

Plass Navn

Klasse

Tid

## Damer 16 - 39 år

<b>1</b>	<b>Tiina Sofia Salmén</b>	<b>126</b>	<b>45:06</b>													
02:22=	07:28=	10:25=	15:11=	16:15=	18:54=	20:35=	22:32=	23:40=	26:20=	28:24=	32:00=	35:10=	36:18=	40:17=	44:08=	45:06=
02:22=	05:06=	02:57=	04:46=	01:04=	02:39=	01:41=	01:57=	01:08=	02:40=	02:04=	03:36=	03:10=	01:08=	03:59=	03:51=	00:58=
00:00=	00:00=	00:00=	00:00=	00:00=	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>Agnes Selma Haker</b>	<b>115</b>	<b>48:28</b>													
01:50-	05:54-	09:09-	14:55-	17:39+	21:34+	23:02+	24:39+	25:48+	28:45+	30:54+	34:45+	36:54+	38:02+	42:02+	47:12+	48:28+
01:50-	04:04-	03:15+	05:46+	02:44+	03:55+	01:28-	01:37-	01:09+	02:57+	02:09+	03:51+	02:09-	01:08=	04:00+	05:10+	01:16+
00:32-	01:02-	00:18#	00:16-	00:03+	00:21#	00:13-	00:20-	00:01+	00:17#	00:05+	00:15+	01:01-	00:00=	00:01+	01:19#	00:18#
<b>3</b>	<b>Andrea Sætre</b>	<b>101</b>	<b>50:30</b>													
02:00-	05:58-	09:59-	14:29-	15:36-	18:36-	21:41+	23:35+	24:41+	29:54+	33:24+	36:38+	39:24+	40:25+	46:32+	49:24+	50:30+
02:00-	03:58-	04:01+	04:30-	01:07+	03:00+	03:05+	01:54-	01:06-	05:13+	03:30+	03:14-	02:46-	01:01-	06:07+	02:52-	01:06+
00:22-	01:08-	01:04#	00:16-	00:03+	00:21#	01:24#	00:03-	00:02-	02:33#	01:26#	00:22-	00:24-	00:07-	02:08#	00:59-	00:08#
<b>4</b>	<b>Rønnaug Egeland</b>	<b>154</b>	<b>51:40</b>													
03:46+	07:11-	11:33+	16:14+	19:01+	21:46+	23:35+	25:50+	27:46+	30:16+	32:32+	39:02+	42:04+	42:58+	47:18+	50:31+	51:40+
03:46+	03:25-	04:22+	04:41-	02:47+	02:45+	01:49+	02:15+	01:56+	02:30-	02:16+	06:30+	03:02-	00:54-	04:20+	03:13-	01:09+
01:24#	01:41-	01:25#	00:05-	01:43#	00:06+	00:08+	00:18#	00:48#	00:10-	00:12+	02:54#	00:08-	00:14-	00:21+	00:38-	00:11#
<b>5</b>	<b>Anna Berthelsen</b>	<b>117</b>	<b>56:41</b>													
02:10-	06:03-	08:47-	13:53-	15:01-	18:33-	26:24+	28:31+	29:51+	32:44+	35:13+	40:50+	44:50+	46:16+	51:32+	55:17+	56:41+
02:10-	03:53-	02:44-	05:06+	01:08+	03:32+	07:51+	02:07+	01:20+	02:53+	02:29+	05:37+	04:00+	01:26+	05:16+	03:45-	01:24+
00:12-	01:13-	00:13-	00:20+	00:04+	00:53#	06:10#	00:10+	00:12#	00:13+	00:25#	02:01#	00:50#	00:18#	01:17#	00:06-	00:26#
<b>6</b>	<b>Janeth Kleppe</b>	<b>128</b>	<b>1:00:28</b>													
02:45+	06:57-	09:54-	18:28+	21:37+	25:57+	28:13+	30:03+	31:23+	36:47+	39:42+	43:14+	46:45+	48:02+	52:35+	59:17+	60:28+
02:45+	04:12-	02:57=	08:34+	03:09+	04:20+	02:16+	01:50-	01:20+	05:24+	02:55+	03:32-	03:31+	01:17+	04:33+	06:42+	01:11+
00:23#	00:54-	00:00=	03:48#	02:05#	01:41#	00:35#	00:07-	00:12#	02:44#	00:51#	00:04-	00:21#	00:09#	00:34#	02:51#	00:13#
<b>7</b>	<b>Ingunn Bergheim Landsnes</b>	<b>92</b>	<b>1:07:51</b>													
02:16-	06:53-	11:32+	18:15+	19:34+	26:02+	27:40+	32:29+	33:59+	36:58+	43:00+	50:02+	55:10+	56:58+	61:56+	66:10+	67:51+
02:16-	04:37-	04:39+	06:43+	01:19+	06:28+	01:38-	04:49+	01:30+	02:59+	06:02+	07:02+	05:08+	01:48+	04:58+	04:14+	01:41+
00:06-	00:29-	01:42#	01:57#	00:15#	03:49#	00:03-	02:52#	00:22#	00:19#	03:58#	03:26#	01:58#	00:40#	00:59#	00:23+	00:43#
<b>8</b>	<b>Heidi Nordaunet</b>	<b>126</b>	<b>1:10:14</b>													
02:24+	06:49-	10:20-	19:19+	20:55+	24:06+	25:37+	32:45+	34:29+	38:06+	40:57+	54:10+	57:04+	58:14+	63:50+	69:01+	70:14+
02:24+	04:25-	03:31+	08:59+	01:36+	03:11+	01:31-	07:08+	01:44+	03:37+	02:51+	13:13+	02:54-	01:10+	05:36+	05:11+	01:13+
00:02+	00:41-	00:34#	04:13#	00:32#	00:32#	00:10-	00:11#	00:36#	00:57#	00:47#	09:37#	00:16-	00:02+	01:37#	01:20#	00:15#
<b>9</b>	<b>Maria Lampe</b>	<b>126</b>	<b>1:14:43</b>													
05:34+	11:22+	14:53+	23:22+	26:04+	42:40+	44:03+	45:50+	47:51+	51:29+	54:12+	58:37+	61:22+	63:24+	68:10+	73:40+	74:43+
05:34+	05:48+	03:31+	08:29+	02:42+	16:36+	01:23-	01:47-	02:01+	03:38+	02:43+	04:25+	02:45-	02:02+	04:46+	05:30+	01:03+
03:12#	00:42#	00:34#	03:43#	01:38#	13:57#	00:18-	00:10-	00:53#	00:58#	00:39#	00:49#	00:25-	00:54#	00:47#	01:39#	00:05+

## Beste strekktid for klassen

01:50 03:25 02:44 04:30 01:04 02:39 01:23 01:37 01:06 02:30 02:04 03:14 02:09 00:54 03:59 02:52 00:58

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

## Damer 40 - 49 år

<b>1</b>	<b>Anne Marie Gausel</b>	<b>105</b>	<b>59:43</b>													
04:07=	06:47=	09:48=	14:54=	18:28=	27:25=	31:28=	32:47=	36:01=	38:04=	42:08=	44:02=	45:57=	55:55=	58:18=	59:43=	
04:07=	02:40=	03:01=	05:06=	03:34=	08:57=	04:03=	01:19=	03:14=	02:03=	04:04=	01:54=	01:55=	09:58=	02:23=	01:25=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Siri Warland</b>	<b>115</b>	<b>1:03:05</b>													
01:25-	06:02-	09:25-	18:17+	21:51+	26:14-	29:29-	31:14-	32:15-	35:05-	36:56-	44:09+	49:58+	51:42-	59:38+	61:45+	63:05+
01:25-	04:37+	03:23+	08:52+	03:34=	04:23-	03:15-	01:45+	01:01-	02:50+	01:51-	07:13+	05:49+	01:44-	07:56+	02:07+	01:20+
02:42-	01:57#	00:22#	03:46#	00:00=	04:34-	00:48-	00:26#	02:13-	00:47#	02:13-	05:19#	03:54#	08:14-	05:33#	00:42#	01:20+
<b>3</b>	<b>Bjørge Hauge</b>	<b>47</b>	<b>1:08:37</b>													
02:01-	05:42-	09:15-	16:31+	21:06+	29:02+	33:38+	35:10+	40:13+	42:44+	50:20+	52:08+	54:52+	63:58+	66:50+	68:37+	
02:01-	03:41+	03:33+	07:16+	04:35+	07:56-	04:36+	01:32+	05:03+	02:31+	07:36+	01:48-	02:44+	09:06-	02:52+	01:47+	
02:06-	01:01#	00:32#	02:10#	01:01#	01:01-	00:33#	00:13#	01:49#	00:28#	03:32#	00:06-	00:49#	00:52-	00:29#	00:22#	

Class	Navn	Klasse										Tid				
<b>4</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>1:30:33</b>				
02:08-	03:59-	08:12-	15:29+	19:53+	29:17+	30:06-	34:57+	36:15+	40:11+	42:46+	57:05+	59:12+	79:08+	86:37+	88:54+	90:33+
02:08-	01:51-	04:13+	07:17+	04:24+	09:24+	00:49-	04:51+	01:18-	03:56+	02:35-	14:19+	02:07+	19:56+	07:29+	02:17+	01:39+
01:59-	00:49-	01:12&	02:11&	00:50#	00:27+	03:14-	03:32@	01:56-	01:53&	01:29-	12:25@	00:12#	09:58&	05:06@	00:52&	01:39+

### Beste strekktid for klassen

01:25 01:51 03:01 05:06 03:34 04:23 00:49 01:19 01:01 02:03 01:51 01:48 01:55 01:44 02:23 01:25

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

## Damer 50 - 59 år

<b>1</b>	<b>Anne Sæbø Vik</b>	<b>116</b>										<b>44:30</b>				
01:29=	03:50=	06:46=	10:53=	15:12=	18:20=	20:38=	22:04=	24:24=	26:18=	30:23=	33:44=	36:02=	41:14=	43:15=	44:30=	
01:29=	02:21=	02:56=	04:07=	04:19=	03:08=	02:18=	01:26=	02:20=	01:54=	04:05=	03:21=	02:18=	05:12=	02:01=	01:15=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>46:03</b>				
01:17-	02:45-	06:16-	09:50-	13:40-	23:04+	26:35+	27:40+	30:10+	31:46+	35:34+	37:12+	38:29+	43:07+	45:00+	46:03+	
01:17-	01:28-	03:31+	03:34-	03:50-	09:24+	03:31+	01:05-	02:30+	01:36-	03:48-	01:38-	01:17-	04:38-	01:53-	01:03-	
00:12-	00:53-	00:35#	00:33-	00:29-	06:16@	01:13&	00:21-	00:10+	00:18-	00:17-	01:43-	01:01-	00:34-	00:08-	00:12-	
<b>3</b>	<b>Nidunn Sandvik</b>	<b>228</b>										<b>55:22</b>				
01:59+	04:04+	07:49+	13:52+	17:20+	21:31+	24:53+	26:12+	30:25+	33:25+	39:36+	41:29+	43:53+	51:11+	53:46+	55:22+	
01:59+	02:05+	03:45+	06:03+	03:28-	04:11+	03:22+	01:19-	04:13+	03:00+	06:11+	01:53-	02:24+	07:18+	02:35+	01:36+	
00:30&	00:16-	00:49&	01:56&	00:51-	01:03&	01:04&	00:07-	01:53&	01:06&	02:06&	01:28-	00:06+	02:06&	00:34&	00:21&	
<b>4</b>	<b>Marianne Fuglestad</b>	<b>117</b>										<b>57:57</b>				
02:10+	03:44-	07:49+	15:28+	22:06+	27:24+	31:01+	32:20+	35:27+	38:16+	44:21+	46:36+	49:10+	54:28+	56:46+	57:57+	
02:10+	01:34-	04:05+	07:39+	06:38+	05:18+	03:37+	01:19-	03:07+	02:49+	06:05+	02:15-	02:34+	05:18+	02:18+	01:11-	
00:41&	00:47-	01:09&	03:32&	02:19&	02:10&	01:19&	00:07-	00:47&	00:55&	02:00&	01:06-	00:16#	00:06+	00:17#	00:04-	
<b>5</b>	<b>Hilde Frøytlog Karlsen</b>	<b>228</b>										<b>1:00:34</b>				
01:37+	03:37-	08:36+	15:43+	20:29+	25:18+	29:02+	31:01+	34:32+	37:05+	43:35+	46:05+	48:39+	55:29+	58:47+	60:34+	
01:37+	02:00-	04:59+	07:07+	04:46+	04:49+	03:44+	01:59+	03:31+	02:33+	06:30+	02:30-	02:34+	06:50+	03:18+	01:47+	
00:08+	00:21-	02:03&	03:00&	00:27#	01:41&	01:26&	00:33&	01:11&	00:39&	02:25&	00:51-	00:16#	01:38&	01:17&	00:32&	
<b>6</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>1:01:13</b>				
01:48+	03:40-	07:05+	18:22+	21:55+	26:40+	33:04+	34:20+	37:34+	41:27+	46:02+	48:08+	50:26+	57:38+	59:57+	61:13+	
01:48+	01:52-	03:25+	11:17+	03:33-	04:45+	06:24+	01:16-	03:14+	03:53+	04:35+	02:06-	02:18=	07:12+	02:19+	01:16+	
00:19#	00:29-	00:29#	07:10@	00:46-	01:37&	04:06@	00:10-	00:54&	01:59@	00:30#	01:15-	00:00=	02:00&	00:18#	00:01+	
<b>7</b>	<b>Liv Omdal</b>	<b>116</b>										<b>1:01:15</b>				
01:53+	04:19+	09:09+	16:45+	20:47+	25:54+	29:45+	31:31+	35:16+	37:26+	42:29+	45:34+	48:08+	55:45+	60:04+	61:15+	
01:53+	02:26+	04:50+	07:36+	04:02-	05:07+	03:51+	01:46+	03:45+	02:10+	05:03+	03:05-	02:34+	07:37+	04:19+	01:11-	
00:24&	00:05+	01:54&	03:29&	00:17-	01:59&	01:33&	00:20#	01:25&	00:16#	00:58#	00:16-	00:16#	02:25&	02:18@	00:04-	
<b>8</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>1:06:15</b>				
01:54+	07:12+	11:15+	16:46+	22:43+	28:37+	32:17+	33:52+	37:49+	41:01+	49:18+	52:18+	54:43+	62:12+	64:47+	66:15+	
01:54+	05:18+	04:03+	05:31+	05:57+	05:54+	03:40+	01:35+	03:57+	03:12+	08:17+	03:00-	02:25+	07:29+	02:35+	01:28+	
00:25&	02:57@	01:07&	01:24&	01:38&	02:46&	01:22&	00:09#	01:37&	01:18&	04:12@	00:21-	00:07+	02:17&	00:34&	00:13#	
<b>9</b>	<b>Ane Kristine Rostrup</b>	<b>92</b>										<b>1:18:04</b>				
01:55+	04:57+	09:10+	17:17+	22:06+	27:19+	31:53+	33:05+	36:34+	43:08+	48:12+	50:13+	67:03+	73:43+	76:36+	78:04+	
01:55+	03:02+	04:13+	08:07+	04:49+	05:13+	04:34+	01:12-	03:29+	06:34+	05:04+	02:01-	16:50+	06:40+	02:53+	01:28+	
00:26&	00:41&	01:17&	04:00&	00:30#	02:05&	02:16&	00:14-	01:09&	04:40@	00:59#	01:20-	14:32@	01:28&	00:52&	00:13#	
<b>10</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>1:39:09</b>				
01:56+	05:24+	10:25+	22:24+	27:09+	33:16+	37:57+	40:00+	51:03+	61:38+	69:42+	74:52+	81:40+	95:15+	97:37+	99:09+	
01:56+	03:28+	05:01+	11:59+	04:45+	06:07+	04:41+	02:03+	11:03+	10:35+	08:04+	05:10+	06:48+	13:35+	02:22+	01:32+	
00:27&	01:07&	02:05&	07:52@	00:26#	02:59&	02:23@	00:37&	08:43@	08:41@	03:59&	01:49&	04:30@	08:23@	00:21#	00:17#	

### Beste strekktid for klassen

01:17 01:28 02:56 03:34 03:28 03:08 02:18 01:05 02:20 01:36 03:48 01:38 01:17 04:38 01:53 01:03

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

## Damer 60 - 64 år

Class	Navn	Klasse														Tid
<b>1</b>	<b>Ingunn Voilås</b>	<b>29</b>														<b>46:35</b>
03:02=	03:54=	07:46=	09:39=	11:40=	14:14=	15:51=	20:59=	23:46=	26:59=	29:14=	31:37=	32:50=	37:40=	39:35=	45:03=	46:35=
03:02=	00:52=	03:52=	01:53=	02:01=	02:34=	01:37=	05:08=	02:47=	03:13=	02:15=	02:23=	01:13=	04:50=	01:55=	05:28=	01:32=
00:00=	00:00=	00:00=	00:00=	00:00=	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>Vigdis Løseth</b>	<b>105</b>														<b>51:35</b>
02:01-	03:00-	06:54-	08:55-	10:55-	14:03-	15:14-	20:02-	23:59+	29:13+	32:27+	35:00+	36:30+	41:35+	43:34+	50:07+	51:35+
02:01-	00:59+	03:54+	02:01+	02:00-	03:08+	01:11-	04:48-	03:57+	05:14+	03:14+	02:33+	01:30+	05:05+	01:59+	06:33+	01:28-
01:01-	00:07#	00:02+	00:08+	00:01-	00:34#	00:26-	00:20-	01:10&	02:01&	00:59&	00:10+	00:17#	00:15+	00:04+	01:05#	00:04-

<b>3</b>	<b>Marit Karin Nygård</b>	<b>92</b>														<b>53:57</b>
01:49-	02:54-	05:59-	08:15-	15:24+	18:36+	19:53+	23:26+	26:29+	30:29+	33:39+	36:26+	38:35+	43:03+	47:29+	52:45+	53:57+
01:49-	01:05+	03:05-	02:16+	07:09+	03:12+	01:17-	03:33-	03:03+	04:00+	03:10+	02:47+	02:09+	04:28-	04:26+	05:16-	01:12-
01:13-	00:13#	00:47-	00:23#	05:08&	00:38#	00:20-	01:35-	00:16+	00:47#	00:55&	00:24#	00:56&	00:22-	02:31&	00:12-	00:20-

<b>4</b>	<b>Unni Relling</b>	<b>92</b>														<b>1:10:41</b>
02:29-	03:47-	08:51+	11:17+	15:29+	19:24+	22:17+	28:47+	32:48+	40:05+	43:16+	47:34+	50:26+	58:02+	60:50+	68:28+	70:41+
02:29-	01:18+	05:04+	02:26+	04:12+	03:55+	02:53+	06:30+	04:01+	07:17+	03:11+	04:18+	02:52+	07:36+	02:48+	07:38+	02:13+
00:33-	00:26&	01:12&	00:33&	02:11&	01:21&	01:16&	01:22&	01:14&	04:04&	00:56&	01:55&	01:39&	02:46&	00:53&	02:10&	00:41&

<b>5</b>	<b>Aud Steinsland</b>	<b>128</b>														<b>1:11:10</b>
04:25+	05:36+	09:32+	12:04+	21:44+	25:48+	27:27+	32:23+	36:13+	41:15+	44:29+	47:51+	49:52+	56:48+	61:12+	69:34+	71:10+
04:25+	01:11+	03:56+	02:32+	09:40+	04:04+	01:39+	04:56-	03:50+	05:02+	03:14+	03:22+	02:01+	06:56+	04:24+	08:22+	01:36+
01:23&	00:19&	00:04+	00:39&	07:39&	01:30&	00:02+	00:12-	01:03&	01:49&	00:59&	00:59&	00:48&	02:06&	02:29&	02:54&	00:04+

<b>6</b>	<b>Hanna S. Lomeland</b>	<b>47</b>														<b>1:11:12</b>
04:15+	05:38+	09:35+	12:12+	21:45+	25:50+	27:29+	32:25+	36:08+	41:16+	44:24+	47:53+	49:53+	56:49+	61:13+	69:37+	71:12+
04:15+	01:23+	03:57+	02:37+	09:33+	04:05+	01:39+	04:56-	03:43+	05:08+	03:08+	03:29+	02:00+	06:56+	04:24+	08:24+	01:35+
01:13&	00:31&	00:05+	00:44&	07:32&	01:31&	00:02+	00:12-	00:56&	01:55&	00:53&	01:06&	00:47&	02:06&	02:29&	02:56&	00:03+

<b>7</b>	<b>Kari Blixhavn</b>	<b>228</b>														<b>1:11:36</b>
02:12-	03:40-	12:08+	15:45+	18:40+	23:55+	25:29+	30:10+	35:32+	41:24+	44:16+	47:51+	51:15+	57:33+	60:00+	69:28+	71:36+
02:12-	01:28+	08:28+	03:37+	02:55+	05:15+	01:34-	04:41-	05:22+	05:52+	02:52+	03:35+	03:24+	06:18+	02:27+	09:28+	02:08+
00:50-	00:36&	04:36&	01:44&	00:54&	02:41&	00:03-	00:27-	02:35&	02:39&	00:37&	01:12&	02:11&	01:28&	00:32&	04:00&	00:36&

<b>Beste strekktid for klassen</b>																
01:49	00:52	03:05	01:53	02:00	02:34	01:11	03:33	02:47	03:13	02:15	02:23	01:13	04:28	01:55	05:16	01:12

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

## Damer 65 - 69 år

<b>1</b>	<b>Berit K. Gramstad</b>	<b>113</b>														<b>1:04:48</b>
04:57=	05:51=	09:29=	12:22=	18:10=	22:50=	24:41=	30:36=	34:08=	38:52=	42:12=	45:11=	46:51=	52:18=	56:13=	63:05=	64:48=
04:57=	00:54=	03:38=	02:53=	05:48=	04:40=	01:51=	05:55=	03:32=	04:44=	03:20=	02:59=	01:40=	05:27=	03:55=	06:52=	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=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Kirsten Carlsen</b>	<b>93</b>														<b>1:07:09</b>
02:01-	03:06-	07:02-	13:19+	16:15-	21:05-	22:42-	27:23-	35:19+	39:58+	42:39+	45:54+	47:49+	53:37+	55:53-	65:32+	67:09+
02:01-	01:05+	03:56+	06:17+	02:56-	04:50+	01:37-	04:41-	07:56+	04:39-	02:41-	03:15+	01:55+	05:48+	02:16-	09:39+	01:37-
02:56-	00:11#	00:18+	03:24&	02:52-	00:10+	00:14-	01:14-	04:24&	00:05-	00:39-	00:16+	00:15#	00:21+	01:39-	02:47&	00:06-

<b>3</b>	<b>Wenche Anda Haarr</b>	<b>92</b>														<b>1:25:34</b>
02:15-	03:35-	18:23+	20:39+	23:22+	27:09+	28:55+	35:24+	39:34+	44:23+	49:41+	53:12+	56:38+	64:32+	74:21+	83:30+	85:34+
02:15-	01:20+	14:48+	02:16-	02:43-	03:47-	01:46-	06:29+	04:10+	04:49+	05:18+	03:31+	03:26+	07:54+	09:49+	09:09+	02:04+
02:42-	00:26&	11:10&	00:37-	03:05-	00:53-	00:05-	00:34+	00:38#	00:05+	01:58&	00:32#	01:46&	02:27&	05:54&	02:17&	00:21#

<b>Beste strekktid for klassen</b>																
02:01	00:54	03:38	02:16	02:43	03:47	01:37	04:41	03:32	04:39	02:41	02:59	01:40	05:27	02:16	06:52	01:37

= 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>1:01:12</b>
02:50=	04:02=	08:04=	12:54=	15:22=	19:53=	21:38=	25:28=	29:24=	34:40=	37:46=	41:07=	43:20=	48:44=	51:47=	59:31=	61:12=
02:50=	01:12=	04:02=	04:50=	02:28=	04:31=	01:45=	03:50=	03:56=	05:16=	03:06=	03:21=	02:13=	05:24=	03:03=	07:44=	01:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse														Tid																																		
<b>2</b>	<b>Inger Skretting Opstad</b>	<b>54</b>														<b>1:03:09</b>																																		
02:09-	03:21-	08:23+	10:34-	13:10-	17:22-	19:09-	23:19-	36:04+	38:46+	42:05+	44:00+	49:36+	51:49+	61:29+	63:09+	02:09-	01:12=	05:02+	02:11-	02:36+	04:12-	01:47+	04:10+	08:00+	04:45-	02:42-	03:19-	01:55-	05:36+	02:13-	09:40+	01:40-	00:41-	00:00=	01:00#	02:39-	00:08+	00:19-	00:02+	00:20+	04:04@	00:31-	00:24-	00:02-	00:18-	00:12+	00:50-	01:56#	00:01-	
<b>3</b>	<b>Haldis Glendrange</b>	<b>68</b>														<b>1:03:29</b>																																		
02:20-	03:39-	10:42+	13:07+	16:11+	20:02+	21:25-	25:31+	28:54-	34:05-	37:03-	40:12-	42:10-	50:09+	52:39+	61:33+	63:29+	02:20-	01:19+	07:03+	02:25-	03:04+	03:51-	01:23-	04:06+	03:23-	05:11-	02:58-	03:09-	01:58-	07:59+	02:30-	08:54+	01:56+	00:30-	00:07+	03:01&	02:25-	00:36#	00:40-	00:22-	00:16+	00:33-	00:05-	00:08-	00:12-	00:15-	02:35&	00:33-	01:10#	00:15#
<b>4</b>	<b>Helga Klausen</b>	<b>62</b>														<b>1:08:06</b>																																		
02:15-	03:32-	09:03+	11:24-	14:53-	19:08-	20:55-	26:02+	30:04+	34:56+	39:23+	42:54+	46:23+	54:17+	57:16+	66:16+	68:06+	02:15-	01:17+	05:31+	02:21-	03:29+	04:15-	01:47+	05:07+	04:02+	04:52-	04:27+	03:31+	03:29+	07:54+	02:59-	09:00+	01:50+	00:35-	00:05+	01:29&	02:29-	01:01&	00:16-	00:02+	01:17&	00:06+	00:24-	01:21&	00:10+	01:16&	02:30&	00:04-	01:16#	00:09+
<b>5</b>	<b>Ragnhild Christensen</b>	<b>93</b>														<b>1:18:18</b>																																		
02:36-	04:17+	08:47+	11:40-	16:29+	22:12+	24:13+	29:00+	34:35+	42:46+	49:57+	56:10+	58:18+	65:46+	67:57+	76:19+	78:18+	02:36-	01:41+	04:30+	02:53-	04:49+	05:43+	02:01+	04:47+	05:35+	08:11+	07:11+	06:13+	02:08-	07:28+	02:11-	08:22+	01:59+	00:14-	00:29&	00:28#	01:57-	02:21&	01:12&	00:16#	00:57#	01:39&	02:55&	04:05@	02:52&	00:05-	02:04&	00:52-	00:38+	00:18#
<b>6</b>	<b>Hedvig Anda</b>	<b>116</b>														<b>1:19:18</b>																																		
02:11-	03:28-	09:25+	12:34-	16:46+	20:52+	23:20+	28:56+	37:45+	49:49+	52:46+	56:17+	58:54+	65:09+	68:25+	77:37+	79:18+	02:11-	01:17+	05:57+	03:09-	04:12+	04:06-	02:28+	05:36+	08:49+	12:04+	02:57-	03:31+	02:37+	06:15+	03:16+	09:12+	01:41=	00:39-	00:05+	01:55&	01:41-	01:44&	00:25-	00:43&	01:46&	04:53@	06:48@	00:09-	00:10+	00:24#	00:51#	00:13+	01:28#	00:00=
<b>Beste strekktid for klassen</b>																		02:09	01:12	04:02	02:11	02:28	03:51	01:23	03:50	03:23	04:45	02:42	03:09	01:55	05:24	02:11	07:44	01:40																

