

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Rønnaug Egeland	154	46:19
01:35=	12:22= 14:27= 17:18= 22:12= 28:37= 30:31= 33:58= 41:07= 43:50= 44:43= 46:19=		
01:35=	10:47= 02:05= 02:51= 04:54= 06:25= 01:54= 03:27= 07:09= 02:43= 00:53= 01:36=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Wibeke Lende	74	50:40
01:34-	16:42+ 18:50+ 22:37+ 28:23+ 34:46+ 36:20+ 38:55+ 46:07+ 48:42+ 49:32+ 50:40+		
01:34-	15:08+ 02:08+ 03:47+ 05:46+ 06:23- 01:34- 02:35- 07:12+ 02:35- 00:50- 01:08-		
00:01-	04:21& 00:03+ 00:56& 00:52# 00:02- 00:20- 00:52- 00:03+ 00:08- 00:03- 00:28-		
3	Agnes Selma Haker	115	51:15
05:20+	15:53+ 17:51+ 20:34+ 28:35+ 35:25+ 36:53+ 39:33+ 45:48+ 49:08+ 49:59+ 51:15+		
05:20+	10:33- 01:58- 02:43- 08:01+ 06:50+ 01:28- 02:40- 06:15- 03:20+ 00:51- 01:16-		
03:45@	00:14- 00:07- 00:08- 03:07& 00:25+ 00:26- 00:47- 00:54- 00:37# 00:02- 00:20-		
4	Margrete Jian Øye	126	51:47
01:49+	14:46+ 17:22+ 20:07+ 26:57+ 34:11+ 35:53+ 39:11+ 46:37+ 49:30+ 50:27+ 51:47+		
01:49+	12:57+ 02:36+ 02:45- 06:50+ 07:14+ 01:42- 03:18- 07:26+ 02:53+ 00:57+ 01:20-		
00:14#	02:10# 00:31# 00:06- 01:56& 00:49# 00:12- 00:09- 00:17+ 00:10+ 00:04+ 00:16-		
5	Lene Bjelland	116	51:51
01:32-	15:26+ 18:06+ 22:33+ 27:54+ 33:34+ 35:41+ 38:53+ 47:02+ 49:55+ 50:52+ 51:51+		
01:32-	13:54+ 02:40+ 04:27+ 05:21+ 05:40- 02:07+ 03:12- 08:09+ 02:53+ 00:57+ 00:59-		
00:03-	03:07& 00:35& 01:36& 00:27+ 00:45- 00:13# 00:15- 01:00# 00:10+ 00:04+ 00:37-		
6	Kristina Renshaw	101	52:40
02:04+	15:53+ 17:51+ 22:43+ 27:52+ 35:23+ 37:11+ 40:43+ 47:27+ 50:20+ 51:18+ 52:40+		
02:04+	13:49+ 01:58- 04:52+ 05:09+ 07:31+ 01:48- 03:32+ 06:44- 02:53+ 00:58+ 01:22-		
00:29&	03:02& 00:07- 02:01& 00:15+ 01:06# 00:06- 00:05+ 00:25- 00:10+ 00:05+ 00:14-		
7	Ingrid Lycke Austbø	109	53:35
01:41+	15:04+ 17:45+ 20:34+ 26:42+ 32:56+ 35:10+ 39:42+ 48:38+ 51:21+ 52:17+ 53:35+		
01:41+	13:23+ 02:41+ 02:49- 06:08+ 06:14- 02:14+ 04:32+ 08:56+ 02:43+ 00:56+ 01:18-		
00:06+	02:36# 00:36& 00:02- 01:14& 00:11- 00:20# 01:05& 01:47# 00:00= 00:03+ 00:18-		
8	Ingvild Amalixsen	116	53:59
03:09+	14:11+ 17:06+ 23:03+ 29:30+ 37:29+ 39:17+ 42:24+ 48:59+ 51:43+ 52:37+ 53:59+		
03:09+	11:02+ 02:55+ 05:57+ 06:27+ 07:59+ 01:48- 03:07- 06:35- 02:44+ 00:54+ 01:22-		
01:34&	00:15+ 00:50& 03:06@ 01:33& 01:34# 00:06- 00:20- 00:34- 00:01+ 00:01+ 00:14-		
9	Heidi Nordaunet	126	55:34
01:41+	13:14+ 16:16+ 20:16+ 26:45+ 35:04+ 37:22+ 41:24+ 50:15+ 53:05+ 54:02+ 55:34+		
01:41+	11:33+ 03:02+ 04:00+ 06:29+ 08:19+ 02:18+ 04:02+ 08:51+ 02:50+ 00:57+ 01:32-		
00:06+	00:46+ 00:57& 01:09& 01:35& 01:54& 00:24# 00:35# 01:42# 00:07+ 00:04+ 00:04-		
10	Bodil Krogedal	126	59:32
03:22+	15:15+ 17:32+ 20:47+ 31:57+ 38:46+ 40:35+ 43:55+ 53:28+ 56:29+ 58:09+ 59:32+		
03:22+	11:53+ 02:17+ 03:15+ 11:10+ 06:49+ 01:49- 03:20- 09:33+ 03:01+ 01:40+ 01:23-		
01:47@	01:06# 00:12+ 00:24# 06:16@ 00:24+ 00:05- 00:07- 02:24& 00:18# 00:47& 00:13-		
11	Marita Skorpe	74	1:01:58
02:04+	17:47+ 20:11+ 23:48+ 32:31+ 39:56+ 42:30+ 46:28+ 55:34+ 58:56+ 60:02+ 61:58+		
02:04+	15:43+ 02:24+ 03:37+ 08:43+ 07:25+ 02:34+ 03:58+ 09:06+ 03:22+ 01:06+ 01:56+		
00:29&	04:56& 00:19# 00:46& 03:49& 01:00# 00:40& 00:31# 01:57& 00:39# 00:13# 00:20#		
12	Mette Langeland	117	1:02:23
01:41+	18:08+ 21:48+ 25:50+ 32:53+ 40:57+ 43:01+ 47:02+ 56:11+ 59:40+ 60:46+ 62:23+		
01:41+	16:27+ 03:40+ 04:02+ 07:03+ 08:04+ 02:04+ 04:01+ 09:09+ 03:29+ 01:06+ 01:37+		
00:06+	05:40& 01:35& 01:11& 02:09& 01:39& 00:10+ 00:34# 02:00& 00:46& 00:13# 00:01+		
13	Barbro Lunde Nedrebø	92	1:20:24
01:48+	35:30+ 37:53+ 42:24+ 48:46+ 58:33+ 60:55+ 65:20+ 74:22+ 77:41+ 78:53+ 80:24+		
01:48+	33:42+ 02:23+ 04:31+ 06:22+ 09:47+ 02:22+ 04:25+ 09:02+ 03:19+ 01:12+ 01:31-		
00:13#	22:55@ 00:18# 01:28& 03:22& 00:28# 00:58& 01:53& 00:36# 00:19& 00:05-		

Beste strekktid for klassen

01:32 10:33 01:58 02:43 04:54 05:40 01:28 02:35 06:15 02:35 00:50 00:59

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

Class	Navn	Klasse	Tid
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Damer 40 - 49 år

1	Siri Warland	115	56:10
	07:45= 16:25= 25:54= 30:42= 40:30= 45:35= 51:32= 54:51= 56:10=		
	07:45= 08:40= 09:29= 04:48= 09:48= 05:05= 05:57= 03:19= 01:19=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Heidi Martby	88	56:19
	10:35+ 18:07+ 19:50- 25:05- 35:06- 40:51- 51:19- 54:55+ 56:19+		
	10:35+ 07:32- 01:43- 05:15+ 10:01+ 05:45+ 10:28+ 03:36+ 01:24+		
	02:50& 01:08- 07:46- 00:27+ 00:13+ 00:40# 04:31& 00:17+ 00:05+		
3	Siv Skretting	93	56:52
	12:32+ 19:28+ 22:45- 30:15- 39:16- 44:59- 51:25- 55:14+ 56:52+		
	12:32+ 06:56- 03:17- 07:30+ 09:01- 05:43+ 06:26+ 03:49+ 01:38+		
	04:47& 01:44- 06:12- 02:42& 00:47- 00:38# 00:29+ 00:30# 00:19#		
4	Kristin Breivold	92	58:24
	10:47+ 20:56+ 24:43- 29:47- 38:34- 46:07+ 53:23+ 56:56+ 58:24+		
	10:47+ 10:09+ 03:47- 05:04+ 08:47- 07:33+ 07:16+ 03:33+ 01:28+		
	03:02& 01:29# 05:42- 00:16+ 01:01- 02:28& 01:19# 00:14+ 00:09#		
5	Anne Marie Gausel	105	59:55
	13:21+ 21:37+ 23:27- 29:04- 40:33+ 47:11+ 54:05+ 58:05+ 59:55+		
	13:21+ 08:16- 01:50- 05:37+ 11:29+ 06:38+ 06:54+ 04:00+ 01:50+		
	05:36& 00:24- 07:39- 00:49# 01:41# 01:33& 00:57# 00:41# 00:31&		
6	May Bente Valdøl	116	1:07:14
	13:20+ 23:03+ 27:54+ 32:37+ 51:29+ 57:15+ 63:02+ 66:04+ 67:14+		
	13:20+ 09:43+ 04:51- 04:43- 18:52+ 05:46+ 05:47- 03:02- 01:10-		
	05:35& 01:03# 04:38- 00:05- 09:04& 00:41# 00:10- 00:17- 00:09-		
7	Björg Hauge	47	1:08:17
	12:42+ 28:17+ 31:09+ 37:57+ 49:18+ 56:12+ 62:53+ 66:53+ 68:17+		
	12:42+ 15:35+ 02:52- 06:48+ 11:21+ 06:54+ 06:41+ 04:00+ 01:24+		
	04:57& 06:55& 06:37- 02:00& 01:33# 01:49& 00:44# 00:41# 00:05+		
8	Toril Dahle	116	1:32:13
	31:24+ 41:40+ 44:00+ 58:46+ 72:10+ 78:49+ 86:36+ 90:44+ 92:13+		
	31:24+ 10:16+ 02:20- 14:46+ 13:24+ 06:39+ 07:47+ 04:08+ 01:29+		
	23:39@ 01:36# 07:09- 09:58@ 03:36& 01:34& 01:50& 00:49# 00:10#		
9	Irene Sirevåg	105	1:38:15
	20:23+ 39:09+ 42:21+ 53:59+ 68:56+ 80:17+ 89:50+ 95:57+ 98:15+		
	20:23+ 18:46+ 03:12- 11:38+ 14:57+ 11:21+ 09:33+ 06:07+ 02:18+		
	12:38@ 10:06@ 06:17- 06:50@ 05:09& 06:16@ 03:36& 02:48& 00:59&		

Beste strekktid for klassen

07:45 06:56 01:43 04:43 08:47 05:05 05:47 03:02 01:10

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

Damer 50 - 59 år

1	Torill Andersen	116	49:24
	09:36= 15:53= 17:44= 23:12= 32:08= 37:47= 44:02= 47:54= 49:24=		
	09:36= 06:17= 01:51= 05:28= 08:56= 05:39= 06:15= 03:52= 01:30=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Keth Berggraf	116	51:56
	08:06- 15:29- 17:26- 26:04+ 36:28+ 41:58+ 47:37+ 50:44+ 51:56+		
	08:06- 07:23+ 01:57+ 08:38+ 10:24+ 05:30- 05:39- 03:07- 01:12-		
	01:30- 01:06# 00:06+ 03:10& 01:28# 00:09- 00:36- 00:45- 00:18-		
3	Gøril Braut Aarsand	268	53:00
	09:59+ 17:18+ 19:44+ 24:51+ 33:47+ 40:49+ 47:33+ 51:20+ 53:00+		
	09:59+ 07:19+ 02:26+ 05:07- 08:56= 07:02+ 06:44+ 03:47- 01:40+		
	00:23+ 01:02# 00:35& 00:21- 00:00= 01:23# 00:29+ 00:05- 00:10#		

Class	Navn	Klasse	Tid
4	Kari Smådal Turøy	115	1:01:51
10:54+	20:24+ 23:31+ 30:18+ 42:55+ 49:22+ 56:29+ 60:14+ 61:51+		
10:54+	09:30+ 03:07+ 06:47+ 12:37+ 06:27+ 07:07+ 03:45- 01:37+		
01:18#	03:13& 01:16& 01:19# 03:41& 00:48# 00:52# 00:07- 00:07+		
5	Trude Katrine Hermanrud	117	1:01:57
10:37+	23:14+ 25:43+ 31:28+ 41:06+ 49:07+ 56:10+ 60:05+ 61:57+		
10:37+	12:37+ 02:29+ 05:45+ 09:38+ 08:01+ 07:03+ 03:55+ 01:52+		
01:01#	06:20@ 00:38& 00:17+ 00:42+ 02:22& 00:48# 00:03+ 00:22#		
6	Ellinor Hoemsnes	116	1:03:47
14:15+	23:33+ 25:44+ 32:50+ 43:06+ 50:58+ 57:59+ 61:58+ 63:47+		
14:15+	09:18+ 02:11+ 07:06+ 10:16+ 07:52+ 07:01+ 03:59+ 01:49+		
04:39&	03:01& 00:20# 01:38& 01:20# 02:13& 00:46# 00:07+ 00:19#		
7	Anne-Siv Gjertsen	27	1:08:09
14:18+	24:38+ 33:52+ 39:45+ 47:41+ 56:18+ 62:29+ 66:46+ 68:09+		
14:18+	10:20+ 09:14+ 05:53+ 07:56- 08:37+ 06:11- 04:17+ 01:23-		
04:42&	04:03& 07:23@ 00:25+ 01:00- 02:58& 00:04- 00:25# 00:07-		
8	Anne Katrine Lycke	147	1:15:36
11:18+	27:50+ 29:58+ 37:37+ 50:54+ 60:47+ 69:22+ 73:45+ 75:36+		
11:18+	16:32+ 02:08+ 07:39+ 13:17+ 09:53+ 08:35+ 04:23+ 01:51+		
01:42#	10:15@ 00:17# 02:11& 04:21& 04:14& 02:20& 00:31# 00:21#		
9	Sarah Denieul	42	1:16:11
22:02+	35:05+ 39:50+ 48:59+ 57:27+ 64:09+ 71:27+ 75:02+ 76:11+		
22:02+	13:03+ 04:45+ 09:09+ 08:28- 06:42+ 07:18+ 03:35- 01:09-		
12:26@	06:46@ 02:54@ 03:41& 00:28- 01:03# 01:03# 00:17- 00:21-		
Beste strekktid for klassen			
08:06	06:17	01:51	05:07 07:56 05:30 05:39 03:07 01:09
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Damer 60 - 64 år			
1	Ingunn Voilås	29	43:25
02:57=	05:03= 08:30= 12:11= 18:33= 25:15= 29:11= 36:36= 40:07= 41:24= 43:25=		
02:57=	02:06= 03:27= 03:41= 06:22= 06:42= 03:56= 07:25= 03:31= 01:17= 02:01=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Eli Frafjord	94	46:15
04:16+	06:24+ 12:53+ 16:20+ 22:37+ 30:07+ 33:36+ 40:22+ 43:34+ 44:37+ 46:15+		
04:16+	02:08+ 06:29+ 03:27- 06:17- 07:30+ 03:29- 06:46- 03:12- 01:03- 01:38-		
01:19&	00:02+ 03:02& 00:14- 00:05- 00:48# 00:27- 00:39- 00:19- 00:14- 00:23-		
3	Ingrid Eik	88	46:43
02:21-	04:34- 08:12- 12:12+ 17:59- 30:30+ 35:18+ 41:15+ 44:08+ 45:11+ 46:43+		
02:21-	02:13+ 03:38+ 04:00+ 05:47- 12:31+ 04:48+ 05:57- 02:53- 01:03- 01:32-		
00:36-	00:07+ 00:11+ 00:19+ 00:35- 05:49& 00:52# 01:28- 00:38- 00:14- 00:29-		
4	Tove Bjerkeim	105	47:44
02:30-	04:28- 16:55+ 19:25+ 24:53+ 31:24+ 36:26+ 42:21+ 45:07+ 46:09+ 47:44+		
02:30-	01:58- 12:27+ 02:30- 05:28- 06:31- 05:02+ 05:55- 02:46- 01:02- 01:35-		
00:27-	00:08- 09:00@ 01:11- 00:54- 00:11- 01:06& 01:30- 00:45- 00:15- 00:26-		
5	Amanda Renshaw	101	48:10
03:12+	05:47+ 08:37+ 14:37+ 21:34+ 30:42+ 35:40+ 42:40+ 45:43+ 46:43+ 48:10+		
03:12+	02:35+ 02:50- 06:00+ 06:57+ 09:08+ 04:58+ 07:00- 03:03- 01:00- 01:27-		
00:15+	00:29# 00:37- 02:19& 00:35+ 02:26& 01:02& 00:25- 00:28- 00:17- 00:34-		
6	Hanna S. Lomeland	47	52:20
03:12+	05:50+ 11:05+ 15:38+ 23:11+ 32:50+ 37:13+ 45:26+ 49:05+ 50:26+ 52:20+		
03:12+	02:38+ 05:15+ 04:33+ 07:33+ 09:39+ 04:23+ 08:13+ 03:39+ 01:21+ 01:54-		
00:15+	00:32& 01:48& 00:52# 01:11# 02:57& 00:27# 00:48# 00:08+ 00:04+ 00:07-		
7	Aud Steinsland	128	52:23
03:13+	05:49+ 11:05+ 15:37+ 23:10+ 32:48+ 37:14+ 45:26+ 49:10+ 50:31+ 52:23+		
03:13+	02:36+ 05:16+ 04:32+ 07:33+ 09:38+ 04:26+ 08:12+ 03:44+ 01:21+ 01:52-		
00:16+	00:30# 01:49& 00:51# 01:11# 02:56& 00:30# 00:47# 00:13+ 00:04+ 00:09-		

