

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Andrea Sætre	101	31:04
00:32=	01:37= 03:17= 04:40= 05:42= 07:39=	09:10= 11:38= 13:15= 14:40= 16:41= 17:42=	20:02= 20:50= 22:51= 24:41= 26:28= 28:54= 29:49= 31:04=
00:32=	01:05= 01:40= 01:23= 01:02= 01:57=	01:31= 02:28= 01:37= 01:25= 02:01= 01:01= 02:20=	00:48= 02:01= 01:50= 01:47= 02:26= 00:55= 01:15=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Anne M. Enne Haug	117	31:23
00:42+	01:59+ 03:56+ 05:35+ 07:07+	09:13+ 10:39+ 12:47+ 14:39+ 16:16+ 17:36+	18:30+ 20:49+ 21:36+ 23:14+ 24:37- 27:13+ 29:12+ 30:06+ 31:23+
00:42+	01:17+ 01:57+ 01:39+ 01:32+	02:06+ 01:26- 02:08- 01:52+ 01:37+	01:20- 00:54- 02:19- 00:47- 01:38- 01:23- 02:36+ 01:59- 00:54- 01:17+
00:10&	00:12# 00:17# 00:16# 00:30&	00:09+ 00:05- 00:20- 00:15# 00:12#	00:41- 00:07- 00:01- 00:01- 00:23- 00:27- 00:49& 00:27- 00:01- 00:02+
3	Åsta Bryne	105	31:52
00:37+	01:56+ 03:54+ 05:32+ 07:55+	10:05+ 11:48+ 13:42+ 15:29+ 17:02+	18:44+ 19:43+ 22:03+ 22:50+ 24:20+ 26:08+ 27:36+ 29:35+ 30:31+ 31:52+
00:37+	01:19+ 01:58+ 01:38+ 02:23+	02:10+ 01:43+ 01:54- 01:47+	01:33+ 01:42- 00:59- 02:20= 00:47- 01:30- 01:48- 01:28- 01:59- 00:56+ 01:21+
00:05#	00:14# 00:18# 00:15# 01:21&	00:13# 00:12# 00:34- 00:10#	00:08+ 00:19- 00:02- 00:00= 00:01- 00:31- 00:02- 00:19- 00:27- 00:01+ 00:06+
4	Rønnaug Egeland	154	31:53
00:35+	02:00+ 04:05+ 05:46+ 07:18+	09:52+ 11:25+ 13:42+ 15:44+	17:09+ 18:56+ 19:46+ 22:07+ 22:52+ 24:18+ 25:54+ 27:28+ 29:31+ 30:30+ 31:53+
00:35+	01:25+ 02:05+ 01:41+ 01:32+	02:34+ 01:33+ 02:17- 02:02+ 01:25=	01:47- 00:50- 02:21+ 00:45- 01:26- 01:36- 01:34+ 02:03- 00:59+ 01:23+
00:03+	00:20& 00:25# 00:18# 00:30&	00:37& 00:02+ 00:11- 00:25&	00:00= 00:14- 00:11- 00:01+ 00:03- 00:35- 00:14- 00:13- 00:23- 00:04+ 00:08#
5	Wibeke Lende	74	33:05
00:37+	01:58+ 03:38+ 05:16+ 06:54+	09:37+ 11:10+ 13:12+ 15:07+	16:36+ 18:09+ 19:02+ 21:29+ 22:17+ 24:41+ 26:23+ 28:10+ 30:25+ 31:34+ 33:05+
00:37+	01:21+ 01:40= 01:38+ 01:38+	02:43+ 01:33+ 02:02- 01:55+ 01:29+	01:33- 00:53- 02:27+ 00:48= 02:24+ 01:42- 01:47= 02:15- 01:09+ 01:31+
00:05#	00:16# 00:00= 00:15# 00:36&	00:46& 00:02+ 00:26- 00:18#	00:04+ 00:28- 00:08- 00:07+ 00:00= 00:23# 00:08- 00:00= 00:11- 00:14& 00:16#
6	Lene Bjelland	116	33:07
00:29-	01:41+ 03:17= 04:56+ 06:56+	09:39+ 11:10+ 13:19+ 15:24+	17:11+ 18:42+ 19:37+ 22:10+ 23:09+ 25:09+ 26:47+ 28:28+ 30:28+ 31:55+ 33:07+
00:29-	01:12+ 01:36- 01:39+ 02:00+	02:43+ 01:31= 02:09- 02:05+ 01:47+	01:31- 00:55- 02:33+ 00:59+ 02:00- 01:38- 01:41- 02:00- 01:27+ 01:12-
00:03-	00:07# 00:04- 00:16# 00:58&	00:46& 00:00= 00:19- 00:28&	00:22& 00:30- 00:06- 00:13+ 00:11# 00:01- 00:12- 00:06- 00:26- 00:32& 00:03-
7	Bodil Krogedal	126	34:49
01:02+	02:25+ 04:09+ 05:55+ 07:27+	09:44+ 11:52+ 14:13+ 16:14+	17:44+ 19:45+ 20:40+ 23:02+ 23:52+ 25:40+ 27:18+ 29:01+ 31:17+ 33:26+ 34:49+
01:02+	01:23+ 01:44+ 01:46+ 01:32+	02:17+ 02:08+ 02:21- 02:01+	01:30+ 02:01= 00:55- 02:22+ 00:50+ 01:48- 01:38- 01:43- 02:16- 02:09+ 01:23+
00:30&	00:18& 00:04+ 00:23&	00:30& 00:20# 00:37&	00:07- 00:24# 00:05+ 00:00= 00:06- 00:02+ 00:02+ 00:13- 00:12- 00:04- 00:10- 01:14& 00:08#
8	Kristina Renshaw	101	35:14
00:48+	02:09+ 04:56+ 06:42+ 08:26+	10:45+ 12:20+ 14:52+ 16:46+	18:12+ 20:25+ 21:25+ 24:03+ 25:00+ 26:41+ 28:46+ 30:27+ 32:48+ 33:48+ 35:14+
00:48+	01:21+ 02:47+ 01:46+ 01:44+	02:19+ 01:35+ 02:32+ 01:54+	01:26+ 02:13+ 01:00- 02:38+ 00:57+ 01:41- 02:05+ 01:41- 02:21- 01:00+ 01:26+
00:16&	00:16# 01:07& 00:23&	00:42& 00:04+ 00:17#	00:01+ 00:12+ 00:01- 00:18# 00:09# 00:20- 00:15# 00:06- 00:05- 00:05+ 00:11#
9	Ingrid Lycke Austbø	109	38:45
00:44+	02:16+ 06:27+ 08:22+ 09:39+	11:50+ 13:28+ 16:23+ 18:33+	19:56+ 23:15+ 24:09+ 26:17+ 27:47+ 30:15+ 32:45+ 34:18+ 36:08+ 37:21+ 38:45+
00:44+	01:32+ 04:11+ 01:55+ 01:17+	02:11+ 01:38+ 02:55+ 02:10+	01:23- 03:19+ 00:54- 02:08- 01:30+ 02:28+ 02:30+ 01:33- 01:50- 01:13+ 01:24+
00:12&	00:27& 02:31@ 00:32&	00:15# 00:14# 00:07+ 00:27#	00:33& 00:02- 01:18& 00:07- 00:12- 00:42& 00:27# 00:40& 00:14- 00:36- 00:18& 00:09#
10	Marie Sjursen	117	39:34
00:44+	02:15+ 05:10+ 06:55+ 08:34+	11:04+ 12:46+ 15:13+ 17:27+	19:07+ 23:09+ 24:05+ 26:46+ 27:46+ 31:08+ 32:57+ 35:05+ 37:08+ 38:09+ 39:34+
00:44+	01:31+ 02:55+ 01:45+ 01:39+	02:30+ 01:42+ 02:27- 02:14+	01:40+ 04:02+ 00:56- 02:41+ 01:00+ 03:22+ 01:49- 02:08+ 02:03- 01:01+ 01:25+
00:12&	00:26& 01:15& 00:22&	00:37& 00:33& 00:11# 00:01-	00:37& 00:15# 02:01& 00:05- 00:21# 00:12# 01:21& 00:01- 00:21# 00:23- 00:06# 00:10#
11	Hanne Berg Nilsen	117	39:59
00:39+	02:01+ 03:58+ 05:30+ 07:24+	09:35+ 11:25+ 13:39+ 16:03+	17:40+ 22:45+ 23:48+ 26:29+ 27:52+ 30:10+ 33:08+ 35:15+ 37:17+ 38:21+ 39:59+
00:39+	01:22+ 01:57+ 01:32+ 01:54+	02:11+ 01:50+ 02:14- 02:24+	01:37+ 05:05+ 01:03+ 02:41+ 01:23+ 02:18+ 02:58+ 02:07+ 02:02- 01:04+ 01:38+
00:07#	00:17& 00:17# 00:09#	00:52& 00:14# 00:19# 00:14-	00:47& 00:12# 03:04@ 00:02+ 00:21# 00:35& 00:17# 01:08& 00:20# 00:24- 00:09# 00:23&
12	Veronica Fenne	66	41:00
00:36+	01:56+ 03:47+ 05:21+ 06:44+	08:46+ 10:17+ 12:14+ 17:51+	19:35+ 21:40+ 22:44+ 25:04+ 25:51+ 29:31+ 31:19+ 35:03+ 37:32+ 39:11+ 41:00+
00:36+	01:20+ 01:51+ 01:34+ 01:23+	02:02+ 01:31= 01:57- 05:37+	01:44+ 02:05+ 01:04+ 02:20= 00:47- 03:40+ 01:48- 03:44+ 02:29+ 01:39+ 01:49+
00:04#	00:15# 00:11# 00:11#	00:21& 00:05+	00:00= 00:31- 04:00@ 00:19# 00:04+ 00:03+ 00:00= 00:01- 01:39& 00:02- 01:57@ 00:03+ 00:44& 00:34&
13	Marita Skorpe	74	41:18
00:41+	02:12+ 04:20+ 06:09+ 08:05+	10:45+ 12:33+ 15:03+ 17:27+	20:20+ 22:25+ 23:45+ 26:49+ 27:59+ 30:29+ 33:27+ 35:31+ 37:55+ 39:37+ 41:18+
00:41+	01:31+ 02:08+ 01:49+ 01:56+	02:40+ 01:48+ 02:30+ 02:24+	02:53+ 02:05+ 01:20+ 03:04+ 01:10+ 02:30+ 02:58+ 02:04+ 02:24- 01:42+ 01:41+
00:09&	00:26& 00:28& 00:26&	00:54& 00:43& 00:17# 00:02+	00:47& 01:28@ 00:04+ 00:19& 00:44& 01:22& 00:29# 01:08& 00:17# 00:02- 00:47& 00:26&
14	Svitlana Rasheva	116	41:22
00:39+	02:03+ 05:00+ 06:46+ 09:13+	11:48+ 13:56+ 16:32+ 18:47+	20:52+ 23:32+ 25:07+ 27:45+ 28:56+ 31:16+ 33:43+ 35:41+ 38:00+ 39:42+ 41:22+
00:39+	01:24+ 02:57+ 01:46+ 02:27+	02:35+ 02:08+ 02:36+ 02:15+	02:05+ 02:40+ 01:35+ 02:38+ 01:11+ 02:20+ 02:27+ 01:58+ 02:19- 01:42+ 01:40+
00:07#	00:19& 01:17& 00:23&	01:25@ 00:38& 00:37&	00:08+ 00:38& 00:40& 00:39& 00:34& 00:18# 00:23& 00:19# 00:37& 00:11# 00:07- 00:47& 00:25&

Class	Navn	Klasse										Tid																			
15	Anna Berthelsen	117										42:03																			
00:44+	02:27+	05:12+	07:15+	09:22+	12:10+	13:48+	16:33+	19:15+	21:07+	23:49+	25:02+	28:00+	29:02+	31:06+	33:37+	36:25+	39:02+	40:25+	42:03+												
00:44+	01:43+	02:45+	02:03+	02:07+	02:48+	01:38+	02:45+	02:42+	01:52+	02:42+	01:13+	02:58+	01:02+	02:04+	02:31+	02:48+	02:37+	01:23+	01:38+												
00:12&	00:38&	01:05&	00:40&	01:05@	00:51&	00:07+	00:17#	01:05&	00:27&	00:41&	00:12#	00:38&	00:14&	00:03+	00:41&	01:01&	00:11+	00:28&	00:23&												
16	Mette Langeland	117										43:00																			
00:47+	02:24+	05:01+	07:00+	09:06+	11:58+	13:57+	16:26+	18:54+	20:47+	24:16+	25:21+	28:30+	29:47+	32:19+	34:46+	37:14+	39:45+	41:20+	43:00+												
00:47+	01:37+	02:37+	01:59+	02:06+	02:52+	01:59+	02:29+	02:28+	01:53+	03:29+	01:05+	03:09+	01:17+	02:32+	02:27+	02:28+	02:31+	01:35+	01:40+												
00:15&	00:32&	00:57&	00:36&	01:04@	00:55&	00:28&	00:01+	00:51&	00:28&	01:28&	00:04+	00:49&	00:29&	00:31&	00:37&	00:41&	00:05+	00:40&	00:25&												
17	Barbro Lunde Nedrebø	92										43:09																			
00:36+	02:02+	04:41+	06:41+	08:37+	11:07+	13:02+	15:22+	17:44+	20:49+	24:20+	25:54+	28:43+	29:50+	32:03+	34:27+	36:42+	39:32+	41:41+	43:09+												
00:36+	01:26+	02:39+	02:00+	01:56+	02:30+	01:55+	02:20-	02:22+	03:05+	03:31+	01:34+	02:49+	01:07+	02:13+	02:24+	02:15+	02:50+	02:09+	01:28+												
00:04#	00:21&	00:59&	00:37&	00:54&	00:33&	00:24&	00:08-	00:45&	01:40@	01:30&	00:33&	00:29#	00:19&	00:12+	00:34&	00:28&	00:24#	01:14@	00:13#												
18	Ingunn Bergheim Landsnes	92										47:21																			
00:37+	02:27+	04:20+	06:27+	08:30+	11:33+	13:32+	16:47+	20:07+	22:06+	24:29+	25:49+	29:03+	30:18+	34:47+	37:14+	40:49+	43:59+	45:24+	47:21+												
00:37+	01:50+	01:53+	02:07+	02:03+	03:03+	01:59+	03:15+	03:20+	01:59+	02:23+	01:20+	03:14+	01:15+	04:29+	02:27+	03:35+	03:10+	01:25+	01:57+												
00:05#	00:45&	00:13#	00:44&	01:01&	01:06&	00:28&	00:47&	01:43@	00:34&	00:22#	00:19&	00:54&	00:27&	02:28@	00:37&	01:48@	00:44&	00:30&	00:42&												
19	Nicola Herbert	92										48:19																			
00:52+	02:25+	04:28+	06:17+	08:04+	10:38+	12:33+	15:32+	17:44+	19:51+	21:56+	23:23+	26:16+	27:11+	37:59+	40:35+	42:51+	45:17+	46:39+	48:19+												
00:52+	01:33+	02:03+	01:49+	01:47+	02:34+	01:55+	02:59+	02:12+	02:07+	02:05+	01:27+	02:53+	00:55+	10:48+	02:36+	02:16+	02:26+	01:22+	01:40+												
00:20&	00:28&	00:23#	00:26&	00:45&	00:37&	00:24&	00:31#	00:35&	00:42&	00:04+	00:26&	00:33#	00:07#	08:47@	00:46&	00:29&	00:00=	00:27&	00:25&												
20	Jorun Nymo	136										49:17																			
00:43+	02:12+	05:46+	07:26+	08:51+	11:06+	13:05+	15:39+	17:37+	19:19+	25:39+	26:53+	29:58+	31:13+	39:43+	42:41+	44:25+	46:18+	47:41+	49:17+												
00:43+	01:29+	03:34+	01:40+	01:25+	02:15+	01:59+	02:34+	01:58+	01:42+	06:20+	01:14+	03:05+	01:15+	08:30+	02:58+	01:44-	01:53-	01:23+	01:36+												
00:11&	00:24&	01:54@	00:17#	00:23&	00:18#	00:28&	00:06+	00:21#	00:17#	04:19@	00:13#	00:45&	00:27&	06:29@	01:08&	00:03-	00:33-	00:28&	00:21&												
21	Margrete Jian Øye	126										50:10																			
02:02+	03:28+	09:08+	10:53+	12:34+	15:05+	16:42+	18:51+	21:10+	23:00+	25:15+	27:25+	30:29+	32:08+	36:26+	38:58+	42:24+	45:43+	47:26+	50:10+												
02:02+	01:26+	05:40+	01:45+	01:41+	02:31+	01:37+	02:09-	02:19+	01:50+	02:15+	02:10+	03:04+	01:39+	04:18+	02:32+	03:26+	03:19+	01:43+	02:44+												
01:30@	00:21&	04:00@	00:22&	00:39&	00:34&	00:06+	00:19-	00:42&	00:25&	00:14#	01:09@	00:44&	00:51@	02:17@	00:42&	01:39&	00:53&	00:48&	01:29@												
22	Nithya Mohan	136										57:38																			
00:54+	02:58+	05:54+	08:20+	10:35+	13:26+	15:35+	19:12+	22:34+	25:44+	29:53+	32:23+	36:00+	37:40+	41:40+	46:57+	50:03+	53:05+	54:57+	57:38+												
00:54+	02:04+	02:56+	02:26+	02:15+	02:51+	02:09+	03:37+	03:22+	03:10+	04:09+	02:30+	03:37+	01:40+	04:00+	05:17+	03:06+	03:02+	01:52+	02:41+												
00:22&	00:59&	01:16&	01:03&	01:13@	00:54&	00:38&	01:09&	01:45@	01:45@	02:08@	01:29@	01:17&	00:52@	01:59&	03:27@	01:19&	00:36#	00:57@	01:26@												
Beste strekketid for klassen												00:29	01:05	01:36	01:23	01:02	01:57	01:26	01:54	01:37	01:23	01:20	00:50	02:08	00:45	01:26	01:23	01:28	01:50	00:54	01:12

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

Damer 40 - 49 år

1	Brit Nilsen	88										33:26									
00:35=	02:32=	04:25=	06:42=	07:31=	08:57=	09:56=	11:58=	13:04=	14:03=	15:12=	16:26=	18:36=	19:28=	21:31=	23:31=	25:27=	27:15=	29:23=	30:53=	31:52=	33:26=
00:35=	01:57=	01:53=	02:17=	00:49=	01:26=	00:59=	02:02=	01:06=	00:59=	01:09=	01:14=	02:10=	00:52=	02:03=	02:00=	01:56=	01:48=	02:08=	01:30=	00:59=	01:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Randi Helen Ladsten	128										35:40									
00:36+	02:47+	04:40+	06:58+	07:57+	09:47+	10:47+	12:59+	14:08+	15:07+	16:25+	17:43+	19:57+	20:47+	23:03+	24:54+	27:05+	30:01+	31:59+	33:21+	34:25+	35:40+
00:36+	02:11+	01:53=	02:18+	00:59+	01:50+	01:00+	02:12+	01:09+	00:59=	01:18+	01:18+	02:14+	00:50-	02:16+	01:51-	02:11+	02:56+	01:58-	01:22-	01:04+	01:15-
00:01+	00:14#	00:00=	00:01+	00:10#	00:24&	00:01+	00:10+	00:03+	00:00=	00:09#	00:04+	00:04+	00:02-	00:13#	00:09-	00:15#	01:08&	00:10-	00:08-	00:05+	00:19-
3	Kristin Breivold	92										35:40									
00:34-	02:24-	04:11-	06:13-	07:10-	08:36-	09:32-	11:34-	12:47-	13:48-	15:05-	16:28+	18:39+	20:57+	22:50+	24:33+	26:25+	28:19+	31:12+	32:42+	34:09+	35:40+
00:34-	01:50-	01:47-	02:02-	00:57+	01:26=	00:56-	02:02=	01:13+	01:01+	01:17+	01:23+	02:11+	02:18+	01:53-	01:43-	01:52-	01:54+	02:53+	01:30=	01:27+	01:31-
00:01-	00:07-	00:06-	00:15-	00:08#	00:00=	00:03-	00:00=	00:07#	00:02+	00:08#	00:09#	00:01+	01:26@	00:10-	00:17-	00:04-	00:06+	00:45&	00:00=	00:28&	00:03-
4	Kari Sjørnsen	117										36:51									
00:34-	02:37+	04:33+	06:59+	07:57+	09:24+	10:32+	12:43+	13:47+	14:50+	16:03+	17:53+	20:38+	21:48+	24:13+	25:49+	27:50+	29:54+	32:08+	33:48+	35:12+	36:51+
00:34-	02:03+	01:56+	02:26+	00:58+	01:27+	01:08+	02:11+	01:04-	01:03+	01:13+	01:50+	02:45+	01:10+	02:25+	01:36-	02:01+	02:04+	02:14+	01:40+	01:24+	01:39+
00:01-	00:06+	00:03+	00:09+	00:09#	00:01+	00:09#	00:09+	00:02-	00:04+	00:04+	00:36&	00:35&	00:18&	00:22#	00:24-	00:05+	00:16#	00:06+	00:10#	00:25&	00:05+
5	May Bente Valdøl	116										37:12									
00:30-	02:20-	04:15-	06:20-	07:26-	08:34-	09:38-	11:29-	14:48+	15:51+	17:01+	18:30+	20:52+	21:54+	24:18+	25:59+	28:20+	30:13+	32:19+	34:05+	35:54+	37:12+
00:30-	01:50-	01:55+	02:05-	01:06+	01:08-	01:04+	01:51-	03:19+	01:03+	01:10+	01:29+	02:22+	01:02+	02:24+	01:41-	02:21+	01:53+	02:06-	01:46+	01:49+	01:18-
00:05-	00:07-	00:02+	00:12-	00:17&	00:18-	00:05+	00:11-	02:13@	00:04+	00:01+	00:15#	00:12+	00:10#	00:21#	00:19-	00:25#	00:05+	00:02-	00:16#	00:50&	00:16-

Class	Navn	Klasse											Tid									
6	Heidi Martby	88											38:50									
	00:33-	02:36+	04:50+	07:17+	08:59+	10:30+	11:29+	13:37+	14:46+	15:44+	16:57+	18:37+	21:07+	21:52+	24:18+	27:03+	30:11+	32:12+	34:28+	36:13+	37:19+	38:50+
	00:33-	02:03+	02:14+	02:27+	01:42+	01:31+	00:59=	02:08+	01:09+	00:58-	01:13+	01:40+	02:30+	00:45-	02:26+	02:45+	03:08+	02:01+	02:16+	01:45+	01:06+	01:31-
	00:02-	00:06+	00:21#	00:10+	00:53@	00:05+	00:00=	00:06+	00:03+	00:01-	00:04+	00:26&	00:20#	00:07-	00:23#	00:45&	01:12&	00:13#	00:08+	00:15#	00:07#	00:03-
7	Siv Skretting	93											39:11									
	00:37+	03:43+	05:43+	08:11+	09:10+	10:41+	11:45+	14:00+	15:19+	16:29+	18:11+	19:38+	21:44+	22:30+	25:43+	27:33+	30:30+	32:37+	34:34+	36:11+	37:21+	39:11+
	00:37+	03:06+	02:00+	02:28+	00:59+	01:31+	01:04+	02:15+	01:19+	01:10+	01:42+	01:27+	02:06-	00:46-	03:13+	01:50-	02:57+	02:07+	01:57-	01:37+	01:10+	01:50+
	00:02+	01:09&	00:07+	00:11+	00:10#	00:05+	00:05+	00:13#	00:13#	00:11#	00:33&	00:13#	00:04-	00:06-	01:10&	00:10-	01:01&	00:19#	00:11-	00:07+	00:11#	00:16#
8	Bjørn Hauge	47											41:03									
	00:40+	02:53+	05:02+	07:48+	08:50+	10:14+	11:33+	14:23+	15:42+	16:56+	19:01+	20:42+	23:12+	24:06+	26:35+	29:29+	31:32+	33:53+	36:03+	38:11+	39:22+	41:03+
	00:40+	02:13+	02:09+	02:46+	01:02+	01:24-	01:19+	02:50+	01:19+	01:14+	02:05+	01:41+	02:30+	00:54+	02:29+	02:54+	02:03+	02:21+	02:10+	02:08+	01:11+	01:41+
	00:05#	00:16#	00:16#	00:29#	00:13&	00:02-	00:20&	00:48&	00:13#	00:15&	00:56&	00:27&	00:20#	00:02+	00:26#	00:54&	00:07+	00:33&	00:02+	00:38&	00:12#	00:07+
9	Nina Svensen	2											41:15									
	00:34-	02:35+	05:48+	08:19+	09:15+	10:36+	11:35+	13:41+	14:59+	16:03+	17:30+	19:28+	22:48+	25:24+	28:01+	30:10+	32:48+	34:45+	37:00+	38:42+	39:44+	41:15+
	00:34-	02:01+	03:13+	02:31+	00:56+	01:21-	00:59=	02:06+	01:18+	01:04+	01:27+	01:58+	03:20+	02:36+	02:37+	02:09+	02:38+	01:57+	02:15+	01:42+	01:02+	01:31-
	00:01-	00:04+	01:20&	00:14#	00:07#	00:05-	00:00=	00:04+	00:12#	00:05+	00:18&	00:44&	01:10&	01:44@	00:34&	00:09+	00:42&	00:09+	00:07+	00:12#	00:03+	00:03-
10	Rikke Rostrup	116											44:30									
	00:37+	02:55+	05:25+	08:17+	09:14+	10:54+	12:01+	14:15+	15:39+	16:38+	18:57+	20:26+	23:04+	25:12+	28:19+	30:23+	33:53+	35:51+	38:29+	40:36+	42:43+	44:30+
	00:37+	02:18+	02:30+	02:52+	00:57+	01:40+	01:07+	02:14+	01:24+	00:59=	02:19+	01:29+	02:38+	02:08+	03:07+	02:04+	03:30+	01:58+	02:38+	02:07+	02:07+	01:47+
	00:02+	00:21#	00:37&	00:35&	00:08#	00:14#	00:08#	00:12+	00:18&	00:00=	01:10@	00:15#	00:28#	01:16@	01:04&	00:04+	01:34&	00:10+	00:30#	00:37&	01:08@	00:13#
11	Toril Dahle	116											46:21									
	00:37+	02:54+	05:15+	08:33+	09:45+	11:17+	12:49+	15:02+	16:56+	18:05+	19:41+	21:25+	24:58+	26:34+	29:01+	31:24+	33:50+	37:13+	40:13+	42:15+	44:47+	46:21+
	00:37+	02:17+	02:21+	03:18+	01:12+	01:32+	01:32+	02:13+	01:54+	01:09+	01:36+	01:44+	03:33+	01:36+	02:27+	02:23+	03:23+	03:00+	02:02+	02:32+	02:32+	01:34=
	00:02+	00:20#	00:28#	01:01&	00:23&	00:06+	00:33&	00:11+	00:48&	00:10#	00:27&	00:30&	01:23&	00:44&	00:24#	00:23#	00:30&	01:35&	00:52&	00:32&	01:33@	00:00=
12	Hege Anita H. Nielsen	48											46:39									
	00:34-	02:48+	05:24+	08:28+	10:39+	12:20+	13:30+	16:20+	17:37+	19:15+	21:09+	22:46+	26:09+	27:06+	30:49+	33:44+	36:27+	39:12+	41:17+	43:38+	44:51+	46:39+
	00:34-	02:14+	02:36+	03:04+	02:11+	01:41+	01:10+	02:50+	01:17+	01:38+	01:54+	01:37+	03:23+	00:57+	03:43+	02:55+	02:43+	02:45+	02:05-	02:21+	01:13+	01:48+
	00:01-	00:17#	00:43&	00:47&	01:22@	00:15#	00:11#	00:48&	00:11#	00:39&	00:45&	00:23&	01:13&	00:05+	01:40&	00:55&	00:47&	00:57&	00:03-	00:51&	00:14#	00:14#
13	Tove Irene Asheim	116											47:30									
	00:47+	03:03+	05:34+	08:24+	09:26+	11:03+	12:14+	15:27+	16:40+	18:01+	19:37+	21:31+	23:58+	27:39+	30:48+	34:11+	36:30+	38:56+	41:46+	43:53+	45:38+	47:30+
	00:47+	02:16+	02:31+	02:50+	01:02+	01:37+	01:11+	03:13+	01:13+	01:21+	01:36+	01:54+	02:27+	03:41+	03:09+	03:23+	02:19+	02:26+	02:50+	02:07+	01:45+	01:52+
	00:12&	00:19#	00:38&	00:33#	00:13&	00:11#	00:12#	01:11&	00:07#	00:22&	00:27&	00:40&	00:17#	02:49@	01:06&	01:23&	00:23#	00:38&	00:42&	00:37&	00:46&	00:18#
14	Astri Sandanger	93											47:47									
	00:34-	02:49+	05:02+	07:42+	08:50+	13:37+	14:52+	17:14+	18:43+	19:53+	21:22+	22:54+	25:34+	27:46+	33:15+	35:37+	38:38+	40:51+	43:19+	45:09+	46:12+	47:47+
	00:34-	02:15+	02:13+	02:40+	01:08+	04:47+	01:15+	02:22+	01:29+	01:10+	01:29+	01:32+	02:40+	02:12+	05:29+	02:22+	03:01+	02:13+	02:28+	01:50+	01:03+	01:35+
	00:01-	00:18#	00:20#	00:23#	00:19&	03:21@	00:16&	00:20#	00:23&	00:11#	00:20&	00:18#	00:30#	01:20@	03:26@	00:22#	01:05&	00:25#	00:20#	00:20#	00:04+	00:01+
15	Lise Bergli	62											49:14									
	00:33-	02:32=	06:24+	10:01+	10:59+	12:33+	13:53+	16:14+	20:34+	21:48+	23:43+	25:24+	28:31+	29:23+	32:02+	34:11+	39:06+	42:03+	44:22+	46:20+	47:44+	49:14+
	00:33-	01:59+	03:52+	03:37+	00:58+	01:34+	01:20+	02:21+	04:20+	01:14+	01:55+	01:41+	03:07+	00:52+	02:39+	02:09+	04:55+	02:57+	02:19+	01:58+	01:24+	01:30-
	00:02-	00:02+	01:59@	01:20&	00:09#	00:08+	00:21&	00:19#	03:14@	00:15&	00:46&	00:27&	00:57&	00:00=	00:36&	00:09+	02:59@	01:09&	00:11+	00:28&	00:25&	00:04-
16	Irene Sirevåg	105											57:00									
	00:47+	03:24+	06:01+	10:06+	11:21+	13:14+	14:53+	17:44+	19:23+	20:48+	22:24+	24:32+	30:00+	31:00+	34:20+	37:58+	42:26+	47:02+	50:13+	52:40+	54:40+	57:00+
	00:47+	02:37+	02:37+	04:05+	01:15+	01:53+	01:39+	02:51+	01:39+	01:25+	01:36+	02:08+	05:28+	01:00+	03:20+	03:38+	04:28+	04:36+	03:11+	02:27+	02:00+	02:20+
	00:12&	00:40&	00:44&	01:48&	00:26&	00:27&	00:40&	00:49&	00:33&	00:26&	00:27&	00:54&	03:18@	00:08#	01:17&	01:38&	02:32@	02:48@	01:03&	00:57&	01:01@	00:46&
17	Gøril Monsen	92											58:08									
	00:41+	03:00+	05:14+	07:32+	08:23+	09:43+	10:46+	13:12+	15:01+	16:25+	18:00+	20:19+	23:30+	25:42+	30:27+	39:16+	41:28+	50:35+	53:15+	55:17+	56:27+	58:08+
	00:41+	02:19+	02:14+	02:18+	00:51+	01:20-	01:03+	02:26+	01:49+	01:24+	01:35+	02:19+	03:11+	02:12+	04:45+	08:49+	02:12+	09:07+	02:40+	02:02+	01:10+	01:41+
	00:06#	00:22#	00:21#	00:01+	00:02+	00:06-	00:04+	00:24#	00:43&	00:25&	00:26&	01:05&	01:01&	01:20@	02:42@	06:49@	00:16#	07:19@	00:32#	00:32&	00:11#	00:07+
Beste strekktid for klassen																						
	00:30	01:50	01:47	02:02	00:49	01:08	00:56	01:51	01:04	00:58	01:09	01:14	02:06	00:45	01:53	01:36	01:52	01:48	01:57	01:22	00:59	01:15
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																						
Damer 50 - 59 år																						
1	Anne Sæbø Vik	116											31:16									
	00:32=	02:20=	04:17=	06:25=	07:15=	08:36=	09:39=	11:26=	12:30=	13:30=	14:49=	15:55=	17:50=	18:30=	20:45=	22:13=	23:49=	25:22=	27:21=	28:50=	29:45=	31:16=
	00:32=	01:48=	01:57=	02:08=	00:50=	01:21=	01:03=	01:47=	01:04=	01:00=	01:19=	01:06=	01:55=	00:40=	02:15=	01:28=	01:36=	01:33=	01:59=	01:29=	00:55=	01:31=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse											Tid										
2	Keth Berggraf	116											34:35										
00:30-	02:12-	04:01-	06:01-	08:14-	09:10-	11:19-	12:21-	13:17-	14:21-	15:36-	17:48-	18:33+	20:50+	22:44+	27:09+	28:45+	30:34+	32:13+	33:08+	34:35+			
00:30-	01:42-	01:49-	02:00-	00:54+	01:19-	00:56-	02:09+	01:02-	00:56-	01:04-	01:15+	02:12+	00:45+	02:17+	01:54+	04:25+	01:36+	01:49-	01:39+	00:55=	01:27-		
00:02-	00:06-	00:08-	00:08-	00:04+	00:02-	00:07-	00:22#	00:02-	00:04-	00:15-	00:09#	00:17#	00:05#	00:02+	00:26&	02:49@	00:03+	00:10-	00:10#	00:00=	00:04-		
3	Gunn J. Grefstad	2											36:46										
00:39+	02:42+	04:44+	07:07+	08:19+	09:51+	10:54+	13:01+	14:31+	15:36+	17:30+	18:47+	21:10+	22:05+	24:05+	25:46+	28:15+	30:25+	32:12+	34:00+	35:02+	36:46+		
00:39+	02:03+	02:02+	02:23+	01:12+	01:32+	01:03=	02:07+	01:30+	01:05+	01:54+	01:17+	02:23+	00:55+	02:00-	01:41+	02:29+	02:10+	01:47-	01:48+	01:02+	01:44+		
00:07#	00:15#	00:05+	00:15#	00:22&	00:11#	00:00=	00:20#	00:26&	00:05+	00:35&	00:11#	00:28#	00:15&	00:15-	00:13#	00:53&	00:37&	00:12-	00:19#	00:07#	00:13#		
4	Trude Katrine Hermanrud	117											38:17										
00:35+	02:39+	04:46+	07:20+	08:22+	09:21+	10:46+	11:52+	14:18+	15:34+	16:47+	18:11+	19:41+	21:59+	22:48+	25:15+	27:16+	29:27+	31:38+	33:43+	35:23+	36:34+	38:17+	
00:35+	02:04+	02:07+	02:34+	01:02+	00:59-	01:25+	01:06-	02:26+	01:16+	01:13-	01:24+	01:30-	02:18+	00:49-	02:27+	02:01+	02:11+	02:11+	02:05+	01:40+	01:11-	01:43+	
00:03+	00:16#	00:10+	00:26#	00:12#	00:22-	00:22&	00:41-	01:22@	00:16&	00:06-	00:18&	00:25-	01:38@	01:26-	00:59&	00:25&	00:38&	00:12#	00:36&	00:45&	00:20-	01:43+	
5	Målfrid Bjerkeli	237											39:49										
00:35+	02:34+	04:46+	07:31+	08:39+	10:13+	11:21+	14:19+	15:44+	16:59+	18:18+	19:58+	22:24+	23:26+	26:04+	28:25+	31:08+	33:21+	35:19+	36:49+	38:06+	39:49+		
00:35+	01:59+	02:12+	02:45+	01:08+	01:34+	01:08+	02:58+	01:25+	01:15+	01:19=	01:40+	02:26+	01:02+	02:38+	02:21+	02:43+	02:13+	01:58-	01:30+	01:17+	01:43+		
00:03+	00:11#	00:15#	00:37&	00:18&	00:13#	00:05+	01:11&	00:21&	00:15#	00:00=	00:34&	00:31&	00:22&	00:23#	00:53&	01:07&	00:40&	00:01-	00:01+	00:22&	00:12#		
6	Torill Andersen	116											39:54										
00:38+	02:49+	04:53+	07:08+	09:50+	11:18+	12:36+	14:33+	15:52+	16:52+	18:03+	19:18+	22:02+	23:07+	26:18+	28:16+	30:47+	32:38+	34:54+	36:48+	38:17+	39:54+		
00:38+	02:11+	02:04+	02:15+	02:42+	01:28+	01:18+	01:57+	01:19+	01:00=	01:11-	01:15+	02:44+	01:05+	03:11+	01:58+	02:31+	01:51+	02:16+	01:54+	01:29+	01:37+		
00:06#	00:23#	00:07+	00:07+	01:52@	00:07+	00:15#	00:10+	00:15#	00:00=	00:08-	00:09#	00:49&	00:25&	00:56&	00:30&	00:55&	00:18#	00:17#	00:25&	00:34&	00:06+		
7	Kari Smådal Turøy	115											40:11										
00:47+	02:51+	05:01+	07:34+	08:38+	10:12+	11:29+	13:44+	15:09+	16:13+	17:37+	19:11+	21:38+	22:43+	25:16+	27:18+	29:55+	32:13+	34:53+	36:47+	38:27+	40:11+		
00:47+	02:04+	02:10+	02:33+	01:04+	01:34+	01:17+	02:15+	01:25+	01:04+	01:24+	01:34+	02:37+	01:05+	02:33+	02:02+	02:37+	02:18+	02:40+	01:54+	01:40+	01:44+		
00:15&	00:16#	00:13#	00:25#	00:14&	00:13#	00:14#	00:28&	00:21&	00:04+	00:05+	00:28&	00:32&	00:25&	00:18#	00:34&	01:01&	00:45&	00:41&	00:25&	00:45&	00:13#		
8	Anne-Siv Gjertsen	27											40:41										
00:37+	02:47+	05:00+	07:31+	08:36+	10:05+	11:08+	13:23+	14:33+	15:39+	17:08+	18:49+	21:20+	22:21+	25:13+	30:20+	32:05+	34:02+	36:29+	38:12+	39:14+	40:41+		
00:37+	02:10+	02:13+	02:31+	01:05+	01:29+	01:03=	02:15+	01:10+	01:06+	01:29+	01:41+	02:31+	01:01+	02:52+	05:07+	01:57+	01:45+	02:27+	01:43+	01:02+	01:27-		
00:05#	00:22#	00:16#	00:23#	00:15&	00:08+	00:00=	00:28&	00:06+	00:06#	00:10#	00:35&	00:36&	00:21&	00:37&	03:39@	00:09+	00:24&	00:28#	00:14#	00:07#	00:04-		
9	Nidunn Sandvik	228											41:09										
00:44+	03:07+	05:17+	07:42+	08:46+	10:40+	11:45+	14:00+	15:25+	16:31+	18:00+	19:17+	22:00+	22:48+	25:48+	26:52+	29:36+	31:37+	33:39+	36:22+	38:02+	39:20+	41:09+	
00:44+	02:23+	02:10+	02:25+	01:04+	01:54+	01:05+	02:15+	01:25+	01:06+	01:29+	01:17+	02:43+	00:48+	03:00+	01:04-	02:44+	02:01+	02:02+	02:43+	01:40+	01:18-	01:49+	
00:12&	00:35&	00:13#	00:17#	00:14&	00:33&	00:02+	00:28&	00:21&	00:06#	00:10#	00:11#	00:48&	00:08#	00:45&	00:24-	01:08&	00:28&	00:03+	01:14&	00:45&	00:13-	01:49+	
10	Liv Omdal	116											41:50										
00:35+	02:38+	04:48+	07:24+	08:15+	10:00+	10:59+	13:03+	14:40+	15:42+	17:01+	18:30+	21:16+	23:18+	25:43+	28:03+	30:36+	32:48+	34:56+	36:33+	40:11+	41:50+		
00:35+	02:03+	02:10+	02:36+	00:51+	01:45+	00:59-	02:04+	01:37+	01:02+	01:19=	01:29+	02:46+	02:02+	02:25+	02:20+	02:33+	02:12+	02:08+	01:37+	03:38+	01:39+		
00:03+	00:15#	00:13#	00:28#	00:01+	00:24&	00:04-	00:17#	00:33&	00:02+	00:00=	00:23&	00:51&	01:22@	00:10+	00:52&	00:57&	00:39&	00:09+	00:08+	02:43@	00:08+		
11	Gøril Braut Aarsand	268											42:54										
00:44+	02:46+	05:03+	07:49+	08:52+	10:50+	11:53+	14:12+	15:55+	17:06+	18:22+	19:51+	24:05+	25:14+	28:05+	29:43+	33:10+	34:57+	37:17+	39:10+	40:23+	42:54+		
00:44+	02:02+	02:17+	02:46+	01:03+	01:58+	01:03=	02:19+	01:43+	01:11+	01:16-	01:29+	04:14+	01:09+	02:51+	01:38+	03:27+	01:47+	02:20+	01:53+	01:13+	02:31+		
00:12&	00:14#	00:20#	00:38&	00:13&	00:37&	00:00=	00:32&	00:39&	00:11#	00:03-	00:23&	02:19@	00:29&	00:36&	00:10#	01:51@	00:14#	00:21#	00:24&	00:18&	01:00&		
12	Synnøve Westermoen	116											43:22										
00:51+	02:51+	06:04+	09:10+	10:12+	11:55+	13:00+	15:44+	17:04+	18:07+	21:10+	22:34+	24:56+	25:51+	28:39+	30:37+	33:30+	35:31+	38:22+	40:17+	41:18+	43:22+		
00:51+	02:00+	03:13+	03:06+	01:02+	01:43+	01:05+	02:44+	01:20+	01:03+	03:03+	01:24+	02:22+	00:55+	02:48+	01:58+	02:53+	02:01+	02:51+	01:55+	01:01+	02:04+		
00:19&	00:12#	01:16&	00:58&	00:12#	00:22&	00:02+	00:57&	00:16#	00:03+	01:44@	00:18&	00:27#	00:15&	00:33#	00:30&	01:17&	00:28&	00:52&	00:26&	00:06#	00:33&		
13	Marie-Elizabeth Reinseth	27											43:49										
01:19+	03:20+	05:10+	07:32+	08:40+	10:07+	11:46+	13:42+	14:56+	15:58+	17:28+	18:46+	22:12+	26:09+	28:31+	30:30+	33:29+	35:32+	38:25+	40:49+	42:01+	43:49+		
01:19+	02:01+	01:50-	02:22+	01:08+	01:27+	01:39+	01:56+	01:14+	01:02+	01:30+	01:18+	03:26+	03:57+	02:22+	01:59+	02:59+	02:03+	02:53+	02:24+	01:12+	01:48+		
00:47@	00:13#	00:07-	00:14#	00:18&	00:06+	00:36&	00:09+	00:10#	00:02+	00:11#	00:12#	01:31&	03:17@	00:07+	00:31&	01:23&	00:30&	00:54&	00:55&	00:17&	00:17#		
14	Ingjerd Haddeland	115											45:01										
00:42+	03:03+	05:31+	08:11+	09:09+	11:33+	12:33+	14:50+	16:14+	17:34+	19:07+	21:00+	25:03+	25:55+	28:54+	30:58+	34:49+	37:12+	40:05+	42:09+	43:16+	45:01+		
00:42+	02:21+	02:28+	02:40+	00:58+	02:24+	01:00-	02:17+	01:24+	01:20+	01:33+	01:53+	04:03+	00:52+	02:59+	02:04+	03:51+	02:23+	02:53+	02:04+	01:07+	01:45+		
00:10&	00:33&	00:31&	00:32#	00:08#	01:03&	00:03-	00:30&	00:20&	00:20&	00:14#	00:47&	02:08@	00:12&	00:44&	00:36&	02:15@	00:50&	00:54&	00:35&	00:12#	00:14#		
15	Ellenor Nesse	116											45:29										
00:43+	03:09+	05:43+	08:33+	09:41+	11:18+	12:28+	14:58+	16:49+	18:10+	19:43+	21:34+	24:07+	25:57+	28:48+	30:35+	35:50+	38:02+	40:07+	42:14+	43:33+	45:29+		
00:43+	02:26+	02:34+	02:50+	01:08+	01:37+	01:10+	02:30+	01:51+	01:21+	01:33+	01:51+	02:33+	01:50+	02:51+	01:47+	05:15+	02:12+	02:05+	02:07+	01:19+	01:56+		
00:11&	00:38&	00:37&	00:42&	00:18&	00:16#	00:07#	00:43&	00:47&	00:21&	00:14#	00:45&	00:38&	01:10@	00:36&	00:19#	03:39@	00:39&	00:06+	00:38&	00:24&	00:25&		
16	Oddny Haugland	114											47:08										
00:37+	03:47+	07:42+	10:25+	11:47+	13:12+	14:30+	16:50+	18:39+	20:06+	21:42+	23:18+	26:04+	28:48+	32:07+	34:40+	37:05+	39:22+	42:14+	43:59+	45:09+	47:08+		
00:37+	03:10+	03:55+	02:43+	01:22+	01:25+	01:18+	02:20+	01:49+	01:27+	01:36+	01:36+	02:46+	02:44+	03:19+	02:33+	02:25+	02:17+	02:52+	01:45+	01:10+	01:5		

