

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Wibeke Lende	74	17:14							
01:38=	03:47=	04:57=	07:01=	08:07=	10:50=	12:39=	14:18=	15:47=	16:45=	17:14=
01:38=	02:09=	01:10=	02:04=	01:06=	02:43=	01:49=	01:39=	01:29=	00:58=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Agnes Selma Haker	115	18:09							
01:34-	03:42-	04:12-	06:24-	07:34-	11:35+	13:25+	15:16+	16:47+	17:38+	18:09+
01:34-	02:08-	00:30-	02:12+	01:10+	04:01+	01:50+	01:51+	01:31+	00:51-	00:31+
00:04-	00:01-	00:40-	00:08+	00:04+	01:18&	00:01+	00:12#	00:02+	00:07-	00:02+
3	Toyah Bråtveit	115	18:34							
02:02+	03:53+	04:35-	06:30-	07:36-	12:05+	13:50+	15:51+	17:15+	18:06+	18:34+
02:02+	01:51-	00:42-	01:55-	01:06=	04:29+	01:45-	02:01+	01:24-	00:51-	00:28-
00:24#	00:18-	00:28-	00:09-	00:00=	01:46&	00:04-	00:22#	00:05-	00:07-	00:01-
4	Veronica Fenne	66	18:35							
01:42+	05:32+	06:09+	08:04+	09:16+	11:57+	13:40+	15:40+	17:12+	18:08+	18:35+
01:42+	03:50+	00:37-	01:55-	01:12+	02:41-	01:43-	02:00+	01:32+	00:56-	00:27-
00:04+	01:41&	00:33-	00:09-	00:06+	00:02-	00:06-	00:21#	00:03+	00:02-	00:02-
5	Mari Thu Randulff	39	18:57							
01:33-	04:20+	05:05+	08:00+	09:01+	11:36+	13:16+	16:03+	17:35+	18:30+	18:57+
01:33-	02:47+	00:45-	02:55+	01:01-	02:35-	01:40-	02:47+	01:32+	00:55-	00:27-
00:05-	00:38&	00:25-	00:51&	00:05-	00:08-	00:09-	01:08&	00:03+	00:03-	00:02-
6	Lise Nessa Di Lorenzo	168	18:58							
02:11+	04:43+	05:31+	07:35+	08:48+	12:01+	13:59+	15:46+	17:28+	18:25+	18:58+
02:11+	02:32+	00:48-	02:04=	01:13+	03:13+	01:58+	01:47+	01:42+	00:57-	00:33+
00:33&	00:23#	00:22-	00:00=	00:07#	00:30#	00:09+	00:08+	00:13#	00:01-	00:04#
7	Trine Selvikvåg	62	19:10							
03:30+	06:01+	06:55+	08:59+	10:08+	12:41+	14:31+	16:12+	17:39+	18:35+	19:10+
03:30+	02:31+	00:54-	02:04=	01:09+	02:33-	01:50+	01:41+	01:27-	00:56-	00:35+
01:52@	00:22#	00:16-	00:00=	00:03+	00:10-	00:01+	00:02+	00:02-	00:02-	00:06#
8	Margrete Jian Øye	126	19:12							
02:52+	05:10+	05:43+	08:13+	09:20+	12:10+	14:12+	16:08+	17:37+	18:38+	19:12+
02:52+	02:18+	00:33-	02:30+	01:07+	02:50+	02:02+	01:56+	01:29=	01:01+	00:34+
01:14&	00:09+	00:37-	00:26#	00:01+	00:07+	00:13#	00:17#	00:00=	00:03+	00:05#
9	Ingvild Amalixsen	116	19:20							
02:08+	04:47+	05:15+	07:24+	08:36+	11:51+	13:56+	16:03+	17:46+	18:48+	19:20+
02:08+	02:39+	00:28-	02:09+	01:12+	03:15+	02:05+	02:07+	01:43+	01:02+	00:32+
00:30&	00:30#	00:42-	00:05+	00:06+	00:32#	00:16#	00:28&	00:14#	00:04+	00:03#
10	Rønnaug Egeland	154	19:21							
01:51+	04:14+	06:01+	08:11+	09:26+	12:24+	14:15+	16:11+	17:48+	18:49+	19:21+
01:51+	02:23+	01:47+	02:10+	01:15+	02:58+	01:51+	01:56+	01:37+	01:01+	00:32+
00:13#	00:14#	00:37&	00:06+	00:09#	00:15+	00:02+	00:17#	00:08+	00:03+	00:03#
11	Tine Frantzen	66	19:41							
02:02+	04:36+	05:18+	07:26+	08:56+	12:06+	14:09+	16:19+	17:57+	19:04+	19:41+
02:02+	02:34+	00:42-	02:08+	01:30+	03:10+	02:03+	02:10+	01:38+	01:07+	00:37+
00:24#	00:25#	00:28-	00:04+	00:24&	00:27#	00:14#	00:31&	00:09#	00:09#	00:08&
12	Hanne Berg Nilsen	117	19:49							
02:08+	04:35+	05:53+	08:30+	09:56+	12:53+	14:54+	16:44+	18:24+	19:21+	19:49+
02:08+	02:27+	01:18+	02:58+	01:15+	02:47+	02:01+	01:50+	01:40+	00:57-	00:28-
00:30&	00:18#	00:08#	00:54&	00:09#	00:04+	00:12#	00:11#	00:11#	00:01-	00:01-
13	Anne M. Enne Haug	117	19:58							
01:40+	03:58+	06:28+	08:30+	09:56+	12:58+	14:46+	16:50+	18:25+	19:29+	19:58+
01:40+	02:18+	02:30+	02:02-	01:26+	03:02+	01:48-	02:04+	01:35+	01:04+	00:29=
00:02+	00:09+	01:20@	00:02-	00:20&	00:19#	00:01-	00:25&	00:06+	00:06#	00:00=
14	Marie Sjursen	117	20:49							
02:19+	05:02+	06:46+	09:11+	10:33+	13:31+	15:31+	17:33+	19:20+	20:12+	20:49+
02:19+	02:43+	01:44+	02:25+	01:22+	02:58+	02:00+	02:02+	01:47+	00:52-	00:37+
00:41&	00:34&	00:34&	00:21#	00:16#	00:15+	00:11#	00:23#	00:18#	00:06-	00:08&

Class	Navn	Klasse								Tid
15	Bodil Krogedal	126								20:59
01:53+	04:11+	07:17+	09:16+	10:30+	14:23+	16:08+	17:56+	19:37+	20:32+	20:59+
01:53+	02:18+	03:06+	01:59-	01:14+	03:53+	01:45-	01:48+	01:41+	00:55-	00:27-
00:15#	00:09+	01:56@	00:05-	00:08#	01:10&	00:04-	00:09+	00:12#	00:03-	00:02-
16	Marita Skorpe	74								21:05
01:46+	05:00+	05:41+	07:51+	09:08+	12:34+	14:55+	17:06+	19:16+	20:22+	21:05+
01:46+	03:14+	00:41-	02:10+	01:17+	03:26+	02:21+	02:11+	02:10+	01:06+	00:43+
00:08+	01:05&	00:29-	00:06+	00:11#	00:43&	00:32&	00:32&	00:41&	00:08#	00:14&
17	Barbro Lunde Nedrebø	92								21:22
02:01+	05:05+	06:20+	08:45+	10:10+	13:55+	16:05+	18:06+	19:46+	20:48+	21:22+
02:01+	03:04+	01:15+	02:25+	01:25+	03:45+	02:10+	02:01+	01:40+	01:02+	00:34+
00:23#	00:55&	00:05+	00:21#	00:19&	01:02&	00:21#	00:22#	00:11#	00:04+	00:05#
18	Ingunn Bergheim Landsnes	92								21:24
01:59+	05:02+	05:50+	08:34+	09:50+	13:31+	15:48+	17:52+	19:41+	20:52+	21:24+
01:59+	03:03+	00:48-	02:44+	01:16+	03:41+	02:17+	02:04+	01:49+	01:11+	00:32+
00:21#	00:54&	00:22-	00:40&	00:10#	00:58&	00:28&	00:25&	00:20#	00:13#	00:03#
19	Heidi Nordaunet	126								21:34
01:50+	04:27+	07:00+	09:21+	10:43+	13:38+	16:16+	18:11+	19:48+	20:58+	21:34+
01:50+	02:37+	02:33+	02:21+	01:22+	02:55+	02:38+	01:55+	01:37+	01:10+	00:36+
00:12#	00:28#	01:23@	00:17#	00:16#	00:12+	00:49&	00:16#	00:08+	00:12#	00:07#
20	Åsta Bryne	7								21:52
01:52+	04:18+	04:54-	07:09+	08:26+	12:05+	14:31+	16:44+	18:29+	19:37+	21:52+
01:52+	02:26+	00:36-	02:15+	01:17+	03:39+	02:26+	02:13+	01:45+	01:08+	02:15+
00:14#	00:17#	00:34-	00:11+	00:11#	00:56&	00:37&	00:34&	00:16#	00:10#	01:46@
21	Maren Heradstveit	76								21:56
01:56+	04:25+	06:13+	09:04+	10:07+	13:30+	15:20+	18:46+	20:22+	21:14+	21:56+
01:56+	02:29+	01:48+	02:51+	01:03-	03:23+	01:50+	03:26+	01:36+	00:52-	00:42+
00:18#	00:20#	00:38&	00:47&	00:03-	00:40#	00:01+	01:47@	00:07+	00:06-	00:13&
22	Lene Bjørnø	92								22:24
02:19+	05:14+	06:40+	09:35+	10:49+	14:14+	16:24+	18:53+	20:34+	21:38+	22:24+
02:19+	02:55+	01:26+	02:55+	01:14+	03:25+	02:10+	02:29+	01:41+	01:04+	00:46+
00:41&	00:46&	00:16#	00:51&	00:08#	00:42&	00:21#	00:50&	00:12#	00:06#	00:17&
23	Hanne Thu	18								24:23
02:28+	05:16+	07:35+	10:12+	11:31+	15:14+	17:11+	20:31+	22:17+	23:33+	24:23+
02:28+	02:48+	02:19+	02:37+	01:19+	03:43+	01:57+	03:20+	01:46+	01:16+	00:50+
00:50&	00:39&	01:09&	00:33&	00:13#	01:00&	00:08+	01:41@	00:17#	00:18&	00:21&
24	Gro Mariero Totland	59								35:51
03:30+	07:46+	08:52+	12:53+	15:23+	22:40+	26:19+	29:52+	33:06+	35:03+	35:51+
03:30+	04:16+	01:06-	04:01+	02:30+	07:17+	03:39+	03:33+	03:14+	01:57+	00:48+
01:52@	02:07&	00:04-	01:57&	01:24@	04:34@	01:50@	01:54@	01:45@	00:59@	00:19&
Beste strekktid for klassen										
01:33	01:51	00:28	01:55	01:01	02:33	01:40	01:39	01:24	00:51	00:27

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

Damer 40 - 49 år

1	Brit Nilsen	88								15:32			
00:39=	01:54=	03:49=	04:34=	04:59=	05:41=	06:14=	07:26=	08:52=	10:30=	12:18=	13:57=	14:57=	15:32=
00:39=	01:15=	01:55=	00:45=	00:25=	00:42=	00:33=	01:12=	01:26=	01:38=	01:48=	01:39=	01:00=	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=	00:00=	00:00=
2	Nina Glendrange Wold	359								16:37			
00:36-	01:50-	03:54+	04:47+	05:28+	06:17+	06:55+	08:03+	09:25+	11:17+	13:24+	15:07+	16:06+	16:37+
00:36-	01:14-	02:04+	00:53+	00:41+	00:49+	00:38+	01:08-	01:22-	01:52+	02:07+	01:43+	00:59-	00:31-
00:03-	00:01-	00:09+	00:08#	00:16&	00:07#	00:05#	00:04-	00:04-	00:14#	00:19#	00:04+	00:01-	00:04-
3	Randi Helen Ladsten	128								17:42			
00:37-	01:45-	05:25+	06:32+	07:04+	07:43+	08:21+	09:30+	10:42+	12:19+	14:33+	16:11+	17:05+	17:42+
00:37-	01:08-	03:40+	01:07+	00:32+	00:39-	00:38+	01:09-	01:12-	01:37-	02:14+	01:38-	00:54-	00:37+
00:02-	00:07-	01:45&	00:22&	00:07&	00:03-	00:05#	00:03-	00:14-	00:01-	00:26#	00:01-	00:06-	00:02+

Class	Navn	Klasse												Tid
4	Hege Anita H. Nielsen	48												17:52
00:34-	01:55+	04:37+	05:19+	05:57+	07:35+	08:58+	10:30+	12:13+	14:36+	16:16+	17:20+	17:52+		
00:34-	01:21+	02:42+	00:42-	00:38+	00:56+	00:42+	01:23+	01:32+	01:43+	02:23+	01:40+	01:04+		
00:05-	00:06+	00:47&	00:03-	00:13&	00:14&	00:09&	00:11#	00:06+	00:05+	00:35&	00:01+	00:04+		
5	May Bente Valdøl	116												17:57
00:27-	01:34-	03:32-	05:04+	05:39+	06:52+	07:38+	08:54+	11:13+	12:37+	14:49+	16:39+	17:30+		
00:27-	01:07-	01:58+	01:32+	00:35+	01:13+	00:46+	01:16+	02:19+	01:24-	02:12+	01:50+	00:51-		
00:12-	00:08-	00:03+	00:47@	00:10&	00:31&	00:13&	00:04+	00:53&	00:14-	00:24#	00:11#	00:09-		
6	Christel Dahl	92												18:15
00:35-	01:52-	04:46+	05:59+	06:52+	08:33+	09:20+	10:19+	12:05+	13:26+	15:15+	16:48+	17:43+		
00:35-	01:17+	02:54+	01:13+	00:53+	01:41+	00:47+	00:59-	01:46+	01:21-	01:49+	01:33-	00:55-		
00:04-	00:02+	00:59&	00:28&	00:28@	00:59@	00:14&	00:13-	00:20#	00:17-	00:01+	00:06-	00:05-		
7	Rikke Rostrup	116												18:31
00:54+	02:28+	05:26+	06:15+	07:01+	07:59+	08:43+	09:43+	11:09+	12:52+	15:09+	16:47+	17:56+		
00:54+	01:34+	02:58+	00:49+	00:46+	00:58+	00:44+	01:00-	01:26+	01:43+	02:17+	01:38-	01:09+		
00:15&	00:19&	01:03&	00:04+	00:21&	00:16&	00:11&	00:12-	00:00=	00:05+	00:29&	00:01-	00:09#		
8	Hanne Vagle	105												19:26
00:47+	02:24+	04:44+	05:30+	06:11+	07:13+	07:55+	09:11+	11:41+	13:07+	15:54+	17:51+	18:53+		
00:47+	01:37+	02:20+	00:46+	00:41+	01:02+	00:42+	01:16+	02:30+	01:26-	02:47+	01:57+	01:02+		
00:08#	00:22&	00:25#	00:01+	00:16&	00:20&	00:09&	00:04+	01:04&	00:12-	00:59&	00:18#	00:02+		
9	Bjørge Hauge	47												19:44
00:42+	02:12+	05:12+	06:04+	07:14+	08:47+	09:24+	10:36+	12:02+	13:53+	16:24+	18:03+	19:03+		
00:42+	01:30+	03:00+	00:52+	01:10+	01:33+	00:37+	01:12=	01:26=	01:51+	02:31+	01:39=	01:00=		
00:03+	00:15#	01:05&	00:07#	00:45@	00:51@	00:04#	00:00=	00:00=	00:13#	00:43&	00:00=	00:00=		
10	Siv Skretting	93												20:42
00:45+	02:11+	05:03+	06:12+	08:29+	09:25+	10:01+	11:14+	12:42+	14:24+	17:08+	18:57+	20:01+		
00:45+	01:26+	02:52+	01:09+	02:17+	00:56+	00:36+	01:13+	01:28+	01:42+	02:44+	01:49+	01:04+		
00:06#	00:11#	00:57&	00:24&	01:52@	00:14&	00:03+	00:01+	00:02+	00:04+	00:56&	00:10#	00:04+		
11	Astri Sandanger	93												22:14
00:44+	02:19+	06:52+	07:51+	08:44+	09:28+	10:10+	11:35+	13:56+	16:12+	18:35+	20:32+	21:38+		
00:44+	01:35+	04:33+	00:59+	00:53+	00:44+	00:42+	01:25+	02:21+	02:16+	02:23+	01:57+	01:06+		
00:05#	00:20&	02:38@	00:14&	00:28@	00:02+	00:09&	00:13#	00:55&	00:38&	00:35&	00:18#	00:06#		
12	Eli Serine Eikeskog	93												22:26
00:35-	02:01+	04:44+	06:14+	07:06+	08:19+	08:59+	10:12+	14:55+	16:22+	18:54+	20:47+	21:52+		
00:35-	01:26+	02:43+	01:30+	00:52+	01:13+	00:40+	01:13+	04:43+	01:27-	02:32+	01:53+	01:05+		
00:04-	00:11#	00:48&	00:45&	00:27@	00:31&	00:07#	00:01+	03:17@	00:11-	00:44&	00:14#	00:05+		
13	Toril Dahle	116												22:42
00:52+	02:29+	05:40+	06:43+	07:28+	09:25+	10:06+	11:32+	13:38+	16:03+	19:03+	21:00+	22:04+		
00:52+	01:37+	03:11+	01:03+	00:45+	01:57+	00:41+	01:26+	02:06+	02:25+	03:00+	01:57+	01:04+		
00:13&	00:22&	01:16&	00:18&	00:20&	01:15@	00:08#	00:14#	00:40&	00:47&	01:12&	00:18#	00:04+		
Beste strekktid for klassen														
00:27	01:07	01:55	00:42	00:25	00:39	00:33	00:59	01:12	01:21	01:48	01:33	00:51		

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

Damer 50 - 59 år

1	Keth Berggraf	116												16:52
00:35=	01:52=	03:49=	04:43=	05:25=	06:29=	07:01=	08:01=	09:46=	11:20=	13:33=	15:23=	16:18=		
00:35=	01:17=	01:57=	00:54=	00:42=	01:04=	00:32=	01:00=	01:45=	01:34=	02:13=	01:50=	00:55=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Gunn J. Grefstad	2												17:02
00:42+	02:07+	04:09+	04:51+	05:25=	06:11-	06:47-	08:06+	09:32-	11:43+	13:49+	15:30+	16:26+		
00:42+	01:25+	02:02+	00:42-	00:34-	00:46-	00:36+	01:19+	01:26-	02:11+	02:06-	01:41-	00:56+		
00:07#	00:08#	00:05+	00:12-	00:08-	00:18-	00:04#	00:19&	00:19-	00:37&	00:07-	00:09-	00:01+		
3	Anne Sæbø Vik	116												17:07
00:34-	02:03+	03:55+	04:39-	06:26+	07:12+	07:46+	08:46+	10:00+	11:28+	14:11+	15:40+	16:33+		
00:34-	01:29+	01:52-	00:44-	01:47+	00:46-	00:34+	01:00=	01:14-	01:28-	02:43+	01:29-	00:53-		
00:01-	00:12#	00:05-	00:10-	01:05@	00:18-	00:02+	00:00=	00:31-	00:06-	00:30#	00:21-	00:02-		

