

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Annika Tollefsen</b>	<b>269</b>	<b>39:30</b>												
02:24=	03:38=	09:01=	12:52=	14:15=	16:39=	20:21=	22:54=	24:29=	26:01=	28:50=	30:20=	33:33=	36:13=	38:23=	39:30=
02:24=	01:14=	05:23=	03:51=	01:23=	02:24=	03:42=	02:33=	01:35=	01:32=	02:49=	01:30=	03:13=	02:40=	02:10=	01:07=
00:00=	00:00=	00:00=	00:00=	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>Margrete Jian Øye</b>	<b>126</b>	<b>40:44</b>												
02:35+	04:00+	08:08-	12:28-	13:23-	16:11-	20:26+	22:53-	24:20-	25:58-	28:56+	30:43+	34:39+	37:19+	39:37+	40:44+
02:35+	01:25+	04:08-	04:20+	00:55-	02:48+	04:15+	02:27-	01:27-	01:38+	02:58+	01:47+	03:56+	02:40=	02:18+	01:07=
00:11+	00:11#	01:15-	00:29#	00:28-	00:24#	00:33#	00:06-	00:08-	00:06+	00:09+	00:17#	00:43#	00:00=	00:08+	00:00=
<b>3</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>41:06</b>												
01:35-	02:37-	06:29-	11:36+	12:47-	15:57-	20:56+	23:01+	24:24-	25:42-	29:11+	30:41+	34:57+	37:55+	40:16+	41:06+
01:35-	01:02-	03:52-	05:07+	01:11-	03:10+	04:59+	02:05-	01:23-	01:18-	03:29+	01:30=	04:16+	02:58+	02:21+	00:50-
00:49-	00:12-	01:31-	01:16&	00:12-	00:46&	01:17&	00:28-	00:12-	00:14-	00:40#	00:00=	01:03&	00:18#	00:11+	00:17-
<b>4</b>	<b>Kristina Renshaw</b>	<b>101</b>	<b>42:30</b>												
03:13+	04:33+	08:52-	12:35-	13:52-	16:16-	20:52+	23:37+	25:15+	26:34+	29:37+	31:04+	35:37+	39:09+	41:22+	42:30+
03:13+	01:20+	04:19-	03:43-	01:17-	02:24=	04:36+	02:45+	01:38+	01:19-	03:03+	01:27-	04:33+	03:32+	02:13+	01:08+
00:49&	00:06+	01:04-	00:08-	00:06-	00:00=	00:54#	00:12+	00:03+	00:13-	00:14+	00:03-	01:20&	00:52&	00:03+	00:01+
<b>5</b>	<b>Marita Skorpe</b>	<b>74</b>	<b>43:56</b>												
02:05-	03:08-	07:30-	12:26-	13:30-	16:13-	21:49+	24:46+	26:04+	27:25+	31:17+	33:10+	37:26+	40:02+	42:44+	43:56+
02:05-	01:03-	04:22-	04:56+	01:04-	02:43+	05:36+	02:57+	01:18-	01:21-	03:52+	01:53+	04:16+	02:36-	02:42+	01:12+
00:19-	00:11-	01:01-	01:05&	00:19-	00:19#	01:54&	00:24#	00:17-	00:11-	01:03&	00:23&	01:03&	00:04-	00:32#	00:05+
<b>6</b>	<b>Åsta Bryne</b>	<b>105</b>	<b>44:11</b>												
04:39+	09:12+	12:59+	16:49+	18:07+	20:42+	27:12+	28:52+	30:06+	31:13+	33:42+	35:10+	38:38+	40:36+	43:07+	44:11+
04:39+	04:33+	03:47-	03:50-	01:18-	02:35+	06:30+	01:40-	01:14-	01:07-	02:29-	01:28-	03:28+	01:58-	02:31+	01:04-
02:15&	03:19&	01:36-	00:01-	00:05-	00:11+	02:48&	00:53-	00:21-	00:25-	00:20-	00:02-	00:15+	00:42-	00:21#	00:03-
<b>7</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>44:28</b>												
02:08-	03:33-	07:57-	12:10-	13:22-	15:27-	18:54-	22:57+	24:17-	25:38-	29:37+	33:41+	37:16+	40:50+	43:32+	44:28+
02:08-	01:25+	04:24-	04:13+	01:12-	02:05-	03:27-	04:03+	01:20-	01:21-	03:59+	04:04+	03:35+	03:34+	02:42+	00:56-
00:16-	00:11#	00:59-	00:22+	00:11-	00:19-	00:15-	01:30&	00:15-	00:11-	01:10&	02:34&	00:22#	00:54&	00:32#	00:11-
<b>8</b>	<b>Andrea Sætre</b>	<b>101</b>	<b>44:45</b>												
04:41+	05:43+	09:40+	13:20+	14:40+	17:00+	26:28+	28:12+	29:35+	31:21+	35:08+	36:34+	39:21+	41:39+	43:42+	44:45+
04:41+	01:02-	03:57-	03:40-	01:20-	02:20-	09:28+	01:44-	01:23-	01:46+	03:47+	01:26-	02:47-	02:18-	02:03-	01:03-
02:17&	00:12-	01:26-	00:11-	00:03-	00:04-	05:46&	00:49-	00:12-	00:14#	00:58&	00:04-	00:26-	00:22-	00:07-	00:04-
<b>9</b>	<b>Bodil Krogedal</b>	<b>126</b>	<b>46:26</b>												
03:37+	04:51+	10:40+	17:09+	18:13+	20:54+	25:20+	27:10+	29:16+	31:21+	35:36+	37:09+	41:23+	43:23+	45:23+	46:26+
03:37+	01:14=	05:49+	06:29+	01:04-	02:41+	04:26+	01:50-	02:06+	02:05+	04:15+	01:33+	04:14+	02:00-	02:00-	01:03-
01:13&	00:00=	00:26+	02:38&	00:19-	00:17#	00:44#	00:43-	00:31&	00:33&	01:26&	00:03+	01:01&	00:40-	00:10-	00:04-
<b>10</b>	<b>Ingvild Amalixsen</b>	<b>116</b>	<b>46:29</b>												
03:03+	04:43+	09:00-	14:54+	16:57+	19:28+	23:58+	26:06+	27:37+	29:01+	32:42+	35:08+	41:08+	43:02+	45:19+	46:29+
03:03+	01:40+	04:17-	05:54+	02:03+	02:31+	04:30+	02:08-	01:31-	01:24-	03:41+	02:26+	06:00+	01:54-	02:17+	01:10+
00:39&	00:26&	01:06-	02:03&	00:40&	00:07+	00:48#	00:25-	00:04-	00:08-	00:52&	00:56&	02:47&	00:46-	00:07+	00:03+
<b>11</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>48:11</b>												
03:25+	05:09+	09:09+	13:29+	14:43+	17:14+	21:47+	23:43+	25:04+	26:32+	29:38+	38:03+	41:10+	45:15+	47:10+	48:11+
03:25+	01:44+	04:00-	04:20+	01:14-	02:31+	04:33+	01:56-	01:21-	01:28-	03:06+	08:25+	03:07-	04:05+	01:55-	01:01-
01:01&	00:30&	01:23-	00:29#	00:09-	00:07+	00:51#	00:37-	00:14-	00:04-	00:17#	06:55&	00:06-	01:25&	00:15-	00:06-
<b>12</b>	<b>Rønnaug Egeland</b>	<b>154</b>	<b>54:01</b>												
02:41+	04:01+	07:36-	12:21-	13:29-	15:49-	21:39+	26:32+	28:37+	29:58+	35:23+	39:24+	48:00+	50:39+	52:52+	54:01+
02:41+	01:20+	03:35-	04:45+	01:08-	02:20-	05:50+	04:53+	02:05+	01:21-	05:25+	04:01+	08:36+	02:39-	02:13+	01:09+
00:17#	00:06+	01:48-	00:54#	00:15-	00:04-	02:08&	02:20&	00:30&	00:11-	02:36&	02:31&	05:23&	00:01-	00:03+	00:02+
<b>13</b>	<b>Mette Langeland</b>	<b>117</b>	<b>54:48</b>												
02:51+	04:34+	09:54+	16:05+	17:20+	20:09+	25:40+	28:07+	29:53+	31:30+	35:10+	37:53+	41:47+	50:35+	53:37+	54:48+
02:51+	01:43+	05:20-	06:11+	01:15-	02:49+	05:31+	02:27-	01:46+	01:37+	03:40+	02:43+	03:54+	08:48+	03:02+	01:11+
00:27#	00:29&	00:03-	02:20&	00:08-	00:25#	01:49&	00:06-	00:11#	00:05+	00:51&	01:13&	00:41#	06:08&	00:52&	00:04+
<b>14</b>	<b>Lise Nessa Di Lorenzo</b>	<b>168</b>	<b>56:03</b>												
03:22+	05:06+	11:29+	17:21+	20:08+	23:04+	32:48+	35:28+	37:12+	38:42+	42:48+	44:51+	48:38+	52:33+	54:49+	56:03+
03:22+	01:44+	06:23+	05:52+	02:47+	02:56+	09:44+	02:40+	01:44+	01:30-	04:06+	02:03+	03:47+	03:55+	02:16+	01:14+
00:58&	00:30&	01:00#	02:01&	01:24&	00:32#	06:02&	00:07+	00:09+	00:02-	01:17&	00:33&	00:34#	01:15&	00:06+	00:07#

Class	Navn	Klasse										Tid				
<b>15</b>	<b>Svitlana Rasheva</b>	<b>116</b>										<b>56:41</b>				
04:23+	05:54+	10:23+	15:09+	16:42+	19:43+	25:34+	28:07+	29:43+	31:16+	41:30+	43:28+	47:04+	53:19+	55:33+	56:41+	
04:23+	01:31+	04:29-	04:46+	01:33+	03:01+	05:51+	02:33=	01:36+	01:33+	10:14+	01:58+	03:36+	06:15+	02:14+	01:08+	
01:59&	00:17#	00:54-	00:55#	00:10#	00:37&	02:09&	00:00=	00:01+	00:01+	07:25@	00:28&	00:23#	03:35@	00:04+	00:01+	
<b>16</b>	<b>Heidi Nordaunet</b>	<b>126</b>										<b>56:43</b>				
03:16+	09:08+	15:10+	24:19+	25:51+	28:42+	34:12+	36:25+	37:58+	39:52+	44:05+	46:12+	49:56+	52:58+	55:31+	56:43+	
03:16+	05:52+	06:02+	09:09+	01:32+	02:51+	05:30+	02:13-	01:33-	01:54+	04:13+	02:07+	03:44+	03:02+	02:33+	01:12+	
00:52&	04:38@	00:39#	05:18@	00:09#	00:27#	01:48&	00:20-	00:02-	00:22#	01:24&	00:37&	00:31#	00:22#	00:23#	00:05+	
<b>17</b>	<b>Tine Frantzen</b>	<b>66</b>										<b>58:06</b>				
03:43+	06:12+	10:44+	15:49+	17:15+	20:52+	25:23+	28:11+	29:51+	31:56+	40:31+	47:32+	51:42+	54:31+	57:03+	58:06+	
03:43+	02:29+	04:32-	05:05+	01:26+	03:37+	04:31+	02:48+	01:40+	02:05+	08:35+	07:01+	04:10+	02:49+	02:32+	01:03-	
01:19&	01:15@	00:51-	01:14&	00:03+	01:13&	00:49#	00:15+	00:05+	00:33&	05:46@	05:31@	00:57&	00:09+	00:22#	00:04-	
<b>18</b>	<b>Ingunn Bergheim Landsnes</b>	<b>92</b>										<b>1:02:18</b>				
04:29+	05:59+	12:26+	18:30+	21:03+	24:59+	34:05+	37:21+	39:35+	44:39+	48:26+	50:22+	54:22+	56:59+	60:58+	62:18+	
04:29+	01:30+	06:27+	06:04+	02:33+	03:56+	09:06+	03:16+	02:14+	05:04+	03:47+	01:56+	04:00+	02:37-	03:59+	01:20+	
02:05&	00:16#	01:04#	02:13&	01:10&	01:32&	05:24@	00:43&	00:39&	03:32@	00:58&	00:26&	00:47#	00:03-	01:49&	00:13#	
<b>19</b>	<b>Maren Heradstveit</b>	<b>76</b>										<b>1:07:01</b>				
03:32+	05:00+	11:06+	17:59+	18:53+	21:50+	33:49+	36:17+	38:37+	40:18+	53:51+	55:55+	60:23+	63:09+	65:54+	67:01+	
03:32+	01:28+	06:06+	06:53+	00:54-	02:57+	11:59+	02:28-	02:20+	01:41+	13:33+	02:04+	04:28+	02:46+	02:45+	01:07=	
01:08&	00:14#	00:43#	03:02&	00:29-	00:33#	08:17@	00:05-	00:45&	00:09+	10:44@	00:34&	01:15&	00:06+	00:35&	00:00=	
<b>Beste strekktid for klassen</b>																
01:35	01:02	03:35	03:40	00:54	02:05	03:27	01:40	01:14	01:07	02:29	01:26	02:47	01:54	01:55	00:50	

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

## Damer 40 - 49 år

<b>1</b>	<b>Anne Marie Gausel</b>	<b>105</b>										<b>43:23</b>				
04:20=	08:52=	10:23=	13:29=	14:49=	16:51=	26:29=	29:29=	31:50=	34:34=	36:56=	38:22=	41:10=	42:17=	43:23=		
04:20=	04:32=	01:31=	03:06=	01:20=	02:02=	09:38=	03:00=	02:21=	02:44=	02:22=	01:26=	02:48=	01:07=	01:06=		
00:00=	00:00=	00:00=	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>Eli Serine Eikeskog</b>	<b>93</b>										<b>44:41</b>				
03:25-	07:44-	09:11-	14:06+	15:04+	17:10+	25:17-	29:21-	31:57+	35:21+	37:46+	39:26+	42:12+	43:26+	44:41+		
03:25-	04:19-	01:27-	04:55+	00:58-	02:06+	08:07-	04:04+	02:36+	03:24+	02:25+	01:40+	02:46-	01:14+	01:15+		
00:55-	00:13-	00:04-	01:49&	00:22-	00:04+	01:31-	01:04&	00:15#	00:40#	00:03+	00:14#	00:02-	00:07#	00:09#		
<b>3</b>	<b>May Bente Valdøl</b>	<b>116</b>										<b>45:59</b>				
03:48-	08:38-	10:23=	13:10-	14:34-	16:31-	25:02-	26:57-	30:54-	33:44-	36:32-	41:20+	43:52+	45:04+	45:59+		
03:48-	04:50+	01:45+	02:47-	01:24+	01:57-	08:31-	01:55-	03:57+	02:50+	02:48+	04:48+	02:32-	01:12+	00:55-		
00:32-	00:18+	00:14#	00:19-	00:04+	00:05-	01:07-	01:05-	01:36&	00:06+	00:26#	03:22@	00:16-	00:05+	00:11-		
<b>4</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>47:08</b>				
03:11-	08:10-	10:14-	17:56+	18:54+	21:22+	29:09+	31:00+	34:02+	37:39+	40:17+	41:56+	45:05+	46:05+	47:08+		
03:11-	04:59+	02:04+	07:42+	00:58-	02:28+	07:47-	01:51-	03:02+	03:37+	02:38+	01:39+	03:09+	01:00-	01:03-		
01:09-	00:27+	00:33&	04:36@	00:22-	00:26#	01:51-	01:09-	00:41&	00:53&	00:16#	00:13#	00:21#	00:07-	00:03-		
<b>5</b>	<b>Heidi Martby</b>	<b>88</b>										<b>49:50</b>				
04:25+	08:47-	10:18-	13:11-	14:21-	16:21-	23:10-	25:23-	27:49-	30:55-	34:43-	43:36+	47:40+	48:43+	49:50+		
04:25+	04:22-	01:31=	02:53-	01:10-	02:00-	06:49-	02:13-	02:26+	03:06+	03:48+	08:53+	04:04+	01:03-	01:07+		
00:05+	00:10-	00:00=	00:13-	00:10-	00:02-	02:49-	00:47-	00:05+	00:22#	01:26&	07:27@	01:16&	00:04-	00:01+		
<b>6</b>	<b>Monica Gilje Rennemo</b>	<b>92</b>										<b>53:43</b>				
03:35-	08:16-	10:15-	14:28+	16:11+	18:58+	26:30+	29:22-	35:05+	39:01+	41:35+	43:08+	51:33+	52:34+	53:43+		
03:35-	04:41+	01:59+	04:13+	01:43+	02:47+	07:32-	02:52-	05:43+	03:56+	02:34+	01:33+	08:25+	01:01-	01:09+		
00:45-	00:09+	00:28&	01:07&	00:23&	00:45&	02:06-	00:08-	03:22@	01:12&	00:12+	00:07+	05:37@	00:06-	00:03+		
<b>7</b>	<b>Rikke Rostrup</b>	<b>116</b>										<b>55:46</b>				
04:14-	09:26+	12:01+	17:06+	20:50+	22:47+	31:44+	37:06+	40:18+	44:23+	47:47+	50:16+	53:32+	54:51+	55:46+		
04:14-	05:12+	02:35+	05:05+	03:44+	01:57-	08:57-	05:22+	03:12+	04:05+	03:24+	02:29+	03:16+	01:19+	00:55-		
00:06-	00:40#	01:04&	01:59&	02:24@	00:05-	00:41-	02:22&	00:51&	01:21&	01:02&	01:03&	00:28#	00:12#	00:11-		
<b>8</b>	<b>Siv Skretting</b>	<b>93</b>										<b>59:02</b>				
03:45-	08:36-	10:30+	17:09+	18:16+	20:39+	29:38+	35:38+	38:11+	42:28+	45:21+	47:34+	56:03+	57:41+	59:02+		
03:45-	04:51+	01:54+	06:39+	01:07-	02:23+	08:59-	06:00+	02:33+	04:17+	02:53+	02:13+	08:29+	01:38+	01:21+		
00:35-	00:19+	00:23&	03:33@	00:13-	00:21#	00:39-	03:00&	00:12+	01:33&	00:31#	00:47&	05:41@	00:31&	00:15#		

Class	Navn	Klasse										Tid	
<b>9</b>	<b>Nina Svensen</b>	<b>2</b>										<b>1:02:28</b>	
04:08-	09:35+	11:51+	15:25+	18:54+	33:32+	40:29+	42:48+	46:46+	52:25+	55:45+	59:34+	61:10+	62:28+
04:08-	05:27+	02:16+	03:34+	01:21+	02:08+	14:38+	06:57+	02:19-	03:58+	05:39+	03:20+	03:49+	01:36+
00:12-	00:55#	00:45&	00:28#	00:01+	00:06+	05:00&	03:57@	00:02-	01:14&	03:17@	01:54@	01:01&	00:29&
<b>10</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>1:09:54</b>	
04:11-	10:25+	12:27+	18:16+	19:57+	23:29+	43:54+	47:50+	50:21+	56:08+	59:38+	62:08+	67:08+	68:39+
04:11-	06:14+	02:02+	05:49+	01:41+	03:32+	20:25+	03:56+	02:31+	05:47+	03:30+	02:30+	05:00+	01:31+
00:09-	01:42&	00:31&	02:43&	00:21&	01:30&	10:47@	00:56&	00:10+	03:03@	01:08&	01:04&	02:12&	00:24&
<b>11</b>	<b>Tove Irene Asheim</b>	<b>116</b>										<b>1:12:12</b>	
09:17+	15:38+	17:29+	24:14+	25:49+	30:23+	39:42+	46:04+	48:52+	52:32+	55:36+	64:54+	68:31+	70:40+
09:17+	06:21+	01:51+	06:45+	01:35+	04:34+	09:19-	06:22+	02:48+	03:40+	03:04+	09:18+	03:37+	02:09+
04:57@	01:49&	00:20#	03:39@	00:15#	02:32@	00:19-	03:22@	00:27#	00:56&	00:42&	07:52@	00:49&	01:02&
<b>Beste strekktid for klassen</b>													
03:11	04:19	01:27	02:47	00:58	01:57	06:49	01:51	02:19	02:44	02:22	01:26	02:32	01:00

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

## Damer 50 - 59 år

<b>1</b>	<b>Anne Sæbø Vik</b>	<b>116</b>										<b>36:28</b>	
04:02=	08:03=	09:16=	12:22=	13:22=	15:12=	21:19=	23:01=	25:21=	27:51=	29:47=	31:13=	33:50=	35:25=
04:02=	04:01=	01:13=	03:06=	01:00=	01:50=	06:07=	01:42=	02:20=	02:30=	01:56=	01:26=	02:37=	01:35=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>40:05</b>	
04:16+	10:13+	11:19+	14:26+	15:21+	17:14+	23:35+	25:20+	27:41+	30:09+	32:31+	34:05+	37:52+	39:00+
04:16+	05:57+	01:06-	03:07+	00:55-	01:53+	06:21+	01:45+	02:21+	02:28-	02:22+	01:34+	03:47+	01:08-
00:14+	01:56&	00:07-	00:01+	00:05-	00:03+	00:14+	00:03+	00:01+	00:02-	00:26#	00:08+	01:10&	00:27-
<b>3</b>	<b>Marianne Fuglestad</b>	<b>117</b>										<b>40:48</b>	
02:45-	06:38-	08:03-	13:26+	14:28+	16:23+	22:59+	24:43+	26:54+	29:39+	32:32+	34:39+	38:19+	39:37+
02:45-	03:53-	01:25+	05:23+	01:02+	01:55+	06:36+	01:44+	02:11-	02:45+	02:53+	02:07+	03:40+	01:18-
01:17-	00:08-	00:12#	02:17&	00:02+	00:05+	00:29+	00:02+	00:09-	00:15+	00:57&	00:41&	01:03&	00:17-
<b>4</b>	<b>Torill Andersen</b>	<b>116</b>										<b>43:24</b>	
02:51-	08:42+	10:25+	13:25+	14:26+	17:06+	24:54+	27:41+	31:37+	34:52+	37:27+	38:48+	41:15+	42:23+
02:51-	05:51+	01:43+	03:00-	01:01+	02:40+	07:48+	02:47+	03:56+	03:15+	02:35+	01:21-	02:27-	01:08-
01:11-	01:50&	00:30&	00:06-	00:01+	00:50&	01:41&	01:05&	01:36&	00:45&	00:39&	00:05-	00:10-	00:27-
<b>5</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>										<b>43:33</b>	
05:58+	11:53+	13:25+	16:31+	17:22+	19:18+	25:46+	27:21+	29:42+	32:24+	35:35+	37:30+	40:53+	42:17+
05:58+	05:55+	01:32+	03:06=	00:51-	01:56+	06:28+	01:35-	02:21+	02:42+	03:11+	01:55+	03:23+	01:24-
01:56&	01:54&	00:19&	00:00=	00:09-	00:06+	00:21+	00:07-	00:01+	00:12+	01:15&	00:29&	00:46&	00:11-
<b>6</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>44:40</b>	
03:17-	08:13+	09:37+	16:57+	17:59+	19:52+	27:24+	28:59+	31:15+	34:13+	37:15+	39:16+	41:54+	43:21+
03:17-	04:56+	01:24+	07:20+	01:02+	01:53+	07:32+	01:35-	02:16-	02:58+	03:02+	02:01+	02:38+	01:27-
00:45-	00:55#	00:11#	04:14@	00:02+	00:03+	01:25#	00:07-	00:04-	00:28#	01:06&	00:35&	00:01+	00:08-
<b>7</b>	<b>Hilde Frøytlog Karlsen</b>	<b>228</b>										<b>50:00</b>	
04:09+	09:41+	11:36+	17:45+	18:51+	21:26+	29:31+	32:01+	35:05+	38:37+	41:42+	43:53+	47:13+	48:37+
04:09+	05:32+	01:55+	06:09+	01:06+	02:35+	08:05+	02:30+	03:04+	03:32+	03:05+	02:11+	03:20+	01:24-
00:07+	01:31&	00:42&	03:03&	00:06+	00:45&	01:58&	00:48&	00:44&	01:02&	01:09&	00:45&	00:43&	00:11-
<b>8</b>	<b>Gerd Vikeså</b>	<b>101</b>										<b>50:09</b>	
04:45+	11:30+	13:14+	16:43+	18:30+	20:50+	28:49+	30:23+	32:59+	36:02+	38:21+	44:27+	46:48+	48:59+
04:45+	06:45+	01:44+	03:29+	01:47+	02:20+	07:59+	01:34-	02:36+	03:03+	02:19+	06:06+	02:21-	02:11+
00:43#	02:44&	00:31&	00:23#	00:47&	00:30&	01:52&	00:08-	00:16#	00:33#	00:23#	04:40@	00:16-	00:36&
<b>9</b>	<b>Nidunn Sandvik</b>	<b>228</b>										<b>51:50</b>	
03:27-	11:14+	13:16+	17:32+	20:21+	22:48+	31:06+	34:48+	37:22+	40:36+	43:04+	44:53+	49:10+	50:32+
03:27-	07:47+	02:02+	04:16+	02:49+	02:27+	08:18+	03:42+	02:34+	03:14+	02:28+	01:49+	04:17+	01:22-
00:35-	03:46&	00:49&	01:10&	01:49@	00:37&	02:11&	02:00@	00:14+	00:44&	00:32&	00:23&	01:40&	00:13-
<b>10</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>52:18</b>	
05:06+	10:58+	13:40+	18:42+	20:09+	22:28+	31:27+	33:46+	36:50+	40:30+	43:36+	46:00+	49:17+	50:46+
05:06+	05:52+	02:42+	05:02+	01:27+	02:19+	08:59+	02:19+	03:04+	03:40+	03:06+	02:24+	03:17+	01:29-
01:04&	01:51&	01:29@	01:56&	00:27&	00:29&	02:52&	00:37&	00:44&	01:10&	01:10&	00:58&	00:40&	00:06-

Class	Navn	Klasse										Tid				
<b>11</b>	<b>Ragnhild Auglænd</b>	<b>168</b>										<b>53:11</b>				
03:49-	08:43+	10:28+	15:23+	16:26+	18:45+	28:40+	30:25+	32:42+	35:49+	45:02+	46:56+	50:29+	51:46+	53:11+		
03:49-	04:54+	01:45+	04:55+	01:03+	02:19+	09:55+	01:45+	02:17-	03:07+	09:13+	01:54+	03:33+	01:17-	01:25+		
00:13-	00:53#	00:32&	01:49&	00:03+	00:29&	03:48&	00:03+	00:03-	00:37#	07:17@	00:28&	00:56&	00:18-	00:22&		
<b>12</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>57:19</b>				
03:41-	12:04+	13:47+	21:36+	22:47+	24:48+	34:05+	36:45+	40:43+	44:52+	48:25+	50:55+	54:47+	56:03+	57:19+		
03:41-	08:23+	01:43+	07:49+	01:11+	02:01+	09:17+	02:40+	03:58+	04:09+	03:33+	02:30+	03:52+	01:16-	01:16+		
00:21-	04:22@	00:30&	04:43@	00:11#	00:11+	03:10&	00:58&	01:38&	01:39&	01:37&	01:04&	01:15&	00:19-	00:13#		
<b>13</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>1:00:10</b>				
04:22+	09:56+	12:21+	17:18+	18:47+	21:56+	31:15+	34:15+	37:29+	42:55+	48:45+	53:01+	57:11+	58:47+	60:10+		
04:22+	05:34+	02:25+	04:57+	01:29+	03:09+	09:19+	03:00+	03:14+	05:26+	05:50+	04:16+	04:10+	01:36+	01:23+		
00:20+	01:33&	01:12&	01:51&	00:29&	01:19&	03:12&	01:18&	00:54&	02:56@	03:54@	02:50@	01:33&	00:01+	00:20&		
<b>14</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>										<b>1:02:38</b>				
04:37+	09:32+	11:18+	15:09+	16:56+	20:21+	21:24+	23:05+	44:31+	46:23+	48:24+	51:21+	53:58+	56:07+	59:46+	61:23+	62:38+
04:37+	04:55+	01:46+	03:51+	01:47+	03:25+	01:03-	01:41-	21:26+	01:52-	02:01+	02:57+	02:37=	02:09+	03:39+	01:37+	01:15+
00:35#	00:54#	00:33&	00:45#	00:47&	01:35&	05:04-	00:01-	19:06@	00:38-	00:05+	01:31@	00:00=	00:34&	02:36@	01:37+	01:15+
<b>15</b>	<b>Ellinor Nesse</b>	<b>116</b>										<b>1:04:18</b>				
03:39-	16:35+	18:55+	24:40+	27:40+	29:58+	40:46+	42:43+	45:33+	51:29+	54:41+	57:34+	61:00+	62:54+	64:18+		
03:39-	12:56+	02:20+	05:45+	03:00+	02:18+	10:48+	01:57+	02:50+	05:56+	03:12+	02:53+	03:26+	01:54+	01:24+		
00:23-	08:55@	01:07&	02:39&	02:00@	00:28&	04:41&	00:15#	00:30#	03:26@	01:16&	01:27@	00:49&	00:19#	00:21&		
<b>16</b>	<b>Janne Kristin Frantzen</b>	<b>116</b>										<b>1:05:24</b>				
03:57-	09:11+	10:55+	17:49+	18:42+	21:18+	29:32+	31:59+	34:32+	40:32+	46:51+	59:45+	62:39+	63:53+	65:24+		
03:57-	05:14+	01:44+	06:54+	00:53-	00:53-	08:14+	02:27+	02:33+	06:00+	06:19+	12:54+	02:54+	01:14-	01:31+		
00:05-	01:13&	00:31&	03:48@	00:07-	00:46&	02:07&	00:45&	00:13+	03:30@	04:23@	11:28@	00:17#	00:21-	00:28&		
<b>17</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>										<b>1:06:04</b>				
03:45-	11:54+	14:25+	27:34+	29:21+	32:06+	41:18+	44:58+	48:49+	54:34+	57:55+	60:50+	63:40+	64:50+	66:04+		
03:45-	08:09+	02:31+	13:09+	01:47+	02:45+	09:12+	03:40+	03:51+	05:45+	03:21+	02:55+	02:50+	01:10-	01:14+		
00:17-	04:08@	01:18@	10:03@	00:47&	00:55&	03:05&	01:58@	01:31&	03:15@	01:25&	01:29@	00:13+	00:25-	00:11#		
<b>18</b>	<b>Randi Roth</b>	<b>68</b>										<b>1:07:16</b>				
04:33+	10:15+	13:01+	17:39+	19:29+	22:18+	36:56+	40:58+	44:14+	48:52+	52:31+	54:29+	63:31+	65:38+	67:16+		
04:33+	05:42+	02:46+	04:38+	01:50+	02:49+	14:38+	04:02+	03:16+	04:38+	03:39+	01:58+	09:02+	02:07+	01:38+		
00:31#	01:41&	01:33@	01:32&	00:50&	00:59&	08:31@	02:20@	00:56&	02:08&	01:43&	00:32&	06:25@	00:32&	00:35&		
<b>19</b>	<b>Synnøve Westermoen</b>	<b>116</b>										<b>1:07:58</b>				
05:21+	14:55+	16:12+	31:19+	33:54+	36:17+	43:18+	45:46+	48:34+	53:52+	57:10+	60:10+	65:08+	66:44+	67:58+		
05:21+	09:34+	01:17+	15:07+	02:35+	02:23+	07:01+	02:28+	02:48+	05:18+	03:18+	03:00+	04:58+	01:36+	01:14+		
01:19&	05:33@	00:04+	12:01@	01:35@	00:33&	00:54#	00:46&	00:28#	02:48@	01:22&	01:34@	02:21&	00:01+	00:11#		
<b>20</b>	<b>Margot Lilledal</b>	<b>27</b>										<b>1:13:59</b>				
04:14+	11:38+	17:17+	29:17+	30:33+	32:58+	44:58+	48:56+	52:41+	57:06+	60:43+	66:41+	71:15+	72:45+	73:59+		
04:14+	07:24+	05:39+	12:00+	01:16+	02:25+	12:00+	03:58+	03:45+	04:25+	03:37+	05:58+	04:34+	01:30-	01:14+		
00:12+	03:23&	04:26@	08:54@	00:16&	00:35&	05:53&	02:16@	01:25&	01:55&	01:41&	04:32@	01:57&	00:05-	00:11#		
<b>21</b>	<b>Anne Katrine Lycke</b>	<b>147</b>										<b>1:20:11</b>				
08:40+	19:06+	21:41+	26:07+	28:04+	31:08+	42:08+	48:45+	52:32+	57:05+	62:15+	73:44+	77:00+	78:44+	80:11+		
08:40+	10:26+	02:35+	04:26+	01:57+	03:04+	11:00+	06:37+	03:47+	04:33+	05:10+	11:29+	03:16+	01:44+	01:27+		
04:38@	06:25@	01:22@	01:20&	00:57&	01:14&	04:53&	04:55@	01:27&	02:03&	03:14@	10:03@	00:39#	00:09+	00:24&		
<b>22</b>	<b>Sarah Denieul</b>	<b>42</b>										<b>1:28:08</b>				
08:58+	15:13+	17:05+	32:52+	35:47+	38:31+	46:55+	51:31+	57:43+	63:27+	71:07+	81:43+	85:56+	87:04+	88:08+		
08:58+	06:15+	01:52+	15:47+	02:55+	02:44+	08:24+	04:36+	06:12+	05:44+	07:40+	10:36+	04:13+	01:08-	01:04+		
04:56@	02:14&	00:39&	12:41@	01:55@	00:54&	02:17&	02:54@	03:52@	03:14@	05:44@	09:10@	01:36&	00:27-	00:01+		
<b>Beste strekktid for klassen</b>																
02:45	03:53	01:06	03:00	00:51	01:50	01:03	01:34	02:11	01:52	01:56	01:21	02:21	01:08	01:01		

