

Løp 1 - Kvernevik											Strekktider	-23.03.2022
Plass	Navn		Klasse								Tid	
Damer 16 - 39 år												
1	Katrine Haaland Leveraas		54								19:10	
01:48=	04:47=	06:31=	09:45=	10:06=	11:21=	12:42=	15:41=	16:51=	18:27=	18:44=	19:10=	
01:48=	02:59=	01:44=	03:14=	00:21=	01:15=	01:21=	02:59=	01:10=	01:36=	00:17=	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=	
2	Silje Sundal		71								20:00	
02:30+	05:23+	07:04+	09:04=	09:30=	10:58=	12:33=	15:51+	17:09+	19:08+	19:30+	20:00+	
02:30+	02:53=	01:41=	02:00=	00:26+	01:28+	01:35+	03:18+	01:18+	01:59+	00:22+	00:30+	
00:42&	00:06=	00:03=	01:14=	00:05#	00:13#	00:14#	00:19#	00:08#	00:23#	00:05&	00:04#	
3	Elin Graneland		39								20:38	
02:16+	05:38+	07:12+	09:06=	09:36=	11:08=	12:36=	16:04+	17:37+	19:50+	20:10+	20:38+	
02:16+	03:22+	01:34=	01:54=	00:30+	01:32+	01:28+	03:28+	01:33+	02:13+	00:20+	00:28+	
00:28&	00:23#	00:10=	01:20=	00:09&	00:17#	00:07+	00:29#	00:23&	00:37&	00:03#	00:02+	
4	Maren Heradstveit		76								20:45	
01:52+	05:30+	07:23+	09:37=	10:04=	11:26+	12:55+	16:18+	18:03+	19:59+	20:18+	20:45+	
01:52+	03:38+	01:53+	02:14=	00:27+	01:22+	01:29+	03:23+	01:45+	01:56+	00:19+	00:27+	
00:04+	00:39#	00:09+	01:00=	00:06&	00:07+	00:08+	00:24#	00:35&	00:20#	00:02#	00:01+	
5	Ann Torill Bakken		116								22:51	
02:15+	05:41+	07:31+	10:02+	10:32+	12:20+	14:09+	18:14+	19:46+	22:00+	22:22+	22:51+	
02:15+	03:26+	01:50+	02:31=	00:30+	01:48+	01:49+	04:05+	01:32+	02:14+	00:22+	00:29+	
00:27#	00:27#	00:06+	00:43=	00:09&	00:33&	00:28&	01:06&	00:22&	00:38&	00:05&	00:03#	
6	Anina Iselin Hadland		29								23:11	
01:49+	05:19+	08:01+	10:44+	11:01+	12:39+	14:29+	18:25+	19:50+	22:18+	22:36+	23:11+	
01:49+	03:30+	02:42+	02:43=	00:17=	01:38+	01:50+	03:56+	01:25+	02:28+	00:18+	00:35+	
00:01+	00:31#	00:58&	00:31=	00:04=	00:23&	00:29&	00:57&	00:15#	00:52&	00:01+	00:09&	
7	Margrete Jian Øye		126								23:44	
02:06+	05:42+	07:38+	10:40+	11:13+	13:03+	14:54+	19:21+	20:43+	22:54+	23:15+	23:44+	
02:06+	03:36+	01:56+	03:02=	00:33+	01:50+	01:51+	04:27+	01:22+	02:11+	00:21+	00:29+	
00:18#	00:37#	00:12#	00:12=	00:12&	00:35&	00:30&	01:28&	00:12#	00:35&	00:04#	00:03#	
8	Lene Bjelland		116								24:52	
02:13+	05:41+	08:03+	11:03+	11:34+	13:27+	15:26+	19:50+	21:24+	24:06+	24:30+	24:52+	
02:13+	03:28+	02:22+	03:00=	00:31+	01:53+	01:59+	04:24+	01:34+	02:42+	00:24+	00:22=	
00:25#	00:29#	00:38&	00:14=	00:10&	00:38&	00:38&	01:25&	00:24&	01:06&	00:07&	00:04=	
9	Camilla Frafjord Haarr		116								24:59	
02:01+	06:06+	09:15+	12:33+	12:57+	14:23+	15:59+	20:07+	21:59+	24:13+	24:34+	24:59+	
02:01+	04:05+	03:09+	03:18+	00:24+	01:26+	01:36+	04:08+	01:52+	02:14+	00:21+	00:25=	
00:13#	01:06&	01:25&	00:04+	00:03#	00:11#	00:15#	01:09&	00:42&	00:38&	00:04#	00:01=	
10	Hanne Berg Aspøy		117								25:04	
02:06+	05:41+	08:41+	12:00+	12:42+	14:43+	16:31+	20:22+	21:50+	24:15+	24:37+	25:04+	
02:06+	03:35+	03:00+	03:19+	00:42+	02:01+	01:48+	03:51+	01:28+	02:25+	00:22+	00:27+	
00:18#	00:36#	01:16&	00:05+	00:21&	00:46&	00:27&	00:52&	00:18&	00:49&	00:05&	00:01+	
11	Dina Bærheim		105								25:47	
02:36+	06:17+	08:21+	11:31+	12:10+	13:53+	15:51+	20:55+	22:26+	24:45+	25:14+	25:47+	
02:36+	03:41+	02:04+	03:10=	00:39+	01:43+	01:58+	05:04+	01:31+	02:19+	00:29+	00:33+	
00:48&	00:42#	00:20#	00:04=	00:18&	00:28&	00:37&	02:05&	00:21&	00:43&	00:12&	00:07&	
12	Rønnaug Egeland		93								26:49	
01:47=	04:56+	06:50+	14:07+	14:55+	16:29+	18:01+	22:07+	23:53+	25:56+	26:19+	26:49+	
01:47=	03:09+	01:54+	07:17+	00:48+	01:34+	01:32+	04:06+	01:46+	02:03+	00:23+	00:30+	
00:01=	00:10+	00:10+	04:03@	00:27@	00:19&	00:11#	01:07&	00:36&	00:27&	00:06&	00:04#	
13	Ingrid Lycke Austbø		109								27:24	
02:12+	06:02+	07:43+	11:59+	12:24+	16:33+	18:48+	22:31+	24:17+	26:32+	26:51+	27:24+	
02:12+	03:50+	01:41=	04:16+	00:25+	04:09+	02:15+	03:43+	01:46+	02:15+	00:19+	00:33+	
00:24#	00:51&	00:03=	01:02&	00:04#	02:54@	00:54&	00:44#	00:36&	00:39&	00:02#	00:07&	
14	Wibeke Lende		74								28:29	
02:32+	06:41+	10:13+	15:06+	15:32+	17:31+	19:20+	23:50+	25:16+	27:31+	27:56+	28:29+	
02:32+	04:09+	03:32+	04:53+	00:26+	01:59+	01:49+	04:30+	01:26+	02:15+	00:25+	00:33+	
00:44&	01:10&	01:48@	01:39&	00:05#	00:44&	00:28&	01:31&	00:16#	00:39&	00:08&	00:07&	

Plass	Navn										Klasse	Tid
15	Møyfrid Risdal										113	28:46
	02:26+	09:14+	11:37+	14:19+	15:14+	17:22+	19:29+	23:26+	25:01+	27:51+	28:16+	28:46+
	02:26+	06:48+	02:23+	02:42-	00:55+	02:08+	02:07+	03:57+	01:35+	02:50+	00:25+	00:30+
	00:38&	03:49@	00:39&	00:32-	00:34@	00:53&	00:46&	00:58&	00:25&	01:14&	00:08&	00:04#
16	Ingvild Amaliksen										116	30:58
	02:12+	06:13+	08:43+	18:49+	19:14+	20:37+	22:21+	26:31+	27:54+	30:00+	30:22+	30:58+
	02:12+	04:01+	02:30+	10:06+	00:25+	01:23+	01:44+	04:10+	01:23+	02:06+	00:22+	00:36+
	00:24#	01:02&	00:46&	06:52@	00:04#	00:08#	00:23&	01:11&	00:13#	00:30&	00:05&	00:10&
17	Kjersti Nordal										39	31:05
	02:29+	06:55+	12:33+	15:14+	15:54+	17:57+	19:47+	25:57+	27:33+	30:09+	30:30+	31:05+
	02:29+	04:26+	05:38+	02:41-	00:40+	02:03+	01:50+	06:10+	01:36+	02:36+	00:21+	00:35+
	00:41&	01:27&	03:54@	00:33-	00:19&	00:48&	00:29&	03:11@	00:26&	01:00&	00:04#	00:09&
18	Tone Hansen										76	31:10
	02:56+	07:00+	09:33+	13:51+	14:31+	16:24+	18:18+	22:38+	27:20+	29:56+	30:33+	31:10+
	02:56+	04:04+	02:33+	04:18+	00:40+	01:53+	01:54+	04:20+	04:42+	02:36+	00:37+	00:37+
	01:08&	01:05&	00:49&	01:04&	00:19&	00:38&	00:33&	01:21&	03:32@	01:00&	00:20@	00:11&
19	Heidi Langeland										117	32:35
	02:58+	08:31+	11:07+	14:44+	15:22+	17:33+	19:54+	25:57+	27:47+	31:20+	31:47+	32:35+
	02:58+	05:33+	02:36+	03:37+	00:38+	02:11+	02:21+	06:03+	01:50+	03:33+	00:27+	00:48+
	01:10&	02:34&	00:52&	00:23#	00:17&	00:56&	01:00&	03:04@	00:40&	01:57@	00:10&	00:22&
20	Siv Hilde Berg										53	41:57
	03:53+	09:40+	12:19+	21:21+	22:33+	24:47+	26:58+	32:37+	37:19+	40:53+	41:18+	41:57+
	03:53+	05:47+	02:39+	09:02+	01:12+	02:14+	02:11+	05:39+	04:42+	03:34+	00:25+	00:39+
	02:05@	02:48&	00:55&	05:48@	00:51@	00:59&	00:50&	02:40&	03:32@	01:58@	00:08&	00:13&
Beste strekktid for klassen												
	01:47	02:53	01:34	01:54	00:17	01:15	01:21	02:59	01:10	01:36	00:17	00:22
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Damer 40 - 49 år												
1	Brit Nilsen										88	20:06
	02:39=	07:31=	09:10=	09:42=	11:08=	12:49=	14:29=	18:27=	19:04=	20:06=		
	02:39=	04:52=	01:39=	00:32=	01:26=	01:41=	01:40=	03:58=	00:37=	01:02=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Ida K. Kolstø										29	21:29
	02:27-	06:42-	10:17+	11:50+	13:32+	15:15+	16:49+	20:09+	20:38+	21:29+		
	02:27-	04:15-	03:35+	01:33+	01:42+	01:43+	01:34-	03:20-	00:29-	00:51-		
	00:12-	00:37-	01:56@	01:01@	00:16#	00:02+	00:06-	00:38-	00:08-	00:11-		
3	Hege Anita H. Nielsen										48	22:48
	02:39=	08:54+	10:37+	11:37+	13:13+	14:46+	16:33+	21:13+	21:46+	22:48+		
	02:39=	06:15+	01:43+	01:00+	01:36+	01:33-	01:47+	04:40+	00:33-	01:02=		
	00:00=	01:23&	00:04+	00:28&	00:10#	00:08-	00:07+	00:42#	00:04-	00:00=		
4	Helen Haneferd										27	22:51
	02:33-	08:03+	10:01+	11:18+	13:03+	14:41+	16:21+	21:13+	21:55+	22:51+		
	02:33-	05:30+	01:58+	01:17+	01:45+	01:38-	01:40=	04:52+	00:42+	00:56-		
	00:06-	00:38#	00:19#	00:45@	00:19#	00:03-	00:00=	00:54#	00:05#	00:06-		
5	Christel Dahl										92	25:03
	03:20+	10:35+	13:07+	13:29+	15:28+	16:56+	18:52+	23:21+	23:55+	25:03+		
	03:20+	07:15+	02:32+	00:22-	01:59+	01:28-	01:56+	04:29+	00:34-	01:08+		
	00:41&	02:23&	00:53&	00:10-	00:33&	00:13-	00:16#	00:31#	00:03-	00:06+		
6	Rikke Rostrup										116	26:45
	04:47+	14:30+	15:50+	16:25+	18:04+	19:22+	20:56+	25:16+	25:50+	26:45+		
	04:47+	09:43+	01:20-	00:35+	01:39+	01:18-	01:34-	04:20+	00:34-	00:55-		
	02:08&	04:51&	00:19-	00:03+	00:13#	00:23-	00:06-	00:22+	00:03-	00:07-		
7	Randi Helen Ladsten										128	28:48
	02:59+	08:05+	10:35+	18:32+	20:28+	22:07+	23:52+	27:12+	27:48+	28:48+		
	02:59+	05:06+	02:30+	07:57+	01:56+	01:39-	01:45+	03:20-	00:36-	01:00-		
	00:20#	00:14+	00:51&	07:25@	00:30&	00:02-	00:05+	00:38-	00:01-	00:02-		

