

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Sara Marlene Nystrøm Olsen	68	25:25														
01:39=	02:13=	05:21=	06:41=	07:03=	09:05=	09:58=	11:25=	12:37=	13:24=	14:48=	16:02=	19:04=	19:40=	22:44=	23:58=	24:52=	25:25=
01:39=	00:34=	03:08=	01:20=	00:22=	02:02=	00:53=	01:27=	01:12=	00:47=	01:24=	01:14=	03:02=	00:36=	03:04=	01:14=	00:54=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Janne Tjørhom Aasheim	93	27:13														
01:55+	02:29+	06:10+	08:18+	08:52+	10:52+	11:47+	13:16+	14:22+	15:11+	17:05+	19:06+	22:16+	22:51+	24:37+	25:46+	26:38+	27:13+
01:55+	00:34=	03:41+	02:08+	00:34+	02:00-	00:55+	01:29+	01:06-	00:49+	01:54+	02:01+	03:10+	00:35-	01:46-	01:09-	00:52-	00:35+
00:16#	00:00=	00:33#	00:25&	00:04#	00:02-	00:02+	00:02+	00:06-	00:02+	00:30&	00:47&	00:08+	00:01-	01:18-	00:05-	00:02-	00:02+
3	Tone Torgersen	27	27:14														
01:22-	01:55-	05:36+	07:21+	07:47+	09:46+	11:10+	12:40+	13:52+	14:43+	16:23+	17:53+	21:14+	22:07+	24:22+	25:40+	26:34+	27:14+
01:22-	00:33-	03:41+	01:45+	00:26+	01:59-	01:24+	01:30+	01:12=	00:51+	01:40+	01:30+	03:21+	00:53+	02:15-	01:18+	00:54=	00:40+
00:17-	00:01-	00:33#	00:25&	00:04#	00:03-	00:31&	00:03+	00:00=	00:16#	00:16#	00:16#	00:19#	00:17&	00:49-	00:04+	00:00=	00:07#
4	Marie Line Furland	62	27:28														
01:43+	02:31+	05:56+	08:38+	09:07+	11:17+	12:12+	13:47+	14:58+	15:53+	18:03+	19:25+	22:21+	22:56+	24:46+	26:00+	26:56+	27:28+
01:43+	00:48+	03:25+	02:42+	00:29+	02:10+	00:55+	01:35+	01:11-	00:55+	02:10+	01:22+	02:56-	00:35-	01:50-	01:14=	00:56+	00:32-
00:04+	00:14&	00:17+	01:22@	00:07&	00:08+	00:02+	00:08+	00:01-	00:08#	00:46&	00:08#	00:06-	00:01-	01:14-	00:00=	00:02+	00:01-
5	Trine Bolstad Scheie	62	28:54														
01:46+	02:26+	06:18+	07:53+	08:20+	10:22+	11:35+	13:03+	14:18+	15:11+	16:53+	19:08+	22:39+	23:22+	25:46+	27:16+	28:14+	28:54+
01:46+	00:40+	03:52+	01:35+	00:27+	02:02=	01:13+	01:28+	01:15+	00:53+	01:42+	02:15+	03:31+	00:43+	02:24-	01:30+	00:58+	00:40+
00:07+	00:06#	00:44#	00:15#	00:05#	00:00=	00:20&	00:01+	00:03+	00:06#	00:18#	01:01&	00:29#	00:07#	00:40-	00:16#	00:04+	00:07#
6	Helene Omdal	71	30:18														
01:44+	02:28+	06:33+	08:31+	09:01+	11:07+	12:07+	13:37+	15:21+	16:21+	17:59+	19:30+	23:15+	24:07+	26:23+	28:45+	29:45+	30:18+
01:44+	00:44+	04:05+	01:58+	00:30+	02:06+	01:00+	01:30+	01:44+	01:00+	01:38+	01:31+	03:45+	00:52+	02:16-	02:22+	01:00+	00:33=
00:05+	00:10&	00:57&	00:38&	00:08&	00:04+	00:07#	00:03+	00:32&	00:13&	00:14#	00:17#	00:43#	00:16&	00:48-	01:08&	00:06#	00:00=
7	Silje Skarpeid	101	41:02														
01:27-	02:06-	06:46+	08:53+	09:44+	12:16+	13:23+	15:12+	19:12+	22:29+	24:21+	29:26+	33:31+	34:28+	37:28+	39:26+	40:27+	41:02+
01:27-	00:39+	04:40+	02:07+	00:51+	02:32+	01:07+	01:49+	04:00+	03:17+	01:52+	05:05+	04:05+	00:57+	03:00-	01:58+	01:01+	00:35+
00:12-	00:05#	01:32&	00:47&	00:29@	00:30#	00:14&	00:22&	02:48@	02:30@	00:28&	03:51@	01:03&	00:21&	00:04-	00:44&	00:07#	00:02+
8	Agnes Selma Haker	115	42:43														
02:10+	02:51+	11:10+	13:38+	14:16+	17:03+	18:48+	20:37+	23:56+	24:57+	27:33+	30:01+	34:41+	36:00+	39:19+	40:52+	41:58+	42:43+
02:10+	00:41+	08:19+	02:28+	00:38+	02:47+	01:45+	01:49+	03:19+	01:01+	02:36+	02:28+	04:40+	01:19+	03:19+	01:33+	01:06+	00:45+
00:31&	00:07#	05:11@	01:08&	00:16&	00:45&	00:52&	00:22&	02:07@	00:14&	01:12&	01:14&	01:38&	00:43@	00:15+	00:19&	00:12#	00:12&
9	Lene Bjelland	116	43:09														
02:17+	03:03+	11:47+	14:33+	15:16+	17:47+	20:37+	22:46+	24:28+	25:51+	27:54+	29:35+	34:01+	35:02+	39:11+	41:29+	42:36+	43:09+
02:17+	00:46+	08:44+	02:46+	00:43+	02:31+	02:50+	02:09+	01:42+	01:23+	02:03+	01:41+	04:26+	01:01+	04:09+	02:18+	01:07+	00:33=
00:38&	00:12&	05:36@	01:26@	00:21&	00:29#	01:57@	00:42&	00:30&	00:36&	00:39&	00:27&	01:24&	00:25&	01:05&	01:04&	00:13#	00:00=
10	Wibeke Lende	74	43:09														
02:08+	02:46+	09:03+	12:14+	13:13+	16:16+	17:29+	19:47+	22:56+	24:29+	26:18+	31:37+	36:06+	36:52+	40:00+	41:28+	42:34+	43:09+
02:08+	00:38+	06:17+	03:11+	00:59+	03:03+	01:13+	02:18+	03:09+	01:33+	01:49+	05:19+	04:29+	00:46+	03:08+	01:28+	01:06+	00:35+
00:29&	00:04#	03:09@	01:51@	00:37@	01:01&	00:20&	00:51&	01:57@	00:46&	00:25&	04:05@	01:27&	00:10&	00:04+	00:14#	00:12#	00:02+
11	Ingrid Simensen	101	44:08														
06:10+	06:52+	12:10+	14:28+	15:03+	17:37+	19:39+	21:34+	24:38+	28:34+	30:50+	32:52+	37:04+	37:59+	41:04+	42:29+	43:32+	44:08+
06:10+	00:42+	05:18+	02:18+	00:35+	02:34+	02:02+	01:55+	03:04+	03:56+	02:16+	02:02+	04:12+	00:55+	03:05+	01:25+	01:03+	00:36+
04:31@	00:08#	02:10&	00:58&	00:13&	00:32&	01:09@	00:28&	01:52@	03:09@	00:52&	00:48&	01:10&	00:19&	00:01+	00:11#	00:09#	00:03+
12	Margrete Jian Øye	126	44:52														
02:17+	03:04+	10:58+	14:18+	15:12+	18:54+	20:59+	23:25+	26:01+	27:27+	29:51+	31:41+	36:52+	37:56+	41:05+	43:05+	44:12+	44:52+
02:17+	00:47+	07:54+	03:20+	00:54+	03:42+	02:05+	02:26+	02:36+	01:26+	02:24+	01:50+	05:11+	01:04+	03:09+	02:00+	01:07+	00:40+
00:38&	00:13&	04:46@	02:00@	00:32@	01:40&	01:12@	00:59&	01:24@	00:39&	01:00&	00:36&	02:09&	00:28&	00:05+	00:46&	00:13#	00:07#
13	Anna Berthelsen	117	44:56														
02:20+	03:05+	07:31+	10:43+	11:58+	15:25+	17:03+	19:49+	25:54+	27:21+	29:43+	31:48+	36:23+	37:19+	40:32+	42:41+	44:09+	44:56+
02:20+	00:45+	04:26+	03:12+	01:15+	03:27+	01:38+	02:46+	06:05+	01:27+	02:22+	02:05+	04:35+	00:56+	03:13+	02:09+	01:28+	00:47+
00:41&	00:11&	01:18&	01:52@	00:53@	01:25&	00:45&	01:19&	04:53@	00:40&	00:58&	00:51&	01:33&	00:20&	00:09+	00:55&	00:34&	00:14&
14	Marita Skorpe	74	47:34														
02:20+	03:09+	09:22+	12:03+	12:48+	15:54+	21:58+	24:15+	27:32+	29:08+	31:12+	33:33+	39:20+	40:28+	44:07+	45:36+	46:44+	47:34+
02:20+	00:49+	06:13+	02:41+	00:45+	03:06+	06:04+	02:17+	03:17+	01:36+	02:04+	02:21+	05:47+	01:08+	03:39+	01:29+	01:08+	00:50+
00:41&	00:15&	03:05&	01:21@	00:23@	01:04&	05:11@	00:50&	02:05@	00:49@	00:40&	01:07&	02:45&	00:32&	00:35#	00:15#	00:14&	00:17&

Class	Navn	Klasse										Tid					
15	Mette Langeland	117										48:20					
02:06+	02:58+	11:51+	14:58+	16:02+	19:12+	20:35+	22:51+	26:25+	28:40+	30:56+	35:22+	40:26+	41:36+	44:31+	46:30+	47:38+	48:20+
02:06+	00:52+	08:53+	03:07+	01:04+	03:10+	01:23+	02:16+	03:34+	02:15+	02:16+	04:26+	05:04+	01:10+	02:55-	01:59+	01:08+	00:42+
00:27&	00:18&	05:45@	01:47@	00:42@	01:08&	00:30&	00:49&	02:22@	01:28@	00:52&	03:12@	02:02&	00:34&	00:09-	00:45&	00:14&	00:09&
16	Heidi Nordaunet	126										49:14					
02:21+	03:10+	10:58+	15:02+	15:45+	18:58+	20:19+	22:41+	28:07+	29:05+	32:06+	34:46+	40:22+	41:21+	45:27+	47:23+	48:29+	49:14+
02:21+	00:49+	07:48+	04:04+	00:43+	03:13+	01:21+	02:22+	05:26+	00:58+	03:01+	02:40+	05:36+	00:59+	04:06+	01:56+	01:06+	00:45+
00:42&	00:15&	04:40@	02:44@	00:21&	01:11&	00:28&	00:55&	04:14@	00:11#	01:37@	01:26@	02:34&	00:23&	01:02&	00:42&	00:12#	00:12&
17	Trine Selvikvåg	62										49:33					
02:11+	02:54+	06:47+	10:10+	10:55+	16:12+	17:25+	19:24+	28:21+	29:52+	32:32+	35:12+	39:21+	40:29+	42:53+	47:44+	48:50+	49:33+
02:11+	00:43+	03:53+	03:23+	00:45+	05:17+	01:13+	01:59+	08:57+	01:31+	02:40+	02:40+	04:09+	01:08+	02:24-	04:51+	01:06+	00:43+
00:32&	00:09&	00:45#	02:03@	00:23@	03:15@	00:20&	00:32&	07:45@	00:44&	01:16&	01:26@	01:07&	00:32&	00:40-	03:37@	00:12#	00:10&
18	Bodil Krogedal	126										53:56					
02:12+	02:54+	08:33+	14:43+	15:22+	18:47+	20:43+	24:25+	26:33+	31:11+	33:29+	37:52+	43:51+	44:44+	50:21+	52:17+	53:22+	53:56+
02:12+	00:42+	05:39+	06:10+	00:39+	03:25+	01:56+	03:42+	02:08+	04:38+	02:18+	04:23+	05:59+	00:53+	05:37+	01:56+	01:05+	00:34+
00:33&	00:08#	02:31&	04:50@	00:17&	01:23&	01:03@	02:15@	00:56&	03:51@	00:54&	03:09@	02:57&	00:17&	02:33&	00:42&	00:11#	00:01+
19	Kari Borgen	62										56:12					
08:54+	09:26+	22:35+	24:33+	25:00+	30:19+	31:17+	33:54+	37:08+	38:10+	40:43+	44:40+	48:27+	49:26+	52:27+	54:42+	55:38+	56:12+
08:54+	00:32-	13:09+	01:58+	00:27+	05:19+	00:58+	02:37+	03:14+	01:02+	02:33+	03:57+	03:47+	00:59+	03:01-	02:15+	00:56+	00:34+
07:15@	00:02-	10:01@	00:38&	00:05#	03:17@	00:05+	01:10&	02:02@	00:15&	01:09&	02:43@	00:45#	00:23&	00:03-	01:01&	00:02+	00:01+
20	Ann Torill M. Bakken	116										56:13					
03:12+	03:59+	19:18+	20:57+	21:40+	25:03+	26:38+	28:35+	30:43+	32:17+	34:41+	40:42+	46:16+	47:05+	52:54+	54:34+	55:35+	56:13+
03:12+	00:47+	15:19+	01:39+	00:43+	03:23+	01:35+	01:57+	02:08+	01:34+	02:24+	06:01+	05:34+	00:49+	05:49+	01:40+	01:01+	00:38+
01:33&	00:13&	12:11@	00:19#	00:21&	01:21&	00:42&	00:30&	00:56&	00:47&	01:00&	04:47@	02:32&	00:13&	02:45&	00:26&	00:07#	00:05#
21	Sandra Rommetveit	99										56:34					
06:25+	07:12+	12:36+	17:08+	20:07+	23:55+	25:56+	28:28+	30:46+	34:12+	37:32+	40:50+	46:54+	47:57+	51:33+	54:14+	55:44+	56:34+
06:25+	00:47+	05:24+	04:32+	02:59+	03:48+	02:01+	02:32+	02:18+	03:26+	03:20+	03:18+	06:04+	01:03+	03:36+	02:41+	01:30+	00:50+
04:46@	00:13&	02:16&	03:12@	02:37@	01:46&	01:08@	01:05&	01:06&	02:39@	01:56@	02:04@	03:02&	00:27&	00:32#	01:27@	00:36&	00:17&
22	Hanne Thu	18										58:52					
05:11+	05:58+	16:59+	20:41+	21:37+	26:00+	27:54+	32:45+	34:54+	38:18+	42:00+	44:03+	49:04+	49:59+	53:03+	55:21+	58:03+	58:52+
05:11+	00:47+	11:01+	03:42+	00:56+	04:23+	01:54+	04:51+	02:09+	03:24+	03:42+	02:03+	05:01+	00:55+	03:04=	02:18+	02:42+	00:49+
03:32@	00:13&	07:53@	02:22@	00:34@	02:21@	01:01@	03:24@	00:57&	02:37@	02:18@	00:49&	01:59&	00:19&	00:00=	01:04&	01:48@	00:16&
23	Barbro Lunde Nedrebø	92										1:06:45					
05:25+	06:09+	12:00+	16:28+	17:27+	20:51+	25:39+	27:46+	35:32+	37:48+	40:37+	45:33+	52:29+	53:25+	62:56+	64:47+	65:59+	66:45+
05:25+	00:44+	05:51+	04:28+	00:59+	03:24+	04:48+	02:07+	07:46+	02:16+	02:49+	04:56+	06:56+	00:56+	09:31+	01:51+	01:12+	00:46+
03:46@	00:10&	02:43&	03:08@	00:37@	01:22&	03:55@	00:40&	06:34@	01:29@	01:25@	03:42@	03:54@	00:20&	06:27@	00:37&	00:18&	00:13&
24	Ingrid Otnes	268										1:10:39					
09:48+	10:25+	25:16+	28:12+	28:58+	31:31+	32:38+	34:24+	42:52+	48:01+	49:57+	51:34+	56:13+	57:00+	67:19+	68:56+	70:00+	70:39+
09:48+	00:37+	14:51+	02:56+	00:46+	02:33+	01:07+	01:46+	08:28+	05:09+	01:56+	01:37+	04:39+	00:47+	10:19+	01:37+	01:04+	00:39+
08:09@	00:03+	11:43@	01:36@	00:24@	00:31&	00:14&	00:19#	07:16@	04:22@	00:32&	00:23&	01:37&	00:11&	07:15@	00:23&	00:10#	00:06#
25	Lise Husveg	93										1:32:10					
04:21+	05:18+	23:00+	30:10+	31:12+	36:21+	38:44+	42:54+	59:08+	60:15+	67:35+	71:29+	78:01+	79:29+	85:24+	88:30+	91:04+	92:10+
04:21+	00:57+	17:42+	07:10+	01:02+	05:09+	02:23+	04:10+	16:14+	01:07+	07:20+	03:54+	06:32+	01:28+	05:55+	03:06+	02:34+	01:06+
02:42@	00:23&	14:34@	05:50@	00:40@	03:07@	01:30@	02:43@	15:02@	00:20&	05:56@	02:40@	03:30@	00:52@	02:51&	01:52@	01:40@	00:33&
Beste strekktid for klassen																	
01:22	00:32	03:08	01:20	00:22	01:59	00:53	01:27	01:06	00:47	01:24	01:14	02:56	00:35	01:46	01:09	00:52	00:32

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

Damer 40 - 49 år

1	Aud Hognestad Taksdal	92										26:18						
01:15=	01:59=	06:08=	07:57=	08:52=	09:41=	10:40=	12:46=	14:15=	15:02=	16:13=	18:11=	19:40=	21:06=	22:28=	23:04=	24:49=	25:42=	26:18=
01:15=	00:44=	04:09=	01:49=	00:55=	00:49=	00:59=	02:06=	01:29=	00:47=	01:11=	01:58=	01:29=	01:26=	01:22=	00:36=	01:45=	00:53=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Lise Isachsen	165										43:07						
01:24+	02:24+	07:12+	14:57+	16:10+	17:07+	18:31+	21:09+	23:18+	24:29+	30:25+	32:48+	34:32+	36:03+	38:14+	39:01+	41:19+	42:25+	43:07+
01:24+	01:00+	04:48+	07:45+	01:13+	00:57+	01:24+	02:38+	02:09+	01:11+	05:56+	02:23+	01:44+	01:31+	02:11+	00:47+	02:18+	01:06+	00:42+
00:09#	00:16&	00:39#	05:56@	00:18&	00:08#	00:25&	00:32&	00:40&	00:24&	04:45@	00:25#	00:15#	00:05+	00:49&	00:11&	00:33&	00:13#	00:06#

Class	Navn	Klasse										Tid							
3	Ellen Tindeland	27										43:36							
01:49+	02:47+	09:11+	12:27+	14:06+	15:05+	16:13+	19:12+	21:35+	24:17+	28:24+	31:00+	33:04+	35:20+	38:10+	38:59+	41:49+	42:55+	43:36+	
01:49+	00:58+	06:24+	03:16+	01:39+	00:59+	01:08+	02:59+	02:23+	02:42+	04:07+	02:36+	02:04+	02:16+	02:50+	00:49+	02:50+	01:06+	00:41+	
00:34&	00:14&	02:15&	01:27&	00:44&	00:10#	00:09#	00:53&	00:54&	01:55@	02:56@	00:38&	00:35&	00:50&	01:28@	00:13&	01:05&	00:13#	00:05#	
4	Hilde Nordbø	93										46:12							
02:05+	03:10+	08:09+	11:14+	12:46+	14:01+	15:03+	18:14+	20:24+	25:25+	29:56+	34:10+	36:06+	39:20+	41:04+	41:47+	44:21+	45:33+	46:12+	
02:05+	01:05+	04:59+	03:05+	01:32+	01:15+	01:02+	03:11+	02:10+	05:01+	04:31+	04:14+	01:56+	03:14+	01:44+	00:43+	02:34+	01:12+	00:39+	
00:50&	00:21&	00:50#	01:16&	00:37&	00:26&	00:03+	01:05&	00:41&	04:14@	03:20@	02:16@	00:27&	01:48@	00:22&	00:07#	00:49&	00:19&	00:03+	
5	Anita Glenne Kallhovd	29										48:23							
01:49+	03:07+	08:26+	14:06+	16:13+	17:14+	18:21+	21:27+	24:12+	27:09+	33:26+	36:33+	38:27+	40:15+	43:15+	44:01+	46:34+	47:38+	48:23+	
01:49+	01:18+	05:19+	05:40+	02:07+	01:01+	01:07+	03:06+	02:45+	02:57+	06:17+	03:07+	01:54+	01:48+	03:00+	00:46+	02:33+	01:04+	00:45+	
00:34&	00:34&	01:10&	03:51@	01:12@	00:12#	00:08#	01:00&	01:16&	02:10@	05:06@	01:09&	00:25&	00:22&	01:38@	00:10&	00:48&	00:11#	00:09#	
6	Vibeke Lamark	46										48:29							
01:31+	02:44+	08:56+	12:22+	17:29+	18:29+	19:58+	22:52+	25:02+	30:43+	35:07+	38:07+	40:03+	41:18+	43:15+	44:05+	46:42+	47:47+	48:29+	
01:31+	01:13+	06:12+	03:26+	05:07+	01:00+	01:29+	02:54+	02:10+	05:41+	04:24+	03:00+	01:56+	01:15-	01:57+	00:50+	02:37+	01:05+	00:42+	
00:16#	00:29&	02:03&	01:37&	04:12@	00:11#	00:30&	00:48&	00:41&	04:54@	03:13@	01:02&	00:27&	00:11-	00:35&	00:14&	00:52&	00:12#	00:06#	
7	Mariann Sveinsvoll	94										51:46							
01:34+	03:55+	10:02+	13:33+	15:11+	16:33+	17:46+	21:10+	23:43+	27:34+	36:00+	39:18+	41:39+	43:06+	45:38+	46:29+	49:49+	51:01+	51:46+	
01:34+	02:21+	06:07+	03:31+	01:38+	01:22+	01:13+	03:24+	02:33+	03:51+	08:26+	03:18+	02:21+	01:27+	02:32+	00:51+	03:20+	01:12+	00:45+	
00:19&	01:37@	01:58&	01:42&	00:43&	00:33&	00:14#	01:18&	01:04&	03:04@	07:15@	01:20&	00:52&	00:01+	01:10&	00:15&	01:35&	00:19&	00:09#	
8	Kristin Breivold	92										52:41							
01:51+	04:05+	12:17+	16:12+	18:06+	20:01+	21:36+	24:59+	27:38+	29:27+	33:12+	36:38+	38:52+	42:13+	45:40+	46:52+	50:54+	52:01+	52:41+	
01:51+	02:14+	08:12+	03:55+	01:54+	01:55+	01:35+	03:23+	02:39+	01:49+	03:45+	03:26+	02:14+	03:21+	03:27+	01:12+	04:02+	01:07+	00:40+	
00:36&	01:30@	04:03&	02:06@	00:59@	01:06@	00:36&	01:17&	01:10&	01:02@	02:34@	01:28&	00:45&	01:55@	02:05@	00:36&	02:17@	00:14&	00:04#	
9	Randi Helen Ladsten	128										54:50							
02:44+	03:52+	14:14+	16:59+	19:53+	21:34+	23:08+	27:34+	30:22+	31:49+	34:19+	42:22+	44:43+	46:14+	48:33+	49:23+	52:55+	54:05+	54:50+	
02:44+	01:08+	10:22+	02:45+	02:54+	01:41+	01:34+	04:26+	02:48+	01:27+	02:30+	08:03+	02:21+	01:31+	02:19+	00:50+	03:32+	01:10+	00:45+	
01:29@	00:24&	06:13@	00:56&	01:59@	00:52@	00:35&	02:20@	01:19&	00:40&	01:19@	06:05@	00:52&	00:05+	00:57&	00:14&	01:47@	00:17&	00:09#	
10	Heidi Martby	88										57:10							
02:13+	03:42+	14:11+	25:17+	27:12+	28:54+	30:04+	33:56+	36:28+	38:10+	40:33+	43:55+	46:36+	48:35+	51:52+	52:43+	55:18+	56:29+	57:10+	
02:13+	01:29+	10:29+	11:06+	01:55+	01:42+	01:10+	03:52+	02:32+	01:42+	02:23+	03:22+	02:41+	01:59+	03:17+	00:51+	02:35+	01:11+	00:41+	
00:58&	00:45@	06:20@	09:17@	01:00@	00:53@	00:11#	01:46&	01:03&	00:55@	01:12@	01:24&	01:12&	00:33&	01:55@	00:15&	00:50&	00:18&	00:05#	
Beste strekketid for klassen																			
01:15	00:44	04:09	01:49	00:55	00:49	00:59	02:06	01:29	00:47	01:11	01:58	01:29	01:15	01:22	00:36	01:45	00:53	00:36	