= 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>47:04</b>		
02:09=	08:32=	13:19=	17:02=	20:24=	26:11=	29:20=	34:37=	36:06=	39:33=	42:08=	43:39=	45:49=	47:04=	
02:09=	06:23=	04:47=	03:43=	03:22=	05:47=	03:09=	05:17=	01:29=	03:27=	02:35=	01:31=	02:10=	01:15=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Class	Navn	Klasse												Tid
<b>2</b>	<b>Ingunn Voilås</b>	<b>29</b>												<b>47:23</b>
03:29+	11:15+	15:52+	17:56+	20:54+	24:23-	30:34+	34:16-	35:58-	39:44+	42:15+	43:40+	45:56+	47:23+	
03:29+	07:46+	04:37-	02:04-	02:58-	03:29-	06:11+	03:42-	01:42+	03:46+	02:31-	01:25-	02:16+	01:27+	
01:20&	01:23#	00:10-	01:39-	00:24-	02:18-	03:02&	01:35-	00:13#	00:19+	00:04-	00:06-	00:06+	00:12#	
<b>3</b>	<b>Tove Bjerkreim</b>	<b>105</b>												<b>53:42</b>
07:52+	13:59+	19:00+	21:23+	23:45+	26:10-	30:21+	34:39+	38:45+	44:57+	48:34+	49:57+	52:26+	53:42+	
07:52+	06:07-	05:01+	02:23-	02:22-	02:25-	04:11+	04:18-	04:06+	06:12+	03:37+	01:23-	02:29+	01:16+	
05:43@	00:16-	00:14+	01:20-	01:00-	03:22-	01:02&	00:59-	02:37@	02:45&	01:02&	00:08-	00:19#	00:01+	
<b>4</b>	<b>Aud Steinsland</b>	<b>128</b>												<b>59:07</b>
04:32+	12:42+	21:12+	24:09+	28:13+	31:43+	35:57+	42:08+	45:01+	50:09+	53:09+	54:43+	57:41+	59:07+	
04:32+	08:10+	08:30+	02:57-	04:04+	03:30-	04:14+	06:11+	02:53+	05:08+	03:00+	01:34+	02:58+	01:26+	
02:23@	01:47&	03:43&	00:46-	00:42#	02:17-	01:05&	00:54#	01:24&	01:41&	00:25#	00:03+	00:48&	00:11#	
<b>5</b>	<b>Hanna S. Lomeland</b>	<b>47</b>												<b>59:09</b>
04:31+	12:40+	21:16+	24:13+	28:13+	31:40+	35:56+	42:13+	45:08+	50:13+	53:14+	54:41+	57:46+	59:09+	
04:31+	08:09+	08:36+	02:57-	04:00+	03:27-	04:16+	06:17+	02:55+	05:05+	03:01+	01:27-	03:05+	01:23+	
02:22@	01:46&	03:49&	00:46-	00:38#	02:20-	01:07&	01:00#	01:26&	01:38&	00:26#	00:04-	00:55&	00:08#	
<b>6</b>	<b>Berit Bakken</b>	<b>168</b>												<b>1:00:18</b>
02:37+	11:30+	16:26+	22:53+	31:01+	34:21+	38:04+	42:59+	45:47+	52:14+	55:02+	56:34+	58:52+	60:18+	
02:37+	08:53+	04:56+	06:27+	08:08+	03:20-	03:43+	04:55-	02:48+	06:27+	02:48+	01:32+	02:18+	01:26+	
00:28#	02:30&	00:09+	02:44&	04:46@	02:27-	00:34#	00:22-	01:19&	03:00&	00:13+	00:01+	00:08+	00:11#	
<b>7</b>	<b>Kari Blixhavn</b>	<b>228</b>												<b>1:05:44</b>
05:42+	17:11+	26:08+	29:36+	34:50+	38:37+	43:35+	49:22+	52:50+	57:11+	60:01+	61:44+	64:13+	65:44+	
05:42+	11:29+	08:57+	03:28-	05:14+	03:47-	04:58+	05:47+	03:28+	04:21+	02:50+	01:43+	02:29+	01:31+	
03:33@	05:06&	04:10&	00:15-	01:52&	02:00-	01:49&	00:30+	01:59@	00:54&	00:15+	00:12#	00:19#	00:16#	
<b>8</b>	<b>Liv-Grete Obrestad</b>	<b>113</b>												<b>1:18:53</b>
12:13+	22:16+	28:41+	30:54+	44:25+	55:57+	59:56+	63:48+	65:40+	69:49+	73:07+	74:34+	77:30+	78:53+	
12:13+	10:03+	06:25+	02:13-	13:31+	11:32+	03:59+	03:52-	01:52+	04:09+	03:18+	01:27-	02:56+	01:23+	
10:04@	03:40&	01:38&	01:30-	10:09@	05:45&	00:50&	01:25-	00:23&	00:42#	00:43&	00:04-	00:46&	00:08#	
<b>9</b>	<b>Liv Sissel Obrestad</b>	<b>54</b>												<b>1:19:27</b>
14:01+	25:31+	30:03+	33:23+	36:39+	39:54+	50:43+	54:22+	57:23+	64:03+	73:43+	75:09+	77:57+	79:27+	
14:01+	11:30+	04:32-	03:20-	03:16-	03:15-	10:49+	03:39-	03:01+	06:40+	09:40+	01:26-	02:48+	01:30+	
11:52@	05:07&	00:15-	00:23-	00:06-	02:32-	07:40@	01:38-	01:32@	03:13&	07:05@	00:05-	00:38&	00:15#	
<b>10</b>	<b>Ase Berg</b>	<b>105</b>												<b>1:41:41</b>
20:13+	33:25+	41:16+	46:11+	54:10+	63:26+	68:16+	74:40+	80:28+	89:26+	94:35+	97:17+	100:04+	101:41+	
20:13+	13:12+	07:51+	04:55+	07:59+	09:16+	04:50+	06:24+	05:48+	08:58+	05:09+	02:42+	02:47+	01:37+	
18:04@	06:49@	03:04&	01:12&	04:37@	03:29&	01:41&	01:07#	04:19@	05:31@	02:34&	01:11&	00:37&	00:22&	
<b>Beste strekketid for klassen</b>														
02:09	06:07	04:32	02:04	02:22	02:25	03:09	03:39	01:29	03:27	02:31	01:23	02:10	01:15	

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

## Damer 65 - 69 år

<b>1</b>	<b>Berit K. Gramstad</b>	<b>113</b>												<b>53:22</b>
03:10=	10:31=	17:07=	19:38=	23:17=	26:04=	31:57=	36:01=	37:40=	41:51=	48:49=	50:05=	52:03=	53:22=	
03:10=	07:21=	06:36=	02:31=	03:39=	02:47=	05:53=	04:04=	01:39=	04:11=	06:58=	01:16=	01:58=	01:19=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Halldis Handeland</b>	<b>92</b>												<b>55:56</b>
02:54-	12:27+	18:14+	21:01+	25:01+	28:23+	32:46+	38:14+	40:15+	46:24+	50:13+	51:45+	54:29+	55:56+	
02:54-	09:33+	05:47-	02:47+	04:00+	03:22+	04:23-	05:28+	02:01+	06:09+	03:49-	01:32+	02:44+	01:27+	
00:16-	02:12&	00:49-	00:16#	00:21+	00:35#	01:30-	01:24&	00:22#	01:58&	03:09-	00:16#	00:46&	00:08#	
<b>3</b>	<b>Wenche Anda Haarr</b>	<b>92</b>												<b>58:52</b>
02:59-	13:14+	19:11+	23:47+	28:02+	30:47+	36:43+	43:07+	45:30+	50:41+	53:31+	55:13+	57:27+	58:52+	
02:59-	10:15+	05:57-	04:36+	04:15+	02:45-	05:56+	06:24+	02:23+	05:11+	02:50-	01:42+	02:14+	01:25+	
00:11-	02:54&	00:39-	02:05&	00:36#	00:02-	00:03+	02:20&	00:44&	01:00#	04:08-	00:26&	00:16#	00:06+	
<b>4</b>	<b>Mette Dagsland</b>	<b>68</b>												<b>59:35</b>
04:54+	12:01+	21:04+	24:11+	28:39+	32:10+	37:25+	44:06+	46:30+	51:44+	54:18+	55:57+	58:17+	59:35+	
04:54+	07:07-	09:03+	03:07+	04:28+	03:31+	05:15-	06:41+	02:24+	05:14+	02:34-	01:39+	02:20+	01:18-	
01:44&	00:14-	02:27&	00:36#	00:49#	00:44&	00:38-	02:37&	00:45&	01:03&	04:24-	00:23&	00:22#	00:01-	

Class	Navn	Klasse												Tid	
<b>5</b>	<b>Kirsten Carlsen</b>	<b>93</b>												<b>1:00:06</b>	
	03:00-	11:02+	22:37+	27:14+	32:07+	35:39+	40:04+	44:30+	46:31+	51:52+	54:39+	56:21+	58:32+	60:06+	
	03:00-	08:02+	11:35+	04:37+	04:53+	03:32+	04:25-	04:26+	02:01+	05:21+	02:47-	01:42+	02:11+	01:34+	
	00:10-	00:41+	04:59&	02:06&	01:14&	00:45&	01:28-	00:22+	00:22#	01:10&	04:11-	00:26&	00:13#	00:15#	
<b>6</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>												<b>1:10:09</b>	
	02:47-	15:00+	24:40+	28:19+	32:36+	36:39+	40:50+	46:30+	53:14+	59:39+	62:35+	64:16+	68:34+	70:09+	
	02:47-	12:13+	09:40+	03:39+	04:17+	04:03+	04:11-	05:40+	06:44+	06:25+	02:56-	01:41+	04:18+	01:35+	
	00:23-	04:52&	03:04&	01:08&	00:38#	01:16&	01:42-	01:36&	05:05@	02:14&	04:02-	00:25&	02:20@	00:16#	
<b>7</b>	<b>Hanne Eik</b>	<b>117</b>												<b>1:10:40</b>	
	05:39+	13:00+	22:32+	25:49+	29:51+	35:15+	41:14+	48:10+	51:54+	59:55+	63:26+	65:28+	68:10+	70:40+	
	05:39+	07:21=	09:32+	03:17+	04:02+	05:24+	05:59+	06:56+	03:44+	08:01+	03:31-	02:02+	02:42+	02:30+	
	02:29&	00:00=	02:56&	00:46&	00:23#	02:37&	00:06+	02:52&	02:05@	03:50&	03:27-	00:46&	00:44&	01:11&	
<b>Beste strekktid for klassen</b>		02:47	07:07	05:47	02:31	03:39	02:45	04:11	04:04	01:39	04:11	02:34	01:16	01:58	01:18

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

## Damer 70 - 74 år

<b>1</b>	<b>Haldis Glendrange</b>	<b>68</b>												<b>50:46</b>	
	02:45=	09:24=	14:54=	18:12=	22:08=	26:10=	29:20=	33:52=	36:16=	40:44=	44:18=	46:02=	49:12=	50:46=	
	02:45=	06:39=	05:30=	03:18=	03:56=	04:02=	03:10=	04:32=	02:24=	04:28=	03:34=	01:44=	03:10=	01:34=	
	00:00=	00:00=	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>Turid Nystrøm</b>	<b>68</b>												<b>54:37</b>	
	04:18+	11:42+	19:08+	21:35+	28:40+	31:58+	35:20+	41:00+	43:02+	47:19+	49:46+	51:11+	53:18+	54:37+	
	04:18+	07:24+	07:26+	02:27-	07:05+	03:18-	03:22+	05:40+	02:02-	04:17-	02:27-	01:25-	02:07-	01:19-	
	01:33&	00:45#	01:56&	00:51-	03:09&	00:44-	00:12+	01:08#	00:22-	00:11-	01:07-	00:19-	01:03-	00:15-	
<b>3</b>	<b>Inger Skretting Opstad</b>	<b>54</b>												<b>55:09</b>	
	02:54+	11:17+	16:40+	20:22+	26:26+	31:11+	34:03+	38:24+	40:19+	44:30+	47:25+	48:59+	53:33+	55:09+	
	02:54+	08:23+	05:23-	03:42+	06:04+	04:45+	02:52-	04:21-	01:55-	04:11-	02:55-	01:34-	04:34+	01:36+	
	00:09+	01:44&	00:07-	00:24#	02:08&	00:43#	00:18-	00:11-	00:29-	00:17-	00:39-	00:10-	01:24&	00:02+	
<b>4</b>	<b>Helga Klausen</b>	<b>62</b>												<b>59:41</b>	
	03:42+	12:02+	19:11+	21:58+	25:58+	29:31+	34:00+	40:05+	43:18+	50:29+	53:28+	55:11+	58:08+	59:41+	
	03:42+	08:20+	07:09+	02:47-	04:00+	03:33-	04:29+	06:05+	03:13+	07:11+	02:59-	01:43-	02:57-	01:33-	
	00:57&	01:41&	01:39&	00:31-	00:04+	00:29-	01:19&	01:33&	00:49&	02:43&	00:35-	00:01-	00:13-	00:01-	
<b>5</b>	<b>Hedvig Anda</b>	<b>116</b>												<b>1:02:03</b>	
	03:03+	11:33+	16:34+	20:08+	24:34+	37:18+	40:47+	44:59+	47:00+	52:21+	56:46+	58:28+	60:38+	62:03+	
	03:03+	08:30+	05:01-	03:34+	04:26+	12:44+	03:29+	04:12-	02:01-	05:21+	04:25+	01:42-	02:10-	01:25-	
	00:18#	01:51&	00:29-	00:16+	00:30#	08:42@	00:19+	00:20-	00:23-	00:53#	00:51#	00:02-	01:00-	00:09-	
<b>6</b>	<b>Ragnhild Christiansen</b>	<b>93</b>												<b>1:17:41</b>	
	07:49+	22:29+	31:49+	35:19+	39:33+	44:01+	47:58+	54:20+	60:17+	66:40+	69:40+	71:30+	75:48+	77:41+	
	07:49+	14:40+	09:20+	03:30+	04:14+	04:28+	03:57+	06:22+	05:57+	06:23+	03:00-	01:50+	04:18+	01:53+	
	05:04@	08:01@	03:50&	00:12+	00:18+	00:26#	00:47#	01:50&	03:33@	01:55&	00:34-	00:06+	01:08&	00:19#	
<b>Beste strekktid for klassen</b>		02:45	06:39	05:01	02:27	03:56	03:18	02:52	04:12	01:55	04:11	02:27	01:25	02:07	01:19

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

## Damer 75 - 79 år

<b>1</b>	<b>Helga Aaslid</b>	<b>54</b>												<b>1:06:02</b>
	03:02=	13:26=	29:54=	33:42=	37:18=	42:09=	45:09=	49:30=	51:27=	55:35=	58:30=	60:03=	64:21=	66:02=
	03:02=	10:24=	16:28=	03:48=	03:36=	04:51=	03:00=	04:21=	01:57=	04:08=	02:55=	01:33=	04:18=	01:41=
	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=
<b>2</b>	<b>Synnøve Fuglestad</b>	<b>29</b>												<b>1:08:38</b>
	03:45+	14:17+	30:39+	36:14+	40:08+	44:03+	47:03+	51:43+	53:59+	58:35+	62:04+	63:47+	66:57+	68:38+
	03:45+	10:32+	16:22-	05:35+	03:54+	03:55-	03:00=	04:40+	02:16+	04:36+	03:29+	01:43+	03:10-	01:41=
	00:43#	00:08+	00:06-	01:47&	00:18+	00:56-	00:00=	00:19+	00:19#	00:28#	00:34#	00:10#	01:08-	00:00=

Class	Navn	Klasse											Tid
<b>3</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>											<b>1:16:00</b>
05:08+	15:28+	22:59-	27:40-	33:18-	40:01-	45:58+	51:48+	54:52+	61:40+	68:28+	70:35+	74:07+	76:00+
05:08+	10:20-	07:31-	04:41+	05:38+	06:43+	05:57+	05:50+	03:04+	06:48+	06:48+	02:07+	03:32-	01:53+
02:06&	00:04-	08:57-	00:53#	02:02&	01:52&	02:57&	01:29&	01:07&	02:40&	03:53@	00:34&	00:46-	00:12#

### Beste strekktid for klassen

03:02 10:20 07:31 03:48 03:36 03:55 03:00 04:21 01:57 04:08 02:55 01:33 03:10 01:41

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

## Damer 80 år og eldre

<b>1</b>	<b>Gørild Espedal</b>	<b>113</b>											<b>1:15:19</b>
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02:28= 10:06= 15:09= 21:31= 25:12= 34:24= 45:03= 49:43= 67:40= 73:21= 75:19=  
 02:28= 07:38= 05:03= 06:22= 03:41= 09:12= 10:39= 04:40= 17:57= 05:41= 01:58=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### Beste strekktid for klassen

02:28 07:38 05:03 06:22 03:41 09:12 10:39 04:40 17:57 05:41 01:58

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>											<b>40:56</b>										
02:44=	04:53=	07:50=	10:25=	11:06=	12:22=	16:50=	17:32=	18:34=	19:27=	21:12=	23:35=	24:50=	26:57=	27:56=	29:44=	33:44=	34:50=	36:30=	38:34=	39:32=	40:56=		
02:44=	02:09=	02:57=	02:35=	00:41=	01:16=	04:28=	00:42=	01:02=	00:53=	01:45=	02:23=	01:15=	02:07=	00:59=	01:48=	04:00=	01:06=	01:40=	02:04=	00:58=	01:24=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>48:22</b>										
01:21-	03:12-	07:13-	10:13-	10:55-	12:18-	17:56+	18:59+	20:10+	21:14+	23:30+	25:14+	27:26+	30:35+	31:40+	33:44+	38:03+	39:35+	41:19+	45:47+	46:41+	48:22+		
01:21-	01:51-	04:01+	03:00+	00:42+	01:23+	05:38+	01:03+	01:11+	01:04+	02:16+	01:44-	02:12+	03:09+	01:05+	02:04+	04:19+	01:32+	01:44+	04:28+	00:54-	01:41+		
01:23-	00:18-	01:04&	00:25#	00:01+	00:07+	01:10&	00:21&	00:09#	00:11#	00:31&	00:39-	00:57&	01:02&	00:06#	00:16#	00:19+	00:26&	00:04+	02:24@	00:04-	00:17#		

<b>3</b>	<b>Trine Bolstad Scheie</b>	<b>62</b>											<b>50:00</b>										
01:43-	03:45-	07:37-	10:44+	11:30+	13:27+	19:00+	20:20+	21:28+	22:34+	25:01+	27:03+	28:43+	31:59+	33:08+	35:32+	39:47+	41:19+	43:02+	47:21+	48:22+	50:00+		
01:43-	02:02-	03:52+	03:07+	00:46+	01:57+	05:33+	01:20+	01:08+	01:06+	02:27+	02:02-	01:40+	03:16+	01:09+	02:24+	04:15+	01:32+	01:43+	04:19+	01:01+	01:38+		
01:01-	00:07-	00:55&	00:32#	00:05#	00:41&	01:05#	00:38&	00:06+	00:13#	00:42&	00:21-	00:25&	01:09&	00:10#	00:36&	00:15+	00:26&	00:03+	02:15@	00:03+	00:14#		

<b>4</b>	<b>Sara Marlene Nystrøm Olsen</b>	<b>68</b>											<b>50:56</b>										
04:52+	06:42+	10:33+	14:06+	15:01+	16:39+	22:15+	23:02+	24:21+	25:30+	27:57+	29:52+	31:33+	34:33+	35:38+	37:49+	42:20+	43:36+	45:27+	48:13+	49:13+	50:56+		
04:52+	01:50-	03:51+	03:33+	00:55+	01:38+	05:36+	00:47+	01:19+	01:09+	02:27+	01:55-	01:41+	03:00+	01:05+	02:11+	04:31+	01:16+	01:51+	02:46+	01:00+	01:43+		
02:08&	00:19-	00:54&	00:58&	00:14&	00:22&	01:08&	00:05#	00:17&	00:16&	00:42&	00:28-	00:26&	00:53&	00:06#	00:23#	00:31#	00:10#	00:11#	00:42&	00:02+	00:19#		

<b>5</b>	<b>Ingrid Lamark</b>	<b>46</b>											<b>54:57</b>										
04:41+	06:43+	11:32+	15:13+	16:20+	17:53+	24:00+	24:43+	25:56+	27:06+	29:41+	31:40+	33:22+	36:27+	37:48+	40:05+	45:06+	46:36+	48:17+	52:01+	53:17+	54:57+		
04:41+	02:02-	04:49+	03:41+	01:07+	01:33+	06:07+	00:43+	01:13+	01:10+	02:35+	01:59-	01:42+	03:05+	01:21+	02:17+	05:01+	01:30+	01:41+	03:44+	01:16+	01:40+		
01:57&	00:07-	01:52&	01:06&	00:26&	00:17#	01:39&	00:01+	00:11#	00:17&	00:50&	00:24-	00:27&	00:58&	00:22&	00:29&	01:01&	00:24&	00:01+	01:40&	00:18&	00:16#		

<b>6</b>	<b>Maira Andersone</b>	<b>93</b>											<b>1:14:39</b>										
02:23-	09:32+	15:20+	21:40+	22:37+	24:29+	30:49+	37:23+	38:45+	40:17+	43:23+	45:43+	48:44+	52:58+	54:14+	57:06+	63:06+	65:08+	68:26+	71:34+	72:47+	74:39+		
02:23-	07:09+	05:48+	06:20+	00:57+	01:52+	06:20+	06:34+	01:22+	01:32+	03:06+	02:20-	03:01+	04:14+	01:16+	02:52+	06:00+	02:02+	03:18+	03:08+	01:13+	01:52+		
00:21-	05:00@	02:51&	03:45@	00:16&	00:36&	01:52&	05:52@	00:20&	00:39&	01:21&	00:03-	01:46@	02:07&	00:17&	01:04&	02:00&	00:56&	01:38&	01:04&	00:15&	00:28&		

<b>7</b>	<b>Ingrid Simensen</b>	<b>101</b>											<b>1:15:11</b>										
04:43+	07:21+	13:23+	24:31+	25:31+	28:11+	35:32+	36:36+	38:13+	39:29+	42:03+	44:28+	46:41+	51:06+	52:48+	56:06+	61:47+	63:33+	65:28+	72:01+	73:32+	75:11+		
04:43+	02:38+	06:02+	11:08+	01:00+	02:40+	07:21+	01:04+	01:37+	01:16+	02:34+	02:25+	02:13+	04:25+	01:42+	03:18+	05:41+	01:46+	01:55+	06:33+	01:31+	01:39+		
01:59&	00:29#	03:05@	08:33@	00:19&	01:24@	02:53&	00:22&	00:35&	00:23&	00:49&	00:02+	00:58&	02:18@	00:43&	01:30&	01:41&	00:40&	00:15#	04:29@	00:33&	00:15#		

### Beste strekktid for klassen

01:21 01:50 02:57 02:35 00:41 01:16 04:28 00:42 01:02 00:53 01:45 01:44 01:15 02:07 00:59 01:48 04:00 01:06 01:40 02:04 00:54 01:24

