

Damer 60 - 64 år

1	Liv-Grete Obrestad	113	29:10																
02:12=	03:13=	04:24=	06:35=	07:57=	08:32=	10:10=	11:53=	13:01=	15:14=	15:44=	17:59=	18:50=	20:13=	22:26=	24:42=	26:22=	28:07=	28:40=	29:10=
02:12=	01:01=	01:11=	02:11=	01:22=	00:35=	01:38=	01:43=	01:08=	02:13=	00:30=	02:15=	00:51=	01:23=	02:13=	02:16=	01:40=	01:45=	00:33=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Eik	88	30:56																
02:21+	03:25+	04:34+	06:45+	08:25+	09:01+	10:37+	12:30+	13:53+	16:41+	17:16+	19:44+	20:38+	22:02+	24:16+	26:30+	28:02+	29:57+	30:29+	30:56+
02:21+	01:04+	01:09-	02:11=	01:40+	00:36+	01:36-	01:53+	01:23+	02:48+	00:35+	02:28+	00:54+	01:24+	02:14+	02:14-	01:32-	01:55+	00:32-	00:27-
00:09+	00:03+	00:02-	00:00=	00:18#	00:01+	00:02-	00:10+	00:15#	00:35&	00:05#	00:13+	00:03+	00:01+	00:01+	00:02-	00:08-	00:10+	00:01-	00:03-
3	Marit Karin Nygård	92	31:47																
02:19+	03:13=	04:26+	06:39+	08:03+	08:40+	10:29+	12:34+	14:00+	16:34+	17:30+	20:02+	21:14+	22:39+	24:48+	27:01+	28:32+	30:46+	31:20+	31:47+
02:19+	00:54-	01:13+	02:13+	01:24+	00:37+	01:49+	02:05+	01:26+	02:34+	00:56+	02:32+	01:12+	01:25+	02:09-	02:13-	01:31-	02:14+	00:34+	00:27-
00:07+	00:07-	00:02+	00:02+	00:02+	00:02+	00:11#	00:22#	00:18&	00:21#	00:26&	00:17#	00:21&	00:02+	00:04-	00:03-	00:09-	00:29&	00:01+	00:03-
4	Berit Bakken	168	32:31																
02:27+	03:24+	04:45+	06:59+	08:18+	08:54+	10:42+	12:39+	14:46+	16:39+	17:06+	19:22+	20:24+	21:37+	23:59+	26:37+	29:05+	31:24+	32:01+	32:31+
02:27+	00:57-	01:21+	02:14+	01:19-	00:36+	01:48+	01:57+	02:07+	01:53-	00:27-	02:16+	01:02+	01:13-	02:22+	02:38+	02:28+	02:19+	00:37+	00:30=
00:15#	00:04-	00:10#	00:03+	00:03-	00:01+	00:10#	00:14#	00:59&	00:20-	00:03-	00:01+	00:11#	00:10-	00:09+	00:22#	00:48&	00:34&	00:04#	00:00=
5	Tove Bjerkreim	105	33:28																
02:11-	03:16+	05:02+	07:15+	08:38+	09:13+	10:51+	12:38+	13:46+	17:16+	17:41+	19:50+	20:54+	23:50+	25:54+	28:13+	30:08+	32:30+	32:58+	33:28+
02:11-	01:05+	01:46+	02:13+	01:23+	00:35=	01:38=	01:47+	01:08=	03:30+	00:25-	02:09-	01:04+	02:56+	02:04-	02:19+	01:55+	02:22+	00:28-	00:30=
00:01-	00:04+	00:35&	00:02+	00:01+	00:00=	00:00=	00:04+	00:00=	01:17&	00:05-	00:06-	00:13&	01:33@	00:09-	00:03+	00:15#	00:37&	00:05-	00:00=
6	Eli Frafjord	94	34:13																
02:41+	03:50+	05:30+	07:57+	09:32+	10:12+	12:05+	14:15+	15:54+	18:13+	18:37+	20:59+	21:56+	23:43+	26:29+	29:13+	30:52+	33:01+	33:38+	34:13+
02:41+	01:09+	01:40+	02:27+	01:35+	00:40+	01:53+	02:10+	01:39+	02:19+	00:24-	02:22+	00:57+	01:47+	02:46+	02:44+	01:39-	02:09+	00:37+	00:35+
00:29#	00:08#	00:29&	00:16#	00:13#	00:05#	00:15#	00:27&	00:31&	00:06+	00:06-	00:07+	00:06#	00:24&	00:33#	00:28#	00:01-	00:24#	00:04#	00:05#
7	Amanda Renshaw	101	34:27																
02:31+	04:56+	06:03+	08:08+	09:28+	10:01+	11:50+	14:07+	16:02+	18:58+	19:33+	21:37+	23:04+	24:35+	26:55+	29:13+	31:18+	33:12+	34:01+	34:27+
02:31+	02:25+	01:07-	02:05-	01:20-	00:33-	01:49+	02:17+	01:55+	02:56+	00:35+	02:04-	01:27+	01:31+	02:20+	02:18+	02:05+	01:54+	00:49+	00:26-
00:19#	01:24@	00:04-	00:06-	00:02-	00:02-	00:11#	00:34&	00:47&	00:43&	00:05#	00:11-	00:36&	00:08+	00:07+	00:02+	00:25#	00:09+	00:16&	00:04-
8	Ingunn Voilås	29	35:59																
02:58+	05:31+	07:20+	09:36+	10:57+	11:44+	13:51+	15:50+	17:26+	20:14+	20:42+	23:06+	24:04+	25:36+	27:56+	30:24+	32:19+	34:41+	35:26+	35:59+
02:58+	02:33+	01:49+	02:16+	01:21-	00:47+	02:07+	01:59+	01:36+	02:48+	00:28-	02:24+	00:58+	01:32+	02:20+	02:28+	01:55+	02:22+	00:45+	00:33+
00:46&	01:32@	00:38&	00:05+	00:01-	00:12&	00:29&	00:16#	00:28&	00:35&	00:02-	00:09+	00:07#	00:09#	00:07+	00:12+	00:15#	00:37&	00:12&	00:03#
9	Aud Steinsland	128	40:55																
02:39+	04:09+	05:52+	08:32+	10:14+	11:03+	13:07+	17:16+	18:58+	21:25+	22:34+	25:29+	26:44+	28:42+	31:43+	34:44+	37:09+	39:37+	40:21+	40:55+
02:39+	01:30+	01:43+	02:40+	01:42+	00:49+	02:04+	04:09+	01:42+	02:27+	01:09+	02:55+	01:15+	01:58+	03:01+	03:01+	02:25+	02:28+	00:44+	00:34+
00:27#	00:29&	00:32&	00:29#	00:20#	00:14&	00:26&	02:26@	00:34&	00:14#	00:39@	00:40&	00:24&	00:35&	00:48&	00:45&	00:45&	00:43&	00:11&	00:04#
10	Kari Blixhavn	228	44:28																
02:53+	03:56+	06:15+	09:13+	11:08+	11:57+	14:28+	17:07+	19:09+	22:38+	23:31+	26:35+	28:08+	30:31+	33:58+	38:03+	40:19+	42:59+	43:51+	44:28+
02:53+	01:03+	02:19+	02:58+	01:55+	00:49+	02:31+	02:39+	02:02+	03:29+	00:53+	03:04+	01:33+	02:23+	03:27+	04:05+	02:16+	02:40+	00:52+	00:37+
00:41&	00:02+	01:08&	00:47&	00:33&	00:14&	00:53&	00:56&	00:54&	01:16&	00:23&	00:49&	00:42&	01:00&	01:14&	01:49&	00:36&	00:55&	00:19&	00:07#
11	Unni Relling	92	46:17																
03:16+	05:28+	07:08+	10:07+	11:57+	12:53+	16:47+	20:26+	22:13+	25:00+	25:49+	29:26+	30:37+	33:00+	36:34+	39:45+	41:58+	44:49+	45:39+	46:17+
03:16+	02:12+	01:40+	02:59+	01:50+	00:56+	03:54+	03:39+	01:47+	02:47+	00:49+	03:37+	01:11+	02:23+	03:34+	03:11+	02:13+	02:51+	00:50+	00:38+
01:04&	01:11@	00:29&	00:48&	00:28&	00:21&	02:16@	01:56@	00:39&	00:34&	00:19&	01:22&	00:20&	01:00&	01:21&	00:55&	00:33&	01:06&	00:17&	00:08&

Beste strekktid for klassen

02:11 00:54 01:07 02:05 01:19 00:33 01:36 01:43 01:08 01:53 00:24 02:04 00:51 01:13 02:04 02:13 01:31 01:45 00:28 00:26

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

Damer 65 - 69 år

1	Lillian Dahl Fitjar	117	40:47																
02:50=	05:16=	06:51=	09:29=	11:03=	11:47=	14:08=	16:47=	19:00=	21:34=	22:17=	25:09=	26:46=	28:35=	31:39=	34:37=	36:38=	39:14=	40:05=	40:47=
02:50=	02:26=	01:35=	02:38=	01:34=	00:44=	02:21=	02:39=	02:13=	02:34=	00:43=	02:52=	01:37=	01:49=	03:04=	02:58=	02:01=	02:36=	00:51=	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=	00:00=

