

-15.05.2019

Tid

31:04

31:23

31:52

31:53

33:05

33:07

34:49

35:14

38:45

39:34

39:59

41:00

41:18

41:22

Side:1

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
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

Damer 40 - 49 år

Plass	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	Bjørgh 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+	02:26+	03:23+	03:00+	02:02+	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=				

Plass	Navn						Klasse						Tid										
2	Keth Berggraf						116						34:35										
	00:30-	02:12-	04:01-	06:01-	06:55-	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+	02:27+	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+	01:45+	01:57+	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	Ellinor 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+	01:59+	
	00:05#	01:22&	01:58@	00:35&	00:32&	00:04+	00:15#	00:33&	00:45&	00:27&	00:17#	00:30&	00:51&	02:04@	01:04&	01:05@	00:49&	00:44&	00:53&	00:16#	00:15&	00:28&	

Plass	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+
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+
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+
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+
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+
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+
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&
28:29+	31:48+	34:00+	36:00+	38:33+	41:01+	43:02+	44:25+	47:20+				
02:59+	03:19+	02:12+	02:00+	02:33+	02:28+	02:01+	01:23+	02:55+				
02:19@	01:04&	00:44&	00:24#	01:00&	00:29#	00:32&	00:28&	01:24&				
20	Hilde Frøyflog 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+
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+
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&
28:14+	31:31+	33:49+	36:34+	39:04+	42:28+	44:42+	46:04+	48:13+				
01:01+	03:17+	02:18+	02:45+	02:30+	03:24+	02:14+	01:22+	02:09+				
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+
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+
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&
26:49+	29:57+	33:55+	36:36+	39:14+	42:24+	44:52+	46:15+	48:29+				
01:02+	03:08+	03:58+	02:41+	02:38+	03:10+	02:28+	01:23+	02:14+				
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+
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+
00:20&	01:00&	00:20#	00:56&	00:28&	00:26&	00:31&	01:38&	00:26&	00:46&	00:10#	00:28&	01:04&
27:07+	29:52+	36:11+	38:38+	40:46+	44:05+	46:34+	48:21+	50:40+				
00:44+	02:45+	06:19+	02:27+	02:08+	03:19+	02:29+	01:47+	02:19+				
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+
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+
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@
30:27+	33:45+	37:04+	39:41+	42:12+	45:00+	47:16+	49:06+	51:12+				
01:01+	03:18+	03:19+	02:37+	02:31+	02:48+	02:16+	01:50+	02:06+				
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+
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+
00:16&	02:50@	00:26#	00:57&	00:27&	00:29&	00:15#	00:54&	01:25@	00:42&	00:45&	01:32@	01:28&
31:13+	34:25+	37:22+	41:22+	43:44+	48:12+	50:11+	51:34+	53:34+				
00:57+	03:12+	02:57+	04:00+	02:22+	04:28+	01:59+	01:23+	02:00+				
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+
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+
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@
29:35+	33:40+	38:59+	42:19+	45:25+	48:25+	51:10+	53:01+	54:54+				
01:57+	04:05+	05:19+	03:20+	03:06+	03:00+	02:45+	01:51+	01:53+				
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+
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+
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&
32:50+	39:43+	41:58+	51:32+	53:53+	56:25+	59:44+	61:09+	62:54+				
01:44+	06:53+	02:15+	09:34+	02:21+	02:32+	03:19+	01:25+	01:45+				
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=
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=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
00:00=	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+
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+
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&
22:31+	23:20+	24:44-	27:14+	28:12+	29:06+	30:39+	32:08+					
01:34+	00:49-	01:24-	02:30+	00:58+	00:54-	01:33+	01:29+					
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+
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-
00:05-	00:21&	00:11+	00:13#	00:21#	00:05#	00:10-	00:00=	00:11#	00:02-	00:14#	00:19-	00:10-
22:19+	23:47+	26:33+	27:36+	28:46+	30:25+	32:16+						
00:49+	01:28+	02:46+	01:03+	01:10+	01:39+	01:51+						
00:08#	00:15#	00:06+	00:07#	00:16&	00:12#	00:22#						

Plass	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=

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

Plass	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
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= 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=																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							</

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=
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#

Plass	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+				
	01:24+	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#	00:26#	00:01+	00:07#	00:07#	00:07#	00:18#	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+	01:27+	01:45+	02:30+	01:02+	01:17+	00:58+	00:30+	03:03+	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=				
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	Agnes 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 Glenne 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#				

Plass	Navn	Klasse										Tid				
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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		

= 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@					

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&									

00:04	00:10	00:12	00:09	00:01	00:10	00:20	00:34	00:20	00:34	00:21	00:40	00:08	00:11	00:21	00:40	00:10	00:05	00:17	00:10	00:12	
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&	

00:01	00:44	00:03	00:06	00:04	0:25	00:40	00:26	00:29	00:19	00:14	00:17	00:07	00:09	01:06	00:51	00:52	00:16	00:20	00:19	00:10	
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+	00:03+	00:14+	00:05	00:53	00:07	00:53	00:07	00:05	00:30	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+
00:03+	00:23+	00:14+	00:03+	00:33-	00:23+	00:31+	00:03+	00:23+	00:39+	00:06+	00:43+	00:10+	00:26+	00:16+	00:35+	00:46+	00:06+	00:33+	00:26+	00:13+

