

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Anne M. Enne Haug</b>	<b>117</b>	<b>46:57</b>											
01:41=	06:03=	08:48=	14:46=	27:24=	28:22=	29:30=	32:26=	34:38=	38:30=	41:03=	41:48=	44:19=	46:22=	46:57=
01:41=	04:22=	02:45=	05:58=	12:38=	00:58=	01:08=	02:56=	02:12=	03:52=	02:33=	00:45=	02:31=	02:03=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Asta Bryne</b>	<b>105</b>	<b>46:59</b>											
01:16=	05:08=	07:30=	13:14=	22:40=	23:41=	24:50=	27:26=	30:34=	39:30+	41:56+	42:32+	44:29+	46:24+	46:59+
01:16=	03:52=	02:22=	05:44=	09:26=	01:01+	01:09+	02:36=	03:08+	08:56+	02:26=	00:36=	01:57=	01:55=	00:35=
00:25=	00:30=	00:23=	00:14=	03:12=	00:03+	00:01+	00:20=	00:56&	05:04&	00:07=	00:09=	00:34=	00:08=	00:00=
<b>3</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>47:19</b>											
01:08=	05:09=	06:58=	15:00+	26:56=	28:39+	29:57+	32:47+	35:02+	39:16+	41:27+	42:09+	44:17=	46:58+	47:19+
01:08=	04:01=	01:49=	08:02+	11:56=	01:43+	01:18+	02:50=	02:15+	04:14+	02:11=	00:42=	02:08=	02:41+	00:21=
00:33=	00:21=	00:56=	02:04&	00:42=	00:45&	00:10#	00:06=	00:03+	00:22+	00:22=	00:03=	00:23=	00:38&	00:14=
<b>4</b>	<b>Ann Torill M. Bakken</b>	<b>116</b>	<b>50:11</b>											
00:58=	05:02=	07:05=	14:01=	26:42=	28:09=	29:36+	32:41+	36:18+	42:02+	44:32+	45:15+	47:30+	49:37+	50:11+
00:58=	04:04=	02:03=	06:56+	12:41+	01:27+	01:27+	03:05+	03:37+	05:44+	02:30=	00:43=	02:15=	02:07+	00:34=
00:43=	00:18=	00:42=	00:58#	00:03+	00:29&	00:19&	00:09+	01:25&	01:52&	00:03=	00:02=	00:16=	00:04+	00:01=
<b>5</b>	<b>Margrete Jian Øye</b>	<b>126</b>	<b>51:52</b>											
01:20=	05:56=	08:20=	13:29=	29:18+	30:48+	31:58+	34:32+	39:18+	43:57+	46:01+	46:52+	49:10+	51:13+	51:52+
01:20=	04:36+	02:24=	05:09=	15:49+	01:30+	01:10+	02:34=	04:46+	04:39+	02:04=	00:51+	02:18=	02:03=	00:39+
00:21=	00:14+	00:21=	00:49=	03:11&	00:32&	00:02+	00:22=	02:34&	00:47#	00:29=	00:06#	00:13=	00:00=	00:04#
<b>6</b>	<b>Barbro Lunde Nedrebø</b>	<b>92</b>	<b>52:31</b>											
01:09=	05:50=	08:43=	17:52+	31:17+	32:31+	33:42+	36:41+	39:52+	44:44+	47:06+	47:39+	49:58+	51:57+	52:31+
01:09=	04:41+	02:53+	09:09+	13:25+	01:14+	01:11+	02:59+	03:11+	04:52+	02:22=	00:33=	02:19=	01:59=	00:34=
00:32=	00:19+	00:08+	03:11&	00:47+	00:16&	00:03+	00:03+	00:59&	01:00&	00:11=	00:12=	00:12=	00:04=	00:01=
<b>7</b>	<b>Kristina Renshaw</b>	<b>101</b>	<b>53:13</b>											
01:26=	05:38=	08:06=	14:17=	27:31+	29:11+	30:31+	35:06+	39:09+	44:00+	46:40+	47:27+	50:04+	52:39+	53:13+
01:26=	04:12=	02:28=	06:11+	13:14+	01:40+	01:20+	04:35+	04:03+	04:51+	02:40+	00:47+	02:37+	02:35+	00:34=
00:15=	00:10=	00:17=	00:13+	00:36+	00:42&	00:12#	01:39&	01:51&	00:59&	00:07+	00:02+	00:06+	00:32&	00:01=
<b>8</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>56:06</b>											
01:08=	10:00+	12:06+	19:13+	33:03+	34:14+	35:20+	40:00+	42:24+	47:28+	49:51+	50:51+	53:08+	55:39+	56:06+
01:08=	08:52+	02:06=	07:07+	13:50+	01:11+	01:06=	04:40+	02:24+	05:04+	02:23=	01:00+	02:17=	02:31+	00:27=
00:33=	04:30&	00:39=	01:09#	01:12+	00:13#	00:02=	01:44&	00:12+	01:12&	00:10=	00:15&	00:14=	00:28#	00:08=
<b>9</b>	<b>Rønnaug Egeland</b>	<b>154</b>	<b>57:49</b>											
01:10=	05:05=	08:36=	15:17+	27:40+	28:58+	30:27+	33:18+	45:01+	49:27+	51:39+	52:20+	54:33+	57:03+	57:49+
01:10=	03:55=	03:31+	06:41+	12:23=	01:18+	01:29+	02:51=	11:43+	04:26+	02:12=	00:41=	02:13=	02:30+	00:46+
00:31=	00:27=	00:46&	00:43#	00:15=	00:20&	00:21&	00:05=	09:31&	00:34#	00:21=	00:04=	00:18=	00:27#	00:11&
<b>10</b>	<b>Svitlana Rasheva</b>	<b>116</b>	<b>59:29</b>											
01:52+	06:00=	08:05=	19:05+	30:48+	32:42+	34:05+	37:19+	39:50+	44:26+	47:15+	47:57+	55:47+	58:58+	59:29+
01:52+	04:08=	02:05=	11:00+	11:43=	01:54+	01:23+	03:14+	02:31+	04:36+	02:49+	00:42=	07:50+	03:11+	00:31=
00:11#	00:14=	00:40=	05:02&	00:55=	00:56&	00:15#	00:18#	00:19#	00:44#	00:16#	00:03=	05:19&	01:08&	00:04=
<b>11</b>	<b>Sandra Rommetveit</b>	<b>99</b>	<b>59:32</b>											
01:11=	05:49=	08:21=	15:38+	26:57=	28:38+	30:08+	33:36+	38:10+	42:57+	45:54+	47:08+	56:05+	58:35+	59:32+
01:11=	04:38+	02:32=	07:17+	11:19=	01:41+	01:30+	03:28+	04:34+	04:47+	02:57+	01:14+	08:57+	02:30+	00:57+
00:30=	00:16+	00:13=	01:19#	01:19=	00:43&	00:22&	00:32#	02:22&	00:55#	00:24#	00:29&	06:26&	00:27#	00:22&
<b>12</b>	<b>Jorun Nymo</b>	<b>136</b>	<b>1:00:05</b>											
01:58+	06:19+	09:20+	17:17+	32:54+	35:01+	36:33+	39:50+	43:27+	50:02+	53:21+	54:23+	57:05+	59:21+	60:05+
01:58+	04:21=	03:01+	07:57+	15:37+	02:07+	01:32+	03:17+	03:37+	06:35+	03:19+	01:02+	02:42+	02:16+	00:44+
00:17#	00:01=	00:16+	01:59&	02:59#	01:09&	00:24&	00:21#	01:25&	02:43&	00:46&	00:17&	00:11+	00:13#	00:09&
<b>13</b>	<b>Trine Selvikvåg</b>	<b>62</b>	<b>1:01:19</b>											
01:29=	05:23=	07:31=	13:32=	27:14=	29:03+	30:21+	45:00+	48:04+	52:47+	55:01+	55:36+	58:07+	60:53+	61:19+
01:29=	03:54=	02:08=	06:01+	13:42+	01:49+	01:18+	14:39+	03:04+	04:43+	02:14=	00:35=	02:31=	02:46+	00:26=
00:12=	00:28=	00:37=	00:03+	01:04+	00:51&	00:10#	11:43&	00:52&	00:51#	00:19=	00:10=	00:00=	00:43&	00:09=
<b>14</b>	<b>Ingvild Amalixsen</b>	<b>116</b>	<b>1:01:22</b>											
01:13=	05:37=	08:06=	14:12=	27:31+	28:27+	30:17+	36:57+	41:55+	53:00+	55:22+	55:58+	58:46+	60:50+	61:22+
01:13=	04:24+	02:29=	06:06+	13:19+	00:56=	01:50+	06:40+	04:58+	11:05+	02:22=	00:36=	02:48+	02:04+	00:32=
00:28=	00:02+	00:16=	00:08+	00:41+	00:02=	00:42&	03:44&	02:46&	07:13&	00:11=	00:09=	00:17#	00:01+	00:03=

Class	Navn	Klasse	Tid
<b>15</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>1:02:49</b>
01:18-	05:29-	09:31+	15:32+
01:18-	04:11-	04:02+	06:01+
00:23-	00:11-	01:17&	00:03+
<b>16</b>	<b>Agnes Selma Haker</b>	<b>115</b>	<b>1:04:00</b>
01:10-	05:25-	07:32-	13:57-
01:10-	04:15-	02:07-	06:25+
00:31-	00:07-	00:38-	00:27+
<b>17</b>	<b>Bodil Krogedal</b>	<b>126</b>	<b>1:05:15</b>
01:09-	05:11-	07:21-	13:45-
01:09-	04:02-	02:10-	06:24+
00:32-	00:20-	00:35-	00:26+
<b>18</b>	<b>Lise Nessa Di Lorenzo</b>	<b>168</b>	<b>1:08:25</b>
01:22-	05:29-	07:41-	14:43-
01:22-	04:07-	02:12-	07:02+
00:19-	00:15-	00:33-	01:04#
<b>19</b>	<b>Maria Larsen Wigestrands</b>	<b>71</b>	<b>1:09:49</b>
01:08-	04:35-	08:08-	15:48+
01:08-	03:27-	03:33+	07:40+
00:33-	00:55-	00:48&	01:42&
<b>20</b>	<b>Marita Skorpe</b>	<b>74</b>	<b>1:16:32</b>
01:29-	06:14+	09:55+	17:49+
01:29-	04:45+	03:41+	07:54+
00:12-	00:23+	00:56&	01:56&
<b>21</b>	<b>Bente Cecilie Lio</b>	<b>136</b>	<b>1:17:53</b>
01:32-	07:15+	15:30+	24:09+
01:32-	05:43+	08:15+	08:39+
00:09-	01:21&	05:30@	02:41&
<b>Beste strekktid for klassen</b>			
00:58	03:27	01:49	05:09
09:26	00:56	00:54	02:34
02:12	03:52	01:29	00:32
01:57	01:55	00:21	

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

## Damer 40 - 49 år

<b>1</b>	<b>Helen Haneferd</b>	<b>27</b>	<b>43:02</b>
03:13=	06:28=	08:32=	14:33=
03:13=	03:15=	02:04=	06:01=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anne Marie Gausel</b>	<b>105</b>	<b>44:10</b>
02:21-	05:37-	07:49-	14:58+
02:21-	03:16+	02:12+	07:09+
00:52-	00:01+	00:08+	01:08#
<b>3</b>	<b>Randi Helen Ladsten</b>	<b>128</b>	<b>45:34</b>
02:34-	05:41-	08:15-	16:08+
02:34-	03:07-	02:34+	07:53+
00:39-	00:08-	00:30#	01:52&
<b>4</b>	<b>May Bente Valdal</b>	<b>116</b>	<b>46:45</b>
02:10-	07:33+	09:23+	18:55+
02:10-	05:23+	01:50-	09:32+
01:03-	02:08&	00:14-	03:31&
<b>5</b>	<b>Kristin Breivold</b>	<b>92</b>	<b>47:07</b>
02:23-	05:06-	07:16-	13:47-
02:23-	02:43-	02:10+	06:31+
00:50-	00:32-	00:06+	00:30+
<b>6</b>	<b>Ragnhild Richter</b>	<b>298</b>	<b>50:45</b>
02:07-	04:59-	06:39-	12:43-
02:07-	02:52-	01:40-	06:04+
01:06-	00:23-	00:24-	00:03+

Class	Navn	Klasse	Tid											
<b>7</b>	<b>Bente Fjermestad-Eie</b>	<b>178</b>	<b>53:05</b>											
02:40-	05:56-	09:11+	15:35+	31:34+	34:40+	41:20+	44:14+	45:58+	49:42+	52:15+	53:05+			
02:40-	03:16+	03:15+	06:24+	15:59+	03:06-	06:40+	02:54+	01:44+	03:44+	02:33+	00:50-			
00:33-	00:01+	01:11&	00:23+	05:30&	00:05-	01:29&	00:03+	00:50&	01:16&	00:01+	00:03-			
<b>8</b>	<b>Christel Dahl</b>	<b>92</b>	<b>54:03</b>											
02:33-	05:37-	07:47-	15:39+	28:44+	36:00+	41:32+	47:17+	47:54+	50:43+	53:18+	54:03+			
02:33-	03:04-	02:10+	07:52+	13:05+	07:16+	05:32+	05:45+	00:37-	02:49+	02:35+	00:45-			
00:40-	00:11-	00:06+	01:51&	02:36#	04:05@	00:21+	02:54@	00:17-	00:21#	00:03+	00:08-			
<b>9</b>	<b>Bjørg Hauge</b>	<b>47</b>	<b>56:18</b>											
03:44+	10:54+	13:21+	22:15+	34:51+	41:09+	46:59+	49:33+	50:18+	53:29+	55:23+	56:18+			
03:44+	07:10+	02:27+	08:54+	12:36+	06:18+	05:50+	02:34-	00:45-	03:11+	01:54-	00:55+			
00:31#	03:55@	00:23#	02:53&	02:07#	03:07&	00:39#	00:17-	00:09-	00:43&	00:38-	00:02+			
<b>10</b>	<b>Tove Irene Asheim</b>	<b>116</b>	<b>58:22</b>											
03:25+	07:24+	10:34+	20:53+	34:04+	39:11+	47:43+	50:58+	52:09+	54:50+	57:25+	58:22+			
03:25+	03:59+	03:10+	10:19+	13:11+	05:07+	08:32+	03:15+	01:11+	02:41+	02:35+	00:57+			
00:12+	00:44#	01:06&	04:18&	02:42&	01:56&	03:21&	00:24#	00:17&	00:13+	00:03+	00:04+			
<b>11</b>	<b>Rikke Rostrup</b>	<b>116</b>	<b>1:00:35</b>											
07:03+	10:08+	12:08+	21:08+	38:06+	44:34+	50:49+	54:32+	55:43+	58:17+	59:55+	60:35+			
07:03+	03:05-	02:00-	09:00+	16:58+	06:28+	06:15+	03:43+	01:11+	02:34+	01:38-	00:40-			
03:50@	00:10-	00:04-	02:59&	06:29&	03:17@	01:04#	00:52&	00:17&	00:06+	00:54-	00:13-			
<b>12</b>	<b>Nina Svensen</b>	<b>2</b>	<b>1:01:01</b>											
03:11-	12:14+	15:05+	22:21+	37:18+	41:32+	49:08+	52:42+	53:33+	57:01+	59:49+	61:01+			
03:11-	09:03+	02:51+	07:16+	14:57+	04:14+	07:36+	03:34+	00:51-	03:28+	02:48+	01:12+			
00:02-	05:48@	00:47&	01:15#	04:28&	01:03&	02:25&	00:43&	00:03-	01:00&	00:16#	00:19&			
<b>13</b>	<b>Heidi Martby</b>	<b>88</b>	<b>1:10:58</b>											
02:38-	05:58-	09:15+	19:35+	47:12+	50:05+	59:09+	62:15+	63:49+	67:11+	70:07+	70:58+			
02:38-	03:20+	03:17+	10:20+	27:37+	02:53-	09:04+	03:06+	01:34+	03:22+	02:56+	00:51-			
00:35-	00:05+	01:13&	04:19&	17:08@	00:18-	03:53&	00:15+	00:40&	00:54&	00:24#	00:02-			
<b>Beste strekktid for klassen</b>			02:07	02:43	01:40	06:01	10:10	01:54	03:48	02:11	00:21	02:28	01:38	00:38

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

## Damer 50 - 59 år

<b>1</b>	<b>Keth Berggraf</b>	<b>116</b>	<b>42:24</b>								
05:46=	08:26=	10:38=	17:08=	27:33=	30:01=	34:15=	37:30=	37:58=	40:02=	41:38=	42:24=
05:46=	02:40=	02:12=	06:30=	10:25=	02:28=	04:14=	03:15=	00:28=	02:04=	01:36=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>	<b>43:07</b>								
02:22-	05:45-	07:48-	14:24-	27:53+	29:53-	33:58-	36:25-	37:12-	39:41-	42:19+	43:07+
02:22-	03:23+	02:03-	06:36+	13:29+	02:00-	04:05-	02:27-	00:47+	02:29+	02:38+	00:48+
03:24-	00:43&	00:09-	00:06+	03:04&	00:28-	00:09-	00:48-	00:19&	00:25#	01:02&	00:02+
<b>3</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>	<b>44:49</b>								
02:55-	06:53-	09:22-	16:20-	26:09-	28:37-	33:03-	39:10+	39:43+	42:09+	44:10+	44:49+
02:55-	03:58+	02:29+	06:58+	09:49-	02:28=	04:26+	06:07+	00:33+	02:26+	02:01+	00:39-
02:51-	01:18&	00:17#	00:28+	00:36-	00:00=	00:12+	02:52&	00:05#	00:22#	00:25&	00:07-
<b>4</b>	<b>Ragnhild Auglænd</b>	<b>168</b>	<b>46:10</b>								
02:35-	05:50-	08:10-	14:32-	28:59+	32:56+	37:19+	39:51+	40:32+	43:37+	45:28+	46:10+
02:35-	03:15+	02:20+	06:22-	14:27+	03:57+	04:23+	02:32-	00:41+	03:05+	01:51+	00:42-
03:11-	00:35#	00:08+	00:08-	04:02&	01:29&	00:09+	00:43-	00:13&	01:01&	00:15#	00:04-
<b>5</b>	<b>Gunn J. Grefstad</b>	<b>2</b>	<b>46:11</b>								
04:21-	07:29-	09:49-	17:08=	27:28-	30:55+	35:49+	39:45+	40:23+	43:19+	45:22+	46:11+
04:21-	03:08+	02:20+	07:19+	10:20-	03:27+	04:54+	03:56+	00:38+	02:56+	02:03+	00:49+
01:25-	00:28#	00:08+	00:49#	00:05-	00:59&	00:40#	00:41#	00:10&	00:52&	00:27&	00:03+
<b>6</b>	<b>Anne Sæbø Vik</b>	<b>116</b>	<b>46:26</b>								
03:46-	06:39-	08:40-	14:33-	26:32-	31:24+	35:59+	41:08+	41:36+	43:50+	45:43+	46:26+
03:46-	02:53+	02:01-	05:53-	11:59+	04:52+	04:35+	05:09+	00:28=	02:14+	01:53+	00:43-
02:00-	00:13+	00:11-	00:37-	01:34#	02:24&	00:21+	01:54&	00:00=	00:10+	00:17#	00:03-

Class	Navn	Klasse										Tid	
<b>7</b>	<b>Kari Smådal Turøy</b>	<b>115</b>										<b>51:01</b>	
	03:29-	06:47-	09:31-	17:07-	30:01+	34:25+	39:58+	43:23+	44:09+	47:03+	50:05+	51:01+	
	03:29-	03:18+	02:44+	07:36+	12:54+	04:24+	05:33+	03:25+	00:46+	02:54+	03:02+	00:56+	
	02:17-	00:38#	00:32#	01:06#	02:29#	01:56&	01:19&	00:10+	00:18&	00:50&	01:26&	00:10#	
<b>8</b>	<b>Torill Andersen</b>	<b>116</b>										<b>51:25</b>	
	03:23-	05:59-	08:11-	14:11-	23:11-	32:40+	38:11+	44:49+	45:43+	48:12+	50:36+	51:25+	
	03:23-	02:36-	02:12=	06:00-	09:00-	09:29+	05:31+	06:38+	00:54+	02:29+	02:24+	00:49+	
	02:23-	00:04-	00:00=	00:30-	01:25-	07:01@	01:17&	03:23@	00:26&	00:25#	00:48&	00:03+	
<b>9</b>	<b>Rannveig Eidem Norfolk</b>	<b>66</b>										<b>52:53</b>	
	02:18-	05:32-	07:48-	13:42-	25:55-	35:23+	40:04+	43:30+	46:17+	46:47+	49:34+	51:54+	52:53+
	02:18-	03:14+	02:16+	05:54-	12:13+	09:28+	04:41+	03:26+	02:47+	00:30-	02:47+	02:20+	00:59+
	03:28-	00:34#	00:04+	00:36-	01:48#	07:00@	00:27#	00:11+	02:19@	01:34-	01:11&	01:34@	00:59+
<b>10</b>	<b>Liv Omdal</b>	<b>116</b>										<b>53:13</b>	
	02:30-	06:01-	08:27-	22:37+	35:58+	38:11+	43:50+	46:25+	47:30+	50:31+	52:32+	53:13+	
	02:30-	03:31+	02:26+	14:10+	13:21+	02:13-	05:39+	02:35-	01:05+	03:01+	02:01+	00:41-	
	03:16-	00:51&	00:14#	07:40@	02:56&	00:15-	01:25&	00:40-	00:37@	00:57&	00:25&	00:05-	
<b>11</b>	<b>Nidunn Sandvik</b>	<b>228</b>										<b>53:16</b>	
	02:54-	07:45-	09:46-	17:43+	29:22+	32:35+	37:18+	46:23+	46:54+	49:56+	52:04+	53:16+	
	02:54-	04:51+	02:01-	07:57+	11:39+	03:13+	04:43+	09:05+	00:31+	03:02+	02:08+	01:12+	
	02:52-	02:11&	00:11-	01:27#	01:14#	00:45&	00:29#	05:50@	00:03#	00:58&	00:32&	00:26&	
<b>12</b>	<b>Hilde Frøytlog Karlsen</b>	<b>228</b>										<b>55:47</b>	
	03:20-	07:50-	11:29+	19:40+	35:46+	38:18+	43:57+	47:02+	47:54+	51:06+	54:33+	55:47+	
	03:20-	04:30+	03:39+	08:11+	16:06+	02:32+	05:39+	03:05-	00:52+	03:12+	03:27+	01:14+	
	02:26-	01:50&	01:27&	01:41&	05:41&	00:04+	01:25&	00:10-	00:24&	01:08&	01:51@	00:28&	
<b>13</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>55:49</b>	
	02:30-	07:59-	10:22-	17:35+	35:56+	40:08+	45:57+	49:15+	50:01+	52:59+	55:03+	55:49+	
	02:30-	05:29+	02:23+	07:13+	18:21+	04:12+	05:49+	03:18+	00:46+	02:58+	02:04+	00:46=	
	03:16-	02:49@	00:11+	00:43#	07:56&	01:44&	01:35&	00:03+	00:18&	00:54&	00:28&	00:00=	
<b>14</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>57:16</b>	
	03:51-	08:34+	12:13+	20:49+	35:10+	41:04+	46:23+	49:11+	50:07+	53:37+	56:19+	57:16+	
	03:51-	04:43+	03:39+	08:36+	14:21+	05:54+	05:19+	02:48-	00:56+	03:30+	02:42+	00:57+	
	01:55-	02:03&	01:27&	02:06&	03:56&	03:26@	01:05&	00:27-	00:28&	01:26&	01:06&	00:11#	
<b>15</b>	<b>Marianne Fuglestad</b>	<b>117</b>										<b>59:30</b>	
	02:04-	08:43+	12:25+	19:19+	29:02+	31:29+	46:56+	53:41+	54:13+	56:46+	58:47+	59:30+	
	02:04-	06:39+	03:42+	06:54+	09:43-	02:27-	15:27+	06:45+	00:32+	02:33+	02:01+	00:43-	
	03:42-	03:59@	01:30&	00:24+	00:42-	00:01-	11:13@	03:30@	00:04#	00:29#	00:25&	00:03-	
<b>16</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>1:02:21</b>	
	03:15-	11:54+	15:14+	24:19+	40:32+	45:30+	51:22+	54:20+	55:12+	58:47+	61:31+	62:21+	
	03:15-	08:39+	03:20+	09:05+	16:13+	04:58+	05:52+	02:58-	00:52+	03:35+	02:44+	00:50+	
	02:31-	05:59@	01:08&	02:35&	05:48&	02:30@	01:38&	00:17-	00:24&	01:31&	01:08&	00:04+	
<b>17</b>	<b>Ellinor Nesse</b>	<b>116</b>										<b>1:03:05</b>	
	02:59-	09:08+	11:26+	22:21+	44:20+	46:13+	52:13+	57:07+	57:38+	60:08+	62:17+	63:05+	
	02:59-	06:09+	02:18+	10:55+	21:59+	01:53+	06:00+	04:54+	00:31+	02:30+	02:09+	00:48+	
	02:47-	03:29@	00:06+	04:25&	11:34@	00:35-	01:46&	01:39&	00:03#	00:26#	00:33&	00:02+	
<b>18</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>										<b>1:07:50</b>	
	02:27-	05:32-	08:12-	16:43-	39:17+	48:32+	49:53+	54:42+	61:12+	61:43+	64:32+	66:37+	67:50+
	02:27-	03:05+	02:40+	08:31+	22:34+	09:15+	01:21-	04:49+	06:30+	00:31-	02:49+	02:05+	01:13+
	03:19-	00:25#	00:28#	02:01&	12:09@	06:47@	02:53-	01:34&	06:02@	01:33-	01:13&	01:19@	01:13+
<b>19</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>										<b>1:08:25</b>	
	02:55-	11:55+	14:06+	23:04+	49:43+	52:38+	59:50+	62:27+	63:07+	65:22+	67:33+	68:25+	
	02:55-	09:00+	02:11-	08:58+	26:39+	02:58+	07:12+	02:37-	00:40+	02:15+	02:11+	00:52+	
	02:51-	06:20@	00:01-	02:28&	16:14@	00:27#	02:58&	00:38-	00:12&	00:11+	00:35&	00:06#	
<b>20</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>1:09:38</b>	
	03:21-	07:39-	10:49+	20:19+	37:09+	41:45+	50:20+	60:31+	61:06+	65:36+	68:25+	69:38+	
	03:21-	04:18+	03:10+	09:30+	16:50+	04:36+	08:35+	10:11+	00:35+	04:30+	02:49+	01:13+	
	02:25-	01:38&	00:58&	03:00&	06:25&	02:08&	04:21@	06:56@	00:07#	02:26@	01:13&	00:27&	
<b>21</b>	<b>Marit Elin Aandahl</b>	<b>80</b>										<b>1:13:40</b>	
	04:08-	09:14+	12:08+	23:26+	38:25+	49:56+	57:16+	65:11+	66:08+	69:53+	72:43+	73:40+	
	04:08-	05:06+	02:54+	11:18+	14:59+	11:31+	07:20+	07:55+	00:57+	03:45+	02:50+	00:57+	
	01:38-	02:26&	00:42&	04:48&	04:34&	09:03@	03:06&	04:40@	00:29@	01:41&	01:14&	00:11#	

Class	Navn	Klasse	Tid								
<b>22</b>	<b>Oddny Haugland</b>	<b>114</b>	<b>1:32:32</b>								
05:37-	09:56+	12:24+	19:56+	50:58+	53:38+	69:01+	77:32+	78:13+	86:11+	91:21+	92:32+
05:37-	04:19+	02:28+	07:32+	31:02+	02:40+	15:23+	08:31+	00:41+	07:58+	05:10+	01:11+
00:09-	01:39&	00:16#	01:02#	20:37@	00:12+	11:09@	05:16@	00:13&	05:54@	03:34@	00:25&
<b>23</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>	<b>1:47:40</b>								
03:25-	11:43+	17:27+	28:41+	81:11+	87:20+	93:20+	97:34+	98:43+	104:37+	106:38+	107:40+
03:25-	08:18+	05:44+	11:14+	52:30+	06:09+	06:00+	04:14+	01:09+	05:54+	02:01+	01:02+
02:21-	05:38@	03:32@	04:44&	42:05@	03:41@	01:46&	00:59&	00:41@	03:50@	00:25&	00:16&
<b>Beste strekktid for klassen</b>											
02:04	02:36	02:01	05:53	09:00	01:53	01:21	02:27	00:28	00:30	01:36	00:39

