

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Heidi Nordaunet	126	17:36							
01:02=	03:41=	04:47=	08:21=	10:12=	10:38=	12:40=	14:47=	15:48=	17:14=	17:36=
01:02=	02:39=	01:06=	03:34=	01:51=	00:26=	02:02=	02:07=	01:01=	01:26=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Wibeke Lende	74	17:47							
00:59-	03:24-	04:15-	07:46-	10:08-	10:41+	12:54+	14:49+	15:55+	17:27+	17:47+
00:59-	02:25-	00:51-	03:31-	02:22+	00:33+	02:13+	01:55-	01:06+	01:32+	00:20-
00:03-	00:14-	00:15-	00:03-	00:31&	00:07&	00:11+	00:12-	00:05+	00:06+	00:02-
3	Lene Bjelland	116	18:23							
00:52-	03:17-	04:01-	08:01-	09:52-	10:19-	12:48+	15:22+	16:19+	18:08+	18:23+
00:52-	02:25-	00:44-	04:00+	01:51=	00:27+	02:29+	02:34+	00:57-	01:49+	00:15-
00:10-	00:14-	00:22-	00:26#	00:00=	00:01+	00:27#	00:27#	00:04-	00:23&	00:07-
4	Ingunn Bergheim Landsnes	92	22:04							
01:04+	04:39+	05:37+	09:18+	12:30+	13:09+	16:00+	18:18+	19:44+	21:40+	22:04+
01:04+	03:35+	00:58-	03:41+	03:12+	00:39+	02:51+	02:18+	01:26+	01:56+	00:24+
00:02+	00:56&	00:08-	00:07+	01:21&	00:13&	00:49&	00:11+	00:25&	00:30&	00:02+
5	Fredrike Krahner	126	24:50							
02:51+	05:48+	06:37+	14:24+	16:14+	16:49+	18:39+	22:00+	23:01+	24:30+	24:50+
02:51+	02:57+	00:49-	07:47+	01:50-	00:35+	01:50-	03:21+	01:01=	01:29+	00:20-
01:49@	00:18#	00:17-	04:13@	00:01-	00:09&	00:12-	01:14&	00:00=	00:03+	00:02-

Beste strekktid for klassen

00:52 02:25 00:44 03:31 01:50 00:26 01:50 01:55 00:57 01:26 00:15

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

Damer 40 - 49 år

1	Brit Nilsen	88	21:04								
00:34=	01:38=	04:09=	06:58=	07:53=	11:42=	13:57=	16:27=	18:49=	19:32=	20:42=	21:04=
00:34=	01:04=	02:31=	02:49=	00:55=	03:49=	02:15=	02:30=	02:22=	00:43=	01:10=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Rikke Rostrup	116	22:29								
00:54+	02:43+	06:10+	09:19+	10:40+	13:03+	15:09+	17:32+	19:53+	20:44+	22:09+	22:29+
00:54+	01:49+	03:27+	03:09+	01:21+	02:23-	02:06-	02:23-	02:21-	00:51+	01:25+	00:20-
00:20&	00:45&	00:56&	00:20#	00:26&	01:26-	00:09-	00:07-	00:01-	00:08#	00:15#	00:02-
3	Siri Warland	115	26:49								
02:29+	03:34+	08:38+	12:47+	13:56+	17:57+	19:54+	22:28+	24:42+	25:23+	26:26+	26:49+
02:29+	01:05+	05:04+	04:09+	01:09+	04:01+	01:57-	02:34+	02:14-	00:41-	01:03-	00:23+
01:55@	00:01+	02:33@	01:20&	00:14&	00:12+	00:18-	00:04+	00:08-	00:02-	00:07-	00:01+
4	Nina Svensen	2	35:32								
00:43+	02:26+	05:54+	17:57+	19:40+	25:24+	27:44+	30:23+	33:06+	33:52+	35:06+	35:32+
00:43+	01:43+	03:28+	12:03+	01:43+	05:44+	02:20+	02:39+	02:43+	00:46+	01:14+	00:26+
00:09&	00:39&	00:57&	09:14@	00:48&	01:55&	00:05+	00:09+	00:21#	00:03+	00:04+	00:04#

Beste strekktid for klassen

00:34 01:04 02:31 02:49 00:55 02:23 01:57 02:23 02:14 00:41 01:03 00:20

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

Damer 50 - 59 år

1	Marie-Elizabeth Reinseth	27	22:47								
00:39=	02:40=	05:30=	09:45=	10:43=	13:34=	15:35=	18:09=	20:30=	21:19=	22:25=	22:47=
00:39=	02:01=	02:50=	04:15=	00:58=	02:51=	02:01=	02:34=	02:21=	00:49=	01:06=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid
2	Keth Berggraf	116										23:25
	00:36-	02:06-	05:27-	10:38+	14:56+	16:50+	19:01+	21:19+	21:59+	23:05+	23:25+	
	00:36-	01:30-	03:21+	05:11+	01:06+	03:12+	01:54-	02:11-	02:18-	00:40-	01:06=	00:20-
	00:03-	00:31-	00:31#	00:56#	00:08#	00:21#	00:07-	00:23-	00:03-	00:09-	00:00=	00:02-
3	Anne Sæbø Vik	116										24:43
	00:37-	01:48-	05:38+	11:05+	12:02+	16:12+	17:57+	20:21+	22:34+	23:16+	24:20+	24:43+
	00:37-	01:11-	03:50+	05:27+	00:57-	04:10+	01:45-	02:24-	02:13-	00:42-	01:04-	00:23+
	00:02-	00:50-	01:00&	01:12&	00:01-	01:19&	00:16-	00:10-	00:08-	00:07-	00:02-	00:01+
4	Trude Katrine Hermanrud	117										26:08
	00:49+	02:24-	05:35+	11:19+	13:17+	16:13+	18:34+	21:08+	23:39+	24:28+	25:42+	26:08+
	00:49+	01:35-	03:11+	05:44+	01:58+	02:56+	02:21+	02:34=	02:31+	00:49=	01:14+	00:26+
	00:10&	00:26-	00:21#	01:29&	01:00&	00:05+	00:20#	00:00=	00:10+	00:00=	00:08#	00:04#
5	Gunn J. Grefstad	2										26:35
	00:48+	02:41+	07:54+	11:39+	13:03+	16:28+	18:41+	21:12+	23:55+	24:49+	26:06+	26:35+
	00:48+	01:53-	05:13+	03:45-	01:24+	03:25+	02:13+	02:31-	02:43+	00:54+	01:17+	00:29+
	00:09#	00:08-	02:23&	00:30-	00:26&	00:34#	00:12+	00:03-	00:22#	00:05#	00:11#	00:07&
6	Ragnhild Auglænd	168										28:11
	01:07+	03:18+	06:44+	12:40+	14:03+	17:53+	20:09+	22:50+	25:35+	26:25+	27:43+	28:11+
	01:07+	02:11+	03:26+	05:56+	01:23+	03:50+	02:16+	02:41+	02:45+	00:50+	01:18+	00:28+
	00:28&	00:10+	00:36#	01:41&	00:25&	00:59&	00:15#	00:07+	00:24#	00:01+	00:12#	00:06&
7	Målfrid Bjerkeli	237										28:13
	01:29+	03:03+	07:09+	12:36+	13:37+	17:28+	19:26+	22:32+	25:18+	26:08+	27:45+	28:13+
	01:29+	01:34-	04:06+	05:27+	01:01+	03:51+	01:58-	03:06+	02:46+	00:50+	01:37+	00:28+
	00:50@	00:27-	01:16&	01:12&	00:03+	01:00&	00:03-	00:32#	00:25#	00:01+	00:31&	00:06&
8	Kristin Skadsem	18										29:08
	01:08+	03:04+	06:27+	11:47+	13:02+	16:44+	19:28+	22:39+	26:11+	27:07+	28:35+	29:08+
	01:08+	01:56-	03:23+	05:20+	01:15+	03:42+	02:44+	03:11+	03:32+	00:56+	01:28+	00:33+
	00:29&	00:05-	00:33#	01:05&	00:17&	00:51&	00:43&	00:37#	01:11&	00:07#	00:22&	00:11&
9	Hilde Frøytlog Karlsen	228										32:59
	00:52+	02:19-	06:18+	15:26+	17:18+	21:16+	23:59+	26:41+	30:18+	31:11+	32:31+	32:59+
	00:52+	01:27-	03:59+	09:08+	01:52+	03:58+	02:43+	02:42+	03:37+	00:53+	01:20+	00:28+
	00:13&	00:34-	01:09&	04:53@	00:54&	01:07&	00:42&	00:08+	01:16&	00:04+	00:14#	00:06&
10	Ellinor Hoemsnes	116										33:16
	00:50+	03:10+	10:47+	17:19+	18:45+	22:48+	24:51+	28:07+	30:43+	31:34+	32:50+	33:16+
	00:50+	02:20+	07:37+	06:32+	01:26+	04:03+	02:03+	03:16+	02:36+	00:51+	01:16+	00:26+
	00:11&	00:19#	04:47@	02:17&	00:28&	01:12&	00:02+	00:42&	00:15#	00:02+	00:10#	00:04#
Beste strekktid for klassen												
	00:36	01:11	02:50	03:45	00:57	02:51	01:45	02:11	02:13	00:40	01:04	00:20

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

Damer 60 - 64 år

1	Tove Bjerkreim	105										18:19
	00:59=	04:09=	05:48=	07:34=	09:36=	10:20=	12:16=	14:02=	15:11=	16:39=	17:54=	18:19=
	00:59=	03:10=	01:39=	01:46=	02:02=	00:44=	01:56=	01:46=	01:09=	01:28=	01:15=	00:25=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Eli Frafjord	94										18:37
	00:42-	03:36-	05:26-	07:09-	09:05-	10:00-	12:15-	14:07+	15:23+	16:53+	18:11+	18:37+
	00:42-	02:54-	01:50+	01:43-	01:56-	00:55+	02:15+	01:52+	01:16+	01:30+	01:18+	00:26+
	00:17-	00:16-	00:11#	00:03-	00:06-	00:11#	00:19#	00:06+	00:07#	00:02+	00:03+	00:01+
3	Berit Bakken	168										18:41
	01:29+	04:17+	05:54+	07:39+	09:19-	10:07-	12:16=	13:59-	15:31+	16:59+	18:14+	18:41+
	01:29+	02:48-	01:37-	01:45-	01:40-	00:48+	02:09+	01:43-	01:32+	01:28=	01:15=	00:27+
	00:30&	00:22-	00:02-	00:01-	00:22-	00:04+	00:13#	00:03-	00:23&	00:00=	00:00=	00:02+
4	Ingrid Eik	88										18:57
	02:00+	04:41+	06:09+	07:25-	09:33-	11:05+	11:45-	13:33-	15:12+	16:16-	17:32-	18:37+
	02:00+	02:41-	01:28-	01:16-	02:08+	01:32+	00:40-	01:48+	01:39+	01:04-	01:16+	01:05+
	01:01@	00:29-	00:11-	00:30-	00:06+	00:48@	01:16-	00:02+	00:30&	00:24-	00:01+	00:40@

Class	Navn	Klasse	Tid								
5	Marit Karin Nygård	92	18:59								
00:41-	03:43-	05:27-	07:14-	09:01-	09:51-	12:55+	14:41+	15:53+	17:18+	18:36+	18:59+
00:41-	03:02-	01:44+	01:47+	01:47-	00:50+	03:04+	01:46=	01:12+	01:25-	01:18+	00:23-
00:18-	00:08-	00:05+	00:01+	00:15-	00:06#	01:08&	00:00=	00:03+	00:03-	00:03+	00:02-

6	Ingunn Voilås	29	19:50								
02:00+	05:15+	06:55+	08:56+	10:33+	11:21+	13:30+	15:17+	16:30+	18:04+	19:23+	19:50+
02:00+	03:15+	01:40+	02:01+	01:37-	00:48+	02:09+	01:47+	01:13+	01:34+	01:19+	00:27+
01:01@	00:05+	00:01+	00:15#	00:25-	00:04+	00:13#	00:01+	00:04+	00:06+	00:04+	00:02+

7	Aud Steinsland	128	20:25								
00:47-	04:24+	06:16+	08:26+	10:18+	11:09+	13:34+	15:32+	16:51+	18:31+	19:57+	20:25+
00:47-	03:37+	01:52+	02:10+	01:52-	00:51+	02:25+	01:58+	01:19+	01:40+	01:26+	00:28+
00:12-	00:27#	00:13#	00:24#	00:10-	00:07#	00:29#	00:12#	00:10#	00:12#	00:11#	00:03#

8	Kari Blixhavn	228	22:55								
00:45-	04:34+	06:47+	09:05+	11:09+	12:13+	14:50+	16:55+	18:45+	20:53+	22:23+	22:55+
00:45-	03:49+	02:13+	02:18+	02:04+	01:04+	02:37+	02:05+	01:50+	02:08+	01:30+	00:32+
00:14-	00:39#	00:34&	00:32&	00:02+	00:20&	00:41&	00:19#	00:41&	00:40&	00:15#	00:07&

Beste strekktid for klassen
00:41 02:41 01:28 01:16 01:37 00:44 00:40 01:43 01:09 01:04 01:15 00:23

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

Damer 65 - 69 år

1	Mette Dagsland	68	21:18								
01:08=	04:06=	06:09=	08:00=	09:38=	10:29=	13:24=	15:20=	16:52=	18:49=	20:53=	21:18=
01:08=	02:58=	02:03=	01:51=	01:38=	00:51=	02:55=	01:56=	01:32=	01:57=	02:04=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Kirsten Carlsen	93	21:53								
00:57-	04:13+	06:29+	08:40+	10:26+	11:32+	14:27+	16:34+	17:51+	19:35+	21:24+	21:53+
00:57-	03:16+	02:16+	02:11+	01:46+	01:06+	02:55=	02:07+	01:17-	01:44-	01:49-	00:29+
00:11-	00:18#	00:13#	00:20#	00:08+	00:15&	00:00=	00:11+	00:15-	00:13-	00:15-	00:04#

3	Halldis Handeland	92	24:37									
01:30+	06:27+	08:52+	10:05+	11:02+	13:08+	14:01+	16:47+	18:58+	21:01+	22:41+	24:08+	24:37+
01:30+	04:57+	02:25+	01:13-	00:57-	02:06+	00:53-	02:46+	02:11+	02:03+	01:40-	01:27+	00:29+
00:22&	01:59&	00:22#	00:38-	00:41-	01:15@	02:02-	00:50&	00:39&	00:06+	00:24-	01:02@	00:29+

4	Berit K. Gramstad	113	26:47								
04:55+	08:53+	10:46+	12:59+	15:19+	16:47+	19:23+	21:29+	23:03+	24:52+	26:18+	26:47+
04:55+	03:58+	01:53-	02:13+	02:20+	01:28+	02:36-	02:06+	01:34+	01:49-	01:26-	00:29+
03:47@	01:00&	00:10-	00:22#	00:42&	00:37&	00:19+	00:10+	00:02+	00:08-	00:38-	00:04#