Class	Navn	Class	Tid
19	Kari Smådal Turøy	115	23:36
00:57+	02:46+ 05:07+ 06:12+ 07:22+ 08:43+	09:42+ 11:19+ 14:39+ 16:51+ 20:09+ 21:52+ 22:55+	23:36+
00:57+	01:49+ 02:21+ 01:05+ 01:10+ 01:21+ 00:59+ 01:37+ 03:20+ 02:12+ 03:18+ 01:43- 01:03+	00:27& 00:37& 01:35& 00:38& 01:05& 00:07-	00:41+
00:22&	00:32& 00:24# 00:11# 00:28& 00:17&		00:07#
20	Hanne Hermanrud	115	24:21
00:54+	02:56+ 05:59+ 07:04+ 08:38+ 09:57+	11:09+ 12:45+ 14:40+ 17:22+ 20:13+ 22:21+ 23:41+	24:21+
00:54+	02:02+ 03:03+ 01:05+ 01:34+ 01:19+ 01:12+ 01:36+ 01:55+ 02:42+ 02:51+ 02:08+ 01:20+	00:40# 00:36& 00:10+ 01:08& 00:38& 00:18# 00:25&	00:40+
00:19&	00:45& 01:06& 00:11# 00:52# 00:15#		00:06#
21	Andrea Tapken	54	24:23
00:58+	02:52+ 06:43+ 09:29+ 10:06+ 11:02+	12:07+ 13:22+ 15:23+ 17:43+ 20:28+ 22:27+ 23:34+ 24:23+	
00:58+	01:54+ 03:51+ 02:46+ 00:37- 00:56- 01:05+ 01:15+ 02:01+ 02:20+ 02:45+ 01:59+ 01:07+	00:16# 00:46& 00:32# 00:09+ 00:12#	00:49+
00:23&	00:37& 01:54& 01:52# 00:05- 00:08-		00:15&
22	Sarah Denieul	42	24:29
00:39+	01:59+ 09:10+ 10:03+ 12:10+ 12:38+	13:27+ 14:31+ 17:03+ 19:00+ 21:18+ 22:56+ 23:51+	24:29+
00:39+	01:20+ 07:11+ 00:53- 02:07+ 00:28-	00:49+ 01:04+ 02:32+ 01:57+ 02:18+ 01:38- 00:55=	00:38+
00:04#	00:03+ 05:14# 00:01- 01:25# 00:36-	00:17& 00:04+ 00:47& 00:23# 00:05+	00:04#
23	Janne Kristin Frantzen	116	24:40
01:58+	04:00+ 07:19+ 08:38+ 09:31+ 10:35+	11:27+ 13:00+ 14:54+ 17:18+ 20:24+ 22:31+ 23:47+ 24:40+	
01:58+	02:02+ 03:19+ 01:19+ 00:53+ 01:04=	00:52+ 01:33+ 01:54+ 02:24+ 03:06+ 02:07+ 01:16+ 00:53+	
01:23#	00:45& 01:22& 00:25& 00:11& 00:00=	00:20& 00:33& 00:09+ 00:50& 00:53& 00:17# 00:21&	00:19&
24	Kristin Harbo	92	27:32
00:46+	02:42+ 07:12+ 08:12+ 09:09+ 11:46+	12:54+ 14:28+ 16:35+ 19:06+ 23:01+ 25:28+ 26:52+ 27:32+	
00:46+	01:56+ 04:30+ 01:00+ 00:57+ 02:37+	01:08+ 01:34+ 02:07+ 02:31+ 03:55+ 02:27+ 01:24+	00:40+
00:11&	00:39& 02:33# 00:06# 00:15& 01:33#	00:36# 00:34& 00:22# 00:57& 01:42& 00:37& 00:29&	00:06#
25	Randi Roth	68	28:42
00:47+	02:29+ 05:27+ 06:31+ 07:14+ 09:06+	10:00+ 11:54+ 14:27+ 17:26+ 24:26+ 26:34+ 27:51+ 28:42+	
00:47+	01:42+ 02:58+ 01:04+ 00:43+ 01:52+ 00:54+ 01:54+ 02:33+ 02:59+ 07:00+ 02:08+ 01:17+	00:54& 00:54& 00:48& 01:25& 04:47#	00:51+
00:12&	00:25& 01:01& 00:10# 00:01+ 00:48&	00:22& 00:54& 00:48& 01:25& 04:47#	00:17&
26	Ellinor Nesse	116	30:54
00:54+	02:48+ 06:11+ 07:15+ 08:13+ 09:14+	10:06+ 11:58+ 22:27+ 24:35+ 27:06+ 29:04+ 30:09+ 30:54+	
00:54+	01:54+ 03:23+ 01:04+ 00:58+ 01:01-	00:52+ 01:52+ 10:29+ 02:08+ 02:31+ 01:58+ 01:05+ 00:45+	
00:19&	00:37& 01:26& 00:10# 00:16& 00:03-	00:20& 00:52& 08:44# 00:34& 00:18# 00:08+ 00:10#	00:11&
Beste strekktid for klassen			
	00:34	01:16	01:52
	00:42	00:24	00:28
	00:32	01:00	01:14
	01:20	01:44	01:29
	00:49	00:27	

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

Damer 60 - 64 år

1	Amanda Renshaw	101	16:55
02:16=	02:39= 04:43= 06:16= 07:02= 08:06= 09:31= 10:46= 13:23= 15:08= 16:08= 16:55=		
02:16=	00:23= 02:04= 01:33= 00:46= 01:04= 01:25= 01:15= 02:37= 01:45= 01:00= 00:47=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Tove Bjerkreim	105	17:06
01:20-	01:59- 04:43= 06:14- 07:02= 08:28+ 09:55+ 11:04+ 13:51+ 15:25+ 16:28+ 17:06+		
01:20-	00:39+ 02:44+ 01:31- 00:48+ 01:26+ 01:27+ 01:09- 02:47+ 01:34- 01:03+ 00:38-		
00:56-	00:16& 00:40& 00:02- 00:02+ 00:22& 00:02+ 00:06- 00:10+ 00:11- 00:03+ 00:09-		
3	Liv-Grete Obrestad	113	18:15
01:18-	01:51- 04:50+ 05:52- 06:32- 07:41- 09:04- 10:19- 14:34+ 16:14+ 17:31+ 18:15+		
01:18-	00:33+ 02:59+ 01:02- 00:40- 01:09+ 01:23- 01:15= 04:15+ 01:40- 01:17+ 00:44-		
00:58-	00:10& 00:55& 00:31- 00:06- 00:05+ 00:02- 00:00= 01:38& 00:05- 00:17& 00:03-		
4	Marit Karin Nygård	92	18:19
01:23-	01:55- 03:59- 06:08- 06:49- 07:59-	10:16+ 11:30+ 14:56+ 16:43+ 17:46+ 18:19+	
01:23-	00:32+ 02:04= 02:09+ 00:41- 01:10+ 02:17+ 01:14- 03:26+ 01:47+ 01:03+ 00:33-		
00:53-	00:09& 00:00= 00:36& 00:05- 00:06+ 00:52& 00:01- 00:49& 00:02+ 00:03+ 00:14-		
5	Ingrid Eik	88	18:59
01:07-	01:39- 03:32- 05:11- 05:55- 10:35+	11:53+ 13:06+ 15:47+ 17:26+ 18:27+ 18:59+	
01:07-	00:32+ 01:53- 01:39+ 00:44- 04:40+	01:18- 01:13- 02:41+ 01:39- 01:01+ 00:32-	
01:09-	00:09& 00:11- 00:06+ 00:02- 03:36#	00:07- 00:02- 00:04+ 00:06- 00:01+ 00:15-	

Class	Navn	Klasse										Tid
6	Eli Frafjord	94										20:00
	01:14-	01:57-	05:32+	06:34+	07:20+	08:37+	11:29+	12:50+	15:40+	18:01+	19:06+	20:00+
	01:14-	00:43+	03:35+	01:02-	00:46=	01:17+	02:52+	01:21+	02:50+	02:21+	01:05+	00:54+
	01:02-	00:20&	01:31&	00:31-	00:00=	00:13#	01:27@	00:06+	00:13+	00:36&	00:05+	00:07#
7	Kari Blixhavn	228										23:02
	01:59-	02:45+	06:37+	08:10+	09:12+	11:04+	13:02+	14:40+	18:27+	20:47+	22:08+	23:02+
	01:59-	00:46+	03:52+	01:33=	01:02+	01:52+	01:58+	01:38+	03:47+	02:20+	01:21+	00:54+
	00:17-	00:23&	01:48&	00:00=	00:16&	00:48&	00:33&	00:23&	01:10&	00:35&	00:21&	00:07#
8	Hanna S. Lomeland	47										24:52
	01:38-	02:35-	06:35+	08:43+	09:30+	11:10+	15:59+	17:14+	20:40+	23:01+	24:14+	24:52+
	01:38-	00:57+	04:00+	02:08+	00:47+	01:40+	04:49+	01:15=	03:26+	02:21+	01:13+	00:38-
	00:38-	00:34@	01:56&	00:35&	00:01+	00:36&	03:24@	00:00=	00:49&	00:36&	00:13#	00:09-
9	Aud Steinsland	128										24:53
	01:36-	02:34-	06:33+	08:42+	09:33+	11:12+	15:56+	17:18+	20:44+	23:00+	24:16+	24:53+
	01:36-	00:58+	03:59+	02:09+	00:51+	01:39+	04:44+	01:22+	03:26+	02:16+	01:16+	00:37-
	00:40-	00:35@	01:55&	00:36&	00:05#	00:35&	03:19@	00:07+	00:49&	00:31&	00:16&	00:10-
10	Berit Bakken	168										25:18
	04:29+	04:57+	08:26+	09:25+	10:08+	15:28+	16:58+	18:23+	21:27+	23:28+	24:39+	25:18+
	04:29+	00:28+	03:29+	00:59-	00:43-	05:20+	01:30+	01:25+	03:04+	02:01+	01:11+	00:39-
	02:13&	00:05#	01:25&	00:34-	00:03-	04:16@	00:05+	00:10#	00:27#	00:16#	00:11#	00:08-
11	Unni Relling	92										25:31
	01:51-	02:50+	06:27+	08:09+	09:37+	11:39+	13:36+	15:27+	20:36+	23:03+	24:36+	25:31+
	01:51-	00:59+	03:37+	01:42+	01:28+	02:02+	01:57+	01:51+	05:09+	02:27+	01:33+	00:55+
	00:25-	00:36@	01:33&	00:09+	00:42&	00:58&	00:32&	00:36&	02:32&	00:42&	00:33&	00:08#
12	Ingunn Voilås	29										31:38
	01:19-	01:57-	15:24+	17:35+	18:26+	20:00+	21:48+	23:24+	27:16+	29:22+	30:52+	31:38+
	01:19-	00:38+	13:27+	02:11+	00:51+	01:34+	01:48+	01:36+	03:52+	02:06+	01:30+	00:46-
	00:57-	00:15&	11:23@	00:38&	00:05#	00:30&	00:23&	00:21&	01:15&	00:21#	00:30&	00:01-
13	Åse Berg	105										39:52
	15:04+	15:51+	20:23+	24:37+	25:44+	27:36+	29:37+	31:19+	35:14+	37:20+	38:56+	39:52+
	15:04+	00:47+	04:32+	04:14+	01:07+	01:52+	02:01+	01:42+	03:55+	02:06+	01:36+	00:56+
	12:48@	00:24@	02:28@	02:41@	00:21&	00:48&	00:36&	00:27&	01:18&	00:21#	00:36&	00:09#
Beste strekktid for klassen												
	01:07	00:23	01:53	00:59	00:40	01:04	01:18	01:09	02:37	01:34	01:00	00:32

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

Damer 65 - 69 år

1	Mette Dagsland	68										18:16
	01:29=	02:06=	04:31=	06:17=	07:07=	08:20=	09:51=	11:13=	14:35=	16:32=	17:39=	18:16=
	01:29=	00:37=	02:25=	01:46=	00:50=	01:13=	01:31=	01:22=	03:22=	01:57=	01:07=	00:37=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hanne Eik	117										20:07
	01:40+	02:18+	05:33+	06:48+	07:40+	09:00+	10:50+	12:16+	15:48+	18:00+	19:16+	20:07+
	01:40+	00:38+	03:15+	01:15-	00:52+	01:20+	01:50+	01:26+	03:32+	02:12+	01:16+	00:51+
	00:11#	00:01+	00:50&	00:31-	00:02+	00:07+	00:19#	00:04+	00:10+	00:15#	00:09#	00:14&
3	Berit K. Gramstad	113										21:44
	03:06+	04:09+	06:53+	08:10+	08:49+	10:40+	12:25+	13:57+	17:52+	19:48+	20:55+	21:44+
	03:06+	01:03+	02:44+	01:17-	00:39-	01:51+	01:45+	01:32+	03:55+	01:56-	01:07=	00:49+
	01:37@	00:26&	00:19#	00:29-	00:11-	00:38&	00:14#	00:10#	00:33#	00:01-	00:00=	00:12&
4	Wenche Anda Haarr	92										22:20
	02:16+	03:04+	06:33+	07:53+	09:02+	10:25+	12:14+	13:50+	17:58+	20:20+	21:37+	22:20+
	02:16+	00:48+	03:29+	01:20-	01:09+	01:23+	01:49+	01:36+	04:08+	02:22+	01:17+	00:43+
	00:47&	00:11&	01:04&	00:26-	00:19&	00:10#	00:18#	00:14#	00:46#	00:25#	00:10#	00:06#
5	Halldis Handeland	92										23:26
	01:37+	02:35+	06:23+	09:00+	09:57+	11:36+	13:22+	14:59+	18:51+	21:16+	22:41+	23:26+
	01:37+	00:58+	03:48+	02:37+	00:57+	01:39+	01:46+	01:37+	03:52+	02:25+	01:25+	00:45+
	00:08+	00:21&	01:23&	00:51&	00:07#	00:26&	00:15#	00:15#	00:30#	00:28#	00:18&	00:08#

Class	Navn	Klasse	Tid								
6	Ingunn Bjerga	105	32:05								
01:54+	08:03+	11:13+	16:13+	17:02+	18:38+	20:37+	22:14+	27:06+	29:38+	31:15+	32:05+
01:54+	06:09+	03:10+	05:00+	00:49-	01:36+	01:59+	01:37+	04:52+	02:32+	01:37+	00:50+
00:25&	05:32@	00:45&	03:14@	00:01-	00:23&	00:28&	00:15#	01:30&	00:35&	00:30&	00:13&

Beste strekktid for klassen
01:29 00:37 02:25 01:15 00:39 01:13 01:31 01:22 03:22 01:56 01:07 00:37

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

Damer 70 - 74 år

1	Turid Nystrøm	68	17:08								
01:32=	02:19=	04:35=	05:39=	06:25=	07:37=	09:11=	10:28=	13:34=	15:28=	16:29=	17:08=
01:32=	00:47=	02:16=	01:04=	00:46=	01:12=	01:34=	01:17=	03:06=	01:54=	01:01=	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=

2	Haldis Glendrange	68	19:29								
01:30-	02:18-	04:41+	06:01+	06:53+	08:13+	10:01+	11:54+	15:21+	17:31+	18:48+	19:29+
01:30-	00:48+	02:23+	01:20+	00:52+	01:20+	01:48+	01:53+	03:27+	02:10+	01:17+	00:41+
00:02-	00:01+	00:07+	00:16#	00:06#	00:08#	00:11#	00:36&	00:21#	00:16#	00:16&	00:02+

3	Inger Skretting Opstad	54	19:54								
01:43+	02:28+	05:10+	06:34+	07:27+	09:00+	10:45+	12:23+	15:43+	17:49+	19:05+	19:54+
01:43+	00:45-	02:42+	01:24+	00:53+	01:33+	01:45+	01:38+	03:20+	02:06+	01:16+	00:49+
00:11#	00:02-	00:26#	00:20&	00:07#	00:21&	00:11#	00:21&	00:14+	00:12#	00:15#	00:10&

4	Helga Klausen	62	24:13								
01:57+	03:08+	07:36+	09:25+	10:30+	12:29+	14:27+	16:04+	19:41+	22:04+	23:25+	24:13+
01:57+	01:11+	04:28+	01:49+	01:05+	01:59+	01:58+	01:37+	03:37+	02:23+	01:21+	00:48+
00:25&	00:24&	02:12&	00:45&	00:19&	00:47&	00:24&	00:20&	00:31#	00:29&	00:20&	00:09#

5	Aslaug Lura	94	25:49								
01:55+	02:44+	07:06+	08:58+	10:04+	11:55+	14:06+	16:01+	20:23+	23:03+	24:53+	25:49+
01:55+	00:49+	04:22+	01:52+	01:06+	01:51+	02:11+	01:55+	04:22+	02:40+	01:50+	00:56+
00:23#	00:02+	02:06&	00:48&	00:20&	00:39&	00:37&	00:38&	01:16&	00:46&	00:49&	00:17&

6	Ragnhild Christiansen	93	26:06								
02:10+	03:03+	07:55+	09:49+	10:50+	12:31+	14:48+	16:42+	21:24+	23:48+	25:13+	26:06+
02:10+	00:53+	04:52+	01:54+	01:01+	01:41+	02:17+	01:54+	04:42+	02:24+	01:25+	00:53+
00:38&	00:06#	02:36@	00:50&	00:15&	00:29&	00:43&	00:37&	01:36&	00:30&	00:24&	00:14&

Beste strekktid for klassen
01:30 00:45 02:16 01:04 00:46 01:12 01:34 01:17 03:06 01:54 01:01 00:39

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

Damer 75 - 79 år

1	Synnøve Fuglestad	29	20:35								
02:10=	02:55=	05:34=	07:19=	08:11=	09:24=	11:00=	12:28=	15:55=	18:07=	19:21=	20:35=
02:10=	00:45=	02:39=	01:45=	00:52=	01:13=	01:36=	01:28=	03:27=	02:12=	01:14=	01:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Berit Ebbell Olsen	68	24:01								
02:26+	03:16+	06:24+	08:05+	09:11+	11:04+	13:21+	15:09+	19:15+	21:44+	23:11+	24:01+
02:26+	00:50+	03:08+	01:41-	01:06+	01:53+	02:17+	01:48+	04:06+	02:29+	01:27+	00:50-
00:16#	00:05#	00:29#	00:04-	00:14&	00:40&	00:41&	00:20#	00:39#	00:17#	00:13#	00:24-

3	Helga Aaslid	54	24:11								
03:17+	03:59+	07:10+	08:38+	09:30+	10:57+	14:25+	15:38+	19:20+	22:09+	23:36+	24:11+
03:17+	00:42-	03:11+	01:28-	00:52=	01:27+	03:28+	01:13-	03:42+	02:49+	01:27+	00:35-
01:07&	00:03-	00:32#	00:17-	00:00=	00:14#	01:52@	00:15-	00:15+	00:37&	00:13#	00:39-

Beste strekktid for klassen
02:10 00:42 02:39 01:28 00:52 01:13 01:36 01:13 03:27 02:12 01:14 00:35

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

Damer 80 år og eldre

1 Gørild Espedal 113 32:34

03:25= 06:17= 09:28= 15:31= 17:00= 18:49= 21:33= 23:45= 27:52= 30:19= 31:57= 32:34=
 03:25= 02:52= 03:11= 06:03= 01:29= 01:49= 02:44= 02:12= 04:07= 02:27= 01:38= 00:37=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

03:25 02:52 03:11 06:03 01:29 01:49 02:44 02:12 04:07 02:27 01:38 00:37

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

Damer A

1 Aud Hognestad Taksdal 92 22:45

01:32= 03:17= 03:50= 04:17= 07:03= 08:37= 10:02= 14:00= 15:22= 17:01= 18:27= 19:58= 21:09= 22:02= 22:36= 22:45=
 01:32= 01:45= 00:33= 00:27= 02:46= 01:34= 01:25= 03:58= 01:22= 01:39= 01:26= 01:31= 01:11= 00:53= 00:34= 00:09=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Marjo Liikanen 67 24:19

01:29- 03:20+ 03:45- 04:11- 07:07+ 08:47+ 10:11+ 15:11+ 16:30+ 18:19+ 19:46+ 21:26+ 22:40+ 23:35+ 24:08+ 24:19+
 01:29- 01:51+ 00:25- 00:26- 02:56+ 01:40+ 01:24- 05:00+ 01:19- 01:49+ 01:27+ 01:40+ 01:14+ 00:55+ 00:33- 00:11+
 00:03- 00:06+ 00:08- 00:01- 00:10+ 00:06+ 00:01- 01:02& 00:03- 00:10# 00:01+ 00:09+ 00:03+ 00:02+ 00:01- 00:02#

3 Tone Torgersen 27 25:23

01:34+ 03:26+ 04:00+ 04:32+ 07:23+ 09:13+ 10:38+ 15:16+ 16:47+ 19:01+ 20:37+ 22:04+ 23:25+ 24:34+ 25:12+ 25:23+
 01:34+ 01:52+ 00:34+ 00:32+ 02:51+ 01:50+ 01:25= 04:38+ 01:31+ 02:14+ 01:36+ 01:27- 01:21+ 01:09+ 00:38+ 00:11+
 00:02+ 00:07+ 00:01+ 00:05# 00:05+ 00:16# 00:00= 00:40# 00:09# 00:35& 00:10# 00:04- 00:10# 00:16& 00:04# 00:02#

4 Silje Skarpeid 101 27:06

01:48+ 04:00+ 04:34+ 05:07+ 08:28+ 10:24+ 11:57+ 16:22+ 18:01+ 20:34+ 22:17+ 23:49+ 25:13+ 26:20+ 26:55+ 27:06+
 01:48+ 02:12+ 00:34+ 00:33+ 03:21+ 01:56+ 01:33+ 04:25+ 01:39+ 02:33+ 01:43+ 01:32+ 01:24+ 01:07+ 00:35+ 00:11+
 00:16# 00:27& 00:01+ 00:06# 00:35# 00:22# 00:08+ 00:27# 00:17# 00:54& 00:17# 00:01+ 00:13# 00:14& 00:01+ 00:02#

5 Roisin Long 266 27:30

01:57+ 04:02+ 04:34+ 05:02+ 08:27+ 10:23+ 11:54+ 16:32+ 18:14+ 20:23+ 22:06+ 24:08+ 25:33+ 26:35+ 27:16+ 27:30+
 01:57+ 02:05+ 00:32- 00:28+ 03:25+ 01:56+ 01:31+ 04:38+ 01:42+ 02:09+ 01:43+ 02:02+ 01:25+ 01:02+ 00:41+ 00:14+
 00:25& 00:20# 00:01- 00:01+ 00:39# 00:22# 00:06+ 00:40# 00:20# 00:30& 00:17# 00:31& 00:14# 00:09# 00:07# 00:05&

6 Trine Bolstad Scheie 62 29:10

01:53+ 04:07+ 04:52+ 05:19+ 08:40+ 10:41+ 12:19+ 17:33+ 19:28+ 22:19+ 24:02+ 25:43+ 27:10+ 28:18+ 28:57+ 29:10+
 01:53+ 02:14+ 00:45+ 00:27= 03:21+ 02:01+ 01:38+ 05:14+ 01:55+ 02:51+ 01:43+ 01:41+ 01:27+ 01:08+ 00:39+ 00:13+
 00:21# 00:29& 00:12& 00:00= 00:35# 00:27& 00:13# 01:16& 00:33& 01:12& 00:17# 00:10# 00:16# 00:15& 00:05# 00:04&