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

## Damer 75 - 79 år

<b>1</b>	<b>Gry V. Thengs</b>	<b>68</b>														<b>55:13</b>																																		
02:07=	03:32=	07:56=	10:11=	12:54=	16:45=	18:15=	22:18=	25:47=	30:36=	33:12=	36:18=	38:02=	43:17=	45:29=	53:57=	55:13=	02:07=	01:25=	04:24=	02:15=	02:43=	03:51=	01:30=	04:03=	03:29=	04:49=	02:36=	03:06=	01:44=	05:15=	02:12=	08:28=	01:16=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Synnøve Fuglestad</b>	<b>29</b>														<b>1:08:48</b>																																		
01:55-	04:08+	12:16+	15:19+	19:04+	23:45+	26:07+	32:09+	35:41+	41:23+	43:58+	47:10+	51:09+	55:57+	59:41+	67:19+	68:48+	01:55-	02:13+	08:08+	03:03+	03:45+	04:41+	02:22+	06:02+	03:32+	05:42+	02:35-	03:12+	03:59+	04:48-	03:44+	07:38-	01:29+	00:12-	00:48&	03:44&	00:48&	01:02&	00:50#	00:52&	01:59&	00:03+	00:53#	00:01-	00:06+	02:15@	00:27-	01:32&	00:50-	00:13#
<b>3</b>	<b>Helga Aaslid</b>	<b>54</b>														<b>1:13:45</b>																																		
10:42+	11:53+	18:08+	20:24+	27:32+	31:49+	36:36+	40:40+	44:03+	49:10+	51:58+	54:48+	56:26+	61:30+	63:54+	72:06+	73:45+	10:42+	01:11-	06:15+	02:16+	07:08+	04:17+	04:47+	04:04+	03:23-	05:07+	02:48+	02:50-	01:38-	05:04-	02:24+	08:12-	01:39+	08:35@	00:14-	01:51&	00:01+	04:25@	00:26#	03:17@	00:01+	00:06-	00:18+	00:12+	00:16-	00:06-	00:11-	00:12+	00:16-	00:23&
<b>4</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>														<b>1:48:58</b>																																		
02:59+	07:05+	13:45+	18:37+	22:49+	29:14+	31:40+	39:05+	46:21+	60:35+	64:15+	70:12+	72:59+	86:00+	89:58+	105:25+	108:58+	02:59+	04:06+	06:40+	04:52+	04:12+	06:25+	02:26+	07:25+	07:16+	14:14+	03:40+	05:57+	02:47+	13:01+	03:58+	15:27+	03:33+	00:52&	02:41@	02:16&	02:37@	01:29&	02:34&	00:56&	03:22&	03:47@	09:25@	01:04&	02:51&	01:03&	07:46@	01:46&	06:59&	02:17@
<b>Beste strekktid for klassen</b>																		01:55	01:11	04:24	02:15	02:43	03:51	01:30	04:03	03:23	04:49	02:35	02:50	01:38	04:48	02:12	07:38	01:16																

= 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>1:36:09</b>																																		
02:50=	05:31=	11:46=	17:55=	21:30=	24:51=	27:58=	36:01=	45:08=	49:25=	58:53=	63:51=	72:56=	77:45=	80:14=	83:53=	90:41=	93:54=	96:09=	02:50=	02:41=	06:15=	06:09=	03:35=	03:21=	03:07=	08:03=	09:07=	04:17=	09:28=	04:58=	09:05=	04:49=	02:29=	03:39=	06:48=	03:13=	02:15=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>Beste strekktid for klassen</b>																		02:50	02:41	06:15	06:09	03:35	03:21	03:07	08:03	09:07	04:17	09:28	04:58	09:05	04:49	02:29	03:39	06:48	03:13	02:15														

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

### Damer A

<b>1</b>	<b>Jorunn Hadland</b>	<b>29</b>	<b>41:07</b>																	
01:07=	03:16=	04:46=	09:32=	12:30=	14:50=	16:58=	18:51=	22:00=	23:53=	25:33=	27:28=	29:03=	29:40=	32:30=	34:19=	36:45=	38:56=	40:20=	41:07=	
01:07=	02:09=	01:30=	04:46=	02:58=	02:20=	02:08=	01:53=	03:09=	01:53=	01:40=	01:55=	01:35=	00:37=	02:50=	01:49=	02:26=	02:11=	01:24=	00:47=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Vilde Margrethe Sæbbø</b>	<b>90</b>	<b>41:28</b>																	
00:59-	02:50-	04:05-	08:24-	11:22-	13:58-	16:07-	18:00-	20:56-	22:26-	23:51-	25:49-	27:41-	28:19-	31:25-	33:42-	36:03-	39:12+	40:37+	41:28+	
00:59-	01:51-	01:15-	04:19-	02:58=	02:36+	02:09+	01:53=	02:56-	01:30-	01:25-	01:58+	01:52+	00:38+	03:06+	02:17+	02:21-	03:09+	01:25+	00:51+	
00:08-	00:18-	00:15-	00:27-	00:00=	00:16#	00:01+	00:00=	00:13-	00:23-	00:15-	00:03+	00:17#	00:01+	00:16+	00:28&	00:05-	00:58&	00:01+	00:04+	
<b>3</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>42:53</b>																	
00:55-	03:04-	04:27-	09:20-	12:25-	14:42-	16:53-	19:12+	23:30+	24:57+	26:21+	29:41+	31:12+	31:50+	34:56+	36:31+	38:46+	40:42+	42:08+	42:53+	
00:55-	02:09=	01:23-	04:53+	03:05+	02:17-	02:11+	02:19+	04:18+	01:27-	01:24-	03:20+	01:31-	00:38+	03:06+	01:35-	02:15-	01:56-	01:26+	00:45-	
00:12-	00:00=	00:07-	00:07+	00:07+	00:03-	00:03+	00:26#	01:09&	00:26-	00:16-	01:25&	00:04-	00:01+	00:16+	00:14-	00:11-	00:15-	00:02+	00:02-	
<b>4</b>	<b>Trine Bolstad Scheie</b>	<b>62</b>	<b>54:27</b>																	
01:06-	03:56+	05:37+	12:26+	14:27+	17:47+	21:04+	24:01+	26:19+	31:38+	33:08+	34:45+	37:04+	39:54+	40:40+	44:43+	46:34+	49:07+	51:33+	53:27+	54:27+
01:06-	02:50+	01:41+	06:49+	02:01-	03:20+	03:17+	02:57+	02:18-	05:19+	01:30-	01:37-	02:19+	02:50+	00:46-	04:03+	01:51-	02:33+	02:26+	01:54+	01:00+
00:01-	00:41&	00:11#	02:03&	00:57-	01:00&	01:09&	01:04&	00:51-	03:26@	00:10-	00:18-	00:44&	02:13@	02:04-	02:14@	00:35-	00:22#	01:02&	01:07@	01:00+
<b>5</b>	<b>Kari Borgen</b>	<b>62</b>	<b>1:16:45</b>																	
01:48+	04:50+	07:10+	17:15+	23:12+	28:57+	31:52+	34:54+	44:37+	46:24+	48:13+	53:48+	56:34+	57:23+	63:25+	65:18+	68:53+	71:44+	75:56+	76:45+	
01:48+	03:02+	02:20+	10:05+	05:57+	05:45+	02:55+	03:02+	09:43+	01:47-	01:49+	05:35+	02:46+	00:49+	06:02+	01:53+	03:35+	02:51+	04:12+	00:49+	
00:41&	00:53&	00:50&	05:19@	02:59@	03:25@	00:47&	01:09&	06:34@	00:06-	00:09+	03:40@	01:11&	00:12&	03:12@	00:04+	01:09&	00:40&	02:48@	00:02+	
<b>6</b>	<b>Ingrid Simensen</b>	<b>101</b>	<b>1:17:55</b>																	
01:42+	05:10+	07:28+	23:07+	30:15+	33:49+	36:51+	40:27+	46:13+	48:19+	50:18+	53:17+	55:53+	56:49+	61:22+	63:56+	67:29+	72:51+	76:45+	77:55+	
01:42+	03:28+	02:18+	15:39+	07:08+	03:34+	03:02+	03:36+	05:46+	02:06+	01:59+	02:59+	02:36+	00:56+	04:33+	02:34+	03:33+	05:22+	03:54+	01:10+	
00:35&	01:19&	00:48&	10:53@	04:10@	01:14&	00:54&	01:43&	02:37&	00:13#	00:19#	01:04&	01:01&	00:19&	01:43&	00:45&	01:07&	03:11@	02:30@	00:23&	
<b>7</b>	<b>Maira Andersone</b>	<b>93</b>	<b>1:25:32</b>																	
01:12+	04:28+	06:49+	16:57+	27:21+	31:04+	34:55+	37:49+	43:51+	46:50+	50:49+	56:50+	63:21+	64:43+	70:31+	73:06+	77:59+	81:08+	84:24+	85:32+	
01:12+	03:16+	02:21+	10:08+	10:24+	03:43+	03:51+	02:54+	06:02+	02:59+	03:59+	06:01+	06:31+	01:22+	05:48+	02:35+	04:53+	03:09+	03:16+	01:08+	
00:05+	01:07&	00:51&	05:22@	07:26@	01:23&	01:43&	01:01&	02:53&	01:06&	02:19@	04:06@	04:56@	00:45@	02:58@	00:46&	02:27@	00:58&	01:52@	00:21&	

### Beste strekktid for klassen

00:55 01:51 01:15 04:19 02:01 02:17 02:08 01:53 02:18 01:27 01:24 01:37 01:31 00:37 00:46 01:35 01:51 01:56 01:24 00:45

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

### Damer B

<b>1</b>	<b>Vibeke Lamark</b>	<b>46</b>	<b>51:21</b>															
02:21=	05:44=	07:27=	11:05=	13:52=	16:52=	19:11=	20:52=	23:52=	26:25=	29:29=	31:58=	40:01=	42:16=	44:20=	45:56=	48:38=	50:18=	51:21=
02:21=	03:23=	01:43=	03:38=	02:47=	03:00=	02:19=	01:41=	03:00=	02:33=	03:04=	02:29=	08:03=	02:15=	02:04=	01:36=	02:42=	01:40=	01:03=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Jorunn Johannesen</b>	<b>116</b>	<b>51:55</b>															
04:36+	08:46+	10:12+	14:27+	16:30+	20:34+	22:31+	24:01+	26:41+	28:34+	31:34+	33:50+	41:46+	43:43+	45:18+	46:36+	49:12+	50:48+	51:55+
04:36+	04:10+	01:26-	04:15+	02:03-	04:04+	01:57-	01:30-	02:40-	01:53-	03:00-	02:16-	07:56-	01:57-	01:35-	01:18-	02:36-	01:36-	01:07+
02:15&	00:47#	00:17-	00:37#	00:44-	01:04&	00:22-	00:11-	00:20-	00:40-	00:04-	00:13-	00:07-	00:18-	00:29-	00:18-	00:06-	00:04-	00:04+
<b>3</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>	<b>52:23</b>															
03:32+	07:10+	08:40+	12:24+	14:43+	18:47+	21:18+	22:51+	25:56+	28:09+	30:52+	33:17+	41:16+	43:31+	45:21+	46:39+	49:24+	51:08+	52:23+
03:32+	03:38+	01:30-	03:44+	02:19-	04:04+	02:31+	01:33-	03:05+	02:13-	02:43-	02:25-	07:59-	02:15=	01:50-	01:18-	02:45+	01:44+	01:15+
01:11&	00:15+	00:13-	00:06+	00:28-	01:04&	00:12+	00:08-	00:05+	00:20-	00:21-	00:04-	00:04-	00:00=	00:14-	00:18-	00:03+	00:04+	00:12#
<b>4</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>	<b>53:36</b>															
02:43+	06:21+	07:58+	11:15+	13:36-	16:54+	20:09+	22:18+	26:18+	28:32+	31:30+	33:52+	41:53+	44:16+	46:01+	47:28+	50:26+	52:24+	53:36+
02:43+	03:38+	01:37-	03:17-	02:21-	03:18+	03:15+	02:09+	04:00+	02:14-	02:58-	02:22-	08:01-	02:23+	01:45-	01:27-	02:58+	01:58+	01:12+
00:22#	00:15+	00:06-	00:21-	00:26-	00:18#	00:56&	00:28&	01:00&	00:19-	00:06-	00:07-	00:02-	00:08+	00:19-	00:09-	00:16+	00:18#	00:09#
<b>5</b>	<b>Hilde Nordbø</b>	<b>93</b>	<b>55:19</b>															
05:51+	09:23+	11:04+	14:55+	17:19+	20:21+	22:33+	24:52+	27:48+	30:00+	32:54+	34:58+	42:23+	44:45+	46:57+	48:59+	52:12+	54:20+	55:19+
05:51+	03:32+	01:41-	03:51+	02:24-	03:02+	02:12-	02:19+	02:56-	02:12-	02:54-	02:04-	07:25-	02:22+	02:12+	02:02+	03:13+	02:08+	00:59-
03:30@	00:09+	00:02-	00:13+	00:23-	00:02+	00:07-	00:38&	00:04-	00:21-	00:10-	00:25-	00:38-	00:07+	00:08+	00:26&	00:31#	00:28&	00:04-

Class	Navn	Klasse										Tid							
<b>6</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>56:10</b>							
02:52+	06:34+	08:15+	12:58+	16:12+	19:46+	22:26+	23:58+	27:52+	30:17+	33:47+	36:27+	45:04+	47:17+	49:05+	50:34+	53:27+	55:08+	56:10+	
02:52+	03:42+	01:41-	04:43+	03:14+	03:34+	02:40+	01:32-	03:54+	02:25-	03:30+	02:40+	08:37+	02:13-	01:48-	01:29-	02:53+	01:41+	01:02-	
00:31#	00:19+	00:02-	01:05&	00:27#	00:34#	00:21#	00:09-	00:54&	00:08-	00:26#	00:11+	00:34+	00:02-	00:16-	00:07-	00:11+	00:01+	00:01-	
<b>7</b>	<b>Berit Våg Aksland</b>	<b>116</b>										<b>59:31</b>							
02:53+	07:09+	08:57+	13:07+	15:44+	19:05+	21:22+	22:58+	27:51+	30:34+	34:25+	36:43+	47:47+	49:53+	51:45+	53:27+	56:41+	58:28+	59:31+	
02:53+	04:16+	01:48+	04:10+	02:37-	03:21+	02:17-	01:36-	04:53+	02:43+	03:51+	02:18-	11:04+	02:06-	01:52-	01:42+	03:14+	01:47+	01:03=	
00:32#	00:53&	00:05+	00:32#	00:10-	00:21#	00:02-	00:05-	01:53&	00:10+	00:47&	00:11-	03:01&	00:09-	00:12-	00:06+	00:32#	00:07+	00:00=	
<b>8</b>	<b>Ingunn Anda Haug</b>	<b>67</b>										<b>1:03:37</b>							
02:28+	06:41+	08:34+	13:43+	16:41+	20:30+	23:24+	25:48+	29:33+	31:50+	35:12+	38:30+	50:09+	53:06+	55:19+	57:06+	60:10+	62:14+	63:37+	
02:28+	04:13+	01:53+	05:09+	02:58+	03:49+	02:54+	02:24+	03:45+	02:17-	03:22+	03:18+	11:39+	02:57+	02:13+	01:47+	03:04+	02:04+	01:23+	
00:07+	00:50#	00:10+	01:31&	00:11+	00:49&	00:35&	00:43&	00:45#	00:16-	00:18+	00:49&	03:36&	00:42&	00:09+	00:11#	00:22#	00:24#	00:20&	
<b>9</b>	<b>Ragnhild Auglænd</b>	<b>168</b>										<b>1:05:37</b>							
03:02+	07:36+	09:24+	14:09+	17:11+	22:42+	26:10+	28:03+	33:14+	35:29+	38:46+	41:57+	51:40+	54:10+	56:18+	57:55+	61:05+	63:56+	65:37+	
03:02+	04:34+	01:48+	04:45+	03:02+	05:31+	03:28+	01:53+	05:11+	02:15-	03:17+	03:11+	09:43+	02:30+	02:08+	01:37+	03:10+	02:51+	01:41+	
00:41&	01:11&	00:05+	01:07&	02:31&	02:02&	01:09&	00:12#	02:11&	00:18-	00:13+	00:42&	01:40#	00:15#	00:04+	00:01+	00:28#	01:11&	00:38&	
<b>10</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>1:09:40</b>							
06:02+	10:10+	12:12+	17:54+	21:08+	26:10+	29:18+	32:01+	36:19+	38:36+	42:45+	45:12+	55:14+	57:56+	59:54+	61:56+	65:50+	68:10+	69:40+	
06:02+	04:08+	02:02+	05:42+	03:14+	05:02+	03:08+	02:43+	04:18+	02:17-	04:09+	02:27-	10:02+	02:42+	01:58-	02:02+	03:54+	02:20+	01:30+	
03:41@	00:45#	00:19#	02:04&	00:27#	02:02&	00:49&	01:02&	01:18&	00:16-	01:05&	00:02-	01:59#	00:27#	00:06-	00:26&	01:12&	00:40&	00:27&	
<b>11</b>	<b>Anne Garsrud</b>	<b>90</b>										<b>1:10:55</b>							
06:29+	13:42+	20:32+	24:40+	26:45+	30:20+	34:17+	35:44+	39:42+	41:54+	44:34+	46:57+	54:43+	58:12+	62:03+	63:20+	66:11+	69:44+	70:55+	
06:29+	07:13+	06:50+	04:08+	02:05-	03:35+	03:57+	01:27-	03:58+	02:12-	02:40-	02:23-	07:46-	03:29+	03:51+	01:17-	02:51+	03:33+	01:11+	
04:08@	03:50@	05:07@	00:30#	00:42-	00:35#	01:38&	00:14-	00:58&	00:21-	00:24-	00:06-	00:17-	01:14&	01:47&	00:19-	00:09+	01:53@	00:08#	
<b>Beste strekktid for klassen</b>																			
02:21	03:23	01:26	03:17	02:03	03:00	01:57	01:27	02:40	01:53	02:40	02:04	07:25	01:57	01:35	01:17	02:36	01:36	00:59	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																			
<b>Damer Trim</b>																			
<b>1</b>	<b>Synnøve Hognestad</b>	<b>43</b>										<b>37:00</b>							
00:31=	02:48=	05:41=	09:39=	11:45=	15:24=	18:16=	19:24=	20:56=	23:20=	26:55=	28:52=	33:24=	35:41=	37:00=					
00:31=	02:17=	02:53=	03:58=	02:06=	03:39=	02:52=	01:08=	01:32=	02:24=	03:35=	01:57=	04:32=	02:17=	01:19=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
<b>2</b>	<b>Margot Asheim</b>	<b>105</b>										<b>39:38</b>							
00:34+	04:20+	06:28+	09:50+	11:48+	16:31+	18:54+	19:58+	22:11+	24:13+	29:58+	33:40+	35:36+	38:08+	39:38+					
00:34+	03:46+	02:08-	03:22-	01:58-	04:43+	02:23-	01:04-	02:13+	02:02-	05:45+	03:42+	01:56-	02:32+	01:30+					
00:03+	01:29&	00:45-	00:36-	00:08-	01:04&	00:29-	00:04-	00:41&	00:22-	02:10&	01:45&	02:36-	00:15#	00:11#					
<b>3</b>	<b>Fredrike Krahner</b>	<b>126</b>										<b>42:16</b>							
00:47+	03:02+	09:21+	13:52+	15:46+	19:12+	21:33+	23:53+	26:35+	28:09+	34:05+	36:42+	39:21+	40:50+	42:16+					
00:47+	02:15-	06:19+	04:31+	01:54-	03:26-	02:21-	02:20+	02:42+	01:34-	05:56+	02:37+	02:39-	01:29-	01:26+					
00:16&	00:02-	03:26@	00:33#	00:12-	00:13-	00:31-	01:12@	01:10&	00:50-	02:21&	00:40&	01:53-	00:48-	00:07+					
<b>4</b>	<b>Marianne Johnsen</b>	<b>5</b>										<b>42:51</b>							
01:23+	04:28+	08:08+	11:55+	13:56+	17:15+	22:12+	22:57+	24:26+	27:51+	34:36+	36:21+	39:00+	41:22+	42:51+					
01:23+	03:05+	03:40+	03:47-	02:01-	03:19-	04:57+	00:45-	01:29-	03:25+	06:45+	01:45-	02:39-	02:22+	01:29+					
00:52@	00:48&	00:47&	00:11-	00:05-	00:20-	02:05&	00:23-	00:03-	01:01&	03:10&	00:12-	01:53-	00:05+	00:10#					
<b>5</b>	<b>Elin Norveel</b>	<b>105</b>										<b>42:59</b>							
01:17+	06:37+	08:31+	11:49+	14:37+	18:39+	21:07+	22:32+	24:20+	27:02+	35:06+	37:33+	39:48+	41:35+	42:59+					
01:17+	05:20+	01:54-	03:18-	02:48+	04:02+	02:28-	01:25+	01:48+	02:42+	08:04+	02:27+	02:15-	01:47-	01:24+					
00:46@	03:03@	00:59-	00:40-	00:42&	00:23#	00:24-	00:17#	00:16#	00:18#	04:29@	00:30&	02:17-	00:30-	00:05+					
<b>6</b>	<b>Tonje Tiley</b>	<b>27</b>										<b>44:10</b>							
00:31=	03:53+	07:09+	18:55+	21:25+	25:34+	28:04+	29:13+	31:16+	33:22+	36:13+	38:08+	40:30+	42:44+	44:10+					
00:31=	03:22+	03:16+	11:46+	02:30+	04:09+	02:30-	01:09+	02:03+	02:06-	02:51-	01:55-	02:22-	02:14-	01:26+					
00:00=	01:05&	00:23#	07:48@	00:24#	00:30#	00:22-	00:01+	00:31&	00:18-	00:44-	00:02-	02:10-	00:03-	00:07+					
<b>7</b>	<b>Randi Bugge</b>	<b>46</b>										<b>46:56</b>							
00:31=	03:15+	06:13+	10:50+	13:13+	17:36+	20:52+	22:05+	24:04+	26:52+	35:13+	39:21+	43:05+	45:08+	46:56+					
00:31=	02:44+	02:58+	04:37+	02:23+	04:23+	03:16+	01:13+	01:59+	02:48+	08:21+	04:08+	03:44-	02:03-	01:48+					
00:00=	00:27#	00:05+	00:39#	00:17#	00:44#	00:24#	00:05+	00:27&	00:24#	04:46@	02:11@	00:48-	00:14-	00:29&					

Class	Navn	Klasse										Tid		
<b>8</b>	<b>Ruth Grødem</b>	<b>105</b>										<b>47:48</b>		
00:38+	04:14+	07:23+	11:39+	14:23+	18:47+	21:47+	23:11+	25:14+	27:56+	35:58+	40:33+	44:03+	46:06+	47:48+
00:38+	03:36+	03:09+	04:16+	02:44+	04:24+	03:00+	01:24+	02:03+	02:42+	08:02+	04:35+	03:30-	02:03-	01:42+
00:07#	01:19&	00:16+	00:18+	00:38&	00:45#	00:08+	00:16#	00:31&	00:18#	04:27@	02:38@	01:02-	00:14-	00:23&
<b>9</b>	<b>Brit Svihus</b>	<b>92</b>										<b>48:13</b>		
00:41+	04:21+	07:31+	11:49+	14:29+	18:45+	21:52+	23:19+	25:24+	28:03+	36:11+	40:31+	44:21+	46:18+	48:13+
00:41+	03:40+	03:10+	04:18+	02:40+	04:16+	03:07+	01:27+	02:05+	02:39+	08:08+	04:20+	03:50-	01:57-	01:55+
00:10&	01:23&	00:17+	00:20+	00:34&	00:37#	00:15+	00:19&	00:33&	00:15#	04:33@	02:23@	00:42-	00:20-	00:36&
<b>10</b>	<b>Gunvor Frafjord Tunesvik</b>	<b>228</b>										<b>51:42</b>		
00:41+	04:18+	06:16+	10:30+	13:31+	17:40+	22:57+	24:29+	27:44+	32:24+	39:59+	43:35+	46:58+	49:47+	51:42+
00:41+	03:37+	01:58-	04:14+	03:01+	04:09+	05:17+	01:32+	03:15+	04:40+	07:35+	03:36+	03:23-	02:49+	01:55+
00:10&	01:20&	00:55-	00:16+	00:55&	00:30#	02:25&	00:24&	01:43@	02:16&	04:00@	01:39&	01:09-	00:32#	00:36&
<b>11</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>										<b>51:52</b>		
00:45+	04:16+	06:13+	10:28+	13:36+	17:27+	22:49+	24:25+	27:41+	32:40+	40:04+	43:44+	47:11+	49:51+	51:52+
00:45+	03:31+	01:57-	04:15+	03:08+	03:51+	05:22+	01:36+	03:16+	04:59+	07:24+	03:40+	03:27-	02:40+	02:01+
00:14&	01:14&	00:56-	00:17+	01:02&	00:12+	02:30&	00:28&	01:44@	02:35@	03:49@	01:43&	01:05-	00:23#	00:42&
<b>12</b>	<b>Astrid Espe</b>	<b>43</b>										<b>52:12</b>		
00:40+	03:50+	07:53+	15:40+	18:36+	23:23+	26:57+	28:45+	30:47+	33:39+	37:45+	40:06+	48:00+	50:25+	52:12+
00:40+	03:10+	04:03+	07:47+	02:56+	04:47+	03:34+	01:48+	02:02+	02:52+	04:06+	02:21+	07:54+	02:25+	01:47+
00:09&	00:53&	01:10&	03:49&	00:50&	01:08&	00:42#	00:40&	00:30&	00:28#	00:31#	00:24#	03:22&	00:08+	00:28&
<b>13</b>	<b>Linda Haukås</b>	<b>113</b>										<b>52:35</b>		
01:53+	05:06+	07:38+	13:37+	16:36+	22:01+	28:04+	29:43+	33:58+	36:38+	40:34+	43:03+	47:14+	50:32+	52:35+
01:53+	03:13+	02:32-	05:59+	02:59+	05:25+	06:03+	01:39+	04:15+	02:40+	03:56+	02:29+	04:11-	03:18+	02:03+
01:22@	00:56&	00:21-	02:01&	00:53&	01:46&	03:11@	00:31&	02:43@	00:16#	00:21+	00:32&	00:21-	01:01&	00:44&
<b>14</b>	<b>Ingrid Marie Torgersen</b>	<b>92</b>										<b>53:43</b>		
00:49+	04:25+	07:03+	13:38+	16:56+	22:59+	28:57+	30:49+	33:43+	37:18+	41:48+	44:44+	48:09+	51:25+	53:43+
00:49+	03:36+	02:38-	06:35+	03:18+	06:03+	05:58+	01:52+	02:54+	03:35+	04:30+	02:56+	03:25-	03:16+	02:18+
00:18&	01:19&	00:15-	02:37&	01:12&	02:24&	03:06@	00:44&	01:22&	01:11&	00:55&	00:59&	01:07-	00:59&	00:59&
<b>15</b>	<b>Marianne Gjesdal Lyngås</b>	<b>92</b>										<b>53:48</b>		
00:42+	04:34+	06:51+	13:47+	16:53+	22:58+	29:15+	30:46+	33:36+	37:17+	41:46+	44:43+	48:01+	51:32+	53:48+
00:42+	03:52+	02:17-	06:56+	03:06+	06:05+	06:17+	01:31+	02:50+	03:41+	04:29+	02:57+	03:18-	03:31+	02:16+
00:11&	01:35&	00:36-	02:58&	01:00&	02:26&	03:25@	00:23&	01:18&	01:17&	00:54&	01:00&	01:14-	01:14&	00:57&
<b>16</b>	<b>Irene Mæland Torgersen</b>	<b>92</b>										<b>53:48</b>		
00:47+	04:32+	07:02+	13:53+	17:02+	23:09+	29:08+	30:49+	33:52+	37:25+	41:54+	44:49+	48:06+	51:29+	53:48+
00:47+	03:45+	02:30-	06:51+	03:09+	06:07+	05:59+	01:41+	03:03+	03:33+	04:29+	02:55+	03:17-	03:23+	02:19+
00:16&	01:28&	00:23-	02:53&	01:03&	02:28&	03:07@	00:33&	01:31&	01:09&	00:54&	00:58&	01:15-	01:06&	01:00&
<b>17</b>	<b>Rebekka Lye</b>	<b>62</b>										<b>57:58</b>		
00:26-	03:52+	06:27+	12:22+	15:43+	20:31+	25:36+	28:20+	31:10+	34:02+	44:56+	47:38+	54:44+	56:38+	57:58+
00:26-	03:26+	02:35-	05:55+	03:21+	04:48+	05:05+	02:44+	02:50+	02:52+	10:54+	02:42+	07:06+	01:54-	01:20+
00:05-	01:09&	00:18-	01:57&	01:15&	01:09&	02:13&	01:36@	01:18&	00:28#	07:19@	00:45&	02:34&	00:23-	00:01+
<b>18</b>	<b>Gro Mariero Totland</b>	<b>59</b>										<b>1:02:01</b>		
00:40+	04:57+	07:35+	15:20+	18:47+	25:30+	29:15+	31:18+	34:09+	37:00+	48:58+	51:31+	56:35+	59:47+	62:01+
00:40+	04:17+	02:38-	07:45+	03:27+	06:43+	03:45+	02:03+	02:51+	02:51+	11:58+	02:33+	05:04+	03:12+	02:14+
00:09&	02:00&	00:15-	03:47&	01:21&	03:04&	00:53&	00:55&	01:19&	00:27#	08:23@	00:36&	00:32#	00:55&	00:55&
<b>19</b>	<b>Solveig Mæland</b>	<b>128</b>										<b>1:02:48</b>		
01:14+	06:51+	09:26+	18:53+	23:00+	28:24+	31:48+	33:59+	37:53+	41:38+	47:24+	51:35+	57:20+	60:05+	62:48+
01:14+	05:37+	02:35-	09:27+	04:07+	05:24+	03:24+	02:11+	03:54+	03:45+	05:46+	04:11+	05:45+	02:45+	02:43+
00:43@	03:20@	00:18-	05:29@	02:01&	01:45&	00:32#	01:03&	02:22@	01:21&	02:11&	02:14@	01:13&	00:28#	01:24@
<b>20</b>	<b>Margretha Almedal</b>	<b>91</b>										<b>1:05:45</b>		
00:44+	04:25+	06:17+	20:59+	23:35+	35:34+	39:46+	41:24+	44:48+	48:29+	53:19+	56:24+	60:52+	64:12+	65:45+
00:44+	03:41+	01:52-	14:42+	02:36+	11:59+	04:12+	01:38+	03:24+	03:41+	04:50+	03:05+	04:28-	03:20+	01:33+
00:13&	01:24&	01:01-	10:44@	00:30#	08:20@	01:20&	00:30&	01:52@	01:17&	01:15&	01:08&	00:04-	01:03&	00:14#
<b>21</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>										<b>1:12:31</b>		
00:41+	04:25+	13:25+	21:39+	25:15+	31:39+	38:46+	40:50+	43:11+	50:09+	59:23+	63:02+	67:33+	69:47+	72:31+
00:41+	03:44+	09:00+	08:14+	03:36+	06:24+	07:07+	02:04+	02:21+	06:58+	09:14+	03:39+	04:31-	02:14-	02:44+
00:10&	01:27&	06:07@	04:16@	01:30&	02:45&	04:15@	00:56&	00:49&	04:34@	05:39@	01:42&	00:01-	00:03-	01:25@
<b>22</b>	<b>Haldis Vagle</b>	<b>92</b>										<b>1:17:26</b>		
00:54+	04:54+	07:42+	13:30+	17:47+	24:50+	40:56+	43:25+	46:44+	50:58+	57:02+	63:30+	69:52+	73:45+	77:26+
00:54+	04:00+	02:48-	05:48+	04:17+	07:03+	16:06+	02:29+	03:19+	04:14+	06:04+	06:28+	06:22+	03:53+	03:41+
00:23&	01:43&	00:05-	01:50&	02:11@	03:24&	13:14@	01:21@	01:47@	01:50&	02:29&	04:31@	01:50&	01:36&	02:22@

