

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Vera Bjarkø	105	24:55
01:32=	03:49=	06:44=	10:55=
13:03=	16:03=	21:17=	23:39=
24:31=	24:55=		
01:32=	02:17=	02:55=	04:11=
02:08=	03:00=	05:14=	02:22=
00:52=	00:24=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Lene Bjelland	116	28:27
01:13-	03:57+	09:06+	14:09+
16:23+	19:36+	24:59+	27:06+
28:08+	28:27+		
01:13-	02:44+	05:09+	05:03+
02:14+	03:13+	05:23+	02:07-
01:02+	00:19-	00:09+	00:15-
00:10#	00:05-	00:06+	00:13+
00:09+	00:15-	00:00=	00:00=
3	Bodil Krogedal	126	29:25
01:51+	04:38+	08:47+	14:06+
16:15+	19:35+	26:06+	28:13+
29:01+	29:25+		
01:51+	02:47+	04:09+	05:19+
02:09+	03:20+	06:31+	02:07-
00:48-	00:24=	00:19#	00:30#
01:14&	01:08&	00:01+	00:20#
01:17#	00:15-	00:04-	00:00=
4	Maren Heradstveit	76	30:13
02:06+	04:35+	08:49+	13:17+
15:10+	19:29+	24:21+	29:07+
29:47+	30:13+		
02:06+	02:29+	04:14+	04:28+
01:53-	04:19+	04:52-	04:46+
00:40-	00:26+	00:34&	00:12+
01:19&	00:15-	01:19&	00:22-
02:24@	00:12-	00:02+	
5	Anne M. Enne Haug	117	30:21
02:25+	05:09+	08:12+	14:04+
16:32+	20:43+	25:48+	29:07+
29:58+	30:21+		
02:25+	02:44+	03:03+	05:52+
02:28+	04:11+	05:05-	03:19+
00:51-	00:23-	00:53&	00:27#
00:08+	01:41&	00:20#	01:11&
00:09-	00:57&	00:01-	00:01-
6	Marie Sjursen	117	31:29
03:25+	06:29+	10:06+	15:12+
17:28+	22:26+	28:02+	30:14+
31:02+	31:29+		
03:25+	03:04+	03:37+	05:06+
02:16+	04:58+	05:36+	02:12-
00:48-	00:27+	01:53@	00:47&
00:42#	00:55#	00:08+	01:58&
00:22+	00:10-	00:04-	00:03#
7	Rønnaug Egeland	154	33:16
02:30+	05:04+	10:36+	14:35+
18:06+	21:03+	25:53+	32:06+
32:50+	33:16+		
02:30+	02:34+	05:32+	03:59-
03:31+	02:57-	04:50-	06:13+
00:44-	00:26+	00:58&	00:17#
02:37&	00:12-	01:23&	00:03-
00:24-	03:51@	00:08-	00:02+
8	Ann Torill M. Bakken	116	33:37
01:54+	04:48+	08:16+	12:49+
14:45+	18:38+	27:22+	32:15+
33:12+	33:37+		
01:54+	02:54+	03:28+	04:33+
01:56-	03:53+	08:44+	04:53+
00:57+	00:25+	00:22#	00:37&
00:33#	00:22+	00:12-	00:53&
03:30&	02:31@	00:05+	00:01+
9	Wibeke Lende	74	33:51
02:18+	04:53+	08:32+	15:48+
18:33+	23:08+	29:42+	32:36+
33:26+	33:51+		
02:18+	02:35+	03:39+	07:16+
02:45+	04:35+	06:34+	02:54+
00:50-	00:25+	00:46&	00:18#
00:44&	03:05&	00:37&	01:35&
01:20&	00:32#	00:02-	00:01+
10	Margrete Jian Øye	126	35:34
01:43+	07:33+	14:59+	19:12+
22:13+	26:22+	30:38+	34:20+
35:07+	35:34+		
01:43+	05:50+	07:26+	04:13+
03:01+	04:09+	04:16-	03:42+
00:47-	00:27+	00:11#	03:33@
04:31@	00:02+	00:53&	01:09&
00:58-	01:20&	00:05-	00:03#
11	Kristina Renshaw	101	36:24
03:23+	07:00+	12:00+	17:02+
21:59+	26:36+	32:37+	34:57+
35:58+	36:24+		
03:23+	03:37+	05:00+	05:02+
04:57+	04:37+	06:01+	02:20-
01:01+	00:26+	01:51@	01:20&
02:05&	00:51#	02:49@	01:37&
00:47#	00:02-	00:09#	00:02+
12	Jorun Nymo	136	36:31
04:39+	07:23+	11:52+	17:08+
21:40+	25:48+	32:37+	35:16+
36:02+	36:31+		
04:39+	02:44+	04:29+	05:16+
04:32+	04:08+	06:49+	02:39+
00:46-	00:29+	03:07@	00:27#
01:34&	01:05&	02:24@	01:08&
01:35&	00:17#	00:06-	00:05#
13	Heidi Nordaunet	126	41:30
01:57+	04:36+	18:56+	24:03+
27:03+	32:03+	38:08+	40:15+
41:02+	41:30+		
01:57+	02:39+	14:20+	05:07+
03:00+	05:00+	06:05+	02:07-
00:47-	00:28+	00:25&	00:22#
11:25@	00:56#	00:52&	02:00&
00:51#	00:15-	00:05-	00:04#
14	Trine Selvikvåg	62	41:40
02:46+	09:03+	14:49+	20:04+
22:50+	26:46+	38:43+	40:23+
41:17+	41:40+		
02:46+	06:17+	05:46+	05:15+
02:46+	03:56+	11:57+	01:40-
00:54+	00:23-	01:14&	04:00@
02:51&	01:04&	00:38&	00:56&
06:43@	00:42-	00:02+	00:01-

Class	Navn	Klasse	Tid	
15	Marie Lunde	115	42:34	
02:12+	06:16+	19:17+	25:04+	
02:12+	04:04+	13:01+	05:47+	
00:40&	01:47&	10:06@	01:36&	
	00:45&	01:31&	00:32#	
	00:38&	00:02-	00:06#	
16	Barbro Lunde Nedrebø	92	1:00:02	
04:05+	08:53+	32:50+	39:43+	
04:05+	04:48+	23:57+	06:53+	
02:33@	02:31@	21:02@	02:42&	
	00:29#	01:52&	01:28&	
	01:28&	02:19&	00:03+	
	00:08#	00:10&		
17	Tine Frantzen	92	1:04:12	
18:07+	24:50+	34:06+	42:06+	
18:07+	06:43+	09:16+	08:00+	
16:35@	04:26@	06:21@	03:49&	
	01:24&	05:25@	00:08+	
	00:51&	00:08#	00:10&	
18	Nithya Mohan	136	1:07:32	
05:07+	17:44+	23:55+	38:00+	
05:07+	12:37+	06:11+	14:05+	
03:35@	10:20@	03:16@	09:54@	
	03:04@	04:02@	05:22@	
	02:02&	00:51&	00:11&	
Beste strekktid for klassen				
01:13	02:17	02:55	03:59	
01:53	02:57	04:16	01:40	
00:40	00:19			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.				
Damer 40 - 49 år				
1	Randi Helen Ladsten	128	24:39	
03:20=	08:33=	13:26=	16:22=	
03:20=	05:13=	04:53=	02:56=	
00:00=	00:00=	00:00=	00:00=	
	00:00=	00:00=	00:00=	
2	Kristin Breivold	92	25:37	
03:31+	09:00+	13:16-	16:23+	
03:31+	05:29+	04:16-	03:07+	
00:11+	00:16+	00:37-	00:11+	
	00:09-	01:23&	00:08-	
	00:09-			
3	Nina Svensen	2	28:08	
03:03-	07:54-	13:57+	16:47+	
03:03-	04:51-	06:03+	02:50-	
00:17-	00:22-	01:10#	00:06-	
	02:15@	00:00=	00:48&	
	00:01+			
4	Heidi Martby	88	28:31	
02:55-	11:46+	16:37+	19:30+	
02:55-	08:51+	04:51-	02:53-	
00:25-	03:38&	00:02-	00:03-	
	00:02+	00:17-	00:56&	
	00:03+			
5	Brit Nilsen	88	31:32	
02:19-	13:31+	20:29+	24:00+	
02:19-	11:12+	06:58+	03:31+	
01:01-	05:59@	02:05&	00:35#	
	00:15-	00:08-	00:19-	
	00:03-			
6	Siri Warland	115	31:54	
02:41-	06:58-	16:09+	19:10+	
02:41-	04:17-	09:11+	03:01+	
00:39-	00:56-	04:18&	00:05+	
	00:20-	05:13@	00:11-	
	00:15-			
7	Rikke Rostrup	116	32:21	
04:47+	11:32+	16:46+	20:02+	
04:47+	06:45+	05:14+	03:16+	
01:27&	01:32&	00:21+	00:20#	
	01:49@	01:05&	01:19&	
	00:11-			
8	May Bente Valdøl	116	34:12	
03:27+	09:02+	13:01-	15:31-	
03:27+	05:35+	03:59-	02:30-	
00:07+	00:22+	00:54-	00:26-	
	00:46&	09:34@	00:25#	
	00:21-			
9	Tove Irene Asheim	116	35:21	
03:34+	13:22+	20:01+	24:33+	
03:34+	09:48+	06:39+	04:32+	
00:14+	04:35&	01:46&	01:36&	
	00:24&	01:04&	00:46&	
	00:17&			

Class	Navn	Klasse	Tid
10	Siv Skretting	93	37:04
04:28+	16:30+ 22:48+ 25:48+	27:05+ 32:40+	36:09+ 37:04+
04:28+	12:02+ 06:18+ 03:00+	01:17- 05:35+	03:29+ 00:55-
01:08&	06:49@ 01:25& 00:04+	00:02- 02:28&	00:38# 00:05-
11	Toril Dahle	116	39:48
09:37+	16:25+ 21:51+ 24:56+	26:27+ 30:10+	38:28+ 39:48+
09:37+	06:48+ 05:26+ 03:05+	01:31+ 03:43+	08:18+ 01:20+
06:17@	01:35& 00:33# 00:09+	00:12# 00:36#	05:27@ 00:20&
12	Astri Sandanger	93	43:52
05:18+	11:13+ 15:51+ 19:34+	21:23+ 37:59+	42:37+ 43:52+
05:18+	05:55+ 04:38- 03:43+	01:49+ 16:36+	04:38+ 01:15+
01:58&	00:42# 00:15- 00:47&	00:30& 13:29@	01:47& 00:15#
13	Christel Dahl	92	44:31
03:37+	25:38+ 30:03+ 33:08+	34:30+ 37:18+	42:51+ 44:31+
03:37+	22:01+ 04:25- 03:05+	01:22+ 02:48-	05:33+ 01:40+
00:17+	16:48@ 00:28- 00:09+	00:03+ 00:19-	02:42& 00:40&
14	Grethe Thu Skadberg	128	45:55
03:14-	25:00+ 31:14+ 36:03+	37:26+ 40:47+	44:39+ 45:55+
03:14-	21:46+ 06:14+ 04:49+	01:23+ 03:21+	03:52+ 01:16+
00:06-	16:33@ 01:21& 01:53&	00:04+ 00:14+	01:01& 00:16&
15	Lise Bergli	62	50:15
05:53+	17:34+ 33:26+ 37:04+	38:43+ 43:43+	49:16+ 50:15+
05:53+	11:41+ 15:52+ 03:38+	01:39+ 05:00+	05:33+ 00:59-
02:33&	06:28@ 10:59@ 00:42#	00:20& 01:53&	02:42& 00:01-
16	Björg Hauge	47	54:28
05:23+	17:10+ 26:15+ 29:34+	41:58+ 45:52+	53:14+ 54:28+
05:23+	11:47+ 09:05+ 03:19+	12:24+ 03:54+	07:22+ 01:14+
02:03&	06:34@ 04:12& 00:23#	11:05@ 00:47&	04:31@ 00:14#
Beste strekktid for klassen			
02:19	04:17	03:59	02:30 00:59 02:48 02:32 00:39

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

Damer 50 - 59 år

1	Anne Sæbø Vik	116	22:47
02:31=	06:37= 10:51= 13:24=	16:16= 18:44=	21:58= 22:47=
02:31=	04:06= 04:14= 02:33=	02:52= 02:28=	03:14= 00:49=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00=	00:00= 00:00=
2	Keth Berggraf	116	24:59
03:02+	08:30+ 11:52+ 14:27+	16:01- 19:05+	24:05+ 24:59+
03:02+	05:28+ 03:22- 02:35+	01:34- 03:04+	05:00+ 00:54+
00:31#	01:22& 00:52- 00:02+	01:18- 00:36#	01:46& 00:05#
3	Torill Andersen	116	27:26
03:04+	08:28+ 13:56+ 16:58+	18:04+ 22:24+	26:26+ 27:26+
03:04+	05:24+ 05:28+ 03:02+	01:06- 04:20+	04:02+ 01:00+
00:33#	01:18& 01:14& 00:29#	01:46- 01:52&	00:48# 00:11#
4	Trude Katrine Hermanrud	117	27:49
02:49+	08:12+ 12:54+ 15:45+	16:53+ 20:15+	26:48+ 27:49+
02:49+	05:23+ 04:42+ 02:51+	01:08- 03:22+	06:33+ 01:01+
00:18#	01:17& 00:28# 00:18#	01:44- 00:54&	03:19@ 00:12#
5	Kristin Skadsem	18	28:57
03:17+	09:40+ 14:39+ 18:42+	20:01+ 23:33+	27:28+ 28:57+
03:17+	06:23+ 04:59+ 04:03+	01:19- 03:32+	03:55+ 01:29+
00:46&	02:17& 00:45# 01:30&	01:33- 01:04&	00:41# 00:40&
6	Gunn J. Grefstad	2	29:13
03:14+	08:13+ 14:52+ 17:43+	21:32+ 24:33+	28:12+ 29:13+
03:14+	04:59+ 06:39+ 02:51+	03:49+ 03:01+	03:39+ 01:01+
00:43&	00:53# 02:25& 00:18#	00:57& 00:33#	00:25# 00:12#

Class	Navn	Klasse	Tid
7	Hilde Frøylog Karlsen	228	29:16
03:35+	09:36+ 14:51+ 18:21+ 20:05+ 24:24+	28:09+	29:16+
03:35+	06:01+ 05:15+ 03:30+ 01:44- 04:19+	03:45+	01:07+
01:04&	01:55& 01:01# 00:57& 01:08- 01:51&	00:31#	00:18&
8	Anne-Siv Gjertsen	27	31:03
02:44+	10:09+ 14:42+ 18:39+ 20:00+ 25:21+	29:07+	31:03+
02:44+	07:25+ 04:33+ 03:57+ 01:21- 05:21+	03:46+	01:56+
00:13+	03:19& 00:19+ 01:24& 01:31- 02:53@	00:32#	01:07@
9	Liv Omdal	116	34:43
05:05+	10:56+ 20:35+ 23:57+ 25:48+ 29:10+	33:45+	34:43+
05:05+	05:51+ 09:39+ 03:22+ 01:51- 03:22+	04:35+	00:58+
02:34@	01:45& 05:25@ 00:49& 01:01- 00:54&	01:21&	00:09#
10	Birgitte Røe	125	35:48
05:03+	12:07+ 17:28+ 21:06+ 22:32+ 30:20+	34:08+	35:48+
05:03+	07:04+ 05:21+ 03:38+ 01:26- 07:48+	03:48+	01:40+
02:32@	02:58& 01:07& 01:05& 01:26- 05:20@	00:34#	00:51@
11	Ragnhild Båtnes Berntsen	101	36:53
03:35+	16:06+ 21:30+ 25:00+ 27:21+ 31:17+	35:29+	36:53+
03:35+	12:31+ 05:24+ 03:30+ 02:21- 03:56+	04:12+	01:24+
01:04&	08:25@ 01:10& 00:57& 00:31- 01:28&	00:58&	00:35&
12	Nidunn Sandvik	228	38:04
03:24+	19:15+ 23:57+ 27:11+ 28:51+ 32:03+	36:47+	38:04+
03:24+	15:51+ 04:42+ 03:14+ 01:40- 03:12+	04:44+	01:17+
00:53&	11:45@ 00:28# 00:41& 01:12- 00:44&	01:30&	00:28&
13	Anlaug Nygard	27	38:45
05:06+	11:26+ 23:40+ 27:17+ 28:49+ 33:26+	37:46+	38:45+
05:06+	06:20+ 12:14+ 03:37+ 01:32- 04:37+	04:20+	00:59+
02:35@	02:14& 08:00@ 01:04& 01:20- 02:09&	01:06&	00:10#
14	Ellinor Nesse	116	39:12
10:37+	15:46+ 23:02+ 28:28+ 29:47+ 33:40+	37:48+	39:12+
10:37+	05:09+ 07:16+ 05:26+ 01:19- 03:53+	04:08+	01:24+
08:06@	01:03& 03:02& 02:53@ 01:33- 01:25&	00:54&	00:35&
15	Oddny Haugland	114	41:31
10:13+	21:56+ 26:38+ 29:53+ 31:18+ 35:05+	39:25+	41:31+
10:13+	11:43+ 04:42+ 03:15+ 01:25- 03:47+	04:20+	02:06+
07:42@	07:37@ 00:28# 00:42& 01:27- 01:19&	01:06&	01:17@
16	Gøril Braut Aarsand	268	42:31
04:09+	12:26+ 18:33+ 21:33+ 22:43+ 29:48+	40:50+	42:31+
04:09+	08:17+ 06:07+ 03:00+ 01:10- 07:05+	11:02+	01:41+
01:38&	04:11@ 01:53& 00:27# 01:42- 04:37@	07:48@	00:52@
17	Marianne Fuglestad	117	42:38
09:27+	20:04+ 24:22+ 27:06+ 33:58+ 36:51+	41:28+	42:38+
09:27+	10:37+ 04:18+ 02:44+ 06:52+ 02:53+	04:37+	01:10+
06:56@	06:31@ 00:04+ 00:11+ 04:00@ 00:25#	01:23&	00:21&
18	Kari Smådal Turøy	115	43:00
04:18+	18:57+ 23:46+ 29:39+ 31:06+ 34:23+	41:59+	43:00+
04:18+	14:39+ 04:49+ 05:53+ 01:27- 03:17+	07:36+	01:01+
01:47&	10:33@ 00:35# 03:20@ 01:25- 00:49&	04:22@	00:12#
19	Kristin Harbo	92	43:56
03:59+	18:57+ 24:22+ 27:48+ 31:37+ 39:40+	42:55+	43:56+
03:59+	14:58+ 05:25+ 03:26+ 03:49+ 08:03+	03:15+	01:01+
01:28&	10:52@ 01:11& 00:53& 00:57& 05:35@	00:01+	00:12#
20	Målfrid Bjerkeli	237	44:49
04:03+	20:44+ 26:16+ 29:13+ 36:51+ 40:12+	43:40+	44:49+
04:03+	16:41+ 05:32+ 02:57+ 07:38+ 03:21+	03:28+	01:09+
01:32&	12:35@ 01:18& 00:24# 04:46@ 00:53&	00:14+	00:20&
21	Ingjerd Haddeland	115	50:07
03:31+	19:16+ 27:28+ 30:55+ 32:53+ 44:57+	48:46+	50:07+
03:31+	15:45+ 08:12+ 03:27+ 01:58- 12:04+	03:49+	01:21+
01:00&	11:39@ 03:58& 00:54& 00:54- 09:36@	00:35#	00:32&

Class	Navn	Klasse	Tid
10	Kari Blixhavn	228	44:16
09:11+	12:53+ 22:46+ 28:51+ 34:56+ 39:28+ 42:23+ 44:16+		
09:11+	03:42+ 09:53+ 06:05+ 06:05+ 04:32+ 02:55+ 01:53+		
06:05@	01:08& 03:03& 03:05@ 02:13& 01:21& 00:41& 00:16#		
11	Åse Berg	105	46:52
03:54+	13:33+ 21:03+ 29:50+ 35:16+ 41:26+ 44:49+ 46:52+		
03:54+	09:39+ 07:30+ 08:47+ 05:26+ 06:10+ 03:23+ 02:03+		
00:48&	07:05@ 00:40+ 05:47@ 01:34& 02:59& 01:09& 00:26&		
12	Liv Sissel Obrestad	54	47:15
04:04+	18:08+ 28:00+ 31:10+ 37:47+ 42:33+ 45:22+ 47:15+		
04:04+	14:04+ 09:52+ 03:10+ 06:37+ 04:46+ 02:49+ 01:53+		
00:58&	11:30@ 03:02& 00:10+ 02:45& 01:35& 00:35& 00:16#		
13	Randi Wesetvik	116	1:00:50
05:11+	09:49+ 19:54+ 24:25+ 38:41+ 48:44+ 58:16+ 60:50+		
05:11+	04:38+ 10:05+ 04:31+ 14:16+ 10:03+ 09:32+ 02:34+		
02:05&	02:04& 03:15& 01:31& 10:24@ 06:52@ 07:18@ 00:57&		