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

## Damer B

Class	Navn	Klasse											Tid																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
<b>1</b>	<b>Inger Tone Nygård</b>	<b>29</b>											<b>44:28</b>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
04:30=	05:51=	09:23=	13:29=	14:33=	16:28=	20:06=	22:56=	24:13=	25:33=	27:42=	31:05=	32:08=	34:52=	36:00=	38:05=	41:12=	43:22=	44:28=	04:30=	01:21=	03:32=	04:06=	01:04=	01:55=	03:38=	02:50=	01:17=	01:20=	02:09=	03:23=	01:03=	02:44=	01:08=	02:05=	03:07=	02:10=	01:06=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Vibeke Lamark</b>	<b>46</b>											<b>44:58</b>											03:01-	04:20-	08:26-	12:27-	13:20-	15:17-	20:00-	22:36-	23:29-	24:57-	27:33-	30:46-	32:20+	35:12+	36:22+	39:15+	42:15+	43:58+	44:58+	03:01-	01:19-	04:06+	04:01-	00:53-	01:57+	04:43+	02:36-	00:53-	01:28+	02:36+	03:13-	01:34+	02:52+	01:10+	02:53+	03:00-	01:43-	01:00-	01:29-	00:02-	00:34#	00:05-	00:11-	00:02+	01:05#	00:14-	00:24-	00:08+	00:27#	00:10-	00:31#	00:08+	00:02+	00:48#	00:07-	00:27-	00:06-	<b>3</b>	<b>Jorunn Johannesen</b>	<b>116</b>											<b>46:04</b>											05:13+	07:41+	10:52+	14:18+	15:46+	18:31+	22:30+	24:59+	25:42+	26:59+	29:19+	32:16+	33:24+	36:22+	37:31+	40:07+	42:54+	44:59+	46:04+	05:13+	02:28+	03:11-	03:26-	01:28+	02:45+	03:59+	02:29-	00:43-	01:17-	02:20+	02:57-	01:08+	02:58+	01:09+	02:36+	02:47-	02:05-	01:05-	00:43#	01:07&	00:21-	00:40-	00:24#	00:50&	00:21+	00:21-	00:34-	00:03-	00:11+	00:26-	00:05+	00:14+	00:01+	00:31#	00:20-	00:05-	00:01-	<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>											<b>46:15</b>											03:58-	05:18-	08:47-	12:00-	13:24-	15:26-	18:54-	21:30-	22:17-	23:43-	26:00-	30:13-	31:22-	34:07-	35:26-	38:48+	43:18+	45:08+	46:15+	03:58-	01:20-	03:29-	03:13-	01:24+	02:02+	03:28-	02:36-	00:47-	01:26+	02:17+	04:13+	01:09+	02:45+	01:19+	03:22+	04:30+	01:50-	01:07+	00:32-	00:01-	00:03-	00:53-	00:20#	00:07+	00:10-	00:14-	00:30-	00:06+	00:08+	00:50#	00:06+	00:01+	00:11#	01:17#	01:23#	00:20-	00:01+	<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>											<b>47:15</b>											03:00-	04:23-	08:00-	12:58-	13:52-	16:05-	19:41-	22:17-	23:12-	24:28-	26:47-	29:51-	30:53-	34:18-	36:25+	39:39+	44:11+	46:13+	47:15+	03:00-	01:23+	03:37+	04:58+	00:54-	02:13+	03:36-	02:36-	00:55-	01:16-	02:19+	03:04-	01:02-	03:25+	02:07+	03:14+	04:32+	02:02-	01:02-	01:30-	00:02+	00:05+	00:52#	00:10-	00:18#	00:02-	00:14-	00:22-	00:04-	00:10+	00:19-	00:01-	00:41#	00:59#	01:09#	01:25#	00:08-	00:04-	<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>											<b>49:22</b>											03:56-	05:40-	08:58-	12:33-	14:35+	17:05+	20:57+	23:46+	24:36+	26:11+	29:18+	32:34+	33:50+	37:33+	39:50+	42:53+	45:57+	48:21+	49:22+	03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-
04:30=	01:21=	03:32=	04:06=	01:04=	01:55=	03:38=	02:50=	01:17=	01:20=	02:09=	03:23=	01:03=	02:44=	01:08=	02:05=	03:07=	02:10=	01:06=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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>Vibeke Lamark</b>	<b>46</b>											<b>44:58</b>											03:01-	04:20-	08:26-	12:27-	13:20-	15:17-	20:00-	22:36-	23:29-	24:57-	27:33-	30:46-	32:20+	35:12+	36:22+	39:15+	42:15+	43:58+	44:58+	03:01-	01:19-	04:06+	04:01-	00:53-	01:57+	04:43+	02:36-	00:53-	01:28+	02:36+	03:13-	01:34+	02:52+	01:10+	02:53+	03:00-	01:43-	01:00-	01:29-	00:02-	00:34#	00:05-	00:11-	00:02+	01:05#	00:14-	00:24-	00:08+	00:27#	00:10-	00:31#	00:08+	00:02+	00:48#	00:07-	00:27-	00:06-	<b>3</b>	<b>Jorunn Johannesen</b>	<b>116</b>											<b>46:04</b>											05:13+	07:41+	10:52+	14:18+	15:46+	18:31+	22:30+	24:59+	25:42+	26:59+	29:19+	32:16+	33:24+	36:22+	37:31+	40:07+	42:54+	44:59+	46:04+	05:13+	02:28+	03:11-	03:26-	01:28+	02:45+	03:59+	02:29-	00:43-	01:17-	02:20+	02:57-	01:08+	02:58+	01:09+	02:36+	02:47-	02:05-	01:05-	00:43#	01:07&	00:21-	00:40-	00:24#	00:50&	00:21+	00:21-	00:34-	00:03-	00:11+	00:26-	00:05+	00:14+	00:01+	00:31#	00:20-	00:05-	00:01-	<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>											<b>46:15</b>											03:58-	05:18-	08:47-	12:00-	13:24-	15:26-	18:54-	21:30-	22:17-	23:43-	26:00-	30:13-	31:22-	34:07-	35:26-	38:48+	43:18+	45:08+	46:15+	03:58-	01:20-	03:29-	03:13-	01:24+	02:02+	03:28-	02:36-	00:47-	01:26+	02:17+	04:13+	01:09+	02:45+	01:19+	03:22+	04:30+	01:50-	01:07+	00:32-	00:01-	00:03-	00:53-	00:20#	00:07+	00:10-	00:14-	00:30-	00:06+	00:08+	00:50#	00:06+	00:01+	00:11#	01:17#	01:23#	00:20-	00:01+	<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>											<b>47:15</b>											03:00-	04:23-	08:00-	12:58-	13:52-	16:05-	19:41-	22:17-	23:12-	24:28-	26:47-	29:51-	30:53-	34:18-	36:25+	39:39+	44:11+	46:13+	47:15+	03:00-	01:23+	03:37+	04:58+	00:54-	02:13+	03:36-	02:36-	00:55-	01:16-	02:19+	03:04-	01:02-	03:25+	02:07+	03:14+	04:32+	02:02-	01:02-	01:30-	00:02+	00:05+	00:52#	00:10-	00:18#	00:02-	00:14-	00:22-	00:04-	00:10+	00:19-	00:01-	00:41#	00:59#	01:09#	01:25#	00:08-	00:04-	<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>											<b>49:22</b>											03:56-	05:40-	08:58-	12:33-	14:35+	17:05+	20:57+	23:46+	24:36+	26:11+	29:18+	32:34+	33:50+	37:33+	39:50+	42:53+	45:57+	48:21+	49:22+	03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																			
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<b>2</b>	<b>Vibeke Lamark</b>	<b>46</b>											<b>44:58</b>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
03:01-	04:20-	08:26-	12:27-	13:20-	15:17-	20:00-	22:36-	23:29-	24:57-	27:33-	30:46-	32:20+	35:12+	36:22+	39:15+	42:15+	43:58+	44:58+	03:01-	01:19-	04:06+	04:01-	00:53-	01:57+	04:43+	02:36-	00:53-	01:28+	02:36+	03:13-	01:34+	02:52+	01:10+	02:53+	03:00-	01:43-	01:00-	01:29-	00:02-	00:34#	00:05-	00:11-	00:02+	01:05#	00:14-	00:24-	00:08+	00:27#	00:10-	00:31#	00:08+	00:02+	00:48#	00:07-	00:27-	00:06-	<b>3</b>	<b>Jorunn Johannesen</b>	<b>116</b>											<b>46:04</b>											05:13+	07:41+	10:52+	14:18+	15:46+	18:31+	22:30+	24:59+	25:42+	26:59+	29:19+	32:16+	33:24+	36:22+	37:31+	40:07+	42:54+	44:59+	46:04+	05:13+	02:28+	03:11-	03:26-	01:28+	02:45+	03:59+	02:29-	00:43-	01:17-	02:20+	02:57-	01:08+	02:58+	01:09+	02:36+	02:47-	02:05-	01:05-	00:43#	01:07&	00:21-	00:40-	00:24#	00:50&	00:21+	00:21-	00:34-	00:03-	00:11+	00:26-	00:05+	00:14+	00:01+	00:31#	00:20-	00:05-	00:01-	<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>											<b>46:15</b>											03:58-	05:18-	08:47-	12:00-	13:24-	15:26-	18:54-	21:30-	22:17-	23:43-	26:00-	30:13-	31:22-	34:07-	35:26-	38:48+	43:18+	45:08+	46:15+	03:58-	01:20-	03:29-	03:13-	01:24+	02:02+	03:28-	02:36-	00:47-	01:26+	02:17+	04:13+	01:09+	02:45+	01:19+	03:22+	04:30+	01:50-	01:07+	00:32-	00:01-	00:03-	00:53-	00:20#	00:07+	00:10-	00:14-	00:30-	00:06+	00:08+	00:50#	00:06+	00:01+	00:11#	01:17#	01:23#	00:20-	00:01+	<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>											<b>47:15</b>											03:00-	04:23-	08:00-	12:58-	13:52-	16:05-	19:41-	22:17-	23:12-	24:28-	26:47-	29:51-	30:53-	34:18-	36:25+	39:39+	44:11+	46:13+	47:15+	03:00-	01:23+	03:37+	04:58+	00:54-	02:13+	03:36-	02:36-	00:55-	01:16-	02:19+	03:04-	01:02-	03:25+	02:07+	03:14+	04:32+	02:02-	01:02-	01:30-	00:02+	00:05+	00:52#	00:10-	00:18#	00:02-	00:14-	00:22-	00:04-	00:10+	00:19-	00:01-	00:41#	00:59#	01:09#	01:25#	00:08-	00:04-	<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>											<b>49:22</b>											03:56-	05:40-	08:58-	12:33-	14:35+	17:05+	20:57+	23:46+	24:36+	26:11+	29:18+	32:34+	33:50+	37:33+	39:50+	42:53+	45:57+	48:21+	49:22+	03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																	
03:01-	01:19-	04:06+	04:01-	00:53-	01:57+	04:43+	02:36-	00:53-	01:28+	02:36+	03:13-	01:34+	02:52+	01:10+	02:53+	03:00-	01:43-	01:00-	01:29-	00:02-	00:34#	00:05-	00:11-	00:02+	01:05#	00:14-	00:24-	00:08+	00:27#	00:10-	00:31#	00:08+	00:02+	00:48#	00:07-	00:27-	00:06-	<b>3</b>	<b>Jorunn Johannesen</b>	<b>116</b>											<b>46:04</b>											05:13+	07:41+	10:52+	14:18+	15:46+	18:31+	22:30+	24:59+	25:42+	26:59+	29:19+	32:16+	33:24+	36:22+	37:31+	40:07+	42:54+	44:59+	46:04+	05:13+	02:28+	03:11-	03:26-	01:28+	02:45+	03:59+	02:29-	00:43-	01:17-	02:20+	02:57-	01:08+	02:58+	01:09+	02:36+	02:47-	02:05-	01:05-	00:43#	01:07&	00:21-	00:40-	00:24#	00:50&	00:21+	00:21-	00:34-	00:03-	00:11+	00:26-	00:05+	00:14+	00:01+	00:31#	00:20-	00:05-	00:01-	<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>											<b>46:15</b>											03:58-	05:18-	08:47-	12:00-	13:24-	15:26-	18:54-	21:30-	22:17-	23:43-	26:00-	30:13-	31:22-	34:07-	35:26-	38:48+	43:18+	45:08+	46:15+	03:58-	01:20-	03:29-	03:13-	01:24+	02:02+	03:28-	02:36-	00:47-	01:26+	02:17+	04:13+	01:09+	02:45+	01:19+	03:22+	04:30+	01:50-	01:07+	00:32-	00:01-	00:03-	00:53-	00:20#	00:07+	00:10-	00:14-	00:30-	00:06+	00:08+	00:50#	00:06+	00:01+	00:11#	01:17#	01:23#	00:20-	00:01+	<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>											<b>47:15</b>											03:00-	04:23-	08:00-	12:58-	13:52-	16:05-	19:41-	22:17-	23:12-	24:28-	26:47-	29:51-	30:53-	34:18-	36:25+	39:39+	44:11+	46:13+	47:15+	03:00-	01:23+	03:37+	04:58+	00:54-	02:13+	03:36-	02:36-	00:55-	01:16-	02:19+	03:04-	01:02-	03:25+	02:07+	03:14+	04:32+	02:02-	01:02-	01:30-	00:02+	00:05+	00:52#	00:10-	00:18#	00:02-	00:14-	00:22-	00:04-	00:10+	00:19-	00:01-	00:41#	00:59#	01:09#	01:25#	00:08-	00:04-	<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>											<b>49:22</b>											03:56-	05:40-	08:58-	12:33-	14:35+	17:05+	20:57+	23:46+	24:36+	26:11+	29:18+	32:34+	33:50+	37:33+	39:50+	42:53+	45:57+	48:21+	49:22+	03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																				
01:29-	00:02-	00:34#	00:05-	00:11-	00:02+	01:05#	00:14-	00:24-	00:08+	00:27#	00:10-	00:31#	00:08+	00:02+	00:48#	00:07-	00:27-	00:06-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
<b>3</b>	<b>Jorunn Johannesen</b>	<b>116</b>											<b>46:04</b>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
05:13+	07:41+	10:52+	14:18+	15:46+	18:31+	22:30+	24:59+	25:42+	26:59+	29:19+	32:16+	33:24+	36:22+	37:31+	40:07+	42:54+	44:59+	46:04+	05:13+	02:28+	03:11-	03:26-	01:28+	02:45+	03:59+	02:29-	00:43-	01:17-	02:20+	02:57-	01:08+	02:58+	01:09+	02:36+	02:47-	02:05-	01:05-	00:43#	01:07&	00:21-	00:40-	00:24#	00:50&	00:21+	00:21-	00:34-	00:03-	00:11+	00:26-	00:05+	00:14+	00:01+	00:31#	00:20-	00:05-	00:01-	<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>											<b>46:15</b>											03:58-	05:18-	08:47-	12:00-	13:24-	15:26-	18:54-	21:30-	22:17-	23:43-	26:00-	30:13-	31:22-	34:07-	35:26-	38:48+	43:18+	45:08+	46:15+	03:58-	01:20-	03:29-	03:13-	01:24+	02:02+	03:28-	02:36-	00:47-	01:26+	02:17+	04:13+	01:09+	02:45+	01:19+	03:22+	04:30+	01:50-	01:07+	00:32-	00:01-	00:03-	00:53-	00:20#	00:07+	00:10-	00:14-	00:30-	00:06+	00:08+	00:50#	00:06+	00:01+	00:11#	01:17#	01:23#	00:20-	00:01+	<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>											<b>47:15</b>											03:00-	04:23-	08:00-	12:58-	13:52-	16:05-	19:41-	22:17-	23:12-	24:28-	26:47-	29:51-	30:53-	34:18-	36:25+	39:39+	44:11+	46:13+	47:15+	03:00-	01:23+	03:37+	04:58+	00:54-	02:13+	03:36-	02:36-	00:55-	01:16-	02:19+	03:04-	01:02-	03:25+	02:07+	03:14+	04:32+	02:02-	01:02-	01:30-	00:02+	00:05+	00:52#	00:10-	00:18#	00:02-	00:14-	00:22-	00:04-	00:10+	00:19-	00:01-	00:41#	00:59#	01:09#	01:25#	00:08-	00:04-	<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>											<b>49:22</b>											03:56-	05:40-	08:58-	12:33-	14:35+	17:05+	20:57+	23:46+	24:36+	26:11+	29:18+	32:34+	33:50+	37:33+	39:50+	42:53+	45:57+	48:21+	49:22+	03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																		
05:13+	02:28+	03:11-	03:26-	01:28+	02:45+	03:59+	02:29-	00:43-	01:17-	02:20+	02:57-	01:08+	02:58+	01:09+	02:36+	02:47-	02:05-	01:05-	00:43#	01:07&	00:21-	00:40-	00:24#	00:50&	00:21+	00:21-	00:34-	00:03-	00:11+	00:26-	00:05+	00:14+	00:01+	00:31#	00:20-	00:05-	00:01-	<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>											<b>46:15</b>											03:58-	05:18-	08:47-	12:00-	13:24-	15:26-	18:54-	21:30-	22:17-	23:43-	26:00-	30:13-	31:22-	34:07-	35:26-	38:48+	43:18+	45:08+	46:15+	03:58-	01:20-	03:29-	03:13-	01:24+	02:02+	03:28-	02:36-	00:47-	01:26+	02:17+	04:13+	01:09+	02:45+	01:19+	03:22+	04:30+	01:50-	01:07+	00:32-	00:01-	00:03-	00:53-	00:20#	00:07+	00:10-	00:14-	00:30-	00:06+	00:08+	00:50#	00:06+	00:01+	00:11#	01:17#	01:23#	00:20-	00:01+	<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>											<b>47:15</b>											03:00-	04:23-	08:00-	12:58-	13:52-	16:05-	19:41-	22:17-	23:12-	24:28-	26:47-	29:51-	30:53-	34:18-	36:25+	39:39+	44:11+	46:13+	47:15+	03:00-	01:23+	03:37+	04:58+	00:54-	02:13+	03:36-	02:36-	00:55-	01:16-	02:19+	03:04-	01:02-	03:25+	02:07+	03:14+	04:32+	02:02-	01:02-	01:30-	00:02+	00:05+	00:52#	00:10-	00:18#	00:02-	00:14-	00:22-	00:04-	00:10+	00:19-	00:01-	00:41#	00:59#	01:09#	01:25#	00:08-	00:04-	<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>											<b>49:22</b>											03:56-	05:40-	08:58-	12:33-	14:35+	17:05+	20:57+	23:46+	24:36+	26:11+	29:18+	32:34+	33:50+	37:33+	39:50+	42:53+	45:57+	48:21+	49:22+	03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																					
00:43#	01:07&	00:21-	00:40-	00:24#	00:50&	00:21+	00:21-	00:34-	00:03-	00:11+	00:26-	00:05+	00:14+	00:01+	00:31#	00:20-	00:05-	00:01-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
<b>4</b>	<b>Helen Lomeland</b>	<b>105</b>											<b>46:15</b>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
03:58-	05:18-	08:47-	12:00-	13:24-	15:26-	18:54-	21:30-	22:17-	23:43-	26:00-	30:13-	31:22-	34:07-	35:26-	38:48+	43:18+	45:08+	46:15+	03:58-	01:20-	03:29-	03:13-	01:24+	02:02+	03:28-	02:36-	00:47-	01:26+	02:17+	04:13+	01:09+	02:45+	01:19+	03:22+	04:30+	01:50-	01:07+	00:32-	00:01-	00:03-	00:53-	00:20#	00:07+	00:10-	00:14-	00:30-	00:06+	00:08+	00:50#	00:06+	00:01+	00:11#	01:17#	01:23#	00:20-	00:01+	<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>											<b>47:15</b>											03:00-	04:23-	08:00-	12:58-	13:52-	16:05-	19:41-	22:17-	23:12-	24:28-	26:47-	29:51-	30:53-	34:18-	36:25+	39:39+	44:11+	46:13+	47:15+	03:00-	01:23+	03:37+	04:58+	00:54-	02:13+	03:36-	02:36-	00:55-	01:16-	02:19+	03:04-	01:02-	03:25+	02:07+	03:14+	04:32+	02:02-	01:02-	01:30-	00:02+	00:05+	00:52#	00:10-	00:18#	00:02-	00:14-	00:22-	00:04-	00:10+	00:19-	00:01-	00:41#	00:59#	01:09#	01:25#	00:08-	00:04-	<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>											<b>49:22</b>											03:56-	05:40-	08:58-	12:33-	14:35+	17:05+	20:57+	23:46+	24:36+	26:11+	29:18+	32:34+	33:50+	37:33+	39:50+	42:53+	45:57+	48:21+	49:22+	03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																			
03:58-	01:20-	03:29-	03:13-	01:24+	02:02+	03:28-	02:36-	00:47-	01:26+	02:17+	04:13+	01:09+	02:45+	01:19+	03:22+	04:30+	01:50-	01:07+	00:32-	00:01-	00:03-	00:53-	00:20#	00:07+	00:10-	00:14-	00:30-	00:06+	00:08+	00:50#	00:06+	00:01+	00:11#	01:17#	01:23#	00:20-	00:01+	<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>											<b>47:15</b>											03:00-	04:23-	08:00-	12:58-	13:52-	16:05-	19:41-	22:17-	23:12-	24:28-	26:47-	29:51-	30:53-	34:18-	36:25+	39:39+	44:11+	46:13+	47:15+	03:00-	01:23+	03:37+	04:58+	00:54-	02:13+	03:36-	02:36-	00:55-	01:16-	02:19+	03:04-	01:02-	03:25+	02:07+	03:14+	04:32+	02:02-	01:02-	01:30-	00:02+	00:05+	00:52#	00:10-	00:18#	00:02-	00:14-	00:22-	00:04-	00:10+	00:19-	00:01-	00:41#	00:59#	01:09#	01:25#	00:08-	00:04-	<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>											<b>49:22</b>											03:56-	05:40-	08:58-	12:33-	14:35+	17:05+	20:57+	23:46+	24:36+	26:11+	29:18+	32:34+	33:50+	37:33+	39:50+	42:53+	45:57+	48:21+	49:22+	03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																						
00:32-	00:01-	00:03-	00:53-	00:20#	00:07+	00:10-	00:14-	00:30-	00:06+	00:08+	00:50#	00:06+	00:01+	00:11#	01:17#	01:23#	00:20-	00:01+																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
<b>5</b>	<b>Anne Garsrud</b>	<b>90</b>											<b>47:15</b>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
03:00-	04:23-	08:00-	12:58-	13:52-	16:05-	19:41-	22:17-	23:12-	24:28-	26:47-	29:51-	30:53-	34:18-	36:25+	39:39+	44:11+	46:13+	47:15+	03:00-	01:23+	03:37+	04:58+	00:54-	02:13+	03:36-	02:36-	00:55-	01:16-	02:19+	03:04-	01:02-	03:25+	02:07+	03:14+	04:32+	02:02-	01:02-	01:30-	00:02+	00:05+	00:52#	00:10-	00:18#	00:02-	00:14-	00:22-	00:04-	00:10+	00:19-	00:01-	00:41#	00:59#	01:09#	01:25#	00:08-	00:04-	<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>											<b>49:22</b>											03:56-	05:40-	08:58-	12:33-	14:35+	17:05+	20:57+	23:46+	24:36+	26:11+	29:18+	32:34+	33:50+	37:33+	39:50+	42:53+	45:57+	48:21+	49:22+	03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																																																																																				
03:00-	01:23+	03:37+	04:58+	00:54-	02:13+	03:36-	02:36-	00:55-	01:16-	02:19+	03:04-	01:02-	03:25+	02:07+	03:14+	04:32+	02:02-	01:02-	01:30-	00:02+	00:05+	00:52#	00:10-	00:18#	00:02-	00:14-	00:22-	00:04-	00:10+	00:19-	00:01-	00:41#	00:59#	01:09#	01:25#	00:08-	00:04-	<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>											<b>49:22</b>											03:56-	05:40-	08:58-	12:33-	14:35+	17:05+	20:57+	23:46+	24:36+	26:11+	29:18+	32:34+	33:50+	37:33+	39:50+	42:53+	45:57+	48:21+	49:22+	03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																																																																																																							
01:30-	00:02+	00:05+	00:52#	00:10-	00:18#	00:02-	00:14-	00:22-	00:04-	00:10+	00:19-	00:01-	00:41#	00:59#	01:09#	01:25#	00:08-	00:04-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
<b>6</b>	<b>Ingrid W. Hestness</b>	<b>117</b>											<b>49:22</b>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
03:56-	05:40-	08:58-	12:33-	14:35+	17:05+	20:57+	23:46+	24:36+	26:11+	29:18+	32:34+	33:50+	37:33+	39:50+	42:53+	45:57+	48:21+	49:22+	03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																																																																																																																																																																					
03:56-	01:44+	03:18-	03:35-	02:02+	02:30+	03:52+	02:49-	00:50-	01:35+	03:07+	03:16-	01:16+	03:43+	02:17+	03:03+	03:04-	02:24+	01:01-	00:34-	00:23#	00:14-	00:31-	00:58#	00:35#	00:14+	00:01-	00:27-	00:15#	00:58#	00:07-	00:13#	00:59#	01:09#	00:58#	00:03-	00:14#	00:05-	<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>											03:15-	04:28-	09:02-	14:19+	15:27+	18:00+	22:03+	24:42+	25:32+	27:08+	30:18+	33:29+	34:48+	38:34+	40:53+	43:45+	47:03+	49:22+	50:23+	03:15-	01:13-	04:34+	05:17+	01:08+	02:33+	04:03+	02:39-	00:50-	01:36+	03:10+	03:11-	01:19+	03:46+	02:19+	02:52+	03:18+	02:19+	01:01-	01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-	<b>8</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>50:52</b>											04:10-	05:26-	08:42-	12:57-	14:20-	17:05+	21:13+	24:21+	25:16+	26:55+	29:47+	33:19+	36:19+	39:52+	41:13+	44:13+	47:57+	49:49+	50:52+	04:10-	01:16-	03:16-	04:15+	01:23+	02:45+	04:08+	03:08+	00:55-	01:39+	02:52+	03:32+	03:00+	03:33+	01:21+	03:00+	03:44+	01:52-	01:03-	00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-	<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>											07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																																																																																																																																																																																								
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<b>7</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>											<b>50:23</b>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
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01:15-	00:08-	01:02&	01:11#	00:04+	00:38#	00:25#	00:11-	00:27-	00:16#	01:01&	00:12-	00:16#	01:02&	01:11#	00:47#	00:11+	00:09+	00:05-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
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00:20-	00:05-	00:16-	00:09+	00:19#	00:50#	00:30#	00:18#	00:22-	00:19#	00:43#	00:09+	01:57#	00:49#	00:13#	00:55#	00:37#	00:18-	00:03-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
<b>9</b>	<b>Ann-Cathrin Nybak Urdal</b>	<b>118</b>											<b>51:12</b>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
07:09+	08:25+	12:20+	15:40+	16:31+	18:45+	22:27+	24:53+	25:38+	26:55+	29:16+	32:58+	33:59+	40:38+	41:53+	44:47+	47:46+	50:07+	51:12+	07:09+	01:16-	03:55+	03:20-	00:51-	02:14+	03:42+	02:26-	00:45-	01:17-	02:21+	03:42+	01:01-	06:39+	01:15+	02:54+	02:59-	02:21+	01:05-	02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-	<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>											03:37-	05:39-	09:11-	12:40-	13:38-	16:01-	20:22+	23:07+	24:04-	25:30-	28:10+	32:43+	34:05+	37:42+	38:55+	41:49+	48:51+	51:06+	52:22+	03:37-	02:02+	03:32=	03:29-	00:58-	02:23+	04:21+	02:45-	00:57-	01:26+	02:40+	04:33+	01:22+	03:37+	01:13+	02:54+	07:02+	02:15+	01:16+	00:53-	00:41&	00:00=	00:16-	00:06-	00:28#	00:43#	00:05-	00:20-	00:06+	00:31#	01:10#	00:19#	00:53#	00:05+	00:49#	03:55#	00:05+	00:10#	<b>11</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>											<b>53:58</b>											03:35-	05:55+	11:27+	15:17+	16:05+	18:48+	23:13+	25:26+	29:37+	31:19+	34:03+	39:42+	40:48+	43:48+	45:08+	48:07+	51:05+	52:49+	53:58+	03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								
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02:39#	00:05-	00:23#	00:46-	00:13-	00:19#	00:04+	00:24-	00:32-	00:03-	00:12+	00:19+	00:02-	03:55#	00:07#	00:49#	00:08-	00:11+	00:01-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
<b>10</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>52:22</b>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
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03:35-	02:20+	05:32+	03:50-	00:48-	02:43+	04:25+	02:13-	04:11+	01:42+	02:44+	05:39+	01:06+	03:00+	01:20+	02:59+	02:58-	01:44-	01:09+	00:55-	00:59#	02:00#	00:16-	00:48#	00:47#	00:37-	02:54#	00:22#	00:35#	02:16#	00:03+	00:03+	00:16+	00:12#	00:54#	00:09-	00:26-	00:03+	<b>12</b>	<b>Hilde Nordbø</b>	<b>93</b>											<b>54:12</b>											03:36-	09:08+	12:58+	16:19+	17:07+	19:52+	24:13+	26:26+	28:28+	33:01+	35:42+	39:24+	40:25+	43:44+	45:10+	48:01+	51:18+	53:13+	54:12+	03:36-	05:32+	03:50+	03:21-	00:48-	02:45+	04:21+	02:13-	02:02+	04:33+	02:41+	03:42+	01:01-	03:19+	01:26+	02:51+	03:17+	01:55-	00:59-	00:54-	04:11#	00:18+	00:45-	00:16-	00:50#	00:43#	00:37-	00:45#	03:13#	00:32#	00:19+	00:02-	00:35#	00:18#	00:46#	00:10+	00:15-	00:07-	<b>13</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>56:56</b>											03:30-	05:01-	11:43+	18:19+	19:50+	22:21+	26:39+	29:42+	31:20+	33:21+	36:07+	40:05+	41:20+	44:31+	45:52+	49:03+	54:16+	56:01+	56:56+	03:30-	01:31+	06:42+	06:36+	01:31+	02:31+	04:18+	03:03+	01:38+	02:01+	02:46+	03:58+	01:15+	03:11+	01:21+	03:11+	05:13+	01:45-	00:55-	01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-	<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>											05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
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01:00-	00:10#	03:10#	02:30#	00:27#	00:36#	00:40#	00:13+	00:21#	00:41#	00:37#	00:35#	00:12#	00:27#	00:13#	01:06#	02:06#	00:25-	00:11-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
<b>14</b>	<b>Ingunn Anda Haug</b>	<b>67</b>											<b>57:22</b>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
05:49+	07:12+	12:09+	16:39+	17:38+	20:17+	24:33+	27:12+	28:15+	29:57+	32:53+	36:32+	37:45+	41:55+	43:37+	47:08+	53:32+	56:09+	57:22+	05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
05:49+	01:23+	04:57+	04:30+	00:59-	02:39+	04:16+	02:39-	01:03-	01:42+	02:56+	03:39+	01:13+	04:10+	01:42+	03:31+	06:24+	02:37+	01:13+	01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#	<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>											02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
01:19#	00:02+	01:25#	00:24+	00:05-	00:44#	00:38#	00:11-	00:14-	00:22#	00:47#	00:16+	00:10#	01:26#	00:34#	01:26#	03:17#	00:27#	00:07#																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
<b>15</b>	<b>Lise Isachsen</b>	<b>165</b>											<b>58:17</b>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
02:27-	03:40-	07:45-	11:27-	12:19-	14:31-	20:33+	23:21+	24:29+	25:56+	28:47+	32:20+	34:04+	38:58+	41:38+	44:51+	55:06+	57:16+	58:17+	02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
02:27-	01:13-	04:05+	03:42-	00:52-	02:12+	06:02+	02:48-	01:08-	01:27+	02:51+	03:33+	01:44+	04:54+	02:40+	03:13+	10:15+	02:10=	01:01-	02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	
02:03-	00:08-	00:33#	00:24-	00:12-	00:17#	02:24#	00:02-	00:09-	00:07+	00:42#	00:10+	00:41#	02:10#	01:32#	01:08#	07:08#	00:00=	00:05-																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				



Class	Navn	Klasse										Tid								
<b>16</b>	<b>Margrethe Roalsø</b>	<b>93</b>										<b>1:00:44</b>								
02:36-	04:42-	09:20-	18:18+	19:22+	22:07+	25:48+	28:22+	29:11+	30:41+	33:28+	38:33+	40:05+	44:15+	45:48+	50:02+	57:46+	59:37+	60:44+		
02:36-	02:06+	04:38+	08:58+	01:04=	02:45+	03:41+	02:34-	00:49-	01:30+	02:47+	05:05+	01:32+	04:10+	01:33+	04:14+	07:44+	01:51-	01:07+		
01:54-	00:45&	01:06&	04:52@	00:00=	00:50&	00:03+	00:16-	00:28-	00:10#	00:38&	01:42&	00:29&	01:26&	00:25&	02:09@	04:37@	00:19-	00:01+		
<b>17</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>1:13:30</b>								
03:17-	05:23-	10:18+	20:14+	21:24+	24:16+	32:58+	39:20+	40:26+	42:04+	45:10+	48:56+	50:25+	56:46+	58:47+	63:25+	68:34+	72:20+	73:30+		
03:17-	02:06+	04:55+	09:56+	01:10+	02:52+	08:42+	06:22+	01:06-	01:38+	03:06+	03:46+	01:29+	06:21+	02:01+	04:38+	05:09+	03:46+	01:10+		
01:13-	00:45&	01:23&	05:50@	00:06+	00:57&	05:04@	03:32@	00:11-	00:18#	00:57&	00:23#	00:26&	03:37@	00:53&	02:33@	02:02&	01:36&	00:04+		
<b>Beste strekktid for klassen</b>		02:27	01:13	03:11	03:13	00:48	01:55	03:28	02:13	00:43	01:16	02:09	02:57	01:01	02:44	01:08	02:05	02:47	01:43	00:55

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

## Damer Ny

<b>1</b>	<b>Øydis Lid</b>	<b>134</b>										<b>43:46</b>							
02:08=	04:57=	08:32=	15:05=	19:56=	29:17=	34:07=	38:16=	40:23=	43:46=										
02:08=	02:49=	03:35=	06:33=	04:51=	09:21=	04:50=	04:09=	02:07=	03:23=										
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>54:51</b>							
01:36-	04:03-	13:56+	19:15+	31:00+	35:14+	45:20+	49:11+	53:32+	54:51+										
01:36-	02:27-	09:53+	05:19-	11:45+	04:14-	10:06+	03:51-	04:21+	01:19-										
00:32-	00:22-	06:18@	01:14-	06:54@	05:07-	05:16@	00:18-	02:14@	02:04-										
<b>Beste strekktid for klassen</b>		01:36	02:27	03:35	05:19	04:51	04:14	04:50	03:51	02:07	01:19								

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

## Damer Trim

<b>1</b>	<b>Ann Helen Johannesen</b>	<b>71</b>										<b>27:59</b>							
01:24=	03:17=	08:02=	11:01=	13:53=	16:26=	20:12=	23:35=	24:49=	26:54=	27:59=									
01:24=	01:53=	04:45=	02:59=	02:52=	02:33=	03:46=	03:23=	01:14=	02:05=	01:05=									
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>Heidi Seglem</b>	<b>116</b>										<b>28:01</b>							
01:20-	03:19+	08:00-	11:10+	13:55+	16:25-	20:14+	23:39+	24:52+	26:58+	28:01+									
01:20-	01:59+	04:41-	03:10+	02:45-	02:30-	03:49+	03:25+	01:13-	02:06+	01:03-									
00:04-	00:06+	00:04-	00:11+	00:07-	00:03-	00:03+	00:02+	00:01-	00:01+	00:02-									
<b>3</b>	<b>Maryon Paulsen Strugstad</b>	<b>43</b>										<b>31:27</b>							
01:21-	03:00-	06:46-	15:49+	18:15+	20:29+	23:51+	27:14+	28:36+	30:26+	31:27+									
01:21-	01:39-	03:46-	09:03+	02:26-	02:14-	03:22-	03:23=	01:22+	01:50-	01:01-									
00:03-	00:14-	00:59-	06:04@	00:26-	00:19-	00:24-	00:00=	00:08#	00:15-	00:04-									
<b>4</b>	<b>Pernille Melleby</b>	<b>18</b>										<b>32:03</b>							
01:44+	04:03+	09:24+	13:24+	15:30+	19:10+	23:20+	27:10+	28:38+	30:51+	32:03+									
01:44+	02:19+	05:21+	04:00+	02:06-	03:40+	04:10+	03:50+	01:28+	02:13+	01:12+									
00:20#	00:26#	00:36#	01:01&	00:46-	01:07&	00:24#	00:27#	00:14#	00:08+	00:07#									
<b>5</b>	<b>Aina Kalsaas Urstad</b>	<b>356</b>										<b>33:17</b>							
02:23+	04:14+	08:24+	14:20+	16:26+	19:35+	24:49+	29:15+	30:25+	32:14+	33:17+									
02:23+	01:51-	04:10-	05:56+	02:06-	03:09+	05:14+	04:26+	01:10-	01:49-	01:03-									
00:59&	00:02-	00:35-	02:57&	00:46-	00:36#	01:28&	01:03&	00:04-	00:16-	00:02-									
<b>6</b>	<b>Mette Baardsgaard</b>	<b>93</b>										<b>33:18</b>							
01:15-	04:47+	09:03+	12:32+	15:56+	19:47+	23:30+	28:06+	30:12+	32:23+	33:18+									
01:15-	03:32+	04:16-	03:29+	03:24+	03:51+	03:43-	04:36+	02:06+	02:11+	00:55-									
00:09-	01:39&	00:29-	00:30#	00:32#	01:18&	00:03-	01:13&	00:52&	00:06+	00:10-									
<b>7</b>	<b>Maren Thu</b>	<b>134</b>										<b>33:50</b>							
01:14-	04:10+	09:27+	14:52+	17:17+	20:34+	24:55+	28:22+	29:57+	32:39+	33:50+									
01:14-	02:56+	05:17+	05:25+	02:25-	03:17+	04:21+	03:27+	01:35+	02:42+	01:11+									
00:10-	01:03&	00:32#	02:26&	00:27-	00:44&	00:35#	00:04+	00:21&	00:37&	00:06+									

Class	Navn	Klasse	Tid
<b>8</b>	<b>Margot Asheim</b>	<b>105</b>	<b>34:10</b>
01:16-	03:19+	07:25-	13:17+
01:16-	02:03+	04:06-	05:52+
00:08-	00:10+	00:39-	02:53&
	00:14+	00:30#	00:59&
	00:19+	00:19&	01:33&
			00:01+
<b>9</b>	<b>Björg Engelhard</b>	<b>165</b>	<b>36:54</b>
01:18-	03:19+	07:58-	12:30+
01:18-	02:01+	04:39-	04:32+
00:06-	00:08+	00:06-	01:33&
			00:58&
			01:33&
			01:20&
			01:11&
			01:00&
			01:14&
			00:10#
<b>10</b>	<b>Gudrun Hegelstad</b>	<b>92</b>	<b>37:36</b>
03:19+	05:23+	11:09+	15:57+
03:19+	02:04+	05:46+	04:48+
01:55@	00:11+	01:01#	01:49&
			01:45&
			00:44&
			01:34&
			00:23#
			00:31&
			00:13-
			00:03-
<b>11</b>	<b>Siv Hilde Berg</b>	<b>105</b>	<b>38:04</b>
01:41+	04:00+	09:27+	14:32+
01:41+	02:19+	05:27+	05:05+
00:17#	00:26#	00:42#	02:06&
			00:15-
			00:39&
			03:39&
			02:07&
			00:12#
			00:03+
			00:09#
<b>12</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>38:10</b>
01:33+	05:02+	11:49+	16:33+
01:33+	03:29+	06:47+	04:44+
00:09#	01:36&	02:02&	01:45&
			00:02-
			01:44&
			01:06&
			00:45#
			00:14#
			00:29#
			00:23&
<b>13</b>	<b>Herdis Sigurgrimsdottir</b>	<b>43</b>	<b>38:39</b>
02:08+	04:23+	09:30+	15:30+
02:08+	02:15+	05:07+	06:00+
00:44&	00:22#	00:22+	03:01@
			01:11&
			02:47@
			00:54#
			00:38#
			00:14#
			00:17#
			00:10#
<b>14</b>	<b>Tone Giske</b>	<b>7</b>	<b>39:44</b>
06:48+	08:57+	15:07+	19:44+
06:48+	02:09+	06:10+	04:37+
05:24@	00:16#	01:25&	01:38&
			00:09-
			00:45&
			02:00&
			00:24#
			00:23&
			00:21-
			00:00=
<b>15</b>	<b>Solbjørg Borgersen</b>	<b>233</b>	<b>39:50</b>
01:54+	04:24+	13:38+	18:08+
01:54+	02:30+	09:14+	04:30+
00:30&	00:37&	04:29&	01:31&
			00:22#
			02:00&
			00:59&
			00:28#
			00:14#
			00:18#
			00:23&
<b>16</b>	<b>Cecilie Kristine Karlsen</b>	<b>93</b>	<b>40:44</b>
01:45+	03:32+	10:01+	15:15+
01:45+	01:47-	06:29+	05:14+
00:21#	00:06-	01:44&	02:15&
			00:12+
			01:19&
			00:45#
			05:11@
			00:09#
			00:47&
			00:08#
<b>17</b>	<b>Fredrike Krahnert</b>	<b>126</b>	<b>41:04</b>
01:25+	04:33+	09:18+	13:02+
01:25+	03:08+	04:45=	03:44+
00:01+	01:15&	00:00=	00:45&
			01:09&
			01:36&
			06:48@
			00:48#
			00:48&
			00:06-
			00:01+
<b>18</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>41:24</b>
02:08+	04:06+	14:48+	18:18+
02:08+	01:58+	10:42+	03:30+
00:44&	00:05+	05:57@	00:31#
			00:10+
			02:28&
			00:44#
			01:55&
			00:28&
			00:27#
			00:04-
<b>19</b>	<b>Gunhild Nordbø</b>	<b>117</b>	<b>42:06</b>
01:27+	06:11+	11:43+	16:14+
01:27+	04:44+	05:32+	04:31+
00:03+	02:51@	00:47#	01:32&
			00:40#
			01:41&
			01:07&
			03:42@
			00:38&
			00:46&
			00:20&
<b>20</b>	<b>Signe Lise Haaland</b>	<b>66</b>	<b>43:02</b>
01:32+	03:51+	09:38+	15:12+
01:32+	02:19+	05:47+	05:34+
00:08+	00:26#	01:02#	02:35&
			01:27&
			02:35@
			01:30&
			03:52@
			00:38&
			00:29#
			00:21&
<b>21</b>	<b>Siri Goa</b>	<b>63</b>	<b>43:18</b>
03:33+	05:42+	09:56+	14:54+
03:33+	02:09+	04:14-	04:58+
02:09@	00:16#	00:31-	01:59&
			02:24&
			05:13@
			00:59&
			00:05-
			01:59@
			00:45&
			00:11#
<b>22</b>	<b>Ase Franciska Møster</b>	<b>128</b>	<b>43:46</b>
01:40+	03:45+	09:13+	15:42+
01:40+	02:05+	05:28+	06:29+
00:16#	00:12#	00:43#	03:30@
			01:00&
			03:15@
			01:33&
			03:45@
			00:49&
			00:19#
			00:25&

Pluss	Navn	Klasse	Tid
<b>23</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>45:09</b>
01:38+	03:48+ 08:23+ 12:45+ 16:34+ 19:38+ 34:40+ 40:32+ 41:58+ 44:03+ 45:09+		
01:38+	02:10+ 04:35- 04:22+ 03:49+ 03:04+ 15:02+ 05:52+ 01:26+ 02:05= 01:06+		
00:14#	00:17# 00:10- 01:23& 00:57& 00:31# 11:16@ 02:29& 00:12# 00:00= 00:01+		
<b>24</b>	<b>Lise Bergli</b>	<b>62</b>	<b>45:17</b>
02:03+	04:38+ 09:54+ 18:08+ 22:37+ 26:21+ 32:06+ 37:12+ 39:26+ 43:57+ 45:17+		
02:03+	02:35+ 05:16+ 08:14+ 04:29+ 03:44+ 05:45+ 05:06+ 02:14+ 04:31+ 01:20+		
00:39&	00:42& 00:31# 05:15@ 01:37& 01:11& 01:59& 01:43& 01:00& 02:26@ 00:15#		
<b>25</b>	<b>Toyah Bråtveit</b>	<b>115</b>	<b>45:20</b>
01:13-	03:41+ 20:26+ 23:44+ 26:21+ 31:14+ 37:01+ 40:59+ 42:27+ 44:19+ 45:20+		
01:13-	02:28+ 16:45+ 03:18+ 02:37- 04:53+ 05:47+ 03:58+ 01:28+ 01:52- 01:01-		
00:11-	00:35& 12:00@ 00:19# 00:15- 02:20& 02:01& 00:35# 00:14# 00:13- 00:04-		
<b>26</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>46:04</b>
01:51+	04:15+ 09:34+ 16:52+ 20:34+ 24:58+ 31:27+ 38:51+ 41:34+ 44:44+ 46:04+		
01:51+	02:24+ 05:19+ 07:18+ 03:42+ 04:24+ 06:29+ 07:24+ 02:43+ 03:10+ 01:20+		
00:27&	00:31& 00:34# 04:19@ 00:50& 01:51& 02:43& 04:01@ 01:29@ 01:05& 00:15#		
<b>27</b>	<b>Solveig Mæland</b>	<b>128</b>	<b>46:14</b>
01:54+	05:08+ 11:23+ 19:19+ 23:02+ 27:15+ 33:29+ 39:47+ 42:06+ 44:37+ 46:14+		
01:54+	03:14+ 06:15+ 07:56+ 03:43+ 04:13+ 06:14+ 06:18+ 02:19+ 02:31+ 01:37+		
00:30&	01:21& 01:30& 04:57@ 00:51& 01:40& 02:28& 02:55& 01:05& 00:26# 00:32&		
<b>28</b>	<b>Ingunn Fandrem</b>	<b>47</b>	<b>46:21</b>
02:12+	05:24+ 12:40+ 19:09+ 23:34+ 28:44+ 34:23+ 39:47+ 41:49+ 44:56+ 46:21+		
02:12+	03:12+ 07:16+ 06:29+ 04:25+ 05:10+ 05:39+ 05:24+ 02:02+ 03:07+ 01:25+		
00:48&	01:19& 02:31& 03:30@ 01:33& 02:37@ 01:53& 02:01& 00:48& 01:02& 00:20&		
<b>29</b>	<b>Solveig Grønning</b>	<b>47</b>	<b>46:22</b>
02:17+	05:29+ 12:44+ 19:15+ 23:38+ 28:50+ 34:27+ 39:53+ 41:54+ 45:01+ 46:22+		
02:17+	03:12+ 07:15+ 06:31+ 04:23+ 05:12+ 05:37+ 05:26+ 02:01+ 03:07+ 01:21+		
00:53&	01:19& 02:30& 03:32@ 01:31& 02:39@ 01:51& 02:03& 00:47& 01:02& 00:16#		
<b>30</b>	<b>Tonje Tiley</b>	<b>27</b>	<b>46:30</b>
01:34+	04:56+ 10:58+ 19:21+ 22:06+ 31:05+ 35:44+ 40:12+ 42:17+ 45:15+ 46:30+		
01:34+	03:22+ 06:02+ 08:23+ 02:45- 08:59+ 04:39+ 04:28+ 02:05+ 02:58+ 01:15+		
00:10#	01:29& 01:17& 05:24@ 00:07- 06:26@ 00:53# 01:05& 00:51& 00:53& 00:10#		
<b>31</b>	<b>Gunn Vagle</b>	<b>126</b>	<b>46:52</b>
05:50+	07:58+ 13:17+ 18:56+ 22:37+ 26:48+ 31:57+ 41:37+ 43:07+ 45:34+ 46:52+		
05:50+	02:08+ 05:19+ 05:39+ 03:41+ 04:11+ 05:09+ 09:40+ 01:30+ 02:27+ 01:18+		
04:26@	00:15# 00:34# 02:40& 00:49& 01:38& 01:23& 06:17@ 00:16# 00:22# 00:13#		
<b>32</b>	<b>Monica Nesse</b>	<b>92</b>	<b>47:29</b>
02:31+	05:14+ 13:03+ 19:00+ 23:38+ 27:49+ 34:14+ 39:30+ 42:01+ 45:47+ 47:29+		
02:31+	02:43+ 07:49+ 05:57+ 04:38+ 04:11+ 06:25+ 05:16+ 02:31+ 03:46+ 01:42+		
01:07&	00:50& 03:04& 02:58& 01:46& 01:38& 02:39& 01:53& 01:17@ 01:41& 00:37&		
<b>33</b>	<b>Synnøve Langvik</b>	<b>93</b>	<b>48:31</b>
01:43+	04:14+ 10:50+ 16:55+ 20:13+ 23:19+ 30:43+ 41:52+ 43:36+ 47:00+ 48:31+		
01:43+	02:31+ 06:36+ 06:05+ 03:18+ 03:06+ 07:24+ 11:09+ 01:44+ 03:24+ 01:31+		
00:19#	00:38& 01:51& 03:06@ 00:26# 00:33# 03:38& 07:46@ 00:30& 01:19& 00:26&		
<b>34</b>	<b>Unni B. Sundli</b>	<b>92</b>	<b>49:14</b>
02:19+	05:33+ 12:43+ 19:41+ 23:57+ 28:49+ 35:37+ 40:51+ 42:50+ 47:48+ 49:14+		
02:19+	03:14+ 07:10+ 06:58+ 04:16+ 04:52+ 06:48+ 05:14+ 01:59+ 04:58+ 01:26+		
00:55&	01:21& 02:25& 03:59@ 01:24& 02:19& 03:02& 01:51& 00:45& 02:53@ 00:21&		
<b>35</b>	<b>Randi Bugge</b>	<b>46</b>	<b>49:20</b>
01:46+	04:24+ 10:42+ 16:01+ 20:47+ 24:46+ 39:24+ 43:25+ 45:01+ 47:59+ 49:20+		
01:46+	02:38+ 06:18+ 05:19+ 04:46+ 03:59+ 14:38+ 04:01+ 01:36+ 02:58+ 01:21+		
00:22&	00:45& 01:33& 02:20& 01:54& 01:26& 10:52@ 00:38# 00:22& 00:53& 00:16#		
<b>36</b>	<b>Sonja Johannessen</b>	<b>130</b>	<b>49:34</b>
02:24+	04:41+ 10:29+ 16:57+ 19:57+ 23:15+ 29:47+ 44:42+ 46:12+ 48:14+ 49:34+		
02:24+	02:17+ 05:48+ 06:28+ 03:00+ 03:18+ 06:32+ 14:55+ 01:30+ 02:02- 01:20+		
01:00&	00:24# 01:03# 03:29@ 00:08+ 00:45& 02:46& 11:32@ 00:16# 00:03- 00:15#		
<b>37</b>	<b>Kristin Harbo</b>	<b>92</b>	<b>50:00</b>
01:58+	05:42+ 12:12+ 20:23+ 25:07+ 30:56+ 37:36+ 43:21+ 45:32+ 48:34+ 50:00+		
01:58+	03:44+ 06:30+ 08:11+ 04:44+ 05:49+ 06:40+ 05:45+ 02:11+ 03:02+ 01:26+		
00:34&	01:51& 01:45& 05:12@ 01:52& 03:16@ 02:54& 02:22& 00:57& 00:57& 00:21&		