Class	Navn	Klasse										Tid			
<b>23</b>	<b>Sigrun Serigstad</b>	<b>128</b>										<b>1:30:29</b>			
07:46+	14:41+	19:01+	25:02+	37:51+	50:36+	55:34+	58:20+	63:31+	67:03+	73:51+	78:20+	85:28+	88:37+	90:29+	
07:46+	06:55+	04:20+	06:01+	12:49+	12:45+	04:58+	02:46+	05:11+	03:32+	06:48+	04:29+	07:08+	03:09+	01:52+	
07:15@	04:38@	01:27&	02:03&	10:43@	09:06@	02:06&	01:38@	03:39@	01:08&	03:13&	02:32@	02:36&	00:52&	00:33&	

### Beste strekktid for klassen

00:26 02:15 01:52 03:18 01:54 03:19 02:21 00:45 01:29 01:34 02:51 01:45 01:56 01:29 01:19

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

## Herrer 16 - 39 år

<b>1</b>	<b>Dag Eivind Watsend</b>	<b>92</b>										<b>44:23</b>							
01:51=	04:37=	05:55=	09:10=	11:16=	14:10=	16:13=	18:25=	21:43=	23:13=	25:47=	28:00=	34:50=	36:37=	38:07=	39:13=	42:13=	43:26=	44:23=	
01:51=	02:46=	01:18=	03:15=	02:06=	02:54=	02:03=	02:12=	03:18=	01:30=	02:34=	02:13=	06:50=	01:47=	01:30=	01:06=	03:00=	01:13=	00:57=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Mathias Nødland</b>	<b>295</b>										<b>44:42</b>							
01:47-	04:12-	05:20-	10:04+	11:50+	14:17+	18:08+	21:16+	24:11+	25:55+	28:04+	29:59+	35:42+	37:15+	39:13+	40:20+	42:37+	43:57+	44:42+	
01:47-	02:25-	01:08-	04:44+	01:46-	02:27-	03:51+	03:08+	02:55-	01:44+	02:09-	01:55-	05:43-	01:33-	01:58+	01:07+	02:17-	01:20+	00:45-	
00:04-	00:21-	00:10-	01:29&	00:20-	00:27-	01:48&	00:56&	00:23-	00:14#	00:25-	00:18-	01:07-	00:14-	00:28&	00:01+	00:43-	00:07+	00:12-	
<b>3</b>	<b>Andreas Segadal Breiland</b>	<b>194</b>										<b>47:23</b>							
02:21+	04:59+	06:30+	09:48+	12:09+	14:50+	18:19+	21:13+	23:42+	25:48+	28:17+	30:18+	37:22+	39:10+	41:15+	42:27+	45:16+	46:29+	47:23+	
02:21+	02:38-	01:31+	03:18+	02:21+	02:41-	03:29+	02:54+	02:29-	02:06+	02:29-	02:01-	07:04+	01:48+	02:05+	01:12+	02:49-	01:13=	00:54-	
00:30&	00:08-	00:13#	00:03+	00:15#	00:13-	01:26&	00:42&	00:49-	00:36&	00:05-	00:12-	00:14+	00:01+	00:35&	00:06+	00:11-	00:00=	00:03-	
<b>4</b>	<b>Joar Fuglestad</b>	<b>116</b>										<b>48:28</b>							
04:10+	07:19+	08:49+	11:46+	13:47+	16:24+	20:19+	22:01+	24:48+	26:42+	29:18+	31:15+	37:26+	40:09+	41:39+	42:52+	45:18+	46:58+	47:44+	48:28+
04:10+	03:09+	01:30+	02:57-	02:01-	02:37-	03:55+	01:42-	02:47-	01:54+	02:36+	01:57-	06:11-	02:43+	01:30=	01:13+	02:26-	01:40+	00:46-	00:44+
02:19@	00:23#	00:12#	00:18-	00:05-	00:17-	01:52&	00:30-	00:31-	00:24&	00:02+	00:16-	00:39-	00:56&	00:00=	00:07#	00:34-	00:27&	00:11-	00:44+
<b>5</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>										<b>48:46</b>							
01:51=	04:24-	05:40-	08:41-	14:11+	17:01+	22:00+	23:16+	25:55+	27:48+	30:28+	32:27+	39:08+	41:17+	42:41+	44:06+	46:41+	48:01+	48:46+	
01:51=	02:33-	01:16-	03:01-	05:30+	02:50-	04:59+	01:16-	02:39-	01:53+	02:40+	01:59-	06:41-	02:09+	01:24-	01:25+	02:35-	01:20+	00:45-	
00:00=	00:13-	00:02-	00:14-	03:24@	00:04-	02:56@	00:56-	00:39-	00:23&	00:06+	00:14-	00:09-	00:22#	00:06-	00:19&	00:25-	00:07+	00:12-	
<b>6</b>	<b>Martin Skogland</b>	<b>98</b>										<b>53:40</b>							
02:13+	10:10+	11:29+	14:34+	16:36+	20:27+	23:58+	25:42+	29:54+	31:40+	34:14+	36:42+	43:56+	45:41+	47:15+	48:37+	51:15+	52:47+	53:40+	
02:13+	07:57+	01:19+	03:05-	02:02-	03:51+	03:31+	01:44-	04:12+	01:46+	02:34=	02:28+	07:14+	01:45-	01:34+	01:22+	02:38-	01:32+	00:53-	
00:22#	05:11@	00:01+	00:10-	00:04-	00:57&	01:28&	00:28-	00:54&	00:16#	00:00=	00:15#	00:24+	00:02-	00:04+	00:16#	00:22-	00:19&	00:04-	
<b>7</b>	<b>Bjørnar Owren</b>	<b>74</b>										<b>53:50</b>							
02:09+	04:41+	06:07+	12:07+	14:12+	17:02+	21:54+	25:32+	29:31+	32:05+	34:42+	36:59+	44:14+	46:22+	47:55+	49:12+	51:23+	52:54+	53:50+	
02:09+	02:32-	01:26+	06:00+	02:05-	02:50-	04:52+	03:38+	03:59+	02:34+	02:37+	02:17+	07:15+	02:08+	01:33+	01:17+	02:11-	01:31+	00:56-	
00:18#	00:14-	00:08#	02:45&	00:01-	00:04-	02:49@	01:26&	00:41#	01:04&	00:03+	00:04+	00:25+	00:21#	00:03+	00:11#	00:49-	00:18#	00:01-	
<b>8</b>	<b>David Wade</b>	<b>116</b>										<b>55:12</b>							
02:22+	05:18+	06:49+	15:24+	18:09+	20:57+	22:57+	24:27+	28:07+	30:18+	34:27+	36:12+	43:59+	45:59+	47:45+	49:21+	52:17+	54:13+	55:12+	
02:22+	02:56+	01:31+	08:35+	02:45+	02:48-	02:00-	01:30-	03:40+	02:11+	04:09+	01:45-	07:47+	02:00+	01:46+	01:36+	02:56-	01:56+	00:59+	
00:31&	00:10+	00:13#	05:20@	00:39&	00:06-	00:03-	00:42-	00:22#	00:41&	01:35&	00:28-	00:57#	00:13#	00:16#	00:30&	00:04-	00:43&	00:02+	
<b>9</b>	<b>Jonas Lye Scheie</b>	<b>62</b>										<b>57:49</b>							
02:48+	05:25+	06:56+	09:34+	12:21+	17:41+	21:50+	28:43+	31:34+	33:42+	39:40+	40:58+	47:36+	50:00+	51:25+	52:52+	55:13+	56:58+	57:49+	
02:48+	02:37-	01:31+	02:38-	02:47+	05:20+	04:09+	06:53+	02:51-	02:08+	05:58+	01:18-	06:38-	02:24+	01:25-	01:27+	02:21-	01:45+	00:51-	
00:57&	00:09-	00:13#	00:37-	00:41&	02:26&	02:06@	04:41@	00:27-	00:38&	03:24@	00:55-	00:12-	00:37&	00:05-	00:21&	00:39-	00:32&	00:06-	
<b>10</b>	<b>Torbjørn Fuglestad</b>	<b>116</b>										<b>58:00</b>							
02:14+	05:49+	08:40+	14:35+	16:54+	19:56+	22:28+	25:38+	30:31+	32:41+	35:42+	37:56+	47:24+	49:16+	51:02+	52:29+	55:13+	56:56+	58:00+	
02:14+	03:35+	02:51+	05:55+	02:19+	03:02+	02:32+	03:10+	04:53+	02:10+	03:01+	02:14+	09:28+	01:52+	01:46+	01:27+	02:44-	01:43+	01:04+	
00:23#	00:49&	01:33@	02:40&	00:13#	00:08+	00:29#	00:58&	01:35&	00:40&	00:27#	00:01+	02:38&	00:05+	00:16#	00:21&	00:16-	00:30&	00:07#	
<b>11</b>	<b>Runar Nodland</b>	<b>74</b>										<b>58:01</b>							
03:43+	07:12+	11:16+	21:09+	24:00+	26:24+	28:16+	30:26+	33:23+	36:26+	38:48+	40:49+	47:50+	49:29+	51:25+	52:40+	55:24+	57:03+	58:01+	
03:43+	03:29+	04:04+	09:53+	02:51+	02:24-	01:52-	02:10-	02:57-	03:03+	02:22-	02:01-	07:01+	01:39-	01:56+	01:15+	02:44-	01:39+	00:58+	
01:52@	00:43&	02:46@	06:38@	00:45&	00:30-	00:11-	00:02-	00:21-	01:33@	00:12-	00:12-	00:11+	00:08-	00:26&	00:09#	00:16-	00:26&	00:01+	
<b>12</b>	<b>Håvard Thomassen Lauritsen</b>	<b>116</b>										<b>1:01:11</b>							
02:13+	06:24+	07:59+	13:20+	15:22+	18:53+	21:34+	23:28+	27:52+	30:02+	33:44+	36:36+	49:30+	52:00+	54:04+	55:26+	58:29+	60:11+	61:11+	
02:13+	04:11+	01:35+	05:21+	02:02-	03:31+	02:41+	01:54-	04:24+	02:10+	03:42+	02:52+	12:54+	02:30+	02:04+	01:22+	03:03+	01:42+	01:00+	
00:22#	01:25&	00:17#	02:06&	00:04-	00:37#	00:38&	00:18-	01:06&	00:40&	01:08&	00:39&	06:04&	00:43&	00:34&	00:16#	00:03+	00:29&	00:03+	



Class	Navn	Klasse										Tid							
<b>13</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>1:03:49</b>							
03:55+	06:31+	08:13+	13:04+	15:16+	19:55+	25:56+	27:46+	30:47+	32:56+	36:45+	39:06+	51:43+	53:44+	55:37+	58:16+	61:19+	62:55+	63:49+	
03:55+	02:36-	01:42+	04:51+	02:12+	04:39+	06:01+	01:50-	03:01-	02:09+	03:49+	02:21+	12:37+	02:01+	01:53+	02:39+	03:03+	01:36+	00:54-	
02:04#	00:10-	00:24&	01:36&	00:06+	01:45&	03:58#	00:22-	00:17-	00:39&	01:15&	00:08+	05:47&	00:14#	00:23&	01:33#	00:03+	00:23&	00:03-	
<b>14</b>	<b>Frode Ungar</b>	<b>116</b>										<b>1:07:10</b>							
03:24+	07:00+	08:38+	12:06+	14:45+	18:21+	21:06+	23:13+	31:01+	34:17+	37:04+	39:34+	54:21+	56:21+	58:19+	60:35+	64:21+	66:06+	67:10+	
03:24+	03:36+	01:38+	03:28+	02:39+	03:36+	02:45+	04:07+	05:48+	03:16+	02:47+	02:30+	14:47+	02:00+	01:58+	02:16+	03:46+	01:45+	01:04+	
01:33&	00:50&	00:20&	00:13+	00:33&	00:42#	00:42&	01:55&	02:30&	01:46#	00:13+	00:17#	07:57#	00:13#	00:28&	01:10#	00:46&	00:32&	00:07#	
<b>15</b>	<b>Eirik Thu</b>	<b>126</b>										<b>1:18:20</b>							
02:15+	07:12+	09:58+	14:09+	16:40+	19:25+	21:50+	23:49+	38:22+	40:42+	44:53+	47:00+	65:52+	68:21+	70:21+	71:55+	74:54+	77:30+	78:20+	
02:15+	04:57+	02:46+	04:11+	02:31+	02:45-	02:25+	01:59-	14:33+	02:20+	04:11+	02:07-	18:52+	02:29+	02:00+	01:34+	02:59-	02:36+	00:50-	
00:24#	02:11&	01:28#	00:56&	00:25#	00:09-	00:22#	00:13-	11:15#	00:50&	01:37&	00:06-	12:02#	00:42&	00:30&	00:28&	00:01-	01:23#	00:07-	
<b>16</b>	<b>Oddgeir Nevland</b>	<b>51</b>										<b>1:18:49</b>							
02:18+	06:30+	08:08+	14:51+	17:29+	33:12+	35:18+	37:02+	41:30+	45:20+	48:08+	50:45+	65:47+	67:54+	69:56+	71:54+	74:59+	77:34+	78:49+	
02:18+	04:12+	01:38+	06:43+	02:38+	15:43+	02:06+	01:44-	04:28+	03:50+	02:48+	02:37+	15:02+	02:07+	02:02+	01:58+	03:05+	02:35+	01:15+	
00:27#	01:26&	00:20&	03:28#	00:32&	12:49#	00:03+	00:28-	01:10&	02:20#	00:14+	00:24#	08:12#	00:20#	00:32&	00:52&	00:05+	01:22#	00:18&	
<b>Beste strekktid for klassen</b>																			
01:47	02:25	01:08	02:38	01:46	02:24	01:52	01:16	02:29	01:30	02:09	01:18	05:43	01:33	01:24	01:06	02:11	01:13	00:45	

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

## Herrer 40 - 49 år

<b>1</b>	<b>Kjetil Torgersen</b>	<b>29</b>										<b>44:19</b>						
03:30=	05:38=	06:55=	09:28=	11:27=	13:35=	15:13=	17:05=	20:36=	22:12=	25:33=	27:38=	35:43=	37:09=	38:23=	39:30=	41:57=	43:08=	44:19=
03:30=	02:08=	01:17=	02:33=	01:59=	02:08=	01:38=	01:52=	03:31=	01:36=	03:21=	02:05=	08:05=	01:26=	01:14=	01:07=	02:27=	01:11=	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=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Arjen Leendertse</b>	<b>91</b>										<b>46:15</b>						
02:04-	04:49-	06:12-	10:14+	12:51+	15:29+	17:10+	19:19+	23:40+	25:32+	27:53+	29:39+	36:14+	38:10+	40:11+	41:22+	43:45+	45:19+	46:15+
02:04-	02:45+	01:23+	04:02+	02:37+	02:38+	01:41+	02:09+	04:21+	01:52+	02:21-	01:46-	06:35-	01:56+	02:01+	01:11+	02:23-	01:34+	00:56-
01:26-	00:37&	00:06+	01:29&	00:38&	00:30#	00:03+	00:17#	00:50#	00:16#	01:00-	00:19-	01:30-	00:30&	00:47&	00:04+	00:04-	00:23&	00:15-
<b>3</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>										<b>48:12</b>						
02:16-	05:44+	07:11+	10:18+	13:07+	15:38+	18:48+	20:48+	25:00+	26:47+	29:23+	31:27+	38:57+	40:44+	42:19+	43:20+	45:41+	47:19+	48:12+
02:16-	03:28+	01:27+	03:07+	02:49+	02:31+	03:10+	02:00+	04:12+	01:47+	02:36-	02:04-	07:30-	01:47+	01:35+	01:01-	02:21-	01:38+	00:53-
01:14-	01:20&	00:10#	00:34#	00:50&	00:23#	01:32&	00:08+	00:41#	00:11#	00:45-	00:01-	00:35-	00:21#	00:21&	00:06-	00:06-	00:27&	00:18-
<b>4</b>	<b>Rune Dahl Fitjar</b>	<b>90</b>										<b>50:36</b>						
02:15-	05:25-	07:00+	10:15+	12:40+	16:44+	18:52+	21:18+	24:32+	26:49+	29:44+	32:04+	39:55+	42:06+	44:04+	45:17+	47:51+	49:40+	50:36+
02:15-	03:10+	01:35+	03:15+	02:25+	04:04+	02:08+	02:26+	03:14-	02:17+	02:55-	02:20+	07:51-	02:11+	01:58+	01:13+	02:34+	01:49+	00:56-
01:15-	01:02&	00:18#	00:42&	00:26#	01:56&	00:30&	00:34&	00:17-	00:41&	00:26-	00:15#	00:14-	00:45&	00:44&	00:06+	00:07+	00:38&	00:15-
<b>5</b>	<b>Antal Jansen</b>	<b>115</b>										<b>51:13</b>						
02:20-	06:01+	10:32+	14:15+	16:41+	19:11+	21:05+	23:05+	26:42+	28:31+	31:00+	32:45+	40:46+	42:40+	44:11+	45:14+	47:22+	50:26+	51:13+
02:20-	03:41+	04:31+	03:43+	02:26+	02:30+	01:54+	02:00+	03:37+	01:49+	02:29-	01:45-	08:01-	01:54+	01:31+	01:03-	02:08-	03:04+	00:47-
01:10-	01:33&	03:14#	01:10&	00:27#	00:22#	00:16#	00:08+	00:06+	00:13#	00:52-	00:20-	00:04-	00:28&	00:17#	00:04-	00:19-	01:53#	00:24-
<b>6</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>53:20</b>						
02:27-	05:08-	06:41-	10:00+	12:27+	15:40+	17:45+	20:43+	24:19+	26:46+	30:00+	32:24+	41:16+	44:13+	46:13+	47:43+	50:28+	52:18+	53:20+
02:27-	02:41+	01:33+	03:19+	02:27+	03:13+	02:05+	02:58+	03:36+	02:27+	03:14-	02:24+	08:52+	02:57+	02:00+	01:30+	02:45+	01:50+	01:02-
01:03-	00:33&	00:16#	00:46&	00:28#	01:05&	00:27&	01:06&	00:05+	00:51&	00:07-	00:19#	00:47+	01:31#	00:46&	00:23&	00:18#	00:39&	00:09-
<b>7</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>54:14</b>						
02:14-	05:57+	07:49+	10:37+	13:35+	17:15+	19:20+	25:35+	28:19+	30:14+	32:56+	35:02+	43:09+	45:24+	46:51+	48:27+	51:00+	53:17+	54:14+
02:14-	03:43+	01:52+	02:48+	02:58+	03:40+	02:05+	06:15+	02:44-	01:55+	02:42-	02:06+	08:07+	02:15+	01:27+	01:36+	02:33+	02:17+	00:57-
01:16-	01:35&	00:35&	00:15+	00:59&	01:32&	00:27&	04:23#	00:47-	00:19#	00:39-	00:01+	00:02+	00:49&	00:13#	00:29&	00:06+	01:06&	00:14-
<b>8</b>	<b>Svein Oddvar Netland</b>	<b>116</b>										<b>56:04</b>						
02:10-	08:16+	09:44+	13:01+	18:00+	21:05+	24:16+	26:33+	30:10+	32:20+	34:59+	37:12+	44:24+	46:41+	48:24+	49:57+	52:28+	55:09+	56:04+
02:10-	06:06+	01:28+	03:17+	04:59+	03:05+	03:11+	02:17+	03:37+	02:10+	02:39-	02:13+	07:12-	02:17+	01:43+	01:33+	02:31+	02:41+	00:55-
01:20-	03:58#	00:11#	00:44&	03:00#	00:57&	01:33&	00:25#	00:06+	00:34&	00:42-	00:08+	00:53-	00:51&	00:29&	00:26&	00:04+	01:30#	00:16-
<b>9</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>										<b>57:23</b>						
02:47-	12:49+	14:34+	18:28+	20:58+	23:42+	26:05+	27:50+	30:47+	33:35+	37:11+	39:07+	46:53+	48:54+	50:35+	51:56+	54:30+	56:18+	57:23+
02:47-	10:02+	01:45+	03:54+	02:30+	02:44+	02:23+	01:45-	02:57-	02:48+	03:36+	01:56-	07:46-	02:01+	01:41+	01:21+	02:34+	01:48+	01:05-
00:43-	07:54#	00:28&	01:21&	00:31&	00:36&	00:45&	00:07-	00:34-	01:12&	00:15+	00:09-	00:19-	00:35&	00:27&	00:14#	00:07+	00:37&	00:06-

Class	Navn	Klasse										Tid						
<b>10</b>	<b>Peter Chapman</b>	<b>117</b>										<b>1:00:41</b>						
04:47+	12:51+	14:24+	17:05+	20:08+	22:42+	26:20+	28:33+	32:50+	35:34+	37:52+	40:27+	47:52+	49:34+	54:19+	55:47+	58:14+	59:48+	60:41+
04:47+	08:04+	01:33+	02:41+	03:03+	02:34+	03:38+	02:13+	04:17+	02:44+	02:18-	02:35+	07:25-	01:42+	04:45+	01:28+	02:27=	01:34+	00:53-
01:17&	05:56@	00:16#	00:08+	01:04&	00:26#	02:00@	00:21#	00:46#	01:08&	01:03-	00:30#	00:40-	00:16#	03:31@	00:21&	00:00=	00:23&	00:18-
<b>11</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>1:01:17</b>						
02:09-	06:00+	07:39+	13:49+	20:08+	22:52+	25:24+	27:43+	33:58+	36:13+	39:03+	41:25+	49:44+	52:31+	54:16+	55:43+	58:42+	60:25+	61:17+
02:09-	03:51+	01:39+	06:10+	06:19+	02:44+	02:32+	02:19+	06:15+	02:15+	02:50-	02:22+	08:19+	02:47+	01:45+	01:27+	02:59+	01:43+	00:52-
01:21-	01:43&	00:22&	03:37@	04:20@	00:36&	00:54&	00:27#	02:44&	00:39&	00:31-	00:17#	00:14+	01:21&	00:31&	00:20&	00:32#	00:32&	00:19-
<b>12</b>	<b>Per Ivar Hovstad</b>	<b>116</b>										<b>1:02:13</b>						
02:00-	04:38-	06:03-	10:15+	13:13+	17:51+	20:35+	23:20+	27:12+	29:24+	33:37+	36:07+	48:44+	51:18+	53:47+	56:12+	59:17+	61:16+	62:13+
02:00-	02:38+	01:25+	04:12+	02:58+	04:38+	02:44+	02:45+	03:52+	02:12+	04:13+	02:30+	12:37+	02:34+	02:29+	02:25+	03:05+	01:59+	00:57-
01:30-	00:30#	00:08#	01:39&	00:59&	02:30@	01:06&	00:53&	00:21+	00:36&	00:52&	00:25#	04:32&	01:08&	01:15@	01:18@	00:38&	00:48&	00:14-
<b>13</b>	<b>Lars Primstad</b>	<b>62</b>										<b>1:02:50</b>						
05:00+	16:03+	17:31+	22:51+	24:51+	27:40+	32:43+	35:46+	38:25+	40:17+	43:40+	47:13+	54:25+	56:03+	57:21+	58:25+	60:29+	62:06+	62:50+
05:00+	11:03+	01:28+	05:20+	02:00+	02:49+	05:03+	03:03+	02:39-	01:52+	03:23+	03:33+	07:12-	01:38+	01:18+	01:04-	02:04-	01:37+	00:44-
01:30&	08:55@	00:11#	02:47@	00:01+	00:41&	03:25@	01:11&	00:52-	00:16#	00:02+	01:28&	00:53-	00:12#	00:04+	00:03-	00:23-	00:26&	00:27-
<b>14</b>	<b>Jan Kenneth Polle</b>	<b>83</b>										<b>1:04:02</b>						
02:18-	07:32+	09:28+	13:01+	16:03+	20:23+	23:41+	25:55+	29:38+	32:55+	36:34+	39:16+	49:04+	51:30+	54:42+	56:17+	59:40+	62:58+	64:02+
02:18-	05:14+	01:56+	03:33+	03:02+	04:20+	03:18+	02:14+	03:43+	03:17+	03:39+	02:42+	09:48+	02:26+	03:12+	01:35+	03:23+	03:18+	01:04-
01:12-	03:06@	00:39&	01:00&	01:03&	02:12@	01:40@	00:22#	00:12+	01:41@	00:18+	00:37&	01:43#	01:00&	01:58@	00:28&	00:56&	02:07@	00:07-
<b>15</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>										<b>1:04:47</b>						
02:21-	05:41+	07:23+	11:17+	14:08+	18:30+	22:37+	27:07+	30:52+	33:11+	41:09+	45:45+	55:03+	57:06+	58:37+	59:58+	62:01+	63:38+	64:47+
02:21-	03:20+	01:42+	03:54+	02:51+	04:22+	04:07+	04:30+	03:45+	02:19+	07:58+	04:36+	09:18+	02:03+	01:31+	01:21+	02:03-	01:37+	01:09-
01:09-	01:12&	00:25&	01:21&	00:52&	02:14@	02:29@	02:38@	00:14+	00:43&	04:37@	02:31@	01:13#	00:37&	00:17#	00:14#	00:24-	00:26&	00:02-
<b>16</b>	<b>Jan Kristensen</b>	<b>7</b>										<b>1:16:14</b>						
05:59+	14:30+	17:06+	21:29+	25:03+	29:42+	33:57+	37:04+	41:39+	44:34+	48:09+	51:10+	61:29+	65:26+	67:29+	69:15+	72:43+	75:04+	76:14+
05:59+	08:31+	02:36+	04:23+	03:34+	04:39+	04:15+	03:07+	04:35+	02:55+	03:35+	03:01+	10:19+	03:57+	02:03+	01:46+	03:28+	02:21+	01:10-
02:29&	06:23@	01:19@	01:50&	01:35&	02:31@	02:37@	01:15&	01:04&	01:19&	00:14+	00:56&	02:14&	02:31@	00:49&	00:39&	01:01&	01:10&	00:01-
<b>17</b>	<b>Stian Knudsen</b>	<b>144</b>										<b>1:40:49</b>						
03:42+	13:45+	23:50+	30:40+	34:30+	39:24+	49:57+	54:21+	59:02+	62:51+	67:59+	71:40+	84:18+	88:34+	90:57+	92:42+	96:09+	99:34+	100:49+
03:42+	10:03+	10:05+	06:50+	03:50+	04:54+	10:33+	04:24+	04:41+	03:49+	05:08+	03:41+	12:38+	04:16+	02:23+	01:45+	03:27+	03:25+	01:15+
00:12+	07:55@	08:48@	04:17@	01:51&	02:46@	08:55@	02:32@	01:10&	02:13@	01:47&	01:36&	04:33&	02:50@	01:09&	00:38&	01:00&	02:14@	00:04+
<b>18</b>	<b>Charles-Francois Farbos</b>	<b>42</b>										<b>1:56:27</b>						
07:56+	17:13+	19:53+	34:07+	37:29+	43:57+	52:29+	58:00+	69:45+	73:42+	77:51+	80:43+	94:57+	99:45+	103:04+	105:36+	112:02+	114:53+	116:27+
07:56+	09:17+	02:40+	14:14+	03:22+	06:28+	08:32+	05:31+	11:45+	03:57+	04:09+	02:52+	14:14+	04:48+	03:19+	02:32+	06:26+	02:51+	01:34+
04:26@	07:09@	01:23@	11:41@	01:23&	04:20@	06:54@	03:39@	08:14@	02:21@	00:48#	00:47&	06:09&	03:22@	02:05@	01:25@	03:59@	01:40@	00:23&