Plass	Navn										Klasse	Tid
8	Kathrin Sandstad										117	29:31
	03:14+	09:50+	11:40+	12:26+	19:10+	20:56+	22:52+	27:42+	28:20+	29:31+		
	03:14+	06:36+	01:50+	00:46+	06:44+	01:46+	01:56+	04:50+	00:38+	01:11+		
	00:35#	01:44&	00:11#	00:14&	05:18@	00:05+	00:16#	00:52#	00:01+	00:09#		
9	Toyah Bråtveit										43	30:02
	02:40+	09:01+	10:45+	12:02+	19:55+	22:02+	23:46+	28:24+	28:58+	30:02+		
	02:40+	06:21+	01:44+	01:17+	07:53+	02:07+	01:44+	04:38+	00:34-	01:04+		
	00:01+	01:29&	00:05+	00:45@	06:27@	00:26&	00:04+	00:40#	00:03-	00:02+		
10	Heidi Martby										105	30:12
	03:25+	09:37+	12:42+	13:11+	20:13+	21:52+	23:48+	28:32+	29:07+	30:12+		
	03:25+	06:12+	03:05+	00:29-	07:02+	01:39-	01:56+	04:44+	00:35-	01:05+		
	00:46&	01:20&	01:26&	00:03-	05:36@	00:02-	00:16#	00:46#	00:02-	00:03+		
11	Gro Mariero Totland										59	40:10
	04:48+	14:05+	17:58+	19:18+	24:03+	26:48+	30:17+	37:20+	38:23+	40:10+		
	04:48+	09:17+	03:53+	01:20+	04:45+	02:45+	03:29+	07:03+	01:03+	01:47+		
	02:09&	04:25&	02:14@	00:48@	03:19@	01:04&	01:49@	03:05&	00:26&	00:45&		
12	Sølvi Jacobsen										43	45:03
	03:50+	20:21+	22:34+	26:26+	29:19+	32:22+	36:06+	42:11+	43:17+	45:03+		
	03:50+	16:31+	02:13+	03:52+	02:53+	03:03+	03:44+	06:05+	01:06+	01:46+		
	01:11&	11:39@	00:34&	03:20@	01:27@	01:22&	02:04@	02:07&	00:29&	00:44&		
Beste strekktid for klassen												
	02:27	04:15	01:20	00:22	01:26	01:18	01:34	03:20	00:29	00:51		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Damer 50 - 59 år												
1	Marianne Fuglestad										117	21:26
	02:53=	07:05=	08:43=	10:32=	13:36=	14:50=	16:24=	19:48=	20:22=	21:26=		
	02:53=	04:12=	01:38=	01:49=	03:04=	01:14=	01:34=	03:24=	00:34=	01:04=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Anne Siv Gjertsen										27	21:35
	02:40-	08:02+	10:02+	10:47+	12:14-	13:48-	15:36-	19:48=	20:30+	21:35+		
	02:40-	05:22+	02:00+	00:45-	01:27-	01:34+	01:48+	04:12+	00:42+	01:05+		
	00:13-	01:10&	00:22#	01:04-	01:37-	00:20&	00:14#	00:48#	00:08#	00:01+		
3	Elisabeth Christie Ørke										117	21:37
	02:12-	07:31+	09:01+	10:43+	12:51-	13:52-	15:46-	20:09+	20:38+	21:37+		
	02:12-	05:19+	01:30-	01:42-	02:08-	01:01-	01:54+	04:23+	00:29-	00:59-		
	00:41-	01:07&	00:08-	00:07-	00:56-	00:13-	00:20#	00:59&	00:05-	00:05-		
4	Signe Ottesen										116	22:14
	03:01+	08:49+	10:51+	11:27+	13:08-	14:36-	16:25+	20:28+	21:10+	22:14+		
	03:01+	05:48+	02:02+	00:36-	01:41-	01:28+	01:49+	04:03+	00:42+	01:04=		
	00:08+	01:36&	00:24#	01:13-	01:23-	00:14#	00:15#	00:39#	00:08#	00:00=		
5	Kristin Skadsem										18	22:16
	02:32-	08:17+	10:12+	10:43+	13:07-	14:45-	16:44+	20:32+	21:19+	22:16+		
	02:32-	05:45+	01:55+	00:31-	02:24-	01:38+	01:59+	03:48+	00:47+	00:57-		
	00:21-	01:33&	00:17#	01:18-	00:40-	00:24&	00:25&	00:24#	00:13&	00:07-		
6	Gerd Olaug Vikeså										101	23:09
	02:58+	08:17+	11:36+	12:32+	14:07+	15:38+	17:17+	21:24+	21:59+	23:09+		
	02:58+	05:19+	03:19+	00:56-	01:35-	01:31+	01:39+	04:07+	00:35+	01:10+		
	00:05+	01:07&	01:41@	00:53-	01:29-	00:17#	00:05+	00:43#	00:01+	00:06+		
7	Trude Katrine Hermanrud										117	23:18
	02:58+	08:36+	11:00+	11:48+	13:27-	14:59+	17:26+	21:35+	22:12+	23:18+		
	02:58+	05:38+	02:24+	00:48-	01:39-	01:32+	02:27+	04:09+	00:37+	01:06+		
	00:05+	01:26&	00:46&	01:01-	01:25-	00:18#	00:53&	00:45#	00:03+	00:02+		
8	Siv Skretting										93	24:21
	03:13+	08:51+	11:39+	12:03+	13:57+	16:27+	18:14+	22:40+	23:14+	24:21+		
	03:13+	05:38+	02:48+	00:24-	01:54-	02:30+	01:47+	04:26+	00:34=	01:07+		
	00:20#	01:26&	01:10&	01:25-	01:10-	01:16@	00:13#	01:02&	00:00=	00:03+		

Plass	Navn									Klasse	Tid
9	Margrethe Roalsø									93	24:54
	02:29-	08:26+	10:02+	13:51+	16:58+	18:10+	19:44+	23:18+	24:54+		
	02:29-	05:57+	01:36-	03:49+	03:07+	01:12-	01:34=	03:34+	00:39+	00:57-	
	00:24-	01:45&	00:02-	02:00@	00:03+	00:02-	00:00=	00:10+	00:05#	00:07-	
10	Nina Bækkelund Christiansen									105	25:00
	02:55+	08:29+	10:31+	11:29+	14:48+	16:42+	19:31+	23:07+	25:00+		
	02:55+	05:34+	02:02+	00:58-	03:19+	01:54+	02:49+	03:36+	00:47+	01:06+	
	00:02+	01:22&	00:24#	00:51-	00:15+	00:40&	01:15&	00:12+	00:13&	00:02+	
11	Tone Cecilie Nystrøm									68	25:39
	03:01+	08:34+	10:49+	11:34+	15:49+	17:27+	19:35+	23:43+	24:27+	25:39+	
	03:01+	05:33+	02:15+	00:45-	04:15+	01:38+	02:08+	04:08+	00:44+	01:12+	
	00:08+	01:21&	00:37&	01:04-	01:11&	00:24&	00:34&	00:44#	00:10&	00:08#	
12	Nidunn Sandvik									228	26:54
	03:08+	08:31+	12:51+	14:46+	17:05+	18:51+	20:54+	25:04+	25:45+	26:54+	
	03:08+	05:23+	04:20+	01:55+	02:19-	01:46+	02:03+	04:10+	00:41+	01:09+	
	00:15+	01:11&	02:42@	00:06+	00:45-	00:32&	00:29&	00:46#	00:07#	00:05+	
13	Målfrid Bjerkeli									237	27:01
	02:55+	10:52+	13:22+	13:59+	17:01+	18:36+	20:51+	24:58+	25:38+	27:01+	
	02:55+	07:57+	02:30+	00:37-	03:02-	01:35+	02:15+	04:07+	00:40+	01:23+	
	00:02+	03:45&	00:52&	01:12-	00:02-	00:21&	00:41&	00:43#	00:06#	00:19&	
14	Liv Omdal									116	27:03
	02:57+	08:36+	11:37+	12:09+	17:59+	19:31+	21:21+	25:18+	25:58+	27:03+	
	02:57+	05:39+	03:01+	00:32-	05:50+	01:32+	01:50+	03:57+	00:40+	01:05+	
	00:04+	01:27&	01:23&	01:17-	02:46&	00:18#	00:16#	00:33#	00:06#	00:01+	
15	Linda Mari Vestvik									62	30:50
	03:29+	12:23+	14:07+	17:55+	20:27+	21:57+	23:50+	29:09+	29:44+	30:50+	
	03:29+	08:54+	01:44+	03:48+	02:32-	01:30+	01:53+	05:19+	00:35+	01:06+	
	00:36#	04:42@	00:06+	01:59@	00:32-	00:16#	00:19#	01:55&	00:01+	00:02+	
16	Synnøve Westermoen									116	31:21
	05:25+	10:53+	12:27+	16:19+	18:32+	21:28+	25:21+	29:40+	30:12+	31:21+	
	05:25+	05:28+	01:34-	03:52+	02:13-	02:56+	03:53+	04:19+	00:32-	01:09+	
	02:32&	01:16&	00:04-	02:03@	00:51-	01:42@	02:19@	00:55&	00:02-	00:05+	
17	Birgitte Røe									125	31:44
	03:13+	10:45+	14:38+	15:06+	19:57+	21:55+	24:19+	29:14+	30:10+	31:44+	
	03:13+	07:32+	03:53+	00:28-	04:51+	01:58+	02:24+	04:55+	00:56+	01:34+	
	00:20#	03:20&	02:15@	01:21-	01:47&	00:44&	00:50&	01:31&	00:22&	00:30&	
18	Ellinor Hoemsnes									116	32:34
	04:39+	11:04+	17:14+	18:12+	21:37+	23:27+	25:27+	30:04+	31:03+	32:34+	
	04:39+	06:25+	06:10+	00:58-	03:25+	01:50+	02:00+	04:37+	00:59+	01:31+	
	01:46&	02:13&	04:32@	00:51-	00:21#	00:36&	00:26&	01:13&	00:25&	00:27&	
19	Marie-Elizabeth Reinseth									27	32:49
	04:22+	10:39+	13:23+	17:58+	22:12+	24:14+	26:32+	30:56+	31:44+	32:49+	
	04:22+	06:17+	02:44+	04:35+	04:14+	02:02+	02:18+	04:24+	00:48+	01:05+	
	01:29&	02:05&	01:06&	02:46@	01:10&	00:48&	00:44&	01:00&	00:14&	00:01+	
20	Ragnhild Båtnes Berntsen									101	38:44
	03:19+	15:02+	17:11+	20:22+	26:29+	28:17+	30:47+	36:43+	37:30+	38:44+	
	03:19+	11:43+	02:09+	03:11+	06:07+	01:48+	02:30+	05:56+	00:47+	01:14+	
	00:26#	07:31@	00:31&	01:22&	03:03&	00:34&	00:56&	02:32&	00:13&	00:10#	