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

Damer 50 - 59 år

1	Inger Tone Nygård	29										37:33						
01:25=	02:18=	07:07=	09:44=	10:51=	12:21=	13:39=	15:52=	18:39=	24:58=	26:49=	28:54=	30:39=	31:47=	33:07=	33:55=	35:53=	36:48=	37:33=
01:25=	00:53=	04:49=	02:37=	01:07=	01:30=	01:18=	02:13=	02:47=	06:19=	01:51=	02:05=	01:45=	01:08=	01:20=	00:48=	01:58=	00:55=	00:45=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Irene Rummelhoff	116										40:57						
02:10+	04:24+	09:47+	12:34+	14:22+	15:39+	16:42+	19:51+	22:07+	23:28-	25:28-	29:48+	31:35+	33:16+	35:14+	36:10+	39:04+	40:13+	40:57+
02:10+	02:14+	05:23+	02:47+	01:48+	01:17-	01:03-	03:09+	02:16-	01:21-	02:00+	04:20+	01:47+	01:41+	01:58+	00:56+	02:54+	01:09+	00:44-
00:45&	01:21@	00:34#	00:10+	00:41&	00:13-	00:15-	00:56&	00:31-	04:58-	00:09+	02:15@	00:02+	00:33&	00:38&	00:08#	00:56&	00:14&	00:01-
3	Anne Sæbø Vik	116										42:31						
01:52+	03:22+	10:57+	14:15+	16:26+	17:57+	19:21+	22:27+	24:44+	26:14+	27:58+	30:50+	33:01+	34:29+	36:30+	37:26+	40:48+	41:50+	42:31+
01:52+	01:30+	07:35+	03:18+	02:11+	01:31+	01:24+	03:06+	02:17-	01:30-	01:44-	02:52+	02:11+	01:28+	02:01+	00:56+	03:22+	01:02+	00:41-
00:27&	00:37&	02:46&	00:41&	01:04&	00:01+	00:06+	00:53&	00:30-	04:49-	00:07-	00:47&	00:26#	00:20&	00:41&	00:08#	01:24&	00:07#	00:04-
4	Grethe Anda Fuglestad	116										44:12						
02:07+	04:48+	11:49+	14:10+	15:35+	16:31+	17:39+	20:24+	22:40+	24:18-	26:12-	28:46-	30:44+	35:58+	38:58+	39:49+	42:24+	43:29+	44:12+
02:07+	02:41+	07:01+	02:21-	01:25+	00:56-	01:08-	02:45+	02:16-	01:38-	01:54+	02:34+	01:58+	05:14+	03:00+	00:51+	02:35+	01:05+	00:43-
00:42&	01:48@	02:12&	00:16-	00:18&	00:34-	00:10-	00:32#	00:31-	04:41-	00:03+	00:29#	00:13#	04:06@	01:40@	00:03+	00:37&	00:10#	00:02-
5	Jorunn Johannesen	116										46:31						
01:31+	02:29+	08:18+	13:48+	15:02+	22:02+	23:05+	25:40+	27:40+	29:32+	31:12+	35:43+	37:48+	39:18+	41:15+	42:06+	44:31+	45:47+	46:31+
01:31+	00:58+	05:49+	05:30+	01:14+	07:00+	01:03-	02:35+	02:00-	01:52-	01:40-	04:31+	02:05+	01:30+	01:57+	00:51+	02:25+	01:16+	00:44-
00:06+	00:05+	01:00#	02:53@	00:07#	05:30@	00:15-	00:22#	00:47-	04:27-	00:11-	02:26@	00:20#	00:22&	00:37&	00:03+	00:27#	00:21&	00:01-

Class	Navn	Klasse														Tid			
6	Ann-Cathrin Nybak Urdal	118														46:55			
01:25=	02:20+	07:56+	09:51+	11:21+	12:33+	13:38-	16:40+	21:52+	23:12-	25:14-	34:46+	36:58+	38:32+	41:33+	42:20+	45:09+	46:12+	46:55+	
01:25=	00:55+	05:36+	01:55-	01:30+	01:12-	01:05-	03:02+	05:12+	01:20-	02:02+	09:32+	02:12+	01:34+	03:01+	00:47-	02:49+	01:03+	00:43-	
00:00=	00:02+	00:47#	00:42-	00:23&	00:18-	00:13-	00:49&	02:25&	04:59-	00:11+	07:27@	00:27&	00:26&	01:41@	00:01-	00:51&	00:08#	00:02-	
7	Ann Karin Tjørhom	93														47:08			
01:40+	02:50+	14:42+	18:33+	20:01+	21:26+	22:33+	25:34+	28:06+	29:34+	31:53+	35:01+	37:14+	38:40+	41:32+	42:17+	45:09+	46:19+	47:08+	
01:40+	01:10+	11:52+	03:51+	01:28+	01:25-	01:07-	03:01+	02:32-	01:28-	02:19+	03:08+	02:13+	01:26+	02:52+	00:45-	02:52+	01:10+	00:49+	
00:15#	00:17&	07:03@	01:14&	00:21&	00:05-	00:11-	00:48&	00:15-	04:51-	00:28&	01:03&	00:28&	00:18&	01:32@	00:03-	00:54&	00:15&	00:04+	
8	Trude Katrine Hermanrud	117														47:17			
01:50+	02:59+	09:45+	13:50+	15:29+	16:57+	18:10+	21:38+	24:13+	25:33+	28:23+	32:47+	35:16+	37:13+	39:38+	40:29+	45:30+	46:36+	47:17+	
01:50+	01:09+	06:46+	04:05+	01:39+	01:28-	01:13-	03:28+	02:35-	01:20-	02:50+	04:24+	02:29+	01:57+	02:25+	00:51+	05:01+	01:06+	00:41-	
00:25&	00:16&	01:57&	00:32&	00:02-	00:05-	00:15&	00:12-	04:59-	00:59&	02:19@	00:44&	00:49&	01:05&	00:03+	03:03@	00:11#	00:04-		
9	Anne-Siv Gjertsen	27														52:00			
02:09+	03:23+	15:05+	19:11+	21:18+	22:36+	23:48+	28:12+	31:45+	33:04+	35:02+	38:55+	42:05+	43:40+	45:50+	46:53+	49:59+	51:14+	52:00+	
02:09+	01:14+	11:42+	04:06+	02:07+	01:18-	01:12-	04:24+	03:33+	01:19-	01:58+	03:53+	03:10+	01:35+	02:10+	01:03+	03:06+	01:15+	00:46+	
00:44&	00:21&	06:53@	01:29&	01:00&	00:12-	00:06-	02:11&	00:46&	05:00-	00:07+	01:48&	01:25&	00:27&	00:50&	00:15&	01:08&	00:20&	00:01+	
10	Gerd Vikeså	101														54:18			
01:42+	07:32+	14:20+	18:21+	21:06+	22:41+	26:50+	30:08+	32:38+	33:59+	36:35+	39:42+	42:57+	45:37+	47:53+	48:51+	52:27+	53:34+	54:18+	
01:42+	05:50+	06:48+	04:01+	02:45+	01:35+	04:09+	03:18+	02:30-	01:21-	02:36+	03:07+	03:15+	02:40+	02:16+	00:58+	03:36+	01:07+	00:44-	
00:17#	04:57@	01:59&	01:24&	01:38@	00:05+	02:51@	01:05&	00:17-	04:58-	00:45&	01:02&	01:30&	01:32@	00:56&	00:10#	01:38&	00:12#	00:01-	
11	Torill Andersen	116														56:08			
02:40+	04:05+	11:12+	21:09+	22:43+	24:09+	25:24+	29:14+	32:21+	34:03+	36:00+	41:55+	45:05+	47:07+	50:04+	51:02+	54:00+	55:11+	56:08+	
02:40+	01:25+	07:07+	09:57+	01:26+	01:34+	01:15-	03:50+	03:07+	01:42-	01:57+	05:55+	03:10+	02:02+	02:57+	00:58+	02:58+	01:11+	00:57+	
01:15&	00:32&	02:18&	07:20@	00:27&	00:04-	00:03-	01:37&	00:20#	04:37-	00:06+	03:50@	01:25&	00:54&	01:37@	00:10#	01:00&	00:16&	00:12&	
12	Nidunn Sandvik	228														1:05:35			
02:57+	04:06+	13:56+	27:34+	29:24+	32:17+	34:14+	37:49+	41:07+	42:52+	44:57+	48:56+	53:13+	55:36+	58:13+	59:25+	63:02+	64:36+	65:35+	
02:57+	01:09+	09:50+	13:38+	01:50+	02:53+	01:57+	03:35+	03:18+	01:45-	02:05+	03:59+	04:17+	02:23+	02:37+	01:12+	03:37+	01:34+	00:59+	
01:32@	00:16&	05:01@	11:01@	00:43&	01:23&	00:39&	01:22&	00:31#	04:34-	00:14#	01:54&	02:32@	01:15@	01:17&	00:24&	01:39&	00:39&	00:14&	
13	Signe Ottesen	116														1:19:09			
01:58+	03:57+	13:43+	29:27+	30:45+	32:09+	34:32+	39:08+	42:33+	44:07+	56:01+	60:22+	63:13+	68:46+	71:17+	72:13+	76:57+	78:18+	79:09+	
01:58+	01:59+	09:46+	15:44+	01:18+	01:24-	02:23+	04:36+	03:25+	01:34-	11:54+	04:21+	02:51+	05:33+	02:31+	00:56+	04:44+	01:21+	00:51+	
00:33&	01:06@	04:57@	13:07@	00:11#	00:06-	01:05&	02:23@	00:38#	04:45-	10:03@	02:16@	01:06&	04:25@	01:11&	00:08#	02:46@	00:26&	00:06#	
14	Marianne Fuglestad	117														1:21:55			
02:08+	03:20+	11:28+	38:12+	39:38+	45:09+	46:18+	50:04+	52:34+	54:21+	58:51+	62:02+	64:19+	71:25+	74:23+	75:18+	79:52+	81:03+	81:55+	
02:08+	01:12+	08:08+	26:44+	01:26+	05:31+	01:09-	03:46+	02:30-	01:47-	04:30+	03:11+	02:17+	07:06+	02:58+	00:55+	04:34+	01:11+	00:52+	
00:43&	00:19&	03:19&	24:07@	00:19&	04:01@	00:09-	01:33&	00:17-	04:32-	02:39@	01:06&	00:32&	05:58@	01:38@	00:07#	02:36@	00:16&	00:07#	
15	Ingjerd Haddeland	115														1:23:55			
06:50+	09:17+	26:47+	32:07+	35:11+	38:21+	39:54+	45:10+	49:14+	51:39+	62:49+	67:34+	71:58+	73:45+	76:04+	77:21+	81:37+	82:55+	83:55+	
06:50+	02:27+	17:30+	05:20+	03:04+	03:10+	01:33+	05:16+	04:04+	02:25-	11:10+	04:45+	04:24+	01:47+	02:19+	01:17+	04:16+	01:18+	01:00+	
05:25@	01:34@	12:41@	02:43@	01:57@	01:40@	00:15#	03:03@	01:17&	03:54-	09:19@	02:40@	02:39@	00:39&	00:59&	00:29&	02:18@	00:23&	00:15&	
16	Kristin Harbo	92														1:28:48			
07:27+	09:27+	19:56+	38:48+	41:46+	45:10+	47:20+	53:49+	58:07+	60:07+	62:51+	70:17+	73:56+	77:23+	81:32+	82:37+	86:01+	87:43+	88:48+	
07:27+	02:00+	10:29+	18:52+	02:58+	03:24+	02:10+	06:29+	04:18+	02:00-	02:44+	07:26+	03:39+	03:27+	04:09+	01:05+	03:24+	01:42+	01:05+	
06:02@	01:07@	05:40@	16:15@	01:51@	01:54@	00:52&	04:16@	01:31&	04:19-	00:53&	05:21@	01:54@	02:19@	02:49@	00:17&	01:26&	00:47&	00:20&	
17	Brit Vivian Meling	116														2:02:31			
11:32+	19:41+	33:46+	40:38+	50:43+	53:57+	56:44+	62:50+	68:19+	71:52+	75:39+	83:10+	91:33+	95:06+	111:19+	112:40+	118:34+	120:56+	122:31+	
11:32+	08:09+	14:05+	06:52+	10:05+	03:14+	02:47+	06:06+	05:29+	03:33-	03:47+	07:31+	08:23+	03:33+	16:13+	01:21+	05:54+	02:22+	01:35+	
10:07@	07:16@	09:16@	04:15@	08:58@	01:44@	01:29@	03:53@	02:42&	02:46-	01:56@	05:26@	06:38@	02:25@	14:53@	00:33&	03:56@	01:27@	00:50@	
Beste strekketid for klassen																			
01:25	00:53	04:49	01:55	01:07	00:56	01:03	02:13	02:00	01:19	01:40	02:05	01:45	01:08	01:20	00:45	01:58	00:55	00:41	

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

Damer 60 - 64 år

1	Anne Garsrud	90														38:02			
01:19=	05:24=	08:02=	09:22=	10:46=	14:04=	15:29=	17:57=	26:28=	28:07=	30:21=	34:52=	35:55=	37:18=	38:02=					
01:19=	04:05=	02:38=	01:20=	01:24=	03:18=	01:25=	02:28=	08:31=	01:39=	02:14=	04:31=	01:03=	01:23=	00:44=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					

Class	Navn	Klasse										Tid		
2	Ingunn Voilås	29										45:55		
01:29+	06:46+	09:35+	10:51+	12:04+	16:17+	18:09+	19:47+	31:46+	33:42+	36:28+	41:13+	42:57+	45:00+	45:55+
01:29+	05:17+	02:49+	01:16-	01:13-	04:13+	01:52+	01:38-	11:59+	01:56+	02:46+	04:45+	01:44+	02:03+	00:55+
00:10#	01:12&	00:11+	00:04-	00:11-	00:55&	00:27&	00:50-	03:28&	00:17#	00:32#	00:14+	00:41&	00:40&	00:11#
3	Ingrid Eik	88										47:11		
01:42+	06:42+	13:06+	14:19+	16:30+	20:20+	22:06+	24:19+	32:32+	34:34+	37:28+	43:21+	44:41+	46:28+	47:11+
01:42+	05:00+	06:24+	01:13-	02:11+	03:50+	01:46+	02:13-	08:13-	02:02+	02:54+	05:53+	01:20+	01:47+	00:43-
00:23&	00:55#	03:46@	00:07-	00:47&	00:32#	00:21#	00:15-	00:18-	00:23#	00:40&	01:22&	00:17&	00:24&	00:01-
4	Vigdis Løseth	105										54:00		
02:18+	08:19+	11:28+	12:42+	14:04+	24:11+	27:27+	29:15+	36:47+	38:48+	41:35+	49:33+	51:14+	53:07+	54:00+
02:18+	06:01+	03:09+	01:14-	01:22-	10:07+	03:16+	01:48-	07:32-	02:01+	02:47+	07:58+	01:41+	01:53+	00:53+
00:59&	01:56&	00:31#	00:06-	00:02-	06:49@	01:51@	00:40-	00:59-	00:22#	00:33#	03:27&	00:38&	00:30&	00:09#
5	Tove Bjerkreim	105										55:03		
03:21+	08:04+	10:43+	12:18+	13:33+	18:22+	22:54+	24:31+	31:06+	32:45+	36:00+	47:50+	52:36+	54:12+	55:03+
03:21+	04:43+	02:39+	01:35+	01:15-	04:49+	04:32+	01:37-	06:35-	01:39+	03:15+	11:50+	04:46+	01:36+	00:51+
02:02@	00:38#	00:01+	00:15#	00:09-	01:31&	03:07@	00:51-	01:56-	00:00=	01:01&	07:19@	03:43@	00:13#	00:07#
6	Liv-Grete Obrestad	113										58:12		
13:27+	17:56+	20:12+	21:31+	22:41+	28:14+	29:52+	31:18+	42:39+	44:25+	47:19+	53:48+	55:12+	57:11+	58:12+
13:27+	04:29+	02:16-	01:19-	01:10-	05:33+	01:38+	01:26-	11:21+	01:46+	02:54+	06:29+	01:24+	01:59+	01:01+
12:08@	00:24+	00:22-	00:01-	00:14-	02:15&	00:13#	01:02-	02:50&	00:07+	00:40&	01:58&	00:21&	00:36&	00:17&
7	Eli Frafjord	94										58:46		
03:31+	08:37+	18:59+	20:32+	22:44+	27:07+	29:11+	31:04+	38:55+	40:37+	43:35+	52:13+	55:37+	57:54+	58:46+
03:31+	05:06+	10:22+	01:33+	01:33+	02:12+	04:23+	01:53-	07:51-	01:42+	02:58+	08:38+	03:24+	02:17+	00:52+
02:12@	01:01#	07:44@	00:13#	00:48&	01:05&	00:39&	00:35-	00:40-	00:03+	00:44&	04:07&	02:21@	00:54&	00:08#
8	Unni Relling	92										1:10:08		
02:21+	10:57+	19:25+	22:28+	24:46+	29:43+	35:09+	37:40+	47:51+	50:27+	54:49+	62:02+	66:35+	69:04+	70:08+
02:21+	08:36+	08:28+	03:03+	02:18+	04:57+	05:26+	02:31+	10:11+	02:36+	04:22+	07:13+	04:33+	02:29+	01:04+
01:02&	04:31@	05:50@	01:43@	00:54&	01:39&	04:01@	00:03+	01:40#	00:57&	02:08&	02:42&	03:30@	01:06&	00:20&
9	Randi Wesetvik	116										1:48:18		
12:41+	22:03+	44:16+	47:32+	51:34+	62:15+	65:23+	69:25+	81:52+	85:13+	90:40+	101:42+	104:48+	107:07+	108:18+
12:41+	09:22+	22:13+	03:16+	04:02+	10:41+	03:08+	04:02+	12:27+	03:21+	05:27+	11:02+	03:06+	02:19+	01:11+
11:22@	05:17@	19:35@	01:56@	02:38@	07:23@	01:43@	01:34&	03:56&	01:42@	03:13@	06:31@	02:03@	00:56&	00:27&
Beste strekktid for klassen														
01:19	04:05	02:16	01:13	01:10	03:18	01:25	01:26	06:35	01:39	02:14	04:31	01:03	01:23	00:43

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

Damer 65 - 69 år

1	Halldis Handeland	92										54:20		
01:50=	07:46=	11:39=	15:29=	18:28=	23:13=	25:44=	28:02=	36:42=	38:45=	42:37=	49:16=	51:07=	53:24=	54:20=
01:50=	05:56=	03:53=	03:50=	02:59=	04:45=	02:31=	02:18=	08:40=	02:03=	03:52=	06:39=	01:51=	02:17=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Wenche Anda Haarr	92										1:04:54		
01:56+	07:55+	12:14+	17:41+	19:11+	24:55+	27:21+	29:53+	43:00+	45:31+	50:25+	59:41+	61:26+	63:47+	64:54+
01:56+	05:59+	04:19+	05:27+	01:30-	05:44+	02:26-	02:32+	13:07+	02:31+	04:54+	09:16+	01:45-	02:21+	01:07+
00:06+	00:03+	00:26#	01:37&	01:29-	00:59#	00:05-	00:14#	04:27&	00:28#	01:02&	02:37&	00:06-	00:04+	00:11#
3	Kirsten Carlsen	93										1:30:29		
13:55+	19:16+	37:44+	39:55+	41:34+	46:34+	48:32+	50:38+	62:33+	64:46+	68:07+	78:15+	80:11+	89:18+	90:29+
13:55+	05:21-	18:28+	02:11-	01:39-	05:00+	01:58-	02:06-	11:55+	02:13+	03:21-	10:08+	01:56+	09:07+	01:11+
12:05@	00:35-	14:35@	01:39-	01:20-	00:15+	00:33-	00:12-	03:15&	00:10+	00:31-	03:29&	00:05+	06:50@	00:15&
4	Ingunn Bjerga	105										1:34:06		
07:01+	14:09+	18:25+	24:33+	31:43+	42:22+	49:46+	52:12+	68:43+	71:12+	75:59+	87:19+	89:17+	92:38+	94:06+
07:01+	07:08+	04:16+	06:08+	07:10+	10:39+	07:24+	02:26+	16:31+	02:29+	04:47+	11:20+	01:58+	03:21+	01:28+
05:11@	01:12#	00:23+	02:18&	04:11@	05:54@	04:53@	00:08+	07:51&	00:26#	00:55#	04:41&	00:07+	01:04&	00:32&

Beste strekktid for klassen

01:50 05:21 03:53 02:11 01:30 04:45 01:58 02:06 08:40 02:03 03:21 06:39 01:45 02:17 00:56

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

Damer 70 - 74 år

1	Haldis Glendrange	68	50:21											
03:32=	08:05=	10:34=	12:15=	14:40=	20:00=	22:05=	24:41=	33:18=	35:25=	38:51=	45:47=	47:10=	49:12=	50:21=
03:32=	04:33=	02:29=	01:41=	02:25=	05:20=	02:05=	02:36=	08:37=	02:07=	03:26=	06:56=	01:23=	02:02=	01:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Turid Nystrøm	68	51:24											
02:24-	07:50-	10:47+	12:32+	14:16-	19:41-	21:53-	23:33-	31:38-	36:47+	40:05+	47:10+	48:40+	50:29+	51:24+
02:24-	05:26+	02:57+	01:45+	01:44-	05:25+	02:12+	01:40-	08:05-	05:09+	03:18-	07:05+	01:30+	01:49-	00:55-
01:08-	00:53#	00:28#	00:04+	00:41-	00:05+	00:07+	00:56-	00:32-	03:02@	00:08-	00:09+	00:07+	00:13-	00:14-
3	Helga Klausen	62	53:46											
02:15-	09:01+	11:51+	13:35+	15:12+	20:49+	23:08+	25:14+	36:15+	38:41+	42:34+	48:36+	50:26+	52:44+	53:46+
02:15-	06:46+	02:50+	01:44+	01:37-	05:37+	02:19+	02:06-	11:01+	02:26+	03:53+	06:02-	01:50+	02:18+	01:02-
01:17-	02:13&	00:21#	00:03+	00:48-	00:17+	00:14#	00:30-	02:24&	00:19#	00:27#	00:54-	00:27&	00:16#	00:07-
4	Hedvig Anda	116	1:03:04											
02:13-	07:26-	14:10+	17:41+	19:21+	24:16+	26:41+	28:31+	37:51+	40:24+	43:42+	56:10+	59:26+	62:09+	63:04+
02:13-	05:13+	06:44+	03:31+	01:40-	04:55-	02:25+	01:50-	09:20+	02:33+	03:18-	12:28+	03:16+	02:43+	00:55-
01:19-	00:40#	04:15@	01:50@	00:45-	00:25-	00:20#	00:46-	00:43+	00:26#	00:08-	05:32&	01:53@	00:41&	00:14-
5	Ragnhild Christiansen	93	1:03:05											
03:36+	10:41+	15:18+	18:16+	20:10+	26:48+	29:07+	31:44+	41:31+	44:08+	48:43+	57:33+	59:41+	62:00+	63:05+
03:36+	07:05+	04:37+	02:58+	01:54-	06:38+	02:19+	02:37+	09:47+	02:37+	04:35+	08:50+	02:08+	02:19+	01:05-
00:04+	02:32&	02:08&	01:17&	00:31-	01:18#	00:14#	00:01+	01:10#	00:30#	01:09&	01:54&	00:45&	00:17#	00:04-
6	Margaret Malmin	105	1:33:39											
05:59+	13:15+	17:23+	23:30+	30:48+	41:15+	48:41+	51:08+	66:59+	70:02+	75:07+	86:26+	88:26+	91:48+	93:39+
05:59+	07:16+	04:08+	06:07+	07:18+	10:27+	07:26+	02:27-	15:51+	03:03+	05:05+	11:19+	02:00+	03:22+	01:51+
02:27&	02:43&	01:39&	04:26@	05:07&	05:21@	00:09-	07:14&	00:56&	01:39&	04:23&	00:37&	01:20&	00:42&	

Beste strekktid for klassen

02:13 04:33 02:29 01:41 01:37 04:55 02:05 01:40 08:05 02:07 03:18 06:02 01:23 01:49 00:55

