:41+	07:11+	08:12+	09:48+	12:38+	17:07+	18:08+	19:21+	22:07+	24:17+	26:04+	27:18+	28:48+
	01:27+	02:15+	01:59+	01:30+	01:01+	01:36+	02:50+	04:29+	01:01+	01:13+	02:46+	02:10+	01:47+	01:14-	01:30+
	00:29&	00:42&	00:43&	00:24&	00:23&	00:27&	01:09&	01:35&	00:23&	00:23&	01:15&	01:03&	00:46&	00:01-	00:20&
12	Jan Øyvind Lilledal					281					35:57				
	01:29+	03:36+	05:51+	07:34+	08:19+	09:38+	12:14+	15:51+	17:19+	18:38+	21:20+	28:09+	29:50+	31:26+	33:00+
	01:29+	02:07+	02:15+	01:43+	00:45+	01:19+	02:36+	03:37+	01:28+	01:19+	02:42+	06:49+	01:41+	01:36+	01:34+
	00:31&	00:34&	00:59&	00:37&	00:07#	00:10#	00:55&	00:43#	00:50@	00:29&	01:11&	05:42@	00:40&	00:21&	00:24&

Plass	Navn					Klasse					Tid						
13	Ommund Bakkevold					68					36:19						
01:23+	04:22+	06:47+	08:43+	09:56+	11:44+	14:37+	19:01+	20:30+	22:19+	24:53+	27:01+	28:52+	30:54+	32:35+	34:52+	36:19+	
01:23+	02:59+	02:25+	01:56+	01:13+	01:48+	02:53+	04:24+	01:29+	01:49+	02:34+	02:08+	01:51+	02:02+	01:41+	02:17+	01:27+	
00:25&	01:26&	01:09&	00:50&	00:35&	00:39&	01:12&	01:30&	00:51@	00:59@	01:03&	01:01&	00:50&	00:47&	00:31&	00:57&	00:35&	
14	Rolf Kleppe					63					37:58						
01:38+	05:37+	08:04+	10:31+	11:39+	13:39+	17:35+	21:24+	22:35+	24:08+	26:46+	28:32+	30:10+	31:32+	33:36+	36:17+	37:58+	
01:38+	03:59+	02:27+	02:27+	01:08+	02:00+	03:56+	03:49+	01:11+	01:33+	02:38+	01:46+	01:38+	01:22+	02:04+	02:41+	01:41+	
00:40&	02:26@	01:11&	01:21@	00:30&	00:51&	02:15@	00:55&	00:33&	00:43&	01:07&	00:39&	00:37&	00:07+	00:54&	01:21@	00:49&	
15	Inge Johan Øverland					93					42:07						
02:10+	06:09+	08:24+	10:10+	11:01+	12:52+	15:11+	18:47+	20:09+	21:42+	24:48+	33:37+	35:24+	37:01+	39:06+	40:50+	42:07+	
02:10+	03:59+	02:15+	01:46+	00:51+	01:51+	02:19+	03:36+	01:22+	01:33+	03:06+	08:49+	01:47+	01:37+	02:05+	01:44+	01:17+	
01:12@	02:26@	00:59&	00:40&	00:13&	00:42&	00:38&	00:42#	00:44@	00:43&	01:35@	07:42@	00:46&	00:22&	00:55&	00:24&	00:25&	
16	Øyvind Nagel-Alne					74					43:00						
02:08+	04:34+	06:41+	08:28+	09:31+	11:05+	13:32+	29:29+	30:22+	31:35+	33:59+	35:49+	37:25+	38:49+	40:20+	41:56+	43:00+	
02:08+	02:26+	02:07+	01:47+	01:03+	01:34+	02:27+	15:57+	00:53+	01:13+	02:24+	01:50+	01:36+	01:24+	01:31+	01:36+	01:04+	
01:10@	00:53&	00:51&	00:41&	00:25&	00:25&	00:46&	13:03@	00:15&	00:23&	00:53&	00:43&	00:35&	00:09#	00:21&	00:16#	00:12#	
17	Egil Røyneberg					93					45:21						
02:20+	07:03+	11:52+	13:51+	15:23+	18:09+	21:41+	25:21+	26:43+	28:25+	33:44+	35:51+	37:44+	39:26+	41:26+	43:50+	45:21+	
02:20+	04:43+	04:49+	01:59+	01:32+	02:46+	03:32+	03:40+	01:22+	01:42+	05:19+	02:07+	01:53+	01:42+	02:00+	02:24+	01:31+	
01:22@	03:10@	03:33@	00:53&	00:54@	01:37@	01:51@	00:46&	00:44@	00:52@	03:48@	01:00&	00:52&	00:27&	00:50&	01:04&	00:39&	
Beste strekktid for klassen																	
	00:52	01:33	01:16	01:03	00:38	01:09	01:41	02:34	00:38	00:50	01:31	01:06	01:01	01:09	01:10	01:17	00:51
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																	
Herrer 65 - 69 år																	
1	Arne Kristian Espedal					68					19:53						
00:45=	02:13=	03:25=	04:27=	05:04=	06:06=	07:49=	09:40=	10:26=	11:34=	13:06=	14:04=	15:09=	16:17=	17:30=	18:57=	19:53=	
00:45=	01:28=	01:12=	01:02=	00:37=	01:02=	01:43=	01:51=	00:46=	01:08=	01:32=	00:58=	01:05=	01:08=	01:13=	01:27=	00:56=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Bjørn Alsaker					115					20:18						
00:54+	02:35+	03:54+	04:53+	05:38+	06:47+	08:35+	10:46+	11:24+	12:13+	13:48+	14:45+	15:51+	16:48+	17:59+	19:27+	20:18+	
00:54+	01:41+	01:19+	00:59-	00:45+	01:09+	01:48+	02:11+	00:38-	00:49-	01:35+	00:57-	01:06+	00:57-	01:11-	01:28+	00:51-	
00:09#	00:13#	00:07+	00:03-	00:08#	00:07#	00:05+	00:20#	00:08-	00:19-	00:03+	00:01-	00:01+	00:11-	00:02-	00:01+	00:05-	
3	Eivind L. Rake					92					24:16						
00:52+	02:59+	04:39+	05:51+	06:48+	08:04+	10:13+	12:44+	13:25+	14:20+	16:06+	17:20+	18:40+	19:50+	21:21+	23:00+	24:16+	
00:52+	02:07+	01:40+	01:12+	00:57+	01:16+	02:09+	02:31+	00:41-	00:55-	01:46+	01:14+	01:20+	01:10+	01:31+	01:39+	01:16+	
00:07#	00:39&	00:28&	00:10#	00:20&	00:14#	00:26&	00:40&	00:05-	00:13-	00:14#	00:16&	00:15#	00:02+	00:18#	00:12#	00:20&	
4	Ragnvald Frøyland					128					25:02						
00:55+	02:58+	04:29+	05:46+	06:30+	07:51+	09:53+	12:31+	13:17+	14:25+	16:06+	17:21+	19:14+	20:18+	21:37+	24:01+	25:02+	
00:55+	02:03+	01:31+	01:17+	00:44+	01:21+	02:02+	02:38+	00:46=	01:08=	01:41+	01:15+	01:53+	01:04-	01:19+	02:24+	01:01+	
00:10#	00:35&	00:19&	00:15#	00:07#	00:19&	00:19#	00:47&	00:00=	00:00=	00:09+	00:17&	00:48&	00:04-	00:06+	00:57&	00:05+	
5	Gunnar Sakseid					116					25:11						
01:52+	03:53+	05:33+	06:57+	07:42+	08:54+	10:55+	13:37+	14:22+	15:27+	17:06+	18:25+	19:37+	20:51+	22:17+	24:15+	25:11+	
01:52+	02:01+	01:40+	01:24+	00:45+	01:12+	02:01+	02:42+	00:45-	01:05-	01:39+	01:19+	01:12+	01:14+	01:26+	01:58+	00:56=	
01:07@	00:33&	00:28&	00:22&	00:08#	00:10#	00:18#	00:51&	00:01-	00:03-	00:07+	00:21&	00:07#	00:06+	00:13#	00:31&	00:00=	
6	Bjørn Bjelland					83					25:23						
01:18+	03:41+	05:16+	06:28+	07:18+	08:35+	10:52+	13:26+	14:10+	15:06+	17:00+	18:24+	19:39+	21:04+	22:31+	24:17+	25:23+	
01:18+	02:23+	01:35+	01:12+	00:50+	01:17+	02:17+	02:34+	00:44-	00:56-	01:54+	01:24+	01:15+	01:25+	01:27+	01:46+	01:06+	
00:33&	00:55&	00:23&	00:10#	00:13&	00:15#	00:34&	00:43&	00:02-	00:12-	00:22#	00:26&	00:10#	00:17#	00:14&	00:19#	00:10#	
7	Svein Berge					126					25:23						
01:12+	03:03+	04:41+	06:15+	06:56+	08:17+	10:26+	13:14+	14:12+	15:10+	17:29+	19:05+	20:19+	21:17+	22:43+	24:18+	25:23+	
01:12+	01:51+	01:38+	01:34+	00:41+	01:21+	02:09+	02:48+	00:58+	00:58-	02:19+	01:36+	01:14+	00:58-	01:26+	01:35+	01:05+	
00:27&	00:23&	00:26&	00:32&	00:04#	00:19&	00:26&	00:57&	00:12&	00:10-	00:47&	00:38&	00:09#	00:10-	00:13#	00:08+	00:09#	
8	Jan Hetland					29					25:54						
01:08+	03:26+	05:18+	06:49+	07:36+	08:50+	10:55+	13:51+	14:34+	15:31+	18:11+	19:43+	21:05+	22:16+	23:29+	25:06+	25:54+	
01:08+	02:18+	01:52+	01:31+	00:47+	01:14+	02:05+	02:56+	00:43-	00:57-	02:40+	01:32+	01:22+	01:11+	01:13=	01:37+	00:48-	
00:23&	00:50&	00:40&	00:29&	00:10&	00:12#	00:22#	01:05&	00:03-	00:11-	01:08&	00:34&	00:17&	00:03+	00:00=	00:10#	00:08-	