5	Ingunn Bjerga	105	27:47								
00:55-	05:57+	08:08+	10:24+	13:13+	14:26+	19:18+	22:01+	23:38+	25:31+	27:13+	27:47+
00:55-	05:02+	02:11+	02:16+	02:49+	01:13+	04:52+	02:43+	01:37+	01:53-	01:42-	00:34+
00:13-	02:04&	00:08+	00:25#	01:11&	00:22&	01:57&	00:47&	00:05+	00:04-	00:22-	00:09&

6	Wenche Anda Haarr	92	28:30								
02:28+	06:22+	08:25+	10:38+	15:51+	16:52+	19:28+	21:39+	23:42+	25:31+	27:55+	28:30+
02:28+	03:54+	02:03=	02:13+	05:13+	01:01+	02:36-	02:11+	02:03+	01:49-	02:24+	00:35+
01:20@	00:56&	00:00=	00:22#	03:35@	00:10#	00:19-	00:15#	00:31&	00:08-	00:20#	00:10&

Beste strekktid for klassen
00:55 02:58 01:53 01:13 00:57 00:51 00:53 01:56 01:17 01:44 01:26 00:25

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

Damer 70 - 74 år

1	Turid Nystrøm	68	18:01								
01:22=	04:09=	05:49=	07:35=	09:13=	09:58=	11:56=	13:43=	14:53=	16:18=	17:33=	18:01=
01:22=	02:47=	01:40=	01:46=	01:38=	00:45=	01:58=	01:47=	01:10=	01:25=	01:15=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid									
2	Hedvig Anda	116	21:09									
00:56-	04:33+	06:48+	08:40+	10:18+	11:15+	13:43+	15:35+	17:35+	19:20+	20:37+	21:09+	
00:56-	03:37+	02:15+	01:52+	01:38=	00:57+	02:28+	01:52+	02:00+	01:45+	01:17+	00:32+	
00:26-	00:50&	00:35&	00:06+	00:00=	00:12&	00:30&	00:05+	00:50&	00:20#	00:02+	00:04#	
3	Haldis Glendrange	68	21:31									
00:40-	03:48-	05:46-	07:59+	09:34+	10:35+	13:09+	15:04+	18:01+	19:35+	21:07+	21:31+	
00:40-	03:08+	01:58+	02:13+	01:35-	01:01+	02:34+	01:55+	02:57+	01:34+	01:32+	00:24-	
00:42-	00:21#	00:18#	00:27&	00:03-	00:16&	00:36&	00:08+	01:47@	00:09#	00:17#	00:04-	
4	Helga Klausen	62	23:42									
00:53-	05:29+	07:34+	08:52+	10:20+	12:21+	13:23+	16:06+	18:20+	19:45+	21:37+	23:17+	23:42+
00:53-	04:36+	02:05+	01:18-	01:28-	02:01+	01:02-	02:43+	02:14+	01:25=	01:52+	01:40+	00:25+
00:29-	01:49&	00:25#	00:28-	00:10-	01:16@	00:56-	00:56&	01:04&	00:00=	00:37&	01:12@	00:25+
5	Aslaug Lura	94	24:55									
00:55-	05:26+	07:40+	10:37+	12:55+	13:54+	16:50+	19:18+	20:52+	22:42+	24:20+	24:55+	
00:55-	04:31+	02:14+	02:57+	02:18+	00:59+	02:56+	02:28+	01:34+	01:50+	01:38+	00:35+	
00:27-	01:44&	00:34&	01:11&	00:40&	00:14&	00:58&	00:41&	00:24&	00:25&	00:23&	00:07#	
6	Ragnhild Christiansen	93	28:37									
01:01-	05:25+	07:57+	10:22+	12:53+	14:22+	17:27+	20:05+	24:02+	26:23+	28:06+	28:37+	
01:01-	04:24+	02:32+	02:25+	02:31+	01:29+	03:05+	02:38+	03:57+	02:21+	01:43+	00:31+	
00:21-	01:37&	00:52&	00:39&	00:53&	00:44&	01:07&	00:51&	02:47@	00:56&	00:28&	00:03#	
7	Margaret Malmin	105	36:16									
01:20-	06:28+	13:48+	16:57+	20:32+	21:44+	25:11+	28:06+	30:06+	32:23+	35:38+	36:16+	
01:20-	05:08+	07:20+	03:09+	03:35+	01:12+	03:27+	02:55+	02:00+	02:17+	03:15+	00:38+	
00:02-	02:21&	05:40@	01:23&	01:57@	00:27&	01:29&	01:08&	00:50&	00:52&	02:00@	00:10&	
Beste strekktid for klassen	00:40	02:47	01:40	01:18	01:28	00:45	01:02	01:47	01:10	01:25	01:15	00:24

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29	25:44									
03:57=	07:49=	09:43=	11:53=	14:21=	15:42=	18:17=	20:31=	21:57=	23:50=	25:15=	25:44=	
03:57=	03:52=	01:54=	02:10=	02:28=	01:21=	02:35=	02:14=	01:26=	01:53=	01:25=	00:29=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Berit Ebbell Olsen	68	26:43									
01:13-	04:47-	07:16-	09:28-	12:28-	13:54-	16:56-	19:23-	22:00+	24:24+	26:10+	26:43+	
01:13-	03:34-	02:29+	02:12+	03:00+	01:26+	03:02+	02:27+	02:37+	02:24+	01:46+	00:33+	
02:44-	00:18-	00:35&	00:02+	00:32#	00:05+	00:27#	00:13+	01:11&	00:31&	00:21#	00:04#	
3	Helga Aaslid	54	27:56									
00:59-	07:36-	09:31-	14:02+	17:25+	18:17+	20:25+	22:16+	23:38+	25:16+	27:26+	27:56+	
00:59-	06:37+	01:55+	04:31+	03:23+	00:52-	02:08-	01:51-	01:22-	01:38-	02:10+	00:30+	
02:58-	02:45&	00:01+	02:21@	00:55&	00:29-	00:27-	00:23-	00:04-	00:15-	00:45&	00:01+	
Beste strekktid for klassen	00:59	03:34	01:54	02:10	02:28	00:52	02:08	01:51	01:22	01:38	01:25	00:29

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

Damer 80 år og eldre

1	Gørild Espedal	113	37:19									
02:58=	06:02=	07:07=	10:22=	13:45=	26:01=	26:39=	29:40=	31:15=	33:29=	36:41=	37:19=	
02:58=	03:04=	01:05=	03:15=	03:23=	12:16=	00:38=	03:01=	01:35=	02:14=	03:12=	00:38=	
00:00=	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	02:58	03:04	01:05	03:15	03:23	12:16	00:38	03:01	01:35	02:14	03:12	00:38

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

Damer A

1	Jorunn Hadland	29	21:07																		
02:12=	03:26=	04:13=	04:39=	06:19=	08:37=	10:04=	10:44=	12:19=	14:03=	15:36=	16:35=	17:39=	18:02=	18:44=	19:32=	20:47=	21:07=				
02:12=	01:14=	00:47=	00:26=	01:40=	02:18=	01:27=	00:40=	01:35=	01:44=	01:33=	00:59=	01:04=	00:23=	00:42=	00:48=	01:15=	00:20=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Aud Hognestad Taksdal	92	21:42																		
01:54-	03:06-	03:48-	04:18-	05:52-	07:53-	10:47+	11:26+	13:51+	15:26+	16:50+	17:37+	18:35+	18:56+	19:35+	20:17+	21:25+	21:42+				
01:54-	01:12-	00:42-	00:30+	01:34-	02:01-	02:54+	00:39-	02:25+	01:35-	01:24-	00:47-	00:58-	00:21-	00:39-	00:42-	01:08-	00:17-				
00:18-	00:02-	00:05-	00:04#	00:06-	00:17-	01:27#	00:01-	00:50#	00:09-	00:09-	00:12-	00:06-	00:02-	00:03-	00:06-	00:07-	00:03-				
3	Trine Bolstad Scheie	62	27:14																		
02:08-	03:47+	04:39+	05:01+	07:58+	10:22+	12:17+	15:32+	17:35+	19:23+	21:07+	22:04+	23:13+	23:39+	24:25+	25:14+	26:52+	27:14+				
02:08-	01:39+	00:52+	00:22-	02:57+	02:24+	01:55+	03:15+	02:03+	01:48+	01:44+	00:57-	01:09+	00:26+	00:46+	00:49+	01:38+	00:22+				
00:04-	00:25&	00:05#	00:04-	01:17&	00:06+	00:28&	02:35@	00:28&	00:04+	00:11#	00:02-	00:05+	00:03#	00:04+	00:01+	00:23&	00:02#				
4	Maira Andersone	93	29:33																		
02:12=	04:10+	05:16+	05:57+	08:21+	11:15+	13:47+	15:11+	17:42+	19:55+	22:04+	23:11+	24:30+	24:58+	25:55+	27:29+	29:11+	29:33+				
02:12=	01:58+	01:06+	00:41+	02:24+	02:54+	02:32+	01:24+	02:31+	02:13+	02:09+	01:07+	01:19+	00:28+	00:57+	01:34+	01:42+	00:22+				
00:00=	00:44&	00:19&	00:15&	00:44&	00:36&	01:05&	00:44@	00:56&	00:29&	00:36&	00:08#	00:15#	00:05#	00:15&	00:46&	00:27&	00:02#				
5	Kari Borgen	62	30:53																		
05:09+	06:51+	07:43+	08:11+	10:50+	13:20+	15:28+	16:48+	20:46+	22:36+	24:25+	25:47+	27:06+	27:32+	28:17+	29:04+	30:35+	30:53+				
05:09+	01:42+	00:52+	00:28+	02:39+	02:30+	02:08+	01:20+	03:58+	01:50+	01:49+	01:22+	01:19+	00:26+	00:45+	00:47-	01:31+	00:18-				
02:57@	00:28&	00:05#	00:02+	00:59&	00:12+	00:41&	00:40&	02:23@	00:06+	00:16#	00:23&	00:15#	00:03#	00:03+	00:01-	00:16#	00:02-				
Beste strekketid for klassen				01:54	01:12	00:42	00:22	01:34	02:01	01:27	00:39	01:35	01:35	01:24	00:47	00:58	00:21	00:39	00:42	01:08	00:17

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

Damer B

1	Inger Tone Nygård	29	20:55												
00:35=	02:57=	03:30=	06:13=	08:15=	11:16=	12:13=	13:10=	14:24=	15:58=	17:28=	18:30=	19:02=	19:41=	20:38=	20:55=
00:35=	02:22=	00:33=	02:43=	02:02=	03:01=	00:57=	00:57=	01:14=	01:34=	01:30=	01:02=	00:32=	00:39=	00:57=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anita Glenne Kallhovd	29	21:46												
00:33-	03:06+	03:43+	05:44-	08:15=	10:51-	11:53-	13:25+	14:56+	16:41+	18:22+	19:17+	19:52+	20:29+	21:27+	21:46+
00:33-	02:33+	00:37+	02:01-	02:31+	02:36-	01:02+	01:32+	01:31+	01:45+	01:41+	00:55-	00:35+	00:37-	00:58+	00:19+
00:02-	00:11+	00:04#	00:42-	00:29#	00:25-	00:05+	00:35&	00:17#	00:11#	00:11#	00:07-	00:03+	00:02-	00:01+	00:02#
3	Anne Garsrud	90	25:11												
01:21+	04:18+	04:53+	07:24+	10:31+	13:47+	14:48+	16:06+	17:35+	19:25+	21:11+	22:18+	22:57+	23:40+	24:48+	25:11+
01:21+	02:57+	00:35+	02:31-	03:07+	03:16+	01:01+	01:18+	01:29+	01:50+	01:46+	01:07+	00:39+	00:43+	01:08+	00:23+
00:46@	00:35#	00:02+	00:12-	01:05&	00:15+	00:04+	00:21&	00:15#	00:16#	00:16#	00:05+	00:07#	00:04#	00:11#	00:06&
4	Jorunn Johannesen	116	27:23												
00:32-	03:45+	04:20+	06:33+	09:08+	13:15+	14:20+	15:31+	18:45+	20:37+	22:33+	24:32+	25:09+	25:50+	27:00+	27:23+
00:32-	03:13+	00:35+	02:13-	02:35+	04:07+	01:05+	01:11+	03:14+	01:52+	01:56+	01:59+	00:37+	00:41+	01:10+	00:23+
00:03-	00:51&	00:02+	00:30-	00:33&	01:06&	00:08#	00:14#	02:00@	00:18#	00:26&	00:57&	00:05#	00:02+	00:13#	00:06&
5	Ingunn Anda Haug	67	27:46												
00:58+	03:43+	04:46+	07:21+	10:36+	14:29+	15:28+	16:47+	18:18+	20:50+	23:11+	24:38+	25:20+	26:10+	27:25+	27:46+
00:58+	02:45+	01:03+	02:35-	03:15+	03:53+	00:59+	01:19+	01:31+	02:32+	02:21+	01:27+	00:42+	00:50+	01:15+	00:21+
00:23&	00:23#	00:30&	00:08-	01:13&	00:52&	00:02+	00:22&	00:17#	00:58&	00:51&	00:25&	00:10&	00:11&	00:18&	00:04#
6	Hilde Nordbø	93	27:47												
00:53+	03:30+	04:17+	07:28+	10:09+	13:49+	16:52+	18:46+	20:18+	22:08+	23:59+	24:58+	25:41+	26:21+	27:26+	27:47+
00:53+	02:37+	00:47+	03:11+	02:41+	03:40+	03:03+	01:54+	01:32+	01:50+	01:51+	00:59-	00:43+	00:40+	01:05+	00:21+
00:18&	00:15#	00:14&	00:28#	00:39&	00:39#	02:06@	00:57&	00:18#	00:16#	00:21#	00:03-	00:11&	00:01+	00:08#	00:04#
7	Ingrid W. Hestness	117	28:03												
00:31-	02:54-	03:43+	06:18+	09:14+	15:15+	16:43+	18:14+	19:41+	21:39+	23:59+	25:12+	25:53+	26:33+	27:40+	28:03+
00:31-	02:23+	00:49+	02:35-	02:56+	06:01+	01:28+	01:31+	01:27+	01:58+	02:20+	01:13+	00:41+	00:40+	01:07+	00:23+
00:04-	00:01+	00:16&	00:08-	00:54&	03:00&	00:31&	00:34&	00:13#	00:24&	00:50&	00:11#	00:09&	00:01+	00:10#	00:06&