7 Andrea Sætre 101 29:33

01:49+ 03:54+ 04:34+ 05:07+ 08:59+ 11:07+ 12:53+ 18:32+ 20:10+ 22:37+ 24:22+ 26:02+ 27:30+ 28:40+ 29:23+ 29:33+
 01:49+ 02:05+ 00:40+ 00:33+ 03:52+ 02:08+ 01:46+ 05:39+ 01:38+ 02:27+ 01:45+ 01:40+ 01:28+ 01:10+ 00:43+ 00:10+
 00:17# 00:20# 00:07# 00:06# 01:06& 00:34& 00:21# 01:41& 00:16# 00:48& 00:19# 00:09+ 00:17# 00:17& 00:09& 00:01#

8 Ingrid Lamark 46 29:38

02:03+ 04:14+ 04:47+ 05:14+ 09:33+ 11:32+ 13:17+ 18:15+ 19:54+ 21:59+ 23:50+ 26:14+ 27:45+ 28:49+ 29:28+ 29:38+
 02:03+ 02:11+ 00:33= 00:27= 04:19+ 01:59+ 01:45+ 04:58+ 01:39+ 02:05+ 01:51+ 02:24+ 01:31+ 01:04+ 00:39+ 00:10+
 00:31& 00:26# 00:00= 00:00= 01:33& 00:25& 00:20# 01:00& 00:17# 00:26& 00:25& 00:53& 00:20& 00:11# 00:05# 00:01#

9 Kari Borgen 62 29:52

02:00+ 04:13+ 05:36+ 06:05+ 09:26+ 11:23+ 13:04+ 18:03+ 19:54+ 22:27+ 24:15+ 26:05+ 27:41+ 28:54+ 29:44+ 29:52+
 02:00+ 02:13+ 01:23+ 00:29+ 03:21+ 01:57+ 01:41+ 04:59+ 01:51+ 02:33+ 01:48+ 01:50+ 01:36+ 01:13+ 00:50+ 00:08-
 00:28& 00:28& 00:50@ 00:02+ 00:35# 00:23# 00:16# 01:01& 00:29& 00:54& 00:22& 00:19# 00:25& 00:20& 00:16& 00:01-

10 Ingrid Simensen 101 32:49

01:38+ 03:52+ 04:41+ 05:27+ 11:31+ 13:37+ 15:37+ 21:05+ 23:03+ 25:22+ 27:12+ 29:20+ 30:47+ 31:58+ 32:37+ 32:49+
 01:38+ 02:14+ 00:49+ 00:46+ 06:04+ 02:06+ 02:00+ 05:28+ 01:58+ 02:19+ 01:50+ 02:08+ 01:27+ 01:11+ 00:39+ 00:12+
 00:06+ 00:29& 00:16& 00:19& 03:18@ 00:32& 00:35& 01:30& 00:36& 00:40& 00:24& 00:37& 00:16# 00:18& 00:05# 00:03&

Beste strekktid for klassen

01:29 01:45 00:25 00:26 02:46 01:34 01:24 03:58 01:19 01:39 01:26 01:27 01:11 00:53 00:33 00:08

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

Damer B

1	Inger Tone Nygård	29	22:02
01:45=	03:07= 03:48= 04:24= 07:27= 09:15= 12:22= 13:52= 15:42= 17:45= 19:12= 20:36= 21:34= 22:02=		
01:45=	01:22= 00:41= 00:36= 03:03= 01:48= 03:07= 01:30= 01:50= 02:03= 01:27= 01:24= 00:58= 00:28=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Jorunn Johannesen	116	24:55
01:54+	03:27+ 04:25+ 05:03+ 08:32+ 10:37+ 14:12+ 15:48+ 17:47+ 19:47+ 21:50+ 23:20+ 24:25+ 24:55+		
01:54+	01:33+ 00:58+ 00:38+ 03:29+ 02:05+ 03:35+ 01:36+ 01:59+ 02:00- 02:03+ 01:30+ 01:05+ 00:30+		
00:09+	00:11# 00:17& 00:02+ 00:26# 00:17# 00:28# 00:06+ 00:09+ 00:03- 00:36& 00:06+ 00:07# 00:02+		
3	Vibeke Lamark	46	26:39
01:51+	03:39+ 04:47+ 05:37+ 09:36+ 11:43+ 15:37+ 17:10+ 19:20+ 21:41+ 23:26+ 25:01+ 26:08+ 26:39+		
01:51+	01:48+ 01:08+ 00:50+ 03:59+ 02:07+ 03:54+ 01:33+ 02:10+ 02:21+ 01:45+ 01:35+ 01:07+ 00:31+		
00:06+	00:26& 00:27& 00:14& 00:56& 00:19# 00:47& 00:03+ 00:20# 00:18# 00:18# 00:11# 00:09# 00:03#		
4	Agnès Elin Engen	116	26:54
01:36-	03:22+ 04:45+ 05:25+ 09:18+ 11:21+ 15:02+ 17:13+ 19:30+ 21:35+ 23:31+ 25:21+ 26:25+ 26:54+		
01:36-	01:46+ 01:23+ 00:40+ 03:53+ 02:03+ 03:41+ 02:11+ 02:17+ 02:05+ 01:56+ 01:50+ 01:04+ 00:29+		
00:09-	00:24& 00:42@ 00:04# 00:50& 00:15# 00:34# 00:41& 00:27# 00:02+ 00:29& 00:26& 00:06# 00:01+		
5	Berit Våg Aksland	116	27:07
01:54+	03:31+ 04:41+ 05:25+ 09:24+ 11:26+ 16:16+ 18:10+ 20:09+ 22:13+ 23:59+ 25:32+ 26:41+ 27:07+		
01:54+	01:37+ 01:10+ 00:44+ 03:59+ 02:02+ 04:50+ 01:54+ 01:59+ 02:04+ 01:46+ 01:33+ 01:09+ 00:26-		
00:09+	00:15# 00:29& 00:08# 00:56& 00:14# 01:43& 00:24& 00:09+ 00:01+ 00:19# 00:09# 00:11# 00:02-		
6	Anita Gløen Kallhovd	29	27:18
01:55+	03:32+ 05:24+ 06:05+ 09:42+ 11:41+ 15:10+ 17:20+ 19:36+ 22:07+ 24:12+ 25:45+ 26:49+ 27:18+		
01:55+	01:37+ 01:52+ 00:41+ 03:37+ 01:59+ 03:29+ 02:10+ 02:16+ 02:31+ 02:05+ 01:33+ 01:04+ 00:29+		
00:10+	00:15# 01:11@ 00:05# 00:34# 00:11# 00:22# 00:40& 00:26# 00:28# 00:38& 00:09# 00:06# 00:01+		
7	Mariann Sveinsvoll	94	27:29
01:47+	03:33+ 05:12+ 05:54+ 09:52+ 11:58+ 15:43+ 17:56+ 20:09+ 22:26+ 24:08+ 25:48+ 26:56+ 27:29+		
01:47+	01:46+ 01:39+ 00:42+ 03:58+ 02:06+ 03:45+ 02:13+ 02:13+ 02:17+ 01:42+ 01:40+ 01:08+ 00:33+		
00:02+	00:24& 00:58@ 00:06# 00:55& 00:18# 00:38# 00:43& 00:23# 00:14# 00:15# 00:16# 00:10# 00:05#		
8	Ragnhild Richter	298	27:35
01:47+	03:24+ 05:14+ 05:55+ 10:30+ 12:27+ 15:48+ 17:38+ 20:01+ 21:53+ 23:45+ 25:18+ 27:07+ 27:35+		
01:47+	01:37+ 01:50+ 00:41+ 04:35+ 01:57+ 03:21+ 01:50+ 02:23+ 01:52- 01:52+ 01:33+ 01:49+ 00:28=		
00:02+	00:15# 01:09@ 00:05# 01:32& 00:09+ 00:14+ 00:20# 00:33& 00:11- 00:25& 00:09# 00:51& 00:00=		
9	Helen Lomeland	105	27:37
01:50+	03:36+ 04:34+ 05:18+ 09:19+ 11:22+ 15:10+ 17:03+ 19:27+ 21:45+ 24:08+ 25:46+ 27:04+ 27:37+		
01:50+	01:46+ 00:58+ 00:44+ 04:01+ 02:03+ 03:48+ 01:53+ 02:24+ 02:18+ 02:23+ 01:38+ 01:18+ 00:33+		
00:05+	00:24& 00:17& 00:08# 00:58& 00:15# 00:41# 00:23& 00:34& 00:15# 00:56& 00:14# 00:20& 00:05#		
10	Ann Karin Tjørhom	93	28:13
01:52+	03:35+ 04:43+ 05:25+ 09:10+ 11:25+ 16:17+ 17:56+ 20:42+ 23:00+ 24:45+ 26:26+ 27:39+ 28:13+		
01:52+	01:43+ 01:08+ 00:42+ 03:45+ 02:15+ 04:52+ 01:39+ 02:46+ 02:18+ 01:45+ 01:41+ 01:13+ 00:34+		
00:07+	00:21& 00:27& 00:06# 00:42# 00:27# 01:45& 00:09# 00:56& 00:15# 00:18# 00:17# 00:15& 00:06#		
11	Grethe Anda Fuglestad	116	28:49
01:59+	03:54+ 04:44+ 05:26+ 09:16+ 11:19+ 15:36+ 17:53+ 20:47+ 23:09+ 25:26+ 27:06+ 28:19+ 28:49+		
01:59+	01:55+ 00:50+ 00:42+ 03:50+ 02:03+ 04:17+ 02:17+ 02:54+ 02:22+ 02:17+ 01:40+ 01:13+ 00:30+		
00:14#	00:33& 00:09# 00:06# 00:47& 00:15# 01:10& 00:47& 01:04& 00:19# 00:50& 00:16# 00:15& 00:02+		
12	Anne Garsrud	90	29:02
01:55+	03:32+ 04:32+ 05:30+ 09:08+ 11:17+ 16:11+ 18:30+ 21:12+ 23:27+ 25:51+ 27:25+ 28:33+ 29:02+		
01:55+	01:37+ 01:00+ 00:58+ 03:38+ 02:09+ 04:54+ 02:19+ 02:42+ 02:15+ 02:24+ 01:34+ 01:08+ 00:29+		
00:10+	00:15# 00:19& 00:22& 00:35# 00:21# 01:47& 00:49& 00:52& 00:12+ 00:57& 00:10# 00:10# 00:01+		
13	Margrethe Roalsø	93	30:18
01:40-	03:35+ 04:32+ 05:10+ 11:37+ 13:36+ 17:48+ 19:27+ 22:03+ 24:25+ 26:41+ 28:37+ 29:41+ 30:18+		
01:40-	01:55+ 00:57+ 00:38+ 06:27+ 01:59+ 04:12+ 01:39+ 02:36+ 02:22+ 02:16+ 01:56+ 01:04+ 00:37+		
00:05-	00:33& 00:16& 00:02+ 03:24@ 00:11# 01:05& 00:09# 00:46& 00:19# 00:49& 00:32& 00:06# 00:09&		
14	Ingunn Anda Haug	67	30:23
02:09+	04:06+ 04:58+ 05:47+ 10:45+ 13:07+ 17:27+ 19:31+ 21:52+ 24:21+ 26:33+ 28:24+ 29:45+ 30:23+		
02:09+	01:57+ 00:52+ 00:49+ 04:58+ 02:22+ 04:20+ 02:04+ 02:21+ 02:29+ 02:12+ 01:51+ 01:21+ 00:38+		
00:24#	00:35& 00:11& 00:13& 01:55& 00:34& 01:13& 00:34& 00:31& 00:26# 00:45& 00:27& 00:23& 00:10&		

Class	Navn	Klasse										Tid	
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Beste strekktid for klassen

01:36 01:22 00:41 00:36 03:03 01:48 03:07 01:30 01:50 01:52 01:27 01:24 00:58 00:26

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

Damer Ny

1 Anette Wolff 113 13:57

02:09= 04:48= 05:26= 06:09= 07:16= 09:05= 10:02= 11:07= 11:49= 12:29= 13:27= 13:57=
 02:09= 02:39= 00:38= 00:43= 01:07= 01:49= 00:57= 01:05= 00:42= 00:40= 00:58= 00:30=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Tone Hartvedt 62 21:19

01:47- 04:19- 05:09- 07:03+ 08:35+ 11:24+ 12:49+ 14:29+ 15:39+ 19:11+ 20:33+ 21:19+
 01:47- 02:32- 00:50+ 01:54+ 01:32+ 02:49+ 01:25+ 01:40+ 01:10+ 03:32+ 01:22+ 00:46+
 00:22- 00:07- 00:12& 01:11@ 00:25& 01:00& 00:28& 00:35& 00:28& 02:52@ 00:24& 00:16&

Beste strekktid for klassen

01:47 02:32 00:38 00:43 01:07 01:49 00:57 01:05 00:42 00:40 00:58 00:30

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

Damer Trim

1 Aina Kalsaas Urstad 356 11:58

00:52= 01:56= 02:56= 04:14= 04:55= 05:56= 07:28= 08:04= 09:55= 11:03= 11:38= 11:58=
 00:52= 01:04= 01:00= 01:18= 00:41= 01:01= 01:32= 00:36= 01:51= 01:08= 00:35= 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=

2 Maryon Paulsen Strugstad 43 12:45

00:47- 01:46- 02:38- 05:11+ 05:50+ 07:05+ 08:34+ 09:08+ 10:52+ 11:54+ 12:27+ 12:45+
 00:47- 00:59- 00:52- 02:33+ 00:39- 01:15+ 01:29- 00:34- 01:44- 01:02- 00:33- 00:18-
 00:05- 00:05- 00:08- 01:15& 00:02- 00:14# 00:03- 00:02- 00:07- 00:06- 00:02- 00:02-

3 Marie Brolev 126 12:53

00:52= 02:09+ 03:07+ 04:31+ 05:01+ 06:14+ 07:50+ 08:23+ 10:48+ 11:56+ 12:31+ 12:53+
 00:52= 01:17+ 00:58- 01:24+ 00:30- 01:13+ 01:36+ 00:33- 02:25+ 01:08= 00:35= 00:22+
 00:00= 00:13# 00:02- 00:06+ 00:11- 00:12# 00:04+ 00:03- 00:34& 00:00= 00:00= 00:02#

4 Anastasia Ollestad 93 13:19

01:28+ 02:33+ 03:46+ 05:37+ 06:16+ 07:20+ 08:49+ 09:28+ 11:25+ 12:24+ 12:58+ 13:19+
 01:28+ 01:05+ 01:13+ 01:51+ 00:39- 01:04+ 01:29- 00:39+ 01:57+ 00:59- 00:34- 00:21+
 00:36& 00:01+ 00:13# 00:33& 00:02- 00:03+ 00:03- 00:03+ 00:06+ 00:09- 00:01- 00:01+

5 Marita Navjord Nicolaysen 71 13:54

00:56+ 02:05+ 03:17+ 04:43+ 05:42+ 06:52+ 08:43+ 09:20+ 11:28+ 12:45+ 13:28+ 13:54+
 00:56+ 01:09+ 01:12+ 01:26+ 00:59+ 01:10+ 01:51+ 00:37+ 02:08+ 01:17+ 00:43+ 00:26+
 00:04+ 00:05+ 00:12# 00:08# 00:18& 00:09# 00:19# 00:01+ 00:17# 00:09# 00:08# 00:06&

6 Ida K. Kolstø 29 13:57

00:54+ 02:14+ 03:18+ 05:46+ 06:17+ 07:26+ 09:07+ 09:51+ 11:52+ 13:00+ 13:38+ 13:57+
 00:54+ 01:20+ 01:04+ 02:28+ 00:31- 01:09+ 01:41+ 00:44+ 02:01+ 01:08= 00:38+ 00:19-
 00:02+ 00:16# 00:04+ 01:10& 00:10- 00:08# 00:09+ 00:08# 00:10+ 00:00= 00:03+ 00:01-

7 Fredrike Krahnert 126 14:06

00:49- 01:55- 03:03+ 04:55+ 06:28+ 07:29+ 09:12+ 09:49+ 11:57+ 13:06+ 13:45+ 14:06+
 00:49- 01:06+ 01:08+ 01:52+ 01:33+ 01:01= 01:43+ 00:37+ 02:08+ 01:09+ 00:39+ 00:21+
 00:03- 00:02+ 00:08# 00:34& 00:52@ 00:00= 00:11# 00:01+ 00:17# 00:01+ 00:04# 00:01+

8 Maren Thu 134 14:18

00:55+ 02:09+ 03:27+ 05:16+ 05:55+ 07:15+ 09:00+ 09:41+ 11:56+ 13:10+ 13:57+ 14:18+
 00:55+ 01:14+ 01:18+ 01:49+ 00:39- 01:20+ 01:45+ 00:41+ 02:15+ 01:14+ 00:47+ 00:21+
 00:03+ 00:10# 00:18& 00:31& 00:02- 00:19& 00:13# 00:05# 00:24# 00:06+ 00:12& 00:01+

8 Gerd Katrin Kro 117 14:18

01:26+ 02:36+ 04:32+ 06:43+ 07:21+ 08:18+ 10:01+ 10:33+ 12:23+ 13:25+ 14:01+ 14:18+
 01:26+ 01:10+ 01:56+ 02:11+ 00:38- 00:57- 01:43+ 00:32- 01:50- 01:02- 00:36+ 00:17-
 00:34& 00:06+ 00:56& 00:53& 00:03- 00:04- 00:11# 00:04- 00:01- 00:06- 00:01+ 00:03-

Class	Navn	Klasse										Tid
8	Ingrid Kristiansen	126										14:18
	01:16+	02:25+	03:18+	05:04+	05:48+	06:59+	08:39+	09:13+	13:25+	13:59+	14:18+	
	01:16+	01:09+	00:53-	01:46+	00:44+	01:11+	01:40+	00:34-	01:50-	02:22+	00:34-	00:19-
	00:24&	00:05+	00:07-	00:28&	00:03+	00:10#	00:08+	00:02-	00:01-	01:14@	00:01-	00:01-
11	Sara Engevik	126										14:21
	01:05+	02:19+	04:07+	05:16+	06:09+	07:20+	09:08+	09:49+	11:59+	13:20+	13:57+	14:21+
	01:05+	01:14+	01:48+	01:09-	00:53+	01:11+	01:48+	00:41+	02:10+	01:21+	00:37+	00:24+
	00:13#	00:10#	00:48&	00:09-	00:12&	00:10#	00:16#	00:05#	00:19#	00:13#	00:02+	00:04#
12	Grete Hellevik	168										15:05
	01:05+	02:22+	03:31+	04:38+	05:46+	07:06+	09:45+	10:25+	12:38+	13:56+	14:41+	15:05+
	01:05+	01:17+	01:09+	01:07-	01:08+	01:20+	02:39+	00:40+	02:13+	01:18+	00:45+	00:24+
	00:13#	00:13#	00:09#	00:11-	00:27&	00:19&	01:07&	00:04#	00:22#	00:10#	00:10&	00:04#
13	Nina Bækkelund Christiansen	105										15:07
	01:04+	02:14+	03:45+	05:57+	06:44+	08:05+	09:59+	10:41+	12:44+	14:01+	14:46+	15:07+
	01:04+	01:10+	01:31+	02:12+	00:47+	01:21+	01:54+	00:42+	02:03+	01:17+	00:45+	00:21+
	00:12#	00:06+	00:31&	00:54&	00:06#	00:20&	00:22#	00:06#	00:12#	00:09#	00:10&	00:01+
14	Randi Bugge	46										15:22
	00:58+	02:20+	04:02+	05:11+	06:07+	07:28+	09:29+	10:15+	12:48+	14:07+	14:57+	15:22+
	00:58+	01:22+	01:42+	01:09-	00:56+	01:21+	02:01+	00:46+	02:33+	01:19+	00:50+	00:25+
	00:06#	00:18&	00:42&	00:09-	00:15&	00:20&	00:29&	00:10&	00:42&	00:11#	00:15&	00:05#
15	Grete Stokke Seljeskog	128										15:34
	01:03+	02:30+	03:46+	05:13+	06:02+	07:09+	08:53+	09:38+	11:55+	14:38+	15:12+	15:34+
	01:03+	01:27+	01:16+	01:27+	00:49+	01:07+	01:44+	00:45+	02:17+	02:43+	00:34-	00:22+
	00:11#	00:23&	00:16&	00:09#	00:08#	00:06+	00:12#	00:09#	00:26#	01:35@	00:01-	00:02#
16	Parul Khandelwal	71										15:37
	01:05+	02:28+	03:30+	05:57+	06:42+	07:58+	09:56+	10:41+	13:04+	14:24+	15:12+	15:37+
	01:05+	01:23+	01:02+	02:27+	00:45+	01:16+	01:58+	00:45+	02:23+	01:20+	00:48+	00:25+
	00:13#	00:19&	00:02+	01:09&	00:04+	00:15#	00:26&	00:09#	00:32&	00:12#	00:13&	00:05#
17	Kristina Dvergseth	356										15:40
	00:51-	02:05+	03:27+	04:46+	05:40+	06:48+	09:22+	09:55+	12:21+	14:43+	15:16+	15:40+
	00:51-	01:14+	01:22+	01:19+	00:54+	01:08+	02:34+	00:33-	02:26+	02:22+	00:33-	00:24+
	00:01-	00:10#	00:22&	00:01+	00:13&	00:07#	01:02&	00:03-	00:35&	01:14@	00:02-	00:04#
18	Brit Svihus	92										15:47
	01:09+	02:41+	03:52+	05:41+	06:29+	07:49+	10:06+	10:54+	13:10+	14:32+	15:22+	15:47+
	01:09+	01:32+	01:11+	01:49+	00:48+	01:20+	02:17+	00:48+	02:16+	01:22+	00:50+	00:25+
	00:17&	00:28&	00:11#	00:31&	00:07#	00:19&	00:45&	00:12&	00:25#	00:14#	00:15&	00:05#
19	Margot Asheim	105										15:52
	03:12+	04:25+	05:27+	06:29+	07:13+	08:39+	10:34+	11:16+	13:27+	14:45+	15:32+	15:52+
	03:12+	01:13+	01:02+	01:02-	00:44+	01:26+	01:55+	00:42+	02:11+	01:18+	00:47+	00:20-
	02:20@	00:09#	00:02+	00:16-	00:03+	00:25&	00:23#	00:06#	00:20#	00:10#	00:12&	00:00-
19	Ragnhild Smistad	115										15:52
	00:59+	02:07+	03:16+	05:10+	06:26+	08:00+	10:06+	10:45+	13:12+	14:44+	15:31+	15:52+
	00:59+	01:08+	01:09+	01:54+	01:16+	01:34+	02:06+	00:39+	02:27+	01:32+	00:47+	00:21+
	00:07#	00:04+	00:09#	00:36&	00:35&	00:33&	00:34&	00:03+	00:36&	00:24&	00:12&	00:01+
21	Guro Grimnes	126										15:53
	01:00+	02:27+	04:50+	06:13+	07:07+	08:52+	10:47+	11:25+	13:45+	14:56+	15:36+	15:53+
	01:00+	01:27+	02:23+	01:23+	00:54+	01:45+	01:55+	00:38+	02:20+	01:11+	00:40+	00:17-
	00:08#	00:23&	01:23@	00:05+	00:13&	00:44&	00:23#	00:02+	00:29&	00:03+	00:05#	00:03-
22	Ashley Russel	116										15:54
	02:39+	03:56+	05:13+	06:27+	07:12+	09:04+	10:30+	11:00+	12:50+	14:05+	14:50+	15:54+
	02:39+	01:17+	01:17+	01:14-	00:45+	01:52+	01:26-	00:30-	01:50-	01:15+	00:45+	01:04+
	01:47@	00:13#	00:17&	00:04-	00:04+	00:51&	00:06-	00:06-	00:01-	00:07#	00:10&	00:44@
23	Linda Eliassen	105										16:20
	01:01+	02:32+	03:42+	05:19+	06:11+	07:30+	09:47+	10:55+	13:24+	15:02+	15:51+	16:20+
	01:01+	01:31+	01:10+	01:37+	00:52+	01:19+	02:17+	01:08+	02:29+	01:38+	00:49+	00:29+
	00:09#	00:27&	00:10#	00:19#	00:11&	00:18&	00:45&	00:32&	00:38&	00:30&	00:14&	00:09&
24	Siv Hilde Berg	105										16:21
	01:03+	02:38+	03:43+	05:03+	06:08+	07:26+	09:40+	10:28+	13:52+	15:16+	15:58+	16:21+
	01:03+	01:35+	01:05+	01:20+	01:05+	01:18+	02:14+	00:48+	03:24+	01:24+	00:42+	00:23+
	00:11#	00:31&	00:05+	00:02+	00:24&	00:17&	00:42&	00:12&	01:33&	00:16#	00:07#	00:03#