Beste strekktid for klassen

02:12 04:12 01:30 00:24 01:27 01:01 01:34 03:24 00:29 00:57

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

Damer 60 - 64 år

1	May Elinor Meling									125	20:35
	02:17=	06:15=	07:12=	09:12=	11:05=	12:48=	17:25=	19:09=	20:01=	20:35=	
	02:17=	03:58=	00:57=	02:00=	01:53=	01:43=	04:37=	01:44=	00:52=	00:34=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Plass	Navn										Klasse	Tid
2	Ingunn Voilås										29	22:05
	02:06-	07:19+	08:12+	10:13+	12:37+	14:27+	19:04+	20:44+	21:25+	22:05+		
	02:06-	05:13+	00:53-	02:01+	02:24+	01:50+	04:37=	01:40-	00:41-	00:40+		
	00:11-	01:15&	00:04-	00:01+	00:31&	00:07+	00:00=	00:04-	00:11-	00:06#		
3	Marit Karin Nygård										92	23:49
	02:38+	08:28+	09:30+	11:25+	13:33+	15:30+	20:31+	22:20+	23:08+	23:49+		
	02:38+	05:50+	01:02+	01:55-	02:08+	01:57+	05:01+	01:49+	00:48-	00:41+		
	00:21#	01:52&	00:05+	00:05-	00:15#	00:14#	00:24+	00:05+	00:04-	00:07#		
4	Berit Bakken										93	24:45
	02:43+	07:58+	09:07+	10:59+	13:25+	15:41+	21:06+	23:13+	24:03+	24:45+		
	02:43+	05:15+	01:09+	01:52-	02:26+	02:16+	05:25+	02:07+	00:50-	00:42+		
	00:26#	01:17&	00:12#	00:08-	00:33&	00:33&	00:48#	00:23#	00:02-	00:08#		
5	Ellinor Nesse										116	37:09
	03:01+	07:34+	08:49+	12:45+	22:26+	24:48+	30:03+	35:30+	36:19+	37:09+		
	03:01+	04:33+	01:15+	03:56+	09:41+	02:22+	05:15+	05:27+	00:49-	00:50+		
	00:44&	00:35#	00:18&	01:56&	07:48@	00:39&	00:38#	03:43@	00:03-	00:16&		
6	Ingrid Øxnevad										18	44:13
	02:08-	23:57+	24:47+	26:46+	33:11+	35:32+	40:52+	42:29+	43:38+	44:13+		
	02:08-	21:49+	00:50-	01:59-	06:25+	02:21+	05:20+	01:37-	01:09+	00:35+		
	00:09-	17:51@	00:07-	00:01-	04:32@	00:38&	00:43#	00:07-	00:17&	00:01+		
7	Åse Franciska Møster										128	51:48
	02:57+	05:09-	15:08+	17:19+	21:08+	30:13+	35:00+	43:30+	49:41+	51:05+	51:48+	
	02:57+	02:12-	09:59+	02:11+	03:49+	09:05+	04:47+	08:30+	06:11+	01:24+	00:43+	
	00:40&	01:46-	09:02@	00:11+	01:56@	07:22@	00:10+	06:46@	05:19@	00:50@	00:43+	
Beste strekktid for klassen												
	02:06	02:12	00:50	01:52	01:53	01:43	04:37	01:37	00:41	00:34		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Damer 65 - 69 år												
1	Margot Asheim										105	21:32
	01:57=	05:38=	06:33=	10:05=	12:21=	13:52=	18:20=	20:02=	21:01=	21:32=		
	01:57=	03:41=	00:55=	03:32=	02:16=	01:31=	04:28=	01:42=	00:59=	00:31=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Eli Frafjord										94	23:39
	02:57+	07:02+	08:09+	10:13+	12:22+	14:19+	19:57+	21:59+	22:58+	23:39+		
	02:57+	04:05+	01:07+	02:04-	02:09-	01:57+	05:38+	02:02+	00:59=	00:41+		
	01:00&	00:24#	00:12#	01:28-	00:07-	00:26&	01:10&	00:20#	00:00=	00:10&		
3	Hanne Eik										117	27:18
	02:41+	07:35+	08:52+	12:31+	14:52+	17:33+	23:23+	25:30+	26:29+	27:18+		
	02:41+	04:54+	01:17+	03:39+	02:21+	02:41+	05:50+	02:07+	00:59=	00:49+		
	00:44&	01:13&	00:22&	00:07+	00:05+	01:10&	01:22&	00:25#	00:00=	00:18&		
4	Kari Blixhavn										228	29:40
	02:56+	08:17+	09:49+	13:20+	15:58+	18:42+	24:44+	27:53+	28:53+	29:40+		
	02:56+	05:21+	01:32+	03:31-	02:38+	02:44+	06:02+	03:09+	01:00+	00:47+		
	00:59&	01:40&	00:37&	00:01-	00:22#	01:13&	01:34&	01:27&	00:01+	00:16&		
5	Mette Dagsland										68	38:47
	02:18+	13:47+	14:51+	17:36+	27:56+	30:04+	34:50+	37:14+	38:07+	38:47+		
	02:18+	11:29+	01:04+	02:45-	10:20+	02:08+	04:46+	02:24+	00:53-	00:40+		
	00:21#	07:48@	00:09#	00:47-	08:04@	00:37&	00:18+	00:42&	00:06-	00:09&		
6	Berit Gramstad										113	39:41
	07:01+	11:45+	13:20+	18:25+	20:44+	23:11+	31:45+	37:41+	39:00+	39:41+		
	07:01+	04:44+	01:35+	05:05+	02:19+	02:27+	08:34+	05:56+	01:19+	00:41+		
	05:04@	01:03&	00:40&	01:33&	00:03+	00:56&	04:06&	04:14@	00:20&	00:10&		
7	Åse Berg										105	43:14
	03:06+	13:44+	15:12+	17:56+	21:33+	24:36+	31:59+	40:58+	42:10+	43:14+		
	03:06+	10:38+	01:28+	02:44-	03:37+	03:03+	07:23+	08:59+	01:12+	01:04+		
	01:09&	06:57@	00:33&	00:48-	01:21&	01:32@	02:55&	07:17@	00:13#	00:33@		

Plass	Navn	Klasse										Tid
Beste strekktid for klassen												
	01:57	03:41	00:55	02:04	02:09	01:31	04:28	01:42	00:53	00:31		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Damer 70 - 74 år												
1	Inger Skretting Opstad										54	25:56
	02:46=	07:18=	08:38=	10:52=	13:50=	16:26=	22:00=	24:02=	25:11=	25:56=		
	02:46=	04:32=	01:20=	02:14=	02:58=	02:36=	05:34=	02:02=	01:09=	00:45=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Lillian Dahl Fitjar										117	28:02
	02:40-	08:10+	09:27+	12:19+	14:51+	17:30+	23:51+	26:17+	27:10+	28:02+		
	02:40-	05:30+	01:17-	02:52+	02:32-	02:39+	06:21+	02:26+	00:53-	00:52+		
	00:06-	00:58#	00:03-	00:38&	00:26-	00:03+	00:47#	00:24#	00:16-	00:07#		
Beste strekktid for klassen												
	02:40	04:32	01:17	02:14	02:32	02:36	05:34	02:02	00:53	00:45		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Damer 75 - 79 år												
1	Turid Nystrøm										68	23:56
	02:19=	07:50=	08:54=	11:04=	13:13=	15:59=	20:35=	22:22=	23:16=	23:56=		
	02:19=	05:31=	01:04=	02:10=	02:09=	02:46=	04:36=	01:47=	00:54=	00:40=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Haldis Glendrange										68	25:55
	02:41+	06:50-	08:18-	10:54-	13:46+	16:46+	22:22+	24:19+	25:19+	25:55+		
	02:41+	04:09-	01:28+	02:36+	02:52+	03:00+	05:36+	01:57+	01:00+	00:36-		
	00:22#	01:22-	00:24&	00:26#	00:43&	00:14+	01:00#	00:10+	00:06#	00:04-		
3	Gry Vikhamar Thengs										68	26:42
	02:35+	08:27+	09:49+	12:08+	14:43+	17:18+	23:07+	25:00+	25:56+	26:42+		
	02:35+	05:52+	01:22+	02:19+	02:35+	02:35-	05:49+	01:53+	00:56+	00:46+		
	00:16#	00:21+	00:18&	00:09+	00:26#	00:11-	01:13&	00:06+	00:02+	00:06#		
4	Hedvig Anda										116	34:04
	03:19+	08:13+	09:33+	11:54+	20:51+	23:31+	29:53+	32:07+	33:22+	34:04+		
	03:19+	04:54-	01:20+	02:21+	08:57+	02:40-	06:22+	02:14+	01:15+	00:42+		
	01:00&	00:37-	00:16#	00:11+	06:48@	00:06-	01:46&	00:27&	00:21&	00:02+		
5	Helga Klausen										62	37:33
	02:59+	14:12+	16:04+	21:37+	23:54+	26:20+	33:36+	35:46+	36:47+	37:33+		
	02:59+	11:13+	01:52+	05:33+	02:17+	02:26-	07:16+	02:10+	01:01+	00:46+		
	00:40&	05:42@	00:48&	03:23@	00:08+	00:20-	02:40&	00:23#	00:07#	00:06#		
Beste strekktid for klassen												
	02:19	04:09	01:04	02:10	02:09	02:26	04:36	01:47	00:54	00:36		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Damer 80 år og eldre												
1	Berit Ebbell Olsen										68	42:45
	03:15=	05:55=	12:22=	20:45=	25:06=	30:29=	33:30=	37:44=	40:28=	41:50=	42:45=	
	03:15=	02:40=	06:27=	08:23=	04:21=	05:23=	03:01=	04:14=	02:44=	01:22=	00:55=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Gørild Espedal										113	48:13
	03:45+	07:46+	15:01+	22:49+	24:55-	31:11+	34:47+	41:25+	45:33+	47:10+	48:13+	
	03:45+	04:01+	07:15+	07:48-	02:06-	06:16+	03:36+	06:38+	04:08+	01:37+	01:03+	
	00:30#	01:21&	00:48#	00:35-	02:15-	00:53#	00:35#	02:24&	01:24&	00:15#	00:08#	

