



Class	Navn	Klasse										Tid
<b>15</b>	<b>Jorun Nymo</b>	<b>136</b>										<b>53:55</b>
04:30+	07:30+	12:03+	15:07+	20:27+	28:55+	34:04+	43:27+	47:10+	49:46+	51:46+	53:55+	
04:30+	03:00+	04:33=	03:04+	05:20+	08:28+	05:09+	09:23+	03:43+	02:36+	02:00+	02:09+	
01:51&	00:39&	00:00=	00:18#	02:59&	03:54&	02:06&	05:25@	01:07&	00:22#	00:25&	00:46&	
<b>16</b>	<b>Nithya Mohan</b>	<b>136</b>										<b>1:18:45</b>
04:50+	09:22+	17:46+	23:08+	27:37+	37:32+	47:02+	61:37+	67:34+	71:59+	75:30+	78:45+	
04:50+	04:32+	08:24+	05:22+	04:29+	09:55+	09:30+	14:35+	05:57+	04:25+	03:31+	03:15+	
02:11&	02:11&	03:51&	02:36&	02:08&	05:21@	06:27@	10:37@	03:21@	02:11&	01:56@	01:52@	
<b>Beste strekktid for klassen</b>												
02:39	02:21	03:41	02:23	02:06	04:34	03:03	03:58	02:31	02:06	01:35	01:06	

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

## Damer 40 - 49 år

<b>1</b>	<b>Brit Nilsen</b>	<b>88</b>										<b>37:43</b>
03:09=	06:33=	10:37=	14:44=	17:16=	22:03=	25:09=	29:47=	33:07=	35:36=	36:47=	37:43=	
03:09=	03:24=	04:04=	04:07=	02:32=	04:47=	03:06=	04:38=	03:20=	02:29=	01:11=	00:56=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>May Bente Valdøl</b>	<b>116</b>										<b>37:50</b>
02:40-	06:12-	09:41-	13:55-	16:41-	21:55-	26:00+	30:24+	33:10+	35:21-	36:56+	37:50+	
02:40-	03:32+	03:29-	04:14+	02:46+	05:14+	04:05+	04:24-	02:46-	02:11-	01:35+	00:54-	
00:29-	00:08+	00:35-	00:07+	00:14+	00:27+	00:59&	00:14-	00:34-	00:18-	00:24&	00:02-	
<b>3</b>	<b>Kristin Breivold</b>	<b>92</b>										<b>39:05</b>
03:01-	06:58+	10:33-	14:57+	17:56+	22:41+	26:31+	31:24+	34:35+	36:42+	37:57+	39:05+	
03:01-	03:57+	03:35-	04:24+	02:59+	04:45-	03:50+	04:53+	03:11-	02:07-	01:15+	01:08+	
00:08-	00:33#	00:29-	00:17+	00:27#	00:02-	00:44#	00:15+	00:09-	00:22-	00:04+	00:12#	
<b>4</b>	<b>Nina Glendrange Wold</b>	<b>359</b>										<b>40:21</b>
03:11+	06:41+	10:16-	15:11+	17:28+	23:50+	27:21+	32:19+	35:21+	37:48+	39:09+	40:21+	
03:11+	03:30+	03:35-	04:55+	02:17-	06:22+	03:31+	04:58+	03:02-	02:27-	01:21+	01:12+	
00:02+	00:06+	00:29-	00:48#	00:15-	01:35&	00:25#	00:20+	00:18-	00:02-	00:10#	00:16&	
<b>5</b>	<b>Randi Helen Ladsten</b>	<b>128</b>										<b>40:26</b>
03:16+	06:46+	11:06+	15:15+	17:42+	22:45+	25:36+	31:24+	35:14+	37:41+	38:48+	40:26+	
03:16+	03:30+	04:20+	04:09+	02:27-	05:03+	02:51-	05:48+	03:50+	02:27-	01:07-	01:38+	
00:07+	00:06+	00:16+	00:02+	00:05-	00:16+	00:15-	01:10&	00:30#	00:02-	00:04-	00:42&	
<b>6</b>	<b>Anne Marie Gausel</b>	<b>105</b>										<b>42:08</b>
03:12+	07:01+	11:31+	16:29+	19:54+	25:04+	28:55+	34:19+	37:10+	39:46+	41:07+	42:08+	
03:12+	03:49+	04:30+	04:58+	03:25+	05:10+	03:51+	05:24+	02:51-	02:36+	01:21+	01:01+	
00:03+	00:25#	00:26#	00:51#	00:53&	00:23+	00:45#	00:46#	00:29-	00:07+	00:10#	00:05+	
<b>7</b>	<b>Hanne Vagle</b>	<b>105</b>										<b>45:20</b>
03:54+	07:59+	13:16+	18:24+	21:08+	26:56+	30:17+	35:53+	39:27+	42:42+	44:09+	45:20+	
03:54+	04:05+	05:17+	05:08+	02:44+	05:48+	03:21+	05:36+	03:34+	03:15+	01:27+	01:11+	
00:45#	00:41#	01:13&	01:01#	00:12+	01:01#	00:15+	00:58#	00:14+	00:46&	00:16#	00:15&	
<b>8</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>										<b>47:07</b>
03:38+	07:48+	12:42+	17:39+	20:28+	26:33+	30:27+	36:45+	41:29+	44:17+	45:49+	47:07+	
03:38+	04:10+	04:54+	04:57+	02:49+	06:05+	03:54+	06:18+	04:44+	02:48+	01:32+	01:18+	
00:29#	00:46#	00:50#	00:50#	00:17#	01:18&	00:48&	01:40&	01:24&	00:19#	00:21&	00:22&	
<b>9</b>	<b>Christel Dahl</b>	<b>92</b>										<b>48:01</b>
03:46+	07:09+	12:33+	17:06+	20:33+	26:02+	30:53+	36:44+	42:56+	45:42+	47:03+	48:01+	
03:46+	03:23-	05:24+	04:33+	03:27+	05:29+	04:51+	05:51+	06:12+	02:46+	01:21+	00:58+	
00:37#	00:01-	01:20&	00:26#	00:55&	00:42#	01:45&	01:13&	02:52&	00:17#	00:10#	00:02+	
<b>10</b>	<b>Siv Skretting</b>	<b>93</b>										<b>48:58</b>
03:32+	07:29+	12:17+	17:30+	22:02+	29:23+	34:18+	40:10+	43:28+	46:32+	47:48+	48:58+	
03:32+	03:57+	04:48+	05:13+	04:32+	07:21+	04:55+	05:52+	03:18-	03:04+	01:16+	01:10+	
00:23#	00:33#	00:44#	01:06&	02:00&	02:34&	01:49&	01:14&	00:02-	00:35#	00:05+	00:14#	
<b>11</b>	<b>Nina Svensen</b>	<b>2</b>										<b>55:47</b>
03:15+	07:50+	13:48+	19:20+	27:41+	35:57+	40:23+	45:34+	49:55+	52:53+	54:41+	55:47+	
03:15+	04:35+	05:58+	05:32+	08:21+	08:16+	04:26+	05:11+	04:21+	02:58+	01:48+	01:06+	
00:06+	01:11&	01:54&	01:25&	05:49&	03:29&	01:20&	00:33#	01:01&	00:29#	00:37&	00:10#	

Class	Navn	Klasse										Tid
<b>12</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>1:08:15</b>
03:35+	07:34+	11:53+	17:56+	21:51+	29:34+	51:02+	56:17+	60:50+	64:34+	66:46+	68:15+	
03:35+	03:59+	04:19+	06:03+	03:55+	07:43+	21:28+	05:15+	04:33+	03:44+	02:12+	01:29+	
00:26#	00:35#	00:15+	01:56&	01:23&	02:56&	18:22@	00:37#	01:13&	01:15&	01:01&	00:33&	
<b>Beste strekktid for klassen</b>												
02:40	03:23	03:29	04:07	02:17	04:45	02:51	04:24	02:46	02:07	01:07	00:54	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>Damer 50 - 59 år</b>												
<b>1</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>36:38</b>
03:55=	07:06=	10:44=	14:53=	18:08=	22:27=	26:09=	29:53=	32:24=	34:33=	35:42=	36:38=	
03:55=	03:11=	03:38=	04:09=	03:15=	04:19=	03:42=	03:44=	02:31=	02:09=	01:09=	00:56=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Anne Sæbø Vik</b>	<b>116</b>										<b>37:51</b>
02:59-	06:14-	09:25-	13:38-	16:42-	21:01-	26:11+	30:58+	33:40+	35:51+	36:56+	37:51+	
02:59-	03:15+	03:11-	04:13+	03:04-	04:19=	05:10+	04:47+	02:42+	02:11+	01:05-	00:55-	
00:56-	00:04+	00:27-	00:04+	00:11-	00:00=	01:28&	01:03&	00:11+	00:02+	00:04-	00:01-	
<b>3</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>40:49</b>
03:19-	07:07+	11:02+	15:20+	18:42+	24:29+	28:22+	32:55+	35:53+	38:24+	39:41+	40:49+	
03:19-	03:48+	03:55+	04:18+	03:22+	05:47+	03:53+	04:33+	02:58+	02:31+	01:17+	01:08+	
00:36-	00:37#	00:17+	00:09+	00:07+	01:28&	00:11+	00:49#	00:27#	00:22#	00:08#	00:12#	
<b>4</b>	<b>Anne-Siv Gjertsen</b>	<b>27</b>										<b>41:29</b>
03:26-	07:15+	10:38-	14:51-	18:01-	23:20+	27:19+	33:30+	36:11+	38:40+	40:25+	41:29+	
03:26-	03:49+	03:23-	04:13+	03:10-	05:19+	03:59+	06:11+	02:41+	02:29+	01:45+	01:04+	
00:29-	00:38#	00:15-	00:04+	00:05-	01:00#	00:17+	02:27&	00:10+	00:20#	00:36&	00:08#	
<b>5</b>	<b>Torill Andersen</b>	<b>116</b>										<b>41:54</b>
03:34-	07:08+	13:57+	17:51+	20:37+	25:42+	30:04+	34:27+	37:19+	39:42+	41:01+	41:54+	
03:34-	03:34+	06:49+	03:54-	02:46-	05:05+	04:22+	04:23+	02:52+	02:23+	01:19+	00:53-	
00:21-	00:23#	03:11&	00:15-	00:29-	00:46#	00:40#	00:39#	00:21#	00:14#	00:10#	00:03-	
<b>6</b>	<b>Ragnhild Auglænd</b>	<b>168</b>										<b>43:11</b>
03:55=	07:57+	11:50+	16:10+	18:43+	24:26+	30:09+	35:13+	38:05+	40:43+	42:05+	43:11+	
03:55=	04:02+	03:53+	04:20+	02:33-	05:43+	05:43+	05:04+	02:52+	02:38+	01:22+	01:06+	
00:00=	00:51&	00:15+	00:11+	00:42-	01:24&	02:01&	01:20&	00:21#	00:29#	00:13#	00:10#	
<b>7</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>44:44</b>
03:46-	08:16+	13:03+	17:31+	21:07+	27:02+	30:39+	35:21+	39:43+	42:08+	43:44+	44:44+	
03:46-	04:30+	04:47+	04:28+	03:36+	05:55+	03:37-	04:42+	04:22+	02:25+	01:36+	01:00+	
00:09-	01:19&	01:09&	00:19+	00:21#	01:36&	00:05-	00:58&	01:51&	00:16#	00:27&	00:04+	
<b>8</b>	<b>Gunn J. Grefstad</b>	<b>2</b>										<b>45:11</b>
04:30+	08:14+	12:02+	17:49+	20:21+	26:10+	29:50+	35:35+	38:52+	41:37+	43:56+	45:11+	
04:30+	03:44+	03:48+	05:47+	02:32-	05:49+	03:40-	05:45+	03:17+	02:45+	02:19+	01:15+	
00:35#	00:33#	00:10+	01:38&	00:43-	01:30&	00:02-	02:01&	00:46&	00:36&	01:10@	00:19&	
<b>9</b>	<b>Signe Ottesen</b>	<b>116</b>										<b>47:33</b>
03:41-	07:46+	12:49+	18:04+	20:52+	27:12+	34:30+	39:31+	42:13+	45:11+	46:31+	47:33+	
03:41-	04:05+	05:03+	05:15+	02:48-	06:20+	07:18+	05:01+	02:42+	02:58+	01:20+	01:02+	
00:14-	00:54&	01:25&	01:06&	00:27-	02:01&	03:36&	01:17&	00:11+	00:49&	00:11#	00:06#	
<b>10</b>	<b>Kristin Skadsem</b>	<b>18</b>										<b>49:21</b>
04:04+	08:26+	12:50+	18:36+	23:34+	30:08+	33:44+	39:46+	43:18+	46:30+	48:06+	49:21+	
04:04+	04:22+	04:24+	05:46+	04:58+	06:34+	03:36-	06:02+	03:32+	03:12+	01:36+	01:15+	
00:09+	01:11&	00:46#	01:37&	01:43&	02:15&	00:06-	02:18&	01:01&	01:03&	00:27&	00:19&	
<b>11</b>	<b>Hilde Frøytlog Karlsen</b>	<b>228</b>										<b>51:24</b>
03:46-	08:40+	12:53+	18:21+	21:01+	27:22+	35:16+	41:53+	45:48+	48:50+	50:15+	51:24+	
03:46-	04:54+	04:13+	05:28+	02:40-	06:21+	07:54+	06:37+	03:55+	03:02+	01:25+	01:09+	
00:09-	01:43&	00:35#	01:19&	00:35-	02:02&	04:12@	02:53&	01:24&	00:53&	00:16#	00:13#	
<b>12</b>	<b>Kari Smådal Turøy</b>	<b>115</b>										<b>52:32</b>
04:05+	08:52+	12:15+	16:55+	20:14+	26:51+	34:47+	40:42+	46:20+	49:20+	51:24+	52:32+	
04:05+	04:47+	03:23-	04:40+	03:19+	06:37+	07:56+	05:55+	05:38+	03:00+	02:04+	01:08+	
00:10+	01:36&	00:15-	00:31#	00:04+	02:18&	04:14@	02:11&	03:07@	00:51&	00:55&	00:12#	

Class	Navn	Klasse										Tid
<b>13</b>	<b>Sarah Denieul</b>	<b>42</b>										<b>53:55</b>
03:21-	06:47-	11:42+	17:02+	21:14+	26:36+	37:00+	43:13+	47:11+	50:11+	53:06+	53:55+	
03:21-	03:26+	04:55+	05:20+	04:12+	05:22+	10:24+	06:13+	03:58+	03:00+	02:55+	00:49-	
00:34-	00:15+	01:17&	01:11&	00:57&	01:03#	06:42@	02:29&	01:27&	00:51&	01:46@	00:07-	
<b>14</b>	<b>Ellinor Nesse</b>	<b>116</b>										<b>55:39</b>
03:41-	08:45+	14:20+	19:04+	22:53+	37:40+	41:14+	46:31+	49:44+	52:32+	54:11+	55:39+	
03:41-	05:04+	05:35+	04:44+	03:49+	14:47+	03:34-	05:17+	03:13+	02:48+	01:39+	01:28+	
00:14-	01:53&	01:57&	00:35#	00:34#	10:28@	00:08-	01:33&	00:42&	00:39&	00:30&	00:32&	
<b>15</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>										<b>1:00:16</b>
04:47+	09:23+	14:02+	20:15+	24:45+	38:13+	42:58+	49:35+	53:51+	57:12+	59:07+	60:16+	
04:47+	04:36+	04:39+	06:13+	04:30+	13:28+	04:45+	06:37+	04:16+	03:21+	01:55+	01:09+	
00:52#	01:25&	01:01&	02:04&	01:15&	09:09@	01:03&	02:53&	01:45&	01:12&	00:46&	00:13#	
<b>16</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>1:00:29</b>
04:09+	08:59+	15:17+	23:19+	28:17+	36:18+	42:32+	49:13+	53:43+	57:28+	59:22+	60:29+	
04:09+	04:50+	06:18+	08:02+	04:58+	08:01+	06:14+	06:41+	04:30+	03:45+	01:54+	01:07+	
00:14+	01:39&	02:40&	03:53&	01:43&	03:42&	02:32&	02:57&	01:59&	01:36&	00:45&	00:11#	
<b>17</b>	<b>Birgitte Røe</b>	<b>125</b>										<b>1:01:36</b>
03:49-	08:56+	15:38+	23:12+	30:35+	36:15+	42:58+	48:42+	53:31+	58:48+	60:20+	61:36+	
03:49-	05:07+	06:42+	07:34+	07:23+	05:40+	06:43+	05:44+	04:49+	05:17+	01:32+	01:16+	
00:06-	01:56&	03:04&	03:25&	04:08@	01:21&	03:01&	02:00&	02:18&	03:08@	00:23&	00:20&	
<b>18</b>	<b>Målfrid Bjerkeli</b>	<b>237</b>										<b>1:02:25</b>
06:02+	10:11+	16:06+	23:01+	29:52+	38:18+	46:38+	51:34+	56:14+	58:53+	60:23+	62:25+	
06:02+	04:09+	05:55+	06:55+	06:51+	08:26+	08:20+	04:56+	04:40+	02:39+	01:30+	02:02+	
02:07&	00:58&	02:17&	02:46&	03:36@	04:07&	04:38@	01:12&	02:09&	00:30#	00:21&	01:06@	
<b>19</b>	<b>Synnøve Westermoen</b>	<b>116</b>										<b>1:02:45</b>
03:29-	06:58-	11:43+	27:12+	29:39+	44:11+	48:36+	53:52+	56:52+	59:36+	61:03+	62:45+	
03:29-	03:29+	04:45+	15:29+	02:27-	14:32+	04:25+	05:16+	03:00+	02:44+	01:27+	01:42+	
00:26-	00:18+	01:07&	11:20@	00:48-	10:13@	00:43#	01:32&	00:29#	00:35&	00:18&	00:46&	
<b>20</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>										<b>1:05:26</b>
05:43+	11:06+	16:34+	22:04+	38:13+	44:31+	50:04+	55:39+	58:57+	62:12+	63:59+	65:26+	
05:43+	05:23+	05:28+	05:30+	16:09+	06:18+	05:33+	05:35+	03:18+	03:15+	01:47+	01:27+	
01:48&	02:12&	01:50&	01:21&	12:54@	01:59&	01:51&	01:51&	00:47&	01:06&	00:38&	00:31&	
<b>21</b>	<b>Marianne Fuglestad</b>	<b>117</b>										<b>1:05:52</b>
02:58-	07:06=	10:50+	18:18+	23:02+	28:52+	53:19+	58:05+	60:59+	63:05+	64:51+	65:52+	
02:58-	04:08+	03:44+	07:28+	04:44+	05:50+	24:27+	04:46+	02:54+	02:06-	01:46+	01:01+	
00:57-	00:57&	00:06+	03:19&	01:29&	01:31&	20:45@	01:02&	00:23#	00:03-	00:37&	00:05+	
<b>Beste strekktid for klassen</b>												
02:58	03:11	03:11	03:54	02:27	04:19	03:34	03:44	02:31	02:06	01:05	00:49	

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

## Damer 60 - 64 år

<b>1</b>	<b>Ingrid Eik</b>	<b>88</b>										<b>37:33</b>
02:49=	05:34=	15:07=	18:11=	26:10=	28:11=	32:41=	34:55=	35:56=	37:10=	37:33=		
02:49=	02:45=	09:33=	03:04=	07:59=	02:01=	04:30=	02:14=	01:01=	01:14=	00:23=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Berit Bakken</b>	<b>168</b>										<b>40:47</b>
03:28+	06:55+	16:18+	19:03+	28:26+	30:45+	35:04+	37:48+	39:01+	40:15+	40:47+		
03:28+	03:27+	09:23-	02:45-	09:23+	02:19+	04:19-	02:44+	01:13+	01:14=	00:32+		
00:39#	00:42&	00:10-	00:19-	01:24#	00:18#	00:11-	00:30#	00:12#	00:00=	00:09&		
<b>3</b>	<b>Amanda Renshaw</b>	<b>101</b>										<b>42:30</b>
03:18+	06:17+	13:54-	16:57-	24:42-	26:33-	34:02+	38:20+	39:59+	41:02+	42:00+	42:30+	
03:18+	02:59+	07:37-	03:03-	07:45-	01:51-	07:29+	04:18+	01:39+	01:03-	00:58+	00:30+	
00:29#	00:14+	01:56-	00:01-	00:14-	00:10-	02:59&	02:04&	00:38&	00:11-	00:35@	00:30+	
<b>4</b>	<b>Tove Bjerkreim</b>	<b>105</b>										<b>43:42</b>
03:26+	06:19+	15:59+	18:30+	25:25-	30:24+	37:34+	39:43+	40:52+	43:17+	43:42+		
03:26+	02:53+	09:40+	02:31-	06:55-	04:59+	07:10+	02:09-	01:09+	02:25+	00:25+		
00:37#	00:08+	00:07+	00:33-	01:04-	02:58@	02:40&	00:05-	00:08#	01:11&	00:02+		

Class	Navn	Klasse	Tid
<b>5</b>	<b>Marit Karin Nygård</b>	<b>92</b>	<b>44:08</b>
03:35+	06:14+ 16:28+ 19:51+ 29:53+ 31:48+	37:00+ 39:49+ 42:15+ 43:39+ 44:08+	
03:35+	02:39- 10:14+ 03:23+ 10:02+ 01:55-	05:12+ 02:49+ 02:26+ 01:24+ 00:29+	
00:46&	00:06- 00:41+ 00:19# 02:03& 00:06-	00:42# 00:35& 01:25@ 00:10# 00:06&	
<b>6</b>	<b>Eli Frafjord</b>	<b>94</b>	<b>46:49</b>
04:49+	07:56+ 18:26+ 22:22+ 31:47+ 36:01+	40:57+ 43:49+ 45:00+ 46:16+ 46:49+	
04:49+	03:07+ 10:30+ 03:56+ 09:25+ 04:14+	04:56+ 02:52+ 01:11+ 01:16+ 00:33+	
02:00&	00:22# 00:57+ 00:52& 01:26# 02:13@	00:26+ 00:38& 00:10# 00:02+ 00:10&	
<b>7</b>	<b>Aud Steinsland</b>	<b>128</b>	<b>49:07</b>
03:29+	06:46+ 15:52+ 19:40+ 30:08+ 32:33+	38:13+ 43:17+ 44:58+ 48:35+ 49:07+	
03:29+	03:17+ 09:06- 03:48+ 10:28+ 02:25+	05:40+ 05:04+ 01:41+ 03:37+ 00:32+	
00:40#	00:32# 00:27- 00:44# 02:29& 00:24#	01:10& 02:50@ 00:40& 02:23@ 00:09&	
<b>8</b>	<b>Kari Blixhavn</b>	<b>228</b>	<b>54:38</b>
04:23+	08:19+ 19:18+ 24:01+ 37:38+ 40:43+	47:29+ 50:40+ 52:14+ 54:02+ 54:38+	
04:23+	03:56+ 10:59+ 04:43+ 13:37+ 03:05+	06:46+ 03:11+ 01:34+ 01:48+ 00:36+	
01:34&	01:11& 01:26# 01:39& 05:38& 01:04&	02:16& 00:57& 00:33& 00:34& 00:13&	
<b>9</b>	<b>Åse Berg</b>	<b>105</b>	<b>58:59</b>
03:58+	08:19+ 24:11+ 28:48+ 38:25+ 41:25+	50:07+ 54:17+ 56:13+ 58:05+ 58:59+	
03:58+	04:21+ 15:52+ 04:37+ 09:37+ 03:00+	08:42+ 04:10+ 01:56+ 01:52+ 00:54+	
01:09&	01:36& 06:19& 01:33& 01:38# 00:59&	04:12& 01:56& 00:55& 00:38& 00:31@	
<b>Beste strekktid for klassen</b>			
02:49	02:39	07:37	02:31 06:55 01:51 04:19 02:09 01:01 01:03 00:23

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

## Damer 65 - 69 år

<b>1</b>	<b>Mette Dagsland</b>	<b>68</b>	<b>45:37</b>
04:48=	08:12= 18:16= 22:20= 31:09= 33:58=	38:29= 42:03= 43:34= 45:00= 45:37=	
04:48=	03:24= 10:04= 04:04= 08:49= 02:49=	04:31= 03:34= 01:31= 01:26= 00:37=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	
<b>2</b>	<b>Hanne Eik</b>	<b>117</b>	<b>48:05</b>
03:58-	07:25- 17:56- 22:12- 32:41+ 34:58+	40:41+ 43:57+ 45:47+ 47:17+ 48:05+	
03:58-	03:27+ 10:31+ 04:16+ 10:29+ 02:17-	05:43+ 03:16- 01:50+ 01:30+ 00:48+	
00:50-	00:03+ 00:27+ 00:12+ 01:40# 00:32-	01:12& 00:18- 00:19# 00:04+ 00:11&	
<b>3</b>	<b>Kirsten Carlsen</b>	<b>93</b>	<b>49:29</b>
04:29-	08:02- 18:35+ 22:22+ 34:06+ 36:16+	41:53+ 46:09+ 47:27+ 49:00+ 49:29+	
04:29-	03:33+ 10:33+ 03:47- 11:44+ 02:10-	05:37+ 04:16+ 01:18- 01:33+ 00:29-	
00:19-	00:09+ 00:29+ 00:17- 02:55& 00:39-	01:06# 00:42# 00:13- 00:07+ 00:08-	
<b>4</b>	<b>Halldis Handeland</b>	<b>92</b>	<b>55:41</b>
04:07-	07:48- 21:03+ 26:00+ 36:01+ 38:15+	46:25+ 51:39+ 53:27+ 55:11+ 55:41+	
04:07-	03:41+ 13:15+ 04:57+ 10:01+ 02:14-	08:10+ 05:14+ 01:48+ 01:44+ 00:30-	
00:41-	00:17+ 03:11& 00:53# 01:12# 00:35-	03:39& 01:40& 00:17# 00:18# 00:07-	
<b>5</b>	<b>Berit K. Gramstad</b>	<b>113</b>	<b>1:07:18</b>
05:32+	08:35+ 22:48+ 27:19+ 37:28+ 41:42+	58:24+ 62:53+ 65:05+ 66:42+ 67:18+	
05:32+	03:03- 14:13+ 04:31+ 10:09+ 04:14+	16:42+ 04:29+ 02:12+ 01:37+ 00:36-	
00:44#	00:21- 04:09& 00:27# 01:20# 01:25&	12:11@ 00:55& 00:41& 00:11# 00:01-	
<b>6</b>	<b>Wenche Anda Haarr</b>	<b>92</b>	<b>1:19:51</b>
05:48+	09:58+ 39:16+ 44:23+ 58:41+ 63:37+	70:07+ 75:37+ 77:16+ 79:06+ 79:51+	
05:48+	04:10+ 29:18+ 05:07+ 14:18+ 04:56+	06:30+ 05:30+ 01:39+ 01:50+ 00:45+	
01:00#	00:46# 19:14@ 01:03& 05:29& 02:07&	01:59& 01:56& 00:08+ 00:24& 00:08#	
<b>7</b>	<b>Ingunn Bjerga</b>	<b>105</b>	<b>1:48:00</b>
06:09+	11:11+ 28:27+ 34:36+ 81:23+ 86:39+	96:20+ 102:22+ 105:13+ 107:16+ 108:00+	
06:09+	05:02+ 17:16+ 06:09+ 46:47+ 05:16+	09:41+ 06:02+ 02:51+ 02:03+ 00:44+	
01:21&	01:38& 07:12& 02:05& 37:58@ 02:27&	05:10@ 02:28& 01:20& 00:37& 00:07#	
<b>Beste strekktid for klassen</b>			
03:58	03:03	10:04	03:47 08:49 02:10 04:31 03:16 01:18 01:26 00:29

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

Class	Navn	Klasse	Tid
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## Damer 70 - 74 år