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

Damer 75 - 79 år

1	Gry V. Thengs	68	51:21											
01:29=	06:04=	16:02=	18:22=	19:56=	24:15=	26:30=	28:18=	36:41=	38:52=	42:05=	46:54=	48:37=	50:27=	51:21=
01:29=	04:35=	09:58=	02:20=	01:34=	04:19=	02:15=	01:48=	08:23=	02:11=	03:13=	04:49=	01:43=	01:50=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Helga Aaslid	54	1:03:31											
03:55+	20:24+	24:17+	29:29+	31:17+	36:22+	38:44+	40:35+	48:56+	50:48+	54:12+	59:08+	60:31+	62:32+	63:31+
03:55+	16:29+	03:53-	05:12+	01:48+	05:05+	02:22+	01:51+	08:21-	01:52-	03:24+	04:56+	01:23-	02:01+	00:59+
02:26@	11:54@	06:05-	02:52@	00:14#	00:46#	00:07+	00:03+	00:02-	00:19-	00:11+	00:07+	00:20-	00:11#	00:05+

Beste strekktid for klassen

01:29 04:35 03:53 02:20 01:34 04:19 02:15 01:48 08:21 01:52 03:13 04:49 01:23 01:50 00:54

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

Damer Trim

1	Tine Frantzen	66	28:35											
03:58=	05:19=	06:54=	07:43=	08:46=	12:00=	13:12=	14:15=	17:31=	19:26=	21:48=	24:03=	25:49=	27:48=	28:35=
03:58=	01:21=	01:35=	00:49=	01:03=	03:14=	01:12=	01:03=	03:16=	01:55=	02:22=	02:15=	01:46=	01:59=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Irene Frøyland	71	30:00											
02:22-	03:53-	05:44-	06:44-	07:54-	11:33-	13:12=	14:31+	17:29-	19:28+	23:55+	25:02+	26:25+	29:11+	30:00+
02:22-	01:31+	01:51+	01:00+	01:10+	03:39+	01:39+	01:19+	02:58-	01:59+	04:27+	01:07-	01:23-	02:46+	00:49+
01:36-	00:10#	00:16#	00:11#	00:07#	00:25#	00:27&	00:16&	00:18-	00:04+	02:05&	01:08-	00:23-	00:47&	00:02+

Class	Navn	Klasse										Tid		
3	Ingrid O. Foss	117										31:09		
04:52+	06:20+	07:59+	08:45+	09:47+	13:08+	14:24+	15:40+	19:06+	21:32+	24:37+	26:16+	28:04+	30:17+	31:09+
04:52+	01:28+	01:39+	00:46-	01:02-	03:21+	01:16+	01:16+	03:26+	02:26+	03:05+	01:39-	01:48+	02:13+	00:52+
00:54#	00:07+	00:04+	00:03-	00:01-	00:07+	00:04+	00:13#	00:10+	00:31&	00:43&	00:36-	00:02+	00:14#	00:05#
4	Ida K. Kolstø	29										31:31		
01:50-	03:10-	05:08-	05:46-	06:45-	10:53-	11:55-	16:29+	19:40+	23:09+	25:31+	26:30+	28:01+	30:48+	31:31+
01:50-	01:20-	01:58+	00:38-	00:59-	04:08+	01:02-	04:34+	03:11-	03:29+	02:22=	00:59-	01:31-	02:47+	00:43-
02:08-	00:01-	00:23#	00:11-	00:04-	00:54&	00:10-	03:31@	00:05-	01:34&	00:00=	01:16-	00:15-	00:48&	00:04-
5	Aina Kalsaas Urstad	356										34:46		
01:44-	03:01-	04:24-	05:04-	05:49-	14:09+	16:39+	17:48+	22:38+	26:45+	29:29+	30:31+	31:54+	34:06+	34:46+
01:44-	01:17-	01:23-	00:40-	00:45-	08:20+	02:30+	01:09+	04:50+	04:07+	02:44+	01:02-	01:23-	02:12+	00:40-
02:14-	00:04-	00:12-	00:09-	00:18-	05:06@	01:18@	00:06+	01:34&	02:12@	00:22#	01:13-	00:23-	00:13#	00:07-
6	Parul Khandelwal	71										35:52		
02:00-	03:26-	05:20-	06:21-	09:47+	12:57+	14:26+	17:30+	21:05+	23:10+	28:02+	29:28+	32:39+	35:02+	35:52+
02:00-	01:26+	01:54+	01:01+	03:26+	03:10-	01:29+	03:04+	03:35+	02:05+	04:52+	01:26-	03:11+	02:23+	00:50+
01:58-	00:05+	00:19#	00:12#	02:23@	00:04-	00:17#	02:01@	00:19+	00:10+	02:30@	00:49-	01:25&	00:24#	00:03+
7	Gerd Katrin Kro	117										36:00		
03:44-	05:08-	07:26+	08:07+	09:04+	17:53+	19:28+	20:41+	23:45+	25:41+	28:11+	31:40+	33:15+	35:25+	36:00+
03:44-	01:24+	02:18+	00:41-	00:57-	08:49+	01:35+	01:13+	03:04-	01:56+	02:30+	03:29+	01:35-	02:10+	00:35-
00:14-	00:03+	00:43&	00:08-	00:06-	05:35@	00:23&	00:10#	00:12-	00:01+	00:08+	01:14&	00:11-	00:11+	00:12-
8	Marianne Johnsen	5										36:07		
01:52-	03:25-	05:21-	06:11-	06:59-	09:50-	11:43-	12:57-	22:58+	24:34+	28:51+	29:26+	32:36+	35:15+	36:07+
01:52-	01:33+	01:56+	00:50+	00:48-	02:51-	01:53+	01:14+	10:01+	01:36-	04:17+	00:35-	03:10+	02:39+	00:52+
02:06-	00:12#	00:21#	00:01+	00:15-	00:23-	00:41&	00:11#	06:45@	00:19-	01:55&	01:40-	01:24&	00:40&	00:05#
9	Fredrike Krahner	126										36:18		
03:02-	04:03-	05:31-	06:08-	07:14-	12:57+	14:00+	15:26+	21:15+	22:50+	25:49+	27:43+	30:03+	35:30+	36:18+
03:02-	01:01-	01:28-	00:37-	01:06+	05:43+	01:03-	01:26+	05:49+	01:35-	02:59+	01:54-	02:20+	05:27+	00:48+
00:56-	00:20-	00:07-	00:12-	00:03+	02:29&	00:09-	00:23&	02:33&	00:20-	00:37&	00:21-	00:34&	03:28@	00:01+
10	Rebekka Lye	62										37:11		
02:33-	04:08-	06:14-	07:18-	08:21-	12:04+	15:07+	16:33+	20:23+	23:01+	27:38+	31:07+	33:34+	36:35+	37:11+
02:33-	01:35+	02:06+	01:04+	01:03=	03:43+	03:03+	01:26+	03:50+	02:38+	04:37+	03:29+	02:27+	03:01+	00:36-
01:25-	00:14#	00:31&	00:15&	00:00=	00:29#	01:51@	00:23&	00:34#	00:43&	02:15&	01:14&	00:41&	01:02&	00:11-
11	Tone Giske	7										37:30		
05:37+	07:09+	08:54+	09:36+	11:03+	14:32+	16:15+	17:18+	23:06+	25:41+	28:40+	31:26+	33:00+	36:46+	37:30+
05:37+	01:32+	01:45+	00:42-	01:27+	03:29+	01:43+	01:03=	05:48+	02:35+	02:59+	02:46+	01:34-	03:46+	00:44-
01:39&	00:11#	00:10#	00:07-	00:24&	00:15+	00:31&	00:00=	02:32&	00:40&	00:37&	00:31#	00:12-	01:47&	00:03-
12	Hege Bakken	168										37:51		
03:13-	04:50-	06:43-	07:39-	08:38-	12:24+	13:54+	15:12+	23:25+	25:13+	29:14+	31:00+	34:59+	36:58+	37:51+
03:13-	01:37+	01:53+	00:56+	00:59-	03:46+	01:30+	01:18+	08:13+	01:48-	04:01+	01:46-	03:59+	01:59=	00:53+
00:45-	00:16#	00:18#	00:07#	00:04-	00:32#	00:18#	00:15#	04:57@	00:07-	01:39&	00:29-	02:13@	00:00=	00:06#
13	Tonje Tiley	27										38:38		
01:41-	03:20-	05:06-	05:54-	06:59-	16:06+	17:32+	18:43+	26:06+	29:10+	32:26+	33:47+	35:38+	37:49+	38:38+
01:41-	01:39+	01:46+	00:48-	01:05+	09:07+	01:26+	01:11+	07:23+	03:04+	03:16+	01:21-	01:51+	02:11+	00:49+
02:17-	00:18#	00:11#	00:01-	00:02+	05:53@	00:14#	00:08#	04:07@	01:09&	00:54&	00:54-	00:05+	00:12#	00:02+
14	Cecilie Kristine Karlsen	93										39:37		
08:39+	09:58+	11:35+	13:15+	14:09+	18:09+	19:40+	21:26+	27:16+	29:39+	33:21+	35:06+	37:01+	38:49+	39:37+
08:39+	01:19-	01:37+	01:40+	00:54-	04:00+	01:31+	01:46+	05:50+	02:23+	03:42+	01:45-	01:55+	01:48-	00:48+
04:41@	00:02-	00:02+	00:51@	00:09-	00:46#	00:19&	00:43&	02:34&	00:28#	01:20&	00:30-	00:09+	00:11-	00:01+
15	Nina Bækkelund Christiansen	105										41:33		
07:01+	08:41+	10:19+	11:05+	12:15+	16:24+	18:11+	20:04+	28:45+	31:10+	34:57+	36:24+	38:26+	40:42+	41:33+
07:01+	01:40+	01:38+	00:46-	01:10+	04:09+	01:47+	01:53+	08:41+	02:25+	03:47+	01:27-	02:02+	02:16+	00:51+
03:03&	00:19#	00:03+	00:03-	00:07#	00:55&	00:35&	00:50&	05:25@	00:30&	01:25&	00:48-	00:16#	00:17#	00:04+
16	Ingrid Marie Torgersen	92										41:41		
03:50-	05:42+	08:19+	09:27+	10:50+	15:59+	18:12+	20:18+	25:22+	28:20+	31:57+	34:05+	36:28+	40:13+	41:41+
03:50-	01:52+	02:37+	01:08+	01:23+	05:09+	02:13+	02:06+	05:04+	02:58+	03:37+	02:08-	02:23+	03:45+	01:28+
00:08-	00:31&	01:02&	00:19&	00:20&	01:55&	01:01&	01:03&	01:48&	01:03&	01:15&	00:07-	00:37&	01:46&	00:41&
17	Marianne Gjesdal Lyngås	92										41:42		
03:47-	05:40+	08:17+	09:24+	10:51+	16:03+	18:14+	20:20+	25:30+	28:17+	31:55+	34:03+	36:25+	40:16+	41:42+
03:47-	01:53+	02:37+	01:07+	01:27+	05:12+	02:11+	02:06+	05:10+	02:47+	03:38+	02:08-	02:22+	03:51+	01:26+
00:11-	00:32&	01:02&	00:18&	00:24&	01:58&	00:59&	01:03&	01:54&	00:52&	01:16&	00:07-	00:36&	01:52&	00:39&

Class	Navn	Klasse										Tid			
18	Margot Asheim	105										42:44			
02:11-	04:01-	05:32-	06:13-	07:01-	11:35-	12:55-	14:26+	19:27+	22:05+	31:11+	32:42+	39:14+	42:01+	42:44+	
02:11-	01:50+	01:31-	00:41-	00:48-	04:34+	01:20+	01:31+	05:01+	02:38+	09:06+	01:31-	06:32+	02:47+	00:43-	
01:47-	00:29&	00:04-	00:08-	00:15-	01:20&	00:08#	00:28&	01:45&	00:43&	06:44@	00:44-	04:46@	00:48&	00:04-	
19	Siri Goa	63										42:45			
04:01+	06:56+	08:44+	09:32+	10:39+	18:31+	20:02+	22:29+	27:35+	31:27+	35:02+	36:35+	39:36+	41:59+	42:45+	
04:01+	02:55+	01:48+	00:48-	01:07+	07:52+	01:31+	02:27+	05:06+	03:52+	03:35+	01:33-	03:01+	02:23+	00:46-	
00:03+	01:34@	00:13#	00:01-	00:04+	04:38@	00:19&	01:24@	01:50&	01:57@	01:13&	00:42-	01:15&	00:24#	00:01-	
20	Kine Strømstad	109										42:58			
03:10-	04:22-	05:52-	06:46-	13:28+	17:15+	19:19+	20:45+	26:20+	30:19+	34:42+	37:12+	39:31+	42:14+	42:58+	
03:10-	01:12-	01:30-	00:54+	06:42+	03:47+	02:04+	01:26+	05:35+	03:59+	04:23+	02:30+	02:19+	02:43+	00:44-	
00:48-	00:09-	00:05-	00:05#	05:39@	00:33#	00:52&	00:23&	02:19&	02:04@	02:01&	00:15#	00:33&	00:44&	00:03-	
21	Ase Sellereite	27										43:13			
01:38-	02:56-	04:36-	05:15-	06:48-	24:04+	25:49+	27:02+	30:37+	32:48+	37:02+	38:08+	39:45+	42:25+	43:13+	
01:38-	01:18-	01:40+	00:39-	01:33+	17:16+	01:45+	01:13+	03:35+	02:11+	04:14+	01:06-	01:37-	02:40+	00:48+	
02:20-	00:03-	00:05+	00:10-	00:30&	14:02@	00:33&	00:10#	00:19+	00:16#	01:52&	01:09-	00:09-	00:41&	00:01+	
22	Ane Nærland	356										43:21			
08:42+	10:12+	11:45+	12:42+	17:24+	21:24+	22:49+	23:55+	28:01+	30:05+	33:02+	35:36+	39:54+	42:32+	43:21+	
08:42+	01:30+	01:33-	00:57+	04:42+	04:00+	01:25+	01:06+	04:06+	02:04+	02:57+	02:34+	04:18+	02:38+	00:49+	
04:44@	00:09#	00:02-	00:08#	03:39@	00:46#	00:13#	00:03+	00:50&	00:09+	00:35#	00:19#	02:32@	00:39&	00:02+	
23	Unni B. Sundli	92										43:24			
03:44-	05:30+	07:45+	08:36+	09:53+	14:46+	17:15+	18:44+	24:58+	27:25+	31:14+	36:53+	39:30+	42:18+	43:24+	
03:44-	01:46+	02:15+	00:51+	01:17+	04:53+	02:29+	01:29+	06:14+	02:27+	03:49+	05:39+	02:37+	02:48+	01:06+	
00:14-	00:25&	00:40&	00:02+	00:14#	01:39&	01:17@	00:26&	02:58&	00:32&	01:27&	03:24@	00:51&	00:49&	00:19&	
24	Synnøve Langvik	93										46:24			
02:27-	03:58-	05:51-	06:48-	08:05-	11:52-	14:22+	24:32+	28:11+	30:47+	38:22+	40:06+	41:35+	43:14+	45:28+	46:24+
02:27-	01:31+	01:53+	00:57+	01:17+	03:47+	02:30+	10:10+	03:39+	02:36+	07:35+	01:44-	01:29-	01:39-	02:14+	00:56+
01:31-	00:10#	00:18#	00:08#	00:14#	00:33#	01:18@	09:07@	00:23#	00:41&	05:13@	00:31-	00:17-	00:20-	01:27@	00:56+
25	Marit Kløvstad Braut	92										46:42			
02:36-	04:48-	07:33+	08:39+	10:00+	15:28+	17:38+	19:30+	24:36+	28:09+	36:04+	39:12+	41:42+	45:23+	46:42+	
02:36-	02:12+	02:45+	01:06+	01:21+	05:28+	02:10+	01:52+	05:06+	03:33+	07:55+	03:08+	02:30+	03:41+	01:19+	
01:22-	00:51&	01:10&	00:17&	00:18&	02:14&	00:58&	00:49&	01:50&	01:38&	05:33@	00:53&	00:44&	01:42&	00:32&	
26	Marita Navjord Nicolaysen	71										46:50			
02:42-	04:24-	07:26+	08:37+	10:34+	15:17+	17:37+	19:33+	27:19+	33:48+	38:18+	40:17+	42:20+	45:52+	46:50+	
02:42-	01:42+	03:02+	01:11+	01:57+	04:43+	02:20+	01:56+	07:46+	06:29+	04:30+	01:59-	02:03+	03:32+	00:58+	
01:16-	00:21&	01:27&	00:22&	00:54&	01:29&	01:08&	00:53&	04:30@	04:34@	02:08&	00:16-	00:17#	01:33&	00:11#	
27	Esther Boenheim	268										47:22			
04:48+	07:08+	09:30+	10:25+	11:34+	22:45+	24:46+	26:31+	32:55+	35:09+	39:32+	40:57+	42:54+	46:22+	47:22+	
04:48+	02:20+	02:22+	00:55+	01:09+	11:11+	02:01+	01:45+	06:24+	02:14+	04:23+	01:25-	01:57+	03:28+	01:00+	
00:50#	00:59&	00:47&	00:06#	00:06+	07:57@	00:49&	00:42&	03:08&	00:19#	02:01&	00:50-	00:11#	01:29&	00:13&	
28	Randi Bugge	46										47:35			
02:52-	04:17-	06:04-	06:52-	08:20-	13:31+	21:00+	22:39+	29:00+	30:56+	40:13+	42:05+	44:13+	46:43+	47:35+	
02:52-	01:25+	01:47+	00:48-	01:28+	05:11+	07:29+	01:39+	06:21+	01:56+	09:17+	01:52-	02:08+	02:30+	00:52+	
01:06-	00:04+	00:12#	00:01-	00:25&	01:57&	06:17@	00:36&	03:05&	00:01+	06:55@	00:23-	00:22#	00:31&	00:05#	
29	Grethe Breivik	5										47:47			
05:34+	07:12+	09:24+	10:25+	11:18+	17:19+	19:27+	20:51+	26:12+	28:41+	39:12+	41:10+	44:48+	46:57+	47:47+	
05:34+	01:38+	02:12+	01:01+	00:53-	06:01+	02:08+	01:24+	05:21+	02:29+	10:31+	01:58+	03:38+	02:09+	00:50+	
01:36&	00:17#	00:37&	00:12#	00:10-	02:47&	00:56&	00:21&	02:05&	00:34&	08:09@	00:17-	01:52@	00:10+	00:03+	
30	Anastasia Ollestad	93										49:00			
10:18+	11:47+	13:31+	14:15+	15:23+	23:14+	25:32+	27:27+	32:20+	37:36+	42:42+	44:02+	45:57+	48:12+	49:00+	
10:18+	01:29+	01:44+	00:44-	01:08+	07:51+	02:18+	01:55+	04:53+	05:16+	05:06+	01:20-	01:55+	02:15+	00:48+	
06:20@	00:08+	00:09+	00:05-	00:05+	04:37@	01:06&	00:52&	01:37&	03:21@	02:44@	00:55-	00:09+	00:16#	00:01+	
31	May Kristin Haaland	47										50:09			
04:44+	06:37+	08:52+	10:01+	11:22+	15:37+	17:33+	19:23+	24:42+	27:06+	32:35+	39:44+	46:36+	49:11+	50:09+	
04:44+	01:53+	02:15+	01:09+	01:21+	04:15+	01:56+	01:50+	05:19+	02:24+	05:29+	07:09+	06:52+	02:35+	00:58+	
00:46#	00:32&	00:40&	00:20&	00:18&	01:01&	00:44&	00:47&	02:03&	00:29&	03:07@	04:54@	05:06@	00:36&	00:11#	
32	Eli Våge	117										51:47			
03:09-	05:48+	08:17+	09:44+	11:00+	21:04+	22:51+	24:29+	33:35+	37:14+	40:38+	42:52+	47:46+	50:40+	51:47+	
03:09-	02:39+	02:29+	01:27+	01:16+	10:04+	01:47+	01:38+	09:06+	03:39+	03:24+	02:14-	04:54+	02:54+	01:07+	
00:49-	01:18&	00:54&	00:38&	00:13#	06:50@	00:35&	00:35&	05:50@	01:44&	01:02&	00:01-	03:08@	00:55&	00:20&	

Class	Navn	Klasse										Tid	
33	Margretha Almedal	91										52:12	
03:02-	04:48-	07:10+	08:11+	09:18+	16:28+	28:45+	30:27+	37:40+	43:20+	45:59+	48:06+	51:17+	52:12+
03:02-	01:46+	02:22+	01:01+	01:07+	07:10+	12:17+	01:42+	04:45+	02:28+	05:40+	02:39+	02:07+	03:11+
00:56-	00:25&	00:47&	00:12#	00:04+	03:56@	11:05@	00:39&	01:29&	00:33&	03:18@	00:24#	00:21#	01:12&
34	Gro Mariero Totland	59										56:57	
02:52-	04:57-	07:53+	09:07+	10:42+	26:50+	29:11+	32:20+	38:38+	41:32+	45:59+	47:59+	52:01+	55:47+
02:52-	02:05+	02:56+	01:14+	01:35+	16:08+	02:21+	03:09+	06:18+	02:54+	04:27+	02:00-	04:02+	03:46+
01:06-	00:44&	01:21&	00:25&	00:32&	12:54@	01:09&	02:06@	03:02&	00:59&	02:05&	00:15-	02:16@	01:47&
35	Haldis Vagle	92										57:47	
03:22-	05:43+	08:26+	09:37+	19:06+	23:20+	25:35+	27:46+	32:50+	36:38+	46:13+	48:31+	51:45+	56:13+
03:22-	02:21+	02:43+	01:11+	09:29+	04:14+	02:15+	02:11+	05:04+	03:48+	09:35+	02:18+	03:14+	04:28+
00:36-	01:00&	01:08&	00:22&	08:26@	01:00&	01:03&	01:08@	01:48&	01:53&	07:13@	00:03+	01:28&	02:29@
36	Grete Stokke Seljeskog	128										58:16	
03:19-	04:56-	06:52-	07:49+	09:17+	16:15+	18:40+	20:42+	35:23+	38:32+	49:28+	51:03+	54:22+	57:16+
03:19-	01:37+	01:56+	00:57+	01:28+	06:58+	02:25+	02:02+	14:41+	03:09+	10:56+	01:35-	03:19+	02:54+
00:39-	00:16#	00:21#	00:08#	00:25&	03:44@	01:13@	01:02&	11:25@	01:14&	08:34@	00:40-	01:33&	00:55&
37	Hazel Grayston	263										1:04:11	
17:14+	19:31+	22:19+	23:45+	25:46+	30:25+	32:58+	35:03+	45:32+	48:28+	54:42+	56:18+	58:31+	62:34+
17:14+	02:17+	02:48+	01:26+	02:01+	04:39+	02:33+	02:05+	10:29+	02:56+	06:14+	01:36-	02:13+	04:03+
13:16@	00:56&	01:13&	00:37&	00:58&	01:25&	01:21@	01:02&	07:13@	01:01&	03:52@	00:39-	00:27&	02:04@
38	Sigrun Serigstad	128										1:06:20	
04:07+	05:33+	06:56+	07:43=	09:06+	31:07+	38:18+	43:45+	54:43+	56:24+	59:04+	60:22+	63:07+	65:28+
04:07+	01:26+	01:23-	00:47-	01:23+	22:01+	07:11+	05:27+	10:58+	01:41-	02:40+	01:18-	02:45+	02:21+
00:09+	00:05+	00:12-	00:02-	00:20&	18:47@	05:59@	04:24@	07:42@	00:14-	00:18#	00:57-	00:59&	00:22#
39	Priya Chilamkurthi	136										1:10:35	
06:07+	09:56+	12:25+	13:41+	15:03+	19:48+	22:10+	23:54+	53:50+	55:47+	60:30+	62:39+	64:44+	69:36+
06:07+	03:49+	02:29+	01:16+	01:22+	04:45+	02:22+	01:44+	29:56+	01:57+	04:43+	02:09-	02:05+	04:52+
02:09&	02:28@	00:54&	00:27&	00:19&	01:31&	01:10&	00:41&	26:40@	00:02+	02:21&	00:06-	00:19#	02:53@
40	Aase Sveinsvoll	94										1:10:46	
08:33+	11:45+	15:01+	16:17+	18:14+	24:12+	31:22+	33:21+	50:28+	54:21+	61:18+	62:59+	65:45+	69:26+
08:33+	03:12+	03:16+	01:16+	01:57+	05:58+	07:10+	01:59+	17:07+	03:53+	06:57+	01:41-	02:46+	03:41+
04:35@	01:51@	01:41@	00:27&	00:54&	02:44&	05:58@	00:56&	13:51@	01:58@	04:35@	00:34-	01:00&	01:42&
41	Grete Hellevik	168										1:14:37	
04:42+	06:46+	08:31+	09:52+	10:40+	25:17+	47:42+	48:43+	52:30+	56:37+	60:19+	68:29+	71:23+	73:47+
04:42+	02:04+	01:45+	01:21+	00:48-	14:37+	22:25+	01:01-	03:47+	04:07+	03:42+	08:10+	02:54+	02:24+
00:44#	00:43&	00:10#	00:32&	00:15-	11:23@	21:13@	00:02-	00:31#	02:12@	01:20&	05:55@	01:08&	00:25#
42	Tove Kristin K. Helvig	105										1:28:27	
11:06+	15:22+	17:38+	18:57+	20:32+	25:07+	27:09+	64:16+	69:53+	72:52+	76:27+	82:02+	83:49+	87:26+
11:06+	04:16+	02:16+	01:19+	01:35+	04:35+	02:02+	37:07+	05:37+	02:59+	03:35+	05:35+	01:47+	03:37+
07:08@	02:55@	00:41&	00:30&	00:32&	01:21&	00:50&	36:04@	02:21&	01:04&	01:13&	03:20@	00:01+	01:38&