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

02:21 01:58 02:50 02:30 05:28 06:31 03:29 05:55 02:46 01:00 01:27

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

Damer 65 - 69 år

1 Berit K. Gramstad 113 52:20

03:03= 05:48= 10:10= 13:46= 21:31= 31:43= 37:32= 45:45= 49:31= 50:36= 52:20=
 03:03= 02:45= 04:22= 03:36= 07:45= 10:12= 05:49= 08:13= 03:46= 01:05= 01:44=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Lillian Dahl Fitjar 117 53:37

03:43+ 06:15+ 09:54- 12:41- 20:30- 30:23- 38:05+ 46:09+ 50:02+ 51:16+ 53:37+
 03:43+ 02:32- 03:39- 02:47- 07:49+ 09:53- 07:42+ 08:04- 03:53+ 01:14+ 02:21+
 00:40# 00:13- 00:43- 00:49- 00:04+ 00:19- 01:53& 00:09- 00:07+ 00:09# 00:37&

3 Halldis Handeland 92 54:26

06:53+ 09:37+ 13:47+ 18:30+ 25:27+ 34:36+ 39:20+ 47:46+ 51:34+ 52:48+ 54:26+
 06:53+ 02:44- 04:10- 04:43+ 06:57- 09:09- 04:44- 08:26+ 03:48+ 01:14+ 01:38-
 03:50# 00:01- 00:12- 01:07& 00:48- 01:03- 01:05- 00:13+ 00:02+ 00:09# 00:06-

4 Wenche Anda Haarr 92 57:50

04:00+ 07:04+ 11:48+ 15:53+ 24:43+ 34:37+ 40:00+ 48:51+ 53:10+ 54:43+ 57:50+
 04:00+ 03:04+ 04:44+ 04:05+ 08:50+ 09:54- 05:23- 08:51+ 04:19+ 01:33+ 03:07+
 00:57& 00:19# 00:22+ 00:29# 01:05# 00:18- 00:26- 00:38+ 00:33# 00:28& 01:23&

5 Kirsten Carlsen 93 1:04:40

04:56+ 07:31+ 11:41+ 27:18+ 34:13+ 42:59+ 49:03+ 57:11+ 61:11+ 62:25+ 64:40+
 04:56+ 02:35- 04:10- 15:37+ 06:55- 08:46- 06:04+ 08:08- 04:00+ 01:14+ 02:15+
 01:53& 00:10- 00:12- 12:01# 00:50- 01:26- 00:15+ 00:05- 00:14+ 00:09# 00:31&

Beste strekktid for klassen

03:03 02:32 03:39 02:47 06:55 08:46 04:44 08:04 03:46 01:05 01:38

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

Damer 70 - 74 år

1 Inger Skretting Opstad 54 49:37

03:16= 06:11= 10:42= 13:50= 21:07= 30:20= 34:55= 42:07= 45:54= 47:07= 49:37=
 03:16= 02:55= 04:31= 03:08= 07:17= 09:13= 04:35= 07:12= 03:47= 01:13= 02:30=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Turid Nystrøm 68 52:12

02:51- 05:27- 10:13- 13:51+ 21:01- 34:16+ 38:51+ 45:35+ 49:09+ 50:18+ 52:12+
 02:51- 02:36- 04:46+ 03:38+ 07:10- 13:15+ 04:35= 06:44- 03:34- 01:09- 01:54-
 00:25- 00:19- 00:15+ 00:30# 00:07- 04:02& 00:00= 00:28- 00:13- 00:04- 00:36-

3 Helga Klausen 62 52:35

04:21+ 07:10+ 12:08+ 15:36+ 24:17+ 33:37+ 37:52+ 45:29+ 49:19+ 50:27+ 52:35+
 04:21+ 02:49- 04:58+ 03:28+ 08:41+ 09:20+ 04:15- 07:37+ 03:50+ 01:08- 02:08-
 01:05& 00:06- 00:27+ 00:20# 01:24# 00:07+ 00:20= 00:25+ 00:03+ 00:05- 00:22-

4 Hedvig Anda 116 54:39

03:37+ 06:28+ 10:28- 14:41+ 21:41+ 33:52+ 39:22+ 47:35+ 51:39+ 52:48+ 54:39+
 03:37+ 02:51- 04:00- 04:13+ 07:00- 12:11+ 05:30+ 08:13+ 04:04+ 01:09- 01:51-
 00:21# 00:04- 00:31- 01:05& 00:17- 02:58& 00:55# 01:01# 00:17+ 00:04- 00:39-

5 Haldis Glendrange 68 57:49

03:25+ 06:14+ 14:20+ 18:36+ 26:16+ 37:32+ 42:26+ 50:39+ 54:32+ 55:50+ 57:49+
 03:25+ 02:49- 08:06+ 04:16+ 07:40+ 11:16+ 04:54+ 08:13+ 03:53+ 01:18+ 01:59-
 00:09+ 00:06- 03:35& 01:08& 00:23+ 02:03# 00:19+ 01:01# 00:06+ 00:05+ 00:31-

6 Ragnhild Christiansen 93 1:00:33

06:18+ 09:23+ 14:19+ 18:47+ 27:09+ 36:07+ 42:24+ 52:10+ 56:59+ 58:23+ 60:33+
 06:18+ 03:05+ 04:56+ 04:28+ 08:22+ 08:58- 06:17+ 09:46+ 04:49+ 01:24+ 02:10-
 03:02& 00:10+ 00:25+ 01:20& 01:05# 00:15- 01:42& 02:34& 01:02& 00:11# 00:20-

Class	Navn	Klasse	Tid							
7	Margaret Malmin	105	1:19:10							
04:56+	09:56+	19:00+	24:08+	34:39+	48:07+	56:41+	68:33+	74:41+	76:25+	79:10+
04:56+	05:00+	09:04+	05:08+	10:31+	13:28+	08:34+	11:52+	06:08+	01:44+	02:45+
01:40&	02:05&	04:33@	02:00&	03:14&	04:15&	03:59&	04:40&	02:21&	00:31&	00:15#

Beste strekktid for klassen

02:51 02:36 04:00 03:08 07:00 08:58 04:15 06:44 03:34 01:08 01:51

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

Damer 75 - 79 år

1 Gry V. Thengs 68 48:13

02:53= 06:36= 10:23= 14:39= 21:42= 30:50= 34:32= 41:44= 45:26= 46:35= 48:13=

02:53= 03:43= 03:47= 04:16= 07:03= 09:08= 03:42= 07:12= 03:42= 01:09= 01:38=

00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Helga Aaslid 54 50:44

03:07+ 05:33- 10:26+ 13:53- 21:58+ 31:30+ 36:02+ 43:18+ 46:51+ 48:09+ 50:44+

03:07+ 02:26- 04:53+ 03:27- 08:05+ 09:32+ 04:32+ 07:16+ 03:33- 01:18+ 02:35+

00:14+ 01:17- 01:06& 00:49- 01:02# 00:24+ 00:50# 00:04+ 00:09- 00:09# 00:57&

3 Berit Ebbell Olsen 68 1:33:27

05:12+ 11:47+ 18:33+ 25:43+ 36:20+ 61:18+ 69:07+ 82:39+ 89:03+ 90:34+ 93:27+

05:12+ 06:35+ 06:46+ 07:10+ 10:37+ 24:58+ 07:49+ 13:32+ 06:24+ 01:31+ 02:53+

02:19& 02:52& 02:59& 02:54& 03:34& 15:50@ 04:07@ 06:20& 02:42& 00:22& 01:15&

Beste strekktid for klassen

02:53 02:26 03:47 03:27 07:03 09:08 03:42 07:12 03:33 01:09 01:38

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

Damer 80 år og eldre

1 Gørild Espedal 113 1:17:26

06:54= 12:31= 23:29= 33:25= 50:39= 57:30= 66:34= 72:40= 74:36= 77:26=

06:54= 05:37= 10:58= 09:56= 17:14= 06:51= 09:04= 06:06= 01:56= 02:50=

00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

06:54 05:37 10:58 09:56 17:14 06:51 09:04 06:06 01:56 02:50

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

Damer A

1 Aud Hognestad Taksdal 92 39:11

07:33= 12:00= 14:13= 16:55= 19:21= 22:29= 25:03= 26:25= 28:20= 29:39= 31:53= 35:56= 38:18= 39:11=

07:33= 04:27= 02:13= 02:42= 02:26= 03:08= 02:34= 01:22= 01:55= 01:19= 02:14= 04:03= 02:22= 00:53=

00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Jorunn Hadland 29 43:37

07:39+ 14:48+ 17:17+ 20:04+ 22:32+ 25:50+ 28:33+ 30:02+ 32:01+ 33:30+ 35:45+ 40:10+ 42:38+ 43:37+

07:39+ 07:09+ 02:29+ 02:47+ 02:28+ 03:18+ 02:43+ 01:29+ 01:59+ 01:29+ 02:15+ 04:25+ 02:28+ 00:59+

00:06+ 02:42& 00:16# 00:05+ 00:02+ 00:10+ 00:09+ 00:07+ 00:04+ 00:10# 00:01+ 00:22+ 00:06+ 00:06#

3 Vilde Margrethe Sæbbø 90 45:45

09:33+ 12:20+ 14:45+ 19:17+ 21:52+ 26:21+ 29:46+ 31:21+ 33:18+ 35:10+ 37:25+ 42:10+ 44:38+ 45:45+

09:33+ 02:47- 02:25+ 04:32+ 02:35+ 04:29+ 03:25+ 01:35+ 01:57+ 01:52+ 02:15+ 04:45+ 02:28+ 01:07+

02:00& 01:40- 00:12+ 01:50& 00:09+ 01:21& 00:51& 00:13# 00:02+ 00:33& 00:01+ 00:42# 00:06+ 00:14&

4 Marie Line Furland 62 46:49

08:29+ 13:12+ 16:01+ 19:14+ 22:07+ 26:07+ 29:50+ 31:21+ 33:37+ 35:09+ 37:32+ 42:29+ 45:35+ 46:49+

08:29+ 04:43+ 02:49+ 03:13+ 02:53+ 04:00+ 03:43+ 01:31+ 02:16+ 01:32+ 02:23+ 04:57+ 03:06+ 01:14+

00:56# 00:16+ 00:36& 00:31# 00:27# 00:52& 01:09& 00:09# 00:21# 00:13# 00:09+ 00:54# 00:44& 00:21&

Class	Navn	Klasse												Tid
5	Trine Bolstad Scheie	62												47:05
08:18+	12:45+	15:50+	19:04+	23:34+	27:30+	30:20+	31:43+	33:57+	35:40+	38:08+	43:01+	46:03+	47:05+	
08:18+	04:27=	03:05+	03:14+	04:30+	03:56+	02:50+	01:23+	02:14+	01:43+	02:28+	04:53+	03:02+	01:02+	
00:45+	00:00=	00:52&	00:32#	02:04&	00:48&	00:16#	00:01+	00:19#	00:24&	00:14#	00:50#	00:40&	00:09#	
6	Kari Borgen	62												1:14:10
10:52+	19:04+	22:28+	29:12+	31:30+	40:41+	49:54+	51:24+	54:04+	60:11+	63:15+	69:35+	73:03+	74:10+	
10:52+	08:12+	03:24+	06:44+	02:18-	09:11+	09:13+	01:30+	02:40+	06:07+	03:04+	06:20+	03:28+	01:07+	
03:19&	03:45&	01:11&	04:02@	00:08-	06:03@	06:39@	00:08+	00:45&	04:48@	00:50&	02:17&	01:06&	00:14&	
7	Maira Andersone	93												1:18:19
13:07+	20:38+	25:11+	30:28+	37:33+	47:52+	53:41+	55:41+	59:17+	62:57+	66:41+	73:09+	76:52+	78:19+	
13:07+	07:31+	04:33+	05:17+	07:05+	10:19+	05:49+	02:00+	03:36+	03:40+	03:44+	06:28+	03:43+	01:27+	
05:34&	03:04&	02:20@	02:35&	04:39@	07:11@	03:15@	00:38&	01:41&	02:21@	01:30&	02:25&	01:21&	00:34&	

Beste strekktid for klassen

07:33 02:47 02:13 02:42 02:18 03:08 02:34 01:22 01:55 01:19 02:14 04:03 02:22 00:53

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

Damer B

1	Inger Tone Nygård	29												40:49
03:52=	08:16=	11:19=	13:53=	22:15=	26:48=	30:06=	36:45=	39:41=	40:49=					
03:52=	04:24=	03:03=	02:34=	08:22=	04:33=	03:18=	06:39=	02:56=	01:08=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Lise Isachsen	165												46:45
06:30+	11:23+	16:17+	19:36+	28:34+	33:24+	36:41+	42:16+	45:36+	46:45+					
06:30+	04:53+	04:54+	03:19+	08:58+	04:50+	03:17-	05:35-	03:20+	01:09+					
02:38&	00:29#	01:51&	00:45&	00:36+	00:17+	00:01-	01:04-	00:24#	00:01+					
3	Helen Lomeland	105												46:55
04:59+	09:59+	12:45+	16:02+	25:55+	30:42+	34:47+	42:06+	45:41+	46:55+					
04:59+	05:00+	02:46-	03:17+	09:53+	04:47+	04:05+	07:19+	03:35+	01:14+					
01:07&	00:36#	00:17-	00:43&	01:31#	00:14+	00:47#	00:40#	00:39#	00:06+					
4	Hilde Nordbø	93												48:34
08:10+	13:14+	16:15+	19:11+	28:28+	33:54+	37:21+	43:50+	47:15+	48:34+					
08:10+	05:04+	03:01-	02:56+	09:17+	05:26+	03:27+	06:29-	03:25+	01:19+					
04:18@	00:40#	00:02-	00:22#	00:55#	00:53#	00:09+	00:10-	00:29#	00:11#					
5	Grethe Anda Fuglestad	116												50:34
05:17+	10:50+	13:53+	18:02+	29:15+	34:51+	38:41+	46:04+	49:19+	50:34+					
05:17+	05:33+	03:03=	04:09+	11:13+	05:36+	03:50+	07:23+	03:15+	01:15+					
01:25&	01:09&	00:00=	01:35&	02:51&	01:03#	00:32#	00:44#	00:19#	00:07#					
6	Jorunn Johannesen	116												52:20
06:09+	13:59+	18:14+	20:43+	30:39+	35:28+	40:18+	47:31+	50:52+	52:20+					
06:09+	07:50+	04:15+	02:29-	09:56+	04:49+	04:50+	07:13+	03:21+	01:28+					
02:17&	03:26&	01:12&	00:05-	01:34#	00:16+	01:32&	00:34+	00:25#	00:20&					
7	Ingrid W. Hestness	117												52:25
04:48+	14:18+	17:09+	19:59+	30:10+	35:14+	40:54+	48:15+	51:15+	52:25+					
04:48+	09:30+	02:51-	02:50+	10:11+	05:04+	05:40+	07:21+	03:00+	01:10+					
00:56#	05:06@	00:12-	00:16#	01:49#	00:31#	02:22&	00:42#	00:04+	00:02+					
8	Ellen Tindeland	27												54:36
05:16+	13:20+	18:27+	21:04+	31:34+	37:35+	42:15+	49:52+	53:11+	54:36+					
05:16+	08:04+	05:07+	02:37+	10:30+	06:01+	04:40+	07:37+	03:19+	01:25+					
01:24&	03:40&	02:04&	00:03+	02:08&	01:28&	01:22&	00:58#	00:23#	00:17#					
9	Anita Glenne Kallhovd	29												54:53
05:22+	13:17+	16:47+	21:37+	32:11+	37:23+	42:52+	49:35+	53:10+	54:53+					
05:22+	07:55+	03:30+	04:50+	10:34+	05:12+	05:29+	06:43+	03:35+	01:43+					
01:30&	03:31&	00:27#	02:16&	02:12&	00:39#	02:11&	00:04+	00:39#	00:35&					
10	Irene Rummelhoff	116												56:52
05:31+	11:28+	14:48+	18:32+	30:36+	36:23+	40:32+	51:40+	55:26+	56:52+					
05:31+	05:57+	03:20+	03:44+	12:04+	05:47+	04:09+	11:08+	03:46+	01:26+					
01:39&	01:33&	00:17+	01:10&	03:42&	01:14&	00:51&	04:29&	00:50&	00:18&					