Plass	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+
	00:46+	01:25+	00:40+	00:37+	02:30-	01:30+	02:34+	01:36+	01:35+	02:18+	00:34+	02:36+
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+
	00:43+	01:23+	00:47+	00:46+	02:17-	01:40+	02:35+	01:28+	01:40+	01:38+	00:30+	02:44+
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+
	00:40+	01:34+	00:30+	01:25+	02:25-	01:32+	02:45+	01:17+	01:32+	01:47+	00:28+	02:24+
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+
	00:45+	01:22+	00:40+	00:37+	04:32+	01:26+	02:32+	01:10+	01:26+	01:20+	00:28+	02:25+
14	Irene Frøyland				71				32:18			
	00:07#	00:17#	00:13#	00:08#	01:28#	00:24#	00:48#	00:06+	00:15#	00:19#	00:07#	00:27#
	01:08+	02:38+	03:21+	04:02+	06:44+	08:19+	11:03+	12:08+	13:53+	15:47+	16:15+	19:33+
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+
	00:38=	01:20+	00:37+	00:55+	02:45-	01:27+	02:15+	01:22+	01:44+	01:41+	00:39+	03:05+
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+
	00:40+	01:16+	00:35+	00:53+	02:50-	01:27+	02:15+	01:18+	01:46+	01:37+	01:28+	02:26+
17	Cecilie Kristine Karlsen				93				32:23			
	00:02+	00:11#	00:08#	00:24#	00:14-	00:25#	00:31#	00:14#	00:35#	00:36#	01:07#	00:28#
	00:32-	01:58+	02:26+	03:09+	08:16+	09:43+	12:47+	14:00+	15:21+	17:03+	17:39+	20:15+
18	Gerd Vikeså				101				32:35			
	00:32-	01:26+	00:28+	00:43+	05:07+	01:27+	03:04+	01:13+	01:21+	01:42+	00:36+	02:36+
	00:06-	00:21#	00:01+	00:14#	02:03#	00:25#	01:20#	00:09#	00:10#	00:41#	00:15#	00:38#
19	Bjørng Engelhard				165				32:38			
	05:54+	07:02+	07:36+	08:11+	10:11+	11:30+	13:41+	14:57+	16:20+	17:36+	18:04+	20:22+
	05:54+	01:08+	00:34+	00:35+	02:00-	01:19+	02:11+	01:16+	01:23+	01:16+	00:28+	02:18+
20	Hege Bakken				168				32:50			
	05:16#	00:03+	00:07#	00:06#	01:04-	00:17#	00:27#	00:12#	00:12#	00:15#	00:07#	00:20#
	00:46+	02:00+	02:38+	03:14+	05:45+	07:10+	09:31+	10:38+	12:16+	15:18+	15:48+	18:05+
21	Margot Asheim				105				33:23			
	00:46+	01:14+	00:38+	00:36+	02:31-	01:25+	02:21+	01:07+	01:38+	03:02+	00:30+	02:17+
	00:08#	00:09#	00:11#	00:07#	00:33-	00:23#	00:37#	00:03+	00:27#	02:01#	00:09#	00:19#
22	Parul Khandelwal				71				33:28			
	00:47+	02:07+	02:45+	03:28+	05:56+	07:32+	10:23+	11:47+	13:28+	15:23+	15:55+	18:53+
	00:47+	01:20+	00:38+	00:43+	02:28-	01:36+	02:51+	01:24+	01:41+	01:55+	00:32+	02:58+
23	Astrid Espe				43				33:40			
	00:09#	00:15#	00:11#	00:14#	00:36-	00:34#	01:07#	00:20#	00:30#	00:54#	00:11#	01:00#
	00:47+	02:07+	02:45+	03:28+	05:56+	07:32+	10:23+	11:47+	13:28+	15:23+	15:55+	18:53+
24	Kine Strømstad				109				33:49			
	00:44+	02:08+	02:48+	03:30+	05:42-	07:12+	10:05+	11:16+	13:01+	14:55+	15:46+	18:22+
	00:44+	01:24+	00:40+	00:42+	02:12-	01:30+	02:53+	01:11+	01:45+	01:54+	00:51+	02:36+