**1 Inger Skretting Opstad 54 47:19**

03:50= 07:15= 18:43= 22:41= 32:55= 34:50= 40:12= 43:23= 45:04= 46:38= 47:19=  
 03:50= 03:25= 11:28= 03:58= 10:14= 01:55= 05:22= 03:11= 01:41= 01:34= 00:41=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Haldis Glendrange 68 50:35**

04:16+ 07:41+ 16:43- 20:53- 33:45+ 36:36+ 42:04+ 46:35+ 48:19+ 49:55+ 50:35+  
 04:16+ 03:25= 09:02- 04:10+ 12:52+ 02:51+ 05:28+ 04:31+ 01:44+ 01:36+ 00:40-  
 00:26# 00:00= 02:26- 00:12+ 02:38& 00:56& 00:06+ 01:20& 00:03+ 00:02+ 00:01-

**3 Turid Nystrøm 68 52:04**

04:03+ 07:23+ 15:56- 20:00- 37:09+ 39:28+ 44:40+ 47:30+ 49:54+ 51:26+ 52:04+  
 04:03+ 03:20- 08:33- 04:04+ 17:09+ 02:19+ 05:12- 02:50- 02:24+ 01:32- 00:38-  
 00:13+ 00:05- 02:55- 00:06+ 06:55& 00:24# 00:10- 00:21- 00:43& 00:02- 00:03-

**4 Hedvig Anda 116 54:24**

04:27+ 07:32+ 21:35+ 25:56+ 39:12+ 41:49+ 47:11+ 50:34+ 52:18+ 53:49+ 54:24+  
 04:27+ 03:05- 14:03+ 04:21+ 13:16+ 02:37+ 05:22= 03:23+ 01:44+ 01:31- 00:35-  
 00:37# 00:20- 02:35# 00:23+ 03:02& 00:42& 00:00= 00:12+ 00:03+ 00:03- 00:06-

**5 Helga Klausen 62 1:00:31**

04:13+ 08:41+ 23:27+ 28:28+ 41:05+ 44:44+ 51:12+ 56:31+ 57:58+ 59:55+ 60:31+  
 04:13+ 04:28+ 14:46+ 05:01+ 12:37+ 03:39+ 06:28+ 05:19+ 01:27- 01:57+ 00:36-  
 00:23# 01:03& 03:18& 01:03& 02:23# 01:44& 01:06# 02:08& 00:14- 00:23# 00:05-

**6 Ragnhild Christiansen 93 1:01:32**

05:25+ 10:34+ 23:49+ 28:27+ 40:05+ 43:25+ 49:46+ 57:25+ 58:52+ 60:52+ 61:32+  
 05:25+ 05:09+ 13:15+ 04:38+ 11:38+ 03:20+ 06:21+ 07:39+ 01:27- 02:00+ 00:40-  
 01:35& 01:44& 01:47# 00:40# 01:24# 01:25& 00:59# 04:28@ 00:14- 00:26& 00:01-

**7 Aslaug Lura 94 1:07:58**

04:32+ 09:06+ 25:40+ 31:36+ 47:50+ 51:05+ 56:49+ 64:02+ 65:28+ 67:17+ 67:58+  
 04:32+ 04:34+ 16:34+ 05:56+ 16:14+ 03:15+ 05:44+ 07:13+ 01:26- 01:49+ 00:41=  
 00:42# 01:09& 05:06& 01:58& 06:00& 01:20& 00:22+ 04:02@ 00:15- 00:15# 00:00=

**8 Margaret Malmin 105 1:45:59**

05:08+ 18:00+ 35:04+ 40:15+ 78:31+ 84:15+ 94:04+ 100:03+ 102:11+ 104:57+ 105:59+  
 05:08+ 12:52+ 17:04+ 05:11+ 38:16+ 05:44+ 09:49+ 05:59+ 02:08+ 02:46+ 01:02+  
 01:18& 09:27@ 05:36& 01:13& 28:02@ 03:49@ 04:27& 02:48& 00:27& 01:12& 00:21&

### Beste strekktid for klassen

03:50 03:05 08:33 03:58 10:14 01:55 05:12 02:50 01:26 01:31 00:35

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

## Damer 75 - 79 år

**1 Gry V. Thengs 68 46:15**

04:06= 07:41= 19:33= 24:17= 32:55= 35:19= 39:41= 42:56= 44:25= 45:47= 46:15=  
 04:06= 03:35= 11:52= 04:44= 08:38= 02:24= 04:22= 03:15= 01:29= 01:22= 00:28=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Helga Aasliid 54 49:23**

06:09+ 09:20+ 20:50+ 24:52+ 35:06+ 36:55+ 42:21+ 45:30+ 47:16+ 48:41+ 49:23+  
 06:09+ 03:11- 11:30- 04:02- 10:14+ 01:49- 05:26+ 03:09- 01:46+ 01:25+ 00:42+  
 02:03& 00:24- 00:22- 00:42- 01:36# 00:35- 01:04# 00:06- 00:17# 00:03+ 00:14&

**3 Synnøve Fuglestad 29 51:44**

04:15+ 08:14+ 21:15+ 24:53+ 34:34+ 37:39+ 44:03+ 47:31+ 49:25+ 51:09+ 51:44+  
 04:15+ 03:59+ 13:01+ 03:38- 09:41+ 03:05+ 06:24+ 03:28+ 01:54+ 01:44+ 00:35+  
 00:09+ 00:24# 01:09+ 01:06- 01:03# 00:41& 02:02& 00:13+ 00:25& 00:22& 00:07#

**4 Berit Ebbell Olsen 68 1:04:16**

05:17+ 09:34+ 23:45+ 29:27+ 41:46+ 46:04+ 53:58+ 58:41+ 61:00+ 63:22+ 64:16+  
 05:17+ 04:17+ 14:11+ 05:42+ 12:19+ 04:18+ 07:54+ 04:43+ 02:19+ 02:22+ 00:54+  
 01:11& 00:42# 02:19# 00:58# 03:41& 01:54& 03:32& 01:28& 00:50& 01:00& 00:26&

Class	Navn	Klasse										Tid
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### Beste strekktid for klassen

04:06 03:11 11:30 03:38 08:38 01:49 04:22 03:09 01:29 01:22 00:28

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

## Damer A

**1 Aud Hognestad Taksdal 92 33:48**

02:15= 04:11= 12:24= 14:01= 22:03= 26:00= 27:30= 30:26= 32:13= 33:32= 33:48=  
 02:15= 01:56= 08:13= 01:37= 08:02= 03:57= 01:30= 02:56= 01:47= 01:19= 00:16=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Marjo Liikanen 67 34:04**

02:22+ 04:14+ 12:36+ 14:11+ 22:31+ 26:19+ 27:49+ 30:47+ 32:27+ 33:45+ 34:04+  
 02:22+ 01:52- 08:22+ 01:35- 08:20+ 03:48- 01:30= 02:58+ 01:40- 01:18- 00:19+  
 00:07+ 00:04- 00:09+ 00:02- 00:18+ 00:09- 00:00= 00:02+ 00:07- 00:01- 00:03#

**3 Tone Torgersen 27 37:59**

02:25+ 04:27+ 12:55+ 14:41+ 24:16+ 28:27+ 30:17+ 33:50+ 35:31+ 37:35+ 37:59+  
 02:25+ 02:02+ 08:28+ 01:46+ 09:35+ 04:11+ 01:50+ 03:33+ 01:41- 02:04+ 00:24+  
 00:10+ 00:06+ 00:15+ 00:09+ 01:33# 00:14+ 00:20# 00:37# 00:06- 00:45& 00:08&

**4 Jorunn Hadland 29 38:18**

02:27+ 04:32+ 14:27+ 15:52+ 24:23+ 29:05+ 30:43+ 34:24+ 36:40+ 38:01+ 38:18+  
 02:27+ 02:05+ 09:55+ 01:25- 08:31+ 04:42+ 01:38+ 03:41+ 02:16+ 01:21+ 00:17+  
 00:12+ 00:09+ 01:42# 00:12- 00:29+ 00:45# 00:08+ 00:45& 00:29& 00:02+ 00:01+

**5 Silje Skarpeid 101 44:55**

02:24+ 05:00+ 16:37+ 19:08+ 29:41+ 34:21+ 36:31+ 40:44+ 42:44+ 44:31+ 44:55+  
 02:24+ 02:36+ 11:37+ 02:31+ 10:33+ 04:40+ 02:10+ 04:13+ 02:00+ 01:47+ 00:24+  
 00:09+ 00:40& 03:24& 00:54& 02:31& 00:43# 00:40& 01:17& 00:13# 00:28& 00:08&

**6 Ingrid Simensen 101 47:34**

02:56+ 05:15+ 15:47+ 18:37+ 30:06+ 35:03+ 37:26+ 41:51+ 45:13+ 47:07+ 47:34+  
 02:56+ 02:19+ 10:32+ 02:50+ 11:29+ 04:57+ 02:23+ 04:25+ 03:22+ 01:54+ 00:27+  
 00:41& 00:23# 02:19& 01:13& 03:27& 01:00& 00:53& 01:29& 01:35& 00:35& 00:11&

**7 Kari Borgen 62 49:59**

02:46+ 05:09+ 18:08+ 20:04+ 29:55+ 35:01+ 37:20+ 44:25+ 47:38+ 49:38+ 49:59+  
 02:46+ 02:23+ 12:59+ 01:56+ 09:51+ 05:06+ 02:19+ 07:05+ 03:13+ 02:00+ 00:21+  
 00:31# 00:27# 04:46& 00:19# 01:49# 01:09& 00:49& 04:09@ 01:26& 00:41& 00:05&

**8 Maira Andersone 93 50:28**

02:47+ 08:51+ 19:20+ 22:58+ 33:03+ 38:08+ 41:13+ 46:15+ 48:20+ 50:05+ 50:28+  
 02:47+ 06:04+ 10:29+ 03:38+ 10:05+ 05:05+ 03:05+ 05:02+ 02:05+ 01:45+ 00:23+  
 00:32# 04:08@ 02:16& 02:01@ 02:03& 01:08& 01:35@ 02:06& 00:18# 00:26& 00:07&

**9 Trine Bolstad Scheie 62 50:37**

03:15+ 05:48+ 16:51+ 18:42+ 33:59+ 39:15+ 41:22+ 45:52+ 47:58+ 50:11+ 50:37+  
 03:15+ 02:33+ 11:03+ 01:51+ 15:17+ 05:16+ 02:07+ 04:30+ 02:06+ 02:13+ 00:26+  
 01:00& 00:37& 02:50& 00:14# 07:15& 01:19& 00:37& 01:34& 00:19# 00:54& 00:10&

**10 Silje Sundal 71 50:50**

02:26+ 04:44+ 23:10+ 25:16+ 35:25+ 40:03+ 42:06+ 46:02+ 48:53+ 50:32+ 50:50+  
 02:26+ 02:18+ 18:26+ 02:06+ 10:09+ 04:38+ 02:03+ 03:56+ 02:51+ 01:39+ 00:18+  
 00:11+ 00:22# 10:13@ 00:29& 02:07& 00:41# 00:33& 01:00& 01:04& 00:20& 00:02#

### Beste strekktid for klassen

02:15 01:52 08:13 01:25 08:02 03:48 01:30 02:56 01:40 01:18 00:16

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

## Damer B

**1 Inger Tone Nygård 29 36:39**

02:27= 04:24= 15:39= 17:29= 25:47= 26:47= 29:20= 30:29= 32:20= 34:45= 36:17= 36:39=  
 02:27= 01:57= 11:15= 01:50= 08:18= 01:00= 02:33= 01:09= 01:51= 02:25= 01:32= 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
<b>2</b>	<b>Anne Garsrud</b>	<b>90</b>										<b>39:03</b>
	03:29+	05:45+	15:56+	18:38+	27:53+	28:55+	31:42+	33:00+	34:34+	37:10+	38:40+	39:03+
	03:29+	02:16+	10:11-	02:42+	09:15+	01:02+	02:47+	01:18+	01:34-	02:36+	01:30-	00:23+
	01:02&	00:19#	01:04-	00:52&	00:57#	00:02+	00:14+	00:09#	00:17-	00:11+	00:02-	00:01+
<b>3</b>	<b>Ingrid W. Hestness</b>	<b>117</b>										<b>40:04</b>
	02:53+	05:07+	15:01-	18:09+	28:02+	29:02+	32:01+	33:12+	34:45+	38:03+	39:40+	40:04+
	02:53+	02:14+	09:54-	03:08+	09:53+	01:00=	02:59+	01:11+	01:33-	03:18+	01:37+	00:24+
	00:26#	00:17#	01:21-	01:18#	01:35#	00:00=	00:26#	00:02+	00:18-	00:53&	00:05+	00:02+
<b>4</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>										<b>42:55</b>
	03:25+	05:46+	16:18+	19:42+	29:58+	31:01+	34:11+	35:37+	37:33+	40:30+	42:32+	42:55+
	03:25+	02:21+	10:32-	03:24+	10:16+	01:03+	03:10+	01:26+	01:56+	02:57+	02:02+	00:23+
	00:58&	00:24#	00:43-	01:34&	01:58#	00:03+	00:37#	00:17#	00:05+	00:32#	00:30&	00:01+
<b>5</b>	<b>Ellen Tindeland</b>	<b>27</b>										<b>43:21</b>
	03:03+	05:23+	17:48+	19:42+	30:54+	32:02+	35:07+	36:31+	38:18+	41:17+	42:55+	43:21+
	03:03+	02:20+	12:25+	01:54+	11:12+	01:08+	03:05+	01:24+	01:47-	02:59+	01:38+	00:26+
	00:36#	00:23#	01:10#	00:04+	02:54&	00:08#	00:32#	00:15#	00:04-	00:34#	00:06+	00:04#
<b>6</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>										<b>45:21</b>
	02:59+	04:59+	19:08+	21:09+	31:28+	32:31+	35:50+	36:56+	39:43+	43:16+	44:56+	45:21+
	02:59+	02:00+	14:09+	02:01+	10:19+	01:03+	03:19+	01:06-	02:47+	03:33+	01:40+	00:25+
	00:32#	00:03+	02:54&	00:11#	02:01#	00:03+	00:46&	00:03-	00:56&	01:08&	00:08+	00:03#
<b>7</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>46:56</b>
	03:26+	05:38+	18:06+	20:42+	33:27+	34:33+	37:58+	39:52+	41:36+	44:44+	46:32+	46:56+
	03:26+	02:12+	12:28+	02:36+	12:45+	01:06+	03:25+	01:54+	01:44-	03:08+	01:48+	00:24+
	00:59&	00:15#	01:13#	00:46&	04:27&	00:06#	00:52&	00:45&	00:07-	00:43&	00:16#	00:02+
<b>8</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>										<b>48:36</b>
	05:40+	07:53+	19:18+	22:50+	35:10+	36:37+	39:53+	41:28+	43:26+	46:21+	48:07+	48:36+
	05:40+	02:13+	11:25+	03:32+	12:20+	01:27+	03:16+	01:35+	01:58+	02:55+	01:46+	00:29+
	03:13@	00:16#	00:10+	01:42&	04:02&	00:27&	00:43&	00:26&	00:07+	00:30#	00:14#	00:07&
<b>9</b>	<b>Margrethe Roalsø</b>	<b>93</b>										<b>49:21</b>
	03:03+	06:01+	21:51+	23:59+	35:50+	37:04+	40:13+	41:35+	43:14+	46:41+	48:56+	49:21+
	03:03+	02:58+	15:50+	02:08+	11:51+	01:14+	03:09+	01:22+	01:39-	03:27+	02:15+	00:25+
	00:36#	01:01&	04:35&	00:18#	03:33&	00:14#	00:36#	00:13#	00:12-	01:02&	00:43&	00:03#
<b>10</b>	<b>Irene Rummelhoff</b>	<b>116</b>										<b>49:23</b>
	02:53+	05:02+	22:15+	24:16+	35:08+	36:15+	39:36+	40:55+	42:38+	47:15+	48:57+	49:23+
	02:53+	02:09+	17:13+	02:01+	10:52+	01:07+	03:21+	01:19+	01:43-	04:37+	01:42+	00:26+
	00:26#	00:12#	05:58&	00:11#	02:34&	00:07#	00:48&	00:10#	00:08-	02:12&	00:10#	00:04#
<b>11</b>	<b>Vibeke Lamark</b>	<b>46</b>										<b>50:44</b>
	03:08+	05:30+	22:56+	25:59+	37:19+	38:29+	41:25+	43:17+	45:05+	48:09+	50:17+	50:44+
	03:08+	02:22+	17:26+	03:03+	11:20+	01:10+	02:56+	01:52+	01:48-	03:04+	02:08+	00:27+
	00:41&	00:25#	06:11&	01:13&	03:02&	00:10#	00:23#	00:43&	00:03-	00:39&	00:36&	00:05#
<b>12</b>	<b>Jorunn Johannesen</b>	<b>116</b>										<b>52:03</b>
	02:59+	05:33+	20:45+	23:30+	33:32+	34:37+	37:33+	38:53+	46:59+	49:44+	51:35+	52:03+
	02:59+	02:34+	15:12+	02:45+	10:02+	01:05+	02:56+	01:20+	08:06+	02:45+	01:51+	00:28+
	00:32#	00:37&	03:57&	00:55&	01:44#	00:05+	00:23#	00:11#	06:15@	00:20#	00:19#	00:06&
<b>13</b>	<b>Ingunn Anda Haug</b>	<b>67</b>										<b>52:52</b>
	03:30+	06:00+	21:56+	24:09+	35:29+	36:37+	41:01+	43:24+	45:38+	50:26+	52:24+	52:52+
	03:30+	02:30+	15:56+	02:13+	11:20+	01:08+	04:24+	02:23+	02:14+	04:48+	01:58+	00:28+
	01:03&	00:33&	04:41&	00:23#	03:02&	00:08#	01:51&	01:14@	00:23#	02:23&	00:26&	00:06&
<b>14</b>	<b>Helen Lomeland</b>	<b>105</b>										<b>53:36</b>
	03:16+	05:33+	17:22+	19:33+	37:48+	38:57+	42:16+	43:54+	47:07+	51:03+	53:06+	53:36+
	03:16+	02:17+	11:49+	02:11+	18:15+	01:09+	03:19+	01:38+	03:13+	03:56+	02:03+	00:30+
	00:49&	00:20#	00:34+	00:21#	09:57@	00:09#	00:46&	00:29&	01:22&	01:31&	00:31&	00:08&
<b>15</b>	<b>Agnes Elin Engen</b>	<b>116</b>										<b>56:29</b>
	03:35+	06:16+	24:41+	27:23+	40:49+	42:12+	45:38+	48:04+	50:05+	54:14+	56:01+	56:29+
	03:35+	02:41+	18:25+	02:42+	13:26+	01:23+	03:26+	02:26+	02:01+	04:09+	01:47+	00:28+
	01:08&	00:44&	07:10&	00:52&	05:08&	00:23&	00:53&	01:17@	00:10+	01:44&	00:15#	00:06&
<b>Beste strekktid for klassen</b>												
	02:27	01:57	09:54	01:50	08:18	01:00	02:33	01:06	01:33	02:25	01:30	00:22

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



## Damer Ny

**1 Øydis Lid 134 24:01**

00:35= 03:43= 06:13= 12:36= 14:11= 17:36= 19:42= 21:12= 22:37= 24:01=  
 00:35= 03:08= 02:30= 06:23= 01:35= 03:25= 02:06= 01:30= 01:25= 01:24=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Aud Kyllingstad 91 24:29**

01:04+ 04:34+ 07:33+ 09:03- 11:26- 14:30- 16:51- 20:07- 22:27- 24:29+  
 01:04+ 03:30+ 02:59+ 01:30- 02:23+ 03:04- 02:21+ 03:16+ 02:20+ 02:02+  
 00:29& 00:22# 00:29# 04:53- 00:48& 00:21- 00:15# 01:46@ 00:55& 00:38&

### Beste strekktid for klassen

00:35 03:08 02:30 01:30 01:35 03:04 02:06 01:30 01:25 01:24

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

## Damer Trim

**1 Anastasia Ollestad 93 23:58**

02:21= 04:56= 06:21= 11:27= 14:16= 18:37= 19:55= 21:11= 22:26= 23:35= 23:58=  
 02:21= 02:35= 01:25= 05:06= 02:49= 04:21= 01:18= 01:16= 01:15= 01:09= 00:23=  
 00:00= 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 24:00**

02:39+ 05:38+ 06:58+ 12:23+ 15:02+ 18:11- 19:45- 21:01- 22:23- 23:38+ 24:00+  
 02:39+ 02:59+ 01:20- 05:25+ 02:39- 03:09- 01:34+ 01:16= 01:22+ 01:15+ 00:22-  
 00:18# 00:24# 00:05- 00:19+ 00:10- 01:12- 00:16# 00:00= 00:07+ 00:06+ 00:01-

**3 Marie Brolev 126 25:05**

02:46+ 05:43+ 06:54+ 12:02+ 14:42+ 18:34- 20:21+ 21:42+ 23:09+ 24:40+ 25:05+  
 02:46+ 02:57+ 01:11- 05:08+ 02:40- 03:52- 01:47+ 01:21+ 01:27+ 01:31+ 00:25+  
 00:25# 00:22# 00:14- 00:02+ 00:09- 00:29- 00:29& 00:05+ 00:12# 00:22& 00:02+

**4 Kirsti Rustad 116 25:18**

02:42+ 05:13+ 07:10+ 13:16+ 16:02+ 18:53+ 20:37+ 21:52+ 23:11+ 24:50+ 25:18+  
 02:42+ 02:31- 01:57+ 06:06+ 02:46- 02:51- 01:44+ 01:15- 01:19+ 01:39+ 00:28+  
 00:21# 00:04- 00:32& 01:00# 00:03- 01:30- 00:26& 00:01- 00:04+ 00:30& 00:05#

**5 Aina Kalsaas Urstad 356 25:22**

02:35+ 05:09+ 07:52+ 12:30+ 15:22+ 18:52+ 20:47+ 22:28+ 23:42+ 24:57+ 25:22+  
 02:35+ 02:34- 02:43+ 04:38- 02:52+ 03:30- 01:55+ 01:41+ 01:14- 01:15+ 00:25+  
 00:14+ 00:01- 01:18& 00:28- 00:03+ 00:51- 00:37& 00:25& 00:01- 00:06+ 00:02+

**6 Toyah Bråtveit 115 25:55**

03:32+ 05:48+ 08:00+ 15:24+ 17:45+ 20:49+ 22:08+ 23:14+ 24:26+ 25:32+ 25:55+  
 03:32+ 02:16- 02:12+ 07:24+ 02:21- 03:04- 01:19+ 01:06- 01:12- 01:06- 00:23=  
 01:11& 00:19- 00:47& 02:18& 00:28- 01:17- 00:01+ 00:10- 00:03- 00:03- 00:00=

**7 Gerd Katrin Kro 117 25:56**

02:26+ 05:43+ 07:12+ 14:01+ 15:56+ 18:58+ 20:41+ 22:33+ 24:07+ 25:36+ 25:56+  
 02:26+ 03:17+ 01:29+ 06:49+ 01:55- 03:02- 01:43+ 01:52+ 01:34+ 01:29+ 00:20-  
 00:05+ 00:42& 00:04+ 01:43& 00:54- 01:19- 00:25& 00:36& 00:19& 00:20& 00:03-

**8 Maryon Paulsen Strugstad 43 27:39**

02:43+ 05:12+ 06:45+ 16:37+ 18:33+ 21:42+ 23:33+ 24:43+ 25:51+ 27:14+ 27:39+  
 02:43+ 02:29- 01:33+ 09:52+ 01:56- 03:09- 01:51+ 01:10- 01:08- 01:23+ 00:25+  
 00:22# 00:06- 00:08+ 04:46& 00:53- 01:12- 00:33& 00:06- 00:07- 00:14# 00:02+

**9 Pernille Melleby 18 27:41**

03:14+ 06:30+ 07:46+ 13:45+ 16:27+ 20:15+ 22:04+ 23:42+ 25:41+ 27:12+ 27:41+  
 03:14+ 03:16+ 01:16- 05:59+ 02:42- 03:48- 01:49+ 01:38+ 01:59+ 01:31+ 00:29+  
 00:53& 00:41& 00:09- 00:53# 00:07- 00:33- 00:31& 00:22& 00:44& 00:22& 00:06&

**10 Gudrun Hegelstad 92 28:04**

03:04+ 05:53+ 08:12+ 14:40+ 17:31+ 21:12+ 22:47+ 24:23+ 25:42+ 27:36+ 28:04+  
 03:04+ 02:49+ 02:19+ 06:28+ 02:51+ 03:41- 01:35+ 01:36+ 01:19+ 01:54+ 00:28+  
 00:43& 00:14+ 00:54& 01:22& 00:02+ 00:40- 00:17# 00:20& 00:04+ 00:45& 00:05#