Beste strekktid for klassen

03:06 02:34 06:03 02:57 03:38 03:08 01:53 01:27

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

Damer 65 - 69 år

1	Mette Dagsland	68	30:43
03:31=	08:09= 13:47= 16:39= 21:29= 24:55= 29:07= 30:43=		
03:31=	04:38= 05:38= 02:52= 04:50= 03:26= 04:12= 01:36=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Kirsten Carlsen	93	31:52
03:35+	08:58+ 14:46+ 17:49+ 21:17- 26:01+ 29:59+ 31:52+		
03:35+	05:23+ 05:48+ 03:03+ 03:28- 04:44+ 03:58- 01:53+		
00:04+	00:45# 00:10+ 00:11+ 01:22- 01:18& 00:14- 00:17#		
3	Berit K. Gramstad	113	32:11
04:26+	07:44- 14:27+ 18:01+ 23:29+ 27:37+ 30:44+ 32:11+		
04:26+	03:18- 06:43+ 03:34+ 05:28+ 04:08+ 03:07- 01:27-		
00:55&	01:20- 01:05# 00:42# 00:38# 00:42# 01:05- 00:09-		
4	Lillian Dahl Fitjar	117	37:01
03:56+	08:00- 17:26+ 21:11+ 26:05+ 30:17+ 35:03+ 37:01+		
03:56+	04:04- 09:26+ 03:45+ 04:54+ 04:12+ 04:46+ 01:58+		
00:25#	00:34- 03:48& 00:53& 00:04+ 00:46# 00:34# 00:22#		
5	Ingunn Bjerga	105	37:56
04:49+	08:30+ 19:22+ 23:21+ 27:40+ 32:35+ 35:26+ 37:56+		
04:49+	03:41- 10:52+ 03:59+ 04:19- 04:55+ 02:51- 02:30+		
01:18&	00:57- 05:14& 01:07& 00:31- 01:29& 01:21- 00:54&		
6	Wenche Anda Haarr	92	39:58
07:56+	11:16+ 20:30+ 23:56+ 28:04+ 32:38+ 37:46+ 39:58+		
07:56+	03:20- 09:14+ 03:26+ 04:08- 04:34+ 05:08+ 02:12+		
04:25@	01:18- 03:36& 00:34# 00:42- 01:08& 00:56# 00:36&		
7	Halldis Handeland	92	41:33
03:48+	07:32- 16:01+ 20:36+ 27:22+ 31:53+ 39:53+ 41:33+		
03:48+	03:44- 08:29+ 04:35+ 06:46+ 04:31+ 08:00+ 01:40+		
00:17+	00:54- 02:51& 01:43& 01:56& 01:05& 03:48& 00:04+		

Beste strekktid for klassen

03:31 03:18 05:38 02:52 03:28 03:26 02:51 01:27

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

Damer 70 - 74 år

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

Beste strekktid for klassen

03:29 03:12 06:13 02:57 03:28 04:07 02:19 01:36

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

Damer 75 - 79 år

1	Gry V. Thengs	68	29:43
	03:15= 07:41= 12:42= 15:32= 20:17= 23:54= 28:17= 29:43=		
	03:15= 04:26= 05:01= 02:50= 04:45= 03:37= 04:23= 01:26=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Synnøve Fuglestad	29	34:45
	07:46+ 11:53+ 17:41+ 20:43+ 24:22+ 29:05+ 33:11+ 34:45+		
	07:46+ 04:07- 05:48+ 03:02+ 03:39- 04:43+ 04:06- 01:34+		
	04:31@ 00:19- 00:47# 00:12+ 01:06- 01:06& 00:17- 00:08+		
3	Helga Aaslid	54	46:56
	03:26+ 07:28- 14:01+ 26:50+ 32:14+ 36:58+ 45:23+ 46:56+		
	03:26+ 04:02- 06:33+ 12:49+ 05:24+ 04:44+ 08:25+ 01:33+		
	00:11+ 00:24- 01:32& 09:59@ 00:39# 01:07& 04:02& 00:07+		
Beste strekktid for klassen			
	03:15 04:02 05:01 02:50 03:39 03:37 04:06 01:26		

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

Damer 80 år og eldre

Class	Navn	Klasse	Tid										
1	Gørild Espedal	113	42:57										
05:03=	14:29=	22:45=	28:42=	31:21=	40:27=	42:08=	42:57=						
05:03=	09:26=	08:16=	05:57=	02:39=	09:06=	01:41=	00:49=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
Beste strekktid for klassen													
05:03	09:26	08:16	05:57	02:39	09:06	01:41	00:49						
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Damer A													
1	Aud Hognestad Taksdal	92	23:46										
01:31=	04:28=	07:23=	10:18=	13:31=	16:15=	17:47=	18:58=	20:10=	22:06=	23:12=	23:46=		
01:31=	02:57=	02:55=	02:55=	03:13=	02:44=	01:32=	01:11=	01:12=	01:56=	01:06=	00:34=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Marjo Liikanen	67	24:50										
01:25-	05:59+	09:19+	11:59+	14:58+	17:14+	18:38+	19:51+	20:57+	23:21+	24:13+	24:50+		
01:25-	04:34+	03:20+	02:40-	02:59-	02:16-	01:24-	01:13+	01:06-	02:24+	00:52-	00:37+		
00:06-	01:37&	00:25#	00:15-	00:14-	00:28-	00:08-	00:02+	00:06-	00:28#	00:14-	00:03+		
3	Vilde Margrethe Sæbbø	90	26:19										
01:37+	04:50+	08:00+	10:55+	14:21+	17:13+	18:58+	20:20+	21:35+	23:58+	25:36+	26:19+		
01:37+	03:13+	03:10+	02:55=	03:26+	02:52+	01:45+	01:22+	01:15+	02:23+	01:38+	00:43+		
00:06+	00:16+	00:15+	00:00=	00:13+	00:08+	00:13#	00:11#	00:03+	00:27#	00:32&	00:09&		
4	Marie Line Furland	62	26:43										
01:50+	04:50+	08:14+	12:12+	15:35+	18:32+	20:02+	21:24+	22:38+	24:47+	25:51+	26:43+		
01:50+	03:00+	03:24+	03:58+	03:23+	02:57+	01:30-	01:22+	01:14+	02:09+	01:04-	00:52+		
00:19#	00:03+	00:29#	01:03&	00:10+	00:13+	00:02-	00:11#	00:02+	00:13#	00:02-	00:18&		
5	Jorunn Hadland	29	27:20										
01:39+	06:14+	09:35+	13:17+	16:34+	19:25+	21:00+	22:20+	23:36+	25:40+	26:30+	27:20+		
01:39+	04:35+	03:21+	03:42+	03:17+	02:51+	01:35+	01:20+	01:16+	02:04+	00:50-	00:50+		
00:08+	01:38&	00:26#	00:47&	00:04+	00:07+	00:03+	00:09#	00:04+	00:08+	00:16-	00:16&		
6	Sara Marlene Nystrom Olsen	68	27:34										
01:44+	04:56+	08:21+	12:20+	16:52+	19:39+	21:31+	22:50+	24:00+	25:55+	26:41+	27:34+		
01:44+	03:12+	03:25+	03:59+	04:32+	02:47+	01:52+	01:19+	01:10-	01:55-	00:46-	00:53+		
00:13#	00:15+	00:30#	01:04&	01:19&	00:03+	00:20#	00:08#	00:02-	00:01-	00:20-	00:19&		
7	Trine Bolstad Scheie	62	28:34										
03:21+	07:09+	10:33+	13:25+	16:33+	19:28+	21:13+	23:03+	24:27+	26:48+	27:38+	28:34+		
03:21+	03:48+	03:24+	02:52-	03:08-	02:55+	01:45+	01:50+	01:24+	02:21+	00:50-	00:56+		
01:50@	00:51&	00:29#	00:03-	00:05-	00:11+	00:13#	00:39&	00:12#	00:25#	00:16-	00:22&		
8	Wenche M. Sæbbø	3	32:16										
02:10+	06:27+	09:58+	15:36+	19:39+	22:40+	24:34+	26:36+	28:02+	30:32+	31:30+	32:16+		
02:10+	04:17+	03:31+	05:38+	04:03+	03:01+	01:54+	02:02+	01:26+	02:30+	00:58-	00:46+		
00:39&	01:20&	00:36#	02:43&	00:50&	00:17#	00:22#	00:51&	00:14#	00:34&	00:08-	00:12&		
9	Paula Salmi Linge	67	37:13										
03:13+	07:08+	11:21+	16:22+	21:08+	24:44+	27:32+	31:46+	33:08+	35:35+	36:33+	37:13+		
03:13+	03:55+	04:13+	05:01+	04:46+	03:36+	02:48+	04:14+	01:22+	02:27+	00:58-	00:40+		
01:42@	00:58&	01:18&	02:06&	01:33&	00:52&	01:16&	03:03@	00:10#	00:31&	00:08-	00:06#		
10	Kari Borgen	62	46:16										
03:00+	08:30+	13:53+	17:20+	27:28+	31:41+	33:38+	36:08+	37:55+	40:31+	45:33+	46:16+		
03:00+	05:30+	05:23+	03:27+	10:08+	04:13+	01:57+	02:30+	01:47+	02:36+	05:02+	00:43+		
01:29&	02:33&	02:28&	00:32#	06:55@	01:29&	00:25&	01:19@	00:35&	00:40&	03:56@	00:09&		
11	Sina Thu	271	47:44										
02:27+	06:04+	12:14+	17:54+	25:24+	37:55+	39:28+	41:24+	42:59+	45:33+	46:46+	47:44+		
02:27+	03:37+	06:10+	05:40+	07:30+	12:31+	01:33+	01:56+	01:35+	02:34+	01:13+	00:58+		
00:56&	00:40#	03:15@	02:45&	04:17@	09:47@	00:01+	00:45&	00:23&	00:38&	00:07#	00:24&		
12	Hanne Bjerke	76	48:06										
02:53+	11:31+	15:13+	26:44+	32:52+	37:21+	39:49+	41:48+	43:30+	46:00+	47:19+	48:06+		
02:53+	08:38+	03:42+	11:31+	06:08+	04:29+	02:28+	01:59+	01:42+	02:30+	01:19+	00:47+		
01:22&	05:41@	00:47&	08:36@	02:55&	01:45&	00:56&	00:48&	00:30&	00:34&	00:13#	00:13&		

Class	Navn	Klasse										Tid
13	Silje Skarpeid	101										48:21
03:22+	21:21+	25:33+	31:30+	35:59+	38:24+	40:39+	42:37+	44:02+	46:33+	47:34+	48:21+	
03:22+	17:59+	04:12+	05:57+	04:29+	02:25-	02:15+	01:58+	01:25+	02:31+	01:01-	00:47+	
01:51@	15:02@	01:17&	03:02@	01:16&	00:19-	00:43&	00:47&	00:13#	00:35&	00:05-	00:13&	
14	Maira Andersone	93										53:39
06:45+	11:56+	17:51+	30:42+	37:26+	41:37+	43:54+	46:06+	48:19+	51:21+	52:33+	53:39+	
06:45+	05:11+	05:55+	12:51+	06:44+	04:11+	02:17+	02:12+	02:13+	03:02+	01:12+	01:06+	
05:14@	02:14&	03:00@	09:56@	03:31@	01:27&	00:45&	01:01&	01:01&	01:06&	00:06+	00:32&	
Beste strekktid for klassen												
01:25	02:57	02:55	02:40	02:59	02:16	01:24	01:11	01:06	01:55	00:46	00:34	

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

Damer B

1	Inger Tone Nygård	29										28:19
01:35=	05:31=	06:54=	10:59=	14:23=	22:36=	24:10=	27:13=	27:55=	28:19=			
01:35=	03:56=	01:23=	04:05=	03:24=	08:13=	01:34=	03:03=	00:42=	00:24=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Jorunn Johannesen	116										30:02
01:24-	05:22-	06:54=	11:03+	15:10+	23:39+	25:14+	28:46+	29:33+	30:02+			
01:24-	03:58+	01:32+	04:09+	04:07+	08:29+	01:35+	03:32+	00:47+	00:29+			
00:11-	00:02+	00:09#	00:04+	00:43#	00:16+	00:01+	00:29#	00:05#	00:05#			
3	Agnese Elin Engen	116										31:32
01:18-	05:42+	08:02+	12:32+	17:01+	24:46+	26:19+	30:11+	31:08+	31:32+			
01:18-	04:24+	02:20+	04:30+	04:29+	07:45-	01:33-	03:52+	00:57+	00:24=			
00:17-	00:28#	00:57&	00:25#	01:05&	00:28-	00:01-	00:49&	00:15&	00:00=			
4	Anita Glenne Kallhovd	29										31:48
01:37+	06:14+	08:11+	12:55+	16:10+	23:44+	25:24+	30:32+	31:24+	31:48+			
01:37+	04:37+	01:57+	04:44+	03:15-	07:34-	01:40+	05:08+	00:52+	00:24=			
00:02+	00:41#	00:34&	00:39#	00:09-	00:39-	00:06+	02:05&	00:10#	00:00=			
5	Ann-Cathrin Nybak Urdal	118										32:00
03:25+	07:27+	09:04+	14:13+	17:35+	24:50+	26:26+	30:45+	31:30+	32:00+			
03:25+	04:02+	01:37+	05:09+	03:22-	07:15-	01:36+	04:19+	00:45+	00:30+			
01:50@	00:06+	00:14#	01:04&	00:02-	00:58-	00:02+	01:16&	00:03+	00:06#			
6	Lise Isachsen	165										32:38
01:09-	05:05-	07:15+	14:28+	17:40+	25:05+	26:24+	31:27+	32:13+	32:38+			
01:09-	03:56=	02:10+	07:13+	03:12-	07:25-	01:19-	05:03+	00:46+	00:25+			
00:26-	00:00=	00:47&	03:08&	00:12-	00:48-	00:15-	02:00&	00:04+	00:01+			
7	Anne Garsrud	90										33:43
03:19+	08:06+	09:48+	13:43+	18:51+	27:14+	28:51+	32:26+	33:15+	33:43+			
03:19+	04:47+	01:42+	03:55-	05:08+	08:23+	01:37+	03:35+	00:49+	00:28+			
01:44@	00:51#	00:19#	00:10-	01:44&	00:10+	00:03+	00:32#	00:07#	00:04#			
8	Ann Karin Tjørhom	93										34:47
01:34-	06:47+	08:59+	14:06+	18:28+	27:37+	29:16+	33:21+	34:14+	34:47+			
01:34-	05:13+	02:12+	05:07+	04:22+	09:09+	01:39+	04:05+	00:53+	00:33+			
00:01-	01:17&	00:49&	01:02&	00:58&	00:56#	00:05+	01:02&	00:11&	00:09&			
9	Vibeke Lamark	46										35:34
01:22-	05:34+	07:40+	15:40+	20:44+	28:29+	30:17+	34:18+	35:04+	35:34+			
01:22-	04:12+	02:06+	08:00+	05:04+	07:45-	01:48+	04:01+	00:46+	00:30+			
00:13-	00:16+	00:43&	03:55&	01:40&	00:28-	00:14#	00:58&	00:04+	00:06#			
10	Ragnhild Auglænd	168										36:20
01:48+	06:49+	08:39+	13:18+	17:27+	27:56+	30:11+	34:54+	35:46+	36:20+			
01:48+	05:01+	01:50+	04:39+	04:09+	10:29+	02:15+	04:43+	00:52+	00:34+			
00:13#	01:05&	00:27&	00:34#	00:45#	02:16&	00:41&	01:40&	00:10#	00:10&			
11	Berit Våg Aksland	116										36:49
01:33-	06:31+	08:59+	14:42+	20:08+	29:15+	31:30+	35:29+	36:26+	36:49+			
01:33-	04:58+	02:28+	05:43+	05:26+	09:07+	02:15+	03:59+	00:57+	00:23-			
00:02-	01:02&	01:05&	01:38&	02:02&	00:54#	00:41&	00:56&	00:15&	00:01-			

Class	Navn	Klasse	Tid
12	Grethe Anda Fuglestad	116	37:02
01:42+	08:16+ 10:12+ 15:19+ 19:57+ 30:24+	31:59+ 35:31+ 36:35+ 37:02+	
01:42+	06:34+ 01:56+ 05:07+ 04:38+ 10:27+	01:35+ 03:32+ 01:04+ 00:27+	
00:07+	02:38& 00:33& 01:02& 01:14& 02:14&	00:01+ 00:29# 00:22& 00:03#	
13	Helen Lomeland	105	38:44
01:32-	10:13+ 12:09+ 16:54+ 21:56+ 30:43+	32:52+ 37:10+ 38:07+ 38:44+	
01:32-	08:41+ 01:56+ 04:45+ 05:02+ 08:47+	02:09+ 04:18+ 00:57+ 00:37+	
00:03-	04:45@ 00:33& 00:40# 01:38& 00:34+	00:35& 01:15& 00:15& 00:13&	
14	Ingunn Anda Haug	67	38:50
01:35=	06:58+ 09:07+ 14:40+ 19:03+ 28:16+	30:00+ 37:08+ 38:17+ 38:50+	
01:35=	05:23+ 02:09+ 05:33+ 04:23+ 09:13+	01:44+ 07:08+ 01:09+ 00:33+	
00:00=	01:27& 00:46& 01:28& 00:59& 01:00#	00:10# 04:05@ 00:27& 00:09&	
15	Tone Cecilie Nystrom	68	39:17
01:26-	06:19+ 08:39+ 14:29+ 20:13+ 30:48+	33:16+ 37:45+ 38:48+ 39:17+	
01:26-	04:53+ 02:20+ 05:50+ 05:44+ 10:35+	02:28+ 04:29+ 01:03+ 00:29+	
00:09-	00:57# 00:57& 01:45& 02:20& 02:22&	00:54& 01:26& 00:21& 00:05#	
16	Hilde Nordbø	93	42:21
01:48+	06:54+ 08:22+ 12:33+ 26:00+ 34:08+	35:33+ 41:11+ 41:57+ 42:21+	
01:48+	05:06+ 01:28+ 04:11+ 13:27+ 08:08-	01:25- 05:38+ 00:46+ 00:24=	
00:13#	01:10& 00:05+ 00:06+ 10:03@ 00:05-	00:09- 02:35& 00:04+ 00:00=	
17	Margrethe Roalsø	93	44:46
01:36+	06:31+ 13:24+ 20:26+ 27:53+ 38:06+	39:47+ 43:30+ 44:16+ 44:46+	
01:36+	04:55+ 06:53+ 07:02+ 07:27+ 10:13+	01:41+ 03:43+ 00:46+ 00:30+	
00:01+	00:59# 05:30@ 02:57& 04:03@ 02:00#	00:07+ 00:40# 00:04+ 00:06#	
18	Mariann Sveinsvoll	94	45:20
03:00+	09:54+ 12:21+ 21:41+ 26:14+ 36:27+	38:29+ 44:06+ 44:53+ 45:20+	
03:00+	06:54+ 02:27+ 09:20+ 04:33+ 10:13+	02:02+ 05:37+ 00:47+ 00:27+	
01:25&	02:58& 01:04& 05:15@ 01:09& 02:00#	00:28& 02:34& 00:05# 00:03#	
19	Linda Mari Vestvik	62	52:29
01:32-	05:36+ 07:17+ 19:45+ 24:36+ 44:28+	46:20+ 50:48+ 51:57+ 52:29+	
01:32-	04:04+ 01:41+ 12:28+ 04:51+ 19:52+	01:52+ 04:28+ 01:09+ 00:32+	
00:03-	00:08+ 00:18# 08:23@ 01:27& 11:39@	00:18# 01:25& 00:27& 00:08&	

Beste strekktid for klassen

01:09 03:56 01:23 03:55 03:12 07:15 01:19 03:03 00:42 00:23

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

Damer Ny

1	Sandra Rommetveit	99	18:35
04:29=	10:22= 13:05= 15:20= 18:04= 18:35=		
04:29=	05:53= 02:43= 02:15= 02:44= 00:31=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=		
2	Ragnhild Smistad	115	21:11
04:31+	11:04+ 15:01+ 17:49+ 20:38+ 21:11+		
04:31+	06:33+ 03:57+ 02:48+ 02:49+ 00:33+		
00:02+	00:40# 01:14& 00:33# 00:05+ 00:02+		
3	Katrine Skare Bakka	115	31:54
12:35+	21:23+ 25:18+ 28:05+ 31:13+ 31:54+		
12:35+	08:48+ 03:55+ 02:47+ 03:08+ 00:41+		
08:06@	02:55& 01:12& 00:32# 00:24# 00:10&		