Plass	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@
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+	13:35+	17:53+	18:23+	20:55+	22:21+
01:26+	01:15+	00:38+	01:30+	02:09-	01:32+	02:32+	01:02-	01:31+	04:18+	00:30+	02:32+	01:26+
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%
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+	15:52+	17:30+	18:28+	20:59+	22:51+
00:46+	01:37+	00:36+	00:37+	02:25-	01:33+	04:36+	02:00+	01:42+	01:38+	00:58+	02:31+	01:52+
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%					
28	Nina Bækkelund Christiansen				105				34:09			
00:52+	02:20+	03:03+	03:54+	06:27+	08:09+	10:46+	12:12+	13:46+	15:14+	15:50+	18:16+	19:56+
00:52+	01:28+	00:43+	00:51+	02:33-	01:42+	02:37+	01:26+	01:34+	01:28+	00:36+	02:26+	01:40+
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%
00:23%	00:09#	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+	15:48+	17:30+	18:14+	20:45+	23:17+
00:41+	01:23+	00:37+	01:10+	02:26-	01:39+	03:00+	02:55+	01:57+	01:42+	00:44+	02:31+	02:32+
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@
00:18+	00:48%	02:17+	02:27+	00:22=	01:55+	01:09+	00:45+					
30	Elsa Ingolfsdottir				126				35:19			
00:45+	02:14+	03:05+	03:47+	06:29+	08:26+	11:15+	13:27+	15:17+	16:59+	17:44+	20:42+	22:35+
00:45+	01:29+	00:51+	00:42+	02:42-	01:57+	02:49+	02:12+	01:42+	01:50+	01:42+	00:45+	01:53+
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%
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+	14:58+	19:35+	20:00+	22:23+	23:55+
01:19+	01:17+	00:43+	00:41+	02:37-	01:44+	02:53+	01:46+	01:58+	04:37+	00:25+	02:23+	01:32+
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%
00:13%	00:45%	00:18%	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+	18:07+	19:49+	20:20+	23:10+	24:40+
01:25+	01:50+	00:41+	00:43+	05:04+	01:58+	02:56+	01:23+	02:07+	01:42+	00:31+	02:50+	01:30+
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%
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+	14:37+	15:57+	17:10+	19:41+	21:37+
01:27+	01:55+	00:33+	00:40+	02:31-	01:24+	02:34+	02:01+	01:32+	01:20+	01:13+	02:31+	01:56+
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%
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+	15:05+	19:04+	19:38+	22:12+	23:36+
00:47+	01:33+	00:56+	00:40+	02:32-	01:56+	03:01+	01:31+	02:09+	03:59+	00:34+	02:34+	01:24+
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%
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+	15:05+	18:58+	19:34+	22:15+	23:40+
00:51+	01:33+	00:48+	00:40+	02:31-	02:04+	03:04+	01:20+	02:14+	03:53+	00:36+	02:41+	01:25+
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%
00:17%	00:24%	01:03+	02:39+	02:53+	00:21-	01:54+	01:27+	00:56+				
36	Ewelina Uscinska				287				36:02			
01:13+	02:52+	03:46+	04:22+	06:55+	08:43+	11:53+	13:20+	16:26+	18:45+	19:15+	22:42+	23:52+
01:13+	01:39+	00:54+	00:36+	02:33-	01:48+	03:10+	01:27+	03:06+	02:19+	00:30+	03:27+	01:10+
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#
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+	15:22+	17:00+	17:34+	20:39+	21:57+
00:56+	01:51+	00:50+	00:49+	02:40-	01:56+	03:02+	01:18+	02:00+	01:38+	00:34+	03:05+	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%
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+	15:16+	16:47+	17:17+	20:49+	22:25+
00:54+	01:46+	00:48+	00:42+	02:27-	02:02+	03:22+	01:21+	01:54+	01:31+	00:30+	03:32+	01:36+
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%
00:40%	01:37@	01:28%	00:33%	00:10%	00:24%	00:32%						
39	Jorunn Pedersen Lima				113				36:25			
01:15+	03:21+	04:09+	05:16+	08:38+	10:21+	14:02+	15:18+	17:07+	18:54+	19:36+	22:44+	24:37+
01:15+	02:06+	00:48+	01:07+	03:22+	01:43+	03:41+	01:16+	01:49+	01:47+	00:42+	03:08+	01:53+
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%
00:25%	00:43@	01:13%	00:18#	00:01-	00:22%	00:33%	00:16%					

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

Plass	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 Møland 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 Møland					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 Helliesen					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&

Plass	Navn					Klasse					Tid									
70	Åse 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+	02:03+	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+	02:25+	00:34+	03:18+	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 Grayston					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%

Plass	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+	34:47+	35:24+
	01:05-	00:53+	02:12+	02:42+	01:10+	01:15+	00:31+	00:29+	01:28+	02:38+	00:50+	00:23=	01:00+	05:33+	01:51+	00:33-	01:51+	00:41-	02:35+	00:44-	01:09+	01:10+	00:58+	01:06+	00:37+
	00:06-	00:04+	00:15#	00:20#	00:04+	00:08#	00:07&	00:05#	00:05+	00:05+	00:13&	00:00=	00:02+	01:54&	00:19#	00:44-	01:04@	00:10-	00:22#	00:06-	00:07#	00:27&	00:12&	00:09#	00:08&

Plass	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+	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+	01:59+	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+	00:31+						
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+	37:02+					
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+	00:28+					
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#	00:28+					
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#	01:16#	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+	20:09+	20:35+	21:49+	26:29+	29:28+	30:36+	32:31+	33:58+	35:48+	36:39+	38:13+	38:56+	40:02+	41:21+	41:53+						
01:27+	01:09+	02:24+	03:15+	01:26+	01:52+	00:29+	00:38+	01:50+	03:03+	02:36+	00:26+	01:14+	04:40+	02:59+	01:08-	01:55+	01:27+	01:50-	00:51+	01:34+	00:43=	01:06+	01:19+	00:32+						
00:16#	00:20#	00:27#	00:53#	00:20#	00:45#	00:05#	00:14#	00:27#	00:30#	00:53#	00:03#	00:16#	01:01#	01:27#	00:09-	01:08#	00:36#	00:23-	00:01+	00:32#	00:00=	00:20#	00:22#	00:03#						
27	Sondre Aspøy				117								42:15																	
01:15+	02:16+	05:04+	08:06+	09:21+	10:38+	11:13+	11:56+	13:57+	17:03+	17:56+	18:19+	19:37+	25:46+	27:50+	28:25+	30:39+	31:50+	34:35+	35:36+	36:55+	37:54+	39:53+	41:35+	42:15+						
01:15+	01:01+	02:48+	03:02+	01:15+	01:17+	00:35+	00:43+	02:01+	03:06+	00:53																				