Class	Navn	Klasse	Tid
8	Berit Våg Aksland	116	28:06
00:42+	05:19+ 07:16+ 09:54+ 12:50+ 16:03+	17:26+ 19:04+ 20:40+ 22:37+ 24:28+	25:28+ 26:06+ 26:47+ 27:49+ 28:06+
00:42+	04:37+ 01:57+ 02:38- 02:56+ 03:13+	01:23+ 01:38+ 01:36+ 01:57+ 01:51+	01:00- 00:38+ 00:41+ 01:02+ 00:17=
00:07#	02:15& 01:24@ 00:05- 00:54& 00:12+	00:26& 00:41& 00:22& 00:23# 00:21#	00:02- 00:06# 00:02+ 00:05+ 00:00=
9	Mariann Sveinsvoll	94	28:18
00:33-	03:01+ 04:00+ 07:10+ 10:38+ 15:03+	16:26+ 18:10+ 20:20+ 22:20+ 24:13+	25:13+ 25:54+ 26:43+ 27:52+ 28:18+
00:33-	02:28+ 00:59+ 03:10+ 03:28+ 04:25+	01:23+ 01:44+ 02:10+ 02:00+ 01:53+	01:00- 00:41+ 00:49+ 01:09+ 00:26+
00:02-	00:06+ 00:26& 00:27# 01:26& 01:24&	00:26& 00:47& 00:56& 00:26& 00:23&	00:02- 00:09& 00:10& 00:12# 00:09&
10	Vibeke Lamark	46	28:44
01:10+	04:03+ 05:03+ 07:15+ 12:10+ 16:38+	17:31+ 18:45+ 20:22+ 22:30+ 24:33+	25:57+ 26:35+ 27:17+ 28:20+ 28:44+
01:10+	02:53+ 01:00+ 02:12- 04:55+ 04:28+	00:53- 01:14+ 01:37+ 02:08+ 02:03+	01:24+ 00:38+ 00:42+ 01:03+ 00:24+
00:35&	00:31# 00:27& 00:31- 02:53& 01:27&	00:04- 00:17& 00:23& 00:34& 00:33&	00:22& 00:06# 00:03+ 00:06# 00:07&
11	Grethe Anda Fuglestad	116	37:08
00:47+	05:55+ 06:48+ 10:08+ 13:33+ 24:02+	26:11+ 27:12+ 28:51+ 31:04+ 32:57+	34:11+ 34:52+ 35:36+ 36:45+ 37:08+
00:47+	05:08+ 00:53+ 03:20+ 03:25+ 10:29+	02:09+ 01:01+ 01:39+ 02:13+ 01:53+	01:14+ 00:41+ 00:44+ 01:09+ 00:23+
00:12&	02:46@ 00:20& 00:37# 01:23& 07:28@	01:12@ 00:04+ 00:25& 00:39& 00:23&	00:12# 00:09& 00:05# 00:12# 00:06&
Beste strekktid for klassen			
00:31	02:22	00:33	02:01
02:02	02:36	00:53	00:57
01:14	01:34	01:30	00:55
00:32	00:37	00:57	00:17

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

Damer Trim

1	Anastasia Ollestad	93	13:35
02:23=	04:11= 04:59= 06:37= 08:45= 10:48=	11:41= 12:18= 13:15= 13:35=	
02:23=	01:48= 00:48= 01:38= 02:08= 02:03=	00:53= 00:37= 00:57= 00:20=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	
2	Ida K. Kolstø	29	14:35
01:34-	04:26+ 05:12+ 07:42+ 09:37+ 11:39+	12:28+ 13:10+ 14:15+ 14:35+	
01:34-	02:52+ 00:46- 02:30+ 01:55- 02:02-	00:49- 00:42+ 01:05+ 00:20=	
00:49-	01:04& 00:02- 00:52& 00:13- 00:01-	00:04- 00:05# 00:08# 00:00=	
3	Maryon Paulsen Strugstad	43	14:37
02:27+	04:13+ 04:55- 07:04+ 09:27+ 11:55+	12:38+ 13:16+ 14:17+ 14:37+	
02:27+	01:46- 00:42- 02:09+ 02:23+ 02:28+	00:43- 00:38+ 01:01+ 00:20=	
00:04+	00:02- 00:06- 00:31& 00:15# 00:25#	00:10- 00:01+ 00:04+ 00:00=	
4	Gudrun Hegelstad	92	15:22
02:24+	04:28+ 05:12+ 07:10+ 09:35+ 11:43+	12:41+ 13:27+ 15:01+ 15:22+	
02:24+	02:04+ 00:44- 01:58+ 02:25+ 02:08+	00:58+ 00:46+ 01:34+ 00:21+	
00:01+	00:16# 00:04- 00:20# 00:17# 00:05+	00:05+ 00:09# 00:37& 00:01+	
5	Berit Brandsberg	29	16:06
02:07-	04:27+ 05:16+ 07:51+ 10:08+ 12:43+	13:42+ 14:30+ 15:44+ 16:06+	
02:07-	02:20+ 00:49+ 02:35+ 02:17+ 02:35+	00:59+ 00:48+ 01:14+ 00:22+	
00:16-	00:32& 00:01+ 00:57& 00:09+ 00:32&	00:06# 00:11& 00:17& 00:02#	
6	Tonje Tiley	27	16:18
01:37-	03:54- 04:49- 07:34+ 10:03+ 12:22+	13:25+ 14:13+ 15:55+ 16:18+	
01:37-	02:17+ 00:55+ 02:45+ 02:29+ 02:19+	01:03+ 00:48+ 01:42+ 00:23+	
00:46-	00:29& 00:07# 01:07& 00:21# 00:16#	00:10# 00:11& 00:45& 00:03#	
7	Nina Bækkelund Christiansen	105	16:20
02:26+	04:26+ 05:16+ 07:35+ 09:49+ 12:05+	12:54+ 13:39+ 15:02+ 15:51+ 16:20+	
02:26+	02:00+ 00:50+ 02:19+ 02:14+ 02:16+	00:49- 00:45+ 01:23+ 00:49+ 00:29+	
00:03+	00:12# 00:02+ 00:41& 00:06+ 00:13#	00:04- 00:08# 00:26& 00:29@ 00:29+	
8	Sigrun Serigstad	128	17:01
02:00-	05:54+ 06:30+ 08:34+ 11:20+ 13:37+	14:34+ 15:15+ 16:40+ 17:01+	
02:00-	03:54+ 00:36- 02:04+ 02:46+ 02:17+	00:57+ 00:41+ 01:25+ 00:21+	
00:23-	02:06@ 00:12- 00:26& 00:38& 00:14#	00:04+ 00:04# 00:28& 00:01+	
9	Lise Bergli	62	17:05
03:03+	05:06+ 05:58+ 08:33+ 10:49+ 13:36+	14:44+ 15:33+ 16:43+ 17:05+	
03:03+	02:03+ 00:52+ 02:35+ 02:16+ 02:47+	01:08+ 00:49+ 01:10+ 00:22+	
00:40&	00:15# 00:04+ 00:57& 00:08+ 00:44&	00:15& 00:12& 00:13# 00:02#	

Class	Navn	Klasse								Tid
10	Margot Asheim	105								17:06
03:42+	05:49+	06:36+	08:55+	11:20+	13:55+	14:50+	15:33+	16:46+	17:06+	
03:42+	02:07+	00:47-	02:19+	02:25+	02:35+	00:55+	00:43+	01:13+	00:20=	
01:19&	00:19#	00:01-	00:41&	00:17#	00:32&	00:02+	00:06#	00:16&	00:00=	
11	Margretha Almedal	91								17:08
02:32+	04:47+	05:37+	08:07+	11:00+	13:33+	14:33+	15:21+	16:40+	17:08+	
02:32+	02:15+	00:50+	02:30+	02:53+	02:33+	01:00+	00:48+	01:19+	00:28+	
00:09+	00:27#	00:02+	00:52&	00:45&	00:30#	00:07#	00:11&	00:22&	00:08&	
12	Marianne Johnsen	5								17:30
02:27+	04:37+	05:18+	07:44+	10:17+	14:05+	15:13+	15:58+	17:08+	17:30+	
02:27+	02:10+	00:41-	02:26+	02:33+	03:48+	01:08+	00:45+	01:10+	00:22+	
00:04+	00:22#	00:07-	00:48&	00:25#	01:45&	00:15&	00:08#	00:13#	00:02#	
13	Toyah Bråtveit	115								18:03
02:05-	03:48-	04:59=	07:00+	13:32+	15:31+	16:12+	16:51+	17:44+	18:03+	
02:05-	01:43-	01:11+	02:01+	06:32+	01:59-	00:41-	00:39+	00:53-	00:19-	
00:18-	00:05-	00:23&	00:23#	04:24@	00:04-	00:12-	00:02+	00:04-	00:01-	
14	Randi Bugge	46								18:17
02:21-	05:49+	06:40+	09:29+	11:58+	14:38+	15:33+	16:21+	17:52+	18:17+	
02:21-	03:28+	00:51+	02:49+	02:29+	02:40+	00:55+	00:48+	01:31+	00:25+	
00:02-	01:40&	00:03+	01:11&	00:21#	00:37&	00:02+	00:11&	00:34&	00:05#	
15	Jorunn Eriksson Sætre	47								19:17
02:45+	05:13+	06:11+	09:09+	11:58+	14:55+	15:55+	16:47+	18:48+	19:17+	
02:45+	02:28+	00:58+	02:58+	02:49+	02:57+	01:00+	00:52+	02:01+	00:29+	
00:22#	00:40&	00:10#	01:20&	00:41&	00:54&	00:07#	00:15&	01:04@	00:09&	
16	Åse Franciska Møster	128								19:21
04:27+	06:50+	07:42+	10:21+	13:09+	15:48+	16:45+	17:32+	18:48+	19:21+	
04:27+	02:23+	00:52+	02:39+	02:48+	02:39+	00:57+	00:47+	01:16+	00:33+	
02:04&	00:35&	00:04+	01:01&	00:40&	00:36&	00:04+	00:10&	00:19&	00:13&	
17	Eli Våge	117								21:00
02:54+	05:58+	07:05+	10:15+	13:36+	16:42+	17:58+	19:03+	20:31+	21:00+	
02:54+	03:04+	01:07+	03:10+	03:21+	03:06+	01:16+	01:05+	01:28+	00:29+	
00:31#	01:16&	00:19&	01:32&	01:13&	01:03&	00:23&	00:28&	00:31&	00:09&	
18	Åse Kristensen	94								21:12
03:34+	06:17+	07:22+	10:28+	13:23+	16:44+	17:57+	18:56+	20:42+	21:12+	
03:34+	02:43+	01:05+	03:06+	02:55+	03:21+	01:13+	00:59+	01:46+	00:30+	
01:11&	00:55&	00:17&	01:28&	00:47&	01:18&	00:20&	00:22&	00:49&	00:10&	
19	Solveig Mæland	128								21:26
03:03+	05:56+	07:10+	10:30+	13:42+	17:02+	18:12+	19:16+	20:54+	21:26+	
03:03+	02:53+	01:14+	03:20+	03:12+	03:20+	01:10+	01:04+	01:38+	00:32+	
00:40&	01:05&	00:26&	01:42@	01:04&	01:17&	00:17&	00:27&	00:41&	00:12&	
20	Elsa Ingolfsdottir	126								21:41
02:14-	04:36+	05:45+	08:22+	14:41+	17:27+	18:41+	19:42+	21:12+	21:41+	
02:14-	02:22+	01:09+	02:37+	06:19+	02:46+	01:14+	01:01+	01:30+	00:29+	
00:09-	00:34&	00:21&	00:59&	04:11@	00:43&	00:21&	00:24&	00:33&	00:09&	
21	Linda Haukås	113								21:51
02:58+	05:51+	06:53+	10:10+	13:10+	17:28+	18:42+	19:58+	21:27+	21:51+	
02:58+	02:53+	01:02+	03:17+	03:00+	04:18+	01:14+	01:16+	01:29+	00:24+	
00:35#	01:05&	00:14&	01:39@	00:52&	02:15@	00:21&	00:39@	00:32&	00:04#	
22	Kirsti Strand Salvesen	256								22:06
02:58+	06:07+	07:16+	10:16+	13:41+	17:13+	18:25+	19:34+	21:23+	22:06+	
02:58+	03:09+	01:09+	03:00+	03:25+	03:32+	01:12+	01:09+	01:49+	00:43+	
00:35#	01:21&	00:21&	01:22&	01:17&	01:29&	00:19&	00:32&	00:52&	00:23@	
23	Grethe Breivik	5								22:29
03:02+	04:57+	05:52+	12:10+	14:45+	17:57+	18:58+	19:51+	22:06+	22:29+	
03:02+	01:55+	00:55+	06:18+	02:35+	03:12+	01:01+	00:53+	02:15+	00:23+	
00:39&	00:07+	00:07#	04:40@	00:27#	01:09&	00:08#	00:16&	01:18@	00:03#	
24	Brit Svihus	92								22:42
03:01+	07:17+	08:29+	11:24+	15:11+	18:15+	19:18+	20:17+	22:17+	22:42+	
03:01+	04:16+	01:12+	02:55+	03:47+	03:04+	01:03+	00:59+	02:00+	00:25+	
00:38&	02:28@	00:24&	01:17&	01:39&	01:01&	00:10#	00:22&	01:03@	00:05#	