Class	Navn	Klasse										Tid
25	Hege Bakken	168										16:35
00:57+	02:21+	03:38+	05:32+	06:16+	09:20+	11:13+	11:57+	14:08+	15:33+	16:14+	16:35+	
00:57+	01:24+	01:17+	01:54+	00:44+	03:04+	01:53+	00:44+	02:11+	01:25+	00:41+	00:21+	
00:05+	00:20&	00:17&	00:36&	00:03+	02:03@	00:21#	00:08#	00:20#	00:17#	00:06#	00:01+	
25	Tonje Tiley	27										16:35
01:11+	02:29+	03:38+	05:24+	06:18+	07:28+	10:50+	11:32+	14:00+	15:22+	16:07+	16:35+	
01:11+	01:18+	01:09+	01:46+	00:54+	01:10+	03:22+	00:42+	02:28+	01:22+	00:45+	00:28+	
00:19&	00:14#	00:09#	00:28&	00:13&	00:09#	01:50@	00:06#	00:37&	00:14#	00:10&	00:08&	
27	Judith Serigstad	128										16:44
01:29+	03:03+	04:38+	06:00+	06:49+	08:13+	10:25+	11:14+	14:00+	15:25+	16:19+	16:44+	
01:29+	01:34+	01:35+	01:22+	00:49+	01:24+	02:12+	00:49+	02:46+	01:25+	00:54+	00:25+	
00:37&	00:30&	00:35&	00:04+	00:08#	00:23&	00:40&	00:13&	00:55&	00:17#	00:19&	00:05#	
27	Bente Salte Aune	128										16:44
01:28+	03:02+	04:40+	06:02+	06:53+	08:14+	10:28+	11:20+	13:58+	15:24+	16:18+	16:44+	
01:28+	01:34+	01:38+	01:22+	00:51+	01:21+	02:14+	00:52+	02:38+	01:26+	00:54+	00:26+	
00:36&	00:30&	00:38&	00:04+	00:10#	00:20&	00:42&	00:16&	00:47&	00:18&	00:19&	00:06&	
29	Pernille Melleby	18										16:59
01:04+	02:25+	03:32+	04:45+	05:36+	07:04+	09:39+	10:33+	13:54+	15:51+	16:39+	16:59+	
01:04+	01:21+	01:07+	01:13-	00:51+	01:28+	02:35+	00:54+	03:21+	01:57+	00:48+	00:20=	
00:12#	00:17&	00:07#	00:05-	00:10#	00:27&	01:03&	00:18&	01:30&	00:49&	00:13&	00:00=	
30	Siri Goa	63										17:04
01:08+	02:47+	04:59+	06:38+	07:24+	08:55+	10:50+	11:46+	14:24+	15:47+	16:31+	17:04+	
01:08+	01:39+	02:12+	01:39+	00:46+	01:31+	01:55+	00:56+	02:38+	01:23+	00:44+	00:33+	
00:16&	00:35&	01:12@	00:21&	00:05#	00:30&	00:23#	00:20&	00:47&	00:15#	00:09&	00:13&	
31	Elsa Ingolfsdottir	126										17:12
01:25+	03:35+	04:42+	06:30+	07:30+	08:52+	10:53+	11:44+	14:19+	15:52+	16:46+	17:12+	
01:25+	02:10+	01:07+	01:48+	01:00+	01:22+	02:01+	00:51+	02:35+	01:33+	00:54+	00:26+	
00:33&	01:06@	00:07#	00:30&	00:19&	00:21&	00:29&	00:15&	00:44&	00:25&	00:19&	00:06&	
31	Sigrun Serigstad	128										17:12
01:01+	02:19+	07:03+	07:41+	08:40+	10:00+	12:00+	12:39+	15:02+	16:08+	16:52+	17:12+	
01:01+	01:18+	04:44+	00:38-	00:59+	01:20+	02:00+	00:39+	02:23+	01:06-	00:44+	00:20=	
00:09#	00:14#	03:44@	00:40-	00:18&	00:19&	00:28&	00:03+	00:32&	00:02-	00:09&	00:00=	
33	Margretha Almedal	91										17:40
01:16+	02:55+	04:17+	05:55+	06:49+	08:49+	10:48+	11:43+	14:55+	16:20+	17:15+	17:40+	
01:16+	01:39+	01:22+	01:38+	00:54+	02:00+	01:59+	00:55+	03:12+	01:25+	00:55+	00:25+	
00:24&	00:35&	00:22&	00:20&	00:13&	00:59&	00:27&	00:19&	01:21&	00:17#	00:20&	00:05#	
34	Ruth Grødem	105										18:04
01:25+	02:59+	04:17+	06:10+	07:17+	08:46+	11:06+	11:50+	15:23+	16:52+	17:39+	18:04+	
01:25+	01:34+	01:18+	01:53+	01:07+	01:29+	02:20+	00:44+	03:33+	01:29+	00:47+	00:25+	
00:33&	00:30&	00:18&	00:35&	00:26&	00:28&	00:48&	00:08#	01:42&	00:21&	00:12&	00:05#	
35	Synnøve Hognestad	43										18:13
01:03+	02:32+	03:29+	07:39+	08:32+	09:57+	12:28+	13:09+	15:37+	17:01+	17:48+	18:13+	
01:03+	01:29+	00:57-	04:10+	00:53+	01:25+	02:31+	00:41+	02:28+	01:24+	00:47+	00:25+	
00:11#	00:25&	00:03-	02:52@	00:12&	00:24&	00:59&	00:05#	00:37&	00:16#	00:12&	00:05#	
36	Maria E. Pettersen	7										18:15
01:37+	03:21+	05:16+	07:25+	08:17+	09:39+	11:52+	12:48+	15:23+	16:51+	17:48+	18:15+	
01:37+	01:44+	01:55+	02:09+	00:52+	01:22+	02:13+	00:56+	02:35+	01:28+	00:57+	00:27+	
00:45&	00:40&	00:55&	00:51&	00:11&	00:21&	00:41&	00:20&	00:44&	00:20&	00:22&	00:07&	
37	Reidun Solli Skjørestad	47										18:26
01:09+	02:50+	04:49+	06:26+	07:42+	09:14+	11:35+	12:36+	15:32+	17:05+	17:58+	18:26+	
01:09+	01:41+	01:59+	01:37+	01:16+	01:32+	02:21+	01:01+	02:56+	01:33+	00:53+	00:28+	
00:17&	00:37&	00:59&	00:19#	00:35&	00:31&	00:49&	00:25&	01:05&	00:25&	00:18&	00:08&	
38	Unni B. Sundli	92										18:32
01:28+	03:03+	05:28+	07:17+	08:10+	09:31+	11:50+	12:48+	15:15+	17:18+	18:04+	18:32+	
01:28+	01:35+	02:25+	01:49+	00:53+	01:21+	02:19+	00:58+	02:27+	02:03+	00:46+	00:28+	
00:36&	00:31&	01:25@	00:31&	00:12&	00:20&	00:47&	00:22&	00:36&	00:55&	00:11&	00:08&	
39	Marit Lothe	76										18:53
01:19+	03:55+	05:58+	07:50+	08:44+	10:50+	12:45+	13:37+	16:02+	17:44+	18:29+	18:53+	
01:19+	02:36+	02:03+	01:52+	00:54+	02:06+	01:55+	00:52+	02:25+	01:42+	00:45+	00:24+	
00:27&	01:32@	01:03@	00:34&	00:13&	01:05@	00:23#	00:16&	00:34&	00:34&	00:10&	00:04#	

Class	Navn	Klasse	Tid								
40	Solbjørg Borgersen	233	18:59								
01:14+	03:16+	04:58+	07:46+	08:49+	10:24+	12:40+	13:33+	15:51+	17:19+	18:24+	18:59+
01:14+	02:02+	01:42+	02:48+	01:03+	01:35+	02:16+	00:53+	02:18+	01:28+	01:05+	00:35+
00:22&	00:58&	00:42&	01:30&	00:22&	00:34&	00:44&	00:17&	00:27#	00:20&	00:30&	00:15&
41	Gunn Vagle	126	19:28								
01:47+	03:06+	04:16+	07:27+	08:29+	10:11+	12:15+	12:58+	16:25+	17:49+	19:03+	19:28+
01:47+	01:19+	01:10+	03:11+	01:02+	01:42+	02:04+	00:43+	03:27+	01:24+	01:14+	00:25+
00:55@	00:15#	00:10#	01:53@	00:21&	00:41&	00:32&	00:07#	01:36&	00:16#	00:39@	00:05#
42	Brynhild Haaland	101	19:41								
01:22+	03:22+	04:46+	06:30+	07:37+	09:38+	12:00+	12:55+	16:55+	18:24+	19:11+	19:41+
01:22+	02:00+	01:24+	01:44+	01:07+	02:01+	02:22+	00:55+	04:00+	01:29+	00:47+	00:30+
00:30&	00:56&	00:24&	00:26&	00:26&	01:00&	00:50&	00:19&	02:09@	00:21&	00:12&	00:10&
43	Tone Hansen	76	19:57								
01:25+	02:50+	07:32+	08:41+	09:34+	11:12+	13:29+	14:14+	17:07+	18:36+	19:28+	19:57+
01:25+	01:25+	04:42+	01:09-	00:53+	01:38+	02:17+	00:45+	02:53+	01:29+	00:52+	00:29+
00:33&	00:21&	03:42@	00:09-	00:12&	00:37&	00:45&	00:09#	01:02&	00:21&	00:17&	00:09&
44	Haldis Vagle	92	20:34								
02:05+	03:57+	05:40+	07:12+	08:34+	10:18+	12:58+	13:59+	16:54+	18:57+	20:01+	20:34+
02:05+	01:52+	01:43+	01:32+	01:22+	01:44+	02:40+	01:01+	02:55+	02:03+	01:04+	00:33+
01:13@	00:48&	00:43&	00:14#	00:41&	00:43&	01:08&	00:25&	01:04&	00:55&	00:29&	00:13&
45	Unni Byberg Mæstad	92	20:36								
01:32+	03:28+	05:08+	07:22+	08:28+	10:18+	12:39+	13:35+	16:30+	18:17+	19:15+	20:36+
01:32+	01:56+	01:40+	02:14+	01:06+	01:50+	02:21+	00:56+	02:55+	01:47+	00:58+	01:21+
00:40&	00:52&	00:40&	00:56&	00:25&	00:49&	00:49&	00:20&	01:04&	00:39&	00:23&	01:01@
46	Arja Sjursen	92	20:38								
01:19+	03:40+	05:14+	06:31+	07:19+	08:49+	14:20+	15:07+	17:43+	19:16+	20:10+	20:38+
01:19+	02:21+	01:34+	01:17-	00:48+	01:30+	05:31+	00:47+	02:36+	01:33+	00:54+	00:28+
00:27&	01:17@	00:34&	00:01-	00:07#	00:29&	03:59@	00:11&	00:45&	00:25&	00:19&	00:08&
47	Tomine Nygaard	116	20:44								
01:44+	03:31+	05:08+	07:22+	08:26+	10:37+	12:59+	14:05+	17:33+	19:29+	20:20+	20:44+
01:44+	01:47+	01:37+	02:14+	01:04+	02:11+	02:22+	01:06+	03:28+	01:56+	00:51+	00:24+
00:52&	00:43&	00:37&	00:56&	00:23&	01:10@	00:50&	00:30&	01:37&	00:48&	00:16&	00:04#
48	Lene Haver Schmidt	88	20:48								
01:49+	03:38+	05:08+	07:08+	08:22+	10:06+	12:58+	13:51+	17:14+	19:06+	20:12+	20:48+
01:49+	01:49+	01:30+	02:00+	01:14+	01:44+	02:52+	00:53+	03:23+	01:52+	01:06+	00:36+
00:57@	00:45&	00:30&	00:42&	00:33&	00:43&	01:20&	00:17&	01:32&	00:44&	00:31&	00:16&
49	May Kristin Haaland	47	21:28								
01:02+	02:55+	04:43+	06:48+	07:56+	09:29+	12:12+	13:16+	16:22+	19:59+	20:58+	21:28+
01:02+	01:53+	01:48+	02:05+	01:08+	01:33+	02:43+	01:04+	03:06+	03:37+	00:59+	00:30+
00:10#	00:49&	00:48&	00:47&	00:27&	00:32&	01:11&	00:28&	01:15&	02:29@	00:24&	00:10&
50	Kirsti Strand Salvesen	256	21:40								
01:43+	03:33+	05:16+	07:53+	09:03+	10:49+	13:38+	14:35+	18:05+	19:57+	21:03+	21:40+
01:43+	01:50+	01:43+	02:37+	01:10+	01:46+	02:49+	00:57+	03:30+	01:52+	01:06+	00:37+
00:51&	00:46&	00:43&	01:19@	00:29&	00:45&	01:17&	00:21&	01:39&	00:44&	00:31&	00:17&
51	Marianne Gjesdal Lyngås	92	22:02								
01:38+	03:36+	05:09+	06:53+	08:09+	10:10+	13:15+	14:15+	18:00+	20:08+	21:23+	22:02+
01:38+	01:58+	01:33+	01:44+	01:16+	02:01+	03:05+	01:00+	03:45+	02:08+	01:15+	00:39+
00:46&	00:54&	00:33&	00:26&	00:35&	01:00&	01:33@	00:24&	01:54@	01:00&	00:40@	00:19&
51	Ingrid Marie Torgersen	92	22:02								
01:39+	03:35+	05:08+	06:56+	08:11+	10:12+	13:17+	14:18+	18:03+	20:10+	21:21+	22:02+
01:39+	01:56+	01:33+	01:48+	01:15+	02:01+	03:05+	01:01+	03:45+	02:07+	01:11+	00:41+
00:47&	00:52&	00:33&	00:30&	00:34&	01:00&	01:33@	00:25&	01:54@	00:59&	00:36@	00:21@
53	Linda Haukås	113	22:33								
02:07+	03:46+	08:43+	09:46+	10:32+	12:13+	15:04+	16:00+	19:10+	21:12+	22:06+	22:33+
02:07+	01:39+	04:57+	01:03-	00:46+	01:41+	02:51+	00:56+	03:10+	02:02+	00:54+	00:27+
01:15@	00:35&	03:57@	00:15-	00:05#	00:40&	01:19&	00:20&	01:19&	00:54&	00:19&	00:07&
54	Herdis Sigurgrimsdottir	43	22:53								
03:51+	05:16+	11:23+	13:33+	14:09+	15:25+	17:25+	18:05+	20:27+	21:48+	22:31+	22:53+
03:51+	01:25+	06:07+	02:10+	00:36-	01:16+	02:00+	00:40+	02:22+	01:21+	00:43+	00:22+
02:59@	00:21&	05:07@	00:52&	00:05-	00:15#	00:28&	00:04#	00:31&	00:13#	00:08#	00:02#

Class	Navn	Klasse	Tid
55	Else Marie Furland	93	22:54
01:42+	03:52+ 06:23+ 09:06+ 10:14+ 11:54+	14:45+ 15:49+ 19:15+ 21:04+ 22:11+ 22:54+	
01:42+	02:10+ 02:31+ 02:43+ 01:08+ 01:40+	02:51+ 01:04+ 03:26+ 01:49+ 01:07+ 00:43+	
00:50&	01:06@ 01:31@ 01:25@ 00:27& 00:39&	01:19& 00:28& 01:35& 00:41& 00:32& 00:23@	
55	Aase Sveinsvoll	94	22:54
01:53+	03:45+ 05:30+ 07:40+ 09:01+ 11:01+	13:47+ 15:02+ 19:04+ 21:13+ 22:17+ 22:54+	
01:53+	01:52+ 01:45+ 02:10+ 01:21+ 02:00+	02:46+ 01:15+ 04:02+ 02:09+ 01:04+ 00:37+	
01:01@	00:48& 00:45& 00:52& 00:40& 00:59&	01:14& 00:39@ 02:11@ 01:01& 00:29& 00:17&	
57	Maria Haukalid	47	23:27
01:39+	03:41+ 05:39+ 08:18+ 09:36+ 11:58+	15:05+ 16:12+ 20:07+ 21:58+ 23:00+ 23:27+	
01:39+	02:02+ 01:58+ 02:39+ 01:18+ 02:22+	03:07+ 01:07+ 03:55+ 01:51+ 01:02+ 00:27+	
00:47&	00:58& 00:58& 01:21@ 00:37& 01:21@	01:35@ 00:31& 02:04@ 00:43& 00:27& 00:07&	
58	May Bø	126	23:42
03:10+	05:03+ 06:36+ 09:25+ 10:55+ 13:11+	16:17+ 17:46+ 20:49+ 22:11+ 23:02+ 23:42+	
03:10+	01:53+ 01:33+ 02:49+ 01:30+ 02:16+	03:06+ 01:29+ 03:03+ 01:22+ 00:51+ 00:40+	
02:18@	00:49& 00:33& 01:31@ 00:49@ 01:15@	01:34@ 00:53@ 01:12& 00:14# 00:16& 00:20&	
59	Hazel Grayston	263	24:25
01:43+	03:48+ 05:29+ 08:00+ 09:15+ 11:21+	14:38+ 15:55+ 20:03+ 22:23+ 23:40+ 24:25+	
01:43+	02:05+ 01:41+ 02:31+ 01:15+ 02:06+	03:17+ 01:17+ 04:08+ 02:20+ 01:17+ 00:45+	
00:51&	01:01& 00:41& 01:13& 00:34& 01:05@	01:45@ 00:41@ 02:17@ 01:12@ 00:42@ 00:25@	
60	Rebekka Lye	62	24:46
01:02+	02:40+ 06:11+ 08:44+ 09:36+ 13:43+	16:32+ 17:17+ 21:43+ 23:31+ 24:24+ 24:46+	
01:02+	01:38+ 03:31+ 02:33+ 00:52+ 04:07+	02:49+ 00:45+ 04:26+ 01:48+ 00:53+ 00:22+	
00:10#	00:34& 02:31@ 01:15& 00:11& 03:06@	01:17& 00:09# 02:35@ 00:40& 00:18& 00:02#	
61	Marit Kløvstad Braut	92	25:01
01:58+	04:15+ 07:30+ 09:59+ 11:15+ 13:08+	16:22+ 17:26+ 21:07+ 23:13+ 24:23+ 25:01+	
01:58+	02:17+ 03:15+ 02:29+ 01:16+ 01:53+	03:14+ 01:04+ 03:41+ 02:06+ 01:10+ 00:38+	
01:06@	01:13@ 02:15@ 01:11& 00:35& 00:52&	01:42@ 00:28& 01:50& 00:58& 00:35& 00:18&	
62	Inger Synnøve Sjursen	92	28:07
01:18+	03:26+ 10:14+ 13:26+ 14:47+ 15:49+	17:38+ 20:15+ 21:14+ 24:48+ 26:32+ 27:36+ 28:07+	
01:18+	02:08+ 06:48+ 03:12+ 01:21+ 01:02+	01:49+ 02:37+ 00:59- 03:34+ 01:44+ 01:04+ 00:31+	
00:26&	01:04& 05:48@ 01:54@ 00:40& 00:01+	00:17# 02:01@ 00:52- 02:26@ 01:09@ 00:44@ 00:31+	
63	Hilde Sondresen	93	28:08
01:19+	03:22+ 10:16+ 13:22+ 14:50+ 15:55+	17:33+ 20:15+ 21:17+ 24:48+ 26:33+ 27:35+ 28:08+	
01:19+	02:03+ 06:54+ 03:06+ 01:28+ 01:05+	01:38+ 02:42+ 01:02- 03:31+ 01:45+ 01:02+ 00:33+	
00:27&	00:59& 05:54@ 01:48@ 00:47@ 00:04+	00:06+ 02:06@ 00:49- 02:23@ 01:10@ 00:42@ 00:33+	
64	Ritva Halsne	105	36:54
01:17+	03:22+ 05:52+ 08:20+ 09:34+ 11:17+	13:45+ 14:35+ 34:17+ 35:42+ 36:30+ 36:54+	
01:17+	02:05+ 02:30+ 02:28+ 01:14+ 01:43+	02:28+ 00:50+ 19:42+ 01:25+ 00:48+ 00:24+	
00:25&	01:01& 01:30@ 01:10& 00:33& 00:42&	00:56& 00:14& 17:51@ 00:17# 00:13& 00:04#	
Beste strekktid for klassen			
00:47	00:59	00:52	00:38
00:30	00:57	01:26	00:30
00:59	00:59	00:59	00:33
00:17			