### Beste strekktid for klassen

02:00 02:08 01:17 02:33 01:59 02:08 01:38 01:45 02:39 01:36 02:18 01:45 06:35 01:26 01:14 01:01 02:03 01:11 00:44

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

### Herrer 50 - 59 år

<b>1</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>40:08</b>						
04:15=	06:53=	09:03=	09:56=	12:56=	15:32=	17:11=	18:52=	20:42=	22:43=	24:46=	25:21=	27:25=	31:09=	33:57=	36:42=	37:39=	39:14=	40:08=
04:15=	02:38=	02:10=	00:53=	03:00=	02:36=	01:39=	01:41=	01:50=	02:01=	02:03=	00:35=	02:04=	03:44=	02:48=	02:45=	00:57=	01:35=	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=	00:00=	00:00=
<b>2</b>	<b>Åge Håland</b>	<b>214</b>										<b>41:15</b>						
05:23+	07:51+	10:06+	10:55+	13:52+	16:35+	18:23+	20:01+	21:48+	23:41+	25:52+	26:24+	28:34+	32:14+	34:54+	37:46+	38:46+	40:20+	41:15+
05:23+	02:28-	02:15+	00:49-	02:57-	02:43+	01:48+	01:38-	01:47-	01:53-	00:32+	02:10+	00:32+	03:40-	02:40-	02:52+	01:00+	01:34-	00:55+
01:08&	00:10-	00:05+	00:04-	00:03-	00:07+	00:09+	00:03-	00:03-	00:08-	00:08+	00:03-	00:06+	00:04-	00:08-	00:07+	00:03+	00:01-	00:01+
<b>3</b>	<b>Sturle Omdal</b>	<b>116</b>										<b>42:59</b>						
04:20+	06:29-	08:54-	09:45-	12:47-	15:31-	17:06-	20:39+	22:05+	24:19+	26:20+	27:18+	29:33+	33:36+	36:44+	38:51+	40:18+	41:56+	42:59+
04:20+	02:09-	02:25+	00:51-	03:02+	02:44+	01:35-	03:33+	01:26-	02:14+	02:01-	00:58+	02:15+	04:03+	03:08+	02:07-	01:27+	01:38+	01:03+
00:05+	00:29-	00:15#	00:02-	00:02+	00:08+	00:04-	01:52@	00:24-	00:13#	00:02-	00:23&	00:11+	00:19+	00:20#	00:38-	00:30&	00:03+	00:09#
<b>4</b>	<b>Kjell Seland</b>	<b>236</b>										<b>43:16</b>						
04:10-	05:45-	07:50-	08:44-	11:46-	14:28-	16:16-	17:56-	20:53+	23:08+	26:16+	26:50+	29:20+	33:19+	36:07+	39:31+	40:38+	42:16+	43:16+
04:10-	01:35-	02:05-	00:54+	03:02+	02:42+	01:48+	01:40-	02:57+	02:15+	03:08+	00:34-	02:30+	03:59+	02:48=	03:24+	01:07+	01:38+	01:00+
00:05-	01:03-	00:05-	00:01+	00:02+	00:06+	00:09+	00:01-	01:07&	00:14#	01:05&	00:01-	00:26#	00:15+	00:00=	00:39#	00:10#	00:03+	00:06#

Class	Navn	Klasse										Tid						
<b>5</b>	<b>Håvard Håland</b>	<b>66</b>										<b>44:35</b>						
04:39+	06:26-	08:51-	09:59+	13:07+	16:10+	17:55+	20:18+	21:57+	24:29+	27:36+	28:32+	30:52+	34:59+	37:47+	40:19+	41:36+	43:25+	44:35+
04:39+	01:47-	02:25+	01:08+	03:08+	03:03+	01:45+	02:23+	01:39-	02:32+	03:07+	00:56+	02:20+	04:07+	02:48=	02:32-	01:17+	01:49+	01:10+
00:24+	00:51-	00:15#	00:15&	00:08+	00:27#	00:06+	00:42&	00:11-	00:31&	01:04&	00:21&	00:16#	00:23#	00:00=	00:13-	00:20&	00:14#	00:16&
<b>6</b>	<b>Harald Takسدal</b>	<b>236</b>										<b>47:20</b>						
07:36+	09:42+	12:07+	13:11+	16:06+	18:50+	20:35+	22:16+	24:51+	27:14+	30:26+	31:03+	33:23+	37:26+	40:13+	43:35+	44:42+	46:20+	47:20+
07:36+	02:06-	02:25+	01:04+	02:55-	02:44+	01:45+	01:41=	02:35+	02:23+	03:12+	00:37+	02:20+	04:03+	02:47-	03:22+	01:07+	01:38+	01:00+
03:21&	00:32-	00:15#	00:11#	00:05-	00:08+	00:06+	00:00=	00:45&	00:22#	01:09&	00:02+	00:16#	00:19+	00:01-	00:37#	00:10#	00:03+	00:06#
<b>7</b>	<b>Øivind Berggraf</b>	<b>116</b>										<b>47:56</b>						
05:49+	07:35+	09:41+	11:19+	14:41+	17:26+	19:04+	22:09+	23:28+	25:38+	28:17+	28:57+	31:29+	35:13+	37:39+	43:47+	45:01+	46:57+	47:56+
05:49+	01:46-	02:06-	01:38+	03:22+	02:45+	01:38-	03:05+	01:19-	02:10+	02:39+	00:40+	02:32+	03:44=	02:26-	06:08+	01:14+	01:56+	00:59+
01:34&	00:52-	00:04-	00:45&	00:22#	00:09+	00:01-	01:24&	00:31-	00:09+	00:36&	00:05#	00:28#	00:00=	00:22-	03:23@	00:17&	00:21#	00:05+
<b>8</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>48:18</b>						
04:34+	06:07-	09:18+	10:59+	14:58+	18:09+	19:52+	23:23+	25:16+	27:25+	30:00+	30:53+	33:04+	37:26+	40:42+	44:40+	45:44+	47:19+	48:18+
04:34+	01:33-	03:11+	01:41+	03:59+	03:11+	01:43+	03:31+	01:53+	02:09+	02:35+	00:53+	02:11+	04:22+	03:16+	03:58+	01:04+	01:35=	00:59+
00:19+	01:05-	01:01&	00:48&	00:59&	00:35#	00:04+	01:50@	00:03+	00:08+	00:32&	00:18&	00:07+	00:38#	00:28#	01:13&	00:07#	00:00=	00:05+
<b>9</b>	<b>Ernst Kristensen</b>	<b>116</b>										<b>49:06</b>						
05:39+	07:35+	09:56+	11:05+	14:58+	18:33+	20:28+	22:31+	25:29+	28:01+	30:54+	31:34+	33:56+	38:22+	41:24+	44:16+	45:24+	47:58+	49:06+
05:39+	01:56-	02:21+	01:09+	03:53+	03:35+	01:55+	02:03+	02:58+	02:32+	02:53+	00:40+	02:22+	04:26+	03:02+	02:52+	01:08+	02:34+	01:08+
01:24&	00:42-	00:11+	00:16&	00:53&	00:59&	00:16#	00:22#	01:08&	00:31&	00:50&	00:05#	00:18#	00:42#	00:14+	00:07+	00:11#	00:59&	00:14&
<b>10</b>	<b>Arnfinn Rømuld</b>	<b>116</b>										<b>49:20</b>						
05:25+	06:51-	09:04+	10:59+	16:17+	23:50+	25:19+	27:16+	28:35+	30:48+	32:58+	33:36+	35:54+	40:20+	43:15+	45:28+	46:32+	48:16+	49:20+
05:25+	01:26-	02:13+	01:55+	05:18+	07:33+	01:29-	01:57+	01:19-	02:13+	02:10+	00:38+	02:18+	04:26+	02:55+	02:13-	01:04+	01:44+	01:04+
01:10&	01:12-	00:03+	01:02@	02:18&	04:57@	00:10-	00:16#	00:31-	00:12+	00:07+	00:03+	00:14#	00:42#	00:07+	00:32-	00:07#	00:09+	00:10#
<b>11</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>49:28</b>						
05:47+	07:41+	10:08+	12:09+	15:35+	18:56+	20:51+	23:07+	26:16+	28:49+	31:42+	32:26+	34:45+	38:57+	41:59+	44:54+	46:05+	48:25+	49:28+
05:47+	01:54-	02:27+	02:01+	03:26+	03:21+	01:55+	02:16+	03:09+	02:33+	02:53+	00:44+	02:19+	04:12+	03:02+	02:55+	01:11+	02:20+	01:03+
01:32&	00:44-	00:17#	01:08@	00:26#	00:45&	00:16#	00:35&	01:19&	00:32&	00:50&	00:09&	00:15#	00:28#	00:14+	00:10+	00:14#	00:45&	00:09#
<b>12</b>	<b>Knut Feldmann</b>	<b>93</b>										<b>49:30</b>						
05:11+	06:58+	11:06+	12:11+	15:15+	17:54+	19:43+	22:23+	24:08+	26:22+	29:18+	30:06+	32:37+	36:43+	39:54+	45:09+	46:29+	48:20+	49:30+
05:11+	01:47-	04:08+	01:05+	03:04+	02:39+	01:49+	02:40+	01:45-	02:14+	02:56+	00:48+	02:31+	04:06+	03:11+	05:15+	01:20+	01:51+	01:10+
00:56#	00:51-	01:58&	00:12#	00:04+	00:03+	00:10#	00:59&	00:05-	00:13#	00:53&	00:13&	00:27#	00:22+	00:23#	02:30&	00:23&	00:16#	00:16&
<b>13</b>	<b>Inge Skretting</b>	<b>165</b>										<b>50:54</b>						
06:20+	08:56+	11:14+	12:22+	15:22+	18:51+	20:48+	22:51+	24:40+	27:05+	29:39+	30:21+	32:28+	37:40+	40:40+	43:57+	45:16+	49:50+	50:54+
06:20+	02:36-	02:18+	01:08+	03:00=	03:29+	01:57+	02:03+	01:49-	02:25+	02:34+	00:42+	02:07+	05:12+	03:00+	03:17+	01:19+	04:34+	01:04+
02:05&	00:02-	00:08+	00:15&	00:00=	00:53&	00:18#	00:22#	00:01-	00:24#	00:31&	00:07#	00:03+	01:28&	00:12+	00:32#	00:22&	02:59@	00:10#
<b>14</b>	<b>Stein Arve Finnstad</b>	<b>287</b>										<b>51:05</b>						
06:26+	13:09+	15:50+	16:50+	19:39+	22:45+	24:34+	26:39+	28:25+	30:45+	33:45+	34:29+	36:50+	41:30+	44:28+	47:10+	48:32+	50:10+	51:05+
06:26+	06:43+	02:41+	01:00+	02:49-	03:06+	01:49+	02:05+	01:46-	02:20+	03:00+	00:44+	02:21+	04:40+	02:58+	02:42-	01:22+	01:38+	00:55+
02:11&	04:05@	00:31#	00:07#	00:11-	00:30#	00:10#	00:24#	00:04-	00:19#	00:57&	00:09&	00:17#	00:56#	00:10+	00:03-	00:25&	00:03+	00:01+
<b>15</b>	<b>Anders Glenne</b>	<b>7</b>										<b>51:36</b>						
05:08+	06:40-	09:14+	10:17+	12:53-	23:04+	24:47+	27:04+	28:43+	31:01+	33:43+	34:32+	37:04+	41:16+	44:37+	47:08+	48:14+	50:30+	51:36+
05:08+	01:32-	02:34+	01:03+	02:36-	10:11+	01:43+	02:17+	01:39-	02:18+	02:42+	00:49+	02:32+	04:12+	03:21+	02:31-	01:06+	02:16+	01:06+
00:53#	01:06-	00:24#	00:10#	00:24-	07:35@	00:04+	00:36&	00:11-	00:17#	00:39&	00:14&	00:28#	00:28#	00:33#	00:14-	00:09#	00:41&	00:12#
<b>16</b>	<b>Magnar Møller</b>	<b>62</b>										<b>51:37</b>						
06:42+	09:44+	12:30+	13:33+	17:11+	20:00+	22:07+	24:27+	26:26+	28:54+	32:51+	33:54+	36:35+	40:49+	43:54+	47:40+	48:57+	50:33+	51:37+
06:42+	03:02+	02:46+	01:03+	03:38+	02:49+	02:07+	02:20+	01:59+	02:28+	03:57+	01:03+	02:41+	04:14+	03:05+	03:46+	01:17+	01:36+	01:04+
02:27&	00:24#	00:36&	00:10#	00:38#	00:13+	00:28&	00:39&	00:09+	00:27#	01:54&	00:28&	00:37&	00:30#	00:17#	01:01&	00:20&	00:01+	00:10#
<b>17</b>	<b>Tor Brekken</b>	<b>97</b>										<b>52:27</b>						
06:27+	07:56+	10:15+	14:04+	17:09+	20:14+	22:01+	24:29+	29:06+	31:31+	34:31+	35:18+	37:45+	41:44+	44:43+	47:44+	48:48+	51:20+	52:27+
06:27+	01:29-	02:19+	03:49+	03:05+	03:05+	01:47+	02:28+	04:37+	02:25+	03:00+	00:47+	02:27+	03:59+	02:59+	03:01+	01:04+	02:32+	01:07+
02:12&	01:09-	00:09+	02:56@	00:05+	00:29#	00:08+	00:47&	02:47@	00:24#	00:57&	00:12&	00:23#	00:15+	00:11+	00:16+	00:07#	00:57&	00:13#
<b>18</b>	<b>Sophie Gjermestad</b>	<b>29</b>										<b>54:17</b>						
09:01+	10:52+	13:47+	15:03+	18:35+	22:40+	25:25+	28:10+	29:50+	32:03+	35:42+	36:29+	38:52+	43:43+	47:25+	51:02+	51:56+	53:28+	54:17+
09:01+	01:51-	02:55+	01:16+	03:32+	04:05+	02:45+	02:45+	01:40-	02:13+	03:39+	00:47+	02:23+	04:51+	03:42+	03:37+	00:54-	01:32-	00:49-
04:46@	00:47-	00:45&	00:23&	00:32#	01:29&	01:06&	01:04&	00:10-	00:12+	01:36&	00:12&	00:19#	01:07&	00:54&	00:52&	00:03-	00:03-	00:05-
<b>19</b>	<b>Sigbjørn Gløppen</b>	<b>144</b>										<b>54:37</b>						
05:59+	08:11+	11:05+	12:20+	15:56+	19:00+	21:09+	24:05+	27:23+	30:08+	33:56+	34:53+	37:46+	43:01+	46:55+	49:37+	50:54+	53:06+	54:37+
05:59+	02:12-	02:54+	01:15+	03:36+	03:04+	02:09+	02:56+	03:18+	02:45+	03:48+	00:57+	02:53+	05:15+	03:54+	02:42-	01:17+	02:12+	01:31+
01:44&	00:26-	00:44&	00:22&	00:36#	00:28#	00:30&	01:15&	01:28&	00:44&	01:45&	00:22&	00:49&	01:31&	01:06&	00:03-	00:20&	00:37&	00:37&

Class	Navn	Klasse													Tid				
<b>20</b>	<b>Frank Hansen</b>	<b>29</b>													<b>55:05</b>				
05:08+	06:35-	08:54-	13:53+	16:37+	19:33+	21:32+	23:40+	30:53+	33:09+	36:51+	37:37+	40:31+	45:09+	47:42+	50:18+	51:30+	53:52+	55:05+	
05:08+	01:27-	02:19+	04:59+	02:44-	02:56+	01:59+	02:08+	07:13+	02:16+	03:42+	00:46+	02:54+	04:38+	02:33-	02:36-	01:12+	02:22+	01:13+	
00:53#	01:11-	00:09+	04:06#	00:16-	00:20#	00:20#	00:27&	05:23#	00:15#	01:39&	00:11&	00:50&	00:54#	00:15-	00:09-	00:15&	00:47&	00:19&	
<b>21</b>	<b>Kjell R. Nordmark</b>	<b>7</b>													<b>57:33</b>				
07:51+	10:42+	14:08+	17:44+	20:57+	28:58+	30:44+	33:09+	35:17+	37:30+	40:45+	41:21+	43:28+	47:38+	50:31+	53:26+	54:38+	56:30+	57:33+	
07:51+	02:51+	03:26+	03:36+	03:13+	08:01+	01:46+	02:25+	02:08+	02:13+	03:15+	00:36+	02:07+	04:10+	02:53+	02:55+	01:12+	01:52+	01:03+	
03:36&	00:13+	01:16&	02:43#	00:13+	05:25#	00:07+	00:44&	00:18#	00:12+	01:12&	00:01+	00:03+	00:26#	00:05+	00:10+	00:15&	00:17#	00:09#	
<b>22</b>	<b>Bertrand Denieul</b>	<b>42</b>													<b>58:55</b>				
09:21+	12:44+	14:53+	17:42+	18:57+	22:16+	25:51+	30:06+	32:09+	35:17+	37:43+	42:29+	43:02+	45:06+	49:24+	52:17+	54:36+	55:33+	57:51+	58:55+
09:21+	03:23+	02:09-	02:49+	01:15-	03:19+	03:35+	04:15+	02:03+	03:08+	02:26+	04:46+	00:33-	02:04-	04:18+	02:53+	02:19+	00:57-	02:18+	01:04+
05:06#	00:45&	00:01-	01:56#	01:45-	00:43&	01:56#	02:34#	00:13#	01:07&	00:23#	04:11#	01:31-	01:40-	01:30&	00:08+	01:22#	00:38-	01:24#	01:04+
<b>23</b>	<b>Asbjørn Brådland</b>	<b>297</b>													<b>59:07</b>				
05:50+	07:27+	10:13+	11:50+	19:53+	22:58+	24:51+	27:38+	31:39+	34:30+	38:45+	39:20+	44:00+	48:13+	51:08+	55:09+	56:07+	58:11+	59:07+	
05:50+	01:37-	02:46+	01:37+	08:03+	03:05+	01:53+	02:47+	04:01+	02:51+	04:15+	00:35#	04:40+	04:13+	02:55+	04:01+	00:58+	02:04+	00:56+	
01:35&	01:01-	00:36&	00:44&	05:03#	00:29#	00:14#	01:06&	02:11#	00:50&	02:12#	00:00#	02:36#	00:29#	00:07+	01:16&	00:01+	00:29&	00:02+	
<b>24</b>	<b>Erling Knutzen</b>	<b>128</b>													<b>59:12</b>				
05:10+	06:45-	09:33+	10:59+	19:57+	23:24+	25:39+	28:44+	30:46+	33:46+	36:56+	37:37+	40:04+	45:00+	48:42+	54:34+	55:50+	58:14+	59:12+	
05:10+	01:35-	02:48+	01:26+	08:58+	03:27+	02:15+	03:05+	02:02+	03:00+	03:10+	00:41+	02:27+	04:56+	03:42+	05:52+	01:16+	02:24+	00:58+	
00:55#	01:03-	00:38&	00:33&	05:58#	00:51&	00:36&	01:24&	00:12#	00:59&	01:07&	00:06#	00:23#	01:12&	00:54&	03:07#	00:19&	00:49&	00:04+	
<b>25</b>	<b>Svein Magne Gloppen</b>	<b>93</b>													<b>59:42</b>				
06:03+	08:44+	11:31+	13:27+	17:51+	22:05+	25:06+	28:16+	30:51+	33:31+	38:58+	39:38+	42:27+	47:05+	50:45+	54:00+	56:02+	58:20+	59:42+	
06:03+	02:41+	02:47+	01:56+	04:24+	04:14+	03:01+	03:10+	02:35+	02:40+	05:27+	00:40+	02:49+	04:38+	03:40+	03:15+	02:02+	02:18+	01:22+	
01:48&	00:03+	00:37&	01:03#	01:24&	01:38&	01:22&	01:29&	00:45&	00:39&	03:24#	00:05#	00:45&	00:54#	00:52&	00:30#	01:05#	00:43&	00:28&	
<b>26</b>	<b>Jørgen Nilsen</b>	<b>53</b>													<b>1:00:07</b>				
12:27+	14:56+	17:30+	18:32+	21:29+	24:41+	26:38+	28:45+	30:55+	33:17+	35:47+	36:25+	38:52+	44:43+	48:06+	55:36+	56:41+	58:47+	60:07+	
12:27+	02:29-	02:34+	01:02+	02:57-	03:12+	01:57+	02:07+	02:10+	02:22+	02:30+	00:38+	02:27+	05:51+	03:23+	07:30+	01:05+	02:06+	01:20+	
08:12#	00:09-	00:24#	00:09#	00:03-	00:36#	00:18#	00:26&	00:20#	00:21#	00:27#	00:03+	00:23#	02:07&	00:35#	04:45#	00:08#	00:31&	00:26&	
<b>27</b>	<b>Trygve Michaelsen</b>	<b>117</b>													<b>1:00:19</b>				
04:28+	06:47-	09:25+	10:32+	15:30+	18:48+	20:45+	23:15+	27:34+	30:17+	35:57+	36:34+	38:51+	43:42+	46:46+	56:39+	57:37+	59:19+	60:19+	
04:28+	02:19-	02:38+	01:07+	04:58+	03:18+	01:57+	02:30+	04:19+	02:43+	05:40+	00:37+	02:17+	04:51+	03:04+	09:53+	00:58+	01:42+	01:00+	
00:13+	00:19-	00:28#	00:14&	01:58&	00:42&	00:18#	00:49&	02:29#	00:42&	03:37#	00:02+	00:13#	01:07&	00:16+	07:08#	00:01+	00:07+	00:06#	
<b>28</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>													<b>1:00:56</b>				
08:50+	10:54+	13:58+	15:03+	19:06+	22:47+	24:54+	27:26+	29:51+	35:45+	38:44+	39:32+	42:30+	48:08+	52:14+	55:45+	57:11+	59:31+	60:56+	
08:50+	02:04-	03:04+	01:05+	04:03+	03:41+	02:07+	02:32+	02:25+	05:54+	02:59+	00:48+	02:58+	05:38+	04:06+	03:31+	01:26+	02:20+	01:25+	
04:35#	00:34-	00:54&	00:12#	01:03&	01:05&	00:28&	00:51&	00:35&	03:53#	00:56&	00:13&	00:54&	01:54&	01:18&	00:46&	00:29&	00:45&	00:31&	
<b>29</b>	<b>Frode Følgesvold</b>	<b>5</b>													<b>1:06:39</b>				
08:14+	15:12+	18:39+	20:31+	24:05+	28:24+	31:25+	34:30+	36:44+	39:55+	43:53+	45:16+	49:32+	55:18+	59:13+	62:11+	63:22+	65:35+	66:39+	
08:14+	06:58+	03:27+	01:52+	03:34+	04:19+	03:01+	03:05+	02:14+	03:11+	03:58+	01:23+	04:16+	05:46+	03:55+	02:58+	01:11+	02:13+	01:04+	
03:59&	04:20#	01:17&	00:59#	00:34#	01:43&	01:22&	01:24&	00:24#	01:10&	01:55&	00:48#	02:12#	02:02&	01:07&	00:13+	00:14#	00:38&	00:10#	
<b>30</b>	<b>Josef Ludoid</b>	<b>228</b>													<b>1:08:47</b>				
06:28+	10:37+	14:19+	16:01+	20:28+	24:17+	26:21+	28:41+	31:04+	35:41+	43:34+	45:06+	48:04+	53:56+	57:51+	64:03+	65:20+	67:41+	68:47+	
06:28+	04:09+	03:42+	01:42+	04:27+	03:49+	02:04+	02:20+	02:23+	04:37+	07:53+	01:32+	02:58+	05:52+	03:55+	06:12+	01:17+	02:21+	01:06+	
02:13&	01:31&	01:32&	00:49&	01:27&	01:13&	00:25&	00:39&	00:33&	02:36#	05:50#	00:57#	00:54&	02:08&	01:07&	03:27#	00:20&	00:46&	00:12#	
<b>31</b>	<b>John C. Sinnes</b>	<b>93</b>													<b>1:21:42</b>				
15:14+	17:53+	20:58+	22:45+	29:02+	44:08+	46:39+	50:30+	52:41+	55:51+	61:53+	62:44+	65:59+	71:34+	74:58+	77:34+	78:56+	80:32+	81:42+	
15:14+	02:39+	03:05+	01:47+	06:17+	15:06+	02:31+	03:51+	02:11+	03:10+	06:02+	00:51+	03:15+	05:35+	03:24+	02:36-	01:22+	01:36+	01:10+	
10:59#	00:01+	00:55&	00:54#	03:17#	12:30#	00:52&	02:10#	00:21#	01:09&	03:59#	00:16&	01:11&	01:51&	00:36#	00:09-	00:25&	00:01+	00:16&	
<b>Beste strekktid for klassen</b>																			
04:10	01:26	02:05	00:49	01:15	02:36	01:29	01:38	01:19	01:53	02:01	00:32	00:33	02:04	02:26	02:07	00:54	00:57	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>35:37</b>				
01:15=	03:43=	05:46=	09:31=	10:40=	13:00=	14:43=	17:11=	18:12=	20:28=	22:08=	24:49=	27:36=	31:55=	34:44=	35:37=				
01:15=	02:28=	02:03=	03:45=	01:09=	02:20=	01:43=	02:28=	01:01=	02:16=	01:40=	02:41=	02:47=	00:49=	03:30=	02:49=	00:53=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