Class	Navn	Class	Tid
2	Gry V. Thengs	68	41:58
02:37+	03:44- 05:11- 07:35- 10:06-	12:27- 15:07- 17:09- 23:31- 24:18-	27:12+ 29:15+ 31:09+ 33:56+ 36:49+ 38:45+ 40:52+ 41:26+ 41:58+
02:37+	01:07- 01:27- 02:24+ 01:49-	00:42- 02:21- 02:40+ 02:02+ 06:22+ 00:47+	02:54+ 02:03+ 01:54+ 02:47+ 02:53+ 01:56- 02:07+ 00:34- 00:32+
00:14+	03:51- 00:25- 00:03+ 00:01-	00:16- 00:20- 00:24# 00:10+ 03:41@ 00:02+	00:27# 01:07@ 00:20# 00:29# 00:11+ 00:07- 00:03+ 00:03- 00:03#
3	Berit Ebbell Olsen	68	57:37
03:14+	04:47- 06:46- 10:03- 12:01-	12:54- 17:00- 21:34+ 24:40+	29:17+ 30:11+ 34:27+ 36:37+ 40:10+ 44:59+ 49:25+ 52:43+ 55:58+ 56:55+ 57:37+
03:14+	01:33- 01:59+ 03:17+ 01:58+	00:53- 04:06+ 04:34+ 03:06+	04:37+ 00:54+ 04:16+ 02:10+ 03:33+ 04:49+ 04:26+ 03:18+ 03:15+ 00:57+ 00:42+
00:51&	03:25- 00:07+ 00:56& 00:08+	00:05- 01:25& 02:18@ 01:14& 01:56& 00:09#	01:49& 01:14@ 01:59@ 02:31@ 01:44& 01:15& 01:11& 00:20& 00:13&
Beste strekktid for klassen			
02:23	01:07	01:27	02:21 01:49 00:42 02:21 02:16 01:52 02:41 00:45 02:27 00:56 01:34 02:18 02:42 01:56 02:04 00:34 00:29

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

Damer A

1	Aud Hognestad Taksdal	92	30:04
01:34=	02:07= 02:35= 04:22= 05:25= 07:26=	08:35= 09:13= 10:39= 10:58= 11:20=	12:32= 13:47= 14:26= 16:10= 17:09= 19:06= 20:21= 20:41= 21:57= 23:11= 23:59= 25:16= 25:57= 27:11= 28:13=
01:34=	00:33= 00:28= 01:47= 01:03= 02:01=	01:09= 00:38= 01:26= 00:19= 00:22=	01:12= 01:15= 00:39= 01:44= 00:59= 01:57= 01:15= 00:20= 01:16= 01:14= 00:48= 01:17= 00:41= 01:14= 01:02=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
29:19=	29:43= 30:04=		
01:06=	00:24= 00:21=		
00:00=	00:00= 00:00=		
2	Jorunn Hadland	29	32:46
01:52+	02:30+ 03:02+ 05:00+	06:20+ 08:33+	09:54+ 10:42+ 12:17+ 12:42+ 13:03+
01:52+	00:38+ 00:32+ 01:58+	01:20+ 02:13+ 01:58+	01:21+ 00:48+ 01:35+ 00:25+ 00:21-
00:18#	00:05# 00:04# 00:11#	00:17& 00:12+ 00:12#	00:10& 00:09# 00:06& 00:01-
32:01+	32:24+ 32:46+		
01:13+	00:23- 00:22+		
00:07#	00:01- 00:01+		
3	Andrea Sætre	101	39:08
01:55+	02:30+ 03:07+ 05:22+	06:37+ 09:22+	10:41+ 11:28+ 13:35+ 13:55+
01:55+	00:35+ 00:37+ 02:15+	01:15+ 02:45+	01:19+ 00:47+ 02:07+ 00:20+ 00:27+
00:21#	00:02+ 00:09& 00:28&	00:12# 00:44&	00:10# 00:09# 00:41& 00:01+ 00:05#
38:17+	38:42+ 39:08+		
01:22+	00:25+ 00:26+		
00:16#	00:01+ 00:05#		
4	Tone Torgersen	27	39:34
01:41+	03:45+ 04:19+ 06:49+	08:01+ 10:13+	11:36+ 12:24+ 14:10+ 14:36+
01:41+	02:04+ 00:34+ 02:30+	01:12+ 02:12+	01:23+ 00:48+ 01:46+ 00:26+
00:07+	01:31@ 00:06# 00:43&	00:09# 00:11+ 00:14#	00:10& 00:20# 00:07& 00:13&
38:40+	39:09+ 39:34+		
01:17+	00:29+ 00:25+		
00:11#	00:05# 00:04#		
5	Trine Bolstad Scheie	62	41:54
01:58+	02:35+ 03:46+ 06:15+	07:42+ 10:19+	11:42+ 12:26+ 14:09+
01:58+	00:37+ 01:11+ 02:29+	01:27+ 02:37+	01:23+ 00:44+ 01:43+ 00:22+
00:24&	00:04# 00:43@ 00:42&	00:24# 00:36&	00:14# 00:06# 00:17# 00:03#
40:55+	41:25+ 41:54+		
01:34+	00:30+ 00:29+		
00:28&	00:06# 00:08&		
6	Kari Borgen	62	44:05
01:58+	02:40+ 03:21+ 06:04+	07:43+ 10:54+	12:28+ 13:23+ 15:09+
01:58+	00:42+ 00:41+ 02:43+	01:39+ 03:11+	01:34+ 00:55+ 01:46+ 00:39+
00:24&	00:09& 00:13& 00:56&	00:36& 01:10&	00:25& 00:17& 00:20# 00:20@ 00:48@
40:13+	41:58+ 43:17+ 43:45+	44:05+	
01:38+	01:45+ 01:19+ 00:28+	00:20+	
00:32&	01:21@ 00:58@ 00:28+		
7	Silje Skarpeid	101	44:35
01:48+	02:25+ 02:58+ 05:12+	06:42+ 11:54+	13:17+ 14:02+ 15:51+
01:48+	00:37+ 00:33+ 02:14+	01:30+ 05:12+	01:23+ 00:45+ 01:49+ 00:29+
00:14#	00:04# 00:05# 00:27&	00:27& 03:11@	00:14# 00:07# 00:23& 00:10& 00:16&
43:43+	44:09+ 44:35+		
01:25+	00:26+ 00:26+		
00:19&	00:02+ 00:05#		

Class	Navn	Klasse	Tid
8	Ingrid Simensen	101	46:46
03:11+	03:48+	04:26+	06:49+
03:11+	00:37+	00:38+	02:23+
01:37@	00:04#	00:10&	00:36&
45:50+	46:19+	46:46+	
01:23+	00:29+	00:27+	
00:17&	00:05#	00:06&	

9	Linda Schrader	360	52:14
02:46+	03:31+	04:14+	06:31+
02:46+	00:45+	00:43+	02:17+
01:12&	00:12&	00:15&	00:30&
51:08+	51:41+	52:14+	
01:41+	00:33+	00:33+	
00:35&	00:09&	00:12&	

10	Maira Andersone	93	52:51
02:00+	02:49+	03:26+	06:03+
02:00+	00:49+	00:37+	02:37+
00:26&	00:16&	00:09&	00:50&
51:58+	52:29+	52:51+	
01:30+	00:31+	00:22+	
00:24&	00:07&	00:01+	

Beste strekktid for klassen

01:34	00:33	00:28	01:47	01:03	02:01	01:09	00:38	01:26	00:19	00:21	00:20	00:25	00:39	01:14	00:57	01:57	01:10	00:19	01:16	00:31	00:48	01:16	00:41	01:14	00:57	01:06	00:23
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= Som klassevinner, - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer B

1	Inger Tone Nygård	29	38:58
01:47+	02:26+	05:20+	07:55+
01:47+	00:39+	02:54+	02:35+
00:00+	00:00+	00:00+	00:00+
37:01+	38:35+	38:58+	
01:08+	01:34+	00:23+	
00:00+	00:00+	00:00+	

2	Ingrid W. Hestness	117	40:28
01:57+	02:45+	05:53+	08:18+
01:57+	00:48+	03:08+	02:25-
00:10+	00:09#	00:14+	00:10-
38:10+	40:02+	40:28+	
01:23+	01:52+	00:26+	
00:15#	00:18#	00:03#	

3	Ellen Tindeland	27	41:03
01:58+	02:52+	05:51+	08:24+
01:58+	00:54+	02:59+	02:33-
00:11#	00:15#	00:05+	00:02-
38:34+	40:33+	41:03+	
01:32+	01:59+	00:30+	
00:24&	00:25&	00:07&	

4	Hilde Nordbø	93	41:10
02:05+	02:53+	05:47+	08:21+
02:05+	00:48+	02:54+	02:34-
00:18#	00:09#	00:00+	00:01-
38:55+	40:43+	41:10+	
01:37+	01:48+	00:27+	
00:29&	00:14#	00:04#	

5	Jorunn Johannesen	116	42:54
01:59+	02:43+	06:33+	09:17+
01:59+	00:44+	03:50+	02:44+
00:12#	00:05#	00:56&	00:09+
40:33+	42:25+	42:54+	
01:23+	01:52+	00:29+	
00:15#	00:18#	00:06&	

Class	Navn	Klasse	Tid
6	Ann-Cathrin Nybak Urdal	118	43:01
02:00+	02:48+	06:24+	09:16+
02:00+	00:48+	03:36+	02:52+
00:13#	00:09#	00:42#	00:17#
40:31+	42:35+	43:01+	
01:24+	02:04+	00:26+	
00:16#	00:30&	00:03#	
7	Lise Isachsen	165	44:07
01:48+	03:13+	06:15+	10:21+
01:48+	01:25+	03:02+	04:06+
00:01+	00:46@	00:08+	01:31&
42:04+	43:39+	44:07+	
01:27+	01:35+	00:28+	
00:19&	00:01+	00:05#	
8	Anita Glenne Kallhovd	29	45:56
01:48+	02:42+	06:13+	09:26+
01:48+	00:54+	03:31+	03:13+
00:01+	00:15&	00:37#	00:38#
43:34+	45:30+	45:56+	
01:31+	01:56+	00:26+	
00:23&	00:22#	00:03#	
9	Grethe Anda Fuglestad	116	47:07
02:15+	04:27+	07:50+	10:27+
02:15+	02:12+	03:23+	02:37+
00:28&	01:33@	00:29#	00:02+
44:46+	46:42+	47:07+	
02:14+	01:56+	00:25+	
01:06&	00:22#	00:02+	
10	Ingunn Anda Haug	67	47:10
02:19+	03:12+	07:17+	10:37+
02:19+	00:53+	04:05+	03:20+
00:32&	00:14&	01:11&	00:45&
44:33+	46:44+	47:10+	
01:41+	02:11+	00:26+	
00:33&	00:37&	00:03#	
11	Ann Karin Tjørhom	93	50:12
02:36+	04:38+	08:08+	11:12+
02:36+	02:02+	03:30+	03:04+
00:49&	01:23@	00:36#	00:29#
47:35+	49:43+	50:12+	
01:35+	02:08+	00:29+	
00:27&	00:34&	00:06&	
12	Margrethe Roalsø	93	51:29
02:04+	03:43+	08:00+	10:42+
02:04+	01:39+	04:17+	02:42+
00:17#	01:00@	01:23&	00:07+
47:29+	49:01+	51:03+	51:29+
01:36+	01:32-	02:02+	00:26+
00:28&	00:02-	01:39@	00:26+
13	Mariann Sveinsvoll	94	56:06
02:19+	04:04+	08:41+	11:32+
02:19+	01:45+	04:37+	02:51+
00:32&	01:06@	01:43&	00:16#
53:30+	55:36+	56:06+	
02:49+	02:06+	00:30+	
01:41@	00:32&	00:07&	