Class	Navn	Klasse	Tid
25	May Kristin Haaland	47	22:55
02:47+	06:52+ 07:52+ 11:21+ 14:47+ 17:55+	19:13+ 20:43+ 22:27+ 22:55+	
02:47+	04:05+ 01:00+ 03:29+ 03:26+ 03:08+	01:18+ 01:30+ 01:44+ 00:28+	
00:24#	02:17@ 00:12# 01:51@ 01:18& 01:05&	00:25& 00:53@ 00:47& 00:08&	
26	Rebekka Lye	62	23:32
02:40+	07:53+ 08:54+ 12:04+ 15:39+ 19:41+	20:49+ 21:48+ 23:07+ 23:32+	
02:40+	05:13+ 01:01+ 03:10+ 03:35+ 04:02+	01:08+ 00:59+ 01:19+ 00:25+	
00:17#	03:25@ 00:13& 01:32& 01:27& 01:59&	00:15& 00:22& 00:22& 00:05#	
27	Ritva Halsne	105	24:27
02:36+	07:55+ 08:54+ 11:47+ 14:29+ 17:10+	21:56+ 22:58+ 24:08+ 24:27+	
02:36+	05:19+ 00:59+ 02:53+ 02:42+ 02:41+	04:46+ 01:02+ 01:10+ 00:19-	
00:13+	03:31@ 00:11# 01:15& 00:34& 00:38&	03:53@ 00:25& 00:13# 00:01-	
28	Lene Bjørnø	92	24:51
03:43+	07:11+ 08:21+ 11:17+ 14:32+ 19:42+	20:58+ 22:05+ 24:03+ 24:51+	
03:43+	03:28+ 01:10+ 02:56+ 03:15+ 05:10+	01:16+ 01:07+ 01:58+ 00:48+	
01:20&	01:40& 00:22& 01:18& 01:07& 03:07@	00:23& 00:30& 01:01@ 00:28@	
29	Marianne Gjesdal Lyngås	92	25:06
03:28+	07:34+ 08:47+ 11:52+ 15:26+ 19:38+	20:54+ 22:10+ 24:15+ 25:06+	
03:28+	04:06+ 01:13+ 03:05+ 03:34+ 04:12+	01:16+ 01:16+ 02:05+ 00:51+	
01:05&	02:18@ 00:25& 01:27& 01:26& 02:09@	00:23& 00:39@ 01:08@ 00:31@	
30	Ingrid Marie Torgersen	92	25:06
03:30+	07:25+ 08:47+ 11:52+ 15:24+ 19:36+	20:55+ 22:10+ 24:15+ 25:06+	
03:30+	03:55+ 01:22+ 03:05+ 03:32+ 04:12+	01:19+ 01:15+ 02:05+ 00:51+	
01:07&	02:07@ 00:34& 01:27& 01:24& 02:09@	00:26& 00:38@ 01:08@ 00:31@	
31	Else Marie Furland	93	25:22
03:52+	07:10+ 08:34+ 12:19+ 16:06+ 19:59+	21:35+ 22:48+ 24:48+ 25:22+	
03:52+	03:18+ 01:24+ 03:45+ 03:47+ 03:53+	01:36+ 01:13+ 02:00+ 00:34+	
01:29&	01:30& 00:36& 02:07@ 01:39& 01:50&	00:43& 00:36& 01:03@ 00:14&	
32	Gro Mariero Totland	59	27:24
03:54+	08:01+ 09:23+ 13:05+ 17:16+ 21:45+	23:15+ 24:41+ 26:52+ 27:24+	
03:54+	04:07+ 01:22+ 03:42+ 04:11+ 04:29+	01:30+ 01:26+ 02:11+ 00:32+	
01:31&	02:19@ 00:34& 02:04@ 02:03& 02:26@	00:37& 00:49@ 01:14@ 00:12&	
33	Anne Malmin	113	28:15
05:26+	09:07+ 10:24+ 13:46+ 17:19+ 22:00+	23:35+ 25:00+ 27:35+ 28:15+	
05:26+	03:41+ 01:17+ 03:22+ 03:33+ 04:41+	01:35+ 01:25+ 02:35+ 00:40+	
03:03@	01:53@ 00:29& 01:44@ 01:25& 02:38@	00:42& 00:48@ 01:38@ 00:20&	
34	Liv Ertesvåg	83	30:37
03:54+	10:04+ 11:31+ 15:28+ 19:55+ 24:11+	26:39+ 27:56+ 29:56+ 30:37+	
03:54+	06:10+ 01:27+ 03:57+ 04:27+ 04:16+	02:28+ 01:17+ 02:00+ 00:41+	
01:31&	04:22@ 00:39& 02:19@ 02:19@ 02:13@	01:35@ 00:40@ 01:03@ 00:21@	
Beste strekktid for klassen			
01:34	01:43	00:36	01:38 01:55 01:59 00:41 00:37 00:53 00:19

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

Herrer 16 - 39 år

1	Joar Fuglestad	116	17:27
00:28=	02:19= 02:46= 04:45= 06:31= 08:32=	09:09= 09:59= 11:17= 12:46= 14:22=	15:16= 15:47= 16:21= 17:14= 17:27=
00:28=	01:51= 00:27= 01:59= 01:46= 02:01=	00:37= 00:50= 01:18= 01:29= 01:36=	00:54= 00:31= 00:34= 00:53= 00:13=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=
2	Andreas Terjesen	53	19:19
00:31+	02:32+ 03:10+ 05:33+ 07:32+ 09:58+	11:06+ 12:03+ 13:06+ 14:43+ 16:18+	17:05+ 17:38+ 18:12+ 19:02+ 19:19+
00:31+	02:01+ 00:38+ 02:23+ 01:59+ 02:26+	01:08+ 00:57+ 01:03- 01:37+ 01:35-	00:47- 00:33+ 00:34= 00:50- 00:17+
00:03#	00:10+ 00:11& 00:24# 00:13# 00:25#	00:31& 00:07# 00:15- 00:08+ 00:01-	00:07- 00:02+ 00:00= 00:03- 00:04&
3	Bjørnar A. Alvær Sandsmark	68	19:57
00:34+	03:10+ 03:47+ 05:37+ 07:46+ 10:45+	11:33+ 12:31+ 13:44+ 15:19+ 16:54+	17:43+ 18:14+ 18:47+ 19:40+ 19:57+
00:34+	02:36+ 00:37+ 01:50- 02:09+ 02:59+	00:48+ 00:58+ 01:13- 01:35+ 01:35-	00:49- 00:31= 00:33- 00:53= 00:17+
00:06#	00:45& 00:10& 00:09- 00:23# 00:58&	00:11& 00:08# 00:05- 00:06+ 00:01-	00:05- 00:00= 00:01- 00:00= 00:04&

Class	Navn	Klasse												Tid	
4	Arne Hetlelid	98												24:11	
00:56+	03:39+	04:20+	06:26+	09:24+	12:25+	13:32+	14:46+	16:39+	18:34+	20:28+	21:24+	22:01+	22:43+	23:48+	24:11+
00:56+	02:43+	00:41-	02:06+	02:58+	03:01-	01:07+	01:14+	01:53+	01:55+	01:54=	00:56-	00:37+	00:42+	01:05+	00:23+
00:08#	00:41&	00:02-	00:07+	00:24#	00:55-	00:13#	00:07#	00:42&	00:03+	00:00=	00:11-	00:02+	00:04#	00:07#	00:02+
5	Per Ivar Hovstad	116												24:25	
00:48=	03:36+	04:38+	06:55+	10:00+	13:40+	14:51+	16:03+	17:40+	19:21+	21:10+	22:05+	22:39+	23:14+	24:08+	24:25+
00:48=	02:48+	01:02+	02:17+	03:05+	03:40-	01:11+	01:12+	01:37+	01:41-	01:49-	00:55-	00:34-	00:35-	00:54-	00:17-
00:00=	00:46&	00:19&	00:18#	00:31#	00:16-	00:17&	00:05+	00:26&	00:11-	00:05-	00:12-	00:01-	00:03-	00:04-	00:04-
6	Jan Kenneth Polle	83												25:07	
00:33-	02:54+	03:49+	06:10+	08:51+	12:22+	14:40+	16:05+	17:50+	19:42+	21:24+	22:24+	23:00+	23:40+	24:48+	25:07+
00:33-	02:21+	00:55+	02:21+	02:41+	03:31-	02:18+	01:25+	01:45+	01:52=	01:42-	01:00-	00:36+	00:40+	01:08+	00:19-
00:15-	00:19#	00:12&	00:22#	00:07+	00:25-	01:24#	00:18&	00:34&	00:00=	00:12-	00:07-	00:01+	00:02+	00:10#	00:02-
7	Lars Primstad	62												25:23	
01:44+	03:35+	04:09+	06:05+	12:48+	14:48+	15:41+	16:53+	18:01+	19:38+	21:15+	23:02+	23:35+	24:11+	25:05+	25:23+
01:44+	01:51-	00:34-	01:56-	06:43+	02:00-	00:53-	01:12+	01:08-	01:37-	01:37-	01:47+	00:33-	00:36-	00:54-	00:18-
00:56#	00:11-	00:09-	00:03-	04:09#	01:56-	00:01-	00:05+	00:03-	00:15-	00:17-	00:40&	00:02-	00:02-	00:04-	00:03-
8	Jean-Sebastien Dorne	42												25:42	
00:37-	02:47-	03:52+	06:45+	10:24+	13:54+	15:00+	16:30+	18:57+	20:40+	22:17+	23:11+	23:47+	24:24+	25:21+	25:42+
00:37-	02:10+	01:05+	02:53+	03:39+	03:30-	01:06+	01:30+	02:27+	01:43-	01:37-	00:54-	00:36+	00:37-	00:57-	00:21=
00:11-	00:08+	00:22&	00:54&	01:05&	00:26-	00:12#	00:23&	01:16#	00:09-	00:17-	00:13-	00:01+	00:01-	00:01-	00:00=
9	Charles-Francois Farbos	42												26:13	
00:31-	03:25+	04:35+	06:35+	09:32+	13:57+	15:15+	16:45+	18:38+	20:20+	22:09+	23:36+	24:11+	24:53+	25:52+	26:13+
00:31-	02:54+	01:10+	02:00+	02:57+	04:25+	01:18+	01:30+	01:53+	01:42-	01:49-	01:27+	00:35=	00:42+	00:59+	00:21=
00:17-	00:52&	00:27&	00:01+	00:23#	00:29#	00:24&	00:23&	00:42&	00:10-	00:05-	00:20&	00:00=	00:04#	00:01+	00:00=
10	André Sirevåg	116												28:21	
00:51+	03:21+	04:31+	06:53+	09:41+	15:25+	17:04+	18:41+	20:26+	22:36+	24:27+	25:48+	26:21+	27:02+	28:00+	28:21+
00:51+	02:30+	01:10+	02:22+	02:48+	05:44+	01:39+	01:37+	01:45+	02:10+	01:51-	01:21+	00:33-	00:41+	00:58=	00:21=
00:03+	00:28#	00:27&	00:23#	00:14+	01:48&	00:45&	00:30&	00:34&	00:18#	00:03-	00:14#	00:02-	00:03+	00:00=	00:00=
11	Jan Kristensen	7												30:53	
01:27+	03:51+	04:59+	07:36+	10:41+	16:33+	18:00+	19:26+	21:54+	24:14+	26:26+	27:39+	28:24+	29:14+	30:31+	30:53+
01:27+	02:24+	01:08+	02:37+	03:05+	05:52+	01:27+	01:26+	02:28+	02:20+	02:12+	01:13+	00:45+	00:50+	01:17+	00:22+
00:39&	00:22#	00:25&	00:38&	00:31#	01:56&	00:33&	00:19&	01:17#	00:28#	00:18#	00:06+	00:10&	00:12&	00:19&	00:01+
Beste strekktid for klassen															
00:31	01:51	00:30	01:56	02:15	02:00	00:53	00:47	00:49	01:10	01:37	00:54	00:31	00:35	00:36	00:17

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

Herrer 50 - 59 år

1	Øivind Berggraf	116												18:19	
00:50=	02:57=	03:20=	03:57=	05:56=	09:42=	10:54=	12:38=	14:19=	15:53=	17:02=	18:01=	18:19=			
00:50=	02:07=	00:23=	00:37=	01:59=	03:46=	01:12=	01:44=	01:41=	01:34=	01:09=	00:59=	00:18=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Ole Petter Haukaas	109												18:29	
01:02+	03:26+	03:51+	04:22+	06:16+	10:02+	11:13+	13:16+	15:04+	16:02+	17:13+	18:12+	18:29+			
01:02+	02:24+	00:25+	00:31-	01:54-	03:46=	01:11-	02:03+	01:48+	00:58-	01:11+	00:59=	00:17-			
00:12#	00:17#	00:02+	00:06-	00:05-	00:00=	00:01-	00:19#	00:07+	00:36-	00:02+	00:00=	00:01-			
3	Harald Syse	93												19:03	
00:52+	03:34+	04:05+	04:27+	06:17+	10:52+	12:07+	13:45+	15:18+	16:11+	17:20+	18:45+	19:03+			
00:52+	02:42+	00:31+	00:22-	01:50-	04:35+	01:15+	01:38-	01:33-	00:53-	01:09=	01:25+	00:18=			
00:02+	00:35&	00:08&	00:15-	00:09-	00:49#	00:03+	00:06-	00:08-	00:41-	00:00=	00:26&	00:00=			
4	Kjell Olav Gjerde	7												19:11	
01:27+	04:07+	04:28+	04:59+	06:59+	10:35+	12:05+	13:49+	15:38+	16:47+	17:52+	18:50+	19:11+			
01:27+	02:40+	00:21-	00:31-	02:00+	03:36-	01:30+	01:44=	01:49+	01:09-	01:05-	00:58-	00:21+			
00:37&	00:33&	00:02-	00:06-	00:01+	00:10-	00:18#	00:00=	00:08+	00:25-	00:04-	00:01-	00:03#			
5	Bertrand Denieul	42												20:11	
01:03+	05:01+	05:32+	06:06+	08:23+	11:46+	13:16+	14:58+	16:38+	18:00+	19:02+	19:55+	20:11+			
01:03+	03:58+	00:31+	00:34-	02:17+	03:23-	01:30+	01:42-	01:40-	01:22-	01:02-	00:53-	00:16-			
00:13&	01:51&	00:08&	00:03-	00:18#	00:23-	00:18#	00:02-	00:01-	00:12-	00:07-	00:06-	00:02-			