Plass	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+	01:21+	01:38+	01:07+	01:14+	00:27-
00:08#	00:04+	00:02+	00:58-	00:10-	00:07+	00:04#	00:02-	00:17-	01:30&	00:02+	00:02#	00:08#	00:03+	00:26#	00:04-	00:01-	00:20&	00:18#	00:06#	00:07+	00:36&	00:15&	00:19&	00:02-

Plass	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-	21:43+	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#	00:28#	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+	13:13+	16:19+	17:04+	17:26+	18:36+	22:51+	25:59+	26:28+	28:13+	32:49+	34:51+	37:53+	39:20+	40:14+	41:55+	43:28+	44:11+			
01:30+	01:01+	02:17+	03:16-	01:05-	01:24+	00:29+	00:28=	01:43-	03:06+	00:45+	00:22+	01:10+	04:15+	03:08+	00:29-	01:45+	04:36+	02:02+	03:02+	01:27+	00:54-	01:41+	01:33+	00:43+			
00:23&	00:10#	00:21#	00:15-	00:07-	00:10#	00:04#	00:00=	00:01-	00:23#	00:15+	00:04+	00:05&	00:14#	00:22+	01:16&	00:03-	00:36&	03:46@	00:27&	02:19@	00:13#	00:08-	00:49&	00:14&			
22	Jan Kenneth Polle				83								45:29														
01:13+	02:11+	04:36+	08:21+	09:42+	11:04+	11:31+	12:03+	13:56+	21:05+	22:22+	22:59+	24:36+	29:27+	32:58+	33:50+	34:55+	36:04+	38:29+	39:19+	40:47+	41:58+	43:09+	44:50+	45:29+			
01:13+	00:58+	02:25+	03:45+	01:21+	01:22+	00:27+	00:32+	01:53+	07:09+	01:17+	00:37+	01:37+	04:51+	03:31+	00:52+	01:05-	01:09+	02:25+	00:50+	01:11+	01:11+	01:11+	01:41+	00:39+			

Plass	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#	00:46-	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+	02:20+	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-	00:29-	01:46+	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#	00:07+	00:01+	00:31#	00:11#	00:06#	00:09#	00:01+	00:04+	00:06#	00:04-	00:07+	00:04-	00:25-	00:16#	00:10+	00:44+	00:24&	00:12&	00:11-	00:13&				

Plass	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+
	00:46-	01:35+	00:25+	00:36+	01:25+	01:34+	02:20+	02:00+	01:01+	01:39+	01:18+	01:01+
	00:08-	00:14#	00:01+	00:05#	00:06+	00:24#	00:12+	00:14#	00:04+	00:10#	00:01+	00:01+
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+
	00:46-	01:43+	00:22-	00:36+	01:48+	01:11+	03:05+	01:43-	01:03+	01:37+	01:27+	00:56-
	00:08-	00:22#	00:02-	00:05#	00:29#	00:01+	00:57#	00:03-	00:06#	00:08+	00:10#	00:04-
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+
	00:56+	01:30+	00:29+	00:34+	01:22+	01:25+	02:29+	01:57+	01:03+	01:43+	01:26+	01:07+
	00:02+	00:09#	00:05#	00:03+	00:03+	00:15#	00:21#	00:11#	00:06#	00:14#	00:09#	00:07#
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+
	00:57+	01:53+	00:25+	00:36+	01:34+	01:25+	02:42+	02:08+	01:03+	01:46+	01:33+	01:03+
	00:03+	00:32#	00:01+	00:05#	00:15#	00:15#	00:34#	00:22#	00:06#	00:17#	00:16#	00:03+
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+
	01:19+	01:32+	00:23-	00:35+	02:01+	01:14+	02:24+	02:12+	01:10+	01:43+	01:28+	01:03+
	00:25#	00:11#	00:01-	00:04#	00:42#	00:04+	00:16#	00:26#	00:13#	00:14#	00:11#	00:03+
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+
	01:38+	01:44+	00:26+	00:30+	01:24+	01:25+	02:31+	01:48+	01:12+	01:39+	01:21+	01:02+
	00:44#	00:23#	00:02+	00:05#	00:05+	00:15#	00:23#	00:02+	00:15#	00:10#	00:04+	00:02+
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+
	00:46-	01:20-	00:25+	00:30-	01:23+	01:10-	02:23+	01:57+	00:54-	01:29+	01:17-	03:07+
	00:08-	00:01-	00:01+	00:01-	00:04+	00:00-	00:15#	00:11#	00:03-	00:00-	00:00-	02:07#
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+
	00:56+	01:20-	00:25+	00:31-	04:06+	00:58-	02:46+	01:53+	01:09+	01:35+	01:13-	01:30+
	00:02+	00:01-	00:01+	00:00-	02:47#	00:12-	00:38#	00:07+	00:12#	00:06+	00:04-	00:30#
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+
	00:49-	01:37+	00:27+	00:35+	01:34+	01:23+	02:33+	01:55+	01:02+	01:48+	01:27+	01:06+
	00:05-	00:16#	00:03#	00:04#	00:15#	00:13#	00:25#	00:09+	00:05+	00:19#	00:10#	00:06#
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+
	00:55+	01:25+	00:26+	00:39+	03:41+	01:10-	03:07+	02:12+	01:44+	01:30+	01:27+	00:57-
	00:01+	00:04+	00:02+	00:08#	02:22#	00:00-	00:59#	00:26#	00:47#	00:01+	00:10#	00:03-
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+
	00:53-	01:51+	00:26+	00:33+	01:29+	01:13+	02:57+	02:38+	01:05+	01:52+	01:30+	00:59-
	00:01-	00:30#	00:02+	00:02+	00:10#	00:03+	00:49#	00:52#	00:08#	00:23#	00:13#	00:01-
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+
	00:47-	01:38+	00:24-	00:33+	01:26+	01:12+	02:30+	01:52+	01:03+	01:40+	01:26+	01:00+
	00:07-	00:17#	00:00-	00:02+	00:07+	00:02+	00:22#	00:06+	00:06#	00:11#	00:09#	00:28#
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+
	03:23+	01:43+	00:26+	00:35+	01:39+	01:27+	02:40+	02:03+	01:06+	02:08+	01:24+	01:03+
	02:29#	00:22#	00:02+	00:04#	00:20#	00:17#	00:32#	00:17#	00:09#	00:39#	00:07+	00:03+
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+
	00:48-	01:38+	00:21-	00:39+	01:45+	01:18+	02:32+	03:01+	01:03+	01:48+	01:27+	01:04+
	00:06-	00:17#	00:03-	00:08#	00:26#	00:08#	00:24#	01:15#	00:06#	00:19#	00:10#	00:04+
20	Asbjørn Brådland				297				35:28			
	00:55+	02:50+	03:18+	04:08+	05:42+	07:00+	09:35+	11:51+	13:00+	15:34+	17:03+	18:14+
	00:55+	01:55+	00:28+	00:50+	01:34+	01:18+	02:35+	02:16+	01:09+	02:34+	01:29+	01:11+
	00:01+	00:34#	00:04#	00:19#	00:15#	00:08#	00:27#	00:30#	00:12#	01:05#	00:12#	00:11#

