

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>45:15</b>												
04:40=	09:11=	11:19=	13:11=	14:05=	16:54=	19:31=	24:28=	28:42=	30:05=	34:21=	40:06=	42:55=	45:00=	45:15=	
04:40=	04:31=	02:08=	01:52=	00:54=	02:49=	02:37=	04:57=	04:14=	01:23=	04:16=	05:45=	02:49=	02:05=	00:15=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Rønnaug Egeland</b>	<b>154</b>	<b>50:07</b>												
04:16=	08:10=	13:15+	17:58+	18:57+	21:18+	23:17+	28:15+	32:17+	34:14+	38:56+	44:11+	47:30+	49:49+	50:07+	
04:16=	03:54=	05:05+	04:43+	00:59+	02:21=	01:59=	04:58+	04:02=	01:57+	04:42+	05:15=	03:19+	02:19+	00:18+	
00:24=	00:37=	02:57@	02:51@	00:05+	00:28=	00:38=	00:01+	00:12=	00:34&	00:26#	00:30=	00:30#	00:14#	00:03#	
<b>3</b>	<b>Anne M. Enne Haug</b>	<b>117</b>	<b>50:46</b>												
04:31=	08:10=	10:36=	18:26+	19:03+	21:43+	23:55+	28:50+	33:07+	35:37+	39:50+	45:26+	48:25+	50:32+	50:46+	
04:31=	03:39=	02:26+	07:50+	00:37=	02:40=	02:12=	04:55=	04:17+	02:30+	04:13=	05:36=	02:59+	02:07+	00:14=	
00:09=	00:52=	00:18#	05:58@	00:17=	00:09=	00:25=	00:02=	00:03+	01:07&	00:03=	00:09=	00:10+	00:02+	00:01=	
<b>4</b>	<b>Ann Torill M. Bakken</b>	<b>116</b>	<b>52:30</b>												
06:17+	16:08+	17:59+	20:54+	21:40+	23:59+	26:09+	31:26+	34:48+	36:42+	41:10+	46:57+	49:43+	52:12+	52:30+	
06:17+	09:51+	01:51=	02:55+	00:46=	02:19=	02:10=	05:17+	03:22=	01:54+	04:28+	05:47+	02:46=	02:29+	00:18+	
01:37&	05:20@	00:17=	01:03&	00:08=	00:30=	00:27=	00:20+	00:52=	00:31&	00:12+	00:02+	00:03=	00:24#	00:03#	
<b>5</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>53:33</b>												
04:46+	11:51+	13:43+	15:49+	16:24+	17:42+	19:36+	25:24+	29:27+	31:02+	35:04+	48:07+	51:05+	53:22+	53:33+	
04:46+	07:05+	01:52=	02:06+	00:35=	01:18=	01:54=	05:48+	04:03=	01:35+	04:02=	13:03+	02:58+	02:17+	00:11=	
00:06+	02:34&	00:16=	00:14#	00:19=	01:31=	00:43=	00:51#	00:11=	00:12#	00:14=	07:18@	00:09+	00:12+	00:04=	
<b>6</b>	<b>Kristina Renshaw</b>	<b>101</b>	<b>54:25</b>												
04:55+	14:39+	18:32+	20:56+	22:03+	25:02+	27:06+	32:07+	35:25+	37:10+	42:17+	48:32+	51:39+	54:05+	54:25+	
04:55+	09:44+	03:53+	02:24+	01:07+	02:59+	02:04=	05:01+	03:18=	01:45+	05:07+	06:15+	03:07+	02:26+	00:20+	
00:15+	05:13@	01:45&	00:32&	00:13#	00:10+	00:33=	00:04+	00:56=	00:22&	00:51#	00:30+	00:18#	00:21#	00:05&	
<b>7</b>	<b>Åsta Bryne</b>	<b>105</b>	<b>55:39</b>												
04:26=	07:44=	13:27+	14:47+	23:02+	23:33+	25:11+	27:42+	33:15+	36:50+	38:38+	43:09+	49:14+	52:12+	55:20+	55:39+
04:26=	03:18=	05:43+	01:20=	08:15+	00:31=	01:38=	02:31=	05:33+	03:35+	01:48=	04:31=	06:05+	02:58+	03:08+	00:19+
00:14=	01:13=	03:35@	00:32=	07:21@	02:18=	00:59=	02:26=	01:19&	02:12@	02:28=	01:14=	03:16@	00:53&	02:53@	00:19+
<b>8</b>	<b>Mette Langeland</b>	<b>117</b>	<b>57:31</b>												
05:28+	11:10+	14:09+	19:08+	20:21+	23:10+	26:13+	33:30+	37:10+	39:17+	44:55+	51:21+	54:29+	57:14+	57:31+	
05:28+	05:42+	02:59+	04:59+	01:13+	02:49=	03:03+	07:17+	03:40=	02:07+	05:38+	06:26+	03:08+	02:45+	00:17+	
00:48#	01:11&	00:51&	03:07@	00:19&	00:00=	00:26#	02:20&	00:34=	00:44&	01:22&	00:41#	00:19#	00:40&	00:02#	
<b>9</b>	<b>Margrete Jian Øye</b>	<b>126</b>	<b>1:01:38</b>												
04:47+	13:32+	24:19+	26:53+	27:41+	30:12+	32:28+	37:37+	41:29+	43:04+	48:23+	56:03+	59:06+	61:21+	61:38+	
04:47+	08:45+	10:47+	02:34+	00:48=	02:31=	02:16=	05:09+	03:52=	01:35+	05:19+	07:40+	03:03+	02:15+	00:17+	
00:07+	04:14&	08:39@	00:42&	00:06=	00:18=	00:21=	00:12+	00:22=	00:12#	01:03#	01:55&	00:14+	00:10+	00:02#	
<b>10</b>	<b>Marita Skorpe</b>	<b>74</b>	<b>1:02:37</b>												
05:00+	09:57+	15:37+	21:05+	22:19+	25:07+	28:29+	36:43+	40:58+	42:59+	48:05+	55:31+	59:49+	62:19+	62:37+	
05:00+	04:57+	05:40+	05:28+	01:14+	02:48=	03:22+	08:14+	04:15+	02:01+	05:06+	07:26+	04:18+	02:30+	00:18+	
00:20+	00:26+	03:32@	03:36@	00:20&	00:01=	00:45&	03:17&	00:01+	00:38&	00:50#	01:41&	01:29&	00:25#	00:03#	
<b>11</b>	<b>Anna Berthelsen</b>	<b>117</b>	<b>1:03:45</b>												
05:38+	12:09+	20:10+	25:03+	26:21+	29:16+	32:14+	39:33+	43:10+	45:19+	51:01+	57:12+	60:36+	63:24+	63:45+	
05:38+	06:31+	08:01+	04:53+	01:18+	02:55+	02:58+	07:19+	03:37=	02:09+	05:42+	06:11+	03:24+	02:48+	00:21+	
00:58#	02:00&	05:53@	03:01@	00:24&	00:06+	00:21#	02:22&	00:37=	00:46&	01:26&	00:26+	00:35#	00:43&	00:06&	
<b>12</b>	<b>Heidi Nordaunet</b>	<b>126</b>	<b>1:04:21</b>												
05:00+	12:41+	15:24+	23:06+	25:52+	28:27+	31:52+	34:29+	40:27+	44:37+	46:15+	51:41+	57:53+	61:12+	64:02+	64:21+
05:00+	07:41+	02:43+	11:43+	01:20+	03:25+	02:37=	05:58+	04:10=	01:38+	05:26+	06:12+	03:19+	02:50+	00:19+	
00:20+	03:10&	00:35&	09:51@	00:26&	00:36#	00:00=	01:01#	00:04=	00:15#	01:10&	00:27+	00:30#	00:45&	00:04&	
<b>13</b>	<b>Ingunn Bergheim Landsnes</b>	<b>92</b>	<b>1:08:05</b>												
05:47+	16:37+	20:11+	23:06+	23:55+	25:52+	28:24+	36:01+	40:46+	43:35+	51:40+	61:18+	64:57+	67:45+	68:05+	
05:47+	10:50+	03:34+	02:55+	00:49=	01:57=	02:32=	07:37+	04:45+	02:49+	08:05+	09:38+	03:39+	02:48+	00:20+	
01:07#	06:19@	01:26&	01:03&	00:05=	00:52=	00:05=	02:40&	00:31#	01:26@	03:49&	03:53&	00:50&	00:43&	00:05&	
<b>14</b>	<b>Jorun Nymo</b>	<b>136</b>	<b>1:08:43</b>												
04:36=	11:24+	14:58+	26:12+	27:18+	31:23+	33:55+	41:13+	48:00+	50:22+	56:01+	62:12+	65:57+	68:25+	68:43+	
04:36=	06:48+	03:34+	11:14+	01:06+	04:05+	02:32=	07:18+	06:47+	02:22+	05:39+	06:11+	03:45+	02:28+	00:18+	
00:04=	02:17&	01:26&	09:22@	00:12#	01:16&	00:05=	02:21&	02:33&	00:59&	01:23&	00:26+	00:56&	00:23#	00:03#	

Class	Navn	Klasse												Tid
<b>15</b>	<b>Lise Husveg</b>	<b>93</b>												<b>1:17:14</b>
06:04+	13:19+	17:00+	19:36+	22:24+	25:46+	28:24+	35:40+	46:18+	49:19+	56:59+	68:27+	73:10+	76:52+	77:14+
06:04+	07:15+	03:41+	02:36+	02:48+	03:22+	02:38+	07:16+	10:38+	03:01+	07:40+	11:28+	04:43+	03:42+	00:22+
01:24&	02:44&	01:33&	00:44&	01:54&	00:33#	00:01+	02:19&	06:24@	01:38@	03:24&	05:43&	01:54&	01:37&	00:07&
<b>16</b>	<b>Hanne Berg Nilsen</b>	<b>117</b>												<b>1:23:18</b>
04:40=	13:02+	30:56+	38:49+	40:00+	42:47+	46:20+	54:21+	58:18+	60:16+	65:06+	77:21+	80:34+	83:00+	83:18+
04:40=	08:22+	17:54+	07:53+	01:11+	02:47-	03:33+	08:01+	03:57-	01:58+	04:50+	12:15+	03:13+	02:26+	00:18+
00:00=	03:51&	15:46@	06:01@	00:17&	00:02-	00:56&	03:04&	00:17-	00:35&	00:34#	06:30@	00:24#	00:21#	00:03#
<b>17</b>	<b>Tine Frantzen</b>	<b>92</b>												<b>1:34:37</b>
06:28+	14:01+	24:56+	33:54+	36:21+	40:28+	44:09+	60:04+	65:55+	69:00+	77:10+	85:27+	90:50+	94:09+	94:37+
06:28+	07:33+	10:55+	08:58+	02:27+	04:07+	03:41+	15:55+	05:51+	03:05+	08:10+	08:17+	05:23+	03:19+	00:28+
01:48&	03:02&	08:47@	07:06@	01:33@	01:18&	01:04&	10:58@	01:37&	01:42@	03:54&	02:32&	02:34&	01:14&	00:13&
<b>18</b>	<b>Nithya Mohan</b>	<b>136</b>												<b>1:46:16</b>
07:25+	19:58+	26:51+	32:39+	34:54+	40:27+	46:04+	57:39+	67:33+	71:51+	82:57+	94:10+	100:38+	105:44+	106:16+
07:25+	12:33+	06:53+	05:48+	02:15+	05:33+	05:37+	11:35+	09:54+	04:18+	11:06+	11:13+	06:28+	05:06+	00:32+
02:45&	08:02@	04:45@	03:56@	01:21@	02:44&	03:00@	06:38@	05:40@	02:55@	06:50@	05:28&	03:39@	03:01@	00:17@
<b>Beste strekktid for klassen</b>														
04:16	03:18	01:51	01:20	00:35	00:31	01:38	02:31	03:18	01:23	01:48	04:31	02:46	02:05	00:11
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
<b>Damer 40 - 49 år</b>														
<b>1</b>	<b>Brit Nilsen</b>	<b>88</b>												<b>40:30</b>
01:56=	05:46=	09:02=	10:13=	11:13=	13:01=	14:16=	16:34=	22:57=	27:31=	30:42=	38:40=	39:31=	40:12=	40:30=
01:56=	03:50=	03:16=	01:11=	01:00=	01:48=	01:15=	02:18=	06:23=	04:34=	03:11=	07:58=	00:51=	00:41=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anne Marie Gausel</b>	<b>105</b>												<b>42:35</b>
02:12+	06:45+	10:34+	13:35+	14:41+	17:05+	18:33+	20:47+	23:44+	28:44+	32:09+	40:45+	41:41+	42:20+	42:35+
02:12+	04:33+	03:49+	03:01+	01:06+	02:24+	01:28+	02:14-	02:57-	05:00+	03:25+	08:36+	00:56+	00:39-	00:15-
00:16#	00:43#	00:33#	01:50@	00:06#	00:36&	00:13#	00:04-	03:26-	00:26+	00:14+	00:38+	00:05+	00:02-	00:03-
<b>3</b>	<b>Heidi Martby</b>	<b>88</b>												<b>47:06</b>
02:31+	06:53+	12:39+	14:27+	16:11+	20:57+	22:38+	24:48+	27:00+	32:36+	35:57+	45:05+	46:12+	46:52+	47:06+
02:31+	04:22+	05:46+	01:48+	01:44+	04:46+	01:41+	02:10-	02:12-	05:36+	03:21+	09:08+	01:07+	00:40-	00:14-
00:35&	00:32#	02:30&	00:37&	00:44&	02:58@	00:26&	00:08-	04:11-	01:02#	00:10+	01:10#	00:16&	00:01-	00:04-
<b>4</b>	<b>Rikke Rostrup</b>	<b>116</b>												<b>52:50</b>
02:39+	07:21+	12:32+	15:03+	21:32+	25:10+	26:28+	29:17+	31:36+	38:55+	42:26+	50:36+	51:37+	52:32+	52:50+
02:39+	04:42+	05:11+	02:31+	06:29+	03:38+	01:18+	02:49+	02:19-	07:19+	03:31+	08:10+	01:01+	00:55+	00:18=
00:43&	00:52#	01:55&	01:20@	05:29@	01:50@	00:03+	00:31#	04:04-	02:45&	00:20#	00:12+	00:10#	00:14&	00:00=
<b>5</b>	<b>May Bente Vaidal</b>	<b>116</b>												<b>53:12</b>
02:17+	05:43-	12:09+	17:51+	20:56+	23:22+	24:39+	26:55+	29:16+	37:50+	42:47+	51:14+	52:08+	52:59+	53:12+
02:17+	03:26-	06:26+	05:42+	03:05+	02:26+	01:17+	02:16-	02:21-	08:34+	04:57+	08:27+	00:54+	00:51+	00:13-
00:21#	00:24-	03:10&	04:31@	02:05@	00:38&	00:02+	00:02-	04:02-	04:00&	01:46&	00:29+	00:03+	00:10#	00:05-
<b>6</b>	<b>Randi Helen Ladsten</b>	<b>128</b>												<b>53:59</b>
02:42+	06:49+	16:26+	18:09+	19:42+	27:22+	28:47+	30:50+	33:08+	38:07+	41:59+	51:59+	52:54+	53:41+	53:59+
02:42+	04:07+	09:37+	01:43+	01:33+	07:40+	01:25+	02:03-	02:18-	04:59+	03:52+	10:00+	00:55+	00:47+	00:18=
00:46&	00:17+	06:21@	00:32&	00:33&	05:52@	00:10#	00:15-	04:05-	00:25+	00:41#	02:02&	00:04+	00:06#	00:00=
<b>7</b>	<b>Kristin Breivold</b>	<b>92</b>												<b>56:15</b>
03:53+	08:00+	14:42+	17:22+	18:48+	22:21+	24:10+	28:22+	30:32+	40:50+	44:58+	54:22+	55:09+	55:59+	56:15+
03:53+	04:07+	06:42+	02:40+	01:26+	03:33+	01:49+	04:12+	02:10-	10:18+	04:08+	09:24+	00:47-	00:50+	00:16-
01:57@	00:17+	03:26@	01:29@	00:26&	01:45&	00:34&	01:54&	04:13-	05:44@	00:57&	01:26#	00:04-	00:09#	00:02-
<b>8</b>	<b>Tove Irene Asheim</b>	<b>116</b>												<b>58:24</b>
03:05+	08:07+	14:39+	18:11+	21:03+	24:59+	26:37+	28:58+	31:51+	37:53+	43:33+	54:46+	56:17+	58:03+	58:24+
03:05+	05:02+	06:32+	03:32+	02:52+	03:56+	01:38+	02:21+	02:53-	06:02+	05:40+	11:13+	01:31+	01:46+	00:21+
01:09&	01:12&	03:16&	02:21@	01:52@	02:08@	00:23&	00:03+	03:30-	01:28&	02:29&	03:15&	00:40&	01:05@	00:03#
<b>9</b>	<b>Nina Svensen</b>	<b>2</b>												<b>1:00:27</b>
02:53+	07:05+	13:22+	15:19+	18:51+	29:43+	31:23+	33:40+	36:05+	44:50+	49:34+	58:29+	59:22+	60:08+	60:27+
02:53+	04:12+	06:17+	01:57+	03:32+	10:52+	01:40+	02:17-	02:25-	08:45+	04:44+	08:55+	00:53+	00:46+	00:19+
00:57&	00:22+	03:01&	00:46&	02:32@	09:04@	00:25&	00:01-	03:58-	04:11&	01:33&	00:57#	00:02+	00:05#	00:01+

Class	Navn	Klasse												Tid
<b>10</b>	<b>Astri Sandanger</b>	<b>93</b>												<b>1:00:55</b>
02:51+	07:46+	14:00+	16:14+	18:41+	22:38+	24:19+	28:22+	31:04+	44:37+	48:41+	58:32+	59:40+	60:39+	60:55+
02:51+	04:55+	06:14+	02:14+	02:27+	03:57+	01:41+	04:03+	02:42-	13:33+	04:04+	09:51+	01:08+	00:59+	00:16-
00:55&	01:05&	02:58&	01:03&	01:27@	02:09@	00:26&	01:45&	03:41-	08:59@	00:53&	01:53#	00:17&	00:18&	00:02-
<b>11</b>	<b>Irene Sirevåg</b>	<b>105</b>												<b>1:10:17</b>
03:18+	08:40+	15:58+	18:54+	24:20+	28:14+	30:39+	33:55+	37:15+	47:53+	54:35+	67:30+	68:48+	69:54+	70:17+
03:18+	05:22+	07:18+	02:56+	05:26+	03:54+	02:25+	03:16+	03:20-	10:38+	06:42+	12:55+	01:18+	01:06+	00:23+
01:22&	01:32&	04:02@	01:45@	04:26@	02:06@	01:10&	00:58&	03:03-	06:04@	03:31@	04:57&	00:27&	00:25&	00:05&
<b>12</b>	<b>Toril Dahle</b>	<b>116</b>												<b>1:17:59</b>
03:05+	14:43+	28:51+	31:34+	34:19+	38:13+	40:01+	42:59+	45:55+	59:36+	65:07+	75:05+	76:25+	77:41+	77:59+
03:05+	11:38+	14:08+	02:43+	02:45+	03:54+	01:48+	02:58+	02:56-	13:41+	05:31+	09:58+	01:20+	01:16+	00:18=
01:09&	07:48@	10:52@	01:32@	01:45@	02:06@	00:33&	00:40&	03:27-	09:07@	02:20&	02:00&	00:29&	00:35&	00:00=
<b>Beste strekktid for klassen</b>														
01:56	03:26	03:16	01:11	01:00	01:48	01:15	02:03	02:10	04:34	03:11	07:58	00:47	00:39	00:13

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

## Damer 50 - 59 år

<b>1</b>	<b>Anne Sæbø Vik</b>	<b>116</b>												<b>41:26</b>
02:20=	05:54=	09:45=	11:33=	13:07=	17:27=	18:41=	21:08=	24:10=	28:01=	30:51=	39:18=	40:21=	41:09=	41:26=
02:20=	03:34=	03:51=	01:48=	01:34=	04:20=	01:14=	02:27=	03:02=	03:51=	02:50=	08:27=	01:03=	00:48=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>												<b>45:36</b>
02:18-	06:52+	11:22+	12:53+	15:56+	19:07+	20:24+	23:03+	25:21+	30:05+	33:53+	42:46+	43:55+	45:18+	45:36+
02:18-	04:34+	04:30+	01:31-	03:03+	03:11-	01:17+	02:39+	02:18-	04:44+	03:48+	08:53+	01:09+	01:23+	00:18+
00:02-	01:00&	00:39#	00:17-	01:29&	01:09-	00:03+	00:12+	00:44-	00:53#	00:58&	00:26+	00:06+	00:35&	00:01+
<b>3</b>	<b>Nidunn Sandvik</b>	<b>228</b>												<b>45:48</b>
02:40+	07:37+	12:24+	14:00+	15:32+	18:33+	20:11+	22:53+	25:16+	30:24+	34:27+	43:32+	44:31+	45:28+	45:48+
02:40+	04:57+	04:47+	01:36-	01:32-	03:01-	01:38+	02:42+	02:23-	05:08+	04:03+	09:05+	00:59-	00:57+	00:20+
00:20#	01:23&	00:56#	00:12-	00:02-	01:19-	00:24&	00:15#	00:39-	01:17&	01:13&	00:38+	00:04-	00:09#	00:03#
<b>4</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>												<b>46:55</b>
02:53+	07:08+	13:03+	15:15+	16:40+	19:01+	22:20+	24:45+	27:13+	32:24+	36:02+	44:43+	45:37+	46:37+	46:55+
02:53+	04:15+	05:55+	02:12+	01:25-	02:21-	03:19+	02:25-	02:28-	05:11+	03:38+	08:41+	00:54-	01:00+	00:18+
00:33#	00:41#	02:04&	00:24#	00:09-	01:59-	02:05@	00:02-	00:34-	01:20&	00:48&	00:14+	00:09-	00:12#	00:01+
<b>5</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>												<b>47:16</b>
02:15-	06:41+	12:03+	15:45+	18:00+	20:11+	21:38+	24:10+	26:29+	32:27+	36:01+	45:08+	46:09+	46:58+	47:16+
02:15-	04:26+	05:22+	03:42+	02:15+	02:11-	01:27+	02:32+	02:19-	05:58+	03:34+	09:07+	01:01-	00:49+	00:18+
00:05-	00:52#	01:31&	01:54@	00:41&	02:09-	00:13#	00:05+	00:43-	02:07&	00:44&	00:40+	00:02-	00:01+	00:01+
<b>6</b>	<b>Liv Omdal</b>	<b>116</b>												<b>47:55</b>
02:37+	06:47+	12:15+	15:16+	17:20+	19:58+	21:27+	23:53+	26:24+	31:26+	35:26+	45:41+	46:47+	47:38+	47:55+
02:37+	04:10+	05:28+	03:01+	02:04+	02:38-	01:29+	02:26-	02:31-	05:02+	04:00+	10:15+	01:06+	00:51+	00:17=
00:17#	00:36#	01:37&	01:13&	00:30&	01:42-	00:15#	00:01-	00:31-	01:11&	01:10&	01:48#	00:03+	00:03+	00:00=
<b>7</b>	<b>Gunn J. Grefstad</b>	<b>2</b>												<b>48:45</b>
02:41+	06:53+	11:18+	13:20+	14:57+	20:33+	22:50+	26:00+	28:18+	33:21+	37:23+	46:16+	47:29+	48:24+	48:45+
02:41+	04:12+	04:25+	02:02+	01:37+	05:36+	02:17+	03:10+	02:18-	05:03+	04:02+	08:53+	01:13+	00:55+	00:21+
00:21#	00:38#	00:34#	00:14#	00:03+	01:16&	01:03&	00:43&	00:44-	01:12&	01:12&	00:26+	00:10#	00:07#	00:04#
<b>8</b>	<b>Signe Ottesen</b>	<b>116</b>												<b>48:49</b>
02:40+	07:44+	12:59+	14:35+	15:46+	18:25+	20:07+	23:36+	26:13+	34:06+	37:40+	46:55+	47:46+	48:33+	48:49+
02:40+	05:04+	05:15+	01:36-	01:11-	02:39-	01:42+	03:29+	02:37-	07:53+	03:34+	09:15+	00:51-	00:47-	00:16-
00:20#	01:30&	01:24&	00:12-	00:23-	01:41-	00:28&	01:02&	00:25-	04:02@	00:44&	00:48+	00:12-	00:01-	00:01-
<b>9</b>	<b>Oddny Haugland</b>	<b>114</b>												<b>49:52</b>
03:01+	09:45+	14:45+	16:43+	18:25+	20:54+	22:23+	25:25+	27:31+	33:24+	37:55+	46:54+	48:42+	49:32+	49:52+
03:01+	06:44+	05:00+	01:58+	01:42+	02:29-	01:29+	03:02+	02:06-	05:53+	04:31+	08:59+	01:48+	00:50+	00:20+
00:41&	03:10&	01:09&	00:10+	00:08+	01:51-	00:15#	00:35#	00:56-	02:02&	01:41&	00:32+	00:45&	00:02+	00:03#
<b>10</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>												<b>50:51</b>
02:25+	06:17+	11:22+	15:38+	22:32+	25:07+	26:35+	28:41+	30:49+	35:27+	39:40+	48:37+	49:29+	50:17+	50:51+
02:25+	03:52+	05:05+	04:16+	06:54+	02:35-	01:28+	02:06-	02:08-	04:38+	04:13+	08:57+	00:52-	00:48=	00:34+
00:05+	00:18+	01:14&	02:28@	05:20@	01:45-	00:14#	00:21-	00:54-	00:47#	01:23&	00:30+	00:11-	00:00=	00:17&

Class	Navn	Klasse										Tid		
<b>11</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>51:46</b>		
01:59-	06:14+	19:57+	21:33+	23:16+	25:43+	26:58+	29:54+	32:06+	38:31+	41:40+	49:16+	50:00+	51:31+	51:46+
01:59-	04:15+	13:43+	01:36-	01:43+	02:27-	01:15+	02:56+	02:12-	06:25+	03:09+	07:36-	00:44-	01:31+	00:15-
00:21-	00:41#	09:52@	00:12-	00:09+	01:53-	00:01+	00:29#	00:50-	02:34&	00:19#	00:51-	00:19-	00:43&	00:02-
<b>12</b>	<b>Torill Andersen</b>	<b>116</b>										<b>53:20</b>		
02:27+	06:40+	19:16+	20:42+	22:23+	26:25+	27:56+	30:14+	32:34+	38:20+	42:26+	51:14+	52:11+	53:01+	53:20+
02:27+	04:13+	12:36+	01:26-	01:41+	04:02-	01:31+	02:18-	02:20-	05:46+	04:06+	08:48+	00:57-	00:50+	00:19+
00:07+	00:39#	08:45@	00:22-	00:07+	00:18-	00:17#	00:09-	00:42-	01:55&	01:16&	00:21+	00:06-	00:02+	00:02#
<b>13</b>	<b>Kari Smådal Turøy</b>	<b>115</b>										<b>53:22</b>		
02:35+	06:50+	14:28+	16:09+	17:48+	21:50+	23:23+	25:59+	28:54+	36:25+	40:30+	50:11+	52:12+	53:05+	53:22+
02:35+	04:15+	07:38+	01:41-	01:39+	04:02-	01:33+	02:36+	02:55-	07:31+	04:05+	09:41+	02:01+	00:53+	00:17=
00:15#	00:41#	03:47&	00:07-	00:05+	00:18-	00:19&	00:09+	00:07-	03:40&	01:15&	01:14#	00:58&	00:05#	00:00=
<b>14</b>	<b>Ellinor Nesse</b>	<b>116</b>										<b>56:43</b>		
03:48+	08:26+	14:13+	16:50+	19:05+	22:00+	24:23+	26:59+	30:06+	37:37+	42:00+	54:05+	55:23+	56:20+	56:43+
03:48+	04:38+	05:47+	02:37+	02:15+	02:55-	02:23+	02:36+	03:07+	07:31+	04:23+	12:05+	01:18+	00:57+	00:23+
01:28&	01:04&	01:56&	00:49&	00:41&	01:25-	01:09&	00:09+	00:05+	03:40&	01:33&	03:38&	00:15#	00:09#	00:06&
<b>15</b>	<b>Marianne Fuglestad</b>	<b>117</b>										<b>58:12</b>		
03:40+	07:29+	17:22+	18:56+	20:44+	23:27+	25:39+	27:29+	29:46+	45:42+	48:34+	56:11+	57:06+	57:54+	58:12+
03:40+	03:49+	09:53+	01:34-	01:48+	02:43-	02:12+	01:50-	02:17-	15:56+	02:52+	07:37-	00:55-	00:48=	00:18+
01:20&	00:15+	06:02@	00:14-	00:14#	01:37-	00:58&	00:37-	00:45-	12:05@	00:02+	00:50-	00:08-	00:00=	00:01+
<b>16</b>	<b>Sarah Denieul</b>	<b>42</b>										<b>59:11</b>		
03:39+	07:21+	13:38+	16:18+	18:14+	28:36+	30:17+	33:03+	35:00+	43:44+	48:28+	57:08+	58:09+	58:56+	59:11+
03:39+	03:42+	06:17+	02:40+	01:56+	10:22+	01:57+	02:46+	01:57+	08:44+	04:44+	08:40+	01:01-	00:47-	00:15-
01:19&	00:08+	02:26&	00:52&	00:22#	06:02@	00:27&	00:19#	01:05-	04:53@	01:54&	00:13+	00:02-	00:01-	00:02-
<b>17</b>	<b>Eli Tjåland Stokka</b>	<b>94</b>										<b>1:02:02</b>		
03:16+	07:58+	13:50+	16:20+	19:31+	24:42+	26:38+	29:15+	32:07+	39:50+	44:04+	59:25+	60:31+	61:41+	62:02+
03:16+	04:42+	05:52+	02:30+	03:11+	05:11+	01:56+	02:37+	02:52-	07:43+	04:14+	15:21+	01:06+	01:10+	00:21+
00:56&	01:08&	02:01&	00:42&	01:37@	00:51#	00:42&	00:10+	00:10-	03:52@	01:24&	06:54&	00:03+	00:22&	00:04#
<b>18</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>										<b>1:04:05</b>		
03:06+	08:27+	21:36+	23:29+	25:51+	29:01+	30:49+	33:27+	36:36+	44:38+	49:09+	61:32+	62:49+	63:47+	64:05+
03:06+	05:21+	13:09+	01:53+	02:22+	03:10-	01:48+	02:38+	03:09+	08:02+	04:31+	12:23+	01:17+	00:58+	00:18+
00:46&	01:47&	09:18@	00:05+	00:48&	01:10-	00:34&	00:11+	00:07+	04:11@	01:41&	03:56&	00:14#	00:10#	00:01+
<b>19</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>1:05:47</b>		
02:42+	08:00+	18:32+	20:28+	24:01+	34:48+	36:29+	39:54+	42:58+	48:55+	52:30+	63:32+	64:29+	65:21+	65:47+
02:42+	05:18+	10:32+	01:56+	03:33+	10:47+	01:41+	03:25+	03:04+	05:57+	03:35+	11:02+	00:57-	00:52+	00:26+
00:22#	01:44&	06:41@	00:08+	01:59@	06:27@	00:27&	00:58&	00:02+	02:06&	00:45&	02:35&	00:06-	00:04+	00:09&
<b>20</b>	<b>Hilde Frøylog Karlsen</b>	<b>228</b>										<b>1:05:47</b>		
03:43+	08:55+	13:43+	15:54+	20:25+	26:21+	28:24+	31:11+	34:08+	48:15+	52:43+	63:19+	64:27+	65:25+	65:47+
03:43+	05:12+	04:48+	02:11+	04:31+	05:56+	02:03+	02:47+	02:57-	14:07+	04:28+	10:36+	01:08+	00:58+	00:22+
01:23&	01:38&	00:57#	00:23#	02:57@	01:36&	00:49&	00:20#	00:05-	10:16@	01:38&	02:09&	00:05+	00:10#	00:05&
<b>21</b>	<b>Gerd Vikeså</b>	<b>101</b>										<b>1:09:51</b>		
03:02+	07:40+	14:05+	35:56+	37:03+	39:26+	40:44+	46:15+	48:23+	55:43+	58:56+	67:50+	68:48+	69:34+	69:51+
03:02+	04:38+	06:25+	21:51+	01:07-	02:23-	01:18+	05:31+	02:08-	07:20+	03:13+	08:54+	00:58-	00:46-	00:17=
00:42&	01:04&	02:34&	20:03@	00:27-	01:57-	00:04+	03:04@	00:54-	03:29&	00:23#	00:27+	00:05-	00:02-	00:00=
<b>22</b>	<b>Synnøve Westermoen</b>	<b>116</b>										<b>1:12:09</b>		
06:02+	16:57+	30:22+	32:09+	33:44+	40:37+	42:15+	44:34+	47:03+	52:58+	60:00+	69:32+	70:36+	71:44+	72:09+
06:02+	10:55+	13:25+	01:47-	01:35+	06:53+	01:38+	02:19-	02:29-	05:55+	07:02+	09:32+	01:04+	01:08+	00:25+
03:42@	07:21@	09:34@	00:01-	00:01+	02:33&	00:24&	00:08-	00:33-	02:04&	04:12@	01:05#	00:01+	00:20&	00:08&
<b>23</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>										<b>1:12:29</b>		
03:08+	08:08+	23:16+	27:12+	32:24+	36:55+	39:23+	42:21+	46:09+	53:21+	58:31+	69:50+	71:03+	72:05+	72:29+
03:08+	05:00+	15:08+	03:56+	05:12+	04:31+	02:28+	02:58+	03:48+	07:12+	05:10+	11:19+	01:13+	01:02+	00:24+
00:48&	01:26&	11:17@	02:08@	03:38@	00:11+	01:14&	00:31#	00:46&	03:21&	02:20&	02:52&	00:10#	00:14&	00:07&
<b>24</b>	<b>Margot Lilledal</b>	<b>27</b>										<b>1:30:26</b>		
03:21+	15:36+	34:30+	37:03+	47:25+	51:25+	53:22+	57:20+	59:43+	68:14+	75:42+	87:58+	89:14+	90:08+	90:26+
03:21+	12:15+	18:54+	02:33+	10:22+	04:00-	01:57+	03:58+	02:23-	08:31+	07:28+	12:16+	01:16+	00:54+	00:18+
01:01&	08:41@	15:03@	00:45&	08:48@	00:20-	00:43&	01:31&	00:39-	04:40@	04:38@	03:49&	00:13#	00:06#	00:01+
<b>25</b>	<b>Brit Vivian Meling</b>	<b>116</b>										<b>1:42:39</b>		
04:17+	09:46+	34:16+	42:26+	50:13+	54:38+	57:47+	64:46+	68:16+	77:03+	82:15+	98:27+	100:21+	101:58+	102:39+
04:17+	05:29+	24:30+	08:10+	07:47+	04:25+	03:09+	06:59+	03:30+	08:47+	05:12+	16:12+	01:54+	01:37+	00:41+
01:57&	01:55&	20:39@	06:22@	06:13@	00:05+	01:55@	04:32@	00:28#	04:56@	02:22&	07:45&	00:51&	00:49@	00:24@

Class	Navn	Klasse										Tid		
<b>26</b>	<b>Anne Katrine Lycke</b>	<b>147</b>										<b>1:47:06</b>		
04:38+	09:11+	16:21+	47:54+	49:43+	55:35+	58:03+	62:03+	66:34+	75:18+	89:18+	99:50+	101:21+	106:16+	107:06+
04:38+	04:33+	07:10+	31:33+	01:49+	05:52+	02:28+	04:00+	04:31+	08:44+	14:00+	10:32+	01:31+	04:55+	00:50+
02:18&	00:59&	03:19&	29:45&	00:15#	01:32&	01:14&	01:33&	01:29&	04:53&	11:10&	02:05#	00:28&	04:07&	00:33&

**Beste strekktid for klassen**  
01:59 03:34 03:51 01:26 01:07 02:11 01:14 01:50 01:57 03:51 02:50 07:36 00:44 00:46 00:15

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

## Damer 60 - 64 år

<b>1</b>	<b>Marit Karin Nygård</b>	<b>92</b>										<b>44:50</b>		
02:40=	07:23=	11:50=	13:42=	15:32=	17:17=	19:07=	21:21=	23:49=	28:38=	32:47=	39:32=	43:11=	44:32=	44:50=
02:40=	04:43=	04:27=	01:52=	01:50=	01:45=	01:50=	02:14=	02:28=	04:49=	04:09=	06:45=	03:39=	01:21=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Liv-Grete Obrestad</b>	<b>113</b>										<b>45:13</b>		
02:05-	05:56-	09:11-	10:46-	13:57-	18:27+	19:45+	22:49+	25:12+	30:01+	33:26+	39:56+	43:02-	44:53+	45:13+
02:05-	03:51-	03:15-	01:35-	03:11+	04:30+	01:18-	03:04+	02:23-	04:49+	03:25-	06:30-	03:06-	01:51+	00:20+
00:35-	00:52-	01:12-	00:17-	01:21&	02:45&	00:32-	00:50&	00:05-	00:00=	00:44-	00:15-	00:33-	00:30&	00:02#

