

**Plass Navn**  
**Damer 16 - 39 år**
**Klasse****Tid**

<b>1</b>	<b>Vera Bjarkø</b>	<b>105</b>	<b>24:16</b>													
00:54=	02:44=	04:20=	05:37=	06:17=	07:35=	09:43=	12:21=	13:15=	14:15=	16:03=	17:18=	18:30=	20:10=	21:27=	23:09=	24:16=
00:54=	01:50=	01:36=	01:17=	00:40=	01:18=	02:08=	02:38=	00:54=	01:00=	01:48=	01:15=	01:12=	01:40=	01:17=	01:42=	01:07=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Bodil Krogedal</b>	<b>126</b>	<b>27:56</b>													
02:47+	04:50+	06:31+	08:06+	08:58+	10:25+	12:36+	15:28+	16:20+	17:21+	19:58+	21:08+	22:23+	23:51+	25:19+	26:57+	27:56+
02:47+	02:03+	01:41+	01:35+	00:52+	01:27+	02:11+	02:52+	00:52-	01:01+	02:37+	01:10-	01:15+	01:28-	01:28+	01:38-	00:59-
01:530	00:13#	00:05+	00:18#	00:12&	00:09#	00:03+	00:14+	00:02-	00:01+	00:49&	00:05-	00:03+	00:12-	00:11#	00:04-	00:08-
<b>3</b>	<b>Janeth Kleppe</b>	<b>128</b>	<b>28:14</b>													
01:52+	03:39+	05:10+	06:43+	07:37+	09:26+	11:34+	15:36+	16:35+	18:11+	20:12+	21:56+	23:13+	24:26+	25:40+	27:15+	28:14+
01:52+	01:47-	01:31-	01:33+	00:54+	01:49+	02:08=	04:02+	00:59+	01:36+	02:01+	01:44+	01:17+	01:13-	01:14-	01:35-	00:59-
00:580	00:03-	00:05-	00:16#	00:14&	00:31&	00:00=	01:24&	00:05+	00:03&	00:13#	00:29&	00:05+	00:27-	00:03-	00:07-	00:08-
<b>4</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>28:20</b>													
01:47+	03:41+	05:27+	06:51+	07:40+	09:02+	11:16+	15:58+	16:58+	18:08+	20:02+	21:18+	22:46+	23:53+	25:16+	27:05+	28:20+
01:47+	01:54+	01:46+	01:24+	00:49+	01:22+	02:14+	04:42+	01:00+	01:10+	01:54+	01:16+	01:28+	01:07-	01:23+	01:49+	01:15+
00:53&	00:04+	00:10#	00:07+	00:09#	00:04+	00:06+	02:04&	00:06#	00:10#	00:06+	00:01+	00:16#	00:33-	00:06+	00:07+	00:08#
<b>5</b>	<b>Kristina Renshaw</b>	<b>101</b>	<b>28:31</b>													
01:23+	03:32+	06:04+	07:41+	08:38+	10:19+	13:07+	16:06+	16:55+	18:07+	20:03+	21:13+	22:33+	24:10+	25:33+	27:18+	28:31+
01:23+	02:09+	02:32+	01:37+	00:57+	01:41+	02:48+	02:59+	00:49-	01:12+	01:56+	01:10-	01:20+	01:37-	01:23+	01:45+	01:13+
00:29&	00:19#	00:56&	00:20&	00:17&	00:23&	00:40&	00:21#	00:05-	00:12#	00:08+	00:05-	00:08#	00:03-	00:06+	00:03+	00:06+
<b>6</b>	<b>Trine Selvikvåg</b>	<b>62</b>	<b>28:33</b>													
01:08+	02:50+	04:28+	08:07+	08:55+	10:18+	12:13+	16:24+	17:26+	18:41+	20:46+	21:58+	23:20+	24:43+	26:00+	27:37+	28:33+
01:08+	01:42-	01:38+	03:39+	00:48+	01:23+	01:55-	04:11+	01:02+	01:15+	02:05+	01:12-	01:22+	01:23-	01:17=	01:37-	00:56-
00:14&	00:08-	00:02+	02:220	00:08#	00:05+	00:13-	01:33&	00:08#	00:15#	00:17#	00:03-	00:10#	00:17-	00:00=	00:05-	00:11-
<b>7</b>	<b>Rønnaug Egeland</b>	<b>154</b>	<b>28:40</b>													
00:50-	02:30-	03:49-	05:22-	06:06-	07:24-	09:17-	12:12-	14:17+	15:13+	17:21+	22:18+	23:18+	24:41+	25:57+	27:30+	28:40+
00:50-	01:40-	01:19-	01:33+	00:44+	01:18=	01:53-	02:55+	02:05+	00:56-	02:08+	04:57+	01:00-	01:23-	01:16-	01:33-	01:10+
00:04-	00:10-	00:17-	00:16#	00:04#	00:00=	00:15-	00:17#	01:110	00:04-	00:20#	03:420	00:12-	00:17-	00:01-	00:09-	00:03+
<b>8</b>	<b>Marie Lunde</b>	<b>115</b>	<b>29:08</b>													
01:25+	03:44+	05:58+	07:34+	08:27+	09:43+	12:47+	15:55+	16:42+	17:59+	20:18+	21:43+	23:02+	24:36+	26:15+	27:58+	29:08+
01:25+	02:19+	02:14+	01:36+	00:53+	01:16-	03:04+	03:08+	00:47-	01:17+	02:19+	01:25+	01:19+	01:34-	01:39+	01:43+	01:10+
00:31&	00:29&	00:38&	00:19#	00:13&	00:02-	00:56&	00:30#	00:07-	00:17&	00:31&	00:10#	00:07+	00:06-	00:22&	00:01+	00:03+
<b>9</b>	<b>Mette Langeland</b>	<b>117</b>	<b>29:09</b>													
01:19+	03:38+	05:42+	07:16+	08:04+	09:56+	12:22+	15:25+	16:23+	17:41+	20:05+	21:37+	23:03+	24:42+	26:09+	28:03+	29:09+
01:19+	02:19+	02:04+	01:34+	00:48+	01:52+	02:26+	03:03+	00:58+	01:18+	02:24+	01:32+	01:26+	01:39-	01:27+	01:54+	01:06-
00:25&	00:29&	00:28&	00:17#	00:08#	00:34&	00:18#	00:25#	00:04+	00:18&	00:36&	00:17#	00:14#	00:01-	00:10#	00:12#	00:01-
<b>10</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>29:52</b>													
01:54+	04:08+	06:43+	08:35+	09:13+	10:23+	14:18+	17:18+	18:13+	19:21+	21:59+	23:37+	24:51+	26:14+	27:30+	28:58+	29:52+
01:54+	02:14+	02:35+	01:52+	00:38-	01:10-	03:55+	03:00+	00:55+	01:08+	02:38+	01:38+	01:14+	01:23-	01:16-	01:28-	00:54-
01:000	00:24#	00:59&	00:35&	00:02-	00:08-	01:47&	00:22#	00:01+	00:08#	00:50&	00:23&	00:02+	00:17-	00:01-	00:14-	00:13-
<b>11</b>	<b>Maria Lampe</b>	<b>126</b>	<b>30:00</b>													
01:09+	03:13+	05:19+	07:34+	08:31+	10:19+	12:54+	16:51+	17:41+	18:47+	20:56+	22:28+	23:53+	25:13+	26:53+	28:43+	30:00+
01:09+	02:04+	02:06+	02:15+	00:57+	01:48+	02:35+	03:57+	00:50-	01:06+	02:09+	01:32+	01:25+	01:20-	01:40+	01:50+	01:17+
00:15&	00:14#	00:30&	00:58&	00:17&	00:30&	00:27#	01:19&	00:04-	00:06#	00:21#	00:17#	00:13#	00:20-	00:23&	00:08+	00:10#
<b>12</b>	<b>Anna Berthelsen</b>	<b>117</b>	<b>30:22</b>													
01:14+	03:22+	05:12+	08:09+	09:06+	10:43+	13:07+	16:28+	17:17+	18:36+	20:53+	22:41+	24:13+	25:35+	27:10+	29:05+	30:22+
01:14+	02:08+	01:50+	02:57+	00:57+	01:37+	02:24+	03:21+	00:49-	01:19+	02:17+	01:48+	01:32+	01:22-	01:35+	01:55+	01:17+
00:20&	00:18#	00:14#	01:400	00:17&	00:19#	00:16#	00:43&	00:05-	00:19&	00:29&	00:33&	00:20&	00:18-	00:18#	00:13#	00:10#
<b>13</b>	<b>Hanne Berg Nilsen</b>	<b>117</b>	<b>32:41</b>													
01:13+	04:03+	05:57+	10:12+	11:13+	12:42+	14:57+	19:04+	20:15+	21:38+	23:34+	25:23+	27:01+	28:17+	29:44+	31:31+	32:41+
01:13+	02:50+	01:54+	04:15+	01:01+	01:29+	02:15+	04:07+	01:11+	01:23+	01:56+	01:49+	01:38+	01:16-	01:27+	01:47+	01:10+
00:19&	01:00&	00:18#	02:580	00:21&	00:11#	00:07+	01:29&	00:17&	00:23&	00:08+	00:34&	00:26&	00:24-	00:10#	00:05+	00:03+
<b>14</b>	<b>Ingvild Amalixsen</b>	<b>116</b>	<b>33:42</b>													
01:31+	03:27+	05:39+	12:16+	13:13+	14:29+	16:41+	19:34+	20:45+	22:01+	24:47+	26:10+	27:45+	29:29+	30:55+	32:32+	33:42+
01:31+	01:56+	02:12+	06:37+	00:57+	01:16-	02:12+	02:53+	01:11+	01:16+	02:46+	01:23+	01:35+	01:44+	01:26+	01:37-	01:10+
00:37&	00:06+	00:36&	05:200	00:17&	00:02-	00:04+	00:15+	00:17&	00:16&	00:58&	00:08#	00:23&	00:04+	00:09#	00:05-	00:03+