Class	Navn	Klasse	Tid
11	Ann Karin Tjørhom	93	57:44
05:24+	11:06+	14:34+	17:44+
05:24+	05:42+	03:28+	03:10+
01:32&	01:18&	00:25#	00:36#
04:56&	02:16&	00:42#	04:01&
06:19+	07:44+	08:52+	10:17#
13:01+	18:34+	21:31+	24:41+
13:01+	05:33+	02:57-	03:10+
09:09@	01:09&	00:06-	00:36#
04:03&	00:21+	00:44#	00:25+
56:47+	58:05+		
12	Vibeke Lamark	46	58:05
13	Margrethe Roalsø	93	59:27
09:28+	16:45+	19:55+	24:27+
09:28+	07:17+	03:10+	04:32+
05:36@	02:53&	00:07+	01:58&
41:29+	46:02+	53:35+	58:00+
06:32+	04:33+	07:33+	04:25+
01:59&	01:15&	00:54#	01:29&
59:27+			
14	Berit Våg Aksland	116	1:01:35
04:48+	10:07+	13:24+	16:20+
04:48+	05:19+	03:17+	02:56+
00:56#	00:55#	00:14+	00:22#
35:24+	41:22+	50:06+	57:12+
19:04+	05:58+	08:44+	07:06+
10:42@	01:25&	05:26@	00:27+
60:24+	61:35+	00:16+	00:03+
15	Mariann Sveinsvoll	94	1:05:40
06:10+	14:45+	22:38+	26:12+
06:10+	08:35+	07:53+	03:34+
02:18&	04:11&	04:50@	01:00&
45:01+	50:33+	59:44+	64:09+
06:31+	05:32+	09:11+	04:25+
01:58&	02:14&	02:32&	01:29&
65:40+	01:31+	00:23&	
16	Linda Mari Vestvik	62	1:17:17
13:39+	19:19+	22:22+	26:34+
13:39+	05:40+	03:03=	04:12+
09:47@	01:16&	00:00=	01:38&
47:11+	61:39+	72:06+	76:03+
09:36+	14:28@	10:27+	03:57+
05:03@	11:10@	03:48&	01:01&
77:17+	01:14+	00:06+	
Beste strekktid for klassen			
03:52	04:24	02:46	02:29
08:22	04:33	03:17	05:35
02:56	01:08		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Damer Ny			
1	Mette Baardsgaard	88	19:39
05:55=	09:38=	11:26=	13:09=
05:55=	03:43=	01:48=	01:43=
00:00=	00:00=	00:00=	00:00=
18:35=	19:39=		
2	Ritva Halsne	105	26:37
07:34+	13:12+	16:00+	18:21+
07:34+	05:38+	02:48+	02:21+
01:39&	01:55&	01:00&	00:38&
25:16+	26:37+	00:37#	00:52&
01:21+	00:17&		
Beste strekktid for klassen			
05:55	03:43	01:48	01:43
02:30	02:56	01:04	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Damer Trim			
1	Aina Kalsaas Urstad	356	23:36
03:27=	07:52=	10:51=	15:02=
03:27=	04:25=	02:59=	04:11=
00:00=	00:00=	00:00=	00:00=
19:33=	22:16=	23:36=	
2	Toyah Bråtveit	115	24:54
03:58+	07:54+	11:58+	16:01+
03:58+	03:56-	04:04+	04:03-
00:31#	00:29-	01:05&	00:08-
20:05+	21:14-	24:54+	
02:25-	01:09-	03:40+	
00:28-	01:34-	02:20@	
3	Fredrike Krahner	126	25:31
03:41+	08:28+	12:30+	17:20+
03:41+	04:47+	04:02+	04:50+
00:14+	00:22+	01:03&	00:39#
19:17+	22:25+	23:22+	25:31+
03:08+	00:57-	02:09+	
00:15+	01:46-	00:49&	

Class	Navn	Klasse	Tid
4	Margot Asheim	105	25:37
03:58+	07:39- 11:55+ 17:59+ 19:52+ 23:07+	24:06+	25:37+
03:58+	03:41- 04:16+ 06:04+ 01:53+ 03:15+	00:59-	01:31+
00:31#	00:44- 01:17& 01:53& 00:15# 00:22#	01:44-	00:11#
5	Martina Graf-Rohr	128	28:44
06:26+	10:26+ 16:22+ 21:37+ 23:00+ 26:21+	27:16+	28:44+
06:26+	04:00- 05:56+ 05:15+ 01:23- 03:21+	00:55-	01:28+
02:59&	00:25- 02:57& 01:04& 00:15- 00:28#	01:48-	00:08#
6	Ingrid Otnes	268	28:58
03:59+	07:02- 17:52+ 22:33+ 23:57+ 26:35+	27:31+	28:58+
03:59+	03:03- 10:50+ 04:41+ 01:24- 02:38-	00:56-	01:27+
00:32#	01:22- 07:51@ 00:30# 00:14- 00:15-	01:47-	00:07+
7	Parul Khandelwal	71	29:09
04:41+	10:13+ 14:40+ 20:12+ 22:24+ 26:16+	27:22+	29:09+
04:41+	05:32+ 04:27+ 05:32+ 02:12+ 03:52+	01:06-	01:47+
01:14&	01:07& 01:28& 01:21& 00:34& 00:59&	01:37-	00:27&
8	Mari Thu Randulff	39	29:57
07:06+	10:11+ 15:40+ 22:49+ 24:24+ 27:06+	28:28+	29:57+
07:06+	03:05- 05:29+ 07:09+ 01:35- 02:42-	01:22-	01:29+
03:39@	01:20- 02:30& 02:58& 00:03- 00:11-	01:21-	00:09#
9	Nina Bækkelund Christiansen	105	30:04
04:20+	08:13+ 15:49+ 21:55+ 23:43+ 27:16+	28:35+	30:04+
04:20+	03:53- 07:36+ 06:06+ 01:48+ 03:33+	01:19-	01:29+
00:53&	00:32- 04:37@ 01:55& 00:10# 00:40#	01:24-	00:09#
10	Björg Engelhard	165	31:08
05:59+	09:51+ 15:27+ 21:38+ 23:52+ 27:40+	28:53+	31:08+
05:59+	03:52- 05:36+ 06:11+ 02:14+ 03:48+	01:13-	02:15+
02:32&	00:33- 02:37& 02:00& 00:36& 00:55&	01:30-	00:55&
11	Anita Edgren	88	32:01
06:13+	10:05+ 14:42+ 21:01+ 23:55+ 28:36+	29:54+	32:01+
06:13+	03:52- 04:37+ 06:19+ 02:54+ 04:41+	01:18-	02:07+
02:46&	00:33- 01:38& 02:08& 01:16& 01:48&	01:25-	00:47&
12	Synnøve Langvik	93	32:05
05:07+	10:30+ 17:12+ 22:39+ 24:49+ 28:48+	30:14+	32:05+
05:07+	05:23+ 06:42+ 05:27+ 02:10+ 03:59+	01:26-	01:51+
01:40&	00:58# 03:43@ 01:16& 00:32& 01:06&	01:17-	00:31&
13	Tonje Tiley	27	32:28
04:02+	10:25+ 18:14+ 24:00+ 25:53+ 29:56+	31:01+	32:28+
04:02+	06:23+ 07:49+ 05:46+ 01:53+ 04:03+	01:05-	01:27+
00:35#	01:58& 04:50@ 01:35& 00:15# 01:10&	01:38-	00:07+
14	Randi Bugge	46	32:34
05:36+	12:38+ 17:25+ 23:00+ 25:19+ 29:07+	30:19+	32:34+
05:36+	07:02+ 04:47+ 05:35+ 02:19+ 03:48+	01:12-	02:15+
02:09&	02:37& 01:48& 01:24& 00:41& 00:55&	01:31-	00:55&
15	Lise Husveg	93	33:01
06:21+	11:39+ 16:26+ 23:19+ 25:31+ 29:38+	30:50+	33:01+
06:21+	05:18+ 04:47+ 06:53+ 02:12+ 04:07+	01:12-	02:11+
02:54&	00:53# 01:48& 02:42& 00:34& 01:14&	01:31-	00:51&
16	Anastasia Ollestad	93	33:49
10:40+	14:54+ 19:01+ 23:28+ 25:39+ 28:39+	32:08+	33:49+
10:40+	04:14- 04:07+ 04:27+ 02:11+ 03:00+	03:29+	01:41+
07:13@	00:11- 01:08& 00:16+ 00:33& 00:07+	00:46&	00:21&
17	Tove Kristin K. Helvig	105	34:00
06:19+	12:00+ 16:28+ 23:39+ 26:04+ 30:40+	31:52+	34:00+
06:19+	05:41+ 04:28+ 07:11+ 02:25+ 04:36+	01:12-	02:08+
02:52&	01:16& 01:29& 03:00& 00:47& 01:43&	01:31-	00:48&
18	Astrid Espe	43	34:05
07:14+	12:09+ 17:03+ 23:52+ 26:03+ 30:33+	31:54+	34:05+
07:14+	04:55+ 04:54+ 06:49+ 02:11+ 04:30+	01:21-	02:11+
03:47@	00:30# 01:55& 02:38& 00:33& 01:37&	01:22-	00:51&

Class	Navn	Klasse	Tid
19	Ase Sellereite	27	34:10
04:44+	16:06+ 21:01+ 26:04+	27:53+ 31:07+	32:25+ 34:10+
04:44+	11:22+ 04:55+ 05:03+	01:49+ 03:14+	01:18- 01:45+
01:17&	06:57@ 01:56& 00:52#	00:11# 00:21#	01:25- 00:25&
20	Siv Hilde Berg	105	34:12
05:03+	11:48+ 16:42+ 23:40+	26:04+ 30:11+	31:36+ 34:12+
05:03+	06:45+ 04:54+ 06:58+	02:24+ 04:07+	01:25- 02:36+
01:36&	02:20& 01:55& 02:47&	00:46& 01:14&	01:18- 01:16&
21	Irene Frøyland	71	35:22
04:20+	13:55+ 19:01+ 25:20+	27:43+ 32:08+	33:22+ 35:22+
04:20+	09:35+ 05:06+ 06:19+	02:23+ 04:25+	01:14- 02:00+
00:53&	05:10@ 02:07& 02:08&	00:45& 01:32&	01:29- 00:40&
22	Linda Haukås	113	35:42
05:45+	13:20+ 18:35+ 25:07+	27:53+ 32:25+	33:42+ 35:42+
05:45+	07:35+ 05:15+ 06:32+	02:46+ 04:32+	01:17- 02:00+
02:18&	03:10& 02:16& 02:21&	01:08& 01:39&	01:26- 00:40&
23	Ane Nærland	356	36:06
04:58+	09:02+ 12:22+ 17:34+	30:55+ 33:51+	34:47+ 36:06+
04:58+	04:04- 03:20+ 05:12+	13:21+ 02:56+	00:56- 01:19-
01:31&	00:21- 00:21# 01:01#	11:43@ 00:03+	01:47- 00:01-
24	Kristina Dvergseth	356	36:18
07:31+	16:12+ 20:16+ 25:11+	28:24+ 31:41+	34:53+ 36:18+
07:31+	08:41+ 04:04+ 04:55+	03:13+ 03:17+	03:12+ 01:25+
04:04@	04:16& 01:05& 00:44#	01:35& 00:24#	00:29# 00:05+
25	Eli Våge	117	36:19
06:15+	11:39+ 17:26+ 24:12+	27:11+ 32:19+	34:09+ 36:19+
06:15+	05:24+ 05:47+ 06:46+	02:59+ 05:08+	01:50- 02:10+
02:48&	00:59# 02:48& 02:35&	01:21& 02:15&	00:53- 00:50&
26	Bente Cecilie Lio	136	36:48
06:00+	10:54+ 19:04+ 24:50+	27:54+ 34:01+	35:20+ 36:48+
06:00+	04:54+ 08:10+ 05:46+	03:04+ 06:07+	01:19- 01:28+
02:33&	00:29# 05:11@ 01:35&	01:26& 03:14@	01:24- 00:08#
27	Gunvor Frafjord Tungesvik	228	36:50
05:26+	12:33+ 18:45+ 24:56+	28:25+ 33:03+	34:30+ 36:50+
05:26+	07:07+ 06:12+ 06:11+	03:29+ 04:38+	01:27- 02:20+
01:59&	02:42& 03:13@ 02:00&	01:51@ 01:45&	01:16- 01:00&
28	Mona Nordmark Kaada	178	37:07
04:47+	19:53+ 23:17+ 28:45+	30:31+ 34:24+	35:40+ 37:07+
04:47+	15:06+ 03:24+ 05:28+	01:46+ 03:53+	01:16- 01:27+
01:20&	10:41@ 00:25# 01:17&	00:08+ 01:00&	01:27- 00:07+
29	Marianne Gjesdal Lyngås	92	37:30
06:19+	11:49+ 17:53+ 25:04+	27:37+ 33:14+	34:43+ 37:30+
06:19+	05:30+ 06:04+ 07:11+	02:33+ 05:37+	01:29- 02:47+
02:52&	01:05# 03:05@ 03:00&	00:55& 02:44&	01:14- 01:27@
30	Ingrid Marie Torgersen	92	37:30
06:25+	11:58+ 17:57+ 25:09+	27:42+ 33:17+	34:46+ 37:30+
06:25+	05:33+ 05:59+ 07:12+	02:33+ 05:35+	01:29- 02:44+
02:58&	01:08& 03:00@ 03:01&	00:55& 02:42&	01:14- 01:24@
31	Ewelina Uscinska	287	37:32
09:29+	16:39+ 21:03+ 27:07+	29:28+ 34:23+	35:42+ 37:32+
09:29+	07:10+ 04:24+ 06:04+	02:21+ 04:55+	01:19- 01:50+
06:02@	02:45& 01:25& 01:53&	00:43& 02:02&	01:24- 00:30&
32	Kjersti Fandrem Høivik	68	37:43
06:13+	11:22+ 17:34+ 25:45+	28:17+ 33:53+	35:17+ 37:43+
06:13+	05:09+ 06:12+ 08:11+	02:32+ 05:36+	01:24- 02:26+
02:46&	00:44# 03:13@ 04:00&	00:54& 02:43&	01:19- 01:06&
33	Maria Haukalid	47	38:05
07:53+	13:18+ 18:47+ 28:14+	30:19+ 34:28+	35:56+ 38:05+
07:53+	05:25+ 05:29+ 09:27+	02:05+ 04:09+	01:28- 02:09+
04:26@	01:00# 02:30& 05:16@	00:27& 01:16&	01:15- 00:49&

Class	Navn	Klasse	Tid
34	Ruth Grødem	105	38:12
08:05+	16:20+	21:39+	28:06+
08:05+	08:15+	05:19+	06:27+
04:38@	03:50&	02:20&	02:16&
	00:51&	01:15&	01:26-
			00:52&
35	Kirsti Strand Salvesen	256	40:18
06:01+	15:08+	21:26+	28:13+
06:01+	09:07+	06:18+	06:47+
02:34&	04:42@	03:19@	02:36&
	01:12&	02:07&	01:11-
			01:23@
36	Marita Navjord Nicolaysen	71	40:23
05:38+	16:03+	21:28+	28:46+
05:38+	10:25+	05:25+	07:18+
02:11&	06:00@	02:26&	03:07&
	01:14&	02:23&	01:09-
			00:35&
37	Gunn Vagle	126	40:43
09:53+	17:41+	24:58+	30:38+
09:53+	07:48+	07:17+	05:40+
06:26@	03:23&	04:18@	01:29&
	01:51@	00:51&	01:36-
			00:25&
38	Brit Svihus	92	40:59
04:57+	14:10+	23:22+	30:04+
04:57+	09:13+	09:12+	06:42+
01:30&	04:48@	06:13@	02:31&
	01:15&	01:34&	01:24-
			00:56&
39	Aase Sveinsvoll	94	41:11
07:11+	14:11+	19:47+	27:42+
07:11+	07:00+	05:36+	07:55+
03:44@	02:35&	02:37&	03:44&
	01:32&	02:57@	00:46-
			01:12&
40	Unni B. Sundli	92	41:59
07:42+	13:56+	24:15+	31:08+
07:42+	06:14+	10:19+	06:53+
04:15@	01:49&	07:20@	02:42&
	01:05&	01:44&	01:28-
			00:56&
41	Else Marie Furland	93	43:33
09:02+	14:48+	19:58+	27:42+
09:02+	05:46+	05:10+	07:44+
05:35@	01:21&	02:11&	03:33&
	01:45@	02:34&	00:01+
			02:57@
42	Hanne Åndere	134	43:44
05:47+	12:11+	21:09+	29:20+
05:47+	06:24+	08:58+	08:11+
02:20&	01:59&	05:59@	04:00&
	02:08@	02:48&	00:14-
			01:08&
43	Marit Kløvstad Braut	92	44:24
08:09+	13:07+	22:28+	30:05+
08:09+	04:58+	09:21+	07:37+
04:42@	00:33#	06:22@	03:26&
	02:09@	02:38&	01:07-
			02:05@
44	Gro Mariero Totland	59	47:04
06:48+	13:28+	21:52+	32:02+
06:48+	06:40+	08:24+	10:10+
03:21&	02:15&	05:25@	05:59@
	01:43@	04:53@	00:57-
			00:49&
45	Rebekka Lye	62	47:14
11:35+	20:19+	25:46+	33:59+
11:35+	08:44+	05:27+	08:13+
08:08@	04:19&	02:28&	04:02&
	04:12@	01:25&	01:19-
			00:23&
46	Hilde Søndresen	93	47:19
08:19+	18:09+	23:25+	31:14+
08:19+	09:50+	05:16+	07:49+
04:52@	05:25@	02:17&	03:38&
	02:17@	02:09&	01:04-
			04:09@
47	Inger Synnøve Sjørnsen	92	47:19
08:01+	17:50+	23:19+	31:06+
08:01+	09:49+	05:29+	07:47+
04:34@	05:24@	02:30&	03:36&
	02:13@	02:11&	01:01-
			04:16@
48	Jorunn Pedersen Lima	113	48:12
12:34+	18:36+	25:30+	32:15+
12:34+	06:02+	06:54+	06:45+
09:07@	01:37&	03:55@	02:34&
	05:27@	01:56&	00:39-
			00:39&