Class	Navn	Klasse												Tid							
17	Signe Ottesen	116												47:09							
00:37+	03:05+	05:37+	08:11+	09:15+	10:54+	12:04+	14:28+	16:21+	17:36+	19:03+	20:29+	23:08+	24:45+	27:07+	34:39+	36:59+	39:05+	42:31+	44:23+	45:31+	47:09+
00:37+	02:28+	02:32+	02:34+	01:04+	01:39+	01:10+	02:24+	01:53+	01:15+	01:27+	01:26+	02:39+	01:37+	02:22+	07:32+	02:20+	02:06+	03:26+	01:52+	01:08+	01:38+
00:05#	00:40&	00:35&	00:26#	00:14&	00:18#	00:07#	00:37&	00:49&	00:15#	00:08#	00:20&	00:44&	00:57&	00:07+	06:04&	00:44&	00:33&	01:27&	00:23&	00:13#	00:07+
18	Anlaug Nygard	27												47:12							
00:45+	03:00+	05:14+	08:16+	09:21+	10:54+	11:59+	14:25+	15:51+	17:02+	18:38+	20:14+	23:49+	26:32+	30:40+	32:45+	37:02+	39:30+	42:11+	44:03+	45:15+	47:12+
00:45+	02:15+	02:14+	03:02+	01:05+	01:33+	01:05+	02:26+	01:26+	01:11+	01:36+	01:36+	03:35+	02:43+	04:08+	02:05+	04:17+	02:28+	02:41+	01:52+	01:12+	01:57+
00:13&	00:27#	00:17#	00:54&	00:15&	00:12#	00:02+	00:39&	00:22&	00:11#	00:17#	00:30&	01:40&	02:03&	01:53&	00:37&	02:41&	00:55&	00:42&	00:23&	00:17&	00:26&
19	Ragnhild Båtnes Berntsen	101												47:20							
00:40+	03:20+	06:05+	08:53+	10:04+	11:48+	13:02+	15:38+	17:44+	19:01+	20:40+	22:41+	25:30+	28:29+	31:48+	34:00+	36:00+	38:33+	41:01+	43:02+	44:25+	47:20+
00:40+	02:40+	02:45+	02:48+	01:11+	01:44+	01:14+	02:36+	02:06+	01:17+	01:39+	02:01+	02:49+	02:59+	03:19+	02:12+	02:00+	02:33+	02:28+	02:01+	01:23+	02:55+
00:08#	00:52&	00:48&	00:40&	00:21&	00:23&	00:11#	00:49&	01:02&	00:17&	00:20&	00:55&	00:54&	02:19&	01:04&	00:44&	00:24#	01:00&	00:29#	00:32&	00:28&	01:24&
20	Hilde Frøylog Karlsen	228												48:13							
00:45+	03:10+	05:39+	08:36+	12:09+	14:02+	15:12+	17:48+	19:34+	20:52+	22:28+	24:16+	27:13+	28:14+	31:31+	33:49+	36:34+	39:04+	42:28+	44:42+	46:04+	48:13+
00:45+	02:25+	02:29+	02:57+	03:33+	01:53+	01:10+	02:36+	01:46+	01:18+	01:36+	01:48+	02:57+	01:01+	03:17+	02:18+	02:45+	02:30+	03:24+	02:14+	01:22+	02:09+
00:13&	00:37&	00:32&	00:49&	02:43&	00:32&	00:07#	00:49&	00:42&	00:18&	00:17#	00:42&	01:02&	00:21&	01:02&	00:50&	01:09&	00:57&	01:25&	00:45&	00:27&	00:38&
21	Kristin Skadsem	18												48:29							
00:42+	03:08+	05:33+	08:37+	09:53+	11:47+	13:03+	15:38+	17:03+	18:19+	20:43+	22:30+	25:47+	26:49+	29:57+	33:55+	36:36+	39:14+	42:24+	44:52+	46:15+	48:29+
00:42+	02:26+	02:25+	03:04+	01:16+	01:54+	01:16+	02:35+	01:25+	01:16+	02:24+	01:47+	03:17+	01:02+	03:08+	03:58+	02:41+	02:38+	03:10+	02:28+	01:23+	02:14+
00:10&	00:38&	00:28#	00:56&	00:26&	00:33&	00:13#	00:48&	00:21&	00:16&	01:05&	00:41&	01:22&	00:22&	00:53&	02:30&	01:05&	01:05&	01:11&	00:59&	00:28&	00:43&
22	Randi Roth	68												50:40							
00:52+	03:40+	05:57+	09:01+	10:19+	12:06+	13:40+	17:05+	18:35+	20:21+	21:50+	23:24+	26:23+	27:07+	29:52+	36:11+	38:38+	40:46+	44:05+	46:34+	48:21+	50:40+
00:52+	02:48+	02:17+	03:04+	01:18+	01:47+	01:34+	03:25+	01:30+	01:46+	01:29+	01:34+	02:59+	00:44+	02:45+	06:19+	02:27+	02:08+	03:19+	02:29+	01:47+	02:19+
00:20&	01:00&	00:20#	00:56&	00:28&	00:26&	00:31&	01:38&	00:26&	00:46&	00:10#	00:28&	01:04&	00:04#	00:30#	04:51&	00:51&	00:35&	01:20&	01:00&	00:52&	00:48&
23	Janne Kristin Frantzen	116												51:12							
00:41+	03:16+	05:48+	09:09+	11:15+	13:11+	14:41+	17:37+	19:06+	20:26+	22:08+	24:12+	29:26+	30:27+	33:45+	37:04+	39:41+	42:12+	45:00+	47:16+	49:06+	51:12+
00:41+	02:35+	02:32+	03:21+	02:06+	01:56+	01:30+	02:56+	01:29+	01:20+	01:42+	02:04+	05:14+	01:01+	03:18+	03:19+	02:37+	02:31+	02:48+	02:16+	01:50+	02:06+
00:09&	00:47&	00:35&	01:13&	01:16&	00:35&	00:27&	01:09&	00:25&	00:20&	00:23&	00:58&	03:19&	00:21&	01:03&	01:51&	01:01&	00:58&	00:49&	00:47&	00:55&	00:35&
24	Kristin Harbo	92												53:34							
00:48+	05:26+	07:49+	10:54+	12:11+	14:01+	15:19+	18:00+	20:29+	22:11+	24:15+	26:53+	30:16+	31:13+	34:25+	37:22+	41:22+	43:44+	48:12+	50:11+	51:34+	53:34+
00:48+	04:38+	02:23+	03:05+	01:17+	01:50+	01:18+	02:41+	02:29+	01:42+	02:04+	02:38+	03:23+	00:57+	03:12+	02:57+	04:00+	02:22+	04:28+	01:59+	01:23+	02:00+
00:16&	02:50&	00:26#	00:57&	00:27&	00:29&	00:15#	00:54&	01:25&	00:42&	00:45&	01:32&	01:28&	00:17&	00:57&	01:29&	02:24&	00:49&	02:29&	00:30&	00:28&	00:29&
25	Andrea Tapken	54												54:54							
00:46+	03:06+	05:40+	08:53+	10:35+	12:20+	13:56+	16:33+	18:12+	19:23+	21:42+	23:25+	27:38+	29:35+	33:40+	38:59+	42:19+	45:25+	48:25+	51:10+	53:01+	54:54+
00:46+	02:20+	02:34+	03:13+	01:42+	01:45+	01:36+	02:37+	01:39+	01:11+	02:19+	01:43+	04:13+	01:57+	04:05+	05:19+	03:20+	03:06+	03:00+	02:45+	01:51+	01:53+
00:14&	00:32&	00:37&	01:05&	00:52&	00:24&	00:33&	00:50&	00:35&	00:11#	01:00&	00:37&	02:18&	01:17&	01:50&	03:51&	01:44&	01:33&	01:01&	01:16&	00:56&	00:22#
26	Margot Lilledal	27												1:02:54							
00:41+	09:24+	12:08+	15:01+	16:01+	17:49+	18:57+	21:21+	23:23+	24:38+	26:22+	28:41+	31:06+	32:50+	39:43+	41:58+	51:32+	53:53+	56:25+	59:44+	61:09+	62:54+
00:41+	08:43+	02:44+	02:53+	01:00+	01:48+	01:08+	02:24+	02:02+	01:15+	01:44+	02:19+	02:25+	01:44+	06:53+	02:15+	09:34+	02:21+	02:32+	03:19+	01:25+	01:45+
00:09&	06:55&	00:47&	00:45&	00:10#	00:27&	00:05+	00:37&	00:58&	00:15#	00:25&	01:13&	00:30&	01:04&	04:38&	00:47&	07:58&	00:48&	00:33&	01:50&	00:30&	00:14#
Beste strekktid for klassen																					
00:30	01:42	01:49	02:00	00:50	00:59	00:56	01:06	01:02	00:56	01:04	01:06	01:30	00:40	00:49	01:04	01:36	01:33	01:47	01:29	00:55	01:11

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

Damer 60 - 64 år

1	Liv-Grete Obrestad	113												30:00							
00:40=	01:59=	04:18=	05:47=	07:40=	08:19=	09:58=	11:44=	12:36=	15:10=	16:15=	18:54=	20:40=	21:21=	22:34=	25:14=	26:10=	27:04=	28:31=	30:00=		
00:40=	01:19=	02:19=	01:29=	01:53=	00:39=	01:39=	01:46=	00:52=	02:34=	01:05=	02:39=	01:46=	00:41=	01:13=	02:40=	00:56=	00:54=	01:27=	01:29=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Eik	88												32:08							
00:31-	02:01+	04:33+	07:20+	08:24+	10:40+	11:24+	12:36+	14:11+	15:08-	17:34+	18:39-	20:57+	22:31+	23:20+	24:44-	27:14+	28:12+	29:06+	30:39+	32:08+	
00:31-	01:30+	02:32+	02:47+	01:04-	02:16+	00:44-	01:12-	01:35+	00:57-	02:26+	01:05-	02:18+	01:34+	00:49-	01:24-	02:30+	00:58+	00:54-	01:33+	01:29+	
00:09-	00:11#	00:13+	01:18&	00:49-	01:37&	00:55-	00:34-	00:43&	01:37-	01:21&	01:34-	00:32&	00:53&	00:24-	01:16-	01:34&	00:04+	00:33-	00:04+	01:29+	
3	Ingunn Voilås	29												32:16							
00:35-	02:15+	04:45+	06:27+	08:41+	09:25+	10:54+	12:40+	13:43+	16:15+	17:34+	19:54+	21:30+	22:19+	23:47+	26:33+	27:36+	28:46+	30:25+	32:16+		
00:35-	01:40+	02:30+	01:42+	02:14+	00:44+	01:29-	01:46=	01:03+	02:32-	01:19+	02:20-	01:36-	00:49+	01:28+	02:46+	01:03+	01:10+	01:39+	01:51+		
00:05-	00:21&	00:11+	00:13#	00:21#	00:05#	00:10-	00:00=	00:11#	00:02-	00:14#	00:19-	00:10-	00:08#	00:15#	00:06+	00:07#	00:16&	00:12#	00:22#		

Class	Navn	Klasse	Tid																	
4	Amanda Renshaw	101	32:55																	
00:38-	02:03+	04:29+	05:59+	08:18+	08:58+	10:21+	12:20+	13:21+	15:51+	17:25+	20:01+	21:55+	23:08+	24:49+	27:12+	28:24+	29:20+	30:58+	32:55+	
00:38-	01:25+	02:26+	01:30+	02:19+	00:40+	01:23-	01:59+	01:01+	02:30-	01:34+	02:36-	01:54+	01:13+	01:41+	02:23-	01:12+	00:56+	01:38+	01:57+	
00:02-	00:06+	00:07+	00:01+	00:26#	00:01+	00:16-	00:13#	00:09#	00:04-	00:29%	00:03-	00:08+	00:32%	00:28%	00:17-	00:16%	00:02+	00:11#	00:28%	
5	Berit Bakken	168	33:21																	
00:38-	02:15+	04:54+	06:43+	08:52+	09:37+	11:15+	13:02+	14:08+	16:40+	17:53+	20:27+	22:27+	23:15+	24:40+	27:58+	29:00+	30:02+	31:40+	33:21+	
00:38-	01:37+	02:39+	01:49+	02:09+	00:45+	01:38-	01:47+	01:06+	02:32-	01:13+	02:34-	02:00+	00:48+	01:25+	03:18+	01:02+	01:02+	01:38+	01:41+	
00:02-	00:18#	00:20#	00:20#	00:16#	00:06#	00:01-	00:01+	00:14%	00:02-	00:08#	00:05-	00:14#	00:07#	00:12#	00:38#	00:06#	00:08#	00:11#	00:12#	
6	Tove Bjerkreim	105	33:49																	
00:39-	02:04+	04:41+	06:17+	08:10+	08:48+	10:19+	12:09+	15:11+	17:26+	18:48+	21:07+	23:28+	24:23+	25:50+	28:39+	29:40+	30:42+	32:13+	33:49+	
00:39-	01:25+	02:37+	01:36+	01:53=	00:38-	01:31-	01:50+	03:02+	02:15-	01:22+	02:19-	02:21+	00:55+	01:27+	02:49+	01:01+	01:02+	01:31+	01:36+	
00:01-	00:06+	00:18#	00:07+	00:00=	00:01-	00:08-	00:04+	02:10%	00:19-	00:17%	00:20-	00:35%	00:14%	00:14#	00:09+	00:05+	00:08#	00:04+	00:07+	
7	Eli Frafjord	94	34:40																	
00:39-	02:12+	05:03+	06:52+	08:56+	09:37+	11:16+	13:19+	14:20+	16:51+	18:04+	20:32+	22:23+	23:31+	24:55+	28:10+	30:07+	31:09+	32:54+	34:40+	
00:39-	01:33+	02:51+	01:49+	02:04+	00:41+	01:39=	02:03+	01:01+	02:31-	01:13+	02:28-	01:51+	01:08+	01:24+	03:15+	01:57+	01:02+	01:45+	01:46+	
00:01-	00:14#	00:32#	00:20#	00:11+	00:02+	00:00=	00:17#	00:09#	00:03-	00:08#	00:11-	00:05+	00:27%	00:11#	00:35#	01:01%	00:08#	00:18#	00:17#	
8	Aud Steinsland	128	38:07																	
00:47+	02:35+	05:45+	07:37+	09:51+	11:05+	12:51+	15:12+	16:17+	19:00+	20:47+	23:27+	25:26+	26:46+	28:29+	32:03+	33:23+	34:37+	36:29+	38:07+	
00:47+	01:48+	03:10+	01:52+	02:14+	01:14+	01:46+	02:21+	01:05+	02:43+	01:47+	02:40+	01:59+	01:20+	01:43+	03:34+	01:20+	01:14+	01:52+	01:38+	
00:07#	00:29%	00:51%	00:23%	00:21#	00:35%	00:07+	00:35%	00:13#	00:09+	00:42%	00:01+	00:13#	00:39%	00:30%	00:54%	00:24%	00:20%	00:25%	00:09#	
9	Hanna S. Lomeland	47	38:07																	
00:45+	02:34+	05:43+	07:34+	09:50+	11:04+	12:49+	15:14+	16:15+	18:57+	20:49+	23:30+	25:22+	26:44+	28:27+	32:00+	33:20+	34:36+	36:27+	38:07+	
00:45+	01:49+	03:09+	01:51+	02:16+	01:14+	01:45+	02:25+	01:01+	02:42+	01:52+	02:41+	01:52+	01:22+	01:43+	03:33+	01:20+	01:16+	01:51+	01:40+	
00:05#	00:30%	00:50%	00:22#	00:23#	00:35%	00:06+	00:39%	00:09#	00:08+	00:47%	00:02+	00:06+	00:41%	00:30%	00:53%	00:24%	00:22%	00:24%	00:11#	
10	Marit Karin Nygård	92	39:06																	
00:46+	02:24+	05:11+	08:27+	10:21+	11:00+	12:39+	14:38+	15:46+	18:27+	19:37+	21:55+	23:30+	24:37+	26:02+	33:35+	34:33+	35:36+	37:14+	39:06+	
00:46+	01:38+	02:47+	03:16+	01:54+	00:39=	01:39=	01:59+	01:08+	02:41+	01:10+	02:18-	01:35-	01:07+	01:25+	07:33+	00:58+	01:03+	01:38+	01:52+	
00:06#	00:19#	00:28#	01:47%	00:01+	00:00=	00:00=	00:13#	00:16%	00:07+	00:05+	00:21-	00:11-	00:26%	00:12#	04:53%	00:02+	00:09#	00:11#	00:23%	
11	Åse Berg	105	41:01																	
00:44+	02:32+	05:34+	07:38+	10:09+	10:46+	12:37+	14:55+	16:00+	19:01+	20:23+	23:52+	25:54+	26:58+	29:41+	33:40+	35:11+	36:56+	38:51+	41:01+	
00:44+	01:48+	03:02+	02:04+	02:31+	00:37-	01:51+	02:18+	01:05+	03:01+	01:22+	03:29+	02:02+	01:04+	02:43+	03:59+	01:31+	01:45+	01:55+	02:10+	
00:04#	00:29%	00:43%	00:35%	00:38%	00:02-	00:12#	00:32%	00:13#	00:27#	00:17%	00:50%	00:16#	00:23%	01:30%	01:19%	00:35%	00:51%	00:28%	00:41%	
12	Kari Blixhavn	228	41:02																	
00:47+	02:40+	05:49+	07:57+	10:37+	11:20+	13:19+	15:22+	16:38+	19:53+	21:24+	24:13+	26:24+	27:22+	29:18+	34:11+	35:18+	36:45+	38:56+	41:02+	
00:47+	01:53+	03:09+	02:08+	02:40+	00:43+	01:59+	02:03+	01:16+	03:15+	01:31+	02:49+	02:11+	00:58+	01:56+	04:53+	01:07+	01:27+	02:11+	02:06+	
00:07#	00:34%	00:50%	00:39%	00:47%	00:04#	00:20#	00:17#	00:24%	00:41%	00:26%	00:10+	00:25#	00:17%	00:43%	02:13%	00:11#	00:33%	00:44%	00:37%	
13	Liv Sissel Obrestad	54	41:23																	
00:48+	04:05+	06:53+	08:49+	11:37+	12:20+	14:03+	15:57+	16:54+	21:19+	22:25+	25:48+	28:56+	29:53+	31:56+	35:06+	36:22+	37:29+	39:34+	41:23+	
00:48+	03:17+	02:48+	01:56+	02:48+	00:43+	01:43+	01:54+	00:57+	04:25+	01:06+	03:23+	03:08+	00:57+	02:03+	03:10+	01:16+	01:07+	02:05+	01:49+	
00:08#	01:58%	00:29#	00:27%	00:55%	00:04#	00:04+	00:08+	00:05+	01:51%	00:01+	00:44%	01:22%	00:16%	00:50%	00:30#	00:20%	00:13#	00:38%	00:20#	
14	Vigdis Løseth	105	42:07																	
00:41+	02:15+	05:18+	09:35+	11:12+	13:22+	14:01+	17:45+	19:57+	21:01+	23:38+	24:52+	27:36+	30:35+	31:25+	32:58+	36:38+	37:29+	38:34+	40:12+	42:07+
00:41+	01:34+	03:03+	04:17+	01:37-	02:10+	00:39-	03:44+	02:12+	01:04-	02:37+	01:14-	02:44+	02:59+	00:50-	01:33-	03:40+	00:51-	01:05-	01:38+	01:55+
00:01+	00:15#	00:44%	02:48%	00:16-	01:31%	01:00-	01:58%	01:20%	01:30-	01:32%	01:25-	00:58%	02:18%	00:23-	01:07-	02:44%	00:03-	00:22-	00:09#	01:55+
15	Unni Relling	92	47:23																	
00:57+	03:08+	06:35+	09:19+	11:52+	12:38+	14:51+	17:07+	18:24+	21:34+	23:13+	26:34+	28:35+	29:40+	32:27+	40:19+	41:44+	43:12+	45:16+	47:23+	
00:57+	02:11+	03:27+	02:44+	02:33+	00:46+	02:13+	02:16+	01:17+	03:10+	01:39+	03:21+	02:01+	01:05+	02:47+	07:52+	01:25+	01:28+	02:04+	02:07+	
00:17%	00:52%	01:08%	01:15%	00:40%	00:07#	00:34%	00:30%	00:25%	00:36#	00:34%	00:42%	00:15#	00:24%	01:34%	05:12%	00:29%	00:34%	00:37%	00:38%	
Beste strekktid for klassen																				
00:31	01:19	02:19	01:29	01:04	00:37	00:39	01:12	00:52	00:57	01:05	01:05	01:35	00:41	00:49	01:24	00:56	00:51	00:54	01:29	

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

Damer 65 - 69 år

1	Mette Dagsland	68	37:20																
00:45=	02:09=	05:02=	06:44=	09:45=	10:20=	11:50=	17:15=	18:18=	21:01=	22:14=	24:30=	26:22=	27:27=	28:54=	31:48=	32:54=	33:59=	35:45=	37:20=
00:45=	01:24=	02:53=	01:42=	03:01=	00:35=	01:30=	05:25=	01:03=	02:43=	01:13=	02:16=	01:52=	01:05=	01:27=	02:54=	01:06=	01:05=	01:46=	01:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse														Tid						
2	Halldis Handeland	92														41:08						
		00:44-	02:33+	05:30+	07:34+	10:08+	10:57+	12:49+	15:11-	16:25-	20:02-	22:34+	26:12+	28:16+	29:18+	31:11+	34:21+	35:29+	36:50+	38:44+	41:08+	
		00:44-	01:49+	02:57+	02:04+	02:34-	00:49+	01:52+	02:22-	01:14+	03:37+	02:32+	03:38+	02:04+	01:02-	01:53+	03:10+	01:08+	01:21+	01:54+	02:24+	
		00:01-	00:25&	00:04+	00:22#	00:27-	00:14&	00:22#	03:03-	00:11#	00:54&	01:19@	01:22&	00:12#	00:03-	00:26&	00:16+	00:02+	00:16#	00:08+	00:49&	
3	Kirsten Carlsen	93														41:20						
		00:44-	02:35+	05:59+	08:19+	11:16+	11:55+	14:52+	17:16+	18:34+	21:34+	23:06+	25:49+	28:01+	29:01+	30:30+	34:34+	35:26+	36:56+	38:44+	41:20+	
		00:44-	01:51+	03:24+	02:20+	02:57-	00:39+	02:57+	02:24-	01:18+	03:00+	01:32+	02:43+	02:12+	01:00-	01:29+	04:04+	00:52-	01:30+	01:48+	02:36+	
		00:01-	00:27&	00:31#	00:38&	00:04-	00:04#	01:27&	03:01-	00:15#	00:17#	00:19&	00:27#	00:20#	00:05-	00:02+	01:10&	00:14-	00:25&	00:02+	01:01&	
4	Lillian Dahl Fitjar	117														42:49						
		00:35-	02:22+	06:54+	08:53+	11:18+	12:12+	14:21+	16:18-	17:24-	22:10+	24:24+	28:17+	30:12+	31:11+	33:17+	36:29+	37:33+	38:44+	40:48+	42:49+	
		00:35-	01:47+	04:32+	01:59+	02:25-	00:54+	02:09+	01:57-	01:06+	04:46+	02:14+	03:53+	01:55+	00:59-	02:06+	03:12+	01:04-	01:11+	02:04+	02:01+	
		00:10-	00:23&	01:39&	00:17#	00:36-	00:19&	00:39&	03:28-	00:03+	02:03&	01:01&	01:37&	00:03+	00:06-	00:39&	00:18#	00:02-	00:06+	00:18#	00:26&	
5	Wenche Anda Haarr	92														46:11						
		00:51+	02:54+	06:26+	08:36+	11:39+	12:29+	14:29+	17:18+	18:29+	23:21+	25:54+	29:18+	31:17+	32:13+	34:35+	38:07+	39:29+	41:07+	43:04+	46:11+	
		00:51+	02:03+	03:32+	02:10+	03:03+	00:50+	02:00+	02:49-	01:11+	04:52+	02:33+	03:24+	01:59+	00:56-	02:22+	03:32+	01:22+	01:38+	01:57+	03:07+	
		00:06#	00:39&	00:39#	00:28&	00:02+	00:15&	00:30&	02:36-	00:08#	02:09&	01:20@	01:08&	00:07+	00:09-	00:55&	00:38#	00:16#	00:33&	00:11#	01:32&	
6	Berit K. Gramstad	113														48:20						
		00:46+	10:14+	14:14+	18:43+	21:11+	21:53+	23:22+	25:24+	26:28+	29:56+	31:05+	33:48+	35:42+	36:58+	38:40+	41:46+	43:19+	44:43+	46:36+	48:20+	
		00:46+	09:28+	04:00+	04:29+	02:28-	00:42+	01:29-	02:02-	01:04+	03:28+	01:09-	02:43+	01:54+	01:16+	01:42+	03:06+	01:33+	01:24+	01:53+	01:44+	
		00:01+	08:04@	01:07&	02:47@	00:33-	00:07#	00:01-	03:23-	00:01+	00:45&	00:04-	00:27#	00:02+	00:11#	00:15#	00:12+	00:27&	00:19&	00:07+	00:09+	
7	Ingunn Bjerga	105														55:09						
		00:49+	02:57+	07:22+	10:32+	14:36+	16:02+	19:04+	21:54+	23:25+	27:22+	28:51+	34:32+	37:34+	38:55+	41:12+	45:44+	47:26+	49:43+	52:48+	55:09+	
		00:49+	02:08+	04:25+	03:10+	04:04+	01:26+	03:02+	02:50-	01:31+	03:57+	01:29+	05:41+	03:02+	01:21+	02:17+	04:32+	01:42+	02:17+	03:05+	02:21+	
		00:04+	00:44&	01:32&	01:28&	01:03&	00:51@	01:32@	02:35-	00:28&	01:14&	00:16#	03:25@	01:10&	00:16#	00:50&	01:38&	00:36&	01:12@	01:19&	00:46&	
Beste strekktid for klassen		00:35	01:24	02:53	01:42	02:25	00:35	01:29	01:57	01:03	02:43	01:09	02:16	01:52	00:56	01:27	02:54	00:52	01:05	01:46	01:35	

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

Damer 70 - 74 år

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

Class	Navn	Klasse										Tid									
8	Aslaug Lura	94										54:38									
		00:55+	02:57+	07:22+	09:48+	12:50+	13:49+	16:20+	19:32+	21:11+	25:58+	28:04+	33:59+	37:24+	38:50+	41:23+	45:33+	47:02+	49:00+	51:59+	54:38+
		00:55+	02:02+	04:25+	02:26+	03:02+	00:59+	02:31+	03:12+	01:39+	04:47+	02:06+	05:55+	03:25+	01:26+	02:33+	04:10+	01:29+	01:58+	02:59+	02:39+
		00:10#	00:30&	01:45&	00:54&	01:10&	00:15&	00:56&	00:53&	00:43&	02:16&	00:30&	02:52&	01:24&	00:17#	01:07&	01:51&	00:27&	00:54&	01:18&	01:05&

Beste strekktid for klassen

00:43 01:32 02:37 01:32 01:52 00:35 01:29 01:56 00:56 02:31 01:11 02:39 01:52 00:59 01:26 02:19 00:58 01:04 01:39 01:34

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

Damer 75 - 79 år

1	Gry V. Thengs	68										34:47									
		00:43=	02:21=	05:41=	07:24=	09:31=	10:12=	11:43=	13:49=	14:53=	17:37=	18:46=	21:21=	23:24=	24:14=	25:41=	28:39=	29:38=	30:54=	32:54=	34:47=
		00:43=	01:38=	03:20=	01:43=	02:07=	00:41=	01:31=	02:06=	01:04=	02:44=	01:09=	02:35=	02:03=	00:50=	01:27=	02:58=	00:59=	01:16=	02:00=	01:53=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Helga Aaslid	54										35:21									
		00:43=	02:34+	05:31-	07:24=	09:44+	10:28+	12:24+	14:26+	15:28+	18:03+	19:35+	22:09+	24:04+	25:02+	27:02+	29:32+	30:40+	31:47+	33:44+	35:21+
		00:43=	01:51+	02:57-	01:53+	02:20+	00:44+	01:56+	02:02-	01:02-	02:35-	01:32+	02:34-	01:55-	00:58+	02:00+	02:30-	01:08+	01:07-	01:57-	01:37-
		00:00=	00:13#	00:23-	00:10+	00:13#	00:03+	00:25&	00:04-	00:02-	00:09-	00:23&	00:01-	00:08-	00:08#	00:33&	00:28-	00:09#	00:09-	00:03-	00:16-

3	Synnøve Fuglestad	29										46:50									
		00:43=	02:27+	06:05+	07:48+	10:13+	10:56+	12:47+	15:19+	16:53+	25:24+	26:43+	29:39+	31:39+	32:52+	34:38+	38:50+	39:53+	41:10+	44:26+	46:50+
		00:43=	01:44+	03:38+	01:43=	02:25+	00:43+	01:51+	02:32+	01:34+	08:31+	01:19+	02:56+	02:00-	01:13+	01:46+	04:12+	01:03+	01:17+	03:16+	02:24+
		00:00=	00:06+	00:18+	00:00=	00:18#	00:02+	00:20#	00:26#	00:30&	05:47@	00:10#	00:21#	00:03-	00:23&	00:19#	01:14&	00:04+	00:01+	01:16&	00:31&

4	Berit Ebbell Olsen	68										47:31									
		01:02+	03:18+	06:48+	08:57+	11:35+	12:27+	14:39+	17:35+	18:53+	22:17+	23:54+	27:22+	30:24+	32:02+	33:58+	38:08+	40:02+	42:37+	45:06+	47:31+
		01:02+	02:16+	03:30+	02:09+	02:38+	00:52+	02:12+	02:56+	01:18+	03:24+	01:37+	03:28+	03:02+	01:38+	01:56+	04:10+	01:54+	02:35+	02:29+	02:25+
		00:19&	00:38&	00:10+	00:26&	00:31#	00:11&	00:41&	00:50&	00:14#	00:40#	00:28&	00:53&	00:59&	00:48&	00:29&	01:12&	00:55&	01:19@	00:29#	00:32&

Beste strekktid for klassen

00:43 01:38 02:57 01:43 02:07 00:41 01:31 02:02 01:02 02:35 01:09 02:34 01:55 00:50 01:27 02:30 00:59 01:07 01:57 01:37

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

Damer 80 år og eldre

1	Gørild Espedal	113										1:06:01										
		01:21=	03:47=	08:58=	15:46=	17:20=	19:39=	23:03=	27:29=	31:59=	35:35=	39:11=	40:40=	41:58=	44:08=	48:59=	54:25=	56:02=	56:40=	58:07=	64:32=	66:01=
		01:21=	02:26=	05:11=	06:48=	01:34=	02:19=	03:24=	04:26=	04:30=	03:36=	03:36=	01:29=	01:18=	02:10=	04:51=	05:26=	01:37=	00:38=	01:27=	06:25=	01:29=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

01:21 02:26 05:11 06:48 01:34 02:19 03:24 04:26 04:30 03:36 03:36 01:29 01:18 02:10 04:51 05:26 01:37 00:38 01:27 06:25 01:29

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

Damer A

1	Marjo Liikanen	67										29:16																
		01:14=	02:09=	04:25=	04:49=	05:52=	06:57=	08:08=	09:20=	10:15=	11:14=	11:58=	12:17=	14:01=	14:37=	15:31=	16:59=	18:09=	19:10=	20:30=	23:34=	24:24=	25:57=	26:12=	27:37=	28:47=	29:16=	
		01:14=	00:55=	02:16=	00:24=	01:03=	01:05=	01:11=	01:12=	00:55=	00:59=	00:44=	00:19=	01:44=	00:36=	00:54=	01:28=	01:10=	01:01=	01:20=	03:04=	00:50=	01:33=	00:15=	01:25=	01:10=	00:29=	
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Aud Hognestad Taksdal	92										29:40															
		01:08-	02:04-	04:26+	04:51+	05:52=	06:58+	08:13+	09:28+	10:16+	11:16+	12:01+	12:23+	14:10+	14:51+	15:55+	17:20+	18:35+	19:36+	20:54+	23:51+	24:47+	26:24+	26:41+	28:06+	29:10+	29:40+
		01:08-	00:56+	02:22+	00:25+	01:01-	01:06+	01:15+	01:15+	00:48-	01:00+	00:45+	00:22+	01:47+	00:41+	01:04+	01:25-	01:15+	01:01=	01:18-	02:57-	00:56+	01:37+	00:17+	01:25=	01:04-	00:30+
		00:06-	00:01+	00:06+	00:01+	00:02-	00:01+	00:04+	00:03+	00:07-	00:01+	00:01+	00:03#	00:03+	00:05#	00:10#	00:03-	00:05+	00:00=	00:02-	00:07-	00:06#	00:04+	00:02#	00:00=	00:06-	00:01+

3	Marie Line Furland	62										32:29															
		01:26+	02:26+	05:07+	05:34+	06:40+	07:46+	09:12+	10:34+	11:25+	12:26+	13:15+	13:37+	15:32+	16:18+	17:37+	19:10+	20:26+	21:40+	23:06+	26:10+	27:06+	28:49+	29:07+	30:43+	31:54+	32:29+
		01:26+	01:00+	02:41+	00:27+	01:06+	01:06+	01:26+	01:22+	00:51-	01:01+	00:49+	00:22+	01:55+	00:46+	01:19+	01:33+	01:16+	01:14+	01:26+	03:04=	00:56+	01:43+	00:18+	01:36+	01:11+	00:35+
		00:12#	00:05+	00:25#	00:03#	00:03+	00:01+	00:15#	00:10#	00:04-	00:02+	00:05#	00:03#	00:11#	00:10&	00:25&	00:05+	00:06+	00:13#	00:06+	00:00=	00:06#	00:10#	00:03#	00:11#	00:01+	00:06#

Class	Navn	Klasse																			Tid																		
4	Jorunn Hadland	29																			33:30																		
		01:24+	02:27+	05:01+	05:26+	06:33+	07:40+	09:11+	10:50+	11:41+	12:49+	13:44+	14:50+	16:42+	17:31+	18:32+	20:07+	21:36+	22:43+	24:07+	26:58+	27:58+	29:46+	30:03+	31:36+	32:57+	33:30+												
		01:03+	02:34+	00:25+	01:07+	01:07+	01:31+	01:39+	00:51-	01:08+	00:55+	01:06+	01:52+	00:49+	01:01+	01:35+	01:29+	01:07+	01:24+	02:51-	01:00+	01:48+	00:17+	01:33+	01:21+	00:33+													
		00:10#	00:08#	00:18#	00:01+	00:04+	00:02+	00:20#	00:27#	00:04-	00:09#	00:11#	00:47#	00:08+	00:13#	00:07#	00:07+	00:19#	00:06+	00:04+	00:13-	00:10#	00:15#	00:02#	00:08+	00:11#	00:04#												
5	Tone Torgersen	27																			35:54																		
		01:22+	02:19+	04:54+	05:20+	06:33+	07:44+	09:11+	10:49+	11:45+	12:51+	13:42+	14:08+	16:10+	17:14+	18:38+	20:27+	22:03+	23:23+	24:55+	28:33+	29:45+	31:35+	31:53+	33:45+	35:12+	35:54+												
		01:22+	00:57+	02:35+	00:26+	01:13+	01:11+	01:27+	01:38+	00:56+	01:06+	00:51+	00:26+	02:02+	01:04+	01:24+	01:49+	01:36+	01:20+	01:32+	03:38+	01:12+	01:50+	00:18+	01:52+	01:27+	00:42+												
		00:08#	00:02+	00:19#	00:02+	00:10#	00:06+	00:16#	00:02#	00:01+	00:07#	00:07#	00:07#	00:07#	00:28#	00:30#	00:21#	00:26#	00:19#	00:12#	00:34#	00:22#	00:17#	00:03#	00:27#	00:17#	00:13#												
6	Silje Sundal	71																			38:16																		
		01:09-	02:05-	04:54+	05:56+	06:59+	08:11+	09:49+	11:23+	12:22+	13:28+	14:16+	14:41+	17:39+	18:37+	20:10+	21:55+	24:07+	25:23+	27:13+	30:43+	31:44+	33:47+	34:12+	36:19+	37:41+	38:16+												
		01:09-	00:56+	02:49+	01:02+	01:03=	01:12+	01:38+	01:34+	00:59+	01:06+	00:48+	00:25+	02:58+	00:58+	01:33+	01:45+	02:12+	01:16+	01:50+	03:30+	01:01+	02:03+	00:25+	02:07+	01:22+	00:35+												
		00:05-	00:01+	00:33#	00:38#	00:00=	00:07#	00:27#	00:22#	00:04+	00:07#	00:04+	00:06#	01:14#	00:22#	00:39#	00:17#	01:02#	00:15#	00:30#	00:26#	00:11#	00:30#	00:10#	00:42#	00:12#	00:06#												
7	Kari Borgen	62																			39:46																		
		01:08-	02:07-	04:47+	05:15+	06:28+	07:39+	10:02+	11:23+	12:20+	13:24+	14:18+	14:51+	18:04+	19:27+	20:50+	22:51+	24:37+	25:48+	29:31+	32:58+	34:01+	36:03+	36:20+	38:00+	39:16+	39:46+												
		01:08-	00:59+	02:40+	00:28+	01:13+	01:11+	02:23+	01:21+	00:57+	01:04+	00:54+	00:33+	03:13+	01:23+	01:23+	02:01+	01:46+	01:11+	03:43+	03:27+	01:03+	02:02+	00:17+	01:40+	01:16+	00:30+												
		00:06-	00:04+	00:24#	00:04#	00:10#	00:06+	01:12#	00:09#	00:02+	00:05+	00:10#	00:14#	01:29#	00:47#	00:29#	00:33#	00:36#	00:10#	02:23#	00:23#	00:13#	00:29#	00:02#	00:15#	00:06+	00:01+												
8	Ingrid Simensen	101																			42:04																		
		02:20+	03:18+	06:04+	06:32+	07:48+	09:04+	11:00+	12:46+	13:45+	14:48+	15:48+	16:18+	18:26+	19:40+	21:30+	23:45+	25:39+	27:13+	29:10+	33:19+	34:42+	36:41+	37:13+	39:18+	41:20+	42:04+												
		02:20+	00:58+	02:46+	00:28+	01:16+	01:16+	01:56+	01:46+	00:59+	01:03+	01:00+	00:30+	02:08+	01:14+	01:50+	02:15+	01:54+	01:34+	01:57+	04:09+	01:23+	01:59+	00:32+	02:05+	02:02+	00:44+												
		01:06#	00:03+	00:30#	00:04#	00:13#	00:11#	00:45#	00:34#	00:04+	00:04+	00:16#	00:11#	00:24#	00:38#	00:56#	00:47#	00:44#	00:33#	00:37#	01:05#	00:33#	00:26#	00:17#	00:40#	00:52#	00:15#												
9	Ann Mari Midttun	213																			42:20																		
		01:32+	02:37+	05:38+	06:09+	07:19+	08:46+	10:31+	13:01+	14:03+	15:20+	16:18+	16:48+	19:51+	20:45+	21:57+	24:10+	26:13+	27:43+	29:20+	34:15+	35:26+	37:50+	38:11+	40:14+	41:43+	42:20+												
		01:32+	01:05+	03:01+	00:31+	01:10+	01:19+	01:27+	01:45+	02:30+	01:02+	01:17+	00:58+	00:30+	00:54+	01:12+	02:13+	02:03+	01:30+	01:37+	04:55+	01:11+	02:24+	00:21+	02:03+	01:29+	00:37+												
		00:18#	00:10#	00:45#	00:07#	00:07#	00:22#	00:34#	01:18#	00:07#	00:18#	00:14#	00:11#	01:19#	00:18#	00:18#	00:45#	00:53#	00:29#	00:17#	01:51#	00:21#	00:51#	00:06#	00:38#	00:19#	00:08#												
10	Sina Thu	271																			43:09																		
		01:57+	02:59+	06:07+	06:38+	08:00+	09:16+	11:23+	13:14+	14:15+	15:23+	16:24+	16:49+	18:59+	19:59+	21:06+	23:04+	27:09+	28:39+	32:16+	35:42+	36:41+	38:45+	39:03+	41:09+	42:32+	43:09+												
		01:57+	01:02+	03:08+	00:31+	01:22+	01:16+	02:07+	01:51+	01:01+	01:08+	01:01+	00:25+	02:10+	01:00+	01:07+	01:58+	04:05+	01:30+	03:37+	03:26+	00:59+	02:04+	00:18+	02:06+	01:23+	00:37+												
		00:43#	00:07#	00:52#	00:07#	00:19#	00:11#	00:56#	00:39#	00:06#	00:09#	00:17#	00:06#	00:26#	00:24#	00:13#	00:30#	02:55#	00:29#	02:17#	00:22#	00:09#	00:31#	00:03#	00:41#	00:13#	00:08#												
11	Maira Andersone	93																			48:36																		
		01:33+	02:41+	06:14+	06:45+	08:14+	09:53+	11:50+	13:59+	15:07+	16:34+	17:42+	18:09+	20:53+	22:21+	24:19+	26:34+	30:15+	32:05+	34:10+	38:57+	40:35+	43:13+	43:36+	45:55+	47:50+	48:36+												
		01:33+	01:08+	03:33+	00:31+	01:29+	01:39+	01:57+	02:09+	01:08+	01:27+	01:08+	00:27+	02:44+	01:28+	01:58+	02:15+	03:41+	01:50+	02:05+	04:47+	01:38+	02:38+	00:23+	02:19+	01:55+	00:46+												
		00:19#	00:13#	01:17#	00:07#	00:26#	00:34#	00:46#	00:57#	00:13#	00:28#	00:24#	00:08#	01:00#	00:52#	01:04#	00:47#	02:31#	00:49#	00:45#	01:43#	00:48#	01:05#	00:08#	00:54#	00:45#	00:17#												

Beste strekktid for klassen

01:08 00:55 02:16 00:24 01:01 01:05 01:11 01:12 00:48 00:59 00:44 00:19 01:44 00:36 00:54 01:25 01:10 01:01 01:18 02:51 00:50 01:33 00:15 01:25 01:04 00:29

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

Damer B

1	Inger Tone Nygård	29																			33:50																		
		01:19=	02:21=	04:24=	07:06=	08:22=	09:45=	10:13=	10:40=	12:34=	15:27=	16:11=	16:30=	17:49=	21:41=	23:33=	23:59=	24:52=	25:38=	27:34=	28:27=	30:04=	30:54=	31:53=	33:17=	33:50=													
		01:19=	01:02=	02:03=	02:42=	01:16=	01:23=	00:28=	00:27=	01:54=	02:53=	00:44=	00:19=	01:19=	03:52=	01:52=	00:26=	00:53=	00:46=	01:56=	00:53=	01:37=	00:50=	00:59=	01:24=	00:33=													
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Lise Isachsen	165																			36:45																		
		01:15-	02:17-	04:33+	07:17+	08:29+	09:40-	10:10-	10:36-	13:14+	16:42+	17:23+	17:42+	18:46+	22:40+	24:36+	25:05+	26:51+	28:22+	30:45+	31:28+	32:48+	33:34+	34:45+	36:04+	36:45+													
		01:15-	01:02=	02:16+	02:44+	01:12-	01:11-	00:30+	00:26-	02:38+	03:28+	00:41-	00:19=	01:04-	03:54+	01:56+	00:29+	01:46+	01:31+	02:23+	00:43-	01:20-	00:46-	01:11+	01:19-	00:41+													
		00:04-	00:00=	00:13#	00:02+	00:04-	00:12-	00:02+	00:01-	00:44#	00:35#	00:03-	00:00=	00:15-	00:02+	00:04+	00:03#	00:53#	00:45#	00:27#	00:10-	00:17-	00:04-	00:12#	00:05-	00:08#													
3	Helen Lomeland	105																			37:42																		
		01:35+	02:40+	04:54+	07:52+	09:19+	10:38+	11:07+	11:44+	13:54+	17:29+	18:15+	18:39+	19:48+	23:59+	26:02+	26:31+	27:50+	28:48+	31:10+	32:05+	33:33+	34:36+	35:46+	37:07+	37:42+													
		01:35+	01:05+	02:14+	02:58+	01:27+	01:19-	00:29+	00:37+	02:10+	03:35+	00:46+	00:24+	01:09-	04:11+	02:03+	00:29+	01:19+	00:58+	02:22+	00:55+	01:28-	01:03+	01:10+	01:21-	00:35+													
		00:16#	00:03+	00:11+	00:16+	00:11#	00:04-	00:01+	00:10#	00:16#	00:42#	00:02+	00:05#	00:10-	00:19+	00:11+	00:03#	00:26#	00:12#	00:26#	00:02+	00:09-	00:13#	00:11#	00:03-	00:02+													
4	Agnès Elin Engen	116																			38:07																		
		01:22+	02:23+	04:40+	07:41+	08:59+	10:26+	10:55+	11:23+	13:08+	16:19+	17:07+	17:36+	18:53+	23:13+	25:40+	26:12+	27:34+	28:42+	31:09+	31:59+	33:50+	34:59+	36:05+	37:31+	38:07+													
		01:22+	01:01-	02:17+	03:01+	01:18+	01:27+	00:29+	00:28+	01:45-	03:11+	00:48+	00:29+	01:17-	04:20+	02:27+	00:32+	01:22+	01:08+	02:27+	00:50-	01:51+	01:09+	01:06+	01:26+	00:36+													
		00:03+	00:01-	00:14#	00:19#	00:02+	00:04+	00:01+	00:01+	00:09-	00:18#	00:04+	00:10#	00:02-	00:28#	00:35#	00:06#	00:29#	00:22#	00:31#	00:03-	00:14#	00:19#	00:07#	00:02+	00:03+													
5	Anita Gløen Kallhovd	29																			38:13																		
		01:39+	02:49+	05:16+	08:10+	09:31+	10:58+	11:30+	12:06+	13:52+	16:52+	17:38+	17:59+	19:23+	24:02+	26:42+	27:12+	28:40+	29:50+	31:50+	32:42+	34:05+	35:01+	36:03+	37:36+	38:13+													
		01:39+	01:10+	02:27+	02:54+	01:21+	01:27+	00:32+	00:36+	01:46-	03:00+	00:46+	00:21+	01:24+	04:39+	02:40+	00:30+	01:28+	01:10+	02:00+	00:52-	01:23-	00:56+	01:02+	01:33+	00:37+													
		00:20#	00:08#	00:24#	00:12+	00:05+	00:04+	00:04#	00:09#	00:08-	00:07+	00:02+	00:02#	00:05+	00:47#	00:48#	00:04#	00:35#	00:24#	00:04+	00:01-	00:14-	00:06#	00:03+	00:09#	00:04#													