Class	Navn	Klasse									Tid
<b>38</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>									<b>50:25</b>
01:45+	04:48+	12:39+	19:52+	24:15+	29:22+	35:51+	43:37+	46:08+	48:57+	50:25+	
01:45+	03:03+	07:51+	07:13+	04:23+	05:07+	06:29+	07:46+	02:31+	02:49+	01:28+	
00:21#	01:10&	03:06&	04:14@	01:31&	02:34@	02:43&	04:23@	01:17@	00:44&	00:23&	
<b>39</b>	<b>Grete Hellevik</b>	<b>168</b>									<b>50:38</b>
02:00+	03:58+	12:10+	18:08+	23:02+	26:02+	38:41+	45:00+	46:34+	49:14+	50:38+	
02:00+	01:58+	08:12+	05:58+	04:54+	03:00+	12:39+	06:19+	01:34+	02:40+	01:24+	
00:36&	00:05+	03:27&	02:59&	02:02&	00:27#	08:53@	02:56&	00:20&	00:35&	00:19&	
<b>40</b>	<b>Ingrid Marie Torgersen</b>	<b>92</b>									<b>52:01</b>
02:27+	05:53+	13:42+	21:03+	24:53+	29:51+	38:28+	44:57+	47:18+	49:57+	52:01+	
02:27+	03:26+	07:49+	07:21+	03:50+	04:58+	08:37+	06:29+	02:21+	02:39+	02:04+	
01:03&	01:33&	03:04&	04:22@	00:58&	02:25&	04:51@	03:06&	01:07&	00:34&	00:59&	
<b>41</b>	<b>Irene Mæland Torgersen</b>	<b>92</b>									<b>52:03</b>
02:26+	05:50+	13:48+	21:00+	24:55+	29:53+	38:03+	45:02+	47:22+	50:01+	52:03+	
02:26+	03:24+	07:58+	07:12+	03:55+	04:58+	08:10+	06:59+	02:20+	02:39+	02:02+	
01:02&	01:31&	03:13&	04:13@	01:03&	02:25&	04:24@	03:36@	01:06&	00:34&	00:57&	
<b>42</b>	<b>Marianne Gjesdal Lyngås</b>	<b>92</b>									<b>52:10</b>
02:29+	05:55+	13:44+	20:57+	24:51+	29:56+	38:09+	45:00+	47:23+	49:59+	52:10+	
02:29+	03:26+	07:49+	07:13+	03:54+	05:05+	08:13+	06:51+	02:23+	02:36+	02:11+	
01:05&	01:33&	03:04&	04:14@	01:02&	02:32&	04:27@	03:28@	01:09&	00:31#	01:06@	
<b>43</b>	<b>Gro Mariero Totland</b>	<b>59</b>									<b>52:34</b>
02:32+	06:10+	14:04+	19:47+	25:23+	30:55+	37:43+	44:36+	46:59+	50:21+	52:34+	
02:32+	03:38+	07:54+	05:43+	05:36+	05:32+	06:48+	06:53+	02:23+	03:22+	02:13+	
01:08&	01:45&	03:09&	02:44&	02:44&	02:59@	03:02&	03:30@	01:09&	01:17&	01:08@	
<b>44</b>	<b>Rebekka Lye</b>	<b>62</b>									<b>52:45</b>
01:44+	04:19+	11:21+	20:45+	25:09+	30:21+	37:20+	46:50+	48:37+	51:40+	52:45+	
01:44+	02:35+	07:02+	09:24+	04:24+	05:12+	06:59+	09:30+	01:47+	03:03+	01:05=	
00:20#	00:42&	02:17&	06:25@	01:32&	02:39@	03:13&	06:07@	00:33&	00:58&	00:00=	
<b>45</b>	<b>Ritva Halsne</b>	<b>105</b>									<b>53:16</b>
02:05+	04:35+	10:30+	18:19+	27:00+	34:45+	41:14+	47:16+	49:20+	52:12+	53:16+	
02:05+	02:30+	05:55+	07:49+	08:41+	07:45+	06:29+	06:02+	02:04+	02:52+	01:04-	
00:41&	00:37&	01:10#	04:50@	05:49@	05:12@	02:43&	02:39&	00:50&	00:47&	00:01-	
<b>46</b>	<b>Kristina Dvergseth</b>	<b>356</b>									<b>53:20</b>
01:21-	03:06-	07:54-	13:55+	18:47+	21:39+	26:53+	44:24+	50:19+	52:07+	53:20+	
01:21-	01:45-	04:48+	06:01+	04:52+	02:52+	05:14+	17:31+	05:55+	01:48-	01:13+	
00:03-	00:08-	00:03+	03:02@	02:00&	00:19#	01:28&	14:08@	04:41@	00:17-	00:08#	
<b>47</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>									<b>53:32</b>
02:18+	05:48+	15:29+	22:48+	26:29+	31:24+	37:49+	45:58+	48:08+	51:18+	53:32+	
02:18+	03:30+	09:41+	07:19+	03:41+	04:55+	06:25+	08:09+	02:10+	03:10+	02:14+	
00:54&	01:37&	04:56@	04:20@	00:49&	02:22&	02:39&	04:46@	00:56&	01:05&	01:09@	
<b>48</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>									<b>54:57</b>
02:10+	05:29+	12:15+	19:59+	24:22+	28:58+	43:10+	47:48+	49:53+	52:54+	54:57+	
02:10+	03:19+	06:46+	07:44+	04:23+	04:36+	14:12+	04:38+	02:05+	03:01+	02:03+	
00:46&	01:26&	02:01&	04:45@	01:31&	02:03&	10:26@	01:15&	00:51&	00:56&	00:58&	
<b>49</b>	<b>Gunvor Frafjord Tunesvik</b>	<b>228</b>									<b>58:29</b>
01:53+	05:24+	15:03+	23:25+	29:58+	36:19+	45:05+	51:49+	53:42+	57:08+	58:29+	
01:53+	03:31+	09:39+	08:22+	06:33+	06:21+	08:46+	06:44+	01:53+	03:26+	01:21+	
00:29&	01:38&	04:54@	05:23@	03:41@	03:48@	05:00@	03:21&	00:39&	01:21&	00:16#	
<b>50</b>	<b>Maria Haukalid</b>	<b>47</b>									<b>58:35</b>
02:32+	05:37+	12:24+	19:14+	22:08+	32:05+	47:27+	52:05+	54:17+	57:08+	58:35+	
02:32+	03:05+	06:47+	06:50+	02:54+	09:57+	15:22+	04:38+	02:12+	02:51+	01:27+	
01:08&	01:12&	02:02&	03:51@	00:02+	07:24@	11:36@	01:15&	00:58&	00:46&	00:22&	
<b>51</b>	<b>Jorunn Birkeland</b>	<b>47</b>									<b>58:46</b>
01:57+	05:28+	15:01+	23:35+	29:58+	36:29+	45:04+	52:02+	53:53+	57:17+	58:46+	
01:57+	03:31+	09:33+	08:34+	06:23+	06:31+	08:35+	06:58+	01:51+	03:24+	01:29+	
00:33&	01:38&	04:48@	05:35@	03:31@	03:58@	04:49@	03:35@	00:37&	01:19&	00:24&	
<b>52</b>	<b>Brit Svihus</b>	<b>92</b>									<b>59:09</b>
02:01+	04:21+	13:12+	22:16+	32:02+	36:58+	44:30+	51:54+	54:34+	57:48+	59:09+	
02:01+	02:20+	08:51+	09:04+	09:46+	04:56+	07:32+	07:24+	02:40+	03:14+	01:21+	
00:37&	00:27#	04:06&	06:05@	06:54@	02:23&	03:46&	04:01@	01:26@	01:09&	00:16#	

Class	Navn	Klasse	Tid							
<b>53</b>	<b>May Kristin Haaland</b>	<b>47</b>	<b>1:00:04</b>							
03:01+	06:00+	14:00+	23:09+	33:02+	37:58+	45:33+	53:01+	55:35+	58:40+	60:04+
03:01+	02:59+	08:00+	09:09+	09:53+	04:56+	07:35+	07:28+	02:34+	03:05+	01:24+
01:37@	01:06&	03:15&	06:10@	07:01@	02:23&	03:49@	04:05@	01:20@	01:00&	00:19&
<b>54</b>	<b>Judith Serigstad</b>	<b>128</b>	<b>1:00:20</b>							
01:49+	04:58+	13:35+	24:26+	28:27+	36:44+	44:24+	53:09+	56:10+	58:59+	60:20+
01:49+	03:09+	08:37+	10:51+	04:01+	08:17+	07:40+	08:45+	03:01+	02:49+	01:21+
00:25&	01:16&	03:52&	07:52@	01:09&	05:44@	03:54@	05:22@	01:47@	00:44&	00:16#
<b>55</b>	<b>Bente Salte Aune</b>	<b>128</b>	<b>1:00:21</b>							
01:47+	04:57+	13:35+	24:19+	28:25+	36:39+	44:20+	53:05+	56:08+	58:57+	60:21+
01:47+	03:10+	08:38+	10:44+	04:06+	08:14+	07:41+	08:45+	03:03+	02:49+	01:24+
00:23&	01:17&	03:53&	07:45@	01:14&	05:41@	03:55@	05:22@	01:49@	00:44&	00:19&
<b>56</b>	<b>Linda Eliassen</b>	<b>105</b>	<b>1:02:07</b>							
20:34+	25:01+	31:58+	39:11+	42:03+	46:05+	51:04+	56:22+	57:58+	60:29+	62:07+
20:34+	04:27+	06:57+	07:13+	02:52+	04:02+	04:59+	05:18+	01:36+	02:31+	01:38+
19:10@	02:34@	02:12&	04:14@	00:00=	01:29&	01:13&	01:55&	00:22&	00:26#	00:33&
<b>57</b>	<b>Eli Våge</b>	<b>117</b>	<b>1:02:13</b>							
02:32+	05:07+	12:47+	19:09+	23:05+	27:50+	33:30+	56:02+	57:55+	60:36+	62:13+
02:32+	02:35+	07:40+	06:22+	03:56+	04:45+	05:40+	22:32+	01:53+	02:41+	01:37+
01:08&	00:42&	02:55&	03:23@	01:04&	02:12&	01:54&	19:09@	00:39&	00:36&	00:32&
<b>58</b>	<b>Else Marie Furland</b>	<b>93</b>	<b>1:05:09</b>							
02:27+	07:28+	18:24+	25:58+	29:27+	35:07+	42:56+	56:31+	58:33+	63:15+	65:09+
02:27+	05:01+	10:56+	07:34+	03:29+	05:40+	07:49+	13:35+	02:02+	04:42+	01:54+
01:03&	03:08@	06:11@	04:35@	00:37#	03:07@	04:03@	10:12@	00:48&	02:37@	00:49&
<b>59</b>	<b>Sigrun Serigstad</b>	<b>128</b>	<b>1:16:49</b>							
02:02+	07:40+	14:12+	17:56+	21:14+	40:26+	54:33+	66:09+	72:12+	75:45+	76:49+
02:02+	05:38+	06:32+	03:44+	03:18+	19:12+	14:07+	11:36+	06:03+	03:33+	01:04-
00:38&	03:45@	01:47&	00:45&	00:26#	16:39@	10:21@	08:13@	04:49@	01:28&	00:01-
<b>60</b>	<b>Priya Chilamkurthi</b>	<b>136</b>	<b>1:19:46</b>							
03:03+	06:20+	17:24+	30:48+	37:08+	51:27+	62:09+	68:11+	70:46+	77:25+	79:46+
03:03+	03:17+	11:04+	13:24+	06:20+	14:19+	10:42+	06:02+	02:35+	06:39+	02:21+
01:39@	01:24&	06:19@	10:25@	03:28@	11:46@	06:56@	02:39&	01:21@	04:34@	01:16@
<b>61</b>	<b>Jane-Britt Arild</b>	<b>47</b>	<b>1:48:38</b>							
05:40+	08:59+	27:03+	33:14+	36:41+	53:20+	61:27+	74:38+	102:02+	106:06+	108:38+
05:40+	03:19+	18:04+	06:11+	03:27+	16:39+	08:07+	13:11+	27:24+	04:04+	02:32+
04:16@	01:26&	13:19@	03:12@	00:35#	14:06@	04:21@	09:48@	26:10@	01:59&	01:27@

### Beste strekktid for klassen

01:13 01:39 03:46 02:59 02:06 02:14 03:22 03:18 01:10 01:44 00:55

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

## Herrer 16 - 39 år

<b>1</b>	<b>Marius Stene</b>	<b>27</b>	<b>35:42</b>															
02:57=	04:10=	08:34=	11:29=	12:12=	13:50=	16:42=	18:42=	19:37=	20:46=	22:48=	25:08=	25:59=	28:00=	29:05=	31:25=	33:41=	35:00=	35:42=
02:57=	01:13=	04:24=	02:55=	00:43=	01:38=	02:52=	02:00=	00:55=	01:09=	02:02=	02:20=	00:51=	02:01=	01:05=	02:20=	02:16=	01:19=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Morten Fenne</b>	<b>228</b>	<b>39:26</b>															
04:15+	05:10+	08:14-	11:06-	11:46-	13:34-	18:31+	20:18+	21:38+	22:49+	24:56+	27:49+	28:58+	31:32+	32:29+	35:09+	37:18+	38:45+	39:26+
04:15+	00:55-	03:04-	02:52-	00:40-	01:48+	04:57+	01:47-	01:20+	01:11+	02:07+	02:53+	01:09+	02:34+	00:57-	02:40+	02:09-	01:27+	00:41-
01:18&	00:18-	01:20-	00:03-	00:03-	00:10#	02:05&	00:13-	00:25&	00:02+	00:05+	00:33#	00:18&	00:33&	00:08-	00:20#	00:07-	00:08#	00:01-
<b>3</b>	<b>Martin Skogland</b>	<b>98</b>	<b>40:48</b>															
02:40-	04:04-	06:42-	11:36+	12:19+	14:06+	17:50+	20:00+	20:51+	22:36+	24:37+	27:35+	28:58+	31:14+	33:03+	35:43+	38:23+	39:51+	40:48+
02:40-	01:24+	02:38-	04:54+	00:43=	01:47+	03:44+	02:10+	00:51-	01:45+	02:01-	02:58+	01:23+	02:16+	01:49+	02:40+	02:40+	01:28+	00:57+
00:17-	00:11#	01:46-	01:59&	00:00=	00:09+	00:52&	00:10+	00:04-	00:36&	00:01-	00:38&	00:32&	00:15#	00:44&	00:20#	00:24#	00:09#	00:15&
<b>4</b>	<b>Andreas Terjesen</b>	<b>53</b>	<b>41:07</b>															
03:26+	04:46+	07:23-	10:14-	10:55-	12:32-	15:33-	17:59-	18:31-	19:45-	21:53-	25:43+	26:42+	28:54+	32:28+	35:22+	38:40+	40:17+	41:07+
03:26+	01:20+	02:37-	02:51-	00:41-	01:37-	03:01+	02:26+	00:32-	01:14+	02:08+	03:50+	00:59+	02:12+	03:34+	02:54+	03:18+	01:37+	00:50+
00:29#	00:07+	01:47-	00:04-	00:02-	00:01-	00:09+	00:26#	00:23-	00:05+	00:06+	01:30&	00:08#	00:11+	02:29@	00:34#	01:02&	00:18#	00:08#

Class	Navn	Klasse	Tid															
<b>5</b>	<b>Joar Fuglestad</b>	<b>116</b>	<b>41:44</b>															
02:26-	03:29-	06:43-	09:47-	10:28-	13:25-	17:21+	19:39+	20:19+	21:21+	23:44+	27:25+	28:21+	30:58+	32:35+	35:00+	39:46+	41:05+	41:44+
02:26-	01:03-	03:14-	03:04+	00:41-	02:57+	03:56+	02:18+	00:40-	01:02-	02:23+	03:41+	00:56+	02:37+	01:37+	02:25+	04:46+	01:19=	00:39-
00:31-	00:10-	01:10-	00:09+	00:02-	01:19%	01:04%	00:18#	00:15-	00:07-	00:21#	01:21%	00:05+	00:36%	00:32%	00:05+	02:30@	00:00=	00:03-
<b>6</b>	<b>David Wade</b>	<b>116</b>	<b>42:21</b>															
02:39-	03:49-	07:29-	10:56-	11:50-	13:53+	18:31+	20:59+	21:52+	23:08+	25:21+	28:46+	29:59+	32:17+	34:33+	37:29+	39:50+	41:28+	42:21+
02:39-	01:10-	03:40-	03:27+	00:54+	02:03+	04:38+	02:28+	00:53-	01:16+	02:13+	03:25+	01:13+	02:18+	02:16+	02:56+	02:21+	01:38+	00:53+
00:18-	00:03-	00:44-	00:32#	00:11%	00:25%	01:46%	00:28#	00:02-	00:07#	00:11+	01:05%	00:22%	00:17#	01:11@	00:36%	00:05+	00:19#	00:11%
<b>7</b>	<b>Mathias Nødland</b>	<b>194</b>	<b>42:25</b>															
03:38+	08:17+	11:48+	15:09+	15:56+	17:54+	21:20+	23:19+	24:20+	25:28+	27:44+	30:53+	31:53+	34:34+	35:36+	38:04+	40:20+	41:41+	42:25+
03:38+	04:39+	03:31-	03:21+	00:47+	01:58+	03:26+	01:59-	01:01+	01:08-	02:16+	03:09+	01:00+	02:41+	01:02-	02:28+	02:16=	01:21+	00:44+
00:41#	03:26@	00:53-	00:26#	00:04+	00:20#	00:34#	00:01-	00:06#	00:01-	00:14#	00:49%	00:09#	00:40%	00:03-	00:08+	00:00=	00:02+	00:02+
<b>8</b>	<b>Kjetil Hollund</b>	<b>108</b>	<b>43:06</b>															
03:17+	04:43+	07:43-	11:31+	12:17+	14:20+	18:05+	20:25+	21:11+	22:44+	25:00+	28:14+	29:23+	32:03+	34:10+	37:25+	40:10+	42:10+	43:06+
03:17+	01:26+	03:00-	03:48+	00:46+	02:03+	03:45+	02:20+	00:46-	01:33+	02:16+	03:14+	01:09+	02:40+	02:07+	03:15+	02:45+	02:00+	00:56+
00:20#	00:13#	01:24-	00:53%	00:03+	00:25%	00:53%	00:20#	00:09-	00:24%	00:14#	00:54%	00:18%	00:39%	01:02%	00:55%	00:29#	00:41%	00:14%
<b>9</b>	<b>Sam McCloy</b>	<b>7</b>	<b>44:52</b>															
03:26+	04:23+	07:09-	10:03-	10:41-	12:16-	15:05-	17:20-	18:01-	19:06-	21:07-	23:38-	24:29-	26:46-	28:49-	36:17+	42:34+	44:02+	44:52+
03:26+	00:57-	02:46-	02:54-	00:38-	01:35-	02:49-	02:15+	00:41-	01:05-	02:01-	02:31+	00:51=	02:17+	02:03+	07:28+	06:17+	01:28+	00:50+
00:29#	00:16-	01:38-	00:01-	00:05-	00:03-	00:03-	00:15#	00:14-	00:04-	00:01-	00:11+	00:00=	00:16#	00:58%	05:08@	04:01@	00:09#	00:08#
<b>10</b>	<b>Torbjørn Ims Østby</b>	<b>66</b>	<b>45:34</b>															
02:16-	03:59-	06:32-	09:17-	10:11-	12:05-	16:23-	18:43+	21:02+	22:17+	24:24+	26:46+	33:03+	35:39+	37:00+	39:35+	43:05+	44:42+	45:34+
02:16-	01:43+	02:33-	02:45-	00:54+	01:54+	04:18+	02:20+	02:19+	01:15+	02:07+	02:22+	06:17+	02:36+	01:21+	02:35+	03:30+	01:37+	00:52+
00:41-	00:30%	01:51-	00:10-	00:11%	00:16%	01:26%	00:20#	01:24@	00:06+	00:05+	00:02+	05:26@	00:35%	00:16#	00:15#	01:14%	00:18#	00:10#
<b>11</b>	<b>Rune Svihus</b>	<b>62</b>	<b>45:36</b>															
09:50+	11:17+	15:04+	17:47+	18:28+	20:14+	23:18+	25:20+	25:54+	27:02+	29:48+	32:46+	34:53+	37:21+	38:30+	41:00+	43:18+	44:43+	45:36+
09:50+	01:27+	03:47-	02:43-	00:41-	01:46+	03:04+	02:02+	00:34-	01:08-	02:46+	02:58+	02:07+	02:28+	01:09+	02:30+	02:18+	01:25+	00:53+
06:53@	00:14#	00:37-	00:12-	00:02-	00:08+	00:12+	00:02+	00:21-	00:01-	00:44%	00:38%	01:16@	00:27#	00:04+	00:10+	00:02+	00:06+	00:11%
<b>12</b>	<b>Dag Eivind Watsend</b>	<b>92</b>	<b>45:41</b>															
03:45+	04:58+	08:05-	11:18-	12:06-	14:31+	18:24+	20:35+	22:08+	23:26+	26:42+	30:22+	32:09+	35:35+	36:47+	39:54+	43:12+	44:46+	45:41+
03:45+	01:13=	03:07-	03:13+	00:48+	02:25+	03:53+	02:11+	01:33+	01:18+	03:16+	03:40+	01:47+	03:26+	01:12+	03:07+	03:18+	01:34+	00:55+
00:48%	00:00=	01:17-	00:18#	00:05#	00:47%	01:01%	00:11+	00:38%	00:09#	01:14%	01:20%	00:56@	01:25%	00:07#	00:47%	01:02%	00:15#	00:13%
<b>13</b>	<b>Håkon Eggebø</b>	<b>71</b>	<b>46:23</b>															
02:59+	04:16+	08:40+	12:13+	13:06+	15:24+	19:41+	21:50+	22:27+	23:49+	26:10+	29:39+	30:45+	33:04+	37:55+	41:20+	43:59+	45:27+	46:23+
02:59+	01:17+	04:24=	03:33+	00:53+	02:18+	04:17+	02:09+	00:37-	01:22+	02:21+	03:29+	01:06+	02:19+	04:51+	03:25+	02:39+	01:28+	00:56+
00:02+	00:04+	00:00=	00:38#	00:10#	00:40%	01:25%	00:09+	00:18-	00:13#	00:19#	01:09%	00:15%	00:18#	03:46@	01:05%	00:23#	00:09#	00:14%
<b>14</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>	<b>46:46</b>															
02:35-	03:41-	07:52-	11:20-	12:06-	14:04+	17:37+	20:01+	21:13+	22:45+	25:22+	29:15+	30:13+	32:25+	33:30+	36:31+	44:14+	45:41+	46:46+
02:35-	01:06-	04:11-	03:28+	00:46+	01:58+	03:33+	02:24+	01:12+	01:32+	02:37+	03:53+	00:58+	02:12+	01:05=	03:01+	07:43+	01:27+	01:05+
00:22-	00:07-	00:13-	00:33#	00:03+	00:20#	00:41#	00:24#	00:17%	00:23%	00:35%	01:33%	00:07#	00:11+	00:00=	00:41%	05:27@	00:08#	00:23%
<b>15</b>	<b>Frode Ungar</b>	<b>116</b>	<b>46:54</b>															
03:00+	04:38+	07:49-	11:54+	12:44+	15:01+	20:34+	23:12+	24:29+	26:08+	28:38+	32:10+	33:14+	35:37+	36:56+	40:25+	43:55+	45:49+	46:54+
03:00+	01:38+	03:11-	04:05+	00:50+	02:17+	05:33+	02:38+	01:17+	01:39+	02:30+	03:32+	01:04+	02:23+	01:19+	03:29+	03:30+	01:54+	01:05+
00:03+	00:25%	01:13-	01:10%	00:07#	00:39%	02:41%	00:38%	00:22%	00:30%	00:28#	01:12%	00:13%	00:22#	00:14#	01:09%	01:14%	00:35%	00:23%
<b>16</b>	<b>Svein Kyllingstad</b>	<b>71</b>	<b>47:30</b>															
04:56+	06:38+	10:23+	14:05+	15:02+	17:20+	20:29+	23:05+	24:19+	25:31+	27:33+	30:31+	33:08+	36:13+	38:36+	41:27+	44:46+	46:35+	47:30+
04:56+	01:42+	03:45-	03:42+	00:57+	02:18+	03:09+	02:36+	01:14+	01:12+	02:02=	02:58+	02:37+	03:05+	02:23+	02:51+	03:19+	01:49+	00:55+
01:59%	00:29%	00:39-	00:47%	00:14%	00:40%	00:17+	00:36%	00:19%	00:03+	00:00=	00:38%	01:46@	01:04%	01:18@	00:31#	01:03%	00:30%	00:13%
<b>17</b>	<b>Andreas Florian Ente</b>	<b>66</b>	<b>48:33</b>															
03:48+	05:03+	08:41+	16:07+	17:36+	19:33+	23:13+	26:02+	28:27+	30:01+	32:35+	35:16+	36:16+	38:50+	40:19+	43:28+	45:46+	47:35+	48:33+
03:48+	01:15+	03:38-	07:26+	01:29+	01:57+	03:40+	02:49+	02:25+	01:34+	02:34+	02:41+	01:00+	02:34+	01:29+	03:09+	02:18+	01:49+	00:58+
00:51%	00:02+	00:46-	04:31@	00:46@	00:19#	00:48%	00:49%	01:30@	00:25%	00:32%	00:21#	00:09#	00:33%	00:24%	00:49%	00:02+	00:30%	00:16%
<b>18</b>	<b>Audun Rostad</b>	<b>126</b>	<b>48:36</b>															
02:22-	03:35-	07:52-	11:40+	12:43+	14:58+	18:04+	25:20+	26:40+	28:02+	30:22+	33:13+	34:26+	37:26+	39:38+	41:59+	45:49+	47:49+	48:36+
02:22-	01:13=	04:17-	03:48+	01:03+	02:15+	03:06+	07:16+	01:20+	01:22+	02:20+	02:51+	01:13+	03:00+	02:12+	02:21+	03:50+	02:00+	00:47+
00:35-	00:00=	00:07-	00:53%	00:20%	00:37%	00:14+	05:16@	00:25%	00:13#	00:18#	00:31#	00:22%	00:59%	01:07@	00:01+	01:34%	00:41%	00:05#
<b>19</b>	<b>Håvard Thomassen Lauritsen</b>	<b>116</b>	<b>50:00</b>															
02:48-	03:57-	07:03-	11:33+	12:25+	14:17+	18:34+	26:46+	28:24+	29:45+	32:30+	35:47+	36:51+	39:39+	40:59+	44:16+	47:15+	49:03+	50:00+
02:48-	01:09-	03:06-	04:30+	00:52+	01:52+	04:17+	08:12+	01:38+	01:21+	02:45+	03:17+	01:04+	02:48+	01:20+	03:17+	02:59+	01:48+	00:57+
00:09-	00:04-	01:18-	01:35%	00:09#	00:14#	01:25%	06:12@	00:43%	00:12#	00:43%	00:57%	00:13%	00:47%	00:15#	00:57%	00:43%	00:29%	00:15%

Class	Navn	Klasse										Tid					
<b>20</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>51:12</b>					
03:11+	05:03+	08:37+	12:35+	16:23+	20:55+	24:05+	25:06+	26:42+	30:27+	34:05+	35:37+	39:16+	41:49+	45:34+	48:10+	50:10+	51:12+
03:11+	01:52+	03:34-	03:58+	01:12+	02:36+	04:32+	03:10+	01:01+	01:36+	03:45+	03:38+	01:32+	03:39+	02:33+	03:45+	02:36+	02:00+
00:14+	00:39&	00:50-	01:03&	00:29&	00:58&	01:40&	01:10&	00:06#	00:27&	01:43&	01:18&	00:41&	01:38&	01:28@	01:25&	00:20#	00:41&
<b>21</b>	<b>Svein Magnus Halsne</b>	<b>71</b>										<b>53:06</b>					
02:20-	03:25-	07:14-	11:09-	11:52-	13:29-	16:26-	18:46+	19:23-	21:07+	23:25+	25:58+	26:47+	29:04+	45:04+	47:50+	50:12+	52:10+
02:20-	01:05-	03:49-	03:55+	00:43=	01:37-	02:57+	02:20+	00:37-	01:44+	02:18+	02:33+	00:49-	02:17+	16:00+	02:46+	02:22+	01:58+
00:37-	00:08-	00:35-	01:00&	00:00=	00:01-	00:05+	00:20#	00:18-	00:35&	00:16#	00:13+	00:02-	00:16#	14:55@	00:26#	00:06+	00:39&
<b>22</b>	<b>Alf Olav Kalvik</b>	<b>7</b>										<b>59:28</b>					
03:53+	06:01+	12:24+	16:34+	17:56+	20:38+	26:09+	30:58+	31:45+	33:22+	37:11+	40:54+	42:38+	46:36+	49:41+	52:39+	56:29+	58:30+
03:53+	02:08+	06:23+	04:10+	01:22+	02:42+	05:31+	04:49+	00:47-	01:37+	03:49+	03:43+	01:44+	03:58+	03:05+	02:58+	03:50+	02:01+
00:56&	00:55&	01:59&	01:15&	00:39&	01:04&	02:39&	02:49@	00:08-	00:28&	01:47&	01:23&	00:53@	01:57&	02:00@	00:38&	01:34&	00:42&
<b>23</b>	<b>Sondre Gjersdal Størkersen</b>	<b>115</b>										<b>1:00:29</b>					
03:15+	04:45+	09:34+	13:58+	14:50+	17:31+	24:25+	31:07+	31:37+	33:35+	37:05+	41:56+	43:07+	45:48+	47:09+	50:17+	56:41+	59:19+
03:15+	01:30+	04:49+	04:24+	00:52+	02:41+	06:54+	06:42+	00:30-	01:58+	03:30+	04:51+	01:11+	02:41+	01:21+	03:08+	06:24+	02:38+
00:18#	00:17#	00:25+	01:29&	00:09#	01:03&	04:02@	04:42@	00:25-	00:49&	01:28&	02:31@	00:20&	00:40&	00:16#	00:48&	04:08@	01:19&
<b>24</b>	<b>Asgeir Nærland</b>	<b>88</b>										<b>1:01:46</b>					
02:24-	04:14+	08:28-	11:47+	12:43+	14:47+	18:04+	20:18+	22:22+	23:56+	26:07+	29:15+	30:57+	33:22+	38:02+	41:36+	58:51+	60:43+
02:24-	01:50+	04:14-	03:19+	00:56+	02:04+	03:17+	02:14+	02:04+	01:34+	02:11+	03:08+	01:42+	02:25+	04:40+	03:34+	17:15+	01:52+
00:33-	00:37&	00:10-	00:24#	00:13&	00:26&	00:25#	00:14#	01:09@	00:25&	00:09+	00:48&	00:51&	00:24#	03:35@	01:14&	14:59@	00:33&
<b>25</b>	<b>Oddgeir Nevland</b>	<b>51</b>										<b>1:03:33</b>					
04:53+	06:13+	10:14+	18:49+	20:15+	22:26+	27:42+	31:02+	33:24+	34:57+	37:24+	41:24+	43:57+	47:41+	49:32+	57:44+	60:39+	62:30+
04:53+	01:20+	04:01-	08:35+	01:26+	02:11+	05:16+	03:20+	02:22+	01:33+	02:27+	04:00+	02:33+	03:44+	01:51+	08:12+	02:55+	01:51+
01:56&	00:07+	00:23-	05:40@	00:43&	00:33&	02:24&	01:20&	01:27@	00:24&	00:25#	01:40&	01:42@	01:43&	00:46&	05:52@	00:39&	00:32&
<b>26</b>	<b>Tollak Dymbe</b>	<b>134</b>										<b>1:11:10</b>					
03:53+	18:33+	27:26+	31:05+	34:23+	38:57+	41:11+	42:00+	43:34+	45:50+	49:30+	51:09+	53:45+	58:05+	64:15+	68:24+	70:15+	71:10+
03:53+	14:40+	08:53+	03:39+	00:53+	02:25+	04:34+	02:14+	00:49-	01:34+	02:16+	03:40+	01:39+	02:36+	04:20+	06:10+	04:09+	01:51+
00:56&	13:27@	04:29@	00:44&	00:10#	00:47&	01:42&	00:14#	00:06-	00:25&	00:14#	01:20&	00:48&	00:35&	03:15@	03:50@	01:53&	00:32&
<b>27</b>	<b>Anders Netland Jacobsen</b>	<b>66</b>										<b>1:13:52</b>					
04:28+	06:50+	15:04+	19:16+	20:45+	24:39+	28:55+	31:33+	32:24+	33:56+	37:39+	47:09+	53:10+	56:50+	60:47+	62:10+	65:09+	70:43+
04:28+	02:22+	08:14+	04:12+	01:29+	03:54+	04:16+	02:38+	00:51-	01:32+	03:43+	09:30+	06:01+	03:40+	03:57+	01:23-	02:59+	05:34+
01:31&	01:09&	03:50&	01:17&	00:46@	02:16@	01:24&	00:38&	00:04-	00:23&	01:41&	07:10@	05:10@	01:39&	02:52@	00:57-	00:43&	04:15@
<b>Beste strekktid for klassen</b>																	
02:16	00:55	02:33	02:43	00:38	01:35	02:49	01:47	00:30	01:02	02:01	02:20	00:49	02:01	00:57	01:23	02:09	01:19