Class	Navn	Klasse										Tid
6	Per Ingar Hadland	7										20:44
01:01+	03:42+	04:06+	04:43+	07:27+	11:11+	12:33+	14:35+	16:26+	18:05+	19:21+	20:25+	20:44+
01:01+	02:41+	00:24+	00:37+	02:44+	03:44-	01:22+	02:02+	01:51+	01:39+	01:16+	01:04+	00:19+
00:11#	00:34&	00:01+	00:00=	00:45&	00:02-	00:10#	00:18#	00:10+	00:05+	00:07#	00:05+	00:01+
7	Ådne Hausberg	7										20:59
01:56+	04:38+	05:19+	05:46+	08:30+	12:06+	13:37+	15:32+	17:22+	18:21+	19:31+	20:39+	20:59+
01:56+	02:42+	00:41+	00:27-	02:44+	03:36-	01:31+	01:55+	01:50+	00:59-	01:10+	01:08+	00:20+
01:06@	00:35&	00:18&	00:10-	00:45&	00:10-	00:19&	00:11#	00:09+	00:35-	00:01+	00:09#	00:02#
8	Arnfinn Rømuld	116										21:06
01:01+	03:29+	05:02+	05:20+	07:26+	11:52+	13:30+	15:40+	17:30+	18:36+	19:46+	20:46+	21:06+
01:01+	02:28+	01:33+	00:18-	02:06+	04:26+	01:38+	02:10+	01:50+	01:06-	01:10+	01:00+	00:20+
00:11#	00:21#	01:10@	00:19-	00:07+	00:40#	00:26&	00:26#	00:09+	00:28-	00:01+	00:01+	00:02#
9	Tor Brekken	97										21:11
00:54+	03:28+	04:04+	04:59+	06:52+	12:25+	13:52+	15:37+	17:26+	18:26+	19:41+	20:49+	21:11+
00:54+	02:34+	00:36+	00:55+	01:53-	05:33+	01:27+	01:45+	01:49+	01:00-	01:15+	01:08+	00:22+
00:04+	00:27#	00:13&	00:18&	00:06-	01:47&	00:15#	00:01+	00:08+	00:34-	00:06+	00:09#	00:04#
10	Frank Hansen	29										21:12
01:08+	03:12+	03:38+	04:16+	06:34+	12:42+	14:00+	15:49+	17:35+	18:48+	19:54+	20:51+	21:12+
01:08+	02:04-	00:26+	00:38+	02:18+	06:08+	01:18+	01:49+	01:46+	01:13-	01:06-	00:57-	00:21+
00:18&	00:03-	00:03#	00:01+	00:19#	02:22&	00:06+	00:05+	00:05+	00:21-	00:03-	00:02-	00:03#
11	Asbjørn Brådlund	297										21:19
00:55+	03:21+	03:50+	04:21+	06:35+	12:03+	13:24+	15:31+	17:25+	18:27+	19:51+	20:57+	21:19+
00:55+	02:26+	00:29+	00:31-	02:14+	05:28+	01:21+	02:07+	01:54+	01:02-	01:24+	01:06+	00:22+
00:05#	00:19#	00:06&	00:06-	00:15#	01:42&	00:09#	00:23#	00:13#	00:32-	00:15#	00:07#	00:04#
12	Knut Feldmann	27										21:27
00:50=	03:09+	03:33+	04:05+	06:34+	12:23+	13:52+	15:41+	17:42+	18:43+	20:00+	21:05+	21:27+
00:50=	02:19+	00:24+	00:32-	02:29+	05:49+	01:29+	01:49+	02:01+	01:01-	01:17+	01:05+	00:22+
00:00=	00:12+	00:01+	00:05-	00:30&	02:03&	00:17#	00:05+	00:20#	00:33-	00:08#	00:06#	00:04#
13	Trygve Michaelsen	117										21:52
01:03+	03:56+	04:47+	05:15+	07:13+	12:13+	13:45+	15:54+	17:48+	19:11+	20:26+	21:32+	21:52+
01:03+	02:53+	00:51+	00:28-	01:58-	05:00+	01:32+	02:09+	01:54+	01:23-	01:15+	01:06+	00:20+
00:13&	00:46&	00:28@	00:09-	00:01-	01:14&	00:20&	00:25#	00:13#	00:11-	00:06+	00:07#	00:02#
14	Erling Knutzen	128										22:01
01:03+	04:21+	04:44+	06:55+	09:12+	12:45+	14:09+	16:24+	18:13+	19:18+	20:32+	21:43+	22:01+
01:03+	03:18+	00:23=	02:11+	02:17+	03:33-	01:24+	02:15+	01:49+	01:05-	01:14+	01:11+	00:18=
00:13&	01:11&	00:00=	01:34@	00:18#	00:13-	00:12#	00:31&	00:08+	00:29-	00:05+	00:12#	00:00=
15	Morten Johannessen	7										22:31
01:15+	03:33+	05:00+	05:20+	07:47+	14:15+	15:45+	17:19+	19:00+	19:58+	21:04+	22:09+	22:31+
01:15+	02:18+	01:27+	00:20-	02:27+	06:28+	01:30+	01:34-	01:41=	00:58-	01:06-	01:05+	00:22+
00:25&	00:11+	01:04@	00:17-	00:28#	02:42&	00:18#	00:10-	00:00=	00:36-	00:03-	00:06#	00:04#
16	Arne Øvstebø	71										22:36
01:00+	03:44+	04:07+	04:38+	06:57+	11:47+	13:14+	15:23+	17:31+	19:42+	21:06+	22:17+	22:36+
01:00+	02:44+	00:23=	00:31-	02:19+	04:50+	01:27+	02:09+	02:08+	02:11+	01:24+	01:11+	00:19+
00:10#	00:37&	00:00=	00:06-	00:20#	01:04&	00:15#	00:25#	00:27&	00:37&	00:15#	00:12#	00:01+
17	Stein Arve Finnstad	287										23:06
01:15+	03:41+	04:12+	04:52+	06:50+	13:03+	14:41+	17:00+	19:10+	20:13+	21:34+	22:44+	23:06+
01:15+	02:26+	00:31+	00:40+	01:58-	06:13+	01:38+	02:19+	02:10+	01:03-	01:21+	01:10+	00:22+
00:25&	00:19#	00:08&	00:03+	00:01-	02:27&	00:26&	00:35&	00:29&	00:31-	00:12#	00:11#	00:04#
18	Magnar Møller	62										25:44
01:17+	03:43+	04:14+	05:13+	07:39+	13:09+	14:35+	16:47+	18:50+	22:53+	24:12+	25:21+	25:44+
01:17+	02:26+	00:31+	00:59+	02:26+	05:30+	01:26+	02:12+	02:03+	04:03+	01:19+	01:09+	00:23+
00:27&	00:19#	00:08&	00:22&	00:27#	01:44&	00:14#	00:28&	00:22#	02:29@	00:10#	00:10#	00:05&
19	Ernst Kristensen	116										26:43
01:10+	08:05+	08:41+	09:15+	11:11+	16:10+	17:39+	19:57+	22:00+	23:45+	25:10+	26:21+	26:43+
01:10+	06:55+	00:36+	00:34-	01:56-	04:59+	01:29+	02:18+	02:03+	01:45+	01:25+	01:11+	00:22+
00:20&	04:48@	00:13&	00:03-	00:03-	01:13&	00:17#	00:34&	00:22#	00:11#	00:16#	00:12#	00:04#
20	Harald Taksdal	236										27:36
01:11+	07:55+	08:21+	09:01+	11:25+	16:14+	17:46+	20:10+	22:21+	24:26+	25:55+	27:10+	27:36+
01:11+	06:44+	00:26+	00:40+	02:24+	04:49+	01:32+	02:24+	02:11+	02:05+	01:29+	01:15+	00:26+
00:21&	04:37@	00:03#	00:03+	00:25#	01:03&	00:20&	00:40&	00:30&	00:31&	00:20&	00:16&	00:08&

Class	Navn	Klasse	Tid								
21	Svein Magne Gloppen	93	28:15								
01:38+	04:31+	05:04+	05:47+	08:23+	16:04+	18:02+	20:02+	24:54+	26:27+	27:47+	28:15+
01:38+	02:53+	00:33+	00:43+	02:36+	07:41+	01:58+	02:00+	02:01+	02:51+	01:33+	01:20+
00:48&	00:46&	00:10&	00:06#	00:37&	03:55@	00:46&	00:16#	00:20#	01:17&	00:24&	00:21&
22	Jone Kalheim	93	28:15								
00:43-	10:47+	11:52+	12:36+	14:55+	18:44+	20:18+	22:17+	24:08+	25:21+	26:51+	27:55+
00:43-	10:04+	01:05+	00:44+	02:19+	03:49+	01:34+	01:59+	01:51+	01:13-	01:30+	01:04+
00:07-	07:57@	00:42@	00:07#	00:20#	00:03+	00:22&	00:15#	00:10+	00:21-	00:21&	00:05+
23	Sveinung Rosenvinge	116	28:19								
00:57+	04:02+	04:41+	05:18+	07:19+	17:18+	18:48+	21:21+	23:27+	25:12+	26:31+	27:54+
00:57+	03:05+	00:39+	00:37=	02:01+	09:59+	01:30+	02:33+	02:06+	01:45+	01:19+	01:23+
00:07#	00:58&	00:16&	00:00=	00:02+	06:13@	00:18#	00:49&	00:25#	00:11#	00:10#	00:24&
24	John C. Sinnes	93	29:02								
01:28+	05:11+	05:40+	06:23+	10:33+	15:17+	17:03+	19:58+	22:27+	24:14+	25:36+	28:36+
01:28+	03:43+	00:29+	00:43+	04:10+	04:44+	01:46+	02:55+	02:29+	01:47+	01:22+	03:00+
00:38&	01:36&	00:06&	00:06#	02:11@	00:58&	00:34&	01:11&	00:48&	00:13#	00:13#	02:01@
25	Kjell Seland	236	30:13								
01:44+	05:22+	05:49+	06:24+	10:06+	15:21+	17:25+	20:22+	23:35+	25:28+	27:36+	29:29+
01:44+	03:38+	00:27+	00:35-	03:42+	05:15+	02:04+	02:57+	03:13+	01:53+	02:08+	01:53+
00:54@	01:31&	00:04#	00:02-	01:43&	01:29&	00:52&	01:13&	01:32&	00:19#	00:59&	00:54&
26	Frode Følgesvold	5	30:33								
03:07+	06:58+	08:49+	09:29+	11:58+	17:37+	21:12+	23:11+	25:16+	27:41+	29:00+	30:11+
03:07+	03:51+	01:51+	00:40+	02:29+	05:39+	03:35+	01:59+	02:05+	02:25+	01:19+	01:11+
02:17@	01:44&	01:28@	00:03+	00:30&	01:53&	02:23@	00:15#	00:24#	00:51&	00:10#	00:12#
27	John Lage Bergan	116	31:13								
00:56+	08:17+	08:45+	09:18+	12:34+	19:24+	21:05+	23:25+	25:33+	27:40+	29:07+	30:46+
00:56+	07:21+	00:28+	00:33-	03:16+	06:50+	01:41+	02:20+	02:08+	02:07+	01:27+	01:39+
00:06#	05:14@	00:05#	00:04-	01:17&	03:04&	00:29&	00:36&	00:27&	00:33&	00:18&	00:40&
28	Terje Romslo	134	47:54								
02:57+	05:50+	06:17+	07:17+	10:41+	33:53+	35:41+	38:33+	40:51+	42:06+	45:25+	47:24+
02:57+	02:53+	00:27+	01:00+	03:24+	23:12+	01:48+	02:52+	02:18+	01:15-	03:19+	01:59+
02:07@	00:46&	00:04#	00:23&	01:25&	19:26@	00:36&	01:08&	00:37&	00:19-	02:10@	01:00@
Beste strekktid for klassen	00:43	02:04	00:21	00:18	01:50	03:23	01:11	01:34	01:33	00:53	01:02
										00:53	00:16

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

Herrer 60 - 64 år

1	Espen Krogh	7	14:29							
00:57=	03:09=	03:55=	06:20=	08:05=	08:35=	10:10=	11:52=	12:44=	14:11=	14:29=
00:57=	02:12=	00:46=	02:25=	01:45=	00:30=	01:35=	01:42=	00:52=	01:27=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Terje Stokkeland	69	17:44							
01:02+	03:43+	04:40+	07:59+	10:01+	10:27+	12:24+	14:46+	15:44+	17:23+	17:44+
01:02+	02:41+	00:57+	03:19+	02:02+	00:26-	01:57+	02:22+	00:58+	01:39+	00:21+
00:05+	00:29#	00:11#	00:54&	00:17#	00:04-	00:22#	00:40&	00:06#	00:12#	00:03#
3	Tor Geir Espedal	115	17:52							
01:05+	03:35+	04:25+	08:20+	10:39+	11:03+	13:14+	15:09+	16:02+	17:28+	17:52+
01:05+	02:30+	00:50+	03:55+	02:19+	00:24-	02:11+	01:55+	00:53+	01:26-	00:24+
00:08#	00:18#	00:04+	01:30&	00:34&	00:06-	00:36&	00:13#	00:01+	00:01-	00:06&
4	Jarl Gaute Aase	29	17:54							
01:08+	03:58+	04:46+	08:12+	10:14+	10:37+	12:49+	15:06+	15:59+	17:31+	17:54+
01:08+	02:50+	00:48+	03:26+	02:02+	00:23-	02:12+	02:17+	00:53+	01:32+	00:23+
00:11#	00:38&	00:02+	01:01&	00:17#	00:07-	00:37&	00:35&	00:01+	00:05+	00:05&
5	Agnar Lien	7	19:25							
01:04+	03:47+	04:47+	08:31+	10:44+	11:12+	14:01+	16:00+	17:03+	18:59+	19:25+
01:04+	02:43+	01:00+	03:44+	02:13+	00:28-	02:49+	01:59+	01:03+	01:56+	00:26+
00:07#	00:31#	00:14&	01:19&	00:28&	00:02-	01:14&	00:17#	00:11#	00:29&	00:08&

Class	Navn	Klasse										Tid
6	Tor Harald Lunde	47										19:28
	01:08+	03:55+	04:58+	08:43+	11:09+	11:37+	14:09+	16:16+	19:06+	19:28+		
	01:08+	02:47+	01:03+	03:45+	02:26+	00:28-	02:32+	02:07+	01:01+	01:49+	00:22+	
	00:11#	00:35&	00:17&	01:20&	00:41&	00:02-	00:57&	00:25#	00:09#	00:22&	00:04#	
7	Sveinung Tveit	236										19:30
	01:19+	04:29+	05:17+	08:48+	11:22+	12:00+	14:21+	16:35+	17:33+	19:05+	19:30+	
	01:19+	03:10+	00:48+	03:31+	02:34+	00:38+	02:21+	02:14+	00:58+	01:32+	00:25+	
	00:22&	00:58&	00:02+	01:06&	00:49&	00:08&	00:46&	00:32&	00:06#	00:05+	00:07&	
8	Øyvind Nagel-Alne	74										19:39
	01:22+	04:16+	05:13+	09:18+	11:39+	12:11+	14:31+	16:40+	17:38+	19:16+	19:39+	
	01:22+	02:54+	00:57+	04:05+	02:21+	00:32+	02:20+	02:09+	00:58+	01:38+	00:23+	
	00:25&	00:42&	00:11#	01:40&	00:36&	00:02+	00:45&	00:27&	00:06#	00:11#	00:05&	
9	Bjørn H. Engseth	27										20:23
	01:17+	03:58+	04:53+	08:38+	11:03+	11:33+	14:14+	16:50+	17:57+	19:56+	20:23+	
	01:17+	02:41+	00:55+	03:45+	02:25+	00:30=	02:41+	02:36+	01:07+	01:59+	00:27+	
	00:20&	00:29#	00:09#	01:20&	00:40&	00:00=	01:06&	00:54&	00:15&	00:32&	00:09&	
10	Kjell Lervik	239										21:03
	01:07+	04:14+	05:06+	09:44+	12:23+	12:55+	15:28+	17:49+	18:52+	20:37+	21:03+	
	01:07+	03:07+	00:52+	04:38+	02:39+	00:32+	02:33+	02:21+	01:03+	01:45+	00:26+	
	00:10#	00:55&	00:06#	02:13&	00:54&	00:02+	00:58&	00:39&	00:11#	00:18#	00:08&	
11	Rolf Kleppe	63										24:03
	01:40+	05:29+	06:27+	11:37+	14:10+	14:40+	17:19+	19:49+	21:05+	23:38+	24:03+	
	01:40+	03:49+	00:58+	05:10+	02:33+	00:30=	02:39+	02:30+	01:16+	02:33+	00:25+	
	00:43&	01:37&	00:12&	02:45&	00:48&	00:00=	01:04&	00:48&	00:24&	01:06&	00:07&	
12	Hans Erik Terjesen	116										28:34
	00:51-	03:05-	03:51-	12:45+	18:49+	19:16+	21:40+	25:14+	26:39+	28:08+	28:34+	
	00:51-	02:14+	00:46=	08:54+	06:04+	00:27-	02:24+	03:34+	01:25+	01:29+	00:26+	
	00:06-	00:02+	00:00=	06:29&	04:19&	00:03-	00:49&	01:52&	00:33&	00:02+	00:08&	
Beste strekktid for klassen												
	00:51	02:12	00:46	02:25	01:45	00:23	01:35	01:42	00:52	01:26	00:18	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Herrer 65 - 69 år												
1	Jan Hetland	29										14:39
	00:52=	03:04=	03:48=	06:35=	08:17=	08:40=	10:25=	12:07=	12:55=	14:20=	14:39=	
	00:52=	02:12=	00:44=	02:47=	01:42=	00:23=	01:45=	01:42=	00:48=	01:25=	00:19=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Bjørn Alsaker	115										14:42
	00:46-	03:06+	03:48=	06:32-	08:25+	08:47+	10:36+	12:14+	13:08+	14:23+	14:42+	
	00:46-	02:20+	00:42-	02:44-	01:53+	00:22-	01:49+	01:38-	00:54+	01:15-	00:19=	
	00:06-	00:08+	00:02-	00:03-	00:11#	00:01-	00:04+	00:04-	00:06#	00:10-	00:00=	
3	Olav Habbestad	116										17:23
	01:12+	03:38+	04:30+	07:46+	10:03+	10:26+	12:26+	14:11+	15:13+	17:04+	17:23+	
	01:12+	02:26+	00:52+	03:16+	02:17+	00:23=	02:00+	01:45+	01:02+	01:51+	00:19=	
	00:20&	00:14#	00:08#	00:29#	00:35&	00:00=	00:15#	00:03+	00:14&	00:26&	00:00=	
4	Ragnvald Frøyland	128										17:41
	01:04+	03:41+	04:43+	07:47+	10:02+	10:29+	12:36+	14:36+	15:39+	17:19+	17:41+	
	01:04+	02:37+	01:02+	03:04+	02:15+	00:27+	02:07+	02:00+	01:03+	01:40+	00:22+	
	00:12#	00:25#	00:18&	00:17#	00:33&	00:04#	00:22#	00:18#	00:15&	00:15#	00:03#	
5	Bjarne Gimre	88										17:47
	00:58+	04:15+	05:01+	08:19+	10:22+	10:49+	13:04+	14:55+	15:52+	17:27+	17:47+	
	00:58+	03:17+	00:46+	03:18+	02:03+	00:27+	02:15+	01:51+	00:57+	01:35+	00:20+	
	00:06#	01:05&	00:02+	00:31#	00:21#	00:04#	00:30&	00:09+	00:09#	00:10#	00:01+	
6	Kjell Ivar Skjørestad	92										17:51
	01:10+	03:54+	04:45+	08:14+	10:19+	10:47+	12:53+	15:01+	15:59+	17:28+	17:51+	
	01:10+	02:44+	00:51+	03:29+	02:05+	00:28+	02:06+	02:08+	00:58+	01:29+	00:23+	
	00:18&	00:32#	00:07#	00:42&	00:23#	00:05#	00:21#	00:26&	00:10#	00:04+	00:04#	