Plass	Navn	Klasse										Tid				
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**Beste strekktid for klassen**  
03:15 02:40 06:27 07:48 02:06 05:23 03:01 04:14 02:44 01:22 00:55

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

Damer A

1	Aud Hognestad Taksdal												92					21:36
01:22=	02:08=	03:24=	04:52=	05:34=	05:56=	09:20=	09:51=	11:45=	12:42=	13:03=	14:48=	15:29=	17:44=	19:16=	21:03=	21:36=		
01:22=	00:46=	01:16=	01:28=	00:42=	00:22=	03:24=	00:31=	01:54=	00:57=	00:21=	01:45=	00:41=	02:15=	01:32=	01:47=	00:33=		
00:00=	00:00=	00:00=	00:00=	00:00=	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	Anna Taksdal												194					23:24
01:38+	02:31+	04:02+	05:58+	06:40+	07:08+	10:54+	11:28+	12:19+	13:23+	13:51+	15:45+	16:31+	19:23+	21:09+	22:40+	23:24+		
01:38+	00:53+	01:31+	01:56+	00:42=	00:28+	03:46+	00:34+	00:51-	01:04+	00:28+	01:54+	00:46+	02:52+	01:46+	01:31-	00:44+		
00:16#	00:07#	00:15#	00:28&	00:00=	00:06&	00:22#	00:03+	01:03-	00:07#	00:07&	00:09+	00:05#	00:37&	00:14#	00:16-	00:11&		
3	Jorunn Hadland												29					23:58
01:25+	02:25+	04:36+	06:37+	07:23+	07:51+	11:21+	11:55+	12:46+	13:47+	14:10+	16:01+	16:45+	19:47+	21:30+	23:03+	23:58+		
01:25+	01:00+	02:11+	02:01+	00:46+	00:28+	03:30+	00:34+	00:51-	01:01+	00:23+	01:51+	00:44+	03:02+	01:43+	01:33-	00:55+		
00:03+	00:14&	00:55&	00:33&	00:04+	00:06&	00:06+	00:03+	01:03-	00:04+	00:02+	00:06+	00:03+	00:47&	00:11#	00:14-	00:22&		
4	Silje Skarpeid												101					27:17
01:31+	02:43+	04:21+	06:15+	07:03+	07:37+	11:58+	12:32+	13:34+	15:30+	15:54+	17:56+	18:48+	21:30+	23:49+	26:33+	27:17+		
01:31+	01:12+	01:38+	01:54+	00:48+	00:34+	04:21+	00:34+	01:02-	01:56+	00:24+	02:02+	00:52+	02:42+	02:19+	02:44+	00:44+		
00:09#	00:26&	00:22&	00:26&	00:06#	00:12&	00:57&	00:03+	00:52-	00:59&	00:03#	00:17#	00:11&	00:27#	00:47&	00:57&	00:11&		
5	Tone Torgersen												27					29:38
01:44+	02:43+	04:20+	06:37+	07:32+	08:00+	11:59+	12:45+	17:12+	18:16+	18:44+	20:52+	21:53+	24:46+	26:49+	28:44+	29:38+		
01:44+	00:59+	01:37+	02:17+	00:55+	00:28+	03:59+	00:46+	04:27+	01:04+	00:28+	02:08+	01:01+	02:53+	02:03+	01:55+	00:54+		
00:22&	00:13&	00:21&	00:49&	00:13&	00:06&	00:35#	00:15&	02:33&	00:07#	00:07&	00:23#	00:20&	00:38&	00:31&	00:08+	00:21&		
6	Ingrid Simensen												101					29:58
01:45+	02:54+	04:36+	06:39+	09:33+	10:04+	14:41+	15:21+	16:41+	18:12+	18:39+	21:11+	22:08+	25:05+	27:22+	29:17+	29:58+		
01:45+	01:09+	01:42+	02:03+	02:54+	00:31+	04:37+	00:40+	01:20-	01:31+	00:27+	02:32+	00:57+	02:57+	02:17+	01:55+	00:41+		
00:23&	00:23&	00:26&	00:35&	02:12&	00:09&	01:13&	00:09&	00:34-	00:34&	00:06&	00:47&	00:16&	00:42&	00:45&	00:08+	00:08#		

**Beste strekktid for klassen**  
01:22 00:46 01:16 01:28 00:42 00:22 03:24 00:31 00:51 00:57 00:21 01:45 00:41 02:15 01:32 01:31 00:33

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

Damer B

1	Inger Tone Nygård												29	24:02
03:44=	05:06=	06:41=	10:08=	10:58=	11:51=	13:35=	16:23=	18:26=	20:34=	22:32=	23:31=	24:02=		
03:44=	01:22=	01:35=	03:27=	00:50=	00:53=	01:44=	02:48=	02:03=	02:08=	01:58=	00:59=	00:31=		
00:00=	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	Helen Lomeland												105	25:03
03:55+	05:43+	07:29+	11:02+	11:51+	12:42+	14:33+	16:30+	18:53+	21:14+	23:26+	24:33+	25:03+		
03:55+	01:48+	01:46+	03:33+	00:49-	00:51-	01:51+	01:57-	02:23+	02:21+	02:12+	01:07+	00:30-		
00:11+	00:26&	00:11#	00:06+	00:01-	00:02-	00:07+	00:51-	00:20#	00:13#	00:14#	00:08#	00:01-		
3	Wenche M. Sæbbø												117	25:07
03:32-	04:51-	06:26-	10:25+	11:14+	12:21+	14:04+	16:21-	18:23-	20:36+	23:28+	24:29+	25:07+		
03:32-	01:19-	01:35=	03:59+	00:49-	01:07+	01:43-	02:17-	02:02-	02:13+	02:52+	01:01+	00:38+		
00:12-	00:03-	00:00=	00:32#	00:01-	00:14&	00:01-	00:31-	00:01-	00:05+	00:54&	00:02+	00:07#		
4	Jorunn Johannesen												116	25:08
03:51+	05:40+	07:24+	10:56+	11:49+	12:47+	14:27+	16:35+	18:47+	21:09+	23:27+	24:37+	25:08+		
03:51+	01:49+	01:44+	03:32+	00:53+	00:58+	01:40-	02:08-	02:12+	02:22+	02:18+	01:10+	00:31=		
00:07+	00:27&	00:09+	00:05+	00:03+	00:05+	00:04-	00:40-	00:09+	00:14#	00:20#	00:11#	00:00=		
5	Anne Garsrud												90	25:41
03:57+	05:30+	07:11+	11:12+	11:58+	12:57+	14:44+	17:03+	19:18+	21:46+	23:56+	25:08+	25:41+		
03:57+	01:33+	01:41+	04:01+	00:46-	00:59+	01:47+	02:19-	02:15+	02:28+	02:10+	01:12+	00:33+		
00:13+	00:11#	00:06+	00:34#	00:04-	00:06#	00:03+	00:29-	00:12+	00:20#	00:12#	00:13#	00:02+		

Plass	Navn											Klasse	Tid
6	Hilde Nordbø											93	27:10
	04:03+	05:24+	07:41+	11:35+	12:30+	13:33+	15:44+	18:29+	21:05+	23:18+	25:37+	26:37+	27:10+
	04:03+	01:21-	02:17+	03:54+	00:55+	01:03+	02:11+	02:45-	02:36+	02:13+	02:19+	01:00+	00:33+
	00:19+	00:01-	00:42&	00:27#	00:05#	00:10#	00:27&	00:03-	00:33&	00:05+	00:21#	00:01+	00:02+
7	Keth Berggraf											116	27:25
	04:05+	05:27+	07:22+	11:23+	12:09+	13:13+	15:01+	17:48+	20:35+	23:07+	25:43+	26:54+	27:25+
	04:05+	01:22=	01:55+	04:01+	00:46-	01:04+	01:48+	02:47-	02:47+	02:32+	02:36+	01:11+	00:31=
	00:21+	00:00=	00:20#	00:34#	00:04-	00:11#	00:04+	00:01-	00:44&	00:24#	00:38&	00:12#	00:00=
8	Ingunn Anda Haug											67	27:56
	04:10+	05:51+	07:50+	12:03+	12:56+	14:00+	16:02+	18:23+	20:59+	23:35+	26:04+	27:20+	27:56+
	04:10+	01:41+	01:59+	04:13+	00:53+	01:04+	02:02+	02:21-	02:36+	02:36+	02:29+	01:16+	00:36+
	00:26#	00:19#	00:24&	00:46#	00:03+	00:11#	00:18#	00:27-	00:33&	00:28#	00:31&	00:17&	00:05#
9	Kristin Breivold											92	27:57
	03:59+	05:51+	07:28+	11:56+	12:48+	14:03+	15:54+	18:34+	21:04+	23:39+	26:12+	27:28+	27:57+
	03:59+	01:52+	01:37+	04:28+	00:52+	01:15+	01:51+	02:40-	02:30+	02:35+	02:33+	01:16+	00:29-
	00:15+	00:30&	00:02+	01:01&	00:02+	00:22&	00:07+	00:08-	00:27#	00:27#	00:35&	00:17&	00:02-
10	Mariann Sveinsvoll											94	29:09
	04:58+	06:39+	08:43+	12:36+	13:48+	14:52+	16:39+	19:07+	21:57+	24:39+	27:08+	28:37+	29:09+
	04:58+	01:41+	02:04+	03:53+	01:12+	01:04+	01:47+	02:28-	02:50+	02:42+	02:29+	01:29+	00:32+
	01:14&	00:19#	00:29&	00:26#	00:22&	00:11#	00:03+	00:20-	00:47&	00:34&	00:31&	00:30&	00:01+
11	Grethe Anda Fuglestad											116	30:07
	04:00+	05:38+	07:44+	11:37+	12:33+	13:47+	15:35+	19:04+	23:04+	25:48+	28:10+	29:30+	30:07+
	04:00+	01:38+	02:06+	03:53+	00:56+	01:14+	01:48+	03:29+	04:00+	02:44+	02:22+	01:20+	00:37+
	00:16+	00:16#	00:31&	00:26#	00:06#	00:21&	00:04+	00:41#	01:57&	00:36&	00:24#	00:21&	00:06#
12	Ingrid W. Hestness											117	37:02
	04:49+	07:23+	13:18+	16:54+	20:39+	21:43+	22:50+	25:13+	27:34+	29:45+	32:25+	35:02+	36:28+
	04:49+	02:34+	05:55+	03:36+	03:45+	01:04+	01:07-	02:23-	02:21+	02:11+	02:40+	02:37+	01:26+
	01:05&	01:12&	04:20@	00:09+	02:55@	00:11#	00:37-	00:25-	00:18#	00:03+	00:42&	01:38@	00:55@
Beste strekktid for klassen													
	03:32	01:19	01:35	03:27	00:46	00:51	01:07	01:57	02:02	02:08	01:58	00:59	00:29
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Damer Ny													
1	Ida Wølstad Malde											92	14:36
	02:45=	05:00=	07:15=	09:31=	11:36=	13:06=	13:58=	14:36=					
	02:45=	02:15=	02:15=	02:16=	02:05=	01:30=	00:52=	00:38=					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Anne Mette Riskjell Høyland											63	14:48
	02:26-	05:07+	07:05-	09:09-	11:32-	13:28+	14:16+	14:48+					
	02:26-	02:41+	01:58-	02:04-	02:23+	01:56+	00:48-	00:32-					
	00:19-	00:26#	00:17-	00:12-	00:18#	00:26&	00:04-	00:06-					
3	Maria Hapnes von Schack											91	14:50
	02:31-	05:11+	06:43-	09:23-	11:18-	13:21+	14:12+	14:50+					
	02:31-	02:40+	01:32-	02:40+	01:55-	02:03+	00:51-	00:38=					
	00:14-	00:25#	00:43-	00:24#	00:10-	00:33&	00:01-	00:00=					
4	Ingvild Marthinussen											63	14:58
	02:42-	05:17+	07:21+	09:24-	11:40+	13:31+	14:24+	14:58+					
	02:42-	02:35+	02:04-	02:03-	02:16+	01:51+	00:53+	00:34-					
	00:03-	00:20#	00:11-	00:13-	00:11+	00:21#	00:01+	00:04-					
5	Bente Sola											80	15:34
	02:36-	05:02+	07:11-	09:30-	11:44+	14:00+	14:52+	15:34+					
	02:36-	02:26+	02:09-	02:19+	02:14+	02:16+	00:52=	00:42+					
	00:09-	00:11+	00:06-	00:03+	00:09+	00:46&	00:00=	00:04#					
6	Deniz Jensen											63	15:50
	02:12-	05:03+	07:06-	09:39+	11:53+	13:54+	15:16+	15:50+					
	02:12-	02:51+	02:03-	02:33+	02:14+	02:01+	01:22+	00:34-					
	00:33-	00:36&	00:12-	00:17#	00:09+	00:31&	00:30&	00:04-					