Beste strekktid for klassen

04:29 05:53 02:43 02:15 02:44 00:31

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

Damer Trim

Class	Navn	Klasse	Tid
1	Gerd Katrin Kro	117	20:59
	03:14= 09:13= 13:15= 14:42= 16:58= 19:52= 20:35= 20:59=		
	03:14= 05:59= 04:02= 01:27= 02:16= 02:54= 00:43= 00:24=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Gerd Vikeså	101	22:50
	02:52- 11:03+ 14:12+ 15:39+ 17:38+ 21:22+ 22:19+ 22:50+		
	02:52- 08:11+ 03:09- 01:27= 01:59- 03:44+ 00:57+ 00:31+		
	00:22- 02:12& 00:53- 00:00= 00:17- 00:50& 00:14& 00:07&		
3	Therese Immerstein Noraberg	71	23:14
	02:55- 10:19+ 14:10+ 15:46+ 18:44+ 21:51+ 22:44+ 23:14+		
	02:55- 07:24+ 03:51- 01:36+ 02:58+ 03:07+ 00:53+ 00:30+		
	00:19- 01:25# 00:11- 00:09# 00:42& 00:13+ 00:10# 00:06#		
4	Ann Helen Johannesen	71	24:09
	04:18+ 12:40+ 15:15+ 16:42+ 19:59+ 22:48+ 23:44+ 24:09+		
	04:18+ 08:22+ 02:35- 01:27= 03:17+ 02:49- 00:56+ 00:25+		
	01:04& 02:23& 01:27- 00:00= 01:01& 00:05- 00:13& 00:01+		
5	Bjørg Engelhard	165	24:14
	04:16+ 11:23+ 14:48+ 16:17+ 19:02+ 22:18+ 23:44+ 24:14+		
	04:16+ 07:07+ 03:25- 01:29+ 02:45+ 03:16+ 01:26+ 00:30+		
	01:02& 01:08# 00:37- 00:02+ 00:29# 00:22# 00:43& 00:06#		
6	Fredrike Krahnert	126	24:27
	02:50- 10:30+ 14:23+ 16:31+ 19:36+ 23:07+ 23:58+ 24:27+		
	02:50- 07:40+ 03:53- 02:08+ 03:05+ 03:31+ 00:51+ 00:29+		
	00:24- 01:41& 00:09- 00:41& 00:49& 00:37# 00:08# 00:05#		
7	Ase Sellereite	27	26:33
	03:00- 11:40+ 14:48+ 16:28+ 18:36+ 25:10+ 26:04+ 26:33+		
	03:00- 08:40+ 03:08- 01:40+ 02:08- 06:34+ 00:54+ 00:29+		
	00:14- 02:41& 00:54- 00:13# 00:08- 03:40& 00:11& 00:05#		
8	Ingrid O. Foss	117	26:57
	03:44+ 14:31+ 18:11+ 19:54+ 22:00+ 25:25+ 26:23+ 26:57+		
	03:44+ 10:47+ 03:40- 01:43+ 02:06- 03:25+ 00:58+ 00:34+		
	00:30# 04:48& 00:22- 00:16# 00:10- 00:31# 00:15& 00:10&		
9	Randi Bugge	46	27:04
	05:36+ 14:16+ 17:51+ 19:18+ 21:52+ 25:16+ 26:32+ 27:04+		
	05:36+ 08:40+ 03:35- 01:27= 02:34+ 03:24+ 01:16+ 00:32+		
	02:22& 02:41& 00:27- 00:00= 00:18# 00:30# 00:33& 00:08&		
10	Margot Asheim	105	27:32
	03:18+ 14:21+ 18:50+ 20:11+ 22:06+ 25:46+ 27:05+ 27:32+		
	03:18+ 11:03+ 04:29+ 01:21- 01:55- 03:40+ 01:19+ 00:27+		
	00:04+ 05:04& 00:27# 00:06- 00:21- 00:46& 00:36& 00:03#		
11	Grete Stokke Seljeskog	128	27:35
	03:32+ 11:52+ 15:21+ 16:51+ 18:58+ 26:14+ 27:08+ 27:35+		
	03:32+ 08:20+ 03:29- 01:30+ 02:07- 07:16+ 00:54+ 00:27+		
	00:18+ 02:21& 00:33- 00:03+ 00:09- 04:22& 00:11& 00:03#		
12	Siv Hilde Berg	105	28:05
	05:20+ 14:00+ 17:55+ 19:40+ 21:35+ 26:33+ 27:29+ 28:05+		
	05:20+ 08:40+ 03:55- 01:45+ 01:55- 04:58+ 00:56+ 00:36+		
	02:06& 02:41& 00:07- 00:18# 00:21- 02:04& 00:13& 00:12&		
13	Cecilie Kristine Karlsen	93	28:10
	03:33+ 10:51+ 13:37+ 16:25+ 21:06+ 27:08+ 27:42+ 28:10+		
	03:33+ 07:18+ 02:46- 02:48+ 04:41+ 06:02+ 00:34- 00:28+		
	00:19+ 01:19# 01:16- 01:21& 02:25& 03:08& 00:09- 00:04#		
14	Maria Haukalid	47	28:21
	04:17+ 12:51+ 16:13+ 18:08+ 21:11+ 26:20+ 27:47+ 28:21+		
	04:17+ 08:34+ 03:22- 01:55+ 03:03+ 05:09+ 01:27+ 00:34+		
	01:03& 02:35& 00:40- 00:28& 00:47& 02:15& 00:44& 00:10&		
15	Solbjørg Borgersen	233	28:22
	04:12+ 13:32+ 17:00+ 18:32+ 22:44+ 26:34+ 27:46+ 28:22+		
	04:12+ 09:20+ 03:28- 01:32+ 04:12+ 03:50+ 01:12+ 00:36+		
	00:58& 03:21& 00:34- 00:05+ 01:56& 00:56& 00:29& 00:12&		

Class	Navn	Klasse	Tid
16	Parul Khandelwal	71	28:24
03:34+	12:15+ 16:24+ 18:10+ 20:32+ 26:44+ 27:47+ 28:24+		
03:34+	08:41+ 04:09+ 01:46+ 02:22+ 06:12+ 01:03+ 00:37+		
00:20#	02:42& 00:07+ 00:19# 00:06+ 03:18@ 00:20& 00:13&		
17	Sarah Louise Zeiler-Sørensen	92	28:41
04:55+	13:03+ 16:00+ 17:09+ 23:43+ 27:04+ 28:20+ 28:41+		
04:55+	08:08+ 02:57- 01:09- 06:34+ 03:21+ 01:16+ 00:21-		
01:41&	02:09& 01:05- 00:18- 04:18@ 00:27# 00:33& 00:03-		
18	Nina Bækkelund Christiansen	105	29:52
08:56+	17:20+ 21:14+ 22:48+ 25:02+ 28:24+ 29:24+ 29:52+		
08:56+	08:24+ 03:54- 01:34+ 02:14- 03:22+ 01:00+ 00:28+		
05:42@	02:25& 00:08- 00:07+ 00:02- 00:28# 00:17& 00:04#		
19	Kirsti Strand Salvesen	256	32:27
04:22+	16:11+ 21:03+ 22:50+ 25:40+ 30:00+ 31:31+ 32:27+		
04:22+	11:49+ 04:52+ 01:47+ 02:50+ 04:20+ 01:31+ 00:56+		
01:08&	05:50& 00:50# 00:20# 00:34# 01:26& 00:48@ 00:32@		
20	Eli Tjetland	116	32:57
04:03+	15:55+ 20:32+ 22:42+ 25:50+ 30:33+ 32:11+ 32:57+		
04:03+	11:52+ 04:37+ 02:10+ 03:08+ 04:43+ 01:38+ 00:46+		
00:49&	05:53& 00:35# 00:43& 00:52& 01:49& 00:55@ 00:22&		
21	Irene Frøyland	71	33:03
05:04+	18:12+ 23:24+ 24:59+ 27:27+ 31:22+ 32:30+ 33:03+		
05:04+	13:08+ 05:12+ 01:35+ 02:28+ 03:55+ 01:08+ 00:33+		
01:50&	07:09@ 01:10& 00:08+ 00:12+ 01:01& 00:25& 00:09&		
22	Brit Svihus	92	33:33
06:17+	16:08+ 20:22+ 22:20+ 28:01+ 31:51+ 32:58+ 33:33+		
06:17+	09:51+ 04:14+ 01:58+ 05:41+ 03:50+ 01:07+ 00:35+		
03:03&	03:52& 00:12+ 00:31& 03:25@ 00:56& 00:24& 00:11&		
23	Tove Kristin K. Helvig	105	33:45
04:32+	15:48+ 20:00+ 21:46+ 27:26+ 31:33+ 33:00+ 33:45+		
04:32+	11:16+ 04:12+ 01:46+ 05:40+ 04:07+ 01:27+ 00:45+		
01:18&	05:17& 00:10+ 00:19# 03:24@ 01:13& 00:44@ 00:21&		
24	Astrid Espe	43	33:50
03:59+	13:33+ 19:53+ 22:09+ 28:21+ 32:08+ 33:12+ 33:50+		
03:59+	09:34+ 06:20+ 02:16+ 06:12+ 03:47+ 01:04+ 00:38+		
00:45#	03:35& 02:18& 00:49& 03:56@ 00:53& 00:21& 00:14&		
25	Hege Bakken	168	33:58
06:05+	17:00+ 21:05+ 24:12+ 28:01+ 32:05+ 33:27+ 33:58+		
06:05+	10:55+ 04:05+ 03:07+ 03:49+ 04:04+ 01:22+ 00:31+		
02:51&	04:56& 00:03+ 01:40@ 01:33& 01:10& 00:39& 00:07&		
26	Marita Navjord Nicolaysen	71	34:18
04:39+	16:17+ 21:55+ 25:00+ 28:23+ 32:31+ 33:41+ 34:18+		
04:39+	11:38+ 05:38+ 03:05+ 03:23+ 04:08+ 01:10+ 00:37+		
01:25&	05:39& 01:36& 01:38@ 01:07& 01:14& 00:27& 00:13&		
27	Kjersti Fandrem Høivik	68	35:02
05:54+	16:26+ 22:02+ 23:45+ 27:41+ 32:25+ 33:57+ 35:02+		
05:54+	10:32+ 05:36+ 01:43+ 03:56+ 04:44+ 01:32+ 01:05+		
02:40&	04:33& 01:34& 00:16# 01:40& 01:50& 00:49@ 00:41@		
28	Maryon Paulsen Strugstad	43	35:03
11:04+	19:34+ 24:55+ 26:11+ 28:57+ 31:15+ 33:53+ 34:40+ 35:03+		
11:04+	08:30+ 05:21+ 01:16- 02:46+ 02:18- 02:38+ 00:47+ 00:23+		
07:50@	02:31& 01:19& 00:11- 00:30# 00:36- 01:55@ 00:23& 00:23+		
29	Solveig Mæland	128	35:10
05:12+	18:19+ 22:53+ 25:03+ 27:32+ 33:13+ 34:32+ 35:10+		
05:12+	13:07+ 04:34+ 02:10+ 02:29+ 05:41+ 01:19+ 00:38+		
01:58&	07:08@ 00:32# 00:43& 00:13+ 02:47& 00:36& 00:14&		
30	Anastasia Ollestad	93	35:26
05:27+	20:11+ 23:20+ 25:40+ 28:10+ 34:16+ 34:59+ 35:26+		
05:27+	14:44+ 03:09- 02:20+ 02:30+ 06:06+ 00:43= 00:27+		
02:13&	08:45@ 00:53- 00:53& 00:14# 03:12@ 00:00= 00:03#		

Class	Navn	Klasse	Tid
31	Judith Serigstad	128	36:20
04:20+	14:11+ 18:26+ 20:22+ 31:09+	34:43+ 35:49+ 36:20+	
04:20+	09:51+ 04:15+ 01:56+ 10:47+	03:34+ 01:06+ 00:31+	
01:06&	03:52& 00:13+ 00:29& 08:31@	00:40# 00:23& 00:07&	
32	Bente Salte Aune	128	36:20
04:18+	14:09+ 18:26+ 20:21+ 31:07+	34:43+ 35:50+ 36:20+	
04:18+	09:51+ 04:17+ 01:55+ 10:46+	03:36+ 01:07+ 00:30+	
01:04&	03:52& 00:15+ 00:28& 08:30@	00:42# 00:24& 00:06#	
33	Synnøve Langvik	93	36:33
03:47+	15:28+ 21:01+ 22:28+ 31:11+	34:34+ 36:02+ 36:33+	
03:47+	11:41+ 05:33+ 01:27= 08:43+	03:23+ 01:28+ 00:31+	
00:33#	05:42& 01:31& 00:00= 06:27@	00:29# 00:45@ 00:07&	
34	Marit Kløvstad Braut	92	36:49
05:02+	17:49+ 23:00+ 24:47+ 28:12+	33:28+ 35:51+ 36:49+	
05:02+	12:47+ 05:11+ 01:47+ 03:25+	05:16+ 02:23+ 00:58+	
01:48&	06:48@ 01:09& 00:20# 01:09&	02:22& 01:40@ 00:34@	
35	Ingunn Fandrem	47	37:22
05:06+	17:08+ 22:06+ 24:03+ 27:54+	35:23+ 36:50+ 37:22+	
05:06+	12:02+ 04:58+ 01:57+ 03:51+	07:29+ 01:27+ 00:32+	
01:52&	06:03@ 00:56# 00:30& 01:35&	04:35@ 00:44@ 00:08&	
36	Solveig Grønning	47	37:22
05:10+	17:14+ 22:07+ 24:05+ 27:55+	35:26+ 36:52+ 37:22+	
05:10+	12:04+ 04:53+ 01:58+ 03:50+	07:31+ 01:26+ 00:30+	
01:56&	06:05@ 00:51# 00:31& 01:34&	04:37@ 00:43& 00:06#	
37	Toyah Bråtveit	115	38:30
03:31+	14:27+ 17:35+ 20:41+ 22:48+	37:16+ 38:04+ 38:30+	
03:31+	10:56+ 03:08- 03:06+ 02:07-	14:28+ 00:48+ 00:26+	
00:17+	04:57& 00:54- 01:39@ 00:09-	11:34@ 00:05# 00:02+	
38	Nicola Herbert	92	38:39
04:53+	16:43+ 23:52+ 27:10+ 30:29+	35:57+ 37:46+ 38:39+	
04:53+	11:50+ 07:09+ 03:18+ 03:19+	05:28+ 01:49+ 00:53+	
01:39&	05:51& 03:07& 01:51@ 01:03&	02:34& 01:06@ 00:29@	
39	Linda Haukås	113	39:13
04:13+	15:26+ 21:39+ 30:30+ 33:19+	37:22+ 38:38+ 39:13+	
04:13+	11:13+ 06:13+ 08:51+ 02:49+	04:03+ 01:16+ 00:35+	
00:59&	05:14& 02:11& 07:24@ 00:33#	01:09& 00:33& 00:11&	
40	Aase Sveinsvoll	94	40:17
04:41+	17:31+ 22:28+ 24:49+ 32:02+	37:55+ 39:28+ 40:17+	
04:41+	12:50+ 04:57+ 02:21+ 07:13+	05:53+ 01:33+ 00:49+	
01:27&	06:51@ 00:55# 00:54& 04:57@	02:59@ 00:50@ 00:25@	
41	Caroline Puig	136	41:09
03:57+	12:23+ 15:55+ 31:54+ 35:37+	39:34+ 40:34+ 41:09+	
03:57+	08:26+ 03:32- 15:59+ 03:43+	03:57+ 01:00+ 00:35+	
00:43#	02:27& 00:30- 14:32@ 01:27&	01:03& 00:17& 00:11&	
42	Anne Kristin Braut Berge	27	42:45
07:41+	16:40+ 26:17+ 27:42+ 34:54+	40:46+ 42:12+ 42:45+	
07:41+	08:59+ 09:37+ 01:25- 07:12+	05:52+ 01:26+ 00:33+	
04:27@	03:00& 05:35@ 00:02- 04:56@	02:58@ 00:43& 00:09&	
43	Sigrun Serigstad	128	43:26
08:39+	22:28+ 27:39+ 29:19+ 38:07+	41:34+ 42:58+ 43:26+	
08:39+	13:49+ 05:11+ 01:40+ 08:48+	03:27+ 01:24+ 00:28+	
05:25@	07:50@ 01:09& 00:13# 06:32@	00:33# 00:41& 00:04#	
44	Jorunn Eriksson Sætre	47	44:37
03:49+	25:13+ 29:08+ 32:08+ 35:05+	42:48+ 44:01+ 44:37+	
03:49+	21:24+ 03:55- 03:00+ 02:57+	07:43+ 01:13+ 00:36+	
00:35#	15:25@ 00:07- 01:33@ 00:41&	04:49@ 00:30& 00:12&	
45	Gunn Vagle	126	44:54
03:19+	11:38+ 14:58+ 36:12+ 38:47+	42:40+ 44:19+ 44:54+	
03:19+	08:19+ 03:20- 21:14+ 02:35+	03:53+ 01:39+ 00:35+	
00:05+	02:20& 00:42- 19:47@ 00:19#	00:59& 00:56@ 00:11&	

Class	Navn	Klasse	Tid
46	Signe Lise Haaland	66	45:20
04:06+	19:24+ 24:38+ 27:17+ 38:25+ 43:01+ 44:30+ 45:20+		
04:06+	15:18+ 05:14+ 02:39+ 11:08+ 04:36+ 01:29+ 00:50+		
00:52&	09:19@ 01:12& 01:12& 08:52@ 01:42& 00:46@ 00:26@		
47	May Kristin Haaland	47	45:42
19:28+	30:07+ 34:38+ 37:03+ 40:12+ 43:51+ 45:03+ 45:42+		
19:28+	10:39+ 04:31+ 02:25+ 03:09+ 03:39+ 01:12+ 00:39+		
16:14@	04:40& 00:29# 00:58& 00:53& 00:45& 00:29& 00:15&		
48	Else Marie Furland	93	46:11
05:30+	17:39+ 22:44+ 26:19+ 33:52+ 44:00+ 45:17+ 46:11+		
05:30+	12:09+ 05:05+ 03:35+ 07:33+ 10:08+ 01:17+ 00:54+		
02:16&	06:10@ 01:03& 02:08@ 05:17@ 07:14@ 00:34& 00:30@		
49	Gro Mariero Totland	59	46:35
04:45+	20:52+ 27:03+ 32:48+ 38:06+ 43:34+ 45:26+ 46:35+		
04:45+	16:07+ 06:11+ 05:45+ 05:18+ 05:28+ 01:52+ 01:09+		
01:31&	10:08@ 02:09& 04:18@ 03:02@ 02:34& 01:09@ 00:45@		
50	Brynhild Haaland	101	47:33
04:37+	20:35+ 24:27+ 26:13+ 37:10+ 46:00+ 46:59+ 47:33+		
04:37+	15:58+ 03:52- 01:46+ 10:57+ 08:50+ 00:59+ 00:34+		
01:23&	09:59@ 00:10- 00:19# 08:41@ 05:56@ 00:16& 00:10&		
51	Hilde Søndresen	93	49:21
08:10+	21:56+ 32:12+ 34:21+ 40:59+ 46:43+ 48:46+ 49:21+		
08:10+	13:46+ 10:16+ 02:09+ 06:38+ 05:44+ 02:03+ 00:35+		
04:56@	07:47@ 06:14@ 00:42& 04:22@ 02:50& 01:20@ 00:11&		
52	Inger Synnøve Sjørnsen	92	49:22
08:01+	21:53+ 32:21+ 34:20+ 41:04+ 46:42+ 48:45+ 49:22+		
08:01+	13:52+ 10:28+ 01:59+ 06:44+ 05:38+ 02:03+ 00:37+		
04:47@	07:53@ 06:26@ 00:32& 04:28@ 02:44& 01:20@ 00:13&		
53	Rebekka Lye	62	49:22
11:56+	27:20+ 38:52+ 40:52+ 43:30+ 47:41+ 48:51+ 49:22+		
11:56+	15:24+ 11:32+ 02:00+ 02:38+ 04:11+ 01:10+ 00:31+		
08:42@	09:25@ 07:30@ 00:33& 00:22# 01:17& 00:27& 00:07&		
54	Liv Ertesvåg	83	50:30
07:32+	22:52+ 28:11+ 30:26+ 38:00+ 48:03+ 49:35+ 50:30+		
07:32+	15:20+ 05:19+ 02:15+ 07:34+ 10:03+ 01:32+ 00:55+		
04:18@	09:21@ 01:17& 00:48& 05:18@ 07:09@ 00:49@ 00:31@		
55	Anita Edgren	88	50:41
04:13+	22:24+ 27:03+ 29:32+ 42:28+ 48:52+ 50:02+ 50:41+		
04:13+	18:11+ 04:39+ 02:29+ 12:56+ 06:24+ 01:10+ 00:39+		
00:59&	12:12@ 00:37# 01:02& 10:40@ 03:30@ 00:27& 00:15&		
56	Ritva Halsne	105	51:10
03:32+	36:10+ 40:11+ 41:55+ 45:15+ 49:18+ 50:41+ 51:10+		
03:32+	32:38+ 04:01- 01:44+ 03:20+ 04:03+ 01:23+ 00:29+		
00:18+	26:39@ 00:01- 00:17# 01:04& 01:09& 00:40& 00:05#		
57	Hazel Grayston	263	51:28
09:24+	24:03+ 30:09+ 33:23+ 40:19+ 48:13+ 50:19+ 51:28+		
09:24+	14:39+ 06:06+ 03:14+ 06:56+ 07:54+ 02:06+ 01:09+		
06:10@	08:40@ 02:04& 01:47@ 04:40@ 05:00@ 01:23@ 00:45@		
58	Unni Byberg Mæstad	92	55:17
04:02+	15:17+ 35:54+ 43:33+ 49:08+ 52:58+ 54:39+ 55:17+		
04:02+	11:15+ 20:37+ 07:39+ 05:35+ 03:50+ 01:41+ 00:38+		
00:48#	05:16& 16:35@ 06:12@ 03:19@ 00:56& 00:58@ 00:14&		
59	Marit Ytreland	27	56:54
10:52+	30:13+ 35:41+ 37:23+ 44:48+ 55:08+ 56:15+ 56:54+		
10:52+	19:21+ 05:28+ 01:42+ 07:25+ 10:20+ 01:07+ 00:39+		
07:38@	13:22@ 01:26& 00:15# 05:09@ 07:26@ 00:24& 00:15&		
60	Åse Franciska Møster	128	1:20:53
04:26+	23:28+ 35:26+ 50:38+ 70:16+ 77:42+ 80:04+ 80:53+		
04:26+	19:02+ 11:58+ 15:12+ 19:38+ 07:26+ 02:22+ 00:49+		
01:12&	13:03@ 07:56@ 13:45@ 17:22@ 04:32@ 01:39@ 00:25@		