Class	Navn	Klasse										Tid												
6	Hilde Nordbø	93										38:21												
01:21+	02:23+	04:45+	07:39+	09:04+	10:24+	10:53+	11:29+	13:00+	16:58+	17:56+	18:20+	19:44+	23:50+	26:04+	26:35+	27:50+	28:52+	31:02+	32:15+	33:53+	34:52+	36:08+	37:30+	38:21+
01:21+	01:02#	02:22+	02:54+	01:25+	01:20-	00:29+	00:36+	01:31-	03:58+	00:58+	00:24+	01:24+	04:06+	02:14+	00:31+	01:15+	01:02+	02:10+	01:13+	01:38+	00:59+	01:16+	01:22-	00:51+
00:02+	00:00#	00:19#	00:12+	00:09#	00:03-	00:01+	00:09&	00:23-	01:05&	00:14&	00:05&	00:05+	00:14+	00:22#	00:05#	00:22&	00:16&	00:14#	00:20&	00:01+	00:09#	00:17&	00:02-	00:18&
7	Vibeke Lamark	46										38:55												
01:31+	02:35+	04:55+	07:53+	09:17+	10:47+	11:19+	11:51+	13:33+	16:58+	17:47+	18:13+	19:37+	23:56+	26:30+	27:01+	28:26+	29:34+	32:03+	32:54+	34:22+	35:14+	36:30+	38:16+	38:55+
01:31+	01:04+	02:20+	02:58+	01:24+	01:30+	00:32+	00:32+	01:42-	03:25+	00:49+	00:26+	01:24+	04:19+	02:34+	00:31+	01:25+	01:08+	02:29+	00:51-	01:28-	00:52+	01:16+	01:46+	00:39+
00:12#	00:02+	00:17#	00:16+	00:08#	00:07+	00:04#	00:05#	00:12-	00:32#	00:05#	00:07&	00:05+	00:27#	00:42&	00:05#	00:32&	00:22&	00:33&	00:02-	00:09-	00:02+	00:17&	00:22&	00:06#
8	Jorunn Johanesen	116										39:00												
01:29+	02:37+	04:58+	08:07+	09:31+	10:56+	11:27+	12:02+	13:57+	17:14+	18:00+	18:23+	19:44+	23:39+	26:06+	26:37+	27:59+	30:19+	32:32+	33:27+	34:58+	35:48+	36:50+	38:24+	39:00+
01:29+	01:08+	02:21+	03:09+	01:24+	01:25+	00:31+	00:35+	01:55+	03:17+	00:46+	00:23+	01:21+	03:55+	02:27+	00:31+	01:22+	02:20+	02:13+	00:55+	01:31-	00:50#	01:02+	01:34+	00:36+
00:10#	00:06+	00:18#	00:27#	00:08#	00:02+	00:03#	00:08&	00:01+	00:24#	00:02+	00:04#	00:02+	00:10+	00:35&	00:05#	00:29&	01:34&	00:17#	00:02+	00:06-	00:00#	00:03+	00:10#	00:03+
9	Ingrid W. Hestness	117										40:10												
01:27+	02:41+	05:20+	08:20+	09:43+	11:09+	11:43+	12:17+	13:59+	17:02+	17:46+	18:18+	19:41+	24:15+	27:25+	28:01+	29:56+	31:13+	33:31+	34:25+	35:46+	36:50+	37:56+	39:35+	40:10+
01:27+	01:14+	02:39+	03:00+	01:23+	01:26+	00:34+	00:34+	01:42-	03:03+	00:44#	00:32+	01:23+	04:34+	03:10+	00:36+	01:55+	01:17+	02:18+	00:54+	01:21-	01:04+	01:06+	01:39+	00:35+
00:08#	00:12#	00:36&	00:18#	00:07+	00:03+	00:06#	00:07&	00:12-	00:10+	00:00#	00:13&	00:04+	00:42#	01:18&	00:10&	01:02&	00:31&	00:22#	00:01+	00:16-	00:14&	00:07#	00:15#	00:02+
10	Ellen Tindeland	27										41:42												
01:24+	02:38+	05:28+	09:01+	10:20+	11:53+	12:25+	12:59+	14:48+	18:10+	19:09+	19:34+	20:55+	26:18+	29:23+	29:59+	31:16+	32:19+	34:32+	35:31+	37:10+	38:02+	39:24+	40:59+	41:42+
01:24+	01:14+	02:50+	03:33+	01:19+	01:33+	00:32+	00:34+	01:49-	03:22+	00:59+	00:25+	01:21+	05:23+	03:05+	00:36+	01:17+	01:03+	02:13+	00:59+	01:39+	00:52+	01:22+	01:35+	00:43+
00:05+	00:12#	00:47&	00:51&	00:03+	00:10#	00:04#	00:07&	00:05-	00:29#	00:15&	00:06&	00:02+	01:31&	01:13&	00:10&	00:24&	00:17&	00:17#	00:06#	00:02+	00:02+	00:23&	00:11#	00:10&
11	Irene Rummelhoff	116										42:11												
01:36+	02:41+	05:06+	08:03+	09:40+	11:08+	11:56+	12:27+	13:59+	18:32+	19:16+	19:40+	20:59+	27:55+	30:46+	31:16+	32:35+	33:33+	35:38+	36:39+	38:06+	38:58+	40:02+	41:33+	42:11+
01:36+	01:05+	02:25+	02:57+	01:37+	01:28+	00:48+	00:31+	01:19-	04:33+	00:44#	00:24+	01:19#	06:56+	02:51+	00:30+	01:19+	00:58+	02:05+	01:01+	01:27-	00:52+	01:04+	01:31+	00:38+
00:17#	00:03+	00:22#	00:15+	00:21&	00:05+	00:20&	00:04#	00:22-	01:40&	00:00#	00:05&	00:00#	03:04&	00:59&	00:04#	00:26&	00:12&	00:09+	00:08#	00:10-	00:02+	00:05+	00:07+	00:05#
12	Anne Garsrud	90										42:29												
01:43+	02:55+	05:32+	10:42+	12:20+	13:39+	14:10+	14:41+	16:29+	19:55+	20:43+	21:06+	22:22+	26:48+	28:56+	29:41+	31:14+	33:07+	35:14+	36:10+	37:49+	38:55+	40:25+	41:51+	42:29+
01:43+	01:12+	02:37+	05:10+	01:38+	01:19-	00:31+	00:31+	01:48-	03:26+	00:48+	00:23+	01:16-	04:26+	02:08+	00:45+	01:33+	01:53+	02:07+	00:56+	01:39+	01:06+	01:30+	01:26+	00:38+
00:24&	00:10#	00:34&	02:28&	00:22&	00:04-	00:03#	00:04#	00:06-	00:33#	00:04+	00:04#	00:03-	00:34#	00:16#	00:19&	00:40&	01:07&	00:11+	00:03+	00:02+	00:16&	00:31&	00:02+	00:05#
13	Berit Våg Aksland	116										43:20												
01:44+	02:55+	06:04+	09:08+	10:30+	12:11+	12:43+	13:26+	15:30+	18:54+	19:51+	20:12+	21:25+	27:58+	30:10+	31:08+	32:27+	33:47+	35:56+	37:00+	38:26+	39:26+	40:55+	42:40+	43:20+
01:44+	01:11+	03:09+	03:04+	01:22+	01:41+	00:32+	00:43+	02:04+	03:24+	00:57+	00:21+	01:13-	06:33+	02:12+	00:58+	01:19+	01:20+	02:09+	01:04+	01:26-	01:00+	01:29+	01:45+	00:40+
00:25&	00:09#	01:06&	00:22#	00:06+	00:18#	00:04#	00:16&	00:10+	00:31#	00:13&	00:02#	00:06-	02:41&	00:20#	00:32&	00:26&	00:34&	00:13#	00:11#	00:11-	00:10#	00:30&	00:21#	00:07#
14	Ingunn Anda Haug	67										43:39												
01:34+	02:53+	05:35+	09:11+	10:47+	12:29+	13:03+	13:39+	15:36+	19:32+	20:29+	20:53+	22:22+	27:09+	29:53+	30:27+	31:48+	33:51+	36:17+	37:20+	38:53+	39:50+	41:02+	42:57+	43:39+
01:34+	01:19+	02:42+	03:36+	01:36+	01:42+	00:34+	00:36+	01:57+	03:56+	00:57+	00:24+	01:29+	04:47+	02:44+	00:34+	01:21+	02:03+	02:26+	01:03+	01:33-	00:57+	01:12+	01:55+	00:42+
00:15#	00:17&	00:39&	00:54&	00:20&	00:19#	00:06#	00:09&	00:03+	01:03&	00:13&	00:05&	00:10#	00:55#	00:52&	00:08&	00:28&	01:17&	00:30&	00:10#	00:04-	00:07#	00:13#	00:31&	00:09&
15	Linda Mari Vestvik	62										43:46												
01:30+	02:47+	06:21+	09:40+	11:44+	13:08+	13:39+	14:15+	16:18+	19:46+	20:42+	21:08+	22:31+	27:54+	30:40+	31:25+	32:38+	34:01+	36:06+	37:12+	38:35+	39:28+	41:39+	43:10+	43:46+
01:30+	01:17+	03:34+	03:19+	02:04+	01:24+	00:31+	00:36+	02:03+	03:28+	00:56+	00:26+	01:23+	05:23+	02:46+	00:45+	01:13+	01:23+	02:05+	01:06+	01:23-	00:53+	02:11+	01:31+	00:36+
00:11#	00:15#	00:31&	00:37#	00:48&	00:01+	00:03#	00:09&	00:09+	00:35#	00:12&	00:07&	00:04+	01:31&	00:54&	00:19&	00:20&	00:37&	00:09+	00:13#	00:14-	00:03+	01:12&	00:07+	00:03+
16	Mariann Sveinsvoll	94										44:22												
01:29+	02:41+	05:15+	08:34+	09:54+	11:28+	12:04+	12:39+	14:25+	18:04+	18:58+	19:21+	20:47+	27:36+	30:09+	30:58+	32:14+	33:39+	36:42+	37:40+	39:09+	40:05+	42:09+	43:34+	44:22+
01:29+	01:12+	02:34+	03:19+	01:20+	01:34+	00:36+	00:35+	01:46-	03:39+	00:54+	00:23+	01:26+	06:49+	02:33+	00:49+	01:16+	01:25+	03:03+	00:58+	01:29-	00:56+	02:04+	01:25+	00:48+
00:10#	00:10#	00:31&	00:37#	00:04+	00:11#	00:08&	00:08&	00:08-	00:46&	00:10#	00:04#	00:07+	02:57&	00:41&	00:23&	00:23&	00:39&	01:07&	00:05+	00:08-	00:06#	01:05&	00:01+	00:15&
17	Grethe Anda Fuglestad	116										45:26												
01:39+	02:56+	05:28+	09:05+	10:36+	12:08+	12:41+	13:16+	14:59+	18:43+	19:32+	19:54+	21:20+	26:11+	28:36+	29:17+	30:49+	34:59+	37:21+	38:13+	39:44+	40:41+	42:32+	44:45+	45:26+
01:39+	01:17+	02:32+	03:37+	01:31+	01:32+	00:33+	00:35+	01:43-	03:44+	00:49+	00:22+	01:26+	04:51+	02:25+	00:41+	01:32+	04:10+	02:22+	00:52-	01:31-	00:57+	01:51+	02:13+	00:41+
00:20&	00:15#	00:29#	00:55&	00:15#	00:09#	00:05#	00:08&	00:11-	00:51&	00:05#	00:03#	00:07+	00:59&	00:33&	00:15&	00:39&	03:24&	00:26#	00:01-	00:06-	00:07#	00:52&	00:49&	00:08#
18	Iren Undheim Øgreid	62										47:02												
01:22+	02:32+	04:54+	10:14+	11:36+	13:03+	13:37+	14:07+	15:48+	20:04+	21:11+	21:39+	24:16+	29:19+	32:52+	33:27+	35:18+	36:42+	39:15+	40:21+	41:49+	42:49+	44:10+	46:12+	47:02+
01:22+	01:10+	02:22+	05:20+	01:22+	01:27+	00:34+	00:30+	01:41-	04:16+	01:07+	00:28+	02:37+	05:03+	03:33+	00:35+	01:51+	01:24+	02:33+	01:06+	01:28-	01:00+	01:21+	02:02+	00:50+
00:03+	00:08#	00:19#	02:38&	00:06+	00:04+	00:06#	00:03#	00:13-	01:23&	00:23&	00:09&	01:18&	01:11&	01:41&	00:09&	00:58&	00:38&	00:37&	00:13#	00:09-	00:10#	00:22&	00:38&	00:17&
19	Tone Cecilie Nystrom	68										47:39												
01:46+	03:05+	06:02+	09:42+	11:07+	13:05+	13:37+	1																	

Damer Ny

1	Mette Baardsgaard	88	29:30											
00:37=	01:33=	02:08=	02:40=	03:37=	05:15=	07:32=	16:26=	17:55=	20:26=	21:17=	24:09=	25:02=	28:17=	29:30=
00:37=	00:56=	00:35=	00:32=	00:57=	01:38=	02:17=	08:54=	01:29=	02:31=	00:51=	02:52=	00:53=	03:15=	01:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ester-Lill Waage	105	34:46											
01:01+	02:20+	03:01+	03:45+	08:42+	10:50+	13:33+	20:20+	21:47+	25:08+	26:07+	26:52+	28:14+	32:51+	34:46+
01:01+	01:19+	00:41+	00:44+	04:57+	02:08+	02:43+	06:47-	01:27-	03:21+	00:59+	00:45-	01:22+	04:37+	01:55+
00:24&	00:23&	00:06#	00:12&	04:00@	00:30&	00:26#	02:07-	00:02-	00:50&	00:08#	02:07-	00:29&	01:22&	00:42&

3	Ritva Halsne	105	42:53											
01:13+	03:26+	04:18+	05:15+	06:35+	08:50+	12:07+	25:08+	26:54+	29:48+	36:28+	37:03+	38:04+	41:12+	42:53+
01:13+	02:13+	00:52+	00:57+	01:20+	02:15+	03:17+	13:01+	01:46+	02:54+	06:40+	00:35-	01:01+	03:08-	01:41+
00:36&	01:17@	00:17&	00:25&	00:23&	00:37&	01:00&	04:07&	00:17#	00:23#	05:49@	02:17-	00:08#	00:07-	00:28&

Beste strekktid for klassen

00:37	00:56	00:35	00:32	00:57	01:38	02:17	06:47	01:27	02:31	00:51	00:35	00:53	03:08	01:13
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer Trim

1	Maryon Paulsen Strugstad	43	23:05																	
00:38=	01:43=	02:10=	02:39=	05:43=	06:45=	08:29=	09:33=	10:44=	11:45=	12:06=	14:04=	15:06=	15:57=	16:36=	18:09=	19:53=	20:15=	21:35=	22:32=	23:05=
00:38=	01:05=	00:27=	00:29=	03:04=	01:02=	01:44=	01:04=	01:11=	01:01=	00:21=	01:58=	01:02=	00:51=	00:39=	01:33=	01:44=	00:22=	01:20=	00:57=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ingrid Otnes	134	25:01																	
00:59+	02:13+	02:48+	03:21+	05:25-	06:35-	09:06+	10:18+	11:39+	13:22+	13:45+	15:39+	16:35+	17:21+	18:31+	20:25+	21:36+	21:57+	23:15+	24:19+	25:01+
00:59+	01:14+	00:35+	00:33+	02:04-	01:10+	02:31+	01:12+	01:21+	01:43+	00:23+	01:54-	00:56-	00:46-	01:10+	01:54+	01:11-	00:21-	01:18-	01:04+	00:42+
00:21&	00:09#	00:08&	00:04#	01:00-	00:08#	00:47&	00:08#	00:10#	00:42&	00:02+	00:04-	00:06-	00:05-	00:31&	00:21#	00:33-	00:01-	00:02-	00:07#	00:09&

3	Ann Helen Johannesen	71	25:03																	
00:42+	01:50+	02:18+	02:52+	05:18-	06:23-	08:43+	09:53+	11:12+	12:22+	12:47+	14:44+	16:22+	17:37+	18:37+	20:16+	21:41+	21:54+	23:16+	24:17+	25:03+
00:42+	01:08+	00:28+	00:34+	02:26-	01:05+	02:20+	01:10+	01:19+	01:10+	00:25+	01:57-	01:38+	01:15+	01:00+	01:39+	01:25-	00:13-	01:22+	01:01+	00:46+
00:04#	00:03+	00:01+	00:05#	00:38-	00:03+	00:36&	00:06+	00:08#	00:09#	00:04#	00:01-	00:36&	00:24&	00:21&	00:06+	00:19-	00:09-	00:02+	00:04+	00:13&

4	Heidi Seglem	116	26:31																	
00:37-	01:54+	02:31+	03:09+	05:09-	06:27-	08:48+	09:58+	11:37+	12:59+	13:26+	15:39+	17:20+	18:15+	19:13+	21:12+	22:41+	23:01+	24:34+	25:39+	26:31+
00:37-	01:17+	00:37+	00:38+	02:00-	01:18+	02:21+	01:10+	01:39+	01:22+	00:27+	02:13+	01:41+	00:55+	00:58+	01:59+	01:29-	00:20-	01:33+	01:05+	00:52+
00:01-	00:12#	00:10&	00:09&	01:04-	00:16&	00:37&	00:06+	00:28&	00:21&	00:06&	00:15#	00:39&	00:04+	00:19&	00:26&	00:15-	00:02-	00:13#	00:08#	00:19&

5	Fredrike Krahner	126	27:14																	
00:43+	01:49+	02:22+	03:02+	05:24-	06:37-	08:56+	09:57+	11:20+	12:46+	13:10+	15:24+	16:34+	17:32+	18:59+	21:04+	22:48+	23:07+	24:50+	26:03+	27:14+
00:43+	01:06+	00:33+	00:40+	02:22-	01:13+	02:19+	01:01-	01:23+	01:26+	00:24+	02:14+	01:10+	00:58+	01:27+	02:05+	01:44=	00:19-	01:43+	01:13+	01:11+
00:05#	00:01+	00:06#	00:11&	00:42-	00:11#	00:35&	00:03-	00:12#	00:25&	00:03#	00:16#	00:08#	00:07#	00:48@	00:32&	00:00=	00:03-	00:23&	00:16&	00:38@

6	Ase Sellereite	27	29:55																	
00:34-	01:55+	02:34+	03:12+	05:45+	07:05+	10:15+	11:53+	13:24+	15:19+	16:01+	18:39+	19:47+	20:49+	21:49+	24:08+	26:02+	26:19+	27:56+	29:11+	29:55+
00:34-	01:21+	00:39+	00:38+	02:33-	01:20+	03:10+	01:38+	01:31+	01:55+	00:42+	02:38+	01:08+	01:02+	01:00+	02:19+	01:54+	00:17-	01:37+	01:15+	00:44+
00:04-	00:16#	00:12&	00:09&	00:31-	00:18&	01:26&	00:34&	00:20&	00:54&	00:21&	00:40&	00:06+	00:11#	00:21&	00:46&	00:10+	00:05-	00:17#	00:18&	00:11&

7	Marianne Johnsen	5	29:59																	
00:37-	02:26+	02:58+	03:35+	06:35+	08:02+	10:26+	11:50+	13:26+	14:40+	15:15+	17:30+	18:39+	19:35+	21:22+	23:26+	25:42+	26:14+	28:00+	29:10+	29:59+
00:37-	01:49+	00:32+	00:37+	03:00-	01:27+	02:24+	01:24+	01:36+	01:14+	00:35+	02:15+	01:09+	00:56+	01:47+	02:04+	02:16+	00:32+	01:46+	01:10+	00:49+
00:01-	00:44&	00:05#	00:08&	00:04-	00:25&	00:40&	00:20&	00:25&	00:13#	00:14&	00:17#	00:07#	00:05+	01:08@	00:31&	00:32&	00:10&	00:26&	00:13#	00:16&

8	Synnøve Hognestad	43	30:24																	
00:41+	02:09+	02:50+	03:24+	05:35-	07:02+	09:37+	10:44+	12:20+	14:00+	14:27+	17:08+	18:20+	19:37+	20:32+	23:00+	25:30+	25:58+	28:13+	29:38+	30:24+
00:41+	01:28+	00:41+	00:34+	02:11-	01:27+	02:35+	01:07+	01:36+	01:40+	00:27+	02:41+	01:12+	01:17+	00:55+	02:28+	02:30+	00:28+	02:15+	01:25+	00:46+
00:03+	00:23&	00:14&	00:05#	00:53-	00:25&	00:51&	00:03+	00:25&	00:39&	00:06&	00:43&	00:10#	00:26&	00:16&	00:55&	00:46&	00:06&	00:55&	00:28&	00:13&

9	Mari Thu Randulff	39	30:32																	
00:52+	02:13+	02:42+	03:10+	05:59+	08:44+	10:40+	11:42+	13:34+	17:58+	18:39+	20:36+	21:37+	22:29+	23:30+	26:00+	27:18+	27:39+	28:44+	29:58+	30:32+
00:52+	01:21+	00:29+	00:28-	02:49-	02:45+	01:56+	01:02-	01:52+	04:24+	00:41+	01:57-	01:01-	00:52+	01:01+	02:30+	01:18-	00:21-	01:05-	01:14+	00:34+
00:14&	00:16#	00:02+	00:01-	00:15-	01:43@	00:12#	00:02-	00:41&	03:23@	00:20&	00:01-	00:01-	00:01+	00:22&	00:57&	00:26-	00:01-	00:15-	00:17&	00:01+

Class	Navn	Klasse										Tid									
10	Tonje Tiley	27										31:21									
00:46+	02:11+	02:51+	03:28+	05:58+	07:28+	10:02+	11:38+	13:13+	15:31+	16:05+	18:41+	20:06+	21:15+	22:10+	24:16+	27:13+	27:46+	29:31+	30:38+	31:21+	
00:46+	01:25+	00:40+	00:37+	02:30-	01:30+	02:34+	01:36+	01:35+	02:18+	00:34+	02:36+	01:25+	01:09+	00:55+	02:06+	02:57+	00:33+	01:45+	01:07+	00:43+	
00:08#	00:20&	00:13&	00:08&	00:34-	00:28&	00:50&	00:32&	00:24&	01:17@	00:13&	00:38&	00:23&	00:18&	00:16&	00:33&	01:13&	00:11&	00:25&	00:10#	00:10&	
11	Ingrid O. Foss	117										31:24									
00:43+	02:06+	02:53+	03:39+	05:56+	07:36+	10:11+	11:39+	13:19+	14:57+	15:27+	18:11+	19:49+	21:10+	22:13+	24:50+	26:55+	27:15+	29:03+	30:33+	31:24+	
00:43+	01:23+	00:47+	00:46+	02:17-	01:40+	02:35+	01:28+	01:40+	01:38+	00:30+	02:44+	01:38+	01:21+	01:03+	02:37+	02:05+	00:20-	01:48+	01:30+	00:51+	
00:05#	00:18&	00:20&	00:17&	00:47-	00:38&	00:51&	00:24&	00:29&	00:37&	00:09&	00:46&	00:36&	00:30&	00:24&	01:04&	00:21#	00:02-	00:28&	00:33&	00:18&	
12	Margretha Almedal	91										31:40									
00:40+	02:14+	02:44+	04:09+	06:34+	08:06+	10:51+	12:08+	13:40+	15:27+	15:55+	18:19+	20:18+	21:34+	22:23+	25:01+	26:57+	27:20+	29:11+	30:52+	31:40+	
00:40+	01:34+	00:30+	01:25+	02:25-	01:32+	02:45+	01:17+	01:32+	01:47+	00:28+	02:24+	01:59+	01:16+	00:49+	02:38+	01:56+	00:23+	01:51+	01:41+	00:48+	
00:02+	00:29&	00:03#	00:56@	00:39-	00:30&	01:01&	00:13#	00:21&	00:46&	00:07&	00:26#	00:57&	00:25&	00:10&	01:05&	00:12#	00:01+	00:31&	00:44&	00:15&	
13	Randi Bugge	46										32:04									
00:45+	02:07+	02:47+	03:24+	07:56+	09:22+	11:54+	13:04+	14:30+	15:50+	16:18+	18:43+	20:00+	21:00+	22:20+	25:04+	26:40+	28:09+	29:46+	31:15+	32:04+	
00:45+	01:22+	00:40+	00:37+	04:32+	01:26+	02:32+	01:10+	01:26+	01:20+	00:28+	02:25+	01:17+	01:00+	01:20+	02:44+	01:36-	01:29+	01:37+	01:29+	00:49+	
00:07#	00:17&	00:13&	00:08&	01:28&	00:24&	00:48&	00:06+	00:15#	00:19&	00:07&	00:27#	00:15#	00:09#	00:41@	01:11&	00:08-	01:07@	00:17#	00:32&	00:16&	
14	Irene Frøyland	71										32:18									
01:08+	02:38+	03:21+	04:02+	06:44+	08:19+	11:03+	12:08+	13:53+	15:47+	16:15+	19:33+	21:14+	22:27+	23:36+	26:19+	28:03+	28:21+	29:56+	31:13+	32:18+	
01:08+	01:30+	00:43+	00:41+	02:42-	01:35+	02:44+	01:05+	01:45+	01:54+	00:28+	03:18+	01:41+	01:13+	01:09+	02:43+	01:44=	00:18-	01:35+	01:17+	01:05+	
00:30&	00:25&	00:16&	00:12&	00:22-	00:33&	01:00&	00:01+	00:34&	00:53&	00:07&	01:20&	00:39&	00:22&	00:30&	01:10&	00:00=	00:04-	00:15#	00:20&	00:32&	
15	Lene Bjørnø	92										32:20									
00:38=	01:58+	02:35+	03:30+	06:15+	07:42+	09:57+	11:19+	13:03+	14:44+	15:23+	18:28+	20:01+	21:13+	22:18+	24:33+	27:25+	27:59+	29:36+	31:31+	32:20+	
00:38=	01:20+	00:37+	00:55+	02:45-	01:27+	02:15+	01:22+	01:44+	01:41+	00:39+	03:05+	01:33+	01:12+	01:05+	02:15+	02:52+	00:34+	01:37+	01:55+	00:49+	
00:00=	00:15#	00:10&	00:26&	00:19-	00:25&	00:31&	00:18&	00:33&	00:40&	00:18&	01:07&	00:31&	00:21&	00:26&	00:42&	01:08&	00:12&	00:17#	00:58@	00:16&	
16	Gudrun Hegelstad	92										32:21									
00:40+	01:56+	02:31+	03:24+	06:14+	07:41+	09:56+	11:14+	13:00+	14:37+	16:05+	18:31+	20:04+	21:16+	22:16+	24:28+	27:32+	27:56+	29:38+	31:34+	32:21+	
00:40+	01:16+	00:35+	00:53+	02:50-	01:27+	02:15+	01:18+	01:46+	01:37+	01:28+	02:26+	01:33+	01:12+	01:00+	02:12+	03:04+	00:24+	01:42+	01:56+	00:47+	
00:02+	00:11#	00:08&	00:24&	00:14-	00:25&	00:31&	00:14#	00:35&	00:36&	01:07@	00:28#	00:31&	00:21&	00:21&	00:39&	01:20&	00:02+	00:22&	00:59@	00:14&	
17	Cecilie Kristine Karlsen	93										32:23									
00:32-	01:58+	02:26+	03:09+	08:16+	09:43+	12:47+	14:00+	15:21+	17:03+	17:39+	20:15+	21:19+	22:34+	23:14+	25:13+	27:17+	27:34+	28:49+	31:45+	32:23+	
00:32-	01:26+	00:28+	00:43+	05:07+	01:27+	03:04+	01:13+	01:21+	01:42+	00:36+	02:36+	01:04+	01:15+	00:40+	01:59+	02:04+	00:17-	01:15-	02:56+	00:38+	
00:06-	00:21&	00:01+	00:14&	02:03&	00:25&	01:20&	00:09#	00:10#	00:41&	00:15&	00:38&	00:02+	00:24&	00:01+	00:26&	00:20#	00:05-	00:05-	01:59@	00:05#	
18	Gerd Vikeså	101										32:35									
05:54+	07:02+	07:36+	08:11+	10:11+	11:30+	13:41+	14:57+	16:20+	17:36+	18:04+	20:22+	21:53+	22:48+	24:11+	26:12+	28:07+	28:32+	30:05+	31:38+	32:35+	
05:54+	01:08+	00:34+	00:35+	02:00-	01:19+	02:11+	01:16+	01:23+	01:16+	00:28+	02:18+	01:31+	00:55+	01:23+	02:01+	01:55+	00:25+	01:33+	01:33+	00:57+	
05:16@	00:03+	00:07&	00:06#	01:04-	00:17&	00:27&	00:12#	00:12#	00:15#	00:07&	00:20#	00:29&	00:04+	00:44@	00:28&	00:11#	00:03#	00:13#	00:36&	00:24&	
19	Bjørg Engelhard	165										32:38									
00:46+	02:00+	02:38+	03:14+	05:45+	07:10+	09:31+	10:38+	12:16+	15:18+	15:48+	18:05+	21:23+	22:26+	23:16+	25:20+	27:14+	27:46+	29:32+	30:48+	32:38+	
00:46+	01:14+	00:38+	00:36+	02:31-	01:25+	02:21+	01:07+	01:38+	03:02+	00:30+	02:17+	03:18+	01:03+	00:50+	02:04+	01:54+	00:32+	01:46+	01:16+	01:50+	
00:08#	00:09#	00:11&	00:07#	00:33-	00:23&	00:37&	00:03+	00:27&	02:01@	00:09&	00:19#	02:16@	00:12#	00:11&	00:31&	00:10+	00:10&	00:26&	00:19&	01:17@	
20	Hege Bakken	168										32:50									
00:47+	02:07+	02:45+	03:28+	05:56+	07:32+	10:23+	11:47+	13:28+	15:23+	15:55+	18:53+	20:51+	22:26+	23:30+	26:04+	28:12+	28:40+	30:36+	31:52+	32:50+	
00:47+	01:20+	00:38+	00:43+	02:28-	01:36+	02:51+	01:24+	01:41+	01:55+	00:32+	02:58+	01:58+	01:35+	01:04+	02:34+	02:08+	00:28+	01:56+	01:16+	00:58+	
00:09#	00:15#	00:11&	00:14&	00:36-	00:34&	01:07&	00:20&	00:30&	00:54&	00:11&	01:00&	00:56&	00:44&	00:25&	01:01&	00:24#	00:06&	00:36&	00:19&	00:25&	
21	Margot Asheim	105										33:23									
00:37-	01:56+	02:30+	03:04+	06:08+	07:45+	10:40+	12:06+	13:38+	15:23+	16:39+	19:07+	20:37+	21:44+	24:58+	27:36+	29:00+	29:17+	30:53+	32:40+	33:23+	
00:37-	01:19+	00:34+	00:34+	03:04=	01:37+	02:55+	01:26+	01:32+	01:45+	01:16+	02:28+	01:30+	01:07+	03:14+	02:38+	01:24+	00:17-	01:36+	01:47+	00:43+	
00:01-	00:14#	00:07&	00:05#	00:00=	00:35&	01:11&	00:22&	00:21&	00:44&	00:55@	00:30&	00:28&	00:16&	02:35@	01:05&	00:20-	00:05-	00:16#	00:50&	00:10&	
22	Parul Khandelwal	71										33:28									
00:44+	02:08+	02:48+	03:30+	05:42-	07:12+	10:05+	11:16+	13:01+	14:55+	15:46+	18:22+	19:53+	21:11+	22:12+	24:29+	28:55+	29:25+	31:04+	32:25+	33:28+	
00:44+	01:24+	00:40+	00:42+	02:12-	01:30+	02:53+	01:11+	01:45+	01:54+	00:51+	02:36+	01:31+	01:18+	01:01+	02:17+	04:26+	00:30+	01:39+	01:21+	01:03+	
00:06#	00:19&	00:13&	00:13&	00:52-	00:28&	01:09&	00:07#	00:34&	00:53&	00:30@	00:38&	00:29&	00:27&	00:22&	00:44&	02:42@	00:08&	00:19#	00:24&	00:30&	
23	Astrid Espe	43										33:40									
00:59+	02:43+	03:34+	04:24+	07:14+	09:09+	11:51+	13:17+	15:12+	16:49+	17:25+	20:24+	21:41+	23:05+	24:07+	26:55+	28:58+	29:20+	31:20+	32:45+	33:40+	
00:59+	01:44+	00:51+	00:50+	02:50-	01:55+	02:42+	01:26+	01:55+	01:37+	00:36+	02:59+	01:17+	01:24+	01:02+	02:48+	02:03+	00:22=	02:00+	01:25+	00:55+	
00:21&	00:39&	00:24&	00:21&	00:14-	00:53&	00:58&	00:22&	00:44&	00:36&	00:15&	01:01&	00:15#	00:33&	00:23&	01:15&	00:19#	00:00=	00:40&	00:28&	00:22&	
24	Kine Strømstad	109										33:49									
00:38=	01:59+	02:36+	03:21+	05:59+	07:45+	10:26+	11:51+	13:31+	15:37+	17:02+	19:26+	22:20+	23:27+	24:37+	27:12+	29:15+	29:34+	31:30+	32:44+	33:49+	
00:38=	01:21+	00:37+	00:45+	02:38-	01:46+	02:41+	01:25+	01:40+	02:06+	01:25+	02:24+	02:54+	01:07+	01:10+	02:35+	02:03+	00:19-	01:56+	01:14+	01:05+	
00:00=	00:16#	00:10&	00:16&	00:26-	00:44&	00:57&	00:21&	00:29&	01:05@	01:04@	00:26#	01:52@	00:16&	00:31&	01:02&	00:19#	00:03-	00:36&	00:17&	00:32&	

Class	Navn	Klasse	Tid
25	Anette Tronstad	115	33:52
00:45+	02:05+ 02:56+ 03:34+	05:54+ 07:37+	10:27+ 12:03+ 13:49+ 15:56+ 16:28+ 19:22+ 21:32+
00:45+	01:20+ 00:51+ 00:38+	02:20- 01:43+	02:50+ 01:36+ 01:46+ 02:07+ 00:32+ 02:54+ 02:10+
00:07#	00:15# 00:24& 00:09&	00:44- 00:41&	01:06& 00:32& 00:35& 01:06@ 00:11& 00:56& 01:08@
			22:40+ 23:56+ 27:32+ 29:34+ 29:55+ 31:51+ 33:00+ 33:52+
			01:08+ 01:16+ 03:36+ 02:02+ 00:21- 01:56+ 01:09+ 00:52+
			00:17& 00:37& 02:03@ 00:18# 00:01- 00:36& 00:12# 00:19&
26	Siri Goa	63	34:03
01:26+	02:41+ 03:19+	04:49+ 06:58+	08:30+ 11:02+ 12:04+
01:26+	01:15+ 00:38+	01:30+ 02:09-	01:32+ 02:32+ 01:02-
00:48@	00:10# 00:11& 01:01@	00:55- 00:30&	00:48& 00:02-
			00:20& 03:17@ 00:09& 00:34& 00:24&
			23:43+ 24:35+ 26:45+ 29:59+ 30:26+ 31:58+ 33:16+ 34:03+
			01:22+ 00:52+ 02:10+ 03:14+ 00:27+ 01:32+ 01:18+ 00:47+
			00:31& 00:13& 00:37& 01:30& 00:05# 00:12# 00:21& 00:14&
27	Grete Stokke Seljeskog	128	34:07
00:46+	02:23+ 02:59+ 03:36+	06:01+ 07:34+	12:10+ 14:10+
00:46+	01:37+ 00:36+ 00:37+	02:25- 01:33+	04:36+ 02:00+
00:08#	00:32& 00:09& 00:08&	00:39- 00:31&	02:52@ 00:56& 00:31& 00:37& 00:37@
			00:33& 00:50& 00:26& 00:10& 00:49& 00:22# 00:02+ 00:40& 00:26& 00:22&
			24:08+ 24:57+ 27:19+ 29:25+ 29:49+ 31:49+ 33:12+ 34:07+
			01:17+ 00:49+ 02:22+ 02:06+ 00:24+ 02:00+ 01:23+ 00:55+
			00:31& 00:13& 00:37& 01:30& 00:05# 00:12# 00:21& 00:14&
28	Nina Bækkelund Christiansen	105	34:09
00:52+	02:20+ 03:03+ 03:54+	06:27+ 08:09+	10:46+ 12:12+
00:52+	01:28+ 00:43+ 00:51+	02:33- 01:42+	02:37+ 01:26+
00:14&	00:23& 00:16& 00:22&	00:31- 00:40&	00:53& 00:22& 00:23& 00:27& 00:15& 00:28# 00:38&
			00:33& 01:30@ 00:33& 01:30@
			21:10+ 22:29+ 25:14+ 29:35+ 30:05+ 31:42+ 33:22+ 34:09+
			01:14+ 01:19+ 02:45+ 04:21+ 00:30+ 01:37+ 01:40+ 00:47+
			00:23& 00:40@ 01:12& 02:37@ 00:08& 00:17# 00:43& 00:14&
29	Gunhild Nordbø	117	34:18
00:41+	02:04+ 02:41+ 03:51+	06:17+ 07:56+	10:56+ 13:51+
00:41+	01:23+ 00:37+ 01:10+	02:26- 01:39+	03:00+ 02:55+
00:03+	00:18& 00:10& 00:41@	00:38- 00:37&	01:16& 01:51@
			00:46& 00:41& 00:23@ 00:33& 01:30@
			24:35+ 25:23+ 27:40+ 30:07+ 30:29+ 32:24+ 33:33+ 34:18+
			01:18+ 00:48+ 02:17+ 02:27+ 00:22= 01:55+ 01:09+ 00:45+
			00:27& 00:09# 00:44& 00:43& 00:00= 00:35& 00:12# 00:12&
30	Elsa Ingolfsdottir	126	35:19
00:45+	02:14+ 03:05+ 03:47+	06:29+ 08:26+	11:15+ 13:27+
00:45+	01:29+ 00:51+ 00:42+	02:42- 01:57+	02:49+ 02:12+
00:07#	00:24& 00:24& 00:13&	00:22- 00:55&	01:05& 01:08@
			00:39& 00:41& 00:24@ 01:00& 00:51&
			23:57+ 25:20+ 28:22+ 30:23+ 30:48+ 32:40+ 34:28+ 35:19+
			01:22+ 01:23+ 03:02+ 02:01+ 00:25+ 01:52+ 01:48+ 00:51+
			00:31& 00:44@ 01:29& 00:17# 00:03# 00:32& 00:51& 00:18&
31	Sølvi Utbø Sakseid	116	35:33
01:19+	02:36+ 03:19+ 04:00+	06:37+ 08:21+	11:14+ 13:00+
01:19+	01:17+ 00:43+ 00:41+	02:37- 01:44+	02:53+ 01:46+
00:41@	00:12# 00:16& 00:12&	00:27- 00:42&	01:09& 00:42&
			00:47& 03:36@ 00:04# 00:25# 00:30&
			24:59+ 26:23+ 28:45+ 30:26+ 30:52+ 33:18+ 34:48+ 35:33+
			01:04+ 01:24+ 02:22+ 01:41- 00:26+ 02:26+ 01:30+ 00:45+
			00:13& 00:45@ 00:49& 00:03- 00:04# 01:06& 00:33& 00:12&
32	Brit Svihus	92	35:57
01:25+	03:15+ 03:56+ 04:39+	09:43+ 11:41+	14:37+ 16:00+
01:25+	01:50+ 00:41+ 00:43+	05:04+ 01:58+	02:56+ 01:23+
00:47@	00:45& 00:14& 00:14&	02:00& 00:56&	01:12& 00:19&
			00:56& 00:41& 00:10& 00:52& 00:28&
			25:50+ 26:47+ 29:23+ 31:36+ 31:58+ 33:54+ 35:04+ 35:57+
			01:10+ 00:57+ 02:36+ 02:13+ 00:22= 01:56+ 01:10+ 00:53+
			00:19& 00:18& 01:03& 00:29& 00:00= 00:36& 00:13# 00:20&
33	Gunn Vagle	126	35:57
01:27+	03:22+ 03:55+ 04:35+	07:06+ 08:30+	11:04+ 13:05+
01:27+	01:55+ 00:33+ 00:40+	02:31- 01:24+	02:34+ 02:01+
00:49@	00:50& 00:06# 00:11&	00:33- 00:22&	00:50& 00:57&
			00:21& 00:19& 00:52@ 00:33& 00:54&
			22:41+ 23:58+ 26:47+ 29:34+ 30:00+ 31:53+ 35:11+ 35:57+
			01:04+ 01:17+ 02:49+ 02:47+ 00:26+ 01:53+ 03:18+ 00:46+
			00:13& 00:38& 01:16& 01:03& 00:04# 00:33& 02:21@ 00:13&
34	Bente Salte Aune	128	35:59
00:47+	02:20+ 03:16+ 03:56+	06:28+ 08:24+	11:25+ 12:56+
00:47+	01:33+ 00:56+ 00:40+	02:32- 01:56+	03:01+ 01:31+
00:09#	00:28& 00:29@ 00:11&	00:32- 00:54&	01:17& 00:27&
			00:58& 02:58@ 00:13& 00:36& 00:22&
			24:49+ 25:52+ 28:29+ 31:20+ 31:42+ 33:37+ 35:03+ 35:59+
			01:13+ 01:03+ 02:37+ 02:51+ 00:22= 01:55+ 01:26+ 00:56+
			00:22& 00:24& 01:04& 01:07& 00:00= 00:35& 00:29& 00:23&
35	Judith Serigstad	128	36:01
00:51+	02:24+ 03:12+ 03:52+	06:23+ 08:27+	11:31+ 12:51+
00:51+	01:33+ 00:48+ 00:40+	02:31- 02:04+	03:04+ 01:20+
00:13&	00:28& 00:21& 00:11&	00:33- 01:02&	01:20& 00:16#
			01:03& 02:52@ 00:15& 00:43& 00:23&
			24:48+ 25:51+ 28:30+ 31:23+ 31:44+ 33:38+ 35:05+ 36:01+
			01:08+ 01:03+ 02:39+ 02:53+ 00:21- 01:54+ 01:27+ 00:56+
			00:17& 00:24& 01:06& 01:09& 00:01- 00:34& 00:30& 00:23&
36	Ewelina Uscinska	287	36:02
01:13+	02:52+ 03:46+ 04:22+	06:55+ 08:43+	11:53+ 13:20+
01:13+	01:39+ 00:54+ 00:36+	02:33- 01:48+	03:10+ 01:27+
00:35&	00:34& 00:27& 00:07#	00:31- 00:46&	01:26& 00:23&
			01:55@ 01:18@ 00:09& 01:29& 00:08#
			25:02+ 26:26+ 29:04+ 31:12+ 31:35+ 33:39+ 34:59+ 36:02+
			01:10+ 01:24+ 02:38+ 02:08+ 01:20+ 02:04+ 01:20+ 01:03+
			00:19& 00:45@ 01:05& 00:24# 00:01+ 00:44& 00:23& 00:30&
37	Linda Haukås	113	36:15
00:56+	02:47+ 03:37+ 04:26+	07:06+ 09:02+	12:04+ 13:22+
00:56+	01:51+ 00:50+ 00:49+	02:40- 01:56+	03:02+ 01:18+
00:18&	00:46& 00:23& 00:20&	00:24- 00:54&	01:18& 00:14#
			00:49& 00:37& 00:13& 01:07& 00:16&
			23:12+ 24:22+ 27:35+ 31:09+ 31:37+ 33:31+ 34:58+ 36:15+
			01:15+ 01:10+ 03:13+ 03:34+ 00:28+ 01:54+ 01:27+ 01:17+
			00:24& 00:31& 01:40@ 01:50@ 00:06& 00:34& 00:30& 00:44@
38	Hilde Christine Hoff	221	36:16
00:54+	02:40+ 03:28+ 04:10+	06:37+ 08:39+	12:01+ 13:22+
00:54+	01:46+ 00:48+ 00:42+	02:27- 02:02+	03:22+ 01:21+
00:16&	00:41& 00:21& 00:13&	00:37- 01:00&	01:38& 00:17&
			00:43& 00:30& 00:09& 01:34& 00:34&
			23:56+ 26:12+ 29:13+ 31:30+ 32:02+ 33:46+ 35:15+ 36:16+
			01:31+ 02:16+ 03:01+ 02:17+ 00:32+ 01:44+ 01:29+ 01:01+
			00:40& 01:37@ 01:28& 00:33& 00:10& 00:24& 00:32& 00:28&
39	Jorunn Pedersen Lima	113	36:25
01:15+	03:21+ 04:09+ 05:16+	08:38+ 10:21+	14:02+ 15:18+
01:15+	02:06+ 00:48+ 01:07+	03:22+ 01:43+	03:41+ 01:16+
00:37&	01:01& 00:21& 00:38@	00:18+ 00:41&	01:57@ 00:12#
			00:38& 00:46& 00:21& 01:10& 00:51&
			25:53+ 27:15+ 30:01+ 32:03+ 32:24+ 34:06+ 35:36+ 36:25+
			01:16+ 01:22+ 02:46+ 02:02+ 00:21- 01:42+ 01:30+ 00:49+
			00:25& 00:43@ 01:13& 00:18# 00:01- 00:22& 00:33& 00:16&

Class	Navn	Klasse	Tid																		
40	Linn Skadberg	113	36:25																		
01:21+	03:30+	04:21+	05:18+	08:34+	10:29+	13:59+	15:16+	17:05+	18:58+	19:31+	22:54+	24:28+	25:51+	27:04+	30:09+	32:02+	32:23+	34:03+	35:42+	36:25+	
01:21+	02:09+	00:51+	00:57+	03:16+	01:55+	03:30+	01:17+	01:49+	01:53+	00:33+	03:23+	01:34+	01:23+	01:13+	03:05+	01:53+	00:21-	01:40+	01:39+	00:43+	
00:43@	01:04&	00:24&	00:28&	00:12+	00:53&	01:46@	00:13#	00:38&	00:52&	00:12&	01:25&	00:32&	00:32&	00:34&	01:32&	00:09+	00:01-	00:20#	00:42&	00:10&	
41	Lise Husveg	93	36:27																		
00:45+	02:12+	03:03+	03:59+	05:42-	07:12+	08:53+	11:59+	14:16+	16:04+	18:07+	18:54+	21:51+	23:12+	24:13+	25:03+	28:06+	30:14+	30:44+	32:21+	35:33+	36:27+
00:45+	01:27+	00:51+	00:56+	01:43-	01:30+	01:41-	03:06+	02:17+	01:48+	02:03+	00:47-	02:57+	01:21+	01:01+	00:50-	03:03+	02:08+	00:30-	01:37+	03:12+	00:54+
00:07#	00:22&	00:24&	00:27&	01:21-	00:28&	00:03-	02:02@	01:06&	00:47&	01:42@	01:11-	01:55@	00:30&	00:22&	00:43-	01:19&	01:46@	00:50-	00:40&	02:39@	00:54+
42	Ruth Grødem	105	36:37																		
01:12+	03:25+	04:13+	04:55+	07:46+	09:34+	12:22+	13:40+	15:40+	17:24+	18:09+	21:12+	22:44+	23:55+	25:15+	28:12+	30:55+	31:57+	33:56+	35:35+	36:37+	
01:12+	02:13@	00:48+	00:42+	02:51-	01:48+	02:48+	01:18+	02:00+	01:44+	00:45+	03:03+	01:32+	01:11+	01:20+	02:57+	02:43+	01:02+	01:59+	01:39+	01:02+	
00:34&	01:08@	00:21&	00:13&	00:13-	00:46&	01:04&	00:14#	00:49&	00:43&	00:24@	01:05&	00:30&	00:20&	00:41@	01:24&	00:59&	00:40@	00:39&	00:42&	00:29&	
43	Solbjørg Lima Skadberg	113	36:40																		
01:22+	03:30+	04:20+	05:24+	08:41+	10:30+	14:05+	15:26+	17:14+	19:09+	19:43+	22:54+	24:45+	26:01+	27:16+	30:11+	32:13+	32:33+	34:17+	35:52+	36:40+	
01:22+	02:08+	00:50+	01:04+	03:17+	01:49+	03:35+	01:21+	01:48+	01:55+	00:34+	03:11+	01:51+	01:16+	01:15+	02:55+	02:02+	00:20-	01:44+	01:35+	00:48+	
00:44@	01:03&	00:23&	00:35@	00:13+	00:47&	01:51@	00:17&	00:37&	00:54&	00:13&	01:13&	00:49&	00:25&	00:36&	01:22&	00:18#	00:02-	00:24&	00:38&	00:15&	
44	Reidun Solli Skjørestad	47	36:44																		
01:25+	03:04+	03:51+	04:29+	06:54+	08:49+	11:51+	13:49+	14:53+	17:00+	18:38+	19:26+	22:41+	24:17+	25:28+	26:42+	29:32+	31:35+	32:07+	33:58+	35:31+	36:44+
01:25+	01:39+	00:47+	00:38+	02:25-	01:55+	03:02+	01:58+	01:04-	02:07+	01:38+	00:48-	03:15+	01:36+	01:11+	01:14-	02:50+	02:03+	00:32-	01:51+	01:33+	01:13+
00:47@	00:34&	00:20&	00:09&	00:39-	00:53&	01:18&	00:54&	00:07-	01:06@	01:17@	01:10-	02:13@	00:45&	00:32&	00:19-	01:06&	01:41@	00:48-	00:54&	01:00@	01:13+
45	Anja Vistnes	134	37:04																		
00:44+	02:07+	02:44+	03:42+	06:11+	07:43+	10:39+	11:48+	13:25+	19:41+	20:28+	23:00+	24:28+	25:41+	26:34+	28:44+	30:33+	30:58+	32:35+	36:20+	37:04+	
00:44+	01:23+	00:37+	00:58+	02:29-	01:29+	02:56+	01:09+	01:37+	06:16+	00:47+	02:32+	01:28+	01:13+	00:53+	02:10+	01:49+	00:25+	01:37+	03:45+	00:44+	
00:06#	00:18&	00:10&	00:29&	00:35-	00:30&	01:12&	00:05+	00:26&	05:15@	00:26@	00:34&	00:26&	00:22&	00:14&	00:37&	00:05+	00:03#	00:17#	02:48@	00:11&	
46	Grete Hellevik	168	37:16																		
00:55+	02:20+	02:51+	03:49+	06:25+	08:15+	11:13+	12:58+	15:02+	18:46+	19:15+	21:38+	24:54+	26:15+	28:27+	30:37+	32:46+	33:17+	35:04+	36:26+	37:16+	
00:55+	01:25+	00:31+	00:58+	02:36-	01:50+	02:58+	01:45+	02:04+	03:44+	00:29+	02:23+	03:16+	01:21+	02:12+	02:10+	02:09+	00:31+	01:47+	01:22+	00:50+	
00:17&	00:20&	00:04#	00:29&	00:28-	00:48&	01:14&	00:41&	00:53&	02:43@	00:08&	00:25#	02:14@	00:30&	01:33@	00:37&	00:25#	00:09&	00:27&	00:25&	00:17&	
47	Maria E. Pettersen	7	37:24																		
00:49+	02:35+	03:55+	05:27+	09:34+	11:17+	14:22+	15:45+	17:14+	19:01+	19:50+	22:28+	24:09+	25:22+	26:18+	28:44+	32:59+	33:36+	35:23+	36:30+	37:24+	
00:49+	01:46+	01:20+	01:32+	04:07+	01:43+	03:05+	01:23+	01:29+	01:47+	00:49+	02:38+	01:41+	01:13+	00:56+	02:26+	04:15+	00:37+	01:47+	01:07+	00:54+	
00:11&	00:41&	00:53@	01:03@	01:03&	00:41&	01:21&	00:19&	00:18&	00:46&	00:28@	00:40&	00:39&	00:22&	00:17&	00:53&	02:31@	00:15&	00:27&	00:10#	00:21&	
48	Anastasia Ollestad	93	37:28																		
01:05+	04:28+	05:09+	07:23+	10:09+	12:03+	14:36+	16:51+	18:43+	20:15+	20:51+	22:55+	24:26+	25:31+	29:00+	31:07+	32:49+	33:06+	35:00+	36:38+	37:28+	
01:05+	03:23+	00:41+	02:14+	02:46-	01:54+	02:33+	02:15+	01:52+	01:32+	00:36+	02:04+	01:31+	01:05+	03:29+	02:07+	01:42-	00:17-	01:54+	01:38+	00:50+	
00:27&	02:18@	00:14&	01:45@	00:18-	00:52&	00:49&	01:11@	00:41&	00:31&	00:15&	00:06+	00:29&	00:14&	02:50@	00:34&	00:02-	00:05-	00:34&	00:41&	00:17&	
49	Silje Kvammen Iwebakk	66	39:01																		
01:32+	03:13+	03:50+	04:30+	07:13+	09:43+	12:53+	17:28+	19:38+	21:16+	22:02+	24:29+	26:23+	27:39+	28:39+	31:39+	33:20+	33:46+	35:29+	38:09+	39:01+	
01:32+	01:41+	00:37+	00:40+	02:43-	02:30+	03:10+	04:35+	02:10+	01:38+	00:46+	02:27+	01:54+	01:16+	01:00+	03:00+	01:41-	00:26+	01:43+	02:40+	00:52+	
00:54@	00:36&	00:10&	00:11&	00:21-	01:28@	01:26&	03:31@	00:59&	00:37&	00:25@	00:29#	00:52&	00:25&	00:21&	01:27&	00:03-	00:04#	00:23&	01:43@	00:19&	
50	Marte Haugstad Eiane	66	39:03																		
01:32+	03:12+	03:54+	04:30+	07:12+	09:43+	12:56+	17:31+	19:41+	21:21+	22:00+	24:28+	26:27+	27:39+	28:38+	31:37+	33:17+	33:45+	35:27+	38:14+	39:03+	
01:32+	01:40+	00:42+	00:36+	02:42-	02:31+	03:13+	04:35+	02:10+	01:40+	00:39+	02:28+	01:59+	01:12+	00:59+	02:59+	01:40-	00:28+	01:42+	02:47+	00:49+	
00:54@	00:35&	00:15&	00:07#	00:22-	01:29@	01:29&	03:31@	00:59&	00:39&	00:18&	00:30&	00:57&	00:21&	00:20&	01:26&	00:04-	00:06&	00:22&	01:50@	00:16&	
51	Eli Våge	117	39:10																		
01:03+	02:49+	03:40+	04:53+	08:29+	10:22+	13:43+	15:08+	17:18+	19:37+	20:21+	24:04+	25:35+	27:12+	28:27+	31:48+	33:44+	34:09+	36:19+	38:13+	39:10+	
01:03+	01:46+	00:51+	01:13+	03:36+	01:53+	03:21+	01:25+	02:10+	02:19+	00:44+	03:43+	01:31+	01:37+	01:15+	03:21+	01:56+	00:25+	02:10+	01:54+	00:57+	
00:25&	00:41&	00:24&	00:44@	00:32#	00:51&	01:37&	00:21&	00:59&	01:18@	00:23@	01:45&	00:29&	00:46&	00:36&	01:48@	00:12#	00:03#	00:50&	00:57&	00:24&	
52	Jorunn Eriksson Sætre	47	39:15																		
00:50+	08:10+	08:52+	09:31+	11:47+	13:19+	16:06+	17:26+	19:15+	20:52+	21:55+	24:35+	26:04+	27:13+	28:14+	30:54+	34:51+	35:26+	37:05+	38:20+	39:15+	
00:50+	07:20+	00:42+	00:39+	02:16-	01:32+	02:47+	01:20+	01:49+	01:37+	01:03+	02:40+	01:29+	01:09+	01:01+	02:40+	03:57+	00:35+	01:39+	01:15+	00:55+	
00:12&	06:15@	00:15&	00:10&	00:48-	00:30&	01:03&	00:16#	00:38&	00:36&	00:42@	00:42&	00:27&	00:18&	00:22&	01:07&	02:13@	00:13&	00:19#	00:18&	00:22&	
53	Anne Kristin Braut Berge	27	39:49																		
01:09+	03:15+	04:00+	05:04+	09:39+	14:00+	18:41+	20:11+	21:51+	23:18+	23:56+	26:31+	28:02+	29:20+	30:26+	33:07+	35:09+	35:30+	37:17+	38:59+	39:49+	
01:09+	02:06+	00:45+	01:04+	04:35+	04:21+	04:41+	01:30+	01:40+	01:27+	00:38+	02:35+	01:31+	01:18+	01:06+	02:41+	02:02+	00:21-	01:47+	01:42+	00:50+	
00:31&	01:01&	00:18&	00:35@	01:31&	03:19@	02:57@	00:26&	00:29&	00:26&	00:17&	00:37&	00:29&	00:27&	00:27&	01:08&	00:18#	00:01-	00:27&	00:45&	00:17&	
54	Rebekka Lye	62	39:50																		
00:48+	02:56+	03:56+	04:46+	07:55+	10:09+	14:37+	16:00+	18:07+	19:37+	21:36+	24:30+	27:24+	28:45+	29:47+	32:48+	35:15+	35:40+	37:30+	38:55+	39:50+	
00:48+	02:08+	01:00+	00:50+	03:09+	02:14+	04:28+	01:23+	02:07+	01:30+	01:59+	02:54+	02:54+	01:21+	01:02+	03:01+	02:27+	00:25+	01:50+	01:25+	00:55+	
00:10&	01:03&	00:33@	00:21&	00:05+	01:12@	02:44@	00:19&	00:56&	00:29&	01:38@	00:56&	01:52@	00:30&	00:23&	01:28&	00:43&	00:03#	00:30&	00:28&	00:22&	