Beste strekktid for klassen

01:47 00:39 02:54 02:25 01:07 01:14 00:44 01:38 00:25 01:32 01:15 00:51 02:16 01:43 00:29 00:12 00:13 00:12 00:14 01:20 00:42 00:58 01:16 01:04 00:41 00:54 01:08 01:32

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

Damer Ny

Class	Navn	Klasse	Tid
1	Elise Auberg	126	17:43
02:23=	04:37= 05:38= 06:45= 07:31= 07:55=	09:56= 11:09= 12:46= 13:17= 14:18= 16:48= 17:21=	17:43=
02:23=	02:14= 01:01= 01:07= 00:46= 00:24=	02:01= 01:13= 01:37= 00:31= 01:01= 02:30= 00:33=	00:22=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00=
2	Elsa Ingolfsdottir	126	18:38
01:32-	03:27- 04:39- 05:58- 06:41- 07:12-	09:31- 10:58- 12:27- 13:11- 14:23+ 17:29+ 18:09+	18:38+
01:32-	01:55- 01:12+ 01:19+ 00:43- 00:31+	02:19+ 01:27+ 01:29- 00:44+ 01:12+ 03:06+ 00:40+	00:29+
00:51-	00:19- 00:11# 00:12# 00:03- 00:07&	00:18# 00:14# 00:08- 00:13& 00:11# 00:36# 00:07#	00:07&
3	Marina Krysinski	27	22:21
05:10+	07:12+ 08:31+ 09:59+ 10:49+ 11:30+	13:51+ 15:14+ 16:44+ 17:37+ 18:49+ 21:16+ 21:50+	22:21+
05:10+	02:02- 01:19+ 01:28+ 00:50+ 00:41+	02:21+ 01:23+ 01:30- 00:53+ 01:12+ 02:27- 00:34+	00:31+
02:47@	00:12- 00:18& 00:21& 00:04+ 00:17&	00:20# 00:10# 00:07- 00:22& 00:11# 00:03- 00:01+	00:09&
Beste strekktid for klassen			
01:32	01:55	01:01	01:07
00:43	00:24	02:01	01:13
01:29	00:31	01:01	02:27
00:33	00:22		

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

Damer Trim

1	Maryon Paulsen Strugstad	43	18:51
01:06=	02:10= 03:37= 04:27= 05:53= 06:54=	08:24= 09:23= 11:47= 13:42= 14:12= 14:45= 15:31= 16:40= 18:00= 18:27= 18:51=	
01:06=	01:04= 01:27= 00:50= 01:26= 01:01=	01:30= 00:59= 02:24= 01:55= 00:30= 00:33= 00:46= 01:09= 01:20= 00:27= 00:24=	
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=	
2	Toyah Bråtveit	115	18:58
01:02-	01:53- 03:28- 04:18- 05:37- 07:13+	08:38+ 09:24+ 11:49+ 13:36- 14:04- 14:56+ 15:53+ 16:47+ 18:08+ 18:36+ 18:58+	
01:02-	00:51- 01:35+ 00:50= 01:19- 01:36+	01:25- 00:46- 02:25+ 01:47- 00:28- 00:52+ 00:57+ 00:54- 01:21+ 00:28+ 00:22-	
00:04-	00:13- 00:08+ 00:00= 00:07- 00:35&	00:05- 00:13- 00:01+ 00:08- 00:02- 00:19& 00:11# 00:15- 00:01+ 00:01+ 00:02-	
3	Fredrike Krahnert	126	19:40
01:06=	02:02- 03:31- 04:31+ 06:08+ 07:27+	08:55+ 09:54+ 11:53+ 13:44+ 14:17+ 15:02+ 16:05+ 17:06+ 18:43+ 19:16+ 19:40+	
01:06=	00:56- 01:29+ 01:00+ 01:37+ 01:19+	01:28- 00:59= 01:59- 01:51- 00:33+ 00:45+ 01:03+ 01:01- 01:37+ 00:33+ 00:24=	
00:00=	00:08- 00:02+ 00:10# 00:11# 00:18&	00:02- 00:00= 00:25- 00:04- 00:03# 00:12& 00:17& 00:08- 00:17# 00:06# 00:00=	
4	Mari Thu Randulff	39	20:43
01:01-	01:55- 04:06+ 04:58+ 06:18+ 08:28+	10:03+ 10:44+ 13:04+ 14:56+ 15:21+ 16:55+ 17:41+ 18:44+ 19:53+ 20:22+ 20:43+	
01:01-	00:54- 02:11+ 00:52+ 01:20- 02:10+	01:35+ 00:41- 02:20- 01:52- 00:25- 01:34+ 00:46= 01:03- 01:09- 00:29+ 00:21-	
00:05-	00:10- 00:44& 00:02+ 00:06- 01:09@	00:05+ 00:18- 00:04- 00:03- 00:05- 01:01@ 00:00= 00:06- 00:11- 00:02+ 00:03-	
5	Marte Håvardsholm	115	20:51
01:29+	02:36+ 04:24+ 05:23+ 07:03+ 08:27+	10:07+ 11:08+ 13:21+ 15:14+ 15:50+ 16:20+ 17:13+ 18:29+ 19:48+ 20:27+ 20:51+	
01:29+	01:07+ 01:48+ 00:59+ 01:40+ 01:24+	01:40+ 01:01+ 02:13- 01:53- 00:36+ 00:30- 00:53+ 01:16+ 01:19- 00:39+ 00:24=	
00:23&	00:03+ 00:21# 00:09# 00:14# 00:23&	00:10# 00:02+ 00:11- 00:02- 00:06# 00:03- 00:07# 00:07# 00:01- 00:12& 00:00=	
6	Heidi Horne	71	22:08
01:14+	02:10= 03:50+ 04:47+ 06:29+ 07:45+	09:31+ 10:31+ 13:11+ 15:04+ 15:46+ 16:36+ 17:44+ 19:30+ 21:06+ 21:39+ 22:08+	
01:14+	00:56- 01:40+ 00:57+ 01:42+ 01:16+	01:46+ 01:00+ 02:40+ 01:53- 00:42+ 00:50+ 01:08+ 01:46+ 01:36+ 00:33+ 00:29+	
00:08#	00:08- 00:13# 00:07# 00:16# 00:15#	00:16# 00:01+ 00:16# 00:02- 00:12& 00:17& 00:22& 00:37& 00:16# 00:06# 00:05#	
7	Margot Asheim	105	22:20
01:10+	02:28+ 04:09+ 05:01+ 06:34+ 07:48+	09:26+ 10:26+ 13:01+ 15:05+ 15:43+ 16:28+ 17:55+ 19:22+ 21:18+ 21:56+ 22:20+	
01:10+	01:18+ 01:41+ 00:52+ 01:33+ 01:14+	01:38+ 01:00+ 02:35+ 02:04+ 00:38+ 00:45+ 01:27+ 01:27+ 01:56+ 00:38+ 00:24=	
00:04+	00:14# 00:14# 00:02+ 00:07+ 00:13#	00:08+ 00:01+ 00:11+ 00:09+ 00:08& 00:12& 00:41& 00:18& 00:36& 00:11& 00:00=	
8	Gunn Vagle	126	22:54
01:19+	02:17+ 03:57+ 04:55+ 06:36+ 08:04+	10:00+ 11:02+ 13:40+ 15:48+ 16:27+ 17:04+ 18:19+ 19:53+ 21:50+ 22:25+ 22:54+	
01:19+	00:58- 01:40+ 00:58+ 01:41+ 01:28+	01:56+ 01:02+ 02:38+ 02:08+ 00:39+ 00:37+ 01:15+ 01:34+ 01:57+ 00:35+ 00:29+	
00:13#	00:06- 00:13# 00:08# 00:15# 00:27&	00:26& 00:03+ 00:14+ 00:13# 00:09& 00:04# 00:29& 00:25& 00:37& 00:08& 00:05#	
9	Ida K. Kolstø	29	22:57
01:17+	02:19+ 03:50+ 07:37+ 09:12+ 10:33+	12:09+ 13:00+ 15:13+ 17:05+ 17:42+ 18:19+ 19:18+ 20:25+ 22:03+ 22:36+ 22:57+	
01:17+	01:02- 01:31+ 03:47+ 01:35+ 01:21+	01:36+ 00:51- 02:13- 01:52- 00:37+ 00:37+ 00:59+ 01:07- 01:38+ 00:33+ 00:21-	
00:11#	00:02- 00:04+ 02:57@ 00:09# 00:20&	00:06+ 00:08- 00:11- 00:03- 00:07# 00:04# 00:13& 00:02- 00:18# 00:06# 00:03-	
10	Synnøve Hognestad	43	23:19
01:19+	02:23+ 03:53+ 04:55+ 06:38+ 08:04+	09:58+ 11:12+ 13:47+ 15:51+ 16:30+ 17:15+ 18:30+ 19:56+ 22:02+ 22:44+ 23:19+	
01:19+	01:04= 01:30+ 01:02+ 01:43+ 01:26+	01:54+ 01:14+ 02:35+ 02:04+ 00:39+ 00:45+ 01:15+ 01:26+ 02:06+ 00:42+ 00:35+	
00:13#	00:00= 00:03+ 00:12# 00:17# 00:25&	00:24& 00:15& 00:11+ 00:09+ 00:09& 00:12& 00:29& 00:17# 00:46& 00:15& 00:11&	

