

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Kristina Renshaw</b>	<b>101</b>	<b>53:33</b>												
01:07=	05:05=	06:33=	11:34=	17:03=	19:42=	21:14=	24:54=	30:57=	33:53=	36:03=	44:18=	49:03=	50:50=	52:57=	53:33=
01:07=	03:58=	01:28=	05:01=	05:29=	02:39=	01:32=	03:40=	06:03=	02:56=	02:10=	08:15=	04:45=	01:47=	02:07=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Andrea Sætre</b>	<b>101</b>	<b>1:00:33</b>												
01:09+	04:07-	06:44+	11:41+	18:35+	21:07+	22:37+	28:52+	33:13+	36:18+	39:01+	49:45+	55:42+	57:30+	59:55+	60:33+
01:09+	02:58-	02:37+	04:57-	06:54+	02:32-	01:30-	06:15+	04:21-	03:05+	02:43+	10:44+	05:57+	01:48+	02:25+	00:38+
00:02+	01:00-	01:09&	00:04-	01:25&	00:07-	00:02-	02:35&	01:42-	00:09+	00:33&	02:29&	01:12&	00:01+	00:18#	00:02+
<b>3</b>	<b>Rønnaug Egeland</b>	<b>154</b>	<b>1:00:35</b>												
00:57-	03:40-	04:49-	07:59-	15:39-	17:42-	19:04-	23:52-	27:44-	30:39-	33:25-	42:03-	55:39+	57:39+	59:51+	60:35+
00:57-	02:43-	01:09-	03:10-	07:40+	02:03-	01:22-	04:48+	03:52-	02:55-	02:46+	08:38+	13:36+	02:00+	02:12+	00:44+
00:10-	01:15-	00:19-	01:51-	02:11&	00:36-	00:10-	01:08&	02:11-	00:01-	00:36&	00:23+	08:51@	00:13#	00:05+	00:08#
<b>4</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>1:03:19</b>												
00:59-	05:41+	07:12+	16:40+	22:39+	26:07+	28:08+	32:35+	36:57+	39:43+	43:29+	52:07+	57:23+	59:20+	62:52+	63:19+
00:59-	04:42+	01:31+	09:28+	05:59+	03:28+	02:01+	04:27+	04:22-	02:46-	03:46+	08:38+	05:16+	01:57+	03:32+	00:27-
00:08-	00:44#	00:03+	04:27&	00:30+	00:49&	00:29&	00:47#	01:41-	00:10-	01:36&	00:23+	00:31#	00:10+	01:25&	00:09-
<b>5</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>1:04:38</b>												
00:52-	04:06-	05:03-	09:01-	11:32-	13:44-	15:37-	28:42+	33:18+	38:16+	41:12+	50:24+	58:11+	59:59+	64:03+	64:38+
00:52-	03:14-	00:57-	03:58-	02:31-	02:12-	01:53+	13:05+	04:36-	04:58+	02:56+	09:12+	07:47+	01:48+	04:04+	00:35-
00:15-	00:44-	00:31-	01:03-	02:58-	00:27-	00:21#	09:25@	01:27-	02:02&	00:46&	00:57#	03:02&	00:01+	01:57&	00:01-
<b>6</b>	<b>Sandra Rommetveit</b>	<b>99</b>	<b>1:06:34</b>												
01:13+	05:09+	07:11+	18:40+	23:56+	27:02+	28:56+	34:04+	38:35+	42:04+	45:07+	56:24+	61:27+	63:27+	65:53+	66:34+
01:13+	03:56-	02:02+	11:29+	05:16-	03:06+	01:54+	05:08+	04:31-	03:29+	03:03+	11:17+	05:03+	02:00+	02:26+	00:41+
00:06+	00:02-	00:34&	06:28@	00:13-	00:27#	00:22#	01:28&	01:32-	00:33#	00:53&	03:02&	00:18+	00:13#	00:19#	00:05#
<b>7</b>	<b>Anna Berthelsen</b>	<b>117</b>	<b>1:06:39</b>												
01:22+	05:47+	07:12+	18:49+	23:32+	26:36+	28:33+	33:27+	37:41+	41:12+	44:27+	53:49+	61:12+	63:02+	65:56+	66:39+
01:22+	04:25+	01:25-	11:37+	04:43-	03:04+	01:57+	04:54+	04:14-	03:31+	03:15+	09:22+	07:23+	01:50+	02:54+	00:43+
00:15#	00:27#	00:03-	06:36@	00:46-	00:25#	00:25&	01:14&	01:49-	00:35#	01:05&	01:07#	02:38&	00:03+	00:47&	00:07#
<b>8</b>	<b>Bodil Krogedal</b>	<b>126</b>	<b>1:08:49</b>												
01:49+	05:36+	07:43+	21:13+	26:36+	29:08+	30:44+	38:17+	43:18+	46:40+	49:16+	57:39+	63:24+	65:20+	68:15+	68:49+
01:49+	03:47-	02:07+	13:30+	05:23-	02:32-	01:36+	07:33+	05:01-	03:22+	02:36+	08:23+	05:45+	01:56+	02:55+	00:34-
00:42&	00:11-	00:39&	08:29@	00:06-	00:07-	00:04+	03:53@	01:02-	00:26#	00:26#	00:08+	01:00#	00:09+	00:48&	00:02-
<b>9</b>	<b>Heidi Nordaunet</b>	<b>126</b>	<b>1:08:58</b>												
02:09+	05:36+	07:18+	12:54+	17:51+	21:11+	22:59+	27:40+	31:46+	36:17+	39:05+	48:14+	62:56+	65:06+	68:17+	68:58+
02:09+	03:27-	01:42+	05:36+	04:57-	03:20+	01:48+	04:41+	04:06-	04:31+	02:48+	09:09+	14:42+	02:10+	03:11+	00:41+
01:02&	00:31-	00:14#	00:35#	00:32-	00:41&	00:16#	01:01&	01:57-	01:35&	00:38&	00:54#	09:57@	00:23#	01:04&	00:05#
<b>10</b>	<b>Mette Langeland</b>	<b>117</b>	<b>1:09:29</b>												
01:29+	06:46+	08:19+	13:15+	19:40+	23:28+	26:11+	31:09+	35:37+	39:56+	43:49+	54:15+	62:59+	65:21+	68:43+	69:29+
01:29+	05:17+	01:33+	04:56-	06:25+	03:48+	02:43+	04:58+	04:28-	04:19+	03:53+	10:26+	08:44+	02:22+	03:22+	00:46+
00:22&	01:19&	00:05+	00:05-	00:56#	01:09&	01:11&	01:18&	01:35-	01:23&	01:43&	02:11&	03:59&	00:35&	01:15&	00:10&
<b>11</b>	<b>Anne M. Enne Haug</b>	<b>117</b>	<b>1:12:47</b>												
01:08+	05:12+	06:34+	15:32+	22:35+	26:59+	29:11+	33:46+	40:24+	47:30+	50:42+	59:02+	68:29+	70:23+	72:14+	72:47+
01:08+	04:04+	01:22-	08:58+	07:03+	04:24+	02:12+	04:35+	06:38+	07:06+	03:12+	08:20+	09:27+	01:54+	01:51-	00:33-
00:01+	00:06+	00:06-	03:57&	01:34&	01:45&	00:40&	00:55#	00:35+	04:10@	01:02&	00:05+	04:42&	00:07+	00:16-	00:03-
<b>12</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>1:13:28</b>												
01:16+	09:15+	10:53+	22:00+	25:27+	29:41+	31:04+	38:31+	43:10+	47:51+	52:09+	60:39+	67:32+	70:09+	72:52+	73:28+
01:16+	07:59+	01:38+	11:07+	03:27-	04:14+	01:23-	07:27+	04:39-	04:41+	04:18+	08:30+	06:53+	02:37+	02:43+	00:36=
00:09#	04:01@	00:10#	06:06@	02:02-	01:35&	00:09-	03:47@	01:24-	01:45&	02:08&	00:15+	02:08&	00:50&	00:36&	00:00=
<b>13</b>	<b>Ingvild Amalixsen</b>	<b>116</b>	<b>1:17:42</b>												
01:38+	07:03+	09:48+	16:06+	20:14+	23:24+	24:59+	34:38+	43:13+	50:24+	53:44+	62:26+	71:41+	73:43+	77:05+	77:42+
01:38+	05:25+	02:45+	06:18+	04:08-	03:10+	01:35+	09:39+	08:35+	07:11+	03:20+	08:42+	09:15+	02:02+	03:22+	00:37+
00:31&	01:27&	01:17&	01:17&	01:21-	00:31#	00:03+	05:59@	02:32&	04:15@	01:10&	00:27+	04:30&	00:15#	01:15&	00:01+
<b>14</b>	<b>Hanne Berg Nilsen</b>	<b>117</b>	<b>1:18:11</b>												
01:23+	05:02-	07:18+	18:34+	24:06+	26:51+	29:55+	36:52+	42:34+	50:22+	54:28+	64:09+	69:48+	72:01+	77:33+	78:11+
01:23+	03:39-	02:16+	11:16+	05:32+	02:45+	03:04+	06:57+	05:42-	07:48+	04:06+	09:41+	05:39+	02:13+	05:32+	00:38+
00:16#	00:19-	00:48&	06:15@	00:03+	00:06+	01:32&	03:17&	00:21-	04:52@	01:56&	01:26#	00:54#	00:26#	03:25@	00:02+

Class	Navn	Klasse										Tid					
<b>15</b>	<b>Maria Larsen Wigestrånd</b>	<b>71</b>										<b>1:18:12</b>					
01:18+	04:20-	05:38-	16:26+	23:40+	26:42+	28:14+	32:19+	40:22+	43:27+	54:04+	61:27+	73:10+	75:03+	77:34+	78:12+		
01:18+	03:02-	01:18-	10:48+	07:14+	03:02+	01:32=	04:05+	08:03+	03:05+	10:37+	07:23-	11:43+	01:53+	02:31+	00:38+		
00:11#	00:56-	00:10-	05:47@	01:45&	00:23#	00:00=	00:25#	02:00&	00:09+	08:27@	00:52-	06:58@	00:06+	00:24#	00:02+		
<b>16</b>	<b>Margrete Jian Øye</b>	<b>126</b>										<b>1:19:11</b>					
02:03+	05:55+	07:24+	15:27+	20:58+	23:46+	25:32+	36:08+	40:15+	44:27+	51:11+	61:56+	73:53+	76:11+	78:30+	79:11+		
02:03+	03:52-	01:29+	08:03+	05:31+	02:48+	01:46+	10:36+	04:07-	04:12+	06:44+	10:45+	11:57+	02:18+	02:19+	00:41+		
00:56&	00:06-	00:01+	03:02&	00:02+	00:09+	00:14#	06:56@	01:56-	01:16&	04:34@	02:30&	07:12@	00:31&	00:12+	00:05#		
<b>17</b>	<b>Svitlana Rasheva</b>	<b>116</b>										<b>1:19:19</b>					
01:05-	06:39+	08:25+	15:16+	22:40+	28:34+	32:08+	38:05+	44:04+	47:45+	51:51+	66:35+	73:33+	75:25+	78:43+	79:19+		
01:05-	05:34+	01:46+	06:51+	07:24+	05:54+	03:34+	05:57+	05:59-	03:41+	04:06+	14:44+	06:58+	01:52+	03:18+	00:36=		
00:02-	01:36&	00:18#	01:50&	01:55&	03:15@	02:02@	02:17&	00:04-	00:45&	01:56&	06:29&	02:13&	00:05+	01:11&	00:00=		
<b>18</b>	<b>Marita Skorpe</b>	<b>74</b>										<b>1:19:24</b>					
01:04-	05:02-	06:15-	11:05-	16:14-	19:19-	21:27+	28:57+	33:02+	36:22+	49:23+	61:42+	71:57+	75:11+	78:40+	79:24+		
01:04-	03:58=	01:13-	04:50-	05:09-	03:05+	02:08+	07:30+	04:05-	03:20+	13:01+	12:19+	10:15+	03:14+	03:29+	00:44+		
00:03-	00:00=	00:15-	00:11-	00:20-	00:26#	00:36&	03:50@	01:58-	00:24#	10:51@	04:04&	05:30@	01:27&	01:22&	00:08#		
<b>19</b>	<b>Ingunn Bergheim Landsnes</b>	<b>92</b>										<b>1:22:29</b>					
01:52+	05:54+	07:40+	15:17+	23:33+	31:07+	33:36+	39:18+	47:36+	52:16+	55:53+	67:58+	74:44+	77:20+	81:46+	82:29+		
01:52+	04:02+	01:46+	07:37+	08:16+	07:34+	02:29+	05:42+	08:18+	04:40+	03:37+	12:05+	06:46+	02:36+	04:26+	00:43+		
00:45&	00:04+	00:18#	02:36&	02:47&	04:55@	00:57&	02:02&	02:15&	01:44&	01:27&	03:50&	02:01&	00:49&	02:19@	00:07#		
<b>20</b>	<b>Tine Frantzen</b>	<b>66</b>										<b>1:24:51</b>					
03:29+	07:14+	13:21+	21:50+	30:31+	33:37+	35:49+	49:40+	54:36+	58:37+	61:57+	71:13+	79:29+	81:24+	84:02+	84:51+		
03:29+	03:45-	06:07+	08:29+	08:41+	03:06+	02:12+	13:51+	04:56-	04:01+	03:20+	09:16+	08:16+	01:55+	02:38+	00:49+		
02:22@	00:13-	04:39@	03:28&	03:12&	00:27#	00:40&	10:11@	01:07-	01:05&	01:10&	01:01#	03:31&	00:08+	00:31#	00:13&		
<b>Beste strekktid for klassen</b>																	
00:52	02:43	00:57	03:10	02:31	02:03	01:22	03:40	03:52	02:46	02:10	07:23	04:45	01:47	01:51	00:27		

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

## Damer 40 - 49 år

<b>1</b>	<b>Brit Nilsen</b>	<b>88</b>										<b>54:34</b>					
01:13=	04:14=	06:39=	08:11=	20:00=	23:47=	27:39=	30:53=	34:19=	40:00=	41:53=	47:43=	52:07=	53:53=	54:34=			
01:13=	03:01=	02:25=	01:32=	11:49=	03:47=	03:52=	03:14=	03:26=	05:41=	01:53=	05:50=	04:24=	01:46=	00:41=			
00:00=	00:00=	00:00=	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>Siv Skretting</b>	<b>93</b>										<b>56:01</b>					
01:05-	04:38+	08:08+	14:29+	19:06-	25:39+	28:28+	32:31+	36:15+	41:41+	43:36+	49:36+	52:57+	55:11+	56:01+			
01:05-	03:33+	03:30+	06:21+	04:37-	06:33+	02:49-	04:03+	03:44+	05:26-	01:55+	06:00+	03:21-	02:14+	00:50+			
00:08-	00:32#	01:05&	04:49@	07:12-	02:46&	01:03-	00:49&	00:18+	00:15-	00:02+	00:10+	01:03-	00:28&	00:09#			
<b>3</b>	<b>Björg Hauge</b>	<b>47</b>										<b>1:00:48</b>					
02:39+	06:53+	09:49+	12:53+	17:02-	21:06-	24:28-	28:48-	35:02+	44:01+	47:00+	54:02+	57:37+	60:04+	60:48+			
02:39+	04:14+	02:56+	03:04+	04:09-	04:04+	03:22-	04:20+	06:14+	08:59+	02:59+	07:02+	03:35-	02:27+	00:44+			
01:26@	01:13&	00:31#	01:32&	07:40-	00:17+	00:30-	01:06&	02:48&	03:18&	01:06&	01:12#	00:49-	00:41&	00:03+			
<b>4</b>	<b>Heidi Martby</b>	<b>88</b>										<b>1:01:23</b>					
01:20+	05:30+	08:25+	16:00+	20:40+	25:37+	28:40+	32:14+	37:55+	45:00+	47:13+	53:50+	57:46+	60:43+	61:23+			
01:20+	04:10+	02:55+	07:35+	04:40-	04:57+	03:03-	03:34+	05:41+	07:05+	02:13+	06:37+	03:56-	02:57+	00:40-			
00:07+	01:09&	00:30#	06:03@	07:09-	01:10&	00:49-	00:20#	02:15&	01:24#	00:20#	00:47#	00:28-	01:11&	00:01-			
<b>5</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>1:02:22</b>					
01:21+	05:37+	08:53+	12:05+	17:44-	22:16-	25:23-	29:17-	34:49+	46:36+	48:39+	54:31+	58:45+	61:39+	62:22+			
01:21+	04:16+	03:16+	03:12+	05:39-	04:32+	03:07-	03:54+	05:32+	11:47+	02:03+	05:52+	04:14-	02:54+	00:43+			
00:08#	01:15&	00:51&	01:40@	06:10-	00:45#	00:45-	00:40#	02:06&	06:06@	00:10+	00:02+	00:10-	01:08&	00:02+			
<b>6</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>1:03:28</b>					
01:37+	06:26+	10:15+	12:51+	18:08-	24:50+	27:48+	31:44+	36:17+	48:19+	50:31+	56:12+	60:12+	62:42+	63:28+			
01:37+	04:49+	03:49+	02:36+	05:17-	06:42+	02:58+	03:56+	04:33+	12:02+	02:12+	05:41-	04:00-	02:30+	00:46+			
00:24&	01:48&	01:24&	01:04&	06:32-	02:55&	00:54-	00:42#	01:07&	06:21@	00:19#	00:09-	00:24-	00:44&	00:05#			
<b>7</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>1:04:27</b>					
01:47+	06:05+	10:33+	13:48+	18:04-	24:40+	27:49+	31:59+	38:58+	46:02+	48:47+	56:46+	60:23+	63:31+	64:27+			
01:47+	04:18+	04:28+	03:15+	04:16-	06:36+	03:09-	04:10+	06:59+	07:04+	02:45+	07:59+	03:37-	03:08+	00:56+			
00:34&	01:17&	02:03&	01:43@	07:33-	02:49&	00:43-	00:56&	03:33@	01:23#	00:52&	02:09&	00:47-	01:22&	00:15&			

Class	Navn	Klasse										Tid			
<b>8</b>	<b>Anne Marie Gausel</b>	<b>105</b>										<b>1:04:37</b>			
01:00-	04:17+	06:46+	09:27+	14:53-	18:32-	21:10-	25:13-	32:06-	51:50+	53:50+	59:20+	61:51+	64:01+	64:37+	
01:00-	03:17+	02:29+	02:41+	05:26-	03:39-	02:38-	04:03+	06:53+	19:44+	02:00+	05:30-	02:31-	02:10+	00:36-	
00:13-	00:16+	00:04+	01:09&	06:23-	00:08-	01:14-	00:49&	03:27@	14:03@	00:07+	00:20-	01:53-	00:24#	00:05-	
<b>9</b>	<b>Christel Dahl</b>	<b>92</b>										<b>1:06:22</b>			
01:41+	05:44+	17:27+	20:43+	25:37+	29:32+	33:02+	37:12+	42:51+	48:33+	50:32+	57:10+	62:30+	65:39+	66:22+	
01:41+	04:03+	11:43+	03:16+	04:54-	03:55+	03:30-	04:10+	05:39+	05:42+	01:59+	06:38+	05:20+	03:09+	00:43+	
00:28&	01:02&	09:18@	01:44@	06:55-	00:08+	00:22-	00:56&	02:13&	00:01+	00:06+	00:48#	00:56#	01:23&	00:02+	
<b>10</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>										<b>1:09:09</b>			
02:20+	08:14+	11:45+	16:33+	21:36+	25:05+	28:24+	33:47+	41:14+	54:58+	57:01+	62:34+	66:27+	68:26+	69:09+	
02:20+	05:54+	03:31+	04:48+	05:03-	03:29-	03:19-	05:23+	07:27+	13:44+	02:03+	05:33-	03:53-	01:59+	00:43+	
01:07&	02:53&	01:06&	03:16@	06:46-	00:18-	00:33-	02:09&	04:01@	08:03@	00:10+	00:17-	00:31-	00:13#	00:02+	
<b>11</b>	<b>Toril Dahle</b>	<b>116</b>										<b>1:13:08</b>			
01:36+	06:09+	07:48+	15:02+	19:28-	23:47=	29:40+	34:57+	39:30+	47:05+	52:28+	56:00+	62:29+	67:00+	72:22+	73:08+
01:36+	04:33+	01:39-	07:14+	04:26-	04:19+	05:53+	05:17+	04:33+	07:35+	05:23+	03:32-	06:29+	04:31+	05:22+	00:46+
00:23&	01:32&	00:46-	05:42@	07:23-	00:32#	02:01&	02:03&	01:07&	01:54&	03:30@	02:18-	02:05&	02:45@	04:41@	00:46+
<b>12</b>	<b>Rikke Rostrup</b>	<b>116</b>										<b>1:14:33</b>			
02:07+	06:32+	11:04+	14:07+	23:09+	28:23+	31:19+	34:59+	42:15+	61:53+	63:53+	69:14+	71:54+	74:01+	74:33+	
02:07+	04:25+	04:32+	03:03+	09:02-	05:14+	02:56-	03:40+	07:16+	19:38+	02:00+	05:21-	02:40-	02:07+	00:32-	
00:54&	01:24&	02:07&	01:31&	02:47-	01:27&	00:56-	00:26#	03:50@	13:57@	00:07+	00:29-	01:44-	00:21#	00:09-	
<b>13</b>	<b>Irene Sirevåg</b>	<b>105</b>										<b>1:29:36</b>			
03:58+	09:21+	15:37+	18:53+	24:30+	33:21+	37:47+	44:13+	52:16+	63:49+	67:13+	77:53+	84:13+	88:34+	89:36+	
03:58+	05:23+	06:16+	03:16+	05:37-	08:51+	04:26+	06:26+	08:03+	11:33+	03:24+	10:40+	06:20+	04:21+	01:02+	
02:45@	02:22&	03:51@	01:44@	06:12-	05:04@	00:34#	03:12&	04:37@	05:52@	01:31&	04:50&	01:56&	02:35@	00:21&	
<b>Beste strekktid for klassen</b>															
01:00	03:01	01:39	01:32	04:09	03:29	02:38	03:14	03:26	05:26	01:53	03:32	02:31	01:46	00:32	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.															
<b>Damer 50 - 59 år</b>															
<b>1</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>44:47</b>			
00:57=	03:46=	06:18=	08:37=	11:49=	14:50=	17:40=	20:39=	26:12=	32:25=	34:20=	39:29=	42:31=	44:11=	44:47=	
00:57=	02:49=	02:32=	02:19=	03:12=	03:01=	02:50=	02:59=	05:33=	06:13=	01:55=	05:09=	03:02=	01:40=	00:36=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Anne Sæbø Vik</b>	<b>116</b>										<b>46:17</b>			
01:06+	04:44+	06:59+	09:36+	12:32+	15:35+	19:58+	22:41+	26:25+	32:30+	34:07-	40:22+	42:39+	45:38+	46:17+	
01:06+	03:38+	02:15-	02:37+	02:56-	03:03+	04:23+	02:43-	03:44-	06:05-	01:37-	06:15+	02:17-	02:59+	00:39+	
00:09#	00:49&	00:17-	00:18#	00:16-	00:02+	01:33&	00:16-	01:49-	00:08-	00:18-	01:06#	00:45-	01:19&	00:03+	
<b>3</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>50:15</b>			
01:03+	04:15+	08:38+	10:55+	14:15+	18:01+	21:07+	25:00+	28:47+	34:12+	36:14+	42:01+	46:13+	49:38+	50:15+	
01:03+	03:12+	04:23+	02:17-	03:20+	03:46+	03:06+	03:53+	03:47-	05:25-	02:02+	05:47+	04:12+	03:25+	00:37+	
00:06#	00:23#	01:51&	00:02-	00:08+	00:45#	00:16+	00:54&	01:46-	00:48-	00:07+	00:38#	01:10&	01:45@	00:01+	
<b>4</b>	<b>Ragnhild Auglænd</b>	<b>168</b>										<b>52:09</b>			
02:29+	06:51+	09:36+	11:30+	16:14+	19:52+	22:48+	26:45+	32:43+	37:52+	39:37+	45:08+	48:39+	51:24+	52:09+	
02:29+	04:22+	02:45+	01:54-	04:44+	03:38+	02:56+	03:57+	05:58+	05:09-	01:45-	05:31+	03:31+	02:45+	00:45+	
01:32@	01:33&	00:13+	00:25-	01:32&	00:37#	00:06+	00:58&	00:25+	01:04-	00:10-	00:22+	00:29#	01:05&	00:09#	
<b>5</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>										<b>57:16</b>			
01:16+	07:43+	10:43+	13:28+	17:20+	22:06+	25:41+	29:25+	33:36+	42:07+	44:20+	50:36+	53:47+	56:33+	57:16+	
01:16+	06:27+	03:00+	02:45+	03:52+	04:46+	03:35+	03:44+	04:11-	08:31+	02:13+	06:16+	03:11+	02:46+	00:43+	
00:19&	03:38@	00:28#	00:26#	00:40#	01:45&	00:45&	00:45&	01:22-	02:18&	00:18#	01:07#	00:09+	01:06&	00:07#	
<b>6</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>										<b>57:49</b>			
01:46+	05:12+	08:28+	10:56+	15:54+	25:35+	29:37+	32:54+	37:12+	43:19+	45:26+	51:59+	54:58+	57:03+	57:49+	
01:46+	03:26+	03:16+	02:28+	04:58+	09:41+	04:02+	03:17+	04:18-	06:07-	02:07+	06:33+	02:59-	02:05+	00:46+	
00:49&	00:37#	00:44&	00:09+	01:46&	06:40@	01:12&	00:18#	01:15-	00:06-	00:12#	01:24&	00:03-	00:25#	00:10&	
<b>7</b>	<b>Gerd Vikeså</b>	<b>101</b>										<b>59:52</b>			
03:15+	07:41+	10:56+	13:54+	18:26+	22:18+	28:52+	33:00+	36:30+	45:24+	47:36+	53:42+	57:05+	59:12+	59:52+	
03:15+	04:26+	03:15+	02:58+	04:32+	03:52+	06:34+	04:08+	03:30-	08:54+	02:12+	06:06+	03:23+	02:07+	00:40+	
02:18@	01:37&	00:43&	00:39&	01:20&	00:51&	03:44@	01:09&	02:03-	02:41&	00:17#	00:57#	00:21#	00:27&	00:04#	

Class	Navn	Klasse										Tid		
<b>8</b>	<b>Gunn J. Grefstad</b>	<b>2</b>										<b>1:00:37</b>		
01:53+	05:36+	08:36+	11:39+	16:56+	21:01+	24:38+	29:36+	33:37+	46:03+	49:05+	54:38+	57:34+	59:43+	60:37+
01:53+	03:43+	03:00+	03:03+	05:17+	04:05+	03:37+	04:58+	04:01-	12:26+	03:02+	05:33+	02:56-	02:09+	00:54+
00:56&	00:54&	00:28#	00:44&	02:05&	01:04&	00:47&	01:59&	01:32-	06:13&	01:07&	00:24+	00:06-	00:29&	00:18&
<b>9</b>	<b>Janne Kristin Frantzen</b>	<b>116</b>										<b>1:01:13</b>		
01:21+	06:19+	10:54+	13:23+	17:25+	22:54+	26:35+	30:35+	36:53+	44:16+	46:55+	54:13+	58:01+	60:20+	61:13+
01:21+	04:58+	04:35+	02:29+	04:02+	05:29+	03:41+	04:00+	06:18+	07:23+	02:39+	07:18+	03:48+	02:19+	00:53+
00:24&	02:09&	02:03&	00:10+	00:50&	02:28&	00:51&	01:01&	00:45#	01:10#	00:44&	02:09&	00:46&	00:39&	00:17&
<b>10</b>	<b>Hilde Frøylog Karlsen</b>	<b>228</b>										<b>1:02:22</b>		
01:55+	06:53+	09:52+	12:54+	18:11+	23:53+	27:17+	32:46+	37:39+	44:45+	47:22+	56:11+	59:15+	61:29+	62:22+
01:55+	04:58+	02:59+	03:02+	05:17+	05:42+	03:24+	05:29+	04:53-	07:06+	02:37+	08:49+	03:04+	02:14+	00:53+
00:58@	02:09&	00:27#	00:43&	02:05&	02:41&	00:34#	02:30&	00:40-	00:53#	00:42&	03:40&	00:02+	00:34&	00:17&
<b>11</b>	<b>Nidunn Sandvik</b>	<b>228</b>										<b>1:02:55</b>		
01:28+	05:30+	08:39+	10:57+	14:46+	18:32+	22:22+	26:28+	30:46+	45:19+	48:13+	54:30+	60:00+	62:09+	62:55+
01:28+	04:02+	03:09+	02:18-	03:49+	03:46+	03:50+	04:06+	04:18-	14:33+	02:54+	06:17+	05:30+	02:09+	00:46+
00:31&	01:13&	00:37#	00:01-	00:37#	00:45#	01:00&	01:07&	01:15-	08:20@	00:59&	01:08#	02:28&	00:29&	00:10&
<b>12</b>	<b>Kari Smådal Turøy</b>	<b>115</b>										<b>1:05:55</b>		
04:21+	09:35+	12:58+	15:34+	19:58+	27:25+	31:02+	37:26+	43:56+	51:25+	53:56+	60:03+	62:58+	65:14+	65:55+
04:21+	05:14+	03:23+	02:36+	04:24+	07:27+	03:37+	06:24+	06:30+	07:29+	02:31+	06:07+	02:55-	02:16+	00:41+
03:24@	02:25&	00:51&	00:17#	01:12&	04:26@	00:47&	03:25@	00:57#	01:16#	00:36&	00:58#	00:07-	00:36&	00:05#
<b>13</b>	<b>Ellinor Nesse</b>	<b>116</b>										<b>1:08:42</b>		
03:12+	07:30+	10:38+	14:50+	18:46+	26:08+	29:01+	34:19+	41:11+	49:24+	51:30+	57:24+	64:27+	67:56+	68:42+
03:12+	04:18+	03:08+	04:12+	03:56+	07:22+	02:53+	05:18+	06:52+	08:13+	02:06+	05:54+	07:03+	03:29+	00:46+
02:15@	01:29&	00:36#	01:53&	00:44#	04:21@	00:03+	02:19&	01:19#	02:00&	00:11+	00:45#	04:01@	01:49@	00:10&
<b>14</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>1:08:58</b>		
01:37+	06:38+	10:02+	12:34+	17:12+	21:50+	25:48+	31:01+	36:23+	45:05+	48:12+	56:40+	61:32+	67:54+	68:58+
01:37+	05:01+	03:24+	02:32+	04:38+	04:38+	03:58+	05:13+	05:22-	08:42+	03:07+	08:28+	04:52+	06:22+	01:04+
00:40&	02:12&	00:52&	00:13+	01:26&	01:37&	01:08&	02:14&	00:11-	02:29&	01:12&	03:19&	01:50&	04:42@	00:28&
<b>15</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>										<b>1:10:00</b>		
01:04+	04:16+	08:07+	19:49+	25:10+	32:23+	35:30+	40:02+	47:20+	54:59+	56:53+	63:09+	66:09+	69:14+	70:00+
01:04+	03:12+	03:51+	11:42+	05:21+	07:13+	03:07+	04:32+	07:18+	07:39+	01:54-	06:16+	03:00-	03:05+	00:46+
00:07#	00:23#	01:19&	09:23@	02:09&	04:12@	00:17+	01:33&	01:45&	01:26#	00:01-	01:07#	00:02-	01:25&	00:10&
<b>16</b>	<b>Marianne Fuglestad</b>	<b>117</b>										<b>1:11:07</b>		
09:38+	13:22+	16:28+	19:32+	24:56+	31:28+	34:37+	39:09+	46:07+	53:15+	56:31+	63:29+	66:36+	70:22+	71:07+
09:38+	03:44+	03:06+	03:04+	05:24+	06:32+	03:09+	04:32+	06:58+	07:08+	03:16+	06:58+	03:07+	03:46+	00:45+
08:41@	00:55&	00:34#	00:45&	02:12&	03:31@	00:19#	01:33&	01:25&	00:55#	01:21&	01:49&	00:05+	02:06@	00:09#
<b>17</b>	<b>Marit Elin Aandahl</b>	<b>80</b>										<b>1:11:45</b>		
02:22+	07:33+	10:45+	13:57+	20:31+	26:28+	30:24+	34:33+	40:33+	53:24+	56:23+	63:53+	68:06+	70:56+	71:45+
02:22+	05:11+	03:12+	03:12+	06:34+	05:57+	03:56+	04:09+	06:00+	12:51+	02:59+	07:30+	04:13+	02:50+	00:49+
01:25@	02:22&	00:40&	00:53&	03:22@	02:56&	01:06&	01:10&	00:27+	06:38@	01:04&	02:21&	01:11&	01:10&	00:13&
<b>18</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>1:14:12</b>		
01:54+	07:06+	12:31+	17:05+	22:21+	31:01+	34:51+	40:39+	46:45+	54:11+	56:44+	65:25+	70:00+	73:25+	74:12+
01:54+	05:12+	05:25+	04:34+	05:16+	08:40+	03:50+	05:48+	06:06+	07:26+	02:33+	08:41+	04:35+	03:25+	00:47+
00:57&	02:23&	02:53@	02:15&	02:04&	05:39@	01:00&	02:49&	00:33+	01:13#	00:38&	03:32&	01:33&	01:45@	00:11&
<b>19</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>1:15:52</b>		
01:51+	06:54+	10:23+	13:45+	20:20+	35:07+	37:49+	42:30+	49:06+	55:50+	57:45+	67:35+	71:59+	75:05+	75:52+
01:51+	05:03+	03:29+	03:22+	06:35+	14:47+	02:42-	04:41+	06:36+	06:44+	01:55=	09:50+	04:24+	03:06+	00:47+
00:54&	02:14&	00:57&	01:03&	03:23@	11:46@	00:08-	01:42&	01:03#	00:31+	00:00=	04:41&	01:22&	01:26&	00:11&
<b>20</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>										<b>1:16:44</b>		
02:36+	13:39+	16:59+	20:19+	24:58+	36:38+	38:54+	42:27+	46:34+	57:28+	59:46+	69:17+	73:41+	75:56+	76:44+
02:36+	11:03+	03:20+	03:20+	04:39+	11:40+	02:16-	03:33+	04:07-	10:54+	02:18+	09:31+	04:24+	02:15+	00:48+
01:39@	08:14@	00:48&	01:01&	01:27&	08:39@	00:34-	00:34#	01:26-	04:41&	00:23#	04:22&	01:22&	00:35&	00:12&
<b>21</b>	<b>Synnøve Westermoen</b>	<b>116</b>										<b>1:18:41</b>		
01:17+	05:11+	08:14+	17:17+	21:02+	25:55+	28:53+	32:31+	47:07+	54:14+	56:45+	62:35+	71:35+	77:54+	78:41+
01:17+	03:54+	03:03+	09:03+	03:45+	04:53+	02:58+	03:38+	14:36+	07:07+	02:31+	05:50+	09:00+	06:19+	00:47+
00:20&	01:05&	00:31#	06:44@	00:33#	01:52&	00:08+	00:39#	09:03@	00:54#	00:36&	00:41#	05:58@	04:39@	00:11&
<b>22</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>										<b>1:20:14</b>		
01:27+	05:50+	10:20+	16:07+	25:51+	33:49+	37:37+	42:45+	47:59+	58:50+	61:10+	70:50+	77:01+	79:20+	80:14+
01:27+	04:23+	04:30+	05:47+	09:44+	07:58+	03:48+	05:08+	05:14-	10:51+	02:20+	09:40+	06:11+	02:19+	00:54+
00:30&	01:34&	01:58&	03:28@	06:32@	04:57@	00:58&	02:09&	00:19-	04:38&	00:25#	04:31&	03:09@	00:39&	00:18&