Class	Navn	Klasse										Tid									
55	Marianne Gjesdal Lyngås	92										40:11									
01:10+	03:07+	04:00+	04:57+	08:13+	10:09+	13:58+	15:39+	18:05+	20:01+	20:41+	23:51+	25:45+	27:27+	28:41+	31:44+	33:43+	34:18+	37:13+	38:52+	40:11+	
01:10+	01:57+	00:53+	00:57+	03:16+	01:56+	03:49+	01:41+	02:26+	01:56+	00:40+	03:10+	01:54+	01:42+	01:14+	03:03+	01:59+	00:35+	02:55+	01:39+	01:19+	
00:32&	00:52&	00:26&	00:28&	00:12+	00:54&	02:05@	00:37&	01:15@	00:55&	00:19&	01:12&	00:52&	00:51&	00:35&	01:30&	00:15#	00:13&	01:35@	00:42&	00:46@	
56	Irene Mæland Torgersen	92										40:12									
01:13+	03:11+	04:03+	04:59+	08:16+	10:12+	14:00+	15:42+	18:04+	20:05+	20:45+	24:01+	25:49+	27:30+	28:45+	31:50+	33:46+	34:21+	37:18+	38:57+	40:12+	
01:13+	01:58+	00:52+	00:56+	03:17+	01:56+	03:48+	01:42+	02:22+	02:01+	00:40+	03:16+	01:48+	01:41+	01:15+	03:05+	01:56+	00:35+	02:57+	01:39+	01:15+	
00:35&	00:53&	00:25&	00:27&	00:13+	00:54&	02:04@	00:38&	01:11&	01:00&	00:19&	01:18&	00:46&	00:50&	00:36&	01:32&	00:12#	00:13&	01:37@	00:42&	00:42@	
57	Ingrid Marie Torgersen	92										40:17									
01:12+	03:11+	03:57+	04:54+	08:16+	10:07+	13:55+	15:42+	18:00+	20:06+	20:45+	24:02+	25:38+	27:30+	28:47+	31:50+	33:39+	34:15+	37:17+	38:59+	40:17+	
01:12+	01:59+	00:46+	00:57+	03:22+	01:51+	03:48+	01:47+	02:18+	02:06+	00:39+	03:17+	01:36+	01:52+	01:17+	03:03+	01:49+	00:36+	03:02+	01:42+	01:18+	
00:34&	00:54&	00:19&	00:28&	00:18+	00:49&	02:04@	00:43&	01:07&	01:05@	00:18&	01:19&	00:34&	01:01@	00:38&	01:30&	00:05+	00:14&	01:42@	00:45&	00:45@	
58	Marita Navjord Nicolaysen	71										40:42									
00:58+	02:33+	03:28+	04:17+	06:58+	09:08+	12:50+	14:30+	17:00+	19:05+	20:20+	23:50+	25:35+	26:57+	28:50+	32:01+	34:45+	35:23+	37:21+	39:46+	40:42+	
00:58+	01:35+	00:55+	00:49+	02:41-	02:10+	03:42+	01:40+	02:30+	02:05+	01:15+	03:30+	01:45+	01:22+	01:53+	03:11+	02:44+	00:38+	01:58+	02:25+	00:56+	
00:20&	00:30&	00:28@	00:20&	00:23-	01:08@	01:58@	00:36&	01:19@	01:04@	00:54@	01:32&	00:43&	00:31&	01:14@	01:38@	01:00&	00:16&	00:38&	01:28@	00:23&	
59	Kirsti Strand Salvesen	256										40:44									
01:08+	03:02+	03:49+	04:44+	08:03+	10:00+	13:19+	15:05+	17:25+	19:19+	20:23+	23:55+	25:31+	26:57+	28:14+	31:19+	34:53+	35:27+	37:57+	39:31+	40:44+	
01:08+	01:54+	00:47+	00:55+	03:19+	01:57+	03:19+	01:46+	02:20+	01:54+	01:04+	03:32+	01:36+	01:26+	01:17+	03:05+	03:34+	00:34+	02:30+	01:34+	01:13+	
00:30&	00:49&	00:20&	00:26&	00:15+	00:55&	01:35&	00:42&	01:09&	00:53&	00:43@	01:34&	00:34&	00:35&	00:38&	01:32&	01:50@	00:12&	01:10&	00:37&	00:40@	
60	Solveig Mæland	128										41:06									
01:03+	02:50+	03:45+	04:42+	08:19+	10:28+	14:10+	15:49+	18:15+	20:18+	20:57+	24:16+	26:11+	27:55+	30:02+	33:26+	35:31+	36:00+	38:28+	39:59+	41:06+	
01:03+	01:47+	00:55+	00:57+	03:37+	02:09+	03:42+	01:39+	02:26+	02:03+	00:39+	03:19+	01:55+	01:44+	02:07+	03:24+	02:05+	00:29+	02:28+	01:31+	01:07+	
00:25&	00:42&	00:28@	00:28&	00:33#	01:07@	01:58@	00:35&	01:15@	01:02@	00:18&	01:21&	00:53&	00:53@	01:28@	01:51@	00:21#	00:07&	01:08&	00:34&	00:34@	
61	Lene Haver Schmidt	88										41:19									
01:12+	03:01+	03:45+	04:39+	07:49+	09:53+	13:43+	15:37+	18:02+	20:04+	20:43+	26:11+	27:35+	29:01+	30:09+	33:08+	35:13+	35:43+	38:40+	40:05+	41:19+	
01:12+	01:49+	00:44+	00:54+	03:10+	02:04+	03:50+	01:54+	02:25+	02:02+	00:39+	05:28+	01:24+	01:26+	01:08+	02:59+	02:05+	00:30+	02:57+	01:25+	01:14+	
00:34&	00:44&	00:17&	00:25&	00:06+	01:02&	02:06@	00:50&	01:14@	01:01&	00:18&	03:30@	00:22&	00:35&	00:29&	01:26&	00:21#	00:08&	01:37@	00:28&	00:41@	
62	Anita Edgren	88										41:22									
01:11+	03:05+	03:47+	04:38+	07:51+	09:55+	13:43+	15:41+	18:05+	20:07+	20:46+	26:15+	27:38+	29:04+	30:07+	33:12+	35:16+	35:50+	38:38+	40:12+	41:22+	
01:11+	01:54+	00:42+	00:51+	03:13+	02:04+	03:48+	01:58+	02:24+	02:02+	00:39+	05:29+	01:23+	01:26+	01:03+	03:05+	02:04+	00:34+	02:48+	01:34+	01:10+	
00:33&	00:49&	00:15&	00:22&	00:09+	01:02&	02:04@	00:54&	01:13@	01:01&	00:18&	03:31@	00:21&	00:35&	00:24&	01:32&	00:20#	00:12&	01:28@	00:37&	00:37@	
63	Unni Byberg Mæstad	92										41:28									
01:04+	02:54+	03:35+	04:20+	09:30+	11:36+	14:56+	16:33+	18:34+	22:36+	23:03+	26:07+	27:39+	29:16+	30:26+	33:12+	35:17+	35:45+	37:56+	39:42+	41:28+	
01:04+	01:50+	00:41+	00:45+	05:10+	02:06+	03:20+	01:37+	02:01+	04:02+	00:27+	03:04+	01:32+	01:37+	01:10+	02:46+	02:05+	00:28+	02:11+	01:46+	01:46+	
00:26&	00:45&	00:14&	00:16&	02:06&	01:04@	01:36&	00:33&	00:50&	03:01@	00:06&	01:06&	00:30&	00:46&	00:31&	01:13&	00:21#	00:06&	00:51&	00:49&	01:13@	
64	Synnøve Langvik	93										41:54									
00:45+	02:17+	03:08+	03:53+	09:22+	11:02+	14:23+	17:27+	19:47+	21:36+	24:11+	26:52+	28:11+	29:28+	30:36+	33:48+	35:59+	36:18+	38:25+	41:07+	41:54+	
00:45+	01:32+	00:51+	00:45+	05:29+	01:40+	03:21+	03:04+	02:20+	01:49+	02:35+	02:41+	01:19+	01:17+	01:08+	03:12+	02:11+	00:19-	02:07+	02:42+	00:47+	
00:07#	00:27&	00:24&	00:16&	02:25&	00:38&	01:37&	02:00@	01:09&	00:48&	02:14@	00:43&	00:17&	00:26&	00:29&	01:39@	00:27&	00:03-	00:47&	01:45@	00:14&	
65	Brynhild Haaland	101										42:25									
00:48+	02:31+	03:30+	04:11+	07:47+	09:53+	13:13+	16:33+	18:32+	20:46+	23:58+	27:02+	28:34+	29:53+	31:12+	34:10+	37:02+	37:54+	39:54+	41:32+	42:25+	
00:48+	01:43+	00:59+	00:41+	03:36+	02:06+	03:20+	03:20+	01:59+	02:14+	03:12+	03:04+	01:32+	01:19+	01:19+	02:58+	02:52+	00:52+	02:00+	01:38+	00:53+	
00:10&	00:38&	00:32@	00:12&	00:32#	01:04@	01:36&	02:16@	00:48&	01:13@	02:51@	01:06&	00:30&	00:28&	00:40@	01:25&	01:08&	00:30@	00:40&	00:41&	00:20&	
66	Unni B. Sundli	92										43:37									
00:57+	02:37+	03:17+	04:08+	07:35+	09:11+	15:00+	16:43+	19:04+	20:52+	23:24+	28:10+	29:54+	31:32+	32:39+	35:56+	38:11+	38:34+	40:53+	42:32+	43:37+	
00:57+	01:40+	00:40+	00:51+	03:27+	01:36+	05:49+	01:43+	02:21+	01:48+	02:32+	04:46+	01:44+	01:38+	01:07+	03:17+	02:15+	00:23+	02:19+	01:39+	01:05+	
00:19&	00:35&	00:13&	00:22&	00:23#	00:34&	04:05@	00:39&	01:10&	00:47&	02:11@	02:48@	00:42&	00:47&	00:28&	01:44@	00:31&	00:01+	00:59&	00:42&	00:32&	
67	Marit Lothe	76										43:41									
00:44+	02:04+	02:43+	03:41+	07:07+	09:02+	13:13+	16:04+	18:45+	21:04+	22:02+	25:03+	26:50+	28:22+	30:11+	33:44+	36:07+	36:25+	41:37+	42:53+	43:41+	
00:44+	01:20+	00:39+	00:58+	03:26+	01:55+	04:11+	02:51+	02:41+	02:19+	00:58+	03:01+	01:47+	01:32+	01:49+	03:33+	02:23+	00:18-	05:12+	01:16+	00:48+	
00:06#	00:15#	00:12&	00:29&	00:22#	00:53&	02:27@	01:47@	01:30@	01:18@	00:37@	01:03&	00:45&	00:41&	01:10@	02:00@	00:39&	00:04-	03:52@	00:19&	00:15&	
68	Gro Skadberg Hølliesen	105										44:12									
01:25+	02:50+	03:35+	05:21+	08:57+	10:42+	13:37+	15:43+	21:24+	23:25+	24:02+	27:43+	30:29+	32:33+	34:28+	37:12+	39:13+	39:29+	41:23+	43:08+	44:12+	
01:25+	01:25+	00:45+	01:46+	03:36+	01:45+	02:55+	02:06+	05:41+	02:01+	00:37+	03:41+	02:46+	02:04+	01:55+	02:44+	02:01+	00:16-	01:54+	01:45+	01:04+	
00:47@	00:20&	00:18&	01:17@	00:32#	00:43&	01:11&	01:02&	04:30@	01:00&	00:16&	01:43&	01:44@	01:13@	01:16@	01:11&	00:17#	00:06-	00:34&	00:48&	00:31&	
69	Åse Franciska Møster	128										44:20									
00:50+	02:34+	03:15+	03:54+	06:41+	08:25+	12:33+	16:14+	18:59+	23:36+	24:13+	27:37+	30:46+	31:55+	34:27+	37:46+	39:52+	40:18+	42:14+	43:34+	44:20+	
00:50+	01:44+	00:41+	00:39+	02:47-	01:44+	04:08+	03:41+	02:45+	04:37+	00:37+	03:24+	03:09+	01:09+	02:32+	03:19+	02:06+	00:26+	01:56+	01:20+	00:46+	
00:12&	00:39&	00:14&	00:10&	00:17-	00:42&	02:24@	02:37@	01:34@	03:36@	00:16&	01:26&	02:07@	00:18&	01:53@	01:46@	00:22#	00:04#	00:36&	00:23&	00:13&	

Class	Navn	Klasse											Tid							
70	Ase Kristensen	94											44:41							
00:53+	02:45+	03:32+	06:16+	09:02+	10:55+	14:10+	15:38+	17:42+	19:20+	22:56+	26:04+	28:13+	29:41+	30:53+	34:11+	36:20+	36:47+	38:53+	43:26+	44:41+
00:53+	01:52+	00:47+	02:44+	02:46-	01:53+	03:15+	01:28+	02:04+	01:38+	03:36+	03:08+	02:09+	01:28+	01:12+	03:18+	02:09+	00:27+	02:06+	04:33+	01:15+
00:15&	00:47&	00:20&	02:15@	00:18-	00:51&	01:31&	00:24&	00:53&	00:37&	03:15@	01:10&	01:07@	00:37&	00:33&	01:45@	00:25#	00:05#	00:46&	03:36@	00:42@
71	Siv Hilde Berg	105											44:58							
01:05+	02:45+	04:06+	05:07+	07:34+	09:30+	13:23+	15:33+	17:26+	19:27+	20:06+	23:03+	30:22+	31:23+	34:31+	37:05+	39:16+	39:39+	41:23+	44:07+	44:58+
01:05+	01:40+	01:21+	01:01+	02:27-	01:56+	03:53+	02:10+	01:53+	02:01+	00:39+	02:57+	07:19+	01:01+	03:08+	02:34+	02:11+	00:23+	01:44+	02:44+	00:51+
00:27&	00:35&	00:54@	00:32@	00:37-	00:54&	02:09@	01:06@	00:42&	01:00&	00:18&	00:59&	06:17@	00:10#	02:29@	01:01&	00:27&	00:01+	00:24&	01:47@	00:18&
72	Ingunn Fandrem	47											47:31							
01:00+	02:45+	03:30+	04:13+	15:17+	17:41+	21:38+	23:13+	25:14+	28:03+	28:47+	32:00+	33:45+	35:11+	37:20+	40:39+	42:38+	43:14+	45:11+	46:41+	47:31+
01:00+	01:45+	00:45+	00:43+	11:04+	02:24+	03:57+	01:35+	02:01+	02:49+	00:44+	03:13+	01:45+	01:26+	02:09+	03:19+	01:59+	00:36+	01:57+	01:30+	00:50+
00:22&	00:40&	00:18&	00:14&	08:00@	01:22@	02:13@	00:31&	00:50&	01:48@	00:23@	01:15&	00:43&	00:35&	01:30@	01:46@	00:15#	00:14&	00:37&	00:33&	00:17&
73	Brit Vivian Meling	116											47:32							
01:20+	03:19+	04:06+	05:01+	08:50+	11:09+	14:52+	16:41+	19:22+	21:55+	22:45+	26:47+	29:09+	31:12+	32:42+	36:20+	39:55+	40:30+	43:39+	45:47+	47:32+
01:20+	01:59+	00:47+	00:55+	03:49+	02:19+	03:43+	01:49+	02:41+	02:33+	00:50+	04:02+	02:22+	02:03+	01:30+	03:38+	03:35+	00:35+	03:09+	02:08+	01:45+
00:42@	00:54&	00:20&	00:26&	00:45#	01:17@	01:59@	00:45&	01:30@	01:32@	00:29@	02:04@	01:20@	01:12@	00:51@	02:05@	01:51@	00:13&	01:49@	01:11@	01:12@
74	Solveig Grønning	47											47:40							
01:06+	02:47+	03:37+	04:20+	15:24+	17:45+	21:42+	23:20+	25:21+	28:14+	28:53+	32:09+	33:54+	35:18+	37:21+	40:43+	42:47+	43:21+	45:21+	46:50+	47:40+
01:06+	01:41+	00:50+	00:43+	11:04+	02:21+	03:57+	01:38+	02:01+	02:53+	00:39+	03:16+	01:45+	01:24+	02:03+	03:22+	02:04+	00:34+	02:00+	01:29+	00:50+
00:28&	00:36&	00:23&	00:14&	08:00@	01:19@	02:13@	00:34&	00:50&	01:52@	00:18&	01:18&	00:43&	00:33&	01:24@	01:49@	00:20#	00:12&	00:40&	00:32&	00:17&
75	Maria Haukalid	47											48:13							
01:00+	03:08+	03:48+	04:31+	10:32+	12:22+	17:03+	19:16+	21:19+	23:32+	26:42+	29:33+	31:33+	33:56+	35:06+	38:13+	41:01+	41:37+	43:56+	47:00+	48:13+
01:00+	02:08+	00:40+	00:43+	06:01+	01:50+	04:41+	02:13+	02:13+	03:10+	02:51+	02:00+	02:23+	01:10+	03:07+	02:48+	00:36+	02:19+	03:04+	01:13+	
00:22&	01:03&	00:13&	00:14&	02:57&	00:48&	02:57@	01:09@	00:52&	01:12@	02:49@	00:53&	00:58&	01:32@	00:31&	01:34@	01:04&	00:14&	00:59&	02:07@	00:40@
76	Gro Mariero Totland	59											49:13							
01:28+	03:54+	05:22+	06:30+	10:36+	12:56+	17:25+	19:25+	22:21+	25:19+	26:10+	30:16+	32:13+	34:01+	35:23+	39:18+	41:43+	42:17+	45:35+	47:33+	49:13+
01:28+	02:26+	01:28+	01:08+	04:06+	02:20+	04:29+	02:00+	02:56+	02:58+	00:51+	04:06+	01:57+	01:48+	01:22+	03:55+	00:34+	03:18+	01:58+	01:58+	01:40+
00:50@	01:21@	01:01@	00:39@	01:02&	01:18@	02:45@	00:56&	01:45@	01:57@	00:30@	02:08@	00:55&	00:57@	00:43@	02:22@	00:41&	00:12&	01:58@	01:01@	01:07@
77	Hazel Grayton	263											50:52							
01:22+	03:40+	04:37+	06:12+	10:13+	12:25+	17:21+	19:25+	22:12+	24:49+	26:00+	30:02+	32:12+	34:25+	35:43+	39:39+	42:05+	42:40+	45:52+	49:24+	50:52+
01:22+	02:18+	00:57+	01:35+	04:01+	02:12+	04:56+	02:04+	02:47+	02:37+	01:11+	04:02+	02:10+	02:13+	01:18+	03:56+	02:26+	00:35+	03:12+	03:32+	01:28+
00:44@	01:13@	00:30@	01:06@	00:57&	01:10@	03:12@	01:00&	01:36@	01:36@	00:50@	02:04@	01:08@	01:22@	00:39&	02:23@	00:42&	00:13&	01:52@	02:35@	00:55@
78	Sigrun Serigstad	128											51:21							
00:38=	06:58+	07:26+	08:44+	12:23+	14:52+	17:45+	19:07+	20:45+	22:16+	22:59+	25:28+	26:48+	28:00+	28:56+	32:28+	43:17+	43:49+	45:15+	50:42+	51:21+
00:38=	06:20+	00:28+	01:18+	03:39+	02:29+	02:53+	01:22+	01:38+	01:31+	00:43+	02:29+	01:20+	01:12+	00:56+	03:32+	10:49+	00:32+	01:26+	05:27+	00:39+
00:00=	05:15@	00:01+	00:49@	00:35#	01:27@	01:09&	00:18&	00:27&	00:30&	00:22@	00:31&	00:18&	00:21&	00:17&	01:59@	09:05@	00:10&	00:06+	04:30@	00:06#
79	Marit Ytreland	27											54:52							
01:30+	10:12+	11:20+	12:39+	16:53+	19:09+	22:36+	24:19+	26:15+	28:02+	28:51+	36:21+	38:27+	40:26+	41:47+	44:46+	47:32+	47:58+	49:56+	53:59+	54:52+
01:30+	08:42+	01:08+	01:19+	04:14+	02:16+	03:27+	01:43+	01:56+	01:47+	00:49+	07:30+	02:06+	01:59+	01:21+	02:59+	02:46+	00:26+	01:58+	04:03+	00:53+
00:52@	07:37@	00:41@	00:50@	01:10&	01:14@	01:43&	00:39&	00:45&	00:46&	00:28@	05:32@	01:04@	01:08@	00:42@	01:26&	01:02&	00:04#	00:38&	03:06@	00:20&
80	Martina Graf-Rohr	128											55:20							
01:00+	02:05+	02:57+	04:12+	23:50+	25:09+	29:25+	30:21+	31:53+	34:10+	34:43+	36:59+	38:34+	39:43+	42:36+	45:16+	47:20+	47:39+	49:47+	54:25+	55:20+
01:00+	01:05=	00:52+	01:15+	19:38+	01:19+	04:16+	00:56-	01:32+	02:17+	00:33+	02:16+	01:35+	01:09+	02:53+	02:40+	02:04+	00:19-	02:08+	04:38+	00:55+
00:22&	00:00=	00:25&	00:46@	16:34@	00:17&	02:32@	00:08-	00:21&	01:16@	00:12&	00:18#	00:33&	00:18&	02:14@	01:07&	00:20#	00:03-	00:48&	03:41@	00:22&
81	Inger Synnøve Sjursen	92											55:23							
01:01+	02:43+	03:31+	05:05+	08:33+	10:22+	14:14+	22:06+	24:33+	26:22+	28:23+	31:33+	33:39+	35:25+	43:37+	46:53+	49:10+	49:50+	52:21+	54:12+	55:23+
01:01+	01:42+	00:48+	01:34+	03:28+	01:49+	03:52+	07:52+	02:27+	01:49+	02:01+	03:10+	02:06+	01:46+	08:12+	03:16+	02:17+	00:40+	02:31+	01:51+	01:11+
00:23&	00:37&	00:21&	01:05@	00:24#	00:47&	02:08@	06:48@	01:16@	00:48&	01:40@	01:12&	01:04@	00:55@	07:33@	01:43@	00:33&	00:18&	01:11&	00:54&	00:38@
82	Hilde Søndresen	93											55:28							
01:07+	02:50+	03:37+	05:12+	08:41+	10:29+	14:16+	22:30+	24:44+	26:30+	28:31+	31:44+	33:49+	35:30+	43:44+	46:59+	49:12+	49:56+	52:17+	54:25+	55:28+
01:07+	01:43+	00:47+	01:35+	03:29+	01:48+	03:47+	08:14+	02:14+	01:46+	02:01+	03:13+	02:05+	01:41+	08:14+	03:15+	02:13+	00:44+	02:21+	02:08+	01:03+
00:29&	00:38&	00:20&	01:06@	00:25#	00:46&	02:03@	07:10@	01:03&	00:45&	01:40@	01:15&	01:03@	00:50&	07:35@	01:42@	00:29&	00:22&	01:01&	01:11@	00:30&
83	Randi Wesetvik	116											56:07							
00:52+	02:51+	03:46+	05:20+	12:05+	14:20+	18:11+	21:52+	24:02+	28:49+	29:26+	32:51+	36:04+	37:20+	39:44+	43:42+	47:47+	48:23+	50:52+	54:58+	56:07+
00:52+	01:59+	00:55+	01:34+	06:45+	02:15+	03:51+	03:41+	02:10+	04:47+	00:37+	03:25+	03:13+	01:16+	02:24+	03:58+	04:05+	00:36+	02:29+	04:06+	01:09+
00:14&	00:54&	00:28@	01:05@	03:41@	01:13@	02:07@	02:37@	00:59&	03:46@	00:16&	01:27&	02:11@	00:25&	01:45@	02:25@	02:21@	00:14&	01:09&	03:09@	00:36@
84	May Kristin Haaland	47											57:37							
01:21+	03:11+	04:12+	05:19+	09:42+	11:23+	25:43+	26:57+	28:48+	33:57+	34:22+	37:32+	39:55+	41:52+	43:24+	47:02+	49:39+	50:05+	52:13+	56:32+	57:37+
01:21+	01:50+	01:01+	01:07+	04:23+	01:41+	14:20+	01:14+	01:51+	05:09+	00:25+	03:10+	02:23+	01:57+	01:32+	03:38+	02:37+	00:26+	02:08+	04:19+	01:05+
00:43@	00:45&	00:34@	00:38@	01:19&	00:39&	12:36@	00:10#	00:40&	04:08@	00:04#	01:12&	01:21@	01:06@	00:53@	02:05@	00:53&	00:04#	00:48&	03:22@	00:32&

Class	Navn	Klasse	Tid																	
85	Else Marie Furland	93	1:09:07																	
01:53+	03:57+	04:58+	07:04+	11:51+	14:13+	22:05+	23:33+	28:56+	35:36+	41:46+	45:24+	47:35+	49:09+	50:34+	54:14+	62:38+	63:13+	65:53+	67:47+	69:07+
01:53+	02:04+	01:01+	02:06+	04:47+	02:22+	07:52+	01:28+	05:23+	06:40+	06:10+	03:38+	02:11+	01:34+	01:25+	03:40+	08:24+	00:35+	02:40+	01:54+	01:20+
01:15@	00:59&	00:34@	01:37@	01:43&	01:20@	06:08@	00:24&	04:12@	05:39@	05:49@	01:40&	01:09@	00:43&	00:46@	02:07@	06:40@	00:13&	01:20&	00:57&	00:47@

Beste strekktid for klassen

00:32	01:05	00:27	00:28	01:43	01:02	01:41	00:56	01:04	01:01	00:21	00:47	00:56	00:46	00:39	00:50	01:11	00:13	00:30	00:57	00:33
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Herrer 16 - 39 år

1	Mathias Nødland	194	30:20																					
01:11=	02:00=	03:57=	06:19=	07:25=	08:32=	08:56=	09:20=	10:43=	13:16=	13:53=	14:16=	15:14=	18:53=	20:25=	21:42=	22:29=	23:20=	25:33=	26:23=	27:25=	28:08=	28:54=	29:51=	30:20=
01:11=	00:49=	01:57=	02:22=	01:06=	01:07=	00:24=	00:24=	01:23=	02:33=	00:37=	00:23=	00:58=	03:39=	01:32=	01:17=	00:47=	00:51=	02:13=	00:50=	01:02=	00:43=	00:46=	00:57=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Svein Magnus Halsne	71	31:34																					
00:59-	01:45-	03:32-	05:44-	06:52-	07:52-	08:42-	09:04-	10:24-	12:42-	13:24-	13:42-	14:44-	20:03+	22:03+	22:26+	23:24+	24:15+	26:37+	27:16+	28:19+	28:58+	30:13+	31:05+	31:34+
00:59-	00:46-	01:47-	02:12-	01:08+	01:00-	00:50+	00:22-	01:20-	02:18-	00:42+	00:18-	01:02+	05:19+	02:00+	00:23-	00:58+	00:51=	02:22+	00:39-	01:03+	00:39-	01:15+	00:52-	00:29=
00:12-	00:03-	00:10-	00:10-	00:02+	00:07-	00:26@	00:02-	00:03-	00:15-	00:05#	00:05-	00:04+	01:40&	00:28&	00:54-	00:11#	00:00=	00:09+	00:11-	00:01+	00:04-	00:29&	00:05-	00:00=

3	Andreas Terjesen	53	31:44																					
01:10-	02:00=	04:02+	06:31+	07:40+	08:44+	09:12+	09:35+	11:10+	13:54+	14:29+	14:46+	15:45+	19:08+	20:42+	21:37-	22:40+	23:34+	25:49+	27:28+	28:40+	29:22+	30:11+	31:14+	31:44+
01:10-	00:50+	02:02+	02:29+	01:09+	01:04-	00:28+	00:23-	01:35+	02:44+	00:35-	00:17-	00:59+	03:23-	01:34+	00:55-	01:03+	00:54+	02:15+	01:39+	01:12+	00:42-	00:49+	01:03+	00:30+
00:01-	00:01+	00:05+	00:07+	00:03+	00:03-	00:04#	00:01-	00:12#	00:11+	00:02-	00:06-	00:01+	00:16-	00:02+	00:22-	00:16&	00:03+	00:02+	00:49&	00:10#	00:01-	00:03+	00:06#	00:01+

4	Sam McCloy	7	31:52																					
01:05-	01:55-	03:56-	06:10-	07:15-	08:19-	08:44-	09:08-	10:33-	13:16=	13:55+	14:16=	15:16+	18:46-	20:26=	21:13-	23:03+	23:52+	25:43+	26:24+	27:48+	29:04+	30:24+	31:21+	31:52+
01:05-	00:50+	02:01+	02:14-	01:05-	01:04-	00:25+	00:24=	01:25+	02:43+	00:39+	00:21-	01:00+	03:30-	01:40+	00:47-	01:50+	00:49-	01:51-	00:41-	01:24+	01:16+	01:20+	00:57=	00:31+
00:06-	00:01+	00:04+	00:08-	00:01-	00:03-	00:01+	00:00=	00:02+	00:10+	00:02+	00:02-	00:02+	00:09-	00:08+	00:30-	01:03@	00:02-	00:22-	00:09-	00:22&	00:33&	00:34&	00:00=	00:02+

5	Håkon Eggebø	71	33:12																					
01:13+	02:03+	03:59+	06:19=	07:29+	08:42+	09:22+	09:43+	11:36+	15:02+	15:44+	16:08+	17:10+	21:29+	23:46+	24:14+	25:05+	26:02+	27:28+	28:18+	29:31+	30:31+	31:35+	32:36+	33:12+
01:13+	00:50+	01:56-	02:20-	01:10+	01:13+	00:40+	00:21-	01:53+	03:26+	00:42+	00:24+	01:02+	04:19+	02:17+	00:28-	00:51+	00:57+	01:26-	00:50=	01:13+	01:00+	01:04+	01:01+	00:36+
00:02+	00:01+	00:01-	00:02-	00:04+	00:06+	00:16&	00:03-	00:30&	00:53&	00:05#	00:01+	00:04+	00:40#	00:45&	00:49-	00:04+	00:06#	00:47-	00:00=	00:11#	00:17&	00:18&	00:04+	00:07#

6	Torbjørn Ims Østby	66	33:14																					
01:01-	01:55-	03:54-	06:17-	07:27+	08:39+	09:06+	09:34+	11:13+	14:28+	14:59+	15:21+	16:37+	20:06+	21:46+	22:17+	23:42+	24:55+	26:43+	28:00+	29:08+	29:51+	30:49+	32:46+	33:14+
01:01-	00:54+	01:59+	02:23+	01:10+	01:12+	00:27+	00:28+	01:39+	03:15+	00:31-	00:22-	01:16+	03:29-	01:40+	00:31-	01:25+	01:13+	01:48-	01:17+	01:08+	00:43=	00:58+	01:57+	00:28-
00:10-	00:05#	00:02+	00:01+	00:04+	00:05+	00:03#	00:04#	00:16#	00:42&	00:06-	00:01-	00:18&	00:10-	00:08+	00:46-	00:38&	00:22&	00:25-	00:27&	00:06+	00:00=	00:12&	01:00@	00:01-

7	Joar Fuglestad	116	33:48																					
01:04-	01:58-	04:11+	06:52+	07:57+	09:10+	09:36+	10:05+	11:45+	15:05+	15:46+	16:16+	17:22+	21:11+	22:58+	23:27+	24:10+	26:41+	28:01+	28:44+	29:50+	30:29+	31:53+	33:27+	33:48+
01:04-	00:54+	02:13+	02:41+	01:05-	01:13+	00:26+	00:29+	01:40+	03:20+	00:41+	00:30+	01:06+	03:49+	01:47+	00:29-	00:43-	02:31+	01:20-	00:43-	01:06+	00:39-	01:24+	01:34+	00:21-
00:07-	00:05#	00:16#	00:19#	00:01-	00:06+	00:02+	00:05#	00:17#	00:47&	00:04#	00:07&	00:08#	00:10+	00:15#	00:48-	00:04-	01:40@	00:53-	00:07-	00:04+	00:04-	00:38&	00:37&	00:08-

8	Øivind Fandrem Høivik	66	34:17																					
01:07-	02:09+	04:14+	06:45+	07:50+	08:55+	09:20+	09:45+	11:14+	14:33+	15:14+	15:36+	17:11+	20:56+	23:04+	23:40+	24:43+	25:44+	27:43+	28:29+	29:52+	31:08+	32:28+	33:49+	34:17+
01:07-	01:02+	02:05+	02:31+	01:05-	01:05-	00:25+	00:25+	01:29+	03:19+	00:41+	00:22-	01:35+	03:45+	02:08+	00:36-	01:03+	01:01+	01:59-	00:46-	01:23+	01:16+	01:20+	01:21+	00:28-
00:04-	00:13&	00:08+	00:09+	00:01-	00:02-	00:01+	00:01+	00:06+	00:46&	00:04#	00:01-	00:37&	00:06+	00:36&	00:41-	00:16&	00:10#	00:14-	00:04-	00:21&	00:33&	00:34&	00:24&	00:01-

9	Thomas Jansen	289	34:47																					
01:08-	02:01+	03:46-	06:07-	07:10-	09:46+	10:30+	10:52+	12:32+	15:22+	16:14+	16:34+	18:23+	22:10+	24:11+	24:35+	25:14+	27:32+	29:06+	29:47+	30:50+	31:30+	33:05+	34:19+	34:47+
01:08-	00:53+	01:45-	02:21-	01:03-	02:36+	00:44+	00:22-	01:40+	02:50+	00:52+	00:20-	01:49+	03:47+	02:01+	00:24-	00:39-	02:18+	01:34+	00:41-	01:03+	00:40-	01:35+	01:14+	00:28-
00:03-	00:04+	00:12-	00:01-	00:03-	01:29@	00:20&	00:02-	00:17#	00:17#	00:15&	00:03-	00:51&	00:08+	00:29&	00:53-	00:08-	01:27@	00:39-	00:09-	00:01+	00:03-	00:49@	00:17&	00:01-

10	Magnar Haugenes Rake	92	35:07																					
01:14+	02:08+	04:16+	06:37+	07:44+	08:51+	09:16+	09:40+	11:03+	14:19+	14:54+	15:13+	16:12+	20:35+	22:29+	22:51+	27:06+	27:52+	29:47+	30:27+	31:36+	32:20+	33:33+	34:30+	35:07+
01:14+	00:54+	02:08+	02:21-	01:07+	01:07=	00:25+	00:24=	01:23=	03:16+	00:35-	00:19-	00:59+	04:23+	01:54+	00:22-	04:15+	00:46-	01:55-	00:40-	01:09+	00:44+	01:13+	00:57=	00:37+
00:03+	00:05#	00:11+	00:01-	00:01+	00:00=	00:01+	00:00=	00:00=	00:43&	00:02-	00:04-	00:01+	00:44#	00:22#	00:55-	03:28@	00:05-	00:18-	00:10-	00:07#	00:01+	00:27&	00:00=	00:08&

11	Martin Skogland	98	35:20																					
01:51+	02:50+	05:07+	07:48+	09:06+	10:15+	10:41+	11:06+	12:32+	15:39+	16:21+	16:40+	17:45+	22:03+	25:24+	25:56+	27:31+	28:13+	29:56+	30:40+	31:53+	32:42+	33:33+	34:50+	35:20+
01:51+	00:59+	02:17+	02:41+	01:18+	01:09+	00:26+	00:25+	01:26+	03:07+	00:42+	00:19-	01:05+	04:18+	03:21+	00:32-	01:35+	00:42-	01:43-	00:44-	01:13+	00:49+	00:51+	01:17+	00:30+
00:40&	00:10#	00:20#	00:19#	00:12#	00:02+	00:02+	00:01+	00:03+	00:34#	00:05#	00:04-	00:07#	00:39#	01:49@	00:45-	00:48@	00:09-	00:30-	00:06-	00:11#	00:06#	00:05#	00:20&	00:01+

12	Svein Kyllingstad	71	35:24																			
01:05-	01:58-	04:10+	06:52+	08:02+	09:17+	09:48+	10:17+	11:45+	14:23+	15:13+	15:36+	16:36+	22:09+	24:00+	24:33+	26:24+	27:05+	29:40+	30:24+	31:33+	32:43+	33:41+

Class	Navn	Klasse												Tid											
13	Richard Galle	66												35:42											
01:20+	02:13+	04:15+	06:47+	07:43+	08:51+	09:14+	09:39+	11:09+	13:52+	14:35+	15:03+	16:08+	21:13+	23:25+	24:01+	26:39+	27:52+	29:41+	30:25+	31:33+	32:36+	33:47+	35:12+	35:42+	
01:20+	00:53+	02:02+	02:32+	00:56-	01:08+	00:23-	00:25+	01:30+	02:43+	00:43+	00:28+	01:05+	05:05+	02:12+	00:36-	02:38+	01:13+	01:49-	00:44-	01:08+	01:03+	01:11+	01:25+	00:30+	
00:09#	00:04+	00:05+	00:10+	00:10-	00:01+	00:01-	00:01+	00:07+	00:10+	00:06#	00:05#	00:07#	01:26#	00:40#	00:41-	01:51#	00:22#	00:24-	00:06-	00:06+	00:20#	00:25#	00:28#	00:01+	
14	Jonas Bolstad Scheie	62												35:44											
01:34+	02:21+	04:27+	07:00+	08:06+	09:14+	09:39+	10:03+	11:28+	15:36+	17:12+	17:35+	18:43+	23:21+	25:20+	26:57+	28:11+	29:01+	30:22+	31:17+	32:09+	33:46+	34:30+	35:19+	35:44+	
01:34+	00:47-	02:06+	02:33+	01:06=	01:08+	00:25+	00:24=	01:25+	04:08+	01:36+	00:23=	01:08+	04:38+	01:59+	01:37+	01:14+	00:50-	01:21-	00:55+	00:52-	01:37+	00:44-	00:49-	00:25-	
00:23#	00:02-	00:09+	00:11+	00:00=	00:01+	00:01+	00:00=	00:02+	01:35#	00:59#	00:00=	00:10#	00:59#	00:27#	00:20#	00:27#	00:01-	00:52-	00:05#	00:10-	00:54#	00:02-	00:08-	00:04-	
15	Audun Rostad	126												35:53											
01:20+	02:16+	04:30+	07:08+	08:12+	09:18+	09:50+	10:13+	11:37+	14:22+	15:05+	15:26+	16:30+	21:25+	24:57+	25:20+	26:29+	27:20+	29:00+	29:49+	30:53+	31:43+	33:45+	35:15+	35:53+	
01:20+	00:56+	02:14+	02:38+	01:04-	01:06-	00:32+	00:23-	01:24+	02:45+	00:43+	00:21-	01:04+	04:55+	03:32+	00:23-	01:09+	00:51=	01:40-	00:49-	01:04+	00:50+	02:02+	01:30+	00:38+	
00:09#	00:07#	00:17#	00:16#	00:02-	00:01-	00:08#	00:01-	00:01+	00:12+	00:06#	00:02-	00:06#	01:16#	02:00#	00:54-	00:22#	00:00=	00:33-	00:01-	00:02+	00:07#	01:16#	00:33#	00:09#	
16	Cato Eike	79												36:03											
01:07-	02:01+	04:12+	06:39+	07:49+	09:03+	09:29+	09:54+	12:19+	14:46+	15:26+	15:46+	16:44+	20:18+	22:09+	22:38+	24:06+	27:45+	30:20+	31:15+	32:23+	33:36+	34:25+	35:30+	36:03+	
01:07-	00:54+	02:11+	02:27+	01:10+	01:14+	00:26+	00:25+	02:25+	02:27-	00:40+	00:20-	00:58#	03:34-	01:51+	00:29-	01:28+	03:39+	02:35+	00:55+	01:08+	01:13+	00:49+	01:05+	00:33+	
00:04-	00:05#	00:14#	00:05+	00:04+	00:07#	00:02+	00:01+	01:02#	00:06-	00:03+	00:03-	00:00=	00:05-	00:19#	00:48-	00:41#	02:48#	00:22#	00:05#	00:06+	00:30#	00:03+	00:08#	00:04#	
17	Andreas Florian Ente	66												36:16											
01:09-	02:02+	04:43+	07:25+	08:34+	09:54+	10:18+	10:53+	12:13+	15:16+	15:52+	16:10+	17:08+	22:02+	23:44+	25:12+	27:15+	28:08+	30:20+	31:05+	32:20+	33:39+	34:34+	35:45+	36:16+	
01:09-	00:53+	02:41+	02:42+	01:09+	01:20+	00:24=	00:35+	01:20-	03:03+	00:36-	00:18-	00:58#	04:54+	01:42+	01:28+	02:03+	00:53+	02:12-	00:45-	01:15+	01:19+	00:55+	01:11+	00:31+	
00:02-	00:04+	00:44#	00:20#	00:03+	00:13#	00:00=	00:11#	00:03-	00:30#	00:01-	00:05-	00:00=	01:15#	00:10#	00:11#	01:16#	00:02+	00:01-	00:05-	00:13#	00:36#	00:09#	00:14#	00:02+	
18	Vegard Braut Kyllingstad	66												36:36											
01:16+	02:22+	04:50+	07:39+	09:02+	10:15+	10:41+	11:15+	13:14+	15:50+	17:13+	17:37+	18:44+	23:00+	24:41+	25:08+	26:17+	27:06+	30:06+	30:50+	32:02+	33:01+	34:30+	36:05+	36:36+	
01:16+	01:06+	02:28+	02:49+	01:23+	01:13+	00:26+	00:34+	01:14+	01:59+	02:36+	01:23+	00:24+	01:07+	04:16+	01:41+	00:27-	01:09+	00:49-	03:00+	00:44-	01:12+	00:59+	01:29+	01:35+	
00:05+	00:17#	00:31#	00:27#	00:17#	00:06+	00:02+	00:10#	00:36#	00:03+	00:46#	00:01+	00:09#	00:37#	00:09+	00:50-	00:22#	00:02-	00:47#	00:06-	00:10#	00:16#	00:43#	00:38#	00:02+	
19	Trond Evensen	116												36:55											
01:09-	02:08+	04:08+	08:05+	09:13+	11:02+	11:32+	11:57+	13:45+	16:37+	17:21+	17:39+	19:40+	24:12+	26:02+	26:32+	27:19+	29:15+	31:10+	31:55+	33:03+	33:42+	34:46+	36:30+	36:55+	
01:09-	00:59+	02:00+	03:57+	01:08+	01:49+	00:30+	00:25+	01:48+	02:52+	00:44+	00:18-	02:01+	04:32+	01:50+	00:30-	00:47#	01:56+	01:55-	00:45-	01:08+	00:39-	01:04+	01:44+	00:25-	
00:02-	00:10#	00:03+	01:35#	00:02+	00:42#	00:06#	00:01+	00:25#	00:19#	00:07#	00:05-	01:03#	00:53#	00:18#	00:47-	00:00=	01:05#	00:18-	00:05-	00:06+	00:04-	00:18#	00:47#	00:04-	
20	Morten Fenne	228												37:02											
01:12+	02:11+	04:15+	06:51+	08:01+	09:11+	09:39+	10:05+	11:28+	15:44+	16:22+	17:07+	18:24+	21:50+	23:28+	23:58+	25:09+	29:09+	30:01+	31:30+	32:22+	33:17+	34:52+	35:46+	36:34+	
01:12+	00:59+	02:04+	02:36+	01:10+	01:10+	00:28+	00:26+	01:23=	04:16+	00:38+	00:45+	01:17+	03:26-	01:38+	00:30-	01:11+	04:00+	00:52-	01:29+	00:52-	00:55+	01:35+	00:54-	00:48+	
00:01+	00:10#	00:07+	00:14+	00:04+	00:03+	00:04#	00:02+	00:00=	01:43#	00:01+	00:22#	00:19#	00:13-	00:06+	00:47-	00:24#	03:09#	01:21-	00:39#	00:10-	00:12#	00:49#	00:03-	00:19#	
21	Asgeir Nærland	88												37:28											
01:15+	02:14+	04:12+	06:51+	08:16+	09:32+	10:00+	10:36+	12:06+	15:25+	16:18+	16:39+	18:07+	23:17+	25:21+	26:03+	27:10+	29:17+	30:54+	31:49+	33:18+	34:20+	35:32+	36:58+	37:28+	
01:15+	00:59+	01:58+	02:39+	01:25+	01:16+	00:28+	00:36+	01:30+	03:19+	00:53+	00:21-	01:28+	05:10+	02:04+	00:42-	01:07+	02:07+	01:37-	00:55+	01:29+	01:02+	01:12+	01:26+	00:30+	
00:04+	00:10#	00:01+	00:17#	00:19#	00:09#	00:04#	00:12#	00:07+	00:46#	00:16#	00:02-	00:30#	01:31#	00:32#	00:35-	00:20#	01:16#	00:36-	00:05#	00:27#	00:19#	00:26#	00:29#	00:01+	
22	Håvard Thomassen Lauritsen	116												38:27											
01:18+	02:17+	04:26+	07:09+	08:40+	09:59+	10:27+	10:54+	12:45+	15:40+	16:28+	16:50+	18:10+	22:40+	24:52+	25:29+	27:56+	29:02+	31:34+	32:38+	34:29+	35:28+	36:29+	37:43+	38:27+	
01:18+	00:59+	02:09+	02:43+	01:31+	01:19+	00:28+	00:27+	01:51+	02:55+	00:48+	00:22-	01:20+	04:30+	02:12+	00:37-	02:27+	01:06+	02:32+	01:04+	01:51+	00:59+	01:01+	01:14+	00:44+	
00:07+	00:10#	00:12#	00:21#	00:25#	00:12#	00:04#	00:03#	00:28#	00:22#	00:11#	00:01-	00:22#	00:51#	00:40#	00:40-	01:40#	00:15#	00:19#	00:14#	00:49#	00:16#	00:15#	00:17#	00:15#	
23	Eirik Thu	126												39:42											
01:20+	02:17+	04:43+	07:22+	08:26+	10:08+	10:42+	11:45+	13:29+	18:00+	18:45+	19:32+	21:18+	24:54+	27:01+	28:52+	29:55+	30:55+	32:48+	33:34+	35:11+	36:10+	38:12+	39:09+	39:42+	
01:20+	00:57+	02:26+	02:39+	01:04-	01:42+	00:34+	01:03+	01:44+	04:31+	00:45+	00:47+	01:46+	03:36-	02:07+	01:51+	01:03+	01:00+	01:53-	00:46-	01:37+	00:59+	02:02+	00:57=	00:33+	
00:09#	00:08#	00:29#	00:17#	00:02-	00:35#	00:10#	00:39#	00:21#	01:58#	00:08#	00:24#	00:48#	00:03-	00:35#	00:34#	00:16#	00:09#	00:20-	00:04-	00:35#	00:16#	00:00=	00:00=	00:04#	
24	Oddgeir Nevland	51												40:38											
01:27+	02:34+	05:00+	07:59+	09:24+	10:57+	11:36+	12:07+	13:49+	17:05+	18:16+	18:45+	20:11+	25:35+	28:13+	29:24+	30:48+	31:47+	33:58+	34:51+	36:13+	37:11+	38:17+	39:54+	40:38+	
01:27+	01:07+	02:26+	02:59+	01:25+	01:33+	00:39+	00:31+	01:42+	03:16+	01:11+	00:29+	01:26+	05:24+	02:38+	01:11-	01:24+	00:59+	02:11-	00:53+	01:22+	00:58+	01:06+	01:37+	00:44+	
00:16#	00:18#	00:29#	00:37#	00:19#	00:26#	00:15#	00:07#	00:19#	00:43#	00:34#	00:06#	00:28#	01:45#	01:06#	00:06-	00:37#	00:08#	00:02-	00:03+	00:20#	00:15#	00:20#	00:40#	00:15#	
25	Bjørnar Owren	74												41:41											
01:17+	02:13+	04:21+	07:13+	08:24+	09:30+	09:58+	10:46+	12:28+	15:41+	17:41+	18:12+	19:18+	23:54+	25:32+	26:12+	27:27+	32:21+	34:04+	35:39+	36:49+	37:35+	39:39+	41:05+	41:41+	
01:17+	00:56+	02:08+	02:52+	01:11+	01:06-	00:28+	00:48+	01:42+	03:13+	02:00+	00:31+	01:06+	04:36+	01:38+	00:40-	01:15+	04:54+	01:43-	01:35+	01:10+	00:46+	02:04+	01:26+	00:36+	
00:06+	00:07#	00:11+	00:30#	00:05+	00:01-	00:04#	00:24#	00:19#	00:40#	01:23#	00:08#	00:08#	00:57#	00:06+	00:37-	00:28#	04:03#	00:30-	00:45#	00:08#	00:03+	01:18#	00:29#	00:07#	
26	Tor Gunnar Osen	116												41:53											
01:27+	02:36+	05:00+	08:15+	09:41+	11:33+	12:02+	12:40+	14:30+	17:33+</																