Plass	Navn	Klasse	Tid
7	Svetlana Johnsen	63	15:57
02:47+	05:24+ 07:21+ 09:41+ 11:52+ 14:03+ 15:18+ 15:57+		
02:47+	02:37+ 01:57- 02:20+ 02:11+ 02:11+ 01:15+ 00:39+		
00:02+	00:22# 00:18- 00:04+ 00:06+ 00:41& 00:23& 00:01+		
8	Grethe Mo	117	18:30
03:27+	06:23+ 08:26+ 11:42+ 14:15+ 16:21+ 17:35+ 18:30+		
03:27+	02:56+ 02:03- 03:16+ 02:33+ 02:06+ 01:14+ 00:55+		
00:42&	00:41& 00:12- 01:00& 00:28# 00:36& 00:22& 00:17&		
9	Elisabeth Horpestad	117	18:33
03:40+	06:35+ 08:24+ 11:43+ 14:16+ 16:32+ 17:39+ 18:33+		
03:40+	02:55+ 01:49- 03:19+ 02:33+ 02:16+ 01:07+ 00:54+		
00:55&	00:40& 00:26- 01:03& 00:28# 00:46& 00:15& 00:16&		
10	Anne Kristin Nybø	117	18:36
03:30+	06:33+ 08:23+ 11:40+ 14:19+ 16:37+ 17:45+ 18:36+		
03:30+	03:03+ 01:50- 03:17+ 02:39+ 02:18+ 01:08+ 00:51+		
00:45&	00:48& 00:25- 01:01& 00:34& 00:48& 00:16& 00:13&		
11	Noomi Sand	63	21:00
03:45+	07:25+ 08:56+ 13:43+ 16:09+ 18:58+ 20:12+ 21:00+		
03:45+	03:40+ 01:31- 04:47+ 02:26+ 02:49+ 01:14+ 00:48+		
01:00&	01:25& 00:44- 02:31@ 00:21# 01:19& 00:22& 00:10&		
12	Jannecke A. Moe	101	24:27
03:20+	07:09+ 10:07+ 15:24+ 18:31+ 22:05+ 23:28+ 24:27+		
03:20+	03:49+ 02:58+ 05:17+ 03:07+ 03:34+ 01:23+ 00:59+		
00:35#	01:34& 00:43& 03:01@ 01:02& 02:04@ 00:31& 00:21&		
13	Agnete Dedekam Stabel	101	24:31
03:32+	07:14+ 10:19+ 15:41+ 18:42+ 22:09+ 23:38+ 24:31+		
03:32+	03:42+ 03:05+ 05:22+ 03:01+ 03:27+ 01:29+ 00:53+		
00:47&	01:27& 00:50& 03:06@ 00:56& 01:57@ 00:37& 00:15&		

Beste strekktid for klassen  
02:12 02:15 01:31 02:03 01:55 01:30 00:48 00:32

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

Damer Trim

1	Maryon Paulsen Strugstad	43	14:30
02:42=	03:46= 05:22= 07:40= 07:59= 09:22= 11:30= 13:02= 13:32= 14:06= 14:30=		
02:42=	01:04= 01:36= 02:18= 00:19= 01:23= 02:08= 01:32= 00:30= 00:34= 00:24=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Fride Wirak	88	16:06
02:14-	04:25+ 06:18+ 08:19+ 08:37+ 10:09+ 13:06+ 14:24+ 14:51+ 15:32+ 16:06+		
02:14-	02:11+ 01:53+ 02:01- 00:18- 01:32+ 02:57+ 01:18- 00:27- 00:41+ 00:34+		
00:28-	01:07@ 00:17# 00:17- 00:01- 00:09# 00:49& 00:14- 00:03- 00:07# 00:10&		
3	Ingrid Dagsland Halderaker	11	17:38
03:37+	05:09+ 07:19+ 08:54+ 09:21+ 11:21+ 14:16+ 15:44+ 16:19+ 17:03+ 17:38+		
03:37+	01:32+ 02:10+ 01:35- 00:27+ 02:00+ 02:55+ 01:28- 00:35+ 00:44+ 00:35+		
00:55&	00:28& 00:34& 00:43- 00:08& 00:37& 00:47& 00:04- 00:05# 00:10& 00:11&		
4	Elin Stueland	5	18:10
02:36-	04:02+ 06:02+ 08:25+ 08:50+ 10:56+ 15:28+ 16:11+ 16:51+ 17:37+ 18:10+		
02:36-	01:26+ 02:00+ 02:23+ 00:25+ 02:06+ 04:32+ 00:43- 00:40+ 00:46+ 00:33+		
00:06-	00:22& 00:24# 00:05+ 00:06& 00:43& 02:24@ 00:49- 00:10& 00:12& 00:09&		
5	Anastasia Ollestad	93	18:18
02:53+	04:35+ 07:30+ 09:16+ 09:44+ 12:40+ 15:45+ 16:25+ 17:01+ 17:44+ 18:18+		
02:53+	01:42+ 02:55+ 01:46- 00:28+ 02:56+ 03:05+ 00:40- 00:36+ 00:43+ 00:34+		
00:11+	00:38& 01:19& 00:32- 00:09& 01:33@ 00:57& 00:52- 00:06# 00:09& 00:10&		
6	Ingrid O. Foss	117	18:50
02:52+	04:27+ 06:53+ 08:36+ 09:13+ 12:17+ 15:24+ 16:26+ 17:20+ 18:09+ 18:50+		
02:52+	01:35+ 02:26+ 01:43- 00:37+ 03:04+ 03:07+ 01:02- 00:54+ 00:49+ 00:41+		
00:10+	00:31& 00:50& 00:35- 00:18& 01:41@ 00:59& 00:30- 00:24& 00:15& 00:17&		