Plass	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 Gloppen					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&	00:35&	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&	00:13#	00:11#	00:12&	00:36&	00:11#	00:08-	00:19-	00:25&	02:33@	00:02+	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					

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

Plass	Navn					Klasse					Tid				
16	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+
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+
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#
17	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+
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+
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#
18	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+
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+
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&
Beste strekketid for klassen															
00:27	01:01	01:34	01:21	01:16	02:02	01:31	01:44	01:25	01:18	01:14	00:48	01:54	00:47	01:37	01:41

= 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=
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=
00:00=	00:00=	00:00=	00:00=	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+
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-
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-
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+
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+
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#
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+
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+
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&
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+
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+
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#
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+
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+
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#
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+
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+
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&
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+
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+
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&
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+
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+
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&
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+
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+
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#

Plass	Navn					Klasse					Tid				
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+
	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-
	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-
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+
	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+
	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&
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+
	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+
	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&
14	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+
	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+
	00:04#	00:35&	00:32&	00:25&	00:44&	00:38&	00:09#	05:58@	00:41&	00:26&	00:43&	00:03+	01:11&	00:20&	01:45@
15	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+
	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+
	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@
16	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+
	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+
	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#
17	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+
	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+
	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&
18	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+
	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+
	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&
19	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+
	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+
	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&
20	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+
	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+
	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&
21	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+
	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+
	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&
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

= 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=	11:15=	13:03=	14:18=	15:56=	16:42=	18:52=	19:40=	20:55=
	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=
	00:00=	00:00=	00:00=	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+
	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+
	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+

Plass	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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#
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+
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+
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#

Plass	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&

Plass	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=	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=	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#																													

Plass	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+
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+
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#
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+
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+
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#
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+
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-
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-
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+
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+
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#
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+
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+
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&
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+
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+
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&
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
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= 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=
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=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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+
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+
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+
34:26+	35:18+																				
01:06=	00:52+																				
00:00=	00:03+																				