Class	Navn	Klasse										Tid
7	Tom Hetland	5										18:44
	00:55+	03:26+	04:21+	08:19+	10:22+	10:47+	12:57+	15:55+	16:47+	18:26+	18:44+	
	00:55+	02:31+	00:55+	03:58+	02:03+	00:25+	02:10+	02:58+	00:52+	01:39+	00:18-	
	00:03+	00:19#	00:11#	01:11&	00:21#	00:02+	00:25#	01:16&	00:04+	00:14#	00:01-	
8	Arne M. Handeland	92										19:42
	01:43+	04:18+	05:17+	09:56+	11:58+	12:27+	14:44+	16:39+	17:41+	19:19+	19:42+	
	01:43+	02:35+	00:59+	04:39+	02:02+	00:29+	02:17+	01:55+	01:02+	01:38+	00:23+	
	00:51&	00:23&	00:15&	01:52&	00:20#	00:06&	00:32&	00:13#	00:14&	00:13#	00:04#	
9	Eivind L. Rake	92										19:47
	01:12+	04:17+	05:08+	08:39+	10:55+	11:20+	13:40+	16:49+	17:56+	19:22+	19:47+	
	01:12+	03:05+	00:51+	03:31+	02:16+	00:25+	02:20+	03:09+	01:07+	01:26+	00:25+	
	00:20&	00:53&	00:07#	00:44&	00:34&	00:02+	00:35&	01:27&	00:19&	00:01+	00:06&	
10	Bjørn Tore Aase	29										20:32
	01:14+	04:21+	05:30+	09:36+	11:58+	12:34+	15:02+	17:22+	18:34+	20:08+	20:32+	
	01:14+	03:07+	01:09+	04:06+	02:22+	00:36+	02:28+	02:20+	01:12+	01:34+	00:24+	
	00:22&	00:55&	00:25&	01:19&	00:40&	00:13&	00:43&	00:38&	00:24&	00:09#	00:05&	
11	Odd Arild Werness	88										21:57
	01:24+	04:32+	05:38+	09:55+	12:15+	12:47+	15:26+	18:12+	19:24+	21:31+	21:57+	
	01:24+	03:08+	01:06+	04:17+	02:20+	00:32+	02:39+	02:46+	01:12+	02:07+	00:26+	
	00:32&	00:56&	00:22&	01:30&	00:38&	00:09&	00:54&	01:04&	00:24&	00:42&	00:07&	
12	Svein Ove Horpestad	62										21:58
	01:24+	05:14+	06:17+	10:51+	13:04+	13:33+	15:55+	18:21+	19:26+	21:31+	21:58+	
	01:24+	03:50+	01:03+	04:34+	02:13+	00:29+	02:22+	02:26+	01:05+	02:05+	00:27+	
	00:32&	01:38&	00:19&	01:47&	00:31&	00:06&	00:37&	00:44&	00:17&	00:40&	00:08&	
13	Svein Berge	126										22:21
	00:54+	03:14+	04:05+	07:17+	09:15+	09:44+	11:37+	18:46+	19:42+	22:01+	22:21+	
	00:54+	02:20+	00:51+	03:12+	01:58+	00:29+	01:53+	07:09+	00:56+	02:19+	00:20+	
	00:02+	00:08+	00:07#	00:25#	00:16#	00:06&	00:08+	05:27@	00:08#	00:54&	00:01+	
14	Per Marthon Mæland	5										22:40
	01:03+	03:56+	05:05+	09:29+	12:23+	12:59+	15:26+	17:49+	20:20+	22:11+	22:40+	
	01:03+	02:53+	01:09+	04:24+	02:54+	00:36+	02:27+	02:23+	02:31+	01:51+	00:29+	
	00:11#	00:41&	00:25&	01:37&	01:12&	00:13&	00:42&	00:41&	01:43@	00:26&	00:10&	
15	Svein Ims	65										22:47
	01:13+	04:29+	05:33+	10:48+	14:13+	14:53+	17:13+	19:32+	20:43+	22:22+	22:47+	
	01:13+	03:16+	01:04+	05:15+	03:25+	00:40+	02:20+	02:19+	01:11+	01:39+	00:25+	
	00:21&	01:04&	00:20&	02:28&	01:43@	00:17&	00:35&	00:37&	00:23&	00:14#	00:06&	
16	Bjørn Bjelland	83										23:01
	01:12+	03:57+	05:25+	09:54+	12:31+	12:58+	15:36+	18:49+	20:55+	22:39+	23:01+	
	01:12+	02:45+	01:28+	04:29+	02:37+	00:27+	02:38+	03:13+	02:06+	01:44+	00:22+	
	00:20&	00:33#	00:44&	01:42&	00:55&	00:04#	00:53&	01:31&	01:18@	00:19#	00:03#	
17	Terje Helland	88										25:08
	02:19+	05:24+	06:14+	13:55+	16:08+	16:37+	18:45+	21:13+	23:01+	24:43+	25:08+	
	02:19+	03:05+	00:50+	07:41+	02:13+	00:29+	02:08+	02:28+	01:48+	01:42+	00:25+	
	01:27@	00:53&	00:06#	04:54@	00:31&	00:06&	00:23#	00:46&	01:00@	00:17#	00:06&	
Beste strekktid for klassen												
	00:46	02:12	00:42	02:44	01:42	00:22	01:45	01:38	00:48	01:15	00:18	

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

Herrer 70 - 74 år

1	Asgeir Bell	117										15:20
	00:50=	03:18=	03:57=	06:41=	08:38=	09:01=	10:51=	12:37=	13:27=	14:56=	15:20=	
	00:50=	02:28=	00:39=	02:44=	01:57=	00:23=	01:50=	01:46=	00:50=	01:29=	00:24=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Harry Breiland	66										15:24
	01:02+	03:31+	04:26+	07:17+	08:55+	09:19+	11:06+	12:47+	13:38+	15:03+	15:24+	
	01:02+	02:29+	00:55+	02:51+	01:38-	00:24+	01:47-	01:41-	00:51+	01:25-	00:21-	
	00:12#	00:01+	00:16&	00:07+	00:19-	00:01+	00:03-	00:05-	00:01+	00:04-	00:03-	

Class	Navn	Klasse	Tid
3	Leif Gunnar Wikene	43	17:14
01:05+	03:30+ 04:23+ 08:02+ 10:00+	12:25+ 14:22+ 15:19+ 16:52+ 17:14+	
01:05+	02:25- 00:53+ 03:39+ 01:58+	00:25+ 02:00+ 01:57+ 00:57+ 01:33+ 00:22-	
00:15&	00:03- 00:14& 00:55& 00:01+	00:02+ 00:10+ 00:11# 00:07# 00:04+ 00:02-	
4	Hilmar Røthing	128	17:42
01:06+	03:36+ 04:22+ 08:20+	10:21+ 10:52+ 13:04+ 14:50+ 15:54+ 17:20+ 17:42+	
01:06+	02:30+ 00:46+ 03:58+ 02:01+	00:31+ 02:12+ 01:46= 01:04+ 01:26- 00:22-	
00:16&	00:02+ 00:07# 01:14& 00:04+	00:08& 00:22# 00:00= 00:14& 00:03- 00:02-	
5	Arne Østensen	90	17:52
01:33+	04:33+ 05:20+ 08:30+	10:29+ 10:55+ 12:58+ 15:03+ 16:02+ 17:29+ 17:52+	
01:33+	03:00+ 00:47+ 03:10+ 01:59+	00:26+ 02:03+ 02:05+ 00:59+ 01:27- 00:23-	
00:43&	00:32# 00:08# 00:26# 00:02+	00:03# 00:13# 00:19# 00:09# 00:02- 00:01-	
6	Finn Morten Årstad	115	18:57
01:08+	03:48+ 04:40+ 08:15+ 10:26+	10:54+ 13:22+ 15:29+ 16:50+ 18:34+ 18:57+	
01:08+	02:40+ 00:52+ 03:35+ 02:11+	00:28+ 02:28+ 02:07+ 01:21+ 01:44+ 00:23-	
00:18&	00:12+ 00:13& 00:51& 00:14#	00:05# 00:38& 00:21# 00:31& 00:15# 00:01-	
7	Svein Glendrange	68	19:07
01:23+	03:59+ 04:52+ 08:57+ 11:14+	11:41+ 13:52+ 16:04+ 17:07+ 18:42+ 19:07+	
01:23+	02:36+ 00:53+ 04:05+ 02:17+	00:27+ 02:11+ 02:12+ 01:03+ 01:35+ 00:25+	
00:33&	00:08+ 00:14& 01:21& 00:20#	00:04# 00:21# 00:26# 00:13& 00:06+ 00:01+	
8	Jostein Tunheim	116	19:21
02:06+	04:47+ 05:39+ 08:45+ 10:50+	11:24+ 13:47+ 16:01+ 17:17+ 19:00+ 19:21+	
02:06+	02:41+ 00:52+ 03:06+ 02:05+	00:34+ 02:23+ 02:14+ 01:16+ 01:43+ 00:21-	
01:16@	00:13+ 00:13& 00:22# 00:08+	00:11& 00:33& 00:28& 00:26& 00:14# 00:03-	
9	Kjell Svihus	154	20:28
03:42+	06:27+ 07:20+ 11:00+	13:07+ 13:32+ 15:43+ 17:41+ 18:40+ 20:05+ 20:28+	
03:42+	02:45+ 00:53+ 03:40+	02:07+ 00:25+ 02:11+ 01:58+ 00:59+ 01:25- 00:23-	
02:52@	00:17# 00:14& 00:56& 00:10+	00:02+ 00:21# 00:12# 00:09# 00:04- 00:01-	
10	Paul A. Paulsen	117	21:02
01:02+	04:46+ 06:02+ 09:24+	12:05+ 12:35+ 14:49+ 17:56+ 19:04+ 20:42+ 21:02+	
01:02+	03:44+ 01:16+ 03:22+ 02:41+	00:30+ 02:14+ 03:07+ 01:08+ 01:38+ 00:20-	
00:12#	01:16& 00:37& 00:38# 00:44&	00:07& 00:24# 01:21& 00:18& 00:09# 00:04-	
11	Øyvind Egeskog	5	21:20
01:01+	04:13+ 05:04+ 09:55+	12:27+ 12:54+ 15:23+ 17:43+ 18:51+ 20:55+ 21:20+	
01:01+	03:12+ 00:51+ 04:51+	02:32+ 00:27+ 02:29+ 02:20+ 01:08+ 02:04+ 00:25+	
00:11#	00:44& 00:12& 02:07&	00:35& 00:04# 00:39& 00:34& 00:18& 00:35& 00:01+	
12	Steinar Undheim	54	22:22
01:24+	05:47+ 06:39+ 10:29+	12:47+ 13:22+ 15:52+ 18:19+ 19:35+ 21:56+ 22:22+	
01:24+	04:23+ 00:52+ 03:50+	02:18+ 00:35+ 02:30+ 02:27+ 01:16+ 02:21+ 00:26+	
00:34&	01:55& 00:13& 01:06&	00:21# 00:12& 00:40& 00:41& 00:26& 00:52& 00:02+	
13	Arvid Thorsen	5	22:25
01:16+	04:58+ 05:48+ 10:11+	12:42+ 13:11+ 15:32+ 18:28+ 20:12+ 22:04+ 22:25+	
01:16+	03:42+ 00:50+ 04:23+ 02:31+	00:29+ 02:21+ 02:56+ 01:44+ 01:52+ 00:21-	
00:26&	01:14& 00:11& 01:39&	00:34& 00:06& 00:31& 01:10& 00:54@ 00:23& 00:03-	
14	Ole Auklend	106	22:28
01:10+	04:19+ 05:25+ 09:35+	12:05+ 12:36+ 15:21+ 18:06+ 19:37+ 21:56+ 22:28+	
01:10+	03:09+ 01:06+ 04:10+	02:30+ 00:31+ 02:45+ 02:45+ 01:31+ 02:19+ 00:32+	
00:20&	00:41& 00:27& 01:26&	00:33& 00:08& 00:55& 00:59& 00:41& 00:50& 00:08&	
15	Hermann Skogsholm	53	22:58
02:02+	05:59+ 06:59+ 11:10+	13:57+ 14:25+ 16:50+ 19:33+ 20:44+ 22:31+ 22:58+	
02:02+	03:57+ 01:00+ 04:11+	02:47+ 00:28+ 02:25+ 02:43+ 01:11+ 01:47+ 00:27+	
01:12@	01:29& 00:21& 01:27&	00:50& 00:05# 00:35& 00:57& 00:21& 00:18# 00:03#	
16	Hans Klausen	62	24:29
02:45+	05:39+ 06:54+ 11:32+	14:14+ 14:59+ 17:13+ 19:24+ 20:28+ 24:08+ 24:29+	
02:45+	02:54+ 01:15+ 04:38+	02:42+ 00:45+ 02:14+ 02:11+ 01:04+ 03:40+ 00:21-	
01:55@	00:26# 00:36& 01:54&	00:45& 00:22& 00:24# 00:25# 00:14& 02:11@ 00:03-	
17	Lars Ernst Ravndal	125	27:06
01:50+	06:10+ 08:02+ 12:45+	15:32+ 16:51+ 19:49+ 22:35+ 24:02+ 26:36+ 27:06+	
01:50+	04:20+ 01:52+ 04:43+	02:47+ 01:19+ 02:58+ 02:46+ 01:27+ 02:34+ 00:30+	
01:00@	01:52& 01:13@ 01:59&	00:50& 00:56@ 01:08& 01:00& 00:37& 01:05& 00:06#	