Class	Navn	Klasse									Tid
11	Rune Hatle	65									47:10
04:32+	09:31+	12:12+	15:06+	25:54+	31:38+	35:46+	42:34+	45:57+	47:10+		
04:32+	04:59+	02:41+	02:54+	10:48+	05:44+	04:08+	06:48+	03:23-	01:13+		
00:59&	01:05&	00:36&	00:19#	01:41#	02:07&	00:58&	01:35&	00:13-	00:18&		
12	Morten Fenne	228									51:02
04:18+	08:33+	22:16+	25:51+	33:29+	37:59+	41:11+	46:53+	49:39+	51:02+		
04:18+	04:15+	13:43+	03:35+	07:38-	04:30+	03:12+	05:42+	02:46-	01:23+		
00:45#	00:21+	11:38@	01:00&	01:29-	00:53#	00:02+	00:29+	00:50-	00:28&		
13	Richard Galle	66									51:29
08:46+	15:51+	18:38+	21:49+	30:49+	35:36+	41:20+	47:48+	50:34+	51:29+		
08:46+	07:05+	02:47+	03:11+	09:00-	04:47+	05:44+	06:28+	02:46-	00:55=		
05:13@	03:11&	00:42&	00:36#	00:07-	01:10&	02:34&	01:15#	00:50-	00:00=		
14	Svein Magnus Halsne	71									52:02
05:42+	19:55+	22:47+	25:39+	33:51+	39:09+	43:01+	48:41+	51:05+	52:02+		
05:42+	14:13+	02:52+	02:52+	08:12-	05:18+	03:52+	05:40+	02:24-	00:57+		
02:09&	10:19@	00:47&	00:17#	00:55-	01:41&	00:42#	00:27+	01:12-	00:02+		
15	Øivind Fandrem Høivik	66									55:29
11:54+	18:17+	21:28+	26:27+	34:59+	39:16+	43:04+	51:14+	54:18+	55:29+		
11:54+	06:23+	03:11+	04:59+	08:32-	04:17+	03:48+	08:10+	03:04-	01:11+		
08:21@	02:29&	01:06&	02:24&	00:35-	00:40#	00:38#	02:57&	00:32-	00:16&		
16	Oddgeir Nevland	51									1:06:01
06:34+	19:33+	29:27+	32:28+	43:39+	49:01+	53:48+	61:20+	64:45+	66:01+		
06:34+	12:59+	09:54+	03:01+	11:11+	05:22+	04:47+	07:32+	03:25-	01:16+		
03:01&	09:05@	07:49@	00:26#	02:04#	01:45&	01:37&	02:19&	00:11-	00:21&		
17	Frode Ungar	116									1:09:00
14:15+	19:59+	35:10+	37:56+	48:01+	53:20+	57:10+	64:09+	67:45+	69:00+		
14:15+	05:44+	15:11+	02:46+	10:05+	05:19+	03:50+	06:59+	03:36=	01:15+		
10:42@	01:50&	13:06@	00:11+	00:58#	01:42&	00:40#	01:46&	00:00=	00:20&		
18	Kjetil Tveit	165									1:12:34
28:27+	34:34+	37:24+	40:30+	52:50+	57:58+	61:48+	68:04+	71:19+	72:34+		
28:27+	06:07+	02:50+	03:06+	12:20+	05:08+	03:50+	06:16+	03:15-	01:15+		
24:54@	02:13&	00:45&	00:31#	03:13&	01:31&	00:40#	01:03#	00:21-	00:20&		
19	David Wade	116									1:17:58
06:37+	30:12+	35:31+	38:40+	50:40+	57:51+	67:28+	74:07+	76:59+	77:58+		
06:37+	23:35+	05:19+	03:09+	12:00+	07:11+	09:37+	06:39+	02:52-	00:59+		
03:04&	19:41@	03:14@	00:34#	02:53&	03:34&	06:27@	01:26&	00:44-	00:04+		
Beste strekktid for klassen											
03:33	03:54	02:05	01:51	07:36	03:37	02:57	05:13	02:24	00:50		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.											
Herrer 40 - 49 år											
1	Oddmund Nordgård	105									43:32
04:40=	09:22=	12:13=	15:25=	23:59=	29:30=	33:15=	39:24=	42:31=	43:32=		
04:40=	04:42=	02:51=	03:12=	08:34=	05:31=	03:45=	06:09=	03:07=	01:01=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Magne Habbestad	111									44:24
04:19-	08:59-	11:40-	14:13-	24:34+	29:57+	33:44+	39:50+	43:03+	44:24+		
04:19-	04:40-	02:41-	02:33-	10:21+	05:23-	03:47+	06:06-	03:13+	01:21+		
00:21-	00:02-	00:10-	00:39-	01:47#	00:08-	00:02+	00:03-	00:06+	00:20&		
3	Leif Kjetil Hinna Gausel	116									45:25
07:25+	12:30+	15:09+	17:39+	26:35+	32:06+	35:15+	41:15+	44:11+	45:25+		
07:25+	05:05+	02:39-	02:30-	08:56+	05:31=	03:09-	06:00-	02:56-	01:14+		
02:45&	00:23+	00:12-	00:42-	00:22+	00:00=	00:36-	00:09-	00:11-	00:13#		
4	Arngrim Utskarpen	117									45:34
04:26-	08:45-	12:25+	15:03-	24:41+	30:00+	35:01+	41:28+	44:25+	45:34+		
04:26-	04:19-	03:40+	02:38-	09:38+	05:19-	05:01+	06:27+	02:57-	01:09+		
00:14-	00:23-	00:49&	00:34-	01:04#	00:12-	01:16&	00:18+	00:10-	00:08#		

Class	Navn	Klasse	Tid
5	Thomas Schanke Eikum	62	47:04
05:49+	10:40+ 13:15+ 15:46+ 26:26+ 31:56+	36:12+ 42:28+ 45:42+ 47:04+	
05:49+	04:51+ 02:35- 02:31- 10:40+ 05:30-	04:16+ 06:16+ 03:14+ 01:22+	
01:09#	00:09# 00:16- 00:41- 02:06# 00:01-	00:31# 00:07+ 00:07+ 00:21#	
6	Lars Primstad	62	50:44
03:52-	09:22= 11:27- 18:55+ 32:15+ 37:38+	41:26+ 47:07+ 49:46+ 50:44+	
03:52-	05:30+ 02:05- 07:28+ 13:20+ 05:23-	03:48+ 05:41- 02:39- 00:58-	
00:48-	00:48# 00:46- 04:16@ 04:46& 00:08-	00:03+ 00:28- 00:28- 00:03-	
7	Svein Oddvar Netland	116	51:01
07:42+	14:41+ 17:41+ 20:50+ 31:05+ 36:34+	40:26+ 46:32+ 49:44+ 51:01+	
07:42+	06:59+ 03:00+ 03:09- 10:15+ 05:29-	03:52+ 06:06- 03:12+ 01:17+	
03:02&	02:17& 00:09+ 00:03- 01:41# 00:02-	00:07+ 00:03- 00:05+ 00:16&	
8	Egil Syre	101	51:25
05:57+	10:38+ 13:06+ 17:21+ 26:40+ 32:38+	36:59+ 47:16+ 50:27+ 51:25+	
05:57+	04:41- 02:28- 04:15+ 09:19+ 05:58+	04:21+ 10:17+ 03:11+ 00:58-	
01:17&	00:01- 00:23- 01:03& 00:45+ 00:27+	00:36# 04:08& 00:04+ 00:03-	
9	Antal Jansen	115	51:37
04:08-	11:21+ 21:13+ 23:41+ 32:00+ 38:15+	41:31+ 47:39+ 50:35+ 51:37+	
04:08-	07:13+ 09:52+ 02:28- 08:19- 06:15+	03:16- 06:08- 02:56- 01:02+	
00:32-	02:31& 07:01@ 00:44- 00:15- 00:44#	00:29- 00:01- 00:11- 00:01+	
10	John Breiland	352	51:53
04:30-	13:06+ 18:02+ 21:07+ 30:17+ 36:29+	40:20+ 47:16+ 50:38+ 51:53+	
04:30-	08:36+ 04:56+ 03:05- 09:10+ 06:12+	03:51+ 06:56+ 03:22+ 01:15+	
00:10-	03:54& 02:05& 00:07- 00:36+ 00:41#	00:06+ 00:47# 00:15+ 00:14#	
11	Arne Hetlelid	98	51:54
04:54+	12:35+ 16:00+ 19:42+ 30:24+ 35:55+	40:03+ 47:07+ 50:36+ 51:54+	
04:54+	07:41+ 03:25+ 03:42+ 10:42+ 05:31=	04:08+ 07:04+ 03:29+ 01:18+	
00:14+	02:59& 00:34# 00:30# 02:08# 00:00=	00:23# 00:55# 00:22# 00:17&	
12	Peter Chapman	117	51:56
08:18+	17:42+ 22:25+ 24:30+ 33:00+ 37:52+	41:27+ 47:49+ 51:01+ 51:56+	
08:18+	09:24+ 04:43+ 02:05- 08:30- 04:52-	03:35- 06:22+ 03:12+ 00:55-	
03:38&	04:42& 01:52& 01:07- 00:04- 00:39-	00:10- 00:13+ 00:05+ 00:06-	
13	Erlend Kveinen	116	52:40
07:04+	11:35+ 18:38+ 21:34+ 29:24+ 35:42+	41:42+ 48:36+ 51:23+ 52:40+	
07:04+	04:31- 07:03+ 02:56- 07:50- 06:18+	06:00+ 06:54+ 02:47- 01:17+	
02:24&	00:11- 04:12@ 00:16- 00:44- 00:47#	02:15& 00:45# 00:20- 00:16&	
14	Trondr Breiland	53	52:52
13:43+	19:41+ 22:07+ 24:21+ 32:54+ 38:42+	42:00+ 48:37+ 51:15+ 52:52+	
13:43+	05:58+ 02:26- 02:14- 08:33- 05:48+	03:18- 06:37+ 02:38- 01:37+	
09:03@	01:16& 00:25- 00:58- 00:01- 00:17+	00:27- 00:28+ 00:29- 00:36&	
15	Trond Sigurd Fotland	66	54:43
06:27+	13:41+ 24:24+ 26:49+ 35:09+ 39:54+	43:28+ 50:05+ 53:33+ 54:43+	
06:27+	07:14+ 10:43+ 02:25- 08:20- 04:45-	03:34- 06:37+ 03:28+ 01:10+	
01:47&	02:32& 07:52@ 00:47- 00:14- 00:46-	00:11- 00:28+ 00:21# 00:09#	
16	Dag Andre Kvernstrøm	66	58:19
10:14+	16:59+ 21:13+ 25:07+ 35:56+ 41:26+	47:08+ 53:58+ 56:59+ 58:19+	
10:14+	06:45+ 04:14+ 03:54+ 10:49+ 05:30-	05:42+ 06:50+ 03:01- 01:20+	
05:34@	02:03& 01:23& 00:42# 02:15& 00:01-	01:57& 00:41# 00:06- 00:19&	
17	André Sirevåg	116	58:39
07:05+	15:04+ 20:14+ 24:02+ 35:25+ 41:10+	46:15+ 53:39+ 57:05+ 58:39+	
07:05+	07:59+ 05:10+ 03:48+ 11:23+ 05:45+	05:05+ 07:24+ 03:26+ 01:34+	
02:25&	03:17& 02:19& 00:36# 02:49& 00:14+	01:20& 01:15# 00:19# 00:33&	
18	Jan Kenneth Polle	83	1:01:27
07:59+	13:30+ 17:24+ 20:27+ 33:06+ 42:44+	47:59+ 56:23+ 60:03+ 61:27+	
07:59+	05:31+ 03:54+ 03:03- 12:39+ 09:38+	05:15+ 08:24+ 03:40+ 01:24+	
03:19&	00:49# 01:03& 00:09- 04:05& 04:07&	01:30& 02:15& 00:33# 00:23&	
19	Rune Dahl Fitjar	90	1:01:48
05:20+	14:53+ 24:32+ 27:52+ 38:50+ 46:19+	50:29+ 57:11+ 60:34+ 61:48+	
05:20+	09:33+ 09:39+ 03:20+ 10:58+ 07:29+	04:10+ 06:42+ 03:23+ 01:14+	
00:40#	04:51@ 06:48@ 00:08+ 02:24& 01:58&	00:25# 00:33+ 00:16+ 00:13#	

Class	Navn	Klasse	Tid
20	Bjørn Kristian Røyland	115	1:05:05
12:45+	19:36+ 23:11+ 26:36+ 38:33+ 45:52+	51:04+ 59:14+ 63:28+ 65:05+	
12:45+	06:51+ 03:35+ 03:25+ 11:57+ 07:19+	05:12+ 08:10+ 04:14+ 01:37+	
08:05@	02:09& 00:44& 00:13+ 03:23& 01:48&	01:27& 02:01& 01:07& 00:36&	
21	Eivind Moi	116	1:06:06
06:34+	14:51+ 17:35+ 21:43+ 37:22+ 43:34+	52:29+ 60:36+ 64:31+ 66:06+	
06:34+	08:17+ 02:44- 04:08+ 15:39+ 06:12+	08:55+ 08:07+ 03:55+ 01:35+	
01:54&	03:35& 00:07- 00:56& 07:05& 00:41#	05:10@ 01:58& 00:48& 00:34&	
22	Jan Kristensen	7	1:08:58
06:18+	13:38+ 18:13+ 22:28+ 36:21+ 44:53+	52:56+ 61:00+ 67:20+ 68:58+	
06:18+	07:20+ 04:35+ 04:15+ 13:53+ 08:32+	08:03+ 08:04+ 06:20+ 01:38+	
01:38&	02:38& 01:44& 01:03& 05:19& 03:01&	04:18@ 01:55& 03:13@ 00:37&	
23	Jean-Sebastien Dorne	42	1:11:09
13:43+	19:49+ 32:46+ 36:52+ 47:23+ 53:35+	57:11+ 66:15+ 69:41+ 71:09+	
13:43+	06:06+ 12:57+ 04:06+ 10:31+ 06:12+	03:36- 09:04+ 03:26+ 01:28+	
09:03@	01:24& 10:06@ 00:54& 01:57#	00:41# 00:09- 02:55& 00:19#	00:27&
24	Raymond B. Pettersen	105	1:19:54
06:24+	13:15+ 31:29+ 35:03+ 49:43+ 59:21+	64:35+ 73:24+ 78:26+ 79:54+	
06:24+	06:51+ 18:14+ 03:34+ 14:40+ 09:38+	05:14+ 08:49+ 05:02+ 01:28+	
01:44&	02:09& 15:23@ 00:22# 06:06&	04:07& 01:29& 02:40& 01:55&	00:27&
Beste strekktid for klassen			
03:52	04:19	02:05	02:05 07:50 04:45 03:09 05:41 02:38 00:55
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer 50 - 59 år			
1	Per Ingar Hadland	7	45:00
04:55=	06:47= 12:02= 14:28= 16:19= 26:37=	30:30= 33:55= 40:13= 43:56= 45:00=	
04:55=	01:52= 05:15= 02:26= 01:51= 10:18=	03:53= 03:25= 06:18= 03:43= 01:04=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	
2	Håvard Håland	66	46:01
04:36-	06:43- 12:09+ 14:50+ 16:45+ 27:45+	31:19+ 34:53+ 41:40+ 44:50+ 46:01+	
04:36-	02:07+ 05:26+ 02:41+ 01:55+ 11:00+	03:34- 03:34+ 06:47+ 03:10- 01:11+	
00:19-	00:15# 00:11+ 00:15# 00:04+ 00:42+	00:19- 00:09+ 00:29+ 00:33- 00:07#	
3	Øystein Fuglestad	46	47:10
05:17+	07:33+ 12:58+ 15:20+ 17:33+ 28:19+	32:17+ 36:07+ 42:25+ 46:03+ 47:10+	
05:17+	02:16+ 05:25+ 02:22- 02:13+ 10:46+	03:58+ 03:50+ 06:18= 03:38- 01:07+	
00:22+	00:24# 00:10+ 00:04- 00:22# 00:28+	00:05+ 00:25# 00:00= 00:05- 00:03+	
4	Morten Johannessen	7	48:05
04:24-	06:06- 10:57- 14:10- 19:11+ 29:01+	32:18+ 36:21+ 42:15+ 46:49+ 48:05+	
04:24-	01:42- 04:51- 03:13+ 05:01+ 09:50-	03:17- 04:03+ 05:54- 04:34+ 01:16+	
00:31-	00:10- 00:24- 00:47& 03:10@ 00:28-	00:36- 00:38# 00:24- 00:51# 00:12#	
5	Frank Hansen	29	50:35
05:00+	07:48+ 17:26+ 20:42+ 22:35+ 33:06+	36:26+ 40:13+ 45:53+ 49:21+ 50:35+	
05:00+	02:48+ 09:38+ 03:16+ 01:53+ 10:31+	03:20- 03:47+ 05:40- 03:28- 01:14+	
00:05+	00:56& 04:23& 00:50& 00:02+ 00:13+	00:33- 00:22# 00:38- 00:15- 00:10#	
6	Harald Jansen	289	50:57
11:01+	12:53+ 18:06+ 20:32+ 22:23+ 32:51+	36:46+ 40:24+ 46:10+ 49:53+ 50:57+	
11:01+	01:52= 05:13- 02:26= 01:51= 10:28+	03:55+ 03:38+ 05:46- 03:43= 01:04=	
06:06@	00:00= 00:02- 00:00= 00:00= 00:10+	00:02+ 00:13+ 00:32- 00:00= 00:00=	
7	Bertrand Denieul	42	51:25
04:16-	06:22- 12:52+ 15:16+ 23:32+ 34:40+	38:07+ 41:34+ 47:02+ 50:17+ 51:25+	
04:16-	02:06+ 06:30+ 02:24- 08:16+ 11:08+	03:27- 03:27+ 05:28- 03:15- 01:08+	
00:39-	00:14# 01:15# 00:02- 06:25@ 00:50+	00:26- 00:02+ 00:50- 00:28- 00:04+	
8	Øivind Berggraf	116	52:40
06:38+	08:33+ 13:44+ 16:27+ 21:43+ 32:57+	38:32+ 42:00+ 48:08+ 51:25+ 52:40+	
06:38+	01:55+ 05:11- 02:43+ 05:16+ 11:14+	05:35+ 03:28+ 06:08- 03:17- 01:15+	
01:43&	00:03+ 00:04- 00:17# 03:25@ 00:56+	01:42& 00:03+ 00:10- 00:26- 00:11#	