Class	Navn	Klasse										Tid				
<b>15</b>	<b>Heidi Nordaunet</b>	<b>126</b>										<b>34:17</b>				
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-
<b>16</b>	<b>Ingunn Bergheim Landsnes</b>	<b>92</b>										<b>35:30</b>				
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#
<b>17</b>	<b>Margrete Jian Øye</b>	<b>126</b>										<b>35:36</b>				
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-
<b>18</b>	<b>Barbro Lunde Nedrebø</b>	<b>92</b>										<b>40:41</b>				
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#
<b>19</b>	<b>Lise Nessa Di Lorenzo</b>	<b>168</b>										<b>41:01</b>				
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-
<b>20</b>	<b>Bente Cecilie Lio</b>	<b>136</b>										<b>45:49</b>				
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+	01:57+	01:18+	02:09+	03:26+	10:23+	01:22+	01:28+	05:29+	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#
<b>21</b>	<b>Nithya Mohan</b>	<b>136</b>										<b>49:42</b>				
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#
<b>Beste strekktid for klassen</b>																
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

<b>1</b>	<b>Brit Nilsen</b>	<b>88</b>										<b>22:02</b>				
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=			
<b>2</b>	<b>Anne Marie Gausel</b>	<b>105</b>										<b>23:16</b>				
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-			
<b>3</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>24:00</b>				
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-			
<b>4</b>	<b>Eli Serine Eikeskog</b>	<b>93</b>										<b>25:22</b>				
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+			
<b>5</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>										<b>26:00</b>				
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+			
<b>6</b>	<b>May Bente Valdøl</b>	<b>116</b>										<b>26:11</b>				
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-			

Class	Navn	Klasse										Tid	
<b>7</b>	<b>Kristin Breivold</b>	<b>92</b>										<b>26:21</b>	
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+
<b>8</b>	<b>Kari Sjørnsen</b>	<b>117</b>										<b>26:40</b>	
00:58+	02:47+	04:40+	07:43+	08:14+	10:35+	14:02+	15:45+	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-
<b>9</b>	<b>Siv Skretting</b>	<b>93</b>										<b>27:53</b>	
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#
<b>10</b>	<b>Christel Dahl</b>	<b>92</b>										<b>28:21</b>	
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+
<b>11</b>	<b>Gøril Monsen</b>	<b>92</b>										<b>30:21</b>	
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-
<b>12</b>	<b>Grethe Thu Skadberg</b>	<b>128</b>										<b>32:57</b>	
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+
<b>13</b>	<b>Bjørge Hauge</b>	<b>47</b>										<b>32:59</b>	
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=
<b>14</b>	<b>Rikke Rostrup</b>	<b>116</b>										<b>33:02</b>	
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#
<b>15</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>34:21</b>	
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&
<b>16</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>36:07</b>	
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+
<b>17</b>	<b>Irene Sirevåg</b>	<b>105</b>										<b>38:04</b>	
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&
<b>18</b>	<b>Toril Dahle</b>	<b>116</b>										<b>39:16</b>	
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+
<b>19</b>	<b>Kathrin Sandstad</b>	<b>115</b>										<b>46:54</b>	
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#
<b>Beste strekktid for klassen</b>													
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**

Class	Navn	Klasse											Tid	
<b>1</b>	<b>Anne Sæbø Vik</b>	<b>116</b>											<b>21:44</b>	
	00:53=	02:17=	03:30=	06:01=	08:24=	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=
<b>2</b>	<b>Keth Berggraf</b>	<b>116</b>											<b>23:54</b>	
	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+
<b>3</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>											<b>27:32</b>	
	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#
<b>4</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>											<b>28:47</b>	
	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#
<b>5</b>	<b>Nidunn Sandvik</b>	<b>228</b>											<b>28:52</b>	
	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&
<b>6</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>											<b>29:12</b>	
	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&
<b>7</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>											<b>29:43</b>	
	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&
<b>8</b>	<b>Birgitte Røe</b>	<b>125</b>											<b>30:05</b>	
	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#
<b>9</b>	<b>Kristin Skadsem</b>	<b>18</b>											<b>30:32</b>	
	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&
<b>10</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>											<b>30:38</b>	
	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#
<b>11</b>	<b>Siri Kverneland</b>	<b>128</b>											<b>32:57</b>	
	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#
<b>12</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>											<b>34:01</b>	
	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&
<b>13</b>	<b>Hilde Frøytlog Karlsen</b>	<b>228</b>											<b>34:37</b>	
	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&
<b>14</b>	<b>Ellinor Nesse</b>	<b>116</b>											<b>35:58</b>	
	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&
<b>15</b>	<b>Ingjerd Haddeland</b>	<b>115</b>											<b>36:28</b>	
	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&

Class	Navn	Klasse												Tid
<b>16</b>	<b>Kate Lawson</b>	<b>101</b>												<b>37:53</b>
01:08+	03:03+	04:23+	07:42+	08:17+	11:26+	18:33+	21:38+	27:45+	31:41+	34:30+	36:35+	37:53+	01:08+	
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&	
<b>17</b>	<b>Margot Lilledal</b>	<b>27</b>												<b>39:38</b>
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#	
<b>18</b>	<b>Andrea Tapken</b>	<b>54</b>												<b>39:53</b>
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&	
<b>19</b>	<b>Kristin Harbo</b>	<b>92</b>												<b>41:50</b>
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&	
<b>20</b>	<b>Synnøve Westermoen</b>	<b>116</b>												<b>48:16</b>
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**

<b>1</b>	<b>Liv-Grete Obrestad</b>	<b>113</b>												<b>21:14</b>
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=	
01:16=	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=	00:00=	
<b>2</b>	<b>Marit Karin Nygård</b>	<b>92</b>												<b>24:09</b>
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-	
01:03-	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-	
00:13-	00:00=	00:01+	00:07+	00:03-	00:10#	02:14@	00:01+	00:15#	00:11#	00:05-	00:25#	00:08-	00:00=	
<b>3</b>	<b>Tove Bjerkreim</b>	<b>105</b>												<b>25:24</b>
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+	
01:26+	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#	
00:10#	00:19&	00:51&	00:48#	00:28&	00:20&	00:16#	00:10#	01:12&	00:03+	00:12+	00:44-	00:05+	00:00=	
<b>4</b>	<b>Vigdis Løseth</b>	<b>105</b>												<b>28:52</b>
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+	
01:29+	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#	
00:13#	00:09#	00:02+	03:30&	00:01+	02:11@	00:47&	00:00=	00:19#	00:11#	00:22#	00:19-	00:12#	00:00=	
<b>5</b>	<b>Hanna S. Lomeland</b>	<b>47</b>												<b>29:04</b>
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+	
01:39+	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&	
00:23&	00:24&	00:49&	02:26&	00:22&	00:27&	00:59&	00:23&	01:03&	00:30&	00:19#	00:25-	00:10#	00:00=	
<b>6</b>	<b>Aud Steinsland</b>	<b>128</b>												<b>29:08</b>
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+	
01:44+	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&	
00:28&	00:17#	00:50&	02:25&	00:26&	00:24&	00:58&	00:23&	01:04&	00:28&	00:21#	00:20-	00:10#	00:00=	
<b>7</b>	<b>Ingunn Voilås</b>	<b>29</b>												<b>29:22</b>
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-	
01:11-	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-	
00:05-	00:09#	04:15@	00:07+	00:13#	00:29&	00:05+	00:06#	00:37&	00:15&	00:34&	01:21&	00:02+	00:00=	
<b>8</b>	<b>Amanda Renshaw</b>	<b>101</b>												<b>29:43</b>
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+	
01:22+	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+	
00:06+	00:11#	00:48&	00:26#	00:11#	04:34@	00:23&	00:17&	00:19#	01:43@	00:05+	00:27-	00:07-	00:00=	