Class	Navn	Klasse	Tid
Herrer 16 - 39 år			
1	Thomas Jansen	289	31:40
	01:27= 02:00= 04:31= 06:48= 07:29= 08:40= 09:20= 11:09= 11:26= 12:31= 13:32= 14:14= 16:21= 17:29= 18:40= 19:00= 20:14= 20:26= 21:22= 22:54= 23:34= 24:35= 25:59= 27:02= 27:39= 28:54=		
	01:27= 00:33= 02:31= 02:17= 00:41= 01:11= 00:40= 01:49= 00:17= 01:05= 01:01= 00:42= 02:07= 01:08= 01:11= 00:20= 01:14= 00:12= 00:56= 01:32= 00:40= 01:01= 01:24= 01:03= 00:37= 01:15=		
	00:00= 00:00=		
	29:59= 31:24= 31:40=		
	01:05= 01:25= 00:16=		
	00:00= 00:00= 00:00=		
2	Mathias Nødland	194	33:24
	01:36+ 02:56+ 05:16+ 07:12+ 08:06+ 09:20+ 09:59+ 11:25+ 11:49+ 13:09+ 14:38+ 15:18+ 17:36+ 18:41+ 22:06+ 22:16+ 22:35+ 22:45+ 23:41+ 25:07+ 25:42+ 26:32+ 28:01+ 28:56+ 29:29+ 30:41+		
	01:36+ 01:20+ 02:20= 01:56= 00:54+ 01:14+ 00:39= 01:26= 00:24+ 01:20+ 01:29+ 00:40= 02:18+ 01:05= 01:26= 00:10= 00:19= 00:10= 00:56= 01:26= 00:35= 00:50= 01:29+ 00:55= 00:33= 01:12=		
	00:09# 00:47@ 00:11= 00:21= 00:13& 00:03+ 00:01= 00:23= 00:07& 00:15# 00:28& 00:02= 00:11+ 00:03= 02:14@ 00:10= 00:55= 00:02= 00:00= 00:06= 00:05= 00:11= 00:05+ 00:08= 00:04= 00:03=		
	31:51+ 33:05+ 33:24+		
	01:10+ 01:14= 00:19+		
	00:05+ 00:11= 00:03#		
3	Morten Fenne	228	34:50
	01:41+ 02:41+ 05:12+ 08:00+ 08:49+ 10:10+ 10:58+ 12:34+ 13:03+ 15:05+ 16:20+ 17:05+ 19:17+ 20:25+ 21:23+ 21:47+ 21:57+ 23:27+ 23:40+ 24:34+ 26:01+ 26:39+ 27:38+ 28:55+ 29:58+ 30:34+		
	01:41+ 01:00+ 02:31= 02:48+ 00:49+ 01:21+ 00:48+ 01:36= 00:29+ 02:02+ 01:15+ 00:45+ 02:12+ 01:08= 00:58= 00:24+ 00:10= 01:30+ 00:13= 00:54= 01:27+ 00:38= 00:59= 01:17+ 01:03+ 00:36=		
	00:14# 00:27& 00:00= 00:31# 00:08# 00:10# 00:08# 00:13= 00:12& 00:57& 00:14# 00:03+ 00:05+ 00:00= 00:13= 00:04# 01:04= 01:18@ 00:43= 00:38= 00:47@ 00:23= 00:25= 00:14# 00:26& 00:39=		
	31:51+ 33:02+ 34:26+ 34:50+		
	01:17+ 01:11= 01:24+ 00:24+		
	00:12# 00:14= 01:08@ 00:24+		
4	Sam McCloy	7	35:06
	01:25= 01:58= 04:11= 06:03= 06:56= 08:19= 08:58= 10:31= 10:58= 13:35+ 14:43+ 15:29+ 17:27+ 18:45+ 20:20+ 20:31+ 21:16+ 21:29+ 22:35+ 25:55+ 26:25+ 27:26+ 28:57+ 30:05+ 30:44+ 31:56+		
	01:25= 00:33= 02:13= 01:52= 00:53+ 01:23+ 00:39= 01:33= 00:27+ 02:37+ 01:08+ 00:46+ 01:58= 01:18+ 01:35+ 00:11= 00:45= 00:13+ 01:06+ 03:20+ 00:30= 01:01= 01:31+ 01:08+ 00:39+ 01:12=		
	00:02= 00:00= 00:18= 00:25= 00:12& 00:12# 00:01= 00:16= 00:10& 01:32@ 00:07# 00:04+ 00:09= 00:10# 00:24& 00:09= 00:29= 00:01+ 00:10# 01:48@ 00:10= 00:00= 00:07+ 00:05+ 00:02+ 00:03=		
	33:00+ 34:45+ 35:06+		
	01:04= 01:45+ 00:21+		
	00:01= 00:20# 00:05&		
5	Andreas Urdal	118	36:41
	01:43+ 02:43+ 05:20+ 07:28+ 08:17+ 09:42+ 10:25+ 12:01+ 12:27+ 14:33+ 15:52+ 16:48+ 19:10+ 20:59+ 22:28+ 22:42+ 23:17+ 23:30+ 24:44+ 26:33+ 27:17+ 28:28+ 29:57+ 31:09+ 31:55+ 33:19+		
	01:43+ 01:00+ 02:37+ 02:08= 00:49+ 01:25+ 00:43+ 01:36= 00:26+ 02:06+ 01:19+ 00:56+ 02:22+ 01:49+ 01:29+ 00:14= 00:35= 00:13+ 01:14+ 01:49+ 00:44+ 01:11+ 01:29+ 01:12+ 00:46+ 01:24+		
	00:16# 00:27& 00:06+ 00:09= 00:08# 00:14# 00:03+ 00:13= 00:09& 01:01& 00:18& 00:14& 00:15# 00:41& 00:18& 00:06= 00:39= 00:01+ 00:18& 00:17# 00:04# 00:10# 00:05+ 00:09# 00:09# 00:09#		
	34:44+ 36:15+ 36:41+		
	01:25+ 01:31+ 00:26+		
	00:20& 00:06+ 00:10&		
6	Håkon Eggebø	71	36:56
	01:33+ 02:34+ 05:07+ 08:01+ 09:01+ 10:14+ 11:00+ 12:36+ 13:05+ 14:30+ 16:06+ 16:53+ 18:51+ 21:10+ 21:40+ 22:30+ 22:46+ 23:03+ 24:06+ 26:13+ 26:51+ 28:01+ 30:11+ 31:24+ 32:16+ 33:33+		
	01:33+ 01:01+ 02:33+ 02:54+ 01:00+ 01:13+ 00:46+ 01:36= 00:29+ 01:25+ 01:36+ 00:47+ 01:58= 02:19+ 00:30= 00:50+ 00:16= 00:17+ 01:03+ 02:07+ 00:38= 01:10+ 02:10+ 01:13+ 00:52+ 01:17+		
	00:06+ 00:28& 00:02+ 00:37& 00:19& 00:02+ 00:06# 00:13= 00:12& 00:20& 00:35& 00:05# 00:09= 01:11@ 00:41= 00:30@ 00:58= 00:05& 00:07# 00:35& 00:02= 00:09# 00:46& 00:10# 00:15& 00:02+		
	34:52+ 36:34+ 36:56+		
	01:19+ 01:42+ 00:22+		
	00:14# 00:17# 00:06&		
7	Torbjørn Ims Østby	66	37:33
	01:33+ 02:53+ 05:35+ 08:00+ 09:00+ 10:09+ 10:53+ 12:38+ 13:05+ 15:13+ 16:28+ 17:17+ 19:32+ 20:54+ 23:21+ 23:30+ 23:55+ 24:12+ 25:22+ 27:09+ 27:55+ 29:27+ 31:02+ 32:09+ 32:58+ 34:19+		
	01:33+ 01:20+ 02:42+ 02:25+ 01:00+ 01:09= 00:44+ 01:45= 00:27+ 02:08+ 01:15+ 00:49+ 02:15+ 01:22+ 02:27+ 00:09= 00:25= 00:17+ 01:10+ 01:47+ 00:46+ 01:32+ 01:35+ 01:07+ 00:49+ 01:21+		
	00:06+ 00:47@ 00:11+ 00:08+ 00:19& 00:02= 00:04# 00:04= 00:10& 01:03& 00:14# 00:07# 00:08+ 00:14# 01:16@ 00:11= 00:49= 00:05& 00:14# 00:15# 00:06# 00:31& 00:11# 00:04+ 00:12& 00:06+		
	35:38+ 37:10+ 37:33+		
	01:19+ 01:32+ 00:23+		
	00:14# 00:07+ 00:07&		
8	Jørgen Hetland	59	37:56
	01:54+ 02:38+ 05:25+ 07:53+ 09:00+ 10:14+ 11:01+ 12:53+ 13:18+ 14:46+ 16:22+ 17:11+ 19:35+ 20:58+ 22:07+ 22:29+ 24:07+ 24:26+ 24:38+ 25:48+ 27:22+ 28:06+ 29:06+ 30:48+ 32:03+ 32:50+		
	01:54+ 00:44+ 02:47+ 02:28+ 01:07+ 01:14+ 00:47+ 01:52+ 00:25+ 01:28+ 01:36+ 00:49+ 02:24+ 01:23+ 01:09= 00:22+ 01:38+ 00:19+ 00:12= 01:10= 01:34+ 00:44= 01:00= 01:42+ 01:15+ 00:47=		
	00:27& 00:11& 00:16# 00:11+ 00:26& 00:03+ 00:07# 00:03+ 00:08& 00:23& 00:35& 00:07# 00:17# 00:15# 00:02= 00:02# 00:24& 00:07& 00:44= 00:22= 00:54@ 00:17= 00:24= 00:39& 00:38@ 00:28=		
	34:21+ 35:35+ 37:29+ 37:56+		
	01:31+ 01:14= 01:54+ 00:27+		
	00:26& 00:11= 01:38@ 00:27+		