Class	Navn	Klasse										Tid
<b>11</b>	<b>Elise Auberg</b>	<b>126</b>										<b>28:12</b>
02:49+	06:24+	09:09+	15:02+	17:21+	20:51+	22:48+	24:16+	25:40+	26:41+	27:43+	28:12+	
02:49+	03:35+	02:45+	05:53+	02:19-	03:30-	01:57+	01:28+	01:24+	01:01-	01:02+	00:29+	
00:28#	01:00&	01:20&	00:47#	00:30-	00:51-	00:39&	00:12#	00:09#	00:08-	00:39@	00:29+	
<b>12</b>	<b>Sølvi Utbø Sakseid</b>	<b>116</b>										<b>28:17</b>
03:10+	06:43+	08:39+	15:00+	18:07+	21:25+	22:57+	24:42+	26:06+	27:54+	28:17+		
03:10+	03:33+	01:56+	06:21+	03:07+	03:18-	01:32+	01:45+	01:24+	01:48+	00:23=		
00:49&	00:58&	00:31&	01:15#	00:18#	01:03-	00:14#	00:29&	00:09#	00:39&	00:00=		
<b>13</b>	<b>Tonje Tiley</b>	<b>27</b>										<b>28:44</b>
02:54+	06:22+	08:15+	15:37+	17:48+	21:21+	23:24+	25:11+	26:51+	28:14+	28:44+		
02:54+	03:28+	01:53+	07:22+	02:11-	03:33-	02:03+	01:47+	01:40+	01:23+	00:30+		
00:33#	00:53&	00:28&	02:16&	00:38-	00:48-	00:45&	00:31&	00:25&	00:14#	00:07&		
<b>14</b>	<b>Ingrid O. Foss</b>	<b>117</b>										<b>28:54</b>
03:16+	06:35+	08:08+	14:59+	17:37+	22:05+	23:40+	25:09+	26:59+	28:28+	28:54+		
03:16+	03:19+	01:33+	06:51+	02:38-	04:28+	01:35+	01:29+	01:50+	01:29+	00:26+		
00:55&	00:44&	00:08+	01:45&	00:11-	00:07+	00:17#	00:13#	00:35&	00:20&	00:03#		
<b>15</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>										<b>30:19</b>
03:04+	06:31+	08:56+	15:09+	17:50+	21:53+	23:37+	27:01+	28:20+	29:49+	30:19+		
03:04+	03:27+	02:25+	06:13+	02:41-	04:03-	01:44+	03:24+	01:19+	01:29+	00:30+		
00:43&	00:52&	01:00&	01:07#	00:08-	00:18-	00:26&	02:08@	00:04+	00:20&	00:07&		
<b>16</b>	<b>Sara Engevik</b>	<b>126</b>										<b>30:59</b>
02:56+	06:11+	10:15+	17:00+	19:56+	23:46+	25:32+	27:19+	28:47+	30:18+	30:59+		
02:56+	03:15+	04:04+	06:45+	02:56+	03:50-	01:46+	01:47+	01:28+	01:31+	00:41+		
00:35#	00:40&	02:39@	01:39&	00:07+	00:31-	00:28&	00:31&	00:13#	00:22&	00:18&		
<b>17</b>	<b>Ragnhild Smistad</b>	<b>115</b>										<b>31:23</b>
02:56+	05:50+	08:36+	15:28+	19:23+	23:59+	26:10+	27:54+	29:29+	30:54+	31:23+		
02:56+	02:54+	02:46+	06:52+	03:55+	04:36+	02:11+	01:44+	01:35+	01:25+	00:29+		
00:35#	00:19#	01:21&	01:46&	01:06&	00:15+	00:53&	00:28&	00:20&	00:16#	00:06&		
<b>18</b>	<b>Herdis Sigurgrimsdottir</b>	<b>43</b>										<b>32:14</b>
03:03+	06:38+	08:35+	15:44+	18:24+	22:27+	24:28+	27:04+	28:51+	31:27+	32:14+		
03:03+	03:35+	01:57+	07:09+	02:40-	04:03-	02:01+	02:36+	01:47+	02:36+	00:47+		
00:42&	01:00&	00:32&	02:03&	00:09-	00:18-	00:43&	01:20@	00:32&	01:27@	00:24@		
<b>19</b>	<b>Siv Hilde Berg</b>	<b>105</b>										<b>32:52</b>
03:43+	07:15+	09:08+	17:23+	21:02+	25:39+	27:26+	29:14+	30:48+	32:26+	32:52+		
03:43+	03:32+	01:53+	08:15+	03:39+	04:37+	01:47+	01:48+	01:34+	01:38+	00:26+		
01:22&	00:57&	00:28&	03:09&	00:50&	00:16+	00:29&	00:32&	00:19&	00:29&	00:03#		
<b>20</b>	<b>Hege Bakken</b>	<b>168</b>										<b>32:57</b>
03:05+	05:56+	08:14+	16:16+	19:57+	25:47+	27:50+	29:31+	31:00+	32:19+	32:57+		
03:05+	02:51+	02:18+	08:02+	03:41+	05:50+	02:03+	01:41+	01:29+	01:19+	00:38+		
00:44&	00:16#	00:53&	02:56&	00:52&	01:29&	00:45&	00:25&	00:14#	00:10#	00:15&		
<b>21</b>	<b>Kristina Dvergseth</b>	<b>356</b>										<b>33:05</b>
04:00+	06:53+	08:35+	16:57+	20:54+	25:37+	28:07+	29:44+	31:11+	32:35+	33:05+		
04:00+	02:53+	01:42+	08:22+	03:57+	04:43+	02:30+	01:37+	01:27+	01:24+	00:30+		
01:39&	00:18#	00:17#	03:16&	01:08&	00:22+	01:12&	00:21&	00:12#	00:15#	00:07&		
<b>22</b>	<b>Parul Khandelwal</b>	<b>71</b>										<b>33:10</b>
03:07+	06:41+	10:39+	17:36+	21:30+	25:23+	27:43+	29:21+	30:52+	32:37+	33:10+		
03:07+	03:34+	03:58+	06:57+	03:54+	03:53-	02:20+	01:38+	01:31+	01:45+	00:33+		
00:46&	00:59&	02:33@	01:51&	01:05&	00:28-	01:02&	00:22&	00:16#	00:36&	00:10&		
<b>23</b>	<b>Björg Engelhard</b>	<b>165</b>										<b>33:41</b>
02:54+	05:35+	08:08+	15:29+	21:12+	24:48+	26:36+	30:10+	31:29+	33:16+	33:41+		
02:54+	02:41+	02:33+	07:21+	05:43+	03:36-	01:48+	03:34+	01:19+	01:47+	00:25+		
00:33#	00:06+	01:08&	02:15&	02:54@	00:45-	00:30&	02:18@	00:04+	00:38&	00:02+		
<b>24</b>	<b>Eli Våge</b>	<b>117</b>										<b>33:50</b>
04:02+	07:55+	09:56+	17:41+	21:50+	25:52+	27:53+	29:49+	31:29+	33:12+	33:50+		
04:02+	03:53+	02:01+	07:45+	04:09+	04:02-	02:01+	01:56+	01:40+	01:43+	00:38+		
01:41&	01:18&	00:36&	02:39&	01:20&	00:19-	00:43&	00:40&	00:25&	00:34&	00:15&		
<b>25</b>	<b>Tone Hansen</b>	<b>76</b>										<b>33:57</b>
02:54+	05:42+	07:19+	17:58+	20:58+	26:28+	28:13+	29:39+	31:02+	33:27+	33:57+		
02:54+	02:48+	01:37+	10:39+	03:00+	05:30+	01:45+	01:26+	01:23+	02:25+	00:30+		
00:33#	00:13+	00:12#	05:33@	00:11+	01:09&	00:27&	00:10#	00:08#	01:16@	00:07&		

Class	Navn	Klasse										Tid
<b>26</b>	<b>Margot Asheim</b>	<b>105</b>										<b>34:01</b>
04:37+	07:23+	09:53+	20:38+	23:19+	27:06+	28:40+	30:30+	32:19+	33:36+	34:01+		
04:37+	02:46+	02:30+	10:45+	02:41-	03:47-	01:34+	01:50+	01:49+	01:17+	00:25+		
02:16&	00:11+	01:05&	05:39@	00:08-	00:34-	00:16#	00:34&	00:34&	00:08#	00:02+		
<b>27</b>	<b>Sigrun Serigstad</b>	<b>128</b>										<b>34:45</b>
02:52+	07:35+	09:09+	14:26+	17:06+	22:54+	25:53+	28:15+	29:56+	34:21+	34:45+		
02:52+	04:43+	01:34+	05:17+	02:40-	05:48+	02:59+	02:22+	01:41+	04:25+	00:24+		
00:31#	02:08&	00:09#	00:11+	00:09-	01:27&	01:41@	01:06&	00:26&	03:16@	00:01+		
<b>28</b>	<b>Maria Haukalid</b>	<b>47</b>										<b>35:31</b>
03:27+	07:03+	09:14+	17:10+	20:05+	24:53+	26:57+	31:41+	33:17+	34:56+	35:31+		
03:27+	03:36+	02:11+	07:56+	02:55+	04:48+	02:04+	04:44+	01:36+	01:39+	00:35+		
01:06&	01:01&	00:46&	02:50&	00:06+	00:27#	00:46&	03:28@	00:21&	00:30&	00:12&		
<b>29</b>	<b>Synnøve Hognestad</b>	<b>43</b>										<b>35:39</b>
02:56+	05:59+	07:38+	19:45+	22:28+	26:31+	29:07+	31:30+	33:11+	35:06+	35:39+		
02:56+	03:03+	01:39+	12:07+	02:43-	04:03-	02:36+	02:23+	01:41+	01:55+	00:33+		
00:35#	00:28#	00:14#	07:01@	00:06-	00:18-	01:18&	01:07&	00:26&	00:46&	00:10&		
<b>30</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>										<b>35:46</b>
05:43+	08:40+	12:41+	19:37+	23:22+	28:51+	30:35+	32:00+	33:53+	35:18+	35:46+		
05:43+	02:57+	04:01+	06:56+	03:45+	05:29+	01:44+	01:25+	01:53+	01:25+	00:28+		
03:22@	00:22#	02:36@	01:50&	00:56&	01:08&	00:26&	00:09#	00:38&	00:16#	00:05#		
<b>31</b>	<b>Solveig Mæland</b>	<b>128</b>										<b>36:35</b>
03:42+	07:53+	10:36+	18:17+	21:45+	27:29+	29:39+	31:44+	33:37+	35:45+	36:35+		
03:42+	04:11+	02:43+	07:41+	03:28+	05:44+	02:10+	02:05+	01:53+	02:08+	00:50+		
01:21&	01:36&	01:18&	02:35&	00:39#	01:23&	00:52&	00:49&	00:38&	00:59&	00:27@		
<b>32</b>	<b>Marianne Johnsen</b>	<b>5</b>										<b>36:46</b>
02:55+	05:49+	11:05+	17:22+	20:34+	29:16+	30:50+	32:13+	33:38+	36:04+	36:46+		
02:55+	02:54+	05:16+	06:17+	03:12+	08:42+	01:34+	01:23+	01:25+	02:26+	00:42+		
00:34#	00:19#	03:51@	01:11#	00:23#	04:21&	00:16#	00:07+	00:10#	01:17@	00:19&		
<b>33</b>	<b>Gunvor Frafjord Tungesvik</b>	<b>228</b>										<b>38:24</b>
03:55+	07:47+	10:02+	19:47+	22:56+	27:33+	29:35+	34:28+	36:05+	37:47+	38:24+		
03:55+	03:52+	02:15+	09:45+	03:09+	04:37+	02:02+	04:53+	01:37+	01:42+	00:37+		
01:34&	01:17&	00:50&	04:39&	00:20#	00:16+	00:44&	03:37@	00:22&	00:33&	00:14&		
<b>34</b>	<b>Reidun Solli Skjørestad</b>	<b>47</b>										<b>38:28</b>
03:52+	07:50+	10:00+	19:54+	23:09+	27:36+	29:38+	34:34+	36:09+	37:53+	38:28+		
03:52+	03:58+	02:10+	09:54+	03:15+	04:27+	02:02+	04:56+	01:35+	01:44+	00:35+		
01:31&	01:23&	00:45&	04:48&	00:26#	00:06+	00:44&	03:40@	00:20&	00:35&	00:12&		
<b>35</b>	<b>Grethe Wathne</b>	<b>109</b>										<b>38:30</b>
03:32+	09:24+	11:46+	19:28+	23:26+	28:25+	31:05+	34:23+	35:55+	37:50+	38:30+		
03:32+	05:52+	02:22+	07:42+	03:58+	04:59+	02:40+	03:18+	01:32+	01:55+	00:40+		
01:11&	03:17@	00:57&	02:36&	01:09&	00:38#	01:22@	02:02@	00:17#	00:46&	00:17&		
<b>36</b>	<b>Grethe Breivik</b>	<b>5</b>										<b>38:40</b>
03:11+	06:44+	08:11+	16:20+	22:57+	31:07+	32:48+	34:17+	35:49+	37:54+	38:40+		
03:11+	03:33+	01:27+	08:09+	06:37+	08:10+	01:41+	01:29+	01:32+	02:05+	00:46+		
00:50&	00:58&	00:02+	03:03&	03:48@	03:49&	00:23&	00:13#	00:17#	00:56&	00:23&		
<b>37</b>	<b>Signe Lise Haaland</b>	<b>66</b>										<b>38:40</b>
03:43+	09:44+	13:51+	21:55+	25:27+	30:13+	32:22+	34:16+	36:06+	37:56+	38:40+		
03:43+	06:01+	04:07+	08:04+	03:32+	04:46+	02:09+	01:54+	01:50+	01:50+	00:44+		
01:22&	03:26@	02:42@	02:58&	00:43&	00:25+	00:51&	00:38&	00:35&	00:41&	00:21&		
<b>38</b>	<b>Linda Haukås</b>	<b>113</b>										<b>38:57</b>
04:11+	08:34+	13:08+	20:30+	24:48+	30:14+	32:22+	34:27+	36:15+	38:25+	38:57+		
04:11+	04:23+	04:34+	07:22+	04:18+	05:26+	02:08+	02:05+	01:48+	02:10+	00:32+		
01:50&	01:48&	03:09@	02:16&	01:29&	01:05#	00:50&	00:49&	00:33&	01:01&	00:09&		
<b>39</b>	<b>Judith Serigstad</b>	<b>128</b>										<b>39:01</b>
03:24+	06:51+	11:49+	20:59+	25:45+	30:14+	32:58+	34:45+	36:42+	38:27+	39:01+		
03:24+	03:27+	04:58+	09:10+	04:46+	04:29+	02:44+	01:47+	01:57+	01:45+	00:34+		
01:03&	00:52&	03:33@	04:04&	01:57&	00:08+	01:26@	00:31&	00:42&	00:36&	00:11&		
<b>40</b>	<b>Bente Salte Aune</b>	<b>128</b>										<b>39:01</b>
03:25+	06:47+	11:47+	20:57+	25:38+	30:15+	32:55+	34:42+	36:39+	38:27+	39:01+		
03:25+	03:22+	05:00+	09:10+	04:41+	04:37+	02:40+	01:47+	01:57+	01:48+	00:34+		
01:04&	00:47&	03:35@	04:04&	01:52&	00:16+	01:22@	00:31&	00:42&	00:39&	00:11&		

Class	Navn	Klasse										Tid
<b>41</b>	<b>Ase Sellereite</b>	<b>27</b>										<b>39:04</b>
02:55+	05:53+	08:56+	21:42+	25:02+	29:44+	31:40+	35:10+	36:54+	38:36+	39:04+		
02:55+	02:58+	03:03+	12:46+	03:20+	04:42+	01:56+	03:30+	01:44+	01:42+	00:28+		
00:34#	00:23#	01:38@	07:40@	00:31#	00:21+	00:38&	02:14@	00:29&	00:33&	00:05#		
<b>42</b>	<b>Brynhild Haaland</b>	<b>101</b>										<b>39:25</b>
04:02+	08:17+	12:22+	20:30+	24:00+	28:42+	30:42+	35:36+	37:10+	38:49+	39:25+		
04:02+	04:15+	04:05+	08:08+	03:30+	04:42+	02:00+	04:54+	01:34+	01:39+	00:36+		
01:41&	01:40&	02:40@	03:02&	00:41#	00:21+	00:42&	03:38@	00:19&	00:30&	00:13&		
<b>43</b>	<b>Esther Boenheim</b>	<b>268</b>										<b>39:28</b>
03:39+	07:08+	12:25+	19:27+	23:20+	30:35+	33:03+	35:08+	37:05+	38:53+	39:28+		
03:39+	03:29+	05:17+	07:02+	03:53+	07:15+	02:28+	02:05+	01:57+	01:48+	00:35+		
01:18&	00:54&	03:52@	01:56&	01:04&	02:54&	01:10&	00:49&	00:42&	00:39&	00:12&		
<b>44</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>39:31</b>
03:26+	07:17+	09:40+	16:16+	25:19+	31:29+	33:06+	34:39+	36:09+	37:18+	38:55+	39:31+	
03:26+	03:51+	02:23+	06:36+	09:03+	06:10+	01:37+	01:33+	01:30+	01:09+	01:37+	00:36+	
01:05&	01:16&	00:58&	01:30&	06:14@	01:49&	00:19#	00:17#	00:15#	00:00=	01:14@	00:36+	
<b>45</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>40:19</b>
04:13+	08:17+	10:40+	17:42+	21:39+	26:54+	30:26+	32:40+	37:35+	39:30+	40:19+		
04:13+	04:04+	02:23+	07:02+	03:57+	05:15+	03:32+	02:14+	04:55+	01:55+	00:49+		
01:52&	01:29&	00:58&	01:56&	01:08&	00:54#	02:14@	00:58&	03:40@	00:46&	00:26@		
<b>46</b>	<b>Ingunn Fandrem</b>	<b>47</b>										<b>41:42</b>
04:34+	08:46+	11:41+	21:21+	27:23+	32:23+	34:34+	36:37+	38:55+	41:04+	41:42+		
04:34+	04:12+	02:55+	09:40+	06:02+	05:00+	02:11+	02:03+	02:18+	02:09+	00:38+		
02:13&	01:37&	01:30@	04:34&	03:13@	00:39#	00:53&	00:47&	01:03&	01:00&	00:15&		
<b>47</b>	<b>Solveig Grønning</b>	<b>47</b>										<b>41:46</b>
04:32+	08:50+	11:45+	21:23+	27:26+	32:28+	34:36+	36:35+	38:57+	41:07+	41:46+		
04:32+	04:18+	02:55+	09:38+	06:03+	05:02+	02:08+	01:59+	02:22+	02:10+	00:39+		
02:11&	01:43&	01:30@	04:32&	03:14@	00:41#	00:50&	00:43&	01:07&	01:01&	00:16&		
<b>48</b>	<b>Irene Frøyland</b>	<b>71</b>										<b>42:00</b>
03:35+	07:41+	12:38+	20:57+	25:43+	31:03+	34:32+	37:02+	39:13+	41:08+	42:00+		
03:35+	04:06+	04:57+	08:19+	04:46+	05:20+	03:29+	02:30+	02:11+	01:55+	00:52+		
01:14&	01:31&	03:32@	03:13&	01:57&	00:59#	02:11@	01:14&	00:56&	00:46&	00:29@		
<b>49</b>	<b>Rebekka Lye</b>	<b>62</b>										<b>42:04</b>
03:22+	07:50+	10:06+	22:11+	26:05+	32:47+	36:01+	37:54+	39:42+	41:41+	42:04+		
03:22+	04:28+	02:16+	12:05+	03:54+	06:42+	03:14+	01:53+	01:48+	01:59+	00:23=		
01:01&	01:53&	00:51&	06:59@	01:05&	02:21&	01:56@	00:37&	00:33&	00:50&	00:00=		
<b>50</b>	<b>Ruth Grødem</b>	<b>105</b>										<b>42:08</b>
03:53+	07:39+	09:55+	18:26+	27:03+	33:01+	35:34+	37:33+	39:02+	41:33+	42:08+		
03:53+	03:46+	02:16+	08:31+	08:37+	05:58+	02:33+	01:59+	01:29+	02:31+	00:35+		
01:32&	01:11&	00:51&	03:25&	05:48@	01:37&	01:15&	00:43&	00:14#	01:22@	00:12&		
<b>51</b>	<b>Synnøve Langvik</b>	<b>93</b>										<b>42:57</b>
04:30+	08:50+	11:07+	19:28+	23:55+	31:22+	34:56+	37:30+	39:47+	42:02+	42:57+		
04:30+	04:20+	02:17+	08:21+	04:27+	07:27+	03:34+	02:34+	02:17+	02:15+	00:55+		
02:09&	01:45&	00:52&	03:15&	01:38&	03:06&	02:16@	01:18@	01:02&	01:06&	00:32@		
<b>52</b>	<b>Grete Hellevik</b>	<b>168</b>										<b>43:41</b>
03:57+	06:54+	08:51+	16:05+	20:39+	36:17+	38:51+	40:07+	41:37+	43:12+	43:41+		
03:57+	02:57+	01:57+	07:14+	04:34+	15:38+	02:34+	01:16=	01:30+	01:35+	00:29+		
01:36&	00:22#	00:32&	02:08&	01:45&	11:17@	01:16&	00:00=	00:15#	00:26&	00:06&		
<b>53</b>	<b>Linda Eliassen</b>	<b>105</b>										<b>43:44</b>
03:21+	07:01+	11:16+	22:22+	25:53+	31:45+	33:43+	37:56+	41:37+	43:13+	43:44+		
03:21+	03:40+	04:15+	11:06+	03:31+	05:52+	01:58+	04:13+	03:41+	01:36+	00:31+		
01:00&	01:05&	02:50@	06:00@	00:42#	01:31&	00:40&	02:57@	02:26@	00:27&	00:08&		
<b>54</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>44:57</b>
05:01+	10:13+	13:00+	24:22+	29:08+	34:15+	37:07+	39:47+	42:07+	44:16+	44:57+		
05:01+	05:12+	02:47+	11:22+	04:46+	05:07+	02:52+	02:40+	02:20+	02:09+	00:41+		
02:40@	02:37@	01:22&	06:16@	01:57&	00:46#	01:34@	01:24@	01:05&	01:00&	00:18&		
<b>55</b>	<b>Kristin Harbo</b>	<b>92</b>										<b>45:03</b>
03:56+	07:54+	10:39+	18:20+	31:00+	35:10+	38:13+	40:13+	42:11+	44:24+	45:03+		
03:56+	03:58+	02:45+	07:41+	12:40+	04:10-	03:03+	02:00+	01:58+	02:13+	00:39+		
01:35&	01:23&	01:20&	02:35&	09:51@	00:11-	01:45@	00:44&	00:43&	01:04&	00:16&		

Class	Navn	Klasse									Tid
<b>56</b>	<b>Else Marie Furland</b>	<b>93</b>									<b>45:40</b>
05:00+	11:29+	14:22+	23:41+	27:14+	32:43+	35:27+	39:42+	41:58+	44:52+	45:40+	
05:00+	06:29+	02:53+	09:19+	03:33+	05:29+	02:44+	04:15+	02:16+	02:54+	00:48+	
02:39@	03:54@	01:28@	04:13&	00:44&	01:08&	01:26@	02:59@	01:01&	01:45@	00:25@	
<b>57</b>	<b>Unni Byberg Mæstad</b>	<b>92</b>									<b>45:46</b>
05:12+	09:41+	12:37+	24:03+	28:21+	35:56+	38:21+	40:19+	42:23+	45:04+	45:46+	
05:12+	04:29+	02:56+	11:26+	04:18+	07:35+	02:25+	01:58+	02:04+	02:41+	00:42+	
02:51@	01:54&	01:31@	06:20@	01:29&	03:14&	01:07&	00:42&	00:49&	01:32@	00:19&	
<b>58</b>	<b>Åse Franciska Møster</b>	<b>128</b>									<b>47:55</b>
06:45+	09:44+	13:33+	21:34+	25:00+	32:53+	35:15+	39:49+	45:02+	47:27+	47:55+	
06:45+	02:59+	03:49+	08:01+	03:26+	07:53+	02:22+	04:34+	05:13+	02:25+	00:28+	
04:24@	00:24#	02:24@	02:55&	00:37#	03:32&	01:04&	03:18@	03:58@	01:16@	00:05#	
<b>59</b>	<b>Birte Briseid Langebro</b>	<b>47</b>									<b>48:16</b>
05:07+	09:27+	12:11+	21:32+	26:05+	35:08+	38:58+	41:48+	44:39+	47:35+	48:16+	
05:07+	04:20+	02:44+	09:21+	04:33+	09:03+	03:50+	02:50+	02:51+	02:56+	00:41+	
02:46@	01:45&	01:19&	04:15&	01:44&	04:42@	02:32@	01:34@	01:36@	01:47@	00:18&	
<b>60</b>	<b>Jane-Britt Arild</b>	<b>47</b>									<b>48:27</b>
05:02+	09:26+	12:13+	21:31+	26:09+	35:06+	38:55+	41:44+	44:36+	47:26+	48:27+	
05:02+	04:24+	02:47+	09:18+	04:38+	08:57+	03:49+	02:49+	02:52+	02:50+	01:01+	
02:41@	01:49&	01:22&	04:12&	01:49&	04:36@	02:31@	01:33@	01:37@	01:41@	00:38@	
<b>61</b>	<b>Unni B. Sundli</b>	<b>92</b>									<b>48:49</b>
04:06+	08:00+	10:48+	26:57+	31:46+	36:53+	39:08+	44:18+	46:05+	48:07+	48:49+	
04:06+	03:54+	02:48+	16:09+	04:49+	05:07+	02:15+	05:10+	01:47+	02:02+	00:42+	
01:45&	01:19&	01:23&	11:03@	02:00&	00:46#	00:57&	03:54@	00:32&	00:53&	00:19&	
<b>62</b>	<b>Haldis Vagle</b>	<b>92</b>									<b>48:58</b>
04:56+	09:24+	15:09+	26:21+	30:44+	36:45+	40:16+	43:29+	45:52+	48:07+	48:58+	
04:56+	04:28+	05:45+	11:12+	04:23+	06:01+	03:31+	03:13+	02:23+	02:15+	00:51+	
02:35@	01:53&	04:20@	06:06@	01:34&	01:40&	02:13@	01:57@	01:08&	01:06&	00:28@	
<b>63</b>	<b>Brit Svihus</b>	<b>92</b>									<b>49:46</b>
03:58+	14:30+	16:43+	27:27+	31:48+	37:38+	41:23+	44:28+	46:49+	48:55+	49:46+	
03:58+	10:32+	02:13+	10:44+	04:21+	05:50+	03:45+	03:05+	02:21+	02:06+	00:51+	
01:37&	07:57@	00:48&	05:38@	01:32&	01:29&	02:27@	01:49@	01:06&	00:57&	00:28@	
<b>64</b>	<b>Lise Bergli</b>	<b>62</b>									<b>49:53</b>
03:06+	05:56+	09:48+	18:21+	24:06+	43:00+	44:56+	46:26+	47:46+	49:24+	49:53+	
03:06+	02:50+	03:52+	08:33+	05:45+	18:54+	01:56+	01:30+	01:20+	01:38+	00:29+	
00:45&	00:15+	02:27@	03:27&	02:56@	14:33@	00:38&	00:14#	00:05+	00:29&	00:06&	
<b>65</b>	<b>Hazel Grayston</b>	<b>263</b>									<b>52:15</b>
05:07+	09:55+	12:42+	26:33+	33:00+	40:15+	43:22+	46:04+	48:46+	51:10+	52:15+	
05:07+	04:48+	02:47+	13:51+	06:27+	07:15+	03:07+	02:42+	02:42+	02:24+	01:05+	
02:46@	02:13&	01:22&	08:45@	03:38@	02:54&	01:49@	01:26@	01:27@	01:15@	00:42@	
<b>66</b>	<b>Marit Lothe</b>	<b>76</b>									<b>53:36</b>
03:44+	07:44+	10:58+	20:28+	35:17+	41:34+	43:45+	46:51+	50:50+	53:10+	53:36+	
03:44+	04:00+	03:14+	09:30+	14:49+	06:17+	02:11+	03:06+	03:59+	02:20+	00:26+	
01:23&	01:25&	01:49@	04:24&	12:00@	01:56&	00:53&	01:50@	02:44@	01:11@	00:03#	
<b>67</b>	<b>Anne Malmin</b>	<b>113</b>									<b>58:28</b>
06:53+	11:04+	19:50+	33:32+	39:26+	46:01+	48:59+	52:09+	55:04+	57:30+	58:28+	
06:53+	04:11+	08:46+	13:42+	05:54+	06:35+	02:58+	03:10+	02:55+	02:26+	00:58+	
04:32@	01:36&	07:21@	08:36@	03:05@	02:14&	01:40@	01:54@	01:40@	01:17@	00:35@	
<b>68</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>									<b>59:41</b>
05:35+	10:37+	15:21+	26:15+	32:57+	41:06+	44:24+	52:02+	56:03+	58:38+	59:41+	
05:35+	05:02+	04:44+	10:54+	06:42+	08:09+	03:18+	07:38+	04:01+	02:35+	01:03+	
03:14@	02:27&	03:19@	05:48@	03:53@	03:48&	02:00@	06:22@	02:46@	01:26@	00:40@	
<b>69</b>	<b>Inger Synnøve Sjursen</b>	<b>92</b>									<b>59:54</b>
03:47+	07:32+	18:56+	30:53+	44:21+	49:08+	52:17+	54:40+	57:00+	59:07+	59:54+	
03:47+	03:45+	11:24+	11:57+	13:28+	04:47+	03:09+	02:23+	02:20+	02:07+	00:47+	
01:26&	01:10&	09:59@	06:51@	10:39@	00:26+	01:51@	01:07&	01:05&	00:58&	00:24@	
<b>70</b>	<b>Hilde Sondresen</b>	<b>93</b>									<b>59:59</b>
03:54+	07:39+	19:02+	31:01+	44:31+	49:14+	52:16+	54:45+	57:06+	59:14+	59:59+	
03:54+	03:45+	11:23+	11:59+	13:30+	04:43+	03:02+	02:29+	02:21+	02:08+	00:45+	
01:33&	01:10&	09:58@	06:53@	10:41@	00:22+	01:44@	01:13&	01:06&	00:59&	00:22&	

Class	Navn	Klasse	Tid							
<b>71</b>	<b>Aase Sveinsvoll</b>	<b>94</b>	<b>1:00:49</b>							
05:30+	10:48+	13:35+	24:34+	41:27+	48:15+	51:25+	54:19+	57:42+	59:56+	60:49+
05:30+	05:18+	02:47+	10:59+	16:53+	06:48+	03:10+	02:54+	03:23+	02:14+	00:53+
03:09@	02:43@	01:22&	05:53@	14:04@	02:27&	01:52@	01:38@	02:08@	01:05&	00:30@