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

Herrer 16 - 39 år

1	Joar Fuglestad	12	20:43
01:32=	02:57= 03:39= 04:15= 07:17= 09:02=	11:57= 13:18= 14:58= 16:48= 18:07= 19:23= 20:22= 20:43=	
01:32=	01:25= 00:42= 00:36= 03:02= 01:45=	02:55= 01:21= 01:40= 01:50= 01:19= 01:16= 00:59= 00:21=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
2	Bjørnar A. Alvær Sandsmark	68	21:14
01:29-	02:48- 03:30- 04:02- 06:52- 08:35-	11:46- 13:14- 14:59+ 16:47- 18:27+ 19:44+ 20:44+ 21:14+	
01:29-	01:19- 00:42= 00:32- 02:50- 01:43-	03:11+ 01:28+ 01:45+ 01:48- 01:40+ 01:17+ 01:00+ 00:30+	
00:03-	00:06- 00:00= 00:04- 00:12- 00:02-	00:16+ 00:07+ 00:05+ 00:02- 00:21& 00:01+ 00:01+ 00:09&	
3	Svein Magnus Halsne	71	21:18
01:21-	03:02+ 03:48+ 04:26+ 07:27+ 09:17+	12:02+ 13:29+ 15:28+ 16:58+ 18:42+ 19:56+ 20:51+ 21:18+	
01:21-	01:41+ 00:46+ 00:38+ 03:01- 01:50+	02:45- 01:27+ 01:59+ 01:30- 01:44+ 01:14- 00:55- 00:27+	
00:11-	00:16# 00:04+ 00:02+ 00:01-	00:05+ 00:10- 00:06+ 00:19# 00:20- 00:25& 00:02- 00:04- 00:06&	

Class	Navn	Klasse											Tid
4	Thomas Jansen	289											21:40
01:50+	03:00+	03:39=	04:07-	07:29+	09:11+	12:21+	14:13+	15:55+	17:44+	19:03+	20:25+	21:18+	21:40+
01:50+	01:10-	00:39-	00:28-	03:22+	01:42-	03:10+	01:52+	01:42+	01:49-	01:19=	01:22+	00:53-	00:22+
00:18#	00:15-	00:03-	00:08-	00:20#	00:03-	00:15+	00:31&	00:02+	00:01-	00:00=	00:06+	00:06-	00:01+
5	Svein Kyllingstad	71											21:46
01:16-	02:32-	03:28-	03:59-	06:58-	08:42-	12:07+	13:51+	15:38+	17:30+	19:05+	20:23+	21:21+	21:46+
01:16-	01:16-	00:56+	00:31-	02:59-	01:44-	03:25+	01:44+	01:47+	01:52+	01:35+	01:18+	00:58-	00:25+
00:16-	00:09-	00:14&	00:05-	00:03-	00:01-	00:30#	00:23&	00:07+	00:02+	00:16#	00:02+	00:01-	00:04#
6	Mathias Nødland	194											21:47
01:38+	02:57=	03:55+	04:25+	07:05-	08:57-	12:24+	14:23+	16:07+	17:50+	19:13+	20:27+	21:23+	21:47+
01:38+	01:19-	00:58+	00:30-	02:40-	01:52+	03:27+	01:59+	01:44+	01:43-	01:23+	01:14-	00:56-	00:24+
00:06+	00:06-	00:16&	00:06-	00:22-	00:07+	00:32#	00:38&	00:04+	00:07-	00:04+	00:02-	00:03-	00:03#
7	Dag Eivind Watsend	92											21:59
01:29-	03:00+	03:38-	04:12-	07:10-	08:59-	12:10+	13:35+	15:29+	17:38+	19:15+	20:35+	21:36+	21:59+
01:29-	01:31+	00:38-	00:34-	02:58-	01:49+	03:11+	01:25+	01:54+	02:09+	01:37+	01:20+	01:01+	00:23+
00:03-	00:06+	00:04-	00:02-	00:04-	00:04+	00:16+	00:04+	00:14#	00:19#	00:18#	00:04+	00:02+	00:02+
8	Marius Stene	27											22:10
01:33+	03:04+	03:52+	04:22+	08:32+	10:08+	13:23+	14:46+	16:32+	18:23+	19:43+	20:53+	21:48+	22:10+
01:33+	01:31+	00:48+	00:30-	04:10+	01:36-	03:15+	01:23+	01:46+	01:51+	01:20+	01:10-	00:55-	00:22+
00:01+	00:06+	00:06#	00:06-	01:08&	00:09-	00:20#	00:02+	00:06+	00:01+	00:01+	00:06-	00:04-	00:01+
9	David Wade	116											22:31
01:23-	02:46-	03:37-	04:13-	06:54-	08:39-	11:32-	13:11-	15:23+	17:25+	19:21+	21:01+	22:02+	22:31+
01:23-	01:23-	00:51+	00:36=	02:41-	01:45=	02:53-	01:39+	02:12+	02:02+	01:56+	01:40+	01:01+	00:29+
00:09-	00:02-	00:09#	00:00=	00:21-	00:00=	00:02-	00:18#	00:32&	00:12#	00:37&	00:24&	00:02+	00:08&
10	Torbjørn Ims Østby	66											22:42
01:17-	02:45-	03:27-	04:00-	06:54-	08:42-	13:40+	15:01+	16:39+	18:32+	19:57+	21:19+	22:18+	22:42+
01:17-	01:28+	00:42=	00:33-	02:54-	01:48+	04:58+	01:21=	01:38-	01:53+	01:25+	01:22+	00:59=	00:24+
00:15-	00:03+	00:00=	00:03-	00:08-	00:03+	02:03&	00:00=	00:02-	00:03+	00:06+	00:06+	00:00=	00:03#
11	Morten Fenne	228											23:09
01:21-	03:05+	03:54+	04:27+	07:19+	08:58-	12:48+	14:41+	17:09+	18:50+	20:26+	21:45+	22:44+	23:09+
01:21-	01:44+	00:49+	00:33-	02:52-	01:39-	03:50+	01:53+	02:28+	01:41-	01:36+	01:19+	00:59=	00:25+
00:11-	00:19#	00:07#	00:03-	00:10-	00:06-	00:55&	00:32&	00:48&	00:09-	00:17#	00:03+	00:00=	00:04#
12	Martin Skogland	98											23:20
01:51+	03:23+	04:17+	04:47+	08:15+	10:07+	13:18+	14:45+	16:38+	18:34+	20:23+	21:45+	22:50+	23:20+
01:51+	01:32+	00:54+	00:30-	03:28+	01:52+	03:11+	01:27+	01:53+	01:56+	01:49+	01:22+	01:05+	00:30+
00:19#	00:07+	00:12&	00:06-	00:26#	00:07+	00:16+	00:06+	00:13#	00:06+	00:30&	00:06+	00:06#	00:09&
13	Håvard Thomassen Lauritsen	116											24:19
01:29-	02:58+	03:45+	04:20+	07:56+	10:08+	13:23+	15:37+	17:40+	19:44+	21:18+	22:47+	23:51+	24:19+
01:29-	01:29+	00:47+	00:35-	03:36+	02:12+	03:15+	02:14+	02:03+	02:04+	01:34+	01:29+	01:04+	00:28+
00:03-	00:04+	00:05#	00:01-	00:34#	00:27&	00:20#	00:53&	00:23#	00:14#	00:15#	00:13#	00:05+	00:07&
14	Bernhard Haver Vagle	126											24:26
01:38+	03:22+	04:17+	05:02+	08:29+	10:20+	13:26+	15:37+	17:47+	19:47+	21:38+	22:56+	23:57+	24:26+
01:38+	01:44+	00:55+	00:45+	03:27+	01:51+	03:06+	02:11+	02:10+	02:00+	01:51+	01:18+	01:01+	00:29+
00:06+	00:19#	00:13&	00:09#	00:25#	00:06+	00:11+	00:50&	00:30&	00:10+	00:32&	00:02+	00:02+	00:08&
15	Andreas Urdal	118											24:36
01:36+	02:59+	03:39=	04:14-	07:51+	09:53+	13:23+	14:49+	16:56+	18:52+	21:06+	22:44+	23:52+	24:36+
01:36+	01:23-	00:40-	00:35-	03:37+	02:02+	03:30+	01:26+	02:07+	01:56+	02:14+	01:38+	01:08+	00:44+
00:04+	00:02-	00:02-	00:01-	00:35#	00:17#	00:35#	00:05+	00:27&	00:06+	00:55&	00:22&	00:09#	00:23&
16	Håkon Eggebø	71											25:09
01:23-	02:50-	03:27-	04:05-	09:07+	10:55+	14:46+	16:48+	18:51+	20:44+	22:17+	23:41+	24:42+	25:09+
01:23-	01:27+	00:37-	00:38+	05:02+	01:48+	03:51+	02:02+	02:03+	01:53+	01:33+	01:24+	01:01+	00:27+
00:09-	00:02+	00:05-	00:02+	02:00&	00:03+	00:56&	00:41&	00:23#	00:03+	00:14#	00:08#	00:02+	00:06&
17	Andreas Florian Ente	66											26:01
01:51+	03:17+	04:31+	05:09+	09:48+	11:45+	15:58+	17:36+	19:25+	21:19+	22:56+	24:26+	25:33+	26:01+
01:51+	01:26+	01:14+	00:38+	04:39+	01:57+	04:13+	01:38+	01:49+	01:54+	01:37+	01:30+	01:07+	00:28+
00:19#	00:01+	00:32&	00:02+	01:37&	00:12#	01:18&	00:17#	00:09+	00:04+	00:18#	00:14#	00:08#	00:07&
18	Christian Ask	180											26:22
01:38+	03:23+	04:17+	04:54+	09:06+	11:13+	14:44+	16:28+	18:44+	21:16+	23:12+	24:45+	25:54+	26:22+
01:38+	01:45+	00:54+	00:37+	04:12+	02:07+	03:31+	01:44+	02:16+	02:32+	01:56+	01:33+	01:09+	00:28+
00:06+	00:20#	00:12&	00:01+	01:10&	00:22#	00:36#	00:23&	00:36&	00:42&	00:37&	00:17#	00:10#	00:07&

Class	Navn	Klasse										Tid	
18	Kjetil Tveit	165										26:22	
01:36+	03:09+	04:43+	05:24+	10:20+	12:08+	15:16+	17:18+	19:19+	21:12+	23:09+	24:44+	25:50+	26:22+
01:36+	01:33+	01:34+	00:41+	04:56+	01:48+	03:08+	02:02+	02:01+	01:53+	01:57+	01:35+	01:06+	00:32+
00:04+	00:08+	00:52@	00:05#	01:54&	00:03+	00:13+	00:41&	00:21#	00:03+	00:38&	00:19#	00:07#	00:11&
20	Torstein Birkeland	39										27:27	
01:24-	03:11+	04:20+	04:57+	11:03+	12:52+	16:17+	18:16+	20:42+	22:46+	24:33+	25:54+	26:58+	27:27+
01:24-	01:47+	01:09+	00:37+	06:06+	01:49+	03:25+	01:59+	02:26+	02:04+	01:47+	01:21+	01:04+	00:29+
00:08-	00:22&	00:27&	00:01+	03:04@	00:04+	00:30#	00:38&	00:46&	00:14#	00:28&	00:05+	00:05+	00:08&
21	Frode Ungar	116										28:18	
01:28-	02:48-	05:58+	06:35+	10:35+	12:26+	17:19+	19:00+	21:15+	23:18+	25:06+	26:39+	27:45+	28:18+
01:28-	01:20-	03:10+	00:37+	04:00+	01:51+	04:53+	01:41+	02:15+	02:03+	01:48+	01:33+	01:06+	00:33+
00:04-	00:05-	02:28@	00:01+	00:58&	00:06+	01:58&	00:20#	00:35&	00:13#	00:29&	00:17#	00:07#	00:12&
22	Oddgeir Nevland	51										29:57	
01:55+	03:37+	04:37+	05:18+	12:30+	14:39+	18:09+	19:55+	22:27+	24:32+	26:55+	28:22+	29:28+	29:57+
01:55+	01:42+	01:00+	00:41+	07:12+	02:09+	03:30+	01:46+	02:32+	02:05+	02:23+	01:27+	01:06+	00:29+
00:23#	00:17#	00:18&	00:05#	04:10@	00:24#	00:35#	00:25&	00:52&	00:15#	01:04&	00:11#	00:07#	00:08&
23	Alf Olav Kalvik	7										30:56	
02:08+	04:18+	05:59+	06:44+	11:19+	13:31+	17:53+	20:17+	23:10+	25:42+	27:34+	29:18+	30:26+	30:56+
02:08+	02:10+	01:41+	00:45+	04:35+	02:12+	04:22+	02:24+	02:53+	02:32+	01:52+	01:44+	01:08+	00:30+
00:36&	00:45&	00:59@	00:09#	01:33&	00:27&	01:27&	01:03&	01:13&	00:42&	00:33&	00:28&	00:09#	00:09&
24	Jan Henrik Neuenkirchen	117										31:07	
02:02+	04:02+	06:13+	06:55+	11:22+	13:54+	17:54+	19:57+	22:52+	25:28+	27:33+	29:13+	30:29+	31:07+
02:02+	02:00+	02:11+	00:42+	04:27+	02:32+	04:00+	02:03+	02:55+	02:36+	02:05+	01:40+	01:16+	00:38+
00:30&	00:35&	01:29@	00:06#	01:25&	00:47&	01:05&	00:42&	01:15&	00:46&	00:46&	00:24&	00:17&	00:17&
25	Sondre Aspøy	117										33:09	
01:49+	03:27+	05:07+	05:50+	12:31+	15:23+	19:50+	22:06+	25:06+	27:24+	29:38+	31:18+	32:36+	33:09+
01:49+	01:38+	01:40+	00:43+	06:41+	02:52+	04:27+	02:16+	03:00+	02:18+	02:14+	01:40+	01:18+	00:33+
00:17#	00:13#	00:58@	00:07#	03:39@	01:07&	01:32&	00:55&	01:20&	00:28&	00:55&	00:24&	00:19&	00:12&
Beste strekktid for klassen													
01:16	01:10	00:37	00:28	02:40	01:36	02:45	01:21	01:38	01:30	01:19	01:10	00:53	00:21

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

Herrer 40 - 49 år

1	Lars Primstad	62										21:27	
01:24=	02:45=	03:50=	04:28=	07:23=	09:03=	12:04=	13:35=	15:29=	17:19=	18:36=	20:03=	21:00=	21:27=
01:24=	01:21=	01:05=	00:38=	02:55=	01:40=	03:01=	01:31=	01:54=	01:50=	01:17=	01:27=	00:57=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Leif Kjetil Hinna Gausel	116										22:32	
01:27+	02:54+	03:38-	04:12-	07:17-	09:05+	12:28+	13:56+	15:54+	18:00+	19:29+	20:59+	22:00+	22:32+
01:27+	01:27+	00:44-	00:34-	03:05+	01:48+	03:23+	01:28-	01:58+	02:06+	01:29+	01:30+	01:01+	00:32+
00:03+	00:06+	00:21-	00:04-	00:10+	00:08+	00:22#	00:03-	00:04+	00:16#	00:12#	00:03+	00:04+	00:05#
2	Oddmund Nordgård	105										22:32	
01:44+	03:07+	03:52+	04:37+	07:56+	10:02+	13:17+	14:46+	16:29+	18:25+	19:57+	21:05+	22:03+	22:32+
01:44+	01:23+	00:45-	00:45+	03:19+	02:06+	03:15+	01:29-	01:43-	01:56+	01:32+	01:08-	00:58+	00:29+
00:20#	00:02+	00:20-	00:07#	00:24#	00:26&	00:14+	00:02-	00:11-	00:06+	00:15#	00:19-	00:01+	00:02+
4	Trond Sigurd Fotland	66										23:05	
01:42+	03:06+	03:49-	04:27-	08:17+	10:10+	13:17+	14:34+	16:46+	18:41+	20:14+	21:38+	22:41+	23:05+
01:42+	01:24+	00:43-	00:38=	03:50+	01:53+	03:07+	01:17-	02:12+	01:55+	01:33+	01:24-	01:03+	00:24-
00:18#	00:03+	00:22-	00:00=	00:55&	00:13#	00:06+	00:14-	00:18#	00:05+	00:16#	00:03-	00:06#	00:03-
5	Håvard Svihus	267										23:28	
01:37+	03:20+	04:07+	04:50+	08:35+	10:24+	13:03+	14:36+	16:45+	18:53+	20:27+	22:03+	23:01+	23:28+
01:37+	01:43+	00:47-	00:43+	03:45+	01:49+	02:39-	01:33+	02:09+	02:08+	01:34+	01:36+	00:58+	00:27=
00:13#	00:22&	00:18-	00:05#	00:50&	00:09+	00:22-	00:02+	00:15#	00:18#	00:17#	00:09#	00:01+	00:00=
6	Arjen Leendertse	91										23:53	
01:36+	02:51+	03:33-	04:15-	08:21+	10:05+	13:32+	14:55+	17:01+	18:59+	20:51+	22:27+	23:24+	23:53+
01:36+	01:15-	00:42-	00:42+	04:06+	01:44+	03:27+	01:23-	02:06+	01:58+	01:52+	01:36+	00:57=	00:29+
00:12#	00:06-	00:23-	00:04#	01:11&	00:04+	00:26#	00:08-	00:12#	00:08+	00:35&	00:09#	00:00=	00:02+