Class	Navn	Klasse												Tid
<b>23</b>	<b>Margot Lilledal</b>	<b>27</b>												<b>1:32:28</b>
01:32+	07:59+	13:19+	16:17+	20:54+	27:44+	34:46+	43:34+	57:45+	68:00+	70:42+	77:48+	89:43+	91:44+	92:28+
01:32+	06:27+	05:20+	02:58+	04:37+	06:50+	07:02+	08:48+	14:11+	10:15+	02:42+	07:06+	11:55+	02:01+	00:44+
00:35&	03:38@	02:48@	00:39&	01:25&	03:49@	04:12@	05:49@	08:38@	04:02&	00:47&	01:57&	08:53@	00:21#	00:08#
<b>24</b>	<b>Randi Roth</b>	<b>68</b>												<b>1:35:36</b>
01:42+	09:31+	15:45+	19:25+	26:13+	35:29+	40:22+	46:58+	53:36+	72:19+	74:58+	84:43+	91:40+	94:45+	95:36+
01:42+	07:49+	06:14+	03:40+	06:48+	09:16+	04:53+	06:36+	06:38+	18:43+	02:39+	09:45+	06:57+	03:05+	00:51+
00:45&	05:00@	03:42@	01:21&	03:36@	06:15@	02:03&	03:37@	01:05#	12:30@	00:44&	04:36&	03:55@	01:25&	00:15&
<b>25</b>	<b>Anne Katrine Lycke</b>	<b>147</b>												<b>1:40:18</b>
07:59+	13:57+	21:00+	37:02+	42:04+	48:00+	53:24+	61:44+	69:29+	81:08+	84:05+	90:46+	96:30+	99:23+	100:18+
07:59+	05:58+	07:03+	16:02+	05:02+	05:56+	05:24+	08:20+	07:45+	11:39+	02:57+	06:41+	05:44+	02:53+	00:55+
07:02@	03:09@	04:31@	13:43@	01:50&	02:55&	02:34&	05:21@	02:12&	05:26&	01:02&	01:32&	02:42&	01:13&	00:19&
<b>Beste strekktid for klassen</b>														
00:57	02:49	02:15	01:54	02:56	03:01	02:16	02:43	03:30	05:09	01:37	05:09	02:17	01:40	00:36

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

## Damer 60 - 64 år

<b>1</b>	<b>Marit Karin Nygård</b>	<b>92</b>												<b>48:34</b>			
01:18=	02:48=	05:04=	07:48=	10:14=	12:05=	16:41=	21:43=	24:48=	28:03=	33:58=	35:41=	39:04=	42:29=	44:30=	47:53=	48:34=	
01:18=	01:30=	02:16=	02:44=	02:26=	01:51=	04:36=	05:02=	03:05=	03:15=	05:55=	01:43=	03:23=	03:25=	02:01=	03:23=	00:41=	
00:00=	00:00=	00:00=	00:00=	00:00=	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>Ingunn Voilås</b>	<b>29</b>												<b>50:36</b>			
01:22+	02:45-	04:58-	07:35-	13:02+	14:39+	19:03+	24:28+	27:29+	29:55+	37:22+	40:06+	42:01+	44:44+	46:52+	49:43+	50:36+	
01:22+	01:23-	02:13-	02:37-	05:27+	01:37-	04:24-	05:25+	03:01-	02:26-	07:27+	02:44+	01:55-	02:43-	02:08+	02:51-	00:53+	
00:04+	00:07-	00:03-	00:07-	03:01@	00:14-	00:12-	00:23+	00:04-	00:49-	01:32&	01:01&	01:28-	00:42-	00:07+	00:32-	00:12&	
<b>3</b>	<b>Tove Bjerkeim</b>	<b>105</b>												<b>51:12</b>			
01:22+	02:49+	05:13+	07:45-	13:28+	14:48+	19:06+	25:19+	28:07+	30:29+	36:59+	39:33+	42:17+	45:36+	47:31+	50:32+	51:12+	
01:22+	01:27-	02:24+	02:32-	05:43+	01:20-	04:18-	06:13+	02:48-	02:22-	06:30+	02:34+	02:44-	03:19-	01:55-	03:01-	00:40-	
00:04+	00:03-	00:08+	00:12-	03:17@	00:31-	00:18-	01:11#	00:17-	00:53-	00:35+	00:51&	00:39-	00:06-	00:06-	00:22-	00:01-	
<b>4</b>	<b>Amanda Renshaw</b>	<b>101</b>												<b>51:53</b>			
01:28+	02:56+	05:07+	08:16+	10:28+	13:07+	16:39-	22:12+	25:37+	28:55+	36:08+	38:35+	41:13+	44:33+	46:47+	50:50+	51:53+	
01:28+	01:28-	02:11-	03:09+	02:12-	02:39+	03:32-	05:33+	03:25+	03:18+	07:13+	02:27+	02:38-	03:20-	02:14+	04:03+	01:03+	
00:10#	00:02-	00:05-	00:25#	00:14-	00:48&	01:04-	00:31#	00:20#	00:03+	01:18#	00:44&	00:45-	00:05-	00:13#	00:40#	00:22&	
<b>5</b>	<b>Ingrid Eik</b>	<b>88</b>												<b>54:41</b>			
01:06-	02:17-	07:00+	09:42+	16:07+	17:55+	19:16+	22:43+	28:32+	31:53+	35:11+	41:11+	42:56+	46:38+	49:10+	50:57+	53:58+	54:41+
01:06-	01:11-	04:43+	02:42-	06:25+	01:48-	01:21-	03:27-	05:49+	03:21+	03:18-	06:00+	01:45-	03:42+	02:32+	01:47-	03:01+	00:43+
00:12-	00:19-	02:27@	00:02-	03:59@	00:03-	03:15-	01:35-	02:44&	00:06+	02:37-	04:17@	01:38-	00:17+	00:31&	01:36-	02:20@	00:43+
<b>6</b>	<b>Liv Sissel Obrestad</b>	<b>54</b>												<b>55:15</b>			
01:46+	03:12+	05:18+	09:27+	11:22+	13:13+	20:34+	25:45+	29:03+	31:47+	41:48+	43:53+	46:15+	49:26+	51:15+	54:28+	55:15+	
01:46+	01:26-	02:06-	04:09+	01:55-	01:51=	07:21+	05:11+	03:18+	02:44-	10:01+	02:05+	02:22-	03:11-	01:49-	03:13-	00:47+	
00:28&	00:04-	00:10-	01:25&	00:31-	00:00=	02:45&	00:09+	00:13+	00:31-	04:06&	00:22#	01:01-	00:14-	00:12-	00:10-	00:06#	
<b>7</b>	<b>Eli Frafjord</b>	<b>94</b>												<b>55:46</b>			
01:16-	02:44-	04:49-	07:39-	11:01+	13:24+	17:03+	22:02+	25:18+	29:48+	41:34+	43:40+	46:02+	49:21+	51:57+	54:54+	55:46+	
01:16-	01:28-	02:05-	02:50+	03:22+	02:23+	03:39-	04:59-	03:16+	04:30+	11:46+	02:06+	02:22-	03:19-	02:36+	02:57-	00:52+	
00:02-	00:02-	00:11-	00:06+	00:56&	00:32&	00:57-	00:03-	00:11+	01:15&	05:51&	00:23#	01:01-	00:06-	00:35&	00:26-	00:11&	
<b>8</b>	<b>Kari Blixhavn</b>	<b>228</b>												<b>1:01:43</b>			
02:08+	05:53+	08:43+	12:16+	17:31+	19:34+	24:47+	32:00+	35:46+	38:59+	47:25+	49:44+	51:53+	55:21+	57:23+	60:44+	61:43+	
02:08+	03:45+	02:50+	03:33+	05:15+	02:03+	05:13+	07:13+	03:46+	03:13-	08:26+	02:19+	02:09-	03:28+	02:02+	03:21-	00:59+	
00:50&	02:15@	00:34#	00:49&	02:49@	00:12#	00:37#	02:11&	00:41#	00:02-	02:31&	00:36&	01:14-	00:03+	00:01+	00:02-	00:18&	
<b>9</b>	<b>Berit Bakken</b>	<b>168</b>												<b>1:14:48</b>			
01:50+	03:16+	06:20+	28:18+	32:42+	35:04+	40:03+	45:10+	49:15+	52:22+	60:11+	62:08+	64:27+	67:51+	70:17+	73:57+	74:48+	
01:50+	01:26-	03:04+	21:58+	04:24+	02:22+	04:59+	05:07+	04:05+	03:07-	07:49+	01:57+	02:19-	03:24-	02:26+	03:40+	00:51+	
00:32&	00:04-	00:48&	19:14@	01:58&	00:31&	00:23+	00:05+	01:00&	00:08-	01:54&	00:14#	01:04-	00:01-	00:25#	00:17+	00:10#	
<b>10</b>	<b>Unni Relling</b>	<b>92</b>												<b>1:21:12</b>			
02:48+	05:09+	07:41+	13:26+	16:28+	19:02+	25:51+	39:42+	44:19+	49:30+	62:34+	65:22+	68:15+	72:51+	75:59+	80:11+	81:12+	
02:48+	02:21+	02:32+	05:45+	03:02+	02:34+	06:49+	13:51+	04:37+	05:11+	13:04+	02:48+	02:53-	04:36+	03:08+	04:12+	01:01+	
01:30@	00:51&	00:16#	03:01@	00:36#	00:43&	02:13&	08:49@	01:32&	01:56&	07:09@	01:05&	00:30-	01:11&	01:07&	00:49#	00:20&	

Class	Navn	Klasse										Tid				
<b>11</b>	<b>Aud Steinsland</b>	<b>128</b>										<b>1:24:24</b>				
01:57+	03:44+	06:07+	15:09+	20:43+	23:21+	27:45+	46:38+	52:45+	56:23+	67:46+	70:52+	73:58+	77:31+	80:08+	83:36+	84:24+
01:57+	01:47+	02:23+	09:02+	05:34+	02:38+	04:24+	18:53+	06:07+	03:38+	11:23+	03:06+	03:06-	03:33+	02:37+	03:28+	00:48+
00:39&	00:17#	00:07+	06:18@	03:08@	00:47&	00:12-	13:51@	03:02&	00:23#	05:28&	01:23&	00:17-	00:08+	00:36&	00:05+	00:07#
<b>12</b>	<b>Hanna S. Lomeland</b>	<b>47</b>										<b>1:24:24</b>				
01:59+	03:39+	06:09+	15:11+	20:50+	23:22+	27:46+	46:32+	52:39+	56:24+	67:48+	70:44+	73:53+	77:33+	80:10+	83:38+	84:24+
01:59+	01:40+	02:30+	09:02+	05:39+	02:32+	04:24-	18:46+	06:07+	03:45+	11:24+	02:56+	03:09-	03:40+	02:37+	03:28+	00:46+
00:41&	00:10#	00:14#	06:18@	03:13@	00:41&	00:12-	13:44@	03:02&	00:30#	05:29&	01:13&	00:14-	00:15+	00:36&	00:05+	00:05#
<b>13</b>	<b>Åse Berg</b>	<b>105</b>										<b>1:41:33</b>				
01:34+	04:27+	07:12+	11:51+	21:03+	24:23+	29:23+	41:38+	47:10+	54:39+	69:25+	71:48+	86:40+	90:57+	96:44+	100:36+	101:33+
01:34+	02:53+	02:45+	04:39+	09:12+	03:20+	05:00+	12:15+	05:32+	07:29+	14:46+	02:23+	14:52+	04:17+	05:47+	03:52+	00:57+
00:16#	01:23&	00:29#	01:55&	06:46@	01:29&	00:24+	07:13@	02:27&	04:14@	08:51@	00:40&	11:29@	00:52&	03:46@	00:29#	00:16&
<b>Beste strekktid for klassen</b>																
01:06	01:11	02:05	02:32	01:55	01:20	01:21	03:27	02:48	02:22	03:18	01:43	01:45	02:43	01:49	01:47	00:40

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

## Damer 65 - 69 år

<b>1</b>	<b>Mette Dagsland</b>	<b>68</b>										<b>1:00:29</b>				
04:02=	06:38=	08:54=	12:11=	16:29=	18:27=	22:39=	31:08=	34:37=	37:27=	46:05=	48:41=	50:49=	54:08=	56:09=	59:39=	60:29=
04:02=	02:36=	02:16=	03:17=	04:18=	01:58=	04:12=	08:29=	03:29=	02:50=	08:38=	02:36=	02:08=	03:19=	02:01=	03:30=	00:50=
00:00=	00:00=	00:00=	00:00=	00:00=	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>Berit K. Gramstad</b>	<b>113</b>										<b>1:16:52</b>				
06:22+	08:39+	11:01+	13:53+	17:15+	19:35+	23:19+	31:32+	35:30+	38:51+	60:40+	63:29+	66:41+	69:54+	72:29+	75:59+	76:52+
06:22+	02:17-	02:22+	02:52-	03:22-	02:20+	03:44-	08:13-	03:58+	03:21+	21:49+	02:49+	03:12+	03:13-	02:35+	03:30=	00:53+
02:20&	00:19-	00:06+	00:25-	00:56-	00:22#	00:28-	00:16-	00:29#	00:31#	13:11@	00:13+	01:04&	00:06-	00:34&	00:00=	00:03+
<b>3</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>										<b>1:17:59</b>				
01:25-	03:20-	05:49-	18:16+	22:05+	24:25+	28:25+	37:44+	42:07+	46:47+	57:57+	64:31+	67:32+	71:25+	73:51+	77:02+	77:59+
01:25-	01:55-	02:29+	12:27+	03:49-	02:20+	04:00-	09:19+	04:23+	04:40+	11:10+	06:34+	03:01+	03:53+	02:26+	03:11-	00:57+
02:37-	00:41-	00:13+	09:10@	00:29-	00:22#	00:12-	00:50+	00:54&	01:50&	02:32&	03:58@	00:53&	00:34#	00:25#	00:19-	00:07#
<b>4</b>	<b>Halldis Handeland</b>	<b>92</b>										<b>1:30:58</b>				
01:43-	03:55-	06:18-	18:37+	22:55+	23:24+	27:50+	35:15+	39:30+	48:09+	61:29+	63:33+	79:14+	83:24+	86:03+	90:05+	90:58+
01:43-	02:12-	02:23+	12:19+	02:18-	02:29+	04:26+	07:25-	04:15+	08:39+	13:20+	02:04-	15:41+	04:10+	02:39+	04:02+	00:53+
02:19-	00:24-	00:07+	09:02@	02:00-	00:31&	00:14+	01:04-	00:46#	05:49@	04:42&	00:32-	13:33@	00:51&	00:38&	00:32#	00:03+
<b>5</b>	<b>Wenche Anda Haarr</b>	<b>92</b>										<b>1:39:50</b>				
01:43-	04:07-	06:59-	19:23+	22:50+	25:11+	29:11+	39:04+	43:12+	47:53+	57:52+	60:00+	82:38+	86:47+	89:22+	98:35+	99:50+
01:43-	02:24-	02:52+	12:24+	03:27-	02:21+	04:00-	09:53+	04:08+	04:41+	09:59+	02:08-	22:38+	04:09+	02:35+	09:13+	01:15+
02:19-	00:12-	00:36&	09:07@	00:51-	00:23#	00:12-	01:24#	00:39#	01:51&	01:21#	00:28-	20:30@	00:50&	00:34&	05:43@	00:25&
<b>Beste strekktid for klassen</b>																
01:25	01:55	02:16	02:52	02:18	01:58	03:44	07:25	03:29	02:50	08:38	02:04	02:08	03:13	02:01	03:11	00:50

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

## Damer 70 - 74 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>										<b>52:37</b>				
01:25=	02:59=	05:26=	08:50=	11:30=	13:23=	16:58=	22:51=	26:35=	30:06=	37:54=	40:18=	42:35=	46:18=	48:28=	51:48=	52:37=
01:25=	01:34=	02:27=	03:24=	02:40=	01:53=	03:35=	05:53=	03:44=	03:31=	07:48=	02:24=	02:17=	03:43=	02:10=	03:20=	00:49=
00:00=	00:00=	00:00=	00:00=	00:00=	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>Haldis Glendrange</b>	<b>68</b>										<b>56:57</b>				
01:41+	03:26+	05:50+	09:08+	12:40+	14:40+	18:23+	25:45+	29:49+	33:35+	42:03+	44:07+	46:26+	50:42+	52:56+	56:11+	56:57+
01:41+	01:45+	02:24-	03:18-	03:32+	02:00+	03:43+	07:22+	04:04+	03:46+	08:28+	02:04-	02:19+	04:16+	02:14+	03:15-	00:46-
00:16#	00:11#	00:03-	00:06-	00:52&	00:07+	00:08+	01:29&	00:20+	00:15+	00:40+	00:20-	00:02+	00:33#	00:04+	00:05-	00:03-
<b>3</b>	<b>Turid Nystrøm</b>	<b>68</b>										<b>1:01:00</b>				
01:38+	03:32+	05:37+	08:47-	12:08+	14:13+	17:54+	27:07+	32:06+	36:13+	43:48+	46:18+	51:05+	54:14+	56:45+	60:14+	61:00+
01:38+	01:54+	02:05-	03:10-	03:21+	02:05+	03:41+	09:13+	04:59+	04:07+	07:35-	02:30+	04:47+	03:09-	02:31+	03:29+	00:46-
00:13#	00:20#	00:22-	00:14-	00:41&	00:12#	00:06+	03:20&	01:15&	00:36#	00:13-	00:06+	02:30@	00:34-	00:21#	00:09+	00:03-

Class	Navn	Klasse										Tid				
<b>4</b>	<b>Helga Klausen</b>	<b>62</b>										<b>1:09:00</b>				
01:43+	03:39+	06:06+	09:52+	13:09+	15:30+	21:25+	29:57+	35:42+	40:24+	50:29+	53:42+	56:16+	60:58+	64:12+	68:06+	69:00+
01:43+	01:56+	02:27=	03:46+	03:17+	02:21+	05:55+	08:32+	05:45+	04:42+	10:05+	03:13+	02:34+	04:42+	03:14+	03:54+	00:54+
00:18#	00:22#	00:00=	00:22#	00:37#	00:28#	02:20&	02:39&	02:01&	01:11&	02:17&	00:49&	00:17#	00:59&	01:04&	00:34#	00:05#

<b>5</b>	<b>Hedvig Anda</b>	<b>116</b>										<b>1:13:21</b>				
02:26+	04:29+	06:55+	10:22+	20:51+	23:03+	27:12+	34:42+	38:51+	42:12+	50:16+	53:28+	61:02+	65:07+	67:58+	72:36+	73:21+
02:26+	02:03+	02:26-	03:27+	10:29+	02:12+	04:09+	07:30+	04:09+	03:21-	08:04+	03:12+	07:34+	04:05+	02:51+	04:38+	00:45-
01:01&	00:29&	00:01-	00:03+	07:49#	00:19#	00:34#	01:37&	00:25#	00:10-	00:16+	00:48&	05:17@	00:22+	00:41&	01:18&	00:04-

<b>6</b>	<b>Ragnhild Christiansen</b>	<b>93</b>										<b>1:16:55</b>				
03:25+	05:47+	08:31+	12:33+	15:56+	19:29+	24:34+	32:49+	39:55+	45:03+	54:20+	56:45+	64:04+	67:57+	71:52+	75:53+	76:55+
03:25+	02:22+	02:44+	04:02+	03:23+	03:33+	05:05+	08:15+	07:06+	05:08+	09:17+	02:25+	07:19+	03:53+	03:55+	04:01+	01:02+
02:00@	00:48&	00:17#	00:38#	00:43&	01:40&	01:30&	02:22&	03:22&	01:37&	01:29#	00:01+	05:02@	00:10+	01:45&	00:41#	00:13&

<b>7</b>	<b>Margaret Malmin</b>	<b>105</b>										<b>1:19:11</b>				
02:20+	05:13+	08:14+	12:10+	15:36+	18:39+	23:57+	32:06+	38:51+	44:00+	57:02+	60:18+	64:12+	69:59+	73:23+	77:57+	79:11+
02:20+	02:53+	03:01+	03:56+	03:26+	03:03+	05:18+	08:09+	06:45+	05:09+	13:02+	03:16+	03:54+	05:47+	03:24+	04:34+	01:14+
00:55&	01:19&	00:34#	00:32#	00:46&	01:10&	01:43&	02:16&	03:01&	01:38&	05:14&	00:52&	01:37&	02:04&	01:14&	01:14&	00:25&

<b>Beste strekktid for klassen</b>																
01:25	01:34	02:05	03:10	02:40	01:53	03:35	05:53	03:44	03:21	07:35	02:04	02:17	03:09	02:10	03:15	00:45

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

## Damer 75 - 79 år

<b>1</b>	<b>Gry V. Thengs</b>	<b>68</b>										<b>52:25</b>				
01:13=	02:57=	05:21=	08:13=	11:07=	12:45=	17:20=	25:42=	29:04=	31:41=	39:25=	41:38=	43:49=	46:34=	48:40=	51:37=	52:25=
01:13=	01:44=	02:24=	02:52=	02:54=	01:38=	04:35=	08:22=	03:22=	02:37=	07:44=	02:13=	02:11=	02:45=	02:06=	02:57=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	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>56:33</b>				
01:39+	04:00+	06:23+	10:30+	12:49+	14:44+	21:38+	26:53+	30:41+	33:37+	41:59+	44:19+	46:38+	50:28+	52:28+	55:44+	56:33+
01:39+	02:21+	02:23-	04:07+	02:19-	01:55+	06:54+	05:15-	03:48+	02:56+	08:22+	02:20+	02:19+	03:50+	02:00-	03:16+	00:49+
00:26&	00:37&	00:01-	01:15&	00:35-	00:17#	02:19&	03:07-	00:26#	00:19#	00:38+	00:07+	00:08+	01:05&	00:06-	00:19#	00:01+

<b>3</b>	<b>Synnøve Fuglestad</b>	<b>29</b>										<b>57:40</b>				
01:39+	03:30+	05:50+	09:15+	13:19+	15:17+	22:34+	28:01+	31:23+	34:11+	42:53+	45:22+	47:35+	51:33+	53:17+	56:48+	57:40+
01:39+	01:51+	02:20-	03:25+	04:04+	01:58+	07:17+	05:27-	03:22=	02:48+	08:42+	02:29+	02:13+	03:58+	01:44-	03:31+	00:52+
00:26&	00:07+	00:04-	00:33#	01:10&	00:20#	02:42&	02:55-	00:00=	00:11+	00:58#	00:16#	00:02+	01:13&	00:22-	00:34#	00:04+

<b>4</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>										<b>1:48:46</b>				
04:18+	08:49+	11:49+	19:53+	25:09+	29:17+	36:14+	45:50+	53:27+	58:44+	69:58+	73:33+	95:28+	100:39+	103:47+	107:42+	108:46+
04:18+	04:31+	03:00+	08:04+	05:16+	04:08+	06:57+	09:36+	07:37+	05:17+	11:14+	03:35+	21:55+	05:11+	03:08+	03:55+	01:04+
03:05@	02:47@	00:36#	05:12@	02:22&	02:30@	02:22&	01:14#	04:15@	02:40@	03:30&	01:22&	19:44@	02:26&	01:02&	00:58&	00:16&

<b>Beste strekktid for klassen</b>																
01:13	01:44	02:20	02:52	02:19	01:38	04:35	05:15	03:22	02:37	07:44	02:13	02:11	02:45	01:44	02:57	00:48

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>										<b>46:31</b>				
01:55=	04:39=	07:46=	10:22=	11:35=	17:41=	19:51=	21:32=	24:38=	31:48=	34:48=	38:23=	39:29=	41:16=	44:33=	46:02=	46:31=
01:55=	02:44=	03:07=	02:36=	01:13=	06:06=	02:10=	01:41=	03:06=	07:10=	03:00=	03:35=	01:06=	01:47=	03:17=	01:29=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	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>50:22</b>				
03:29+	06:09+	08:59+	12:48+	14:23+	18:15+	21:03+	22:47+	28:30+	34:30+	37:37+	41:32+	42:41+	45:01+	48:10+	49:48+	50:22+
03:29+	02:40-	02:50-	03:49+	01:35+	03:52-	02:48+	01:44+	05:43+	06:00-	03:07+	03:55+	01:09+	02:20+	03:09-	01:38+	00:34+
01:34&	00:04-	00:17-	01:13&	00:22&	02:14-	00:38&	00:03+	02:37&	01:10-	00:07+	00:20+	00:03+	00:33&	00:08-	00:09#	00:05#

<b>3</b>	<b>Janne Tjørhom Aasheim</b>	<b>93</b>										<b>52:24</b>				
02:01+	04:46+	08:08+	13:03+	14:34+	19:05+	21:31+	23:29+	27:45+	35:11+	38:36+	43:05+	44:20+	46:52+	50:14+	51:39+	52:24+
02:01+	02:45+	03:22+	04:55+	01:31+	04:31-	02:26+	01:58+	04:16+	07:26+	03:25+	04:29+	01:15+	02:32+	03:22+	01:25-	00:45+
00:06+	00:01+	00:15+	02:19&	00:18#	01:35-	00:16#	00:17#	01:10&	00:16+	00:25#	00:54&	00:09#	00:45&	00:05+	00:04-	00:16&

Class	Navn	Klasse													Tid			
<b>4</b>	<b>Sara Marlene Nystrøm Olsen</b>	<b>68</b>													<b>57:56</b>			
	02:43+	06:22+	10:01+	13:29+	15:04+	20:08+	23:33+	26:21+	30:45+	38:45+	43:09+	48:15+	49:26+	51:49+	55:35+	57:17+	57:56+	
	02:43+	03:39+	03:39+	03:28+	01:35+	05:04-	03:25+	02:48+	04:24+	08:00+	04:24+	05:06+	01:11+	02:23+	03:46+	01:42+	00:39+	
	00:48&	00:55&	00:32#	00:52&	00:22&	01:02-	01:15&	01:07&	01:18&	00:50#	01:24&	01:31&	00:05+	00:36&	00:29#	00:13#	00:10&	
<b>5</b>	<b>Silje Skarpeid</b>	<b>101</b>													<b>1:00:30</b>			
	02:39+	05:24+	08:35+	13:04+	16:12+	21:43+	24:53+	26:53+	30:52+	38:56+	43:56+	50:17+	52:18+	54:28+	58:00+	59:53+	60:30+	
	02:39+	02:45+	03:11+	04:29+	03:08+	05:31-	03:10+	02:00+	03:59+	08:04+	05:00+	06:21+	02:01+	02:10+	03:32+	01:53+	00:37+	
	00:44&	00:01+	00:04+	01:53&	01:55@	00:35-	01:00&	00:19#	00:53&	00:54#	02:00&	02:46&	00:55&	00:23#	00:15+	00:24&	00:08&	
<b>6</b>	<b>Trine Bolstad Scheie</b>	<b>62</b>													<b>1:00:47</b>			
	02:23+	05:32+	09:20+	12:33+	14:17+	19:53+	22:51+	25:46+	31:58+	40:29+	45:19+	50:04+	51:26+	53:49+	57:50+	60:05+	60:47+	
	02:23+	03:09+	03:48+	03:13+	01:44+	05:36-	02:58+	02:55+	06:12+	08:31+	04:50+	04:45+	01:22+	02:23+	04:01+	02:15+	00:42+	
	00:28#	00:25#	00:41#	00:37#	00:31&	00:30-	00:48&	01:14&	03:06&	01:21#	01:50&	01:10&	00:16#	00:36&	00:44#	00:46&	00:13&	
<b>7</b>	<b>Helene Omdal</b>	<b>71</b>													<b>1:03:44</b>			
	02:10+	05:41+	08:58+	13:24+	15:56+	23:26+	26:13+	28:20+	33:46+	42:53+	48:03+	53:07+	54:25+	56:59+	61:13+	63:17+	63:44+	
	02:10+	03:31+	03:17+	04:26+	02:32+	07:30+	02:47+	02:07+	05:26+	09:07+	05:10+	05:04+	01:18+	02:34+	04:14+	02:04+	00:27-	
	00:15#	00:47&	00:10+	01:50&	01:19@	01:24#	00:37&	00:26&	02:20&	01:57&	02:10&	01:29&	00:12#	00:47&	00:57&	00:35&	00:02-	
<b>8</b>	<b>Sina Thu</b>	<b>271</b>													<b>1:11:21</b>			
	03:31+	06:27+	09:56+	15:19+	17:25+	24:44+	28:58+	31:41+	36:21+	45:47+	52:20+	59:12+	60:50+	63:43+	67:32+	70:42+	71:21+	
	03:31+	02:56+	03:29+	05:23+	02:06+	07:19+	04:14+	02:43+	04:40+	09:26+	06:33+	06:52+	01:38+	02:53+	03:49+	03:10+	00:39+	
	01:36&	00:12+	00:22#	02:47@	00:53&	01:13#	02:04+	01:02&	01:34&	02:16&	03:33@	03:17&	00:32&	01:06&	00:32#	01:41@	00:10&	
<b>9</b>	<b>Maira Andersone</b>	<b>93</b>													<b>1:19:23</b>			
	02:59+	06:52+	10:56+	15:27+	18:01+	24:07+	28:10+	34:13+	39:29+	50:54+	58:27+	65:15+	67:00+	69:45+	76:26+	78:42+	79:23+	
	02:59+	03:53+	04:04+	04:31+	02:34+	06:06=	04:03+	06:03+	05:16+	11:25+	07:33+	06:48+	01:45+	02:45+	06:41+	02:16+	00:41+	
	01:04&	01:09&	00:57&	01:55&	01:21@	00:00=	01:53&	04:22@	02:10&	04:15&	04:33@	03:13&	00:39&	00:58&	03:24@	00:47&	00:12&	
<b>10</b>	<b>Ingrid Simensen</b>	<b>101</b>													<b>1:22:59</b>			
	02:31+	08:11+	11:57+	17:54+	20:18+	28:10+	34:19+	37:28+	42:31+	57:14+	62:27+	70:01+	72:38+	75:12+	80:03+	82:26+	82:59+	
	02:31+	05:40+	03:46+	05:57+	02:34+	07:52+	06:09+	03:09+	05:03+	14:43+	05:13+	07:34+	02:37+	02:34+	04:51+	02:23+	00:33+	
	00:36&	02:56@	00:39#	03:21@	01:11&	01:46&	03:59@	01:28&	01:57&	07:33@	02:13&	03:59@	01:31@	00:47&	01:34&	00:54&	00:04#	
<b>Beste strekktid for klassen</b>																		
	01:55	02:40	02:50	02:36	01:13	03:52	02:10	01:41	03:06	06:00	03:00	03:35	01:06	01:47	03:09	01:25	00:27	

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

## Damer B

<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>													<b>41:13</b>			
	00:51=	03:09=	05:56=	10:40=	12:38=	13:43=	19:16=	21:57=	23:54=	29:04=	34:08=	35:40=	39:31=	40:42=	41:13=			
	00:51=	02:18=	02:47=	04:44=	01:58=	01:05=	05:33=	02:41=	01:57=	05:10=	05:04=	01:32=	03:51=	01:11=	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=			
<b>2</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>													<b>45:21</b>			
	01:06+	04:13+	07:32+	13:43+	16:06+	17:16+	23:27+	25:52+	27:47+	32:02+	38:07+	39:34+	43:42+	44:43+	45:21+			
	01:06+	03:07+	03:19+	06:11+	02:23+	01:10+	06:11+	02:25-	01:55-	04:15-	06:05+	01:27-	04:08+	01:01-	00:38+			
	00:15&	00:49&	00:32#	01:27&	00:25#	00:05+	00:38#	00:16-	00:02-	00:55-	01:01#	00:05-	00:17+	00:10-	00:07#			
<b>3</b>	<b>Lise Isachsen</b>	<b>165</b>													<b>49:50</b>			
	01:04+	03:44+	07:20+	13:05+	16:21+	17:57+	24:47+	27:24+	29:56+	34:36+	40:25+	42:47+	48:00+	49:08+	49:50+			
	01:04+	02:40+	03:36+	05:45+	03:16+	01:36+	06:50+	02:37-	02:32+	04:40-	05:49+	02:22+	05:13+	01:08-	00:42+			
	00:13&	00:22#	00:49&	01:01#	01:18&	00:31&	01:17#	00:04-	00:35&	00:30-	00:45#	00:50&	01:22&	00:03-	00:11&			
<b>4</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>													<b>51:28</b>			
	01:21+	04:08+	07:41+	12:45+	15:28+	16:57+	24:52+	28:47+	32:12+	36:58+	42:50+	44:30+	49:45+	50:47+	51:28+			
	01:21+	02:47+	03:33+	05:04+	02:43+	01:29+	07:55+	03:55+	03:25+	04:46-	05:52+	01:40+	05:15+	01:02-	00:41+			
	00:30&	00:29#	00:46&	00:20+	00:45&	00:24&	02:22&	01:14&	01:28&	00:24-	00:48#	00:08+	01:24&	00:09-	00:10&			
<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>													<b>52:21</b>			
	01:17+	04:00+	06:52+	14:04+	16:59+	18:38+	24:33+	27:00+	29:21+	39:29+	44:32+	45:56+	50:22+	51:28+	52:21+			
	01:17+	02:43+	02:52+	07:12+	02:55+	01:39+	05:55+	03:27-	02:21+	10:08+	05:03-	01:24-	04:26+	01:06-	00:53+			
	00:26&	00:25#	00:05+	02:28&	00:57&	00:34&	00:22+	00:14-	00:24#	04:58&	00:01-	00:08-	00:35#	00:05-	00:22&			
<b>6</b>	<b>Helen Lomeland</b>	<b>105</b>													<b>53:26</b>			
	01:21+	04:47+	08:17+	14:58+	18:01+	19:33+	25:26+	28:16+	31:28+	36:11+	43:33+	45:25+	51:14+	52:40+	53:26+			
	01:21+	03:26+	03:30+	06:41+	03:03+	01:32+	05:53+	02:50+	03:12+	04:43-	07:22+	01:52+	05:49+	01:26+	00:46+			
	00:30&	01:08&	00:43&	01:57&	01:05&	00:27&	00:20+	00:09+	01:15&	00:27-	02:18&	00:20#	01:58&	00:15#	00:15&			