Class	Navn	Klasse										Tid				
<b>2</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>47:52</b>				
02:03+	05:43+	08:11+	12:47+	14:33+	17:50+	23:52+	25:52+	26:56+	29:28+	31:27+	35:03+	38:09+	39:12+	43:22+	46:48+	47:52+
02:03+	03:40+	02:28+	04:36+	01:46+	03:17+	06:02+	02:00-	01:04+	02:32+	01:59+	03:36+	03:06+	01:03+	04:10+	03:26+	01:04+
00:48&	01:12&	00:25#	00:51#	00:37&	00:57&	04:19@	00:28-	00:03+	00:16#	00:19#	00:55&	00:19#	00:14&	00:40#	00:37#	00:11#
<b>3</b>	<b>Dag Helliksen</b>	<b>80</b>										<b>48:06</b>				
01:50+	05:21+	07:55+	11:53+	12:58+	17:40+	19:51+	21:25+	23:14+	25:39+	32:21+	35:13+	38:19+	39:26+	43:16+	47:09+	48:06+
01:50+	03:31+	02:34+	03:58+	01:05-	04:42+	02:11+	01:34-	01:49+	02:25+	06:42+	02:52+	03:06+	01:07+	03:50+	03:53+	00:57+
00:35&	01:03&	00:31&	00:13+	00:04-	02:22@	00:28&	00:54-	00:48&	00:09+	05:02@	00:11+	00:19#	00:18&	00:20+	01:04&	00:04+
<b>4</b>	<b>Agnar Lien</b>	<b>7</b>										<b>49:06</b>				
02:09+	05:54+	08:59+	14:23+	16:14+	20:12+	21:46+	23:27+	24:35+	27:22+	29:35+	33:38+	37:00+	38:18+	43:04+	47:24+	49:06+
02:09+	03:45+	03:05+	05:24+	01:51+	03:58+	01:34-	01:41-	01:08+	02:47+	02:13+	04:03+	03:22+	01:18+	04:46+	04:20+	01:42+
00:54&	01:17&	01:02&	01:39&	00:42&	01:38&	00:09-	00:47-	00:07#	00:31#	00:33&	01:22&	00:35#	00:29&	01:16&	01:31&	00:49&
<b>5</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>53:26</b>				
02:00+	07:21+	10:16+	14:56+	16:11+	20:08+	21:42+	24:25+	25:49+	29:10+	34:39+	38:31+	41:59+	43:09+	48:16+	51:54+	53:26+
02:00+	05:21+	02:55+	04:40+	01:15+	03:57+	01:34-	02:43+	01:24+	03:21+	05:29+	03:52+	03:28+	01:10+	05:07+	03:38+	01:32+
00:45&	02:53@	00:52&	00:55#	00:06+	01:37&	00:09-	00:15#	00:23&	01:05&	03:49@	01:11&	00:41#	00:21&	01:37&	00:49&	00:39&
<b>6</b>	<b>Bjørn H. Engseth</b>	<b>27</b>										<b>54:25</b>				
01:51+	05:08+	08:25+	12:43+	13:53+	16:52+	18:38+	20:36+	22:03+	27:17+	29:16+	39:28+	42:49+	43:59+	49:24+	53:01+	54:25+
01:51+	03:17+	03:17+	04:18+	01:10+	02:59+	01:46+	01:58-	01:27+	05:14+	01:59+	10:12+	03:21+	01:10+	05:25+	03:37+	01:24+
00:36&	00:49&	01:14&	00:33#	00:01+	00:39&	00:03+	00:30-	00:26&	02:58@	00:19#	07:31@	00:34#	00:21&	01:55&	00:48&	00:31&
<b>7</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>55:40</b>				
02:45+	06:25+	09:00+	15:28+	16:40+	20:39+	22:33+	27:11+	28:25+	31:34+	33:35+	40:37+	45:25+	46:34+	50:47+	54:30+	55:40+
02:45+	03:40+	02:35+	06:28+	01:12+	03:59+	01:54+	04:38+	01:14+	03:09+	02:01+	07:02+	04:48+	01:09+	04:13+	03:43+	01:10+
01:30@	01:12&	00:32&	02:43&	00:03+	01:39&	00:11#	02:10&	00:13#	00:53&	00:21#	04:21@	02:01&	00:20&	00:43#	00:54&	00:17&
<b>8</b>	<b>Olav Tunheim</b>	<b>93</b>										<b>55:55</b>				
02:16+	06:52+	10:09+	15:33+	17:01+	21:20+	23:07+	26:43+	28:26+	31:48+	40:17+	44:38+	44:38+	45:44+	50:35+	54:47+	55:55+
02:16+	04:36+	03:17+	05:24+	01:28+	04:19+	01:47+	03:36+	01:43+	03:22+	02:29+	06:30+	03:51+	01:06+	04:51+	04:12+	01:08+
01:01&	02:08&	01:14&	01:39&	00:19&	01:59&	00:04+	01:08&	00:42&	01:06&	00:49&	03:49@	01:04&	00:17&	01:21&	01:23&	00:15&
<b>9</b>	<b>Tor Geir Espedal</b>	<b>115</b>										<b>57:50</b>				
01:57+	05:38+	08:17+	12:34+	13:36+	18:47+	26:16+	27:56+	29:13+	32:12+	41:43+	44:48+	47:14+	48:47+	53:17+	56:28+	57:50+
01:57+	03:41+	02:39+	04:17+	01:02-	05:11+	07:29+	01:40-	01:17+	02:59+	09:31+	03:05+	02:26-	01:33+	04:30+	03:11+	01:22+
00:42&	01:13&	00:36&	00:32#	00:07-	02:51@	05:46@	00:48-	00:16&	00:43&	07:51@	00:24#	00:21-	00:44&	01:00&	00:22#	00:29&
<b>10</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>58:20</b>				
02:08+	05:36+	08:41+	14:11+	15:15+	19:10+	24:36+	28:56+	30:21+	33:28+	35:38+	43:01+	47:15+	48:36+	53:08+	56:55+	58:20+
02:08+	03:28+	03:05+	05:30+	01:04-	03:55+	05:26+	04:20+	01:25+	03:07+	02:10+	07:23+	04:14+	01:21+	04:32+	03:47+	01:25+
00:53&	01:00&	01:02&	01:45&	00:05-	01:35&	03:43@	01:52&	00:24&	00:51&	00:30&	04:42@	01:27&	00:32&	01:02&	00:58&	00:32&
<b>11</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>1:01:04</b>				
02:31+	07:07+	10:13+	15:26+	16:33+	20:19+	22:49+	27:45+	29:19+	32:05+	34:08+	45:34+	49:18+	50:31+	55:12+	59:53+	61:04+
02:31+	04:36+	03:06+	05:13+	01:07-	03:46+	02:30+	04:56+	01:34+	02:46+	02:03+	11:26+	03:44+	01:13+	04:41+	04:41+	01:11+
01:16@	02:08&	01:03&	01:28&	00:02-	01:26&	00:47&	02:28&	00:33&	00:30#	00:23#	08:45@	00:57&	00:24&	01:11&	01:52&	00:18&
<b>12</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>										<b>1:01:24</b>				
02:03+	07:50+	10:58+	16:18+	17:41+	20:51+	22:53+	30:23+	32:38+	35:30+	41:21+	47:04+	50:22+	51:56+	56:22+	60:15+	61:24+
02:03+	05:47+	03:08+	05:20+	01:23+	03:10+	02:02+	07:30+	02:15+	02:52+	05:51+	05:43+	03:18+	01:34+	04:26+	03:53+	01:09+
00:48&	03:19@	01:05&	01:35&	00:14#	00:50&	00:19#	05:02@	01:14@	00:36&	04:11@	03:02@	00:31#	00:45&	00:56&	01:04&	00:16&
<b>13</b>	<b>Terje Stokkeland</b>	<b>69</b>										<b>1:02:15</b>				
02:17+	08:44+	12:05+	16:14+	17:39+	20:46+	22:21+	25:23+	26:54+	29:39+	36:04+	39:42+	49:48+	51:08+	55:47+	60:50+	62:15+
02:17+	06:27+	03:21+	04:09+	01:25+	03:07+	01:35-	03:02+	01:31+	02:45+	06:25+	03:38+	10:06+	01:20+	04:39+	05:03+	01:25+
01:02&	03:59@	01:18&	00:24#	00:16#	00:47&	00:08-	00:34#	00:30&	00:29#	04:45@	00:57&	07:19@	00:31&	01:09&	02:14&	00:32&
<b>14</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>1:02:51</b>				
01:58+	05:51+	08:40+	13:45+	14:54+	17:58+	19:41+	29:22+	30:37+	36:04+	38:29+	47:20+	51:14+	52:24+	57:20+	61:38+	62:51+
01:58+	03:53+	02:49+	05:05+	01:09+	03:04+	01:43+	09:41+	01:15+	05:27+	02:25+	08:51+	03:54+	01:10+	04:56+	04:18+	01:13+
00:43&	01:25&	00:46&	01:20&	00:00=	00:44&	00:00=	07:13@	00:14#	03:11@	00:45&	06:10@	01:07&	00:21&	01:26&	01:29&	00:20&
<b>15</b>	<b>Ommund Bakkevold</b>	<b>68</b>										<b>1:08:06</b>				
03:01+	07:20+	11:32+	17:47+	19:26+	23:40+	28:39+	32:45+	35:05+	39:22+	43:47+	48:50+	53:28+	55:15+	61:20+	66:03+	68:06+
03:01+	04:19+	04:12+	06:15+	01:39+	04:14+	04:59+	04:06+	02:20+	04:17+	04:25+	05:03+	04:38+	01:47+	06:05+	04:43+	02:03+
01:46@	01:51&	02:09@	02:30&	00:30&	01:54&	03:16@	01:38&	01:19@	02:01&	02:45@	02:22&	01:51&	00:58@	02:35&	01:54&	01:10@
<b>16</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>1:19:14</b>				
03:01+	07:55+	14:41+	22:16+	23:28+	29:06+	32:52+	35:31+	37:11+	44:30+	48:11+	58:56+	66:15+	67:35+	73:03+	77:38+	79:14+
03:01+	04:54+	06:46+	07:35+	01:12+	05:38+	03:46+	02:39+	01:40+	07:19+	03:41+	10:45+	07:19+	01:20+	05:28+	04:35+	01:36+
01:46@	02:26&	04:43@	03:50@	00:03+	03:18@	02:03@	00:11+	00:39&	05:03@	02:01@	08:04@	04:32@	00:31&	01:58&	01:46&	00:43&

Class	Navn	Klasse										Tid					
<b>17</b>	<b>Tore Karlsen</b>	<b>105</b>										<b>1:27:01</b>					
02:37+	07:21+	11:43+	18:52+	22:53+	33:43+	35:55+	49:21+	54:22+	61:13+	66:51+	72:34+	74:08+	79:54+	85:15+	87:01+		
02:37+	04:44+	04:22+	07:09+	04:01+	10:50+	02:12+	13:26+	01:43+	03:18+	06:51+	05:38+	05:43+	01:34+	05:46+	05:21+	01:46+	
01:22@	02:16&	02:19@	03:24&	02:52@	08:30@	00:29&	10:58@	00:42&	01:02&	05:11@	02:57@	02:56@	00:45&	02:16&	02:32&	00:53&	

### Beste strekktid for klassen

01:15 02:28 02:03 03:45 01:02 02:20 01:34 01:34 01:01 02:16 01:40 02:41 02:26 00:49 03:30 02:49 00:53

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

## Herrer 65 - 69 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>36:24</b>					
01:48=	04:36=	06:43=	10:00=	10:51=	12:55=	13:59=	18:30=	19:37=	21:42=	23:13=	25:35=	28:42=	29:38=	32:56=	35:25=	36:24=	
01:48=	02:48=	02:07=	03:17=	00:51=	02:04=	01:04=	04:31=	01:07=	02:05=	01:31=	02:22=	03:07=	00:56=	03:18=	02:29=	00:59=	
00:00=	00:00=	00:00=	00:00=	00:00=	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>Ragnvald Frøyland</b>	<b>128</b>										<b>41:45</b>					
02:06+	05:03+	07:39+	11:57+	13:23+	15:52+	17:10+	19:16+	20:22+	23:07+	25:28+	28:46+	31:52+	33:00+	37:06+	40:41+	41:45+	
02:06+	02:57+	02:36+	04:18+	01:26+	02:29+	01:18+	02:06-	01:06-	02:45+	02:21+	03:18+	03:06-	01:08+	04:06+	03:35+	01:04+	
00:18#	00:09+	00:29#	01:01&	00:35&	00:25#	00:14#	02:25-	00:01-	00:40&	00:50&	00:56&	00:01-	00:12#	00:48#	01:06&	00:05+	
<b>3</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>46:09</b>					
02:11+	05:25+	08:14+	13:10+	14:55+	18:10+	20:40+	22:24+	23:32+	26:17+	28:30+	32:36+	35:26+	36:43+	41:12+	44:56+	46:09+	
02:11+	03:14+	02:49+	04:56+	01:45+	03:15+	02:30+	01:44-	01:08+	02:45+	02:13+	04:06+	02:50-	01:17+	04:29+	03:44+	01:13+	
00:23#	00:26#	00:42&	01:39&	00:54@	01:11&	01:26@	02:47-	00:01+	00:40&	00:42&	01:44&	00:17-	00:21&	01:11&	01:15&	00:14#	
<b>4</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>47:07</b>					
01:51+	05:46+	08:57+	13:51+	15:14+	18:02+	19:31+	21:24+	22:42+	25:32+	27:44+	31:52+	35:28+	36:49+	41:51+	45:32+	47:07+	
01:51+	03:55+	03:11+	04:54+	01:23+	02:48+	01:29+	01:53-	01:18+	02:50+	02:12+	04:08+	03:36+	01:21+	05:02+	03:41+	01:35+	
00:03+	01:07&	01:04&	01:37&	00:32&	00:44&	00:25&	02:38-	00:11#	00:45&	00:41&	01:46&	00:29#	00:25&	01:44&	01:12&	00:36&	
<b>5</b>	<b>Jan Hetland</b>	<b>29</b>										<b>47:18</b>					
02:02+	05:19+	08:46+	13:00+	13:57+	16:53+	21:36+	23:20+	24:25+	26:51+	30:35+	36:21+	38:41+	39:58+	43:43+	46:25+	47:18+	
02:02+	03:17+	03:27+	04:14+	00:57+	02:56+	04:43+	01:44-	01:05-	02:26+	03:44+	05:46+	02:20-	01:17+	03:45+	02:42+	00:53-	
00:14#	00:29#	01:20&	00:57&	00:06#	00:52&	03:39@	02:47-	00:02-	00:21#	02:13@	03:24@	00:47-	00:21&	00:27#	00:13+	00:06-	
<b>6</b>	<b>Svein Berge</b>	<b>126</b>										<b>49:10</b>					
01:44-	04:49+	09:08+	13:06+	13:59+	20:01+	21:47+	23:16+	24:51+	27:37+	33:48+	37:00+	39:23+	40:24+	44:13+	48:06+	49:10+	
01:44-	03:05+	04:19+	03:58+	00:53+	06:02+	01:46+	01:29-	01:35+	02:46+	06:11+	03:12+	02:23-	01:01+	03:49+	03:53+	01:04+	
00:04-	00:17#	02:12@	00:41#	00:02+	03:58@	00:42&	03:02-	00:28&	00:41&	04:40@	00:50&	00:44-	00:05+	00:31#	01:24&	00:05+	
<b>7</b>	<b>Bjørn Tore Aase</b>	<b>29</b>										<b>52:22</b>					
03:27+	07:25+	10:35+	15:24+	16:34+	19:42+	21:17+	23:16+	24:30+	28:39+	30:51+	37:07+	41:02+	42:21+	47:13+	51:06+	52:22+	
03:27+	03:58+	03:10+	04:49+	01:10+	03:08+	01:35+	01:59-	01:14+	04:09+	02:12+	06:16+	03:55+	01:19+	04:52+	03:53+	01:16+	
01:39&	01:10&	01:03&	01:32&	00:19&	01:04&	00:31&	02:32-	00:07#	02:04&	00:41&	03:54@	00:48&	00:23&	01:34&	01:24&	00:17&	
<b>8</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>										<b>53:06</b>					
03:16+	06:58+	09:50+	20:21+	23:06+	26:06+	27:42+	29:26+	30:23+	33:07+	35:39+	39:29+	42:53+	44:02+	48:19+	51:59+	53:06+	
03:16+	03:42+	02:52+	10:31+	02:45+	03:00+	01:36+	01:44-	00:57-	02:44+	02:32+	03:50+	03:24+	01:09+	04:17+	03:40+	01:07+	
01:28&	00:54&	00:45&	07:14@	01:54@	00:56&	00:32&	02:47-	00:10-	00:39&	01:01&	01:28&	00:17+	00:13#	00:59&	01:11&	00:08#	
<b>9</b>	<b>Arne M. Handeland</b>	<b>92</b>										<b>54:29</b>					
02:01+	05:28+	07:52+	14:30+	15:36+	19:31+	21:27+	25:32+	26:36+	31:32+	37:23+	40:40+	44:18+	45:21+	49:51+	53:21+	54:29+	
02:01+	03:27+	02:24+	06:38+	01:06+	03:55+	01:56+	04:05-	01:04-	04:56+	05:51+	03:17+	03:38+	01:03+	04:30+	03:30+	01:08+	
00:13#	00:39#	00:17#	03:21@	00:15&	01:51&	00:52&	00:26-	00:03-	02:51@	04:20@	00:55&	00:31#	00:07#	01:12&	01:01&	00:09#	
<b>10</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>54:29</b>					
02:18+	06:03+	09:52+	14:28+	15:27+	20:58+	23:34+	26:27+	28:27+	31:58+	34:56+	39:04+	42:42+	43:58+	48:32+	52:46+	54:29+	
02:18+	03:45+	03:49+	04:36+	00:59+	05:31+	02:36+	02:53-	02:00+	03:31+	02:58+	04:08+	03:38+	01:16+	04:34+	04:14+	01:43+	
00:30&	00:57&	01:42&	01:19&	00:08#	03:27@	01:32@	01:38-	00:53&	01:26&	01:27&	01:46&	00:31#	00:20&	01:16&	01:45&	00:44&	
<b>11</b>	<b>Terje Helland</b>	<b>88</b>										<b>54:32</b>					
01:54+	05:39+	08:41+	13:12+	14:29+	17:59+	20:04+	22:46+	24:26+	33:07+	35:43+	39:32+	43:31+	44:47+	49:12+	53:03+	54:32+	
01:54+	03:45+	03:02+	04:31+	01:17+	03:30+	02:05+	02:42-	01:40+	08:41+	02:36+	03:49+	03:59+	01:16+	04:25+	03:51+	01:29+	
00:06+	00:57&	00:55&	01:14&	00:26&	01:26&	01:01&	01:49-	00:33&	06:36@	01:05&	01:27&	00:52&	00:20&	01:07&	01:22&	00:30&	
<b>12</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>55:15</b>					
02:04+	08:11+	11:34+	16:19+	20:17+	23:14+	26:10+	28:47+	29:58+	32:58+	35:41+	39:08+	42:57+	44:19+	49:48+	53:47+	55:15+	
02:04+	06:07+	03:23+	04:45+	03:58+	02:57+	02:56+	02:37-	01:11+	03:00+	02:43+	03:27+	03:49+	01:22+	05:29+	03:59+	01:28+	
00:16#	03:19@	01:16&	01:28&	03:07@	00:53&	01:52@	01:54-	00:04+	00:55&	01:12&	01:05&	00:42#	00:26&	02:11&	01:30&	00:29&	

Class	Navn	Klasse										Tid					
<b>13</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>55:45</b>					
02:05+	06:29+	09:24+	14:13+	18:30+	20:00+	22:33+	23:44+	27:23+	31:31+	41:33+	44:40+	45:59+	50:48+	54:16+	55:45+		
02:05+	04:24+	02:55+	04:49+	01:08+	03:09+	01:30+	02:33-	01:11+	03:39+	04:08+	10:02+	03:07=	01:19+	04:49+	03:28+	01:29+	
00:17#	01:36&	00:48&	01:32&	00:17&	01:05&	00:26&	01:58-	00:04+	01:34&	02:37@	07:40@	00:00=	00:23&	01:31&	00:59&	00:30&	
<b>14</b>	<b>Ragnar Rossavik</b>	<b>109</b>										<b>57:34</b>					
06:19+	10:18+	14:55+	19:47+	20:47+	28:38+	30:24+	32:06+	33:38+	36:12+	38:49+	42:15+	45:08+	46:25+	47:32+	52:03+	56:01+	57:34+
06:19+	03:59+	04:37+	04:52+	01:00+	07:51+	01:46+	01:42-	01:32+	02:34+	02:37+	03:26+	02:53-	01:17+	01:07-	04:31+	03:58+	01:33+
04:31@	01:11&	02:30@	01:35&	00:09#	05:47@	00:42&	02:49-	00:25&	00:29#	01:06&	01:04&	00:14-	00:21&	02:11-	02:02&	02:59@	01:33+
<b>15</b>	<b>Terje Langeland</b>	<b>98</b>										<b>1:00:42</b>					
02:50+	06:59+	10:40+	15:07+	16:07+	19:27+	22:00+	29:07+	30:58+	34:06+	37:22+	45:24+	48:49+	50:12+	54:54+	59:24+	60:42+	
02:50+	04:09+	03:41+	04:27+	01:00+	03:20+	02:33+	07:07+	01:51+	03:08+	03:16+	08:02+	03:25+	01:23+	04:42+	04:30+	01:18+	
01:02&	01:21&	01:34&	01:10&	00:09#	01:16&	01:29@	02:36&	00:44&	01:03&	01:45@	05:40@	00:18+	00:27&	01:24&	02:01&	00:19&	
<b>16</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>29</b>										<b>1:00:51</b>					
03:31+	07:22+	11:33+	17:18+	18:34+	22:05+	23:54+	27:03+	28:21+	37:43+	39:55+	43:41+	47:41+	48:59+	54:10+	59:01+	60:51+	
03:31+	03:51+	04:11+	05:45+	01:16+	03:31+	01:49+	03:09-	01:18+	09:22+	02:12+	03:46+	04:00+	01:18+	05:11+	04:51+	01:50+	
01:43&	01:03&	02:04&	02:28&	00:25&	01:27&	00:45&	01:22-	00:11#	07:17@	00:41&	01:24&	00:53&	00:22&	01:53&	02:22&	00:51&	
<b>17</b>	<b>Bjørn Bjelland</b>	<b>83</b>										<b>1:05:06</b>					
01:49+	05:55+	08:48+	20:19+	21:40+	25:02+	26:47+	28:54+	30:05+	34:47+	36:45+	49:25+	53:07+	54:30+	59:08+	63:51+	65:06+	
01:49+	04:06+	02:53+	11:31+	01:21+	03:22+	01:45+	02:07-	01:11+	04:42+	01:58+	12:40+	03:42+	01:23+	04:38+	04:43+	01:15+	
00:01+	01:18&	00:46&	08:14@	00:30&	01:18&	00:41&	02:24-	00:04+	02:37@	00:27&	10:18@	00:35#	00:27&	01:20&	02:14&	00:16&	
<b>Beste strekktid for klassen</b>																	
01:44	02:48	02:07	03:17	00:51	02:04	01:04	01:29	00:57	02:05	01:31	02:22	02:20	00:56	01:07	02:29	00:53	

= 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>34:14</b>					
01:47=	04:48=	06:54=	10:17=	11:16=	13:23=	14:31=	15:57=	16:58=	19:03=	20:43=	23:07=	25:25=	26:27=	29:55=	33:05=	34:14=	
01:47=	03:01=	02:06=	03:23=	00:59=	02:07=	01:08=	01:26=	01:01=	02:05=	01:40=	02:24=	02:18=	01:02=	03:28=	03:10=	01:09=	
00:00=	00:00=	00:00=	00:00=	00:00=	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>38:05</b>					
01:29-	03:57-	06:21-	09:47-	10:52-	13:22-	15:05+	17:32+	18:46+	21:00+	23:41+	27:06+	29:42+	30:39+	34:19+	36:59+	38:05+	
01:29-	02:28-	02:24+	03:26+	01:05+	02:30+	01:43+	02:27+	01:14+	02:14+	02:41+	03:25+	02:36+	00:57-	03:40+	02:40-	01:06-	
00:18-	00:33-	00:18#	00:03+	00:06#	00:23#	00:35&	01:01&	00:13#	00:09+	01:01&	01:01&	00:18#	00:05-	00:12+	00:30-	00:03-	
<b>3</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>41:16</b>					
01:48+	04:55+	07:34+	11:42+	12:40+	15:21+	16:53+	18:58+	20:25+	23:28+	25:50+	29:26+	32:02+	33:24+	37:28+	40:05+	41:16+	
01:48+	03:07+	02:39+	04:08+	00:58-	02:41+	01:32+	02:05+	01:27+	03:03+	02:22+	03:36+	02:36+	01:22+	04:04+	02:37-	01:11+	
00:01+	00:06+	00:33&	00:45#	00:01-	00:34&	00:24&	00:39&	00:26&	00:58&	00:42&	01:12&	00:18#	00:20&	00:36#	00:33-	00:02+	
<b>4</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>44:32</b>					
01:37-	05:07+	09:09+	13:26+	14:42+	17:26+	20:51+	22:43+	23:59+	27:01+	29:04+	32:21+	34:50+	35:56+	40:12+	43:16+	44:32+	
01:37-	03:30+	04:02+	04:17+	01:16+	02:44+	03:25+	01:52+	01:16+	03:02+	02:03+	03:17+	02:29+	01:06+	04:16+	03:04-	01:16+	
00:10-	00:29#	01:56&	00:54&	00:17&	00:37&	02:17@	00:26&	00:15#	00:57&	00:23#	00:53&	00:11+	00:04+	00:48#	00:06-	00:07#	
<b>5</b>	<b>Hilmar Røthing</b>	<b>128</b>										<b>46:50</b>					
01:48+	05:21+	07:46+	12:33+	13:42+	16:36+	18:08+	20:43+	21:58+	24:18+	28:02+	34:34+	38:59+	39:54+	43:25+	45:55+	46:50+	
01:48+	03:33+	02:25+	04:47+	01:09+	02:54+	01:32+	02:35+	01:15+	02:20+	03:44+	06:32+	04:25+	00:55-	03:31+	02:30-	00:55-	
00:01+	00:32#	00:19#	01:24&	00:10#	00:47&	00:24&	01:09&	00:14#	00:15#	02:04@	04:08@	02:07&	00:07-	00:03+	00:40-	00:14-	
<b>6</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>50:26</b>					
02:03+	05:30+	07:56+	11:50+	12:56+	15:28+	19:02+	23:35+	24:42+	27:26+	29:16+	32:31+	34:40+	39:33+	40:47+	45:47+	49:14+	50:26+
02:03+	03:27+	02:26+	03:54+	01:06+	02:32+	03:34+	04:33+	01:07+	02:44+	01:50+	03:15+	02:09-	04:53+	01:14-	05:00+	03:27+	01:12+
00:16#	00:26#	00:20#	00:31#	00:07#	00:25#	02:26@	03:07@	00:06+	00:39&	00:10#	00:51&	00:09-	03:51@	02:14-	01:50&	02:18@	01:12+
<b>7</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>50:27</b>					
02:23+	06:02+	09:29+	14:30+	15:48+	18:43+	22:35+	25:00+	26:13+	29:17+	31:24+	35:09+	38:58+	40:16+	45:02+	48:54+	50:27+	
02:23+	03:39+	03:27+	05:01+	01:18+	02:55+	03:52+	02:25+	01:13+	03:04+	02:07+	03:45+	03:49+	01:18+	04:46+	03:52+	01:33+	
00:36&	00:38#	01:21&	01:38&	00:19&	00:48&	02:44@	00:59&	00:12#	00:59&	00:27&	01:21&	01:31&	00:16&	01:18&	00:42#	00:24&	
<b>8</b>	<b>Arne Østensen</b>	<b>90</b>										<b>52:56</b>					
01:32-	04:24-	09:25+	13:39+	14:53+	17:24+	21:03+	29:49+	31:15+	34:20+	37:03+	40:17+	43:10+	45:01+	48:38+	51:53+	52:56+	
01:32-	02:52-	05:01+	04:14+	01:14+	02:31+	03:39+	08:46+	01:26+	03:05+	02:43+	03:14+	02:53+	01:51+	03:37+	03:15+	01:03-	
00:15-	00:09-	02:55@	00:51&	00:15&	00:24#	02:31@	07:20@	00:25&	01:00&	01:03&	00:50&	00:35&	00:49&	00:09+	00:05+	00:06-	