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

02:50 05:59 02:35 01:09 01:55 02:18 00:34 00:21

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

Herrer 16 - 39 år

1	Thomas Jansen	289	23:41						
02:11=	05:37=	06:45=	10:03=	12:56=	18:32=	19:43=	22:34=	23:21=	23:41=
02:11=	03:26=	01:08=	03:18=	02:53=	05:36=	01:11=	02:51=	00:47=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Andreas Terjesen	53	25:21						
01:18-	04:37-	06:27-	09:54-	13:15+	19:33+	21:33+	24:26+	25:02+	25:21+
01:18-	03:19-	01:50+	03:27+	03:21+	06:18+	02:00+	02:53+	00:36-	00:19-
00:53-	00:07-	00:42&	00:09+	00:28#	00:42#	00:49&	00:02+	00:11-	00:01-
3	Torbjørn Ims Østby	66	25:58						
01:08-	04:30-	06:30-	10:19+	13:20+	20:25+	21:46+	24:57+	25:36+	25:58+
01:08-	03:22-	02:00+	03:49+	03:01+	07:05+	01:21+	03:11+	00:39-	00:22+
01:03-	00:04-	00:52&	00:31#	00:08+	01:29&	00:10#	00:20#	00:08-	00:02#
4	Bjørnar A. Alvær Sandsmark	68	26:55						
02:42+	05:52+	07:34+	11:10+	13:50+	19:57+	21:31+	25:57+	26:32+	26:55+
02:42+	03:10-	01:42+	03:36+	02:40-	06:07+	01:34+	04:26+	00:35-	00:23+
00:31#	00:16-	00:34&	00:18+	00:13-	00:31+	00:23&	01:35&	00:12-	00:03#
5	Svein Kyllingstad	71	27:15						
01:07-	04:58-	06:21-	10:23+	13:33+	20:37+	21:57+	26:13+	26:54+	27:15+
01:07-	03:51+	01:23+	04:02+	03:10+	07:04+	01:20+	04:16+	00:41-	00:21+
01:04-	00:25#	00:15#	00:44#	00:17+	01:28&	00:09#	01:25&	00:06-	00:01+
6	Marius Stene	27	27:19						
01:36-	04:47-	06:29-	11:31+	14:42+	21:32+	22:47+	26:10+	26:58+	27:19+
01:36-	03:11-	01:42+	05:02+	03:11+	06:50+	01:15+	03:23+	00:48+	00:21+
00:35-	00:15-	00:34&	01:44&	00:18#	01:14#	00:04+	00:32#	00:01+	00:01+
7	Sam McCloy	7	27:37						
03:18+	06:46+	09:10+	12:38+	15:25+	21:47+	23:00+	26:45+	27:16+	27:37+
03:18+	03:28+	02:24+	03:28+	02:47-	06:22+	01:13+	03:45+	00:31-	00:21+
01:07&	00:02+	01:16@	00:10+	00:06-	00:46#	00:02+	00:54&	00:16-	00:01+
8	Håkon Rake	128	27:56						
01:05-	05:20-	06:45=	12:17+	15:20+	22:02+	23:23+	26:58+	27:34+	27:56+
01:05-	04:15+	01:25+	05:32+	03:03+	06:42+	01:21+	03:35+	00:36-	00:22+
01:06-	00:49#	00:17#	02:14&	00:10+	01:06#	00:10#	00:44&	00:11-	00:02#
9	Rune Svihus	62	28:03						
04:34+	07:58+	09:13+	12:15+	16:36+	22:35+	24:01+	27:00+	27:39+	28:03+
04:34+	03:24-	01:15+	03:02-	04:21+	05:59+	01:26+	02:59+	00:39-	00:24+
02:23@	00:02-	00:07#	00:16-	01:28&	00:23+	00:15#	00:08+	00:08-	00:04#
10	Andreas Florian Ente	66	28:18						
01:39-	05:54+	07:22+	10:57+	14:00+	21:19+	22:51+	27:16+	27:56+	28:18+
01:39-	04:15+	01:28+	03:35+	03:03+	07:19+	01:32+	04:25+	00:40-	00:22+
00:32-	00:49#	00:20&	00:17+	00:10+	01:43&	00:21&	01:34&	00:07-	00:02#
11	Svein Magnus Halsne	71	28:21						
01:25-	07:49+	09:43+	13:46+	16:34+	23:37+	24:46+	27:27+	28:01+	28:21+
01:25-	06:24+	01:54+	04:03+	02:48-	07:03+	01:09-	02:41-	00:34-	00:20=
00:46-	02:58&	00:46&	00:45#	00:05-	01:27&	00:02-	00:10-	00:13-	00:00=
12	Morten Fenne	228	28:37						
00:58-	05:19-	06:41-	09:59-	14:51+	22:15+	23:29+	27:31+	28:09+	28:37+
00:58-	04:21+	01:22+	03:18=	04:52+	07:24+	01:14+	04:02+	00:38-	00:28+
01:13-	00:55&	00:14#	00:00=	01:59&	01:48&	00:03+	01:11&	00:09-	00:08&
13	Håkon Eggebø	71	29:18						
01:22-	09:05+	10:23+	14:19+	17:17+	23:50+	25:05+	28:16+	28:56+	29:18+
01:22-	07:43+	01:18+	03:56+	02:58+	06:33+	01:15+	03:11+	00:40-	00:22+
00:49-	04:17@	00:10#	00:38#	00:05+	00:57#	00:04+	00:20#	00:07-	00:02#

Class	Navn	Klasse	Tid
14	Trond Evensen	116	29:21
01:22-	04:49-	06:26-	10:14+
01:22-	03:27+	01:37+	03:48+
00:49-	00:01+	00:29&	00:30#
		02:33&	01:50&
		00:36&	00:33#
		00:02-	00:01-
		23:06+	24:53+
		29:02+	29:21+
		07:26+	01:47+
		00:45-	00:19-
15	Jonas Bolstad Scheie	62	29:30
03:00+	06:14+	08:13+	12:58+
03:00+	03:14-	01:59+	04:45+
00:49&	00:12-	00:51&	01:27&
		00:01+	03:26&
		00:01+	00:17-
		00:13-	00:04-
		24:54+	26:06+
		28:40+	29:14+
		09:02+	01:12+
		02:34-	00:34-
		00:16-	00:16-
16	Rune Hatle	65	31:20
01:32-	05:46+	10:11+	14:27+
01:32-	04:14+	04:25+	04:16+
00:39-	00:48#	03:17@	00:58&
		00:07+	02:05&
		00:22&	00:48&
		00:09-	00:02#
		25:08+	26:41+
		30:20+	30:58+
		07:41+	01:33+
		03:39+	00:38-
		00:22+	00:22+
17	Kjetil Hollund	108	31:41
02:10-	06:33+	08:40+	13:06+
02:10-	04:23+	02:07+	04:26+
00:01-	00:57&	00:59&	01:08&
		01:22&	02:18&
		00:26&	00:24#
		00:26&	00:01+
		17:27+	25:15+
		26:52+	30:07+
		31:20+	31:41+
		01:37+	03:15+
		01:13+	00:21+
18	Vegard Braut Kyllingstad	66	32:08
01:43-	07:59+	09:32+	12:56+
01:43-	06:16+	01:33+	03:24+
00:28-	02:50&	00:25&	00:06+
		01:10&	02:27&
		01:11#	01:44&
		00:02-	00:04#
		16:59+	25:02+
		26:24+	30:59+
		31:44+	32:08+
		01:22+	04:35+
		00:45-	00:24+
19	Alexander Khorunzhiy	287	32:19
02:26+	06:51+	08:55+	13:20+
02:26+	04:25+	02:04+	04:25+
00:15#	00:59&	00:56&	01:07&
		01:37&	02:24&
		00:17#	00:59&
		00:01-	00:05#
		27:18+	31:08+
		31:54+	32:19+
		01:28+	03:50+
		00:46-	00:25+
20	Bjørnar Owren	74	32:40
01:06-	09:06+	11:27+	15:57+
01:06-	08:00+	02:21+	04:30+
01:05-	04:34@	01:13@	01:12&
		00:27#	02:26&
		00:21&	00:03-
		00:08-	00:02#
		27:19+	28:51+
		31:39+	32:18+
		08:02+	01:32+
		02:48-	00:39-
		00:22+	00:22+
21	Martin Skogland	98	32:42
06:54+	10:56+	13:01+	16:57+
06:54+	04:02+	02:05+	03:56+
04:43@	00:36#	00:57&	00:38#
		00:16-	02:15&
		00:02+	00:04+
		00:00=	00:02#
		19:34+	27:25+
		28:38+	31:33+
		32:20+	32:42+
		01:13+	02:55+
		00:47=	00:22+
22	Joar Fuglestad	116	32:52
01:20-	07:41+	08:44+	12:03+
01:20-	06:21+	01:03-	03:19+
00:51-	02:55&	00:05-	00:01+
		01:18&	05:38@
		00:08#	00:16+
		00:07-	00:02-
23	Andreas Urdal	118	32:54
02:13+	06:07+	07:53+	13:05+
02:13+	03:54+	01:46+	05:12+
00:02+	00:28#	00:38&	01:54&
		00:40#	03:45&
		00:48&	00:44&
		00:00=	00:14&
		25:59+	27:58+
		31:33+	32:20+
		09:21+	01:59+
		03:35+	00:47=
		00:34#	00:00=
24	Øivind Fandrem Høivik	66	35:05
01:22-	08:40+	11:45+	16:00+
01:22-	07:18+	03:05+	04:15+
00:49-	03:52@	01:57@	00:57&
		01:15&	03:15&
		00:25&	00:34#
		00:05-	00:03#
		28:59+	30:35+
		34:00+	34:42+
		08:51+	01:36+
		03:25+	00:42-
25	Tor Gunnar Osen	116	36:02
02:19+	07:00+	08:51+	17:09+
02:19+	04:41+	01:51+	08:18+
00:08+	01:15&	00:43&	05:00@
		01:00&	02:35&
		00:34&	01:03&
		00:05-	00:08&
		29:13+	30:58+
		34:52+	35:34+
		08:11+	01:45+
		03:54+	00:42-
		00:28+	00:28+
26	Roger Vassbakk	51	38:30
01:43-	07:21+	09:22+	15:03+
01:43-	05:38+	02:01+	05:41+
00:28-	02:12&	00:53&	02:23&
		01:31&	04:46&
		00:59&	02:08&
		00:08#	00:17&
		29:27+	29:49+
		31:59+	36:58+
		02:10+	04:59+
		00:55+	00:37+
27	Bernhard Haver Vagle	126	39:37
01:37-	05:35-	08:03+	15:40+
01:37-	03:58+	02:28+	07:37+
00:34-	00:32#	01:20@	04:19@
		00:58&	03:47&
		00:42&	04:48@
		00:02-	00:06&
		19:31+	28:54+
		30:47+	38:26+
		07:39+	00:45-
		00:26+	00:26+
28	Jørgen Johnsen	167	39:51
01:40-	11:02+	13:30+	17:41+
01:40-	09:22+	02:28+	04:11+
00:31-	05:56@	01:20@	00:53&
		01:40&	06:00@
		00:33&	00:21#
		00:05-	00:03#
		33:50+	35:34+
		38:46+	39:28+
		11:36+	01:44+
		03:12+	00:42-
		00:23+	00:23+

Class	Navn	Klasse	Tid
29	Mathias Nødland	194	41:40
01:15-	05:26-	06:51+	09:55-
01:15-	04:11+	01:25+	03:04-
00:56-	00:45#	00:17#	00:14-
	17:00@	00:56#	00:06+
		00:10+	00:06-
			00:01+
30	Anders Buland	134	43:45
02:15+	07:16+	09:56+	22:51+
02:15+	05:01+	02:40+	12:55+
00:04+	01:35&	01:32@	09:37@
		02:19&	02:06&
		00:08#	02:41&
			00:02-
			00:04#
31	Richard Galle	66	43:47
08:05+	12:22+	14:36+	20:31+
08:05+	04:17+	02:14+	05:55+
05:54@	00:51#	01:06&	02:37&
		03:03@	03:31&
		00:23&	02:33&
			00:11#
			00:03-
32	Oddgeir Nevland	51	45:35
01:50-	06:21+	09:18+	14:02+
01:50-	04:31+	02:57+	04:44+
00:21-	01:05&	01:49@	01:26&
		11:26@	04:09&
		00:45&	01:15&
			00:17&
			00:03#
33	Frode Ungar	116	48:22
06:05+	12:12+	15:39+	23:21+
06:05+	06:07+	03:27+	07:42+
03:54@	02:41&	02:19@	04:24@
		02:34&	06:51@
		00:34&	01:18&
			00:00=
			00:06&
34	Rune Aasvestad	136	50:46
04:49+	10:23+	13:49+	19:16+
04:49+	05:34+	03:26+	05:27+
02:38@	02:08&	02:18@	02:09&
		02:18&	13:51@
		00:55&	00:42#
			00:02-
			00:08&
Beste strekktid for klassen			
00:58	03:10	01:03	03:02
		02:37	05:36
		01:09	02:34
		00:31	00:16
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer 40 - 49 år			
1	Leif Kjetil Hinna Gausel	116	29:20
04:41=	07:52=	09:28=	13:06=
04:41=	03:11=	01:36=	03:38=
00:00=	00:00=	00:00=	00:00=
	00:00=	00:00=	00:00=
		00:00=	00:00=
			00:00=
			00:00=
2	Thomas Schanke Eikum	62	30:01
01:33-	05:26-	07:13-	11:37-
01:33-	03:53+	01:47+	04:24+
03:08-	00:42#	00:11#	00:46#
		01:42&	00:18+
		00:01-	00:00=
			00:07#
			00:04#
3	Rune Dahl Fitjar	90	30:09
01:12-	05:13-	06:53-	11:11-
01:12-	04:01+	01:40+	04:18+
03:29-	00:50&	00:04+	00:40#
		01:25&	01:32-
		00:05-	02:55&
			00:00=
			00:01+
4	Gunnar Thorset	117	30:59
01:28-	05:18-	06:54-	13:10+
01:28-	03:50+	01:36=	06:16+
03:13-	00:39#	00:00=	02:38&
		00:40#	00:19-
		00:02+	00:02+
			00:02+
			00:06&
5	Antal Jansen	115	31:15
01:27-	07:49-	09:35+	14:04+
01:27-	06:22+	01:46+	04:29+
03:14-	03:11&	00:10#	00:51#
		00:12+	00:47-
		00:17#	01:06&
			00:08#
			00:01+
6	Lars Primstad	62	31:32
02:36-	08:07+	09:48+	13:56+
02:36-	05:31+	01:41+	04:08+
02:05-	02:20&	00:05+	00:30#
		01:07&	00:02-
		00:03-	00:10+
			00:08#
			00:02+
7	Per Ivar Hovstad	116	31:47
01:25-	07:42-	09:20-	14:53+
01:25-	06:17+	01:38+	05:33+
03:16-	03:06&	00:02+	01:55&
		01:13&	00:30-
		00:01-	00:09-
			00:05#
			00:02+

Class	Navn	Klasse								Tid
8	Jørn A. Carlsen	116								32:06
	01:50-	05:56-	08:57-	12:58-	16:34+	25:01+	27:25+	30:41+	31:41+	32:06+
	01:50-	04:06+	03:01+	04:01+	03:36+	08:27+	02:24+	03:16+	01:00+	00:25+
	02:51-	00:55&	01:25&	00:23#	00:38#	00:40+	00:58&	00:10+	00:24&	00:04#
9	Arngrim Utskarpen	117								32:34
	03:10-	07:10-	09:09-	13:14+	17:21+	26:52+	28:17+	31:31+	32:15+	32:34+
	03:10-	04:00+	01:59+	04:05+	04:07+	09:31+	01:25-	03:14+	00:44+	00:19-
	01:31-	00:49&	00:23#	00:27#	01:09&	01:44#	00:01-	00:08+	00:08#	00:02-
10	Svein Oddvar Netland	116								32:36
	02:00-	08:01+	09:25-	13:32+	18:05+	26:42+	28:04+	31:22+	32:09+	32:36+
	02:00-	06:01+	01:24-	04:07+	04:33+	08:37+	01:22-	03:18+	00:47+	00:27+
	02:41-	02:50&	00:12-	00:29#	01:35&	00:50#	00:04-	00:12+	00:11&	00:06&
11	Oddmund Nordgård	105								33:59
	01:49-	05:59-	07:18-	10:45-	14:12-	24:29+	25:46+	33:00+	33:37+	33:59+
	01:49-	04:10+	01:19-	03:27-	03:27+	10:17+	01:17-	07:14+	00:37+	00:22+
	02:52-	00:59&	00:17-	00:11-	00:29#	02:30&	00:09-	04:08@	00:01+	00:01+
12	Trond Sigurd Fotland	66								34:36
	03:01-	07:01-	09:11-	16:09+	19:36+	27:10+	28:30+	33:34+	34:15+	34:36+
	03:01-	04:00+	02:10+	06:58+	03:27+	07:34-	01:20-	05:04+	00:41+	00:21=
	01:40-	00:49&	00:34&	03:20&	00:29#	00:13-	00:06-	01:58&	00:05#	00:00=
13	Lars Solvang	116								34:42
	01:40-	06:58-	08:50-	13:29+	18:06+	27:41+	29:47+	33:19+	34:15+	34:42+
	01:40-	05:18+	01:52+	04:39+	04:37+	09:35+	02:06+	03:32+	00:56+	00:27+
	03:01-	02:07&	00:16#	01:01&	01:39&	01:48#	00:40&	00:26#	00:20&	00:06&
14	Andreas Becht	116								35:48
	01:34-	11:04+	13:28+	18:07+	22:06+	29:36+	31:21+	34:38+	35:24+	35:48+
	01:34-	09:30+	02:24+	04:39+	03:59+	07:30-	01:45+	03:17+	00:46+	00:24+
	03:07-	06:19@	00:48&	01:01&	01:01&	00:17-	00:19#	00:11+	00:10&	00:03#
15	John Breiland	352								36:11
	01:30-	06:06-	07:58-	13:19+	17:48+	27:34+	29:02+	34:54+	35:40+	36:11+
	01:30-	04:36+	01:52+	05:21+	04:29+	09:46+	01:28+	05:52+	00:46+	00:31+
	03:11-	01:25&	00:16#	01:43&	01:31&	01:59&	00:02+	02:46&	00:10&	00:10&
16	Raymond B. Pettersen	105								37:05
	01:11-	06:21-	08:56-	14:07+	20:46+	29:18+	31:25+	35:50+	36:35+	37:05+
	01:11-	05:10+	02:35+	05:11+	06:39+	08:32+	02:07+	04:25+	00:45+	00:30+
	03:30-	01:59&	00:59&	01:33&	03:41@	00:45+	00:41&	01:19&	00:09#	00:09&
17	Arne Hetlelid	98								37:32
	01:37-	05:46-	07:33-	16:50+	20:53+	29:45+	31:17+	36:15+	37:08+	37:32+
	01:37-	04:09+	01:47+	09:17+	04:03+	08:52+	01:32+	04:58+	00:53+	00:24+
	03:04-	00:58&	00:11#	05:39@	01:05&	01:05#	00:06+	01:52&	00:17&	00:03#
18	Jan Kristensen	7								37:48
	01:20-	06:35-	08:50-	14:23+	20:01+	29:24+	31:15+	36:24+	37:20+	37:48+
	01:20-	05:15+	02:15+	05:33+	05:38+	09:23+	01:51+	05:09+	00:56+	00:28+
	03:21-	02:04&	00:39&	01:55&	02:40&	01:36#	00:25&	02:03&	00:20&	00:07&
19	Peter Chapman	117								37:55
	01:20-	05:04-	06:31-	10:43-	16:03-	31:41+	32:56+	36:42+	37:33+	37:55+
	01:20-	03:44+	01:27-	04:12+	05:20+	15:38+	01:15-	03:46+	00:51+	00:22+
	03:21-	00:33#	00:09-	00:34#	02:22&	07:51@	00:11-	00:40#	00:15&	00:01+
20	Arjen Leendertse	91								37:57
	01:45-	05:01-	08:33-	19:20+	22:50+	31:54+	33:39+	36:51+	37:34+	37:57+
	01:45-	03:16+	03:32+	10:47+	03:30+	09:04+	01:45+	03:12+	00:43+	00:23+
	02:56-	00:05+	01:56@	07:09@	00:32#	01:17#	00:19#	00:06+	00:07#	00:02+
21	André Sirevåg	116								38:43
	01:25-	06:14-	08:59-	13:52+	21:42+	31:18+	33:38+	37:16+	38:15+	38:43+
	01:25-	04:49+	02:45+	04:53+	07:50+	09:36+	02:20+	03:38+	00:59+	00:28+
	03:16-	01:38&	01:09&	01:15&	04:52@	01:49#	00:54&	00:32#	00:23&	00:07&
22	Trondr Breiland	53								40:29
	08:14+	12:02+	14:05+	19:18+	23:17+	32:43+	34:18+	38:53+	40:00+	40:29+
	08:14+	03:48+	02:03+	05:13+	03:59+	09:26+	01:35+	04:35+	01:07+	00:29+
	03:33&	00:37#	00:27&	01:35&	01:01&	01:39#	00:09#	01:29&	00:31&	00:08&

Class	Navn	Klasse	Tid
23	Tord Peter Ursin	116	41:24
02:32-	07:37-	09:30+	15:23+
02:32-	05:05+	01:53+	05:53+
02:09-	01:54&	00:17#	02:15&
			02:18&
			03:42&
			00:26&
			02:56&
			00:14&
			00:11&
24	Magne Habbestad	111	41:38
01:08-	05:33-	07:45-	11:36-
01:08-	04:25+	02:12+	03:51+
03:33-	01:14&	00:36&	00:13+
			00:57&
			09:48@
			00:18#
			02:36&
			00:05#
			00:04#
25	Rune Paulsen	98	42:21
02:06-	08:53+	11:26+	18:16+
02:06-	06:47+	02:33+	06:50+
02:35-	03:36@	00:57&	03:12&
			00:38#
			04:12&
			00:06-
			03:00&
			00:08#
			00:01-
26	Kjetil Bårdsen	105	42:28
03:01-	09:26+	14:43+	22:24+
03:01-	06:25+	05:17+	07:41+
01:40-	03:14@	03:41@	04:03@
			02:00&
			01:01#
			00:04+
			00:18+
			00:24&
			00:03#
27	Eivind Moi	116	44:16
01:21-	09:49+	11:40+	16:59+
01:21-	08:28+	01:51+	05:19+
03:20-	05:17@	00:15#	01:41&
			00:58&
			07:43&
			00:24&
			01:47&
			00:09#
			00:02+
28	Ole Morten Svendsen	66	46:54
05:33+	10:01+	12:22+	17:07+
05:33+	04:28+	02:21+	04:45+
00:52#	01:17&	00:45&	01:07&
			04:24@
			02:44&
			00:43&
			05:25@
			00:09#
			00:08&
29	Jan Kenneth Polle	83	47:44
10:46+	15:15+	16:59+	21:33+
10:46+	04:29+	01:44+	04:34+
06:05@	01:18&	00:08+	00:56&
			01:24&
			04:20&
			00:24&
			03:36@
			00:11&
			00:02+
Beste strekktid for klassen			
01:08	03:11	01:19	03:27
			02:58
			06:15
			01:15
			02:57
			00:36
			00:19