Class	Navn	Klasse										Tid	
22	Jan Kristensen	7										29:24	
02:08+	03:59+	04:49+	05:36+	09:42+	12:06+	16:00+	17:56+	21:00+	23:37+	25:40+	27:26+	28:50+	29:24+
02:08+	01:51+	00:50-	00:47+	04:06+	02:24+	03:54+	01:56+	03:04+	02:37+	02:03+	01:46+	01:24+	00:34+
00:44&	00:30&	00:15-	00:09#	01:11&	00:44&	00:53&	00:25&	01:10&	00:47&	00:46&	00:19#	00:27&	00:07&
23	Kjetil Bårdsen	105										32:40	
03:57+	05:43+	07:00+	07:40+	13:45+	16:35+	20:20+	22:42+	24:56+	26:49+	29:26+	31:03+	32:03+	32:40+
03:57+	01:46+	01:17+	00:40+	06:05+	02:50+	03:45+	02:22+	02:14+	01:53+	02:37+	01:37+	01:00+	00:37+
02:33@	00:25&	00:12#	00:02+	03:10@	01:10&	00:44#	00:51&	00:20#	00:03+	01:20@	00:10#	00:03+	00:10&
24	Raymond B. Pettersen	105										32:43	
02:00+	04:11+	05:11+	05:52+	11:06+	13:34+	18:08+	20:32+	23:27+	26:28+	28:36+	30:35+	32:03+	32:43+
02:00+	02:11+	01:00-	00:41+	05:14+	02:28+	04:34+	02:24+	02:55+	03:01+	02:08+	01:59+	01:28+	00:40+
00:36&	00:50&	00:05-	00:03+	02:19&	00:48&	01:33&	00:53&	01:01&	01:11&	00:51&	00:32&	00:31&	00:13&
25	Jon Kåre Olsen	92										33:51	
01:36+	03:21+	04:16+	05:06+	12:13+	14:41+	20:50+	22:49+	25:44+	28:19+	30:12+	31:52+	33:07+	33:51+
01:36+	01:45+	00:55-	00:50+	07:07+	02:28+	06:09+	01:59+	02:55+	02:35+	01:53+	01:40+	01:15+	00:44+
00:12#	00:24&	00:10-	00:12&	04:12@	00:48&	03:08@	00:28&	01:01&	00:45&	00:36&	00:13#	00:18&	00:17&
26	Stig Pedersen	116										44:38	
01:38+	04:07+	05:25+	06:04+	12:13+	27:56+	32:33+	34:19+	36:20+	39:23+	41:01+	42:56+	43:57+	44:38+
01:38+	02:29+	01:18+	00:39+	06:09+	15:43+	04:37+	01:46+	02:01+	03:03+	01:38+	01:55+	01:01+	00:41+
00:14#	01:08&	00:13#	00:01+	03:14@	14:03@	01:36&	00:15#	00:07+	01:13&	00:21&	00:28&	00:04+	00:14&
Beste strekktid for klassen													
01:22	01:15	00:40	00:31	02:55	01:40	02:39	01:17	01:43	01:44	01:17	01:08	00:57	00:23
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Herrer 50 - 59 år													
1	Bertrand Denieul	42										21:30	
01:14=	03:14=	03:37=	04:11=	07:38=	09:29=	12:32=	13:59=	15:50=	17:26=	18:57=	20:19=	21:04=	21:30=
01:14=	02:00=	00:23=	00:34=	03:27=	01:51=	03:03=	01:27=	01:51=	01:36=	01:31=	01:22=	00:45=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Morten Johannessen	7										23:22	
01:22+	03:23+	04:03+	04:49+	08:41+	10:38+	13:49+	15:29+	17:31+	18:43+	20:37+	22:00+	22:50+	23:22+
01:22+	02:01+	00:40+	00:46+	03:52+	01:57+	03:11+	01:40+	02:02+	01:12-	01:54+	01:23+	00:50+	00:32+
00:08#	00:01+	00:17&	00:12&	00:25#	00:06+	00:08+	00:13#	00:11+	00:24-	00:23&	00:01+	00:05#	00:06#
3	Øivind Berggraf	116										23:34	
01:19+	03:49+	04:18+	04:52+	08:32+	10:23+	13:45+	15:30+	17:38+	19:11+	20:47+	22:14+	23:01+	23:34+
01:19+	02:30+	00:29+	00:34=	03:40+	01:51=	03:22+	01:45+	02:08+	01:33-	01:36+	01:27+	00:47+	00:33+
00:05+	00:30#	00:06&	00:00=	00:13+	00:00=	00:19#	00:18#	00:17#	00:03-	00:05+	00:05+	00:02+	00:07&
4	Øystein Fuglestad	46										24:20	
01:25+	03:46+	04:21+	05:00+	08:19+	10:10+	13:57+	15:41+	17:57+	19:25+	21:15+	22:54+	23:48+	24:20+
01:25+	02:21+	00:35+	00:39+	03:19-	01:51=	03:47+	01:44+	02:16+	01:28-	01:50+	01:39+	00:54+	00:32+
00:11#	00:21#	00:12&	00:05#	00:08-	00:00=	00:44#	00:17#	00:25#	00:08-	00:19#	00:17#	00:09#	00:06#
5	Ole Petter Haukaas	109										24:46	
01:15+	03:25+	03:57+	04:33+	07:56+	09:52+	15:34+	16:59+	18:57+	20:22+	21:58+	23:30+	24:18+	24:46+
01:15+	02:10+	00:32+	00:36+	03:23-	01:56+	05:42+	01:25-	01:58+	01:25-	01:36+	01:32+	00:48+	00:28+
00:01+	00:10+	00:09&	00:02+	00:04-	00:05+	02:39&	00:02-	00:07+	00:11-	00:05+	00:10#	00:03+	00:02+
6	Håvard Håland	66										25:12	
01:25+	03:37+	04:05+	05:03+	09:08+	11:01+	15:02+	16:35+	18:49+	20:20+	21:57+	23:49+	24:40+	25:12+
01:25+	02:12+	00:28+	00:58+	04:05+	01:53+	04:01+	01:33+	02:14+	01:31-	01:37+	01:52+	00:51+	00:32+
00:11#	00:12#	00:05#	00:24&	00:38#	00:02+	00:58&	00:06+	00:23#	00:05-	00:06+	00:30&	00:06#	00:06#
7	Lars Bergersen	116										25:33	
01:21+	03:42+	04:21+	05:04+	08:44+	10:39+	14:37+	16:55+	19:03+	20:41+	22:38+	24:07+	25:01+	25:33+
01:21+	02:21+	00:39+	00:43+	03:40+	01:55+	03:58+	02:18+	02:08+	01:38+	01:57+	01:29+	00:54+	00:32+
00:07+	00:21#	00:16&	00:09&	00:13+	00:04+	00:55&	00:51&	00:17#	00:02+	00:26&	00:07+	00:09#	00:06#
8	Torbjørn Dahle	92										25:35	
01:39+	04:05+	04:35+	05:16+	09:49+	11:46+	15:34+	17:05+	19:10+	20:49+	22:38+	24:14+	25:05+	25:35+
01:39+	02:26+	00:30+	00:41+	04:33+	01:57+	03:48+	01:31+	02:05+	01:39+	01:49+	01:36+	00:51+	00:30+
00:25&	00:26#	00:07&	00:07#	01:06&	00:06+	00:45#	00:04+	00:14#	00:03+	00:18#	00:14#	00:06#	00:04#

Class	Navn	Klasse										Tid		
24	Tor Sverre Skåra	266										30:22		
01:43+	04:29+	05:31+	06:08+	10:35+	13:02+	17:35+	19:27+	21:52+	23:54+	26:47+	28:37+	29:40+	30:22+	
01:43+	02:46+	01:02+	00:37+	04:27+	02:27+	04:33+	01:52+	02:25+	02:02+	02:53+	01:50+	01:03+	00:42+	
00:29&	00:46&	00:39@	00:03+	01:00&	00:36&	01:30&	00:25&	00:34&	00:26&	01:22&	00:28&	00:18&	00:16&	
25	Jørgen Nilsen	53										30:24		
01:28+	03:33+	04:21+	05:50+	06:27-	09:53+	12:27-	18:03+	20:19+	22:41+	24:45+	26:55+	28:39+	29:42+	30:24+
01:28+	02:05+	00:48+	01:29+	00:37-	03:26+	02:34-	05:36+	02:16+	02:22+	02:04+	02:10+	01:44+	01:03+	00:42+
00:14#	00:05+	00:25@	00:55@	02:50-	01:35&	00:29-	04:09@	00:25#	00:46&	00:33&	00:48&	00:59@	00:37@	00:42+
26	Asbjørn Bråndland	297										30:57		
01:40+	05:18+	06:02+	06:43+	12:13+	14:22+	18:01+	20:36+	24:21+	26:02+	27:58+	29:32+	30:26+	30:57+	
01:40+	03:38+	00:44+	00:41+	05:30+	02:09+	03:39+	02:35+	03:45+	01:41+	01:56+	01:34+	00:54+	00:31+	
00:26&	01:38&	00:21&	00:07#	02:03&	00:18#	00:36#	01:08&	01:54@	00:05+	00:25&	00:12#	00:09#	00:05#	
27	Jarl Steinar Berntsen	27										31:42		
02:04+	06:13+	07:07+	07:48+	12:43+	14:59+	19:02+	22:17+	24:44+	26:31+	28:38+	30:14+	31:11+	31:42+	
02:04+	04:09+	00:54+	00:41+	04:55+	02:16+	04:03+	03:15+	02:27+	01:47+	02:07+	01:36+	00:57+	00:31+	
00:50&	02:09@	00:31@	00:07#	01:28&	00:25#	01:00&	01:48@	00:36&	00:11#	00:36&	00:14#	00:12&	00:05#	
28	Kjetil Heradstveit	12										32:04		
02:01+	05:11+	05:49+	06:45+	13:09+	15:20+	19:28+	22:38+	24:41+	26:35+	28:51+	30:33+	31:32+	32:04+	
02:01+	03:10+	00:38+	00:56+	06:24+	02:11+	04:08+	03:10+	02:03+	01:54+	02:16+	01:42+	00:59+	00:32+	
00:47&	01:10&	00:15&	00:22&	02:57&	00:20#	01:05&	01:43@	00:12#	00:18#	00:45&	00:20#	00:14&	00:06#	
29	John C. Sinnes	93										32:18		
02:03+	05:10+	05:52+	06:38+	11:10+	13:38+	17:32+	20:10+	24:21+	26:07+	29:08+	30:56+	31:47+	32:18+	
02:03+	03:07+	00:42+	00:46+	04:32+	02:28+	03:54+	02:38+	04:11+	01:46+	03:01+	01:48+	00:51+	00:31+	
00:49&	01:07&	00:19&	00:12&	01:05&	00:37&	00:51&	01:11&	02:20@	00:10#	01:30&	00:26&	00:06#	00:05#	
30	Ove Mæstad	67										32:27		
02:26+	06:07+	06:58+	07:51+	11:49+	14:22+	18:57+	22:17+	24:23+	26:15+	28:35+	30:35+	31:40+	32:27+	
02:26+	03:41+	00:51+	00:53+	03:58+	02:33+	04:35+	03:20+	02:06+	01:52+	02:20+	02:00+	01:05+	00:47+	
01:12&	01:41&	00:28@	00:19&	00:31#	00:42&	01:32&	01:53@	00:15#	00:16#	00:49&	00:38&	00:20&	00:21&	
31	John Lage Bergan	116										32:39		
01:54+	05:22+	05:59+	06:35+	13:14+	15:31+	19:28+	22:19+	24:45+	26:31+	29:17+	31:01+	31:59+	32:39+	
01:54+	03:28+	00:37+	00:36+	06:39+	02:17+	03:57+	02:51+	02:26+	01:46+	02:46+	01:44+	00:58+	00:40+	
00:40&	01:28&	00:14&	00:02+	03:12&	00:26#	00:54&	01:24&	00:35&	00:10#	01:15&	00:22&	00:13&	00:14&	
32	Tor Inge Halvorsen	5										34:48		
01:35+	04:52+	05:33+	06:17+	10:36+	13:15+	18:03+	20:47+	27:59+	29:48+	31:36+	33:16+	34:14+	34:48+	
01:35+	03:17+	00:41+	00:44+	04:19+	02:39+	04:48+	02:44+	07:12+	01:49+	01:48+	01:40+	00:58+	00:34+	
00:21&	01:17&	00:18&	00:10&	00:52&	00:48&	01:45&	01:17&	05:21@	00:13#	00:17#	00:18#	00:13&	00:08&	
33	Torbjørn Salthe	125										36:40		
02:02+	06:38+	07:49+	08:47+	13:53+	16:02+	22:23+	25:14+	28:30+	30:26+	33:20+	34:55+	35:49+	36:40+	
02:02+	04:36+	01:11+	00:58+	05:06+	02:09+	06:21+	02:51+	03:16+	01:56+	02:54+	01:35+	00:54+	00:51+	
00:48&	02:36@	00:48@	00:24&	01:39&	00:18#	03:18@	01:24&	01:25&	00:20#	01:23&	00:13#	00:09#	00:25&	
34	Kjell Seland	236										40:56		
02:32+	06:04+	06:53+	08:03+	14:32+	18:24+	24:28+	27:35+	30:47+	32:53+	36:40+	38:55+	40:07+	40:56+	
02:32+	03:32+	00:49+	01:10+	06:29+	03:52+	06:04+	03:07+	03:12+	02:06+	03:47+	02:15+	01:12+	00:49+	
01:18@	01:32&	00:26@	00:36@	03:02&	02:01@	03:01&	01:40@	01:21&	00:30&	02:16@	00:53&	00:27&	00:23&	
Beste strekktid for klassen														
01:14	02:00	00:23	00:34	00:37	01:49	02:34	01:25	01:51	01:12	01:28	01:22	00:45	00:26	

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

Herrer 60 - 64 år

1	Kjell Skjæveland	108										16:58	
01:41=	04:09=	04:47=	06:39=	07:58=	10:34=	12:23=	14:00=	15:32=	16:24=	16:58=			
01:41=	02:28=	00:38=	01:52=	01:19=	02:36=	01:49=	01:37=	01:32=	00:52=	00:34=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

2	Hans Erik Terjesen	116										18:15	
01:38-	04:00-	04:41-	07:02+	08:19+	11:46+	13:29+	15:05+	16:43+	17:47+	18:15+			
01:38-	02:22-	00:41+	02:21+	01:17-	03:27+	01:43-	01:36-	01:38+	01:04+	00:28-			
00:03-	00:06-	00:03+	00:29&	00:02-	00:51&	00:06-	00:01-	00:06+	00:12#	00:06-			

Class	Navn	Klasse	Tid
3	Tor Geir Espedal	115	18:19
01:43+	04:01- 04:47= 07:04+	08:16+ 11:09+	13:13+ 15:06+ 16:48+ 17:50+ 18:19+
01:43+	02:18- 00:46+ 02:17+	01:12- 02:53+	02:04+ 01:53+ 01:42+ 01:02+ 00:29-
00:02+	00:10- 00:08# 00:25#	00:07- 00:17#	00:15# 00:16# 00:10# 00:10# 00:05-
4	Torbjørn Evensen	108	18:43
01:39-	04:02- 04:40- 06:41+	07:54- 11:32+	13:31+ 15:28+ 17:09+ 18:10+ 18:43+
01:39-	02:23- 00:38= 02:01+	01:13- 03:38+	01:59+ 01:57+ 01:41+ 01:01+ 00:33-
00:02-	00:05- 00:00= 00:09+	00:06- 01:02&	00:10+ 00:20# 00:09+ 00:09# 00:01-
5	Dag Helliksen	80	19:12
01:54+	04:10+ 05:19+ 07:48+	09:01+ 11:45+	13:53+ 16:09+ 17:43+ 18:43+ 19:12+
01:54+	02:16- 01:09+ 02:29+	01:13- 02:44+	02:08+ 02:16+ 01:34+ 01:00+ 00:29-
00:13#	00:12- 00:31& 00:37&	00:06- 00:08+	00:19# 00:39& 00:02+ 00:08# 00:05-
5	Lars Salvesen	50	19:12
01:52+	04:11+ 05:04+ 07:37+	08:50+ 11:40+	13:38+ 15:48+ 17:36+ 18:42+ 19:12+
01:52+	02:19- 00:53+ 02:33+	01:13- 02:50+	01:58+ 02:10+ 01:48+ 01:06+ 00:30-
00:11#	00:09- 00:15& 00:41&	00:06- 00:14+	00:09+ 00:33& 00:16# 00:14& 00:04-
7	Sveinung Tveit	236	19:38
01:54+	04:41+ 05:57+ 08:11+	09:22+ 12:17+	14:31+ 16:25+ 18:00+ 19:00+ 19:38+
01:54+	02:47+ 01:16+ 02:14+	01:11- 02:55+	02:14+ 01:54+ 01:35+ 01:00+ 00:38+
00:13#	00:19# 00:38& 00:22#	00:08- 00:19#	00:25# 00:17# 00:03+ 00:08# 00:04#
8	Olav Tunheim	93	20:02
01:54+	04:25+ 05:12+ 07:34+	08:56+ 12:01+	14:09+ 16:33+ 18:32+ 19:36+ 20:02+
01:54+	02:31+ 00:47+ 02:22+	01:22+ 03:05+	02:08+ 02:24+ 01:59+ 01:04+ 00:26-
00:13#	00:03+ 00:09# 00:30&	00:03+ 00:29#	00:19# 00:47& 00:27& 00:12# 00:08-
9	Øyvind Nagel-Alne	74	20:21
02:21+	05:04+ 06:17+ 08:39+	09:50+ 13:05+	15:07+ 17:10+ 18:48+ 19:49+ 20:21+
02:21+	02:43+ 01:13+ 02:22+	01:11- 03:15+	02:02+ 02:03+ 01:38+ 01:01+ 00:32-
00:40&	00:15# 00:35& 00:30&	00:08- 00:39#	00:13# 00:26& 00:06+ 00:09# 00:02-
10	Tor Harald Lunde	47	21:08
02:36+	05:23+ 06:00+ 08:38+	09:57+ 13:31+	15:42+ 17:37+ 19:26+ 20:32+ 21:08+
02:36+	02:47+ 00:37- 02:38+	01:19= 03:34+	02:11+ 01:55+ 01:49+ 01:06+ 00:36+
00:55&	00:19# 00:01- 00:46&	00:00= 00:58&	00:22# 00:18# 00:17# 00:14& 00:02+
11	Jan Øyvind Lilledal	281	21:42
01:59+	04:57+ 05:53+ 08:38+	10:02+ 13:36+	15:44+ 18:10+ 19:54+ 21:03+ 21:42+
01:59+	02:58+ 00:56+ 02:45+	01:24+ 03:34+	02:08+ 02:26+ 01:44+ 01:09+ 00:39+
00:18#	00:30# 00:18& 00:53&	00:05+ 00:58&	00:19# 00:49& 00:12# 00:17& 00:05#
11	Bjørn H. Engseth	27	21:42
02:14+	05:02+ 06:01+ 08:20+	10:05+ 13:14+	15:35+ 17:55+ 19:50+ 21:00+ 21:42+
02:14+	02:48+ 00:59+ 02:19+	01:45+ 03:09+	02:21+ 02:20+ 01:55+ 01:10+ 00:42+
00:33&	00:20# 00:21& 00:27#	00:26& 00:33#	00:32& 00:43& 00:23# 00:18& 00:08#
13	Agnar Lien	7	21:56
01:57+	04:49+ 05:50+ 08:24+	09:43+ 13:18+	15:31+ 18:11+ 20:07+ 21:18+ 21:56+
01:57+	02:52+ 01:01+ 02:34+	01:19= 03:35+	02:13+ 02:40+ 01:56+ 01:11+ 00:38+
00:16#	00:24# 00:23& 00:42&	00:00= 00:59&	00:24# 01:03& 00:24& 00:19& 00:04#
14	Bjørn Sivertsen	99	22:26
02:21+	05:26+ 06:01+ 08:51+	10:11+ 13:45+	15:48+ 18:51+ 20:37+ 21:50+ 22:26+
02:21+	03:05+ 00:35- 02:50+	01:20+ 03:34+	02:03+ 03:03+ 01:46+ 01:13+ 00:36+
00:40&	00:37# 00:03- 00:58&	00:01+ 00:58&	00:14# 01:26& 00:14# 00:21& 00:02+
15	Kjell Lervik	239	22:32
02:02+	04:46+ 06:30+ 09:13+	10:43+ 13:52+	15:59+ 18:56+ 20:51+ 21:52+ 22:32+
02:02+	02:44+ 01:44+ 02:43+	01:30+ 03:09+	02:07+ 02:57+ 01:55+ 01:01+ 00:40+
00:21#	00:16# 01:06@ 00:51&	00:11# 00:33#	00:18# 01:20& 00:23# 00:09# 00:06#
16	Rolf Kleppe	63	23:40
02:40+	05:15+ 05:59+ 09:26+	10:59+ 14:29+	16:42+ 19:41+ 21:42+ 23:00+ 23:40+
02:40+	02:35+ 00:44+ 03:27+	01:33+ 03:30+	02:13+ 02:59+ 02:01+ 01:18+ 00:40+
00:59&	00:07+ 00:06# 01:35&	00:14# 00:54&	00:24# 01:22& 00:29& 00:26& 00:06#
17	Ommund Bakkevold	68	26:32
02:46+	06:29+ 07:31+ 10:51+	12:29+ 16:21+	19:10+ 21:55+ 24:10+ 25:43+ 26:32+
02:46+	03:43+ 01:02+ 03:20+	01:38+ 03:52+	02:49+ 02:45+ 02:15+ 01:33+ 00:49+
01:05&	01:15& 00:24& 01:28&	00:19# 01:16&	01:00& 01:08& 00:43& 00:41& 00:15&

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:38 02:16 00:35 01:52 01:11 02:36 01:43 01:36 01:32 00:52 00:26