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

## Damer 60 - 64 år

<b>1</b>	<b>Ingrid Eik</b>	<b>88</b>	<b>32:50</b>							
01:05=	02:19=	06:23=	14:13=	17:10=	24:48=	27:21=	27:55=	30:16=	32:14=	32:50=
01:05=	01:14=	04:04=	07:50=	02:57=	07:38=	02:33=	00:34=	02:21=	01:58=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Ingunn Voilås</b>	<b>29</b>	<b>34:29</b>							
01:10+	02:41+	07:47+	16:36+	19:09+	25:25+	27:44+	28:35+	31:29+	33:43+	34:29+
01:10+	01:31+	05:06+	08:49+	02:33-	06:16-	02:19-	00:51+	02:54+	02:14+	00:46+
00:05+	00:17#	01:02&	00:59#	00:24-	01:22-	00:14-	00:17&	00:33#	00:16#	00:10&
<b>3</b>	<b>Tove Bjerkreim</b>	<b>105</b>	<b>35:14</b>							
00:58-	02:21+	06:57+	14:55+	17:46+	25:49+	29:09+	29:56+	32:08+	34:35+	35:14+
00:58-	01:23+	04:36+	07:58+	02:51-	08:03+	03:20+	00:47+	02:12-	02:27+	00:39+
00:07-	00:09#	00:32#	00:08+	00:06-	00:25+	00:47&	00:13&	00:09-	00:29#	00:03+
<b>4</b>	<b>Marit Karin Nygård</b>	<b>92</b>	<b>35:18</b>							
01:22+	02:49+	07:49+	15:14+	18:42+	26:15+	28:50+	30:20+	32:37+	34:42+	35:18+
01:22+	01:27+	05:00+	07:25-	03:28+	07:33-	02:35+	01:30+	02:17-	02:05+	00:36=
00:17&	00:13#	00:56#	00:25-	00:31#	00:05-	00:02+	00:56@	00:04-	00:07+	00:00=
<b>5</b>	<b>Liv Sissel Obrestad</b>	<b>54</b>	<b>36:37</b>							
01:18+	02:56+	08:07+	16:39+	19:39+	27:24+	30:23+	31:13+	33:39+	35:47+	36:37+
01:18+	01:38+	05:11+	08:32+	03:00+	07:45+	02:59+	00:50+	02:26+	02:08+	00:50+
00:13#	00:24&	01:07&	00:42+	00:03+	00:07+	00:26#	00:16&	00:05+	00:10+	00:14&
<b>6</b>	<b>Eli Frafjord</b>	<b>94</b>	<b>37:09</b>							
02:05+	03:52+	08:48+	17:24+	20:22+	27:42+	30:45+	31:29+	33:59+	36:07+	37:09+
02:05+	01:47+	04:56+	08:36+	02:58+	07:20-	03:03+	00:44+	02:30+	02:08+	01:02+
01:00&	00:33&	00:52#	00:46+	00:01+	00:18-	00:30#	00:10&	00:09+	00:10+	00:26&
<b>7</b>	<b>Kari Blixhavn</b>	<b>228</b>	<b>45:25</b>							
01:54+	03:35+	09:35+	19:43+	24:10+	33:05+	37:25+	38:29+	41:45+	44:19+	45:25+
01:54+	01:41+	06:00+	10:08+	04:27+	08:55+	04:20+	01:04+	03:16+	02:34+	01:06+
00:49&	00:27&	01:56&	02:18&	01:30&	01:17#	01:47&	00:30&	00:55&	00:36&	00:30&
<b>8</b>	<b>Hanna S. Lomeland</b>	<b>47</b>	<b>45:29</b>							
02:11+	04:04+	09:28+	19:40+	22:44+	34:07+	37:13+	38:37+	41:44+	44:20+	45:29+
02:11+	01:53+	05:24+	10:12+	03:04+	11:23+	03:06+	01:24+	03:07+	02:36+	01:09+
01:06@	00:39&	01:20&	02:22&	00:07+	03:45&	00:33#	00:50@	00:46&	00:38&	00:33&
<b>9</b>	<b>Berit Bakken</b>	<b>168</b>	<b>46:25</b>							
02:20+	04:12+	09:22+	17:33+	20:53+	28:26+	32:44+	33:21+	42:37+	45:03+	46:25+
02:20+	01:52+	05:10+	08:11+	03:20+	07:33-	04:18+	00:37+	09:16+	02:26+	01:22+
01:15@	00:38&	01:06&	00:21+	00:23#	00:05-	01:45&	00:03+	06:55@	00:28#	00:46@
<b>10</b>	<b>Aashild Lone</b>	<b>105</b>	<b>55:12</b>							
02:14+	04:08+	10:52+	24:46+	30:05+	41:44+	45:47+	46:55+	50:48+	54:06+	55:12+
02:14+	01:54+	06:44+	13:54+	05:19+	11:39+	04:03+	01:08+	03:53+	03:18+	01:06+
01:09@	00:40&	02:40&	06:04&	02:22&	04:01&	01:30&	00:34&	01:32&	01:20&	00:30&
<b>Beste strekktid for klassen</b>										
00:58	01:14	04:04	07:25	02:33	06:16	02:19	00:34	02:12	01:58	00:36

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

Class	Navn	Klasse	Tid
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### Damer 65 - 69 år

**1 Mette Dagsland 68 41:22**

01:29= 03:23= 10:43= 18:53= 22:38= 31:58= 34:18= 34:58= 38:05= 40:17= 41:22=  
 01:29= 01:54= 07:20= 08:10= 03:45= 09:20= 02:20= 00:40= 03:07= 02:12= 01:05=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Lillian Dahl Fitjar 117 47:18**

03:20+ 05:00+ 12:14+ 22:43+ 27:30+ 36:38+ 39:28+ 40:10+ 43:28+ 46:28+ 47:18+  
 03:20+ 01:40- 07:14- 10:29+ 04:47+ 09:08- 02:50+ 00:42+ 03:18+ 03:00+ 00:50-  
 01:51@ 00:14- 00:06- 02:19& 01:02& 00:12- 00:30# 00:02+ 00:11+ 00:48& 00:15-

**3 Berit K. Gramstad 113 54:51**

02:18+ 04:58+ 10:26- 19:17+ 22:51+ 38:16+ 42:23+ 44:32+ 48:18+ 54:04+ 54:51+  
 02:18+ 02:40+ 05:28- 08:51+ 03:34- 15:25+ 04:07+ 02:09+ 03:46+ 05:46+ 00:47-  
 00:49& 00:46& 01:52- 00:41+ 00:11- 06:05& 01:47& 01:29@ 00:39# 03:34@ 00:18-

**4 Wenche Anda Haarr 92 1:03:40**

02:06+ 04:25+ 11:14+ 22:30+ 27:53+ 38:57+ 45:17+ 46:03+ 48:50+ 62:33+ 63:40+  
 02:06+ 02:19+ 06:49- 11:16+ 05:23+ 11:04+ 06:20+ 00:46+ 02:47- 13:43+ 01:07+  
 00:37& 00:25# 00:31- 03:06& 01:38& 01:44# 04:00@ 00:06# 00:20- 11:31@ 00:02+

#### Beste strekktid for klassen

01:29 01:40 05:28 08:10 03:34 09:08 02:20 00:40 02:47 02:12 00:47

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

### Damer 70 - 74 år

**1 Turid Nystrøm 68 38:13**

01:18= 02:54= 07:32= 16:32= 20:23= 28:30= 31:37= 32:35= 35:29= 37:26= 38:13=  
 01:18= 01:36= 04:38= 09:00= 03:51= 08:07= 03:07= 00:58= 02:54= 01:57= 00:47=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Inger Skretting Opstad 54 41:15**

01:23+ 03:07+ 09:18+ 18:42+ 22:11+ 30:41+ 33:41+ 34:30+ 37:28+ 40:26+ 41:15+  
 01:23+ 01:44+ 06:11+ 09:24+ 03:29- 08:30+ 03:00- 00:49- 02:58+ 02:58+ 00:49+  
 00:05+ 00:08+ 01:33& 00:24+ 00:22- 00:23+ 00:07- 00:09- 00:04+ 01:01& 00:02+

**3 Haldis Glendrange 68 42:32**

01:23+ 03:22+ 09:27+ 18:09+ 22:32+ 31:36+ 34:43+ 35:28+ 38:47+ 41:24+ 42:32+  
 01:23+ 01:59+ 06:05+ 08:42- 04:23+ 09:04+ 03:07= 00:45- 03:19+ 02:37+ 01:08+  
 00:05+ 00:23# 01:27& 00:18- 00:32# 00:57# 00:00= 00:13- 00:25# 00:40& 00:21&

**4 Hedvig Anda 116 45:57**

01:33+ 03:13+ 08:36+ 17:40+ 21:43+ 34:53+ 37:57+ 38:51+ 42:13+ 44:54+ 45:57+  
 01:33+ 01:40+ 05:23+ 09:04+ 04:03+ 13:10+ 03:04- 00:54- 03:22+ 02:41+ 01:03+  
 00:15# 00:04+ 00:45# 00:04+ 00:12+ 05:03& 00:03- 00:04- 00:28# 00:44& 00:16&

**5 Helga Klausen 62 48:05**

01:37+ 03:29+ 09:41+ 20:43+ 23:51+ 35:14+ 38:30+ 39:29+ 43:44+ 46:44+ 48:05+  
 01:37+ 01:52+ 06:12+ 11:02+ 03:08- 11:23+ 03:16+ 00:59+ 04:15+ 03:00+ 01:21+  
 00:19# 00:16# 01:34& 02:02# 00:43- 03:16& 00:09+ 00:01+ 01:21& 01:03& 00:34&

**6 Margaret Malmin 105 1:15:24**

02:03+ 04:35+ 13:39+ 28:59+ 33:38+ 53:13+ 59:11+ 61:02+ 67:13+ 73:17+ 75:24+  
 02:03+ 02:32+ 09:04+ 15:20+ 04:39+ 19:35+ 05:58+ 01:51+ 06:11+ 06:04+ 02:07+  
 00:45& 00:56& 04:26& 06:20& 00:48# 11:28@ 02:51& 00:53& 03:17@ 04:07@ 01:20@

#### Beste strekktid for klassen

01:18 01:36 04:38 08:42 03:08 08:07 03:00 00:45 02:54 01:57 00:47

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

### Damer 75 - 79 år

Class	Navn	Klasse	Tid								
<b>1</b>	<b>Gry V. Thengs</b>	<b>68</b>	<b>41:04</b>								
01:40=	03:10=	07:59=	17:46=	20:24=	27:32=	30:11=	34:51=	35:48=	38:13=	40:10=	41:04=
01:40=	01:30=	04:49=	09:47=	02:38=	07:08=	02:39=	04:40=	00:57=	02:25=	01:57=	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=
<b>2</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>42:26</b>								
02:03+	03:30+	10:24+	19:50+	23:30+	31:48+	34:52+	35:38+	38:34+	41:34+	42:26+	
02:03+	01:27-	06:54+	09:26-	03:40+	08:18+	03:04+	00:46-	02:56+	03:00+	00:52-	
00:23#	00:03-	02:05&	00:21-	01:02&	01:10#	00:25#	03:54-	01:59@	00:35#	01:05-	
<b>3</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>1:19:28</b>								
02:03+	04:22+	12:36+	27:32+	35:26+	58:05+	63:43+	67:42+	73:50+	77:45+	79:28+	
02:03+	02:19+	08:14+	14:56+	07:54+	22:39+	05:38+	03:59-	06:08+	03:55+	01:43-	
00:23#	00:49&	03:25&	05:09&	05:16@	15:31@	02:59@	00:41-	05:11@	01:30&	00:14-	
<b>Beste strekktid for klassen</b>											
01:40	01:27	04:49	09:26	02:38	07:08	02:39	00:46	00:57	02:25	00:52	00:54

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

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>	<b>1:08:39</b>									
02:37=	06:43=	10:11=	20:12=	26:53=	34:14=	40:34=	48:33=	53:17=	55:01=	64:38=	67:34=	68:39=
02:37=	04:06=	03:28=	10:01=	06:41=	07:21=	06:20=	07:59=	04:44=	01:44=	09:37=	02:56=	01:05=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>Beste strekktid for klassen</b>												
02:37	04:06	03:28	10:01	06:41	07:21	06:20	07:59	04:44	01:44	09:37	02:56	01:05

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

## Damer A

<b>1</b>	<b>Marjo Liikanen</b>	<b>67</b>	<b>43:22</b>														
03:48=	05:14=	09:05=	15:05=	16:37=	17:25=	19:40=	26:14=	26:47=	33:00=	33:59=	35:41=	38:41=	39:23=	42:08=	42:48=	43:00=	43:22=
03:48=	01:26=	03:51=	06:00=	01:32=	00:48=	02:15=	06:34=	00:33=	06:13=	00:59=	01:42=	03:00=	00:42=	02:45=	00:40=	00:12=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Jorunn Hadland</b>	<b>29</b>	<b>45:42</b>														
03:45-	07:25+	12:06+	18:44+	20:16+	21:06+	23:50+	28:31+	29:07+	35:01+	36:19+	38:00+	40:52+	41:30+	44:21+	45:03+	45:20+	45:42+
03:45-	03:40+	04:41+	06:38+	01:32=	00:50+	02:44+	04:41-	00:36+	05:54-	01:18+	01:41-	02:52-	00:38-	02:51+	00:42+	00:17+	00:22=
00:03-	02:14@	00:50#	00:38#	00:00=	00:02+	00:29#	01:53-	00:03+	00:19-	00:19&	00:01-	00:08-	00:04-	00:06+	00:02+	00:05&	00:00=
<b>3</b>	<b>Trine Bolstad Scheie</b>	<b>62</b>	<b>54:35</b>														
04:30+	06:06+	11:07+	18:13+	20:11+	21:24+	23:57+	30:56+	31:43+	39:43+	41:11+	43:41+	47:34+	49:01+	52:47+	53:46+	54:05+	54:35+
04:30+	01:36+	05:01+	07:06+	01:58+	01:13+	02:33+	06:59+	00:47+	08:00+	01:28+	02:30+	03:53+	01:27+	03:46+	00:59+	00:19+	00:30+
00:42#	00:10#	01:10&	01:06#	00:26&	00:25&	00:18#	00:25+	00:14&	01:47&	00:29&	00:48&	00:53&	00:45@	01:01&	00:19&	00:07&	00:08&
<b>4</b>	<b>Tone Torgersen</b>	<b>27</b>	<b>58:32</b>														
04:12+	05:52+	10:05+	17:39+	19:36+	20:46+	23:36+	31:24+	32:11+	42:04+	43:35+	45:53+	50:37+	51:55+	56:27+	57:33+	57:51+	58:32+
04:12+	01:40+	04:13+	07:34+	01:57+	01:10+	02:50+	07:48+	00:47+	09:53+	01:31+	02:18+	04:44+	01:18+	04:32+	01:06+	00:18+	00:41+
00:24#	00:14#	00:22+	01:34&	00:25&	00:22&	00:35&	01:14#	00:14&	03:40&	00:32&	00:36&	01:44&	00:36&	01:47&	00:26&	00:06&	00:19&
<b>5</b>	<b>Silje Sundal</b>	<b>71</b>	<b>1:02:26</b>														
04:06+	05:37+	11:22+	24:42+	26:33+	27:41+	33:13+	39:11+	39:53+	48:47+	50:10+	53:08+	56:38+	57:27+	60:32+	61:40+	61:57+	62:26+
04:06+	01:31+	05:45+	13:20+	01:51+	01:08+	05:32+	05:58-	00:42+	08:54+	01:23+	02:58+	03:30+	00:49+	03:05+	01:08+	00:17+	00:29+
00:18+	00:05+	01:54&	07:20@	00:19#	00:20&	03:17@	00:36-	00:09&	02:41&	00:24&	01:16&	00:30#	00:07#	00:20#	00:28&	00:05&	00:07&
<b>6</b>	<b>Silje Skarpeid</b>	<b>101</b>	<b>1:04:32</b>														
04:24+	06:11+	10:57+	20:02+	21:51+	23:04+	28:14+	34:31+	35:17+	50:48+	51:59+	54:18+	57:45+	58:33+	61:33+	62:33+	64:07+	64:32+
04:24+	01:47+	04:46+	09:05+	01:49+	01:13+	05:10+	06:17-	00:46+	15:31+	01:11+	02:19+	03:27+	00:48+	03:00+	01:00+	01:34+	00:25+
00:36#	00:21#	00:55#	03:05&	00:17#	00:25&	02:55@	00:17-	00:13&	09:18@	00:12#	00:37&	00:27#	00:06#	00:15+	00:20&	01:22@	00:03#
<b>7</b>	<b>Sina Thu</b>	<b>271</b>	<b>1:11:28</b>														
04:44+	06:33+	14:54+	28:26+	30:21+	33:51+	36:24+	44:37+	45:27+	56:42+	58:05+	60:29+	64:12+	65:14+	68:40+	70:21+	70:55+	71:28+
04:44+	01:49+	08:21+	13:32+	01:55+	03:30+	02:33+	08:13+	00:50+	11:15+	01:23+	02:24+	03:43+	01:02+	03:26+	01:41+	00:34+	00:33+
00:56#	00:23&	04:30@	07:32@	00:23#	02:42@	00:18#	01:39&	00:17&	05:02&	00:24&	00:42&	00:43#	00:20&	00:41#	01:01@	00:22@	00:11&





Class	Navn	Klasse	Tid												
<b>12</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>	<b>1:09:15</b>												
01:12+	06:14+	07:10+	12:51+	24:18+	26:27+	37:15+	38:33+	51:46+	53:09+	55:58+	60:40+	62:10+	66:59+	68:37+	69:15+
01:12+	05:02+	00:56+	05:41+	11:27=	02:09+	10:48+	01:18+	13:13+	01:23+	02:49+	04:42+	01:30+	04:49+	01:38+	00:38+
00:08#	00:51#	00:23&	00:46#	00:00=	00:26&	03:41&	00:21&	04:15&	00:15#	00:37&	00:41#	00:04+	01:04&	00:37&	00:08&
<b>13</b>	<b>Margrethe Roalsø</b>	<b>93</b>	<b>1:11:21</b>												
01:11+	08:12+	09:05+	16:03+	26:45+	28:40+	38:43+	39:39+	51:06+	53:00+	56:22+	62:17+	63:35+	68:31+	70:42+	71:21+
01:11+	07:01+	00:53+	06:58+	10:42-	01:55+	10:03+	00:56-	11:27+	01:54+	03:22+	05:55+	01:18-	04:56+	02:11+	00:39+
00:07#	02:50&	00:20&	02:03&	00:45-	00:12#	02:56&	00:01-	02:29&	00:46#	01:10&	01:54&	00:08-	01:11&	01:10#	00:09&
<b>14</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>	<b>1:15:58</b>												
02:20+	07:11+	07:59+	14:32+	26:48+	29:02+	40:08+	41:27+	52:58+	54:42+	59:54+	66:36+	68:48+	73:14+	75:18+	75:58+
02:20+	04:51+	00:48+	06:33+	12:16+	02:14+	11:06+	01:19+	11:31+	01:44+	05:12+	06:42+	02:12+	04:26+	02:04+	00:40+
01:16@	00:40#	00:15&	01:38&	00:49+	00:31&	03:59&	00:22&	02:33&	00:36&	03:00@	02:41&	00:46&	00:41#	01:03@	00:10&
<b>Beste strekktid for klassen</b>															
01:04	04:11	00:31	04:36	09:42	01:27	05:51	00:37	07:03	01:08	01:20	03:22	00:58	01:06	00:58	00:28

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

## Damer Ny

<b>1</b>	<b>Kine Ims</b>	<b>71</b>	<b>29:11</b>						
01:18=	04:20=	08:50=	10:40=	14:19=	16:11=	17:58=	25:26=	28:10=	29:11=
01:18=	03:02=	04:30=	01:50=	03:39=	01:52=	01:47=	07:28=	02:44=	01:01=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Susanne Øgreid</b>	<b>92</b>	<b>32:53</b>						
01:25+	03:41-	09:03+	10:57+	15:14+	16:40+	18:54+	28:34+	32:05+	32:53+
01:25+	02:16-	05:22+	01:54+	04:17+	01:26-	02:14+	09:40+	03:31+	00:48-
00:07+	00:46-	00:52#	00:04+	00:38#	00:26-	00:27&	02:12&	00:47&	00:13-
<b>3</b>	<b>Anette Wolff</b>	<b>113</b>	<b>48:15</b>						
02:45+	04:54+	10:00+	12:00+	31:48+	33:09+	35:38+	41:25+	46:23+	48:15+
02:45+	02:09-	05:06+	02:00+	19:48+	01:21-	02:29+	05:47-	04:58+	01:52+
01:27@	00:53-	00:36#	00:10+	16:09@	00:31-	00:42&	01:41-	02:14&	00:51&

### Beste strekktid for klassen

01:18 02:09 04:30 01:50 03:39 01:21 01:47 05:47 02:44 00:48

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

## Damer Trim

<b>1</b>	<b>Mette Baardsgaard</b>	<b>88</b>	<b>27:18</b>								
01:17=	02:31=	04:26=	08:57=	10:24=	14:32=	16:01=	20:19=	22:03=	25:30=	26:43=	27:18=
01:17=	01:14=	01:55=	04:31=	01:27=	04:08=	01:29=	04:18=	01:44=	03:27=	01:13=	00:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Fredrike Krahnert</b>	<b>126</b>	<b>28:15</b>								
01:11-	02:14-	03:55-	08:26-	09:57-	14:51+	17:00+	20:32+	23:02+	24:25-	26:12-	28:15+
01:11-	01:03-	01:41-	04:31=	01:31+	04:54+	02:09+	03:32-	02:30+	01:23-	01:47+	02:03+
00:06-	00:11-	00:14-	00:00=	00:04+	00:46#	00:40&	00:46-	00:46&	02:04-	00:34&	01:28@
<b>3</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>	<b>28:51</b>								
01:12-	02:37+	04:37+	09:03+	11:11+	15:31+	17:33+	23:23+	24:48+	25:55+	28:00+	28:51+
01:12-	01:25+	02:00+	04:26-	02:08+	04:20+	02:02+	05:50+	01:25-	01:07-	02:05+	00:51+
00:05-	00:11#	00:05+	00:05-	00:41&	00:12+	00:33&	01:32&	00:19-	02:20-	00:52&	00:16&
<b>4</b>	<b>Ida K. Kolstø</b>	<b>29</b>	<b>28:51</b>								
01:01-	02:27-	04:35+	10:07+	11:29+	16:28+	18:19+	24:11+	25:59+	27:11+	28:11+	28:51+
01:01-	01:26+	02:08+	05:32+	01:22-	04:59+	01:51+	05:52+	01:48+	01:12-	01:00-	00:40+
00:16-	00:12#	00:13#	01:01#	00:05-	00:51#	00:22#	01:34&	00:04+	02:15-	00:13-	00:05#
<b>5</b>	<b>Maryon Paulsen Strugstad</b>	<b>43</b>	<b>29:36</b>								
01:08-	02:49+	04:23-	08:42-	10:14-	15:27+	17:25+	22:14+	24:42+	26:34+	28:44+	29:36+
01:08-	01:41+	01:34-	04:19-	01:32+	05:13+	01:58+	04:49+	02:28+	01:52-	02:10+	00:52+
00:09-	00:27&	00:21-	00:12-	00:05+	01:05&	00:29&	00:31#	00:44&	01:35-	00:57&	00:17&

Class	Navn	Klasse										Tid
<b>6</b>	<b>Toyah Bråtveit</b>	<b>115</b>										<b>30:15</b>
01:33+	02:49+	04:38+	08:15-	09:44-	13:41-	16:00-	22:41+	24:17+	25:59+	29:29+	30:15+	
01:33+	01:16+	01:49-	03:37-	01:29+	03:57-	02:19+	06:41+	01:36-	01:42-	03:30+	00:46+	
00:16#	00:02+	00:06-	00:54-	00:02+	00:11-	00:50&	02:23&	00:08-	01:45-	02:17@	00:11&	
<b>7</b>	<b>Gerd Katrin Kro</b>	<b>117</b>										<b>32:21</b>
00:58-	01:57-	04:11-	07:32-	08:37-	15:36+	17:11+	26:15+	27:51+	31:01+	31:40+	32:21+	
00:58-	00:59-	02:14+	03:21-	01:05-	06:59+	01:35+	09:04+	01:36-	03:10-	00:39-	00:41+	
00:19-	00:15-	00:19#	01:10-	00:22-	02:51&	00:06+	04:46@	00:08-	00:17-	00:34-	00:06#	
<b>8</b>	<b>Ingrid O. Foss</b>	<b>117</b>										<b>32:35</b>
01:20+	02:49+	04:45+	10:25+	12:08+	18:10+	20:15+	26:12+	28:27+	29:51+	31:34+	32:35+	
01:20+	01:29+	01:56+	05:40+	01:43+	06:02+	02:05+	05:57+	02:15+	01:24-	01:43+	01:01+	
00:03+	00:15#	00:01+	01:09&	00:16#	01:54&	00:36&	01:39&	00:31&	02:03-	00:30&	00:26&	
<b>9</b>	<b>Tone Giske</b>	<b>7</b>										<b>32:37</b>
01:17=	02:47+	05:15+	10:20+	12:14+	19:46+	22:23+	26:22+	28:56+	30:21+	31:44+	32:37+	
01:17=	01:30+	02:28+	05:05+	01:54+	07:32+	02:37+	03:59-	02:34+	01:25-	01:23+	00:53+	
00:00=	00:16#	00:33&	00:34#	00:27&	03:24&	01:08&	00:19-	00:50&	02:02-	00:10#	00:18&	
<b>10</b>	<b>Anastasia Ollestad</b>	<b>93</b>										<b>32:55</b>
01:25+	02:41+	04:54+	08:30-	10:14-	17:20+	19:47+	24:47+	27:29+	28:51+	32:10+	32:55+	
01:25+	01:16+	02:13+	03:36-	01:44+	07:06+	02:27+	05:00+	02:42+	01:22-	03:19+	00:45+	
00:08#	00:02+	00:18#	00:55-	00:17#	02:58&	00:58&	00:42#	00:58&	02:05-	02:06@	00:10&	
<b>11</b>	<b>Frøydis Østtveit Kvinen</b>	<b>66</b>										<b>33:14</b>
02:00+	03:26+	06:19+	11:31+	14:25+	20:35+	23:03+	27:21+	29:18+	30:46+	32:23+	33:14+	
02:00+	01:26+	02:53+	05:12+	02:54+	06:10+	02:28+	04:18=	01:57+	01:28-	01:37+	00:51+	
00:43&	00:12#	00:58&	00:41#	01:27&	02:02&	00:59&	00:00=	00:13#	01:59-	00:24&	00:16&	
<b>12</b>	<b>Lene Bjørnø</b>	<b>92</b>										<b>34:15</b>
01:22+	02:39+	04:48+	09:33+	11:19+	16:45+	18:57+	27:05+	29:03+	31:06+	33:12+	34:15+	
01:22+	01:17+	02:09+	04:45+	01:46+	05:26+	02:12+	08:08+	01:58+	02:03-	02:06+	01:03+	
00:05+	00:03+	00:14#	00:14+	00:19#	01:18&	00:43&	03:50&	00:14#	01:24-	00:53&	00:28&	
<b>13</b>	<b>Gudrun Hegelstad</b>	<b>92</b>										<b>34:19</b>
01:37+	06:05+	08:00+	12:33+	15:26+	21:13+	24:15+	28:41+	30:34+	31:56+	33:24+	34:19+	
01:37+	04:28+	01:55=	04:33+	02:53+	05:47+	03:02+	04:26+	01:53+	01:22-	01:28+	00:55+	
00:20&	03:14@	00:00=	00:02+	01:26&	01:39&	01:33@	00:08+	00:09+	02:05-	00:15#	00:20&	
<b>14</b>	<b>Pernille Melleby</b>	<b>18</b>										<b>34:30</b>
01:13-	02:40+	04:43+	10:17+	12:12+	17:41+	22:19+	28:14+	30:08+	31:47+	33:36+	34:30+	
01:13-	01:27+	02:03+	05:34+	01:55+	05:29+	04:38+	05:55+	01:54+	01:39-	01:49+	00:54+	
00:04-	00:13#	00:08+	01:03#	00:28&	01:21&	03:09@	01:37&	00:10+	01:48-	00:36&	00:19&	
<b>15</b>	<b>Randi Bugge</b>	<b>46</b>										<b>34:36</b>
01:15-	02:50+	05:23+	10:31+	12:13+	18:22+	20:55+	25:36+	27:29+	31:02+	33:28+	34:36+	
01:15-	01:35+	02:33+	05:08+	01:42+	06:09+	02:33+	04:41+	01:53+	03:33+	02:26+	01:08+	
00:02-	00:21&	00:38&	00:37#	00:15#	02:01&	01:04&	00:23+	00:09+	00:06+	01:13&	00:33&	
<b>16</b>	<b>Siri Goa</b>	<b>63</b>										<b>36:22</b>
01:06-	02:47+	04:38+	10:00+	11:45+	17:57+	20:47+	29:41+	31:16+	32:58+	35:35+	36:22+	
01:06-	01:41+	01:51-	05:22+	01:45+	06:12+	02:50+	08:54+	01:35-	01:42-	02:37+	00:47+	
00:11-	00:27&	00:04-	00:51#	00:18#	02:04&	01:21&	04:36@	00:09-	01:45-	01:24@	00:12&	
<b>17</b>	<b>Björg Engelhard</b>	<b>165</b>										<b>36:30</b>
01:32+	03:42+	06:09+	11:50+	13:52+	20:50+	23:41+	29:02+	32:00+	33:39+	35:30+	36:30+	
01:32+	02:10+	02:27+	05:41+	02:02+	06:58+	02:51+	05:21+	02:58+	01:39-	01:51+	01:00+	
00:15#	00:56&	00:32&	01:10&	00:35&	02:50&	01:22&	01:03#	01:14&	01:48-	00:38&	00:25&	
<b>18</b>	<b>Parul Khandelwal</b>	<b>71</b>										<b>36:38</b>
01:18+	02:43+	04:46+	10:22+	12:39+	19:26+	21:58+	28:12+	31:33+	33:30+	35:41+	36:38+	
01:18+	01:25+	02:03+	05:36+	02:17+	06:47+	02:32+	06:14+	03:21+	01:57-	02:11+	00:57+	
00:01+	00:11#	00:08+	01:05#	00:50&	02:39&	01:03&	01:56&	01:37&	01:30-	00:58&	00:22&	
<b>19</b>	<b>Anna Klasson</b>	<b>165</b>										<b>36:42</b>
01:41+	03:51+	06:20+	12:00+	13:59+	20:54+	23:48+	29:20+	32:07+	33:44+	35:38+	36:42+	
01:41+	02:10+	02:29+	05:40+	01:59+	06:55+	02:54+	05:32+	02:47+	01:37-	01:54+	01:04+	
00:24&	00:56&	00:34&	01:09&	00:32&	02:47&	01:25&	01:14&	01:03&	01:50-	00:41&	00:29&	
<b>20</b>	<b>Gunhild Nordbø</b>	<b>117</b>										<b>37:10</b>
01:11-	02:53+	06:11+	11:46+	13:37+	20:11+	23:20+	27:54+	30:30+	32:17+	35:31+	37:10+	
01:11-	01:42+	03:18+	05:35+	01:51+	06:34+	03:09+	04:34+	02:36+	01:47-	03:14+	01:39+	
00:06-	00:28&	01:23&	01:04#	00:24&	02:26&	01:40@	00:16+	00:52&	01:40-	02:01@	01:04@	

