

Plass Navn

Klasse

Tid

Damer 16 - 39 år

Plass	Navn	Klasse	Tid																						
<b>1</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>36:39</b>																						
00:54=	01:49=	02:57=	04:41=	05:10=	05:50=	10:18=	11:15=	13:41=	16:27=	19:47=	20:54=	21:32=	22:39=	22:55=	23:52=	24:36=	26:09=	28:08=	29:22=	30:35=	31:18=	31:42=	33:14=	34:05=	35:13=
00:54=	00:55=	01:08=	01:44=	00:29=	00:40=	04:28=	00:57=	02:26=	02:46=	03:20=	01:07=	00:38=	01:07=	00:16=	00:57=	00:44=	01:33=	01:59=	01:14=	01:13=	00:43=	00:24=	01:32=	00:51=	01:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
36:24=	36:39=																								
01:11=	00:15=																								
00:00=	00:00=																								
<b>2</b>	<b>Vera Bjarkø</b>	<b>105</b>	<b>36:57</b>																						
00:55+	01:53+	03:09+	04:38=	05:14+	05:59+	10:34+	11:13-	13:26-	16:15-	18:45-	19:42-	20:09-	21:21-	21:38-	23:01-	24:02-	25:25-	27:32-	28:57-	30:09-	31:01-	31:24-	33:12-	34:05=	35:14+
00:55+	00:58+	01:16+	01:29-	00:36+	00:45+	04:35+	00:39-	02:13-	02:49+	02:30-	00:57-	00:27-	01:12+	00:17+	01:23+	01:01+	01:23-	02:07+	01:25+	01:12-	00:52+	00:23-	01:48+	00:53+	01:09+
00:01+	00:03+	00:08#	00:15-	00:07#	00:05#	00:07+	00:18-	00:13-	00:03+	00:50-	00:10-	00:11-	00:05+	00:01+	00:26&	00:17&	00:10-	00:08+	00:11#	00:01-	00:09#	00:01-	00:16#	00:02+	00:01+
36:40+	36:57+																								
01:26+	00:17+																								
00:15#	00:02#																								
<b>3</b>	<b>Trine Selvikvåg</b>	<b>62</b>	<b>37:37</b>																						
00:55+	01:45-	02:52-	04:32-	05:00-	05:37-	10:14-	11:19+	13:41=	17:15+	19:56+	21:01+	21:47+	22:58+	23:18+	24:44+	25:31+	26:55+	28:45+	30:02+	31:12+	32:02+	32:25+	33:57+	34:49+	36:02+
00:55+	00:50-	01:07-	01:40-	00:28-	00:37-	04:37+	01:05+	02:22-	03:34+	02:41-	01:05-	00:46+	01:11+	00:20+	01:26+	00:47+	01:24-	01:50-	01:17+	01:10-	00:50+	00:23-	01:32=	00:52+	01:13+
00:01+	00:05-	00:01-	00:04-	00:01-	00:03-	00:09+	00:08#	00:04-	00:48&	00:39-	00:02-	00:08#	00:04+	00:04#	00:29&	00:03+	00:09-	00:09-	00:03+	00:03-	00:07#	00:01-	00:00=	00:01+	00:05+
37:21+	37:37+																								
01:19+	00:16+																								
00:08#	00:01+																								
<b>4</b>	<b>Anne M. Enne Haug</b>	<b>117</b>	<b>37:39</b>																						
00:54=	01:55+	02:50-	04:40-	05:08-	05:49-	10:44+	11:16+	14:03+	16:49+	19:33-	20:28-	21:00-	22:20-	22:41-	23:57+	24:37+	26:09=	28:11+	29:33+	30:36+	31:26+	31:48+	33:33+	34:35+	36:00+
00:54=	01:01+	00:55-	01:50+	00:28-	00:41+	04:55+	00:32-	02:47+	02:46=	02:44-	00:55-	00:32-	01:20+	00:21+	01:16+	00:40-	01:32-	02:02+	01:22+	01:03-	00:50+	00:22-	01:45+	01:02+	01:25+
00:00=	00:06#	00:13-	00:06+	00:01-	00:01+	00:27#	00:25-	00:21#	00:00=	00:36-	00:12-	00:06-	00:13#	00:05&	00:19&	00:04-	00:01-	00:03+	00:08#	00:10-	00:07#	00:02-	00:13#	00:11#	00:17#
37:24+	37:39+																								
01:24+	00:15=																								
00:13#	00:00=																								
<b>5</b>	<b>Åsta Bryne</b>	<b>105</b>	<b>38:50</b>																						
00:56+	01:52+	04:01+	05:22+	05:52+	06:34+	11:31+	12:10+	14:27+	17:01+	19:20-	20:25-	20:57-	22:04-	22:25-	24:58+	25:34+	26:08-	27:51-	29:51+	31:10+	32:14+	33:00+	33:21+	35:02+	35:59+
00:56+	00:56+	02:09+	01:21-	00:30+	00:42+	04:57+	00:39-	02:17-	02:34-	02:19-	01:05-	00:32-	01:07=	00:21+	02:33+	00:36-	00:34-	01:43-	02:00+	01:19+	01:04+	00:46+	00:21-	01:41+	00:57-
00:02+	00:01+	01:01&	00:23-	00:01+	00:02+	00:29#	00:18-	00:09-	00:12-	01:01-	00:02-	00:06-	00:00=	00:05&	01:36&	00:08-	00:59-	00:16-	00:46&	00:06+	00:21&	00:22&	01:11-	00:50&	00:11-
37:09+	38:32+	38:50+																							
01:10-	01:23+	00:18+																							
00:01-	01:08@	00:18+																							
<b>6</b>	<b>Kristina Renshaw</b>	<b>101</b>	<b>39:08</b>																						
00:59+	01:54+	03:25+	05:18+	05:47+	06:29+	11:35+	12:22+	15:05+	17:52+	20:26+	21:35+	22:10+	23:19+	23:49+	25:04+	25:47+	27:11+	29:21+	30:45+	32:00+	32:49+	33:21+	35:10+	36:12+	37:24+
00:59+	00:55=	01:31+	01:53+	00:29=	00:42+	05:06+	00:47-	02:43+	02:47+	02:34-	01:09+	00:35-	01:09+	00:30+	01:15+	00:43-	01:24-	02:10+	01:24+	01:15+	00:49+	00:32+	01:49+	01:02+	01:12+
00:05+	00:00=	00:23&	00:09+	00:00=	00:02+	00:38#	00:10-	00:17#	00:01+	00:46-	00:02+	00:03-	00:02+	00:14&	00:18&	00:01-	00:09-	00:11+	00:10#	00:02+	00:06#	00:08&	00:17#	00:11#	00:04+
38:50+	39:08+																								
01:26+	00:18+																								
00:15#	00:03#																								
<b>7</b>	<b>Agnes Selma Haker</b>	<b>115</b>	<b>39:11</b>																						
00:49-	01:36-	02:37-	05:05+	05:36+	06:20+	11:13+	11:58+	14:27+	17:44+	21:03+	21:59+	22:28+	23:44+	23:59+	25:14+	25:52+	27:15+	29:15+	30:31+	31:47+	32:43+	33:12+	35:05+	36:09+	37:31+
00:49-	00:47-	01:01-	02:28+	00:31+	00:44+	04:53+	00:45-	02:29+	03:17+	03:19-	00:56-	00:29-	01:16+	00:15-	01:15+	00:38-	01:23-	02:00+	01:16+	01:16+	00:56+	00:29+	01:53+	01:04+	01:22+
00:05-	00:08-	00:07-	00:44&	00:02+	00:04#	00:25+	00:12-	00:03+	00:31#	00:01-	00:11-	00:09-	00:09#	00:01-	00:18&	00:06-	00:10-	00:01+	00:02+	00:03+	00:13&	00:05#	00:21#	00:13&	00:14#
38:53+	39:11+																								
01:22+	00:18+																								
00:11#	00:03#																								
<b>8</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>39:38</b>																						
01:00+	02:00+	03:22+	04:52+	05:20+	06:03+	11:41+	12:23+	14:59+	17:37+	20:32+	21:33+	22:02+	23:23+	23:47+	25:02+	25:47+	27:22+	29:44+	31:04+	32:09+	32:56+	33:20+	35:10+	36:20+	37:51+
01:00+	01:00+	01:22+	01:30-	00:28-	00:43+	05:38+	00:42-	02:36+	02:38-	02:55-	01:01-	00:29-	01:21+	00:24+	01:15+	00:45+	01:35+	02:22+	01:20+	01:05-	00:47+	00:24=	01:50+	01:10+	01:31+
00:06#	00:05+	00:14#	00:14-	00:01-	00:03+	01:10&	00:15-	00:10+	00:08-	00:25-	00:06-	00:09-	00:14#	00:08&	00:18&	00:01+	00:02+	00:23#	00:06+	00:08-	00:04+	00:00=	00:18#	00:19&	00:23&
39:20+	39:38+																								
01:29+	00:18+																								
00:18&	00:03#																								

Class	Navn	Klasse	Tid
<b>9</b>	<b>Ann Torill M. Bakken</b>	<b>116</b>	<b>40:14</b>
00:45-	01:36-	02:46-	04:32-
00:45-	00:51-	01:10+	01:46+
00:09-	00:04-	00:02+	00:02+
39:56+	40:14+		
01:31+	00:18+		
00:20&	00:03#		
<b>10</b>	<b>Marie Sjørven</b>	<b>117</b>	<b>41:15</b>
01:03+	02:04+	03:20+	05:16+
01:03+	01:01+	01:16+	01:56+
00:09#	00:06#	00:08#	00:12#
40:55+	41:15+		
01:32+	00:20+		
00:21&	00:05&		
<b>11</b>	<b>Bodil Krogedal</b>	<b>126</b>	<b>42:10</b>
00:59+	01:53+	05:31+	07:04+
00:59+	00:54-	03:38+	01:33-
00:05+	00:01-	02:30@	00:11-
41:53+	42:10+		
01:25+	00:17+		
00:14#	00:02#		
<b>12</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>43:03</b>
00:50-	01:39-	02:33-	04:20-
00:50-	00:49-	00:54-	01:47+
00:04-	00:06-	00:14-	00:03+
42:48+	43:03+		
01:25+	00:15=		
00:14#	00:00=		
<b>13</b>	<b>Margrete Jian Øye</b>	<b>126</b>	<b>43:19</b>
01:13+	02:13+	04:25+	06:16+
01:13+	01:00+	02:12+	01:51+
00:19&	00:05+	01:04&	00:07+
43:02+	43:19+		
01:22+	00:17+		
00:11#	00:02#		
<b>14</b>	<b>Marita Skorpe</b>	<b>74</b>	<b>43:35</b>
01:03+	02:02+	03:35+	05:21+
01:03+	00:59+	01:33+	01:46+
00:09#	00:04+	00:25&	00:02+
43:15+	43:35+		
01:45+	00:20+		
00:34&	00:05&		
<b>15</b>	<b>Janeth Kleppe</b>	<b>128</b>	<b>44:38</b>
01:00+	01:57+	03:12+	04:59+
01:00+	00:57+	01:15+	01:47+
00:06#	00:02+	00:07#	00:03+
44:20+	44:38+		
01:48+	00:18+		
00:37&	00:03#		
<b>16</b>	<b>Heidi Nordaunet</b>	<b>126</b>	<b>44:38</b>
01:05+	02:16+	03:52+	05:45+
01:05+	01:11+	01:36+	01:53+
00:11#	00:16&	00:28&	00:09+
44:17+	44:38+		
01:26+	00:21+		
00:15#	00:06&		
<b>17</b>	<b>Anna Berthelsen</b>	<b>117</b>	<b>47:13</b>
01:13+	02:14+	03:33+	05:21+
01:13+	01:01+	01:19+	01:48+
00:19&	00:06#	00:11#	00:04+
46:51+	47:13+		
01:49+	00:22+		
00:38&	00:07&		



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

00:45 00:47 00:54 01:21 00:28 00:37 04:28 00:32 02:10 02:31 02:19 00:55 00:27 01:07 00:15 00:57 00:36 00:34 01:43 01:14 01:03 00:43 00:22 00:21 00:51 00:57 01:10 00:14

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

**Damer 40 - 49 år**

<b>1</b>	<b>Ragnhild Richter</b>	<b>298</b>	<b>34:10</b>																						
00:52=	01:21=	02:05=	02:39=	08:21=	08:49=	11:29=	16:06=	16:32=	16:56=	17:45=	18:06=	19:05=	19:57=	21:45=	22:54=	24:22=	26:55=	27:14=	28:59=	29:51=	31:18=	32:08=	33:11=	34:10=	
00:52=	00:29=	00:44=	00:34=	05:42=	00:28=	02:40=	04:37=	00:26=	00:24=	00:49=	00:21=	00:59=	00:52=	01:48=	01:09=	01:28=	02:33=	00:19=	01:45=	00:52=	01:27=	00:50=	01:03=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Brit Nilsen</b>	<b>88</b>	<b>38:03</b>																						
01:08+	01:46+	02:34+	03:14+	09:32+	10:06+	12:33+	16:25+	17:03+	17:38+	18:21+	18:53+	20:10+	21:11+	23:36+	24:57+	26:32+	29:35+	29:58+	31:59+	32:51+	34:42+	35:44+	36:55+	38:03+	
01:08+	00:38+	00:48+	00:40+	06:18+	00:34+	02:27-	03:52-	00:38+	00:35+	00:43-	00:32+	01:17+	01:01+	02:25+	01:21+	01:35+	03:03+	00:23+	02:01+	00:52=	01:51+	01:02+	01:11+	01:08+	
00:16&	00:09&	00:04+	00:06#	00:36#	00:06#	00:13-	00:45-	00:12&	00:11&	00:06-	00:11&	00:18&	00:09#	00:37&	00:12#	00:07+	00:30#	00:04#	00:16#	00:00=	00:24&	00:12#	00:08#	00:09#	
<b>3</b>	<b>Anne Marie Gausel</b>	<b>105</b>	<b>39:52</b>																						
01:16+	01:54+	02:48+	03:42+	10:51+	11:26+	14:14+	18:14+	18:42+	19:14+	19:54+	20:23+	21:42+	22:43+	25:16+	26:52+	28:11+	31:21+	31:54+	33:46+	34:38+	36:32+	37:35+	38:49+	39:52+	
01:16+	00:38+	00:54+	00:54+	07:09+	00:35+	02:48+	04:00-	00:28+	00:32+	00:40-	00:29+	01:19+	01:01+	02:33+	01:36+	01:19-	03:10+	00:33+	01:52+	00:52=	01:54+	01:03+	01:14+	01:03+	
00:24&	00:09&	00:10#	00:20&	01:27&	00:07#	00:08+	00:37-	00:02+	00:08&	00:09-	00:08&	00:20&	00:09#	00:45&	00:27&	00:09-	00:37#	00:14&	00:07+	00:00=	00:27&	00:13&	00:11#	00:04+	
<b>4</b>	<b>Randi Helen Ladsten</b>	<b>128</b>	<b>40:23</b>																						
01:02+	01:40+	02:26+	03:02+	10:21+	11:17+	13:58+	18:12+	18:39+	19:14+	20:14+	20:41+	21:58+	23:00+	25:36+	27:25+	28:51+	31:37+	31:59+	34:07+	35:02+	36:52+	38:01+	39:14+	40:23+	
01:02+	00:38+	00:46+	00:36+	07:19+	00:56+	02:41+	04:14-	00:27+	00:35+	01:00+	00:27+	01:17+	01:02+	02:36+	01:49+	01:26-	02:46+	00:22+	02:08+	00:55+	01:50+	01:09+	01:13+	01:09+	
00:10#	00:09&	00:02+	00:02+	01:37&	00:28&	00:01+	00:23-	00:01+	00:11&	00:11#	00:06&	00:18&	00:10#	00:36&	00:40&	00:02-	00:13+	00:03#	00:23#	00:03+	00:23&	00:19&	00:10#	00:10#	
<b>5</b>	<b>Kristin Breivold</b>	<b>92</b>	<b>41:54</b>																						
01:18+	01:56+	02:45+	03:20+	11:03+	11:33+	14:09+	18:44+	19:07+	19:43+	20:24+	20:55+	22:21+	23:13+	25:52+	27:36+	28:35+	29:54+	32:39+	32:59+	36:00+	36:44+	38:32+	39:35+	40:45+	41:54+
01:18+	00:38+	00:49+	00:35+	07:43+	00:30+	02:36-	04:35-	00:23-	00:36+	00:41-	00:31+	01:26+	00:52=	02:39+	01:44+	00:59-	01:19-	02:45+	00:20-	03:01+	00:44-	01:48+	01:03=	01:10+	01:09+
00:26&	00:09&	00:05#	00:01+	02:01&	00:02+	00:04-	00:02-	00:03-	00:12&	00:08-	00:10&	00:27&	00:00=	00:51&	00:35&	00:29-	01:14-	02:26@	01:25-	02:09@	00:43-	00:58@	00:00=	00:11#	01:09+
<b>6</b>	<b>Gøril Monsen</b>	<b>92</b>	<b>41:58</b>																						
01:00+	01:42+	02:39+	03:20+	10:28+	10:57+	13:39+	19:41+	20:07+	20:39+	21:27+	21:53+	23:09+	24:14+	26:46+	28:27+	29:47+	33:31+	33:57+	35:53+	36:41+	38:32+	39:37+	40:51+	41:58+	
01:00+	00:42+	00:57+	00:41+	07:08+	00:29+	02:42+	06:02+	00:26=	00:32+	00:48-	00:26+	01:16+	01:05+	02:32+	01:41+	01:20-	03:44+	00:26+	01:56+	00:48-	01:51+	01:05+	01:14+	01:07+	
00:08#	00:13&	00:13&	00:07#	01:26&	00:01+	00:02+	01:25&	00:00=	00:08&	00:01-	00:05#	00:17&	00:13#	00:44&	00:32&	00:08-	01:11&	00:07&	00:11#	00:04-	00:24&	00:15&	00:11#	00:08#	
<b>7</b>	<b>Nina Svensen</b>	<b>2</b>	<b>43:03</b>																						
01:02+	01:33+	02:30+	03:07+	10:22+	11:05+	13:37+	20:02+	20:29+	20:55+	21:35+	22:00+	23:25+	24:21+	26:54+	29:00+	30:33+	33:49+	34:12+	36:40+	37:37+	39:38+	40:35+	41:48+	43:03+	
01:02+	00:31+	00:57+	00:37+	07:15+	00:43+	02:32-	06:25+	00:27+	00:26+	00:40-	00:25+	01:25+	00:56+	02:33+	02:06+	01:33+	03:16+	00:23+	02:28+	00:57+	02:01+	00:57+	01:13+	01:15+	
00:10#	00:02+	00:13&	00:03+	01:33&	00:15&	00:08-	01:48&	00:01+	00:02+	00:09-	00:04#	00:26&	00:04+	00:45&	00:57&	00:05+	00:43&	00:04#	00:43&	00:05+	00:34&	00:07#	00:10#	00:16&	
<b>8</b>	<b>May Bente Valdal</b>	<b>116</b>	<b>43:21</b>																						
01:04+	01:44+	04:27+	05:09+	11:06+	11:34+	14:11+	18:04+	18:28+	18:59+	19:50+	20:23+	21:37+	22:35+	25:00+	29:59+	31:30+	34:53+	35:19+	37:21+	38:17+	40:12+	41:17+	42:18+	43:21+	
01:04+	00:40+	02:43+	00:42+	05:57+	00:28=	02:37-	03:53-	00:24-	00:31+	00:51+	00:33+	01:14+	00:58+	02:25+	04:59+	01:31+	03:23+	00:26+	02:02+	00:56+	01:55+	01:05+	01:01-	01:03+	
00:12#	00:11&	01:59@	00:08#	00:15+	00:00=	00:03-	00:44-	00:02-	00:07&	00:02+	00:12&	00:15&	00:06#	00:37&	03:50@	00:03+	00:50&	00:07&	00:17#	00:04+	00:28&	00:15&	00:02-	00:04+	
<b>9</b>	<b>Heidi Martby</b>	<b>88</b>	<b>43:29</b>																						
00:58+	01:31+	02:22+	03:10+	10:06+	10:52+	14:44+	19:08+	19:36+	20:07+	21:07+	21:34+	22:57+	24:02+	26:47+	28:35+	30:18+	34:33+	34:51+	37:07+	38:02+	39:54+	40:59+	42:17+	43:29+	
00:58+	00:33+	00:51+	00:48+	06:56+	00:46+	03:52+	04:24-	00:28+	00:31+	01:00+	00:27+	01:23+	01:05+	02:45+	01:48+	01:43+	04:15+	00:18-	02:16+	00:55+	01:52+	01:05+	01:18+	01:12+	
00:06#	00:04#	00:07#	00:14&	01:14#	00:18&	01:12&	00:13-	00:02+	00:07&	00:14&	00:06&	00:24&	00:13#	00:57&	00:39&	00:15#	01:42&	00:01-	00:31&	00:03+	00:25&	00:15&	00:15#	00:13#	
<b>10</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>	<b>43:57</b>																						
01:25+	01:59+	02:53+	03:38+	10:20+	10:52+	14:19+	18:16+	18:47+	19:25+	20:09+	20:38+	22:03+	23:56+	26:38+	28:10+	30:55+	34:21+	34:52+	37:09+	38:05+	40:04+	41:11+	42:39+	43:57+	
01:25+	00:34+	00:54+	00:45+	06:42+	00:32+	03:27+	03:57-	00:31+	00:38+	00:44-	00:29+	01:25+	01:53+	02:42+	01:32+	02:45+	03:26+	00:31+	02:17+	00:56+	01:59+	01:07+	01:28+	01:18+	
00:33&	00:05#	00:10#	00:11&	01:00#	00:04#	00:47&	00:40-	00:05#	00:14&	00:05-	00:08&	00:26&	01:01@	00:54&	00:23&	01:17&	00:53&	00:12&	00:32&	00:04+	00:32&	00:17&	00:25&	00:19&	
<b>11</b>	<b>Christel Dahl</b>	<b>92</b>	<b>45:42</b>																						
01:03+	01:47+	02:36+	03:13+	09:57+	10:40+	13:57+	19:34+	20:00+	20:41+	21:28+	23:08+	24:28+	25:27+	28:41+	30:18+	31:50+	36:35+	37:02+	39:20+	40:09+	42:05+	43:11+	44:30+	45:42+	
01:03+	00:44+	00:49+	00:37+	06:44+	00:43+	03:17+	05:37+	00:26=	00:41+	00:47-	01:40+	01:20+	00:59+	03:14+	01:37+	01:32+	04:45+	00:27+	02:18+	00:49-	01:56+	01:06+	01:19+	01:12+	
00:11#	00:15&	00:05#	00:03+	01:02#	00:15&	00:37#	01:00#	00:00=	00:17&	00:02-	01:19@	00:21&	00:07#	01:26&	00:28&	00:04+	02:12&	00:08&	00:33&	00:03-	00:29&	00:16&	00:16&	00:13#	
<b>12</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>	<b>46:01</b>																						
00:58+	01:37+	02:35+	03:21+	09:46+	10:19+	12:50+	19:59+	20:26+	21:03+	22:12+	22:41+	24:20+	25:37+	28:11+	30:09+	31:47+	34:49+	36:02+	38:15+	39:11+	42:09+	43:19+	44:39+	46:01+	
00:58+	00:39+	00:49+	00:37+	06:25+	00:33+	02:31-	07:09+	00:27+	00:37+	01:09+	00:29+	01:39+	01:17+	02:34+	01:58+	01:38+	03:02+	01:13+	02:13+	00:56+	02:58+	01:10+	01:20+	01:22+	
00:06#	00:10&	00:14&	00:12&	00:43#	00:05#	00:09-	02:32&	00:01+	00:13&	00:20&	00:08&	00:40&	00:25&	00:46&	00:49&	00:10#	00:29#	00:54@	00:28&	00:04+	01:31@	00:20&	00:17&	00:23&	
<b>13</b>	<b>Bjørn Hauge</b>	<b>47</b>	<b>46:04</b>																						
01:27+	02:11+	06:02+	06:57+	13:34+	14:18+	17:24+	21:51+	22:18+	23:02+	24:00+	24:26+	26:02+	27:03+	29:48+	31:27+	32:54+	36:29+	36:57+	39:17+	40:19+	42:17+	43:28+	44:53+	46:04+	
01:27+	00:44+	03:51+	00:55+	06:37+	00:44+	03:06+	04:27-	00:27+	00:44+	00:58+	00:26+	01:36+	01:01+	02:45+	01:39+	01:27-	03:35+	00:28+	02:20+	01:02+	01:58+	01:11+	01:25+	01:11+	
00:35&	00:15&	03:07@	00:21&	00:55#	00:16&	00:26#	00:10-	00:01+	00:20&	00:09#	00:05#	00:37&	00:09#	00:57&	00:30&	00:01-	01:02&	00:09&	00:35&	00:10#	00:31&	00:21&	00:22&	00:12#	

Class	Navn	Klasse										Tid													
<b>14</b>	<b>Siv Skretting</b>	<b>93</b>										<b>47:07</b>													
01:04+	01:41+	02:40+	03:31+	10:38+	11:14+	14:36+	20:01+	20:36+	21:10+	22:01+	22:34+	24:06+	25:11+	27:55+	31:36+	33:06+	36:46+	37:14+	39:42+	40:46+	42:58+	44:13+	45:34+	47:07+	
01:04+	00:37+	00:59+	00:51+	07:07+	00:36+	03:22+	05:25+	00:35+	00:34+	00:51+	00:33+	01:32+	01:05+	02:44+	03:41+	01:30+	03:40+	00:28+	02:28+	01:04+	02:12+	01:15+	01:21+	01:33+	
00:12#	00:08&	00:15&	00:17&	01:25#	00:08&	00:42&	00:48#	00:09&	00:10&	00:02+	00:12&	00:33&	00:13#	00:56&	02:32@	00:02+	01:07&	00:09&	00:43&	00:12#	00:45&	00:25&	00:18&	00:34&	
<b>15</b>	<b>Toril Dahle</b>	<b>116</b>										<b>47:26</b>													
01:07+	01:58+	04:07+	04:55+	11:45+	12:24+	15:49+	20:47+	21:19+	22:01+	23:02+	23:38+	25:07+	26:23+	29:12+	30:52+	32:20+	38:03+	38:27+	40:56+	41:50+	43:51+	44:51+	46:11+	47:26+	
01:07+	00:51+	02:09+	00:48+	06:50+	00:39+	03:25+	04:58+	00:32+	00:42+	01:01+	00:36+	01:29+	01:16+	02:49+	01:40+	01:28+	05:43+	00:24+	02:29+	00:54+	02:01+	01:00+	01:20+	01:15+	
00:15&	00:22&	01:25@	00:14&	01:08#	00:11&	00:45&	00:21+	00:06#	00:18&	00:12#	00:15&	00:30&	00:24&	01:01&	00:31&	00:00+	03:10@	00:05&	00:44&	00:02+	00:34&	00:10#	00:17&	00:16&	
<b>16</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>52:50</b>													
01:12+	01:54+	02:59+	04:13+	12:19+	13:05+	16:01+	26:30+	27:04+	27:46+	28:55+	29:25+	30:54+	32:03+	35:07+	36:41+	38:26+	42:27+	42:55+	45:41+	46:42+	48:49+	49:56+	51:23+	52:50+	
01:12+	00:42+	01:05+	01:14+	08:06+	00:46+	02:56+	10:29+	00:34+	00:42+	01:09+	00:30+	01:29+	01:09+	03:04+	01:34+	01:45+	04:01+	00:28+	02:46+	01:01+	02:07+	01:07+	01:27+	01:27+	
00:20&	00:13&	00:21&	00:40@	02:24&	00:18&	00:16#	05:52@	00:08&	00:18&	00:20&	00:09&	00:30&	00:17&	01:16&	00:25&	00:17#	01:28&	00:09&	01:01&	00:09#	00:40&	00:17&	00:24&	00:28&	
<b>17</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>53:34</b>													
01:07+	01:55+	05:09+	06:19+	14:03+	15:06+	17:59+	25:52+	26:22+	27:01+	28:06+	28:36+	30:24+	31:37+	34:21+	36:46+	38:33+	43:50+	44:15+	46:28+	47:30+	49:44+	51:00+	52:17+	53:34+	
01:07+	00:48+	03:14+	01:10+	07:44+	01:03+	02:53+	07:53+	00:30+	00:39+	01:05+	00:30+	01:48+	01:13+	02:44+	02:25+	01:47+	05:17+	00:25+	02:13+	01:02+	02:14+	01:16+	01:17+	01:17+	
00:15&	00:19&	02:30@	00:36@	02:02&	00:35@	00:13+	03:16&	00:04#	00:15&	00:16&	00:09&	00:49&	00:21&	00:56&	01:16@	00:19#	02:44@	00:06&	00:28&	00:10#	00:47&	00:26&	00:14#	00:18&	
<b>18</b>	<b>Rikke Rostrup</b>	<b>116</b>										<b>54:35</b>													
01:01+	02:03+	03:52+	04:51+	12:37+	13:15+	16:46+	25:10+	25:37+	26:09+	27:39+	28:03+	29:25+	33:05+	36:08+	37:57+	39:50+	43:24+	43:53+	46:39+	48:05+	50:58+	51:53+	53:16+	54:35+	
01:01+	01:02+	01:49+	00:59+	07:46+	00:38+	03:31+	08:24+	00:27+	00:32+	01:30+	00:24+	01:22+	03:40+	03:03+	01:49+	01:53+	03:34+	00:29+	02:46+	01:26+	02:53+	00:55+	01:23+	01:19+	
00:09#	00:33@	01:05@	00:52@	02:04&	00:10&	00:51&	03:47&	00:01+	00:08&	00:41&	00:03#	00:23&	02:48@	01:15&	00:40&	00:25&	01:01&	00:10&	01:01&	00:34&	01:26&	00:05#	00:20&	00:20&	
<b>Beste strekktid for klassen</b>																									
00:52	00:29	00:44	00:34	05:42	00:28	02:27	03:52	00:23	00:24	00:40	00:21	00:59	00:52	01:48	01:09	00:59	01:19	00:18	00:20	00:48	00:44	00:50	01:01	00:59	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																									
<b>Damer 50 - 59 år</b>																									
<b>1</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>37:29</b>													
00:54=	02:00=	02:44=	03:18=	09:54=	10:24=	12:52=	16:03=	16:32=	17:10=	18:03=	18:28=	19:46=	20:51=	23:13=	24:39=	25:56=	28:45=	29:12=	31:01=	31:48=	33:35=	34:34=	36:25=	37:29=	
00:54=	01:06=	00:44=	00:34=	06:36=	00:30=	02:28=	03:11=	00:29=	00:38=	00:53=	00:25=	01:18=	01:05=	02:22=	01:26=	01:17=	02:49=	00:27=	01:49=	00:47=	01:47=	00:59=	01:51=	01:04=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Anne Sæbø Vik</b>	<b>116</b>										<b>38:47</b>													
00:57+	01:29-	02:14-	02:54-	08:51-	09:30-	11:53-	15:58-	16:30-	17:07-	17:55-	18:19-	19:33-	20:34-	22:53-	26:14+	27:23+	30:11+	30:35+	32:45+	33:31+	35:18+	36:26+	37:35+	38:47+	
00:57+	00:32-	00:45+	00:40+	05:57-	00:39+	02:23-	04:05+	00:32+	00:37-	00:48-	00:24-	01:14-	01:01-	02:19-	03:21+	01:09-	02:48-	00:24-	02:10+	00:46-	01:47=	01:08+	01:09-	01:12+	
00:03+	00:34-	00:01+	00:06#	00:39-	00:09&	00:05-	00:54&	00:03#	00:01-	00:05-	00:01-	00:04-	00:04-	00:03-	01:55@	00:08-	00:01-	00:03-	00:21#	00:01-	00:00=	00:09#	00:42-	00:08#	
<b>3</b>	<b>Liv Omdal</b>	<b>116</b>										<b>42:19</b>													
01:16+	01:46-	02:33-	03:23+	11:26+	11:55+	15:28+	19:35+	20:09+	20:49+	21:34+	22:03+	23:20+	24:26+	27:01+	28:58+	30:32+	33:42+	34:05+	36:25+	37:20+	39:04+	40:06+	41:15+	42:19+	
01:16+	00:30-	00:47+	00:50+	08:03+	00:29-	03:33+	04:07+	00:34+	00:40+	00:45-	00:29+	01:17-	01:06+	02:35+	01:57+	01:34+	03:10+	00:23-	02:20+	00:55+	01:44-	01:02+	01:09-	01:04=	
00:22&	00:36-	00:03+	00:16&	01:27#	00:01-	01:05&	00:56&	00:05#	00:02+	00:08-	00:04#	00:01-	00:01+	00:13+	00:31&	00:17#	00:21#	00:04-	00:31&	00:08#	00:03-	00:03+	00:42-	00:00=	
<b>4</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>										<b>42:39</b>													
01:03+	01:41-	02:33-	03:27+	10:00+	10:34+	13:30+	18:51+	19:27+	20:22+	21:12+	21:46+	23:10+	24:11+	26:50+	28:39+	30:14+	33:47+	34:09+	36:21+	37:13+	39:03+	40:05+	41:22+	42:39+	
01:03+	00:38-	00:52+	00:54+	06:33-	00:34+	02:56+	05:21+	00:36+	00:55+	00:50-	00:34+	01:24+	01:01-	02:39+	01:49+	01:35+	03:33+	00:22-	02:12+	00:52+	01:50+	01:02+	01:17-	01:17+	
00:09#	00:28-	00:08#	00:20&	00:03-	00:04#	00:28#	02:10&	00:07#	00:17&	00:03-	00:09&	00:06+	00:04-	00:17#	00:23&	00:18#	00:44&	00:05-	00:23#	00:05#	00:03+	00:03+	00:34-	00:13#	
<b>5</b>	<b>Torill Andersen</b>	<b>116</b>										<b>44:59</b>													
01:13+	01:50-	02:38-	03:24+	09:27-	10:03-	17:23+	22:22+	22:47+	23:22+	24:14+	24:39+	25:53+	26:55+	29:30+	31:39+	32:53+	35:46+	36:12+	38:33+	39:27+	41:27+	42:29+	43:44+	44:59+	
01:13+	00:37-	00:48+	00:46+	06:03-	00:36+	07:20+	04:59+	00:25-	00:35-	00:52-	00:25=	01:14-	01:02-	02:35+	02:09+	01:14-	02:53+	00:26-	02:21+	00:54+	02:00+	01:02+	01:15-	01:15+	
00:19&	00:29-	00:04+	00:12&	00:33-	00:06#	04:52@	01:48&	00:04-	00:03-	00:01-	00:00=	00:04-	00:03-	00:13+	00:43&	00:03-	00:04+	00:01-	00:32&	00:07#	00:13#	00:03+	00:36-	00:11#	
<b>6</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>45:52</b>													
01:44+	02:32+	03:22+	04:14+	11:10+	11:42+	14:44+	20:13+	20:38+	21:30+	22:19+	22:55+	24:12+	25:16+	28:06+	30:31+	32:09+	36:00+	36:46+	39:01+	39:54+	42:03+	43:08+	44:31+	45:52+	
01:44+	00:48-	00:50+	00:52+	06:56+	00:32+	03:02+	05:29+	00:25-	00:52+	00:49-	00:36+	01:17-	01:04-	02:50+	02:25+	01:38+	03:51+	00:46+	02:15+	00:53+	02:09+	01:05+	01:23-	01:21+	
00:50&	00:18-	00:06#	00:18&	00:20+	00:02+	00:34#	02:18&	00:04-	00:14&	00:04-	00:11&	00:01-	00:01-	00:28#	00:59&	00:21&	01:02&	00:19&	00:26#	00:06#	00:22#	00:06#	00:28-	00:17&	
<b>7</b>	<b>Ellinor Nesse</b>	<b>116</b>										<b>47:33</b>													
01:13+	01:58-	03:01+	03:56+	11:17+	11:53+	15:31+	20:19+	20:57+	21:36+	22:40+	23:18+	25:00+	26:13+	29:48+	31:20+	33:03+	36:27+	36:53+	39:33+	40:52+	43:14+	44:26+	45:56+	47:33+	
01:13+	00:45-	01:03+	00:55+	07:21+	00:36+	03:38+	04:48+	00:38+	00:39+	01:04+	00:38+	01:42+	01:13+	03:35+	01:32+	01:43+	03:24+	00:26-	02:40+	01:19+	02:22+	01:12+	01:30-	01:37+	
00:19&	00:21-	00:19&	00:21&	00:45#	00:06#	01:10&	01:37&	00:09&	00:01+	00:11#	00:13&	00:24&	00:08#	01:13&	00:06+	00:26&	00:35#	00:01-	00:51&	00:32&	00:35&	00:13#	00:21-	00:33&	
<b>8</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>										<b>48:37</b>													
01:38+	02:13+	03:32+	04:23+	12:02+	12:46+	15:40+	20:52+	21:24+	21:57+	22:54+	23:28+	24:57+	28:29+	31:18+	33:05+	34:48+	37:47+	38:12+	41:54+	42:48+	44:53+	45:54+	47:15+	48:37+	
01:38+	00:35-	01:19+	00:51+	07:39+	00:44+	02:54+	05:12+	00:32+	00:33-	00:57+	00:34+	01:29+	03:32+	02:49+	01:47+	01:43+	02:59+	00:25-	03:42+	00:54+	02:05+	01:01+	01:21-	01:22+	
00:4																									