Plass	Navn										Klasse										Tid									
9	Otto Alsnes										50										26:38									
00:50+	02:52+	04:27+	07:36+	08:23+	09:31+	11:38+	14:49+	15:30+	16:30+	18:27+	19:47+	21:04+	22:16+	23:40+	25:22+	26:38+														
00:50+	02:02+	01:35+	03:09+	00:47+	01:08+	02:07+	03:11+	00:41-	01:00-	01:57+	01:20+	01:17+	01:12+	01:24+	01:42+	01:16+														
00:05#	00:34&	00:23&	02:07@	00:10&	00:06+	00:24#	01:20&	00:05-	00:08-	00:25&	00:22&	00:12#	00:04+	00:11#	00:15#	00:20&														
10	Jan Inge Lunde										88										27:44									
01:30+	03:55+	05:42+	07:07+	08:08+	09:35+	12:08+	15:01+	15:48+	16:57+	19:01+	20:19+	21:38+	23:08+	24:44+	26:30+	27:44+														
01:30+	02:25+	01:47+	01:25+	01:01+	01:27+	02:33+	02:53+	00:47+	01:09+	02:04+	01:18+	01:19+	01:30+	01:36+	01:46+	01:14+														
00:45&	00:57&	00:35&	00:23&	00:24&	00:25&	00:50&	01:02&	00:01+	00:01+	00:32&	00:20&	00:14#	00:22&	00:23&	00:19#	00:18&														
11	Roar Fitjar										101										31:16									
01:11+	03:41+	05:59+	07:28+	08:43+	10:23+	12:59+	16:31+	17:39+	19:08+	21:30+	23:13+	24:59+	26:30+	28:03+	29:57+	31:16+														
01:11+	02:30+	02:18+	01:29+	01:15+	01:40+	02:36+	03:32+	01:08+	01:29+	02:22+	01:43+	01:46+	01:31+	01:33+	01:54+	01:19+														
00:26&	01:02&	01:06&	00:27&	00:38@	00:38&	00:53&	01:41&	00:22&	00:21&	00:50&	00:45&	00:41&	00:23&	00:20&	00:27&	00:23&														
12	Kjell Ingar Olsen										50										32:20									
01:29+	04:06+	06:21+	07:56+	09:04+	10:46+	13:53+	16:52+	17:42+	19:17+	21:39+	23:29+	25:10+	27:22+	28:52+	31:09+	32:20+														
01:29+	02:37+	02:15+	01:35+	01:08+	01:42+	03:07+	02:59+	00:50+	01:35+	02:22+	01:50+	01:41+	02:12+	01:30+	02:17+	01:11+														
00:44&	01:09&	01:03&	00:33&	00:31&	00:40&	01:24&	01:08&	00:04+	00:27&	00:50&	00:52&	00:36&	01:04&	00:17#	00:50&	00:15&														
13	Per Marthon Mæland										5										32:29									
03:14+	06:07+	08:02+	09:23+	10:24+	12:12+	14:37+	17:47+	18:42+	19:46+	22:05+	24:02+	25:32+	27:48+	29:29+	31:23+	32:29+														
03:14+	02:53+	01:55+	01:21+	01:01+	01:48+	02:25+	03:10+	00:55+	01:04-	02:19+	01:57+	01:30+	02:16+	01:41+	01:54+	01:06+														
02:29@	01:25&	00:43&	00:19&	00:24&	00:46&	00:42&	01:19&	00:09#	00:04-	00:47&	00:59@	00:25&	01:08&	00:28&	00:27&	00:10#														
14	Terje Gautestad										54										33:08									
01:59+	04:44+	06:53+	08:35+	09:49+	11:40+	14:34+	18:49+	19:57+	21:30+	23:47+	25:33+	27:03+	28:08+	29:54+	31:48+	33:08+														
01:59+	02:45+	02:09+	01:42+	01:14+	01:51+	02:54+	04:15+	01:08+	01:33+	02:17+	01:46+	01:30+	01:05-	01:46+	01:54+	01:20+														
01:14@	01:17&	00:57&	00:40&	00:37&	00:49&	01:11&	02:24@	00:22&	00:25&	00:45&	00:48&	00:25&	00:03-	00:33&	00:27&	00:24&														
15	Bjørn Tore Aase										29										33:39									
01:15+	03:39+	06:12+	07:43+	08:49+	10:40+	13:14+	17:14+	18:08+	19:24+	24:18+	25:50+	27:23+	28:44+	30:27+	32:23+	33:39+														
01:15+	02:24+	02:33+	01:31+	01:06+	01:51+	02:34+	04:00+	00:54+	01:16+	04:54+	01:32+	01:33+	01:21+	01:43+	01:56+	01:16+														
00:30&	00:56&	01:21@	00:29&	00:29&	00:49&	00:51&	02:09@	00:08#	00:08#	03:22@	00:34&	00:28&	00:13#	00:30&	00:29&	00:20&														
Beste strekktid for klassen																														
00:45	01:28	01:12	00:59	00:37	01:02	01:43	01:51	00:38	00:49	01:32	00:57	01:05	00:57	01:11	01:27	00:48														

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

Herrer 70 - 74 år

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

Plass	Navn				Klasse				Tid			
7	Paul A. Paulsen				117				25:46			
	01:08+	03:34+	05:11+	06:28+	07:07+	08:26+	10:53+	13:11+	13:53+	14:53+	16:51+	18:55+
	01:08+	02:26+	01:37+	01:17+	00:39=	01:19+	02:27+	02:18+	00:42+	01:00+	01:58+	02:04+
	00:23&	00:38&	00:19#	00:12#	00:00=	00:16&	00:42&	00:29&	00:05#	00:10#	00:30&	01:12@
											00:23&	00:16&
											00:11#	00:35&
												00:05+
8	Odd Garpestad				29				26:28			
	01:23+	06:10+	08:45+	09:52+	10:34+	11:42+	13:31+	15:46+	16:24+	17:13+	18:58+	20:20+
	01:23+	04:47+	02:35+	01:07+	00:42+	01:08+	01:49+	02:15+	00:38+	00:49-	01:45+	01:22+
	00:38&	02:59@	01:17&	00:02+	00:03+	00:05+	00:04+	00:26#	00:01+	00:01-	00:17#	00:30&
											00:10#	00:10#
											00:13#	00:11#
											00:10#	00:03+
9	Arne Østensen				90				28:18			
	01:07+	03:00+	04:55+	06:20+	07:12+	08:27+	10:50+	13:13+	13:59+	14:59+	17:00+	18:33+
	01:07+	01:53+	01:55+	01:25+	00:52+	01:15+	02:23+	02:23+	00:46+	01:00+	02:01+	01:33+
	00:22&	00:05+	00:37&	00:20&	00:13&	00:12#	00:38&	00:34&	00:09#	00:10#	00:33&	00:41&
											02:32@	02:32@
											01:07@	00:13#
											00:25&	00:07#
10	Svein Glendrange				68				28:41			
	01:36+	03:49+	05:39+	07:00+	07:53+	09:23+	12:16+	15:14+	16:09+	17:39+	20:05+	21:23+
	01:36+	02:13+	01:50+	01:21+	00:53+	01:30+	02:53+	02:58+	00:55+	01:30+	02:26+	01:18+
	00:51@	00:25#	00:32&	00:16#	00:14&	00:27&	01:08&	01:09&	00:18&	00:40&	00:58&	00:26&
											00:20&	00:20&
											00:29&	00:29&
											00:36&	00:31&
											00:49&	00:20&
11	Sverre Vatland				93				30:35			
	01:42+	03:57+	06:04+	07:42+	08:44+	10:27+	13:05+	16:26+	17:47+	19:01+	21:14+	22:29+
	01:42+	02:15+	02:07+	01:38+	01:02+	01:43+	02:38+	03:21+	01:21+	01:14+	02:13+	01:15+
	00:57@	00:27#	00:49&	00:33&	00:23&	00:40&	00:53&	01:32&	00:44@	00:24&	00:45&	00:23&
											00:29&	00:29&
											00:36&	00:31&
											00:49&	00:20&
12	Jostein Tunheim				116				30:41			
	01:25+	03:56+	07:49+	09:19+	10:15+	11:40+	13:45+	16:25+	17:48+	18:59+	22:12+	23:47+
	01:25+	02:31+	03:53+	01:30+	00:56+	01:25+	02:05+	02:40+	01:23+	01:11+	03:13+	01:35+
	00:40&	00:43&	02:35@	00:25&	00:17&	00:22&	00:20#	00:51&	00:46@	00:21&	01:45@	00:43&
											00:17&	00:17&
											00:22&	00:17&
											00:26&	00:11#
13	Olav Dag Borgersen				154				30:56			
	01:05+	03:19+	05:26+	06:56+	07:44+	09:17+	12:29+	15:05+	15:49+	16:52+	23:23+	24:42+
	01:05+	02:14+	02:07+	01:30+	00:48+	01:33+	03:12+	02:36+	00:44+	01:03+	04:48+	01:43+
	00:20&	00:26#	00:49&	00:25&	00:09#	00:30&	01:27&	00:47&	00:07#	00:13&	03:20@	00:51&
											00:17&	00:17&
											00:22&	00:27&
											00:42&	00:24&
14	Geir Husdal				93				32:05			
	01:10+	03:20+	05:20+	06:54+	07:51+	09:26+	13:37+	17:24+	18:15+	19:38+	22:30+	23:51+
	01:10+	02:10+	02:00+	01:34+	00:57+	01:35+	04:11+	03:47+	00:51+	01:23+	02:52+	01:21+
	00:25&	00:22#	00:42&	00:29&	00:18&	00:32&	02:26@	01:58@	00:14&	00:33&	01:24&	00:29&
											00:45&	00:45&
											00:19&	00:44&
											00:51&	00:14#
15	Ingjald Egeland				7				32:43			
	01:26+	03:32+	05:22+	06:41+	07:40+	09:21+	12:01+	16:12+	17:49+	19:02+	21:15+	23:22+
	01:26+	02:06+	01:50+	01:19+	00:59+	01:41+	02:40+	04:11+	01:37+	01:13+	02:13+	02:07+
	00:41&	00:18#	00:32&	00:14#	00:20&	00:38&	00:55&	02:22@	01:00@	00:23&	00:45&	01:15@
											02:14@	02:14@
											00:36&	00:22&
											00:31&	00:17&
16	Knut Jonas Espedal				53				34:51			
	01:15+	05:40+	07:57+	09:24+	10:33+	11:57+	14:42+	18:58+	19:49+	21:11+	24:17+	25:49+
	01:15+	04:25+	02:17+	01:27+	01:09+	01:24+	02:45+	04:16+	00:51+	01:22+	03:06+	01:32+
	00:30&	02:37@	00:59&	00:22&	00:30&	00:21&	01:00&	02:27@	00:14&	00:32&	01:38@	00:40&
											00:32&	00:32&
											00:42&	00:42&
											01:05&	00:27&
17	Hermann Skogsholm				53				35:19			
	01:29+	04:03+	06:41+	08:00+	08:52+	10:24+	12:54+	16:03+	17:12+	18:21+	21:42+	24:16+
	01:29+	02:34+	02:38+	01:19+	00:52+	01:32+	02:30+	03:09+	01:09+	01:09+	03:21+	02:34+
	00:44&	00:46&	01:20@	00:14#	00:13&	00:29&	00:45&	01:20&	00:32&	00:19&	01:53@	01:42@
											02:06@	02:06@
											01:23+	01:23+
											00:26&	00:42&
											01:56@	00:32&
18	Norvald Skretting				43				38:33			
	01:19+	03:34+	05:24+	06:54+	07:44+	09:39+	12:20+	18:28+	19:22+	20:38+	22:48+	31:07+
	01:19+	02:15+	01:50+	01:30+	00:50+	01:55+	02:41+	06:08+	00:54+	01:16+	02:10+	08:19+
	00:34&	00:27#	00:32&	00:25&	00:11&	00:52&	00:56&	04:19@	00:17&	00:26&	00:42&	07:27@
											00:27&	00:27&
											00:40&	00:29&
											00:15#	00:14#
19	Reidar Liland				66				44:01			
	02:11+	05:08+	08:36+	10:49+	12:21+	14:51+	19:22+	24:12+	26:09+	28:13+	31:32+	33:17+
	02:11+	02:57+	03:28+	02:13+	01:32+	02:30+	04:31+	04:50+	01:57+	02:04+	03:19+	01:45+
	01:26@	01:09&	02:10@	01:08@	00:53@	01:27@	02:46@	03:01@	01:20@	01:14@	01:51@	00:53@
											00:58&	00:58&
											01:22@	01:02&
											01:23@	01:23@
											00:38&	00:38&
20	Lars Ernst Ravndal				125				44:06			
	01:35+	06:45+	09:28+	12:22+	13:31+	15:16+	19:11+	24:51+	25:58+	27:31+	30:00+	31:35+
	01:35+	05:10+	02:43+	02:54+	01:09+	01:45+	03:55+	05:40+	01:07+	01:33+	02:29+	01:35+
	00:50@	03:22@	01:25@	01:49@	00:30&	00:42&	02:10@	03:51@	00:30&	00:43&	01:01&	00:43&
											03:23@	03:23@
											00:59@	01:16@
											00:50&	00:50&
											00:46&	00:58&
											01:06&	01:06&
											00:40&	00:40&
21	Jan H. Sagen				92				46:39			
	03:29+	07:29+	10:04+	13:45+	14:35+	16:32+	24:11+	28:05+	30:04+	31:48+	34:54+	36:58+
	03:29+	04:00+	02:35+	03:41+	00:50+	01:57+	07:39+	03:54+	01:59+	01:44+	03:06+	02:04+
	02:44@	02:12@	01:17&	02:36@	00:11&	00:54&	05:54@	02:05@	01:22@	00:54@	01:38@	01:12@
											00:50&	00:50&
											00:46&	00:58&
											01:06&	01:06&
											00:40&	00:40&