Class	Navn	Klasse	Tid								
<b>21</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>37:37</b>								
01:20+	02:47+	04:38+	09:35+	13:31+	19:59+	23:05+	28:23+	31:42+	33:13+	36:24+	37:37+
01:20+	01:27+	01:51-	04:57+	03:56+	06:28+	03:06+	05:18+	03:19+	01:31-	03:11+	01:13+
00:03+	00:13#	00:04-	00:26+	02:29#	02:20#	01:37#	01:00#	01:35#	01:56-	01:58#	00:38#
<b>22</b>	<b>Grete Stokke Seljeskog</b>	<b>128</b>	<b>38:51</b>								
01:44+	03:23+	05:38+	10:37+	12:12+	21:46+	25:09+	29:23+	32:37+	34:02+	37:21+	38:51+
01:44+	01:39+	02:15+	04:59+	01:35+	09:34+	03:23+	04:14-	03:14+	01:25-	03:19+	01:30+
00:27#	00:25#	00:20#	00:28#	00:08+	05:26#	01:54#	00:04-	01:30#	02:02-	02:06#	00:55#
<b>23</b>	<b>Marianne Johnsen</b>	<b>5</b>	<b>39:19</b>								
01:06-	03:02+	05:00+	10:06+	11:46+	17:44+	20:19+	28:48+	31:04+	32:28+	38:31+	39:19+
01:06-	01:56+	01:58+	05:06+	01:40+	05:58+	02:35+	08:29+	02:16+	01:24-	06:03+	00:48+
00:11-	00:42#	00:03+	00:35#	00:13#	01:50#	01:06#	04:11#	00:32#	02:03-	04:50#	00:13#
<b>24</b>	<b>Elsa Ingolfsdottir</b>	<b>126</b>	<b>39:35</b>								
01:44+	03:55+	06:16+	12:16+	14:30+	23:01+	25:31+	31:46+	34:28+	36:34+	38:28+	39:35+
01:44+	02:11+	02:21+	06:00+	02:14+	08:31+	02:30+	06:15+	02:42+	02:06-	01:54+	01:07+
00:27#	00:57#	00:26#	01:29#	00:47#	04:23#	01:01#	01:57#	00:58#	01:21-	00:41#	00:32#
<b>25</b>	<b>Siv Hilde Berg</b>	<b>105</b>	<b>39:41</b>								
02:03+	03:43+	06:29+	13:48+	16:38+	23:10+	25:39+	32:30+	35:25+	37:11+	38:52+	39:41+
02:03+	01:40+	02:46+	07:19+	02:50+	06:32+	02:29+	06:51+	02:55+	01:46-	01:41+	00:49+
00:46#	00:26#	00:51#	02:48#	01:23#	02:24#	01:00#	02:33#	01:11#	01:41-	00:28#	00:14#
<b>26</b>	<b>Maria E. Pettersen</b>	<b>7</b>	<b>40:03</b>								
02:11+	03:47+	06:16+	13:36+	16:53+	23:22+	26:05+	32:16+	35:35+	37:18+	39:01+	40:03+
02:11+	01:36+	02:29+	07:20+	03:17+	06:29+	02:43+	06:11+	03:19+	01:43-	01:43+	01:02+
00:54#	00:22#	00:34#	02:49#	01:50#	02:21#	01:14#	01:53#	01:35#	01:44-	00:30#	00:27#
<b>27</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>40:10</b>								
01:32+	03:50+	07:16+	12:47+	14:43+	20:58+	23:23+	34:11+	36:15+	37:49+	39:20+	40:10+
01:32+	02:18+	03:26+	05:31+	01:56+	06:15+	02:25+	10:48+	02:04+	01:34-	01:31+	00:50+
00:15#	01:04#	01:31#	01:00#	00:29#	02:07#	00:56#	06:30#	00:20#	01:53-	00:18#	00:15#
<b>28</b>	<b>Synnøve Hognestad</b>	<b>43</b>	<b>40:39</b>								
02:34+	03:44+	05:51+	10:56+	12:55+	17:57+	20:29+	30:47+	32:48+	34:14+	39:42+	40:39+
02:34+	01:10-	02:07+	05:05+	01:59+	05:02+	02:32+	10:18+	02:01+	01:26-	05:28+	00:57+
01:17#	00:04-	00:12#	00:34#	00:32#	00:54#	01:03#	06:00#	00:17#	02:01-	04:15#	00:22#
<b>29</b>	<b>Unni B. Sundli</b>	<b>92</b>	<b>41:20</b>								
02:00+	04:03+	06:49+	13:05+	15:01+	21:45+	25:25+	31:37+	35:02+	36:37+	40:05+	41:20+
02:00+	02:03+	02:46+	06:16+	01:56+	06:44+	03:40+	06:12+	03:25+	01:35-	03:28+	01:15+
00:43#	00:49#	00:51#	01:45#	00:29#	02:36#	02:11#	01:54#	01:41#	01:52-	02:15#	00:40#
<b>30</b>	<b>Judith Serigstad</b>	<b>128</b>	<b>41:39</b>								
03:22+	05:07+	07:35+	13:09+	15:11+	21:45+	24:33+	34:33+	36:40+	38:39+	40:43+	41:39+
03:22+	01:45+	02:28+	05:34+	02:02+	06:34+	02:48+	10:00+	02:07+	01:59-	02:04+	00:56+
02:05#	00:31#	00:33#	01:03#	00:35#	02:26#	01:19#	05:42#	00:23#	01:28-	00:51#	00:21#
<b>31</b>	<b>Irene Frøyland</b>	<b>71</b>	<b>41:40</b>								
01:22+	03:15+	05:15+	12:03+	14:11+	22:19+	25:11+	33:02+	35:17+	38:45+	40:49+	41:40+
01:22+	01:53+	02:00+	06:48+	02:08+	08:08+	02:52+	07:51+	02:15+	03:28+	02:04+	00:51+
00:05+	00:39#	00:05+	02:17#	00:41#	04:00#	01:23#	03:33#	00:31#	00:01+	00:51#	00:16#
<b>32</b>	<b>Bente Salte Aune</b>	<b>128</b>	<b>41:44</b>								
03:14+	05:14+	07:30+	13:08+	15:10+	21:55+	24:39+	34:49+	37:12+	38:46+	40:43+	41:44+
03:14+	02:00+	02:16+	05:38+	02:02+	06:45+	02:44+	10:10+	02:23+	01:34-	01:57+	01:01+
01:57#	00:46#	00:21#	01:07#	00:35#	02:37#	01:15#	05:52#	00:39#	01:53-	00:44#	00:26#
<b>33</b>	<b>Anne Marie Nerby</b>	<b>76</b>	<b>42:02</b>								
01:38+	03:23+	05:58+	12:35+	14:51+	23:42+	27:03+	32:38+	36:15+	38:47+	40:57+	42:02+
01:38+	01:45+	02:35+	06:37+	02:16+	08:51+	03:21+	05:35+	03:37+	02:32-	02:10+	01:05+
00:21#	00:31#	00:40#	02:06#	00:49#	04:43#	01:52#	01:17#	01:53#	00:55-	00:57#	00:30#
<b>34</b>	<b>Brit Svihus</b>	<b>92</b>	<b>42:05</b>								
03:25+	05:21+	07:50+	13:24+	15:25+	22:12+	24:49+	34:20+	37:15+	38:54+	41:00+	42:05+
03:25+	01:56+	02:29+	05:34+	02:01+	06:47+	02:37+	09:31+	02:55+	01:39-	02:06+	01:05+
02:08#	00:42#	00:34#	01:03#	00:34#	02:39#	01:08#	05:13#	01:11#	01:48-	00:53#	00:30#
<b>35</b>	<b>Margot Asheim</b>	<b>105</b>	<b>42:37</b>								
01:20+	03:35+	05:27+	10:31+	11:55+	17:02+	19:10+	36:14+	38:50+	40:05+	41:47+	42:37+
01:20+	02:15+	01:52-	05:04+	01:24-	05:07+	02:08+	17:04+	02:36+	01:15-	01:42+	00:50+
00:03+	01:01#	00:03-	00:33#	00:03-	00:59#	00:39#	12:46#	00:52#	02:12-	00:29#	00:15#

Class	Navn	Klasse										Tid
<b>36</b>	<b>Maria Haukalid</b>	<b>47</b>										<b>42:46</b>
01:43+	03:50+	07:29+	14:17+	23:34+	26:53+	33:18+	36:44+	38:30+	41:32+	42:46+		
01:43+	02:07+	03:39+	06:48+	02:34+	06:43+	03:19+	06:25+	03:26+	01:46-	03:02+	01:14+	
00:26&	00:53&	01:44&	02:17&	01:07&	02:35&	01:50&	02:07&	01:42&	01:41-	01:49&	00:39&	
<b>37</b>	<b>Sigrun Serigstad</b>	<b>128</b>										<b>42:47</b>
01:24+	03:13+	05:15+	09:28+	11:21+	18:04+	26:58+	33:14+	35:06+	37:43+	42:12+	42:47+	
01:24+	01:49+	02:02+	04:13-	01:53+	06:43+	08:54+	06:16+	01:52+	02:37-	04:29+	00:35=	
00:07+	00:35&	00:07+	00:18-	00:26&	02:35&	07:25&	01:58&	00:08+	00:50-	03:16&	00:00=	
<b>38</b>	<b>Sara Engevik</b>	<b>126</b>										<b>43:01</b>
01:07-	02:28-	04:31+	10:11+	12:45+	17:53+	20:39+	35:54+	38:08+	40:02+	41:56+	43:01+	
01:07-	01:21+	02:03+	05:40+	02:34+	05:08+	02:46+	15:15+	02:14+	01:54-	01:54+	01:05+	
00:10-	00:07+	00:08+	01:09&	01:07&	01:00#	01:17&	10:57&	00:30&	01:33-	00:41&	00:30&	
<b>39</b>	<b>Rebekka Lye</b>	<b>62</b>										<b>43:13</b>
02:53+	05:20+	07:42+	14:13+	16:36+	23:47+	26:51+	34:14+	36:13+	40:38+	42:26+	43:13+	
02:53+	02:27+	02:22+	06:31+	02:23+	07:11+	03:04+	07:23+	01:59+	04:25+	01:48+	00:47+	
01:36&	01:13&	00:27#	02:00&	00:56&	03:03&	01:35&	03:05&	00:15#	00:58&	00:35&	00:12&	
<b>40</b>	<b>Haldis Vagle</b>	<b>92</b>										<b>43:40</b>
02:12+	04:02+	06:54+	12:52+	15:14+	22:22+	26:12+	33:51+	37:15+	39:36+	42:15+	43:40+	
02:12+	01:50+	02:52+	05:58+	02:22+	07:08+	03:50+	07:39+	03:24+	02:21-	02:39+	01:25+	
00:55&	00:36&	00:57&	01:27&	00:55&	03:00&	02:21&	03:21&	01:40&	01:06-	01:26&	00:50&	
<b>41</b>	<b>Sonja Johannessen</b>	<b>130</b>										<b>43:42</b>
01:44+	03:16+	06:30+	11:46+	13:37+	26:26+	29:55+	36:00+	38:43+	40:07+	42:24+	43:42+	
01:44+	01:32+	03:14+	05:16+	01:51+	12:49+	03:29+	06:05+	02:43+	01:24-	02:17+	01:18+	
00:27&	00:18#	01:19&	00:45#	00:24&	08:41&	02:00&	01:47&	00:59&	02:03-	01:04&	00:43&	
<b>42</b>	<b>Grete Hellevik</b>	<b>168</b>										<b>43:44</b>
02:17+	04:24+	06:10+	11:24+	13:06+	17:54+	19:56+	37:56+	39:45+	41:06+	42:53+	43:44+	
02:17+	02:07+	01:46-	05:14+	01:42+	04:48+	02:02+	18:00+	01:49+	01:21-	01:47+	00:51+	
01:00&	00:53&	00:09-	00:43#	00:15#	00:40#	00:33&	13:42&	00:05+	02:06-	00:34&	00:16&	
<b>43</b>	<b>Linda Haukås</b>	<b>113</b>										<b>44:13</b>
01:56+	03:38+	06:15+	12:18+	15:12+	24:54+	28:35+	34:48+	37:57+	39:52+	42:11+	44:13+	
01:56+	01:42+	02:37+	06:03+	02:54+	09:42+	03:41+	06:13+	03:09+	01:55-	02:19+	02:02+	
00:39&	00:28&	00:42&	01:32&	01:27&	05:34&	02:12&	01:55&	01:25&	01:32-	01:06&	01:27&	
<b>44</b>	<b>Brynhild Haaland</b>	<b>101</b>										<b>44:35</b>
02:10+	04:48+	08:16+	14:11+	16:09+	24:26+	27:24+	36:35+	39:05+	41:36+	43:28+	44:35+	
02:10+	02:38+	03:28+	05:55+	01:58+	08:17+	02:58+	09:11+	02:30+	02:31-	01:52+	01:07+	
00:53&	01:24&	01:33&	01:24&	00:31&	04:09&	01:29&	04:53&	00:46&	00:56-	00:39&	00:32&	
<b>45</b>	<b>Lene Haver Schmidt</b>	<b>88</b>										<b>45:05</b>
01:53+	03:55+	07:19+	14:04+	16:20+	24:37+	28:50+	34:45+	38:21+	41:18+	43:41+	45:05+	
01:53+	02:02+	03:24+	06:45+	02:16+	08:17+	04:13+	05:55+	03:36+	02:57-	02:23+	01:24+	
00:36&	00:48&	01:29&	02:14&	00:49&	04:09&	02:44&	01:37&	01:52&	00:30-	01:10&	00:49&	
<b>46</b>	<b>Anita Edgren</b>	<b>88</b>										<b>45:10</b>
02:03+	04:06+	07:28+	14:06+	16:29+	24:46+	28:57+	34:59+	38:34+	41:25+	43:43+	45:10+	
02:03+	02:03+	03:22+	06:38+	02:23+	08:17+	04:11+	06:02+	03:35+	02:51-	02:18+	01:27+	
00:46&	00:49&	01:27&	02:07&	00:56&	04:09&	02:42&	01:44&	01:51&	00:36-	01:05&	00:52&	
<b>47</b>	<b>Gunvor Frafjord Tungesvik</b>	<b>228</b>										<b>45:35</b>
02:12+	04:05+	06:25+	14:49+	17:03+	25:48+	28:25+	34:55+	38:14+	40:19+	44:41+	45:35+	
02:12+	01:53+	02:20+	08:24+	02:14+	08:45+	02:37+	06:30+	03:19+	02:05-	04:22+	00:54+	
00:55&	00:39&	00:25#	03:53&	00:47&	04:37&	01:08&	02:12&	01:35&	01:22-	03:09&	00:19&	
<b>48</b>	<b>Jorunn Birkeland</b>	<b>47</b>										<b>45:51</b>
02:13+	04:07+	07:16+	15:01+	17:41+	26:16+	29:36+	35:37+	38:53+	40:44+	44:35+	45:51+	
02:13+	01:54+	03:09+	07:45+	02:40+	08:35+	03:20+	06:01+	03:16+	01:51-	03:51+	01:16+	
00:56&	00:40&	01:14&	03:14&	01:13&	04:27&	01:51&	01:43&	01:32&	01:36-	02:38&	00:41&	
<b>49</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>46:44</b>
02:10+	04:08+	07:00+	13:12+	15:40+	23:31+	26:44+	33:48+	36:36+	38:37+	45:21+	46:44+	
02:10+	01:58+	02:52+	06:12+	02:28+	07:51+	03:13+	07:04+	02:48+	02:01-	06:44+	01:23+	
00:53&	00:44&	00:57&	01:41&	01:01&	03:43&	01:44&	02:46&	01:04&	01:26-	05:31&	00:48&	
<b>50</b>	<b>Signe Lise Haaland</b>	<b>66</b>										<b>47:13</b>
01:27+	03:01+	05:28+	11:32+	13:56+	22:35+	27:05+	37:53+	41:00+	43:23+	45:26+	47:13+	
01:27+	01:34+	02:27+	06:04+	02:24+	08:39+	04:30+	10:48+	03:07+	02:23-	02:03+	01:47+	
00:10#	00:20&	00:32&	01:33&	00:57&	04:31&	03:01&	06:30&	01:23&	01:04-	00:50&	01:12&	

Class	Navn	Klasse										Tid
<b>51</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>47:15</b>
01:46+	03:51+	07:31+	14:32+	17:53+	24:02+	27:20+	39:40+	44:23+	46:12+	47:15+		
01:46+	02:05+	03:40+	07:01+	03:21+	06:09+	03:18+	12:20+	03:02+	01:41-	01:49+	01:03+	
00:29&	00:51&	01:45&	02:30&	01:54&	02:01&	01:49&	08:02@	01:18&	01:46-	00:36&	00:28&	
<b>52</b>	<b>Sølvi Utbø Sakseid</b>	<b>116</b>										<b>48:07</b>
01:14-	03:05+	05:50+	10:50+	12:32+	21:40+	24:05+	35:49+	37:12+	38:25+	47:32+	48:07+	
01:14-	01:51+	02:45+	05:00+	01:42+	09:08+	02:25+	11:44+	01:23-	01:13-	09:07+	00:35=	
00:03-	00:37&	00:50&	00:29#	00:15#	05:00@	00:56&	07:26@	00:21-	02:14-	07:54@	00:00=	
<b>53</b>	<b>Astrid Espe</b>	<b>43</b>										<b>48:26</b>
01:58+	04:19+	07:51+	15:08+	18:07+	26:06+	29:55+	37:12+	40:37+	44:02+	46:45+	48:26+	
01:58+	02:21+	03:32+	07:17+	02:59+	07:59+	03:49+	07:17+	03:25+	03:25-	02:43+	01:41+	
00:41&	01:07&	01:37&	02:46&	01:32@	03:51&	02:20@	02:59&	01:41&	00:02-	01:30@	01:06@	
<b>54</b>	<b>Else Marie Furland</b>	<b>93</b>										<b>48:33</b>
02:18+	05:03+	08:46+	15:56+	18:41+	27:45+	32:07+	38:51+	41:59+	44:01+	47:10+	48:33+	
02:18+	02:45+	03:43+	07:10+	02:45+	09:04+	04:22+	06:44+	03:08+	02:02-	03:09+	01:23+	
01:01&	01:31@	01:48&	02:39&	01:18&	04:56@	02:53@	02:26&	01:24&	01:25-	01:56@	00:48@	
<b>55</b>	<b>Marte Haugstad Eiane</b>	<b>66</b>										<b>48:48</b>
01:59+	03:51+	06:41+	13:24+	16:31+	26:57+	30:51+	40:01+	43:10+	45:31+	47:32+	48:48+	
01:59+	01:52+	02:50+	06:43+	03:07+	10:26+	03:54+	09:10+	03:09+	02:21-	02:01+	01:16+	
00:42&	00:38&	00:55&	02:12&	01:40@	06:18@	02:25@	04:52@	01:25&	01:06-	00:48&	00:41@	
<b>56</b>	<b>Linda Eliassen</b>	<b>105</b>										<b>48:48</b>
01:37+	03:33+	06:20+	12:36+	14:41+	20:35+	23:26+	32:09+	34:23+	36:18+	43:55+	48:48+	
01:37+	01:56+	02:47+	06:16+	02:05+	05:54+	02:51+	08:43+	02:14+	01:55-	07:37+	04:53+	
00:20&	00:42&	00:52&	01:45&	00:38&	01:46&	01:22&	04:25@	00:30&	01:32-	06:24@	04:18@	
<b>57</b>	<b>Silje Kvammen Iwebakk</b>	<b>66</b>										<b>48:55</b>
02:11+	03:56+	06:38+	13:30+	16:35+	27:15+	31:07+	39:40+	43:10+	45:36+	47:52+	48:55+	
02:11+	01:45+	02:42+	06:52+	03:05+	10:40+	03:52+	08:33+	03:30+	02:26-	02:16+	01:03+	
00:54&	00:31&	00:47&	02:21&	01:38@	06:32@	02:23@	04:15&	01:46@	01:01-	01:03&	00:28&	
<b>58</b>	<b>Grethe Wathne</b>	<b>109</b>										<b>50:16</b>
02:14+	04:03+	06:22+	12:11+	14:13+	28:21+	31:29+	38:18+	41:12+	42:57+	49:20+	50:16+	
02:14+	01:49+	02:19+	05:49+	02:02+	14:08+	03:08+	06:49+	02:54+	01:45-	06:23+	00:56+	
00:57&	00:35&	00:24#	01:18&	00:35&	10:00@	01:39@	02:31&	01:10&	01:42-	05:10@	00:21&	
<b>59</b>	<b>Grethe Breivik</b>	<b>5</b>										<b>50:47</b>
01:05-	02:31=	05:11+	09:54+	18:05+	23:55+	29:23+	43:11+	45:35+	47:12+	49:47+	50:47+	
01:05-	01:26+	02:40+	04:43+	08:11+	05:50+	05:28+	13:48+	02:24+	01:37-	02:35+	01:00+	
00:12-	00:12#	00:45&	00:12+	06:44@	01:42&	03:59@	09:30@	00:40&	01:50-	01:22@	00:25&	
<b>60</b>	<b>Hege Bakken</b>	<b>168</b>										<b>50:53</b>
01:54+	05:00+	08:47+	14:00+	15:48+	21:11+	23:55+	40:15+	43:47+	45:56+	48:08+	50:53+	
01:54+	03:06+	03:47+	05:13+	01:48+	05:23+	02:44+	16:20+	03:32+	02:09-	02:12+	02:45+	
00:37&	01:52@	01:52&	00:42#	00:21#	01:15&	01:15&	12:02@	01:48@	01:18-	00:59&	02:10@	
<b>61</b>	<b>Guro Grimnes</b>	<b>126</b>										<b>51:18</b>
02:09+	04:42+	06:53+	12:25+	14:00+	21:04+	23:25+	32:33+	41:53+	43:23+	50:22+	51:18+	
02:09+	02:33+	02:11+	05:32+	01:35+	07:04+	02:21+	09:08+	09:20+	01:30-	06:59+	00:56+	
00:52&	01:19@	00:16#	01:01#	00:08+	02:56&	00:52&	04:50@	07:36@	01:57-	05:46@	00:21&	
<b>62</b>	<b>Hilde Sondresen</b>	<b>93</b>										<b>51:57</b>
01:46+	03:31+	06:10+	12:29+	15:31+	26:13+	29:47+	42:04+	46:02+	48:19+	50:45+	51:57+	
01:46+	01:45+	02:39+	06:19+	03:02+	10:42+	03:34+	12:17+	03:58+	02:17-	02:26+	01:12+	
00:29&	00:31&	00:44&	01:48&	01:35@	06:34@	02:05@	07:59@	02:14@	01:10-	01:13&	00:37@	
<b>63</b>	<b>Inger Synnøve Sjursen</b>	<b>92</b>										<b>51:57</b>
01:45+	03:30+	06:04+	12:27+	15:29+	26:10+	29:44+	42:24+	45:59+	48:19+	50:44+	51:57+	
01:45+	01:45+	02:34+	06:23+	03:02+	10:41+	03:34+	12:40+	03:35+	02:20-	02:25+	01:13+	
00:28&	00:31&	00:39&	01:52&	01:35@	06:33@	02:05@	08:22@	01:51@	01:07-	01:12&	00:38@	
<b>64</b>	<b>Ingunn Fandrem</b>	<b>47</b>										<b>54:41</b>
03:01+	05:51+	09:07+	15:34+	18:19+	28:10+	32:28+	40:46+	44:18+	46:37+	53:34+	54:41+	
03:01+	02:50+	03:16+	06:27+	02:45+	09:51+	04:18+	08:18+	03:32+	02:19-	06:57+	01:07+	
01:44@	01:36@	01:21&	01:56&	01:18&	05:43@	02:49@	04:00&	01:48@	01:08-	05:44@	00:32&	
<b>65</b>	<b>Solveig Grønning</b>	<b>47</b>										<b>55:00</b>
03:10+	05:59+	09:19+	15:41+	18:27+	28:20+	32:35+	40:55+	44:24+	46:47+	53:46+	55:00+	
03:10+	02:49+	03:20+	06:22+	02:46+	09:53+	04:15+	08:20+	03:29+	02:23-	06:59+	01:14+	
01:53@	01:35@	01:25&	01:51&	01:19&	05:45@	02:46@	04:02&	01:45@	01:04-	05:46@	00:39@	