Plass	Navn										Klasse	Tid
7	Tonje Tiley										27	19:07
	03:30+	04:59+	07:18+	08:59+	09:36+	12:44+	16:00+	17:01+	17:41+	18:25+	19:07+	
	03:30+	01:29+	02:19+	01:41-	00:37+	03:08+	03:16+	01:01-	00:40+	00:44+	00:42+	
	00:48&	00:25&	00:43&	00:37-	00:18&	01:45@	01:08&	00:31-	00:10&	00:10&	00:18&	
8	Marita Navjord Nicolaysen										71	20:05
	03:32+	05:07+	07:05+	09:05+	09:32+	12:25+	15:16+	17:13+	18:04+	18:42+	19:33+	20:05+
	03:32+	01:35+	01:58+	02:00-	00:27+	02:53+	02:51+	01:57+	00:51+	00:38+	00:51+	00:32+
	00:50&	00:31&	00:22#	00:18-	00:08&	01:30@	00:43&	00:25&	00:21&	00:04#	00:27@	00:32+
9	Marianne Høie										116	21:07
	03:44+	05:54+	08:17+	10:12+	11:17+	13:56+	17:44+	18:40+	19:26+	20:30+	21:07+	
	03:44+	02:10+	02:23+	01:55-	01:05+	02:39+	03:48+	00:56-	00:46+	01:04+	00:37+	
	01:02&	01:06@	00:47&	00:23-	00:46@	01:16&	01:40&	00:36-	00:16&	00:30&	00:13&	
10	Inga Borge										43	21:56
	03:56+	06:07+	08:21+	10:03+	10:34+	13:29+	17:19+	19:34+	20:08+	21:15+	21:56+	
	03:56+	02:11+	02:14+	01:42-	00:31+	02:55+	03:50+	02:15+	00:34+	01:07+	00:41+	
	01:14&	01:07@	00:38&	00:36-	00:12&	01:32@	01:42&	00:43&	00:04#	00:33&	00:17&	
11	Kine Strømstad										53	22:03
	03:24+	05:09+	08:04+	10:54+	11:19+	14:30+	19:19+	19:58+	20:41+	21:31+	22:03+	
	03:24+	01:45+	02:55+	02:50+	00:25+	03:11+	04:49+	00:39-	00:43+	00:50+	00:32+	
	00:42&	00:41&	01:19&	00:32#	00:06&	01:48@	02:41@	00:53-	00:13&	00:16&	00:08&	
12	Esther Boenheim										268	22:03
	03:55+	05:26+	08:06+	11:20+	11:42+	14:39+	18:45+	19:46+	20:31+	21:22+	22:03+	
	03:55+	01:31+	02:40+	03:14+	00:22+	02:57+	04:06+	01:01-	00:45+	00:51+	00:41+	
	01:13&	00:27&	01:04&	00:56&	00:03#	01:34@	01:58&	00:31-	00:15&	00:17&	00:17&	
13	Mona Berntsen										43	22:42
	03:57+	08:54+	11:48+	13:50+	14:15+	16:21+	19:52+	20:35+	21:11+	22:01+	22:42+	
	03:57+	04:57+	02:54+	02:02-	00:25+	02:06+	03:31+	00:43-	00:36+	00:50+	00:41+	
	01:15&	03:53@	01:18&	00:16-	00:06&	00:43&	01:23&	00:49-	00:06#	00:16&	00:17&	
14	Marie Volline Nessler										18	22:47
	03:33+	05:49+	08:27+	12:37+	13:09+	15:43+	19:31+	20:20+	21:16+	22:06+	22:47+	
	03:33+	02:16+	02:38+	04:10+	00:32+	02:34+	03:48+	00:49-	00:56+	00:50+	00:41+	
	00:51&	01:12@	01:02&	01:52&	00:13&	01:11&	01:40&	00:43-	00:26&	00:16&	00:17&	
15	Astri Sandanger										93	22:59
	03:18+	05:09+	07:42+	10:03+	10:30+	15:58+	19:56+	20:51+	21:30+	22:17+	22:59+	
	03:18+	01:51+	02:33+	02:21+	00:27+	05:28+	03:58+	00:55-	00:39+	00:47+	00:42+	
	00:36#	00:47&	00:57&	00:03+	00:08&	04:05@	01:50&	00:37-	00:09&	00:13&	00:18&	
16	Kirsti Strand Salvesen										256	23:35
	04:27+	06:54+	10:09+	12:23+	12:58+	15:17+	19:19+	20:16+	21:16+	22:31+	23:35+	
	04:27+	02:27+	03:15+	02:14-	00:35+	02:19+	04:02+	00:57-	01:00+	01:15+	01:04+	
	01:45&	01:23@	01:39@	00:04-	00:16&	00:56&	01:54&	00:35-	00:30&	00:41@	00:40@	
17	Åse Kristensen										94	24:43
	04:35+	06:46+	09:44+	12:18+	12:56+	16:11+	20:20+	21:29+	22:41+	23:55+	24:43+	
	04:35+	02:11+	02:58+	02:34+	00:38+	03:15+	04:09+	01:09-	01:12+	01:14+	00:48+	
	01:53&	01:07@	01:22&	00:16#	00:19&	01:52@	02:01&	00:23-	00:42@	00:40@	00:24&	
18	Ruth Grødem										105	24:56
	04:08+	07:04+	10:30+	12:39+	13:17+	16:35+	21:10+	22:18+	23:11+	24:12+	24:56+	
	04:08+	02:56+	03:26+	02:09-	00:38+	03:18+	04:35+	01:08-	00:53+	01:01+	00:44+	
	01:26&	01:52@	01:50@	00:09-	00:19&	01:55@	02:27@	00:24-	00:23&	00:27&	00:20&	
19	Elisabeth Melbø										128	24:56
	03:54+	07:20+	10:34+	11:55+	12:38+	15:51+	19:02+	19:49+	20:29+	24:19+	24:56+	
	03:54+	03:26+	03:14+	01:21-	00:43+	03:13+	03:11+	00:47-	00:40+	03:50+	00:37+	
	01:12&	02:22@	01:38@	00:57-	00:24@	01:50@	01:03&	00:45-	00:10&	03:16@	00:13&	
20	Brit Svihus										92	26:01
	04:53+	08:05+	11:31+	13:44+	14:22+	17:30+	22:12+	23:19+	24:17+	25:15+	26:01+	
	04:53+	03:12+	03:26+	02:13-	00:38+	03:08+	04:42+	01:07-	00:58+	00:58+	00:46+	
	02:11&	02:08@	01:50@	00:05-	00:19&	01:45@	02:34@	00:25-	00:28&	00:24&	00:22&	
21	Shazia Ali Zade										43	27:41
	04:03+	06:13+	11:52+	14:33+	15:15+	20:20+	24:18+	25:09+	26:07+	27:02+	27:41+	
	04:03+	02:10+	05:39+	02:41+	00:42+	05:05+	03:58+	00:51-	00:58+	00:55+	00:39+	
	01:21&	01:06@	04:03@	00:23#	00:23@	03:42@	01:50&	00:41-	00:28&	00:21&	00:15&	

Plass	Navn										Klasse	Tid
22	Siv-Elin Bogfjelldal										66	27:57
	06:04+	08:28+	11:46+	14:30+	14:56+	18:36+	23:21+	24:41+	25:48+	26:55+	27:57+	
	06:04+	02:24+	03:18+	02:44+	00:26+	03:40+	04:45+	01:20-	01:07+	01:07+	01:02+	
	03:22@	01:20@	01:42@	00:26#	00:07&	02:17@	02:37@	00:12-	00:37@	00:33&	00:38@	
23	Unni Byberg Mæstad										92	29:30
	05:10+	07:28+	13:41+	16:47+	17:24+	21:42+	26:04+	26:53+	27:54+	28:47+	29:30+	
	05:10+	02:18+	06:13+	03:06+	00:37+	04:18+	04:22+	00:49-	01:01+	00:53+	00:43+	
	02:28&	01:14@	04:37@	00:48&	00:18&	02:55@	02:14@	00:43-	00:31@	00:19&	00:19&	
24	Ritva Aiko Halsne										105	29:33
	05:39+	07:56+	10:56+	14:01+	15:01+	18:44+	25:27+	26:44+	27:38+	28:50+	29:33+	
	05:39+	02:17+	03:00+	03:05+	01:00+	03:43+	06:43+	01:17-	00:54+	01:12+	00:43+	
	02:57@	01:13@	01:24&	00:47&	00:41@	02:20@	04:35@	00:15-	00:24&	00:38@	00:19&	
25	Signe Lise Haaland										66	29:47
	05:35+	08:02+	11:37+	13:53+	14:41+	18:43+	23:50+	25:02+	26:41+	28:29+	29:47+	
	05:35+	02:27+	03:35+	02:16-	00:48+	04:02+	05:07+	01:12-	01:39+	01:48+	01:18+	
	02:53@	01:23@	01:59@	00:02-	00:29@	02:39@	02:59@	00:20-	01:09@	01:14@	00:54@	
26	Bente Cecilie Lio										136	30:22
	04:34+	14:04+	16:43+	19:00+	19:19+	22:40+	26:56+	28:00+	28:50+	29:43+	30:22+	
	04:34+	09:30+	02:39+	02:17-	00:19=	03:21+	04:16+	01:04-	00:50+	00:53+	00:39+	
	01:52&	08:26@	01:03&	00:01-	00:00=	01:58@	02:08&	00:28-	00:20&	00:19&	00:15&	
27	Marianne Steinkopf										5	30:50
	03:12+	06:21+	19:39+	21:45+	22:08+	23:23+	28:06+	28:49+	29:30+	30:14+	30:50+	
	03:12+	03:09+	13:18+	02:06-	00:23+	01:15-	04:43+	00:43-	00:41+	00:44+	00:36+	
	00:30#	02:05@	11:42@	00:12-	00:04#	00:08-	02:35@	00:49-	00:11&	00:10&	00:12&	
28	Solbjørg Borgersen										233	31:11
	04:47+	11:25+	14:12+	16:22+	17:25+	21:57+	26:11+	28:51+	29:35+	30:27+	31:11+	
	04:47+	06:38+	02:47+	02:10-	01:03+	04:32+	04:14+	02:40+	00:44+	00:52+	00:44+	
	02:05&	05:34@	01:11&	00:08-	00:44@	03:09@	02:06&	01:08&	00:14&	00:18&	00:20&	
29	Reidun Solli Skjørestad										47	31:19
	05:21+	07:37+	11:01+	13:32+	14:06+	19:17+	24:16+	25:18+	27:40+	29:16+	31:19+	
	05:21+	02:16+	03:24+	02:31+	00:34+	05:11+	04:59+	01:02-	02:22+	01:36+	02:03+	
	02:39&	01:12@	01:48@	00:13+	00:15&	03:48@	02:51@	00:30-	01:52@	01:02@	01:39@	
30	Sigrund Serigstad										128	39:14
	05:11+	15:49+	18:18+	27:05+	27:22+	32:59+	36:32+	37:22+	38:05+	38:43+	39:14+	
	05:11+	10:38+	02:29+	08:47+	00:17-	05:37+	03:33+	00:50-	00:43+	00:38+	00:31+	
	02:29&	09:34@	00:53&	06:29@	00:02-	04:14@	01:25&	00:42-	00:13&	00:04#	00:07&	
31	Elise Auberg Vagle										366	40:10
	07:15+	11:02+	16:22+	21:04+	21:48+	27:58+	34:22+	36:41+	37:32+	38:52+	40:10+	
	07:15+	03:47+	05:20+	04:42+	00:44+	06:10+	06:24+	02:19+	00:51+	01:20+	01:18+	
	04:33@	02:43@	03:44@	02:24@	00:25@	04:47@	04:16@	00:47&	00:21&	00:46@	00:54@	
32	Tove Kristin K. Helvig										105	41:43
	04:28+	16:00+	23:56+	26:16+	26:59+	30:13+	36:07+	39:02+	39:50+	40:51+	41:43+	
	04:28+	11:32+	07:56+	02:20+	00:43+	03:14+	05:54+	02:55+	00:48+	01:01+	00:52+	
	01:46&	10:28@	06:20@	00:02+	00:24@	01:51@	03:46@	01:23&	00:18&	00:27&	00:28@	
33	May Kristin Haaland										47	44:23
	07:20+	10:39+	22:22+	25:44+	26:33+	35:14+	39:56+	40:58+	42:20+	43:33+	44:23+	
	07:20+	03:19+	11:43+	03:22+	00:49+	08:41+	04:42+	01:02-	01:22+	01:13+	00:50+	
	04:38@	02:15@	10:07@	01:04&	00:30@	07:18@	02:34@	00:30-	00:52@	00:39@	00:26@	
Beste strekktid for klassen												
	02:14	01:04	01:36	01:21	00:17	01:15	02:08	00:39	00:27	00:34	00:24	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												