Class	Navn	Klasse	Tid
9	Trygve Michaelsen	117	54:25
04:47-	06:34-	13:14+	15:55+
04:47-	01:47-	06:40+	02:41+
00:08-	00:05-	01:25&	00:15#
	00:42&	04:16&	00:02-
		02:01&	00:46#
		00:05+	00:10#
10	Tor Sverre Skåra	266	56:33
08:00+	10:09+	18:27+	21:27+
08:00+	02:09+	08:18+	03:00+
03:05&	00:17#	03:03&	00:34#
	00:13#	01:48#	00:05+
		00:35#	01:27#
		00:21+	00:05+
11	Inge Skretting	165	57:07
05:15+	07:15+	15:07+	24:12+
05:15+	02:00+	07:52+	09:05+
00:20+	00:08+	02:37&	06:39&
		00:15-	01:04#
		00:00=	00:55&
		00:03+	00:05+
		00:31&	
12	Lars Bergersen	116	59:06
06:05+	08:03+	14:25+	25:42+
06:05+	01:58+	06:22+	11:17+
01:10#	00:06+	01:07#	08:51&
	00:06+	02:39&	00:06+
		02:39&	00:22+
		00:34#	00:39-
		00:13-	00:13#
13	Frode Følgesvold	5	1:00:19
06:31+	09:21+	16:53+	21:42+
06:31+	02:50+	07:32+	04:49+
01:36&	00:58&	02:17&	02:23&
		00:51&	05:08&
		00:09+	00:34#
		00:53#	00:04+
		00:26&	
14	Erling Knutzen	128	1:01:35
05:23+	07:36+	17:37+	21:12+
05:23+	02:13+	10:01+	03:35+
00:28+	00:21#	04:46&	01:09&
		00:30&	06:58&
		00:09+	01:11&
		00:29+	00:24#
		00:10#	
15	Kjell Ove Aksland	27	1:02:13
05:28+	08:23+	16:44+	20:27+
05:28+	02:55+	08:21+	03:43+
00:33#	01:03&	03:06&	01:17&
		00:32&	06:42&
		00:25#	02:14&
		00:28+	00:38#
		00:15#	
16	Sveinung Rosenvinge	116	1:03:27
06:20+	09:09+	16:33+	23:59+
06:20+	02:49+	07:24+	07:26+
01:25&	00:57&	02:09&	05:00&
		01:17&	03:59&
		00:34#	00:50#
		01:13#	00:32#
		00:31&	00:31&
17	Sigbjørn Gloppen	144	1:04:19
06:43+	09:33+	16:23+	19:36+
06:43+	02:50+	06:50+	03:13+
01:48&	00:58&	01:35&	00:47&
		01:02&	07:17&
		01:34&	01:41&
		01:48&	00:09+
		00:40&	
18	Geir Rune Seldal	192	1:07:45
08:28+	11:00+	17:24+	20:14+
08:28+	02:32+	06:24+	02:50+
03:33&	00:40&	01:09#	00:24#
		09:30&	03:26&
		01:47&	00:54&
		00:31+	00:38#
		00:13#	
19	Svein Magne Gloppen	93	1:11:41
06:49+	09:24+	18:51+	23:47+
06:49+	02:35+	09:27+	04:56+
01:54&	00:43&	04:12&	02:30&
		00:56&	02:59&
		09:31&	01:13&
		01:33#	00:40#
		00:30&	
20	Josef Ludoid	228	1:19:27
07:47+	11:17+	26:13+	31:04+
07:47+	03:30+	14:56+	04:51+
02:52&	01:38&	09:41@	02:25&
		01:32&	06:59&
		01:18&	03:28@
		02:52&	01:11&
		00:31&	
21	John Lage Bergan	116	1:21:50
05:41+	08:03+	18:00+	21:17+
05:41+	02:22+	09:57+	03:17+
00:46#	00:30&	04:42&	00:51&
		14:48@	14:42@
		00:15-	00:46#
		00:03-	00:25-
		00:28&	
Beste strekktid for klassen			
04:16	01:42	04:51	02:22
		01:36	09:50
		03:17	03:25
		05:28	03:10
		01:04	

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

Herrer 60 - 64 år

Class	Navn	Klasse										Tid
1	Espen Krogh	7										40:09
	03:28=	12:13=	13:57=	17:05=	21:18=	25:58=	27:17=	30:05=	35:33=	37:56=	38:48=	40:09=
	03:28=	08:45=	01:44=	03:08=	04:13=	04:40=	01:19=	02:48=	05:28=	02:23=	00:52=	01:21=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Dag Helliksen	80										44:27
	02:33-	12:30+	14:30+	17:20+	22:17+	28:32+	30:26+	33:24+	39:47+	42:22+	43:15+	44:27+
	02:33-	09:57+	02:00+	02:50-	04:57+	06:15+	01:54+	02:58+	06:23+	02:35+	00:53+	01:12-
	00:55-	01:12#	00:16#	00:18-	00:44#	01:35&	00:35&	00:10+	00:55#	00:12+	00:01+	00:09-
3	Sveinung Tveit	236										46:27
	01:30-	10:46-	12:53-	16:18-	21:56+	28:10+	30:13+	34:03+	40:40+	44:11+	45:12+	46:27+
	01:30-	09:16+	02:07+	03:25+	05:38+	06:14+	02:03+	03:50+	06:37+	03:31+	01:01+	01:15-
	01:58-	00:31+	00:23#	00:17+	01:25&	01:34&	00:44&	01:02&	01:09#	01:08&	00:09#	00:06-
4	Bjørn Sivertsen	99										47:23
	01:38-	11:42-	14:14+	17:34+	23:01+	29:38+	31:15+	34:32+	41:46+	44:49+	45:51+	47:23+
	01:38-	10:04+	02:32+	03:20+	05:27+	06:37+	01:37+	03:17+	07:14+	03:03+	01:02+	01:32+
	01:50-	01:19#	00:48&	00:12+	01:14&	01:57&	00:18#	00:29#	01:46&	00:40&	00:10#	00:11#
5	Torbjørn Evensen	108										48:02
	01:50-	10:16-	12:37-	15:43-	21:20+	30:26+	32:20+	35:23+	42:13+	45:16+	46:17+	48:02+
	01:50-	08:26-	02:21+	03:06-	05:37+	09:06+	01:54+	03:03+	06:50+	03:03+	01:01+	01:45+
	01:38-	00:19-	00:37&	00:02-	01:24&	04:26&	00:35&	00:15+	01:22#	00:40&	00:09#	00:24&
6	Terje Stokkeland	69										48:33
	04:47+	13:57+	16:26+	19:58+	25:44+	31:43+	33:27+	36:29+	43:23+	46:11+	47:05+	48:33+
	04:47+	09:10+	02:29+	03:32+	05:46+	05:59+	01:44+	03:02+	06:54+	02:48+	00:54+	01:28+
	01:19&	00:25+	00:45&	00:24#	01:33&	01:19&	00:25&	00:14+	01:26&	00:25#	00:02+	00:07+
7	Øyvind Nagel-Alne	74										50:13
	01:46-	15:01+	17:32+	20:51+	26:37+	32:46+	34:37+	38:25+	44:51+	47:54+	48:56+	50:13+
	01:46-	13:15+	02:31+	03:19+	05:46+	06:09+	01:51+	03:48+	06:26+	03:03+	01:02+	01:17-
	01:42-	04:30&	00:47&	00:11+	01:33&	01:29&	00:32&	01:00&	00:58#	00:40&	00:10#	00:04-
8	Hans Erik Terjesen	116										51:09
	04:31+	14:39+	16:40+	20:42+	26:12+	32:14+	34:18+	37:14+	45:53+	48:42+	49:40+	51:09+
	04:31+	10:08+	02:01+	04:02+	05:30+	06:02+	02:04+	02:56+	08:39+	02:49+	00:58+	01:29+
	01:03&	01:23#	00:17#	00:54&	01:17&	01:22&	00:45&	00:08+	03:11&	00:26#	00:06#	00:08+
9	Olav Tunheim	93										51:13
	01:41-	14:52+	17:20+	20:50+	26:23+	33:50+	35:37+	38:20+	45:51+	48:51+	49:53+	51:13+
	01:41-	13:11+	02:28+	03:30+	05:33+	07:27+	01:47+	02:43-	07:31+	03:00+	01:02+	01:20-
	01:47-	04:26&	00:44&	00:22#	01:20&	02:47&	00:28&	00:05-	02:03&	00:37&	00:10#	00:01-
10	Tor Harald Lunde	47										51:55
	01:37-	13:34+	15:53+	19:04+	25:00+	31:27+	33:15+	36:49+	45:48+	49:28+	50:28+	51:55+
	01:37-	11:57+	02:19+	03:11+	05:56+	06:27+	01:48+	03:34+	08:59+	03:40+	01:00+	01:27+
	01:51-	03:12&	00:35&	00:03+	01:43&	01:47&	00:29&	00:46&	03:31&	01:17&	00:08#	00:06+
11	Lars Salvesen	50										52:04
	01:25-	17:24+	20:08+	23:02+	28:59+	34:53+	36:51+	40:17+	46:46+	49:34+	50:32+	52:04+
	01:25-	15:59+	02:44+	02:54-	05:57+	05:54+	01:58+	03:26+	06:29+	02:48+	00:58+	01:32+
	02:03-	07:14&	01:00&	00:14-	01:44&	01:14&	00:39&	00:38#	01:01#	00:25#	00:06#	00:11#
12	Agnar Lien	7										52:16
	01:28-	12:01-	14:41+	18:08+	24:09+	33:24+	35:04+	38:14+	45:24+	49:11+	50:32+	52:16+
	01:28-	10:33+	02:40+	03:27+	06:01+	09:15+	01:40+	03:10+	07:10+	03:47+	01:21+	01:44+
	02:00-	01:48#	00:56&	00:19#	01:48&	04:35&	00:21&	00:22#	01:42&	01:24&	00:29&	00:23&
13	Bjørn H. Engseth	27										53:26
	01:18-	11:05-	14:00+	18:05+	27:48+	34:13+	36:14+	39:30+	46:55+	50:37+	51:44+	53:26+
	01:18-	09:47+	02:55+	04:05+	09:43+	06:25+	02:01+	03:16+	07:25+	03:42+	01:07+	01:42+
	02:10-	01:02#	01:11&	00:57&	05:30#	01:45&	00:42&	00:28#	01:57&	01:19&	00:15&	00:21&
14	Kjell Lervik	239										1:00:54
	03:28=	22:00+	25:27+	28:56+	35:25+	41:52+	43:40+	47:00+	54:19+	57:46+	59:04+	60:54+
	03:28=	18:32+	03:27+	03:29+	06:29+	06:27+	01:48+	03:20+	07:19+	03:27+	01:18+	01:50+
	00:00=	09:47#	01:43&	00:21#	02:16&	01:47&	00:29&	00:32#	01:51&	01:04&	00:26&	00:29&
15	Rolf Kleppe	63										1:14:20
	02:22-	25:13+	28:19+	33:40+	42:01+	50:53+	53:10+	57:11+	68:20+	71:40+	72:47+	74:20+
	02:22-	22:51+	03:06+	05:21+	08:21+	08:52+	02:17+	04:01+	11:09+	03:20+	01:07+	01:33+
	01:06-	14:06#	01:22&	02:13&	04:08&	04:12&	00:58&	01:13&	05:41#	00:57&	00:15&	00:12#

Class	Navn	Klasse										Tid
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Beste strekktid for klassen

01:18 08:26 01:44 02:50 04:13 04:40 01:19 02:43 05:28 02:23 00:52 01:12

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

Herrer 65 - 69 år

1	Bjørn Alsaker	115	34:49								
01:09=	08:13=	09:56=	13:02=	17:23=	21:50=	23:05=	25:27=	30:30=	32:49=	33:39=	34:49=
01:09=	07:04=	01:43=	03:06=	04:21=	04:27=	01:15=	02:22=	05:03=	02:19=	00:50=	01:10=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arne Kristian Espedal	68	35:40								
02:18+	08:00-	09:34-	12:11-	16:06-	22:37+	23:53+	25:54+	31:20+	33:40+	34:26+	35:40+
02:18+	05:42-	01:34-	02:37-	03:55-	06:31+	01:16+	02:01-	05:26+	02:20+	00:46-	01:14+
01:09&	01:22-	00:09-	00:29-	00:26-	02:04&	00:01+	00:21-	00:23+	00:01+	00:04-	00:04+
3	Olav Habbestad	116	41:49								
02:26+	11:25+	13:21+	15:49+	20:51+	26:05+	27:47+	31:16+	37:07+	39:40+	40:31+	41:49+
02:26+	08:59+	01:56+	02:28-	05:02+	05:14+	01:42+	03:29+	05:51+	02:33+	00:51+	01:18+
01:17@	01:55&	00:13#	00:38-	00:41#	00:47#	00:27&	01:07&	00:48#	00:14#	00:01+	00:08#
4	Otto Alsnes	50	44:17								
01:24+	10:19+	12:29+	15:47+	20:33+	26:30+	28:29+	31:33+	38:57+	41:57+	42:50+	44:17+
01:24+	08:55+	02:10+	03:18+	04:46+	05:57+	01:59+	03:04+	07:24+	03:00+	00:53+	01:27+
00:15#	01:51&	00:27&	00:12+	00:25+	01:30&	00:44&	00:42&	02:21&	00:41&	00:03+	00:17#
5	Kjell Ivar Skjørestad	92	47:43								
01:31+	14:22+	16:36+	19:24+	24:27+	31:44+	33:16+	36:16+	42:48+	45:21+	46:16+	47:43+
01:31+	12:51+	02:14+	02:48-	05:03+	07:17+	01:32+	03:00+	06:32+	02:33+	00:55+	01:27+
00:22&	05:47&	00:31&	00:18-	00:42#	02:50&	00:17#	00:38&	01:29&	00:14#	00:05#	00:17#
6	Bjarne Gimre	88	48:46								
01:37+	10:59+	13:39+	17:06+	23:07+	32:17+	33:51+	37:04+	43:26+	46:22+	47:19+	48:46+
01:37+	09:22+	02:40+	03:27+	06:01+	09:10+	01:34+	03:13+	06:22+	02:56+	00:57+	01:27+
00:28&	02:18&	00:57&	00:21#	01:40&	04:43@	00:19&	00:51&	01:19&	00:37&	00:07#	00:17#
7	Eivind L. Rake	92	49:36								
01:35+	12:01+	14:44+	18:28+	25:00+	31:34+	33:33+	36:58+	43:57+	47:04+	48:07+	49:36+
01:35+	10:26+	02:43+	03:44+	06:32+	06:34+	01:59+	03:25+	06:59+	03:07+	01:03+	01:29+
00:26&	03:22&	01:00&	00:38#	02:11&	02:07&	00:44&	01:03&	01:56&	00:48&	00:13&	00:19&
8	Jan Inge Lunde	88	50:42								
01:35+	12:38+	15:11+	18:34+	24:13+	30:20+	32:06+	35:12+	45:07+	48:12+	49:19+	50:42+
01:35+	11:03+	02:33+	03:23+	05:39+	06:07+	01:46+	03:06+	09:55+	03:05+	01:07+	01:23+
00:26&	03:59&	00:50&	00:17+	01:18&	01:40&	00:31&	00:44&	04:52&	00:46&	00:17&	00:13#
9	Arne M. Handeland	92	51:17								
01:27+	14:03+	16:22+	19:17+	27:50+	34:39+	36:11+	39:44+	46:19+	49:06+	50:01+	51:17+
01:27+	12:36+	02:19+	02:55-	08:33+	06:49+	01:32+	03:33+	06:35+	02:47+	00:55+	01:16+
00:18&	05:32&	00:36&	00:11-	04:12&	02:22&	00:17#	01:11&	01:32&	00:28#	00:05#	00:06+
10	Per Marthon Mæland	5	52:10								
01:35+	14:54+	17:14+	20:27+	26:09+	32:49+	34:52+	38:13+	46:10+	49:34+	50:33+	52:10+
01:35+	13:19+	02:20+	03:13+	05:42+	06:40+	02:03+	03:21+	07:57+	03:24+	00:59+	01:37+
00:26&	06:15&	00:37&	00:07+	01:21&	02:13&	00:48&	00:59&	02:54&	01:05&	00:09#	00:27&
11	Svein Ove Horpestad	62	54:37								
01:49+	14:41+	17:11+	20:14+	26:06+	33:34+	35:22+	39:04+	47:58+	51:29+	52:42+	54:37+
01:49+	12:52+	02:30+	03:03-	05:52+	07:28+	01:48+	03:42+	08:54+	03:31+	01:13+	01:55+
00:40&	05:48&	00:47&	00:03-	01:31&	03:01&	00:33&	01:20&	03:51&	01:12&	00:23&	00:45&
12	Svein Ims	65	54:40								
03:11+	16:47+	19:28+	22:44+	29:00+	35:38+	38:05+	41:33+	48:40+	51:58+	53:02+	54:40+
03:11+	13:36+	02:41+	03:16+	06:16+	06:38+	02:27+	03:28+	07:07+	03:18+	01:04+	01:38+
02:02@	06:32&	00:58&	00:10+	01:55&	02:11&	01:12&	01:06&	02:04&	00:59&	00:14&	00:28&
13	Terje Helland	88	54:42								
02:21+	21:18+	23:46+	26:43+	31:31+	38:46+	40:20+	43:07+	49:52+	52:23+	53:19+	54:42+
02:21+	18:57+	02:28+	02:57-	04:48+	07:15+	01:34+	02:47+	06:45+	02:31+	00:56+	01:23+
01:12@	11:53@	00:45&	00:09-	00:27#	02:48&	00:19&	00:25#	01:42&	00:12+	00:06#	00:13#