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

## Herrer 40 - 49 år

<b>1</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>										<b>40:47</b>					
02:21=	03:28=	06:22=	09:20=	10:00=	12:15=	15:34=	17:31=	18:14=	19:21=	21:32=	24:48=	26:21=	29:31=	30:26=	34:58=	37:54=	39:44=
02:21=	01:07=	02:54=	02:58=	00:40=	02:15=	03:19=	01:57=	00:43=	01:07=	02:11=	03:16=	01:33=	03:10=	00:55=	04:32=	02:56=	01:50=
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=
<b>2</b>	<b>Kenneth Gundersen</b>	<b>358</b>										<b>42:11</b>					
03:00+	04:10+	07:32+	10:28+	11:18+	12:59+	17:07+	19:38+	20:32+	21:56+	24:12+	26:38+	27:57+	31:31+	32:58+	36:59+	39:48+	41:23+
03:00+	01:10+	03:22+	02:56-	00:50+	01:41-	04:08+	02:31+	00:54+	01:24+	02:16+	02:26-	01:19-	03:34+	01:27+	04:01-	02:49-	01:35-
00:39&	00:03+	00:28#	00:02-	00:10#	00:34-	00:49#	00:34&	00:11&	00:17&	00:05+	00:50-	00:14-	00:24#	00:32&	00:31-	00:07-	00:15-
<b>3</b>	<b>Erlend Kveinen</b>	<b>116</b>										<b>43:09</b>					
03:29+	04:42+	08:05+	11:08+	12:01+	14:05+	17:22+	19:34+	21:24+	23:11+	26:11+	29:35+	30:51+	33:48+	35:17+	37:53+	40:25+	42:15+
03:29+	01:13+	03:23+	03:03+	00:53+	02:04-	03:17+	02:12+	01:50+	01:47+	03:00+	03:24+	01:16-	02:57-	01:29+	02:36-	02:32-	01:50=
01:08&	00:06+	00:29#	00:05+	00:13&	00:11-	00:02-	00:15#	01:07@	00:40&	00:49&	00:08+	00:17-	00:13-	00:34&	01:56-	00:24-	00:00=
<b>4</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>										<b>46:03</b>					
03:36+	05:00+	08:03+	11:52+	12:45+	15:01+	19:40+	22:14+	23:01+	24:19+	26:43+	29:45+	31:04+	36:33+	37:54+	40:37+	43:19+	45:04+
03:36+	01:24+	03:03+	03:49+	00:53+	02:16+	04:39+	02:34+	00:47+	01:18+	02:24+	03:02-	01:19-	05:29+	01:21+	02:43-	02:42-	01:45-
01:15&	00:17&	00:09+	00:51&	00:13&	00:01+	01:20&	00:37&	00:04+	00:11#	00:13+	00:14-	00:14-	02:19&	00:26&	01:49-	00:14-	00:05-
<b>5</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>47:22</b>					
02:32+	03:51+	08:32+	11:56+	12:52+	19:27+	22:53+	25:12+	25:57+	27:07+	30:21+	33:53+	35:02+	37:49+	39:51+	42:54+	45:14+	46:34+
02:32+	01:19+	04:41+	03:24+	00:56+	06:35+	03:26+	02:19+	00:45+	01:10+	03:14+	03:32+	01:09-	02:47-	02:02+	03:03-	02:20-	01:20-
00:11+	00:12#	01:47&	00:26#	00:16&	04:20@	00:07+	00:22#	00:02+	00:03+	01:03&	00:16+	00:24-	00:23-	01:07@	01:29-	00:36-	00:30-





Class	Navn	Klasse										Tid						
<b>21</b>	<b>Kjetil Bårdsen</b>	<b>105</b>										<b>1:12:40</b>						
02:54+	05:17+	08:23+	12:14+	15:14+	24:10+	29:19+	31:05+	34:12+	41:00+	42:49+	47:51+	55:34+	63:05+	69:57+	71:45+	72:40+		
02:54+	02:23+	03:06+	03:51+	01:00+	02:00-	08:56+	02:42+	02:27+	01:46+	03:07+	06:48+	01:49+	05:02+	07:43+	07:31+	06:52+		
00:33#	01:16@	00:12+	00:53&	00:20&	00:15-	05:37@	00:45&	01:44@	00:39&	00:56&	03:32@	00:16#	01:52&	06:48@	02:59&	03:56@	00:02-	00:08-
<b>22</b>	<b>Lars Solvang</b>	<b>116</b>										<b>1:13:08</b>						
09:36+	11:29+	15:37+	19:42+	20:53+	23:02+	27:59+	30:42+	31:44+	33:40+	36:45+	41:10+	42:34+	46:33+	47:55+	51:00+	65:18+	71:57+	73:08+
09:36+	01:53+	04:08+	04:05+	01:11+	02:09-	04:57+	02:43+	01:02+	01:56+	03:05+	04:25+	01:24-	03:59+	01:22+	03:05-	14:18+	06:39+	01:11+
07:15@	00:46&	01:14&	01:07&	00:31&	00:06-	01:38&	00:46&	00:19&	00:49&	00:54&	01:09&	00:09-	00:49&	00:27&	01:27-	11:22@	04:49@	00:08#
<b>23</b>	<b>Charles-Francois Farbos</b>	<b>42</b>										<b>1:15:20</b>						
09:57+	13:04+	17:46+	22:22+	23:17+	25:51+	32:51+	35:54+	37:10+	38:47+	41:36+	45:44+	46:54+	51:19+	53:49+	67:45+	71:38+	74:19+	75:20+
09:57+	03:07+	04:42+	04:36+	00:55+	02:34+	07:00+	03:03+	01:16+	01:37+	02:49+	04:08+	01:10-	04:25+	02:30+	13:56+	03:53+	02:41+	01:01-
07:36@	02:00@	01:48&	01:38&	00:15&	00:19#	03:41@	01:06&	00:33&	00:30&	00:38&	00:52&	00:23-	01:15&	01:35@	09:24@	00:57&	00:51&	00:02-
<b>24</b>	<b>Cedric Fayemendy</b>	<b>116</b>										<b>1:16:45</b>						
13:16+	15:32+	20:35+	28:35+	29:48+	32:33+	36:27+	41:28+	42:13+	43:30+	45:54+	49:25+	50:55+	54:23+	57:54+	63:03+	73:54+	75:55+	76:45+
13:16+	02:16+	05:03+	08:00+	01:13+	02:45+	03:54+	05:01+	00:45+	01:17+	02:24+	03:31+	01:30-	03:28+	03:31+	05:09+	10:51+	02:01+	00:50-
10:55@	01:09@	02:09&	05:02@	00:33&	00:30#	00:35#	03:04@	00:02+	00:10#	00:13+	00:15+	00:03-	00:18+	02:36@	00:37#	07:55@	00:11+	00:13-
<b>25</b>	<b>Øyvind Melkevik</b>	<b>66</b>										<b>1:55:33</b>						
27:38+	30:37+	38:56+	45:19+	46:09+	51:27+	55:45+	59:17+	65:25+	67:15+	70:45+	76:16+	78:47+	81:59+	98:10+	102:49+	112:40+	114:34+	115:33+
27:38+	02:59+	08:19+	06:23+	00:50+	05:18+	04:18+	03:32+	06:08+	01:50+	03:30+	05:31+	02:31+	03:12+	16:11+	04:39+	09:51+	01:54+	00:59-
25:17@	01:52@	05:25@	03:25@	00:10#	03:03@	00:59&	01:35&	05:25@	00:43&	01:19&	02:15&	00:58&	00:02+	15:16@	00:07+	06:55@	00:04+	00:04-
<b>Beste strekktid for klassen</b>																		
02:21	01:06	02:53	02:56	00:40	01:37	02:51	01:57	00:41	00:58	02:11	02:26	00:55	02:39	00:55	02:30	02:20	01:20	00:48

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

## Herrer 50 - 59 år

<b>1</b>	<b>Ole Petter Haukaas</b>	<b>109</b>										<b>36:45</b>							
02:26=	06:03=	07:34=	09:42=	14:36=	16:52=	18:41=	22:47=	24:53=	27:20=	28:33=	31:33=	32:48=	35:52=	36:45=					
02:26=	03:37=	01:31=	02:08=	04:54=	02:16=	01:49=	04:06=	02:06=	02:27=	01:13=	03:00=	01:15=	03:04=	00:53=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
<b>2</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>39:16</b>							
02:58+	06:56+	08:31+	10:38+	15:10+	17:40+	19:53+	24:48+	26:57+	29:42+	31:13+	34:07+	35:22+	38:12+	39:16+					
02:58+	03:58+	01:35+	02:07-	04:32-	02:30+	02:13+	04:55+	02:09+	02:45+	01:31+	02:54-	01:15=	02:50-	01:04+					
00:32#	00:21+	00:04+	00:01-	00:22-	00:14#	00:24#	00:49#	00:03+	00:18#	00:18#	00:06-	00:00=	00:14-	00:11#					
<b>3</b>	<b>Bertrand Denieul</b>	<b>42</b>										<b>41:23</b>							
05:54+	09:11+	10:52+	12:37+	17:17+	19:51+	22:06+	26:39+	28:50+	31:12+	33:30+	36:07+	37:23+	40:32+	41:23+					
05:54+	03:17-	01:41+	01:45-	04:40-	02:34+	02:15+	04:33+	02:11+	02:22-	02:18+	02:37-	01:16+	03:09+	00:51-					
03:28@	00:20-	00:10#	00:23-	00:14-	00:18#	00:26#	00:27#	00:05+	00:05-	01:05&	00:23-	00:01+	00:05+	00:02-					
<b>4</b>	<b>Geir Haugvaldstad</b>	<b>116</b>										<b>41:52</b>							
03:35+	08:21+	12:25+	14:49+	19:47+	22:41+	24:41+	28:53+	31:00+	33:15+	34:34+	36:37+	37:58+	41:02+	41:52+					
03:35+	04:46+	04:04+	02:24+	04:58+	02:54+	02:00+	04:12+	02:07+	02:15-	01:19+	02:03-	01:21+	03:04=	00:50-					
01:09&	01:09&	02:33@	00:16#	00:04+	00:38&	00:11#	00:06+	00:01+	00:12-	00:06+	00:57-	00:06+	00:00=	00:03-					
<b>5</b>	<b>Anders Glenne</b>	<b>7</b>										<b>42:00</b>							
02:41+	05:59-	07:31-	09:39-	13:41-	16:45-	18:58+	24:00+	26:21+	29:38+	30:43+	33:59+	38:04+	41:10+	42:00+					
02:41+	03:18-	01:32+	02:08=	04:02-	03:04+	02:13+	05:02+	02:21+	03:17+	01:05-	03:16+	04:05+	03:06+	00:50-					
00:15#	00:19-	00:01+	00:00=	00:52-	00:48&	00:24#	00:56#	00:15#	00:50&	00:08-	00:16+	02:50@	00:02+	00:03-					
<b>6</b>	<b>Knut Feldmann</b>	<b>93</b>										<b>43:22</b>							
04:13+	08:19+	10:27+	12:43+	17:27+	20:06+	22:19+	27:11+	29:51+	33:21+	34:48+	37:28+	38:49+	42:10+	43:22+					
04:13+	04:06+	02:08+	02:16+	04:44-	02:39+	02:13+	04:52+	02:40+	03:30+	01:27+	02:40-	01:21+	03:21+	01:12+					
01:47&	00:29#	00:37&	00:08+	00:10-	00:23#	00:24#	00:46#	00:34&	01:03&	00:14#	00:20-	00:06+	00:17+	00:19&					
<b>7</b>	<b>Lars Bergersen</b>	<b>116</b>										<b>44:27</b>							
03:14+	07:29+	09:07+	11:41+	16:01+	19:30+	22:06+	27:04+	29:36+	32:16+	35:26+	38:44+	40:38+	43:21+	44:27+					
03:14+	04:15+	01:38+	02:34+	04:20-	03:29+	02:36+	04:58+	02:32+	02:40+	03:10+	03:18+	01:54+	02:43-	01:06+					
00:48&	00:38#	00:07+	00:26#	00:34-	01:13&	00:47&	00:52#	00:26#	00:13+	01:57@	00:18+	00:39&	00:21-	00:13#					
<b>8</b>	<b>Trygve Reitan</b>	<b>116</b>										<b>44:58</b>							
02:51+	05:51-	07:10-	10:26+	13:58-	15:50-	19:19+	31:22+	35:06+	37:22+	38:14+	40:18+	41:23+	44:15+	44:58+					
02:51+	03:00-	01:19-	03:16+	03:32-	01:52-	03:29+	12:03+	03:44+	02:16-	00:52-	02:04-	01:05-	02:52-	00:43-					
00:25#	00:37-	00:12-	01:08&	01:22-	00:24-	01:40&	07:57@	01:38&	00:11-	00:21-	00:56-	00:10-	00:12-	00:10-					

Class	Navn	Klasse										Tid		
<b>9</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>45:32</b>		
02:51+	06:21+	07:55+	10:03+	14:51+	17:49+	20:02+	24:49+	31:59+	34:57+	36:43+	40:17+	41:30+	44:25+	45:32+
02:51+	03:30-	01:34+	02:08=	04:48-	02:58+	02:13+	04:47+	07:10+	02:58+	01:46+	03:34+	01:13-	02:55-	01:07+
00:25#	00:07-	00:03+	00:00=	00:06-	00:42&	00:24#	00:41#	05:04@	00:31#	00:33&	00:34#	00:02-	00:09-	00:14&
<b>10</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>46:17</b>		
03:03+	06:57+	08:52+	13:58+	18:41+	21:27+	23:50+	28:22+	30:34+	33:53+	35:14+	38:03+	39:51+	45:18+	46:17+
03:03+	03:54+	01:55+	05:06+	04:43-	02:46+	02:23+	04:32+	02:12+	03:19+	01:21+	02:49-	01:48+	05:27+	00:59+
00:37&	00:17+	00:24&	02:58@	00:11-	00:30#	00:34&	00:26#	00:06+	00:52&	00:08#	00:11-	00:33&	02:23&	00:06#
<b>11</b>	<b>Ådne Hausberg</b>	<b>7</b>										<b>47:15</b>		
06:35+	10:36+	12:47+	17:17+	22:13+	24:43+	26:45+	31:43+	34:04+	37:32+	38:46+	41:37+	43:39+	46:14+	47:15+
06:35+	04:01+	02:11+	04:30+	04:56+	02:30+	02:02+	04:58+	02:21+	03:28+	01:14+	02:51-	02:02+	02:35-	01:01+
04:09@	00:24#	00:40&	02:22@	00:02+	00:14#	00:13#	00:52#	00:15#	01:01&	00:01+	00:09-	00:47&	00:29-	00:08#
<b>12</b>	<b>Arne Øvstebø</b>	<b>71</b>										<b>47:25</b>		
03:33+	07:38+	09:52+	12:17+	17:25+	20:10+	22:35+	27:45+	31:00+	34:14+	35:21+	39:16+	40:50+	46:23+	47:25+
03:33+	04:05+	02:14+	02:25+	05:08+	02:45+	02:25+	05:10+	03:15+	03:14+	01:07-	03:55+	01:34+	05:33+	01:02+
01:07&	00:28#	00:43&	00:17#	00:14+	00:29#	00:36&	01:04&	01:09&	00:47&	00:06-	00:55&	00:19&	02:29&	00:09#
<b>13</b>	<b>Pål Bårdsen</b>	<b>90</b>										<b>48:30</b>		
02:31+	06:38+	08:10+	10:26+	14:56+	17:49+	19:50+	24:16+	26:31+	30:22+	34:49+	42:47+	43:57+	47:21+	48:30+
02:31+	04:07+	01:32+	02:16+	04:30-	02:53+	02:01+	04:26+	02:15+	03:51+	04:27+	07:58+	01:10-	03:24+	01:09+
00:05+	00:30#	00:01+	00:08+	00:24-	00:37&	00:12#	00:20+	00:09+	01:24&	03:14@	04:58@	00:05-	00:20#	00:16&
<b>14</b>	<b>Inge Skretting</b>	<b>165</b>										<b>49:21</b>		
03:04+	07:16+	09:52+	11:55+	18:00+	21:24+	23:44+	28:42+	30:57+	34:34+	36:02+	39:57+	44:49+	48:12+	49:21+
03:04+	04:12+	02:36+	02:03-	06:05+	03:24+	02:20+	04:58+	02:15+	03:37+	01:28+	03:55+	04:52+	03:23+	01:09+
00:38&	00:35#	01:05&	00:05-	01:11#	01:08&	00:31&	00:52#	00:09+	01:10&	00:15#	00:55&	03:37@	00:19#	00:16&
<b>15</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>										<b>49:27</b>		
03:29+	07:56+	09:59+	12:21+	17:31+	21:05+	23:41+	29:31+	33:10+	36:53+	38:18+	43:25+	45:03+	48:16+	49:27+
03:29+	04:27+	02:03+	02:22+	05:10+	03:34+	02:36+	05:50+	03:39+	03:43+	01:25+	05:07+	01:38+	03:13+	01:11+
01:03&	00:50#	00:32&	00:14#	00:16+	01:18&	00:47&	01:44&	01:33&	01:16&	00:12#	02:07&	00:23&	00:09+	00:18&
<b>16</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>49:28</b>		
04:17+	12:23+	14:18+	16:32+	21:50+	24:52+	27:09+	32:41+	35:31+	38:32+	40:29+	44:01+	45:30+	48:34+	49:28+
04:17+	08:06+	01:55+	02:14+	05:18+	03:02+	02:17+	05:32+	02:50+	03:01+	01:57+	03:32+	01:29+	03:04=	00:54+
01:51&	04:29@	00:24&	00:06+	00:24+	00:46&	00:28&	01:26&	00:44&	00:34#	00:44&	00:32#	00:14#	00:00=	00:01+
<b>17</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>49:41</b>		
02:37+	06:16+	09:46+	12:05+	17:34+	21:04+	23:17+	28:53+	31:21+	37:13+	40:03+	43:06+	44:59+	48:30+	49:41+
02:37+	03:39+	03:30+	02:19+	05:29+	03:30+	02:13+	05:36+	02:28+	05:52+	02:50+	03:03+	01:53+	03:31+	01:11+
00:11+	00:02+	01:59@	00:11+	00:35#	01:14&	00:24#	01:30&	00:22#	03:25@	01:37@	00:03+	00:38&	00:27#	00:18&
<b>18</b>	<b>Øivind Berggraf</b>	<b>116</b>										<b>49:44</b>		
02:19-	05:59-	07:30-	09:19-	17:10+	20:52+	23:10+	27:46+	35:38+	38:41+	40:37+	44:32+	45:58+	48:44+	49:44+
02:19-	03:40+	01:31=	01:49-	07:51+	03:42+	02:18+	04:36+	07:52+	03:03+	01:56+	03:55+	01:26+	02:46-	01:00+
00:07-	00:03+	00:00=	00:19-	02:57&	01:26&	00:29&	00:30#	05:46@	00:36#	00:43&	00:55&	00:11#	00:18-	00:07#
<b>19</b>	<b>Frank Hansen</b>	<b>29</b>										<b>50:28</b>		
02:44+	07:49+	09:33+	12:01+	16:43+	19:55+	22:12+	30:02+	33:24+	37:10+	40:52+	44:14+	46:34+	49:23+	50:28+
02:44+	05:05+	01:44+	02:28+	04:42-	03:12+	02:17+	07:50+	03:22+	03:46+	03:42+	03:22+	02:20+	02:49-	01:05+
00:18#	01:28&	00:13#	00:20#	00:12-	00:56&	00:28&	03:44&	01:16&	01:19&	02:29@	00:22#	01:05&	00:15-	00:12#
<b>20</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>51:08</b>		
03:05+	06:41+	08:27+	10:20+	15:01+	17:39+	19:43+	25:07+	27:36+	30:34+	32:09+	42:29+	43:41+	50:09+	51:08+
03:05+	03:36-	01:46+	01:53-	04:41-	02:38+	02:04+	05:24+	02:29+	02:58+	01:35+	10:20+	01:12-	06:28+	00:59+
00:39&	00:01-	00:15#	00:15-	00:13-	00:22#	00:15#	01:18&	00:23#	00:31#	00:22&	07:20@	00:03-	03:24@	00:06#
<b>21</b>	<b>Magnar Møller</b>	<b>62</b>										<b>51:21</b>		
02:57+	07:10+	09:35+	11:56+	20:36+	23:22+	25:49+	30:40+	33:07+	36:39+	38:06+	41:50+	46:36+	50:10+	51:21+
02:57+	04:13+	02:25+	02:21+	08:40+	02:46+	02:27+	04:51+	02:27+	03:32+	01:27+	03:44+	04:46+	03:34+	01:11+
00:31#	00:36#	00:54&	00:13#	03:46&	00:30#	00:38&	00:45#	00:21#	01:05&	00:14#	00:44#	03:31@	00:30#	00:18&
<b>22</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>51:55</b>		
04:01+	08:38+	10:37+	13:17+	18:54+	24:11+	28:01+	33:26+	36:55+	40:01+	41:29+	45:05+	46:30+	50:23+	51:55+
04:01+	04:37+	01:59+	02:40+	05:37+	05:17+	03:50+	05:25+	03:29+	03:06+	01:28+	03:36+	01:25+	03:53+	01:32+
01:35&	01:00&	00:28&	00:32#	00:43#	03:01@	02:01@	01:19&	01:23&	00:39&	00:15#	00:36#	00:10#	00:49&	00:39&
<b>23</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>52:22</b>		
03:25+	07:46+	10:48+	12:53+	18:14+	24:41+	26:17+	36:06+	38:54+	42:07+	43:32+	46:20+	48:06+	51:13+	52:22+
03:25+	04:21+	03:02+	02:05-	05:21+	06:27+	01:36-	09:49+	02:48+	03:13+	01:25+	02:48-	01:46+	03:07+	01:09+
00:59&	00:44#	01:31&	00:03-	00:27+	04:11@	00:13-	05:43@	00:42&	00:46&	00:12#	00:12-	00:31&	00:03+	00:16&

Class	Navn	Klasse										Tid		
<b>24</b>	<b>Steinar Torjusen</b>	<b>167</b>										<b>52:30</b>		
04:16+	08:56+	11:54+	14:02+	19:39+	22:50+	25:11+	30:14+	34:10+	37:42+	39:03+	42:22+	44:09+	51:38+	52:30+
04:16+	04:40+	02:58+	02:08=	05:37+	03:11+	02:21+	05:03+	03:56+	03:32+	01:21+	03:19+	01:47+	07:29+	00:52-
01:50&	01:03&	01:27&	00:00=	00:43#	00:55&	00:32&	00:57#	01:50&	01:05&	00:08#	00:19#	00:32&	04:25@	00:01-
<b>25</b>	<b>Torbjørn Dahle</b>	<b>116</b>										<b>53:28</b>		
03:39+	08:21+	10:57+	18:52+	24:51+	27:50+	30:22+	36:59+	39:45+	42:54+	44:43+	47:45+	49:15+	52:27+	53:28+
03:39+	04:42+	02:36+	07:55+	05:59+	02:59+	02:32+	06:37+	02:46+	03:09+	01:49+	03:02+	01:30+	03:12+	01:01+
01:13&	01:05&	01:05&	05:47@	01:05#	00:43&	00:43&	02:31&	00:40&	00:42&	00:36&	00:02+	00:15#	00:08+	00:08#
<b>26</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>53:29</b>		
04:03+	08:51+	11:42+	15:15+	24:11+	27:10+	29:08+	34:12+	40:02+	42:51+	44:24+	47:56+	49:28+	52:24+	53:29+
04:03+	04:48+	02:51+	03:33+	08:56+	02:59+	01:58+	05:04+	05:50+	02:49+	01:33+	03:32+	01:32+	02:56-	01:05+
01:37&	01:11&	01:20&	01:25&	04:02&	00:43&	00:09+	00:58#	03:44@	00:22#	00:20&	00:32#	00:17#	00:08-	00:12#
<b>27</b>	<b>Harald Jansen</b>	<b>289</b>										<b>54:01</b>		
05:38+	10:07+	13:09+	15:32+	25:45+	29:02+	32:10+	36:57+	39:40+	43:07+	44:34+	47:54+	49:41+	52:59+	54:01+
05:38+	04:29+	03:02+	02:23+	10:13+	03:17+	03:08+	04:47+	02:43+	03:27+	01:27+	03:20+	01:47+	03:18+	01:02+
03:12@	00:52#	01:31&	00:15#	05:19@	01:01&	01:19&	00:41#	00:37&	01:00&	00:14#	00:20#	00:32&	00:14+	00:09#
<b>28</b>	<b>Ernst Kristensen</b>	<b>116</b>										<b>54:04</b>		
04:56+	09:12+	11:42+	14:51+	20:21+	23:56+	26:40+	32:29+	36:27+	40:49+	42:19+	47:25+	48:40+	52:56+	54:04+
04:56+	04:16+	02:30+	03:09+	05:30+	03:35+	02:44+	05:49+	03:58+	04:22+	01:30+	05:06+	01:15=	04:16+	01:08+
02:30@	00:39#	00:59&	01:01&	00:36#	01:19&	00:55&	01:43&	01:52&	01:55&	00:17#	02:06&	00:00=	01:12&	00:15&
<b>29</b>	<b>Jone Kalheim</b>	<b>93</b>										<b>54:35</b>		
07:00+	10:43+	13:58+	16:05+	21:44+	25:19+	27:22+	32:38+	36:28+	40:27+	44:08+	48:39+	50:49+	53:35+	54:35+
07:00+	03:43+	03:15+	02:07-	05:39+	03:35+	02:03+	05:16+	03:50+	03:59+	03:41+	04:31+	02:10+	02:46-	01:00+
04:34@	00:06+	01:44@	00:01-	00:45#	01:19&	00:14#	01:10&	01:44&	01:32&	02:28@	01:31&	00:55&	00:18-	00:07#
<b>30</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>54:36</b>		
04:23+	10:05+	12:07+	14:24+	19:22+	22:17+	25:17+	31:50+	35:15+	39:20+	41:23+	48:19+	49:24+	53:21+	54:36+
04:23+	05:42+	02:02+	02:17+	04:58+	02:55+	03:00+	06:33+	03:25+	04:05+	02:03+	06:56+	01:05-	03:57+	01:15+
01:57&	02:05&	00:31&	00:09+	00:04+	00:39&	01:11&	02:27&	01:19&	01:38&	00:50&	03:56@	00:10-	00:53&	00:22&
<b>31</b>	<b>Sigbjørn Gloppen</b>	<b>144</b>										<b>56:21</b>		
03:00+	07:29+	10:04+	15:13+	19:54+	23:09+	25:39+	30:02+	32:43+	35:43+	37:43+	39:23+	49:00+	50:28+	54:58+
03:00+	04:29+	02:35+	05:09+	04:41-	03:15+	02:30+	04:23+	02:41+	03:00+	02:00+	01:40-	09:37+	01:28-	04:30+
00:34#	00:52#	01:04&	03:01@	00:13-	00:59&	00:41&	00:17+	00:35&	00:33#	00:47&	01:20-	08:22@	01:36-	03:37@
<b>32</b>	<b>Kjell Ove Aksland</b>	<b>27</b>										<b>56:56</b>		
02:44+	08:03+	10:09+	12:51+	18:54+	22:41+	27:29+	38:43+	41:45+	44:56+	46:23+	50:11+	52:00+	55:50+	56:56+
02:44+	05:19+	02:06+	02:42+	06:03+	03:47+	04:48+	11:14+	03:02+	03:11+	01:27+	03:48+	01:49+	03:50+	01:06+
00:18#	01:42&	00:35&	00:34&	01:09#	01:31&	02:59@	07:08@	00:56&	00:44&	00:14#	00:48&	00:34&	00:46#	00:13#
<b>33</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>58:27</b>		
04:24+	11:16+	14:07+	17:30+	23:38+	28:11+	32:36+	39:42+	43:00+	46:15+	48:29+	52:09+	54:03+	57:15+	58:27+
04:24+	06:52+	02:51+	03:23+	06:08+	04:33+	04:25+	07:06+	03:18+	03:15+	02:14+	03:40+	01:54+	03:12+	01:12+
01:58&	03:15&	01:20&	01:15&	01:14&	02:17@	02:36@	03:00&	01:12&	00:48&	01:01&	00:40#	00:39&	00:08+	00:19&
<b>34</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>1:00:44</b>		
03:24+	08:01+	10:45+	17:07+	24:48+	28:06+	30:53+	36:38+	39:15+	42:38+	44:02+	47:58+	56:03+	59:27+	60:44+
03:24+	04:37+	02:44+	06:22+	07:41+	03:18+	02:47+	05:45+	02:37+	03:23+	01:24+	03:56+	08:05+	03:24+	01:17+
00:58&	01:00&	01:13&	04:14@	02:47&	01:02&	00:58&	01:39&	00:31#	00:56&	00:11#	00:56&	06:50@	00:20#	00:24&
<b>35</b>	<b>John C. Sinnes</b>	<b>93</b>										<b>1:12:51</b>		
09:04+	13:55+	16:12+	18:51+	25:07+	28:28+	31:20+	37:19+	43:41+	54:05+	61:37+	65:52+	67:48+	71:39+	72:51+
09:04+	04:51+	02:17+	02:39+	06:16+	03:21+	02:52+	05:59+	06:22+	10:24+	07:32+	04:15+	01:56+	03:51+	01:12+
06:38@	01:14&	00:46&	00:31#	01:22&	01:05&	01:03&	01:53&	04:16@	07:57@	06:19@	01:15&	00:41&	00:47&	00:19&
<b>36</b>	<b>John Lage Bergan</b>	<b>116</b>										<b>1:13:58</b>		
03:23+	07:34+	10:07+	17:33+	22:59+	27:43+	30:13+	35:36+	50:03+	56:57+	58:11+	63:13+	68:34+	72:46+	73:58+
03:23+	04:11+	02:33+	07:26+	05:26+	04:44+	02:30+	05:23+	14:27+	06:54+	01:14+	05:02+	05:21+	04:12+	01:12+
00:57&	00:34#	01:02&	05:18@	00:32#	02:28@	00:41&	01:17&	12:21@	04:27@	00:01+	02:02&	04:06@	01:08&	00:19&
<b>37</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>1:35:05</b>		
13:46+	19:59+	22:14+	25:18+	41:09+	46:56+	51:57+	60:54+	77:39+	82:10+	83:46+	86:52+	88:56+	90:02+	94:00+
13:46+	06:13+	02:15+	03:04+	15:51+	05:47+	05:01+	08:57+	16:45+	04:31+	01:36+	03:06+	02:04+	01:06-	03:58+
11:20@	02:36&	00:44&	00:56&	10:57@	03:31@	03:12@	04:51@	14:39@	02:04&	00:23&	00:06+	00:49&	01:58-	03:05@
<b>Beste strekketid for klassen</b>														
02:19	03:00	01:19	01:45	03:32	01:52	01:36	04:06	02:06	02:15	00:52	01:40	01:05	01:06	00:43