**Beste strekktid for klassen**  
02:21 02:16 01:11 04:38 01:55 02:51 01:18 01:06 01:08 01:01 00:20

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

## Herrer 16 - 39 år

<b>1</b>	<b>Joakim B. Enne Haug</b>	<b>71</b>	<b>32:40</b>									
02:50=	04:29=	12:32=	14:05=	22:39=	23:29=	26:14=	27:21=	28:34=	31:01=	32:20=	32:40=	
02:50=	01:39=	08:03=	01:33=	08:34=	00:50=	02:45=	01:07=	01:13=	02:27=	01:19=	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=	
<b>2</b>	<b>Jonas Bolstad Scheie</b>	<b>62</b>	<b>32:48</b>									
02:13-	03:51-	14:03+	15:36+	22:45+	23:30+	25:48-	26:53-	28:08-	31:10+	32:30+	32:48+	
02:13-	01:38-	10:12+	01:33=	07:09-	00:45-	02:18-	01:05-	01:15+	03:02+	01:20+	00:18-	
00:37-	00:01-	02:09&	00:00=	01:25-	00:05-	00:27-	00:02-	00:02+	00:35#	00:01+	00:02-	
<b>3</b>	<b>Torbjørn Ims Østby</b>	<b>66</b>	<b>33:07</b>									
02:19-	04:01-	12:52+	14:28+	22:29-	23:29=	25:58-	27:21=	28:46+	31:24+	32:46+	33:07+	
02:19-	01:42+	08:51+	01:36+	08:01-	01:00+	02:29-	01:23+	01:25+	02:38+	01:22+	00:21+	
00:31-	00:03+	00:48+	00:03+	00:33-	00:10#	00:16-	00:16#	00:12#	00:11+	00:03+	00:01+	
<b>4</b>	<b>Mathias Nødland</b>	<b>194</b>	<b>33:46</b>									
02:23-	04:02-	13:14+	15:09+	22:55+	23:42+	25:54-	26:58-	28:08-	31:31+	33:26+	33:46+	
02:23-	01:39=	09:12+	01:55+	07:46-	00:47-	02:12-	01:04-	01:10-	03:23+	01:55+	00:20=	
00:27-	00:00=	01:09#	00:22#	00:48-	00:03-	00:33-	00:03-	00:03-	00:56&	00:36&	00:00=	
<b>5</b>	<b>Morten Fenne</b>	<b>228</b>	<b>34:08</b>									
03:20+	05:04+	14:18+	15:55+	25:01+	25:51+	27:56+	28:52+	30:05+	32:23+	33:10+	33:48+	34:08+
03:20+	01:44+	09:14+	01:37+	09:06+	00:50=	02:05-	00:56-	01:13=	02:18-	00:47-	00:38+	00:20+
00:30#	00:05+	01:11#	00:04+	00:32+	00:00=	00:40-	00:11-	00:00=	00:09-	00:32-	00:18&	00:20+
<b>6</b>	<b>Thomas Jansen</b>	<b>289</b>	<b>34:10</b>									
02:49-	04:29=	15:28+	16:53+	25:25+	26:03+	28:26+	29:27+	30:39+	32:38+	33:54+	34:10+	
02:49-	01:40+	10:59+	01:25-	08:32-	00:38-	02:23-	01:01-	01:12-	01:59-	01:16-	00:16-	
00:01-	00:01+	02:56&	00:08-	00:02-	00:12-	00:22-	00:06-	00:01-	00:28-	00:03-	00:04-	
<b>7</b>	<b>Svein Kyllingstad</b>	<b>71</b>	<b>36:20</b>									
02:15-	03:59-	14:11+	16:14+	25:38+	26:43+	29:22+	30:33+	32:02+	34:33+	35:59+	36:20+	
02:15-	01:44+	10:12+	02:03+	09:24+	01:05+	02:39-	01:11+	01:29+	02:31+	01:26+	00:21+	
00:35-	00:05+	02:09&	00:30&	00:50+	00:15&	00:06-	00:04+	00:16#	00:04+	00:07+	00:01+	
<b>8</b>	<b>Bjørnar A. Alvær Sandsmark</b>	<b>68</b>	<b>37:13</b>									
02:55+	04:36+	13:43+	15:47+	24:58+	25:50+	28:45+	30:45+	31:59+	34:56+	36:48+	37:13+	
02:55+	01:41+	09:07+	02:04+	09:11+	00:52+	02:55+	02:00+	01:14+	02:57+	01:52+	00:25+	
00:05+	00:02+	01:04#	00:31&	00:37+	00:02+	00:10+	00:53&	00:01+	00:30#	00:33&	00:05#	
<b>9</b>	<b>Martin Skogland</b>	<b>98</b>	<b>38:40</b>									
02:30-	04:18-	14:48+	17:01+	27:04+	27:51+	30:21+	31:33+	33:02+	36:46+	38:18+	38:40+	
02:30-	01:48+	10:30+	02:13+	10:03+	00:47-	02:30-	01:12+	01:29+	03:44+	01:32+	00:22+	
00:20-	00:09+	02:27&	00:40&	01:29#	00:03-	00:15-	00:05+	00:16#	01:17&	00:13#	00:02#	
<b>10</b>	<b>Svein Magnus Halsne</b>	<b>71</b>	<b>38:50</b>									
03:13+	05:45+	14:02+	15:32+	25:57+	26:43+	28:54+	29:56+	31:10+	35:42+	37:12+	38:50+	
03:13+	02:32+	08:17+	01:30-	10:25+	00:46-	02:11-	01:02-	01:14+	04:32+	01:30+	01:38+	
00:23#	00:53&	00:14+	00:03-	01:51#	00:04-	00:34-	00:05-	00:01+	02:05&	00:11#	01:18@	
<b>11</b>	<b>David Wade</b>	<b>116</b>	<b>38:54</b>									
02:43-	04:45+	14:36+	16:59+	25:44+	26:39+	29:13+	31:29+	33:09+	37:02+	38:32+	38:54+	
02:43-	02:02+	09:51+	02:23+	08:45+	00:55+	02:34-	02:16+	01:40+	03:53+	01:30+	00:22+	
00:07-	00:23#	01:48#	00:50&	00:11+	00:05#	00:11-	01:09@	00:27&	01:26&	00:11#	00:02#	
<b>12</b>	<b>Andreas Florian Ente</b>	<b>66</b>	<b>39:42</b>									
02:24-	04:22-	13:58+	16:04+	26:04+	26:52+	29:14+	31:02+	34:07+	37:59+	39:24+	39:42+	
02:24-	01:58+	09:36+	02:06+	10:00+	00:48-	02:22-	01:48+	03:05+	03:52+	01:25+	00:18-	
00:26-	00:19#	01:33#	00:33&	01:26#	00:02-	00:23-	00:41&	01:52@	01:25&	00:06+	00:02-	

Class	Navn	Klasse										Tid
<b>13</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>										<b>40:01</b>
02:30-	04:30+	15:05+	17:25+	26:09+	27:11+	30:10+	32:54+	34:40+	37:55+	39:39+	40:01+	
02:30-	02:00+	10:35+	02:20+	08:44+	01:02+	02:59+	02:44+	01:46+	03:15+	01:44+	00:22+	
00:20-	00:21#	02:32&	00:47&	00:10+	00:12#	00:14+	01:37@	00:33&	00:48&	00:25&	00:02#	
<b>14</b>	<b>Håkon Eggebø</b>	<b>71</b>										<b>40:41</b>
03:19+	05:23+	15:10+	17:02+	27:21+	28:17+	31:29+	32:47+	35:26+	38:35+	40:21+	40:41+	
03:19+	02:04+	09:47+	01:52+	10:19+	00:56+	03:12+	01:18+	02:39+	03:09+	01:46+	00:20=	
00:29#	00:25&	01:44#	00:19#	01:45#	00:06#	00:27#	00:11#	01:26@	00:42&	00:27&	00:00=	
<b>15</b>	<b>Sam McCloy</b>	<b>7</b>										<b>40:43</b>
02:19-	04:05-	13:32+	19:07+	27:20+	28:04+	30:27+	32:39+	33:48+	39:04+	40:23+	40:43+	
02:19-	01:46+	09:27+	05:35+	08:13-	00:44-	02:23-	02:12+	01:09-	05:16+	01:19=	00:20=	
00:31-	00:07+	01:24#	04:02@	00:21-	00:06-	00:22-	01:05&	00:04-	02:49@	00:00=	00:00=	
<b>16</b>	<b>Håvard Thomassen Lauritsen</b>	<b>116</b>										<b>41:23</b>
02:31-	04:17-	14:49+	16:52+	26:59+	27:49+	30:10+	31:25+	36:26+	39:37+	41:02+	41:23+	
02:31-	01:46+	10:32+	02:03+	10:07+	00:50=	02:21-	01:15+	05:01+	03:11+	01:25+	00:21+	
00:19-	00:07+	02:29&	00:30&	01:33#	00:00=	00:24-	00:08#	03:48@	00:44&	00:06+	00:01+	
<b>17</b>	<b>Dag Eivind Watsend</b>	<b>92</b>										<b>43:43</b>
02:46-	04:56+	14:31+	17:15+	28:12+	29:06+	32:21+	33:44+	39:04+	41:48+	43:25+	43:43+	
02:46-	02:10+	09:35+	02:44+	10:57+	00:54+	03:15+	01:23+	05:20+	02:44+	01:37+	00:18-	
00:04-	00:31&	01:32#	01:11&	02:23&	00:04+	00:30#	00:16#	04:07@	00:17#	00:18#	00:02-	
<b>18</b>	<b>Rune Hatle</b>	<b>65</b>										<b>45:33</b>
03:25+	05:41+	19:10+	21:39+	32:05+	33:13+	36:31+	37:40+	40:11+	42:58+	45:14+	45:33+	
03:25+	02:16+	13:29+	02:29+	10:26+	01:08+	03:18+	01:09+	02:31+	02:47+	02:16+	00:19-	
00:35#	00:37&	05:26&	00:56&	01:52#	00:18&	00:33#	00:02+	01:18@	00:20#	00:57&	00:01-	
<b>19</b>	<b>Tor Gunnar Osen</b>	<b>116</b>										<b>46:47</b>
03:31+	05:37+	19:25+	21:23+	32:47+	33:39+	37:05+	39:13+	40:47+	44:47+	46:26+	46:47+	
03:31+	02:06+	13:48+	01:58+	11:24+	00:52+	03:26+	02:08+	01:34+	04:00+	01:39+	00:21+	
00:41#	00:27&	05:45&	00:25&	02:50&	00:02+	00:41#	01:01&	00:21&	01:33&	00:20&	00:01+	
<b>20</b>	<b>Alexander Slobodinski</b>	<b>71</b>										<b>47:06</b>
03:08+	05:28+	18:27+	22:23+	34:05+	35:21+	38:15+	39:30+	41:14+	45:06+	46:42+	47:06+	
03:08+	02:20+	12:59+	03:56+	11:42+	01:16+	02:54+	01:15+	01:44+	03:52+	01:36+	00:24+	
00:18#	00:41&	04:56&	02:23@	03:08&	00:26&	00:09+	00:08#	00:31&	01:25&	00:17#	00:04#	
<b>21</b>	<b>Alexander Khorunzhiy</b>	<b>287</b>										<b>50:23</b>
03:05+	05:25+	20:20+	23:10+	36:14+	37:31+	41:16+	42:43+	44:38+	47:36+	49:57+	50:23+	
03:05+	02:20+	14:55+	02:50+	13:04+	01:17+	03:45+	01:27+	01:55+	02:58+	02:21+	00:26+	
00:15+	00:41&	06:52&	01:17&	04:30&	00:27&	01:00&	00:20&	00:42&	00:31#	01:02&	00:06&	
<b>22</b>	<b>Oddgeir Nevland</b>	<b>51</b>										<b>51:27</b>
02:47-	07:48+	22:56+	25:56+	36:37+	37:59+	41:23+	43:37+	46:06+	48:59+	51:01+	51:27+	
02:47-	05:01+	15:08+	03:00+	10:41+	01:22+	03:24+	02:14+	02:29+	02:53+	02:02+	00:26+	
00:03-	03:22@	07:05&	01:27&	02:07#	00:32&	00:39#	01:07&	01:16@	00:26#	00:43&	00:06&	
<b>23</b>	<b>Alf Olav Kalvik</b>	<b>7</b>										<b>56:38</b>
03:32+	06:47+	26:05+	28:44+	40:39+	41:55+	45:33+	48:20+	50:38+	54:12+	56:10+	56:38+	
03:32+	03:15+	19:18+	02:39+	11:55+	01:16+	03:38+	02:47+	02:18+	03:34+	01:58+	00:28+	
00:42#	01:36&	11:15@	01:06&	03:21&	00:26&	00:53&	01:40@	01:05&	01:07&	00:39&	00:08&	
<b>24</b>	<b>Anders Netland Jacobsen</b>	<b>66</b>										<b>57:20</b>
03:48+	09:31+	28:12+	30:05+	42:01+	43:11+	46:51+	48:35+	50:33+	55:03+	57:00+	57:20+	
03:48+	05:43+	18:41+	01:53+	11:56+	01:10+	03:40+	01:44+	01:58+	04:30+	01:57+	00:20=	
00:58&	04:04@	10:38@	00:20#	03:22&	00:20&	00:55&	00:37&	00:45&	02:03&	00:38&	00:00=	
<b>Beste strekktid for klassen</b>												
02:13	01:38	08:03	01:25	07:09	00:38	02:05	00:56	01:09	01:59	00:47	00:16	

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

## Herrer 40 - 49 år

<b>1</b>	<b>Øyvind Rønne</b>	<b>116</b>										<b>32:39</b>
02:25=	04:08=	12:21=	13:51=	22:01=	22:52=	25:58=	27:06=	28:19=	30:34=	32:04=	32:39=	
02:25=	01:43=	08:13=	01:30=	08:10=	00:51=	03:06=	01:08=	01:13=	02:15=	01:30=	00:35=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Class	Navn	Klasse										Tid
<b>2</b>	<b>Lars Primstad</b>	<b>62</b>										<b>34:22</b>
	02:15-	03:52-	13:17+	15:24+	23:30+	24:11+	26:47+	28:41+	29:53+	32:40+	34:05+	34:22+
	02:15-	01:37-	09:25+	02:07+	08:06-	00:41-	02:36-	01:54+	01:12-	02:47+	01:25-	00:17-
	00:10-	00:06-	01:12#	00:37#	00:04-	00:10-	00:30-	00:46&	00:01-	00:32#	00:05-	00:18-
<b>3</b>	<b>Oddmund Nordgård</b>	<b>105</b>										<b>36:05</b>
	02:50+	04:40+	15:09+	16:45+	25:23+	26:16+	28:49+	29:56+	31:23+	33:53+	35:46+	36:05+
	02:50+	01:50+	10:29+	01:36+	08:38+	00:53+	02:33-	01:07-	01:27+	02:30+	01:53+	00:19-
	00:25#	00:07+	02:16&	00:06+	00:28+	00:02+	00:33-	00:01-	00:14#	00:15#	00:23&	00:16-
<b>4</b>	<b>Peter Chapman</b>	<b>117</b>										<b>36:49</b>
	02:29+	05:04+	16:00+	17:35+	25:34+	26:26+	28:51+	30:33+	32:20+	35:06+	36:29+	36:49+
	02:29+	02:35+	10:56+	01:35+	07:59-	00:52+	02:25-	01:42+	01:47+	02:46+	01:23-	00:20-
	00:04+	00:52&	02:43&	00:05+	00:11-	00:01+	00:41-	00:34&	00:34&	00:31#	00:07-	00:15-
<b>5</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>										<b>37:32</b>
	02:51+	04:53+	15:06+	17:00+	26:58+	27:45+	30:40+	31:49+	33:33+	35:46+	37:11+	37:32+
	02:51+	02:02+	10:13+	01:54+	09:58+	00:47-	02:55-	01:09+	01:44+	02:13-	01:25-	00:21-
	00:26#	00:19#	02:00#	00:24#	01:48#	00:04-	00:11-	00:01+	00:31&	00:02-	00:05-	00:14-
<b>6</b>	<b>Arjen Leendertse</b>	<b>91</b>										<b>37:41</b>
	02:22-	04:04-	14:30+	16:17+	25:21+	26:07+	28:40+	30:04+	31:40+	35:45+	37:19+	37:41+
	02:22-	01:42-	10:26+	01:47+	09:04+	00:46-	02:33-	01:24+	01:36+	04:05+	01:34+	00:22-
	00:03-	00:01-	02:13&	00:17#	00:54#	00:05-	00:33-	00:16#	00:23&	01:50&	00:04+	00:13-
<b>7</b>	<b>Magnus Langvik</b>	<b>18</b>										<b>37:52</b>
	02:31+	04:15+	14:08+	16:01+	26:14+	27:03+	30:06+	31:36+	33:24+	36:09+	37:34+	37:52+
	02:31+	01:44+	09:53+	01:53+	10:13+	00:49-	03:03-	01:30+	01:48+	02:45+	01:25-	00:18-
	00:06+	00:01+	01:40#	00:23&	02:03&	00:02-	00:03-	00:22&	00:35&	00:30#	00:05-	00:17-
<b>8</b>	<b>Magne Habbestad</b>	<b>111</b>										<b>38:48</b>
	02:52+	04:58+	14:57+	17:09+	26:52+	27:50+	30:50+	32:13+	33:42+	36:39+	38:22+	38:48+
	02:52+	02:06+	09:59+	02:12+	09:43+	00:58+	03:00-	01:23+	01:29+	02:57+	01:43+	00:26-
	00:27#	00:23#	01:46#	00:42&	01:33#	00:07#	00:06-	00:15#	00:16#	00:42&	00:13#	00:09-
<b>9</b>	<b>Andreas Becht</b>	<b>116</b>										<b>39:13</b>
	03:37+	05:57+	16:01+	17:38+	26:46+	27:37+	30:49+	32:01+	33:54+	36:59+	38:51+	39:13+
	03:37+	02:20+	10:04+	01:37+	09:08+	00:51=	03:12+	01:12+	01:53+	03:05+	01:52+	00:22-
	01:12&	00:37&	01:51#	00:07+	00:58#	00:00=	00:06+	00:04+	00:40&	00:50&	00:22#	00:13-
<b>10</b>	<b>Trond Sigurd Fotland</b>	<b>66</b>										<b>39:33</b>
	03:11+	05:26+	15:27+	17:49+	28:37+	29:30+	32:21+	33:37+	34:49+	37:30+	39:09+	39:33+
	03:11+	02:15+	10:01+	02:22+	10:48+	00:53+	02:51-	01:16+	01:12-	02:41+	01:39+	00:24-
	00:46&	00:32&	01:48#	00:52&	02:38&	00:02+	00:15-	00:08#	00:01-	00:26#	00:09#	00:11-
<b>11</b>	<b>Ole-Tobias Frich</b>	<b>116</b>										<b>39:35</b>
	02:51+	04:42+	15:46+	17:51+	27:24+	28:27+	31:16+	32:50+	34:22+	37:27+	39:13+	39:35+
	02:51+	01:51+	11:04+	02:05+	09:33+	01:03+	02:49-	01:34+	01:32+	03:05+	01:46+	00:22-
	00:26#	00:08+	02:51&	00:35&	01:23#	00:12#	00:17-	00:26&	00:19&	00:50&	00:16#	00:13-
<b>12</b>	<b>Trondr Breiland</b>	<b>53</b>										<b>40:09</b>
	04:15+	06:10+	16:27+	19:17+	28:50+	29:43+	32:34+	34:01+	35:36+	38:13+	39:49+	40:09+
	04:15+	01:55+	10:17+	02:50+	09:33+	00:53+	02:51-	01:27+	01:35+	02:37+	01:36+	00:20-
	01:50&	00:12#	02:04&	01:20&	01:23#	00:02+	00:15-	00:19&	00:22&	00:22#	00:06+	00:15-
<b>13</b>	<b>Jørn A. Carlsen</b>	<b>116</b>										<b>41:53</b>
	02:40+	04:36+	14:27+	19:08+	20:36-	29:36+	30:37+	33:16+	34:33+	35:59+	39:41+	41:27+
	02:40+	01:56+	09:51+	04:41+	01:28-	09:00+	01:01-	02:39+	01:17+	01:26-	03:42+	01:46+
	00:15#	00:13#	01:38#	03:11#	06:42-	08:09#	02:05-	01:31#	00:04+	00:49-	02:12#	01:11#
<b>14</b>	<b>Øystein Nilsen</b>	<b>42</b>										<b>42:19</b>
	02:47+	04:55+	16:22+	18:28+	29:31+	30:24+	33:11+	34:29+	36:07+	39:11+	41:53+	42:19+
	02:47+	02:08+	11:27+	02:06+	11:03+	00:53+	02:47-	01:18+	01:38+	03:04+	02:42+	00:26-
	00:22#	00:25#	03:14&	00:36&	02:53&	00:02+	00:19-	00:10#	00:25&	00:49&	01:12&	00:09-
<b>15</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>42:25</b>
	03:07+	05:03+	16:40+	18:39+	30:01+	31:05+	34:03+	35:34+	37:04+	39:59+	42:03+	42:25+
	03:07+	01:56+	11:37+	01:59+	11:22+	01:04+	02:58-	01:31+	01:30+	02:55+	02:04+	00:22-
	00:42&	00:13#	03:24&	00:29&	03:12&	00:13&	00:08-	00:23&	00:17#	00:40&	00:34&	00:13-
<b>16</b>	<b>John Breiland</b>	<b>352</b>										<b>43:17</b>
	03:23+	06:24+	17:23+	20:40+	30:39+	31:40+	34:26+	36:44+	38:17+	41:11+	42:55+	43:17+
	03:23+	03:01+	10:59+	03:17+	09:59+	01:01+	02:46-	02:18+	01:33+	02:54+	01:44+	00:22-
	00:58&	01:18&	02:46&	01:47#	01:49#	00:10#	00:20-	01:10#	00:20&	00:39&	00:14#	00:13-



Class	Navn	Klasse										Tid
<b>17</b>	<b>Svein Oddvar Netland</b>	<b>116</b>										<b>44:02</b>
02:33+	04:28+	18:01+	20:18+	31:04+	32:11+	35:04+	36:14+	38:02+	41:52+	43:38+	44:02+	
02:33+	01:55+	13:33+	02:17+	10:46+	01:07+	02:53-	01:10+	01:48+	03:50+	01:46+	00:24-	
00:08+	00:12#	05:20&	00:47&	02:36&	00:16&	00:13-	00:02+	00:35&	01:35&	00:16#	00:11-	
<b>18</b>	<b>Simen Auli Staff</b>	<b>115</b>										<b>45:03</b>
02:40+	04:48+	14:06+	16:38+	29:52+	30:52+	34:02+	36:29+	38:23+	42:52+	44:42+	45:03+	
02:40+	02:08+	09:18+	02:32+	13:14+	01:00+	03:10+	02:27+	01:54+	04:29+	01:50+	00:21-	
00:15#	00:25#	01:05#	01:02&	05:04&	00:09#	00:04+	01:19@	00:41&	02:14&	00:20#	00:14-	
<b>19</b>	<b>André Sirevåg</b>	<b>116</b>										<b>45:32</b>
02:55+	05:05+	18:34+	20:54+	31:27+	32:39+	36:05+	37:21+	40:41+	43:16+	45:08+	45:32+	
02:55+	02:10+	13:29+	02:20+	10:33+	01:12+	03:26+	01:16+	03:20+	02:35+	01:52+	00:24-	
00:30#	00:27&	05:16&	00:50&	02:23&	00:21&	00:20#	00:08#	02:07@	00:20#	00:22#	00:11-	
<b>20</b>	<b>Arne Hetlelid</b>	<b>98</b>										<b>46:25</b>
02:55+	04:47+	17:44+	19:47+	30:27+	31:33+	35:08+	36:40+	39:31+	44:10+	45:58+	46:25+	
02:55+	01:52+	12:57+	02:03+	10:40+	01:06+	03:35+	01:32+	02:51+	04:39+	01:48+	00:27-	
00:30#	00:09+	04:44&	00:33&	02:30&	00:15&	00:29#	00:24&	01:38@	02:24@	00:18#	00:08-	
<b>21</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>46:40</b>
07:05+	10:48+	21:26+	24:44+	34:35+	35:26+	38:03+	39:06+	40:23+	44:28+	46:23+	46:40+	
07:05+	03:43+	10:38+	03:18+	09:51+	00:51=	02:37-	01:03-	01:17+	04:05+	01:55+	00:17-	
04:40@	02:00@	02:25&	01:48@	01:41#	00:00=	00:29-	00:05-	00:04+	01:50&	00:25&	00:18-	
<b>22</b>	<b>Jean-Sebastien Dorne</b>	<b>42</b>										<b>46:42</b>
02:45+	05:22+	17:58+	21:48+	34:15+	35:11+	37:48+	39:21+	40:49+	44:42+	46:16+	46:42+	
02:45+	02:37+	12:36+	03:50+	12:27+	00:56+	02:37-	01:33+	01:28+	03:53+	01:34+	00:26-	
00:20#	00:54&	04:23&	02:20@	04:17&	00:05+	00:29-	00:25&	00:15#	01:38&	00:04+	00:09-	
<b>23</b>	<b>Gunnar Thorset</b>	<b>117</b>										<b>46:55</b>
03:15+	05:36+	19:21+	21:27+	31:38+	33:21+	36:27+	38:34+	40:27+	44:25+	46:28+	46:55+	
03:15+	02:21+	13:45+	02:06+	10:11+	01:43+	03:06=	02:07+	01:53+	03:58+	02:03+	00:27-	
00:50&	00:38&	05:32&	00:36&	02:01#	00:52@	00:00=	00:59&	00:40&	01:43&	00:33&	00:08-	
<b>24</b>	<b>Jan Kenneth Polle</b>	<b>83</b>										<b>49:47</b>
02:32+	04:56+	16:25+	19:29+	34:47+	36:02+	39:18+	42:25+	44:07+	47:32+	49:25+	49:47+	
02:32+	02:24+	11:29+	03:04+	15:18+	01:15+	03:16+	03:07+	01:42+	03:25+	01:53+	00:22-	
00:07+	00:41&	03:16&	01:34@	07:08&	00:24&	00:10+	01:59@	00:29&	01:10&	00:23&	00:13-	
<b>25</b>	<b>Per Ivar Hovstad</b>	<b>116</b>										<b>50:09</b>
03:27+	05:29+	18:17+	20:47+	34:53+	35:53+	40:45+	42:40+	44:45+	47:53+	49:46+	50:09+	
03:27+	02:02+	12:48+	02:30+	14:06+	01:00+	04:52+	01:55+	02:05+	03:08+	01:53+	00:23-	
01:02&	00:19#	04:35&	01:00&	05:56&	00:09#	01:46&	00:47&	00:52&	00:53&	00:23&	00:12-	
<b>26</b>	<b>Håvard Svihus</b>	<b>267</b>										<b>50:57</b>
05:19+	07:23+	22:11+	24:45+	38:18+	39:04+	41:44+	43:02+	45:03+	47:49+	50:37+	50:57+	
05:19+	02:04+	14:48+	02:34+	13:33+	00:46-	02:40-	01:18+	02:01+	02:46+	02:48+	00:20-	
02:54@	00:21#	06:35&	01:04&	05:23&	00:05-	00:26-	00:10#	00:48&	00:31#	01:18&	00:15-	
<b>27</b>	<b>Jan Kristensen</b>	<b>7</b>										<b>51:39</b>
02:56+	05:29+	18:54+	21:46+	35:57+	37:17+	41:20+	43:05+	45:18+	49:09+	51:09+	51:39+	
02:56+	02:33+	13:25+	02:52+	14:11+	01:20+	04:03+	01:45+	02:13+	03:51+	02:00+	00:30-	
00:31#	00:50&	05:12&	01:22&	06:01&	00:29&	00:57&	00:37&	01:00&	01:36&	00:30&	00:05-	
<b>28</b>	<b>Bjørn Kristian Røyland</b>	<b>115</b>										<b>52:10</b>
03:03+	05:30+	17:06+	19:28+	36:29+	37:45+	42:03+	43:55+	45:56+	48:48+	51:47+	52:10+	
03:03+	02:27+	11:36+	02:22+	17:01+	01:16+	04:18+	01:52+	02:01+	02:52+	02:59+	00:23-	
00:38&	00:44&	03:23&	00:52&	08:51@	00:25&	01:12&	00:44&	00:48&	00:37&	01:29&	00:12-	
<b>29</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>52:41</b>
03:21+	05:56+	19:23+	21:48+	37:49+	39:10+	42:49+	44:24+	46:30+	49:53+	52:15+	52:41+	
03:21+	02:35+	13:27+	02:25+	16:01+	01:21+	03:39+	01:35+	02:06+	03:23+	02:22+	00:26-	
00:56&	00:52&	05:14&	00:55&	07:51&	00:30&	00:33#	00:27&	00:53&	01:08&	00:52&	00:09-	
<b>30</b>	<b>Antal Jansen</b>	<b>115</b>										<b>56:28</b>
02:44+	04:47+	28:16+	29:56+	41:12+	42:21+	46:59+	48:39+	50:17+	54:29+	56:08+	56:28+	
02:44+	02:03+	23:29+	01:40+	11:16+	01:09+	04:38+	01:40+	01:38+	04:12+	01:39+	00:20-	
00:19#	00:20#	15:16@	00:10#	03:06&	00:18&	01:32&	00:32&	00:25&	01:57&	00:09#	00:15-	
<b>31</b>	<b>Francois-Marie Duchesne</b>	<b>42</b>										<b>1:17:13</b>
03:36+	07:13+	26:50+	30:40+	46:02+	47:50+	51:59+	54:21+	66:21+	73:24+	76:33+	77:13+	
03:36+	03:37+	19:37+	03:50+	15:22+	01:48+	04:09+	02:22+	12:00+	07:03+	03:09+	00:40+	
01:11&	01:54@	11:24@	02:20@	07:12&	00:57@	01:03&	01:14@	10:47@	04:48@	01:39@	00:05#	