Beste strekktid for klassen

01:38 01:01 01:23 00:37 00:45 02:51 01:02 01:01 02:58 01:35 02:22 00:35 01:23 01:39 00:35

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

Herrer 16 - 39 år

1	Fredrik Omdal	74										25:48	
00:39=	01:10=	06:15=	06:58=	08:15=	09:49=	11:02=	12:36=	13:16=	15:02=	15:33=	16:56=	17:43=	18:55=
00:39=	00:31=	05:05=	00:43=	01:17=	01:34=	01:13=	01:34=	00:40=	01:46=	00:31=	01:23=	00:47=	01:12=
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=
2	Morten Bjerga Sundli	7										25:54	
00:40+	01:14+	06:28+	07:15+	08:30+	09:41-	11:27+	12:50+	13:30+	15:20+	15:53+	17:06+	17:54+	19:10+
00:40+	00:34+	05:14+	00:47+	01:15-	01:11-	01:46+	01:23-	00:40+	01:50+	00:33+	01:13-	00:48+	01:16+
00:01+	00:03+	00:09+	00:04+	00:02-	00:23-	00:33&	00:11-	00:00=	00:04+	00:02+	00:10-	00:01+	00:04+
3	Erik Lima	115										27:42	
00:48+	01:23+	07:28+	08:14+	09:52+	11:26+	12:42+	14:07+	14:43+	16:32+	17:04+	18:28+	19:19+	20:31+
00:48+	00:35+	06:05+	00:46+	01:38+	01:34=	01:16+	01:25-	00:36-	01:49+	00:32+	01:24+	00:51+	01:12=
00:09#	00:04#	01:00#	00:03+	00:21&	00:00=	00:03+	00:09-	00:04-	00:03+	00:01+	00:01+	00:04+	00:00=

Class	Navn	Klasse										Tid									
4	Harald Kalager	7										31:50									
01:02+	01:40+	06:54+	07:42+	09:59+	12:14+	14:24+	16:05+	16:41+	18:39+	19:13+	20:53+	21:50+	23:07+	24:05+	25:46+	28:01+	29:12+	30:08+	31:15+	31:50+	
01:02+	00:38+	05:14+	00:48+	02:17+	02:15+	02:10+	01:41+	00:36-	01:58+	00:34+	01:40+	00:57+	01:17+	00:58+	01:41+	02:15+	01:11+	00:56+	01:07+	00:35+	
00:23&	00:07#	00:09+	00:05#	01:00&	00:41&	00:57&	00:07+	00:04-	00:12#	00:03+	00:17#	00:10#	00:05+	00:10#	00:06+	00:39&	00:30&	00:16&	00:08#	00:01+	
5	Kristian Haarr	27										34:30									
00:46+	01:24+	07:26+	08:21+	10:00+	12:16+	16:22+	18:35+	19:20+	21:25+	22:09+	23:33+	24:36+	26:09+	27:07+	28:32+	30:46+	31:43+	32:38+	33:49+	34:30+	
00:46+	00:38+	06:02+	00:55+	01:39+	02:16+	04:06+	02:13+	00:45+	02:05+	00:44+	01:24+	01:03+	01:33+	00:58+	01:25-	02:14+	00:57+	00:55+	01:11+	00:41+	
00:07#	00:07#	00:57#	00:12&	00:22&	00:42&	02:53&	00:39&	00:05#	00:19#	00:13&	00:01+	00:16&	00:21&	00:10#	00:10-	00:38&	00:16&	00:15&	00:12#	00:07#	
6	Mathias Nødland	194										34:36									
00:54+	01:37+	08:16+	09:14+	11:10+	14:32+	16:25+	18:02+	18:46+	20:48+	21:24+	23:06+	24:02+	25:26+	26:18+	27:47+	30:23+	31:26+	32:55+	34:05+	34:36+	
00:54+	00:43+	06:39+	00:58+	01:56+	03:22+	01:53+	01:37+	00:44+	02:02+	00:36+	01:42+	00:56+	01:24+	00:52+	01:29-	02:36+	01:03+	01:29+	01:10+	00:31-	
00:15&	00:12&	01:34&	00:15&	00:39&	01:48&	00:40&	00:03+	00:04#	00:16#	00:05#	00:19#	00:09#	00:12#	00:04+	00:06-	01:00&	00:22&	00:49&	00:11#	00:03-	
7	Markus Breivold	92										35:35									
01:11+	01:48+	07:54+	08:41+	10:01+	11:28+	13:59+	15:42+	16:26+	18:37+	19:15+	24:40+	25:45+	27:01+	27:54+	29:22+	31:25+	33:07+	33:55+	35:11+	35:35+	
01:11+	00:37+	06:06+	00:47+	01:20+	01:27-	02:31+	01:43+	00:44+	02:11+	00:38+	05:25+	01:05+	01:16+	00:53+	01:28-	02:03+	01:42+	00:48+	01:16+	00:24-	
00:32&	00:06#	01:01#	00:04+	00:03+	00:07-	01:18&	00:09+	00:04#	00:25#	00:07#	04:02&	00:18&	00:04+	00:05#	00:07-	00:27&	01:01&	00:08#	00:17&	00:10-	
8	Joar Fuglestad	116										37:10									
01:29+	02:04+	09:30+	10:32+	12:21+	14:39+	16:17+	18:26+	19:10+	21:33+	22:15+	25:28+	26:17+	27:56+	28:56+	31:05+	33:03+	34:10+	35:29+	36:44+	37:10+	
01:29+	00:35+	07:26+	01:02+	01:49+	02:18+	01:38+	02:09+	00:44+	02:23+	00:42+	03:13+	00:49+	01:39+	01:00+	02:09+	01:58+	01:07+	01:19+	01:15+	00:26-	
00:50&	00:04#	02:21&	00:19&	00:32&	00:44&	00:25&	00:35&	00:04#	00:37&	00:11&	01:50&	00:02+	00:27&	00:12#	00:34&	00:22#	00:26&	00:39&	00:16&	00:08-	
9	Jørgen Strømstad	50										37:19									
01:03+	01:42+	08:20+	09:20+	16:42+	19:02+	20:48+	22:26+	23:08+	25:15+	25:54+	27:29+	28:23+	29:43+	30:37+	31:55+	34:00+	34:46+	35:34+	36:48+	37:19+	
01:03+	00:39+	06:38+	01:00+	01:00+	02:20+	01:46+	01:38+	00:42+	02:07+	00:39+	01:35+	00:54+	01:20+	00:54+	01:18-	02:05+	00:46+	00:48+	01:14+	00:31-	
00:24&	00:08&	01:33&	00:17&	06:05&	00:46&	00:33&	00:04+	00:02+	00:21#	00:08&	00:12#	00:07#	00:08#	00:06#	00:17-	00:29&	00:05#	00:08#	00:15&	00:03-	
10	Andreas Terjesen	53										39:33									
00:44+	01:26+	08:00+	08:59+	12:15+	14:16+	17:21+	19:07+	20:12+	24:37+	25:10+	27:19+	28:23+	29:55+	31:02+	32:40+	35:28+	37:16+	38:03+	39:06+	39:33+	
00:44+	00:42+	06:34+	00:59+	03:16+	02:01+	03:05+	01:46+	01:05+	04:25+	00:33+	02:09+	01:04+	01:32+	01:07+	01:38+	02:48+	01:48+	00:47+	01:03+	00:27-	
00:05#	00:11&	01:29&	00:16&	01:59&	00:27&	01:52&	00:12#	00:25&	02:39&	00:02+	00:46&	00:17&	00:20&	00:19&	00:03+	01:12&	01:07&	00:07#	00:04+	00:07-	
11	Per Christian Munkhaug	274										39:52									
02:00+	02:40+	09:01+	10:03+	13:43+	16:09+	18:16+	20:24+	21:23+	23:58+	24:43+	27:08+	28:15+	29:41+	30:34+	32:43+	36:04+	36:57+	38:00+	39:15+	39:52+	
02:00+	00:40+	06:21+	01:02+	03:40+	02:26+	02:07+	02:08+	00:59+	02:35+	00:45+	02:25+	01:07+	01:26+	00:53+	02:09+	03:21+	00:53+	01:03+	01:15+	00:37+	
01:21&	00:09&	01:16#	00:19&	02:23&	00:52&	00:54&	00:34&	00:19&	00:49&	00:14&	01:02&	00:20&	00:14#	00:05#	00:34&	01:45&	00:12&	00:23&	00:16&	00:03+	
12	Cato Eike	79										39:53									
00:51+	01:41+	07:40+	08:35+	10:48+	13:16+	16:05+	18:08+	19:04+	21:24+	22:22+	24:31+	25:44+	27:15+	28:08+	30:39+	32:43+	36:56+	37:59+	39:21+	39:53+	
00:51+	00:50+	05:59+	00:55+	02:13+	02:28+	02:49+	02:03+	00:56+	02:20+	00:58+	02:09+	01:13+	01:31+	00:53+	02:31+	02:04+	04:13+	01:03+	01:22+	00:32-	
00:12&	00:19&	00:54#	00:12&	00:56&	00:54&	01:36&	00:29&	00:16&	00:34&	00:27&	00:46&	00:26&	00:19&	00:05#	00:56&	00:28&	03:32&	00:23&	00:23&	00:02-	
13	Andreas Urdal	118										39:58									
00:55+	01:44+	08:37+	09:43+	11:59+	15:57+	17:48+	19:43+	20:42+	23:25+	24:31+	26:37+	27:51+	29:46+	30:59+	33:19+	35:55+	36:49+	37:53+	39:22+	39:58+	
00:55+	00:49+	06:53+	01:06+	02:16+	03:58+	01:51+	01:55+	00:59+	02:43+	01:06+	02:06+	01:14+	01:55+	01:13+	02:20+	02:36+	00:54+	01:04+	01:29+	00:36+	
00:16&	00:18&	01:48&	00:23&	00:59&	02:24&	00:38&	00:21#	00:19&	00:57&	00:35&	00:43&	00:27&	00:43&	00:25&	00:45&	01:00&	00:13&	00:24&	00:30&	00:02+	
14	Bruno Pierfelice	51										40:19									
01:02+	01:47+	08:42+	11:44+	14:07+	17:27+	19:37+	21:19+	22:53+	25:08+	26:21+	27:57+	29:09+	30:39+	31:40+	33:42+	36:14+	37:44+	38:31+	39:44+	40:19+	
01:02+	00:45+	06:55+	03:02+	02:23+	03:20+	02:10+	01:42+	01:34+	02:15+	01:13+	01:36+	01:12+	01:30+	01:01+	02:02+	02:32+	01:30+	00:47+	01:13+	00:35+	
00:23&	00:14&	01:50&	02:19&	01:06&	01:46&	00:57&	00:08+	00:54&	00:29&	00:42&	00:13#	00:25&	00:18#	00:13&	00:27&	00:56&	00:49&	00:07#	00:14#	00:01+	
15	Jonas Bolstad Scheie	62										40:28									
00:50+	02:35+	09:09+	10:35+	12:31+	13:42+	16:05+	17:54+	18:51+	21:16+	25:19+	28:05+	29:18+	30:39+	31:39+	33:49+	36:17+	37:38+	38:16+	39:49+	40:28+	
00:50+	01:45+	06:34+	01:26+	01:56+	01:11-	02:23+	01:49+	00:57+	02:25+	04:03+	02:46+	01:13+	01:21+	01:00+	02:10+	02:28+	01:21+	00:38-	01:33+	00:39+	
00:11&	01:14&	01:29&	00:43&	00:39&	00:23-	01:10&	00:15#	00:17&	00:39&	03:32&	01:23&	00:26&	00:09#	00:12#	00:35&	00:52&	00:40&	00:02-	00:34&	00:05#	
16	Bjørnar A. Alvær Sandmark	68										40:38									
00:46+	01:28+	08:05+	09:00+	15:37+	18:48+	21:02+	23:12+	24:14+	26:22+	27:13+	29:51+	31:10+	32:38+	33:34+	35:02+	37:27+	38:16+	39:03+	40:09+	40:38+	
00:46+	00:42+	06:37+	00:55+	06:37+	03:11+	02:14+	02:10+	01:02+	02:08+	00:51+	02:38+	01:19+	01:28+	00:56+	01:28-	02:25+	00:49+	00:47+	01:06+	00:29-	
00:07#	00:11&	01:32&	00:12&	05:20&	01:37&	01:01&	00:36&	00:22&	00:22#	00:20&	01:15&	00:32&	00:16#	00:08#	00:07-	00:49&	00:08#	00:07#	00:07#	00:05-	
17	Jørgen Hetland	59										41:06									
00:51+	01:32+	07:40+	09:06+	17:34+	19:39+	22:30+	24:11+	24:52+	26:53+	27:33+	29:02+	29:58+	31:35+	32:30+	34:52+	37:41+	38:29+	39:23+	40:28+	41:06+	
00:51+	00:41+	06:08+	01:26+	08:28+	02:05+	02:51+	01:41+	00:41+	02:01+	00:40+	01:29+	00:56+	01:37+	00:55+	02:22+	02:49+	00:48+	00:54+	01:05+	00:38+	
00:12&	00:10&	01:03#	00:43&	07:11&	00:31&	01:38&	00:07+	00:01+	00:15#	00:09&	00:06+	00:09#	00:25&	00:07#	00:47&	01:13&	00:07#	00:14&	00:06#	00:04#	
18	Asgeir Nærland	88										41:20									
01:01+	01:52+	08:58+	10:37+	16:02+	18:49+	20:34+	22:24+	23:12+	25:28+	26:32+	28:45+	29:54+	31:28+	32:26+	34:31+	37:27+	38:41+	39:32+	40:49+	41:20+	
01:01+	00:51+	07:06+	01:39+	05:25+	02:47+	01:45+	01:50+	00:48+	02:16+	01:04+	02:13+	01:09+	01:34+	00:58+	02:05+	02:56+	01:14+	00:51+	01:17+	00:31-	
00:22&	00:20&	02:01&	00:56&	04:08&	01:13&	00:32&	00:16#	00:08#	00:30&	00:33&	00:50&	00:22&	00:22&	00:10#	00:30&	01:20&	00:33&	00:11&	00:18&	00:03-	

Class	Navn	Klasse										Tid									
19	Audun Rostad	126										42:39									
02:03+	02:47+	12:19+	13:29+	15:38+	20:26+	22:44+	24:19+	25:11+	27:18+	27:58+	30:01+	31:14+	32:41+	33:49+	35:42+	38:34+	39:43+	40:35+	42:03+	42:39+	
02:03+	00:44+	09:32+	01:10+	02:09+	04:48+	02:18+	01:35+	00:52+	02:07+	00:40+	02:03+	01:13+	01:27+	01:08+	01:53+	02:52+	01:09+	00:52+	01:28+	00:36+	
01:24@	00:13&	04:27&	00:27&	00:52&	03:14@	01:05&	00:01+	00:12&	00:21#	00:09&	00:40&	00:26&	00:15#	00:20&	00:18#	01:16&	00:28&	00:12&	00:29&	00:02+	
20	Håvard Thomassen Lauritsen	116										46:21									
01:28+	02:15+	13:27+	14:24+	16:54+	20:08+	23:11+	25:09+	26:16+	28:56+	29:43+	31:37+	32:58+	34:36+	35:45+	38:46+	42:29+	43:20+	44:26+	45:42+	46:21+	
01:28+	00:47+	11:12+	00:57+	02:30+	03:14+	03:03+	01:58+	01:07+	02:40+	00:47+	01:54+	01:21+	01:38+	01:09+	03:01+	03:43+	00:51+	01:06+	01:16+	00:39+	
00:49@	00:16&	06:07@	00:14&	01:13&	01:40@	01:50@	00:24&	00:27&	00:54&	00:16&	00:31&	00:34&	00:26&	00:21&	01:26&	02:07@	00:10#	00:26&	00:17&	00:05#	
21	Martin Skogland	98										47:36									
01:20+	02:05+	08:52+	10:09+	12:38+	16:38+	19:01+	21:14+	22:10+	24:34+	25:57+	29:50+	31:02+	32:42+	34:37+	37:45+	43:42+	44:37+	45:33+	46:52+	47:36+	
01:20+	00:45+	06:47+	01:17+	02:29+	04:00+	02:23+	02:13+	00:56+	02:24+	01:23+	03:53+	01:12+	01:40+	01:55+	03:08+	05:57+	00:55+	00:56+	01:19+	00:44+	
00:41@	00:14&	01:42&	00:34&	01:12&	02:26@	01:10&	00:39&	00:16&	00:38&	00:52@	02:30@	00:25&	00:28&	01:07@	01:33&	04:21@	00:14&	00:16&	00:20&	00:10&	
22	Svein Kyllingstad	71										47:47									
00:57+	01:42+	11:37+	12:47+	15:02+	17:20+	19:12+	21:21+	22:13+	24:37+	26:30+	28:38+	29:40+	31:26+	32:36+	38:17+	41:52+	44:33+	45:52+	47:13+	47:47+	
00:57+	00:45+	09:55+	01:10+	02:15+	02:18+	01:52+	02:09+	00:52+	02:24+	01:53+	02:08+	01:02+	01:46+	01:10+	05:41+	03:35+	02:41+	01:19+	01:21+	00:34=	
00:18&	00:14&	04:50&	00:27&	00:58&	00:44&	00:39&	00:35&	00:12&	00:38&	01:22@	00:45&	00:15&	00:34&	00:22&	04:06@	01:59@	02:00@	00:39&	00:22&	00:00=	
23	Bjørnar Owren	74										50:36									
01:11+	02:11+	09:22+	10:44+	13:29+	20:03+	22:38+	24:45+	25:40+	27:57+	28:55+	35:40+	37:07+	38:42+	39:53+	43:25+	46:24+	47:35+	48:30+	49:59+	50:36+	
01:11+	01:00+	07:11+	01:22+	02:45+	06:34+	02:35+	02:07+	00:55+	02:17+	00:58+	06:45+	01:27+	01:35+	01:11+	03:32+	02:59+	01:11+	00:55+	01:29+	00:37+	
00:32&	00:29&	02:06&	00:39&	01:28@	05:00@	01:22@	00:33&	00:15&	00:31&	00:27&	05:22@	00:40&	00:23&	00:23&	01:57@	01:23&	00:30&	00:15&	00:30&	00:03+	
24	Rune Hatle	65										54:33									
01:16+	02:01+	10:07+	11:29+	14:07+	21:11+	23:09+	25:25+	26:22+	29:06+	30:02+	40:10+	41:28+	43:21+	44:34+	46:57+	50:03+	50:56+	52:34+	53:52+	54:33+	
01:16+	00:45+	08:06+	01:22+	02:38+	07:04+	01:58+	02:16+	00:57+	02:44+	00:56+	10:08+	01:18+	01:53+	01:13+	02:23+	03:06+	00:53+	01:38+	01:18+	00:41+	
00:37&	00:14&	03:01&	00:39&	01:21@	05:30@	00:45&	00:42&	00:17&	00:58&	00:25&	08:45@	00:31&	00:41&	00:25&	00:48&	01:30&	00:12&	00:58@	00:19&	00:07#	
25	Tor Gunnar Osen	116										57:32									
01:04+	02:02+	11:06+	12:11+	17:06+	22:39+	25:02+	27:25+	29:30+	32:42+	33:50+	35:52+	38:49+	40:35+	41:57+	50:14+	52:53+	53:58+	55:00+	56:55+	57:32+	
01:04+	00:58+	09:04+	01:05+	04:55+	05:33+	02:23+	02:23+	02:05+	03:12+	01:08+	02:02+	02:57+	01:46+	01:22+	08:17+	02:39+	01:05+	01:02+	01:55+	00:37+	
00:25&	00:27&	03:59&	00:22&	03:38@	03:59@	01:10&	00:49&	01:25@	01:26&	00:37@	00:39&	02:10@	00:34&	00:34&	06:42@	01:03&	00:24&	00:22&	00:56&	00:03+	
26	Sindre Jacobsen	88										1:01:10									
01:16+	02:31+	10:17+	11:44+	14:14+	21:24+	24:02+	26:09+	28:11+	31:02+	32:45+	35:08+	36:59+	38:32+	39:33+	45:23+	48:25+	56:23+	59:06+	60:39+	61:10+	
01:16+	01:15+	07:46+	01:27+	02:30+	07:10+	02:38+	02:07+	02:02+	02:51+	01:43+	02:23+	01:51+	01:33+	01:01+	05:50+	03:02+	07:58+	02:43+	01:33+	00:31-	
00:37&	00:44@	02:41&	00:44@	01:13&	05:36@	01:25@	00:33&	01:22@	01:05&	01:12@	01:00&	01:04@	00:21&	00:13&	04:15@	01:26&	07:17@	02:03@	00:34&	00:03-	
27	Alexander Romanov	111										1:02:44									
01:39+	02:31+	09:20+	10:18+	20:30+	24:41+	26:49+	28:50+	30:08+	32:31+	33:47+	35:48+	36:56+	38:21+	39:22+	50:49+	58:24+	59:47+	60:42+	62:06+	62:44+	
01:39+	00:52+	06:49+	00:58+	10:12+	04:11+	02:08+	02:01+	01:18+	02:23+	01:16+	02:01+	01:08+	01:25+	01:01+	11:27+	07:35+	01:23+	00:55+	01:24+	00:38+	
01:00@	00:21&	01:44&	00:15&	08:55@	02:37@	00:55&	00:27&	00:38&	00:37&	00:45@	00:38&	00:21&	00:13#	00:13&	09:52@	05:59@	00:42@	00:15&	00:25&	00:04#	
28	Alf Olav Kalvik	7										1:09:45									
02:14+	03:40+	14:58+	17:05+	20:25+	23:40+	26:19+	29:12+	31:11+	34:58+	37:16+	44:43+	46:24+	50:04+	51:55+	56:13+	61:45+	63:35+	65:46+	68:23+	69:45+	
02:14+	01:26+	11:18+	02:07+	03:20+	03:15+	02:39+	02:53+	01:59+	03:47+	02:18+	07:27+	01:41+	03:40+	01:51+	04:18+	05:32+	01:50+	02:11+	02:37+	01:22+	
01:35@	00:55@	06:13@	01:24@	02:03@	01:41@	01:26@	01:19&	01:19@	02:01@	01:47@	06:04@	00:54@	02:28@	01:03@	02:43@	03:56@	01:09@	01:31@	01:38@	00:48@	
29	Bjarte Harbo	88										1:22:11									
01:28+	17:58+	28:04+	29:45+	32:49+	43:55+	48:02+	50:57+	52:17+	55:38+	57:00+	59:50+	61:23+	63:33+	64:49+	70:54+	76:10+	78:09+	79:35+	81:20+	82:11+	
01:28+	16:30+	10:06+	01:41+	03:04+	11:06+	04:07+	02:55+	01:20+	03:21+	01:22+	02:50+	01:33+	02:10+	01:16+	06:05+	05:16+	01:59+	01:26+	01:45+	00:51+	
00:49@	15:59@	05:01&	00:58@	01:47@	09:32@	02:54@	01:21&	00:40&	01:35&	00:51@	01:27@	00:46&	00:58&	00:28&	04:30@	03:40@	01:18@	00:46@	00:46&	00:17&	
Beste strekktid for klassen																					
00:39	00:31	05:05	00:43	01:15	01:11	01:13	01:23	00:36	01:46	00:31	01:13	00:47	01:12	00:45	01:18	01:31	00:40	00:38	00:58	00:24	