<b>3</b>	<b>Amanda Renshaw</b>	<b>101</b>										<b>46:02</b>		
02:52+	06:58-	13:47+	15:39+	17:09+	19:35+	21:07+	23:51+	26:00+	31:06+	34:31+	40:44+	44:20+	45:44+	46:02+
02:52+	04:06-	06:49+	01:52=	01:30-	02:26+	01:32-	02:44+	02:09-	05:06+	03:25-	06:13-	03:36-	01:24+	00:18=
00:12+	00:37-	02:22&	00:00=	00:20-	00:41&	00:18-	00:30#	00:19-	00:17+	00:44-	00:32-	00:03-	00:03+	00:00=

<b>4</b>	<b>Eli Frafjord</b>	<b>94</b>										<b>48:20</b>		
02:32-	06:54-	11:33-	13:28-	14:28-	18:09+	19:43+	22:17+	24:22+	33:36+	36:54+	43:16+	46:38+	48:01+	48:20+
02:32-	04:22-	04:39+	01:55+	01:00-	03:41+	01:34-	02:34+	02:05-	09:14+	03:18-	06:22-	03:22-	01:23+	00:19+
00:08-	00:21-	00:12+	00:03+	00:50-	01:56&	00:16-	00:20#	00:23-	04:25&	00:51-	00:23-	00:17-	00:02+	00:01+

<b>5</b>	<b>Tove Bjerkeim</b>	<b>105</b>										<b>49:31</b>		
02:45+	06:43-	13:12+	15:25+	16:42+	20:39+	22:50+	25:26+	27:59+	33:28+	37:25+	44:19+	47:36+	49:10+	49:31+
02:45+	03:58-	06:29+	02:13+	01:17-	03:57+	02:11+	02:36+	02:33+	05:29+	03:57-	06:54+	03:17-	01:34+	00:21+
00:05+	00:45-	02:02&	00:21#	00:33-	02:12&	00:21#	00:22#	00:05+	00:40#	00:12-	00:09+	00:22-	00:13#	00:03#

<b>6</b>	<b>Berit Bakken</b>	<b>168</b>										<b>55:17</b>		
02:42+	07:17-	17:26+	19:08+	20:26+	22:18+	23:53+	26:47+	30:22+	39:12+	43:10+	49:55+	53:22+	54:58+	55:17+
02:42+	04:35-	10:09+	01:42-	01:18-	01:52+	01:35-	02:54+	03:35+	08:50+	03:58-	06:45-	03:27-	01:36+	00:19+
00:02+	00:08-	05:42&	00:10-	00:32-	00:07+	00:15-	00:40&	01:07&	04:01&	00:11-	00:00=	00:12-	00:15#	00:01+

<b>7</b>	<b>Ingunn Voilås</b>	<b>29</b>										<b>58:19</b>		
02:34-	07:11-	12:03+	13:46+	15:05-	16:38-	18:11-	20:15-	23:03-	41:32+	44:57+	52:14+	56:15+	57:57+	58:19+
02:34-	04:37-	04:52+	01:43-	01:19-	01:33-	01:33-	02:04-	02:48+	18:29+	03:25-	07:17+	04:01+	01:42+	00:22+
00:06-	00:06-	00:25+	00:09-	00:31-	00:12-	00:17-	00:10-	00:20#	13:40&	00:44-	00:32+	00:22#	00:21&	00:04#

<b>8</b>	<b>Kari Blixhavn</b>	<b>228</b>										<b>1:05:32</b>		
03:29+	08:57+	14:48+	17:18+	19:25+	21:59+	24:15+	27:09+	30:28+	39:46+	45:04+	54:43+	59:57+	65:08+	65:32+
03:29+	05:28+	05:51+	02:30+	02:07+	02:34+	02:16+	02:54+	03:19+	09:18+	05:18+	09:39+	05:14+	05:11+	00:24+
00:49&	00:45#	01:24&	00:38&	00:17#	00:49&	00:26#	00:40&	00:51&	04:29&	01:09&	02:54&	01:35&	03:50&	00:06&

<b>9</b>	<b>Unni Relling</b>	<b>92</b>										<b>1:11:57</b>		
03:17+	08:49+	19:22+	22:00+	23:38+	28:13+	30:26+	34:18+	37:17+	44:16+	50:02+	61:02+	65:50+	71:32+	71:57+
03:17+	05:32+	10:33+	02:38+	01:38-	04:35+	02:13+	03:52+	02:59+	06:59+	05:46+	11:00+	04:48+	05:42+	00:25+
00:37#	00:49#	06:06&	00:46&	00:12-	02:50&	00:23#	01:38&	00:31#	02:10&	01:37&	04:15&	01:09&	04:21&	00:07&

<b>10</b>	<b>Aud Steinsland</b>	<b>128</b>										<b>1:15:34</b>		
03:31+	09:04+	17:15+	19:31+	20:47+	27:46+	30:12+	42:06+	46:13+	54:18+	60:17+	69:02+	73:35+	75:14+	75:34+
03:31+	05:33+	08:11+	02:16+	01:16-	06:59+	02:26+	11:54+	04:07+	08:05+	05:59+	08:45+	04:33+	01:39+	00:20+
00:51&	00:50#	03:44&	00:24#	00:34-	05:14&	00:36&	09:40&	01:39&	03:16&	01:50&	02:00&	00:54#	00:18#	00:02#

<b>11</b>	<b>Hanna S. Lomeland</b>	<b>47</b>										<b>1:15:34</b>		
03:33+	09:02+	17:12+	19:33+	20:50+	27:42+	30:10+	42:04+	46:16+	54:15+	60:21+	69:05+	73:37+	75:15+	75:34+
03:33+	05:29+	08:10+	02:21+	01:17-	06:52+	02:28+	11:54+	04:12+	07:59+	06:06+	08:44+	04:32+	01:38+	00:19+
00:53&	00:46#	03:43&	00:29&	00:33-	05:07&	00:38&	09:40&	01:44&	03:10&	01:57&	01:59&	00:53#	00:17#	00:01+

<b>12</b>	<b>Åse Berg</b>	<b>105</b>										<b>1:17:17</b>		
03:42+	08:37+	15:45+	23:25+	25:07+	31:05+	33:47+	41:48+	45:44+	53:46+	59:40+	68:35+	74:56+	76:51+	77:17+
03:42+	04:55+	07:08+	07:40+	01:42-	05:58+	02:42+	08:01+	03:56+	08:02+	05:54+	08:55+	06:21+	01:55+	00:26+
01:02&	00:12+	02:41&	05:48&	00:08-	04:13&	00:52&	05:47&	01:28&	03:13&	01:45&	02:10&	02:42&	00:34&	00:08&

Class	Navn	Klasse												Tid
<b>13</b>	<b>Randi Wesetvik</b>	<b>116</b>												<b>1:19:32</b>
03:32+	14:41+	21:20+	24:05+	26:56+	29:56+	35:19+	38:32+	41:53+	55:21+	60:57+	71:26+	76:38+	79:08+	79:32+
03:32+	11:09+	06:39+	02:45+	02:51+	03:00+	05:23+	03:13+	03:21+	13:28+	05:36+	10:29+	05:12+	02:30+	00:24+
00:52&	06:26@	02:12&	00:53&	01:01&	01:15&	03:33@	00:59&	00:53&	08:39@	01:27&	03:44&	01:33&	01:09&	00:06&

**Beste strekktid for klassen**

02:05 03:51 03:15 01:35 01:00 01:33 01:18 02:04 02:05 04:49 03:18 06:13 03:06 01:21 00:18

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

**Damer 65 - 69 år**

<b>1</b>	<b>Berit K. Gramstad</b>	<b>113</b>												<b>58:24</b>
03:17=	08:14=	18:32=	20:18=	21:37=	23:22=	24:59=	27:59=	31:27=	39:41=	44:28=	51:19=	55:38=	58:01=	58:24=
03:17=	04:57=	10:18=	01:46=	01:19=	01:45=	01:37=	03:00=	03:28=	08:14=	04:47=	06:51=	04:19=	02:23=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Halldis Handeland</b>	<b>92</b>												<b>1:00:23</b>
03:17=	08:11=	17:41=	20:00=	21:36=	23:39+	25:35+	28:06+	30:59=	37:41=	44:18=	53:22+	57:37+	60:04+	60:23+
03:17=	04:54=	09:30=	02:19+	01:36+	02:03+	01:56+	02:31=	02:53=	06:42=	06:37+	09:04+	04:15=	02:27+	00:19=
00:00=	00:03=	00:48=	00:33&	00:17#	00:18#	00:19#	00:29=	00:35=	01:32=	01:50&	02:13&	00:04=	00:04+	00:04=

<b>3</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>												<b>1:01:26</b>
02:48=	07:56=	15:48=	21:20+	22:55+	26:50+	29:02+	33:06+	35:35+	42:35+	47:07+	55:17+	59:13+	61:01+	61:26+
02:48=	05:08+	07:52=	05:32+	01:35+	03:55+	02:12+	04:04+	02:29=	07:00=	04:32=	08:10+	03:56=	01:48=	00:25+
00:29=	00:11+	02:26=	03:46@	00:16#	02:10@	00:35&	01:04&	00:59=	01:14=	00:15=	01:19#	00:23=	00:35=	00:02+

<b>4</b>	<b>Synnøva Gausel</b>	<b>115</b>												<b>1:14:39</b>
03:09=	09:43+	22:32+	24:47+	26:09+	28:27+	30:11+	33:00+	35:28+	42:18+	53:52+	67:52+	72:24+	74:18+	74:39+
03:09=	06:34+	12:49+	02:15+	01:22+	02:18+	01:44+	02:49=	02:28=	06:50=	11:34+	14:00+	04:32+	01:54=	00:21=
00:08=	01:37&	02:31#	00:29&	00:03+	00:33&	00:07+	00:11=	01:00=	01:24=	06:47@	07:09@	00:13+	00:29=	00:02=

<b>5</b>	<b>Wenche Anda Haarr</b>	<b>92</b>												<b>1:15:13</b>
06:41+	12:05+	18:27=	20:19+	32:29+	36:56+	38:56+	42:58+	46:13+	53:31+	58:26+	68:15+	73:03+	74:50+	75:13+
06:41+	05:24+	06:22=	01:52+	12:10+	04:27+	02:00+	04:02+	03:15=	07:18=	04:55+	09:49+	04:48+	01:47=	00:23=
03:24@	00:27+	03:56=	00:06+	10:51@	02:42@	00:23#	01:02&	00:13=	00:56=	00:08+	02:58&	00:29#	00:36=	00:00=

**Beste strekktid for klassen**

02:48 04:54 06:22 01:46 01:19 01:45 01:37 02:31 02:28 06:42 04:32 06:51 03:56 01:47 00:19

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

**Damer 70 - 74 år**

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>												<b>45:28</b>
02:48=	07:31=	12:26=	14:40=	16:00=	18:07=	19:43=	22:28=	25:13=	29:58=	33:22=	40:25=	43:38=	45:10=	45:28=
02:48=	04:43=	04:55=	02:14=	01:20=	02:07=	01:36=	02:45=	02:45=	04:45=	03:24=	07:03=	03:13=	01:32=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Inger Skretting Opstad</b>	<b>54</b>												<b>57:14</b>
03:40+	09:00+	15:06+	17:23+	19:00+	22:58+	25:08+	28:46+	31:27+	38:21+	42:59+	51:11+	55:03+	56:56+	57:14+
03:40+	05:20+	06:06+	02:17+	01:37+	03:58+	02:10+	03:38+	02:41=	06:54+	04:38+	08:12+	03:52+	01:53+	00:18=
00:52&	00:37#	01:11#	00:03+	00:17#	01:51&	00:34&	00:53&	00:04=	02:09&	01:14&	01:09#	00:39#	00:21#	00:00=

<b>3</b>	<b>Haldis Glendrange</b>	<b>68</b>												<b>1:03:01</b>
03:07+	07:34+	14:23+	17:43+	19:08+	31:23+	33:10+	36:06+	39:18+	44:46+	49:04+	56:09+	60:23+	62:41+	63:01+
03:07+	04:27=	06:49+	03:20+	01:25+	12:15+	01:47+	02:56+	03:12+	05:28+	04:18+	07:05+	04:14+	02:18+	00:20+
00:19#	00:16=	01:54&	01:06&	00:05+	10:08@	00:11#	00:11+	00:27#	00:43#	00:54&	00:02+	01:01&	00:46&	00:02#

<b>4</b>	<b>Hedvig Anda</b>	<b>116</b>												<b>1:05:42</b>
03:28+	08:58+	16:23+	22:20+	26:05+	29:04+	31:15+	33:52+	36:59+	45:55+	51:14+	59:10+	63:19+	65:24+	65:42+
03:28+	05:30+	07:25+	05:57+	03:45+	02:59+	02:11+	02:37=	03:07+	08:56+	05:19+	07:56+	04:09+	02:05+	00:18=
00:40#	00:47#	02:30&	03:43@	02:25@	00:52&	00:35&	00:08=	00:22#	04:11&	01:55&	00:53#	00:56&	00:33&	00:00=

<b>5</b>	<b>Ragnhild Christiansen</b>	<b>93</b>												<b>1:11:56</b>
04:31+	10:12+	19:43+	22:59+	24:51+	29:00+	31:18+	34:24+	37:43+	47:28+	54:17+	63:45+	68:29+	71:32+	71:56+
04:31+	05:41+	09:31+	03:16+	01:52+	04:09+	02:18+	03:06+	03:19+	09:45+	06:49+	09:28+	04:44+	03:03+	00:24+
01:43&	00:58#	04:36&	01:02&	00:32&	02:02&	00:42&	00:21#	00:34#	05:00@	03:25@	02:25&	01:31&	01:31&	00:06&

Class	Navn	Klasse												Tid
<b>6</b>	<b>Margaret Malmin</b>	<b>105</b>												<b>1:21:02</b>
05:01+	11:57+	19:21+	22:08+	27:58+	32:57+	35:13+	38:32+	42:32+	52:16+	57:32+	69:12+	75:40+	80:31+	81:02+
05:01+	06:56+	07:24+	02:47+	05:50+	04:59+	02:16+	03:19+	04:00+	09:44+	05:16+	11:40+	06:28+	04:51+	00:31+
02:13&	02:13&	02:29&	00:33#	04:30@	02:52@	00:40&	00:34#	01:15&	04:59@	01:52&	04:37&	03:15@	03:19@	00:13&
<b>7</b>	<b>Helga Klausen</b>	<b>62</b>												<b>1:22:30</b>
03:52+	10:32+	16:42+	19:07+	20:42+	28:52+	31:03+	34:33+	37:48+	59:51+	64:54+	74:21+	79:50+	82:04+	82:30+
03:52+	06:40+	06:10+	02:25+	01:35+	08:10+	02:11+	03:30+	03:15+	22:03+	05:03+	09:27+	05:29+	02:14+	00:26+
01:04&	01:57&	01:15&	00:11+	00:15#	06:03@	00:35&	00:45&	00:30#	17:18@	01:39&	02:24&	02:16&	00:42&	00:08&
<b>Beste strekktid for klassen</b>														
02:48	04:27	04:55	02:14	01:20	02:07	01:36	02:37	02:41	04:45	03:24	07:03	03:13	01:32	00:18

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

## Damer 75 - 79 år

<b>1</b>	<b>Gry V. Thengs</b>	<b>68</b>												<b>48:54</b>
02:57=	07:10=	12:36=	14:20=	15:51=	17:52=	19:50=	22:36=	25:07=	33:06=	36:30=	42:57=	46:19=	48:35=	48:54=
02:57=	04:13=	05:26=	01:44=	01:31=	02:01=	01:58=	02:46=	02:31=	07:59=	03:24=	06:27=	03:22=	02:16=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Synnøve Fuglestad</b>	<b>29</b>												<b>52:22</b>
04:48+	09:14+	14:39+	16:27+	17:55+	19:57+	21:49+	24:31+	27:10+	34:31+	38:27+	45:34+	49:12+	51:55+	52:22+
04:48+	04:26+	05:25-	01:48+	01:28-	02:02+	01:52-	02:42-	02:39+	07:21-	03:56+	07:07+	03:38+	02:43+	00:27+
01:51&	00:13+	00:01-	00:04+	00:03-	00:01+	00:06-	00:04-	00:08+	00:38-	00:32#	00:40#	00:16+	00:27#	00:08&
<b>3</b>	<b>Helga Aaslid</b>	<b>54</b>												<b>58:15</b>
03:40+	09:55+	16:10+	18:32+	20:10+	24:03+	26:06+	30:03+	32:31+	39:26+	44:02+	52:15+	56:09+	57:57+	58:15+
03:40+	06:15+	06:15+	02:22+	01:38+	03:53+	02:03+	03:57+	02:28-	06:55-	04:36+	08:13+	03:54+	01:48-	00:18-
00:43#	02:02&	00:49#	00:38&	00:07+	01:52&	00:05+	01:11&	00:03-	01:04-	01:12&	01:46&	00:32#	00:28-	00:01-
<b>4</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>												<b>1:16:55</b>
05:59+	12:11+	19:28+	23:42+	26:10+	32:33+	35:02+	38:29+	42:09+	51:20+	57:10+	68:16+	73:03+	76:26+	76:55+
05:59+	06:12+	07:17+	04:14+	02:28+	06:23+	02:29+	03:27+	03:40+	09:11+	05:50+	11:06+	04:47+	03:23+	00:29+
03:02@	01:59&	01:51&	02:30@	00:57&	04:22@	00:31&	00:41#	01:09&	01:12#	02:26&	04:39&	01:25&	01:07&	00:10&
<b>Beste strekktid for klassen</b>														
02:57	04:13	05:25	01:44	01:28	02:01	01:52	02:42	02:28	06:55	03:24	06:27	03:22	01:48	00:18

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

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>												<b>1:11:37</b>
14:32=	22:41=	27:30=	31:21=	36:50=	51:15=	55:39=	59:16=	66:13=	69:30=	71:09=	71:37=			
14:32=	08:09=	04:49=	03:51=	05:29=	14:25=	04:24=	03:37=	06:57=	03:17=	01:39=	00:28=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>Beste strekktid for klassen</b>														
14:32	08:09	04:49	03:51	05:29	14:25	04:24	03:37	06:57	03:17	01:39	00:28			

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>												<b>42:11</b>									
04:16=	06:43=	08:06=	08:45=	09:49=	11:28=	14:28=	17:01=	17:47=	19:49=	20:32=	21:15=	22:47=	24:20=	26:04=	30:10=	31:31=	33:57=	37:07=	38:47=	40:52=	41:26=	41:58=	42:11=
04:16=	02:27=	01:23=	00:39=	01:04=	01:39=	03:00=	02:33=	00:46=	02:02=	00:43=	00:43=	01:32=	01:33=	01:44=	04:06=	01:21=	02:26=	03:10=	01:40=	02:05=	00:34=	00:32=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>												<b>43:46</b>									
03:23-	06:30-	07:58-	10:48+	11:34+	14:17+	16:43+	19:22+	19:59+	21:48+	22:42+	23:16+	24:38+	26:56+	28:19+	31:13+	33:06+	35:05+	38:33+	40:31+	42:22+	42:52+	43:35+	43:46+
03:23-	03:07+	01:28+	02:50+	00:46-	02:43+	02:26-	02:39+	00:37-	01:49-	00:54+	00:34-	01:22-	02:18+	01:23-	02:54-	01:53+	01:59-	03:28+	01:58+	01:51-	00:30-	00:43+	00:11-
00:53-	00:40&	00:05+	02:11@	00:18-	01:04&	00:34-	00:06+	00:09-	00:13-	00:11&	00:09-	00:10-	00:45&	00:21-	01:12-	00:32&	00:27-	00:18+	00:18#	00:14-	00:04-	00:11&	00:02-





Class	Navn	Klasse											Tid		
<b>4</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>44:42</b>		
02:07+	05:12+	08:19+	10:15+	13:15+	18:17+	19:20+	21:15+	23:58+	27:34+	30:07+	35:12+	39:57+	42:18+	44:22+	44:42+
02:07+	03:05-	03:07+	01:56+	03:00+	05:02+	01:03-	01:55+	02:43+	03:36-	02:33-	05:05-	04:45-	02:21-	02:04-	00:20+
00:15#	00:08-	00:16+	00:05+	01:04&	03:10@	00:23-	00:13#	00:55&	00:01-	00:13-	00:33-	00:05-	00:36-	00:27-	00:04#
<b>5</b>	<b>Inger Tone Nygård</b>	<b>29</b>											<b>45:53</b>		
01:49-	05:05=	08:01+	09:36-	13:52+	15:55+	17:04+	19:15+	21:03+	24:58+	27:57+	33:44+	40:55+	43:38+	45:38+	45:53+
01:49-	03:16+	02:56+	01:35-	04:16+	02:03+	01:09-	02:11+	01:48=	03:55+	02:59+	05:47+	07:11+	02:43-	02:00-	00:15-
00:03-	00:03+	00:05+	00:16-	02:20@	00:11+	00:17-	00:29&	00:00=	00:18+	00:13+	00:09+	02:21&	00:14-	00:31-	00:01-
<b>6</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>47:59</b>		
01:58+	05:38+	09:11+	11:24+	15:07+	17:17+	18:44+	21:21+	23:13+	27:46+	31:24+	37:05+	42:35+	45:28+	47:44+	47:59+
01:58+	03:40+	03:33+	02:13+	03:43+	02:10+	01:27+	02:37+	01:52+	04:33+	03:38+	05:41+	05:30+	02:53-	02:16-	00:15-
00:06+	00:27#	00:42#	00:22#	01:47&	00:18#	00:01+	00:55&	00:04+	00:56&	00:52&	00:03+	00:40#	00:04-	00:15-	00:01-
<b>7</b>	<b>Vibeke Lamark</b>	<b>46</b>											<b>49:49</b>		
02:51+	06:51+	11:27+	14:19+	16:29+	18:47+	20:43+	23:02+	25:06+	29:26+	32:56+	39:04+	44:10+	47:16+	49:33+	49:49+
02:51+	04:00+	04:36+	02:52+	02:10+	02:18+	01:56+	02:19+	02:04+	04:20+	03:30+	06:08+	05:06+	03:06+	02:17-	00:16=
00:59&	00:47#	01:45&	01:01&	00:14#	00:26#	00:30&	00:37&	00:16#	00:43#	00:44&	00:30+	00:16+	00:09+	00:14-	00:00=
<b>8</b>	<b>Irene Rummelhoff</b>	<b>116</b>											<b>50:43</b>		
02:08+	05:57+	11:53+	14:08+	17:21+	19:42+	21:23+	23:19+	25:26+	29:40+	32:41+	39:10+	44:52+	48:03+	50:26+	50:43+
02:08+	03:49+	05:56+	02:15+	03:13+	02:21+	01:41+	01:56+	02:07+	04:14+	03:01+	06:29+	05:42+	03:11+	02:23-	00:17+
00:16#	00:36#	03:05@	00:24#	01:17&	00:29&	00:15#	00:14#	00:19#	00:37#	00:15+	00:51#	00:52#	00:14+	00:08-	00:01+
<b>9</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>52:14</b>		
01:59+	05:52+	12:16+	16:07+	18:34+	20:42+	22:14+	24:08+	26:27+	31:01+	34:16+	41:05+	46:47+	49:55+	51:57+	52:14+
01:59+	03:53+	06:24+	03:51+	02:27+	02:08+	01:32+	01:54+	02:19+	04:34+	03:15+	06:49+	05:42+	03:08+	02:02-	00:17+
00:07+	00:40#	03:33@	02:00@	00:31&	00:16#	00:06+	00:12#	00:31&	00:57&	00:29#	01:11#	00:52#	00:11+	00:29-	00:01+
<b>10</b>	<b>Jorunn Johannesen</b>	<b>116</b>											<b>52:19</b>		
02:13+	05:57+	11:05+	13:04+	19:43+	21:35+	23:09+	25:54+	27:50+	31:53+	34:34+	40:57+	46:25+	49:42+	52:01+	52:19+
02:13+	03:44+	05:08+	01:59+	06:39+	01:52=	01:34+	02:45+	01:56+	04:03+	02:41-	06:23+	05:28+	03:17+	02:19-	00:18+
00:21#	00:31#	02:17&	00:08+	04:43@	00:00=	00:08+	01:03&	00:08+	00:26#	00:05-	00:45#	00:38#	00:20#	00:12-	00:02#
<b>11</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>54:02</b>		
02:00+	05:41+	09:53+	15:50+	17:37+	19:32+	21:00+	23:34+	25:52+	34:24+	37:09+	43:06+	48:42+	51:43+	53:48+	54:02+
02:00+	03:41+	04:12+	05:57+	01:47-	01:55+	01:28+	02:34+	02:18+	08:32+	02:45-	05:57+	05:36+	03:01+	02:05-	00:14-
00:08+	00:28#	01:21&	04:06@	00:09-	00:03+	00:02+	00:52&	00:30&	04:55@	00:01-	00:19+	00:46#	00:04+	00:26-	00:02-
<b>12</b>	<b>Agnès Elin Engen</b>	<b>116</b>											<b>54:25</b>		
02:13+	06:08+	10:21+	13:35+	18:53+	21:13+	22:50+	25:10+	27:53+	32:50+	36:40+	43:07+	48:29+	51:54+	54:08+	54:25+
02:13+	03:55+	04:13+	03:14+	05:18+	02:20+	01:37+	02:20+	02:43+	04:57+	03:50+	06:27+	05:22+	03:25+	02:14-	00:17+
00:21#	00:42#	01:22&	01:23&	03:22@	00:28#	00:11#	00:38&	00:55&	01:20&	01:04&	00:49#	00:32#	00:28#	00:17-	00:01+
<b>13</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>54:44</b>		
02:29+	06:59+	10:44+	12:48+	16:09+	19:24+	21:07+	23:36+	25:45+	30:52+	34:49+	41:38+	47:51+	51:45+	54:26+	54:44+
02:29+	04:30+	03:45+	02:04+	03:21+	03:15+	01:43+	02:29+	02:09+	05:07+	03:57+	06:49+	06:13+	03:54+	02:41+	00:18+
00:37&	01:17&	00:54&	00:13#	01:25&	01:23&	00:17#	00:47&	00:21#	01:30&	01:11&	01:11#	01:23&	00:57&	00:10+	00:02#
<b>14</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>58:07</b>		
02:17+	06:22+	13:14+	15:59+	22:11+	26:46+	28:13+	30:22+	32:20+	36:48+	40:09+	47:03+	52:43+	55:28+	57:49+	58:07+
02:17+	04:05+	06:52+	02:45+	06:12+	04:35+	01:27+	02:09+	01:58+	04:28+	03:21+	06:54+	05:40+	02:45-	02:21-	00:18+
00:25#	00:52&	04:01@	00:54&	04:16@	02:43@	00:01+	00:27&	00:10+	00:51#	00:35#	01:16#	00:50#	00:12-	00:10-	00:02#
<b>15</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>											<b>1:01:31</b>		
03:08+	06:56+	11:35+	15:34+	20:11+	23:21+	24:53+	27:09+	29:48+	35:50+	39:16+	47:59+	55:21+	58:30+	61:14+	61:31+
03:08+	03:48+	04:39+	03:59+	04:37+	03:10+	01:32+	02:16+	02:39+	06:02+	03:26+	08:43+	07:22+	03:09+	02:44+	00:17+
01:16&	00:35#	01:48&	02:08@	02:41@	01:18&	00:06+	00:34&	00:51&	02:25&	00:40#	03:05&	02:32&	00:12+	00:13+	00:01+
<b>16</b>	<b>Tone Cecilie Nystrøm</b>	<b>68</b>											<b>1:04:22</b>		
02:24+	06:54+	13:17+	16:28+	19:51+	23:02+	24:46+	29:14+	31:47+	37:19+	43:02+	51:12+	57:33+	61:06+	64:00+	64:22+
02:24+	04:30+	06:23+	03:11+	03:23+	03:11+	01:44+	04:28+	02:33+	05:32+	05:43+	08:10+	06:21+	03:33+	02:54+	00:22+
00:32&	01:17&	03:32@	01:20&	01:27&	01:19&	00:18#	02:46@	00:45&	01:55&	02:57@	02:32&	01:31&	00:36#	00:23#	00:06&
<b>17</b>	<b>Ragnhild Auglænd</b>	<b>168</b>											<b>1:05:22</b>		
02:55+	07:41+	11:55+	14:02+	24:12+	26:23+	28:10+	31:04+	33:49+	39:57+	45:17+	52:56+	59:30+	62:22+	65:00+	65:22+
02:55+	04:46+	04:14+	02:07+	10:10+	02:11+	01:47+	02:54+	02:45+	06:08+	05:20+	07:39+	06:34+	02:52-	02:38+	00:22+
01:03&	01:33&	01:23&	00:16#	08:14@	00:19#	00:21#	01:12&	00:57&	02:31&	02:34&	02:01&	01:44&	00:05-	00:07+	00:06&
<b>18</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>1:09:00</b>		
02:49+	06:48+	14:10+	17:51+	22:03+	26:45+	28:24+	30:44+	33:22+	40:36+	45:08+	52:01+	62:01+	65:48+	68:46+	69:00+
02:49+	03:59+	07:22+	03:41+	04:12+	04:42+	01:39+	02:20+	02:38+	07:14+	04:32+	06:53+	10:00+	03:47+	02:58+	00:14-
00:57&	00:46#	04:31@	01:50&	02:16@	02:50@	00:13#	00:38&	00:50&	03:37&	01:46&	01:15#	05:10@	00:50&	00:27#	00:02-

Class	Navn	Klasse										Tid			
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### Beste strekktid for klassen

01:49 03:05 02:51 01:35 01:47 01:49 01:03 01:42 01:35 03:36 02:33 05:05 04:45 02:18 02:00 00:14

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

## Damer Ny

**1 Anette Wolff 113 46:33**

06:27= 10:44= 14:07= 23:46= 28:22= 31:21= 35:21= 38:23= 45:59= 46:33=  
 06:27= 04:17= 03:23= 09:39= 04:36= 02:59= 04:00= 03:02= 07:36= 00:34=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Marinela Lature 115 1:06:52**

08:04+ 31:43+ 34:31+ 48:56+ 52:49+ 56:31+ 61:36+ 64:59+ 66:19+ 66:52+  
 08:04+ 23:39+ 02:48- 14:25+ 03:53- 03:42+ 05:05+ 03:23+ 01:20- 00:33-  
 01:37& 19:22@ 00:35- 04:46& 00:43- 00:43# 01:05& 00:21# 06:16- 00:01-

### Beste strekktid for klassen

06:27 04:17 02:48 09:39 03:53 02:59 04:00 03:02 01:20 00:33

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

## Damer Trim

**1 Gerd Katrin Kro 117 25:28**

02:03= 03:53= 07:03= 09:12= 12:46= 17:19= 20:22= 22:32= 24:07= 25:13= 25:28=  
 02:03= 01:50= 03:10= 02:09= 03:34= 04:33= 03:03= 02:10= 01:35= 01:06= 00:15=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Maryon Paulsen Strugstad 43 26:54**

02:04+ 03:02- 08:04+ 10:22+ 13:42+ 18:41+ 21:55+ 23:59+ 25:49+ 26:38+ 26:54+  
 02:04+ 00:58- 05:02+ 02:18+ 03:20- 04:59+ 03:14+ 02:04- 01:50+ 00:49- 00:16+  
 00:01+ 00:52- 01:52& 00:09+ 00:14- 00:26+ 00:11+ 00:06- 00:15# 00:17- 00:01+

**3 Fredrike Kraher 126 29:05**

02:35+ 03:54+ 07:36+ 10:48+ 14:44+ 20:24+ 23:53+ 26:03+ 28:02+ 28:49+ 29:05+  
 02:35+ 01:19- 03:42+ 03:12+ 03:56+ 05:40+ 03:29+ 02:10= 01:59+ 00:47- 00:16+  
 00:32& 00:31- 00:32# 01:03& 00:22# 01:07# 00:26# 00:00= 00:24& 00:19- 00:01+

**4 Maria Larsen Wigestrang 71 29:13**

02:38+ 04:17+ 07:42+ 11:24+ 15:00+ 19:51+ 23:26+ 25:54+ 27:50+ 28:49+ 29:13+  
 02:38+ 01:39- 03:25+ 03:42+ 03:36+ 04:51+ 03:35+ 02:28+ 01:56+ 00:59- 00:24+  
 00:35& 00:11- 00:15+ 01:33& 00:02+ 00:18+ 00:32# 00:18# 00:21# 00:07- 00:09&

**5 Aina Kalsaas Urstad 356 29:17**

02:42+ 04:03+ 07:37+ 09:54+ 14:49+ 20:24+ 23:57+ 26:20+ 28:15+ 29:01+ 29:17+  
 02:42+ 01:21- 03:34+ 02:17+ 04:55+ 05:35+ 03:33+ 02:23+ 01:55+ 00:46- 00:16+  
 00:39& 00:29- 00:24# 00:08+ 01:21& 01:02# 00:30# 00:13# 00:20# 00:20- 00:01+

**6 Kristina Dvergseth 356 31:33**

02:30+ 03:57+ 08:05+ 11:08+ 15:17+ 21:16+ 25:06+ 27:49+ 30:09+ 31:15+ 31:33+  
 02:30+ 01:27- 04:08+ 03:03+ 04:09+ 05:59+ 03:50+ 02:43+ 02:20+ 01:06= 00:18+  
 00:27# 00:23- 00:58& 00:54& 00:35# 01:26& 00:47& 00:33& 00:45& 00:00= 00:03#

**7 Heidi Langeland 117 32:11**

02:42+ 04:10+ 08:31+ 11:22+ 16:03+ 21:04+ 25:17+ 28:28+ 30:54+ 31:51+ 32:11+  
 02:42+ 01:28- 04:21+ 02:51+ 04:41+ 05:01+ 04:13+ 03:11+ 02:26+ 00:57- 00:20+  
 00:39& 00:22- 01:11& 00:42& 01:07& 00:28# 01:10& 01:01& 00:51& 00:09- 00:05&

**8 Mari Thu Randulff 39 32:49**

03:51+ 08:44+ 12:11+ 15:02+ 18:47+ 24:11+ 28:00+ 30:10+ 31:49+ 32:37+ 32:49+  
 03:51+ 04:53+ 03:27+ 02:51+ 03:45+ 05:24+ 03:49+ 02:10= 01:39+ 00:48- 00:12-  
 01:48& 03:03@ 00:17+ 00:42& 00:11+ 00:51# 00:46& 00:00= 00:04+ 00:18- 00:03-

**9 Cecilie Kristine Karlsen 93 32:57**

03:07+ 04:37+ 09:01+ 12:44+ 16:46+ 23:41+ 27:21+ 29:40+ 31:39+ 32:42+ 32:57+  
 03:07+ 01:30- 04:24+ 03:43+ 04:02+ 06:55+ 03:40+ 02:19+ 01:59+ 01:03- 00:15=  
 01:04& 00:20- 01:14& 01:34& 00:28# 02:22& 00:37# 00:09+ 00:24& 00:03- 00:00=