Class	Navn	Klasse										Tid														
28	Rune Hatle	65										42:51														
01:23+	02:34+	04:42+	07:48+	09:09+	10:25+	11:00+	11:29+	13:49+	20:44+	21:28+	21:49+	23:02+	29:24+	31:52+	32:25+	33:32+	34:33+	36:33+	37:18+	38:40+	39:30+	40:38+	42:17+	42:51+		
01:23+	01:11+	02:08+	03:06+	01:21+	01:16+	00:35+	00:29+	02:20+	06:55+	00:44+	00:21-	01:13+	06:22+	02:28+	00:33-	01:07+	01:01+	02:00-	00:45-	01:22+	00:50+	01:08+	01:39+	00:34+		
00:12#	00:22&	00:11+	00:44&	00:15#	00:09#	00:11&	00:05#	00:57&	04:22@	00:07#	00:02-	00:15&	02:43&	00:56&	00:44-	00:20&	00:10#	00:13-	00:05-	00:20&	00:07#	00:22&	00:42&	00:05#		
29	Alexander Khorunzhiy	287										43:53														
01:23+	02:35+	05:00+	07:49+	09:19+	10:40+	11:13+	11:44+	13:26+	19:37+	20:19+	20:44+	22:02+	26:56+	29:35+	30:06+	33:05+	34:24+	36:52+	37:47+	39:26+	40:19+	41:23+	43:16+	43:53+		
01:23+	01:12+	02:25+	02:49+	01:30+	01:21+	00:33+	00:31+	01:42+	06:11+	00:42+	00:25+	01:18+	04:54+	02:39+	00:31-	02:59+	01:19+	02:28+	00:55+	01:39+	00:53+	01:04+	01:53+	00:37+		
00:12#	00:23&	00:28#	00:27#	00:24&	00:14#	00:09&	00:07&	00:19#	03:38@	00:05#	00:02+	00:20&	01:15&	01:07&	00:46-	02:12@	00:28&	00:15#	00:05#	00:37&	00:10#	00:18&	00:56&	00:08&		
30	Sondre Liavåg Larssen	71										47:38														
01:18+	02:17+	04:52+	08:31+	09:44+	10:57+	11:32+	12:00+	14:07+	17:17+	18:10+	18:37+	19:57+	27:47+	32:40+	33:10+	34:31+	35:43+	39:10+	40:06+	41:28+	42:25+	45:41+	46:54+	47:38+		
01:18+	00:59+	02:35+	03:39+	01:13+	01:13+	00:35+	00:28+	02:07+	03:10+	00:53+	00:27+	01:20+	07:50+	04:53+	00:30-	01:21+	01:12+	03:27+	00:56+	01:22+	00:57+	03:16+	01:13+	00:44+		
00:07+	00:10#	00:38&	01:17&	00:07#	00:06+	00:11&	00:04#	00:44&	00:37#	00:16&	00:04#	00:22&	04:11@	03:21@	00:47-	00:34&	00:21&	01:14&	00:06#	00:20&	00:14&	02:30@	00:16&	00:15&		
31	Kjetil Tveit	165										49:32														
01:40+	02:46+	05:14+	09:28+	11:28+	12:40+	13:18+	14:01+	15:32+	18:30+	19:43+	20:13+	21:22+	35:01+	36:48+	37:29+	39:25+	40:30+	42:35+	43:24+	44:52+	45:47+	47:40+	49:01+	49:32+		
01:40+	01:06+	02:28+	04:14+	02:00+	01:12+	00:38+	00:43+	01:31+	02:58+	01:13+	00:30+	01:09+	13:39+	01:47+	00:41-	01:56+	01:05+	02:05-	00:49-	01:28+	00:55+	01:53+	01:21+	00:31+		
00:29&	00:17&	00:31&	01:52&	00:54&	00:05+	00:14&	00:19&	00:08+	00:25#	00:36&	00:07&	00:11#	10:00@	00:15#	00:36-	01:09@	00:14&	00:08-	00:01-	00:26&	00:12&	01:07@	00:24&	00:02+		
32	Frode Ungar	116										50:36														
01:21+	02:26+	04:36+	07:46+	09:06+	10:34+	11:00+	11:29+	13:07+	17:51+	18:33+	18:57+	21:17+	27:09+	35:07+	35:36+	38:19+	39:14+	43:52+	44:43+	46:05+	46:58+	47:58+	50:04+	50:36+		
01:21+	01:05+	02:10+	03:10+	01:20+	01:28+	00:26+	00:29+	01:38+	04:44+	00:42+	00:24+	02:20+	05:52+	07:58+	00:29-	02:43+	00:55+	04:38+	00:51+	01:22+	00:53+	01:00+	02:06+	00:32+		
00:10#	00:16&	00:13#	00:48&	00:14#	00:21&	00:02+	00:05#	00:15#	02:11&	00:05#	00:01+	01:22@	02:13&	06:26@	00:48-	01:56@	00:04+	02:25@	00:01+	00:20&	00:10#	00:14&	01:09@	00:03#		
33	Rune Aasvestad	136										51:13														
01:32+	02:41+	05:18+	08:30+	09:47+	11:15+	11:56+	12:28+	15:48+	20:03+	21:10+	21:35+	23:24+	29:31+	32:52+	33:39+	37:04+	39:41+	43:09+	44:15+	46:09+	47:19+	48:35+	50:27+	51:13+		
01:32+	01:09+	02:37+	03:12+	01:17+	01:28+	00:41+	00:32+	03:20+	04:15+	01:07+	00:25+	01:49+	06:07+	03:21+	00:47-	03:25+	02:37+	03:28+	01:06+	01:54+	01:10+	01:16+	01:52+	00:46+		
00:21&	00:20&	00:40&	00:50&	00:11#	00:21&	00:17&	00:08&	01:57@	01:42&	00:30&	00:02+	00:51&	02:28&	01:49@	00:30-	02:38@	01:46@	01:15&	00:16&	00:52&	00:27&	00:30&	00:55&	00:17&		
Beste strekktid for klassen		00:59	00:46	01:45	02:12	00:56	01:00	00:23	00:21	01:20	02:18	00:31	00:17	00:58	03:23	01:32	00:22	00:39	00:41	00:52	00:39	00:52	00:39	00:44	00:49	00:21

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

Herrer 40 - 49 år

1	Thomas Johansen	111										32:11												
01:07=	01:58=	03:54=	07:25=	08:37=	09:51=	10:16=	10:44=	12:28=	15:11=	15:52=	16:09=	17:05=	20:58=	22:50=	23:22=	24:31=	25:21=	26:56=	27:39=	28:53=	29:55=	30:47=	31:42=	32:11=
01:07=	00:51=	01:56=	03:31=	01:12=	01:14=	00:25=	00:28=	01:44=	02:43=	00:41=	00:17=	00:56=	03:53=	01:52=	00:32=	01:09=	00:50=	01:35=	00:43=	01:14=	01:02=	00:52=	00:55=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arjen Leendertse	91										33:09												
01:17+	02:06+	04:04+	06:44-	07:46-	08:58-	09:23-	09:52-	11:15-	13:50-	14:37-	14:58-	16:10-	21:30+	23:11+	24:01+	24:56+	25:51+	27:20+	28:08+	29:12+	29:51-	31:15+	32:39+	33:09+
01:17+	00:49-	01:58+	02:40-	01:02-	01:12-	00:25=	00:29+	01:23-	02:35-	00:47+	00:21+	01:12+	05:20+	01:41-	00:50+	00:55-	00:55+	01:29-	00:48+	01:04-	00:39-	01:24+	01:24+	00:30+
00:10#	00:02-	00:02+	00:51-	00:10-	00:02-	00:00=	00:01+	00:21-	00:08-	00:06#	00:04#	00:16&	01:27&	00:11-	00:18&	00:14-	00:05#	00:06-	00:05#	00:10-	00:23-	00:32&	00:29&	00:01+
3	Leif Kjetil Hinna Gausel	116										33:39												
01:14+	02:09+	04:11+	06:48-	07:59-	09:12-	09:42-	10:08-	11:37-	14:12-	14:54-	15:14-	16:31-	21:23+	23:16+	23:45+	24:51+	25:34+	27:32+	28:14+	29:28+	30:14+	31:19+	33:05+	33:39+
01:14+	00:55+	02:02+	02:37-	01:11-	01:13-	00:30+	00:26-	01:29-	02:35-	00:42+	00:20+	01:17+	04:52+	01:53+	00:29-	01:06-	00:43-	01:58+	00:42-	01:14=	00:46-	01:05+	01:46+	00:34+
00:07#	00:04+	00:06+	00:54-	00:01-	00:01-	00:05#	00:02-	00:15-	00:08-	00:01+	00:03#	00:21&	00:59&	00:01+	00:03-	00:03-	00:07-	00:23#	00:01-	00:00=	00:16-	00:13#	00:51&	00:05#
4	Lars Primstad	62										34:19												
01:13+	02:05+	04:12+	06:48-	08:05-	09:16-	09:40-	10:06-	11:34-	14:44-	15:21-	15:40-	16:36-	21:08+	23:28+	24:00+	25:06+	26:11+	27:52+	28:49+	29:58+	30:40+	32:06+	33:50+	34:19+
01:13+	00:52+	02:07+	02:36-	01:17+	01:11-	00:24-	00:26-	01:28-	03:10+	00:37-	00:19+	00:56=	04:32+	02:20+	00:32=	01:06-	01:05+	01:41+	00:57+	01:09-	00:42-	01:26+	01:44+	00:29=
00:06+	00:01+	00:11+	00:55-	00:05+	00:03-	00:01-	00:02-	00:16-	00:27#	00:04-	00:02#	00:00=	00:39#	00:28#	00:00=	00:03-	00:15&	00:06+	00:14&	00:05-	00:20-	00:34&	00:49&	00:00=
5	Oddmund Nordgård	105										34:35												
01:22+	02:20+	04:31+	07:37+	08:49+	10:03+	10:31+	11:01+	12:25-	15:04-	15:53+	16:16+	17:20+	21:01+	23:22+	23:55+	26:43+	27:42+	29:22+	30:09+	31:14+	32:00+	32:51+	34:04+	34:35+
01:22+	00:58+	02:11+	03:06-	01:12=	01:14=	00:28+	00:30+	01:24-	02:39-	00:49+	00:23+	01:04+	03:41-	02:21+	00:33+	02:48+	00:59+	01:40+	00:47+	01:05-	00:46-	00:51-	01:13+	00:31+
00:15#	00:07#	00:15#	00:25-	00:00=	00:00=	00:03#	00:02+	00:20-	00:04-	00:08#	00:06&	00:08#	00:12-	00:29&	00:01+	01:39@	00:09#	00:05+	00:04+	00:09-	00:16-	00:01-	00:18&	00:02+
6	Svein Oddvar Netland	116										34:47												
01:19+	02:21+	04:36+	07:56+	09:02+	10:15+	10:43+	11:09+	13:06+	16:02+	16:47+	17:18+	18:33+	22:23+	24:19+	24:46+	25:40+	26:42+	28:29+	29:15+	30:35+	31:16+	33:01+	34:20+	34:47+
01:19+	01:02+	02:15+	03:20-	01:06-	01:13-	00:28+	00:26-	01:57+	02:56+	00:45+	00:31+	01:15+	03:50-	01:56+	00:27-	00:54-	01:02+	01:47+	00:46+	01:20+	00:41-	01:45+	01:19+	00:27-
00:12#	00:11#	00:19#	00:11-	00:06-	00:01-	00:03#	00:02-	00:13#	00:13+	00:04+	00:14&	00:19&	00:03-	00:04+	00:05-	00:15-	00:12#	00:12#	00:03+	00:06+	00:21-	00:53@	00:24&	00:02-
7	Magnus Langvik	18										35:14												
01:15+	02:10+	04:08+	06:41-	07:43-	09:04-	09:33-	09:59-	11:26-	15:39+	16:22+	16:41+	17:45+	21:41+	23:59+	24:27+	25:35+	26:45+	28:38+	29:27+	30:48+	32:26+	33:33+	34:47+	35:14+
01:15+	00:55+	01:58+	02:33-	01:02-	01:21+	00:29+	00:26-	01:27-	04:13+	00:43+	00:19+	01:04+	03:56+	02:18+	00:28-	01:08-	01:10+	01:53+	00:49+					

Class	Navn	Klasse										Tid												
8	Trondr Breiland	53										35:57												
01:17+	02:13+	04:22+	07:03-	08:16-	09:35-	10:00-	10:23-	11:59-	14:37-	15:22-	15:45-	16:45-	23:44+	24:15+	25:58+	26:47+	30:24+	31:10+	32:16+	32:56+	34:10+	35:26+	35:57+	
01:17+	00:56+	02:09+	02:41-	01:13+	01:19+	00:25=	00:23-	01:36-	02:38-	00:45+	00:23+	01:00+	04:58+	02:01+	00:31-	01:43+	00:49-	03:37+	00:46+	01:06-	00:40-	01:14+	01:16+	00:31+
00:10#	00:05+	00:13#	00:50-	00:01+	00:05+	00:00=	00:05-	00:08-	00:05-	00:04+	00:06&	00:04+	01:05&	00:09+	00:01-	00:34&	00:01-	02:02@	00:03+	00:08-	00:22-	00:22&	00:21&	00:02+
9	Rune Dahl Fitjar	90										35:59												
01:22+	02:21+	04:32+	07:14-	08:27-	09:52+	10:23+	10:52+	12:26-	15:13+	16:01+	16:24+	17:40+	22:45+	24:49+	25:20+	26:25+	27:12+	29:17+	30:07+	31:20+	32:05+	33:43+	35:21+	35:59+
01:22+	00:59+	02:11+	02:42-	01:13+	01:25+	00:31+	00:29+	01:34-	02:47+	00:48+	00:23+	01:16+	05:05+	02:04+	00:31-	01:05-	00:47-	02:05+	00:50+	01:13-	00:45-	01:38+	01:38+	00:38+
00:15#	00:08#	00:15#	00:49-	00:01+	00:11#	00:06#	00:01+	00:10-	00:04+	00:07#	00:06&	00:20&	01:12&	00:12#	00:01-	00:04-	00:03-	00:30&	00:07#	00:01-	00:17-	00:46&	00:43&	00:09&
10	Egil Syre	101										36:42												
01:22+	02:27+	04:57+	07:52+	09:09+	10:26+	10:57+	11:29+	13:05+	16:15+	17:06+	17:31+	18:42+	23:42+	25:55+	26:24+	27:40+	28:51+	30:53+	31:38+	33:06+	33:51+	34:53+	36:10+	36:42+
01:22+	01:05+	02:30+	02:55-	01:17+	01:17+	00:31+	00:32+	01:36-	03:10+	00:51+	00:25+	01:11+	05:00+	02:13+	00:29-	01:16+	01:11+	02:02+	00:45+	01:28+	00:45-	01:02+	01:17+	00:32+
00:15#	00:14&	00:34&	00:36-	00:05+	00:03+	00:06#	00:04#	00:08-	00:27#	00:10#	00:08&	00:15&	01:07&	00:21#	00:03-	00:07#	00:21&	00:27&	00:02+	00:14#	00:17-	00:10#	00:22&	00:03#
11	Magne Habbestad	111										37:12												
01:27+	02:35+	04:49+	07:34+	08:55+	10:19+	10:49+	11:20+	12:57+	16:09+	17:02+	17:23+	18:34+	23:00+	25:33+	26:07+	27:27+	28:37+	30:31+	31:24+	32:44+	33:35+	35:11+	36:36+	37:12+
01:27+	01:08+	02:14+	02:45-	01:21+	01:24+	00:30+	00:31+	01:37-	03:12+	00:53+	00:21+	01:11+	04:26+	02:33+	00:34+	01:20+	01:10+	01:54+	00:53+	01:20+	00:51-	01:36+	01:25+	00:36+
00:20&	00:17&	00:18#	00:46-	00:09#	00:10#	00:05#	00:03#	00:07-	00:29#	00:12&	00:04#	00:15&	00:33#	00:41&	00:02+	00:11#	00:20&	00:19#	00:10#	00:06+	00:11-	00:44&	00:30&	00:07#
12	Per Ivar Hovstad	116										37:14												
01:22+	02:26+	04:41+	07:28+	08:49+	10:03+	10:33+	11:23+	13:51+	18:48+	19:47+	20:13+	21:16+	25:37+	27:57+	28:22+	29:20+	30:08+	31:36+	32:23+	33:36+	34:25+	35:33+	36:39+	37:14+
01:22+	01:04+	02:15+	02:47-	01:21+	01:14=	00:30+	00:50+	02:28+	04:57+	00:59+	00:26+	01:03+	04:21+	02:20+	00:25-	00:58-	00:48-	01:28-	00:47+	01:13-	00:49-	01:08+	01:06+	00:35+
00:15#	00:13&	00:19#	00:44-	00:09#	00:00=	00:05#	00:22&	00:44&	02:14&	00:18&	00:09&	00:07#	00:28#	00:20#	00:07-	00:11-	00:02-	00:07-	00:04+	00:01-	00:13-	00:16&	00:11#	00:06#
13	Peter Chapman	117										37:24												
01:11+	02:17+	04:25+	07:08-	08:20-	09:37-	10:04-	10:33-	12:39+	15:44+	16:25+	16:46+	17:53+	21:30+	24:35+	25:35+	26:32+	27:33+	29:16+	30:10+	31:32+	33:08+	35:33+	36:56+	37:24+
01:11+	01:06+	02:08+	02:43-	01:12=	01:17+	00:27+	00:29+	02:06+	03:05+	00:41=	00:21+	01:07+	03:37-	03:05+	01:00+	00:57-	01:01+	01:43+	00:54+	01:22+	01:36+	02:25+	01:23+	00:28-
00:04+	00:15&	00:12#	00:48-	00:00=	00:03+	00:02+	00:01+	00:22#	00:22#	00:00=	00:04#	00:11#	00:16-	01:13&	00:28&	00:12-	00:11#	00:08+	00:11&	00:08#	00:34&	01:33@	00:28&	00:01-
14	Arngrim Utskarpen	117										39:07												
01:25+	02:25+	04:57+	07:37+	08:49+	10:03+	10:35+	11:10+	12:47+	18:06+	19:02+	19:31+	21:08+	25:09+	27:12+	27:46+	28:41+	29:43+	31:46+	32:43+	34:37+	35:38+	37:10+	38:34+	39:07+
01:25+	01:00+	02:32+	02:40-	01:12=	01:14=	00:32+	00:35+	01:37-	05:19+	00:56+	00:29+	01:37+	04:01+	02:03+	00:34+	00:55-	01:02+	02:03+	00:57+	01:54+	01:01-	01:32+	01:24+	00:33+
00:18&	00:09#	00:36&	00:51-	00:00=	00:00=	00:07&	00:07#	00:07-	02:36&	00:15&	00:12&	00:41&	00:08+	00:11+	00:02+	00:14-	00:12#	00:28&	00:14&	00:40&	00:01-	00:40&	00:29&	00:04#
15	Arne Hetlelid	98										39:39												
01:20+	02:20+	04:32+	07:21-	08:37=	09:56+	10:25+	10:59+	12:32+	15:33+	16:16+	16:40+	17:55+	22:22+	24:29+	25:02+	26:18+	30:14+	32:14+	33:11+	34:33+	35:29+	36:45+	39:03+	39:39+
01:20+	01:00+	02:12+	02:49-	01:16+	01:19+	00:29+	00:34+	01:33-	03:01+	00:43+	00:24+	01:15+	04:27+	02:07+	00:33+	01:16+	03:56+	02:00+	00:57+	01:22+	00:56-	01:16+	02:18+	00:36+
00:13#	00:09#	00:16#	00:42-	00:04+	00:05+	00:04#	00:06#	00:11-	00:18#	00:02+	00:07&	00:19&	00:34#	00:15#	00:01+	00:07#	03:06@	00:25&	00:14&	00:08#	00:06-	00:24&	01:23@	00:07#
16	Rune Paulsen	98										41:09												
01:24+	02:39+	05:12+	08:38+	09:57+	11:13+	11:42+	12:19+	14:00+	16:43+	17:28+	17:48+	19:55+	25:27+	27:31+	28:10+	29:21+	30:32+	32:46+	33:44+	35:36+	37:29+	38:58+	40:24+	41:09+
01:24+	01:15+	02:33+	03:26-	01:19+	01:16+	00:29+	00:37+	01:41-	02:43=	00:45+	00:20+	02:07+	05:32+	02:04+	00:39+	01:11+	01:11+	02:14+	00:58+	01:52+	01:53+	01:29+	01:26+	00:45+
00:17&	00:24&	00:37&	00:05-	00:07+	00:02+	00:04#	00:09&	00:03-	00:00=	00:04+	00:03#	01:11@	01:39&	00:12#	00:07#	00:02+	00:21&	00:39&	00:15&	00:38&	00:51&	00:37&	00:31&	00:16&
17	Gunnar Thorset	117										41:46												
01:34+	02:43+	05:29+	09:41+	11:01+	12:23+	12:53+	13:23+	15:51+	19:06+	19:52+	21:24+	22:44+	27:27+	30:11+	30:47+	31:56+	33:01+	35:04+	35:55+	37:20+	38:23+	39:25+	41:09+	41:46+
01:34+	01:09+	02:46+	04:12+	01:20+	01:22+	00:30+	00:30+	02:28+	03:15+	00:46+	01:32+	01:20+	04:43+	02:44+	00:36+	01:09=	01:05+	02:03+	00:51+	01:25+	01:03+	01:02+	01:44+	00:37+
00:27&	00:18&	00:50&	00:41#	00:08#	00:08#	00:05#	00:02+	00:44&	00:32#	00:05#	01:15@	00:24&	00:50#	00:52&	00:04#	00:00=	00:15&	00:28&	00:08#	00:11#	00:01+	00:10#	00:49&	00:08&
18	Dag Andre Kvernstrøm	66										42:51												
01:21+	02:20+	04:24+	07:10-	08:27-	09:56+	10:39+	11:07+	12:42+	15:38+	16:24+	16:43+	19:03+	26:01+	30:01+	30:45+	31:58+	33:24+	35:47+	36:37+	37:57+	38:57+	40:29+	42:18+	42:51+
01:21+	00:59+	02:04+	02:46-	01:17+	01:29+	00:43+	00:28=	01:35-	02:56+	00:46+	00:19+	02:20+	06:58+	04:00+	00:44+	01:13+	01:26+	02:23+	00:50+	01:20+	01:00-	01:32+	01:49+	00:33+
00:14#	00:08#	00:08#	00:45-	00:05+	00:15#	00:18#	00:00=	00:09-	00:13+	00:05#	00:02#	01:24@	03:05&	02:08@	00:12&	00:04+	00:36&	00:48&	00:07#	00:06+	00:02-	00:40&	00:54&	00:04#
19	Jørn A. Carlsen	116										42:56												
01:16+	02:22+	04:45+	07:45+	09:05+	10:22+	10:56+	11:30+	13:23+	17:38+	18:30+	19:04+	20:29+	26:10+	29:29+	30:30+	32:23+	33:41+	35:33+	36:32+	37:55+	39:45+	40:58+	42:14+	42:56+
01:16+	01:06+	02:23+	03:00-	01:20+	01:17+	00:34+	00:34+	01:53+	04:15+	00:52+	00:34+	01:25+	05:41+	03:19+	01:01+	01:53+	01:18+	01:52+	00:59+	01:23+	01:50+	01:13+	01:16+	00:42+
00:09#	00:15&	00:27#	00:31-	00:08#	00:03+	00:09&	00:06#	00:09+	01:32&	00:11&	00:17&	00:29&	01:48&	01:27&	00:29&	00:44&	00:28&	00:17#	00:16&	00:09#	00:48&	00:21&	00:21&	00:13&
20	Antal Jansen	115										43:09												
01:24+	02:23+	04:34+	07:34+	08:37=	09:46-	10:14-	10:44=	12:19-	15:37+	16:22+	16:44+	17:57+	25:13+	27:40+	28:16+	32:14+	33:09+	35:26+	36:26+	38:25+	39:35+	41:37+	42:35+	43:09+
01:24+	00:59+	02:11+	03:00-	01:03-	01:09-	00:28+	00:30+	01:35-	03:18+	00:45+	00:22+	01:13+	07:16+	02:27+	00:36+	03:58+	00:55+	02:17+	01:00+	01:59+	01:10+	02:02+	00:58+	00:34+
00:17&	00:08#	00:15#	00:31-	00:09-	00:05-	00:03#	00:02+	00:09-	00:35#	00:04+	00:05&	00:17&	03:23&	00:35&	00:04#	02:49@	00:05#	00:42&	00:17&	00:45&	00:08#	01:10@	00:03+	00:05#
21	Thomas Schanke Eikum	62										44:11												
01:30+	02:31+	04:48+	08:04+	09:09+	10:33+	11:02+	11:30+	13:1																

Class	Navn	Klasse																			Tid																		
23	Lars Solvang	116																			46:46																		
01:47+	03:02+	05:50+	09:01+	10:41+	12:12+	12:46+	13:19+	15:15+	18:41+	19:36+	20:07+	21:31+	26:49+	29:33+	30:10+	32:31+	33:59+	36:35+	37:37+	39:40+	40:37+	42:05+	45:54+	46:46+															
01:47+	01:15+	02:48+	03:11-	01:40+	01:31+	00:34+	00:33+	01:56+	03:26+	00:55+	00:31+	01:24+	05:18+	02:44+	00:37+	02:21+	01:28+	02:36+	01:02+	02:03+	00:57-	01:28+	03:49+	00:52+															
00:40&	00:24&	00:52&	00:20-	00:28&	00:17#	00:09&	00:05#	00:12#	00:43&	00:14&	00:14&	00:28&	01:25&	00:52&	00:05#	01:12@	00:38&	01:01&	00:19&	00:49&	00:05-	00:36&	02:54@	00:23&															
24	André Sirevåg	116																			47:18																		
01:28+	02:33+	05:21+	08:33+	10:21+	11:48+	12:15+	12:51+	14:18+	18:11+	19:16+	19:42+	21:06+	27:01+	33:30+	34:13+	35:46+	37:22+	39:46+	40:58+	42:34+	43:34+	44:48+	46:36+	47:18+															
01:28+	01:05+	02:48+	03:12-	01:48+	01:27+	00:27+	00:36+	01:27-	03:53+	01:05+	00:26+	01:24+	05:55+	06:29+	00:43+	01:33+	01:36+	02:24+	01:12+	01:36+	01:00-	01:14+	01:48+	00:42+															
00:21&	00:14&	00:52&	00:19-	00:36&	00:13#	00:02+	00:08&	00:17-	01:10&	00:24&	00:09&	00:28&	02:02&	04:37@	00:11&	00:24&	00:46&	00:49&	00:29&	00:22&	00:02-	00:22&	00:53&	00:13&															
25	John Breiland	352																			48:34																		
01:26+	02:28+	04:37+	07:22-	08:38+	12:52+	13:23+	13:53+	20:29+	23:42+	24:26+	25:00+	26:10+	30:37+	33:31+	33:58+	35:32+	38:42+	39:36+	41:36+	42:30+	43:51+	44:37+	45:48+	47:51+	48:34+														
01:26+	01:02+	02:09+	02:45-	01:16+	04:14+	00:31+	00:30+	06:36+	03:13+	00:44+	00:34+	01:10+	04:27+	02:54+	00:27-	01:34+	03:10+	00:54-	02:00+	00:54-	01:21+	00:46-	01:11+	02:03+	00:43+														
00:19&	00:11#	00:13#	00:04-	00:04+	03:00@	00:06#	00:02+	04:52@	00:30#	00:03+	00:17&	00:14#	00:34#	01:02&	00:05-	00:25&	02:20@	00:41-	01:17@	00:20-	00:19&	00:06-	00:16&	01:34@	00:43+														
26	Jan Kristensen	7																			48:46																		
01:34+	02:53+	05:38+	08:51+	10:26+	12:25+	13:06+	13:55+	16:33+	21:12+	22:13+	22:41+	24:53+	31:17+	34:09+	34:44+	35:49+	37:04+	39:31+	40:38+	42:45+	44:22+	45:50+	48:01+	48:46+															
01:34+	01:19+	02:45+	03:13-	01:35+	01:59+	00:41+	00:49+	02:38+	04:39+	01:01+	00:28+	02:12+	06:24+	02:52+	00:35+	01:05-	01:15+	02:27+	01:07+	02:07+	01:37+	01:28+	02:11+	00:45+															
00:27&	00:28&	00:49&	00:18-	00:23&	00:45&	00:16&	00:21&	00:54&	01:56&	00:20&	00:11&	01:16@	02:31&	01:00&	00:03+	00:04-	00:25&	00:52&	00:24&	00:53&	00:35&	00:36&	01:16@	00:16&															
27	Kjetil Bårdsen	105																			51:00																		
01:39+	02:47+	05:35+	08:31+	09:58+	11:32+	12:06+	12:46+	14:48+	19:45+	20:43+	21:15+	22:19+	33:34+	37:36+	39:11+	40:47+	42:02+	44:02+	45:07+	47:12+	48:11+	49:06+	50:29+	51:00+															
01:39+	01:08+	02:48+	02:56-	01:27+	01:34+	00:34+	00:40+	02:02+	04:57+	00:58+	00:32+	01:04+	11:15+	04:02+	01:35+	01:36+	01:15+	02:00+	01:05+	02:05+	00:59-	00:55+	01:23+	00:31+															
00:32&	00:17&	00:52&	00:35-	00:15#	00:20&	00:09&	00:12&	00:18#	02:14&	00:17&	00:15&	00:08#	07:22@	02:10@	01:03@	00:27&	00:25&	00:25&	00:22&	00:51&	00:03-	00:03+	00:28&	00:02+															
28	Raymond B. Pettersen	105																			51:19																		
01:33+	02:49+	05:43+	09:58+	11:57+	13:59+	14:41+	15:32+	17:52+	22:01+	22:54+	23:24+	25:14+	32:45+	35:39+	36:29+	37:59+	39:09+	42:08+	43:23+	45:33+	46:51+	48:31+	50:15+	51:19+															
01:33+	01:16+	02:54+	04:15+	01:59+	02:02+	00:42+	00:51+	02:50+	04:09+	00:53+	00:30+	01:50+	07:31+	02:54+	00:50+	01:30+	01:10+	02:59+	01:15+	02:10+	01:18+	01:40+	01:44+	01:04+															
00:26&	00:25&	00:58&	00:44#	00:47&	00:48&	00:17&	00:23&	00:36&	01:26&	00:12&	00:13&	00:54&	03:38&	01:02&	00:18&	00:21&	00:20&	01:24&	00:32&	00:56&	00:16&	00:48&	00:49&	00:35@															
29	Bjørn Kristian Røyland	115																			51:45																		
01:24+	02:34+	05:33+	09:04+	10:28+	15:31+	16:05+	16:37+	18:38+	22:22+	23:25+	24:24+	26:49+	32:36+	36:23+	37:04+	38:36+	40:33+	43:30+	44:44+	46:29+	47:35+	49:05+	50:59+	51:45+															
01:24+	01:10+	02:59+	03:31+	01:24+	05:03+	00:34+	00:32+	02:01+	03:44+	01:03+	00:59+	02:25+	05:47+	03:47+	00:41+	01:32+	01:57+	02:57+	01:14+	01:45+	01:06+	01:30+	01:54+	00:46+															
00:17&	00:19&	01:03&	00:00-	00:12#	03:49@	00:09&	00:04#	00:17#	01:01&	00:22&	00:42@	01:29@	01:54&	01:55@	00:09&	00:23&	01:07@	01:22&	00:31&	00:31&	00:04+	00:38&	00:59@	00:17&															
30	Gunnar Garstad	136																			58:16																		
01:20+	02:57+	05:58+	09:20+	11:31+	12:44+	13:19+	13:45+	15:28+	27:45+	28:17+	28:37+	29:52+	36:35+	40:27+	41:08+	43:02+	47:25+	49:09+	50:24+	51:57+	53:03+	54:25+	57:48+	58:16+															
01:20+	01:37+	03:01+	03:22-	02:11+	01:13-	00:35+	00:26-	01:43-	12:17+	00:32-	00:20+	01:15+	06:43+	03:52+	00:41+	01:54+	04:23+	01:44+	01:15+	01:33+	01:06+	01:22+	03:23+	00:28-															
00:13#	00:46&	01:05&	00:09-	00:59&	00:01-	00:10&	00:02-	00:01-	09:34@	00:09-	00:03#	00:19&	02:50&	02:00@	00:09&	00:45&	03:33@	00:09+	00:32&	00:19&	00:04+	00:30&	02:28@	00:01-															
Beste strekktid for klassen																																							
01:07	00:49	01:56	02:33	01:02	01:09	00:24	00:23	01:23	02:35	00:32	00:17	00:56	03:37	01:41	00:25	00:54	00:43	00:54	00:42	00:54	00:39	00:46	00:55	00:27															

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

Herrer 50 - 59 år

1	Sturle Omdal	116																			27:56																		
00:54=	02:15=	02:39=	03:10=	04:29=	05:39=	07:47=	09:33=	10:30=	11:59=	13:16=	14:16=	15:00=	15:55=	17:18=	18:35=	19:31=	21:10=	23:00=	23:40=	24:19=	25:12=	27:26=	27:56=																
00:54=	01:21=	00:24=	00:31=	01:19=	01:10=	02:08=	01:46=	00:57=	01:29=	01:17=	01:00=	00:44=	00:55=	01:23=	01:17=	00:56=	01:39=	01:50=	00:40=	00:39=	00:53=	02:14=	00:30=																
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																
2	Bertrand Denieul	42																			28:40																		
00:47-	02:06-	02:29-	02:59-	04:21-	05:31-	07:38-	09:39+	10:38+	12:04+	13:29+	14:32+	15:45+	16:35+	17:50+	19:14+	19:46+	21:18+	22:53-	23:35-	24:51+	26:00+	27:51+	28:40+																
00:47-	01:19-	00:23-	00:30-	01:22+	01:10=	02:07-	02:01+	00:59+	01:26-	01:25+	01:03+	01:13+	00:50-	01:15-	01:24+	00:32-	01:32-	01:35-	00:42+	01:16+	01:09+	01:51-	00:49+																
00:07-	00:02-	00:01-	00:01-	00:03+	00:00=	00:01-	00:15#	00:02+	00:03-	00:08#	00:03+	00:29&	00:05-	00:08-	00:07+	00:24-	00:07-	00:15-	00:02+	00:37&	00:16&	00:23-	00:19&																
3	Tor Brekken	97																			29:32																		
00:51-	02:09-	02:36-	03:08-	05:06+	06:12+	08:34+	10:34+	11:34+	13:05+	14:21+	15:21+	16:13+	17:08+	18:38+	19:45+	20:14+	22:00+	24:04+	24:44+	25:27+	26:22+	28:42+	29:32+																
00:51-	01:18-	00:27+	00:32+	01:58+	01:06-	02:22+	02:00+	01:00+	01:31+	01:16-	01:00=	00:52+	00:55=	01:30+	01:07-	00:46+	02:04+	00:40=	00:43+	00:55+	02:20+	00:50+																	
00:03-	00:03-	00:03#	00:01+	00:39&	00:04-	00:14#	00:14#	00:03+	00:02+	00:01-	00:00=	00:08#	00:00=	00:07+	00:10-	00:27-	00:07+	00:14#	00:00=	00:04#	00:02+	00:06+	00:20&																
4	Trygve Michaelsen	117																			29:53																		
00:44-	02:16+	02:44+	03:15+	04:49+	06:05+	08:23+	10:25+	11:38+	13:17+	14:32+	15:38+	16:29+	17:31+	18:55+	20:00+	20:32+	22:24+	24:38+	25:30+	26:11+	27:02+	29:15+	29:53+																
00:44-	01:32+	00:28+	00:31+	01:34+	01:16+	02:18+	02:02+	01:13+	01:39+	01:15-	01:06+	00:51+	01:02+	01:24+	01:05-	00:32-	01:52+	02:14+	00:52+	00:41+	00:51-	02:13-	00:38+																
00:10-	00:11#	00:04#	00:00=	00:15#	00:06+	00:10+	00:16#	00:16&	00:10#	00:02-	00:06#	00:07#	00:07#	00:01+	00:12-	00:24-	00:13#	00:24#	00:12&	00:02+	00:02-	00:01-	00:08&																
5	Frank Hansen	29																			30:03																		
00:46-	02:08-	02:34-	03:09-	04:35+	05:46+	08:25+	10:22+	11:25+	13:03+	14:21+	15:25+	16:15+	17:06+	18:36+	19:49+	20:20+	22:15+	24:15+	24:59+	26:02+	27:17+	29:20+	30:03+																
00:46-	01:22+	00:26+	00:35+	01:26+	01:11+	02:39+	01:57+	01:03+	01:38+	01:18+	01:04+	00:50+	00:51-	01:30+	01:13-	00:31-	01:55+	02:00+	00:44+	01:03+	01:15+	02:03-	00:43+																
00:08-	00:01+	00:02+	00:04																																				

Class	Navn	Klasse										Tid											
6	Lars Bergersen	116										30:33											
00:46-	02:21+	02:46+	03:22+	04:47+	06:21+	08:41+	10:41+	11:42+	13:21+	14:39+	15:40+	16:36+	17:35+	19:07+	20:18+	20:54+	22:39+	25:06+	25:51+	26:32+	27:28+	29:59+	30:33+
00:46-	01:35+	00:25+	00:36+	01:25+	01:34+	02:20+	02:00+	01:01+	01:39+	01:18+	01:01+	00:56+	00:59+	01:32+	01:11-	00:36-	01:45+	02:27+	00:45+	00:41+	00:56+	02:31+	00:34+
00:08-	00:14#	00:01+	00:05#	00:06+	00:24#	00:12+	00:14#	00:04+	00:10#	00:01+	00:01+	00:12#	00:04+	00:09#	00:06-	00:20-	00:06+	00:37#	00:05#	00:02+	00:03+	00:17#	00:04#
7	Ole Petter Haukaas	109										30:42											
00:46-	02:29+	02:51+	03:27+	05:15+	06:26+	09:31+	11:14+	12:17+	13:54+	15:21+	16:17+	17:09+	18:08+	19:40+	20:37+	21:10+	23:05+	25:11+	25:54+	26:37+	27:28+	30:12+	30:42+
00:46-	01:43+	00:22-	00:36+	01:48+	01:11+	03:05+	01:43-	01:03+	01:37+	01:27+	00:56-	00:52+	00:59+	01:32+	00:57-	00:33-	01:55+	02:06+	00:43+	00:43+	00:51-	02:44+	00:30=
00:08-	00:22#	00:02-	00:05#	00:29#	00:01+	00:57#	00:03-	00:06#	00:08+	00:10#	00:04-	00:08#	00:04+	00:09#	00:20-	00:23-	00:16#	00:16#	00:03+	00:04#	00:02-	00:30#	00:00=
8	Knut Feldmann	93										30:53											
00:56+	02:26+	02:55+	03:29+	04:51+	06:16+	08:45+	10:42+	11:45+	13:28+	14:54+	16:01+	16:53+	17:51+	19:18+	20:52+	21:28+	23:30+	25:32+	26:14+	27:03+	27:51+	30:11+	30:53+
00:56+	01:30+	00:29+	00:34+	01:22+	01:25+	02:29+	01:57+	01:03+	01:43+	01:26+	01:07+	00:52+	00:58+	01:27+	01:34+	00:36-	02:02+	02:02+	00:42+	00:49+	00:48-	02:20+	00:42+
00:02+	00:09#	00:05#	00:03+	00:03+	00:15#	00:21#	00:11#	00:06#	00:14#	00:09#	00:07#	00:08#	00:03+	00:04+	00:17#	00:20-	00:23#	00:12#	00:02+	00:10#	00:05-	00:06+	00:12#
9	Per Ingar Hadland	7										31:12											
00:57+	02:50+	03:15+	03:51+	05:25+	06:50+	09:32+	11:40+	12:43+	14:29+	16:02+	17:05+	17:58+	19:12+	20:46+	21:54+	22:21+	24:12+	26:11+	27:00+	27:41+	28:34+	30:40+	31:12+
00:57+	01:53+	00:25+	00:36+	01:34+	01:25+	02:42+	02:08+	01:03+	01:46+	01:33+	01:03+	00:53+	01:14+	01:34+	01:08-	00:27-	01:51+	01:59+	00:49+	00:41+	00:53=	02:06-	00:32+
00:03+	00:32#	00:01+	00:05#	00:15#	00:15#	00:34#	00:22#	00:06#	00:17#	00:16#	00:03+	00:09#	00:19#	00:11#	00:09-	00:29-	00:12#	00:09+	00:09#	00:02+	00:00=	00:08-	00:02+
10	Stein Arve Finnestad	287										31:31											
01:19+	02:51+	03:14+	03:49+	05:50+	07:04+	09:28+	11:40+	12:50+	14:33+	16:01+	17:04+	18:05+	19:06+	20:42+	21:48+	22:18+	24:14+	26:01+	26:40+	27:24+	28:36+	30:52+	31:31+
01:19+	01:32+	00:23-	00:35+	02:01+	01:14+	02:24+	02:12+	01:10+	01:43+	01:28+	01:03+	01:01+	01:01+	01:36+	01:06-	00:30-	01:56+	01:47-	00:39-	00:44+	01:12+	02:16+	00:39+
00:25#	00:11#	00:01-	00:04#	00:42#	00:04+	00:16#	00:26#	00:13#	00:14#	00:11#	00:03+	00:17#	00:06#	00:13#	00:11-	00:26-	00:17#	00:03-	00:01-	00:05#	00:19#	00:02+	00:09#
11	Kjell Seland	236										31:37											
01:38+	03:22+	03:48+	04:24+	05:48+	07:13+	09:44+	11:32+	12:44+	14:23+	15:44+	16:46+	17:38+	19:17+	20:35+	21:49+	22:10+	23:42+	25:55+	26:41+	27:26+	28:19+	31:07+	31:37+
01:38+	01:44+	00:26+	00:36+	01:24+	01:25+	02:31+	01:48+	01:12+	01:39+	01:21+	01:02+	00:52+	01:39+	01:18-	01:14-	00:21-	01:32-	02:13+	00:46+	00:45+	00:53=	02:48+	00:30=
00:44#	00:23#	00:02+	00:05#	00:05+	00:15#	00:23#	00:02+	00:15#	00:10#	00:04+	00:02+	00:08#	00:44#	00:05-	00:03-	00:35-	00:07-	00:23#	00:06#	00:06#	00:00=	00:34#	00:00=
12	Øivind Berggraf	116										32:17											
00:46-	02:06-	02:31-	03:01-	04:24-	05:34-	07:57+	09:54+	10:48+	12:17+	13:34+	16:41+	17:36+	18:38+	20:00+	21:17+	23:06+	24:57+	27:02+	27:47+	28:38+	29:29+	31:34+	32:17+
00:46-	01:20-	00:25+	00:30-	01:23+	01:10=	02:23+	01:57+	00:54-	01:29=	01:17=	03:07+	00:55+	01:02+	01:22-	01:17=	01:49+	01:51+	02:05+	00:45+	00:51+	00:51-	02:05-	00:43+
00:08-	00:01-	00:01+	00:01-	00:04+	00:00=	00:15#	00:11#	00:03-	00:00=	00:00=	02:07#	00:11#	00:07#	00:01-	00:00=	00:53#	00:12#	00:15#	00:05#	00:12#	00:02-	00:09-	00:13#
13	Geir Haugvaldstad	116										32:41											
00:56+	02:16+	02:41+	03:12+	07:18+	08:16+	11:02+	12:55+	14:04+	15:39+	16:52+	18:22+	19:20+	20:15+	21:32+	23:11+	23:47+	25:28+	27:40+	28:15+	29:00+	29:44+	32:14+	32:41+
00:56+	01:20-	00:25+	00:31=	04:06+	00:58-	02:46+	01:53+	01:09+	01:35+	01:13-	01:30+	00:58+	00:55=	01:17-	01:39+	00:36-	01:41+	02:12+	00:35-	00:45+	00:44-	02:30+	00:27-
00:02+	00:01-	00:01+	00:00=	02:47#	00:12-	00:38#	00:07+	00:12#	00:06+	00:04-	00:30#	00:14#	00:00=	00:06-	00:22#	00:20-	00:02+	00:22#	00:05-	00:06#	00:09-	00:16#	00:03-
14	Øystein Fuglestad	46										32:58											
00:49-	02:26+	02:53+	03:28+	05:02+	06:25+	08:58+	10:53+	11:55+	13:43+	15:10+	16:16+	17:08+	18:07+	19:46+	21:01+	21:34+	23:35+	25:54+	26:42+	27:33+	28:33+	32:19+	32:58+
00:49-	01:37+	00:27+	00:35+	01:34+	01:23+	02:33+	01:55+	01:02+	01:48+	01:27+	01:06+	00:52+	00:59+	01:39+	01:15-	00:33-	02:01+	02:19+	00:48+	00:51+	01:00+	03:46+	00:39+
00:05-	00:16#	00:03#	00:04#	00:15#	00:13#	00:25#	00:09+	00:05+	00:19#	00:10#	00:06#	00:08#	00:04+	00:16#	00:02-	00:23-	00:22#	00:29#	00:08#	00:12#	00:07#	01:32#	00:09#
15	Morten Johannessen	7										33:03											
00:55+	02:20+	02:46+	03:25+	07:06+	08:16+	11:23+	13:35+	15:19+	16:49+	18:16+	19:13+	20:05+	20:58+	22:23+	23:34+	24:11+	25:53+	27:42+	28:21+	29:05+	29:50+	32:27+	33:03+
00:55+	01:25+	00:26+	00:39+	03:41+	01:10=	03:07+	02:12+	01:44+	01:30+	01:27+	00:57-	00:52+	00:53-	01:25+	01:11-	00:37-	01:42+	01:49-	00:39-	00:44+	00:45-	02:37+	00:36+
00:01+	00:04+	00:02+	00:08#	02:22#	00:00=	00:59#	00:26#	00:47#	00:01+	00:10#	00:03-	00:08#	00:02-	00:02+	00:06-	00:19-	00:03+	00:01-	00:01-	00:05#	00:08-	00:23#	00:06#
16	Tor Sverre Skåra	266										33:06											
00:53-	02:44+	03:10+	03:43+	05:12+	06:25+	09:22+	12:00+	13:05+	14:57+	16:27+	17:26+	18:17+	19:31+	21:11+	22:31+	23:00+	24:53+	27:19+	28:03+	28:50+	29:46+	32:27+	33:06+
00:53-	01:51+	00:26+	00:33+	01:29+	01:13+	02:57+	02:38+	01:05+	01:52+	01:30+	00:59-	00:51+	01:14+	01:40+	01:20+	00:29-	01:53+	02:26+	00:44+	00:47+	00:56+	02:41+	00:39+
00:01-	00:30#	00:02+	00:02+	00:10#	00:03+	00:49#	00:52#	00:08#	00:23#	00:13#	00:01-	00:07#	00:19#	00:17#	00:03+	00:27-	00:14#	00:36#	00:04#	00:08#	00:03+	00:27#	00:09#
17	Jørgen Nilsen	53										34:22											
00:47-	02:25+	02:49+	03:22+	04:48+	06:00+	08:30+	10:22+	11:25+	13:05+	14:31+	15:59+	16:59+	18:19+	19:53+	21:17+	21:55+	24:11+	27:47+	28:38+	29:34+	30:29+	33:00+	34:22+
00:47-	01:38+	00:24=	00:33+	01:26+	01:12+	02:30+	01:52+	01:03+	01:40+	01:26+	01:00+	01:00+	01:20+	01:34+	01:24+	00:38-	02:16+	03:36+	00:51+	00:56+	00:55+	02:31+	01:22+
00:07-	00:17#	00:00=	00:02+	00:07+	00:02+	00:22#	00:06+	00:06#	00:11#	00:09#	00:28#	00:16#	00:25#	00:11#	00:07+	00:18-	00:37#	01:46#	00:11#	00:17#	00:02+	00:17#	00:52#
18	Magnar Møller	62										34:33											
03:23+	05:06+	05:32+	06:07+	07:46+	09:13+	11:53+	13:56+	15:02+	17:10+	18:34+	19:37+	20:30+	21:34+	23:04+	24:24+	24:59+	27:01+	29:17+	29:58+	30:41+	31:34+	33:54+	34:33+
03:23+	01:43+	00:26+	00:35+	01:39+	01:27+	02:40+	02:03+	01:06+	02:08+	01:24+	01:03+	00:53+	01:04+	01:30+	01:20+	00:35-	02:02+	02:16+	00:41+	00:43+	00:53=	02:20+	00:39+
02:29#	00:22#	00:02+	00:04#	00:20#	00:17#	00:32#	00:17#	00:09#	00:39#	00:07+	00:03+	00:09#	00:09#	00:07+	00:03+	00:21-	00:23#	00:26#	00:01+	00:04#	00:00=	00:06+	00:09#
19	Erling Knutzen	128										35:09											
00:48-	02:26+	02:47+	03:26+	05:11+	06:29+	09:01+	12:02+	13:05+	14:53+	16:20+	17:24+	18:18+	19:22+	20:43+	21:54+	22:36+	24:30+	28:33+	29:22+	30:09+	31:08+	33:57+	35:09+
00:48-	01:38+	00:21-	00:39+	01:45+	01:18+	02:32+	03:01+	01:03+	01:48+	01:27+	01:04+	00:54+	01:04+	01:21-	01:11-	00:42-	01:54+	04:03+	00:49+	00:47+	00:59+	02:49+	01:12+
00:06-																							