Class	Navn	Klasse												Tid			
<b>9</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>												<b>53:26</b>			
03:17+	07:01+	09:54+	19:01+	20:32+	23:23+	28:03+	29:30+	30:41+	33:12+	35:33+	39:51+	42:34+	43:47+	48:13+	52:01+	53:26+	
03:17+	03:44+	02:53+	09:07+	01:31+	02:51+	04:40+	01:27+	01:11+	02:31+	02:21+	04:18+	02:43+	01:13+	04:26+	03:48+	01:25+	
01:30&	00:43#	00:47&	05:44@	00:32&	00:44&	03:32@	00:01+	00:10#	00:26#	00:41&	01:54&	00:25#	00:11#	00:58&	00:38#	00:16#	
<b>10</b>	<b>Odd Garpestad</b>	<b>29</b>												<b>53:26</b>			
01:51+	04:59+	07:33+	12:05+	13:27+	16:53+	19:02+	21:55+	23:17+	32:00+	34:48+	38:09+	41:00+	42:29+	43:24+	48:00+	51:55+	53:26+
01:51+	03:08+	02:34+	04:32+	01:22+	03:26+	02:09+	02:53+	01:22+	08:43+	02:48+	03:21+	02:51+	01:29+	00:55-	04:36+	03:55+	01:31+
00:04+	00:07+	00:28#	01:09&	00:23&	01:19&	01:01&	01:27@	00:21&	06:38@	01:08&	00:57&	00:33#	00:27&	02:33-	01:26&	02:46@	01:31+
<b>11</b>	<b>Sverre Vatland</b>	<b>93</b>												<b>54:35</b>			
02:05+	05:41+	08:28+	14:48+	15:56+	19:56+	21:32+	26:10+	27:35+	30:46+	32:46+	39:04+	43:03+	44:22+	49:11+	53:26+	54:35+	
02:05+	03:36+	02:47+	06:20+	01:08+	04:00+	01:36+	04:38+	01:25+	03:11+	02:00+	06:18+	03:59+	01:19+	04:49+	04:15+	01:09=	
00:18#	00:35#	00:41&	02:57&	00:09#	01:53&	00:28&	03:12@	00:24&	01:06&	00:20#	03:54@	01:41&	00:17&	01:21&	01:05&	00:00=	
<b>12</b>	<b>Hans Klausen</b>	<b>62</b>												<b>56:48</b>			
02:11+	06:01+	09:03+	14:26+	15:56+	19:22+	21:06+	24:25+	26:16+	29:33+	32:44+	42:11+	45:37+	46:41+	51:16+	55:36+	56:48+	
02:11+	03:50+	03:02+	05:23+	01:30+	03:26+	01:44+	03:19+	01:51+	03:17+	03:11+	09:27+	03:26+	01:04+	04:35+	04:20+	01:12+	
00:24#	00:49&	00:56&	02:00&	00:31&	01:19&	00:36&	01:53@	00:50&	01:12&	01:31&	07:03@	01:08&	00:02+	01:07&	01:10&	00:03+	
<b>13</b>	<b>Jostein Tunheim</b>	<b>116</b>												<b>58:03</b>			
02:03+	04:54+	07:27+	16:27+	17:51+	28:53+	31:49+	33:55+	35:33+	38:36+	40:21+	46:12+	48:47+	49:57+	53:55+	57:01+	58:03+	
02:03+	02:51-	02:33+	09:00+	01:24+	11:02+	02:56+	02:06+	01:38+	03:03+	01:45+	05:51+	02:35+	01:10+	03:58+	03:06-	01:02-	
00:16#	00:10-	00:27#	05:37@	00:25&	08:55@	01:48@	00:40&	00:37&	00:58&	00:05+	03:27@	00:17#	00:08#	00:30#	00:04-	00:07-	
<b>14</b>	<b>Ole Auklend</b>	<b>106</b>												<b>58:04</b>			
02:42+	06:43+	10:24+	19:25+	20:48+	24:40+	27:03+	32:00+	33:34+	36:41+	38:51+	42:44+	45:32+	46:52+	52:01+	56:20+	58:04+	
02:42+	04:01+	03:41+	09:01+	01:23+	03:52+	02:23+	04:57+	01:34+	03:07+	02:10+	03:53+	02:48+	01:20+	05:09+	04:19+	01:44+	
00:55&	01:00&	01:35&	05:38@	00:24&	01:45&	01:15@	03:31@	00:33&	01:02&	00:30&	01:29&	00:30#	00:18&	01:41&	01:09&	00:35&	
<b>15</b>	<b>Knut Jonas Espedal</b>	<b>53</b>												<b>1:00:42</b>			
02:10+	06:32+	10:15+	16:32+	17:52+	22:46+	24:25+	27:53+	30:39+	33:54+	36:04+	44:02+	47:27+	48:57+	54:05+	59:08+	60:42+	
02:10+	04:22+	03:43+	06:17+	01:20+	04:54+	01:39+	03:28+	02:46+	03:15+	02:10+	07:58+	03:25+	01:30+	05:08+	05:03+	01:34+	
00:23#	01:21&	01:37&	02:54&	00:21&	02:47@	00:31&	02:02@	01:45@	01:10&	00:30&	05:34@	01:07&	00:28&	01:40&	01:53&	00:25&	
<b>16</b>	<b>Geir Husdal</b>	<b>93</b>												<b>1:00:48</b>			
02:06+	06:51+	10:45+	17:10+	19:38+	23:17+	25:33+	27:59+	29:42+	33:42+	36:28+	41:14+	44:59+	46:37+	53:00+	58:40+	60:48+	
02:06+	04:45+	03:54+	06:25+	02:28+	03:39+	02:16+	02:26+	01:43+	04:00+	02:46+	04:46+	03:45+	01:38+	06:23+	05:40+	02:08+	
00:19#	01:44&	01:48&	03:02&	01:29@	01:32&	01:08&	01:00&	00:42&	01:55&	01:06&	02:22&	01:27&	00:36&	02:55&	02:30&	00:59&	
<b>17</b>	<b>Arvid Thorsen</b>	<b>5</b>												<b>1:06:42</b>			
02:03+	05:51+	08:36+	13:09+	14:43+	27:56+	35:37+	37:12+	38:25+	41:19+	43:12+	49:35+	52:47+	54:07+	61:27+	65:29+	66:42+	
02:03+	03:48+	02:45+	04:33+	01:34+	13:13+	07:41+	01:35+	01:13+	02:54+	01:53+	06:23+	03:12+	01:20+	07:20+	04:02+	01:13+	
00:16#	00:47&	00:39&	01:10&	00:35&	11:06@	06:33@	00:09#	00:12#	00:49&	00:13#	03:59@	00:54&	00:18&	03:52@	00:52&	00:04+	
<b>18</b>	<b>Hermann Skogsholm</b>	<b>53</b>												<b>1:07:44</b>			
02:32+	09:36+	13:41+	18:53+	20:02+	23:29+	27:23+	32:05+	34:11+	37:59+	41:06+	49:37+	55:21+	56:44+	61:57+	66:02+	67:44+	
02:32+	07:04+	04:05+	05:12+	01:09+	03:27+	03:54+	04:42+	02:06+	03:48+	03:07+	08:31+	05:44+	01:23+	05:13+	04:05+	01:42+	
00:45&	04:03@	01:59&	01:49&	00:10#	01:20&	02:46@	03:16@	01:05@	01:43&	01:27&	06:07@	03:26@	00:21&	01:45&	00:55&	00:33&	
<b>19</b>	<b>Reidar Liland</b>	<b>66</b>												<b>1:19:54</b>			
03:08+	11:27+	16:02+	22:50+	24:30+	28:01+	37:59+	40:18+	42:42+	48:35+	52:55+	56:59+	62:09+	63:38+	71:39+	77:32+	79:54+	
03:08+	08:19+	04:35+	06:48+	01:40+	03:31+	09:58+	02:19+	02:24+	05:53+	04:20+	04:04+	05:10+	01:29+	08:01+	05:53+	02:22+	
01:21&	05:18@	02:29@	03:25@	00:41&	01:24&	08:50@	00:53&	01:23@	03:48@	02:40@	01:40&	02:52@	00:27&	04:33@	02:43&	01:13@	
<b>20</b>	<b>Jan H. Sagen</b>	<b>92</b>												<b>1:29:24</b>			
02:28+	07:31+	11:16+	20:51+	22:07+	25:56+	28:05+	45:04+	49:48+	53:56+	57:51+	65:29+	71:27+	72:45+	79:09+	87:24+	89:24+	
02:28+	05:03+	03:45+	09:35+	01:16+	03:49+	02:09+	16:59+	04:44+	04:08+	03:55+	07:38+	05:58+	01:18+	06:24+	08:15+	02:00+	
00:41&	02:02&	01:39&	06:12@	00:17&	01:42&	01:01&	15:33@	03:43@	02:03&	02:15@	05:14@	03:40@	00:16&	02:56&	05:05@	00:51&	
<b>Beste strekktid for klassen</b>																	
01:29	02:28	02:06	03:23	00:58	02:07	01:08	01:26	01:01	02:05	01:40	02:24	02:09	00:55	00:55	02:30	00:55	

= 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>46:58</b>			
02:42=	03:45=	06:27=	08:19=	10:13=	13:01=	14:18=	18:09=	20:48=	27:16=	29:42=	31:59=	33:29=	37:26=	39:43=	45:56=	46:58=	
02:42=	01:03=	02:42=	01:52=	01:54=	02:48=	01:17=	03:51=	02:39=	06:28=	02:26=	02:17=	01:30=	03:57=	02:17=	06:13=	01:02=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	



Class	Navn	Klasse										Tid					
<b>2</b>	<b>Jan Værp</b>	<b>62</b>										<b>47:15</b>					
	01:41-	02:36-	05:23-	07:30-	09:29-	13:03+	14:48+	18:26+	21:30+	25:05-	27:23-	29:48-	31:08-	36:12-	39:33-	45:51-	47:15+
	01:41-	00:55-	02:47+	02:07+	01:59+	03:34+	01:45+	03:38-	03:04+	03:35-	02:18-	02:25+	01:20-	05:04+	03:21+	06:18+	01:24+
	01:01-	00:08-	00:05+	00:15#	00:05+	00:46&	00:28&	00:13-	00:25#	02:53-	00:08-	00:08+	00:10-	01:07&	01:04&	00:05+	00:22&
<b>3</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>49:23</b>					
	01:32-	02:40-	05:21-	07:17-	09:12-	12:09-	17:52+	21:00+	24:24+	29:33+	31:35+	33:54+	35:51+	39:53+	41:49+	48:05+	49:23+
	01:32-	01:08+	02:41-	01:56+	01:55+	02:57+	05:43+	03:08-	03:24+	05:09-	02:02-	02:19+	01:57+	04:02+	01:56-	06:16+	01:18+
	01:10-	00:05+	00:01-	00:04+	00:01+	00:09+	04:26@	00:43-	00:45&	01:19-	00:24-	00:02+	00:27&	00:05+	00:21-	00:03+	00:16&
<b>4</b>	<b>Terje Braut</b>	<b>92</b>										<b>52:15</b>					
	01:52-	02:59-	06:10-	08:08-	10:20+	13:56+	15:25+	19:24+	22:21+	28:36+	31:08+	33:56+	35:17+	41:52+	44:38+	50:53+	52:15+
	01:52-	01:07+	03:11+	01:58+	02:12+	03:36+	01:29+	03:59+	02:57+	06:15-	02:32+	02:48+	01:21-	06:35+	02:46+	06:15+	01:22+
	00:50-	00:04+	00:29#	00:06+	00:18#	00:48&	00:12#	00:08+	00:18#	00:13-	00:06+	00:31#	00:09-	02:38&	00:29#	00:02+	00:20&
<b>5</b>	<b>Arne Tveita</b>	<b>109</b>										<b>54:32</b>					
	02:32-	03:27-	06:24-	10:08+	12:29+	15:16+	16:29+	20:37+	24:07+	30:47+	34:11+	36:58+	38:28+	43:29+	46:16+	53:17+	54:32+
	02:32-	00:55-	02:57+	03:44+	02:21+	02:47-	01:13-	04:08+	03:30+	06:40+	03:24+	02:47+	01:30=	05:01+	02:47+	07:01+	01:15+
	00:10-	00:08-	00:15+	01:52&	00:27#	00:01-	00:04-	00:17+	00:51&	00:12+	00:58&	00:30#	00:00=	01:04&	00:30#	00:48#	00:13#
<b>6</b>	<b>Kjell Langvik</b>	<b>93</b>										<b>55:56</b>					
	01:22-	02:35-	06:15-	08:33+	11:12+	14:50+	16:11+	20:06+	23:13+	27:03-	32:37+	35:18+	36:42+	42:23+	47:52+	54:40+	55:56+
	01:22-	01:13+	03:40+	02:18+	02:39+	03:38+	01:21+	03:55+	03:07+	03:50-	05:34+	02:41+	01:24-	05:41+	05:29+	06:48+	01:16+
	01:20-	00:10#	00:58&	00:26#	00:45&	00:50&	00:04+	00:04+	00:28#	02:38-	03:08@	00:24#	00:06-	01:44&	03:12@	00:35+	00:14#
<b>7</b>	<b>Jan Bekkeheien</b>	<b>92</b>										<b>57:25</b>					
	01:39-	02:34-	06:23-	09:13+	11:37+	15:39+	17:47+	23:27+	27:13+	32:19+	35:16+	38:23+	39:55+	46:35+	48:49+	55:50+	57:25+
	01:39-	00:55-	03:49+	02:50+	02:24+	04:02+	02:08+	05:40+	03:46+	05:06-	02:57+	03:07+	01:32+	06:40+	02:14-	07:01+	01:35+
	01:03-	00:08-	01:07&	00:58&	00:30&	01:14&	00:51&	01:49&	01:07&	01:22-	00:31#	00:50&	00:02+	02:43&	00:03-	00:48#	00:33&
<b>8</b>	<b>Alf Gyland</b>	<b>92</b>										<b>1:11:24</b>					
	01:46-	03:06-	06:22-	08:49+	11:07+	14:23+	15:37+	19:44+	22:39+	29:07+	32:12+	35:13+	37:06+	59:28+	61:24+	69:40+	71:24+
	01:46-	01:20+	03:16+	02:27+	02:18+	03:16+	01:14-	04:07+	02:55+	06:28=	03:05+	03:01+	01:53+	22:22+	01:56-	08:16+	01:44+
	00:56-	00:17&	00:34#	00:35&	00:24#	00:28#	00:03-	00:16+	00:16#	00:00=	00:39&	00:44&	00:23&	18:25@	00:21-	02:03&	00:42&
<b>9</b>	<b>Rolv Nærland</b>	<b>63</b>										<b>1:13:17</b>					
	02:09-	03:26-	08:37+	11:23+	14:06+	19:22+	21:51+	26:51+	32:06+	38:37+	42:52+	46:54+	49:35+	57:51+	62:24+	71:44+	73:17+
	02:09-	01:17+	05:11+	02:46+	02:43+	05:16+	02:29+	05:00+	05:15+	06:31+	04:15+	04:02+	02:41+	08:16+	04:33+	09:20+	01:33+
	00:33-	00:14#	02:29&	00:54&	00:49&	02:28&	01:12&	01:09&	02:36&	00:03+	01:49&	01:45&	01:11&	04:19@	02:16&	03:07&	00:31&
<b>10</b>	<b>Torleiv Møgedal</b>	<b>68</b>										<b>1:14:56</b>					
	02:05-	03:58+	08:53+	13:23+	16:52+	22:36+	24:23+	29:49+	36:08+	43:23+	46:27+	50:25+	52:28+	59:38+	62:35+	72:54+	74:56+
	02:05-	01:53+	04:55+	04:30+	03:29+	05:44+	01:47+	05:26+	06:19+	07:15+	03:04+	03:58+	02:03+	07:10+	02:57+	10:19+	02:02+
	00:37-	00:50&	02:13&	02:38@	01:35&	02:56@	00:30&	01:35&	03:40@	00:47#	00:38&	01:41&	00:33&	03:13&	00:40&	04:06&	01:00&
<b>11</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>1:15:28</b>					
	02:51+	04:36+	09:42+	12:32+	15:22+	20:31+	23:04+	28:13+	33:20+	39:47+	44:09+	48:04+	50:43+	59:14+	63:30+	73:10+	75:28+
	02:51+	01:45+	05:06+	02:50+	02:50+	05:09+	02:33+	05:09+	05:07+	06:27-	04:22+	03:55+	02:39+	08:31+	04:16+	09:40+	02:18+
	00:09+	00:42&	02:24&	00:58&	00:56&	02:21&	01:16&	01:18&	02:28&	00:01-	01:56&	01:38&	01:09&	04:34@	01:59&	03:27&	01:16@
<b>12</b>	<b>Harald Vatne</b>	<b>67</b>										<b>1:16:49</b>					
	01:36-	02:33-	05:55-	08:02-	10:43+	14:15+	22:45+	27:14+	34:42+	39:54+	43:09+	46:02+	51:58+	66:14+	68:29+	75:23+	76:49+
	01:36-	00:57-	03:22+	02:07+	02:41+	03:32+	08:30+	04:29+	07:28+	05:12-	03:15+	02:53+	05:56+	14:16+	02:15-	06:54+	01:26+
	01:06-	00:06-	00:40#	00:15#	00:47&	00:44&	07:13@	00:38#	04:49@	01:16-	00:49&	00:36&	04:26@	10:19@	00:02-	00:41#	00:24&
<b>Beste strekktid for klassen</b>																	
	01:22	00:55	02:41	01:52	01:54	02:47	01:13	03:08	02:39	03:35	02:02	02:17	01:20	03:57	01:56	06:13	01:02

= 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>46:33</b>							
	03:17=	04:19=	06:39=	09:12=	10:34=	13:03=	14:57=	19:42=	24:58=	27:08=	29:22=	32:52=	34:52=	36:59=	38:14=	40:09=	43:49=	45:13=	46:33=
	03:17=	01:02=	02:20=	02:33=	01:22=	02:29=	01:54=	04:45=	05:16=	02:10=	02:14=	03:30=	02:00=	02:07=	01:15=	01:55=	03:40=	01:24=	01:20=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Arnulf Fuglestad</b>	<b>29</b>										<b>49:56</b>							
	01:39-	03:24-	06:10-	08:38-	10:49+	12:21-	14:10-	18:28-	21:55-	25:39-	27:41-	31:01-	36:05+	39:08+	40:36+	42:38+	46:58+	48:30+	49:56+
	01:39-	01:45+	02:46+	02:28-	02:11+	01:32-	01:49-	04:18-	03:27-	03:44+	02:02-	03:20-	05:04+	03:03+	01:28+	02:02+	04:20+	01:32+	01:26+
	01:38-	00:43&	00:26#	00:05-	00:49&	00:57-	00:05-	00:27-	01:49-	01:34&	00:12-	00:10-	03:04@	00:56&	00:13#	00:07+	00:40#	00:08+	00:06+

Class	Navn	Klasse											Tid							
<b>3</b>	<b>Harald I. Serigstad</b>	<b>128</b>											<b>1:15:26</b>							
03:35+	05:06+	09:37+	16:33+	18:37+	21:04+	24:00+	30:37+	40:20+	43:29+	46:31+	50:32+	55:04+	57:33+	60:35+	63:40+	71:51+	73:58+	75:26+		
03:35+	01:31+	04:31+	06:56+	02:04+	02:27-	02:56+	06:37+	09:43+	03:09+	03:02+	04:01+	04:32+	02:29+	03:02+	03:05+	08:11+	02:07+	01:28+		
00:18+	00:29&	02:11&	04:23@	00:42&	00:02-	01:02&	01:52&	04:27&	00:59&	00:48&	00:31#	02:32@	00:22#	01:47@	01:10&	04:31@	00:43&	00:08#		
<b>4</b>	<b>Sigurd Krosli</b>	<b>31</b>											<b>1:18:17</b>							
02:07-	03:30-	06:31-	10:27+	12:27+	14:12+	18:49+	21:00+	22:42-	28:12+	42:40+	45:56+	48:58+	52:57+	62:38+	64:50+	66:27+	69:25+	74:11+	76:31+	78:17+
02:07-	01:23+	03:01+	03:56+	02:00+	01:45-	04:37+	02:11-	01:42-	05:30+	14:28+	03:16-	03:02+	03:59+	09:41+	02:12+	01:37-	02:58+	04:46+	02:20+	01:46+
01:10-	00:21&	00:41&	01:23&	00:38&	00:44-	02:43@	02:34-	03:34-	03:20@	12:14@	00:14-	01:02&	01:52&	08:26@	00:17#	02:03-	01:34@	03:26@	02:20+	01:46+
<b>5</b>	<b>Magne Westerheim</b>	<b>93</b>											<b>1:30:39</b>							
02:20-	03:42-	07:13+	22:13+	24:39+	27:06+	29:29+	34:31+	37:54+	41:29+	43:57+	47:10+	53:16+	61:13+	70:56+	79:37+	82:04+	87:05+	88:54+	90:39+	
02:20-	01:22+	03:31+	15:00+	02:26+	02:27-	02:23+	05:02+	03:23-	03:35+	02:28+	03:13-	06:06+	07:57+	09:43+	08:41+	02:27-	05:01+	01:49+	01:45+	
00:57-	00:20&	01:11&	12:27@	01:04&	00:02-	00:29&	00:17+	01:53-	01:25&	00:14#	00:17-	04:06@	05:50@	08:28@	06:46@	01:13-	03:37@	00:29&	01:45+	
<b>Beste strekktid for klassen</b>																				
01:39	01:02	02:20	02:28	01:22	01:32	01:49	02:11	01:42	02:10	02:02	03:13	02:00	02:07	01:15	01:55	01:37	01:24	01:20		

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

## Herrer A

<b>1</b>	<b>Ola Magnus Laugaland</b>	<b>194</b>											<b>36:47</b>									
00:45=	03:22=	05:33=	06:50=	07:53=	08:43=	11:56=	13:39=	15:56=	18:02=	20:17=	21:24=	23:03=	23:44=	25:15=	26:22=	28:01=	29:45=	31:11=	31:56=	34:24=	36:08=	36:47=
00:45=	02:37=	02:11=	01:17=	01:03=	00:50=	03:13=	01:43=	02:17=	02:06=	02:15=	01:07=	01:39=	00:41=	01:31=	01:07=	01:39=	01:44=	01:26=	00:45=	02:28=	01:44=	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=	00:00=
<b>2</b>	<b>Clemens Øxnevad</b>	<b>114</b>											<b>40:35</b>									
00:47+	03:45+	06:11+	07:28+	08:35+	09:25+	12:57+	14:44+	17:10+	19:05+	22:16+	23:19+	25:36+	26:16+	27:46+	28:55+	30:55+	32:47+	34:11+	34:57+	37:33+	39:53+	40:35+
00:47+	02:58+	02:26+	01:17=	01:07+	00:50=	03:32+	01:47+	02:26+	01:55-	03:11+	01:03-	02:17+	00:40-	01:30-	01:09+	02:00+	01:52+	01:24-	00:46+	02:36+	02:20+	00:42+
00:02+	00:21#	00:15#	00:00=	00:04+	00:00=	00:19+	00:04+	00:09+	00:11-	00:56&	00:04-	00:38&	00:01-	00:01-	00:02+	00:21#	00:08+	00:02-	00:01+	00:08+	00:36&	00:03+
<b>3</b>	<b>Fredrik Omdal</b>	<b>74</b>											<b>41:43</b>									
00:47+	03:11-	05:15-	06:35-	07:46-	08:34-	12:09+	13:54+	17:05+	19:17+	21:38+	23:10+	26:08+	26:47+	28:27+	29:37+	31:29+	33:57+	35:31+	36:15+	38:47+	40:59+	41:43+
00:47+	02:24-	02:04-	01:20+	01:11+	00:48-	03:35+	01:45+	03:11+	02:12+	02:21+	01:32+	02:58+	00:39-	01:40+	01:10+	01:52+	02:28+	01:34+	00:44-	02:32+	02:12+	00:44+
00:02+	00:13-	00:07-	00:03+	00:08#	00:02-	00:22#	00:02+	00:54&	00:06+	00:06+	00:25&	01:19&	00:02-	00:09+	00:03+	00:13#	00:44&	00:08+	00:01-	00:04+	00:28&	00:05#
<b>4</b>	<b>Erik Lima</b>	<b>115</b>											<b>43:24</b>									
01:07+	04:23+	07:11+	08:41+	10:09+	11:07+	14:51+	16:51+	19:30+	21:55+	24:04+	25:48+	27:53+	28:41+	30:29+	31:56+	33:52+	35:28+	37:04+	37:46+	40:38+	42:39+	43:24+
01:07+	03:16+	02:48+	01:30+	01:28+	00:58+	03:44+	02:00+	02:39+	02:25+	02:09-	01:44+	02:05+	00:48+	01:48+	01:27+	01:56+	01:36-	01:36+	00:42-	02:52+	02:01+	00:45+
00:22&	00:39#	00:37&	00:13#	00:25&	00:08#	00:31#	00:17#	00:22#	00:19#	00:06-	00:37&	00:26&	00:07#	00:17#	00:20&	00:17#	00:08-	00:10#	00:03-	00:24#	00:17#	00:06#
<b>5</b>	<b>Kristian Haarr</b>	<b>27</b>											<b>49:25</b>									
00:57+	05:35+	08:19+	10:11+	11:48+	13:39+	18:15+	20:36+	23:20+	26:03+	29:36+	30:53+	32:49+	33:33+	35:27+	36:54+	38:44+	40:28+	42:02+	42:46+	45:49+	48:35+	49:25+
00:57+	04:38+	02:44+	01:52+	01:37+	01:51+	04:36+	02:21+	02:44+	02:43+	03:33+	01:17+	01:56+	00:44+	01:54+	01:27+	01:50+	01:44=	01:34+	00:44-	03:03+	02:46+	00:50+
00:12&	02:01&	00:33&	00:35&	00:34&	01:01@	01:23&	00:38&	00:27#	00:37&	01:18&	00:10#	00:17#	00:03+	00:23&	00:20&	00:11#	00:00=	00:08+	00:01-	00:35#	01:02&	00:11&
<b>6</b>	<b>Martin Blystad</b>	<b>115</b>											<b>53:33</b>									
01:07+	05:04+	08:21+	10:25+	11:51+	13:00+	17:36+	20:06+	25:20+	28:09+	30:24+	31:53+	34:32+	35:39+	37:48+	39:16+	41:24+	43:45+	46:11+	47:04+	50:25+	52:42+	53:33+
01:07+	03:57+	03:17+	02:04+	01:26+	01:09+	04:36+	02:30+	05:14+	02:49+	02:15=	01:29+	02:39+	01:07+	02:09+	01:28+	02:08+	02:21+	02:26+	00:53+	03:21+	02:17+	00:51+
00:22&	01:20&	01:06&	00:47&	00:23&	00:19&	01:29&	00:29&	02:02&	01:03&	00:00=	00:22&	01:00&	00:26&	00:38&	00:21&	00:29&	00:37&	01:00&	00:08#	00:53&	00:33&	00:12&
<b>7</b>	<b>Runar Eike Toft</b>	<b>116</b>											<b>1:00:50</b>									
01:06+	03:47+	06:51+	08:35+	11:01+	12:04+	16:46+	18:58+	23:17+	26:26+	35:51+	38:35+	41:55+	42:51+	44:47+	46:06+	48:48+	51:18+	53:39+	54:26+	57:20+	60:06+	60:50+
01:06+	02:41+	03:04+	01:44+	02:26+	01:03+	04:42+	02:12+	04:19+	03:09+	09:25+	02:44+	03:20+	00:56+	01:56+	01:19+	02:42+	02:30+	02:21+	00:47+	02:54+	02:46+	00:44+
00:21&	00:04+	00:53&	00:27&	01:23@	00:13&	01:29&	00:29&	02:02&	01:03&	07:10@	01:37@	01:41@	00:15&	00:25&	00:12#	01:03&	00:46&	00:55&	00:02+	00:26#	01:02&	00:05#
<b>Beste strekktid for klassen</b>																						
00:45	02:24	02:04	01:17	01:03	00:48	03:13	01:43	02:17	01:55	02:09	01:03	01:39	00:39	01:30	01:07	01:39	01:36	01:24	00:42	02:28	01:44	00:39