Herrer 16 - 39 år

1	Andreas Mykkeltveit Terjesen												43	19:33
03:25=	04:34=	05:46=	08:32=	09:16=	10:04=	11:20=	13:00=	14:41=	16:33=	18:21=	19:11=	19:33=		
03:25=	01:09=	01:12=	02:46=	00:44=	00:48=	01:16=	01:40=	01:41=	01:52=	01:48=	00:50=	00:22=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Plass	Navn										Klasse	Tid
2	Joar Fuglestad										12	20:25
	03:12-	04:25-	05:42-	08:57+	10:21+	11:47+	13:29+	15:15+	17:12+	19:08+	20:06+	20:25+
	03:12-	01:13+	01:17+	03:15+	00:38-	00:46-	01:26+	01:42+	01:46+	01:57+	01:56+	00:19-
	00:13-	00:04+	00:05+	00:29#	00:06-	00:02-	00:10#	00:02+	00:05+	00:05+	00:08+	00:03-
3	Svein Kyllingstad										71	21:19
	02:56-	04:09-	05:31-	08:37+	09:10-	10:03-	11:19-	13:04+	15:05+	17:06+	20:04+	20:55+
	02:56-	01:13+	01:22+	03:06+	00:33-	00:53+	01:16=	01:45+	02:01+	02:01+	02:58+	00:51+
	00:29-	00:04+	00:10#	00:20#	00:11-	00:05#	00:00=	00:05+	00:20#	00:09+	01:10&	00:01+
4	Bernhard Haver Vagle										126	21:37
	03:04-	04:22-	05:50+	09:31+	10:14+	11:02+	12:24+	14:17+	16:19+	18:33+	20:18+	21:11+
	03:04-	01:18+	01:28+	03:41+	00:43-	00:48=	01:22+	01:53+	02:02+	02:14+	01:45-	00:53+
	00:21-	00:09#	00:16#	00:55&	00:01-	00:00=	00:06+	00:13#	00:21#	00:22#	00:03-	00:03+
5	Gard Christophersen										48	23:35
	03:34+	04:51+	06:23+	09:30+	10:13+	11:13+	12:52+	16:02+	17:55+	20:07+	21:57+	23:05+
	03:34+	01:17+	01:32+	03:07+	00:43-	01:00+	01:39+	03:10+	01:53+	02:12+	01:50+	01:08+
	00:09+	00:08#	00:20&	00:21#	00:01-	00:12#	00:23&	01:30&	00:12#	00:20#	00:02+	00:18&
6	Håkon Eggebø										71	24:04
	02:54-	04:05-	05:30-	08:26-	09:05-	09:59-	11:35+	16:19+	18:02+	20:13+	22:41+	23:37+
	02:54-	01:11+	01:25+	02:56+	00:39-	00:54+	01:36+	04:44+	01:43+	02:11+	02:28+	00:56+
	00:31-	00:02+	00:13#	00:10+	00:05-	00:06#	00:20&	03:04@	00:02+	00:19#	00:40&	00:06#
7	Aleksander Claussen										74	24:24
	03:49+	05:27+	07:05+	10:09+	10:48+	11:42+	13:48+	16:25+	18:34+	20:50+	23:00+	23:54+
	03:49+	01:38+	01:38+	03:04+	00:39-	00:54+	02:06+	02:37+	02:09+	02:16+	02:10+	00:54+
	00:24#	00:29&	00:26&	00:18#	00:05-	00:06#	00:50&	00:57&	00:28&	00:24#	00:22#	00:04+
8	Sondre Aspøy										117	25:28
	03:39+	05:01+	06:43+	10:24+	11:13+	12:10+	14:17+	16:37+	18:54+	21:44+	24:06+	25:03+
	03:39+	01:22+	01:42+	03:41+	00:49+	00:57+	02:07+	02:20+	02:17+	02:50+	02:22+	00:57+
	00:14+	00:13#	00:30&	00:55&	00:05#	00:09#	00:51&	00:40&	00:36&	00:58&	00:34&	00:07#
9	David Wade										116	26:04
	02:53-	04:13-	07:41+	11:50+	12:25+	14:10+	15:29+	17:12+	20:48+	22:56+	24:42+	25:38+
	02:53-	01:20+	03:28+	04:09+	00:35-	01:45+	01:19+	01:43+	03:36+	02:08+	01:46-	00:56+
	00:32-	00:11#	02:16@	01:23&	00:09-	00:57@	00:03+	00:03+	01:55@	00:16#	00:02-	00:06#
10	Thomas Hinna										287	28:35
	04:12+	05:55+	07:17+	11:29+	12:42+	13:38+	15:54+	19:32+	21:49+	24:16+	27:02+	28:03+
	04:12+	01:43+	01:22+	04:12+	01:13+	00:56+	02:16+	03:38+	02:17+	02:27+	02:46+	01:01+
	00:47#	00:34&	00:10#	01:26&	00:29&	00:08#	01:00&	01:58@	00:36&	00:35&	00:58&	00:11#
11	Truls Thorkildsen										39	29:53
	04:20+	05:42+	07:14+	10:35+	11:16+	12:22+	14:03+	16:25+	19:04+	24:41+	28:28+	29:24+
	04:20+	01:22+	01:32+	03:21+	00:41-	01:06+	01:41+	02:22+	02:39+	05:37+	03:47+	00:56+
	00:55&	00:13#	00:20&	00:35#	00:03-	00:18&	00:25&	00:42&	00:58&	03:45@	01:59@	00:06#
12	Sondre Gjersdal Størkersen										117	31:32
	04:02+	05:35+	07:17+	11:33+	12:35+	13:34+	15:43+	18:09+	24:26+	27:01+	29:53+	31:04+
	04:02+	01:33+	01:42+	04:16+	01:02+	00:59+	02:09+	02:26+	06:17+	02:35+	02:52+	01:11+
	00:37#	00:24&	00:30&	01:30&	00:18&	00:11#	00:53&	00:46&	04:36@	00:43&	01:04&	00:21&
Beste strekktid for klassen												
	02:53	01:09	01:12	02:46	00:33	00:46	01:16	01:40	01:41	01:52	01:45	00:19

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

## Herrer 40 - 49 år

1	Thomas Johansen										111	21:04
	02:59=	04:08=	05:17=	08:23=	09:18=	10:00=	11:16=	13:46=	15:45=	17:33=	19:45=	21:04=
	02:59=	01:09=	01:09=	03:06=	00:55=	00:42=	01:16=	02:30=	01:59=	01:48=	02:12=	00:56=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Rune Dahl Fitjar										53	24:37
	03:15+	04:29+	06:10+	10:12+	10:58+	11:56+	13:58+	16:21+	18:47+	20:53+	22:52+	24:01+
	03:15+	01:14+	01:41+	04:02+	00:46-	00:58+	02:02+	02:23-	02:26+	02:06+	01:59-	01:09+
	00:16+	00:05+	00:32&	00:56&	00:09-	00:16&	00:46&	00:07-	00:27#	00:18#	00:13-	00:13&

Plass	Navn										Klasse	Tid									
3	Magne Habbestad										111	24:44									
	03:07+	04:32+	05:53+	09:57+	10:45+	11:44+	13:30+	15:38+	17:56+	20:17+	22:59+	24:10+	24:44+								
	03:07+	01:25+	01:21+	04:04+	00:48-	00:59+	01:46+	02:08-	02:18+	02:21+	02:42+	01:11+	00:34+								
	00:08+	00:16#	00:12#	00:58&	00:07-	00:17&	00:30&	00:22-	00:19#	00:33&	00:30#	00:15&	00:11&								
4	Jan-Kenneth Polle										83	24:51									
	03:16+	05:07+	06:58+	10:33+	11:26+	12:24+	14:17+	16:21+	18:33+	20:42+	23:24+	24:21+	24:51+								
	03:16+	01:51+	01:51+	03:35+	00:53-	00:58+	01:53+	02:04-	02:12+	02:09+	02:42+	00:57+	00:30+								
	00:17+	00:42&	00:42&	00:29#	00:02-	00:16&	00:37&	00:26-	00:13#	00:21#	00:30#	00:01+	00:07&								
5	Rune Hatle										65	25:23									
	03:35+	05:01+	06:46+	10:44+	11:29+	12:24+	14:22+	16:26+	18:46+	21:06+	23:47+	24:50+	25:23+								
	03:35+	01:26+	01:45+	03:58+	00:45-	00:55+	01:58+	02:04-	02:20+	02:20+	02:41+	01:03+	00:33+								
	00:36#	00:17#	00:36&	00:52&	00:10-	00:13&	00:42&	00:26-	00:21#	00:32&	00:29#	00:07#	00:10&								
6	Kevin Thomas Foust										192	25:51									
	03:22+	04:38+	06:24+	10:28+	11:11+	12:02+	13:41+	17:17+	19:36+	21:59+	24:26+	25:23+	25:51+								
	03:22+	01:16+	01:46+	04:04+	00:43-	00:51+	01:39+	03:36+	02:19+	02:23+	02:27+	00:57+	00:28+								
	00:23#	00:07#	00:37&	00:58&	00:12-	00:09#	00:23&	01:06&	00:20#	00:35&	00:15#	00:01+	00:05#								
7	Terje Undheim										54	25:55									
	03:23+	05:35+	07:14+	10:37+	11:27+	12:22+	14:59+	17:19+	19:38+	22:10+	24:19+	25:31+	25:55+								
	03:23+	02:12+	01:39+	03:23+	00:50-	00:55+	02:37+	02:20-	02:19+	02:32+	02:09-	01:12+	00:24+								
	00:24#	01:03&	00:30&	00:17+	00:05-	00:13&	01:21@	00:10-	00:20#	00:44&	00:03-	00:16&	00:01+								
8	Reidar Mosvold										53	26:13									
	03:57+	05:37+	07:15+	11:09+	11:53+	12:55+	14:45+	17:08+	19:21+	22:00+	24:23+	25:32+	26:13+								
	03:57+	01:40+	01:38+	03:54+	00:44-	01:02+	01:50+	02:23-	02:13+	02:39+	02:23+	01:09+	00:41+								
	00:58&	00:31&	00:29&	00:48&	00:11-	00:20&	00:34&	00:07-	00:14#	00:51&	00:11+	00:13#	00:18&								
9	Frode Ungar										116	30:51									
	03:39+	07:49+	09:26+	15:03+	15:54+	16:55+	19:12+	21:31+	24:00+	26:41+	29:04+	30:21+	30:51+								
	03:39+	04:10+	01:37+	05:37+	00:51-	01:01+	02:17+	02:19-	02:29+	02:41+	02:23+	01:17+	00:30+								
	00:40#	03:01@	00:28&	02:31&	00:04-	00:19&	01:01&	00:11-	00:30&	00:53&	00:11+	00:21&	00:07&								
10	Knut Husdal										93	31:39									
	04:01+	05:33+	07:49+	12:19+	13:25+	14:41+	16:59+	19:44+	22:58+	26:32+	29:50+	31:07+	31:39+								
	04:01+	01:32+	02:16+	04:30+	01:06+	01:16+	02:18+	02:45+	03:14+	03:34+	03:18+	01:17+	00:32+								
	01:02&	00:23&	01:07&	01:24&	00:11#	00:34&	01:02&	00:15#	01:15&	01:46&	01:06&	00:21&	00:09&								
11	Ryan Squires										42	35:42									
	04:09+	06:07+	07:56+	13:18+	14:33+	15:39+	17:56+	21:55+	25:53+	30:27+	34:08+	35:15+	35:42+								
	04:09+	01:58+	01:49+	05:22+	01:15+	01:06+	02:17+	03:59+	03:58+	04:34+	03:41+	01:07+	00:27+								
	01:10&	00:49&	00:40&	02:16&	00:20&	00:24&	01:01&	01:29&	01:59&	02:46@	01:29&	00:11#	00:04#								
Beste strekktid for klassen																					
	02:59	01:09	01:09	03:06	00:43	00:42	01:16	02:04	01:59	01:48	01:59	00:56	00:23								
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
Herrer 50 - 59 år																					
1	Terje Michaelsen										47	16:33									
	02:24=	04:07=	04:54=	05:17=	08:02=	09:01=	09:33=	10:18=	12:20=	12:53=	15:08=	16:00=	16:33=								
	02:24=	01:43=	00:47=	00:23=	02:45=	00:59=	00:32=	00:45=	02:02=	00:33=	02:15=	00:52=	00:33=								
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
2	Harald Syse										93	21:14									
	03:26+	05:19+	06:02+	06:28+	09:41+	11:08+	11:51+	12:51+	15:16+	16:02+	18:48+	20:36+	21:14+								
	03:26+	01:53+	00:43-	00:26+	03:13+	01:27+	00:43+	01:00+	02:25+	00:46+	02:46+	01:48+	00:38+								
	01:02&	00:10+	00:04-	00:03#	00:28#	00:28&	00:11&	00:15&	00:23#	00:13&	00:31#	00:56@	00:05#								
3	Kjetil Roaldkvam										7	22:25									
	03:01+	04:57+	05:47+	06:26+	09:40+	11:02+	11:54+	12:44+	15:04+	16:48+	20:13+	21:42+	22:25+								
	03:01+	01:56+	00:50+	00:39+	03:14+	01:22+	00:52+	00:50+	02:20+	01:44+	03:25+	01:29+	00:43+								
	00:37&	00:13#	00:03+	00:16&	00:29#	00:23&	00:20&	00:05#	00:18#	01:11@	01:10&	00:37&	00:10&								
4	Lars Primstad										62	23:08									
	04:18+	06:29+	07:09+	07:33+	10:48+	12:46+	13:16+	14:04+	18:02+	18:38+	21:15+	22:28+	23:08+								
	04:18+	02:11+	00:40-	00:24+	03:15+	01:58+	00:30-	00:48+	03:58+	00:36+	02:37+	01:13+	00:40+								
	01:54&	00:28&	00:07-	00:01+	00:30#	00:59&	00:02-	00:03+	01:56&	00:03+	00:22#	00:21&	00:07#								