Class	Navn	Klasse										Tid
<b>66</b>	<b>Hazel Grayston</b>	<b>263</b>										<b>56:15</b>
	02:41+	05:11+	08:40+	18:03+	21:04+	31:33+	35:35+	45:43+	52:01+	54:30+	56:15+	
	02:41+	02:30+	03:29+	09:23+	03:01+	10:29+	04:02+	10:08+	03:44+	02:34-	02:29+	01:45+
	01:24@	01:16@	01:34&	04:52@	01:34@	06:21@	02:33@	05:50@	02:00@	00:53-	01:16@	01:10@
<b>67</b>	<b>Anne Malmin</b>	<b>113</b>										<b>56:30</b>
	03:13+	05:26+	09:05+	16:28+	19:02+	27:42+	31:57+	42:18+	45:21+	47:26+	54:51+	56:30+
	03:13+	02:13+	03:39+	07:23+	02:34+	08:40+	04:15+	10:21+	03:03+	02:05-	07:25+	01:39+
	01:56@	00:59&	01:44&	02:52&	01:07&	04:32@	02:46@	06:03@	01:19&	01:22-	06:12@	01:04@
<b>68</b>	<b>Solveig Møland</b>	<b>128</b>										<b>1:00:13</b>
	02:08+	04:15+	08:23+	16:30+	19:26+	31:12+	39:08+	48:24+	54:03+	56:22+	58:32+	60:13+
	02:08+	02:07+	04:08+	08:07+	02:56+	11:46+	07:56+	09:16+	05:39+	02:19-	02:10+	01:41+
	00:51&	00:53&	02:13@	03:36&	01:29@	07:38@	06:27@	04:58@	03:55@	01:08-	00:57&	01:06@
<b>69</b>	<b>Aase Sveinsvoll</b>	<b>94</b>										<b>1:00:36</b>
	02:10+	04:04+	07:36+	16:26+	20:17+	30:18+	35:04+	43:09+	47:18+	49:48+	58:48+	60:36+
	02:10+	01:54+	03:32+	08:50+	03:51+	10:01+	04:46+	08:05+	04:09+	02:30-	09:00+	01:48+
	00:53&	00:40&	01:37&	04:19&	02:24@	05:53@	03:17@	03:47&	02:25@	00:57-	07:47@	01:13@
<b>70</b>	<b>Brit Skjelbred</b>	<b>94</b>										<b>1:03:55</b>
	02:04+	04:06+	07:20+	16:15+	18:47+	26:53+	30:42+	38:14+	41:29+	43:37+	62:47+	63:55+
	02:04+	02:02+	03:14+	08:55+	02:32+	08:06+	03:49+	07:32+	03:15+	02:08-	19:10+	01:08+
	00:47&	00:48&	01:19&	04:24&	01:05&	03:58&	02:20@	03:14&	01:31&	01:19-	17:57@	00:33&
<b>71</b>	<b>Ritva Halsne</b>	<b>105</b>										<b>1:04:01</b>
	02:12+	05:38+	09:43+	15:51+	18:36+	35:53+	39:10+	47:04+	51:36+	60:01+	62:46+	64:01+
	02:12+	03:26+	04:05+	06:08+	02:45+	17:17+	03:17+	07:54+	04:32+	08:25+	02:45+	01:15+
	00:55&	02:12@	02:10@	01:37&	01:18&	13:09@	01:48@	03:36&	02:48@	04:58@	01:32@	00:40@
<b>72</b>	<b>Lilly Charlotte Berg</b>	<b>94</b>										<b>1:04:05</b>
	01:59+	04:07+	07:32+	16:15+	18:47+	27:10+	30:43+	38:14+	41:38+	43:43+	62:56+	64:05+
	01:59+	02:08+	03:25+	08:43+	02:32+	08:23+	03:33+	07:31+	03:24+	02:05-	19:13+	01:09+
	00:42&	00:54&	01:30&	04:12&	01:05&	04:15@	02:04@	03:13&	01:40&	01:22-	18:00@	00:34&
<b>73</b>	<b>Liv Ertesvåg</b>	<b>83</b>										<b>1:12:16</b>
	02:53+	04:59+	13:03+	21:54+	24:55+	41:46+	45:40+	58:45+	64:26+	67:00+	70:20+	72:16+
	02:53+	02:06+	08:04+	08:51+	03:01+	16:51+	03:54+	13:05+	05:41+	02:34-	03:20+	01:56+
	01:36@	00:52&	06:09@	04:20&	01:34@	12:43@	02:25@	08:47@	03:57@	00:53-	02:07@	01:21@
<b>74</b>	<b>Unni Byberg Møstad</b>	<b>92</b>										<b>1:15:17</b>
	01:57+	11:06+	15:12+	21:31+	23:53+	43:20+	47:11+	57:22+	65:36+	72:15+	74:09+	75:17+
	01:57+	09:09+	04:06+	06:19+	02:22+	19:27+	03:51+	10:11+	08:14+	06:39+	01:54+	01:08+
	00:40&	07:55@	02:11@	01:48&	00:55&	15:19@	02:22@	05:53@	06:30@	03:12&	00:41&	00:33&
<b>75</b>	<b>Priya Chilamkurthi</b>	<b>136</b>										<b>1:25:10</b>
	06:35+	08:22+	12:12+	21:14+	24:24+	42:22+	46:53+	57:10+	65:54+	81:49+	83:24+	85:10+
	06:35+	01:47+	03:50+	09:02+	03:10+	17:58+	04:31+	10:17+	08:44+	15:55+	01:35+	01:46+
	05:18@	00:33&	01:55&	04:31&	01:43@	13:50@	03:02@	05:59@	07:00@	12:28@	00:22&	01:11@
<b>76</b>	<b>Ewelina Uscinska</b>	<b>287</b>										<b>1:25:17</b>
	01:34+	05:34+	08:09+	14:04+	16:17+	51:44+	54:33+	67:08+	70:19+	82:05+	84:30+	85:17+
	01:34+	04:00+	02:35+	05:55+	02:13+	35:27+	02:49+	12:35+	03:11+	11:46+	02:25+	00:47+
	00:17#	02:46@	00:40&	01:24&	00:46&	31:19@	01:20&	08:17@	01:27&	08:19@	01:12&	00:12&
<b>Beste strekktid for klassen</b>												
	00:58	00:59	01:34	03:21	01:05	03:57	01:29	03:32	01:23	01:07	00:39	00:35

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

## Herrer 16 - 39 år

<b>1</b>	<b>Mathias Nødland</b>	<b>194</b>										<b>41:07</b>				
	00:57=	04:38=	05:08=	09:09=	15:45=	16:56=	21:00=	21:36=	29:20=	30:25=	32:46=	35:50=	36:58=	39:53=	40:44=	41:07=
	00:57=	03:41=	00:30=	04:01=	06:36=	01:11=	04:04=	00:36=	07:44=	01:05=	02:21=	03:04=	01:08=	02:55=	00:51=	00:23=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Joar Fuglestad</b>	<b>116</b>										<b>43:55</b>				
	01:04+	05:01+	05:26+	09:37+	17:05+	20:11+	24:14+	25:01+	29:57+	31:05+	33:53+	38:21+	39:05+	42:16+	43:33+	43:55+
	01:04+	03:57+	00:25-	04:11+	07:28+	03:06+	04:03-	00:47+	04:56-	01:08+	02:48+	04:28+	00:44-	03:11+	01:17+	00:22-
	00:07#	00:16+	00:05-	00:10+	00:52#	01:55@	00:01-	00:11&	02:48-	00:03+	00:27#	01:24&	00:24-	00:16+	00:26&	00:01-







Class	Navn	Klasse													Tid	
<b>2</b>	<b>Oddmund Nordgård</b>	<b>105</b>													<b>48:32</b>	
02:43+	07:44+	08:11+	13:10+	20:48+	22:11+	27:26+	28:18+	35:29-	36:57-	39:09-	42:58-	43:58-	47:09-	48:07+	48:32+	
02:43+	05:01+	00:27-	04:59+	07:38-	01:23+	05:15-	00:52+	07:11-	01:28+	02:12+	03:49+	01:00+	03:11+	00:58+	00:25+	
01:43@	01:43&	00:01-	00:56#	02:02-	00:30&	02:41-	00:25&	02:39-	00:25&	00:05+	00:55&	00:18&	00:13+	00:13&	00:06&	
<b>3</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>													<b>48:35</b>	
02:10+	06:10+	06:37+	11:02+	19:35+	21:10+	26:31-	27:17-	34:26-	35:57-	38:33-	42:11-	43:09-	46:58-	48:06+	48:35+	
02:10+	04:00+	00:27-	04:25+	08:33-	01:35+	05:21-	00:46+	07:09-	01:31+	02:36+	03:38+	00:58+	03:49+	01:08+	00:29+	
01:10@	00:42#	00:01-	00:22+	01:07-	00:42&	02:35-	00:19&	02:41-	00:28&	00:29#	00:44&	00:16&	00:51&	00:23&	00:10&	
<b>4</b>	<b>Trondr Breiland</b>	<b>53</b>													<b>48:48</b>	
01:00=	05:04+	05:35+	10:07+	19:03+	20:50+	25:47-	26:26-	34:00-	36:00-	38:36-	42:02-	43:26-	46:35-	48:03-	48:48+	
01:00=	04:04+	00:31+	04:32+	08:56-	01:47+	04:57-	00:39+	07:34-	02:00+	02:36+	03:26+	01:24+	03:09+	01:28+	00:45+	
00:00=	00:46#	00:03#	00:29#	00:44-	00:54@	02:59-	00:12&	02:16-	00:57&	00:29#	00:32#	00:42&	00:11+	00:43&	00:26@	
<b>5</b>	<b>Peter Chapman</b>	<b>117</b>													<b>49:00</b>	
01:05+	05:17+	05:58+	10:51+	20:32+	22:01+	28:21+	29:08+	29:40-	36:45-	37:48-	40:03-	43:27-	44:37-	47:50-	48:35+	49:00+
01:05+	04:12+	00:41+	04:53+	09:41+	01:29+	06:20-	00:47+	00:32-	07:05+	01:03-	02:15-	03:24+	01:10-	03:13+	00:45+	00:25+
00:05+	00:54&	00:13&	00:50#	00:01+	00:36&	01:36-	00:20&	09:18-	06:02@	01:04-	00:39-	02:42@	01:48-	02:28@	00:26@	00:25+
<b>6</b>	<b>Arngrim Utskarpen</b>	<b>117</b>													<b>49:26</b>	
01:35+	05:57+	06:37+	12:09+	21:29+	22:48+	28:42+	29:45+	36:05-	37:35-	39:52-	43:47+	44:38+	48:02+	49:03+	49:26+	
01:35+	04:22+	00:40+	05:32+	09:20-	01:19+	05:54-	01:03+	06:20-	01:30+	02:17+	03:55+	00:51+	03:24+	01:01+	00:23+	
00:35&	01:04&	00:12&	01:29&	00:20-	00:26&	02:02-	00:36@	03:30-	00:27&	00:10+	01:01&	00:09#	00:26#	00:16&	00:04#	
<b>7</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>													<b>49:51</b>	
01:05+	05:14+	05:45+	10:51+	19:48+	21:14+	27:11-	27:59+	36:55-	38:50+	41:05+	44:10+	45:20+	48:41+	49:26+	49:51+	
01:05+	04:09+	00:31+	05:06+	08:57-	01:26+	05:57-	00:48+	08:56-	01:55+	02:15+	03:05+	01:10+	03:21+	00:45=	00:25+	
00:05+	00:51&	00:03#	01:03&	00:43-	00:33&	01:59-	00:21&	00:54-	00:52&	00:08+	00:11+	00:28&	00:23#	00:00=	00:06&	
<b>8</b>	<b>Jørn A. Carlsen</b>	<b>116</b>													<b>51:42</b>	
02:07+	06:03+	07:19+	12:11+	21:50+	23:15+	28:33+	29:26+	37:05-	38:37-	40:58+	45:30+	46:31+	50:13+	51:11+	51:42+	
02:07+	03:56+	01:16+	04:52+	09:39-	01:25+	05:18-	00:53+	07:39-	01:32+	02:21+	04:32+	01:01+	03:42+	00:58+	00:31+	
01:07@	00:38#	00:48@	00:49#	00:01-	00:32&	02:38-	00:26&	02:11-	00:29&	00:14#	01:38&	00:19&	00:44#	00:13&	00:12&	
<b>9</b>	<b>John Breiland</b>	<b>352</b>													<b>52:16</b>	
01:10+	06:35+	07:09+	11:57+	21:22+	23:35+	28:41+	29:26+	37:38+	38:55+	41:32+	45:52+	46:33+	50:28+	51:54+	52:16+	
01:10+	05:25+	00:34+	04:48+	09:25-	02:13+	05:06-	00:45+	08:12-	01:17+	02:37+	04:20+	00:41-	03:55+	01:26+	00:22+	
00:10#	02:07&	00:06#	00:45#	00:15-	01:20@	02:50-	00:18&	01:38-	00:14#	00:30#	01:26&	00:01-	00:57&	00:41&	00:03#	
<b>10</b>	<b>Svein Oddvar Netland</b>	<b>116</b>													<b>56:06</b>	
01:03+	05:39+	06:23+	11:30+	22:19+	23:59+	29:45+	30:49+	39:05+	42:16+	45:29+	49:42+	50:41+	54:38+	55:35+	56:06+	
01:03+	04:36+	00:44+	05:07+	10:49+	01:40+	05:46-	01:04+	08:16-	03:11+	03:13+	04:13+	00:59+	03:57+	00:57+	00:31+	
00:03+	01:18&	00:16&	01:04&	01:09#	00:47&	02:10-	00:37@	01:34-	02:08@	01:06&	01:19&	00:17&	00:59&	00:12&	00:12&	
<b>11</b>	<b>Rune Dahl Fitjar</b>	<b>90</b>													<b>57:16</b>	
01:14+	06:18+	07:12+	12:25+	21:11+	23:30+	29:54+	30:44+	42:34+	43:51+	46:14+	50:21+	51:28+	55:53+	56:48+	57:16+	
01:14+	05:04+	00:54+	05:13+	08:46-	02:19+	06:24-	00:50+	11:50+	01:17+	02:23+	04:07+	01:07+	04:25+	00:55+	00:28+	
00:14#	01:46#	00:26&	01:10&	00:54-	01:26@	01:32-	00:23&	02:00#	00:14#	00:16#	01:13&	00:25&	01:27&	00:10#	00:09&	
<b>12</b>	<b>Egil Syre</b>	<b>101</b>													<b>57:26</b>	
01:01+	05:06+	05:48+	11:57+	22:03+	24:21+	31:56+	32:55+	44:01+	45:18+	47:34+	51:05+	51:55+	55:47+	56:58+	57:26+	
01:01+	04:05+	00:42+	06:09+	10:06+	02:18+	07:35-	00:59+	11:06+	01:17+	02:16+	03:31+	00:50+	03:52+	01:11+	00:28+	
00:01+	00:47#	00:14&	02:06&	00:26+	01:25@	00:21-	00:32@	01:16#	00:14#	00:09+	00:37#	00:08#	00:54&	00:26&	00:09&	
<b>13</b>	<b>Rune Paulsen</b>	<b>98</b>													<b>59:31</b>	
01:12+	05:50+	06:40+	12:07+	20:31+	22:13+	30:00+	31:41+	44:21+	45:57+	49:07+	52:59+	53:55+	57:51+	59:10+	59:31+	
01:12+	04:38+	00:50+	05:27+	08:24-	01:42+	07:47-	01:41+	12:40+	01:36+	03:10+	03:52+	00:56+	03:56+	01:19+	00:21+	
00:12#	01:20&	00:22&	01:24&	01:16-	00:49&	00:09-	01:14@	02:50&	00:33&	01:03&	00:58&	00:14&	00:58&	00:34&	00:02#	
<b>14</b>	<b>Ole-Tobias Frich</b>	<b>116</b>													<b>1:00:20</b>	
01:58+	06:21+	07:04+	12:25+	22:05+	24:01+	31:21+	32:10+	45:09+	46:28+	49:08+	53:57+	54:57+	58:42+	59:46+	60:20+	
01:58+	04:23+	00:43+	05:21+	09:40+	01:56+	07:20-	00:49+	12:59+	01:19+	02:40+	04:49+	01:00+	03:45+	01:04+	00:34+	
00:58&	01:05&	00:15&	01:18&	00:00=	01:03@	00:36-	00:22&	03:09&	00:16&	00:33&	01:55&	00:18&	00:47&	00:19&	00:15&	
<b>15</b>	<b>Håvard Svihus</b>	<b>267</b>													<b>1:00:31</b>	
01:03+	04:51+	05:32+	12:21+	20:40+	27:56+	33:58+	34:50+	43:25+	45:24+	48:06+	52:11+	53:19+	58:43+	59:55+	60:31+	
01:03+	03:48+	00:41+	06:49+	08:19-	07:16+	06:02-	00:52+	08:35-	01:59+	02:42+	04:05+	01:08+	05:24+	01:12+	00:36+	
00:03+	00:30#	00:13&	02:46&	01:21-	06:23@	01:54-	00:25&	01:15-	00:56&	00:35&	01:11&	00:26&	02:26&	00:27&	00:17&	
<b>16</b>	<b>Lars Solvang</b>	<b>116</b>													<b>1:00:55</b>	
01:23+	06:14+	06:43+	12:08+	22:18+	24:00+	30:44+	31:58+	43:55+	45:03+	47:44+	52:32+	53:37+	59:01+	60:09+	60:55+	
01:23+	04:51+	00:29+	05:25+	10:10+	01:42+	06:44-	01:14+	11:57+	01:08+	02:41+	04:48+	01:05+	05:24+	01:08+	00:46+	
00:23&	01:33&	00:01+	01:22&	00:30+	00:49&	01:12-	00:47@	02:07#	00:05+	00:34&	01:54&	00:23&	02:26&	00:23&	00:27@	

Class	Navn	Klasse	Tid													
<b>17</b>	<b>Kjetil Solbakken</b>	<b>66</b>	<b>1:01:13</b>													
03:20+	07:34+	11:07+	15:52+	24:18+	26:17+	32:47+	33:43+	41:46+	43:23+	46:17+	50:24+	53:22+	59:30+	60:43+	61:13+	
03:20+	04:14+	03:33+	04:45+	08:26-	01:59+	06:30-	00:56+	08:03-	01:37+	02:54+	04:07+	02:58+	06:08+	01:13+	00:30+	
02:20#	00:56&	03:05@	00:42#	01:14-	01:06@	01:26-	00:29@	01:47-	00:34&	00:47&	01:13&	02:16@	03:10@	00:28&	00:11&	
<b>18</b>	<b>Arne Hetlelid</b>	<b>98</b>	<b>1:02:40</b>													
01:08+	06:39+	07:17+	14:55+	23:49+	25:27+	33:05+	34:49+	47:13+	48:51+	52:02+	55:59+	57:01+	60:51+	62:09+	62:40+	
01:08+	05:31+	00:38+	07:38+	08:54-	01:38+	07:38-	01:44+	12:24+	01:38+	03:11+	03:57+	01:02+	03:50+	01:18+	00:31+	
00:08#	02:13&	00:10&	03:35&	00:46-	00:45&	00:18-	01:17@	02:34&	00:35&	01:04&	01:03&	00:20&	00:52&	00:33&	00:12&	
<b>19</b>	<b>Jan Kenneth Polle</b>	<b>83</b>	<b>1:06:03</b>													
00:54-	05:06+	05:36+	12:40+	28:01+	29:41+	38:27+	39:17+	50:30+	51:30+	54:36+	59:25+	60:30+	64:34+	65:32+	66:03+	
00:54-	04:12+	00:30+	07:04+	15:21+	01:40+	08:46+	00:50+	11:13+	01:00-	03:06+	04:49+	01:05+	04:04+	00:58+	00:31+	
00:06-	00:54&	00:02+	03:01&	05:41&	00:47&	00:50#	00:23&	01:23#	00:03-	00:59&	01:55&	00:23&	01:06&	00:13&	00:12&	
<b>20</b>	<b>Per Ivar Hovstad</b>	<b>116</b>	<b>1:06:22</b>													
01:10+	05:42+	06:22+	12:04+	33:47+	35:46+	42:47+	43:45+	51:57+	53:25+	56:10+	60:40+	61:32+	64:56+	65:58+	66:22+	
01:10+	04:32+	00:40+	05:42+	21:43+	01:59+	07:01-	00:58+	08:12-	01:28+	02:45+	04:30+	00:52+	03:24+	01:02+	00:24+	
00:10#	01:14&	00:12&	01:39&	12:03@	01:06@	00:55-	00:31@	01:38-	00:25&	00:38&	01:36&	00:10#	00:26#	00:17&	00:05&	
<b>21</b>	<b>Andreas Becht</b>	<b>116</b>	<b>1:07:39</b>													
06:28+	14:43+	15:16+	19:58+	28:54+	30:54+	41:53+	42:44+	52:35+	53:42+	55:44+	60:06+	61:12+	66:09+	67:16+	67:39+	
06:28+	08:15+	00:33+	04:42+	08:56-	02:00+	10:59+	00:51+	09:51+	01:07+	02:02-	04:22+	01:06+	04:57+	01:07+	00:23+	
05:28@	04:57@	00:05#	00:39#	00:44-	01:07@	03:03@	00:24&	00:01+	00:04+	00:05-	01:28&	00:24&	01:59&	00:22&	00:04#	
<b>22</b>	<b>Roar Eie</b>	<b>27</b>	<b>1:07:56</b>													
01:03+	06:24+	07:01+	15:23+	25:15+	31:25+	37:53+	38:32+	56:08+	57:00+	60:14+	62:59+	63:41+	66:31+	67:31+	67:56+	
01:03+	05:21+	00:37+	08:22+	09:52+	06:10+	06:28-	00:39+	17:36+	00:52-	03:14+	02:45-	00:42-	02:50-	01:00+	00:25+	
00:03+	02:03&	00:09&	04:19@	00:12+	05:17@	01:28-	00:12&	07:46&	00:11-	01:07&	00:09-	00:00-	00:08-	00:15&	00:06&	
<b>23</b>	<b>Jan Kristensen</b>	<b>7</b>	<b>1:08:32</b>													
01:02+	06:39+	07:19+	14:00+	26:03+	28:17+	37:00+	38:00+	49:07+	51:05+	54:30+	59:47+	61:15+	66:10+	67:49+	68:32+	
01:02+	05:37+	00:40+	06:41+	12:03+	02:14+	08:43+	01:00+	11:07+	01:58+	03:25+	05:17+	01:28+	04:55+	01:39+	00:43+	
00:02+	02:19&	00:12&	02:38&	02:23#	01:21@	00:47+	00:33@	01:17#	00:55&	01:18&	02:23&	00:46@	01:57&	00:54@	00:24@	
<b>24</b>	<b>Magne Habbestad</b>	<b>111</b>	<b>1:09:03</b>													
01:04+	05:19+	05:52+	10:56+	20:38+	22:21+	31:08+	31:58+	43:26+	46:16+	48:12+	51:40+	56:28+	57:36+	67:13+	68:32+	69:03+
01:04+	04:15+	00:33+	05:04+	09:42+	01:43+	08:47+	00:50+	11:28+	02:50+	01:56-	03:28+	04:48+	01:08-	09:37+	01:19+	00:31+
00:04+	00:57&	00:05#	01:01&	00:02+	00:50&	00:51#	00:23&	01:38#	01:47@	00:11-	00:34#	04:06@	01:50-	08:52@	01:00@	00:31+
<b>25</b>	<b>Bjørn Kristian Røyland</b>	<b>115</b>	<b>1:13:48</b>													
01:20+	06:11+	06:53+	12:46+	23:47+	27:24+	34:51+	35:50+	50:17+	55:51+	57:41+	61:47+	65:47+	67:29+	72:06+	73:16+	73:48+
01:20+	04:51+	00:42+	05:53+	11:01+	03:37+	07:27-	00:59+	14:27+	05:34+	01:50-	04:06+	04:00+	01:42-	04:37+	01:10+	00:32+
00:20&	01:33&	00:14&	01:50&	01:21#	02:44@	00:29-	00:32@	04:37&	04:31@	00:17-	01:12&	03:18@	01:16-	03:52@	00:51@	00:32+
<b>26</b>	<b>Raymond B. Pettersen</b>	<b>105</b>	<b>1:16:42</b>													
01:10+	06:53+	07:37+	14:58+	26:22+	28:28+	37:15+	38:15+	48:50+	50:36+	54:08+	61:34+	63:02+	74:25+	75:58+	76:42+	
01:10+	05:43+	00:44+	07:21+	11:24+	02:06+	08:47+	01:00+	10:35+	01:46+	03:32+	07:26+	01:28+	11:23+	01:33+	00:44+	
00:10#	02:25&	00:16&	03:18&	01:44#	01:13@	00:51#	00:33@	00:45+	00:43&	01:25&	04:32@	00:46@	08:25@	00:48@	00:25@	
<b>27</b>	<b>Charles-Francois Farbos</b>	<b>42</b>	<b>1:17:05</b>													
01:23+	10:14+	10:58+	17:51+	28:06+	30:40+	46:13+	47:15+	55:45+	57:37+	61:11+	65:14+	69:41+	74:35+	76:28+	77:05+	
01:23+	08:51+	00:44+	06:53+	10:15+	02:34+	15:33+	01:02+	08:30-	01:52+	03:34+	04:03+	04:27+	04:54+	01:53+	00:37+	
00:23&	05:33@	00:16&	02:50&	00:35+	01:41@	07:37+	00:35@	01:20-	00:49&	01:27&	01:09&	03:45@	01:56&	01:08@	00:18&	
<b>28</b>	<b>Eivind Moi</b>	<b>116</b>	<b>1:19:08</b>													
01:13+	06:38+	07:30+	13:56+	29:05+	32:30+	43:17+	45:29+	58:38+	60:58+	65:33+	70:38+	72:23+	77:25+	78:32+	79:08+	
01:13+	05:25+	00:52+	06:26+	15:09+	03:25+	10:47+	02:12+	13:09+	02:20+	04:35+	05:05+	01:45+	05:02+	01:07+	00:36+	
00:13#	02:07&	00:24&	02:23&	05:29&	02:32@	02:51&	01:45@	03:19&	01:17@	02:28@	02:11&	01:03@	02:04&	00:22&	00:17&	
<b>29</b>	<b>Jean-Sebastien Dorne</b>	<b>42</b>	<b>1:19:25</b>													
01:26+	06:35+	07:26+	16:10+	28:16+	30:25+	38:24+	39:27+	50:37+	52:03+	56:07+	63:18+	68:36+	69:28+	77:15+	78:42+	79:25+
01:26+	05:09+	00:51+	08:44+	12:06+	02:09+	07:59+	01:03+	11:10+	01:26+	04:04+	07:11+	05:18+	00:52-	07:47+	01:27+	00:43+
00:26&	01:51&	00:23&	04:41@	02:26&	01:16@	00:03+	00:36@	01:20#	00:23&	01:57&	04:17@	04:36@	02:06-	07:02@	01:08@	00:43+
<b>30</b>	<b>Cedric Fayemendy</b>	<b>116</b>	<b>1:26:04</b>													
01:09+	05:13+	07:49+	13:26+	48:36+	50:07+	57:09+	58:43+	67:49+	69:58+	72:31+	77:31+	80:31+	84:10+	85:38+	86:04+	
01:09+	04:04+	02:36+	05:37+	35:10+	01:31+	07:02-	01:34+	09:06-	02:09+	02:33+	05:00+	03:00+	03:39+	01:28+	00:26+	
00:09#	00:46#	02:08@	01:34&	25:30@	00:38&	00:54-	01:07@	00:44-	01:06@	00:26#	02:06&	02:18@	00:41#	00:43&	00:07&	

#### Beste strekketid for klassen

00:54 03:18 00:27 04:03 07:38 00:53 04:57 00:27 00:32 00:52 01:03 02:15 00:41 00:52 00:45 00:19

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

## Herrer 50 - 59 år

**1 Arnfinn Rømuld 116 43:50**  
 00:57= 05:08= 05:39= 10:09= 20:13= 22:34= 26:24= 32:07= 33:08= 40:04= 41:18= 42:08= 43:15= 43:50=  
 00:57= 04:11= 00:31= 04:30= 10:04= 02:21= 03:50= 05:43= 01:01= 06:56= 01:14= 00:50= 01:07= 00:35=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Per Ingar Hadland 7 44:47**  
 01:12+ 06:04+ 06:34+ 11:53+ 21:48+ 24:24+ 27:17+ 32:57+ 34:00+ 40:31+ 41:44+ 43:30+ 44:15+ 44:47+  
 01:12+ 04:52+ 00:30- 05:19+ 09:55- 02:36+ 02:53- 05:40- 01:03+ 06:31- 01:13- 01:46+ 00:45- 00:32-  
 00:15& 00:41# 00:01- 00:49# 00:09- 00:15# 00:57- 00:03- 00:02+ 00:25- 00:01- 00:56@ 00:22- 00:03-