Plass	Navn				Klasse								Tid			
22	Steinar Undheim				54								48:29			
02:12+	05:34+	08:16+	10:44+	12:03+	14:39+	18:35+	23:28+	25:27+	28:09+	32:54+	35:43+	38:46+	40:40+	43:41+	46:35+	48:29+
02:12+	03:22+	02:42+	02:28+	01:19+	02:36+	03:56+	04:53+	01:59+	02:42+	04:45+	02:49+	03:03+	01:54+	03:01+	02:54+	01:54+
01:27@	01:34&	01:24@	01:23@	00:40@	01:33@	02:11@	03:04@	01:22@	01:52@	03:17@	01:57@	02:01@	00:57&	01:55@	01:34@	00:58@
23	John Abrahamsen				125								51:10			
01:42+	05:23+	08:11+	11:03+	12:34+	15:08+	20:34+	26:37+	28:04+	29:57+	33:30+	36:44+	39:27+	42:11+	45:13+	48:40+	51:10+
01:42+	03:41+	02:48+	02:52+	01:31+	02:34+	05:26+	06:03+	01:27+	01:53+	03:33+	03:14+	02:43+	02:44+	03:02+	03:27+	02:30+
00:57@	01:53@	01:30@	01:47@	00:52@	01:31@	03:41@	04:14@	00:50@	01:03@	02:05@	02:22@	01:41@	01:47@	01:56@	02:07@	01:34@
24	Mangor Eikeland				92								55:09			
09:47+	12:52+	15:48+	20:17+	21:32+	23:54+	28:00+	34:11+	36:24+	38:26+	41:40+	43:45+	46:06+	48:07+	50:39+	53:17+	55:09+
09:47+	03:05+	02:56+	04:29+	01:15+	02:22+	04:06+	06:11+	02:13+	02:02+	03:14+	02:05+	02:21+	02:01+	02:32+	02:38+	01:52+
09:02@	01:17&	01:38@	03:24@	00:36&	01:19@	02:21@	04:22@	01:36@	01:12@	01:46@	01:13@	01:19@	01:04@	01:26@	01:18&	00:56&
Beste strekketid for klassen																
00:45	01:48	01:18	01:03	00:39	01:03	01:45	01:49	00:35	00:48	01:28	00:52	01:00	00:57	01:06	01:20	00:56

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

Herrer 75 - 79 år

1	Tormod Aaslid				54								20:37			
01:07=	02:17=	04:02=	07:29=	08:31=	09:54=	11:22=	12:24=	14:17=	15:31=	17:43=	19:30=	20:37=				
01:07=	01:10=	01:45=	03:27=	01:02=	01:23=	01:28=	01:02=	01:53=	01:14=	02:12=	01:47=	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=				
2	Terje Braut				92								27:08			
01:40+	03:09+	05:22+	11:03+	12:38+	14:03+	15:43+	16:44+	18:59+	20:00+	23:47+	25:40+	27:08+				
01:40+	01:29+	02:13+	05:41+	01:35+	01:25+	01:40+	01:01-	02:15+	01:01-	03:47+	01:53+	01:28+				
00:33&	00:19&	00:28&	02:14&	00:33&	00:02+	00:12#	00:01-	00:22#	00:13-	01:35&	00:06+	00:21&				
3	Harald Vatne				67								29:33			
01:51+	03:20+	06:00+	12:25+	14:12+	15:52+	17:59+	19:10+	22:33+	23:37+	26:30+	28:25+	29:33+				
01:51+	01:29+	02:40+	06:25+	01:47+	01:40+	02:07+	01:11+	03:23+	01:04-	02:53+	01:55+	01:08+				
00:44&	00:19&	00:55&	02:58&	00:45&	00:17#	00:39&	00:09#	01:30&	00:10-	00:41&	00:08+	00:01+				
4	Jan Bekkeheien				92								30:46			
01:29+	02:55+	05:35+	14:02+	15:33+	18:22+	20:16+	21:20+	23:25+	24:43+	27:15+	29:19+	30:46+				
01:29+	01:26+	02:40+	08:27+	01:31+	02:49+	01:54+	01:04+	02:05+	01:18+	02:32+	02:04+	01:27+				
00:22&	00:16#	00:55&	05:00@	00:29&	01:26@	00:26&	00:02+	00:12#	00:04+	00:20#	00:17#	00:20&				
5	Alf Gyland				92								33:15			
01:28+	02:54+	08:45+	16:57+	18:27+	20:13+	21:50+	22:46+	25:06+	26:06+	28:53+	31:42+	33:15+				
01:28+	01:26+	05:51+	08:12+	01:30+	01:46+	01:37+	00:56-	02:20+	01:00-	02:47+	02:49+	01:33+				
00:21&	00:16#	04:06@	04:45@	00:28&	00:23&	00:09#	00:06-	00:27#	00:14-	00:35&	01:02&	00:26&				
6	Gunnar Furland				93								36:20			
01:50+	04:46+	08:34+	15:17+	17:02+	19:10+	21:01+	22:25+	25:19+	26:33+	32:01+	34:36+	36:20+				
01:50+	02:56+	03:48+	06:43+	01:45+	02:08+	01:51+	01:24+	02:54+	01:14=	05:28+	02:35+	01:44+				
00:43&	01:46@	02:03@	03:16&	00:43&	00:45&	00:23&	00:22&	01:01&	00:00=	03:16@	00:48&	00:37&				
7	Arne Brandsberg				29								36:26			
01:50+	03:48+	07:00+	13:49+	16:04+	18:32+	20:30+	21:52+	25:29+	27:01+	31:02+	34:08+	36:26+				
01:50+	01:58+	03:12+	06:49+	02:15+	02:28+	01:58+	01:22+	03:37+	01:32+	04:01+	03:06+	02:18+				
00:43&	00:48&	01:27&	03:22&	01:13@	01:05&	00:30&	00:20&	01:44&	00:18#	01:49&	01:19&	01:11@				
8	Arne Tveita				109								38:02			
02:02+	03:44+	06:31+	21:05+	23:22+	25:05+	26:49+	27:43+	29:50+	30:59+	34:12+	36:32+	38:02+				
02:02+	01:42+	02:47+	14:34+	02:17+	01:43+	01:44+	00:54-	02:07+	01:09-	03:13+	02:20+	01:30+				
00:55&	00:32&	01:02&	11:07@	01:15@	00:20#	00:16#	00:08-	00:14#	00:05-	01:01&	00:33&	00:23&				
9	Rolv Nærland				63								40:53			
01:30+	03:21+	06:45+	12:18+	13:53+	15:49+	17:59+	31:07+	33:16+	34:42+	37:24+	39:30+	40:53+				
01:30+	01:51+	03:24+	05:33+	01:35+	01:56+	02:10+	13:08+	02:09+	01:26+	02:42+	02:06+	01:23+				
00:23&	00:41&	01:39&	02:06&	00:33&	00:33&	00:42&	12:06@	00:16#	00:12#	00:30#	00:19#	00:16#				
10	Torleiv Møgedal				68								41:14			
01:52+	04:52+	09:41+	19:28+	22:42+	24:29+	26:48+	28:10+	31:04+	33:03+	36:38+	39:16+	41:14+				
01:52+	03:00+	04:49+	09:47+	03:14+	01:47+	02:19+	01:22+	02:54+	01:59+	03:35+	02:38+	01:58+				
00:45&	01:50@	03:04@	06:20@	02:12@	00:24&	00:51&	00:20&	01:01&	00:45&	01:23&	00:51&	00:51&				

Plass	Navn												Klasse	Tid
11	Kjell Maudal												63	46:19
	02:31+	04:29+	09:45+	18:43+	22:03+	23:56+	29:04+	30:35+	34:07+	35:51+	41:11+	44:28+	46:19+	
	02:31+	01:58+	05:16+	08:58+	03:20+	01:53+	05:08+	01:31+	03:32+	01:44+	05:20+	03:17+	01:51+	
	01:24@	00:48&	03:31@	05:31@	02:18@	00:30&	03:40@	00:29&	01:39&	00:30&	03:08@	01:30&	00:44&	

Beste strekktid for klassen

01:07	01:10	01:45	03:27	01:02	01:23	01:28	00:54	01:53	01:00	02:12	01:47	01:07
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer 80 år og eldre