Class	Navn	Klasse										Tid
<b>32</b>	<b>Ryan Squires</b>	<b>42</b>										<b>1:40:39</b>
05:00+	08:29+	33:45+	37:21+	58:47+	61:24+	65:50+	68:54+	74:47+	98:11+	100:04+	100:39+	
05:00+	03:29+	25:16+	03:36+	21:26+	02:37+	04:26+	03:04+	05:53+	23:24+	01:53+	00:35=	
02:35@	01:46@	17:03@	02:06@	13:16@	01:46@	01:20@	01:56@	04:40@	21:09@	00:23&	00:00=	
<b>Beste strekktid for klassen</b>												
02:15	01:37	08:13	01:30	01:28	00:41	01:01	01:03	01:12	01:26	01:23	00:17	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>Herrer 50 - 59 år</b>												
<b>1</b>	<b>Ole Petter Haukaas</b>	<b>109</b>										<b>35:02</b>
02:32=	04:50=	14:29=	16:11=	26:04=	26:57=	30:59=	33:26=	34:42=	35:02=			
02:32=	02:18=	09:39=	01:42=	09:53=	00:53=	04:02=	02:27=	01:16=	00:20=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Trygve Reitan</b>	<b>116</b>										<b>36:13</b>
01:58-	03:51-	18:07+	19:48+	28:08+	28:50+	32:22+	34:28+	35:57+	36:13+			
01:58-	01:53-	14:16+	01:41-	08:20-	00:42-	03:32-	02:06-	01:29+	00:16-			
00:34-	00:25-	04:37&	00:01-	01:33-	00:11-	00:30-	00:21-	00:13#	00:04-			
<b>3</b>	<b>Lars Bergersen</b>	<b>116</b>										<b>37:03</b>
02:56+	05:50+	16:02+	18:10+	28:24+	29:32+	32:58+	35:08+	36:38+	37:03+			
02:56+	02:54+	10:12+	02:08+	10:14+	01:08+	03:26-	02:10-	01:30+	00:25+			
00:24#	00:36&	00:33+	00:26&	00:21+	00:15&	00:36-	00:17-	00:14#	00:05#			
<b>4</b>	<b>Dag Terje Røen</b>	<b>361</b>										<b>37:39</b>
03:32+	05:47+	14:53+	17:49+	27:16+	28:15+	31:58+	35:35+	37:16+	37:39+			
03:32+	02:15-	09:06-	02:56+	09:27-	00:59+	03:43-	03:37+	01:41+	00:23+			
01:00&	00:03-	00:33-	01:14&	00:26-	00:06#	00:19-	01:10&	00:25&	00:03#			
<b>5</b>	<b>Håvard Håland</b>	<b>66</b>										<b>37:54</b>
02:33+	05:13+	15:52+	18:17+	27:31+	28:29+	32:38+	35:36+	37:29+	37:54+			
02:33+	02:40+	10:39+	02:25+	09:14-	00:58+	04:09+	02:58+	01:53+	00:25+			
00:01+	00:22#	01:00#	00:43&	00:39-	00:05+	00:07+	00:31#	00:37&	00:05#			
<b>6</b>	<b>Pål Bårdsen</b>	<b>90</b>										<b>38:12</b>
02:54+	05:28+	16:54+	18:41+	29:48+	31:00+	34:12+	36:12+	37:48+	38:12+			
02:54+	02:34+	11:26+	01:47+	11:07+	01:12+	03:12-	02:00-	01:36+	00:24+			
00:22#	00:16#	01:47#	00:05+	01:14#	00:19&	00:50-	00:27-	00:20&	00:04#			
<b>7</b>	<b>Arnfinn Rømuld</b>	<b>116</b>										<b>38:32</b>
02:31-	05:48+	15:17+	17:21+	30:24+	31:18+	35:07+	36:43+	38:11+	38:32+			
02:31-	03:17+	09:29-	02:04+	13:03+	00:54+	03:49-	01:36-	01:28+	00:21+			
00:01-	00:59&	00:10-	00:22#	03:10&	00:01+	00:13-	00:51-	00:12#	00:01+			
<b>8</b>	<b>Frank Hansen</b>	<b>29</b>										<b>38:52</b>
02:36+	05:10+	17:05+	19:15+	28:27+	29:22+	33:51+	36:43+	38:31+	38:52+			
02:36+	02:34+	11:55+	02:10+	09:12-	00:55+	04:29+	02:52+	01:48+	00:21+			
00:04+	00:16#	02:16#	00:28&	00:41-	00:02+	00:27#	00:25#	00:32&	00:01+			
<b>9</b>	<b>Ådne Hausberg</b>	<b>7</b>										<b>41:09</b>
02:53+	05:16+	17:47+	20:08+	30:21+	31:28+	36:32+	38:46+	40:44+	41:09+			
02:53+	02:23+	12:31+	02:21+	10:13+	01:07+	05:04+	02:14-	01:58+	00:25+			
00:21#	00:05+	02:52&	00:39&	00:20+	00:14&	01:02&	00:13-	00:42&	00:05#			
<b>10</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>41:40</b>
02:43+	05:03+	16:15+	19:14+	30:16+	31:26+	35:38+	37:40+	41:14+	41:40+			
02:43+	02:20+	11:12+	02:59+	11:02+	01:10+	04:12+	02:02-	03:34+	00:26+			
00:11+	00:02+	01:33#	01:17&	01:09#	00:17&	00:10+	00:25-	02:18@	00:06&			
<b>11</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>41:47</b>
03:17+	05:56+	16:58+	18:53+	31:51+	32:59+	37:02+	38:57+	41:18+	41:47+			
03:17+	02:39+	11:02+	01:55+	12:58+	01:08+	04:03+	01:55-	02:21+	00:29+			
00:45&	00:21#	01:23#	00:13#	03:05&	00:15&	00:01+	00:32-	01:05&	00:09&			
<b>12</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>42:47</b>
02:48+	05:42+	16:38+	19:04+	32:39+	33:56+	38:09+	40:37+	42:25+	42:47+			
02:48+	02:54+	10:56+	02:26+	13:35+	01:17+	04:13+	02:28+	01:48+	00:22+			
00:16#	00:36&	01:17#	00:44&	03:42&	00:24&	00:11+	00:01+	00:32&	00:02#			

Class	Navn	Klasse										Tid
<b>13</b>	<b>Harald Jansen</b>	<b>289</b>										<b>42:57</b>
02:48+	05:23+	16:11+	18:51+	20:45-	30:55+	32:11+	38:48+	40:48+	42:32+	42:57+		
02:48+	02:35+	10:48+	02:40+	01:54-	10:10+	01:16-	06:37+	02:00+	01:44+	00:25+		
00:16#	00:17#	01:09#	00:58&	07:59-	09:17@	02:46-	04:10@	00:44&	01:24@	00:25+		
<b>14</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>44:09</b>
03:31+	06:21+	19:00+	21:25+	32:44+	34:11+	38:59+	41:49+	43:43+	44:09+			
03:31+	02:50+	12:39+	02:25+	11:19+	01:27+	04:48+	02:50+	01:54+	00:26+			
00:59&	00:32#	03:00&	00:43&	01:26#	00:34&	00:46#	00:23#	00:38&	00:06&			
<b>15</b>	<b>Geir Haugvaldstad</b>	<b>116</b>										<b>44:23</b>
02:34+	05:23+	20:04+	22:05+	31:57+	33:05+	40:29+	42:26+	44:05+	44:23+			
02:34+	02:49+	14:41+	02:01+	09:52-	01:08+	07:24+	01:57-	01:39+	00:18-			
00:02+	00:31#	05:02&	00:19#	00:01-	00:15&	03:22&	00:30-	00:23&	00:02-			
<b>16</b>	<b>Torbjørn Dahle</b>	<b>92</b>										<b>44:44</b>
04:29+	07:42+	19:59+	22:00+	34:20+	35:25+	39:13+	42:25+	44:20+	44:44+			
04:29+	03:13+	12:17+	02:01+	12:20+	01:05+	03:48-	03:12+	01:55+	00:24+			
01:57&	00:55&	02:38&	00:19#	02:27#	00:12#	00:14-	00:45&	00:39&	00:04#			
<b>17</b>	<b>Jørgen Nilsen</b>	<b>53</b>										<b>45:26</b>
03:10+	05:38+	17:50+	20:51+	32:23+	33:36+	38:07+	42:50+	44:57+	45:26+			
03:10+	02:28+	12:12+	03:01+	11:32+	01:13+	04:31+	04:43+	02:07+	00:29+			
00:38#	00:10+	02:33&	01:19&	01:39#	00:20&	00:29#	02:16&	00:51&	00:09&			
<b>18</b>	<b>Jone Kalheim</b>	<b>93</b>										<b>45:39</b>
03:48+	06:13+	17:52+	20:51+	31:32+	33:07+	39:35+	41:36+	45:17+	45:39+			
03:48+	02:25+	11:39+	02:59+	10:41+	01:35+	06:28+	02:01-	03:41+	00:22+			
01:16&	00:07+	02:00#	01:17&	00:48+	00:42&	02:26&	00:26-	02:25@	00:02#			
<b>19</b>	<b>Ivar Bergset</b>	<b>35</b>										<b>45:41</b>
03:25+	06:19+	20:01+	22:17+	34:57+	36:13+	40:11+	42:40+	45:13+	45:41+			
03:25+	02:54+	13:42+	02:16+	12:40+	01:16+	03:58-	02:29+	02:33+	00:28+			
00:53&	00:36&	04:03&	00:34&	02:47&	00:23&	00:04-	00:02+	01:17@	00:08&			
<b>20</b>	<b>Sigbjørn Gloppen</b>	<b>144</b>										<b>45:46</b>
03:23+	06:36+	18:38+	21:40+	34:17+	35:31+	40:00+	43:20+	45:18+	45:46+			
03:23+	03:13+	12:02+	03:02+	12:37+	01:14+	04:29+	03:20+	01:58+	00:28+			
00:51&	00:55&	02:23#	01:20&	02:44&	00:21&	00:27#	00:53&	00:42&	00:08&			
<b>21</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>46:12</b>
02:56+	05:46+	18:12+	20:37+	34:20+	35:41+	40:34+	44:01+	45:48+	46:12+			
02:56+	02:50+	12:26+	02:25+	13:43+	01:21+	04:53+	03:27+	01:47+	00:24+			
00:24#	00:32#	02:47&	00:43&	03:50&	00:28&	00:51#	01:00&	00:31&	00:04#			
<b>22</b>	<b>Torbjørn Salthe</b>	<b>125</b>										<b>47:23</b>
03:22+	07:31+	19:12+	22:29+	34:12+	35:34+	42:01+	44:57+	46:55+	47:23+			
03:22+	04:09+	11:41+	03:17+	11:43+	01:22+	06:27+	02:56+	01:58+	00:28+			
00:50&	01:51&	02:02#	01:35&	01:50#	00:29&	02:25&	00:29#	00:42&	00:08&			
<b>23</b>	<b>Magnar Møller</b>	<b>62</b>										<b>47:35</b>
02:46+	05:13+	17:09+	19:14+	36:00+	37:12+	43:09+	45:12+	47:08+	47:35+			
02:46+	02:27+	11:56+	02:05+	16:46+	01:12+	05:57+	02:03-	01:56+	00:27+			
00:14+	00:09+	02:17#	00:23#	06:53&	00:19&	01:55&	00:24-	00:40&	00:07&			
<b>24</b>	<b>Anders Glenne</b>	<b>7</b>										<b>48:08</b>
02:54+	05:07+	27:15+	28:59+	39:13+	40:20+	44:04+	46:21+	47:45+	48:08+			
02:54+	02:13-	22:08+	01:44+	10:14+	01:07+	03:44-	02:17-	01:24+	00:23+			
00:22#	00:05-	12:29@	00:02+	00:21+	00:14&	00:18-	00:10-	00:08#	00:03#			
<b>25</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>48:16</b>
03:17+	06:24+	20:06+	22:56+	35:58+	37:13+	42:30+	45:23+	47:40+	48:16+			
03:17+	03:07+	13:42+	02:50+	13:02+	01:15+	05:17+	02:53+	02:17+	00:36+			
00:45&	00:49&	04:03&	01:08&	03:09&	00:22&	01:15&	00:26#	01:01&	00:16&			
<b>26</b>	<b>Sveinung Rosenvinge</b>	<b>116</b>										<b>48:18</b>
03:05+	06:08+	22:20+	25:02+	37:13+	38:28+	43:20+	45:45+	47:50+	48:18+			
03:05+	03:03+	16:12+	02:42+	12:11+	01:15+	04:52+	02:25-	02:05+	00:28+			
00:33#	00:45&	06:33&	01:00&	02:18#	00:22&	00:50#	00:02-	00:49&	00:08&			
<b>27</b>	<b>Asbjørn Brådland</b>	<b>297</b>										<b>48:26</b>
03:07+	05:31+	15:36+	26:02+	36:53+	38:00+	42:47+	46:23+	48:01+	48:26+			
03:07+	02:24+	10:05+	10:26+	10:51+	01:07+	04:47+	03:36+	01:38+	00:25+			
00:35#	00:06+	00:26+	08:44@	00:58+	00:14&	00:45#	01:09&	00:22&	00:05#			

Class	Navn	Klasse	Tid
<b>28</b>	<b>Svein Magne Gloppen</b>	<b>93</b>	<b>49:18</b>
03:18+	06:19+	21:22+	24:07+
03:18+	03:01+	15:03+	02:45+
00:46&	00:43&	05:24&	01:03&
03:59&	00:27&	00:16+	00:32#
01:01&	00:05#		
<b>29</b>	<b>Tor Brekken</b>	<b>97</b>	<b>49:38</b>
02:23-	05:01+	15:27+	20:20+
02:23-	02:38+	10:26+	04:53+
00:09-	00:20#	00:47+	03:11@
08:28-	15:20@	02:51-	02:09&
02:10@	01:37@	00:30+	
<b>30</b>	<b>John C. Sinnes</b>	<b>93</b>	<b>50:12</b>
03:19+	06:21+	24:34+	26:44+
03:19+	03:02+	18:13+	02:10+
00:47&	00:44&	08:34&	00:28&
02:12#	00:13#	00:33#	00:41&
00:54&	00:04#		
<b>31</b>	<b>Arne Nygaard</b>	<b>66</b>	<b>50:13</b>
03:17+	06:08+	19:55+	22:44+
03:17+	02:51+	13:47+	02:49+
00:45&	00:33#	04:08&	01:07&
06:12&	00:46&	00:36#	00:12+
00:46&	00:06&		
<b>32</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>	<b>51:02</b>
02:58+	05:45+	21:29+	25:50+
02:58+	02:47+	15:44+	04:21+
00:26#	00:29#	06:05&	02:39@
02:20#	00:26&	01:17&	01:17&
00:50&	00:11&		
<b>33</b>	<b>Harald Syse</b>	<b>93</b>	<b>51:36</b>
02:35+	05:39+	17:04+	18:41+
02:35+	03:04+	11:25+	01:37-
00:03+	00:46&	01:46#	00:05-
00:20+	00:02-	09:25@	02:55@
01:18@	00:08&		
<b>34</b>	<b>Frode Følgesvold</b>	<b>5</b>	<b>52:51</b>
03:09+	06:25+	21:33+	24:34+
03:09+	03:16+	15:08+	03:01+
00:37#	00:58&	05:29&	01:19&
03:09&	01:24@	02:57&	00:35#
01:17@	00:04#		
<b>35</b>	<b>John Lage Bergan</b>	<b>116</b>	<b>54:07</b>
02:43+	05:44+	19:53+	32:12+
02:43+	03:01+	14:09+	12:19+
00:11+	00:43&	04:30&	10:37@
00:33+	00:14&	01:40&	00:08-
00:36&	00:09&		
<b>36</b>	<b>Arne Øvstebø</b>	<b>71</b>	<b>58:19</b>
02:40+	05:05+	16:46+	33:25+
02:40+	02:25+	11:41+	16:39+
00:08+	00:07+	02:02#	14:57@
02:50&	00:02-	02:43&	00:08-
00:38&	00:02#		
<b>37</b>	<b>Kjell Seland</b>	<b>236</b>	<b>1:00:04</b>
04:50+	08:26+	25:45+	28:07+
04:50+	03:36+	17:19+	02:22+
02:18&	01:18&	07:40&	00:40&
07:45&	00:24&	02:09&	00:48&
01:46@	00:14&		
<b>38</b>	<b>Kjell Helge Husebø</b>	<b>115</b>	<b>1:02:22</b>
03:40+	07:55+	22:02+	25:59+
03:40+	04:15+	14:07+	03:57+
01:08&	01:57&	04:28&	02:15@
08:18&	00:25&	01:35&	01:31&
05:26@	00:17&		
<b>39</b>	<b>Trygve Michaelsen</b>	<b>117</b>	<b>1:08:32</b>
02:36+	05:03+	20:01+	22:41+
02:36+	02:27+	14:58+	02:40+
00:04+	00:09+	05:19&	00:58&
03:24&	00:16&	10:30@	10:55@
01:38@	00:17&		
<b>Beste strekktid for klassen</b>			
01:58	01:53	09:06	01:37
01:25	00:42	01:11	01:36
01:16	00:16		

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

## Herrer 60 - 64 år

<b>1</b>	<b>Kjell Skjæveland</b>	<b>108</b>	<b>36:40</b>
02:51=	05:26=	10:48=	13:03=
02:51=	02:35=	05:22=	02:15=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid								
<b>2</b>	<b>Torbjørn Evensen</b>	<b>108</b>	<b>36:59</b>								
03:05+	05:43+	09:38-	12:23-	14:51-	20:07-	23:23-	27:42-	30:48-	33:24-	35:21-	36:59+
03:05+	02:38+	03:55-	02:45+	02:28+	05:16-	03:16-	04:19-	03:06+	02:36+	01:57+	01:38+
00:14+	00:03+	01:27-	00:30#	00:04+	00:08-	00:30-	00:07-	00:29#	00:34&	00:11#	00:26&
<b>3</b>	<b>Tor Geir Espedal</b>	<b>115</b>	<b>37:03</b>								
02:50-	05:57+	09:59-	12:23-	14:40-	19:51-	22:43-	28:24-	31:23-	33:55+	35:43+	37:03+
02:50-	03:07+	04:02-	02:24+	02:17-	05:11-	02:52-	05:41+	02:59+	02:32+	01:48+	01:20+
00:01-	00:32#	01:20-	00:09+	00:07-	00:13-	00:54-	01:15&	00:22#	00:30#	00:02+	00:08#
<b>4</b>	<b>Hans Erik Terjesen</b>	<b>116</b>	<b>37:14</b>								
02:47-	05:09-	09:24-	11:32-	13:53-	22:10+	25:15+	29:04+	31:47+	33:51+	36:00+	37:14+
02:47-	02:22-	04:15-	02:08-	02:21-	08:17+	03:05-	03:49-	02:43+	02:04+	02:09+	01:14+
00:04-	00:13-	01:07-	00:07-	00:03-	02:53&	00:41-	00:37-	00:06+	00:02+	00:23#	00:02+
<b>5</b>	<b>Sveinung Tveit</b>	<b>236</b>	<b>38:32</b>								
03:21+	06:18+	10:33-	13:26+	15:50+	20:23-	23:28-	30:37+	33:06+	35:27+	37:17+	38:32+
03:21+	02:57+	04:15-	02:53+	02:24+	04:33-	03:05-	07:09+	02:29-	02:21+	01:50+	01:15+
00:30#	00:22#	01:07-	00:38&	00:00=	00:51-	00:41-	02:43&	00:08-	00:19#	00:04+	00:03+
<b>6</b>	<b>Agnar Lien</b>	<b>7</b>	<b>38:43</b>								
03:12+	06:05+	10:36-	13:50+	16:21+	21:33+	25:16+	29:31+	32:42+	35:25+	37:18+	38:43+
03:12+	02:53+	04:31-	03:14+	02:31+	05:12-	03:43-	04:15-	03:11+	02:43+	01:53+	01:25+
00:21#	00:18#	00:51-	00:59&	00:07+	00:12-	00:03-	00:11-	00:34#	00:41&	00:07+	00:13#
<b>7</b>	<b>Dag Helliksen</b>	<b>80</b>	<b>39:02</b>								
02:58+	05:24-	09:10-	11:31-	16:01+	21:18+	24:10-	29:15+	33:53+	36:12+	38:01+	39:02+
02:58+	02:26-	03:46-	02:21+	04:30+	05:17-	02:52-	05:05+	04:38+	02:19+	01:49+	01:01-
00:07+	00:09-	01:36-	00:06+	02:06&	00:07-	00:54-	00:39#	02:01&	00:17#	00:03+	00:11-
<b>8</b>	<b>Tor Harald Lunde</b>	<b>47</b>	<b>40:29</b>								
03:41+	06:56+	11:16+	13:55+	18:04+	23:26+	27:12+	31:39+	34:33+	37:18+	39:11+	40:29+
03:41+	03:15+	04:20-	02:39+	04:09+	05:22-	03:46-	04:27+	02:54+	02:45+	01:53+	01:18+
00:50&	00:40&	01:02-	00:24#	01:45&	00:02-	00:00=	00:01+	00:17#	00:43&	00:07+	00:06+
<b>9</b>	<b>Terje Stokkeland</b>	<b>69</b>	<b>40:49</b>								
03:12+	05:48+	09:50-	14:19+	18:38+	23:56+	26:53+	31:16+	34:21+	37:04+	39:32+	40:49+
03:12+	02:36+	04:02-	04:29+	04:19+	05:18-	02:57-	04:23-	03:05+	02:43+	02:28+	01:17+
00:21#	00:01+	01:20-	02:14&	01:55&	00:06-	00:49-	00:03-	00:28#	00:41&	00:42&	00:05+
<b>10</b>	<b>Øyvind Nagel-Alne</b>	<b>74</b>	<b>41:51</b>								
03:28+	06:17+	10:29-	13:11+	16:33+	22:51+	26:37+	31:54+	34:29+	37:07+	40:34+	41:51+
03:28+	02:49+	04:12-	02:42+	03:22+	06:18+	03:46=	05:17+	02:35-	02:38+	03:27+	01:17+
00:37#	00:14+	01:10-	00:27#	00:58&	00:54#	00:00=	00:51#	00:02-	00:36&	01:41&	00:05+
<b>11</b>	<b>Olav Tunheim</b>	<b>93</b>	<b>42:02</b>								
03:12+	06:27+	10:43-	13:22+	16:59+	22:24+	27:46+	32:37+	36:17+	38:48+	40:32+	42:02+
03:12+	03:15+	04:16-	02:39+	03:37+	05:25+	05:22+	04:51+	03:40+	02:31+	01:44-	01:30+
00:21#	00:40&	01:06-	00:24#	01:13&	00:01+	01:36&	00:25+	01:03&	00:29#	00:02-	00:18#
<b>12</b>	<b>Åge Bryne</b>	<b>241</b>	<b>46:57</b>								
03:41+	07:41+	13:15+	16:10+	18:46+	24:22+	33:20+	37:38+	41:11+	43:35+	45:25+	46:57+
03:41+	04:00+	05:34+	02:55+	02:36+	05:36+	08:58+	04:18-	03:33+	02:24+	01:50+	01:32+
00:50&	01:25&	00:12+	00:40&	00:12+	00:12+	05:12@	00:08-	00:56&	00:22#	00:04+	00:20&
<b>13</b>	<b>Rolf Kleppe</b>	<b>63</b>	<b>48:01</b>								
04:29+	08:00+	13:14+	15:58+	18:29+	25:06+	29:29+	35:36+	39:32+	42:52+	46:40+	48:01+
04:29+	03:31+	05:14-	02:44+	02:31+	06:37+	04:23+	06:07+	03:56+	03:20+	03:48+	01:21+
01:38&	00:56&	00:08-	00:29#	00:07+	01:13#	00:37#	01:41&	01:19&	01:18&	02:02@	00:09#
<b>14</b>	<b>Lars Salvesen</b>	<b>50</b>	<b>49:56</b>								
03:48+	11:26+	15:42+	19:48+	22:14+	27:32+	36:30+	41:27+	44:22+	46:52+	48:41+	49:56+
03:48+	07:38+	04:16-	04:06+	02:26+	05:18-	08:58+	04:57+	02:55+	02:30+	01:49+	01:15+
00:57&	05:03@	01:06-	01:51&	00:02+	00:06-	05:12@	00:31#	00:18#	00:28#	00:03+	00:03+
<b>15</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>	<b>50:44</b>								
03:24+	06:16+	12:47+	15:57+	19:56+	27:13+	34:27+	42:24+	44:57+	47:38+	49:30+	50:44+
03:24+	02:52+	06:31+	03:10+	03:59+	07:17+	07:14+	07:57+	02:33-	02:41+	01:52+	01:14+
00:33#	00:17#	01:09#	00:55&	01:35&	01:53&	03:28&	03:31&	00:04-	00:39&	00:06+	00:02+
<b>16</b>	<b>Kjell Lervik</b>	<b>239</b>	<b>50:50</b>								
05:55+	09:07+	14:25+	17:11+	19:45+	26:35+	29:43+	41:23+	44:29+	47:25+	49:29+	50:50+
05:55+	03:12+	05:18-	02:46+	02:34+	06:50+	03:08-	11:40+	03:06+	02:56+	02:04+	01:21+
03:04@	00:37#	00:04-	00:31#	00:10+	01:26&	00:38-	07:14@	00:29#	00:54&	00:18#	00:09#