**3 Ole Petter Haukaas 109 45:59**  
 01:02+ 05:51+ 06:25+ 11:08+ 21:02+ 23:30+ 27:06+ 33:56+ 35:04+ 42:11+ 43:29+ 44:37+ 45:29+ 45:59+  
 01:02+ 04:49+ 00:34+ 04:43+ 09:54- 02:28+ 03:36- 06:50+ 01:08+ 07:07+ 01:18+ 01:08+ 00:52- 00:30-  
 00:05+ 00:38# 00:03+ 00:13+ 00:10- 00:07+ 00:14- 01:07# 00:07# 00:11+ 00:04+ 00:18& 00:15- 00:05-

**4 Morten Johannessen 7 46:19**  
 01:15+ 05:37+ 06:13+ 10:57+ 20:01- 22:41+ 25:23- 33:00+ 34:04+ 42:17+ 43:36+ 44:46+ 45:36+ 46:19+  
 01:15+ 04:22+ 00:36+ 04:44+ 09:04- 02:40+ 02:42- 07:37+ 01:04+ 08:13+ 01:19+ 01:10+ 00:50- 00:43+  
 00:18& 00:11+ 00:05# 00:14+ 01:00- 00:19# 01:08- 01:54& 00:03+ 01:17# 00:05+ 00:20& 00:17- 00:08#

**5 Tor Brekken 97 47:25**  
 01:06+ 05:18+ 05:55+ 11:20+ 21:09+ 24:03+ 26:43+ 35:16+ 35:58+ 42:58+ 44:21+ 45:39+ 46:47+ 47:25+  
 01:06+ 04:12+ 00:37+ 05:25+ 09:49- 02:54+ 02:40- 08:33+ 00:42- 07:00+ 01:23+ 01:18+ 01:08+ 00:38+  
 00:09# 00:01+ 00:06# 00:55# 00:15- 00:33# 01:10- 02:50& 00:19- 00:04+ 00:09# 00:28& 00:01+ 00:03+

**6 Øystein Fuglestad 46 48:43**  
 01:19+ 05:47+ 06:26+ 11:32+ 23:33+ 26:41+ 30:08+ 36:42+ 37:31+ 44:40+ 46:01+ 47:04+ 48:05+ 48:43+  
 01:19+ 04:28+ 00:39+ 05:06+ 12:01+ 03:08+ 03:27- 06:34+ 00:49- 07:09+ 01:21+ 01:03+ 01:01- 00:38+  
 00:22& 00:17+ 00:08& 00:36# 01:57# 00:47& 00:23- 00:51# 00:12- 00:13+ 00:07+ 00:13& 00:06- 00:03+

**7 Anders Glenne 7 49:21**  
 01:09+ 05:42+ 06:17+ 13:34+ 23:15+ 26:13+ 28:52+ 36:03+ 37:02+ 44:53+ 46:27+ 47:34+ 48:38+ 49:21+  
 01:09+ 04:33+ 00:35+ 07:17+ 09:41- 02:58+ 02:39- 07:11+ 00:59- 07:51+ 01:34+ 01:07+ 01:04- 00:43+  
 00:12# 00:22+ 00:04# 02:47& 00:23- 00:37& 01:11- 01:28& 00:02- 00:55# 00:20& 00:17& 00:03- 00:08#

**8 Frank Hansen 29 52:05**  
 01:13+ 05:29+ 06:17+ 13:42+ 23:26+ 27:00+ 30:09+ 38:06+ 38:53+ 47:30+ 49:02+ 50:10+ 51:21+ 52:05+  
 01:13+ 04:16+ 00:48+ 07:25+ 09:44- 03:34+ 03:09- 07:57+ 00:47- 08:37+ 01:32+ 01:08+ 01:11+ 00:44+  
 00:16& 00:05+ 00:17& 02:55& 00:20- 01:13& 00:41- 02:14& 00:14- 01:41# 00:18# 00:18& 00:04+ 00:09&

**9 Øystein Dahle 92 52:30**  
 01:37+ 07:03+ 07:35+ 12:59+ 22:16+ 26:53+ 30:03+ 38:59+ 39:53+ 48:00+ 49:26+ 50:29+ 51:39+ 52:30+  
 01:37+ 05:26+ 00:32+ 05:24+ 09:17- 04:37+ 03:10- 08:56+ 00:54- 08:07+ 01:26+ 01:03+ 01:10+ 00:51+  
 00:40& 01:15& 00:01+ 00:54# 00:47- 02:16& 00:40- 03:13& 00:07- 01:11# 00:12# 00:13& 00:03+ 00:16&

**10 Øivind Berggraf 116 54:22**  
 01:07+ 05:17+ 05:54+ 11:26+ 25:06+ 30:36+ 33:56+ 41:04+ 42:02+ 50:20+ 51:32+ 52:35+ 53:34+ 54:22+  
 01:07+ 04:10- 00:37+ 05:32+ 13:40+ 05:30+ 03:20- 07:08+ 00:58- 08:18+ 01:12- 01:03+ 00:59- 00:48+  
 00:10# 00:01- 00:06# 01:02# 03:36& 03:09@ 00:30- 01:25# 00:03- 01:22# 00:02- 00:13& 00:08- 00:13&

**11 Harald Syse 93 55:19**  
 01:02+ 06:14+ 06:53+ 11:12+ 20:59+ 26:26+ 33:36+ 42:27+ 43:36+ 49:55+ 52:35+ 53:34+ 54:50+ 55:19+  
 01:02+ 05:12+ 00:39+ 04:19- 09:47- 05:27+ 07:10+ 08:51+ 01:09+ 06:19- 02:40+ 00:59+ 01:16+ 00:29-  
 00:05+ 01:01# 00:08& 00:11- 00:17- 03:06@ 03:20& 03:08& 00:08# 00:37- 01:26@ 00:09# 00:09# 00:06-

**12 Torbjørn Dahle 92 55:21**  
 01:10+ 05:50+ 06:28+ 13:06+ 24:36+ 30:12+ 33:12+ 41:04+ 42:15+ 50:45+ 52:17+ 53:30+ 54:34+ 55:21+  
 01:10+ 04:40+ 00:38+ 06:38+ 11:30+ 05:36+ 03:00- 07:52+ 01:11+ 08:30+ 01:32+ 01:13+ 01:04- 00:47+  
 00:13# 00:29# 00:07# 02:08& 01:26# 03:15@ 00:50- 02:09& 00:10# 01:34# 00:18# 00:23& 00:03- 00:12&

**13 Tor Inge Halvorsen 5 57:21**  
 01:12+ 06:02+ 06:52+ 14:01+ 28:06+ 31:58+ 35:25+ 44:47+ 45:51+ 53:00+ 54:36+ 55:48+ 56:43+ 57:21+  
 01:12+ 04:50+ 00:50+ 07:09+ 14:05+ 03:52+ 03:27- 09:22+ 01:04+ 07:09+ 01:36+ 01:12+ 00:55- 00:38+  
 00:15& 00:39# 00:19& 02:39& 04:01& 01:31& 00:23- 03:39& 00:03+ 00:13+ 00:22& 00:22& 00:12- 00:03+

**14 Sveinung Rosenvinge 116 57:49**  
 01:28+ 07:15+ 07:59+ 14:48+ 26:10+ 29:35+ 33:45+ 41:44+ 42:43+ 52:44+ 54:31+ 55:47+ 57:11+ 57:49+  
 01:28+ 05:47+ 00:44+ 06:49+ 11:22+ 03:25+ 04:10+ 07:59+ 00:59- 10:01+ 01:47+ 01:16+ 01:24+ 00:38+  
 00:31& 01:36& 00:13& 02:19& 01:18# 01:04& 00:20+ 02:16& 00:02- 03:05& 00:33& 00:26& 00:17& 00:03+

Class	Navn										Klasse	Tid
<b>15</b>	<b>Magnar Møller</b>										<b>62</b>	<b>58:25</b>
01:18+	06:36+	07:12+	12:30+	22:27+	25:35+	28:34+	40:02+	53:24+	55:12+	56:50+	57:41+	58:25+
01:18+	05:18+	00:36+	05:18+	09:57-	03:08+	02:59-	11:28+	00:53-	12:29+	01:48+	01:38+	00:51-
00:21&	01:07&	00:05#	00:48#	00:07-	00:47&	00:51-	05:45&	00:08-	05:33&	00:34&	00:48&	00:16-
<b>16</b>	<b>Arne Øvstebø</b>										<b>71</b>	<b>58:46</b>
04:16+	09:46+	10:21+	17:37+	28:16+	31:09+	34:05+	42:08+	44:37+	54:31+	56:02+	57:08+	58:10+
04:16+	05:30+	00:35+	07:16+	10:39+	02:53+	02:56-	08:03+	02:29+	09:54+	01:31+	01:06+	01:02-
03:19@	01:19&	00:04#	02:46&	00:35+	00:32#	00:54-	02:20&	01:28@	02:58&	00:17#	00:16&	00:05-
<b>17</b>	<b>Harald Taksdal</b>										<b>236</b>	<b>58:52</b>
01:30+	06:33+	07:08+	14:09+	26:33+	30:17+	33:55+	42:49+	43:49+	54:07+	55:43+	56:59+	58:04+
01:30+	05:03+	00:35+	07:01+	12:24+	03:44+	03:38-	08:54+	01:00-	10:18+	01:36+	01:16+	01:05-
00:33&	00:52#	00:04#	02:31&	02:20#	01:23&	00:12-	03:11&	00:01-	03:22&	00:22&	00:26&	00:02-
<b>18</b>	<b>Pål Bårdsen</b>										<b>90</b>	<b>59:30</b>
01:24+	07:31+	08:06+	13:46+	24:12+	27:43+	31:37+	41:22+	42:41+	54:57+	56:28+	57:34+	58:38+
01:24+	06:07+	00:35+	05:40+	10:26+	03:31+	03:54+	09:45+	01:19+	12:16+	01:31+	01:06+	01:04-
00:27&	01:56&	00:04#	01:10&	00:22+	01:10&	00:04+	04:02&	00:18&	05:20&	00:17#	00:16&	00:03-
<b>19</b>	<b>Lars Bergersen</b>										<b>116</b>	<b>59:58</b>
01:05+	05:59+	06:40+	14:02+	27:20+	30:58+	34:28+	43:05+	46:52+	55:34+	57:07+	58:16+	59:12+
01:05+	04:54+	00:41+	07:22+	13:18+	03:38+	03:30-	08:37+	03:47+	08:42+	01:33+	01:09+	00:56-
00:08#	00:43#	00:10&	02:52&	03:14&	01:17&	00:20-	02:54&	02:46@	01:46&	00:19&	00:19&	00:11-
<b>20</b>	<b>Håvard Håland</b>										<b>66</b>	<b>1:02:52</b>
01:06+	05:29+	06:11+	12:22+	21:30+	34:25+	37:34+	45:13+	46:01+	58:32+	59:57+	61:18+	62:15+
01:06+	04:23+	00:42+	06:11+	09:08-	12:55+	03:09-	07:39+	00:48-	12:31+	01:25+	01:21+	00:57-
00:09#	00:12+	00:11&	01:41&	00:56-	10:34@	00:41-	01:56&	00:13-	05:35&	00:11#	00:31&	00:10-
<b>21</b>	<b>Svein Magne Gløppen</b>										<b>93</b>	<b>1:04:21</b>
01:33+	08:02+	09:07+	18:14+	29:19+	33:52+	37:24+	48:41+	49:39+	59:29+	61:11+	62:21+	63:39+
01:33+	06:29+	01:05+	09:07+	11:05+	04:33+	03:32-	11:17+	00:58-	09:50+	01:42+	01:10+	01:18+
00:36&	02:18&	00:34@	04:37@	01:01#	02:12&	00:18-	05:34&	00:03-	02:54&	00:28&	00:20&	00:11#
<b>22</b>	<b>Stein Arve Finnstad</b>										<b>287</b>	<b>1:04:40</b>
01:12+	09:04+	09:46+	17:34+	29:44+	35:26+	41:52+	50:00+	50:47+	59:45+	61:18+	62:35+	63:58+
01:12+	07:52+	00:42+	07:48+	12:10+	05:42+	06:26+	08:08+	00:47-	08:58+	01:33+	01:17+	01:23+
00:15&	03:41&	00:11&	03:18&	02:06#	03:21@	02:36&	02:25&	00:14-	02:02&	00:19&	00:27&	00:16#
<b>23</b>	<b>Jørgen Nilsen</b>										<b>53</b>	<b>1:06:12</b>
01:09+	06:26+	07:08+	13:12+	27:41+	32:53+	36:41+	48:51+	49:53+	60:28+	62:29+	64:29+	65:30+
01:09+	05:17+	00:42+	06:04+	14:29+	05:12+	03:48-	12:10+	01:02+	10:35+	02:01+	02:00+	01:01-
00:12#	01:06&	00:11&	01:34&	04:25&	02:51@	00:02-	06:27@	00:01+	03:39&	00:47&	01:10@	00:06-
<b>24</b>	<b>John C. Sinnes</b>										<b>93</b>	<b>1:06:39</b>
01:28+	07:17+	08:01+	16:25+	30:14+	33:38+	37:21+	49:54+	50:56+	61:57+	63:43+	64:57+	66:04+
01:28+	05:49+	00:44+	08:24+	13:49+	03:24+	03:43-	12:33+	01:02+	11:01+	01:46+	01:14+	01:07=
00:31&	01:38&	00:13&	03:54&	03:45&	01:03&	00:07-	06:50@	00:01+	04:05&	00:32&	00:24&	00:00=
<b>25</b>	<b>Ernst Kristensen</b>										<b>116</b>	<b>1:06:49</b>
01:21+	06:41+	07:34+	15:38+	31:54+	36:15+	40:16+	48:39+	49:35+	61:54+	63:33+	64:53+	66:05+
01:21+	05:20+	00:53+	08:04+	16:16+	04:21+	04:01+	08:23+	00:56-	12:19+	01:39+	01:20+	01:12+
00:24&	01:09&	00:22&	03:34&	06:12&	02:00&	00:11+	02:40&	00:05-	05:23&	00:25&	00:30&	00:05+
<b>26</b>	<b>Sigbjørn Gløppen</b>										<b>144</b>	<b>1:07:30</b>
01:16+	06:16+	07:08+	14:27+	26:00+	31:54+	36:33+	46:28+	47:30+	62:34+	64:07+	65:25+	66:41+
01:16+	05:00+	00:52+	07:19+	11:33+	05:54+	04:39+	09:55+	01:02+	15:04+	01:33+	01:18+	01:16+
00:19&	00:49#	00:21&	02:49&	01:29#	03:33@	00:49#	04:12&	00:01+	08:08@	00:19&	00:28&	00:09#
<b>27</b>	<b>Harald Jansen</b>										<b>289</b>	<b>1:08:26</b>
01:06+	06:34+	07:14+	16:15+	29:34+	34:09+	38:02+	45:57+	46:47+	59:56+	63:31+	64:44+	66:02+
01:06+	05:28+	00:40+	09:01+	13:19+	04:35+	03:53+	07:55+	00:50-	13:09+	03:35+	01:13+	01:18+
00:09#	01:17&	00:09&	04:31@	03:15&	02:14&	00:03+	02:12&	00:11-	06:13&	02:21@	00:23&	00:11#
<b>28</b>	<b>Trygve Michaelsen</b>										<b>117</b>	<b>1:10:37</b>
01:04+	06:38+	07:14+	15:56+	34:29+	40:29+	44:21+	52:20+	53:16+	65:11+	66:44+	68:19+	69:47+
01:04+	05:34+	00:36+	08:42+	18:33+	06:00+	03:52+	07:59+	00:56-	11:55+	01:33+	01:35+	01:28+
00:07#	01:23&	00:05#	04:12&	08:29&	03:39@	00:02+	02:16&	00:05-	04:59&	00:19&	00:45&	00:21&
<b>29</b>	<b>Erling Knutzen</b>										<b>128</b>	<b>1:12:22</b>
01:16+	07:00+	07:44+	14:04+	38:48+	43:55+	47:08+	56:41+	57:32+	67:04+	68:42+	69:57+	71:33+
01:16+	05:44+	00:44+	06:20+	24:44+	05:07+	03:13-	09:33+	00:51-	09:32+	01:38+	01:15+	01:36+
00:19&	01:33&	00:13&	01:50&	14:40@	02:46@	00:37-	03:50&	00:10-	02:36&	00:24&	00:25&	00:29&

Class	Navn	Klasse											Tid
<b>30</b>	<b>Kjell Ove Aksland</b>	<b>27</b>											<b>1:15:48</b>
01:03+	06:05+	06:49+	14:03+	41:06+	44:28+	48:11+	60:55+	70:52+	72:37+	73:47+	75:00+	75:48+	
01:03+	05:02+	00:44+	07:14+	27:03+	03:22+	03:43-	12:44+	00:59-	08:58+	01:45+	01:10+	01:13+	
00:06#	00:51#	00:13&	02:44&	16:59@	01:01&	00:07-	07:01@	00:02-	02:02&	00:31&	00:20&	00:06+	
00:13&												00:13&	
<b>31</b>	<b>Inge Skretting</b>	<b>165</b>											<b>1:19:07</b>
01:21+	06:47+	07:41+	17:07+	42:05+	45:39+	49:24+	63:13+	63:58+	73:36+	75:37+	76:50+	78:20+	
01:21+	05:26+	00:54+	09:26+	24:58+	03:34+	03:45-	13:49+	00:45-	09:38+	02:01+	01:13+	01:30+	
00:24&	01:15&	00:23&	04:56@	14:54@	01:13&	00:05-	08:06@	00:16-	02:42&	00:47&	00:23&	00:23&	
00:12&												00:12&	
<b>32</b>	<b>Frode Følgesvold</b>	<b>5</b>											<b>1:20:57</b>
01:13+	07:46+	08:55+	15:54+	36:48+	41:14+	47:35+	57:45+	58:55+	75:10+	76:49+	78:13+	79:51+	
01:13+	06:33+	01:09+	06:59+	20:54+	04:26+	06:21+	10:10+	01:10+	16:15+	01:39+	01:24+	01:38+	
00:16&	02:22&	00:38@	02:29&	10:50@	02:05&	02:31&	04:27&	00:09#	09:19@	00:25&	00:34&	00:31&	
00:31&												00:31&	
<b>33</b>	<b>John Lage Bergan</b>	<b>116</b>											<b>1:40:51</b>
01:28+	05:49+	11:43+	18:06+	46:34+	52:09+	55:47+	78:36+	80:16+	94:28+	96:14+	97:42+	99:57+	
01:28+	04:21+	05:54+	06:23+	28:28+	05:35+	03:38-	22:49+	01:40+	14:12+	01:46+	01:28+	02:15+	
00:31&	00:10+	05:23@	01:53&	18:24@	03:14@	00:12-	17:06@	00:39&	07:16@	00:32&	00:38&	01:08@	
00:19&												00:19&	
<b>34</b>	<b>Josef Ludoid</b>	<b>228</b>											<b>1:50:09</b>
01:58+	11:56+	12:47+	32:15+	54:49+	62:32+	66:01+	87:36+	88:42+	104:45+	106:31+	108:09+	109:27+	
01:58+	09:58+	00:51+	19:28+	22:34+	07:43+	03:29-	21:35+	01:06+	16:03+	01:46+	01:38+	01:18+	
01:01@	05:47@	00:20&	14:58@	12:30@	05:22@	00:21-	15:52@	00:05+	09:07@	00:32&	00:48&	00:11#	
00:07#												00:07#	

### Beste strekktid for klassen

00:57 04:10 00:30 04:19 09:04 02:21 02:39 05:40 00:42 06:19 01:12 00:50 00:45 00:29

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

## Herrer 60 - 64 år

<b>1</b>	<b>Hans Erik Terjesen</b>	<b>116</b>											<b>43:07</b>
01:03=	04:46=	06:52=	12:36=	23:22=	24:52=	26:05=	29:11=	31:50=	35:57=	37:51=	38:27=	40:29=	
01:03=	03:43=	02:06=	05:44=	10:46=	01:30=	01:13=	03:06=	02:39=	04:07=	01:54=	00:36=	02:02=	
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=	
<b>2</b>	<b>Tor Geir Espedal</b>	<b>115</b>											<b>45:38</b>
01:18+	05:36+	07:43+	13:22+	25:05+	26:27+	27:46+	31:18+	33:44+	37:41+	39:44+	40:28+	42:50+	
01:18+	04:18+	02:07+	05:39-	11:43+	01:22-	01:19+	03:32+	02:26-	03:57-	02:03+	00:44+	02:22+	
00:15#	00:35#	00:01+	00:05-	00:57+	00:08-	00:06+	00:26#	00:13-	00:10-	00:09+	00:08#	00:20#	
00:13#												00:13#	
<b>3</b>	<b>Sveinung Tveit</b>	<b>236</b>											<b>48:16</b>
01:21+	05:42+	07:52+	14:33+	25:59+	27:48+	29:12+	32:55+	35:25+	39:14+	42:22+	43:01+	45:23+	
01:21+	04:21+	02:10+	06:41+	11:26+	01:49+	01:24+	03:43+	02:30-	03:49-	03:08+	00:39+	02:22+	
00:18&	00:38#	00:04+	00:57#	00:40+	00:19#	00:11#	00:37#	00:09-	00:18-	01:14&	00:03+	00:20#	
00:04-												00:04-	
<b>4</b>	<b>Lars Salvesen</b>	<b>50</b>											<b>48:38</b>
01:11+	05:18+	07:26+	16:17+	26:41+	28:02+	29:13+	31:57+	33:55+	38:51+	41:20+	42:03+	44:58+	
01:11+	04:07+	02:08+	08:51+	10:24-	01:21-	01:11-	02:44-	01:58-	04:56+	02:29+	00:43+	02:55+	
00:08#	00:24#	00:02+	03:07&	00:22-	00:09-	00:02-	00:22-	00:41-	00:49#	00:35&	00:07#	00:53&	
01:01&												01:01&	
<b>5</b>	<b>Olav Tunheim</b>	<b>93</b>											<b>51:39</b>
01:14+	05:37+	08:26+	17:19+	28:34+	30:55+	32:20+	35:32+	38:03+	43:10+	45:26+	46:03+	48:18+	
01:14+	04:23+	02:49+	08:53+	11:15+	02:21+	01:25+	03:12+	02:31-	05:07+	02:16+	00:37+	02:15+	
00:11#	00:40#	00:43&	03:09&	00:29+	00:51&	00:12#	00:06+	00:08-	01:00#	00:22#	00:01+	00:13#	
00:43&												00:43&	
<b>6</b>	<b>Kjell Lervik</b>	<b>239</b>											<b>51:40</b>
01:16+	05:44+	08:37+	16:16+	28:18+	29:49+	31:05+	34:15+	36:36+	41:45+	44:23+	45:06+	47:52+	
01:16+	04:28+	02:53+	07:39+	12:02+	01:31+	01:16+	03:10+	02:21-	05:09+	02:38+	00:43+	02:46+	
00:13#	00:45#	00:47&	01:55&	01:16#	00:01+	00:03+	00:04+	00:18-	01:02&	00:44&	00:07#	00:44&	
01:09&												01:09&	
<b>7</b>	<b>Terje Stokkeland</b>	<b>69</b>											<b>53:34</b>
01:30+	05:54+	08:44+	16:11+	29:09+	30:38+	31:49+	34:28+	39:17+	43:50+	45:58+	46:41+	50:11+	
01:30+	04:24+	02:50+	07:27+	12:58+	01:29-	01:11-	02:39-	04:49+	04:33+	02:08+	00:43+	03:30+	
00:27&	00:41#	00:44&	01:43&	02:12#	00:01-	00:02-	00:27-	02:10&	00:26#	00:14#	00:07#	01:28&	
00:46&												00:46&	
<b>8</b>	<b>Bjørn H. Engseth</b>	<b>27</b>											<b>57:48</b>
01:21+	05:28+	08:15+	15:24+	31:32+	33:12+	34:52+	39:05+	41:44+	46:43+	50:09+	50:49+	53:43+	
01:21+	04:07+	02:47+	07:09+	16:08+	01:40+	01:40+	04:13+	02:39=	04:59+	03:26+	00:40+	02:54+	
00:18&	00:24#	00:41&	01:25#	05:22&	00:10#	00:27&	01:07&	00:00=	00:52#	01:32&	00:04#	00:52&	
01:16&												01:16&	

Class	Navn	Klasse											Tid	
<b>9</b>	<b>Bjørn Sivertsen</b>	<b>99</b>											<b>58:56</b>	
01:22+	06:12+	08:11+	15:33+	36:26+	38:01+	39:10+	41:53+	43:40+	51:13+	53:16+	54:08+	56:22+	58:22+	58:56+
01:22+	04:50+	01:59-	07:22+	20:53+	01:35+	01:09-	02:43-	01:47-	07:33+	02:03+	00:52+	02:14+	02:00-	00:34-
00:19&	01:07&	00:07-	01:38&	10:07&	00:05+	00:04-	00:23-	00:52-	03:26&	00:09+	00:16&	00:12+	00:03-	00:01-
<b>10</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>											<b>1:01:34</b>	
01:54+	06:00+	08:21+	21:14+	33:58+	35:39+	37:23+	45:12+	47:17+	52:48+	55:18+	56:00+	58:30+	60:59+	61:34+
01:54+	04:06+	02:21+	12:53+	12:44+	01:41+	01:44+	07:49+	02:05-	05:31+	02:30+	00:42+	02:30+	02:29+	00:35=
00:51&	00:23#	00:15#	07:09@	01:58#	00:11#	00:31&	04:43@	00:34-	01:24&	00:36&	00:06#	00:28#	00:26#	00:00=
<b>11</b>	<b>Agnar Lien</b>	<b>7</b>											<b>1:02:52</b>	
01:19+	07:21+	09:57+	16:40+	35:33+	37:10+	38:50+	42:11+	44:27+	48:46+	51:03+	51:45+	54:29+	62:04+	62:52+
01:19+	06:02+	02:36+	06:43+	18:53+	01:37+	01:40+	03:21+	02:16-	04:19+	02:17+	00:42+	02:44+	07:35+	00:48+
00:16&	02:19&	00:30#	00:59#	08:07&	00:07+	00:27&	00:15+	00:23-	00:12+	00:23#	00:06#	00:42&	05:32@	00:13&
<b>12</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>											<b>1:03:10</b>	
01:23+	05:35+	10:11+	17:47+	30:29+	33:56+	35:08+	41:29+	46:10+	54:23+	57:02+	57:45+	60:13+	62:38+	63:10+
01:23+	04:12+	04:36+	07:36+	12:42+	03:27+	01:12-	06:21+	04:41+	08:13+	02:39+	00:43+	02:28+	02:25+	00:32-
00:20&	00:29#	02:30@	01:52&	01:56#	01:57@	00:01-	03:15@	02:02&	04:06&	00:45&	00:07#	00:26#	00:22#	00:03-
<b>13</b>	<b>Magne Tunheim</b>	<b>144</b>											<b>1:06:50</b>	
01:17+	05:03+	07:01+	14:09+	37:42+	39:13+	40:28+	43:40+	46:32+	53:10+	55:41+	56:49+	59:21+	66:09+	66:50+
01:17+	03:46+	01:58-	07:08+	23:33+	01:31+	01:15+	03:12+	02:52+	06:38+	02:31+	01:08+	02:32+	06:48+	00:41+
00:14#	00:03+	00:08-	01:24#	12:47@	00:01+	00:02+	00:06+	00:13+	02:31&	00:37&	00:32&	00:30#	04:45@	00:06#
<b>14</b>	<b>Rolf Kleppe</b>	<b>63</b>											<b>1:19:13</b>	
02:07+	08:51+	12:12+	20:24+	41:09+	42:49+	55:35+	58:40+	62:08+	68:05+	72:42+	73:26+	76:09+	78:34+	79:13+
02:07+	06:44+	03:21+	08:12+	20:45+	01:40+	12:46+	03:05-	03:28+	05:57+	04:37+	00:44+	02:43+	02:25+	00:39+
01:04@	03:01&	01:15&	02:28&	09:59&	00:10#	11:33@	00:01-	00:49&	01:50&	02:43@	00:08#	00:41&	00:22#	00:04#
<b>Beste strekktid for klassen</b>														
01:03	03:43	01:58	05:39	10:24	01:21	01:09	02:39	01:47	03:49	01:54	00:36	02:02	02:00	00:31