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

Herrer 40 - 49 år

1	Lars Primstad	62										30:20									
00:48=	01:26=	07:29=	08:22=	10:08=	11:37=	13:11=	14:51=	15:42=	17:53=	18:40=	20:24=	21:23=	22:46=	23:38=	24:59=	27:02=	27:48=	28:37=	29:47=	30:20=	
00:48=	00:38=	06:03=	00:53=	01:46=	01:29=	01:34=	01:40=	00:51=	02:11=	00:47=	01:44=	00:59=	01:23=	00:52=	01:21=	02:03=	00:46=	00:49=	01:10=	00:33=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Joar Eilevstjønn	67										33:58									
01:32+	02:31+	09:15+	10:10+	11:58+	14:02+	16:36+	18:18+	19:07+	21:16+	21:53+	23:18+	24:08+	25:21+	26:20+	28:34+	30:30+	31:25+	32:19+	33:28+	33:58+	
01:32+	00:59+	06:44+	00:55+	01:48+	02:04+	02:34+	01:42+	00:49-	02:09-	00:37-	01:25-	00:50-	01:13-	00:59+	02:14+	01:56-	00:55+	00:54+	01:09-	00:30-	
00:44&	00:21&	00:41#	00:02+	00:02+	00:35&	01:00&	00:02+	00:02-	00:02-	00:10-	00:19-	00:09-	00:10-	00:07#	00:53&	00:07-	00:09#	00:05#	00:01-	00:03-	

Class	Navn	Klasse														Tid									
3	Terje Michaelsen	47														36:48									
00:53+	01:33+	11:45+	12:41+	14:41+	16:51+	18:46+	20:25+	21:06+	23:10+	24:23+	25:55+	26:46+	28:11+	29:09+	31:32+	33:31+	34:21+	35:10+	36:20+	36:48+					
00:53+	00:40+	10:12+	00:56+	02:00+	02:10+	01:55+	01:39-	00:41-	02:04-	01:13+	01:32-	00:51-	01:25+	00:58+	02:23+	01:59-	00:50+	00:49=	01:10=	00:28-					
00:05#	00:02+	04:09&	00:03+	00:14#	00:41&	00:21#	00:01-	00:10-	00:07-	00:26&	00:12-	00:08-	00:02+	00:06#	01:02&	00:04-	00:04+	00:00=	00:00=	00:05-					
4	Geir Sand	105														37:47									
01:04+	01:44+	07:01-	07:59-	16:25+	18:42+	20:19+	22:10+	23:10+	25:10+	25:49+	27:22+	28:15+	29:38+	30:33+	32:36+	34:42+	35:28+	36:17+	37:17+	37:47+					
01:04+	00:40+	05:17-	00:58+	08:26+	02:17+	01:37+	01:51+	01:00+	02:00-	00:39-	01:33-	00:53-	01:23=	00:55+	02:03+	02:06+	00:46=	00:49=	01:00-	00:30-					
00:16&	00:02+	00:46-	00:05+	06:40@	00:48&	00:03+	00:11#	00:09#	00:11-	00:08-	00:11-	00:06-	00:00=	00:03+	00:42&	00:03+	00:00=	00:00=	00:10-	00:03-					
5	Øystein Amundrud	90														40:50									
01:29+	02:12+	08:50+	09:42+	12:52+	14:34+	19:16+	21:11+	22:04+	24:41+	25:26+	27:48+	28:57+	30:43+	31:41+	35:05+	37:02+	37:50+	39:04+	40:16+	40:50+					
01:29+	00:43+	06:38+	00:52-	03:10+	01:42+	04:42+	01:55+	00:53+	02:37+	00:45-	02:22+	01:09+	01:46+	00:58+	03:24+	01:57-	00:48+	01:14+	01:12+	00:34+					
00:41&	00:05#	00:35+	00:01-	01:24&	00:13#	03:08@	00:15#	00:02+	00:26#	00:02-	00:38&	00:10#	00:23&	00:06#	02:03@	00:06-	00:02+	00:25&	00:02+	00:01+					
6	Gunnar Thorset	117														42:51									
00:59+	01:56+	09:49+	11:01+	13:29+	17:28+	19:17+	21:34+	22:31+	25:22+	26:14+	28:20+	29:32+	31:18+	33:02+	35:45+	38:29+	39:29+	40:38+	42:06+	42:51+					
00:59+	00:57+	07:53+	01:12+	02:28+	03:59+	01:49+	02:17+	00:57+	02:51+	00:52+	02:06+	01:12+	01:46+	01:44+	02:43+	02:44+	01:00+	01:09+	01:28+	00:45+					
00:11#	00:19&	01:50&	00:19&	00:42&	02:30@	00:15#	00:37&	00:06#	00:40&	00:05#	00:19#	00:05-	00:22#	00:13#	00:52&	01:22@	00:41&	00:14&	00:20&	00:18&					
7	Andreas Becht	116														44:08									
01:03+	01:49+	08:14+	09:13+	16:57+	20:42+	22:56+	25:16+	26:12+	28:42+	29:24+	31:03+	32:12+	33:35+	34:36+	36:52+	40:12+	41:20+	42:22+	43:34+	44:08+					
01:03+	00:46+	06:25+	00:59+	07:44+	03:45+	02:14+	02:20+	00:56+	02:30+	00:42-	01:39-	01:09+	01:23=	01:01+	02:16+	03:20+	01:08+	01:02+	01:12+	00:34+					
00:15&	00:08#	00:22+	00:06#	05:58@	02:16@	00:40&	00:40&	00:05+	00:19#	00:05-	00:05-	00:10#	00:00=	00:09#	00:55&	01:17&	00:22&	00:13&	00:02+	00:01+					
8	Peter Chapman	117														45:44									
02:22+	02:58+	09:57+	11:56+	14:38+	17:12+	19:30+	24:46+	26:15+	30:23+	30:58+	33:02+	34:22+	36:01+	36:57+	39:41+	41:55+	42:58+	43:50+	45:11+	45:44+					
02:22+	00:36-	06:59+	01:59+	02:42+	02:34+	02:18+	05:16+	01:20+	04:08+	00:35-	02:04+	01:20+	01:39+	00:56+	02:44+	02:14+	01:03+	00:52+	01:21+	00:33=					
01:34@	00:02-	00:56#	01:06@	00:56&	01:05&	00:44&	03:36@	00:38&	01:57&	00:12-	00:20#	00:21&	00:16#	00:04+	01:23@	00:11+	00:17&	00:03+	00:11#	00:00=					
9	Stig Erlend Ollestad	51														45:52									
00:50+	01:40+	09:37+	10:56+	12:48+	16:27+	18:22+	20:24+	21:36+	23:55+	27:21+	29:29+	30:30+	32:04+	33:08+	38:53+	41:11+	42:58+	44:07+	45:19+	45:52+					
00:50+	00:50+	07:57+	01:19+	01:52+	03:39+	01:55+	02:02+	01:12+	02:19+	03:26+	02:08+	01:01+	01:34+	01:04+	05:45+	02:18+	01:47+	01:09+	01:12+	00:33=					
00:02+	00:12&	01:54&	00:26&	00:06+	02:10@	00:21#	00:22#	00:21&	00:08+	02:39@	00:24#	00:02+	00:11#	00:12#	04:24@	00:15#	01:01@	00:20&	00:02+	00:00=					
10	Arngrim Utskarpen	117														46:24									
01:03+	02:04+	09:30+	10:49+	14:33+	16:54+	20:44+	22:54+	24:00+	27:35+	28:24+	30:28+	31:54+	33:46+	34:48+	37:44+	41:46+	43:01+	44:14+	45:46+	46:24+					
01:03+	01:01+	07:26+	01:19+	03:44+	02:21+	03:50+	02:10+	01:06+	03:35+	00:49+	02:04+	01:26+	01:52+	01:02+	02:56+	04:02+	01:15+	01:13+	01:32+	00:38+					
00:15&	00:23&	01:23#	00:26&	01:58@	00:52&	02:16@	00:30&	00:15&	01:24&	00:02+	00:20#	00:27&	00:29&	00:10#	01:35@	01:59&	00:29&	00:24&	00:22&	00:05#					
11	Jørn A. Carlsen	116														46:55									
01:09+	02:15+	10:29+	12:34+	15:14+	18:57+	20:50+	23:10+	24:04+	26:53+	27:49+	30:14+	31:42+	33:23+	34:25+	38:00+	42:02+	43:16+	44:34+	46:09+	46:55+					
01:09+	01:06+	08:14+	02:05+	02:40+	03:43+	01:53+	02:20+	00:54+	02:49+	00:56+	02:25+	01:28+	01:41+	01:02+	03:35+	04:02+	01:14+	01:18+	01:35+	00:46+					
00:21&	00:28&	02:11&	01:12@	00:54&	02:14@	00:19#	00:40&	00:03+	00:38&	00:09#	00:41&	00:29&	00:18#	00:10#	02:14@	01:59&	00:28&	00:29&	00:25&	00:13&					
12	Kevin Thomas Foust	192														47:09									
00:51+	01:35+	08:13+	09:11+	11:24+	14:07+	19:44+	23:29+	24:20+	26:37+	27:41+	30:09+	31:13+	32:36+	33:32+	35:07+	41:29+	42:58+	45:28+	46:41+	47:09+					
00:51+	00:44+	06:38+	00:58+	02:13+	02:43+	05:37+	03:45+	00:51=	02:17+	01:04+	02:28+	01:04+	01:23=	00:56+	01:35+	06:22+	01:29+	02:30+	01:13+	00:28-					
00:03+	00:06#	00:35+	00:05+	00:27&	01:14&	04:03@	02:05@	00:00=	00:06+	00:17&	00:44&	00:05+	00:00=	00:04+	00:14#	04:19@	00:43&	01:41@	00:03+	00:05-					
13	Magne Habbestad	111														47:39									
00:50+	01:36+	08:38+	10:03+	13:25+	15:38+	17:39+	19:37+	20:57+	23:26+	24:27+	26:21+	27:29+	29:09+	30:17+	32:56+	41:31+	43:49+	45:24+	46:53+	47:39+					
00:50+	00:46+	07:02+	01:25+	03:22+	02:13+	02:01+	01:58+	01:20+	02:29+	01:01+	01:54+	01:08+	01:40+	01:08+	02:39+	08:35+	02:18+	01:35+	01:29+	00:46+					
00:02+	00:08#	00:59#	00:32&	01:36&	00:44&	00:27&	00:18#	00:29&	00:18#	00:32&	00:14&	00:10+	00:09#	00:16&	01:18&	06:32@	01:32@	00:46&	00:19&	00:13&					
14	Bjørn Kristian Røyland	115														48:41									
01:22+	02:22+	10:58+	12:28+	16:21+	19:31+	22:13+	24:35+	25:48+	28:52+	30:10+	32:47+	34:26+	36:12+	37:29+	40:26+	44:23+	45:29+	46:35+	48:05+	48:41+					
01:22+	01:00+	08:36+	01:30+	03:53+	03:10+	02:42+	02:22+	01:13+	03:04+	01:18+	02:37+	01:39+	01:46+	01:17+	02:57+	03:57+	01:06+	01:06+	01:30+	00:36+					
00:34&	00:22&	02:33&	00:37&	02:07@	01:41@	01:08&	00:42&	00:22&	00:53&	00:31&	00:53&	00:40&	00:23&	00:25&	01:36@	01:54&	00:20&	00:17&	00:20&	00:03+					
15	Arne Hetlelid	98														52:05									
01:07+	02:13+	10:32+	12:21+	15:41+	18:35+	22:20+	24:41+	25:40+	28:32+	29:26+	32:18+	33:36+	35:18+	36:40+	42:56+	46:26+	48:15+	49:44+	51:21+	52:05+					
01:07+	01:06+	08:19+	01:49+	03:20+	02:54+	03:45+	02:21+	00:59+	02:52+	00:54+	02:52+	01:18+	01:42+	01:22+	06:16+	03:30+	01:49+	01:29+	01:37+	00:44+					
00:19&	00:28&	02:16&	00:56@	01:34&	01:25&	02:11@	00:41&	00:08#	00:41&	00:07#	01:08&	00:19&	00:19#	00:30&	04:55@	01:27&	01:03@	00:40&	00:27&	00:11&					
16	Raymond B. Pettersen	105														53:50									
04:53+	06:22+	16:18+	17:45+	20:37+	23:12+	26:00+	28:20+	29:47+	33:06+	34:04+	36:27+	38:01+	40:21+	41:56+	44:24+	48:37+	49:58+	51:26+	53:07+	53:50+					
04:53+	01:29+	09:56+	01:27+	02:52+	02:35+	02:48+	02:20+	01:27+	03:19+	00:58+	02:23+	01:34+	02:20+	01:35+	02:28+	04:13+	01:21+	01:28+	01:41+	00:43+					
04:05@	00:51@	03:53&	00:34&	01:06&	01:06&	01:14&	00:40&	00:36&	01:08&	00:11#	00:39&	00:35&	00:57&	00:43&	01:07&	02:10@	00:35&	00:39&	00:31&	00:10&					
17	Egil Syre	101														53:54									
01:35+	02:22+	13:15+	15:04+	20:38+	22:48+	25:37+	31:35+	32:32+	35:02+	36:18+	38:21+	40:14+	41:50+	43:46+	46:36+	49:42+	50:37+	51:49+	53:20+	53:54+					
01:35+	00:47+	10:53+	01:49+	05:34+	02:10+	02:49+	05:58+	00:57+	02:30+	01:16+	02:03+	01:53+	01:36+	01:56+	02:50+	03:06+	00:55+	01:12+	01:31+	00:34+					
00:47&	00:09#	04:50&	00:56@	03:48@	00:41&	01:15&	04:18@	00:06#	00:19#	00:29&	00:19#	00:54&	00:13#	01:04@	01:29@	01:03&	00:09#	00:23&	00:21&	00:01+					

Class	Navn	Klasse										Tid									
18	Trondr Breiland	53										58:16									
01:09+	01:55+	11:26+	12:34+	21:07+	25:23+	26:56+	28:43+	34:49+	37:37+	38:43+	41:09+	42:30+	44:15+	45:38+	49:24+	52:07+	55:04+	56:20+	57:38+	58:16+	
01:09+	00:46+	09:31+	01:08+	08:33+	04:16+	01:33-	01:47+	06:06+	02:48+	01:06+	02:26+	01:21+	01:45+	01:23+	03:46+	02:43+	02:57+	01:16+	01:18+	00:38+	
00:21&	00:08#	03:28&	00:15&	06:47@	02:47@	00:01-	00:07+	05:15@	00:37&	00:19&	00:42&	00:22&	00:22&	00:31&	02:25@	00:40&	02:11@	00:27&	00:08#	00:05#	
19	Charles-Francois Farbos	42										58:29									
01:17+	02:45+	14:49+	16:33+	19:26+	22:44+	26:28+	28:33+	30:13+	32:37+	34:22+	36:39+	37:54+	40:29+	42:04+	44:43+	50:12+	53:40+	56:08+	57:35+	58:29+	
01:17+	01:28+	12:04+	01:44+	02:53+	03:18+	03:44+	02:05+	01:40+	02:24+	01:45+	02:17+	01:15+	02:35+	01:35+	02:39+	05:29+	03:28+	02:28+	01:27+	00:54+	
00:29&	00:50@	06:01&	00:51&	01:07&	01:49@	02:10@	00:25#	00:49&	00:13+	00:58@	00:33&	00:16&	01:12&	00:43&	01:18&	03:26@	02:42@	01:39@	00:17#	00:21&	
20	Rune Paulsen	98										1:03:45									
01:03+	02:11+	17:06+	18:09+	20:58+	24:35+	31:14+	33:56+	36:18+	39:33+	41:24+	44:07+	45:55+	47:27+	48:37+	51:06+	58:30+	59:41+	61:35+	63:08+	63:45+	
01:03+	01:08+	14:55+	01:03+	02:49+	03:37+	06:39+	02:42+	02:22+	03:15+	01:51+	02:43+	01:48+	01:32+	01:10+	02:29+	07:24+	01:11+	01:54+	01:33+	00:37+	
00:15&	00:30&	08:52@	00:10#	01:03&	02:08@	05:05@	01:02&	01:31@	01:04&	01:04@	00:59&	00:49&	00:09#	00:18&	01:08&	05:21@	00:25&	01:05@	00:23&	00:04#	
21	Jan Kenneth Polle	83										1:03:54									
01:02+	01:55+	16:52+	18:11+	25:20+	28:24+	30:40+	32:34+	34:44+	43:01+	43:52+	46:25+	47:50+	50:25+	51:41+	54:01+	57:24+	59:55+	61:10+	63:06+	63:54+	
01:02+	00:53+	14:57+	01:19+	07:09+	03:04+	02:16+	01:54+	02:10+	08:17+	00:51+	02:33+	01:25+	02:35+	01:16+	02:20+	03:23+	02:31+	01:15+	01:56+	00:48+	
00:14&	00:15&	08:54@	00:26&	05:23@	01:35@	00:42&	00:14#	01:19@	06:06@	00:04+	00:49&	00:26&	01:12&	00:24&	00:59&	01:20&	01:45@	00:26&	00:46&	00:15&	
22	Cedric Fayemendy	116										1:09:03									
03:35+	04:08+	13:34+	15:06+	21:40+	30:22+	33:29+	37:40+	38:47+	41:44+	42:50+	47:14+	49:41+	51:27+	52:43+	60:10+	62:57+	64:29+	66:52+	68:20+	69:03+	
03:35+	00:33-	09:26+	01:32+	06:34+	08:42+	03:07+	04:11+	01:07+	02:57+	01:06+	04:24+	02:27+	01:46+	01:16+	07:27+	02:47+	01:32+	02:23+	01:28+	00:43+	
02:47@	00:05-	03:23&	00:39&	04:48@	07:13@	01:33&	02:31@	00:16&	00:46&	00:19&	02:40@	01:28@	00:23&	00:24&	06:06@	00:44&	00:46&	01:34@	00:18&	00:10&	
23	John Breiland	352										1:13:57									
02:05+	02:56+	15:09+	16:42+	29:42+	34:32+	38:29+	47:21+	49:09+	52:09+	52:56+	55:31+	56:57+	58:43+	59:54+	62:43+	67:25+	69:06+	71:40+	73:12+	73:57+	
02:05+	00:51+	12:13+	01:33+	13:00+	04:50+	03:57+	08:52+	01:48+	03:00+	00:47+	02:35+	01:26+	01:46+	01:11+	02:49+	04:42+	01:41+	02:34+	01:32+	00:45+	
01:17@	00:13&	06:10@	00:40&	11:14@	03:21@	02:23@	07:12@	00:57@	00:49&	00:00=	00:51&	00:27&	00:23&	00:19&	01:28@	02:39@	00:55@	01:45@	00:22&	00:12&	
Beste strekktid for klassen																					
00:48	00:33	05:17	00:52	01:46	01:29	01:33	01:39	00:41	02:00	00:35	01:25	00:50	01:13	00:52	01:21	01:56	00:46	00:49	01:00	00:28	

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

Herrer 50 - 59 år

1	Morten Aamodt	116										29:07											
02:23=	02:49=	03:33=	06:42=	07:20=	08:56=	09:57=	11:38=	12:58=	14:20=	15:54=	16:42=	17:20=	18:32=	19:46=	20:47=	21:38=	22:57=	23:30=	24:12=	26:08=	27:41=	28:34=	29:07=
02:23=	00:26=	00:44=	03:09=	00:38=	01:36=	01:01=	01:41=	01:20=	01:22=	01:34=	00:48=	00:38=	01:12=	01:14=	01:01=	00:51=	01:19=	00:33=	00:42=	01:56=	01:33=	00:53=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Oddgeir Eikeskog	93										29:17											
01:28-	01:58-	02:48-	06:08-	06:45-	08:39-	09:39-	11:14-	12:23-	13:25-	15:55+	16:43+	17:19-	18:22-	19:46=	20:41-	21:38=	23:00+	23:35+	25:02+	26:31+	27:50+	28:44+	29:17+
01:28-	00:30+	00:50+	03:20+	00:37-	01:54+	01:00-	01:35-	01:09-	01:02-	02:30+	00:48=	00:36-	01:03-	01:24+	00:55-	00:57+	01:22+	00:35+	01:27+	01:29-	01:19-	00:54+	00:33=
00:55-	00:04#	00:06#	00:11+	00:01-	00:18#	00:01-	00:06-	00:11-	00:20-	00:56&	00:00=	00:02-	00:09-	00:10#	00:06-	00:06#	00:03+	00:02+	00:45@	00:27-	00:14-	00:01+	00:00=
3	Odd Fuglestad	250										29:19											
01:34-	02:03-	02:52-	07:12+	07:52+	09:29+	10:23+	11:58+	13:16+	14:29+	16:05+	16:54+	17:30+	18:41+	19:57+	20:54+	21:53+	23:17+	24:05+	24:54+	26:18+	27:48+	28:42+	29:19+
01:34-	00:29+	00:49+	04:20+	00:40+	01:37+	00:54-	01:35-	01:18-	01:13-	01:36+	00:49+	00:36-	01:11-	01:16+	00:57-	00:59+	01:24+	00:48+	00:49+	01:24-	01:30-	00:54+	00:37+
00:49-	00:03#	00:05#	01:11&	00:02+	00:01+	00:07-	00:06-	00:02-	00:09-	00:02+	00:01+	00:02-	00:01-	00:02+	00:04-	00:08#	00:05+	00:15&	00:07#	00:32-	00:03-	00:01+	00:04#
4	Kjetil Wirak	114										31:42											
01:38-	02:09-	03:05-	06:48+	07:32+	09:27+	10:37+	13:08+	14:20+	15:26+	17:08+	18:05+	19:03+	20:09+	21:47+	22:46+	23:44+	25:13+	25:50+	27:05+	28:52+	30:14+	31:10+	31:42+
01:38-	00:31+	00:56+	03:43+	00:44+	01:55+	01:10+	02:31+	01:12-	01:06-	01:42+	00:57+	00:58+	01:06-	01:38+	00:59-	00:58+	01:29+	00:37+	01:15+	01:47-	01:22-	00:56+	00:32-
00:45-	00:05#	00:12&	00:34#	00:06#	00:19#	00:09#	00:50&	00:08-	00:16-	00:08+	00:09#	00:20&	00:06-	00:24&	00:02-	00:07#	00:10#	00:04#	00:33&	00:09-	00:11-	00:03+	00:01-
5	Trond Nilsen Lamark	114										32:05											
02:06-	02:36-	03:35+	06:45+	07:47+	09:30+	10:42+	12:56+	14:22+	15:39+	18:03+	18:55+	19:40+	20:53+	22:22+	23:23+	24:28+	25:55+	26:29+	27:26+	29:12+	30:37+	31:34+	32:05+
02:06-	00:30+	00:59+	03:10+	01:02+	01:43+	01:12+	02:14+	01:26+	01:17-	02:24+	00:52+	00:45+	01:13+	01:29+	01:01=	01:05+	01:27+	00:34+	00:57+	01:46-	01:25-	00:57+	00:31-
00:17-	00:04#	00:15&	00:01+	00:24&	00:07+	00:11#	00:33&	00:06+	00:05-	00:50&	00:04+	00:07#	00:01+	00:15#	00:00=	00:14&	00:08#	00:01+	00:15&	00:10-	00:08-	00:04+	00:02-
6	Jan Einar Øvremo	50										32:22											
01:27-	02:09-	02:59-	07:06+	08:20+	10:18+	11:16+	12:59+	14:16+	15:37+	17:25+	18:32+	19:46+	20:45+	22:20+	23:16+	24:15+	25:37+	26:11+	28:10+	29:40+	31:01+	31:50+	32:22+
01:27-	00:42+	00:50+	04:07+	01:14+	01:58+	00:58-	01:43+	01:17-	01:21-	01:48+	01:07+	01:14+	00:59-	01:35+	00:56-	00:59+	01:22+	00:34+	01:59+	01:30-	01:21-	00:49-	00:32-
00:56-	00:16&	00:06#	00:58&	00:36&	00:22#	00:03-	00:02+	00:03-	00:01-	00:14#	00:19&	00:36&	00:13-	00:21&	00:05-	00:08#	00:03+	00:01+	01:17@	00:26-	00:12-	00:04-	00:01-
7	Per Olav Haarr	62										32:37											
01:40-	02:09-	03:03-	06:06-	08:29-	09:34-	11:45+	13:06+	14:16-	17:23+	18:35+	19:28+	21:13+	22:51+	23:45+	24:44+	26:12+	26:57+	27:44+	29:20+	31:04+	32:03+	32:37+	
01:40-	00:29+	00:54+	03:03-	00:40+	01:43+	01:05+	02:11+	01:21+	01:10-	03:07+	01:12+	00:53+	01:45+	01:38+	00:54-	00:59+	01:28+	00:45+	00:47+	01:36-	01:44+	00:59+	00:34+
00:43-	00:03#	00:10#	00:06-	00:02+	00:07+	00:04+	00:30&	00:01+	00:12-	01:33&	00:24&	00:15&	00:33&	00:24&	00:07-	00:08#	00:09#	00:12&	00:05#	00:20-	00:11#	00:06#	00:01+