Class	Navn	Klasse										Tid													
<b>9</b>	<b>Hilde Frøylog Karlsen</b>	<b>228</b>										<b>50:06</b>													
01:14+	01:57-	02:54+	03:52+	11:59+	12:49+	17:06+	22:08+	22:49+	23:28+	24:27+	25:03+	27:08+	28:20+	31:45+	33:50+	35:41+	39:20+	39:52+	42:28+	43:26+	45:42+	47:03+	48:35+	50:06+	
01:14+	00:43-	00:57+	00:58+	08:07+	00:50+	04:17+	05:02+	00:41+	00:39+	00:59+	00:36+	02:05+	01:12+	03:25+	02:05+	01:51+	03:39+	00:32+	02:36+	00:58+	02:16+	01:21+	01:32-	01:31+	
00:20&	00:23-	00:13&	00:24&	01:31#	00:20&	01:49&	01:51&	00:12&	00:01+	00:06#	00:11&	00:47&	00:07#	01:03&	00:39&	00:34&	00:50&	00:05#	00:47&	00:11#	00:29&	00:22&	00:19-	00:27&	
<b>10</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>50:24</b>													
01:07+	01:47-	02:51+	03:36+	11:09+	11:52+	15:04+	25:32+	26:05+	26:36+	27:38+	28:04+	29:26+	30:43+	33:31+	35:11+	36:38+	41:07+	41:25+	44:12+	45:05+	46:53+	47:54+	49:07+	50:24+	
01:07+	00:40-	01:04+	00:45+	07:33+	00:43+	03:12+	10:28+	00:33+	00:31-	01:02+	00:26+	01:22+	01:17+	02:48+	01:40+	01:27+	04:29+	00:18-	02:47+	00:53+	01:48+	01:01+	01:13-	01:17+	
00:13#	00:26-	00:20&	00:11&	00:57#	00:13&	00:44&	07:17@	00:04#	00:07-	00:09#	00:01+	00:04+	00:12#	00:26#	00:14#	00:10#	01:40&	00:09-	00:58&	00:06#	00:01+	00:02+	00:38-	00:13#	
<b>11</b>	<b>Eli Tjøland Stokka</b>	<b>94</b>										<b>51:42</b>													
01:16+	02:03+	03:20+	04:22+	11:44+	12:27+	16:36+	24:30+	25:06+	25:50+	26:49+	27:23+	28:44+	30:14+	34:01+	36:08+	37:49+	41:12+	41:40+	44:20+	45:24+	47:33+	48:42+	50:14+	51:42+	
01:16+	00:47-	01:17+	01:02+	07:22+	00:43+	04:09+	07:54+	00:36+	00:44+	00:59+	00:34+	01:21+	01:30+	03:47+	02:07+	01:41+	03:23+	00:28+	02:40+	01:04+	02:09+	01:09+	01:32-	01:28+	
00:22&	00:19-	00:33&	00:28&	00:46#	00:13&	01:41&	04:43@	00:07#	00:06#	00:06#	00:09&	00:03+	00:25&	01:25&	00:41&	00:24&	00:34#	00:01+	00:51&	00:17&	00:22#	00:10#	00:19-	00:24&	
<b>12</b>	<b>Ingjerd Haddeland</b>	<b>115</b>										<b>52:05</b>													
01:11+	01:59-	04:38+	05:32+	13:26+	13:57+	17:51+	24:15+	24:45+	25:24+	26:49+	27:23+	29:04+	30:37+	33:49+	36:07+	38:06+	41:28+	42:07+	44:32+	45:33+	47:54+	49:13+	50:40+	52:05+	
01:11+	00:48-	02:39+	00:54+	07:54+	00:31+	03:54+	06:24+	00:30+	00:39+	01:25+	00:34+	01:41+	01:33+	03:12+	02:18+	01:59+	03:22+	00:39+	02:25+	01:01+	02:21+	01:19+	01:27-	01:25+	
00:17&	00:18-	01:55@	00:20&	01:18#	00:01+	01:26&	03:13@	00:01+	00:01+	00:32&	00:09&	00:23&	00:28&	00:50&	00:52&	00:42&	00:33#	00:12&	00:36&	00:14&	00:34&	00:20&	00:24-	00:21&	
<b>13</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>										<b>52:47</b>													
01:07+	01:55-	03:40+	04:53+	13:21+	14:03+	17:24+	22:28+	23:03+	23:42+	24:58+	25:38+	27:19+	28:44+	31:51+	33:21+	35:07+	41:03+	41:32+	41:59+	44:27+	45:43+	48:05+	49:39+	51:08+	52:47+
01:07+	00:48-	01:45+	01:13+	08:28+	00:42+	03:21+	05:04+	00:35+	00:39+	01:16+	00:40+	01:41+	01:25+	03:07+	01:30+	01:46+	05:56+	00:29+	00:27-	02:28+	01:16-	02:22+	01:34-	01:29+	01:39+
00:13#	00:18-	01:01@	00:39@	01:52&	00:12&	00:53&	01:53&	00:06#	00:01+	00:01+	00:02-	00:31&	00:20&	03:07+	01:30+	01:46+	05:56+	00:29+	00:27-	02:28+	01:16-	02:22+	01:34-	01:29+	01:39+
<b>14</b>	<b>Kari Smådal Turøy</b>	<b>115</b>										<b>52:49</b>													
01:33+	02:36+	03:33+	04:29+	12:30+	13:32+	16:45+	22:11+	22:46+	23:22+	24:46+	25:22+	26:43+	29:14+	32:16+	34:29+	36:27+	40:04+	40:31+	45:36+	46:32+	48:40+	50:00+	51:36+	52:49+	
01:33+	01:03-	00:57+	00:56+	08:01+	01:02+	03:13+	05:26+	00:35+	00:36-	01:24+	00:36+	01:21+	02:31+	03:02+	02:13+	01:27+	03:37+	00:27#	05:05+	00:56+	02:08+	01:20+	01:36-	01:13+	
00:39&	00:03-	00:13&	00:22&	01:25#	00:32@	00:45&	02:15&	00:06#	00:02-	00:31&	00:11&	00:03+	01:26@	00:40&	00:47&	00:41&	00:48&	00:00=	03:16@	00:09#	00:21#	00:21&	00:15-	00:09#	
<b>15</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>53:10</b>													
01:30+	02:13+	03:21+	04:11+	12:39+	13:15+	16:59+	25:33+	26:03+	27:03+	27:53+	28:32+	30:09+	31:31+	34:21+	36:17+	37:56+	41:34+	42:12+	45:13+	46:15+	48:55+	50:06+	51:35+	53:10+	
01:30+	00:43-	01:08+	00:50+	08:28+	00:36+	03:44+	08:34+	00:30+	01:00+	00:50-	00:39+	01:37+	01:22+	02:50+	01:56+	01:39+	03:38+	00:38+	03:01+	01:02+	02:40+	01:11+	01:29-	01:35+	
00:36&	00:23-	00:24&	00:16&	01:52&	00:06#	01:16&	05:23@	00:01+	00:22&	00:03-	00:14&	00:19#	00:17&	00:28#	00:30&	00:22&	00:49&	00:11&	01:12&	00:15&	00:53&	00:12#	00:22-	00:31&	
<b>16</b>	<b>Anlaug Nygard</b>	<b>27</b>										<b>54:08</b>													
01:12+	01:57-	03:10+	04:00+	13:05+	13:51+	17:43+	23:44+	24:18+	26:32+	27:34+	28:06+	29:40+	31:00+	34:14+	37:03+	39:08+	43:25+	43:50+	46:27+	47:42+	49:53+	51:13+	52:39+	54:08+	
01:12+	00:45-	01:13+	00:50+	09:05+	00:46+	03:52+	06:01+	00:34+	02:14+	01:02+	00:32+	01:34+	01:20+	03:14+	02:49+	02:05+	04:17+	00:25-	02:37+	01:15+	02:11+	01:20+	01:26-	01:29+	
00:18&	00:21-	00:29&	00:16&	02:29&	00:16&	01:24&	02:50&	00:05#	01:36@	00:09#	00:07&	00:16#	00:15#	00:52&	01:23&	00:48&	01:28&	00:02-	00:48&	00:28&	00:24#	00:21&	00:25-	00:25&	
<b>17</b>	<b>Sarah Denieul</b>	<b>42</b>										<b>55:19</b>													
01:12+	01:48-	03:03+	03:59+	15:00+	15:27+	18:23+	30:58+	31:22+	32:10+	32:51+	33:25+	34:53+	36:04+	38:19+	41:34+	43:10+	46:06+	46:27+	49:32+	50:38+	52:23+	53:13+	54:26+	55:19+	
01:12+	00:36-	01:15+	00:56+	11:01+	00:27-	02:56+	12:35+	00:24-	00:48+	00:41-	00:34+	01:28+	01:11+	02:15-	03:15+	01:36+	02:56+	00:21-	03:05+	01:06+	01:45-	00:50-	01:13-	00:53-	
00:18&	00:30-	00:31&	00:22&	04:25&	00:03-	00:28#	09:24@	00:05-	00:10&	00:12-	00:09&	00:10#	00:06+	00:07-	01:49@	00:19#	00:07+	00:06-	01:16&	00:19&	00:02-	00:09-	00:38-	00:11-	
<b>18</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>57:17</b>													
04:34+	05:18+	06:19+	07:14+	16:10+	16:58+	21:15+	26:49+	27:28+	28:06+	29:00+	29:35+	31:38+	32:55+	36:23+	39:40+	41:24+	45:18+	45:48+	48:45+	49:54+	52:19+	53:53+	55:30+	57:17+	
04:34+	00:44-	01:01+	00:55+	08:56+	00:48+	04:17+	05:34+	00:39+	00:38=	00:54+	00:35+	02:03+	01:17+	03:28+	03:17+	01:44+	03:54+	00:30+	02:57+	01:09+	02:25+	01:34+	01:37-	01:47+	
03:40@	00:22-	00:17&	00:21&	02:20&	00:18&	01:49&	02:23&	00:10&	00:00=	00:01+	00:10&	00:45&	00:12#	01:06&	01:51@	00:27&	01:05&	00:03#	01:08&	00:22&	00:38&	00:35&	00:14-	00:43&	
<b>19</b>	<b>Oddny Haugland</b>	<b>114</b>										<b>57:26</b>													
01:25+	02:08+	04:29+	05:22+	15:03+	18:49+	22:43+	30:31+	31:06+	31:51+	33:05+	33:53+	35:16+	37:47+	40:53+	42:22+	43:46+	47:07+	47:30+	50:24+	51:18+	53:27+	54:40+	55:59+	57:26+	
01:25+	00:43-	02:21+	00:53+	09:41+	03:46+	03:54+	07:48+	00:35+	00:45+	01:14+	00:48+	01:23+	02:31+	03:06+	01:29+	01:24+	03:21+	00:23-	02:54+	00:54+	02:09+	01:13+	01:19-	01:27+	
00:31&	00:23-	01:37@	00:19&	03:05&	03:16@	01:26&	04:37@	00:06#	00:07#	00:21&	00:23&	00:05+	01:26@	00:44&	00:03+	00:07+	00:32#	00:04-	01:05&	00:07#	00:22#	00:14#	00:32-	00:23&	
<b>Beste strekktid for klassen</b>																									
00:54	00:30	00:44	00:34	05:57	00:27	02:23	03:11	00:24	00:31	00:41	00:24	01:14	01:01	02:15	01:26	01:09	02:48	00:18	00:27	00:46	01:16	00:50	01:09	00:53	

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

## Damer 60 - 64 år

<b>1</b>	<b>Amanda Renshaw</b>	<b>101</b>										<b>40:37</b>													
01:01=	01:55=	03:26=	05:14=	06:30=	07:36=	08:53=	09:20=	09:47=	12:59=	17:01=	20:21=	22:01=	23:00=	24:06=	25:42=	28:07=	29:18=	31:49=	32:49=	34:08=	36:01=	37:09=	38:43=	40:18=	40:37=
01:01=	00:54=	01:31=	01:48=	01:16=	01:06=	01:17=	00:27=	00:27=	03:12=	04:02=	03:20=	01:40=	00:59=	01:06=	01:36=	02:25=	01:11=	02:31=	01:00=	01:19=	01:53=	01:08=	01:34=	01:35=	00:19=
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=	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>Tove Bjerkreim</b>	<b>105</b>										<b>41:03</b>													
01:07+	02:18+	03:31+	05:39+	06:48+	08:51+	10:15+	10:42+	11:22+	14:12+	17:56+	20:51+	22:27+	23:52+	24:50+	26:20+	28:33+	29:36+	31:41-	32:39-	33:55-	36:15+	37:22+	39:10+	40:42+	41:03+
01:07+	01:11+	01:13-	02:08+	01:09-	02:03+	01:24+	00:27=	00:40+	02:																

Class	Navn	Klasse										Tid															
<b>3</b>	<b>Ingunn Voilås</b>	<b>29</b>										<b>41:52</b>															
01:07+	02:09+	03:25+	06:36+	07:59+	09:25+	09:47+	10:21+	13:35+	17:14+	20:34+	22:15+	23:17+	24:18+	26:07+	28:31+	29:59+	32:04+	32:59+	34:28+	37:14+	38:23+	39:47+	41:27+	41:52+			
01:07+	01:02+	01:18-	01:58+	01:11-	01:23+	01:26+	00:22-	00:34+	03:14+	03:39-	03:20=	01:41+	01:02+	01:01-	01:49+	02:24-	01:28+	02:05-	00:55-	01:29+	02:46+	01:09+	01:24-	01:40+	00:25+		
00:06+	00:08#	00:13-	00:10+	00:05-	00:17#	00:09#	00:05-	00:07#	00:02+	00:23-	00:00=	00:01+	00:03+	00:05-	00:13#	00:01-	00:17#	00:26-	00:05-	00:10#	00:53#	00:01+	00:10-	00:05+	00:06#		
<b>4</b>	<b>Berit Bakken</b>	<b>168</b>										<b>42:24</b>															
01:52+	02:49+	04:02+	06:06+	07:11+	08:30+	09:45+	10:09+	10:38+	14:00+	19:07+	22:22+	23:59+	25:10+	26:10+	27:43+	30:30+	31:36+	33:38+	34:40+	36:10+	38:10+	39:15+	40:30+	42:03+	42:24+		
01:52+	00:57+	01:13-	02:04+	01:05-	01:19+	01:15-	00:24-	00:29+	03:22+	05:07+	03:15-	01:37-	01:11+	01:00-	01:33-	02:47+	01:06-	02:02-	01:02+	01:30+	02:00+	01:05-	01:15-	01:33-	00:21+		
00:51#	00:03+	00:18-	00:16#	00:11-	00:13#	00:02-	00:03-	00:02+	00:10+	01:05#	00:05-	00:03-	00:12#	00:06-	00:03-	00:22#	00:05-	00:29-	00:02+	00:11#	00:07+	00:03-	00:19-	00:02-	00:02#		
<b>5</b>	<b>Eli Frafjord</b>	<b>94</b>										<b>42:52</b>															
01:14+	02:20+	03:37+	05:50+	07:02+	08:35+	10:08+	10:37+	11:14+	14:29+	18:35+	21:31+	23:50+	24:57+	26:00+	27:36+	29:50+	31:05+	33:08+	34:08+	35:32+	37:45+	39:06+	40:41+	42:26+	42:52+		
01:14+	01:06+	01:17-	02:13+	01:12-	01:33+	01:33+	00:29+	00:37+	03:15+	04:06+	02:56-	02:19+	01:07+	01:03-	01:36=	02:14-	01:15+	02:03-	01:00=	01:24+	02:13+	01:21+	01:35+	01:45+	00:26+		
00:13#	00:12#	00:14-	00:25#	00:04-	00:27#	00:16#	00:02+	00:10#	00:03+	00:04+	00:24-	00:39#	00:08#	00:03-	00:00=	00:11-	00:04+	00:28-	00:00=	00:05+	00:20#	00:13#	00:01+	00:10#	00:07#		
<b>7</b>	<b>Hanna S. Lomeland</b>	<b>47</b>										<b>48:21</b>															
01:14+	02:29+	03:59+	06:33+	07:50+	09:35+	11:09+	11:34+	12:29+	16:25+	20:47+	24:11+	26:23+	27:27+	28:36+	30:22+	33:02+	34:16+	36:29+	38:34+	40:16+	42:26+	44:39+	46:05+	47:58+	48:21+		
01:14+	01:15+	01:30-	02:34+	01:17+	01:45+	01:34+	00:25-	00:55+	03:56+	04:22+	03:24+	02:12+	01:04+	01:09+	01:46+	02:40+	01:14+	02:13-	02:05+	01:42+	02:10+	02:13+	01:26-	01:53+	00:23+		
00:13#	00:21#	00:01-	00:46#	00:01+	00:39#	00:17#	00:02-	00:28#	00:44#	00:20+	00:04+	00:32#	00:05+	00:03+	00:10#	00:15#	00:03+	00:18-	01:05#	00:23#	00:17#	01:05#	00:08-	00:18#	00:04#		
<b>8</b>	<b>Unni Relling</b>	<b>92</b>										<b>54:22</b>															
01:35+	02:54+	05:13+	07:33+	09:21+	10:45+	12:53+	13:21+	14:05+	17:42+	23:20+	27:34+	29:27+	30:46+	32:12+	34:40+	38:15+	39:41+	41:59+	43:11+	44:57+	48:50+	50:14+	51:50+	53:55+	54:22+		
01:35+	01:19+	02:19+	02:20+	01:48+	01:24+	02:08+	00:28+	00:44+	03:37+	05:38+	04:14+	01:53+	01:19+	01:26+	02:28+	03:35+	01:26+	02:18-	01:12+	01:46+	03:53+	01:24+	01:36+	02:05+	00:27+		
00:34#	00:25#	00:48#	00:32#	00:32#	00:18#	00:51#	00:01+	00:17#	00:25#	01:36#	00:54#	00:13#	00:20#	00:20#	00:52#	01:10#	00:15#	00:13-	00:12#	00:27#	02:00#	00:16#	00:02+	00:30#	00:08#		
<b>9</b>	<b>Åse Berg</b>	<b>105</b>										<b>57:12</b>															
01:11+	05:55+	07:32+	09:31+	10:57+	12:47+	14:30+	15:04+	16:11+	20:04+	26:34+	30:51+	33:15+	35:27+	37:13+	38:53+	41:36+	42:43+	45:30+	46:59+	48:55+	51:20+	52:45+	54:17+	56:45+	57:12+		
01:11+	04:44+	01:37+	01:59+	01:26+	01:50+	01:43+	00:34+	01:07+	03:53+	06:30+	04:17+	02:24+	02:12+	01:46+	01:40+	02:43+	01:07-	02:47+	01:29+	01:56+	02:25+	01:25+	01:32-	02:28+	00:27+		
00:10#	03:50#	00:06+	00:11#	00:10#	00:44#	00:26#	00:07#	00:40#	00:41#	02:28#	00:57#	00:44#	01:13#	00:40#	00:04+	00:18#	00:04-	00:16#	00:29#	00:37#	00:32#	00:17#	00:02-	00:53#	00:08#		
<b>Beste strekktid for klassen</b>		01:01	00:54	01:13	01:48	01:05	01:06	01:15	00:22	00:27	02:50	03:39	02:55	01:36	00:59	00:58	01:30	02:13	01:03	02:02	00:55	01:16	01:53	01:05	01:15	01:32	00:19

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

## Damer 65 - 69 år

<b>1</b>	<b>Mette Dagsland</b>	<b>68</b>										<b>43:59</b>															
01:21=	02:31=	03:58=	08:32=	09:37=	10:50=	12:12=	12:52=	13:29=	16:55=	20:52=	24:07=	25:47=	26:54=	27:59=	29:29=	31:51=	33:10=	35:09=	36:09=	37:34=	39:32=	40:40=	42:04=	43:39=	43:59=		
01:21=	01:10=	01:27=	04:34=	01:05=	01:13=	01:22=	00:40=	00:37=	03:26=	03:57=	03:15=	01:40=	01:07=	01:05=	01:30=	02:22=	01:19=	01:59=	01:00=	01:25=	01:58=	01:08=	01:24=	01:35=	00:20=		
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=	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>48:33</b>															
01:04-	02:20-	03:50-	06:04-	07:23-	08:54-	10:31-	10:55-	12:05-	15:46-	20:21-	24:15+	26:14+	27:24+	28:52+	30:56+	33:48+	35:28+	37:42+	39:02+	40:48+	43:15+	44:35+	46:15+	48:13+	48:33+		
01:04-	01:16+	01:30+	02:14-	01:19+	01:31+	01:37+	00:24-	01:10+	03:41+	04:35+	03:54+	01:59+	01:10+	01:28+	02:04+	02:52+	01:40+	02:14+	01:20+	01:46+	02:27+	01:20+	01:40+	01:58+	00:20=		
00:17-	00:06+	00:03+	02:20-	00:14#	00:18#	00:15#	00:16-	00:33#	00:15+	00:38#	00:39#	00:19#	00:03+	00:23#	00:34#	00:30#	00:21#	00:15#	00:20#	00:21#	00:29#	00:12#	00:16#	00:23#	00:00=		
<b>3</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>										<b>48:48</b>															
01:06-	02:30-	04:04+	06:34-	07:53-	09:26-	11:11-	11:47-	12:26-	16:22-	20:59+	25:08+	27:13+	28:20+	29:40+	31:30+	34:33+	36:09+	38:43+	39:45+	41:19+	43:34+	44:54+	46:30+	48:23+	48:48+		
01:06-	01:24+	01:34+	02:30-	01:19+	01:33+	01:45+	00:36-	00:39+	03:56+	04:37+	04:09+	02:05+	01:07=	01:20+	01:50+	03:03+	01:36+	02:34+	01:02+	01:34+	02:15+	01:20+	01:36+	01:53+	00:25+		
00:15-	00:14#	00:07+	02:04-	00:14#	00:20#	00:23#	00:04-	00:02+	00:30#	00:40#	00:54#	00:25#	00:00=	00:15#	00:20#	00:41#	00:17#	00:35#	00:02+	00:09#	00:17#	00:12#	00:12#	00:18#	00:05#		
<b>4</b>	<b>Halldis Handeland</b>	<b>92</b>										<b>53:10</b>															
01:24+	02:51+	04:17+	07:09-	08:24-	10:10-	11:50-	12:16-	12:53-	18:12+	24:05+	28:03+	30:28+	31:57+	33:14+	35:02+	38:16+	40:01+	42:10+	43:36+	45:26+	47:40+	49:08+	50:49+	52:46+	53:10+		
01:24+	01:27+	01:26-	02:52-	01:15+	01:46+	01:40+	00:26-	00:37=	05:19+	05:53+	03:58+	02:25+	01:29+	01:17+	01:48+	03:14+	01:45+	02:09+	01:26+	01:50+	02:14+	01:28+	01:41+	01:57+	00:24+		
00:03+	00:17#	00:17#	00:14-	00:10#	00:33#	00:18#	00:14-	00:00=	01:53#	01:56#	00:43#	00:45#	00:22#	00:12#	00:18#	00:52#	00:26#	00:10+	00:26#	00:25#	00:16#	00:20#	00:17#	00:22#	00:04#		
<b>5</b>	<b>Ingunn Bjerga</b>	<b>105</b>										<b>1:02:53</b>															
01:52+	03:34+	05:40+	08:38+	11:00+	13:17+	15:46+	16:27+	17:38+	22:42+	27:41+	32:51+	35:58+	37:32+	39:05+	41:11+	45:05+	46:53+	49:34+	51:20+	53:11+	56:02+	57:35+	59:29+	62:21+	62:53+		
01:52+	01:42+	02:06+	02:58-	02:22+	02:17+	02:29+	00:41+	01:11+	05:04+	04:59+	05:10+	03:07+	01:34+	01:33+	02:06+	03:54+	01:48+	02:41+	01:46+	01:51+	02:51+	01:33+	01:54+	02:52+	00:32+		
00:31#	00:32#	00:39#	01:36-	01:17#	01:04#	01:07#	00:01+	00:34#	01:38#	01:02#	01:55#	01:27#	00:27#	00:28#	00:36#	01:32#	00:29#	00:42#	00:46#	00:26#	00:53#	00:25#	00:30#	01:17#	00:12#		
<b>Beste strekktid for klassen</b>		01:04	01:10	01:26	02:14	01:05	01:13	01:22	00:24	00:37	03:26	03:57	03:15	01:40	01:07	01:05	01:30	02:22	01:19	01:59	01:00	01:25	01:58	01:08	01:24	01:35	00:20