Class	Navn	Klasse										Tid		
<b>7</b>	<b>Jorunn Johannesen</b>	<b>116</b>										<b>53:33</b>		
01:21+	04:31+	07:41+	17:17+	19:38+	22:18+	28:10+	30:23+	35:11+	40:18+	46:00+	47:40+	51:37+	52:33+	53:33+
01:21+	03:10+	03:10+	09:36+	02:21+	02:40+	05:52+	02:13-	04:48+	05:07-	05:42+	01:40+	03:57+	00:56-	01:00+
00:30&	00:52&	00:23#	04:52@	00:23#	01:35@	00:19+	00:28-	02:51@	00:03-	00:38#	00:08+	00:06+	00:15-	00:29&
<b>8</b>	<b>Ingunn Anda Haug</b>	<b>67</b>										<b>54:08</b>		
01:10+	04:46+	08:34+	13:39+	16:41+	18:13+	25:28+	28:53+	31:49+	37:34+	44:48+	46:41+	52:19+	53:29+	54:08+
01:10+	03:36+	03:48+	05:05+	03:02+	01:32+	07:15+	03:25+	02:56+	05:45+	07:14+	01:53+	05:38+	01:10-	00:39+
00:19&	01:18&	01:01&	00:21+	01:04&	00:27&	01:42&	00:44&	00:59&	00:35#	02:10&	00:21#	01:47&	00:01-	00:08&
<b>9</b>	<b>Hilde Nordbø</b>	<b>93</b>										<b>56:07</b>		
01:32+	04:39+	10:28+	17:21+	19:40+	21:05+	29:08+	31:45+	33:42+	39:13+	48:12+	49:46+	54:30+	55:31+	56:07+
01:32+	03:07+	05:49+	06:53+	02:19+	01:25+	08:03+	02:37-	01:57=	05:31+	08:59+	01:34+	04:44+	01:01-	00:36+
00:41&	00:49&	03:02@	02:09&	00:21#	00:20&	02:30&	00:04-	00:00=	00:21+	03:55&	00:02+	00:53#	00:10-	00:05#
<b>10</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>1:00:12</b>		
00:56+	03:38+	07:07+	16:07+	18:31+	20:00+	27:45+	36:40+	39:05+	45:19+	51:47+	53:32+	58:18+	59:33+	60:12+
00:56+	02:42+	03:29+	09:00+	02:24+	01:29+	07:45+	08:55+	02:25+	06:14+	06:28+	01:45+	04:46+	01:15+	00:39+
00:05+	00:24#	00:42&	04:16&	00:26#	00:24&	02:12&	06:14@	00:28#	01:04#	01:24&	00:13#	00:55#	00:04+	00:08&
<b>11</b>	<b>Berit Våg Aksland</b>	<b>116</b>										<b>1:01:25</b>		
01:26+	04:49+	09:01+	18:06+	20:53+	22:46+	30:28+	33:17+	36:23+	43:00+	52:39+	54:38+	59:10+	60:45+	61:25+
01:26+	03:23+	04:12+	09:05+	02:47+	01:53+	07:42+	02:49+	03:06+	06:37+	09:39+	01:59+	04:32+	01:35+	00:40+
00:35&	01:05&	01:25&	04:21&	00:49&	00:48&	02:09&	00:08+	01:09&	01:27&	04:35&	00:27&	00:41#	00:24&	00:09&
<b>12</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>										<b>1:02:49</b>		
01:41+	04:57+	08:07+	21:34+	24:35+	26:12+	33:05+	36:00+	38:48+	45:54+	54:01+	55:53+	60:55+	62:09+	62:49+
01:41+	03:16+	03:10+	13:27+	03:01+	01:37+	06:53+	02:55+	02:48+	07:06+	08:07+	01:52+	05:02+	01:14+	00:40+
00:50&	00:58&	00:23#	08:43@	01:03&	00:32&	01:20#	00:14+	00:51&	01:56&	03:03&	00:20#	01:11&	00:03+	00:09&
<b>13</b>	<b>Agnes Elin Engen</b>	<b>116</b>										<b>1:03:46</b>		
01:09+	04:13+	08:01+	17:54+	21:31+	23:04+	32:53+	36:03+	38:41+	44:34+	53:57+	56:11+	61:29+	63:08+	63:46+
01:09+	03:04+	03:48+	09:53+	03:37+	01:33+	09:49+	03:10+	02:38+	05:53+	09:23+	02:14+	05:18+	01:39+	00:38+
00:18&	00:46&	01:01&	05:09@	01:39&	00:28&	04:16&	00:29#	00:41&	00:43#	04:19&	00:42&	01:27&	00:28&	00:07#
<b>14</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>1:16:28</b>		
01:04+	04:35+	19:26+	27:50+	31:16+	33:50+	44:43+	47:56+	51:03+	58:09+	66:33+	68:42+	74:17+	75:45+	76:28+
01:04+	03:31+	14:51+	08:24+	03:26+	02:34+	10:53+	03:13+	03:07+	07:06+	08:24+	02:09+	05:35+	01:28+	00:43+
00:13&	01:13&	12:04@	03:40&	01:28&	01:29@	05:20&	00:32#	01:10&	01:56&	03:20&	00:37&	01:44&	00:17#	00:12&
<b>15</b>	<b>Margrethe Roalsø</b>	<b>93</b>										<b>1:28:14</b>		
01:37+	05:42+	15:15+	28:43+	31:35+	33:59+	43:33+	46:39+	49:37+	56:15+	72:00+	76:27+	84:55+	87:21+	88:14+
01:37+	04:05+	09:33+	13:28+	02:52+	02:24+	09:34+	03:06+	02:58+	06:38+	15:45+	04:27+	08:28+	02:26+	00:53+
00:46&	01:47&	06:46@	08:44@	00:54&	01:19@	04:01&	00:25#	01:01&	01:28&	10:41@	02:55@	04:37@	01:15@	00:22&
<b>Beste strekktid for klassen</b>														
00:51	02:18	02:47	04:44	01:58	01:05	05:33	02:13	01:55	04:15	05:03	01:24	03:51	00:56	00:31

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

## Damer Ny

<b>1</b>	<b>Martine Hansen</b>	<b>105</b>										<b>1:16:24</b>		
02:30=	11:07=	13:36=	24:23=	35:46=	42:14=	49:14=	58:10=	60:31=	73:07=	76:24=				
02:30=	08:37=	02:29=	10:47=	11:23=	06:28=	07:00=	08:56=	02:21=	12:36=	03:17=				
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>Karoline Fidjeland</b>	<b>105</b>										<b>1:16:34</b>		
02:31+	11:07=	13:37+	24:26+	35:19-	42:16+	49:17+	58:18+	60:30-	73:08+	76:34+				
02:31+	08:36-	02:30+	10:49+	10:53-	06:57+	07:01+	09:01+	02:12-	12:38+	03:26+				
00:01+	00:01-	00:01+	00:02+	00:30-	00:29+	00:01+	00:05+	00:09-	00:02+	00:09+				

### Beste strekktid for klassen

02:30 08:36 02:29 10:47 10:53 06:28 07:00 08:56 02:12 12:36 03:17

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

## Damer Trim

Class	Navn	Klasse	Tid
<b>1</b>	<b>Mette Baardsgaard</b>	<b>88</b>	<b>41:59</b>
	03:13= 06:23= 09:34= 10:51= 12:58= 18:09= 21:20= 23:21= 32:23= 38:40= 41:20= 41:59=		
	03:13= 03:10= 03:11= 01:17= 02:07= 05:11= 03:11= 02:01= 09:02= 06:17= 02:40= 00:39=		
	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>Margot Asheim</b>	<b>105</b>	<b>43:23</b>
	00:32- 03:20- 07:46- 11:59+ 18:00+ 21:12+ 23:44+ 25:35+ 32:20- 39:01+ 42:42+ 43:23+		
	00:32- 02:48- 04:26+ 04:13+ 06:01+ 03:12- 02:32- 01:51- 06:45- 06:41+ 03:41+ 00:41+		
	02:41- 00:22- 01:15& 02:56@ 03:54@ 01:59- 00:39- 00:10- 02:17- 00:24+ 01:01& 00:02+		
<b>3</b>	<b>Gerd Katrin Kro</b>	<b>117</b>	<b>44:18</b>
	01:47- 04:06- 11:46+ 12:50+ 14:58+ 19:40+ 23:54+ 28:43+ 34:07+ 41:33+ 43:43+ 44:18+		
	01:47- 02:19- 07:40+ 01:04- 02:08+ 04:42- 04:14+ 04:49+ 05:24- 07:26+ 02:10- 00:35-		
	01:26- 00:51- 04:29@ 00:13- 00:01+ 00:29- 01:03& 02:48@ 03:38- 01:09# 00:30- 00:04-		
<b>4</b>	<b>Ingrid Otnes</b>	<b>268</b>	<b>46:17</b>
	01:08- 02:53- 05:44- 17:42+ 28:00+ 30:12+ 32:30+ 34:23+ 40:14+ 43:41+ 45:38+ 46:17+		
	01:08- 01:45- 02:51- 11:58+ 10:18+ 02:12- 02:18- 01:53- 05:51- 03:27- 01:57- 00:39=		
	02:05- 01:25- 00:20- 10:41@ 08:11@ 02:59- 00:53- 00:08- 03:11- 02:50- 00:43- 00:00=		
<b>5</b>	<b>Ingrid O. Foss</b>	<b>117</b>	<b>46:25</b>
	00:36- 06:32+ 10:25+ 12:15+ 16:15+ 19:16+ 21:58+ 26:53+ 36:12+ 41:38+ 45:37+ 46:25+		
	00:36- 05:56+ 03:53+ 01:50+ 04:00+ 03:01- 02:42- 04:55+ 09:19+ 05:26- 03:59+ 00:48+		
	02:37- 02:46& 00:42# 00:33& 01:53& 02:10- 00:29- 02:54@ 00:17+ 00:51- 01:19& 00:09#		
<b>6</b>	<b>Fredrike Krahner</b>	<b>126</b>	<b>47:47</b>
	00:34- 10:17+ 13:11+ 14:42+ 17:01+ 19:19+ 21:41+ 23:35+ 32:16- 44:24+ 47:06+ 47:47+		
	00:34- 09:43+ 02:54- 01:31+ 02:19+ 02:18- 02:22- 01:54- 08:41- 12:08+ 02:42+ 00:41+		
	02:39- 06:33@ 00:17- 00:14# 00:12+ 02:53- 00:49- 00:07- 00:21- 05:51& 00:02+ 00:02+		
<b>7</b>	<b>Parul Khandelwal</b>	<b>71</b>	<b>51:02</b>
	03:56+ 06:13- 12:28+ 16:03+ 19:43+ 24:34+ 28:26+ 30:56+ 40:12+ 46:24+ 50:09+ 51:02+		
	03:56+ 02:17- 06:15+ 03:35+ 03:40+ 04:51- 03:52+ 02:30+ 09:16+ 06:12- 03:45+ 00:53+		
	00:43# 00:53- 03:04& 02:18@ 01:33& 00:20- 00:41# 00:29# 00:14+ 00:05- 01:05& 00:14&		
<b>8</b>	<b>Maren Thu</b>	<b>134</b>	<b>51:13</b>
	06:14+ 09:12+ 14:56+ 16:27+ 19:08+ 22:02+ 30:04+ 32:22+ 41:41+ 48:14+ 50:32+ 51:13+		
	06:14+ 02:58- 05:44+ 01:31+ 02:41+ 02:54- 08:02+ 02:18+ 09:19+ 06:33+ 02:18- 00:41+		
	03:01& 00:12- 02:33& 00:14# 00:34& 02:17- 04:51@ 00:17# 00:17+ 00:16+ 00:22- 00:02+		
<b>9</b>	<b>Tone Giske</b>	<b>7</b>	<b>51:47</b>
	00:51- 03:17- 11:34+ 13:37+ 17:04+ 19:52+ 25:14+ 31:19+ 40:34+ 46:45+ 50:58+ 51:47+		
	00:51- 02:26- 08:17+ 02:03+ 03:27+ 02:48- 05:22+ 06:05+ 09:15+ 06:11- 04:13+ 00:49+		
	02:22- 00:44- 05:06@ 00:46& 01:20& 02:23- 02:11& 04:04@ 00:13+ 00:06- 01:33& 00:10&		
<b>10</b>	<b>Bjørg Engelhard</b>	<b>165</b>	<b>52:00</b>
	00:41- 02:52- 07:42- 10:36- 15:58+ 23:09+ 28:08+ 31:51+ 41:08+ 47:20+ 51:20+ 52:00+		
	00:41- 02:11- 04:50+ 02:54+ 05:22+ 07:11+ 04:59+ 03:43+ 09:17+ 06:12- 04:00+ 00:40+		
	02:32- 00:59- 01:39& 01:37@ 03:15@ 02:00& 01:48& 01:42& 00:15+ 00:05- 01:20& 00:01+		
<b>11</b>	<b>Siv Hilde Berg</b>	<b>105</b>	<b>52:18</b>
	00:47- 06:55+ 11:13+ 12:54+ 17:51+ 24:20+ 28:05+ 30:10+ 38:45+ 48:04+ 51:35+ 52:18+		
	00:47- 06:08+ 04:18+ 01:41+ 04:57+ 06:29+ 03:45+ 02:05+ 08:35- 09:19+ 03:31+ 00:43+		
	02:26- 02:58& 01:07& 00:24& 02:50@ 01:18& 00:34# 00:04+ 00:27- 03:02& 00:51& 00:04#		
<b>12</b>	<b>Gudrun Hegelstad</b>	<b>92</b>	<b>52:38</b>
	01:03- 03:31- 10:58+ 12:01+ 15:43+ 19:52+ 26:30+ 29:27+ 42:23+ 49:02+ 51:47+ 52:38+		
	01:03- 02:28- 07:27+ 01:03- 03:42+ 04:09- 06:38+ 02:57+ 12:56+ 06:39+ 02:45+ 00:51+		
	02:10- 00:42- 04:16@ 00:14- 01:35& 01:02- 03:27@ 00:56& 03:54& 00:22+ 00:05+ 00:12&		
<b>13</b>	<b>Lene Bjørnø</b>	<b>92</b>	<b>52:40</b>
	01:12- 03:30- 11:08+ 12:17+ 15:50+ 19:51+ 26:38+ 29:35+ 42:10+ 49:06+ 51:52+ 52:40+		
	01:12- 02:18- 07:38+ 01:09- 03:33+ 04:01- 06:47+ 02:57+ 12:35+ 06:56+ 02:46+ 00:48+		
	02:01- 00:52- 04:27@ 00:08- 01:26& 01:10- 03:36@ 00:56& 03:33& 00:39# 00:06+ 00:09#		
<b>14</b>	<b>Hege Bakken</b>	<b>168</b>	<b>54:08</b>
	00:45- 03:31- 08:27- 12:30+ 15:44+ 19:31+ 22:56+ 26:08+ 35:09+ 47:31+ 53:24+ 54:08+		
	00:45- 02:46- 04:56+ 04:03+ 03:14+ 03:47- 03:25+ 03:12+ 09:01- 12:22+ 05:53+ 00:44+		
	02:28- 00:24- 01:45& 02:46@ 01:07& 01:24- 00:14+ 01:11& 00:01- 06:05& 03:13@ 00:05#		
<b>15</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>54:16</b>
	00:53- 03:12- 11:38+ 16:26+ 21:41+ 26:36+ 30:10+ 32:03+ 41:43+ 48:08+ 53:37+ 54:16+		
	00:53- 02:19- 08:26+ 04:48+ 05:15+ 04:55- 03:34+ 01:53- 09:40+ 06:25+ 05:29+ 00:39=		
	02:20- 00:51- 05:15@ 03:31@ 03:08@ 00:16- 00:23# 00:08- 00:38+ 00:08+ 02:49@ 00:00=		

Class	Navn	Klasse										Tid
<b>16</b>	<b>Sara Engevik</b>	<b>126</b>										<b>54:17</b>
01:56-	04:07-	07:57-	09:30-	12:48-	23:22+	27:08+	29:11+	38:17+	50:25+	53:34+	54:17+	
01:56-	02:11-	03:50+	01:33+	03:18+	10:34+	03:46+	02:03+	09:06+	12:08+	03:09+	00:43+	
01:17-	00:59-	00:39#	00:16#	01:11&	05:23@	00:35#	00:02+	00:04+	05:51&	00:29#	00:04#	
<b>17</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>										<b>54:35</b>
01:00-	05:25-	09:37+	11:35+	15:08+	27:44+	31:48+	33:57+	44:16+	51:18+	54:00+	54:35+	
01:00-	04:25+	04:12+	01:58+	03:33+	12:36+	04:04+	02:09+	10:19+	07:02+	02:42+	00:35-	
02:13-	01:15&	01:01&	00:41&	01:26&	07:25@	00:53&	00:08+	01:17#	00:45#	00:02+	00:04-	
<b>18</b>	<b>Ruth Grødem</b>	<b>105</b>										<b>54:51</b>
01:35-	04:03-	08:35-	10:26-	20:45+	25:22+	29:15+	31:27+	39:36+	50:48+	54:02+	54:51+	
01:35-	02:28-	04:32+	01:51+	10:19+	04:37-	03:53+	02:12+	08:09-	11:12+	03:14+	00:49+	
01:38-	00:42-	01:21&	00:34&	08:12@	00:34-	00:42#	00:11+	00:53-	04:55&	00:34#	00:10&	
<b>19</b>	<b>Signe Lise Haaland</b>	<b>66</b>										<b>55:11</b>
00:58-	04:40-	08:55-	10:39-	14:24+	18:50+	23:25+	26:54+	39:02+	50:59+	54:19+	55:11+	
00:58-	03:42+	04:15+	01:44+	03:45+	04:26-	04:35+	03:29+	12:08+	11:57+	03:20+	00:52+	
02:15-	00:32#	01:04&	00:27&	01:38&	00:45-	01:24&	01:28&	03:06&	05:40&	00:40#	00:13&	
<b>20</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>55:16</b>
01:29-	04:30-	12:13+	14:24+	18:03+	24:12+	28:03+	30:27+	41:41+	48:59+	54:02+	55:16+	
01:29-	03:01-	07:43+	02:11+	03:39+	06:09+	03:51+	02:24+	11:14+	07:18+	05:03+	01:14+	
01:44-	00:09-	04:32@	00:54&	01:32&	00:58#	00:40#	00:23#	02:12#	01:01#	02:23&	00:35&	
<b>21</b>	<b>Randi Bugge</b>	<b>46</b>										<b>55:27</b>
00:47-	03:11-	10:04+	11:51+	21:04+	25:14+	28:29+	38:22+	44:21+	49:06+	54:38+	55:27+	
00:47-	02:24-	06:53+	01:47+	09:13+	04:10-	03:15+	09:53+	05:59-	04:45-	05:32+	00:49+	
02:26-	00:46-	03:42@	00:30&	07:06@	01:01-	00:04+	07:52@	03:03-	01:32-	02:52@	00:10&	
<b>22</b>	<b>Brit Svihus</b>	<b>92</b>										<b>55:31</b>
02:35-	05:06-	09:45+	12:07+	15:53+	22:38+	26:28+	35:36+	45:18+	50:52+	54:43+	55:31+	
02:35-	02:31-	04:39+	02:22+	03:46+	06:45+	03:50+	09:08+	09:42+	05:34-	03:51+	00:48+	
00:38-	00:39-	01:28&	01:05&	01:39&	01:34&	00:39#	07:07@	00:40+	00:43-	01:11&	00:09#	
<b>23</b>	<b>Lise Bergli</b>	<b>62</b>										<b>55:59</b>
00:42-	03:50-	08:38-	11:46+	14:36+	29:28+	32:45+	35:48+	45:53+	51:24+	55:05+	55:59+	
00:42-	03:08-	04:48+	03:08+	02:50+	14:52+	03:17+	03:03+	10:05+	05:31-	03:41+	00:54+	
02:31-	00:02-	01:37&	01:51@	00:43&	09:41@	00:06+	01:02&	01:03#	00:46-	01:01&	00:15&	
<b>24</b>	<b>Ingrid Marie Torgersen</b>	<b>92</b>										<b>56:36</b>
02:00-	05:33-	10:38+	12:29+	17:01+	22:36+	27:32+	30:16+	42:05+	49:51+	55:33+	56:36+	
02:00-	03:33+	05:05+	01:51+	04:32+	05:35+	04:56+	02:44+	11:49+	07:46+	05:42+	01:03+	
01:13-	00:23#	01:54&	00:34&	02:25@	00:24+	01:45&	00:43&	02:47&	01:29#	03:02@	00:24&	
<b>25</b>	<b>Irene Møland Torgersen</b>	<b>92</b>										<b>56:38</b>
01:58-	05:36-	10:39+	12:27+	17:07+	22:40+	27:35+	30:21+	41:59+	49:58+	55:36+	56:38+	
01:58-	03:38+	05:03+	01:48+	04:40+	05:33+	04:55+	02:46+	11:38+	07:59+	05:38+	01:02+	
01:15-	00:28#	01:52&	00:31&	02:33@	00:22+	01:44&	00:45&	02:36&	01:42&	02:58@	00:23&	
<b>26</b>	<b>Sølvi Utbø Sakseid</b>	<b>116</b>										<b>56:57</b>
00:39-	03:08-	12:51+	14:39+	17:13+	21:33+	25:10+	29:48+	46:18+	53:16+	56:19+	56:57+	
00:39-	02:29-	09:43+	01:48+	02:34+	04:20-	03:37+	04:38+	16:30+	06:58+	03:03+	00:38-	
02:34-	00:41-	06:32@	00:31&	00:27#	00:51-	00:26#	02:37@	07:28&	00:41#	00:23#	00:01-	
<b>27</b>	<b>Toyah Bråtveit</b>	<b>115</b>										<b>57:38</b>
00:47-	03:51-	10:11+	11:27+	13:46+	20:43+	24:37+	28:41+	38:43+	52:32+	57:01+	57:38+	
00:47-	03:04-	06:20+	01:16-	02:19+	06:57+	03:54+	04:04+	10:02+	13:49+	04:29+	00:37-	
02:26-	00:06-	03:09&	00:01-	00:12+	01:46&	00:43#	02:03@	01:00#	07:32@	01:49&	00:02-	
<b>28</b>	<b>Eli Våge</b>	<b>117</b>										<b>57:49</b>
00:51-	06:29+	10:48+	13:30+	19:11+	24:09+	28:25+	32:16+	44:18+	53:19+	56:51+	57:49+	
00:51-	05:38+	04:19+	02:42+	05:41+	04:58-	04:16+	03:51+	12:02+	09:01+	03:32+	00:58+	
02:22-	02:28&	01:08&	01:25@	03:34@	00:13-	01:05&	01:50&	03:00&	02:44&	00:52&	00:19&	
<b>29</b>	<b>Brynhild Haaland</b>	<b>101</b>										<b>58:30</b>
05:26+	07:56+	12:33+	15:00+	18:48+	25:32+	29:23+	38:26+	47:54+	53:47+	57:38+	58:30+	
05:26+	02:30-	04:37+	02:27+	03:48+	06:44+	03:51+	09:03+	09:28+	05:53-	03:51+	00:52+	
02:13&	00:40-	01:26&	01:10&	01:41&	01:33&	00:40#	07:02@	00:26+	00:24-	01:11&	00:13&	
<b>30</b>	<b>Randi Wesetvik</b>	<b>116</b>										<b>59:04</b>
01:00-	04:55-	10:24+	14:11+	18:07+	23:29+	27:36+	31:03+	42:04+	53:30+	58:07+	59:04+	
01:00-	03:55+	05:29+	03:47+	03:56+	05:22+	04:07+	03:27+	11:01+	11:26+	04:37+	00:57+	
02:13-	00:45#	02:18&	02:30@	01:49&	00:11+	00:56&	01:26&	01:59#	05:09&	01:57&	00:18&	

Class	Navn	Klasse	Tid
<b>31</b>	<b>Ase Franciska Møster</b>	<b>128</b>	<b>59:08</b>
00:47-	09:59+ 13:54+ 15:44+ 19:12+	31:53+ 35:57+ 38:11+ 48:19+	55:30+ 58:19+ 59:08+
00:47-	09:12+ 03:55+ 01:50+ 03:28+	12:41+ 04:04+ 02:14+ 10:08+	07:11+ 02:49+ 00:49+
02:26-	06:02@ 00:44# 00:33& 01:21&	07:30@ 00:53& 00:13# 01:06#	00:54# 00:09+ 00:10&
<b>32</b>	<b>Guro Grimnes</b>	<b>126</b>	<b>59:28</b>
00:52-	03:51- 11:01+ 12:40+ 28:23+	32:34+ 36:07+ 39:41+ 50:20+	55:20+ 58:32+ 59:28+
00:52-	02:59- 07:10+ 01:39+ 15:43+	04:11- 03:33+ 03:34+ 10:39+	05:00- 03:12+ 00:56+
02:21-	00:11- 03:59@ 00:22& 13:36@	01:00- 00:22# 01:33& 01:37#	01:17- 00:32# 00:17&
<b>33</b>	<b>Hilde Christine Hoff</b>	<b>221</b>	<b>59:53</b>
00:48-	04:14- 11:13+ 16:05+ 20:19+	24:14+ 28:04+ 34:59+ 46:48+	55:02+ 59:04+ 59:53+
00:48-	03:26+ 06:59+ 04:52+ 04:14+	03:55- 03:50+ 06:55+ 11:49+	08:14+ 04:02+ 00:49+
02:25-	00:16+ 03:48@ 03:35@ 02:07&	01:16- 00:39# 04:54@ 02:47&	01:57& 01:22& 00:10&
<b>34</b>	<b>Ase Sellereite</b>	<b>27</b>	<b>1:00:00</b>
00:39-	03:08- 12:05+ 17:26+ 20:36+	26:47+ 30:11+ 32:04+ 40:05+	55:08+ 59:10+ 60:00+
00:39-	02:29- 08:57+ 05:21+ 03:10+	06:11+ 03:24+ 01:53- 08:01-	15:03+ 04:02+ 00:50+
02:34-	00:41- 05:46@ 04:04@ 01:03&	01:00# 00:13+ 00:08- 01:01-	08:46@ 01:22& 00:11&
<b>35</b>	<b>Gro Mariero Totland</b>	<b>59</b>	<b>1:00:09</b>
01:16-	04:16- 10:00+ 12:09+ 17:13+	24:18+ 29:21+ 32:12+ 46:30+	54:38+ 58:42+ 60:09+
01:16-	03:00- 05:44+ 02:09+ 05:04+	07:05+ 05:03+ 02:51+ 14:18+	08:08+ 04:04+ 01:27+
01:57-	00:10- 02:33& 00:52& 02:57@	01:54& 01:52& 00:50& 05:16&	01:51& 01:24& 00:48@
<b>36</b>	<b>Linda Haukås</b>	<b>113</b>	<b>1:00:27</b>
00:52-	03:29- 08:12- 10:39- 15:29+	29:06+ 33:15+ 38:22+ 46:19+	51:39+ 59:33+ 60:27+
00:52-	02:37- 04:43+ 02:27+ 04:50+	13:37+ 04:09+ 05:07+ 07:57-	05:20- 07:54+ 00:54+
02:21-	00:33- 01:32& 01:10& 02:43@	08:26@ 00:58& 03:06@ 01:05-	00:57- 05:14@ 00:15&
<b>37</b>	<b>Marie Brolev</b>	<b>126</b>	<b>1:01:20</b>
04:22+	06:41+ 12:58+ 14:31+ 30:09+	34:20+ 37:54+ 41:37+ 52:10+	57:18+ 60:31+ 61:20+
04:22+	02:19- 06:17+ 01:33+ 15:38+	04:11- 03:34+ 03:43+ 10:33+	05:08- 03:13+ 00:49+
01:09&	00:51- 03:06& 00:16# 13:31@	01:00- 00:23# 01:42& 01:31#	01:09- 00:33# 00:10&
<b>38</b>	<b>Marianne Johnsen</b>	<b>5</b>	<b>1:02:06</b>
03:07-	05:17- 10:52+ 13:46+ 17:10+	21:41+ 32:40+ 34:42+ 42:22+	55:22+ 61:22+ 62:06+
03:07-	02:10- 05:35+ 02:54+ 03:24+	04:31- 10:59+ 02:02+ 07:40-	13:00+ 06:00+ 00:44+
00:06-	01:00- 02:24& 01:37@ 01:17&	00:40- 07:48@ 00:01+ 01:22-	06:43@ 03:20@ 00:05#
<b>39</b>	<b>Unni B. Sundli</b>	<b>92</b>	<b>1:02:13</b>
01:05-	05:16- 10:03+ 11:49+ 14:53+	30:33+ 35:49+ 38:31+ 45:39+	57:31+ 61:25+ 62:13+
01:05-	04:11+ 04:47+ 01:46+ 03:04+	15:40+ 05:16+ 02:42+ 07:08-	11:52+ 03:54+ 00:48+
02:08-	01:01& 01:36& 00:29& 00:57&	10:29@ 02:05& 00:41& 01:54-	05:35& 01:14& 00:09#
<b>40</b>	<b>Ase Kristensen</b>	<b>94</b>	<b>1:02:34</b>
07:01+	09:58+ 14:23+ 16:17+ 20:07+	26:21+ 30:48+ 36:18+ 45:22+	56:50+ 61:35+ 62:34+
07:01+	02:57- 04:25+ 01:54+ 03:50+	06:14+ 04:27+ 05:30+ 09:04+	11:28+ 04:45+ 00:59+
03:48@	00:13- 01:14& 00:37& 01:43&	01:03# 01:16& 03:29@ 00:02+	05:11& 02:05& 00:20&
<b>41</b>	<b>Haldis Vagle</b>	<b>92</b>	<b>1:02:35</b>
01:10-	05:05- 10:30+ 20:06+ 24:38+	30:30+ 34:51+ 37:56+ 49:04+	56:14+ 61:26+ 62:35+
01:10-	03:55+ 05:25+ 09:36+ 04:32+	05:52+ 04:21+ 03:05+ 11:08+	07:10+ 05:12+ 01:09+
02:03-	00:45# 02:14& 08:19@ 02:25@	00:41# 01:10& 01:04& 02:06#	00:53# 02:32& 00:30&
<b>42</b>	<b>Solbjørg Borgersen</b>	<b>233</b>	<b>1:02:51</b>
00:52-	07:52+ 21:10+ 23:10+ 27:48+	38:05+ 41:33+ 45:40+ 52:37+	58:30+ 62:02+ 62:51+
00:52-	07:00+ 13:18+ 02:00+ 04:38+	10:17+ 03:28+ 04:07+ 06:57-	05:53- 03:32+ 00:49+
02:21-	03:50@ 10:07@ 00:43& 02:31@	05:06& 00:17+ 02:06@ 02:05-	00:24- 00:52& 00:10&
<b>43</b>	<b>Margretha Almedal</b>	<b>91</b>	<b>1:03:56</b>
00:57-	13:55+ 18:02+ 19:48+ 23:15+	27:53+ 32:08+ 37:31+ 47:09+	58:35+ 63:16+ 63:56+
00:57-	12:58+ 04:07+ 01:46+ 03:27+	04:38- 04:15+ 05:23+ 09:38+	11:26+ 04:41+ 00:40+
02:16-	09:48@ 00:56& 00:29& 01:20&	00:33- 01:04& 03:22@ 00:36+	05:09& 02:01& 00:01+
<b>44</b>	<b>Sigrun Serigstad</b>	<b>128</b>	<b>1:05:12</b>
02:37-	05:29- 11:50+ 14:24+ 17:32+	30:38+ 40:54+ 44:08+ 54:52+	62:19+ 64:39+ 65:12+
02:37-	02:52- 06:21+ 02:34+ 03:08+	13:06+ 10:16+ 03:14+ 10:44+	07:27+ 02:20- 00:33-
00:36-	00:18- 03:10& 01:17& 01:01&	07:55@ 07:05@ 01:13& 01:42#	01:10# 00:20- 00:06-
<b>45</b>	<b>Maria E. Pettersen</b>	<b>7</b>	<b>1:05:20</b>
01:20-	04:14- 09:00- 10:58+ 22:11+	27:43+ 31:14+ 33:08+ 46:50+	59:46+ 64:33+ 65:20+
01:20-	02:54- 04:46+ 01:58+ 11:13+	05:32+ 03:31+ 01:54- 13:42+	12:56+ 04:47+ 00:47+
01:53-	00:16- 01:35& 00:41& 09:06@	00:21+ 00:20# 00:07- 04:40&	06:39@ 02:07& 00:08#