1	Bjarne Edland												92	25:32
	01:36=	03:56=	06:30=	12:41=	14:13=	15:25=	17:39=	20:01=	22:09=	24:15=	25:32=			
	01:36=	02:20=	02:34=	06:11=	01:32=	01:12=	02:14=	02:22=	02:08=	02:06=	01:17=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Arnulf Fuglestad												29	26:40
	01:13-	04:31+	06:59+	11:27-	14:57+	16:08+	18:50+	21:03+	23:05+	25:14+	26:40+			
	01:13-	03:18+	02:28-	04:28-	03:30+	01:11-	02:42+	02:13-	02:02-	02:09+	01:26+			
	00:23-	00:58&	00:06-	01:43-	01:58@	00:01-	00:28#	00:09-	00:06-	00:03+	00:09#			
3	Sigurd Krosli												31	28:10
	01:15-	03:36-	06:19-	11:51-	13:54-	15:31+	18:35+	21:45+	24:14+	26:41+	28:10+			
	01:15-	02:21+	02:43+	05:32-	02:03+	01:37+	03:04+	03:10+	02:29+	02:27+	01:29+			
	00:21-	00:01+	00:09+	00:39-	00:31&	00:25&	00:50&	00:48&	00:21#	00:21#	00:12#			
4	Magne Jakobsen												63	29:45
	01:16-	03:42-	07:19+	12:40-	14:15+	15:36+	18:03+	24:01+	26:08+	28:19+	29:45+			
	01:16-	02:26+	03:37+	05:21-	01:35+	01:21+	02:27+	05:58+	02:07-	02:11+	01:26+			
	00:20-	00:06+	01:03&	00:50-	00:03+	00:09#	00:13+	03:36@	00:01-	00:05+	00:09#			
5	Peter Frafjord												116	37:38
	01:13-	03:45-	06:46+	19:57+	21:45+	23:48+	27:46+	30:17+	33:07+	35:52+	37:38+			
	01:13-	02:32+	03:01+	13:11+	01:48+	02:03+	03:58+	02:31+	02:50+	02:45+	01:46+			
	00:23-	00:12+	00:27#	07:00@	00:16#	00:51&	01:44&	00:09+	00:42&	00:39&	00:29&			
6	Magne Westerheim												93	47:11
	01:17-	04:20+	09:19+	15:26+	17:19+	27:50+	36:55+	40:44+	43:04+	45:49+	47:11+			
	01:17-	03:03+	04:59+	06:07-	01:53+	10:31+	09:05+	03:49+	02:20+	02:45+	01:22+			
	00:19-	00:43&	02:25&	00:04-	00:21#	09:19@	06:51@	01:27&	00:12+	00:39&	00:05+			

Beste strekktid for klassen

01:13	02:20	02:28	04:28	01:32	01:11	02:14	02:13	02:02	02:06	01:17
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer A

1	Fredrik Omdal												74	19:09											
	00:30=	01:16=	01:55=	02:47=	03:28=	03:58=	04:55=	05:37=	06:28=	07:02=	08:27=	09:47=	11:00=	12:06=	13:23=	14:35=	15:49=	16:46=	17:19=	17:46=	18:38=	19:09=			
	00:30=	00:46=	00:39=	00:52=	00:41=	00:30=	00:57=	00:42=	00:51=	00:34=	01:25=	01:20=	01:13=	01:06=	01:17=	01:12=	01:14=	00:57=	00:33=	00:27=	00:52=	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	Ola Magnus Laugaland												194	19:28											
	00:49+	01:40+	02:20+	03:13+	04:08+	04:41+	05:37+	06:16+	07:03+	07:40+	08:52+	09:47=	11:01+	12:31+	13:41+	14:53+	16:10+	17:16+	17:46+	18:09+	18:57+	19:28+			
	00:49+	00:51+	00:40+	00:53+	00:55+	00:33+	00:56+	00:39-	00:47-	00:37+	01:12-	00:55-	01:14+	01:30+	01:10-	01:12=	01:17+	01:06+	00:30-	00:23-	00:48-	00:31=			
	00:19&	00:05#	00:01+	00:01+	00:14&	00:03#	00:01-	00:03-	00:04-	00:03+	00:13-	00:25-	00:01+	00:24&	00:07-	00:00=	00:03+	00:09#	00:03-	00:04-	00:04-	00:00=			
3	Morten Bjerga Sundli												7	20:18											
	00:44+	01:33+	02:10+	03:06+	04:38+	05:12+	06:11+	06:55+	07:51+	08:26+	09:40+	10:41+	12:00+	13:15+	14:20+	15:31+	16:46+	17:47+	18:24+	18:51+	19:45+	20:18+			
	00:44+	00:49+	00:37-	00:56+	01:32+	00:34+	00:59+	00:44+	00:56+	00:35+	01:14-	01:01-	01:19+	01:15+	01:05-	01:11-	01:15+	01:01+	00:37+	00:27=	00:54+	00:33+			
	00:14&	00:03+	00:02-	00:04+	00:51@	00:04#	00:02+	00:02+	00:05+	00:01+	00:11-	00:19-	00:06+	00:09#	00:12-	00:01-	00:01+	00:04+	00:04#	00:00=	00:02+	00:02+			
4	Harald Kalager												7	22:22											
	00:44+	01:39+	02:19+	03:16+	04:37+	05:20+	06:23+	07:09+	08:06+	08:45+	10:02+	11:06+	13:01+	14:28+	15:49+	17:04+	18:15+	19:21+	20:06+	20:39+	21:46+	22:22+			
	00:44+	00:55+	00:40+	00:57+	01:21+	00:43+	01:03+	00:46+	00:57+	00:39+	01:17-	01:04-	01:55+	01:27+	01:21+	01:15+	01:11-	01:06+	00:45+	00:33+	01:07+	00:36+			
	00:14&	00:09#	00:01+	00:05+	00:40&	00:13&	00:06#	00:04+	00:06#	00:05#	00:08-	00:16-	00:42&	00:21&	00:04+	00:03+	00:03-	00:09#	00:12&	00:06#	00:15&	00:05#			

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

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

Herrer B

1	Tom Furland										62					21:58									
00:37=	01:24=	02:07=	03:07=	03:56=	04:29=	05:34=	06:21=	07:14=	07:54=	09:26=	10:31=	12:00=	13:30=	14:38=	16:04=	17:44=	18:58=	19:47=	20:19=	21:20=	21:58=				
00:37=	00:47=	00:43=	01:00=	00:49=	00:33=	01:05=	00:47=	00:53=	00:40=	01:32=	01:05=	01:29=	01:30=	01:08=	01:26=	01:40=	01:14=	00:49=	00:32=	01:01=	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=				
2	Magnus Landstad										66					22:48									
00:46+	01:42+	02:26+	03:25+	05:17+	05:54+	06:58+	07:49+	08:47+	09:25+	10:42+	11:56+	13:35+	14:51+	16:04+	17:32+	18:55+	20:01+	20:40+	21:12+	22:11+	22:48+				
00:46+	00:56+	00:44+	00:59-	01:52+	00:37+	01:04-	00:51+	00:58+	00:38-	01:17-	01:14+	01:39+	01:16-	01:13+	01:28+	01:23-	01:06-	00:39-	00:32=	00:59-	00:37-				
00:09#	00:09#	00:01+	00:01-	01:03@	00:04#	00:01-	00:04+	00:05+	00:02-	00:15-	00:09#	00:10#	00:14-	00:05+	00:02+	00:17-	00:08-	00:10-	00:00=	00:02-	00:01-				
3	Odd Ivar Karlsen										76					22:49									
00:38+	01:44+	02:29+	03:43+	04:37+	05:28+	06:38+	07:25+	08:21+	09:01+	10:25+	11:46+	13:11+	14:37+	15:47+	17:05+	18:34+	19:52+	20:35+	21:06+	22:14+	22:49+				
00:38+	01:06+	00:45+	01:14+	00:54+	00:51+	01:10+	00:47=	00:56+	00:40=	01:24-	01:21+	01:25-	01:26-	01:10+	01:18-	01:29-	01:18+	00:43-	00:31-	01:08+	00:35-				
00:01+	00:19&	00:02+	00:14#	00:05#	00:18&	00:05+	00:00=	00:03+	00:00=	00:08-	00:16#	00:04-	00:04-	00:02+	00:08-	00:11-	00:04+	00:06-	00:01-	00:07#	00:03-				
4	Geir Sand										105					23:13									
00:50+	01:44+	02:25+	03:24+	05:20+	06:01+	07:11+	08:00+	09:21+	10:00+	11:14+	12:23+	13:54+	15:19+	16:36+	17:53+	19:15+	20:27+	21:09+	21:45+	22:39+	23:13+				
00:50+	00:54+	00:41-	00:59-	01:56+	00:41+	01:10+	00:49+	01:21+	00:39-	01:14-	01:09+	01:31+	01:25-	01:17+	01:17-	01:22-	01:12-	00:42-	00:36+	00:54-	00:34-				
00:13&	00:07#	00:02-	00:01-	01:07@	00:08#	00:05+	00:02+	00:28&	00:01-	00:18-	00:04+	00:02+	00:05-	00:09#	00:09-	00:18-	00:02-	00:07-	00:04#	00:07-	00:04-				
5	Tor Gunnar Aksland										116					24:00									
00:55+	01:45+	02:25+	03:37+	05:58+	06:42+	07:42+	08:25+	09:28+	10:05+	11:31+	12:56+	14:17+	15:41+	16:57+	18:15+	19:42+	20:54+	21:34+	22:10+	23:13+	24:00+				
00:55+	00:50+	00:40-	01:12+	02:21+	00:44+	01:00-	00:43-	01:03+	00:37-	01:26-	01:25+	01:21-	01:24-	01:16+	01:18-	01:27-	01:12-	00:40-	00:36+	01:03+	00:47+				
00:18&	00:03+	00:03-	00:12#	01:32@	00:11&	00:05-	00:04-	00:10#	00:03-	00:06-	00:20&	00:08-	00:06-	00:08#	00:08-	00:13-	00:02-	00:09-	00:04#	00:02+	00:09#				
6	Odd Fuglestad										250					24:25									
00:39+	01:35+	02:22+	03:30+	04:39+	05:15+	06:22+	07:15+	08:19+	08:57+	10:36+	11:55+	13:29+	15:27+	16:38+	18:07+	19:57+	21:22+	22:03+	22:36+	23:47+	24:25+				
00:39+	00:56+	00:47+	01:08+	01:09+	00:36+	01:07+	00:53+	01:04+	00:38-	01:39+	01:19+	01:34+	01:58+	01:11+	01:29+	01:50+	01:25+	00:41-	00:33+	01:11+	00:38=				
00:02+	00:09#	00:04+	00:08#	00:20&	00:03+	00:02+	00:06#	00:11#	00:02-	00:07+	00:14#	00:05+	00:28&	00:03+	00:03+	00:10#	00:11#	00:08-	00:01+	00:10#	00:00=				
7	Joar Eilevstjønn										67					24:43									
02:04+	03:01+	03:40+	04:40+	06:12+	06:49+	08:02+	08:49+	09:55+	10:35+	11:54+	13:03+	14:43+	16:24+	17:53+	19:10+	20:35+	21:42+	22:31+	23:02+	24:00+	24:43+				
02:04+	00:57+	00:39-	01:00=	01:32+	00:37+	01:13+	00:47=	01:06+	00:40=	01:19-	01:09+	01:40+	01:41+	01:29+	01:17-	01:25-	01:07-	00:49=	00:31-	00:58-	00:43+				
01:27@	00:10#	00:04-	00:00=	00:43&	00:04#	00:08#	00:00=	00:13#	00:00=	00:13-	00:04+	00:11#	00:11#	00:21&	00:09-	00:15-	00:07-	00:00=	00:01-	00:03-	00:05#				
8	Oddgeir Eikeskog										93					25:02									
00:37=	01:31+	02:18+	03:21+	05:13+	05:50+	07:25+	08:13+	09:26+	10:18+	11:44+	13:20+	14:52+	16:25+	17:43+	19:06+	20:38+	21:53+	22:31+	23:02+	24:20+	25:02+				
00:37=	00:54+	00:47+	01:03+	01:52+	00:37+	01:35+	00:48+	01:13+	00:52+	01:26-	01:36+	01:32+	01:33+	01:18+	01:23-	01:32-	01:15+	00:38-	00:31-	01:18+	00:42+				
00:00=	00:07#	00:04+	00:03+	01:03@	00:04#	00:30&	00:01+	00:20&	00:12&	00:06-	00:31&	00:03+	00:03+	00:10#	00:03-	00:08-	00:01+	00:11-	00:01-	00:17&	00:04#				
9	Per Olav Haarr										62					25:17									
00:40+	01:31+	02:17+	03:17+	06:02+	06:50+	07:49+	08:35+	09:39+	10:18+	11:42+	12:43+	14:06+	17:09+	18:19+	19:50+	21:09+	22:26+	23:03+	23:31+	24:41+	25:17+				
00:40+	00:51+	00:46+	01:00=	02:45+	00:48+	00:59-	00:46-	01:04+	00:39-	01:24-	01:01-	01:23-	03:03+	01:10+	01:31+	01:19-	01:17+	00:37-	00:28-	01:10+	00:36-				
00:03+	00:04+	00:03+	00:00=	01:56@	00:15&	00:06-	00:01-	00:11#	00:01-	00:08-	00:04-	00:06-	01:33@	00:02+	00:05+	00:21-	00:03+	00:12-	00:04-	00:09#	00:02-				