Class	Navn	Klasse									Tid
<b>10</b>	<b>Toyah Bråtveit</b>	<b>115</b>									<b>34:29</b>
02:44+	04:02+	14:15+	16:59+	20:37+	26:28+	29:41+	31:47+	33:37+	34:14+	34:29+	
02:44+	01:18-	10:13+	02:44+	03:38+	05:51+	03:13+	02:06-	01:50+	00:37-	00:15=	
00:41&	00:32-	07:03@	00:35&	00:04+	01:18&	00:10+	00:04-	00:15#	00:29-	00:00=	
<b>11</b>	<b>Kristi Nessler Seglem</b>	<b>115</b>									<b>35:22</b>
02:41+	04:13+	08:34+	13:53+	18:07+	24:22+	28:31+	31:31+	33:54+	34:57+	35:22+	
02:41+	01:32-	04:21+	05:19+	04:14+	06:15+	04:09+	03:00+	02:23+	01:03-	00:25+	
00:38&	00:18-	01:11&	03:10@	00:40#	01:42&	01:06&	00:50&	00:48&	00:03-	00:10&	
<b>12</b>	<b>Marianne Johnsen</b>	<b>5</b>									<b>35:47</b>
03:51+	06:00+	10:05+	13:05+	19:53+	26:05+	29:37+	32:15+	34:41+	35:30+	35:47+	
03:51+	02:09+	04:05+	03:00+	06:48+	06:12+	03:32+	02:38+	02:26+	00:49-	00:17+	
01:48&	00:19#	00:55&	00:51&	03:14&	01:39&	00:29#	00:28#	00:51&	00:17-	00:02#	
<b>13</b>	<b>Solbjørg Borgersen</b>	<b>233</b>									<b>37:20</b>
03:03+	04:53+	11:47+	14:15+	19:30+	26:05+	30:16+	33:10+	35:49+	37:00+	37:20+	
03:03+	01:50=	06:54+	02:28+	05:15+	06:35+	04:11+	02:54+	02:39+	01:11+	00:20+	
01:00&	00:00=	03:44@	00:19#	01:41&	02:02&	01:08&	00:44&	01:04&	00:05+	00:05&	
<b>14</b>	<b>Ida K. Kolstø</b>	<b>29</b>									<b>37:21</b>
06:04+	08:10+	12:39+	16:37+	21:20+	27:33+	31:18+	33:52+	36:16+	37:07+	37:21+	
06:04+	02:06+	04:29+	03:58+	04:43+	06:13+	03:45+	02:34+	02:24+	00:51-	00:14-	
04:01@	00:16#	01:19&	01:49&	01:09&	01:40&	00:42#	00:24#	00:49&	00:15-	00:01-	
<b>15</b>	<b>Gunn Vagle</b>	<b>126</b>									<b>37:33</b>
02:54+	04:58+	09:29+	14:31+	18:58+	25:38+	30:18+	33:11+	36:10+	37:12+	37:33+	
02:54+	02:04+	04:31+	05:02+	04:27+	06:40+	04:40+	02:53+	02:59+	01:02-	00:21+	
00:51&	00:14#	01:21&	02:53@	00:53#	02:07&	01:37&	00:43&	01:24&	00:04-	00:06&	
<b>16</b>	<b>Anette Tronstad</b>	<b>115</b>									<b>37:54</b>
03:00+	04:50+	09:37+	13:20+	18:05+	25:49+	30:59+	33:59+	36:37+	37:32+	37:54+	
03:00+	01:50=	04:47+	03:43+	04:45+	07:44+	05:10+	03:00+	02:38+	00:55-	00:22+	
00:57&	00:00=	01:37&	01:34&	01:11&	03:11&	02:07&	00:50&	01:03&	00:11-	00:07&	
<b>17</b>	<b>Pernille Melleby</b>	<b>18</b>									<b>39:14</b>
03:08+	04:46+	10:03+	13:39+	20:53+	27:38+	31:58+	35:19+	38:02+	38:58+	39:14+	
03:08+	01:38-	05:17+	03:36+	07:14+	06:45+	04:20+	03:21+	02:43+	00:56-	00:16+	
01:05&	00:12-	02:07&	01:27&	03:40@	02:12&	01:17&	01:11&	01:08&	00:10-	00:01+	
<b>18</b>	<b>Ingrid O. Foss</b>	<b>117</b>									<b>39:29</b>
03:49+	05:53+	10:48+	17:17+	21:52+	28:30+	32:21+	35:16+	38:17+	39:09+	39:29+	
03:49+	02:04+	04:55+	06:29+	04:35+	06:38+	03:51+	02:55+	03:01+	00:52-	00:20+	
01:46&	00:14#	01:45&	04:20@	01:01&	02:05&	00:48&	00:45&	01:26&	00:14-	00:05&	
<b>19</b>	<b>Tonje Tiley</b>	<b>27</b>									<b>39:38</b>
02:18+	04:34+	09:08+	17:27+	21:55+	29:06+	33:16+	35:58+	38:20+	39:22+	39:38+	
02:18+	02:16+	04:34+	08:19+	04:28+	07:11+	04:10+	02:42+	02:22+	01:02-	00:16+	
00:15#	00:26#	01:24&	06:10@	00:54&	02:38&	01:07&	00:32#	00:47&	00:04-	00:01+	
<b>20</b>	<b>Margot Asheim</b>	<b>105</b>									<b>40:55</b>
02:59+	04:40+	09:42+	13:11+	18:34+	29:23+	33:03+	35:30+	38:10+	40:39+	40:55+	
02:59+	01:41-	05:02+	03:29+	05:23+	10:49+	03:40+	02:27+	02:40+	02:29+	00:16+	
00:56&	00:09-	01:52&	01:20&	01:49&	06:16@	00:37#	00:17#	01:05&	01:23@	00:01+	
<b>21</b>	<b>Hege Bakken</b>	<b>168</b>									<b>41:09</b>
08:16+	10:30+	15:28+	18:38+	22:52+	30:18+	34:07+	37:31+	39:51+	40:49+	41:09+	
08:16+	02:14+	04:58+	03:10+	04:14+	07:26+	03:49+	03:24+	02:20+	00:58-	00:20+	
06:13@	00:24#	01:48&	01:01&	00:40#	02:53&	00:46&	01:14&	00:45&	00:08-	00:05&	
<b>22</b>	<b>Randi Bugge</b>	<b>46</b>									<b>41:48</b>
03:05+	04:47+	09:23+	12:35+	17:11+	25:23+	29:24+	38:09+	40:17+	41:29+	41:48+	
03:05+	01:42-	04:36+	03:12+	04:36+	08:12+	04:01+	08:45+	02:08+	01:12+	00:19+	
01:02&	00:08-	01:26&	01:03&	01:02&	03:39&	00:58&	06:35@	00:33&	00:06+	00:04&	
<b>23</b>	<b>Judith Serigstad</b>	<b>128</b>									<b>42:19</b>
03:42+	06:17+	11:10+	15:40+	22:00+	29:22+	34:52+	38:07+	40:49+	42:00+	42:19+	
03:42+	02:35+	04:53+	04:30+	06:20+	07:22+	05:30+	03:15+	02:42+	01:11+	00:19+	
01:39&	00:45&	01:43&	02:21@	02:46&	02:49&	02:27&	01:05&	01:07&	00:05+	00:04&	
<b>24</b>	<b>Bente Salte Aune</b>	<b>128</b>									<b>42:19</b>
03:39+	06:11+	10:59+	15:31+	21:53+	29:18+	34:48+	38:02+	40:46+	42:00+	42:19+	
03:39+	02:32+	04:48+	04:32+	06:22+	07:25+	05:30+	03:14+	02:44+	01:14+	00:19+	
01:36&	00:42&	01:38&	02:23@	02:48&	02:52&	02:27&	01:04&	01:09&	00:08#	00:04&	

Class	Navn	Klasse										Tid
<b>25</b>	<b>Anastasia Ollestad</b>	<b>93</b>										<b>42:45</b>
09:52+	12:28+	16:08+	20:56+	24:33+	33:05+	37:13+	39:40+	42:30+	42:45+			
09:52+	02:36+	03:40+	04:48+	03:37+	08:32+	04:08+	02:27+	01:58+	00:52-	00:15=		
07:49@	00:46&	00:30#	02:39@	00:03+	03:59&	01:05&	00:17#	00:23#	00:14-	00:00=		
<b>26</b>	<b>Siri Goa</b>	<b>63</b>										<b>42:57</b>
04:53+	10:12+	14:57+	19:04+	24:47+	32:29+	36:47+	39:30+	41:46+	42:40+	42:57+		
04:53+	05:19+	04:45+	04:07+	05:43+	07:42+	04:18+	02:43+	02:16+	00:54-	00:17+		
02:50@	03:29@	01:35&	01:58&	02:09&	03:09&	01:15&	00:33&	00:41&	00:12-	00:02#		
<b>27</b>	<b>Parul Khandelwal</b>	<b>71</b>										<b>43:09</b>
03:15+	05:09+	15:30+	18:37+	23:23+	30:49+	35:27+	39:31+	41:50+	42:47+	43:09+		
03:15+	01:54+	10:21+	03:07+	04:46+	07:26+	04:38+	04:04+	02:19+	00:57-	00:22+		
01:12&	00:04+	07:11@	00:58&	01:12&	02:53&	01:35&	01:54&	00:44&	00:09-	00:07&		
<b>28</b>	<b>Åse Sellereite</b>	<b>27</b>										<b>43:17</b>
02:44+	05:27+	14:37+	18:21+	26:31+	33:07+	37:08+	39:49+	42:06+	42:59+	43:17+		
02:44+	02:43+	09:10+	03:44+	08:10+	06:36+	04:01+	02:41+	02:17+	00:53-	00:18+		
00:41&	00:53&	06:00@	01:35&	04:36@	02:03&	00:58&	00:31#	00:42&	00:13-	00:03#		
<b>29</b>	<b>Kine Strømstad</b>	<b>109</b>										<b>43:31</b>
06:16+	09:21+	13:35+	17:40+	22:26+	32:12+	36:03+	39:15+	41:37+	43:12+	43:31+		
06:16+	03:05+	04:14+	04:05+	04:46+	09:46+	03:51+	03:12+	02:22+	01:35+	00:19+		
04:13@	01:15&	01:04&	01:56&	01:12&	05:13@	00:48&	01:02&	00:47&	00:29&	00:04&		
<b>30</b>	<b>Astrid Espe</b>	<b>43</b>										<b>43:55</b>
03:32+	05:55+	11:38+	15:55+	21:55+	29:42+	35:17+	39:06+	42:13+	43:27+	43:55+		
03:32+	02:23+	05:43+	04:17+	06:00+	07:47+	05:35+	03:49+	03:07+	01:14+	00:28+		
01:29&	00:33&	02:33&	02:08&	02:26&	03:14&	02:32&	01:39&	01:32&	00:08#	00:13&		
<b>31</b>	<b>Synnøve Langvik</b>	<b>93</b>										<b>44:09</b>
04:15+	06:45+	14:54+	20:54+	25:39+	32:57+	37:07+	40:07+	42:47+	43:48+	44:09+		
04:15+	02:30+	08:09+	06:00+	04:45+	07:18+	04:10+	03:00+	02:40+	01:01-	00:21+		
02:12@	00:40&	04:59@	03:51@	01:11&	02:45&	01:07&	00:50&	01:05&	00:05-	00:06&		
<b>32</b>	<b>Anita Edgren</b>	<b>88</b>										<b>44:21</b>
04:21+	06:13+	11:25+	16:12+	22:17+	31:28+	36:35+	39:55+	42:45+	44:00+	44:21+		
04:21+	01:52+	05:12+	04:47+	06:05+	09:11+	05:07+	03:20+	02:50+	01:15+	00:21+		
02:18@	00:02+	02:02&	02:38@	02:31&	04:38@	02:04&	01:10&	01:15&	00:09#	00:06&		
<b>33</b>	<b>Kjersti Fandrem Høivik</b>	<b>68</b>										<b>44:46</b>
04:27+	06:36+	12:36+	16:32+	23:08+	30:51+	36:29+	40:26+	43:20+	44:26+	44:46+		
04:27+	02:09+	06:00+	03:56+	06:36+	07:43+	05:38+	03:57+	02:54+	01:06=	00:20+		
02:24@	00:19#	02:50&	01:47&	03:02&	03:10&	02:35&	01:47&	01:19&	00:00=	00:05&		
<b>34</b>	<b>Mette Baardsgaard</b>	<b>88</b>										<b>44:53</b>
04:01+	05:41+	14:05+	24:47+	29:58+	35:38+	39:02+	41:22+	43:45+	44:37+	44:53+		
04:01+	01:40-	08:24+	10:42+	05:11+	05:40+	03:24+	02:20+	02:23+	00:52-	00:16+		
01:58&	00:10-	05:14@	08:33@	01:37&	01:07#	00:21#	00:10+	00:48&	00:14-	00:01+		
<b>35</b>	<b>Åse Karoline B. Berg</b>	<b>115</b>										<b>45:18</b>
04:13+	06:09+	13:29+	17:24+	25:04+	32:52+	37:34+	41:18+	44:05+	44:57+	45:18+		
04:13+	01:56+	07:20+	03:55+	07:40+	07:48+	04:42+	03:44+	02:47+	00:52-	00:21+		
02:10@	00:06+	04:10@	01:46&	04:06@	03:15&	01:39&	01:34&	01:12&	00:14-	00:06&		
<b>36</b>	<b>Sarah Louise Zeiler-Sørensen</b>	<b>92</b>										<b>45:29</b>
04:37+	09:15+	18:21+	24:05+	29:58+	35:36+	39:34+	42:08+	44:16+	45:13+	45:29+		
04:37+	04:38+	09:06+	05:44+	05:53+	05:38+	03:58+	02:34+	02:08+	00:57-	00:16+		
02:34@	02:48@	05:56@	03:35@	02:19&	01:05#	00:55&	00:24#	00:33&	00:09-	00:01+		
<b>37</b>	<b>Tone Giske</b>	<b>7</b>										<b>45:42</b>
03:14+	05:08+	09:54+	12:42+	22:44+	34:16+	39:18+	42:19+	44:36+	45:25+	45:42+		
03:14+	01:54+	04:46+	02:48+	10:02+	11:32+	05:02+	03:01+	02:17+	00:49-	00:17+		
01:11&	00:04+	01:36&	00:39&	06:28@	06:59@	01:59&	00:51&	00:42&	00:17-	00:02#		
<b>38</b>	<b>Margretha Almedal</b>	<b>91</b>										<b>45:53</b>
04:25+	06:32+	11:39+	16:11+	21:59+	30:07+	37:29+	41:24+	44:19+	45:35+	45:53+		
04:25+	02:07+	05:07+	04:32+	05:48+	08:08+	07:22+	03:55+	02:55+	01:16+	00:18+		
02:22@	00:17#	01:57&	02:23@	02:14&	03:35&	04:19@	01:45&	01:20&	00:10#	00:03#		
<b>39</b>	<b>Britt Elin Andersen</b>	<b>91</b>										<b>45:53</b>
04:21+	06:37+	11:37+	16:15+	21:56+	30:08+	37:36+	41:22+	44:19+	45:33+	45:53+		
04:21+	02:16+	05:00+	04:38+	05:41+	08:12+	07:28+	03:46+	02:57+	01:14+	00:20+		
02:18@	00:26#	01:50&	02:29@	02:07&	03:39&	04:25@	01:36&	01:22&	00:08#	00:05&		

Class	Navn	Klasse	Tid							
<b>40</b>	<b>Ingunn Kristiansen Wiig</b>	<b>105</b>	<b>46:15</b>							
09:06+	11:16+	16:30+	20:32+	25:01+	34:30+	39:00+	42:00+	44:39+	45:52+	46:15+
09:06+	02:10+	05:14+	04:02+	04:29+	09:29+	04:30+	03:00+	02:39+	01:13+	00:23+
07:03@	00:20#	02:04&	01:53&	00:55&	04:56@	01:27&	00:50&	01:04&	00:07#	00:08&
<b>41</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>46:40</b>							
05:54+	08:22+	13:41+	19:46+	25:39+	34:38+	38:51+	42:02+	45:00+	46:21+	46:40+
05:54+	02:28+	05:19+	06:05+	05:53+	08:59+	04:13+	03:11+	02:58+	01:21+	00:19+
03:51@	00:38&	02:09&	03:56@	02:19&	04:26&	01:10&	01:01&	01:23&	00:15#	00:04&
<b>42</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>	<b>47:03</b>							
04:04+	15:08+	20:27+	23:55+	28:43+	36:01+	40:08+	43:08+	45:42+	46:44+	47:03+
04:04+	11:04+	05:19+	03:28+	04:48+	07:18+	04:07+	03:00+	02:34+	01:02-	00:19+
02:01&	09:14@	02:09&	01:19&	01:14&	02:45&	01:04&	00:50&	00:59&	00:04-	00:04&
<b>43</b>	<b>Eli Våge</b>	<b>117</b>	<b>47:11</b>							
04:20+	06:32+	12:54+	17:32+	23:20+	33:23+	38:23+	41:59+	44:53+	46:50+	47:11+
04:20+	02:12+	06:22+	04:38+	05:48+	10:03+	05:00+	03:36+	02:54+	01:57+	00:21+
02:17@	00:22#	03:12@	02:29@	02:14&	05:30@	01:57&	01:26&	01:19&	00:51&	00:06&
<b>44</b>	<b>Elsa Ingolfsdottir</b>	<b>126</b>	<b>47:16</b>							
04:33+	07:00+	12:17+	16:11+	24:33+	32:35+	38:13+	42:20+	45:38+	46:55+	47:16+
04:33+	02:27+	05:17+	03:54+	08:22+	08:02+	05:38+	04:07+	03:18+	01:17+	00:21+
02:30@	00:37&	02:07&	01:45&	04:48@	03:29&	02:35&	01:57&	01:43@	00:11#	00:06&
<b>45</b>	<b>Marianne Gjesdal Lyngås</b>	<b>92</b>	<b>47:22</b>							
03:49+	05:50+	11:08+	15:18+	21:00+	32:47+	38:24+	42:19+	45:22+	46:49+	47:22+
03:49+	02:01+	05:18+	04:10+	05:42+	11:47+	05:37+	03:55+	03:03+	01:27+	00:33+
01:46&	00:11#	02:08&	02:01&	02:08&	07:14@	02:34&	01:45&	01:28&	00:21&	00:18@
<b>46</b>	<b>Siv Hilde Berg</b>	<b>105</b>	<b>48:37</b>							
03:34+	05:03+	10:04+	12:48+	28:53+	36:46+	41:08+	44:25+	47:20+	48:19+	48:37+
03:34+	01:29-	05:01+	02:44+	16:05+	07:53+	04:22+	03:17+	02:55+	00:59-	00:18+
01:31&	00:21-	01:51&	00:35&	12:31@	03:20&	01:19&	01:07&	01:20&	00:07-	00:03#
<b>47</b>	<b>Inger Synnøve Sjursen</b>	<b>92</b>	<b>49:24</b>							
05:32+	08:09+	14:31+	19:09+	25:37+	34:52+	40:37+	44:48+	47:44+	49:02+	49:24+
05:32+	02:37+	06:22+	04:38+	06:28+	09:15+	05:45+	04:11+	02:56+	01:18+	00:22+
03:29@	00:47&	03:12@	02:29@	02:54&	04:42@	02:42&	02:01&	01:21&	00:12#	00:07&
<b>48</b>	<b>Hilde Sondresen</b>	<b>93</b>	<b>49:26</b>							
05:37+	08:10+	14:32+	19:10+	25:39+	34:56+	40:39+	44:49+	47:45+	49:03+	49:26+
05:37+	02:33+	06:22+	04:38+	06:29+	09:17+	05:43+	04:10+	02:56+	01:18+	00:23+
03:34@	00:43&	03:12@	02:29@	02:55&	04:44@	02:40&	02:00&	01:21&	00:12#	00:08&
<b>49</b>	<b>Ingunn Fandrem</b>	<b>47</b>	<b>50:06</b>							
04:39+	07:22+	12:51+	17:27+	26:14+	35:16+	40:43+	44:20+	47:36+	49:47+	50:06+
04:39+	02:43+	05:29+	04:36+	08:47+	09:02+	05:27+	03:37+	03:16+	02:11+	00:19+
02:36@	00:53&	02:19&	02:27@	05:13@	04:29&	02:24&	01:27&	01:41@	01:05&	00:04&
<b>50</b>	<b>Solveig Grønning</b>	<b>47</b>	<b>50:09</b>							
04:45+	07:22+	13:00+	17:35+	26:28+	35:24+	40:50+	44:20+	47:43+	49:50+	50:09+
04:45+	02:37+	05:38+	04:35+	08:53+	08:56+	05:26+	03:30+	03:23+	02:07+	00:19+
02:42@	00:47&	02:28&	02:26@	05:19@	04:23&	02:23&	01:20&	01:48@	01:01&	00:04&
<b>51</b>	<b>Synnøve Hognestad</b>	<b>43</b>	<b>50:27</b>							
03:06+	04:38+	16:46+	19:33+	31:49+	37:57+	42:48+	45:53+	48:47+	50:03+	50:27+
03:06+	01:32-	12:08+	02:47+	12:16+	06:08+	04:51+	03:05+	02:54+	01:16+	00:24+
01:03&	00:18-	08:58@	00:38&	08:42@	01:35&	01:48&	00:55&	01:19&	00:10#	00:09&
<b>52</b>	<b>Björg Engelhard</b>	<b>165</b>	<b>50:34</b>							
04:13+	08:19+	12:20+	15:01+	32:00+	40:17+	44:21+	46:54+	49:08+	50:16+	50:34+
04:13+	04:06+	04:01+	02:41+	16:59+	08:17+	04:04+	02:33+	02:14+	01:08+	00:18+
02:10@	02:16@	00:51&	00:32#	13:25@	03:44&	01:01&	00:23#	00:39&	00:02+	00:03#
<b>53</b>	<b>Sandra Rommetveit</b>	<b>99</b>	<b>50:39</b>							
03:56+	05:36+	21:13+	26:22+	31:46+	39:01+	43:54+	46:40+	49:10+	50:18+	50:39+
03:56+	01:40-	15:37+	05:09+	05:24+	07:15+	04:53+	02:46+	02:30+	01:08+	00:21+
01:53&	00:10-	12:27@	03:00@	01:50&	02:42&	01:50&	00:36&	00:55&	00:02+	00:06&
<b>54</b>	<b>Anna Klasson</b>	<b>165</b>	<b>50:41</b>							
06:40+	13:03+	18:04+	27:22+	32:49+	39:21+	44:02+	47:05+	49:14+	50:17+	50:41+
06:40+	06:23+	05:01+	09:18+	05:27+	06:32+	04:41+	03:03+	02:09+	01:03-	00:24+
04:37@	04:33@	01:51&	07:09@	01:53&	01:59&	01:38&	00:53&	00:34&	00:03-	00:09&

Class	Navn	Klasse	Tid							
<b>55</b>	<b>Birte Briseid Langebro</b>	<b>47</b>	<b>50:48</b>							
06:32+	08:34+	13:54+	18:45+	25:33+	35:39+	41:28+	45:31+	48:25+	50:10+	50:48+
06:32+	02:02+	05:20+	04:51+	06:48+	10:06+	05:49+	04:03+	02:54+	01:45+	00:38+
04:29@	00:12#	02:10&	02:42@	03:14&	05:33@	02:46&	01:53&	01:19&	00:39&	00:23@
<b>56</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>51:11</b>							
03:43+	06:35+	13:14+	18:12+	25:21+	34:35+	41:45+	46:19+	49:33+	50:48+	51:11+
03:43+	02:52+	06:39+	04:58+	07:09+	09:14+	07:10+	04:34+	03:14+	01:15+	00:23+
01:40&	01:02&	03:29@	02:49@	03:35@	04:41@	04:07@	02:24@	01:39@	00:09#	00:08&
<b>57</b>	<b>Maria E. Pettersen</b>	<b>7</b>	<b>51:18</b>							
04:34+	07:06+	12:09+	25:49+	31:11+	38:52+	44:02+	47:21+	49:49+	50:56+	51:18+
04:34+	02:32+	05:03+	13:40+	05:22+	07:41+	05:10+	03:19+	02:28+	01:07+	00:22+
02:31@	00:42&	01:53&	11:31@	01:48&	03:08&	02:07&	01:09&	00:53&	00:01+	00:07&
<b>58</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>51:19</b>							
02:42+	05:02+	24:47+	28:31+	32:14+	40:28+	44:29+	47:27+	50:11+	51:01+	51:19+
02:42+	02:20+	19:45+	03:44+	03:43+	08:14+	04:01+	02:58+	02:44+	00:50-	00:18+
00:39&	00:30&	16:35@	01:35&	00:09+	03:41&	00:58&	00:48&	01:09&	00:16-	00:03#
<b>59</b>	<b>Lene Haver Schmidt</b>	<b>88</b>	<b>51:26</b>							
04:25+	07:05+	13:22+	18:56+	26:05+	34:36+	41:25+	46:21+	49:21+	50:50+	51:26+
04:25+	02:40+	06:17+	05:34+	07:09+	08:31+	06:49+	04:56+	03:00+	01:29+	00:36+
02:22@	00:50&	03:07&	03:25@	03:35@	03:58&	03:46@	02:46@	01:25&	00:23&	00:21@
<b>60</b>	<b>Rebekka Lye</b>	<b>62</b>	<b>52:27</b>							
04:25+	06:38+	12:03+	19:38+	25:18+	39:51+	45:17+	48:31+	51:13+	52:12+	52:27+
04:25+	02:13+	05:25+	07:35+	05:40+	14:33+	05:26+	03:14+	02:42+	00:59-	00:15=
02:22@	00:23#	02:15&	05:26@	02:06&	10:00@	02:23&	01:04&	01:07&	00:07-	00:00=
<b>61</b>	<b>Solveig Mæland</b>	<b>128</b>	<b>55:27</b>							
04:43+	08:25+	10:35+	17:08+	26:55+	33:33+	41:14+	47:27+	50:57+	53:59+	55:07+
04:43+	03:42+	02:10-	06:33+	09:47+	06:38+	07:41+	06:13+	03:30+	03:02+	01:08+
02:40@	01:52@	01:00-	04:24@	06:13@	02:05&	04:38@	04:03@	01:55@	01:56@	00:53@
										00:20+
<b>62</b>	<b>Signe Lise Haaland</b>	<b>66</b>	<b>55:37</b>							
04:19+	07:19+	24:14+	29:22+	34:35+	41:49+	47:31+	51:25+	53:51+	55:09+	55:37+
04:19+	03:00+	16:55+	05:08+	05:13+	07:14+	05:42+	03:54+	02:26+	01:18+	00:28+
02:16@	01:10&	13:45@	02:59@	01:39&	02:41&	02:39&	01:44&	00:51&	00:12#	00:13&
<b>63</b>	<b>Heidi Heng</b>	<b>239</b>	<b>55:48</b>							
04:55+	08:39+	14:52+	20:41+	31:12+	40:40+	46:55+	50:27+	53:06+	55:17+	55:48+
04:55+	03:44+	06:13+	05:49+	10:31+	09:28+	06:15+	03:32+	02:39+	02:11+	00:31+
02:52@	01:54@	03:03&	03:40@	06:57@	04:55@	03:12@	01:22&	01:04&	01:05&	00:16@
<b>64</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>	<b>55:59</b>							
05:01+	07:28+	14:03+	19:47+	30:06+	40:10+	46:21+	50:24+	53:44+	55:31+	55:59+
05:01+	02:27+	06:35+	05:44+	10:19+	10:04+	06:11+	04:03+	03:20+	01:47+	00:28+
02:58@	00:37&	03:25@	03:35@	06:45@	05:31@	03:08@	01:53&	01:45@	00:41&	00:13&
<b>65</b>	<b>Unni B. Sundli</b>	<b>92</b>	<b>56:17</b>							
03:34+	05:55+	13:55+	20:06+	25:54+	40:44+	48:11+	51:50+	54:39+	55:56+	56:17+
03:34+	02:21+	08:00+	06:11+	05:48+	14:50+	07:27+	03:39+	02:49+	01:17+	00:21+
01:31&	00:31&	04:50@	04:02@	02:14&	10:17@	04:24@	01:29&	01:14&	00:11#	00:06&
<b>66</b>	<b>Silje Kvammen Iwebakk</b>	<b>66</b>	<b>56:37</b>							
12:47+	15:14+	20:40+	24:55+	34:19+	43:48+	48:51+	52:01+	54:08+	56:20+	56:37+
12:47+	02:27+	05:26+	04:15+	09:24+	09:29+	05:03+	03:10+	02:07+	02:12+	00:17+
10:44@	00:37&	02:16&	02:06&	05:50@	04:56@	02:00&	01:00&	00:32&	01:06&	00:02#
<b>67</b>	<b>Marte Haugstad Eiane</b>	<b>66</b>	<b>56:40</b>							
13:13+	15:02+	20:45+	24:36+	34:23+	43:56+	48:47+	52:00+	54:12+	56:22+	56:40+
13:13+	01:49-	05:43+	03:51+	09:47+	09:33+	04:51+	03:13+	02:12+	02:10+	00:18+
11:10@	00:01-	02:33&	01:42&	06:13@	05:00@	01:48&	01:03&	00:37&	01:04&	00:03#
<b>68</b>	<b>Gro Mariero Totland</b>	<b>59</b>	<b>57:02</b>							
04:31+	06:56+	13:54+	22:01+	29:59+	38:49+	46:34+	51:39+	55:13+	56:37+	57:02+
04:31+	02:25+	06:58+	08:07+	07:58+	08:50+	07:45+	05:05+	03:34+	01:24+	00:25+
02:28@	00:35&	03:48@	05:58@	04:24@	04:17&	04:42@	02:55@	01:59@	00:18&	00:10&
<b>69</b>	<b>Else Marie Furland</b>	<b>93</b>	<b>57:30</b>							
04:17+	07:03+	20:57+	25:39+	32:19+	42:02+	48:15+	52:19+	55:48+	57:04+	57:30+
04:17+	02:46+	13:54+	04:42+	06:40+	09:43+	06:13+	04:04+	03:29+	01:16+	00:26+
02:14@	00:56&	10:44@	02:33@	03:06&	05:10@	03:10@	01:54&	01:54@	00:10#	00:11&

Class	Navn	Klasse									Tid
<b>70</b>	<b>Irene Frøyland</b>	<b>71</b>									<b>57:59</b>
08:14+	10:01+	24:25+	29:35+	35:22+	45:25+	50:13+	53:35+	56:32+	57:36+	57:59+	
08:14+	01:47-	14:24+	05:10+	05:47+	10:03+	04:48+	03:22+	02:57+	01:04-	00:23+	
06:11@	00:03-	11:14@	03:01@	02:13&	05:30@	01:45&	01:12&	01:22&	00:02-	00:08&	
<b>71</b>	<b>Shazia Ali Zade</b>	<b>115</b>									<b>58:31</b>
05:55+	07:59+	24:04+	28:21+	40:34+	47:16+	51:46+	54:42+	57:08+	58:11+	58:31+	
05:55+	02:04+	16:05+	04:17+	12:13+	06:42+	04:30+	02:56+	02:26+	01:03-	00:20+	
03:52@	00:14#	12:55@	02:08&	08:39@	02:09&	01:27&	00:46&	00:51&	00:03-	00:05&	
<b>72</b>	<b>Åse Kristensen</b>	<b>94</b>									<b>58:33</b>
11:49+	14:16+	22:12+	29:50+	36:13+	44:37+	50:13+	53:55+	56:57+	58:11+	58:33+	
11:49+	02:27+	07:56+	07:38+	06:23+	08:24+	05:36+	03:42+	03:02+	01:14+	00:22+	
09:46@	00:37&	04:46@	05:29@	02:49&	03:51&	02:33&	01:32&	01:27&	00:08#	00:07&	
<b>73</b>	<b>Hazel Grayston</b>	<b>263</b>									<b>1:01:45</b>
05:08+	09:08+	16:30+	21:35+	29:33+	41:56+	50:22+	55:40+	59:22+	61:07+	61:45+	
05:08+	04:00+	07:22+	05:05+	07:58+	12:23+	08:26+	05:18+	03:42+	01:45+	00:38+	
03:05@	02:10@	04:12@	02:56@	04:24@	07:50@	05:23@	03:08@	02:07@	00:39&	00:23@	
<b>74</b>	<b>Liv Ertesvåg</b>	<b>83</b>									<b>1:03:10</b>
05:48+	12:46+	21:53+	26:26+	35:11+	45:47+	52:59+	57:21+	61:07+	62:42+	63:10+	
05:48+	06:58+	09:07+	04:33+	08:45+	10:36+	07:12+	04:22+	03:46+	01:35+	00:28+	
03:45@	05:08@	05:57@	02:24@	05:11@	06:03@	04:09@	02:12@	02:11@	00:29&	00:13&	
<b>75</b>	<b>Caroline Puig</b>	<b>136</b>									<b>1:04:26</b>
14:32+	16:11+	30:07+	36:47+	41:52+	50:35+	55:52+	59:11+	62:15+	63:40+	64:26+	
14:32+	01:39-	13:56+	06:40+	05:05+	08:43+	05:17+	03:19+	03:04+	01:25+	00:46+	
12:29@	00:11-	10:46@	04:31@	01:31&	04:10&	02:14&	01:09&	01:29&	00:19&	00:31@	
<b>76</b>	<b>Ane Kristine Helvig</b>	<b>105</b>									<b>1:05:55</b>
07:09+	18:59+	25:07+	30:52+	38:31+	48:42+	55:29+	60:25+	63:41+	65:32+	65:55+	
07:09+	11:50+	06:08+	05:45+	07:39+	10:11+	06:47+	04:56+	03:16+	01:51+	00:23+	
05:06@	10:00@	02:58&	03:36@	04:05@	05:38@	03:44@	02:46@	01:41@	00:45&	00:08&	
<b>77</b>	<b>May Kristin Haaland</b>	<b>47</b>									<b>1:07:41</b>
04:53+	07:14+	13:15+	23:11+	44:52+	53:41+	59:29+	63:12+	66:05+	67:17+	67:41+	
04:53+	02:21+	06:01+	09:56+	21:41+	08:49+	05:48+	03:43+	02:53+	01:12+	00:24+	
02:50@	00:31&	02:51&	07:47@	18:07@	04:16&	02:45&	01:33&	01:18&	00:06+	00:09&	
<b>78</b>	<b>Priya Chilamkurthi</b>	<b>136</b>									<b>1:09:49</b>
14:14+	17:43+	24:52+	33:53+	40:50+	53:10+	60:16+	64:37+	68:03+	69:26+	69:49+	
14:14+	03:29+	07:09+	09:01+	06:57+	12:20+	07:06+	04:21+	03:26+	01:23+	00:23+	
12:11@	01:39&	03:59@	06:52@	03:23&	07:47@	04:03@	02:11@	01:51@	00:17&	00:08&	
<b>79</b>	<b>Marit Lothe</b>	<b>76</b>									<b>1:10:58</b>
11:01+	17:06+	23:52+	29:44+	36:29+	49:55+	57:27+	63:01+	66:30+	70:37+	70:58+	
11:01+	06:05+	06:46+	05:52+	06:45+	13:26+	07:32+	05:34+	03:29+	04:07+	00:21+	
08:58@	04:15@	03:36@	03:43@	03:11&	08:53@	04:29@	03:24@	01:54@	03:01@	00:06&	
<b>80</b>	<b>Aase Sveinsvoll</b>	<b>94</b>									<b>1:11:05</b>
06:54+	14:06+	26:25+	32:50+	39:56+	54:28+	61:00+	65:33+	69:10+	70:36+	71:05+	
06:54+	07:12+	12:19+	06:25+	07:06+	14:32+	06:32+	04:33+	03:37+	01:26+	00:29+	
04:51@	05:22@	09:09@	04:16@	03:32&	09:59@	03:29@	02:23@	02:02@	00:20&	00:14&	
<b>81</b>	<b>Marit Ytreland</b>	<b>27</b>									<b>1:11:37</b>
04:29+	06:40+	11:44+	16:31+	44:08+	59:14+	64:15+	67:33+	70:04+	71:15+	71:37+	
04:29+	02:11+	05:04+	04:47+	27:37+	15:06+	05:01+	03:18+	02:31+	01:11+	00:22+	
02:26@	00:21#	01:54&	02:38@	24:03@	10:33@	01:58&	01:08&	00:56&	00:05+	00:07&	
<b>82</b>	<b>Tone Hansen</b>	<b>76</b>									<b>1:24:16</b>
13:15+	15:47+	61:05+	64:16+	68:24+	73:57+	77:48+	80:23+	82:29+	83:51+	84:16+	
13:15+	02:32+	45:18+	03:11+	04:08+	05:33+	03:51+	02:35+	02:06+	01:22+	00:25+	
11:12@	00:42&	42:08@	01:02&	00:34#	01:00#	00:48&	00:25#	00:31&	00:16#	00:10&	
<b>83</b>	<b>Ritva Halsne</b>	<b>105</b>									<b>1:35:26</b>
05:52+	08:42+	25:46+	53:53+	59:40+	81:44+	88:40+	91:37+	93:51+	95:10+	95:26+	
05:52+	02:50+	17:04+	28:07+	05:47+	22:04+	06:56+	02:57+	02:14+	01:19+	00:16+	
03:49@	01:00&	13:54@	25:58@	02:13&	17:31@	03:53@	00:47&	00:39&	00:13#	00:01+	
<b>84</b>	<b>Sigrun Serigstad</b>	<b>128</b>									<b>1:38:29</b>
06:22+	08:36+	15:14+	18:53+	74:54+	81:15+	91:07+	93:46+	96:38+	98:11+	98:29+	
06:22+	02:14+	06:38+	03:39+	56:01+	06:21+	09:52+	02:39+	02:52+	01:33+	00:18+	
04:19@	00:24#	03:28@	01:30&	52:27@	01:48&	06:49@	00:29#	01:17&	00:27&	00:03#	