Class	Navn	Klasse												Tid
<b>9</b>	<b>Berit Bakken</b>	<b>168</b>												<b>29:46</b>
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+
<b>10</b>	<b>Liv Sissel Obrestad</b>	<b>54</b>												<b>30:09</b>
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+		
<b>11</b>	<b>Kari Blixhavn</b>	<b>228</b>												<b>39:29</b>
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&		
<b>Beste strekktid for klassen</b>														
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

<b>1</b>	<b>Halldis Handeland</b>	<b>92</b>												<b>30:33</b>
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=		
<b>2</b>	<b>Wenche Anda Haarr</b>	<b>92</b>												<b>34:11</b>
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+		
<b>3</b>	<b>Mette Dagsland</b>	<b>68</b>												<b>34:47</b>
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-		
<b>4</b>	<b>Kirsten Carlsen</b>	<b>93</b>												<b>35:18</b>
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+		
<b>5</b>	<b>Berit K. Gramstad</b>	<b>113</b>												<b>35:19</b>
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-		
<b>6</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>												<b>36:43</b>
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-		
<b>Beste strekktid for klassen</b>														
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

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>												<b>25:38</b>
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=		
<b>2</b>	<b>Haldis Glendrange</b>	<b>68</b>												<b>26:19</b>
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#		

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

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

## Damer 75 - 79 år

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

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

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>										<b>40:47</b>
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=		

**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**

<b>1</b>	<b>Marjo Liikanen</b>	<b>67</b>	<b>20:14</b>																
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=
<b>2</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>20:44</b>																
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-
<b>3</b>	<b>Sara Marlene Nystrøm Olsen</b>	<b>68</b>	<b>22:12</b>																
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#
<b>4</b>	<b>Vilde Margrethe Sæbbø</b>	<b>90</b>	<b>23:32</b>																
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&
<b>5</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>25:20</b>																
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#
<b>6</b>	<b>Ingrid Lamark</b>	<b>46</b>	<b>26:49</b>																
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#
<b>7</b>	<b>Wenche M. Sæbbø</b>	<b>3</b>	<b>27:01</b>																
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&
<b>8</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>	<b>27:36</b>																
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&
<b>9</b>	<b>Kari Borgen</b>	<b>62</b>	<b>28:05</b>																
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+
<b>10</b>	<b>Ingrid Simensen</b>	<b>101</b>	<b>30:00</b>																
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&
<b>11</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>30:21</b>																
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#
<b>12</b>	<b>Sina Thu</b>	<b>271</b>	<b>31:47</b>																
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&
<b>13</b>	<b>Maira Andersone</b>	<b>93</b>	<b>33:55</b>																
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&



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

### 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

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>	<b>24:08</b>													
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=
<b>2</b>	<b>Lise Isachsen</b>	<b>165</b>	<b>24:13</b>													
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+
<b>3</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>	<b>25:07</b>													
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#
<b>4</b>	<b>Hilde Nordbø</b>	<b>93</b>	<b>26:59</b>													
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#
<b>5</b>	<b>Vibeke Lamark</b>	<b>46</b>	<b>28:36</b>													
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#
<b>6</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>	<b>28:58</b>													
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#
<b>7</b>	<b>Irene Rummelhoff</b>	<b>116</b>	<b>30:28</b>													
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&
<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>	<b>30:55</b>													
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+
<b>9</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>	<b>31:22</b>													
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#
<b>10</b>	<b>Helen Lomeland</b>	<b>105</b>	<b>31:40</b>													
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&
<b>11</b>	<b>Ingrid W. Hestness</b>	<b>117</b>	<b>32:15</b>													
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#
<b>12</b>	<b>Ingunn Anda Haug</b>	<b>67</b>	<b>32:43</b>													
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&
<b>13</b>	<b>Ragnhild Auglænd</b>	<b>168</b>	<b>33:20</b>													
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&

Class	Navn	Klasse	Tid																	
<b>14</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>	<b>33:47</b>																	
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#				
<b>15</b>	<b>Tone Cecilie Nystrom</b>	<b>68</b>	<b>34:31</b>																	
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&				
<b>16</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>	<b>34:49</b>																	
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#				
<b>17</b>	<b>Margrethe Roalsø</b>	<b>93</b>	<b>35:23</b>																	
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+				
<b>18</b>	<b>Berit Våg Aksland</b>	<b>116</b>	<b>35:32</b>																	
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#				
<b>19</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>36:51</b>																	
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+	02:27+	01:26+	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#				
<b>Beste strekktid for klassen</b>				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

<b>1</b>	<b>Martine Hansen</b>	<b>105</b>	<b>20:39</b>					
01:14=	03:04=	06:52=	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=
<b>2</b>	<b>Maria E. Pettersen</b>	<b>7</b>	<b>23:07</b>					
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-
<b>3</b>	<b>Ester-Lill Waage</b>	<b>105</b>	<b>27:54</b>					
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@
<b>4</b>	<b>Tone Hartvedt</b>	<b>62</b>	<b>29:07</b>					
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&
<b>5</b>	<b>Bente Lyse</b>	<b>115</b>	<b>31:54</b>					
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&
<b>6</b>	<b>Suma Jorige</b>	<b>80</b>	<b>44:17</b>					
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.

Class	Navn	Klasse	Tid
<b>1</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>	<b>17:49</b>
	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=		
<b>2</b>	<b>Lise Bergli</b>	<b>62</b>	<b>18:17</b>
	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-		
<b>3</b>	<b>Andrea Sætre</b>	<b>101</b>	<b>18:43</b>
	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-		
<b>4</b>	<b>Gerd Katrin Kro</b>	<b>117</b>	<b>19:04</b>
	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-		
<b>5</b>	<b>Ann Helen Johannesen</b>	<b>71</b>	<b>19:11</b>
	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-		
<b>6</b>	<b>Heidi Seglem</b>	<b>116</b>	<b>19:12</b>
	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-		
<b>7</b>	<b>Lene Haver Schmidt</b>	<b>88</b>	<b>19:39</b>
	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-		
<b>8</b>	<b>Sara Engevik</b>	<b>126</b>	<b>19:42</b>
	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-		
<b>9</b>	<b>Tonje Tiley</b>	<b>27</b>	<b>20:14</b>
	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+		
<b>10</b>	<b>Fredrike Krahnert</b>	<b>126</b>	<b>20:19</b>
	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-		
<b>11</b>	<b>Randi Bugge</b>	<b>46</b>	<b>20:27</b>
	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-		
<b>12</b>	<b>Synnøve Hognestad</b>	<b>43</b>	<b>20:39</b>
	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+		
<b>13</b>	<b>Kine Strømstad</b>	<b>109</b>	<b>20:53</b>
	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+		
<b>14</b>	<b>Marianne Johnsen</b>	<b>5</b>	<b>21:11</b>
	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-		

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

Class	Navn	Klasse	Tid							
<b>30</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>	<b>26:23</b>							
01:00+	02:58+	04:19+	07:34+	09:46+	16:04+	17:39+	19:56+	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-
<b>31</b>	<b>Ewelina Uscinska</b>	<b>287</b>	<b>26:26</b>							
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&
<b>32</b>	<b>Maria Haukalid</b>	<b>47</b>	<b>26:29</b>							
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-
<b>33</b>	<b>Lene Bjørnø</b>	<b>92</b>	<b>26:42</b>							
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-
<b>34</b>	<b>Maryon Paulsen Strugstad</b>	<b>43</b>	<b>26:45</b>							
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-
<b>35</b>	<b>Unni B. Sundli</b>	<b>92</b>	<b>27:00</b>							
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#
<b>36</b>	<b>Sonja Johannessen</b>	<b>130</b>	<b>27:00</b>							
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+
<b>37</b>	<b>Solveig Mæland</b>	<b>128</b>	<b>27:14</b>							
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&
<b>38</b>	<b>Synnøve Langvik</b>	<b>93</b>	<b>27:16</b>							
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-
<b>39</b>	<b>Brit Svihus</b>	<b>92</b>	<b>27:23</b>							
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#
<b>40</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>27:36</b>							
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-
<b>41</b>	<b>Rebekka Lye</b>	<b>62</b>	<b>27:37</b>							
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=
<b>42</b>	<b>Solveig Grønning</b>	<b>47</b>	<b>28:01</b>							
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+
<b>43</b>	<b>Åse Kristensen</b>	<b>94</b>	<b>28:02</b>							
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+
<b>44</b>	<b>Ingunn Fandrem</b>	<b>47</b>	<b>28:03</b>							
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+