Class	Navn	Klasse										Tid													
21	Harald Taksdal	236										36:05													
01:11+	03:18+	03:49+	05:03+	06:54+	08:24+	11:13+	13:31+	14:46+	16:42+	18:17+	19:32+	20:30+	21:40+	23:18+	25:12+	25:54+	27:59+	30:09+	30:53+	31:49+	32:51+	35:27+	36:05+		
01:11+	02:07+	00:31+	01:14+	01:51+	01:30+	02:49+	02:18+	01:15+	01:56+	01:35+	01:15+	00:58+	01:10+	01:38+	01:54+	00:42-	02:05+	02:10+	00:44+	00:56+	01:02+	02:36+	00:38+		
00:17&	00:46&	00:07&	00:43@	00:32&	00:20&	00:41&	00:32&	00:18&	00:27&	00:18#	00:15#	00:14&	00:15&	00:15#	00:37&	00:14-	00:26&	00:20#	00:04#	00:17&	00:09#	00:22#	00:08&		
22	John C. Sinnes	93										36:31													
00:55+	02:40+	03:08+	03:52+	05:56+	07:46+	10:42+	13:45+	15:15+	17:08+	18:47+	19:52+	20:57+	22:16+	23:45+	25:08+	25:50+	27:36+	30:08+	30:55+	31:53+	33:12+	35:43+	36:31+		
00:55+	01:45+	00:28+	00:44+	02:04+	01:50+	02:56+	03:03+	01:30+	01:53+	01:39+	01:05+	01:05+	01:19+	01:29+	01:23+	00:42-	01:46+	02:32+	00:47+	00:58+	01:19+	02:31+	00:48+		
00:01+	00:24&	00:04#	00:13&	00:45&	00:40&	00:48&	01:17&	00:33&	00:24&	00:22&	00:05+	00:21&	00:24&	00:06+	00:06+	00:14-	00:07+	00:42&	00:07#	00:19&	00:26&	00:17#	00:18&		
23	Sigbjørn Gløppen	144										37:13													
01:03+	02:46+	03:59+	04:32+	06:12+	07:28+	10:04+	12:26+	14:05+	16:52+	18:29+	19:43+	20:43+	21:45+	23:48+	25:46+	26:37+	28:36+	31:05+	31:38+	32:35+	33:30+	36:23+	37:13+		
01:03+	01:43+	01:13+	00:33+	01:40+	01:16+	02:36+	02:22+	01:39+	02:47+	01:37+	01:14+	01:00+	01:02+	02:03+	01:58+	00:51-	01:59+	02:29+	00:33-	00:57+	00:55+	02:53+	00:50+		
00:09#	00:22&	00:49@	00:02+	00:21&	00:06+	00:28#	00:36&	00:42&	01:18&	00:20&	00:14#	00:16&	00:07#	00:40&	00:41&	00:05-	00:20#	00:39&	00:07-	00:18&	00:02+	00:39&	00:20&		
24	Sveinung Rosenvinge	116										37:37													
01:07+	03:13+	03:40+	04:14+	05:52+	07:29+	10:23+	12:45+	14:01+	16:10+	17:40+	18:52+	20:59+	22:03+	23:48+	25:26+	25:59+	28:16+	30:41+	31:35+	32:35+	33:49+	36:49+	37:37+		
01:07+	02:06+	00:27+	00:34+	01:38+	01:37+	02:54+	02:22+	01:16+	02:09+	01:30+	01:12+	02:07+	01:04+	01:45+	01:38+	00:33-	02:17+	02:25+	00:54+	01:00+	01:14+	03:00+	00:48+		
00:13#	00:45&	00:03#	00:03+	00:19#	00:27&	00:46&	00:36&	00:19&	00:40&	00:13#	00:12#	01:23@	00:09#	00:22&	00:21&	00:23-	00:38&	00:31&	00:14&	00:21&	00:21&	00:46&	00:18&		
25	Pål Bårdsen	90										38:13													
01:07+	02:53+	03:25+	04:15+	06:35+	08:24+	11:57+	14:31+	15:53+	18:08+	20:04+	21:33+	22:40+	23:46+	25:35+	26:53+	27:26+	29:54+	32:15+	33:05+	33:55+	34:45+	37:21+	38:13+		
01:07+	01:46+	00:32+	00:50+	02:20+	01:49+	03:33+	02:34+	01:22+	02:15+	01:56+	01:29+	01:07+	01:06+	01:49+	01:18+	00:33-	02:28+	02:21+	00:50+	00:50+	00:50-	02:36+	00:52+		
00:13#	00:25&	00:08&	00:19&	01:01&	00:39&	01:25&	00:48&	00:25&	00:46&	00:39&	00:29&	00:23&	00:11#	00:26&	00:01+	00:23-	00:49&	00:31&	00:10#	00:11&	00:03-	00:22#	00:22&		
26	Jarl Steinar Berntsen	27										38:29													
01:42+	03:24+	04:02+	04:54+	06:47+	08:06+	10:50+	13:13+	14:42+	16:21+	17:53+	19:15+	20:10+	21:35+	23:25+	25:27+	26:23+	28:42+	31:22+	32:01+	33:00+	34:25+	37:44+	38:29+		
01:42+	01:42+	00:38+	00:52+	01:53+	01:19+	02:44+	02:23+	01:29+	01:39+	01:32+	01:22+	00:55+	01:25+	01:50+	02:02+	00:56+	02:19+	02:40+	00:39-	00:59+	01:25+	03:19+	00:45+		
00:48&	00:21&	00:14&	00:21&	00:34&	00:09#	00:36&	00:37&	00:32&	00:10#	00:15#	00:22&	00:11#	00:30&	00:27&	00:45&	00:00=	00:40&	00:50&	00:01-	00:20&	00:32&	01:05&	00:15&		
27	Torbjørn Dahle	92										38:48													
05:46+	07:27+	07:51+	08:26+	11:31+	13:00+	15:39+	17:44+	18:59+	20:43+	22:12+	23:19+	24:08+	25:07+	26:37+	27:57+	29:14+	31:24+	33:20+	34:02+	35:05+	35:59+	38:06+	38:48+		
05:46+	01:41+	00:24+	00:35+	03:05+	01:29+	02:39+	02:05+	01:15+	01:44+	01:29+	01:07+	00:49+	00:59+	01:30+	01:20+	01:17+	02:10+	01:56+	00:42+	01:03+	00:54+	02:07-	00:42+		
04:52@	00:20#	00:00=	00:04#	01:46@	00:19&	00:31#	00:19#	00:18&	00:15#	00:12#	00:07#	00:05#	00:04+	00:07+	00:03+	00:21&	00:31&	00:06+	00:02+	00:24&	00:01+	00:07-	00:12&		
28	John Lage Bergan	116										41:01													
01:26+	02:53+	03:23+	04:10+	06:01+	07:17+	09:55+	11:57+	13:51+	14:57+	16:54+	18:10+	19:20+	21:44+	23:04+	24:54+	27:46+	28:25+	30:22+	34:56+	35:45+	36:44+	37:47+	40:15+	41:01+	
01:26+	01:27+	00:30+	00:47+	01:51+	01:16+	02:38+	02:02+	01:54+	01:06-	01:57+	01:16+	01:10+	02:24+	01:20-	01:50+	02:52+	00:39-	01:57+	04:34+	00:49+	00:59+	01:03-	02:28+	00:46+	
00:32&	00:06+	00:06#	00:16&	00:32&	00:06+	00:30#	00:16#	00:57&	00:23-	00:40&	00:16&	00:26&	01:29@	00:03-	00:33&	01:56@	01:00-	00:07+	03:54@	00:10&	00:06#	01:11-	01:58@	00:46+	
29	Kjetil Moen	228										41:06													
01:02+	02:37+	03:02+	03:46+	09:31+	10:53+	13:29+	15:27+	16:40+	18:23+	19:51+	20:58+	22:26+	23:42+	25:33+	29:01+	29:38+	32:35+	34:51+	35:32+	36:25+	37:32+	40:34+	41:06+		
01:02+	01:35+	00:25+	00:44+	05:45+	01:22+	02:36+	01:58+	01:13+	01:43+	01:28+	01:07+	01:28+	01:16+	01:51+	03:28+	00:37-	02:57+	02:16+	00:41+	00:53+	01:07+	03:02+	00:32+		
00:08#	00:14#	00:01+	00:13&	04:26@	00:12#	00:28#	00:12#	00:16&	00:14#	00:11#	00:07#	00:44&	00:21&	00:28&	02:11@	00:19-	01:18&	00:26#	00:01+	00:14&	00:14&	00:48&	00:02+		
30	Tor Inge Halvorsen	5										43:41													
01:57+	03:34+	03:55+	04:43+	06:14+	07:33+	10:03+	20:41+	21:51+	23:31+	25:27+	26:31+	27:29+	28:30+	30:06+	31:05+	32:03+	32:49+	34:44+	36:44+	37:28+	38:28+	39:35+	42:54+	43:41+	
01:57+	01:37+	00:21-	00:48+	01:31+	01:19+	02:30+	10:38+	01:10+	01:40+	01:56+	01:04+	00:58+	01:01+	01:36+	00:59-	00:58+	00:46-	01:55+	02:00+	00:44+	01:00+	01:07-	03:19+	00:47+	
01:03@	00:16#	00:03-	00:17&	00:12#	00:09#	00:22#	08:52@	00:13#	00:11#	00:39&	00:04+	00:14&	00:06#	00:13#	00:18-	00:02+	00:53-	00:05+	01:20@	00:05#	00:07#	01:07-	02:49@	00:47+	
31	Ove Njå	90										45:37													
08:36+	10:14+	10:38+	11:14+	13:03+	14:19+	17:06+	19:23+	20:36+	23:02+	24:32+	25:43+	26:39+	28:10+	29:44+	30:53+	31:30+	33:34+	37:57+	38:39+	39:30+	40:34+	43:34+	45:37+		
08:36+	01:38+	00:24+	00:36+	01:49+	01:16+	02:47+	02:17+	01:13+	02:26+	01:30+	01:11+	00:56+	01:31+	01:34+	01:09-	00:37-	02:04+	04:23+	00:42+	00:51+	01:04+	03:00+	02:03+		
07:42@	00:17#	00:00=	00:05#	00:30&	00:06+	00:39&	00:31&	00:16&	00:57&	00:05#	00:11#	00:12&	00:36&	00:11#	00:08-	00:19-	00:25&	02:33@	00:02+	00:36&	00:12&	00:11#	00:46&	01:33@	
32	Kjell Helge Husebø	115										46:01													
03:20+	05:32+	06:04+	06:51+	09:03+	10:30+	13:35+	17:47+	18:56+	21:05+	23:30+	25:45+	26:52+	28:10+	30:27+	33:34+	34:25+	36:42+	38:52+	39:45+	40:49+	41:55+	45:05+	46:01+		
03:20+	02:12+	00:32+	00:47+	02:12+	01:27+	03:05+	04:12+	01:09+	02:09+	02:25+	02:15+	01:07+	01:18+	02:17+	03:07+	00:51-	02:17+	02:10+	00:53+	01:04+	01:06+	03:10+	00:56+		
02:26@	00:51&	00:08&	00:16&	00:53&	00:17#	00:57&	02:26@	00:12#	00:40&	01:08&	01:15@	00:23&	00:23&	00:54&	01:50@	00:05-	00:38&	00:20#	00:13&	00:25&	00:13#	00:56&	00:26&		
33	Frode Følgesvold	5										53:17													
02:40+	04:17+	04:53+	05:37+	07:47+	09:09+	12:06+	14:40+	16:02+	20:33+	22:14+	23:40+	24:42+	25:53+	29:27+	31:26+	32:37+	34:45+	44:16+	45:14+	46:17+	47:21+	52:20+	53:17+		
02:40+	01:37+	00:36+	00:44+	02:10+	01:22+	02:57+	02:34+	01:22+	04:31+	01:41+	01:26+	01:02+	01:11+	03:34+	01:59+	01:11+	02:08+	09:31+	00:58+	01:03+	01:04+	04:59+	00:57+		
01:46@	00:16#	00:12&	00:13&	00:51&	00:12#	00:49&	00:48&	00:25&	03:02@	00:24&	00:26&	00:18&	00:16&	02:11@	00:42&	00:15&	00:29&	07:41@	00:18&	00:24&	00:11#	02:45@	00:27&		
Beste strekktid for klassen		00:44	01:18	00:21	00:30	01:19	00:58	02:07	01:43	00:54	01:06	01:13	00:56	00:44	00:50	01:15	00:57	00:21	00:39	01:35	00:33	00:39	00:44	01:03	00:27

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

Herrer 60 - 64 år

Class	Navn	Klasse										Tid									
1	Espen Krogh	7										28:00									
00:27=	01:28=	03:02=	04:23=	05:47=	07:49=	09:21=	11:05=	12:30=	13:48=	15:02=	15:57=	17:51=	18:42=	20:54=	22:51=	24:09=	25:49=	26:35=	28:00=		
00:27=	01:01=	01:34=	01:21=	01:24=	02:02=	01:32=	01:44=	01:25=	01:18=	01:14=	00:55=	01:54=	00:51=	02:12=	01:57=	01:18=	01:40=	00:46=	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=		
2	Kjell Skjæveland	108										31:36									
00:34+	01:50+	04:13+	05:44+	07:15+	09:22+	10:55+	12:52+	14:27+	15:51+	17:31+	18:30+	20:37+	21:26+	23:52+	25:33+	27:03+	28:51+	30:15+	31:36+		
00:34+	01:16+	02:23+	01:31+	01:31+	02:07+	01:33+	01:57+	01:35+	01:24+	01:40+	00:59+	02:07+	00:49-	02:26+	01:41-	01:30+	01:48+	01:24+	01:21-		
00:07&	00:15#	00:49&	00:10#	00:07+	00:05+	00:01+	00:13#	00:10#	00:06+	00:26&	00:04+	00:13#	00:02-	00:14#	00:16-	00:12#	00:08+	00:38&	00:04-		
3	Dag Helliksen	80										33:38									
00:37+	01:56+	03:44+	05:22+	06:53+	09:04+	10:38+	12:51+	15:33+	16:58+	18:23+	19:22+	21:42+	22:29+	24:10+	26:59+	28:41+	31:20+	32:13+	33:38+		
00:37+	01:19+	01:48+	01:38+	01:31+	02:11+	01:34+	02:13+	02:42+	01:25+	01:25+	00:59+	02:20+	00:47-	01:41-	02:49+	01:42+	02:39+	00:53+	01:25=		
00:10&	00:18&	00:14#	00:17#	00:07+	00:09+	00:02+	00:29&	01:17&	00:07+	00:11#	00:04+	00:26#	00:04-	00:31-	00:52&	00:24&	00:59&	00:07#	00:00=		
4	Sveinung Tveit	236										34:06									
00:47+	02:20+	04:07+	05:52+	07:46+	10:20+	11:51+	13:59+	15:59+	17:38+	19:09+	19:57+	22:31+	23:22+	25:33+	27:19+	29:15+	31:22+	32:36+	34:06+		
00:47+	01:33+	01:47+	01:45+	01:54+	02:34+	01:31-	02:08+	02:00+	01:39+	01:31+	00:48-	02:34+	00:51=	02:11-	01:46-	01:56+	02:07+	01:14+	01:30+		
00:20&	00:32&	00:13#	00:24&	00:30&	00:32&	00:01-	00:24#	00:35&	00:21&	00:17#	00:07-	00:40&	00:00=	00:01-	00:11-	00:38&	00:27&	00:28&	00:05+		
5	Lars Salvesen	50										36:25									
00:47+	02:09+	04:09+	06:03+	07:49+	10:03+	12:07+	15:14+	17:23+	18:55+	20:53+	22:05+	24:44+	25:38+	27:43+	29:34+	31:33+	33:47+	34:48+	36:25+		
00:47+	01:22+	02:00+	01:54+	01:46+	02:14+	02:04+	03:07+	02:09+	01:32+	01:58+	01:12+	02:39+	00:54+	02:05-	01:51-	01:59+	02:14+	01:01+	01:37+		
00:20&	00:21&	00:26&	00:33&	00:22&	00:12+	00:32&	00:26&	00:44&	00:14#	00:44&	00:17&	00:45&	00:03+	00:07-	00:06-	00:41&	00:34&	00:15&	00:12#		
6	Hans Erik Terjesen	116										36:42									
00:49+	02:07+	04:07+	05:56+	07:12+	09:34+	11:08+	16:08+	18:32+	20:27+	21:52+	22:49+	25:15+	26:21+	27:58+	30:14+	32:07+	34:22+	35:20+	36:42+		
00:49+	01:18+	02:00+	01:49+	01:16-	02:22+	01:34+	05:00+	02:24+	01:55+	01:25+	00:57+	02:26+	01:06+	01:37-	02:16+	01:53+	02:15+	00:58+	01:22-		
00:22&	00:17&	00:26&	00:28&	00:08-	00:20#	00:02+	03:16@	00:59&	00:37&	00:11#	00:02+	00:32&	00:15&	00:35-	00:19#	00:35&	00:35&	00:12&	00:03-		
7	Olav Tunheim	93										36:51									
00:46+	02:18+	04:10+	06:05+	07:34+	10:05+	11:46+	14:27+	16:54+	18:45+	20:37+	22:01+	24:57+	25:50+	27:41+	29:44+	31:40+	34:02+	35:19+	36:51+		
00:46+	01:32+	01:52+	01:55+	01:29+	02:31+	01:41+	02:41+	02:27+	01:51+	01:52+	01:24+	02:56+	00:53+	01:51-	02:03+	01:56+	02:22+	01:17+	01:32+		
00:19&	00:31&	00:18#	00:34&	00:05+	00:29#	00:09+	00:57&	01:02&	00:33&	00:38&	00:29&	01:02&	00:02+	00:21-	00:06+	00:38&	00:42&	00:31&	00:07+		
8	Tor Geir Espedal	115										37:16									
01:01+	02:39+	04:50+	06:31+	08:15+	10:41+	12:12+	14:30+	16:22+	17:53+	19:30+	22:04+	24:44+	26:05+	28:16+	30:18+	32:04+	34:17+	35:39+	37:16+		
01:01+	01:38+	02:11+	01:41+	01:44+	02:26+	01:31-	02:18+	01:52+	01:31+	01:37+	02:34+	02:40+	01:21+	02:11-	02:02+	01:46+	02:13+	01:22+	01:37+		
00:34@	00:37&	00:37&	00:20#	00:20#	00:24#	00:01-	00:34&	00:27&	00:13#	00:23&	01:39@	00:46&	00:30&	00:01-	00:05+	00:28&	00:33&	00:36&	00:12#		
9	Øyvind Nagel-Alne	74										37:36									
01:13+	02:47+	04:49+	06:42+	08:30+	11:02+	13:04+	15:35+	17:49+	19:25+	21:55+	23:05+	25:50+	26:45+	28:36+	30:51+	32:33+	34:50+	36:08+	37:36+		
01:13+	01:34+	02:02+	01:53+	01:48+	02:32+	02:02+	02:31+	02:14+	01:36+	02:30+	01:10+	02:45+	00:55+	01:51-	02:15+	01:42+	02:17+	01:18+	01:28+		
00:46@	00:33&	00:28&	00:32&	00:24&	00:30#	00:30&	00:47&	00:49&	00:18#	01:16@	00:15&	00:51&	00:04+	00:21-	00:18#	00:24&	00:37&	00:32&	00:03+		
10	Jan Øyvind Lilledal	281										38:14									
00:42+	02:26+	05:33+	07:35+	09:07+	11:58+	13:49+	16:38+	18:44+	20:31+	22:10+	23:05+	25:49+	27:04+	29:08+	31:04+	32:57+	35:28+	36:37+	38:14+		
00:42+	01:44+	03:07+	02:02+	01:32+	02:51+	01:51+	02:49+	02:06+	01:47+	01:39+	00:55=	02:44+	01:15+	02:04-	01:56-	01:53+	02:31+	01:09+	01:37+		
00:15&	00:43&	01:33&	00:41&	00:08+	00:49&	00:19#	01:05&	00:41&	00:29&	00:25&	00:00=	00:50&	00:24&	00:08-	00:01-	00:35&	00:51&	00:23&	00:12#		
11	Tor Harald Lunde	47										39:15									
00:38+	02:12+	04:44+	06:35+	08:28+	10:53+	12:43+	15:53+	18:00+	19:38+	22:23+	23:34+	26:20+	27:16+	29:08+	31:26+	33:47+	36:31+	37:36+	39:15+		
00:38+	01:34+	02:32+	01:51+	01:53+	02:25+	01:50+	03:10+	02:07+	01:38+	02:45+	01:11+	02:46+	00:56+	01:52-	02:18+	02:21+	02:44+	01:05+	01:39+		
00:11&	00:33&	00:58&	00:30&	00:29&	00:23#	00:18#	01:26&	00:42&	00:20&	01:31@	00:16&	00:52&	00:05+	00:20-	00:21#	01:03&	01:04&	00:19&	00:14#		
12	Terje Stokkeland	69										39:18									
00:45+	02:36+	04:47+	07:46+	09:45+	12:15+	14:10+	16:37+	19:03+	20:52+	22:53+	23:58+	26:38+	27:43+	29:41+	31:45+	33:48+	36:11+	37:29+	39:18+		
00:45+	01:51+	02:11+	02:59+	02:30+	02:30+	01:55+	02:27+	02:26+	01:49+	02:01+	01:05+	02:40+	01:05+	01:58-	02:04+	02:03+	02:23+	01:18+	01:49+		
00:18&	00:50&	00:37&	01:38@	00:35&	00:28#	00:23#	00:43&	01:01&	00:31&	00:47&	00:10#	00:46&	00:14&	00:14-	00:07+	00:45&	00:43&	00:32&	00:24&		
13	Olav Aartun	262										39:24									
00:45+	02:12+	06:22+	08:22+	09:46+	12:07+	14:16+	16:31+	18:55+	20:37+	22:56+	24:13+	27:08+	28:15+	30:11+	32:38+	34:35+	36:50+	37:49+	39:24+		
00:45+	01:27+	04:10+	02:00+	01:24=	02:21+	02:09+	02:15+	02:24+	01:42+	02:19+	01:17+	02:55+	01:07+	01:56-	02:27+	01:57+	02:15+	00:59+	01:35+		
00:18&	00:26&	02:36@	00:39&	00:00=	00:19#	00:37&	00:31&	00:59&	00:24&	01:05&	00:22&	01:01&	00:16&	00:16-	00:30&	00:39&	00:35&	00:13&	00:10#		
14	Agnar Lien	7										40:39									
00:44+	02:18+	04:30+	06:23+	09:03+	11:45+	13:35+	16:03+	18:42+	20:25+	23:00+	24:06+	27:01+	28:04+	30:17+	32:23+	34:39+	37:24+	38:42+	40:39+		
00:44+	01:34+	02:12+	01:53+	02:40+	02:42+	01:50+	02:28+	02:39+	01:43+	02:35+	01:06+	02:55+	01:03+	02:13+	02:06+	02:16+	02:45+	01:18+	01:57+		
00:17&	00:33&	00:38&	00:32&	01:16&	00:40&	00:18#	00:44&	01:14&	00:25&	01:21@	00:11#	01:01&	00:12#	00:01+	00:09+	00:58&	01:05&	00:32&	00:32&		
15	Inge Johan Øverland	93										40:42									
00:42+	02:30+	04:57+	06:41+	08:24+	10:43+	12:46+	15:47+	17:43+	19:18+	21:18+	22:48+	25:45+	26:49+	28:32+	30:40+	32:55+	35:36+	38:46+	40:42+		
00:42+	01:48+	02:27+	01:44+	01:43+	02:19+	02:03+	03:01+	01:56+	01:35+	02:00+	01:30+	02:57+	01:04+	01:43-	02:08+	02:15+	02:41+	03:10+	01:56+		
00:15&	00:47&	00:53&	00:23&	00:19#	00:17#	00:31&	01:17&	00:31&	00:17#	00:46&	00:35&	01:03&	00:13&	00:29-	00:11+	00:57&	01:01&	02:24@	00:31&		

Class	Navn	Klasse										Tid									
16	Kjell Ivar Skjørestad	92										41:11									
00:36+	02:11+	04:09+	05:55+	07:47+	10:13+	11:42+	19:13+	21:15+	22:50+	24:35+	25:29+	28:31+	29:28+	32:44+	34:26+	36:16+	38:27+	39:36+	41:11+		
00:36+	01:35+	01:58+	01:46+	01:52+	02:26+	01:29-	07:31+	02:02+	01:35+	01:45+	00:54-	03:02+	00:57+	03:16+	01:42-	01:50+	02:11+	01:09+	01:35+		
00:09&	00:34&	00:24&	00:25&	00:28&	00:24#	00:03-	05:47@	00:37&	00:17#	00:31&	00:01-	01:08&	00:06#	01:04&	00:15-	00:32&	00:31&	00:23&	00:10#		
17	Torbjørn Evensen	108										42:30									
00:35+	02:05+	04:31+	06:20+	08:15+	11:04+	14:05+	16:11+	18:32+	20:42+	22:32+	23:46+	27:34+	29:06+	31:16+	33:31+	35:46+	38:48+	40:07+	42:30+		
00:35+	01:30+	02:26+	01:49+	01:55+	02:49+	03:01+	02:06+	02:21+	02:10+	01:50+	01:14+	03:48+	01:32+	02:10-	02:15+	02:15+	03:02+	01:19+	02:23+		
00:08&	00:29&	00:52&	00:28&	00:31&	00:47&	01:29&	00:22#	00:56&	00:52&	00:36&	00:19&	01:54&	00:41&	00:02-	00:18#	00:57&	01:22&	00:33&	00:58&		
18	Rolf Kleppe	63										42:41									
00:41+	02:10+	07:20+	09:06+	10:45+	13:06+	14:59+	19:01+	22:32+	24:22+	26:45+	27:39+	30:15+	31:07+	33:25+	35:48+	37:32+	39:49+	41:07+	42:41+		
00:41+	01:29+	05:10+	01:46+	01:39+	02:21+	01:53+	04:02+	03:31+	01:50+	02:23+	00:54-	02:36+	00:52+	02:18+	02:23+	01:44+	02:17+	01:18+	01:34+		
00:14&	00:28&	03:36@	00:25&	00:15#	00:19#	00:21#	02:18@	02:06@	00:32&	01:09&	00:01-	00:42&	00:01+	00:06+	00:26#	00:26&	00:37&	00:32&	00:09#		
19	Tore Karlsen	105										44:47									
01:11+	02:49+	05:32+	07:31+	09:50+	12:39+	14:29+	18:17+	20:30+	22:33+	25:46+	26:54+	30:03+	31:02+	33:43+	36:24+	38:55+	41:31+	42:51+	44:47+		
01:11+	01:38+	02:43+	01:59+	02:19+	02:49+	01:50+	03:48+	02:13+	02:03+	03:13+	01:08+	03:09+	00:59+	02:41+	02:41+	02:31+	02:36+	01:20+	01:56+		
00:44@	00:37&	01:09&	00:38&	00:55&	00:47&	00:18#	02:04@	00:48&	00:45&	01:59@	00:13#	01:15&	00:08#	00:29#	00:44&	01:13&	00:56&	00:34&	00:31&		
Beste strekktid for klassen																					
00:27	01:01	01:34	01:21	01:16	02:02	01:29	01:44	01:25	01:18	01:14	00:48	01:54	00:47	01:37	01:41	01:18	01:40	00:46	01:21		
= Som klassevinner , - raskere , + senere , # 10% tap , & 25% tap , @ 100% tap.																					
Herrer 65 - 69 år																					
1	Arne Kristian Espedal	68										24:58									
00:32=	01:32=	02:58=	04:19=	05:27=	07:15=	08:35=	10:08=	11:29=	12:38=	13:40=	14:31=	16:22=	16:59=	18:30=	19:55=	21:13=	22:53=	23:38=	24:58=		
00:32=	01:00=	01:26=	01:21=	01:08=	01:48=	01:20=	01:33=	01:21=	01:09=	01:02=	00:51=	01:51=	00:37=	01:31=	01:25=	01:18=	01:40=	00:45=	01:20=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Bjørn Alsaker	115										26:24									
00:31-	01:41+	03:24+	04:48+	06:01+	07:52+	09:26+	10:47+	12:18+	13:42+	15:01+	15:47+	17:43+	18:27+	19:47+	21:10+	22:36+	24:19+	25:11+	26:24+		
00:31-	01:10+	01:43+	01:24+	01:13+	01:51+	01:34+	01:21-	01:31+	01:24+	01:19+	00:46-	01:56+	00:44+	01:20-	01:23-	01:26+	01:43+	00:52+	01:13-		
00:01-	00:10#	00:17#	00:03+	00:05+	00:03+	00:14#	00:12-	00:10#	00:15#	00:17&	00:05-	00:05+	00:07#	00:11-	00:02-	00:08#	00:03+	00:07#	00:07-		
3	Ragnvald Frøyland	128										30:28									
00:37+	02:03+	03:47+	05:15+	06:52+	09:13+	10:37+	12:45+	14:41+	16:05+	17:34+	18:24+	20:50+	21:41+	23:08+	24:43+	26:21+	28:19+	29:06+	30:28+		
00:37+	01:26+	01:44+	01:28+	01:37+	02:21+	01:24+	02:08+	01:56+	01:24+	01:29+	00:50-	02:26+	00:51+	01:27-	01:35+	01:38+	01:58+	00:47+	01:22+		
00:05#	00:26&	00:18#	00:07+	00:29&	00:33&	00:04+	00:35&	00:35&	00:15#	00:27&	00:01-	00:35&	00:14&	00:04-	00:10#	00:20&	00:18#	00:02+	00:02+		
4	Gunnar Sakseid	116										31:33									
00:38+	01:57+	03:31+	04:59+	06:23+	08:34+	10:01+	11:23+	13:59+	15:31+	16:53+	17:39+	19:53+	20:36+	22:30+	25:13+	26:51+	29:23+	30:12+	31:33+		
00:38+	01:19+	01:34+	01:28+	01:24+	02:11+	01:27+	01:22-	02:36+	01:32+	01:22+	00:46-	02:14+	00:43+	01:54+	02:43+	01:38+	02:32+	00:49+	01:21+		
00:06#	00:19&	00:08+	00:07+	00:16#	00:23#	00:07+	00:11-	01:15&	00:23&	00:20&	00:05-	00:23#	00:06#	00:23&	01:18&	00:20&	00:52&	00:04+	00:01+		
5	Svein Berge	126										31:51									
00:32=	01:48+	03:51+	05:20+	06:46+	08:58+	10:33+	12:56+	14:42+	16:05+	17:55+	18:42+	20:53+	21:45+	23:46+	25:23+	27:12+	29:10+	30:30+	31:51+		
00:32=	01:16+	02:03+	01:29+	01:26+	02:12+	01:35+	02:23+	01:46+	01:23+	01:50+	00:47-	02:11+	00:52+	02:01+	01:37+	01:49+	01:58+	01:20+	01:21+		
00:00=	00:16&	00:37&	00:08+	00:18&	00:24#	00:15#	00:50&	00:25&	00:14#	00:48&	00:04-	00:20#	00:15&	00:30&	00:12#	00:31&	00:18#	00:35&	00:01+		
6	Tom Hetland	5										32:41									
00:38+	02:03+	03:56+	05:36+	07:04+	09:27+	11:07+	13:32+	15:34+	17:08+	18:39+	19:34+	22:07+	23:01+	24:38+	26:21+	28:02+	30:15+	31:16+	32:41+		
00:38+	01:25+	01:53+	01:40+	01:28+	02:23+	01:40+	02:25+	02:02+	01:34+	01:31+	00:55+	02:33+	00:54+	01:37+	01:43+	01:41+	02:13+	01:01+	01:25+		
00:06#	00:25&	00:27&	00:19#	00:20&	00:35&	00:20#	00:52&	00:41&	00:25&	00:29&	00:04+	00:42&	00:17&	00:06+	00:18#	00:23&	00:33&	00:16&	00:05+		
7	Bjarne Gimre	88										33:14									
00:42+	02:21+	04:06+	05:55+	07:37+	10:07+	11:40+	14:00+	15:54+	17:33+	19:25+	20:19+	23:01+	23:47+	25:20+	27:08+	28:52+	30:54+	31:49+	33:14+		
00:42+	01:39+	01:45+	01:49+	01:42+	02:30+	01:33+	02:20+	01:54+	01:39+	01:52+	00:54+	02:42+	00:46+	01:33+	01:48+	01:44+	02:02+	00:55+	01:25+		
00:10&	00:39&	00:19#	00:28&	00:34&	00:42&	00:13#	00:47&	00:33&	00:30&	00:50&	00:03+	00:51&	00:09#	00:02+	00:23&	00:26&	00:22#	00:10#	00:05+		
8	Jan Hetland	29										33:14									
00:36+	01:51+	03:32+	05:13+	06:31+	08:40+	10:16+	12:52+	14:52+	16:21+	18:35+	19:22+	21:38+	22:27+	25:11+	27:02+	28:52+	30:55+	31:53+	33:14+		
00:36+	01:15+	01:41+	01:41+	01:18+	02:09+	01:36+	02:36+	02:00+	01:29+	02:14+	00:47-	02:16+	00:49+	02:44+	01:51+	01:50+	02:03+	00:58+	01:21+		
00:04#	00:15#	00:15#	00:20#	00:10#	00:21#	00:16#	01:03&	00:39&	00:20&	01:12@	00:04-	00:25#	00:12&	01:13&	00:26&	00:32&	00:23#	00:13&	00:01+		
9	Eivind L. Rake	92										34:00									
00:41+	02:13+	03:55+	05:46+	07:18+	09:50+	11:21+	12:56+	15:06+	16:50+	18:19+	19:17+	22:11+	22:57+	24:39+	26:44+	28:48+	31:08+	32:19+	34:00+		
00:41+	01:32+	01:42+	01:51+	01:32+	02:32+	01:31+	01:35+	02:10+	01:44+	01:29+	00:58+	02:54+	00:46+	01:42+	02:05+	02:04+	02:20+	01:11+	01:41+		
00:09&	00:32&	00:16#	00:30&	00:24&	00:44&	00:11#	00:02+	00:49&	00:35&	00:27&	00:07#	01:03&	00:09#	00:11#	00:40&	00:46&	00:40&	00:26&	00:21&		

Class	Navn	Klasse										Tid									
10	Otto Alsnes	50										34:14									
00:37+	02:03+	04:03+	05:48+	07:30+	09:50+	11:40+	13:37+	15:42+	17:24+	19:07+	20:04+	22:33+	23:24+	25:04+	26:47+	28:56+	31:26+	32:29+	34:14+		
00:37+	01:26+	02:00+	01:45+	01:42+	02:20+	01:50+	01:57+	02:05+	01:42+	01:43+	00:57+	02:29+	00:51+	01:40+	01:43+	02:09+	02:30+	01:03+	01:45+		
00:05#	00:26&	00:34&	00:24&	00:34&	00:32&	00:30&	00:24&	00:44&	00:33&	00:41&	00:06#	00:38&	00:14&	00:09+	00:18#	00:51&	00:50&	00:18&	00:25&		
11	Arne M. Handeland	92										34:59									
00:42+	02:15+	03:57+	05:34+	06:57+	09:18+	10:48+	12:55+	15:14+	17:10+	18:41+	19:31+	22:02+	22:53+	24:20+	25:59+	27:38+	29:51+	33:11+	34:59+		
00:42+	01:33+	01:42+	01:37+	01:23+	02:21+	01:30+	02:07+	02:19+	01:56+	01:31+	00:50-	02:31+	00:51+	01:27-	01:39+	01:39+	02:13+	03:20+	01:48+		
00:10&	00:33&	00:16#	00:16#	00:15#	00:33&	00:10#	00:34&	00:58&	00:47&	00:29&	00:01-	00:40&	00:14&	00:04-	00:14#	00:21&	00:33&	02:35#	00:28&		
12	Jan Inge Lunde	88										35:20									
00:42+	02:21+	04:23+	06:18+	07:55+	10:27+	12:06+	14:33+	16:34+	18:15+	20:00+	20:57+	23:31+	24:38+	26:57+	28:49+	30:40+	32:45+	33:47+	35:20+		
00:42+	01:39+	02:02+	01:55+	01:37+	02:32+	01:39+	02:27+	02:01+	01:41+	01:45+	00:57+	02:34+	01:07+	02:19+	01:52+	01:51+	02:05+	01:02+	01:33+		
00:10&	00:39&	00:36&	00:34&	00:29&	00:44&	00:19#	00:54&	00:40&	00:32&	00:43&	00:06#	00:43&	00:30&	00:48&	00:27&	00:33&	00:25#	00:17&	00:13#		
13	Roar Fitjar	101										37:03									
00:37+	02:13+	04:00+	05:50+	07:38+	10:14+	12:25+	14:24+	16:44+	18:40+	20:23+	21:25+	24:25+	25:18+	27:22+	29:20+	31:17+	33:40+	35:20+	37:03+		
00:37+	01:36+	01:47+	01:50+	01:48+	02:36+	02:11+	01:59+	02:20+	01:56+	01:43+	01:02+	03:00+	00:53+	02:04+	01:58+	01:57+	02:23+	01:40+	01:43+		
00:05#	00:36&	00:21#	00:29&	00:40&	00:48&	00:51&	00:26&	00:59&	00:47&	00:41&	00:11#	01:09&	00:16&	00:33&	00:33&	00:39&	00:43&	00:55#	00:23&		
14	Terje Langeland	98										41:45									
00:45+	02:20+	04:33+	06:30+	08:07+	10:43+	12:53+	18:23+	20:41+	22:18+	24:11+	25:20+	27:52+	29:02+	32:15+	34:08+	36:15+	38:42+	40:02+	41:45+		
00:45+	01:35+	02:13+	01:57+	01:37+	02:36+	02:10+	05:30+	02:18+	01:37+	01:53+	01:09+	02:32+	01:10+	03:13+	01:53+	02:07+	02:27+	01:20+	01:43+		
00:13&	00:35&	00:47&	00:36&	00:29&	00:48&	00:50&	03:57#	00:57&	00:28&	00:51&	00:18&	00:41&	00:33&	01:42#	00:28&	00:49&	00:47&	00:35&	00:23&		
15	Tore R. Tvedt	90										44:17									
00:56+	02:34+	06:21+	08:23+	10:15+	12:45+	15:02+	17:40+	19:48+	21:36+	24:25+	25:59+	31:05+	31:59+	33:45+	35:41+	37:55+	40:43+	42:21+	44:17+		
00:56+	01:38+	03:47+	02:02+	01:52+	02:30+	02:17+	02:38+	02:08+	01:48+	02:49+	01:34+	05:06+	00:54+	01:46+	01:56+	02:14+	02:48+	01:38+	01:56+		
00:24&	00:38&	02:21#	00:41&	00:44&	00:42&	00:57&	01:05&	00:47&	00:39&	01:47#	00:43&	03:15#	00:17&	00:15#	00:31&	00:56&	01:08&	00:53#	00:36&		
16	Olav Habbestad	116										44:46									
00:35+	02:07+	09:46+	11:19+	12:49+	14:58+	16:51+	20:21+	23:21+	25:12+	28:32+	29:39+	31:56+	32:56+	35:01+	36:40+	38:31+	41:48+	43:08+	44:46+		
00:35+	01:32+	07:39+	01:33+	01:30+	02:09+	01:53+	03:30+	03:00+	01:51+	03:20+	01:07+	02:17+	01:00+	02:05+	01:39+	01:51+	03:17+	01:20+	01:38+		
00:03+	00:32&	06:13#	00:12#	00:22&	00:21#	00:33&	01:57#	01:39#	00:42&	02:18#	00:16&	00:26#	00:23&	00:34&	00:14#	00:33&	01:37&	00:35&	00:18#		
17	Svein Ims	65										46:58									
00:53+	02:28+	07:15+	09:23+	11:05+	13:40+	15:33+	18:12+	20:43+	22:44+	25:16+	29:01+	31:56+	32:57+	35:20+	37:57+	41:21+	43:49+	45:13+	46:58+		
00:53+	01:35+	04:47+	02:08+	01:42+	02:35+	01:53+	02:39+	02:31+	02:01+	02:32+	03:45+	02:55+	01:01+	02:23+	02:37+	03:24+	02:28+	01:24+	01:45+		
00:21&	00:35&	03:21#	00:47&	00:34&	00:47&	00:33&	01:06&	01:10&	00:52&	01:30#	02:54#	01:04&	00:24&	00:52&	01:12&	02:06#	00:48&	00:39&	00:25&		
18	Ragnar Rossavik	109										47:11									
00:37+	02:17+	14:50+	17:31+	19:21+	21:46+	24:59+	28:03+	29:51+	31:16+	32:47+	33:50+	36:11+	36:58+	38:54+	40:35+	42:19+	44:21+	45:28+	47:11+		
00:37+	01:40+	12:33+	02:41+	01:50+	02:25+	03:13+	03:04+	01:48+	01:25+	01:31+	01:03+	02:21+	00:47+	01:56+	01:41+	01:44+	02:02+	01:07+	01:43+		
00:05#	00:40&	11:07#	01:20&	00:42&	00:37&	01:53#	01:31&	00:27&	00:16#	00:29&	00:12#	00:30&	00:10&	00:25&	00:16#	00:26&	00:22#	00:22&	00:23&		
19	Terje Helland	88										51:18									
00:41+	02:16+	10:26+	12:03+	15:58+	18:12+	20:17+	28:55+	30:58+	32:59+	35:24+	36:32+	39:48+	40:39+	42:40+	44:15+	46:10+	48:46+	49:44+	51:18+		
00:41+	01:35+	08:10+	01:37+	03:55+	02:14+	02:05+	08:38+	02:03+	02:01+	02:25+	01:08+	03:16+	00:51+	02:01+	01:35+	01:55+	02:36+	00:58+	01:34+		
00:09&	00:35&	06:44#	00:16#	02:47#	00:26#	00:45&	07:05#	00:42&	00:52&	01:23#	00:17&	01:25&	00:14&	00:30&	00:10#	00:37&	00:56&	00:13&	00:14#		
20	Odd Arild Werness	88										54:45									
00:45+	02:37+	11:30+	13:51+	16:19+	19:33+	21:41+	25:22+	27:53+	30:10+	32:47+	34:03+	37:18+	38:43+	40:53+	43:22+	45:38+	50:46+	52:37+	54:45+		
00:45+	01:52+	08:53+	02:21+	02:28+	03:14+	02:08+	03:41+	02:31+	02:17+	02:37+	01:16+	03:15+	01:25+	02:10+	02:29+	02:16+	05:08+	01:51+	02:08+		
00:13&	00:52&	07:27#	01:00&	01:20#	01:26&	00:48&	02:08#	01:10&	01:08&	01:35#	00:25&	01:24&	00:48#	00:39&	01:04&	00:58&	03:28#	01:06#	00:48&		
Beste strekktid for klassen																					
00:31	01:00	01:26	01:21	01:08	01:48	01:20	01:21	01:21	01:09	01:02	00:46	01:51	00:37	01:20	01:23	01:18	01:40	00:45	01:13		

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

Herrer 70 - 74 år

1	Asgeir Bell	117										27:39									
00:33=	01:45=	03:16=	04:45=	06:03=	08:05=	09:27=	13:03=	14:18=	15:56=	16:42=	18:52=	20:55=	22:13=	23:39=	25:23=	26:19=	27:39=				
00:33=	01:12=	01:31=	01:29=	01:18=	02:02=	01:22=	01:48=	01:48=	01:15=	01:38=	00:46=	02:10=	00:48=	01:15=	01:18=	01:26=	01:44=	00:56=	01:20=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Harry Breiland	66										27:53									
00:38+	01:59+	03:53+	05:19+	06:35+	08:29+	09:55+	11:55+	13:24+	14:41+	16:20+	17:15+	19:13+	19:55+	21:14+	22:37+	24:07+	25:44+	26:37+	27:53+		
00:38+	01:21+	01:54+	01:26-	01:16-	01:54-	01:26+	02:00+	01:29-	01:17+	01:39+	00:55+	01:58-	00:42-	01:19+	01:23+	01:30+	01:37-	00:53-	01:16-		
00:05#	00:09#	00:23&	00:03-	00:02-	00:08-	00:04+	00:12#	00:19-	00:02+	00:01+	00:09#	00:12-	00:06-	00:04+	00:05+	00:04+	00:07-	00:03-	00:04-		