Class	Navn	Klasse										Tid
18	Jan H. Sagen	92										28:48
01:37+	05:50+	07:05+	12:01+	15:41+	16:15+	19:08+	24:38+	26:11+	28:12+	28:48+		
01:37+	04:13+	01:15+	04:56+	03:40+	00:34+	02:53+	05:30+	01:33+	02:01+	00:36+		
00:47&	01:45&	00:36&	02:12&	01:43&	00:11&	01:03&	03:44@	00:43&	00:32&	00:12&		
19	Reidar Liland	66										30:47
01:26+	05:31+	06:40+	12:37+	16:29+	17:15+	21:02+	25:24+	27:12+	30:08+	30:47+		
01:26+	04:05+	01:09+	05:57+	03:52+	00:46+	03:47+	04:22+	01:48+	02:56+	00:39+		
00:36&	01:37&	00:30&	03:13@	01:55&	00:23&	01:57@	02:36@	00:58@	01:27&	00:15&		
20	John Abrahamsen	125										34:14
02:09+	08:05+	09:33+	17:07+	22:01+	22:48+	25:58+	29:20+	31:05+	33:34+	34:14+		
02:09+	05:56+	01:28+	07:34+	04:54+	00:47+	03:10+	03:22+	01:45+	02:29+	00:40+		
01:19@	03:28@	00:49@	04:50@	02:57@	00:24@	01:20&	01:36&	00:55@	01:00&	00:16&		
21	Svein Eliassen	116										38:46
03:34+	09:07+	10:35+	15:40+	25:42+	26:24+	30:09+	33:29+	35:32+	38:14+	38:46+		
03:34+	05:33+	01:28+	05:05+	10:02+	00:42+	03:45+	03:20+	02:03+	02:42+	00:32+		
02:44@	03:05@	00:49@	02:21&	08:05@	00:19&	01:55@	01:34&	01:13@	01:13&	00:08&		
Beste strekktid for klassen												
00:50	02:25	00:39	02:44	01:38	00:23	01:47	01:41	00:50	01:25	00:20		

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

Herrer 75 - 79 år

1	Jan Værp	62										18:39
00:40=	03:59=	05:48=	07:34=	09:22=	10:15=	12:26=	14:20=	15:31=	16:59=	18:17=	18:39=	
00:40=	03:19=	01:49=	01:46=	01:48=	00:53=	02:11=	01:54=	01:11=	01:28=	01:18=	00:22=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kjell Maudal	63										25:11
01:59+	06:37+	08:39+	09:58+	11:24+	13:26+	14:25+	17:12+	19:36+	21:07+	23:07+	24:40+	
01:59+	04:38+	02:02+	01:19-	01:26-	02:02+	00:59-	02:47+	02:24+	01:31+	02:00+	01:33+	
01:19@	01:19&	00:13#	00:27-	00:22-	01:09@	01:12-	00:53&	01:13@	00:03+	00:42&	01:11@	
3	Jan Bekkeheien	92										25:15
02:46+	06:24+	08:26+	11:03+	12:55+	14:57+	18:02+	20:17+	21:48+	23:21+	24:46+	25:15+	
02:46+	03:38+	02:02+	02:37+	01:52+	02:02+	03:05+	02:15+	01:31+	01:33+	01:25+	00:29+	
02:06@	00:19+	00:13#	00:51&	00:04+	01:09@	00:54&	00:21#	00:20&	00:05+	00:07+	00:07&	
4	Arne Brandsberg	29										34:02
05:11+	09:27+	12:12+	15:24+	18:30+	20:03+	23:37+	26:36+	28:40+	31:05+	33:16+	34:02+	
05:11+	04:16+	02:45+	03:12+	03:06+	01:33+	03:34+	02:59+	02:04+	02:25+	02:11+	00:46+	
04:31@	00:57&	00:56&	01:26&	01:18&	00:40&	01:23&	01:05&	00:53&	00:57&	00:53&	00:24@	
5	Sverre Vareberg	7										43:12
01:01+	09:43+	13:02+	17:08+	20:44+	22:21+	30:23+	33:47+	36:14+	39:17+	42:06+	43:12+	
01:01+	08:42+	03:19+	04:06+	03:36+	01:37+	08:02+	03:24+	02:27+	03:03+	02:49+	01:06+	
00:21&	05:23@	01:30&	02:20@	01:48&	00:44&	05:51@	01:30&	01:16@	01:35@	01:31@	00:44@	

Beste strekktid for klassen

00:40 03:19 01:49 01:19 01:26 00:53 00:59 01:54 01:11 01:28 01:18 00:22

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

Herrer 80 år og eldre

1	Arnulf Fuglestad	29										19:26
01:52=	04:12=	04:59=	07:28=	09:45=	11:56=	12:23=	14:17=	15:09=	16:47=	18:59=	19:26=	
01:52=	02:20=	00:47=	02:29=	02:17=	02:11=	00:27=	01:54=	00:52=	01:38=	02:12=	00:27=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Sigurd Krosli	31										24:51
03:11+	05:45+	06:24+	09:42+	12:51+	14:56+	15:36+	18:04+	19:08+	21:48+	24:22+	24:51+	
03:11+	02:34+	00:39-	03:18+	03:09+	02:05-	00:40+	02:28+	01:04+	02:40+	02:34+	00:29+	
01:19&	00:14#	00:08-	00:49&	00:52&	00:06-	00:13&	00:34&	00:12#	01:02&	00:22#	00:02+	

Class	Navn	Klasse	Tid
3	Magne Jakobsen	63	27:12
	07:00+ 09:47+ 10:44+ 13:32+ 16:27+ 18:31+ 19:18+ 21:22+ 22:26+ 24:18+ 26:39+ 27:12+		
	07:00+ 02:47+ 00:57+ 02:48+ 02:55+ 02:04- 00:47+ 02:04+ 01:04+ 01:52+ 02:21+ 00:33+		
	05:08@ 00:27# 00:10# 00:19# 00:38& 00:07- 00:20& 00:10+ 00:12# 00:14# 00:09+ 00:06#		
4	Bjarne Edland	92	35:15
	04:54+ 07:24+ 07:57+ 10:58+ 13:23+ 14:50+ 15:36+ 19:16+ 20:33+ 33:19+ 34:50+ 35:15+		
	04:54+ 02:30+ 00:33- 03:01+ 02:25+ 01:27- 00:46+ 03:40+ 01:17+ 12:46+ 01:31- 00:25-		
	03:02@ 00:10+ 00:14- 00:32# 00:08+ 00:44- 00:19& 01:46& 00:25& 11:08@ 00:41- 00:02-		
Beste strekktid for klassen			
	01:52 02:20 00:33 02:29 02:17 01:27 00:27 01:54 00:52 01:38 01:31 00:25		

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

Herrer A

1	Fredrik Omdal	74	21:13
	00:29= 01:44= 02:28= 03:09= 04:12= 06:05= 07:50= 08:35= 10:29= 11:10= 13:55= 14:21= 15:10= 16:24= 17:14= 17:34= 17:52= 18:25= 19:19= 19:49= 20:57= 21:13=		
	00:29= 01:15= 00:44= 00:41= 01:03= 01:53= 01:45= 00:45= 01:54= 00:41= 02:45= 00:26= 00:49= 01:14= 00:50= 00:20= 00:18= 00:33= 00:54= 00:30= 01:08= 00:16=		
	00:00= 00:00=		
2	Clemens Øxnevad	114	21:23
	00:19- 02:00+ 02:53+ 03:16+ 04:14+ 05:29- 06:59- 07:28- 08:37- 11:07- 11:51- 14:25+ 15:00- 15:46- 16:57- 17:43+ 18:04+ 18:21- 18:49- 19:44- 20:10- 21:07- 21:23+		
	00:19- 01:41+ 00:53+ 00:23- 00:58- 01:15- 01:30- 00:29- 01:09- 02:30+ 00:44- 02:34+ 00:35- 00:46- 01:11+ 00:46+ 00:21+ 00:17- 00:28- 00:55+ 00:26- 00:57+ 00:16+		
	00:10- 00:26& 00:09# 00:18- 00:05- 00:38- 00:15- 00:16- 00:45- 01:49@ 02:01- 02:08@ 00:14- 00:28- 00:21& 00:26@ 00:03# 00:16- 00:26- 00:25& 00:42- 00:41@ 00:16+		
3	Kenneth Mydland	29	21:41
	00:52+ 02:10+ 02:54+ 03:36+ 04:42+ 06:00- 07:45- 08:31- 10:37+ 11:22+ 14:08+ 14:31+ 15:21+ 16:38+ 17:31+ 17:53+ 18:12+ 18:48+ 19:44+ 20:14+ 21:23+ 21:41+		
	00:52+ 01:18+ 00:44= 00:42+ 01:06+ 01:18- 01:45= 00:46+ 02:06+ 00:45+ 02:46+ 00:23- 00:50+ 01:17+ 00:53+ 00:22+ 00:19+ 00:36+ 00:56+ 00:30= 01:09+ 00:18+		
	00:23& 00:03+ 00:00= 00:01+ 00:03+ 00:35- 00:00= 00:01+ 00:12# 00:04+ 00:01+ 00:03- 00:01+ 00:03+ 00:03+ 00:02# 00:01+ 00:03+ 00:02+ 00:00= 00:01+ 00:02#		
4	Runar Eike Toft	116	23:23
	00:27- 02:04+ 02:50+ 03:29+ 04:52+ 06:41+ 08:29+ 09:17+ 12:21+ 13:11+ 15:49+ 16:28+ 17:24+ 18:41+ 19:31+ 19:51+ 20:09+ 20:44+ 21:37+ 22:06+ 23:08+ 23:23+		
	00:27- 01:37+ 00:46+ 00:39- 01:23+ 01:49- 01:48+ 00:48+ 03:04+ 00:50+ 02:38- 00:39+ 00:56+ 01:17+ 00:50= 00:20= 00:18= 00:35+ 00:53- 00:29- 01:02- 00:15-		
	00:02- 00:22& 00:02+ 00:02- 00:20& 00:04- 00:03+ 00:03+ 01:10& 00:09# 00:07- 00:13& 00:07# 00:03+ 00:00= 00:00= 00:00= 00:00= 00:02+ 00:01- 00:01- 00:06- 00:01-		
5	Erik Lima	115	23:37
	00:27- 02:24+ 03:21+ 03:55+ 05:24+ 07:05+ 09:08+ 09:54+ 12:12+ 12:49+ 15:53+ 16:24+ 17:22+ 18:41+ 19:33+ 19:52+ 20:10+ 20:45+ 21:43+ 22:13+ 23:21+ 23:37+		
	00:27- 01:57+ 00:57+ 00:34- 01:29+ 01:41- 02:03+ 00:46+ 02:18+ 00:37- 03:04+ 00:31+ 00:58+ 01:19+ 00:52+ 00:19- 00:18= 00:35+ 00:58+ 00:30= 01:08= 00:16=		
	00:02- 00:42& 00:13& 00:07- 00:26& 00:12- 00:18# 00:01+ 00:24# 00:04- 00:19# 00:05# 00:09# 00:05+ 00:02+ 00:01- 00:00= 00:02+ 00:04+ 00:00= 00:00= 00:00= 00:00=		
6	Steinar Frøylog	29	24:51
	00:19- 01:43- 02:31+ 03:01- 04:13+ 05:45- 07:44- 08:36+ 11:01+ 11:46+ 15:32+ 16:07+ 17:15+ 18:55+ 19:59+ 20:24+ 20:47+ 21:29+ 22:38+ 23:14+ 24:36+ 24:51+		
	00:19- 01:24+ 00:48+ 00:30- 01:12+ 01:32- 01:59+ 00:52+ 02:25+ 00:45+ 03:46+ 00:35+ 01:08+ 01:40+ 01:04+ 00:25+ 00:23+ 00:42+ 01:09+ 00:36+ 01:22+ 00:15-		
	00:10- 00:09# 00:04+ 00:11- 00:09# 00:21- 00:14# 00:07# 00:31& 00:04+ 01:01& 00:09& 00:19& 00:26& 00:14& 00:05# 00:05& 00:09& 00:15& 00:06# 00:14# 00:01-		
7	Martin Blystad	115	26:45
	01:11+ 02:22+ 03:08+ 03:48+ 04:52+ 06:51+ 09:38+ 10:39+ 14:00+ 14:46+ 18:12+ 19:01+ 19:58+ 21:30+ 22:28+ 22:50+ 23:10+ 23:49+ 24:51+ 25:22+ 26:29+ 26:45+		
	01:11+ 01:11- 00:46+ 00:40- 01:04+ 01:59+ 02:47+ 01:01+ 03:21+ 00:46+ 03:26+ 00:49+ 00:57+ 01:32+ 00:58+ 00:22+ 00:20+ 00:39+ 01:02+ 00:31+ 01:07- 00:16=		
	00:42@ 00:04- 00:02+ 00:01- 00:01+ 00:06+ 01:02& 00:16& 01:27& 00:05# 00:41# 00:23& 00:08# 00:18# 00:08# 00:02# 00:02# 00:06# 00:08# 00:01+ 00:01- 00:00=		
Beste strekktid for klassen			
	00:19 01:11 00:44 00:23 00:58 01:15 01:30 00:29 01:09 00:37 00:44 00:23 00:35 00:46 00:50 00:19 00:18 00:17 00:28 00:29 00:26 00:15		