Class	Navn	Klasse											Tid										
8	Odd Ivar Karlsen	76											34:44										
01:32-	02:02-	02:49-	06:04-	06:43-	09:39+	10:50+	12:41+	13:57+	15:08+	18:55+	19:57+	20:50+	22:23+	23:50+	25:06+	26:10+	28:18+	29:03+	30:23+	31:51+	33:15+	34:08+	34:44+
01:32-	00:30+	00:47+	03:15+	00:39+	02:56+	01:11+	01:51+	01:16-	01:11-	03:47+	01:02+	00:53+	01:33+	01:27+	01:16+	01:04+	02:08+	00:45+	01:20+	01:28-	01:24-	00:53=	00:36+
00:51-	00:04#	00:03+	00:06+	00:01+	01:20#	00:10#	00:10+	00:04-	00:11-	02:13#	00:14#	00:15#	00:21#	00:13#	00:15#	00:13#	00:49#	00:12#	00:38#	00:28-	00:09-	00:00=	00:03+
9	Inge Løland	114											34:54										
01:42-	02:18-	03:12-	07:21+	08:13+	10:34+	11:41+	14:06+	15:27+	16:34+	18:21+	19:20+	20:09+	21:28+	24:17+	25:23+	26:21+	27:59+	28:40+	30:06+	31:53+	33:22+	34:16+	34:54+
01:42-	00:36+	00:54+	04:09+	00:52+	02:21+	01:07+	02:25+	01:21+	01:07-	01:47+	00:59+	00:49+	01:19+	02:49+	01:06+	00:58+	01:38+	00:41+	01:26+	01:47-	01:29-	00:54+	00:38+
00:41-	00:10#	00:10#	01:00#	00:14#	00:45#	00:06+	00:44#	00:01+	00:15-	00:13#	00:11#	00:11#	00:07+	01:35#	00:05+	00:07#	00:19#	00:08#	00:44#	00:09-	00:04-	00:01+	00:05#
10	Espen Fyhn Nilsen	116											37:12										
01:47-	02:25-	03:28-	07:19+	08:10+	10:25+	11:35+	14:03+	16:06+	17:31+	19:20+	20:24+	21:28+	22:57+	24:36+	25:52+	27:17+	29:25+	30:13+	31:21+	33:34+	35:24+	36:30+	37:12+
01:47-	00:38+	01:03+	03:51+	00:51+	02:15+	01:10+	02:28+	02:03+	01:25+	01:49+	01:04+	01:04+	01:29+	01:39+	01:16+	01:25+	02:08+	00:48+	01:08+	02:13+	01:50+	01:06+	00:42+
00:36-	00:12#	00:19#	00:42#	00:13#	00:39#	00:09#	00:47#	00:43#	00:03+	00:15#	00:16#	00:26#	00:17#	00:25#	00:15#	00:34#	00:49#	00:15#	00:26#	00:17#	00:17#	00:13#	00:09#
11	Per Ingar Hadland	7											37:45										
02:17-	03:01+	04:08+	08:15+	09:04+	11:06+	12:39+	14:38+	16:21+	17:54+	19:47+	20:49+	21:39+	22:52+	24:56+	26:12+	27:29+	30:22+	31:13+	32:04+	34:03+	35:57+	37:07+	37:45+
02:17-	00:44+	01:07+	04:07+	00:49+	02:02+	01:33+	01:59+	01:43+	01:33+	01:53+	01:02+	00:50+	01:13+	02:04+	01:16+	01:17+	02:53+	00:51+	00:51+	01:59+	01:54+	01:10+	00:38+
00:06-	00:18#	00:23#	00:58#	00:11#	00:26#	00:32#	00:18#	00:23#	00:11#	00:19#	00:14#	00:12#	00:01+	00:50#	00:15#	00:26#	01:34#	00:18#	00:09#	00:03+	00:21#	00:17#	00:05#
12	Geir Frøylog	29											37:46										
01:37-	02:10-	03:39+	07:17+	08:10+	10:35+	11:57+	15:27+	16:59+	18:07+	20:14+	21:19+	22:13+	23:32+	25:25+	26:26+	27:33+	30:30+	31:25+	32:41+	34:10+	36:03+	37:03+	37:46+
01:37-	00:33+	01:29+	03:38+	00:53+	02:25+	01:22+	03:30+	01:32+	01:08-	02:07+	01:05+	00:54+	01:19+	01:53+	01:01=	01:07+	02:57+	00:55+	01:16+	01:29-	01:53+	01:00+	00:43+
00:46-	00:07#	00:45#	00:29#	00:15#	00:49#	00:21#	01:49#	00:12#	00:14-	00:29#	00:33#	00:17#	00:16#	00:07+	00:39#	00:00=	00:16#	01:38#	00:22#	00:34#	00:27-	00:20#	00:07#
13	Magnar Møller	62											39:55										
01:56-	02:35-	03:42+	08:08+	09:05+	11:59+	13:23+	15:44+	17:29+	19:17+	22:02+	23:20+	24:12+	25:28+	27:56+	29:10+	30:34+	32:16+	33:03+	33:58+	36:08+	38:02+	39:11+	39:55+
01:56-	00:39+	01:07+	04:26+	00:57+	02:54+	01:24+	02:21+	01:45+	01:48+	02:45+	01:18+	00:52+	01:16+	02:28+	01:14+	01:24+	01:42+	00:47+	00:55+	02:10+	01:54+	01:09+	00:44+
00:27-	00:13#	00:23#	01:17#	00:19#	01:18#	00:23#	00:40#	00:25#	00:26#	01:11#	00:30#	00:14#	00:04+	01:14#	00:13#	00:33#	00:23#	00:14#	00:13#	00:14#	00:21#	00:16#	00:11#
14	Sturle Omdal	116											40:11										
02:25+	02:56+	04:34+	07:44+	08:56+	11:13+	12:35+	14:30+	17:57+	19:12+	21:21+	22:20+	23:58+	25:11+	27:00+	28:04+	29:19+	31:06+	31:48+	34:40+	36:25+	38:40+	39:38+	40:11+
02:25+	00:31+	01:38+	03:10+	01:12+	02:17+	01:22+	01:55+	03:27+	01:15-	02:09+	00:59+	01:38+	01:13+	01:49+	01:04+	01:15+	01:47+	00:42+	02:52+	01:45-	02:15+	00:58+	00:33=
00:02+	00:05#	00:54#	00:01+	00:34#	00:41#	00:21#	00:14#	02:07#	00:07-	00:35#	00:11#	01:00#	00:01+	00:35#	00:03+	00:24#	00:28#	00:09#	02:10#	00:11-	00:42#	00:05+	00:00=
15	Ole Petter Haukaas	109											40:39										
01:53-	02:43-	03:44+	07:48+	08:37+	10:55+	12:11+	15:11+	16:47+	18:18+	21:32+	22:43+	23:36+	25:05+	27:07+	28:16+	31:15+	33:21+	34:06+	34:56+	36:54+	38:56+	40:02+	40:39+
01:53-	00:50+	01:01+	04:04+	00:49+	02:18+	01:16+	03:00+	01:36+	01:31+	03:14+	01:11+	00:53+	01:29+	02:02+	01:09+	02:59+	02:06+	00:45+	00:50+	01:58+	02:02+	01:06+	00:37+
00:30-	00:24#	00:17#	00:55#	00:11#	00:42#	00:15#	01:19#	00:16#	00:09#	01:40#	00:23#	00:15#	00:17#	00:48#	00:08#	02:08#	00:47#	00:12#	00:08#	00:02+	00:29#	00:13#	00:04#
16	Lars Bergersen	116											41:22										
03:31+	04:02+	05:06+	08:51+	09:46+	11:49+	13:38+	15:48+	17:35+	19:00+	21:46+	22:54+	23:51+	25:35+	27:31+	28:53+	30:05+	31:53+	33:23+	34:43+	37:37+	39:35+	40:41+	41:22+
03:31+	00:31+	01:04+	03:45+	00:55+	02:03+	01:49+	02:10+	01:47+	01:25+	02:46+	01:08+	00:57+	01:44+	01:56+	01:22+	01:12+	01:48+	01:30+	01:20+	02:54+	01:58+	01:06+	00:41+
01:08#	00:05#	00:20#	00:36#	00:17#	00:27#	00:48#	00:29#	00:27#	00:03+	01:12#	00:20#	00:19#	00:32#	00:42#	00:21#	00:21#	00:29#	00:57#	00:38#	00:58#	00:25#	00:13#	00:08#
17	Pål H. Gjerden	116											42:06										
02:07-	02:44-	04:12+	07:50+	08:59+	13:29+	15:13+	17:56+	19:58+	21:33+	23:56+	25:20+	26:27+	27:50+	29:33+	30:45+	32:25+	34:31+	35:29+	36:31+	38:26+	40:16+	41:18+	42:06+
02:07-	00:37+	01:28+	03:38+	01:09+	04:30+	01:44+	02:43+	02:02+	01:35+	02:23+	01:24+	01:07+	01:23+	01:43+	01:12+	01:40+	02:06+	00:58+	01:02+	01:55-	01:50+	01:02+	00:48+
00:16-	00:11#	00:44#	00:29#	00:31#	02:54#	00:43#	01:02#	00:42#	00:13#	00:49#	00:36#	00:29#	00:11#	00:29#	00:11#	00:49#	00:47#	00:25#	00:20#	00:01-	00:17#	00:09#	00:15#
18	Arnfinn Rømuld	116											42:15										
01:48-	02:25-	04:40+	08:31+	10:41+	12:56+	14:45+	17:10+	18:43+	20:15+	22:41+	23:56+	24:43+	25:51+	27:53+	28:54+	31:18+	33:20+	34:02+	34:54+	39:02+	40:34+	41:37+	42:15+
01:48-	00:37+	02:15+	03:51+	02:10+	02:15+	01:49+	02:25+	01:33+	01:32+	02:26+	01:15+	00:47+	01:08-	02:02+	01:01=	02:24+	02:02+	00:42+	00:52+	04:08+	01:32-	01:03+	00:38+
00:35-	00:11#	01:31#	00:42#	01:32#	00:39#	00:48#	00:44#	00:13#	00:10#	00:52#	00:27#	00:09#	00:04-	00:48#	00:00=	01:33#	00:43#	00:09#	00:10#	02:12#	00:01-	00:10#	00:05#
19	Tore Svendsen	27											45:50										
01:37-	02:25-	03:53+	08:00+	08:46+	11:34+	13:26+	18:50+	20:28+	22:07+	24:01+	28:17+	29:05+	30:17+	31:49+	32:48+	33:58+	38:42+	39:26+	40:55+	42:39+	44:15+	45:14+	45:50+
01:37-	00:48+	01:28+	04:07+	00:46+	02:48#	01:52#	05:24+	01:38+	01:39+	01:54+	04:16+	00:48+	01:12#	01:32+	00:59-	01:10+	04:44+	00:44+	01:29+	01:44-	01:36+	00:59+	00:36+
00:46-	00:22#	00:44#	00:58#	00:08#	01:12#	00:51#	03:43#	00:18#	00:17#	00:20#	03:28#	00:10#	00:00=	00:18#	00:02-	00:19#	03:25#	00:11#	00:47#	00:12-	00:03+	00:06#	00:03+
20	Øystein Dahle	92											46:37										
02:02-	02:37-	03:48+	08:38+	09:24+	11:19+	12:49+	15:53+	17:31+	18:58+	25:29+	27:21+	28:25+	31:09+	35:05+	36:13+	37:23+	39:11+	39:58+	41:13+	42:50+	44:51+	45:54+	46:37+
02:02-	00:35+	01:11+	04:50+	00:46+	01:55+	01:30+	03:04+	01:38+	01:27+	06:31+	01:52+	01:04+	02:44+	03:56+	01:08+	01:10+	01:48+	00:47+	01:15+	01:37-	02:01+	01:03+	00:43+
00:21-	00:09#	00:27#	01:41#	00:08#	00:19#	00:29#	01:23#	00:18#	00:05+	04:57#	01:04#	00:26#	01:32#	02:42#	00:07#	00:19#	00:29#	00:14#	00:33#	00:19-	00:28#	00:10#	00:10#
21	Arne Øvstebø	71											47:23										
01:54-	02:31-	03:38+	08:25+	09:19+	15:11+	16:18+	18:50+	20:20+	24:45+	26:41+	29:23+	31:19+	33:17+	34:59+	36:11+	37:25+	39:17+	40:06+	41:13+	43:21+	45:32+	46:41+	47:23+
01:54-	00:37+	01:07+	04:47+	00:54+	05:52+	01:07+	02:32+	01:30+	04:25+	01:56+	02:42+	01:56+	01:58+	01:42+	01:12+	01:14+	01:52+	00:49+					

Class	Navn	Klasse	Tid
23	Sveinung Svebestad	46	48:14
01:56-	02:31-	03:31-	10:11+
01:56-	00:35+	01:00+	06:40+
00:27-	00:09&	00:16&	03:31@
	00:08#	00:25%	03:29@
	00:41&	00:15#	00:14#
	03:52@	00:21%	00:20%
	32:05+	34:07+	35:13+
	01:31+	02:02+	01:06+
	01:16+	03:56+	00:49+
	01:13+	01:51-	02:02+
	01:05+	00:49+	00:12#
	00:25%	02:37@	00:16%
	00:16%	00:31%	00:05-
	00:29%	00:12#	00:16%
24	Ivar Knutsen	116	48:28
01:58-	02:36-	03:48+	08:52+
01:58-	00:38+	01:12+	05:04+
00:25-	00:12&	00:28&	01:55&
	00:19&	01:00&	01:13@
	01:13@	00:33&	00:30%
	05:06@	00:50&	00:36%
	00:38%	00:28&	01:06%
	00:15#	00:33%	00:57&
	00:34@	01:15@	00:11+
	00:34%	00:15%	00:18%
25	Nils John Vestøl	83	50:21
01:34-	02:01-	02:59-	06:45+
01:34-	00:27+	00:58+	03:46+
00:49-	00:01+	00:14+	00:37#
	00:09#	03:32@	00:44&
	00:44&	06:59@	00:31%
	00:13-	00:18#	00:18%
	00:24%	01:12%	00:23%
	04:31@	00:21%	00:36%
	00:04#	00:40%	00:15#
	00:19#	00:04+	00:04#
26	Kjell Olav Gjerde	7	50:58
03:02+	03:41+	04:48+	08:42+
03:02+	00:39+	01:07+	03:54+
00:39%	00:13&	00:23&	00:45#
	00:35&	04:14@	01:51@
	01:41&	00:25%	00:06+
	01:27%	00:32%	00:31%
	32:07+	34:02+	35:09+
	01:25+	01:55+	01:07+
	00:13#	00:41&	00:06+
	01:39@	00:53%	00:25%
	01:39@	00:53%	00:25%
27	Øystein Huglen	27	52:48
01:51-	02:27-	03:24-	12:23+
01:51-	00:36+	00:57+	08:59+
00:32-	00:10&	00:13&	05:50@
	00:22&	00:52&	02:52@
	03:53+	03:44+	01:46+
	01:20+	02:46+	01:18+
	01:19+	04:08@	01:12%
	00:30%	00:41@	00:12%
	37:17+	39:43+	40:57+
	05:20+	02:26+	01:14+
	04:08@	01:12%	00:13#
	01:18@	01:18@	00:21%
	00:21%	00:12%	00:12%
	44:46+	45:31+	46:58+
	49:12+	51:07+	52:08+
	52:08+	52:08+	52:08+
	00:07#	00:07#	00:07#
28	Anders Glenne	7	54:49
02:11-	02:49=	04:01+	08:00+
02:11-	00:38+	01:12+	03:59+
00:12-	00:12&	00:28&	00:50&
	00:19&	02:24@	03:22@
	03:22@	02:27@	00:08#
	03:09@	05:00@	00:39%
	00:28%	00:27+	34:01+
	35:28+	36:34+	01:27+
	01:06+	00:27%	01:22@
	01:22@	00:26%	00:29%
	01:07%	00:25%	00:16%
	00:39%	00:50%	00:11#
	00:16%	00:16%	00:16%
29	Trygve Michaelsen	117	55:58
02:54+	03:34+	04:34+	09:16+
02:54+	00:40+	01:00+	04:42+
00:31#	00:14&	00:16&	01:33&
	00:23&	01:10%	01:30@
	08:51@	00:35%	00:30%
	03:07@	00:17%	00:25%
	39:26+	41:45+	43:03+
	02:44+	02:19+	01:18+
	01:32@	01:05%	00:17%
	00:43%	01:36@	00:19%
	00:59@	00:13#	00:10#
	00:28%	00:07#	00:07#
30	Knut Feldmann	27	56:10
01:51-	02:24-	03:30-	11:04+
01:51-	00:33+	01:06+	07:34+
00:32-	00:07&	00:22&	04:25@
	00:13&	00:37&	00:19%
	01:05&	00:26%	00:20#
	02:42@	00:18%	04:04@
	36:50+	38:55+	40:17+
	05:04+	02:05+	01:22+
	03:52@	00:51&	00:21%
	01:33@	03:27@	00:21%
	50:24+	52:19+	54:20+
	55:28+	56:10+	56:10+
	00:09%	00:09%	00:09%
31	Jørgen Nilsen	53	57:43
02:36+	03:16+	04:22+	10:06+
02:36+	00:40+	01:06+	05:44+
00:13+	00:14&	00:22&	02:35&
	00:28&	00:47%	01:07@
	01:07@	01:56@	00:38%
	02:01@	04:23@	01:32@
	01:44@	38:53+	40:48+
	42:11+	43:40+	45:24+
	50:08+	52:00+	54:10+
	55:49+	56:57+	57:43+
	00:46+	00:46+	00:46+
33	Arild Holm	114	1:07:56
01:58-	02:41-	03:51+	08:54+
01:58-	00:43+	01:10+	05:03+
00:25-	00:17%	00:26%	01:54%
	00:38%	01:06%	02:06@
	01:29%	01:44@	00:46%
	13:06@	01:21@	00:26%
	45:13+	47:42+	49:27+
	50:55+	53:39+	54:45+
	56:31+	63:19+	65:52+
	67:06+	67:56+	67:56+
	00:50+	00:50+	00:50+
34	Geir Rune Seldal	192	1:07:59
03:17+	03:56+	06:12+	11:03+
03:17+	00:39+	02:16+	04:51+
00:54%	00:13&	01:32@	01:42%
	01:11%	01:33%	01:02%
	13:07@	03:30@	00:47%
	29:00+	34:11+	36:18+
	39:39+	41:55+	46:39+
	48:42+	50:19+	52:42+
	54:11+	55:53+	58:04+
	58:54+	60:39+	63:22+
	65:33+	67:15+	67:59+
	00:44+	00:44+	00:44+
35	David Greig	134	1:08:19
02:33+	03:29+	04:31+	11:20+
02:33+	00:56+	01:02+	06:49+
00:10+	00:30@	00:18&	03:40@
	00:39@	05:47@	04:10@
	01:02%	05:35@	00:31%
	00:57%	00:26%	00:34%
	47:30+	50:25+	55:58+
	58:04+	60:20+	61:07+
	62:09+	64:14+	66:20+
	67:33+	68:19+	00:13%
36	Frode Følgesvold	5	1:08:24
02:46+	03:43+	05:35+	13:18+
02:46+	00:57+	01:52+	07:43+
00:23#	00:31@	01:08@	04:34@
	01:17@	03:04@	01:33@
	02:29@	06:58@	00:55%
	02:47@	01:13@	01:44@
	48:25+	51:52+	53:09+
	54:48+	57:04+	58:17+
	60:47+	64:05+	66:34+
	67:45+	68:24+	00:06#
37	Svein Magne Gløppen	93	1:08:30
03:52+	04:34+	05:54+	12:04+
03:52+	00:42+	01:20+	06:10+
01:29%	00:16%	00:36&	03:01%
	00:38%	07:08@	03:27@
	04:07@	01:12%	00:29%
	01:45@	01:26@	01:00@
	46:16+	49:23+	51:13+
	02:22+	03:07+	01:50+
	01:10%	01:53@	00:49%
	00:52@	01:28@	00:48@
	01:28@	00:48@	01:10@
	62:58+	66:12+	67:37+
	68:30+	69:07+	69:07+
38	Asbjørn Bråndland	297	1:09:07
02:51+	03:30+	08:05+	13:35+
02:51+	00:39+	04:35+	05:30+
00:28#	00:13&	03:51@	02:21%
	00:20%	09:19@	00:45%
	03:54@	01:28@	00:21%
	02:26@	00:47%	01:25@
	51:26+	53:50+	55:12+
	06:28+	02:24+	01:22+
	01:31+	02:44+	01:21+
	01:52+	02:17+	02:20+
	01:07+	00:43+	00:10%

Class	Navn	Klasse										Tid											
39	John C. Sinnes	93										1:10:22											
02:46+	03:31+	04:56+	12:06+	13:20+	16:27+	19:24+	21:50+	26:57+	28:30+	36:07+	37:37+	42:31+	45:06+	47:39+	49:18+	53:36+	56:57+	57:55+	62:55+	65:50+	67:54+	69:38+	70:22+
02:46+	00:45+	01:25+	07:10+	01:14+	03:07+	02:57+	02:26+	05:07+	01:33+	07:37+	01:30+	04:54+	02:35+	02:33+	01:39+	04:18+	03:21+	00:58+	05:00+	02:55+	02:04+	01:44+	00:44+
00:23#	00:19#	00:41#	04:01#	00:36#	01:31#	01:56#	00:45#	03:47#	00:11#	06:03#	00:42#	04:16#	01:23#	01:19#	00:38#	03:27#	02:02#	00:25#	04:18#	00:59#	00:31#	00:51#	00:11#
40	Erling Knutzen	128										1:12:31											
03:20+	03:56+	05:18+	11:04+	12:25+	15:24+	26:14+	29:26+	31:37+	33:00+	36:01+	37:09+	40:34+	54:11+	57:38+	58:49+	61:26+	63:34+	64:21+	66:14+	68:17+	70:40+	71:53+	72:31+
03:20+	00:36+	01:22+	05:46+	01:21+	02:59+	10:50+	03:12+	02:11+	01:23+	03:01+	01:08+	03:25+	13:37+	03:27+	01:11+	02:37+	02:08+	00:47+	01:53+	02:03+	02:23+	01:13+	00:38+
00:57#	00:10#	00:38#	02:37#	00:43#	01:23#	09:49#	01:31#	00:51#	00:01+	01:27#	00:20#	02:47#	12:25#	02:13#	00:10#	01:46#	00:49#	00:14#	01:11#	00:07+	00:50#	00:20#	00:05#
41	Torbjørn Dahle	92										1:14:31											
03:44+	04:21+	07:22+	17:19+	18:10+	25:06+	35:23+	39:28+	41:34+	44:19+	47:26+	51:05+	52:57+	55:47+	58:56+	60:39+	63:09+	65:24+	66:20+	68:11+	70:24+	72:46+	73:52+	74:31+
03:44+	00:37+	03:01+	09:57+	00:51+	06:56+	10:17+	04:05+	02:06+	02:45+	03:07+	03:39+	01:52+	02:50+	03:09+	01:43+	02:30+	02:15+	00:56+	01:51+	02:13+	02:22+	01:06+	00:39+
01:21#	00:11#	02:17#	06:48#	00:13#	05:20#	09:16#	02:24#	00:46#	01:23#	01:33#	02:51#	01:14#	01:38#	01:55#	00:42#	01:39#	00:56#	00:23#	01:09#	00:17#	00:49#	00:13#	00:06#
42	Josef Ludoid	228										1:26:14											
02:43+	03:25+	04:47+	16:17+	18:15+	24:31+	27:10+	33:31+	37:50+	39:47+	45:26+	47:37+	49:31+	52:03+	56:41+	58:41+	60:30+	73:30+	76:29+	77:43+	81:46+	84:16+	85:27+	86:14+
02:43+	00:42+	01:22+	11:30+	01:58+	06:16+	02:39+	06:21+	04:19+	01:57+	05:39+	02:11+	01:54+	02:32+	04:38+	02:00+	01:49+	13:00+	02:59+	01:14+	04:03+	02:30+	01:11+	00:47+
00:20#	00:16#	00:38#	08:21#	01:20#	04:40#	01:38#	04:40#	02:59#	00:35#	04:05#	01:23#	01:16#	01:20#	03:24#	00:59#	00:58#	11:41#	02:26#	00:32#	02:07#	00:57#	00:18#	00:14#
Beste strekktid for klassen																							
01:27	00:26	00:44	03:03	00:37	01:36	00:54	01:35	01:09	01:02	01:34	00:48	00:36	00:59	01:14	00:54	00:51	01:19	00:33	00:42	01:24	01:19	00:49	00:31