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

## Damer 70 - 74 år

Class	Navn	Klasse	Tid																						
<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>	<b>41:08</b>																						
01:09=	02:13=	03:22=	05:29=	06:40=	08:03=	09:28=	09:46=	10:28=	13:37=	17:35=	20:52=	22:47=	23:51=	24:56=	26:23=	28:54=	30:06=	32:08=	33:32=	34:44=	36:42=	37:46=	39:08=	40:48=	41:08=
01:09=	01:04=	01:09=	02:07=	01:11=	01:23=	01:25=	00:18=	00:42=	03:09=	03:58=	03:17=	01:55=	01:04=	01:05=	01:27=	02:31=	01:12=	02:02=	01:24=	01:12=	01:58=	01:04=	01:22=	01:40=	00:20=
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Inger Skretting Opstad</b>	<b>54</b>	<b>45:21</b>																						
01:11+	02:24+	03:59+	06:22+	07:40+	09:10+	10:49+	11:12+	11:52+	16:03+	19:46+	23:28+	25:21+	26:23+	27:32+	29:11+	31:55+	33:09+	35:30+	36:35+	38:05+	40:28+	41:45+	43:15+	44:58+	45:21+
01:11+	01:13+	01:35+	02:23+	01:18+	01:30+	01:39+	00:23+	00:40-	04:11+	03:43-	03:42+	01:53-	01:02-	01:09+	01:39+	02:44+	01:14+	02:21+	01:05-	01:30+	02:23+	01:17+	01:30+	01:43+	00:23+
00:02+	00:09#	00:26#	00:16#	00:07+	00:07+	00:14#	00:05&	00:02-	01:02&	00:15-	00:25#	00:02-	00:02-	00:04+	00:12#	00:13+	00:02+	00:19#	00:19-	00:18#	00:25#	00:13#	00:08+	00:03+	00:03#
<b>3</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>46:56</b>																						
01:24+	02:22+	03:53+	06:04+	07:32+	08:55+	10:21+	11:20+	11:53+	15:21+	19:42+	23:33+	25:28+	27:01+	28:08+	29:47+	32:53+	34:06+	36:35+	38:07+	39:35+	42:03+	43:15+	44:46+	46:35+	46:56+
01:24+	00:58-	01:31+	02:11+	01:28+	01:23=	01:26+	00:59+	00:33-	03:28+	04:21+	03:51+	01:55=	01:33+	01:07+	01:39+	03:06+	01:13+	02:29+	01:32+	01:28+	02:28+	01:12+	01:31+	01:49+	00:21+
00:15#	00:06-	00:22&	00:04+	00:17#	00:00=	00:01+	00:41@	00:09-	00:19#	00:23+	00:34#	00:00=	00:29&	00:02+	00:12#	00:35#	00:01+	00:27#	00:08+	00:16#	00:30&	00:08#	00:09#	00:09+	00:01+
<b>4</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>46:59</b>																						
01:07-	02:41+	04:22+	06:34+	07:47+	09:15+	10:41+	11:11+	11:47+	15:36+	19:47+	23:42+	25:42+	26:59+	28:05+	29:58+	33:08+	34:30+	37:20+	38:31+	39:58+	42:16+	43:39+	44:58+	46:40+	46:59+
01:07-	01:34+	01:41+	02:12+	01:13+	01:28+	01:26+	00:30+	00:36-	03:49+	04:11+	03:55+	02:00+	01:17+	01:06+	01:53+	03:10+	01:22+	02:50+	01:11-	01:27+	02:18+	01:23+	01:19-	01:42+	00:19-
00:02-	00:30&	00:32&	00:02#	00:02+	00:05+	00:01+	00:12&	00:06-	00:40#	00:13+	00:38#	00:05+	00:13#	00:01+	00:26&	00:39&	00:10#	00:48&	00:13-	00:15#	00:20#	00:19&	00:03&	00:02+	00:01-
<b>5</b>	<b>Helga Klausen</b>	<b>62</b>	<b>51:09</b>																						
01:10+	02:26+	03:55+	06:24+	07:55+	09:20+	10:58+	11:23+	12:00+	15:54+	21:52+	25:45+	27:51+	29:32+	31:01+	33:09+	36:00+	37:20+	39:36+	40:42+	42:15+	44:51+	46:41+	48:33+	50:44+	51:09+
01:10+	01:16+	01:29+	02:29+	01:31+	01:25+	01:38+	00:25+	00:37-	03:54+	05:58+	03:53+	02:06+	01:41+	01:29+	02:08+	02:51+	01:20+	02:16+	01:06-	01:33+	02:36+	01:50+	01:52+	02:11+	00:25+
00:01+	00:12#	00:20&	00:22#	00:20&	00:02+	00:13#	00:07&	00:05-	00:45#	02:00&	00:36#	00:11+	00:37&	00:24&	00:41&	00:20#	00:08#	00:14#	00:18-	00:21&	00:38&	00:46&	00:30&	00:31&	00:05#
<b>6</b>	<b>Ragnhild Christiansen</b>	<b>93</b>	<b>54:49</b>																						
01:25+	02:53+	04:50+	07:53+	09:25+	11:14+	13:24+	13:46+	14:26+	18:40+	23:04+	27:28+	29:40+	31:15+	32:38+	34:52+	38:23+	39:58+	42:25+	44:05+	45:54+	48:44+	50:20+	52:03+	54:24+	54:49+
01:25+	01:28+	01:57+	03:03+	01:32+	01:49+	02:10+	00:22+	00:40-	04:14+	04:24+	02:12+	01:35+	01:23+	02:14+	03:31+	01:35+	02:27+	01:40+	01:49+	02:50+	01:36+	01:43+	02:21+	00:25+	
00:16#	00:24&	00:48&	00:56&	00:21&	00:26&	00:45&	00:04#	00:02-	01:05&	00:26#	01:07&	00:17#	00:31&	00:18&	00:47&	01:00&	00:23&	00:25#	00:16#	00:37&	00:52&	00:32&	00:21&	00:41&	00:05#
<b>7</b>	<b>Margaret Malmin</b>	<b>105</b>	<b>1:00:49</b>																						
01:38+	03:45+	06:05+	08:58+	10:31+	12:33+	14:48+	15:25+	16:10+	20:43+	26:33+	31:13+	33:43+	35:16+	37:02+	39:19+	43:06+	45:04+	47:32+	49:12+	51:04+	54:02+	55:45+	57:49+	60:18+	60:49+
01:38+	02:07+	02:20+	02:53+	01:33+	02:02+	02:15+	00:37+	00:45+	04:33+	05:50+	04:40+	02:30+	01:33+	01:46+	02:17+	03:47+	01:58+	02:28+	01:40+	01:52+	02:58+	01:43+	02:04+	02:29+	00:31+
00:29&	01:03&	01:11@	00:46&	00:22&	00:39&	00:50&	00:19@	00:03+	01:24&	01:52&	01:23&	00:35&	00:29&	00:41&	00:50&	01:16&	00:46&	00:26#	00:16#	00:40&	01:00&	00:39&	00:42&	00:49&	00:11&
<b>8</b>	<b>Aslaug Lura</b>	<b>94</b>	<b>1:07:09</b>																						
01:34+	03:05+	04:49+	08:05+	09:45+	12:00+	14:15+	14:47+	15:40+	22:06+	27:43+	32:12+	35:15+	37:16+	38:55+	41:14+	45:13+	46:54+	50:56+	53:17+	55:32+	59:43+	61:34+	63:54+	66:36+	67:09+
01:34+	01:31+	01:44+	03:16+	01:40+	02:15+	02:15+	00:32+	00:53+	06:26+	05:37+	04:29+	03:03+	02:01+	01:39+	02:19+	03:59+	01:41+	04:02+	02:21+	02:15+	04:11+	01:51+	02:20+	02:42+	00:33+
00:25&	00:27&	00:35&	01:09&	00:29&	00:52&	00:50&	00:14&	00:11&	03:17@	01:39&	01:12&	01:08&	00:57&	00:34&	00:52&	01:28&	00:29&	02:00&	00:57&	01:03&	02:13@	00:47&	00:58&	01:02&	00:13&
<b>Beste strekktid for klassen</b>																									
01:07	00:58	01:09	02:07	01:11	01:23	01:25	00:18	00:33	03:09	03:43	03:17	01:53	01:02	01:05	01:27	02:31	01:12	02:02	01:05	01:12	01:58	01:04	01:19	01:40	00:19

= 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>44:00</b>																						
01:07=	02:13=	03:39=	05:46=	07:00=	08:27=	10:05=	10:28=	11:05=	15:09=	19:36=	22:46=	24:27=	25:23=	26:41=	28:22=	30:56=	32:08=	34:14=	35:16=	36:41=	39:09=	40:26=	41:53=	43:38=	44:00=
01:07=	01:06=	01:26=	02:07=	01:14=	01:27=	01:38=	00:23=	00:37=	04:04=	04:27=	03:10=	01:41=	00:56=	01:18=	01:41=	02:34=	01:12=	02:06=	01:02=	01:25=	02:28=	01:17=	01:27=	01:45=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>46:41</b>																						
01:03-	02:20+	03:49+	06:25+	07:45+	09:15+	10:54+	11:23+	12:05+	15:17+	19:56+	23:22+	25:20+	26:26+	28:08+	29:38+	32:31+	34:06+	36:50+	38:11+	39:36+	41:43+	42:59+	44:23+	46:12+	46:41+
01:03-	01:17+	01:29+	02:36+	01:20+	01:30+	01:39+	00:29+	00:42+	03:12-	04:39+	03:26+	01:58+	01:06+	01:42+	01:30-	02:53+	01:35+	02:44+	01:21+	01:25=	02:07-	01:16-	01:24+	01:49+	00:29+
00:04-	00:11#	00:03+	00:29#	00:06+	00:03+	00:01+	00:06&	00:05#	00:52-	00:12+	00:16+	00:17#	00:10#	00:24&	00:11-	00:19#	00:23&	00:38&	00:19&	00:00=	00:21-	00:01-	00:03-	00:04+	00:07&
<b>3</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>53:39</b>																						
01:31+	09:01+	10:18+	12:36+	13:52+	15:15+	16:42+	17:05+	17:41+	20:52+	25:13+	29:29+	31:28+	32:48+	34:07+	36:01+	38:53+	40:34+	43:02+	44:21+	45:53+	48:14+	49:38+	51:13+	53:15+	53:39+
01:31+	07:30+	01:17-	02:18+	01:16+	01:23-	01:27-	00:23=	00:36-	03:11-	04:21-	04:16+	01:59+	01:20+	01:19+	01:54+	02:52+	01:41+	02:28+	01:19+	01:32+	02:21-	01:24+	01:35+	02:02+	00:24+
00:24&	06:24@	00:09-	00:11+	00:02+	00:04-	00:11-	00:00=	00:01-	00:53-	00:06-	01:06&	00:18#	00:24&	00:01+	00:13#	00:18#	00:29&	00:22#	00:17&	00:07+	00:07-	00:07+	00:08+	00:17#	00:02+
<b>4</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>1:09:05</b>																						
01:47+	03:12+	05:04+	08:27+	10:12+	11:58+	13:54+	14:25+	15:19+	20:24+	29:37+	35:01+	38:33+	40:30+	42:16+	44:27+	48:37+	50:21+	55:28+	57:42+	59:37+	62:29+	64:12+	66:15+	68:34+	69:05+
01:47+	01:25+	01:52+	03:23+	01:45+	01:46+	01:56+	00:31+	00:54+	05:05+	09:13+	05:24+	03:32+	01:57+	01:46+	02:11+	04:10+	01:44+	05:07+	02:14+	01:55+	02:52+	01:43+	02:03+	02:19+	00:31+
00:40&	00:19&	00:26&	01:16&	00:31&	00:19#	00:18#	00:08&	00:17&	01:01#	04:46@	02:14&	01:51@	01:01@	00:28&	00:30&	01:36&	00:32&	03:01@	01:12@	00:30&	00:24#	00:26&	00:36&	00:34&	00:09&
<b>Beste strekktid for klassen</b>																									
01:03	01:06	01:17	02:07	01:14	01:23	01:27	00:23	00:36	03:11	04:21	03:10	01:41	00:56	01:18											



**Damer A**

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>33:55</b>	00:52=	01:12=	02:00=	02:45=	03:43=	04:42=	05:13=	09:02=	12:31=	13:55=	14:40=	16:39=	17:40=	18:01=	21:34=	23:17=	24:23=	24:55=	25:51=	27:53=	28:11=	29:30=	30:17=	31:20=	31:56=	33:22=			
				00:52=	00:20=	00:48=	00:45=	00:58=	00:59=	00:31=	03:49=	03:29=	01:24=	00:45=	01:59=	01:01=	00:21=	03:33=	01:43=	01:06=	00:32=	00:56=	02:02=	00:18=	01:19=	00:47=	01:03=	00:36=	01:26=			
				00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
				33:55=	00:33=	00:00=																										

<b>2</b>	<b>Vilde Margrethe Sæbbø</b>	<b>90</b>	<b>34:37</b>	00:53+	01:14+	02:05+	02:51+	03:48+	04:31-	05:00-	08:31-	12:21-	13:45-	14:28-	16:20-	17:14-	17:32-	21:56+	23:52+	25:11+	25:43+	26:40+	28:31+	28:48+	30:20+	31:10+	32:06+	32:41+	34:04+
				00:53+	00:21+	00:51+	00:46+	00:57-	00:43-	00:29-	03:31-	03:50+	01:24=	00:43-	01:52-	00:54-	00:18-	04:24+	01:56+	01:19+	00:32=	00:57+	01:51-	00:17-	01:32+	00:50+	00:56-	00:35-	01:23-
				00:01+	00:01+	00:03+	00:01+	00:01-	00:16-	00:02-	00:18-	00:21#	00:00=	00:02-	00:07-	00:07-	00:03-	00:51#	00:13#	00:13#	00:00=	00:01+	00:11-	00:01-	00:13#	00:03+	00:07-	00:01-	00:03-
				34:37+	00:33=	00:00=																							

<b>3</b>	<b>Jorunn Hadland</b>	<b>29</b>	<b>38:11</b>	00:59+	01:25+	02:17+	03:12+	04:15+	05:13+	05:52+	10:08+	14:09+	15:36+	16:24+	18:58+	20:08+	20:31+	23:49+	25:42+	27:06+	27:42+	28:49+	31:06+	31:22+	32:59+	33:55+	35:12+	35:52+	37:34+
				00:59+	00:26+	00:52+	00:55+	01:03+	00:58-	00:39+	04:16+	04:01+	01:27+	00:48+	02:34+	01:10+	00:23+	03:18-	01:53+	01:24+	00:36+	01:07+	02:17+	00:16-	01:37+	00:56+	01:17+	00:40+	01:42+
				00:07#	00:06&	00:04+	00:10#	00:05+	00:01-	00:08&	00:27#	00:32#	00:03+	00:03+	00:35&	00:09#	00:02+	00:15-	00:10+	00:18&	00:04#	00:11#	00:15#	00:02-	00:18#	00:09#	00:14#	00:04#	00:16#
				38:11+	00:37+	00:04#																							

<b>4</b>	<b>Trine Bolstad Scheie</b>	<b>62</b>	<b>38:15</b>	00:55+	01:18+	02:14+	03:11+	04:18+	05:27+	06:01+	10:41+	14:39+	16:23+	17:21+	19:38+	20:49+	21:09+	24:11+	26:05+	27:25+	28:05+	29:13+	31:23+	31:40+	33:13+	34:11+	35:22+	36:00+	37:38+
				00:55+	00:23+	00:56+	00:57+	01:07+	01:09+	00:34+	04:40+	03:58+	01:44+	00:58+	02:17+	01:11+	00:20-	03:02-	01:54+	01:20+	00:40+	01:08+	02:10+	00:17-	01:33+	00:58+	01:11+	00:38+	01:38+
				00:03+	00:03#	00:08#	00:12&	00:09#	00:10#	00:03+	00:51#	00:29#	00:20#	00:13&	00:18#	00:10#	00:01-	00:31-	00:11#	00:14#	00:08#	00:12#	00:08+	00:01-	00:14#	00:11#	00:08#	00:02+	00:12#
				38:15+	00:37+	00:04#																							

<b>5</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>	<b>38:21</b>	01:01+	01:22+	02:19+	03:16+	04:24+	05:20+	05:54+	10:45+	14:44+	16:20+	17:12+	19:27+	20:32+	20:55+	24:47+	26:42+	27:59+	28:34+	29:36+	31:45+	32:02+	33:26+	34:23+	35:31+	36:08+	37:45+
				01:01+	00:21+	00:57+	00:57+	01:08+	00:56-	00:34+	04:51+	03:59+	01:36+	00:52+	02:15+	01:05+	00:23+	03:52+	01:55+	01:17+	00:35+	01:02+	02:09+	00:17-	01:24+	00:57+	01:08+	00:37+	01:37+
				00:09#	00:01+	00:09#	00:12&	00:10#	00:03-	00:03+	01:02&	00:30#	00:12#	00:07#	00:16#	00:04+	00:02+	00:19+	00:12#	00:11#	00:03+	00:06#	00:07+	00:01-	00:05+	00:10#	00:05+	00:01+	00:11#
				38:21+	00:36+	00:03+																							

<b>6</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>39:05</b>	00:58+	01:26+	02:18+	03:11+	04:17+	05:12+	05:47+	10:03+	14:34+	16:03+	16:56+	19:06+	20:15+	20:39+	24:07+	26:11+	27:40+	28:20+	29:35+	31:45+	32:04+	33:49+	34:45+	36:03+	36:46+	38:27+
				00:58+	00:28+	00:52+	00:53+	01:06+	00:55-	00:35+	04:16+	04:31+	01:29+	00:53+	02:10+	01:09+	00:24+	03:28-	02:04+	01:29+	00:40+	01:15+	02:10+	00:19+	01:45+	00:56+	01:18+	00:43+	01:41+
				00:06#	00:08&	00:04+	00:08#	00:08#	00:04-	00:04#	00:27#	01:02&	00:05+	00:08#	00:11+	00:08#	00:03#	00:05-	00:21#	00:23&	00:08#	00:19&	00:08+	00:01+	00:26&	00:09#	00:15#	00:07#	00:15#
				39:05+	00:38+	00:05#																							

<b>7</b>	<b>Marie Line Furland</b>	<b>62</b>	<b>40:23</b>	01:07+	01:34+	02:30+	03:28+	04:37+	05:36+	06:12+	10:46+	14:57+	16:24+	17:17+	19:42+	20:50+	21:13+	25:33+	27:33+	28:53+	29:29+	30:49+	33:11+	33:30+	35:07+	36:06+	37:18+	38:00+	39:42+
				01:07+	00:27+	00:56+	00:58+	01:09+	00:59=	00:36+	04:34+	04:11+	01:27+	00:53+	02:25+	01:08+	00:23+	04:20+	02:00+	01:20+	00:36+	01:20+	02:22+	00:19+	01:37+	00:59+	01:12+	00:42+	01:42+
				00:15&	00:07&	00:08#	00:13&	00:11#	00:00=	00:05#	00:45#	00:42#	00:03+	00:08#	00:26#	00:07#	00:02+	00:47#	00:17#	00:14#	00:04#	00:24#	00:20#	00:01+	00:18#	00:12&	00:09#	00:06#	00:16#
				40:23+	00:41+	00:08#																							

<b>8</b>	<b>Sara Marlene Nystrøm Olsen</b>	<b>68</b>	<b>42:12</b>	01:11+	01:35+	02:29+	03:29+	04:32+	05:28+	06:03+	10:38+	15:42+	17:25+	18:18+	20:54+	22:03+	22:27+	27:18+	29:19+	30:42+	31:16+	32:29+	34:59+	35:17+	36:49+	37:49+	39:01+	39:43+	41:30+
				01:11+	00:24+	00:54+	01:00+	01:03+	00:56-	00:35+	04:35+	05:04+	01:43+	00:53+	02:36+	01:09+	00:24+	04:51+	02:01+	01:23+	00:34+	01:13+	02:30+	00:18=	01:32+	01:00+	01:12+	00:42+	01:47+
				00:19&	00:04#	00:06#	00:15&	00:05+	00:03-	00:04#	00:46#	01:35&	00:19#	00:08#	00:37&	00:08#	00:03#	01:18&	00:18#	00:17&	00:02+	00:17&	00:28#	00:00=	00:13#	00:13&	00:09#	00:06#	00:21#
				42:12+	00:42+	00:09&																							

Class	Navn	Klasse																			Tid																		
<b>9</b>	<b>Sina Thu</b>	<b>271</b>																			<b>44:55</b>																		
00:58+	01:21+	02:16+	03:13+	04:53+	05:58+	06:36+	11:47+	16:36+	18:45+	19:38+	22:26+	23:36+	23:59+	28:26+	30:24+	31:53+	32:31+	33:48+	37:09+	37:26+	39:07+	40:14+	41:40+	42:26+	44:12+														
00:58+	00:23+	00:55+	00:57+	01:40+	01:05+	00:38+	05:11+	04:49+	02:09+	00:53+	02:48+	01:10+	00:23+	04:27+	01:58+	01:29+	00:38+	01:17+	03:21+	00:17-	01:41+	01:07+	01:26+	00:46+	01:46+														
00:06#	00:03#	00:07#	00:12&	00:42&	00:06#	00:07#	01:22&	01:20&	00:45&	00:08#	00:49&	00:09#	00:02+	00:54&	00:15#	00:23&	00:06#	00:21&	01:19&	00:01-	00:22&	00:20&	00:23&	00:10&	00:20#														
44:55+																																							
00:43+																																							
00:10&																																							

<b>10</b>	<b>Maira Andersone</b>	<b>93</b>																			<b>49:10</b>																		
00:59+	01:29+	02:40+	03:44+	05:28+	06:38+	07:19+	12:58+	18:09+	20:00+	21:00+	24:07+	25:27+	25:50+	30:38+	33:20+	35:14+	35:59+	37:30+	40:33+	40:52+	42:45+	43:56+	45:17+	46:17+	48:22+														
00:59+	00:30+	01:11+	01:04+	01:44+	01:10+	00:41+	05:39+	05:11+	01:51+	01:00+	03:07+	01:20+	00:23+	04:48+	02:42+	01:54+	00:45+	01:31+	03:03+	00:19+	01:53+	01:11+	01:21+	01:00+	02:05+														
00:07#	00:10&	00:23&	00:19&	00:46&	00:11#	00:10&	01:50&	01:42&	00:27&	00:15&	01:08&	00:19&	00:02+	01:15&	00:59&	00:48&	00:13&	00:35&	01:01&	00:01+	00:34&	00:24&	00:18&	00:24&	00:39&														
49:10+																																							
00:48+																																							
00:15&																																							

<b>11</b>	<b>Kari Borgen</b>	<b>62</b>																			<b>49:27</b>																		
00:48-	01:10-	02:08+	03:10+	05:06+	05:59+	06:40+	12:26+	21:42+	23:40+	25:00+	27:34+	28:41+	29:13+	34:17+	36:21+	37:57+	38:37+	39:53+	42:13+	42:32+	44:30+	45:26+	46:35+	47:22+	48:54+														
00:48-	00:22+	00:58+	01:02+	01:56+	00:53-	00:41+	05:46+	09:16+	01:58+	01:20+	02:34+	01:07+	00:32+	05:04+	02:04+	01:36+	00:40+	01:16+	02:20+	00:19+	01:58+	00:56+	01:09+	00:47+	01:32+														
00:04-	00:02#	00:10#	00:17&	00:58&	00:06-	00:10&	01:57&	05:47&	00:34&	00:35&	00:35&	00:06+	00:11&	01:31&	00:21#	00:30&	00:08#	00:20&	00:18#	00:01+	00:39&	00:09#	00:06+	00:11&	00:06+														
49:27+																																							
00:33=																																							
00:00=																																							

<b>Beste strekktid for klassen</b>																											
00:48	00:20	00:48	00:45	00:57	00:43	00:29	03:31	03:29	01:24	00:43	01:52	00:54	00:18	03:02	01:43	01:06	00:32	00:56	01:51	00:16	01:19	00:47	00:56	00:35	01:23	00:33	

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

## Damer B

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>																			<b>34:15</b>																		
01:01=	01:56=	02:53=	04:14=	08:55=	10:03=	11:51=	13:26=	15:13=	16:03=	16:37=	17:28=	17:43=	20:29=	21:46=	23:55=	26:15=	26:32=	27:51=	28:29=	29:24=	30:47=	31:40=	32:42=	33:36=	33:59=														
01:01=	00:55=	00:57=	01:21=	04:41=	01:08=	01:48=	01:35=	01:47=	00:50=	00:34=	00:51=	00:15=	02:46=	01:17=	02:09=	02:20=	00:17=	01:19=	00:38=	00:55=	01:23=	00:53=	01:02=	00:54=	00:23=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														
34:15=																																							
00:16=																																							
00:00=																																							

<b>2</b>	<b>Lise Isachsen</b>	<b>165</b>																			<b>34:51</b>																		
00:42-	01:31-	02:24-	03:49-	09:13+	10:22+	12:11+	13:50+	15:54+	17:00+	17:29+	18:29+	18:46+	21:29+	22:34+	24:23+	26:41+	26:59+	28:24+	29:04+	30:02+	31:24+	32:11+	33:13+	34:12+	34:36+														
00:42-	00:49-	00:53-	01:25+	05:24+	01:09+	01:49+	01:39+	02:04+	01:06+	00:29-	01:00+	00:17+	02:43-	01:05-	01:49-	02:18-	00:18+	01:25+	00:40+	00:58+	01:22-	00:47-	01:02=	00:59+	00:24+														
00:19-	00:06-	00:04-	00:04+	00:43#	00:01+	00:01+	00:04+	00:17#	00:16&	00:05-	00:09#	00:02#	00:03-	00:12-	00:20-	00:02-	00:01+	00:06+	00:02+	00:03+	00:01-	00:06-	00:00=	00:05+	00:01+														
34:51+																																							
00:15-																																							
00:01-																																							

<b>3</b>	<b>Hilde Nordbø</b>	<b>93</b>																			<b>37:45</b>																		
00:51-	01:54-	02:59+	04:35+	10:21+	11:41+	13:33+	15:17+	17:44+	18:37+	19:06+	20:07+	20:24+	23:29+	24:50+	26:43+	29:22+	29:40+	31:01+	31:46+	32:46+	34:08+	35:02+	36:06+	37:03+	37:29+														
00:51-	01:03+	01:05+	01:36+	05:46+	01:20+	01:52+	01:44+	02:27+	00:53+	00:29-	01:01+	00:17+	03:05+	01:21+	01:53-	02:39+	00:18+	01:21+	00:45+	01:00+	01:22-	00:54+	01:04+	00:57+	00:26+														
00:10-	00:08#	00:08#	00:15#	01:05#	00:12#	00:04+	00:09+	00:40&	00:03+	00:05-	00:10#	00:02#	00:19#	00:04+	00:16-	00:19#	00:01+	00:02+	00:07#	00:05+	00:01-	00:01+	00:02+	00:03+	00:03#														
37:45+																																							
00:16=																																							
00:00=																																							

<b>4</b>	<b>Anne Garsrud</b>	<b>90</b>																			<b>38:09</b>																		
00:54-	01:55-	02:54+	04:30+	09:50+	11:03+	13:13+	14:49+	17:38+	18:30+	19:01+	20:03+	20:23+	24:10+	25:06+	27:09+	29:33+	29:53+	31:15+	31:54+	32:56+	34:23+	35:16+	36:22+	37:24+	37:52+														
00:54-	01:01+	00:59+	01:36+	05:20+	01:13+	02:10+	01:36+	02:49+	00:52+	00:31-	01:02+	00:20+	03:47+	00:56-	02:03-	02:24+	00:20+	01:22+	00:39+	01:02+	01:27+	00:53=	01:06+	01:02+	00:28+														
00:07-	00:06#	00:02+	00:15#	00:39#	00:05+	00:22#	00:01+	01:02&	00:02+	00:03-	00:11#	00:05&	01:01&	00:21-	00:06-	00:04+	00:03#	00:03+	00:01+	00:07#	00:04+	00:00=	00:04+	00:08#	00:05#														
38:09+																																							
00:17+																																							
00:01+																																							

<b>5</b>	<b>Jorunn Johannesen</b>	<b>116</b>																			<b>38:55</b>																		
00:50-	01:48-	02:52-	04:26+	09:53+	11:12+	12:58+	14:57+	17:37+	18:29+	19:02+	20:27+	20:45+	23:56+	25:19+	27:17+	29:45+	30:08+	32:00+	32:47+	33:46+	35:12+	36:04+	37:10+	38:10+	38:37+														
00:50-	00:58+	01:04+	01:34+	05:27+	01:19+	01:46-	01:59+	02:40+	00:52+	00:33-	01:25+	00:18+	03:11+	01:23+	01:58-	02:28+	00:23+	01:52+	00:47+	00:59+	01:26+	00:52-	01:06+	01:00+	00:27+														
00:11-	00:03+	00:07#	00:13#	00:46#	00:11#	00:02-	00:24&	00:53&	00:02+	00:01-	00:34&	00:03#	00:25#	00:06+	00:11-	00:08+	00:06&	00:33&	00:09#	00:04+	00:03+	00:01-	00:04+	00:06#	00:04#														
38:55+																																							
00:18+																																							
00:02#																																							



Pluss	Navn	Klasse	Tid
<b>15</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>	<b>44:50</b>
00:46-	01:40-	02:46-	04:33+
00:46-	00:54-	01:06+	01:47+
00:15-	00:01-	00:09#	00:26&
44:50+			
00:18+			
00:02#			
<b>16</b>	<b>Ingunn Anda Haug</b>	<b>67</b>	<b>45:07</b>
00:56-	02:01+	03:14+	05:00+
00:56-	01:05+	01:13+	01:46+
00:05-	00:10#	00:16&	00:25&
45:07+			
00:19+			
00:03#			
<b>17</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>47:11</b>
00:56-	02:02+	03:18+	05:10+
00:56-	01:06+	01:16+	01:52+
00:05-	00:11#	00:19&	00:31&
47:11+			
00:20+			
00:04#			
<b>18</b>	<b>Tone Cecilie Nystrøm</b>	<b>68</b>	<b>48:20</b>
00:53-	01:54-	03:05+	05:13+
00:53-	01:01+	01:11+	02:08+
00:08-	00:06#	00:14#	00:47&
48:20+			
00:19+			
00:03#			
<b>19</b>	<b>Ragnhild Auglænd</b>	<b>168</b>	<b>49:23</b>
01:01=	02:16+	03:25+	05:12+
01:01=	01:15+	01:09+	01:47+
00:00=	00:20&	00:12#	00:26&
49:23+			
00:20+			
00:04#			
<b>20</b>	<b>May Elinor Meling</b>	<b>125</b>	<b>53:10</b>
00:58-	02:10+	03:28+	05:18+
00:58-	01:12+	01:18+	01:50+
00:03-	00:17&	00:21&	00:29&
53:10+			
00:21+			
00:05&			
<b>Beste strekktid for klassen</b>			
00:42	00:49	00:53	01:21
	04:41	01:08	01:40
	01:35	01:47	00:50
	00:29	00:51	00:15
	02:43	00:56	01:49
	02:18	00:17	01:11
	00:38	00:55	01:22
	00:47	01:02	00:54
	00:23	00:15	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
<b>Damer Ny</b>			
<b>1</b>	<b>Ester-Lill Waage</b>	<b>105</b>	<b>28:44</b>
03:11=	04:19=	05:39=	06:44=
03:11=	01:08=	01:20=	01:05=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Bente Lyse</b>	<b>115</b>	<b>35:53</b>
02:25-	04:20+	05:49+	07:20+
02:25-	01:55+	01:29+	01:31+
00:46-	00:47&	00:09#	00:26&
<b>3</b>	<b>Ritva Halsne</b>	<b>105</b>	<b>52:33</b>
01:26-	02:43-	04:13-	09:06+
01:26-	01:17+	01:30+	04:53+
01:45-	00:09#	00:10#	03:48&