Class	Navn	Klasse									Tid
<b>46</b>	<b>Brit Skjelbred</b>	<b>94</b>									<b>1:05:34</b>
01:03-	04:14-	09:01-	10:52+	22:23+	29:23+	33:26+	39:46+	59:26+	64:31+	65:34+	
01:03-	03:11+	04:47+	01:51+	11:31+	07:00+	04:03+	06:20+	08:46-	10:54+	05:05+	
02:10-	00:01+	01:36&	00:34&	09:24@	01:49&	00:52&	04:19@	00:16-	04:37&	02:25&	
00:24&											
<b>47</b>	<b>Lilly Charlotte Berg</b>	<b>94</b>									<b>1:05:39</b>
01:03-	04:14-	09:00-	10:57+	22:09+	29:19+	33:48+	39:45+	48:32+	59:26+	64:31+	
01:03-	03:11+	04:46+	01:57+	11:12+	07:10+	04:29+	05:57+	08:47-	10:54+	05:05+	
02:10-	00:01+	01:35&	00:40&	09:05@	01:59&	01:18&	03:56@	00:15-	04:37&	02:25&	
00:29&											
<b>48</b>	<b>Grete Hellevik</b>	<b>168</b>									<b>1:06:21</b>
01:43-	04:16-	11:33+	13:04+	16:21+	20:49+	23:37+	25:14+	42:37+	59:19+	65:37+	
01:43-	02:33-	07:17+	01:31+	03:17+	04:28-	02:48-	01:37-	17:23+	16:42+	06:18+	
01:30-	00:37-	04:06@	00:14#	01:10&	00:43-	00:23-	00:24-	08:21&	10:25@	03:38@	
00:05#											
<b>49</b>	<b>Jorunn Eriksson Sætre</b>	<b>47</b>									<b>1:07:04</b>
00:43-	22:10+	28:23+	29:46+	33:29+	38:37+	43:55+	45:43+	53:50+	61:32+	66:14+	
00:43-	21:27+	06:13+	01:23+	03:43+	05:08-	05:18+	01:48-	08:07-	07:42+	04:42+	
02:30-	18:17@	03:02&	00:06+	01:36&	00:03-	02:07&	00:13-	00:55-	01:25#	02:02&	
00:11&											
<b>50</b>	<b>Grethe Wathne</b>	<b>109</b>									<b>1:07:15</b>
02:59-	06:48+	11:30+	13:14+	22:24+	27:03+	30:44+	47:23+	55:45+	63:19+	66:22+	
02:59-	03:49+	04:42+	01:44+	09:10+	04:39-	03:41+	16:39+	08:22-	07:34+	03:03+	
00:14-	00:39#	01:31&	00:27&	07:03@	00:32-	00:30#	14:38@	00:40-	01:17#	00:23#	
00:14&											
<b>51</b>	<b>Judith Serigstad</b>	<b>128</b>									<b>1:07:22</b>
06:15+	09:02+	15:43+	17:47+	27:41+	32:21+	35:49+	37:46+	55:34+	62:57+	66:35+	
06:15+	02:47-	06:41+	02:04+	09:54+	04:40-	03:28+	01:57-	17:48+	07:23+	03:38+	
03:02&	00:23-	03:30@	00:47&	07:47@	00:31-	00:17+	00:04-	08:46&	01:06#	00:58&	
00:08#											
<b>52</b>	<b>Bente Salte Aune</b>	<b>128</b>									<b>1:07:23</b>
06:15+	09:07+	15:48+	17:50+	27:43+	32:26+	35:53+	37:49+	55:44+	63:01+	66:36+	
06:15+	02:52-	06:41+	02:02+	09:53+	04:43-	03:27+	01:56-	17:55+	07:17+	03:35+	
03:02&	00:18-	03:30@	00:45&	07:46@	00:28-	00:16+	00:05-	08:53&	01:00#	00:55&	
00:08#											
<b>53</b>	<b>Gunvor Frafjord Tungesvik</b>	<b>228</b>									<b>1:07:27</b>
00:58-	05:12-	16:29+	17:52+	20:40+	25:10+	31:23+	34:49+	48:26+	63:44+	66:42+	
00:58-	04:14+	11:17+	01:23+	02:48+	04:30-	06:13+	03:26+	13:37+	15:18+	02:58+	
02:15-	01:04&	08:06@	00:06+	00:41&	00:41-	03:02&	01:25&	04:35&	09:01@	00:18#	
00:06#											
<b>54</b>	<b>Gunhild Nordbø</b>	<b>117</b>									<b>1:07:57</b>
00:45-	16:51+	25:13+	26:53+	31:11+	34:29+	38:26+	40:21+	55:32+	62:54+	66:56+	
00:45-	16:06+	08:22+	01:40+	04:18+	03:18-	03:57+	01:55-	15:11+	07:22+	04:02+	
02:28-	12:56@	05:11@	00:23&	02:11@	01:53-	00:46#	00:06-	06:09&	01:05#	01:22&	
00:22&											
<b>55</b>	<b>Siri Goa</b>	<b>63</b>									<b>1:08:24</b>
04:10+	08:11+	14:25+	18:25+	21:43+	34:55+	38:41+	47:40+	56:06+	64:43+	67:39+	
04:10+	04:01+	06:14+	04:00+	03:18+	13:12+	03:46+	08:59+	08:26-	08:37+	02:56+	
00:57&	00:51&	03:03&	02:43@	01:11&	08:01@	00:35#	06:58@	00:36-	02:20&	00:16+	
00:06#											
<b>56</b>	<b>Else Marie Furland</b>	<b>93</b>									<b>1:08:36</b>
01:48-	06:10-	14:44+	16:51+	27:06+	31:12+	35:39+	38:31+	52:09+	61:05+	67:22+	
01:48-	04:22+	08:34+	02:07+	10:15+	04:06-	04:27+	02:52+	13:38+	08:56+	06:17+	
01:25-	01:12&	05:23@	00:50&	08:08@	01:05-	01:16&	00:51&	04:36&	02:39&	03:37@	
00:35&											
<b>57</b>	<b>Kristin Harbo</b>	<b>92</b>									<b>1:09:18</b>
01:48-	04:57-	12:17+	14:05+	24:14+	27:49+	31:50+	39:58+	49:41+	64:58+	68:23+	
01:48-	03:09-	07:20+	01:48+	10:09+	03:35-	04:01+	08:08+	09:43+	15:17+	03:25+	
01:25-	00:01-	04:09@	00:31&	08:02@	01:36-	00:50&	06:07@	00:41+	09:00@	00:45&	
00:16&											
<b>58</b>	<b>Anne Malmin</b>	<b>113</b>									<b>1:10:52</b>
02:57-	07:01+	17:48+	20:23+	27:27+	34:33+	39:08+	41:59+	55:22+	63:51+	69:54+	
02:57-	04:04+	10:47+	02:35+	07:04+	07:06+	04:35+	02:51+	13:23+	08:29+	06:03+	
00:16-	00:54&	07:36@	01:18@	04:57@	01:55&	01:24&	00:50&	04:21&	02:12&	03:23@	
00:19&											
<b>59</b>	<b>Ewelina Uscinska</b>	<b>287</b>									<b>1:11:09</b>
01:04-	04:39-	21:38+	23:41+	31:02+	35:40+	40:17+	42:59+	56:19+	65:31+	70:17+	
01:04-	03:35+	16:59+	02:03+	07:21+	04:38-	04:37+	02:42+	13:20+	09:12+	04:46+	
02:09-	00:25#	13:48@	00:46&	05:14@	00:33-	01:26&	00:41&	04:18&	02:55&	02:06&	
00:13&											
<b>60</b>	<b>Hazel Grayston</b>	<b>263</b>									<b>1:14:00</b>
01:17-	04:44-	10:29+	12:41+	18:07+	24:51+	30:31+	42:31+	55:05+	66:58+	72:41+	
01:17-	03:27+	05:45+	02:12+	05:26+	06:44+	05:40+	12:00+	12:34+	11:53+	05:43+	
01:56-	00:17+	02:34&	00:55&	03:19@	01:33&	02:29&	09:59@	03:32&	05:36&	03:03@	
00:40@											

Class	Navn	Klasse										Tid
<b>61</b>	<b>Solveig Mæland</b>	<b>128</b>										<b>1:16:57</b>
02:06-	05:02-	20:33+	22:33+	27:36+	33:48+	38:31+	41:56+	55:39+	71:04+	76:03+	76:57+	
02:06-	02:56-	15:31+	02:00+	05:03+	06:12+	04:43+	03:25+	13:43+	15:25+	04:59+	00:54+	
01:07-	00:14-	12:20@	00:43&	02:56@	01:01#	01:32&	01:24&	04:41&	09:08@	02:19&	00:15&	
<b>62</b>	<b>Anita Edgren</b>	<b>88</b>										<b>1:17:26</b>
07:14+	11:03+	18:55+	20:58+	26:15+	40:14+	44:30+	47:09+	58:18+	71:32+	76:25+	77:26+	
07:14+	03:49+	07:52+	02:03+	05:17+	13:59+	04:16+	02:39+	11:09+	13:14+	04:53+	01:01+	
04:01@	00:39#	04:41@	00:46&	03:10@	08:48@	01:05&	00:38&	02:07#	06:57@	02:13&	00:22&	
<b>63</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>1:17:36</b>
00:48-	06:26+	17:56+	23:12+	27:41+	35:15+	39:49+	46:17+	59:24+	71:26+	76:43+	77:36+	
00:48-	05:38+	11:30+	05:16+	04:29+	07:34+	04:34+	06:28+	13:07+	12:02+	05:17+	00:53+	
02:25-	02:28&	08:19@	03:59@	02:22@	02:23&	01:23&	04:27@	04:05&	05:45&	02:37&	00:14&	
<b>64</b>	<b>Hilde Søndresen</b>	<b>93</b>										<b>1:19:07</b>
02:04-	16:46+	21:25+	23:39+	34:28+	39:48+	44:19+	50:36+	66:36+	73:28+	77:35+	79:07+	
02:04-	14:42+	04:39+	02:14+	10:49+	05:20+	04:31+	06:17+	16:00+	06:52+	04:07+	01:32+	
01:09-	11:32@	01:28&	00:57&	08:42@	00:09+	01:20&	04:16@	06:58&	00:35+	01:27&	00:53@	
<b>65</b>	<b>Inger Synnøve Sjursen</b>	<b>92</b>										<b>1:19:08</b>
02:02-	16:25+	21:22+	23:24+	34:16+	39:45+	44:14+	50:34+	66:26+	73:15+	77:44+	79:08+	
02:02-	14:23+	04:57+	02:02+	10:52+	05:29+	04:29+	06:20+	15:52+	06:49+	04:29+	01:24+	
01:11-	11:13@	01:46&	00:45&	08:45@	00:18+	01:18&	04:19@	06:50&	00:32+	01:49&	00:45@	
<b>66</b>	<b>Ingunn Fandrem</b>	<b>47</b>										<b>1:19:26</b>
06:02+	09:57+	15:26+	17:44+	22:32+	31:27+	38:22+	41:42+	58:44+	73:16+	78:26+	79:26+	
06:02+	03:55+	05:29+	02:18+	04:48+	08:55+	06:55+	03:20+	17:02+	14:32+	05:10+	01:00+	
02:49&	00:45#	02:18&	01:01&	02:41@	03:44&	03:44@	01:19&	08:00&	08:15@	02:30&	00:21&	
<b>67</b>	<b>Solveig Grønning</b>	<b>47</b>										<b>1:19:28</b>
06:07+	10:04+	15:23+	18:02+	22:43+	31:30+	38:39+	41:54+	58:58+	73:22+	78:34+	79:28+	
06:07+	03:57+	05:19+	02:39+	04:41+	08:47+	07:09+	03:15+	17:04+	14:24+	05:12+	00:54+	
02:54&	00:47#	02:08&	01:22@	02:34@	03:36&	03:58@	01:14&	08:02&	08:07@	02:32&	00:15&	
<b>68</b>	<b>Maria Haukalid</b>	<b>47</b>										<b>1:22:01</b>
08:00+	11:03+	21:25+	23:36+	26:49+	35:52+	43:05+	51:04+	60:34+	77:28+	81:01+	82:01+	
08:00+	03:03-	10:22+	02:11+	03:13+	09:03+	07:13+	07:59+	09:30+	16:54+	03:33+	01:00+	
04:47@	00:07-	07:11@	00:54&	01:06&	03:52&	04:02@	05:58@	00:28+	10:37@	00:53&	00:21&	
<b>69</b>	<b>Grete Stokke Seljeskog</b>	<b>128</b>										<b>1:25:20</b>
01:14-	17:18+	21:56+	24:01+	32:52+	37:06+	40:54+	55:05+	66:09+	81:06+	84:38+	85:20+	
01:14-	16:04+	04:38+	02:05+	08:51+	04:14-	03:48+	14:11+	11:04+	14:57+	03:32+	00:42+	
01:59-	12:54@	01:27&	00:48&	06:44@	00:57-	00:37#	12:10@	02:02#	08:40@	00:52&	00:03+	
<b>70</b>	<b>Anna Klasson</b>	<b>165</b>										<b>1:26:31</b>
14:57+	18:43+	23:42+	26:23+	30:40+	35:24+	40:02+	48:42+	62:55+	81:18+	85:42+	86:31+	
14:57+	03:46+	04:59+	02:41+	04:17+	04:44-	04:38+	08:40+	14:13+	18:23+	04:24+	00:49+	
11:44@	00:36#	01:48&	01:24@	02:10@	00:27-	01:27&	06:39@	05:11&	12:06@	01:44&	00:10&	
<b>71</b>	<b>Jane-Britt Arild</b>	<b>47</b>										<b>1:39:36</b>
01:22-	05:19-	30:40+	36:46+	41:42+	46:29+	53:24+	61:46+	79:03+	93:46+	98:15+	99:36+	
01:22-	03:57+	25:21+	06:06+	04:56+	04:47-	06:55+	08:22+	17:17+	14:43+	04:29+	01:21+	
01:51-	00:47#	22:10@	04:49@	02:49@	00:24-	03:44@	06:21@	08:15&	08:26@	01:49&	00:42@	
<b>Beste strekktid for klassen</b>												
00:32	01:45	02:51	01:03	02:07	02:12	02:18	01:37	05:24	03:27	01:57	00:33	

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

## Herrer 16 - 39 år

<b>1</b>	<b>Vegard Braut Kyllingstad</b>	<b>66</b>										<b>40:03</b>		
00:52=	03:06=	07:26=	12:04=	14:45=	15:41=	21:53=	23:53=	25:26=	29:09=	33:30=	34:44=	38:46=	39:37=	40:03=
00:52=	02:14=	04:20=	04:38=	02:41=	00:56=	06:12=	02:00=	01:33=	03:43=	04:21=	01:14=	04:02=	00:51=	00:26=
00:00=	00:00=	00:00=	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>42:28</b>		
00:46-	04:08+	06:56-	11:26-	14:15-	15:14-	20:53-	24:04+	25:44+	29:15+	36:01+	37:39+	41:00+	42:03+	42:28+
00:46-	03:22+	02:48-	04:30-	02:49+	00:59+	05:39-	03:11+	01:40+	03:31-	06:46+	01:38+	03:21-	01:03+	00:25-
00:06-	01:08&	01:32-	00:08-	00:08+	00:03+	00:33-	01:11&	00:07+	00:12-	02:25&	00:24&	00:41-	00:12#	00:01-

Class	Navn	Klasse										Tid		
<b>3</b>	<b>Svein Magnus Halsne</b>	<b>71</b>										<b>43:01</b>		
01:06+	08:14+	10:47+	14:58+	17:24+	18:25+	23:29+	25:36+	28:07+	31:42+	35:57+	37:37+	40:49+	42:19+	43:01+
01:06+	07:08+	02:33-	04:11-	02:26-	01:01+	05:04-	02:07+	02:31+	03:35-	04:15-	01:40+	03:12-	01:30+	00:42+
00:14&	04:54@	01:47-	00:27-	00:15-	00:05+	01:08-	00:07+	00:58&	00:08-	00:06-	00:26&	00:50-	00:39&	00:16&
<b>4</b>	<b>Andreas Terjesen</b>	<b>53</b>										<b>43:09</b>		
00:51-	02:53-	05:35-	12:59+	15:26+	16:26+	22:14+	24:24+	26:11+	30:39+	36:20+	37:55+	41:47+	42:40+	43:09+
00:51-	02:02-	02:42-	07:24+	02:27-	01:00+	05:48-	02:10+	01:47+	04:28+	05:41+	01:35+	03:52-	00:53+	00:29+
00:01-	00:12-	01:38-	02:46&	00:14-	00:04+	00:24-	00:10+	00:14#	00:45#	01:20&	00:21&	00:10-	00:02+	00:03#
<b>5</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>										<b>43:25</b>		
01:24+	04:30+	07:34+	12:49+	15:37+	17:22+	22:05+	24:27+	26:28+	30:32+	35:47+	37:36+	41:47+	42:51+	43:25+
01:24+	03:06+	03:04-	05:15+	02:48+	01:45+	04:43-	02:22+	02:01+	04:04+	05:15+	01:49+	04:11+	01:04+	00:34+
00:32&	00:52&	01:16-	00:37#	00:07+	00:49&	01:29-	00:22#	00:28&	00:21+	00:54#	00:35&	00:09+	00:13&	00:08&
<b>6</b>	<b>Håkon Eggebø</b>	<b>71</b>										<b>43:40</b>		
00:44-	03:18+	05:49-	13:38+	15:50+	16:57+	22:19+	24:37+	26:24+	31:21+	36:53+	38:16+	42:04+	43:07+	43:40+
00:44-	02:34+	02:31-	07:49+	02:12-	01:07+	05:22-	02:18+	01:47+	04:57+	05:32+	01:23+	03:48-	01:03+	00:33+
00:08-	00:20#	01:49-	03:11&	00:29-	00:11#	00:50-	00:18#	00:14#	01:14&	01:11&	00:09#	00:14-	00:12#	00:07&
<b>7</b>	<b>Jonas Bolstad Scheie</b>	<b>62</b>										<b>44:09</b>		
01:01+	04:32+	07:16-	16:12+	18:43+	19:38+	24:34+	27:28+	29:36+	33:10+	38:14+	39:46+	42:30+	43:41+	44:09+
01:01+	03:31+	02:44-	08:56+	02:31-	00:55-	04:56-	02:54+	02:08+	03:34-	05:04+	01:32+	02:44-	01:11+	00:28+
00:09#	01:17&	01:36-	04:18&	00:10-	00:01-	01:16-	00:54&	00:35&	00:09-	00:43#	00:18#	01:18-	00:20&	00:02+
<b>8</b>	<b>Thomas Jansen</b>	<b>289</b>										<b>44:31</b>		
00:54+	03:42+	06:57-	11:51-	13:47-	14:58-	20:32-	22:24-	24:29-	31:30+	35:42+	36:53+	42:13+	43:34+	44:31+
00:54+	02:48+	03:15-	04:54+	01:56-	01:11+	05:34-	01:52-	02:05+	07:01+	04:12-	01:11-	05:20+	01:21+	00:57+
00:02+	00:34&	01:05-	00:16+	00:45-	00:15&	00:38-	00:08-	00:32&	03:18&	00:09-	00:03-	01:18&	00:30&	00:31@
<b>9</b>	<b>Marius Stene</b>	<b>27</b>										<b>45:02</b>		
00:53+	03:38+	06:14-	15:17+	18:00+	19:54+	25:30+	27:37+	29:29+	34:05+	38:04+	40:00+	43:33+	44:34+	45:02+
00:53+	02:45+	02:36-	09:03+	02:43+	01:54+	05:36-	02:07+	01:52+	04:36+	03:59-	01:56+	03:33-	01:01+	00:28+
00:01+	00:31#	01:44-	04:25&	00:02+	00:58@	00:36-	00:07+	00:19#	00:53#	00:22-	00:42&	00:29-	00:10#	00:02+
<b>10</b>	<b>Mathias Nørdland</b>	<b>194</b>										<b>45:56</b>		
01:09+	03:11+	13:25+	18:22+	21:07+	22:19+	27:07+	29:35+	31:36+	35:09+	39:44+	41:08+	44:25+	45:29+	45:56+
01:09+	02:02-	10:14+	04:57+	02:45+	01:12+	04:48-	02:28+	02:01+	03:33-	04:35+	01:24+	03:17-	01:04+	00:27+
00:17&	00:12-	05:54@	00:19+	00:04+	00:16&	01:24-	00:28#	00:28&	00:10-	00:14+	00:10#	00:45-	00:13&	00:01+
<b>11</b>	<b>Martin Skogland</b>	<b>98</b>										<b>46:21</b>		
01:02+	07:42+	10:22+	14:39+	16:50+	18:01+	25:00+	27:15+	29:08+	33:14+	39:02+	40:32+	44:00+	44:51+	46:21+
01:02+	06:40+	02:40-	04:17-	02:11-	01:11+	06:59+	02:15+	01:53+	04:06+	05:48+	01:30+	03:28-	00:51=	01:30+
00:10#	04:26@	01:40-	00:21-	00:30-	00:15&	00:47#	00:15#	00:20#	00:23#	01:27&	00:16#	00:34-	00:00=	01:04@
<b>12</b>	<b>Morten Fenne</b>	<b>228</b>										<b>46:36</b>		
02:17+	04:35+	07:20-	13:41+	16:40+	17:44+	24:00+	27:49+	29:58+	34:42+	39:54+	41:51+	45:01+	46:02+	46:36+
02:17+	02:18+	02:45-	06:21+	02:59+	01:04+	06:16+	03:49+	02:09+	04:44+	05:12+	01:57+	03:10-	01:01+	00:34+
01:25@	00:04+	01:35-	01:43&	00:18#	00:08#	00:04+	01:49&	00:36&	01:01&	00:51#	00:43&	00:52-	00:10#	00:08&
<b>13</b>	<b>Kjetil Hollund</b>	<b>108</b>										<b>46:38</b>		
01:06+	04:24+	07:24-	15:00+	17:34+	19:01+	24:18+	26:46+	28:50+	33:46+	38:32+	40:28+	45:05+	46:06+	46:38+
01:06+	03:18+	03:00-	07:36+	02:34-	01:27+	05:17-	02:28+	02:04+	04:56+	04:46+	01:56+	04:37+	01:01+	00:32+
00:14&	01:04&	01:20-	02:58&	00:07-	00:31&	00:55-	00:28#	00:31&	01:13&	00:25+	00:42&	00:35#	00:10#	00:06#
<b>14</b>	<b>Audun Rostad</b>	<b>126</b>										<b>47:13</b>		
01:13+	04:00+	06:54-	15:55+	18:24+	19:56+	26:12+	28:13+	29:53+	34:02+	39:50+	41:27+	45:35+	46:43+	47:13+
01:13+	02:47+	02:54-	09:01+	02:29+	01:32+	06:16+	02:01+	01:40+	04:09+	05:48+	01:37+	04:08+	01:08+	00:30+
00:21&	00:33#	01:26-	04:23&	00:12-	00:36&	00:04+	00:01+	00:07+	00:26#	01:27&	00:23&	00:06+	00:17&	00:04#
<b>15</b>	<b>Bjørnar Owren</b>	<b>74</b>										<b>47:14</b>		
01:11+	04:00+	06:40-	14:30+	17:20+	18:36+	24:24+	27:04+	29:00+	34:37+	39:48+	41:12+	45:23+	46:39+	47:14+
01:11+	02:49+	02:40-	07:50+	02:50+	01:16+	05:48-	02:40+	01:56+	05:37+	05:11+	01:24+	04:11+	01:16+	00:35+
00:19&	00:35&	01:40-	03:12&	00:09+	00:20&	00:24-	00:40&	00:23#	01:54&	00:50#	00:10#	00:09+	00:25&	00:09&
<b>16</b>	<b>Dag Eivind Watsend</b>	<b>92</b>										<b>48:19</b>		
01:04+	03:39+	06:31-	11:56-	14:57+	16:05+	22:03+	24:47+	26:50+	32:30+	38:05+	40:10+	46:17+	47:40+	48:19+
01:04+	02:35+	02:52-	05:25+	03:01+	01:08+	05:58-	02:44+	02:03+	05:40+	05:35+	02:05+	06:07+	01:23+	00:39+
00:12#	00:21#	01:28-	00:47#	00:20#	00:12#	00:14-	00:44&	00:30&	01:57&	01:14&	00:51&	02:05&	00:32&	00:13&
<b>17</b>	<b>Torbjørn Ims Østby</b>	<b>66</b>										<b>49:26</b>		
01:10+	03:29+	06:17-	12:23+	14:29-	15:44+	24:42+	26:55+	28:50+	33:06+	42:50+	44:22+	48:00+	48:56+	49:26+
01:10+	02:19+	02:48-	06:06+	02:06-	01:15+	08:58+	02:13+	01:55+	04:16+	09:44+	01:32+	03:38-	00:56+	00:30+
00:18&	00:05+	01:32-	01:28&	00:35-	00:19&	02:46&	00:13#	00:22#	00:33#	05:23@	00:18#	00:24-	00:05+	00:04#

Class	Navn	Klasse										Tid		
<b>18</b>	<b>Svein Kyllingstad</b>	<b>71</b>										<b>49:36</b>		
01:32+	04:42+	07:35+	15:26+	18:13+	19:28+	24:43+	27:02+	29:13+	35:30+	42:09+	43:40+	47:42+	48:36+	49:36+
01:32+	03:10+	02:53-	07:51+	02:47+	01:15+	05:15-	02:19+	02:11+	06:17+	06:39+	01:31+	04:02=	00:54+	01:00+
00:40&	00:56&	01:27-	03:13&	00:06+	00:19&	00:57-	00:19#	00:38&	02:34&	02:18&	00:17#	00:00=	00:03+	00:34&
<b>19</b>	<b>Frode Ungar</b>	<b>116</b>										<b>50:39</b>		
01:02+	05:00+	07:58+	14:17+	17:29+	19:14+	25:32+	27:46+	30:24+	35:10+	42:58+	44:25+	49:11+	50:06+	50:39+
01:02+	03:58+	02:58-	06:19+	03:12+	01:45+	06:18+	02:14+	02:38+	04:46+	07:48+	01:27+	04:46+	00:55+	00:33+
00:10#	01:44&	01:22-	01:41&	00:31#	00:49&	00:06+	00:14#	01:05&	01:03&	03:27&	00:13#	00:44#	00:04+	00:07&
<b>20</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>										<b>51:14</b>		
00:56+	04:40+	09:04+	22:09+	24:43+	25:41+	30:32+	33:32+	35:34+	39:07+	44:12+	45:49+	49:42+	50:43+	51:14+
00:56+	03:44+	04:24+	13:05+	02:34-	00:58+	04:51-	03:00+	02:02+	03:33-	05:05+	01:37+	03:53-	01:01+	00:31+
00:04+	01:30&	00:04+	08:27&	00:07-	00:02+	01:21-	01:00&	00:29&	00:10-	00:44#	00:23&	00:09-	00:10#	00:05#
<b>21</b>	<b>Rune Hatle</b>	<b>65</b>										<b>51:56</b>		
01:02+	04:30+	07:42+	13:36+	16:02+	17:33+	24:36+	27:41+	30:55+	37:09+	43:55+	45:40+	50:05+	51:19+	51:56+
01:02+	03:28+	03:12-	05:54+	02:26-	01:31+	07:03+	03:05+	03:14+	06:14+	06:46+	01:45+	04:25+	01:14+	00:37+
00:10#	01:14&	01:08-	01:16&	00:15-	00:35&	00:51#	01:05&	01:41&	02:31&	02:25&	00:31&	00:23+	00:23&	00:11&
<b>22</b>	<b>Stian Haugvaldstad</b>	<b>116</b>										<b>53:09</b>		
03:01+	06:18+	08:48+	14:34+	16:50+	18:02+	25:07+	27:36+	29:15+	35:50+	44:42+	46:05+	51:27+	52:37+	53:09+
03:01+	03:17+	02:30-	05:46+	02:16-	01:12+	07:05+	02:29+	01:39+	06:35+	08:52+	01:23+	05:22+	01:10+	00:32+
02:09&	01:03&	01:50-	01:08#	00:25-	00:16&	00:53#	00:29#	00:06+	02:52&	04:31&	00:09#	01:20&	00:19&	00:06#
<b>23</b>	<b>Oddgeir Nevland</b>	<b>51</b>										<b>53:17</b>		
01:04+	04:25+	08:20+	14:17+	17:07+	19:33+	27:57+	30:44+	33:47+	38:31+	44:23+	45:57+	51:33+	52:42+	53:17+
01:04+	03:21+	03:55-	05:57+	02:50+	02:26+	08:24+	02:47+	03:03+	04:44+	05:52+	01:34+	05:36+	01:09+	00:35+
00:12#	01:07&	00:25-	01:19&	00:09+	01:30&	02:12&	00:47&	01:30&	01:01&	01:31&	00:20&	01:34&	00:18&	00:09&
<b>24</b>	<b>Andreas Florian Ente</b>	<b>66</b>										<b>55:08</b>		
03:32+	06:58+	11:40+	18:59+	21:16+	22:15+	30:14+	32:45+	35:07+	41:02+	45:55+	47:56+	52:40+	54:30+	55:08+
03:32+	03:26+	04:42+	07:19+	02:17-	00:59+	07:59+	02:31+	02:22+	05:55+	04:53+	02:01+	04:44+	01:50+	00:38+
02:40&	01:12&	00:22+	02:41&	00:24-	00:03+	01:47&	00:31&	00:49&	02:12&	00:32#	00:47&	00:42#	00:59&	00:12&
<b>25</b>	<b>Håvard Barkved</b>	<b>71</b>										<b>55:51</b>		
00:59+	04:33+	08:34+	23:16+	25:31+	26:57+	35:02+	37:16+	39:46+	43:44+	48:28+	50:06+	53:58+	55:22+	55:51+
00:59+	03:34+	04:01-	14:42+	02:15-	01:26+	08:05+	02:14+	02:30+	03:58+	04:44+	01:38+	03:52-	01:24+	00:29+
00:07#	01:20&	00:19-	10:04&	00:26-	00:30&	01:53&	00:14#	00:57&	00:15+	00:23+	00:24&	00:10-	00:33&	00:03#
<b>26</b>	<b>Sondre Aspøy</b>	<b>117</b>										<b>56:13</b>		
01:05+	04:06+	07:18-	12:47+	16:06+	17:45+	26:03+	29:07+	31:49+	38:21+	46:11+	48:32+	54:12+	55:36+	56:13+
01:05+	03:01+	03:12-	05:29+	03:19+	01:39+	08:18+	03:04+	02:42+	06:32+	07:50+	02:21+	05:40+	01:24+	00:37+
00:13#	00:47&	01:08-	00:51#	00:38#	00:43&	02:06&	01:04&	01:09&	02:49&	03:29&	01:07&	01:38&	00:33&	00:11&
<b>27</b>	<b>Håvard Thomassen Lauritsen</b>	<b>116</b>										<b>59:01</b>		
00:48-	03:59+	06:46-	11:34-	14:35-	15:54+	22:53+	28:25+	32:48+	42:48+	48:40+	51:53+	57:28+	58:28+	59:01+
00:48-	03:11+	02:47-	04:48+	03:01+	01:19+	06:59+	05:32+	04:23+	10:00+	05:52+	03:13+	05:35+	01:00+	00:33+
00:04-	00:57&	01:33-	00:10+	00:20#	00:23&	00:47#	03:32&	02:50&	06:17&	01:31&	01:59&	01:33&	00:09#	00:07&
<b>28</b>	<b>Christian Ask</b>	<b>180</b>										<b>59:47</b>		
00:51-	03:24+	14:38+	22:07+	24:28+	25:45+	36:21+	38:37+	41:03+	45:35+	51:25+	52:50+	57:30+	58:33+	59:47+
00:51-	02:33+	11:14+	07:29+	02:21-	01:17+	10:36+	02:16+	02:26+	04:32+	05:50+	01:25+	04:40+	01:03+	01:14+
00:01-	00:19#	06:54&	02:51&	00:20-	00:21&	04:24&	00:16#	00:53&	00:49#	01:29&	00:11#	00:38#	00:12#	00:48&
<b>29</b>	<b>Thorben Beimel</b>	<b>239</b>										<b>59:59</b>		
01:11+	03:25+	09:13+	14:46+	19:35+	22:22+	27:30+	29:36+	31:44+	38:58+	52:43+	53:54+	58:25+	59:26+	59:59+
01:11+	02:14+	05:48+	05:33+	04:49+	02:47+	05:08-	02:06+	02:08+	07:14+	13:45+	01:11-	04:31+	01:01+	00:33+
00:19&	00:00=	01:28&	00:55#	02:08&	01:51&	01:04-	00:06+	00:35&	03:31&	09:24&	00:03-	00:29#	00:10#	00:07&
<b>30</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>1:03:09</b>		
02:24+	05:32+	11:48+	20:11+	24:06+	25:56+	32:32+	34:45+	36:50+	46:54+	54:21+	55:47+	60:49+	62:29+	63:09+
02:24+	03:08+	06:16+	08:23+	03:55+	01:50+	06:36+	02:13+	02:05+	10:04+	07:27+	01:26+	05:02+	01:40+	00:40+
01:32&	00:54&	01:56&	03:45&	01:14&	00:54&	00:24+	00:13#	00:32&	06:21&	03:06&	00:12#	01:00#	00:49&	00:14&
<b>31</b>	<b>David Wade</b>	<b>116</b>										<b>1:06:19</b>		
01:32+	04:26+	07:39+	12:24+	15:00+	16:15+	25:35+	28:58+	41:39+	48:29+	58:12+	60:12+	64:14+	65:31+	66:19+
01:32+	02:54+	03:13-	04:45+	02:36-	01:15+	09:20+	03:23+	12:41+	06:50+	09:43+	02:00+	04:02=	01:17+	00:48+
00:40&	00:40&	01:07-	00:07+	00:05-	00:19&	03:08&	01:23&	11:08&	03:07&	05:22&	00:46&	00:00=	00:26&	00:22&
<b>32</b>	<b>Alexander Khorunzhiy</b>	<b>287</b>										<b>1:16:36</b>		
01:13+	05:49+	12:02+	22:34+	25:52+	27:39+	35:24+	38:59+	42:10+	54:13+	67:50+	69:37+	74:47+	75:55+	76:36+
01:13+	04:36+	06:13+	10:32+	03:18+	01:47+	07:45+	03:35+	03:11+	12:03+	13:37+	01:47+	05:10+	01:08+	00:41+
00:21&	02:22&	01:53&	05:54&	00:37#	00:51&	01:33#	01:35&	01:38&	08:20&	09:16&	00:33&	01:08&	00:17&	00:15&



Class	Navn	Klasse										Tid				
<b>33</b>	<b>Alf Olav Kalvik</b>	<b>7</b>										<b>1:17:23</b>				
		01:37+	06:06+	11:34+	22:30+	27:29+	29:47+	37:53+	42:43+	46:31+	55:10+	65:34+	67:36+	74:09+	76:49+	77:23+
		01:37+	04:29+	05:28+	10:56+	04:59+	02:18+	08:06+	04:50+	03:48+	08:39+	10:24+	02:02+	06:33+	02:40+	00:34+
		00:45&	02:15&	01:08&	06:18&	02:18&	01:22&	01:54&	02:50&	02:15&	04:56&	06:03&	00:48&	02:31&	01:49&	00:08&

**Beste strekktid for klassen**  
00:44 02:02 02:30 04:11 01:56 00:55 04:43 01:52 01:33 03:31 03:59 01:11 02:44 00:51 00:25