= 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>35:20</b>												
02:01=	03:28=	07:31=	11:26=	12:14=	14:27=	18:12=	19:47=	21:02=	22:09=	24:44=	26:10=	29:50=	32:11=	34:13=	35:20=
02:01=	01:27=	04:03=	03:55=	00:48=	02:13=	03:45=	01:35=	01:15=	01:07=	02:35=	01:26=	03:40=	02:21=	02:02=	01:07=
00:00=	00:00=	00:00=	00:00=	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>Åge Bryne</b>	<b>241</b>	<b>37:49</b>												
02:07+	03:05-	08:00+	11:53+	13:11+	15:39+	19:56+	22:00+	23:31+	24:52+	27:22+	28:59+	32:25+	35:00+	36:52+	37:49+
02:07+	00:58-	04:55+	03:53-	01:18+	02:28+	04:17+	02:04+	01:31+	01:21+	02:30-	01:37+	03:26-	02:35+	01:52-	00:57-
00:06+	00:29-	00:52#	00:02-	00:30&	00:15#	00:32#	00:29&	00:16#	00:14#	00:05-	00:11#	00:14-	00:14+	00:10-	00:10-
<b>3</b>	<b>Espen Krogh</b>	<b>7</b>	<b>39:33</b>												
01:15-	01:58-	05:44-	09:00-	09:59-	11:47-	15:13-	21:42+	24:34+	25:39+	29:04+	30:36+	34:20+	36:33+	38:32+	39:33+
01:15-	00:43-	03:46-	03:16-	00:59+	01:48-	03:26-	06:29+	02:52+	01:05-	03:25+	01:32+	03:44+	02:13-	01:59-	01:01-
00:46-	00:44-	00:17-	00:39-	00:11#	00:25-	00:19-	04:54@	01:37@	00:02-	00:50&	00:06+	00:04+	00:08-	00:03-	00:06-
<b>4</b>	<b>Olav Tunheim</b>	<b>93</b>	<b>40:00</b>												
02:03+	03:17-	07:40+	12:10+	13:13+	16:10+	20:46+	23:05+	24:52+	26:15+	29:23+	31:06+	34:35+	36:42+	38:59+	40:00+
02:03+	01:14-	04:23+	04:30+	01:03+	02:57+	04:36+	02:19+	01:47+	01:23+	03:08+	01:43+	03:29-	02:07-	02:17+	01:01-
00:02+	00:13-	00:20+	00:35#	00:15&	00:44&	00:51#	00:44&	00:32&	00:16#	00:33#	00:17#	00:11-	00:14-	00:15#	00:06-
<b>5</b>	<b>Sveinung Tveit</b>	<b>236</b>	<b>40:49</b>												
02:11+	03:21-	08:04+	12:19+	14:53+	17:08+	21:44+	24:00+	25:51+	27:26+	30:12+	31:58+	35:15+	37:17+	39:36+	40:49+
02:11+	01:10-	04:43+	04:15+	02:34+	02:15+	04:36+	02:16+	01:51+	01:35+	02:46+	01:46+	03:17-	02:02-	02:19+	01:13+
00:10+	00:17-	00:40#	00:20+	01:46@	00:02+	00:51#	00:41&	00:36&	00:28&	00:11+	00:20#	00:23-	00:19-	00:17#	00:06+
<b>6</b>	<b>Bjørn H. Engseth</b>	<b>27</b>	<b>43:55</b>												
02:07+	03:14-	07:58+	12:42+	14:00+	16:43+	21:36+	24:08+	25:57+	27:46+	31:40+	33:51+	36:54+	39:34+	42:28+	43:55+
02:07+	01:07-	04:44+	04:44+	01:18+	02:43+	04:53+	02:32+	01:49+	01:49+	03:54+	02:11+	03:03-	02:40+	02:54+	01:27+
00:06+	00:20-	00:41#	00:49#	00:30&	00:30#	01:08&	00:57&	00:34&	00:42&	01:19&	00:45&	00:37-	00:19#	00:52&	00:20&
<b>7</b>	<b>Torbjørn Evensen</b>	<b>108</b>	<b>44:29</b>												
01:58-	03:00-	07:44+	11:54+	12:56+	15:08+	19:19+	21:16+	22:58+	24:24+	27:19+	34:04+	37:11+	40:30+	43:05+	44:29+
01:58-	01:02-	04:44+	04:10+	01:02+	02:12-	04:11+	01:57+	01:42+	01:26+	02:55+	06:45+	03:07-	03:19+	02:35+	01:24+
00:03-	00:25-	00:41#	00:15+	00:14&	00:01-	00:26#	00:22#	00:27&	00:19&	00:20#	05:19@	00:33-	00:58&	00:33&	00:17&
<b>8</b>	<b>Magne Tunheim</b>	<b>144</b>	<b>47:54</b>												
02:45+	03:47+	08:08+	12:32+	13:37+	16:00+	25:10+	27:30+	29:43+	31:21+	35:58+	38:19+	42:19+	44:36+	46:55+	47:54+
02:45+	01:02-	04:21+	04:24+	01:05+	02:23+	09:10+	02:20+	02:13+	01:38+	04:37+	02:21+	04:00+	02:17-	02:19+	00:59-
00:44&	00:25-	00:18+	00:29#	00:17&	00:10+	05:25@	00:45&	00:58&	00:31&	02:02&	00:55&	00:20+	00:04-	00:17#	00:08-
<b>9</b>	<b>Dag Helliksen</b>	<b>80</b>	<b>48:13</b>												
02:21+	03:25-	07:10-	14:48+	15:27+	17:43+	23:20+	26:33+	28:08+	29:20+	37:10+	38:55+	42:21+	44:57+	47:14+	48:13+
02:21+	01:04-	03:45-	07:38+	00:39-	02:16+	05:37+	03:13+	01:35+	01:12+	07:50+	01:45+	03:26-	02:36+	02:17+	00:59-
00:20#	00:23-	00:18-	03:43&	00:09-	00:03+	01:52&	01:38@	00:20&	00:05+	05:15@	00:19#	00:14-	00:15#	00:15#	00:08-
<b>10</b>	<b>Terje Stokkeland</b>	<b>69</b>	<b>57:15</b>												
04:21+	05:54+	15:46+	20:19+	21:29+	24:08+	29:00+	31:08+	32:37+	33:48+	36:37+	46:51+	50:48+	53:45+	56:05+	57:15+
04:21+	01:33+	09:52+	04:33+	01:10+	02:39+	04:52+	02:08+	01:29+	01:11+	02:49+	10:14+	03:57+	02:57+	02:20+	01:10+
02:20@	00:06+	05:49@	00:38#	00:22&	00:26#	01:07&	00:33&	00:14#	00:04+	00:14+	08:48@	00:17+	00:36&	00:18#	00:03+
<b>11</b>	<b>Jan Øyvind Lilledal</b>	<b>281</b>	<b>57:22</b>												
03:16+	04:21+	11:38+	17:16+	18:37+	21:14+	30:31+	32:31+	34:16+	36:09+	39:31+	41:14+	45:23+	53:51+	56:06+	57:22+
03:16+	01:05-	07:17+	05:38+	01:21+	02:37+	09:17+	02:00+	01:45+	01:53+	03:22+	01:43+	04:09+	08:28+	02:15+	01:16+
01:15&	00:22-	03:14&	01:43&	00:33&	00:24#	05:32@	00:25&	00:30&	00:46&	00:47&	00:17#	00:29#	06:07@	00:13#	00:09#
<b>12</b>	<b>Ommund Bakkevold</b>	<b>68</b>	<b>59:55</b>												
02:24+	04:15+	09:51+	15:39+	16:56+	21:00+	28:10+	33:21+	35:18+	36:57+	41:28+	45:19+	51:03+	55:17+	58:28+	59:55+
02:24+	01:51+	05:36+	05:48+	01:17+	04:04+	07:10+	05:11+	01:57+	01:39+	04:31+	03:51+	05:44+	04:14+	03:11+	01:27+
00:23#	00:24&	01:33&	01:53&	00:29&	01:51&	03:25&	03:36@	00:42&	00:32&	01:56&	02:25@	02:04&	01:53&	01:09&	00:20&
<b>13</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>	<b>1:01:23</b>												
02:47+	05:25+	10:01+	15:19+	16:38+	19:22+	24:16+	27:17+	29:58+	32:08+	43:38+	45:22+	54:20+	57:31+	60:06+	61:23+
02:47+	02:38+	04:36+	05:18+	01:19+	02:44+	04:54+	03:01+	02:41+	02:10+	11:30+	01:44+	08:58+	03:11+	02:35+	01:17+
00:46&	01:11&	00:33#	01:23&	00:31&	00:31#	01:09&	01:26&	01:26@	01:03&	08:55@	00:18#	05:18@	00:50&	00:33&	00:10#
<b>14</b>	<b>Lars Salvesen</b>	<b>50</b>	<b>1:05:58</b>												
02:23+	03:41+	11:14+	23:44+	24:50+	28:19+	33:54+	37:22+	38:51+	40:02+	42:52+	51:41+	58:52+	61:56+	64:49+	65:58+
02:23+	01:18-	07:33+	12:30+	01:06+	03:29+	05:35+	03:28+	01:29+	01:11+	02:50+	08:49+	07:11+	03:04+	02:53+	01:09+
00:22#	00:09-	03:30&	08:35@	00:18&	01:16&	01:50&	01:53@	00:14#	00:04+	00:15+	07:23@	03:31&	00:43&	00:51&	00:02+

Class	Navn	Klasse												Tid	
<b>15</b>	<b>Rolf Kleppe</b>	<b>63</b>												<b>1:07:14</b>	
05:36+	08:58+	15:05+	24:18+	26:01+	31:16+	40:32+	43:25+	45:51+	47:34+	51:35+	53:52+	59:11+	62:59+	66:05+	67:14+
05:36+	03:22+	06:07+	09:13+	01:43+	05:15+	09:16+	02:53+	02:26+	01:43+	04:01+	02:17+	05:19+	03:48+	03:06+	01:09+
03:35@	01:55@	02:04&	05:18@	00:55@	03:02@	05:31@	01:18&	01:11&	00:36&	01:26&	00:51&	01:39&	01:27&	01:04&	00:02+

**Beste strekktid for klassen**  
01:15 00:43 03:45 03:16 00:39 01:48 03:26 01:35 01:15 01:05 02:30 01:26 03:03 02:02 01:52 00:57

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

## Herrer 65 - 69 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>												<b>31:55</b>	
02:04=	02:51=	06:05=	09:46=	10:33=	12:21=	16:17=	17:45=	18:51=	19:50=	22:13=	23:44=	25:59=	28:41=	30:53=	31:55=
02:04=	00:47=	03:14=	03:41=	00:47=	01:48=	03:56=	01:28=	01:06=	00:59=	02:23=	01:31=	02:15=	02:42=	02:12=	01:02=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Jan Hetland</b>	<b>29</b>												<b>33:52</b>	
01:48-	02:51=	07:14+	11:54+	12:40+	14:50+	18:19+	19:50+	20:56+	21:58+	24:13+	25:57+	28:42+	31:08+	33:04+	33:52+
01:48-	01:03+	04:23+	04:40+	00:46-	02:10+	03:29-	01:31+	01:06=	01:02+	02:15-	01:44+	02:45+	02:26-	01:56-	00:48-
00:16-	00:16&	01:09&	00:59&	00:01-	00:22#	00:27-	00:03+	00:00=	00:03+	00:08-	00:13#	00:30#	00:16-	00:16-	00:14-
<b>3</b>	<b>Bjørn Alsaker</b>	<b>115</b>												<b>34:11</b>	
05:11+	06:06+	09:38+	12:34+	13:19+	15:22+	18:45+	20:19+	21:36+	22:42+	26:02+	27:32+	29:50+	31:26+	33:14+	34:11+
05:11+	00:55+	03:32+	02:56-	00:45-	02:03+	03:23-	01:34+	01:17+	01:06+	03:20+	01:30-	02:18+	01:36-	01:48-	00:57-
03:07@	00:08#	00:18+	00:45-	00:02-	00:15#	00:33-	00:06+	00:11#	00:07#	00:57&	00:01-	00:03+	01:06-	00:24-	00:05-
<b>4</b>	<b>Arne M. Handeland</b>	<b>92</b>												<b>39:58</b>	
02:26+	03:43+	08:04+	12:45+	13:50+	16:03+	20:30+	22:53+	24:30+	25:57+	30:13+	32:02+	34:44+	36:41+	38:58+	39:58+
02:26+	01:17+	04:21+	04:41+	01:05+	02:13+	04:27+	02:23+	01:37+	01:27+	04:16+	01:49+	02:42+	01:57-	02:17+	01:00-
00:22#	00:30&	01:07&	01:00&	00:18&	00:25#	00:31#	00:55&	00:31&	00:28&	01:53&	00:18#	00:27#	00:45-	00:05+	00:02-
<b>5</b>	<b>Bjørn Bjelland</b>	<b>83</b>												<b>40:00</b>	
01:58-	03:34+	08:13+	12:31+	13:52+	15:58+	20:48+	22:45+	24:19+	25:29+	28:11+	29:35+	32:41+	34:36+	38:49+	40:00+
01:58-	01:36+	04:39+	04:18+	01:21+	02:06+	04:50+	01:57+	01:34+	01:10+	02:42+	01:24-	03:06+	01:55-	04:13+	01:11+
00:06-	00:49@	01:25&	00:37#	00:34&	00:18#	00:54#	00:29&	00:28&	00:11#	00:19#	00:07-	00:51&	00:47-	02:01&	00:09#
<b>6</b>	<b>Ragnvald Frøyland</b>	<b>128</b>												<b>40:56</b>	
02:44+	03:46+	08:26+	12:20+	13:34+	15:57+	19:57+	22:08+	23:38+	24:59+	28:11+	30:32+	33:35+	37:18+	39:41+	40:56+
02:44+	01:02+	04:40+	03:54+	01:14+	02:23+	04:00+	02:11+	01:30+	01:21+	03:12+	02:21+	03:03+	03:43+	02:23+	01:15+
00:40&	00:15&	01:26&	00:13+	00:27&	00:35&	00:04+	00:43&	00:24&	00:22&	00:49&	00:50&	00:48&	01:01&	00:11+	00:13#
<b>7</b>	<b>Terje Helland</b>	<b>88</b>												<b>41:02</b>	
03:26+	04:37+	10:39+	16:12+	17:27+	19:38+	23:34+	25:21+	26:47+	27:59+	30:35+	32:07+	35:11+	38:00+	40:01+	41:02+
03:26+	01:11+	06:02+	05:33+	01:15+	02:11+	03:56=	01:47+	01:26+	01:12+	02:36+	01:32+	03:04+	02:49+	02:01-	01:01-
01:22&	00:24&	02:48&	01:52&	00:28&	00:23#	00:00=	00:19#	00:20&	00:13#	00:13+	00:01+	00:49&	00:07+	00:11-	00:01-
<b>8</b>	<b>Svein Ove Horpestad</b>	<b>62</b>												<b>44:13</b>	
02:16+	03:57+	08:22+	12:14+	13:16+	16:04+	20:58+	23:21+	27:07+	28:26+	32:14+	34:10+	37:25+	40:24+	42:51+	44:13+
02:16+	01:41+	04:25+	03:52+	01:02+	02:48+	04:54+	02:23+	03:46+	01:19+	03:48+	01:56+	03:15+	02:59+	02:27+	01:22+
00:12+	00:54@	01:11&	00:11+	00:15&	01:00&	00:58#	00:55&	02:40@	00:20&	01:25&	00:25&	01:00&	00:17#	00:15#	00:20&
<b>9</b>	<b>Svein Berge</b>	<b>126</b>												<b>44:45</b>	
02:51+	03:51+	08:03+	11:51+	12:48+	15:32+	20:35+	25:52+	27:21+	28:37+	32:43+	34:26+	39:51+	41:37+	43:49+	44:45+
02:51+	01:00+	04:12+	03:48+	00:57+	02:44+	05:03+	05:17+	01:29+	01:16+	04:06+	01:43+	05:25+	01:46-	02:12=	00:56-
00:47&	00:13&	00:58&	00:07+	00:10#	00:56&	01:07&	03:49@	00:23&	00:17&	01:43&	00:12#	03:10@	00:56-	00:00=	00:06-
<b>10</b>	<b>Eivind L. Rake</b>	<b>92</b>												<b>46:06</b>	
02:04=	03:07+	07:14+	11:08+	12:03+	14:35+	19:21+	22:03+	23:37+	25:01+	28:24+	33:10+	38:50+	42:04+	44:39+	46:06+
02:04=	01:03+	04:07+	03:54+	00:55+	02:32+	04:46+	02:42+	01:34+	01:24+	03:23+	04:46+	05:40+	03:14+	02:35+	01:27+
00:00=	00:16&	00:53&	00:13+	00:08#	00:44&	00:50#	01:14&	00:28&	00:25&	01:00&	03:15@	03:25@	00:32#	00:23#	00:25&
<b>11</b>	<b>Tom Hetland</b>	<b>5</b>												<b>46:52</b>	
04:04+	06:13+	09:59+	13:41+	15:05+	18:07+	22:47+	25:13+	28:48+	30:04+	34:36+	37:28+	40:38+	43:41+	45:54+	46:52+
04:04+	02:09+	03:46+	03:42+	01:24+	03:02+	04:40+	02:26+	03:35+	01:16+	04:32+	02:52+	03:10+	03:03+	02:13+	00:58-
02:00&	01:22@	00:32#	00:01+	00:37&	01:14&	00:44#	00:58&	02:29@	00:17&	02:09&	01:21&	00:55&	00:21#	00:01+	00:04-
<b>12</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>												<b>47:04</b>	
03:24+	04:33+	08:45+	12:41+	13:55+	17:08+	25:08+	27:30+	31:06+	32:32+	36:08+	37:52+	40:57+	43:04+	45:57+	47:04+
03:24+	01:09+	04:12+	03:56+	01:14+	03:13+	08:00+	02:22+	03:36+	01:26+	03:36+	01:44+	03:05+	02:07-	02:53+	01:07+
01:20&	00:22&	00:58&	00:15+	00:27&	01:25&	04:04@	00:54&	02:30@	00:27&	01:13&	00:13#	00:50&	00:35-	00:41&	00:05+

Class	Navn	Klasse												Tid		
<b>13</b>	<b>Tore R. Tvedt</b>	<b>90</b>												<b>49:41</b>		
02:49+	03:56+	10:59+	16:22+	17:26+	20:23+	29:32+	31:38+	33:14+	35:15+	38:14+	39:47+	42:52+	45:32+	48:15+	49:41+	
02:49+	01:07+	07:03+	05:23+	01:04+	02:57+	09:09+	02:06+	01:36+	02:01+	02:59+	01:33+	03:05+	02:40-	02:43+	01:26+	
00:45&	00:20&	03:49@	01:42&	00:17&	01:09&	05:13@	00:38&	00:30&	01:02@	00:36&	00:02+	00:50&	00:02-	00:31#	00:24&	
<b>14</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>												<b>55:51</b>		
02:08+	05:54+	10:51+	15:36+	16:49+	19:25+	25:10+	27:19+	29:23+	30:53+	36:06+	38:18+	48:15+	51:55+	54:35+	55:51+	
02:08+	03:46+	04:57+	04:45+	01:13+	02:36+	05:45+	02:09+	02:04+	01:30+	05:13+	02:12+	09:57+	03:40+	02:40+	01:16+	
00:04+	02:59@	01:43&	01:04&	00:26&	00:48&	01:49&	00:41&	00:58&	00:31&	02:50@	00:41&	07:42@	00:58&	00:28#	00:14#	
<b>15</b>	<b>Otto Alsnes</b>	<b>50</b>												<b>56:20</b>		
02:10+	03:19+	09:28+	18:18+	19:24+	21:56+	26:26+	29:38+	30:59+	32:10+	35:45+	38:44+	48:17+	50:47+	55:02+	56:20+	
02:10+	01:09+	06:09+	08:50+	01:06+	02:32+	04:30+	03:12+	01:21+	01:11+	03:35+	02:59+	09:33+	02:30-	04:15+	01:18+	
00:06+	00:22&	02:55&	05:09@	00:19&	00:44&	00:34#	01:44@	00:15#	00:12#	01:12&	01:28&	07:18@	00:12-	02:03&	00:16&	
<b>16</b>	<b>Bjørn Tore Aase</b>	<b>29</b>												<b>57:10</b>		
06:54+	08:01+	13:16+	19:49+	21:31+	24:36+	29:31+	32:10+	34:10+	35:49+	40:49+	43:17+	47:03+	53:08+	55:50+	57:10+	
06:54+	01:07+	05:15+	06:33+	01:42+	03:05+	04:55+	02:39+	02:00+	01:39+	05:00+	02:28+	03:46+	06:05+	02:42+	01:20+	
04:50@	00:20&	02:01&	02:52&	00:55@	01:17&	00:59#	01:11&	00:54&	00:40&	02:37@	00:57&	01:31&	03:23@	00:30#	00:18&	
<b>17</b>	<b>Vidar Gjesdal</b>	<b>109</b>												<b>58:36</b>		
07:59+	09:18+	15:05+	20:39+	21:52+	25:08+	31:28+	34:08+	36:23+	38:36+	42:21+	44:49+	48:28+	53:04+	56:51+	58:36+	
07:59+	01:19+	05:47+	05:34+	01:13+	03:16+	06:20+	02:40+	02:15+	02:13+	03:45+	02:28+	03:39+	04:36+	03:47+	01:45+	
05:55@	00:32&	02:33&	01:53&	00:26&	01:28&	02:24&	01:12&	01:09@	01:14@	01:22&	00:57&	01:24&	01:54&	01:35&	00:43&	
<b>18</b>	<b>Ragnar Rossavik</b>	<b>109</b>												<b>1:07:43</b>		
02:00-	03:28+	20:08+	23:57+	25:18+	27:43+	44:20+	46:29+	49:00+	50:57+	55:23+	57:05+	62:30+	64:20+	66:30+	67:43+	
02:00-	01:28+	16:40+	03:49+	01:21+	02:25+	16:37+	02:09+	02:31+	01:57+	04:26+	01:42+	05:25+	01:50-	02:10-	01:13+	
00:04-	00:41&	13:26@	00:08+	00:34&	00:37&	12:41@	00:41&	01:25@	00:58&	02:03&	00:11#	03:10@	00:52-	00:02-	00:11#	
<b>19</b>	<b>Olav Habbestad</b>	<b>116</b>												<b>1:07:56</b>		
06:38+	07:56+	15:12+	27:49+	29:40+	32:20+	42:20+	44:46+	46:41+	48:40+	52:02+	53:50+	58:36+	61:33+	66:57+	67:56+	
06:38+	01:18+	07:16+	12:37+	01:51+	02:40+	10:00+	02:26+	01:55+	01:59+	03:22+	01:48+	04:46+	02:57+	05:24+	00:59-	
04:34@	00:31&	04:02@	08:56@	01:04@	00:52&	06:04@	00:58&	00:49&	01:00@	00:59&	00:17#	02:31@	00:15+	03:12@	00:03-	
<b>20</b>	<b>Terje Langeland</b>	<b>98</b>												<b>1:10:33</b>		
14:49+	16:07+	24:06+	28:47+	29:58+	33:05+	38:49+	41:34+	43:13+	46:25+	50:24+	52:41+	61:04+	63:40+	69:11+	70:33+	
14:49+	01:18+	07:59+	04:41+	01:11+	03:07+	05:44+	02:45+	01:39+	03:12+	03:59+	02:17+	08:23+	02:36-	05:31+	01:22+	
12:45@	00:31&	04:45@	01:00&	00:24&	01:19&	01:48&	01:17&	00:33&	02:13@	01:36&	00:46&	06:08@	00:06-	03:19@	00:20&	
<b>Beste strekktid for klassen</b>	01:48	00:47	03:14	02:56	00:45	01:48	03:23	01:28	01:06	00:59	02:15	01:24	02:15	01:36	01:48	00:48

= 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>33:45</b>	
02:07=	03:16=	06:42=	10:33=	11:42=	13:54=	17:57=	19:42=	20:53=	22:03=	24:20=	25:54=	28:34=	30:56=	32:46=	33:45=
02:07=	01:09=	03:26=	03:51=	01:09=	02:12=	04:03=	01:45=	01:11=	01:10=	02:17=	01:34=	02:40=	02:22=	01:50=	00:59=
00:00=	00:00=	00:00=	00:00=	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>36:25</b>	
01:31-	02:21-	06:48+	09:52-	10:41-	12:46-	16:12-	18:04-	19:41-	20:42-	23:40-	25:18-	27:45-	29:28-	35:21+	36:25+
01:31-	00:50-	04:27+	03:04-	00:49-	02:05-	03:26-	01:52+	01:37+	01:01-	02:58+	01:38+	02:27-	01:43-	05:53+	01:04+
00:36-	00:19-	01:01&	00:47-	00:20-	00:07-	00:37-	00:07+	00:26&	00:09-	00:41&	00:04+	00:13-	00:39-	04:03@	00:05+
<b>3</b>	<b>Olav Dag Borgersen</b>	<b>154</b>												<b>37:33</b>	
02:49+	04:12+	08:43+	12:24+	13:30+	15:44+	19:40+	21:18+	22:42+	23:53+	26:34+	28:16+	31:24+	34:06+	36:15+	37:33+
02:49+	01:23+	04:31+	03:41-	01:06-	02:14+	03:56-	01:38-	01:24+	01:11+	02:41+	01:42+	03:08+	02:42+	02:09+	01:18+
00:42&	00:14#	01:05&	00:10-	00:03-	00:02+	00:07-	00:07-	00:13#	00:01+	00:24#	00:08+	00:28#	00:20#	00:19#	00:19&
<b>4</b>	<b>Paul A. Paulsen</b>	<b>117</b>												<b>38:40</b>	
02:05-	03:12-	07:34+	11:08+	12:23+	14:42+	18:32+	20:15+	21:39+	22:51+	25:28+	27:13+	30:18+	35:13+	37:26+	38:40+
02:05-	01:07-	04:22+	03:34-	01:15+	02:19+	03:50-	01:43-	01:24+	01:12+	02:37+	01:45+	03:05+	04:55+	02:13+	01:14+
00:02-	00:02-	00:56&	00:17-	00:06+	00:07+	00:13-	00:02-	00:13#	00:02+	00:20#	00:11#	00:25#	02:33@	00:23#	00:15&
<b>5</b>	<b>Hilmar Røthing</b>	<b>128</b>												<b>39:35</b>	
01:56-	03:01-	07:06+	10:30-	11:27-	13:40-	17:51-	20:22+	21:36+	22:44+	26:24+	30:39+	34:07+	36:34+	38:30+	39:35+
01:56-	01:05-	04:05+	03:24-	00:57-	02:13+	04:11+	02:31+	01:14+	01:08-	03:40+	04:15+	03:28+	02:27+	01:56+	01:05+
00:11-	00:04-	00:39#	00:27-	00:12-	00:01+	00:08+	00:46&	00:03+	00:02-	01:23&	02:41@	00:48&	00:05+	00:06+	00:06#

Class	Navn	Klasse										Tid			
<b>6</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>40:49</b>			
04:51+	05:55+	10:14+	14:17+	15:36+	17:59+	22:08+	24:13+	25:49+	27:08+	29:58+	31:49+	35:11+	37:11+	39:34+	40:49+
04:51+	01:04-	04:19+	04:03+	01:19+	02:23+	04:09+	02:05+	01:36+	01:19+	02:50+	01:51+	03:22+	02:00-	02:23+	01:15+
02:44@	00:05-	00:53&	00:12+	00:10#	00:11+	00:06+	00:20#	00:25&	00:09#	00:33#	00:17#	00:42&	00:22-	00:33&	00:16&
<b>7</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>40:51</b>			
02:05-	03:35+	09:47+	14:57+	16:22+	18:31+	22:08+	24:08+	25:39+	26:56+	29:34+	31:22+	34:29+	37:25+	39:41+	40:51+
02:05-	01:30+	06:12+	05:10+	01:25+	02:09-	03:37-	02:00+	01:31+	01:17+	02:38+	01:48+	03:07+	02:56+	02:16+	01:10+
00:02-	00:21&	02:46&	01:19&	00:16#	00:03-	00:26-	00:15#	00:20&	00:07+	00:21#	00:14#	00:27#	00:34#	00:26#	00:11#
<b>8</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>43:47</b>			
02:46+	03:59+	09:00+	12:56+	14:17+	17:01+	26:44+	28:37+	30:09+	31:24+	33:49+	35:15+	38:12+	40:24+	42:35+	43:47+
02:46+	01:13+	05:01+	03:56+	01:21+	02:44+	09:43+	01:53+	01:32+	01:15+	02:25+	01:26-	02:57+	02:12-	02:11+	01:12+
00:39&	00:04+	01:35&	00:05+	00:12#	00:32#	05:40@	00:08+	00:21&	00:05+	00:08+	00:08-	00:17#	00:10-	00:21#	00:13#
<b>9</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>43:51</b>			
02:04-	04:23+	10:14+	14:46+	15:56+	19:09+	24:14+	26:09+	27:44+	29:05+	31:51+	33:51+	37:18+	39:42+	42:29+	43:51+
02:04-	02:19+	05:51+	04:32+	01:10+	03:13+	05:05+	01:55+	01:35+	01:21+	02:46+	02:00+	03:27+	02:24+	02:47+	01:22+
00:03-	01:10@	02:25&	00:41#	00:01+	01:01&	01:02&	00:10+	00:24&	00:11#	00:29#	00:26&	00:47&	00:02+	00:57&	00:23&
<b>10</b>	<b>Arne Østensen</b>	<b>90</b>										<b>46:19</b>			
02:29+	03:49+	08:13+	12:38+	13:37+	16:20+	22:09+	28:35+	29:55+	31:14+	34:33+	36:04+	40:45+	43:05+	45:05+	46:19+
02:29+	01:20+	04:24+	04:25+	00:59-	02:43+	05:49+	06:26+	01:20+	01:19+	03:19+	01:31-	04:41+	02:20-	02:00+	01:14+
00:22#	00:11#	00:58&	00:34#	00:10-	00:31#	01:46&	04:41@	00:09#	00:09#	01:02&	00:03-	02:01&	00:02-	00:10+	00:15&
<b>11</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>47:19</b>			
03:39+	04:44+	08:57+	15:17+	16:57+	19:55+	24:42+	26:40+	28:35+	30:19+	34:54+	37:41+	40:51+	43:16+	46:03+	47:19+
03:39+	01:05-	04:13+	06:20+	01:40+	02:58+	04:47+	01:58+	01:55+	01:44+	04:35+	02:47+	03:10+	02:25+	02:47+	01:16+
01:32&	00:04-	00:47#	02:29&	00:31&	00:46&	00:44#	00:13#	00:44&	00:34&	02:18@	01:13&	00:30#	00:03+	00:57&	00:17&
<b>12</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>51:13</b>			
02:54+	04:48+	14:28+	20:17+	21:30+	24:14+	29:11+	31:46+	33:45+	35:30+	38:57+	40:57+	44:17+	46:35+	49:50+	51:13+
02:54+	01:54+	09:40+	05:49+	01:13+	02:44+	04:57+	02:35+	01:59+	01:45+	03:27+	02:00+	03:20+	02:18-	03:15+	01:23+
00:47&	00:45&	06:14@	01:58&	00:04+	00:32#	00:54#	00:50&	00:48&	00:35&	01:10&	00:26&	00:40#	00:04-	01:25&	00:24&
<b>13</b>	<b>Knut Jonas Espedal</b>	<b>53</b>										<b>52:01</b>			
02:49+	04:04+	10:03+	15:09+	16:48+	20:04+	25:27+	28:17+	29:57+	31:51+	35:47+	37:37+	41:31+	47:27+	50:34+	52:01+
02:49+	01:15+	05:59+	05:06+	01:39+	03:16+	05:23+	02:50+	01:40+	01:54+	03:56+	01:50+	03:54+	05:56+	03:07+	01:27+
00:42&	00:06+	02:33&	01:15&	00:30&	01:04&	01:20&	01:05&	00:29&	00:44&	01:39&	00:16#	01:14&	03:34@	01:17&	00:28&
<b>14</b>	<b>Geir Husdal</b>	<b>93</b>										<b>54:37</b>			
05:04+	06:52+	11:24+	16:13+	18:16+	21:04+	26:58+	30:52+	33:04+	35:46+	40:29+	43:08+	47:30+	50:04+	53:14+	54:37+
05:04+	01:48+	04:32+	04:49+	02:03+	02:48+	05:54+	03:54+	02:12+	02:42+	04:43+	02:39+	04:22+	02:34+	03:10+	01:23+
02:57@	00:39&	01:06&	00:58&	00:54&	00:36&	01:51&	02:09@	01:01&	01:32@	02:26@	01:05&	01:42&	00:12+	01:20&	00:24&
<b>15</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>58:53</b>			
04:06+	08:32+	12:21+	17:46+	18:48+	21:59+	26:51+	29:19+	31:29+	33:14+	46:54+	48:57+	53:03+	55:15+	57:49+	58:53+
04:06+	04:26+	03:49+	05:25+	01:02-	03:11+	04:52+	02:28+	02:10+	01:45+	13:40+	02:03+	04:06+	02:12-	02:34+	01:04+
01:59&	03:17@	00:23#	01:34&	00:07-	00:59&	00:49#	00:43&	00:59&	00:35&	11:23@	00:29&	01:26&	00:10-	00:44&	00:05+
<b>16</b>	<b>Hans Klausen</b>	<b>62</b>										<b>58:59</b>			
05:50+	07:19+	12:45+	17:27+	20:54+	23:40+	28:50+	30:36+	32:10+	33:43+	37:29+	39:36+	51:58+	55:11+	57:50+	58:59+
05:50+	01:29+	05:26+	04:42+	03:27+	02:46+	05:10+	01:46+	01:34+	01:33+	03:46+	02:07+	12:22+	03:13+	02:39+	01:09+
03:43@	00:20&	02:00&	00:51#	02:18@	00:34&	01:07&	00:01+	00:23&	00:23&	01:29&	00:33&	09:42@	00:51&	00:49&	00:10#
<b>17</b>	<b>Ole Auklend</b>	<b>106</b>										<b>59:12</b>			
02:28+	03:43+	12:01+	21:57+	23:16+	26:36+	34:06+	36:44+	39:05+	41:02+	45:33+	47:44+	51:11+	54:19+	57:18+	59:12+
02:28+	01:15+	08:18+	09:56+	01:19+	03:20+	07:30+	02:38+	02:21+	01:57+	04:31+	02:11+	03:27+	03:08+	02:59+	01:54+
00:21#	00:06+	04:52@	06:05@	00:10#	01:08&	03:27&	00:53&	01:10&	00:47&	02:14&	00:37&	00:47&	00:46&	01:09&	00:55&
<b>18</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>1:09:48</b>			
02:10+	16:15+	22:16+	29:56+	31:28+	35:47+	41:38+	44:33+	46:51+	48:41+	54:07+	56:33+	60:52+	64:26+	67:48+	69:48+
02:10+	14:05+	06:01+	07:40+	01:32+	04:19+	05:51+	02:55+	02:18+	01:50+	05:26+	02:26+	04:19+	03:34+	03:22+	02:00+
00:03+	12:56@	02:35&	03:49&	00:23&	02:07&	01:48&	01:10&	01:07&	00:40&	03:09@	00:52&	01:39&	01:12&	01:32&	01:01@
<b>19</b>	<b>Arvid Thorsen</b>	<b>5</b>										<b>1:14:12</b>			
02:02-	03:44+	09:26+	34:36+	35:49+	38:04+	42:35+	45:08+	46:48+	48:23+	58:24+	60:36+	63:58+	69:58+	72:52+	74:12+
02:02-	01:42+	05:42+	25:10+	01:13+	02:15+	04:31+	02:33+	01:40+	01:35+	10:01+	02:12+	03:22+	06:00+	02:54+	01:20+
00:05-	00:33&	02:16&	21:19@	00:04+	00:03+	00:28#	00:48&	00:29&	00:25&	07:44@	00:38&	00:42&	03:38@	01:04&	00:21&
<b>20</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>										<b>1:22:05</b>			
08:39+	10:38+	16:55+	24:10+	27:01+	30:54+	40:09+	44:31+	47:04+	49:30+	64:44+	67:18+	72:00+	75:46+	80:15+	82:05+
08:39+	01:59+	06:17+	07:15+	02:51+	03:53+	09:15+	04:22+	02:33+	02:26+	15:14+	02:34+	04:42+	03:46+	04:29+	01:50+
06:32@	00:50&	02:51&	03:24&	01:42@	01:41&	05:12@	02:37@	01:22@	01:16@	12:57@	01:00&	02:02&	01:24&	02:39@	00:51&