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

Herrer 60 - 64 år

1	Otte Omdal	65										26:12											
01:18=	01:51=	05:27=	06:47=	07:12=	09:05=	10:23=	12:40=	14:04=	15:23=	16:40=	17:56=	20:56=	21:40=	23:43=	24:55=	25:42=	26:12=						
01:18=	00:33=	03:36=	01:20=	00:25=	01:53=	01:18=	02:17=	01:24=	01:19=	01:17=	01:16=	03:00=	00:44=	02:03=	01:12=	00:47=	00:30=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Kjell Dale	93										32:10											
01:17-	01:51=	09:40+	11:31+	11:57+	13:49+	14:50+	16:11+	19:22+	20:27+	21:54+	23:18+	26:07+	26:42+	28:40+	30:36+	31:33+	32:10+						
01:17-	00:34+	07:49+	01:51+	00:26+	01:52-	01:01-	01:21-	03:11+	01:05-	01:27+	01:24+	02:49-	00:35-	01:58-	01:56+	00:57+	00:37+						
00:01-	00:01+	04:13#	00:31#	00:01+	00:01-	00:17-	00:56-	01:47#	00:14-	00:10#	00:08#	00:11-	00:09-	00:05-	00:44#	00:10#	00:07#						
3	Paul Terje Haarr	62										33:39											
01:35+	02:16+	05:26-	10:25+	10:53+	12:59+	14:25+	15:57+	18:22+	19:23+	21:37+	23:38+	26:54+	27:41+	30:45+	32:15+	33:05+	33:39+						
01:35+	00:41+	03:10-	04:59+	00:28+	02:06+	01:26+	01:32-	02:25+	01:01-	02:14+	02:01+	03:16+	00:47+	03:04+	01:30+	00:50+	00:34+						
00:17#	00:08#	00:26-	03:39#	00:03#	00:13#	00:08#	00:45-	01:01#	00:18-	00:57#	00:45#	00:16+	00:03+	01:01#	00:18#	00:03+	00:04#						
4	Erling Mauland	83										33:50											
02:55+	03:28+	07:18+	10:34+	11:12+	13:27+	15:05+	16:53+	18:14+	19:15+	21:15+	22:50+	26:42+	27:26+	30:10+	32:14+	33:13+	33:50+						
02:55+	00:33=	03:50+	03:16+	00:38+	02:15+	01:38+	01:48-	01:21-	01:01-	02:00+	01:35+	03:52+	00:44=	02:44+	02:04+	00:59+	00:37+						
01:37#	00:00=	00:14+	01:56#	00:13#	00:22#	00:20#	00:29-	00:03-	00:18-	00:43#	00:19#	00:52#	00:00=	00:41#	00:52#	00:12#	00:07#						
5	Kjell Skjæveland	108										36:17											
01:29+	02:11+	07:34+	11:33+	12:10+	14:29+	15:47+	17:33+	19:01+	20:33+	22:43+	24:21+	28:20+	29:43+	32:10+	34:25+	35:29+	36:17+						
01:29+	00:42+	05:23+	03:59+	00:37+	02:19+	01:18=	01:46-	01:28+	01:32+	02:10+	01:38+	03:59+	01:23+	02:27+	02:15+	01:04+	00:48+						
00:11#	00:09#	01:47#	02:39#	00:12#	00:26#	00:00=	00:31-	00:04+	00:13#	00:53#	00:22#	00:59#	00:39#	00:24#	01:03#	00:17#	00:18#						
6	Tor Geir Espedal	115										37:01											
01:53+	02:39+	09:30+	11:51+	12:32+	15:13+	16:30+	18:50+	20:40+	22:13+	24:11+	25:54+	29:51+	30:36+	33:33+	35:13+	36:20+	37:01+						
01:53+	00:46+	06:51+	02:21+	00:41+	02:41+	01:17-	02:20+	01:50+	01:33+	01:58+	01:43+	03:57+	00:45+	02:57+	01:40+	01:07+	00:41+						
00:35#	00:13#	03:15#	01:01#	00:16#	00:48#	00:01-	00:03+	00:26#	00:14#	00:41#	00:27#	00:57#	00:01+	00:54#	00:28#	00:20#	00:11#						
7	Bjørn H. Engseth	27										42:50											
03:21+	04:06+	09:02+	12:47+	13:23+	16:11+	17:41+	19:52+	23:20+	24:59+	27:24+	29:16+	34:09+	35:09+	38:28+	40:42+	41:58+	42:50+						
03:21+	00:45+	04:56+	03:45+	00:36+	02:48+	01:30+	02:11-	03:28+	01:39+	02:25+	01:52+	04:53+	01:00+	03:19+	02:14+	01:16+	00:52+						
02:03#	00:12#	01:20#	02:25#	00:11#	00:55#	00:12#	00:06-	02:04#	00:20#	01:08#	00:36#	01:53#	00:16#	01:16#	01:02#	00:29#	00:22#						
8	Terje Stokkeland	69										42:51											
03:18+	03:54+	10:18+	12:48+	14:01+	16:49+	18:06+	19:54+	21:58+	23:31+	25:27+	29:27+	33:57+	35:02+	38:29+	40:52+	42:01+	42:51+						
03:18+	00:36+	06:24+	02:30+	01:13+	02:48+	01:17-	01:48-	02:04+	01:33+	01:56+	04:00+	04:30+	01:05+	03:27+	02:23+	01:09+	00:50+						
02:00#	00:03+	02:48#	01:10#	00:48#	00:55#	00:01-	00:29-	00:40#	00:14#	00:39#	02:44#	01:30#	00:21#	01:24#	01:11#	00:22#	00:20#						
9	Olav Tunheim	93										43:11											
01:36+	02:24+	08:53+	13:23+	14:05+	17:20+	18:44+	21:07+	24:21+	26:05+	28:28+	30:17+	35:15+	36:19+	39:32+	41:25+	42:34+	43:11+						
01:36+	00:48+	06:29+	04:30+	00:42+	03:15+	01:24+	02:23+	03:14+	01:44+	02:23+	01:49+	04:58+	01:04+	03:13+	01:53+	01:09+	00:37+						
00:18#	00:15#	02:53#	03:10#	00:17#	01:22#	00:06+	00:06+	01:50#	00:25#	01:06#	00:33#	01:58#	00:20#	01:10#	00:41#	00:22#	00:07#						

Class	Navn	Klasse										Tid				
10	Dag Helliksen	80										44:04				
02:15+	03:00+	07:56+	10:15+	14:00+	15:32+	21:15+	23:39+	25:11+	28:22+	30:08+	34:40+	35:20+	40:09+	42:10+	43:19+	44:04+
02:15+	00:45+	04:56+	02:19+	00:38+	03:07+	01:32+	05:43+	02:24+	01:32+	03:11+	01:46+	04:32+	00:40-	04:49+	02:01+	01:09+
00:57&	00:12&	01:20&	00:59&	00:13&	01:14&	00:14#	03:26@	01:00&	00:13#	01:54@	00:30&	01:32&	00:04-	02:46@	00:49&	00:15&
11	Hans Erik Terjesen	116										44:58				
01:58+	02:41+	07:48+	10:21+	11:17+	14:08+	15:21+	22:10+	23:19+	29:06+	31:00+	33:03+	37:24+	38:32+	41:30+	43:20+	44:19+
01:58+	00:43+	05:07+	02:33+	00:56+	02:51+	01:13-	06:49+	01:09-	05:47+	01:54+	02:03+	04:21+	01:08+	02:58+	01:50+	00:59+
00:40&	00:10&	01:31&	01:13&	00:31@	00:58&	00:05-	04:32@	00:15-	04:28@	00:37&	00:47&	01:21&	00:24&	00:55&	00:38&	00:09&
12	Jan Øyvind Lilledal	281										57:05				
02:17+	03:13+	18:33+	21:34+	22:27+	27:00+	28:57+	31:10+	35:37+	37:06+	39:25+	43:00+	48:19+	49:13+	53:11+	55:13+	56:23+
02:17+	00:56+	15:20+	03:01+	00:53+	04:33+	01:57+	02:13-	04:27+	01:29+	02:19+	03:35+	05:19+	00:54+	03:58+	02:02+	01:10+
00:59&	00:23&	11:44@	01:41@	00:28@	02:40@	00:39&	00:04-	03:03@	00:10#	01:02&	02:19@	02:19&	00:10#	01:55&	00:50&	00:23&
13	Rolf Kleppe	63										1:03:44				
02:46+	03:34+	14:49+	18:49+	19:37+	22:30+	24:05+	27:05+	30:08+	32:01+	35:56+	39:56+	45:29+	50:11+	59:06+	61:01+	63:01+
02:46+	00:48+	11:15+	04:00+	00:48+	02:53+	01:35+	03:00+	03:03+	01:53+	03:55+	04:00+	05:33+	04:42+	08:55+	01:55+	02:00+
01:28@	00:15&	07:39@	02:40@	00:23&	01:00&	00:17#	00:43&	01:39@	00:34&	02:38@	02:44@	02:33&	03:58@	06:52@	00:43&	01:13@
14	Kjell Lervik	239										1:20:30				
07:06+	07:52+	28:11+	31:38+	32:21+	35:55+	38:43+	41:48+	44:07+	45:56+	51:47+	53:54+	70:24+	71:30+	75:41+	78:06+	79:27+
07:06+	00:46+	20:19+	03:27+	00:43+	03:34+	02:48+	03:05+	02:19+	01:49+	05:51+	02:07+	16:30+	01:06+	04:11+	02:25+	01:21+
05:48@	00:13&	16:43@	02:07@	00:18&	01:41&	01:30@	00:48&	00:55&	00:30&	04:34@	00:51&	13:30@	00:22&	02:08@	01:13@	00:34&
15	Sverre Magnar Nordal	116										1:30:52				
03:55+	04:46+	19:00+	33:03+	34:18+	37:27+	39:02+	41:36+	43:44+	45:22+	47:43+	49:40+	55:27+	56:41+	86:14+	88:36+	89:56+
03:55+	00:51+	14:14+	14:03+	01:15+	03:09+	01:35+	02:34+	02:08+	01:38+	02:21+	01:57+	05:47+	01:14+	29:33+	02:22+	01:20+
02:37@	00:18&	10:38@	12:43@	00:50@	01:16&	00:17#	00:17#	00:44&	00:19#	01:04&	00:41&	02:47&	00:30&	27:30@	01:10&	00:33&
Beste strekktid for klassen	01:17	00:33	03:10	01:20	00:25	01:52	01:01	01:21	01:09	01:01	01:17	01:16	02:49	00:35	01:58	01:12
	00:47	00:30														

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

Herrer 65 - 69 år

1	Bjørn Alsaker	115										29:30				
01:24=	02:01=	05:39=	07:35=	08:08=	10:22=	11:35=	13:14=	15:22=	16:29=	18:13=	19:40=	23:11=	23:56=	26:21=	28:02=	28:57=
01:24=	00:37=	03:38=	01:56=	00:33=	02:14=	01:13=	01:39=	02:08=	01:07=	01:44=	01:27=	03:31=	00:45=	02:25=	01:41=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Eivind L. Rake	92										36:32				
01:45+	02:28+	06:53+	08:51+	10:05+	13:03+	14:17+	16:24+	18:27+	20:46+	22:45+	24:31+	29:01+	29:49+	32:53+	34:45+	35:49+
01:45+	00:43+	04:25+	01:58+	01:14+	02:58+	01:14+	02:07+	02:03-	02:19+	01:59+	01:46+	04:30+	00:48+	03:04+	01:52+	01:04+
00:21#	00:06#	00:47#	00:02+	00:41@	00:44&	00:01+	00:28&	00:05-	01:12@	00:15#	00:19#	00:59&	00:03+	00:39&	00:11#	00:09#
3	Jan Inge Lunde	88										38:21				
02:14+	03:07+	08:50+	11:33+	12:12+	15:16+	16:39+	18:51+	20:49+	21:59+	24:33+	26:19+	30:40+	31:32+	34:31+	36:28+	37:36+
02:14+	00:53+	05:43+	02:43+	00:39+	03:04+	01:23+	02:12+	01:58-	01:10+	02:34+	01:46+	04:21+	00:52+	02:59+	01:57+	01:08+
00:50&	00:16&	02:05&	00:47&	00:06#	00:50&	00:10#	00:33&	00:10-	00:03+	00:50&	00:19#	00:50#	00:07#	00:34#	00:16#	00:13#
4	Bjarne Gimre	88										38:34				
01:45+	02:39+	09:01+	11:34+	12:14+	14:59+	16:13+	18:33+	21:16+	22:32+	24:25+	26:28+	30:49+	32:04+	35:14+	36:48+	37:53+
01:45+	00:54+	06:22+	02:33+	00:40+	02:45+	01:14+	02:20+	02:43+	01:16+	01:53+	02:03+	04:21+	01:15+	03:10+	01:34-	01:05+
00:21#	00:17&	02:44&	00:37&	00:07#	00:31#	00:01+	00:41&	00:35&	00:09#	00:09+	00:36&	00:50#	00:30&	00:45&	00:07-	00:10#
5	Jan Hetland	29										41:44				
01:51+	02:34+	06:55+	09:45+	10:30+	13:21+	18:41+	20:47+	23:24+	25:02+	27:04+	28:48+	33:07+	34:09+	38:22+	40:02+	41:07+
01:51+	00:43+	04:21+	02:50+	00:45+	02:51+	05:20+	02:06+	02:37+	01:38+	02:02+	01:44+	04:19+	01:02+	04:13+	01:40-	01:05+
00:27&	00:06#	00:43#	00:54&	00:12&	00:37&	04:07@	00:27&	00:29#	00:31&	00:18#	00:17#	00:48#	00:17&	01:48&	00:01-	00:10#
6	Ove Oaland	116										43:43				
01:58+	02:42+	08:31+	10:56+	13:43+	18:57+	20:37+	22:37+	25:13+	26:54+	28:52+	30:34+	35:05+	35:55+	40:20+	42:04+	43:06+
01:58+	00:44+	05:49+	02:25+	02:47+	05:14+	01:40+	02:00+	02:36+	01:41+	01:58+	01:42+	04:31+	00:50+	04:25+	01:44+	01:02+
00:34&	00:07#	02:11&	00:29#	02:14@	03:00@	00:27&	00:21#	00:28#	00:34&	00:14#	00:15#	01:00&	00:05#	02:00&	00:03+	00:07#
7	Per Marthon Møland	5										47:54				
03:34+	04:21+	10:03+	13:29+	14:20+	17:26+	19:36+	22:06+	27:47+	29:42+	31:50+	33:38+	38:12+	39:05+	42:33+	45:38+	46:59+
03:34+	00:47+	05:42+	03:26+	00:51+	03:06+	02:10+	02:30+	05:41+	01:55+	02:08+	01:48+	04:34+	00:53+	03:28+	03:05+	01:21+
02:10@	00:10&	02:04&	01:30&	00:18&	00:52&	00:57&	00:51&	03:33@	00:48&	00:24#	00:21#	01:03&	00:08#	01:03&	01:24&	00:26&

Class	Navn	Klasse										Tid						
8	Ragnar Rossavik	109										54:53						
02:06+	02:55+	08:02+	11:20+	11:55+	15:04+	16:21+	18:46+	20:36+	22:28+	23:30+	39:30+	41:01+	46:21+	47:08+	50:26+	52:39+	54:00+	54:53+
02:06+	00:49+	05:07+	03:18+	00:35+	03:09+	01:17+	02:25+	01:50-	01:52+	17:02+	01:31+	05:20+	00:47+	03:18+	02:13+	01:21+	00:53+	
00:42&	00:12&	01:29&	01:22&	00:02+	00:55&	00:04+	00:46&	00:18-	00:45&	15:18@	00:04+	01:49&	00:02+	00:53&	00:32&	00:26&	00:20&	
9	Ragnvald Frøyland	128										56:51						
02:58+	04:11+	11:03+	14:06+	17:23+	21:21+	25:11+	28:22+	31:35+	33:20+	36:26+	39:11+	46:39+	47:59+	52:03+	54:15+	55:46+	56:51+	
02:58+	01:13+	06:52+	03:03+	03:17+	03:58+	03:50+	03:11+	03:13+	01:45+	03:06+	02:45+	07:28+	01:20+	04:04+	02:12+	01:31+	01:05+	
01:34@	00:36&	03:14&	01:07&	02:44@	01:44&	02:37@	01:32&	01:05&	00:38&	01:22&	01:18&	03:57@	00:35&	01:39&	00:31&	00:36&	00:32&	
10	Roar Fitjar	101										56:57						
02:22+	03:14+	15:02+	18:00+	18:46+	22:21+	24:15+	27:05+	29:33+	31:27+	34:03+	36:31+	45:27+	46:59+	52:01+	54:26+	56:06+	56:57+	
02:22+	00:52+	11:48+	02:58+	00:46+	03:35+	01:54+	02:50+	02:28+	01:54+	02:36+	02:28+	08:56+	01:32+	05:02+	02:25+	01:40+	00:51+	
00:58&	00:15&	08:10@	01:02&	00:13&	01:21&	00:41&	01:11&	00:20#	00:47&	00:52&	01:01&	05:25@	00:47@	02:37@	00:44&	00:45&	00:18&	
11	Terje Langeland	98										57:29						
02:23+	03:15+	10:07+	15:24+	16:17+	19:18+	21:07+	29:22+	31:53+	34:30+	39:47+	41:36+	47:24+	48:30+	53:09+	55:26+	56:40+	57:29+	
02:23+	00:52+	06:52+	05:17+	00:53+	03:01+	01:49+	08:15+	02:31+	02:37+	05:17+	01:49+	05:48+	01:06+	04:39+	02:17+	01:14+	00:49+	
00:59&	00:15&	03:14&	03:21@	00:20&	00:47&	00:36&	06:36@	00:23#	01:30@	03:33@	00:22&	02:17&	00:21&	02:14&	00:36&	00:19&	00:16&	
12	Tore R. Tvedt	90										57:43						
02:18+	03:18+	14:39+	17:02+	18:12+	21:14+	22:29+	25:20+	27:52+	29:24+	39:56+	41:46+	47:00+	48:16+	52:35+	55:07+	56:38+	57:43+	
02:18+	01:00+	11:21+	02:23+	01:10+	03:02+	01:15+	02:51+	02:32+	01:32+	10:32+	01:50+	05:14+	01:16+	04:19+	02:32+	01:31+	01:05+	
00:54&	00:23&	07:43@	00:27#	00:37@	00:48&	00:02+	01:12&	00:24#	00:25&	08:48@	00:23&	01:43&	00:31&	01:54&	00:51&	00:36&	00:32&	
13	Svein Berge	126										58:52						
01:41+	02:29+	16:16+	19:15+	20:12+	22:26+	23:33+	25:30+	35:41+	37:15+	39:15+	41:15+	47:13+	47:59+	54:52+	57:03+	58:05+	58:52+	
01:41+	00:48+	13:47+	02:59+	00:57+	02:14+	01:07-	01:57+	10:11+	01:34+	02:00+	02:00+	05:58+	00:46+	06:53+	02:11+	01:02+	00:47+	
00:17#	00:11&	10:09@	01:03&	00:24&	00:00=	00:06-	00:18#	08:03@	00:27&	00:16#	00:33&	02:27&	00:01+	04:28@	00:30&	00:07#	00:14&	
14	Arne Hope	43										59:31						
03:56+	04:46+	12:22+	16:03+	17:00+	20:41+	22:30+	29:43+	32:59+	35:03+	39:47+	42:15+	47:18+	48:22+	54:31+	56:49+	58:14+	59:31+	
03:56+	00:50+	07:36+	03:41+	00:57+	03:41+	01:49+	07:13+	03:16+	02:04+	04:44+	02:28+	05:03+	01:04+	06:09+	02:18+	01:25+	01:17+	
02:32@	00:13&	03:58@	01:45&	00:24&	01:27&	00:36&	05:34@	01:08&	00:57&	03:00@	01:01&	01:32&	00:19&	03:44@	00:37&	00:30&	00:44@	
15	Svein Ove Horpestad	62										1:13:47						
08:07+	09:05+	14:37+	18:58+	25:22+	28:43+	30:28+	33:23+	36:25+	54:26+	57:16+	59:22+	64:29+	65:27+	69:14+	71:32+	72:53+	73:47+	
08:07+	00:58+	05:32+	04:21+	06:24+	03:21+	01:45+	02:55+	03:02+	18:01+	02:50+	02:06+	05:07+	00:58+	03:47+	02:18+	01:21+	00:54+	
06:43@	00:21&	01:54&	02:25@	05:51@	01:07&	00:32&	01:16&	00:54&	16:54@	01:06&	00:39&	01:36&	00:13&	01:22&	00:37&	00:26&	00:21&	
16	Olav Habbestad	116										1:24:51						
18:45+	19:26+	32:40+	42:08+	46:15+	48:35+	50:47+	64:22+	66:14+	68:47+	70:31+	75:19+	76:31+	80:28+	82:52+	84:05+	84:51+		
18:45+	00:41+	13:14+	09:28+	00:24-	03:43+	02:20+	02:12+	13:35+	01:52+	02:33+	01:44+	04:48+	01:12+	03:57+	02:24+	01:13+	00:46+	
17:21@	00:04#	09:36@	07:32@	00:09-	01:29&	01:07&	00:33&	11:27@	00:45&	00:49&	00:17#	01:17&	00:27&	01:32&	00:43&	00:18&	00:13&	
Beste strekktid for klassen																		
01:24	00:37	03:38	01:56	00:24	02:14	01:07	01:39	01:50	01:07	01:44	01:27	03:31	00:45	02:25	01:34	00:55	00:33	

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

Herrer 70 - 74 år

1	Harry Breiland	66										31:11						
01:36=	02:13=	06:37=	08:30=	09:08=	11:33=	12:52=	14:50=	16:41=	18:00=	19:41=	21:13=	24:48=	25:34=	27:58=	29:33=	30:27=	31:11=	
01:36=	00:37=	04:24=	01:53=	00:38=	02:25=	01:19=	01:58=	01:51=	01:19=	01:41=	01:32=	03:35=	00:46=	02:24=	01:35=	00:54=	00:44=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kjell Svihus	154										36:05						
01:44+	02:34+	06:51+	09:26+	10:14+	12:57+	14:10+	16:08+	18:00+	19:51+	22:48+	24:28+	28:33+	29:22+	32:20+	34:24+	35:25+	36:05+	
01:44+	00:50+	04:17-	02:35+	00:48+	02:43+	01:13-	01:58=	01:52+	01:51+	02:57+	01:40+	04:05+	00:49+	02:58+	02:04+	01:01+	00:40-	
00:08+	00:13&	00:07-	00:42&	00:10&	00:18#	00:06-	00:00=	00:01+	00:32&	01:16&	00:08+	00:30#	00:03+	00:34#	00:29&	00:07#	00:04-	
3	Svein Glendrange	68										37:00						
02:20+	03:06+	07:15+	09:17+	10:00+	12:41+	14:11+	16:16+	18:39+	20:05+	22:00+	23:55+	28:36+	29:31+	33:08+	34:48+	36:08+	37:00+	
02:20+	00:46+	04:09-	02:02+	00:43+	02:41+	01:30+	02:05+	02:23+	01:26+	01:55+	01:55+	04:41+	00:55+	03:37+	01:40+	01:20+	00:52+	
00:44&	00:09#	00:15-	00:09+	00:05#	00:16#	00:11#	00:07+	00:32&	00:07+	00:14#	00:23#	01:06&	00:09#	01:13&	00:05+	00:26&	00:08#	
4	Paul A. Paulsen	117										43:14						
01:41+	02:25+	07:15+	09:39+	10:31+	13:12+	14:47+	16:57+	23:02+	26:16+	29:39+	31:25+	35:35+	36:24+	39:39+	41:26+	42:35+	43:14+	
01:41+	00:44+	04:50+	02:24+	00:52+	02:41+	01:35+	02:10+	06:05+	03:14+	03:23+	01:46+	04:10+	00:49+	03:15+	01:47+	01:09+	00:39-	
00:05+	00:07#	00:26+	00:31&	00:14&	00:16#	00:16#	00:12#	04:14@	01:55@	01:42@	00:14#	00:35#	00:03+	00:51&	00:12#	00:15&	00:05-	