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

## Herrer 65 - 69 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>											<b>35:57</b>		
01:03=	04:39=	06:21=	11:01=	20:32=	21:36=	22:29=	24:31=	26:26=	29:27=	31:21=	31:51=	33:37=	35:30=	35:57=	
01:03=	03:36=	01:42=	04:40=	09:31=	01:04=	00:53=	02:02=	01:55=	03:01=	01:54=	00:30=	01:46=	01:53=	00:27=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Arne Kristian Espedal</b>	<b>68</b>											<b>37:55</b>		
01:42+	04:40+	06:16-	10:51-	19:25-	20:19-	21:04-	23:01-	25:15-	28:22-	33:45+	34:15+	35:53+	37:30+	37:55+	
01:42+	02:58-	01:36-	04:35-	08:34-	00:54-	00:45-	01:57-	02:14+	03:07+	05:23+	00:30=	01:38-	01:37-	00:25-	
00:39&	00:38-	00:06-	00:05-	00:57-	00:10-	00:08-	00:05-	00:19#	00:06+	03:29@	00:00=	00:08-	00:16-	00:02-	
<b>3</b>	<b>Gunnar Sakseid</b>	<b>116</b>											<b>47:01</b>		
01:10+	04:43+	06:54+	12:17+	20:55+	23:22+	24:25+	25:25+	30:46+	33:24+	37:34+	41:20+	41:57+	44:11+	46:14+	47:01+
01:10+	03:33-	02:11+	05:23+	08:38-	02:27+	01:03+	01:00-	05:21+	02:38-	04:10+	03:46+	00:37-	02:14+	02:03+	00:47+
00:07#	00:03-	00:29&	00:43#	00:53-	01:23@	00:10#	01:02-	03:26@	00:23-	02:16@	03:16@	01:09-	00:21#	01:36@	00:47+
<b>4</b>	<b>Jan Hetland</b>	<b>29</b>											<b>47:38</b>		
01:05+	04:27-	06:33+	11:07+	21:14+	22:15+	23:28+	31:30+	34:26+	40:10+	42:18+	43:08+	45:11+	47:11+	47:38+	
01:05+	03:22-	02:06+	04:34-	10:07+	01:01-	01:13+	08:02+	02:56+	05:44+	02:08+	00:50+	02:03+	02:00+	00:27=	
00:02+	00:14-	00:24#	00:06-	00:36+	00:03-	00:20&	06:00@	01:01&	02:43&	00:14#	00:20&	00:17#	00:07+	00:00=	
<b>5</b>	<b>Bjarne Gimre</b>	<b>88</b>											<b>47:57</b>		
01:25+	05:42+	08:09+	14:07+	25:49+	27:14+	28:29+	32:01+	34:25+	38:32+	41:36+	42:19+	44:52+	47:21+	47:57+	
01:25+	04:17+	02:27+	05:58+	11:42+	01:25+	01:15+	03:32+	02:24+	04:07+	03:04+	00:43+	02:33+	02:29+	00:36+	
00:22&	00:41#	00:45&	01:18&	02:11#	00:21&	00:22&	01:30&	00:29&	01:06&	01:10&	00:13&	00:47&	00:36&	00:09&	
<b>6</b>	<b>Otto Alsnes</b>	<b>50</b>											<b>47:59</b>		
03:27+	07:49+	09:57+	16:36+	26:17+	27:20+	28:27+	31:27+	33:28+	36:59+	38:49+	39:36+	45:07+	47:27+	47:59+	
03:27+	04:22+	02:08+	06:39+	09:41+	01:03-	01:07+	03:00+	02:01+	03:31+	01:50-	00:47+	05:31+	02:20+	00:32+	
02:24@	00:46#	00:26&	01:59&	00:10+	00:01-	00:14&	00:58&	00:06+	00:30#	00:04-	00:17&	03:45@	00:27#	00:05#	
<b>7</b>	<b>Svein Berge</b>	<b>126</b>											<b>48:56</b>		
01:35+	05:11+	07:14+	12:53+	24:50+	26:11+	28:03+	30:45+	33:37+	41:10+	43:03+	43:41+	46:01+	48:22+	48:56+	
01:35+	03:36=	02:03+	05:39+	11:57+	01:21+	01:52+	02:42+	02:52+	07:33+	01:53-	00:38+	02:20+	02:21+	00:34+	
00:32&	00:00=	00:21#	00:59#	02:26&	00:17&	00:59@	00:40&	00:57&	04:32@	00:01-	00:08&	00:34&	00:28#	00:07&	

Class	Navn	Klasse														Tid
<b>8</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>														<b>49:39</b>
02:27+	06:00+	08:21+	13:52+	27:24+	28:31+	29:40+	32:37+	35:01+	41:32+	44:14+	44:54+	47:05+	49:07+	49:39+		
02:27+	03:33-	02:21+	05:31+	13:32+	01:07+	01:09+	02:57+	02:24+	06:31+	02:42+	00:40+	02:11+	02:02+	00:32+		
01:24@	00:03-	00:39&	00:51#	04:01&	00:03+	00:16&	00:55&	00:29&	03:30@	00:48&	00:10&	00:25#	00:09+	00:05#		
<b>9</b>	<b>Eivind L. Rake</b>	<b>92</b>														<b>50:43</b>
01:23+	05:38+	07:58+	14:43+	25:45+	27:01+	28:28+	31:37+	33:47+	41:53+	44:42+	45:20+	47:54+	50:10+	50:43+		
01:23+	04:15+	02:20+	06:45+	11:02+	01:16+	01:27+	03:09+	02:10+	08:06+	02:49+	00:38+	02:34+	02:16+	00:33+		
00:20&	00:39#	00:38&	02:05&	01:31#	00:12#	00:34&	01:07&	00:15#	05:05@	00:55&	00:08&	00:48&	00:23#	00:06#		
<b>10</b>	<b>Per Marthon Møland</b>	<b>5</b>														<b>53:19</b>
01:09+	05:16+	07:49+	13:39+	25:55+	27:51+	29:30+	32:42+	35:20+	44:08+	46:20+	46:59+	49:26+	52:39+	53:19+		
01:09+	04:07+	02:33+	05:50+	12:16+	01:56+	01:39+	03:12+	02:38+	08:48+	02:12+	00:39+	02:27+	03:13+	00:40+		
00:06+	00:31#	00:51&	01:10#	02:45&	00:52&	00:46&	01:10&	00:43&	05:47@	00:18#	00:09&	00:41&	01:20&	00:13&		
<b>11</b>	<b>Bjørn Bjelland</b>	<b>83</b>														<b>53:25</b>
01:23+	06:20+	08:41+	16:24+	31:34+	33:26+	35:07+	38:32+	41:07+	45:16+	47:37+	48:13+	50:25+	52:58+	53:25+		
01:23+	04:57+	02:21+	07:43+	15:10+	01:52+	01:41+	03:25+	02:35+	04:09+	02:21+	00:36+	02:12+	02:33+	00:27+		
00:20&	01:21&	00:39&	03:03&	05:39&	00:48&	00:48&	01:23&	00:40&	01:08&	00:27#	00:06#	00:26#	00:40&	00:00+		
<b>12</b>	<b>Bjørn Tore Aase</b>	<b>29</b>														<b>53:39</b>
01:28+	06:08+	09:41+	18:28+	30:15+	31:47+	33:04+	35:48+	38:38+	43:00+	45:24+	46:11+	48:38+	52:59+	53:39+		
01:28+	04:40+	03:33+	08:47+	11:47+	01:32+	01:17+	02:44+	02:50+	04:22+	02:24+	00:47+	02:27+	04:21+	00:40+		
00:25&	01:04&	01:51@	04:07&	02:16#	00:28#	00:24&	00:42&	00:55&	01:21&	00:30&	00:17&	00:41&	02:28@	00:13&		
<b>13</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>														<b>54:12</b>
01:36+	06:24+	10:53+	17:24+	29:21+	30:45+	32:00+	35:27+	38:02+	43:42+	46:44+	47:52+	50:31+	53:27+	54:12+		
01:36+	04:48+	04:29+	06:31+	11:57+	01:24+	01:15+	03:27+	02:35+	05:40+	03:02+	01:08+	02:39+	02:56+	00:45+		
00:33&	01:12&	02:47@	01:51&	02:26&	00:20&	00:22&	01:25&	00:40&	02:39&	01:08&	00:38@	00:53&	01:03&	00:18&		
<b>14</b>	<b>Terje Langeland</b>	<b>98</b>														<b>59:33</b>
02:05+	06:06+	09:23+	18:07+	31:30+	33:21+	34:50+	38:23+	41:47+	48:06+	52:46+	53:24+	56:16+	58:57+	59:33+		
02:05+	04:01+	03:17+	08:44+	13:23+	01:51+	01:29+	03:33+	03:24+	06:19+	04:40+	00:38+	02:52+	02:41+	00:36+		
01:02&	00:25#	01:35&	04:04&	03:52&	00:47&	00:36&	01:31&	01:29&	03:18@	02:46@	00:08&	01:06&	00:48&	00:09&		
<b>15</b>	<b>Ragnar Rossavik</b>	<b>109</b>														<b>1:01:53</b>
01:17+	05:24+	07:58+	14:03+	40:31+	41:44+	44:33+	48:36+	50:42+	53:59+	56:22+	56:59+	59:07+	61:19+	61:53+		
01:17+	04:07+	02:34+	06:05+	26:28+	01:13+	02:49+	04:03+	02:06+	03:17+	02:23+	00:37+	02:08+	02:12+	00:34+		
00:14#	00:31#	00:52&	01:25&	16:57@	00:09#	01:56@	02:01&	00:11+	00:16+	00:29&	00:07#	00:22#	00:19#	00:07&		
<b>16</b>	<b>Olav Habbestad</b>	<b>116</b>														<b>1:09:10</b>
01:16+	05:03+	07:05+	16:41+	45:42+	47:26+	48:50+	51:56+	55:08+	59:30+	61:36+	62:18+	64:34+	68:38+	69:10+		
01:16+	03:47+	02:02+	09:36+	29:01+	01:44+	01:24+	03:06+	03:12+	04:22+	02:06+	00:42+	02:16+	04:04+	00:32+		
00:13#	00:11+	00:20#	04:56@	19:30@	00:40&	00:31&	01:04&	01:17&	01:21&	00:12#	00:12&	00:30&	02:11@	00:05#		
<b>17</b>	<b>Tom Hetland</b>	<b>5</b>														<b>1:09:32</b>
01:31+	05:46+	07:37+	15:28+	38:54+	40:17+	41:40+	44:45+	47:08+	60:04+	63:10+	63:39+	66:19+	69:00+	69:32+		
01:31+	04:15+	01:51+	07:51+	23:26+	01:23+	01:23+	03:05+	02:23+	12:56+	03:06+	00:29-	02:40+	02:41+	00:32+		
00:28&	00:39#	00:09+	03:11&	13:55@	00:19&	00:30&	01:03&	00:28#	09:55@	01:12&	00:01-	00:54&	00:48&	00:05#		
<b>Beste strekktid for klassen</b>																
01:03	02:58	01:36	04:34	08:34	00:54	00:45	01:00	01:55	02:38	01:50	00:29	00:37	01:37	00:25		

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

## Herrer 70 - 74 år

<b>1</b>	<b>Asgeir Bell</b>	<b>117</b>														<b>37:03</b>
01:01=	04:16=	06:06=	12:55=	21:41=	22:42=	23:35=	25:38=	27:36=	30:39=	32:13=	33:02=	34:51=	36:33=	37:03=		
01:01=	03:15=	01:50=	06:49=	08:46=	01:01=	00:53=	02:03=	01:58=	03:03=	01:34=	00:49=	01:49=	01:42=	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=		
<b>2</b>	<b>Kjell Svihus</b>	<b>154</b>														<b>43:51</b>
01:20+	05:55+	08:12+	14:15+	25:18+	26:24+	27:38+	30:01+	32:24+	36:03+	38:19+	38:56+	41:01+	43:16+	43:51+		
01:20+	04:35+	02:17+	06:03-	11:03+	01:06+	01:14+	02:23+	02:23+	03:39+	02:16+	00:37-	02:05+	02:15+	00:35+		
00:19&	01:20&	00:27#	00:46-	02:17&	00:05+	00:21&	00:20#	00:25#	00:36#	00:42&	00:12-	00:16#	00:33&	00:05#		
<b>3</b>	<b>Paul A. Paulsen</b>	<b>117</b>														<b>46:08</b>
01:04+	04:58+	07:18+	13:14+	23:57+	25:21+	26:46+	29:47+	32:07+	38:06+	40:21+	40:59+	43:35+	45:35+	46:08+		
01:04+	03:54+	02:20+	05:56-	10:43+	01:24+	01:25+	03:01+	02:20+	05:59+	02:15+	00:38-	02:36+	02:00+	00:33+		
00:03+	00:39#	00:30&	00:53-	01:57#	00:23&	00:32&	00:58&	00:22#	02:56&	00:41&	00:11-	00:47&	00:18#	00:03#		

Class	Navn	Klasse													Tid
<b>4</b>	<b>Hans Klausen</b>	<b>62</b>													<b>50:59</b>
01:23+	05:43+	08:18+	15:22+	28:20+	29:58+	32:02+	34:43+	38:03+	42:41+	44:59+	45:35+	47:58+	50:29+	50:59+	
01:23+	04:20+	02:35+	07:04+	12:58+	01:38+	02:04+	02:41+	03:20+	04:38+	02:18+	00:36+	02:23+	02:31+	00:30+	
00:22&	01:05&	00:45&	00:15+	04:12&	00:37&	01:11@	00:38&	01:22&	01:35&	00:44&	00:13-	00:34&	00:49&	00:00-	
<b>5</b>	<b>Svein Glendrange</b>	<b>68</b>													<b>51:47</b>
01:25+	05:33+	07:41+	16:07+	27:45+	29:28+	30:46+	34:34+	37:30+	42:37+	45:03+	45:47+	48:28+	51:10+	51:47+	
01:25+	04:08+	02:08+	08:26+	11:38+	01:43+	01:18+	03:48+	02:56+	05:07+	02:26+	00:44-	02:41+	02:42+	00:37+	
00:24&	00:53&	00:18#	01:37#	02:52&	00:42&	00:25&	01:45&	00:58&	02:04&	00:52&	00:05-	00:52&	01:00&	00:07#	
<b>6</b>	<b>Hermann Skogsholm</b>	<b>53</b>													<b>52:28</b>
01:23+	05:28+	07:39+	14:38+	27:12+	28:56+	31:25+	34:45+	37:43+	42:15+	45:21+	46:08+	48:43+	51:27+	52:28+	
01:23+	04:05+	02:11+	06:59+	12:34+	01:44+	02:29+	03:20+	02:58+	04:32+	03:06+	00:47-	02:35+	02:44+	01:01+	
00:22&	00:50&	00:21#	00:10+	03:48&	00:43&	01:36@	01:17&	01:00&	01:29&	01:32&	00:02-	00:46&	01:02&	00:31@	
<b>7</b>	<b>Geir Husdal</b>	<b>93</b>													<b>53:27</b>
01:44+	07:39+	09:41+	16:20+	28:08+	29:42+	31:14+	34:44+	37:53+	42:38+	45:03+	46:00+	48:59+	52:45+	53:27+	
01:44+	05:55+	02:02+	06:39-	11:48+	01:34+	01:32+	03:30+	03:09+	04:45+	02:25+	00:57+	02:59+	03:46+	00:42+	
00:43&	02:40&	00:12#	00:10-	03:02&	00:33&	00:39&	00:41&	01:11&	01:42&	00:51&	00:08#	01:10&	02:04@	00:12&	
<b>8</b>	<b>Jostein Tunheim</b>	<b>116</b>													<b>53:58</b>
02:26+	07:20+	11:34+	18:07+	29:23+	31:13+	32:25+	35:09+	41:54+	45:36+	48:27+	49:11+	51:20+	53:21+	53:58+	
02:26+	04:54+	04:14+	06:33-	11:16+	01:50+	01:12+	02:44+	06:45+	03:42+	02:51+	00:44-	02:09+	02:01+	00:37+	
01:25@	01:39&	02:24@	00:16-	02:30&	00:49&	00:19&	00:41&	04:47@	00:39#	01:17&	00:05-	00:20#	00:19#	00:07#	
<b>9</b>	<b>Norvald Skretting</b>	<b>43</b>													<b>55:58</b>
01:56+	06:31+	09:31+	15:39+	30:01+	31:41+	33:07+	36:22+	39:48+	45:24+	48:05+	49:43+	52:40+	55:14+	55:58+	
01:56+	04:35+	03:00+	06:08-	14:22+	01:40+	01:26+	03:15+	03:26+	05:36+	02:41+	01:38+	02:57+	02:34+	00:44+	
00:55&	01:20&	01:10&	00:41-	05:36&	00:39&	00:33&	01:12&	01:28&	02:33&	01:07&	00:49&	01:08&	00:52&	00:14&	
<b>10</b>	<b>Odd Garpestad</b>	<b>29</b>													<b>56:37</b>
03:24+	07:20+	09:30+	14:00+	24:10+	25:07+	26:21+	37:28+	40:16+	49:44+	51:26+	51:52+	53:53+	56:10+	56:37+	
03:24+	03:56+	02:10+	04:30-	10:10+	00:57-	01:14+	11:07+	02:48+	09:28+	01:42+	00:26-	02:01+	02:17+	00:27-	
02:23@	00:41#	00:20#	02:19-	01:24#	00:04-	00:21&	09:04@	00:50&	06:25@	00:08+	00:23-	00:12#	00:35&	00:03-	
<b>11</b>	<b>Øyvind Egeskog</b>	<b>5</b>													<b>57:34</b>
01:18+	08:46+	11:28+	20:41+	34:01+	35:42+	37:07+	40:08+	44:14+	48:42+	51:10+	51:46+	54:20+	56:57+	57:34+	
01:18+	07:28+	02:42+	09:13+	13:20+	01:41+	01:25+	03:01+	04:06+	04:28+	02:28+	00:36-	02:34+	02:37+	00:37+	
00:17&	04:13@	00:52&	02:24&	04:34&	00:40&	00:32&	00:58&	02:08@	01:25&	00:54&	00:13-	00:45&	00:55&	00:07#	
<b>12</b>	<b>Knut Jonas Espedal</b>	<b>53</b>													<b>1:02:01</b>
02:06+	08:44+	11:54+	19:34+	33:50+	37:32+	39:22+	42:48+	47:31+	52:05+	54:20+	55:13+	57:53+	61:22+	62:01+	
02:06+	06:38+	03:10+	07:40+	14:16+	03:42+	01:50+	03:26+	04:43+	04:34+	02:15+	00:53+	02:40+	03:29+	00:39+	
01:05@	03:23@	01:20&	00:51#	05:30&	02:41@	00:57@	01:23&	02:45@	01:31&	00:41&	00:04+	00:51&	01:47@	00:09&	
<b>13</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>													<b>1:02:03</b>
01:18+	05:34+	08:05+	14:06+	40:31+	41:55+	44:38+	48:37+	50:50+	54:27+	56:29+	57:05+	59:22+	61:25+	62:03+	
01:18+	04:16+	02:31+	06:01-	26:25+	01:24+	02:43+	03:59+	02:13+	03:37+	02:02+	00:36-	02:17+	02:03+	00:38+	
00:17&	01:01&	00:41&	00:48-	17:39@	00:23&	01:50@	01:56&	00:15#	00:34#	00:28&	00:13-	00:28&	00:21#	00:08&	
<b>14</b>	<b>Ole Auklend</b>	<b>106</b>													<b>1:06:30</b>
01:41+	06:50+	10:01+	16:46+	31:57+	33:51+	39:16+	43:18+	47:14+	53:38+	57:19+	58:33+	62:26+	65:27+	66:30+	
01:41+	05:09+	03:11+	06:45-	15:11+	01:54+	05:25+	04:02+	03:56+	06:24+	03:41+	01:14+	03:53+	03:01+	01:03+	
00:40&	01:54&	01:21&	00:04-	06:25&	00:53&	04:32@	01:59&	01:58&	03:21@	02:07@	00:25&	02:04@	01:19&	00:33@	
<b>15</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>													<b>1:37:01</b>
01:41+	07:43+	12:05+	21:57+	41:09+	44:07+	46:33+	59:20+	76:08+	83:00+	88:11+	89:07+	92:50+	96:16+	97:01+	
01:41+	06:02+	04:22+	09:52+	19:12+	02:58+	02:26+	12:47+	16:48+	06:52+	05:11+	00:56+	03:43+	03:26+	00:45+	
00:40&	02:47&	02:32@	03:03&	10:26@	01:57@	01:33@	10:44@	14:50@	03:49@	03:37@	00:07#	01:54@	01:44@	00:15&	
<b>16</b>	<b>Reidar Liland</b>	<b>66</b>													<b>1:37:14</b>
03:03+	09:47+	13:07+	23:45+	38:51+	41:07+	49:04+	58:19+	62:21+	68:51+	71:58+	73:06+	87:42+	96:09+	97:14+	
03:03+	06:44+	03:20+	10:38+	15:06+	02:16+	07:57+	09:15+	04:02+	06:30+	03:07+	01:08+	14:36+	08:27+	01:05+	
02:02@	03:29@	01:30&	03:49&	06:20&	01:15@	07:04@	07:12@	02:04@	03:27@	01:33&	00:19&	12:47@	06:45@	00:35@	
<b>17</b>	<b>Jan H. Sagen</b>	<b>92</b>													<b>1:39:48</b>
02:03+	08:05+	12:11+	23:17+	62:39+	64:51+	67:07+	72:46+	79:29+	85:55+	89:39+	90:42+	95:09+	98:51+	99:48+	
02:03+	06:02+	04:06+	11:06+	39:22+	02:12+	02:16+	05:39+	06:43+	06:26+	03:44+	01:03+	04:27+	03:42+	00:57+	
01:02@	02:47&	02:16@	04:17&	30:36@	01:11@	01:23@	03:36@	04:45@	03:23@	02:10@	00:14&	02:38@	02:00@	00:27&	
<b>Beste strekktid for klassen</b>															
01:01	03:15	01:50	04:30	08:46	00:57	00:53	02:03	01:58	03:03	01:34	00:26	01:49	01:42	00:27	

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



Plass	Navn	Klasse	Tid
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## Herrer 75 - 79 år

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

### Beste strekktid for klassen

01:09 01:16 05:04 07:42 02:21 06:07 02:25 00:35 02:24 01:55 00:39

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

## Herrer 80 år og eldre

<b>1</b>	<b>Sigurd Krosli</b>	<b>31</b>	<b>50:43</b>
01:45=	04:17= 07:01= 14:41= 18:55= 23:56= 28:50= 37:26= 41:03= 42:23= 46:33= 49:47= 50:43=		
01:45=	02:32= 02:44= 07:40= 04:14= 05:01= 04:54= 08:36= 03:37= 01:20= 04:10= 03:14= 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=		

Class	Navn	Klasse												Tid
<b>2</b>	<b>Peter Frafjord</b>	<b>116</b>												<b>54:46</b>
	02:15+	05:23+	13:00+	23:38+	32:14+	35:31+	42:07+	45:54+	47:25+	50:53+	53:25+	54:46+		
	02:15+	03:08+	07:37+	10:38+	04:34+	04:02-	03:17-	06:36-	03:47+	01:31+	03:28-	02:32-	01:21+	
	00:30&	00:36#	04:53@	02:58&	00:20+	00:59-	01:37-	02:00-	00:10+	00:11#	00:42-	00:42-	00:25&	
<b>3</b>	<b>Harald I. Serigstad</b>	<b>128</b>												<b>1:06:00</b>
	02:25+	05:31+	08:35+	17:10+	22:45+	29:15+	31:41+	49:22+	53:26+	54:28+	63:50+	65:19+	66:00+	
	02:25+	03:06+	03:04+	08:35+	05:35+	06:30+	02:26-	17:41+	04:04+	01:02-	09:22+	01:29-	00:41-	
	00:40&	00:34#	00:20#	00:55#	01:21&	01:29&	02:28-	09:05@	00:27#	00:18-	05:12@	01:45-	00:15-	
<b>4</b>	<b>Magne Westerheim</b>	<b>93</b>												<b>1:11:32</b>
	01:57+	11:33+	18:09+	27:39+	32:07+	35:30+	42:26+	53:34+	62:11+	63:51+	67:44+	70:44+	71:32+	
	01:57+	09:36+	06:36+	09:30+	04:28+	03:23-	06:56+	11:08+	08:37+	01:40+	03:53-	03:00-	00:48-	
	00:12#	07:04@	03:52@	01:50#	00:14+	01:38-	02:02&	02:32&	05:00@	00:20#	00:17-	00:14-	00:08-	

**Beste strekktid for klassen**

01:45   02:32   02:44   07:40   04:14   03:23   02:26   06:36   03:37   01:02   03:28   01:29   00:41