Class	Navn	Klasse	Tid							
<b>45</b>	<b>Gunvor Frafjord Tungesvik</b>	<b>228</b>	<b>28:09</b>							
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-
<b>46</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>	<b>28:12</b>							
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-
<b>47</b>	<b>Eli Tjetland</b>	<b>116</b>	<b>28:17</b>							
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&
<b>48</b>	<b>Tove Kristin K. Helvig</b>	<b>105</b>	<b>28:50</b>							
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#
<b>49</b>	<b>Randi Wesetvik</b>	<b>116</b>	<b>28:56</b>							
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&
<b>50</b>	<b>Margretha Almedal</b>	<b>91</b>	<b>28:58</b>							
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-
<b>51</b>	<b>Jorunn Birkeland</b>	<b>47</b>	<b>28:59</b>							
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&
<b>52</b>	<b>May Kristin Haaland</b>	<b>47</b>	<b>29:01</b>							
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-
<b>53</b>	<b>Linn Skadberg</b>	<b>113</b>	<b>29:33</b>							
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-
<b>54</b>	<b>Jorunn Pedersen Lima</b>	<b>113</b>	<b>29:39</b>							
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-
<b>55</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>	<b>29:46</b>							
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&
<b>56</b>	<b>Signe Lise Haaland</b>	<b>66</b>	<b>29:52</b>							
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+
<b>57</b>	<b>Solbjørg Lima Skadberg</b>	<b>113</b>	<b>30:02</b>							
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+
<b>58</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>	<b>30:15</b>							
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+
<b>59</b>	<b>Grete Hellevik</b>	<b>168</b>	<b>30:33</b>							
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-

Class	Navn	Klasse	Tid							
<b>60</b>	<b>Haldis Vagle</b>	<b>92</b>	<b>30:45</b>							
01:46+	04:59+	06:48+	11:13+	14:23+	15:58+	18:20+	22:29+	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&
<b>61</b>	<b>Sigrun Serigstad</b>	<b>128</b>	<b>31:17</b>							
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-
<b>62</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>	<b>31:18</b>							
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-
<b>63</b>	<b>Marte Bollestad</b>	<b>126</b>	<b>31:34</b>							
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-
<b>64</b>	<b>Gudrun Hegelstad</b>	<b>92</b>	<b>31:45</b>							
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-
<b>65</b>	<b>Gunn Vagle</b>	<b>126</b>	<b>32:42</b>							
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-
<b>66</b>	<b>Ase Franciska Møster</b>	<b>128</b>	<b>33:46</b>							
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-
<b>67</b>	<b>Gro Mariero Totland</b>	<b>59</b>	<b>34:03</b>							
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&
<b>68</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>34:29</b>							
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-
<b>69</b>	<b>Priya Chilamkurthi</b>	<b>136</b>	<b>34:40</b>							
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&
<b>70</b>	<b>Judith Serigstad</b>	<b>128</b>	<b>34:54</b>							
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+
<b>71</b>	<b>Bente Salte Aune</b>	<b>128</b>	<b>34:55</b>							
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+
<b>72</b>	<b>Marit Ytreland</b>	<b>27</b>	<b>35:18</b>							
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#
<b>73</b>	<b>Ase Sellereite</b>	<b>27</b>	<b>35:32</b>							
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-
<b>74</b>	<b>Gro Lygre</b>	<b>111</b>	<b>36:10</b>							
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#

Class	Navn	Klasse										Tid
<b>75</b>	<b>Inger Synnøve Sjørusen</b>	<b>92</b>										<b>36:25</b>
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+		
<b>76</b>	<b>Margot Asheim</b>	<b>105</b>										<b>36:31</b>
01:10+	03:57+	05:11+	08:14+	10:29+	11:50+	14:14+	20:37+	28:02+	29:17+	30:45+	33:00+	
01:10+	02:47+	01:14+	03:03+	02:15+	01:21+	02:24+	06:23+	07:25+	01:15-	01:28+	02:15+	
00:27&	01:12&	00:10#	00:02+	00:28&	00:15#	01:05&	04:29@	05:18@	00:37-	00:07+	02:15+	
<b>77</b>	<b>Hilde Søndresen</b>	<b>93</b>										<b>36:34</b>
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#		
<b>78</b>	<b>Aase Sveinsvoll</b>	<b>94</b>										<b>37:03</b>
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&		
<b>79</b>	<b>Brynhild Haaland</b>	<b>101</b>										<b>37:18</b>
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&		
<b>80</b>	<b>Hazel Grayston</b>	<b>263</b>										<b>38:39</b>
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&		
<b>81</b>	<b>Else Marie Furland</b>	<b>93</b>										<b>39:44</b>
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&		
<b>82</b>	<b>Liv Ertesvåg</b>	<b>83</b>										<b>43:15</b>
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&		
<b>83</b>	<b>Unni K Tveit</b>	<b>105</b>										<b>44:53</b>
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#		
<b>84</b>	<b>Linda Haukås</b>	<b>113</b>										<b>47:42</b>
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&		
<b>85</b>	<b>Toyah Bråtveit</b>	<b>115</b>										<b>48:54</b>
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-		
<b>Beste strekktid for klassen</b>												
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

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



Class	Navn	Klasse										Tid				
<b>3</b>	<b>Jørgen Strømstad</b>	<b>50</b>										<b>21:56</b>				
00:55+	02:01-	03:50-	04:55-	06:22-	07:30-	07:53-	10:58-	11:56=	13:08+	14:32+	17:09+	17:49+	18:44+	19:49+	21:10+	21:56+
00:55+	01:06-	01:49-	01:05-	01:27+	01:08+	00:23-	03:05-	00:58+	01:12+	01:24-	02:37+	00:40-	00:55+	01:05+	01:21-	00:46-
00:11#	00:13-	00:11-	00:06-	00:03+	00:05+	00:01-	00:21-	00:33#	00:09#	00:04-	01:08&	00:08-	00:05#	00:05+	00:13-	00:03-
<b>4</b>	<b>Torbjørn Ims Østby</b>	<b>66</b>										<b>21:59</b>				
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-
<b>5</b>	<b>Thorben Beimel</b>	<b>239</b>										<b>22:21</b>				
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=
<b>6</b>	<b>Andreas Terjesen</b>	<b>53</b>										<b>22:47</b>				
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+
<b>7</b>	<b>Håkon Eggebø</b>	<b>71</b>										<b>22:50</b>				
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&	00:00=	00:00=	00:03+
<b>8</b>	<b>Bjørnar Owren</b>	<b>74</b>										<b>23:01</b>				
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-
<b>9</b>	<b>Andreas Segadal Breiland</b>	<b>194</b>										<b>23:09</b>				
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#
<b>10</b>	<b>David Wade</b>	<b>116</b>										<b>23:16</b>				
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-
<b>11</b>	<b>Marius Stene</b>	<b>27</b>										<b>23:33</b>				
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-
<b>12</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>										<b>23:57</b>				
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+
<b>13</b>	<b>Morten Fenne</b>	<b>228</b>										<b>24:28</b>				
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#
<b>14</b>	<b>Svein Kyllingstad</b>	<b>71</b>										<b>25:20</b>				
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#
<b>15</b>	<b>Thomas Jansen</b>	<b>289</b>										<b>25:34</b>				
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-
<b>16</b>	<b>Andreas Urdal</b>	<b>118</b>										<b>26:13</b>				
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&
<b>17</b>	<b>Rune Hatle</b>	<b>65</b>										<b>28:06</b>				
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#

Class	Navn	Klasse											Tid			
<b>18</b>	<b>Håvard Thomassen Lauritsen</b>	<b>116</b>											<b>28:55</b>			
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&
<b>19</b>	<b>Alexander Khorunzhiy</b>	<b>287</b>											<b>29:25</b>			
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+	29:25+
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+	01:03+
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+	00:14&
<b>20</b>	<b>Audun Helland</b>	<b>116</b>											<b>29:47</b>			
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+	29:47+
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-	01:01+
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-	00:12#
<b>21</b>	<b>Frode Ungar</b>	<b>116</b>											<b>29:54</b>			
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+	29:54+
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+	00:56+
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+	00:07#
<b>22</b>	<b>Sondre Aspøy</b>	<b>117</b>											<b>29:57</b>			
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+	29:57+
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=	00:54+
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=	00:05#
<b>23</b>	<b>Jørgen Johnsen</b>	<b>167</b>											<b>30:02</b>			
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+	30:02+
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+	00:52+
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&	00:03+
<b>24</b>	<b>Sondre Liavåg Larsen</b>	<b>71</b>											<b>30:08</b>			
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+	30:08+
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+	00:57+
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+	00:08#
<b>25</b>	<b>Dag Eivind Watsend</b>	<b>92</b>											<b>31:46</b>			
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+	31:46+
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+	01:00+
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+	00:11#
<b>26</b>	<b>Cato Eike</b>	<b>79</b>											<b>31:51</b>			
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+	31:51+
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-	00:49=
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-	00:00=
<b>27</b>	<b>Richard Galle</b>	<b>66</b>											<b>32:33</b>			
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+	32:33+
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-	00:47-
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-	00:02-
<b>28</b>	<b>Jon Vikse</b>	<b>134</b>											<b>35:48</b>			
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+	35:48+
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+	00:55+
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#	00:06#
<b>29</b>	<b>Øivind Fandrem Høivik</b>	<b>66</b>											<b>37:19</b>			
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+	37:19+
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=	01:04+
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=	00:15&
<b>30</b>	<b>Eirik Thu</b>	<b>126</b>											<b>37:46</b>			
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+	37:46+
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+	00:49=
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+	00:00=
<b>31</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>											<b>40:16</b>			
01:47+	04:27+	08:11+	10:33+	14:57+	15:38+	22:16+	23:40+	26:16+	28:25+	31:41+	33:02+	35:01+	36:44+	38:54+	40:16+	
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+	01:22+
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&	00:33&
<b>32</b>	<b>Rune Aasvestad</b>	<b>136</b>											<b>43:17</b>			
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+	43:17+
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+	00:57+
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+	00:08#