Class	Navn	Klasse										Tid
14	Bjørn Tore Aase	29										58:01
03:11+	14:19+	17:32+	20:30+	26:10+	38:19+	40:22+	44:09+	51:35+	55:05+	56:21+	58:01+	
03:11+	11:08+	03:13+	02:58-	05:40+	12:09+	02:03+	03:47+	07:26+	03:30+	01:16+	01:40+	
02:02@	04:04&	01:30&	00:08-	01:19&	07:42@	00:48&	01:25&	02:23&	01:11&	00:26&	00:30&	
15	Ragnar Rossavik	109										59:32
01:25+	15:53+	26:20+	29:36+	34:53+	41:31+	43:27+	46:51+	54:16+	56:59+	57:51+	59:32+	
01:25+	14:28+	10:27+	03:16+	05:17+	06:38+	01:56+	03:24+	07:25+	02:43+	00:52+	01:41+	
00:16#	07:24@	08:44@	00:10+	00:56#	02:11&	00:41&	01:02&	02:22&	00:24#	00:02+	00:31&	
16	Roar Fitjar	101										1:02:59
01:56+	15:33+	18:44+	23:19+	31:30+	40:13+	42:24+	46:30+	55:27+	59:35+	60:53+	62:59+	
01:56+	13:37+	03:11+	04:35+	08:11+	08:43+	02:11+	04:06+	08:57+	04:08+	01:18+	02:06+	
00:47&	06:33&	01:28&	01:29&	03:50&	04:16&	00:56&	01:44&	03:54&	01:49&	00:28&	00:56&	
Beste strekktid for klassen												
01:09	05:42	01:34	02:28	03:55	04:27	01:15	02:01	05:03	02:19	00:46	01:10	

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

Herrer 70 - 74 år

1	Harry Breiland	66										34:36
01:26=	08:19=	10:03=	12:26=	16:44=	21:06=	22:33=	25:11=	30:27=	32:46=	33:35=	34:36=	
01:26=	06:53=	01:44=	02:23=	04:18=	04:22=	01:27=	02:38=	05:16=	02:19=	00:49=	01:01=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Asgeir Bell	117										36:43
01:04-	08:33+	10:34+	13:34+	17:50+	22:44+	24:10+	26:28+	31:47+	34:35+	35:30+	36:43+	
01:04-	07:29+	02:01+	03:00+	04:16-	04:54+	01:26-	02:18-	05:19+	02:48+	00:55+	01:13+	
00:22-	00:36+	00:17#	00:37&	00:02-	00:32#	00:01-	00:20-	00:03+	00:29#	00:06#	00:12#	
3	Hilmar Røthing	128										43:01
06:04+	14:15+	16:21+	19:01+	23:12+	28:24+	30:04+	32:45+	38:34+	41:02+	41:52+	43:01+	
06:04+	08:11+	02:06+	02:40+	04:11-	05:12+	01:40+	02:41+	05:49+	02:28+	00:50+	01:09+	
04:38@	01:18#	00:22#	00:17#	00:07-	00:50#	00:13#	00:03+	00:33#	00:09+	00:01+	00:08#	
4	Kjell Svihus	154										44:57
01:30+	12:01+	14:18+	17:12+	22:42+	28:49+	30:30+	33:26+	39:48+	42:37+	43:37+	44:57+	
01:30+	10:31+	02:17+	02:54+	05:30+	06:07+	01:41+	02:56+	06:22+	02:49+	01:00+	01:20+	
00:04+	03:38&	00:33&	00:31#	01:12&	01:45&	00:14#	00:18#	01:06#	00:30#	00:11#	00:19&	
5	Arvid Thorsen	5										45:03
01:31+	10:23+	12:40+	16:31+	21:40+	27:43+	29:20+	33:06+	39:55+	42:53+	43:48+	45:03+	
01:31+	08:52+	02:17+	03:51+	05:09+	06:03+	01:37+	03:46+	06:49+	02:58+	00:55+	01:15+	
00:05+	01:59&	00:33&	01:28&	00:51#	01:41&	00:10#	01:08&	01:33&	00:39&	00:06#	00:14#	
6	Finn Morten Årstad	115										47:40
01:36+	11:54+	14:30+	17:15+	23:00+	29:06+	30:36+	33:27+	42:30+	45:26+	46:20+	47:40+	
01:36+	10:18+	02:36+	02:45+	05:45+	06:06+	01:30+	02:51+	09:03+	02:56+	00:54+	01:20+	
00:10#	03:25&	00:52&	00:22#	01:27&	01:44&	00:03+	00:13+	03:47&	00:37&	00:05#	00:19&	
7	Svein Glendrange	68										47:43
01:37+	12:20+	15:01+	17:59+	23:50+	30:02+	32:03+	35:22+	42:19+	45:13+	46:09+	47:43+	
01:37+	10:43+	02:41+	02:58+	05:51+	06:12+	02:01+	03:19+	06:57+	02:54+	00:56+	01:34+	
00:11#	03:50&	00:57&	00:35#	01:33&	01:50&	00:34&	00:41&	01:41&	00:35&	00:07#	00:33&	
8	Arne Østensen	90										48:20
01:15-	10:25+	12:48+	15:44+	24:32+	30:08+	31:47+	34:57+	41:26+	45:30+	46:51+	48:20+	
01:15-	09:10+	02:23+	02:56+	08:48+	05:36+	01:39+	03:10+	06:29+	04:04+	01:21+	01:29+	
00:11-	02:17&	00:39&	00:33#	04:30@	01:14&	00:12#	00:32#	01:13#	01:45&	00:32&	00:28&	
9	Odd Garpestad	29										48:28
01:36+	11:20+	13:22+	16:04+	23:45+	29:59+	32:21+	36:49+	42:29+	45:29+	46:23+	48:28+	
01:36+	09:44+	02:02+	02:42+	07:41+	06:14+	02:22+	04:28+	05:40+	03:00+	00:54+	02:05+	
00:10#	02:51&	00:18#	00:19#	03:23&	01:52&	00:55&	01:50&	00:24+	00:41&	00:05#	01:04@	
10	Hans Klausen	62										49:06
03:16+	13:57+	16:17+	19:40+	25:28+	31:33+	33:24+	36:31+	43:28+	46:42+	47:50+	49:06+	
03:16+	10:41+	02:20+	03:23+	05:48+	06:05+	01:51+	03:07+	06:57+	03:14+	01:08+	01:16+	
01:50@	03:48&	00:36&	01:00&	01:30&	01:43&	00:24&	00:29#	01:41&	00:55&	00:19&	00:15#	

Class	Navn	Klasse										Tid
11	Jostein Tunheim	116										49:34
02:54+	16:03+	18:41+	21:40+	28:09+	33:40+	35:13+	37:59+	44:06+	47:26+	48:17+	49:34+	
02:54+	13:09+	02:38+	02:59+	06:29+	05:31+	01:33+	02:46+	06:07+	03:20+	00:51+	01:17+	
01:28@	06:16&	00:54&	00:36&	02:11&	01:09&	00:06+	00:08+	00:51#	01:01&	00:02+	00:16&	
12	Øyvind Egeskog	5										49:50
02:24+	12:32+	15:13+	18:48+	24:51+	31:03+	32:52+	36:20+	43:44+	47:06+	48:18+	49:50+	
02:24+	10:08+	02:41+	03:35+	06:03+	06:12+	01:49+	03:28+	07:24+	03:22+	01:12+	01:32+	
00:58&	03:15&	00:57&	01:12&	01:45&	01:50&	00:22&	00:50&	02:08&	01:03&	00:23&	00:31&	
13	Paul A. Paulsen	117										50:22
03:20+	14:26+	16:54+	20:08+	25:47+	31:39+	33:57+	37:52+	44:36+	47:51+	48:53+	50:22+	
03:20+	11:06+	02:28+	03:14+	05:39+	05:52+	02:18+	03:55+	06:44+	03:15+	01:02+	01:29+	
01:54@	04:13&	00:44&	00:51&	01:21&	01:30&	00:51&	01:17&	01:28&	00:56&	00:13&	00:28&	
14	Ingjald Egeland	7										53:02
01:29+	13:42+	16:14+	19:18+	25:33+	32:25+	34:14+	37:20+	46:59+	50:11+	51:12+	53:02+	
01:29+	12:13+	02:32+	03:04+	06:15+	06:52+	01:49+	03:06+	09:39+	03:12+	01:01+	01:50+	
00:03+	05:20&	00:48&	00:41&	01:57&	02:30&	00:22&	00:28#	04:23&	00:53&	00:12#	00:49&	
15	Hermann Skogsholm	53										56:05
02:05+	14:56+	17:55+	22:10+	29:30+	36:03+	38:18+	41:58+	49:21+	52:45+	54:02+	56:05+	
02:05+	12:51+	02:59+	04:15+	07:20+	06:33+	02:15+	03:40+	07:23+	03:24+	01:17+	02:03+	
00:39&	05:58&	01:15&	01:52&	03:02&	02:11&	00:48&	01:02&	02:07&	01:05&	00:28&	01:02@	
16	Knut Jonas Espedal	53										1:03:00
01:55+	13:20+	16:28+	19:57+	27:04+	37:51+	44:03+	47:56+	55:37+	60:10+	61:20+	63:00+	
01:55+	11:25+	03:08+	03:29+	07:07+	10:47+	06:12+	03:53+	07:41+	04:33+	01:10+	01:40+	
00:29&	04:32&	01:24&	01:06&	02:49&	06:25@	04:45@	01:15&	02:25&	02:14&	00:21&	00:39&	
17	Reidar Liland	66										1:03:17
02:06+	15:36+	18:37+	23:10+	31:06+	40:23+	42:41+	46:44+	55:42+	59:44+	61:06+	63:17+	
02:06+	13:30+	03:01+	04:33+	07:56+	09:17+	02:18+	04:03+	08:58+	04:02+	01:22+	02:11+	
00:40&	06:37&	01:17&	02:10&	03:38&	04:55@	00:51&	01:25&	03:42&	01:43&	00:33&	01:10@	
18	Steinar Undheim	54										1:09:16
01:48+	24:38+	27:05+	31:35+	38:48+	48:16+	50:33+	54:36+	63:05+	66:26+	67:39+	69:16+	
01:48+	22:50+	02:27+	04:30+	07:13+	09:28+	02:17+	04:03+	08:29+	03:21+	01:13+	01:37+	
00:22&	15:57@	00:43&	02:07&	02:55&	05:06@	00:50&	01:25&	03:13&	01:02&	00:24&	00:36&	
19	Mangor Eikeland	92										1:13:57
02:28+	16:58+	20:29+	25:17+	33:58+	43:57+	46:37+	52:13+	64:35+	69:30+	70:59+	73:57+	
02:28+	14:30+	03:31+	04:48+	08:41+	09:59+	02:40+	05:36+	12:22+	04:55+	01:29+	02:58+	
01:02&	07:37@	01:47@	02:25@	04:23@	05:37@	01:13&	02:58@	07:06@	02:36@	00:40&	01:57@	
20	Jan H. Sagen	92										1:15:15
09:06+	27:11+	30:35+	34:46+	42:13+	50:38+	53:17+	57:48+	67:21+	71:34+	73:15+	75:15+	
09:06+	18:05+	03:24+	04:11+	07:27+	08:25+	02:39+	04:31+	09:33+	04:13+	01:41+	02:00+	
07:40@	11:12@	01:40&	01:48&	03:09&	04:03&	01:12&	01:53&	04:17&	01:54&	00:52@	00:59&	
21	Svein Eliassen	116										1:28:57
02:12+	24:50+	30:22+	36:52+	47:12+	59:02+	62:18+	69:45+	81:08+	85:12+	86:32+	88:57+	
02:12+	22:38+	05:32+	06:30+	10:20+	11:50+	03:16+	07:27+	11:23+	04:04+	01:20+	02:25+	
00:46&	15:45@	03:48@	04:07@	06:02@	07:28@	01:49@	04:49@	06:07@	01:45&	00:31&	01:24@	
Beste strekktid for klassen												
01:04	06:53	01:44	02:23	04:11	04:22	01:26	02:18	05:16	02:19	00:49	01:01	

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

Herrer 75 - 79 år

1	Knut Skjæveland	93										38:58
02:51=	04:59=	08:08=	11:01=	16:33=	22:29=	26:55=	33:00=	36:19=	37:20=	38:58=		
02:51=	02:08=	03:09=	02:53=	05:32=	05:56=	04:26=	06:05=	03:19=	01:01=	01:38=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Tormod Aaslid	54										40:16
02:21-	04:06-	07:23-	11:22+	16:33=	23:37+	28:22+	34:39+	37:49+	38:47+	40:16+		
02:21-	01:45-	03:17+	03:59+	05:11-	07:04+	04:45+	06:17+	03:10-	00:58-	01:29-		
00:30-	00:23-	00:08+	01:06&	00:21-	01:08#	00:19+	00:12+	00:09-	00:03-	00:09-		

Class	Navn	Klasse										Tid
3	Kjell Langvik	93										45:41
	02:40-	04:29-	07:48-	13:10+	19:00+	30:17+	33:10+	40:01+	43:12+	44:24+	45:41+	
	02:40-	01:49-	03:19+	05:22+	05:50+	11:17+	02:53-	06:51+	03:11-	01:12+	01:17-	
	00:11-	00:19-	00:10+	02:29&	00:18+	05:21&	01:33-	00:46#	00:08-	00:11#	00:21-	
4	Harald Vatne	67										45:53
	02:56+	05:31+	09:30+	14:07+	21:31+	29:28+	33:24+	39:59+	43:18+	44:25+	45:53+	
	02:56+	02:35+	03:59+	04:37+	07:24+	07:57+	03:56-	06:35+	03:19=	01:07+	01:28-	
	00:05+	00:27#	00:50&	01:44&	01:52&	02:01&	00:30-	00:30+	00:00=	00:06+	00:10-	
5	Jan Værp	62										47:01
	02:40-	05:06+	08:38+	11:33+	17:17+	30:18+	34:43+	41:09+	44:18+	45:20+	47:01+	
	02:40-	02:26+	03:32+	02:55+	05:44+	13:01+	04:25-	06:26+	03:09-	01:02+	01:41+	
	00:11-	00:18#	00:23#	00:02+	00:12+	07:05@	00:01-	00:21+	00:10-	00:01+	00:03+	
6	Arne Tveita	109										47:08
	03:18+	06:33+	10:24+	13:02+	20:16+	29:36+	34:15+	41:10+	44:33+	45:37+	47:08+	
	03:18+	03:15+	03:51+	02:38-	07:14+	09:20+	04:39+	06:55+	03:23+	01:04+	01:31-	
	00:27#	01:07&	00:42#	00:15-	01:42&	03:24&	00:13+	00:50#	00:04+	00:03+	00:07-	
7	Terje Braut	92										47:28
	05:12+	07:08+	11:45+	14:52+	21:16+	31:43+	34:48+	41:50+	44:50+	46:01+	47:28+	
	05:12+	01:56-	04:37+	03:07+	06:24+	10:27+	03:05-	07:02+	03:00-	01:11+	01:27-	
	02:21&	00:12-	01:28&	00:14+	00:52#	04:31&	01:21-	00:57#	00:19-	00:10#	00:11-	
8	Kjell Maudal	63										54:32
	03:50+	07:15+	12:29+	16:30+	24:27+	33:43+	38:08+	46:48+	51:07+	52:26+	54:32+	
	03:50+	03:25+	05:14+	04:01+	07:57+	09:16+	04:25-	08:40+	04:19+	01:19+	02:06+	
	00:59&	01:17&	02:05&	01:08&	02:25&	03:20&	00:01-	02:35&	01:00&	00:18&	00:28&	
9	Jan Bekkeheien	92										54:34
	04:42+	07:12+	10:53+	13:45+	21:43+	31:24+	39:16+	47:01+	51:00+	52:19+	54:34+	
	04:42+	02:30+	03:41+	02:52-	07:58+	09:41+	07:52+	07:45+	03:59+	01:19+	02:15+	
	01:51&	00:22#	00:32#	00:01-	02:26&	03:45&	03:26&	01:40&	00:40#	00:18&	00:37&	
10	Rolv Nærland	63										55:21
	04:23+	07:54+	13:01+	17:28+	25:14+	34:28+	39:03+	47:30+	52:04+	53:21+	55:21+	
	04:23+	03:31+	05:07+	04:27+	07:46+	09:14+	04:35+	08:27+	04:34+	01:17+	02:00+	
	01:32&	01:23&	01:58&	01:34&	02:14&	03:18&	00:09+	02:22&	01:15&	00:16&	00:22#	
11	Gunnar Furland	93										57:12
	07:24+	10:27+	15:27+	19:44+	27:24+	36:37+	41:01+	49:38+	53:46+	55:18+	57:12+	
	07:24+	03:03+	05:00+	04:17+	07:40+	09:13+	04:24-	08:37+	04:08+	01:32+	01:54+	
	04:33@	00:55&	01:51&	01:24&	02:08&	03:17&	00:02-	02:32&	00:49#	00:31&	00:16#	
12	Arne Brandsberg	29										59:15
	03:47+	06:55+	12:03+	15:35+	24:29+	34:18+	39:39+	49:44+	54:50+	56:24+	59:15+	
	03:47+	03:08+	05:08+	03:32+	08:54+	09:49+	05:21+	10:05+	05:06+	01:34+	02:51+	
	00:56&	01:00&	01:59&	00:39#	03:22&	03:53&	00:55#	04:00&	01:47&	00:33&	01:13&	