Class	Navn	Klasse	Tid																	
3	Arne Østensen	90	30:33																	
00:38+	01:51+	03:42+	05:18+	06:43+	09:07+	10:40+	12:29+	14:38+	16:06+	17:36+	18:27+	20:42+	21:38+	23:03+	24:36+	26:08+	28:11+	29:11+	30:33+	
00:38+	01:13+	01:51+	01:36+	01:25+	02:24+	01:33+	01:49+	02:09+	01:28+	01:30-	00:51+	02:15+	00:56+	01:25+	01:33+	01:32+	02:03+	01:00+	01:22+	
00:05#	00:01+	00:20#	00:07+	00:07+	00:22#	00:11#	00:01+	00:21#	00:13#	00:08-	00:05#	00:05+	00:08#	00:10#	00:15#	00:06+	00:19#	00:04+	00:02+	
4	Leif Gunnar Wikene	43	31:44																	
00:44+	02:06+	03:51+	05:27+	06:45+	09:00+	10:42+	13:18+	15:24+	17:01+	18:42+	19:32+	21:52+	22:45+	24:12+	25:50+	27:28+	29:23+	30:16+	31:44+	
00:44+	01:22+	01:45+	01:36+	01:18=	02:15+	01:42+	02:36+	02:06+	01:37+	01:41+	00:50+	02:20+	00:53+	01:27+	01:38+	01:38+	01:55+	00:53-	01:28+	
00:11&	00:10#	00:14#	00:07+	00:00=	00:13#	00:20#	00:48&	00:18#	00:22&	00:03+	00:04+	00:10+	00:05#	00:12#	00:20&	00:12#	00:11#	00:03-	00:08#	
5	Hilmar Røthing	128	31:53																	
01:07+	02:29+	04:32+	06:03+	07:33+	09:51+	11:12+	12:51+	14:44+	16:17+	18:44+	19:34+	22:22+	23:06+	24:46+	26:15+	27:44+	29:29+	30:34+	31:53+	
01:07+	01:22+	02:03+	01:31+	01:30+	02:18+	01:21-	01:39-	01:53+	01:33+	02:27+	00:50+	02:48+	00:44-	01:40+	01:29+	01:29+	01:45+	01:05+	01:19-	
00:34@	00:10#	00:32&	00:02+	00:12#	00:16#	00:01-	00:09-	00:05+	00:18#	00:49&	00:04+	00:38&	00:04-	00:25&	00:11#	00:03+	00:01+	00:09#	00:01-	
6	Kjell Svihus	154	32:02																	
00:42+	02:11+	04:02+	05:53+	07:22+	09:48+	11:24+	13:37+	15:24+	16:58+	18:27+	19:29+	21:57+	22:45+	24:18+	25:53+	27:28+	29:28+	30:29+	32:02+	
00:42+	01:29+	01:51+	01:51+	01:29+	02:26+	01:36+	02:13+	01:47-	01:34+	01:29-	01:02+	02:28+	00:48=	01:33+	01:35+	01:35+	02:00+	01:01+	01:33+	
00:09&	00:17#	00:20#	00:22#	00:11#	00:24#	00:14#	00:25#	00:01-	00:19&	00:09-	00:16&	00:18#	00:00=	00:18#	00:17#	00:09#	00:16#	00:05+	00:13#	
7	Arvid Thorsen	5	33:13																	
00:41+	02:07+	03:17+	04:09-	05:45-	07:33-	10:00+	11:32+	14:15+	15:58+	17:31+	19:35+	20:25+	22:53+	23:44+	25:24+	27:04+	28:47+	30:50+	31:44+	33:13+
00:41+	01:26+	01:10-	00:52-	01:36+	01:48-	02:27+	01:32-	02:43+	01:43+	01:33-	02:04+	00:50-	02:28+	00:51-	01:40+	01:40+	01:43-	02:03+	00:54-	01:29+
00:08#	00:14#	00:21-	00:37-	00:18#	00:14-	01:05&	00:16-	00:55&	00:28&	00:05-	01:18@	01:20-	01:40@	00:24-	00:22&	00:14#	00:01-	01:07@	00:26-	01:29+
8	Paul A. Paulsen	117	34:34																	
00:35+	02:05+	03:59+	05:43+	07:41+	10:23+	12:28+	14:41+	16:47+	18:20+	19:58+	21:00+	23:48+	24:43+	26:27+	28:13+	29:57+	32:06+	33:07+	34:34+	
00:35+	01:30+	01:54+	01:44+	01:58+	02:42+	02:05+	02:13+	02:06+	01:33+	01:38=	01:02+	02:48+	00:55+	01:44+	01:46+	01:44+	02:09+	01:01+	01:27+	
00:02+	00:18#	00:23&	00:15#	00:40&	00:40&	00:43&	00:25#	00:18#	00:18#	00:00=	00:16&	00:38&	00:07#	00:29&	00:28&	00:18#	00:25#	00:05+	00:07+	
9	Sverre Vatland	93	37:30																	
00:45+	02:36+	04:15+	05:00+	07:01+	08:39+	11:23+	13:21+	15:57+	18:20+	20:04+	21:30+	22:40+	25:33+	26:31+	28:18+	30:06+	32:00+	34:26+	35:32+	37:30+
00:45+	01:51+	01:39+	00:45-	02:01+	01:38-	02:44+	01:58+	02:36+	02:23+	01:44+	01:26+	01:10-	02:53+	00:58-	01:47+	01:48+	01:54+	02:26+	01:06-	01:58+
00:12&	00:39&	00:08+	00:44-	00:43&	00:24-	01:22&	00:10+	00:48&	01:08&	00:06+	00:40&	01:00-	02:05@	00:17-	00:29&	00:22&	00:10+	01:30@	00:14-	01:58+
10	Svein Glendrange	68	38:03																	
00:44+	02:13+	04:19+	06:06+	07:34+	09:50+	11:30+	13:46+	15:39+	17:13+	18:49+	19:52+	22:13+	23:05+	25:14+	27:48+	29:58+	32:11+	36:24+	38:03+	
00:44+	01:29+	02:06+	01:47+	01:28+	02:16+	01:40+	02:16+	01:53+	01:34+	01:36-	01:03+	02:21+	00:52+	02:09+	02:34+	02:10+	02:13+	04:13+	01:39+	
00:11&	00:17#	00:35&	00:18#	00:10#	00:14#	00:18#	00:28&	00:05+	00:19&	00:02-	00:17&	00:11+	00:04+	00:54&	01:16&	00:44&	00:29&	03:17@	00:19#	
11	Finn Morten Årstad	115	38:14																	
00:41+	02:08+	04:04+	05:45+	07:16+	09:40+	11:19+	13:41+	15:44+	17:35+	19:18+	20:31+	26:57+	27:50+	29:33+	31:25+	33:20+	35:38+	36:40+	38:14+	
00:41+	01:27+	01:56+	01:41+	01:31+	02:24+	01:39+	02:22+	02:03+	01:51+	01:43+	01:13+	06:26+	00:53+	01:43+	01:52+	01:55+	02:18+	01:02+	01:34+	
00:08#	00:15#	00:25&	00:12#	00:13#	00:22#	00:17#	00:34&	00:15#	00:36&	00:05+	00:27&	04:16@	00:05#	00:28&	00:34&	00:29&	00:34&	00:06#	00:14#	
12	Jostein Tunheim	116	38:30																	
00:35+	01:59+	07:34+	09:15+	10:51+	12:56+	14:32+	16:44+	19:11+	20:53+	22:36+	24:00+	26:32+	27:25+	29:16+	31:26+	33:47+	36:01+	37:11+	38:30+	
00:35+	01:24+	05:35+	01:41+	01:36+	02:05+	01:36+	02:12+	02:27+	01:42+	01:43+	01:24+	02:32+	00:53+	01:51+	02:10+	02:21+	02:14+	01:10+	01:19-	
00:02+	00:12#	04:04@	00:12#	00:18#	00:03+	00:14#	00:24#	00:39&	00:27&	00:05+	00:38&	00:22#	00:05#	00:36&	00:52&	00:55&	00:30&	00:14#	00:01-	
13	Hans Klausen	62	39:04																	
00:44+	02:28+	04:37+	06:28+	08:07+	10:42+	14:44+	17:02+	19:23+	21:13+	23:00+	24:23+	27:21+	28:13+	30:33+	32:26+	34:16+	36:32+	37:27+	39:04+	
00:44+	01:44+	02:09+	01:51+	01:39+	02:35+	04:02+	02:18+	02:21+	01:50+	01:47+	01:23+	02:58+	00:52+	02:20+	01:53+	01:50+	02:16+	00:55-	01:37+	
00:11&	00:32&	00:38&	00:22#	00:21&	00:33&	02:40@	00:30&	00:33&	00:35&	00:09+	00:37&	00:48&	00:04+	01:05&	00:35&	00:24&	00:32&	00:01-	00:17#	
14	Odd Garpestad	29	39:58																	
00:39+	02:19+	07:21+	08:59+	10:29+	12:55+	19:48+	22:15+	24:10+	25:43+	27:05+	27:54+	29:58+	30:37+	31:50+	33:22+	34:57+	37:26+	38:25+	39:58+	
00:39+	01:40+	05:02+	01:38+	01:30+	02:26+	06:53+	02:27+	01:55+	01:33+	01:22-	00:49+	02:04-	00:39-	01:13-	01:32+	01:35+	02:29+	00:59+	01:33+	
00:06#	00:28&	03:31@	00:09#	00:12#	00:24#	05:31@	00:39&	00:07+	00:18#	00:16-	00:03+	00:06-	00:09-	00:02-	00:14#	00:09#	00:45&	00:03+	00:13#	
15	Norvald Skretting	43	40:42																	
00:41+	02:11+	04:08+	06:03+	07:37+	10:16+	13:38+	16:06+	19:04+	20:53+	23:32+	24:57+	27:39+	28:51+	31:11+	33:12+	35:16+	37:46+	38:56+	40:42+	
00:41+	01:30+	01:57+	01:55+	01:34+	02:39+	03:22+	02:28+	02:58+	01:49+	02:39+	01:25+	02:42+	01:12+	02:20+	02:01+	02:04+	02:30+	01:10+	01:46+	
00:08#	00:18#	00:26&	00:26&	00:16#	00:37&	02:00@	00:40&	01:10&	00:34&	01:01&	00:39&	00:32#	00:24&	01:05&	00:43&	00:38&	00:46&	00:14#	00:26&	
16	Steinar Undheim	54	42:57																	
00:58+	02:33+	04:51+	06:55+	09:48+	12:25+	14:24+	16:56+	19:34+	21:25+	24:43+	26:27+	29:26+	30:19+	32:33+	34:47+	36:59+	40:00+	41:05+	42:57+	
00:58+	01:35+	02:18+	02:04+	02:53+	02:37+	01:59+	02:32+	02:38+	01:51+	03:18+	01:44+	02:59+	00:53+	02:14+	02:14+	02:12+	03:01+	01:05+	01:52+	
00:25&	00:23&	00:47&	00:35&	01:35@	00:35&	00:37&	00:44&	00:50&	00:36&	01:40@	00:58@	00:49&	00:05#	00:59&	00:56&	00:46&	01:17&	00:09#	00:32&	
17	Knut Jonas Espedal	53	44:13																	
00:53+	02:43+	06:11+	08:26+	10:30+	13:32+	15:41+	18:18+	20:51+	22:45+	24:36+	25:51+	30:58+	31:50+	33:36+	35:35+	38:15+	40:48+	42:29+	44:13+	
00:53+	01:50+	03:28+	02:15+	02:04+	03:02+	02:09+	02:37+	02:33+	01:54+	01:51+	01:15+	05:07+	00:52+	01:46+	01:59+	02:40+	02:33+	01:41+	01:44+	
00:20&	00:38&	01:57@	00:46&	00:46&	01:00&	00:47&	00:49&	00:45&	00:39&	00:13#	00:29&	02:57@	00:04+	00:31&	00:41&	01:14&	00:49&	00:45&	00:24&	

Class	Navn	Klasse											Tid							
18	Olav Dag Borgersen	154											45:49							
00:52+	02:36+	14:42+	16:45+	18:33+	21:21+	23:19+	24:59+	27:00+	28:45+	30:21+	31:20+	34:10+	35:03+	36:44+	38:39+	40:25+	42:52+	44:03+	45:49+	
00:52+	01:44+	12:06+	02:03+	01:48+	02:48+	01:58+	01:40-	02:01+	01:45+	01:36-	00:59+	02:50+	00:53+	01:41+	01:55+	01:46+	02:27+	01:11+	01:46+	
00:19&	00:32&	10:35@	00:34&	00:30&	00:46&	00:36&	00:08-	00:13#	00:30&	00:02-	00:13&	00:40&	00:05#	00:26&	00:37&	00:20#	00:43&	00:15&	00:26&	
19	Svein Eliassen	116											53:45							
00:54+	03:01+	05:45+	07:59+	09:53+	13:02+	14:55+	18:28+	20:57+	22:43+	26:04+	27:50+	34:47+	36:06+	39:09+	42:51+	45:42+	49:07+	51:23+	53:45+	
00:54+	02:07+	02:44+	02:14+	01:54+	03:09+	01:53+	03:33+	02:29+	01:46+	03:21+	01:46+	06:57+	01:19+	03:03+	03:42+	02:51+	03:25+	02:16+	02:22+	
00:21&	00:55&	01:13&	00:45&	00:36&	01:07&	00:31&	01:45&	00:41&	00:31&	01:43@	01:00@	04:47@	00:31&	01:48@	02:24@	01:25&	01:41&	01:20@	01:02&	
20	Lars Ernst Ravndal	125											53:53							
01:41+	04:36+	07:08+	09:21+	11:45+	14:47+	16:35+	19:36+	22:06+	24:33+	32:06+	33:28+	36:47+	38:04+	41:00+	43:49+	46:48+	49:49+	51:43+	53:53+	
01:41+	02:55+	02:32+	02:13+	02:24+	03:02+	01:48+	03:01+	02:30+	02:27+	07:33+	01:22+	03:19+	01:17+	02:56+	02:49+	02:59+	03:01+	01:54+	02:10+	
01:08@	01:43@	01:01&	00:44&	01:06&	01:00&	00:26&	01:13&	00:42&	01:12&	05:55@	00:36&	01:09&	00:29&	01:41@	01:31@	01:33@	01:17&	00:58@	00:50&	
21	Jan H. Sagen	92											55:42							
00:52+	03:07+	05:40+	07:57+	10:00+	13:20+	18:56+	22:09+	26:18+	28:47+	31:44+	33:11+	36:33+	38:51+	43:07+	45:47+	48:29+	51:37+	53:15+	55:42+	
00:52+	02:15+	02:33+	02:17+	02:03+	03:20+	05:36+	03:13+	04:09+	02:29+	02:57+	01:27+	03:22+	02:18+	04:16+	02:40+	02:42+	03:08+	01:38+	02:27+	
00:19&	01:03&	01:02&	00:48&	00:45&	01:18&	04:14@	01:25&	02:21@	01:14&	01:19&	00:41&	01:12&	01:30@	03:01@	01:22@	01:16&	01:24&	00:42&	01:07&	
Beste strekktid for klassen																				
00:33	01:12	01:10	00:45	01:16	01:38	01:21	01:32	01:29	01:15	01:22	00:46	00:50	00:39	00:51	01:18	01:26	01:37	00:53	00:54	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
Herrer 75 - 79 år																				
1	Knut Skjæveland	93											31:40							
00:38=	02:03=	04:52=	06:31=	09:01=	09:45=	11:09=	13:11=	14:04=	17:23=	18:22=	20:59=	22:30=	23:14=	24:38=	26:42=	27:33=	28:28=	30:04=	31:40=	
00:38=	01:25=	02:49=	01:39=	02:30=	00:44=	01:24=	02:02=	00:53=	03:19=	00:59=	02:37=	01:31=	00:44=	01:24=	02:04=	00:51=	00:55=	01:36=	01:36=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Tormod Aaslid	54											32:34							
00:47+	02:17+	05:07+	06:50+	08:46-	09:34-	11:10+	13:08-	14:05+	16:33-	17:46-	20:25-	22:14-	23:13-	24:41+	26:57+	28:11+	29:13+	30:58+	32:34+	
00:47+	01:30+	02:50+	01:43+	01:56-	00:48+	01:36+	01:58-	00:57+	02:28-	01:13+	02:39+	01:49+	00:59+	01:28+	02:16+	01:14+	01:02+	01:45+	01:36=	
00:09#	00:05+	00:01+	00:04+	00:34-	00:04+	00:12#	00:04-	00:04+	00:51-	00:14#	00:02+	00:18#	00:15&	00:04+	00:12+	00:23&	00:07#	00:09+	00:00=	
3	Kjell Langvik	93											34:40							
00:40+	02:27+	05:22+	07:09+	09:38+	10:20+	11:50+	14:06+	15:14+	17:56+	19:17+	21:29+	23:40+	24:32+	26:21+	29:02+	30:01+	31:21+	32:57+	34:40+	
00:40+	01:47+	02:55+	01:47+	02:29-	00:42-	01:30+	02:16+	01:08+	02:42-	01:21+	02:12-	02:11+	00:52+	01:49+	02:41+	00:59+	01:20+	01:36=	01:43+	
00:02+	00:22&	00:06+	00:08+	00:01-	00:02-	00:06+	00:14#	00:15&	00:37-	00:22&	00:25-	00:40&	00:08#	00:25&	00:37&	00:08#	00:25&	00:00=	00:07+	
4	Terje Braut	92											35:26							
00:46+	02:33+	05:28+	07:22+	09:30+	10:17+	11:58+	14:16+	15:53+	18:38+	20:07+	22:55+	24:42+	25:42+	27:11+	29:44+	30:38+	31:49+	33:39+	35:26+	
00:46+	01:47+	02:55+	01:54+	02:08-	00:47+	01:41+	02:18+	01:37+	02:45-	01:29+	02:48+	01:47+	01:00+	01:29+	02:33+	00:54+	01:11+	01:50+	01:47+	
00:08#	00:22&	00:06+	00:15#	00:22-	00:03+	00:17#	00:16#	00:44&	00:34-	00:30&	00:11+	00:16#	00:16&	00:05+	00:29#	00:03+	00:16&	00:14#	00:11#	
5	Harald Vatne	67											37:37							
00:42+	02:21+	05:09+	07:02+	09:50+	10:35+	12:22+	14:25+	17:54+	21:43+	22:48+	25:07+	26:48+	27:40+	29:12+	31:40+	32:49+	34:09+	36:07+	37:37+	
00:42+	01:39+	02:48-	01:53+	02:48+	00:45+	01:47+	02:03+	03:29+	03:49+	01:05+	02:19-	01:41+	00:52+	01:32+	02:28+	01:09+	01:20+	01:58+	01:30-	
00:04#	00:14#	00:01-	00:14#	00:18#	00:01+	00:23&	00:01+	02:36@	00:30#	00:06#	00:18-	00:10#	00:08#	00:08+	00:24#	00:18&	00:25&	00:22#	00:06-	
6	Gunnar Furland	93											49:35							
00:56+	02:51+	06:16+	08:22+	11:32+	12:20+	14:30+	17:06+	18:16+	22:20+	23:49+	30:11+	32:20+	33:41+	38:40+	41:31+	43:06+	44:41+	47:22+	49:35+	
00:56+	01:55+	03:25+	02:06+	03:10+	00:48+	02:10+	02:36+	01:10+	04:04+	01:29+	06:22+	02:09+	01:21+	04:59+	02:51+	01:35+	01:35+	02:41+	02:13+	
00:18&	00:30&	00:36#	00:27&	00:40&	00:04+	00:46&	00:34&	00:17&	00:45#	00:30&	03:45@	00:38&	00:37&	03:35@	00:47&	00:44&	00:40&	01:05&	00:37&	
7	Arne Brandsberg	29											50:35							
00:57+	03:04+	07:16+	10:00+	13:02+	14:01+	16:49+	19:43+	21:13+	25:14+	26:59+	30:44+	33:25+	34:43+	36:58+	41:05+	42:38+	44:49+	47:47+	50:35+	
00:57+	02:07+	04:12+	02:44+	03:02+	00:59+	02:48+	02:54+	01:30+	04:01+	01:45+	03:45+	02:41+	01:18+	02:15+	04:07+	01:33+	02:11+	02:58+	02:48+	
00:19&	00:42&	01:23&	01:05&	00:32#	00:15&	01:24&	00:52&	00:37&	00:42#	00:46&	01:08&	01:10&	00:34&	00:51&	02:03&	00:42&	01:16@	01:22&	01:12&	
8	Jan Bekkeheien	92											51:23							
00:43+	02:21+	05:23+	07:19+	18:33+	19:16+	21:47+	24:50+	25:43+	31:19+	32:33+	35:14+	37:14+	38:16+	39:58+	44:27+	46:02+	47:22+	49:27+	51:23+	
00:43+	01:38+	03:02+	01:56+	11:14+	00:43-	02:31+	03:03+	00:53+	05:36+	01:14+	02:41+	02:00+	01:02+	01:42+	04:29+	01:35+	01:20+	02:05+	01:56+	
00:05#	00:13#	00:13+	00:17#	08:44@	00:01-	01:07&	01:01&	00:00=	02:17&	00:15&	00:04+	00:29&	00:18&	00:18#	02:25@	00:44&	00:25&	00:29&	00:20#	
9	Torleiv Møgedal	68											53:13							
00:59+	03:09+	07:30+	13:29+	16:41+	17:50+	20:11+	22:57+	25:32+	28:57+	31:48+	35:36+	38:25+	39:44+	41:40+	45:21+	46:53+	48:10+	50:30+	53:13+	
00:59+	02:10+	04:21+	05:59+	03:12+	01:09+	02:21+	02:46+	02:35+	03:25+	02:51+	03:48+	02:49+	01:19+	01:56+	03:41+	01:32+	01:17+	02:20+	02:43+	
00:21&	00:45&	01:32&	04:20@	00:42&	00:25&	00:57&	00:44&	01:42@	00:06+	01:52@	01:11&	01:18&	00:35&	00:32&	01:37&	00:41&	00:22&	00:44&	01:07&	

Class	Navn	Klasse										Tid							
10	Kjell Maudal	63										56:14							
01:07+	05:19+	17:59+	19:58+	22:53+	23:47+	25:43+	28:03+	29:36+	33:42+	35:25+	38:41+	40:56+	42:09+	44:21+	48:02+	49:47+	51:43+	54:06+	56:14+
01:07+	04:12+	12:40+	01:59+	02:55+	00:54+	01:56+	02:20+	01:33+	04:06+	01:43+	03:16+	02:15+	01:13+	02:12+	03:41+	01:45+	01:56+	02:23+	02:08+
00:29&	02:47@	09:51@	00:20#	00:25#	00:10#	00:32&	00:18#	00:40&	00:47#	00:44&	00:39#	00:44&	00:29&	00:48&	01:37&	00:54@	01:01@	00:47&	00:32&

Beste strekktid for klassen

00:38 01:25 02:48 01:39 01:56 00:42 01:24 01:58 00:53 02:28 00:59 02:12 01:31 00:44 01:24 02:04 00:51 00:55 01:36 01:30

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

Herrer 80 år og eldre

1	Arnulf Fuglestad	29										33:31								
00:41=	02:14=	04:20=	06:42=	08:15=	09:39=	11:15=	13:20=	14:55=	16:37=	19:00=	19:50=	20:34=	21:42=	24:04=	26:02=	26:57=	27:28=	28:47=	32:37=	33:31=
00:41=	01:33=	02:06=	02:22=	01:33=	01:24=	01:36=	02:05=	01:35=	01:42=	02:23=	00:50=	00:44=	01:08=	02:22=	01:58=	00:55=	00:31=	01:19=	03:50=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Sigurd Krosli	31										42:37								
00:54+	03:16+	05:48+	08:16+	09:21+	10:42+	12:21+	15:09+	17:12+	19:16+	21:56+	22:51+	23:38+	25:13+	28:12+	30:37+	31:50+	32:37+	33:39+	41:43+	42:37+
00:54+	02:22+	02:32+	02:28+	01:05-	01:21-	01:39+	02:48+	02:03+	02:04+	02:40+	00:55+	00:47+	01:35+	02:59+	02:25+	01:13+	00:47+	01:02-	08:04+	00:54+
00:13&	00:49&	00:26#	00:06+	00:28-	00:03-	00:03+	00:43&	00:28&	00:22#	00:17#	00:05#	00:03+	00:27&	00:37&	00:27#	00:18&	00:16&	00:17-	04:14@	00:00=

3	Peter Frafjord	116										54:11								
00:48+	02:38+	05:55+	08:43+	10:17+	12:16+	13:55+	18:01+	20:26+	23:19+	26:04+	27:21+	28:23+	30:41+	35:35+	40:39+	42:06+	42:43+	46:22+	53:06+	54:11+
00:48+	01:50+	03:17+	02:48+	01:34+	01:59+	01:39+	04:06+	02:25+	02:53+	02:45+	01:17+	01:02+	02:18+	04:54+	05:04+	01:27+	00:37+	03:39+	06:44+	01:05+
00:07#	00:17#	01:11&	00:26#	00:01+	00:35&	00:03+	02:01&	00:50&	01:11&	00:22#	00:27&	00:18&	01:10@	02:32@	03:06@	00:32&	00:06#	02:20@	02:54&	00:11#

4	Magne Westerheim	93										1:23:56										
01:10+	07:01+	10:36+	12:48+	18:15+	19:40+	34:13+	36:27+	38:05+	40:59+	52:17+	53:48+	54:42+	56:44+	60:03+	63:14+	64:20+	67:07+	67:56+	68:24+	72:32+	82:54+	83:56+
01:10+	05:51+	03:35+	02:12-	05:27+	01:25+	14:33+	02:14+	01:38+	02:54+	11:18+	01:31+	00:54+	02:02+	03:19+	03:11+	01:06+	02:47+	00:49-	00:28-	04:08+	10:22+	01:02+
00:29&	04:18@	01:29&	00:10-	03:54@	00:01+	12:57@	00:09+	00:03+	01:12&	08:55@	00:41&	00:10#	00:54&	00:57&	01:13&	00:11#	02:16@	00:30-	03:22-	03:14@	10:22+	01:02+

Beste strekktid for klassen

00:41 01:33 02:06 02:12 01:05 01:21 01:36 02:05 01:35 01:42 02:23 00:50 00:44 01:08 02:22 01:58 00:55 00:31 00:49 00:28 00:54

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

Herrer A

1	Clemens Øxnevad	114										30:29													
00:24=	01:06=	01:42=	02:54=	04:24=	05:06=	05:55=	07:09=	08:26=	09:50=	11:03=	12:38=	13:12=	13:48=	14:30=	15:41=	16:35=	18:01=	19:39=	21:24=	22:18=	23:57=	25:45=	26:38=	27:43=	28:32=
00:24=	00:42=	00:36=	01:12=	01:30=	00:42=	00:49=	01:14=	01:17=	01:24=	01:13=	01:35=	00:34=	00:36=	00:42=	01:11=	00:54=	01:26=	01:38=	01:45=	00:54=	01:39=	01:48=	00:53=	01:05=	00:49=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
29:43=	30:29=																								
01:11=	00:46=																								
00:00=																									

2	Morten Bjerga Sundli	7										31:41													
00:26+	01:22+	02:06+	03:21+	04:33+	05:24+	06:16+	07:36+	08:54+	10:22+	11:40+	13:21+	13:57+	14:36+	15:19+	16:26+	17:26+	18:54+	20:40+	22:30+	23:25+	25:10+	27:14+	28:05+	29:13+	29:56+
00:26+	00:56+	00:44+	01:15+	01:12-	00:51+	00:52+	01:20+	01:18+	01:28+	01:18+	01:41+	00:36+	00:39+	00:43+	01:07-	01:00+	01:28+	01:46+	01:50+	00:55+	01:45+	02:04+	00:51-	01:08+	00:43-
00:02+	00:14&	00:08#	00:03+	00:18-	00:09#	00:03+	00:06+	00:01+	00:04+	00:05+	00:06+	00:02+	00:03+	00:01+	00:04-	00:06#	00:02+	00:08+	00:05+	00:01+	00:06+	00:16#	00:02-	00:03+	00:06-
30:50+	31:41+																								
00:54-	00:51+																								
00:17-	00:05#																								

3	Harald Kalager	7										32:30													
00:29+	01:18+	02:03+	03:29+	04:38+	05:28+	06:20+	07:41+	09:04+	10:36+	11:54+	13:39+	14:18+	14:58+	15:44+	16:49+	17:51+	19:20+	21:14+	22:39+	23:36+	25:24+	27:34+	28:33+	29:44+	30:33+
00:29+	00:49+	00:45+	01:26+	01:09-	00:50+	00:52+	01:21+	01:23+	01:32+	01:18+	01:45+	00:39+	00:40+	00:46+	01:05-	01:02+	01:29+	01:54+	01:25-	00:57+	01:48+	02:10+	00:59+	01:11+	00:49=
00:05#	00:07#	00:09#	00:14#	00:21-	00:08#	00:03+	00:07+	00:06+	00:08+	00:05+	00:10#	00:05#	00:04#	00:04+	00:06-	00:08#	00:03+	00:16#	00:20-	00:03+	00:09+	00:22#	00:06#	00:06+	00:00=
31:35+	32:30+																								
01:02-	00:55+																								
00:09-	00:09#																								

4	Aart Joakim in't Veld	93										33:43													
00:27+	01:19+	02:02+	03:19+	04:42+	05:26+	06:24+	07:46+	09:15+	10:50+	12:12+	13:57+	14:36+	15:20+	16:08+	17:22+	18:23+	19:53+	21:59+	23:28+	24:30+	26:18+	28:54+	29:47+	30:56+	31:48+
00:27+	00:52+	00:43+	01:17+	01:23-	00:44+	00:58+	01:22+	01:29+	01:35+	01:22+	01:45+	00:39+	00:44+	00:48+	01:14+	01:01+	01:30+	02:06+	01:29-	01:02+	01:48+	02:36+	00:53-	01:09+	00:52+
00:03#	00:10#	00:07#	00:05+	00:07-	00:02+	00:09#	00:08#	00:12#	00:11#	00:09#	00:10#	00:05#	00:08#	00:06#	00:03+	00:07#	00:04+	00:28&	00:16-	00:08#	00:09+	00:48&	00:00=	00:04+	00:03+
32:50+	33:43+																								
01:02-	00:53+																								
00:09-	00:07#																								

Class	Navn	Klasse																	Tid											
5	Martin Blystad	115																	34:27											
00:27+	01:18+	02:00+	03:25+	04:52+	05:39+	06:41+	08:11+	09:34+	11:15+	12:37+	14:27+	15:05+	15:47+	16:34+	17:44+	18:50+	20:26+	22:29+	24:06+	25:15+	27:18+	29:46+	30:34+	31:42+	32:36+					
00:27+	00:51+	00:42+	01:25+	01:27-	00:47+	01:02+	01:30+	01:23+	01:41+	01:22+	01:50+	00:38+	00:42+	00:47+	01:10-	01:06+	01:36+	02:03+	01:37-	01:09+	02:03+	02:28+	00:48-	01:08+	00:54+					
00:03#	00:09#	00:06#	00:13#	00:03-	00:05#	00:13&	00:16#	00:06+	00:17#	00:09#	00:15#	00:04#	00:06#	00:05#	00:01-	00:12#	00:10#	00:25&	00:08-	00:15&	00:24#	00:40&	00:05-	00:03+	00:05#					
33:39+	34:27+																													
01:03-	00:48+																													
00:08-	00:02+																													
6	Markus Breivold	92																	34:48											
00:29+	01:19+	01:59+	03:21+	04:31+	05:22+	06:20+	07:45+	09:10+	10:45+	12:11+	14:02+	14:43+	15:25+	16:13+	17:36+	18:46+	20:52+	22:52+	24:23+	25:36+	27:29+	29:27+	30:37+	31:48+	32:41+					
00:29+	00:50+	00:40+	01:22+	01:10-	00:51+	00:58+	01:25+	01:25+	01:35+	01:26+	01:51+	00:41+	00:42+	00:48+	01:23+	01:10+	02:06+	02:00+	01:31-	01:13+	01:53+	01:58+	01:10+	01:11+	00:53+					
00:05#	00:08#	00:04#	00:10#	00:20-	00:09#	00:09#	00:11#	00:08#	00:11#	00:13#	00:16#	00:07#	00:06#	00:06#	00:12#	00:16&	00:40&	00:22#	00:14-	00:19&	00:14#	00:10+	00:17&	00:06+	00:04+					
33:49+	34:48+																													
01:08-	00:59+																													
00:03-	00:13&																													
7	Runar Eike Toft	116																	35:01											
00:28+	01:12+	01:49+	03:13+	04:07-	04:47-	05:33-	06:25-	07:39-	09:20-	10:51-	12:04-	13:41+	15:03+	15:40+	16:27+	17:37+	18:46+	20:44+	22:30+	24:35+	25:32+	27:17+	29:23+	30:27+	31:45+					
00:28+	00:44+	00:37+	01:24+	00:54-	00:40-	00:46-	00:52-	01:14-	01:41+	01:31+	01:13-	01:37+	01:22+	00:37-	00:47-	01:10+	01:09-	01:58+	01:46+	02:05+	00:57-	01:45-	02:06+	01:04-	01:18+					
00:04#	00:02+	00:01+	00:12#	00:36-	00:02-	00:03-	00:22-	00:03-	00:17#	00:18#	00:22-	01:03@	00:46@	00:05-	00:24-	00:16&	00:17-	00:20#	00:01+	01:11@	00:42-	00:03-	01:13@	00:01-	00:29&					
32:46+	34:09+	35:01+																												
01:01-	01:23+	00:52+																												
00:10-	00:37&	00:52+																												
8	Erik Lima	115																	35:48											
00:31+	01:28+	02:14+	03:52+	05:23+	06:18+	07:19+	08:59+	10:22+	12:04+	13:25+	15:20+	16:01+	16:45+	17:34+	18:47+	19:56+	21:41+	23:50+	25:19+	26:26+	28:24+	30:41+	31:37+	32:52+	33:50+					
00:31+	00:57+	00:46+	01:38+	01:31+	00:55+	01:01+	01:40+	01:23+	01:42+	01:21+	01:55+	00:41+	00:44+	00:49+	01:13+	01:09+	01:45+	02:09+	01:29-	01:07+	01:58+	02:17+	00:56+	01:15+	00:58+					
00:07&	00:15&	00:10&	00:26&	00:01+	00:13&	00:12#	00:26&	00:06+	00:18#	00:08#	00:20#	00:07#	00:08#	00:07#	00:02+	00:15&	00:19#	00:31&	00:16-	00:13#	00:19#	00:29&	00:03+	00:10#	00:09#					
34:52+	35:48+																													
01:02-	00:56+																													
00:09-	00:10#																													
9	Jørgen Strømstad	50																	37:48											
00:27+	01:21+	02:03+	03:44+	05:02+	05:51+	06:48+	08:17+	09:44+	11:26+	12:51+	14:50+	15:32+	16:18+	17:10+	18:34+	19:39+	21:29+	23:39+	25:50+	27:08+	29:24+	31:54+	33:01+	34:25+	35:33+					
00:27+	00:54+	00:42+	01:41+	01:18-	00:49+	00:57+	01:29+	01:27+	01:42+	01:25+	01:59+	00:42+	00:46+	00:52+	01:24+	01:05+	01:50+	02:10+	02:11+	01:18+	02:16+	02:30+	01:07+	01:24+	01:08+					
00:03#	00:12&	00:06#	00:29&	00:12-	00:07#	00:08#	00:15#	00:10#	00:18#	00:12#	00:24&	00:08#	00:10&	00:10#	00:13#	00:11#	00:24&	00:32&	00:26#	00:24&	00:37&	00:42&	00:14&	00:19&	00:19&					
36:49+	37:48+																													
01:16+	00:59+																													
00:05+	00:13&																													
10	Morten S. Ronæss	27																	46:09											
00:33+	01:38+	02:31+	04:05+	05:54+	06:49+	07:57+	09:37+	11:10+	13:56+	15:33+	17:32+	18:23+	19:11+	20:06+	21:30+	23:24+	25:25+	27:56+	34:06+	35:17+	37:21+	40:10+	41:17+	42:34+	43:50+					
00:33+	01:05+	00:53+	01:34+	01:49+	00:55+	01:08+	01:40+	01:33+	02:46+	01:37+	01:59+	00:51+	00:48+	00:55+	01:24+	01:54+	02:01+	02:31+	06:10+	01:11+	02:04+	02:49+	01:07+	01:17+	01:16+					
00:09&	00:23&	00:17&	00:22&	00:19#	00:13&	00:19&	00:26&	00:16#	01:22&	00:24&	00:24&	00:17&	00:12&	00:13&	00:13#	01:00@	00:35&	00:53&	04:25@	00:17&	00:25&	01:01&	00:14&	00:12#	00:27&					
45:00+	46:09+																													
01:10-	01:09+																													
00:01-	00:23&																													

Beste strekktid for klassen

00:24 00:42 00:36 01:12 00:54 00:40 00:46 00:52 01:14 01:24 01:13 01:13 00:34 00:36 00:37 00:47 00:54 01:09 01:38 01:25 00:54 00:57 01:45 00:48 01:04 00:43 00:54 00:46

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

Herrer B

1	Geir Sand	105																	35:00											
00:31=	01:19=	02:02=	03:31=	04:41=	05:31=	06:24=	08:19=	09:42=	11:21=	12:37=	14:24=	15:05=	15:45=	16:28=	17:41=	18:50=	20:27=	22:25=	24:20=	25:26=	27:36=	29:54=	31:10=	32:12=	33:05=					
00:31=	00:48=	00:43=	01:29=	01:10=	00:50=	00:53=	01:55=	01:23=	01:39=	01:16=	01:47=	00:41=	00:40=	00:43=	01:13=	01:09=	01:37=	01:58=	01:55=	01:06=	02:10=	02:18=	01:16=	01:02=	00:53=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
34:11=	35:00=																													
01:06=	00:49=																													
00:00=	00:00=																													
2	Joar Eilevstjønn	67																	35:18											
00:28-	01:21+	02:08+	03:34+	04:46+	05:34+	06:32+	08:00-	09:32-	11:14-	12:37=	14:24=	15:04-	15:44-	16:31+	17:50+	18:53+	20:27=	22:27+	24:26+	25:27+	27:43+	29:59+	30:55-	32:11-	33:20+					
00:28-	00:53+	00:47+	01:26-	01:12+	00:48-	00:58+	01:28-	01:32+	01:42+	01:23+	01:47=	00:40-	00:40=	00:47+	01:19+	01:03-	01:34-	02:00+	01:59+	01:01-	02:16+	02:16-	00:56-	01:16+	01:09+					
00:03-	00:05#	00:04+	00:03-	00:02+	00:02-	00:05+	00:27-	00:09#	00:03+	00:07+	00:00=	00:01-	00:00=	00:04+	00:06+	00:06-	00:03-	00:02+	00:04+	00:05-	00:06+	00:02-	00:20-	00:14#	00:16&					
34:26+	35:18+																													
01:06=	00:52+																													
00:00=	00:03+																													

Class	Navn	Klasse											Tid												
3	Magnus Landstad	66											35:49												
00:29-	01:21+	02:06+	03:38+	04:55+	05:47+	06:46+	08:14-	09:51+	11:34+	13:01+	14:51+	15:31+	16:15+	17:22+	18:42+	19:51+	21:38+	23:36+	24:54+	26:03+	27:57+	30:19+	31:13+	32:30+	33:43+
00:29-	00:52+	00:45+	01:32+	01:17+	00:52+	00:59+	01:28-	01:37+	01:43+	01:27+	01:50+	00:40-	00:44+	01:07+	01:20+	01:09=	01:47+	01:58=	01:18-	01:09+	01:54-	02:22+	00:54-	01:17+	01:13+
00:02-	00:04+	00:02+	00:03+	00:07#	00:02+	00:06#	00:27-	00:14#	00:04+	00:11#	00:03+	00:01-	00:04#	00:24#	00:07+	00:00=	00:10#	00:00=	00:37-	00:03+	00:16-	00:04+	00:22-	00:15#	00:20#
34:51+	35:49+																								
01:08+	00:58+																								
00:02+	00:09#																								
4	Kim Richter	218											36:05												
00:30-	01:23+	02:21+	03:47+	05:14+	06:02+	06:59+	08:27+	09:51+	11:39+	13:00+	14:53+	15:35+	16:18+	17:13+	18:39+	19:48+	21:36+	23:54+	25:44+	26:51+	28:37+	30:53+	31:52+	33:05+	34:02+
00:30-	00:53+	00:58+	01:26-	01:27+	00:48-	00:57+	01:28-	01:24+	01:48+	01:21+	01:53+	00:42+	00:43+	00:55+	01:26+	01:09=	01:48+	02:18+	01:50-	01:07+	01:46-	02:16-	00:59-	01:13+	00:57+
00:01-	00:05#	00:15&	00:03-	00:17#	00:02-	00:04+	00:27-	00:01+	00:09+	00:05+	00:06+	00:01+	00:03+	00:12#	00:13#	00:00=	00:11#	00:20#	00:05-	00:01+	00:24-	00:02-	00:17-	00:11#	00:04+
35:06+	36:05+																								
01:04-	00:59+																								
00:02-	00:10#																								
5	Tor Gunnar Aksland	116											36:11												
00:28-	01:23+	02:10+	03:40+	05:07+	05:58+	07:00+	08:28+	10:03+	11:44+	13:07+	14:57+	15:38+	16:19+	17:06+	18:22+	19:57+	21:44+	24:06+	25:41+	26:50+	28:45+	31:05+	32:04+	33:16+	34:07+
00:28-	00:55+	00:47+	01:30+	01:27+	00:51+	01:02+	01:28-	01:35+	01:41+	01:23+	01:50+	00:41=	00:41+	00:47+	01:16+	01:35+	01:47+	02:22+	01:35-	01:09+	01:55-	02:20+	00:59-	01:12+	00:51-
00:03-	00:07#	00:04+	00:01+	00:17#	00:01+	00:09#	00:27-	00:12#	00:02+	00:07+	00:03+	00:00=	00:01+	00:04+	00:03+	00:26#	00:10#	00:24#	00:20-	00:03+	00:15-	00:02+	00:17-	00:10#	00:02-
35:08+	36:11+																								
01:01-	01:03+																								
00:05-	00:14&																								
6	Odd Ivar Carlsen	76											36:19												
00:28-	01:22+	02:09+	03:35+	05:02+	05:52+	06:50+	08:14-	09:48+	11:27+	12:48+	14:42+	15:23+	16:07+	16:54+	18:11+	19:19+	20:51+	22:59+	24:42+	26:16+	28:39+	30:58+	31:50+	33:24+	34:22+
00:28-	00:54+	00:47+	01:26-	01:27+	00:50=	00:58+	01:24-	01:34+	01:39=	01:21+	01:54+	00:41=	00:44+	00:47+	01:17+	01:08-	01:32-	02:08+	01:43-	01:34+	02:23+	02:19+	00:52-	01:34+	00:58+
00:03-	00:06#	00:04+	00:03-	00:17#	00:00=	00:05+	00:31-	00:11#	00:00=	00:05+	00:07+	00:00=	00:04#	00:04+	00:04+	00:01-	00:05-	00:10+	00:12-	00:28&	00:13#	00:01+	00:24-	00:32&	00:05+
35:27+	36:19+																								
01:05-	00:52+																								
00:01-	00:03+																								
7	Stein Arne Olsen	68											36:27												
00:29-	01:26+	02:15+	03:42+	04:58+	05:50+	06:47+	08:16-	09:42=	11:34+	12:57+	15:40+	16:23+	17:08+	17:58+	19:20+	20:28+	22:03+	24:09+	25:38+	26:45+	28:39+	31:26+	32:18+	33:36+	34:26+
00:29-	00:57+	00:49+	01:27-	01:16+	00:52+	00:57+	01:29-	01:26+	01:52+	01:23+	02:43+	00:43+	00:45+	00:50+	01:22+	01:08-	01:35-	02:06+	01:29-	01:07+	01:54-	02:47+	00:52-	01:18+	00:50-
00:02-	00:09#	00:06#	00:02-	00:06+	00:02+	00:04+	00:26-	00:03+	00:13#	00:07+	00:56#	00:02+	00:05#	00:07#	00:09#	00:01-	00:02-	00:08+	00:26-	00:01+	00:16-	00:29#	00:24-	00:16#	00:03-
35:31+	36:27+																								
01:05-	00:56+																								
00:01-	00:07#																								
8	Oddgeir Eikeskog	93											36:27												
00:29-	01:21+	02:08+	03:34+	04:53+	05:44+	06:48+	08:18-	09:50+	11:34+	13:01+	15:04+	15:46+	16:30+	17:28+	18:52+	20:01+	21:36+	23:47+	25:27+	26:33+	28:38+	31:20+	32:12+	33:26+	34:23+
00:29-	00:52+	00:47+	01:26-	01:19+	00:51+	01:04+	01:30-	01:32+	01:44+	01:27+	02:03+	00:42+	00:44+	00:58+	01:24+	01:09=	01:35-	02:11+	01:40-	01:06=	02:05-	02:42+	00:52-	01:14+	00:57+
00:02-	00:04+	00:04+	00:03-	00:09#	00:01+	00:11#	00:25-	00:09#	00:05+	00:11#	00:16#	00:01+	00:04#	00:15&	00:11#	00:00=	00:02-	00:13#	00:15-	00:00=	00:05-	00:24#	00:24-	00:12#	00:04+
35:30+	36:27+																								
01:07+	00:57+																								
00:01+	00:08#																								
9	Odd Fuglestad	250											36:34												
00:28-	01:22+	02:13+	03:45+	05:02+	05:52+	06:56+	08:29+	10:05+	11:50+	13:18+	15:24+	16:04+	16:47+	17:37+	19:03+	20:12+	21:45+	24:11+	25:31+	26:36+	28:42+	31:23+	32:22+	33:38+	34:36+
00:28-	00:55+	00:50+	01:32+	01:17+	00:50=	01:04+	01:33-	01:36+	01:45+	01:28+	02:06+	00:40-	00:43+	00:50+	01:26+	01:09=	01:33-	02:26+	01:20-	01:05-	02:06-	02:41+	00:59-	01:16+	00:58+
00:03-	00:07#	00:07#	00:03+	00:07#	00:00=	00:11#	00:22-	00:13#	00:06+	00:12#	00:19#	00:01-	00:03+	00:07#	00:13#	00:00=	00:04-	00:28#	00:35-	00:01-	00:04-	00:23#	00:17-	00:14#	00:05+
35:36+	36:34+																								
01:00-	00:58+																								
00:06-	00:09#																								
10	Morten Aamodt	116											36:46												
00:35+	01:30+	02:16+	03:40+	05:03+	05:54+	07:04+	08:31+	10:04+	11:46+	13:11+	15:07+	15:53+	16:41+	17:31+	18:50+	20:06+	21:47+	23:48+	25:37+	26:44+	28:43+	31:08+	32:12+	33:27+	34:29+
00:35+	00:55+	00:46+	01:24-	01:23+	00:51+	01:10+	01:27-	01:33+	01:42+	01:25+	01:56+	00:46+	00:48+	00:50+	01:19+	01:16+	01:41+	02:01+	01:49-	01:07+	01:59-	02:25+	01:04-	01:15+	01:02+
00:04#	00:07#	00:03+	00:05-	00:13#	00:01+	00:17&	00:28-	00:10#	00:03+	00:09#	00:09+	00:05#	00:08#	00:07#	00:06+	00:07#	00:04+	00:03+	00:06-	00:01+	00:11-	00:07+	00:12-	00:13#	00:09#
35:41+	36:46+																								
01:12+	01:05+																								
00:06+	00:16#																								
11	Jan-Rune Basso	91											36:57												
00:29-	01:22+	02:07+	03:42+	05:05+	05:53+	06:50+	08:17-	09:50+	11:29+	12:55+	14:50+	15:31+	16:16+	17:08+	18:28+	19:40+	21:28+	23:31+	25:05+	26:16+	29:00+	31:27+	32:28+	33:47+	34:47+
00:29-	00:53+	00:45+	01:35+	01:23+	00:48-	00:57+	01:27-	01:33+	01:39=	01:26+	01:55+	00:41=	00:45+	00:52+	01:20+	01:12+	01:48+	02:03+	01:34-	01:11+	02:44+	02:27+	01:01-	01:19+	01:00+
00:02-	00:05#	00:02+	00:06+	00:13#	00:02-	00:04+	00:28-	00:10#	00:00=	00:10#	00:08+	00:00=	00:05#	00:09#	00:07+	00:03+	00:11#	00:05+	00:21-	00:05+	00:34&	00:09+	00:15-	00:17&	00:07#
35:58+																									

Class	Navn	Klasse																				Tid	
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Beste strekktid for klassen

00:28	00:48	00:42	01:24	01:10	00:48	00:53	01:24	01:23	01:39	01:16	01:47	00:40	00:40	00:43	01:13	01:03	01:32	01:57	01:01	01:01	01:19	02:08	00:51	01:02	00:48	01:00	00:49
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer C