**Beste strekktid for klassen**

02:03 00:58 02:10 02:09 03:20 04:33 03:03 02:04 01:35 00:37 00:12

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

**Herrer 16 - 39 år**

<b>1</b>	<b>Thomas Jansen</b>	<b>289</b>	<b>34:20</b>												
01:30=	03:55=	06:04=	07:59=	10:20=	11:39=	12:38=	13:56=	15:32=	19:35=	21:57=	26:16=	30:11=	32:14=	34:08=	34:20=
01:30=	02:25=	02:09=	01:55=	02:21=	01:19=	00:59=	01:18=	01:36=	04:03=	02:22=	04:19=	03:55=	02:03=	01:54=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Andreas Terjesen</b>	<b>53</b>	<b>38:20</b>												
01:31+	04:20+	07:10+	09:00+	11:39+	13:10+	14:08+	16:25+	18:56+	22:25+	25:09+	30:07+	34:02+	36:15+	38:07+	38:20+
01:31+	02:49+	02:50+	01:50-	02:39+	01:31+	00:58-	02:17+	02:31+	03:29-	02:44+	04:58+	03:55=	02:13+	01:52-	00:13+
00:01+	00:24#	00:41&	00:05-	00:18#	00:12#	00:01-	00:59&	00:55&	00:34-	00:22#	00:39#	00:00=	00:10+	00:02-	00:01+
<b>3</b>	<b>Jonas Bolstad Scheie</b>	<b>62</b>	<b>38:37</b>												
01:54+	04:51+	08:30+	10:32+	12:41+	14:27+	15:45+	17:20+	18:42+	22:11+	24:46+	30:08+	34:42+	36:49+	38:25+	38:37+
01:54+	02:57+	03:39+	02:02+	02:09-	01:46+	01:18+	01:35+	01:22-	03:29-	02:35+	05:22+	04:34+	02:07+	01:36-	00:12=
00:24&	00:32#	01:30&	00:07+	00:12-	00:27&	00:19&	00:17#	00:14-	00:34-	00:13+	01:03#	00:39#	00:04+	00:18-	00:00=
<b>4</b>	<b>Morten Fenne</b>	<b>228</b>	<b>39:13</b>												
02:01+	04:51+	07:48+	09:45+	14:16+	15:48+	16:46+	18:14+	19:41+	22:59+	25:45+	30:27+	34:20+	36:29+	39:00+	39:13+
02:01+	02:50+	02:57+	01:57+	04:31+	01:32+	00:58-	01:28+	01:27-	03:18-	02:46+	04:42+	03:53-	02:09+	02:31+	00:13+
00:31&	00:25#	00:48&	00:02+	02:10&	00:13#	00:01-	00:10#	00:09-	00:45-	00:24#	00:23+	00:02-	00:06+	00:37&	00:01+
<b>5</b>	<b>Asgeir Nærland</b>	<b>88</b>	<b>40:09</b>												
01:44+	04:47+	08:14+	10:15+	12:18+	14:20+	15:32+	17:02+	18:45+	22:13+	25:14+	30:24+	35:25+	37:57+	39:55+	40:09+
01:44+	03:03+	03:27+	02:01+	02:03-	02:02+	01:12+	01:30+	01:43+	03:28-	03:01+	05:10+	05:01+	02:32+	01:58+	00:14+
00:14#	00:38&	01:18&	00:06+	00:18-	00:43&	00:13#	00:12#	00:07+	00:35-	00:39&	00:51#	01:06&	00:29#	00:04+	00:02#
<b>6</b>	<b>Mathias Nødland</b>	<b>194</b>	<b>40:17</b>												
02:00+	06:09+	09:00+	14:09+	15:52+	18:09+	19:17+	20:49+	22:18+	25:44+	28:18+	32:32+	36:28+	38:27+	40:03+	40:17+
02:00+	04:09+	02:51+	05:09+	01:43-	02:17+	01:08+	01:32+	01:29-	03:26-	02:34+	04:14-	03:56+	01:59-	01:36-	00:14+
00:30&	01:44&	00:42&	03:14@	00:38-	00:58&	00:09#	00:14#	00:07-	00:37-	00:12+	00:05-	00:01+	00:04-	00:18-	00:02#
<b>7</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>	<b>40:20</b>												
01:24-	04:12+	07:43+	09:19+	12:54+	14:21+	15:25+	16:58+	18:37+	22:38+	25:09+	30:58+	35:12+	38:21+	40:06+	40:20+
01:24-	02:48+	03:31+	01:36-	03:35+	01:27+	01:04+	01:33+	01:39+	04:01-	02:31+	05:49+	04:14+	03:09+	01:45-	00:14+
00:06-	00:23#	01:22&	00:19-	01:14&	00:08#	00:05+	00:15#	00:03+	00:02-	00:09+	01:30&	00:19+	01:06&	00:09-	00:02#
<b>8</b>	<b>Martin Skogland</b>	<b>98</b>	<b>44:44</b>												
02:01+	05:10+	09:21+	11:00+	14:37+	16:13+	17:21+	19:06+	20:51+	24:19+	27:23+	33:38+	39:03+	42:27+	44:27+	44:44+
02:01+	03:09+	04:11+	01:39-	03:37+	01:36+	01:08+	01:45+	01:45+	03:28-	03:04+	06:15+	05:25+	03:24+	02:00+	00:17+
00:31&	00:44&	02:02&	00:16-	01:16&	00:17#	00:09#	00:27&	00:09+	00:35-	00:42&	01:56&	01:30&	01:21&	00:06+	00:05&
<b>9</b>	<b>Svein Kyllingstad</b>	<b>71</b>	<b>45:50</b>												
01:43+	05:02+	08:31+	12:32+	14:25+	16:16+	17:22+	19:04+	20:42+	24:41+	27:17+	32:45+	40:02+	43:24+	45:34+	45:50+
01:43+	03:19+	03:29+	04:01+	01:53-	01:51+	01:06+	01:42+	01:38+	03:59-	02:36+	05:28+	07:17+	03:22+	02:10+	00:16+
00:13#	00:54&	01:20&	02:06@	00:28-	00:32&	00:07#	00:24&	00:02+	00:04-	00:14+	01:09&	03:22&	01:19&	00:16#	00:04&
<b>10</b>	<b>Vegard Braut Kyllingstad</b>	<b>66</b>	<b>46:01</b>												
02:11+	05:30+	09:10+	10:53+	15:59+	18:29+	20:29+	22:24+	24:16+	27:30+	31:11+	37:38+	42:05+	44:08+	45:47+	46:01+
02:11+	03:19+	03:40+	01:43-	05:06+	02:30+	02:00+	01:55+	01:52+	03:14-	03:41+	06:27+	04:27+	02:03=	01:39-	00:14+
00:41&	00:54&	01:31&	00:12-	02:45@	01:11&	01:01@	00:37&	00:16#	00:49-	01:19&	02:08&	00:32#	00:00=	00:15-	00:02#
<b>11</b>	<b>Trond Evensen</b>	<b>116</b>	<b>47:01</b>												
02:26+	05:20+	08:35+	16:40+	19:39+	21:28+	22:33+	24:20+	26:12+	30:24+	33:21+	38:14+	42:22+	44:43+	46:45+	47:01+
02:26+	02:54+	03:15+	08:05+	02:59+	01:49+	01:05+	01:47+	01:52+	04:12+	02:57+	04:53+	04:08+	02:21+	02:02+	00:16+
00:56&	00:29#	01:06&	06:10@	00:38&	00:30&	00:06#	00:29&	00:16#	00:09+	00:35#	00:34#	00:13+	00:18#	00:08+	00:04&
<b>12</b>	<b>Bjørnar Owren</b>	<b>74</b>	<b>47:09</b>												
01:51+	04:37+	07:35+	14:45+	16:04+	18:02+	19:21+	24:50+	26:38+	30:38+	33:08+	38:04+	42:26+	44:33+	46:51+	47:09+
01:51+	02:46+	02:58+	07:10+	01:19-	01:58+	01:19+	05:29+	01:48+	04:00-	02:30+	04:56+	04:22+	02:07+	02:18+	00:18+
00:21#	00:21#	00:49&	05:15@	01:02-	00:39&	00:20&	04:11@	00:12#	00:03-	00:08+	00:37#	00:27#	00:04+	00:24#	00:06&
<b>13</b>	<b>Richard Galle</b>	<b>66</b>	<b>48:01</b>												
02:09+	05:21+	09:45+	13:35+	19:28+	21:47+	23:00+	24:34+	26:16+	30:02+	34:11+	39:05+	43:51+	46:10+	47:48+	48:01+
02:09+	03:12+	04:24+	03:50+	05:53+	02:19+	01:13+	01:34+	01:42+	03:46-	04:09+	04:54+	04:46+	02:19+	01:38-	00:13+
00:39&	00:47&	02:15@	01:55&	03:32@	01:00&	00:14#	00:16#	00:06+	00:17-	01:47&	00:35#	00:51#	00:16#	00:16-	00:01+



Class	Navn	Klasse												Tid	
<b>14</b>	<b>Frode Ungar</b>	<b>116</b>												<b>48:33</b>	
02:04+	05:09+	08:47+	12:44+	15:29+	17:42+	19:14+	20:59+	22:39+	27:22+	31:10+	37:44+	42:53+	45:21+	48:18+	48:33+
02:04+	03:05+	03:38+	03:57+	02:45+	02:13+	01:32+	01:45+	01:40+	04:43+	03:48+	06:34+	05:09+	02:28+	02:57+	00:15+
00:34&	00:40&	01:29&	02:02@	00:24#	00:54&	00:33&	00:27&	00:04+	00:40#	01:26&	02:15&	01:14&	00:25#	01:03&	00:03#
<b>15</b>	<b>Rune Hatle</b>	<b>65</b>												<b>48:41</b>	
02:01+	05:34+	09:15+	11:47+	13:34+	15:31+	16:33+	20:10+	22:06+	26:08+	29:22+	35:50+	43:01+	45:35+	48:25+	48:41+
02:01+	03:33+	03:41+	02:32+	01:47-	01:57+	01:02+	03:37+	01:56+	04:02-	03:14+	06:28+	07:11+	02:34+	02:50+	00:16+
00:31&	01:08&	01:32&	00:37&	00:34-	00:38&	00:03+	02:19@	00:20#	00:01-	00:52&	02:09&	03:16&	00:31&	00:56&	00:04&
<b>16</b>	<b>Torbjørn Fuglestad</b>	<b>116</b>												<b>49:30</b>	
02:39+	06:36+	11:16+	14:13+	16:16+	18:11+	19:24+	21:29+	23:19+	27:54+	31:33+	37:34+	44:33+	47:05+	49:17+	49:30+
02:39+	03:57+	04:40+	02:57+	02:03-	01:55+	01:13+	02:05+	01:50+	04:35+	03:39+	06:01+	06:59+	02:32+	02:12+	00:13+
01:09&	01:32&	02:31@	01:02&	00:18-	00:36&	00:14#	00:47&	00:14#	00:32#	01:17&	01:42&	03:04&	00:29#	00:18#	00:01+
<b>17</b>	<b>David Wade</b>	<b>116</b>												<b>50:07</b>	
02:12+	05:17+	16:25+	19:10+	21:23+	23:29+	24:37+	26:30+	28:35+	33:00+	36:23+	41:30+	45:31+	48:09+	49:52+	50:07+
02:12+	03:05+	11:08+	02:45+	02:13-	02:06+	01:08+	01:53+	02:05+	04:25+	03:23+	05:07+	04:01+	02:38+	01:43-	00:15+
00:42&	00:40&	08:59@	00:50&	00:08-	00:47&	00:09#	00:35&	00:29&	00:22+	01:01&	00:48#	00:06+	00:35&	00:11-	00:03#
<b>18</b>	<b>Cato Eike</b>	<b>79</b>												<b>50:10</b>	
01:43+	04:36+	17:40+	20:00+	22:45+	24:18+	25:23+	27:01+	28:38+	32:15+	35:00+	40:48+	45:12+	48:01+	49:56+	50:10+
01:43+	02:53+	13:04+	02:20+	02:45+	01:33+	01:05+	01:38+	01:37+	03:37-	02:45+	05:48+	04:24+	02:49+	01:55+	00:14+
00:13#	00:28#	10:55@	00:25#	00:24#	00:14#	00:06#	00:20&	00:01+	00:26-	00:23#	01:29&	00:29#	00:46&	00:01+	00:02#
<b>19</b>	<b>Sondre Aspøy</b>	<b>117</b>												<b>52:03</b>	
02:01+	05:21+	09:53+	13:38+	17:47+	20:10+	21:37+	23:34+	25:53+	30:43+	34:25+	40:34+	45:47+	49:59+	51:48+	52:03+
02:01+	03:20+	04:32+	03:45+	04:09+	02:23+	01:27+	01:57+	02:19+	04:50+	03:42+	06:09+	05:13+	04:12+	01:49-	00:15+
00:31&	00:55&	02:23@	01:50&	01:48&	01:04&	00:28&	00:39&	00:43&	00:47#	01:20&	01:50&	01:18&	02:09@	00:05-	00:03#
<b>20</b>	<b>Johannes Kro</b>	<b>51</b>												<b>53:04</b>	
02:28+	05:28+	09:01+	16:23+	21:47+	24:30+	25:26+	28:23+	30:14+	36:41+	39:17+	44:09+	48:32+	51:00+	52:46+	53:04+
02:28+	03:00+	03:33+	07:22+	05:24+	02:43+	00:56+	02:57+	01:51+	06:27+	02:36+	04:52+	04:23+	02:28+	01:46-	00:18+
00:58&	00:35#	01:24&	05:27@	03:03@	01:24@	00:03-	01:39@	00:15#	02:24&	00:14+	00:33#	00:28#	00:25#	00:08-	00:06&
<b>21</b>	<b>Øivind Fandrem Høivik</b>	<b>66</b>												<b>54:43</b>	
01:38+	04:32+	08:57+	10:53+	21:43+	23:35+	24:51+	27:58+	29:40+	37:42+	40:29+	45:47+	50:02+	52:27+	54:27+	54:43+
01:38+	02:54+	04:25+	01:56+	10:50+	01:52+	01:16+	03:07+	01:42+	08:02+	02:47+	05:18+	04:15+	02:25+	02:00+	00:16+
00:08+	00:29#	02:16@	00:01+	08:29@	00:33&	00:17&	01:49@	00:06+	03:59&	00:25#	00:59#	00:20+	00:22#	00:06+	00:04&
<b>22</b>	<b>Håkon Eggebø</b>	<b>71</b>												<b>55:54</b>	
01:39+	04:42+	11:48+	19:23+	21:35+	27:09+	28:49+	30:59+	32:35+	36:17+	39:01+	44:40+	49:42+	53:11+	55:40+	55:54+
01:39+	03:03+	07:06+	07:35+	02:12-	05:34+	01:40+	02:10+	01:36+	03:42-	02:44+	05:39+	05:02+	03:29+	02:29+	00:14+
00:09#	00:38&	04:57@	05:40@	00:09-	04:15@	00:41&	00:52&	00:00=	00:21-	00:22#	01:20&	01:07&	01:26&	00:35&	00:02#
<b>23</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>												<b>57:53</b>	
02:01+	05:09+	13:21+	15:47+	22:54+	24:49+	26:06+	27:49+	29:38+	35:32+	42:06+	47:43+	53:20+	55:33+	57:38+	57:53+
02:01+	03:08+	08:12+	02:26+	07:07+	01:55+	01:17+	01:43+	01:49+	05:54+	06:34+	05:37+	05:37+	02:13+	02:05+	00:15+
00:31&	00:43&	06:03@	00:31&	04:46@	00:36&	00:18&	00:25&	00:13#	01:51&	04:12@	01:18&	01:42&	00:10+	00:11+	00:03#
<b>24</b>	<b>Tor Gunnar Osen</b>	<b>116</b>												<b>1:02:55</b>	
03:38+	07:17+	11:40+	14:21+	20:41+	23:46+	25:20+	27:51+	30:40+	36:50+	43:25+	51:13+	57:03+	60:28+	62:40+	62:55+
03:38+	03:39+	04:23+	02:41+	06:20+	03:05+	01:34+	02:31+	02:49+	06:10+	06:35+	07:48+	05:50+	03:25+	02:12+	00:15+
02:08@	01:14&	02:14@	00:46&	03:59@	01:46@	00:35&	01:13&	01:13&	02:07&	04:13@	03:29&	01:55&	01:22&	00:18#	00:03#
<b>25</b>	<b>Oddgeir Nevland</b>	<b>51</b>												<b>1:04:14</b>	
02:53+	07:00+	11:17+	18:43+	24:22+	27:19+	28:56+	31:30+	34:30+	41:10+	45:32+	52:22+	58:09+	61:41+	63:57+	64:14+
02:53+	04:07+	04:17+	07:26+	05:39+	02:57+	01:37+	02:34+	03:00+	06:40+	04:22+	06:50+	05:47+	03:32+	02:16+	00:17+
01:23&	01:42&	02:08&	05:31@	03:18@	01:38@	00:38&	01:16&	01:24&	02:37&	02:00&	02:31&	01:52&	01:29&	00:22#	00:05&
<b>26</b>	<b>Eirik Thu</b>	<b>126</b>												<b>1:04:37</b>	
02:03+	07:27+	31:37+	33:02+	35:28+	37:41+	39:11+	41:09+	42:54+	46:31+	49:18+	55:04+	59:48+	62:23+	64:26+	64:37+
02:03+	05:24+	24:10+	01:25-	02:26+	02:13+	01:30+	01:58+	01:45+	03:37-	02:47+	05:46+	04:44+	02:35+	02:03+	00:11-
00:33&	02:59@	22:01@	00:30-	00:05+	00:54&	00:31&	00:40&	00:09+	00:26-	00:25#	01:27&	00:49#	00:32&	00:09+	00:01-
<b>27</b>	<b>Robin Chalmers</b>	<b>165</b>												<b>1:09:34</b>	
03:55+	08:18+	12:58+	16:16+	22:37+	25:44+	27:38+	30:25+	33:11+	39:38+	43:43+	50:36+	59:24+	66:53+	69:19+	69:34+
03:55+	04:23+	04:40+	03:18+	06:21+	03:07+	01:54+	02:47+	02:46+	06:27+	04:05+	06:53+	08:48+	07:29+	02:26+	00:15+
02:25@	01:58&	02:31@	01:23&	04:00@	01:48@	00:55&	01:29@	01:10&	02:24&	01:43&	02:34&	04:53@	05:26@	00:32&	00:03#
<b>28</b>	<b>Alexander Khorunzhiy</b>	<b>287</b>												<b>1:09:53</b>	
02:23+	07:56+	12:48+	21:46+	25:08+	33:51+	35:17+	41:06+	43:01+	49:04+	53:04+	59:08+	64:48+	67:29+	69:35+	69:53+
02:23+	05:33+	04:52+	08:58+	03:22+	08:43+	01:26+	05:49+	01:55+	06:03+	04:00+	06:04+	05:40+	02:41+	02:06+	00:18+
00:53&	03:08@	02:43@	07:03@	01:01&	07:24@	00:27&	04:31@	00:19#	02:00&	01:38&	01:45&	01:45&	00:38&	00:12#	00:06&

Class	Navn	Klasse														Tid
-------	------	--------	--	--	--	--	--	--	--	--	--	--	--	--	--	-----

### Beste strekktid for klassen

01:24 02:25 02:09 01:25 01:19 01:19 00:56 01:18 01:22 03:14 02:22 04:14 03:53 01:59 01:36 00:11

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

## Herrer 40 - 49 år

<b>1</b>	<b>Oddmund Nordgård</b>	<b>105</b>	<b>40:49</b>												
02:01=	05:24=	08:52=	11:16=	13:21=	15:05=	16:18=	18:29=	20:38=	24:40=	27:14=	32:04=	36:34=	38:57=	40:37=	40:49=
02:01=	03:23=	03:28=	02:24=	02:05=	01:44=	01:13=	02:11=	02:09=	04:02=	02:34=	04:50=	04:30=	02:23=	01:40=	00:12=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Andreas Becht</b>	<b>116</b>	<b>43:20</b>												
02:02+	05:05=	08:25=	10:31=	13:14=	15:17+	16:30+	18:22=	19:58=	26:07+	28:37+	33:46+	38:34+	41:10+	43:05+	43:20+
02:02+	03:03=	03:20=	02:06=	02:43+	02:03+	01:13=	01:52=	01:36=	06:09+	02:30=	05:09+	04:48+	02:36+	01:55+	00:15+
00:01+	00:20=	00:08=	00:18=	00:38&	00:19#	00:00=	00:19=	00:33=	02:07&	00:04=	00:19+	00:18+	00:13+	00:15#	00:03#
<b>3</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>	<b>44:19</b>												
01:47=	05:03=	08:30=	10:11=	12:49=	14:30=	17:07+	18:49+	20:29=	24:12=	27:05=	32:50+	38:09+	41:53+	44:05+	44:19+
01:47=	03:16=	03:27=	01:41=	02:38+	01:41=	02:37+	01:42=	01:40=	03:43=	02:53+	05:45+	05:19+	03:44+	02:12+	00:14+
00:14=	00:07=	00:01=	00:43=	00:33&	00:03=	01:24@	00:29=	00:29=	00:19=	00:19#	00:55#	00:49#	01:21&	00:32&	00:02#
<b>4</b>	<b>Gunnar Thorset</b>	<b>117</b>	<b>45:20</b>												
01:58=	05:51+	09:35+	11:38+	14:26+	16:42+	18:12+	20:00+	22:04+	26:23+	29:06+	34:54+	40:06+	42:56+	45:02+	45:20+
01:58=	03:53+	03:44+	02:03=	02:48+	02:16+	01:30+	01:48=	02:04=	04:19+	02:43+	05:48+	05:12+	02:50+	02:06+	00:18+
00:03=	00:30#	00:16+	00:21=	00:43&	00:32&	00:17#	00:23=	00:05=	00:17+	00:09+	00:58#	00:42#	00:27#	00:26&	00:06&
<b>5</b>	<b>Arne Hetlelid</b>	<b>98</b>	<b>45:41</b>												
01:51=	05:25+	09:00+	11:21+	13:30+	15:39+	17:05+	18:52+	21:33+	26:28+	29:20+	35:02+	40:04+	43:15+	45:23+	45:41+
01:51=	03:34+	03:35+	02:21=	02:09+	02:09+	01:26+	01:47=	02:41+	04:55+	02:52+	05:42+	05:02+	03:11+	02:08+	00:18+
00:10=	00:11+	00:07+	00:03=	00:04+	00:25#	00:13#	00:24=	00:32#	00:53#	00:18#	00:52#	00:32#	00:48&	00:28&	00:06&
<b>6</b>	<b>Thomas Johansen</b>	<b>111</b>	<b>45:48</b>												
01:52=	04:48=	07:32=	12:39+	15:43+	17:31+	18:51+	20:23+	22:01+	25:40+	29:02+	36:28+	41:11+	43:34+	45:34+	45:48+
01:52=	02:56=	02:44=	05:07+	03:04+	01:48+	01:20+	01:32=	01:38=	03:39=	03:22+	07:26+	04:43+	02:23=	02:00+	00:14+
00:09=	00:27=	00:44=	02:43@	00:59&	00:04+	00:07+	00:39=	00:31=	00:23=	00:48&	02:36&	00:13+	00:00=	00:20#	00:02#
<b>7</b>	<b>Arngrim Utskarpen</b>	<b>117</b>	<b>46:28</b>												
02:03+	05:37+	09:21+	10:59=	12:50=	14:53=	16:08=	18:42+	21:06+	26:01+	29:49+	35:46+	40:57+	44:21+	46:15+	46:28+
02:03+	03:34+	03:44+	01:38=	01:51=	02:03+	01:15+	02:34+	02:24+	04:55+	03:48+	05:57+	05:11+	03:24+	01:54+	00:13+
00:02+	00:11+	00:16+	00:46=	00:14=	00:19#	00:02+	00:23#	00:15#	00:53#	01:14&	01:07#	00:41#	01:01&	00:14#	00:01+
<b>8</b>	<b>Cedric Fayemendy</b>	<b>116</b>	<b>46:41</b>												
02:04+	06:06+	09:04+	11:14=	13:35+	17:16+	18:24+	20:24+	22:24+	28:16+	30:54+	36:22+	40:46+	44:35+	46:26+	46:41+
02:04+	04:02+	02:58=	02:10=	02:21+	03:41+	01:08=	02:00=	02:00=	05:52+	02:38+	05:28+	04:24=	03:49+	01:51+	00:15+
00:03+	00:39#	00:30=	00:14=	00:16#	01:57@	00:05=	00:11=	00:09=	01:50&	00:04+	00:38#	00:06=	01:26&	00:11#	00:03#
<b>9</b>	<b>Arjen Leendertse</b>	<b>91</b>	<b>47:12</b>												
02:00=	05:14=	10:40+	13:02+	15:15+	17:24+	18:34+	22:22+	24:53+	29:30+	32:22+	37:36+	42:04+	44:58+	46:55+	47:12+
02:00=	03:14=	05:26+	02:22=	02:13+	02:09+	01:10=	03:48+	02:31+	04:37+	02:52+	05:14+	04:28=	02:54+	01:57+	00:17+
00:01=	00:09=	01:58&	00:02=	00:08+	00:25#	00:03=	01:37&	00:22#	00:35#	00:18#	00:24+	00:02=	00:31#	00:17#	00:05&
<b>10</b>	<b>Magne Habbestad</b>	<b>111</b>	<b>48:05</b>												
01:54=	05:28+	08:55+	11:04=	12:39=	14:28=	15:46=	22:28+	24:11+	29:12+	31:53+	37:49+	42:55+	45:36+	47:49+	48:05+
01:54=	03:34+	03:27=	02:09=	01:35=	01:49+	01:18+	06:42+	01:43=	05:01+	02:41+	05:56+	05:06+	02:41+	02:13+	00:16+
00:07=	00:11+	00:01=	00:15=	00:30=	00:05+	00:05+	04:31@	00:26=	00:59#	00:07+	01:06#	00:36#	00:18#	00:33&	00:04&
<b>11</b>	<b>Lars Primstad</b>	<b>62</b>	<b>48:12</b>												
01:44=	04:29=	08:33=	10:22=	17:32+	19:26+	20:33+	22:22+	27:10+	32:19+	35:18+	40:08+	44:15+	46:13+	47:58+	48:12+
01:44=	02:45=	04:04+	01:49=	07:10+	01:54+	01:07=	01:49=	04:48+	05:09+	02:59+	04:50=	04:07=	01:58=	01:45+	00:14+
00:17=	00:38=	00:36#	00:35=	05:05@	00:10+	00:06=	00:22=	02:39@	01:07&	00:25#	00:00=	00:23=	00:25=	00:05+	00:02#
<b>12</b>	<b>Antal Jansen</b>	<b>115</b>	<b>49:17</b>												
02:31+	05:51+	14:32+	17:39+	20:07+	22:00+	23:26+	25:46+	29:18+	32:48+	35:23+	40:32+	44:29+	47:03+	49:02+	49:17+
02:31+	03:20=	04:04+	01:49=	07:10+	01:53+	01:26+	02:20+	03:32+	03:30=	02:35+	05:09+	03:57=	02:34+	01:59+	00:15+
00:30#	00:03=	05:13@	00:43&	00:23#	00:09+	00:13#	00:09+	01:23&	00:32=	00:01+	00:19+	00:33=	00:11+	00:19#	00:03#
<b>13</b>	<b>Svein Oddvar Netland</b>	<b>116</b>	<b>49:35</b>												
01:50=	05:48+	10:42+	13:41+	17:18+	19:23+	20:37+	22:52+	24:38+	30:51+	34:12+	40:02+	44:50+	47:27+	49:23+	49:35+
01:50=	03:58+	04:54+	02:59+	03:37+	02:05+	01:14+	02:15+	01:46=	06:13+	03:21+	05:50+	04:48+	02:37+	01:56+	00:12=
00:11=	00:35#	01:26&	00:35#	01:32&	00:21#	00:01+	00:04+	00:23=	02:11&	00:47&	01:00#	00:18+	00:14+	00:16#	00:00=

Class	Navn	Klasse										Tid			
<b>14</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>										<b>49:56</b>			
01:52-	04:58-	08:48-	10:35-	13:48+	16:17+	17:52+	19:57+	21:51+	28:23+	31:45+	38:03+	44:16+	47:15+	49:42+	49:56+
01:52-	03:06-	03:50+	01:47-	03:13+	02:29+	01:35+	02:05-	01:54-	06:32+	03:22+	06:18+	06:13+	02:59+	02:27+	00:14+
00:09-	00:17-	00:22#	00:37-	01:08&	00:45&	00:22&	00:06-	00:15-	02:30&	00:48&	01:28&	01:43&	00:36&	00:47&	00:02#
<b>15</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>50:03</b>			
01:45-	04:43-	09:10+	11:26+	20:06+	23:59+	25:10+	26:50+	28:35+	32:13+	35:40+	40:17+	45:07+	47:52+	49:50+	50:03+
01:45-	02:58-	04:27+	02:16-	08:40+	03:53+	01:11-	01:40-	01:45-	03:38-	03:27+	04:37-	04:50+	02:45+	01:58+	00:13+
00:16-	00:25-	00:59&	00:08-	06:35@	02:09@	00:02-	00:31-	00:24-	00:24-	00:53&	00:13-	00:20+	00:22#	00:18#	00:01+
<b>16</b>	<b>Jan Kenneth Polle</b>	<b>83</b>										<b>50:16</b>			
01:39-	05:22-	08:56+	11:25+	13:42+	17:56+	19:26+	23:22+	25:10+	29:58+	33:23+	39:40+	44:59+	47:50+	50:01+	50:16+
01:39-	03:43+	03:34+	02:29+	02:17+	04:14+	01:30+	03:56+	01:48-	04:48+	03:25+	06:17+	05:19+	02:51+	02:11+	00:15+
00:22-	00:20+	00:06+	00:05+	00:12+	02:30@	00:17#	01:45&	00:21-	00:46#	00:51&	01:27&	00:49#	00:28#	00:31&	00:03#
<b>17</b>	<b>Simen Auli Staff</b>	<b>115</b>										<b>50:54</b>			
02:16+	05:27+	09:11+	12:06+	16:51+	19:01+	20:45+	22:25+	24:47+	29:00+	34:28+	40:14+	45:34+	48:41+	50:40+	50:54+
02:16+	03:11-	03:44+	02:55+	04:45+	02:10+	01:44+	01:40-	02:22+	04:13+	05:28+	05:46+	05:20+	03:07+	01:59+	00:14+
00:15#	00:12-	00:16+	00:31#	02:40@	00:26#	00:31&	00:31-	00:13#	00:11+	02:54@	00:56#	00:50#	00:44&	00:19#	00:02#
<b>18</b>	<b>Egil Syre</b>	<b>101</b>										<b>51:18</b>			
02:22+	05:38+	09:46+	13:15+	16:43+	18:24+	19:38+	21:35+	23:27+	29:19+	34:02+	39:29+	45:24+	48:46+	51:04+	51:18+
02:22+	03:16-	04:08+	03:29+	03:28+	01:41-	01:14+	01:57-	01:52-	05:52+	04:43+	05:27+	05:55+	03:22+	02:18+	00:14+
00:21#	00:07-	00:40#	01:05&	01:23&	00:03-	00:01+	00:14-	00:17-	01:50&	02:09&	00:37#	01:25&	00:59&	00:38&	00:02#
<b>19</b>	<b>Peter Chapman</b>	<b>117</b>										<b>52:48</b>			
01:47-	05:10-	09:50+	14:22+	22:35+	23:52+	25:07+	26:40+	31:17+	36:26+	39:27+	44:24+	48:35+	50:42+	52:34+	52:48+
01:47-	03:23=	04:40+	04:32+	08:13+	01:17-	01:15+	01:33-	04:37+	05:09+	03:01+	04:57+	04:11-	02:07-	01:52+	00:14+
00:14-	00:00=	01:12&	02:08&	06:08@	00:27-	00:02+	00:38-	02:28@	01:07&	00:27#	00:07+	00:19-	00:16-	00:12#	00:02#
<b>20</b>	<b>Jørn A. Carlsen</b>	<b>116</b>										<b>55:33</b>			
02:26+	05:37+	11:27+	13:00+	15:01+	18:54+	20:16+	28:49+	30:40+	34:39+	37:41+	43:33+	48:51+	53:06+	55:13+	55:33+
02:26+	03:11-	05:50+	01:33-	02:01-	03:53+	01:22+	08:33+	01:51-	03:59-	03:02+	05:52+	05:18+	04:15+	02:07+	00:20+
00:25#	00:12-	02:22&	00:51-	00:04-	02:09@	00:09#	06:22@	00:18-	00:03-	00:28#	01:02#	00:48#	01:52&	00:27&	00:08&
<b>21</b>	<b>Jan Kristensen</b>	<b>7</b>										<b>55:39</b>			
02:41+	06:49+	11:04+	13:33+	18:57+	21:19+	23:09+	26:06+	28:28+	33:30+	37:06+	43:44+	49:21+	52:53+	55:22+	55:39+
02:41+	04:08+	04:15+	02:29+	05:24+	02:22+	01:50+	02:57+	02:22+	05:02+	03:36+	06:38+	05:37+	03:32+	02:29+	00:17+
00:40&	00:45#	00:47#	00:05+	03:19@	00:38&	00:37&	00:46&	00:13#	01:00#	01:02&	01:48&	01:07#	01:09&	00:49&	00:05&
<b>22</b>	<b>John Breiland</b>	<b>352</b>										<b>55:52</b>			
02:04+	05:22-	10:35+	12:50+	15:00+	19:07+	21:41+	24:07+	26:02+	32:57+	36:57+	45:37+	50:35+	53:12+	55:37+	55:52+
02:04+	03:18-	05:13+	02:15-	02:10+	04:07+	02:34+	02:26+	01:55-	06:55+	04:00+	08:40+	04:58+	02:37+	02:25+	00:15+
00:03+	00:05-	01:45&	00:09-	00:05+	02:23@	01:21@	00:15#	00:14-	02:53&	01:26&	03:50&	00:28#	00:14+	00:45&	00:03#
<b>23</b>	<b>Bjørn Kristian Røyland</b>	<b>115</b>										<b>56:20</b>			
02:31+	06:48+	12:48+	15:18+	18:09+	20:41+	22:26+	24:25+	26:58+	31:58+	36:14+	43:17+	50:10+	53:43+	56:06+	56:20+
02:31+	04:17+	06:00+	02:30+	02:51+	02:32+	01:45+	01:59-	02:33+	05:00+	04:16+	07:03+	06:53+	03:33+	02:23+	00:14+
00:30#	00:54&	02:32&	00:06+	00:46&	00:48&	00:32&	00:12-	00:24#	00:58#	01:42&	02:13&	02:23&	01:10&	00:43&	00:02#
<b>24</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>56:29</b>			
02:28+	06:34+	10:47+	13:13+	17:58+	19:59+	21:41+	24:13+	26:22+	32:35+	36:39+	43:40+	49:53+	53:25+	56:07+	56:29+
02:28+	04:06+	04:13+	02:26+	04:45+	02:01+	01:42+	02:32+	02:09=	06:13+	04:04+	07:01+	06:13+	03:32+	02:42+	00:22+
00:27#	00:43#	00:45#	00:02+	02:40@	00:17#	00:29#	00:21#	00:00=	02:11&	01:30&	02:11&	01:43&	01:09&	01:02&	00:10&
<b>25</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>58:09</b>			
02:07+	06:48+	10:56+	20:38+	24:48+	28:02+	29:14+	32:08+	34:55+	40:05+	43:20+	49:16+	54:02+	56:03+	57:56+	58:09+
02:07+	04:41+	04:08+	09:42+	04:10+	03:14+	01:12-	02:54+	02:47+	05:10+	03:15+	05:56+	04:46+	02:01-	01:53+	00:13+
00:06+	01:18&	00:40#	07:18@	02:05&	01:30&	00:01-	00:43&	00:38&	01:08&	00:41&	01:06#	00:16+	00:22-	00:13#	00:01+
<b>26</b>	<b>Ole-Tobias Frich</b>	<b>116</b>										<b>1:02:02</b>			
02:09+	06:00+	10:13+	18:55+	24:02+	27:04+	28:34+	31:11+	33:40+	39:03+	43:42+	51:32+	56:44+	59:21+	61:42+	62:02+
02:09+	03:51+	04:13+	08:42+	05:07+	03:02+	01:30+	02:37+	02:29+	05:23+	04:39+	07:50+	05:12+	02:37+	02:21+	00:20+
00:08+	00:28#	00:45#	06:18@	03:02@	01:18&	00:17#	00:26#	00:20#	01:21&	02:05&	03:00&	00:42#	00:14+	00:41&	00:08&
<b>27</b>	<b>André Sirevåg</b>	<b>116</b>										<b>1:08:35</b>			
02:53+	06:27+	11:51+	23:31+	29:45+	33:26+	34:58+	37:21+	39:29+	44:57+	49:14+	57:12+	62:46+	65:56+	68:16+	68:35+
02:53+	03:34+	05:24+	11:40+	06:14+	03:41+	01:32+	02:23+	02:08-	05:28+	04:17+	07:58+	05:34+	03:10+	02:20+	00:19+
00:52&	00:11+	01:56&	09:16@	04:09@	01:57@	00:19&	00:12+	00:01-	01:26&	01:43&	03:08&	01:04#	00:47&	00:40&	00:07&

### Beste strekktid for klassen

01:39 02:45 02:44 01:33 01:35 01:17 01:07 01:32 01:36 03:30 02:30 04:37 03:57 01:58 01:40 00:12