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

Herrer 50 - 59 år

1	Per Ingar Hadland	7	22:30
02:23=	05:27=	06:37=	11:44=
02:23=	03:04=	01:10=	05:07=
00:00=	00:00=	00:00=	00:00=
			00:00=
			00:00=
			00:00=
			00:00=
			00:00=
			00:00=
			00:00=
			00:00=
2	Arnfinn Rømuld	116	22:47
02:17-	05:04-	06:38+	11:21-
02:17-	02:47-	01:34+	04:43-
00:06-	00:17-	00:24&	00:24-
			00:06+
			00:03-
			00:12-
			00:03-
			00:21#
			00:06+
			00:02+
			00:01-
3	Kjell Seland	236	23:26
02:30+	05:54+	07:22+	12:28+
02:30+	03:24+	01:28+	05:06-
00:07+	00:20#	00:18&	00:01-
			00:32&
			00:11-
			00:02+
			00:10-
			00:08-
			00:09+
			00:01-
			00:01-
4	Morten Johannessen	7	24:15
03:12+	06:20+	07:30+	12:31+
03:12+	03:08+	01:10=	05:01-
00:49&	00:04+	00:00=	00:06-
			00:02+
			00:04-
			01:27&
			00:17-
			00:01-
			00:09-
			00:02-
			00:02+
5	Harald Jansen	289	24:29
02:50+	05:56+	07:25+	12:41+
02:50+	03:06+	01:29+	05:16+
00:27#	00:02+	00:19&	00:09+
			00:02-
			00:14#
			00:05+
			00:08-
			00:23#
			00:30&
			00:00=
			00:00=
6	Ole Petter Haukaas	109	24:35
02:08-	05:29+	06:34-	11:40-
02:08-	03:21+	01:05-	05:06-
00:15-	00:17+	00:05-	00:01-
			00:01-
			00:03-
			00:03-
			00:12-
			00:00=
			02:28@
			00:01-
			00:01+

Class	Navn	Klasse										Tid
7	Tor Brekken	97										25:03
	02:16-	05:25-	06:33-	12:33+	14:05+	15:05+	17:35+	19:28+	23:51+	24:36+	25:03+	
	02:16-	03:09+	01:08-	06:00+	01:32+	01:00=	02:30+	01:53+	01:57+	02:26+	00:45+	00:27+
	00:07-	00:05+	00:02-	00:53#	00:01+	00:00=	00:14#	00:18#	00:15#	00:52&	00:02+	00:02+
8	Lars Bergersen	116										25:28
	02:21-	05:25-	08:12+	13:46+	15:16+	16:17+	18:38+	20:05+	22:51+	24:22+	25:01+	25:28+
	02:21-	03:04=	02:47+	05:34+	01:30-	01:01+	02:21+	01:27-	02:46+	01:31-	00:39-	00:27+
	00:02-	00:00=	01:37@	00:27+	00:01-	00:01+	00:05+	00:08-	01:04&	00:03-	00:04-	00:02+
9	Knut Feldmann	93										25:31
	02:08-	06:29+	07:48+	13:26+	15:11+	16:06+	19:30+	21:02+	22:55+	24:22+	25:05+	25:31+
	02:08-	04:21+	01:19+	05:38+	01:45+	00:55-	03:24+	01:32-	01:53+	01:27-	00:43=	00:26+
	00:15-	01:17&	00:09#	00:31#	00:14#	00:05-	01:08&	00:03-	00:11#	00:07-	00:00=	00:01+
10	Øystein Fuglestad	46										26:40
	02:43+	07:25+	09:13+	14:17+	16:09+	17:27+	19:47+	21:39+	23:40+	25:30+	26:13+	26:40+
	02:43+	04:42+	01:48+	05:04-	01:52+	01:18+	02:20+	01:52+	02:01+	01:50+	00:43=	00:27+
	00:20#	01:38&	00:38&	00:03-	00:21#	00:18&	00:04+	00:17#	00:19#	00:16#	00:00=	00:02+
11	Tom Heradstveit	22										26:52
	02:43+	05:30+	06:41+	11:21-	13:16+	15:26+	17:48+	19:52+	21:25+	23:44+	26:29+	26:52+
	02:43+	02:47-	01:11+	04:40-	01:55+	02:10+	02:22+	02:04+	01:33-	02:19+	02:45+	00:23-
	00:20#	00:17-	00:01+	00:27-	00:24&	01:10@	00:06+	00:29&	00:09-	00:45&	02:02@	00:02-
12	Bertrand Denieul	42										26:55
	03:56+	07:13+	08:02+	13:34+	16:12+	17:12+	20:49+	22:00+	23:54+	25:53+	26:35+	26:55+
	03:56+	03:17+	00:49-	05:32+	02:38+	01:00=	03:37+	01:11-	01:54+	01:59+	00:42-	00:20-
	01:33&	00:13+	00:21-	00:25+	01:07&	00:00=	01:21&	00:24-	00:12#	00:25&	00:01-	00:05-
13	Torbjørn Dahle	92										27:35
	02:42+	06:17+	07:25+	13:32+	15:13+	16:37+	18:53+	22:31+	24:22+	26:13+	27:09+	27:35+
	02:42+	03:35+	01:08-	06:07+	01:41+	01:24+	02:16=	03:38+	01:51+	01:51+	00:56+	00:26+
	00:19#	00:31#	00:02-	01:00#	00:10#	00:24&	00:00=	02:03@	00:09+	00:17#	00:13&	00:01+
14	Tor Sverre Skåra	266										27:58
	03:25+	06:45+	07:51+	14:50+	16:56+	18:14+	21:31+	23:03+	25:02+	26:43+	27:33+	27:58+
	03:25+	03:20+	01:06-	06:59+	02:06+	01:18+	03:17+	01:32-	01:59+	01:41+	00:50+	00:25=
	01:02&	00:16+	00:04-	01:52&	00:35&	00:18&	01:01&	00:03-	00:17#	00:07+	00:07#	00:00=
15	Inge Skretting	165										28:16
	02:49+	06:23+	08:17+	14:00+	15:47+	16:56+	20:15+	22:00+	24:25+	26:49+	27:51+	28:16+
	02:49+	03:34+	01:54+	05:43+	01:47+	01:09+	03:19+	01:45+	02:25+	02:24+	01:02+	00:25=
	00:26#	00:30#	00:44&	00:36#	00:16#	00:09#	01:03&	00:10#	00:43&	00:50&	00:19&	00:00=
16	Arne Øvstebø	71										30:33
	02:47+	07:27+	08:26+	15:19+	17:13+	18:37+	22:32+	24:21+	27:34+	29:22+	30:08+	30:33+
	02:47+	04:40+	00:59-	06:53+	01:54+	01:24+	03:55+	01:49+	03:13+	01:48+	00:46+	00:25=
	00:24#	01:36&	00:11-	01:46&	00:23&	00:24&	01:39&	00:14#	01:31&	00:14#	00:03+	00:00=
17	Trygve Michaelsen	117										30:57
	04:41+	09:14+	10:23+	16:03+	17:42+	18:43+	21:27+	23:10+	25:07+	29:37+	30:26+	30:57+
	04:41+	04:33+	01:09-	05:40+	01:39+	01:01+	02:44+	01:43+	01:57+	04:30+	00:49+	00:31+
	02:18&	01:29&	00:01-	00:33#	00:08+	00:01+	00:28#	00:08+	00:15#	02:56@	00:06#	00:06#
18	Geir Haugvaldstad	116										31:43
	02:40+	06:21+	07:30+	16:48+	18:29+	19:38+	22:20+	24:10+	26:49+	30:03+	31:13+	31:43+
	02:40+	03:41+	01:09-	09:18+	01:41+	01:09+	02:42+	01:50+	02:39+	03:14+	01:10+	00:30+
	00:17#	00:37#	00:01-	04:11&	00:10#	00:09#	00:26#	00:15#	00:57&	01:40@	00:27&	00:05#
19	Magnar Møller	62										31:50
	02:17-	07:14+	08:37+	15:58+	18:02+	18:59+	24:17+	26:20+	28:07+	30:37+	31:20+	31:50+
	02:17-	04:57+	01:23+	07:21+	02:04+	00:57-	05:18+	02:03+	01:47+	02:30+	00:43=	00:30+
	00:06-	01:53&	00:13#	02:14&	00:33&	00:03-	03:02@	00:28&	00:05+	00:56&	00:00=	00:05#
20	Anders Glenne	7										31:50
	02:45+	07:25+	09:58+	17:28+	19:05+	21:06+	23:49+	25:27+	27:19+	30:44+	31:27+	31:50+
	02:45+	04:40+	02:33+	07:30+	01:37+	02:01+	02:43+	01:38+	01:52+	03:25+	00:43=	00:23-
	00:22#	01:36&	01:23@	02:23&	00:06+	01:01@	00:27#	00:03+	00:10+	01:51@	00:00=	00:02-
21	Stein Arve Finnestad	287										32:10
	04:52+	09:43+	10:54+	17:31+	20:14+	21:27+	24:32+	26:18+	28:29+	30:48+	31:45+	32:10+
	04:52+	04:51+	01:11+	06:37+	02:43+	01:13+	03:05+	01:46+	02:11+	02:19+	00:57+	00:25=
	02:29@	01:47&	00:01+	01:30&	01:12&	00:13#	00:49&	00:11#	00:29&	00:45&	00:14&	00:00=

Class	Navn	Klasse										Tid
22	Harald Taksdal	236										33:04
04:45+	09:18+	10:40+	16:26+	19:11+	20:22+	24:26+	26:25+	28:50+	31:28+	32:33+	33:04+	
04:45+	04:33+	01:22+	05:46+	02:45+	01:11+	04:04+	01:59+	02:25+	02:38+	01:05+	00:31+	
02:22&	01:29&	00:12#	00:39#	01:14&	00:11#	01:48&	00:24&	00:43&	01:04&	00:22&	00:06#	
23	Sveinung Rosenvinge	116										36:03
02:42+	07:50+	11:26+	18:08+	20:07+	21:27+	24:44+	26:34+	32:44+	34:46+	35:34+	36:03+	
02:42+	05:08+	03:36+	06:42+	01:59+	01:20+	03:17+	01:50+	06:10+	02:02+	00:48+	00:29+	
00:19#	02:04&	02:26@	01:35&	00:28&	00:20&	01:01&	00:15#	04:28@	00:28&	00:05#	00:04#	
24	Kjell Ove Aksland	27										36:47
02:55+	12:30+	13:40+	22:57+	25:06+	26:12+	29:23+	31:28+	33:33+	35:30+	36:20+	36:47+	
02:55+	09:35+	01:10=	09:17+	02:09+	01:06+	03:11+	02:05+	02:05+	01:57+	00:50+	00:27+	
00:32#	06:31@	00:00=	04:10&	00:38&	00:06#	00:55&	00:30&	00:23#	00:23#	00:07#	00:02+	
25	Geir Rune Seldal	192										36:56
03:49+	07:33+	08:45+	21:47+	23:44+	25:07+	27:41+	29:42+	31:32+	35:24+	36:26+	36:56+	
03:49+	03:44+	01:12+	13:02+	01:57+	01:23+	02:34+	02:01+	01:50+	03:52+	01:02+	00:30+	
01:26&	00:40#	00:02+	07:55@	00:26&	00:23&	00:18#	00:26&	00:08+	02:18@	00:19&	00:05#	
26	Steinar Torjusen	167										39:09
03:04+	13:46+	15:10+	23:20+	25:38+	26:46+	29:31+	31:33+	35:07+	37:42+	38:39+	39:09+	
03:04+	10:42+	01:24+	08:10+	02:18+	01:08+	02:45+	02:02+	03:34+	02:35+	00:57+	00:30+	
00:41&	07:38@	00:14#	03:03&	00:47&	00:08#	00:29#	00:27&	01:52@	01:01&	00:14&	00:05#	
27	Josef Ludoid	228										39:28
03:59+	10:17+	11:47+	22:29+	25:43+	27:34+	31:07+	33:16+	35:34+	37:56+	38:55+	39:28+	
03:59+	06:18+	01:30+	10:42+	03:14+	01:51+	03:33+	02:09+	02:18+	02:22+	00:59+	00:33+	
01:36&	03:14@	00:20&	05:35@	01:43@	00:51&	01:17&	00:34&	00:36&	00:48&	00:16&	00:08&	
28	Frode Følgesvold	5										39:29
05:45+	10:59+	12:22+	19:35+	22:14+	23:24+	29:27+	31:30+	34:51+	37:45+	39:03+	39:29+	
05:45+	05:14+	01:23+	07:13+	02:39+	01:10+	06:03+	02:03+	03:21+	02:54+	01:18+	00:26+	
03:22@	02:10&	00:13#	02:06&	01:08&	00:10#	03:47@	00:28&	01:39&	01:20&	00:35&	00:01+	
29	Frank Hansen	29										40:13
15:12+	18:54+	21:32+	27:27+	29:06+	30:24+	32:57+	34:35+	36:27+	38:52+	39:43+	40:13+	
15:12+	03:42+	02:38+	05:55+	01:39+	01:18+	02:33+	01:38+	01:52+	02:25+	00:51+	00:30+	
12:49@	00:38#	01:28@	00:48#	00:08+	00:18&	00:17#	00:03+	00:10+	00:51&	00:08#	00:05#	
30	Jørgen Nilsen	53										42:06
02:58+	06:29+	07:28+	13:33+	15:40+	16:54+	33:59+	35:48+	38:17+	40:40+	41:33+	42:06+	
02:58+	03:31+	00:59-	06:05+	02:07+	01:14+	17:05+	01:49+	02:29+	02:23+	00:53+	00:33+	
00:35#	00:27#	00:11-	00:58#	00:36&	00:14#	14:49@	00:14#	00:47&	00:49&	00:10#	00:08&	
31	Asbjørn Brårdland	297										46:38
02:46+	06:11+	10:26+	23:36+	25:36+	36:18+	39:41+	41:15+	43:06+	45:16+	46:16+	46:38+	
02:46+	03:25+	04:15+	13:10+	02:00+	10:42+	03:23+	01:34-	01:51+	02:10+	01:00+	00:22-	
00:23#	00:21#	03:05@	08:03@	00:29&	09:42@	01:07@	00:01-	00:09+	00:36&	00:17&	00:03-	
32	John C. Sinnes	93										47:25
12:53+	17:21+	19:03+	28:42+	31:10+	32:34+	36:05+	37:26+	43:49+	45:49+	46:56+	47:25+	
12:53+	04:28+	01:42+	09:39+	02:28+	01:24+	03:31+	01:21-	06:23+	02:00+	01:07+	00:29+	
10:30@	01:24&	00:32&	04:32&	00:57&	00:24&	01:15&	00:14-	04:41@	00:26&	00:24&	00:04#	
33	Kjetil Heradstveit	12										49:27
03:31+	09:09+	10:11+	25:27+	27:38+	32:18+	37:19+	38:51+	40:42+	48:11+	49:00+	49:27+	
03:31+	05:38+	01:02-	15:16+	02:11+	04:40+	05:01+	01:32-	01:51+	07:29+	00:49+	00:27+	
01:08&	02:34&	00:08-	10:09@	00:40&	03:40@	02:45@	00:03-	00:09+	05:55@	00:06#	00:02+	
34	Tor Inge Halvorsen	5										53:29
05:19+	10:43+	11:50+	34:44+	36:43+	38:31+	41:25+	43:22+	49:48+	51:58+	52:56+	53:29+	
05:19+	05:24+	01:07-	22:54+	01:59+	01:48+	02:54+	01:57+	06:26+	02:10+	00:58+	00:33+	
02:56@	02:20&	00:03-	17:47@	00:28&	00:48&	00:38&	00:22#	04:44@	00:36&	00:15&	00:08&	
35	Svein Magne Gloppen	93										1:00:59
03:38+	22:10+	23:44+	38:38+	41:38+	46:05+	49:42+	52:19+	54:52+	59:20+	60:21+	60:59+	
03:38+	18:32+	01:34+	14:54+	03:00+	04:27+	03:37+	02:37+	02:33+	04:28+	01:01+	00:38+	
01:15&	15:28@	00:24&	09:47@	01:29&	03:27@	01:21&	01:02&	00:51&	02:54@	00:18&	00:13&	
36	John Lage Bergan	116										1:16:08
30:39+	38:34+	40:19+	55:35+	58:14+	60:55+	64:28+	67:10+	69:55+	74:15+	75:35+	76:08+	
30:39+	07:55+	01:45+	15:16+	02:39+	02:41+	03:33+	02:42+	02:45+	04:20+	01:20+	00:33+	
28:16@	04:51@	00:35&	10:09@	01:08&	01:41@	01:17&	01:07&	01:03&	02:46@	00:37&	00:08&	

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

02:08 02:47 00:49 04:40 01:29 00:49 02:13 01:11 01:33 01:25 00:39 00:20

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

Herrer 60 - 64 år

1	Dag Helliksen	80	24:45
01:17=	03:30=	06:51=	10:48=
13:12=	16:13=	21:15=	23:22=
24:20=	24:45=		
01:17=	02:13=	03:21=	03:57=
02:24=	03:01=	05:02=	02:07=
00:58=	00:25=		
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Espen Krogh	7	25:41
01:28+	04:21+	06:45-	12:27+
14:15+	17:21+	21:28+	24:35+
25:16+	25:41+		
01:28+	02:53+	02:24-	05:42+
01:48-	03:06+	04:07-	03:07+
00:41-	00:25=		
00:11#	00:40&	00:57-	01:45&
00:36-	00:05+	00:55-	01:00&
00:17-	00:00=		
3	Hans Erik Terjesen	116	26:40
01:35+	05:58+	09:30+	13:49+
15:48+	18:55+	23:32+	25:25+
26:11+	26:40+		
01:35+	04:23+	03:32+	04:19+
01:59-	03:07+	04:37-	01:53-
00:46-	00:29+		
00:18#	02:10&	00:11+	00:22+
00:25-	00:06+	00:25-	00:14-
00:12-	00:04#		
4	Sveinung Tveit	236	26:56
02:10+	06:33+	09:28+	13:52+
15:58+	18:55+	23:44+	25:44+
26:28+	26:56+		
02:10+	04:23+	02:55-	04:24+
02:06-	02:57-	04:49-	02:00-
00:44-	00:28+		
00:53&	02:10&	00:26-	00:27#
00:18-	00:04-	00:13-	00:07-
00:14-	00:03#		
5	Tor Harald Lunde	47	28:56
01:42+	04:34+	08:52+	12:52+
14:56+	18:35+	24:31+	26:56+
28:23+	28:56+		
01:42+	02:52+	04:18+	04:00+
02:04-	03:39+	05:56+	02:25+
01:27+	00:33+		
00:25&	00:39&	00:57&	00:03+
00:20-	00:38#	00:54#	00:18#
00:29&	00:08&		
6	Terje Stokkeland	69	29:09
01:25+	04:26+	07:34+	13:12+
15:35+	19:08+	24:30+	27:47+
28:41+	29:09+		
01:25+	03:01+	03:08-	05:38+
02:23-	03:33+	05:22+	03:17+
00:54-	00:28+		
00:08#	00:48&	00:13-	01:41&
00:01-	00:32#	00:20+	01:10&
00:04-	00:03#		
7	Bjørn H. Engseth	27	31:02
01:35+	04:48+	07:56+	12:36+
17:50+	21:05+	26:20+	29:33+
30:27+	31:02+		
01:35+	03:13+	03:08-	04:40+
05:14+	03:15+	05:15+	03:13+
00:54-	00:35+		
00:18#	01:00&	00:13-	00:43#
02:50@	00:14+	00:13+	01:06&
00:04-	00:10&		
8	Bjørn Sivertsen	99	32:24
01:36+	05:22+	08:34+	13:44+
16:35+	20:27+	25:30+	30:58+
31:53+	32:24+		
01:36+	03:46+	03:12-	05:10+
02:51+	03:52+	05:03+	05:28+
00:55-	00:31+		
00:19#	01:33&	00:09-	01:13&
00:27#	00:51&	00:01+	03:21@
00:03-	00:06#		
9	Sverre Magnar Nordal	116	33:36
04:25+	07:33+	10:57+	15:38+
20:07+	24:02+	29:10+	31:59+
33:06+	33:36+		
04:25+	03:08+	03:24+	04:41+
04:29+	03:55+	05:08+	02:49+
01:07+	00:30+		
03:08@	00:55&	00:03+	00:44#
02:05&	00:54&	00:06+	00:42&
00:09#	00:05#		
10	Olav Tunheim	93	36:33
01:31+	05:24+	13:31+	19:31+
21:40+	25:32+	31:58+	35:00+
36:11+	36:33+		
01:31+	03:53+	08:07+	06:00+
02:09-	03:52+	06:26+	03:02+
01:11+	00:22-		
00:14#	01:40&	04:46@	02:03&
00:15-	00:51&	01:24&	00:55&
00:13#	00:03-		
11	Inge Johan Øverland	93	37:18
02:26+	06:11+	10:57+	15:36+
19:59+	25:19+	31:48+	35:39+
36:51+	37:18+		
02:26+	03:45+	04:46+	04:39+
04:23+	05:20+	06:29+	03:51+
01:12+	00:27+		
01:09&	01:32&	01:25&	00:42#
01:59&	02:19&	01:27&	01:44&
00:14#	00:02+		
12	Lars Salvesen	50	37:49
02:06+	05:40+	13:59+	19:36+
21:56+	26:46+	33:55+	36:35+
37:23+	37:49+		
02:06+	03:34+	08:19+	05:37+
02:20-	04:50+	07:09+	02:40+
00:48-	00:26+		
00:49&	01:21&	04:58@	01:40&
00:04-	01:49&	02:07&	00:33&
00:10-	00:01+		
13	Kjell Lervik	239	39:01
01:59+	06:28+	14:45+	20:41+
23:00+	27:52+	34:58+	37:32+
38:26+	39:01+		
01:59+	04:29+	08:17+	05:56+
02:19-	04:52+	07:06+	02:34+
00:54-	00:35+		
00:42&	02:16@	04:56@	01:59&
00:05-	01:51&	02:04&	00:27#
00:04-	00:10&		