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

**Herrer A**

<b>1</b>	<b>Bjarthe Westerheim</b>	<b>194</b>														<b>39:57</b>	
	02:58=	04:08=	07:15=	13:17=	15:53=	17:01=	19:35=	20:10=	25:53=	26:30=	31:31=	32:54=	34:02=	37:31=	38:25=	39:37=	39:57=
	02:58=	01:10=	03:07=	06:02=	02:36=	01:08=	02:34=	00:35=	05:43=	00:37=	05:01=	01:23=	01:08=	03:29=	00:54=	01:12=	00:20=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Fredrik Omdal</b>	<b>74</b>														<b>40:32</b>	
	03:01+	04:07-	07:48+	13:46+	15:56+	17:32+	19:55+	20:37+	26:50+	27:30+	32:41+	34:04+	35:12+	38:13+	39:05+	40:12+	40:32+
	03:01+	01:06-	03:41+	05:58-	02:10-	01:36+	02:23-	00:42+	06:13+	00:40+	05:11+	01:23=	01:08=	03:01-	00:52-	01:07-	00:20=
	00:03+	00:04-	00:34#	00:04-	00:26-	00:28&	00:11-	00:07#	00:30+	00:03+	00:10+	00:00=	00:00=	00:28-	00:02-	00:05-	00:00=
<b>3</b>	<b>Morten Bjerga Sundli</b>	<b>7</b>														<b>42:37</b>	
	03:29+	04:45+	08:21+	14:39+	16:43+	18:52+	21:35+	22:17+	28:12+	28:55+	34:09+	35:37+	36:48+	39:55+	40:49+	42:15+	42:37+
	03:29+	01:16+	03:36+	06:18+	02:04+	02:09+	02:43+	00:42+	05:55+	00:43+	05:14+	01:28+	01:11+	03:07-	00:54=	01:26+	00:22+
	00:31#	00:06+	00:29#	00:16+	00:32-	01:01&	00:09+	00:07#	00:12+	00:06#	00:13+	00:05+	00:03+	00:22-	00:00=	00:14#	00:02#
<b>4</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>														<b>44:21</b>	
	03:24+	04:38+	08:45+	15:52+	18:13+	19:36+	22:03+	22:43+	29:20+	30:10+	35:59+	37:48+	39:06+	41:50+	42:40+	44:02+	44:21+
	03:24+	01:14+	04:07+	07:07+	02:21-	01:23+	02:27-	00:40+	06:37+	00:50+	05:49+	01:49+	01:18+	02:44-	00:50-	01:22+	00:19-
	00:26#	00:04+	01:00&	01:05#	00:15-	00:15#	00:07-	00:05#	00:54#	00:13&	00:48#	00:26&	00:10#	00:45-	00:04-	00:10#	00:01-
<b>5</b>	<b>Erik Lima</b>	<b>115</b>														<b>46:58</b>	
	03:49+	05:07+	09:46+	17:01+	19:20+	20:33+	23:27+	24:07+	30:40+	31:19+	37:31+	39:26+	40:22+	44:23+	45:19+	46:37+	46:58+
	03:49+	01:18+	04:39+	07:15+	02:19-	01:13+	02:54+	00:40+	06:33+	00:39+	06:12+	01:55+	00:56-	04:01+	00:56+	01:18+	00:21+
	00:51&	00:08#	01:32&	01:13#	00:17-	00:05+	00:20#	00:05#	00:50#	00:02+	01:11#	00:32&	00:12-	00:32#	00:02+	00:06+	00:01+
<b>6</b>	<b>Martin Blystad</b>	<b>115</b>														<b>49:02</b>	
	04:03+	05:24+	09:42+	17:18+	19:48+	22:26+	24:44+	25:29+	32:12+	32:56+	39:09+	41:44+	43:05+	46:14+	47:12+	48:41+	49:02+
	04:03+	01:21+	04:18+	07:36+	02:30-	02:38+	02:18-	00:45+	06:43+	00:44+	06:13+	02:35+	01:21+	03:09-	00:58+	01:29+	00:21+
	01:05&	00:11#	01:11&	01:34&	00:06-	01:30@	00:16-	00:10&	01:00#	00:07#	01:12#	01:12&	00:13#	00:20-	00:04+	00:17#	00:01+
<b>7</b>	<b>Kristian Haarr</b>	<b>27</b>														<b>50:28</b>	
	03:54+	05:25+	09:30+	17:29+	19:50+	21:18+	24:16+	24:56+	31:47+	32:33+	39:43+	41:34+	42:51+	47:49+	48:50+	50:08+	50:28+
	03:54+	01:31+	04:05+	07:59+	02:21-	01:28+	02:58+	00:40+	06:51+	00:46+	07:10+	01:51+	01:17+	04:58+	01:01+	01:18+	00:20=
	00:56&	00:21&	00:58&	01:57&	00:15-	00:20&	00:24#	00:05#	01:08#	00:09#	02:09&	00:28&	00:09#	01:29&	00:07#	00:06+	00:00=
<b>8</b>	<b>Runar Eike Toft</b>	<b>116</b>														<b>58:17</b>	
	03:58+	05:27+	09:37+	20:58+	24:17+	25:42+	28:32+	29:20+	37:47+	38:56+	46:03+	47:53+	49:25+	54:49+	56:11+	57:46+	58:17+
	03:58+	01:29+	05:23+	11:21+	03:19+	01:25+	02:50+	00:48+	08:27+	01:09+	07:07+	01:50+	01:32+	05:24+	01:22+	01:35+	00:31+
	01:00&	00:19&	01:03&	05:19&	00:43&	00:17#	00:16#	00:13&	02:44&	00:32&	02:06&	00:27&	00:24&	01:55&	00:28&	00:23&	00:11&
<b>9</b>	<b>Morten S. Ronæss</b>	<b>27</b>														<b>1:00:07</b>	
	04:09+	05:55+	11:18+	20:01+	23:09+	25:00+	27:51+	28:37+	36:09+	37:12+	43:57+	46:23+	47:54+	55:25+	56:25+	59:40+	60:07+
	04:09+	01:46+	05:23+	08:43+	03:08+	01:51+	02:51+	00:46+	07:32+	01:03+	06:45+	02:26+	01:31+	07:31+	01:00+	03:15+	00:27+
	01:11&	00:36&	02:16&	02:41&	00:32#	00:43&	00:17#	00:11&	01:49&	00:26&	01:44&	01:03&	00:23&	04:02@	00:06#	02:03@	00:07&
<b>10</b>	<b>Jørgen Strømstad</b>	<b>50</b>														<b>1:07:37</b>	
	03:55+	05:27+	09:40+	26:27+	30:02+	31:58+	35:43+	39:00+	48:38+	49:39+	56:45+	58:47+	59:54+	63:21+	65:47+	67:15+	67:37+
	03:55+	01:32+	04:13+	16:47+	03:35+	01:56+	03:45+	03:17+	09:38+	01:01+	07:06+	02:02+	01:07-	03:27-	02:26+	01:28+	00:22+
	00:57&	00:22&	01:06&	10:45@	00:59&	00:48&	01:11&	02:42@	03:55&	00:24&	02:05&	00:39&	00:01-	00:02-	01:32@	00:16#	00:02#

Class	Navn	Klasse														Tid
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### Beste strekktid for klassen

02:58 01:06 03:07 05:58 02:04 01:08 02:18 00:35 05:43 00:37 05:01 01:23 00:56 02:44 00:50 01:07 00:19

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

## Herrer B

**1 Tor Gunnar Aksland 116 45:14**  
 03:19= 04:38= 08:52= 15:40= 18:30= 20:49= 23:13= 23:53= 30:12= 30:57= 36:53= 38:26= 39:44= 42:33= 43:34= 44:51= 45:14=  
 03:19= 01:19= 04:14= 06:48= 02:50= 02:19= 02:24= 00:40= 06:19= 00:45= 05:56= 01:33= 01:18= 02:49= 01:01= 01:17= 00:23=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Per Olav Haarr 62 48:30**  
 03:30+ 04:49+ 08:41- 15:26- 17:49- 19:53- 22:31- 23:10- 29:44- 30:32- 37:43+ 39:32+ 40:49+ 45:53+ 46:49+ 48:07+ 48:30+  
 03:30+ 01:19= 03:52- 06:45- 02:23- 02:04- 02:38+ 00:39- 06:34+ 00:48+ 07:11+ 01:49+ 01:17- 05:04+ 00:56- 01:18+ 00:23=  
 00:11+ 00:00= 00:22- 00:03- 00:27- 00:15- 00:14+ 00:01- 00:15+ 00:03+ 01:15# 00:16# 00:01- 02:15& 00:05- 00:01+ 00:00=

**3 Njål F. Vadla 93 49:18**  
 03:36+ 05:03+ 08:43- 15:55+ 18:17- 19:42- 22:49- 23:36- 30:16+ 31:14+ 38:11+ 39:43+ 41:14+ 46:34+ 47:28+ 48:50+ 49:18+  
 03:36+ 01:27+ 03:40- 07:12+ 02:22- 01:25- 03:07+ 00:47+ 06:40+ 00:58+ 06:57+ 01:32- 01:31+ 05:20+ 00:54- 01:22+ 00:28+  
 00:17+ 00:08# 00:34- 00:24+ 00:28- 00:54- 00:43& 00:07# 00:21+ 00:13& 01:01# 00:01- 00:13# 02:31& 00:07- 00:05+ 00:05#

**4 Joar Eilevstjønn 67 50:55**  
 04:09+ 05:44+ 10:10+ 19:42+ 22:29+ 24:04+ 27:13+ 27:56+ 34:31+ 35:19+ 41:16+ 43:07+ 44:18+ 47:57+ 49:04+ 50:30+ 50:55+  
 04:09+ 01:35+ 04:26+ 09:32+ 02:47- 01:35- 03:09+ 00:43+ 06:35+ 00:48+ 05:57+ 01:51+ 01:11- 03:39+ 01:07+ 01:26+ 00:25+  
 00:50& 00:16# 00:12+ 02:44& 00:03- 00:44- 00:45& 00:03+ 00:16+ 00:03+ 00:01+ 00:18# 00:07- 00:50& 00:06+ 00:09# 00:02#

**5 Odd Ivar Karlsen 76 51:40**  
 04:06+ 05:40+ 09:25+ 16:47+ 18:57+ 21:09+ 23:49+ 24:32+ 30:53+ 31:39+ 37:45+ 39:53+ 41:27+ 48:59+ 49:48+ 51:15+ 51:40+  
 04:06+ 01:34+ 03:45- 07:22+ 02:10- 02:12- 02:40+ 00:43+ 06:21+ 00:46+ 06:06+ 02:08+ 01:34+ 07:32+ 00:49- 01:27+ 00:25+  
 00:47# 00:15# 00:29- 00:34+ 00:40- 00:07- 00:16# 00:03+ 00:02+ 00:01+ 00:10+ 00:35& 00:16# 04:43& 00:12- 00:10# 00:02+

**6 Bjørnar André Haug 80 52:18**  
 03:29+ 05:04+ 08:45- 16:35+ 19:29+ 21:44+ 24:51+ 25:41+ 33:00+ 33:50+ 39:53+ 41:29+ 42:51+ 48:50+ 50:09+ 51:52+ 52:18+  
 03:29+ 01:35+ 03:41- 07:50+ 02:54+ 02:15- 03:07+ 00:50+ 07:19+ 00:50+ 06:03+ 01:36+ 01:22+ 05:59+ 01:19+ 01:43+ 00:26+  
 00:10+ 00:16# 00:33- 01:02# 00:04+ 00:04- 00:43& 00:10# 01:00# 00:05# 00:07+ 00:03+ 00:04+ 03:10& 00:18& 00:26& 00:03#

**7 Odd Fuglestad 250 52:42**  
 03:57+ 05:28+ 09:17+ 21:05+ 23:26+ 25:42+ 28:07+ 28:49+ 35:56+ 36:40+ 42:53+ 44:25+ 45:44+ 49:51+ 50:55+ 52:17+ 52:42+  
 03:57+ 01:31+ 03:49- 11:48+ 02:21- 02:16- 02:25+ 00:42+ 07:07+ 00:44- 06:13+ 01:32- 01:19+ 04:07+ 01:04+ 01:22+ 00:25+  
 00:38# 00:12# 00:25- 05:00& 00:29- 00:03- 00:01+ 00:02+ 00:48# 00:01- 00:17+ 00:01- 00:01+ 01:18& 00:03+ 00:05+ 00:02+

**8 Svein Erik Kvame 116 57:35**  
 04:31+ 06:02+ 11:24+ 20:47+ 24:20+ 26:00+ 29:21+ 30:09+ 38:44+ 39:44+ 46:39+ 48:32+ 50:00+ 54:01+ 55:13+ 57:12+ 57:35+  
 04:31+ 01:31+ 05:22+ 09:23+ 03:33+ 01:40- 03:21+ 00:48+ 08:35+ 01:00+ 06:55+ 01:53+ 01:28+ 04:01+ 01:12+ 01:59+ 00:23=  
 01:12& 00:12# 01:08& 02:35& 00:43& 00:39- 00:57& 00:08# 02:16& 00:15& 00:59# 00:20# 00:10# 01:12& 00:11# 00:42& 00:00=

**9 Ove Nygaard 116 59:48**  
 03:49+ 05:25+ 09:23+ 17:01+ 25:41+ 27:20+ 30:36+ 31:26+ 38:27+ 39:14+ 48:36+ 50:51+ 52:18+ 56:20+ 57:22+ 59:16+ 59:48+  
 03:49+ 01:36+ 03:58- 07:38+ 08:40+ 01:39- 03:16+ 00:50+ 07:01+ 00:47+ 09:22+ 02:15+ 01:27+ 04:02+ 01:02+ 01:54+ 00:32+  
 00:30# 00:17# 00:16- 00:50# 05:50& 00:40- 00:52& 00:10# 00:42# 00:02+ 03:26& 00:42& 00:09# 01:13& 00:01+ 00:37& 00:09&

**10 Kevin Thomas Foust 192 1:00:30**  
 04:09+ 05:24+ 10:18+ 20:09+ 23:06+ 26:42+ 29:57+ 30:37+ 38:20+ 39:14+ 45:56+ 48:06+ 49:43+ 57:29+ 58:37+ 60:10+ 60:30+  
 04:09+ 01:15- 04:54+ 09:51+ 02:57+ 03:36+ 03:15+ 00:40= 07:43+ 00:54+ 06:42+ 02:10+ 01:37+ 07:46+ 01:08+ 01:33+ 00:20-  
 00:50& 00:04- 00:40# 03:03& 00:07+ 01:17& 00:51& 00:00= 01:24# 00:09# 00:46# 00:37& 00:19# 04:57& 00:07# 00:16# 00:03-

**11 Jørgen Breivold 54 1:03:31**  
 03:34+ 04:55+ 09:09+ 23:35+ 27:21+ 31:21+ 34:25+ 35:34+ 43:21+ 44:07+ 51:27+ 53:32+ 54:55+ 59:58+ 61:22+ 63:08+ 63:31+  
 03:34+ 01:21+ 04:14= 14:26+ 03:46+ 04:00+ 03:04+ 01:09+ 07:47+ 00:46+ 07:20+ 02:05+ 01:23+ 05:03+ 01:24+ 01:46+ 00:23=  
 00:15+ 00:02+ 00:00= 07:38& 00:56& 01:41& 00:40& 00:29& 01:28# 00:01+ 01:24# 00:32& 00:05+ 02:14& 00:23& 00:29& 00:00=

### Beste strekktid for klassen

03:19 01:15 03:40 06:45 02:10 01:25 02:24 00:39 06:19 00:44 05:56 01:32 01:11 02:49 00:49 01:17 00:20

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

## Herrer C

Class	Navn	Klasse														Tid	
<b>1</b>	<b>Geir Bjaanes</b>	<b>116</b>														<b>45:07</b>	
03:58=	05:36=	10:17=	16:58=	18:34=	19:27=	21:56=	27:44=	28:18=	33:35=	34:36=	36:24=	39:30=	40:26=	43:29=	44:19=	44:36=	45:07=
03:58=	01:38=	04:41=	06:41=	01:36=	00:53=	02:29=	05:48=	00:34=	05:17=	01:01=	01:48=	03:06=	00:56=	03:03=	00:50=	00:17=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kjetil Wirak</b>	<b>114</b>														<b>45:16</b>	
03:34-	04:50-	09:54-	17:28+	19:24+	20:14+	22:34+	28:10+	28:41+	34:32+	35:52+	37:39+	40:33+	41:12+	44:02+	44:43+	44:55+	45:16+
03:34-	01:16-	05:04+	07:34+	01:56+	00:50-	02:20-	05:36-	00:31-	05:51+	01:20+	01:47-	02:54-	00:39-	02:50-	00:41-	00:12-	00:21-
00:24-	00:22-	00:23+	00:53#	00:20#	00:03-	00:09-	00:12-	00:03-	00:34#	00:19&	00:01-	00:12-	00:17-	00:13-	00:09-	00:05-	00:10-
<b>3</b>	<b>Tore Svendsen</b>	<b>27</b>														<b>47:54</b>	
03:43-	05:15-	09:28-	16:20-	17:55-	18:46-	23:20+	29:12+	29:54+	36:36+	37:32+	39:34+	42:37+	43:21+	46:26+	47:16+	47:32+	47:54+
03:43-	01:32-	04:13-	06:52+	01:35-	00:51-	04:34+	05:52+	00:42+	06:42+	00:56-	02:02+	03:03-	00:44-	03:05+	00:50=	00:16-	00:22-
00:15-	00:06-	00:28-	00:11+	00:01-	00:02-	02:05&	00:04+	00:08#	01:25&	00:05-	00:14#	00:03-	00:12-	00:02+	00:00=	00:01-	00:09-
<b>4</b>	<b>Nils John Vestøl</b>	<b>83</b>														<b>49:02</b>	
04:57+	06:35+	11:06+	18:31+	20:10+	21:30+	24:30+	29:37+	30:33+	37:02+	38:16+	40:23+	43:34+	44:26+	47:41+	48:26+	48:40+	49:02+
04:57+	01:38=	04:31-	07:25+	01:39+	01:20+	03:00+	05:07-	00:56+	06:29+	01:14+	02:07+	03:11+	00:52-	03:15+	00:45-	00:14-	00:22-
00:59#	00:00=	00:10-	00:44#	00:03+	00:27&	00:31#	00:41-	00:22&	01:12#	00:13#	00:19#	00:05+	00:04-	00:12+	00:05-	00:03-	00:09-
<b>5</b>	<b>Paul Terje Haarr</b>	<b>62</b>														<b>49:19</b>	
04:12+	05:54+	11:04+	18:33+	20:17+	21:16+	23:53+	29:55+	30:42+	37:00+	38:26+	40:20+	43:30+	44:19+	47:43+	48:32+	48:49+	49:19+
04:12+	01:42+	05:10+	07:29+	01:44+	00:59+	02:37+	06:02+	00:47+	06:18+	01:26+	01:54+	03:10+	00:49-	03:24+	00:49-	00:17=	00:30-
00:14+	00:04+	00:29#	00:48#	00:08+	00:06#	00:08+	00:14+	00:13&	01:01#	00:25&	00:06+	00:04+	00:07-	00:21#	00:01-	00:00=	00:01-
<b>6</b>	<b>Otte Omdal</b>	<b>65</b>														<b>49:32</b>	
03:57-	05:39+	09:34-	19:05+	20:51+	21:51+	24:29+	29:47+	30:27+	38:41+	40:13+	42:00+	44:31+	45:08+	48:08+	48:57+	49:10+	49:32+
03:57-	01:42+	03:55-	09:31+	01:46+	01:00+	02:38+	05:18-	00:40+	08:14+	01:32+	01:47-	02:31-	00:37-	03:00-	00:49-	00:13-	00:22-
00:01-	00:04+	00:46-	02:50&	00:10#	00:07#	00:09+	00:30-	00:06#	02:57&	00:31&	00:01-	00:35-	00:19-	00:03-	00:01-	00:04-	00:09-
<b>7</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>														<b>50:21</b>	
04:35+	06:17+	10:27+	17:35+	19:11+	20:07+	24:20+	29:26+	30:15+	37:24+	38:33+	41:13+	44:13+	45:03+	48:31+	49:32+	49:49+	50:21+
04:35+	01:42+	04:10-	07:08+	01:36=	00:56+	04:13+	05:06-	00:49+	07:09+	01:09+	02:40+	03:00-	00:50-	03:28+	01:01+	00:17=	00:32+
00:37#	00:04+	00:31-	00:27+	00:00=	00:03+	01:44&	00:42-	00:15&	01:52&	00:08#	00:52&	00:06-	00:06-	00:25#	00:11#	00:00=	00:01+
<b>8</b>	<b>Henning Sundby</b>	<b>114</b>														<b>53:52</b>	
04:31+	05:54+	09:45-	16:55-	18:42+	19:31+	25:26+	31:37+	32:52+	39:19+	40:34+	42:23+	45:32+	46:18+	52:25+	53:10+	53:23+	53:52+
04:31+	01:23-	03:51-	07:10+	01:47+	00:49-	05:55+	06:11+	01:15+	06:27+	01:15+	01:49+	03:09+	00:46-	06:07+	00:45-	00:13-	00:29-
00:33#	00:15-	00:50-	00:29+	00:11#	00:04-	03:26&	00:23+	00:41&	01:10#	00:14#	00:01+	00:03+	00:10-	03:04&	00:05-	00:04-	00:02-
<b>9</b>	<b>Sveinung Svebestad</b>	<b>46</b>														<b>54:53</b>	
04:09+	05:48+	10:35+	18:13+	20:13+	21:43+	24:57+	31:50+	32:41+	40:09+	41:39+	44:04+	48:02+	49:05+	52:58+	53:56+	54:18+	54:53+
04:09+	01:39+	04:47+	07:38+	02:00+	01:30+	03:14+	06:53+	00:51+	07:28+	01:30+	02:25+	03:58+	01:03+	03:53+	00:58+	00:22+	00:35+
00:11+	00:01+	00:06+	00:57#	00:24#	00:37&	00:45&	01:05#	00:17&	02:11&	00:29&	00:37&	00:52&	00:07#	00:50&	00:08#	00:05&	00:04#
<b>10</b>	<b>Inge Løland</b>	<b>114</b>														<b>56:49</b>	
04:18+	05:52+	11:48+	19:01+	20:40+	21:49+	28:04+	34:41+	35:19+	44:28+	45:29+	47:29+	50:45+	51:38+	55:13+	56:04+	56:22+	56:49+
04:18+	01:34-	05:56+	07:13+	01:39+	01:09+	06:15+	06:37+	00:38+	09:09+	01:01=	02:00+	03:16+	00:53-	03:35+	00:51+	00:18+	00:27-
00:20+	00:04-	01:15&	00:32+	00:03+	00:16&	03:46&	00:49#	00:04#	03:52&	00:00=	00:12#	00:10+	00:03-	00:32#	00:01+	00:01+	00:04-
<b>11</b>	<b>Sturle Omdal</b>	<b>116</b>														<b>57:15</b>	
03:54-	05:41+	14:12+	21:48+	23:42+	24:40+	28:47+	35:59+	36:46+	44:12+	45:27+	47:50+	51:07+	52:01+	55:25+	56:32+	56:50+	57:15+
03:54-	01:47+	08:31+	07:36+	01:54+	00:58+	04:07+	07:12+	00:47+	07:26+	01:15+	02:23+	03:17+	00:54-	03:24+	01:07+	00:18+	00:25-
00:04-	00:09+	03:50&	00:55#	00:18#	00:05+	01:38&	01:24#	00:13&	02:09&	00:14#	00:35&	00:11+	00:02-	00:21#	00:17&	00:01+	00:06-
<b>12</b>	<b>Lars Helgeland</b>	<b>23</b>														<b>58:34</b>	
04:06+	09:17+	15:22+	24:52+	26:48+	28:14+	31:08+	37:45+	38:40+	45:55+	47:15+	49:11+	52:36+	53:23+	56:29+	57:46+	58:07+	58:34+
04:06+	05:11+	06:05+	09:30+	01:56+	01:26+	02:54+	06:37+	00:55+	07:15+	01:20+	01:56+	03:25+	00:47-	03:06+	01:17+	00:21+	00:27-
00:08+	03:33&	01:24&	02:49&	00:20#	00:33&	00:25#	00:49#	00:21&	01:58&	00:19&	00:08+	00:19#	00:09-	00:03+	00:27&	00:04#	00:04-
<b>13</b>	<b>Rune Christiansen</b>	<b>93</b>														<b>1:00:54</b>	
04:40+	06:58+	13:03+	22:20+	24:29+	25:32+	28:50+	36:05+	37:10+	45:10+	47:16+	50:11+	53:58+	54:53+	58:55+	59:59+	60:21+	60:54+
04:40+	02:18+	06:05+	09:17+	02:09+	01:03+	03:18+	07:15+	01:05+	08:00+	02:06+	02:55+	03:47+	00:55-	04:02+	01:04+	00:22+	00:33+
00:42#	00:40&	01:24&	02:36&	00:33&	00:10#	00:49&	01:27#	00:31&	02:43&	01:05&	01:07&	00:41#	00:01-	00:59&	00:14&	00:05&	00:02+
<b>14</b>	<b>Øistein Haaland</b>	<b>116</b>														<b>1:01:30</b>	
04:14+	05:46+	10:57+	17:59+	19:50+	21:06+	24:17+	32:14+	33:05+	43:16+	44:49+	50:31+	54:10+	55:15+	58:53+	59:48+	60:58+	61:30+
04:14+	01:32-	05:11+	07:02+	01:51+	01:16+	03:11+	07:57+	00:51+	10:11+	01:33+	05:42+	03:39+	01:05+	03:38+	00:55+	01:10+	00:32+
00:16+	00:06-	00:30#	00:21+	00:15#	00:23&	00:42&	02:09&	00:17&	04:54&	00:32&	03:54&	00:33#	00:09#	00:35#	00:05#	00:53&	00:01+
<b>15</b>	<b>Erling Mauland</b>	<b>83</b>														<b>1:10:38</b>	
04:44+	06:44+	13:16+	23:34+	25:36+	26:44+	32:19+	39:48+	40:34+	51:41+	53:04+	60:18+	64:14+	65:19+	69:15+	70:02+	70:14+	70:38+
04:44+	02:00+	06:32+	10:18+	02:02+	01:08+	05:35+	07:29+	00:46+	11:07+	01:23+	07:14+	03:56+	01:05+	03:56+	00:47-	00:12-	00:24-
00:46#	00:22#	01:51&	03:37&	00:26&	00:15&	03:06&	01:41&	00:12&	05:50&	00:22&	05:26&	00:50&	00:09#	00:53&	00:03-	00:05-	00:07-

Class	Navn	Klasse	Tid														
<b>16</b>	<b>Ivar Knutsen</b>	<b>116</b>	<b>1:11:25</b>														
05:01+	06:49+	22:28+	30:39+	33:59+	37:22+	43:50+	56:44+	58:01+	60:34+	64:18+	65:22+	69:13+	70:21+	70:45+	71:25+		
05:01+	01:48+	15:39+	08:11+	02:00+	01:20+	03:23+	06:28+	00:45+	12:09+	01:17+	02:33+	03:44+	01:04+	03:51+	01:08+	00:24+	00:40+
01:03&	00:10#	10:58@	01:30#	00:24#	00:27&	00:54&	00:40#	00:11&	06:52@	00:16&	00:45&	00:38#	00:08#	00:48&	00:18&	00:07&	00:09&

<b>17</b>	<b>Pål H. Gjerden</b>	<b>116</b>	<b>1:17:06</b>														
03:40-	05:32-	10:30+	20:50+	22:57+	24:05+	28:35+	36:45+	38:05+	46:52+	48:27+	51:19+	55:51+	56:57+	74:26+	76:01+	76:26+	77:06+
03:40-	01:52+	04:58+	10:20+	02:07+	01:08+	04:30+	08:10+	01:20+	08:47+	01:35+	02:52+	04:32+	01:06+	17:29+	01:35+	00:25+	00:40+
00:18-	00:14#	00:17+	03:39&	00:31&	00:15&	02:01&	02:22&	00:46@	03:30&	00:34&	01:04&	01:26&	00:10#	14:26@	00:45&	00:08&	00:09&

### Beste strekktid for klassen

03:34 01:16 03:51 06:41 01:35 00:49 02:20 05:06 00:31 05:17 00:56 01:47 02:31 00:37 02:50 00:41 00:12 00:21

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

## Herrer Ny

<b>1</b>	<b>Torgeir Færevåg</b>	<b>125</b>	<b>37:39</b>						
01:27=	04:04=	09:23=	12:27=	18:31=	20:18=	22:52=	31:55=	36:07=	37:39=
01:27=	02:37=	05:19=	03:04=	06:04=	01:47=	02:34=	09:03=	04:12=	01:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

### Beste strekktid for klassen

01:27 02:37 05:19 03:04 06:04 01:47 02:34 09:03 04:12 01:32

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

## Herrer Trim

<b>1</b>	<b>Bruno Pierfelice</b>	<b>51</b>	<b>24:53</b>									
01:03=	02:41=	04:02=	08:51=	11:30=	14:05=	16:10=	19:30=	21:34=	22:06=	23:56=	24:33=	24:53=
01:03=	01:38=	01:21=	04:49=	02:39=	02:35=	02:05=	03:20=	02:04=	00:32=	01:50=	00:37=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Martin Svensen</b>	<b>284</b>	<b>28:31</b>									
00:58-	02:18-	04:06+	08:37-	11:12-	14:23+	15:30-	20:43+	23:49+	25:03+	27:02+	28:03+	28:31+
00:58-	01:20-	01:48+	04:31-	02:35-	03:11+	01:07-	05:13+	03:06+	01:14+	01:59+	01:01+	00:28+
00:05-	00:18-	00:27&	00:18-	00:04-	00:36#	00:58-	01:53&	01:02&	00:42@	00:09+	00:24&	00:08&

<b>3</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>	<b>28:37</b>									
02:10+	03:35+	05:13+	09:43+	11:51+	14:23+	18:27+	21:55+	23:41+	24:09+	27:00+	28:13+	28:37+
02:10+	01:25-	01:38+	04:30-	02:08-	02:32-	04:04+	03:28+	01:46-	00:28-	02:51+	01:13+	00:24+
01:07@	00:13-	00:17#	00:19-	00:31-	00:03-	01:59&	00:08+	00:18-	00:04-	01:01&	00:36&	00:04#

<b>4</b>	<b>Kjeran Bjørnsen</b>	<b>91</b>	<b>28:56</b>									
01:23+	02:45+	04:11+	09:09+	11:19-	16:01+	17:54+	22:17+	24:24+	25:09+	27:04+	28:25+	28:56+
01:23+	01:22-	01:26+	04:58+	02:10-	04:42+	01:53-	04:23+	02:07+	00:45+	01:55+	01:21+	00:31+
00:20&	00:16-	00:05+	00:09+	00:29-	02:07&	00:12-	01:03&	00:03+	00:13&	00:05+	00:44@	00:11&

<b>5</b>	<b>Anders H Foss</b>	<b>263</b>	<b>32:15</b>									
01:12+	02:56+	04:49+	11:09+	14:39+	17:15+	20:35+	25:19+	27:22+	28:07+	30:18+	31:41+	32:15+
01:12+	01:44+	01:53+	06:20+	03:30+	02:36+	03:20+	04:44+	02:03-	00:45+	02:11+	01:23+	00:34+
00:09#	00:06+	00:32&	01:31&	00:51&	00:01+	01:15&	01:24&	00:01-	00:13&	00:21#	00:46@	00:14&