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

### Herrer 50 - 59 år

<b>1</b>	<b>Øivind Berggraf</b>	<b>116</b>	<b>44:48</b>													
03:55=	05:37=	07:55=	10:59=	14:30=	17:27=	19:50=	21:23=	23:34=	26:17=	30:49=	33:45=	38:58=	40:53=	43:28=	44:33=	44:48=
03:55=	01:42=	02:18=	03:04=	03:31=	02:57=	02:23=	01:33=	02:11=	02:43=	04:32=	02:56=	05:13=	01:55=	02:35=	01:05=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kjell Seland</b>	<b>236</b>	<b>45:27</b>													
04:44+	07:05+	09:41+	11:30+	14:29-	17:42+	21:28+	23:02+	24:52+	27:42+	31:16+	34:08+	39:45+	41:43+	44:05+	45:09+	45:27+
04:44+	02:21+	02:36+	01:49-	02:59-	03:13+	03:46+	01:34+	01:50-	02:50+	03:34-	02:52-	05:37+	01:58+	02:22-	01:04-	00:18+
00:49#	00:39&	00:18#	01:15-	00:32-	00:16+	01:23&	00:01+	00:21-	00:07+	00:58-	00:04-	00:24+	00:03+	00:13-	00:01-	00:03#
<b>3</b>	<b>Anders Glenne</b>	<b>7</b>	<b>45:34</b>													
04:06+	05:55+	08:01+	10:33-	14:40+	17:32+	20:06+	22:20+	24:10+	26:47+	30:06-	32:35-	38:24-	40:18-	42:49-	45:17+	45:34+
04:06+	01:49+	02:06-	02:32-	04:07+	02:52-	02:34+	02:14+	01:50-	02:37-	03:19-	02:29-	05:49+	01:54-	02:31-	02:28+	00:17+
00:11+	00:07+	00:12-	00:32-	00:36#	00:05-	00:11+	00:41&	00:21-	00:06-	01:13-	00:27-	00:36#	00:01-	00:04-	01:23@	00:02#
<b>4</b>	<b>Ole Petter Haukaas</b>	<b>109</b>	<b>46:41</b>													
04:21+	06:07+	09:10+	10:39-	13:32-	16:27-	19:12-	20:51-	22:43-	25:42-	30:34-	33:43-	39:49+	42:53+	45:33+	46:27+	46:41+
04:21+	01:46+	03:03+	01:29-	02:53-	02:55-	02:45+	01:39+	01:52-	02:59+	04:52+	03:09+	06:06+	03:04+	02:40+	00:54-	00:14-
00:26#	00:04+	00:45&	01:35-	00:38-	00:02-	00:22#	00:06+	00:19-	00:16+	00:20+	00:13+	00:53#	01:09&	00:05+	00:11-	00:01-
<b>5</b>	<b>Knut Feldmann</b>	<b>93</b>	<b>47:24</b>													
04:21+	06:18+	09:09+	10:47-	14:17-	17:24-	23:23+	25:00+	26:58+	29:41+	33:17+	36:08+	41:41+	43:40+	45:59+	47:07+	47:24+
04:21+	01:57+	02:51+	01:38-	03:30-	03:07+	05:59+	01:37+	01:58-	02:43=	03:36-	02:51-	05:33+	01:59+	02:19-	01:08+	00:17+
00:26#	00:15#	00:33#	01:26-	00:01-	00:10+	03:36@	00:04+	00:13-	00:00=	00:56-	00:05-	00:20+	00:04+	00:16-	00:03+	00:02#
<b>6</b>	<b>Lars Bergersen</b>	<b>116</b>	<b>47:56</b>													
04:30+	06:10+	08:27+	10:34-	13:52-	16:38-	19:24-	21:32+	23:54+	27:10+	31:41+	34:55+	41:14+	43:39+	46:39+	47:41+	47:56+
04:30+	01:40-	02:17-	02:07-	03:18-	02:46-	02:46+	02:08+	02:22+	03:16+	04:31-	03:14+	06:19+	02:25+	03:00+	01:02-	00:15=
00:35#	00:02-	00:01-	00:57-	00:13-	00:11-	00:23#	00:35&	00:11+	00:33#	00:01-	00:18#	01:06#	00:30&	00:25#	00:03-	00:00=
<b>7</b>	<b>Bertrand Denieul</b>	<b>42</b>	<b>49:03</b>													
03:56+	05:49+	11:48+	14:58+	18:06+	21:41+	24:18+	25:47+	28:26+	31:06+	35:01+	37:52+	43:02+	45:00+	47:52+	48:50+	49:03+
03:56+	01:53+	05:59+	03:10+	03:08-	03:35+	02:37+	01:29-	02:39+	02:40-	03:55-	02:51-	05:10-	01:58+	02:52+	00:58-	00:13-
00:01+	00:11#	03:41@	00:06+	00:23-	00:38#	00:14+	00:04-	00:28#	00:03-	00:37-	00:05-	00:03-	00:03+	00:17#	00:07-	00:02-
<b>8</b>	<b>Harald Jansen</b>	<b>289</b>	<b>49:51</b>													
04:36+	06:20+	08:20+	12:01+	15:09+	17:56+	20:26+	22:40+	24:39+	27:42+	32:30+	36:24+	42:06+	44:08+	48:27+	49:35+	49:51+
04:36+	01:44+	02:00-	03:41+	03:08-	02:47-	02:30+	02:14+	01:59-	03:03+	04:48+	03:54+	05:42+	02:02+	04:19+	01:08+	00:16+
00:41#	00:02+	00:18-	00:37#	00:23-	00:10-	00:07+	00:41&	00:12-	00:20#	00:16+	00:58&	00:29+	00:07+	01:44&	00:03+	00:01+
<b>9</b>	<b>Øystein Fuglestad</b>	<b>46</b>	<b>50:23</b>													
04:35+	07:02+	09:07+	11:37+	15:03+	18:12+	20:59+	22:49+	24:45+	28:14+	33:57+	37:29+	43:39+	46:02+	49:02+	50:09+	50:23+
04:35+	02:27+	02:05-	02:30-	03:26-	03:09+	02:47+	01:50+	01:56-	03:29+	05:43+	03:32+	06:10+	02:23+	03:00+	01:07+	00:14-
00:40#	00:45&	00:13-	00:34-	00:05-	00:12+	00:24#	00:17#	00:15-	00:46&	01:11&	00:36#	00:57#	00:28#	00:25#	00:02+	00:01-
<b>10</b>	<b>Kjell Olav Gjerde</b>	<b>7</b>	<b>50:46</b>													
04:50+	07:21+	10:37+	13:00+	16:51+	20:11+	23:56+	26:15+	28:19+	30:54+	35:48+	38:34+	43:55+	46:11+	49:17+	50:28+	50:46+
04:50+	02:31+	03:16+	02:23-	03:51+	03:20+	03:45+	02:19+	02:04-	02:35-	04:54+	02:46-	05:21+	02:16+	03:06+	01:11+	00:18+
00:55#	00:49&	00:58&	00:41-	00:20+	00:23#	01:22&	00:46&	00:07-	00:08-	00:22+	00:10-	00:08+	00:21#	00:31#	00:06+	00:03#
<b>11</b>	<b>Arne Øvstebø</b>	<b>71</b>	<b>51:11</b>													
04:13+	06:30+	09:19+	11:48+	15:50+	20:26+	24:21+	26:12+	28:15+	31:48+	36:13+	39:06+	45:09+	47:17+	49:53+	50:55+	51:11+
04:13+	02:17+	02:49+	02:29-	04:02+	04:36+	03:55+	01:51+	02:03-	03:33+	04:25-	02:53-	06:03+	02:08+	02:36+	01:02-	00:16+
00:18+	00:35&	00:31#	00:35-	00:31#	01:39&	01:32&	00:18#	00:08-	00:50&	00:07-	00:03-	00:50#	00:13#	00:01+	00:03-	00:01+
<b>12</b>	<b>Trygve Michaelsen</b>	<b>117</b>	<b>52:03</b>													
04:24+	06:51+	08:51+	11:55+	15:29+	18:24+	20:55+	23:42+	27:48+	31:03+	35:07+	38:37+	44:43+	47:16+	50:35+	51:48+	52:03+
04:24+	02:27+	02:00-	03:04=	03:34+	02:55-	02:31+	02:47+	04:06+	03:15+	04:04-	03:30+	06:06+	02:33+	03:19+	01:13+	00:15=
00:29#	00:45&	00:18-	00:00=	00:03+	00:02-	00:08+	01:14&	01:55&	00:32#	00:28-	00:34#	00:53#	00:38&	00:44&	00:08#	00:00=
<b>13</b>	<b>Morten Johannessen</b>	<b>7</b>	<b>52:32</b>													
04:02+	05:51+	08:16+	17:27+	21:29+	24:50+	27:19+	28:54+	30:35+	33:24+	37:10+	40:45+	46:02+	47:55+	51:05+	52:15+	52:32+
04:02+	01:49+	02:25+	09:11+	04:02+	03:21+	02:29+	01:35+	01:41-	02:49+	03:46-	03:35+	05:17+	01:53-	03:10+	01:10+	00:17+
00:07+	00:07+	00:07+	06:07@	00:31#	00:24#	00:06+	00:02+	00:30-	00:06+	00:46-	00:39#	00:04+	00:02-	00:35#	00:05+	00:02#
<b>14</b>	<b>Alf Håkon Haugland</b>	<b>116</b>	<b>52:41</b>													
03:59+	05:47+	08:51+	15:42+	18:29+	21:53+	24:33+	26:25+	28:29+	31:29+	37:03+	40:40+	46:32+	48:29+	51:28+	52:27+	52:41+
03:59+	01:48+	03:04+	06:51+	02:47-	03:24+	02:40+	01:52+	02:04-	03:00+	05:34+	03:37+	05:52+	01:57+	02:59+	00:59-	00:14-
00:04+	00:06+	00:46&	03:47@	00:44-	00:27#	00:17#	00:19#	00:07-	00:17#	01:02#	00:41#	00:39#	00:02+	00:24#	00:06-	00:01-

Class	Navn	Klasse											Tid			
<b>15</b>	<b>Per Ingar Hadland</b>	<b>7</b>											<b>53:28</b>			
04:38+	06:40+	11:28+	14:18+	18:07+	21:58+	25:05+	27:07+	29:10+	32:41+	37:04+	40:55+	47:07+	53:28+	53:14+	53:28+	
04:38+	02:02+	04:48+	02:50-	03:49+	03:51+	03:07+	02:02+	02:03-	03:31+	04:23-	03:51+	06:12+	02:09+	02:53+	01:05=	00:14-
00:43#	00:20#	02:30@	00:14-	00:18+	00:54&	00:44&	00:29&	00:08-	00:48&	00:09-	00:55&	00:59#	00:14#	00:18#	00:00=	00:01-
<b>16</b>	<b>Magnar Møller</b>	<b>62</b>											<b>54:57</b>			
04:43+	07:07+	09:49+	12:08+	18:19+	21:41+	25:44+	27:36+	29:55+	33:12+	38:30+	42:05+	48:06+	50:23+	53:18+	54:38+	54:57+
04:43+	02:24+	02:42+	02:19-	06:11+	03:22+	04:03+	01:52+	02:19+	03:17+	05:18+	03:35+	06:01+	02:17+	02:55+	01:20+	00:19+
00:48#	00:42&	00:24#	00:45-	02:40&	00:25#	01:40&	00:19#	00:08+	00:34#	00:46#	00:39#	00:48#	00:22#	00:20#	00:15#	00:04&
<b>17</b>	<b>Sigbjørn Gløppen</b>	<b>144</b>											<b>56:22</b>			
04:26+	06:42+	09:51+	13:27+	18:04+	22:19+	25:47+	28:04+	30:06+	33:23+	38:53+	42:25+	48:52+	51:06+	54:32+	56:02+	56:22+
04:26+	02:16+	03:09+	03:36+	04:37+	04:15+	03:28+	02:17+	02:02-	03:17+	05:30+	03:32+	06:27+	02:14+	03:26+	01:30+	00:20+
00:31#	00:34&	00:51&	00:32#	01:06&	01:18&	01:05&	00:44&	00:09-	00:34#	00:58#	00:36#	01:14#	00:19#	00:51&	00:25&	00:05&
<b>18</b>	<b>Tor Brekken</b>	<b>97</b>											<b>57:12</b>			
04:05+	06:11+	09:04+	11:22+	19:40+	23:21+	28:07+	30:12+	32:37+	35:37+	41:23+	44:50+	50:46+	52:43+	55:38+	56:53+	57:12+
04:05+	02:06+	02:53+	02:18-	08:18+	03:41+	04:46+	02:05+	02:25+	03:00+	05:46+	03:27+	05:56+	01:57+	02:55+	01:15+	00:19+
00:10+	00:24#	00:35&	00:46-	04:47@	00:44#	02:23&	00:32&	00:14#	00:17#	01:14&	00:31#	00:43#	00:02+	00:20#	00:10#	00:04&
<b>19</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>											<b>57:33</b>			
05:24+	07:39+	11:59+	14:14+	18:03+	21:38+	24:59+	27:10+	29:49+	33:14+	39:18+	42:47+	49:52+	52:47+	55:58+	57:17+	57:33+
05:24+	02:15+	04:20+	02:15-	03:49+	03:35+	03:21+	02:11+	02:39+	03:25+	06:04+	03:29+	07:05+	02:55+	03:11+	01:19+	00:16+
01:29&	00:33&	00:22&	00:49-	00:18+	00:38#	00:58&	00:38&	00:28#	00:42&	01:32&	00:33#	01:52&	01:00&	00:36#	00:14#	00:01+
<b>20</b>	<b>Geir Rune Seldal</b>	<b>192</b>											<b>57:33</b>			
05:06+	07:21+	10:32+	12:41+	18:01+	21:56+	25:29+	27:45+	29:59+	33:57+	38:43+	42:22+	49:22+	51:59+	55:58+	57:15+	57:33+
05:06+	02:15+	03:11+	02:09-	05:20+	03:55+	03:33+	02:16+	02:14+	03:58+	04:46+	03:39+	07:00+	02:37+	03:59+	01:17+	00:18+
01:11&	00:33&	00:53&	00:55-	01:49&	00:58&	01:10&	00:43&	00:03+	01:15&	00:14+	00:43#	01:47&	00:42&	01:24&	00:12#	00:03#
<b>21</b>	<b>David Greig</b>	<b>134</b>											<b>57:49</b>			
04:27+	06:58+	10:22+	13:43+	17:17+	20:31+	24:14+	26:34+	29:02+	32:27+	36:51+	40:26+	46:57+	52:18+	56:01+	57:30+	57:49+
04:27+	02:31+	03:24+	03:21+	03:34+	03:14+	03:43+	02:20+	02:28+	03:25+	04:24-	03:35+	06:31+	05:21+	03:43+	01:29+	00:19+
00:32#	00:49&	01:06&	00:17+	00:03+	00:17+	01:20&	00:47&	00:17#	00:42&	00:08-	00:39#	01:18#	03:26@	01:08&	00:24&	00:04&
<b>22</b>	<b>Asbjørn Brådland</b>	<b>297</b>											<b>58:53</b>			
04:24+	07:27+	14:19+	16:43+	20:20+	24:45+	27:34+	30:13+	32:39+	36:05+	40:41+	44:23+	51:15+	53:56+	57:29+	58:38+	58:53+
04:24+	03:03+	06:52+	02:24-	03:37+	04:25+	02:49+	02:39+	02:26+	03:26+	04:36+	03:42+	06:52+	02:41+	03:33+	01:09+	00:15=
00:29#	01:21&	04:34@	00:40-	00:06+	01:28&	00:26#	01:06&	00:15#	00:43&	00:04+	00:46&	01:39&	00:46&	00:58&	00:04+	00:00=
<b>23</b>	<b>Harald Taksdal</b>	<b>236</b>											<b>58:57</b>			
05:05+	07:19+	13:04+	14:54+	19:44+	23:58+	27:45+	30:10+	32:24+	35:40+	40:22+	44:36+	51:37+	54:02+	57:16+	58:35+	58:57+
05:05+	02:14+	05:45+	01:50-	04:50+	04:14+	03:47+	02:25+	02:14+	03:16+	04:42+	04:14+	07:01+	02:25+	03:14+	01:19+	00:22+
01:10&	00:32&	03:27@	01:14-	01:19&	01:17&	01:24&	00:52&	00:03+	00:33#	00:10+	01:18&	01:48&	00:30&	00:39&	00:14#	00:07&
<b>24</b>	<b>Torbjørn Dahle</b>	<b>92</b>											<b>59:13</b>			
04:27+	06:31+	12:44+	17:04+	20:58+	24:06+	27:21+	29:07+	31:11+	34:32+	39:48+	42:56+	49:32+	52:48+	56:34+	58:56+	59:13+
04:27+	02:04+	06:13+	04:20+	03:54+	03:08+	03:15+	01:46+	02:04-	03:21+	05:16+	03:08+	06:36+	03:16+	03:46+	02:22+	00:17+
00:32#	00:22#	03:55@	01:16&	00:23#	00:11+	00:52&	00:13#	00:07-	00:38#	00:44#	00:12+	01:23&	01:21&	01:11&	01:17@	00:02#
<b>25</b>	<b>Håvard Håland</b>	<b>66</b>											<b>59:22</b>			
03:55=	05:53+	08:42+	15:36+	19:48+	23:27+	29:32+	31:03+	32:53+	35:33+	40:45+	46:08+	52:03+	54:07+	56:32+	59:02+	59:22+
03:55=	01:58+	02:49+	06:54+	04:12+	03:39+	06:05+	01:31-	01:50-	02:40-	05:12+	05:23+	05:55+	02:04+	02:25-	02:30+	00:20+
00:00=	00:16#	00:31#	03:50@	00:41#	00:42#	03:42@	00:02-	00:21-	00:03-	00:40#	02:27&	00:42#	00:09+	00:10-	01:25@	00:05&
<b>26</b>	<b>Tor Sverre Skåra</b>	<b>266</b>											<b>59:35</b>			
05:56+	09:03+	12:46+	15:23+	19:19+	22:49+	25:55+	28:05+	30:45+	34:23+	42:55+	46:05+	52:47+	54:57+	57:59+	59:20+	59:35+
05:56+	03:07+	03:43+	02:37-	03:56+	03:30+	03:06+	02:10+	02:40+	03:38+	08:32+	03:10+	06:42+	02:10+	03:02+	01:21+	00:15=
02:01&	01:25&	01:25&	00:27-	00:25#	00:33#	00:43&	00:37&	00:29#	00:55&	04:00&	00:14+	01:29&	00:15#	00:27#	00:16#	00:00=
<b>27</b>	<b>Frank Hansen</b>	<b>29</b>											<b>1:00:23</b>			
04:12+	06:36+	09:47+	15:03+	21:24+	25:16+	30:15+	32:29+	35:04+	38:30+	43:26+	47:02+	53:31+	55:38+	58:48+	60:08+	60:23+
04:12+	02:24+	03:11+	05:16+	06:21+	03:52+	04:59+	02:14+	02:35+	03:26+	04:56+	03:36+	06:29+	02:07+	03:10+	01:20+	00:15=
00:17+	00:42&	00:53&	02:12&	02:50&	00:55&	02:36@	00:41&	00:24#	00:43&	00:24+	00:40#	01:16#	00:12#	00:35#	00:15#	00:00=
<b>28</b>	<b>Jørgen Nilsen</b>	<b>53</b>											<b>1:00:26</b>			
04:38+	06:38+	17:31+	19:25+	23:01+	26:32+	30:03+	32:23+	34:45+	37:46+	42:28+	46:07+	53:00+	55:33+	58:48+	60:07+	60:26+
04:38+	02:00+	10:53+	01:54-	03:36+	03:31+	03:31+	02:20+	02:22+	03:01+	04:42+	03:39+	06:53+	02:33+	03:15+	01:19+	00:19+
00:43#	00:18#	08:35@	01:10-	00:05+	00:34#	01:08&	00:47&	00:11+	00:18#	00:10+	00:43#	01:40&	00:38&	00:40&	00:14#	00:04&
<b>29</b>	<b>Stein Arve Finnestad</b>	<b>287</b>											<b>1:00:40</b>			
04:59+	07:31+	10:28+	13:11+	16:51+	22:23+	26:56+	28:51+	31:41+	34:39+	38:47+	42:49+	50:07+	52:28+	58:48+	60:21+	60:40+
04:59+	02:32+	02:57+	02:43-	03:40+	05:32+	04:33+	01:55+	02:50+	02:58+	04:08-	04:02+	07:18+	02:21+	06:20+	01:33+	00:19+
01:04&	00:50&	00:39&	00:21-	00:09+	02:35&	02:10&	00:22#	00:39&	00:15+	00:24-	01:06&	02:05&	00:26#	03:45@	00:28&	00:04&

Class	Navn	Klasse										Tid				
<b>30</b>	<b>Inge Skretting</b>	<b>165</b>										<b>1:01:29</b>				
04:35+	08:20+	13:04+	15:18+	23:59+	28:08+	30:47+	32:42+	34:40+	38:30+	43:01+	47:21+	53:58+	57:06+	60:03+	61:13+	61:29+
04:35+	03:45+	04:44+	02:14-	08:41+	04:09+	02:39+	01:55+	01:58-	03:50+	04:31-	04:20+	06:37+	03:08+	02:57+	01:10+	00:16+
00:40#	02:03@	02:26@	00:50-	05:10@	01:12&	00:16#	00:22#	00:13-	01:07&	00:01-	01:24&	01:24&	01:13&	00:22#	00:05+	00:01+
<b>31</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>1:02:24</b>				
04:32+	06:33+	14:39+	19:00+	24:13+	27:49+	30:18+	32:26+	36:33+	41:01+	45:06+	48:53+	55:33+	58:00+	60:44+	62:04+	62:24+
04:32+	02:01+	08:06+	04:21+	05:13+	03:36+	02:29+	02:08+	04:07+	04:28+	04:05-	03:47+	06:40+	02:27+	02:44+	01:20+	00:20+
00:37#	00:19#	05:48@	01:17&	01:42&	00:39#	00:06+	00:35&	01:56&	01:45&	00:27-	00:51&	01:27&	00:32&	00:09+	00:15#	00:05&
<b>32</b>	<b>Geir Tullin Mikalsen</b>	<b>92</b>										<b>1:02:38</b>				
04:37+	10:18+	14:03+	18:52+	22:19+	25:58+	32:06+	34:11+	37:04+	40:14+	45:42+	49:24+	55:23+	57:41+	60:31+	62:20+	62:38+
04:37+	05:41+	03:45+	04:49+	03:27-	03:39+	06:08+	02:05+	02:53+	03:10+	05:28+	03:42+	05:59+	02:18+	02:50+	01:49+	00:18+
00:42#	03:59@	01:27&	01:45&	00:04-	00:42#	03:45@	00:32&	00:42&	00:27#	00:56#	00:46&	00:46#	00:23#	00:15+	00:44&	00:03#
<b>33</b>	<b>Arne Nygaard</b>	<b>66</b>										<b>1:02:48</b>				
04:54+	07:05+	09:15+	16:20+	19:55+	24:28+	27:52+	30:47+	32:41+	36:11+	41:51+	46:45+	53:07+	55:34+	61:15+	62:35+	62:48+
04:54+	02:11+	02:10-	07:05+	03:35+	04:33+	03:24+	02:55+	01:54-	03:30+	05:40+	04:54+	06:22+	02:27+	05:41+	01:20+	00:13-
00:59&	00:29&	00:08-	04:01@	00:04+	01:36&	01:01&	01:22&	00:17-	00:47&	01:08#	01:58&	01:09#	00:32&	03:06@	00:15#	00:02-
<b>34</b>	<b>Josef Ludoid</b>	<b>228</b>										<b>1:15:55</b>				
05:31+	08:24+	12:25+	25:06+	30:55+	34:56+	40:01+	42:11+	45:30+	49:36+	55:24+	59:43+	67:53+	70:38+	73:56+	75:37+	75:55+
05:31+	02:53+	04:01+	12:41+	05:49+	04:01+	05:05+	02:10+	03:19+	04:06+	05:48+	04:19+	08:10+	02:45+	03:18+	01:41+	00:18+
01:36&	01:11&	01:43&	09:37@	02:18&	01:04&	02:42@	00:37&	01:08&	01:23&	01:16&	01:23&	02:57&	00:50&	00:43&	00:36&	00:03#
<b>35</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>1:16:40</b>				
05:46+	08:06+	12:50+	29:37+	33:53+	37:57+	42:03+	44:23+	47:46+	51:30+	57:47+	61:21+	68:12+	71:19+	75:01+	76:23+	76:40+
05:46+	02:20+	04:44+	16:47+	04:16+	04:04+	04:06+	02:20+	03:23+	03:44+	06:17+	03:34+	06:51+	03:07+	03:42+	01:22+	00:17+
01:51&	00:38&	02:26@	13:43@	00:45#	01:07&	01:43&	00:47&	01:12&	01:01&	01:45&	00:38#	01:38&	01:12&	01:07&	00:17&	00:02#
<b>36</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>1:17:03</b>				
04:16+	06:19+	10:03+	16:30+	20:45+	38:50+	41:48+	44:34+	47:34+	50:58+	55:27+	59:51+	67:04+	71:52+	75:10+	76:49+	77:03+
04:16+	02:03+	03:44+	06:27+	04:15+	18:05+	02:58+	02:46+	03:00+	03:24+	04:29-	04:24+	07:13+	04:48+	03:18+	01:39+	00:14-
00:21+	00:21#	01:26&	03:23@	00:44#	15:08@	00:35#	01:13&	00:49&	00:41&	00:03-	01:28&	02:00&	02:53@	00:43&	00:34&	00:01-
<b>37</b>	<b>Ernst Kristensen</b>	<b>116</b>										<b>1:19:47</b>				
05:06+	07:20+	10:02+	19:54+	24:15+	28:13+	32:23+	34:29+	37:28+	49:32+	55:28+	60:58+	68:46+	71:53+	75:24+	79:27+	79:47+
05:06+	02:14+	02:42+	09:52+	04:21+	03:58+	04:10+	02:06+	02:59+	12:04+	05:56+	05:30+	07:48+	03:07+	03:31+	04:03+	00:20+
01:11&	00:32&	00:24#	06:48@	00:50#	01:01&	01:47&	00:33&	00:48&	09:21@	01:24&	02:34&	02:35&	01:12&	00:56&	02:58@	00:05&
<b>38</b>	<b>John Lage Bergan</b>	<b>116</b>										<b>1:20:56</b>				
04:40+	07:24+	10:31+	21:01+	25:44+	30:15+	36:39+	39:37+	41:52+	45:56+	50:27+	55:49+	68:23+	71:28+	78:48+	80:32+	80:56+
04:40+	02:44+	03:07+	10:30+	04:43+	04:31+	06:24+	02:58+	02:15+	04:04+	04:31-	05:22+	12:34+	03:05+	07:20+	01:44+	00:24+
00:45#	01:02&	00:49&	07:26@	01:12&	01:34&	04:01@	01:25&	00:04+	01:21&	00:01-	02:26&	07:21@	01:10&	04:45@	00:39&	00:09&
<b>39</b>	<b>Kjell Helge Husebø</b>	<b>115</b>										<b>1:22:08</b>				
05:27+	08:16+	13:36+	18:53+	23:42+	29:34+	40:25+	43:26+	46:49+	50:15+	55:35+	60:02+	70:01+	73:50+	80:11+	81:45+	82:08+
05:27+	02:49+	05:20+	05:17+	04:49+	05:52+	10:51+	03:01+	03:23+	03:26+	05:20+	04:27+	09:59+	03:49+	06:21+	01:34+	00:23+
01:32&	01:07&	03:02@	02:13&	01:18&	02:55&	08:28@	01:28&	01:12&	00:43&	00:48#	01:31&	04:46&	01:54&	03:46@	00:29&	00:08&
<b>40</b>	<b>John C. Sinnes</b>	<b>93</b>										<b>1:27:50</b>				
05:34+	08:46+	27:02+	29:54+	36:22+	40:18+	43:40+	45:52+	48:42+	52:30+	62:52+	67:26+	78:53+	81:12+	85:53+	87:32+	87:50+
05:34+	03:12+	18:16+	02:52-	06:28+	03:56+	03:22+	02:12+	02:50+	03:48+	10:22+	04:34+	11:27+	02:19+	04:41+	01:39+	00:18+
01:39&	01:30&	15:58@	00:12-	02:57&	00:59&	00:59&	00:39&	00:39&	01:05&	05:50@	01:38&	06:14@	00:24#	02:06&	00:34&	00:03#
<b>41</b>	<b>Kjetil Moen</b>	<b>228</b>										<b>1:36:09</b>				
05:52+	08:46+	14:06+	21:07+	25:19+	29:17+	45:15+	48:35+	50:51+	54:18+	65:51+	69:56+	75:54+	90:26+	93:54+	95:48+	96:09+
05:52+	02:54+	05:20+	07:01+	04:12+	03:58+	15:58+	03:20+	02:16+	03:27+	11:33+	04:05+	05:58+	14:32+	03:28+	01:54+	00:21+
01:57&	01:12&	03:02@	03:57@	00:41#	01:01&	13:35@	01:47@	00:05+	00:44&	07:01@	01:09&	00:45#	12:37@	00:53&	00:49&	00:06&
<b>Beste strekktid for klassen</b>																
03:55	01:40	02:00	01:29	02:47	02:46	02:23	01:29	01:41	02:35	03:19	02:29	05:10	01:53	02:19	00:54	00:13

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

## Herrer 60 - 64 år

<b>1</b>	<b>Espen Krogh</b>	<b>7</b>										<b>36:40</b>				
03:29=	06:07=	07:47=	09:49=	10:30=	11:56=	13:27=	18:50=	21:16=	23:06=	26:44=	31:18=	34:13=	36:26=	36:40=		
03:29=	02:38=	01:40=	02:02=	00:41=	01:26=	01:31=	05:23=	02:26=	01:50=	03:38=	04:34=	02:55=	02:13=	00:14=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Class	Navn	Klasse											Tid	
<b>2</b>	<b>Sveinung Tveit</b>	<b>236</b>											<b>43:34</b>	
05:09+	08:34+	10:13+	11:40+	12:22+	13:31+	15:26+	22:57+	25:44+	27:35+	32:32+	38:12+	40:58+	43:17+	43:34+
05:09+	03:25+	01:39-	01:27-	00:42+	01:09-	01:55+	07:31+	02:47+	01:51+	04:57+	05:40+	02:46-	02:19+	00:17+
01:40&	00:47&	00:01-	00:35-	00:01+	00:17-	00:24&	02:08&	00:21#	00:01+	01:19&	01:06#	00:09-	00:06+	00:03#
<b>3</b>	<b>Hans Erik Terjesen</b>	<b>116</b>											<b>43:58</b>	
04:30+	08:50+	11:18+	13:15+	14:00+	15:18+	17:22+	21:57+	25:54+	27:40+	32:26+	37:44+	41:13+	43:41+	43:58+
04:30+	04:20+	02:28+	01:57-	00:45+	01:18-	02:04+	04:35-	03:57+	01:46-	04:46+	05:18+	03:29+	02:28+	00:17+
01:01&	01:42&	00:48&	00:05-	00:04+	00:08-	00:33&	00:48-	01:31&	00:04-	01:08&	00:44#	00:34#	00:15#	00:03#
<b>4</b>	<b>Tor Geir Espedal</b>	<b>115</b>											<b>44:59</b>	
04:55+	08:22+	11:30+	13:02+	13:46+	15:33+	17:28+	23:32+	26:54+	28:42+	33:02+	39:27+	42:17+	44:44+	44:59+
04:55+	03:27+	03:08+	01:32-	00:44+	01:47+	01:55+	06:04+	03:22+	01:48-	04:20+	06:25+	02:50-	02:27+	00:15+
01:26&	00:49&	01:28&	00:30-	00:03+	00:21#	00:24&	00:41#	00:56&	00:02-	00:42#	01:51&	00:05-	00:14#	00:01+
<b>5</b>	<b>Dag Helliksen</b>	<b>80</b>											<b>46:18</b>	
04:40+	08:50+	11:16+	16:32+	17:25+	19:52+	22:00+	26:19+	29:23+	31:25+	36:01+	41:08+	44:00+	46:02+	46:18+
04:40+	04:10+	02:26+	05:16+	00:53+	02:27+	02:08+	04:19-	03:04+	02:02+	04:36+	05:07+	02:52-	02:02-	00:16+
01:11&	01:32&	00:46&	03:14@	00:12&	01:01&	00:37&	01:04-	00:38&	00:12#	00:58&	00:33#	00:03-	00:11-	00:02#
<b>6</b>	<b>Kjell Skjæveland</b>	<b>108</b>											<b>46:28</b>	
04:08+	07:32+	09:38+	17:29+	18:26+	20:06+	21:51+	27:12+	29:59+	31:43+	35:49+	40:38+	43:19+	46:14+	46:28+
04:08+	03:24+	02:06+	07:51+	00:57+	01:40+	01:45+	05:21-	02:47+	01:44-	04:06+	04:49+	02:41-	02:55+	00:14=
00:39#	00:46&	00:26&	05:49@	00:16&	00:14#	00:14#	00:02-	00:21#	00:06-	00:28#	00:15+	00:14-	00:42&	00:00=
<b>7</b>	<b>Bjørn Sivertsen</b>	<b>99</b>											<b>48:04</b>	
05:12+	09:38+	12:05+	15:33+	16:54+	19:05+	21:15+	26:40+	29:46+	31:36+	36:42+	42:12+	45:03+	47:43+	48:04+
05:12+	04:26+	02:27+	03:28+	01:21+	02:11+	02:10+	05:25+	03:06+	01:50=	05:06+	05:30+	02:51-	02:40+	00:21+
01:43&	01:48&	00:47&	01:26&	00:40&	00:45&	00:39&	00:02+	00:40&	00:00=	01:28&	00:56#	00:04-	00:27#	00:07&
<b>8</b>	<b>Torbjørn Evensen</b>	<b>108</b>											<b>50:43</b>	
05:00+	08:29+	10:30+	12:04+	13:01+	14:27+	16:53+	22:10+	26:18+	28:29+	34:38+	42:23+	46:46+	50:22+	50:43+
05:00+	03:29+	02:01+	01:34-	00:57+	01:26=	02:26+	05:17-	04:08+	02:11+	06:09+	07:45+	04:23+	03:36+	00:21+
01:31&	00:51&	00:21#	00:28-	00:16&	00:00=	00:55&	00:06-	01:42&	00:21#	02:31&	03:11&	01:28&	01:23&	00:07&
<b>9</b>	<b>Agnar Lien</b>	<b>7</b>											<b>50:55</b>	
06:09+	10:22+	12:54+	19:26+	20:10+	22:08+	24:14+	28:46+	31:49+	33:45+	38:31+	44:13+	47:20+	50:33+	50:55+
06:09+	04:13+	02:32+	06:32+	00:44+	01:58+	02:06+	04:32-	03:03+	01:56+	04:46+	05:42+	03:07+	03:13+	00:22+
02:40&	01:35&	00:52&	04:30@	00:03+	00:32&	00:35&	00:51-	00:37&	00:06+	01:08&	01:08#	00:12+	01:00&	00:08&
<b>10</b>	<b>Olav Tunheim</b>	<b>93</b>											<b>53:16</b>	
04:56+	09:30+	15:18+	18:21+	19:32+	22:24+	24:54+	29:35+	33:24+	35:29+	41:00+	46:54+	50:24+	53:01+	53:16+
04:56+	04:34+	05:48+	03:03+	01:11+	02:52+	02:30+	04:41-	03:49+	02:05+	05:31+	05:54+	03:30+	02:37+	00:15+
01:27&	01:56&	04:08@	01:01&	00:30&	01:26&	00:59&	00:42-	01:23&	00:15#	01:53&	01:20&	00:35#	00:24#	00:01+
<b>11</b>	<b>Terje Stokkeland</b>	<b>69</b>											<b>53:54</b>	
05:06+	09:46+	11:49+	14:00+	17:49+	19:38+	22:29+	29:59+	34:13+	35:59+	41:24+	47:12+	51:13+	53:37+	53:54+
05:06+	04:40+	02:03+	02:11+	03:49+	01:49+	02:51+	07:30+	04:14+	01:46-	05:25+	05:48+	04:01+	02:24+	00:17+
01:37&	02:02&	00:23#	00:09+	03:08@	00:23&	01:20&	02:07&	01:48&	00:04-	01:47&	01:14&	01:06&	00:11+	00:03#
<b>12</b>	<b>Tor Harald Lunde</b>	<b>47</b>											<b>54:56</b>	
05:26+	10:50+	15:13+	17:33+	18:45+	21:56+	25:28+	30:49+	34:04+	36:02+	40:56+	48:54+	52:12+	54:39+	54:56+
05:26+	05:24+	04:23+	02:20+	01:12+	03:11+	03:32+	05:21-	03:15+	01:58+	04:54+	07:58+	03:18+	02:27+	00:17+
01:57&	02:46@	02:43@	00:18#	00:31&	01:45@	02:01@	00:02-	00:49&	00:08+	01:16&	03:24&	00:23#	00:14#	00:03#
<b>13</b>	<b>Tore Karlsen</b>	<b>105</b>											<b>57:48</b>	
05:15+	10:47+	13:46+	18:22+	19:14+	21:35+	23:53+	29:48+	33:21+	35:59+	42:11+	50:51+	54:26+	57:29+	57:48+
05:15+	05:32+	02:59+	04:36+	00:52+	02:21+	02:18+	05:55+	03:33+	02:38+	06:12+	08:40+	03:35+	03:03+	00:19+
01:46&	02:54@	01:19&	02:34@	00:11&	00:55&	00:47&	00:32+	01:07&	00:48&	02:34&	04:06&	00:40#	00:50&	00:05&
<b>14</b>	<b>Magne Tunheim</b>	<b>144</b>											<b>59:08</b>	
05:07+	12:23+	14:48+	17:39+	19:01+	20:58+	23:44+	38:07+	41:33+	43:22+	47:28+	53:10+	56:44+	58:54+	59:08+
05:07+	07:16+	02:25+	02:51+	01:22+	01:57+	02:46+	14:23+	03:26+	01:49-	04:06+	05:42+	03:34+	02:10-	00:14=
01:38&	04:38@	00:45&	00:49&	00:41&	00:31&	01:15&	09:00@	01:00&	00:01-	00:28#	01:08#	00:39#	00:03-	00:00=
<b>15</b>	<b>Jan Øyvind Lilledal</b>	<b>281</b>											<b>59:15</b>	
05:27+	11:08+	15:30+	23:25+	24:23+	27:44+	30:42+	35:55+	39:40+	41:53+	47:05+	52:49+	56:20+	58:57+	59:15+
05:27+	05:41+	04:22+	07:55+	00:58+	03:21+	02:58+	05:13-	03:45+	02:13+	05:12+	05:44+	03:31+	02:37+	00:18+
01:58&	03:03@	02:42@	05:53@	00:17&	01:55@	01:27&	00:10-	01:19&	00:23#	01:34&	01:10&	00:36#	00:24#	00:04&
<b>16</b>	<b>Bjørn H. Engseth</b>	<b>27</b>											<b>59:43</b>	
05:38+	10:07+	12:30+	22:20+	22:58+	24:40+	27:23+	34:51+	38:42+	40:43+	46:31+	52:49+	56:04+	59:19+	59:43+
05:38+	04:29+	02:23+	09:50+	00:38-	01:42+	02:43+	07:28+	03:51+	02:01+	05:48+	06:18+	03:15+	03:15+	00:24+
02:09&	01:51&	00:43&	07:48@	00:03-	00:16#	01:12&	02:05&	01:25&	00:11#	02:10&	01:44&	00:20#	01:02&	00:10&