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

Herrer 65 - 69 år

1	Bjørn Alsaker	115	14:37							
01:35=	03:32=	04:01=	05:54=	06:54=	09:06=	10:42=	12:11=	13:25=	14:12=	14:37=
01:35=	01:57=	00:29=	01:53=	01:00=	02:12=	01:36=	01:29=	01:14=	00:47=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Arne Kristian Espedal	68	15:17							
01:41+	03:33+	03:57-	05:37-	06:39-	09:50+	11:18+	12:44+	14:01+	14:49+	15:17+
01:41+	01:52-	00:24-	01:40-	01:02+	03:11+	01:28-	01:26-	01:17+	00:48+	00:28+
00:06+	00:05-	00:05-	00:13-	00:02+	00:59&	00:08-	00:03-	00:03+	00:01+	00:03#
3	Bjarne Gimre	88	18:38							
01:48+	04:25+	04:58+	07:24+	08:31+	11:24+	13:33+	15:22+	17:06+	18:05+	18:38+
01:48+	02:37+	00:33+	02:26+	01:07+	02:53+	02:09+	01:49+	01:44+	00:59+	00:33+
00:13#	00:40&	00:04#	00:33&	00:07#	00:41&	00:33&	00:20#	00:30&	00:12&	00:08&
4	Bjørn Bjelland	83	18:55							
01:56+	04:42+	05:19+	07:43+	08:54+	11:53+	13:50+	15:38+	17:21+	18:18+	18:55+
01:56+	02:46+	00:37+	02:24+	01:11+	02:59+	01:57+	01:48+	01:43+	00:57+	00:37+
00:21#	00:49&	00:08&	00:31&	00:11#	00:47&	00:21#	00:19#	00:29&	00:10#	00:12&
5	Eivind L. Rake	92	18:58							
02:14+	04:37+	05:09+	07:23+	08:34+	11:23+	13:30+	15:42+	17:23+	18:21+	18:58+
02:14+	02:23+	00:32+	02:14+	01:11+	02:49+	02:07+	02:12+	01:41+	00:58+	00:37+
00:39&	00:26#	00:03#	00:21#	00:11#	00:37&	00:31&	00:43&	00:27&	00:11#	00:12&
6	Svein Berge	126	18:59							
01:45+	04:11+	05:10+	07:01+	08:07+	12:53+	14:38+	16:13+	17:37+	18:29+	18:59+
01:45+	02:26+	00:59+	01:51-	01:06+	04:46+	01:45+	01:35+	01:24+	00:52+	00:30+
00:10#	00:29#	00:30@	00:02-	00:06#	02:34@	00:09+	00:06+	00:10#	00:05#	00:05#
7	Kjell Ivar Skjørestad	92	19:18							
01:42+	04:07+	05:24+	07:43+	08:54+	11:42+	13:28+	16:00+	17:40+	18:48+	19:18+
01:42+	02:25+	01:17+	02:19+	01:11+	02:48+	01:46+	02:32+	01:40+	01:08+	00:30+
00:07+	00:28#	00:48@	00:26#	00:11#	00:36&	00:10#	01:03&	00:26&	00:21&	00:05#
8	Arne M. Handeland	92	20:23							
02:04+	04:56+	05:38+	08:25+	09:38+	12:46+	14:51+	17:00+	18:46+	19:55+	20:23+
02:04+	02:52+	00:42+	02:47+	01:13+	03:08+	02:05+	02:09+	01:46+	01:09+	00:28+
00:29&	00:55&	00:13&	00:54&	00:13#	00:56&	00:29&	00:40&	00:32&	00:22&	00:03#
9	Ragnvald Frøyland	128	20:31							
02:44+	05:29+	06:13+	08:28+	09:43+	12:33+	14:32+	17:04+	19:00+	19:56+	20:31+
02:44+	02:45+	00:44+	02:15+	01:15+	02:50+	01:59+	02:32+	01:56+	00:56+	00:35+
01:09&	00:48&	00:15&	00:22#	00:15#	00:38&	00:23#	01:03&	00:42&	00:09#	00:10&
10	Tom Hetland	5	20:36							
03:04+	05:16+	06:19+	08:59+	10:11+	13:24+	15:18+	17:14+	18:47+	19:59+	20:36+
03:04+	02:12+	01:03+	02:40+	01:12+	03:13+	01:54+	01:56+	01:33+	01:12+	00:37+
01:29&	00:15#	00:34@	00:47&	00:12#	01:01&	00:18#	00:27&	00:19&	00:25&	00:12&
11	Olav Habbestad	116	21:11							
02:31+	04:46+	05:54+	08:28+	09:38+	12:22+	14:16+	17:47+	19:29+	20:34+	21:11+
02:31+	02:15+	01:08+	02:34+	01:10+	02:44+	01:54+	03:31+	01:42+	01:05+	00:37+
00:56&	00:18#	00:39@	00:41&	00:10#	00:32#	00:18#	02:02@	00:28&	00:18&	00:12&
12	Odd Arild Werness	88	22:05							
02:11+	04:59+	05:46+	08:22+	09:56+	13:10+	15:28+	18:23+	20:24+	21:28+	22:05+
02:11+	02:48+	00:47+	02:36+	01:34+	03:14+	02:18+	02:55+	02:01+	01:04+	00:37+
00:36&	00:51&	00:18&	00:43&	00:34&	01:02&	00:42&	01:26&	00:47&	00:17&	00:12&
13	Terje Helland	88	22:18							
02:10+	05:04+	05:29+	09:38+	11:08+	14:28+	16:25+	19:06+	20:39+	21:44+	22:18+
02:10+	02:54+	00:25-	04:09+	01:30+	03:20+	01:57+	02:41+	01:33+	01:05+	00:34+
00:35&	00:57&	00:04-	02:16@	00:30&	01:08&	00:21#	01:12&	00:19&	00:18&	00:09&

Class	Navn	Klasse	Tid
14	Jan Inge Lunde	88	28:18
03:18+	06:27+	08:13+	11:47+
03:18+	03:09+	01:46+	03:34+
01:43@	01:12&	01:17@	01:41&
01:04@	01:34&	01:28&	01:16&
01:12&	01:12&	00:40&	00:34@
15	Tore R. Tvedt	90	29:53
03:51+	07:10+	08:09+	11:30+
03:51+	03:19+	00:59+	03:21+
02:16@	01:22&	00:30@	01:28&
00:42&	02:03&	01:32&	01:35@
01:47@	01:16@	00:45@	

Beste strekktid for klassen

01:35 01:52 00:24 01:40 01:00 02:12 01:28 01:26 01:14 00:47 00:25

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

Herrer 70 - 74 år

1	Svein Glendrange	68	18:48
02:01=	04:24=	05:00=	06:58=
02:01=	02:23=	00:36=	01:58=
00:00=	00:00=	00:00=	00:00=
2	Kjell Svihus	154	19:07
01:57-	04:21-	04:57-	07:44+
01:57-	02:24+	00:36=	02:47+
00:04-	00:01+	00:00=	00:49&
2	Paul A. Paulsen	117	19:07
01:50-	04:24=	05:06+	07:18+
01:50-	02:34+	00:42+	02:12+
00:11-	00:11+	00:06#	00:14#
4	Arne Østensen	90	19:33
01:51-	04:07-	05:03+	07:05+
01:51-	02:16-	00:56+	02:02+
00:10-	00:07-	00:20&	00:04+
5	Hilmar Røthing	128	20:45
02:06+	04:34+	05:08+	07:30+
02:06+	02:28+	00:34-	02:22+
00:05+	00:05+	00:02-	00:24#
6	Finn Morten Årstad	115	21:05
02:02+	04:47+	05:20+	09:37+
02:02+	02:45+	00:33-	04:17+
00:01+	00:22#	00:03-	02:19@
7	Leif Gunnar Wikene	43	21:24
01:53-	04:27+	06:25+	08:56+
01:53-	02:34+	01:58+	02:31+
00:08-	00:11+	01:22@	00:33&
8	Øyvind Egeskog	5	22:15
02:11+	04:38+	05:09+	07:36+
02:11+	02:27+	00:31-	02:27+
00:10+	00:04+	00:05-	00:29#
9	Olav Dag Borgersen	154	22:23
04:06+	07:07+	07:49+	10:02+
04:06+	03:01+	00:42+	02:13+
02:05@	00:38&	00:06#	00:15#
10	Steinar Undheim	54	23:02
02:31+	05:15+	07:24+	09:57+
02:31+	02:44+	02:09+	02:33+
00:30#	00:21#	01:33@	00:35&
11	Hans Klausen	62	23:31
02:06+	05:03+	06:23+	09:20+
02:06+	02:57+	01:20+	02:57+
00:05+	00:34#	00:44@	00:59&

Class	Navn	Klasse	Tid
12	Ole Auklend	106	24:22
02:01=	04:49+	07:23+	09:39+
02:01=	02:48+	02:34+	02:16+
00:00=	00:25#	01:58@	00:18#
02:29+	05:42+	06:21+	09:03+
02:29+	03:13+	00:39+	02:42+
00:28#	00:50&	00:03+	00:44&
13	Knut Jonas Espedal	53	25:27
02:29+	05:42+	06:21+	09:03+
02:29+	03:13+	00:39+	02:42+
00:28#	00:50&	00:03+	00:44&
14	Norvald Skretting	43	27:00
01:55-	04:38+	06:32+	10:21+
01:55-	02:43+	01:54+	03:49+
00:06-	00:20#	01:18@	01:51&
15	Lars Ernst Ravndal	125	27:10
02:29+	05:50+	06:45+	10:20+
02:29+	03:21+	00:55+	03:35+
00:28#	00:58&	00:19&	01:37&
16	Mangor Eikeland	92	28:18
03:28+	06:56+	08:55+	11:45+
03:28+	03:28+	01:59+	02:50+
01:27&	01:05&	01:23@	00:52&
17	Jan H. Sagen	92	28:40
02:51+	06:03+	08:08+	11:51+
02:51+	03:12+	02:05+	03:43+
00:50&	00:49&	01:29@	01:45&
18	Svein Eliassen	116	30:06
02:34+	05:54+	06:52+	10:00+
02:34+	03:20+	00:58+	03:08+
00:33&	00:57&	00:22&	01:10&
19	Reidar Liland	66	32:36
03:15+	06:53+	10:33+	15:28+
03:15+	03:38+	03:40+	04:55+
01:14&	01:15&	03:04@	02:57@
20	John Abrahamsen	125	33:49
03:44+	07:47+	09:40+	13:56+
03:44+	04:03+	01:53+	04:16+
01:43&	01:40&	01:17@	02:18@
Beste strekktid for klassen			
01:50	02:16	00:31	01:58
01:14	02:40	01:45	01:45
01:32	00:55	00:30	

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

Herrer 75 - 79 år

1	Tormod Aaslid	54	16:41
01:40=	02:14=	04:06=	05:01=
01:40=	00:34=	01:52=	00:55=
00:00=	00:00=	00:00=	00:00=
2	Jan Værp	62	18:09
01:23-	01:54-	05:13+	06:35+
01:23-	00:31-	03:19+	01:22+
00:17-	00:03-	01:27&	00:27&
3	Arne Tveita	109	18:20
01:20-	01:59-	04:42+	06:23+
01:20-	00:39+	02:43+	01:41+
00:20-	00:05#	00:51&	00:46&
4	Terje Braut	92	20:03
01:44+	02:20+	05:29+	07:01+
01:44+	00:36+	03:09+	01:32+
00:04+	00:02+	01:17&	00:37&

Class	Navn	Klasse										Tid
5	Kjell Langvik	93										21:24
	01:29-	02:12-	04:40+	05:49+	07:09+	08:32+	12:18+	13:36+	17:04+	19:37+	20:44+	21:24+
	01:29-	00:43+	02:28+	01:09+	01:20+	01:23+	03:46+	01:18+	03:28-	02:33+	01:07-	00:40-
	00:11-	00:09&	00:36&	00:14&	00:28&	00:13#	02:24@	00:09#	00:09-	00:52&	00:01-	00:01-
5	Harald Vatne	67										21:24
	01:36-	02:13-	07:14+	08:25+	09:17+	10:38+	12:23+	13:52+	17:29+	19:28+	20:40+	21:24+
	01:36-	00:37+	05:01+	01:11+	00:52=	01:21+	01:45+	01:29+	03:37=	01:59+	01:12+	00:44+
	00:04-	00:03+	03:09@	00:16&	00:00=	00:11#	00:23&	00:20&	00:00=	00:18#	00:04+	00:03+
7	Alf Gyland	92										21:58
	01:31-	02:17+	05:54+	07:21+	08:11+	09:31+	11:09+	12:43+	15:50+	20:02+	21:20+	21:58+
	01:31-	00:46+	03:37+	01:27+	00:50-	01:20+	01:38+	01:34+	03:07-	04:12+	01:18+	00:38-
	00:09-	00:12&	01:45&	00:32&	00:02-	00:10#	00:16#	00:25&	00:30-	02:31@	00:10#	00:03-
8	Gunnar Furland	93										22:15
	01:49+	02:38+	05:19+	06:40+	07:34+	09:04+	11:04+	12:39+	17:01+	19:32+	21:29+	22:15+
	01:49+	00:49+	02:41+	01:21+	00:54+	01:30+	02:00+	01:35+	04:22+	02:31+	01:57+	00:46+
	00:09+	00:15&	00:49&	00:26&	00:02+	00:20&	00:38&	00:26&	00:45#	00:50&	00:49&	00:05#
9	Jan Bekkeheien	92										28:00
	01:26-	02:04-	04:28+	06:16+	07:12+	08:37+	17:37+	18:57+	23:35+	25:42+	27:22+	28:00+
	01:26-	00:38+	02:24+	01:48+	00:56+	01:25+	09:00+	01:20+	04:38+	02:07+	01:40+	00:38-
	00:14-	00:04#	00:32&	00:53&	00:04+	00:15#	07:38@	00:11#	01:01&	00:26&	00:32&	00:03-
10	Rolv Nærland	63										29:49
	02:13+	02:56+	05:32+	07:21+	08:18+	10:00+	14:44+	18:38+	19:58+	25:22+	27:41+	29:04+
	02:13+	00:43+	02:36+	01:49+	00:57+	01:42+	04:44+	03:54+	01:20-	05:24+	02:19+	01:23+
	00:33&	00:09&	00:44&	00:54&	00:05+	00:32&	03:22@	02:45@	02:17-	03:43@	01:11@	00:42@
												00:45+
11	Kjell Maudal	63										29:52
	02:19+	03:03+	05:32+	07:28+	08:23+	10:06+	14:50+	18:37+	20:04+	25:31+	27:47+	29:11+
	02:19+	00:44+	02:29+	01:56+	00:55+	01:43+	04:44+	03:47+	01:27-	05:27+	02:16+	01:24+
	00:39&	00:10&	00:37&	01:01@	00:03+	00:33&	03:22@	02:38@	02:10-	03:46@	01:08&	00:43@
												00:41+
12	Sverre Vareberg	7										39:40
	03:52+	05:02+	09:33+	12:11+	13:47+	16:09+	19:22+	22:12+	32:02+	36:05+	38:26+	39:40+
	03:52+	01:10+	04:31+	02:38+	01:36+	02:22+	03:13+	02:50+	09:50+	04:03+	02:21+	01:14+
	02:12@	00:36@	02:39@	01:43@	00:44&	01:12@	01:51@	01:41@	06:13@	02:22@	01:13@	00:33&
Beste strekktid for klassen	01:20	00:31	01:52	00:55	00:43	01:10	01:22	01:09	01:20	01:41	01:05	00:34

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

Herrer 80 år og eldre

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

Herrer Ny

1 Torgeir Færevåg 125 13:56

01:39= 03:06= 03:41= 04:26= 05:20= 07:03= 07:56= 11:20= 12:03= 12:40= 13:29= 13:56=
 01:39= 01:27= 00:35= 00:45= 00:54= 01:43= 00:53= 03:24= 00:43= 00:37= 00:49= 00:27=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Andreas Engen 134 15:51

01:07- 03:18+ 04:17+ 05:40+ 07:02+ 09:32+ 10:45+ 12:05+ 13:07+ 14:05+ 15:15+ 15:51+
 01:07- 02:11+ 00:59+ 01:23+ 01:22+ 02:30+ 01:13+ 01:20- 01:02+ 00:58+ 01:10+ 00:36+
 00:32- 00:44& 00:24& 00:38& 00:28& 00:47& 00:20& 02:04- 00:19& 00:21& 00:21& 00:09&

Beste strekktid for klassen

01:07 01:27 00:35 00:45 00:54 01:43 00:53 01:20 00:43 00:37 00:49 00:27

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

Herrer Trim

1 Johannes Kro 51 10:26

00:54= 02:19= 03:23= 04:09= 04:43= 05:28= 06:27= 07:17= 08:38= 09:40= 10:11= 10:26=
 00:54= 01:25= 01:04= 00:46= 00:34= 00:45= 00:59= 00:50= 01:21= 01:02= 00:31= 00:15=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Martin Svensen 284 10:51

01:12+ 02:25+ 03:27+ 04:14+ 04:48+ 05:38+ 06:37+ 07:27+ 09:07+ 10:01+ 10:33+ 10:51+
 01:12+ 01:13- 01:02- 00:47+ 00:34= 00:50+ 00:59= 00:50= 01:40+ 00:54- 00:32+ 00:18+
 00:18& 00:12- 00:02- 00:01+ 00:00= 00:05# 00:00= 00:00= 00:19# 00:08- 00:01+ 00:03#

3 Trond Egil Toft 53 11:47

00:56+ 02:13- 03:04- 03:50- 04:48+ 05:47+ 06:48+ 07:50+ 09:49+ 10:48+ 11:31+ 11:47+
 00:56+ 01:17- 00:51- 00:46= 00:58+ 00:59+ 01:01+ 01:02+ 01:59+ 00:59- 00:43+ 00:16+
 00:02+ 00:08- 00:13- 00:00= 00:24& 00:14& 00:02+ 00:12# 00:38& 00:03- 00:12& 00:01+

4 Trym Bjørnsen 91 11:52

01:04+ 02:20+ 03:21- 04:31+ 05:11+ 06:17+ 07:21+ 08:23+ 10:03+ 10:56+ 11:33+ 11:52+
 01:04+ 01:16- 01:01- 01:10+ 00:40+ 01:06+ 01:04+ 01:02+ 01:40+ 00:53- 00:37+ 00:19+
 00:10# 00:09- 00:03- 00:24& 00:06# 00:21& 00:05+ 00:12# 00:19# 00:09- 00:06# 00:04&

5 Håvard Heldal Lehne 116 12:17

02:06+ 03:05+ 04:02+ 04:41+ 05:36+ 06:22+ 07:26+ 08:18+ 09:54+ 11:01+ 11:34+ 12:17+
 02:06+ 00:59- 00:57- 00:39- 00:55+ 00:46+ 01:04+ 00:52+ 01:36+ 01:07+ 00:33+ 00:43+
 01:12@ 00:26- 00:07- 00:07- 00:21& 00:01+ 00:05+ 00:02+ 00:15# 00:05+ 00:02+ 00:28@

6 Holger Pansch 117 12:39

01:10+ 02:41+ 03:48+ 04:42+ 05:18+ 06:39+ 07:53+ 08:56+ 10:46+ 11:38+ 12:13+ 12:39+
 01:10+ 01:31+ 01:07+ 00:54+ 00:36+ 01:21+ 01:14+ 01:03+ 01:50+ 00:52- 00:35+ 00:26+
 00:16& 00:06+ 00:03+ 00:08# 00:02+ 00:36& 00:15& 00:13& 00:29& 00:10- 00:04# 00:11&

7 Olav Magnus Eik Espedal 88 12:56

01:08+ 02:24+ 03:20- 04:36+ 05:06+ 06:00+ 08:17+ 09:08+ 11:11+ 12:05+ 12:39+ 12:56+
 01:08+ 01:16- 00:56- 01:16+ 00:30- 00:54+ 02:17+ 00:51+ 02:03+ 00:54- 00:34+ 00:17+
 00:14& 00:09- 00:08- 00:30& 00:04- 00:09# 01:18@ 00:01+ 00:42& 00:08- 00:03+ 00:02#

8 Svein Erik Bjørnsen 91 12:59

01:10+ 02:36+ 03:49+ 05:00+ 05:36+ 06:35+ 07:41+ 08:45+ 10:57+ 11:59+ 12:42+ 12:59+
 01:10+ 01:26+ 01:13+ 01:11+ 00:36+ 00:59+ 01:06+ 01:04+ 02:12+ 01:02= 00:43+ 00:17+
 00:16& 00:01+ 00:09# 00:25& 00:02+ 00:14& 00:07# 00:14& 00:51& 00:00= 00:12& 00:02#

9 Asle Schanke Grude 92 13:06

00:59+ 02:01- 03:12- 05:49+ 06:23+ 07:21+ 08:28+ 09:27+ 11:06+ 12:08+ 12:47+ 13:06+
 00:59+ 01:02- 01:11+ 02:37+ 00:34= 00:58+ 01:07+ 00:59+ 01:39+ 01:02= 00:39+ 00:19+
 00:05+ 00:23- 00:07# 01:51@ 00:00= 00:13& 00:08# 00:09# 00:18# 00:00= 00:08& 00:04&

10 Bruno Pierfelice 51 13:18

00:48- 02:00- 03:46+ 05:37+ 06:04+ 07:00+ 08:15+ 09:16+ 11:25+ 12:21+ 12:57+ 13:18+
 00:48- 01:12- 01:46+ 01:51+ 00:27- 00:56+ 01:15+ 01:01+ 02:09+ 00:56- 00:36+ 00:21+
 00:06- 00:13- 00:42& 01:05@ 00:07- 00:11# 00:16& 00:11# 00:48& 00:06- 00:05# 00:06&