Plass	Navn			Klasse							Tid									
10	Terje Michaelsen			47							25:49									
	00:55+	01:46+	02:31+	03:34+	05:34+	06:11+	07:32+	08:35+	09:45+	10:24+	11:59+	13:48+	15:23+	17:02+	18:29+	19:56+	21:29+	22:44+	23:28+	23:58+
	00:55+	00:51+	00:45+	01:03+	02:00+	00:37+	01:21+	01:03+	01:10+	00:39-	01:35+	01:49+	01:35+	01:39+	01:27+	01:27+	01:33-	01:15+	00:44-	00:30-
	00:18&	00:04+	00:02+	00:03+	01:11&	00:04#	00:16#	00:16&	00:17&	00:01-	00:03+	00:44&	00:06+	00:09#	00:19&	00:01+	00:07-	00:01+	00:05-	00:02-
11	Svein Erik Kvame			116							26:41									
	00:47+	01:45+	02:33+	03:43+	05:21+	06:09+	07:18+	08:25+	09:30+	10:18+	11:52+	13:16+	14:59+	16:29+	18:26+	19:59+	21:46+	23:19+	24:05+	24:41+
	00:47+	00:58+	00:48+	01:10+	01:38+	00:48+	01:09+	01:07+	01:05+	00:48+	01:34+	01:24+	01:43+	01:30=	01:57+	01:33+	01:47+	01:33+	00:46-	00:36+
	00:10&	00:11#	00:05#	00:10#	00:49&	00:15&	00:04+	00:20&	00:12#	00:08#	00:02+	00:19&	00:14#	00:00=	00:49&	00:07+	00:07+	00:19&	00:03-	00:04#
12	Bård Skogsholm			194							27:52									
	00:46+	01:43+	02:38+	04:01+	06:19+	07:04+	08:43+	09:31+	10:39+	11:24+	13:24+	14:35+	16:04+	17:57+	19:32+	21:02+	22:45+	24:15+	25:13+	25:58+
	00:46+	00:57+	00:55+	01:23+	02:18+	00:45+	01:39+	00:48+	01:08+	00:45+	02:00+	01:11+	01:29=	01:53+	01:35+	01:30+	01:43+	01:30+	00:58+	00:45+
	00:09#	00:10#	00:12&	00:23&	01:29&	00:12&	00:34&	00:01+	00:15&	00:05#	00:28&	00:06+	00:00=	00:23&	00:27&	00:04+	00:03+	00:16#	00:09#	00:13&
13	Pål Bårdsen			90							30:56									
	00:54+	02:04+	03:00+	04:18+	07:38+	08:30+	10:09+	11:13+	12:40+	13:26+	15:32+	16:54+	18:48+	20:46+	22:16+	23:48+	25:39+	27:16+	28:09+	28:48+
	00:54+	01:10+	00:56+	01:18+	03:20+	00:52+	01:39+	01:04+	01:27+	00:46+	02:06+	01:22+	01:54+	01:58+	01:30+	01:32+	01:51+	01:37+	00:53+	00:39+
	00:17&	00:23&	00:13&	00:18&	02:31&	00:19&	00:34&	00:17&	00:34&	00:06#	00:34&	00:17&	00:25&	00:28&	00:22&	00:06+	00:11#	00:23&	00:04+	00:07#
14	Øystein Amundrud			90							32:19									
	00:46+	01:46+	02:48+	04:11+	06:09+	06:59+	08:30+	09:28+	12:39+	13:35+	15:52+	17:12+	18:58+	20:33+	22:22+	24:08+	26:29+	28:14+	29:06+	29:52+
	00:46+	01:00+	01:02+	01:23+	01:58+	00:50+	01:31+	00:58+	03:11+	00:56+	02:17+	01:20+	01:46+	01:35+	01:49+	01:46+	02:21+	01:45+	00:52+	00:46+
	00:09#	00:13&	00:19&	00:23&	01:09&	00:17&	00:26&	00:11#	02:18&	00:16&	00:45&	00:15#	00:17#	00:05+	00:41&	00:20#	00:41&	00:31&	00:03+	00:14&
15	Espen Fyhn Nilsen			116							32:48									
	00:55+	02:09+	03:19+	04:46+	06:21+	07:27+	09:09+	10:09+	11:49+	12:39+	14:43+	16:10+	18:41+	21:09+	23:00+	24:49+	27:02+	28:46+	29:42+	30:31+
	00:55+	01:14+	01:10+	01:27+	01:35+	01:06+	01:42+	01:00+	01:40+	00:50+	02:04+	01:27+	02:31+	02:28+	01:51+	01:49+	02:13+	01:44+	00:56+	00:49+
	00:18&	00:27&	00:27&	00:27&	00:46&	00:33&	00:37&	00:13&	00:47&	00:10#	00:32&	00:22&	01:02&	00:58&	00:43&	00:23&	00:33&	00:30&	00:07#	00:17&
Beste strekktid for klassen																				
	00:37	00:47	00:39	00:59	00:49	00:33	00:59	00:43	00:53	00:37	01:14	01:01	01:21	01:16	01:08	01:17	01:19	01:06	00:37	00:28
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
Herrer C																				
1	Nils John Vestøl			83							21:26									
	00:38=	01:41=	02:48=	04:30=	05:38=	06:33=	07:29=	07:50=	09:28=	10:40=	12:19=	13:06=	14:17=	16:03=	17:26=	18:14=	19:08=	19:53=	20:47=	21:26=
	00:38=	01:03=	01:07=	01:42=	01:08=	00:55=	00:56=	00:21=	01:38=	01:12=	01:39=	00:47=	01:11=	01:46=	01:23=	00:48=	00:54=	00:45=	00:54=	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=
2	Kjetil Wirak			114							22:09									
	00:41+	01:49+	02:51+	05:26+	06:37+	07:24+	08:27+	08:44+	10:08+	11:11+	12:33+	13:19+	15:16+	16:57+	18:15+	18:57+	19:47+	20:32+	21:29+	22:09+
	00:41+	01:08+	01:02-	02:35+	01:11+	00:47-	01:03+	00:17-	01:24-	01:03-	01:22-	00:46-	01:57+	01:41-	01:18-	00:42-	00:50-	00:45=	00:57+	00:40+
	00:03+	00:05+	00:05-	00:53&	00:03+	00:08-	00:07#	00:04-	00:14-	00:09-	00:17-	00:01-	00:46&	00:05-	00:05-	00:06-	00:04-	00:00=	00:03+	00:01+
3	Kjell Dale			93							22:22									
	00:39+	01:50+	02:55+	04:41+	05:50+	06:37+	07:36+	07:56+	09:32+	10:52+	12:25+	13:17+	14:40+	16:25+	17:48+	18:35+	19:27+	20:25+	21:27+	22:22+
	00:39+	01:11+	01:05-	01:46+	01:09+	00:47-	00:59+	00:20-	01:36-	01:20+	01:33-	00:52+	01:23+	01:45-	01:23=	00:47-	00:52-	00:58+	01:02+	00:55+
	00:01+	00:08#	00:02-	00:04+	00:01+	00:08-	00:03+	00:01-	00:02-	00:08#	00:06-	00:05#	00:12#	00:01-	00:00=	00:01-	00:02-	00:13&	00:08#	00:16&
4	Øistein Haaland			116							23:42									
	00:57+	02:23+	03:37+	05:33+	06:42+	07:35+	08:42+	09:05+	10:48+	12:08+	13:32+	14:28+	15:52+	17:43+	19:10+	20:10+	21:03+	21:59+	23:02+	23:42+
	00:57+	01:26+	01:14+	01:56+	01:09+	00:53-	01:07+	00:23+	01:43+	01:20+	01:24-	00:56+	01:24+	01:51+	01:27+	01:00+	00:53-	00:56+	01:03+	00:40+
	00:19&	00:23&	00:07#	00:14#	00:01+	00:02-	00:11#	00:02+	00:05+	00:08#	00:15-	00:09#	00:13#	00:05+	00:04+	00:12#	00:01-	00:11#	00:09#	00:01+
5	Paul Terje Haarr			62							24:33									
	00:42+	01:57+	03:12+	05:10+	06:49+	07:46+	08:45+	09:05+	11:16+	12:23+	14:02+	15:04+	16:36+	18:09+	19:54+	20:59+	22:01+	22:40+	23:55+	24:33+
	00:42+	01:15+	01:15+	01:58+	01:39+	00:57+	00:59+	00:20-	02:11+	01:07-	01:39=	01:02+	01:32+	01:33-	01:45+	01:05+	01:02+	00:39-	01:15+	00:38-
	00:04#	00:12#	00:08#	00:16#	00:31&	00:02+	00:03+	00:01-	00:33&	00:05-	00:00=	00:15&	00:21&	00:13-	00:22&	00:17&	00:08#	00:06-	00:21&	00:01-
6	Geir Frøytlø			29							24:56									
	00:42+	02:01+	03:14+	05:09+	06:36+	07:31+	08:33+	08:56+	10:27+	11:34+	14:30+	15:29+	16:48+	18:53+	20:37+	21:30+	22:22+	23:13+	24:15+	24:56+
	00:42+	01:19+	01:13+	01:55+	01:27+	00:55=	01:02+	00:23+	01:31-	01:07-	02:56+	00:59+	01:19+	02:05+	01:44+	00:53+	00:52-	00:51+	01:02+	00:41+
	00:04#	00:16&	00:06+	00:13#	00:19&	00:00=	00:06#	00:02+	00:07-	00:05-	01:17&	00:12&	00:08#	00:19#	00:21&	00:05#	00:02-	00:06#	00:08#	00:02+
7	Henning Sundby			114							25:29									
	00:45+	02:28+	03:45+	05:30+	08:03+	08:52+	10:05+	10:40+	12:13+	13:42+	15:21+	16:26+	18:04+	19:45+	21:03+	21:53+	22:47+	23:34+	24:37+	25:29+
	00:45+	01:43+	01:17+	01:45+	02:33+	00:49-	01:13+	00:35+	01:33-	01:29+	01:39=	01:05+	01:38+	01:41-	01:18-	00:50+	00:54=	00:47+	01:03+	00:52+
	00:07#	00:40&	00:10#	00:03+	01:25&	00:06-	00:17&	00:14&	00:05-	00:17#	00:00=	00:18&	00:27&	00:05-	00:05-	00:02+	00:00=	00:02+	00:09#	00:13&