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

## Herrer 40 - 49 år

<b>1</b>	<b>Oddmund Nordgård</b>	<b>105</b>										<b>42:26</b>				
		00:52=	03:49=	06:56=	11:46=	14:14=	15:35=	21:04=	23:18=	25:25=	29:42=	35:49=	37:17=	41:04=	41:55=	42:26=
		00:52=	02:57=	03:07=	04:50=	02:28=	01:21=	05:29=	02:14=	02:07=	04:17=	06:07=	01:28=	03:47=	00:51=	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=
<b>2</b>	<b>Rune Dahl Fitjar</b>	<b>90</b>										<b>45:42</b>				
		01:00+	03:28-	06:48-	12:27+	14:57+	16:10+	22:30+	24:54+	27:09+	32:29+	38:03+	39:43+	44:00+	45:01+	45:42+
		01:00+	02:28-	03:20+	05:39+	02:30+	01:13-	06:20+	02:24+	02:15+	05:20+	05:34-	01:40+	04:17+	01:01+	00:41+
		00:08#	00:29-	00:13+	00:49#	00:02+	00:08-	00:51#	00:10+	00:08+	01:03#	00:33-	00:12#	00:30#	00:10#	00:10&
<b>3</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>										<b>46:11</b>				
		00:58+	03:45-	07:19+	14:10+	16:50+	18:05+	24:59+	27:15+	29:26+	33:49+	39:34+	41:08+	44:51+	45:42+	46:11+
		00:58+	02:47-	03:34+	06:51+	02:40+	01:15-	06:54+	02:16+	02:11+	04:23+	05:45-	01:34+	03:43-	00:51+	00:29-
		00:06#	00:10-	00:27#	02:01&	00:12+	00:06-	01:25#	00:02+	00:04+	00:06+	00:22-	00:06+	00:04-	00:00=	00:02-
<b>4</b>	<b>Erlend Kveinen</b>	<b>116</b>										<b>49:07</b>				
		01:14+	03:55+	09:05+	15:36+	20:01+	21:17+	27:08+	31:27+	33:21+	37:34+	42:04+	43:45+	47:15+	48:17+	49:07+
		01:14+	02:41-	05:10+	06:31+	04:25+	01:16-	05:51+	04:19+	01:54-	04:13-	04:30-	01:41+	03:30-	01:02+	00:50+
		00:22&	00:16-	02:03&	01:41&	01:57&	00:05-	00:22+	02:05&	00:13-	00:04-	01:37-	00:13#	00:17-	00:11#	00:19&
<b>5</b>	<b>Egil Syre</b>	<b>101</b>										<b>49:22</b>				
		00:53+	03:33-	06:24-	12:40+	15:25+	16:39+	23:55+	26:28+	29:46+	34:37+	41:24+	43:19+	47:29+	48:48+	49:22+
		00:53+	02:40-	02:51-	06:16+	02:45+	01:14-	07:16+	02:33+	03:18+	04:51+	06:47+	01:55+	04:10+	01:19+	00:34+
		00:01+	00:17-	00:16-	01:26&	00:17#	00:07-	01:47&	00:19#	01:11&	00:34#	00:40#	00:27&	00:23#	00:28&	00:03+
<b>6</b>	<b>John Breiland</b>	<b>352</b>										<b>49:49</b>				
		01:07+	04:01+	07:10+	12:27+	14:22+	15:36+	21:01-	25:17+	27:16+	38:15+	42:43+	44:03+	47:31+	48:26+	49:49+
		01:07+	02:54-	03:09+	05:17+	01:55-	01:14-	05:25-	04:16+	01:59-	10:59+	04:28-	01:20-	03:28-	00:55+	01:23+
		00:15&	00:03-	00:02+	00:27+	00:33-	00:07-	00:04-	02:02&	00:08-	06:42&	01:39-	00:08-	00:19-	00:04+	00:52&
<b>7</b>	<b>Jan Kenneth Polle</b>	<b>83</b>										<b>50:36</b>				
		00:54+	03:08-	05:58-	13:57+	17:00+	18:07+	27:00+	29:37+	32:10+	36:38+	42:20+	44:16+	48:49+	50:03+	50:36+
		00:54+	02:14-	02:50-	07:59+	03:03+	01:07-	08:53+	02:37+	02:33+	04:28+	05:42-	01:56+	04:33+	01:14+	00:33+
		00:02+	00:43-	00:17-	03:09&	00:35#	00:14-	03:24&	00:23#	00:26#	00:11+	00:25-	00:28&	00:46#	00:23&	00:02+
<b>8</b>	<b>Arjen Leendertse</b>	<b>91</b>										<b>51:33</b>				
		00:48-	03:19-	06:18-	10:52-	12:58-	14:01-	25:23+	27:29+	32:20+	37:36+	42:56+	45:05+	49:20+	50:50+	51:33+
		00:48-	02:31-	02:59-	04:34-	02:06-	01:03-	11:22+	02:06-	04:51+	05:16+	05:20-	02:09+	04:15+	01:30+	00:43+
		00:04-	00:26-	00:08-	00:16-	00:22-	00:18-	05:53&	00:08-	02:44&	00:59#	00:47-	00:41&	00:28#	00:39&	00:12&
<b>9</b>	<b>Tor Kristian Gyland</b>	<b>108</b>										<b>52:39</b>				
		00:56+	03:42-	06:50-	12:22+	14:56+	16:24+	23:40+	26:11+	28:23+	38:12+	44:36+	46:29+	50:43+	51:48+	52:39+
		00:56+	02:46-	03:08+	05:32+	02:34+	01:28+	07:16+	02:31+	02:12+	09:49+	06:24+	01:53+	04:14+	01:05+	00:51+
		00:04+	00:11-	00:01+	00:42#	00:06+	00:07+	01:47&	00:17#	00:05+	05:32&	00:17+	00:25&	00:27#	00:14&	00:20&
<b>10</b>	<b>Jean-Sébastien Dorne</b>	<b>42</b>										<b>53:53</b>				
		03:23+	06:25+	09:30+	19:20+	21:37+	22:58+	29:22+	32:08+	34:32+	38:51+	46:16+	48:06+	51:43+	53:12+	53:53+
		03:23+	03:02+	03:05-	09:50+	02:17-	01:21=	06:24+	02:46+	02:24+	04:19+	07:25+	01:50+	03:37-	01:29+	00:41+
		02:31&	00:05+	00:02-	05:00&	00:11-	00:00=	00:55#	00:32#	00:17#	00:02+	01:18#	00:22#	00:10-	00:38&	00:10&
<b>11</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>55:26</b>				
		01:07+	04:42+	08:15+	14:33+	17:16+	18:52+	27:22+	30:08+	32:44+	38:12+	46:14+	47:56+	52:58+	54:47+	55:26+
		01:07+	03:35+	03:33+	06:18+	02:43+	01:36+	08:30+	02:46+	02:36+	05:28+	08:02+	01:42+	05:02+	01:49+	00:39+
		00:15&	00:38#	00:26#	01:28&	00:15#	00:15#	03:01&	00:32#	00:29#	01:11&	01:55&	00:14#	01:15&	00:58&	00:08&
<b>12</b>	<b>Håvard Svihus</b>	<b>267</b>										<b>55:44</b>				
		01:28+	04:18+	07:08+	12:36+	15:13+	16:32+	24:20+	26:34+	29:01+	38:52+	48:21+	50:00+	53:41+	55:11+	55:44+
		01:28+	02:50-	02:50-	05:28+	02:37+	01:19-	07:48+	02:14=	02:27+	09:51+	09:29+	01:39+	03:41-	01:30+	00:33+
		00:36&	00:07-	00:17-	00:38#	00:09+	00:02-	02:19&	00:00=	00:20#	05:34&	03:22&	00:11#	00:06-	00:39&	00:02+

Class	Navn	Klasse											Tid	
<b>13</b>	<b>Trondr Breiland</b>	<b>53</b>											<b>56:09</b>	
01:12+	03:29-	06:12-	19:10+	21:38+	22:58+	30:22+	33:16+	35:28+	40:02+	45:50+	47:24+	54:35+	55:38+	56:09+
01:12+	02:17-	02:43-	12:58+	02:28=	01:20-	07:24+	02:54+	02:12+	04:34+	05:48-	01:34+	07:11+	01:03+	00:31=
00:20&	00:40-	00:24-	08:08@	00:00=	00:01-	01:55&	00:40&	00:05+	00:17+	00:19-	00:06+	03:24&	00:12#	00:00=
<b>14</b>	<b>Jan Kristensen</b>	<b>7</b>											<b>56:50</b>	
00:56+	04:26+	08:25+	14:16+	17:00+	18:40+	27:08+	30:51+	34:01+	39:41+	47:11+	48:57+	54:52+	56:08+	56:50+
00:56+	03:30+	03:59+	05:51+	02:44+	01:40+	08:28+	03:43+	03:10+	05:40+	07:30+	01:46+	05:55+	01:16+	00:42+
00:04+	00:33#	00:52&	01:01#	00:16#	00:19#	02:59&	01:29&	01:03&	01:23&	01:23#	00:18#	02:08&	00:25&	00:11&
<b>15</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>											<b>57:14</b>	
00:53+	03:59+	07:02+	15:07+	24:45+	25:55+	32:15+	34:48+	37:31+	42:47+	49:22+	50:56+	54:16+	56:38+	57:14+
00:53+	03:06+	03:03-	08:05+	09:38+	01:10-	06:20+	02:33+	02:43+	05:16+	06:35+	01:34+	03:20-	02:22+	00:36+
00:01+	00:09+	00:04-	03:15&	07:10@	00:11-	00:51#	00:19#	00:36&	00:59#	00:28+	00:06+	00:27-	01:31@	00:05#
<b>16</b>	<b>Lars Primstad</b>	<b>62</b>											<b>58:17</b>	
00:50-	04:14+	07:40+	20:00+	26:40+	27:39+	32:42+	35:37+	37:17+	46:05+	51:16+	52:36+	56:49+	57:49+	58:17+
00:50-	03:24+	03:26+	12:20+	06:40+	00:59-	05:03-	02:55+	01:40-	08:48+	05:11-	01:20-	04:13+	01:00+	00:28-
00:02-	00:27#	00:19#	07:30@	04:12@	00:22-	00:26-	00:41&	00:27-	04:31@	00:56-	00:08-	00:26#	00:09#	00:03-
<b>17</b>	<b>Kjetil Solbakken</b>	<b>66</b>											<b>59:24</b>	
01:32+	04:44+	08:25+	14:22+	18:24+	19:27+	30:59+	32:57+	34:50+	39:58+	50:18+	51:56+	55:35+	58:43+	59:24+
01:32+	03:12+	03:41+	05:57+	04:02+	01:03-	11:32+	01:58-	01:53-	05:08+	10:20+	01:38+	03:39-	03:08+	00:41+
00:40&	00:15+	00:34#	01:07#	01:34&	00:18-	06:03@	00:16-	00:14-	00:51#	04:13&	00:10#	00:08-	02:17@	00:10&
<b>18</b>	<b>Per Ivar Hovstad</b>	<b>116</b>											<b>59:50</b>	
02:03+	05:31+	09:56+	15:50+	19:34+	21:04+	29:26+	33:13+	36:37+	42:33+	49:33+	51:03+	58:14+	59:18+	59:50+
02:03+	03:28+	04:25+	05:54+	03:44+	01:30+	08:22+	03:47+	03:24+	05:56+	07:00+	01:30+	07:11+	01:04+	00:32+
01:11@	00:31#	01:18&	01:04#	01:16&	00:09#	02:53&	01:33&	01:17&	01:39&	00:53#	00:02+	03:24&	00:13&	00:01+
<b>19</b>	<b>Cedric Fayemendy</b>	<b>116</b>											<b>1:00:38</b>	
03:16+	05:43+	12:05+	17:12+	19:47+	21:28+	26:43+	29:45+	34:16+	46:09+	52:34+	54:18+	58:05+	59:42+	60:38+
03:16+	02:27-	06:22+	05:07+	02:35#	01:41+	05:15-	03:02+	04:31+	11:53+	06:25+	01:44+	03:47=	01:37+	00:56+
02:24@	00:30-	03:15@	00:17+	00:07+	00:20#	00:14-	00:48&	02:24@	07:36@	00:18+	00:16#	00:00=	00:46&	00:25&
<b>20</b>	<b>Rune Paulsen</b>	<b>98</b>											<b>1:02:17</b>	
01:10+	06:09+	09:44+	17:50+	21:26+	23:03+	31:04+	33:51+	36:25+	49:26+	55:46+	57:41+	61:06+	61:50+	62:17+
01:10+	04:59+	03:35+	08:06+	03:36+	01:37+	08:01+	02:47+	02:34+	13:01+	06:20+	01:55+	03:25-	00:44-	00:27-
00:18&	02:02&	00:28#	03:16&	01:08&	00:16#	02:32&	00:33#	00:27#	08:44@	00:13+	00:27&	00:22-	00:07-	00:04-
<b>21</b>	<b>André Sirevåg</b>	<b>116</b>											<b>1:03:17</b>	
00:59+	04:42+	07:52+	20:04+	22:57+	25:05+	34:09+	37:38+	42:11+	47:37+	54:09+	56:28+	61:14+	62:33+	63:17+
00:59+	03:43+	03:10+	12:12+	02:53+	02:08+	09:04+	03:29+	04:33+	05:26+	06:32+	02:19+	04:46+	01:19+	00:44+
00:07#	00:46&	00:03+	07:22@	00:25#	00:47&	03:35&	01:15&	02:26@	01:09&	00:25+	00:51&	00:59&	00:28&	00:13&
<b>22</b>	<b>Simen Auli Staff</b>	<b>115</b>											<b>1:04:51</b>	
01:31+	09:48+	13:39+	21:08+	24:12+	26:10+	33:17+	37:46+	40:30+	45:38+	53:56+	56:01+	62:13+	63:38+	64:51+
01:31+	08:17+	03:51+	07:29+	03:04+	01:58+	07:07+	04:29+	02:44+	05:08+	08:18+	02:05+	06:12+	01:25+	01:13+
00:39&	05:20@	00:44#	02:39&	00:36#	00:37&	01:38&	02:15@	00:37&	00:51#	02:11&	00:37&	02:25&	00:34&	00:42@
<b>23</b>	<b>Andreas Becht</b>	<b>116</b>											<b>1:05:24</b>	
01:25+	04:17+	07:39+	27:00+	29:41+	31:04+	37:38+	40:33+	43:14+	48:26+	55:53+	58:19+	62:33+	64:23+	65:24+
01:25+	02:52-	03:22+	19:21+	02:41+	01:23+	06:34+	02:55+	02:41+	05:12+	07:27+	02:26+	04:14+	01:50+	01:01+
00:33&	00:05-	00:15+	14:31@	00:13+	00:02+	01:05#	00:41&	00:34&	00:55#	01:20#	00:58&	00:27#	00:59@	00:30&
<b>24</b>	<b>Ole-Tobias Frich</b>	<b>116</b>											<b>1:05:31</b>	
01:44+	05:09+	16:25+	21:44+	24:13+	25:58+	33:21+	36:00+	38:16+	42:58+	56:10+	58:05+	63:11+	64:57+	65:31+
01:44+	03:25+	11:16+	05:19+	02:29+	01:45+	07:23+	02:39+	02:16+	04:42+	13:12+	01:55+	05:06+	01:46+	00:34+
00:52&	00:28#	08:09@	00:29+	00:01+	00:24&	01:54&	00:25#	00:09+	00:25+	07:05@	00:27&	01:19&	00:55@	00:03+
<b>25</b>	<b>Charles-Francois Farbos</b>	<b>42</b>											<b>1:08:12</b>	
01:18+	04:40+	08:18+	16:42+	19:53+	22:04+	28:28+	31:27+	35:14+	43:47+	58:28+	60:26+	65:41+	67:37+	68:12+
01:18+	03:22+	03:38+	08:24+	03:11+	02:11+	06:24+	02:59+	03:47+	08:33+	14:41+	01:58+	05:15+	01:56+	00:35+
00:26&	00:25#	00:31#	03:34&	00:43&	00:50&	00:55#	00:45&	01:40&	04:16&	08:34@	00:30&	01:28&	01:05@	00:04#
<b>26</b>	<b>Kjetil Bårdsen</b>	<b>105</b>											<b>1:10:08</b>	
01:37+	06:24+	20:54+	26:16+	29:06+	31:22+	37:49+	40:34+	43:25+	49:32+	61:11+	62:36+	68:10+	69:07+	70:08+
01:37+	04:47+	14:30+	05:22+	02:50+	02:16+	06:27+	02:45+	02:51+	06:07+	11:39+	01:25-	05:34+	00:57+	01:01+
00:45&	01:50&	11:23@	00:32#	00:22#	00:55&	00:58#	00:31#	00:44&	01:50&	05:32&	00:03-	01:47&	00:06#	00:30&
<b>27</b>	<b>Arne Hetlelid</b>	<b>98</b>											<b>1:13:56</b>	
01:13+	04:04+	14:04+	19:39+	22:16+	23:48+	30:01+	32:47+	40:19+	58:24+	65:28+	67:22+	71:43+	73:02+	73:56+
01:13+	02:51-	10:00+	05:35+	02:37+	01:32+	06:13+	02:46+	07:32+	18:05+	07:04+	01:54+	04:21+	01:19+	00:54+
00:21&	00:06-	06:53@	00:45#	00:09+	00:11#	00:44#	00:32#	05:25@	13:48@	00:57#	00:26&	00:34#	00:28&	00:23&

Class	Navn	Klasse										Tid			
<b>28</b>	<b>Lars Solvang</b>	<b>116</b>										<b>1:15:00</b>			
01:32+	04:46+	09:48+	23:15+	28:21+	29:52+	42:27+	44:57+	48:54+	59:57+	66:24+	68:58+	73:06+	74:18+	75:00+	
01:32+	03:14+	05:02+	13:27+	05:06+	01:31+	12:35+	02:30+	03:57+	11:03+	06:27+	02:34+	04:08+	01:12+	00:42+	
00:40&	00:17+	01:55&	08:37@	02:38@	00:10#	07:06@	00:16#	01:50&	06:46@	00:20+	01:06&	00:21+	00:21&	00:11&	
<b>29</b>	<b>Ove Stapnes</b>	<b>76</b>										<b>1:34:12</b>			
01:59+	07:56+	16:07+	34:50+	37:16+	39:06+	49:55+	53:17+	58:02+	68:42+	85:46+	87:41+	92:25+	93:35+	94:12+	
01:59+	05:57+	08:11+	18:43+	02:26-	01:50+	10:49+	03:22+	04:45+	10:40+	17:04+	01:55+	04:44+	01:10+	00:37+	
01:07@	03:00@	05:04@	13:53@	00:02-	00:29&	05:20&	01:08&	02:38@	06:23@	10:57@	00:27&	00:57&	00:19&	00:06#	
<b>Beste strekketid for klassen</b>															
00:48	02:14	02:43	04:34	01:55	00:59	05:03	01:58	01:40	04:13	04:28	01:20	03:20	00:44	00:27	

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

## Herrer 50 - 59 år

<b>1</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>44:42</b>				
00:51=	03:18=	06:20=	09:31=	10:55=	13:29=	15:11=	18:20=	21:12=	28:52=	33:06=	36:32=	37:52=	40:44=	43:13=	44:10=	44:42=
00:51=	02:27=	03:02=	03:11=	01:24=	02:34=	01:42=	03:09=	02:52=	07:40=	04:14=	03:26=	01:20=	02:52=	02:29=	00:57=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Pål Bårdsen</b>	<b>90</b>										<b>45:22</b>				
00:58+	03:24+	06:36+	09:35+	11:04+	14:03+	15:52+	18:02-	21:43+	29:13+	33:13+	36:37+	38:20+	41:21+	43:49+	44:44+	45:22+
00:58+	02:26-	03:12+	02:59-	01:29+	02:59+	01:49+	02:10-	03:41+	07:30+	04:00-	03:24-	01:43+	03:01+	02:28-	00:55-	00:38+
00:07#	00:01-	00:10+	00:12-	00:05+	00:25#	00:07+	00:59-	00:49&	00:10-	00:14-	00:02-	00:23&	00:09+	00:01-	00:02-	00:06#
<b>3</b>	<b>Lars Bergersen</b>	<b>116</b>										<b>49:34</b>				
01:32+	04:30+	08:12+	11:36+	13:30+	16:34+	18:19+	21:22+	24:31+	31:45+	36:34+	39:50+	41:56+	44:52+	47:37+	48:54+	49:34+
01:32+	02:58+	03:42+	03:24+	01:54+	03:04+	01:45+	03:03-	03:09+	07:14-	04:49+	03:16-	02:06+	02:56+	02:45+	01:17+	00:40+
00:41&	00:31#	00:40#	00:13+	00:30&	00:30#	00:03+	00:06-	00:17+	00:26-	00:35#	00:10-	00:46&	00:04+	00:16#	00:20&	00:08#
<b>4</b>	<b>Øivind Berggraf</b>	<b>116</b>										<b>49:51</b>				
00:55+	03:05-	06:04-	09:43+	11:58+	16:03+	18:45+	21:54+	26:01+	33:08+	37:17+	40:33+	42:11+	45:49+	48:20+	49:18+	49:51+
00:55+	02:10-	02:59-	03:39+	02:15+	04:05+	02:42+	03:09=	04:07+	07:07-	04:09-	03:16-	01:38+	03:38+	02:31+	00:58+	00:33+
00:04+	00:17-	00:03-	00:28#	00:51&	01:31&	01:00&	00:00=	01:15&	00:33-	00:05-	00:10-	00:18#	00:46&	00:02+	00:01+	00:01+
<b>5</b>	<b>Anders Glenne</b>	<b>7</b>										<b>50:34</b>				
01:01+	03:23+	06:26+	10:54+	12:30+	15:57+	17:33+	20:40+	24:16+	32:40+	37:16+	40:53+	42:28+	45:14+	48:35+	49:34+	50:34+
01:01+	02:22-	03:03+	04:28+	01:36+	03:27+	01:36-	03:07-	03:36+	08:24+	04:36+	03:37+	01:35+	02:46-	03:21+	00:59+	01:00+
00:10#	00:05-	00:01+	01:17&	00:12#	00:53&	00:06-	00:02-	00:44&	00:44+	00:22+	00:11+	00:15#	00:06-	00:52&	00:02+	00:28&
<b>6</b>	<b>Bertrand Denieul</b>	<b>42</b>										<b>50:43</b>				
00:53+	03:25+	06:25+	10:38+	13:27+	15:38+	18:10+	20:33+	25:32+	31:55+	36:22+	40:09+	41:45+	45:12+	48:10+	49:20+	50:43+
00:53+	02:32+	03:00-	04:13+	02:49+	02:11-	02:32+	02:23-	04:59+	06:23-	04:27+	03:47+	01:36+	03:27+	02:58+	01:10+	01:23+
00:02+	00:05+	00:02-	01:02&	01:25@	00:23-	00:50&	00:46-	02:07&	01:17-	00:13+	00:21#	00:16#	00:35#	00:29#	00:13#	00:51@
<b>7</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>52:17</b>				
01:05+	03:17-	06:36+	10:09+	12:21+	14:35+	16:19+	19:53+	23:21+	30:32+	37:45+	41:12+	42:52+	47:12+	50:06+	51:40+	52:17+
01:05+	02:12-	03:19+	03:33+	02:12+	02:14-	01:44+	03:34+	03:28+	07:11-	07:13+	03:27+	01:40+	04:20+	02:54+	01:34+	00:37+
00:14&	00:15-	00:17+	00:22#	00:48&	00:20-	00:02+	00:25#	00:36#	00:29-	02:59&	00:01+	00:20#	01:28&	00:25#	00:37&	00:05#
<b>8</b>	<b>Frode Engen</b>	<b>116</b>										<b>53:50</b>				
00:56+	03:22+	06:20=	09:45+	12:36+	14:58+	17:07+	22:12+	25:30+	32:46+	37:51+	44:56+	46:36+	49:22+	52:10+	53:17+	53:50+
00:56+	02:26-	02:58-	03:25+	02:51+	02:22-	02:09+	05:05+	03:18+	07:16-	05:05+	07:05+	01:40+	02:46-	02:48+	01:07+	00:33+
00:05+	00:01-	00:04-	00:14+	01:27@	00:12-	00:27&	01:56&	00:26#	00:24-	00:51#	03:39@	00:20#	00:06-	00:19#	00:10#	00:01+
<b>9</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>55:11</b>				
01:03+	03:32+	06:27+	09:53+	11:29+	13:41+	15:20+	19:45+	22:16+	28:26-	36:38+	43:34+	45:13+	50:41+	53:32+	54:33+	55:11+
01:03+	02:29+	02:55-	03:26+	01:36+	02:12-	01:39+	04:25+	02:31-	06:10-	08:12+	06:56+	01:39+	05:28+	02:51+	01:01+	00:38+
00:12#	00:02+	00:07-	00:15+	00:12#	00:22-	00:03-	01:16&	00:21-	01:30-	03:58&	03:30@	00:19#	02:36&	00:22#	00:04+	00:06#
<b>10</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>55:16</b>				
01:12+	04:02+	08:01+	11:56+	14:50+	19:48+	21:41+	25:25+	28:46+	36:38+	40:40+	44:41+	46:17+	50:26+	53:52+	54:44+	55:16+
01:12+	02:50+	03:59+	03:55+	02:54+	04:58+	01:53+	03:44+	03:21+	07:52+	04:02-	04:01+	01:36+	04:09+	03:26+	00:52-	00:32=
00:21&	00:23#	00:57&	00:44#	01:30@	02:24&	00:11#	00:35#	00:29#	00:12+	00:12-	00:35#	00:16#	01:17&	00:57&	00:05-	00:00=
<b>11</b>	<b>Kjell Olav Gjerde</b>	<b>7</b>										<b>55:18</b>				
01:08+	03:52+	08:52+	14:10+	15:47+	18:54+	23:07+	26:58+	30:59+	38:53+	43:12+	46:33+	48:17+	51:17+	53:48+	54:42+	55:18+
01:08+	02:44+	05:00+	05:18+	01:37+	03:07+	04:13+	03:51+	04:01+	07:54+	04:19+	03:21-	01:44+	03:00+	02:31+	00:54-	00:36+
00:17&	00:17#	01:58&	02:07&	00:13#	00:33#	02:31@	00:42#	01:09&	00:14+	00:05+	00:05-	00:24&	00:08+	00:02+	00:03-	00:04#

Class	Navn	Klasse											Tid			
<b>12</b>	<b>Tor Brekken</b>	<b>97</b>											<b>55:24</b>			
01:15+	03:11-	07:00+	13:25+	15:23+	18:41+	20:52+	24:29+	27:36+	34:34+	39:38+	44:06+	45:58+	49:18+	52:20+	53:28+	55:24+
01:15+	01:56-	03:49+	06:25+	01:58+	03:18+	02:11+	03:37+	03:07+	06:58-	05:04+	04:28+	01:52+	03:20+	03:02+	01:08+	01:56+
00:24&	00:31-	00:47&	03:14@	00:34&	00:44&	00:29&	00:28#	00:15+	00:42-	00:50#	01:02&	00:32&	00:28#	00:33#	00:11#	01:24@
<b>13</b>	<b>Frank Hansen</b>	<b>29</b>											<b>56:49</b>			
01:43+	04:20+	08:54+	12:49+	14:25+	18:15+	20:17+	24:07+	27:26+	34:23+	39:34+	42:31+	44:35+	51:36+	54:59+	56:09+	56:49+
01:43+	02:37+	04:34+	03:55+	01:36+	03:50+	02:02+	03:50+	03:19+	06:57-	05:11+	02:57-	02:04+	07:01+	03:23+	01:10+	00:40+
00:52@	00:10+	01:32&	00:44#	00:12#	01:16&	00:20#	00:41#	00:27#	00:43-	00:57#	00:29-	00:44&	04:09@	00:54&	00:13#	00:08#
<b>14</b>	<b>Håvard Håland</b>	<b>66</b>											<b>56:55</b>			
01:01+	03:48+	06:46+	10:05+	12:15+	15:18+	17:33+	22:59+	26:14+	34:22+	41:59+	45:55+	47:34+	51:10+	53:57+	56:17+	56:55+
01:01+	02:47+	02:58-	03:19+	02:10+	03:03+	02:15+	05:26+	03:15+	08:08+	07:37+	03:56+	01:39+	03:36+	02:47+	02:20+	00:38+
00:10#	00:20#	00:04-	00:08+	00:46&	00:29#	00:33&	02:17&	00:23#	00:28+	03:23&	00:30#	00:19#	00:44&	00:18#	01:23@	00:06#
<b>15</b>	<b>Knut Feldmann</b>	<b>93</b>											<b>58:06</b>			
01:02+	03:47+	09:36+	13:06+	14:57+	19:21+	22:09+	24:41+	28:01+	35:31+	41:13+	44:19+	46:14+	52:51+	56:16+	57:25+	58:06+
01:02+	02:45+	05:49+	03:30+	01:51+	04:24+	02:48+	02:32-	03:20+	07:30-	05:42+	03:06-	01:55+	06:37+	03:25+	01:09+	00:41+
00:11#	00:18#	02:47&	00:19+	00:27&	01:50&	01:06&	00:37-	00:28#	00:10-	01:28&	00:20-	00:35&	03:45@	00:56&	00:12#	00:09&
<b>16</b>	<b>Erling Knutzen</b>	<b>128</b>											<b>59:11</b>			
01:07+	03:23+	06:45+	10:24+	12:46+	16:22+	18:23+	21:35+	29:01+	37:32+	44:13+	48:30+	50:15+	54:13+	57:33+	58:43+	59:11+
01:07+	02:16-	03:22+	03:39+	02:22+	03:36+	02:01+	03:12+	07:26+	08:31+	06:41+	04:17+	01:45+	03:58+	03:20+	01:10+	00:28-
00:16&	00:11-	00:20#	00:28#	00:58&	01:02&	00:19#	00:03+	04:34@	00:51#	02:27&	00:51#	00:25&	01:06&	00:51&	00:13#	00:04-
<b>17</b>	<b>Magnar Møller</b>	<b>62</b>											<b>59:31</b>			
01:13+	03:58+	07:08+	11:07+	12:56+	15:33+	17:33+	21:18+	25:10+	33:07+	38:05+	41:38+	43:30+	53:22+	56:51+	58:16+	59:31+
01:13+	02:45+	03:10+	03:59+	01:49+	02:37+	02:00+	03:45+	03:52+	07:57+	04:58+	03:33+	01:52+	09:52+	03:29+	01:25+	01:15+
00:22&	00:18#	00:08+	00:48&	00:25&	00:03+	00:18#	00:36#	01:00&	00:17+	00:44#	00:07+	00:32&	07:00@	01:00&	00:28&	00:43@
<b>18</b>	<b>Harald Jansen</b>	<b>289</b>											<b>1:02:39</b>			
01:05+	03:20+	06:41+	10:57+	12:43+	18:11+	20:16+	24:15+	28:32+	37:07+	46:45+	51:01+	52:58+	57:34+	60:43+	61:51+	62:39+
01:05+	02:15-	03:21+	04:16+	01:46+	05:28+	02:05+	03:59+	04:17+	08:35+	09:38+	04:16+	01:57+	04:36+	03:09+	01:08+	00:48+
00:14&	00:12-	00:19#	01:05&	00:22&	02:54@	00:23#	00:50&	01:25&	00:55#	05:24@	00:50#	00:37&	01:44&	00:40&	00:11#	00:16&
<b>19</b>	<b>Ole J. Bakkevoid</b>	<b>17</b>											<b>1:03:14</b>			
01:03+	04:32+	08:31+	13:28+	15:51+	18:50+	21:10+	24:47+	28:34+	37:39+	44:44+	50:12+	52:20+	56:38+	60:51+	62:16+	63:14+
01:03+	03:29+	03:59+	04:57+	02:23+	02:59+	02:20+	03:37+	03:47+	09:05+	07:05+	05:28+	02:08+	04:18+	04:13+	01:25+	00:58+
00:12#	01:02&	00:57&	01:46&	00:59&	00:25#	00:38&	00:28#	00:55&	01:25#	02:51&	02:02&	00:48&	01:26&	01:44&	00:28&	00:26&
<b>20</b>	<b>Sveinung Rosvinge</b>	<b>116</b>											<b>1:04:08</b>			
01:09+	03:55+	08:53+	13:11+	15:47+	19:14+	23:10+	27:50+	32:01+	42:23+	48:08+	52:30+	54:15+	58:07+	61:56+	63:32+	64:08+
01:09+	02:46+	04:58+	04:18+	02:36+	03:27+	03:56+	04:40+	04:11+	10:22+	05:45+	04:22+	01:45+	03:52+	03:49+	01:36+	00:36+
00:18&	00:19#	01:56&	01:07&	01:12&	00:53&	02:14@	01:31&	01:19&	02:42&	01:31&	00:56&	00:25&	01:00&	01:20&	00:39&	00:04#
<b>21</b>	<b>Stein Arve Finnestad</b>	<b>287</b>											<b>1:04:24</b>			
01:24+	04:00+	15:48+	19:24+	22:12+	24:57+	27:10+	30:55+	34:39+	42:33+	48:36+	52:08+	53:55+	57:51+	61:22+	63:50+	64:24+
01:24+	02:36+	11:48+	03:36+	02:48+	02:45+	02:13+	03:45+	03:44+	07:54+	06:03+	03:32+	01:47+	03:56+	03:31+	02:28+	00:34+
00:33&	00:09+	08:46@	00:25#	01:24&	00:11+	00:31&	00:36#	00:52&	00:14+	01:49&	00:06+	00:27&	01:04&	01:02&	01:31@	00:02+
<b>22</b>	<b>Kjell Ove Aksland</b>	<b>27</b>											<b>1:05:29</b>			
01:19+	06:59+	11:34+	16:11+	18:11+	22:05+	24:49+	28:23+	32:09+	40:25+	50:35+	53:39+	55:26+	59:43+	63:28+	64:38+	65:29+
01:19+	05:40+	04:35+	04:37+	02:00+	03:54+	02:44+	03:34+	03:46+	08:16+	10:10+	03:04-	01:47+	04:17+	03:45+	01:10+	00:51+
00:28&	03:13@	01:33&	01:26&	00:36&	01:20&	01:02&	00:25#	00:54&	00:36+	05:56@	00:22-	00:27&	01:25&	01:16&	00:13#	00:19&
<b>23</b>	<b>John C. Sinnes</b>	<b>93</b>											<b>1:05:35</b>			
01:10+	04:20+	07:55+	15:30+	17:53+	20:58+	23:10+	26:10+	30:21+	40:27+	49:00+	52:48+	54:28+	58:38+	62:45+	64:13+	65:35+
01:10+	03:10+	03:35+	07:35+	02:23+	03:05+	02:12+	03:00-	04:11+	10:06+	08:33+	03:48+	01:40+	04:10+	04:07+	01:28+	01:22+
00:19&	00:43&	00:33#	04:24@	00:59&	00:31#	00:30&	00:09-	01:19&	02:26&	04:19@	00:22#	00:20#	01:18&	01:38&	00:31&	00:50@
<b>24</b>	<b>Harald Taksdal</b>	<b>236</b>											<b>1:07:09</b>			
01:11+	04:48+	09:05+	13:40+	15:53+	20:42+	24:25+	28:28+	32:35+	40:25+	50:50+	55:31+	57:18+	61:14+	64:58+	66:24+	67:09+
01:11+	03:37+	04:17+	04:35+	02:13+	04:49+	03:43+	04:03+	04:07+	07:50+	10:25+	04:41+	01:47+	03:56+	03:44+	01:26+	00:45+
00:20&	01:10&	01:15&	01:24&	00:49&	02:15&	02:01@	00:54&	01:15&	00:10+	06:11@	01:15&	00:27&	01:04&	01:15&	00:29&	00:13&
<b>25</b>	<b>Torbjørn Dahle</b>	<b>92</b>											<b>1:07:26</b>			
01:08+	04:52+	07:55+	12:23+	23:04+	27:17+	29:02+	33:37+	36:46+	44:26+	54:36+	58:13+	59:44+	63:09+	65:56+	66:50+	67:26+
01:08+	03:44+	03:03+	04:28+	10:41+	04:13+	01:45+	04:35+	03:09+	07:40=	10:10+	03:37+	01:31+	03:25+	02:47+	00:54-	00:36+
00:17&	01:17&	00:01+	01:17&	09:17@	01:39&	00:03+	01:26&	00:17+	00:00=	05:56@	00:11+	00:11#	00:33#	00:18#	00:03-	00:04#
<b>26</b>	<b>Geir Rune Seldal</b>	<b>192</b>											<b>1:07:40</b>			
01:07+	04:33+	08:48+	12:59+	15:14+	17:59+	22:13+	26:17+	30:02+	38:58+	44:13+	53:27+	55:20+	62:21+	65:48+	66:55+	67:40+
01:07+	03:26+	04:15+	04:11+	02:15+	02:45+	04:14+	04:04+	03:45+	08:56+	05:15+	09:14+	01:53+	07:01+	03:27+	01:07+	00:45+
00:16&	00:59&	01:13&	01:00&	00:51&	00:11+	02:32@	00:55&	00:53&	01:16#	01:01#	05:48@	00:33&	04:09@	00:58&	00:10#	00:13&