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

## Herrer B

<b>1</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>											<b>42:28</b>									
00:57=	03:46=	06:03=	07:39=	08:52=	09:40=	14:26=	16:23=	19:14=	21:32=	23:44=	24:59=	27:08=	28:00=	29:47=	31:00=	32:54=	34:36=	36:02=	36:43=	39:32=	41:44=	42:28=
00:57=	02:49=	02:17=	01:36=	01:13=	00:48=	04:46=	01:57=	02:51=	02:18=	02:12=	01:15=	02:09=	00:52=	01:47=	01:13=	01:54=	01:42=	01:26=	00:41=	02:49=	02:12=	00:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid											
<b>2</b>	<b>Oddgeir Eikeskog</b>	<b>93</b>										<b>43:38</b>											
00:52-	03:21-	06:02-	07:28-	08:56+	09:55+	13:49-	15:48-	18:28-	21:00-	23:15-	24:38-	26:52-	27:37-	29:38-	31:06+	33:03+	35:00+	36:29+	37:19+	40:29+	42:45+	43:38+	
00:52-	02:29-	02:41+	01:26-	01:28+	00:59+	03:54-	01:59+	02:40-	02:32+	02:15+	01:23+	02:14+	00:45-	02:01+	01:28+	01:57+	01:57+	01:29+	00:50+	03:10+	02:16+	00:53+	
00:05-	00:20-	00:24#	00:10-	00:15#	00:11#	00:52-	00:02+	00:11-	00:14#	00:03+	00:08#	00:05+	00:07-	00:14#	00:15#	00:03+	00:15#	00:03+	00:09#	00:21#	00:04+	00:09#	
<b>3</b>	<b>Magnus Landstad</b>	<b>66</b>										<b>44:17</b>											
00:55-	04:27+	06:59+	08:18+	09:33+	10:33+	14:25-	16:25+	20:14+	22:25+	24:31+	25:44+	27:52+	28:37+	30:30+	31:59+	33:52+	35:35+	37:15+	38:01+	41:05+	43:13+	44:17+	
00:55-	03:32+	02:32+	01:19-	01:15+	01:00+	03:52-	02:00+	03:49+	02:11-	02:06-	01:13-	02:08-	00:45-	01:53+	01:29+	01:53-	01:43+	01:40+	00:46+	03:04+	02:08-	01:04+	
00:02-	00:43#	00:15#	00:17-	00:02+	00:12#	00:54-	00:03+	00:58#	00:07-	00:06-	00:02-	00:01-	00:07-	00:06+	00:16#	00:01-	00:01+	00:14#	00:05#	00:15+	00:04-	00:20#	
<b>4</b>	<b>Oddvar Taksdal</b>	<b>194</b>										<b>45:49</b>											
00:54-	03:52+	06:35+	08:07+	09:21+	10:22+	14:09-	16:10-	20:06+	22:41+	25:15+	26:30+	28:28+	29:19+	31:10+	32:39+	34:46+	36:46+	39:02+	39:47+	42:51+	45:01+	45:49+	
00:54-	02:58+	02:43+	01:32-	01:14+	01:01+	03:47-	02:01+	03:56+	02:35+	02:34+	01:15-	01:58-	00:51-	01:51+	01:29+	02:07+	02:00+	02:16+	00:45+	03:04+	02:10-	00:48+	
00:03-	00:09+	00:26#	00:04-	00:01+	00:13#	00:59-	00:04+	01:05#	00:17#	00:22#	00:00-	00:11-	00:01-	00:04+	00:16#	00:13#	00:18#	00:50#	00:04+	00:15+	00:02-	00:04+	
<b>5</b>	<b>Morten Aamodt</b>	<b>116</b>										<b>46:52</b>											
00:54-	04:11+	06:39+	08:31+	09:42+	10:43+	15:48+	17:52+	21:17+	23:51+	25:58+	27:16+	29:18+	30:11+	31:57+	33:23+	35:19+	37:18+	39:06+	40:35+	43:41+	45:59+	46:52+	
00:54-	03:17+	02:28+	01:52+	01:11-	01:01+	05:05+	02:04+	03:25+	02:34+	02:07-	01:18+	02:02-	00:53+	01:46-	01:26+	01:56+	01:59+	01:48+	01:29+	03:06+	02:18+	00:53+	
00:03-	00:28#	00:11+	00:16#	00:02-	00:13#	00:19+	00:07+	00:34#	00:16#	00:05-	00:03+	00:07-	00:01+	00:01-	00:13#	00:02+	00:17#	00:22#	00:48#	00:17#	00:06+	00:09#	
<b>6</b>	<b>Per Olav Haarr</b>	<b>62</b>										<b>49:44</b>											
00:55-	03:53+	06:47+	09:01+	11:47+	13:10+	17:29+	19:34+	22:49+	25:03+	27:27+	28:51+	31:24+	32:11+	34:02+	35:21+	37:14+	39:41+	42:11+	42:51+	46:17+	48:51+	49:44+	
00:55-	02:58+	02:54+	02:14+	02:46+	01:23+	04:19-	02:05+	03:15+	02:14-	02:24+	01:24+	02:33+	00:47-	01:51+	01:19+	01:53-	02:27+	02:30+	00:40-	03:26+	02:34+	00:53+	
00:02-	00:09+	00:37#	00:38#	01:33#	00:35#	00:27-	00:08+	00:24#	00:04-	00:12+	00:09#	00:24#	00:05-	00:04+	00:06+	00:01-	00:45#	01:04#	00:01-	00:37#	00:22#	00:09#	
<b>7</b>	<b>Gunnar Petterson</b>	<b>29</b>										<b>50:01</b>											
01:01+	04:03+	08:27+	09:58+	11:13+	12:08+	16:19+	18:26+	21:41+	24:35+	27:06+	28:30+	30:43+	31:38+	33:50+	35:20+	37:49+	40:33+	42:45+	43:34+	46:54+	49:07+	50:01+	
01:01+	03:02+	04:24+	01:31-	01:15+	00:55+	04:11-	02:07+	03:15+	02:54+	02:31+	01:24+	02:13+	00:55+	02:12+	01:30+	02:49+	02:44+	02:12+	00:49+	03:20+	02:13+	00:54+	
00:04+	00:13+	02:07#	00:05-	00:02+	00:07#	00:35-	00:10+	00:24#	00:36#	00:19#	00:09#	00:04+	00:03+	00:25#	00:17#	00:35#	01:02#	00:46#	00:08#	00:31#	00:01+	00:10#	
<b>8</b>	<b>Sturla Stokkeland</b>	<b>194</b>										<b>50:30</b>											
00:54-	04:31+	07:45+	09:40+	11:04+	12:17+	17:14+	19:25+	22:28+	25:07+	27:28+	29:01+	31:48+	32:49+	34:43+	36:11+	38:28+	40:42+	43:13+	44:07+	47:20+	49:38+	50:30+	
00:54-	03:37+	03:14+	01:55+	01:24+	01:13+	04:57+	02:11+	03:03+	02:39+	02:21+	01:33+	02:47+	01:01+	01:54+	01:28+	02:17+	02:14+	02:31+	00:54+	03:13+	02:18+	00:52+	
00:03-	00:48#	00:57#	00:19#	00:11#	00:25#	00:11+	00:14#	00:12+	00:21#	00:09+	00:18#	00:38#	00:09#	00:07+	00:15#	00:23#	00:32#	01:05#	00:13#	00:24#	00:06+	00:08#	
<b>9</b>	<b>Terje Michaelsen</b>	<b>47</b>										<b>50:45</b>											
01:08+	05:52+	08:36+	10:13+	11:23+	12:38+	16:56+	19:54+	23:34+	26:18+	27:19+	28:56+	30:39+	33:48+	34:38+	36:33+	38:05+	40:21+	42:26+	44:23+	45:10+	48:02+	50:02+	50:45+
01:08+	04:44+	02:44+	01:37+	01:10-	01:15+	04:18-	02:58+	03:40+	02:44+	01:01-	01:37+	01:43-	03:09+	00:50-	01:55+	01:32-	02:16+	02:05+	01:57+	00:47-	02:52+	02:00+	00:43+
00:11#	01:55#	00:27#	00:01+	00:03-	00:27#	00:28-	01:01#	00:49#	00:26#	01:11-	00:22#	00:26-	02:17#	00:57-	00:42#	00:22-	00:34#	00:39#	01:16#	02:02-	00:40#	01:16#	00:43+
<b>10</b>	<b>Svein Erik Kvame</b>	<b>116</b>										<b>51:07</b>											
01:05+	04:41+	07:41+	09:15+	10:41+	11:42+	16:22+	18:37+	21:28+	24:15+	28:07+	29:51+	32:01+	32:57+	35:28+	36:59+	39:37+	41:48+	43:33+	44:31+	47:56+	50:17+	51:07+	
01:05+	03:36+	03:00+	01:34-	01:26+	01:01+	04:40-	02:15+	02:51+	02:47+	03:52+	01:44+	02:10+	00:56+	02:31+	01:31+	02:38+	02:11+	01:45+	00:58+	03:25+	02:21+	00:50+	
00:08#	00:47#	00:43#	00:02-	00:13#	00:13#	00:06-	00:18#	00:00-	00:29#	01:40#	00:29#	00:01+	00:04+	00:44#	00:18#	00:44#	00:29#	00:19#	00:17#	00:36#	00:09+	00:06#	
<b>11</b>	<b>Joar Eilevstjøn</b>	<b>67</b>										<b>51:20</b>											
01:15+	06:09+	09:10+	10:49+	12:15+	13:11+	17:52+	20:03+	23:36+	26:02+	30:53+	31:59+	33:59+	34:44+	36:42+	38:22+	40:38+	42:30+	44:56+	45:35+	48:34+	50:35+	51:20+	
01:15+	04:54+	03:01+	01:39+	01:26+	00:56+	04:41-	02:11+	03:33+	02:26+	04:51+	01:06-	02:00-	00:45-	01:58+	01:40+	02:16+	01:52+	02:26+	00:39-	02:59+	02:01-	00:45+	
00:18#	02:05#	00:44#	00:03+	00:13#	00:08#	00:05-	00:14#	00:42#	00:08+	02:39#	00:09-	00:09-	00:07-	00:11#	00:27#	00:22#	00:10+	01:00#	00:02-	00:10+	00:11-	00:01+	
<b>12</b>	<b>Nils Tore Puntervold</b>	<b>7</b>										<b>52:05</b>											
00:54-	04:31+	07:28+	09:23+	11:53+	13:00+	17:51+	20:18+	23:47+	26:08+	28:36+	31:13+	33:37+	34:39+	36:47+	38:26+	40:45+	42:55+	44:44+	45:36+	48:53+	51:17+	52:05+	
00:54-	03:37+	02:57+	01:55+	02:30+	01:07+	04:51+	02:27+	03:29+	02:21+	02:28+	02:37+	02:24+	01:02+	02:08+	01:39+	02:19+	02:10+	01:49+	00:52+	03:17+	02:24+	00:48+	
00:03-	00:48#	00:40#	00:19#	01:17#	00:19#	00:05+	00:30#	00:38#	00:03+	00:16#	01:22#	00:15#	00:10#	00:21#	00:26#	00:25#	00:28#	00:23#	00:11#	00:28#	00:12+	00:04+	
<b>13</b>	<b>Geir Sand</b>	<b>105</b>										<b>57:56</b>											
01:22+	11:26+	14:07+	15:48+	17:02+	18:10+	22:38+	24:49+	28:45+	31:12+	33:48+	35:29+	37:59+	38:55+	41:02+	42:24+	45:10+	47:49+	51:24+	52:15+	55:06+	57:07+	57:56+	
01:22+	10:04+	02:41+	01:41+	01:14+	01:08+	04:28-	02:11+	03:56+	02:27+	02:36+	01:41+	02:30+	00:56+	02:07+	01:22+	02:46+	02:39+	03:35+	00:51+	02:51+	02:01-	00:49+	
00:25#	07:15#	00:24#	00:05+	00:01+	00:20#	00:18-	00:14#	01:05#	00:09+	00:24#	00:26#	00:21#	00:04+	00:20#	00:09#	00:52#	00:57#	02:09#	00:10#	00:02+	00:11-	00:05#	
<b>14</b>	<b>Pål Bårdsen</b>	<b>90</b>										<b>1:03:46</b>											
01:06+	05:09+	08:49+	10:48+	12:44+	14:00+	19:08+	21:37+	25:16+	28:18+	34:15+	36:35+	39:32+	40:42+	43:22+	45:27+	48:58+	51:51+	54:25+	55:33+	59:28+	62:39+	63:46+	
01:06+	04:03+	03:40+	01:59+	01:56+	01:16+	05:08+	02:29+	03:39+	03:02+	05:57+	02:20+	02:57+	01:10+	02:40+	02:05+	03:31+	02:53+	02:34+	01:08+	03:55+	03:11+	01:07+	
00:09#	01:14#	01:23#	00:23#	00:43#	00:28#	00:22+	00:32#	00:48#	00:44#	03:45#	01:05#	00:48#	00:18#	00:53#	00:52#	01:37#	01:11#	01:08#	00:27#	01:06#	00:59#	00:23#	
<b>15</b>	<b>Bjørnar André Haug</b>	<b>80</b>										<b>1:09:56</b>											
01:05+	04:57+	08:03+	10:12+	11:45+	13:07+	18:24+	21:45+	25:19+	28:01+	43:05+	44:31+	47:27+	48:33+	50:46+	52:25+	55:07+	57:30+	61:59+	62:58+	66:15+	68:49+	69:56+	
01:05+	03:52+	03:06+	02:09+	01:33+	01:22+	05:17+	03:21+	03:34+	02:42+	15:04+	01:26+	02:56+	01:06+	02:13+	01:39+	02:42+	02:23+	04:29+	00:59+	03:17+	02:34+	01:07+	
00:08#	01:03#	00:49#	00:33#	00:20#	00:34#	00:31#	01:24#	00:43#	00:24#	12:52#	00:11#	00:47#	00:14#	00:26#	00:26#	00:48#	00:41#	03:03#	00:18#	00:28#	00:22#	00:23#	
<b>16</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>										<b>1:27:15</b>											
01:14+	06:33+	13:01+	15:49+	18:31+	20:06+	28:43+	32:29+																

Class	Navn	Klasse																		Tid
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**Beste strekktid for klassen**

00:52 02:29 02:17 01:19 01:10 00:48 03:47 01:57 02:40 02:11 01:01 01:06 01:43 00:45 00:50 01:13 01:32 01:42 01:26 00:39 00:47 02:01 00:44

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

**Herrer C**

<b>1</b>	<b>Geir Frøyttlog</b>	<b>29</b>	<b>39:52</b>																
00:50=	02:45=	04:25=	08:51=	11:58=	14:07=	16:27=	18:24=	21:51=	23:11=	24:41=	26:38=	28:15=	28:54=	32:08=	33:36=	35:56=	37:50=	39:03=	39:52=
00:50=	01:55=	01:40=	04:26=	03:07=	02:09=	02:20=	01:57=	03:27=	01:20=	01:30=	01:57=	01:37=	00:39=	03:14=	01:28=	02:20=	01:54=	01:13=	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=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kjetil Wirak</b>	<b>114</b>	<b>40:33</b>																
01:05+	03:20+	04:49+	08:53+	11:58+	14:18+	16:27=	19:14+	22:09+	23:29+	24:50+	27:20+	28:58+	29:35+	32:39+	33:56+	36:03+	37:55+	39:49+	40:33+
01:05+	02:15+	01:29+	04:04+	03:05+	02:20+	02:09+	02:47+	02:55+	01:20+	01:21+	02:30+	01:38+	00:37+	03:04+	01:17+	02:07+	01:52+	01:54+	00:44+
00:15&	00:20#	00:11-	00:22-	00:02-	00:11+	00:11-	00:50&	00:32-	00:00=	00:09-	00:33&	00:01+	00:02-	00:10-	00:11-	00:13-	00:02-	00:41&	00:05-
<b>3</b>	<b>Nils John Vestøl</b>	<b>83</b>	<b>44:23</b>																
00:52+	02:56+	04:28+	09:24+	12:49+	15:12+	17:27+	19:14+	22:18+	26:29+	28:04+	30:14+	32:12+	32:52+	35:58+	37:25+	39:56+	41:54+	43:37+	44:23+
00:52+	02:04+	01:32-	04:56+	03:25+	02:23+	02:15-	01:47-	03:04-	04:11+	01:35+	02:10+	01:58+	00:40+	03:06-	01:27-	02:31+	01:58+	01:43+	00:46-
00:02+	00:09+	00:08-	00:30#	00:18+	00:14#	00:05-	00:10-	00:23-	02:51@	00:05+	00:13#	00:21#	00:01+	00:08-	00:01-	00:11+	00:04+	00:30&	00:03-
<b>4</b>	<b>Kjell Dale</b>	<b>93</b>	<b>44:30</b>																
00:56+	03:10+	04:31+	08:51=	12:44+	15:13+	17:29+	19:18+	22:32+	23:51+	25:14+	27:22+	29:00+	29:40+	35:35+	36:57+	39:25+	42:16+	43:35+	44:30+
00:56+	02:14+	01:21-	04:20-	03:53+	02:29+	02:16-	01:49-	03:14-	01:19-	01:23-	02:08+	01:38+	00:40+	05:55+	01:22-	02:28+	02:51+	01:19+	00:55+
00:06#	00:19#	00:19-	00:06-	00:46#	00:20#	00:04-	00:08-	00:13-	00:01-	00:07-	00:11+	00:01+	00:01+	02:41&	00:06-	00:08+	00:57&	00:06+	00:06#
<b>5</b>	<b>Harald Klippenberg</b>	<b>59</b>	<b>44:44</b>																
00:55+	03:12+	04:40+	09:33+	12:41+	14:58+	17:16+	19:24+	22:42+	24:10+	25:49+	29:55+	31:48+	32:37+	35:59+	37:41+	40:13+	42:21+	43:53+	44:44+
00:55+	02:17+	01:28-	04:53+	03:08+	02:17+	02:18-	02:08+	03:18-	01:28+	01:39+	04:06+	01:53+	00:49+	03:22+	01:42+	02:32+	02:08+	01:32+	00:51+
00:05#	00:22#	00:12-	00:27#	00:01+	00:08+	00:02-	00:11+	00:09-	00:08#	00:09#	02:09@	00:16#	00:10&	00:08+	00:14#	00:12+	00:14#	00:19&	00:02+
<b>6</b>	<b>Geir Bjaanes</b>	<b>116</b>	<b>44:48</b>																
00:50=	02:42-	03:59-	09:29+	12:38+	15:01+	17:22+	19:27+	22:50+	24:15+	25:34+	29:05+	30:50+	31:34+	35:50+	37:32+	40:17+	42:28+	43:52+	44:48+
00:50=	01:52-	01:17-	05:30+	03:09+	02:23+	02:21+	02:05+	03:23-	01:25+	01:19-	03:31+	01:45+	00:44+	04:16+	01:42+	02:45+	02:11+	01:24+	00:56+
00:00=	00:03-	00:23-	01:04#	00:02+	00:14#	00:01+	00:08+	00:04-	00:05+	00:11-	01:34&	00:08+	00:05#	01:02&	00:14#	00:25#	00:17#	00:11#	00:07#
<b>7</b>	<b>Jan Einar Øvremo</b>	<b>50</b>	<b>45:47</b>																
00:53+	02:55+	06:14+	11:30+	14:33+	17:05+	19:29+	21:28+	25:04+	26:54+	28:15+	30:18+	32:01+	32:40+	37:44+	39:06+	41:22+	43:10+	44:58+	45:47+
00:53+	02:02+	03:19+	05:16+	03:03-	02:32+	02:24+	01:59+	03:36+	01:50+	01:21-	02:03+	01:43+	00:39+	05:04+	01:22-	02:16-	01:48-	01:48+	00:49=
00:03+	00:07+	01:39&	00:50#	00:04-	00:23#	00:04+	00:02+	00:09+	00:30&	00:09-	00:06+	00:06+	00:00=	01:50&	00:06-	00:04-	00:06-	00:35&	00:00=
<b>8</b>	<b>Rune Christiansen</b>	<b>93</b>	<b>46:54</b>																
00:52+	03:02+	04:29+	10:29+	13:47+	16:34+	19:12+	21:49+	25:33+	27:08+	28:47+	31:22+	33:12+	34:07+	37:48+	39:37+	42:31+	44:35+	46:04+	46:54+
00:52+	02:10+	01:27-	06:00+	03:18+	02:47+	02:38+	02:37+	03:44+	01:35+	01:39+	02:35+	01:50+	00:55+	03:41+	01:49+	02:54+	02:04+	01:29+	00:50+
00:02+	00:15#	00:13-	00:34&	00:11+	00:38&	00:18#	00:40&	00:17+	00:15#	00:09#	00:38&	00:13#	00:16&	00:27#	00:21#	00:34#	00:10+	00:16#	00:01+
<b>9</b>	<b>Otte Omdal</b>	<b>65</b>	<b>47:17</b>																
00:58+	03:25+	04:48+	10:38+	13:49+	16:29+	18:52+	21:04+	24:28+	26:14+	27:40+	29:37+	34:47+	35:31+	38:55+	40:19+	43:05+	45:11+	46:32+	47:17+
00:58+	02:27+	01:23-	05:50+	03:11+	02:40+	02:23+	02:12+	03:24-	01:46+	01:26-	01:57=	05:10+	00:44+	03:24+	01:24-	02:46+	02:06+	01:21+	00:45-
00:08#	00:32&	00:17-	01:24&	00:04+	00:31#	00:03+	00:15#	00:03-	00:26&	00:04-	00:00=	03:33@	00:05#	00:10+	00:04-	00:26#	00:12#	00:08#	00:04-
<b>10</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>	<b>48:30</b>																
01:13+	03:24+	06:39+	11:39+	15:06+	17:54+	20:20+	22:35+	26:12+	27:45+	29:21+	31:38+	33:28+	34:17+	38:29+	40:23+	43:35+	46:01+	47:38+	48:30+
01:13+	02:11+	03:15+	05:00+	03:27+	02:48+	02:26+	02:15+	03:37+	01:33+	01:36+	02:17+	01:50+	00:49+	04:12+	01:54+	03:12+	02:26+	01:37+	00:52+
00:23&	00:16#	01:35&	00:34#	00:20#	00:39&	00:06+	00:18#	00:10+	00:13#	00:06+	00:20#	00:13#	00:10&	00:58&	00:26&	00:52&	00:32&	00:24&	00:03+
<b>11</b>	<b>Inge Løland</b>	<b>114</b>	<b>49:07</b>																
01:01+	03:47+	05:20+	10:25+	13:47+	16:19+	22:48+	24:31+	28:02+	29:24+	30:54+	33:05+	34:45+	35:30+	39:23+	41:09+	44:07+	46:23+	47:55+	49:07+
01:01+	02:46+	01:33-	05:05+	03:22+	02:32+	06:29+	01:43-	03:31+	01:22+	01:30=	02:11+	01:40+	00:45+	03:53+	01:46+	02:58+	02:16+	01:32+	01:12+
00:11#	00:51&	00:07-	00:39#	00:15+	00:23#	04:09@	00:14-	00:04+	00:02+	00:00=	00:14#	00:03+	00:06#	00:39#	00:18#	00:38&	00:22#	00:19&	00:23&
<b>12</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>51:29</b>																
01:05+	04:20+	05:41+	11:52+	16:05+	18:55+	21:34+	26:04+	29:54+	31:43+	33:24+	35:37+	37:54+	38:39+	42:09+	43:59+	46:32+	48:37+	50:38+	51:29+
01:05+	03:15+	01:21-	06:11+	04:13+	02:50+	02:39+	04:30+	03:50+	01:49+	01:41+	02:13+	02:17+	00:45+	03:30+	01:50+	02:33+	02:05+	02:01+	00:51+
00:15&	01:20&	00:19-	01:45&	01:06&	00:41&	00:19#	02:33@	00:23#	00:29&	00:11#	00:16#	00:40&	00:06#	00:16+	00:22#	00:13+	00:11+	00:48&	00:02+
<b>13</b>	<b>Øystein Huglen</b>	<b>27</b>	<b>53:22</b>																
01:25+	03:25+	05:06+	11:56+	16:06+	18:46+	21:10+	24:49+	28:28+	34:20+	35:57+	38:12+	40:06+	40:43+	44:17+	46:12+	48:57+	51:09+	52:32+	53:22+
01:25+	02:00+	01:41+	06:50+	04:10+	02:40+	02:24+	03:39+	03:39+	05:52+	01:37+	02:15+	01:54+	00:37-	03:34+	01:55+	02:45+	02:12+	01:23+	00:50+
00:35&	00:05+	00:01+	02:24&	01:03&	00:31#	00:04+	01:42&	00:12+	04:32@	00:07+	00:18#	00:17#	00:02-	00:20#	00:27&	00:25#	00:18#	00:10#	00:01+

Class	Navn	Klasse															Tid		
<b>14</b>	<b>Henning Sundby</b>	<b>114</b>															<b>53:40</b>		
01:04+	03:13+	04:34+	09:54+	13:31+	15:41+	17:51+	22:10+	25:31+	26:56+	30:03+	32:30+	34:19+	35:06+	41:58+	43:44+	46:25+	48:30+	52:43+	53:40+
01:04+	02:09+	01:21-	05:20+	03:37+	02:10+	02:10-	04:19+	03:21-	01:25+	03:07+	02:27+	01:49+	00:47+	06:52+	01:46+	02:41+	02:05+	04:13+	00:57+
00:14&	00:14#	00:19-	00:54#	00:30#	00:01+	00:10-	02:22@	00:06-	00:05+	01:37@	00:30&	00:12#	00:08#	03:38@	00:18#	00:21#	00:11+	03:00@	00:08#
<b>15</b>	<b>Ivar Knutsen</b>	<b>116</b>															<b>57:05</b>		
01:26+	05:13+	07:00+	12:44+	16:48+	22:19+	25:14+	28:25+	32:32+	34:38+	36:27+	38:56+	41:13+	42:09+	46:17+	48:20+	51:29+	53:59+	55:51+	57:05+
01:26+	03:47+	01:47+	05:44+	04:04+	05:31+	02:55+	03:11+	04:07+	02:06+	01:49+	02:29+	02:17+	00:56+	04:08+	02:03+	03:09+	02:30+	01:52+	01:14+
00:36&	01:52&	00:07+	01:18&	00:57&	03:22@	00:35#	01:14&	00:40#	00:46&	00:19#	00:32&	00:40&	00:17&	00:54&	00:35&	00:49&	00:36&	00:39&	00:25&
<b>16</b>	<b>Ove Oaland</b>	<b>116</b>															<b>1:05:05</b>		
02:36+	05:25+	07:49+	16:50+	22:51+	25:54+	28:55+	31:49+	36:02+	37:48+	39:55+	42:31+	47:04+	47:59+	52:32+	54:36+	57:56+	61:55+	64:12+	65:05+
02:36+	02:49+	02:24+	09:01+	06:01+	03:03+	03:01+	02:54+	04:13+	01:46+	02:07+	02:36+	04:33+	00:55+	04:33+	02:04+	03:20+	03:59+	02:17+	00:53+
01:46@	00:54&	00:44&	04:35@	02:54&	00:54&	00:41&	00:57&	00:46#	00:26&	00:37&	00:39&	02:56@	00:16&	01:19&	00:36&	01:00&	02:05@	01:04&	00:04+
<b>17</b>	<b>Erling Mauland</b>	<b>83</b>															<b>1:06:48</b>		
01:13+	08:34+	10:14+	17:51+	24:03+	26:57+	29:49+	34:33+	39:22+	41:19+	43:03+	47:59+	50:27+	51:20+	56:19+	58:18+	61:11+	64:00+	65:38+	66:48+
01:13+	07:21+	01:40=	07:37+	06:12+	02:54+	02:52+	04:44+	04:49+	01:57+	01:44+	04:56+	02:28+	00:53+	04:59+	01:59+	02:53+	02:49+	01:38+	01:10+
00:23&	05:26@	00:00=	03:11&	03:05&	00:45&	00:32#	02:47@	01:22&	00:37&	00:14#	02:59@	00:51&	00:14&	01:45&	00:31&	00:33#	00:55&	00:25&	00:21&
<b>18</b>	<b>Gunnar Graabak</b>	<b>3</b>															<b>1:09:07</b>		
01:16+	05:52+	08:49+	14:51+	20:10+	24:12+	27:18+	31:31+	35:54+	38:15+	40:30+	43:06+	45:34+	47:02+	51:03+	53:02+	62:52+	65:51+	67:49+	69:07+
01:16+	04:36+	02:57+	06:02+	05:19+	04:02+	03:06+	04:13+	04:23+	02:21+	02:15+	02:36+	02:28+	01:28+	04:01+	01:59+	09:50+	02:59+	01:58+	01:18+
00:26&	02:41@	01:17&	01:36&	02:12&	01:53&	00:46&	02:16@	00:56&	01:01&	00:45&	00:39&	00:51&	00:49@	00:47#	00:31&	07:30@	01:05&	00:45&	00:29&
<b>Beste strekktid for klassen</b>																			
00:50	01:52	01:17	04:04	03:03	02:09	02:09	01:43	02:55	01:19	01:19	01:57	01:37	00:37	03:04	01:17	02:07	01:48	01:13	00:44