<b>6</b>	<b>Alexander Romanov</b>	<b>111</b>	<b>32:39</b>									
01:15+	02:48+	04:10+	09:17+	11:31+	18:31+	21:47+	26:12+	28:12+	28:54+	30:34+	32:15+	32:39+
01:15+	01:33-	01:22+	05:07+	02:14-	07:00+	03:16+	04:25+	02:00-	00:42+	01:40-	01:41+	00:24+
00:12#	00:05-	00:01+	00:18+	00:25-	04:25@	01:11&	01:05&	00:04-	00:10&	00:10-	01:04@	00:04#

<b>7</b>	<b>Asgeir Kleppa</b>	<b>47</b>	<b>32:40</b>									
01:23+	03:05+	04:56+	10:56+	14:30+	16:55+	18:59+	23:27+	26:16+	27:33+	30:46+	31:59+	32:40+
01:23+	01:42+	01:51+	06:00+	03:34+	02:25-	02:04-	04:28+	02:49+	01:17+	03:13+	01:13+	00:41+
00:20&	00:04+	00:30&	01:11#	00:55&	00:10-	00:01-	01:08&	00:45&	00:45@	01:23&	00:36&	00:21@

<b>8</b>	<b>Cato Bjerkeli</b>	<b>237</b>	<b>34:48</b>									
01:22+	03:09+	05:45+	11:11+	13:51+	16:48+	22:54+	27:46+	30:01+	30:34+	32:29+	34:15+	34:48+
01:22+	01:47+	02:36+	05:26+	02:40+	02:57+	06:06+	04:52+	02:15+	00:33+	01:55+	01:46+	00:33+
00:19&	00:09+	01:15&	00:37#	00:01+	00:22#	04:01@	01:32&	00:11+	00:01+	00:05+	01:09@	00:13&

Class	Navn	Klasse											Tid
<b>9</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>											<b>35:40</b>
01:04+	05:24+	06:59+	12:18+	15:02+	19:48+	24:30+	28:18+	30:21+	31:02+	33:23+	34:57+	35:40+	
01:04+	04:20+	01:35+	05:19+	02:44+	04:46+	04:42+	03:48+	02:03-	00:41+	02:21+	01:34+	00:43+	
00:01+	02:42@	00:14#	00:30#	00:05+	02:11&	02:37@	00:28#	00:01-	00:09&	00:31&	00:57@	00:23@	
<b>10</b>	<b>Kjartan Bryne</b>	<b>105</b>											<b>37:01</b>
01:01-	02:28-	04:14+	10:17+	14:07+	18:09+	21:34+	28:07+	31:07+	31:49+	34:27+	36:27+	37:01+	
01:01-	01:27-	01:46+	06:03+	03:50+	04:02+	03:25+	06:33+	03:00+	00:42+	02:38+	02:00+	00:34+	
00:02-	00:11-	00:25&	01:14&	01:11&	01:27&	01:20&	03:13&	00:56&	00:10&	00:48&	01:23@	00:14&	
<b>11</b>	<b>Svein Sivertsen</b>	<b>115</b>											<b>37:20</b>
01:32+	03:30+	05:35+	12:48+	15:52+	18:43+	20:27+	27:14+	30:16+	31:22+	34:27+	36:44+	37:20+	
01:32+	01:58+	02:05+	07:13+	03:04+	02:51+	01:44-	06:47+	03:02+	01:06+	03:05+	02:17+	00:36+	
00:29&	00:20#	00:44&	02:24&	00:25#	00:16#	00:21-	03:27@	00:58&	00:34@	01:15&	01:40@	00:16&	
<b>12</b>	<b>Anders Wold</b>	<b>228</b>											<b>37:23</b>
02:13+	04:34+	06:20+	11:20+	15:01+	18:07+	23:43+	27:33+	29:21+	30:11+	36:00+	36:46+	37:23+	
02:13+	02:21+	01:46+	05:00+	03:41+	03:06+	05:36+	03:50+	01:48-	00:50+	05:49+	00:46+	00:37+	
01:10@	00:43&	00:25&	00:11+	01:02&	00:31#	03:31@	00:30#	00:16-	00:18&	03:59@	00:09#	00:17&	
<b>13</b>	<b>Trym Bjørnsen</b>	<b>91</b>											<b>37:23</b>
01:30+	06:41+	08:15+	14:29+	16:45+	21:23+	25:35+	29:25+	31:23+	32:01+	34:29+	37:02+	37:23+	
01:30+	05:11+	01:34+	06:14+	02:16-	04:38+	04:12+	03:50+	01:58-	00:38+	02:28+	02:33+	00:21+	
00:27&	03:33@	00:13#	01:25&	00:23-	02:03&	02:07@	00:30#	00:06-	00:06#	00:38&	01:56@	00:01+	
<b>14</b>	<b>Reidar Haver</b>	<b>4</b>											<b>38:01</b>
02:06+	03:45+	05:47+	12:17+	15:39+	19:33+	24:32+	29:08+	31:51+	33:00+	35:48+	37:30+	38:01+	
02:06+	01:39+	02:02+	06:30+	03:22+	03:54+	04:59+	04:36+	02:43+	01:09+	02:48+	01:42+	00:31+	
01:03&	00:01+	00:41&	01:41&	00:43&	01:19&	02:54@	01:16&	00:39&	00:37@	00:58&	01:05@	00:11&	
<b>15</b>	<b>Trond Karlsen</b>	<b>235</b>											<b>39:10</b>
03:25+	05:29+	07:40+	14:24+	17:42+	20:14+	23:38+	29:48+	32:30+	33:34+	36:25+	38:20+	39:10+	
03:25+	02:04+	02:11+	06:44+	03:18+	02:32-	03:24+	06:10+	02:42+	01:04+	02:51+	01:55+	00:50+	
02:22@	00:26&	00:50&	01:55&	00:39#	00:03-	01:19&	02:50&	00:38&	00:32&	01:01&	01:18@	00:30@	
<b>16</b>	<b>Niklas Gustafsson</b>	<b>192</b>											<b>40:28</b>
01:12+	03:09+	05:00+	11:01+	15:09+	21:07+	23:35+	31:02+	34:25+	35:41+	38:23+	39:49+	40:28+	
01:12+	01:57+	01:51+	06:01+	04:08+	05:58+	02:28+	07:27+	03:23+	01:16+	02:42+	01:26+	00:39+	
00:09#	00:19#	00:30&	01:12#	01:29&	03:23@	00:23#	04:07@	01:19&	00:44@	00:52&	00:49@	00:19&	
<b>17</b>	<b>Rolf Frøyland</b>	<b>5</b>											<b>41:22</b>
01:10+	03:33+	04:59+	12:09+	15:48+	21:37+	26:13+	31:12+	34:49+	36:08+	39:07+	40:45+	41:22+	
01:10+	02:23+	01:26+	07:10+	03:39+	05:49+	04:36+	04:59+	03:37+	01:19+	02:59+	01:38+	00:37+	
00:07#	00:45&	00:05+	02:21&	01:00&	03:14@	02:31@	01:39&	01:33&	00:47@	01:09&	01:01@	00:17&	
<b>18</b>	<b>Karl Johnny Braut</b>	<b>27</b>											<b>41:30</b>
01:00-	04:33+	07:45+	13:47+	17:11+	21:01+	23:13+	29:02+	32:49+	34:02+	37:49+	40:15+	41:30+	
01:00-	03:33+	03:12+	06:02+	03:24+	03:50+	02:12+	05:49+	03:47+	01:13+	03:47+	02:26+	01:15+	
00:03-	01:55@	01:51@	01:13&	00:45&	01:15&	00:07+	02:29&	01:43&	00:41@	01:57@	01:49@	00:55@	
<b>19</b>	<b>Terje Gautestad</b>	<b>54</b>											<b>41:35</b>
01:42+	04:10+	06:37+	14:38+	18:40+	22:44+	25:47+	31:28+	34:27+	35:25+	38:26+	40:50+	41:35+	
01:42+	02:28+	02:27+	08:01+	04:02+	04:04+	03:03+	05:41+	02:59+	00:58+	03:01+	02:24+	00:45+	
00:39&	00:50&	01:06&	03:12&	01:23&	01:29&	00:58&	02:21&	00:55&	00:26&	01:11&	01:47@	00:25@	
<b>20</b>	<b>Truls Thorkildsen</b>	<b>39</b>											<b>41:39</b>
00:56-	03:04+	04:40+	18:37+	21:32+	25:27+	28:11+	33:16+	35:19+	36:00+	40:21+	41:12+	41:39+	
00:56-	02:08+	01:36+	13:57+	02:55+	03:55+	02:44+	05:05+	02:03-	00:41+	04:21+	00:51+	00:27+	
00:07-	00:30&	00:15#	09:08@	00:16#	01:20&	00:39&	01:45&	00:01-	00:09&	02:31@	00:14&	00:07&	
<b>21</b>	<b>Andreas Kristiansen</b>	<b>167</b>											<b>42:16</b>
01:22+	03:21+	05:18+	13:24+	18:24+	21:59+	24:43+	31:43+	36:31+	37:21+	40:21+	41:40+	42:16+	
01:22+	01:59+	01:57+	08:06+	05:00+	03:35+	02:44+	07:00+	04:48+	00:50+	03:00+	01:19+	00:36+	
00:19&	00:21#	00:36&	03:17&	02:21&	01:00&	00:39&	03:40@	02:44@	00:18&	01:10&	00:42@	00:16&	
<b>22</b>	<b>Joar Fandrem</b>	<b>94</b>											<b>42:21</b>
01:40+	03:27+	05:37+	11:45+	15:25+	20:14+	25:06+	30:11+	34:59+	35:56+	39:01+	41:38+	42:21+	
01:40+	01:47+	02:10+	06:08+	03:40+	04:49+	04:52+	05:05+	04:48+	00:57+	03:05+	02:37+	00:43+	
00:37&	00:09+	00:49&	01:19&	01:01&	02:14&	02:47@	01:45&	02:44@	00:25&	01:15&	02:00@	00:23@	
<b>23</b>	<b>Knut Høie</b>	<b>117</b>											<b>42:45</b>
02:35+	04:15+	09:07+	13:28+	16:50+	25:12+	29:33+	35:51+	37:45+	38:20+	40:27+	42:13+	42:45+	
02:35+	01:40+	04:52+	04:21-	03:22+	08:22+	04:21+	06:18+	01:54-	00:35+	02:07+	01:46+	00:32+	
01:32@	00:02+	03:31@	00:28-	00:43&	05:47@	02:16@	02:58&	00:10-	00:03+	00:17#	01:09@	00:12&	

Class	Navn	Klasse										Tid		
<b>24</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>42:48</b>		
		01:21+	02:57+	04:48+	11:10+	14:35+	20:22+	26:44+	31:36+	34:11+	35:27+	37:44+	42:18+	42:48+
		01:21+	01:36-	01:51+	06:22+	03:25+	05:47+	06:22+	04:52+	02:35+	01:16+	02:17+	04:34+	00:30+
		00:18&	00:02-	00:30&	01:33&	00:46&	03:12@	04:17@	01:32&	00:31#	00:44@	00:27#	03:57@	00:10&
<b>25</b>	<b>Per Aspøy</b>	<b>117</b>										<b>44:25</b>		
		01:57+	03:52+	06:27+	12:16+	15:45+	20:19+	25:41+	31:46+	34:36+	35:50+	41:36+	43:43+	44:25+
		01:57+	01:55+	02:35+	05:49+	03:29+	04:34+	05:22+	06:05+	02:50+	01:14+	05:46+	02:07+	00:42+
		00:54&	00:17#	01:14&	01:00#	00:50&	01:59&	03:17@	02:45&	00:46&	00:42@	03:56@	01:30@	00:22@
<b>26</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>45:23</b>		
		01:30+	03:19+	05:15+	11:27+	14:44+	17:10+	27:54+	34:00+	36:31+	38:07+	42:33+	44:14+	45:23+
		01:30+	01:49+	01:56+	06:12+	03:17+	02:26-	10:44+	06:06+	02:31+	01:36+	04:26+	01:41+	01:09+
		00:27&	00:11#	00:35&	01:23&	00:38#	00:09-	08:39@	02:46&	00:27#	01:04@	02:36@	01:04@	00:49@
<b>27</b>	<b>Arild Olsen</b>	<b>4</b>										<b>45:34</b>		
		01:48+	04:04+	06:33+	13:34+	17:32+	21:38+	26:39+	32:17+	37:21+	38:35+	42:44+	44:50+	45:34+
		01:48+	02:16+	02:29+	07:01+	03:58+	04:06+	05:01+	05:38+	05:04+	01:14+	04:09+	02:06+	00:44+
		00:45&	00:38&	01:08&	02:12&	01:19&	01:31&	02:56@	02:18&	03:00@	00:42@	02:19@	01:29@	00:24@
<b>28</b>	<b>Arild Nesbø</b>	<b>71</b>										<b>46:06</b>		
		01:44+	03:35+	05:59+	14:02+	18:30+	23:36+	26:53+	35:16+	38:43+	39:33+	43:09+	45:16+	46:06+
		01:44+	01:51+	02:24+	08:03+	04:28+	05:06+	03:17+	08:23+	03:27+	00:50+	03:36+	02:07+	00:50+
		00:41&	00:13#	01:03&	03:14&	01:49&	02:31&	01:12&	05:03@	01:23&	00:18&	01:46&	01:30@	00:30@
<b>29</b>	<b>Endre Gabrielsen</b>	<b>126</b>										<b>46:07</b>		
		01:42+	05:14+	07:45+	16:03+	19:16+	23:02+	30:29+	36:07+	39:11+	40:48+	43:30+	45:41+	46:07+
		01:42+	03:32+	02:31+	08:18+	03:13+	03:46+	07:27+	05:38+	03:04+	01:37+	02:42+	02:11+	00:26+
		00:39&	01:54@	01:10&	03:29&	00:34#	01:11&	05:22@	02:18&	01:00&	01:05@	00:52&	01:34@	00:06&
<b>30</b>	<b>Arne Hope</b>	<b>43</b>										<b>47:43</b>		
		01:30+	04:28+	06:59+	15:00+	19:38+	23:31+	27:12+	34:02+	37:18+	38:34+	44:57+	47:03+	47:43+
		01:30+	02:58+	02:31+	08:01+	04:38+	03:53+	03:41+	06:50+	03:16+	01:16+	06:23+	02:06+	00:40+
		00:27&	01:20&	01:10&	03:12&	01:59&	01:18&	01:36&	03:30@	01:12&	00:44@	04:33@	01:29@	00:20&
<b>31</b>	<b>Arnt Krisitian Viland</b>	<b>27</b>										<b>47:53</b>		
		01:30+	03:19+	04:58+	10:38+	14:31+	30:40+	33:01+	38:39+	41:24+	42:40+	45:48+	47:14+	47:53+
		01:30+	01:49+	01:39+	05:40+	03:53+	16:09+	02:21+	05:38+	02:45+	01:16+	03:08+	01:26+	00:39+
		00:27&	00:11#	00:18#	00:51#	01:14&	13:34@	00:16#	02:18&	00:41&	00:44@	01:18&	00:49@	00:19&
<b>32</b>	<b>Gunnar Andersen</b>	<b>144</b>										<b>48:06</b>		
		02:19+	04:23+	06:41+	15:52+	19:45+	25:17+	27:24+	33:44+	38:14+	41:28+	44:50+	47:14+	48:06+
		02:19+	02:04+	02:18+	09:11+	03:53+	05:32+	02:07+	06:20+	04:30+	03:14+	03:22+	02:24+	00:52+
		01:16@	00:26&	00:57&	04:22&	01:14&	02:57@	00:02+	03:00&	02:26@	02:42@	01:32&	01:47@	00:32@
<b>33</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>48:25</b>		
		01:30+	03:59+	06:27+	14:26+	17:45+	20:38+	24:24+	29:55+	32:29+	33:12+	46:11+	47:54+	48:25+
		01:30+	02:29+	02:28+	07:59+	03:19+	02:53+	03:46+	05:31+	02:34+	00:43+	12:59+	01:43+	00:31+
		00:27&	00:51&	01:07&	03:10&	00:40&	00:18#	01:41&	02:11&	00:30#	00:11&	11:09@	01:06@	00:11&
<b>34</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>49:04</b>		
		01:38+	04:08+	06:27+	14:24+	18:39+	23:00+	26:25+	36:48+	40:28+	41:35+	45:05+	47:56+	49:04+
		01:38+	02:30+	02:19+	07:57+	04:15+	04:21+	03:25+	10:23+	03:40+	01:07+	03:30+	02:51+	01:08+
		00:35&	00:52&	00:58&	03:08&	01:36&	01:46&	01:20&	07:03@	01:36&	00:35@	01:40&	02:14@	00:48@
<b>35</b>	<b>Christof Schätz</b>	<b>239</b>										<b>49:06</b>		
		01:14+	03:02+	04:58+	10:45+	14:02+	28:21+	32:17+	37:29+	41:55+	43:06+	46:16+	48:15+	49:06+
		01:14+	01:48+	01:56+	05:47+	03:17+	14:19+	03:56+	05:12+	04:26+	01:11+	03:10+	01:59+	00:51+
		00:11#	00:10#	00:35&	00:58#	00:38#	11:44@	01:51&	01:52&	02:22@	00:39@	01:20&	01:22@	00:31@
<b>36</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>50:29</b>		
		01:35+	04:06+	06:27+	14:01+	17:55+	29:18+	34:04+	39:21+	43:18+	44:50+	48:13+	49:46+	50:29+
		01:35+	02:31+	02:21+	07:34+	03:54+	11:23+	04:46+	05:17+	03:57+	01:32+	03:23+	01:33+	00:43+
		00:32&	00:53&	01:00&	02:45&	01:15&	08:48@	02:41@	01:57&	01:53&	01:00@	01:33&	00:56@	00:23@
<b>37</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>52:12</b>		
		01:31+	03:38+	05:44+	13:35+	18:00+	24:11+	35:13+	41:47+	45:17+	46:17+	49:13+	51:24+	52:12+
		01:31+	02:07+	02:06+	07:51+	04:25+	06:11+	11:02+	06:34+	03:30+	01:00+	02:56+	02:11+	00:48+
		00:28&	00:29&	00:45&	03:02&	01:46&	03:36@	08:57@	03:14&	01:26&	00:28&	01:06&	01:34@	00:28@
<b>38</b>	<b>Svein Mæle</b>	<b>115</b>										<b>52:13</b>		
		01:12+	02:51+	04:23+	10:43+	14:02+	22:07+	24:54+	29:57+	32:29+	33:29+	50:26+	51:43+	52:13+
		01:12+	01:39+	01:32+	06:20+	03:19+	08:05+	02:47+	05:03+	02:32+	01:00+	16:57+	01:17+	00:30+
		00:09#	00:01+	00:11#	01:31&	00:40&	05:30@	00:42&	01:43&	00:28#	00:28&	15:07@	00:40@	00:10&

Class	Navn	Klasse									Tid	
<b>39</b>	<b>Arild Svihus</b>	<b>92</b>									<b>53:16</b>	
01:36+	04:12+	08:41+	16:23+	21:18+	25:23+	28:55+	37:57+	41:47+	43:40+	49:31+	52:24+	53:16+
01:36+	02:36+	04:29+	07:42+	04:55+	04:05+	03:32+	09:02+	03:50+	01:53+	05:51+	02:53+	00:52+
00:33&	00:58&	03:08@	02:53&	02:16&	01:30&	01:27&	05:42@	01:46&	01:21@	04:01@	02:16@	00:32@
<b>40</b>	<b>Jon Jakobsen</b>	<b>116</b>									<b>53:33</b>	
01:34+	03:23+	06:20+	17:24+	20:40+	26:28+	35:30+	41:29+	44:13+	47:20+	51:08+	52:54+	53:33+
01:34+	01:49+	02:57+	11:04+	03:16+	05:48+	09:02+	05:59+	02:44+	03:07+	03:48+	01:46+	00:39+
00:31&	00:11#	01:36@	06:15@	00:37#	03:13@	06:57@	02:39&	00:40&	02:35@	01:58@	01:09@	00:19&
<b>41</b>	<b>Inge Grødem</b>	<b>92</b>									<b>54:11</b>	
02:02+	04:34+	07:13+	15:30+	20:26+	25:22+	32:19+	41:24+	45:39+	47:01+	51:20+	53:24+	54:11+
02:02+	02:32+	02:39+	08:17+	04:56+	04:56+	06:57+	09:05+	04:15+	01:22+	04:19+	02:04+	00:47+
00:59&	00:54&	01:18&	03:28&	02:17&	02:21&	04:52@	05:45@	02:11@	00:50@	02:29@	01:27@	00:27@
<b>42</b>	<b>Sverre Uhlving</b>	<b>105</b>									<b>55:54</b>	
04:11+	06:26+	08:53+	18:13+	23:36+	30:04+	34:23+	43:51+	47:54+	48:58+	52:35+	55:02+	55:54+
04:11+	02:15+	02:27+	09:20+	05:23+	06:28+	04:19+	09:28+	04:03+	01:04+	03:37+	02:27+	00:52+
03:08@	00:37&	01:06&	04:31&	02:44@	03:53@	02:14@	06:08@	01:59&	00:32&	01:47&	01:50@	00:32@
<b>43</b>	<b>Jon Grepstad</b>	<b>111</b>									<b>57:44</b>	
02:03+	04:43+	07:19+	16:07+	22:00+	29:02+	34:29+	44:44+	48:38+	50:13+	53:52+	56:50+	57:44+
02:03+	02:40+	02:36+	08:48+	05:53+	07:02+	05:27+	10:15+	03:54+	01:35+	03:39+	02:58+	00:54+
01:00&	01:02&	01:15&	03:59&	03:14@	04:27@	03:22@	06:55@	01:50&	01:03@	01:49&	02:21@	00:34@
<b>44</b>	<b>Tor Inge Hansen</b>	<b>144</b>									<b>58:00</b>	
01:36+	04:04+	05:51+	11:45+	14:40+	17:50+	25:13+	33:22+	38:00+	38:29+	55:40+	57:23+	58:00+
01:36+	02:28+	01:47+	05:54+	02:55+	03:10+	07:23+	08:09+	04:38+	00:29-	17:11+	01:43+	00:37+
00:33&	00:50&	00:26&	01:05#	00:16#	00:35#	05:18@	04:49@	02:34@	00:03-	15:21@	01:06@	00:17&
<b>45</b>	<b>Leif Jarle Skåra</b>	<b>29</b>									<b>59:38</b>	
01:27+	12:19+	14:32+	22:18+	25:37+	28:43+	32:23+	37:47+	40:16+	40:56+	57:09+	58:51+	59:38+
01:27+	10:52+	02:13+	07:46+	03:19+	03:06+	03:40+	05:24+	02:29+	00:40+	16:13+	01:42+	00:47+
00:24&	09:14@	00:52&	02:57&	00:40&	00:31#	01:35&	02:04&	00:25#	00:08#	14:23@	01:05@	00:27@
<b>46</b>	<b>Per Bakken</b>	<b>5</b>									<b>1:01:49</b>	
02:15+	07:23+	09:42+	17:52+	22:40+	27:33+	32:59+	43:42+	52:18+	53:40+	57:57+	60:50+	61:49+
02:15+	05:08+	02:19+	08:10+	04:48+	04:53+	05:26+	10:43+	08:36+	01:22+	04:17+	02:53+	00:59+
01:12@	03:30@	00:58&	03:21&	02:09&	02:18&	03:21@	07:23@	06:32@	00:50@	02:27@	02:16@	00:39@
<b>47</b>	<b>Elvio Freitas</b>	<b>51</b>									<b>1:02:58</b>	
01:10+	02:50+	04:49+	12:49+	17:20+	23:03+	41:25+	49:08+	52:01+	53:02+	60:16+	62:24+	62:58+
01:10+	01:40+	01:59+	08:00+	04:31+	05:43+	18:22+	07:43+	02:53+	01:01+	07:14+	02:08+	00:34+
00:07#	00:02+	00:38&	03:11&	01:52&	03:08@	16:17@	04:23@	00:49&	00:29&	05:24@	01:31@	00:14&
<b>48</b>	<b>Svein Inge Sævereid</b>	<b>126</b>									<b>1:03:55</b>	
02:24+	05:16+	09:12+	18:57+	25:04+	30:56+	35:30+	44:24+	48:36+	51:09+	58:28+	62:41+	63:55+
02:24+	02:52+	03:56+	09:45+	06:07+	05:52+	04:34+	08:54+	04:12+	02:33+	07:19+	04:13+	01:14+
01:21@	01:14&	02:35@	04:56@	03:28@	03:17@	02:29@	05:34@	02:08@	02:01@	05:29@	03:36@	00:54@
<b>49</b>	<b>Steinar Aase</b>	<b>268</b>									<b>1:05:32</b>	
01:42+	04:24+	07:00+	17:11+	22:23+	29:20+	34:30+	50:50+	55:27+	56:32+	61:34+	64:18+	65:32+
01:42+	02:42+	02:36+	10:11+	05:12+	06:57+	05:10+	16:20+	04:37+	01:05+	05:02+	02:44+	01:14+
00:39&	01:04&	01:15&	05:22@	02:33&	04:22@	03:05@	13:00@	02:33@	00:33@	03:12@	02:07@	00:54@
<b>50</b>	<b>Ahmed Mahran</b>	<b>91</b>									<b>1:06:53</b>	
01:52+	04:14+	07:16+	18:02+	22:41+	32:33+	37:25+	52:50+	56:44+	58:43+	63:47+	66:04+	66:53+
01:52+	02:22+	03:02+	10:46+	04:39+	04:39+	09:52+	04:52+	15:25+	03:54+	01:59+	05:04+	02:17+
00:49&	00:44&	01:41@	05:57@	02:00&	07:17@	02:47@	12:05@	01:50&	01:27@	03:14@	01:40@	00:29@
<b>51</b>	<b>Asle Schanke Grude</b>	<b>92</b>									<b>1:08:20</b>	
01:48+	03:28+	05:12+	12:16+	15:45+	35:16+	52:38+	59:16+	62:35+	63:48+	66:14+	67:39+	68:20+
01:48+	01:40+	01:44+	07:04+	03:29+	19:31+	17:22+	06:38+	03:19+	01:13+	02:26+	01:25+	00:41+
00:45&	00:02+	00:23&	02:15&	00:50&	16:56@	15:17@	03:18&	01:15&	00:41@	00:36&	00:48@	00:21@
<b>52</b>	<b>Victor Farbos</b>	<b>42</b>									<b>1:08:25</b>	
03:37+	06:51+	09:13+	15:17+	20:35+	26:50+	52:22+	58:36+	62:02+	63:02+	66:25+	67:59+	68:25+
03:37+	03:14+	02:22+	06:04+	05:18+	06:15+	25:32+	06:14+	03:26+	01:00+	03:23+	01:34+	00:26+
02:34@	01:36&	01:01&	01:15&	02:39&	03:40@	23:27@	02:54&	01:22&	00:28&	01:33&	00:57@	00:06&
<b>53</b>	<b>Johan Rasmussen</b>	<b>93</b>									<b>1:12:04</b>	
01:29+	11:26+	13:42+	22:10+	28:36+	32:54+	37:06+	58:29+	61:29+	62:28+	69:22+	71:18+	72:04+
01:29+	09:57+	02:16+	08:28+	06:26+	04:18+	04:12+	21:23+	03:00+	00:59+	06:54+	01:56+	00:46+
00:26&	08:19@	00:55&	03:39&	03:47@	01:43&	02:07@	18:03@	00:56&	00:27&	05:04@	01:19@	00:26@



Plass	Navn	Klasse										Tid
<b>54</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>1:17:13</b>
02:23+	05:09+	08:38+	19:13+	24:55+	38:00+	54:25+	62:43+	66:27+	68:27+	72:01+	76:12+	77:13+
02:23+	02:46+	03:29+	10:35+	05:42+	13:05+	16:25+	08:18+	03:44+	02:00+	03:34+	04:11+	01:01+
01:20@	01:08&	02:08@	05:46@	03:03@	10:30@	14:20@	04:58@	01:40&	01:28@	01:44&	03:34@	00:41@

**Beste strekktid for klassen**

00:56 01:20 01:21 04:21 02:08 02:25 01:07 03:20 01:46 00:28 01:40 00:37 00:20

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