Plass	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+
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-
00:02-	00:04+	00:02+	00:03+	00:07#	00:02+	00:06#	00:27-	00:14#	00:04+	00:11#	00:03+	00:01-
34:51+	35:49+										00:04#	00:24&
01:08+	00:58+										00:07+	00:00=
00:02+	00:09#										00:10#	00:00=
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+
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+
00:01-	00:05#	00:15&	00:03-	00:17#	00:02-	00:04+	00:27-	00:01+	00:09+	00:05+	00:06+	00:01+
35:06+	36:05+										00:03+	00:12&
01:04-	00:59+										00:13#	00:00=
00:02-	00:10#										00:11#	00:20#
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+
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=
00:03-	00:07#	00:04+	00:01+	00:17#	00:01+	00:09#	00:27-	00:12#	00:02+	00:07+	00:03+	00:00=
35:08+	36:11+										00:01+	00:04+
01:01-	01:03+										00:03+	00:26&
00:05-	00:14&										00:10#	00:24#
6	Odd Ivar Karlsen				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+
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=
00:03-	00:06#	00:04+	00:03-	00:17#	00:00=	00:05+	00:31-	00:11#	00:00=	00:05+	00:07+	00:00=
35:27+	36:19+										00:04#	00:04+
01:05-	00:52+										00:04+	00:04+
00:01-	00:03+										00:01-	00:05-
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+
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+
00:02-	00:09#	00:06#	00:02-	00:06+	00:02+	00:04+	00:26-	00:03+	00:13#	00:07+	00:56&	00:02+
35:31+	36:27+										00:05#	00:07#
01:05-	00:56+										00:09#	00:01-
00:01-	00:07#										00:02-	00:08+
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+
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+
00:02-	00:04+	00:04+	00:03-	00:09#	00:01+	00:11#	00:25-	00:09#	00:05+	00:11#	00:16#	00:01+
35:30+	36:27+										00:04#	00:15&
01:07+	00:57+										00:11#	00:00=
00:01+	00:08#										00:13#	00:09#
9	Odd Fuglestad				250				36:34			
00:28-	01:23+	02:13+	03:45+	05:02+	05:52+	06:56+	08:29+	10:05+	11:50+	13:18+	15:24+	16:04+
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-
00:03-	00:07#	00:07#	00:03+	00:07#	00:00=	00:11#	00:22-	00:13#	00:06+	00:12#	00:19#	00:01-
35:36+	36:34+										00:03+	00:05+
01:00-	00:58+										00:07#	00:13#
00:06-	00:09#										00:06+	00:07#
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+
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+
00:04#	00:07#	00:03+	00:05-	00:13#	00:01+	00:17&	00:28-	00:10#	00:03+	00:09#	00:09+	00:05#
35:41+	36:46+										00:08#	00:07#
01:12+	01:05+										00:06+	00:07#
00:06+	00:16&										00:07#	00:04+
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+
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=
00:02-	00:05#	00:02+	00:06+	00:13#	00:02-	00:04+	00:28-	00:10#	00:00=	00:10#	00:08+	00:00=
35:58+	36:57+										00:05#	00:09#
01:11+	00:59+										00:07+	00:03+
00:05+	00:10#										00:11#	00:05+