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

**Beste strekktid for klassen**

00:37 00:58 01:38 01:05 01:13 00:54 00:22 03:05 00:23 01:03 01:18 01:29 00:30 00:46 00:58 01:18 00:44

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

**Herrer 40 - 49 år**

<b>1</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>	<b>22:58</b>													
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=
<b>2</b>	<b>Oddmund Nordgård</b>	<b>105</b>	<b>23:01</b>													
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-
<b>3</b>	<b>Magnus Langvik</b>	<b>18</b>	<b>25:14</b>													
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-
<b>4</b>	<b>Trondr Breiland</b>	<b>53</b>	<b>25:56</b>													
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-
<b>5</b>	<b>Peter Chapman</b>	<b>117</b>	<b>26:52</b>													
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+
<b>6</b>	<b>Jakob Ravnås</b>	<b>294</b>	<b>26:57</b>													
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#
<b>7</b>	<b>Svein Oddvar Netland</b>	<b>116</b>	<b>27:04</b>													
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+
<b>8</b>	<b>Rune Paulsen</b>	<b>98</b>	<b>27:39</b>													
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-
<b>9</b>	<b>Magne Habbestad</b>	<b>111</b>	<b>27:50</b>													
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#
<b>10</b>	<b>Thomas Johansen</b>	<b>111</b>	<b>27:59</b>													
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-
<b>11</b>	<b>Gunnar Thorset</b>	<b>117</b>	<b>28:27</b>													
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+	01:00+	01:05+	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+
<b>12</b>	<b>André Sirevåg</b>	<b>116</b>	<b>29:27</b>													
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&
<b>13</b>	<b>Arngrim Utskarpen</b>	<b>117</b>	<b>29:47</b>													
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+

Class	Navn	Klasse										Tid				
<b>14</b>	<b>John Breiland</b>	<b>352</b>										<b>29:55</b>				
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#
<b>15</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>30:11</b>				
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&
<b>16</b>	<b>Charles-Francois Farbos</b>	<b>42</b>										<b>30:43</b>				
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=
<b>17</b>	<b>Ole Morten Svendsen</b>	<b>66</b>										<b>31:02</b>				
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&
<b>18</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>31:14</b>				
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#
<b>19</b>	<b>Kjetil Bårdsen</b>	<b>105</b>										<b>31:22</b>				
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-
<b>20</b>	<b>Andreas Becht</b>	<b>116</b>										<b>32:43</b>				
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-
<b>21</b>	<b>Bjørn Kristian Røyland</b>	<b>115</b>										<b>33:00</b>				
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-
<b>22</b>	<b>Dag Andre Kvernstrøm</b>	<b>66</b>										<b>33:08</b>				
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@
<b>23</b>	<b>Håvard Svihus</b>	<b>267</b>										<b>33:19</b>				
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&
<b>24</b>	<b>Erlend Kveinen</b>	<b>116</b>										<b>33:33</b>				
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=
<b>25</b>	<b>Lars Solvang</b>	<b>116</b>										<b>35:40</b>				
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&
<b>26</b>	<b>Martin Simpson</b>	<b>167</b>										<b>42:10</b>				
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+	01:55+	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&
<b>Beste strekktid for klassen</b>																
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

Class	Navn	Klasse										Tid		
<b>1</b>	<b>Bertrand Denieul</b>	<b>42</b>										<b>22:18</b>		
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=
<b>2</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>24:06</b>		
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#
<b>3</b>	<b>Frode Engen</b>	<b>116</b>										<b>24:06</b>		
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&
<b>4</b>	<b>Håvard Håland</b>	<b>66</b>										<b>24:22</b>		
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#
<b>5</b>	<b>Ole Petter Haukaas</b>	<b>109</b>										<b>24:55</b>		
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#
<b>6</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>24:57</b>		
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#
<b>7</b>	<b>Alf Håkon Haugland</b>	<b>116</b>										<b>25:15</b>		
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+
<b>8</b>	<b>Arne Magne Sondresen</b>	<b>92</b>										<b>25:35</b>		
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#
<b>9</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>26:02</b>		
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&
<b>10</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>26:12</b>		
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&
<b>11</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>26:32</b>		
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&
<b>12</b>	<b>Anders Glenne</b>	<b>7</b>										<b>26:52</b>		
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#
<b>13</b>	<b>Geir Haugvaldstad</b>	<b>116</b>										<b>27:03</b>		
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#
<b>14</b>	<b>Tor Brekken</b>	<b>97</b>										<b>27:09</b>		
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&
<b>15</b>	<b>Frank Hansen</b>	<b>29</b>										<b>27:10</b>		
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&

Class	Navn	Klasse										Tid		
<b>16</b>	<b>Arnfinn Rømuld</b>	<b>116</b>										<b>27:21</b>		
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+
<b>17</b>	<b>Øivind Berggraf</b>	<b>116</b>										<b>27:48</b>		
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#
<b>18</b>	<b>Arne Nygaard</b>	<b>66</b>										<b>28:28</b>		
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#
<b>19</b>	<b>Kjell R. Nordmark</b>	<b>7</b>										<b>28:43</b>		
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#
<b>20</b>	<b>Sigbjørn Gløppen</b>	<b>144</b>										<b>28:53</b>		
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#
<b>21</b>	<b>Inge Skretting</b>	<b>165</b>										<b>29:22</b>		
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#
<b>22</b>	<b>Magnar Møller</b>	<b>62</b>										<b>29:52</b>		
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#
<b>23</b>	<b>Ådne Hausberg</b>	<b>7</b>										<b>30:06</b>		
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#
<b>24</b>	<b>Torbjørn Dahle</b>	<b>92</b>										<b>30:07</b>		
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#
<b>25</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>30:50</b>		
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#
<b>26</b>	<b>Ernst Kristensen</b>	<b>116</b>										<b>31:04</b>		
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#
<b>27</b>	<b>Knut Feldmann</b>	<b>93</b>										<b>31:10</b>		
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#
<b>28</b>	<b>Arild Holm</b>	<b>114</b>										<b>31:31</b>		
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#
<b>29</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>31:31</b>		
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#
<b>30</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>31:42</b>		
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#

Class	Navn	Klasse											Tid	
<b>31</b>	<b>Stein Arve Finnestad</b>	<b>287</b>											<b>32:11</b>	
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#
<b>32</b>	<b>Åge Håland</b>	<b>214</b>											<b>32:20</b>	
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#
<b>33</b>	<b>Kjell Ove Aksland</b>	<b>27</b>											<b>32:36</b>	
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#
<b>34</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>											<b>33:02</b>	
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#
<b>35</b>	<b>Kjell Seland</b>	<b>236</b>											<b>33:22</b>	
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#
<b>36</b>	<b>Ove Njå</b>	<b>90</b>											<b>33:32</b>	
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#
<b>37</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>											<b>33:43</b>	
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#
<b>38</b>	<b>Josef Ludoid</b>	<b>228</b>											<b>35:10</b>	
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#
<b>39</b>	<b>John C. Sinnes</b>	<b>93</b>											<b>35:19</b>	
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#
<b>40</b>	<b>Svein Magne Gloppen</b>	<b>93</b>											<b>35:26</b>	
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#
<b>41</b>	<b>Ivar Bergset</b>	<b>35</b>											<b>35:33</b>	
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#
<b>42</b>	<b>Kjetil Heradstveit</b>	<b>12</b>											<b>36:36</b>	
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#
<b>43</b>	<b>Frode Følgesvold</b>	<b>5</b>											<b>39:39</b>	
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#
<b>44</b>	<b>Tore Morten Hope</b>	<b>228</b>											<b>40:01</b>	
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#
<b>45</b>	<b>Asbjørn Bråndland</b>	<b>297</b>											<b>43:26</b>	
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#

Class	Navn	Klasse										Tid		
<b>46</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>45:19</b>		
01:38+	03:10+	06:07+	13:41+	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+	
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&
<b>47</b>	<b>Steinar Torjusen</b>	<b>167</b>										<b>49:31</b>		
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&
<b>Beste strekktid for klassen</b>														
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