Class	Navn	Klasse	Tid
<b>59</b>	<b>Hege Bakken</b>	<b>168</b>	<b>58:03</b>
00:58+	04:14+ 05:16+ 05:52+ 27:15+ 31:03+ 34:02+ 35:47+ 37:31+ 38:18+ 39:04+ 40:48+ 43:01+ 44:18+ 47:00+ 48:25+ 49:49+ 51:19+ 52:40+ 54:23+ 55:46+ 57:08+ 58:03+		
00:58+	03:16+ 01:02+ 00:36- 21:23+ 03:48+ 02:59+ 01:45+ 01:44+ 00:47+ 00:46+ 01:44+ 02:13+ 01:17+ 02:42+ 01:25+ 01:24+ 01:30+ 01:21+ 01:43+ 01:23+ 01:22+ 00:55+		
00:09#	02:26@ 00:31& 00:17- 18:58@ 01:14& 00:46& 00:41& 00:50& 00:20& 00:20& 00:36& 01:08@ 00:28& 00:36& 00:28& 00:34& 00:25& 00:18& 00:31& 00:06+ 00:24& 00:13&		
<b>60</b>	<b>Aase Sveinsvoll</b>	<b>94</b>	<b>58:20</b>
01:34+	03:23+ 04:45+ 05:51+ 12:00+ 17:13+ 22:01+ 24:58+ 27:45+ 28:52+ 29:41+ 31:55+ 35:06+ 36:44+ 40:43+ 42:54+ 45:25+ 48:00+ 50:06+ 52:31+ 54:52+ 57:03+ 58:20+		
01:34+	01:49+ 01:22+ 01:06+ 06:09+ 05:13+ 04:48+ 02:57+ 02:47+ 01:07+ 00:49+ 02:14+ 03:11+ 01:38+ 03:59+ 02:11+ 02:31+ 02:35+ 02:06+ 02:25+ 02:21+ 02:11+ 01:17+		
00:45&	00:59@ 00:51@ 00:13# 03:44@ 02:39@ 02:35@ 01:53@ 01:53@ 00:40@ 00:23& 01:06& 02:06@ 00:49& 01:53& 01:14@ 01:41@ 01:30@ 01:03& 01:13@ 01:04& 01:13@ 00:35&		
<b>61</b>	<b>Hazel Grayston</b>	<b>263</b>	<b>59:04</b>
03:17+	04:59+ 06:10+ 07:23+ 10:46+ 15:49+ 20:14+ 22:46+ 24:51+ 26:02+ 27:08+ 30:08+ 34:28+ 36:23+ 40:47+ 42:52+ 44:59+ 47:36+ 49:48+ 52:26+ 55:06+ 57:31+ 59:04+		
03:17+	01:42+ 01:11+ 01:13+ 03:23+ 05:03+ 04:25+ 02:32+ 02:05+ 01:11+ 01:06+ 03:00+ 04:20+ 01:55+ 04:24+ 02:05+ 02:07+ 02:37+ 02:12+ 02:38+ 02:40+ 02:25+ 01:33+		
02:28@	00:52@ 00:40@ 00:20& 00:58& 02:29& 02:12& 01:28@ 01:11@ 00:44@ 00:40@ 01:52@ 03:15@ 01:06@ 02:18@ 01:08@ 01:17@ 01:32@ 01:09@ 01:26@ 01:23@ 01:27@ 00:51@		
<b>62</b>	<b>Brit Svihus</b>	<b>92</b>	<b>1:00:15</b>
01:08+	04:49+ 05:45+ 06:42+ 09:18+ 14:08+ 17:14+ 19:46+ 21:56+ 23:24+ 24:15+ 25:48+ 32:41+ 33:46+ 36:46+ 45:31+ 46:54+ 48:36+ 50:21+ 54:32+ 57:33+ 59:17+ 60:15+		
01:08+	03:41+ 00:56+ 00:57+ 02:36+ 04:50+ 03:06+ 02:32+ 02:10+ 01:28+ 00:51+ 01:33+ 06:53+ 01:05+ 03:00+ 08:45+ 01:23+ 01:42+ 01:45+ 04:11+ 03:01+ 01:44+ 00:58+		
00:19&	02:51@ 00:25& 00:04+ 00:11+ 02:16& 00:53& 01:28@ 01:16@ 01:01@ 00:25& 00:25& 05:48@ 00:16& 00:54& 07:48@ 00:33& 00:37& 00:42& 02:59@ 01:44@ 00:46& 00:16&		
<b>63</b>	<b>Brit Skjelbred</b>	<b>94</b>	<b>1:00:15</b>
01:19+	02:42+ 04:20+ 05:20+ 08:52+ 13:51+ 17:59+ 32:59+ 34:59+ 36:02+ 36:55+ 39:04+ 41:24+ 42:49+ 46:15+ 47:44+ 49:32+ 51:36+ 53:24+ 55:25+ 57:26+ 59:12+ 60:15+		
01:19+	01:23+ 01:38+ 01:00+ 03:32+ 04:59+ 04:08+ 15:00+ 02:00+ 01:03+ 00:53+ 02:09+ 02:20+ 01:25+ 03:26+ 01:29+ 01:48+ 02:04+ 01:48+ 02:01+ 02:01+ 01:46+ 01:03+		
00:30&	00:33& 01:07@ 00:07# 01:07& 02:25& 01:55& 13:56@ 01:06@ 00:36@ 00:27@ 01:01& 01:15@ 00:36& 01:20& 00:32& 00:58@ 00:59& 00:45& 00:49& 00:44& 00:48& 00:21&		
<b>64</b>	<b>Lilly Charlotte Berg</b>	<b>94</b>	<b>1:00:15</b>
01:17+	02:46+ 04:18+ 05:18+ 08:43+ 13:47+ 17:53+ 32:57+ 34:54+ 36:05+ 36:50+ 39:02+ 41:22+ 42:51+ 46:12+ 47:41+ 49:28+ 51:34+ 53:26+ 55:28+ 57:29+ 59:11+ 60:15+		
01:17+	01:29+ 01:32+ 01:00+ 03:25+ 05:04+ 04:06+ 15:04+ 01:57+ 01:11+ 00:45+ 02:12+ 02:06+ 01:29+ 03:21+ 01:29+ 01:47+ 02:06+ 01:52+ 02:02+ 02:01+ 01:42+ 01:04+		
00:28&	00:39& 01:01@ 00:07# 01:00& 02:30& 01:53& 14:00@ 01:03@ 00:44@ 00:19& 01:04& 01:15@ 00:40& 01:15& 00:32& 00:57@ 01:01& 00:49& 00:50& 00:44& 00:44& 00:22&		
<b>65</b>	<b>Brit Vivian Meling</b>	<b>116</b>	<b>1:01:09</b>
01:54+	03:34+ 04:58+ 06:25+ 09:30+ 15:04+ 21:32+ 24:01+ 26:02+ 28:00+ 29:00+ 31:38+ 34:25+ 36:06+ 40:42+ 42:30+ 45:18+ 48:33+ 51:29+ 54:20+ 57:14+ 59:31+ 61:09+		
01:54+	01:40+ 01:24+ 01:27+ 03:05+ 05:34+ 06:28+ 02:29+ 02:01+ 01:58+ 01:00+ 02:38+ 02:47+ 01:41+ 04:36+ 01:48+ 02:48+ 03:15+ 02:56+ 02:51+ 02:54+ 02:17+ 01:38+		
01:05@	00:50& 00:53@ 00:34& 00:40& 03:00@ 04:15@ 01:25@ 01:07@ 01:31@ 00:34@ 01:30@ 01:42@ 00:52@ 02:30@ 00:51& 01:58@ 02:10@ 01:53@ 01:39@ 01:37@ 01:19@ 00:56@		
<b>66</b>	<b>Åse Franciska Møster</b>	<b>128</b>	<b>1:02:28</b>
02:23+	03:51+ 05:26+ 06:12+ 09:48+ 15:58+ 21:15+ 29:10+ 30:53+ 31:42+ 32:37+ 34:53+ 38:02+ 39:16+ 44:12+ 45:40+ 48:08+ 50:29+ 53:58+ 55:17+ 57:35+ 59:01+ 61:03+ 62:28+		
02:23+	01:28+ 01:35+ 00:46- 03:36+ 06:10+ 05:17+ 07:55+ 01:43+ 00:49+ 00:55+ 02:16+ 03:09+ 01:14+ 04:56+ 01:28+ 02:28+ 02:21+ 03:29+ 01:19+ 02:18+ 01:26+ 02:02+ 01:25+		
01:34@	00:38& 01:04@ 00:07- 01:11& 03:36@ 03:04@ 06:51@ 00:49& 00:22& 00:29@ 01:08& 02:04@ 00:25& 02:50@ 00:31& 01:38@ 01:16@ 02:26@ 00:07+ 01:01& 00:28& 01:20@ 01:25+		
<b>Beste strekktid for klassen</b>			
	00:49 00:42 00:31 00:28 01:40 02:21 01:46 01:00 00:54 00:23 00:26 01:04 01:05 00:43 01:46 00:50 00:40 01:05 00:59 01:06 01:03 00:54 00:35		

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

## Herrer 16 - 39 år

<b>1</b>	<b>Torbjørn Ims Østby</b>	<b>66</b>	<b>30:25</b>
00:34=	01:18= 02:06= 03:18= 07:37= 08:34= 09:55= 11:35= 13:14= 13:56= 14:24= 15:13= 15:30= 18:03= 19:09= 20:45= 23:00= 23:18= 24:21= 24:58= 25:50= 27:06= 27:53= 28:48= 29:37= 30:11=		
00:34=	00:44= 00:48= 01:12= 04:19= 00:57= 01:21= 01:40= 01:39= 00:42= 00:28= 00:49= 00:17= 02:33= 01:06= 01:36= 02:15= 00:18= 01:03= 00:37= 00:52= 01:16= 00:47= 00:55= 00:49= 00:34=		
00:00=	00:00= 00:00=		
30:25=			
00:14=			
00:00=			
<b>2</b>	<b>Magnar Haugenes Rake</b>	<b>92</b>	<b>31:15</b>
00:53+	01:42+ 02:33+ 03:47+ 08:26+ 09:37+ 11:01+ 12:38+ 14:25+ 15:09+ 15:33+ 16:23+ 16:40+ 19:06+ 20:13+ 21:54+ 24:07+ 24:24+ 25:33+ 26:09+ 27:00+ 28:11+ 28:55+ 29:53+ 30:40+ 31:01+		
00:53+	00:49+ 00:51+ 01:14+ 04:39+ 01:11+ 01:24+ 01:37- 01:47+ 00:44+ 00:24- 00:50+ 00:17= 02:26- 01:07+ 01:41+ 02:13- 00:17- 01:09+ 00:36- 00:51- 01:11- 00:44- 00:58+ 00:47- 00:21-		
00:19&	00:05# 00:03+ 00:02+ 00:20+ 00:14# 00:03+ 00:03- 00:08+ 00:02+ 00:04- 00:01+ 00:00= 00:07- 00:01+ 00:05+ 00:02- 00:01- 00:06+ 00:01- 00:01- 00:05- 00:03- 00:03+ 00:02- 00:13-		
31:15+			
00:14=			
00:00=			
<b>3</b>	<b>Mathias Nødland</b>	<b>194</b>	<b>31:16</b>
00:40+	01:29+ 02:20+ 03:31+ 07:52+ 08:57+ 10:36+ 12:19+ 14:16+ 15:00+ 15:25+ 16:22+ 16:39+ 19:12+ 20:11+ 21:46+ 24:02+ 24:18+ 25:18+ 25:57+ 26:53+ 28:06+ 28:51+ 29:49+ 30:39+ 31:00+		
00:40+	00:49+ 00:51+ 01:11- 04:21+ 01:05+ 01:39+ 01:43+ 01:57+ 00:44+ 00:25- 00:57+ 00:17= 02:33= 00:59- 01:35- 02:16+ 00:16- 01:00- 00:39+ 00:56+ 01:13- 00:45- 00:58+ 00:50+ 00:21-		
00:06#	00:05# 00:03+ 00:01- 00:02+ 00:08# 00:18# 00:03+ 00:18# 00:02+ 00:03- 00:08# 00:00= 00:00= 00:07- 00:01- 00:01+ 00:02- 00:03- 00:02+ 00:04+ 00:03- 00:02- 00:03+ 00:01+ 00:13-		
31:16+			
00:16+			
00:02#			



Pluss	Navn	Klasse										Tid													
<b>13</b>	<b>Joar Fuglestad</b>	<b>116</b>										<b>34:10</b>													
00:44+	01:38+	02:29+	03:51+	04:36+	09:44+	11:21+	13:00+	15:26+	16:17+	16:47+	17:40+	17:54+	20:54+	22:20+	24:00+	26:16+	26:29+	27:46+	28:20+	29:22+	30:49+	31:42+	32:43+	33:36+	33:58+
00:44+	00:54+	00:51+	01:22+	04:45+	01:08+	01:37+	01:39-	02:26+	00:51+	00:30+	00:53+	00:14-	03:00+	01:26+	01:40+	02:16+	00:13-	01:17+	00:34-	01:02+	01:27+	00:53+	01:01+	00:53+	00:22-
00:10&	00:10#	00:03+	00:10#	00:26#	00:11#	00:16#	00:01-	00:47&	00:09#	00:02+	00:04+	00:03-	00:27#	00:20&	00:04+	00:01+	00:05-	00:14#	00:03-	00:10#	00:11#	00:06#	00:06#	00:04+	00:12-
34:10+	00:12-	00:02-																							
<b>14</b>	<b>Bjørnar Owren</b>	<b>74</b>										<b>34:20</b>													
00:43+	01:37+	02:41+	04:18+	08:47+	10:02+	12:05+	13:45+	16:04+	16:51+	17:22+	18:22+	18:39+	21:53+	22:58+	24:36+	26:32+	26:50+	28:01+	28:47+	29:40+	30:55+	31:39+	32:51+	33:42+	34:05+
00:43+	00:54+	01:04+	01:37+	04:29+	01:15+	02:03+	01:40=	02:19+	00:47+	00:31+	01:00+	00:17=	03:14+	01:05-	01:38+	01:56-	00:18=	01:11+	00:46+	00:53+	01:15-	00:44-	01:12+	00:51+	00:23-
00:09&	00:10#	00:16&	00:25&	00:10+	00:18&	00:42&	00:00=	00:40&	00:05#	00:03#	00:11#	00:00=	00:41&	00:01-	00:02+	00:19-	00:00=	00:08#	00:09#	00:01+	00:01-	00:03-	00:17&	00:02+	00:11-
34:20+	00:15+	00:01+																							
<b>15</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>										<b>34:38</b>													
00:47+	01:36+	02:29+	03:44+	08:27+	09:40+	11:47+	13:29+	15:44+	16:30+	17:00+	18:04+	18:19+	21:44+	23:14+	24:53+	27:06+	27:23+	28:41+	29:30+	30:19+	31:32+	32:15+	33:10+	34:01+	34:24+
00:47+	00:49+	00:53+	01:15+	04:43+	01:13+	02:07+	01:42+	02:15+	00:46+	00:30+	01:04+	00:15-	03:25+	01:30+	01:39+	02:13-	00:17-	01:18+	00:49+	00:49-	01:13-	00:43-	00:55=	00:51+	00:23-
00:13&	00:05#	00:05#	00:03+	00:24+	00:16&	00:46&	00:02+	00:36&	00:04+	00:02+	00:15&	00:02-	00:52&	00:24&	00:03+	00:02-	00:01-	00:15#	00:12&	00:03-	00:03-	00:04-	00:00=	00:02+	00:11-
34:38+	00:14=	00:00=																							
<b>16</b>	<b>Marius Stene</b>	<b>27</b>										<b>35:09</b>													
00:44+	01:29+	02:18+	03:40+	07:59+	09:24+	11:00+	15:51+	17:39+	18:36+	19:04+	19:50+	20:04+	23:23+	24:38+	26:13+	28:07+	28:26+	29:43+	30:20+	31:08+	32:20+	33:00+	33:52+	34:37+	34:56+
00:44+	00:45+	00:49+	01:22+	04:19=	01:25+	01:36+	04:51+	01:48+	00:57+	00:28=	00:46-	00:14-	03:19+	01:15+	01:35-	01:54-	00:19+	01:17+	00:37=	00:48-	01:12-	00:40-	00:52-	00:45-	00:19-
00:10&	00:01+	00:01+	00:10#	00:00=	00:28&	00:15#	03:11@	00:09+	00:15&	00:00=	00:03-	00:03-	00:46&	00:09#	00:01-	00:21-	00:01+	00:14#	00:00=	00:04-	00:04-	00:07-	00:03-	00:04-	00:15-
35:09+	00:13-	00:01-																							
<b>17</b>	<b>David Wade</b>	<b>116</b>										<b>35:29</b>													
00:45+	01:32+	02:21+	03:43+	08:24+	09:35+	11:39+	13:35+	15:51+	16:37+	17:03+	17:57+	18:12+	21:32+	22:44+	24:44+	27:29+	27:49+	29:19+	30:04+	30:55+	32:07+	32:54+	33:53+	34:55+	35:14+
00:45+	00:47+	00:49+	01:22+	04:41+	01:11+	02:04+	01:56+	02:16+	00:46+	00:26-	00:54+	00:15-	03:20+	01:12+	02:00+	02:45+	00:20+	01:30+	00:45+	00:51-	01:12-	00:47=	00:59+	01:02+	00:19-
00:11&	00:03+	00:01+	00:10#	00:22+	00:14#	00:43&	00:16#	00:37&	00:04+	00:02-	00:05#	00:02-	00:47&	00:06+	00:24#	00:30#	00:02#	00:27&	00:08#	00:01-	00:04-	00:00=	00:04+	00:13&	00:15-
35:29+	00:15+	00:01+																							
<b>18</b>	<b>Håkon Eggebø</b>	<b>71</b>										<b>35:51</b>													
00:42+	01:32+	02:22+	03:33+	09:02+	10:07+	12:20+	13:52+	16:05+	17:01+	17:34+	18:36+	18:57+	22:44+	23:43+	25:23+	27:45+	28:02+	29:27+	30:05+	31:04+	32:24+	33:14+	34:17+	35:09+	35:35+
00:42+	00:50+	00:50+	01:11-	05:29+	01:05+	02:13+	01:32-	02:13+	00:56+	00:33+	01:02+	00:21+	03:47+	00:59-	01:40+	02:22+	00:17-	01:25+	00:38+	00:59+	01:20+	00:50+	01:03+	00:52+	00:26-
00:08#	00:06#	00:02+	00:01-	01:10&	00:08#	00:52&	00:08-	00:34&	00:14&	00:05#	00:13&	00:04#	01:14&	00:07-	00:04+	00:07+	00:01-	00:22&	00:01+	00:07#	00:04+	00:03+	00:08#	00:03+	00:08-
35:51+	00:16+	00:02#																							
<b>19</b>	<b>Svein Magnus Halsne</b>	<b>71</b>										<b>35:57</b>													
00:37+	01:32+	02:09+	03:30+	10:12+	11:25+	13:23+	15:24+	17:28+	18:16+	18:44+	19:32+	19:45+	23:05+	24:26+	26:10+	28:52+	29:09+	30:21+	31:05+	31:51+	33:00+	33:45+	34:34+	35:19+	35:42+
00:37+	00:45+	00:47-	01:21+	06:42+	01:13+	01:58+	02:01+	02:04+	00:48+	00:28=	00:48-	00:13-	03:20+	01:21+	01:44+	02:42+	00:17-	01:12+	00:44+	00:46-	01:09-	00:45-	00:49-	00:45-	00:23-
00:03+	00:01+	00:01-	00:09#	02:23&	00:16&	00:37&	00:21#	00:25&	00:06#	00:00=	00:01-	00:04-	00:47&	00:15#	00:08+	00:27#	00:01-	00:09#	00:07#	00:06-	00:07-	00:02-	00:06-	00:04-	00:11-
35:57+	00:15+	00:01+																							
<b>20</b>	<b>Svein Kyllingstad</b>	<b>71</b>										<b>36:39</b>													
00:43+	01:36+	02:24+	03:56+	09:00+	10:19+	12:25+	14:33+	16:58+	17:47+	18:13+	19:03+	19:23+	22:23+	24:14+	26:00+	28:22+	28:42+	30:06+	30:56+	31:49+	33:10+	33:54+	34:59+	35:56+	36:22+
00:43+	00:53+	00:48=	01:32+	05:04+	01:19+	02:06+	02:08+	02:25+	00:49+	00:26-	00:50+	00:20+	03:00+	01:51+	01:46+	02:22+	00:20+	01:24+	00:50+	00:53+	01:21+	00:44-	01:05+	00:57+	00:26-
00:09&	00:09#	00:00=	00:20&	00:45#	00:22&	00:45&	00:28&	00:46&	00:07#	00:02-	00:01+	00:03#	00:27#	00:45&	00:10#	00:07+	00:02#	00:21&	00:13&	00:01+	00:05+	00:03-	00:10#	00:08#	00:08-
36:39+	00:17+	00:03#																							
<b>21</b>	<b>Øivind Fandrem Høivik</b>	<b>66</b>										<b>37:54</b>													
00:38+	01:27+	02:10+	03:46+	08:51+	10:06+	12:01+	13:58+	15:50+	16:42+	17:12+	18:05+	18:21+	21:18+	22:54+	24:39+	29:30+	29:55+	31:33+	32:16+	33:16+	34:39+	35:25+	36:23+	37:16+	37:39+
00:38+	00:49+	00:43-	01:36+	05:05+	01:15+	01:55+	01:57+	01:52+	00:52+	00:30+	00:53+	00:16-	02:57+	01:36+	01:45+	04:51+	00:25+	01:38+	00:43+	01:00+	01:23+	00:46-	00:58+	00:53+	00:23-
00:04#	00:05#	00:05-	00:24&	00:46#	00:18&	00:34&	00:17#	00:13#	00:10#	00:02+	00:04+	00:01-	00:24#	00:30&	00:09+	02:36@	00:07&	00:35&	00:06#	00:08#	00:07+	00:01-	00:03+	00:04+	00:11-
37:54+	00:15+	00:01+																							



Class	Navn	Klasse										Tid														
<b>31</b>	<b>Alexander Khorunzhiy</b>	<b>287</b>										<b>43:32</b>														
00:53+	02:03+	03:10+	04:51+	10:47+	12:22+	14:42+	17:10+	20:59+	22:02+	22:34+	23:48+	24:10+	27:18+	28:37+	31:24+	34:14+	34:34+	36:07+	36:57+	38:04+	39:33+	40:30+	41:42+	42:44+	43:14+	
00:53+	01:10+	01:07+	01:41+	05:56+	01:35+	02:20+	02:28+	03:49+	01:03+	00:32+	01:14+	00:22+	03:08+	01:19+	02:47+	02:50+	00:20+	01:33+	00:50+	01:07+	01:29+	00:57+	01:12+	01:02+	00:30-	
00:19&	00:26&	00:19&	00:29&	01:37&	00:38&	00:59&	00:48&	02:10&	00:21&	00:04#	00:25&	00:05&	00:35#	00:13#	01:11&	00:35&	00:02#	00:30&	00:13&	00:15&	00:13#	00:10#	00:17&	00:13&	00:04-	
43:32+																										
00:18+																										
00:04&																										

<b>32</b>	<b>Kjetil Tveit</b>	<b>165</b>										<b>54:07</b>														
00:54+	01:54+	02:58+	04:42+	21:49+	23:31+	26:22+	30:21+	33:34+	35:12+	35:45+	36:44+	37:01+	39:50+	40:54+	42:49+	45:17+	45:39+	47:50+	48:27+	49:21+	50:33+	51:24+	52:33+	53:23+	53:48+	
00:54+	01:00+	01:04+	01:44+	17:07+	01:42+	02:51+	03:59+	03:13+	01:38+	00:33+	00:59+	00:17=	02:49+	01:04-	01:55+	02:28+	00:22+	02:11+	00:37=	00:54+	01:12-	00:51+	01:09+	00:50+	00:25-	
00:20&	00:16&	00:16&	00:32&	12:48&	00:45&	01:30&	02:19&	01:34&	00:56&	00:05#	00:10#	00:00=	00:16#	00:02-	00:19#	00:13+	00:04#	01:08&	00:00=	00:02+	00:04-	00:04+	00:14&	00:01+	00:09-	
54:07+																										
00:19+																										
00:05&																										

Beste strekktid for klassen																										
00:34	00:43	00:39	01:05	04:11	00:57	01:21	01:30	01:39	00:40	00:24	00:44	00:13	02:26	00:55	01:24	01:54	00:13	01:00	00:33	00:46	01:07	00:36	00:49	00:42	00:18	00:12

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

## Herrer 40 - 49 år

<b>1</b>	<b>Arjen Leendertse</b>	<b>91</b>										<b>32:59</b>														
00:36=	01:18=	02:03=	03:25=	08:04=	09:16=	10:45=	12:25=	14:36=	15:18=	15:43=	16:30=	16:49=	19:33=	20:58=	22:53=	25:08=	25:25=	26:46=	27:31=	28:27=	29:43=	30:37=	31:32=	32:23=	32:45=	
00:36=	00:42=	00:45=	01:22=	04:39=	01:12=	01:29=	01:40=	02:11=	00:42=	00:25=	00:47=	00:19=	02:44=	01:25=	01:55=	02:15=	00:17=	01:21=	00:45=	00:56=	01:16=	00:54=	00:55=	00:51=	00:22=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
32:59=																										
00:14=																										
00:00=																										

<b>2</b>	<b>Thomas Johansen</b>	<b>111</b>										<b>34:09</b>														
00:42+	01:26+	02:18+	03:29+	08:32+	09:41+	11:31+	13:14+	15:31+	16:48+	17:15+	18:08+	19:13+	21:45+	22:52+	24:33+	26:37+	26:56+	28:18+	29:04+	29:53+	31:03+	31:46+	32:42+	33:33+	33:54+	
00:42+	00:44+	00:52+	01:11-	05:03+	01:09-	01:50+	01:43+	02:17+	01:17+	00:27+	00:53+	01:05+	02:32-	01:07-	01:41-	02:04-	00:19+	01:22+	00:46+	00:49-	01:10-	00:43-	00:56+	00:51=	00:21-	
00:06#	00:02+	00:07#	00:11-	00:24+	00:03-	00:21#	00:03+	00:06+	00:35&	00:02+	00:06#	00:46@	00:12-	00:18-	00:14-	00:11-	00:02#	00:01+	00:01+	00:07-	00:06-	00:11-	00:01+	00:00=	00:01-	
34:09+																										
00:15+																										
00:01+																										

<b>3</b>	<b>Magnus Langvik</b>	<b>18</b>										<b>34:48</b>														
00:40+	01:28+	02:39+	03:54+	08:53+	10:08+	12:02+	14:14+	16:28+	17:14+	17:41+	18:25+	18:41+	21:46+	23:01+	24:44+	27:02+	27:18+	28:33+	29:07+	30:01+	31:19+	32:10+	33:11+	34:02+	34:25+	
00:40+	00:48+	01:11+	01:15-	04:59+	01:15+	01:54+	02:12+	02:14+	00:46+	00:27+	00:44-	00:16-	03:05+	01:15-	01:43-	02:18+	00:16-	01:15-	00:34-	00:54-	01:18+	00:51-	01:01+	00:51=	00:23+	
00:04#	00:06#	00:26&	00:07-	00:20+	00:03+	00:25&	00:32&	00:03+	00:04+	00:02+	00:03-	00:03-	00:21#	00:10-	00:12-	00:03+	00:01-	00:06-	00:11-	00:02-	00:02+	00:03-	00:06#	00:00=	00:01+	
34:48+																										
00:23+																										
00:09&																										

<b>4</b>	<b>Lars Primstad</b>	<b>62</b>										<b>35:26</b>														
00:45+	01:34+	02:23+	03:40+	08:46+	10:02+	12:09+	14:08+	16:18+	17:10+	17:35+	18:38+	18:52+	22:21+	23:27+	24:50+	27:44+	28:01+	29:21+	29:57+	30:54+	32:14+	32:57+	33:56+	34:47+	35:10+	
00:45+	00:49+	00:49+	01:17-	05:06+	01:16+	02:07+	01:59+	02:10-	00:52+	00:25=	01:03+	00:14-	03:29+	01:06-	01:23-	02:54+	00:17=	01:20-	00:36-	00:57+	01:20+	00:43-	00:59+	00:51=	00:23+	
00:09#	00:07#	00:04+	00:05-	00:27+	00:04+	00:38&	00:19#	00:01-	00:10#	00:00=	00:16&	00:05-	00:45&	00:19-	00:32-	00:39&	00:00=	00:01-	00:09-	00:01+	00:04+	00:11-	00:04+	00:00=	00:01+	
35:26+																										
00:16+																										
00:02#																										

<b>5</b>	<b>Svein Oddvar Netland</b>	<b>116</b>										<b>36:57</b>														
00:44+	01:35+	02:49+	04:13+	09:08+	10:29+	12:38+	14:30+	16:43+	17:35+	18:07+	19:12+	19:29+	22:46+	24:09+	26:00+	28:35+	28:54+	30:21+	31:04+	32:02+	33:24+	34:14+	35:18+	36:19+	36:43+	
00:44+	00:51+	01:14+	01:24+	04:55+	01:21+	02:09+	01:52+	02:13+	00:52+	00:32+	01:05+	00:17-	03:17+	01:23-	01:51-	02:35+	00:19+	01:27+	00:43-	00:58+	01:22+	00:50-	01:04+	01:01+	00:24+	
00:08#	00:09#	00:29&	00:02+	00:16+	00:09#	00:40&	00:12#	00:02+	00:10#	00:07&	00:18&	00:02-	00:33#	00:02-	00:04-	00:20#	00:02#	00:06+	00:02-	00:02+	00:06+	00:04-	00:09#	00:10#	00:02+	
36:57+																										
00:14=																										
00:00=																										

<b>6</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>36:59</b>														
00:46+	01:41+	02:43+	03:58+	09:24+	10:40+	12:31+	14:50+	17:00+	17:56+	18:28+	19:23+	19:37+	22:39+	24:05+	26:01+	28:30+	28:58+	30:40+	31:13+	32:11+	33:26+	34:29+	35:28+	36:21+	36:44+	
00:46+	00:55+	01:02+	01:15-	05:26+	01:16+	01:51+	02:19+	02:10-	00:56+	00:32+	00:55+	00:14-	03:02+	01:26+	01:56+	02:29+	00:28+	01:42+	00:33-	00:58+	01:15-	01:03+	00:59+	00:53+	00:23+	
00:10&	00:13&	00:17&	00:07-	00:47#	00:04+	00:22#	00:39&	00:01-	00:14&	00:07&	00:08#	00:05-	00:18#	00:01+	00:01+	00:14#	00:11&	00:21&	00:12-	00:02+	00:01-	00:09#	00:04+	00:02+	00:01+	
36:59+																										
00:15+																										
00:01+																										