Plass	Navn										Klasse	Tid									
8	Inge Løland										114	25:41									
	00:38=	01:58+	03:11+	05:10+	07:05+	08:04+	09:17+	09:41+	10:18+	11:59+	13:08+	14:46+	15:45+	17:11+	19:01+	20:43+	21:40+	22:36+	23:39+	24:47+	25:41+
	00:38=	01:20+	01:13+	01:59+	01:55+	00:59+	01:13+	00:24+	00:37-	01:41+	01:09-	01:38+	00:59-	01:26-	01:50+	01:42+	00:57+	00:56+	01:03+	01:08+	00:54+
	00:00=	00:17&	00:06+	00:17#	00:47&	00:04+	00:17&	00:03#	01:01-	00:29&	00:30-	00:51@	00:12-	00:20-	00:27&	00:54@	00:03+	00:11#	00:09#	00:29&	00:54+
9	Rune Christiansen										93	26:20									
	00:37-	02:07+	03:29+	05:38+	06:58+	07:59+	09:03+	09:26+	11:45+	13:03+	14:53+	16:02+	17:40+	19:35+	21:21+	22:33+	23:42+	24:37+	25:39+	26:20+	
	00:37-	01:30+	01:22+	02:09+	01:20+	01:01+	01:04+	00:23+	02:19+	01:18+	01:50+	01:09+	01:38+	01:55+	01:46+	01:12+	01:09+	00:55+	01:02+	00:41+	
	00:01-	00:27&	00:15#	00:27&	00:12#	00:06#	00:08#	00:02+	00:41&	00:06+	00:11#	00:22&	00:27&	00:09+	00:23&	00:24&	00:15&	00:10#	00:08#	00:02+	
10	Ove Oaland										116	29:17									
	00:46+	02:15+	03:57+	06:12+	07:53+	09:01+	10:28+	10:52+	13:00+	14:25+	16:26+	17:36+	19:52+	22:15+	24:03+	25:01+	26:10+	27:07+	28:33+	29:17+	
	00:46+	01:29+	01:42+	02:15+	01:41+	01:08+	01:27+	00:24+	02:08+	01:25+	02:01+	01:10+	02:16+	02:23+	01:48+	00:58+	01:09+	00:57+	01:26+	00:44+	
	00:08#	00:26&	00:35&	00:33&	00:33&	00:13#	00:31&	00:03#	00:30&	00:13#	00:22#	00:23&	01:05&	00:37&	00:25&	00:10#	00:15&	00:12&	00:32&	00:05#	
11	Øystein Huglen										27	29:42									
	01:18+	02:48+	04:10+	06:14+	08:47+	09:44+	10:51+	11:19+	13:00+	14:57+	17:17+	18:27+	21:11+	23:00+	24:35+	25:40+	26:34+	27:32+	28:47+	29:42+	
	01:18+	01:30+	01:22+	02:04+	02:33+	00:57+	01:07+	00:28+	01:41+	01:57+	02:20+	01:10+	02:44+	01:49+	01:35+	01:05+	00:54=	00:58+	01:15+	00:55+	
	00:40@	00:27&	00:15#	00:22#	01:25@	00:02+	00:11#	00:07&	00:03+	00:45&	00:41&	00:23&	01:33@	00:03+	00:12#	00:17&	00:00=	00:13&	00:21&	00:16&	
12	Knut Taugbøl										116	30:00									
	00:48+	02:28+	04:11+	06:56+	08:16+	09:16+	11:41+	12:05+	13:58+	17:04+	18:53+	19:53+	21:40+	23:34+	24:58+	25:51+	26:46+	27:54+	29:10+	30:00+	
	00:48+	01:40+	01:43+	02:45+	01:20+	01:00+	02:25+	00:24+	01:53+	03:06+	01:49+	01:00+	01:47+	01:54+	01:24+	00:53+	00:55+	01:08+	01:16+	00:50+	
	00:10&	00:37&	00:36&	01:03&	00:12#	00:05+	01:29@	00:03#	00:15#	01:54@	00:10#	00:13&	00:36&	00:08+	00:01+	00:05#	00:01+	00:23&	00:22&	00:11&	
13	Erling Mauland										83	30:34									
	00:55+	02:34+	04:11+	06:34+	08:14+	09:18+	10:26+	10:54+	13:17+	14:35+	16:47+	18:01+	19:59+	22:06+	24:58+	26:03+	27:18+	28:15+	29:43+	30:34+	
	00:55+	01:39+	01:37+	02:23+	01:40+	01:04+	01:08+	00:28+	02:23+	01:18+	02:12+	01:14+	01:58+	02:07+	02:52+	01:05+	01:15+	00:57+	01:28+	00:51+	
	00:17&	00:36&	00:30&	00:41&	00:32&	00:09#	00:12#	00:07&	00:45&	00:06+	00:33&	00:27&	00:47&	00:21#	01:29@	00:17&	00:21&	00:12&	00:34&	00:12&	
Beste strekktid for klassen																					
	00:37	01:03	01:02	01:42	01:08	00:47	00:56	00:17	00:37	01:03	01:09	00:46	00:59	01:26	01:18	00:42	00:50	00:39	00:54	00:38	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
Herrer Ny																					
1	Truls Torkelsen										134	14:37									
	00:47=	01:48=	03:59=	07:11=	08:56=	10:49=	12:44=	13:47=	14:37=												
	00:47=	01:01=	02:11=	03:12=	01:45=	01:53=	01:55=	01:03=	00:50=												
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Torstein Birkeland										134	20:02									
	00:42-	01:34-	03:14-	12:17+	13:48+	16:23+	17:44+	19:27+	20:02+												
	00:42-	00:52-	01:40-	09:03+	01:31-	02:35+	01:21-	01:43+	00:35-												
	00:05-	00:09-	00:31-	05:51@	00:14-	00:42&	00:34-	00:40&	00:15-												
3	Asle Bru										91	22:31									
	02:39+	04:27+	07:32+	13:46+	16:12+	18:33+	20:05+	21:19+	22:31+												
	02:39+	01:48+	03:05+	06:14+	02:26+	02:21+	01:32-	01:14+	01:12+												
	01:52@	00:47&	00:54&	03:02&	00:41&	00:28#	00:23-	00:11#	00:22&												
Beste strekktid for klassen																					
	00:42	00:52	01:40	03:12	01:31	01:53	01:21	01:03	00:35												
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
Herrer Trim																					
1	Stig Erlend Ollestad										51	16:25									
	00:52=	02:42=	04:09=	08:00=	08:56=	09:43=	10:59=	12:39=	14:12=	15:34=	16:25=										
	00:52=	01:50=	01:27=	03:51=	00:56=	00:47=	01:16=	01:40=	01:33=	01:22=	00:51=										
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Vegard Braut Kyllingstad										66	16:27									
	01:06+	03:21+	05:08+	08:04+	09:04+	09:53+	11:29+	13:02+	14:32+	15:43+	16:27+										
	01:06+	02:15+	01:47+	02:56-	01:00+	00:49+	01:36+	01:33-	01:30-	01:11-	00:44-										
	00:14&	00:25#	00:20#	00:55-	00:04+	00:02+	00:20&	00:07-	00:03-	00:11-	00:07-										