<b>1</b>	<b>Espen Krogh</b>	<b>7</b>										<b>20:59</b>				
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=	20:07=	20:59=
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=	01:20=	00:52=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kjell Skjæveland</b>	<b>108</b>										<b>23:17</b>				
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+	22:22+	23:17+
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+	01:28+	00:55+
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+	00:05+	00:08#	00:03+
<b>3</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>24:49</b>				
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+	23:45+	24:49+
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+	01:54+	01:04+
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&	00:34&	00:12#
<b>4</b>	<b>Torbjørn Evensen</b>	<b>108</b>										<b>25:31</b>				
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+	24:21+	25:31+
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+	01:40+	01:10+
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&	00:20#	00:18&
<b>5</b>	<b>Dag Helliksen</b>	<b>80</b>										<b>25:41</b>				
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+	24:38+	25:41+
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=	01:28+	01:03+
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=	00:08#	00:11#
<b>6</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>26:41</b>				
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+	25:28+	26:41+
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+	01:56+	01:13+
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&	00:36&	00:21&
<b>7</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>27:12</b>				
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+	26:11+	27:12+
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+	01:54+	01:01+
00:17&	00:26&	00:37&	00:25&	00:12&	00:10#	00:59&	00:10+	00:06#	00:18&	00:11#	00:05+	00:16&	01:01&	00:10#	00:34&	00:09#
<b>8</b>	<b>Magne Tunheim</b>	<b>144</b>										<b>28:26</b>				
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+	27:35+	28:26+
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+	01:17-	00:51-
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+	00:03-	00:01-
<b>9</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>30:46</b>				
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+	29:34+	30:46+
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+	01:50+	01:12+
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#	00:30&	00:20&
<b>10</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>31:13</b>				
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+	29:56+	31:13+
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+	01:58+	01:17+
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&	00:38&	00:25&
<b>11</b>	<b>Olav Tunheim</b>	<b>93</b>										<b>32:10</b>				
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+	30:54+	32:10+
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+	02:06+	01:16+
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&	00:46&	00:24&



Class	Navn	Klasse												Tid			
<b>12</b>	<b>Jan Øyvind Lilledal</b>	<b>281</b>												<b>35:57</b>			
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+	34:53+	35:57+	
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+	01:53+	01:04+	
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&	00:33&	00:12#	
<b>13</b>	<b>Ommund Bakkevold</b>	<b>68</b>												<b>36:19</b>			
01:23+	04:22+	06:47+	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&	
<b>14</b>	<b>Rolf Kleppe</b>	<b>63</b>												<b>37:58</b>			
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&	
<b>15</b>	<b>Inge Johan Øverland</b>	<b>93</b>												<b>42:07</b>			
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&	
<b>16</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>												<b>43:00</b>			
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#	
<b>17</b>	<b>Egil Røyneberg</b>	<b>93</b>												<b>45:21</b>			
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+	03:20+	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&	
<b>Beste strekktid for klassen</b>																	
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

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>												<b>19:53</b>			
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=	
<b>2</b>	<b>Bjørn Alsaker</b>	<b>115</b>												<b>20:18</b>			
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-	
<b>3</b>	<b>Eivind L. Rake</b>	<b>92</b>												<b>24:16</b>			
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&	
<b>4</b>	<b>Ragnvald Frøyland</b>	<b>128</b>												<b>25:02</b>			
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+	
<b>5</b>	<b>Gunnar Sakseid</b>	<b>116</b>												<b>25:11</b>			
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=	
<b>6</b>	<b>Bjørn Bjelland</b>	<b>83</b>												<b>25:23</b>			
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#	
<b>7</b>	<b>Svein Berge</b>	<b>126</b>												<b>25:23</b>			
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#	

Class	Navn	Klasse										Tid					
<b>8</b>	<b>Jan Hetland</b>	<b>29</b>										<b>25:54</b>					
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-	
<b>9</b>	<b>Otto Alsnes</b>	<b>50</b>										<b>26:38</b>					
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&	
<b>10</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>27:44</b>					
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&	
<b>11</b>	<b>Roar Fitjar</b>	<b>101</b>										<b>31:16</b>					
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&	
<b>12</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>										<b>32:20</b>					
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&	
<b>13</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>32:29</b>					
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#	
<b>14</b>	<b>Terje Gautestad</b>	<b>54</b>										<b>33:08</b>					
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&	
<b>15</b>	<b>Bjørn Tore Aase</b>	<b>29</b>										<b>33:39</b>					
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

<b>1</b>	<b>Harry Breiland</b>	<b>66</b>										<b>19:20</b>					
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=	
<b>2</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>22:19</b>					
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+	
<b>3</b>	<b>Hilmar Røthing</b>	<b>128</b>										<b>22:54</b>					
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+	
<b>4</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>24:01</b>					
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#	00:10#	00:16#	00:34&	00:03+	00:08#	01:10&	00:34&	00:16&	00:15&	00:16#	00:09#	00:04+	
<b>5</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>24:35</b>					
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+	

Class	Navn	Klasse										Tid				
<b>6</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>25:10</b>				
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#
<b>7</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>25:46</b>				
01:08+	03:34+	05:11+	06:28+	07:07+	08:26+	10:53+	13:11+	13:53+	14:53+	16:51+	18:55+	20:20+	21:33+	22:50+	24:45+	25:46+
01:08+	02:26+	01:37+	01:17+	00:39=	01:19+	02:27+	02:18+	00:42+	01:00+	01:58+	02:04+	01:25+	01:13+	01:17+	01:55+	01:01+
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+
<b>8</b>	<b>Odd Garpestad</b>	<b>29</b>										<b>26:28</b>				
01:23+	06:10+	08:45+	09:52+	10:34+	11:42+	13:31+	15:46+	16:24+	17:13+	18:58+	20:20+	21:32+	22:42+	23:59+	25:29+	26:28+
01:23+	04:47+	02:35+	01:07+	00:42+	01:08+	01:49+	02:15+	00:38+	00:49-	01:45+	01:22+	01:12+	01:10+	01:17+	01:30+	00:59+
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#	00:13#	00:11#	00:10#	00:03+
<b>9</b>	<b>Arne Østensen</b>	<b>90</b>										<b>28:18</b>				
01:07+	03:00+	04:55+	06:20+	07:12+	08:27+	10:50+	13:13+	13:59+	14:59+	17:00+	18:33+	22:07+	24:11+	25:30+	27:15+	28:18+
01:07+	01:53+	01:55+	01:25+	00:52+	01:15+	02:23+	02:23+	00:46+	01:00+	02:01+	01:33+	03:34+	02:04+	01:19+	01:45+	01:03+
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@	01:07@	00:13#	00:25&	00:07#
<b>10</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>28:41</b>				
01:36+	03:49+	05:39+	07:00+	07:53+	09:23+	12:16+	15:14+	16:09+	17:39+	20:05+	21:23+	22:45+	24:06+	25:45+	27:30+	28:41+
01:36+	02:13+	01:50+	01:21+	00:53+	01:30+	02:53+	02:58+	00:55+	01:30+	02:26+	01:18+	01:22+	01:21+	01:39+	01:45+	01:11+
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&	00:24&	00:33&	00:25&	00:15&
<b>11</b>	<b>Sverre Vatland</b>	<b>93</b>										<b>30:35</b>				
01:42+	03:57+	06:04+	07:42+	08:44+	10:27+	13:05+	16:26+	17:47+	19:01+	21:14+	22:29+	24:00+	25:33+	27:10+	29:19+	30:35+
01:42+	02:15+	02:07+	01:38+	01:02+	01:43+	02:38+	03:21+	02:14+	01:14+	02:13+	01:15+	01:31+	01:33+	01:37+	02:09+	01:16+
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&	00:36&	00:31&	00:49&	00:20&
<b>12</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>30:41</b>				
01:25+	03:56+	07:49+	09:19+	10:15+	11:40+	13:45+	16:25+	17:48+	18:59+	22:12+	23:47+	25:06+	26:25+	27:48+	29:34+	30:41+
01:25+	02:31+	03:53+	01:30+	00:56+	01:25+	02:05+	02:40+	01:23+	01:11+	03:13+	01:35+	01:19+	01:19+	01:23+	01:46+	01:07+
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&	00:22&	00:17&	00:26&	00:11#
<b>13</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>30:56</b>				
01:05+	03:19+	05:26+	06:56+	07:44+	09:17+	12:29+	15:05+	15:49+	16:52+	21:40+	23:23+	24:42+	26:01+	27:34+	29:36+	30:56+
01:05+	02:14+	02:07+	01:30+	00:48+	01:33+	03:12+	02:36+	00:44+	01:03+	04:48+	01:43+	01:19+	01:19+	01:33+	02:02+	01:20+
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&	00:22&	00:27&	00:42&	00:24&
<b>14</b>	<b>Geir Husdal</b>	<b>93</b>										<b>32:05</b>				
01:10+	03:20+	05:20+	06:54+	07:51+	09:26+	13:37+	17:24+	18:15+	19:38+	22:30+	23:51+	25:38+	26:54+	28:44+	30:55+	32:05+
01:10+	02:10+	02:00+	01:34+	00:57+	01:35+	04:11+	03:47+	00:51+	01:23+	02:52+	01:21+	01:47+	01:16+	01:50+	02:11+	01:10+
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&	00:19&	00:44&	00:51&	00:14#
<b>15</b>	<b>Ingjald Egeland</b>	<b>7</b>										<b>32:43</b>				
01:26+	03:32+	05:22+	06:41+	07:40+	09:21+	12:01+	16:12+	17:49+	19:02+	21:15+	23:22+	26:38+	28:11+	29:39+	31:30+	32:43+
01:26+	02:06+	01:50+	01:19+	00:59+	01:41+	02:40+	04:11+	01:37+	01:13+	02:13+	02:07+	03:16+	01:33+	01:28+	01:51+	01:13+
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@	00:36&	00:22&	00:31&	00:17&
<b>16</b>	<b>Knut Jonas Espedal</b>	<b>53</b>										<b>34:51</b>				
01:15+	05:40+	07:57+	09:24+	10:33+	11:57+	14:42+	18:58+	19:49+	21:11+	24:17+	25:49+	27:23+	29:15+	31:03+	33:28+	34:51+
01:15+	04:25+	02:17+	01:27+	01:09+	01:24+	02:45+	04:16+	00:51+	01:22+	03:06+	01:32+	01:34+	01:52+	01:48+	02:25+	01:23+
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&	00:55&	00:42&	01:05&	00:27&
<b>17</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>35:19</b>				
01:29+	04:03+	06:41+	08:00+	08:52+	10:24+	12:54+	16:03+	17:12+	18:21+	21:42+	24:16+	27:24+	28:47+	30:35+	33:51+	35:19+
01:29+	02:34+	02:38+	01:19+	00:52+	01:32+	02:30+	03:09+	01:09+	01:09+	03:21+	02:34+	03:08+	01:23+	01:48+	03:16+	01:28+
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@	00:26&	00:42&	01:56@	00:32&
<b>18</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>38:33</b>				
01:19+	03:34+	05:24+	06:54+	07:44+	09:39+	12:20+	18:28+	19:22+	20:38+	22:48+	31:07+	32:36+	34:13+	35:48+	37:23+	38:33+
01:19+	02:15+	01:50+	01:30+	00:50+	01:55+	02:41+	06:08+	00:54+	01:16+	02:10+	08:19+	01:29+	01:37+	01:35+	01:35+	01:10+
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&	00:40&	00:29&	00:15#	00:14#
<b>19</b>	<b>Reidar Liland</b>	<b>66</b>										<b>44:01</b>				
02:11+	05:08+	08:36+	10:49+	12:21+	14:51+	19:22+	24:12+	26:09+	28:13+	31:32+	33:17+	35:17+	37:36+	39:44+	42:27+	44:01+
02:11+	02:57+	03:28+	02:13+	01:32+	02:30+	04:31+	04:50+	01:57+	02:04+	03:19+	01:45+	02:00+	02:19+	02:08+	02:43+	01:34+
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&	01:22@	01:02&	01:23@	00:38&
<b>20</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>										<b>44:06</b>				
01:35+	06:45+	09:28+	12:22+	13:31+	15:16+	19:11+	24:51+	25:58+	27:31+	30:00+	31:35+	36:00+	37:56+	40:18+	42:28+	44:06+
01:35+	05:10+	02:43+	02:54+	01:09+	01:45+	03:55+	05:40+	01:07+	01:33+	02:29+	01:35+	04:25+	01:56+	02:22+	02:10+	01:38+
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@	00:59@	01:16@	00:50&	00:42&