Class	Navn	Klasse	Tid
<b>17</b>	<b>Ommund Bakkevold</b>	<b>68</b>	<b>52:47</b>
04:47+	08:50+ 14:54+ 18:25+ 21:29+	30:29+ 34:55+ 41:29+ 45:24+ 48:35+ 51:08+	52:47+
04:47+	04:03+ 06:04+ 03:31+ 03:04+	09:00+ 04:26+ 06:34+ 03:55+ 03:11+	02:33+ 01:39+
01:56&	01:28& 00:42# 01:16& 00:40&	03:36& 00:40# 02:08& 01:18& 01:09&	00:47& 00:27&
<b>18</b>	<b>Bjørn Sivertsen</b>	<b>99</b>	<b>55:17</b>
03:25+	06:35+ 13:01+ 25:52+ 29:54+	36:10+ 39:19+ 45:21+ 48:51+	51:48+ 53:42+ 55:17+
03:25+	03:10+ 06:26+ 12:51+ 04:02+	06:16+ 03:09- 06:02+ 03:30+	02:57+ 01:54+ 01:35+
00:34#	00:35# 01:04# 10:36@ 01:38&	00:52# 00:37- 01:36& 00:53&	00:55& 00:08+ 00:23&
<b>Beste strekktid for klassen</b>			
02:47	02:22	03:46	02:08
02:17	04:33	02:52	03:49
02:29	02:02	01:44	01:01

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

## Herrer 65 - 69 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>	<b>28:56</b>
02:42=	05:09= 08:36= 10:42= 12:33=	16:54= 19:26= 22:38= 24:44=	26:35= 27:57= 28:56=
02:42=	02:27= 03:27= 02:06= 01:51=	04:21= 02:32= 03:12= 02:06=	01:51= 01:22= 00:59=
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00=
<b>2</b>	<b>Arne Kristian Espedal</b>	<b>68</b>	<b>30:47</b>
03:06+	05:31+ 08:51+ 11:05+ 13:30+	18:17+ 20:43+ 23:48+	26:18+ 28:21+ 29:41+
03:06+	02:25- 03:20- 02:14+ 02:25+	04:47+ 02:26- 03:05- 02:30+	02:03+ 01:20- 01:06+
00:24#	00:02- 00:07- 00:08+ 00:34&	00:26+ 00:06- 00:07- 00:24#	00:12# 00:02- 00:07#
<b>3</b>	<b>Gunnar Sakseid</b>	<b>116</b>	<b>31:27</b>
03:28+	06:00+ 09:39+ 11:53+ 13:56+	18:09+ 20:43+ 24:24+	26:38+ 28:58+ 30:24+
03:28+	02:32+ 03:39+ 02:14+ 02:03+	04:13- 02:34+ 03:41+	02:14+ 02:20+ 01:26+
00:46&	00:05+ 00:12+ 00:08+ 00:12#	00:08- 00:02+ 00:29#	00:08+ 00:29& 00:04+
<b>4</b>	<b>Tom Hetland</b>	<b>5</b>	<b>37:35</b>
02:46+	05:27+ 09:37+ 12:48+ 14:57+	20:39+ 23:48+ 29:14+	31:57+ 34:08+ 36:26+
02:46+	02:41+ 04:10+ 03:11+ 02:09+	05:42+ 03:09+ 05:26+	02:43+ 02:11+ 02:18+
00:04+	00:14+ 00:43# 01:05& 00:18#	01:21& 00:37# 02:14&	00:37& 00:20# 00:56&
<b>5</b>	<b>Svein Berge</b>	<b>126</b>	<b>37:55</b>
04:30+	07:00+ 11:56+ 14:17+ 16:20+	21:43+ 25:51+ 30:02+	32:39+ 34:50+ 36:50+
04:30+	02:30+ 04:56+ 02:21+ 02:03+	05:23+ 04:08+ 04:11+	02:37+ 02:11+ 02:00+
01:48&	00:03+ 01:29& 00:15# 00:12#	01:02# 01:36& 00:59&	00:31# 00:20# 00:38&
<b>6</b>	<b>Arne M. Handeland</b>	<b>92</b>	<b>38:38</b>
03:27+	06:20+ 12:01+ 14:23+ 17:39+	22:58+ 25:43+ 30:20+	33:05+ 35:27+ 37:21+
03:27+	02:53+ 05:41+ 02:22+ 03:16+	05:19+ 02:45+ 04:37+	02:45+ 02:22+ 01:54+
00:45&	00:26# 02:14& 00:16# 01:25&	00:58# 00:13+ 01:25&	00:39& 00:31& 00:32&
<b>7</b>	<b>Bjarne Gimre</b>	<b>88</b>	<b>39:08</b>
03:32+	06:17+ 11:15+ 14:02+ 16:56+	21:51+ 25:49+ 30:02+	32:45+ 35:19+ 37:56+
03:32+	02:45+ 04:58+ 02:47+ 02:54+	04:55+ 03:58+ 04:13+	02:43+ 02:34+ 02:37+
00:50&	00:18# 01:31& 00:41& 01:03&	00:34# 01:26& 01:01&	00:37& 00:43& 01:15&
<b>8</b>	<b>Terje Helland</b>	<b>88</b>	<b>39:33</b>
02:55+	05:49+ 09:53+ 12:33+ 17:53+	23:18+ 26:44+ 31:03+	34:01+ 36:33+ 38:20+
02:55+	02:54+ 04:04+ 02:40+ 05:20+	05:25+ 03:26+ 04:19+	02:58+ 02:32+ 01:47+
00:13+	00:27# 00:37# 00:34& 03:29@	01:04# 00:54& 01:07&	00:52& 00:41& 00:25&
<b>9</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>	<b>42:07</b>
03:08+	05:33+ 10:20+ 12:50+ 15:19+	21:09+ 24:58+ 29:17+	35:32+ 38:03+ 40:58+
03:08+	02:25- 04:47+ 02:30+ 02:29+	05:50+ 03:49+ 04:19+	06:15+ 02:31+ 02:55+
00:26#	00:02- 01:20& 00:24# 00:38&	01:29& 01:17& 01:07&	04:09@ 00:40& 01:33@
<b>10</b>	<b>Ragnvald Frøyland</b>	<b>128</b>	<b>42:18</b>
03:45+	06:27+ 10:18+ 17:38+ 19:54+	24:30+ 27:26+ 34:41+	37:04+ 39:16+ 41:05+
03:45+	02:42+ 03:51+ 07:20+ 02:16+	04:36+ 02:56+ 07:15+	02:23+ 02:12+ 01:49+
01:03&	00:15# 00:24# 05:14@ 00:25#	00:15+ 00:24# 04:03@	00:17# 00:21# 00:27&
<b>11</b>	<b>Odd Arild Werness</b>	<b>88</b>	<b>42:26</b>
03:56+	07:03+ 12:00+ 14:51+ 17:39+	23:12+ 26:33+ 31:50+	36:08+ 38:59+ 41:00+
03:56+	03:07+ 04:57+ 02:51+ 02:48+	05:33+ 03:21+ 05:17+	04:18+ 02:51+ 02:01+
01:14&	00:40& 01:30& 00:45& 00:57&	01:12& 00:49& 02:05&	02:12@ 01:00& 00:39&

Class	Navn	Klasse										Tid
<b>12</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>42:42</b>
03:35+	06:28+	11:02+	13:44+	16:13+	22:16+	25:51+	30:34+	36:30+	39:12+	41:21+	42:42+	
03:35+	02:53+	04:34+	02:42+	02:29+	06:03+	03:35+	04:43+	05:56+	02:42+	02:09+	01:21+	
00:53&	00:26#	01:07&	00:36&	00:38&	01:42&	01:03&	01:31&	03:50@	00:51&	00:47&	00:22&	
<b>13</b>	<b>Per Marthon Møland</b>	<b>5</b>										<b>43:04</b>
03:33+	06:48+	12:55+	15:56+	19:28+	24:43+	28:00+	33:07+	36:33+	39:44+	41:31+	43:04+	
03:33+	03:15+	06:07+	03:01+	03:32+	05:15+	03:17+	05:07+	03:26+	03:11+	01:47+	01:33+	
00:51&	00:48&	02:40&	00:55&	01:41&	00:54#	00:45&	01:55&	01:20&	01:20&	00:25&	00:34&	
<b>14</b>	<b>Bjørn Bjelland</b>	<b>83</b>										<b>44:40</b>
03:31+	06:18+	10:58+	15:30+	17:47+	24:05+	31:11+	36:04+	38:49+	40:54+	43:24+	44:40+	
03:31+	02:47+	04:40+	04:32+	02:17+	06:18+	07:06+	04:53+	02:45+	02:05+	02:30+	01:16+	
00:49&	00:20#	01:13&	02:26@	00:26#	01:57&	04:34@	01:41&	00:39&	00:14#	01:08&	00:17&	
<b>15</b>	<b>Tore R. Tvedt</b>	<b>90</b>										<b>45:32</b>
05:42+	08:48+	14:28+	18:09+	21:09+	27:13+	30:51+	35:42+	38:30+	41:19+	43:30+	45:32+	
05:42+	03:06+	05:40+	03:41+	03:00+	06:04+	03:38+	04:51+	02:48+	02:49+	02:11+	02:02+	
03:00@	00:39&	02:13&	01:35&	01:09&	01:43&	01:06&	01:39&	00:42&	00:58&	00:49&	01:03@	
<b>16</b>	<b>Terje Langeland</b>	<b>98</b>										<b>49:14</b>
05:35+	08:37+	13:19+	16:41+	19:18+	28:23+	32:37+	38:56+	42:03+	44:36+	46:57+	49:14+	
05:35+	03:02+	04:42+	03:22+	02:37+	09:05+	04:14+	06:19+	03:07+	02:33+	02:21+	02:17+	
02:53@	00:35#	01:15&	01:16&	00:46&	04:44@	01:42&	03:07&	01:01&	00:42&	00:59&	01:18@	
<b>17</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>50:41</b>
04:41+	07:24+	12:29+	15:07+	21:31+	26:55+	33:47+	40:18+	44:47+	47:05+	49:22+	50:41+	
04:41+	02:43+	05:05+	02:38+	06:24+	05:24+	06:52+	06:31+	04:29+	02:18+	02:17+	01:19+	
01:59&	00:16#	01:38&	00:32&	04:33@	01:03#	04:20@	03:19@	02:23@	00:27#	00:55&	00:20&	
<b>18</b>	<b>Svein Ims</b>	<b>65</b>										<b>53:29</b>
03:26+	07:08+	12:05+	14:59+	18:20+	26:13+	36:38+	42:19+	46:19+	49:36+	51:45+	53:29+	
03:26+	03:42+	04:57+	02:54+	03:21+	07:53+	10:25+	05:41+	04:00+	03:17+	02:09+	01:44+	
00:44&	01:15&	01:30&	00:48&	01:30&	03:32&	07:53@	02:29&	01:54&	01:26&	00:47&	00:45&	

### Beste strekktid for klassen

02:42 02:25 03:20 02:06 01:51 04:13 02:26 03:05 02:06 01:51 01:20 00:59

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

## Herrer 70 - 74 år

<b>1</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>31:54</b>
02:41=	05:07=	08:56=	11:17=	13:48=	18:44=	21:24=	25:07=	27:17=	29:18=	30:49=	31:54=	
02:41=	02:26=	03:49=	02:21=	02:31=	04:56=	02:40=	03:43=	02:10=	02:01=	01:31=	01:05=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Harry Breiland</b>	<b>66</b>										<b>33:29</b>
02:50+	05:21+	09:07+	11:11-	13:57+	18:55+	22:28+	26:35+	28:38+	30:40+	32:18+	33:29+	
02:50+	02:31+	03:46-	02:04-	02:46+	04:58+	03:33+	04:07+	02:03-	02:02+	01:38+	01:11+	
00:09+	00:05+	00:03-	00:17-	00:15+	00:02+	00:53&	00:24#	00:07-	00:01+	00:07+	00:06+	
<b>3</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>37:21</b>
03:48+	06:38+	11:33+	14:09+	16:25+	21:12+	24:54+	29:10+	31:55+	34:27+	36:09+	37:21+	
03:48+	02:50+	04:55+	02:36+	02:16-	04:47-	03:42+	04:16+	02:45+	02:32+	01:42+	01:12+	
01:07&	00:24#	01:06&	00:15#	00:15-	00:09-	01:02&	00:33#	00:35&	00:31&	00:11#	00:07#	
<b>4</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>38:26</b>
03:23+	06:11+	11:34+	13:59+	16:37+	21:35+	24:42+	29:27+	32:15+	35:02+	37:03+	38:26+	
03:23+	02:48+	05:23+	02:25+	02:38+	04:58+	03:07+	04:45+	02:48+	02:47+	02:01+	01:23+	
00:42&	00:22#	01:34&	00:04+	00:07+	00:02+	00:27#	01:02&	00:38&	00:46&	00:30&	00:18&	
<b>5</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>39:09</b>
03:14+	06:27+	10:52+	13:46+	17:06+	22:39+	26:32+	31:11+	33:41+	36:14+	37:55+	39:09+	
03:14+	03:13+	04:25+	02:54+	03:20+	05:33+	03:53+	04:39+	02:30+	02:33+	01:41+	01:14+	
00:33#	00:47&	00:36#	00:33#	00:49&	00:37#	01:13&	00:56&	00:20#	00:32&	00:10#	00:09#	
<b>6</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>40:18</b>
03:03+	06:02+	10:45+	15:38+	18:33+	23:43+	27:54+	32:03+	34:52+	37:19+	39:10+	40:18+	
03:03+	02:59+	04:43+	04:53+	02:55+	05:10+	04:11+	04:09+	02:49+	02:27+	01:51+	01:08+	
00:22#	00:33#	00:54#	02:32@	00:24#	00:14+	01:31&	00:26#	00:39&	00:26#	00:20#	00:03+	

Class	Navn	Klasse										Tid
<b>7</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>40:45</b>
03:25+	06:10+	10:41+	13:28+	16:31+	23:19+	26:33+	31:36+	37:21+	39:18+	40:45+		
03:25+	02:45+	04:31+	02:47+	03:03+	06:48+	03:14+	05:03+	03:07+	02:38+	01:57+	01:27+	
00:44&	00:19#	00:42#	00:26#	00:32#	01:52&	00:34#	01:20&	00:57&	00:37&	00:26&	00:22&	
<b>8</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>40:50</b>
03:22+	06:13+	10:14+	14:10+	18:42+	24:01+	26:51+	31:19+	34:20+	37:03+	39:38+	40:50+	
03:22+	02:51+	04:01+	03:56+	04:32+	05:19+	02:50+	04:28+	03:01+	02:43+	02:35+	01:12+	
00:41&	00:25#	00:12+	01:35&	02:01&	00:23+	00:10+	00:45#	00:51&	00:42&	01:04&	00:07#	
<b>9</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>41:10</b>
03:25+	06:18+	11:05+	13:34+	18:51+	23:44+	28:28+	33:14+	35:40+	38:08+	39:51+	41:10+	
03:25+	02:53+	04:47+	02:29+	05:17+	04:53-	04:44+	04:46+	02:26+	02:28+	01:43+	01:19+	
00:44&	00:27#	00:58&	00:08+	02:46@	00:03-	02:04&	01:03&	00:16#	00:27#	00:12#	00:14#	
<b>10</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>										<b>41:37</b>
03:12+	07:08+	11:35+	14:03+	16:21+	21:28+	26:33+	31:20+	34:22+	37:52+	39:47+	41:37+	
03:12+	03:56+	04:27+	02:28+	02:18-	05:07+	05:05+	04:47+	03:02+	03:30+	01:55+	01:50+	
00:31#	01:30&	00:38#	00:07+	00:13-	00:11+	02:25&	01:04&	00:52&	01:29&	00:24&	00:45&	
<b>11</b>	<b>Hans Klausen</b>	<b>62</b>										<b>45:06</b>
05:25+	09:21+	13:43+	16:46+	19:42+	27:13+	30:54+	36:15+	39:11+	41:47+	43:42+	45:06+	
05:25+	03:56+	04:22+	03:03+	02:56+	07:31+	03:41+	05:21+	02:56+	02:36+	01:55+	01:24+	
02:44@	01:30&	00:33#	00:42&	00:25#	02:35&	01:01&	01:38&	00:46&	00:35&	00:24&	00:19&	
<b>12</b>	<b>Ole Auklend</b>	<b>106</b>										<b>45:53</b>
03:49+	07:13+	12:27+	15:38+	18:48+	25:04+	28:39+	34:22+	38:12+	41:32+	43:57+	45:53+	
03:49+	03:24+	05:14+	03:11+	03:10+	06:16+	03:35+	05:43+	03:50+	03:20+	02:25+	01:56+	
01:08&	00:58&	01:25&	00:50&	00:39&	01:20&	00:55&	02:00&	01:40&	01:19&	00:54&	00:51&	
<b>13</b>	<b>Arne Østensen</b>	<b>90</b>										<b>46:22</b>
02:59+	05:27+	14:09+	16:29+	20:02+	24:27+	28:39+	32:27+	36:39+	42:45+	45:00+	46:22+	
02:59+	02:28+	08:42+	02:20-	03:33+	04:25-	04:12+	03:48+	04:12+	06:06+	02:15+	01:22+	
00:18#	00:02+	04:53@	00:01-	01:02&	00:31-	01:32&	00:05+	02:02&	04:05@	00:44&	00:17&	
<b>14</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>48:13</b>
03:51+	07:23+	12:27+	15:55+	18:24+	25:22+	29:24+	35:33+	38:59+	41:57+	46:44+	48:13+	
03:51+	03:32+	05:04+	03:28+	02:29-	06:58+	04:02+	06:09+	03:26+	02:58+	04:47+	01:29+	
01:10&	01:06&	01:15&	01:07&	00:02-	02:02&	01:22&	02:26&	01:16&	00:57&	03:16@	00:24&	
<b>15</b>	<b>Arvid Thorsen</b>	<b>5</b>										<b>48:21</b>
04:33+	12:28+	16:21+	18:52+	21:42+	26:45+	34:53+	39:53+	42:30+	45:06+	46:56+	48:21+	
04:33+	07:55+	03:53+	02:31+	02:50+	05:03+	08:08+	05:00+	02:37+	02:36+	01:50+	01:25+	
01:52&	05:29@	00:04+	00:10+	00:19#	00:07+	05:28@	01:17&	00:27#	00:35&	00:19#	00:20&	
<b>16</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>52:19</b>
03:07+	06:06+	10:47+	14:10+	17:48+	28:41+	36:10+	41:44+	45:01+	47:49+	49:54+	52:19+	
03:07+	02:59+	04:41+	03:23+	03:38+	10:53+	07:29+	05:34+	03:17+	02:48+	02:05+	02:25+	
00:26#	00:33#	00:52#	01:02&	01:07&	05:57@	04:49@	01:51&	01:07&	00:47&	00:34&	01:20@	
<b>17</b>	<b>Reidar Liland</b>	<b>66</b>										<b>54:18</b>
04:55+	08:30+	13:36+	17:46+	20:41+	30:02+	33:55+	39:58+	44:28+	48:16+	52:14+	54:18+	
04:55+	03:35+	05:06+	04:10+	02:55+	09:21+	03:53+	06:03+	04:30+	03:48+	03:58+	02:04+	
02:14&	01:09&	01:17&	01:49&	00:24#	04:25&	01:13&	02:20&	02:20@	01:47&	02:27@	00:59&	
<b>18</b>	<b>Hilmar Røthing</b>	<b>128</b>										<b>1:00:47</b>
02:54+	05:40+	10:49+	13:17+	18:38+	44:37+	47:47+	52:52+	55:44+	58:01+	59:43+	60:47+	
02:54+	02:46+	05:09+	02:28+	05:21+	25:59+	03:10+	05:05+	02:52+	02:17+	01:42+	01:04-	
00:13+	00:20#	01:20&	00:07+	02:50@	21:03@	00:30#	01:22&	00:42&	00:16#	00:11#	00:01-	
<b>19</b>	<b>Mangor Eikeland</b>	<b>92</b>										<b>1:03:26</b>
08:52+	13:21+	19:04+	23:28+	28:47+	36:56+	41:30+	49:22+	53:55+	57:59+	60:36+	63:26+	
08:52+	04:29+	05:43+	04:24+	05:19+	08:09+	04:34+	07:52+	04:33+	04:04+	02:37+	02:50+	
06:11@	02:03&	01:54&	02:03&	02:48@	03:13&	01:54&	04:09@	02:23@	02:03@	01:06&	01:45@	
<b>20</b>	<b>Svein Eliassen</b>	<b>116</b>										<b>1:07:58</b>
04:36+	12:35+	17:36+	22:16+	28:36+	37:46+	44:35+	54:17+	58:54+	62:57+	66:07+	67:58+	
04:36+	07:59+	05:01+	04:40+	06:20+	09:10+	06:49+	09:42+	04:37+	04:03+	03:10+	01:51+	
01:55&	05:33@	01:12&	02:19&	03:49@	04:14&	04:09@	05:59@	02:27@	02:02@	01:39@	00:46&	
<b>21</b>	<b>Jan H. Sagen</b>	<b>92</b>										<b>1:09:33</b>
04:41+	08:15+	14:19+	19:21+	22:29+	36:27+	41:46+	49:34+	54:21+	62:25+	67:19+	69:33+	
04:41+	03:34+	06:04+	05:02+	03:08+	13:58+	05:19+	07:48+	04:47+	08:04+	04:54+	02:14+	
02:00&	01:08&	02:15&	02:41@	00:37#	09:02@	02:39&	04:05@	02:37@	06:03@	03:23@	01:09@	



Class	Navn	Klasse										Tid
<b>22</b>	<b>Lars Ernst Ravndal</b>	<b>125</b>										<b>1:12:55</b>
04:16+	07:42+	15:06+	26:13+	29:24+	37:30+	52:04+	59:21+	64:12+	67:54+	70:41+	72:55+	
04:16+	03:26+	07:24+	11:07+	03:11+	08:06+	14:34+	07:17+	04:51+	03:42+	02:47+	02:14+	
01:35&	01:00&	03:35&	08:46@	00:40&	03:10&	11:54@	03:34&	02:41@	01:41&	01:16&	01:09@	
<b>23</b>	<b>John Abrahamsen</b>	<b>125</b>										<b>2:06:05</b>
05:43+	09:49+	25:36+	47:53+	53:29+	65:51+	95:47+	103:52+	115:19+	120:00+	124:00+	126:05+	
05:43+	04:06+	15:47+	22:17+	05:36+	12:22+	29:56+	08:05+	11:27+	04:41+	04:00+	02:05+	
03:02@	01:40&	11:58@	19:56@	03:05@	07:26@	27:16@	04:22@	09:17@	02:40@	02:29@	01:00&	
<b>Beste strekktid for klassen</b>												
02:41	02:26	03:46	02:04	02:16	04:25	02:40	03:43	02:03	02:01	01:31	01:04	

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

## Herrer 75 - 79 år

<b>1</b>	<b>Terje Braut</b>	<b>92</b>										<b>46:07</b>
03:58=	07:42=	17:29=	20:52=	29:41=	32:25=	38:16=	42:07=	43:44=	45:38=	46:07=		
03:58=	03:44=	09:47=	03:23=	08:49=	02:44=	05:51=	03:51=	01:37=	01:54=	00:29=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Jan Bekkeheien</b>	<b>92</b>										<b>50:33</b>
06:29+	09:32+	19:04+	23:19+	35:15+	37:15+	43:02+	47:14+	48:32+	50:03+	50:33+		
06:29+	03:03-	09:32-	04:15+	11:56+	02:00-	05:47-	04:12+	01:18-	01:31-	00:30+		
02:31&	00:41-	00:15-	00:52&	03:07&	00:44-	00:04-	00:21+	00:19-	00:23-	00:01+		
<b>3</b>	<b>Harald Vatne</b>	<b>67</b>										<b>53:51</b>
03:47-	06:59-	27:09+	30:12+	39:04+	41:03+	45:36+	50:14+	51:53+	53:18+	53:51+		
03:47-	03:12-	20:10+	03:03-	08:52+	01:59-	04:33-	04:38+	01:39+	01:25-	00:33+		
00:11-	00:32-	10:23@	00:20-	00:03+	00:45-	01:18-	00:47#	00:02+	00:29-	00:04#		
<b>4</b>	<b>Alf Gyland</b>	<b>92</b>										<b>56:36</b>
03:41-	09:21+	23:41+	28:03+	38:05+	40:48+	48:11+	53:11+	54:15+	56:02+	56:36+		
03:41-	05:40+	14:20+	04:22+	10:02+	02:43-	07:23+	05:00+	01:04-	01:47-	00:34+		
00:17-	01:56&	04:33&	00:59&	01:13#	00:01-	01:32&	01:09&	00:33-	00:07-	00:05#		
<b>5</b>	<b>Gunnar Furland</b>	<b>93</b>										<b>58:37</b>
04:46+	09:35+	22:16+	27:24+	37:54+	44:47+	50:19+	54:16+	56:18+	58:00+	58:37+		
04:46+	04:49+	12:41+	05:08+	10:30+	06:53+	05:32-	03:57+	02:02+	01:42-	00:37+		
00:48#	01:05&	02:54&	01:45&	01:41#	04:09@	00:19-	00:06+	00:25&	00:12-	00:08&		
<b>6</b>	<b>Rolv Nærland</b>	<b>63</b>										<b>59:11</b>
04:52+	09:40+	22:30+	27:27+	40:09+	44:18+	51:07+	55:12+	56:55+	58:38+	59:11+		
04:52+	04:48+	12:50+	04:57+	12:42+	04:09+	06:49+	04:05+	01:43+	01:43-	00:33+		
00:54#	01:04&	03:03&	01:34&	03:53&	01:25&	00:58#	00:14+	00:06+	00:11-	00:04#		
<b>7</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>59:19</b>
05:02+	09:39+	22:47+	27:47+	40:40+	44:18+	51:27+	55:22+	57:02+	58:44+	59:19+		
05:02+	04:37+	13:08+	05:00+	12:53+	03:38+	07:09+	03:55+	01:40+	01:42-	00:35+		
01:04&	00:53#	03:21&	01:37&	04:04&	00:54&	01:18#	00:04+	00:03+	00:12-	00:06#		
<b>8</b>	<b>Arne Brandsberg</b>	<b>29</b>										<b>59:48</b>
05:17+	09:40+	23:04+	27:27+	40:14+	42:48+	51:07+	54:38+	56:45+	59:01+	59:48+		
05:17+	04:23+	13:24+	04:23+	12:47+	02:34-	08:19+	03:31-	02:07+	02:16+	00:47+		
01:19&	00:39#	03:37&	01:00&	03:58&	00:10-	02:28&	00:20-	00:30&	00:22#	00:18&		
<b>9</b>	<b>Arne Tveita</b>	<b>109</b>										<b>1:05:40</b>
03:55-	30:00+	40:04+	43:02+	51:59+	53:45+	58:29+	62:41+	63:53+	65:15+	65:40+		
03:55-	26:05+	10:04+	02:58-	08:57+	01:46-	04:44-	04:12+	01:12-	01:22-	00:25-		
00:03-	22:21@	00:17+	00:25-	00:08+	00:58-	01:07-	00:21+	00:25-	00:32-	00:04-		
<b>10</b>	<b>Odd Aarreberg</b>	<b>5</b>										<b>1:46:15</b>
04:05+	08:07+	51:05+	55:19+	66:47+	69:23+	84:45+	102:10+	103:23+	105:39+	106:15+		
04:05+	04:02+	42:58+	04:14+	11:28+	02:36-	15:22+	17:25+	01:13-	02:16+	00:36+		
00:07+	00:18+	33:11@	00:51&	02:39&	00:08-	09:31@	13:34@	00:24-	00:22#	00:07#		

**Beste strekktid for klassen**  
03:41 03:03 09:32 02:58 08:49 01:46 04:33 03:31 01:04 01:22 00:25

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

Class	Navn	Klasse	Tid
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## Herrer 80 år og eldre