Plass	Navn					Klasse					Tid															
12	Øyvind Rummelhoff					27					38:05															
00:29-	01:25+	02:16+	03:49+	05:15+	06:07+	07:10+	08:46+	10:15+	12:05+	13:32+	15:38+	16:20+	17:05+	17:59+	19:14+	20:34+	22:21+	24:24+	26:43+	27:53+	30:10+	32:57+	33:54+	35:05+	36:00+	
00:29-	00:56+	00:51+	01:33+	01:26+	00:52+	01:03+	01:36-	01:29+	01:50+	01:27+	02:06+	00:42+	00:45+	00:54+	01:15+	01:20+	01:47+	02:03+	02:19+	01:10+	02:17+	02:47+	00:57-	01:11+	00:55+	
00:02-	00:08#	00:08#	00:08#	00:04+	00:16#	00:02+	00:10#	00:19-	00:06+	00:11#	00:11#	00:19#	00:01+	00:05#	00:11#	00:02+	00:11#	00:10#	00:05+	00:24#	00:04+	00:07+	00:29#	00:19-	00:09#	00:02+
37:08+	38:05+																									
01:08+	00:57+																									
00:02+	00:08#																									
13	Bjørnar André Haug					80					38:31															
00:31=	01:26+	02:12+	03:44+	05:13+	06:06+	07:03+	08:35+	10:08+	11:51+	13:21+	15:25+	16:05+	16:52+	17:43+	19:12+	20:25+	22:11+	24:25+	26:19+	27:29+	29:35+	32:14+	33:51+	35:30+	36:29+	
00:31=	00:55+	00:46+	01:32+	01:29+	00:53+	00:57+	01:32-	01:33+	01:43+	01:30+	02:04+	00:40-	00:47+	00:51+	01:29+	01:13+	01:46+	02:14+	01:54-	01:10+	02:06-	02:39+	01:37+	01:39+	00:59+	
00:00=	00:07#	00:03+	00:03+	00:19#	00:03+	00:04+	00:23-	00:10#	00:04+	00:14#	00:17#	00:01-	00:07#	00:08#	00:16#	00:04+	00:09+	00:16#	00:01-	00:04+	00:04-	00:21#	00:21#	00:37#	00:06#	
37:41+	38:31+																									
01:12+	00:50+																									
00:06+	00:01+																									
14	Jørgen Breivold					54					39:55															
01:24+	02:18+	03:00+	04:27+	05:37+	07:21+	08:20+	11:30+	12:57+	14:42+	15:58+	18:48+	19:28+	20:15+	21:05+	22:37+	23:45+	25:18+	27:15+	29:10+	30:33+	32:22+	34:30+	35:29+	37:06+	37:54+	
01:24+	00:54+	00:42-	01:27-	01:10=	01:44+	00:59+	03:10+	01:27+	01:45+	01:16=	02:50+	00:40-	00:47+	00:50+	01:32+	01:08-	01:33-	01:57-	01:55=	01:23+	01:49-	02:08-	00:59-	01:37+	00:48-	
00:53@	00:06#	00:01-	00:02-	00:00=	00:54@	00:06#	01:15&	00:04+	00:06+	00:00=	01:03&	00:01-	00:07#	00:07#	00:19#	00:01-	00:04-	00:01-	00:00=	00:17#	00:21-	00:10-	00:17-	00:35#	00:05-	
39:05+	39:55+																									
01:11+	00:50+																									
00:05+	00:01+																									
15	Per Olav Haarr					62					40:31															
00:28-	01:21+	02:06+	03:32+	05:04+	05:52+	06:53+	08:28+	09:56+	11:48+	13:17+	15:16+	16:00+	16:49+	18:47+	20:17+	21:28+	23:09+	25:41+	27:54+	29:08+	31:22+	34:22+	35:48+	37:07+	38:12+	
00:28-	00:53+	00:45+	01:26-	01:32+	00:48-	01:01+	01:35-	01:28+	01:52+	01:29+	01:59+	00:44+	00:49+	01:58+	01:30+	01:11+	01:41+	02:32+	02:13+	01:14+	02:14+	03:00+	01:26+	01:19+	01:05+	
00:03-	00:05#	00:02+	00:03-	00:22&	00:02-	00:08#	00:20-	00:05+	00:13#	00:13#	00:12#	00:03+	00:09#	01:15@	00:17#	00:02+	00:04+	00:34&	00:18#	00:08#	00:04+	00:42&	00:10#	00:17&	00:12#	
39:30+	40:31+																									
01:18+	01:01+																									
00:12#	00:12#																									
16	Bård Skogsholm					194					40:44															
00:31=	01:32+	02:27+	04:08+	05:45+	06:44+	07:55+	09:35+	11:29+	13:21+	15:29+	17:43+	18:27+	19:15+	20:03+	21:32+	22:51+	24:34+	26:51+	28:32+	29:48+	32:04+	34:38+	35:45+	37:15+	38:31+	
00:31=	01:01+	00:55+	01:41+	01:37+	00:59+	01:11+	01:40-	01:54+	01:52+	02:08+	02:14+	00:44+	00:48+	00:48+	01:29+	01:19+	01:43+	02:17+	01:41-	01:16+	02:16+	02:34+	01:07-	01:30+	01:16+	
00:00=	00:13#	00:12&	00:12#	00:27&	00:09#	00:18&	00:15-	00:31&	00:13#	00:52&	00:27&	00:03+	00:08#	00:05#	00:16#	00:10#	00:06+	00:19#	00:14-	00:10#	00:06+	00:16#	00:09-	00:28&	00:23&	
39:44+	40:44+																									
01:13+	01:00+																									
00:07#	00:11#																									
17	Øystein Amundrud					90					43:10															
00:31=	01:32+	02:30+	04:05+	05:27+	06:23+	07:46+	09:22+	11:06+	13:10+	14:47+	16:55+	17:41+	18:33+	19:32+	21:07+	22:20+	24:09+	27:46+	29:43+	30:56+	33:24+	36:37+	37:51+	39:23+	40:31+	
00:31=	01:01+	00:58+	01:35+	01:22+	00:56+	01:23+	01:36-	01:44+	02:04+	01:37+	02:08+	00:46+	00:52+	00:59+	01:35+	01:13+	01:49+	03:37+	01:57+	01:13+	02:28+	03:13+	01:14-	01:32+	01:08+	
00:00=	00:13#	00:15&	00:06+	00:12#	00:06#	00:30&	00:19-	00:21&	00:25&	00:21&	00:21#	00:05#	00:12&	00:16&	00:22&	00:04+	00:12#	01:39&	00:02+	00:07#	00:18#	00:55&	00:02-	00:30&	00:15&	
41:56+	43:10+																									
01:25+	01:14+																									
00:19&	00:25&																									
18	Svein Erik Kvame					116					43:33															
00:32+	01:40+	02:35+	04:47+	06:26+	07:28+	08:39+	10:26+	12:17+	14:21+	16:02+	18:31+	19:26+	20:15+	21:11+	22:35+	23:56+	25:48+	28:08+	29:09+	30:50+	32:09+	34:58+	37:30+	38:39+	40:07+	
00:32+	01:08+	00:55+	02:12+	01:39+	01:02+	01:11+	01:47-	01:51+	02:04+	01:41+	02:29+	00:55+	00:49+	00:56+	01:24+	01:21+	01:52+	02:20+	01:01-	01:41+	01:19-	02:49+	02:32+	01:09+	01:28+	
00:01+	00:20#	00:12&	00:43&	00:29#	00:12#	00:18#	00:08-	00:28&	00:25&	00:25&	00:42&	00:14&	00:09#	00:13&	00:11#	00:12#	00:15#	00:22#	00:54-	00:35&	00:51-	00:31#	01:16&	00:07#	00:35&	
41:12+	42:30+	43:33+																								
01:05-	01:18+	01:03+																								
00:01-	00:29&	01:03+																								
19	Geir Austigard					144					46:39															
01:01+	01:57+	02:48+	04:44+	06:21+	07:37+	08:47+	10:29+	12:03+	15:19+	16:52+	19:34+	21:14+	22:23+	23:18+	24:46+	25:56+	28:22+	30:50+	33:40+	35:40+	37:49+	40:24+	41:47+	43:03+	44:16+	
01:01+	00:56+	00:51+	01:56+	01:37+	01:16+	01:10+	01:42-	01:34+	03:16+	01:33+	02:42+	01:40+	01:09+	00:55+	01:28+	01:10+	02:26+	02:28+	02:50+	02:00+	02:09-	02:35+	01:23+	01:16+	01:13+	
00:30&	00:08#	00:08#	00:27&	00:27&	00:26&	00:17&	00:13-	00:11#	01:37&	00:17#	00:55&	00:59@	00:29&	00:12&	00:15#	00:01+	00:49&	00:30&	00:55&	00:54&	00:01-	00:17#	00:07+	00:14#	00:20&	
45:43+	46:39+																									
01:27+	00:56+																									
00:21&	00:07#																									
20	Ove Nygaard					116					53:33															
00:35+	01:39+	02:32+	04:41+	06:07+	07:10+	08:18+	10:01+	11:42+	13:59+	15:30+	17:52+	18:39+	19:28+	20:24+	21:50+	23:12+	25:15+	27:40+	30:03+	33:16+	35:13+	42:54+	43:45+	45:00+	49:14+	
00:35+	01:04+	00:53+	02:09+	01:26+	01:03+	01:08+	01:43-	01:41+	02:17+	01:31+	02:22+	00:47+	00:49+	00:56+	01:26+	01:22+	02:03+	02:25+	02:23+	03:13+	01:57-	07:41+	00:51-	01:15+	04:14+	
00:04#	00:16&	00:10#	00:40&	00:16#	00:13&	00:15&	00:12-	00:18#	00:38&	00:15#	00:35&	00:06#	00:09#	00:13&	00:13#	00:13#	00:26&	00:27#	00:28#	02:07@	00:13-	05:23@	00:25-	00:13#	03:21@	
52:19+	53:33+																									
03:05+	01:14+																									
01:59@	00:25&																									