Class	Navn	Klasse										Tid		
<b>17</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>1:02:46</b>		
05:24+	10:56+	24:36+	27:06+	28:18+	30:25+	34:15+	39:04+	42:32+	44:30+	49:54+	56:41+	59:47+	62:28+	62:46+
05:24+	05:32+	13:40+	02:30+	01:12+	02:07+	03:50+	04:49-	03:28+	01:58+	05:24+	06:47+	03:06+	02:41+	00:18+
01:55&	02:54@	12:00@	00:28#	00:31&	00:41&	02:19@	00:34-	01:02&	00:08+	01:46&	02:13&	00:11+	00:28#	00:04&
<b>18</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>1:17:23</b>		
06:10+	14:49+	19:29+	36:32+	37:38+	39:52+	42:46+	51:19+	56:19+	58:33+	63:28+	69:21+	74:14+	77:04+	77:23+
06:10+	08:39+	04:40+	17:03+	01:06+	02:14+	02:54+	08:33+	05:00+	02:14+	04:55+	05:53+	04:53+	02:50+	00:19+
02:41&	06:01@	03:00@	15:01@	00:25&	00:48&	01:23&	03:10&	02:34@	00:24#	01:17&	01:19&	01:58&	00:37&	00:05&
<b>Beste strekketid for klassen</b>														
03:29	02:38	01:39	01:27	00:38	01:09	01:31	04:19	02:26	01:44	03:38	04:34	02:41	02:02	00:14

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

## Herrer 65 - 69 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>32:59</b>		
03:41=	06:29=	08:06=	09:34=	10:14=	11:23=	12:57=	16:38=	19:08=	20:23=	24:01=	28:23=	30:52=	32:45=	32:59=
03:41=	02:48=	01:37=	01:28=	00:40=	01:09=	01:34=	03:41=	02:30=	01:15=	03:38=	04:22=	02:29=	01:53=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>36:07</b>		
03:37-	06:14-	10:01+	12:12+	13:43+	14:54+	16:41+	19:32+	22:00+	23:14+	27:08+	31:21+	33:28+	35:47+	36:07+
03:37-	02:37-	03:47+	02:11+	01:31+	01:11+	01:48+	02:51-	02:28-	01:14-	03:54+	04:13-	02:07-	02:19+	00:20+
00:04-	00:11-	02:10@	00:43&	00:51@	00:02+	00:13#	00:50-	00:02-	00:01-	00:16+	00:09-	00:22-	00:26#	00:06&
<b>3</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>41:48</b>		
04:51+	08:34+	10:50+	12:32+	13:30+	15:31+	17:19+	21:12+	24:16+	25:53+	30:05+	36:06+	39:05+	41:29+	41:48+
04:51+	03:43+	02:16+	01:42+	00:58+	02:01+	01:48+	03:53+	03:04+	01:37+	04:12+	06:01+	02:59+	02:24+	00:19+
01:10&	00:55&	00:39&	00:14#	00:18&	00:52&	00:14#	00:12+	00:34#	00:22&	00:34#	01:39&	00:30#	00:31&	00:05&
<b>4</b>	<b>Svein Berge</b>	<b>126</b>										<b>43:43</b>		
04:41+	07:49+	10:14+	15:24+	16:10+	18:07+	19:51+	23:37+	27:08+	28:48+	33:26+	38:30+	41:02+	43:30+	43:43+
04:41+	03:08+	02:25+	05:10+	00:46+	01:57+	01:44+	03:46+	03:31+	01:40+	04:38+	05:04+	02:32+	02:28+	00:13-
01:00&	00:20#	00:48&	03:42@	00:06#	00:48&	00:10#	00:05+	01:01&	00:25&	01:00&	00:42#	00:03+	00:35&	00:01-
<b>5</b>	<b>Jan Hetland</b>	<b>29</b>										<b>44:23</b>		
04:14+	10:22+	12:47+	14:51+	15:35+	18:11+	20:12+	25:07+	29:52+	31:36+	35:17+	39:46+	42:02+	44:11+	44:23+
04:14+	06:08+	02:25+	02:04+	00:44+	02:36+	02:01+	04:55+	04:45+	01:44+	03:41+	04:29+	02:16-	02:09+	00:12-
00:33#	03:20@	00:48&	00:36&	00:04#	01:27@	00:27&	01:14&	02:15&	00:29&	00:03+	00:07+	00:13-	00:16#	00:02-
<b>6</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>44:39</b>		
07:03+	10:31+	12:30+	14:06+	14:55+	16:46+	18:54+	23:28+	26:32+	28:35+	33:04+	38:48+	41:58+	44:22+	44:39+
07:03+	03:28+	01:59+	01:36+	00:49+	01:51+	02:08+	04:34+	03:04+	02:03+	04:29+	05:44+	03:10+	02:24+	00:17+
03:22&	00:40#	00:22#	00:08+	00:09#	00:42&	00:34&	00:53#	00:34#	00:48&	00:51#	01:22&	00:41&	00:31&	00:03#
<b>7</b>	<b>Arne M. Handeland</b>	<b>92</b>										<b>46:21</b>		
05:10+	09:15+	11:31+	13:27+	14:19+	16:37+	19:16+	25:03+	28:33+	30:33+	35:12+	40:28+	43:34+	46:05+	46:21+
05:10+	04:05+	02:16+	01:56+	00:52+	02:18+	02:39+	05:47+	03:30+	02:00+	04:39+	05:16+	03:06+	02:31+	00:16+
01:29&	01:17&	00:39&	00:28&	00:12&	01:09&	01:05&	02:06&	01:00&	00:45&	01:01&	00:54#	00:37#	00:38&	00:02#
<b>8</b>	<b>Bjørn Bjelland</b>	<b>83</b>										<b>48:06</b>		
05:27+	09:24+	11:48+	14:03+	15:23+	17:39+	19:53+	25:00+	28:13+	30:05+	35:33+	41:40+	44:48+	47:48+	48:06+
05:27+	03:57+	02:24+	02:15+	01:20+	02:16+	02:14+	05:07+	03:13+	01:52+	05:28+	06:07+	03:08+	03:00+	00:18+
01:46&	01:09&	00:47&	00:47&	00:40&	01:07&	00:40&	01:26&	00:43&	00:37&	01:50&	01:45&	00:39&	01:07&	00:04&
<b>9</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>49:46</b>		
05:22+	09:20+	11:51+	18:28+	19:12+	21:10+	23:16+	27:43+	30:46+	32:41+	37:28+	43:07+	46:15+	49:27+	49:46+
05:22+	03:58+	02:31+	06:37+	00:44+	01:58+	02:06+	04:27+	03:03+	01:55+	04:47+	05:39+	03:08+	03:12+	00:19+
01:41&	01:10&	00:54&	05:09@	00:04#	00:49&	00:32&	00:46#	00:33#	00:40&	01:09&	01:17&	00:39&	01:19&	00:05&
<b>10</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>50:46</b>		
05:44+	09:27+	11:39+	13:13+	13:54+	16:05+	18:11+	23:49+	27:11+	29:35+	34:22+	40:46+	46:11+	50:24+	50:46+
05:44+	03:43+	02:12+	01:34+	00:41+	02:11+	02:06+	05:38+	03:22+	02:24+	04:47+	06:24+	05:25+	04:13+	00:22+
02:03&	00:55&	00:35&	00:06+	00:01+	01:02&	00:32&	01:57&	00:52&	01:09&	01:09&	02:02&	02:56@	02:20@	00:08&
<b>11</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>52:19</b>		
05:09+	09:44+	12:00+	19:14+	20:14+	22:10+	24:44+	29:47+	33:18+	35:13+	40:14+	45:53+	49:03+	51:56+	52:19+
05:09+	04:35+	02:16+	07:14+	01:00+	01:56+	02:34+	05:03+	03:31+	01:55+	05:01+	05:39+	03:10+	02:53+	00:23+
01:28&	01:47&	00:39&	05:46@	00:20&	00:47&	01:00&	01:22&	01:01&	00:40&	01:23&	01:17&	00:41&	01:00&	00:09&



Class	Navn	Klasse												Tid
<b>12</b>	<b>Svein Ims</b>	<b>65</b>												<b>53:54</b>
04:57+	10:10+	12:31+	15:34+	16:47+	19:04+	22:10+	29:53+	33:43+	36:12+	41:33+	47:35+	50:30+	53:34+	53:54+
04:57+	05:13+	02:21+	03:03+	01:13+	02:17+	03:06+	07:43+	03:50+	02:29+	05:21+	06:02+	02:55+	03:04+	00:20+
01:16&	02:25&	00:44&	01:35@	00:33&	01:08&	01:32&	04:02@	01:20&	01:14&	01:43&	01:40&	00:26#	01:11&	00:06&
<b>13</b>	<b>Olav Habbestad</b>	<b>116</b>												<b>54:29</b>
04:24+	08:43+	10:39+	18:35+	19:31+	21:46+	24:40+	30:26+	34:25+	37:19+	44:13+	49:15+	52:02+	54:13+	54:29+
04:24+	04:19+	01:56+	07:56+	00:56+	02:15+	02:54+	05:46+	03:59+	02:54+	06:54+	05:02+	02:47+	02:11+	00:16+
00:43#	01:31&	00:19#	06:28@	00:16&	01:06&	01:20&	02:05&	01:29&	01:39@	03:16&	00:40#	00:18#	00:18#	00:02#
<b>14</b>	<b>Terje Langeland</b>	<b>98</b>												<b>54:47</b>
04:54+	11:05+	18:40+	21:21+	22:18+	25:12+	27:18+	32:15+	35:37+	37:42+	42:43+	48:47+	51:36+	54:28+	54:47+
04:54+	06:11+	07:35+	02:41+	00:57+	02:54+	02:06+	04:57+	03:22+	02:05+	05:01+	06:04+	02:49+	02:52+	00:19+
01:13&	03:23@	05:58@	01:13&	00:17&	01:45@	00:32&	01:16&	00:52&	00:50&	01:23&	01:42&	00:20#	00:59&	00:05&
<b>15</b>	<b>Tom Hetland</b>	<b>5</b>												<b>55:06</b>
06:57+	11:26+	14:20+	16:46+	17:29+	19:56+	22:07+	33:32+	37:32+	39:08+	43:35+	49:21+	52:31+	54:50+	55:06+
06:57+	04:29+	02:54+	02:26+	00:43+	02:27+	02:11+	11:25+	04:00+	01:36+	04:27+	05:46+	03:10+	02:19+	00:16+
03:16&	01:41&	01:17&	00:58&	00:03+	01:18@	00:37&	07:44@	01:30&	00:21&	00:49#	01:24&	00:41&	00:26#	00:02#
<b>16</b>	<b>Odd Arild Werness</b>	<b>88</b>												<b>58:19</b>
05:46+	10:44+	13:39+	16:19+	17:07+	19:08+	21:40+	28:39+	32:38+	34:59+	41:04+	51:06+	54:52+	57:58+	58:19+
05:46+	04:58+	02:55+	02:40+	00:48+	02:01+	02:32+	06:59+	03:59+	02:21+	06:05+	10:02+	03:46+	03:06+	00:21+
02:05&	02:10&	01:18&	01:12&	00:08#	00:52&	00:58&	03:18&	01:29&	01:06&	02:27&	05:40@	01:17&	01:13&	00:07&
<b>17</b>	<b>Svein Ove Horpestad</b>	<b>62</b>												<b>1:00:16</b>
05:30+	13:35+	15:44+	17:54+	21:40+	23:53+	26:19+	33:20+	38:29+	40:45+	47:57+	53:53+	56:46+	59:52+	60:16+
05:30+	08:05+	02:09+	02:10+	03:46+	02:13+	02:26+	07:01+	05:09+	02:16+	07:12+	05:56+	02:53+	03:06+	00:24+
01:49&	05:17@	00:32&	00:42&	03:06@	01:04&	00:52&	03:20&	02:39@	01:01&	03:34&	01:34&	00:24#	01:13&	00:10&
<b>18</b>	<b>Roar Fitjar</b>	<b>101</b>												<b>1:01:48</b>
05:59+	11:00+	13:53+	16:13+	17:37+	21:20+	24:13+	32:03+	36:36+	38:50+	45:52+	53:57+	57:44+	61:24+	61:48+
05:59+	05:01+	02:53+	02:20+	01:24+	03:43+	02:53+	07:50+	04:33+	02:14+	07:02+	08:05+	03:47+	03:40+	00:24+
02:18&	02:13&	01:16&	00:52&	00:44@	02:34@	01:19&	04:09@	02:03&	00:59&	03:24&	03:43&	01:18&	01:47&	00:10&
<b>19</b>	<b>Ragnar Rossavik</b>	<b>109</b>												<b>1:03:48</b>
05:08+	20:23+	22:50+	24:59+	28:10+	30:32+	32:54+	40:32+	45:00+	47:09+	52:02+	58:08+	61:01+	63:25+	63:48+
05:08+	15:15+	02:27+	02:09+	03:11+	02:22+	02:22+	07:38+	04:28+	02:09+	04:53+	06:06+	02:53+	02:24+	00:23+
01:27&	12:27@	00:50&	00:41&	02:31@	01:13@	00:48&	03:57@	01:58&	00:54&	01:15&	01:44&	00:24#	00:31&	00:09&
<b>20</b>	<b>Per Marthon Møland</b>	<b>5</b>												<b>1:06:39</b>
05:42+	11:19+	18:01+	30:11+	31:18+	33:09+	35:38+	40:55+	44:21+	46:08+	52:02+	59:35+	62:36+	66:07+	66:39+
05:42+	05:37+	06:42+	12:10+	01:07+	01:51+	02:29+	05:17+	03:26+	01:47+	05:54+	07:33+	03:01+	03:31+	00:32+
02:01&	02:49@	05:05@	10:42@	00:27&	00:42&	00:55&	01:36&	00:56&	00:32&	02:16&	03:11&	00:32#	01:38&	00:18@
<b>Beste strekktid for klassen</b>														
03:37	02:37	01:37	01:28	00:40	01:09	01:34	02:51	02:28	01:14	03:38	04:13	02:07	01:53	00:12

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

## Herrer 70 - 74 år

<b>1</b>	<b>Arne Østensen</b>	<b>90</b>												<b>41:00</b>
04:24=	07:32=	09:23=	10:59=	11:51=	13:47=	15:40=	20:59=	23:48=	25:35=	29:52=	34:58=	38:28=	40:42=	41:00=
04:24=	03:08=	01:51=	01:36=	00:52=	01:56=	01:53=	05:19=	02:49=	01:47=	04:17=	05:06=	03:30=	02:14=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Finn Morten Årstad</b>	<b>115</b>												<b>42:16</b>
05:04+	08:27+	10:15+	12:14+	12:58+	14:50+	17:24+	21:22+	24:31+	26:17+	31:06+	36:40+	39:19+	41:57+	42:16+
05:04+	03:23+	01:48-	01:59+	00:44-	01:52-	02:34+	03:58-	03:09+	01:46-	04:49+	05:34+	02:39-	02:38+	00:19+
00:40#	00:15+	00:03-	00:23#	00:08-	00:04-	00:41&	01:21-	00:20#	00:01-	00:32#	00:28+	00:51-	00:24#	00:01+
<b>3</b>	<b>Harry Breiland</b>	<b>66</b>												<b>44:19</b>
04:03-	07:31-	09:33+	17:31+	18:37+	20:23+	22:05+	25:50+	28:30+	30:12+	34:17+	39:12+	41:47+	44:01+	44:19+
04:03-	03:28+	02:02+	07:58+	01:06+	01:46-	01:42-	03:45-	02:40-	01:42-	04:05-	04:55-	02:35-	02:14=	00:18=
00:21-	00:20#	00:11+	06:22@	00:14&	00:10-	00:11-	01:34-	00:09-	00:05-	00:12-	00:11-	00:55-	00:00=	00:00=
<b>4</b>	<b>Svein Glendrange</b>	<b>68</b>												<b>46:48</b>
04:39+	08:33+	10:31+	12:16+	14:48+	16:17+	19:00+	24:48+	28:08+	29:45+	34:40+	41:01+	43:55+	46:30+	46:48+
04:39+	03:54+	01:58+	01:45+	02:32+	01:29-	02:43+	05:48+	03:20+	01:37-	04:55+	06:21+	02:54-	02:35+	00:18=
00:15+	00:46#	00:07+	00:09+	01:40@	00:27-	00:50&	00:29+	00:31#	00:10-	00:38#	01:15#	00:36-	00:21#	00:00=

Class	Navn	Klasse												Tid	
<b>5</b>	<b>Olav Dag Borgersen</b>	<b>154</b>												<b>49:11</b>	
05:30+	10:16+	13:11+	15:08+	15:50+	17:51+	19:56+	24:54+	27:59+	31:24+	36:16+	42:09+	46:06+	48:49+	49:11+	
05:30+	04:46+	02:55+	01:57+	00:42-	02:01+	02:05+	04:58-	03:05+	03:25+	04:52+	05:53+	03:57+	02:43+	00:22+	
01:06#	01:38&	01:04&	00:21#	00:10-	00:05+	00:12#	00:21-	00:16+	01:38&	00:35#	00:47#	00:27#	00:29#	00:04#	
<b>6</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>												<b>49:45</b>	
04:51+	08:45+	12:12+	17:53+	19:00+	22:29+	25:20+	29:22+	32:27+	33:58+	38:31+	43:59+	46:58+	49:27+	49:45+	
04:51+	03:54+	03:27+	05:41+	01:07+	03:29+	02:51+	04:02-	03:05+	01:31-	04:33+	05:28+	02:59-	02:29+	00:18=-	
00:27#	00:46#	01:36&	04:05@	00:15&	01:33&	00:58&	01:17-	00:16+	00:16-	00:16+	00:22+	00:31-	00:15#	00:00=-	
<b>7</b>	<b>Øyvind Egeskog</b>	<b>5</b>												<b>50:25</b>	
05:16+	09:17+	12:08+	14:31+	15:31+	16:15+	17:42+	19:45-	26:50+	30:19+	31:55+	37:00+	44:07+	47:17+	50:05+	50:25+
05:16+	04:01+	02:51+	02:23+	01:00+	00:44-	01:27-	02:03-	07:05+	03:29+	01:36-	05:05-	07:07+	03:10+	02:48+	00:20+
00:52#	00:53&	01:00&	00:47&	00:08#	01:12-	00:26-	03:16-	04:16@	01:42&	02:41-	00:01-	03:37@	00:56&	02:30@	00:20+
<b>8</b>	<b>Paul A. Paulsen</b>	<b>117</b>												<b>51:07</b>	
05:02+	08:50+	11:13+	18:12+	19:02+	21:28+	23:43+	28:32+	32:06+	33:37+	38:20+	44:12+	48:11+	50:52+	51:07+	
05:02+	03:48+	02:23+	06:59+	00:50-	02:26+	02:15+	04:49-	03:34+	01:31-	04:43+	05:52+	03:59+	02:41+	00:15-	
00:38#	00:40#	00:32&	05:23@	00:02-	00:30&	00:22#	00:30-	00:45&	00:16-	00:26#	00:46#	00:29#	00:27#	00:03-	
<b>9</b>	<b>Knut Jonas Espedal</b>	<b>53</b>												<b>53:06</b>	
05:40+	12:16+	14:39+	17:03+	18:01+	19:51+	22:23+	27:27+	31:46+	33:26+	38:36+	46:02+	49:38+	52:44+	53:06+	
05:40+	06:36+	02:23+	02:24+	00:58+	01:50-	02:32+	05:04-	04:19+	01:40-	05:10+	07:26+	03:36+	03:06+	00:22+	
01:16&	03:28@	00:32&	00:48&	00:06#	00:06-	00:39&	00:15-	01:30&	00:07-	00:53#	02:20&	00:06+	00:52&	00:04#	
<b>10</b>	<b>Ingjald Egeland</b>	<b>7</b>												<b>54:10</b>	
05:59+	10:24+	12:51+	15:26+	16:33+	18:39+	25:02+	31:26+	34:55+	37:05+	42:22+	47:39+	51:18+	53:49+	54:10+	
05:59+	04:25+	02:27+	02:35+	01:07+	02:06+	06:23+	06:24+	03:29+	02:10+	05:17+	05:17+	03:39+	02:31+	00:21+	
01:35&	01:17&	00:36&	00:59&	00:15&	00:10+	04:30@	01:05#	00:40#	00:23#	01:00#	00:11+	00:09+	00:17#	00:03#	
<b>11</b>	<b>Steinar Undheim</b>	<b>54</b>												<b>55:57</b>	
05:42+	10:03+	12:35+	17:23+	18:21+	20:10+	23:10+	27:58+	33:25+	35:53+	41:31+	49:39+	52:47+	55:35+	55:57+	
05:42+	04:21+	02:32+	04:48+	00:58+	01:49-	03:00+	04:48-	05:27+	02:28+	05:38+	08:08+	03:08-	02:48+	00:22+	
01:18&	01:13&	00:41&	03:12@	00:06#	00:07-	01:07&	00:31-	02:38&	00:41&	01:21&	03:02&	00:22-	00:34&	00:04#	
<b>12</b>	<b>Sverre Vatland</b>	<b>93</b>												<b>59:47</b>	
05:30+	09:28+	12:28+	22:17+	23:10+	26:00+	28:35+	33:36+	37:04+	39:37+	45:09+	52:37+	56:21+	59:26+	59:47+	
05:30+	03:58+	03:00+	09:49+	00:53+	02:50+	02:35+	05:01-	03:28+	02:33+	05:32+	07:28+	03:44+	03:05+	00:21+	
01:06#	00:50&	01:09&	08:13@	00:01+	00:54&	00:42&	00:18-	00:39#	00:46&	01:15&	02:22&	00:14+	00:51&	00:03#	
<b>13</b>	<b>Hans Klausen</b>	<b>62</b>												<b>1:03:45</b>	
05:28+	10:20+	13:39+	15:35+	16:30+	20:05+	22:26+	31:40+	43:44+	45:54+	51:22+	57:17+	60:55+	63:28+	63:45+	
05:28+	04:52+	03:19+	01:56+	00:55+	03:35+	02:21+	09:14+	12:04+	02:10+	05:28+	05:55+	03:38+	02:33+	00:17-	
01:04#	01:44&	01:28&	00:20#	00:03+	01:39&	00:28#	03:55&	09:15@	00:23#	01:11&	00:49#	00:08+	00:19#	00:01-	
<b>14</b>	<b>Norvald Skretting</b>	<b>43</b>												<b>1:05:03</b>	
05:57+	18:44+	21:35+	23:55+	27:35+	30:34+	32:53+	40:37+	44:28+	46:54+	52:05+	57:55+	61:29+	64:40+	65:03+	
05:57+	12:47+	02:51+	02:20+	03:40+	02:59+	02:19+	07:44+	03:51+	02:26+	05:11+	05:50+	03:34+	03:11+	00:23+	
01:33&	09:39@	01:00&	00:44&	02:48@	01:03&	00:26#	02:25&	01:02&	00:39&	00:54#	00:44#	00:04+	00:57&	00:05&	
<b>15</b>	<b>Hermann Skogsholm</b>	<b>53</b>												<b>1:09:59</b>	
07:33+	13:18+	18:05+	22:22+	25:06+	28:03+	32:30+	38:24+	44:19+	47:27+	54:50+	61:40+	65:15+	69:20+	69:59+	
07:33+	05:45+	04:47+	04:17+	02:44+	02:57+	04:27+	05:54+	05:55+	03:08+	07:23+	06:50+	03:35+	04:05+	00:39+	
03:09&	02:37&	02:56@	02:41@	01:52@	01:01&	02:34@	00:35#	03:06@	01:21&	03:06&	01:44&	00:05+	01:51&	00:21@	
<b>16</b>	<b>Arvid Thorsen</b>	<b>5</b>												<b>1:14:33</b>	
05:35+	11:39+	24:04+	26:00+	32:53+	39:10+	42:16+	44:22+	49:17+	54:44+	56:41+	62:10+	68:20+	71:39+	74:13+	74:33+
05:35+	06:04+	12:25+	01:56+	06:53+	06:17+	03:06+	02:06-	04:55+	05:27+	01:57-	05:29+	06:10+	03:19+	02:34+	00:20+
01:11&	02:56&	10:34@	00:20#	06:01@	04:21@	01:13&	03:13-	02:06&	03:40@	02:20-	00:23+	02:40&	01:05&	02:16@	00:20+
<b>17</b>	<b>Mangor Eikeland</b>	<b>92</b>												<b>1:15:20</b>	
06:47+	13:10+	17:33+	20:46+	22:12+	25:29+	29:47+	40:32+	45:50+	49:13+	57:18+	65:49+	70:22+	74:46+	75:20+	
06:47+	06:23+	04:23+	03:13+	01:26+	03:17+	04:18+	10:45+	05:18+	03:23+	08:05+	08:31+	04:33+	04:24+	00:34+	
02:23&	03:15@	02:32@	01:37@	00:34&	01:21&	02:25@	05:26@	02:29&	01:36&	03:48&	03:25&	01:03&	02:10&	00:16&	
<b>18</b>	<b>Svein Eliassen</b>	<b>116</b>												<b>1:17:55</b>	
06:32+	12:21+	16:19+	30:41+	32:39+	36:28+	40:35+	47:37+	52:52+	55:32+	62:01+	69:21+	73:16+	77:31+	77:55+	
06:32+	05:49+	03:58+	14:22+	01:58+	03:49+	04:07+	07:02+	05:15+	02:40+	06:29+	07:20+	03:55+	04:15+	00:24+	
02:08&	02:41&	02:07@	12:46@	01:06@	01:53&	02:14@	01:43&	02:26&	00:53&	02:12&	02:14&	00:25#	02:01&	00:06&	
<b>Beste strekktid for klassen</b>															
04:03	03:08	01:48	01:36	00:42	00:44	01:27	02:03	02:40	01:31	01:36	04:55	02:35	02:14	00:15	

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

## Herrer 75 - 79 år

<b>1</b>	<b>Jan Værp</b>	<b>62</b>	<b>46:39</b>											
03:31=	08:13=	12:50=	14:29=	15:36=	17:16=	18:59=	22:50=	25:16=	30:31=	34:16=	41:25=	44:48=	46:21=	46:39=
03:31=	04:42=	04:37=	01:39=	01:07=	01:40=	01:43=	03:51=	02:26=	05:15=	03:45=	07:09=	03:23=	01:33=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Tormod Aaslid</b>	<b>54</b>	<b>51:57</b>											
02:43-	06:52-	11:24-	13:05-	14:21-	25:01+	26:40+	29:09+	32:19+	36:34+	40:14+	46:26+	50:11+	51:42+	51:57+
02:43-	04:09-	04:32-	01:41+	01:16+	10:40+	01:39-	02:29-	03:10+	04:15-	03:40-	06:12-	03:45+	01:31-	00:15-
00:48-	00:33-	00:05-	00:02+	00:09#	09:00#	00:04-	01:22-	00:44&	01:00-	00:05-	00:57-	00:22#	00:02-	00:03-
<b>3</b>	<b>Harald Vatne</b>	<b>67</b>	<b>52:58</b>											
03:08-	08:21+	14:05+	16:26+	17:59+	20:28+	22:25+	25:00+	27:51+	34:46+	39:05+	47:05+	50:33+	52:38+	52:58+
03:08-	05:13+	05:44+	02:21+	01:33+	02:29+	01:57+	02:35-	02:51+	06:55+	04:19+	08:00+	03:28+	02:05+	00:20+
00:23-	00:31#	01:07#	00:42&	00:26&	00:49&	00:14#	01:16-	00:25#	01:40&	00:34#	00:51#	00:05+	00:32&	00:02#
<b>4</b>	<b>Terje Braut</b>	<b>92</b>	<b>53:12</b>											
02:50-	07:53-	16:58+	19:11+	20:17+	23:32+	25:42+	28:14+	30:43+	36:00+	39:40+	46:50+	50:52+	52:53+	53:12+
02:50-	05:03+	09:05+	02:13+	01:06-	03:15+	02:10+	02:32-	02:29+	05:17+	03:40-	07:10+	04:02+	02:01+	00:19+
00:41-	00:21+	04:28&	00:34&	00:01-	01:35&	00:27&	01:19-	00:03+	00:02+	00:05-	00:01+	00:39#	00:28&	00:01+
<b>5</b>	<b>Kjell Langvik</b>	<b>93</b>	<b>57:37</b>											
02:23-	07:13-	10:50-	21:10+	22:02+	24:37+	26:01+	31:43+	34:43+	39:54+	44:28+	51:25+	55:11+	57:17+	57:37+
02:23-	04:50+	03:37-	10:20+	00:52-	02:35+	01:24-	05:42+	03:00+	05:11-	04:34+	06:57-	03:46+	02:06+	00:20+
01:08-	00:08+	01:00-	08:41#	00:15-	00:55&	00:19-	01:51&	00:34#	00:04-	00:49#	00:12-	00:23#	00:33&	00:02#
<b>6</b>	<b>Arne Tveita</b>	<b>109</b>	<b>1:00:22</b>											
02:54-	07:47-	12:32-	15:27+	16:37+	20:29+	22:17+	33:09+	35:53+	41:50+	47:16+	55:04+	58:45+	60:06+	60:22+
02:54-	04:53+	04:45+	02:55+	01:10+	03:52+	01:48+	10:52+	02:44+	05:57+	05:26+	07:48+	03:41+	01:21-	00:16-
00:37-	00:11+	00:08+	01:16&	00:03+	02:12#	00:05+	07:01#	00:18#	00:42#	01:41&	00:39+	00:18+	00:12-	00:02-
<b>7</b>	<b>Jan Bekkeheien</b>	<b>92</b>	<b>1:01:18</b>											
03:54+	10:59+	16:31+	18:55+	20:35+	23:38+	25:45+	28:53+	32:43+	39:07+	46:30+	54:45+	58:39+	60:52+	61:18+
03:54+	07:05+	05:32+	02:24+	01:40+	03:03+	02:07+	03:08-	03:50+	06:24+	07:23+	08:15+	03:54+	02:13+	00:26+
00:23#	02:23&	00:55#	00:45&	00:33&	01:23&	00:24#	00:43-	01:24&	01:09#	03:38&	01:06#	00:31#	00:40&	00:08&
<b>8</b>	<b>Rolv Nærland</b>	<b>63</b>	<b>1:02:27</b>											
06:01+	11:10+	17:37+	19:52+	21:28+	24:33+	26:52+	29:58+	33:40+	40:10+	46:17+	55:54+	59:45+	61:55+	62:27+
06:01+	05:09+	06:27+	02:15+	01:36+	03:05+	02:19+	03:06-	03:42+	06:30+	06:07+	09:37+	03:51+	02:10+	00:32+
02:30&	00:27+	01:50&	00:36&	00:29&	01:25&	00:36&	00:45-	01:16&	01:15#	02:22&	02:28&	00:28#	00:37&	00:14&
<b>9</b>	<b>Kjell Maudal</b>	<b>63</b>	<b>1:04:29</b>											
05:00+	12:23+	18:46+	21:00+	22:48+	25:50+	28:00+	31:11+	34:58+	41:18+	47:23+	57:02+	61:17+	64:05+	64:29+
05:00+	07:23+	06:23+	02:14+	01:48+	03:02+	02:10+	03:11-	03:47+	06:20+	06:05+	09:39+	04:15+	02:48+	00:24+
01:29&	02:41&	01:46&	00:35&	00:41&	01:22&	00:27&	00:40-	01:21&	01:05#	02:20&	02:30&	00:52&	01:15&	00:06&
<b>10</b>	<b>Gunnar Furland</b>	<b>93</b>	<b>1:07:31</b>											
03:49+	08:57+	16:43+	20:43+	21:59+	24:54+	27:07+	29:58+	33:44+	40:50+	50:21+	59:49+	64:06+	67:07+	67:31+
03:49+	05:08+	07:46+	04:00+	01:16+	02:55+	02:13+	02:51-	03:46+	07:06+	09:31+	09:28+	04:17+	03:01+	00:24+
00:18+	00:26+	03:09&	02:21#	00:09#	01:15&	00:30&	01:00-	01:20&	01:51&	05:46#	02:19&	00:54&	01:28&	00:06&
<b>11</b>	<b>Arne Brandsberg</b>	<b>29</b>	<b>1:08:46</b>											
03:59+	10:28+	18:05+	20:17+	24:22+	26:47+	29:18+	32:35+	35:47+	42:40+	48:24+	60:51+	65:51+	68:16+	68:46+
03:59+	06:29+	07:37+	02:12+	04:05+	02:25+	02:31+	03:17-	03:12+	06:53+	05:44+	12:27+	05:00+	02:25+	00:30+
00:28#	01:47&	03:00&	00:33&	02:58#	00:45&	00:48&	00:34-	00:46&	01:38&	01:59&	05:18&	01:37&	00:52&	00:12&
<b>12</b>	<b>Knut Skjæveland</b>	<b>93</b>	<b>1:15:07</b>											
06:32+	13:38+	19:08+	21:36+	23:12+	26:36+	29:22+	39:54+	43:27+	49:49+	54:47+	67:01+	71:20+	74:20+	75:07+
06:32+	07:06+	05:30+	02:28+	01:36+	03:24+	02:46+	10:32+	03:33+	06:22+	04:58+	12:14+	04:19+	03:00+	00:47+
03:01&	02:24&	00:53#	00:49&	00:29&	01:44#	01:03&	06:41#	01:07&	01:07#	01:13&	05:05&	00:56&	01:27&	00:29#

### Beste strekktid for klassen

02:23 04:09 03:37 01:39 00:52 01:40 01:24 02:29 02:26 04:15 03:40 06:12 03:23 01:21 00:15