Beste strekktid for klassen

02:21 01:45 03:09 02:38 05:11 05:56 02:53 06:05 03:00 00:58 01:17

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

Herrer 80 år og eldre

1	Bjarne Edland	92										48:30
	03:56=	07:51=	14:08=	25:53=	32:55=	36:26=	42:40=	46:06=	47:11=	48:30=		
	03:56=	03:55=	06:17=	11:45=	07:02=	03:31=	06:14=	03:26=	01:05=	01:19=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Magne Jakobsen	63										50:52
	04:12+	07:45-	13:57-	21:43-	30:36-	34:52-	42:04-	46:32+	49:01+	50:52+		
	04:12+	03:33-	06:12-	07:46-	08:53+	04:16+	07:12+	04:28+	02:29+	01:51+		
	00:16+	00:22-	00:05-	03:59-	01:51&	00:45#	00:58#	01:02&	01:24@	00:32&		
3	Magne Westerheim	93										52:58
	05:12+	09:32+	16:08+	23:55-	32:40-	36:59+	43:58+	48:38+	50:57+	52:58+		
	05:12+	04:20+	06:36+	07:47-	08:45+	04:19+	06:59+	04:40+	02:19+	02:01+		
	01:16&	00:25#	00:19+	03:58-	01:43#	00:48#	00:45#	01:14&	01:14@	00:42&		

Class	Navn	Klasse										Tid
4	Harald I. Serigstad	128										58:58
	08:25+	17:55+	22:59+	30:30+	38:51+	42:21+	50:44+	55:15+	56:40+	58:58+		
	08:25+	09:30+	05:04-	07:31-	08:21+	03:30-	08:23+	04:31+	01:25+	02:18+		
	04:29@	05:35@	01:13-	04:14-	01:19#	00:01-	02:09&	01:05&	00:20&	00:59&		

Beste strekktid for klassen

03:56 03:33 05:04 07:31 07:02 03:30 06:14 03:26 01:05 01:19

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

Herrer A

1	Clemens Øxnevad	114										46:02		
	04:05=	06:30=	08:10=	10:26=	14:24=	19:26=	22:45=	26:59=	30:47=	37:32=	39:15=	43:01=	45:04=	46:02=
	04:05=	02:25=	01:40=	02:16=	03:58=	05:02=	03:19=	04:14=	03:48=	06:45=	01:43=	03:46=	02:03=	00:58=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Harald Kalager	7										47:04		
	05:08+	07:36+	08:59+	11:46+	16:33+	23:11+	25:43+	28:34+	33:23+	38:03+	40:08+	43:49+	46:05+	47:04+
	05:08+	02:28+	01:23-	02:47+	04:47+	06:38+	02:32-	02:51-	04:49+	04:40-	02:05+	03:41-	02:16+	00:59+
	01:03&	00:03+	00:17-	00:31#	00:49#	01:36&	00:47-	01:23-	01:01&	02:05-	00:22#	00:05-	00:13#	00:01+

3	Erik Lima	115										51:19		
	06:29+	09:29+	11:03+	14:13+	20:11+	24:57+	27:43+	30:57+	35:41+	40:31+	43:48+	47:39+	50:18+	51:19+
	06:29+	03:00+	01:34-	03:10+	05:58+	04:46-	02:46-	03:14-	04:44+	04:50-	03:17+	03:51+	02:39+	01:01+
	02:24&	00:35#	00:06-	00:54&	02:00&	00:16-	00:33-	01:00-	00:56#	01:55-	01:34&	00:05+	00:36&	00:03+

4	Markus Breivold	92										53:35		
	05:00+	07:49+	09:26+	13:21+	21:21+	27:07+	29:45+	32:41+	37:37+	44:27+	46:18+	50:09+	52:40+	53:35+
	05:00+	02:49+	01:37-	03:55+	08:00+	05:46+	02:38-	02:56-	04:56+	06:50+	01:51+	03:51+	02:31+	00:55-
	00:55#	00:24#	00:03-	01:39&	04:02@	00:44#	00:41-	01:18-	01:08&	00:05+	00:08+	00:05+	00:28#	00:03-

5	Martin Blystad	115										54:40		
	07:23+	11:27+	13:17+	18:30+	23:53+	31:17+	33:52+	36:45+	41:28+	45:41+	47:29+	51:23+	53:46+	54:40+
	07:23+	04:04+	01:50+	05:13+	05:23+	07:24+	02:35-	02:53-	04:43+	04:13-	01:48+	03:54+	02:23+	00:54-
	03:18&	01:39&	00:10#	02:57@	01:25&	02:22&	00:44-	01:21-	00:55#	02:32-	00:05+	00:08+	00:20#	00:04-

6	Runar Eike Toft	116										57:17		
	04:51+	08:15+	09:52+	14:33+	21:15+	26:08+	29:45+	32:40+	38:56+	46:08+	50:13+	54:03+	56:21+	57:17+
	04:51+	03:24+	01:37-	04:41+	06:42+	04:53-	03:37+	02:55-	06:16+	07:12+	04:05+	03:50+	02:18+	00:56-
	00:46#	00:59&	00:03-	02:25@	02:44&	00:09-	00:18+	01:19-	02:28&	00:27+	02:22@	00:04+	00:15#	00:02-

7	Morten Bjerga Sundli	7										1:03:21		
	05:19+	08:10+	09:49+	16:24+	30:15+	34:53+	38:00+	42:06+	47:46+	52:03+	54:15+	59:16+	62:10+	63:21+
	05:19+	02:51+	01:39-	06:35+	13:51+	04:38-	03:07-	04:06-	05:40+	04:17-	02:12+	05:01+	02:54+	01:11+
	01:14&	00:26#	00:01-	04:19@	09:53@	00:24-	00:12-	00:08-	01:52&	02:28-	00:29&	01:15&	00:51&	00:13#

Beste strekktid for klassen

04:05 02:25 01:23 02:16 03:58 04:38 02:32 02:51 03:48 04:13 01:43 03:41 02:03 00:54

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

Herrer B

1	Stein Arne Olsen	68										44:51		
	04:34=	07:35=	09:37=	11:56=	17:16=	21:51=	24:29=	27:11=	31:42=	35:19=	37:10=	41:19=	43:49=	44:51=
	04:34=	03:01=	02:02=	02:19=	05:20=	04:35=	02:38=	02:42=	04:31=	03:37=	01:51=	04:09=	02:30=	01:02=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Oddgeir Eikeskog	93										45:42		
	04:23-	07:11-	08:54-	11:31-	17:08-	21:27-	24:09-	26:59-	31:29-	35:57+	37:49+	42:06+	44:45+	45:42+
	04:23-	02:48-	01:43-	02:37+	05:37+	04:19-	02:42+	02:50+	04:30-	04:28+	01:52+	04:17+	02:39+	00:57-
	00:11-	00:13-	00:19-	00:18#	00:17+	00:16-	00:04+	00:08+	00:01-	00:51#	00:01+	00:08+	00:09+	00:05-

3	Odd Ivar Karlsen	76										45:48		
	04:39+	07:28-	08:57-	11:16-	16:37-	21:06-	23:39-	26:26-	30:53-	34:48-	38:20+	42:34+	44:54+	45:48+
	04:39+	02:49-	01:29-	02:19=	05:21+	04:29-	02:33-	02:47+	04:27-	03:55+	03:32+	04:14+	02:20-	00:54-
	00:05+	00:12-	00:33-	00:00=	00:01+	00:06-	00:05-	00:05+	00:04-	00:18+	01:41&	00:05+	00:10-	00:08-

Class	Navn	Klasse										Tid		
4	Odd Fuglestad	250										47:31		
	04:36+	07:36+	09:17-	12:40+	18:05+	22:55+	25:36+	28:26+	33:28+	37:11+	39:08+	43:51+	46:28+	47:31+
	04:36+	03:00-	01:41-	03:23+	05:25+	04:50+	02:41+	02:50+	05:02+	03:43+	01:57+	04:43+	02:37+	01:03+
	00:02+	00:01-	00:21-	01:04&	00:05+	00:15+	00:03+	00:08+	00:31#	00:06+	00:06+	00:34#	00:07+	00:01+
5	Morten Aamodt	116										47:37		
	06:17+	09:25+	11:03+	13:37+	19:05+	23:34+	26:10+	28:55+	33:45+	38:04+	39:59+	44:07+	46:33+	47:37+
	06:17+	03:08+	01:38-	02:34+	05:28+	04:29-	02:36-	02:45+	04:50+	04:19+	01:55+	04:08-	02:26-	01:04+
	01:43&	00:07+	00:24-	00:15#	00:08+	00:06-	00:02-	00:03+	00:19+	00:42#	00:04+	00:01-	00:04-	00:02+
6	Geir Sand	105										49:32		
	05:13+	08:14+	10:42+	14:22+	20:02+	24:44+	27:11+	30:08+	35:30+	39:36+	42:24+	46:18+	48:36+	49:32+
	05:13+	03:01=	02:28+	03:40+	05:40+	04:42+	02:27-	02:57+	05:22+	04:06+	02:48+	03:54-	02:18-	00:56-
	00:39#	00:00=	00:26#	01:21&	00:20+	00:07+	00:11-	00:15+	00:51#	00:29#	00:57&	00:15-	00:12-	00:06-
7	Terje Michaelsen	47										53:23		
	05:00+	08:01+	09:48+	15:14+	22:05+	30:19+	33:14+	36:12+	40:37+	44:04+	45:49+	50:08+	52:34+	53:23+
	05:00+	03:01=	01:47-	05:26+	06:51+	08:14+	02:55+	02:58+	04:25-	03:27-	01:45-	04:19+	02:26-	00:49-
	00:26+	00:00=	00:15-	03:07@	01:31&	03:39&	00:17#	00:16+	00:06-	00:10-	00:06-	00:10+	00:04-	00:13-
8	Bård Skogsholm	194										55:51		
	05:26+	08:39+	10:47+	14:10+	22:11+	27:01+	29:53+	32:47+	37:59+	45:16+	48:12+	52:28+	54:56+	55:51+
	05:26+	03:13+	02:08+	03:23+	08:01+	04:50+	02:52+	02:54+	05:12+	07:17+	02:56+	04:16+	02:28-	00:55-
	00:52#	00:12+	00:06+	01:04&	02:41&	00:15+	00:14+	00:12+	00:41#	03:40@	01:05&	00:07+	00:02-	00:07-
9	Øystein Amundrud	90										59:36		
	05:39+	08:54+	11:11+	15:12+	22:15+	28:20+	33:21+	36:52+	43:26+	48:16+	50:40+	55:41+	58:30+	59:36+
	05:39+	03:15+	02:17+	04:01+	07:03+	06:05+	05:01+	03:31+	06:34+	04:50+	02:24+	05:01+	02:49+	01:06+
	01:05#	00:14+	00:15#	01:42&	01:43&	01:30&	02:23&	00:49&	02:03&	01:13&	00:33&	00:52#	00:19#	00:04+
10	Jørgen Breivold	54										1:02:08		
	09:50+	12:54+	14:23+	19:34+	25:10+	32:00+	35:06+	37:50+	42:39+	46:37+	54:12+	58:37+	61:10+	62:08+
	09:50+	03:04+	01:29-	05:11+	05:36+	06:50+	03:06+	02:44+	04:49+	03:58+	07:35+	04:25+	02:33+	00:58-
	05:16@	00:03+	00:33-	02:52@	00:16+	02:15&	00:28#	00:02+	00:18+	00:21+	05:44@	00:16+	00:03+	00:04-
11	Bjørnar André Haug	80										1:03:05		
	06:23+	10:44+	12:36+	17:13+	28:02+	33:02+	37:07+	40:50+	46:04+	51:29+	54:25+	59:07+	62:00+	63:05+
	06:23+	04:21+	01:52-	04:37+	10:49+	05:00+	04:05+	03:43+	05:14+	05:25+	02:56+	04:42+	02:53+	01:05+
	01:49&	01:20&	00:10-	02:18&	05:29@	00:25+	01:27&	01:01&	00:43#	01:48&	01:05&	00:33#	00:23#	00:03+
12	Kevin Thomas Foust	192										1:15:25		
	06:13+	09:50+	11:49+	16:47+	24:26+	33:54+	38:01+	41:48+	50:43+	61:26+	65:19+	71:08+	74:19+	75:25+
	06:13+	03:37+	01:59-	04:58+	07:39+	09:28+	04:07+	03:47+	08:55+	10:43+	03:53+	05:49+	03:11+	01:06+
	01:39&	00:36#	00:03-	02:39@	02:19&	04:53@	01:29&	01:05&	04:24&	07:06@	02:02@	01:40&	00:41&	00:04+

Beste strekktid for klassen

04:23 02:48 01:29 02:19 05:20 04:19 02:27 02:42 04:25 03:27 01:45 03:54 02:18 00:49

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

Herrer C

1	Otte Omdal	65										41:00		
	08:05=	10:59=	13:40=	16:39=	19:02=	22:31=	25:15=	26:36=	28:45=	30:36=	32:57=	37:27=	40:05=	41:00=
	08:05=	02:54=	02:41=	02:59=	02:23=	03:29=	02:44=	01:21=	02:09=	01:51=	02:21=	04:30=	02:38=	00:55=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjell Dale	93										41:54		
	07:13-	10:48-	12:56-	15:37-	17:55-	21:27-	24:08-	25:21-	27:20-	31:15+	33:55+	38:25+	40:53+	41:54+
	07:13-	03:35+	02:08-	02:41-	02:18-	03:32+	02:41-	01:13-	01:59-	03:55+	02:40+	04:30=	02:28-	01:01+
	00:52-	00:41#	00:33-	00:18-	00:05-	00:03+	00:03-	00:08-	00:10-	02:04@	00:19#	00:00=	00:10-	00:06#
3	Kjetil Wirak	114										42:18		
	08:42+	12:31+	15:06+	17:57+	20:06+	25:13+	27:45+	29:10+	31:11+	32:37+	34:43+	38:41+	41:21+	42:18+
	08:42+	03:49+	02:35-	02:51-	02:09-	05:07+	02:32-	01:25+	02:01-	01:26-	02:06-	03:58-	02:40+	00:57+
	00:37+	00:55&	00:06-	00:08-	00:14-	01:38&	00:12-	00:04+	00:08-	00:25-	00:15-	00:32-	00:02+	00:02+
4	Jon Myklebust	116										42:42		
	08:28+	11:26+	13:57+	17:00+	19:37+	23:17+	26:12+	27:51+	30:07+	31:42+	34:02+	38:49+	41:40+	42:42+
	08:28+	02:58+	02:31-	03:03+	02:37+	03:40+	02:55+	01:39+	02:16+	01:35-	02:20-	04:47+	02:51+	01:02+
	00:23+	00:04+	00:10-	00:04+	00:14+	00:11+	00:11+	00:18#	00:07+	00:16-	00:01-	00:17+	00:13+	00:07#