Class	Navn										Klasse										Tid									
<b>16</b>	<b>Kjetil Bårdsen</b>										<b>105</b>										<b>39:33</b>									
00:44+	01:40+	02:45+	04:09+	08:57+	10:15+	12:18+	14:26+	17:46+	18:43+	19:28+	20:21+	20:41+	23:38+	25:03+	26:52+	29:16+	29:37+	32:29+	33:11+	34:04+	35:38+	36:31+	37:41+	38:52+	39:17+					
00:44+	00:56+	01:05+	01:24+	04:48+	01:18+	02:03+	02:08+	03:20+	00:57+	00:45+	00:53+	00:20+	02:57+	01:25=	01:49-	02:24+	00:21+	02:52+	00:42-	00:53-	01:34+	00:53-	01:10+	01:11+	00:25+					
00:08#	00:14&	00:20&	00:02+	00:09+	00:06+	00:34&	00:28&	01:09&	00:15&	00:20&	00:06#	00:01+	00:13+	00:00=	00:06-	00:09+	00:04#	01:31@	00:03-	00:03-	00:18#	00:01-	00:15&	00:20&	00:03#					
39:33+	00:16+	00:02#																												
<b>17</b>	<b>Per Ivar Hovstad</b>										<b>116</b>										<b>40:02</b>									
00:41+	01:35+	02:28+	03:48+	10:39+	12:12+	14:08+	16:39+	19:03+	19:53+	20:25+	21:28+	21:46+	24:59+	26:19+	28:47+	31:21+	31:44+	33:21+	34:03+	35:03+	36:31+	37:19+	38:24+	39:23+	39:47+					
00:41+	00:54+	00:53+	01:20-	06:51+	01:33+	01:56+	02:31+	02:24+	00:50+	00:32+	01:03+	00:18-	03:13+	01:20-	02:28+	02:34+	00:23+	01:37+	00:42-	01:00+	01:28+	00:48-	01:05+	00:59+	00:24+					
00:05#	00:12&	00:08#	00:02-	02:12&	00:21&	00:27&	00:51&	00:13+	00:08#	00:07&	00:16&	00:01-	00:29#	00:05-	00:33&	00:19#	00:06&	00:16#	00:03-	00:04+	00:12#	00:06-	00:10#	00:08#	00:02+					
40:02+	00:15+	00:01+																												
<b>18</b>	<b>André Sirevåg</b>										<b>116</b>										<b>40:25</b>									
00:49+	01:44+	02:47+	04:33+	10:13+	11:34+	14:09+	16:30+	18:57+	19:53+	20:30+	21:24+	21:41+	24:57+	26:33+	28:55+	31:41+	31:58+	33:27+	34:22+	35:23+	36:46+	37:41+	38:48+	39:41+	40:07+					
00:49+	00:55+	01:03+	01:46+	05:40+	01:21+	02:35+	02:21+	02:27+	00:56+	00:37+	00:54+	00:17-	03:16+	01:36+	02:22+	02:46+	00:17=	01:29+	00:55+	01:01+	01:23+	00:55+	01:07+	00:53+	00:26+					
00:13&	00:13&	00:18&	00:24&	01:01#	00:09#	01:06&	00:41&	00:16#	00:14&	00:12&	00:07#	00:02-	00:32#	00:11#	00:27#	00:31#	00:00=	00:08+	00:10#	00:05+	00:07+	00:01+	00:12#	00:02+	00:04#					
40:25+	00:18+	00:04&																												
<b>19</b>	<b>Rune Paulsen</b>										<b>98</b>										<b>40:39</b>									
00:56+	01:52+	02:44+	04:19+	09:31+	10:50+	12:48+	14:46+	17:59+	19:00+	19:30+	21:15+	21:34+	25:26+	26:47+	29:25+	32:04+	32:24+	33:54+	34:44+	35:47+	37:18+	38:03+	39:04+	40:02+	40:26+					
00:56+	00:56+	00:52+	01:35+	05:12+	01:19+	01:58+	01:58+	03:13+	01:01+	00:30+	01:45+	00:19=	03:52+	01:21-	02:38+	02:39+	00:20+	01:30+	00:50+	01:03+	01:31+	00:45-	01:01+	00:58+	00:24+					
00:20&	00:14&	00:07#	00:13#	00:33#	00:07+	00:29&	00:18#	01:02&	00:19&	00:05#	00:58@	00:00=	01:08&	00:04-	00:43&	00:24#	00:03#	00:09#	00:05#	00:07#	00:15#	00:09-	00:06#	00:07#	00:02+					
40:39+	00:13-	00:01-																												
<b>20</b>	<b>Arngrim Utскарpen</b>										<b>117</b>										<b>41:03</b>									
00:45+	01:49+	02:51+	04:28+	10:31+	11:47+	13:46+	16:03+	19:11+	20:07+	20:47+	21:58+	22:15+	25:52+	27:19+	29:38+	32:10+	32:41+	34:25+	35:13+	36:11+	37:32+	38:24+	39:34+	40:25+	40:47+					
00:45+	01:04+	01:02+	01:37+	06:03+	01:16+	01:59+	02:17+	03:08+	00:56+	00:40+	01:11+	00:17-	03:37+	01:27+	02:19+	02:32+	00:31+	01:44+	00:48+	00:58+	01:21+	00:52-	01:10+	00:51=	00:22=					
00:09#	00:22&	00:17&	00:15#	01:24&	00:04+	00:30&	00:37&	00:57&	00:14&	00:15&	00:24&	00:02-	00:53&	00:02+	00:24#	00:17#	00:14&	00:23&	00:03+	00:02+	00:05+	00:02-	00:15&	00:00=	00:00=					
41:03+	00:16+	00:02#																												
<b>21</b>	<b>Dag Andre Kvernstrøm</b>										<b>66</b>										<b>43:48</b>									
00:52+	02:00+	03:18+	04:43+	11:34+	13:20+	15:36+	17:47+	20:50+	21:56+	22:34+	23:37+	24:07+	28:13+	30:14+	32:21+	34:40+	35:02+	36:37+	37:33+	38:31+	39:53+	40:52+	42:04+	43:04+	43:30+					
00:52+	01:08+	01:18+	01:25+	06:51+	01:46+	02:16+	02:11+	03:03+	01:06+	00:38+	01:03+	00:30+	04:06+	02:01+	02:07+	02:19+	00:22+	01:35+	00:56+	00:58+	01:22+	00:59+	01:12+	01:00+	00:26+					
00:16&	00:26&	00:33&	00:03+	02:12&	00:34&	00:47&	00:31&	00:52&	00:24&	00:13&	00:16&	00:11&	01:22&	00:36&	00:12#	00:04+	00:05&	00:14#	00:11#	00:02+	00:06+	00:05+	00:17&	00:09#	00:04#					
43:48+	00:18+	00:04&																												
<b>22</b>	<b>Eivind Moi</b>										<b>116</b>										<b>44:34</b>									
00:46+	01:51+	03:08+	04:59+	11:06+	13:16+	16:08+	18:04+	20:38+	21:39+	22:11+	23:04+	23:22+	27:00+	29:14+	31:25+	34:28+	34:46+	36:40+	37:30+	38:38+	40:18+	41:24+	42:38+	43:43+	44:13+					
00:46+	01:05+	01:17+	01:51+	06:07+	02:10+	02:52+	01:56+	02:34+	01:01+	00:32+	00:53+	00:18-	03:38+	02:14+	02:11+	03:03+	00:18+	01:54+	00:50+	01:08+	01:40+	01:06+	01:14+	01:05+	00:30+					
00:10&	00:23&	00:32&	00:29&	01:28&	00:58&	01:23&	00:16#	00:23#	00:19&	00:07&	00:06#	00:01-	00:54&	00:49&	00:16#	00:48&	00:01+	00:33&	00:05#	00:12#	00:24&	00:12#	00:19&	00:14&	00:08&					
44:34+	00:21+	00:07&																												
<b>23</b>	<b>Fredrik Jomaas</b>										<b>134</b>										<b>44:53</b>									
00:51+	01:53+	02:50+	04:31+	10:32+	12:34+	14:31+	16:35+	19:13+	20:15+	20:49+	21:59+	22:19+	25:43+	27:17+	29:40+	34:03+	34:23+	36:42+	37:32+	38:47+	40:32+	41:33+	42:51+	44:01+	44:33+					
00:51+	01:02+	00:57+	01:41+	06:01+	02:02+	01:57+	02:04+	02:38+	01:02+	00:34+	01:10+	00:20+	03:24+	01:34+	02:23+	04:23+	00:20+	02:19+	00:50+	01:15+	01:45+	01:01+	01:18+	01:10+	00:32+					
00:15&	00:20&	00:12&	00:19#	01:22&	00:50&	00:28&	00:24#	00:27#	00:20&	00:09&	00:23&	00:01+	00:40#	00:09#	00:28#	02:08&	00:03#	00:58&	00:05#	00:19&	00:29&	00:07#	00:23&	00:19&	00:10&					
44:53+	00:20+	00:06&																												
<b>24</b>	<b>Tord Peter Ursin</b>										<b>116</b>										<b>46:38</b>									
00:54+	01:58+	03:10+	04:55+	11:03+	12:42+	15:21+	17:43+	20:36+	22:02+	22:36+	23:53+	24:14+	28:12+	30:14+	32:48+	35:58+	36:26+	38:18+	39:15+	40:27+	42:12+	43:16+	44:34+	45:45+	46:18+					
00:54+	01:04+	01:12+	01:45+	06:08+	01:39+	02:39+	02:22+	02:53+	01:26+	00:34+	01:17+	00:21+	03:58+	02:02+	02:34+	03:10+	00:28+	01:52+	00:57+	01:12+	01:45+	01:04+	01:18+	01:11+	00:33+					
00:18&	00:22&	00:27&	00:23&	01:29&	00:27&	01:10&	00:42&	00:42&	00:44@	00:09&	00:30&	00:02#	01:14&	00:37&	00:39&	00:55&	00:11&	00:31&	00:12&	00:16&	00:29&	00:10#	00:23&	00:20&	00:11&					
46:38+	00:20+	00:06&																												











Class	Navn	Klasse													Tid												
<b>12</b>	<b>Olav Tunheim</b>	<b>93</b>													<b>48:21</b>												
00:58+	01:55+	03:28+	05:19+	07:05+	07:51+	13:52+	14:45+	17:46+	21:32+	25:04+	26:17+	26:49+	28:23+	29:29+	30:49+	31:39+	33:26+	36:00+	37:56+	39:17+	40:18+	40:46+	43:25+	44:50+	46:20+		
00:58+	00:57+	01:33+	01:51+	01:46+	00:46+	06:01+	00:53+	03:01+	03:46+	03:32+	01:13+	00:32-	01:34+	01:06+	01:20+	00:50+	01:47+	02:34+	01:56+	01:21+	01:01+	00:28+	02:39+	01:25+	01:30+		
00:07#	00:09#	00:36&	00:11#	01:17@	00:06#	00:40#	00:13&	00:31#	00:51&	00:57&	00:16&	00:24-	00:12#	00:45@	00:03+	00:04+	00:36&	00:45&	00:43&	00:18&	00:19&	00:09&	01:00&	00:35&	00:22&		
47:59+	48:21+																										
01:39+	00:22+																										
00:20&	00:05&																										
<b>13</b>	<b>Jan Arendal</b>	<b>116</b>													<b>48:50</b>												
01:10+	02:20+	03:35+	05:46+	06:30+	07:28+	13:22+	14:18+	17:30+	21:26+	24:31+	25:51+	26:28+	28:00+	28:29+	30:06+	31:00+	32:55+	35:44+	37:38+	39:13+	40:23+	41:00+	43:23+	44:46+	46:25+		
01:10+	01:10+	01:15+	02:11+	00:44+	00:58+	05:54+	00:56+	03:12+	03:56+	03:05+	01:20+	00:37-	01:32+	00:29+	01:37+	00:54+	01:55+	02:49+	01:54+	01:35+	01:10+	00:37+	02:23+	01:23+	01:39+		
00:19&	00:22&	00:18&	00:31&	00:15&	00:18&	00:33#	00:16&	00:42&	01:01&	00:30#	00:23&	00:19-	00:10#	00:08&	00:20&	00:08#	00:44&	01:00&	00:41&	00:32&	00:28&	00:18&	00:44&	00:33&	00:31&		
48:22+	48:50+																										
01:57+	00:28+																										
00:38&	00:11&																										
<b>14</b>	<b>Tore Karlsen</b>	<b>105</b>													<b>50:08</b>												
00:54+	01:51+	03:04+	05:07+	05:47+	06:37+	12:41+	13:30+	18:17+	24:10+	27:58+	29:12+	29:45+	31:04+	31:43+	33:02+	34:03+	35:42+	38:45+	40:14+	41:27+	42:28+	42:55+	45:17+	46:29+	47:53+		
00:54+	00:57+	01:13+	02:03+	00:40+	00:50+	06:04+	02:49+	02:47+	05:53+	03:48+	01:14+	00:33-	01:19-	00:39+	01:19+	01:01+	01:39+	03:03+	01:29+	01:13+	01:01+	00:27+	02:22+	01:12+	01:24+		
00:03+	00:09#	00:16&	00:23#	00:11&	00:10#	00:43#	02:09@	00:17#	02:58@	01:13&	00:17&	00:23-	00:03-	00:18&	00:02+	00:15&	00:28&	01:14&	00:16#	00:10#	00:19&	00:08&	00:43&	00:22&	00:16#		
49:48+	50:08+																										
01:55+	00:20+																										
00:36&	00:03#																										
<b>15</b>	<b>Sveinung Tveit</b>	<b>236</b>													<b>58:13</b>												
01:17+	02:12+	03:16+	06:12+	06:40+	07:22+	12:37+	13:17+	15:58+	35:37+	38:07+	39:27+	40:17+	41:43+	42:08+	43:38+	44:23+	45:51+	47:57+	49:48+	51:03+	51:53+	52:19+	54:15+	55:15+	56:28+		
01:17+	00:55+	01:04+	02:56+	00:28-	00:42+	05:15-	00:40=	02:41+	19:39+	02:30-	01:20+	00:50-	01:26+	00:25+	01:30+	00:45-	01:28+	02:06+	01:51+	01:15+	00:50+	00:26+	01:56+	01:00+	01:13+		
00:26&	00:07#	00:07#	01:16&	00:01-	00:02+	00:06-	00:00=	00:11+	16:44@	00:05-	00:23&	00:06-	00:04+	00:04#	00:13#	00:01-	00:17#	00:17#	00:38&	00:12#	00:08#	00:07&	00:17#	00:10#	00:05+		
57:53+	58:13+																										
01:25+	00:20+																										
00:06+	00:03#																										
<b>16</b>	<b>Inge Johan Øverland</b>	<b>93</b>													<b>1:07:21</b>												
01:14+	02:20+	03:47+	05:42+	06:23+	07:20+	12:56+	13:41+	17:11+	40:53+	44:44+	46:03+	46:50+	48:21+	48:45+	50:21+	51:09+	52:38+	54:54+	56:39+	58:12+	59:09+	59:39+	61:59+	63:12+	64:41+		
01:14+	01:06+	01:27+	01:55+	00:41+	00:57+	05:36+	00:45+	03:30+	23:42+	03:51+	01:19+	00:47-	01:31+	00:24+	01:36+	00:48+	01:29+	02:16+	01:45+	01:33+	00:57+	00:30+	02:20+	01:13+	01:29+		
00:23&	00:18&	00:30&	00:15#	00:12&	00:17&	00:15+	00:05#	01:00&	20:47@	01:16&	00:22&	00:09-	00:09#	00:03#	00:19#	00:02+	00:18&	00:27#	00:32&	00:30&	00:15&	00:11&	00:41&	00:23&	00:21&		
66:59+	67:21+																										
02:18+	00:22+																										
00:59&	00:05&																										
<b>17</b>	<b>Rolf Kleppe</b>	<b>63</b>													<b>1:08:47</b>												
01:18+	02:41+	04:13+	06:41+	07:34+	08:26+	14:23+	15:20+	18:35+	40:13+	43:59+	45:17+	46:22+	48:23+	48:54+	50:31+	51:24+	53:06+	55:47+	57:37+	59:27+	60:45+	61:11+	63:30+	65:16+	66:37+		
01:18+	01:23+	01:32+	02:28+	00:53+	00:52+	05:57+	00:57+	03:15+	21:38+	03:46+	01:18+	01:05+	02:01+	00:31+	01:37+	00:53+	01:42+	02:41+	01:50+	01:50+	01:18+	00:26+	02:19+	01:46+	01:21+		
00:27&	00:35&	00:35&	00:48&	00:24&	00:12&	00:36#	00:17&	00:45&	18:43@	01:11&	00:21&	00:09#	00:39&	00:10&	00:20&	00:07#	00:31&	00:52&	00:37&	00:47&	00:36&	00:07&	00:40&	00:56@	00:13#		
68:23+	68:47+																										
01:46+	00:24+																										
00:27&	00:07&																										

### Beste strekktid for klassen

00:51 00:48 00:57 01:38 00:28 00:39 04:33 00:38 02:15 02:37 02:19 00:57 00:27 01:11 00:17 01:07 00:44 01:11 01:49 01:13 01:03 00:42 00:19 01:39 00:50 01:08 01:19 00:16

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

## Herrer 65 - 69 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>													<b>30:00</b>												
00:47=	01:28=	02:16=	03:33=	04:01=	04:35=	08:24=	08:58=	10:50=	12:58=	14:59=	15:47=	16:09=	17:17=	17:32=	18:42=	19:19=	20:30=	22:05=	23:11=	24:07=	24:48=	25:09=	26:44=	27:29=	28:32=		
00:47=	00:41=	00:48=	01:17=	00:28=	00:34=	03:49=	00:34=	01:52=	02:08=	02:01=	00:48=	00:22=	01:08=	00:15=	01:10=	00:37=	01:11=	01:35=	01:06=	00:56=	00:41=	00:21=	01:35=	00:45=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
29:43=	30:00=																										
01:11=	00:17=																										
00:00=	00:00=																										
<b>2</b>	<b>Bjørn Alsaker</b>	<b>115</b>													<b>30:29</b>												
00:45-	01:30+	02:23+	03:45+	04:12+	04:51+	08:55+	09:26+	11:36+	13:33+	15:38+	16:23+	16:47+	17:48+	18:04+	19:09+	19:43+	20:53+	22:32+	23:46+	24:43+	25:22+	25:45+	27:14+	28:05+	29:05+		
00:45-	00:45+	00:53+	01:22+	00:27-	00:39+	04:04+	00:31-	02:10+	01:57-	02:05+	00:45-	00:24+	01:01-	00:16+	01:05-	00:34-	01:10-	01:39+	01:14+	00:57+	00:39-	00:23+	01:29-	00:51+	01:00-		
00:02-	00:04+	00:05#	00:05+	00:01-	00:05#	00:15+	00:03-	00:18#	00:11-	00:04+	00:03-	00:02+	00:07-	00:01+	00:05-	00:03-	00:01-	00:04+	00:08#	00:01+	00:02-	00:02+	00:06-	00:06#	00:03-		
30:15+	30:29+																										
01:10-	00:14-																										
00:01-	00:03-																										





Class	Navn	Klasse	Tid																						
<b>21</b>	<b>Terje Langeland</b>	<b>98</b>	<b>1:11:07</b>																						
01:02+	02:06+	05:00+	06:58+	08:29+	09:27+	15:51+	16:35+	19:09+	44:18+	48:07+	49:19+	49:59+	51:46+	52:18+	53:48+	54:47+	56:21+	58:50+	60:49+	62:20+	63:22+	63:53+	66:08+	67:24+	68:52+
01:02+	01:04+	02:54+	01:58+	01:31+	00:58+	06:24+	00:44+	02:34+	25:09+	03:49+	01:12+	00:40+	01:47+	00:32+	01:30+	00:59+	01:34+	02:29+	01:59+	01:31+	01:02+	00:31+	02:15+	01:16+	01:28+
00:15&	00:23&	02:06@	00:41&	01:03@	00:24&	02:35&	00:10&	00:42&	23:01@	01:48&	00:24&	00:18&	00:39&	00:17@	00:20&	00:22&	00:23&	00:54&	00:53&	00:35&	00:21&	00:10&	00:40&	00:31&	00:25&
70:42+	71:07+																								
01:50+	00:25+																								
00:39&	00:08&																								

**Beste strekktid for klassen**

00:45 00:41 00:48 01:17 00:27 00:34 03:49 00:31 01:52 01:57 02:01 00:29 00:22 00:33 00:15 00:16 00:34 00:52 01:23 01:06 00:56 00:39 00:18 00:24 00:45 00:58 01:05 00:14

= 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>32:41</b>																						
00:55=	01:42=	02:37=	03:57=	04:25=	05:04=	08:53=	09:25=	11:42=	15:34=	17:35=	18:25=	18:48=	19:54=	20:09=	21:10=	21:46=	22:51=	24:42=	25:51=	26:48=	27:31=	27:51=	29:18=	30:07=	31:04=
00:55=	00:47=	00:55=	01:20=	00:28=	00:39=	03:49=	00:32=	02:17=	03:52=	02:01=	00:50=	00:23=	01:06=	00:15=	01:01=	00:36=	01:05=	01:51=	01:09=	00:57=	00:43=	00:20=	01:27=	00:49=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
32:24=	32:41=																								
01:20=	00:17=																								
00:00=	00:00=																								
<b>2</b>	<b>Paul A. Paulsen</b>	<b>117</b>	<b>39:32</b>																						
00:51-	01:42=	02:50+	04:46+	05:25+	06:11+	11:23+	12:09+	14:44+	18:15+	20:41+	21:38+	22:11+	23:17+	23:41+	25:26+	26:11+	27:40+	29:54+	31:19+	32:19+	33:08+	33:31+	35:22+	36:23+	37:50+
00:51-	00:51+	01:08+	01:56+	00:39+	00:46+	05:12+	00:46+	02:35+	03:31-	02:26+	00:57+	00:33+	01:06=	00:24+	01:45+	00:45+	01:29+	02:14+	01:25+	01:00+	00:49+	00:23+	01:51+	01:01+	01:27+
00:04-	00:04+	00:13#	00:36&	00:11&	00:07#	01:23&	00:14&	00:18#	00:21-	00:25#	00:07#	00:10&	00:00=	00:09&	00:44&	00:09#	00:24&	00:23#	00:16#	00:03+	00:06#	00:03#	00:24&	00:12#	00:30&
39:13+	39:32+																								
01:23+	00:19+																								
00:03+	00:02#																								
<b>3</b>	<b>Finn Morten Årstad</b>	<b>115</b>	<b>39:37</b>																						
01:06+	02:06+	03:15+	05:01+	05:41+	06:27+	11:10+	11:49+	15:27+	18:07+	20:35+	21:32+	22:02+	23:36+	23:56+	25:16+	26:03+	27:37+	29:55+	31:12+	32:18+	33:12+	33:38+	35:34+	36:38+	37:57+
01:06+	01:00+	01:09+	01:46+	00:40+	00:46+	04:43+	00:39+	03:38+	02:40-	02:28+	00:57+	00:30+	01:34+	00:20+	01:20+	00:47+	01:34+	02:18+	01:17+	01:06+	00:54+	00:26+	01:56+	01:04+	01:19+
00:11#	00:13&	00:14&	00:26&	00:12&	00:07#	00:54#	00:07#	01:21&	01:12-	00:27#	00:07#	00:07&	00:28&	00:05&	00:19&	00:11&	00:29&	00:27#	00:08#	00:09#	00:11&	00:06&	00:29&	00:15&	00:22&
39:20+	39:37+																								
01:23+	00:17=																								
00:03+	00:00=																								
<b>4</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>	<b>39:59</b>																						
01:00+	01:54+	02:52+	04:33+	05:15+	05:55+	10:26+	11:09+	13:39+	16:22+	19:15+	20:17+	20:45+	22:19+	22:54+	24:06+	25:01+	26:30+	28:33+	30:50+	33:11+	34:07+	34:28+	36:16+	37:08+	38:18+
01:00+	00:54+	00:58+	01:41+	00:42+	00:40+	04:31+	00:43+	02:30+	02:43-	02:53+	01:02+	00:28+	01:34+	00:35+	01:12+	00:55+	01:29+	02:03+	02:17+	02:21+	00:56+	00:21+	01:48+	00:52+	01:10+
00:05+	00:07#	00:03+	00:21&	00:14&	00:01+	00:42#	00:11&	00:13+	01:09-	00:52&	00:12#	00:05#	00:28&	00:20@	00:11#	00:19&	00:24&	00:12#	01:08&	01:24@	00:13&	00:01+	00:21#	00:03+	00:13#
39:42+	39:59+																								
01:24+	00:17=																								
00:04+	00:00=																								
<b>5</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>40:23</b>																						
01:06+	02:03+	03:14+	05:02+	05:37+	06:27+	11:26+	12:06+	14:49+	18:01+	20:48+	21:54+	22:22+	24:01+	24:19+	25:36+	26:20+	27:47+	30:15+	31:47+	33:02+	33:59+	34:23+	36:15+	37:16+	38:33+
01:06+	00:57+	01:11+	01:48+	00:35+	00:50+	04:59+	00:40+	02:43+	03:12-	02:47+	01:06+	00:28+	01:39+	00:18+	01:17+	00:44+	01:27+	02:28+	01:32+	01:15+	00:57+	00:24+	01:52+	01:01+	01:17+
00:11#	00:10#	00:16&	00:28&	00:07#	00:11&	01:10&	00:08#	00:26#	00:40-	00:46&	00:16&	00:05#	00:33&	00:03#	00:16&	00:08#	00:22&	00:37&	00:23&	00:18&	00:14&	00:04#	00:25&	00:12#	00:20&
40:03+	40:23+																								
01:30+	00:20+																								
00:10#	00:03#																								
<b>6</b>	<b>Arne Østensen</b>	<b>90</b>	<b>40:56</b>																						
01:14+	02:06+	03:11+	04:52+	06:01+	06:40+	12:00+	12:40+	15:51+	18:40+	21:44+	23:32+	24:15+	25:26+	25:44+	27:02+	27:50+	29:14+	31:18+	32:35+	33:47+	34:38+	35:03+	36:56+	37:52+	39:14+
01:14+	00:52+	01:05+	01:41+	01:09+	00:39=	05:20+	00:40+	03:11+	02:49-	03:04+	01:48+	00:43+	01:11+	00:18+	01:18+	00:48+	01:24+	02:04+	01:17+	01:12+	00:51+	00:25+	01:53+	00:56+	01:22+
00:19&	00:05#	00:10#	00:21&	00:41@	00:00=	01:31&	00:08#	00:54&	01:03-	01:03&	00:58@	00:20&	00:05+	00:03#	00:17&	00:12&	00:19&	00:13#	00:08#	00:15&	00:08#	00:05#	00:26&	00:07#	00:25&
40:36+	40:56+																								
01:22+	00:20+																								
00:02+	00:03#																								
<b>7</b>	<b>Øyvind Egeskog</b>	<b>5</b>	<b>41:05</b>																						
00:56+	01:56+	03:09+	04:59+	05:35+	06:23+	11:48+	12:27+	14:54+	17:51+	20:39+	21:56+	22:26+	24:05+	24:24+	25:59+	26:45+	28:24+	30:34+	31:54+	32:59+	34:00+	34:28+	36:34+	37:42+	39:08+
00:56+	01:00+	01:13+	01:50+	00:36+	00:48+	05:25+	00:39+	02:27+	02:57-	02:48+	01:17+	00:30+	01:39+	00:19+	01:35+	00:46+	01:39+	02:10+	01:20+	01:05+	01:01+	00:28+	02:06+	01:08+	01:26+
00:01+	00:13&	00:18&	00:30&	00:08&	00:09#	01:36&	00:07#	00:10+	00:55-	00:47&	00:27&	00:07&	00:33&	00:04&	00:34&	00:10&	00:34&	00:19#	00:11#	00:08#	00:18&	00:08&	00:39&	00:19&	00:29&
40:46+	41:05+																								
01:38+	00:19+																								
00:18#	00:02#																								

<b>Class</b>	<b>Navn</b>	<b>Klasse</b>																			<b>Tid</b>				
<b>8</b>	<b>Norvald Skretting</b>	<b>43</b>																			<b>41:51</b>				
01:06+	02:03+	03:46+	05:31+	06:17+	07:04+	12:00+	12:45+	15:31+	18:37+	21:15+	22:13+	22:52+	24:26+	24:52+	26:13+	26:57+	28:35+	31:11+	32:44+	34:07+	35:00+	35:28+	37:25+	38:27+	39:43+
01:06+	00:57+	01:43+	01:45+	00:46+	00:47+	04:56+	00:45+	02:46+	03:06-	02:38+	00:58+	00:39+	01:34+	00:26+	01:21+	00:44+	01:38+	02:36+	01:33+	01:23+	00:53+	00:28+	01:57+	01:02+	01:16+
00:11#	00:10#	00:48&	00:25&	00:18&	00:08#	01:07&	00:13&	00:29#	00:46-	00:37&	00:08#	00:16&	00:28&	00:11&	00:20&	00:08#	00:33&	00:45&	00:24&	00:26&	00:10#	00:08&	00:30&	00:13&	00:19&
41:30+	41:51+																								
01:47+	00:21+																								
00:27&	00:04#																								
<b>9</b>	<b>Jostein Tunheim</b>	<b>116</b>																			<b>41:55</b>				
01:03+	02:06+	03:17+	04:59+	06:35+	08:55+	13:30+	14:20+	16:49+	19:20+	21:35+	22:35+	23:08+	25:39+	26:01+	27:24+	28:08+	29:37+	31:41+	33:08+	34:29+	35:20+	35:42+	37:43+	38:45+	40:04+
01:03+	01:03+	01:11+	01:42+	01:36+	02:20+	04:35+	00:50+	02:29+	02:31-	02:15+	01:00+	00:33+	02:31+	00:22+	01:23+	00:44+	01:29+	02:04+	01:27+	01:21+	00:51+	00:22+	02:01+	01:02+	01:19+
00:08#	00:16&	00:16&	00:22&	01:08@	01:41@	00:46#	00:18&	00:12+	01:21-	00:14#	00:10#	00:10&	01:25@	00:07&	00:22&	00:08#	00:24&	00:13#	00:18&	00:24&	00:08#	00:02#	00:34&	00:13&	00:22&
41:35+	41:55+																								
01:31+	00:20+																								
00:11#	00:03#																								
<b>10</b>	<b>Kjell Svihus</b>	<b>154</b>																			<b>42:08</b>				
00:55+	01:54+	03:07+	04:49+	05:54+	06:41+	11:40+	12:24+	14:39+	20:10+	22:59+	24:02+	24:30+	25:44+	26:06+	28:08+	28:52+	30:18+	32:29+	33:40+	34:34+	35:25+	36:23+	38:16+	39:12+	40:25+
00:55+	00:59+	01:13+	01:42+	01:05+	00:47+	04:59+	00:44+	02:15-	05:31+	02:49+	01:03+	00:28+	01:14+	00:22+	02:02+	00:44+	01:26+	02:11+	01:11+	00:54-	00:51+	00:58+	01:53+	00:56+	01:13+
00:00=	00:12&	00:18&	00:22&	00:37@	00:08#	01:10&	00:12&	00:02-	01:39&	00:48&	00:13&	00:05#	00:08#	00:07&	01:01&	00:08#	00:21&	00:20#	00:02+	00:03-	00:08#	00:38@	00:26&	00:07#	00:16&
41:50+	42:08+																								
01:25+	00:18+																								
00:05+	00:01+																								
<b>11</b>	<b>Sverre Vatland</b>	<b>93</b>																			<b>44:36</b>				
01:09+	02:22+	04:01+	05:58+	06:40+	07:34+	13:30+	14:14+	17:23+	20:25+	23:29+	24:47+	25:17+	26:51+	27:11+	28:35+	29:25+	31:03+	33:23+	34:59+	36:23+	37:20+	37:47+	40:00+	41:13+	42:36+
01:09+	01:13+	01:39+	01:57+	00:42+	00:54+	05:56+	00:44+	03:09+	03:02-	03:04+	01:18+	00:30+	01:34+	00:20+	01:24+	00:50+	01:38+	02:20+	01:36+	01:24+	00:57+	00:27+	02:13+	01:13+	01:23+
00:14&	00:26&	00:44&	00:37&	00:14&	00:15&	02:07&	00:12&	00:52&	00:50-	01:03&	00:28&	00:07&	00:28&	00:05&	00:23&	00:14&	00:33&	00:29&	00:27&	00:27&	00:14&	00:07&	00:46&	00:24&	00:26&
44:18+	44:36+																								
01:42+	00:18+																								
00:22&	00:01+																								
<b>12</b>	<b>Knut Jonas Espedal</b>	<b>53</b>																			<b>46:23</b>				
01:17+	02:27+	03:49+	05:56+	06:38+	07:31+	13:15+	14:13+	17:26+	20:49+	23:53+	25:09+	25:49+	27:24+	27:50+	29:26+	30:19+	32:02+	34:32+	36:19+	37:45+	38:50+	39:22+	41:41+	42:51+	44:18+
01:17+	01:10+	01:22+	02:07+	00:42+	00:53+	05:44+	00:58+	03:13+	03:23-	03:04+	01:16+	00:40+	01:35+	00:26+	01:36+	00:53+	01:43+	02:30+	01:47+	01:26+	01:05+	00:32+	02:19+	01:10+	01:27+
00:22&	00:23&	00:27&	00:47&	00:14&	00:14&	01:55&	00:26&	00:56&	00:29-	01:03&	00:26&	00:17&	00:29&	00:11&	00:35&	00:17&	00:38&	00:39&	00:38&	00:29&	00:22&	00:12&	00:52&	00:21&	00:30&
46:00+	46:23+																								
01:42+	00:23+																								
00:22&	00:06&																								
<b>13</b>	<b>Steinar Undheim</b>	<b>54</b>																			<b>47:18</b>				
01:08+	02:14+	03:23+	07:44+	08:24+	09:14+	16:34+	17:09+	20:32+	23:35+	26:49+	27:52+	28:22+	30:00+	30:31+	32:00+	32:49+	34:23+	36:38+	38:05+	39:31+	40:26+	40:53+	42:55+	43:58+	45:20+
01:08+	01:06+	01:09+	04:21+	00:40+	00:50+	07:20+	00:35+	03:23+	03:03-	03:14+	01:03+	00:30+	01:38+	00:31+	01:29+	00:49+	01:34+	02:15+	01:27+	01:26+	00:55+	00:27+	02:02+	01:03+	01:22+
00:13#	00:19&	00:14&	03:01@	00:12&	00:11&	03:31&	00:03+	01:06&	00:49-	01:13&	00:13&	00:07&	00:32&	00:16@	00:28&	00:13&	00:29&	00:24#	00:18&	00:29&	00:12&	00:07&	00:35&	00:14&	00:25&
46:57+	47:18+																								
01:37+	00:21+																								
00:17#	00:04#																								
<b>14</b>	<b>Hermann Skogsholm</b>	<b>53</b>																			<b>48:11</b>				
01:10+	02:10+	03:26+	05:15+	05:51+	06:53+	13:15+	14:02+	16:54+	20:58+	24:57+	26:14+	26:47+	28:22+	28:46+	30:22+	31:39+	33:31+	36:07+	38:02+	39:33+	41:00+	41:27+	43:43+	44:52+	46:18+
01:10+	01:00+	01:16+	01:49+	00:36+	01:02+	06:22+	00:47+	02:52+	04:04+	03:59+	01:17+	00:33+	01:35+	00:24+	01:36+	01:17+	01:52+	02:36+	01:55+	01:31+	01:27+	00:27+	02:16+	01:09+	01:26+
00:15&	00:13&	00:21&	00:29&	00:08&	00:23&	02:33&	00:15&	00:35&	00:12+	01:58&	00:27&	00:10&	00:29&	00:09&	00:35&	00:41@	00:47&	00:45&	00:46&	00:34&	00:44@	00:07&	00:49&	00:20&	00:29&
47:48+	48:11+																								
01:30+	00:23+																								
00:10#	00:06&																								
<b>15</b>	<b>Hans Klausen</b>	<b>62</b>																			<b>48:23</b>				
01:00+	02:02+	03:21+	05:11+	05:46+	06:28+	13:01+	14:11+	16:57+	20:02+	22:43+	23:50+	24:16+	25:40+	26:04+	27:27+	28:20+	29:57+	32:14+	38:51+	40:02+	41:12+	41:40+	43:33+	45:12+	46:31+
01:00+	01:02+	01:19+	01:50+	00:35+	00:42+	06:33+	01:10+	02:46+	03:05-	02:41+	01:07+	00:26+	01:24+	00:24+	01:23+	00:53+	01:37+	02:17+	06:37+	01:11+	01:10+	00:28+	01:53+	01:39+	01:19+
00:05+	00:15&	00:24&	00:30&	00:07#	00:03+	02:44&	00:38@	00:29#	00:47-	00:40&	00:17&	00:03#	00:18&	00:09&	00:22&	00:17&	00:32&	00:26#	05:28@	00:14#	00:27&	00:08&	00:26&	00:50@	00:22&
48:05+	48:23+																								
01:34+	00:18+																								
00:14#	00:01+																								
<b>16</b>	<b>Arvid Thorsen</b>	<b>5</b>																			<b>49:25</b>				
00:54-	01:52+	03:09+	04:48+	05:28+	06:20+	11:19+	11:57+	14:15+	27:48+	30:39+	31:43+	32:13+	33:33+	34:01+	35:10+	35:53+	37:20+	39:25+	40:43+	41:48+	42:39+	43:06+	44:56+	46:10+	47:36+
00:54-	00:58+	01:17+	01:39+	00:40+	00:52+	04:59+	00:38+	02:18+	13:33+	02:51+	01:04+	00:30+	01:20+	00:28+	01:09+	00:43+	01:27+	02:05+	01:18+	01:05+	00:51+	00:27+	01:50+	01:14+	01:26+
00:01-	00:11#	00:22&	00:19#	00:12&	00:13&	01:10&	00:06#	00:01+	09:41@	00:50&	00:14&	00:07&	00:14#	00:13&	00:08#	00:07#	00:22&	00:14#	00:09#	00:08#	00:08#	00:07&	00:23&	00:25&	00:29&
49:06+	49:25+																								
01:30+	00:19+																								
00:10#	00:02#																								