Class	Navn	Klasse										Tid
14	Agnar Lien	7										40:15
	01:37+	04:38+	10:41+	15:57+	21:03+	21:26+	29:05+	38:24+	39:32+	40:15+		
	01:37+	03:01+	06:03+	05:16+	02:06-	03:23+	07:39+	09:19+	01:08+	00:43+		
	00:20&	00:48&	02:42&	01:19&	00:18-	00:22#	02:37&	07:12@	00:10#	00:18&		
15	Ommund Bakkevold	68										44:07
	01:54+	05:24+	17:14+	23:56+	27:43+	32:31+	39:30+	42:22+	43:26+	44:07+		
	01:54+	03:30+	11:50+	06:42+	03:47+	04:48+	06:59+	02:52+	01:04+	00:41+		
	00:37&	01:17&	08:29@	02:45&	01:23&	01:47&	01:57&	00:45&	00:06#	00:16&		
16	Rolf Kleppe	63										1:00:25
	01:56+	05:06+	26:30+	35:02+	38:44+	44:01+	52:48+	58:51+	59:51+	60:25+		
	01:56+	03:10+	21:24+	08:32+	03:42+	05:17+	08:47+	06:03+	01:00+	00:34+		
	00:39&	00:57&	18:03@	04:35@	01:18&	02:16&	03:45&	03:56@	00:02+	00:09&		
17	Egil Røyneberg	93										1:02:57
	02:57+	10:56+	15:56+	22:24+	25:58+	32:09+	52:37+	59:26+	62:12+	62:57+		
	02:57+	07:59+	05:00+	06:28+	03:34+	06:11+	20:28+	06:49+	02:46+	00:45+		
	01:40@	05:46@	01:39&	02:31&	01:10&	03:10@	15:26@	04:42@	01:48@	00:20&		
Beste strekktid for klassen												
	01:17	02:13	02:24	03:57	01:48	02:57	04:07	01:53	00:41	00:22		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Herrer 65 - 69 år												
1	Bjørn Alsaker	115										19:29
	01:11=	03:04=	05:18=	08:59=	10:36=	13:07=	16:46=	18:31=	19:07=	19:29=		
	01:11=	01:53=	02:14=	03:41=	01:37=	02:31=	03:39=	01:45=	00:36=	00:22=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Arne Kristian Espedal	68										20:59
	01:04-	02:33-	04:59-	08:28-	11:49+	14:28+	18:04+	19:42+	20:32+	20:59+		
	01:04-	01:29-	02:26+	03:29-	03:21+	02:39+	03:36-	01:38-	00:50+	00:27+		
	00:07-	00:24-	00:12+	00:12-	01:44@	00:08+	00:03-	00:07-	00:14&	00:05#		
3	Eivind L. Rake	92										25:40
	01:15+	04:36+	07:48+	12:24+	14:24+	17:51+	22:15+	24:09+	25:09+	25:40+		
	01:15+	03:21+	03:12+	04:36+	02:00+	03:27+	04:24+	01:54+	01:00+	00:31+		
	00:04+	01:28&	00:58&	00:55#	00:23#	00:56&	00:45#	00:09+	00:24&	00:09&		
4	Kjell Ivar Skjørestad	92										27:39
	01:56+	04:20+	08:17+	12:56+	14:48+	17:55+	22:58+	26:22+	27:10+	27:39+		
	01:56+	02:24+	03:57+	04:39+	01:52+	03:07+	05:03+	03:24+	00:48+	00:29+		
	00:45&	00:31&	01:43&	00:58&	00:15#	00:36#	01:24&	01:39&	00:12&	00:07&		
5	Tom Hetland	5										27:50
	01:56+	05:28+	08:54+	14:34+	16:34+	19:53+	24:44+	26:40+	27:26+	27:50+		
	01:56+	03:32+	03:26+	05:40+	02:00+	03:19+	04:51+	01:56+	00:46+	00:24+		
	00:45&	01:39&	01:12&	01:59&	00:23#	00:48&	01:12&	00:11#	00:10&	00:02+		
6	Jan Inge Lunde	88										29:06
	01:32+	04:06+	07:30+	13:15+	15:23+	18:46+	23:24+	27:29+	28:40+	29:06+		
	01:32+	02:34+	03:24+	05:45+	02:08+	03:23+	04:38+	04:05+	01:11+	00:26+		
	00:21&	00:41&	01:10&	02:04&	00:31&	00:52&	00:59&	02:20@	00:35&	00:04#		
7	Otto Alsnes	50										29:12
	01:46+	03:59+	10:36+	14:22+	16:10+	20:21+	24:54+	27:53+	28:41+	29:12+		
	01:46+	02:13+	06:37+	03:46+	01:48+	04:11+	04:33+	02:59+	00:48+	00:31+		
	00:35&	00:20#	04:23@	00:05+	00:11#	01:40&	00:54#	01:14&	00:12&	00:09&		
8	Svein Ove Horpestad	62										32:02
	01:51+	04:11+	11:50+	16:46+	18:47+	22:25+	28:32+	30:29+	31:24+	32:02+		
	01:51+	02:20+	07:39+	04:56+	02:01+	03:38+	06:07+	01:57+	00:55+	00:38+		
	00:40&	00:27#	05:25@	01:15&	00:24#	01:07&	02:28&	00:12#	00:19&	00:16&		
9	Svein Berge	126										32:27
	01:26+	03:23+	12:40+	16:27+	18:33+	23:56+	29:03+	31:17+	32:02+	32:27+		
	01:26+	01:57+	09:17+	03:47+	02:06+	05:23+	05:07+	02:14+	00:45+	00:25+		
	00:15#	00:04+	07:03@	00:06+	00:29&	02:52@	01:28&	00:29&	00:09#	00:03#		

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

Beste strekktid for klassen

01:04 01:29 02:14 03:29 01:37 02:31 03:36 01:38 00:36 00:22

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

Herrer 70 - 74 år

1	Harry Breiland	66	20:31
01:19=	03:16= 05:40= 09:11= 11:33= 14:04=	17:45= 19:30= 20:08= 20:31=	
01:19=	01:57= 02:24= 03:31= 02:22= 02:31=	03:41= 01:45= 00:38= 00:23=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	
2	Asgeir Bell	117	21:40
00:59-	02:58- 05:27- 09:19+ 11:09-	13:44- 17:50+ 20:29+ 21:11+	21:40+
00:59-	01:59+ 02:29+ 03:52+ 01:50-	02:35+ 04:06+ 02:39+ 00:42+	00:29+
00:20-	00:02+ 00:05+ 00:21+ 00:32-	00:04+ 00:25# 00:54& 00:04#	00:06&
3	Arvid Thorsen	5	25:05
01:40+	03:47+ 06:43+ 11:28+ 13:46+	16:57+ 21:16+ 23:44+ 24:37+	25:05+
01:40+	02:07+ 02:56+ 04:45+ 02:18-	03:11+ 04:19+ 02:28+ 00:53+	00:28+
00:21&	00:10+ 00:32# 01:14& 00:04-	00:40& 00:38# 00:43& 00:15&	00:05#

Class	Navn	Klasse	Tid
4	Kjell Svihus	154	26:04
01:22+	03:32+ 06:27+ 11:43+ 13:34+ 16:50+	22:01+ 24:38+ 25:36+ 26:04+	
01:22+	02:10+ 02:55+ 05:16+ 01:51- 03:16+	05:11+ 02:37+ 00:58+ 00:28+	
00:03+	00:13# 00:31# 01:45& 00:31- 00:45&	01:30& 00:52& 00:20& 00:05#	
5	Paul A. Paulsen	117	28:16
01:25+	04:13+ 07:15+ 12:57+ 16:47+ 20:14+	24:45+ 26:57+ 27:49+ 28:16+	
01:25+	02:48+ 03:02+ 05:42+ 03:50+ 03:27+	04:31+ 02:12+ 00:52+ 00:27+	
00:06+	00:51& 00:38& 02:11& 01:28& 00:56&	00:50# 00:27& 00:14& 00:04#	
6	Hans Klausen	62	28:16
01:40+	04:31+ 07:41+ 12:45+ 15:18+ 18:49+	24:26+ 26:46+ 27:51+ 28:16+	
01:40+	02:51+ 03:10+ 05:04+ 02:33+ 03:31+	05:37+ 02:20+ 01:05+ 00:25+	
00:21&	00:54& 00:46& 01:33& 00:11+ 01:00&	01:56& 00:35& 00:27& 00:02+	
7	Finn Morten Arstad	115	28:51
01:47+	04:44+ 08:18+ 13:57+ 15:56+ 19:18+	23:54+ 27:35+ 28:21+ 28:51+	
01:47+	02:57+ 03:34+ 05:39+ 01:59- 03:22+	04:36+ 03:41+ 00:46+ 00:30+	
00:28&	01:00& 01:10& 02:08& 00:23- 00:51&	00:55# 01:56@ 00:08# 00:07&	
8	Svein Glendrange	68	30:11
02:47+	05:38+ 08:48+ 14:28+ 16:52+ 20:28+	25:18+ 28:51+ 29:40+ 30:11+	
02:47+	02:51+ 03:10+ 05:40+ 02:24+ 03:36+	04:50+ 03:33+ 00:49+ 00:31+	
01:28@	00:54& 00:46& 02:09& 00:02+ 01:05&	01:09& 01:48@ 00:11& 00:08&	
9	Jostein Tunheim	116	30:21
01:28+	04:04+ 10:50+ 15:30+ 17:47+ 21:27+	26:28+ 28:46+ 29:54+ 30:21+	
01:28+	02:36+ 06:46+ 04:40+ 02:17- 03:40+	05:01+ 02:18+ 01:08+ 00:27+	
00:09#	00:39& 04:22@ 01:09& 00:05- 01:09&	01:20& 00:33& 00:30& 00:04#	
10	Hermann Skogsholm	53	31:12
01:42+	04:36+ 07:53+ 14:01+ 17:00+ 21:29+	27:44+ 29:43+ 30:37+ 31:12+	
01:42+	02:54+ 03:17+ 06:08+ 02:59+ 04:29+	06:15+ 01:59+ 00:54+ 00:35+	
00:23&	00:57& 00:53& 02:37& 00:37& 01:58&	02:34& 00:14# 00:16& 00:12&	
11	Øyvind Egeskog	5	31:42
01:44+	04:47+ 08:04+ 13:47+ 15:39+ 19:00+	24:54+ 30:11+ 31:07+ 31:42+	
01:44+	03:03+ 03:17+ 05:43+ 01:52- 03:21+	05:54+ 05:17+ 00:56+ 00:35+	
00:25&	01:06& 00:53& 02:12& 00:30- 00:50&	02:13& 03:32@ 00:18& 00:12&	
12	Arne Østensen	90	32:32
02:00+	08:53+ 13:39+ 18:01+ 20:03+ 23:05+	28:33+ 30:58+ 32:02+ 32:32+	
02:00+	06:53+ 04:46+ 04:22+ 02:02- 03:02+	05:28+ 02:25+ 01:04+ 00:30+	
00:41&	04:56@ 02:22& 00:51# 00:20- 00:31#	01:47& 00:40& 00:26& 00:07&	
13	Hilmar Røthing	128	33:37
01:17-	04:44+ 14:54+ 19:57+ 22:00+ 25:39+	29:30+ 32:14+ 33:07+ 33:37+	
01:17-	03:27+ 10:10+ 05:03+ 02:03- 03:39+	03:51+ 02:44+ 00:53+ 00:30+	
00:02-	01:30& 07:46@ 01:32& 00:19- 01:08&	00:10+ 00:59& 00:15& 00:07&	
14	Knut Jonas Espedal	53	33:58
02:07+	05:12+ 08:55+ 14:33+ 16:55+ 20:39+	28:30+ 31:52+ 33:22+ 33:58+	
02:07+	03:05+ 03:43+ 05:38+ 02:22= 03:44+	07:51+ 03:22+ 01:30+ 00:36+	
00:48&	01:08& 01:19& 02:07& 00:00= 01:13&	04:10@ 01:37& 00:52@ 00:13&	
15	Leif Gunnar Wikene	43	34:19
01:30+	03:58+ 07:47+ 13:19+ 15:55+ 23:26+	28:20+ 32:51+ 33:49+ 34:19+	
01:30+	02:28+ 03:49+ 05:32+ 02:36+ 07:31+	04:54+ 04:31+ 00:58+ 00:30+	
00:11#	00:31& 01:25& 02:01& 00:14+ 05:00@	01:13& 02:46@ 00:20& 00:07&	
16	Steinar Undheim	54	34:31
01:54+	04:45+ 08:55+ 14:54+ 16:47+ 20:14+	29:23+ 32:48+ 33:55+ 34:31+	
01:54+	02:51+ 04:10+ 05:59+ 01:53- 03:27+	09:09+ 03:25+ 01:07+ 00:36+	
00:35&	00:54& 01:46& 02:28& 00:29- 00:56&	05:28@ 01:40& 00:29& 00:13&	
17	Jan H. Sagen	92	41:16
02:20+	06:53+ 12:50+ 19:35+ 22:44+ 29:00+	35:53+ 39:17+ 40:36+ 41:16+	
02:20+	04:33+ 05:57+ 06:45+ 03:09+ 06:16+	06:53+ 03:24+ 01:19+ 00:40+	
01:01&	02:36@ 03:33@ 03:14& 00:47& 03:45@	03:12& 01:39& 00:41@ 00:17&	
18	Mangor Eikeland	92	45:34
03:09+	07:49+ 13:55+ 20:47+ 24:14+ 30:06+	38:11+ 43:05+ 44:31+ 45:34+	
03:09+	04:40+ 06:06+ 06:52+ 03:27+ 05:52+	08:05+ 04:54+ 01:26+ 01:03+	
01:50@	02:43@ 03:42@ 03:21& 01:05& 03:21@	04:24@ 03:09@ 00:48@ 00:40@	

Class	Navn	Klasse	Tid
19	Ole Auklend	106	48:33
03:01+	06:01+ 15:54+ 22:24+ 26:25+ 31:02+	37:51+ 45:38+ 47:25+ 48:33+	
03:01+	03:00+ 09:53+ 06:30+ 04:01+ 04:37+	06:49+ 07:47+ 01:47+ 01:08+	
01:42@	01:03& 07:29@ 02:59& 01:39& 02:06&	03:08& 06:02@ 01:09@ 00:45@	
20	Lars Ernst Ravndal	125	58:50
02:13+	06:39+ 20:59+ 27:14+ 30:13+	42:46+ 51:24+ 56:04+ 58:01+ 58:50+	
02:13+	04:26+ 14:20+ 06:15+ 02:59+ 12:33+	08:38+ 04:40+ 01:57+ 00:49+	
00:54&	02:29@ 11:56@ 02:44& 00:37& 10:02@	04:57@ 02:55@ 01:19@ 00:26@	
21	John Abrahamson	125	1:03:09
04:15+	11:42+ 20:24+ 30:54+ 35:21+	43:23+ 54:50+ 59:59+ 61:52+ 63:09+	
04:15+	07:27+ 08:42+ 10:30+ 04:27+ 08:02+	11:27+ 05:09+ 01:53+ 01:17+	
02:56@	05:30@ 06:18@ 06:59@ 02:05& 05:31@	07:46@ 03:24@ 01:15@ 00:54@	
22	Svein Eliassen	116	1:14:27
02:37+	07:24+ 27:34+ 36:27+ 41:29+ 47:19+	66:06+ 71:39+ 73:47+ 74:27+	
02:37+	04:47+ 20:10+ 08:53+ 05:02+ 05:50+	18:47+ 05:33+ 02:08+ 00:40+	
01:18&	02:50@ 17:46@ 05:22@ 02:40@ 03:19@	15:06@ 03:48@ 01:30@ 00:17&	
Beste strekktid for klassen			
00:59	01:57	02:24	03:31
01:50	02:31	03:41	01:45
00:38	00:23		

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

Herrer 75 - 79 år

1	Knut Skjæveland	93	23:57
03:16=	05:33= 10:48= 13:41= 17:01= 20:05=	22:20= 23:57=	
03:16=	02:17= 05:15= 02:53= 03:20= 03:04=	02:15= 01:37=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00=	
2	Kjell Langvik	93	27:50
04:01+	06:57+ 12:23+ 15:34+ 20:25+	23:39+ 26:20+ 27:50+	
04:01+	02:56+ 05:26+ 03:11+ 04:51+	03:14+ 02:41+ 01:30-	
00:45#	00:39& 00:11+ 00:18# 01:31& 00:10+	00:26# 00:07-	
3	Terje Braut	92	28:36
03:25+	06:39+ 12:45+ 15:36+ 19:16+	24:56+ 27:06+ 28:36+	
03:25+	03:14+ 06:06+ 02:51- 03:40+ 05:40+	02:10- 01:30-	
00:09+	00:57& 00:51# 00:02- 00:20# 02:36&	00:05- 00:07-	
4	Harald Vatne	67	31:41
04:47+	08:14+ 14:55+ 18:06+ 24:03+	27:35+ 30:08+ 31:41+	
04:47+	03:27+ 06:41+ 03:11+ 05:57+	03:32+ 02:33+ 01:33-	
01:31&	01:10& 01:26& 00:18# 02:37& 00:28#	00:18# 00:04-	
5	Tormod Aaslid	54	31:55
02:56-	10:04+ 19:03+ 21:51+ 25:30+	28:45+ 30:26+ 31:55+	
02:56-	07:08+ 08:59+ 02:48- 03:39+	03:15+ 01:41- 01:29-	
00:20-	04:51@ 03:44& 00:05- 00:19+	00:11+ 00:34- 00:08-	
6	Rolv Nærland	63	35:14
04:41+	09:40+ 17:23+ 21:07+ 26:35+	30:48+ 33:38+ 35:14+	
04:41+	04:59+ 07:43+ 03:44+ 05:28+	04:13+ 02:50+ 01:36-	
01:25&	02:42@ 02:28& 00:51& 02:08&	01:09& 00:35& 00:01-	
7	Arne Brandsberg	29	35:16
04:25+	07:49+ 16:21+ 21:12+ 25:40+	30:03+ 32:57+ 35:16+	
04:25+	03:24+ 08:32+ 04:51+ 04:28+	04:23+ 02:54+ 02:19+	
01:09&	01:07& 03:17& 01:58& 01:08&	01:19& 00:39& 00:42&	
8	Kjell Maudal	63	36:24
05:46+	10:42+ 18:35+ 22:19+ 27:41+	31:54+ 34:42+ 36:24+	
05:46+	04:56+ 07:53+ 03:44+ 05:22+	04:13+ 02:48+ 01:42+	
02:30&	02:39@ 02:38& 00:51& 02:02&	01:09& 00:33# 00:05+	
9	Jan Bekkeheien	92	37:14
03:15-	06:57+ 14:50+ 17:57+ 22:19+	26:32+ 35:07+ 37:14+	
03:15-	03:42+ 07:53+ 03:07+ 04:22+	04:13+ 08:35+ 02:07+	
00:01-	01:25& 02:38& 00:14+ 01:02&	01:09& 06:20@ 00:30&	

Class	Navn	Klasse	Tid
10	Gunnar Furland	93	41:51
05:38+	09:14+ 17:00+ 21:08+ 33:10+ 37:27+ 40:03+ 41:51+		
05:38+	03:36+ 07:46+ 04:08+ 12:02+ 04:17+ 02:36+ 01:48+		
02:22&	01:19& 02:31& 01:15& 08:42@ 01:13& 00:21# 00:11#		
11	Torleiv Møgedal	68	44:05
05:13+	09:27+ 19:08+ 23:28+ 31:36+ 37:27+ 41:24+ 44:05+		
05:13+	04:14+ 09:41+ 04:20+ 08:08+ 05:51+ 03:57+ 02:41+		
01:57&	01:57& 04:26& 01:27& 04:48@ 02:47& 01:42& 01:04&		
Beste strekktid for klassen			
02:56	02:17 05:15 02:48 03:20 03:04 01:41 01:29		

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

Herrer 80 år og eldre

1	Magne Jakobsen	63	28:30
04:09=	07:41= 14:42= 18:16= 20:00= 26:46= 27:58= 28:30=		
04:09=	03:32= 07:01= 03:34= 01:44= 06:46= 01:12= 00:32=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Sigurd Krosli	31	29:32
05:40+	09:14+ 15:57+ 19:42+ 21:13+ 27:29+ 29:01+ 29:32+		
05:40+	03:34+ 06:43- 03:45+ 01:31- 06:16- 01:32+ 00:31-		
01:31&	00:02+ 00:18- 00:11+ 00:13- 00:30- 00:20& 00:01-		
3	Harald I. Serigstad	128	31:53
04:15+	09:31+ 16:54+ 21:05+ 22:35+ 30:02+ 31:15+ 31:53+		
04:15+	05:16+ 07:23+ 04:11+ 01:30- 07:27+ 01:13+ 00:38+		
00:06+	01:44& 00:22+ 00:37# 00:14- 00:41# 00:01+ 00:06#		
4	Arnulf Fuglestad	29	32:01
03:36-	06:22- 12:16- 15:30- 16:54- 30:15+ 31:25+ 32:01+		
03:36-	02:46- 05:54- 03:14- 01:24- 13:21+ 01:10- 00:36+		
00:33-	00:46- 01:07- 00:20- 00:20- 06:35& 00:02- 00:04#		
5	Bjarne Edland	92	33:57
06:14+	09:26+ 16:14+ 19:46+ 24:33+ 29:44+ 33:28+ 33:57+		
06:14+	03:12- 06:48- 03:32- 04:47+ 05:11- 03:44+ 00:29-		
02:05&	00:20- 00:13- 00:02- 03:03@ 01:35- 02:32@ 00:03-		
6	Magne Westerheim	93	44:04
10:46+	17:54+ 27:27+ 31:36+ 34:07+ 42:16+ 43:28+ 44:04+		
10:46+	07:08+ 09:33+ 04:09+ 02:31+ 08:09+ 01:12= 00:36+		
06:37@	03:36@ 02:32& 00:35# 00:47& 01:23# 00:00= 00:04#		
Beste strekktid for klassen			
03:36	02:46 05:54 03:14 01:24 05:11 01:10 00:29		