Plass	Navn		Klasse								Tid	
3	Olav Magnus Eik Espedal		88								16:32	
	00:53+	02:28-	04:41+	08:00=	08:49-	10:38+	12:05+	13:17+	14:39+	15:50+	16:32+	
	00:53+	01:35-	02:13+	03:19-	00:49-	01:49+	01:27+	01:12-	01:22-	01:11-	00:42-	
	00:01+	00:15-	00:46&	00:32-	00:07-	01:02@	00:11#	00:28-	00:11-	00:11-	00:09-	
4	Bruno Pierfelice		51								19:12	
	00:39-	02:19-	04:10+	07:15-	09:08+	12:23+	13:45+	15:24+	16:50+	18:18+	19:12+	
	00:39-	01:40-	01:51+	03:05-	01:53+	03:15+	01:22+	01:39-	01:26-	01:28+	00:54+	
	00:13-	00:10-	00:24&	00:46-	00:57@	02:28@	00:06+	00:01-	00:07-	00:06+	00:03+	
5	Kjartan Bryne		105								19:48	
	00:43-	02:39-	04:47+	08:25+	09:28+	10:17+	11:54+	13:43+	15:30+	18:50+	19:48+	
	00:43-	01:56+	02:08+	03:38-	01:03+	00:49+	01:37+	01:49+	01:47+	03:20+	00:58+	
	00:09-	00:06+	00:41&	00:13-	00:07#	00:02+	00:21&	00:09+	00:14#	01:58@	00:07#	
6	Jon Arne Bratås		239								19:54	
	01:00+	02:24-	04:14+	08:21+	11:03+	12:12+	14:42+	16:18+	17:39+	19:05+	19:54+	
	01:00+	01:24-	01:50+	04:07+	02:42+	01:09+	02:30+	01:36-	01:21-	01:26+	00:49-	
	00:08#	00:26-	00:23&	00:16+	01:46@	00:22&	01:14&	00:04-	00:12-	00:04+	00:02-	
7	Heine Furubotten		192								20:10	
	00:52=	02:38-	04:53+	09:01+	10:28+	11:23+	13:02+	15:09+	17:21+	19:04+	20:10+	
	00:52=	01:46-	02:15+	04:08+	01:27+	00:55+	01:39+	02:07+	02:12+	01:43+	01:06+	
	00:00=	00:04-	00:48&	00:17+	00:31&	00:08#	00:23&	00:27&	00:39&	00:21&	00:15&	
8	Trond Egil Toft		53								20:27	
	01:04+	02:47+	04:41+	10:03+	11:08+	13:13+	14:40+	16:30+	18:06+	19:30+	20:27+	
	01:04+	01:43-	01:54+	05:22+	01:05+	02:05+	01:27+	01:50+	01:36+	01:24+	00:57+	
	00:12#	00:07-	00:27&	01:31&	00:09#	01:18@	00:11#	00:10#	00:03+	00:02+	00:06#	
9	Robin Chalmers		165								21:33	
	00:56+	03:03+	05:34+	09:40+	11:05+	12:29+	14:46+	17:08+	18:56+	20:30+	21:33+	
	00:56+	02:07+	02:31+	04:06+	01:25+	01:24+	02:17+	02:22+	01:48+	01:34+	01:03+	
	00:04+	00:17#	01:04&	00:15+	00:29&	00:37&	01:01&	00:42&	00:15#	00:12#	00:12#	
10	John Øgreid		27								21:36	
	00:51-	02:39-	05:00+	09:13+	10:31+	14:01+	15:38+	17:22+	19:09+	20:37+	21:36+	
	00:51-	01:48-	02:21+	04:13+	01:18+	03:30+	01:37+	01:44+	01:47+	01:28+	00:59+	
	00:01-	00:02-	00:54&	00:22+	00:22&	02:43@	00:21&	00:04+	00:14#	00:06+	00:08#	
11	Svein Mæle		115								21:49	
	01:06+	02:57+	05:45+	10:13+	11:52+	12:48+	14:39+	17:08+	18:54+	20:46+	21:49+	
	01:06+	01:51+	02:48+	04:28+	01:39+	00:56+	01:51+	02:29+	01:46+	01:52+	01:03+	
	00:14&	00:01+	01:21&	00:37#	00:43&	00:09#	00:35&	00:49&	00:13#	00:30&	00:12#	
12	Bruce Chalmers		165								22:13	
	00:52=	03:17+	06:19+	10:47+	11:58+	13:08+	15:08+	17:49+	19:36+	21:06+	22:13+	
	00:52=	02:25+	03:02+	04:28+	01:11+	01:10+	02:00+	02:41+	01:47+	01:30+	01:07+	
	00:00=	00:35&	01:35@	00:37#	00:15&	00:23&	00:44&	01:01&	00:14#	00:08+	00:16&	
13	Frode Lund		18								22:54	
	00:59+	02:53+	05:19+	10:18+	11:48+	12:56+	15:04+	17:46+	19:46+	21:38+	22:54+	
	00:59+	01:54+	02:26+	04:59+	01:30+	01:08+	02:08+	02:42+	02:00+	01:52+	01:16+	
	00:07#	00:04+	00:59&	01:08&	00:34&	00:21&	00:52&	01:02&	00:27&	00:30&	00:25&	
14	Steinar Amundsen		115								22:54	
	01:15+	02:58+	04:53+	09:04+	10:46+	12:48+	15:19+	17:32+	19:48+	21:40+	22:54+	
	01:15+	01:43-	01:55+	04:11+	01:42+	02:02+	02:31+	02:13+	02:16+	01:52+	01:14+	
	00:23&	00:07-	00:28&	00:20+	00:46&	01:15@	01:15&	00:33&	00:43&	00:30&	00:23&	
15	Thorstein Gunnarsson		144								22:57	
	01:02+	03:19+	05:25+	10:37+	12:01+	13:23+	15:38+	17:28+	19:25+	21:42+	22:57+	
	01:02+	02:17+	02:06+	05:12+	01:24+	01:22+	02:15+	01:50+	01:57+	02:17+	01:15+	
	00:10#	00:27#	00:39&	01:21&	00:28&	00:35&	00:59&	00:10#	00:24&	00:55&	00:24&	
16	Leif Jarle Skåra		29								23:19	
	00:50-	02:57+	05:23+	10:27+	12:12+	13:36+	15:47+	17:47+	19:57+	22:00+	23:19+	
	00:50-	02:07+	02:26+	05:04+	01:45+	01:24+	02:11+	02:00+	02:10+	02:03+	01:19+	
	00:02-	00:17#	00:59&	01:13&	00:49&	00:37&	00:55&	00:20#	00:37&	00:41&	00:28&	
17	Andreas Kristiansen		167								23:25	
	01:12+	02:57+	05:07+	10:31+	12:05+	13:16+	15:41+	17:47+	19:52+	22:05+	23:25+	
	01:12+	01:45-	02:10+	05:24+	01:34+	01:11+	02:25+	02:06+	02:05+	02:13+	01:20+	
	00:20&	00:05-	00:43&	01:33&	00:38&	00:24&	01:09&	00:26&	00:32&	00:51&	00:29&	

Plass	Navn					Klasse					Tid
18	John Thorsnæs					51					24:34
	01:02+	03:56+	06:27+	10:59+	12:52+	14:08+	16:34+	18:39+	20:35+	23:23+	24:34+
	01:02+	02:54+	02:31+	04:32+	01:53+	01:16+	02:26+	02:05+	01:56+	02:48+	01:11+
	00:10#	01:04&	01:04&	00:41#	00:57@	00:29&	01:10&	00:25#	00:23#	01:26@	00:20&
19	Arnt Krisitian Viland					27					24:37
	01:24+	03:38+	06:19+	11:26+	13:24+	14:55+	17:20+	19:40+	21:42+	23:19+	24:37+
	01:24+	02:14+	02:41+	05:07+	01:58+	01:31+	02:25+	02:20+	02:02+	01:37+	01:18+
	00:32&	00:24#	01:14&	01:16&	01:02@	00:44&	01:09&	00:40&	00:29&	00:15#	00:27&
20	Cato Bjerkeli					237					24:52
	01:17+	03:07+	05:30+	10:14+	11:43+	15:32+	18:19+	20:10+	22:08+	23:49+	24:52+
	01:17+	01:50=	02:23+	04:44+	01:29+	03:49+	02:47+	01:51+	01:58+	01:41+	01:03+
	00:25&	00:00=	00:56&	00:53#	00:33&	03:02@	01:31@	00:11#	00:25&	00:19#	00:12#
21	Reidar Haver					4					25:02
	01:11+	03:04+	07:50+	12:47+	14:03+	15:17+	17:52+	20:07+	22:03+	24:01+	25:02+
	01:11+	01:53+	04:46+	04:57+	01:16+	01:14+	02:35+	02:15+	01:56+	01:58+	01:01+
	00:19&	00:03+	03:19@	01:06&	00:20&	00:27&	01:19@	00:35&	00:23#	00:36&	00:10#
22	Rolf Øystein Kluge					7					25:04
	00:56+	03:11+	05:46+	11:06+	12:37+	13:48+	16:50+	19:43+	21:44+	23:47+	25:04+
	00:56+	02:15+	02:35+	05:20+	01:31+	01:11+	03:02+	02:53+	02:01+	02:03+	01:17+
	00:04+	00:25#	01:08&	01:29&	00:35&	00:24&	01:46@	01:13&	00:28&	00:41&	00:26&
23	Arild Svihus					92					25:17
	01:00+	03:29+	06:41+	11:45+	14:21+	15:35+	17:45+	19:44+	22:13+	24:13+	25:17+
	01:00+	02:29+	03:12+	05:04+	02:36+	01:14+	02:10+	01:59+	02:29+	02:00+	01:04+
	00:08#	00:39&	01:45@	01:13&	01:40@	00:27&	00:54&	00:19#	00:56&	00:38&	00:13&
24	Ove Mæstad					67					25:42
	01:11+	02:55+	05:37+	10:10+	11:34+	12:50+	16:06+	20:38+	22:44+	24:44+	25:42+
	01:11+	01:44-	02:42+	04:33+	01:24+	01:16+	03:16+	04:32+	02:06+	02:00+	00:58+
	00:19&	00:06-	01:15&	00:42#	00:28&	00:29&	02:00@	02:52@	00:33&	00:38&	00:07#
25	Ivar Aalbu					29					26:10
	01:00+	03:20+	05:49+	10:11+	11:51+	16:31+	18:26+	21:05+	23:06+	25:08+	26:10+
	01:00+	02:20+	02:29+	04:22+	01:40+	04:40+	01:55+	02:39+	02:01+	02:02+	01:02+
	00:08#	00:30&	01:02&	00:31#	00:44&	03:53@	00:39&	00:59&	00:28&	00:40&	00:11#
26	Alexander Romanov					111					26:28
	00:48-	02:22-	04:09=	10:01+	11:35+	17:13+	18:43+	22:27+	23:51+	25:25+	26:28+
	00:48-	01:34-	01:47+	05:52+	01:34+	05:38+	01:30+	03:44+	01:24-	01:34+	01:03+
	00:04-	00:16-	00:20#	02:01&	00:38&	04:51@	00:14#	02:04@	00:09-	00:12#	00:12#
27	Elvio Freitas					51					26:37
	00:49-	04:15+	06:38+	10:39+	12:36+	15:32+	17:16+	21:26+	24:04+	25:34+	26:37+
	00:49-	03:26+	02:23+	04:01+	01:57+	02:56+	01:44+	04:10+	02:38+	01:30+	01:03+
	00:03-	01:36&	00:56&	00:10+	01:01@	02:09@	00:28&	02:30@	01:05&	00:08+	00:12#
28	Tom Leveraas					188					26:46
	01:19+	03:50+	06:46+	12:45+	14:30+	15:55+	18:35+	22:00+	23:59+	25:43+	26:46+
	01:19+	02:31+	02:56+	05:59+	01:45+	01:25+	02:40+	03:25+	01:59+	01:44+	01:03+
	00:27&	00:41&	01:29@	02:08&	00:49&	00:38&	01:24@	01:45@	00:26&	00:22&	00:12#
29	Tor Inge Hansen					144					26:53
	01:14+	06:11+	08:36+	13:40+	15:07+	16:13+	18:40+	21:25+	23:24+	25:48+	26:53+
	01:14+	04:57+	02:25+	05:04+	01:27+	01:06+	02:27+	02:45+	01:59+	02:24+	01:05+
	00:22&	03:07@	00:58&	01:13&	00:31&	00:19&	01:11&	01:05&	00:26&	01:02&	00:14&
30	Svein Erik Bjørnsen					91					27:12
	01:44+	03:53+	05:37+	10:38+	11:55+	12:53+	20:55+	22:55+	24:36+	26:13+	27:12+
	01:44+	02:09+	01:44+	05:01+	01:17+	00:58+	08:02+	02:00+	01:41+	01:37+	00:59+
	00:52&	00:19#	00:17#	01:10&	00:21&	00:11#	06:46@	00:20#	00:08+	00:15#	00:08#
31	Alf Olav Kalvik					7					27:29
	01:00+	06:41+	08:48+	13:57+	15:33+	16:44+	18:39+	22:16+	24:16+	26:03+	27:29+
	01:00+	05:41+	02:07+	05:09+	01:36+	01:11+	01:55+	03:37+	02:00+	01:47+	01:26+
	00:08#	03:51@	00:40&	01:18&	00:40&	00:24&	00:39&	01:57@	00:27&	00:25&	00:35&
32	John Helge Svandal					111					27:33
	00:57+	02:43+	05:21+	09:49+	11:50+	12:56+	16:38+	20:58+	23:09+	26:09+	27:33+
	00:57+	01:46-	02:38+	04:28+	02:01+	01:06+	03:42+	04:20+	02:11+	03:00+	01:24+
	00:05+	00:04-	01:11&	00:37#	01:05@	00:19&	02:26@	02:40@	00:38&	01:38@	00:33&