Class	Navn	Klasse												Tid	
5	Knut Taugbøl	116												43:39	
	07:49-	13:52+	16:05+	18:56+	21:25+	24:50+	27:35+	29:08+	31:28+	33:15+	35:32+	40:01+	42:35+	43:39+	
	07:49-	06:03+	02:13-	02:51-	02:29+	03:25-	02:45+	01:33+	02:20+	01:47-	02:17-	04:29-	02:34-	01:04+	
	00:16-	03:09@	00:28-	00:08-	00:06+	00:04-	00:01+	00:12#	00:11+	00:04-	00:04-	00:01-	00:04-	00:09#	
6	Nils John Vestøl	83												44:53	
	07:54-	11:03+	14:12+	17:04+	20:27+	23:44+	26:20+	27:44+	30:14+	34:25+	37:14+	41:24+	43:55+	44:53+	
	07:54-	03:09+	03:09+	02:52-	03:23+	03:17-	02:36-	01:24+	02:30+	04:11+	02:49+	04:10-	02:31-	00:58+	
	00:11-	00:15+	00:28#	00:07-	01:00&	00:12-	00:08-	00:03+	00:21#	02:20@	00:28#	00:20-	00:07-	00:03+	
7	Henning Sundby	114												50:29	
	09:37+	13:22+	16:05+	18:59+	21:31+	25:22+	28:09+	29:29+	31:57+	39:32+	42:09+	46:59+	49:29+	50:29+	
	09:37+	03:45+	02:43+	02:54-	02:32+	03:51+	02:47+	01:20-	02:28+	07:35+	02:37+	04:50+	02:30-	01:00+	
	01:32#	00:51&	00:02+	00:05-	00:09+	00:22#	00:03+	00:01-	00:19#	05:44@	00:16#	00:20+	00:08-	00:05+	
8	Sveinung Svebestad	46												53:59	
	09:41+	13:05+	17:06+	20:50+	24:13+	29:21+	33:07+	35:03+	37:57+	40:11+	43:24+	49:17+	52:35+	53:59+	
	09:41+	03:24+	04:01+	03:44+	03:23+	05:08+	03:46+	01:56+	02:54+	02:14+	03:13+	05:53+	03:18+	01:24+	
	01:36#	00:30#	01:20&	00:45&	01:00&	01:39&	01:02&	00:35&	00:45&	00:23#	00:52&	01:23&	00:40&	00:29&	
9	Erling Mauland	83												54:15	
	14:24+	17:18+	20:38+	24:36+	27:27+	31:45+	35:21+	37:07+	39:51+	42:03+	45:09+	50:09+	53:12+	54:15+	
	14:24+	02:54=	03:20+	03:58+	02:51+	04:18+	03:36+	01:46+	02:44+	02:12+	03:06+	05:00+	03:03+	01:03+	
	06:19&	00:00=	00:39#	00:59#	00:28#	00:49#	00:52&	00:25&	00:35&	00:21#	00:45&	00:30#	00:25#	00:08#	
10	Inge Løland	114												56:40	
	08:46+	17:44+	20:23+	24:17+	26:52+	34:15+	37:21+	38:53+	41:15+	44:00+	46:28+	51:57+	55:25+	56:40+	
	08:46+	08:58+	02:39-	03:54+	02:35+	07:23+	03:06+	01:32+	02:22+	02:45+	02:28+	05:29+	03:28+	01:15+	
	00:41+	06:04@	00:02-	00:55&	00:12+	03:54@	00:22#	00:11#	00:13#	00:54&	00:07+	00:59#	00:50&	00:20&	
11	Lars Helgeland	23												1:00:59	
	12:37+	15:32+	18:31+	21:45+	29:14+	39:18+	42:19+	44:14+	47:16+	49:31+	52:14+	56:59+	59:47+	60:59+	
	12:37+	02:55+	02:59+	03:14+	07:29+	10:04+	03:01+	01:55+	03:02+	02:15+	02:43+	04:45+	02:48+	01:12+	
	04:32&	00:01+	00:18#	00:15+	05:06@	06:35@	00:17#	00:34&	00:53&	00:24#	00:22#	00:15+	00:10+	00:17&	
12	Øistein Haaland	116												1:16:06	
	08:58+	30:29+	33:38+	36:49+	41:13+	47:15+	50:29+	52:37+	55:52+	61:43+	66:13+	71:42+	74:54+	76:06+	
	08:58+	21:31+	03:09+	03:11+	04:24+	06:02+	03:14+	02:08+	03:15+	05:51+	04:30+	05:29+	03:12+	01:12+	
	00:53#	18:37@	00:28#	00:12+	02:01&	02:33&	00:30#	00:47&	01:06&	04:00@	02:09&	00:59#	00:34#	00:17&	
Beste strekktid for klassen		07:13	02:54	02:08	02:41	02:09	03:17	02:32	01:13	01:59	01:26	02:06	03:58	02:28	00:55

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

Herrer Ny

1	Kjetil Hellesøy	12												47:43
	10:38=	20:21=	23:58=	29:27=	35:39=	44:44=	47:43=							
	10:38=	09:43=	03:37=	05:29=	06:12=	09:05=	02:59=							
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							

Beste strekktid for klassen

10:38 09:43 03:37 05:29 06:12 09:05 02:59

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

Herrer Trim

1	Martin Svensen	284												26:48
	02:21=	04:04=	06:45=	10:47=	14:29=	16:06=	20:32=	22:43=	23:29=	26:48=				
	02:21=	01:43=	02:41=	04:02=	03:42=	01:37=	04:26=	02:11=	00:46=	03:19=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Olav Magnus Eik Espedal	88												29:06
	02:19-	04:18+	08:01+	13:48+	17:54+	20:19+	24:22+	26:57+	28:07+	29:06+				
	02:19-	01:59+	03:43+	05:47+	04:06+	02:25+	04:03-	02:35+	01:10+	00:59-				
	00:02-	00:16#	01:02&	01:45&	00:24#	00:48&	00:23-	00:24#	00:24&	02:20-				

Class	Navn	Klasse	Tid
3	Alexander Romanov	111	32:02
02:22+	07:33+ 10:05+ 14:52+ 19:06+	21:47+ 27:04+ 29:49+ 30:38+	32:02+
02:22+	05:11+ 02:32- 04:47+ 04:14+	02:41+ 05:17+ 02:45+ 00:49+	01:24-
00:01+	03:28@ 00:09- 00:45# 00:32#	01:04& 00:51# 00:34& 00:03+	01:55-
4	Svein Mæle	115	37:39
02:24+	06:43+ 10:30+ 15:55+ 21:58+	24:55+ 30:43+ 34:56+ 36:10+	37:39+
02:24+	04:19+ 03:47+ 05:25+ 06:03+	02:57+ 05:48+ 04:13+ 01:14+	01:29-
00:03+	02:36@ 01:06& 01:23& 02:21&	01:20& 01:22& 02:02& 00:28&	01:50-
5	Holger Pansch	117	38:45
03:36+	06:48+ 11:16+ 16:50+ 23:28+	26:54+ 32:29+ 35:24+ 36:55+	38:45+
03:36+	03:12+ 04:28+ 05:34+ 06:38+	03:26+ 05:35+ 02:55+ 01:31+	01:50-
01:15&	01:29& 01:47& 01:32& 02:56&	01:49@ 01:09& 00:44& 00:45&	01:29-
6	Tor Inge Hansen	144	38:50
04:10+	07:40+ 12:16+ 19:01+ 24:53+	27:30+ 33:44+ 36:36+ 37:36+	38:50+
04:10+	03:30+ 04:36+ 06:45+ 05:52+	02:37+ 06:14+ 02:52+ 01:00+	01:14-
01:49&	01:47@ 01:55& 02:43& 02:10&	01:00& 01:48& 00:41& 00:14&	02:05-
7	Thorstein Gunnarsson	144	39:04
03:45+	06:54+ 11:23+ 18:07+ 24:04+	26:45+ 33:16+ 36:38+ 37:47+	39:04+
03:45+	03:09+ 04:29+ 06:44+ 05:57+	02:41+ 06:31+ 03:22+ 01:09+	01:17-
01:24&	01:26& 01:48& 02:42& 02:15&	01:04& 02:05& 01:11& 00:23&	02:02-
8	Kjartan Bryne	105	39:50
03:11+	06:18+ 10:33+ 15:44+ 22:17+	28:03+ 33:35+ 36:27+ 38:40+	39:50+
03:11+	03:07+ 04:15+ 05:11+ 06:33+	05:46+ 05:32+ 02:52+ 02:13+	01:10-
00:50&	01:24& 01:34& 01:09& 02:51&	04:09@ 01:06# 00:41& 01:27@	02:09-
9	Ivar Aalbu	29	40:46
03:31+	06:04+ 10:28+ 16:40+ 22:59+	28:02+ 34:08+ 37:56+ 39:01+	40:46+
03:31+	02:33+ 04:24+ 06:12+ 06:19+	05:03+ 06:06+ 03:48+ 01:05+	01:45-
01:10&	00:50& 01:43& 02:10& 02:37&	03:26@ 01:40& 01:37& 00:19&	01:34-
10	Torstein Birkeland	39	40:49
04:54+	06:54+ 09:37+ 23:14+ 30:11+	32:19+ 36:30+ 38:50+ 39:42+	40:49+
04:54+	02:00+ 02:43+ 13:37+ 06:57+	02:08+ 04:11- 02:20+ 00:52+	01:07-
02:33@	00:17# 00:02+ 09:35@ 03:15&	00:31& 00:15- 00:09+ 00:06#	02:12-
11	Truls Thorkildsen	39	41:17
03:01+	10:44+ 14:17+ 22:08+ 27:34+	30:29+ 36:08+ 38:56+ 39:57+	41:17+
03:01+	07:43+ 03:33+ 07:51+ 05:26+	02:55+ 05:39+ 02:48+ 01:01+	01:20-
00:40&	06:00@ 00:52& 03:49& 01:44&	01:18& 01:13& 00:37& 00:15&	01:59-
12	Svein Sivertsen	115	43:02
03:19+	06:18+ 10:12+ 17:53+ 25:29+	28:39+ 35:23+ 39:32+ 40:56+	43:02+
03:19+	02:59+ 03:54+ 07:41+ 07:36+	03:10+ 06:44+ 04:09+ 01:24+	02:06-
00:58&	01:16& 01:13& 03:39& 03:54@	01:33& 02:18& 01:58& 00:38&	01:13-
13	Elvio Freitas	51	43:24
03:53+	07:06+ 11:38+ 18:28+ 25:07+	28:18+ 37:26+ 40:47+ 41:47+	43:24+
03:53+	03:13+ 04:32+ 06:50+ 06:39+	03:11+ 09:08+ 03:21+ 01:00+	01:37-
01:32&	01:30& 01:51& 02:48& 02:57&	01:34& 04:42@ 01:10& 00:14&	01:42-
14	Jon Jakobsen	116	44:08
03:33+	05:57+ 14:19+ 20:02+ 26:36+	30:01+ 35:42+ 38:57+ 40:07+	44:08+
03:33+	02:24+ 08:22+ 05:43+ 06:34+	03:25+ 05:41+ 03:15+ 01:10+	04:01+
01:12&	00:41& 05:41@ 01:41& 02:52&	01:48@ 01:15& 01:04& 00:24&	00:42#
15	Steinar Amundsen	115	45:17
04:05+	07:05+ 11:03+ 18:35+ 26:39+	29:40+ 37:48+ 42:07+ 43:27+	45:17+
04:05+	03:00+ 03:58+ 07:32+ 08:04+	03:01+ 08:08+ 04:19+ 01:20+	01:50-
01:44&	01:17& 01:17& 03:30& 04:22@	01:24& 03:42& 02:08& 00:34&	01:29-
16	Alexander Solheim	356	45:35
10:57+	14:01+ 18:31+ 25:18+ 31:22+	34:01+ 40:27+ 43:29+ 44:22+	45:35+
10:57+	03:04+ 04:30+ 06:47+ 06:04+	02:39+ 06:26+ 03:02+ 00:53+	01:13-
08:36@	01:21& 01:49& 02:45& 02:22&	01:02& 02:00& 00:51& 00:07#	02:06-
17	Jan Erik Syvertsen	51	46:11
05:42+	08:48+ 14:36+ 20:36+ 28:29+	32:34+ 40:55+ 43:54+ 45:00+	46:11+
05:42+	03:06+ 05:48+ 06:00+ 07:53+	04:05+ 08:21+ 02:59+ 01:06+	01:11-
03:21@	01:23& 03:07@ 01:58& 04:11@	02:28@ 03:55& 00:48& 00:20&	02:08-

Class	Navn	Klasse									Tid
18	Arild Svihus	92									47:24
03:11+	06:45+	13:58+	22:20+	31:47+	35:19+	41:29+	44:51+	46:00+	47:24+		
03:11+	03:34+	07:13+	08:22+	09:27+	03:32+	06:10+	03:22+	01:09+	01:24-		
00:50&	01:51@	04:32@	04:20@	05:45@	01:55@	01:44&	01:11&	00:23&	01:55-		
19	Finn Våge	117									48:09
04:29+	07:58+	11:28+	19:09+	28:24+	32:00+	40:12+	44:28+	45:34+	48:09+		
04:29+	03:29+	03:30+	07:41+	09:15+	03:36+	08:12+	04:16+	01:06+	02:35-		
02:08&	01:46@	00:49&	03:39&	05:33@	01:59@	03:46&	02:05&	00:20&	00:44-		
20	Arne Hope	43									48:34
04:11+	07:35+	14:09+	21:47+	30:44+	34:09+	41:45+	45:22+	46:45+	48:34+		
04:11+	03:24+	06:34+	07:38+	08:57+	03:25+	07:36+	03:37+	01:23+	01:49-		
01:50&	01:41&	03:53@	03:36&	05:15@	01:48@	03:10&	01:26&	00:37&	01:30-		
21	Jon Vikse	355									50:07
03:02+	06:34+	10:32+	20:14+	32:30+	35:11+	40:06+	43:08+	48:26+	50:07+		
03:02+	03:32+	03:58+	09:42+	12:16+	02:41+	04:55+	03:02+	05:18+	01:41-		
00:41&	01:49@	01:17&	05:40@	08:34@	01:04&	00:29#	00:51&	04:32@	01:38-		
22	Terje Gautestad	54									53:42
04:03+	07:07+	11:02+	27:14+	34:55+	38:19+	46:45+	50:41+	51:56+	53:42+		
04:03+	03:04+	03:55+	16:12+	07:41+	03:24+	08:26+	03:56+	01:15+	01:46-		
01:42&	01:21&	01:14&	12:10@	03:59@	01:47@	04:00&	01:45&	00:29&	01:33-		
23	Jan Erik Rasmussen	51									53:50
04:56+	09:50+	14:46+	22:47+	32:48+	36:31+	45:34+	50:18+	51:52+	53:50+		
04:56+	04:54+	04:56+	08:01+	10:01+	03:43+	09:03+	04:44+	01:34+	01:58-		
02:35@	03:11@	02:15&	03:59&	06:19@	02:06@	04:37@	02:33@	00:48@	01:21-		
24	Audun Sjøen	111									54:23
04:56+	07:50+	20:13+	26:45+	35:07+	38:02+	45:39+	50:30+	52:40+	54:23+		
04:56+	02:54+	12:23+	06:32+	08:22+	02:55+	07:37+	04:51+	02:10+	01:43-		
02:35@	01:11&	09:42@	02:30&	04:40@	01:18&	03:11&	02:40@	01:24@	01:36-		
25	Thomas Lindberg Møland	356									57:29
11:49+	18:12+	23:49+	31:03+	39:51+	43:12+	50:54+	54:49+	55:56+	57:29+		
11:49+	06:23+	05:37+	07:14+	08:48+	03:21+	07:42+	03:55+	01:07+	01:33-		
09:28@	04:40@	02:56@	03:12&	05:06@	01:44@	03:16&	01:44&	00:21&	01:46-		
26	John Helge Svandal	111									57:42
03:07+	08:13+	16:16+	23:49+	35:29+	40:39+	48:58+	53:55+	55:29+	57:42+		
03:07+	05:06+	08:03+	07:33+	11:40+	05:10+	08:19+	04:57+	01:34+	02:13-		
00:46&	03:23@	05:22@	03:31&	07:58@	03:33@	03:53&	02:46@	00:48@	01:06-		
28	Ove Vatland	128									1:00:45
08:40+	18:11+	22:57+	30:53+	39:12+	42:33+	51:02+	56:15+	58:10+	60:45+		
08:40+	09:31+	04:46+	07:56+	08:19+	03:21+	08:29+	05:13+	01:55+	02:35-		
06:19@	07:48@	02:05&	03:54&	04:37@	01:44@	04:03&	03:02@	01:09@	00:44-		
29	Ove Mæstad	67									1:05:51
04:05+	07:11+	26:53+	33:29+	43:39+	46:26+	57:00+	60:25+	61:40+	65:51+		
04:05+	03:06+	19:42+	06:36+	10:10+	02:47+	10:34+	03:25+	01:15+	04:11+		
01:44&	01:23&	17:01@	02:34&	06:28@	01:10&	06:08@	01:14&	00:29&	00:52&		
30	Pål Bakke	116									1:07:11
05:17+	10:03+	19:29+	27:33+	37:13+	43:59+	53:42+	58:34+	64:14+	67:11+		
05:17+	04:46+	09:26+	08:04+	09:40+	06:46+	09:43+	04:52+	05:40+	02:57-		
02:56@	03:03@	06:45@	04:02&	05:58@	05:09@	05:17@	02:41@	04:54@	00:22-		
31	Inge Grødem	92									1:07:23
06:55+	13:05+	19:18+	28:57+	42:21+	48:30+	57:40+	63:04+	64:57+	67:23+		
06:55+	06:10+	06:13+	09:39+	13:24+	06:09+	09:10+	05:24+	01:53+	02:26-		
04:34@	04:27@	03:32@	05:37@	09:42@	04:32@	04:44@	03:13@	01:07@	00:53-		
32	Bruno Pierfelice	51									1:20:05
02:48+	05:37+	08:09+	64:05+	69:10+	71:21+	75:52+	78:11+	79:02+	80:05+		
02:48+	02:49+	02:32-	55:56+	05:05+	02:11+	04:31+	02:19+	00:51+	01:03-		
00:27#	01:06&	00:09-	51:54@	01:23&	00:34&	00:05+	00:08+	00:05#	02:16-		
33	Stig Erlend Ollestad	51									1:22:22
01:58-	04:09+	10:11+	65:59+	71:07+	73:17+	77:59+	80:33+	81:25+	82:22+		
01:58-	02:11+	06:02+	55:48+	05:08+	02:10+	04:42+	02:34+	00:52+	00:57-		
00:23-	00:28&	03:21@	51:46@	01:26&	00:33&	00:16+	00:23#	00:06#	02:22-		

Plass	Navn	Klasse	Tid						
34	Johan Rasmussen	93	1:41:11						
04:57+	09:01+	60:05+	67:02+	79:55+	86:35+	93:22+	97:32+	99:13+	101:11+
04:57+	04:04+	51:04+	06:57+	12:53+	06:40+	06:47+	04:10+	01:41+	01:58-
02:36@	02:21@	48:23@	02:55&	09:11@	05:03@	02:21&	01:59&	00:55@	01:21-

Beste strekktid for klassen

01:58 01:43 02:32 04:02 03:42 01:37 04:03 02:11 00:46 00:57

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