Class	Navn	Klasse												Tid				
5	Arne Østensen	90												45:49				
	01:50+	02:43+	08:04+	10:07+	16:07+	19:32+	20:58+	22:53+	24:39+	26:25+	28:29+	31:15+	35:29+	39:23+	42:17+	43:53+	45:03+	45:49+
	01:50+	00:53+	05:21+	02:03+	06:00+	03:25+	01:26+	01:55-	01:46-	01:46+	02:04+	02:46+	04:14+	03:54+	02:54+	01:36+	01:10+	00:46+
	00:14#	00:16#	00:57#	00:10+	05:22#	01:00#	00:07+	00:03-	00:05-	00:27#	00:23#	01:14#	00:39#	03:08#	00:30#	00:01+	00:16#	00:02+
6	Hans Klausen	62												55:15				
	03:27+	04:09+	15:42+	18:38+	19:21+	22:18+	24:20+	26:49+	29:20+	31:13+	33:58+	36:08+	40:55+	42:06+	46:52+	52:58+	54:12+	55:15+
	03:27+	00:42+	11:33+	02:56+	00:43+	02:57+	02:02+	02:29+	02:31+	01:53+	02:45+	02:10+	04:47+	01:11+	04:46+	06:06+	01:14+	01:03+
	01:51@	00:05#	07:09@	01:03#	00:05#	00:32#	00:43#	00:31#	00:40#	00:34#	01:04#	00:38#	01:12#	00:25#	02:22#	04:31@	00:20#	00:19#
7	Øyvind Egeskog	5												58:23				
	03:17+	04:07+	09:30+	11:53+	17:25+	21:02+	23:09+	25:15+	35:20+	37:15+	40:52+	42:59+	48:36+	49:36+	54:16+	56:21+	57:32+	58:23+
	03:17+	00:50+	05:23+	02:23+	05:32+	03:37+	02:07+	02:06+	10:05+	01:55+	03:37+	02:07+	05:37+	01:00+	04:40+	02:05+	01:11+	00:51+
	01:41@	00:13#	00:59#	00:30#	04:54@	01:12#	00:48#	00:08+	08:14@	00:36#	01:56@	00:35#	02:02#	00:14#	02:16#	00:30#	00:17#	00:07#
8	Sverre Vatland	93												1:00:16				
	02:08+	03:09+	08:58+	12:11+	13:33+	24:50+	26:35+	30:30+	37:24+	39:13+	42:48+	45:03+	50:28+	51:34+	55:32+	57:59+	59:24+	60:16+
	02:08+	01:01+	05:49+	03:13+	01:22+	11:17+	01:45+	03:55+	06:54+	01:49+	03:35+	02:15+	05:25+	01:06+	03:58+	02:27+	01:25+	00:52+
	00:32#	00:24#	01:25#	01:20#	00:44@	08:52@	00:26#	01:57#	05:03@	00:30#	01:54@	00:43#	01:50#	00:20#	01:34#	00:52#	00:31#	00:08#
9	Ole Auklend	106												1:12:06				
	02:05+	03:10+	10:16+	13:11+	14:12+	20:12+	26:59+	29:33+	38:08+	46:50+	51:54+	55:09+	60:38+	61:56+	66:15+	69:24+	70:54+	72:06+
	02:05+	01:05+	07:06+	02:55+	01:01+	06:00+	06:47+	02:34+	08:35+	08:42+	05:04+	03:15+	05:29+	01:18+	04:19+	03:09+	01:30+	01:12+
	00:29#	00:28#	02:42#	01:02#	00:23#	03:35@	05:28@	00:36#	06:44@	07:23@	03:23@	01:43@	01:54#	00:32#	01:55#	01:34#	00:36#	00:28#
10	Svein Eliassen	116												1:12:19				
	04:11+	05:07+	15:56+	20:16+	21:49+	27:44+	30:59+	34:23+	38:24+	43:15+	46:47+	49:51+	58:32+	60:05+	66:46+	69:36+	71:04+	72:19+
	04:11+	00:56+	10:49+	04:20+	01:33+	05:55+	03:15+	03:24+	04:01+	04:51+	03:32+	03:04+	08:41+	01:33+	06:41+	02:50+	01:28+	01:15+
	02:35@	00:19#	06:25@	02:27@	00:55@	03:30@	01:56@	01:26#	02:10@	03:32@	01:51@	01:32#	05:06@	00:47@	04:17@	01:15#	00:34#	00:31#
11	Norvald Skretting	43												1:15:00				
	02:57+	03:45+	13:52+	18:21+	19:33+	28:04+	30:16+	33:14+	37:16+	38:39+	48:31+	54:22+	59:51+	65:29+	69:06+	72:43+	74:04+	75:00+
	02:57+	00:48+	10:07+	04:29+	01:12+	08:31+	02:12+	02:58+	04:02+	01:23+	09:52+	05:51+	05:29+	05:38+	03:37+	03:37+	01:21+	00:56+
	01:21#	00:11#	05:43@	02:36@	00:34#	06:06@	00:53#	01:00#	02:11@	00:04+	08:11@	04:19@	01:54#	04:52@	01:13#	02:02@	00:27#	00:12#
12	Jan H. Sagen	92												1:17:01				
	03:40+	04:52+	18:56+	22:34+	23:28+	27:30+	30:26+	39:29+	42:19+	49:28+	52:14+	56:01+	63:15+	65:06+	70:40+	73:46+	75:48+	77:01+
	03:40+	01:12+	14:04+	03:38+	00:54+	04:02+	02:56+	09:03+	02:50+	07:09+	02:46+	03:47+	07:14+	01:51+	05:34+	03:06+	02:02+	01:13+
	02:04@	00:35#	09:40@	01:45#	00:16#	01:37#	01:37@	07:05@	00:59#	05:50@	01:05#	02:15@	03:39@	01:05@	03:10@	01:31#	01:08@	00:29#
13	Lars Ernst Ravndal	125												1:22:12				
	05:55+	06:50+	19:46+	26:21+	27:05+	31:44+	34:00+	43:40+	50:50+	52:35+	55:57+	62:17+	69:16+	70:30+	75:25+	79:14+	81:06+	82:12+
	05:55+	00:55+	12:56+	06:35+	00:44+	04:39+	02:16+	09:40+	07:10+	01:45+	03:22+	06:20+	06:59+	01:14+	04:55+	03:49+	01:52+	01:06+
	04:19@	00:18#	08:32@	04:42@	00:06#	02:14#	00:57#	07:42@	05:19@	00:26#	01:41#	04:48@	03:24#	00:28#	02:31@	02:14@	00:58@	00:22#
14	John Abrahamsen	125												1:29:05				
	03:49+	05:31+	21:45+	26:22+	27:37+	34:17+	39:07+	45:07+	49:57+	52:16+	57:48+	62:06+	72:00+	73:47+	80:57+	84:56+	87:20+	89:05+
	03:49+	01:42+	16:14+	04:37+	01:15+	06:40+	04:50+	06:00+	04:50+	02:19+	05:32+	04:18+	09:54+	01:47+	07:10+	03:59+	02:24+	01:45+
	02:13@	01:05@	11:50@	02:44@	00:37#	04:15@	03:31@	04:02@	02:59@	01:00#	03:51@	02:46@	06:19@	01:01@	04:46@	02:24@	01:30@	01:01@

Beste strekktid for klassen

01:36 00:37 04:09 01:53 00:38 02:25 01:13 01:55 01:46 01:19 01:41 01:32 03:35 00:46 02:24 01:35 00:54 00:39

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

Herrer 75 - 79 år

1	Kjell Langvik	93												44:28					
	01:24=	06:09=	09:01=	11:33=	12:53=	17:04=	19:15=	21:18=	28:22=	30:28=	33:08=	39:37=	40:56=	43:46=	44:28=				
	01:24=	04:45=	02:52=	02:32=	01:20=	04:11=	02:11=	02:03=	07:04=	02:06=	02:40=	06:29=	01:19=	02:50=	00:42=				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Tormod Aaslid	54												45:46					
	01:25+	05:53-	08:38-	10:19-	12:04-	17:34+	19:47+	22:35+	31:24+	33:04+	36:20+	41:41+	43:13+	45:02+	45:46+				
	01:25+	04:28-	02:45-	01:41-	01:45+	05:30+	02:13+	02:48+	08:49+	01:40-	03:16+	05:21-	01:32+	01:49-	00:44+				
	00:01+	00:17-	00:07-	00:51-	00:25#	01:19#	00:02+	00:45#	01:45#	00:26-	00:36#	01:08-	00:13#	01:01-	00:02+				
3	Arne Tveita	109												53:32					
	02:34+	09:14+	11:54+	13:35+	14:59+	19:10+	21:19+	22:51+	34:08+	36:12+	41:39+	49:21+	50:49+	52:41+	53:32+				
	02:34+	06:40+	02:40-	01:41-	01:24+	04:11=	02:09-	01:32-	11:17+	02:04-	05:27+	07:42+	01:28+	01:52-	00:51+				
	01:10#	01:55#	00:12-	00:51-	00:04+	00:00=	00:02-	00:31-	04:13#	00:02-	02:47@	01:13#	00:09#	00:58-	00:09#				

Class	Navn	Klasse												Tid		
4	Terje Braut	92												54:33		
	02:49+	07:05+	12:25+	14:56+	16:11+	20:24+	22:12+	23:48+	30:41+	32:35+	37:18+	48:36+	51:50+	53:40+	54:33+	
	02:49+	04:16-	05:20+	02:31-	01:15-	04:13+	01:48-	01:36-	06:53-	01:54-	04:43+	11:18+	03:14+	01:50-	00:53+	
	01:25@	00:29-	02:28&	00:01-	00:05-	00:02+	00:23-	00:27-	00:11-	00:12-	02:03&	04:49&	01:55@	01:00-	00:11&	
5	Arne Brandsberg	29												1:09:45		
	02:18+	08:24+	11:33+	13:26+	15:09+	21:41+	25:10+	27:11+	48:04+	51:00+	56:08+	63:48+	65:39+	68:25+	69:45+	
	02:18+	06:06+	03:09+	01:53-	01:43+	06:32+	03:29+	02:01-	20:53+	02:56+	05:08+	07:40+	01:51+	02:46-	01:20+	
	00:54&	01:21&	00:17+	00:39-	00:23&	02:21&	01:18&	00:02-	13:49@	00:50&	02:28&	01:11#	00:32&	00:04-	00:38&	
Beste strekktid for klassen		01:24	04:16	02:40	01:41	01:15	04:11	01:48	01:32	06:53	01:40	02:40	05:21	01:19	01:49	00:42

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

Herrer 80 år og eldre

1	Harald I. Serigstad	128												48:55					
	05:10=	07:42=	09:43=	12:49=	15:41=	19:17=	20:35=	23:57=	26:29=	31:04=	32:34=	34:24=	36:05=	41:11=	42:41=	44:23=	47:57=	48:55=	
	05:10=	02:32=	02:01=	03:06=	02:52=	03:36=	01:18=	03:22=	02:32=	04:35=	01:30=	01:50=	01:41=	05:06=	01:30=	01:42=	03:34=	00:58=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Sigurd Krosli	31												53:16					
	02:52-	04:52-	06:42-	09:13-	12:02-	25:05+	26:14+	30:15+	32:32+	36:00+	37:16+	39:05+	41:40+	45:57+	47:48+	49:10+	52:19+	53:16+	
	02:52-	02:00-	01:50-	02:31-	02:49-	13:03+	01:09-	04:01+	02:17-	03:28-	01:16-	01:49-	02:35+	04:17-	01:51+	01:22-	03:09-	00:57-	
	02:18-	00:32-	00:11-	00:35-	00:03-	09:27@	00:09-	00:39#	00:15-	01:07-	00:14-	00:01-	00:54&	00:49-	00:21#	00:20-	00:25-	00:01-	
3	Magne Jakobsen	63												58:33					
	02:33-	04:35-	06:27-	09:10-	12:39-	15:56-	17:09-	25:54+	28:04+	32:25+	34:20+	36:06+	39:02+	42:38+	50:39+	52:12+	57:23+	58:33+	
	02:33-	02:02-	01:52-	02:43-	03:29+	03:17-	01:13-	08:45+	02:10-	04:21-	01:55+	01:46-	02:56+	03:36-	08:01+	01:33-	05:11+	01:10+	
	02:37-	00:30-	00:09-	00:23-	00:37#	00:19-	00:05-	05:23@	00:22-	00:14-	00:25&	00:04-	01:15&	01:30-	06:31@	00:09-	01:37&	00:12#	
4	Magne Westerheim	93												1:43:24					
	10:04+	20:28+	22:08+	25:24+	47:32+	52:25+	55:06+	64:15+	66:55+	72:26+	75:51+	78:56+	82:21+	90:05+	94:57+	97:56+	102:23+	103:24+	
	10:04+	10:24+	01:40-	03:16+	22:08+	04:53+	02:41+	09:09+	02:40+	05:31+	03:25+	03:05+	03:25+	07:44+	04:52+	02:59+	04:27+	01:01+	
	04:54&	07:52@	00:21-	00:10+	19:16@	01:17&	01:23@	05:47@	00:08+	00:56#	01:55@	01:15&	01:44@	02:38&	03:22@	01:17&	00:53#	00:03+	
Beste strekktid for klassen		02:33	02:00	01:40	02:31	02:49	03:17	01:09	03:22	02:10	03:28	01:16	01:46	01:41	03:36	01:30	01:22	03:09	00:57

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

Herrer Trim

1	Anders H Foss	263												32:26					
	02:01=	03:08=	04:20=	06:15=	08:25=	10:45=	11:32=	14:30=	15:49=	18:41=	20:04=	21:15=	22:08=	24:20=	28:17=	29:13=	31:24=	32:26=	
	02:01=	01:07=	01:12=	01:55=	02:10=	02:20=	00:47=	02:58=	01:19=	02:52=	01:23=	01:11=	00:53=	02:12=	03:57=	00:56=	02:11=	01:02=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Heine Furubotten	192												34:30					
	01:53-	03:04-	04:16-	05:54-	07:49-	13:50+	14:42+	19:15+	21:35+	23:41+	24:41+	26:08+	27:13+	29:27+	30:32+	31:12+	33:51+	34:30+	
	01:53-	01:11+	01:12=	01:38-	01:55-	06:01+	00:52+	04:33+	02:20+	02:06-	01:00-	01:27+	01:05+	02:14+	01:05-	00:40-	02:39+	00:39-	
	00:08-	00:04+	00:00=	00:17-	00:15-	03:41@	00:05#	01:35&	01:01&	00:46-	00:23-	00:16#	00:12#	00:02+	02:52-	00:16-	00:28#	00:23-	
3	Knut Høie	117												36:36					
	02:36+	06:22+	07:35+	09:17+	11:26+	13:34+	14:36+	17:44+	19:31+	22:50+	24:26+	25:30+	26:16+	29:18+	30:44+	33:53+	35:45+	36:36+	
	02:36+	03:46+	01:13+	01:42-	02:09-	02:08-	01:02+	03:08+	01:47+	03:19+	01:36+	01:04-	00:46-	03:02+	01:26-	03:09+	01:52-	00:51-	
	00:35&	02:39@	00:01+	00:13-	00:01-	00:12-	00:15&	00:10+	00:28&	00:27#	00:13#	00:07-	00:07-	00:50&	02:31-	02:13@	00:19-	00:11-	
4	Svein Mæle	115												36:46					
	01:38-	03:31+	04:49+	06:43+	08:41+	10:43-	11:46+	16:56+	18:10+	21:16+	23:53+	24:54+	26:14+	28:33+	31:44+	32:43+	33:48+	36:01+	36:46+
	01:38-	01:53+	01:18+	01:54-	01:58-	02:02-	01:03+	05:10+	01:14-	03:06+	02:37+	01:01-	01:20+	02:19+	03:11-	00:59+	01:05-	02:13+	00:45+
	00:23-	00:46&	00:06+	00:01-	00:12-	00:18-	00:16&	02:12&	00:05-	00:14+	01:14&	00:10-	00:27&	00:07+	00:46-	00:03+	01:06-	01:11@	00:45+
5	Leif Jarle Skåra	29												39:43					
	02:17+	03:35+	05:13+	07:54+	10:26+	12:39+	13:41+	18:38+	21:01+	24:00+	25:22+	26:44+	28:13+	32:52+	34:31+	35:46+	38:45+	39:43+	
	02:17+	01:18+	01:38+	02:41+	02:32+	02:13-	01:02+	04:57+	02:23+	02:59+	01:22-	01:22+	01:29+	04:39+	01:39-	01:15+	02:59+	00:58-	
	00:16#	00:11#	00:26&	00:46&	00:22#	00:07-	00:15&	01:59&	01:04&	00:07+	00:01-	00:11#	00:36&	02:27@	02:18-	00:19&	00:48&	00:04-	

Class	Navn	Klasse										Tid					
6	Arild Svihus	92										47:06					
02:11+	03:58+	05:26+	07:41+	10:39+	12:44+	14:08+	18:06+	19:57+	26:40+	28:17+	30:12+	31:16+	40:09+	41:46+	43:01+	45:53+	47:06+
02:11+	01:47+	01:28+	02:15+	02:58+	02:05-	01:24+	03:58+	01:51+	06:43+	01:37+	01:55+	01:04+	08:53+	01:37-	01:15+	02:52+	01:13+
00:10+	00:40&	00:16#	00:20#	00:48&	00:15-	00:37&	01:00&	00:32&	03:51@	00:14#	00:44&	00:11#	06:41@	02:20-	00:19&	00:41&	00:11#
7	Ove Vatland	128										48:18					
04:30+	06:52+	08:56+	12:06+	15:05+	18:31+	19:55+	23:13+	25:26+	30:17+	31:43+	33:29+	35:03+	40:22+	41:56+	43:32+	47:04+	48:18+
04:30+	02:22+	02:04+	03:10+	02:59+	03:26+	01:24+	03:18+	02:13+	04:51+	01:26+	01:46+	01:34+	05:19+	01:34-	01:36+	03:32+	01:14+
02:29@	01:15@	00:52&	01:15&	00:49&	01:06&	00:37&	00:20#	00:54&	01:59&	00:03+	00:35&	00:41&	03:07@	02:23-	00:40&	01:21&	00:12#
8	Christof Schätz	239										52:30					
01:44-	04:30+	05:47+	07:54+	17:47+	20:30+	21:31+	25:01+	38:14+	40:42+	42:32+	43:41+	45:04+	47:31+	48:45+	49:25+	51:43+	52:30+
01:44-	02:46+	01:17+	02:07+	09:53+	02:43+	01:01+	03:30+	13:13+	02:28-	01:50+	01:09-	01:23+	02:27+	01:14-	00:40-	02:18+	00:47-
00:17-	01:39@	00:05+	00:12#	07:43@	00:23#	00:14&	00:32#	11:54@	00:24-	00:27&	00:02-	00:30&	00:15#	02:43-	00:16-	00:07+	00:15-
9	Asgeir Kleppa	47										55:17					
01:54-	03:18+	05:37+	07:44+	10:45+	13:00+	14:06+	17:40+	35:21+	39:10+	40:26+	41:42+	43:09+	46:32+	50:28+	51:57+	54:24+	55:17+
01:54-	01:24+	02:19+	02:07+	03:01+	02:15-	01:06+	03:34+	17:41+	03:49+	01:16-	01:16+	01:27+	03:23+	03:56-	01:29+	02:27+	00:53-
00:07-	00:17&	01:07&	00:12#	00:51&	00:05-	00:19&	00:36#	16:22@	00:57&	00:07-	00:05+	00:34&	01:11&	00:01-	00:33&	00:16#	00:09-
10	John Helge Svandal	111										58:28					
09:42+	11:50+	13:19+	16:00+	22:53+	27:32+	29:00+	34:15+	37:14+	40:36+	42:06+	45:00+	46:57+	51:22+	52:31+	54:08+	57:18+	58:28+
09:42+	02:08+	01:29+	02:41+	06:53+	04:39+	01:28+	05:15+	02:59+	03:22+	01:30+	02:54+	01:57+	04:25+	01:09-	01:37+	03:10+	01:10+
07:41@	01:01&	00:17#	00:46&	04:43@	02:19&	00:41&	02:17&	01:40@	00:30#	00:07+	01:43@	01:04@	02:13@	02:48-	00:41&	00:59&	00:08#
11	Audun Sjøen	111										59:31					
01:44-	03:23+	07:27+	09:45+	12:59+	16:05+	23:45+	28:23+	30:26+	33:32+	35:00+	36:43+	38:58+	45:23+	52:32+	53:54+	58:43+	59:31+
01:44-	01:39+	04:04+	02:18+	03:14+	03:06+	07:40+	04:38+	02:03+	03:06+	01:28+	01:43+	02:15+	06:25+	07:09+	01:22+	04:49+	00:48-
00:17-	00:32&	02:52@	00:23#	01:04&	00:46&	06:53@	01:40&	00:44&	00:14+	00:05+	00:32&	01:22@	04:13@	03:12&	00:26&	02:38@	00:14-
12	Svein Erik Bjørnsen	91										59:44					
01:40-	02:45-	03:51-	05:41-	22:50+	25:46+	26:47+	30:40+	33:08+	36:51+	38:14+	39:54+	41:02+	44:58+	50:19+	56:44+	59:03+	59:44+
01:40-	01:05-	01:06-	01:50-	17:09+	02:56+	01:01+	03:53+	02:28+	03:43+	01:23=	01:40+	01:08+	03:56+	05:21+	06:25+	02:19+	00:41-
00:21-	00:02-	00:06-	00:05-	14:59@	00:36&	00:14&	00:55&	01:09&	00:51&	00:00=	00:29&	00:15&	01:44&	01:24&	05:29@	00:08+	00:21-
13	Steinar Aase	268										1:01:03					
03:05+	04:46+	07:09+	10:05+	13:20+	16:16+	22:37+	27:33+	30:29+	34:48+	37:11+	38:52+	40:23+	48:05+	49:40+	55:57+	59:36+	61:03+
03:05+	01:41+	02:23+	02:56+	03:15+	02:56+	06:21+	04:56+	02:56+	04:19+	02:23+	01:41+	01:31+	07:42+	01:35-	06:17+	03:39+	01:27+
01:04&	00:34&	01:11&	01:01&	01:05&	00:36&	05:34@	01:58&	01:37@	01:27&	01:00&	00:30&	00:38&	05:30@	02:22-	05:21@	01:28&	00:25&
14	Sverre Uhling	105										1:04:43					
03:57+	08:23+	10:59+	14:13+	17:46+	22:14+	23:47+	28:27+	31:40+	36:55+	38:57+	41:22+	43:51+	57:19+	58:46+	60:14+	63:45+	64:43+
03:57+	04:26+	02:36+	03:14+	03:33+	04:28+	01:33+	04:40+	03:13+	05:15+	02:02+	02:25+	02:29+	13:28+	01:27-	01:28+	03:31+	00:58-
01:56&	03:19@	01:24@	01:19&	01:23&	02:08&	00:46&	01:42&	01:54@	02:23&	00:39&	01:14@	01:36@	11:16@	02:30-	00:32&	01:20&	00:04-
15	Tom Løveraas	188										1:07:19					
06:54+	08:13+	09:36+	11:47+	15:43+	29:44+	31:29+	36:29+	41:55+	50:26+	52:34+	54:05+	55:23+	59:41+	61:19+	62:43+	66:38+	67:19+
06:54+	01:19+	01:23+	02:11+	03:56+	14:01+	01:45+	05:00+	05:26+	08:31+	02:08+	01:31+	01:18+	04:18+	01:38-	01:24+	03:55+	00:41-
04:53@	00:12#	00:11#	00:16#	01:46&	11:41@	00:58@	02:02&	04:07@	05:39@	00:45&	00:20&	00:25&	02:06&	02:19-	00:28&	01:44&	00:21-
16	Sverre Vareberg	7										1:18:51					
07:19+	09:43+	12:22+	17:22+	22:18+	27:21+	29:19+	41:44+	46:04+	51:36+	54:23+	57:00+	60:35+	67:02+	69:45+	72:04+	77:04+	78:51+
07:19+	02:24+	02:39+	05:00+	04:56+	05:03+	01:58+	12:25+	04:20+	05:32+	02:47+	02:37+	03:35+	06:27+	02:43-	02:19+	05:00+	01:47+
05:18@	01:17@	01:27@	03:05@	02:46@	02:43@	01:11@	09:27@	03:01@	02:40&	01:24@	01:26@	02:42@	04:15@	01:14-	01:23@	02:49@	00:45&
17	Arthur Christiansen	93										1:20:37					
05:36+	09:06+	12:05+	17:02+	22:39+	27:25+	29:21+	38:20+	41:31+	47:23+	50:10+	53:09+	56:27+	67:08+	69:16+	72:25+	78:36+	80:37+
05:36+	03:30+	02:59+	04:57+	05:37+	04:46+	01:56+	08:59+	03:11+	05:52+	02:47+	02:59+	03:18+	10:41+	02:08-	03:09+	06:11+	02:01+
03:35@	02:23@	01:47@	03:02@	03:27@	02:26@	01:09@	06:01@	01:52@	03:00@	01:24@	01:48@	02:25@	08:29@	01:49-	02:13@	04:00@	00:59&

Beste strekktid for klassen

01:38 01:05 01:06 01:38 01:55 02:02 00:47 02:58 01:14 02:06 01:00 01:01 00:46 02:12 01:05 00:40 01:05 00:39

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