Pluss	Navn	Klasse														Tid
<b>21</b>	<b>John Abrahamsen</b>	<b>125</b>														<b>1:37:19</b>
03:54+	10:44+	23:16+	31:08+	33:02+	39:04+	48:45+	56:18+	64:44+	66:39+	76:46+	79:51+	86:42+	90:09+	94:45+	97:19+	
03:54+	06:50+	12:32+	07:52+	01:54+	06:02+	09:41+	07:33+	08:26+	01:55+	10:07+	03:05+	06:51+	03:27+	04:36+	02:34+	
01:47&	05:41@	09:06@	04:01@	00:45&	03:50@	05:38@	05:48@	07:15@	00:45&	07:50@	01:31&	04:11@	01:05&	02:46@	01:35@	

### Beste strekktid for klassen

01:31 00:50 03:26 03:04 00:49 02:05 03:26 01:38 01:11 01:01 02:17 01:26 02:27 01:43 01:50 00:59

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

## Herrer 75 - 79 år

<b>1</b>	<b>Jan Værp</b>	<b>62</b>														<b>40:40</b>
01:56=	08:24=	12:37=	14:46=	17:58=	20:43=	23:17=	27:39=	29:03=	33:09=	35:28=	37:45=	39:34=	40:40=			
01:56=	06:28=	04:13=	02:09=	03:12=	02:45=	02:34=	04:22=	01:24=	04:06=	02:19=	02:17=	01:49=	01:06=			
00:00=	00:00=	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>49:44</b>
02:07+	09:32+	15:32+	18:10+	21:20+	24:54+	28:32+	32:59+	34:32+	42:27+	44:52+	46:13+	48:36+	49:44+			
02:07+	07:25+	06:00+	02:38+	03:10-	03:34+	03:38+	04:27+	01:33+	07:55+	02:25+	01:21-	02:23+	01:08+			
00:11+	00:57#	01:47&	00:29#	00:02-	00:49&	01:04&	00:05+	00:09#	03:49&	00:06+	00:56-	00:34&	00:02+			
<b>3</b>	<b>Harald Vatne</b>	<b>67</b>														<b>50:07</b>
02:36+	09:19+	16:10+	18:34+	21:55+	26:02+	33:00+	36:52+	38:48+	42:36+	45:11+	46:44+	48:50+	50:07+			
02:36+	06:43+	06:51+	02:24+	03:21+	04:07+	06:58+	03:52-	01:56+	03:48-	02:35+	01:33-	02:06+	01:17+			
00:40&	00:15+	02:38&	00:15#	00:09+	01:22&	04:24@	00:30-	00:32&	00:18-	00:16#	00:44-	00:17#	00:11#			
<b>4</b>	<b>Terje Braut</b>	<b>92</b>														<b>52:07</b>
02:17+	09:30+	16:07+	18:35+	22:08+	25:17+	30:52+	35:00+	36:28+	40:48+	47:43+	49:02+	50:39+	52:07+			
02:17+	07:13+	06:37+	02:28+	03:33+	03:09+	05:35+	04:08-	01:28+	04:20+	06:55+	01:19-	01:37-	01:28+			
00:21#	00:45#	02:24&	00:19#	00:21#	00:24#	03:01@	00:14-	00:04+	00:14+	04:36@	00:58-	00:12-	00:22&			
<b>5</b>	<b>Gunnar Furland</b>	<b>93</b>														<b>55:51</b>
03:07+	10:45+	17:24+	20:27+	24:34+	30:02+	33:35+	38:46+	41:11+	46:52+	50:22+	52:04+	54:27+	55:51+			
03:07+	07:38+	06:39+	03:03+	04:07+	05:28+	03:33+	05:11+	02:25+	05:41+	03:30+	01:42-	02:23+	01:24+			
01:11&	01:10#	02:26&	00:54&	00:55&	02:43&	00:59&	00:49#	01:01&	01:35&	01:11&	00:35-	00:34&	00:18&			
<b>6</b>	<b>Jan Bekkeheien</b>	<b>92</b>														<b>59:59</b>
05:37+	12:46+	20:48+	24:01+	28:22+	34:56+	38:35+	42:38+	45:17+	50:57+	54:34+	56:07+	58:41+	59:59+			
05:37+	07:09+	08:02+	03:13+	04:21+	06:34+	03:39+	04:03-	02:39+	05:40+	03:37+	01:33-	02:34+	01:18+			
03:41@	00:41#	03:49&	01:04&	01:09&	03:49@	01:05&	00:19-	01:15&	01:34&	01:18&	00:44-	00:45&	00:12#			
<b>7</b>	<b>Arne Brandsberg</b>	<b>29</b>														<b>1:02:14</b>
04:41+	16:01+	24:06+	27:11+	31:33+	34:44+	38:58+	44:34+	46:48+	51:39+	55:24+	57:28+	60:07+	62:14+			
04:41+	11:20+	08:05+	03:05+	04:22+	03:11+	04:14+	05:36+	02:14+	04:51+	03:45+	02:04-	02:39+	02:07+			
02:45@	04:52&	03:52&	00:56&	01:10&	00:26#	01:40&	01:14&	00:50&	00:45#	01:26&	00:13-	00:50&	01:01&			
<b>8</b>	<b>Alf Gyland</b>	<b>92</b>														<b>1:03:51</b>
09:19+	16:21+	24:29+	27:56+	32:19+	38:50+	42:29+	46:31+	49:04+	54:57+	58:23+	60:07+	62:31+	63:51+			
09:19+	07:02+	08:08+	03:27+	04:23+	06:31+	03:39+	04:02-	02:33+	05:53+	03:26+	01:44-	02:24+	01:20+			
07:23@	00:34+	03:55&	01:18&	01:11&	03:46@	01:05&	00:20-	01:09&	01:47&	01:07&	00:33-	00:35&	00:14#			
<b>9</b>	<b>Rolv Nærland</b>	<b>63</b>														<b>1:12:06</b>
05:44+	13:20+	25:05+	28:22+	33:52+	37:55+	46:21+	52:43+	56:22+	63:04+	66:30+	68:11+	70:46+	72:06+			
05:44+	07:36+	11:45+	03:17+	05:30+	04:03+	08:26+	06:22+	03:39+	06:42+	03:26+	01:41-	02:35+	01:20+			
03:48@	01:08#	07:32@	01:08&	02:18&	01:18&	05:52@	02:00&	02:15@	02:36&	01:07&	00:36-	00:46&	00:14#			
<b>10</b>	<b>Kjell Maudal</b>	<b>63</b>														<b>1:12:08</b>
06:11+	13:30+	25:28+	28:34+	34:00+	38:09+	46:50+	52:38+	56:32+	63:09+	66:30+	68:16+	70:46+	72:08+			
06:11+	07:19+	11:58+	03:06+	05:26+	04:09+	08:41+	05:48+	03:54+	06:37+	03:21+	01:46-	02:30+	01:22+			
04:15@	00:51#	07:45@	00:57&	02:14&	01:24&	06:07@	01:26&	02:30@	02:31&	01:02&	00:31-	00:41&	00:16#			
<b>11</b>	<b>Sverre Vareberg</b>	<b>7</b>														<b>1:42:42</b>
04:19+	27:44+	38:56+	44:43+	51:14+	57:10+	63:55+	73:18+	77:36+	87:11+	93:09+	95:56+	99:45+	102:42+			
04:19+	23:25+	11:12+	05:47+	06:31+	05:56+	06:45+	09:23+	04:18+	09:35+	05:58+	02:47+	03:49+	02:57+			
02:23@	16:57@	06:59@	03:38@	03:19@	03:11@	04:11@	05:01@	02:54@	05:29@	03:39@	00:30#	02:00@	01:51@			

### Beste strekktid for klassen

01:56 06:28 04:13 02:09 03:10 02:45 02:34 03:52 01:24 03:48 02:19 01:19 01:37 01:06

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



## Herrer 80 år og eldre

**1 Magne Jakobsen 63 40:02**  
 01:51= 07:05= 10:08= 14:29= 16:37= 22:52= 27:50= 30:34= 34:55= 38:30= 40:02=  
 01:51= 05:14= 03:03= 04:21= 02:08= 06:15= 04:58= 02:44= 04:21= 03:35= 01:32=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Arnulf Fuglestad 29 40:37**  
 02:27+ 07:35+ 10:04- 14:19- 16:20- 23:35+ 27:16- 30:49+ 35:41+ 39:17+ 40:37+  
 02:27+ 05:08- 02:29- 04:15- 02:01- 07:15+ 03:41- 03:33+ 04:52+ 03:36+ 01:20-  
 00:36& 00:06- 00:34- 00:06- 00:07- 01:00# 01:17- 00:49& 00:31# 00:01+ 00:12-

**3 Bjarne Edland 92 42:54**  
 04:43+ 09:35+ 12:24+ 16:31+ 18:27+ 23:46+ 30:53+ 33:28+ 38:04+ 41:42+ 42:54+  
 04:43+ 04:52- 02:49- 04:07- 01:56- 05:19- 07:07+ 02:35- 04:36+ 03:38+ 01:12-  
 02:52@ 00:22- 00:14- 00:14- 00:12- 00:56- 02:09& 00:09- 00:15+ 00:03+ 00:20-

**4 Sigurd Krosli 31 1:35:49**  
 01:46- 08:04+ 39:24+ 44:53+ 47:03+ 57:20+ 62:07+ 82:17+ 89:25+ 94:17+ 95:49+  
 01:46- 06:18+ 31:20+ 05:29+ 02:10+ 10:17+ 04:47- 20:10+ 07:08+ 04:52+ 01:32=  
 00:05- 01:04# 28:17@ 01:08& 00:02+ 04:02& 00:11- 17:26@ 02:47& 01:17& 00:00=

**Beste strekktid for klassen**  
 01:46 04:52 02:29 04:07 01:56 05:19 03:41 02:35 04:21 03:35 01:12

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

## Herrer A

**1 Bjarthe Westerheim 194 42:38**  
 02:01= 02:49= 05:12= 07:30= 08:04= 09:06= 12:49= 14:46= 16:05= 17:01= 18:41= 21:25= 22:39= 24:34= 26:33= 27:17= 28:50= 30:18= 32:11= 33:03= 33:47= 35:28= 36:17= 37:59= 39:06= 40:50=  
 02:01= 00:48= 02:23= 02:18= 00:34= 01:02= 03:43= 01:57= 01:19= 00:56= 01:40= 02:44= 01:14= 01:55= 01:59= 00:44= 01:33= 01:28= 01:53= 00:52= 00:44= 01:41= 00:49= 01:42= 01:07= 01:44=  
 00:00=  
 41:54= 42:38=  
 01:04= 00:44=  
 00:00= 00:00=

**2 Ola Magnus Laugaland 194 43:32**  
 01:43- 02:37- 04:42- 06:45- 07:29- 08:44- 12:26- 14:39- 15:58- 16:41- 18:22- 19:58- 21:13- 23:13- 25:29- 26:23- 27:54- 29:28- 31:20- 32:32- 33:16- 35:37+ 36:25+ 38:11+ 39:23+ 41:37+  
 01:43- 00:54+ 02:05- 02:03- 00:44+ 01:15+ 03:42- 02:13+ 01:19= 00:43- 01:41+ 01:36- 01:15+ 02:00+ 02:16+ 00:54+ 01:31- 01:34+ 01:52- 01:12+ 00:44= 02:21+ 00:48- 01:46+ 01:12+ 02:14+  
 00:18- 00:06# 00:18- 00:15- 00:10& 00:13# 00:01- 00:16# 00:00= 00:13- 00:01+ 01:08- 00:01+ 00:05+ 00:17# 00:10# 00:02- 00:06+ 00:01- 00:20& 00:00= 00:40& 00:01- 00:04+ 00:05+ 00:30&  
 42:48+ 43:32+  
 01:11+ 00:44=  
 00:07# 00:00=

**3 Fredrik Omdal 74 43:39**  
 02:02+ 03:09+ 05:56+ 08:17+ 08:52+ 09:59+ 13:48+ 15:33+ 16:57+ 17:46+ 19:16+ 21:02- 22:15- 24:11- 26:02- 26:58- 28:29- 29:58- 31:54- 32:57- 33:37- 35:37+ 37:00+ 38:48+ 40:08+ 41:30+  
 02:02+ 01:07+ 02:47+ 02:21+ 00:35+ 01:07+ 03:49+ 01:45- 01:24+ 00:49- 01:30- 01:46- 01:13- 01:56+ 01:51- 00:56+ 01:31- 01:29+ 01:56+ 01:03+ 00:40- 02:00+ 01:23+ 01:48+ 01:20+ 01:22-  
 00:01+ 00:19& 00:24# 00:03+ 00:01+ 00:05+ 00:06+ 00:12- 00:05+ 00:07- 00:10- 00:58- 00:01- 00:01+ 00:08- 00:12& 00:02- 00:01+ 00:03+ 00:11# 00:04- 00:19# 00:34& 00:06+ 00:13# 00:22-  
 42:50+ 43:39+  
 01:20+ 00:49+  
 00:16# 00:05#

**4 Clemens Øxnevad 114 44:27**  
 04:25+ 05:10+ 07:50+ 09:52+ 10:25+ 11:45+ 15:29+ 17:01+ 18:09+ 18:54+ 20:34+ 22:06+ 23:02+ 24:59+ 27:39+ 28:30+ 29:54+ 31:19+ 33:28+ 34:25+ 35:07+ 37:33+ 38:15+ 39:45+ 40:55+ 42:24+  
 04:25+ 00:45- 02:40+ 02:02- 00:33- 01:20+ 03:44+ 01:32- 01:08- 00:45- 01:40= 01:32- 00:56- 01:57+ 02:40+ 00:51+ 01:24- 01:25- 02:09+ 00:57+ 00:42- 02:26+ 00:42- 01:30- 01:10+ 01:29-  
 02:24@ 00:03- 00:17# 00:16- 00:01- 00:18& 00:01+ 00:25- 00:11- 00:11- 00:00= 01:12- 00:18- 00:02+ 00:41& 00:07# 00:09- 00:03- 00:16# 00:05+ 00:02- 00:45& 00:07- 00:12- 00:03+ 00:15-  
 43:49+ 44:27+  
 01:25+ 00:38-  
 00:21& 00:06-

**5 Erik Lima 115 45:41**  
 02:01= 03:05+ 05:35+ 07:52+ 08:28+ 09:41+ 13:53+ 15:44+ 17:14+ 18:03+ 19:52+ 21:45+ 23:06+ 25:16+ 27:56+ 28:55+ 30:37+ 32:01+ 33:58+ 34:56+ 35:41+ 37:31+ 38:25+ 40:09+ 41:27+ 43:23+  
 02:01= 01:04+ 02:30+ 02:17- 00:36+ 01:13+ 04:12+ 01:51- 01:30+ 00:49- 01:49+ 01:53- 01:21+ 02:10+ 02:40+ 00:59+ 01:42+ 01:24- 01:57+ 00:58+ 00:45+ 01:50+ 00:54+ 01:44+ 01:18+ 01:56+  
 00:00= 00:16& 00:07+ 00:01- 00:02+ 00:11# 00:29# 00:06- 00:11# 00:07- 00:09+ 00:51- 00:07+ 00:15# 00:41& 00:15& 00:09+ 00:04- 00:04+ 00:06# 00:01+ 00:09+ 00:05# 00:02+ 00:11# 00:12#  
 44:57+ 45:41+  
 01:34+ 00:44=  
 00:30& 00:00=

Class	Navn	Klasse										Tid															
<b>6</b>	<b>Ørjan Ravndal</b>	<b>194</b>										<b>47:04</b>															
02:04+	02:50+	05:28+	07:40+	08:36+	09:45+	13:51+	15:35+	16:55+	17:43+	19:16+	21:04-	22:15-	24:16-	26:26-	27:24+	29:01+	30:32+	32:50+	33:50+	34:34+	36:49+	38:17+	40:26+	41:43+	44:41+		
02:04+	00:46-	02:38+	02:12-	00:56+	01:09+	04:06+	01:44-	01:20+	00:48-	01:33-	01:48-	01:11-	02:01+	02:10+	00:58+	01:37+	01:31+	02:18+	01:00+	00:44=	02:15+	01:28+	02:09+	01:17+	02:58+		
00:03+	00:02-	00:15#	00:06-	00:22&	00:07#	00:23#	00:13-	00:01+	00:08-	00:07-	00:56-	00:03-	00:06+	00:11+	00:14&	00:04+	00:03+	00:25#	00:08#	00:00=	00:34&	00:39&	00:27&	00:10#	01:14&		
46:11+	47:04+																										
01:30+	00:53+																										
00:26&	00:09#																										
<b>7</b>	<b>Harald Kalager</b>	<b>7</b>										<b>48:40</b>															
01:54-	02:56+	06:02+	08:38+	09:19+	10:41+	15:24+	17:18+	18:57+	19:52+	21:53+	24:00+	25:20+	27:37+	29:53+	30:50+	32:26+	34:02+	36:13+	37:07+	38:06+	40:04+	41:00+	43:12+	44:37+	46:23+		
01:54-	01:02+	03:06+	02:36+	00:41+	01:22+	04:43+	01:54-	01:39+	00:55-	02:01+	02:07-	01:20+	02:17+	02:16+	00:57+	01:36+	01:36+	02:11+	00:54+	00:59+	01:58+	00:56+	02:12+	01:25+	01:46+		
00:07-	00:14&	00:43&	00:18#	00:07#	00:20&	01:00&	00:03-	00:20&	00:01-	00:21#	00:37-	00:06+	00:22#	00:17#	00:13&	00:03+	00:08+	00:18#	00:02+	00:15&	00:17#	00:07#	00:30&	00:18&	00:02+		
47:55+	48:40+																										
01:32+	00:45+																										
00:28&	00:01+																										
<b>8</b>	<b>Morten Bjerga Sundli</b>	<b>7</b>										<b>49:28</b>															
03:14+	04:25+	07:13+	09:42+	10:18+	11:55+	16:17+	18:00+	19:23+	20:15+	22:09+	23:54+	25:04+	27:08+	29:25+	30:19+	32:00+	33:31+	35:22+	36:18+	37:05+	40:11+	41:03+	42:54+	44:10+	47:12+		
03:14+	01:11+	02:48+	02:29+	00:36+	01:37+	04:22+	01:43-	01:23+	00:52-	01:54+	01:45-	01:10-	02:04+	02:17+	00:54+	01:41+	01:31+	01:51-	00:56+	00:47+	03:06+	00:52+	01:51+	01:16+	03:02+		
01:13&	00:23&	00:25#	00:11+	00:02+	00:35&	00:39#	00:14-	00:04+	00:04-	00:14#	00:59-	00:04-	00:09+	00:18#	00:10#	00:08+	00:03+	00:02-	00:04+	00:03+	01:25&	00:03+	00:09+	00:09#	01:18&		
48:33+	49:28+																										
01:21+	00:55+																										
00:17&	00:11#																										
<b>9</b>	<b>Runar Eike Toft</b>	<b>116</b>										<b>55:43</b>															
02:07+	03:26+	06:20+	09:00+	09:33+	11:26+	16:05+	18:26+	19:59+	20:56+	23:10+	26:16+	27:41+	30:43+	33:50+	35:13+	36:54+	38:38+	41:00+	42:40+	43:33+	46:06+	47:20+	49:56+	51:24+	53:48+		
02:07+	01:19+	02:54+	02:40+	00:33-	01:53+	04:39+	02:21+	01:33+	00:57+	02:14+	03:06+	01:25+	03:02+	03:07+	01:23+	01:41+	01:44+	02:22+	01:40+	00:53+	02:33+	01:14+	02:36+	01:25+	02:24+		
00:06+	00:31&	00:31#	00:22#	00:01-	00:51&	00:56&	00:24#	00:14#	00:01+	00:34&	00:22#	00:11#	01:07&	01:08&	00:39&	00:08+	00:16#	00:29&	00:48&	00:09#	00:52&	00:25&	00:54&	00:21&	00:40&		
55:03+	55:43+																										
01:15+	00:40-																										
00:11#	00:04-																										
<b>10</b>	<b>Martin Blystad</b>	<b>115</b>										<b>56:59</b>															
05:26+	06:56+	11:20+	14:04+	14:40+	15:53+	20:27+	22:18+	23:54+	24:53+	26:40+	28:36+	29:45+	32:26+	35:04+	35:57+	37:46+	39:30+	41:42+	43:02+	44:04+	46:53+	48:46+	51:20+	52:51+	54:44+		
05:26+	01:30+	04:24+	02:44+	00:36+	01:13+	04:34+	01:51-	01:36+	00:59+	01:47+	01:56-	01:09-	02:41+	02:38+	00:53+	01:49+	01:44+	02:12+	01:20+	01:02+	02:49+	01:53+	02:34+	01:31+	01:53+		
03:25@	00:42&	02:01&	00:26#	00:02+	00:11#	00:51#	00:06-	00:17#	00:03+	00:07+	00:48-	00:05-	00:46&	00:39&	00:09#	00:16#	00:16#	00:19#	00:28&	00:18&	01:08&	01:04@	00:52&	00:24&	00:09+		
56:14+	56:59+																										
01:30+	00:45+																										
00:26&	00:01+																										
<b>11</b>	<b>Jørgen Strømstad</b>	<b>50</b>										<b>58:20</b>															
04:17+	06:02+	09:44+	13:23+	14:10+	15:39+	21:34+	23:52+	26:31+	27:47+	29:35+	31:19+	32:33+	34:35+	37:20+	38:16+	40:05+	41:51+	44:21+	45:22+	46:15+	48:29+	49:31+	51:50+	53:22+	55:56+		
04:17+	01:45+	03:42+	03:39+	00:47+	01:29+	05:55+	02:18+	02:39+	01:16+	01:48+	01:44-	01:14=	02:02+	02:45+	00:56+	01:49+	01:46+	02:30+	01:01+	00:53+	02:14+	01:02+	02:19+	01:32+	02:34+		
02:16@	00:57@	01:19&	01:21&	00:13&	00:27&	02:12&	00:21#	01:20@	00:20&	00:08+	01:00-	00:00=	00:07+	00:46&	00:12&	00:16#	00:18#	00:37&	00:09#	00:09#	00:33&	00:13&	00:37&	00:25&	00:50&		
57:27+	58:20+																										
01:31+	00:53+																										
00:27&	00:09#																										
<b>12</b>	<b>Kenneth Mydland</b>	<b>29</b>										<b>1:05:35</b>															
06:39+	07:52+	14:50+	20:56+	21:44+	23:01+	27:30+	29:23+	31:15+	32:25+	34:20+	36:59+	38:32+	40:41+	43:31+	44:25+	46:02+	47:41+	50:06+	51:14+	52:05+	54:13+	55:10+	57:16+	58:43+	63:07+		
06:39+	01:13+	06:58+	06:06+	00:48+	01:17+	04:29+	01:53-	01:52+	01:10+	01:55+	02:39-	01:33+	02:09+	02:50+	00:54+	01:37+	01:39+	02:25+	01:08+	00:51+	02:08+	00:57+	02:06+	01:27+	04:24+		
04:38@	00:25&	04:35@	03:48@	00:14&	00:15#	00:46#	00:04-	00:33&	00:14#	00:15#	00:05-	00:19&	00:14#	00:51&	00:10#	00:04+	00:11#	00:32&	00:16&	00:07#	00:27&	00:08#	00:24#	00:20&	02:40@		
64:37+	65:35+																										
01:30+	00:58+																										
00:26&	00:14&																										
<b>13</b>	<b>Morten S. Ronæss</b>	<b>27</b>										<b>1:06:20</b>															
04:58+	06:52+	09:47+	12:47+	14:20+	15:38+	21:43+	24:10+	26:22+	27:25+	29:36+	33:19+	35:22+	38:16+	41:27+	42:32+	44:36+	46:20+	49:27+	50:45+	51:41+	54:44+	57:26+	60:00+	61:36+	63:38+		
04:58+	01:54+	02:55+	03:00+	01:33+	01:18+	06:05+	02:27+	02:12+	01:03+	02:11+	03:43+	02:03+	02:54+	03:11+	01:05+	02:04+	01:44+	03:07+	01:18+	00:56+	03:03+	02:42+	02:34+	01:36+	02:02+		
02:57@	01:06@	00:32#	00:42&	00:59@	00:16&	02:22&	00:30&	00:53&	00:07#	00:31&	00:59&	00:49&	00:59&	01:12&	00:21&	00:31&	00:16#	01:14&	00:26&	00:12&	01:22&	01:53@	00:52&	00:29&	00:18#		
65:16+	66:20+																										
01:38+	01:04+																										
00:34&	00:20&																										
<b>Beste strekktid for klassen</b>																											
01:43	00:45	02:05	02:02	00:33	01:02	03:42	01:32	01:08	00:43	01:30	01:32	00:56	01:55	01:51	00:44	01:24	01:24	01:51	00:52	00:40	01:41	00:42	01:30	01:07	01:22	01:04	00:38

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

## Herrer B

Class	Navn	Klasse	Tid																						
<b>1</b>	<b>Njål F. Vadla</b>	<b>93</b>	<b>50:05</b>																						
02:13=	03:10=	06:09=	09:03=	09:45=	10:59=	15:37=	17:33=	19:03=	19:59=	21:50=	23:53=	25:10=	27:27=	29:40=	30:33=	32:22=	34:04=	36:17=	37:58=	38:43=	41:10=	41:59=	44:10=	45:36=	47:39=
02:13=	00:57=	02:59=	02:54=	00:42=	01:14=	04:38=	01:56=	01:30=	00:56=	01:51=	02:03=	01:17=	02:17=	02:13=	00:53=	01:49=	01:42=	02:13=	01:41=	00:45=	02:27=	00:49=	02:11=	01:26=	02:03=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
49:08=	50:05=																								
01:29=	00:57=																								
00:00=	00:00=																								
<b>2</b>	<b>Tor Gunnar Aksland</b>	<b>116</b>	<b>50:33</b>																						
02:02-	03:02-	05:46-	08:18-	08:54-	10:17-	14:56-	16:52-	19:04+	19:55-	21:32-	23:48-	25:05-	27:10-	30:05+	30:59+	32:43+	34:27+	36:40+	37:43-	39:00+	41:34+	42:31+	44:55+	46:14+	47:58+
02:02-	01:00+	02:44-	02:32-	00:36-	01:23+	04:39+	01:56=	02:12+	00:51-	01:37-	02:16+	01:17=	02:05-	02:55+	00:54+	01:44-	01:44+	02:13=	01:03-	01:17+	02:34+	00:57+	02:24+	01:19-	01:44-
00:11-	00:03+	00:15-	00:22-	00:06-	00:09#	00:01+	00:00=	00:42&	00:05-	00:14-	00:13#	00:00=	00:12-	00:42&	00:01+	00:05-	00:02+	00:00=	00:38-	00:32&	00:07+	00:08#	00:13+	00:07-	00:19-
49:41+	50:33+																								
01:43+	00:52-																								
00:14#	00:05-																								
<b>3</b>	<b>Odd Ivar Karlsen</b>	<b>76</b>	<b>51:02</b>																						
02:21+	03:19+	06:29+	09:19+	10:01+	11:24+	16:09+	18:11+	19:42+	20:37+	22:39+	24:47+	26:06+	28:42+	31:27+	32:24+	34:12+	35:58+	37:55+	39:21+	40:10+	42:28+	43:19+	45:25+	46:51+	48:36+
02:21+	00:58+	03:10+	02:50-	00:42=	01:23+	04:45+	02:02+	01:31+	00:55-	02:02+	02:08+	01:19+	02:36+	02:45+	00:57+	01:48-	01:46+	01:57-	01:26-	00:49+	02:18-	00:51+	02:06-	01:26=	01:45-
00:08+	00:01+	00:11+	00:04-	00:00=	00:09#	00:07+	00:06+	00:01+	00:01-	00:11+	00:05+	00:02+	00:19#	00:32#	00:04+	00:01-	00:04+	00:16-	00:15-	00:04+	00:09-	00:02+	00:05-	00:00=	00:18-
50:06+	51:02+																								
01:30+	00:56-																								
00:01+	00:01-																								
<b>4</b>	<b>Oddgeir Eikeskog</b>	<b>93</b>	<b>51:29</b>																						
02:38+	03:57+	06:36+	09:04+	10:15+	11:32+	16:29+	18:21+	19:55+	20:49+	22:33+	24:15+	25:28+	27:31+	30:45+	31:33+	33:15+	35:01+	37:08+	38:22+	39:13+	41:52+	42:38+	44:44+	46:25+	49:04+
02:38+	01:19+	02:39-	02:28-	01:11+	01:17+	04:57+	01:52-	01:34+	00:54-	01:44-	01:42-	01:13-	02:03-	03:14+	00:48-	01:42-	01:46+	02:07-	01:14-	00:51+	02:39+	00:46-	02:06-	01:41+	02:39+
00:25#	00:22&	00:20-	00:26-	00:29&	00:03+	00:19+	00:04-	00:04+	00:02-	00:07-	00:21-	00:04-	00:14-	01:01&	00:05-	00:07-	00:04+	00:06-	00:27-	00:06#	00:12+	00:03-	00:05-	00:15#	00:36&
50:34+	51:29+																								
01:30+	00:55-																								
00:01+	00:02-																								
<b>5</b>	<b>Stein Arne Olsen</b>	<b>68</b>	<b>53:06</b>																						
03:12+	04:11+	06:38+	09:18+	10:02+	11:15+	15:55+	17:47+	19:46+	20:40+	22:59+	25:08+	26:28+	28:54+	31:56+	32:55+	34:41+	36:25+	38:35+	39:54+	40:43+	42:53+	43:49+	46:08+	47:41+	50:14+
03:12+	00:59+	02:27-	02:40-	00:44+	01:13-	04:40+	01:52-	01:59+	00:54-	02:19+	02:09+	01:20+	02:26+	03:02+	00:59+	01:46-	01:44+	02:10-	01:19-	00:49+	02:10-	00:56+	02:19+	01:33+	02:33+
00:59&	00:02+	00:32-	00:14-	00:02+	00:01-	00:02+	00:04-	00:29&	00:02-	00:28&	00:06+	00:03+	00:09+	00:49&	00:06#	00:03-	00:02+	00:03-	00:22-	00:04+	00:17-	00:07#	00:08+	00:07+	00:30#
51:56+	53:06+																								
01:42+	01:10+																								
00:13#	00:13#																								
<b>6</b>	<b>Odd Fuglestad</b>	<b>250</b>	<b>53:20</b>																						
02:08-	03:15+	06:20+	09:10+	09:58+	11:17+	16:20+	19:09+	20:49+	21:46+	23:45+	25:47+	27:09+	29:35+	32:14+	33:22+	35:21+	37:06+	39:34+	40:33+	41:30+	44:19+	45:34+	47:47+	49:05+	50:56+
02:08-	01:07+	03:05+	02:50-	00:48+	01:19+	05:03+	02:49+	01:40+	00:57+	01:59+	02:02-	01:22+	02:26+	02:39+	01:08+	01:59+	01:45+	02:28+	00:59-	00:57+	02:49+	01:15+	02:13+	01:18-	01:51-
00:05-	00:10#	00:06+	00:04-	00:06#	00:05+	00:25+	00:53&	00:10#	00:01+	00:08+	00:01-	00:05+	00:09+	00:26#	00:15&	00:10+	00:03+	00:15#	00:42-	00:12&	00:22#	00:26&	00:02+	00:08-	00:12-
52:22+	53:20+																								
01:26-	00:58+																								
00:03-	00:01+																								
<b>7</b>	<b>Morten Aamodt</b>	<b>116</b>	<b>53:48</b>																						
02:07-	03:08-	05:38-	08:16-	08:58-	10:31-	15:05-	18:06+	19:33+	20:35+	22:27+	24:28+	25:49+	28:13+	30:48+	31:52+	33:41+	35:25+	37:53+	38:57+	39:48+	42:10+	43:47+	46:06+	47:31+	51:23+
02:07-	01:01+	02:30-	02:38-	00:42=	01:33+	04:34+	03:01+	01:27-	01:02+	01:52+	02:01-	01:21+	02:24+	02:35+	01:04+	01:49=	01:44+	02:28+	01:04-	00:51+	02:22-	01:37+	02:19+	01:25-	03:52+
00:06-	00:04+	00:29-	00:16-	00:00=	00:19&	00:04-	01:05&	00:03-	00:06#	00:01+	00:02-	00:04+	00:07+	00:22#	00:11#	00:00=	00:02+	00:15#	00:37-	00:06#	00:05-	00:48&	00:08+	00:01-	01:49&
52:50+	53:48+																								
01:27-	00:58+																								
00:02-	00:01+																								
<b>8</b>	<b>Øystein Amundrud</b>	<b>90</b>	<b>56:37</b>																						
02:11-	04:36+	08:16+	11:14+	12:00+	13:26+	18:11+	20:12+	22:06+	23:09+	25:14+	27:25+	28:39+	31:19+	33:49+	34:41+	36:20+	38:19+	40:45+	42:06+	43:50+	46:23+	47:24+	49:44+	51:03+	53:30+
02:11-	02:25+	03:40+	02:58+	00:46+	01:26+	04:45+	02:01+	01:54+	01:03+	02:05+	02:11+	01:14-	02:40+	02:30+	00:52-	01:39-	01:59+	02:26+	01:21-	01:44+	02:33+	01:01+	02:20+	01:19-	02:27+
00:02-	01:28&	00:41#	00:04+	00:04+	00:12#	00:07+	00:05+	00:24&	00:07#	00:14#	00:08+	00:03-	00:23#	00:17#	00:01-	00:10-	00:17#	00:13+	00:20-	00:59&	00:06+	00:12#	00:09+	00:07-	00:24#
55:46+	56:37+																								
02:16+	00:51-																								
00:47&	00:06-																								
<b>9</b>	<b>Joar Eilevstjønn</b>	<b>67</b>	<b>59:04</b>																						
02:57+	03:55+	08:50+	11:25+	12:24+	13:57+	18:58+	22:05+	24:00+	25:06+	26:02+	27:54+	30:06+	31:25+	34:15+	37:34+	38:33+	40:32+	43:17+	45:53+	47:16+	48:06+	50:32+	51:34+	53:38+	55:09+
02:57+	00:58+	04:55+	02:35-	00:59+	01:33+	05:01+	03:07+	01:55+	01:06+	00:56-	01:52-	02:12+	01:19-	02:50+	03:19+	00:59-	01:59+	02:45+	02:36+	01:23+	00:50-	02:26+	01:02-	02:04+	01:31-
00:44&	00:01+	01:56&	00:19-	00:17&	00:19&	00:23+	01:11&	00:25&	00:10#	00:55-	00:11-	00:55&	00:58-	00:37&	02:26@	00:50-	00:17#	00:32#	00:55&	00:38&	01:37-	01:37@	01:09-	00:38&	00:32-
56:57+	58:17+																								
01:48+	01:20+																								
00:19#	00:23&																								