<b>1</b>	<b>Sigurd Krosli</b>	<b>31</b>	<b>48:16</b>									
03:44=	06:24=	12:55=	18:43=	23:15=	28:54=	30:39=	41:02=	43:28=	46:00=	47:37=	48:16=	
03:44=	02:40=	06:31=	05:48=	04:32=	05:39=	01:45=	10:23=	02:26=	02:32=	01:37=	00:39=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Arnulf Fuglestad</b>	<b>29</b>	<b>48:49</b>									
03:23-	05:46-	11:35-	17:18-	20:15-	32:13+	34:19+	41:03+	43:00-	46:01+	48:13+	48:49+	
03:23-	02:23-	05:49-	05:43-	02:57-	11:58+	02:06+	06:44-	01:57-	03:01+	02:12+	00:36-	
00:21-	00:17-	00:42-	00:05-	01:35-	06:19@	00:21#	03:39-	00:29-	00:29#	00:35&	00:03-	
<b>3</b>	<b>Harald I. Serigstad</b>	<b>128</b>	<b>50:13</b>									
04:24+	07:30+	14:28+	18:30-	24:02+	30:11+	31:53+	43:32+	45:37+	47:34+	48:49+	49:48+	50:13+
04:24+	03:06+	06:58+	04:02-	05:32+	06:09+	01:42-	11:39+	02:05-	01:57-	01:15-	00:59+	00:25+
00:40#	00:26#	00:27+	01:46-	01:00#	00:30+	00:03-	01:16#	00:21-	00:35-	00:22-	00:20&	00:25+
<b>4</b>	<b>Magne Jakobsen</b>	<b>63</b>	<b>55:24</b>									
03:44=	06:28+	11:20-	14:31-	20:01-	25:16-	33:52+	36:00-	47:13+	50:17+	52:53+	54:44+	55:24+
03:44=	02:44+	04:52-	03:11-	05:30+	05:15-	08:36+	02:08-	11:13+	03:04+	02:36+	01:51+	00:40+
00:00=	00:04+	01:39-	02:37-	00:58#	00:24-	06:51@	08:15-	08:47@	00:32#	00:59&	01:12@	00:40+
<b>5</b>	<b>Magne Westerheim</b>	<b>93</b>	<b>1:00:17</b>									
04:03+	16:46+	21:52+	27:35+	31:07+	38:46+	40:56+	52:10+	55:20+	57:51+	59:39+	60:17+	
04:03+	12:43+	05:06-	05:43-	03:32-	07:39+	02:10+	11:14+	03:10+	02:31-	01:48+	00:38-	
00:19+	10:03@	01:25-	00:05-	01:00-	02:00&	00:25#	00:51+	00:44&	00:01-	00:11#	00:01-	
<b>6</b>	<b>Peter Frafjord</b>	<b>116</b>	<b>1:03:37</b>									
04:24+	08:52+	18:28+	25:22+	30:06+	36:23+	39:07+	49:17+	56:30+	61:19+	62:59+	63:37+	
04:24+	04:28+	09:36+	06:54+	04:44+	06:17+	02:44+	10:10-	07:13+	04:49+	01:40+	00:38-	
00:40#	01:48&	03:05&	01:06#	00:12+	00:38#	00:59&	00:13-	04:47@	02:17&	00:03+	00:01-	
<b>Beste strekktid for klassen</b>												
03:23	02:23	04:52	03:11	02:57	05:15	01:42	02:08	01:57	01:57	01:15	00:36	

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

## Herrer A

<b>1</b>	<b>Clemens Øxnevad</b>	<b>114</b>	<b>37:49</b>											
01:55=	03:10=	09:36=	10:48=	16:56=	20:12=	21:34=	23:48=	25:31=	30:45=	31:32=	34:12=	36:15=	37:32=	37:49=
01:55=	01:15=	06:26=	01:12=	06:08=	03:16=	01:22=	02:14=	01:43=	05:14=	00:47=	02:40=	02:03=	01:17=	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=
<b>2</b>	<b>Fredrik Omdal</b>	<b>74</b>	<b>38:58</b>											
02:15+	03:45+	10:28+	11:46+	18:10+	21:09+	22:31+	24:32+	26:56+	31:34+	32:16+	35:48+	37:27+	38:44+	38:58+
02:15+	01:30+	06:43+	01:18+	06:24+	02:59-	01:22=	02:01-	02:24+	04:38-	00:42-	03:32+	01:39-	01:17=	00:14-
00:20#	00:15#	00:17+	00:06+	00:16+	00:17-	00:00=	00:13-	00:41&	00:36-	00:05-	00:52&	00:24-	00:00=	00:03-
<b>3</b>	<b>Morten Bjerga Sundli</b>	<b>51</b>	<b>40:31</b>											
02:14+	03:40+	11:33+	12:54+	19:48+	23:14+	24:36+	26:56+	28:33+	34:04+	34:46+	37:21+	39:01+	40:16+	40:31+
02:14+	01:26+	07:53+	01:21+	06:54+	03:26+	01:22=	02:20+	01:37-	05:31+	00:42-	02:35-	01:40-	01:15-	00:15-
00:19#	00:11#	01:27#	00:09#	00:46#	00:10+	00:00=	00:06+	00:06-	00:17+	00:05-	00:05-	00:23-	00:02-	00:02-
<b>4</b>	<b>Markus Breivold</b>	<b>92</b>	<b>44:16</b>											
02:11+	03:38+	12:23+	13:53+	21:22+	24:51+	26:23+	28:55+	31:29+	36:51+	37:40+	40:15+	42:05+	44:00+	44:16+
02:11+	01:27+	08:45+	01:30+	07:29+	03:29+	01:32+	02:32+	02:34+	05:22+	00:49+	02:35-	01:50-	01:55+	00:16-
00:16#	00:12#	02:19&	00:18#	01:21#	00:13+	00:10#	00:18#	00:51&	00:08+	00:02+	00:05-	00:13-	00:38&	00:01-
<b>5</b>	<b>Martin Blystad</b>	<b>115</b>	<b>44:44</b>											
02:22+	03:48+	12:36+	14:20+	22:03+	25:48+	27:36+	30:11+	31:53+	37:48+	38:39+	41:29+	43:15+	44:25+	44:44+
02:22+	01:26+	08:48+	01:44+	07:43+	03:45+	01:48+	02:35+	01:42-	05:55+	00:51+	02:50+	01:46-	01:10-	00:19+
00:27#	00:11#	02:22&	00:32&	01:35&	00:29#	00:26&	00:21#	00:01-	00:41#	00:04+	00:10+	00:17-	00:07-	00:02#
<b>6</b>	<b>Kristian Haarr</b>	<b>27</b>	<b>44:55</b>											
02:32+	04:14+	12:34+	13:55+	21:34+	25:14+	27:05+	29:34+	31:23+	37:45+	38:36+	41:32+	43:19+	44:36+	44:55+
02:32+	01:42+	08:20+	01:21+	07:39+	03:40+	01:51+	02:29+	01:49+	06:22+	00:51+	02:56+	01:47-	01:17=	00:19+
00:37&	00:27&	01:54&	00:09#	01:31#	00:24#	00:29&	00:15#	00:06+	01:08#	00:04+	00:16#	00:16-	00:00=	00:02#

Class	Navn	Klasse												Tid
<b>7</b>	<b>Runar Eike Toft</b>	<b>116</b>												<b>46:39</b>
02:03+	03:36+	11:23+	13:02+	20:37+	24:15+	26:32+	29:04+	31:55+	37:40+	38:43+	41:50+	44:58+	46:20+	46:39+
02:03+	01:33+	07:47+	01:39+	07:35+	03:38+	02:17+	02:32+	02:51+	05:45+	01:03+	03:07+	03:08+	01:22+	00:19+
00:08+	00:18#	01:21#	00:27&	01:27#	00:22#	00:55&	00:18#	01:08&	00:31+	00:16&	00:27#	01:05&	00:05+	00:02#
<b>8</b>	<b>Aart Joakim in't Veld</b>	<b>93</b>												<b>47:25</b>
02:21+	03:55+	11:27+	13:57+	25:20+	29:06+	30:49+	33:51+	35:32+	40:54+	41:46+	44:10+	45:48+	47:07+	47:25+
02:21+	01:34+	07:32+	02:30+	11:23+	03:46+	01:43+	03:02+	01:41-	05:22+	00:52+	02:24-	01:38-	01:19+	00:18+
00:26#	00:19&	01:06#	01:18@	05:15&	00:30#	00:21&	00:48&	00:02-	00:08+	00:05#	00:16-	00:25-	00:02+	00:01+
<b>9</b>	<b>Morten S. Ronæss</b>	<b>27</b>												<b>49:58</b>
02:33+	04:21+	14:45+	16:40+	25:18+	29:49+	31:24+	33:56+	35:56+	41:43+	42:46+	46:01+	47:49+	49:39+	49:58+
02:33+	01:48+	10:24+	01:55+	08:38+	04:31+	01:35+	02:32+	02:00+	05:47+	01:03+	03:15+	01:48-	01:50+	00:19+
00:38&	00:33&	03:58&	00:43&	02:30&	01:15&	00:13#	00:18#	00:17#	00:33#	00:16&	00:35#	00:15-	00:33&	00:02#
<b>10</b>	<b>Jørgen Strømstad</b>	<b>50</b>												<b>52:03</b>
02:20+	04:09+	13:10+	15:05+	23:45+	28:29+	31:26+	34:33+	36:48+	43:27+	44:19+	48:08+	49:53+	51:41+	52:03+
02:20+	01:49+	09:01+	01:55+	08:40+	04:44+	02:57+	03:07+	02:15+	06:39+	00:52+	03:49+	01:45-	01:48+	00:22+
00:25#	00:34&	02:35&	00:43&	02:32&	01:28&	01:35@	00:53&	00:32&	01:25&	00:05#	01:09&	00:18-	00:31&	00:05&
<b>11</b>	<b>Stian Haugvaldstad</b>	<b>116</b>												<b>53:10</b>
02:33+	04:26+	13:25+	15:03+	24:19+	29:19+	31:20+	34:21+	37:09+	43:59+	45:00+	48:52+	51:04+	52:48+	53:10+
02:33+	01:53+	08:59+	01:38+	09:16+	05:00+	02:01+	03:01+	02:48+	06:50+	01:01+	03:52+	02:12+	01:44+	00:22+
00:38&	00:38&	02:33&	00:26&	03:08&	01:44&	00:39&	00:47&	01:05&	01:36&	00:14&	01:12&	00:09+	00:27&	00:05&
<b>Beste strekktid for klassen</b>														
01:55	01:15	06:26	01:12	06:08	02:59	01:22	02:01	01:37	04:38	00:42	02:24	01:38	01:10	00:14

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

## Herrer B

<b>1</b>	<b>Stein Arne Olsen</b>	<b>68</b>												<b>42:30</b>
02:25=	04:02=	12:01=	13:34=	20:49=	24:31=	26:11=	28:38=	30:16=	35:40=	36:30=	39:28=	40:56=	42:10=	42:30=
02:25=	01:37=	07:59=	01:33=	07:15=	03:42=	01:40=	02:27=	01:38=	05:24=	00:50=	02:58=	01:28=	01:14=	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=
<b>2</b>	<b>Tom Furland</b>	<b>62</b>												<b>44:20</b>
02:30+	04:15+	12:41+	14:09+	22:08+	26:08+	27:38+	30:06+	32:02+	37:29+	38:15+	41:08+	42:37+	44:01+	44:20+
02:30+	01:45+	08:26+	01:28-	07:59+	04:00+	01:30-	02:28+	01:56+	05:27+	00:46-	02:53-	01:29+	01:24+	00:19-
00:05+	00:08+	00:27+	00:05-	00:44#	00:18+	00:10-	00:01+	00:18#	00:03+	00:04-	00:05-	00:01+	00:10#	00:01-
<b>3</b>	<b>Magnus Landstad</b>	<b>66</b>												<b>44:27</b>
02:12-	03:53-	12:51+	14:14+	22:45+	26:21+	27:57+	30:18+	32:00+	37:29+	38:12+	40:37+	42:29+	44:08+	44:27+
02:12-	01:41+	08:58+	01:23-	08:31+	03:36-	01:36-	02:21-	01:42+	05:29+	00:43-	02:25-	01:52+	01:39+	00:19-
00:13-	00:04+	00:59#	00:10-	01:16#	00:06-	00:04-	00:06-	00:04+	00:05+	00:07-	00:33-	00:24&	00:25&	00:01-
<b>4</b>	<b>Geir Sand</b>	<b>105</b>												<b>45:03</b>
03:20+	04:53+	12:45+	14:13+	21:33+	25:23+	26:53+	29:14+	31:17+	37:18+	38:02+	41:07+	43:30+	44:43+	45:03+
03:20+	01:33-	07:52-	01:28-	07:20+	03:50+	01:30-	02:21-	02:03+	06:01+	00:44-	03:05+	02:23+	01:13-	00:20=
00:55&	00:04-	00:07-	00:05-	00:05+	00:08+	00:10-	00:06-	00:25&	00:37#	00:06-	00:07+	00:55&	00:01-	00:00=
<b>5</b>	<b>Oddgeir Eikeskog</b>	<b>93</b>												<b>45:55</b>
02:25=	04:01-	12:01=	13:27-	21:43+	25:49+	27:23+	29:56+	31:43+	37:45+	38:43+	42:00+	43:52+	45:33+	45:55+
02:25=	01:36-	08:00+	01:26-	08:16+	04:06+	01:34-	02:33+	01:47+	06:02+	00:58+	03:17+	01:52+	01:41+	00:22+
00:00=	00:01-	00:01+	00:07-	01:01#	00:24#	00:06-	00:06+	00:09+	00:38#	00:08#	00:19#	00:24&	00:27&	00:02#
<b>6</b>	<b>Morten Aamodt</b>	<b>116</b>												<b>46:15</b>
02:32+	04:20+	12:35+	14:07+	22:13+	25:52+	27:34+	30:22+	32:38+	38:19+	39:13+	42:26+	44:14+	45:48+	46:15+
02:32+	01:48+	08:15+	01:32-	08:06+	03:39-	01:42+	02:48+	02:16+	05:41+	00:54+	03:13+	01:48+	01:34+	00:27+
00:07+	00:11#	00:16+	00:01-	00:51#	00:03-	00:02+	00:21#	00:38&	00:17+	00:04+	00:15+	00:20#	00:20&	00:07&
<b>7</b>	<b>Bjørnar André Haug</b>	<b>80</b>												<b>46:36</b>
02:19-	03:58-	13:40+	15:14+	23:25+	27:41+	29:13+	31:40+	34:11+	39:47+	40:35+	43:25+	44:56+	46:16+	46:36+
02:19-	01:39+	09:42+	01:34+	08:11+	04:16+	01:32-	02:27=	02:31+	05:36+	00:48-	02:50-	01:31+	01:20+	00:20=
00:06-	00:02+	01:43#	00:01+	00:56#	00:34#	00:08-	00:00=	00:53&	00:12+	00:02-	00:08-	00:03+	00:06+	00:00=
<b>8</b>	<b>Njål F. Vadla</b>	<b>93</b>												<b>46:36</b>
02:20-	03:49-	12:25+	13:50+	21:49+	26:01+	27:33+	30:50+	33:12+	39:30+	40:16+	42:59+	44:46+	46:17+	46:36+
02:20-	01:29-	08:36+	01:25-	07:59+	04:12+	01:32-	03:17+	02:22+	06:18+	00:46-	02:43-	01:47+	01:31+	00:19-
00:05-	00:08-	00:37+	00:08-	00:44#	00:30#	00:08-	00:50&	00:44&	00:54#	00:04-	00:15-	00:19#	00:17#	00:01-

Class	Navn	Klasse										Tid			
<b>9</b>	<b>Øystein Amundrud</b>	<b>90</b>										<b>46:49</b>			
02:27+	04:28+	12:26+	14:16+	21:54+	26:25+	28:13+	31:34+	33:32+	39:01+	39:57+	43:28+	45:07+	46:29+	46:49+	
02:27+	02:01+	07:58-	01:50+	07:38+	04:31+	01:48+	03:21+	01:58+	05:29+	00:56+	03:31+	01:39+	01:22+	00:20+	
00:02+	00:24#	00:01-	00:17#	00:23+	00:49#	00:08+	00:54&	00:20#	00:05+	00:06#	00:33#	00:11#	00:08#	00:00+	
<b>10</b>	<b>Jørgen Breivold</b>	<b>54</b>										<b>48:24</b>			
03:11+	04:49+	15:10+	16:32+	24:01+	28:35+	30:25+	33:14+	35:01+	40:04+	40:55+	43:41+	45:22+	48:06+	48:24+	
03:11+	01:38+	10:21+	01:22-	07:29+	04:34+	01:50+	02:49+	01:47+	05:03-	00:51+	02:46-	01:41+	02:44+	00:18-	
00:46&	00:01+	02:22&	00:11-	00:14+	00:52#	00:10#	00:22#	00:09+	00:21-	00:01+	00:12-	00:13#	01:30#	00:02-	
<b>11</b>	<b>Joar Eilevstjønn</b>	<b>67</b>										<b>48:45</b>			
02:17-	04:14+	13:45+	15:27+	23:11+	27:24+	29:04+	31:35+	34:15+	40:16+	41:06+	45:10+	47:13+	48:30+	48:45+	
02:17-	01:57+	09:31+	01:42+	07:44+	04:13+	01:40+	02:31+	02:40+	06:01+	00:50+	04:04+	02:03+	01:17+	00:15-	
00:08-	00:20#	01:32#	00:09+	00:29+	00:31#	00:00+	00:04+	01:02&	00:37#	00:00+	01:06&	00:35&	00:03+	00:05-	
<b>12</b>	<b>Per Olav Haarr</b>	<b>62</b>										<b>49:16</b>			
03:15+	04:52+	13:21+	14:52+	24:26+	28:32+	30:13+	32:57+	34:52+	40:39+	41:31+	45:11+	47:31+	48:56+	49:16+	
03:15+	01:37=	08:29+	01:31-	09:34+	04:06+	01:41+	02:44+	01:55+	05:47+	00:52+	03:40+	02:20+	01:25+	00:20+	
00:50&	00:00=	00:30+	00:02-	02:19&	00:24#	00:01+	00:17#	00:17#	00:23+	00:02+	00:42#	00:52&	00:11#	00:00+	
<b>13</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>										<b>50:23</b>			
02:29+	04:26+	15:36+	17:07+	26:59+	31:09+	32:59+	35:42+	37:43+	43:19+	44:16+	47:03+	48:44+	50:06+	50:23+	
02:29+	01:57+	11:10+	01:31-	09:52+	04:10+	01:50+	02:43+	02:01+	05:36+	00:57+	02:47-	01:41+	01:22+	00:17-	
00:04+	00:20#	03:11&	00:02-	02:37&	00:28#	00:10#	00:16#	00:23#	00:12+	00:07#	00:11-	00:13#	00:08#	00:03-	
<b>14</b>	<b>Terje Michaelsen</b>	<b>47</b>										<b>51:14</b>			
02:58+	04:45+	16:26+	17:53+	25:52+	30:46+	32:49+	36:07+	37:51+	43:47+	44:39+	47:27+	49:01+	50:54+	51:14+	
02:58+	01:47+	11:41+	01:27-	07:59+	04:54+	02:03+	03:18+	01:44+	05:56+	00:52+	02:48-	01:34+	01:53+	00:20+	
00:33#	00:10#	03:42&	00:06-	00:44#	01:12&	00:23#	00:51&	00:06+	00:32+	00:02+	00:10-	00:06+	00:39&	00:00+	
<b>15</b>	<b>Svein Erik Kvame</b>	<b>116</b>										<b>57:09</b>			
02:56+	04:45+	15:07+	18:45+	20:08-	29:14+	33:30+	35:32+	38:48+	40:59+	47:46+	48:42+	52:49+	55:18+	56:49+	57:09+
02:56+	01:49+	10:22+	03:38+	01:23-	09:06+	04:16+	02:02-	03:16+	02:11-	06:47+	00:56-	04:07+	02:29+	01:31+	00:20+
00:31#	00:12#	02:23&	02:05#	05:52-	05:24#	02:36#	00:25-	01:38&	03:13-	05:57#	02:02-	02:39#	01:15#	01:11#	00:20+

### Beste strekktid for klassen

02:12 01:29 07:52 01:22 01:23 03:36 01:30 02:02 01:38 02:11 00:43 00:56 01:28 01:13 00:15

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

## Herrer C

<b>1</b>	<b>Kjetil Wirak</b>	<b>114</b>										<b>34:58</b>		
02:37=	04:35=	13:54=	15:16=	23:01=	26:46=	28:26=	31:31=	33:14=	34:39=	34:58=				
02:37=	01:58=	09:19=	01:22=	07:45=	03:45=	01:40=	03:05=	01:43=	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=				
<b>2</b>	<b>Jan Einar Øvremo</b>	<b>50</b>										<b>36:14</b>		
02:20-	04:34-	13:54=	15:29+	23:43+	28:23+	30:00+	33:00+	34:37+	35:57+	36:14+				
02:20-	02:14+	09:20+	01:35+	08:14+	04:40+	01:37-	03:00-	01:37-	01:20-	00:17-				
00:17-	00:16#	00:01+	00:13#	00:29+	00:55#	00:03-	00:05-	00:06-	00:05-	00:02-				
<b>3</b>	<b>Nils John Vestøl</b>	<b>83</b>										<b>36:43</b>		
02:22-	04:28-	13:59+	16:02+	24:04+	28:39+	30:48+	33:43+	35:11+	36:28+	36:43+				
02:22-	02:06+	09:31+	02:03+	08:02+	04:35+	02:09+	02:55-	01:28-	01:17-	00:15-				
00:15-	00:08+	00:12+	00:41&	00:17+	00:50#	00:29&	00:10-	00:15-	00:08-	00:04-				
<b>4</b>	<b>Henning Sundby</b>	<b>114</b>										<b>37:00</b>		
02:16-	04:27-	14:19+	16:07+	23:53+	27:55+	30:13+	33:22+	35:10+	36:39+	37:00+				
02:16-	02:11+	09:52+	01:48+	07:46+	04:02+	02:18+	03:09+	01:48+	01:29+	00:21+				
00:21-	00:13#	00:33+	00:26&	00:01+	00:17+	00:38&	00:04+	00:05+	00:04+	00:02#				
<b>5</b>	<b>Geir Bjaanes</b>	<b>116</b>										<b>37:25</b>		
02:19-	04:23-	12:49-	15:02-	23:25+	27:42+	29:26+	33:54+	35:41+	37:05+	37:25+				
02:19-	02:04+	08:26-	02:13+	08:23+	04:17+	01:44+	04:28+	01:47+	01:24-	00:20+				
00:18-	00:06+	00:53-	00:51&	00:38+	00:32#	00:04+	01:23&	00:04+	00:01-	00:01+				
<b>6</b>	<b>Tore Svendsen</b>	<b>27</b>										<b>39:29</b>		
02:19-	04:18-	14:40+	16:09+	24:29+	28:38+	31:10+	34:32+	37:42+	39:08+	39:29+				
02:19-	01:59+	10:22+	01:29+	08:20+	04:09+	02:32+	03:22+	03:10+	01:26+	00:21+				
00:18-	00:01+	01:03#	00:07+	00:35+	00:24#	00:52&	00:17+	01:27&	00:01+	00:02#				

Class	Navn	Klasse										Tid
<b>7</b>	<b>Geir Frøyttlog</b>	<b>29</b>										<b>39:43</b>
	02:17-	04:15-	13:58+	15:39+	17:41-	25:47-	30:27+	32:08+	36:12+	37:53+	39:24+	39:43+
	02:17-	01:58=	09:43+	01:41+	02:02-	08:06+	04:40+	01:41-	04:04+	01:41+	01:31+	00:19+
	00:20-	00:00=	00:24+	00:19#	05:43-	04:21@	03:00@	01:24-	02:21@	00:16#	01:12@	00:19+
<b>8</b>	<b>Øystein Huglen</b>	<b>27</b>										<b>40:57</b>
	02:42+	04:53+	14:09+	15:54+	25:26+	29:46+	31:31+	35:11+	39:05+	40:37+	40:57+	
	02:42+	02:11+	09:16-	01:45+	09:32+	04:20+	01:45+	03:40+	03:54+	01:32+	00:20+	
	00:05+	00:13#	00:03-	00:23&	01:47#	00:35#	00:05+	00:35#	02:11@	00:07+	00:01+	
<b>9</b>	<b>Otte Omdal</b>	<b>65</b>										<b>42:28</b>
	02:37=	04:46+	17:23+	18:36+	26:54+	31:25+	33:22+	37:53+	40:44+	42:10+	42:28+	
	02:37=	02:09+	12:37+	01:13-	08:18+	04:31+	01:57+	04:31+	02:51+	01:26+	00:18-	
	00:00=	00:11+	03:18&	00:09-	00:33+	00:46#	00:17#	01:26&	01:08&	00:01+	00:01-	
<b>10</b>	<b>Trond Nilsen Lamark</b>	<b>114</b>										<b>42:29</b>
	02:51+	05:18+	16:55+	18:22+	27:47+	32:17+	34:15+	38:01+	39:56+	42:03+	42:29+	
	02:51+	02:27+	11:37+	01:27+	09:25+	04:30+	01:58+	03:46+	01:55+	02:07+	00:26+	
	00:14+	00:29#	02:18#	00:05+	01:40#	00:45#	00:18#	00:41#	00:12#	00:42&	00:07&	
<b>11</b>	<b>Sveinung Svebestad</b>	<b>46</b>										<b>42:42</b>
	03:01+	05:35+	15:29+	17:22+	27:07+	32:15+	34:23+	38:17+	40:28+	42:13+	42:42+	
	03:01+	02:34+	09:54+	01:53+	09:45+	05:08+	02:08+	03:54+	02:11+	01:45+	00:29+	
	00:24#	00:36&	00:35+	00:31&	02:00&	01:23&	00:28&	00:49&	00:28&	00:20#	00:10&	
<b>12</b>	<b>Rune Christiansen</b>	<b>93</b>										<b>43:25</b>
	02:45+	05:10+	15:42+	17:34+	27:48+	33:03+	35:18+	39:19+	41:30+	43:07+	43:25+	
	02:45+	02:25+	10:32+	01:52+	10:14+	05:15+	02:15+	04:01+	02:11+	01:37+	00:18-	
	00:08+	00:27#	01:13#	00:30&	02:29&	01:30&	00:35&	00:56&	00:28&	00:12#	00:01-	
<b>13</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>43:28</b>
	02:26-	04:35=	16:31+	20:30+	29:13+	33:42+	35:38+	39:42+	41:26+	43:00+	43:28+	
	02:26-	02:09+	11:56+	03:59+	08:43+	04:29+	01:56+	04:04+	01:44+	01:34+	00:28+	
	00:11-	00:11+	02:37&	02:37@	00:58#	00:44#	00:16#	00:59&	00:01+	00:09#	00:09&	
<b>14</b>	<b>Ivar Knutsen</b>	<b>116</b>										<b>44:19</b>
	02:53+	05:37+	15:46+	17:36+	27:09+	33:08+	34:58+	40:01+	41:59+	43:51+	44:19+	
	02:53+	02:44+	10:09+	01:50+	09:33+	05:59+	01:50+	05:03+	01:58+	01:52+	00:28+	
	00:16#	00:46&	00:50+	00:28&	01:48#	02:14&	00:10#	01:58&	00:15#	00:27&	00:09&	
<b>15</b>	<b>Knut Taugbøl</b>	<b>116</b>										<b>45:20</b>
	02:44+	05:20+	17:39+	19:23+	30:28+	35:28+	37:32+	41:02+	43:26+	44:57+	45:20+	
	02:44+	02:36+	12:19+	01:44+	11:05+	05:00+	02:04+	03:30+	02:24+	01:31+	00:23+	
	00:07+	00:38&	03:00&	00:22&	03:20&	01:15&	00:24#	00:25#	00:41&	00:06+	00:04#	
<b>16</b>	<b>Erling Mauland</b>	<b>83</b>										<b>47:04</b>
	02:33-	04:58+	17:46+	19:30+	29:45+	35:04+	37:23+	41:46+	44:54+	46:41+	47:04+	
	02:33-	02:25+	12:48+	01:44+	10:15+	05:19+	02:19+	04:23+	03:08+	01:47+	00:23+	
	00:04-	00:27#	03:29&	00:22&	02:30&	01:34&	00:39&	01:18&	01:25&	00:22&	00:04#	