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

Herrer A

1	Harald Kalager	7	24:58
01:34=	04:23= 05:25= 06:20= 10:34= 13:02= 15:17= 16:26= 18:47= 20:18= 22:05= 23:47= 24:26= 24:58=		
01:34=	02:49= 01:02= 00:55= 04:14= 02:28= 02:15= 01:09= 02:21= 01:31= 01:47= 01:42= 00:39= 00:32=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Morten Bjerga Sundli	7	25:00
01:05-	03:41- 04:45- 05:42- 09:46- 12:07- 14:04- 15:05- 18:07- 19:34- 21:28- 23:24- 24:24- 25:00+		
01:05-	02:36- 01:04+ 00:57+ 04:04- 02:21- 01:57- 01:01- 03:02+ 01:27- 01:54+ 01:56+ 01:00+ 00:36+		
00:29-	00:13- 00:02+ 00:02+ 00:10- 00:07- 00:18- 00:08- 00:41& 00:04- 00:07+ 00:14# 00:21& 00:04#		
3	Fredrik Omdal	74	26:22
01:12-	03:52- 04:51- 05:50- 09:34- 14:58+ 16:52+ 17:59+ 20:13+ 21:32+ 23:10+ 25:06+ 25:50+ 26:22+		
01:12-	02:40- 00:59- 00:59+ 03:44- 05:24+ 01:54- 01:07- 02:14- 01:19- 01:38- 01:56+ 00:44+ 00:32=		
00:22-	00:09- 00:03- 00:04+ 00:30- 02:56@ 00:21- 00:02- 00:07- 00:12- 00:09- 00:14# 00:05# 00:00=		

Class	Navn	Klasse												Tid
4	Erik Lima	115												27:37
01:14-	04:18-	05:35+	06:40+	11:07+	14:21+	16:29+	17:41+	20:24+	22:23+	24:23+	26:15+	27:07+	27:37+	
01:14-	03:04+	01:17+	01:05+	04:27+	03:14+	02:08-	01:12+	02:43+	01:59+	02:00+	01:52+	00:52+	00:30-	
00:20-	00:15+	00:15#	00:10#	00:13+	00:46&	00:07-	00:03+	00:22#	00:28&	00:13#	00:10+	00:13&	00:02-	
5	Aart Joakim in't Veld	93												27:39
01:09-	04:05-	05:30+	06:40+	11:02+	13:37+	15:58+	17:21+	20:49+	22:39+	24:35+	26:23+	27:03+	27:39+	
01:09-	02:56+	01:25+	01:10+	04:22+	02:35+	02:21+	01:23+	03:28+	01:50+	01:56+	01:48+	00:40+	00:36+	
00:25-	00:07+	00:23&	00:15&	00:08+	00:07+	00:06+	00:14#	01:07&	00:19#	00:09+	00:06+	00:01+	00:04#	
6	Martin Blystad	115												31:18
01:15-	04:08-	05:10-	06:06-	12:31+	15:07+	18:47+	20:07+	23:33+	25:32+	27:45+	29:47+	30:40+	31:18+	
01:15-	02:53+	01:02=	00:56+	06:25+	02:36+	03:40+	01:20+	03:26+	01:59+	02:13+	02:02+	00:53+	00:38+	
00:19-	00:04+	00:00=	00:01+	02:11&	00:08+	01:25&	00:11#	01:05&	00:28&	00:26#	00:20#	00:14&	00:06#	
7	Markus Breivold	92												31:36
01:17-	03:59-	05:02-	06:09-	13:15+	16:53+	19:09+	20:38+	23:41+	25:21+	27:20+	29:18+	31:07+	31:36+	
01:17-	02:42-	01:03+	01:07+	07:06+	03:38+	02:16+	01:29+	03:03+	01:40+	01:59+	01:58+	01:49+	00:29-	
00:17-	00:07-	00:01+	00:12#	02:52&	01:10&	00:01+	00:20&	00:42&	00:09+	00:12#	00:16#	01:10@	00:03-	
8	Clemens Øxnevad	114												32:47
01:22-	03:52-	05:02-	06:02-	10:32-	14:38+	18:59+	19:55+	23:24+	25:20+	27:04+	29:13+	32:14+	32:47+	
01:22-	02:30-	01:10+	01:00+	04:30+	04:06+	04:21+	00:56-	03:29+	01:56+	01:44-	02:09+	03:01+	00:33+	
00:12-	00:19-	00:08#	00:05+	00:16+	01:38&	02:06&	00:13-	01:08&	00:25&	00:03-	00:27&	02:22@	00:01+	
9	Emmanuel Mondesert	116												33:06
01:24-	04:43+	05:56+	07:09+	13:02+	15:42+	18:26+	19:54+	24:14+	26:37+	28:36+	30:34+	32:30+	33:06+	
01:24-	03:19+	01:13+	01:13+	05:53+	02:40+	02:44+	01:28+	04:20+	02:23+	01:59+	01:58+	01:56+	00:36+	
00:10-	00:30#	00:11#	00:18&	01:39&	00:12+	00:29#	00:19&	01:59&	00:52&	00:12#	00:16#	01:17@	00:04#	
10	Jørgen Strømstad	50												35:56
02:26+	06:10+	07:39+	08:58+	15:12+	18:44+	21:21+	23:08+	26:15+	28:08+	30:47+	33:33+	34:48+	35:56+	
02:26+	03:44+	01:29+	01:19+	06:14+	03:32+	02:37+	01:47+	03:07+	01:53+	02:39+	02:46+	01:15+	01:08+	
00:52&	00:55&	00:27&	00:24&	02:00&	01:04&	00:22#	00:38&	00:46&	00:22#	00:52&	01:04&	00:36&	00:36@	
11	Morten S. Ronæss	27												37:31
01:32-	04:57+	06:19+	07:39+	13:17+	20:56+	23:14+	24:35+	27:49+	29:56+	32:02+	34:15+	36:45+	37:31+	
01:32-	03:25+	01:22+	01:20+	05:38+	07:39+	02:18+	01:21+	03:14+	02:07+	02:06+	02:13+	02:30+	00:46+	
00:02-	00:36#	00:20&	00:25&	01:24&	05:11@	00:03+	00:12#	00:53&	00:36&	00:19#	00:31&	01:51@	00:14&	
12	Runar Eike Toft	116												38:01
01:52+	05:47+	08:28+	10:20+	14:43+	19:02+	22:44+	24:36+	28:20+	30:52+	33:08+	35:14+	36:34+	38:01+	
01:52+	03:55+	02:41+	01:52+	04:23+	04:19+	03:42+	01:52+	03:44+	02:32+	02:16+	02:06+	01:20+	01:27+	
00:18#	01:06&	01:39@	00:57@	00:09+	01:51&	01:27&	00:43&	01:23&	01:01&	00:29&	00:24#	00:41@	00:55@	
13	Cedric Fayemdy	116												1:32:07
18:23+	23:19+	25:09+	28:35+	35:57+	40:34+	43:44+	47:51+	75:18+	79:18+	82:04+	84:56+	90:52+	92:07+	
18:23+	04:56+	01:50+	03:26+	07:22+	04:37+	03:10+	04:07+	27:27+	04:00+	02:46+	02:52+	05:56+	01:15+	
16:49@	02:07&	00:48&	02:31@	03:08&	02:09&	00:55&	02:58@	25:06@	02:29@	00:59&	01:10&	05:17@	00:43@	

Beste strekktid for klassen

01:05 02:30 00:59 00:55 03:44 02:21 01:54 00:56 02:14 01:19 01:38 01:42 00:39 00:29

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

Herrer B

1	Odd Ivar Karlsen	76												27:28
01:01=	03:56=	05:01=	05:56=	10:26=	13:02=	15:58=	17:29=	20:05=	21:40=	23:33=	25:30=	26:43=	27:28=	
01:01=	02:55=	01:05=	00:55=	04:30=	02:36=	02:56=	01:31=	02:36=	01:35=	01:53=	01:57=	01:13=	00:45=	
00:00=	00:00=	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	Oddvar Taksdal	194												28:45
01:22+	04:18+	05:40+	06:43+	11:12+	14:10+	16:43+	17:58+	20:43+	22:46+	24:55+	26:50+	27:35+	28:45+	
01:22+	02:56+	01:22+	01:03+	04:29-	02:58+	02:33-	01:15-	02:45+	02:03+	02:09+	01:55-	00:45-	01:10+	
00:21&	00:01+	00:17&	00:08#	00:01-	00:22#	00:23-	00:16-	00:09+	00:28&	00:16#	00:02-	00:28-	00:25&	
3	Tor Gunnar Aksland	116												29:15
01:11+	04:06+	05:17+	07:08+	11:12+	13:53+	15:53-	17:03-	19:53-	21:25-	23:18-	25:32+	28:03+	29:15+	
01:11+	02:55=	01:11+	01:51+	04:04-	02:41+	02:00-	01:10-	02:50+	01:32-	01:53=	02:14+	02:31+	01:12+	
00:10#	00:00=	00:06+	00:56@	00:26-	00:05+	00:56-	00:21-	00:14+	00:03-	00:00=	00:17#	01:18@	00:27&	

Class	Navn	Klasse												Tid
4	Oddgeir Eikeskog	93												29:27
01:05+	04:14+	05:44+	06:44+	11:16+	14:04+	16:12+	17:37+	20:21+	22:04+	24:15+	26:57+	28:34+	29:27+	
01:05+	03:09+	01:30+	01:00+	04:32+	02:48+	02:08-	01:25-	02:44+	01:43+	02:11+	02:42+	01:37+	00:53+	
00:04+	00:14+	00:25&	00:05+	00:02+	00:12+	00:48-	00:06-	00:08+	00:08+	00:18#	00:45&	00:24&	00:08#	
5	Morten Aamodt	116												29:58
00:59-	03:46-	04:51-	05:54-	10:50+	13:36+	15:53-	17:14-	20:10+	21:43+	23:49+	25:47+	28:47+	29:58+	
00:59-	02:47-	01:05=	01:03+	04:56+	02:46+	02:17-	01:21-	02:56+	01:33-	02:06+	01:58+	03:00+	01:11+	
00:02-	00:08-	00:00=	00:08#	00:26+	00:10+	00:39-	00:10-	00:20#	00:02-	00:13#	00:01+	01:47@	00:26&	
6	Odd Fuglestad	250												31:15
00:58-	03:56=	05:14+	06:20+	11:05+	17:09+	19:22+	20:43+	23:35+	25:18+	27:27+	29:46+	30:35+	31:15+	
00:58-	02:58+	01:18+	01:06+	04:45+	06:04+	02:13-	01:21-	02:52+	01:43+	02:09+	02:19+	00:49-	00:40-	
00:03-	00:03+	00:13#	00:11#	00:15+	03:28@	00:43-	00:10-	00:16#	00:08+	00:16#	00:22#	00:24-	00:05-	
7	Terje Michaelsen	47												32:18
01:35+	05:30+	06:35+	07:49+	14:20+	16:52+	19:00+	20:14+	23:12+	25:32+	28:15+	30:35+	31:31+	32:18+	
01:35+	03:55+	01:05=	01:14+	06:31+	02:32-	02:08-	01:14-	02:58+	02:20+	02:43+	02:20+	00:56-	00:47+	
00:34&	01:00&	00:00=	00:19&	02:01&	00:04-	00:48-	00:17-	00:22#	00:45&	00:50&	00:23#	00:17-	00:02+	
8	Svein Erik Kvame	116												32:27
01:16+	04:58+	06:31+	07:44+	13:21+	16:17+	18:52+	20:26+	23:41+	25:36+	27:54+	30:54+	31:44+	32:27+	
01:16+	03:42+	01:33+	01:13+	05:37+	02:56+	02:35-	01:34+	03:15+	01:55+	02:18+	03:00+	00:50-	00:43-	
00:15#	00:47&	00:28&	00:18&	01:07#	00:20#	00:21-	00:03+	00:39#	00:20#	00:25#	01:03&	00:23-	00:02-	
9	Geir Sand	105												35:32
01:13+	04:19+	05:49+	06:54+	13:41+	17:41+	20:46+	22:30+	25:56+	29:07+	31:08+	33:08+	35:00+	35:32+	
01:13+	03:06+	01:30+	01:05+	06:47+	04:00+	03:05+	01:44+	03:26+	03:11+	02:01+	02:00+	01:52+	00:32-	
00:12#	00:11+	00:25&	00:10#	02:17&	01:24&	00:09+	00:13#	00:50&	01:36@	00:08+	00:03+	00:39&	00:13-	
10	Bjørnar André Haug	80												37:52
01:37+	05:19+	07:02+	08:24+	14:00+	17:59+	22:19+	24:26+	28:28+	30:46+	33:30+	35:53+	36:58+	37:52+	
01:37+	03:42+	01:43+	01:22+	05:36+	03:59+	04:20+	02:07+	04:02+	02:18+	02:44+	02:23+	01:05-	00:54+	
00:36&	00:47&	00:38&	00:27&	01:06#	01:23&	01:24&	00:36&	01:26&	00:43&	00:51&	00:26#	00:08-	00:09#	
11	Jan-Rune Basso	91												37:58
01:00-	04:26+	05:43+	07:03+	17:54+	21:07+	23:55+	25:52+	29:11+	31:12+	33:11+	35:16+	37:16+	37:58+	
01:00-	03:26+	01:17+	01:20+	10:51+	03:13+	02:48-	01:57+	03:19+	02:01+	01:59+	02:05+	02:00+	00:42-	
00:01-	00:31#	00:12#	00:25&	06:21@	00:37#	00:08-	00:26&	00:43&	00:26&	00:06+	00:08+	00:47&	00:03-	
12	Joar Eilevstjønn	67												39:31
01:09+	04:29+	06:51+	08:01+	15:17+	18:34+	21:57+	23:56+	28:13+	30:42+	33:04+	35:14+	38:55+	39:31+	
01:09+	03:20+	02:22+	01:10+	07:16+	03:17+	03:23+	01:59+	04:17+	02:29+	02:22+	02:10+	03:41+	00:36-	
00:08#	00:25#	01:17@	00:15&	02:46&	00:41&	00:27#	00:28&	01:41&	00:54&	00:29&	00:13#	02:28@	00:09-	
13	Jone Sæbbø	90												40:24
02:13+	05:43+	07:27+	08:48+	15:15+	18:15+	20:48+	22:26+	25:45+	28:31+	30:42+	35:20+	39:17+	40:24+	
02:13+	03:30+	01:44+	01:21+	06:27+	03:00+	02:33-	01:38+	03:19+	02:46+	02:11+	04:38+	03:57+	01:07+	
01:12@	00:35#	00:39&	00:26&	01:57&	00:24#	00:23-	00:07+	00:43&	01:11&	00:18#	02:41@	02:44@	00:22&	
14	Pål Bårdsen	90												44:57
01:42+	05:48+	07:27+	09:03+	15:43+	21:08+	27:07+	30:19+	34:11+	36:57+	40:00+	42:41+	44:04+	44:57+	
01:42+	04:06+	01:39+	01:36+	06:40+	05:25+	05:59+	03:12+	03:52+	02:46+	03:03+	02:41+	01:23+	00:53+	
00:41&	01:11&	00:34&	00:41&	02:10&	02:49@	03:03@	01:41@	01:16&	01:11&	01:10&	00:44&	00:10#	00:08#	
15	Øyvind Rummelhoff	27												49:58
01:14+	04:58+	06:19+	07:32+	19:28+	27:04+	35:48+	37:24+	42:10+	43:42+	45:37+	47:37+	49:27+	49:58+	
01:14+	03:44+	01:21+	01:13+	11:56+	07:36+	08:44+	01:36+	04:46+	01:32-	01:55+	02:00+	01:50+	00:31-	
00:13#	00:49&	00:16#	00:18&	07:26@	05:00@	05:48@	00:05+	02:10&	00:03-	00:02+	00:03+	00:37&	00:14-	
16	Geir Austigard	144												51:52
01:31+	04:53+	06:27+	08:10+	14:33+	18:34+	27:26+	29:26+	34:47+	45:05+	47:30+	49:29+	51:17+	51:52+	
01:31+	03:22+	01:34+	01:43+	06:23+	04:01+	08:52+	02:00+	05:21+	10:18+	02:25+	01:59+	01:48+	00:35-	
00:30&	00:27#	00:29&	00:48&	01:53&	01:25&	05:56@	00:29&	02:45@	08:43@	00:32&	00:02+	00:35&	00:10-	
17	Jørgen Breivold	54												1:02:15
03:28+	13:32+	15:50+	17:11+	31:32+	41:51+	45:28+	47:38+	52:10+	54:25+	56:46+	59:03+	61:33+	62:15+	
03:28+	10:04+	02:18+	01:21+	14:21+	10:19+	03:37+	02:10+	04:32+	02:15+	02:21+	02:17+	02:30+	00:42-	
02:27@	07:09@	01:13@	00:26&	09:51@	07:43@	00:41#	00:39&	01:56&	00:40&	00:28#	00:20#	01:17@	00:03-	
Beste strekktid for klassen														
00:58	02:47	01:05	00:55	04:04	02:32	02:00	01:10	02:36	01:32	01:53	01:55	00:45	00:31	

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

Herrer C

1 Jan Einar Øvremo 50 24:59

01:47= 04:59= 08:21= 11:04= 14:05= 16:44= 18:29= 19:54= 21:12= 23:23= 24:14= 24:59=
 01:47= 03:12= 03:22= 02:43= 03:01= 02:39= 01:45= 01:25= 01:18= 02:11= 00:51= 00:45=
 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 Dale 93 25:02

01:59+ 04:51- 07:38- 12:23+ 15:01+ 17:45+ 19:08+ 20:27+ 21:35+ 23:30+ 24:25+ 25:02+
 01:59+ 02:52- 02:47- 04:45+ 02:38- 02:44+ 01:23- 01:19- 01:08- 01:55- 00:55+ 00:37-
 00:12# 00:20- 00:35- 02:02& 00:23- 00:05+ 00:22- 00:06- 00:10- 00:16- 00:04+ 00:08-

3 Geir Bjaanes 116 25:14

01:56+ 05:12+ 08:10- 10:57- 13:43- 16:46+ 18:18- 19:50- 21:09- 23:16- 24:37+ 25:14+
 01:56+ 03:16+ 02:58- 02:47+ 02:46- 03:03+ 01:32- 01:32+ 01:19+ 02:07- 01:21+ 00:37-
 00:09+ 00:04+ 00:24- 00:04+ 00:15- 00:24# 00:13- 00:07+ 00:01+ 00:04- 00:30& 00:08-

4 Kjetil Wirak 114 25:25

01:46- 04:41- 07:37- 11:24+ 14:15+ 17:09+ 18:41+ 19:59+ 21:06- 23:17- 24:53+ 25:25+
 01:46- 02:55- 02:56- 03:47+ 02:51- 02:54+ 01:32- 01:18- 01:07- 02:11= 01:36+ 00:32-
 00:01- 00:17- 00:26- 01:04& 00:10- 00:15+ 00:13- 00:07- 00:11- 00:00= 00:45& 00:13-

5 Jon Myklebust 116 25:41

01:47= 04:43- 07:36- 10:49- 13:42- 16:38- 18:34+ 20:00+ 21:19+ 23:29+ 25:06+ 25:41+
 01:47= 02:56- 02:53- 03:13+ 02:53- 02:56+ 01:56+ 01:26+ 01:19+ 02:10- 01:37+ 00:35-
 00:00= 00:16- 00:29- 00:30# 00:08- 00:17# 00:11# 00:01+ 00:01+ 00:01- 00:01- 00:46& 00:10-

6 Otte Omdal 65 27:23

02:30+ 06:57+ 10:43+ 13:25+ 16:19+ 19:17+ 20:41+ 21:59+ 23:10+ 25:17+ 26:53+ 27:23+
 02:30+ 04:27+ 03:46+ 02:42- 02:54- 02:58+ 01:24- 01:18- 01:11- 02:07- 01:36+ 00:30-
 00:43& 01:15& 00:24# 00:01- 00:07- 00:19# 00:21- 00:07- 00:07- 00:04- 00:45& 00:15-

7 Nils John Vestøl 83 28:55

01:51+ 04:55- 09:41+ 12:50+ 16:23+ 19:32+ 21:24+ 22:50+ 24:10+ 26:45+ 28:20+ 28:55+
 01:51+ 03:04- 04:46+ 03:09+ 03:33+ 03:09+ 01:52+ 01:26+ 01:20+ 02:35+ 01:35+ 00:35-
 00:04+ 00:08- 01:24& 00:26# 00:32# 00:30# 00:07+ 00:01+ 00:02+ 00:24# 00:44& 00:10-

8 Inge Løland 114 32:07

01:53+ 10:11+ 13:45+ 17:06+ 19:42+ 23:54+ 25:18+ 26:49+ 28:15+ 30:24+ 31:25+ 32:07+
 01:53+ 08:18+ 03:34+ 03:21+ 02:36- 04:12+ 01:24- 01:31+ 01:26+ 02:09- 01:01+ 00:42-
 00:06+ 05:06@ 00:12+ 00:38# 00:25- 01:33& 00:21- 00:06+ 00:08# 00:02- 00:10# 00:03-

9 Paul Terje Haarr 62 32:29

02:13+ 06:05+ 09:44+ 13:06+ 17:33+ 21:37+ 24:40+ 26:27+ 27:42+ 30:01+ 31:46+ 32:29+
 02:13+ 03:52+ 03:39+ 03:22+ 04:27+ 04:04+ 03:03+ 01:47+ 01:15- 02:19+ 01:45+ 00:43-
 00:26# 00:40# 00:17+ 00:39# 01:26& 01:25& 01:18& 00:22& 00:03- 00:08+ 00:54@ 00:02-

10 Trond Nilsen Lamark 114 35:00

02:20+ 08:41+ 12:53+ 16:15+ 20:46+ 24:43+ 26:52+ 28:26+ 30:06+ 32:33+ 34:15+ 35:00+
 02:20+ 06:21+ 04:12+ 03:22+ 04:31+ 03:57+ 02:09+ 01:34+ 01:40+ 02:27+ 01:42+ 00:45=
 00:33& 03:09& 00:50# 00:39# 01:30& 01:18& 00:24# 00:09# 00:22& 00:16# 00:51& 00:00=

11 Tore Svendsen 27 36:48

02:00+ 05:05+ 09:38+ 13:29+ 20:25+ 24:05+ 29:24+ 31:10+ 32:42+ 35:06+ 35:58+ 36:48+
 02:00+ 03:05- 04:33+ 03:51+ 06:56+ 03:40+ 05:19+ 01:46+ 01:32+ 02:24+ 00:52+ 00:50+
 00:13# 00:07- 01:11& 01:08& 03:55@ 01:01& 03:34@ 00:21# 00:14# 00:13+ 00:01+ 00:05#