Class	Navn	Klasse								Tid	
11	Cato Bjerkeli	237								13:44	
01:14+	02:55+	04:12+	05:01+	05:46+	06:58+	08:12+	09:24+	11:22+	12:31+	13:19+	13:44+
01:14+	01:41+	01:17+	00:49+	00:45+	01:12+	01:14+	01:12+	01:58+	01:09+	00:48+	00:25+
00:20&	00:16#	00:13#	00:03+	00:11&	00:27&	00:15&	00:22&	00:37&	00:07#	00:17&	00:10&
12	Christof Schätz	239								13:59	
01:02+	02:33+	03:59+	04:45+	05:31+	06:41+	07:55+	09:07+	11:09+	12:16+	13:36+	13:59+
01:02+	01:31+	01:26+	00:46=	00:46+	01:10+	01:14+	01:12+	02:02+	01:07+	01:20+	00:23+
00:08#	00:06+	00:22&	00:00=	00:12&	00:25&	00:15&	00:22&	00:41&	00:05+	00:49@	00:08&
13	Jan Erik Syvertsen	51								14:02	
01:12+	03:41+	05:00+	05:58+	06:35+	07:41+	08:53+	10:01+	11:55+	13:04+	13:42+	14:02+
01:12+	02:29+	01:19+	00:58+	00:37+	01:06+	01:12+	01:08+	01:54+	01:09+	00:38+	00:20+
00:18&	01:04&	00:15#	00:12&	00:03+	00:21&	00:13#	00:18&	00:33&	00:07#	00:07#	00:05&
14	Svein Mæle	115								14:14	
01:19+	03:04+	04:05+	04:58+	05:41+	07:05+	08:19+	09:34+	11:51+	12:59+	13:51+	14:14+
01:19+	01:45+	01:01-	00:53+	00:43+	01:24+	01:14+	01:15+	02:17+	01:08+	00:52+	00:23+
00:25&	00:20#	00:03-	00:07#	00:09&	00:39&	00:15&	00:25&	00:56&	00:06+	00:21&	00:08&
15	Stig Erlend Ollestad	51								14:34	
01:29+	02:49+	06:25+	07:17+	07:50+	08:49+	09:52+	10:49+	12:43+	13:39+	14:17+	14:34+
01:29+	01:20-	03:36+	00:52+	00:33-	00:59+	01:03+	00:57+	01:54+	00:56-	00:38+	00:17+
00:35&	00:05-	02:32@	00:06#	00:01-	00:14&	00:04+	00:07#	00:33&	00:06-	00:07#	00:02#
16	Alexander Romanov	111								14:49	
01:04+	02:19=	04:37+	07:29+	08:00+	09:04+	10:10+	10:59+	12:51+	13:51+	14:29+	14:49+
01:04+	01:15-	02:18+	02:52+	00:31-	01:04+	01:06+	00:49-	01:52+	01:00-	00:38+	00:20+
00:10#	00:10-	01:14@	02:06@	00:03-	00:19&	00:07#	00:01-	00:31&	00:02-	00:07#	00:05&
17	Svein Sivertsen	115								14:51	
01:33+	02:53+	04:36+	05:20+	06:06+	07:17+	08:56+	10:06+	12:16+	13:28+	14:12+	14:51+
01:33+	01:20-	01:43+	00:44-	00:46+	01:11+	01:39+	01:10+	02:10+	01:12+	00:44+	00:39+
00:39&	00:05-	00:39&	00:02-	00:12&	00:26&	00:40&	00:20&	00:49&	00:10#	00:13&	00:24@
18	Oddbjørn Oseland	39								14:54	
02:02+	04:06+	05:38+	06:32+	07:08+	08:10+	09:57+	10:50+	12:59+	14:02+	14:37+	14:54+
02:02+	02:04+	01:32+	00:54+	00:36+	01:02+	01:47+	00:53+	02:09+	01:03+	00:35+	00:17+
01:08@	00:39&	00:28&	00:08#	00:02+	00:17&	00:48&	00:03+	00:48&	00:01+	00:04#	00:02#
19	Elvio Freitas	51								15:15	
03:20+	04:42+	06:00+	06:48+	07:48+	08:46+	09:57+	11:06+	13:04+	14:10+	14:54+	15:15+
03:20+	01:22-	01:18+	00:48+	01:00+	00:58+	01:11+	01:09+	01:58+	01:06+	00:44+	00:21+
02:26@	00:03-	00:14#	00:02+	00:26&	00:13&	00:12#	00:19&	00:37&	00:04+	00:13&	00:06&
20	Joar Fandrem	94								15:23	
01:17+	02:56+	06:01+	06:50+	07:29+	08:38+	09:53+	11:06+	13:05+	14:17+	15:01+	15:23+
01:17+	01:39+	03:05+	00:49+	00:39+	01:09+	01:15+	01:13+	01:59+	01:12+	00:44+	00:22+
00:23&	00:14#	02:01@	00:03+	00:05#	00:24&	00:16&	00:23&	00:38&	00:10#	00:13&	00:07&
21	John Øgreid	27								15:46	
01:22+	02:49+	04:17+	04:57+	05:38+	06:49+	08:17+	09:26+	11:46+	14:52+	15:26+	15:46+
01:22+	01:27+	01:28+	00:40-	00:41+	01:11+	01:28+	01:09+	02:20+	03:06+	00:34+	00:20+
00:28&	00:02+	00:24&	00:06-	00:07#	00:26&	00:29&	00:19&	00:59&	02:04@	00:03+	00:05&
22	Reidar Haver	4								16:18	
01:25+	03:02+	04:24+	06:52+	07:39+	08:56+	10:28+	11:48+	14:01+	15:08+	15:59+	16:18+
01:25+	01:37+	01:22+	02:28+	00:47+	01:17+	01:32+	01:20+	02:13+	01:07+	00:51+	00:19+
00:31&	00:12#	00:18&	01:42@	00:13&	00:32&	00:33&	00:30&	00:52&	00:05+	00:20&	00:04&
22	Ivar Aalbu	29								16:18	
01:25+	03:11+	04:45+	05:59+	06:45+	08:07+	09:41+	11:07+	13:27+	14:50+	15:54+	16:18+
01:25+	01:46+	01:34+	01:14+	00:46+	01:22+	01:34+	01:26+	02:20+	01:23+	01:04+	00:24+
00:31&	00:21#	00:30&	00:28&	00:12&	00:37&	00:35&	00:36&	00:59&	00:21&	00:33@	00:09&
24	Truls Thorkildsen	39								16:20	
02:01+	03:14+	05:44+	06:45+	07:20+	09:18+	10:35+	11:43+	13:36+	14:39+	16:00+	16:20+
02:01+	01:13-	02:30+	01:01+	00:35+	01:58+	01:17+	01:08+	01:53+	01:03+	01:21+	00:20+
01:07@	00:12-	01:26@	00:15&	00:01+	01:13@	00:18&	00:18&	00:32&	00:01+	00:50@	00:05&
25	Theodore Denieul	42								17:11	
01:09+	02:25+	03:57+	04:42+	05:26+	07:52+	11:27+	12:32+	14:55+	16:11+	16:57+	17:11+
01:09+	01:16-	01:32+	00:45-	00:44+	02:26+	03:35+	01:05+	02:23+	01:16+	00:46+	00:14-
00:15&	00:09-	00:28&	00:01-	00:10&	01:41@	02:36@	00:15&	01:02&	00:14#	00:15&	00:01-

Class	Navn	Klasse									Tid
26	Leif Jarle Skåra	29									17:31
01:19+	03:16+	05:03+	05:52+	06:45+	08:17+	10:18+	11:59+	14:42+	16:03+	17:06+	17:31+
01:19+	01:57+	01:47+	00:49+	00:53+	01:32+	02:01+	01:41+	02:43+	01:21+	01:03+	00:25+
00:25&	00:32&	00:43&	00:03+	00:19&	00:47@	01:02@	00:51@	01:22@	00:19&	00:32@	00:10&
27	John Helge Svandal	111									17:50
01:33+	03:37+	05:42+	06:31+	07:36+	09:05+	10:38+	12:06+	15:00+	16:41+	17:24+	17:50+
01:33+	02:04+	02:05+	00:49+	01:05+	01:29+	01:33+	01:28+	02:54+	01:41+	00:43+	00:26+
00:39&	00:39&	01:01&	00:03+	00:31&	00:44&	00:34&	00:38&	01:33@	00:39&	00:12&	00:11&
28	Thorstein Gunnarsson	144									18:02
01:17+	02:51+	08:14+	08:43+	09:20+	10:29+	12:07+	13:24+	15:38+	16:51+	17:38+	18:02+
01:17+	01:34+	05:23+	00:29-	00:37+	01:09+	01:38+	01:17+	02:14+	01:13+	00:47+	00:24+
00:23&	00:09#	04:19@	00:17-	00:03+	00:24&	00:39&	00:27&	00:53&	00:11#	00:16&	00:09&
29	Lars Tore Kvasheim	7									18:03
01:49+	03:40+	05:23+	06:18+	07:14+	08:42+	10:32+	12:06+	15:18+	16:43+	17:37+	18:03+
01:49+	01:51+	01:43+	00:55+	00:56+	01:28+	01:50+	01:34+	03:12+	01:25+	00:54+	00:26+
00:55@	00:26&	00:39&	00:09#	00:22&	00:43&	00:51&	00:46&	01:51@	00:23&	00:23&	00:11&
30	Steinar Aase	268									18:07
01:36+	03:48+	05:28+	06:22+	07:20+	08:44+	10:32+	12:08+	15:00+	16:28+	17:46+	18:07+
01:36+	02:12+	01:40+	00:54+	00:58+	01:24+	01:48+	01:36+	02:52+	01:28+	01:18+	00:21+
00:42&	00:47&	00:36&	00:08#	00:24&	00:39&	00:49&	00:46&	01:31@	00:26&	00:47@	00:06&
31	Arild Olsen	4									18:33
01:48+	03:44+	05:22+	07:52+	08:45+	10:11+	11:46+	13:08+	15:44+	17:06+	18:03+	18:33+
01:48+	01:56+	01:38+	02:30+	00:53+	01:26+	01:35+	01:22+	02:36+	01:22+	00:57+	00:30+
00:54&	00:31&	00:34&	01:44@	00:19&	00:41&	00:36&	00:32&	01:15&	00:20&	00:26&	00:15&
32	Tor Inge Hansen	144									18:54
01:27+	03:11+	09:13+	09:42+	10:14+	11:33+	13:12+	14:20+	16:27+	17:44+	18:26+	18:54+
01:27+	01:44+	06:02+	00:29-	00:32-	01:19+	01:39+	01:08+	02:07+	01:17+	00:42+	00:28+
00:33&	00:19#	04:58@	00:17-	00:02-	00:34&	00:40&	00:18&	00:46&	00:15#	00:11&	00:13&
33	Terje Gautestad	54									19:05
02:21+	04:25+	06:32+	07:38+	08:40+	10:08+	11:54+	13:36+	16:16+	17:41+	18:34+	19:05+
02:21+	02:04+	02:07+	01:06+	01:02+	01:28+	01:46+	01:42+	02:40+	01:25+	00:53+	00:31+
01:27@	00:39&	01:03&	00:20&	00:28&	00:43&	00:47&	00:52@	01:19&	00:23&	00:22&	00:16@
34	Harald Nilsen	79									19:11
01:29+	03:35+	05:13+	06:59+	07:53+	09:23+	11:25+	13:09+	16:14+	17:54+	18:47+	19:11+
01:29+	02:06+	01:38+	01:46+	00:54+	01:30+	02:02+	01:44+	03:05+	01:40+	00:53+	00:24+
00:35&	00:41&	00:34&	01:00@	00:20&	00:45&	01:03@	00:54@	01:44@	00:38&	00:22&	00:09&
35	Terje Hodne Nilsen	115									19:46
01:51+	03:43+	06:52+	08:07+	09:17+	10:44+	12:30+	14:05+	16:47+	18:23+	19:18+	19:46+
01:51+	01:52+	03:09+	01:15+	01:10+	01:27+	01:46+	01:35+	02:42+	01:36+	00:55+	00:28+
00:57@	00:27&	02:05@	00:29&	00:36@	00:42&	00:47&	00:45&	01:21&	00:34&	00:24&	00:13&
36	John Thorsnæs	51									19:57
03:57+	05:41+	07:28+	08:28+	09:19+	10:39+	12:43+	14:07+	17:28+	18:39+	19:30+	19:57+
03:57+	01:44+	01:47+	01:00+	00:51+	01:20+	02:04+	01:24+	03:21+	01:11+	00:51+	00:27+
03:03@	00:19#	00:43&	00:14&	00:17&	00:35&	01:05@	00:34&	02:00@	00:09#	00:20&	00:12&
37	Tom Leveraas	188									20:01
02:23+	04:29+	06:17+	07:31+	08:24+	09:29+	12:06+	13:24+	16:48+	18:24+	19:13+	20:01+
02:23+	02:06+	01:48+	01:14+	00:53+	01:05+	02:37+	01:18+	03:24+	01:36+	00:49+	00:48+
01:29@	00:41&	00:44&	00:28&	00:19&	00:20&	01:38@	00:28&	02:03@	00:34&	00:18&	00:33@
38	Arne Hope	43									20:14
01:20+	03:13+	05:38+	07:25+	08:12+	09:23+	13:27+	14:58+	17:38+	18:57+	19:48+	20:14+
01:20+	01:53+	02:25+	01:47+	00:47+	01:11+	04:04+	01:31+	02:40+	01:19+	00:51+	00:26+
00:26&	00:28&	01:21@	01:01@	00:13&	00:26&	03:05@	00:41&	01:19&	00:17&	00:20&	00:11&
39	Asbjørn Tonstad	165									20:23
01:40+	03:31+	05:24+	06:46+	07:41+	09:36+	11:09+	12:47+	15:24+	19:15+	20:00+	20:23+
01:40+	01:51+	01:53+	01:22+	00:55+	01:55+	01:33+	01:38+	02:37+	03:51+	00:45+	00:23+
00:46&	00:26&	00:49&	00:36&	00:21&	01:10@	00:34&	00:48&	01:16&	02:49@	00:14&	00:08&
40	Frode Heigre	62									20:42
01:42+	03:55+	06:19+	07:29+	10:04+	11:19+	13:01+	14:38+	17:33+	19:20+	20:15+	20:42+
01:42+	02:13+	02:24+	01:10+	02:35+	01:15+	01:42+	01:37+	02:55+	01:47+	00:55+	00:27+
00:48&	00:48&	01:20@	00:24&	02:01@	00:30&	00:43&	00:47&	01:34@	00:45&	00:24&	00:12&

Class	Navn	Klasse									Tid
41	Vegar Austlid	39									21:29
01:45+	03:38+	08:06+	08:41+	09:54+	11:13+	13:00+	14:30+	18:31+	20:08+	21:01+	21:29+
01:45+	01:53+	04:28+	00:35-	01:13+	01:19+	01:47+	01:30+	04:01+	01:37+	00:53+	00:28+
00:51&	00:28&	03:24@	00:11-	00:39@	00:34&	00:48&	00:40&	02:40@	00:35&	00:22&	00:13&
42	Karl Johnny Braut	27									21:49
02:33+	04:13+	07:42+	12:55+	13:29+	14:41+	16:14+	17:21+	19:17+	20:26+	21:21+	21:49+
02:33+	01:40+	03:29+	05:13+	00:34=	01:12+	01:33+	01:07+	01:56+	01:09+	00:55+	00:28+
01:39@	00:15#	02:25@	04:27@	00:00=	00:27&	00:34&	00:17&	00:35&	00:07#	00:24&	00:13&
43	Audun Sjøen	111									21:53
01:20+	02:58+	08:18+	08:53+	09:46+	11:14+	13:30+	15:07+	19:04+	20:42+	21:31+	21:53+
01:20+	01:38+	05:20+	00:35-	00:53+	01:28+	02:16+	01:37+	03:57+	01:38+	00:49+	00:22+
00:26&	00:13#	04:16@	00:11-	00:19&	00:43&	01:17@	00:47&	02:36@	00:36&	00:18&	00:07&
44	Inge Grødem	92									22:00
03:11+	05:17+	07:19+	08:55+	09:55+	12:05+	14:11+	15:46+	18:44+	20:27+	21:33+	22:00+
03:11+	02:06+	02:02+	01:36+	01:00+	02:10+	02:06+	01:35+	02:58+	01:43+	01:06+	00:27+
02:17@	00:41&	00:58&	00:50@	00:26&	01:25@	01:07@	00:45&	01:37@	00:41&	00:35@	00:12&
45	Ove Vatland	128									22:28
02:13+	04:35+	06:17+	08:10+	09:12+	11:08+	13:17+	15:28+	18:50+	20:53+	21:54+	22:28+
02:13+	02:22+	01:42+	01:53+	01:02+	01:56+	02:09+	02:11+	03:22+	02:03+	01:01+	00:34+
01:19@	00:57&	00:38&	01:07@	00:28&	01:11@	01:10@	01:21@	02:01@	01:01&	00:30&	00:19@
45	Jan Erik Rasmussen	51									22:28
01:26+	03:41+	09:07+	09:51+	11:01+	12:43+	14:45+	16:38+	19:30+	20:58+	22:00+	22:28+
01:26+	02:15+	05:26+	00:44-	01:10+	01:42+	02:02+	01:53+	02:52+	01:28+	01:02+	00:28+
00:32&	00:50&	04:22@	00:02-	00:36@	00:57@	01:03@	01:03@	01:31@	00:26&	00:31&	00:13&
45	Thomas Lindberg Møland	356									22:28
01:02+	03:09+	04:29+	12:15+	13:02+	14:04+	15:36+	17:18+	19:48+	21:18+	22:01+	22:28+
01:02+	02:07+	01:20+	07:46+	00:47+	01:02+	01:32+	01:42+	02:30+	01:30+	00:43+	00:27+
00:08#	00:42&	00:16#	07:00@	00:13&	00:17&	00:33&	00:52@	01:09&	00:28&	00:12&	00:12&
48	Frank Gulbrandsen	105									23:11
02:10+	04:27+	08:23+	10:34+	11:28+	12:56+	14:50+	16:24+	19:49+	21:32+	22:41+	23:11+
02:10+	02:17+	03:56+	02:11+	00:54+	01:28+	01:54+	01:34+	03:25+	01:43+	01:09+	00:30+
01:16@	00:52&	02:52@	01:25@	00:20&	00:43&	00:55&	00:44&	02:04@	00:41&	00:38@	00:15&
49	Rolf Øystein Kluge	7									23:13
01:24+	03:32+	11:23+	12:12+	13:29+	14:51+	16:27+	17:58+	20:36+	21:53+	22:52+	23:13+
01:24+	02:08+	07:51+	00:49+	01:17+	01:22+	01:36+	01:31+	02:38+	01:17+	00:59+	00:21+
00:30&	00:43&	06:47@	00:03+	00:43@	00:37&	00:37&	00:41&	01:17&	00:15#	00:28&	00:06&
50	Jon Grepstad	111									23:47
03:10+	05:15+	06:51+	08:04+	09:17+	10:52+	15:34+	17:05+	20:47+	22:22+	23:23+	23:47+
03:10+	02:05+	01:36+	01:13+	01:13+	01:35+	04:42+	01:31+	03:42+	01:35+	01:01+	00:24+
02:16@	00:40&	00:32&	00:27&	00:39@	00:50@	03:43@	00:41&	02:21@	00:33&	00:30&	00:09&
51	Njål Rostrup	116									24:23
03:27+	05:30+	07:23+	08:18+	09:30+	11:41+	13:57+	15:56+	20:07+	22:14+	23:37+	24:23+
03:27+	02:03+	01:53+	00:55+	01:12+	02:11+	02:16+	01:59+	04:11+	02:07+	01:23+	00:46+
02:33@	00:38&	00:49&	00:09#	00:38@	01:26@	01:17@	01:09@	02:50@	01:05@	00:52@	00:31@
52	Gunnar Andersen	144									25:06
06:42+	09:04+	11:00+	12:23+	13:24+	15:02+	17:00+	18:36+	21:45+	23:28+	24:22+	25:06+
06:42+	02:22+	01:56+	01:23+	01:01+	01:38+	01:58+	01:36+	03:09+	01:43+	00:54+	00:44+
05:48@	00:57&	00:52&	00:37&	00:27&	00:53@	00:59&	00:46&	01:48@	00:41&	00:23&	00:29@
53	Tor Magnus Sivertsen	128									30:22
04:52+	07:37+	10:41+	12:48+	14:18+	16:34+	19:01+	21:15+	26:18+	28:10+	29:47+	30:22+
04:52+	02:45+	03:04+	02:07+	01:30+	02:16+	02:27+	02:14+	05:03+	01:52+	01:37+	00:35+
03:58@	01:20&	02:00@	01:21@	00:56@	01:31@	01:28@	01:24@	03:42@	00:50&	01:06@	00:20@
54	Erling Aniksdal	128									30:30
04:58+	07:36+	10:44+	12:52+	14:26+	16:38+	19:05+	21:21+	26:23+	28:17+	29:55+	30:30+
04:58+	02:38+	03:08+	02:08+	01:34+	02:12+	02:27+	02:16+	05:02+	01:54+	01:38+	00:35+
04:04@	01:13&	02:04@	01:22@	01:00@	01:27@	01:28@	01:26@	03:41@	00:52&	01:07@	00:20@
55	Alf Inge Jåtten	63									33:11
08:50+	11:09+	13:43+	17:01+	17:48+	19:09+	22:21+	27:55+	30:18+	31:37+	32:35+	33:11+
08:50+	02:19+	02:34+	03:18+	00:47+	01:21+	03:12+	05:34+	02:23+	01:19+	00:58+	00:36+
07:56@	00:54&	01:30@	02:32@	00:13&	00:36&	02:13@	04:44@	01:02&	00:17&	00:27&	00:21@

Class	Navn	Klasse										Tid
56	Arthur Christiansen	93										45:18
03:30+	07:33+	16:25+	18:58+	20:23+	22:22+	25:24+	29:12+	32:43+	38:24+	42:04+	44:07+	45:18+
03:30+	04:03+	08:52+	02:33+	01:25+	01:59+	03:02+	03:48+	03:31+	05:41+	03:40+	02:03+	01:11+
02:36@	02:38@	07:48@	01:47@	00:51@	01:14@	02:03@	02:58@	02:10@	04:39@	03:09@	01:48@	01:11+

Beste strekktid for klassen

00:48 00:59 00:51 00:29 00:27 00:45 00:59 00:49 01:21 00:52 00:31 00:14

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