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

## Herrer Ny

<b>1</b>	<b>Knut Høie</b>	<b>117</b>															<b>31:15</b>			
00:27=	03:03=	04:40=	07:38=	11:18=	12:56=	16:02=	20:04=	24:10=	28:49=	30:08=	31:15=									
00:27=	02:36=	01:37=	02:58=	03:40=	01:38=	03:06=	04:02=	04:06=	04:39=	01:19=	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=									
<b>2</b>	<b>Torgeir Færevåg</b>	<b>125</b>															<b>46:50</b>			
00:36+	02:24-	05:25+	09:03+	12:02+	14:04+	23:25+	35:03+	39:11+	42:57+	45:17+	46:50+									
00:36+	01:48-	03:01+	03:38+	02:59-	02:02+	09:21+	11:38+	04:08+	03:46-	02:20+	01:33+									
00:09&	00:48-	01:24&	00:40#	00:41-	00:24#	06:15@	07:36@	00:02+	00:53-	01:01&	00:26&									

### Beste strekktid for klassen

00:27 01:48 01:37 02:58 02:59 01:38 03:06 04:02 04:06 03:46 01:19 01:07

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

## Herrer Trim

<b>1</b>	<b>Alexander Romanov</b>	<b>111</b>															<b>35:25</b>			
01:35=	02:23=	04:21=	07:04=	08:20=	09:42=	11:17=	14:35=	17:09=	18:30=	20:21=	24:26=	26:11=	27:41=	28:56=	30:14=	33:05=	34:24=	35:25=		
01:35=	00:48=	01:58=	02:43=	01:16=	01:22=	01:35=	03:18=	02:34=	01:21=	01:51=	04:05=	01:45=	01:30=	01:15=	01:18=	02:51=	01:19=	01:01=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Martin Svensen</b>	<b>284</b>															<b>36:30</b>			
01:06-	02:05-	04:07-	05:39-	06:50-	08:05-	09:26-	12:46-	15:42-	17:12-	18:34-	22:27-	23:53-	25:04-	26:23-	27:29-	34:36+	35:32+	36:30+		
01:06-	00:59+	02:02+	01:32-	01:11-	01:15-	01:21-	03:20+	02:56+	01:30+	01:22-	03:53-	01:26-	01:11-	01:19+	01:06-	07:07+	00:56-	00:58-		
00:29-	00:11#	00:04+	01:11-	00:05-	00:07-	00:14-	00:02+	00:22#	00:09#	00:29-	00:12-	00:19-	00:19-	00:04+	00:12-	04:16@	00:23-	00:03-		
<b>3</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>															<b>38:45</b>			
01:18-	02:26+	04:20-	06:16-	07:54-	11:27+	13:11+	16:54+	19:40+	21:56+	23:42+	26:47+	28:34+	30:08+	31:36+	33:12+	36:14+	37:38+	38:45+		
01:18-	01:08+	01:54-	01:56-	01:38+	03:33+	01:44+	03:43+	02:46+	02:16+	01:46-	03:05-	01:47+	01:34+	01:28+	01:36+	03:02+	01:24+	01:07+		
00:17-	00:20&	00:04-	00:47-	00:22&	02:11@	00:09+	00:25#	00:12+	00:55&	00:05-	01:00-	00:02+	00:04+	00:13#	00:18#	00:11+	00:05+	00:06+		
<b>4</b>	<b>Olav Magnus Eik Espedal</b>	<b>88</b>															<b>39:59</b>			
01:06-	01:45-	03:58-	06:01-	15:10+	15:50+	17:04+	19:43+	21:47+	23:18+	28:18+	30:29+	31:58+	33:37+	34:32+	36:07+	38:23+	39:16+	39:59+		
01:06-	00:39-	02:13+	02:03-	09:09+	00:40-	01:14-	02:39-	02:04-	01:31+	05:00+	02:11-	01:29-	01:39+	00:55-	01:35+	02:16-	00:53-	00:43-		
00:29-	00:09-	00:15#	00:40-	07:53@	00:42-	00:21-	00:39-	00:30-	00:10#	03:09@	01:54-	00:16-	00:09#	00:20-	00:17#	00:35-	00:26-	00:18-		

Class	Navn	Klasse										Tid									
<b>5</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>40:32</b>									
01:34-	02:50+	04:52+	06:33-	07:36-	09:09-	10:30-	17:00+	24:23+	25:55+	27:25+	29:33+	31:22+	32:34+	33:20+	34:53+	38:29+	39:45+	40:32+			
01:34-	01:16+	02:02+	01:41-	01:03-	01:33+	01:21-	06:30+	07:23+	01:32+	01:30-	02:08-	01:49+	01:12-	00:46-	01:33+	03:36+	01:16-	00:47-			
00:01-	00:28&	00:04+	01:02-	00:13-	00:11#	00:14-	03:12&	04:49@	00:11#	00:21-	01:57-	00:04+	00:18-	00:29-	00:15#	00:45&	00:03-	00:14-			
<b>6</b>	<b>Roger Vassbakk</b>	<b>51</b>										<b>40:57</b>									
02:35+	03:41+	05:28+	07:27+	08:49+	10:15+	12:01+	15:56+	18:07+	20:40+	22:21+	26:57+	28:59+	30:56+	32:46+	34:35+	37:59+	39:42+	40:57+			
02:35+	01:06+	01:47-	01:59-	01:22+	01:26+	01:46+	03:55+	02:11-	02:33+	01:41-	04:36+	02:02+	01:57+	01:50+	01:49+	03:24+	01:43+	01:15+			
01:00&	00:18&	00:11-	00:44-	00:06+	00:04+	00:11#	00:37#	00:23-	01:12&	00:10-	00:31#	00:17#	00:27&	00:35&	00:31&	00:33#	00:24&	00:14#			
<b>7</b>	<b>Heine Furubotten</b>	<b>192</b>										<b>41:09</b>									
01:29-	02:59+	06:05+	07:58+	09:22+	11:01+	13:04+	17:51+	20:58+	23:01+	24:49+	27:40+	29:32+	31:15+	32:33+	34:26+	37:47+	39:53+	41:09+			
01:29-	01:30+	03:06+	01:53-	01:24+	01:39+	02:03+	04:47+	03:07+	02:03+	01:48-	02:51-	01:52+	01:43+	01:18+	01:53+	03:21+	02:06+	01:16+			
00:06-	00:42&	01:08&	00:50-	00:08#	00:17#	00:28&	01:29&	00:33#	00:42&	00:03-	01:14-	00:07+	00:13#	00:03+	00:35&	00:30#	00:47&	00:15#			
<b>8</b>	<b>Anders H Foss</b>	<b>263</b>										<b>42:53</b>									
01:19-	02:20-	04:10-	06:17-	07:38-	09:37-	11:13-	15:35+	20:46+	22:43+	24:51+	28:55+	30:37+	32:41+	34:26+	36:09+	39:29+	41:27+	42:53+			
01:19-	01:01+	01:50-	02:07-	01:21+	01:59+	01:36+	04:22+	05:11+	01:57+	02:08+	04:04-	01:42-	02:04+	01:45+	01:43+	03:20+	01:58+	01:26+			
00:16-	00:13&	00:08-	00:36-	00:05+	00:37&	00:01+	01:04&	02:37@	00:36&	00:17#	00:01-	00:03-	00:34&	00:30&	00:25&	00:29#	00:39&	00:25&			
<b>9</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>										<b>42:54</b>									
01:30-	02:33+	05:03+	07:28+	09:07+	10:30+	12:19+	17:27+	19:55+	22:34+	24:35+	28:07+	30:56+	32:59+	34:09+	36:16+	40:03+	41:48+	42:54+			
01:30-	01:03+	02:30+	02:25-	01:39+	01:23+	01:49+	05:08+	02:28-	02:39+	02:01+	03:32-	02:49+	02:03+	01:10-	02:07+	03:47+	01:45+	01:06+			
00:05-	00:15&	00:32&	00:18-	00:23&	00:01+	00:14#	01:50&	00:06-	01:18&	00:10+	00:33-	01:04&	00:33&	00:05-	00:49&	00:56&	00:26&	00:05+			
<b>10</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>										<b>43:31</b>									
01:03-	01:46-	04:48+	07:04-	09:05+	10:16+	11:24+	18:37+	27:21+	28:54+	30:20+	32:39+	34:31+	35:51+	36:37+	38:22+	41:34+	42:45+	43:31+			
01:03-	00:43-	03:02+	02:16-	02:01+	01:11-	01:08-	07:13+	08:44+	01:33+	01:26-	02:19+	01:52+	01:20-	00:46-	01:45+	03:12+	01:11-	00:46-			
00:32-	00:05-	01:04&	00:27-	00:45&	00:11-	00:27-	03:55@	06:10@	00:12#	00:25-	01:46-	00:07+	00:10-	00:29-	00:27&	00:21#	00:08-	00:15-			
<b>11</b>	<b>Tor Inge Hansen</b>	<b>144</b>										<b>44:05</b>									
02:18+	03:32+	06:01+	08:32+	10:11+	11:41+	13:24+	18:36+	20:52+	23:19+	25:24+	29:11+	31:53+	33:51+	35:06+	37:20+	41:19+	42:59+	44:05+			
02:18+	01:14+	02:29+	02:31-	01:39+	01:30+	01:43+	05:12+	02:16-	02:27+	02:05+	03:47-	02:42+	01:58+	01:15=	02:14+	03:59+	01:40+	01:06+			
00:43&	00:26&	00:31&	00:12-	00:23&	00:08+	00:08+	01:54&	00:18-	01:06&	00:14#	00:18-	00:57&	00:28&	00:00=	00:56&	01:08&	00:21&	00:05+			
<b>12</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>45:22</b>									
01:23-	02:21-	05:02+	07:18+	08:43+	10:56+	13:00+	18:31+	23:13+	25:52+	28:10+	31:31+	33:31+	35:41+	36:58+	38:52+	42:33+	44:04+	45:22+			
01:23-	00:58+	02:41+	02:16-	01:25+	02:13+	02:04+	05:31+	04:42+	02:39+	02:18+	03:21-	02:00+	02:10+	01:17+	01:54+	03:41+	01:31+	01:18+			
00:12-	00:10#	00:43&	00:27-	00:09#	00:51&	00:29&	02:13&	02:08&	01:18&	00:27#	00:44-	00:15#	00:40&	00:02+	00:36&	00:50&	00:12#	00:17&			
<b>13</b>	<b>Olav Helland</b>	<b>29</b>										<b>46:04</b>									
02:43+	04:13+	06:03+	08:08+	09:45+	11:05+	12:51+	17:45+	23:17+	25:09+	30:20+	33:18+	35:53+	37:31+	38:37+	40:30+	43:31+	45:00+	46:04+			
02:43+	01:30+	01:50-	02:05-	01:37+	01:20-	01:46+	04:54+	05:32+	01:52+	05:11+	02:58-	02:35+	01:38+	01:06-	01:53+	03:01+	01:29+	01:04+			
01:08&	00:42&	00:08-	00:38-	00:21&	00:02-	00:11#	01:36&	02:58@	00:31&	03:20@	01:07-	00:50&	00:08+	00:09-	00:35&	00:10+	00:10#	00:03+			
<b>14</b>	<b>Steinar Amundsen</b>	<b>115</b>										<b>52:24</b>									
01:19-	03:05+	05:44+	08:10+	09:42+	11:02+	12:59+	16:47+	19:18+	22:22+	31:57+	35:07+	37:52+	39:58+	41:41+	44:11+	48:36+	50:54+	52:24+			
01:19-	01:46+	02:39+	02:26-	01:32+	01:20-	01:57+	03:48+	02:31-	03:04+	09:35+	03:10-	02:45+	02:06+	01:43+	02:30+	04:25+	02:18+	01:30+			
00:16-	00:58@	00:41&	00:17-	00:16#	00:02-	00:22#	00:30#	00:03-	01:43@	07:44@	00:55-	01:00&	00:36&	00:28&	01:12&	01:34&	00:59&	00:29&			
<b>15</b>	<b>Audun Sjøen</b>	<b>111</b>										<b>54:27</b>									
01:44+	02:59+	05:50+	08:52+	10:53+	13:07+	15:26+	21:41+	24:40+	27:33+	30:34+	34:52+	37:43+	40:16+	41:58+	45:13+	49:56+	52:26+	54:27+			
01:44+	01:15+	02:51+	03:02+	02:01+	02:14+	02:19+	06:15+	02:59+	02:53+	03:01+	04:18+	02:51+	02:33+	01:42+	03:15+	04:43+	02:30+	02:01+			
00:09+	00:27&	00:53&	00:19#	00:45&	00:52&	00:44&	02:57&	00:25#	01:32@	01:10&	00:13+	01:06&	01:03&	00:27&	01:57@	01:52&	01:11&	01:00&			
<b>16</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>55:12</b>									
01:21-	02:30+	05:06+	07:45+	09:33+	11:10+	13:18+	22:17+	26:26+	28:51+	31:09+	35:38+	42:14+	44:41+	45:51+	48:17+	51:51+	53:43+	55:12+			
01:21-	01:09+	02:36+	02:39-	01:48+	01:37+	02:08+	08:59+	04:09+	02:25+	02:18+	04:29+	06:36+	02:27+	01:10-	02:26+	03:34+	01:52+	01:29+			
00:14-	00:21&	00:38&	00:04-	00:32&	00:15#	00:33&	05:41@	01:35&	01:04&	00:27#	00:24+	04:51@	00:57&	00:05-	01:08&	00:43&	00:33&	00:28&			
<b>17</b>	<b>Ove Vatland</b>	<b>128</b>										<b>59:29</b>									
02:08+	03:49+	06:34+	09:38+	11:39+	13:56+	16:14+	22:03+	25:33+	28:52+	34:44+	38:56+	41:36+	43:46+	45:31+	49:57+	55:39+	57:44+	59:29+			
02:08+	01:41+	02:45+	03:04+	02:01+	02:17+	02:18+	05:49+	03:30+	03:19+	05:52+	04:12+	02:40+	02:10+	01:45+	04:26+	05:42+	02:05+	01:45+			
00:33&	00:53@	00:47&	00:21#	00:45&	00:55&	00:43&	02:31&	00:56&	01:58@	04:01@	00:07+	00:55&	00:40&	00:30&	03:08@	02:51&	00:46&	00:44&			
<b>18</b>	<b>Tom Leveraas</b>	<b>188</b>										<b>1:01:45</b>									
01:36+	03:12+	10:41+	13:30+	15:11+	17:19+	19:29+	26:59+	30:01+	33:38+	37:46+	41:59+	45:34+	47:27+	49:11+	52:36+	58:01+	60:29+	61:45+			
01:36+	01:36+	07:29+	02:49+	01:41+	02:08+	02:10+	07:30+	03:02+	03:37+	04:08+	04:13+	03:35+	01:53+	01:44+	03:25+	05:25+	02:28+	01:16+			
00:01+	00:48&	05:31@	00:06+	00:25&	00:46&	00:35&	04:12@	00:28#	02:16@	02:17@	00:08+	01:50@	00:23&	00:29&	02:07@	02:34&	01:09&	00:15#			
<b>19</b>	<b>Niklas Gustafsson</b>	<b>192</b>										<b>1:01:49</b>									
03:23+	04:21+	06:54+	09:36+	12:23+	14:41+	17:02+	26:15+	29:14+	32:26+	34:26+	40:21+	42:28+	44:21+	51:56+	53:50+	58:00+	60:21+	61:49+			
03:23+	00:58+	02:33+	02:42-	02:47+	02:18+	02:21+	09:13+	02:59+	03:12+	02:00+	05:55+	02:07+	01:53+	07:35+	01:54+	04:10+	02:21+	01:28+			
01:48@	00:10#	00:35&	00:01-	01:31@	00:56&	00:46&	05:55@	00:25#	01:51@	00:09+	01:50&	00:22#	00:23&	06:20@	00:36&	01:19&	01:02&	00:27&			

Class	Navn	Klasse										Tid							
<b>20</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>1:01:54</b>							
01:28-	02:35+	05:02+	07:44+	09:25+	11:12+	12:48+	17:43+	19:48+	22:14+	30:04+	33:00+	48:03+	51:07+	52:30+	54:29+	58:51+	60:21+	61:54+	
01:28-	01:07+	02:27+	02:42-	01:41+	01:47+	01:36+	04:55+	02:05-	02:26+	07:50+	02:56-	15:03+	03:04+	01:23+	01:59+	04:22+	01:30+	01:33+	
00:07-	00:19&	00:29#	00:01-	00:25&	00:25&	00:01+	01:37&	00:29-	01:05&	05:59@	01:09-	13:18@	01:34@	00:08#	00:41&	01:31&	00:11#	00:32&	
<b>21</b>	<b>Christof Schätz</b>	<b>239</b>										<b>1:02:46</b>							
02:31+	04:20+	11:37+	14:05+	15:59+	18:09+	20:35+	28:20+	31:20+	34:43+	39:17+	43:08+	46:31+	48:38+	50:18+	53:35+	59:01+	61:28+	62:46+	
02:31+	01:49+	07:17+	02:28-	01:54+	02:10+	02:26+	07:45+	03:00+	03:23+	04:34+	03:51-	03:23+	02:07+	01:40+	03:17+	05:26+	02:27+	01:18+	
00:56&	01:01@	05:19@	00:15-	00:38&	00:48&	00:51&	04:27@	00:26#	02:02@	02:43@	00:14-	01:38&	00:37&	00:25&	01:59@	02:35&	01:08&	00:17&	
<b>22</b>	<b>Gunnar Garstad</b>	<b>136</b>										<b>1:04:05</b>							
03:23+	04:44+	07:08+	09:15+	10:36+	12:44+	14:26+	18:14+	20:27+	22:50+	25:09+	28:45+	52:43+	54:30+	55:53+	57:41+	61:48+	63:22+	64:05+	
03:23+	01:21+	02:24+	02:07-	01:21+	02:08+	01:42+	03:48+	02:13-	02:23+	02:19+	03:36-	23:58+	01:47+	01:23+	01:48+	04:07+	01:34+	00:43-	
01:48@	00:33&	00:26#	00:36-	00:05+	00:46&	00:07+	00:30#	00:21-	01:02&	00:28&	00:29-	22:13@	00:17#	00:08#	00:30&	01:16&	00:15#	00:18-	
<b>23</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>1:05:31</b>							
01:36+	03:18+	06:36+	10:10+	12:32+	15:37+	17:41+	23:39+	28:15+	31:27+	33:52+	42:41+	46:22+	49:30+	51:45+	54:48+	60:28+	63:54+	65:31+	
01:36+	01:42+	03:18+	03:34+	02:22+	03:05+	02:04+	05:58+	04:36+	03:12+	02:25+	08:49+	03:41+	03:08+	02:15+	03:03+	05:40+	03:26+	01:37+	
00:01+	00:54@	01:20&	00:51&	01:06&	01:43@	00:29&	02:40&	02:02&	01:51@	00:34&	04:44@	01:56@	01:38@	01:00&	01:45@	02:49&	02:07@	00:36&	
<b>24</b>	<b>Arild Svihus</b>	<b>92</b>										<b>1:08:01</b>							
02:12+	04:06+	09:42+	13:36+	16:23+	20:17+	22:32+	27:50+	32:53+	37:48+	41:25+	46:16+	49:32+	52:12+	53:55+	57:34+	63:36+	65:53+	68:01+	
02:12+	01:54+	05:36+	03:54+	02:47+	03:54+	02:15+	05:18+	05:03+	04:55+	03:37+	04:51+	03:16+	02:40+	01:43+	03:39+	06:02+	02:17+	02:08+	
00:37&	01:06@	03:38@	01:11&	01:31@	02:32@	00:40&	02:00&	02:29&	03:34@	01:46&	00:46#	01:31&	01:10&	00:28&	02:21@	03:11@	00:58&	01:07@	
<b>25</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>1:09:21</b>							
02:13+	03:30+	06:50+	10:39+	12:38+	15:03+	17:12+	21:51+	24:31+	27:49+	30:36+	33:55+	46:37+	48:42+	50:11+	52:47+	66:14+	67:52+	69:21+	
02:13+	01:17+	03:20+	03:49+	01:59+	02:25+	02:09+	04:39+	02:40+	03:18+	02:47+	03:19-	12:42+	02:05+	01:29+	02:36+	13:27+	01:38+	01:29+	
00:38&	00:29&	01:22&	01:06&	00:43&	01:03&	00:34&	01:21&	00:06+	01:57@	00:56&	00:46-	10:57@	00:35&	00:14#	01:18&	10:36@	00:19#	00:28&	
<b>26</b>	<b>Arne Hope</b>	<b>43</b>										<b>1:10:02</b>							
01:32-	03:20+	06:50+	10:16+	11:53+	13:34+	15:40+	20:34+	29:24+	33:24+	38:28+	42:26+	52:34+	55:09+	57:53+	61:04+	65:35+	68:03+	70:02+	
01:32-	01:48+	03:30+	03:26+	01:37+	01:41+	02:06+	04:54+	08:50+	04:00+	05:04+	03:58-	10:08+	02:35+	02:44+	03:11+	04:31+	02:28+	01:59+	
00:03-	01:00@	01:32&	00:43&	00:21&	00:19#	00:31&	01:36&	06:16@	02:39@	03:13@	00:07-	08:23@	01:05&	01:29@	01:53@	01:40&	01:09&	00:58&	
<b>27</b>	<b>Harald Nilsen</b>	<b>79</b>										<b>1:11:25</b>							
02:05+	03:28+	07:06+	10:24+	12:30+	18:42+	21:08+	27:06+	37:44+	40:43+	43:24+	50:19+	53:04+	57:05+	58:59+	62:19+	67:12+	69:42+	71:25+	
02:05+	01:23+	03:38+	03:18+	02:06+	06:12+	02:26+	05:58+	10:38+	02:59+	02:41+	06:55+	02:45+	04:01+	01:54+	03:20+	04:53+	02:30+	01:43+	
00:30&	00:35&	01:40&	00:35#	00:50&	04:50@	00:51&	02:40&	08:04@	01:38@	00:50&	02:50&	01:00&	02:31@	00:39&	02:02@	02:02&	01:11&	00:42&	
<b>28</b>	<b>Truls Thorkildsen</b>	<b>89</b>										<b>1:11:47</b>							
01:01-	01:54-	05:16+	11:39+	12:59+	14:35+	16:11+	25:24+	36:43+	47:07+	49:18+	54:03+	60:42+	62:45+	64:00+	65:54+	69:07+	70:40+	71:47+	
01:01-	00:53+	03:22+	06:23+	01:20+	01:36+	01:36+	09:13+	11:19+	10:24+	02:11+	04:45+	06:39+	02:03+	01:15=	01:54+	03:13+	01:33+	01:07+	
00:34-	00:05#	01:24&	03:40@	00:04+	00:14#	00:01+	05:55@	08:45@	09:03@	00:20#	00:40#	04:54@	00:33&	00:00=	00:36&	00:22#	00:14#	00:06+	
<b>29</b>	<b>Inge Grødem</b>	<b>92</b>										<b>1:19:11</b>							
03:12+	05:05+	10:15+	16:01+	18:32+	22:50+	31:16+	37:37+	43:03+	46:59+	50:15+	55:03+	59:41+	62:20+	64:23+	67:56+	73:53+	76:40+	79:11+	
03:12+	01:53+	05:10+	05:46+	02:31+	04:18+	08:26+	06:21+	05:26+	03:56+	03:16+	04:48+	04:38+	02:39+	02:03+	03:33+	05:57+	02:47+	02:31+	
01:37@	01:05@	03:12@	03:03@	01:15&	02:56@	06:51@	03:03&	02:52@	02:35@	01:25&	00:43#	02:53@	01:09&	00:48&	02:15@	03:06@	01:28@	01:30@	
<b>30</b>	<b>Jon Grepstad</b>	<b>111</b>										<b>1:20:02</b>							
05:41+	07:39+	12:27+	17:00+	19:20+	21:16+	23:46+	30:40+	45:07+	48:55+	51:43+	58:32+	61:31+	63:55+	65:50+	69:50+	75:24+	78:12+	80:02+	
05:41+	01:58+	04:48+	04:33+	02:20+	01:56+	02:30+	06:54+	14:27+	03:48+	02:48+	06:49+	02:59+	02:24+	01:55+	04:00+	05:34+	02:48+	01:50+	
04:06@	01:10@	02:50@	01:50&	01:04&	00:34&	00:55&	03:36@	11:53@	02:27@	00:57&	02:44&	01:14&	00:54&	00:40&	02:42@	02:43&	01:29@	00:49&	
<b>31</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>1:20:14</b>							
02:20+	03:52+	07:16+	16:43+	18:36+	20:18+	23:23+	25:18+	32:09+	40:57+	44:53+	47:07+	51:25+	54:47+	56:55+	65:06+	69:13+	75:23+	78:36+	
02:20+	01:32+	03:24+	09:27+	01:53+	01:42+	03:05+	01:55-	06:51+	08:48+	03:56+	02:14+	04:18+	03:22+	02:08+	08:11+	04:07+	06:10+	03:13+	
00:45&	00:44&	01:26&	06:44@	00:37&	00:20#	01:30&	01:23-	04:17@	07:27@	02:05@	01:51-	02:33@	01:52@	00:53&	06:53@	01:16&	04:51@	02:12@	
<b>32</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>1:20:20</b>							
03:06+	05:23+	09:26+	13:57+	16:55+	21:08+	24:21+	30:37+	33:59+	37:57+	46:14+	52:44+	55:45+	58:22+	66:43+	69:17+	74:56+	78:25+	80:20+	
03:06+	02:17+	04:03+	04:31+	02:58+	04:13+	03:13+	06:16+	03:22+	03:58+	08:17+	06:30+	03:01+	02:37+	08:21+	02:34+	05:39+	03:29+	01:55+	
01:31&	01:29@	02:05@	01:48&	01:42@	02:51@	01:38@	02:58&	00:48&	02:37@	06:26@	02:25&	01:16&	01:07&	07:06@	01:16&	02:48&	02:10@	00:54&	
<b>33</b>	<b>Per Bakken</b>	<b>5</b>										<b>1:31:08</b>							
02:59+	04:29+	08:22+	14:10+	16:36+	18:45+	21:35+	27:53+	54:23+	57:45+	60:36+	67:54+	72:09+	75:19+	77:10+	81:01+	86:51+	89:13+	91:08+	
02:59+	01:30+	03:53+	05:48+	02:26+	02:09+	02:50+	06:18+	26:30+	03:22+	02:51+	07:18+	04:15+	03:10+	01:51+	03:51+	05:50+	02:22+	01:55+	
01:24&	00:42&	01:55&	03:05@	01:10&	00:47&	01:15&	03:00&	23:56@	02:01@	01:00&	03:13&	02:30@	01:40@	00:36&	02:33@	02:59@	01:03&	00:54&	
<b>Beste strekktid for klassen</b>																			
01:01	00:39	01:47	01:32	01:03	00:40	01:08	01:55	02:04	01:21	01:22	02:08	01:26	01:11	00:46	01:06	02:16	00:53	00:43	

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