Class	Navn	Klasse	Tid
9	Dag Eivind Watsend	92	38:13
03:01+	04:46+	07:44+	09:50+
03:01+	01:45+	02:58+	02:06-
01:34@	01:12@	00:27#	00:11-
36:11+	37:50+	38:13+	
01:45+	01:39+	00:23+	
00:40&	00:14#	00:07&	
10	Rune Svihus	62	38:44
01:31+	02:05+	04:48+	06:56+
01:31+	00:34+	02:43+	02:08-
00:04+	00:01+	00:12+	00:09-
36:55+	38:23+	38:44+	
01:22+	01:28+	00:21+	
00:17&	00:03+	00:05&	
11	Rune Hatle	65	38:50
01:57+	02:49+	05:35+	08:12+
01:57+	00:52+	02:46+	02:37+
00:30&	00:19&	00:15+	00:20#
36:36+	38:24+	38:50+	
01:19+	01:48+	00:26+	
00:14#	00:23&	00:10&	
12	Jonas Bolstad Scheie	62	39:31
01:38+	02:15+	06:16+	09:48+
01:38+	00:37+	04:01+	03:32+
00:11#	00:04#	01:30&	01:15&
38:01+	39:14+	39:31+	
01:28+	01:13-	00:17+	
00:23&	00:12-	00:01+	
13	Kjetil Tveit	165	40:05
02:00+	02:42+	05:57+	08:41+
02:00+	00:42+	03:15+	02:44+
00:33&	00:09&	00:44&	00:27#
37:43+	39:39+	40:05+	
01:31+	01:56+	00:26+	
00:26&	00:31&	00:10&	
14	David Wade	116	40:28
01:32+	02:13+	05:20+	07:18+
01:32+	00:41+	03:07+	01:58-
00:05+	00:08#	00:36#	00:19-
38:37+	40:06+	40:28+	
01:11+	01:29+	00:22+	
00:06+	00:04+	00:06&	
15	Christian Ask	180	40:36
01:41+	02:35+	05:35+	07:52+
01:41+	00:54+	03:00+	02:17=
00:14#	00:21&	00:29#	00:00=
36:31+	38:14+	40:12+	40:36+
01:27+	01:43+	01:58+	00:24+
00:22&	00:18#	01:42@	00:24+
16	Svein Kyllingstad	71	40:58
01:23-	02:09+	05:07+	07:27+
01:23-	00:46+	02:58+	02:20+
00:04-	00:13&	00:27#	00:03+
37:31+	39:04+	40:36+	40:58+
01:19+	01:33+	01:32+	00:22+
00:14#	00:08+	01:16@	00:22+
17	Svein Magnus Halsne	71	41:30
01:16-	03:47+	09:39+	11:24+
01:16-	02:31+	05:52+	01:45-
00:11-	01:58@	03:21@	00:32-
39:44+	41:06+	41:30+	
01:02-	01:22-	00:24+	
00:03-	00:03-	00:08&	

Class	Navn	Klasse	Tid
18	Oddgeir Nevland	51	42:26
01:51+	04:52+	07:50+	10:40+
01:51+	03:01+	02:58+	02:50+
00:24&	02:28&	00:27#	00:33#
40:13+	41:59+	42:26+	
01:49+	01:46+	00:27+	
00:44&	00:21#	00:11&	
19	Bernhard Haver Vagle	126	44:56
01:42+	03:42+	06:57+	09:23+
01:42+	02:00+	03:15+	02:26+
00:15#	01:27&	00:44&	00:09+
42:51+	44:33+	44:56+	
01:28+	01:42+	00:23+	
00:23&	00:17#	00:07&	
20	Øivind Fandrem Høivik	66	45:24
01:45+	02:48+	05:31+	08:21+
01:45+	01:03+	02:43+	02:50+
00:18#	00:30&	00:12+	00:33#
42:19+	43:29+	44:59+	45:24+
01:22+	01:10-	01:30+	00:25+
00:17&	00:15-	01:14&	00:25+
21	Tor Gunnar Osen	116	46:16
01:59+	02:44+	06:34+	09:42+
01:59+	00:45+	03:50+	03:08+
00:32&	00:12&	01:19&	00:51&
44:02+	45:55+	46:16+	
01:33+	01:53+	00:21+	
00:28&	00:28&	00:05&	
22	Sondre Aspøy	117	46:39
02:10+	03:05+	06:53+	09:48+
02:10+	00:55+	03:48+	02:55+
00:43&	00:22&	01:17&	00:38&
44:34+	46:15+	46:39+	
01:27+	01:41+	00:24+	
00:22&	00:16#	00:08&	
23	Sondre Gjersdal Størkersen	115	50:14
01:41+	02:27+	06:25+	09:50+
01:41+	00:46+	03:58+	03:25+
00:14#	00:13&	01:27&	01:08&
47:31+	49:44+	50:14+	
01:42+	02:13+	00:30+	
00:37&	00:48&	00:14&	
24	Alf Olav Kalvik	7	54:44
02:18+	03:36+	07:41+	10:53+
02:18+	01:18+	04:05+	03:12+
00:51&	00:45&	01:34&	00:55&
52:16+	54:23+	54:44+	
01:52+	02:07+	00:21+	
00:47&	00:42&	00:05&	
Beste strekktid for klassen			
01:16	00:33	02:13	01:45
00:41	01:06	00:39	01:25
00:17	01:05	01:01	00:38
01:55	01:05	00:24	00:07
00:10	00:10	00:11	00:54
00:30	00:37	00:50	00:54
00:32	00:36	01:02	01:10
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer 40 - 49 år			
1	Thomas Schanke Eikum	62	36:56
01:47=	03:20=	06:06=	08:14=
01:47=	01:33=	02:46=	02:08=
00:00=	00:00=	00:00=	00:00=
33:42=	34:55=	36:34=	36:56=
01:19=	01:13=	01:39=	00:22=
00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
2	Trond Sigurd Fotland	66	37:43
01:47=	02:25-	05:28-	07:13-
01:47=	00:38-	03:03+	01:45-
00:00=	00:55-	00:17#	00:23-
35:34+	37:20+	37:43+	
01:21+	01:46+	00:23-	
00:02+	00:33&	01:16-	
3	Andreas Becht	116	37:53
01:41-	02:25-	05:31-	07:35-
01:41-	00:44-	03:06+	02:04-
00:06-	00:49-	00:20#	00:04-
35:51+	37:31+	37:53+	
02:12+	01:40+	00:22-	
00:53&	00:27&	01:17-	
4	Jørn A. Carlsen	116	38:29
01:55+	02:48-	05:43-	08:14=
01:55+	00:53-	02:55+	02:31+
00:08+	00:40-	00:09+	00:23#
36:05+	38:01+	38:29+	
01:21+	01:56+	00:28-	
00:02+	00:43&	01:11-	
5	Arjen Leendertse	91	38:32
01:41-	02:18-	05:12-	08:17+
01:41-	00:37-	02:54+	03:05+
00:06-	00:56-	00:08+	00:57&
35:10+	36:23+	38:08+	38:32+
01:13-	01:13=	01:45+	00:24+
00:06-	00:00=	00:06+	00:02+
6	Leif Kjetil Hinna Gausel	116	38:45
02:22+	03:45+	06:25+	08:33+
02:22+	01:23-	02:40-	02:08=
00:35&	00:10-	00:06-	00:00=
35:14+	36:35+	38:19+	38:45+
01:23+	01:21+	01:44+	00:26+
00:04+	00:08#	00:05+	00:04#
7	Rune Paulsen	98	40:44
01:35-	02:10-	05:50-	09:07+
01:35-	00:35-	03:40+	03:17+
00:12-	00:58-	00:54&	01:09&
38:51+	40:23+	40:44+	
01:15-	01:32+	00:21-	
00:04-	00:19&	01:18-	
8	Ole-Tobias Frich	116	41:02
02:07+	02:53-	06:06=	08:49+
02:07+	00:46-	03:13+	02:43+
00:20#	00:47-	00:27#	00:35&
38:48+	40:31+	41:02+	
01:28+	01:43+	00:31-	
00:09#	00:30&	01:08-	
9	Oddmund Nordgård	105	41:05
02:14+	03:43+	07:01+	09:46+
02:14+	01:29-	03:18+	02:45+
00:27&	00:04-	00:32#	00:37&
39:17+	40:45+	41:05+	
01:19=	01:28+	00:20-	
00:00=	00:15#	01:19-	
10	Jan Kenneth Polle	83	41:48
01:33-	02:11-	05:13-	07:43-
01:33-	00:38-	03:02+	02:30+
00:14-	00:55-	00:16+	00:22#
39:35+	41:25+	41:48+	
02:00+	01:50+	00:23-	
00:41&	00:37&	01:16-	