### Beste strekktid for klassen

02:16 01:58 08:26 01:13 02:02 03:45 01:37 01:41 01:28 01:17 00:15

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

## Herrer Ny

**1** **Andreas Engen** **134** **22:50**

00:52= 04:32= 07:35= 09:05= 11:42= 14:34= 17:01= 19:15= 21:37= 22:50=  
00:52= 03:40= 03:03= 01:30= 02:37= 02:52= 02:27= 02:14= 02:22= 01:13=  
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### Beste strekktid for klassen

00:52 03:40 03:03 01:30 02:37 02:52 02:27 02:14 02:22 01:13

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

## Herrer Trim

Class	Navn	Klasse										Tid
<b>1</b>	<b>Johannes Kro</b>	<b>51</b>										<b>21:26</b>
02:05=	03:46=	06:41=	08:41=	10:35=	13:29=	14:24=	18:00=	18:54=	20:12=	21:09=	21:26=	
02:05=	01:41=	02:55=	02:00=	01:54=	02:54=	00:55=	03:36=	00:54=	01:18=	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=	
<b>2</b>	<b>Torstein Birkeland</b>	<b>39</b>										<b>22:47</b>
01:55-	03:35-	07:09+	09:08+	11:18+	14:31+	15:26+	19:16+	20:17+	21:20+	22:27+	22:47+	
01:55-	01:40-	03:34+	01:59-	02:10+	03:13+	00:55=	03:50+	01:01+	01:03-	01:07+	00:20+	
00:10-	00:01-	00:39#	00:01-	00:16#	00:19#	00:00=	00:14+	00:07#	00:15-	00:10#	00:03#	
<b>3</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>										<b>24:34</b>
01:56-	03:26-	06:38-	08:46+	10:41+	13:07-	14:06-	21:08+	22:05+	23:02+	24:16+	24:34+	
01:56-	01:30-	03:12+	02:08+	01:55+	02:26-	00:59+	07:02+	00:57+	00:57-	01:14+	00:18+	
00:09-	00:11-	00:17+	00:08+	00:01+	00:28-	00:04+	03:26&	00:03+	00:21-	00:17&	00:01+	
<b>4</b>	<b>Bruno Pierfelice</b>	<b>51</b>										<b>24:49</b>
01:59-	03:44-	08:08+	10:18+	12:24+	15:06+	16:02+	20:00+	22:39+	23:38+	24:33+	24:49+	
01:59-	01:45+	04:24+	02:10+	02:06+	02:42-	00:56+	03:58+	02:39+	00:59-	00:55-	00:16-	
00:06-	00:04+	01:29&	00:10+	00:12#	00:12-	00:01+	00:22#	01:45&	00:19-	00:02-	00:01-	
<b>5</b>	<b>Stig Pedersen</b>	<b>116</b>										<b>26:57</b>
04:15+	05:59+	10:17+	12:35+	15:15+	18:36+	19:41+	23:16+	24:32+	25:34+	26:35+	26:57+	
04:15+	01:44+	04:18+	02:18+	02:40+	03:21+	01:05+	03:35-	01:16+	01:02-	01:01+	00:22+	
02:10&	00:03+	01:23&	00:18#	00:46&	00:27#	00:10#	00:01-	00:22&	00:16-	00:04+	00:05&	
<b>6</b>	<b>Cato Bjerkeli</b>	<b>237</b>										<b>29:58</b>
02:51+	04:54+	09:07+	11:37+	14:54+	17:52+	19:05+	25:24+	26:47+	28:01+	29:32+	29:58+	
02:51+	02:03+	04:13+	02:30+	03:17+	02:58+	01:13+	06:19+	01:23+	01:14-	01:31+	00:26+	
00:46&	00:22#	01:18&	00:30#	01:23&	00:04+	00:18&	02:43&	00:29&	00:04-	00:34&	00:09&	
<b>7</b>	<b>Johan Dahl</b>	<b>116</b>										<b>29:58</b>
02:35+	04:41+	09:04+	11:42+	15:22+	18:06+	19:55+	25:28+	26:43+	27:59+	29:29+	29:58+	
02:35+	02:06+	04:23+	02:38+	03:40+	02:44-	01:49+	05:33+	01:15+	01:16-	01:30+	00:29+	
00:30#	00:25#	01:28&	00:38&	01:46&	00:10-	00:54&	01:57&	00:21&	00:02-	00:33&	00:12&	
<b>8</b>	<b>Håvard Heldal Lehne</b>	<b>116</b>										<b>30:41</b>
04:39+	06:11+	10:13+	12:43+	16:34+	19:55+	20:54+	26:43+	27:48+	29:01+	30:09+	30:41+	
04:39+	01:32-	04:02+	02:30+	03:51+	03:21+	00:59+	05:49+	01:05+	01:13-	01:08+	00:32+	
02:34&	00:09-	01:07&	00:30#	01:57&	00:27#	00:04+	02:13&	00:11#	00:05-	00:11#	00:15&	
<b>9</b>	<b>Andreas Molin Edlund</b>	<b>136</b>										<b>30:53</b>
02:05=	03:51+	07:43+	10:32+	14:49+	18:14+	19:34+	25:39+	27:12+	28:37+	30:24+	30:53+	
02:05=	01:46+	03:52+	02:49+	04:17+	03:25+	01:20+	06:05+	01:33+	01:25+	01:47+	00:29+	
00:00=	00:05+	00:57&	00:49&	02:23&	00:31#	00:25&	02:29&	00:39&	00:07+	00:50&	00:12&	
<b>10</b>	<b>Jon Kåre Olsen</b>	<b>92</b>										<b>30:58</b>
02:01-	03:47+	11:00+	13:18+	17:28+	20:22+	21:20+	25:48+	27:23+	28:22+	30:34+	30:58+	
02:01-	01:46+	07:13+	02:18+	04:10+	02:54=	00:58+	04:28+	01:35+	00:59-	02:12+	00:24+	
00:04-	00:05+	04:18&	00:18#	02:16&	00:00=	00:03+	00:52#	00:41&	00:19-	01:15&	00:07&	
<b>11</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>31:13</b>
03:16+	05:00+	09:10+	11:51+	14:54+	18:23+	19:39+	26:27+	28:14+	29:40+	30:47+	31:13+	
03:16+	01:44+	04:10+	02:41+	03:03+	03:29+	01:16+	06:48+	01:47+	01:26+	01:07+	00:26+	
01:11&	00:03+	01:15&	00:41&	01:09&	00:35#	00:21&	03:12&	00:53&	00:08#	00:10#	00:09&	
<b>12</b>	<b>Elvio Freitas</b>	<b>51</b>										<b>31:52</b>
02:28+	04:41+	09:17+	11:51+	15:30+	19:19+	20:22+	27:00+	28:53+	30:05+	31:28+	31:52+	
02:28+	02:13+	04:36+	02:34+	03:39+	03:49+	01:03+	06:38+	01:53+	01:12-	01:23+	00:24+	
00:23#	00:32&	01:41&	00:34&	01:45&	00:55&	00:08#	03:02&	00:59&	00:06-	00:26&	00:07&	
<b>13</b>	<b>Thorstein Gunnarsson</b>	<b>144</b>										<b>32:18</b>
03:01+	05:27+	09:45+	13:39+	16:27+	20:16+	21:38+	27:19+	28:42+	30:35+	31:52+	32:18+	
03:01+	02:26+	04:18+	03:54+	02:48+	03:49+	01:22+	05:41+	01:23+	01:53+	01:17+	00:26+	
00:56&	00:45&	01:23&	01:54&	00:54&	00:55&	00:27&	02:05&	00:29&	00:35&	00:20&	00:09&	
<b>14</b>	<b>Tor Inge Hansen</b>	<b>144</b>										<b>33:25</b>
04:10+	06:18+	10:36+	14:44+	18:05+	21:26+	22:44+	28:26+	29:47+	31:47+	32:59+	33:25+	
04:10+	02:08+	04:18+	04:08+	03:21+	03:21+	01:18+	05:42+	01:21+	02:00+	01:12+	00:26+	
02:05&	00:27&	01:23&	02:08&	01:27&	00:27#	00:23&	02:06&	00:27&	00:42&	00:15&	00:09&	
<b>15</b>	<b>Svein Mæle</b>	<b>115</b>										<b>33:58</b>
02:35+	04:36+	09:21+	14:24+	17:29+	21:26+	24:02+	29:36+	30:57+	32:14+	33:34+	33:58+	
02:35+	02:01+	04:45+	05:03+	03:05+	03:57+	02:36+	05:34+	01:21+	01:17-	01:20+	00:24+	
00:30#	00:20#	01:50&	03:03&	01:11&	01:03&	01:41&	01:58&	00:27&	00:01-	00:23&	00:07&	

Class	Navn	Klasse										Tid
<b>16</b>	<b>Kjetil Alsvik</b>	<b>134</b>										<b>34:22</b>
03:03+	05:12+	09:31+	13:33+	16:02+	21:00+	22:41+	27:42+	30:11+	32:21+	33:48+	34:22+	
03:03+	02:09+	04:19+	04:02+	02:29+	04:58+	01:41+	05:01+	02:29+	02:10+	01:27+	00:34+	
00:58&	00:28&	01:24&	02:02@	00:35&	02:04&	00:46&	01:25&	01:35@	00:52&	00:30&	00:17&	
<b>17</b>	<b>Frode Lund</b>	<b>18</b>										<b>34:33</b>
02:59+	05:05+	09:34+	12:07+	15:49+	19:09+	21:27+	29:09+	31:09+	32:48+	34:06+	34:33+	
02:59+	02:06+	04:29+	02:33+	03:42+	03:20+	02:18+	07:42+	02:00+	01:39+	01:18+	00:27+	
00:54&	00:25#	01:34&	00:33&	01:48&	00:26#	01:23@	04:06@	01:06@	00:21&	00:21&	00:10&	
<b>18</b>	<b>Arid Svihus</b>	<b>92</b>										<b>34:50</b>
02:45+	05:04+	10:16+	13:21+	15:56+	19:51+	24:33+	30:20+	31:39+	32:54+	34:25+	34:50+	
02:45+	02:19+	05:12+	03:05+	02:35+	03:55+	04:42+	05:47+	01:19+	01:15-	01:31+	00:25+	
00:40&	00:38&	02:17&	01:05&	00:41&	01:01&	03:47@	02:11&	00:25&	00:03-	00:34&	00:08&	
<b>19</b>	<b>Holger Pansch</b>	<b>117</b>										<b>35:17</b>
01:56-	03:29-	08:25+	10:57+	14:54+	18:07+	19:18+	29:24+	32:28+	33:44+	34:50+	35:17+	
01:56-	01:33-	04:56+	02:32+	03:57+	03:13+	01:11+	10:06+	03:04+	01:16-	01:06+	00:27+	
00:09-	00:08-	02:01&	00:32&	02:03@	00:19#	00:16&	06:30@	02:10@	00:02-	00:09#	00:10&	
<b>20</b>	<b>Truls Thorkildsen</b>	<b>39</b>										<b>35:17</b>
02:08+	03:48+	10:23+	13:12+	15:33+	18:23+	19:43+	30:53+	31:52+	33:02+	34:53+	35:17+	
02:08+	01:40-	06:35+	02:49+	02:21+	02:50-	01:20+	11:10+	00:59+	01:10-	01:51+	00:24+	
00:03+	00:01-	03:40@	00:49&	00:27#	00:04-	00:25&	07:34@	00:05+	00:08-	00:54&	00:07&	
<b>21</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>35:43</b>
03:36+	07:04+	12:02+	15:23+	18:27+	22:53+	24:23+	30:19+	31:54+	33:51+	35:16+	35:43+	
03:36+	03:28+	04:58+	03:21+	03:04+	04:26+	01:30+	05:56+	01:35+	01:57+	01:25+	00:27+	
01:31&	01:47@	02:03&	01:21&	01:10&	01:32&	00:35&	02:20&	00:41&	00:39&	00:28&	00:10&	
<b>22</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>										<b>36:00</b>
02:43+	04:46+	08:59+	12:18+	16:54+	21:12+	22:25+	30:23+	32:19+	33:44+	35:09+	36:00+	
02:43+	02:03+	04:13+	03:19+	04:36+	04:18+	01:13+	07:58+	01:56+	01:25+	01:25+	00:51+	
00:38&	00:22#	01:18&	01:19&	02:42@	01:24&	00:18&	04:22@	01:02@	00:07+	00:28&	00:34@	
<b>23</b>	<b>Arne Hope</b>	<b>43</b>										<b>36:12</b>
03:24+	05:41+	10:16+	13:02+	15:54+	20:03+	21:34+	30:23+	32:26+	34:09+	35:34+	36:12+	
03:24+	02:17+	04:35+	02:46+	02:52+	04:09+	01:31+	08:49+	02:03+	01:43+	01:25+	00:38+	
01:19&	00:36&	01:40&	00:46&	00:58&	01:15&	00:36&	05:13@	01:09@	00:25&	00:28&	00:21@	
<b>24</b>	<b>Christof Schätz</b>	<b>239</b>										<b>36:30</b>
02:49+	04:49+	09:10+	12:26+	14:58+	18:42+	20:03+	30:18+	33:16+	34:32+	35:58+	36:30+	
02:49+	02:00+	04:21+	03:16+	02:32+	03:44+	01:21+	10:15+	02:58+	01:16-	01:26+	00:32+	
00:44&	00:19#	01:26&	01:16&	00:38&	00:50&	00:26&	06:39@	02:04@	00:02-	00:29&	00:15&	
<b>25</b>	<b>Per Aspøy</b>	<b>117</b>										<b>36:52</b>
04:33+	06:43+	10:55+	13:18+	15:57+	23:41+	25:30+	30:25+	31:56+	34:07+	36:18+	36:52+	
04:33+	02:10+	04:12+	02:23+	02:39+	07:44+	01:49+	04:55+	01:31+	02:11+	02:11+	00:34+	
02:28@	00:29&	01:17&	00:23#	00:45&	04:50@	00:54&	01:19&	00:37&	00:53&	01:14@	00:17&	
<b>26</b>	<b>John Thorsnæs</b>	<b>51</b>										<b>37:29</b>
03:16+	05:46+	11:46+	15:07+	18:13+	21:44+	23:05+	28:55+	33:35+	34:50+	37:01+	37:29+	
03:16+	02:30+	06:00+	03:21+	03:06+	03:31+	01:21+	05:50+	04:40+	01:15-	02:11+	00:28+	
01:11&	00:49&	03:05@	01:21&	01:12&	00:37#	00:26&	02:14&	03:46@	00:03-	01:14@	00:11&	
<b>27</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>37:40</b>
03:39+	06:07+	11:21+	14:38+	17:41+	22:28+	24:14+	31:18+	33:20+	35:34+	37:10+	37:40+	
03:39+	02:28+	05:14+	03:17+	03:03+	04:47+	01:46+	07:04+	02:02+	02:14+	01:36+	00:30+	
01:34&	00:47&	02:19&	01:17&	01:09&	01:53&	00:51&	03:28&	01:08@	00:56&	00:39&	00:13&	
<b>28</b>	<b>Trond Egil Toft</b>	<b>53</b>										<b>38:20</b>
02:09+	03:43-	07:18+	17:28+	19:27+	22:05+	24:16+	30:53+	32:06+	36:42+	38:00+	38:20+	
02:09+	01:34-	03:35+	10:10+	01:59+	02:38-	02:11+	06:37+	01:13+	04:36+	01:18+	00:20+	
00:04+	00:07-	00:40#	08:10@	00:05+	00:16-	01:16@	03:01&	00:19&	03:18@	00:21&	00:03#	
<b>29</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>39:15</b>
02:55+	05:06+	10:51+	13:54+	18:19+	22:38+	24:10+	29:23+	32:48+	37:13+	38:45+	39:15+	
02:55+	02:11+	05:45+	03:03+	04:25+	04:19+	01:32+	05:13+	03:25+	04:25+	01:32+	00:30+	
00:50&	00:30&	02:50&	01:03&	02:31@	01:25&	00:37&	01:37&	02:31@	03:07@	00:35&	00:13&	
<b>30</b>	<b>Stein Stornes Nordal</b>	<b>66</b>										<b>40:09</b>
02:22+	04:16+	08:45+	11:02+	16:20+	19:26+	26:47+	33:29+	35:07+	37:56+	39:48+	40:09+	
02:22+	01:54+	04:29+	02:17+	05:18+	03:06+	07:21+	06:42+	01:38+	02:49+	01:52+	00:21+	
00:17#	00:13#	01:34&	00:17#	03:24@	00:12+	06:26@	03:06&	00:44&	01:31@	00:55&	00:04#	

Class	Navn	Klasse									Tid
<b>31</b>	<b>Finn Våge</b>	<b>117</b>									<b>40:54</b>
03:47+	06:08+	12:03+	14:50+	19:20+	23:31+	25:55+	35:45+	36:54+	38:42+	40:32+	40:54+
03:47+	02:21+	05:55+	02:47+	04:30+	04:11+	02:24+	09:50+	01:09+	01:48+	01:50+	00:22+
01:42&	00:40&	03:00@	00:47&	02:36@	01:17&	01:29@	06:14@	00:15&	00:30&	00:53&	00:05&
<b>32</b>	<b>Asle Schanke Grude</b>	<b>92</b>									<b>41:23</b>
04:58+	06:54+	11:02+	21:39+	24:02+	27:16+	32:15+	37:05+	38:39+	39:51+	40:58+	41:23+
04:58+	01:56+	04:08+	10:37+	02:23+	03:14+	04:59+	04:50+	01:34+	01:12-	01:07+	00:25+
02:53@	00:15#	01:13&	08:37@	00:29&	00:20#	04:04@	01:14&	00:40&	00:06-	00:10#	00:08&
<b>33</b>	<b>Asgeir Kleppa</b>	<b>47</b>									<b>41:58</b>
02:46+	07:42+	11:52+	14:49+	18:43+	22:19+	23:44+	31:51+	33:07+	38:52+	41:28+	41:58+
02:46+	04:56+	04:10+	02:57+	03:54+	03:36+	01:25+	08:07+	01:16+	05:45+	02:36+	00:30+
00:41&	03:15@	01:15&	00:57&	02:00@	00:42#	00:30&	04:31@	00:22&	04:27@	01:39@	00:13&
<b>34</b>	<b>Terje Gautestad</b>	<b>54</b>									<b>43:02</b>
03:40+	06:25+	12:09+	16:29+	20:22+	26:57+	28:49+	36:11+	38:58+	40:46+	42:31+	43:02+
03:40+	02:45+	05:44+	04:20+	03:53+	06:35+	01:52+	07:22+	02:47+	01:48+	01:45+	00:31+
01:35&	01:04&	02:49&	02:20@	01:59@	03:41@	00:57@	03:46@	01:53@	00:30&	00:48&	00:14&
<b>35</b>	<b>Terje Hodne Nilsen</b>	<b>115</b>									<b>43:36</b>
03:13+	05:34+	10:35+	16:15+	19:29+	24:49+	26:32+	35:59+	38:21+	40:19+	42:57+	43:36+
03:13+	02:21+	05:01+	05:40+	03:14+	05:20+	01:43+	09:27+	02:22+	01:58+	02:38+	00:39+
01:08&	00:40&	02:06&	03:40@	01:20&	02:26&	00:48&	05:51@	01:28@	00:40&	01:41@	00:22@
<b>36</b>	<b>Reidar Haver</b>	<b>4</b>									<b>44:43</b>
03:13+	05:21+	20:23+	23:41+	28:01+	32:20+	33:57+	39:17+	40:55+	42:40+	44:17+	44:43+
03:13+	02:08+	15:02+	03:18+	04:20+	04:19+	01:37+	05:20+	01:38+	01:45+	01:37+	00:26+
01:08&	00:27&	12:07@	01:18&	02:26@	01:25&	00:42&	01:44&	00:44&	00:27&	00:40&	00:09&
<b>37</b>	<b>Thomas Lindberg Møland</b>	<b>356</b>									<b>44:53</b>
05:04+	09:19+	13:39+	17:59+	21:52+	25:42+	27:05+	36:50+	41:35+	43:02+	44:21+	44:53+
05:04+	04:15+	04:20+	04:20+	03:53+	03:50+	01:23+	09:45+	04:45+	01:27+	01:19+	00:32+
02:59@	02:34@	01:25&	02:20@	01:59@	00:56&	00:28&	06:09@	03:51@	00:09#	00:22&	00:15&
<b>38</b>	<b>Ivar Aalbu</b>	<b>29</b>									<b>45:16</b>
07:31+	09:46+	14:42+	18:40+	21:55+	27:17+	31:23+	38:10+	41:15+	42:52+	44:42+	45:16+
07:31+	02:15+	04:56+	03:58+	03:15+	05:22+	04:06+	06:47+	03:05+	01:37+	01:50+	00:34+
05:26@	00:34&	02:01&	01:58&	01:21&	02:28&	03:11@	03:11&	02:11@	00:19#	00:53&	00:17&
<b>39</b>	<b>Tom Leveraas</b>	<b>188</b>									<b>45:45</b>
02:51+	05:14+	11:06+	15:13+	19:44+	24:16+	26:45+	33:27+	42:11+	43:47+	45:16+	45:45+
02:51+	02:23+	05:52+	04:07+	04:31+	04:32+	02:29+	06:42+	08:44+	01:36+	01:29+	00:29+
00:46&	00:42&	02:57@	02:07@	02:37@	01:38&	01:34@	03:06&	07:50@	00:18#	00:32&	00:12&
<b>40</b>	<b>Arild Olsen</b>	<b>4</b>									<b>46:04</b>
03:26+	05:59+	21:27+	24:37+	29:10+	33:25+	34:59+	40:09+	41:57+	43:44+	45:24+	46:04+
03:26+	02:33+	15:28+	03:10+	04:33+	04:15+	01:34+	05:10+	01:48+	01:47+	01:40+	00:40+
01:21&	00:52&	12:33@	01:10&	02:39@	01:21&	00:39&	01:34&	00:54&	00:29&	00:43&	00:23@
<b>41</b>	<b>Ketil Vestbakke</b>	<b>116</b>									<b>46:48</b>
05:59+	08:41+	13:20+	16:29+	21:24+	25:34+	26:59+	39:51+	42:52+	44:35+	46:10+	46:48+
05:59+	02:42+	04:39+	03:09+	04:55+	04:10+	01:25+	12:52+	03:01+	01:43+	01:35+	00:38+
03:54@	01:01&	01:44&	01:09&	03:01@	01:16&	00:30&	09:16@	02:07@	00:25&	00:38&	00:21@
<b>42</b>	<b>Inge Grødem</b>	<b>92</b>									<b>48:01</b>
03:49+	06:45+	12:36+	17:05+	20:55+	27:12+	29:13+	38:57+	41:43+	44:51+	47:13+	48:01+
03:49+	02:56+	05:51+	04:29+	03:50+	06:17+	02:01+	09:44+	02:46+	03:08+	02:22+	00:48+
01:44&	01:15&	02:56@	02:29@	01:56@	03:23@	01:06@	06:08@	01:52@	01:50@	01:25@	00:31@
<b>43</b>	<b>Johan Rasmussen</b>	<b>93</b>									<b>48:26</b>
04:31+	06:42+	11:56+	16:20+	21:34+	27:41+	29:25+	40:40+	43:20+	45:49+	47:45+	48:26+
04:31+	02:11+	05:14+	04:24+	05:14+	06:07+	01:44+	11:15+	02:40+	02:29+	01:56+	00:41+
02:26@	00:30&	02:19&	02:24@	03:20@	03:13@	00:49&	07:39@	01:46@	01:11&	00:59@	00:24@
<b>44</b>	<b>Harald Nilsen</b>	<b>79</b>									<b>48:51</b>
03:50+	06:47+	12:19+	24:32+	27:31+	31:59+	35:00+	41:53+	44:03+	46:51+	48:20+	48:51+
03:50+	02:57+	05:32+	12:13+	02:59+	04:28+	03:01+	06:53+	02:10+	02:48+	01:29+	00:31+
01:45&	01:16&	02:37&	10:13@	01:05&	01:34&	02:06@	03:17&	01:16@	01:30@	00:32&	00:14&
<b>45</b>	<b>Alexander Romanov</b>	<b>111</b>									<b>49:27</b>
02:10+	03:49+	07:10+	10:23+	15:04+	17:32+	18:34+	44:28+	46:24+	47:47+	49:03+	49:27+
02:10+	01:39-	03:21+	03:13+	04:41+	02:28-	01:02+	25:54+	01:56+	01:23+	01:16+	00:24+
00:05+	00:02-	00:26#	01:13&	02:47@	00:26-	00:07#	22:18@	01:02@	00:05+	00:19&	00:07&



Class	Navn	Klasse										Tid
<b>46</b>	<b>Ahmed Mahran</b>	<b>91</b>										<b>50:14</b>
04:02+	06:51+	14:05+	18:26+	26:46+	31:44+	33:49+	43:20+	45:18+	48:09+	49:42+	50:14+	
04:02+	02:49+	07:14+	04:21+	08:20+	04:58+	02:05+	09:31+	01:58+	02:51+	01:33+	00:32+	
01:57&	01:08&	04:19@	02:21@	06:26@	02:04&	01:10@	05:55@	01:04@	01:33@	00:36&	00:15&	
<b>47</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>50:14</b>
03:11+	05:32+	10:05+	13:14+	23:17+	28:50+	30:56+	43:36+	45:48+	48:26+	49:46+	50:14+	
03:11+	02:21+	04:33+	03:09+	10:03+	05:33+	02:06+	12:40+	02:12+	02:38+	01:20+	00:28+	
01:06&	00:40&	01:38&	01:09&	08:09@	02:39&	01:11@	09:04@	01:18@	01:20@	00:23&	00:11&	
<b>48</b>	<b>Ove Vatland</b>	<b>128</b>										<b>50:21</b>
04:26+	07:25+	14:38+	18:43+	24:20+	30:23+	32:01+	43:45+	45:40+	47:33+	49:31+	50:21+	
04:26+	02:59+	07:13+	04:05+	05:37+	06:03+	01:38+	11:44+	01:55+	01:53+	01:58+	00:50+	
02:21@	01:18&	04:18@	02:05@	03:43@	03:09@	00:43&	08:08@	01:01@	00:35&	01:01@	00:33@	
<b>49</b>	<b>Karl Johnny Braut</b>	<b>27</b>										<b>55:28</b>
03:02+	05:20+	09:29+	12:24+	26:37+	31:17+	36:05+	50:20+	51:43+	53:24+	54:45+	55:28+	
03:02+	02:18+	04:09+	02:55+	14:13+	04:40+	04:48+	14:15+	01:23+	01:41+	01:21+	00:43+	
00:57&	00:37&	01:14&	00:55&	12:19@	01:46&	03:53@	10:39@	00:29&	00:23&	00:24&	00:26@	
<b>50</b>	<b>Svein Olav Høyland</b>	<b>116</b>										<b>1:13:20</b>
04:24+	07:23+	27:22+	43:20+	50:01+	55:24+	57:44+	66:15+	68:34+	70:21+	72:37+	73:20+	
04:24+	02:59+	19:59+	15:58+	06:41+	05:23+	02:20+	08:31+	02:19+	01:47+	02:16+	00:43+	
02:19@	01:18&	17:04@	13:58@	04:47@	02:29&	01:25@	04:55@	01:25@	00:29&	01:19@	00:26@	
<b>Beste strekktid for klassen</b>												
01:55	01:30	02:55	01:59	01:54	02:26	00:55	03:35	00:54	00:57	00:55	00:16	

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