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

Herrer B

1	Magnus Landstad	66	24:29
	00:55= 02:31= 03:24= 03:51= 05:13= 06:42= 08:37= 09:26= 11:33= 12:17= 15:20= 15:43= 17:34= 18:55= 19:52= 20:16= 20:36= 21:15= 22:29= 23:01= 24:09= 24:29=		
	00:55= 01:36= 00:53= 00:27= 01:22= 01:29= 01:55= 00:49= 02:07= 00:44= 03:03= 00:23= 01:51= 01:21= 00:57= 00:24= 00:20= 00:39= 01:14= 00:32= 01:08= 00:20=		
	00:00= 00:00=		
2	Joar Eilevstjønn	67	24:36
	00:31- 02:35+ 03:24= 03:56+ 05:05- 07:55+ 10:00+ 10:51+ 13:07+ 13:48+ 16:51+ 17:19+ 18:15+ 19:38+ 20:34+ 20:55+ 21:15+ 21:48+ 22:44+ 23:12+ 24:19+ 24:36+		
	00:31- 02:04+ 00:49- 00:32+ 01:09- 02:50+ 02:05+ 00:51+ 02:16+ 00:41- 03:03= 00:28+ 00:56- 01:23+ 00:56- 00:21- 00:20= 00:33- 00:56- 00:28- 01:07- 00:17-		
	00:24- 00:28& 00:04- 00:05# 00:13- 01:21& 00:10+ 00:02+ 00:09+ 00:03- 00:00= 00:05# 00:55- 00:02+ 00:01- 00:03- 00:00= 00:06- 00:18- 00:04- 00:01- 00:03-		

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

Beste strekktid for klassen

01:37 01:07 00:39 00:21 01:33 02:00 01:33 00:37 01:38 01:28 01:27 00:49 00:39 00:19 00:27 00:38 00:53 00:15

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

Herrer Ny

1 Torgeir Færevåg 125 13:49

00:53= 02:46= 04:22= 05:27= 07:34= 09:18= 09:56= 11:52= 13:25= 13:49=
 00:53= 01:53= 01:36= 01:05= 02:07= 01:44= 00:38= 01:56= 01:33= 00:24=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

00:53 01:53 01:36 01:05 02:07 01:44 00:38 01:56 01:33 00:24

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

Herrer Trim

1 Stig Erlend Ollestad 51 11:26

00:51= 02:26= 02:47= 04:17= 05:43= 06:44= 07:03= 08:17= 08:51= 09:46= 11:08= 11:26=
 00:51= 01:35= 00:21= 01:30= 01:26= 01:01= 00:19= 01:14= 00:34= 00:55= 01:22= 00:18=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Bruno Pierfelice 51 11:52

00:40- 02:05- 02:24- 04:17= 05:43= 06:47+ 07:04+ 08:23+ 08:58+ 09:55+ 11:34+ 11:52+
 00:40- 01:25- 00:19- 01:53+ 01:26= 01:04+ 00:17- 01:19+ 00:35+ 00:57+ 01:39+ 00:18=
 00:11- 00:10- 00:02- 00:23& 00:00= 00:03+ 00:02- 00:05+ 00:01+ 00:02+ 00:17# 00:00=

3 Martin Svensen 284 12:28

01:14+ 02:44+ 03:06+ 04:33+ 06:11+ 07:13+ 07:32+ 09:00+ 09:43+ 10:42+ 12:13+ 12:28+
 01:14+ 01:30- 00:22+ 01:27- 01:38+ 01:02+ 00:19= 01:28+ 00:43+ 00:59+ 01:31+ 00:15-
 00:23& 00:05- 00:01+ 00:03- 00:12# 00:01+ 00:00= 00:14# 00:09& 00:04+ 00:09# 00:03-

4 Olav Magnus Eik Espedal 88 12:55

01:33+ 03:08+ 03:28+ 04:52+ 06:36+ 07:38+ 07:56+ 09:12+ 09:48+ 11:09+ 12:36+ 12:55+
 01:33+ 01:35= 00:20- 01:24- 01:44+ 01:02+ 00:18- 01:16+ 00:36+ 01:21+ 01:27+ 00:19+
 00:42& 00:00= 00:01- 00:06- 00:18# 00:01+ 00:01- 00:02+ 00:02+ 00:26& 00:05+ 00:01+

5 Holger Pansch 117 14:54

01:28+ 03:27+ 03:59+ 05:46+ 07:30+ 09:24+ 09:48+ 11:09+ 11:49+ 12:48+ 14:35+ 14:54+
 01:28+ 01:59+ 00:32+ 01:47+ 01:44+ 01:54+ 00:24+ 01:21+ 00:40+ 00:59+ 01:47+ 00:19+
 00:37& 00:24& 00:11& 00:17# 00:18# 00:53& 00:05& 00:07+ 00:06# 00:04+ 00:25& 00:01+

6 Asle Schanke Grude 92 15:07

01:32+ 03:56+ 04:23+ 06:07+ 08:02+ 09:23+ 09:45+ 11:21+ 12:03+ 13:16+ 14:46+ 15:07+
 01:32+ 02:24+ 00:27+ 01:44+ 01:55+ 01:21+ 00:22+ 01:36+ 00:42+ 01:13+ 01:30+ 00:21+
 00:41& 00:49& 00:06& 00:14# 00:29& 00:20& 00:03# 00:22& 00:08# 00:18& 00:08+ 00:03#

7 Jon Kåre Olsen 92 15:10

01:18+ 03:04+ 03:26+ 05:25+ 07:15+ 09:17+ 09:39+ 11:17+ 11:59+ 13:12+ 14:48+ 15:10+
 01:18+ 01:46+ 00:22+ 01:59+ 01:50+ 02:02+ 00:22+ 01:38+ 00:42+ 01:13+ 01:36+ 00:22+
 00:27& 00:11# 00:01+ 00:29& 00:24& 01:01& 00:03# 00:24& 00:08# 00:18& 00:14# 00:04#

8 Svein Sivertsen 115 16:48

01:25+ 03:34+ 04:01+ 06:25+ 08:36+ 10:03+ 10:28+ 12:04+ 13:05+ 14:21+ 16:27+ 16:48+
 01:25+ 02:09+ 00:27+ 02:24+ 02:11+ 01:27+ 00:25+ 01:36+ 01:01+ 01:16+ 02:06+ 00:21+
 00:34& 00:34& 00:06& 00:54& 00:45& 00:26& 00:06& 00:22& 00:27& 00:21& 00:44& 00:03#

9 Ivar Aalbu 29 16:51

01:36+ 03:50+ 04:20+ 06:59+ 09:07+ 10:20+ 10:45+ 12:18+ 13:09+ 14:34+ 16:23+ 16:51+
 01:36+ 02:14+ 00:30+ 02:39+ 02:08+ 01:13+ 00:25+ 01:33+ 00:51+ 01:25+ 01:49+ 00:28+
 00:45& 00:39& 00:09& 01:09& 00:42& 00:12# 00:06& 00:19& 00:17& 00:30& 00:27& 00:10&

10 Frode Lund 18 17:15

01:43+ 04:04+ 04:36+ 06:50+ 09:02+ 10:27+ 10:52+ 12:50+ 13:42+ 14:57+ 16:48+ 17:15+
 01:43+ 02:21+ 00:32+ 02:14+ 02:12+ 01:25+ 00:25+ 01:58+ 00:52+ 01:15+ 01:51+ 00:27+
 00:52@ 00:46& 00:11& 00:44& 00:46& 00:24& 00:06& 00:44& 00:18& 00:20& 00:29& 00:09&

Class	Navn	Klasse									Tid
11	Knut Høie	117									17:17
01:43+	03:57+	04:22+	05:59+	07:44+	08:48+	09:11+	10:23+	10:59+	15:10+	16:55+	17:17+
01:43+	02:14+	00:25+	01:37+	01:45+	01:04+	00:23+	01:12-	00:36+	04:11+	01:45+	00:22+
00:52@	00:39&	00:04#	00:07+	00:19#	00:03+	00:04#	00:02-	00:02+	03:16@	00:23&	00:04#
12	Leif Jarle Skåra	29									18:26
01:42+	03:57+	04:27+	07:27+	10:02+	11:40+	12:07+	13:56+	14:49+	16:19+	18:01+	18:26+
01:42+	02:15+	00:30+	03:00+	02:35+	01:38+	00:27+	01:49+	00:53+	01:30+	01:42+	00:25+
00:51&	00:40&	00:09&	01:30&	01:09&	00:37&	00:08&	00:35&	00:19&	00:35&	00:20#	00:07&
13	Tom Leveraas	188									18:43
02:32+	05:10+	05:43+	08:09+	10:14+	11:40+	12:01+	13:53+	14:49+	16:22+	18:24+	18:43+
02:32+	02:38+	00:33+	02:26+	02:05+	01:26+	00:21+	01:52+	00:56+	01:33+	02:02+	00:19+
01:41@	01:03&	00:12&	00:56&	00:39&	00:25&	00:02#	00:38&	00:22&	00:38&	00:40&	00:01+
14	Arne Hope	43									19:19
03:05+	05:36+	06:08+	08:31+	10:39+	12:46+	13:23+	14:56+	15:43+	17:08+	18:53+	19:19+
03:05+	02:31+	00:32+	02:23+	02:08+	02:07+	00:37+	01:33+	00:47+	01:25+	01:45+	00:26+
02:14@	00:56&	00:11&	00:53&	00:42&	01:06@	00:18&	00:19&	00:13&	00:30&	00:23&	00:08&
15	Asgeir Kleppa	47									19:24
02:05+	04:28+	05:01+	07:33+	09:51+	11:22+	12:07+	13:50+	15:29+	16:51+	18:55+	19:24+
02:05+	02:23+	00:33+	02:32+	02:18+	01:31+	00:45+	01:43+	01:39+	01:22+	02:04+	00:29+
01:14@	00:48&	00:12&	01:02&	00:52&	00:30&	00:26@	00:29&	01:05@	00:27&	00:42&	00:11&
16	Rolf Øystein Kluge	7									19:34
01:43+	04:13+	04:44+	07:19+	09:42+	11:12+	11:44+	13:33+	14:46+	16:06+	19:10+	19:34+
01:43+	02:30+	00:31+	02:35+	02:23+	01:30+	00:32+	01:49+	01:13+	01:20+	03:04+	00:24+
00:52@	00:55&	00:10&	01:05&	00:57&	00:29&	00:13&	00:35&	00:39@	00:25&	01:42@	00:06&
17	Trond Karlsen	228									19:56
01:43+	04:19+	04:57+	07:42+	10:19+	11:51+	12:19+	14:58+	15:54+	17:20+	19:26+	19:56+
01:43+	02:36+	00:38+	02:45+	02:37+	01:32+	00:28+	02:39+	00:56+	01:26+	02:06+	00:30+
00:52@	01:01&	00:17&	01:15&	01:11&	00:31&	00:09&	01:25@	00:22&	00:31&	00:44&	00:12&
18	Arild Svihus	92									20:11
04:05+	06:41+	08:07+	10:19+	12:38+	13:52+	14:17+	16:04+	16:52+	18:11+	19:49+	20:11+
04:05+	02:36+	01:26+	02:12+	02:19+	01:14+	00:25+	01:47+	00:48+	01:19+	01:38+	00:22+
03:14@	01:01&	01:05@	00:42&	00:53&	00:13#	00:06&	00:33&	00:14&	00:24&	00:16#	00:04#
19	Arild Olsen	4									20:26
03:08+	05:47+	06:14+	08:52+	11:10+	12:41+	13:10+	15:03+	16:07+	18:05+	19:59+	20:26+
03:08+	02:39+	00:27+	02:38+	02:18+	01:31+	00:29+	01:53+	01:04+	01:58+	01:54+	00:27+
02:17@	01:04&	00:06&	01:08&	00:52&	00:30&	00:10&	00:39&	00:30&	01:03@	00:32&	00:09&
20	Reidar Haver	4									20:59
04:52+	07:19+	08:21+	10:35+	12:51+	14:10+	14:32+	16:28+	17:21+	18:45+	20:36+	20:59+
04:52+	02:27+	01:02+	02:14+	02:16+	01:19+	00:22+	01:56+	00:53+	01:24+	01:51+	00:23+
04:01@	00:52&	00:41@	00:44&	00:50&	00:18&	00:03#	00:42&	00:19&	00:29&	00:29&	00:05&
21	Terje Gautestad	54									22:36
02:59+	05:47+	06:28+	09:32+	12:00+	13:57+	14:23+	16:40+	17:37+	19:11+	22:08+	22:36+
02:59+	02:48+	00:41+	03:04+	02:28+	01:57+	00:26+	02:17+	00:57+	01:34+	02:57+	00:28+
02:08@	01:13&	00:20&	01:34@	01:02&	00:56&	00:07&	01:03&	00:23&	00:39&	01:35@	00:10&
22	Harald Nilsen	79									23:30
03:35+	06:28+	06:54+	10:01+	12:42+	14:26+	15:00+	17:45+	18:44+	20:23+	23:06+	23:30+
03:35+	02:53+	00:26+	03:07+	02:41+	01:44+	00:34+	02:45+	00:59+	01:39+	02:43+	00:24+
02:44@	01:18&	00:05#	01:37@	01:15&	00:43&	00:15&	01:31@	00:25&	00:44&	01:21&	00:06&
23	Ove Vatland	128									25:11
02:38+	05:50+	06:41+	09:39+	13:07+	15:03+	15:40+	18:16+	19:29+	21:29+	24:32+	25:11+
02:38+	03:12+	00:51+	02:58+	03:28+	01:56+	00:37+	02:36+	01:13+	02:00+	03:03+	00:39+
01:47@	01:37@	00:30@	01:28&	02:02@	00:55&	00:18&	01:22@	00:39@	01:05@	01:41@	00:21@
24	Per Bakken	5									31:19
10:11+	13:09+	13:43+	16:58+	20:02+	21:57+	22:31+	25:14+	26:27+	28:31+	30:47+	31:19+
10:11+	02:58+	00:34+	03:15+	03:04+	01:55+	00:34+	02:43+	01:13+	02:04+	02:16+	00:32+
09:20@	01:23&	00:13&	01:45@	01:38@	00:54&	00:15&	01:29@	00:39@	01:09@	00:54&	00:14&
25	Arthur Christiansen	93									42:43
03:44+	09:50+	10:57+	16:17+	21:39+	24:35+	25:40+	30:36+	33:10+	37:19+	41:38+	42:43+
03:44+	06:06+	01:07+	05:20+	05:22+	02:56+	01:05+	04:56+	02:34+	04:09+	04:19+	01:05+
02:53@	04:31@	00:46@	03:50@	03:56@	01:55@	00:46@	03:42@	02:00@	03:14@	02:57@	00:47@

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Beste strekktid for klassen

00:40 01:25 00:19 01:24 01:26 01:01 00:17 01:12 00:34 00:55 01:22 00:15

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