Class	Navn	Klasse	Tid
11	Arne Hetlelid	98	42:09
01:51+	02:42-	06:18+	09:08+
01:51+	00:51-	03:36+	02:50+
00:04+	00:42-	00:50&	00:42&
39:36+	41:41+	42:09+	
01:28+	02:05+	00:28-	
00:09#	00:52&	01:11-	
12	Tor Kristian Gyland	108	42:38
02:07+	03:28+	06:50+	09:32+
02:07+	01:21-	03:22+	02:42+
00:20#	00:12-	00:36#	00:34&
39:49+	42:10+	42:38+	
01:29+	02:21+	00:28-	
00:10#	01:08&	01:11-	
13	Magnus Langvik	18	43:32
01:54+	03:58+	06:51+	09:26+
00:07+	00:31&	00:07+	00:27#
39:19+	40:51+	43:14+	43:32+
01:44+	01:32+	02:23+	00:18-
00:25&	00:19&	00:44&	00:04-
14	Arngrim Utskarpen	117	43:44
02:07+	04:10+	07:30+	10:12+
02:07+	02:03+	03:20+	02:42+
00:20#	00:30&	00:34#	00:34&
41:41+	43:25+	43:44+	
01:20+	01:44+	00:19-	
00:01+	00:31&	01:20-	
15	Peter Chapman	117	44:14
01:41-	02:27-	05:48-	08:06-
01:41-	00:46-	03:21+	02:18+
00:06-	00:47-	00:35#	00:10+
39:21+	40:44+	42:14+	43:48+
02:15+	01:23+	01:30-	01:34+
00:56&	00:10#	00:09-	01:12#
16	Egil Syre	101	44:39
01:46-	03:14-	06:28+	09:02+
01:46-	01:28-	03:14+	02:34+
00:01-	00:05-	00:28#	00:26#
41:24+	42:40+	44:17+	44:39+
01:40+	01:16+	01:37-	00:22-
00:21&	00:03+	00:02-	00:00=
17	Antal Jansen	115	44:53
02:23+	03:08-	05:59-	08:30+
02:23+	00:45-	02:51+	02:31+
00:36&	00:48-	00:05+	00:23#
43:02+	44:30+	44:53+	
01:37+	01:28+	00:23-	
00:18#	00:15#	01:16-	
18	Håvard Svihus	267	45:01
01:56+	04:05+	07:24+	10:03+
01:56+	02:09+	03:19+	02:39+
00:09+	00:36&	00:33#	00:31#
41:44+	43:00+	44:38+	45:01+
01:35+	01:16+	01:38-	00:23+
00:16#	00:03+	00:01-	00:01+
19	Raymond B. Pettersen	105	48:32
02:08+	02:59-	05:57-	10:02+
02:08+	00:51-	02:58+	04:05+
00:21#	00:42-	00:12+	01:57&
45:31+	48:02+	48:32+	
01:47+	02:31+	00:30-	
00:28&	01:18#	01:09-	

Class	Navn	Klasse	Tid
20	Jean-Sebastien Dorne	42	48:56
02:00+	02:55- 06:05- 08:51+ 12:40+	14:04+	15:09+
02:00+	00:55- 03:10+ 02:46+ 03:49+	01:24+	01:05+ 01:55+ 00:37+ 03:59+
00:13#	00:38- 00:24# 00:38& 02:47#	00:09#	00:13# 00:23# 00:03+ 01:53& 00:06-
46:39+	48:35+ 48:56+		
01:59+	01:56+ 00:21-		
00:40&	00:43& 01:18-		

21	Jan Kristensen	7	50:33
02:01+	02:47- 06:07+ 08:58+ 10:45+	12:19+	13:30+ 15:27+ 16:00+ 20:26+
02:01+	00:46- 03:20+ 02:51+ 01:47+	01:34+	01:11+ 01:57+ 00:33- 04:26+
00:14#	00:47- 00:34# 00:43& 00:45&	00:19&	00:19& 00:25& 00:01- 02:20#
48:03+	50:05+ 50:33+		
02:11+	02:02+ 00:28-		
00:52&	00:49& 01:11-		

22	Charles-Francois Farbos	42	53:57
01:49+	02:46- 06:09+ 09:21+ 10:33+	12:04+	13:08+ 15:03+ 16:35+ 18:56+
01:49+	00:57- 03:23+ 03:12+ 01:12+	01:31+	01:04+
00:02+	00:36- 00:37# 01:04& 00:10#	00:16#	00:12# 00:23# 00:58# 00:15#
49:37+	52:02+ 53:33+ 53:57+		
02:05+	02:25+ 01:31- 00:24+		
00:46&	01:12& 00:08- 00:02+		

23	Francois-Marie Duchesne	42	59:59
02:26+	03:43+ 08:13+ 12:40+ 14:23+	16:31+	17:47+
02:26+	01:17- 04:30+ 04:27+ 01:43+	02:08+	01:16+ 02:39+ 00:38+ 03:04+
00:39&	00:16- 01:44& 02:19# 00:41&	00:53&	00:24& 01:07& 00:04# 00:58&
57:01+	59:29+ 59:59+		
02:12+	02:28+ 00:30-		
00:53&	01:15# 01:09-		

Beste strekktid for klassen																											
01:33	00:35	02:40	01:45	00:51	01:13	00:40	01:32	00:24	01:16	01:10	00:45	02:07	01:12	00:32	00:09	00:10	00:11	00:11	01:04	00:39	00:39	01:00	01:03	00:42	00:42	01:13	01:13

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

Herrer 50 - 59 år

1	Per Ingar Hadland	7	35:34
01:51=	02:40= 03:22= 04:46= 06:41=	08:22=	10:21= 13:01= 13:26= 13:51=
01:51=	00:49= 00:42= 01:24= 01:55=	01:41=	01:59= 02:40= 00:25= 00:25=
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	35:50
01:42-	03:37+ 04:19+ 05:30+ 07:14+	08:44+	10:37+ 13:01= 13:24-
01:42-	01:55+ 00:42= 01:11- 01:44-	01:30-	01:53- 02:24- 00:23-
00:09-	01:06# 00:00= 00:13- 00:11-	00:11-	00:06- 00:16- 00:02-

3	Morten Johannessen	7	36:41
01:43-	02:30- 03:28+ 04:39- 08:23+	09:53+	12:06+ 14:17+ 14:45+
01:43-	00:47- 00:58+ 01:11- 03:44+	01:30-	02:13+ 02:11- 00:28+
00:08-	00:02- 00:16& 00:13- 01:49&	00:11-	00:14# 00:02- 00:03# 00:26#

4	Trygve Michaelsen	117	37:21
02:12+	02:45+ 03:45+ 05:14+ 07:19+	09:06+	11:09+ 13:51+ 14:14+
02:12+	00:33- 01:00+ 01:29+ 02:05+	01:47+	02:03+ 02:42+ 00:23-
00:21#	00:16- 00:18& 00:05+ 00:10+	00:06+	00:04+ 00:02+ 00:02-

5	Lars Bergersen	116	38:11
01:46-	02:41+ 03:28+ 05:02+ 07:00+	08:42+	10:46+ 13:21+ 13:48+
01:46-	00:55+ 00:47+ 01:34+ 01:58+	01:42+	02:04+ 02:35- 00:27+
00:05-	00:06# 00:05# 00:10# 00:03+	00:01+	00:05+ 00:05- 00:02+

6	Øystein Fuglestad	46	38:21
02:03+	04:02+ 05:00+ 06:23+ 08:26+	10:16+	12:26+ 15:04+ 15:31+
02:03+	01:59+ 00:58+ 01:23- 02:03+	01:50+	02:10+ 02:38- 00:27+
00:12#	01:10# 00:16& 00:01-	00:08+	00:09+ 00:11+ 00:02-

7	Bertrand Denieul	42	38:23
01:29-	05:39+ 06:30+ 07:32+ 09:15+	10:37+	12:18+ 14:43+ 14:57+
01:29-	04:10+ 00:51+ 01:02- 01:43-	01:22-	01:41- 02:25- 00:14-
00:22-	03:21# 00:09# 00:22-	00:12-	00:19- 00:18- 00:15-

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:27 00:33 00:34 01:02 01:43 01:22 01:41 02:06 00:14 00:21 00:40 01:39 01:44 01:32 01:05 01:23 01:05 00:29 01:43 00:37 00:43 00:55 01:15 00:25 00:19