Class	Navn	Klasse										Tid				
<b>27</b>	<b>Geir Tullin Mikalsen</b>	<b>92</b>										<b>1:07:50</b>				
01:13+	03:42+	09:47+	14:01+	16:04+	18:52+	20:41+	24:50+	29:27+	38:34+	50:29+	53:42+	55:23+	60:36+	65:48+	67:07+	67:50+
01:13+	02:29+	06:05+	04:14+	02:03+	02:48+	01:49+	04:09+	04:37+	09:07+	11:55+	03:13-	01:41+	05:13+	05:12+	01:19+	00:43+
00:22&	00:02+	03:03@	01:03&	00:39&	00:14+	00:07+	01:00&	01:45&	01:27#	07:41@	00:13-	00:21&	02:21&	02:43@	00:22&	00:11&
<b>28</b>	<b>Harald Syse</b>	<b>93</b>										<b>1:08:12</b>				
02:03+	04:37+	08:45+	14:12+	16:03+	18:25+	25:16+	31:36+	34:15+	43:44+	53:42+	59:00+	60:31+	64:05+	66:45+	67:42+	68:12+
02:03+	02:34+	04:08+	05:27+	01:51+	02:22-	06:51+	06:20+	02:39-	09:29+	09:58+	05:18+	01:31+	03:34+	02:40+	00:57=	00:30-
01:12@	00:07+	01:06&	02:16&	00:27&	00:12-	05:09@	03:11@	00:13-	01:49#	05:44@	01:52&	00:11#	00:42#	00:11+	00:00=	00:02-
<b>29</b>	<b>Asbjørn Bråndland</b>	<b>297</b>										<b>1:09:10</b>				
02:13+	05:08+	09:15+	12:45+	15:24+	19:02+	23:37+	26:55+	32:18+	46:45+	53:50+	57:36+	59:28+	63:05+	66:37+	68:32+	69:10+
02:13+	02:55+	04:07+	03:30+	02:39+	03:38+	04:35+	03:18+	05:23+	14:27+	07:05+	03:46+	01:52+	03:37+	03:32+	01:55+	00:38+
01:22@	00:28#	01:05&	00:19+	01:15&	01:04&	02:53@	00:09+	02:31&	06:47&	02:51&	00:20+	00:32&	00:45&	01:03&	00:58@	00:06#
<b>30</b>	<b>John Lage Bergan</b>	<b>116</b>										<b>1:09:56</b>				
01:36+	04:43+	08:01+	13:29+	16:34+	20:25+	25:53+	29:49+	34:01+	43:13+	54:23+	58:46+	60:44+	64:28+	67:31+	69:08+	69:56+
01:36+	03:07+	03:18+	05:28+	03:05+	03:51+	05:28+	03:56+	04:12+	09:12+	11:10+	04:23+	01:58+	03:44+	03:03+	01:37+	00:48+
00:45&	00:40&	00:16+	02:17&	01:41@	01:17&	03:46@	00:47#	01:20&	01:32#	06:56@	00:57&	00:38&	00:52&	00:34#	00:40&	00:16&
<b>31</b>	<b>Sigbjørn Gloppen</b>	<b>144</b>										<b>1:12:18</b>				
01:18+	04:50+	08:54+	13:51+	17:46+	21:14+	23:54+	31:10+	36:15+	45:30+	57:50+	61:36+	63:32+	66:46+	69:49+	71:11+	72:18+
01:18+	03:32+	04:04+	04:57+	03:55+	03:28+	02:40+	07:16+	05:05+	09:15+	12:20+	03:46+	01:56+	03:14+	03:03+	01:22+	01:07+
00:27&	01:05&	01:02&	01:46&	02:31@	00:54&	00:58&	04:07@	02:13&	01:35#	08:06@	00:20+	00:36&	00:22#	00:34#	00:25&	00:35@
<b>32</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>1:13:36</b>				
02:25+	05:40+	10:17+	14:36+	16:51+	19:58+	22:43+	26:47+	34:38+	48:32+	53:56+	60:23+	63:48+	67:54+	71:29+	72:36+	73:36+
02:25+	03:15+	04:37+	04:19+	02:15+	03:07+	02:45+	04:04+	07:51+	13:54+	05:24+	06:27+	03:25+	04:06+	03:35+	01:07+	01:00+
01:34@	00:48&	01:35&	01:08&	00:51&	00:33#	01:03&	00:55&	04:59@	06:14&	01:10&	03:01&	02:05@	01:14&	01:06&	00:10#	00:28&
<b>33</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>1:18:32</b>				
01:22+	04:03+	12:06+	15:51+	19:05+	21:57+	24:46+	30:08+	34:21+	42:15+	59:03+	63:06+	64:56+	70:08+	76:07+	77:47+	78:32+
01:22+	02:41+	08:03+	03:45+	03:14+	02:52+	02:49+	05:22+	04:13+	07:54+	16:48+	04:03+	01:50+	05:12+	05:59+	01:40+	00:45+
00:31&	00:14+	05:01@	00:34#	01:50@	00:18#	01:07&	02:13&	01:21&	00:14+	12:34@	00:37#	00:30&	02:20&	03:30@	00:43&	00:13&
<b>34</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>1:19:13</b>				
01:08+	06:24+	14:43+	20:07+	22:34+	26:29+	31:37+	35:49+	39:57+	48:48+	59:54+	66:26+	68:11+	73:57+	77:27+	78:33+	79:13+
01:08+	05:16+	08:19+	05:24+	02:27+	03:55+	05:08+	04:12+	04:08+	08:51+	11:06+	06:32+	01:45+	05:46+	03:30+	01:06+	00:40+
00:17&	02:49@	05:17@	02:13&	01:03&	01:21&	03:26@	01:03&	01:16&	01:11#	06:52@	03:06&	00:25&	02:54@	01:01&	00:09#	00:08#
<b>35</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>1:21:10</b>				
01:14+	05:35+	12:40+	18:32+	21:04+	25:05+	29:01+	34:19+	40:24+	49:59+	58:14+	64:31+	67:08+	73:53+	78:17+	79:54+	81:10+
01:14+	04:21+	07:05+	05:52+	02:32+	04:01+	03:56+	05:18+	06:05+	09:35+	08:15+	06:17+	02:37+	06:45+	04:24+	01:37+	01:16+
00:23&	01:54&	04:03@	02:41&	01:08&	01:27&	02:14@	02:09&	03:13@	01:55#	04:01&	02:51&	01:17&	03:53@	01:55&	00:40&	00:44@
<b>36</b>	<b>Josef Ludoid</b>	<b>228</b>										<b>1:32:26</b>				
01:21+	06:05+	11:09+	19:10+	21:44+	25:17+	27:29+	51:13+	55:26+	67:03+	74:14+	79:31+	81:07+	86:03+	90:19+	91:43+	92:26+
01:21+	04:44+	05:04+	08:01+	02:34+	03:33+	02:12+	23:44+	04:13+	11:37+	07:11+	05:17+	01:36+	04:56+	04:16+	01:24+	00:43+
00:30&	02:17&	02:02&	04:50@	01:10&	00:59&	00:30&	20:35@	01:21&	03:57&	02:57&	01:51&	00:16#	02:04&	01:47&	00:27&	00:11&
<b>Beste strekktid for klassen</b>																
00:51	01:56	02:55	02:59	01:24	02:11	01:36	02:10	02:31	06:10	04:00	02:57	01:20	02:46	02:28	00:52	00:28

= 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>45:23</b>				
01:04=	03:48=	04:51=	07:39=	10:29=	13:09=	14:23=	19:17=	22:35=	25:17=	27:34=	35:22=	40:42=	42:22=	44:46=	45:23=	
01:04=	02:44=	01:03=	02:48=	02:50=	02:40=	01:14=	04:54=	03:18=	02:42=	02:17=	07:48=	05:20=	01:40=	02:24=	00:37=	
00:00=	00:00=	00:00=	00:00=	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>Espen Krogh</b>	<b>7</b>										<b>45:54</b>				
00:42-	02:53-	04:05-	10:04+	12:26+	14:57+	15:58+	19:34+	22:09-	24:03-	26:00-	34:44-	41:41+	43:19+	45:14+	45:54+	
00:42-	02:11-	01:12+	05:59+	02:22-	02:31-	01:01-	03:36-	02:35-	01:54-	01:57-	08:44+	06:57+	01:38-	01:55-	00:40+	
00:22-	00:33-	00:09#	03:11@	00:28-	00:09-	00:13-	01:18-	00:43-	00:48-	00:20-	00:56#	01:37&	00:02-	00:29-	00:03+	
<b>3</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>55:36</b>				
01:17+	04:12+	06:11+	09:26+	15:56+	19:35+	20:49+	25:21+	28:37+	31:00+	33:19+	43:36+	49:54+	51:50+	54:55+	55:36+	
01:17+	02:55+	01:59+	03:15+	06:30+	03:39+	01:14=	04:32-	03:16-	02:23-	02:19+	10:17+	06:18+	01:56+	03:05+	00:41+	
00:13#	00:11+	00:56&	00:27#	03:40@	00:59&	00:00=	00:22-	00:02-	00:19-	00:02+	02:29&	00:58#	00:16#	00:41&	00:04#	

Class	Navn	Klasse										Tid			
<b>4</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>58:53</b>			
01:10+	04:36+	05:44+	08:49+	11:34+	15:21+	16:58+	29:15+	33:48+	36:27+	38:44+	47:56+	53:40+	55:41+	58:14+	58:53+
01:10+	03:26+	01:08+	03:05+	02:45-	03:47+	01:37+	12:17+	04:33+	02:39-	02:17=	09:12+	05:44+	02:01+	02:33+	00:39+
00:06+	00:42&	00:05+	00:17#	00:05-	01:07&	00:23&	07:23@	01:15&	00:03-	00:00=	01:24#	00:24+	00:21#	00:09+	00:02+
<b>5</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>58:55</b>			
01:06+	04:59+	06:23+	10:13+	15:36+	20:01+	21:44+	26:37+	30:28+	33:19+	36:05+	48:02+	53:27+	55:27+	58:17+	58:55+
01:06+	03:53+	01:24+	03:50+	05:23+	04:25+	01:43+	04:53-	03:51+	02:51+	02:46+	11:57+	05:25+	02:00+	02:50+	00:38+
00:02+	01:09&	00:21&	01:02&	02:33&	01:45&	00:29&	00:01-	00:33#	00:09+	00:29#	04:09&	00:05+	00:20#	00:26#	00:01+
<b>6</b>	<b>Olav Tunheim</b>	<b>93</b>										<b>59:52</b>			
02:06+	05:30+	07:08+	10:37+	16:12+	19:09+	20:48+	27:43+	31:36+	34:45+	37:24+	46:18+	52:45+	54:38+	59:14+	59:52+
02:06+	03:24+	01:38+	03:29+	05:35+	02:57+	01:39+	06:55+	03:53+	03:09+	02:39+	08:54+	06:27+	01:53+	04:36+	00:38+
01:02&	00:40#	00:35&	00:41#	02:45&	00:17#	00:25&	02:01&	00:35#	00:27#	00:22#	01:06#	01:07#	00:13#	02:12&	00:01+
<b>7</b>	<b>Terje Stokkeland</b>	<b>69</b>										<b>1:02:06</b>			
01:41+	04:51+	06:37+	10:20+	21:10+	25:00+	27:18+	31:01+	34:23+	37:15+	40:44+	50:17+	56:03+	58:33+	61:15+	62:06+
01:41+	03:10+	01:46+	03:43+	10:50+	03:50+	02:18+	03:43-	03:22+	02:52+	03:29+	09:33+	05:46+	02:30+	02:42+	00:51+
00:37&	00:26#	00:43&	00:55&	08:00@	01:10&	01:04&	01:11-	00:04+	00:10+	01:12&	01:45#	00:26+	00:50&	00:18#	00:14&
<b>8</b>	<b>Dag Helliksen</b>	<b>80</b>										<b>1:02:13</b>			
01:02-	03:53+	05:08+	11:50+	19:13+	22:02+	23:26+	28:32+	32:11+	34:49+	37:03+	45:34+	58:14+	59:47+	61:34+	62:13+
01:02-	02:51+	01:15+	06:42+	07:23+	02:49+	01:24+	05:06+	03:39+	02:38-	02:14-	08:31+	12:40+	01:33-	01:47-	00:39+
00:02-	00:07+	00:12#	03:54@	04:33@	00:09+	00:10#	00:12+	00:21#	00:04-	00:03-	00:43+	07:20@	00:07-	00:37-	00:02+
<b>9</b>	<b>Bjørn H. Engseth</b>	<b>27</b>										<b>1:04:08</b>			
01:12+	05:28+	06:59+	14:46+	17:44+	20:39+	22:11+	33:25+	37:24+	40:06+	42:36+	52:31+	57:29+	60:23+	63:07+	64:08+
01:12+	04:16+	01:31+	07:47+	02:58+	02:55+	01:32+	11:14+	03:59+	02:42=	02:30+	09:55+	04:58-	02:54+	02:44+	01:01+
00:08#	01:32&	00:28&	04:59@	00:08+	00:15+	00:18#	06:20@	00:41#	00:00=	00:13+	02:07&	00:22-	01:14&	00:20#	00:24&
<b>10</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>										<b>1:07:32</b>			
01:29+	05:36+	07:10+	15:16+	19:37+	22:58+	24:51+	30:30+	37:59+	41:03+	44:05+	53:34+	62:06+	64:08+	66:54+	67:32+
01:29+	04:07+	01:34+	08:06+	04:21+	03:21+	01:53+	05:39+	07:29+	03:04+	03:02+	09:29+	08:32+	02:02+	02:46+	00:38+
00:25&	01:23&	00:31&	05:18@	01:31&	00:41&	00:39&	00:45#	04:11@	00:22#	00:45&	01:41#	03:12&	00:22#	00:22#	00:01+
<b>11</b>	<b>Tor Harald Lunde</b>	<b>47</b>										<b>1:08:54</b>			
01:19+	04:45+	06:16+	11:43+	17:44+	21:11+	22:46+	27:49+	32:37+	35:23+	41:35+	52:01+	63:16+	65:22+	68:09+	68:54+
01:19+	03:26+	01:31+	05:27+	06:01+	03:27+	01:35+	05:03+	04:48+	02:46+	06:12+	10:26+	11:15+	02:06+	02:47+	00:45+
00:15#	00:42&	00:28&	02:39&	03:11@	00:47&	00:21&	00:09+	01:30&	00:04+	03:55@	02:38&	05:55@	00:26&	00:23#	00:08#
<b>12</b>	<b>Jan Øyvind Lilledal</b>	<b>281</b>										<b>1:09:04</b>			
01:08+	05:01+	09:57+	14:26+	19:57+	23:12+	24:56+	32:36+	36:43+	39:54+	42:32+	51:32+	63:16+	65:34+	68:20+	69:04+
01:08+	03:53+	04:56+	04:29+	05:31+	03:15+	01:44+	07:40+	04:07+	03:11+	02:38+	09:00+	11:44+	02:18+	02:46+	00:44+
00:04+	01:09&	03:53@	01:41&	02:41&	00:35#	00:30&	02:46&	00:49#	00:29#	00:21#	01:12#	06:24@	00:38&	00:22#	00:07#
<b>13</b>	<b>Ommund Bakkevid</b>	<b>68</b>										<b>1:09:45</b>			
01:38+	06:48+	08:27+	13:01+	19:18+	23:22+	25:19+	31:10+	36:40+	40:31+	44:05+	56:17+	64:08+	66:29+	69:05+	69:45+
01:38+	05:10+	01:39+	04:34+	06:17+	04:04+	01:57+	05:51+	05:30+	03:51+	03:34+	12:12+	07:51+	02:21+	02:36+	00:40+
00:34&	02:26&	00:36&	01:46&	03:27@	01:24&	00:43&	00:57#	02:12&	01:09&	01:17&	04:24&	02:31&	00:41&	00:12+	00:03+
<b>14</b>	<b>Olav Aartun</b>	<b>262</b>										<b>1:12:50</b>			
01:16+	04:21+	05:39+	21:07+	24:56+	31:42+	33:20+	39:43+	44:26+	47:39+	50:26+	59:11+	65:23+	67:41+	72:11+	72:50+
01:16+	03:05+	01:18+	15:28+	03:49+	06:46+	01:38+	06:23+	04:43+	03:13+	02:47+	08:45+	06:12+	02:18+	04:30+	00:39+
00:12#	00:21#	00:15#	12:40@	00:59&	04:06@	00:24&	01:29&	01:25&	00:31#	00:30#	00:57#	00:52#	00:38&	02:06&	00:02+
<b>15</b>	<b>Magne Tunheim</b>	<b>144</b>										<b>1:13:15</b>			
01:18+	05:29+	07:14+	12:22+	19:20+	22:36+	24:14+	29:14+	34:45+	37:46+	40:00+	48:23+	68:33+	70:19+	72:47+	73:15+
01:18+	04:11+	01:45+	05:08+	06:58+	03:16+	01:38+	05:00+	03:41+	03:01+	02:14-	08:23+	20:10+	01:46+	02:28+	00:28-
00:14#	01:27&	00:42&	02:20&	04:08@	00:36#	00:24&	00:06+	02:13&	00:19#	00:03-	00:35+	14:50@	00:06+	00:04+	00:09-
<b>16</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>1:13:33</b>			
01:08+	04:35+	06:22+	20:36+	25:06+	28:24+	30:06+	42:13+	49:43+	52:44+	55:24+	64:12+	68:26+	70:44+	72:54+	73:33+
01:08+	03:27+	01:47+	14:14+	04:30+	03:18+	01:42+	12:07+	07:30+	03:01+	02:40+	08:48+	04:14-	02:18+	02:10-	00:39+
00:04+	00:43&	00:44&	11:26@	01:40&	00:38#	00:28&	07:13@	04:12@	00:19#	00:23#	01:00#	01:06-	00:38&	00:14-	00:02+
<b>17</b>	<b>Agnar Lien</b>	<b>7</b>										<b>1:16:42</b>			
01:24+	05:31+	07:06+	11:48+	19:53+	22:39+	24:29+	30:52+	34:55+	42:51+	54:33+	65:21+	70:56+	72:57+	75:51+	76:42+
01:24+	04:07+	01:35+	04:42+	08:05+	02:46+	01:50+	06:23+	04:03+	07:56+	11:42+	10:48+	05:35+	02:01+	02:54+	00:51+
00:20&	01:23&	00:32&	01:54&	05:15@	00:06+	00:36&	01:29&	00:45#	05:14@	09:25@	03:00&	00:15+	00:21#	00:30#	00:14&
<b>18</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>1:21:41</b>			
01:28+	05:22+	07:01+	16:10+	27:53+	32:36+	34:23+	40:16+	45:53+	49:08+	51:39+	66:04+	75:17+	77:12+	81:01+	81:41+
01:28+	03:54+	01:39+	09:09+	11:43+	04:43+	01:47+	05:53+	05:37+	03:15+	02:31+	14:25+	09:13+	01:55+	03:49+	00:40+
00:24&	01:10&	00:36&	06:21@	08:53@	02:03&	00:33&	00:59#	02:19&	00:33#	00:14#	06:37&	03:53&	00:15#	01:25&	00:03+

Class	Navn	Klasse											Tid		
<b>19</b>	<b>Egil Røyneberg</b>	<b>93</b>											<b>1:47:41</b>		
02:52+	08:22+	10:43+	17:51+	24:57+	30:14+	33:02+	38:59+	62:29+	68:44+	73:30+	86:06+	97:35+	100:09+	106:37+	107:41+
02:52+	05:30+	02:21+	07:08+	07:06+	05:17+	02:48+	05:57+	23:30+	06:15+	04:46+	12:36+	11:29+	02:34+	06:28+	01:04+
01:48@	02:46@	01:18@	04:20@	04:16@	02:37@	01:34@	01:03#	20:12@	03:33@	02:29@	04:48@	06:09@	00:54@	04:04@	00:27@

### Beste strekktid for klassen

00:42 02:11 01:03 02:48 02:22 02:31 01:01 03:36 02:35 01:54 01:57 07:48 04:14 01:33 01:47 00:28

= 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>40:59</b>		
00:50=	03:10=	04:13=	07:54=	10:13=	12:19=	13:23=	19:55=	22:43=	25:54=	27:41=	33:52=	37:23=	38:46=	40:30=	40:59=
00:50=	02:20=	01:03=	03:41=	02:19=	02:06=	01:04=	06:32=	02:48=	03:11=	01:47=	06:11=	03:31=	01:23=	01:44=	00:29=
00:00=	00:00=	00:00=	00:00=	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>Jan Hetland</b>	<b>29</b>											<b>42:09</b>		
01:07+	03:27+	04:30+	06:47-	09:07-	11:15-	12:27-	16:04-	18:58-	21:49-	24:25-	33:47-	37:47+	39:20+	41:38+	42:09+
01:07+	02:20=	01:03=	02:17-	02:20+	02:08+	01:12+	03:37-	02:54+	02:51-	02:36+	09:22+	04:00+	01:33+	02:18+	00:31+
00:17@	00:00=	00:00=	01:24-	00:01+	00:02+	00:08#	02:55-	00:06+	00:20-	00:49@	03:11@	00:29#	00:10#	00:34@	00:02+
<b>3</b>	<b>Arne Kristian Espedal</b>	<b>68</b>											<b>43:50</b>		
02:51+	04:53+	05:51+	08:32+	11:46+	15:58+	17:07+	20:36+	25:57+	28:33+	30:21+	36:44+	40:09+	41:34+	43:10+	43:50+
02:51+	02:02-	00:58-	02:41-	03:14+	04:12+	01:09+	03:29-	05:21+	02:36-	01:48+	06:23+	03:25-	01:25+	01:36-	00:40+
02:01@	00:18-	00:05-	01:00-	00:55@	02:06@	00:05+	03:03-	02:33@	00:35-	00:01+	00:12+	00:06-	00:02+	00:08-	00:11@
<b>4</b>	<b>Otto Alsnes</b>	<b>50</b>											<b>44:38</b>		
01:27+	04:13+	05:15+	07:47-	11:01+	13:32+	14:46+	18:30-	21:20-	23:50-	26:13-	33:40-	39:32+	41:29+	44:00+	44:38+
01:27+	02:46+	01:02-	02:32-	03:14+	02:31+	01:14+	03:44-	02:50+	02:30-	02:23+	07:27+	05:52+	01:57+	02:31+	00:38+
00:37@	00:26#	00:01-	01:09-	00:55@	00:25#	00:10#	02:48-	00:02+	00:41-	00:36@	01:16#	02:21@	00:34@	00:47@	00:09@
<b>5</b>	<b>Svein Berge</b>	<b>126</b>											<b>49:41</b>		
01:10+	03:44+	05:05+	08:21+	11:57+	15:04+	16:38+	21:39+	26:01+	28:33+	34:21+	41:08+	45:06+	46:47+	49:09+	49:41+
01:10+	02:34+	01:21+	03:16-	03:36+	03:07+	01:34+	05:01-	04:22+	02:32-	05:48+	06:47+	03:58+	01:41+	02:22+	00:32+
00:20@	00:14+	00:18@	00:25-	01:17@	01:01@	00:30@	01:31-	01:34@	00:39-	04:01@	00:36+	00:27#	00:18#	00:38@	00:03#
<b>6</b>	<b>Ragnar Rossavik</b>	<b>109</b>											<b>50:52</b>		
01:10+	04:05+	05:11+	09:13+	13:13+	16:01+	17:50+	23:09+	26:18+	28:52+	31:32+	40:12+	44:44+	47:10+	50:13+	50:52+
01:10+	02:55+	01:06+	04:02+	04:00+	02:48+	01:49+	05:19-	03:09+	02:34-	02:40+	08:40+	04:32+	02:26+	03:03+	00:39+
00:20@	00:35#	00:03+	00:21+	01:41@	00:42@	00:45@	01:13-	00:21#	00:37-	00:53@	02:29@	01:01@	01:03@	01:19@	00:10@
<b>7</b>	<b>Jan Inge Lunde</b>	<b>88</b>											<b>51:40</b>		
01:03+	04:12+	05:32+	08:53+	12:29+	15:28+	17:10+	22:05+	26:34+	29:19+	31:56+	40:03+	47:01+	48:57+	51:02+	51:40+
01:03+	03:09+	01:20+	03:21-	03:36+	02:59+	01:42+	04:55-	04:29+	02:45-	02:37+	08:07+	06:58+	01:56+	02:05+	00:38+
00:13@	00:49@	00:17@	00:20-	01:17@	00:53@	00:38@	01:37-	01:41@	00:26-	00:50@	01:56@	03:27@	00:33@	00:21#	00:09@
<b>8</b>	<b>Gunnar Sakseid</b>	<b>116</b>											<b>51:45</b>		
01:47+	05:01+	06:06+	10:02+	14:06+	17:07+	18:43+	24:02+	27:13+	29:47+	32:22+	41:06+	45:39+	48:04+	51:07+	51:45+
01:47+	03:14+	01:05+	03:56+	04:04+	03:01+	01:36+	05:19-	03:11+	02:34-	02:35+	08:44+	04:33+	02:25+	03:03+	00:38+
00:57@	00:54@	00:02+	00:15+	01:45@	00:55@	00:32@	01:13-	00:23#	00:37-	00:48@	02:33@	01:02@	01:02@	01:19@	00:09@
<b>9</b>	<b>Bjørn Tore Aase</b>	<b>29</b>											<b>54:18</b>		
01:15+	04:50+	06:12+	09:43+	13:17+	16:20+	17:52+	23:24+	27:39+	30:43+	33:19+	43:31+	49:38+	51:27+	53:33+	54:18+
01:15+	03:35+	01:22+	03:31-	03:34+	03:03+	01:32+	05:32-	04:15+	03:04-	02:36+	10:12+	06:07+	01:49+	02:06+	00:45+
00:25@	01:15@	00:19@	00:10-	01:15@	00:57@	00:28@	01:00-	01:27@	00:07-	00:49@	04:01@	02:36@	00:26@	00:22#	00:16@
<b>10</b>	<b>Eivind L. Rake</b>	<b>92</b>											<b>55:58</b>		
01:00+	04:28+	05:47+	08:42+	11:31+	14:13+	15:51+	25:17+	30:10+	33:03+	35:31+	44:22+	49:32+	51:44+	55:05+	55:58+
01:00+	03:28+	01:19+	02:55-	02:49+	02:42+	01:38+	09:26+	04:53+	02:53-	02:28+	08:51+	05:10+	02:12+	03:21+	00:53+
00:10#	01:08@	00:16@	00:46-	00:30#	00:36@	00:34@	02:54@	02:05@	00:18-	00:41@	02:40@	01:39@	00:49@	01:37@	00:24@
<b>11</b>	<b>Bjørn Bjelland</b>	<b>83</b>											<b>56:41</b>		
01:22+	04:57+	06:12+	09:55+	12:19+	14:29+	15:59+	27:18+	31:45+	34:23+	36:47+	45:50+	51:35+	53:38+	56:06+	56:41+
01:22+	03:35+	01:15+	03:43+	02:24+	02:10+	01:30+	11:19+	04:27+	02:38-	02:24+	09:03+	05:45+	02:03+	02:28+	00:35+
00:32@	01:15@	00:12#	00:02+	00:05+	00:04+	00:26@	04:47@	01:39@	00:33-	00:37@	02:52@	02:14@	00:40@	00:44@	00:06#
<b>12</b>	<b>Arne M. Handeland</b>	<b>92</b>											<b>56:44</b>		
02:14+	05:22+	07:06+	10:22+	16:51+	20:07+	21:33+	26:14+	29:35+	31:59+	34:15+	43:54+	51:47+	53:25+	56:08+	56:44+
02:14+	03:08+	01:44+	03:16-	06:29+	03:16+	01:26+	04:41-	03:21+	02:24-	02:16+	09:39+	07:53+	01:38+	02:43+	00:36+
01:24@	00:48@	00:41@	00:25-	04:10@	01:10@	00:22@	01:51-	00:33#	00:47-	00:29@	03:28@	04:22@	00:15#	00:59@	00:07#

Class	Navn	Klasse										Tid				
<b>13</b>	<b>Odd Arild Werness</b>	<b>88</b>										<b>57:36</b>				
01:18+	05:19+	07:05+	10:55+	14:20+	17:39+	19:13+	24:20+	28:30+	32:02+	35:05+	44:37+	51:12+	53:32+	56:50+	57:36+	
01:18+	04:01+	01:46+	03:50+	03:25+	03:19+	01:34+	05:07-	04:10+	03:32+	03:03+	09:32+	06:35+	02:20+	03:18+	00:46+	
00:28&	01:41&	00:43&	00:09+	01:06&	01:13&	00:30&	01:25-	01:22&	00:21#	01:16&	03:21&	03:04&	00:57&	01:34&	00:17&	
<b>14</b>	<b>Per Marthon Møland</b>	<b>5</b>										<b>1:00:35</b>				
01:47+	04:51+	06:19+	11:48+	15:09+	19:34+	21:21+	27:56+	32:33+	36:19+	39:09+	48:40+	54:26+	56:19+	59:52+	60:35+	
01:47+	03:04+	01:28+	05:29+	03:21+	04:25+	01:47+	06:35+	04:37+	03:46+	02:50+	09:31+	05:46+	01:53+	03:33+	00:43+	
00:57@	00:44&	00:25&	01:48&	01:02&	02:19@	00:43&	00:03+	01:49&	00:35#	01:03&	03:20&	02:15&	00:30&	01:49@	00:14&	
<b>15</b>	<b>Svein Ove Horpestad</b>	<b>62</b>										<b>1:02:41</b>				
01:35+	05:19+	06:34+	12:14+	17:42+	22:44+	24:30+	33:26+	40:54+	44:20+	46:44+	54:21+	58:16+	59:55+	61:55+	62:41+	
01:35+	03:44+	01:15+	05:40+	05:28+	05:02+	01:46+	08:56+	07:28+	03:26+	02:24+	07:37+	03:55+	01:39+	02:00+	00:46+	
00:45&	01:24&	00:12#	01:59&	03:09@	02:56@	00:42&	02:24&	04:40@	00:15+	00:37&	01:26#	00:24#	00:16#	00:16#	00:17&	
<b>16</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>29</b>										<b>1:02:44</b>				
01:24+	05:55+	07:10+	13:46+	16:40+	20:15+	21:54+	29:22+	33:48+	37:48+	40:26+	52:04+	57:52+	59:45+	61:52+	62:44+	
01:24+	04:31+	01:15+	06:36+	02:54+	03:35+	01:39+	07:28+	04:26+	04:00+	02:38+	11:38+	05:48+	01:53+	02:07+	00:52+	
00:34&	02:11&	00:12#	02:55&	00:35&	01:29&	00:35&	00:56#	01:38&	00:49&	00:51&	05:27&	02:17&	00:30&	00:23#	00:23&	
<b>17</b>	<b>Terje Helland</b>	<b>88</b>										<b>1:05:14</b>				
01:05+	04:45+	06:28+	10:01+	13:28+	17:16+	18:36+	22:32+	28:24+	33:47+	35:29+	47:47+	60:11+	62:14+	64:29+	65:14+	
01:05+	03:40+	01:43+	03:33-	03:27+	03:48+	01:20+	03:56-	05:52+	05:23+	01:42-	12:18+	12:24+	02:03+	02:15+	00:45+	
00:15&	01:20&	00:40&	00:08-	01:42&	00:16#	02:36-	03:04@	02:12&	00:05-	06:07&	08:53@	00:40&	00:31&	00:16&		
<b>18</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>1:05:20</b>				
01:36+	05:21+	07:18+	11:01+	15:20+	19:18+	21:11+	33:54+	37:35+	40:38+	42:56+	53:59+	59:47+	61:48+	64:27+	65:20+	
01:36+	03:45+	01:57+	03:43+	04:19+	03:58+	01:57+	12:43+	03:41+	03:03-	02:18+	11:03+	05:48+	02:01+	02:39+	00:53+	
00:46&	01:25&	00:54&	00:02+	02:00&	01:52&	00:49&	06:11&	00:53&	00:08-	00:31&	04:52&	02:17&	00:38&	00:55&	00:24&	
<b>19</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>										<b>1:05:37</b>				
01:10+	04:20+	05:30+	13:33+	25:58+	29:48+	31:17+	36:30+	40:29+	43:04+	45:40+	54:16+	60:53+	62:50+	64:50+	65:37+	
01:10+	03:10+	01:10+	08:03+	12:25+	03:50+	01:29+	05:13-	03:59+	02:35-	02:36+	08:36+	06:37+	01:57+	02:00+	00:47+	
00:20&	00:50&	00:07#	04:22@	10:06@	01:44&	00:25&	01:19-	01:11&	00:36-	00:49&	02:25&	03:06&	00:34&	00:16#	00:18&	
<b>20</b>	<b>Terje Langeland</b>	<b>98</b>										<b>1:10:19</b>				
01:16+	05:04+	06:36+	15:58+	20:36+	25:09+	27:07+	31:44+	36:14+	40:02+	42:41+	54:56+	64:07+	66:18+	69:41+	70:19+	
01:16+	03:48+	01:32+	09:22+	04:38+	04:33+	01:58+	04:37-	04:30+	03:48+	02:39+	12:15+	09:11+	02:11+	03:23+	00:38+	
00:26&	01:28&	00:29&	05:41@	02:19&	02:27@	00:54&	01:55-	01:42&	00:37#	00:52&	06:04&	05:40@	00:48&	01:39&	00:09&	
<b>21</b>	<b>Tom Hetland</b>	<b>5</b>										<b>1:17:31</b>				
01:12+	08:30+	09:58+	27:42+	33:32+	36:33+	38:24+	43:14+	49:39+	53:17+	55:44+	64:53+	71:06+	73:33+	76:50+	77:31+	
01:12+	07:18+	01:28+	17:44+	05:50+	03:01+	01:51+	04:50-	06:25+	03:38+	02:27+	09:09+	06:13+	02:27+	03:17+	00:41+	
00:22&	04:58@	00:25&	14:03@	03:31@	00:55&	00:47&	01:42-	03:37@	00:27#	00:40&	02:58&	02:42&	01:04&	01:33&	00:12&	
<b>Beste strekktid for klassen</b>																
00:50	02:02	00:58	02:17	02:19	02:06	01:04	03:29	02:48	02:24	01:42	06:11	03:25	01:23	01:36	00:29	