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

Class	Navn	Klasse										Tid															
14	Øistein Haaland	116										37:35															
01:15-	02:13-	04:44-	05:11-	06:09-	07:17-	08:42-	10:04-	11:03-	12:03-	12:52-	13:45-	15:46-	16:55+	17:58+	19:44+	21:46+	23:14+	27:35+	30:35+	31:50+	33:37+	33:55+	35:37+	37:01+	37:35+		
01:15-	00:58+	02:31+	00:27=	00:58-	01:08-	01:25-	01:22-	00:59+	01:00-	00:49-	00:53+	02:01-	01:09+	01:03+	01:46+	02:02+	01:28+	04:21+	03:00+	01:15+	01:47+	00:18+	01:42+	01:24+	00:34+		
00:12-	00:03+	00:03+	00:00=	00:11-	00:02-	00:03-	00:02-	00:05+	00:10-	00:02-	00:30#	00:03-	00:24&	00:03+	00:20#	00:57&	00:19&	02:58#	00:10+	00:13#	00:02+	00:01+	00:03+	00:11#	00:03+		
15	Sveinug Svebestad	46										41:27															
01:27=	02:30+	05:34+	06:03+	07:24+	08:53+	10:41+	12:42+	14:18+	15:32+	16:33+	17:00+	19:20+	20:20+	21:42+	23:49+	25:33+	27:07+	29:09+	33:08+	34:18+	36:32+	36:51+	39:01+	40:38+	41:27+		
01:27=	01:03+	03:04+	00:29+	01:21+	01:29+	01:48+	02:01+	01:36+	01:14+	01:01+	00:27+	02:20+	01:00+	01:22+	02:07+	01:44+	01:34+	02:02+	03:59+	01:10+	02:14+	00:19+	02:10+	01:37+	00:49+		
00:00=	00:08#	00:36#	00:02+	00:12#	00:19&	00:20#	00:37&	00:42&	00:04+	00:10#	00:04#	00:16#	00:15&	00:22&	00:41&	00:39&	00:25&	00:39&	01:09&	00:08#	00:29&	00:02#	00:31&	00:24&	00:18&		
16	Pål H. Gjerden	116										43:13															
01:15-	02:15-	04:59+	05:28+	06:34+	07:50+	09:41+	11:30+	12:26+	13:39+	14:43+	15:08+	17:21+	18:15+	19:52+	21:51+	26:33+	28:20+	30:28+	34:33+	35:50+	38:00+	38:20+	40:25+	42:27+	43:13+		
01:15-	01:00+	02:44+	00:29+	01:06-	01:16+	01:51+	01:49+	00:56+	01:13+	01:04+	00:25+	02:13+	00:54+	01:37+	01:59+	04:42+	01:47+	02:08+	04:05+	01:17+	02:10+	00:20+	02:05+	02:02+	00:46+		
00:12-	00:05+	00:16#	00:02+	00:03-	00:06+	00:23&	00:25&	00:02+	00:03+	00:13&	00:02+	00:09+	00:09#	00:37&	00:33&	03:37#	00:38&	00:45&	01:15&	00:15#	00:25#	00:03#	00:26&	00:49&	00:15&		
17	Erling Mauland	83										44:28															
01:21-	02:20-	05:22+	05:49+	07:02+	08:29+	10:05+	12:07+	13:10+	14:31+	15:27+	16:14+	18:17+	19:05+	20:24+	22:42+	30:10+	31:28+	33:04+	36:45+	38:16+	40:16+	40:35+	42:25+	43:51+	44:28+		
01:21-	00:59+	03:02+	00:27=	01:13+	01:27+	01:36+	02:02+	01:03+	01:21+	00:56+	00:47+	02:03-	00:48+	01:19+	02:18+	07:28+	01:18+	01:36+	03:41+	01:31+	02:00+	00:19+	01:50+	01:26+	00:37+		
00:06-	00:04+	00:34#	00:00=	00:04+	00:17#	00:08+	00:38&	00:09#	00:11#	00:05+	00:24#	00:01-	00:03+	00:19&	00:52&	06:23#	00:09#	00:13#	00:51&	00:29&	00:15#	00:02#	00:11#	00:13#	00:06#		
18	Ove Oaland	116										47:01															
01:39+	02:52+	06:13+	06:47+	08:14+	09:45+	11:52+	13:55+	15:07+	16:42+	17:57+	19:39+	22:10+	23:56+	25:20+	28:05+	29:46+	31:28+	33:19+	37:40+	39:00+	41:09+	41:56+	44:04+	46:05+	47:01+		
01:39+	01:13+	03:21+	00:34+	01:27+	01:31+	02:07+	02:03+	01:12+	01:35+	01:15+	01:42+	02:31+	01:46+	01:24+	02:45+	01:41+	01:42+	01:51+	04:21+	01:20+	02:09+	00:47+	02:08+	02:01+	00:56+		
00:12#	00:18&	00:53&	00:07&	00:18&	00:21&	00:39&	00:39&	00:18&	00:25&	00:24&	01:19#	00:27#	01:01#	00:24&	01:19&	00:36&	00:33&	00:28&	01:31&	00:18&	00:24#	00:30#	00:29&	00:48&	00:25&		
19	Ivar Knutsen	116										47:42															
01:25-	02:35+	05:36+	06:07+	08:03+	09:23+	11:26+	13:02+	14:27+	16:39+	17:44+	18:21+	20:38+	21:35+	23:08+	25:28+	29:59+	31:50+	33:33+	38:11+	39:38+	41:38+	42:04+	44:19+	47:01+	47:42+		
01:25-	01:10+	03:01+	00:31+	01:56+	01:20+	02:03+	01:36+	01:25+	02:12+	01:05+	00:37+	02:17+	00:57+	01:33+	02:20+	04:31+	01:51+	01:43+	04:38+	01:27+	02:00+	00:26+	02:15+	02:42+	00:41+		
00:02-	00:15&	00:33#	00:04#	00:47&	00:10#	00:35&	00:12#	00:31&	01:02&	00:14&	00:14&	00:13#	00:12&	00:33&	00:54&	03:26#	00:42&	00:20#	01:48&	00:25&	00:15#	00:09&	00:36&	01:29#	00:10&		
Beste strekktid for klassen		01:07	00:53	02:19	00:24	00:58	01:01	01:19	01:22	00:49	00:58	00:48	00:21	01:45	00:40	00:54	01:26	00:58	01:02	01:13	02:48	00:52	01:35	00:14	01:27	01:11	00:30

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

Herrer Ny

1	Ahmed Mahran	91										34:14														
00:53=	02:00=	02:35=	03:34=	05:04=	07:47=	09:55=	14:17=	15:40=	18:44=	20:13=	24:36=	26:08=	31:06=	34:14=												
00:53=	01:07=	00:35=	00:59=	01:30=	02:43=	02:08=	04:22=	01:23=	03:04=	01:29=	04:23=	01:32=	04:58=	03:08=												
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=												
2	Mats Hauge	101										45:21														
01:04+	02:05+	02:35=	03:15-	04:23-	05:59-	08:40-	23:50+	25:17+	28:15+	36:45+	39:57+	41:11+	43:57+	45:21+												
01:04+	01:01-	00:30-	00:40-	01:08-	01:36-	02:41+	15:10+	01:27+	02:58-	08:30+	03:12-	01:14-	02:46-	01:24-												
00:11#	00:06-	00:05-	00:19-	00:22-	01:07-	00:33&	10:48#	00:04+	00:06-	07:01#	01:11-	00:18-	02:12-	01:44-												
Beste strekktid for klassen		00:53	01:01	00:30	00:40	01:08	01:36	02:08	04:22	01:23	02:58	01:29	03:12	01:14	02:46	01:24										

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

Herrer Trim

1	Olav Magnus Eik Espedal	88										22:46														
00:23=	01:21=	02:48=	04:02=	04:53=	05:49=	06:31=	08:54=	09:49=	11:00=	12:15=	13:07=	13:35=	14:30=	16:01=	18:29=	19:03=	19:22=	20:19=	22:18=	22:46=						
00:23=	00:58=	01:27=	01:14=	00:51=	00:56=	00:42=	02:23=	00:55=	01:11=	01:15=	00:52=	00:28=	00:55=	01:31=	02:28=	00:34=	00:19=	00:57=	01:59=	00:28=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Torstein Birkeland	39										23:20														
00:27+	01:29+	02:53+	04:14+	05:08+	05:57+	06:55+	08:29-	09:51+	11:02+	12:18+	12:54-	13:24-	15:17+	16:52+	18:51+	19:30+	19:47+	20:34+	22:49+	23:20+						
00:27+	01:02+	01:24-	01:21+	00:54+	00:49-	00:58+	01:34-	01:22+	01:11=	01:16+	00:36-	00:30+	01:53+	01:35+	01:59-	00:39+	00:17-	00:47-	02:15+	00:31+						
00:04#	00:04+	00:03-	00:07+	00:03+	00:07-	00:16&	00:49-	00:27&	00:00=	00:01+	00:16-	00:02+	00:58#	00:04+	00:29-	00:05#	00:02-	00:10-	00:16#	00:03#						
3	Alexander Romanov	111										24:17														
00:30+	01:36+	03:07+	04:29+	05:15+	06:31+	07:24+	09:40+	10:35+	11:59+	13:20+	14:17+	14:52+	16:09+	17:54+	19:23+	20:03+	20:21+	21:24+	23:38+	24:17+						
00:30+	01:06+	01:31+	01:22+	00:46-	01:16+	00:53+	02:16-	00:55=	01:24+	01:21+	00:57+	00:35+	01:17+	01:45+	01:29-	00:40+	00:18-	01:03+	02:14+	00:39+						
00:07&	00:08#	00:04+	00:08#	00:05-	00:20&	00:11&	00:07-	00:00=	00:13#	00:06+	00:05+	00:07#	00:22&	00:14#	00:59-	00:06#	00:01-	00:06#	00:15#	00:11&						

Class	Navn	Klasse											Tid							
4	Bruno Pierfelice	51											25:05							
00:30+	01:21=	02:53+	05:13+	06:00+	06:51+	08:02+	09:30+	10:32+	11:46+	13:06+	14:28+	15:06+	16:20+	18:25+	20:47+	21:18+	21:33+	22:22+	24:24+	25:05+
00:30+	00:51-	01:32+	02:20+	00:47-	00:51-	01:11+	01:28-	01:02+	01:14+	01:20+	01:22+	00:38+	01:14+	02:05+	02:22-	00:31-	00:15-	00:49-	02:02+	00:41+
00:07&	00:07-	00:05+	01:06&	00:04-	00:05-	00:29&	00:55-	00:07#	00:03+	00:05+	00:30&	00:10&	00:19&	00:34&	00:06-	00:03-	00:04-	00:08-	00:03+	00:13&
5	Kjartan Bryne	105											25:34							
00:30+	01:38+	03:31+	05:08+	06:04+	07:02+	08:27+	10:49+	12:06+	13:48+	15:18+	16:03+	16:42+	17:36+	19:39+	21:12+	21:47+	22:06+	22:43+	24:56+	25:34+
00:30+	01:08+	01:53+	01:37+	00:56+	00:58+	01:25+	02:22-	01:17+	01:42+	01:30+	00:45-	00:39+	00:54-	02:03+	01:33-	00:35+	00:19=	00:37-	02:13+	00:38+
00:07&	00:10#	00:26&	00:23&	00:05+	00:02+	00:43#	00:01-	00:22&	00:31&	00:15#	00:07-	00:11&	00:01-	00:32&	00:55-	00:01+	00:00=	00:20-	00:14#	00:10&
6	Gaute Hovtun	53											28:39							
00:31+	01:25+	02:46-	04:07+	04:55+	05:42-	07:22+	08:55+	09:59+	11:29+	12:49+	13:47+	14:21+	16:06+	22:45+	24:07+	24:45+	25:05+	25:47+	27:58+	28:39+
00:31+	00:54-	01:21-	01:21+	00:48-	00:47-	01:40+	01:33-	01:04+	01:30+	01:20+	00:58+	00:34+	01:45+	06:39+	01:22-	00:38+	00:20+	00:42-	02:11+	00:41+
00:08&	00:04-	00:06-	00:07+	00:03-	00:09-	00:58#	00:50-	00:09#	00:19&	00:05+	00:06#	00:06#	00:50&	05:08#	01:06-	00:04#	00:01+	00:15-	00:12#	00:13&
7	Svein Mæle	115											29:51							
00:35+	01:53+	03:41+	05:20+	06:21+	07:30+	08:49+	10:41+	11:49+	13:46+	15:40+	16:18+	16:58+	18:17+	20:33+	23:51+	24:37+	24:58+	25:48+	28:55+	29:51+
00:35+	01:18+	01:48+	01:39+	01:01+	01:09+	01:19+	01:52-	01:08+	01:57+	01:54+	00:38-	00:40+	01:19+	02:16+	03:18+	00:46+	00:21+	00:50-	03:07+	00:56+
00:12&	00:20&	00:21#	00:25&	00:10#	00:13#	00:37&	00:31-	00:13#	00:46&	00:39&	00:14-	00:12&	00:24&	00:45&	00:50&	00:12&	00:02#	00:07-	01:08&	00:28&
8	Frode Lund	18											30:39							
00:36+	01:53+	04:06+	05:55+	06:57+	08:09+	09:48+	11:37+	13:49+	15:34+	17:24+	18:14+	19:01+	20:09+	22:58+	24:51+	25:44+	26:12+	27:07+	29:54+	30:39+
00:36+	01:17+	02:13+	01:49+	01:02+	01:12+	01:39+	01:49-	02:12+	01:45+	01:50+	00:50-	00:47+	01:08+	02:49+	01:53-	00:53+	00:28+	00:55-	02:47+	00:45+
00:13&	00:19&	00:46&	00:35&	00:11#	00:16&	00:57#	00:34-	01:17#	00:34&	00:35&	00:02-	00:19&	00:13#	01:18&	00:35-	00:19&	00:09&	00:02-	00:48&	00:17&
9	Frode Heigre	62											30:48							
00:35+	01:51+	04:06+	06:11+	07:18+	08:30+	09:37+	11:37+	13:21+	14:48+	16:42+	17:35+	18:21+	19:38+	22:28+	24:20+	25:06+	25:37+	26:41+	29:57+	30:48+
00:35+	01:16+	02:15+	02:05+	01:07+	01:12+	01:07+	02:00-	01:44+	01:27+	01:54+	00:53+	00:46+	01:17+	02:50+	01:52-	00:46+	00:31+	01:04+	03:16+	00:51+
00:12&	00:18&	00:48&	00:51&	00:16&	00:16&	00:25&	00:23-	00:49&	00:16#	00:39&	00:01+	00:18&	00:22&	01:19&	00:36-	00:12&	00:12&	00:07#	01:17&	00:23&
10	Kjetil Jørgensen	90											30:48							
00:28+	01:35+	03:27+	06:04+	06:48+	07:44+	08:45+	10:48+	12:21+	13:50+	15:18+	16:07+	16:52+	17:52+	20:39+	22:18+	23:22+	23:50+	27:52+	30:07+	30:48+
00:28+	01:07+	01:52+	02:37+	00:44-	00:56=	01:01+	02:03-	01:33+	01:29+	01:28+	00:49-	00:45+	01:00+	02:47+	01:39-	01:04+	00:28+	04:02+	02:15+	00:41+
00:05#	00:09#	00:25&	01:23#	00:07-	00:00=	00:19&	00:20-	00:38&	00:18&	00:13#	00:03-	00:17&	00:05+	01:16&	00:49-	00:30&	00:09&	03:05#	00:16#	00:13&
11	Cato Bjerkeli	237											31:29							
00:35+	01:56+	03:39+	05:25+	06:17+	07:26+	08:24+	10:17+	11:30+	13:35+	16:34+	17:23+	18:11+	19:24+	21:52+	23:53+	24:48+	25:14+	26:12+	30:41+	31:29+
00:35+	01:21+	01:43+	01:46+	00:52+	01:09+	00:58+	01:53-	01:13+	02:05+	02:59+	00:49-	00:48+	01:13+	02:28+	02:01-	00:55+	00:26+	00:58+	04:29+	00:48+
00:12&	00:23&	00:16#	00:32&	00:01+	00:13#	00:16&	00:30-	00:18&	00:54&	01:44#	00:03-	00:20&	00:18&	00:57&	00:27-	00:21&	00:07&	00:01+	02:30#	00:20&
12	Svein Erik Bjørnsen	91											31:35							
00:39+	01:57+	03:36+	05:12+	05:53+	06:57+	08:08+	10:43+	12:09+	13:54+	15:38+	17:31+	18:02+	19:09+	22:44+	24:34+	25:19+	26:40+	27:28+	30:59+	31:35+
00:39+	01:18+	01:39+	01:36+	00:41-	01:04+	01:11+	02:35+	01:26+	01:45+	01:44+	01:53+	00:31+	01:07+	03:35+	01:50-	00:45+	01:21+	00:48-	03:31+	00:36+
00:16&	00:20&	00:12#	00:22&	00:10-	00:08#	00:29&	00:12+	00:31&	00:34&	00:29&	01:01#	00:03#	00:12#	02:04#	00:38-	00:11&	01:02#	00:09-	01:32&	00:08&
13	Svein Sivertsen	115											32:07							
00:36+	02:07+	04:25+	06:30+	07:37+	08:52+	10:34+	12:47+	14:18+	16:07+	17:54+	18:47+	19:38+	20:50+	23:44+	25:53+	27:19+	27:52+	28:40+	31:22+	32:07+
00:36+	01:31+	02:18+	02:05+	01:07+	01:15+	01:42+	02:13-	01:31+	01:49+	01:47+	00:53+	00:51+	01:12+	02:54+	02:09-	01:26+	00:33+	00:48-	02:42+	00:45+
00:13&	00:33&	00:51&	00:51&	00:16&	00:19&	01:00#	00:10-	00:36&	00:38&	00:32&	00:01+	00:23&	00:17&	01:23&	00:19-	00:52#	00:14&	00:09-	00:43&	00:17&
14	Elvio Freitas	51											32:22							
00:31+	01:41+	03:22+	05:28+	06:15+	07:22+	08:36+	10:30+	11:54+	13:53+	15:47+	17:06+	17:40+	19:18+	24:28+	26:27+	27:32+	27:54+	28:46+	31:40+	32:22+
00:31+	01:10+	01:41+	02:06+	00:47-	01:07+	01:14+	01:54-	01:24+	01:59+	01:54+	01:19+	00:34+	01:38+	05:10+	01:59-	01:05+	00:22+	00:52-	02:54+	00:42+
00:08&	00:12#	00:14#	00:52&	00:04-	00:11#	00:32&	00:29-	00:29&	00:48&	00:52&	00:27&	00:06#	00:43&	03:39#	00:29-	00:31&	00:03#	00:05-	00:55&	00:14&
15	Truls Thorkildsen	39											32:45							
00:39+	01:46+	03:31+	05:39+	06:34+	07:40+	08:45+	10:30+	17:26+	19:00+	20:47+	21:30+	22:17+	23:17+	25:41+	27:13+	27:59+	28:23+	29:17+	32:04+	32:45+
00:39+	01:07+	01:45+	02:08+	00:55+	01:06+	01:05+	01:45-	06:56+	01:34+	01:47+	00:43-	00:47+	01:00+	02:24+	01:32-	00:46+	00:24+	00:54-	02:47+	00:41+
00:16&	00:09#	00:18#	00:54&	00:04+	00:10#	00:23&	00:38-	06:01#	00:23&	00:32&	00:09-	00:19&	00:05+	00:53&	00:56-	00:12&	00:05&	00:03-	00:48&	00:13&
16	Jan Erik Syvertsen	51											32:46							
00:39+	01:57+	03:40+	05:23+	06:33+	07:43+	09:32+	11:32+	13:05+	14:48+	16:57+	17:49+	18:31+	20:55+	22:57+	26:25+	27:09+	27:32+	28:23+	32:05+	32:46+
00:39+	01:18+	01:43+	01:43+	01:10+	01:10+	01:49+	02:00-	01:33+	01:43+	02:09+	00:52=	00:42+	02:24+	02:02+	03:28+	00:44+	00:23+	00:51-	03:42+	00:41+
00:16&	00:20&	00:16#	00:29&	00:19&	00:14#	01:07#	00:23-	00:38&	00:32&	00:54&	00:00=	00:14&	01:29#	00:31&	01:00&	00:10&	00:04#	00:06-	01:43&	00:13&
17	Christof Schätz	239											33:03							
00:33+	01:52+	03:53+	05:49+	06:52+	08:34+	09:45+	11:46+	13:29+	15:24+	17:28+	18:46+	19:25+	21:04+	23:32+	26:22+	27:12+	27:46+	28:42+	32:10+	33:03+
00:33+	01:19+	02:01+	01:56+	01:03+	01:42+	01:11+	02:01-	01:43+	01:55+	02:04+	01:18+	00:39+	01:39+	02:28+	02:50+	00:50+	00:34+	00:56-	03:28+	00:53+
00:10&	00:21&	00:34&	00:42&	00:12#	00:46&	00:29&	00:22-	00:48&	00:44&	00:49&	00:26&	00:11&	00:44&	00:57&	00:22#	00:16&	00:15&	00:01-	01:29&	00:25&
18	Steinar Amundsen	115											33:12							
00:39+	02:05+	04:00+	06:07+	07:01+	08:22+	09:50+	12:14+	14:54+	16:59+	19:03+	19:56+	20:40+	22:14+	24:52+	26:54+	27:43+	28:12+	29:02+	32:20+	33:12+
00:39+	01:26+	01:55+	02:07+	00:54+	01:21+	01:28+	02:24+	02:40+	02:05+	02:04+	00:53+	00:44+	01:34+	02:38+	02:02-	00:49+	00:29+	00:50-	03:18+	00:52+
00:16&	00:28&	00:28&	00:53&	00:03+	00:25&	00:46#	00:01+	01:45#	00:54&	00:49&	00:01+	00:16&	00:39&	01:07&	00:26-	00:15&	00:10&	00:07-	01:19&	00:24&

Class	Navn	Klasse													Tid						
19	Martin Svensen	284													33:13						
00:26+	01:29+	03:03+	04:23+	05:25+	06:19+	07:20+	09:03+	11:47+	12:56+	14:10+	15:24+	16:40+	18:09+	24:32+	26:12+	29:14+	29:43+	30:21+	32:43+	33:13+	
00:26+	01:03+	01:34+	01:20+	01:02+	00:54-	01:01+	01:43-	02:44+	01:09-	01:14-	01:14+	01:16+	01:29+	06:23+	01:40-	03:02+	00:29+	00:38-	02:22+	00:30+	
00:03#	00:05+	00:07+	00:06+	00:11#	00:02-	00:19#	00:40-	01:49#	00:02-	00:01-	00:22#	00:48#	00:34#	04:52#	00:48-	02:28#	00:10#	00:19-	00:23#	00:02+	
20	Reidar Haver	4													33:20						
00:40+	02:08+	04:44+	06:43+	07:50+	09:08+	10:29+	12:45+	14:16+	16:21+	18:17+	19:24+	20:10+	21:37+	25:00+	26:53+	27:54+	28:32+	29:33+	32:36+	33:20+	
00:40+	01:28+	02:36+	01:59+	01:07+	01:18+	01:21+	02:16-	01:31+	02:05+	01:56+	01:07+	00:46+	01:27+	03:23+	01:53-	01:01+	00:38+	01:01+	03:03+	00:44+	
00:17#	00:30#	01:09#	00:45#	00:16#	00:22#	00:39#	00:07-	00:36#	00:54#	00:41#	00:15#	00:18#	00:32#	01:52#	00:35-	00:27#	00:19#	00:04+	01:04#	00:16#	
21	Anders H Foss	263													33:38						
00:47+	02:03+	03:57+	06:03+	07:24+	08:32+	09:32+	11:31+	12:51+	14:44+	16:39+	21:12+	21:58+	23:01+	25:26+	27:41+	28:54+	29:19+	30:18+	32:52+	33:38+	
00:47+	01:16+	01:54+	02:06+	01:21+	01:08+	01:00+	01:59-	01:20+	01:53+	01:55+	04:33+	00:46+	01:03+	02:25+	02:15-	01:13+	00:25+	00:59+	02:34+	00:46+	
00:24#	00:18#	00:27#	00:52#	00:30#	00:12#	00:18#	00:24-	00:25#	00:42#	00:40#	03:41#	00:18#	00:08#	00:54#	00:13-	00:39#	00:06#	00:02+	00:35#	00:18#	
22	Asle Schanke Grude	92													34:04						
00:50+	02:33+	04:46+	07:03+	08:00+	09:17+	10:32+	12:48+	14:14+	16:22+	18:48+	19:44+	20:31+	21:42+	25:02+	27:34+	28:26+	28:53+	29:43+	33:08+	34:04+	
00:50+	01:43+	02:13+	02:17+	00:57+	01:17+	01:15+	02:16-	01:26+	02:08+	02:26+	00:56+	00:47+	01:11+	03:20+	02:32+	00:52+	00:27+	00:50-	03:25+	00:56+	
00:27#	00:45#	00:46#	01:03#	00:06#	00:21#	00:33#	00:07-	00:31#	00:57#	01:11#	00:04+	00:19#	00:16#	01:49#	00:04+	00:18#	00:08#	00:07-	01:26#	00:28#	
23	John Thorsnæs	51													35:04						
00:33+	01:57+	04:23+	07:47+	08:57+	10:23+	11:40+	13:53+	15:24+	17:19+	19:53+	20:55+	21:38+	22:56+	26:07+	28:40+	29:35+	29:59+	30:52+	34:14+	35:04+	
00:33+	01:24+	02:26+	03:24+	01:10+	01:26+	01:17+	02:13-	01:31+	01:55+	02:34+	01:02+	00:43+	01:18+	03:11+	02:33+	00:55+	00:24+	00:53-	03:22+	00:50+	
00:10#	00:26#	00:59#	02:10#	00:19#	00:30#	00:35#	00:10-	00:36#	00:44#	01:19#	00:10#	00:15#	00:23#	01:40#	00:05+	00:21#	00:05#	00:04-	01:23#	00:22#	
24	Ståle Sletten	116													35:19						
00:37+	02:00+	03:55+	05:54+	07:26+	08:58+	10:37+	13:26+	14:36+	16:29+	19:09+	20:07+	20:45+	22:22+	25:41+	28:22+	28:54+	29:25+	30:29+	34:21+	35:19+	
00:37+	01:23+	01:55+	01:59+	01:32+	01:32+	01:39+	02:49+	01:10+	01:53+	02:40+	00:58+	00:38+	01:37+	03:19+	02:41+	00:32-	00:31+	01:04+	03:52+	00:58+	
00:14#	00:25#	00:28#	00:45#	00:41#	00:36#	00:57#	00:26#	00:15#	00:42#	01:25#	00:06#	00:10#	00:42#	01:48#	00:13+	00:02-	00:12#	00:07#	01:53#	00:30#	
25	John Øgreid	27													35:27						
00:29+	01:33+	03:11+	04:51+	06:00+	06:58+	07:56+	09:43+	11:13+	12:48+	14:25+	15:09+	15:44+	16:58+	19:06+	20:49+	21:29+	21:56+	22:44+	34:49+	35:27+	
00:29+	01:04+	01:38+	01:40+	01:09+	00:58+	00:58+	01:47-	01:30+	01:35+	01:37+	00:44-	00:35+	01:14+	02:08+	01:43-	00:40+	00:27+	00:48-	12:05+	00:38+	
00:06#	00:06#	00:11#	00:26#	00:18#	00:02+	00:16#	00:36-	00:35#	00:24#	00:22#	00:08-	00:07#	00:19#	00:37#	00:45-	00:06#	00:08#	00:09-	10:06#	00:10#	
26	Thorstein Gunnarsson	144													36:08						
00:37+	02:02+	04:01+	07:03+	08:12+	09:32+	10:46+	13:47+	15:30+	17:20+	21:28+	22:13+	22:51+	24:12+	26:58+	29:00+	29:49+	30:14+	31:03+	35:13+	36:08+	
00:37+	01:25+	01:59+	03:02+	01:09+	01:20+	01:14+	03:01+	01:43+	01:50+	04:08+	00:45-	00:38+	01:21+	02:46+	02:02-	00:49+	00:25+	00:49-	04:10+	00:55+	
00:14#	00:27#	00:32#	01:48#	00:18#	00:24#	00:32#	00:38#	00:48#	00:39#	02:53#	00:07-	00:10#	00:26#	01:15#	00:26-	00:15#	00:06#	00:08-	02:11#	00:27#	
27	Joar Fandrem	94													36:13						
00:35+	02:17+	04:07+	05:54+	06:57+	08:07+	09:30+	11:41+	13:12+	15:17+	21:33+	22:13+	23:05+	24:26+	26:48+	29:28+	30:02+	30:28+	31:26+	35:16+	36:13+	
00:35+	01:42+	01:50+	01:47+	01:03+	01:10+	01:23+	02:11-	01:31+	02:05+	06:16+	00:40-	00:52+	01:21+	02:22+	02:40+	00:34#	00:26+	00:58+	03:50+	00:57+	
00:12#	00:44#	00:23#	00:33#	00:12#	00:14#	00:41#	00:12-	00:36#	00:54#	05:01#	00:12-	00:24#	00:26#	00:51#	00:12+	00:00#	00:07#	00:01+	01:51#	00:29#	
28	Tor Inge Hansen	144													37:18						
00:31+	02:03+	04:24+	08:54+	10:15+	11:22+	12:40+	15:33+	16:46+	18:20+	20:38+	22:13+	23:02+	25:07+	27:39+	29:47+	30:34+	31:07+	32:02+	36:36+	37:18+	
00:31+	01:32+	02:21+	04:30+	01:21+	01:07+	01:18+	02:53+	01:13+	01:34+	02:18+	01:35+	00:49+	02:05+	02:32+	02:08-	00:47+	00:33+	00:55-	04:34+	00:42+	
00:08#	00:34#	00:54#	03:16#	00:30#	00:11#	00:36#	00:30#	00:18#	00:23#	01:03#	00:43#	00:21#	01:10#	01:01#	00:20-	00:13#	00:14#	00:02-	02:35#	00:14#	
29	Leif Jarle Skåra	29													37:43						
00:37+	02:04+	04:26+	06:49+	07:45+	09:10+	10:33+	14:37+	16:24+	17:46+	19:30+	21:33+	22:32+	23:20+	24:32+	27:01+	29:15+	31:43+	32:14+	32:55+	36:54+	37:43+
00:37+	01:27+	02:22+	02:23+	00:56+	01:25+	01:23+	04:04+	01:47+	01:22+	01:44+	02:03+	00:59+	00:48-	01:12-	02:29+	02:14+	02:28+	00:31-	00:41-	03:59+	00:49+
00:14#	00:29#	00:55#	01:09#	00:05+	00:29#	00:41#	01:41#	00:52#	00:11#	00:29#	01:11#	00:31#	00:07-	00:19-	00:01+	01:40#	02:09#	00:26-	01:18-	03:31#	00:49+
30	Lars Tore Opdal	97													37:43						
00:35+	02:02+	04:40+	06:41+	07:49+	09:11+	10:44+	12:51+	15:15+	17:05+	19:10+	20:42+	21:29+	22:47+	26:42+	29:06+	30:18+	30:49+	32:25+	37:07+	37:43+	
00:35+	01:27+	02:38+	02:01+	01:08+	01:22+	01:33+	02:07-	02:24+	01:50+	02:05+	01:32+	00:47+	01:18+	03:55+	02:24-	01:12+	00:31+	01:36+	04:42+	00:36+	
00:12#	00:29#	01:11#	00:47#	00:17#	00:26#	00:51#	00:16-	01:29#	00:39#	00:50#	00:40#	00:19#	00:23#	02:24#	00:04-	00:38#	00:12#	00:39#	02:43#	00:08#	
31	Ivar Aalbu	29													38:10						
01:42+	03:28+	05:40+	07:38+	08:41+	10:05+	11:27+	13:49+	15:32+	18:13+	20:06+	21:07+	21:50+	23:03+	27:31+	31:20+	32:10+	32:30+	33:47+	37:23+	38:10+	
01:42+	01:46+	02:12+	01:58+	01:03+	01:24+	01:22+	02:22-	01:43+	02:41+	01:53+	01:01+	00:43+	01:13+	04:28+	03:49+	00:50+	00:20+	01:17+	03:36+	00:47+	
01:19#	00:48#	00:45#	00:44#	00:12#	00:28#	00:40#	00:01-	00:48#	01:30#	00:38#	00:09#	00:15#	00:18#	02:57#	01:21#	00:16#	00:01+	00:20#	01:37#	00:19#	
32	Terje Gautestad	54													38:38						
00:53+	02:55+	05:14+	07:35+	08:42+	10:09+	11:37+	14:10+	16:37+	18:45+	21:05+	22:52+	23:43+	25:35+	28:52+	31:19+	33:03+	33:31+	34:29+	37:42+	38:38+	
00:53+	02:02+	02:19+	02:21+	01:07+	01:27+	01:28+	02:33+	02:27+	02:08+	02:20+	01:47+	00:51+	01:52+	03:17+	02:27-	01:44+	00:28+	00:58+	03:13+	00:56+	
00:30#	01:04#	00:52#	01:07#	00:16#	00:31#	00:46#	00:10+	01:32#	00:57#	01:05#	00:55#	00:23#	00:57#	01:46#	00:01-	01:10#	00:09#	00:01+	01:14#	00:28#	
33	Jan Erik Rasmussen	51													39:47						
00:39+	02:17+	04:40+	06:54+	08:17+	09:51+	11:21+	13:58+	16:15+	18:39+	21:22+	22:40+	23:36+	25:30+	29:03+	31:38+	32:49+	33:17+	34:40+	38:47+	39:47+	
00:39+	01:38+	02:23+	02:14+	01:23+	01:34+	01:30+	02:37+	02:17+	02:24+	02:43+	01:18+	00:56+	01:54+	03:33+	02:35+	01:11+	00:28+	01:23+	04:07+	01:00+	
00:16#	00:40#	00:56#	01:00#	00:32#	00:38#	00:48#	00:14+	01:22#	01:13#	01:28#	00:26#	00:28#	00:59#	02:02#	00:07+	00:37#	00:09#	00:26#	02:08#	00:32#	

Class	Navn	Klasse										Tid									
34	Rolf Øystein Kluge	7										40:11									
00:41+	02:25+	04:55+	07:29+	08:53+	10:12+	11:40+	14:33+	16:09+	18:35+	20:42+	22:05+	22:52+	24:15+	28:18+	30:32+	31:47+	32:15+	33:45+	39:15+	40:11+	
00:41+	01:44+	02:30+	02:34+	01:24+	01:19+	01:28+	02:53+	01:36+	02:26+	02:07+	01:23+	00:47+	01:23+	04:03+	02:14-	01:15+	00:28+	01:30+	05:30+	00:56+	
00:18&	00:46&	01:03&	01:20&	00:33&	00:23&	00:46&	00:30#	00:41&	01:15&	00:52&	00:31&	00:19&	00:28&	02:32&	00:14-	00:41&	00:09&	00:33&	03:31&	00:28&	
35	245647 Ukjent løper	134										40:28									
00:26+	02:33+	04:11+	08:04+	09:07+	10:07+	11:18+	13:08+	17:25+	19:39+	21:10+	22:25+	23:31+	25:29+	31:23+	32:50+	33:34+	33:59+	34:57+	39:49+	40:28+	
00:26+	02:07+	01:38+	03:53+	01:03+	01:00+	01:11+	01:50-	04:17+	02:14+	01:31+	01:15+	01:06+	01:58+	05:54+	01:27-	00:44+	00:25+	00:58+	04:52+	00:39+	
00:03#	01:09&	00:11#	02:39&	00:12#	00:04+	00:29&	00:33-	03:22&	01:03&	00:16#	00:23&	00:38&	01:03&	04:23&	01:01-	00:10&	00:06&	00:01+	02:53&	00:11&	
36	Audun Sjøen	111										40:29									
00:40+	02:12+	04:38+	06:57+	07:46+	09:16+	10:37+	13:08+	14:41+	17:39+	19:42+	21:04+	21:51+	23:41+	29:17+	32:55+	33:41+	34:15+	35:56+	39:30+	40:29+	
00:40+	01:32+	02:26+	02:19+	00:49-	01:30+	01:21+	02:31+	01:33+	02:58+	02:03+	01:22+	00:47+	01:50+	05:36+	03:38+	00:46+	00:34+	01:41+	03:34+	00:59+	
00:17&	00:34&	00:59&	01:05&	00:02-	00:34&	00:39&	00:08+	00:38&	01:47&	00:48&	00:30&	00:19&	00:55&	04:05&	01:10&	00:12&	00:15&	00:44&	01:35&	00:31&	
37	Tom Leveraas	188										40:43									
00:46+	02:33+	05:11+	07:23+	08:51+	10:29+	12:04+	14:35+	16:19+	18:19+	20:26+	21:22+	22:08+	24:19+	27:10+	30:32+	35:45+	36:35+	37:16+	39:57+	40:43+	
00:46+	01:47+	02:38+	02:12+	01:28+	01:38+	01:35+	02:31+	01:44+	02:00+	02:07+	00:56+	00:46+	02:11+	02:51+	03:22+	05:13+	00:50+	00:41-	02:41+	00:46+	
00:23&	00:49&	01:11&	00:58&	00:37&	00:42&	00:53&	00:08+	00:49&	00:49&	00:52&	00:04+	00:18&	01:16&	01:20&	00:54&	04:39&	00:31&	00:16-	00:42&	00:18&	
38	Steinar Aase	268										40:44									
00:44+	02:34+	05:17+	07:58+	09:18+	10:53+	12:41+	15:17+	16:48+	19:06+	21:31+	22:43+	23:38+	25:11+	29:25+	32:27+	33:39+	34:14+	35:34+	39:39+	40:44+	
00:44+	01:50+	02:43+	02:41+	01:20+	01:35+	01:48+	02:36+	01:31+	02:18+	02:25+	01:12+	00:55+	01:33+	04:14+	03:02+	01:12+	00:35+	01:20+	04:05+	01:05+	
00:21&	00:52&	01:16&	01:27&	00:29&	00:39&	01:06&	00:13+	00:36&	01:07&	01:10&	00:20&	00:27&	00:38&	02:43&	00:34#	00:38&	00:16&	00:23&	02:06&	00:37&	
39	Alf Olav Kalvik	7										41:42									
00:38+	02:08+	04:09+	06:22+	07:24+	08:45+	10:11+	12:20+	13:48+	15:42+	17:34+	18:18+	19:11+	20:51+	23:53+	36:02+	36:39+	37:13+	38:10+	41:06+	41:42+	
00:38+	01:30+	02:01+	02:13+	01:20+	01:24+	01:26+	02:09-	01:54+	01:52+	00:44-	00:53+	00:48-	01:40+	03:02+	12:09+	00:37+	00:34+	00:57=	02:56+	00:36+	
00:15&	00:32&	00:34&	00:59&	00:11#	00:25&	00:44&	00:14-	00:33&	00:43&	00:37&	00:08-	00:25&	00:45&	01:31&	09:41&	00:03+	00:15&	00:00=	00:57&	00:08&	
40	Ove Vatland	128										42:54									
00:58+	03:16+	06:16+	08:54+	10:05+	11:49+	13:33+	16:41+	18:47+	21:02+	24:12+	25:28+	26:29+	28:17+	31:49+	34:37+	35:45+	36:40+	37:37+	41:42+	42:54+	
00:58+	02:18+	03:00+	02:38+	01:11+	01:44+	01:44+	03:08+	02:06+	02:15+	03:10+	01:16+	01:01+	01:48+	03:32+	02:48+	01:08+	00:55+	00:57=	04:05+	01:12+	
00:35&	01:20&	01:33&	01:24&	00:20&	00:48&	01:02&	00:45&	01:11&	01:04&	01:55&	00:24&	00:33&	00:53&	02:01&	00:20#	00:34&	00:36&	00:00=	02:06&	00:44&	
41	Ove Mæstad	67										43:44									
00:38+	02:06+	04:12+	06:15+	07:21+	08:36+	09:53+	12:14+	13:46+	15:41+	17:43+	18:52+	19:43+	22:55+	31:40+	35:57+	38:25+	39:00+	39:55+	43:01+	43:44+	
00:38+	01:28+	02:06+	02:03+	01:06+	01:15+	01:17+	02:21-	01:32+	01:55+	02:02+	01:09+	00:51+	03:12+	08:45+	04:17+	02:28+	00:35+	00:55-	03:06+	00:43+	
00:15&	00:30&	00:39&	00:49&	00:15&	00:19&	00:35&	00:02-	00:37&	00:44&	00:47&	00:17&	00:23&	02:17&	07:14&	01:49&	01:54&	00:16&	00:02-	01:07&	00:15&	
42	Arne Hope	43										44:44									
00:36+	02:01+	04:36+	06:50+	07:56+	09:05+	10:57+	14:44+	16:26+	18:14+	20:07+	21:08+	21:56+	23:42+	31:21+	33:45+	35:35+	35:57+	37:23+	43:25+	44:44+	
00:36+	01:25+	02:35+	02:14+	01:06+	01:09+	01:52+	03:47+	01:42+	01:48+	01:53+	01:01+	00:48+	01:46+	07:39+	02:24-	01:50+	00:22+	01:26+	06:02+	01:19+	
00:13&	00:27&	01:08&	01:00&	00:15&	00:13#	01:10&	01:24&	00:47&	00:37&	00:38&	00:09#	00:20&	00:51&	06:08&	00:04-	01:16&	00:03#	00:29&	04:03&	00:51&	
43	Harald Nilsen	79										44:54									
00:52+	02:50+	05:17+	07:58+	09:47+	11:15+	13:15+	15:43+	18:18+	20:33+	23:05+	24:32+	25:36+	27:12+	31:16+	33:54+	35:05+	35:39+	36:51+	43:37+	44:54+	
00:52+	01:58+	02:27+	02:41+	01:49+	01:28+	02:00+	02:28+	02:35+	02:15+	02:32+	01:27+	01:04+	01:36+	04:04+	02:38+	01:11+	00:34+	01:12+	06:46+	01:17+	
00:29&	01:00&	01:00&	01:27&	00:58&	00:32&	01:18&	00:05+	01:40&	01:04&	01:17&	00:35&	00:36&	00:41&	02:33&	00:10+	00:37&	00:15&	00:15&	04:47&	00:49&	
44	Per Aspøy	117										44:56									
01:58+	04:27+	07:26+	09:51+	11:02+	12:51+	14:46+	17:48+	19:29+	21:52+	24:25+	27:58+	28:45+	30:43+	33:40+	36:40+	38:15+	38:48+	40:16+	43:58+	44:56+	
01:58+	02:29+	02:59+	02:25+	01:11+	01:49+	01:55+	03:02+	01:41+	02:23+	02:33+	03:33+	00:47+	01:58+	02:57+	03:00+	01:35+	00:33+	01:28+	03:42+	00:58+	
01:35&	01:31&	01:32&	01:11&	00:20&	00:53&	01:13&	00:39&	00:46&	01:12&	01:18&	02:41&	00:19&	01:03&	01:26&	00:32#	01:01&	00:14&	00:31&	01:43&	00:30&	
45	John Helge Svandal	111										45:44									
00:44+	02:12+	04:52+	07:44+	09:41+	11:00+	12:41+	15:46+	17:11+	19:20+	21:31+	22:57+	24:06+	26:15+	30:34+	37:42+	38:58+	39:27+	40:30+	44:53+	45:44+	
00:44+	01:28+	02:40+	02:52+	01:57+	01:19+	01:41+	03:05+	01:25+	02:09+	02:11+	01:26+	01:09+	02:09+	04:19+	07:08+	01:16+	00:29+	01:03+	04:23+	00:51+	
00:21&	00:30&	01:13&	01:38&	01:06&	00:23&	00:59&	00:42&	00:30&	00:58&	00:56&	00:34&	00:41&	01:14&	02:48&	04:40&	00:42&	00:10&	00:06#	02:24&	00:23&	
46	Jon Grepstad	111										46:54									
00:49+	05:03+	07:51+	10:33+	11:49+	13:32+	15:07+	18:08+	20:32+	22:49+	25:26+	26:30+	27:49+	29:21+	36:08+	38:39+	39:58+	40:38+	41:54+	45:53+	46:54+	
00:49+	04:14+	02:48+	02:42+	01:16+	01:43+	01:35+	03:01+	02:24+	02:17+	02:37+	01:04+	01:19+	01:32+	06:47+	02:31+	01:19+	00:40+	01:16+	03:59+	01:01+	
00:26&	03:16&	01:21&	01:28&	00:25&	00:47&	00:53&	00:38&	01:29&	01:06&	01:22&	00:12#	00:51&	00:37&	05:16&	00:03+	00:45&	00:21&	00:19&	02:00&	00:33&	
47	Arild Svihus	92										46:56									
00:42+	02:19+	04:51+	06:56+	08:00+	10:19+	11:43+	14:23+	16:51+	19:09+	21:16+	25:13+	28:54+	30:57+	32:31+	33:56+	37:13+	40:21+	41:24+	41:50+	42:37+	
00:42+	01:37+	02:32+	02:05+	01:04+	02:19+	01:24+	02:40+	02:28+	02:18+	02:07+	03:57+	03:41+	02:03+	01:34+	01:25-	03:17+	03:08+	01:03+	00:26-	00:47+	
00:19&	00:39&	01:05&	00:51&	00:13&	01:23&	00:42&	00:17#	01:33&	01:07&	00:52&	03:05&	03:13&	01:08&	00:03+	01:03-	02:43&	02:49&	00:06#	01:33-	00:19&	
48	Finn Våge	117										47:27									
00:50+	02:54+	05:20+	07:55+	09:06+	10:31+	12:43+	21:25+	23:04+	25:10+	28:20+	30:06+	31:05+	32:31+	35:03+	37:45+	41:14+	41:51+	43:38+	46:32+	47:27+	
00:50+	02:04+	02:26+	02:35+	01:11+	01:25+	02:12+	08:42+	01:39+	02:06+	03:10+	01:46+	00:59+	01:26+	02:32+	02:42+	03:29+	00:37+	01:47+	02:54+	00:55+	
00:27&	01:06&	00:59&	01:21&	00:20&	00:29&	01:30&	06:19&	00:44&	00:55&	01:55&	00:54&	00:31&	00:31&	01:01&	00:14+	02:55&	00:18&	00:50&	00:55&	00:27&	

Class	Navn	Klasse										Tid									
49	Robert Soggemoen	62										48:48									
00:36+	02:07+	04:12+	06:25+	07:55+	09:12+	10:57+	18:06+	19:36+	21:47+	24:00+	25:22+	26:03+	28:00+	30:57+	34:58+	36:30+	37:04+	38:43+	47:59+	48:48+	
00:36+	01:31+	02:05+	02:13+	01:30+	01:17+	01:45+	07:09+	01:30+	02:11+	02:13+	01:22+	00:41+	01:57+	02:57+	04:01+	01:32+	00:34+	01:39+	09:16+	00:49+	
00:13&	00:33&	00:38&	00:59&	00:39&	00:21&	01:03@	04:46@	00:35&	01:00&	00:58&	00:30&	00:13&	01:02@	01:26&	01:33&	00:58@	00:15&	00:42&	07:17@	00:21&	
50	Arild Olsen	4										49:50									
00:57+	02:57+	05:47+	08:25+	09:52+	11:47+	14:06+	20:45+	22:39+	24:57+	27:50+	29:01+	30:03+	32:21+	36:37+	41:22+	42:25+	43:00+	44:07+	48:34+	49:50+	
00:57+	02:00+	02:50+	02:38+	01:27+	01:55+	02:19+	06:39+	01:54+	02:18+	02:53+	01:11+	01:02+	02:18+	04:16+	04:45+	01:03+	00:35+	01:07+	04:27+	01:16+	
00:34@	01:02@	01:23&	01:24@	00:36&	00:59@	01:37@	04:16@	00:59@	01:07&	01:38@	00:19&	00:34@	01:23@	02:45@	02:17&	00:29&	00:16&	00:10#	02:28@	00:48@	
51	Frank Gulbrandsen	105										50:35									
00:54+	02:54+	05:55+	08:40+	10:14+	12:22+	14:41+	18:47+	20:47+	24:05+	26:48+	28:24+	29:18+	31:59+	38:59+	42:17+	43:48+	44:13+	45:18+	49:49+	50:35+	
00:54+	02:00+	03:01+	02:45+	01:34+	02:08+	02:19+	04:06+	02:00+	03:18+	02:43+	01:36+	00:54+	02:41+	07:00+	03:18+	01:31+	00:25+	01:05+	04:31+	00:46+	
00:31@	01:02@	01:34@	01:31@	00:43&	01:12@	01:37@	01:43&	01:05@	02:07@	01:28@	00:44&	00:26&	01:46@	05:29@	00:50&	00:57@	00:06&	00:08#	02:32@	00:18&	
52	Inge Grødem	92										50:55									
01:00+	03:40+	06:21+	08:56+	10:29+	12:25+	14:16+	17:22+	19:26+	22:12+	25:07+	26:44+	28:01+	29:49+	34:22+	37:21+	38:51+	39:29+	43:07+	49:51+	50:55+	
01:00+	02:40+	02:41+	02:35+	01:33+	01:56+	01:51+	03:06+	02:04+	02:46+	02:55+	01:37+	01:17+	01:48+	04:33+	02:59+	01:30+	00:38+	03:38+	06:44+	01:04+	
00:37@	01:42@	01:14&	01:21@	00:42&	01:00@	01:09@	00:43&	01:09@	01:35@	01:40@	00:45&	00:49@	00:53&	03:02@	00:31#	00:56@	00:19&	02:41@	04:45@	00:36@	
53	Per Bakken	5										54:26									
00:53+	03:00+	05:57+	09:08+	10:46+	12:27+	14:06+	27:38+	29:15+	32:37+	35:07+	36:20+	37:28+	38:55+	43:18+	46:28+	47:30+	48:05+	49:16+	53:23+	54:26+	
00:53+	02:07+	02:57+	03:11+	01:38+	01:41+	01:39+	13:32+	01:37+	03:22+	02:30+	01:13+	01:08+	01:27+	04:23+	03:10+	01:02+	00:35+	01:11+	04:07+	01:03+	
00:30@	01:09@	01:30@	01:57@	00:47&	00:45&	00:57@	11:09@	00:42&	02:11@	01:15&	00:21&	00:40@	00:32&	02:52@	00:42&	00:28&	00:16&	00:14#	02:08@	00:35@	
54	Stein Stornes Nordal	66										1:07:37									
02:44+	04:00+	06:33+	10:11+	11:16+	12:44+	15:31+	17:42+	20:43+	22:41+	24:24+	25:11+	25:50+	29:26+	59:16+	60:47+	61:36+	61:59+	62:48+	66:04+	67:37+	
02:44+	01:16+	02:33+	03:38+	01:05+	01:28+	02:47+	02:11-	03:01+	01:58+	01:43+	00:47-	00:39+	03:36+	29:50+	01:31-	00:49+	00:23+	00:49-	03:16+	01:33+	
02:21@	00:18&	01:06&	02:24@	00:14&	00:32&	02:05@	00:12-	02:06@	00:47&	00:28&	00:05-	00:11&	02:41@	28:19@	00:57-	00:15&	00:04#	00:08-	01:17&	01:05@	
55	Arthur Christiansen	93										1:15:08									
01:32+	05:42+	10:14+	14:41+	16:47+	19:29+	22:32+	27:37+	31:36+	35:48+	41:16+	43:08+	45:03+	48:31+	55:28+	60:07+	62:22+	63:20+	65:19+	73:02+	75:08+	
01:32+	04:10+	04:32+	04:27+	02:06+	02:42+	03:03+	05:05+	03:59+	04:12+	05:28+	01:52+	01:55+	03:28+	06:57+	04:39+	02:15+	00:58+	01:59+	07:43+	02:06+	
01:09@	03:12@	03:05@	03:13@	01:15@	01:46@	02:21@	02:42@	03:04@	03:01@	04:13@	01:00@	01:27@	02:33@	05:26@	02:11&	01:41@	00:39@	01:02@	05:44@	01:38@	
Beste strekktid for klassen																					
00:23	00:51	01:21	01:14	00:41	00:47	00:42	01:28	00:55	01:09	01:14	00:36	00:28	00:48	01:12	01:22	00:31	00:15	00:31	00:26	00:28	

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