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

Herrer 60 - 64 år

1	Espen Krogh	7	27:20
01:27=	01:58= 03:15= 05:03= 07:09= 09:09=	11:13= 11:37= 12:49= 14:50= 17:16= 18:41= 19:55= 22:00= 22:43= 23:47= 25:04= 26:30= 26:57= 27:20=	
01:27=	00:31= 01:17= 01:48= 02:06= 02:00= 02:04= 00:24= 01:12= 02:01= 02:26= 01:25= 01:14= 02:05= 00:43= 01:04= 01:17= 01:26= 00:27= 00:23=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Dag Helliksen	80	30:10
01:51+	02:39+ 04:07+ 05:53+ 07:26+ 09:35+	11:55+ 12:17+ 13:47+ 15:54+ 18:50+ 20:18+ 21:34+ 24:24+ 25:08+ 26:15+ 27:46+ 29:19+ 29:46+ 30:10+	
01:51+	00:48+ 01:28+ 01:46- 01:33- 02:09+	02:20+ 00:22- 01:30+ 02:07+ 02:56+ 01:28+ 01:16+ 02:50+ 00:44+ 01:07+ 01:31+ 01:33+ 00:27= 00:24+	
00:24&	00:17& 00:11# 00:02- 00:33- 00:09+	00:16# 00:02- 00:18# 00:06+ 00:30# 00:03+ 00:02+	00:45& 00:01+ 00:03+ 00:14# 00:07+ 00:00= 00:01+
3	Hans Erik Terjesen	116	33:47
03:10+	03:50+ 05:20+ 07:21+ 10:34+ 12:23+	14:50+ 15:19+ 16:32+ 18:52+ 22:17+ 23:49+ 25:09+	27:41+ 28:30+ 29:42+ 31:02+ 32:43+ 33:16+ 33:47+
03:10+	00:40+ 01:30+ 02:01+ 03:13+ 01:49-	02:27+ 00:29+ 01:13+ 02:20+ 03:25+ 01:32+ 01:20+	02:32+ 00:49+ 01:12+ 01:20+ 01:41+ 00:33+ 00:31+
01:43@	00:09& 00:13# 00:13# 01:07& 00:11-	00:23# 00:05# 00:01+ 00:19# 00:02+	00:27# 00:06# 00:08# 00:03+ 00:15# 00:06# 00:08&
4	Lars Salvesen	50	34:13
01:59+	03:47+ 04:42+ 06:25+ 08:25+ 10:55+	13:31+ 13:58+ 16:47+ 18:50+ 21:58+ 23:42+ 25:13+	27:45+ 28:32+ 29:41+ 31:19+ 33:13+ 33:48+ 34:13+
01:59+	01:48+ 00:55- 01:43- 02:00- 02:30+	02:36+ 00:27+ 02:49+ 02:03+ 03:08+ 01:44+ 01:31+	02:32+ 00:47+ 01:09+ 01:38+ 01:54+ 00:35+ 00:25+
00:32&	01:17@ 00:22- 00:05- 00:06-	00:32& 00:03# 01:37@ 00:02+	00:27# 00:04+ 00:05+ 00:21# 00:28& 00:08& 00:02+
5	Torbjørn Evensen	108	35:00
02:09+	04:05+ 05:11+ 07:13+ 08:54+ 11:57+	14:40+ 15:08+ 16:45+ 19:04+ 21:42+ 23:16+ 25:58+	28:08+ 29:11+ 30:35+ 32:08+ 33:58+ 34:32+ 35:00+
02:09+	01:56+ 01:06- 02:02+ 01:41- 03:03+	02:43+ 00:28+ 01:37+ 02:19+ 02:38+ 01:34+ 02:42+	02:10+ 01:03+ 01:24+ 01:33+ 01:50+ 00:34+ 00:28+
00:42&	01:25@ 00:11- 00:14# 00:25-	01:03& 00:39& 00:04# 00:25& 00:18# 00:12+	00:09# 01:28@ 00:05+ 00:20& 00:20& 00:16# 00:24& 00:07& 00:05#
6	Agnar Lien	7	35:10
02:05+	02:54+ 04:10+ 06:49+ 08:57+ 11:16+	14:16+ 15:10+ 16:29+ 18:43+ 21:44+	23:40+ 25:29+ 27:54+ 28:43+ 30:07+ 31:52+ 33:58+ 34:36+ 35:10+
02:05+	00:49+ 01:16- 02:39+ 02:08+ 02:19+	03:00+ 00:54+ 01:19+ 02:14+ 03:01+	01:56+ 01:49+ 01:24+ 01:45+ 02:06+ 00:38+ 00:34+
00:38&	00:18& 00:01- 00:51& 00:02+ 00:19#	00:56& 00:30@ 00:07+ 00:13# 00:35# 00:31& 00:35&	00:20# 00:06# 00:20& 00:28& 00:40& 00:11& 00:11&
7	Olav Tunheim	93	37:11
02:16+	03:07+ 04:43+ 07:29+ 09:29+ 12:01+	14:51+ 15:55+ 17:35+ 20:11+ 23:17+	25:02+ 26:48+ 30:28+ 31:17+ 32:29+ 34:08+ 36:18+ 36:49+ 37:11+
02:16+	00:51+ 01:36+ 02:46+ 02:00- 02:32+	02:50+ 01:04+ 01:40+ 02:36+ 03:06+	01:45+ 01:46+ 03:40+ 00:49+ 01:12+ 01:39+ 02:10+ 00:31+ 00:22-
00:49&	00:20& 00:19# 00:58& 00:06-	00:32& 00:46& 00:40@ 00:28& 00:35& 00:40& 00:20# 00:32&	01:35& 00:06# 00:08# 00:22& 00:44& 00:04# 00:01-
8	Sverre Magnar Nordal	116	38:08
02:25+	03:19+ 04:26+ 06:47+ 08:55+	11:28+ 14:31+ 15:03+ 17:11+ 19:41+	23:39+ 25:32+ 27:14+ 30:42+ 31:38+ 33:00+ 34:46+ 37:01+ 37:43+ 38:08+
02:25+	00:54+ 01:07- 02:21+ 02:08+ 02:33+	03:03+ 00:32+ 02:08+ 02:30+ 03:58+	01:53+ 01:42+ 03:28+ 00:56+ 01:22+ 01:46+ 02:15+ 00:42+ 00:25+
00:58&	00:23& 00:10- 00:33& 00:02+	00:33& 00:59& 00:08& 00:56& 00:29#	01:23& 00:13& 00:18& 00:29& 00:49& 00:15& 00:02+
9	Bjørn Sivertsen	99	38:12
02:21+	03:45+ 05:32+ 07:54+ 12:24+	15:00+ 17:59+ 18:28+ 19:41+ 22:18+	25:14+ 26:57+ 28:41+ 31:02+ 31:59+ 33:14+ 35:12+ 37:11+ 37:44+ 38:12+
02:21+	01:24+ 01:47+ 02:22+ 04:30+	02:36+ 02:59+ 00:29+ 01:13+ 02:37+	02:56+ 01:43+ 01:44+ 02:21+ 00:57+ 01:15+ 01:58+ 01:59+ 00:33+ 00:28+
00:54&	00:53@ 00:30& 00:34& 02:24@	00:36& 00:55& 00:05# 00:01+ 00:36& 00:30#	00:16# 00:14& 00:11# 00:41& 00:33& 00:06# 00:05#
10	Tor Harald Lunde	47	38:15
02:08+	03:14+ 04:57+ 07:18+ 09:50+	13:00+ 17:34+ 18:12+ 19:44+	22:15+ 25:07+ 27:08+ 28:57+ 31:16+ 32:10+ 33:25+ 35:16+ 37:14+ 37:45+ 38:15+
02:08+	01:06+ 01:43+ 02:21+ 02:32+	03:10+ 04:34+ 00:38+ 01:32+	02:31+ 02:52+ 02:01+ 01:49+
00:41&	00:35@ 00:26& 00:33& 00:26#	01:10& 02:30@ 00:14& 00:20&	00:26# 00:36& 00:35& 00:14# 00:11& 00:34& 00:32& 00:04# 00:07&
11	Tor Geir Espedal	115	39:15
02:12+	03:22+ 04:31+ 06:35+ 09:05+	09:05+ 11:20+ 14:36+ 16:35+	18:05+ 20:24+ 24:07+ 25:53+ 27:32+
02:12+	01:10+ 01:09- 02:04+ 02:30+	02:15+ 03:16+ 01:59+ 01:30+ 02:19+	03:43+ 01:46+ 01:39+ 05:03+ 00:52+ 01:14+ 01:39+
00:45&	00:39@ 00:08- 00:16# 00:24#	00:15# 01:12& 01:35@ 00:18# 00:18#	01:17& 00:21# 00:25& 02:58@ 00:09# 00:10# 00:22& 00:26& 00:06# 00:07&
12	Kjell Lervik	239	41:35
02:43+	03:52+ 05:16+ 09:09+ 11:05+	14:04+ 17:30+ 18:00+	20:26+ 23:01+ 26:50+
02:43+	01:09+ 01:24+ 03:53+ 01:56-	02:59+ 03:26+ 00:30+ 02:26+	02:35+ 03:49+ 01:54+ 01:47+
01:16&	00:38@ 00:07+ 02:05@ 00:10-	00:59& 01:22& 00:06# 01:14@	00:34& 01:23& 00:29& 00:33&
13	Jan Øyvind Lilledal	281	42:00
02:10+	03:09+ 05:13+ 07:38+ 09:40+	13:51+ 16:57+ 17:33+	21:09+ 23:43+ 27:34+
02:10+	00:59+ 02:04+ 02:25+ 02:02-	04:11+ 03:06+ 00:36+ 03:36+	02:34+ 03:51+ 02:06+
00:43&	00:28& 00:47& 00:37& 00:04-	02:11@ 01:02& 00:12& 02:24@	00:33& 01:25& 00:41& 00:30&

Plass	Navn	Klasse	Tid
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Herrer 75 - 79 år