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

## Herrer 70 - 74 år

<b>1</b>	<b>Harry Breiland</b>	<b>66</b>										<b>42:10</b>				
01:01=	03:22=	04:21=	06:40=	08:59=	11:08=	12:18=	15:56=	18:46=	25:44=	28:02=	34:13=	37:43=	39:12=	41:33=	42:10=	
01:01=	02:21=	00:59=	02:19=	02:19=	02:09=	01:10=	03:38=	02:50=	06:58=	02:18=	06:11=	03:30=	01:29=	02:21=	00:37=	
00:00=	00:00=	00:00=	00:00=	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>Asgeir Bell</b>	<b>117</b>										<b>44:18</b>				
00:49-	03:16-	04:17-	07:53+	09:48+	11:50+	13:01+	16:08+	21:33+	23:23-	25:15-	32:09-	40:33+	41:56+	43:43+	44:18+	
00:49-	02:27+	01:01+	03:36+	01:55-	02:02-	01:11+	03:07-	05:25+	01:50-	01:52-	06:54+	08:24+	01:23-	01:47-	00:35-	
00:12-	00:06+	00:02+	01:17&	00:24-	00:07-	00:01+	00:31-	02:35&	05:08-	00:26-	00:43#	04:54@	00:06-	00:34-	00:02-	
<b>3</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>48:13</b>				
01:12+	04:08+	05:27+	08:50+	14:52+	18:26+	19:43+	24:18+	27:30+	29:53+	32:45+	40:04+	43:52+	45:36+	47:34+	48:13+	
01:12+	02:56+	01:19+	03:23+	06:02+	03:34+	01:17+	04:35+	03:12+	02:23-	02:52+	07:19+	03:48+	01:44+	01:58-	00:39+	
00:11#	00:35#	00:20&	01:04&	03:43@	01:25&	00:07+	00:57&	00:22#	04:35-	00:34#	01:08#	00:18+	00:15#	00:23-	00:02+	
<b>4</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>49:30</b>				
01:39+	05:29+	06:36+	10:15+	15:12+	19:39+	20:59+	24:49+	28:28+	31:01+	33:03+	40:17+	44:41+	46:23+	48:48+	49:30+	
01:39+	03:50+	01:07+	03:39+	04:57+	04:27+	01:20+	03:50+	03:39+	02:33-	02:02-	07:14+	04:24+	01:42+	02:25+	00:42+	
00:38&	01:29&	00:08#	01:20&	02:38@	02:18@	00:10#	00:12+	00:49&	04:25-	00:16-	01:03#	00:54&	00:13#	00:04+	00:05#	



Class	Navn	Klasse										Tid					
<b>5</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>51:45</b>					
01:09+	04:06+	05:29+	08:50+	12:39+	15:44+	17:12+	22:24+	26:37+	29:25+	32:00+	40:08+	47:06+	48:59+	51:08+	51:45+		
01:09+	02:57+	01:23+	03:21+	03:49+	03:05+	01:28+	05:12+	04:13+	02:48-	02:35+	08:08+	06:58+	01:53+	02:09-	00:37=		
00:08#	00:36&	00:24&	01:02&	01:30&	00:56&	00:18&	01:34&	01:23&	04:10-	00:17#	01:57&	03:28&	00:24&	00:12-	00:00=		
<b>6</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>55:48</b>					
01:14+	04:30+	05:42+	10:57+	14:25+	17:12+	18:40+	28:52+	32:07+	35:05+	37:37+	45:38+	50:31+	52:36+	55:11+	55:48+		
01:14+	03:16+	01:12+	05:15+	03:28+	02:47+	01:28+	10:12+	03:15+	02:58-	02:32+	08:01+	04:53+	02:05+	02:35+	00:37=		
00:13#	00:55&	00:13#	02:56@	01:09&	00:38&	00:18&	06:34@	00:25#	04:00-	00:14#	01:50&	01:23&	00:36&	00:14+	00:00=		
<b>7</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>59:42</b>					
01:58+	05:13+	06:56+	14:15+	18:07+	20:59+	22:25+	32:48+	36:18+	38:58+	41:18+	48:55+	54:47+	56:44+	59:04+	59:42+		
01:58+	03:15+	01:43+	07:19+	03:52+	02:52+	01:26+	10:23+	03:30+	02:40-	02:20+	07:37+	05:52+	01:57+	02:20-	00:38+		
00:57&	00:54&	00:44&	05:00@	01:33&	00:43&	00:16#	06:45@	00:40#	04:18-	00:02+	01:26#	02:22&	00:28&	00:01-	00:01+		
<b>8</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>1:00:52</b>					
03:25+	07:42+	09:06+	13:10+	17:54+	21:23+	23:14+	28:33+	32:59+	36:02+	39:00+	48:54+	54:12+	56:14+	60:06+	60:52+		
03:25+	04:17+	01:24+	04:04+	04:44+	03:29+	01:51+	05:19+	04:26+	03:03-	02:58+	09:54+	05:18+	02:02+	03:52+	00:46+		
02:24@	01:56&	00:25&	01:45&	02:25@	01:20&	00:41&	01:41&	01:36&	03:55-	00:40&	03:43&	01:48&	00:33&	01:31&	00:09#		
<b>9</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>1:01:26</b>					
01:50+	05:06+	06:53+	12:24+	15:05+	18:14+	19:50+	26:13+	30:39+	34:39+	37:30+	50:50+	56:01+	58:00+	60:40+	61:26+		
01:50+	03:16+	01:47+	05:31+	02:41+	03:09+	01:36+	06:23+	04:26+	04:00-	02:51+	13:20+	05:11+	01:59+	02:40+	00:46+		
00:49&	00:55&	00:48&	03:12@	00:22#	01:00&	00:26&	02:45&	01:36&	02:58-	00:33#	07:09@	01:41&	00:30&	00:19#	00:09#		
<b>10</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>1:05:24</b>					
02:29+	07:22+	08:52+	13:09+	16:06+	19:38+	21:15+	26:43+	30:20+	34:02+	36:56+	45:41+	58:44+	60:55+	64:14+	65:24+		
02:29+	04:53+	01:30+	04:17+	02:57+	03:32+	01:37+	05:28+	03:37+	03:42-	02:54+	08:45+	13:03+	02:11+	03:19+	01:10+		
01:28@	02:32@	00:31&	01:58&	00:38&	01:23&	00:27&	01:50&	00:47&	03:16-	00:36&	02:34&	09:33@	00:42&	00:58&	00:33&		
<b>11</b>	<b>Hans Klausen</b>	<b>62</b>										<b>1:05:41</b>					
01:42+	05:20+	07:08+	13:02+	18:46+	24:53+	26:24+	32:19+	38:36+	41:54+	45:03+	53:46+	59:51+	62:05+	64:59+	65:41+		
01:42+	03:38+	01:48+	05:54+	05:44+	06:07+	01:31+	05:55+	06:17+	03:18-	03:09+	08:43+	06:05+	02:14+	02:54+	00:42+		
00:41&	01:17&	00:49&	03:35@	03:25@	03:58@	00:21&	02:17&	03:27@	03:40-	00:51&	02:32&	02:35&	00:45&	00:33#	00:05#		
<b>12</b>	<b>Geir Husdal</b>	<b>93</b>										<b>1:09:57</b>					
01:16+	04:35+	05:53+	10:13+	14:31+	20:02+	21:42+	32:20+	36:35+	41:17+	44:22+	54:44+	63:40+	66:12+	69:12+	69:57+		
01:16+	03:19+	01:18+	04:20+	04:18+	05:31+	01:40+	10:38+	04:15+	04:42-	03:05+	10:22+	08:56+	02:32+	03:00+	00:45+		
00:15#	00:58&	00:19&	02:01&	01:59&	03:22@	00:30&	07:00@	01:25&	02:16-	00:47&	04:11&	05:26@	01:03&	00:39&	00:08#		
<b>13</b>	<b>Knut Jonas Espedal</b>	<b>53</b>										<b>1:13:44</b>					
01:28+	06:35+	08:28+	12:37+	23:42+	27:12+	29:01+	36:07+	41:19+	45:00+	48:46+	61:24+	67:26+	70:03+	72:50+	73:44+		
01:28+	05:07+	01:53+	04:09+	11:05+	03:30+	01:49+	07:06+	05:12+	03:41-	03:46+	12:38+	06:02+	02:37+	02:47+	00:54+		
00:27&	02:46@	00:54&	01:50&	08:46@	01:21&	00:39&	03:28&	02:22&	03:17-	01:28&	06:27@	02:32&	01:08&	00:26#	00:17&		
<b>14</b>	<b>Arne Østensen</b>	<b>90</b>										<b>1:13:57</b>					
01:03+	04:04+	07:17+	25:00+	28:57+	31:32+	33:02+	42:07+	50:30+	53:10+	55:23+	63:11+	68:44+	70:47+	73:18+	73:57+		
01:03+	03:01+	03:13+	17:43+	03:57+	02:35+	01:30+	09:05+	08:23+	02:40-	02:13-	07:48+	05:33+	02:03+	02:31+	00:39+		
00:02+	00:40&	02:14@	15:24@	01:38&	00:26#	00:20&	05:27@	05:33@	04:18-	00:05-	01:37&	02:03&	00:34&	00:10+	00:02+		
<b>15</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>										<b>1:20:34</b>					
01:46+	06:40+	08:24+	15:34+	20:09+	25:36+	28:29+	38:55+	45:00+	50:13+	53:56+	67:02+	73:07+	76:04+	79:42+	80:34+		
01:46+	04:54+	01:44+	07:10+	04:35+	05:27+	02:53+	10:26+	06:05+	05:13-	03:43+	13:06+	06:05+	02:57+	03:38+	00:52+		
00:45&	02:33@	00:45&	04:51@	02:16&	03:18@	01:43@	06:48@	03:15@	01:45-	01:25&	06:55@	02:35&	01:28&	01:17&	00:15&		
<b>16</b>	<b>Mangor Eikeland</b>	<b>92</b>										<b>1:50:37</b>					
04:50+	11:55+	14:12+	21:59+	35:55+	42:19+	45:42+	55:51+	63:13+	69:34+	74:30+	92:44+	101:39+	105:02+	109:11+	110:37+		
04:50+	07:05+	02:17+	07:47+	13:56+	06:24+	03:23+	10:09+	07:22+	06:21-	04:56+	18:14+	08:55+	03:23+	04:09+	01:26+		
03:49@	04:44@	01:18@	05:28@	11:37@	04:15@	02:13@	06:31@	04:32@	00:37-	02:38@	12:03@	05:25@	01:54@	01:48&	00:49@		
<b>17</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>2:14:36</b>					
04:30+	14:00+	17:49+	34:18+	44:24+	52:26+	57:37+	79:44+	87:35+	93:42+	98:38+	116:16+	125:11+	128:21+	132:59+	134:36+		
04:30+	09:30+	03:49+	16:29+	10:06+	08:02+	05:11+	22:07+	07:51+	06:07-	04:56+	17:38+	08:55+	03:10+	04:38+	01:37+		
03:29@	07:09@	02:50@	14:10@	07:47@	05:53@	04:01@	18:29@	05:01@	00:51-	02:38@	11:27@	05:25@	01:41@	02:17&	01:00@		
<b>Beste strekktid for klassen</b>																	
00:49	02:21	00:59	02:19	01:55	02:02	01:10	03:07	02:50	01:50	01:52	06:11	03:30	01:23	01:47	00:35		

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

## Herrer 75 - 79 år

Class	Navn	Klasse										Tid						
<b>1</b>	<b>Jan Værp</b>	<b>62</b>										<b>52:55</b>						
	01:14=	02:30=	04:38=	07:29=	10:23=	13:59=	17:39=	25:40=	29:08=	31:54=	39:32=	42:02=	44:37=	47:25=	49:42=	52:15=	52:55=	
	01:14=	01:16=	02:08=	02:51=	02:54=	03:36=	03:40=	08:01=	03:28=	02:46=	07:38=	02:30=	02:35=	02:48=	02:17=	02:33=	00:40=	
	00:00=	00:00=	00:00=	00:00=	00:00=	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 Langvik</b>	<b>93</b>										<b>54:25</b>						
	01:24+	03:45+	06:00+	08:52+	10:56+	12:38-	16:18-	24:03-	31:12+	34:26+	41:23+	44:17+	46:24+	49:19+	51:00+	53:42+	54:25+	
	01:24+	02:21+	02:15+	02:52+	02:04-	01:42-	03:40=	07:45-	07:09+	03:14+	06:57-	02:54+	02:07-	02:55+	01:41-	02:42+	00:43+	
	00:10#	01:05&	00:07+	00:01+	00:50-	01:54-	00:00=	00:16-	03:41@	00:28#	00:41-	00:24#	00:28-	00:07+	00:36-	00:09+	00:03+	
<b>3</b>	<b>Rolv Nærland</b>	<b>63</b>										<b>1:07:46</b>						
	01:43+	03:53+	06:39+	10:36+	14:05+	17:52+	22:51+	30:00+	37:16+	42:14+	52:00+	54:34+	56:43+	60:31+	62:48+	66:49+	67:46+	
	01:43+	02:10+	02:46+	03:57+	03:29+	03:47+	04:59+	07:09-	07:16+	04:58+	09:46+	02:34+	02:09-	03:48+	02:17=	04:01+	00:57+	
	00:29&	00:54&	00:38&	01:06&	00:35#	00:11+	01:19&	00:52-	03:48@	02:12&	02:08&	00:04+	00:26-	01:00&	00:00=	01:28&	00:17&	
<b>4</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>1:07:53</b>						
	01:52+	04:11+	06:46+	10:28+	14:19+	17:52+	22:49+	30:47+	37:51+	42:24+	52:12+	54:35+	56:53+	60:54+	63:15+	67:00+	67:53+	
	01:52+	02:19+	02:35+	03:42+	03:51+	03:33-	04:57+	07:58-	07:04+	04:33+	09:48+	02:23-	02:18-	04:01+	02:21+	03:45+	00:53+	
	00:38&	01:03&	00:27#	00:51&	00:57&	00:03-	01:17&	00:03-	03:36@	01:47&	02:10&	00:07-	00:17-	01:13&	00:04+	01:12&	00:13&	
<b>5</b>	<b>Harald Vatne</b>	<b>67</b>										<b>1:21:36</b>						
	01:21+	02:54+	05:55+	13:10+	16:20+	18:19+	21:53+	36:51+	49:44+	53:34+	56:21+	68:11+	70:26+	72:55+	76:33+	78:18+	80:53+	81:36+
	01:21+	01:33+	03:01+	07:15+	03:10+	01:59-	03:34-	14:58+	12:53+	03:50+	02:47-	11:50+	02:15-	02:29-	03:38+	01:45-	02:35+	00:43+
	00:07+	00:17#	00:53&	04:24@	00:16+	01:37-	00:06-	06:57&	09:25@	01:04&	04:51-	09:20@	00:20-	00:19-	01:21&	00:48-	01:55@	00:43+
<b>6</b>	<b>Alf Gyland</b>	<b>92</b>										<b>1:23:08</b>						
	02:23+	08:21+	11:00+	16:35+	20:19+	23:17+	29:13+	36:56+	41:11+	44:23+	64:07+	66:10+	72:44+	76:04+	79:05+	82:14+	83:08+	
	02:23+	05:58+	02:39+	05:35+	03:44+	02:58-	05:56+	07:43-	04:15+	03:12+	19:44+	02:03-	06:34+	03:20+	03:01+	03:09+	00:54+	
	01:09&	04:42@	00:31#	02:44&	00:50&	00:38-	02:16&	00:18-	00:47#	00:26#	12:06@	00:27-	03:59@	00:32#	00:44&	00:36#	00:14&	
<b>7</b>	<b>Arne Brandsberg</b>	<b>29</b>										<b>1:24:24</b>						
	02:00+	04:12+	07:02+	10:51+	14:31+	17:17+	21:38+	29:06+	34:22+	39:11+	42:52+	66:24+	69:03+	72:14+	76:55+	79:23+	83:09+	84:24+
	02:00+	02:12+	02:50+	03:49+	03:40+	02:46-	04:21+	07:28-	05:16+	04:49+	03:41-	23:32+	02:39+	03:11+	04:41+	02:28-	03:46+	01:15+
	00:46&	00:56&	00:42&	00:58&	00:46&	00:50-	00:41#	00:33-	01:48&	02:03&	03:57-	21:02@	00:04+	00:23#	02:24@	00:05-	03:06@	01:15+
<b>8</b>	<b>Jan Bekkeheien</b>	<b>92</b>										<b>1:27:50</b>						
	21:17+	24:01+	26:22+	30:01+	34:25+	37:22+	45:18+	54:43+	59:58+	63:21+	72:18+	74:41+	77:04+	80:56+	83:05+	86:54+	87:50+	
	21:17+	02:44+	02:21+	03:39+	04:24+	02:57-	07:56+	09:25+	05:15+	03:23+	08:57+	02:23-	02:23-	03:52+	02:09-	03:49+	00:56+	
	20:03@	01:28@	00:13#	00:48&	01:30&	00:39-	04:16@	01:24#	01:47&	00:37#	01:19#	00:07-	00:12-	01:04&	00:08-	01:16&	00:16&	
<b>9</b>	<b>Odd Aarreberg</b>	<b>5</b>										<b>1:35:58</b>						
	01:24+	03:34+	06:12+	11:05+	14:41+	16:58+	29:28+	40:53+	44:57+	52:12+	60:40+	73:23+	78:25+	81:30+	85:23+	95:10+	95:58+	
	01:24+	02:10+	02:38+	04:53+	03:36+	02:17-	12:30+	11:25+	04:04+	07:15+	08:28+	12:43+	05:02+	03:05+	03:53+	09:47+	00:48+	
	00:10#	00:54&	00:30#	02:02&	00:42#	01:19-	08:50@	03:24&	00:36#	04:29@	00:50#	10:13@	02:27&	00:17#	01:36&	07:14@	00:08#	
<b>Beste strekktid for klassen</b>																		
	01:14	01:16	02:08	02:51	02:04	01:42	03:34	07:09	03:28	02:46	02:47	02:03	02:07	02:29	01:41	01:45	00:40	

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

## Herrer 80 år og eldre

<b>1</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>44:56</b>
	00:43=	02:43=	06:47=	17:19=	21:00=	23:18=	27:53=	31:26=	36:20=	39:31=	44:03=	44:56=
	00:43=	02:00=	04:04=	10:32=	03:41=	02:18=	04:35=	03:33=	04:54=	03:11=	04:32=	00:53=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Harald I. Serigstad</b>	<b>128</b>										<b>51:24</b>
	00:56+	03:30+	08:14+	15:22-	19:00-	21:21-	26:25-	30:39-	42:18+	45:14+	50:21+	51:24+
	00:56+	02:34+	04:44+	07:08-	03:38-	02:21+	05:04+	04:14+	11:39+	02:56-	05:07+	01:03+
	00:13&	00:34&	00:40#	03:24-	00:03-	00:03+	00:29#	00:41#	06:45@	00:15-	00:35#	00:10#
<b>3</b>	<b>Bjarne Edland</b>	<b>92</b>										<b>52:52</b>
	04:34+	09:42+	13:44+	18:54+	21:28+	23:27+	27:23-	30:52-	37:04+	46:11+	52:08+	52:52+
	04:34+	05:08+	04:02-	05:10-	02:34-	01:59-	03:56-	03:29-	06:12+	09:07+	05:57+	00:44-
	03:51@	03:08@	00:02-	05:22-	01:07-	00:19-	00:39-	00:04-	01:18&	05:56@	01:25&	00:09-
<b>4</b>	<b>Peter Frafjord</b>	<b>116</b>										<b>59:36</b>
	00:54+	03:43+	14:58+	23:18+	27:25+	30:43+	39:35+	45:13+	49:46+	53:08+	58:33+	59:36+
	00:54+	02:49+	11:15+	08:20-	04:07+	03:18+	08:52+	05:38+	04:33-	03:22+	05:25+	01:03+
	00:11&	00:49&	07:11@	02:12-	00:26#	01:00&	04:17&	02:05&	00:21-	00:11+	00:53#	00:10#

Class	Navn	Klasse										Tid	
<b>5</b>	<b>Sigurd Krosli</b>	<b>31</b>										<b>1:15:47</b>	
		04:27+	07:37+	22:23+	29:56+	33:29+	35:40+	49:27+	53:09+	66:24+	69:55+	74:59+	75:47+
		04:27+	03:10+	14:46+	07:33-	03:33-	02:11-	13:47+	03:42+	13:15+	03:31+	05:04+	00:48-
		03:44@	01:10&	10:42@	02:59-	00:08-	00:07-	09:12@	00:09+	08:21@	00:20#	00:32#	00:05-

### Beste strekktid for klassen

00:43 02:00 04:02 05:10 02:34 01:59 03:56 03:29 04:33 02:56 04:32 00:44

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

## Herrer A

<b>1</b>	<b>Clemens Øxnevad</b>	<b>114</b>										<b>44:25</b>											
		00:58=	03:12=	03:57=	05:44=	07:27=	10:20=	12:06=	13:14=	15:06=	17:03=	18:27=	19:50=	22:48=	26:28=	28:51=	32:27=	33:30=	35:35=	37:49=	40:41=	43:35=	44:25=
		00:58=	02:14=	00:45=	01:47=	01:43=	02:53=	01:46=	01:08=	01:52=	01:57=	01:24=	01:23=	02:58=	03:40=	02:23=	03:36=	01:03=	02:05=	02:14=	02:52=	02:54=	00:50=
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>46:01</b>											
		01:01+	03:11-	04:05+	06:14+	07:51+	10:07-	11:49-	13:11-	17:33+	19:47+	21:17+	22:42+	25:52+	30:20+	33:32+	36:44+	37:47+	39:48+	42:04+	44:44+	45:15+	46:01+
		01:01+	02:10-	00:54+	02:09+	01:37-	02:16-	01:42-	01:22+	04:22+	02:14+	01:30+	01:25+	03:10+	04:28+	03:12+	03:12-	01:03=	02:01-	02:16+	02:40-	00:31-	00:46-
		00:03+	00:04-	00:09#	00:22#	00:06-	00:37-	00:04-	00:14#	02:30@	00:17#	00:06+	00:02+	00:12+	00:48#	00:29#	00:24-	00:00=	00:04-	00:02+	00:12-	02:23-	00:04-

<b>3</b>	<b>Erik Lima</b>	<b>115</b>										<b>49:09</b>											
		01:17+	04:12+	05:17+	07:06+	08:48+	11:21+	13:15+	14:44+	16:42+	19:15+	21:04+	22:57+	26:36+	31:14+	34:06+	37:09+	38:38+	40:44+	43:25+	46:11+	48:24+	49:09+
		01:17+	02:55+	01:05+	01:49+	01:42-	02:33-	01:54+	01:29+	01:58+	02:33+	01:49+	01:53+	03:39+	04:38+	02:52+	03:03-	01:29+	02:06+	02:41+	02:46-	02:13-	00:45-
		00:19&	00:41&	00:20&	00:02+	00:01-	00:20-	00:08+	00:21&	00:06+	00:36&	00:25&	00:30&	00:41#	00:58&	00:29#	00:33-	00:26&	00:01+	00:27#	00:06-	00:41-	00:05-

<b>4</b>	<b>Fredrik Sandal</b>	<b>88</b>										<b>54:39</b>											
		01:03+	03:35+	04:28+	06:20+	08:15+	15:01+	17:05+	18:30+	23:14+	25:33+	27:13+	29:00+	32:29+	36:44+	39:33+	43:16+	44:42+	47:16+	50:04+	52:58+	53:36+	54:39+
		01:03+	02:32+	00:53+	01:52+	01:55+	06:46+	02:04+	01:25+	04:44+	02:19+	01:40+	01:47+	03:29+	04:15+	02:49+	03:43+	01:26+	02:34+	02:48+	02:54+	00:38-	01:03+
		00:05+	00:18#	00:08#	00:05+	00:12#	03:53@	00:18#	00:17#	02:52@	00:22#	00:16#	00:24&	00:31#	00:35#	00:26#	00:07+	00:23&	00:29#	00:34&	00:02+	02:16-	00:13&

<b>5</b>	<b>Kristian Haarr</b>	<b>27</b>										<b>56:12</b>											
		01:51+	04:27+	06:04+	08:01+	09:44+	12:07+	13:44+	15:08+	17:21+	19:52+	21:33+	23:12+	27:31+	33:34+	37:32+	44:03+	45:33+	48:23+	51:17+	54:32+	55:09+	56:12+
		01:51+	02:36+	01:37+	01:57+	01:43=	02:23-	01:37-	01:24+	02:13+	02:31+	01:41+	01:39+	04:19+	06:03+	03:58+	06:31+	01:30+	02:50+	02:54+	03:15+	00:37-	01:03+
		00:53&	00:22#	00:52@	00:10+	00:00=	00:30-	00:09-	00:16#	00:21#	00:34&	00:17#	00:16#	01:21&	02:23&	01:35&	02:55&	00:27&	00:45&	00:40&	00:23#	02:17-	00:13&

<b>6</b>	<b>Bjarthe Westerheim</b>	<b>194</b>										<b>57:44</b>											
		01:26+	03:39+	04:39+	06:11+	07:35+	09:32-	10:47-	12:01-	17:25+	19:28+	20:55+	22:15+	26:19+	34:03+	38:37+	42:45+	44:17+	48:45+	51:55+	55:52+	56:37+	57:44+
		01:26+	02:13-	01:00+	01:32-	01:24-	01:57-	01:15-	01:14+	05:24+	02:03+	01:27+	01:20-	04:04+	07:44+	04:34+	04:08+	01:32+	04:28+	03:10+	03:57+	00:45-	01:07+
		00:28&	00:01-	00:15&	00:15-	00:19-	00:56-	00:31-	00:06+	03:32@	00:06+	00:03+	00:03-	01:06&	04:04@	02:11&	00:32#	00:29&	02:23@	00:56&	01:05&	02:09-	00:17&

<b>7</b>	<b>Martin Blystad</b>	<b>115</b>										<b>57:58</b>											
		02:58+	05:32+	07:44+	09:25+	11:18+	14:52+	16:57+	18:07+	20:58+	23:20+	25:08+	27:01+	30:44+	37:22+	41:54+	46:00+	47:13+	49:45+	52:30+	56:02+	56:59+	57:58+
		02:58+	02:34+	02:12+	01:41-	01:53+	03:34+	02:05+	01:10+	02:51+	02:22+	01:48+	01:53+	03:43+	06:38+	04:32+	04:06+	01:13+	02:32+	02:45+	03:32+	00:57-	00:59+
		02:00@	00:20#	01:27@	00:06-	00:10+	00:41#	00:19#	00:02+	00:59&	00:25#	00:24&	00:30&	00:45&	02:58&	02:09&	00:30#	00:10#	00:27#	00:31#	00:40#	01:57-	00:09#

<b>8</b>	<b>Jørgen Strømstad</b>	<b>50</b>										<b>1:08:50</b>											
		01:25+	04:28+	07:03+	08:59+	11:05+	14:19+	17:06+	18:56+	24:55+	27:33+	29:47+	31:27+	36:31+	44:27+	50:42+	55:26+	56:45+	59:01+	62:29+	65:44+	68:01+	68:50+
		01:25+	03:03+	02:35+	01:56+	02:06+	03:14+	02:47+	01:50+	05:59+	02:38+	02:14+	01:40+	05:04+	07:56+	06:15+	04:44+	01:19+	02:16+	03:28+	03:15+	02:17-	00:49-
		00:27&	00:49&	01:50@	00:09+	00:23#	00:21#	01:01&	00:42&	04:07@	00:41&	00:50&	00:17#	02:06&	04:16@	03:52@	01:08&	00:16&	00:11+	01:14&	00:23#	00:37-	00:01-

<b>9</b>	<b>Emmanuel Mondesert</b>	<b>116</b>										<b>1:09:47</b>											
		03:00+	06:13+	08:20+	10:10+	12:09+	15:28+	17:47+	19:33+	22:09+	26:35+	28:37+	30:26+	35:24+	49:44+	52:39+	56:40+	58:46+	61:13+	64:19+	68:02+	68:49+	69:47+
		03:00+	03:13+	02:07+	01:50+	01:59+	03:19+	02:19+	01:46+	02:36+	04:26+	02:02+	01:49+	04:58+	14:20+	02:55+	04:01+	02:06+	02:27+	03:06+	03:43+	00:47-	00:58+
		02:02@	00:59&	01:22@	00:03+	00:16#	00:26#	00:33&	00:38&	00:44&	02:29@	00:38&	00:26&	02:00&	10:40@	00:32#	00:25#	01:03&	00:22#	00:52&	00:51&	02:07-	00:08#

<b>10</b>	<b>Runar Eike Toft</b>	<b>116</b>										<b>1:14:30</b>											
		01:36+	04:30+	08:13+	10:02+	12:52+	16:29+	19:27+	21:08+	25:37+	28:27+	31:35+	33:26+	38:07+	43:59+	56:20+	61:25+	63:04+	65:43+	69:09+	73:04+	73:42+	74:30+
		01:36+	02:54+	03:43+	01:49+	02:50+	03:37+	02:58+	01:41+	04:29+	02:50+	03:08+	01:51+	04:41+	05:52+	12:21+	05:05+	01:39+	02:39+	03:26+	03:55+	00:38-	00:48-
		00:38&	00:40&	02:58@	00:02+	01:07&	00:44&	01:12&	00:33&	02:37@	00:53&	01:44@	00:28&	01:43&	02:12&	09:58@	01:29&	00:36&	00:34&	01:12&	01:03&	02:16-	00:02-

### Beste strekktid for klassen

00:58 02:10 00:45 01:32 01:24 01:57 01:15 01:08 01:52 01:57 01:24 01:20 02:58 03:40 02:23 03:03 01:03 02:01 02:14 02:40 00:31 00:45

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

## Herrer B



Class	Navn	Klasse														Tid			
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**Beste strekktid for klassen**

01:10 02:29 00:58 01:53 01:34 02:18 01:24 01:15 02:12 02:13 01:38 01:28 03:11 01:04 02:51 03:19 01:00 01:07 02:11 02:53 00:34 00:46