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

## Herrer 80 år og eldre

Class	Navn	Klasse	Tid
<b>1</b>	<b>Bjarne Edland</b>	<b>92</b>	<b>40:21</b>
	10:27= 14:23= 16:20= 21:00= 26:25= 29:00= 31:39= 36:21= 38:52= 40:05= 40:21=		
	04:29= 05:58= 03:56= 01:57= 04:40= 05:25= 02:35= 02:39= 04:42= 02:31= 01:13= 00:16=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Sigurd Krosli</b>	<b>31</b>	<b>43:05</b>
	03:44- 09:59- 13:20- 15:30- 20:05- 25:50- 31:20+ 33:58+ 38:53+ 41:46+ 42:46+ 43:05+		
	03:44- 06:15+ 03:21- 02:10+ 04:35- 05:45+ 05:30+ 02:38- 04:55+ 02:53+ 01:00- 00:19+		
	00:45- 00:17+ 00:35- 00:13# 00:05- 00:20+ 02:55# 00:01- 00:13+ 00:22# 00:13- 00:03#		
<b>3</b>	<b>Arnulf Fuglestad</b>	<b>29</b>	<b>44:13</b>
	02:45- 08:51- 12:00- 14:06- 18:02- 25:05- 27:30- 35:37+ 40:19+ 42:39+ 43:51+ 44:13+		
	02:45- 06:06+ 03:09- 02:06+ 03:56- 07:03+ 02:25- 08:07+ 04:42= 02:20- 01:12- 00:22+		
	01:44- 00:08+ 00:47- 00:09+ 00:44- 01:38& 00:10- 05:28# 00:00= 00:11- 00:01- 00:06&		
<b>4</b>	<b>Kjell Audun Gjersdal</b>	<b>7</b>	<b>45:45</b>
	03:51- 10:46+ 16:33+ 19:18+ 24:00+ 30:00+ 32:27+ 34:33+ 39:42+ 44:24+ 45:20+ 45:45+		
	03:51- 06:55+ 05:47+ 02:45+ 04:42+ 06:00+ 02:27- 02:06- 05:09+ 04:42+ 00:56- 00:25+		
	00:38- 00:57# 01:51& 00:48& 00:02+ 00:35# 00:08- 00:33- 00:27+ 02:11& 00:17- 00:09&		
<b>5</b>	<b>Magne Jakobsen</b>	<b>63</b>	<b>46:42</b>
	04:10- 15:58+ 20:57+ 23:04+ 27:19+ 33:21+ 35:20+ 38:00+ 42:42+ 45:12+ 46:22+ 46:42+		
	04:10- 11:48+ 04:59+ 02:07+ 04:15- 06:02+ 01:59- 02:40+ 04:42= 02:30- 01:10- 00:20+		
	00:19- 05:50& 01:03& 00:10+ 00:25- 00:37# 00:36- 00:01+ 00:00= 00:01- 00:03- 00:04#		
<b>6</b>	<b>Øystein Nilsen</b>	<b>57</b>	<b>53:12</b>
	04:02- 12:02+ 15:23+ 18:07+ 23:54+ 32:35+ 38:30+ 41:49+ 47:38+ 51:41+ 52:47+ 53:12+		
	04:02- 08:00+ 03:21- 02:44+ 05:47+ 08:41+ 05:55+ 03:19+ 05:49+ 04:03+ 01:06- 00:25+		
	00:27- 02:02& 00:35- 00:47& 01:07# 03:16& 03:20# 00:40& 01:07# 01:32& 00:07- 00:09&		
<b>7</b>	<b>Harald I. Serigstad</b>	<b>128</b>	<b>59:13</b>
	04:11- 15:59+ 19:30+ 22:12+ 27:39+ 36:31+ 42:52+ 45:53+ 53:56+ 57:01+ 58:47+ 59:13+		
	04:11- 11:48+ 03:31- 02:42+ 05:27+ 08:52+ 06:21+ 03:01+ 08:03+ 03:05+ 01:46+ 00:26+		
	00:18- 05:50& 00:25- 00:45& 00:47# 03:27& 03:46# 00:22# 03:21& 00:34# 00:33& 00:10&		
<b>Beste strekktid for klassen</b>			
	02:45	05:58	03:09
	01:57	03:56	05:25
	01:59	02:06	04:42
	02:20	00:56	00:16

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

## Herrer A

<b>1</b>	<b>Ørjan Ravndal</b>	<b>194</b>	<b>38:44</b>
	02:57= 04:49= 06:04= 07:40= 08:49= 09:41= 11:33= 13:38= 14:19= 15:43= 16:20= 17:09= 18:23= 20:04= 21:15= 24:04= 26:29= 30:00= 31:10= 33:00= 34:47= 36:34= 38:31= 38:44=		
	02:57= 01:52= 01:15= 01:36= 01:09= 00:52= 01:52= 02:05= 00:41= 01:24= 00:37= 00:49= 01:14= 01:41= 01:11= 02:49= 02:25= 03:31= 01:10= 01:50= 01:47= 01:47= 01:57= 00:13=		
	00:00= 00:00=		
<b>2</b>	<b>Clemens Øxnevad</b>	<b>114</b>	<b>39:24</b>
	02:58+ 06:03+ 07:11+ 08:21+ 09:33+ 10:19+ 12:55+ 14:46+ 15:34+ 17:12+ 17:51+ 18:37+ 19:53+ 21:11+ 22:32+ 25:19+ 27:13+ 31:10+ 32:32+ 34:17+ 36:02+ 37:47+ 39:11+ 39:24+		
	02:58+ 03:05+ 01:08- 01:10- 01:12+ 00:46- 02:36+ 01:51- 00:48+ 01:38+ 00:39+ 00:46- 01:16+ 01:18- 01:21+ 02:47- 01:54- 03:57+ 01:22+ 01:45- 01:45- 01:45- 01:24- 00:13=		
	00:01+ 01:13& 00:07- 00:26- 00:03+ 00:06- 00:44& 00:14- 00:07# 00:14# 00:02+ 00:03- 00:02+ 00:23- 00:10# 00:02- 00:31- 00:26# 00:12# 00:05- 00:02- 00:02- 00:33- 00:00=		
<b>3</b>	<b>Morten Bjerga Sundli</b>	<b>7</b>	<b>40:12</b>
	02:57= 05:13+ 06:30+ 07:46+ 09:06+ 10:19+ 12:32+ 14:32+ 15:08+ 16:37+ 17:14+ 18:00+ 19:30+ 20:48+ 22:08+ 25:06+ 27:25+ 31:15+ 32:35+ 34:34+ 36:32+ 38:17+ 39:58+ 40:12+		
	02:57= 02:16+ 01:17+ 01:16- 01:20+ 01:13+ 02:13+ 02:00- 00:36- 01:29+ 00:37= 00:46- 01:30+ 01:18- 01:20+ 02:58+ 02:19- 03:50+ 01:20+ 01:59+ 01:58+ 01:45- 01:41- 00:14+		
	00:00= 00:24# 00:02+ 00:20- 00:11# 00:21& 00:21# 00:05- 00:05+ 00:00= 00:03- 00:16# 00:23- 00:09# 00:09+ 00:06- 00:19+ 00:10# 00:09+ 00:11# 00:02- 00:16- 00:01+		
<b>4</b>	<b>Fredrik Omdal</b>	<b>74</b>	<b>43:22</b>
	03:08+ 05:22+ 06:34+ 10:20+ 11:54+ 12:47+ 14:50+ 16:26+ 16:59+ 18:26+ 19:04+ 19:45+ 21:06+ 22:37+ 24:01+ 26:39+ 29:17+ 33:18+ 34:41+ 37:24+ 39:19+ 41:05+ 43:09+ 43:22+		
	03:08+ 02:14+ 01:12- 03:46+ 01:34+ 00:53+ 02:03+ 01:36- 00:33- 01:27+ 00:38+ 00:41- 01:21+ 01:31- 01:24+ 02:38- 02:38+ 04:01+ 01:23+ 02:43+ 01:55+ 01:46- 02:04+ 00:13=		
	00:11+ 00:22# 00:03- 02:10# 00:25& 00:01+ 00:11+ 00:29- 00:08- 00:03+ 00:01+ 00:08- 00:07+ 00:10- 00:13# 00:11- 00:13+ 00:30# 00:13# 00:53& 00:08+ 00:01- 00:07+ 00:00=		
<b>5</b>	<b>Markus Breivold</b>	<b>92</b>	<b>47:13</b>
	03:08+ 06:12+ 07:34+ 09:27+ 11:01+ 11:57+ 14:16+ 16:35+ 17:40+ 19:42+ 20:21+ 21:12+ 22:45+ 24:32+ 26:11+ 29:35+ 32:32+ 37:11+ 38:37+ 40:55+ 43:08+ 45:10+ 47:03+ 47:13+		
	03:08+ 03:04+ 01:22+ 01:53+ 01:34+ 00:56+ 02:19+ 02:19+ 01:05+ 02:02+ 00:39+ 00:51+ 01:33+ 01:47+ 01:39+ 03:24+ 02:57+ 04:39+ 01:26+ 02:18+ 02:13+ 02:02+ 01:53- 00:10-		
	00:11+ 01:12& 00:07+ 00:17# 00:25& 00:04+ 00:27# 00:14# 00:24& 00:38& 00:02+ 00:02+ 00:19& 00:06+ 00:28& 00:35# 00:32# 01:08& 00:16# 00:28& 00:26# 00:15# 00:04- 00:03-		
<b>6</b>	<b>Harald Kalager</b>	<b>7</b>	<b>47:46</b>
	03:13+ 05:43+ 07:48+ 09:19+ 11:32+ 12:46+ 15:19+ 17:16+ 18:12+ 20:19+ 21:05+ 21:45+ 23:15+ 24:48+ 26:38+ 30:38+ 33:01+ 37:45+ 39:16+ 41:24+ 43:41+ 45:36+ 47:31+ 47:46+		
	03:13+ 02:30+ 02:05+ 01:31- 02:13+ 01:14+ 02:33+ 01:57- 00:56+ 02:07+ 00:46+ 00:40- 01:30+ 01:33- 01:50+ 04:00+ 02:23- 04:44+ 01:31+ 02:08+ 02:17+ 01:55+ 01:55- 00:15+		
	00:16+ 00:38& 00:50& 00:05- 01:04& 00:22& 00:41& 00:08- 00:15& 00:43& 00:09# 00:09- 00:16# 00:08- 00:39& 01:11& 00:02- 01:13& 00:21& 00:18# 00:30& 00:08+ 00:02- 00:02#		

Class	Navn	Klasse											Tid										
<b>7</b>	<b>Emmanuel Mondesert</b>	<b>116</b>											<b>48:27</b>										
03:10+	07:37+	09:11+	10:46+	12:19+	13:38+	16:07+	18:55+	20:13+	21:50+	22:50+	23:26+	25:08+	26:28+	28:07+	31:30+	33:35+	37:48+	39:21+	42:52+	44:52+	46:50+	48:15+	48:27+
03:10+	04:27+	01:34+	01:35-	01:33+	01:19+	02:29+	02:48+	01:18+	01:37+	01:00+	00:36-	01:42+	01:20-	01:39+	03:23+	02:05-	04:13+	01:33+	03:31+	02:00+	01:58+	01:25-	00:12-
00:13+	02:35@	00:19&	00:01-	00:24&	00:27&	00:37&	00:43&	00:37&	00:13#	00:23&	00:13-	00:28&	00:21-	00:28&	00:34#	00:20-	00:42#	00:23&	01:41&	00:13#	00:11#	00:32-	00:01-
<b>8</b>	<b>Kristian Haarr</b>	<b>27</b>											<b>50:54</b>										
03:46+	06:42+	08:39+	10:30+	12:05+	13:13+	15:47+	17:57+	19:09+	20:59+	21:41+	22:24+	24:14+	25:44+	27:58+	31:39+	34:14+	39:38+	41:25+	43:45+	46:08+	48:25+	50:36+	50:54+
03:46+	02:56+	01:57+	01:51+	01:35+	01:08+	02:34+	02:10+	01:12+	01:50+	00:42+	00:43-	01:50+	01:30-	02:14+	03:41+	02:35+	05:24+	01:47+	02:20+	02:23+	02:17+	02:11+	00:18+
00:49&	01:04&	00:42&	00:15#	00:26&	00:16&	00:42&	00:05+	00:31&	00:26&	00:05#	00:06-	00:36&	00:11-	01:03&	00:52&	00:10+	01:53&	00:37&	00:30&	00:36&	00:30&	00:14#	00:05&
<b>9</b>	<b>Jørgen Strømstad</b>	<b>50</b>											<b>52:54</b>										
03:17+	09:26+	12:39+	14:35+	16:00+	17:05+	19:43+	21:49+	23:03+	24:47+	25:30+	26:06+	27:31+	29:31+	31:02+	34:22+	36:33+	41:36+	43:19+	46:12+	48:26+	50:41+	52:43+	52:54+
03:17+	06:09+	03:13+	01:56+	01:25+	01:05+	02:38+	02:06+	01:14+	01:44+	00:43+	00:36-	01:25+	02:00+	01:31+	03:20+	02:11-	05:03+	01:43+	02:53+	02:14+	02:15+	02:02+	00:11-
00:20#	04:17@	01:58@	00:20#	00:16#	00:13#	00:46&	00:01+	00:33&	00:20#	00:06#	00:13-	00:11#	00:19#	00:20&	00:31#	00:14-	01:32&	00:33&	01:03&	00:27&	00:28&	00:05+	00:02-

### Beste strekketid for klassen

02:57 01:52 01:08 01:10 01:09 00:46 01:52 01:36 00:33 01:24 00:37 00:36 01:14 01:18 01:11 02:38 01:54 03:31 01:10 01:45 01:45 01:45 01:24 00:10

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

## Herrer B

<b>1</b>	<b>Oddvar Taksdal</b>	<b>194</b>											<b>40:42</b>										
03:22=	05:40=	06:54=	08:12=	09:25=	10:23=	12:10=	13:52=	14:31=	16:06=	16:48=	17:27=	18:58=	20:21=	21:40=	24:37=	26:42=	31:00=	32:42=	34:35=	36:39=	38:40=	40:26=	40:42=
03:22=	02:18=	01:14=	01:18=	01:13=	00:58=	01:47=	01:42=	00:39=	01:35=	00:42=	00:39=	01:31=	01:23=	01:19=	02:57=	02:05=	04:18=	01:42=	01:53=	02:04=	02:01=	01:46=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Stein Arne Olsen</b>	<b>68</b>											<b>42:23</b>										
03:11-	05:34-	06:49-	08:04-	09:18-	10:12-	12:17+	13:55+	14:31=	16:10+	16:54+	17:33+	18:54-	20:39+	22:08+	25:46+	28:06+	32:25+	34:00+	36:07+	38:18+	40:23+	42:08+	42:23+
03:11-	02:23+	01:15+	01:15-	01:14+	00:54-	02:05+	01:38-	00:36-	01:39+	00:44+	00:39=	01:21-	01:45+	01:29+	03:38+	02:20+	04:19+	01:35-	02:07+	02:11+	02:05+	01:45-	00:15-
00:11-	00:05+	00:01+	00:03-	00:01+	00:04-	00:18#	00:04-	00:03-	00:04+	00:02+	00:00=	00:10-	00:22&	00:10#	00:41#	00:15#	00:01+	00:07-	00:14#	00:07+	00:04+	00:01-	00:01-
<b>3</b>	<b>Magnus Landstad</b>	<b>66</b>											<b>43:36</b>										
03:56+	06:15+	07:40+	08:56+	10:26+	11:27+	14:03+	16:17+	16:56+	18:32+	19:16+	20:01+	21:27+	22:54+	24:16+	27:21+	29:48+	34:04+	35:28+	37:23+	39:28+	41:31+	43:21+	43:36+
03:56+	02:19+	01:25+	01:16-	01:30+	01:01+	02:36+	02:14+	00:39=	01:36+	00:44+	00:45+	01:26-	01:27+	01:22+	03:05+	02:27+	04:16-	01:24-	01:55+	02:05+	02:03+	01:50+	00:15-
00:34#	00:01+	00:11#	00:02-	00:17#	00:03+	00:49&	00:32&	00:00=	00:01+	00:02+	00:06#	00:05-	00:04+	00:03+	00:08+	00:22#	00:02-	00:18-	00:02+	00:01+	00:02+	00:04+	00:01-
<b>4</b>	<b>Njål F. Vadla</b>	<b>93</b>											<b>43:52</b>										
03:18-	05:38-	06:51-	09:19+	10:40+	11:52+	13:50+	15:44+	16:19+	18:06+	18:48+	19:28+	21:00+	22:25+	24:06+	27:10+	29:26+	33:52+	35:31+	37:30+	39:39+	41:49+	43:38+	43:52+
03:18-	02:20+	01:13-	02:28+	01:21+	01:12+	01:58+	01:54+	00:35-	01:47+	00:42=	00:40+	01:32+	01:25+	01:41+	03:04+	02:16+	04:26+	01:39-	01:59+	02:09+	02:10+	01:49+	00:14-
00:04-	00:02+	00:01-	01:10&	00:08#	00:14#	00:11#	00:12#	00:04-	00:12#	00:00=	00:01+	00:01+	00:02+	00:22&	00:07+	00:11+	00:08+	00:03-	00:06+	00:05+	00:09+	00:03+	00:02-
<b>5</b>	<b>Odd Ivar Karlsen</b>	<b>76</b>											<b>44:01</b>										
03:07-	05:13-	06:54=	09:19+	10:30+	11:24+	13:17+	15:02+	15:42+	17:25+	18:06+	18:48+	20:11+	21:44+	23:03+	26:37+	28:59+	33:29+	34:57+	37:17+	39:33+	41:30+	43:46+	44:01+
03:07-	02:06-	01:41+	02:25+	01:11-	00:54-	01:53+	01:45+	00:40+	01:43+	00:41-	00:42+	01:23-	01:33+	01:19=	03:34+	02:22+	04:30+	01:28-	02:20+	02:16+	01:57-	02:16+	00:15-
00:15-	00:12-	00:27&	01:07&	00:02-	00:04-	00:06+	00:03+	00:01+	00:08+	00:01-	00:03+	00:08-	00:10#	00:00=	00:37#	00:17#	00:12+	00:14-	00:27#	00:12+	00:04-	00:30&	00:01-
<b>6</b>	<b>Oddgeir Eikeskog</b>	<b>93</b>											<b>45:27</b>										
03:27+	05:52+	07:31+	08:59+	10:24+	11:35+	14:16+	15:58+	16:38+	18:21+	19:04+	19:44+	21:12+	22:45+	24:11+	27:17+	29:34+	34:09+	35:45+	38:00+	41:16+	43:22+	45:11+	45:27+
03:27+	02:25+	01:39+	01:28+	01:25+	01:11+	02:41+	01:42=	00:40+	01:43+	00:43+	00:40+	01:28-	01:33+	01:26+	03:06+	02:17+	04:35+	01:36-	02:15+	03:16+	02:06+	01:49+	00:16=
00:05+	00:07+	00:25&	00:10#	00:12#	00:13#	00:54&	00:00=	00:01+	00:08+	00:01+	00:01+	00:03-	00:10#	00:07+	00:09+	00:12+	00:17+	00:06-	00:22#	01:12&	00:05+	00:03+	00:00=
<b>7</b>	<b>Morten Aamodt</b>	<b>116</b>											<b>45:56</b>										
03:34+	06:07+	07:34+	10:16+	11:31+	12:47+	15:08+	16:57+	17:36+	19:27+	20:11+	20:56+	22:24+	23:52+	25:24+	28:21+	30:54+	36:02+	37:29+	39:28+	41:43+	43:49+	45:41+	45:56+
03:34+	02:33+	01:27+	02:42+	01:15+	01:16+	02:21+	01:49+	00:39=	01:51+	00:44+	00:45+	01:28-	01:28+	01:32+	02:57=	02:33+	05:08+	01:27-	01:59+	02:15+	02:06+	01:52+	00:15-
00:12+	00:15#	00:13#	01:24@	00:02+	00:18&	00:34&	00:07+	00:00=	00:16#	00:02+	00:06#	00:03-	00:05+	00:13#	00:00=	00:28#	00:50#	00:15-	00:06+	00:11+	00:05+	00:06+	00:01-
<b>8</b>	<b>Jan-Rune Basso</b>	<b>91</b>											<b>47:12</b>										
03:43+	06:10+	07:33+	09:27+	11:00+	12:55+	15:17+	17:16+	18:01+	19:40+	20:24+	21:07+	22:41+	24:36+	26:03+	29:03+	31:41+	36:50+	38:27+	40:27+	42:49+	45:02+	46:55+	47:12+
03:43+	02:27+	01:23+	01:54+	01:33+	01:55+	02:22+	01:59+	00:45+	01:39+	00:44+	00:43+	01:34+	01:55+	01:27+	03:00+	02:38+	05:09+	01:37-	02:00+	02:22+	02:13+	01:53+	00:17+
00:21#	00:09+	00:09#	00:36&	00:20&	00:57&	00:35&	00:17#	00:06#	00:04+	00:02+	00:04#	00:03+	00:32&	00:08#	00:03+	00:33&	00:51#	00:05-	00:07+	00:18#	00:12+	00:07+	00:01+
<b>9</b>	<b>Joar Eilevstjønn</b>	<b>67</b>											<b>47:53</b>										
03:32+	06:16+	08:05+	09:34+	11:18+	13:01+	15:55+	17:48+	18:34+	20:11+	22:00+	22:39+	24:10+	25:51+	27:15+	30:28+	33:03+	37:42+	39:17+	41:30+	43:45+	45:58+	47:40+	47:53+
03:32+	02:44+	01:49+	01:29+	01:44+	01:43+	02:54+	01:53+	00:46+	01:37+	01:49+	00:39=	01:31=	01:41+	01:24+	03:13+	02:35+	04:39+	01:35-	02:13+	02:15+	02:13+	01:42-	00:13-
00:10+	00:26#	00:35&	00:11#	00:31&	00:45&	01:07&	00:11#	00:07#	00:02+	01:07@	00:00=	00:00=	00:18#	00:05+	00:16+	00:30#	00:21+	00:07-	00:20#	00:11+	00:12+	00:04-	00:03-
<b>10</b>	<b>Terje Michaelsen</b>	<b>47</b>											<b>49:00</b>										
03:17-	07:19+	08:40+	10:01+	11:28+	12:20+	14:28+	16:25+	17:13+	19:13+	19:56+	20:45+	22:19+	23:41+	25:39+	29:16+	33:12+	38:20+	39:58+	42:10+	44:31+	46:59+	48:47+	49:00+
03:17-	04:02+	01:21+	01:21+	01:27+	00:52-	02:08+	01:57+	00:48+	02:00+	00:43+	00:49+	01:34+	01:22-	01:58+	03:37+	03:56+	05:08+	01:38-	02:12+	02:21+	02:28+	01:48+	00:13-
00:05-	01:44&	00:07+	00:03+	00:14#	00:06-	00:21#	00:15#	00:09#	00:25&	00:01+	00:10&	00:03+	00:01-	00:39&	00:40#	01:51&	00:50#	00:04-	00:19#	00:17#	00:27#	00:02+	00:03-

Class	Navn		Klasse																	Tid																
<b>11</b>	<b>Odd Fuglestad</b>		<b>250</b>																	<b>50:39</b>																
03:40+	06:23+	08:46+	11:59+	13:44+	14:45+	17:11+	19:09+	19:50+	21:37+	22:20+	23:17+	24:49+	26:17+	28:06+	31:32+	34:15+	39:35+	41:19+	43:24+	46:03+	48:18+	50:22+	50:39+													
03:40+	02:43+	02:23+	03:13+	01:45+	01:01+	02:26+	01:58+	00:41+	01:47+	00:43+	00:57+	01:32+	01:28+	01:49+	03:26+	02:43+	05:20+	01:44+	02:05+	02:39+	02:15+	02:04+	00:17+													
00:18+	00:25#	01:09&	01:55@	00:32&	00:03+	00:39&	00:16#	00:02+	00:12#	00:01+	00:18&	00:01+	00:05+	00:30&	00:29#	00:38&	01:02#	00:02+	00:12#	00:35&	00:14#	00:18#	00:01+													
<b>12</b>	<b>Tor Gunnar Akstrand</b>		<b>116</b>																	<b>51:00</b>																
03:22=	05:46+	07:35+	09:44+	11:21+	13:23+	16:21+	19:30+	20:11+	22:06+	22:55+	23:36+	25:03+	26:35+	28:00+	33:27+	35:47+	40:23+	42:09+	44:19+	46:42+	48:49+	50:42+	51:00+													
03:22=	02:24+	01:49+	02:09+	01:37+	02:02+	02:58+	03:09+	00:41+	01:55+	00:49+	00:41+	01:27-	01:32+	01:25+	05:27+	02:20+	04:36+	01:46+	02:10+	02:23+	02:07+	01:53+	00:18+													
00:00=	00:06+	00:35&	00:51&	00:24&	01:04@	01:11&	01:27&	00:02+	00:20#	00:07#	00:02+	00:04-	00:09#	00:06+	02:30&	00:15#	00:18+	00:04+	00:17#	00:19#	00:06+	00:07+	00:02#													
<b>13</b>	<b>Geir Sand</b>		<b>105</b>																	<b>52:11</b>																
04:01+	06:39+	09:46+	11:09+	12:45+	15:22+	17:53+	22:22+	23:57+	25:45+	26:30+	27:13+	29:14+	30:46+	32:08+	35:35+	37:49+	42:12+	43:40+	45:46+	48:09+	50:19+	51:58+	52:11+													
04:01+	02:38+	03:07+	01:23+	01:36+	02:37+	02:31+	04:29+	01:35+	01:48+	00:45+	00:43+	02:01+	01:32+	01:22+	03:27+	02:14+	04:23+	01:28-	02:06+	02:23+	02:10+	01:39-	00:13-													
00:39#	00:20#	01:53@	00:05+	00:23&	01:39@	00:44&	02:47@	00:56@	00:13#	00:03+	00:04#	00:30&	00:09#	00:03+	00:30#	00:09+	00:05+	00:14-	00:13#	00:19#	00:09+	00:07-	00:03-													
<b>14</b>	<b>Øystein Amundrud</b>		<b>90</b>																	<b>55:21</b>																
04:39+	07:41+	09:07+	11:56+	13:44+	15:03+	18:30+	20:41+	21:35+	23:42+	24:32+	25:15+	26:50+	28:27+	30:25+	34:26+	37:11+	42:22+	44:13+	47:24+	50:27+	52:58+	55:07+	55:21+													
04:39+	03:02+	01:26+	02:49+	01:48+	01:19+	03:27+	02:11+	00:54+	02:07+	00:50+	00:43+	01:35+	01:37+	01:58+	04:01+	02:45+	05:11+	01:51+	03:11+	03:03+	02:31+	02:09+	00:14-													
01:17&	00:44&	00:12#	01:31@	00:35&	00:21&	01:40&	00:29&	00:15&	00:32&	00:08#	00:04#	00:04+	00:14#	00:39&	01:04&	00:40&	00:53#	00:09+	01:18&	00:59&	00:30#	00:23#	00:02-													
<b>15</b>	<b>Kevin Thomas Foust</b>		<b>192</b>																	<b>56:29</b>																
04:03+	06:55+	08:52+	11:47+	13:38+	15:43+	18:47+	21:02+	22:11+	24:14+	25:03+	25:49+	27:26+	28:59+	30:52+	36:37+	39:34+	44:07+	46:17+	48:47+	51:20+	54:03+	56:12+	56:29+													
04:03+	02:52+	01:57+	02:55+	01:51+	02:05+	03:04+	02:15+	01:09+	02:03+	00:49+	00:46+	01:37+	01:33+	01:53+	05:45+	02:57+	04:33+	02:10+	02:30+	02:33+	02:43+	02:09+	00:17+													
00:41#	00:34#	00:43&	01:37@	00:38&	01:07@	01:17&	00:33&	00:30&	00:28&	00:07#	00:07#	00:06+	00:10#	00:34&	02:48&	00:52&	00:15+	00:28&	00:37&	00:29#	00:42&	00:23#	00:01+													
<b>16</b>	<b>Jørgen Breivold</b>		<b>54</b>																	<b>57:16</b>																
03:22=	07:04+	09:22+	15:08+	17:26+	19:10+	21:52+	25:50+	26:48+	28:50+	29:47+	30:33+	32:25+	33:56+	35:53+	39:15+	42:12+	47:42+	49:19+	51:24+	53:24+	55:12+	57:04+	57:16+													
03:22=	03:42+	02:18+	05:46+	02:18+	01:44+	02:42+	03:58+	00:58+	02:02+	00:57+	00:46+	01:52+	01:31+	01:57+	03:22+	02:57+	05:30+	01:37-	02:05+	02:00-	01:48-	01:52+	00:12-													
00:00=	01:24&	01:04&	04:28@	01:05&	00:46&	00:55&	02:16@	00:19&	00:27&	00:15&	00:07#	00:21#	00:08+	00:38&	00:25#	00:52&	01:12&	00:05-	00:12#	00:04-	00:13-	00:06+	00:04-													
<b>17</b>	<b>Bjørnar André Haug</b>		<b>80</b>																	<b>57:47</b>																
03:27+	06:25+	12:17+	14:59+	16:42+	17:51+	20:21+	24:03+	25:08+	27:06+	28:04+	29:13+	31:12+	33:32+	35:04+	38:24+	40:32+	45:40+	47:25+	50:43+	53:23+	55:38+	57:36+	57:47+													
03:27+	02:58+	05:52+	02:42+	01:43+	01:09+	02:30+	03:42+	01:05+	01:58+	00:58+	01:09+	01:59+	02:20+	01:32+	03:20+	02:08+	05:08+	01:45+	03:18+	02:40+	02:15+	01:58+	00:11-													
00:05+	00:40&	04:38@	01:24@	00:30&	00:11#	00:43&	02:00@	00:26&	00:23#	00:16&	00:30&	00:28&	00:57&	00:13#	00:23#	00:03+	00:50#	00:03+	01:25&	00:36&	00:14#	00:12#	00:05-													
<b>18</b>	<b>Espen Fyhn Nilsen</b>		<b>116</b>																	<b>1:13:16</b>																
05:11+	08:47+	11:12+	14:32+	16:48+	19:32+	22:50+	25:23+	26:29+	29:26+	30:33+	31:37+	33:53+	36:02+	39:59+	45:02+	48:49+	56:03+	58:57+	62:44+	66:41+	70:09+	72:54+	73:16+													
05:11+	03:36+	02:25+	03:20+	02:16+	02:44+	03:18+	02:33+	01:06+	02:57+	01:07+	01:04+	02:16+	02:09+	03:57+	05:03+	03:47+	07:14+	02:54+	03:47+	03:57+	03:28+	02:45+	00:22+													
01:49&	01:18&	01:11&	02:02@	01:03&	01:46@	01:31&	00:51&	00:27&	01:22&	00:25&	00:25&	00:45&	00:46&	02:38@	02:06&	01:42&	02:56&	01:12&	01:54@	01:53&	01:27&	00:59&	00:06&													

**Beste strekktid for klassen**  
03:07 02:06 01:13 01:15 01:11 00:52 01:47 01:38 00:35 01:35 00:41 00:39 01:21 01:22 01:19 02:57 02:05 04:16 01:24 01:53 02:00 01:48 01:39 00:11

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

## Herrer C

<b>1</b>	<b>Nils John Vestøl</b>		<b>83</b>																	<b>39:21</b>																
03:14=	05:43=	07:07=	07:48=	09:07=	10:44=	13:36=	15:55=	16:41=	18:29=	19:16=	19:56=	21:43=	23:14=	24:40=	27:38=	29:13=	31:34=	34:33=	36:10=	37:57=	38:35=	39:08=	39:21=													
03:14=	02:29=	01:24=	00:41=	01:19=	01:37=	02:52=	02:19=	00:46=	01:48=	00:47=	00:40=	01:47=	01:31=	01:26=	02:58=	01:35=	02:21=	02:59=	01:37=	01:47=	00:38=	00:33=	00:13=													
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=													
<b>2</b>	<b>Kjetil Wirak</b>		<b>114</b>																	<b>41:41</b>																
03:20+	06:08+	07:56+	09:52+	11:27+	12:20+	13:45+	16:42+	18:38+	19:19+	21:07+	21:51+	22:35+	24:03+	25:35+	27:00-	29:58+	31:13-	33:26-	36:41+	38:21+	40:13+	40:50+	41:28+	41:41+												
03:20+	02:48+	01:48+	01:56+	01:35+	00:53-	01:25-	02:57+	01:56+	00:41-	01:48+	00:44+	00:44-	01:28-	01:32+	01:25-	02:58+	01:15-	02:13-	03:15+	01:40-	01:52+	00:37+	00:38+	00:13+												
00:06+	00:19#	00:24&	01:15@	00:16#	00:44-	01:27-	00:38&	01:10@	01:07-	01:01@	00:04#	01:03-	00:03-	00:06+	01:33-	01:23&	01:06-	00:46-	01:38@	00:07-	01:14@	00:04#	00:25@	00:13+												
<b>3</b>	<b>Otte Omdal</b>		<b>65</b>																	<b>43:01</b>																
03:26+	06:02+	07:45+	08:48+	09:56+	12:08+	15:21+	17:13+	18:12+	20:04+	20:52+	21:41+	23:17+	25:12+	26:47+	30:20+	31:41+	34:39+	38:02+	39:40+	41:35+	42:15+	42:49+	43:01+													
03:26+	02:36+	01:43+	01:03+	01:08-	02:12+	03:13+	01:52-	00:59+	01:52+	00:48+	00:49+	01:36-	01:55+	01:35+	03:33+	01:21-	02:58+	03:23+	01:38+	01:55+	00:40+	00:34+	00:12-													
00:12+	00:07+	00:19#	00:22&	00:11-	00:35&	00:21#	00:27-	00:13&	00:04+	00:01+	00:09#	00:11-	00:24&	00:09#	00:35#	00:14-	00:37&	00:24#	00:01+	00:08+	00:02+	00:01+	00:01-													
<b>4</b>	<b>Paul Terje Haarr</b>		<b>62</b>																	<b>49:30</b>																
04:20+	07:18+	09:14+	13:05+	14:16+	15:54+	18:37+	21:37+	22:27+	24:22+	25:07+	25:49+	27:26+	29:25+	31:13+	35:07+	36:49+	39:05+	43:11+	45:14+	47:56+	48:36+	49:15+	49:30+													
04:20+	02:58+	01:56+	03:51+	01:11-	01:38+	02:43-	03:00+	00:50+	01:55+	00:45-	00:42+	01:37-	01:59+	01:48+	03:54+	01:42+	02:16-	04:06+	02:03+	02:42+	00:40+	00:39+	00:15+													
01:06&	00:29#	00:32&	03:10@	00:08-	00:01+	00:09-	00:41&	00:04+	00:07+	00:02-	00:02+	00:10-	00:28&	00:22&	00:56&	00:07+	00:05-	01:07&	00:26&	00:55&	00:02+	00:06#	00:02#													
<b>5</b>	<b>Pål H. Gjerden</b>		<b>116</b>																	<b>50:05</b>																
03:44+	06:45+	08:23+	09:34+	12:35+	14:06+	17:22+	19:38+	20:32+	22:40+	23:33+	24:20+	26:20+	28:10+	29:55+	34:04+	35:48+	38:39+	43:11+	45:30+	48:33+	49:14+	49:52+	50:05+													
03:44+	03:01+	01:38+	01:11+	03:01+	01:31-	03:16+	02:16-	00:54+	02:08+	00:53+	00:47+	02:00+	01:50+	01:45+	04:09+	01:44+	02:51+	04:32+	02:19+	03:03+	00:41+	00:38+	00:13=													
00:30#	00:32#	00:14#	00:30&	01:42@	00:06-	00:24#	00:03-	00:08#	00:20#	00:06#	00:07#	00:13#	00:19#	00:19#	01:11&	00:09+	00:30#	01:33&	00:42&	01:16&	00:03+	00:05#	00:00=													