1	Jan Værp	62	33:46
	02:29= 03:45= 05:08= 07:36= 09:01= 09:44= 11:44= 13:49= 15:58= 18:33= 19:33= 21:31= 22:28= 24:10= 26:25= 28:52= 30:39= 32:44= 33:20= 33:46=		
	02:29= 01:16= 01:23= 02:28= 01:25= 00:43= 02:00= 02:05= 02:09= 02:35= 01:00= 01:58= 00:57= 01:42= 02:15= 02:27= 01:47= 02:05= 00:36= 00:26=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Tormod Aaslid	54	37:11
	03:44+ 05:48+ 07:48+ 10:31+ 12:22+ 13:26+ 16:05+ 18:06+ 19:56+ 22:49+ 23:33+ 25:53+ 26:49+ 28:14+ 30:31+ 32:44+ 34:16+ 36:08+ 36:40+ 37:11+		
	03:44+ 02:04+ 02:00+ 02:43+ 01:51+ 01:04+ 02:39+ 02:01- 01:50- 02:53+ 00:44- 02:20+ 00:56- 01:25- 02:17+ 02:13- 01:32- 01:52- 00:32- 00:31+		
	01:15& 00:48& 00:37& 00:15# 00:26& 00:21& 00:39& 00:04- 00:19- 00:18# 00:16- 00:22# 00:01- 00:17- 00:02+ 00:14- 00:15- 00:13- 00:04- 00:05#		
3	Jan Bekkeheien	92	38:55
	02:43+ 04:22+ 05:43+ 08:22+ 10:00+ 10:44+ 12:59+ 15:30+ 17:29+ 20:20+ 21:04+ 23:55+ 25:38+ 27:24+ 30:32+ 33:39+ 35:28+ 37:36+ 38:20+ 38:55+		
	02:43+ 01:39+ 01:21- 02:39+ 01:38+ 00:44+ 02:15+ 02:31+ 01:59- 02:51+ 00:44- 02:51+ 01:43+ 01:46+ 03:08+ 03:07+ 01:49+ 02:08+ 00:44+ 00:35+		
	00:14+ 00:23& 00:02- 00:11+ 00:13# 00:01+ 00:15# 00:26# 00:10- 00:16# 00:16- 00:53& 00:46& 00:04+ 00:53& 00:40& 00:02+ 00:03+ 00:08# 00:09&		
4	Terje Braut	92	40:13
	02:46+ 05:08+ 06:36+ 09:10+ 10:42+ 11:28+ 13:39+ 17:50+ 22:57+ 24:57+ 25:29+ 27:52+ 28:47+ 30:10+ 32:17+ 34:49+ 36:59+ 39:03+ 39:44+ 40:13+		
	02:46+ 02:22+ 01:28+ 02:34+ 01:32+ 00:46+ 02:11+ 04:11+ 05:07+ 02:00- 00:32- 02:23+ 00:55- 01:23- 02:07- 02:32+ 02:10+ 02:04- 00:41+ 00:29+		
	00:17# 01:06& 00:05+ 00:06+ 00:07+ 00:03+ 00:11+ 02:06@ 02:58@ 00:35- 00:28- 00:25# 00:02- 00:19- 00:08- 00:05+ 00:23# 00:01- 00:05# 00:03#		
5	Alf Gyland	92	41:53
	02:42+ 03:43- 06:37+ 09:12+ 10:50+ 11:55+ 14:16+ 16:28+ 18:23+ 20:43+ 21:55+ 24:42+ 28:40+ 31:08+ 33:27+ 36:21+ 38:17+ 40:40+ 41:20+ 41:53+		
	02:42+ 01:01- 02:54+ 02:35+ 01:38+ 01:05+ 02:21+ 02:12+ 01:55- 02:20- 01:12+ 02:47+ 03:58+ 02:28+ 02:19+ 02:54+ 01:56+ 02:23+ 00:40+ 00:33+		
	00:13+ 00:15- 01:31@ 00:07+ 00:13# 00:22& 00:21# 00:07+ 00:14- 00:15- 00:12# 00:49& 03:01@ 00:46& 00:04+ 00:27# 00:09+ 00:18# 00:04# 00:07&		
6	Kjell Maudal	63	47:36
	03:12+ 04:38+ 06:23+ 09:26+ 11:13+ 12:03+ 14:48+ 18:01+ 20:16+ 23:14+ 23:54+ 27:15+ 31:21+ 33:36+ 36:50+ 41:07+ 43:11+ 46:01+ 46:58+ 47:36+		
	03:12+ 01:26+ 01:45+ 03:03+ 01:47+ 00:50+ 02:45+ 03:13+ 02:15+ 02:58+ 00:40- 03:21+ 04:06+ 02:15+ 03:14+ 04:17+ 02:04+ 02:50+ 00:57+ 00:38+		
	00:43& 00:10# 00:22& 00:35# 00:22& 00:07# 00:45& 01:08& 00:06+ 00:23# 00:20- 01:23& 03:09@ 00:33& 00:59& 01:50& 00:17# 00:45& 00:21& 00:12&		
7	Rolv Nærland	63	47:39
	03:10+ 04:30+ 06:24+ 09:20+ 11:13+ 12:03+ 14:31+ 17:39+ 20:09+ 23:06+ 23:47+ 27:09+ 31:22+ 33:13+ 36:32+ 41:01+ 43:01+ 46:01+ 46:48+ 47:39+		
	03:10+ 01:20+ 01:54+ 02:56+ 01:53+ 00:50+ 02:28+ 03:08+ 02:30+ 02:57+ 00:41- 03:22+ 04:13+ 01:51+ 03:19+ 04:29+ 02:00+ 03:00+ 00:47+ 00:51+		
	00:41& 00:04+ 00:31& 00:28# 00:28& 00:07# 00:28# 01:03& 00:21# 00:22# 00:19- 01:24& 03:16@ 00:09+ 01:04& 02:02& 00:13# 00:55& 00:11& 00:25&		
8	Arne Brandsberg	29	52:08
	03:43+ 06:44+ 09:15+ 12:53+ 15:02+ 16:02+ 18:46+ 21:51+ 24:48+ 28:57+ 29:40+ 33:44+ 35:00+ 37:25+ 40:39+ 44:43+ 47:05+ 50:20+ 51:14+ 52:08+		
	03:43+ 03:01+ 02:31+ 03:38+ 02:09+ 01:00+ 02:44+ 03:05+ 02:57+ 04:09+ 00:43- 04:04+ 01:16+ 02:25+ 03:14+ 04:04+ 02:22+ 03:15+ 00:54+ 00:54+		
	01:14& 01:45@ 01:08& 01:10& 00:44& 00:17& 00:44& 01:00& 00:48& 01:34& 00:17- 02:06@ 00:19& 00:43& 00:59& 01:37& 00:35& 01:10& 00:18& 00:28@		
9	Sverre Vareberg	7	1:20:48
	04:05+ 06:24+ 09:47+ 14:19+ 17:32+ 18:38+ 24:10+ 30:01+ 33:04+ 37:49+ 38:46+ 46:14+ 48:17+ 54:56+ 62:59+ 68:21+ 72:55+ 78:11+ 79:44+ 80:48+		
	04:05+ 02:19+ 03:23+ 04:32+ 03:13+ 01:06+ 05:32+ 05:51+ 03:03+ 04:45+ 00:57- 07:28+ 02:03+ 06:39+ 08:03+ 05:22+ 04:34+ 05:16+ 01:33+ 01:04+		
	01:36& 01:03& 02:00@ 02:04& 01:48@ 00:23& 03:32@ 03:46@ 00:54& 02:10& 00:03- 05:30@ 01:06@ 04:57@ 05:48@ 02:55@ 02:47@ 03:11@ 00:57@ 00:38@		

Beste strekktid for klassen

02:29	01:01	01:21	02:28	01:25	00:43	02:00	02:01	01:50	02:00	00:32	01:58	00:55	01:23	02:07	02:13	01:32	01:52	00:32	00:26
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer 80 år og eldre

1	Sigurd Krosli	31	36:14
	02:57= 05:23= 06:47= 09:29= 10:34= 12:56= 14:27= 17:27= 20:04= 20:52= 23:21= 24:49= 26:14= 28:07= 29:54= 31:41= 35:07= 35:42= 36:14=		
	02:57= 02:26= 01:24= 02:42= 01:05= 02:22= 01:31= 03:00= 02:37= 00:48= 02:29= 01:28= 01:25= 01:53= 01:47= 01:47= 03:26= 00:35= 00:32=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Harald I. Serigstad	128	36:55
	03:31+ 05:45+ 07:02+ 09:52+ 11:07+ 13:44+ 15:07+ 18:39+ 21:20+ 22:14+ 25:22+ 26:43+ 28:03+ 30:07+ 31:54+ 33:09+ 35:29+ 36:26+ 36:55+		
	03:31+ 02:14- 01:17- 02:50+ 01:15+ 02:37+ 01:23- 03:32+ 02:41+ 00:54+ 03:08+ 01:21- 01:20- 02:04+ 01:47= 01:15- 02:20- 00:57+ 00:29-		
	00:34# 00:12- 00:07- 00:08+ 00:10# 00:15# 00:08- 00:32# 00:04+ 00:06# 00:39& 00:07- 00:05- 00:11+ 00:00= 00:32- 01:06- 00:22& 00:03-		
3	Kjell Audun Gjerdal	7	37:39
	03:03+ 05:24+ 06:47= 10:08+ 11:23+ 13:32+ 14:53+ 17:33+ 20:09+ 20:51- 23:11- 24:42- 26:13- 29:14+ 30:39+ 32:36+ 36:17+ 36:59+ 37:39+		
	03:03+ 02:21- 01:23- 03:21+ 01:15+ 02:09- 01:21- 02:40- 02:36- 00:42- 02:20- 01:31+ 01:31+ 03:01+ 01:25- 01:57+ 03:41+ 00:42+ 00:40+		
	00:06+ 00:05- 00:01- 00:39# 00:10# 00:13- 00:10- 00:20- 00:01- 00:06- 00:09- 00:03+ 00:06+ 01:08& 00:22- 00:10+ 00:15+ 00:07# 00:08#		

Class	Navn	Klasse														Tid			
43	Jon Grepstad	111														45:44			
03:51+	06:01+	07:15+	10:04+	11:57+	14:28+	15:48+	18:28+	23:41+	24:31+	31:54+	34:01+	35:47+	38:09+	39:38+	41:35+	44:09+	44:57+	45:44+	
03:51+	02:10+	01:14+	02:49+	01:53+	02:31+	01:20+	02:40+	05:13+	00:50+	07:23+	02:07+	01:46+	02:22+	01:29+	01:57+	02:34+	00:48+	00:47+	
02:20@	01:04&	00:36&	01:27@	01:23@	01:21@	00:39&	01:16&	03:54@	00:22&	06:19@	01:03&	01:03@	01:19@	00:37&	01:16@	01:28@	00:24&	00:26@	
44	Svein Inge Sævereid	126														46:47			
03:53+	06:40+	08:19+	11:36+	13:04+	16:19+	18:18+	21:57+	25:17+	26:22+	31:47+	33:28+	35:25+	38:13+	39:52+	41:40+	44:37+	45:45+	46:47+	
03:53+	02:47+	01:39+	03:17+	01:28+	03:15+	01:59+	03:39+	03:20+	01:05+	05:25+	01:41+	01:57+	02:48+	01:39+	01:48+	02:57+	01:08+	01:02+	
02:22@	01:41@	01:01@	01:55@	00:58@	02:05@	01:18@	02:15@	02:01@	00:37@	04:21@	00:37&	01:14@	01:45@	00:47&	01:07@	01:51@	00:44@	00:41@	
45	Svein Olav Høyland	116														50:06			
11:40+	14:01+	15:28+	18:21+	19:46+	22:17+	27:51+	30:39+	33:20+	34:22+	37:28+	39:37+	41:32+	43:43+	45:02+	46:44+	48:33+	49:31+	50:06+	
11:40+	02:21+	01:27+	02:53+	01:25+	02:31+	05:34+	02:48+	02:41+	01:02+	03:06+	02:09+	01:55+	02:11+	01:19+	01:42+	01:49+	00:58+	00:35+	
10:09@	01:15@	00:49@	01:31@	00:55@	01:21@	04:53@	01:24&	01:22@	00:34@	02:02@	01:05@	01:12@	01:08@	00:27&	01:01@	00:43&	00:34@	00:14&	
Beste strekktid for klassen																			
01:26	01:04	00:38	01:22	00:30	00:19	00:41	00:48	01:19	00:25	00:28	00:39	00:43	00:48	00:41	00:35	00:41	00:24	00:18	

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