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

**Herrer C**

<b>1</b>	<b>Kjetil Wirak</b>	<b>114</b>														<b>49:09</b>			
	01:52=	04:32=	07:28=	10:22=	12:15=	16:02=	19:39=	22:13=	27:12=	33:26=	36:47=	40:44=	41:50=	43:54=	46:49=	48:39=	49:09=		
	01:52=	02:40=	02:56=	02:54=	01:53=	03:47=	03:37=	02:34=	04:59=	06:14=	03:21=	03:57=	01:06=	02:04=	02:55=	01:50=	00:30=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Jan Einar Øvremo</b>	<b>50</b>														<b>49:11</b>			
	02:07+	04:48+	07:53+	10:39+	12:22+	16:37+	19:31-	22:12-	25:41-	34:02+	37:11+	40:55+	42:05+	44:14+	47:27+	48:43+	49:11+		
	02:07+	02:41+	03:05+	02:46-	01:43-	04:15+	02:54-	02:41+	03:29-	08:21+	03:09-	03:44-	01:10+	02:09+	03:13+	01:16-	00:28-		
	00:15#	00:01+	00:09+	00:08-	00:10-	00:28#	00:43-	00:07+	01:30-	02:07&	00:12-	00:13-	00:04+	00:05+	00:18#	00:34-	00:02-		
<b>3</b>	<b>Knut Taugbøl</b>	<b>116</b>														<b>55:32</b>			
	02:39+	05:42+	08:54+	12:01+	14:37+	20:14+	22:48+	24:42+	28:42+	36:43+	40:50+	45:06+	46:32+	48:45+	52:31+	54:57+	55:32+		
	02:39+	03:03+	03:12+	03:07+	02:36+	05:37+	02:34-	01:54-	04:00-	08:01+	04:07+	04:16+	01:26+	02:13+	03:46+	02:26+	00:35+		
	00:47&	00:23#	00:16+	00:13+	00:43&	01:50&	01:03-	00:40-	00:59-	01:47&	00:46#	00:19+	00:20&	00:09+	00:51&	00:36&	00:05#		
<b>4</b>	<b>Paul Terje Haarr</b>	<b>62</b>														<b>56:28</b>			
	03:50+	07:31+	11:21+	14:51+	16:59+	21:26+	24:02+	26:09+	32:17+	39:37+	43:03+	47:18+	48:38+	50:45+	53:48+	55:53+	56:28+		
	03:50+	03:41+	03:50+	03:30+	02:08+	04:27+	02:36-	02:07-	06:08+	07:20+	03:26+	04:15+	01:20+	02:07+	03:03+	02:05+	00:35+		
	01:58@	01:01&	00:54&	00:36#	00:15#	00:40#	01:01-	00:27-	01:09#	01:06#	00:05+	00:18+	00:14#	00:03+	00:08+	00:15#	00:05#		
<b>5</b>	<b>Øystein Huglen</b>	<b>27</b>														<b>56:30</b>			
	02:34+	05:29+	08:28+	11:41+	13:38+	19:58+	22:34+	26:18+	30:33+	38:25+	42:31+	47:03+	48:26+	50:39+	54:26+	55:56+	56:30+		
	02:34+	02:55+	02:59+	03:13+	01:57+	06:20+	02:36-	03:44+	04:15-	07:52+	04:06+	04:32+	01:23+	02:13+	03:47+	01:30-	00:34+		
	00:42&	00:15+	00:03+	00:19#	00:04+	02:33&	01:01-	01:10&	00:44-	01:38&	00:45#	00:35#	00:17&	00:09+	00:52&	00:20-	00:04#		
<b>6</b>	<b>Lars Helgeland</b>	<b>357</b>														<b>57:10</b>			
	03:07+	06:17+	10:01+	13:28+	16:11+	20:48+	23:37+	26:15+	30:44+	38:06+	41:36+	45:40+	48:54+	51:43+	55:03+	56:33+	57:10+		
	03:07+	03:10+	03:44+	03:27+	02:43+	04:37+	02:49-	03:38+	04:29-	07:22+	03:30+	04:04+	03:14+	02:49+	03:20+	01:30-	00:37+		
	01:15&	00:30#	00:48&	00:33#	00:50&	00:50#	00:48-	00:04+	00:30-	01:08#	00:09+	00:07+	02:08@	00:45&	00:25#	00:20-	00:07#		
<b>7</b>	<b>Geir Bjaanes</b>	<b>116</b>														<b>58:40</b>			
	02:15+	05:39+	08:47+	13:35+	15:29+	20:24+	23:18+	25:40+	30:58+	38:51+	43:45+	48:42+	49:51+	52:03+	55:49+	58:03+	58:40+		
	02:15+	03:24+	03:08+	04:48+	01:54+	04:55+	02:54-	02:22-	05:18+	07:53+	04:54+	04:57+	01:09+	02:12+	03:46+	02:14+	00:37+		
	00:23#	00:44&	00:12+	01:54&	00:01+	01:08&	00:43-	00:12-	00:19+	01:39&	01:33&	01:00&	00:03+	00:08+	00:51&	00:24#	00:07#		
<b>8</b>	<b>Henning Sundby</b>	<b>114</b>														<b>1:02:52</b>			
	02:06+	04:38+	07:26-	11:39+	13:11+	21:16+	23:27+	25:34+	29:20+	45:33+	49:39+	53:29+	54:39+	56:52+	60:50+	62:19+	62:52+		
	02:06+	02:32-	02:48-	04:13+	01:32-	08:05+	02:11-	02:07-	03:46-	16:13+	04:06+	03:50-	01:10+	02:13+	03:58+	01:29-	00:33+		
	00:14#	00:08-	00:08-	01:19&	00:21-	04:18@	01:26-	00:27-	01:13-	09:59@	00:45#	00:07-	00:04+	00:09+	01:03&	00:21-	00:03+		
<b>9</b>	<b>Nils John Vestøl</b>	<b>83</b>														<b>1:06:44</b>			
	01:44-	04:51+	08:11+	10:58+	12:49+	18:33+	23:10+	26:48+	30:31+	50:56+	52:57+	57:19+	58:25+	60:18+	64:15+	66:13+	66:44+		
	01:44-	03:07+	03:20+	02:47-	01:51-	05:44+	04:37+	03:38+	03:43-	20:25+	02:01-	04:22+	01:06=	01:53-	03:57+	01:58+	00:31+		
	00:08-	00:27#	00:24#	00:07-	00:02-	01:57&	01:00&	01:04&	01:16-	14:11@	01:20-	00:25#	00:00=	00:11-	01:02&	00:08+	00:01+		
<b>10</b>	<b>Sturle Omdal</b>	<b>116</b>														<b>1:07:50</b>			
	02:30+	06:01+	09:14+	12:40+	15:18+	23:22+	26:38+	28:57+	32:58+	41:33+	47:56+	52:17+	57:17+	58:34+	60:56+	65:06+	67:24+		
	02:30+	03:31+	03:13+	03:26+	02:38+	08:04+	03:16-	02:19-	04:01-	08:35+	06:23+	04:21+	05:00+	01:17-	02:22-	04:10+	02:18+		
	00:38&	00:51&	00:17+	00:32#	00:45&	04:17@	00:21-	00:15-	00:58-	02:21&	03:02&	00:24#	03:54@	00:47-	00:33-	02:20@	01:48@		
<b>11</b>	<b>Ivar Knutsen</b>	<b>116</b>														<b>1:11:15</b>			
	02:39+	06:18+	10:11+	19:33+	21:35+	27:55+	31:01+	33:28+	39:23+	47:36+	52:23+	57:30+	58:57+	64:12+	68:54+	70:38+	71:15+		
	02:39+	03:39+	03:53+	09:22+	02:02+	06:20+	03:06-	02:27-	05:55+	08:13+	04:47+	05:07+	01:27+	05:15+	04:42+	01:44-	00:37+		
	00:47&	00:59&	00:57&	06:28@	00:09+	02:33&	00:31-	00:07-	00:56#	01:59&	01:26&	01:10&	00:21&	03:11@	01:47&	00:06-	00:07#		
<b>12</b>	<b>Øistein Haaland</b>	<b>116</b>														<b>1:12:23</b>			
	02:21+	05:22+	08:40+	15:30+	17:16+	23:53+	27:14+	32:08+	36:12+	45:23+	53:25+	60:16+	61:45+	64:45+	69:43+	71:42+	72:23+		
	02:21+	03:01+	03:18+	06:50+	01:46-	06:37+	03:21-	04:54+	04:04-	09:11+	08:02+	06:51+	01:29+	03:00+	04:58+	01:59+	00:41+		
	00:29&	00:21#	00:22#	03:56@	00:07-	02:50&	00:16-	02:20&	00:55-	02:57&	04:41@	02:54&	00:23&	00:56&	02:03&	00:09+	00:11&		
<b>13</b>	<b>Sveinung Svebestad</b>	<b>46</b>														<b>1:12:51</b>			
	03:05+	06:08+	09:42+	12:54+	14:33+	28:01+	31:29+	33:58+	39:37+	50:19+	55:39+	61:01+	62:32+	65:30+	69:37+	72:10+	72:51+		
	03:05+	03:03+	03:34+	03:12+	01:39-	13:28+	03:28-	02:29-	05:39+	10:42+	05:20+	05:22+	01:31+	02:58+	04:07+	02:33+	00:41+		
	01:13&	00:23#	00:38#	00:18#	00:14-	09:41@	00:09-	00:05-	00:40#	04:28&	01:59&	01:25&	00:25&	00:54&	01:12&	00:43&	00:11&		

Class	Navn	Klasse												Tid		
<b>14</b>	<b>Pål H. Gjerden</b>	<b>116</b>												<b>1:13:03</b>		
02:10+	05:02+	09:03+	13:12+	15:05+	21:19+	27:17+	30:42+	35:26+	44:22+	53:49+	61:13+	62:49+	65:42+	70:09+	72:17+	73:03+
02:10+	02:52+	04:01+	04:09+	01:53=	06:14+	05:58+	03:25+	04:44-	08:56+	09:27+	07:24+	01:36+	02:53+	04:27+	02:08+	00:46+
00:18#	00:12+	01:05&	01:15&	00:00=	02:27&	02:21&	00:51&	00:15-	02:42&	06:06@	03:27&	00:30&	00:49&	01:32&	00:18#	00:16&

### Beste strekktid for klassen

01:44 02:32 02:48 02:46 01:32 03:47 02:11 01:54 03:29 06:14 02:01 03:44 01:06 01:17 02:22 01:16 00:28

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

## Herrer Ny

<b>1</b>	<b>Kjetil Hellesøy</b>	<b>12</b>												<b>51:47</b>		
02:07=	06:10=	07:43=	15:54=	22:28=	27:23=	29:54=	36:14=	38:52=	49:57=	51:47=						
02:07=	04:03=	01:33=	08:11=	06:34=	04:55=	02:31=	06:20=	02:38=	11:05=	01:50=						
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>Torgeir Færevåg</b>	<b>125</b>												<b>1:08:02</b>		
01:05-	02:48-	05:18-	24:37+	53:28+	56:20+	58:05+	61:21+	62:51+	66:16+	68:02+						
01:05-	01:43-	02:30+	19:19+	28:51+	02:52-	01:45-	03:16-	01:30-	03:25-	01:46-						
01:02-	02:20-	00:57&	11:08@	22:17@	02:03-	00:46-	03:04-	01:08-	07:40-	00:04-						

### Beste strekktid for klassen

01:05 01:43 01:33 08:11 06:34 02:52 01:45 03:16 01:30 03:25 01:46

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

## Herrer Trim

<b>1</b>	<b>Joakim B. Enne Haug</b>	<b>71</b>												<b>24:50</b>		
00:28=	01:43=	04:45=	07:43=	09:28=	10:25=	13:16=	15:11=	20:39=	21:58=	24:22=	24:50=					
00:28=	01:15=	03:02=	02:58=	01:45=	00:57=	02:51=	01:55=	05:28=	01:19=	02:24=	00:28=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					

<b>2</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>												<b>25:41</b>		
00:25-	01:59+	04:23-	08:16+	11:10+	12:23+	15:21+	17:13+	20:07-	21:56-	25:15+	25:41+					
00:25-	01:34+	02:24-	03:53+	02:54+	01:13+	02:58+	01:52-	02:54-	01:49+	03:19+	00:26-					
00:03-	00:19&	00:38-	00:55&	01:09&	00:16&	00:07+	00:03-	02:34-	00:30&	00:55&	00:02-					

<b>3</b>	<b>Martin Svensen</b>	<b>284</b>												<b>30:23</b>		
00:34+	01:59+	04:20-	08:16+	10:41+	11:41+	14:23+	16:38+	26:10+	27:43+	29:55+	30:23+					
00:34+	01:25+	02:21-	03:56+	02:25+	01:00+	02:42-	02:15+	09:32+	01:33+	02:12-	00:28=					
00:06#	00:10#	00:41-	00:58&	00:40&	00:03+	00:09-	00:20#	04:04&	00:14#	00:12-	00:00=					

<b>4</b>	<b>Johannes Kro</b>	<b>51</b>												<b>31:40</b>		
00:31+	02:43+	06:01+	08:47+	11:10+	12:27+	17:22+	19:26+	27:05+	28:52+	31:11+	31:40+					
00:31+	02:12+	03:18+	02:46-	02:23+	01:17+	04:55+	02:04+	07:39+	01:47+	02:19-	00:29+					
00:03#	00:57&	00:16+	00:12-	00:38&	00:20&	02:04&	00:09+	02:11&	00:28&	00:05-	00:01+					

<b>5</b>	<b>Svein Sivertsen</b>	<b>115</b>												<b>31:46</b>		
00:50+	02:24+	05:51+	09:52+	12:28+	14:11+	17:45+	20:20+	24:55+	27:25+	31:00+	31:46+					
00:50+	01:34+	03:27+	04:01+	02:36+	01:43+	03:34+	02:35+	04:35-	02:30+	03:35+	00:46+					
00:22&	00:19&	00:25#	01:03&	00:51&	00:46&	00:43&	00:40&	00:53-	01:11&	01:11&	00:18&					

<b>6</b>	<b>Trond Egil Toft</b>	<b>53</b>												<b>31:51</b>		
00:36+	01:54+	04:34-	08:34+	11:13+	12:52+	15:54+	18:51+	23:48+	27:17+	31:13+	31:51+					
00:36+	01:18+	02:40-	04:00+	02:39+	01:39+	03:02+	02:57+	04:57-	03:29+	03:56+	00:38+					
00:08&	00:03+	00:22-	01:02&	00:54&	00:42&	00:11+	01:02&	00:31-	02:10@	01:32&	00:10&					

<b>7</b>	<b>Anders Noraberg</b>	<b>269</b>												<b>33:37</b>		
00:34+	01:54+	05:13+	10:38+	15:43+	16:54+	19:42+	22:00+	28:50+	30:33+	32:53+	33:37+					
00:34+	01:20+	03:19+	05:25+	05:05+	01:11+	02:48-	02:18+	06:50+	01:43+	02:20-	00:44+					
00:06#	00:05+	00:17+	02:27&	03:20@	00:14#	00:03-	00:23#	01:22#	00:24&	00:04-	00:16&					

<b>8</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>												<b>34:04</b>		
00:39+	02:28+	06:28+	10:22+	13:21+	15:08+	18:42+	24:21+	27:45+	29:59+	33:20+	34:04+					
00:39+	01:49+	04:00+	03:54+	02:59+	01:47+	03:34+	05:39+	03:24-	02:14+	03:21+	00:44+					
00:11&	00:34&	00:58&	00:56&	01:14&	00:50&	00:43&	03:44@	02:04-	00:55&	00:57&	00:16&					

Class	Navn	Klasse										Tid
<b>9</b>	<b>Cato Bjerkeli</b>	<b>237</b>										<b>34:30</b>
00:34+	02:01+	05:21+	09:49+	12:06+	13:31+	16:25+	18:57+	24:22+	26:16+	33:45+	34:30+	
00:34+	01:27+	03:20+	04:28+	02:17+	01:25+	02:54+	02:32+	05:25-	01:54+	07:29+	00:45+	
00:06#	00:12#	00:18+	01:30&	00:32&	00:28&	00:03+	00:37&	00:03-	00:35&	05:05@	00:17&	
<b>10</b>	<b>Christof Schätz</b>	<b>239</b>										<b>35:24</b>
01:26+	05:01+	08:47+	12:53+	16:08+	17:56+	21:50+	25:23+	28:52+	31:19+	34:39+	35:24+	
01:26+	03:35+	03:46+	04:06+	03:15+	01:48+	03:54+	03:33+	03:29-	02:27+	03:20+	00:45+	
00:58@	02:20@	00:44#	01:08&	01:30&	00:51&	01:03&	01:38&	01:59-	01:08&	00:56&	00:17&	
<b>11</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>35:44</b>
01:22+	02:59+	06:48+	10:41+	13:51+	15:49+	21:00+	24:12+	27:54+	30:54+	35:01+	35:44+	
01:22+	01:37+	03:49+	03:53+	03:10+	01:58+	05:11+	03:12+	03:42-	03:00+	04:07+	00:43+	
00:54@	00:22&	00:47&	00:55&	01:25&	01:01@	02:20&	01:17&	01:46-	01:41@	01:43&	00:15&	
<b>12</b>	<b>Elvio Freitas</b>	<b>51</b>										<b>35:47</b>
00:31+	04:23+	09:42+	14:17+	17:05+	18:45+	22:36+	25:45+	29:17+	32:00+	35:07+	35:47+	
00:31+	03:52+	05:19+	04:35+	02:48+	01:40+	03:51+	03:09+	03:32-	02:43+	03:07+	00:40+	
00:03#	02:37@	02:17&	01:37&	01:03&	00:43&	01:00&	01:14&	01:56-	01:24@	00:43&	00:12&	
<b>13</b>	<b>Tor Inge Hansen</b>	<b>144</b>										<b>35:49</b>
00:30+	02:26+	06:50+	11:58+	14:27+	16:02+	20:08+	22:37+	26:56+	31:06+	35:03+	35:49+	
00:30+	01:56+	04:24+	05:08+	02:29+	01:35+	04:06+	02:29+	04:19-	04:10+	03:57+	00:46+	
00:02+	00:41&	01:22&	02:10&	00:44&	00:38&	01:15&	00:34&	01:09-	02:51@	01:33&	00:18&	
<b>14</b>	<b>Andreas Molin Edlund</b>	<b>136</b>										<b>37:11</b>
00:51+	02:51+	05:57+	09:25+	15:07+	17:19+	21:38+	26:42+	30:13+	33:02+	36:29+	37:11+	
00:51+	02:00+	03:06+	03:28+	05:42+	02:12+	04:19+	05:04+	03:31-	02:49+	03:27+	00:42+	
00:23&	00:45&	00:04+	00:30#	03:57@	01:15@	01:28&	03:09@	01:57-	01:30@	01:03&	00:14&	
<b>15</b>	<b>Svein Mæle</b>	<b>115</b>										<b>38:05</b>
00:33+	01:59+	07:03+	11:53+	14:33+	16:12+	20:37+	23:26+	31:26+	33:34+	37:26+	38:05+	
00:33+	01:26+	05:04+	04:50+	02:40+	01:39+	04:25+	02:49+	08:00+	02:08+	03:52+	00:39+	
00:05#	00:11#	02:02&	01:52&	00:55&	00:42&	01:34&	00:54&	02:32&	00:49&	01:28&	00:11&	
<b>16</b>	<b>Arild Svihus</b>	<b>92</b>										<b>38:43</b>
00:46+	02:38+	06:41+	11:42+	15:23+	17:06+	21:10+	24:48+	28:39+	32:51+	38:00+	38:43+	
00:46+	01:52+	04:03+	05:01+	03:41+	01:43+	04:04+	03:38+	03:51-	04:12+	05:09+	00:43+	
00:18&	00:37&	01:01&	02:03&	01:56@	00:46&	01:13&	01:43&	01:37-	02:53@	02:45@	00:15&	
<b>17</b>	<b>Arne Nygaard</b>	<b>66</b>										<b>38:49</b>
00:39+	01:59+	07:11+	10:47+	13:16+	14:54+	18:16+	21:26+	31:45+	34:42+	38:05+	38:49+	
00:39+	01:20+	05:12+	03:36+	02:29+	01:38+	03:22+	03:10+	10:19+	02:57+	03:23+	00:44+	
00:11&	00:05+	02:10&	00:38#	00:44&	00:41&	00:31#	01:15&	04:51&	01:38@	00:59&	00:16&	
<b>18</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>38:50</b>
00:45+	02:12+	06:27+	10:38+	18:00+	19:53+	23:38+	27:10+	30:59+	34:19+	38:13+	38:50+	
00:45+	01:27+	04:15+	04:11+	07:22+	01:53+	03:45+	03:32+	03:49-	03:20+	03:54+	00:37+	
00:17&	00:12#	01:13&	01:13&	05:37@	00:56&	00:54&	01:37&	01:39-	02:01@	01:30&	00:09&	
<b>19</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>39:17</b>
00:40+	02:20+	06:02+	10:01+	13:02+	15:13+	19:10+	22:45+	31:47+	34:44+	38:39+	39:17+	
00:40+	01:40+	03:42+	03:59+	03:01+	02:11+	03:57+	03:35+	09:02+	02:57+	03:55+	00:38+	
00:12&	00:25&	00:40#	01:01&	01:16&	01:14@	01:06&	01:40&	03:34&	01:38@	01:31&	00:10&	
<b>20</b>	<b>John Øgreid</b>	<b>27</b>										<b>41:52</b>
00:35+	02:03+	07:50+	13:12+	16:03+	17:38+	24:04+	27:59+	36:02+	37:50+	41:08+	41:52+	
00:35+	01:28+	05:47+	05:22+	02:51+	01:35+	06:26+	03:55+	08:03+	01:48+	03:18+	00:44+	
00:07#	00:13#	02:45&	02:24&	01:06&	00:38&	03:35@	02:00@	02:35&	00:29&	00:54&	00:16&	
<b>21</b>	<b>Reidar Haver</b>	<b>4</b>										<b>42:08</b>
08:00+	10:16+	14:54+	18:58+	21:56+	23:32+	27:25+	30:31+	35:19+	38:12+	41:27+	42:08+	
08:00+	02:16+	04:38+	04:04+	02:58+	01:36+	03:53+	03:06+	04:48-	02:53+	03:15+	00:41+	
07:32@	01:01&	01:36&	01:06&	01:13&	00:39&	01:02&	01:11&	00:40-	01:34@	00:51&	00:13&	
<b>22</b>	<b>Asle Schanke Grude</b>	<b>92</b>										<b>42:42</b>
00:44+	02:19+	05:43+	10:04+	13:04+	14:59+	20:32+	30:22+	35:10+	37:35+	41:52+	42:42+	
00:44+	01:35+	03:24+	04:21+	03:00+	01:55+	05:33+	09:50+	04:48-	02:25+	04:17+	00:50+	
00:16&	00:20&	00:22#	01:23&	01:15&	00:58@	02:42&	07:55@	00:40-	01:06&	01:53&	00:22&	
<b>23</b>	<b>Jon Jakobsen</b>	<b>116</b>										<b>44:23</b>
00:33+	02:09+	06:08+	09:52+	12:16+	13:48+	19:26+	21:46+	34:22+	40:37+	43:42+	44:23+	
00:33+	01:36+	03:59+	03:44+	02:24+	01:32+	05:38+	02:20+	12:36+	06:15+	03:05+	00:41+	
00:05#	00:21&	00:57&	00:46&	00:39&	00:35&	02:47&	00:25#	07:08@	04:56@	00:41&	00:13&	

Class	Navn	Klasse										Tid
<b>24</b>	<b>Frode Heigre</b>	<b>62</b>										<b>45:57</b>
00:40+	02:13+	05:56+	10:52+	17:18+	24:10+	27:36+	39:02+	41:07+	45:03+	45:57+		
00:40+	01:33+	03:43+	04:56+	04:10+	02:16+	06:52+	03:26+	11:26+	02:05+	03:56+	00:54+	
00:12&	00:18#	00:41#	01:58&	02:25@	01:19@	04:01@	01:31&	05:58@	00:46&	01:32&	00:26&	
<b>25</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>46:05</b>
01:19+	02:41+	06:45+	11:06+	16:07+	17:37+	20:30+	23:19+	39:31+	41:34+	45:28+	46:05+	
01:19+	01:22+	04:04+	04:21+	05:01+	01:30+	02:53+	02:49+	16:12+	02:03+	03:54+	00:37+	
00:51@	00:07+	01:02&	01:23&	03:16@	00:33&	00:02+	00:54&	10:44@	00:44&	01:30&	00:09&	
<b>26</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>46:50</b>
00:44+	02:44+	09:24+	15:57+	19:06+	21:01+	25:01+	28:52+	37:15+	40:31+	45:55+	46:50+	
00:44+	02:00+	06:40+	06:33+	03:09+	01:55+	04:00+	03:51+	08:23+	03:16+	05:24+	00:55+	
00:16&	00:45&	03:38@	03:35@	01:24&	00:58@	01:09&	01:56@	02:55&	01:57@	03:00@	00:27&	
<b>27</b>	<b>Terje Gautestad</b>	<b>54</b>										<b>48:41</b>
01:50+	03:56+	10:39+	17:56+	22:44+	24:52+	29:16+	33:47+	39:30+	42:07+	47:50+	48:41+	
01:50+	02:06+	06:43+	07:17+	04:48+	02:08+	04:24+	04:31+	05:43+	02:37+	05:43+	00:51+	
01:22@	00:51&	03:41@	04:19@	03:03@	01:11@	01:33&	02:36@	00:15+	01:18&	03:19@	00:23&	
<b>28</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>50:09</b>
00:42+	02:35+	16:12+	21:40+	24:12+	26:26+	30:19+	33:37+	42:53+	45:37+	49:20+	50:09+	
00:42+	01:53+	13:37+	05:28+	02:32+	02:14+	03:53+	03:18+	09:16+	02:44+	03:43+	00:49+	
00:14&	00:38&	10:35@	02:30&	00:47&	01:17@	01:02&	01:23&	03:48&	01:25@	01:19&	00:21&	
<b>29</b>	<b>Victor Farbos</b>	<b>42</b>										<b>50:47</b>
01:11+	02:57+	14:16+	20:37+	24:27+	26:45+	30:09+	33:15+	38:27+	41:02+	50:15+	50:47+	
01:11+	01:46+	11:19+	06:21+	03:50+	02:18+	03:24+	03:06+	05:12-	02:35+	09:13+	00:32+	
00:43@	00:31&	08:17@	03:23@	02:05@	01:21@	00:33#	01:11&	00:16-	01:16&	06:49@	00:04#	
<b>30</b>	<b>Karl Johnny Braut</b>	<b>27</b>										<b>51:31</b>
01:16+	05:13+	10:33+	17:51+	20:42+	22:29+	26:30+	30:04+	43:41+	46:16+	50:45+	51:31+	
01:16+	03:57+	05:20+	07:18+	02:51+	01:47+	04:01+	03:34+	13:37+	02:35+	04:29+	00:46+	
00:48@	02:42@	02:18&	04:20@	01:06&	00:50&	01:10&	01:39&	08:09@	01:16&	02:05&	00:18&	
<b>31</b>	<b>Arne Hope</b>	<b>43</b>										<b>51:37</b>
02:34+	04:28+	16:11+	20:56+	23:59+	25:51+	30:29+	34:21+	41:53+	46:05+	50:45+	51:37+	
02:34+	01:54+	11:43+	04:45+	03:03+	01:52+	04:38+	03:52+	07:32+	04:12+	04:40+	00:52+	
02:06@	00:39&	08:41@	01:47&	01:18&	00:55&	01:47&	01:57@	02:04&	02:53@	02:16&	00:24&	
<b>32</b>	<b>Ove Vatland</b>	<b>128</b>										<b>51:39</b>
01:01+	03:20+	08:19+	15:22+	19:05+	21:16+	26:32+	30:33+	42:12+	45:07+	50:28+	51:39+	
01:01+	02:19+	04:59+	07:03+	03:43+	02:11+	05:16+	04:01+	11:39+	02:55+	05:21+	01:11+	
00:33@	01:04&	01:57&	04:05@	01:58@	01:14@	02:25&	02:06@	06:11@	01:36@	02:57@	00:43@	
<b>33</b>	<b>Harald Nilsen</b>	<b>79</b>										<b>51:50</b>
00:49+	02:55+	09:19+	18:19+	22:32+	24:46+	30:31+	34:17+	41:05+	43:55+	51:11+	51:50+	
00:49+	02:06+	06:24+	09:00+	04:13+	02:14+	05:45+	03:46+	06:48+	02:50+	07:16+	00:39+	
00:21&	00:51&	03:22@	06:02@	02:28@	01:17@	02:54@	01:51&	01:20#	01:31@	04:52@	00:11&	
<b>34</b>	<b>Holger Pansch</b>	<b>117</b>										<b>52:23</b>
00:30+	01:50+	11:13+	17:41+	20:21+	21:52+	30:54+	34:11+	43:39+	45:57+	51:49+	52:23+	
00:30+	01:20+	09:23+	06:28+	02:40+	01:31+	09:02+	03:17+	09:28+	02:18+	05:52+	00:34+	
00:02+	00:05+	06:21@	03:30@	00:55&	00:34&	06:11@	01:22&	04:00&	00:59&	03:28@	00:06#	
<b>35</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>54:24</b>
00:58+	04:00+	10:18+	18:14+	21:40+	23:24+	31:02+	34:50+	46:39+	50:09+	53:47+	54:24+	
00:58+	03:02+	06:18+	07:56+	03:26+	01:44+	07:38+	03:48+	11:49+	03:30+	03:38+	00:37+	
00:30@	01:47@	03:16@	04:58@	01:41&	00:47&	04:47@	01:53&	06:21@	02:11@	01:14&	00:09&	
<b>36</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>54:29</b>
00:52+	02:58+	10:01+	17:48+	22:38+	25:02+	31:11+	35:09+	46:13+	48:57+	53:26+	54:29+	
00:52+	02:06+	07:03+	07:47+	04:50+	02:24+	06:09+	03:58+	11:04+	02:44+	04:29+	01:03+	
00:24&	00:51&	04:01@	04:49@	03:05@	01:27@	03:18@	02:03@	05:36@	01:25@	02:05&	00:35@	
<b>37</b>	<b>Audun Sjøen</b>	<b>111</b>										<b>54:50</b>
00:48+	02:20+	07:59+	13:15+	16:26+	18:26+	23:16+	28:15+	44:20+	49:51+	53:53+	54:50+	
00:48+	01:32+	05:39+	05:16+	03:11+	02:00+	04:50+	04:59+	16:05+	05:31+	04:02+	00:57+	
00:20&	00:17#	02:37&	02:18&	01:26&	01:03@	01:59&	03:04@	10:37@	04:12@	01:38&	00:29@	
<b>38</b>	<b>Inge Grødem</b>	<b>92</b>										<b>55:39</b>
01:14+	03:41+	16:09+	23:17+	28:16+	31:14+	35:44+	40:06+	47:29+	50:25+	54:41+	55:39+	
01:14+	02:27+	12:28+	07:08+	04:59+	02:58+	04:30+	04:22+	07:23+	02:56+	04:16+	00:58+	
00:46@	01:12&	09:26@	04:10@	03:14@	02:01@	01:39&	02:27@	01:55&	01:37@	01:52&	00:30@	



Class	Navn	Klasse										Tid
<b>39</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>56:18</b>
00:53+	02:44+	11:06+	16:37+	22:04+	24:49+	30:23+	35:21+	46:32+	50:13+	55:20+	56:18+	
00:53+	01:51+	08:22+	05:31+	05:27+	02:45+	05:34+	04:58+	11:11+	03:41+	05:07+	00:58+	
00:25&	00:36&	05:20@	02:33&	03:42@	01:48@	02:43&	03:03@	05:43@	02:22@	02:43@	00:30@	
<b>40</b>	<b>Knut Høie</b>	<b>117</b>										<b>56:37</b>
01:26+	03:52+	11:46+	15:31+	18:12+	21:21+	25:37+	36:03+	40:45+	52:21+	56:04+	56:37+	
01:26+	02:26+	07:54+	03:45+	02:41+	03:09+	04:16+	10:26+	04:42-	11:36+	03:43+	00:33+	
00:58@	01:11&	04:52@	00:47&	00:56&	02:12@	01:25&	08:31@	00:46-	10:17@	01:19&	00:05#	
<b>41</b>	<b>Tom Leveraas</b>	<b>188</b>										<b>58:45</b>
00:55+	02:36+	18:04+	28:10+	31:34+	33:46+	37:40+	40:46+	51:03+	54:27+	58:09+	58:45+	
00:55+	01:41+	15:28+	10:06+	03:24+	02:12+	03:54+	03:06+	10:17+	03:24+	03:42+	00:36+	
00:27&	00:26&	12:26@	07:08@	01:39&	01:15@	01:03&	01:11&	04:49&	02:05@	01:18&	00:08&	
<b>42</b>	<b>Per Aspøy</b>	<b>117</b>										<b>1:02:51</b>
08:20+	10:56+	20:39+	31:03+	34:55+	38:09+	45:17+	49:05+	53:36+	57:13+	61:57+	62:51+	
08:20+	02:36+	09:43+	10:24+	03:52+	03:14+	07:08+	03:48+	04:31-	03:37+	04:44+	00:54+	
07:52@	01:21@	06:41@	07:26@	02:07@	02:17@	04:17@	01:53&	00:57-	02:18@	02:20&	00:26&	
<b>43</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>1:03:13</b>
03:32+	05:38+	09:23+	13:58+	19:34+	22:36+	29:52+	34:34+	55:32+	57:44+	62:22+	63:13+	
03:32+	02:06+	03:45+	04:35+	05:36+	03:02+	07:16+	04:42+	20:58+	02:12+	04:38+	00:51+	
03:04@	00:51&	00:43#	01:37&	03:51@	02:05@	04:25@	02:47@	15:30@	00:53&	02:14&	00:23&	
<b>44</b>	<b>Arild Olsen</b>	<b>4</b>										<b>1:03:53</b>
00:56+	03:12+	12:53+	17:48+	22:57+	34:23+	38:55+	43:12+	53:35+	59:02+	62:52+	63:53+	
00:56+	02:16+	09:41+	04:55+	05:09+	11:26+	04:32+	04:17+	10:23+	05:27+	03:50+	01:01+	
00:28&	01:01&	06:39@	01:57&	03:24@	10:29@	01:41&	02:22@	04:55&	04:08@	01:26&	00:33@	
<b>45</b>	<b>Per Bakken</b>	<b>5</b>										<b>1:05:23</b>
00:52+	03:04+	13:30+	19:04+	22:55+	33:01+	37:56+	45:19+	57:19+	60:08+	64:25+	65:23+	
00:52+	02:12+	10:26+	05:34+	03:51+	10:06+	04:55+	07:23+	12:00+	02:49+	04:17+	00:58+	
00:24&	00:57&	07:24@	02:36&	02:06@	09:09@	02:04&	05:28@	06:32@	01:30@	01:53&	00:30@	
<b>46</b>	<b>Jon Grepstad</b>	<b>111</b>										<b>1:07:30</b>
05:44+	08:03+	15:30+	19:23+	32:31+	37:00+	39:49+	45:15+	49:33+	58:00+	61:26+	66:18+	
05:44+	02:19+	07:27+	03:53+	13:08+	04:29+	02:49-	05:26+	04:18-	08:27+	03:26+	04:52+	
05:16@	01:04&	04:25@	00:55&	11:23@	03:32@	00:02-	03:31@	01:10-	07:08@	01:02&	04:24@	
01:12+											01:12+	
<b>47</b>	<b>Asgeir Kleppa</b>	<b>47</b>										<b>1:08:46</b>
03:22+	05:28+	13:54+	18:35+	21:34+	23:10+	27:38+	39:58+	50:24+	54:47+	67:46+	68:46+	
03:22+	02:06+	08:26+	04:41+	02:59+	01:36+	04:28+	12:20+	10:26+	04:23+	12:59+	01:00+	
02:54@	00:51&	05:24@	01:43&	01:14&	00:39&	01:37&	10:25@	04:58&	03:04@	10:35@	00:32@	
<b>48</b>	<b>Frank Gulbrandsen</b>	<b>105</b>										<b>1:11:31</b>
02:43+	05:02+	12:51+	18:49+	24:23+	26:41+	36:09+	40:57+	57:27+	64:02+	70:07+	71:31+	
02:43+	02:19+	07:49+	05:58+	05:34+	02:18+	09:28+	04:48+	16:30+	06:35+	06:05+	01:24+	
02:15@	01:04&	04:47@	03:00@	03:49@	01:21@	06:37@	02:53@	11:02@	05:16@	03:41@	00:56@	
<b>49</b>	<b>Gunnar Andersen</b>	<b>144</b>										<b>1:25:37</b>
05:11+	10:04+	18:50+	27:31+	31:01+	38:31+	61:00+	66:22+	74:33+	78:45+	84:47+	85:37+	
05:11+	04:53+	08:46+	08:41+	03:30+	07:30+	22:29+	05:22+	08:11+	04:12+	06:02+	00:50+	
04:43@	03:38@	05:44@	05:43@	01:45&	06:33@	19:38@	03:27@	02:43&	02:53@	03:38@	00:22&	
<b>50</b>	<b>Steinar Aase</b>	<b>268</b>										<b>1:25:59</b>
01:42+	04:41+	10:32+	27:45+	42:18+	45:34+	55:25+	62:31+	70:36+	76:28+	84:40+	85:59+	
01:42+	02:59+	05:51+	17:13+	14:33+	03:16+	09:51+	07:06+	08:05+	05:52+	08:12+	01:19+	
01:14@	01:44@	02:49&	14:15@	12:48@	02:19@	07:00@	05:11@	02:37&	04:33@	05:48@	00:51@	
<b>51</b>	<b>Eirik Thu</b>	<b>126</b>										<b>1:29:07</b>
02:23+	06:06+	12:46+	47:09+	53:00+	57:56+	67:12+	73:17+	78:43+	82:33+	88:11+	89:07+	
02:23+	03:43+	06:40+	34:23+	05:51+	04:56+	09:16+	06:05+	05:26-	03:50+	05:38+	00:56+	
01:55@	02:28@	03:38@	31:25@	04:06@	03:59@	06:25@	04:10@	00:02-	02:31@	03:14@	00:28&	
<b>52</b>	<b>Ahmed Mahran</b>	<b>91</b>										<b>1:30:14</b>
01:08+	11:04+	18:20+	26:47+	40:27+	43:52+	58:21+	64:42+	78:53+	83:12+	89:28+	90:14+	
01:08+	09:56+	07:16+	08:27+	13:40+	03:25+	14:29+	06:21+	14:11+	04:19+	06:16+	00:46+	
00:40@	08:41@	04:14@	05:29@	11:55@	02:28@	11:38@	04:26@	08:43@	03:00@	03:52@	00:18&	

### Beste strekktid for klassen

00:25 01:15 02:21 02:46 01:45 00:57 02:42 01:52 02:54 01:19 02:12 00:26

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