Plass	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=	00:03+	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 Lamarck					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#

Plass	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+
	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+
	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#	00:20#
														00:57&	00:19&
														02:58@	00:10+
														00:13#	00:02+
														00:01+	00:03+
														00:11#	00:03+
15	Sveinung 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+
	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+
	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&	00:41&
														00:39&	00:39&
														00:25&	00:25&
														00:09&	00:09&
														00:08#	00:08#
														00:29&	00:29&
														00:02#	00:02#
														00:31&	00:31&
														00:24&	00:24&
														00:18&	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+
	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+
	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+	00:03+	00:37&
														00:33&	00:33&
														03:37@	03:37@
														00:38&	00:38&
														00:45&	00:45&
														01:15&	01:15&
														00:15#	00:15#
														00:25#	00:25#
														00:03#	00:03#
														00:26&	00:26&
														00:49&	00:49&
														00:15&	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+
	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+
	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&	00:52&
														06:23@	06:23@
														00:09#	00:09#
														00:13#	00:13#
														00:51&	00:51&
														00:29&	00:29&
														00:15#	00:15#
														00:02#	00:02#
														00:11#	00:11#
														00:13#	00:13#
														00:06#	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+
	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+
	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&	01:19&
														00:36&	00:36&
														00:33&	00:33&
														00:28&	00:28&
														01:31&	01:31&
														00:18&	00:18&
														00:24#	00:24#
														00:30@	00:30@
														00:29&	00:29&
														00:48&	00:48&
														00:25&	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+
	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+
	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&	00:54&
														03:26@	03:26@
														00:42&	00:42&
														00:20#	00:20#
														01:48&	01:48&
														00:25&	00:25&
														00:15#	00:15#
														00:09&	00:09&
														00:36&	00:36&
														01:29@	01:29@
														00:10&	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	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#							

Plass	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%	00:39%	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+	
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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+	
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Plass	Navn				Klasse								Tid							
19	Martin Svensen				284								33:13							
20	Reidar Haver				4								33:20							
21	Anders H Foss				263								33:38							
22	Asle Schanke Grude				92								34:04							
23	John Thorsnæs				51								35:04							
24	Ståle Sletten				116								35:19							
25	John Øgreid				27								35:27							
26	Thorstein Gunnarsson				144								36:08							
27	Joar Fandrem				94								36:13							
28	Tor Inge Hansen				144								37:18							
29	Leif Jarle Skåra				29								37:43							
30	Lars Tore Opdal				97								37:43							
31	Ivar Aalbu				29								38:10							
32	Terje Gautestad				54								38:38							
33	Jan Erik Rasmussen				51								39:47							

Plass	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+
	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+
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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+
	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+
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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+
	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+
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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+
	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-
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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+
	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+
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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+
	00:38+	01:30+	02:01+	02:13+	01:02+	01:21+	01:26+	02:09-	01:54+	01:28+	01:54+	01:52+	00:44-	01:40+	03:02+	12:09+	00:37+	00:34+	00:57=
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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+
	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=
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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+
	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-
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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+
	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+
	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%
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+
	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+
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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+
	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+
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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+
	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+
	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#
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+
	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+
	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%
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+
	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+
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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+
	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+
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Plass	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											
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	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+											
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52	Inge Grødem										92										50:55											
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	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+											
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53	Per Bakken										5										54:26											
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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+											
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	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&											
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	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.