Class	Navn	Klasse										Tid													
<b>17</b>	<b>Ole Auklend</b>	<b>106</b>										<b>50:59</b>													
01:08+	02:09+	03:58+	06:02+	06:39+	07:34+	13:57+	14:50+	18:13+	22:06+	26:09+	27:34+	28:08+	29:40+	30:09+	32:01+	33:07+	34:58+	37:54+	39:43+	41:21+	42:38+	43:10+	45:26+	46:48+	48:31+
01:08+	01:01+	01:49+	02:04+	00:37+	00:55+	06:23+	00:53+	03:23+	03:53+	04:03+	01:25+	00:34+	01:32+	00:29+	01:52+	01:06+	01:51+	02:56+	01:49+	01:38+	01:17+	00:32+	02:16+	01:22+	01:43+
00:13#	00:14&	00:54&	00:44&	00:09&	00:16&	02:34&	00:21&	01:06&	00:01+	02:02@	00:35&	00:11&	00:26&	00:14&	00:51&	00:30&	00:46&	01:05&	00:40&	00:41&	00:34&	00:12&	00:49&	00:33&	00:46&
50:34+	50:59+																								
02:03+	00:25+																								
00:43&	00:08&																								

<b>18</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>										<b>56:42</b>													
01:17+	02:35+	05:15+	08:19+	09:07+	10:06+	16:46+	17:37+	21:04+	25:23+	29:31+	31:15+	31:58+	33:35+	34:07+	35:41+	36:37+	38:42+	41:43+	45:07+	46:45+	48:18+	48:51+	51:01+	52:35+	54:17+
01:17+	01:18+	02:40+	03:04+	00:48+	00:59+	06:40+	00:51+	03:27+	04:19+	04:08+	01:44+	00:43+	01:37+	00:32+	01:34+	00:56+	02:05+	03:01+	03:24+	01:38+	01:33+	00:33+	02:10+	01:34+	01:42+
00:22&	00:31&	01:45@	01:44@	00:20&	00:20&	02:51&	00:19&	01:10&	00:27#	02:07@	00:54@	00:20&	00:31&	00:17@	00:33&	00:20&	01:00&	01:10&	02:15@	00:41&	00:50@	00:13&	00:43&	00:45&	00:45&
56:17+	56:42+																								
02:00+	00:25+																								
00:40&	00:08&																								

<b>19</b>	<b>Odd Garpestad</b>	<b>29</b>										<b>56:58</b>													
00:54-	01:49+	02:43+	04:11+	07:43+	08:17+	12:10+	12:42+	14:54+	34:33+	37:13+	38:32+	39:12+	40:40+	41:10+	42:38+	43:19+	44:45+	47:05+	48:53+	50:00+	50:53+	51:20+	53:11+	54:10+	55:21+
00:54-	00:55+	00:54-	01:28+	03:32+	00:34-	03:53+	00:32=	02:12-	19:39+	02:40+	01:19+	00:40+	01:28+	00:30+	01:28+	00:41+	01:26+	02:20+	01:48+	01:07+	00:53+	00:27+	01:51+	00:59+	01:11+
00:01-	00:08#	00:01-	00:08#	03:04@	00:05-	00:04+	00:00=	00:05-	15:47@	00:39&	00:29&	00:17&	00:22&	00:15&	00:27&	00:05#	00:21&	00:29&	00:39&	00:10#	00:10#	00:07&	00:24&	00:10#	00:14#
56:41+	56:58+																								
01:20=	00:17=																								
00:00=	00:00=																								

<b>20</b>	<b>Jan H. Sagen</b>	<b>92</b>										<b>57:41</b>													
01:15+	02:37+	04:06+	06:36+	07:29+	08:29+	15:27+	16:35+	21:57+	26:12+	30:38+	32:15+	33:02+	34:58+	35:25+	37:20+	38:21+	40:19+	43:21+	45:21+	47:00+	48:28+	49:07+	51:41+	53:09+	55:14+
01:15+	01:22+	01:29+	02:30+	00:53+	01:00+	06:58+	01:08+	05:22+	04:15+	04:26+	01:37+	00:47+	01:56+	00:27+	01:55+	01:01+	01:58+	03:02+	02:00+	01:39+	01:28+	00:39+	02:34+	01:28+	02:05+
00:20&	00:35&	00:34&	01:10&	00:25&	00:21&	03:09&	00:36@	03:05@	00:23+	02:25@	00:47&	00:24@	00:50&	00:12&	00:54&	00:25&	00:53&	01:11&	00:51&	00:42&	00:45@	00:19&	01:07&	00:39&	01:08@
57:16+	57:41+																								
02:02+	00:25+																								
00:42&	00:08&																								

<b>21</b>	<b>Svein Eliassen</b>	<b>116</b>										<b>1:01:33</b>													
04:32+	05:41+	07:20+	10:26+	11:17+	12:51+	18:27+	19:23+	23:51+	31:42+	36:10+	37:14+	38:18+	39:51+	40:18+	42:14+	43:03+	45:04+	48:08+	50:59+	52:31+	53:19+	53:50+	56:23+	57:56+	59:38+
04:32+	01:09+	01:39+	03:06+	00:51+	01:34+	05:36+	00:56+	04:28+	07:51+	04:28+	01:04+	01:04+	01:33+	00:27+	01:56+	00:49+	02:01+	03:04+	02:51+	01:32+	00:48+	00:31+	02:33+	01:33+	01:42+
03:37@	00:22&	00:44&	01:46@	00:23&	00:55@	01:47&	00:24&	02:11&	03:59@	02:27@	00:14&	00:41@	00:27&	00:12&	00:55&	00:13&	00:56&	01:13&	01:42@	00:35&	00:05#	00:11&	01:06&	00:44&	00:45&
61:12+	61:33+																								
01:34+	00:21+																								
00:14#	00:04#																								

<b>22</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>1:24:04</b>													
01:54+	03:18+	05:44+	09:22+	10:33+	11:58+	22:09+	23:42+	29:12+	35:54+	46:49+	48:39+	49:45+	52:36+	53:15+	55:42+	57:05+	59:56+	64:05+	66:30+	68:47+	70:40+	71:39+	75:19+	77:49+	80:48+
01:54+	01:24+	02:26+	03:38+	01:11+	01:25+	10:11+	01:33+	05:30+	06:42+	10:55+	01:50+	01:06+	02:51+	00:39+	02:27+	01:23+	02:51+	04:09+	02:25+	02:17+	01:53+	00:59+	03:40+	02:30+	02:59+
00:59@	00:37&	01:31@	02:18@	00:43@	00:46@	06:22@	01:01@	03:13@	02:50&	08:54@	01:00@	00:43@	01:45@	00:24@	01:26@	00:47@	01:46@	02:18@	01:16@	01:20@	01:10@	00:39@	02:13@	01:41@	02:02@
83:24+	84:04+																								
02:36+	00:40+																								
01:16&	00:23@																								

### Beste strekktid for klassen

00:51 00:47 00:54 01:20 00:28 00:34 03:49 00:32 02:12 02:31 02:01 00:50 00:23 01:06 00:15 01:01 00:36 01:05 01:51 01:09 00:54 00:43 00:20 01:27 00:49 00:57 01:20 00:17

= 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>37:25</b>													
00:57=	01:52=	03:01=	04:59=	05:56=	07:26=	09:08=	09:31=	10:06=	13:12=	16:20=	19:14=	21:08=	22:09=	23:03=	24:36=	26:42=	27:31=	29:05=	29:49=	31:09=	33:02=	33:58=	35:29=	37:04=	37:25=
00:57=	00:55=	01:09=	01:58=	00:57=	01:30=	01:42=	00:23=	00:35=	03:06=	03:08=	02:54=	01:54=	01:01=	00:54=	01:33=	02:06=	00:49=	01:34=	00:44=	01:20=	01:53=	00:56=	01:31=	01:35=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Jan Værp</b>	<b>62</b>										<b>40:58</b>													
01:03+	02:13+	03:49+	05:37+	06:49+	08:03+	09:31+	09:56+	10:34+	13:57+	17:34+	20:48+	22:31+	23:56+	24:51+	26:28+	28:58+	30:09+	31:56+	32:54+	34:30+	36:33+	37:41+	39:06+	40:40+	40:58+
01:03+	01:10+	01:36+	01:48-	01:12+	01:14-	01:28-	00:25+	00:38+	03:23+	03:37+	03:14+	01:43-	01:25+	00:55+	01:37+	02:30+	01:11+	01:47+	00:58+	01:36+	02:03+	01:08+	01:25-	01:34-	00:18-
00:06#	00:15&	00:27&	00:10-	00:15&	00:16-	00:14-	00:02+	00:03+	00:17+	00:29#	00:20#	00:11-	00:24&	00:01+	00:04+	00:24#	00:22&	00:13#	00:14&	00:16#	00:10+	00:12#	00:06-	00:01-	00:03-

<b>3</b>	<b>Arne Tveita</b>	<b>109</b>										<b>45:11</b>													
01:08+	02:52+	04:29+	06:51+	08:16+	09:40+	11:17+	11:43+	12:16+	16:10+	20:07+	23:22+	25:07+	26:04+	27:08+	28:54+	31:38+	33:12+	35:36+	36:30+	38:01+	40:11+	41:32+	43:10+	44:53+	45:11+
01:08+	01:44+	01:37+	02:22+	01:25+	01:24-	01:37-	00:26+	00:33-	03:54+	03:57+	03:15+	01:45-	00:57-	01:04+	01:46+	02:44+	01:34+	02:24+	00:54+	01:31+	02:10+	01:21+	01:38+	01:43+	00:18-
00:11#	00:49&	00:28&	00:24#	00:28&	00:06-	00:05-	00:03#	00:02-	00:48&	00:49&	00:21#	00:09-	00:04-	00:10#	00:13#	00:38&	00:45&	00:50&	00:10#	00:11#	00:17#	00:25&	00:07+	00:08+	00:03-

Class	Navn	Klasse	Tid																						
<b>4</b>	<b>Terje Braut</b>	<b>92</b>	<b>45:43</b>																						
01:11+	02:21+	03:51+	06:01+	07:26+	09:00+	10:38+	11:00+	11:34+	15:12+	20:41+	23:36+	25:16+	26:30+	27:36+	29:24+	31:54+	33:50+	35:54+	37:02+	38:39+	40:49+	42:10+	43:33+	45:25+	45:43+
01:11+	01:10+	01:30+	02:10+	01:25+	01:34+	01:38-	00:22-	00:34-	03:38+	05:29+	02:55+	01:40-	01:14+	01:06+	01:48+	02:30+	01:56+	02:04+	01:08+	01:37+	02:10+	01:21+	01:23-	01:52+	00:18-
00:14#	00:15&	00:21&	00:12#	00:28&	00:04+	00:04-	00:01-	00:01-	00:32#	02:21&	00:01+	00:14-	00:13#	00:12#	00:15#	00:24#	01:07#	00:30&	00:24&	00:17#	00:17#	00:25&	00:08-	00:17#	00:03-
<b>5</b>	<b>Jan Bekkeheien</b>	<b>92</b>	<b>51:01</b>																						
01:43+	02:50+	04:59+	07:10+	08:24+	13:28+	15:04+	15:24+	15:54+	19:20+	23:32+	26:49+	28:37+	30:21+	31:46+	33:31+	36:43+	38:07+	40:32+	41:50+	43:25+	45:40+	46:57+	48:33+	50:35+	51:01+
01:43+	01:07+	02:09+	02:11+	01:14+	05:04+	01:36-	00:20-	00:30-	03:26+	04:12+	03:17+	01:48-	01:44+	01:25+	01:45+	03:12+	01:24+	02:25+	01:18+	01:35+	02:15+	01:17+	01:36+	02:02+	00:26+
00:46&	00:12#	01:00&	00:13#	00:17&	03:34#	00:06-	00:03-	00:05-	00:20#	01:04&	00:23#	00:06-	00:43&	00:31&	00:12#	01:06&	00:35&	00:51&	00:34&	00:15#	00:22#	00:21&	00:05+	00:27&	00:05#
<b>6</b>	<b>Gunnar Furland</b>	<b>93</b>	<b>54:24</b>																						
01:16+	02:49+	04:38+	07:10+	08:43+	10:29+	12:27+	13:20+	14:02+	17:50+	22:27+	26:52+	29:50+	31:23+	32:41+	34:35+	37:27+	39:02+	41:27+	42:41+	44:26+	46:50+	48:25+	52:06+	54:01+	54:24+
01:16+	01:33+	01:49+	02:32+	01:33+	01:46+	01:58+	00:53+	00:42+	03:48+	04:37+	04:25+	02:58+	01:33+	01:18+	01:54+	02:52+	01:35+	02:25+	01:14+	01:45+	02:24+	01:35+	03:41+	01:55+	00:23+
00:19&	00:38&	00:40&	00:34&	00:36&	00:16#	00:16#	00:30#	00:07#	00:42#	01:29&	01:31&	01:04&	00:32&	00:24&	00:21#	00:46&	00:46&	00:51&	00:30&	00:25&	00:31&	00:39&	02:10#	00:20#	00:02+
<b>7</b>	<b>Rolv Nærland</b>	<b>63</b>	<b>56:27</b>																						
01:14+	02:28+	03:57+	06:43+	08:17+	10:12+	12:03+	12:44+	13:31+	17:24+	21:56+	26:45+	29:57+	31:43+	34:02+	35:44+	38:49+	40:23+	43:05+	44:22+	46:27+	50:25+	51:54+	53:57+	56:03+	56:27+
01:14+	01:14+	01:29+	02:46+	01:34+	01:55+	01:51+	00:41+	00:47+	03:53+	04:32+	04:49+	03:12+	01:46+	02:19+	01:42+	03:05+	01:34+	02:42+	01:17+	02:05+	03:58+	01:29+	02:03+	02:06+	00:24+
00:17&	00:19&	00:26&	00:48&	00:37&	00:25&	00:09+	00:18&	00:12&	00:47&	01:24&	01:55&	01:18&	00:45&	01:25#	00:09+	00:59&	00:45&	01:08&	00:33&	00:45&	02:05#	00:33&	00:32&	00:31&	00:03#
<b>8</b>	<b>Kjell Maudal</b>	<b>63</b>	<b>57:25</b>																						
02:04+	03:29+	05:04+	07:46+	09:20+	11:08+	13:07+	13:48+	14:33+	18:29+	23:13+	27:58+	30:59+	32:40+	34:53+	36:48+	39:51+	41:25+	44:11+	45:25+	47:24+	51:30+	53:00+	54:58+	56:59+	57:25+
02:04+	01:25+	01:35+	02:42+	01:34+	01:48+	01:59+	00:41+	00:45+	03:56+	04:44+	04:45+	03:01+	01:41+	02:13+	01:55+	03:03+	01:34+	02:46+	01:14+	01:59+	04:06+	01:30+	01:58+	02:01+	00:26+
01:07#	00:30&	00:26&	00:44&	00:37&	00:18#	00:17#	00:18&	00:10&	00:50&	01:36&	01:51&	01:07&	00:40&	01:19#	00:22#	00:57&	00:45&	01:12&	00:30&	00:39&	02:13#	00:34&	00:27&	00:26&	00:05#

### Beste strekktid for klassen

00:57 00:55 01:09 01:48 00:57 01:14 01:28 00:20 00:30 03:06 03:08 02:54 01:40 00:57 00:54 01:33 02:06 00:49 01:34 00:44 01:20 01:53 00:56 01:23 01:34 00:18

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

## Herrer 80 år og eldre

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

### Beste strekktid for klassen

01:25 02:14 00:46 01:52 02:53 02:29 02:37 01:40 00:36 01:24 01:42 01:13 02:28 01:55 01:20 02:44 01:00 01:27 02:19 00:28 00:20

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

## Herrer A

<b>1</b>	<b>Clemens Øxnevad</b>	<b>114</b>	<b>33:36</b>																						
00:47=	01:23=	02:01=	02:48=	06:40=	09:46=	10:13=	12:00=	13:37=	13:57=	14:23=	15:08=	16:00=	18:21=	19:46=	20:51=	21:30=	23:14=	24:06=	25:31=	27:20=	27:34=	27:52=	29:06=	29:43=	30:54=
00:47=	00:36=	00:38=	00:47=	03:52=	03:06=	00:27=	01:47=	01:37=	00:20=	00:26=	00:45=	00:52=	02:21=	01:25=	01:05=	00:39=	01:44=	00:52=	01:25=	01:49=	00:14=	00:18=	01:14=	00:37=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
31:28=	32:14=	32:49=	33:23=	33:36=																					
00:34=	00:46=	00:35=	00:34=	00:13=																					
00:00=	00:00=	00:00=	00:00=	00:00=																					





Class	Navn	Class	Tid
<b>8</b>	<b>Morten Aamodt</b>	<b>116</b>	<b>39:49</b>
00:45=	01:29+ 02:13+ 03:12+ 08:16+ 12:24+	12:58+ 14:44+ 16:44+ 17:03+	17:39+ 18:30+ 19:26+
00:45=	00:44+ 00:44+ 00:59+ 05:04+ 04:08+	00:34+ 01:46+ 02:00+ 00:19=	00:36+ 00:51+ 00:56-
00:00=	00:07# 00:01+ 00:04+ 00:35#	00:27# 00:09# 00:08+ 00:07+	00:00= 00:08& 00:05# 00:08-
37:26+	38:19+ 38:58+ 39:33+ 39:49+		00:22# 00:00= 00:15# 00:05# 00:06+
00:43+	00:53+ 00:39- 00:35=	00:16=	00:07- 00:07+ 00:04+ 00:06& 00:01- 00:03+
00:02+	00:01+ 00:02- 00:00=	00:00=	00:04# 00:00=
<b>9</b>	<b>Terje Michaelson</b>	<b>47</b>	<b>39:58</b>
00:44-	01:23+ 02:14+ 03:33+ 09:03+	12:47+	13:12+ 14:59+ 16:56+
00:44-	00:39+ 00:51+ 01:19+ 05:30+	03:44+	00:25= 01:47+ 01:57+
00:01-	00:02+ 00:08# 00:24# 01:01#	00:03+	00:00= 00:09+ 00:04+
37:36+	38:30+ 39:09+ 39:45+ 39:58+		00:11& 00:04+ 00:10#
00:44+	00:54+ 00:39- 00:36+	00:13-	00:11+ 00:00= 00:01+ 00:05#
00:03+	00:02+ 00:02- 00:01+	00:03-	00:01+ 00:05# 00:14# 00:08#
<b>10</b>	<b>Odd Fuglestad</b>	<b>250</b>	<b>40:25</b>
00:42-	01:22= 02:14+ 03:21+ 08:29+	12:13+	12:42+ 14:25+ 16:27+
00:42-	00:40+ 00:52+ 01:07+ 05:08+	03:44+	00:29+ 01:43+ 02:02+
00:03-	00:03+ 00:09# 00:12# 00:39#	00:03+	00:04# 00:05+ 00:09+
37:43+	38:42+ 39:28+ 40:09+ 40:25+		00:06& 00:05# 00:05-
00:55+	00:59+ 00:46+ 00:41+ 00:16=	00:00=	00:38& 00:04+ 00:05+ 00:02-
00:14&	00:07# 00:05# 00:06#	00:00=	00:18# 00:00= 00:09+ 00:04+ 00:03#
<b>11</b>	<b>Jan-Rune Basso</b>	<b>91</b>	<b>40:59</b>
00:44-	01:23+ 02:12+ 03:33+ 08:39+	12:37+	13:11+ 14:49+ 16:44+
00:44-	00:39+ 00:49+ 01:21+ 05:06+	03:58+	00:34+ 01:38= 01:55+
00:01-	00:02+ 00:06# 00:26# 00:37#	00:17+	00:09& 00:00= 00:02+
38:24+	39:20+ 40:06+ 40:43+ 40:59+		00:03# 00:05# 00:03+
00:45+	00:56+ 00:46+ 00:37+	00:16=	00:03+ 00:05+ 00:20# 00:16#
00:04+	00:04+ 00:05# 00:02+ 00:00=	00:00=	00:03+ 00:00= 00:23# 00:06#
<b>12</b>	<b>Njål F. Vadla</b>	<b>93</b>	<b>41:04</b>
00:42-	01:21- 02:08+ 03:03+ 07:55+	11:50+	12:17+ 14:09+ 15:56+
00:42-	00:39+ 00:47+ 00:55=	04:52+	03:55+ 00:27+ 01:52+
00:03-	00:02+ 00:04+ 00:00=	00:23+	00:14+ 00:02+ 00:04#
38:29+	39:29+ 40:12+ 40:50+	41:04+	00:06-
00:45+	01:00+ 00:43+ 00:38+	00:14-	00:04# 00:05+
00:04+	00:08# 00:02+ 00:03+	00:02-	00:01-
<b>13</b>	<b>Tom Furland</b>	<b>62</b>	<b>41:41</b>
00:45=	01:25+ 02:15+ 03:13+ 08:08+	12:53+	13:21+ 15:03+ 16:50+
00:45=	00:40+ 00:50+ 00:58+ 04:55+	04:45+	00:28+ 01:42+ 01:47-
00:00=	00:03+ 00:07# 00:03+ 00:26+	01:04&	00:03# 00:04+ 00:06-
39:08+	40:05+ 40:46+ 41:24+ 41:41+		00:04# 00:03# 00:31&
00:47+	00:57+ 00:41= 00:38+	00:17+	00:05-
00:06#	00:05+ 00:00= 00:03+	00:01+	01:07& 00:04+ 00:01+ 00:01-
<b>14</b>	<b>Per Olav Haarr</b>	<b>62</b>	<b>42:12</b>
00:51+	01:29+ 02:11+ 03:09+ 08:02+	11:56+	12:28+ 14:10+ 15:57+
00:51+	00:38+ 00:42- 00:58+ 04:53+	03:54+	00:32+ 01:42+ 01:47-
00:06#	00:01+ 00:01- 00:03+ 00:24+	00:13+	00:07& 00:04+ 00:06-
39:00+	39:45+ 40:42+ 41:23+ 41:59+	42:12+	00:01-
01:18+	00:45- 00:57+ 00:41+	00:36+	00:08-
00:37&	00:07- 00:16& 00:06#	00:20#	00:08-
<b>15</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>	<b>43:07</b>
00:57+	01:39+ 02:30+ 03:47+ 08:45+	12:52+	13:25+ 15:19+ 17:13+
00:57+	00:42+ 00:51+ 01:17+ 04:58+	04:07+	00:33+ 01:54+ 01:54+
00:12&	00:05# 00:08# 00:22# 00:29#	00:26#	00:08& 00:16# 00:01+
40:39+	41:36+ 42:18+ 42:52+ 43:07+		00:01+ 00:01+ 00:17&
00:42+	00:57+ 00:42+ 00:34-	00:15-	00:56# 00:02-
00:01+	00:05+ 00:01+ 00:01-	00:01-	00:42& 00:10+ 00:13#
<b>16</b>	<b>Bård Skogsholm</b>	<b>194</b>	<b>43:54</b>
00:48+	01:30+ 02:27+ 03:30+ 08:30+	13:04+	13:40+ 15:26+ 17:24+
00:48+	00:42+ 00:57+ 01:03+ 05:00+	04:34+	00:36+ 01:46+ 01:58+
00:03+	00:05# 00:14# 00:08# 00:31#	00:53#	00:02+ 00:22+ 00:29+
41:12+	42:12+ 42:59+ 43:39+ 43:54+		00:01+ 00:18& 00:14#
00:48+	01:00+ 00:47+ 00:40+	00:15-	00:18+ 00:18+ 01:04+
00:07#	00:08# 00:06# 00:05#	00:01-	01:42& 00:04+ 00:00=

Class	Navn	Class	Tid
<b>17</b>	<b>Svein Erik Kvame</b>	<b>116</b>	<b>47:01</b>
00:50+	01:35+ 02:33+ 03:46+ 10:42+	14:57+ 15:26+ 17:38+ 19:46+ 20:09+ 21:26+ 22:31+ 23:40+	26:00+ 28:09+ 29:43+ 30:33+ 32:58+ 34:23+ 36:15+ 38:46+ 39:05+ 39:28+ 41:05+ 41:51+ 43:26+
00:50+	00:45+ 00:58+ 01:13+ 06:56+	04:15+ 00:29+ 02:12+ 02:08+ 00:23+ 01:17+ 01:05+ 01:09+	02:20+ 02:09+ 01:34+ 00:50+ 02:25+ 01:25+ 01:52+ 02:31+ 00:19+ 00:23+ 01:37+ 00:46+ 01:35+
00:05#	00:08# 00:15& 00:18& 02:27&	00:34# 00:04# 00:34& 00:15# 00:04# 00:49#	00:19& 00:05+ 00:27# 00:20# 00:21& 00:08# 00:31& 00:31& 00:17# 00:15# 00:05& 00:07& 00:08+ 00:07# 00:16#
44:13+	45:17+ 46:04+ 46:45+ 47:01+		
00:47+	01:04+ 00:47+ 00:41+ 00:16=		
00:06#	00:12# 00:06# 00:06# 00:00=		
<b>18</b>	<b>Jone Sæbbø</b>	<b>90</b>	<b>47:52</b>
00:48+	01:29+ 02:28+ 03:34+ 11:31+	18:29+ 19:05+ 20:58+ 22:56+ 23:18+ 23:54+ 24:44+ 25:45+	28:01+ 30:00+ 31:41+ 32:36+ 34:42+ 35:43+ 37:22+ 39:50+ 40:07+ 40:24+ 42:24+ 43:05+ 44:35+
00:48+	00:41+ 00:59+ 01:06+ 07:57+	06:58+ 00:36+ 01:53+ 01:58+ 00:22+ 00:36+ 00:50+ 01:01-	02:16+ 01:59+ 01:41+ 00:55+ 02:06+ 01:01+ 01:39+ 02:28+ 00:17+ 00:17+ 02:00+ 00:41+ 01:30+
00:03+	00:04# 00:16& 00:11# 03:28&	03:17& 00:11& 00:15# 00:05+ 00:03# 00:08& 00:04+ 00:03-	00:23# 00:10+ 00:28& 00:13& 00:12# 00:07# 00:04+ 00:12+ 00:03# 00:01+ 00:31& 00:02+ 00:11#
45:20+	46:16+ 46:59+ 47:36+ 47:52+		
00:45+	00:56+ 00:43+ 00:37+ 00:16=		
00:04+	00:04+ 00:02+ 00:02+ 00:00=		
<b>19</b>	<b>Øystein Amundrud</b>	<b>90</b>	<b>48:55</b>
00:48+	01:34+ 02:26+ 04:02+ 10:08+	14:02+ 14:44+ 16:59+ 19:02+ 19:25+ 20:11+ 21:11+ 22:30+	25:08+ 27:52+ 29:27+ 30:19+ 33:18+ 34:21+ 36:16+ 40:29+ 40:47+ 41:03+ 42:44+ 43:33+ 45:06+
00:48+	00:46+ 00:52+ 01:36+ 06:06+	03:54+ 00:42+ 02:15+ 02:03+ 00:23+ 00:46+ 01:00+ 01:19+	02:38+ 02:44+ 01:35+ 00:52+ 02:59+ 01:03+ 01:55+ 04:13+ 00:18+ 00:16= 01:41+ 00:49+ 01:33+
00:03+	00:09# 00:09# 00:41& 01:37&	00:13+ 00:17& 00:37& 00:10+ 00:04# 00:18& 00:14& 00:15#	00:45& 00:55& 00:22& 00:10# 01:05& 00:09# 00:20# 01:57& 00:04& 00:00= 00:12# 00:10& 00:14#
46:00+	47:07+ 47:55+ 48:38+ 48:55+		
00:54+	01:07+ 00:48+ 00:43+ 00:17+		
00:13&	00:15& 00:07# 00:08# 00:01+		
<b>20</b>	<b>Pål Bårdsen</b>	<b>90</b>	<b>50:40</b>
01:00+	02:02+ 03:11+ 04:25+ 10:23+	15:34+ 16:13+ 18:14+ 20:38+ 21:05+ 21:39+ 22:40+ 24:10+	26:58+ 29:22+ 31:03+ 31:59+ 34:45+ 36:23+ 38:33+ 41:30+ 41:49+ 42:11+ 44:01+ 44:53+ 46:40+
01:00+	01:02+ 01:09+ 01:14+ 05:58+	05:11+ 00:39+ 02:01+ 02:24+ 00:27+ 00:34+ 01:01+ 01:30+	02:48+ 02:24+ 01:41+ 00:56+ 02:46+ 01:38+ 02:10+ 02:57+ 00:19+ 00:22+ 01:50+ 00:52+ 01:47+
00:15&	00:25& 00:26& 00:19& 01:29&	01:30& 00:14& 00:23# 00:31& 00:08& 00:06#	00:15& 00:26& 00:55& 00:35& 00:28& 00:14& 00:52& 00:44& 00:35& 00:41& 00:05& 00:06& 00:21# 00:13& 00:28&
47:32+	48:43+ 49:39+ 50:22+ 50:40+		
00:52+	01:11+ 00:56+ 00:43+ 00:18+		
00:11&	00:19& 00:15& 00:08# 00:02#		

**Beste strekktid for klassen**

00:41	00:36	00:42	00:53	04:12	03:25	00:24	01:31	01:41	00:18	00:20	00:43	00:50	01:04	01:46	01:13	00:39	00:44	00:45	00:57	01:58	00:14	00:13	00:15	00:36	00:37	00:37	00:45
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= Som klassevinner , - raskere , + senere , # 10% tap , & 25% tap , @ 100% tap .