Plass	Navn										Klasse	Tid
33	Mads Kristian Fjelldal										116	27:39
	01:11+	03:49+	06:29+	11:26+	13:52+	16:12+	18:54+	22:09+	24:34+	26:21+	27:39+	
	01:11+	02:38+	02:40+	04:57+	02:26+	02:20+	02:42+	03:15+	02:25+	01:47+	01:18+	
	00:19&	00:48&	01:13&	01:06&	01:30&	01:33&	01:26&	01:35&	00:52&	00:25&	00:27&	
34	Jan Erik Syvertsen										51	28:25
	00:55+	03:25+	05:42+	12:45+	14:05+	15:16+	21:19+	23:13+	25:00+	26:57+	28:25+	
	00:55+	02:30+	02:17+	07:03+	01:20+	01:11+	06:03+	01:54+	01:47+	01:57+	01:28+	
	00:03+	00:40&	00:50&	03:12&	00:24&	00:24&	04:47&	00:14#	00:14#	00:35&	00:37&	
35	Per Aspøy										117	28:41
	01:13+	03:37+	06:46+	12:18+	14:37+	16:13+	20:02+	23:59+	26:01+	27:42+	28:41+	
	01:13+	02:24+	03:09+	05:32+	02:19+	01:36+	03:49+	03:57+	02:02+	01:41+	00:59+	
	00:21&	00:34&	01:42&	01:41&	01:23&	00:49&	02:33&	02:17&	00:29&	00:19#	00:08#	
36	Gunnar Garstad										136	29:03
	02:10+	06:28+	08:59+	13:12+	14:41+	15:45+	22:30+	25:03+	26:48+	28:22+	29:03+	
	02:10+	04:18+	02:31+	04:13+	01:29+	01:04+	06:45+	02:33+	01:45+	01:34+	00:41-	
	01:18&	02:28&	01:04&	00:22+	00:33&	00:17&	05:29&	00:53&	00:12#	00:12#	00:10-	
37	Ove Vatland										128	29:17
	01:30+	04:03+	06:51+	12:40+	14:24+	16:16+	19:14+	22:05+	24:59+	27:34+	29:17+	
	01:30+	02:33+	02:48+	05:49+	01:44+	01:52+	02:58+	02:51+	02:54+	02:35+	01:43+	
	00:38&	00:43&	01:21&	01:58&	00:48&	01:05&	01:42&	01:11&	01:21&	01:13&	00:52&	
38	Jon Jakobsen										116	29:19
	01:14+	03:00+	05:47+	09:57+	11:32+	18:36+	22:32+	24:35+	26:29+	28:17+	29:19+	
	01:14+	01:46-	02:47+	04:10+	01:35+	07:04+	03:56+	02:03+	01:54+	01:48+	01:02+	
	00:22&	00:04-	01:20&	00:19+	00:39&	06:17&	02:40&	00:23#	00:21#	00:26&	00:11#	
39	Asle Schanke Grude										92	29:26
	01:45+	05:06+	08:55+	14:36+	16:35+	18:13+	21:50+	24:00+	26:11+	28:19+	29:26+	
	01:45+	03:21+	03:49+	05:41+	01:59+	01:38+	03:37+	02:10+	02:11+	02:08+	01:07+	
	00:53&	01:31&	02:22&	01:50&	01:03&	00:51&	02:21&	00:30&	00:38&	00:46&	00:16&	
40	Christof Schätz										239	29:29
	01:02+	03:07+	06:11+	11:26+	13:36+	14:55+	21:24+	24:21+	26:13+	28:02+	29:29+	
	01:02+	02:05+	03:04+	05:15+	02:10+	01:19+	06:29+	02:57+	01:52+	01:49+	01:27+	
	00:10#	00:15#	01:37&	01:24&	01:14&	00:32&	05:13&	01:17&	00:19#	00:27&	00:36&	
41	Stephen Colgrave										115	29:37
	01:34+	04:33+	07:10+	14:15+	16:04+	18:37+	21:48+	24:12+	26:20+	28:20+	29:37+	
	01:34+	02:59+	02:37+	07:05+	01:49+	02:33+	03:11+	02:24+	02:08+	02:00+	01:17+	
	00:42&	01:09&	01:10&	03:14&	00:53&	01:46&	01:55&	00:44&	00:35&	00:38&	00:26&	
42	Audun Sjøen										111	30:01
	01:10+	04:11+	07:29+	13:21+	15:49+	18:34+	21:06+	23:31+	25:52+	28:07+	30:01+	
	01:10+	03:01+	03:18+	05:52+	02:28+	02:45+	02:32+	02:25+	02:21+	02:15+	01:54+	
	00:18&	01:11&	01:51&	02:01&	01:32&	01:58&	01:16&	00:45&	00:48&	00:53&	01:03&	
43	Jon Grepstad										111	30:21
	01:30+	04:12+	07:39+	14:21+	16:18+	18:13+	21:21+	23:46+	26:24+	28:54+	30:21+	
	01:30+	02:42+	03:27+	06:42+	01:57+	01:55+	03:08+	02:25+	02:38+	02:30+	01:27+	
	00:38&	00:52&	02:00&	02:51&	01:01&	01:08&	01:52&	00:45&	01:05&	01:08&	00:36&	
44	Roger Vassbakk										51	30:44
	08:00+	09:45+	11:44+	16:04+	17:41+	19:56+	21:52+	24:25+	26:36+	29:35+	30:44+	
	08:00+	01:45-	01:59+	04:20+	01:37+	02:15+	01:56+	02:33+	02:11+	02:59+	01:09+	
	07:08&	00:05-	00:32&	00:29#	00:41&	01:28&	00:40&	00:53&	00:38&	01:37&	00:18&	
45	Einar Hinna										7	32:53
	01:10+	04:00+	07:07+	13:16+	15:23+	18:44+	21:34+	25:32+	28:33+	31:03+	32:53+	
	01:10+	02:50+	03:07+	06:09+	02:07+	03:21+	02:50+	03:58+	03:01+	02:30+	01:50+	
	00:18&	01:00&	01:40&	02:18&	01:11&	02:34&	01:34&	02:18&	01:28&	01:08&	00:59&	
46	Jan Erik Rasmussen										51	33:25
	01:06+	03:41+	06:43+	12:13+	18:24+	21:09+	24:49+	27:40+	30:01+	32:09+	33:25+	
	01:06+	02:35+	03:02+	05:30+	06:11+	02:45+	03:40+	02:51+	02:21+	02:08+	01:16+	
	00:14&	00:45&	01:35&	01:39&	05:15&	01:58&	02:24&	01:11&	00:48&	00:46&	00:25&	
47	Harald Nilsen										79	33:25
	01:06+	03:49+	07:53+	14:23+	16:25+	17:47+	24:13+	26:33+	29:15+	31:45+	33:25+	
	01:06+	02:43+	04:04+	06:30+	02:02+	01:22+	06:26+	02:20+	02:42+	02:30+	01:40+	
	00:14&	00:53&	02:37&	02:39&	01:06&	00:35&	05:10&	00:40&	01:09&	01:08&	00:49&	

Plass	Navn										Klasse	Tid
48	Joar Fandrem										94	33:42
	01:08+	04:11+	06:38+	11:37+	13:14+	23:00+	25:57+	28:15+	30:04+	32:40+	33:42+	
	01:08+	03:03+	02:27+	04:59+	01:37+	09:46+	02:57+	02:18+	01:49+	02:36+	01:02+	
	00:16&	01:13&	01:00&	01:08&	00:41&	08:59@	01:41@	00:38&	00:16#	01:14&	00:11#	
49	Arild Olsen										4	34:03
	01:18+	03:30+	06:17+	11:22+	14:11+	17:15+	22:36+	25:53+	28:08+	32:27+	34:03+	
	01:18+	02:12+	02:47+	05:05+	02:49+	03:04+	05:21+	03:17+	02:15+	04:19+	01:36+	
	00:26&	00:22#	01:20&	01:14&	01:53@	02:17@	04:05@	01:37&	00:42&	02:57@	00:45&	
50	Terje Hodne Nilsen										115	34:08
	01:16+	04:54+	09:59+	15:59+	19:21+	21:38+	24:16+	27:37+	29:56+	32:21+	34:08+	
	01:16+	03:38+	05:05+	06:00+	03:22+	02:17+	02:38+	03:21+	02:19+	02:25+	01:47+	
	00:24&	01:48&	03:38@	02:09&	02:26@	01:30@	01:22@	01:41@	00:46&	01:03&	00:56@	
51	Paul Richard Carr										136	34:28
	01:18+	07:05+	10:07+	15:37+	18:18+	20:14+	22:43+	28:01+	30:32+	32:57+	34:28+	
	01:18+	05:47+	03:02+	05:30+	02:41+	01:56+	02:29+	05:18+	02:31+	02:25+	01:31+	
	00:26&	03:57@	01:35@	01:39&	01:45@	01:09@	01:13&	03:38@	00:58&	01:03&	00:40&	
52	Inge Grødem										92	37:59
	01:22+	04:31+	12:03+	20:55+	23:02+	24:59+	28:26+	31:37+	34:24+	36:44+	37:59+	
	01:22+	03:09+	07:32+	08:52+	02:07+	01:57+	03:27+	03:11+	02:47+	02:20+	01:15+	
	00:30&	01:19&	06:05@	05:01@	01:11@	01:10@	02:11@	01:31&	01:14&	00:58&	00:24&	
53	Per Bakken										5	41:40
	01:19+	04:39+	08:18+	16:50+	19:53+	24:01+	27:29+	31:45+	34:06+	40:31+	41:40+	
	01:19+	03:20+	03:39+	08:32+	03:03+	04:08+	03:28+	04:16+	02:21+	06:25+	01:09+	
	00:27&	01:30&	02:12@	04:41@	02:07@	03:21@	02:12@	02:36@	00:48&	05:03@	00:18&	
54	Karl Johnny Braut										27	47:25
	02:06+	14:38+	17:08+	30:16+	31:56+	33:39+	37:09+	39:20+	41:34+	45:44+	47:25+	
	02:06+	12:32+	02:30+	13:08+	01:40+	01:43+	03:30+	02:11+	02:14+	04:10+	01:41+	
	01:14@	10:42@	01:03&	09:17@	00:44&	00:56@	02:14@	00:31&	00:41&	02:48@	00:50&	
55	Arthur Christiansen										93	1:10:29
	02:12+	07:02+	13:06+	38:10+	41:12+	44:11+	51:17+	57:24+	63:00+	67:52+	70:29+	
	02:12+	04:50+	06:04+	25:04+	03:02+	02:59+	07:06+	06:07+	05:36+	04:52+	02:37+	
	01:20@	03:00@	04:37@	21:13@	02:06@	02:12@	05:50@	04:27@	04:03@	03:30@	01:46@	
Beste strekktid for klassen												
	00:39	01:24	01:27	02:56	00:49	00:47	01:16	01:12	01:21	01:11	00:41	

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