Class	Navn	Klasse												Tid			
<b>21</b>	<b>Jan H. Sagen</b>	<b>92</b>												<b>46:39</b>			
03:29+	07:29+	10:04+	13:45+	14:35+	16:32+	24:11+	28:05+	30:04+	31:48+	34:54+	36:58+	38:50+	40:33+	42:37+	45:03+	46:39+	
03:29+	04:00+	02:35+	03:41+	00:50+	01:57+	07:39+	03:54+	01:59+	01:44+	03:06+	02:04+	01:52+	01:43+	02:04+	02:26+	01:36+	
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&	00:46&	00:58&	01:06&	00:40&	
<b>22</b>	<b>Steinar Undheim</b>	<b>54</b>												<b>48:29</b>			
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@	
<b>23</b>	<b>John Abrahamsen</b>	<b>125</b>												<b>51:10</b>			
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@	
<b>24</b>	<b>Mangor Eikeland</b>	<b>92</b>												<b>55:09</b>			
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&	
<b>Beste strekktid for klassen</b>																	
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

<b>1</b>	<b>Tormod Aaslid</b>	<b>54</b>												<b>20:37</b>											
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=	00:00=	00:00=	00:00=	00:00=									
<b>2</b>	<b>Terje Braut</b>	<b>92</b>												<b>27:08</b>											
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&													
<b>3</b>	<b>Harald Vatne</b>	<b>67</b>												<b>29:33</b>											
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+													
<b>4</b>	<b>Jan Bekkeheien</b>	<b>92</b>												<b>30:46</b>											
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&													
<b>5</b>	<b>Alf Gyland</b>	<b>92</b>												<b>33:15</b>											
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&													
<b>6</b>	<b>Gunnar Furland</b>	<b>93</b>												<b>36:20</b>											
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&													
<b>7</b>	<b>Arne Brandsberg</b>	<b>29</b>												<b>36:26</b>											
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@													
<b>8</b>	<b>Arne Tveita</b>	<b>109</b>												<b>38:02</b>											
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&													
<b>9</b>	<b>Rolv Nærland</b>	<b>63</b>												<b>40:53</b>											
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#													

Class	Navn	Klasse										Tid	
<b>10</b>	<b>Torleiv Møgedal</b>	<b>68</b>										<b>41:14</b>	
	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&
<b>11</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>46:19</b>	
	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&
<b>Beste strekktid for klassen</b>													
	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

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

## Herrer 80 år og eldre

<b>1</b>	<b>Bjarne Edland</b>	<b>92</b>										<b>25:32</b>	
	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=		
<b>2</b>	<b>Arnulf Fuglestad</b>	<b>29</b>										<b>26:40</b>	
	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#		
<b>3</b>	<b>Sigurd Krosli</b>	<b>31</b>										<b>28:10</b>	
	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#		
<b>4</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>29:45</b>	
	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#		
<b>5</b>	<b>Peter Frafjord</b>	<b>116</b>										<b>37:38</b>	
	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&		
<b>6</b>	<b>Magne Westerheim</b>	<b>93</b>										<b>47:11</b>	
	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

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

## Herrer A

<b>1</b>	<b>Fredrik Omdal</b>	<b>74</b>																		<b>19:09</b>		
	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=
<b>2</b>	<b>Ola Magnus Laugaland</b>	<b>194</b>																		<b>19:28</b>		
	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=
<b>3</b>	<b>Morten Bjerga Sundli</b>	<b>7</b>																		<b>20:18</b>		
	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+

Class	Navn	Klasse										Tid									
<b>4</b>	<b>Harald Kalager</b>	<b>7</b>										<b>22:22</b>									
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#
<b>5</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>										<b>22:35</b>									
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&
<b>6</b>	<b>Markus Breivold</b>	<b>92</b>										<b>23:07</b>									
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-
<b>7</b>	<b>Runar Eike Toft</b>	<b>116</b>										<b>24:11</b>									
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-
<b>8</b>	<b>Kristian Haarr</b>	<b>27</b>										<b>24:12</b>									
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#
<b>Beste strekktid for klassen</b>																					
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.																					
<b>Herrer B</b>																					
<b>1</b>	<b>Tom Furland</b>	<b>62</b>										<b>21:58</b>									
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=
<b>2</b>	<b>Magnus Landstad</b>	<b>66</b>										<b>22:48</b>									
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-
<b>3</b>	<b>Odd Ivar Karlsen</b>	<b>76</b>										<b>22:49</b>									
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-
<b>4</b>	<b>Geir Sand</b>	<b>105</b>										<b>23:13</b>									
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-
<b>5</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>										<b>24:00</b>									
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#
<b>6</b>	<b>Odd Fuglestad</b>	<b>250</b>										<b>24:25</b>									
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=
<b>7</b>	<b>Joar Eilevstjønn</b>	<b>67</b>										<b>24:43</b>									
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#
<b>8</b>	<b>Oddgeir Eikeskog</b>	<b>93</b>										<b>25:02</b>									
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#