**Herrer C**

<b>1</b>	<b>Kjetil Wirak</b>	<b>114</b>	<b>35:09</b>
00:45=	01:07= 01:56= 02:43= 03:48=	04:38= 05:14= 09:15= 13:07= 14:33= 15:17= 17:19= 18:19=	18:41= 22:21= 24:02= 25:19= 25:51= 26:49= 28:47= 29:17= 30:44= 31:33= 32:31= 33:07= 34:32=
00:45=	00:22= 00:49= 00:47= 01:05=	00:50= 00:36= 04:01= 03:52= 01:26= 00:44= 02:02= 01:00=	00:22= 03:40= 01:41= 01:17= 00:32= 00:58= 01:58= 00:30= 01:27= 00:49= 00:58= 00:36= 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= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
35:09=			
00:37=			
00:00=			
<b>2</b>	<b>Nils John Vestøl</b>	<b>83</b>	<b>36:02</b>
00:47+	01:12+ 02:00+ 02:53+ 03:53+	04:49+ 05:23+ 09:23+ 13:16+ 14:28-	15:15- 17:23+ 18:24+ 18:47+ 22:57+ 24:31+ 25:56+ 26:26+ 27:26+ 29:27+ 29:43+ 31:16+ 32:09+ 33:13+ 33:56+ 35:27+
00:47+	00:25+ 00:48- 00:53+ 01:00-	00:56+ 00:34- 04:00- 03:53+ 01:12-	00:47+ 02:08+ 01:01+ 00:23+ 04:10+ 01:34- 01:25+ 00:30- 01:00+ 02:01+ 00:16- 01:33+ 00:53+ 01:04+ 00:43+ 01:31+
00:02+	00:03# 00:01- 00:06# 00:05-	00:06# 00:02- 00:01- 00:01+ 00:14-	00:03+ 00:06+ 00:01+ 00:01+ 00:30# 00:07- 00:08# 00:02- 00:02+ 00:03+ 00:14- 00:06+ 00:04+ 00:06# 00:07# 00:06+
36:02+			
00:35-			
00:02-			
<b>3</b>	<b>Jan Einar Øvremo</b>	<b>50</b>	<b>36:55</b>
00:46+	01:04- 01:49- 02:38- 03:39-	04:33- 05:06- 09:22+ 13:05-	14:40+ 15:26+ 17:26+ 18:33+ 18:56+ 22:34+ 24:29+ 25:56+ 26:28+ 27:46+ 30:04+ 30:25+ 31:54+ 32:47+ 33:53+ 34:33+ 36:16+
00:46+	00:18- 00:45- 00:49+ 01:01-	00:54+ 00:33- 04:16+ 03:43-	01:35+ 00:46+ 02:00- 01:07+ 00:23+ 03:38- 01:55+ 01:27+ 00:32= 01:18+ 02:18+ 00:21- 01:29+ 00:53+ 01:06+ 00:40+ 01:43+
00:01+	00:04- 00:04- 00:02+ 00:04-	00:04+ 00:03- 00:15+ 00:09-	00:09# 00:02+ 00:02- 00:07# 00:01+ 00:02- 00:14# 00:10# 00:00= 00:20& 00:20# 00:09- 00:02+ 00:04+ 00:08# 00:04# 00:18#
36:55+			
00:39+			
00:02+			
<b>4</b>	<b>Tore Svendsen</b>	<b>27</b>	<b>37:40</b>
00:55+	01:19+ 02:09+ 03:00+ 04:13+	05:04+ 05:39+ 09:50+ 14:11+ 15:35+	16:32+ 18:31+ 19:36+ 19:58+ 23:17+ 25:29+ 26:53+ 27:25+ 28:36+ 30:43+ 31:01+ 32:48+ 33:42+ 34:51+ 35:30+ 37:04+
00:55+	00:24+ 00:50+ 00:51+ 01:13+	00:51+ 00:35- 04:11+ 04:21+	01:24- 00:57+ 01:59- 01:05+ 00:22= 03:19- 02:12+ 01:24+ 00:32= 01:11+ 02:07+ 00:18- 01:47+ 00:54+ 01:09+ 00:39+ 01:34+
00:10#	00:02+ 00:01+ 00:04+ 00:08#	00:01+ 00:01- 00:10+ 00:29# 00:02-	00:13& 00:03- 00:05+ 00:00= 00:21- 00:31& 00:07+ 00:00= 00:13# 00:09+ 00:12- 00:20# 00:05# 00:11# 00:03+ 00:09#
37:40+			
00:36-			
00:01-			

Class	Navn	Klasse														Tid													
<b>5</b>	<b>Kjell Dale</b>	<b>93</b>														<b>38:17</b>													
00:52+	01:14+	02:08+	02:58+	04:02+	04:50+	05:24+	10:14+	14:25+	15:44+	16:31+	18:33+	19:42+	20:04+	24:01+	25:59+	27:26+	28:00+	29:16+	31:28+	31:46+	33:18+	34:14+	35:28+	36:06+	37:37+				
00:52+	00:22=	00:54+	00:50+	01:04-	00:48-	00:34-	04:50+	04:11+	01:19-	00:47+	02:02=	01:09+	00:22=	03:57+	01:58+	01:27+	00:34+	01:16+	02:12+	00:18-	01:32+	00:56+	01:14+	00:38+	01:31+				
00:07#	00:00=	00:05#	00:03+	00:01-	00:02-	00:02-	00:49#	00:19+	00:07-	00:03+	00:00=	00:09#	00:00=	00:17+	00:17#	00:10#	00:02+	00:18&	00:14#	00:12-	00:05+	00:07#	00:16&	00:02+	00:06+				
38:17+																													
00:40+																													
00:03+																													
<b>6</b>	<b>Otte Omdal</b>	<b>65</b>														<b>38:57</b>													
00:52+	01:18+	02:12+	02:57+	04:34+	05:31+	06:07+	10:36+	14:45+	16:07+	17:00+	18:59+	20:04+	20:28+	24:46+	26:47+	28:17+	28:54+	30:22+	32:31+	32:48+	34:17+	35:10+	36:11+	36:50+	38:18+				
00:52+	00:26+	00:54+	00:45-	01:37+	00:57+	00:36=	04:29+	04:09+	01:22-	00:53+	01:59-	01:05+	00:24+	04:18+	02:01+	01:30+	00:37+	01:28+	02:09+	00:17-	01:29+	00:53+	01:01+	00:39+	01:28+				
00:07#	00:04#	00:05#	00:02-	00:32&	00:07#	00:00=	00:28#	00:17+	00:04-	00:09#	00:03-	00:05+	00:02+	00:38#	00:20#	00:13#	00:05#	00:30&	00:11+	00:13-	00:02+	00:04+	00:03+	00:03+	00:03+				
38:57+																													
00:39+																													
00:02+																													
<b>7</b>	<b>Geir Bjaanes</b>	<b>116</b>														<b>39:01</b>													
00:56+	01:17+	02:09+	02:59+	04:26+	05:25+	06:00+	10:25+	15:00+	16:35+	17:29+	19:34+	20:38+	21:01+	24:21+	26:42+	28:06+	28:41+	29:43+	31:59+	32:17+	33:59+	34:55+	36:07+	36:47+	38:22+				
00:56+	00:21-	00:52+	00:50+	01:27+	00:59+	00:35-	04:25+	04:35+	01:35+	00:54+	02:05+	01:04+	00:23+	03:20-	02:21+	01:24+	00:35+	01:02+	02:16+	00:18-	01:42+	00:56+	01:12+	00:40+	01:35+				
00:11#	00:01-	00:03+	00:03+	00:22&	00:09#	00:01-	00:24+	00:43#	00:09#	00:10#	00:03+	00:04+	00:01+	00:20-	00:40&	00:07+	00:03+	00:04+	00:18#	00:12-	00:15#	00:07#	00:14#	00:04#	00:10#				
39:01+																													
00:39+																													
00:02+																													
<b>8</b>	<b>Geir Frøylog</b>	<b>29</b>														<b>39:32</b>													
00:59+	01:19+	02:14+	03:03+	04:12+	05:07+	05:45+	10:31+	15:24+	16:55+	17:50+	20:11+	21:19+	21:42+	24:58+	26:54+	28:46+	29:24+	30:25+	32:37+	32:53+	34:33+	35:27+	36:37+	37:18+	38:54+				
00:59+	00:20-	00:55+	00:49+	01:09+	00:55+	00:38+	04:46+	04:53+	01:31+	00:55+	02:21+	01:08+	00:23+	04:16-	01:56+	01:52+	00:38+	01:01+	02:12+	00:16-	01:40+	00:54+	01:10+	00:41+	01:36+				
00:14&	00:02-	00:06#	00:02+	00:04+	00:05#	00:02+	00:45#	01:01&	00:05+	00:11#	00:19#	00:08#	00:01+	00:24-	00:15#	00:35&	00:06#	00:03+	00:14#	00:14-	00:13#	00:05#	00:12#	00:05#	00:11#				
39:32+																													
00:38+																													
00:01+																													
<b>9</b>	<b>Øistein Haaland</b>	<b>116</b>														<b>40:24</b>													
00:57+	01:19+	02:03+	02:55+	04:16+	05:24+	06:03+	10:13+	14:58+	16:19+	17:10+	20:58+	21:58+	22:20+	26:22+	28:08+	29:34+	30:06+	31:14+	33:18+	33:40+	35:36+	36:31+	37:31+	38:13+	39:47+				
00:57+	00:22=	00:44-	00:52+	01:21+	01:08+	00:39+	04:10+	04:45+	01:21-	00:51+	03:48+	01:00=	00:22=	04:02+	01:46+	01:26+	00:32=	01:08+	02:04+	00:22-	01:56+	00:55+	01:00+	00:42+	01:34+				
00:12&	00:00=	00:05-	00:05#	00:16#	00:18&	00:03+	00:09+	00:53#	00:05-	00:07#	01:46&	00:00=	00:00=	00:22#	00:05+	00:09#	00:00=	00:10#	00:06+	00:08-	00:29&	00:06#	00:02+	00:06#	00:09#				
40:24+																													
00:37=																													
00:00=																													
<b>10</b>	<b>Paul Terje Haarr</b>	<b>62</b>														<b>42:44</b>													
00:55+	01:20+	02:13+	03:13+	04:16+	05:16+	05:53+	10:33+	15:11+	16:53+	17:57+	20:01+	21:16+	21:40+	26:32+	28:47+	30:18+	30:51+	32:07+	34:47+	35:08+	36:50+	37:45+	39:04+	39:46+	41:24+				
00:55+	00:25+	00:53+	01:00+	01:03-	01:00+	00:37+	04:40+	04:38+	01:42+	01:04+	02:04+	01:15+	00:24+	04:52+	02:15+	01:31+	00:33+	01:16+	02:40+	00:21-	01:42+	00:55+	01:19+	00:42+	01:38+				
00:10#	00:03#	00:04+	00:13&	00:02-	00:10#	00:01+	00:39#	00:46#	00:16#	00:20&	00:02+	00:15#	00:02+	01:12&	00:34&	00:14#	00:01+	00:18&	00:42&	00:09-	00:15#	00:06#	00:21&	00:06#	00:13#				
42:03+																													
42:44+																													
00:39+																													
00:02+																													
<b>11</b>	<b>Erling Mauland</b>	<b>83</b>														<b>43:50</b>													
00:58+	01:23+	02:17+	03:24+	04:53+	05:56+	06:41+	11:43+	17:02+	18:37+	19:34+	21:52+	23:07+	23:33+	28:21+	30:52+	32:24+	33:03+	34:14+	36:41+	36:58+	38:21+	39:17+	40:38+	41:22+	43:09+				
00:58+	00:25+	00:54+	01:07+	01:29+	01:03+	00:45+	05:02+	05:19+	01:35+	00:57+	02:18+	01:15+	00:26+	04:48+	02:31+	01:32+	00:39+	01:11+	02:27+	00:17-	01:23-	00:56+	01:21+	00:44+	01:47+				
00:13&	00:03#	00:05#	00:20&	00:24&	00:13&	00:09#	01:01&	01:27&	00:09#	00:13&	00:16#	00:15#	00:04#	01:08&	00:50&	00:15#	00:07#	00:13#	00:29#	00:13-	00:04-	00:07#	00:23&	00:08#	00:22&				
43:50+																													
00:41+																													
00:04#																													
<b>12</b>	<b>Rune Christiansen</b>	<b>93</b>														<b>44:29</b>													
00:56+	01:24+	02:18+	03:12+	04:20+	05:35+	06:17+	11:46+	16:37+	18:28+	19:44+	22:27+	23:41+	24:06+	27:55+	30:09+	31:42+	32:20+	33:32+	36:19+	36:37+	38:23+	39:33+	40:52+	41:50+	43:48+				
00:56+	00:28+	00:54+	00:54+	01:08+	01:15+	00:42+	05:29+	04:51+	01:51+	01:16+	02:43+	01:14+	00:25+	03:49+	02:14+	01:33+	00:38+	01:12+	02:47+	00:18-	01:46+	01:10+	01:19+	00:58+	01:58+				
00:11#	00:06&	00:05#	00:07#	00:03+	00:25&	00:06#	01:28&	00:59&	00:25&	00:32&	00:41&	00:14#	00:03#	00:09+	00:33&	00:16#	00:06#	00:14#	00:49&	00:12-	00:19#	00:21&	00:21&	00:22&	00:33&				
44:29+																													
00:41+																													
00:04#																													
<b>13</b>	<b>Sturle Omdal</b>	<b>116</b>														<b>45:35</b>													
00:56+	01:23+	02:14+	03:18+	04:16+	05:11+	05:47+	11:14+	15:58+	17:32+	18:39+	23:27+	24:34+	25:02+	30:10+	32:17+	33:47+	34:24+	35:42+	38:13+	38:32+	40:31+	41:34+	42:37+	43:22+	44:55+				
00:56+	00:27+	00:51+	01:04+	00:58-	00:55+	00:36=	05:27+	04:44+	01:34+	01:07+	04:48+	01:07+	00:28+	05:08+	02:07+	01:30+	00:37+	01:18+	02:31+	00:19-	01:59+	01:03+	01:03+	00:45+	01:33+				
00:11#	00:05#	00:02+	00:17&	00:07-	00:05#	00:00=	01:26&	00:52#	00:08+	00:23&	02:46&	00:07#	00:06&	01:28&	00:26&	00:13#	00:05#	00:20&	00:33&	00:11-	00:32&	00:14&	00:05+	00:09#	00:08+				
45:35+																													
00:40+																													
00:03+																													

Class	Navn	Klasse	Tid																						
<b>14</b>	<b>Pål H. Gjerden</b>	<b>116</b>	<b>45:38</b>																						
00:54+	01:18+	02:22+	03:24+	04:29+	05:33+	06:02+	11:04+	15:52+	17:40+	18:42+	21:18+	22:48+	23:13+	27:21+	29:58+	31:28+	32:56+	34:22+	37:05+	37:21+	39:26+	40:35+	42:11+	43:02+	44:59+
00:54+	00:24+	01:04+	01:02+	01:05=	01:04+	00:29-	05:02+	04:48+	01:48+	01:02+	02:36+	01:30+	00:25+	04:08+	02:37+	01:30+	01:28+	01:26+	02:43+	00:16-	02:05+	01:09+	01:36+	00:51+	01:57+
00:09#	00:02+	00:15&	00:15&	00:00=	00:14&	00:07-	01:01&	00:56#	00:22&	00:18&	00:34&	00:30&	00:03#	00:28#	00:56&	00:13#	00:56@	00:28&	00:45&	00:14-	00:38&	00:20&	00:38&	00:15&	00:32&
45:38+																									
00:39+																									
00:02+																									

<b>15</b>	<b>Sveinung Svebestad</b>	<b>46</b>	<b>45:41</b>																						
00:59+	01:40+	02:37+	03:31+	04:47+	05:49+	06:31+	12:00+	16:44+	18:49+	19:59+	22:48+	24:07+	24:34+	28:12+	31:02+	32:48+	33:28+	34:47+	37:29+	37:52+	39:50+	40:58+	42:17+	43:04+	44:58+
00:59+	00:41+	00:57+	00:54+	01:16+	01:02+	00:42+	05:29+	04:44+	02:05+	01:10+	02:49+	01:19+	00:27+	03:38-	02:50+	01:46+	00:40+	01:19+	02:42+	00:23-	01:58+	01:08+	01:19+	00:47+	01:54+
00:14&	00:19&	00:08#	00:07#	00:11#	00:12#	00:06#	01:28&	00:52#	00:39&	00:26&	00:47&	00:19&	00:05#	00:02-	01:09&	00:29&	00:08#	00:21&	00:44&	00:07-	00:31&	00:19&	00:21&	00:11&	00:29&
45:41+																									
00:43+																									
00:06#																									

<b>16</b>	<b>Ivar Knutsen</b>	<b>116</b>	<b>46:20</b>																						
01:04+	01:36+	02:36+	03:34+	04:55+	06:07+	06:56+	12:17+	17:16+	19:34+	20:28+	23:02+	24:28+	24:59+	30:03+	32:20+	34:03+	34:41+	35:59+	38:21+	39:19+	41:05+	42:06+	43:16+	44:01+	45:39+
01:04+	00:32+	01:00+	00:58+	01:21+	01:12+	00:49+	05:21+	04:59+	02:18+	00:54+	02:34+	01:26+	00:31+	05:04+	02:17+	01:43+	00:38+	01:18+	02:22+	00:58+	01:46+	01:01+	01:10+	00:45+	01:38+
00:19&	00:10&	00:11#	00:11#	00:16#	00:22&	00:13&	01:20&	01:07&	00:52&	00:10#	00:32&	00:26&	00:09&	01:24&	00:36&	00:26&	00:06#	00:20&	00:24#	00:28&	00:19#	00:12#	00:12#	00:09#	00:13#
46:20+																									
00:41+																									
00:04#																									

**Beste strekketid for klassen**

00:45	00:18	00:44	00:45	00:58	00:48	00:29	04:00	03:43	01:12	00:44	01:59	01:00	00:22	03:16	01:34	01:17	00:30	00:58	01:58	00:16	01:23	00:49	00:58	00:36	01:25	00:35
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

## Herrer Ny

<b>1</b>	<b>Håvard Zeiler-Sørensen</b>	<b>354</b>	<b>20:17</b>													
02:08=	03:10=	04:17=	05:08=	06:14=	08:23=	09:33=	10:19=	11:33=	12:19=	13:16=	14:29=	16:08=	17:19=	18:27=	19:38=	20:17=
02:08=	01:02=	01:07=	00:51=	01:06=	02:09=	01:10=	00:46=	01:14=	00:46=	00:57=	01:13=	01:39=	01:11=	01:08=	01:11=	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=

<b>2</b>	<b>Ahmed Mahran</b>	<b>91</b>	<b>34:55</b>													
01:31-	02:53-	09:46+	10:28+	12:31+	14:28+	16:33+	20:48+	21:51+	23:18+	26:07+	27:44+	30:41+	32:13+	33:39+	34:32+	34:55+
01:31-	01:22+	06:53+	00:42-	02:03+	01:57-	02:05+	04:15+	01:03-	01:27+	02:49+	01:37+	02:57+	01:32+	01:26+	00:53-	00:23-
00:37-	00:20&	05:46@	00:09-	00:57&	00:12-	00:55&	03:29@	00:11-	00:41&	01:52@	00:24&	01:18&	00:21&	00:18&	00:18-	00:16-

**Beste strekketid for klassen**

01:31	01:02	01:07	00:42	01:06	01:57	01:10	00:46	01:03	00:46	00:57	01:13	01:39	01:11	01:08	00:53	00:23
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

## Herrer Trim

<b>1</b>	<b>Torstein Birkeland</b>	<b>39</b>	<b>22:52</b>																	
00:54=	02:06=	02:35=	03:56=	05:57=	07:48=	09:20=	10:20=	10:44=	11:41=	12:46=	13:35=	15:18=	16:31=	17:29=	19:09=	19:55=	20:55=	22:13=	22:37=	22:52=
00:54=	01:12=	00:29=	01:21=	02:01=	01:51=	01:32=	01:00=	00:24=	00:57=	01:05=	00:49=	01:43=	01:13=	00:58=	01:40=	00:46=	01:00=	01:18=	00:24=	00:15=
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=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Johannes Kro</b>	<b>51</b>	<b>23:09</b>																	
00:58+	02:19+	02:49+	04:13+	06:28+	07:48=	09:19-	10:25+	10:51+	12:00+	13:07+	13:54+	15:37+	16:50+	17:44+	19:28+	20:08+	21:13+	22:32+	22:54+	23:09+
00:58+	01:21+	00:30+	01:24+	02:15+	01:20-	01:31-	01:06+	00:26+	01:09+	01:07+	00:47-	01:43-	01:13=	00:54-	01:44+	00:40-	01:05+	01:19+	00:22-	00:15=
00:04+	00:09#	00:01+	00:03+	00:14#	00:31-	00:01-	00:06#	00:02+	00:12#	00:02+	00:02-	00:00=	00:00=	00:04-	00:04+	00:06-	00:05+	00:01+	00:02-	00:00=

<b>3</b>	<b>Martin Svensen</b>	<b>284</b>	<b>24:18</b>																	
00:51-	02:04-	02:30-	03:57+	06:29+	08:21+	10:07+	11:21+	11:53+	12:59+	14:08+	14:55+	16:23+	17:53+	18:53+	20:39+	21:19+	22:18+	23:38+	24:04+	24:18+
00:51-	01:13+	00:26-	01:27+	02:32+	01:52+	01:46+	01:14+	00:32+	01:06+	01:09+	00:47-	01:28-	01:30+	01:00+	01:46+	00:40-	00:59-	01:20+	00:26+	00:14-
00:03-	00:01+	00:03-	00:06+	00:31&	00:01+	00:14#	00:14#	00:08&	00:09#	00:04+	00:02-	00:15-	00:17#	00:02+	00:06+	00:06-	00:01-	00:02+	00:02+	00:01-

<b>4</b>	<b>Olav Magnus Eik Espedal</b>	<b>88</b>	<b>26:21</b>																	
00:50-	02:06=	02:29-	03:54-	07:32+	09:25+	10:47+	11:47+	12:11+	13:10+	15:07+	15:46+	18:56+	20:19+	21:06+	22:55+	23:34+	24:29+	25:45+	26:06+	26:21+
00:50-	01:16+	00:23-	01:25+	03:38+	01:53+	01:22-	01:00=	00:24=	00:59+	01:57+	00:39-	03:10+	01:23+	00:47-	01:49+	00:39-	00:55-	01:16-	00:21-	00:15=
00:04-	00:04+	00:06-	00:04+	01:37&	00:02+	00:10-	00:00=	00:00=	00:02+	00:52&	00:10-	01:27&	00:10#	00:11-	00:09+	00:07-	00:05-	00:02-	00:03-	00:00=



Class	Navn	Klasse													Tid										
<b>5</b>	<b>Rolf Frøyland</b>	<b>5</b>													<b>26:51</b>										
00:53-	02:24+	02:50+	04:33+	07:17+	09:28+	11:04+	12:07+	12:34+	13:53+	15:20+	16:17+	18:16+	19:36+	20:41+	22:50+	23:38+	24:46+	26:13+	26:36+	26:51+					
00:53-	01:31+	00:26-	01:43+	02:44+	02:11+	01:36+	01:03+	00:27+	01:19+	01:27+	00:57+	01:59+	01:20+	01:05+	02:09+	00:48+	01:08+	01:27+	00:23-	00:15=					
00:01-	00:19&	00:03-	00:22&	00:43&	00:20#	00:04+	00:03+	00:03#	00:22&	00:22&	00:08#	00:16#	00:07+	00:07#	00:29&	00:02+	00:08#	00:09#	00:01-	00:00=					
<b>6</b>	<b>Alexander Romanov</b>	<b>111</b>													<b>27:19</b>										
01:02+	02:27+	02:54+	04:45+	09:13+	10:48+	12:21+	13:32+	13:54+	15:02+	16:13+	16:59+	18:54+	20:11+	21:13+	23:10+	23:58+	25:06+	26:32+	27:02+	27:19+					
01:02+	01:25+	00:27-	01:51+	04:28+	01:35-	01:33+	01:11+	00:22-	01:08+	01:11+	00:46-	01:55+	01:17+	01:02+	01:57+	00:48+	01:08+	01:26+	00:30+	00:17+					
00:08#	00:13#	00:02-	00:30&	02:27#	00:16-	00:01+	00:11#	00:02-	00:11#	00:06+	00:03-	00:12#	00:04+	00:04+	00:17#	00:02+	00:08#	00:08#	00:06#	00:02#					
<b>7</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>													<b>28:06</b>										
00:55+	03:14+	03:40+	05:04+	08:21+	10:17+	12:04+	14:25+	14:53+	16:04+	17:16+	18:08+	19:54+	20:58+	21:52+	23:59+	24:54+	26:00+	27:24+	27:52+	28:06+					
00:55+	02:19+	00:26-	01:24+	03:17+	01:56+	01:47+	02:21+	00:28+	01:11+	01:12+	00:52+	01:46+	01:04-	00:54-	02:07+	00:55+	01:06+	01:24+	00:28+	00:14-					
00:01+	01:07&	00:03-	00:03+	01:16&	00:05+	00:15#	01:21#	00:04#	00:14#	00:07#	00:03+	00:03+	00:09-	00:04-	00:27&	00:09#	00:06#	00:06+	00:04#	00:01-					
<b>8</b>	<b>Truls Thorkildsen</b>	<b>39</b>													<b>28:45</b>										
01:11+	02:37+	03:23+	04:58+	08:02+	10:17+	12:08+	13:31+	14:01+	15:11+	16:26+	17:30+	19:19+	20:48+	21:57+	24:19+	25:11+	26:25+	27:59+	28:27+	28:45+					
01:11+	01:26+	00:46+	01:35+	03:04+	02:15+	01:51+	01:23+	00:30+	01:10+	01:15+	01:04+	01:49+	01:29+	01:09+	02:22+	00:52+	01:14+	01:34+	00:28+	00:18+					
00:17&	00:14#	00:17&	00:14#	00:03&	00:04-	00:19#	00:23&	00:06#	00:13#	00:10#	00:15&	00:06+	00:16#	00:11#	00:42&	00:06#	00:14#	00:16#	00:04#	00:03#					
<b>9</b>	<b>Svein Erik Bjørnson</b>	<b>91</b>													<b>29:02</b>										
01:07+	02:32+	03:05+	05:40+	08:16+	10:03+	11:52+	13:10+	13:41+	14:58+	16:15+	17:06+	19:01+	20:56+	21:56+	24:27+	25:24+	26:33+	28:15+	28:43+	29:02+					
01:07+	01:25+	00:33+	02:35+	02:36+	01:47-	01:49+	01:18+	00:31+	01:17+	01:17+	00:51+	01:55+	01:55+	01:00+	02:31+	00:57+	01:09+	01:42+	00:28+	00:19+					
00:13#	00:13#	00:04#	01:14&	00:35&	00:04-	00:17#	00:18&	00:07&	00:20&	00:12#	00:02+	00:12#	00:42&	00:02+	00:51&	00:11#	00:09#	00:24&	00:04#	00:04&					
<b>10</b>	<b>Kjartan Bryne</b>	<b>105</b>													<b>29:15</b>										
01:04+	02:35+	03:03+	04:54+	07:26+	09:49+	11:50+	13:01+	13:33+	15:04+	16:24+	17:25+	19:47+	21:28+	22:48+	25:01+	25:50+	26:56+	28:30+	28:57+	29:15+					
01:04+	01:31+	00:28-	01:51+	02:32+	02:23+	02:01+	01:11+	00:32+	01:31+	01:20+	01:20+	02:22+	01:41+	01:20+	00:49+	01:06+	01:34+	00:27+	00:18+						
00:10#	00:19&	00:01-	00:30&	00:31&	00:32&	00:29&	00:11#	00:08&	00:34&	00:15#	00:12#	00:39&	00:28&	00:22&	00:33&	00:03+	00:06#	00:16#	00:03#	00:03#					
<b>11</b>	<b>John Øgreid</b>	<b>27</b>													<b>29:17</b>										
01:06+	02:37+	03:10+	04:38+	07:19+	09:23+	11:13+	12:24+	13:06+	14:09+	15:53+	16:45+	19:14+	20:31+	21:40+	24:42+	25:34+	26:46+	28:33+	29:01+	29:17+					
01:06+	01:31+	00:33+	01:28+	02:41+	02:04+	01:50+	01:11+	00:42+	01:03+	01:44+	00:52+	02:29+	01:17+	01:09+	03:02+	00:52+	01:12+	01:47+	00:28+	00:16+					
00:12#	00:19&	00:04#	00:07+	00:40&	00:13#	00:18#	00:11#	00:18&	00:06#	00:39&	00:03+	00:46&	00:04+	00:11#	01:22&	00:06#	00:12#	00:29&	00:04#	00:01+					
<b>12</b>	<b>Arnt Krisitian Viland</b>	<b>27</b>													<b>29:21</b>										
01:19+	02:45+	03:21+	05:01+	07:57+	09:58+	11:55+	13:17+	13:53+	15:11+	16:31+	17:25+	19:34+	21:04+	22:19+	24:35+	25:28+	26:44+	28:28+	29:00+	29:21+					
01:19+	01:26+	00:36+	01:40+	02:56+	02:01+	01:57+	01:22+	00:36+	01:18+	01:20+	00:54+	02:09+	01:30+	01:15+	02:16+	00:53+	01:16+	01:44+	00:32+	00:21+					
00:25&	00:14#	00:07#	00:19#	00:55&	00:10+	00:25&	00:22&	00:12&	00:21&	00:15#	00:05#	00:26&	00:17#	00:17&	00:36&	00:07#	00:16&	00:26&	00:08&	00:06&					
<b>13</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>													<b>31:20</b>										
01:11+	02:42+	03:15+	05:00+	07:30+	10:27+	12:36+	14:06+	14:41+	16:14+	17:45+	18:46+	21:21+	22:56+	24:03+	26:25+	27:27+	28:42+	30:33+	31:02+	31:20+					
01:11+	01:31+	00:33+	01:45+	02:30+	02:57+	02:09+	01:30+	00:35+	01:33+	01:31+	01:01+	02:35+	01:35+	01:07+	02:22+	01:02+	01:15+	01:51+	00:29+	00:18+					
00:17&	00:19&	00:04#	00:24&	00:29#	01:06&	00:37&	00:30&	00:11&	00:36&	00:26&	00:12#	00:52&	00:22&	00:09#	00:42&	00:16&	00:15#	00:33&	00:05#	00:03#					
<b>14</b>	<b>Arne Mong Birkeland</b>	<b>39</b>													<b>32:18</b>										
01:04+	02:27+	03:02+	04:54+	07:45+	09:34+	11:35+	12:59+	13:38+	15:02+	17:44+	18:36+	20:39+	22:56+	24:10+	26:13+	27:03+	28:33+	31:16+	31:54+	32:18+					
01:04+	01:23+	00:35+	01:52+	02:51+	01:49-	02:01+	01:24+	00:39+	01:24+	02:42+	00:52+	02:03+	02:17+	01:14+	02:03+	00:50+	01:30+	02:43+	00:38+	00:24+					
00:10#	00:11#	00:06#	00:31&	00:50&	00:02-	00:29&	00:24&	00:15&	00:27&	01:37#	00:03+	00:20#	01:04&	00:16&	00:23#	00:04+	00:30&	01:25#	00:14&	00:09&					
<b>15</b>	<b>Frode Lund</b>	<b>18</b>													<b>32:20</b>										
01:19+	02:57+	03:34+	05:22+	08:22+	10:32+	13:00+	14:24+	14:54+	16:28+	19:01+	19:57+	22:07+	23:36+	24:45+	27:17+	28:15+	29:34+	31:25+	31:58+	32:20+					
01:19+	01:38+	00:37+	01:48+	03:00+	02:10+	02:28+	01:24+	00:30+	01:34+	02:33+	00:56+	02:10+	01:29+	01:09+	02:32+	00:58+	01:19+	01:51+	00:33+	00:22+					
00:25&	00:26&	00:08&	00:27&	00:59&	00:19#	00:56&	00:24&	00:06#	00:37&	01:28#	00:07#	00:27&	00:16#	00:11#	00:52&	00:12&	00:19&	00:33&	00:09&	00:07&					
<b>16</b>	<b>Alf Olav Kalvik</b>	<b>7</b>													<b>34:06</b>										
01:18+	03:03+	03:46+	06:25+	09:26+	12:05+	14:56+	16:24+	17:01+	18:25+	20:05+	21:10+	23:27+	24:55+	26:14+	28:53+	29:53+	31:19+	33:20+	33:48+	34:06+					
01:18+	01:45+	00:43+	02:39+	03:01+	02:39+	02:51+	01:28+	00:37+	01:24+	01:40+	01:05+	02:17+	01:28+	01:19+	02:39+	01:00+	01:26+	02:01+	00:28+	00:18+					
00:24&	00:33&	00:14&	01:18&	01:00&	00:48&	01:19&	00:28&	00:13&	00:27&	00:35&	00:16&	00:34&	00:15#	00:21&	00:59&	00:14&	00:26&	00:43&	00:04#	00:03#					
<b>17</b>	<b>Svein Mæle</b>	<b>115</b>													<b>34:10</b>										
01:15+	03:29+	03:56+	06:04+	09:03+	11:11+	13:18+	14:48+	15:20+	17:00+	18:16+	19:24+	22:08+	24:30+	25:55+	28:36+	29:47+	31:14+	33:21+	33:53+	34:10+					
01:15+	02:14+	00:27-	02:08+	02:59+	02:08+	02:07+	01:30+	00:32+	01:40+	01:16+	01:08+	02:44+	02:22+	01:25+	02:41+	01:11+	01:27+	02:07+	00:32+	00:17+					
00:21&	01:02&	00:02-	00:47&	00:58&	00:17#	00:35&	00:30&	00:08&	00:43&	00:11#	00:19&	01:01&	01:09&	00:27&	01:01&	00:25&	00:27&	00:49&	00:08&	00:02#					
<b>18</b>	<b>Anders H Foss</b>	<b>263</b>													<b>34:17</b>										
01:21+	02:58+	03:35+	05:30+	08:22+	10:58+	12:50+	15:16+	16:05+	17:28+	19:09+	20:09+	22:47+	24:34+	26:06+	28:47+	29:41+	31:15+	33:22+	33:56+	34:17+					
01:21+	01:37+	00:37+	01:55+	02:52+	02:36+	01:52+	02:26+	00:49+	01:23+	01:41+	01:00+	02:38+	01:47+	01:32+	02:41+	00:54+	01:34+	02:07+	00:34+	00:21+					
00:27&	00:25&	00:08&	00:34&	00:51&	00:45&	00:20#	01:26#	00:25#	00:26&	00:36&	00:11#	00:55&	00:34&	00:34&	01:01&	00:08#	00:34&	00:49&	00:10&	00:06&					
<b>19</b>	<b>Andreas Kristiansen</b>	<b>167</b>													<b>34:18</b>										
01:15+	02:58+	03:35+	05:18+	08:27+	10:39+	12:46+	14:19+	14:52+	16:19+	17:57+	19:11+	21:42+	24:03+	25:23+	29:02+	29:56+	31:28+	33:25+	34:00+	34:18+					
01:15+	01:43+	00:37+	01:43+	03:09+	02:12+	02:07+	01:33+	00:33+	01:27+	01:38+	01:14+	02:31+	02:21+	01:20+	03:39+	00:54+	01:32+	01:57+	00:35+	00:18+					
00:21&	00:31&	00:08&	00:22&	01:08&	00:21#	00:35&	00:33&	00:09&	00:30&	00:33&	00:25&	00:48&	01:08&	00:22&	01:59#	00:08#	00:32&	00:39&	00:11&	00:03#					