12 Sturle Omdal 116 38:24

01:56+ 05:24+ 08:56+ 18:14+ 24:31+ 28:58+ 30:44+ 32:57+ 34:19+ 36:42+ 37:45+ 38:24+
 01:56+ 03:28+ 03:32+ 09:18+ 06:17+ 04:27+ 01:46+ 02:13+ 01:22+ 02:23+ 01:03+ 00:39-
 00:09+ 00:16+ 00:10+ 06:35@ 03:16@ 01:48& 00:01+ 00:48& 00:04+ 00:12+ 00:12# 00:06-

13 Ivar Knutsen 116 41:00

05:00+ 08:42+ 13:09+ 17:19+ 21:51+ 27:01+ 31:36+ 33:46+ 35:39+ 38:33+ 40:02+ 41:00+
 05:00+ 03:42+ 04:27+ 04:10+ 04:32+ 05:10+ 04:35+ 02:10+ 01:53+ 02:54+ 01:29+ 00:58+
 03:13@ 00:30# 01:05& 01:27& 01:31& 02:31& 02:50@ 00:45& 00:35& 00:43& 00:38& 00:13&

14 Pål H. Gjerden 116 41:36

02:19+ 05:59+ 09:46+ 21:12+ 26:11+ 31:06+ 33:05+ 34:44+ 36:32+ 39:16+ 40:44+ 41:36+
 02:19+ 03:40+ 03:47+ 11:26+ 04:59+ 04:55+ 01:59+ 01:39+ 01:48+ 02:44+ 01:28+ 00:52+
 00:32& 00:28# 00:25# 08:43@ 01:58& 02:16& 00:14# 00:14# 00:30& 00:33& 00:37& 00:07#

Class	Navn	Klasse	Tid
15	Erling Mauland	83	41:56
02:18+	07:18+ 12:11+ 17:47+	25:22+ 29:49+	31:40+ 35:18+ 37:00+ 39:38+ 41:08+ 41:56+
02:18+	05:00+ 04:53+ 05:36+	07:35+ 04:27+	01:51+ 03:38+ 01:42+ 02:38+ 01:30+ 00:48+
00:31&	01:48& 01:31& 02:53&	04:34& 01:48&	00:06+ 02:13& 00:24& 00:27# 00:39& 00:03+
16	Henning Sundby	114	46:11
01:57+	05:06+ 10:11+ 12:57+	17:25+ 23:08+	37:49+ 39:27+ 40:48+ 43:34+ 45:13+ 46:11+
01:57+	03:09- 05:05+ 02:46+	04:28+ 05:43+	14:41+ 01:38+ 01:21+ 02:46+ 01:39+ 00:58+
00:10+	00:03- 01:43& 00:03+	01:27& 03:04&	12:56& 00:13# 00:03+ 00:35& 00:48& 00:13&
17	Øistein Haaland	116	51:19
02:55+	11:27+ 16:37+ 25:06+	35:27+ 39:07+	43:14+ 45:44+ 47:22+ 49:44+ 50:35+ 51:19+
02:55+	08:32+ 05:10+ 08:29+	10:21+ 03:40+	04:07+ 02:30+ 01:38+ 02:22+ 00:51= 00:44-
01:08&	05:20& 01:48& 05:46&	07:20& 01:01&	02:22& 01:05& 00:20& 00:11+ 00:00= 00:01-
18	Ove Oaland	116	1:01:50
14:19+	20:55+ 27:56+ 34:12+	43:08+ 48:28+	51:20+ 54:47+ 57:01+ 59:45+ 60:54+ 61:50+
14:19+	06:36+ 07:01+ 06:16+	08:56+ 05:20+	02:52+ 03:27+ 02:14+ 02:44+ 01:09+ 00:56+
12:32&	03:24& 03:39& 03:33&	05:55& 02:41&	01:07& 02:02& 00:56& 00:33& 00:18& 00:11#
Beste strekktid for klassen			
01:46	02:52	02:47	02:42
02:36	02:39	01:23	01:18
01:07	01:55	00:51	00:30
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer Trim			
1	Olav Magnus Eik Espedal	88	16:04
02:21=	04:18= 08:23= 10:18=	11:15= 15:07=	15:44= 16:04=
02:21=	01:57= 04:05= 01:55=	00:57= 03:52=	00:37= 00:20=
00:00=	00:00= 00:00= 00:00=	00:00= 00:00=	00:00= 00:00=
2	Bruno Pierfelice	51	17:29
02:12-	04:14- 08:45+ 11:16+	12:27+ 16:27+	17:08+ 17:29+
02:12-	02:02+ 04:31+ 02:31+	01:11+ 04:00+	00:41+ 00:21+
00:09-	00:05+ 00:26# 00:36&	00:14# 00:08+	00:04# 00:01+
3	Kjetil Jørgensen	90	18:48
02:47+	05:08+ 09:22+ 11:43+	13:11+ 17:29+	18:22+ 18:48+
02:47+	02:21+ 04:14+ 02:21+	01:28+ 04:18+	00:53+ 00:26+
00:26#	00:24# 00:09+ 00:26#	00:31& 00:26#	00:16& 00:06&
4	Johannes Kro	51	19:17
02:58+	04:53+ 08:30+ 10:44+	14:28+ 18:12+	18:56+ 19:17+
02:58+	01:55- 03:37- 02:14+	03:44+ 03:44-	00:44+ 00:21+
00:37&	00:02- 00:28- 00:19#	02:47& 00:08-	00:07# 00:01+
5	Alexander Romanov	111	19:40
02:26+	04:35+ 08:51+ 11:40+	12:57+ 18:34+	19:16+ 19:40+
02:26+	02:09+ 04:16+ 02:49+	01:17+ 05:37+	00:42+ 00:24+
00:05+	00:12# 00:11+ 00:54&	00:20& 01:45&	00:05# 00:04#
6	Martin Svensen	284	19:53
02:40+	04:38+ 08:29+ 10:41+	11:52+ 18:57+	19:32+ 19:53+
02:40+	01:58+ 03:51- 02:12+	01:11+ 07:05+	00:35- 00:21+
00:19#	00:01+ 00:14- 00:17#	00:14# 03:13&	00:02- 00:01+
7	Cato Bjerkeli	237	20:26
03:27+	06:20+ 10:58+ 13:33+	14:45+ 19:00+	19:55+ 20:26+
03:27+	02:53+ 04:38+ 02:35+	01:12+ 04:15+	00:55+ 00:31+
01:06&	00:56& 00:33# 00:40&	00:15& 00:23+	00:18& 00:11&
8	Truls Thorkildsen	39	20:55
02:17-	04:40+ 08:58+ 11:18+	13:20+ 17:37+	20:28+ 20:55+
02:17-	02:23+ 04:18+ 02:20+	02:02+ 04:17+	02:51+ 00:27+
00:04-	00:26# 00:13+ 00:25#	01:05& 00:25#	02:14& 00:07&
9	Kjartan Bryne	105	21:31
03:27+	05:55+ 10:18+ 12:52+	14:14+ 20:13+	21:08+ 21:31+
03:27+	02:28+ 04:23+ 02:34+	01:22+ 05:59+	00:55+ 00:23+
01:06&	00:31& 00:18+ 00:39&	00:25& 02:07&	00:18& 00:03#

Class	Navn	Klasse	Tid
10	Anders Noraberg	269	21:38
02:19-	04:32+ 11:07+ 13:35+ 14:41+ 20:03+	21:15+ 21:38+	
02:19-	02:13+ 06:35+ 02:28+ 01:06+ 05:22+	01:12+ 00:23+	
00:02-	00:16# 02:30& 00:33& 00:09# 01:30&	00:35& 00:03#	
11	Thorstein Gunnarsson	144	22:45
03:41+	06:39+ 12:21+ 15:12+ 16:32+ 21:19+	22:16+ 22:45+	
03:41+	02:58+ 05:42+ 02:51+ 01:20+ 04:47+	00:57+ 00:29+	
01:20&	01:01& 01:37& 00:56& 00:23& 00:55#	00:20& 00:09&	
12	Svein Mæle	115	23:04
03:30+	06:21+ 11:41+ 14:40+ 15:53+ 21:12+	22:40+ 23:04+	
03:30+	02:51+ 05:20+ 02:59+ 01:13+ 05:19+	01:28+ 00:24+	
01:09&	00:54& 01:15& 01:04& 00:16& 01:27&	00:51& 00:04#	
13	Tor Inge Hansen	144	23:25
03:21+	06:03+ 10:38+ 13:27+ 14:31+ 22:08+	22:57+ 23:25+	
03:21+	02:42+ 04:35+ 02:49+ 01:04+ 07:37+	00:49+ 00:28+	
01:00&	00:45& 00:30# 00:54& 00:07# 03:45&	00:12& 00:08&	
14	Arnt Krisitian Viland	27	23:37
03:47+	06:31+ 11:04+ 13:59+ 16:34+ 21:57+	23:03+ 23:37+	
03:47+	02:44+ 04:33+ 02:55+ 02:35+ 05:23+	01:06+ 00:34+	
01:26&	00:47& 00:28# 01:00& 01:38& 01:31&	00:29& 00:14&	
15	Svein Sivertsen	115	23:59
03:12+	06:20+ 12:22+ 15:22+ 16:45+ 22:36+	23:26+ 23:59+	
03:12+	03:08+ 06:02+ 03:00+ 01:23+ 05:51+	00:50+ 00:33+	
00:51&	01:11& 01:57& 01:05& 00:26& 01:59&	00:13& 00:13&	
16	Joar Fandrem	94	24:23
04:11+	07:08+ 13:00+ 16:06+ 17:36+ 23:04+	23:55+ 24:23+	
04:11+	02:57+ 05:52+ 03:06+ 01:30+ 05:28+	00:51+ 00:28+	
01:50&	01:00& 01:47& 01:11& 00:33& 01:36&	00:14& 00:08&	
17	Jon Jakobsen	116	24:30
03:40+	06:46+ 13:10+ 16:19+ 18:22+ 22:58+	24:01+ 24:30+	
03:40+	03:06+ 06:24+ 03:09+ 02:03+ 04:36+	01:03+ 00:29+	
01:19&	01:09& 02:19& 01:14& 01:06& 00:44#	00:26& 00:09&	
18	Ivar Aalbu	29	25:15
03:19+	06:18+ 11:47+ 16:44+ 18:24+ 23:39+	24:43+ 25:15+	
03:19+	02:59+ 05:29+ 04:57+ 01:40+ 05:15+	01:04+ 00:32+	
00:58&	01:02& 01:24& 03:02& 00:43& 01:23&	00:27& 00:12&	
19	Steinar Amundsen	115	25:23
03:11+	06:38+ 12:18+ 16:36+ 18:01+ 23:48+	24:55+ 25:23+	
03:11+	03:27+ 05:40+ 04:18+ 01:25+ 05:47+	01:07+ 00:28+	
00:50&	01:30& 01:35& 02:23& 00:28& 01:55&	00:30& 00:08&	
20	Heine Furubotten	192	25:25
02:54+	05:36+ 10:48+ 13:22+ 14:37+ 24:01+	24:53+ 25:25+	
02:54+	02:42+ 05:12+ 02:34+ 01:15+ 09:24+	00:52+ 00:32+	
00:33#	00:45& 01:07& 00:39& 00:18& 05:32&	00:15& 00:12&	
21	Arne Mong Birkeland	39	25:37
02:58+	05:26+ 11:04+ 13:17+ 19:18+ 24:25+	25:12+ 25:37+	
02:58+	02:28+ 05:38+ 02:13+ 06:01+ 05:07+	00:47+ 00:25+	
00:37&	00:31& 01:33& 00:18# 05:04&	01:15& 00:05#	
22	Alf Olav Kalvik	7	26:01
05:07+	08:36+ 15:19+ 18:11+ 19:41+ 24:27+	25:36+ 26:01+	
05:07+	03:29+ 06:43+ 02:52+ 01:30+ 04:46+	01:09+ 00:25+	
02:46&	01:32& 02:38& 00:57& 00:33& 00:54#	00:32& 00:05#	
23	Asgeir Kleppa	47	26:01
03:13+	06:28+ 12:11+ 17:08+ 18:44+ 24:18+	25:24+ 26:01+	
03:13+	03:15+ 05:43+ 04:57+ 01:36+ 05:34+	01:06+ 00:37+	
00:52&	01:18& 01:38& 03:02& 00:39& 01:42&	00:29& 00:17&	
24	Paul Richard Carr	136	26:10
03:51+	07:13+ 13:19+ 17:04+ 18:49+ 24:35+	25:33+ 26:10+	
03:51+	03:22+ 06:06+ 03:45+ 01:45+ 05:46+	00:58+ 00:37+	
01:30&	01:25& 02:01& 01:50& 00:48& 01:54&	00:21& 00:17&	

Class	Navn	Klasse	Tid
25	Arne Hope	43	26:41
04:06+	08:07+ 13:38+ 16:45+ 18:13+ 25:08+	26:10+ 26:41+	
04:06+	04:01+ 05:31+ 03:07+ 01:28+ 06:55+	01:02+ 00:31+	
01:45&	02:04@ 01:26& 01:12& 00:31& 03:03&	00:25& 00:11&	
26	Reidar Haver	4	26:48
03:22+	06:18+ 11:57+ 15:08+ 16:32+ 25:23+	26:20+ 26:48+	
03:22+	02:56+ 05:39+ 03:11+ 01:24+ 08:51+	00:57+ 00:28+	
01:01&	00:59& 01:34& 01:16& 00:27& 04:59@	00:20& 00:08&	
27	Leif Jarle Skåra	29	26:53
03:28+	07:06+ 13:50+ 17:14+ 19:27+ 24:59+	26:16+ 26:53+	
03:28+	03:38+ 06:44+ 03:24+ 02:13+ 05:32+	01:17+ 00:37+	
01:07&	01:41& 02:39& 01:29& 01:16@ 01:40&	00:40@ 00:17&	
28	Stein Stornes Nordal	66	29:04
05:10+	08:52+ 16:07+ 19:18+ 21:11+ 27:12+	28:34+ 29:04+	
05:10+	03:42+ 07:15+ 03:11+ 01:53+ 06:01+	01:22+ 00:30+	
02:49@	01:45& 03:10& 01:16& 00:56& 02:09&	00:45@ 00:10&	
29	Rolf Øystein Kluge	7	29:35
04:00+	07:16+ 14:20+ 17:40+ 20:38+ 27:50+	29:04+ 29:35+	
04:00+	03:16+ 07:04+ 03:20+ 02:58+ 07:12+	01:14+ 00:31+	
01:39&	01:19& 02:59& 01:25& 02:01@ 03:20&	00:37& 00:11&	
30	Knut Høie	117	29:43
08:21+	11:19+ 15:45+ 18:41+ 20:33+ 28:22+	29:14+ 29:43+	
08:21+	02:58+ 04:26+ 02:56+ 01:52+ 07:49+	00:52+ 00:29+	
06:00@	01:01& 00:21+ 01:01& 00:55& 03:57@	00:15& 00:09&	
31	Gaute Eiterjord	228	30:02
04:28+	08:33+ 13:11+ 21:42+ 22:42+ 28:33+	29:39+ 30:02+	
04:28+	04:05+ 04:38+ 08:31+ 01:00+ 05:51+	01:06+ 00:23+	
02:07&	02:08@ 00:33# 06:36@ 00:03+ 01:59&	00:29& 00:03#	
32	Elvio Freitas	51	31:13
02:51+	09:56+ 14:55+ 18:01+ 19:20+ 29:20+	30:47+ 31:13+	
02:51+	07:05+ 04:59+ 03:06+ 01:19+ 10:00+	01:27+ 00:26+	
00:30#	05:08@ 00:54# 01:11& 00:22& 06:08@	00:50@ 00:06&	
33	Terje Gautestad	54	31:18
07:32+	11:16+ 18:21+ 22:11+ 23:48+ 29:34+	30:46+ 31:18+	
07:32+	03:44+ 07:05+ 03:50+ 01:37+ 05:46+	01:12+ 00:32+	
05:11@	01:47& 03:00& 01:55& 00:40& 01:54&	00:35& 00:12&	
34	Jan Erik Syvertsen	51	31:54
09:41+	14:35+ 21:11+ 24:06+ 25:25+ 30:29+	31:33+ 31:54+	
09:41+	04:54+ 06:36+ 02:55+ 01:19+ 05:04+	01:04+ 00:21+	
07:20@	02:57@ 02:31& 01:00& 00:22& 01:12&	00:27& 00:01+	
35	Ove Vatland	128	32:12
04:25+	09:40+ 16:53+ 21:10+ 22:44+ 30:08+	31:22+ 32:12+	
04:25+	05:15+ 07:13+ 04:17+ 01:34+ 07:24+	01:14+ 00:50+	
02:04&	03:18@ 03:08& 02:22@ 00:37& 03:32&	00:37& 00:30@	
36	Ove Mæstad	67	32:57
04:00+	07:33+ 13:34+ 17:03+ 22:26+ 31:28+	32:24+ 32:57+	
04:00+	03:33+ 06:01+ 03:29+ 05:23+ 09:02+	00:56+ 00:33+	
01:39&	01:36& 01:56& 01:34& 04:26@ 05:10@	00:19& 00:13&	
37	Svein Erik Bjørnsen	91	33:56
03:07+	05:26+ 09:36+ 16:54+ 18:04+ 32:37+	33:30+ 33:56+	
03:07+	02:19+ 04:10+ 07:18+ 01:10+ 14:33+	00:53+ 00:26+	
00:46&	00:22# 00:05+ 05:23@ 00:13# 10:41@	00:16& 00:06&	
38	Sverre Uhlving	105	34:13
04:09+	09:47+ 16:37+ 21:50+ 24:25+ 32:16+	33:37+ 34:13+	
04:09+	05:38+ 06:50+ 05:13+ 02:35+ 07:51+	01:21+ 00:36+	
01:48&	03:41@ 02:45& 03:18@ 01:38@ 03:59@	00:44@ 00:16&	
39	Arild Olsen	4	35:07
04:28+	08:22+ 15:47+ 21:25+ 25:11+ 32:38+	34:07+ 35:07+	
04:28+	03:54+ 07:25+ 05:38+ 03:46+ 07:27+	01:29+ 01:00+	
02:07&	01:57& 03:20& 03:43@ 02:49@ 03:35&	00:52@ 00:40@	

Class	Navn	Klasse	Tid
40	Holger Pansch	117	35:55
02:51+	05:23+ 11:45+ 28:22+ 29:10+ 34:31+ 35:21+ 35:55+		
02:51+	02:32+ 06:22+ 16:37+ 00:48- 05:21+ 00:50+ 00:34+		
00:30#	00:35& 02:17& 14:42@ 00:09- 01:29& 00:13& 00:14&		
41	Karl Johnny Braut	27	36:03
04:47+	09:56+ 19:19+ 23:28+ 25:58+ 34:19+ 35:29+ 36:03+		
04:47+	05:09+ 09:23+ 04:09+ 02:30+ 08:21+ 01:10+ 00:34+		
02:26@	03:12@ 05:18@ 02:14@ 01:33@ 04:29@ 00:33& 00:14&		
42	John Helge Svandal	111	36:47
03:07+	09:13+ 14:49+ 18:02+ 19:19+ 35:02+ 36:13+ 36:47+		
03:07+	06:06+ 05:36+ 03:13+ 01:17+ 15:43+ 01:11+ 00:34+		
00:46&	04:09@ 01:31& 01:18& 00:20& 11:51@ 00:34& 00:14&		
43	Per Aspøy	117	37:35
12:08+	15:46+ 21:19+ 25:23+ 27:06+ 35:53+ 36:57+ 37:35+		
12:08+	03:38+ 05:33+ 04:04+ 01:43+ 08:47+ 01:04+ 00:38+		
09:47@	01:41& 01:28& 02:09@ 00:46& 04:55@ 00:27& 00:18&		
44	Audun Sjøen	111	38:33
03:33+	06:50+ 18:33+ 21:22+ 22:38+ 36:40+ 37:52+ 38:33+		
03:33+	03:17+ 11:43+ 02:49+ 01:16+ 14:02+ 01:12+ 00:41+		
01:12&	01:20& 07:38@ 00:54& 00:19& 10:10@ 00:35& 00:21@		
45	Jon Grepstad	111	39:29
06:44+	11:41+ 22:14+ 28:38+ 30:28+ 37:30+ 38:47+ 39:29+		
06:44+	04:57+ 10:33+ 06:24+ 01:50+ 07:02+ 01:17+ 00:42+		
04:23@	03:00@ 06:28@ 04:29@ 00:53& 03:10& 00:40@ 00:22@		
46	Lars Tore Opdal	97	39:42
10:17+	13:21+ 19:23+ 24:44+ 26:06+ 38:12+ 39:09+ 39:42+		
10:17+	03:04+ 06:02+ 05:21+ 01:22+ 12:06+ 00:57+ 00:33+		
07:56@	01:07& 01:57& 03:26@ 00:25& 08:14@ 00:20& 00:13&		
47	Arthur Christiansen	93	48:30
06:24+	13:36+ 24:12+ 31:37+ 34:18+ 45:24+ 47:21+ 48:30+		
06:24+	07:12+ 10:36+ 07:25+ 02:41+ 11:06+ 01:57+ 01:09+		
04:03@	05:15@ 06:31@ 05:30@ 01:44@ 07:14@ 01:20@ 00:49@		
48	Harald Nilsen	79	56:55
23:27+	31:13+ 39:29+ 44:31+ 47:42+ 55:04+ 56:10+ 56:55+		
23:27+	07:46+ 08:16+ 05:02+ 03:11+ 07:22+ 01:06+ 00:45+		
21:06@	05:49@ 04:11@ 03:07@ 02:14@ 03:30& 00:29& 00:25@		
49	Inge Grødem	92	58:56
11:25+	15:23+ 22:48+ 31:11+ 33:09+ 56:38+ 58:14+ 58:56+		
11:25+	03:58+ 07:25+ 08:23+ 01:58+ 23:29+ 01:36+ 00:42+		
09:04@	02:01@ 03:20& 06:28@ 01:01@ 19:37@ 00:59@ 00:22@		
Beste strekktid for klassen			
02:12	01:55	03:37	01:55 00:48 03:44 00:35 00:20

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