Class	Navn	Klasse										Tid									
<b>9</b>	<b>Per Olav Haarr</b>	<b>62</b>										<b>25:17</b>									
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-
<b>10</b>	<b>Terje Michaelsen</b>	<b>47</b>										<b>25:49</b>									
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+	25:17+	25:49+
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-	01:19+	00:32-
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-	00:18#	00:06-
<b>11</b>	<b>Svein Erik Kvame</b>	<b>116</b>										<b>26:41</b>									
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+	26:02+	26:41+
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+	01:21+	00:39+
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#	00:20#	00:01+
<b>12</b>	<b>Bård Skogsholm</b>	<b>194</b>										<b>27:52</b>									
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+	27:14+	27:52+
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+	01:16+	00:38#
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#	00:15#	00:00#
<b>13</b>	<b>Pål Bårdsen</b>	<b>90</b>										<b>30:56</b>									
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+	30:14+	30:56+
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+	01:26+	00:42+
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#	00:25#	00:04#
<b>14</b>	<b>Øystein Amundrud</b>	<b>90</b>										<b>32:19</b>									
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+	31:34+	32:19+
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+	01:42+	00:45+
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#	00:41#	00:07#
<b>15</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>										<b>32:48</b>									
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+	32:01+	32:48+
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+	01:30+	00:47+
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#	00:29#	00:09#
<b>Beste strekktid for klassen</b>																					
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	00:54	00:32

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

## Herrer C

<b>1</b>	<b>Nils John Vestøl</b>	<b>83</b>										<b>21:26</b>									
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=	00:00=	00:00=
<b>2</b>	<b>Kjetil Wirak</b>	<b>114</b>										<b>22:09</b>									
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+		
<b>3</b>	<b>Kjell Dale</b>	<b>93</b>										<b>22:22</b>									
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+	00:02-	00:02-	00:08#	00:06-	00:05#	00:12#	00:01-	00:00=	00:01-	00:02-	00:13#	00:08#	00:16#		
<b>4</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>23:42</b>									
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+		
<b>5</b>	<b>Paul Terje Haarr</b>	<b>62</b>										<b>24:33</b>									
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-		
<b>6</b>	<b>Geir Frøylog</b>	<b>29</b>										<b>24:56</b>									
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+		

Class	Navn	Klasse										Tid									
<b>7</b>	<b>Henning Sundby</b>	<b>114</b>										<b>25:29</b>									
00:45+	02:28+	03:45+	05:30+	08:03+	08:52+	10:05+	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&		
<b>8</b>	<b>Inge Løland</b>	<b>114</b>										<b>25:41</b>									
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+	
<b>9</b>	<b>Rune Christiansen</b>	<b>93</b>										<b>26:20</b>									
00:37-	02:07+	03:29+	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+		
<b>10</b>	<b>Ove Oaland</b>	<b>116</b>										<b>29:17</b>									
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#		
<b>11</b>	<b>Øystein Huglen</b>	<b>27</b>										<b>29:42</b>									
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&		
<b>12</b>	<b>Knut Taugbøl</b>	<b>116</b>										<b>30:00</b>									
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&		
<b>13</b>	<b>Erling Mauland</b>	<b>83</b>										<b>30:34</b>									
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&		
<b>Beste strekktid for klassen</b>																					
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

<b>1</b>	<b>Truls Torkelsen</b>	<b>134</b>										<b>14:37</b>									
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=													
<b>2</b>	<b>Torstein Birkeland</b>	<b>134</b>										<b>20:02</b>									
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-													
<b>3</b>	<b>Asle Bru</b>	<b>91</b>										<b>22:31</b>									
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&													
<b>Beste strekktid for klassen</b>																					
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

<b>1</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>										<b>16:25</b>									
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=											



Class	Navn	Klasse	Tid							
<b>2</b>	<b>Vegard Braut Kyllingstad</b>	<b>66</b>	<b>16:27</b>							
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-
<b>3</b>	<b>Olav Magnus Eik Espedal</b>	<b>88</b>	<b>16:32</b>							
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-
<b>4</b>	<b>Bruno Pierfelice</b>	<b>51</b>	<b>19:12</b>							
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+
<b>5</b>	<b>Kjartan Bryne</b>	<b>105</b>	<b>19:48</b>							
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#
<b>6</b>	<b>Jon Arne Bratås</b>	<b>239</b>	<b>19:54</b>							
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-
<b>7</b>	<b>Heine Furubotten</b>	<b>192</b>	<b>20:10</b>							
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&
<b>8</b>	<b>Trond Egil Toft</b>	<b>53</b>	<b>20:27</b>							
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#
<b>9</b>	<b>Robin Chalmers</b>	<b>165</b>	<b>21:33</b>							
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#
<b>10</b>	<b>John Øgreid</b>	<b>27</b>	<b>21:36</b>							
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#
<b>11</b>	<b>Svein Mæle</b>	<b>115</b>	<b>21:49</b>							
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#
<b>12</b>	<b>Bruce Chalmers</b>	<b>165</b>	<b>22:13</b>							
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&
<b>13</b>	<b>Frode Lund</b>	<b>18</b>	<b>22:54</b>							
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&
<b>14</b>	<b>Steinar Amundsen</b>	<b>115</b>	<b>22:54</b>							
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&
<b>15</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>	<b>22:57</b>							
01:02+	03:19+	05:25+	10:37+	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&
<b>16</b>	<b>Leif Jarle Skåra</b>	<b>29</b>	<b>23:19</b>							
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&

Class	Navn	Klasse										Tid
<b>17</b>	<b>Andreas Kristiansen</b>	<b>167</b>										<b>23:25</b>
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&		
<b>18</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>24:34</b>
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&		
<b>19</b>	<b>Arnt Krisitian Viland</b>	<b>27</b>										<b>24:37</b>
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&		
<b>20</b>	<b>Cato Bjerkeli</b>	<b>237</b>										<b>24:52</b>
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#		
<b>21</b>	<b>Reidar Haver</b>	<b>4</b>										<b>25:02</b>
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#		
<b>22</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>25:04</b>
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&		
<b>23</b>	<b>Arild Svihus</b>	<b>92</b>										<b>25:17</b>
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&		
<b>24</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>25:42</b>
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#		
<b>25</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>26:10</b>
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#		
<b>26</b>	<b>Alexander Romanov</b>	<b>111</b>										<b>26:28</b>
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#		
<b>27</b>	<b>Elvio Freitas</b>	<b>51</b>										<b>26:37</b>
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#		
<b>28</b>	<b>Tom Leveraas</b>	<b>188</b>										<b>26:46</b>
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#		
<b>29</b>	<b>Tor Inge Hansen</b>	<b>144</b>										<b>26:53</b>
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&		
<b>30</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>27:12</b>
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#		
<b>31</b>	<b>Alf Olav Kalvik</b>	<b>7</b>										<b>27:29</b>
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&		

Class	Navn	Klasse	Tid
<b>32</b>	<b>John Helge Svandal</b>	<b>111</b>	<b>27:33</b>
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&	
<b>33</b>	<b>Mads Kristian Fjeldal</b>	<b>116</b>	<b>27:39</b>
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&	
<b>34</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>	<b>28:25</b>
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&	
<b>35</b>	<b>Per Aspøy</b>	<b>117</b>	<b>28:41</b>
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#	
<b>36</b>	<b>Gunnar Garstad</b>	<b>136</b>	<b>29:03</b>
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-	
<b>37</b>	<b>Ove Vatland</b>	<b>128</b>	<b>29:17</b>
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@	
<b>38</b>	<b>Jon Jakobsen</b>	<b>116</b>	<b>29:19</b>
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#	
<b>39</b>	<b>Asle Schanke Grude</b>	<b>92</b>	<b>29:26</b>
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&	
<b>40</b>	<b>Christof Schätz</b>	<b>239</b>	<b>29:29</b>
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&	
<b>41</b>	<b>Stephen Colgrave</b>	<b>115</b>	<b>29:37</b>
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&	
<b>42</b>	<b>Audun Sjøen</b>	<b>111</b>	<b>30:01</b>
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@	
<b>43</b>	<b>Jon Grepstad</b>	<b>111</b>	<b>30:21</b>
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&	
<b>44</b>	<b>Roger Vassbakk</b>	<b>51</b>	<b>30:44</b>
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&	
<b>45</b>	<b>Einar Hinna</b>	<b>7</b>	<b>32:53</b>
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@	
<b>46</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>	<b>33:25</b>
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&	

Class	Navn	Klasse										Tid
<b>47</b>	<b>Harald Nilsen</b>	<b>79</b>										<b>33:25</b>
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&		
<b>48</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>33:42</b>
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#		
<b>49</b>	<b>Arild Olsen</b>	<b>4</b>										<b>34:03</b>
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&		
<b>50</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>34:08</b>
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@		
<b>51</b>	<b>Paul Richard Carr</b>	<b>136</b>										<b>34:28</b>
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&		
<b>52</b>	<b>Inge Grødem</b>	<b>92</b>										<b>37:59</b>
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&		
<b>53</b>	<b>Per Bakken</b>	<b>5</b>										<b>41:40</b>
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&		
<b>54</b>	<b>Karl Johnny Braut</b>	<b>27</b>										<b>47:25</b>
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&		
<b>55</b>	<b>Arthur Christiansen</b>	<b>93</b>										<b>1:10:29</b>
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@		
<b>Beste strekktid for klassen</b>												
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.