Class	Navn	Klasse	Tid																	
<b>20</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>	<b>34:45</b>																	
01:11+	02:48+	03:33+	05:37+	08:42+	11:42+	14:08+	15:31+	16:07+	17:25+	20:32+	21:38+	24:14+	25:44+	27:09+	29:43+	30:48+	32:05+	33:51+	34:23+	34:45+
01:11+	01:37+	00:45+	02:04+	03:05+	03:00+	02:26+	01:23+	00:36+	01:18+	03:07+	01:06+	02:36+	01:30+	01:25+	02:34+	01:05+	01:17+	01:46+	00:32+	00:22+
00:17%	00:25%	00:16%	00:43%	01:04%	01:09%	00:54%	00:23%	00:12%	00:21%	02:02%	00:17%	00:53%	00:17#	00:27%	00:54%	00:19%	00:17%	00:28%	00:08%	00:07%
<b>21</b>	<b>Tom Leveraas</b>	<b>188</b>	<b>35:10</b>																	
01:11+	02:54+	03:34+	05:45+	08:44+	10:57+	13:10+	14:49+	15:26+	17:03+	20:15+	21:13+	23:37+	25:34+	26:51+	29:42+	30:33+	31:57+	34:07+	34:49+	35:10+
01:11+	01:43+	00:40+	02:11+	02:59+	02:13+	02:13+	01:39+	00:37+	01:37+	03:12+	00:58+	02:24+	01:57+	01:17+	02:51+	00:51+	01:24+	02:10+	00:42+	00:21+
00:17%	00:31%	00:11%	00:50%	00:58%	00:22#	00:41%	00:39%	00:13%	00:40%	02:07%	00:09#	00:41%	00:44%	00:19%	01:11%	00:05#	00:24%	00:52%	00:18%	00:06%
<b>22</b>	<b>Leif Jarle Skåra</b>	<b>29</b>	<b>35:41</b>																	
01:24+	03:25+	04:02+	06:38+	09:26+	11:58+	14:26+	16:07+	16:43+	18:20+	19:56+	21:02+	24:03+	25:38+	27:02+	29:55+	31:03+	32:37+	34:44+	35:18+	35:41+
01:24+	02:01+	00:37+	02:36+	02:48+	02:32+	02:28+	01:41+	00:36+	01:37+	01:36+	01:06+	03:01+	01:35+	01:24+	02:53+	01:08+	01:34+	02:07+	00:34+	00:23+
00:30%	00:49%	00:08%	01:15%	00:47%	00:41%	00:56%	00:41%	00:12%	00:40%	00:31%	00:17%	01:18%	00:22%	00:26%	01:13%	00:22%	00:34%	00:49%	00:10%	00:08%
<b>23</b>	<b>Joar Fandrem</b>	<b>94</b>	<b>36:01</b>																	
01:10+	02:51+	03:33+	05:30+	09:12+	12:13+	15:11+	16:57+	17:43+	19:01+	20:43+	21:48+	24:06+	25:59+	27:15+	30:01+	31:04+	32:14+	35:10+	35:45+	36:01+
01:10+	01:41+	00:42+	01:57+	03:42+	03:01+	02:58+	01:46+	00:46+	01:18+	01:42+	01:05+	02:18+	01:53+	01:16+	02:46+	01:03+	01:10+	02:56+	00:35+	00:16+
00:16%	00:29%	00:13%	00:36%	01:41%	01:10%	01:26%	00:46%	00:22%	00:21%	00:37%	00:16%	00:35%	00:40%	00:18%	01:06%	00:17%	00:10#	01:38%	00:11%	00:01+
<b>24</b>	<b>Christoffer Soma</b>	<b>286</b>	<b>36:13</b>																	
01:14+	02:51+	03:28+	05:40+	08:36+	11:12+	13:10+	14:55+	17:16+	18:40+	20:30+	21:36+	24:12+	25:53+	27:17+	31:15+	32:23+	33:30+	35:26+	35:57+	36:13+
01:14+	01:37+	00:37+	02:12+	02:56+	02:36+	01:58+	01:45+	02:21+	01:24+	01:50+	01:06+	02:36+	01:41+	01:24+	03:58+	01:08+	01:07+	01:56+	00:31+	00:16+
00:20%	00:25%	00:08%	00:51%	00:55%	00:45%	00:26%	00:45%	01:57%	00:27%	00:45%	00:17%	00:53%	00:28%	00:26%	02:18%	00:22%	00:07#	00:38%	00:07%	00:01+
<b>25</b>	<b>Tor Inge Hansen</b>	<b>144</b>	<b>37:35</b>																	
01:04+	02:46+	03:15+	05:12+	08:15+	10:51+	13:21+	15:45+	16:27+	17:50+	19:15+	20:15+	22:18+	27:42+	29:05+	31:39+	32:35+	34:47+	36:44+	37:16+	37:35+
01:04+	01:42+	00:29=	01:57+	03:03+	02:36+	02:30+	02:24+	00:42+	01:23+	01:25+	01:00+	02:03+	05:24+	01:23+	02:34+	00:56+	02:12+	01:57+	00:32+	00:19+
00:10#	00:30%	00:00=	00:36%	01:02%	00:45%	00:58%	01:24%	00:18%	00:26%	00:20%	00:11#	00:20#	04:11%	00:25%	00:54%	00:10#	01:12%	00:39%	00:08%	00:04%
<b>26</b>	<b>Reidar Haver</b>	<b>4</b>	<b>37:49</b>																	
01:21+	03:05+	03:45+	05:57+	10:50+	13:59+	16:44+	18:23+	18:58+	20:29+	22:12+	23:44+	26:22+	28:21+	29:44+	32:43+	33:40+	35:04+	36:51+	37:27+	37:49+
01:21+	01:44+	00:40+	02:12+	04:53+	03:09+	02:45+	01:39+	00:35+	01:31+	01:43+	01:32+	02:38+	01:59+	01:23+	02:59+	00:57+	01:24+	01:47+	00:36+	00:22+
00:27%	00:32%	00:11%	00:51%	02:52%	01:18%	01:13%	00:39%	00:11%	00:34%	00:38%	00:43%	00:55%	00:46%	00:25%	01:19%	00:11#	00:24%	00:29%	00:12%	00:07%
<b>27</b>	<b>Terje Gautestad</b>	<b>54</b>	<b>37:57</b>																	
01:33+	04:11+	05:05+	07:26+	10:26+	13:18+	15:52+	17:45+	18:23+	19:57+	21:39+	23:03+	25:34+	27:38+	29:00+	32:05+	33:12+	34:56+	37:01+	37:36+	37:57+
01:33+	02:38+	00:54+	02:21+	03:00+	02:52+	02:34+	01:53+	00:38+	01:34+	01:42+	01:24+	02:31+	02:04+	01:22+	03:05+	01:07+	01:44+	02:05+	00:35+	00:21+
00:39%	01:26%	00:25%	01:00%	00:59%	01:01%	01:02%	00:53%	00:14%	00:37%	00:37%	00:35%	00:48%	00:51%	00:24%	01:25%	00:21%	00:44%	00:47%	00:11%	00:06%
<b>28</b>	<b>Per Ivar Raugstad</b>	<b>27</b>	<b>38:37</b>																	
01:27+	03:13+	04:11+	07:03+	10:33+	13:04+	16:00+	17:51+	18:46+	20:20+	22:14+	23:28+	25:59+	27:53+	29:40+	32:37+	33:37+	35:13+	37:32+	38:05+	38:37+
01:27+	01:46+	00:58+	02:52+	03:30+	02:31+	02:56+	01:51+	00:55+	01:34+	01:54+	01:14+	02:31+	01:54+	01:47+	02:57+	01:00+	01:36+	02:19+	00:33+	00:32+
00:33%	00:34%	00:29%	01:31%	01:29%	00:40%	01:24%	00:51%	00:31%	00:37%	00:49%	00:25%	00:48%	00:41%	00:49%	01:17%	00:14%	00:36%	01:01%	00:09%	00:17%
<b>29</b>	<b>Asle Schanke Grude</b>	<b>92</b>	<b>38:47</b>																	
02:12+	04:19+	04:59+	07:05+	11:35+	14:34+	17:23+	19:33+	20:07+	21:39+	23:31+	24:32+	26:59+	28:53+	30:36+	33:41+	34:37+	35:59+	37:49+	38:24+	38:47+
02:12+	02:07+	00:40+	02:06+	04:30+	02:59+	02:49+	02:10+	00:34+	01:32+	01:52+	01:01+	02:27+	01:54+	01:43+	03:05+	00:56+	01:22+	01:50+	00:35+	00:23+
01:18%	00:55%	00:11%	00:45%	02:29%	01:08%	01:17%	01:10%	00:10%	00:35%	00:47%	00:12#	00:44%	00:41%	00:45%	01:25%	00:10#	00:22%	00:32%	00:11%	00:08%
<b>30</b>	<b>Svein Sivertsen</b>	<b>115</b>	<b>39:00</b>																	
01:27+	03:54+	04:34+	06:53+	09:45+	12:39+	15:14+	17:02+	17:35+	19:23+	21:21+	22:32+	25:37+	28:23+	29:44+	32:47+	34:00+	35:37+	37:59+	38:37+	39:00+
01:27+	02:27+	00:40+	02:19+	02:52+	02:54+	02:35+	01:48+	00:33+	01:48+	01:58+	01:11+	03:05+	02:46+	01:21+	03:03+	01:13+	01:37+	02:22+	00:38+	00:23+
00:33%	01:15%	00:11%	00:58%	00:51%	01:03%	01:03%	00:48%	00:09%	00:51%	00:53%	00:22%	01:22%	01:33%	00:23%	01:23%	00:27%	00:37%	01:04%	00:14%	00:08%
<b>31</b>	<b>Paul Richard Carr</b>	<b>136</b>	<b>39:10</b>																	
01:22+	03:46+	04:33+	07:03+	10:00+	12:59+	15:40+	17:26+	18:08+	19:45+	21:42+	23:20+	26:17+	28:10+	29:43+	32:46+	34:01+	35:43+	38:14+	38:49+	39:10+
01:22+	02:24+	00:47+	02:30+	02:57+	02:59+	02:41+	01:46+	00:42+	01:37+	01:57+	01:38+	02:57+	01:53+	01:33+	03:03+	01:15+	01:42+	02:31+	00:35+	00:21+
00:28%	01:12%	00:18%	01:09%	00:56%	01:08%	01:09%	00:46%	00:18%	00:40%	00:52%	00:49%	01:14%	00:40%	00:35%	01:23%	00:29%	00:42%	01:13%	00:11%	00:06%
<b>32</b>	<b>Frode Heigre</b>	<b>62</b>	<b>39:10</b>																	
01:25+	03:10+	03:56+	06:20+	09:36+	12:58+	15:19+	17:05+	17:46+	19:13+	21:28+	22:28+	25:16+	27:52+	29:36+	32:58+	34:07+	35:55+	38:12+	38:46+	39:10+
01:25+	01:45+	00:46+	02:24+	03:16+	03:22+	02:21+	01:46+	00:41+	01:27+	02:15+	01:00+	02:48+	02:36+	01:44+	03:22+	01:09+	01:48+	02:17+	00:34+	00:24+
00:31%	00:33%	00:17%	01:03%	01:15%	01:31%	00:49%	00:46%	00:17%	00:30%	01:10%	00:11#	01:05%	01:23%	00:46%	01:42%	00:23%	00:48%	00:59%	00:10%	00:09%
<b>33</b>	<b>Ove Mæstad</b>	<b>67</b>	<b>39:38</b>																	
01:47+	03:54+	04:46+	07:15+	10:38+	13:27+	16:25+	18:20+	19:09+	20:30+	23:33+	24:39+	28:02+	30:41+	31:47+	34:25+	35:26+	36:52+	38:47+	39:22+	39:38+
01:47+	02:07+	00:52+	02:29+	03:23+	02:49+	02:58+	01:55+	00:49+	01:21+	03:03+	01:06+	03:23+	02:39+	01:06+	02:38+	01:01+	01:26+	01:55+	00:35+	00:16+
00:53%	00:55%	00:23%	01:08%	01:22%	00:58%	01:26%	00:55%	00:25%	00:24%	01:58%	00:17%	01:40%	01:26%	00:08#	00:58%	00:15%	00:26%	00:37%	00:11%	00:01+
<b>34</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>	<b>40:18</b>																	
01:22+	03:21+	04:21+	06:49+	10:15+	13:20+	16:16+	18:07+	18:54+	20:25+	22:20+	23:47+	26:39+	28:50+	30:37+	33:42+	35:07+	36:36+	39:13+	39:52+	40:18+
01:22+	01:59+	01:00+	02:28+	03:26+	03:05+	02:56+	01:51+	00:47+	01:31+	01:55+	01:27+	02:52+	02:11+	01:47+	03:05+	01:25+	01:29+	02:37+	00:39+	00:26+
00:28%	00:47%	00:31%	01:07%	01:25%	01:14%	01:24%	00:51%	00:23%	00:34%	00:50%	00:38%	01:09%	00:58%	00:49%	01:25%	00:39%	00:29%	01:19%	00:15%	00:11%

Class	Navn	Klasse												Tid						
<b>35</b>	<b>Ivar Aalbu</b>	<b>29</b>												<b>43:42</b>						
01:18+	03:05+	04:34+	06:13+	12:32+	15:32+	18:20+	20:07+	20:42+	22:15+	23:56+	24:53+	27:20+	28:56+	30:13+	32:47+	33:42+	35:09+	37:04+	43:21+	43:42+
01:18+	01:47+	01:29+	01:39+	06:19+	03:00+	02:48+	01:47+	00:35+	01:33+	01:41+	00:57+	02:27+	01:36+	01:17+	02:34+	00:55+	01:27+	01:55+	06:17+	00:21+
00:24	00:35	01:00	00:18	04:18	01:09	01:16	00:47	00:11	00:36	00:36	00:08	00:44	00:23	00:19	00:54	00:09	00:27	00:37	05:53	00:06
<b>36</b>	<b>John Thorsnæs</b>	<b>51</b>												<b>43:43</b>						
01:20+	03:18+	05:38+	07:48+	11:19+	13:49+	21:41+	23:33+	24:14+	25:51+	27:25+	28:58+	31:39+	33:33+	35:02+	37:56+	39:09+	40:49+	42:48+	43:26+	43:43+
01:20+	01:58+	02:20+	02:10+	03:31+	02:30+	07:52+	01:52+	00:41+	01:37+	01:34+	01:33+	02:41+	01:54+	01:29+	02:54+	01:13+	01:40+	01:59+	00:38+	00:17+
00:26	00:46	01:51	00:49	01:30	00:39	06:20	00:52	00:17	00:40	00:29	00:44	00:58	00:41	00:31	01:14	00:27	00:40	00:41	00:14	00:02
<b>37</b>	<b>Ommund Bakkevold</b>	<b>68</b>												<b>45:50</b>						
01:26+	04:17+	04:59+	07:32+	14:03+	17:05+	20:06+	22:31+	23:17+	24:50+	27:25+	28:48+	32:00+	34:21+	36:44+	39:42+	40:47+	42:26+	44:44+	45:25+	45:50+
01:26+	02:51+	00:42+	02:33+	06:31+	03:02+	03:01+	02:25+	00:46+	01:33+	02:35+	01:23+	03:12+	02:21+	02:23+	02:58+	01:05+	01:39+	02:18+	00:41+	00:25+
00:32	01:39	00:13	01:12	04:30	01:11	01:29	01:25	00:22	00:36	01:30	00:34	01:29	01:08	01:25	01:18	00:19	00:39	01:00	00:17	00:10
<b>38</b>	<b>Johan Rasmussen</b>	<b>93</b>												<b>45:55</b>						
01:33+	03:43+	04:34+	09:02+	14:09+	17:58+	21:14+	23:05+	23:46+	25:15+	27:09+	28:21+	31:02+	34:33+	36:40+	39:25+	40:37+	42:08+	44:45+	45:23+	45:55+
01:33+	02:10+	00:51+	04:28+	05:07+	03:49+	03:16+	01:51+	00:41+	01:29+	01:54+	01:12+	02:41+	03:31+	02:07+	02:45+	01:12+	01:31+	02:37+	00:38+	00:32+
00:39	00:58	00:22	03:07	03:06	01:58	01:44	00:51	00:17	00:32	00:49	00:23	00:58	02:18	01:09	01:05	00:26	00:31	01:19	00:14	00:17
<b>39</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>												<b>46:23</b>						
01:16+	03:13+	03:56+	06:16+	19:20+	23:03+	25:19+	26:59+	27:34+	29:10+	30:50+	31:56+	34:33+	36:20+	37:42+	40:35+	41:39+	43:21+	45:29+	46:00+	46:23+
01:16+	01:57+	00:43+	02:20+	13:04+	03:43+	02:16+	01:40+	00:35+	01:36+	01:40+	01:06+	02:37+	01:47+	01:22+	02:53+	01:04+	01:42+	02:08+	00:31+	00:23+
00:22	00:45	00:14	00:59	11:03	01:52	00:44	00:40	00:11	00:39	00:35	00:17	00:54	00:34	00:24	01:13	00:18	00:42	00:50	00:07	00:08
<b>40</b>	<b>Jon Grepstad</b>	<b>111</b>												<b>47:08</b>						
01:58+	05:20+	06:56+	09:36+	13:55+	16:56+	20:57+	23:13+	23:56+	26:08+	28:22+	29:45+	32:59+	35:20+	36:51+	40:42+	41:52+	43:41+	46:14+	46:47+	47:08+
01:58+	03:22+	01:36+	02:40+	04:19+	03:01+	04:01+	02:16+	00:43+	02:12+	02:14+	01:23+	03:14+	02:21+	01:31+	03:51+	01:10+	01:49+	02:33+	00:33+	00:21+
01:04	02:10	01:07	01:19	02:18	01:10	02:29	01:16	00:19	01:15	01:09	00:34	01:31	01:08	00:33	02:11	00:24	00:49	01:15	00:09	00:06
<b>41</b>	<b>Steinar Aase</b>	<b>268</b>												<b>47:52</b>						
02:19+	04:42+	05:36+	07:58+	12:31+	15:45+	19:23+	21:43+	22:32+	24:41+	28:09+	29:37+	32:48+	35:00+	37:05+	41:04+	42:09+	44:19+	46:56+	47:28+	47:52+
02:19+	02:23+	00:54+	02:22+	04:33+	03:14+	03:38+	02:20+	00:49+	02:09+	03:28+	01:28+	03:11+	02:12+	02:05+	03:59+	01:05+	02:10+	02:37+	00:32+	00:24+
01:25	01:11	00:25	01:01	02:32	01:23	02:06	01:20	00:25	01:12	02:23	00:39	01:28	00:59	01:07	02:19	00:19	01:10	01:19	00:08	00:09
<b>42</b>	<b>John Helge Svandal</b>	<b>111</b>												<b>48:23</b>						
01:25+	06:11+	06:50+	09:25+	13:34+	16:08+	20:31+	22:45+	23:24+	24:48+	28:45+	30:17+	33:31+	36:36+	38:33+	40:57+	43:34+	44:54+	47:14+	48:02+	48:23+
01:25+	04:46+	00:39+	02:35+	04:09+	02:34+	04:23+	02:14+	00:39+	01:24+	03:57+	01:32+	03:14+	03:05+	01:57+	02:24+	02:37+	01:20+	02:20+	00:48+	00:21+
00:31	03:34	00:10	01:14	02:08	00:43	02:51	01:14	00:15	00:27	02:52	00:43	01:31	01:52	00:59	00:44	01:51	00:20	01:02	00:24	00:06
<b>43</b>	<b>Harald Nilsen</b>	<b>79</b>												<b>48:58</b>						
03:24+	05:42+	06:34+	09:24+	16:15+	19:27+	22:13+	24:45+	25:28+	27:20+	29:29+	30:42+	33:57+	36:15+	37:41+	41:50+	43:12+	45:00+	47:42+	48:35+	48:58+
03:24+	02:18+	00:52+	02:50+	06:51+	03:12+	02:46+	02:32+	00:43+	01:52+	02:09+	01:13+	03:15+	02:18+	01:26+	04:09+	01:22+	01:48+	02:42+	00:53+	00:23+
02:30	01:06	00:23	01:29	04:50	01:21	01:14	01:32	00:19	00:55	01:04	00:24	01:32	01:05	00:28	02:29	00:36	00:48	01:24	00:29	00:08
<b>44</b>	<b>Shady Sayed</b>	<b>167</b>												<b>50:41</b>						
06:51+	08:23+	09:11+	11:37+	18:47+	20:54+	24:05+	26:08+	26:36+	28:52+	32:53+	33:58+	36:30+	39:15+	40:54+	44:31+	45:48+	47:36+	49:53+	50:17+	50:41+
06:51+	01:32+	00:48+	02:26+	07:10+	02:07+	03:11+	02:03+	00:28+	02:16+	04:01+	01:05+	02:32+	02:45+	01:39+	03:37+	01:17+	01:48+	02:17+	00:24	00:24+
05:57	00:20	00:19	01:05	05:09	00:16	01:39	01:03	00:04	01:19	02:56	00:16	00:49	01:32	00:41	01:57	00:31	00:48	00:59	00:00	00:09
<b>45</b>	<b>Ove Vatland</b>	<b>128</b>												<b>51:46</b>						
01:50+	07:31+	08:26+	11:20+	15:33+	19:15+	22:44+	25:08+	25:59+	27:56+	30:21+	31:56+	35:39+	37:58+	39:53+	43:18+	44:46+	46:49+	50:28+	51:15+	51:46+
01:50+	05:41+	00:55+	02:54+	04:13+	03:42+	03:29+	02:24+	00:51+	01:57+	02:25+	01:35+	03:43+	02:19+	01:55+	03:25+	01:28+	02:03+	03:39+	00:47+	00:31+
00:56	04:29	00:26	01:33	02:12	01:51	01:57	01:24	00:27	01:00	01:20	00:46	02:00	01:06	00:57	01:45	00:42	01:03	02:21	00:23	00:16
<b>46</b>	<b>Inge Grødem</b>	<b>92</b>												<b>52:03</b>						
01:47+	04:21+	05:12+	10:48+	15:09+	19:40+	22:33+	24:57+	25:40+	27:44+	32:10+	33:10+	36:33+	39:07+	41:19+	44:42+	46:01+	47:52+	51:06+	51:40+	52:03+
01:47+	02:34+	00:51+	05:36+	04:21+	04:31+	02:53+	02:24+	00:43+	02:04+	04:26+	01:00+	03:23+	02:34+	02:12+	03:23+	01:19+	01:51+	03:14+	00:34+	00:23+
00:53	01:22	00:22	04:15	02:20	02:40	01:21	01:24	00:19	01:07	03:21	00:11	01:40	01:21	01:14	01:43	00:33	00:51	01:56	00:10	00:08
<b>47</b>	<b>Per Bakken</b>	<b>5</b>												<b>52:48</b>						
01:33+	03:56+	04:57+	08:44+	13:38+	17:06+	20:19+	26:05+	27:08+	29:19+	33:54+	36:00+	38:48+	40:37+	42:36+	46:15+	47:25+	49:23+	51:46+	52:23+	52:48+
01:33+	02:23+	01:01+	03:47+	04:54+	03:28+	03:13+	05:46+	01:03+	02:11+	04:35+	02:06+	02:48+	01:49+	01:59+	03:39+	01:10+	01:58+	02:23+	00:37+	00:25+
00:39	01:11	00:32	02:26	02:53	01:37	01:41	04:46	00:39	01:14	03:30	01:17	01:05	00:36	01:01	01:59	00:24	00:58	01:05	00:13	00:10
<b>48</b>	<b>Arild Svihus</b>	<b>92</b>												<b>53:04</b>						
03:52+	06:21+	07:12+	09:21+	13:50+	17:37+	20:21+	21:57+	22:35+	25:28+	32:42+	33:36+	36:55+	39:50+	42:10+	45:27+	46:44+	48:29+	51:43+	52:35+	53:04+
03:52+	02:29+	00:51+	02:09+	04:29+	03:47+	02:44+	01:36+	00:38+	02:53+	07:14+	00:54+	03:19+	02:55+	02:20+	03:17+	01:17+	01:45+	03:14+	00:52+	00:29+
02:58	01:17	00:22	00:48	02:28	01:56	01:12	00:36	00:14	01:56	06:09	00:05	01:36	01:42	01:22	01:37	00:31	00:45	01:56	00:28	00:14
<b>49</b>	<b>Jørgen Fremstad</b>	<b>239</b>												<b>57:52</b>						
02:40+	06:54+	07:29+	09:58+	20:39+	27:58+	30:22+	31:57+	32:29+	33:55+	42:17+	43:20+	47:12+	49:15+	50:41+	53:10+	53:50+	55:24+	56:59+	57:30+	57:52+
02:40+	04:14+	00:35+	02:29+	10:41+	07:19+	02:24+	01:35+	00:32+	01:26+	08:22+	01:03+	03:52+	02:03+	01:26+	02:29+	00:40+	01:34+	01:35+	00:31+	00:22+
01:46	03:02	00:06	01:08	08:40	05:28	00:52	00:35	00:08	00:29	07:17	00:14	02:09	00:50	00:28	00:49	00:06	00:34	00:17	00:07	00:07

Class	Navn	Klasse										Tid									
<b>50</b>	<b>Arild Olsen</b>	<b>4</b>										<b>58:55</b>									
02:12+	04:26+	05:13+	08:36+	18:59+	22:54+	27:07+	29:19+	30:10+	32:27+	37:16+	38:34+	41:43+	44:03+	46:21+	50:53+	52:14+	54:31+	57:33+	58:20+	58:55+	
02:12+	02:14+	00:47+	03:23+	10:23+	03:55+	04:13+	02:12+	00:51+	02:17+	04:49+	01:18+	03:09+	02:20+	02:18+	04:32+	01:21+	02:17+	03:02+	00:47+	00:35+	
01:18@	01:02&	00:18&	02:02@	08:22@	02:04@	02:41@	01:12@	00:27@	01:20@	03:44@	00:29&	01:26&	01:07&	01:20@	02:52@	00:35&	01:17@	01:44@	00:23&	00:20@	
<b>51</b>	<b>Karl Johnny Braut</b>	<b>27</b>										<b>1:01:23</b>									
03:11+	06:16+	06:52+	09:35+	15:07+	24:18+	30:50+	33:11+	34:37+	36:24+	40:40+	41:43+	44:21+	46:46+	48:41+	52:03+	53:10+	56:49+	60:19+	60:55+	61:23+	
03:11+	03:05+	00:36+	02:43+	05:32+	09:11+	06:32+	02:21+	01:26+	01:47+	04:16+	01:03+	02:38+	02:25+	01:55+	03:22+	01:07+	03:39+	03:30+	00:36+	00:28+	
02:17@	01:53@	00:07#	01:22@	03:31@	07:20@	05:00@	01:21@	01:02@	00:50&	03:11@	00:14&	00:55&	01:12&	00:57&	01:42@	00:21&	02:39@	02:12@	00:12&	00:13&	
<b>52</b>	<b>Frank Gulbrandsen</b>	<b>105</b>										<b>1:10:01</b>									
01:41+	03:36+	04:31+	10:15+	29:58+	37:13+	40:25+	43:50+	44:48+	46:40+	49:08+	50:21+	53:19+	55:30+	57:20+	61:38+	63:13+	65:38+	68:33+	69:27+	70:01+	
01:41+	01:55+	00:55+	05:44+	19:43+	07:15+	03:12+	03:25+	00:58+	01:52+	02:28+	01:13+	02:58+	02:11+	01:50+	04:18+	01:35+	02:25+	02:55+	00:54+	00:34+	
00:47&	00:43&	00:26&	04:23@	17:42@	05:24@	01:40@	02:25@	00:34@	00:55&	01:23@	00:24&	01:15&	00:58&	00:52&	02:38@	00:49@	01:25@	01:37@	00:30@	00:19@	
<b>Beste strekktid for klassen</b>																					
00:50	01:12	00:23	01:21	02:01	01:20	01:22	01:00	00:22	00:57	01:05	00:39	01:28	01:04	00:47	01:40	00:39	00:55	01:16	00:21	00:14	

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