Class	Navn	Klasse										Tid												
<b>6</b>	<b>Øystein Huglen</b>	<b>27</b>										<b>52:33</b>												
05:01+	09:06+	11:05+	12:08+	13:56+	17:31+	20:31+	23:43+	24:52+	26:46+	27:37+	28:30+	30:51+	32:41+	34:21+	38:25+	40:02+	42:41+	46:38+	48:28+	51:03+	51:41+	52:19+	52:33+	
05:01+	04:05+	01:59+	01:03+	01:48+	03:35+	03:00+	03:12+	01:09+	01:54+	00:51+	00:53+	02:21+	01:50+	01:40+	04:04+	01:37+	02:39+	03:57+	01:50+	02:35+	00:38=	00:38+	00:14+	
01:47&	01:36&	00:35&	00:22&	00:29&	01:58@	00:08+	00:53&	00:23&	00:06+	00:04+	00:13&	00:34&	00:19#	00:14#	01:06&	00:02+	00:18#	00:58&	00:13#	00:48&	00:00=	00:05#	00:01+	
<b>7</b>	<b>Rune Christiansen</b>	<b>93</b>										<b>52:45</b>												
04:15+	07:00+	08:52+	09:34+	10:29+	12:14+	16:55+	20:05+	21:14+	24:21+	25:17+	26:13+	28:13+	30:22+	32:10+	36:47+	38:36+	41:17+	45:54+	48:12+	50:54+	51:39+	52:23+	52:45+	
04:15+	02:45+	01:52+	00:42+	00:55-	01:45+	04:41+	03:10+	01:09+	03:07+	00:56+	00:56+	02:00+	02:09+	01:48+	04:37+	01:49+	02:41+	04:37+	02:18+	02:42+	00:45+	00:44+	00:22+	
01:01&	00:16#	00:28&	00:01+	00:24-	00:08+	01:49&	00:51&	00:23&	01:19&	00:09#	00:16&	00:13#	00:38&	00:22&	01:39&	00:14#	00:20#	01:38&	00:41&	00:55&	00:07#	00:11&	00:09&	
<b>8</b>	<b>Sturle Omdal</b>	<b>116</b>										<b>52:48</b>												
03:42+	08:51+	10:34+	11:32+	13:22+	15:00+	18:38+	21:26+	22:51+	23:46+	26:02+	26:52+	28:32+	30:18+	32:24+	34:13+	38:08+	39:47+	42:25+	46:06+	48:02+	50:58+	52:01+	52:37+	52:48+
03:42+	05:09+	01:43+	00:58+	01:50+	01:38+	03:38+	02:48+	01:25+	00:55-	02:16+	00:50+	01:40-	01:46+	02:06+	01:49-	03:55+	01:39-	02:38-	03:41+	01:56+	02:56+	01:03+	00:36+	00:11+
00:28#	02:40@	00:19#	00:17&	00:31&	00:01+	00:46&	00:29#	00:39&	00:53-	01:29@	00:10#	00:07-	00:15#	00:40&	01:09-	02:20@	00:42-	00:21-	02:04@	00:09+	02:18@	00:30&	00:23@	00:11+
<b>9</b>	<b>Inge Løland</b>	<b>114</b>										<b>53:12</b>												
03:35+	09:08+	10:46+	11:26+	13:04+	16:32+	19:13+	23:20+	24:06+	25:52+	26:36+	28:44+	30:49+	32:44+	34:25+	39:01+	40:35+	43:18+	47:05+	48:41+	51:13+	52:10+	52:55+	53:12+	
03:35+	05:33+	01:38+	00:40-	01:38+	03:28+	02:41-	04:07+	00:46=	01:46-	00:44-	02:08+	02:05+	01:55+	01:41+	04:36+	01:34-	02:43+	03:47+	01:36-	02:32+	00:57+	00:45+	00:17+	
00:21#	03:04@	00:14#	00:01-	00:19#	01:51@	00:11-	01:48&	00:00=	00:02-	00:03-	01:28@	00:18#	00:24&	00:15#	01:38&	00:01-	00:22#	00:48&	00:01-	00:45&	00:19&	00:12&	00:04&	
<b>10</b>	<b>Tore Svendsen</b>	<b>27</b>										<b>55:05</b>												
03:55+	06:48+	13:46+	17:22+	20:06+	21:44+	25:39+	28:10+	28:56+	30:39+	31:27+	32:24+	34:00+	35:28+	37:12+	40:39+	42:28+	45:04+	49:23+	51:09+	53:31+	54:13+	54:50+	55:05+	
03:55+	02:53+	06:58+	03:36+	02:44+	01:38+	03:55+	02:31+	00:46=	01:43-	00:48+	00:57+	01:36-	01:28-	01:44+	03:27+	01:49+	02:36+	04:19+	01:46+	02:22+	00:42+	00:37+	00:15+	
00:41#	00:24#	00:54@	02:55@	00:01+	01:25@	01:03#	00:12+	00:00=	00:05-	00:01+	00:17&	00:11-	00:03-	00:18#	00:29#	00:14#	00:15#	01:20&	00:09+	00:35&	00:04#	00:04#	00:02#	
<b>11</b>	<b>Sveinung Svebestad</b>	<b>46</b>										<b>56:56</b>												
04:22+	08:27+	11:30+	14:12+	15:27+	17:39+	21:19+	24:09+	25:17+	27:29+	28:24+	29:34+	31:29+	34:08+	36:02+	39:53+	41:40+	44:41+	49:20+	51:34+	54:42+	55:38+	56:38+	56:56+	
04:22+	04:05+	03:03+	02:42+	01:15-	02:12+	03:40+	02:50+	01:08+	02:12+	00:55+	01:10+	01:55+	02:39+	01:54+	03:51+	01:47+	03:01+	04:39+	02:14+	03:08+	00:56+	01:00+	00:18+	
01:08&	01:36&	01:39@	02:01@	00:04-	00:35&	00:48&	00:31#	00:22&	00:24#	00:08#	00:30&	00:08+	01:08&	00:28&	00:53&	00:12#	00:40&	01:40&	00:37&	01:21&	00:18&	00:27&	00:05&	
<b>12</b>	<b>Erling Mauland</b>	<b>83</b>										<b>1:00:26</b>												
04:23+	11:18+	13:36+	15:05+	16:18+	18:14+	21:58+	24:42+	26:49+	30:02+	31:19+	32:09+	34:14+	36:05+	37:52+	43:42+	45:32+	48:14+	52:43+	54:48+	58:38+	59:29+	60:11+	60:26+	
04:23+	06:55+	02:18+	01:29+	01:13-	01:56+	03:44+	02:44+	02:07+	03:13+	01:17+	00:50+	02:05+	01:51+	01:47+	05:50+	01:50+	02:42+	04:29+	02:05+	03:50+	00:51+	00:42+	00:15+	
01:09&	04:26@	00:54&	00:48@	00:06-	00:19#	00:52&	00:25#	01:21@	01:25&	00:30&	00:10#	00:18#	00:20#	00:21#	02:52&	00:15#	00:21#	01:30&	00:28&	02:03@	00:13&	00:09&	00:02#	
<b>13</b>	<b>Henning Sundby</b>	<b>114</b>										<b>1:03:58</b>												
03:04-	06:20+	08:07+	12:41+	16:35+	18:37+	22:11+	35:27+	36:22+	38:15+	40:07+	40:58+	42:52+	45:01+	46:49+	49:50+	51:18+	53:48+	57:16+	58:53+	62:20+	63:04+	63:43+	63:58+	
03:04-	03:16+	01:47+	04:34+	03:54+	02:02+	03:34+	13:16+	00:55+	01:53+	01:52+	00:51+	01:54+	02:09+	01:48+	03:01+	01:28-	02:30+	03:28+	01:37=	03:27+	00:44+	00:39+	00:15+	
00:10-	00:47&	00:23&	03:53@	02:35@	00:25&	00:42#	10:57@	00:09#	00:05+	01:05@	00:11&	00:07+	00:38&	00:22&	00:03+	00:07-	00:09+	00:29#	00:00=	01:40&	00:06#	00:06#	00:02#	
<b>14</b>	<b>Ove Oaland</b>	<b>116</b>										<b>1:04:59</b>												
04:41+	08:26+	10:43+	12:04+	12:52+	14:48+	17:20+	24:12+	27:02+	27:58+	30:10+	31:33+	32:55+	35:34+	37:53+	40:14+	44:38+	47:03+	50:21+	56:59+	59:17+	62:41+	63:37+	64:41+	64:59+
04:41+	03:45+	02:17+	01:21+	00:48-	01:56+	02:32-	06:52+	02:50+	00:56-	02:12+	01:23+	01:22-	02:39+	02:19+	02:21-	04:24+	02:25+	03:18+	06:38+	02:18+	03:24+	00:56+	01:04+	00:18+
01:27&	01:16&	00:53&	00:40&	00:31-	00:19#	00:20-	04:33@	02:04@	00:52-	01:25@	00:43@	00:25-	01:08&	00:53&	00:37-	02:49@	00:04+	00:19#	05:01@	00:31&	02:46@	00:23&	00:51@	00:18+
<b>15</b>	<b>Gunnar Graabak</b>	<b>3</b>										<b>1:05:19</b>												
05:28+	09:23+	11:42+	19:14+	22:45+	25:30+	29:47+	33:23+	35:23+	37:34+	38:29+	39:39+	41:15+	42:54+	44:36+	48:25+	50:31+	54:03+	58:07+	60:36+	63:11+	63:59+	64:56+	65:19+	
05:28+	03:55+	02:19+	07:32+	03:31+	02:45+	04:17+	03:36+	02:00+	02:11+	00:55+	01:10+	01:36-	01:39+	01:42+	03:49+	02:06+	03:32+	04:04+	02:29+	02:35+	00:48+	00:57+	00:23+	
02:14&	01:26&	00:55&	06:51@	02:12@	01:08&	01:25&	01:17&	01:14@	00:23#	00:08#	00:30&	00:11-	00:08+	00:16#	00:51&	00:31&	01:11&	01:05&	00:52&	00:48&	00:10&	00:24&	00:10&	
<b>16</b>	<b>Vetle Huglen</b>	<b>134</b>										<b>1:06:40</b>												
05:42+	10:31+	12:48+	13:38+	15:04+	19:39+	24:37+	32:40+	34:09+	36:25+	37:25+	38:10+	39:51+	41:23+	43:19+	49:23+	51:55+	54:45+	59:15+	61:13+	64:14+	65:05+	66:25+	66:40+	
05:42+	04:49+	02:17+	00:50+	01:26+	04:35+	04:58+	08:03+	01:29+	02:16+	01:00+	00:45+	01:41-	01:32+	01:56+	06:04+	02:32+	02:50+	04:30+	01:58+	03:01+	00:51+	01:20+	00:15+	
02:28&	02:20&	00:53&	00:09#	00:07+	02:58@	02:06&	05:44@	00:43&	00:28&	00:13&	00:05#	00:06-	00:01+	00:30&	03:06@	00:57&	00:29#	01:31&	00:21#	01:14&	00:13&	00:47@	00:02#	
<b>Beste strekktid for klassen</b>																								
03:04	02:29	01:24	00:40	00:48	00:53	01:25	01:52	00:46	00:41	00:44	00:40	00:44	01:28	01:26	01:25	01:21	01:15	02:13	01:36	01:40	00:38	00:33	00:12	

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

## Herrer Ny

**1** **Stephen Colgrave** **115** **26:11**

03:37=	07:44=	13:40=	15:43=	17:49=	19:54=	22:19=	24:19=	25:17=	26:11=
03:37=	04:07=	05:56=	02:03=	02:06=	02:05=	02:25=	02:00=	00:58=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

**2** **Ahmed Mahran** **91** **28:16**

06:33+	09:59+	12:51-	15:12-	18:03+	20:05+	23:51+	26:46+	27:56+	28:16+
06:33+	03:26-	02:52-	02:21+	02:51+	02:02-	03:46+	02:55+	01:10+	00:20-
02:56&	00:41-	03:04-	00:18#	00:45&	00:03-	01:21&	00:55&	00:12#	00:34-

Class	Navn	Klasse										Tid
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### Beste strekktid for klassen

03:37 03:26 02:52 02:03 02:06 02:02 02:25 02:00 00:58 00:20

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

## Herrer Trim

<b>1</b>	<b>Arne Mong Birkeland</b>	<b>39</b>	<b>26:32</b>								
02:00=	05:40=	07:09=	08:30=	12:06=	15:04=	18:19=	20:10=	23:34=	25:33=	26:15=	26:32=
02:00=	03:40=	01:29=	01:21=	03:36=	02:58=	03:15=	01:51=	03:24=	01:59=	00:42=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Bruno Pierfelice</b>	<b>51</b>	<b>27:21</b>								
03:58+	07:37+	09:23+	10:48+	13:46+	17:39+	19:55+	21:38+	24:47+	26:31+	27:06+	27:21+
03:58+	03:39-	01:46+	01:25+	02:58-	03:53+	02:16-	01:43-	03:09-	01:44-	00:35-	00:15-
01:58&	00:01-	00:17#	00:04+	00:38-	00:55&	00:59-	00:08-	00:15-	00:15-	00:07-	00:02-
<b>3</b>	<b>Pål Ommund Refvem</b>	<b>116</b>	<b>28:08</b>								
03:21+	07:12+	09:43+	11:05+	13:43+	17:59+	20:30+	22:15+	25:30+	27:08+	27:53+	28:08+
03:21+	03:51+	02:31+	01:22+	02:38-	04:16+	02:31-	01:45-	03:15-	01:38-	00:45+	00:15-
01:21&	00:11+	01:02&	00:01+	00:58-	01:18&	00:44-	00:06-	00:09-	00:21-	00:03+	00:02-
<b>4</b>	<b>Holger Pansch</b>	<b>117</b>	<b>29:24</b>								
03:08+	07:37+	10:37+	12:21+	15:16+	19:08+	21:30+	23:03+	26:32+	28:10+	29:01+	29:24+
03:08+	04:29+	03:00+	01:44+	02:55-	03:52+	02:22-	01:33-	03:29+	01:38-	00:51+	00:23+
01:08&	00:49#	01:31@	00:23&	00:41-	00:54&	00:53-	00:18-	00:05+	00:21-	00:09#	00:06&
<b>5</b>	<b>Alexander Romanov</b>	<b>111</b>	<b>30:40</b>								
02:20+	11:06+	13:17+	14:29+	17:48+	21:18+	22:51+	24:22+	27:36+	29:39+	30:24+	30:40+
02:20+	08:46+	02:11+	01:12-	03:19-	03:30+	01:33-	01:31-	03:14-	02:03+	00:45+	00:16-
00:20#	05:06@	00:42&	00:09-	00:17-	00:32#	01:42-	00:20-	00:10-	00:04+	00:03+	00:01-
<b>6</b>	<b>Kjartan Bryne</b>	<b>105</b>	<b>31:30</b>								
02:28+	07:01+	11:06+	12:45+	15:58+	20:15+	22:12+	24:10+	28:22+	30:17+	31:14+	31:30+
02:28+	04:33+	04:05+	01:39+	03:13-	04:17+	01:57-	01:58+	04:12+	01:55-	00:57+	00:16-
00:28#	00:53#	02:36@	00:18#	00:23-	01:19&	01:18-	00:07+	00:48#	00:04-	00:15&	00:01-
<b>7</b>	<b>Heine Furubotten</b>	<b>192</b>	<b>32:27</b>								
02:35+	07:23+	09:51+	11:35+	15:28+	20:33+	22:25+	24:55+	28:58+	31:21+	32:09+	32:27+
02:35+	04:48+	02:28+	01:44+	03:53+	05:05+	01:52-	02:30+	04:03+	02:23+	00:48+	00:18+
00:35&	01:08&	00:59&	00:23&	00:17+	02:07&	01:23-	00:39&	00:39#	00:24#	00:06#	00:01+
<b>8</b>	<b>Truls Thorkildsen</b>	<b>39</b>	<b>32:45</b>								
03:02+	08:11+	10:45+	12:32+	16:12+	21:37+	23:57+	25:55+	29:45+	31:42+	32:31+	32:45+
03:02+	05:09+	02:34+	01:47+	03:40+	05:25+	02:20-	01:58+	03:50+	01:57-	00:49+	00:14-
01:02&	01:29&	01:05&	00:26&	00:04+	02:27&	00:55-	00:07+	00:26#	00:02-	00:07#	00:03-
<b>9</b>	<b>Svein Mæle</b>	<b>115</b>	<b>33:50</b>								
03:27+	08:41+	11:08+	12:51+	16:58+	21:31+	24:31+	26:21+	30:12+	32:43+	33:33+	33:50+
03:27+	05:14+	02:27+	01:43+	04:07+	04:33+	03:00-	01:50-	03:51+	02:31+	00:50+	00:17=
01:27&	01:34&	00:58&	00:22&	00:31#	01:35&	00:15-	00:01-	00:27#	00:32&	00:08#	00:00=
<b>10</b>	<b>Alf Olav Kalvik</b>	<b>7</b>	<b>33:54</b>								
02:55+	08:19+	10:55+	12:48+	16:41+	20:57+	23:20+	25:56+	30:13+	32:43+	33:41+	33:54+
02:55+	05:24+	02:36+	01:53+	03:53+	04:16+	02:23-	02:36+	04:17+	02:30+	00:58+	00:13-
00:55&	01:44&	01:07&	00:32&	00:17+	01:18&	00:52-	00:45&	00:53&	00:31&	00:16&	00:04-
<b>11</b>	<b>Frode Lund</b>	<b>18</b>	<b>34:41</b>								
03:10+	08:25+	11:12+	13:02+	17:05+	22:08+	24:17+	26:24+	30:55+	33:28+	34:22+	34:41+
03:10+	05:15+	02:47+	01:50+	04:03+	05:03+	02:09-	02:07+	04:31+	02:33+	00:54+	00:19+
01:10&	01:35&	01:18&	00:29&	00:27#	02:05&	01:06-	00:16#	01:07&	00:34&	00:12&	00:02#
<b>12</b>	<b>Svein Sivertsen</b>	<b>115</b>	<b>35:27</b>								
03:28+	09:03+	11:24+	13:13+	17:32+	22:34+	24:43+	27:28+	31:48+	34:09+	35:05+	35:27+
03:28+	05:35+	02:21+	01:49+	04:19+	05:02+	02:09-	02:45+	04:20+	02:21+	00:56+	00:22+
01:28&	01:55&	00:52&	00:28&	00:43#	02:04&	01:06-	00:54&	00:56&	00:22#	00:14&	00:05&
<b>13</b>	<b>Asle Schanke Grude</b>	<b>92</b>	<b>35:49</b>								
02:52+	08:15+	11:18+	13:16+	17:25+	22:42+	24:51+	27:49+	32:38+	34:35+	35:27+	35:49+
02:52+	05:23+	03:03+	01:58+	04:09+	05:17+	02:09-	02:58+	04:49+	01:57-	00:52+	00:22+
00:52&	01:43&	01:34@	00:37&	00:33#	02:19&	01:06-	01:07&	01:25&	00:02-	00:10#	00:05&



Class	Navn	Klasse										Tid
<b>14</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>36:17</b>
02:49+	08:13+	11:12+	13:21+	17:15+	22:46+	25:04+	27:41+	32:05+	34:35+	35:58+	36:17+	
02:49+	05:24+	02:59+	02:09+	03:54+	05:31+	02:18-	02:37+	04:24+	02:30+	01:23+	00:19+	
00:49&	01:44&	01:30@	00:48&	00:18+	02:33&	00:57-	00:46&	01:00&	00:31&	00:41&	00:02#	
<b>15</b>	<b>Bjørn Tangvald</b>	<b>115</b>										<b>36:23</b>
05:36+	11:10+	14:52+	16:39+	19:57+	23:55+	27:13+	29:12+	33:21+	35:07+	36:04+	36:23+	
05:36+	05:34+	03:42+	01:47+	03:18-	03:58+	03:18+	01:59+	04:09+	01:46-	00:57+	00:19+	
03:36@	01:54&	02:13@	00:26&	00:18-	01:00&	00:03+	00:08+	00:45#	00:13-	00:15&	00:02#	
<b>16</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>										<b>36:43</b>
03:42+	07:40+	09:26+	12:19+	15:00+	20:39+	22:36+	24:13+	29:00+	31:32+	36:29+	36:43+	
03:42+	03:58+	01:46+	02:53+	02:41-	05:39+	01:57-	01:37-	04:47+	02:32+	04:57+	00:14-	
01:42&	00:18+	00:17#	01:32@	00:55-	02:41&	01:18-	00:14-	01:23&	00:33&	04:15@	00:03-	
<b>17</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>37:23</b>
03:44+	10:16+	13:07+	15:00+	18:16+	24:37+	26:50+	30:20+	34:21+	36:21+	37:07+	37:23+	
03:44+	06:32+	02:51+	01:53+	03:16-	06:21+	02:13-	03:30+	04:01+	02:00+	00:46+	00:16-	
01:44&	02:52&	01:22&	00:32&	00:20-	03:23@	01:02-	01:39&	00:37#	00:01+	00:04+	00:01-	
<b>18</b>	<b>Steinar Amundsen</b>	<b>115</b>										<b>37:30</b>
03:02+	08:46+	11:57+	14:09+	19:06+	24:02+	26:13+	28:38+	34:09+	36:18+	37:10+	37:30+	
03:02+	05:44+	03:11+	02:12+	04:57+	04:56+	02:11-	02:25+	05:31+	02:09+	00:52+	00:20+	
01:02&	02:04&	01:42@	00:51&	01:21&	01:58&	01:04-	00:34&	02:07&	00:10+	00:10#	00:03#	
<b>19</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>37:35</b>
02:59+	07:54+	12:36+	14:23+	17:56+	24:11+	26:44+	28:33+	32:47+	34:56+	37:17+	37:35+	
02:59+	04:55+	04:42+	01:47+	03:33-	06:15+	02:33-	01:49-	04:14+	02:09+	02:21+	00:18+	
00:59&	01:15&	03:13@	00:26&	00:03-	03:17@	00:42-	00:02-	00:50#	00:10+	01:39@	00:01+	
<b>20</b>	<b>Per Aspøy</b>	<b>117</b>										<b>37:51</b>
03:09+	08:40+	13:05+	15:00+	19:32+	24:18+	27:15+	29:38+	34:23+	36:18+	37:29+	37:51+	
03:09+	05:31+	04:25+	01:55+	04:32+	04:46+	02:57-	02:23+	04:45+	01:55-	01:11+	00:22+	
01:09&	01:51&	02:56@	00:34&	00:56&	01:48&	00:18-	00:32&	01:21&	00:04-	00:29&	00:05&	
<b>21</b>	<b>Arild Svihus</b>	<b>92</b>										<b>38:06</b>
03:43+	09:53+	12:59+	15:14+	19:39+	24:33+	27:13+	30:02+	34:40+	36:58+	37:49+	38:06+	
03:43+	06:10+	03:06+	02:15+	04:25+	04:54+	02:40-	02:49+	04:38+	02:18+	00:51+	00:17=	
01:43&	02:30&	01:37@	00:54&	00:49#	01:56&	00:35-	00:58&	01:14&	00:19#	00:09#	00:00=	
<b>22</b>	<b>Terje Gautestad</b>	<b>54</b>										<b>39:38</b>
03:34+	09:37+	13:28+	16:00+	20:04+	25:29+	28:17+	30:45+	35:27+	38:02+	39:19+	39:38+	
03:34+	06:03+	03:51+	02:32+	04:04+	05:25+	02:48-	02:28+	04:42+	02:35+	01:17+	00:19+	
01:34&	02:23&	02:22@	01:11&	00:28#	02:27&	00:27-	00:37&	01:18&	00:36&	00:35&	00:02#	
<b>23</b>	<b>Reidar Haver</b>	<b>4</b>										<b>39:48</b>
03:51+	09:22+	12:26+	14:18+	17:57+	23:32+	26:37+	31:54+	36:28+	38:37+	39:32+	39:48+	
03:51+	05:31+	03:04+	01:52+	03:39+	05:35+	03:05-	05:17+	04:34+	02:09+	00:55+	00:16-	
01:51&	01:51&	01:35@	00:31&	00:03+	02:37&	00:10-	03:26@	01:10&	00:10+	00:13&	00:01-	
<b>24</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>40:42</b>
03:35+	09:51+	13:00+	14:58+	19:29+	25:46+	28:47+	31:16+	36:16+	39:15+	40:25+	40:42+	
03:35+	06:16+	03:09+	01:58+	04:31+	06:17+	03:01-	02:29+	05:00+	02:59+	01:10+	00:17=	
01:35&	02:36&	01:40@	00:37&	00:55&	03:19@	00:14-	00:38&	01:36&	01:00&	00:28&	00:00=	
<b>25</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>41:36</b>
06:04+	11:56+	15:06+	17:06+	21:30+	27:18+	29:57+	32:53+	37:19+	40:00+	41:23+	41:36+	
06:04+	05:52+	03:10+	02:00+	04:24+	05:48+	02:39-	02:56+	04:26+	02:41+	01:23+	00:13-	
04:04@	02:12&	01:41@	00:39&	00:48#	02:50&	00:36-	01:05&	01:02&	00:42&	00:41&	00:04-	
<b>26</b>	<b>Jon Jakobsen</b>	<b>116</b>										<b>41:46</b>
03:03+	10:22+	13:56+	15:40+	19:08+	23:47+	28:03+	30:12+	38:21+	40:27+	41:28+	41:46+	
03:03+	07:19+	03:34+	01:44+	03:28-	04:39+	04:16+	02:09+	08:09+	02:06+	01:01+	00:18+	
01:03&	03:39&	02:05@	00:23&	00:08-	01:41&	01:01&	00:18#	04:45@	00:07+	00:19&	00:01+	
<b>27</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>										<b>42:00</b>
03:15+	13:47+	16:14+	17:55+	21:55+	27:13+	32:04+	34:23+	38:29+	40:48+	41:41+	42:00+	
03:15+	10:32+	02:27+	01:41+	04:00+	05:18+	04:51+	02:19+	04:06+	02:19+	00:53+	00:19+	
01:15&	06:52@	00:58&	00:20#	00:24#	02:20&	01:36&	00:28&	00:42#	00:20#	00:11&	00:02#	
<b>28</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>42:14</b>
03:12+	11:28+	15:02+	17:07+	23:08+	28:37+	31:11+	33:44+	38:18+	40:42+	42:00+	42:14+	
03:12+	08:16+	03:34+	02:05+	06:01+	05:29+	02:34-	02:33+	04:34+	02:24+	01:18+	00:14-	
01:12&	04:36@	02:05@	00:44&	02:25&	02:31&	00:41-	00:42&	01:10&	00:25#	00:36&	00:03-	

Class	Navn	Klasse										Tid
<b>29</b>	<b>Tor Inge Hansen</b>	<b>144</b>										<b>42:57</b>
04:12+	16:10+	18:53+	21:08+	24:30+	30:38+	33:02+	35:17+	39:14+	41:30+	42:38+	42:57+	
04:12+	11:58+	02:43+	02:15+	03:22-	06:08+	02:24-	02:15+	03:57+	02:16+	01:08+	00:19+	
02:12@	08:18@	01:14&	00:54&	00:14-	03:10@	00:51-	00:24#	00:33#	00:17#	00:26&	00:02#	
<b>30</b>	<b>Elvio Freitas</b>	<b>51</b>										<b>42:57</b>
03:22+	09:51+	17:27+	19:12+	22:54+	30:06+	32:27+	34:10+	37:56+	41:17+	42:37+	42:57+	
03:22+	06:29+	07:36+	01:45+	03:42+	07:12+	02:21-	01:43-	03:46+	03:21+	01:20+	00:20+	
01:22&	02:49&	06:07@	00:24&	00:06+	04:14@	00:54-	00:08-	00:22#	01:22&	00:38&	00:03#	
<b>31</b>	<b>Karl Johnny Braut</b>	<b>27</b>										<b>42:57</b>
04:32+	10:31+	14:58+	17:25+	21:04+	25:54+	31:14+	34:25+	38:53+	40:56+	42:40+	42:57+	
04:32+	05:59+	04:27+	02:27+	03:39+	04:50+	05:20+	03:11+	04:28+	02:03+	01:44+	00:17=	
02:32@	02:19&	02:58@	01:06&	00:03+	01:52&	02:05&	01:20&	01:04&	00:04+	01:02@	00:00=	
<b>32</b>	<b>Jon Grepstad</b>	<b>111</b>										<b>45:07</b>
04:00+	10:49+	14:12+	16:39+	21:39+	27:03+	31:57+	34:46+	40:35+	43:39+	44:49+	45:07+	
04:00+	06:49+	03:23+	02:27+	05:00+	05:24+	04:54+	02:49+	05:49+	03:04+	01:10+	00:18+	
02:00&	03:09&	01:54@	01:06&	01:24&	02:26&	01:39&	00:58&	02:25&	01:05&	00:28&	00:01+	
<b>33</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>45:32</b>
03:43+	09:40+	13:14+	15:22+	20:07+	28:34+	32:02+	35:03+	40:43+	43:55+	45:11+	45:32+	
03:43+	05:57+	03:34+	02:08+	04:45+	08:27+	03:28+	03:01+	05:40+	03:12+	01:16+	00:21+	
01:43&	02:17&	02:05@	00:47&	01:09&	05:29@	00:13+	01:10&	02:16&	01:13&	00:34&	00:04#	
<b>34</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>45:33</b>
02:39+	08:13+	12:41+	16:03+	19:54+	30:36+	33:33+	36:00+	40:35+	43:06+	45:10+	45:33+	
02:39+	05:34+	04:28+	03:22+	03:51+	10:42+	02:57-	02:27+	04:35+	02:31+	02:04+	00:23+	
00:39&	01:54&	02:59@	02:01@	00:15+	07:44@	00:18-	00:36&	01:11&	00:32&	01:22@	00:06&	
<b>35</b>	<b>Tom Leveraas</b>	<b>188</b>										<b>46:07</b>
05:01+	11:26+	14:45+	16:41+	20:40+	26:08+	34:54+	36:45+	41:32+	43:58+	45:45+	46:07+	
05:01+	06:25+	03:19+	01:56+	03:59+	05:28+	08:46+	01:51=	04:47+	02:26+	01:47+	00:22+	
03:01@	02:45&	01:50@	00:35&	00:23#	02:30&	05:31@	00:00=	01:23&	00:27#	01:05@	00:05&	
<b>36</b>	<b>Knut Høie</b>	<b>117</b>										<b>47:04</b>
04:06+	09:34+	11:59+	14:01+	17:20+	34:08+	35:56+	37:46+	43:45+	45:37+	46:46+	47:04+	
04:06+	05:28+	02:25+	02:02+	03:19-	16:48+	01:48-	01:50-	05:59+	01:52-	01:09+	00:18+	
02:06@	01:48&	00:56&	00:41&	00:17-	13:50@	01:27-	00:01-	02:35&	00:07-	00:27&	00:01+	
<b>37</b>	<b>Anders Wold</b>	<b>228</b>										<b>47:42</b>
04:39+	19:57+	25:28+	26:59+	30:04+	34:00+	37:26+	39:10+	44:18+	45:54+	47:21+	47:42+	
04:39+	15:18+	05:31+	01:31+	03:05-	03:56+	03:26+	01:44-	05:08+	01:36-	01:27+	00:21+	
02:39@	11:38@	04:02@	00:10#	00:31-	00:58&	00:11+	00:07-	01:44&	00:23-	00:45@	00:04#	
<b>38</b>	<b>Audun Sjøen</b>	<b>111</b>										<b>48:18</b>
04:22+	10:34+	17:34+	19:13+	23:45+	33:26+	35:48+	38:15+	43:40+	46:43+	47:56+	48:18+	
04:22+	06:12+	07:00+	01:39+	04:32+	09:41+	02:22-	02:27+	05:25+	03:03+	01:13+	00:22+	
02:22@	02:32&	05:31@	00:18#	00:56&	06:43@	00:53-	00:36&	02:01&	01:04&	00:31&	00:05&	
<b>39</b>	<b>Thomas Lindberg Mæland</b>	<b>356</b>										<b>48:51</b>
03:02+	15:36+	18:35+	20:44+	27:36+	33:32+	36:30+	39:42+	44:48+	47:29+	48:33+	48:51+	
03:02+	12:34+	02:59+	02:09+	06:52+	05:56+	02:58-	03:12+	05:06+	02:41+	01:04+	00:18+	
01:02&	08:54@	01:30@	00:48&	03:16&	02:58&	00:17-	01:21&	01:42&	00:42&	00:22&	00:01+	
<b>40</b>	<b>Sverre Uhlving</b>	<b>105</b>										<b>49:29</b>
03:52+	10:25+	14:34+	16:57+	21:46+	31:03+	34:49+	39:04+	44:50+	47:47+	49:06+	49:29+	
03:52+	06:33+	04:09+	02:23+	04:49+	09:17+	03:46+	04:15+	05:46+	02:57+	01:19+	00:23+	
01:52&	02:53&	02:40@	01:02&	01:13&	06:19@	00:31#	02:24@	02:22&	00:58&	00:37&	00:06&	
<b>41</b>	<b>Frode Heigre</b>	<b>62</b>										<b>49:52</b>
04:11+	10:08+	13:37+	15:49+	20:22+	25:49+	35:57+	39:23+	45:45+	48:23+	49:30+	49:52+	
04:11+	05:57+	03:29+	02:12+	04:33+	05:27+	10:08+	03:26+	06:22+	02:38+	01:07+	00:22+	
02:11@	02:17&	02:00@	00:51&	00:57&	02:29&	06:53@	01:35&	02:58&	00:39&	00:25&	00:05&	
<b>42</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>50:00</b>
03:35+	16:15+	22:19+	24:14+	29:26+	35:57+	38:14+	40:04+	45:53+	48:34+	49:41+	50:00+	
03:35+	12:40+	06:04+	01:55+	05:12+	06:31+	02:17-	01:50-	05:49+	02:41+	01:07+	00:19+	
01:35&	09:00@	04:35@	00:34&	01:36&	03:33@	00:58-	00:01-	02:25&	00:42&	00:25&	00:02#	
<b>43</b>	<b>Christof Schätz</b>	<b>239</b>										<b>52:00</b>
02:45+	08:36+	23:30+	25:46+	29:34+	38:13+	41:06+	43:34+	48:11+	50:45+	51:40+	52:00+	
02:45+	05:51+	14:54+	02:16+	03:48+	08:39+	02:53-	02:28+	04:37+	02:34+	00:55+	00:20+	
00:45&	02:11&	13:25@	00:55&	00:12+	05:41@	00:22-	00:37&	01:13&	00:35&	00:13&	00:03#	

Class	Navn	Klasse										Tid
<b>44</b>	<b>Per Bakken</b>	<b>5</b>										<b>52:10</b>
04:37+	11:25+	16:51+	19:15+	24:18+	30:47+	38:58+	41:58+	47:49+	50:38+	51:47+	52:10+	
04:37+	06:48+	05:26+	02:24+	05:03+	06:29+	08:11+	03:00+	05:51+	02:49+	01:09+	00:23+	
02:37@	03:08&	03:57@	01:03&	01:27&	03:31@	04:56@	01:09&	02:27&	00:50&	00:27&	00:06&	
<b>45</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>52:37</b>
03:41+	11:15+	18:33+	20:21+	23:52+	31:17+	37:27+	44:35+	49:27+	51:33+	52:18+	52:37+	
03:41+	07:34+	07:18+	01:48+	03:31-	07:25+	06:10+	07:08+	04:52+	02:06+	00:45+	00:19+	
01:41&	03:54@	05:49@	00:27&	00:05-	04:27@	02:55&	05:17@	01:28&	00:07+	00:03+	00:02#	
<b>46</b>	<b>Arild Nesbø</b>	<b>71</b>										<b>53:39</b>
04:30+	17:43+	23:00+	25:26+	30:15+	36:42+	40:49+	44:20+	49:33+	52:05+	53:14+	53:39+	
04:30+	13:13+	05:17+	02:26+	04:49+	06:27+	04:07+	03:31+	05:13+	02:32+	01:09+	00:25+	
02:30@	09:33@	03:48@	01:05&	01:13&	03:29@	00:52&	01:40&	01:49&	00:33&	00:27&	00:08&	
<b>47</b>	<b>Lars Tore Opdal</b>	<b>97</b>										<b>54:03</b>
10:13+	24:05+	27:04+	29:18+	34:14+	40:05+	42:24+	44:23+	49:48+	52:32+	53:42+	54:03+	
10:13+	13:52+	02:59+	02:14+	04:56+	05:51+	02:19-	01:59+	05:25+	02:44+	01:10+	00:21+	
08:13@	10:12@	01:30@	00:53&	01:20&	02:53&	00:56-	00:08+	02:01&	00:45&	00:28&	00:04#	
<b>48</b>	<b>Asgeir Kleppa</b>	<b>47</b>										<b>1:01:15</b>
03:00+	07:49+	11:00+	14:05+	17:50+	26:02+	38:41+	52:20+	56:59+	59:21+	60:53+	61:15+	
03:00+	04:49+	03:11+	03:05+	03:45+	08:12+	12:39+	13:39+	04:39+	02:22+	01:32+	00:22+	
01:00&	01:09&	01:42@	01:44@	00:09+	05:14@	09:24@	11:48@	01:15&	00:23#	00:50@	00:05&	
<b>49</b>	<b>Arild Olsen</b>	<b>4</b>										<b>1:04:22</b>
07:05+	14:16+	27:34+	30:30+	35:51+	42:03+	48:25+	52:17+	59:10+	61:56+	63:44+	64:22+	
07:05+	07:11+	13:18+	02:56+	05:21+	06:12+	06:22+	03:52+	06:53+	02:46+	01:48+	00:38+	
05:05@	03:31&	11:49@	01:35@	01:45&	03:14@	03:07&	02:01@	03:29@	00:47&	01:06@	00:21@	
<b>50</b>	<b>Jørgen Fremstad</b>	<b>239</b>										<b>1:05:06</b>
09:58+	25:28+	28:45+	31:04+	34:57+	51:16+	54:10+	56:32+	60:57+	63:50+	64:46+	65:06+	
09:58+	15:30+	03:17+	02:19+	03:53+	16:19+	02:54-	02:22+	04:25+	02:53+	00:56+	00:20+	
07:58@	11:50@	01:48@	00:58&	00:17+	13:21@	00:21-	00:31&	01:01&	00:54&	00:14&	00:03#	
<b>51</b>	<b>Inge Grødem</b>	<b>92</b>										<b>1:07:10</b>
07:13+	14:52+	19:58+	22:34+	27:55+	49:46+	52:18+	55:34+	62:20+	65:30+	66:47+	67:10+	
07:13+	07:39+	05:06+	02:36+	05:21+	21:51+	02:32-	03:16+	06:46+	03:10+	01:17+	00:23+	
05:13@	03:59@	03:37@	01:15&	01:45&	18:53@	00:43-	01:25&	03:22&	01:11&	00:35&	00:06&	
<b>52</b>	<b>Svein Inge Sævereid</b>	<b>126</b>										<b>1:09:25</b>
09:17+	18:57+	24:05+	27:43+	34:21+	42:29+	48:55+	53:25+	63:33+	67:04+	68:45+	69:25+	
09:17+	09:40+	05:08+	03:38+	06:38+	08:08+	06:26+	04:30+	10:08+	03:31+	01:41+	00:40+	
07:17@	06:00@	03:39@	02:17@	03:02&	05:10@	03:11&	02:39@	06:44@	01:32&	00:59@	00:23@	
<b>Beste strekktid for klassen</b>												
02:00	03:39	01:29	01:12	02:38	02:58	01:33	01:31	03:09	01:36	00:35	00:13	

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