Class	Navn										Klasse	Tid																
<b>10</b>	<b>Geir Sand</b>										<b>105</b>	<b>59:24</b>																
	04:57+	07:04+	09:39+	12:24+	13:05+	14:19+	18:38+	21:07+	23:01+	23:55+	25:50+	27:50+	29:03+	31:33+	34:33+	35:35+	37:27+	39:37+	42:19+	44:02+	46:08+	50:13+	51:17+	53:45+	55:18+	57:09+		
	04:57+	02:07+	02:35-	02:45-	00:41-	01:14=	04:19-	02:29+	01:54+	00:54-	01:55+	02:00-	01:13-	02:30+	03:00+	01:02+	01:52+	02:10+	02:42+	01:43+	02:06+	04:05+	01:04+	02:28+	01:33+	01:51-		
	02:44@	01:10@	00:24-	00:09-	00:01-	00:00=	00:19-	00:33&	00:24&	00:02-	00:04+	00:03-	00:04-	00:13+	00:47&	00:09#	00:03+	00:28&	00:29#	00:02+	01:21@	01:38&	00:15&	00:17#	00:07+	00:12-		
	58:31+	59:24+																										
	01:22-	00:53-																										
	00:07-	00:04-																										
<b>11</b>	<b>Bjørnar André Haug</b>										<b>80</b>	<b>59:26</b>																
	02:46+	04:52+	07:42+	10:45+	11:28+	13:05+	17:45+	19:58+	21:31+	22:28+	24:43+	27:22+	28:39+	31:49+	34:46+	35:59+	37:59+	39:56+	42:57+	44:16+	45:10+	47:48+	48:59+	51:20+	53:00+	56:48+		
	02:46+	02:06+	02:50-	03:03+	00:43+	01:37+	04:40+	02:13+	01:33+	00:57+	02:15+	02:39+	01:17=	03:10+	02:57+	01:13+	02:00+	01:57+	03:01+	01:19-	00:54+	02:38+	01:11+	02:21+	01:40+	03:48+		
	00:33#	01:09@	00:09-	00:09+	00:01+	00:23&	00:02+	00:17#	00:03+	00:01+	00:24#	00:36&	00:00=	00:53&	00:44&	00:20&	00:11#	00:15#	00:48&	00:22-	00:09#	00:11+	00:22&	00:10+	00:14#	01:45&		
	58:31+	59:26+																										
	01:43+	00:55-																										
	00:14#	00:02-																										
<b>12</b>	<b>Svein Erik Kvame</b>										<b>116</b>	<b>1:00:08</b>																
	02:52+	04:34+	08:34+	12:08+	13:07+	14:44+	20:57+	23:12+	25:01+	26:07+	28:11+	30:38+	32:06+	34:45+	37:12+	38:11+	40:29+	42:33+	45:56+	47:04+	47:53+	50:38+	51:29+	53:31+	55:24+	57:37+		
	02:52+	01:42+	04:00+	03:34+	00:59+	01:37+	06:13+	02:15+	01:49+	01:06+	02:04+	02:27+	01:28+	02:39+	02:27+	00:59+	02:18+	02:04+	03:23+	01:08-	00:49+	02:45+	00:51+	02:02-	01:53+	02:13+		
	00:39&	00:45&	01:01&	00:40#	00:17&	00:23&	01:35&	00:19#	00:19#	00:10#	00:13#	00:24#	00:11#	00:22#	00:14#	00:06#	00:29&	00:22#	01:10&	00:33-	00:04+	00:18#	00:02+	00:09-	00:27&	00:10+		
	59:12+	60:08+																										
	01:35+	00:56-																										
	00:06+	00:01-																										
<b>13</b>	<b>Øyvind Rummelhoff</b>										<b>27</b>	<b>1:03:01</b>																
	03:57+	05:43+	10:24+	13:12+	14:23+	17:15+	22:07+	24:12+	25:56+	26:53+	28:48+	31:19+	32:48+	35:39+	38:27+	39:30+	42:22+	44:13+	47:02+	48:15+	49:06+	51:30+	52:21+	54:35+	56:10+	58:15+		
	03:57+	01:46+	04:41+	02:48-	01:11+	02:52+	04:52+	02:05+	01:44+	00:57+	01:55+	02:31+	01:29+	02:51+	02:48+	01:03+	02:52+	01:51+	02:49+	01:13-	00:51+	02:24-	00:51+	02:14+	01:35+	02:05+		
	01:44&	00:49&	01:42&	00:06-	00:29&	01:38@	00:14+	00:09+	00:14#	00:01+	00:04+	00:28#	00:12#	00:34#	00:35&	00:10#	01:03&	00:09+	00:36&	00:28-	00:06#	00:03-	00:02+	00:03+	00:09#	00:02+		
	62:10+	63:01+																										
	03:55+	00:51-																										
	02:26@	00:06-																										
<b>14</b>	<b>Bård Skogsholm</b>										<b>194</b>	<b>1:12:47</b>																
	07:35+	09:22+	14:01+	17:12+	18:48+	20:25+	26:44+	29:13+	31:08+	32:11+	34:39+	37:19+	38:37+	41:35+	44:37+	45:36+	47:41+	49:33+	52:05+	53:25+	54:36+	57:39+	58:38+	61:04+	63:00+	70:15+		
	07:35+	01:47+	04:39+	03:11+	01:36+	01:37+	06:19+	02:29+	01:55+	01:03+	02:28+	02:40+	01:18+	02:58+	03:02+	00:59+	02:05+	01:52+	02:32+	01:20-	01:11+	03:03+	00:59+	02:26+	01:56+	07:15+		
	05:22@	00:50&	01:40&	00:17+	00:54@	00:23&	01:41&	00:33&	00:25&	00:07#	00:37&	00:37&	00:01+	00:41&	00:49&	00:06#	00:16#	00:10+	00:19#	00:21-	00:26&	00:36#	00:10#	00:15#	00:30&	05:12@		
	71:53+	72:47+																										
	01:38+	00:54-																										
	00:09#	00:03-																										
<b>15</b>	<b>Espen Fyhn Nilsen</b>										<b>116</b>	<b>1:15:57</b>																
	03:44+	05:25+	09:24+	12:45+	13:37+	15:09+	23:53+	26:44+	28:50+	30:04+	32:36+	35:31+	37:22+	41:03+	44:29+	45:48+	48:26+	50:41+	53:45+	55:20+	56:35+	59:22+	60:31+	63:41+	65:49+	70:08+		
	03:44+	01:41+	03:59+	03:21+	00:52+	01:32+	08:44+	02:51+	02:06+	01:14+	02:32+	02:55+	01:51+	03:41+	03:26+	01:19+	02:38+	02:15+	03:04+	01:35-	01:15+	02:47+	01:09+	03:10+	02:08+	04:19+		
	01:31&	00:44&	01:00&	00:27#	00:10#	00:18#	04:06&	00:55&	00:36&	00:18&	00:41&	00:52&	00:34&	01:24&	01:13&	00:26&	00:49&	00:33&	00:51&	00:06-	00:30&	00:20#	00:20&	00:59&	00:42&	02:16@		
	74:42+	75:57+																										
	04:34+	01:15+																										
	03:05@	00:18&																										
<b>16</b>	<b>Kevin Thomas Foust</b>										<b>192</b>	<b>1:23:17</b>																
	15:40+	17:21+	20:40+	24:06+	24:49+	26:35+	31:58+	34:27+	36:27+	37:33+	40:16+	42:54+	44:35+	49:05+	53:40+	54:43+	57:32+	59:28+	62:08+	63:50+	65:09+	68:09+	71:07+	74:33+	76:07+	80:51+		
	15:40+	01:41+	03:19+	03:26+	00:43+	01:46+	05:23+	02:29+	02:00+	01:06+	02:43+	02:38+	01:41+	04:30+	04:35+	01:03+	02:49+	01:56+	02:40+	01:42+	01:19+	03:00+	02:58+	03:26+	01:34+	04:44+		
	13:27@	00:44&	00:20#	00:32#	00:01+	00:32&	00:45#	00:33&	00:30&	00:10#	00:52&	00:35&	00:24&	02:13&	02:22@	00:10#	01:00&	00:14#	00:27#	00:01+	00:34&	00:33#	02:09@	01:15&	00:08+	02:41@		
	82:24+	83:17+																										
	01:33+	00:53-																										
	00:04+	00:04-																										
<b>Beste strekktid for klassen</b>																												
	02:02	00:57	02:27	02:28	00:36	01:13	04:19	01:52	01:27	00:51	00:56	01:42	01:13	01:19	02:13	00:48	00:59	01:42	01:57	00:59	00:45	00:50	00:46	01:02	01:18	01:31	01:22	00:51

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

## Herrer C

<b>1</b>	<b>Jan Einar Øvremo</b>										<b>50</b>	<b>42:42</b>																
	01:28=	03:05=	06:09=	08:44=	09:24=	10:42=	16:08=	17:06=	18:09=	19:11=	21:31=	23:12=	24:35=	26:58=	27:59=	29:54=	34:27=	35:59=	37:28=	40:25=	41:20=	42:42=						
	01:28=	01:37=	03:04=	02:35=	00:40=	01:18=	05:26=	00:58=	01:03=	01:02=	02:20=	01:41=	01:23=	02:23=	01:01=	01:55=	04:33=	01:32=	01:29=	02:57=	00:55=	01:22=						
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Geir Bjaanes</b>										<b>116</b>	<b>44:13</b>																
	01:15-	03:07+	05:56-	09:07+	10:01+	11:27+	16:30+	17:13+	18:23+	19:20+	21:32+	23:38+	25:05+	28:42+	29:40+	31:52+	35:45+	36:57+	38:38+	41:48+	42:45+	44:13+						
	01:15-	01:52+	02:49-	03:11+	00:54+	01:26+	05:03-	00:43-	01:10+	00:57-	02:12-	02:06+	01:27+	03:37+	00:58-	02:12+	03:53-	01:12-	01:41+	03:10+	00:57+	01:28+						
	00:13-	00:15#	00:15-	00:36#	00:14&	00:08#	00:23-	00:15-	00:07#	00:05-	00:08-	00:25#	00:04+	01:14&	00:03-	00:17#	00:40-	00:20-	00:12#	00:13+	00:02+	00:06+						



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

### Beste strekktid for klassen

01:15 01:37 02:49 02:29 00:39 01:18 04:20 00:36 00:59 00:52 01:44 01:41 01:23 02:23 00:53 01:44 03:53 01:09 01:29 02:23 00:46 01:17

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

## Herrer Ny

**1 Kjetil Hellesøy 12 42:08**

01:48= 04:22= 07:45= 16:15= 20:31= 26:07= 34:28= 38:29= 40:46= 42:08=  
 01:48= 02:34= 03:23= 08:30= 04:16= 05:36= 08:21= 04:01= 02:17= 01:22=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### Beste strekktid for klassen

01:48 02:34 03:23 08:30 04:16 05:36 08:21 04:01 02:17 01:22

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

## Herrer Trim

**1 Alexander Romanov 111 28:21**

01:19= 05:11= 07:11= 09:50= 11:11= 16:19= 19:41= 22:00= 25:01= 27:21= 28:21=  
 01:19= 03:52= 02:00= 02:39= 01:21= 05:08= 03:22= 02:19= 03:01= 02:20= 01:00=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Rolf Frøyland 5 29:21**

00:56- 04:29- 09:35+ 12:32+ 13:56+ 17:24+ 20:46+ 22:51+ 25:50+ 28:32+ 29:21+  
 00:56- 03:33- 05:06+ 02:57+ 01:24+ 03:28- 03:22= 02:05- 02:59- 02:42+ 00:49-  
 00:23- 00:19- 03:06@ 00:18# 00:03+ 01:40- 00:00= 00:14- 00:02- 00:22# 00:11-

**3 Martin Svensen 284 29:22**

01:01- 04:15- 09:04+ 11:36+ 12:52+ 17:46+ 20:40+ 22:37+ 25:22+ 28:29+ 29:22+  
 01:01- 03:14- 04:49+ 02:32- 01:16- 04:54- 02:54- 01:57- 02:45- 03:07+ 00:53-  
 00:18- 00:38- 02:49@ 00:07- 00:05- 00:14- 00:28- 00:22- 00:16- 00:47& 00:07-

**4 Trond Egil Toft 53 29:31**

02:30+ 06:00+ 08:01+ 10:43+ 12:13+ 16:04- 19:26- 21:57- 26:02+ 28:32+ 29:31+  
 02:30+ 03:30- 02:01+ 02:42+ 01:30+ 03:51- 03:22= 02:31+ 04:05+ 02:30+ 00:59-  
 01:11& 00:22- 00:01+ 00:03+ 00:09# 01:17- 00:00= 00:12+ 01:04& 00:10+ 00:01-

**5 Asle Schanke Grude 92 31:14**

01:23+ 05:19+ 07:17+ 10:26+ 11:49+ 17:04+ 21:08+ 23:28+ 27:09+ 30:08+ 31:14+  
 01:23+ 03:56+ 01:58- 03:09+ 01:23+ 05:15+ 04:04+ 02:20+ 03:41+ 02:59+ 01:06+  
 00:04+ 00:04+ 00:02- 00:30# 00:02+ 00:07+ 00:42# 00:01+ 00:40# 00:39& 00:06+

**6 Svein Sivertsen 115 32:40**

01:24+ 05:33+ 07:39+ 11:29+ 12:57+ 17:16+ 20:40+ 22:52+ 28:38+ 31:25+ 32:40+  
 01:24+ 04:09+ 02:06+ 03:50+ 01:28+ 04:19- 03:24+ 02:12- 05:46+ 02:47+ 01:15+  
 00:05+ 00:17+ 00:06+ 01:11& 00:07+ 00:49- 00:02+ 00:07- 02:45& 00:27# 00:15#

**7 Truls Thorkildsen 39 32:44**

01:03- 06:04+ 09:23+ 12:20+ 15:26+ 19:21+ 22:35+ 24:52+ 28:50+ 31:39+ 32:44+  
 01:03- 05:01+ 03:19+ 02:57+ 03:06+ 03:55- 03:14- 02:17- 03:58+ 02:49+ 01:05+  
 00:16- 01:09& 01:19& 00:18# 01:45@ 01:13- 00:08- 00:02- 00:57& 00:29# 00:05+

**8 Jon Kåre Olsen 92 33:30**

01:09- 05:47+ 07:58+ 12:11+ 14:04+ 18:10+ 21:26+ 23:24+ 29:49+ 32:21+ 33:30+  
 01:09- 04:38+ 02:11+ 04:13+ 01:53+ 04:06- 03:16- 01:58- 06:25+ 02:32+ 01:09+  
 00:10- 00:46# 00:11+ 01:34& 00:32& 01:02- 00:06- 00:21- 03:24@ 00:12+ 00:09#

**9 Niklas Gustafsson 192 34:25**

02:26+ 06:39+ 08:53+ 12:46+ 14:54+ 19:00+ 22:54+ 25:57+ 30:12+ 33:18+ 34:25+  
 02:26+ 04:13+ 02:14+ 03:53+ 02:08+ 04:06- 03:54+ 03:03+ 04:15+ 03:06+ 01:07+  
 01:07& 00:21+ 00:14# 01:14& 00:47& 01:02- 00:32# 00:44& 01:14& 00:46& 00:07#

**10 Stig Erlend Ollestad 51 34:59**

01:10- 05:27+ 12:48+ 18:01+ 19:31+ 23:16+ 26:39+ 28:57+ 31:49+ 34:07+ 34:59+  
 01:10- 04:17+ 07:21+ 05:13+ 01:30+ 03:45- 03:23+ 02:18- 02:52- 02:18- 00:52-  
 00:09- 00:25# 05:21@ 02:34& 00:09# 01:23- 00:01+ 00:01- 00:09- 00:02- 00:08-

Class	Navn	Klasse										Tid
<b>11</b>	<b>Svein Mæle</b>	<b>115</b>										<b>36:20</b>
02:21+	08:44+	11:09+	14:41+	16:27+	21:15+	24:38+	26:37+	32:31+	35:14+	36:20+		
02:21+	06:23+	02:25+	03:32+	01:46+	04:48-	03:23+	01:59-	05:54+	02:43+	01:06+		
01:02&	02:31&	00:25#	00:53&	00:25&	00:20-	00:01+	00:20-	02:53&	00:23#	00:06+		
<b>12</b>	<b>Anders H Foss</b>	<b>263</b>										<b>36:47</b>
01:17-	05:11=	08:35+	13:30+	15:03+	21:44+	26:11+	28:19+	32:07+	35:23+	36:47+		
01:17-	03:54+	03:24+	04:55+	01:33+	06:41+	04:27+	02:08-	03:48+	03:16+	01:24+		
00:02-	00:02+	01:24&	02:16&	00:12#	01:33&	01:05&	00:11-	00:47&	00:56&	00:24&		
<b>13</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>										<b>36:49</b>
01:44+	07:35+	10:01+	13:54+	15:56+	20:15+	25:51+	28:27+	32:05+	35:31+	36:49+		
01:44+	05:51+	02:26+	03:53+	02:02+	04:19-	05:36+	02:36+	03:38+	03:26+	01:18&		
00:25&	01:59&	00:26#	01:14&	00:41&	00:49-	02:14&	00:17#	00:37#	01:06&	00:18&		
<b>14</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>37:54</b>
01:18-	06:56+	11:12+	15:38+	17:32+	23:04+	27:18+	29:37+	33:19+	36:40+	37:54+		
01:18-	05:38+	04:16+	04:26+	01:54+	05:32+	04:14+	02:19=	03:42+	03:21+	01:14+		
00:01-	01:46&	02:16@	01:47&	00:33&	00:24+	00:52&	00:00=	00:41#	01:01&	00:14#		
<b>15</b>	<b>Frode Lund</b>	<b>18</b>										<b>38:44</b>
01:28+	05:51+	08:54+	13:49+	15:52+	22:16+	26:02+	28:52+	33:27+	37:21+	38:44+		
01:28+	04:23+	03:03+	04:55+	02:03+	06:24+	03:46+	02:50+	04:35+	03:54+	01:23+		
00:09#	00:31#	01:03&	02:16&	00:42&	01:16#	00:24#	00:31#	01:34&	01:34&	00:23&		
<b>16</b>	<b>Ove Mæstad</b>	<b>67</b>										<b>39:26</b>
01:48+	07:08+	09:29+	13:25+	16:47+	23:01+	27:27+	30:18+	34:41+	38:24+	39:26+		
01:48+	05:20+	02:21+	03:56+	03:22+	06:14+	04:26+	02:51+	04:23+	03:43+	01:02+		
00:29&	01:28&	00:21#	01:17&	02:01@	01:06#	01:04&	00:32#	01:22&	01:23&	00:02+		
<b>17</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>40:39</b>
01:24+	05:34+	08:50+	15:14+	17:00+	23:18+	27:50+	30:23+	35:49+	39:15+	40:39+		
01:24+	04:10+	03:16+	06:24+	01:46+	06:18+	04:32+	02:33+	05:26+	03:26+	01:24+		
00:05+	00:18+	01:16&	03:45@	00:25&	01:10#	01:10&	00:14#	02:25&	01:06&	00:24&		
<b>18</b>	<b>Reidar Haver</b>	<b>4</b>										<b>40:51</b>
01:28+	08:17+	11:05+	14:36+	16:21+	21:59+	28:26+	31:16+	36:51+	39:42+	40:51+		
01:28+	06:49+	02:48+	03:31+	01:45+	05:38+	06:27+	02:50+	05:35+	02:51+	01:09+		
00:09#	02:57&	00:48&	00:52&	00:24&	00:30+	03:05&	00:31#	02:34&	00:31#	00:09#		
<b>19</b>	<b>Christof Schätz</b>	<b>239</b>										<b>40:55</b>
01:19=	05:41+	07:57+	11:39+	13:48+	18:38+	25:00+	27:48+	36:08+	39:41+	40:55+		
01:19=	04:22+	02:16+	03:42+	02:09+	04:50-	06:22+	02:48+	08:20+	03:33+	01:14+		
00:00=	00:30#	00:16#	01:03&	00:48&	00:18-	03:00&	00:29#	05:19@	01:13&	00:14#		
<b>20</b>	<b>Knut Høie</b>	<b>117</b>										<b>42:04</b>
02:21+	06:10+	09:03+	12:22+	14:11+	26:35+	30:42+	33:23+	38:11+	41:05+	42:04+		
02:21+	03:49-	02:53+	03:19+	01:49+	12:24+	04:07+	02:41+	04:48+	02:54+	00:59-		
01:02&	00:03-	00:53&	00:40&	00:28&	07:16@	00:45#	00:22#	01:47&	00:34#	00:01-		
<b>21</b>	<b>Elvio Freitas</b>	<b>51</b>										<b>42:05</b>
01:22+	09:28+	11:40+	14:53+	16:45+	26:38+	30:26+	33:44+	37:48+	40:55+	42:05+		
01:22+	08:06+	02:12+	03:13+	01:52+	09:53+	03:48+	03:18+	04:04+	03:07+	01:10+		
00:03+	04:14@	00:12+	00:34#	00:31&	04:45&	00:26#	00:59&	01:03&	00:47&	00:10#		
<b>22</b>	<b>Frode Heigre</b>	<b>62</b>										<b>42:46</b>
01:28+	07:09+	10:43+	15:21+	17:23+	24:37+	29:18+	32:52+	37:23+	41:22+	42:46+		
01:28+	05:41+	03:34+	04:38+	02:02+	07:14+	04:41+	03:34+	04:31+	03:59+	01:24+		
00:09#	01:49&	01:34&	01:59&	00:41&	02:06&	01:19&	01:15&	01:30&	01:39&	00:24&		
<b>23</b>	<b>Trond Karlsen</b>	<b>235</b>										<b>42:48</b>
01:34+	06:42+	09:49+	15:06+	17:19+	23:26+	28:08+	31:00+	37:04+	41:20+	42:48+		
01:34+	05:08+	03:07+	05:17+	02:13+	06:07+	04:42+	02:52+	06:04+	04:16+	01:28+		
00:15#	01:16&	01:07&	02:38&	00:52&	00:59#	01:20&	00:33#	03:03@	01:56&	00:28&		
<b>24</b>	<b>Arild Olsen</b>	<b>4</b>										<b>42:56</b>
01:39+	07:42+	10:11+	13:58+	15:48+	20:38+	30:23+	32:46+	38:14+	41:36+	42:56+		
01:39+	06:03+	02:29+	03:47+	01:50+	04:50-	09:45+	02:23+	05:28+	03:22+	01:20+		
00:20&	02:11&	00:29#	01:08&	00:29&	00:18-	06:23@	00:04+	02:27&	01:02&	00:20&		
<b>25</b>	<b>John Øgreid</b>	<b>27</b>										<b>43:24</b>
01:32+	06:02+	08:46+	12:16+	17:15+	21:22+	26:57+	30:56+	39:43+	42:12+	43:24+		
01:32+	04:30+	02:44+	03:30+	04:59+	04:07-	05:35+	03:59+	08:47+	02:29+	01:12+		
00:13#	00:38#	00:44&	00:51&	03:38@	01:01-	02:13&	01:40&	05:46@	00:09+	00:12#		

Class	Navn	Klasse										Tid
<b>26</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>43:43</b>
00:58-	04:52-	08:27+	11:59+	14:02+	17:45+	21:27+	24:14+	33:37+	42:44+	43:43+		
00:58-	03:54+	03:35+	03:32+	02:03+	03:43-	03:42+	02:47+	09:23+	09:07+	00:59-		
00:21-	00:02+	01:35&	00:53&	00:42&	01:25-	00:20+	00:28#	06:22@	06:47@	00:01-		
<b>27</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>44:05</b>
01:36+	07:40+	12:24+	16:39+	19:04+	24:27+	31:38+	34:14+	38:58+	42:38+	44:05+		
01:36+	06:04+	04:44+	04:15+	02:25+	05:23+	07:11+	02:36+	04:44+	03:40+	01:27+		
00:17#	02:12&	02:44@	01:36&	01:04&	00:15+	03:49@	00:17#	01:43&	01:20&	00:27&		
<b>28</b>	<b>Cato Bjerkeli</b>	<b>237</b>										<b>46:20</b>
01:18-	06:56+	11:29+	14:36+	16:21+	22:49+	33:22+	35:47+	41:06+	45:11+	46:20+		
01:18-	05:38+	04:33+	03:07+	01:45+	06:28+	10:33+	02:25+	05:19+	04:05+	01:09+		
00:01-	01:46&	02:33@	00:28#	00:24&	01:20&	07:11@	00:06+	02:18&	01:45&	00:09#		
<b>29</b>	<b>Ove Vatland</b>	<b>128</b>										<b>47:18</b>
02:40+	11:34+	14:43+	19:53+	22:28+	27:57+	33:02+	36:24+	41:24+	45:25+	47:18+		
02:40+	08:54+	03:09+	05:10+	02:35+	05:29+	05:05+	03:22+	05:00+	04:01+	01:53+		
01:21@	05:02@	01:09&	02:31&	01:14&	00:21+	01:43&	01:03&	01:59&	01:41&	00:53&		
<b>30</b>	<b>Gunnar Andersen</b>	<b>144</b>										<b>47:53</b>
01:38+	09:15+	11:50+	16:06+	18:03+	24:09+	31:58+	36:06+	41:06+	46:37+	47:53+		
01:38+	07:37+	02:35+	04:16+	01:57+	06:06+	07:49+	04:08+	05:00+	05:31+	01:16+		
00:19#	03:45&	00:35&	01:37&	00:36&	00:58#	04:27@	01:49&	01:59&	03:11@	00:16&		
<b>31</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>48:05</b>
01:31+	05:57+	09:08+	13:41+	16:39+	25:30+	31:28+	37:44+	42:18+	46:53+	48:05+		
01:31+	04:26+	03:11+	04:33+	02:58+	08:51+	05:58+	06:16+	04:34+	04:35+	01:12+		
00:12#	00:34#	01:11&	01:54&	01:37@	03:43&	02:36&	03:57@	01:33&	02:15&	00:12#		
<b>32</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>50:05</b>
01:16-	05:34+	07:30+	11:01+	12:51+	25:17+	36:28+	40:13+	46:12+	48:53+	50:05+		
01:16-	04:18+	01:56-	03:31+	01:50+	12:26+	11:11+	03:45+	05:59+	02:41+	01:12+		
00:03-	00:26#	00:04-	00:52&	00:29&	07:18@	07:49@	01:26&	02:58&	00:21#	00:12#		
<b>33</b>	<b>Asgeir Kleppa</b>	<b>47</b>										<b>50:56</b>
01:39+	05:03-	06:52-	10:11+	15:03+	20:46+	33:41+	37:16+	47:02+	49:38+	50:56+		
01:39+	03:24-	01:49-	03:19+	04:52+	05:43+	12:55+	03:35+	09:46+	02:36+	01:18+		
00:20&	00:28-	00:11-	00:40&	03:31@	00:35#	09:33@	01:16&	06:45@	00:16#	00:18&		
<b>34</b>	<b>Arne Hope</b>	<b>43</b>										<b>51:08</b>
02:32+	08:08+	11:55+	16:06+	18:09+	25:01+	29:36+	33:19+	44:02+	49:45+	51:08+		
02:32+	05:36+	03:47+	04:11+	02:03+	06:52+	04:35+	03:43+	10:43+	05:43+	01:23+		
01:13&	01:44&	01:47&	01:32&	00:42&	01:44&	01:13&	01:24&	07:42@	03:23@	00:23&		
<b>35</b>	<b>Per Bakken</b>	<b>5</b>										<b>51:31</b>
01:59+	09:12+	14:51+	20:13+	23:13+	30:51+	38:45+	41:33+	46:04+	49:59+	51:31+		
01:59+	07:13+	05:39+	05:22+	03:00+	07:38+	07:54+	02:48+	04:31+	03:55+	01:32+		
00:40&	03:21&	03:39@	02:43@	01:39@	02:30&	04:32@	00:29#	01:30&	01:35&	00:32&		
<b>36</b>	<b>Inge Grødem</b>	<b>92</b>										<b>51:50</b>
01:54+	08:17+	12:42+	18:08+	21:05+	28:39+	34:15+	39:06+	45:47+	50:25+	51:50+		
01:54+	06:23+	04:25+	05:26+	02:57+	07:34+	05:36+	04:51+	06:41+	04:38+	01:25+		
00:35&	02:31&	02:25@	02:47@	01:36@	02:26&	02:14&	02:32@	03:40@	02:18&	00:25&		
<b>37</b>	<b>Sverre Uhlving</b>	<b>105</b>										<b>52:58</b>
02:04+	07:48+	11:37+	16:38+	19:56+	25:44+	33:26+	38:08+	47:57+	51:26+	52:58+		
02:04+	05:44+	03:49+	05:01+	03:18+	05:48+	07:42+	04:42+	09:49+	03:29+	01:32+		
00:45&	01:52&	01:49&	02:22&	01:57@	00:40#	04:20@	02:23@	06:48@	01:09&	00:32&		
<b>38</b>	<b>Jon Grepstad</b>	<b>111</b>										<b>53:24</b>
02:21+	14:07+	17:33+	22:41+	25:05+	30:57+	37:03+	40:57+	47:49+	52:01+	53:24+		
02:21+	11:46+	03:26+	05:08+	02:24+	05:52+	06:06+	03:54+	06:52+	04:12+	01:23+		
01:02&	07:54@	01:26&	02:29&	01:03&	00:44#	02:44&	01:35&	03:51@	01:52&	00:23&		
<b>39</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>55:28</b>
01:12-	04:59-	08:20+	12:30+	19:43+	23:35+	35:18+	38:46+	51:27+	54:35+	55:28+		
01:12-	03:47-	03:21+	04:10+	07:13+	03:52-	11:43+	03:28+	12:41+	03:08+	00:53-		
00:07-	00:05-	01:21&	01:31&	05:52@	01:16-	08:21@	01:09&	09:40@	00:48&	00:07-		
<b>40</b>	<b>Per Aspøy</b>	<b>117</b>										<b>57:02</b>
02:20+	08:42+	12:13+	17:21+	19:43+	25:41+	42:09+	45:12+	51:20+	55:42+	57:02+		
02:20+	06:22+	03:31+	05:08+	02:22+	05:58+	16:28+	03:03+	06:08+	04:22+	01:20+		
01:01&	02:30&	01:31&	02:29&	01:01&	00:50#	13:06@	00:44&	03:07@	02:02&	00:20&		



Class	Navn	Klasse										Tid
<b>41</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>										<b>59:31</b>
02:35+	10:29+	19:18+	25:18+	28:00+	36:34+	42:03+	47:23+	53:04+	57:46+	59:31+		
02:35+	07:54+	08:49+	06:00+	02:42+	08:34+	05:29+	05:20+	05:41+	04:42+	01:45+		
01:16&	04:02@	06:49@	03:21@	01:21&	03:26&	02:07&	03:01@	02:40&	02:22@	00:45&		
<b>42</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>1:03:43</b>
02:15+	06:09+	14:21+	19:11+	24:14+	38:26+	48:16+	52:20+	57:41+	62:15+	63:43+		
02:15+	03:54+	08:12+	04:50+	05:03+	14:12+	09:50+	04:04+	05:21+	04:34+	01:28+		
00:56&	00:02+	06:12@	02:11&	03:42@	09:04@	06:28@	01:45&	02:20&	02:14&	00:28&		
<b>43</b>	<b>Karl Johnny Braut</b>	<b>27</b>										<b>1:06:26</b>
01:50+	06:23+	13:41+	18:44+	25:30+	31:19+	38:55+	42:11+	61:21+	64:52+	66:26+		
01:50+	04:33+	07:18+	05:03+	06:46+	05:49+	07:36+	03:16+	19:10+	03:31+	01:34+		
00:31&	00:41#	05:18@	02:24&	05:25@	00:41#	04:14@	00:57&	16:09@	01:11&	00:34&		
<b>44</b>	<b>Svein Inge Sævereid</b>	<b>126</b>										<b>1:10:39</b>
02:32+	09:56+	20:54+	28:13+	31:00+	41:18+	52:20+	56:42+	63:35+	68:22+	70:39+		
02:32+	07:24+	10:58+	07:19+	02:47+	10:18+	11:02+	04:22+	06:53+	04:47+	02:17+		
01:13&	03:32&	08:58@	04:40@	01:26@	05:10@	07:40@	02:03&	03:52@	02:27@	01:17@		
<b>45</b>	<b>Tor Magnus Sivertsen</b>	<b>128</b>										<b>1:20:03</b>
06:33+	14:21+	18:20+	25:14+	28:43+	43:39+	52:27+	59:53+	72:38+	78:06+	80:03+		
06:33+	07:48+	03:59+	06:54+	03:29+	14:56+	08:48+	07:26+	12:45+	05:28+	01:57+		
05:14@	03:56@	01:59&	04:15@	02:08@	09:48@	05:26@	05:07@	09:44@	03:08@	00:57&		
<b>46</b>	<b>Erling Aniksdal</b>	<b>128</b>										<b>1:21:02</b>
07:35+	15:16+	19:21+	26:20+	29:47+	45:51+	53:32+	60:49+	72:57+	79:00+	81:02+		
07:35+	07:41+	04:05+	06:59+	03:27+	16:04+	07:41+	07:17+	12:08+	06:03+	02:02+		
06:16@	03:49&	02:05@	04:20@	02:06@	10:56@	04:19@	04:58@	09:07@	03:43@	01:02@		
<b>47</b>	<b>Finn Våge</b>	<b>117</b>										<b>1:26:55</b>
02:59+	10:36+	20:20+	49:31+	51:54+	61:27+	69:20+	73:15+	81:53+	85:22+	86:55+		
02:59+	07:37+	09:44+	29:11+	02:23+	09:33+	07:53+	03:55+	08:38+	03:29+	01:33+		
01:40@	03:45&	07:44@	26:32@	01:02&	04:25&	04:31@	01:36&	05:37@	01:09&	00:33&		
<b>48</b>	<b>Tom Leveraas</b>	<b>188</b>										<b>1:27:49</b>
02:07+	07:23+	21:55+	52:12+	54:58+	65:00+	69:14+	72:15+	83:23+	86:43+	87:49+		
02:07+	05:16+	14:32+	30:17+	02:46+	10:02+	04:14+	03:01+	11:08+	03:20+	01:06+		
00:48&	01:24&	12:32@	27:38@	01:25@	04:54&	00:52&	00:42&	08:07@	01:00&	00:06+		
<b>Beste strekktid for klassen</b>												
00:56	03:14	01:49	02:32	01:16	03:28	02:54	01:57	02:45	02:18	00:49		

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