Plass	Navn					Klasse					Tid			
5	Arngrim Utskarpen					117					23:18			
	03:37+	05:36+	06:25+	07:00+	11:17+	12:42+	13:36+	14:38+	17:10+	18:08+	21:05+	22:39+	23:18+	
	03:37+	01:59+	00:49+	00:35+	04:17+	01:25+	00:54+	01:02+	02:32+	00:58+	02:57+	01:34+	00:39+	
	01:13&	00:16#	00:02+	00:12&	01:32&	00:26&	00:22&	00:17&	00:30#	00:25&	00:42&	00:42&	00:06#	
6	Trygve Michaelsen					117					23:31			
	03:07+	05:01+	05:39+	06:11+	10:17+	12:17+	13:20+	14:13+	16:57+	17:59+	21:12+	22:51+	23:31+	
	03:07+	01:54+	00:38-	00:32+	04:06+	02:00+	01:03+	00:53+	02:44+	01:02+	03:13+	01:39+	00:40+	
	00:43&	00:11#	00:09-	00:09&	01:21&	01:01@	00:31&	00:08#	00:42&	00:29&	00:58&	00:47&	00:07#	
7	Frode Dyrli					116					23:43			
	03:50+	05:44+	06:44+	07:16+	11:09+	12:40+	13:26+	14:34+	17:32+	18:16+	21:28+	22:59+	23:43+	
	03:50+	01:54+	01:00+	00:32+	03:53+	01:31+	00:46+	01:08+	02:58+	00:44+	03:12+	01:31+	00:44+	
	01:26&	00:11#	00:13&	00:09&	01:08&	00:32&	00:14&	00:23&	00:56&	00:11&	00:57&	00:39&	00:11&	
8	John Breiland					352					23:46			
	03:17+	05:12+	05:57+	06:45+	10:48+	12:23+	13:15+	14:09+	17:51+	18:30+	21:32+	22:57+	23:46+	
	03:17+	01:55+	00:45-	00:48+	04:03+	01:35+	00:52+	00:54+	03:42+	00:39+	03:02+	01:25+	00:49+	
	00:53&	00:12#	00:02-	00:25@	01:18&	00:36&	00:20&	00:09#	01:40&	00:06#	00:47&	00:33&	00:16&	
9	Rune Paulsen					98					23:59			
	04:14+	06:10+	06:58+	07:32+	11:44+	13:10+	13:55+	14:56+	18:00+	18:49+	22:04+	23:22+	23:59+	
	04:14+	01:56+	00:48+	00:34+	04:12+	01:26+	00:45+	01:01+	03:04+	00:49+	03:15+	01:18+	00:37+	
	01:50&	00:13#	00:01+	00:11&	01:27&	00:27&	00:13&	00:16&	01:02&	00:16&	01:00&	00:26&	00:04#	
10	Eilef Foss					76					24:04			
	03:56+	05:52+	06:49+	07:22+	10:35+	11:56+	12:45+	13:40+	18:17+	18:48+	21:50+	23:29+	24:04+	
	03:56+	01:56+	00:57+	00:33+	03:13+	01:21+	00:49+	00:55+	04:37+	00:31-	03:02+	01:39+	00:35+	
	01:32&	00:13#	00:10#	00:10&	00:28#	00:22&	00:17&	00:10#	02:35@	00:02-	00:47&	00:47&	00:02+	
11	Geir Haugvaldstad					116					24:14			
	03:08+	07:20+	07:55+	08:18+	11:40+	12:53+	13:38+	14:27+	18:00+	18:30+	21:24+	23:37+	24:14+	
	03:08+	04:12+	00:35-	00:23=	03:22+	01:13+	00:45+	00:49+	03:33+	00:30-	02:54+	02:13+	00:37+	
	00:44&	02:29@	00:12-	00:00=	00:37#	00:14#	00:13&	00:04+	01:31&	00:03-	00:39&	01:21@	00:04#	
12	Arjen Leendertse					91					24:22			
	03:44+	05:57+	06:55+	07:50+	10:49+	12:08+	13:07+	14:01+	18:24+	19:09+	22:08+	23:42+	24:22+	
	03:44+	02:13+	00:58+	00:55+	02:59+	01:19+	00:59+	00:54+	04:23+	00:45+	02:59+	01:34+	00:40+	
	01:20&	00:30&	00:11#	00:32@	00:14+	00:20&	00:27&	00:09#	02:21@	00:12&	00:44&	00:42&	00:07#	
13	Anders Glenne					7					24:47			
	03:30+	06:06+	07:00+	07:34+	10:44+	12:20+	13:16+	14:14+	18:17+	19:00+	19:36+	22:37+	24:07+	
	03:30+	02:36+	00:54+	00:34+	03:10+	01:36+	00:56+	00:58+	04:03+	00:43+	00:36-	03:01+	01:30+	
	01:06&	00:53&	00:07#	00:11&	00:25#	00:37&	00:24&	00:13&	02:01&	00:10&	01:39-	02:09@	00:57@	
14	Erik Bjørnbom					76					25:08			
	03:34+	05:46+	06:46+	07:22+	10:58+	12:34+	13:25+	15:03+	18:16+	19:11+	22:39+	24:11+	25:08+	
	03:34+	02:12+	01:00+	00:36+	03:36+	01:36+	00:51+	01:38+	03:13+	00:55+	03:28+	01:32+	00:57+	
	01:10&	00:29&	00:13&	00:13&	00:51&	00:37&	00:19&	00:53@	01:11&	00:22&	01:13&	00:40&	00:24&	
15	Jone Kalheim					93					25:09			
	03:34+	06:19+	07:18+	08:00+	12:17+	14:07+	15:01+	16:04+	18:44+	19:34+	22:56+	24:17+	25:09+	
	03:34+	02:45+	00:59+	00:42+	04:17+	01:50+	00:54+	01:03+	02:40+	00:50+	03:22+	01:21+	00:52+	
	01:10&	01:02&	00:12&	00:19&	01:32&	00:51&	00:22&	00:18&	00:38&	00:17&	01:07&	00:29&	00:19&	
16	David Greig					93					25:25			
	03:33+	05:40+	06:31+	07:12+	10:44+	13:45+	14:45+	15:52+	18:51+	19:46+	22:49+	24:43+	25:25+	
	03:33+	02:07+	00:51+	00:41+	03:32+	03:01+	01:00+	01:07+	02:59+	00:55+	03:03+	01:54+	00:42+	
	01:09&	00:24#	00:04+	00:18&	00:47&	02:02@	00:28&	00:22&	00:57&	00:22&	00:48&	01:02@	00:09&	
17	Frank Hansen					29					25:34			
	04:19+	06:55+	07:53+	08:36+	12:18+	13:58+	14:51+	15:52+	18:54+	19:53+	23:17+	24:47+	25:34+	
	04:19+	02:36+	00:58+	00:43+	03:42+	01:40+	00:53+	01:01+	03:02+	00:59+	03:24+	01:30+	00:47+	
	01:55&	00:53&	00:11#	00:20&	00:57&	00:41&	00:21&	00:16&	01:00&	00:26&	01:09&	00:38&	00:14&	
18	Øystein Fuglestad					46					26:01			
	03:30+	05:17+	06:13+	10:35+	13:48+	15:13+	16:00+	16:58+	20:00+	20:52+	23:47+	25:13+	26:01+	
	03:30+	01:47+	00:56+	04:22+	03:13+	01:25+	00:47+	00:58+	03:02+	00:52+	02:55+	01:26+	00:48+	
	01:06&	00:04+	00:09#	03:59@	00:28#	00:26&	00:15&	00:13&	01:00&	00:19&	00:40&	00:34&	00:15&	
19	Arne Øvstebø					71					26:40			
	04:32+	06:44+	07:53+	08:30+	13:33+	14:53+	15:52+	16:48+	19:56+	20:45+	24:04+	25:53+	26:40+	
	04:32+	02:12+	01:09+	00:37+	05:03+	01:20+	00:59+	00:56+	03:08+	00:49+	03:19+	01:49+	00:47+	
	02:08&	00:29&	00:22&	00:14&	02:18&	00:21&	00:27&	00:11#	01:06&	00:16&	01:04&	00:57@	00:14&	

Plass	Navn										Klasse	Tid
20	Magnar Møller										62	26:40
03:17+	06:15+	07:03+	07:48+	11:56+	14:24+	15:18+	16:24+	19:31+	20:33+	23:58+	25:51+	26:40+
03:17+	02:58+	00:48+	00:45+	04:08+	02:28+	00:54+	01:06+	03:07+	01:02+	03:25+	01:53+	00:49+
00:53&	01:15&	00:01+	00:22&	01:23&	01:29&	00:22&	00:21&	01:05&	00:29&	01:10&	01:01&	00:16&
21	Kjell Seland										236	26:51
05:25+	07:51+	08:46+	09:13+	13:35+	15:05+	15:54+	16:53+	19:53+	20:45+	24:10+	25:53+	26:51+
05:25+	02:26+	00:55+	00:27+	04:22+	01:30+	00:49+	00:59+	03:00+	00:52+	03:25+	01:43+	00:58+
03:01&	00:43&	00:08#	00:04#	01:37&	00:31&	00:17&	00:14&	00:58&	00:19&	01:10&	00:51&	00:25&
22	Inge Skretting										165	27:07
04:05+	07:36+	08:56+	09:25+	13:35+	15:32+	16:40+	17:39+	20:44+	21:33+	24:52+	26:21+	27:07+
04:05+	03:31+	01:20+	00:29+	04:10+	01:57+	01:08+	00:59+	03:05+	00:49+	03:19+	01:29+	00:46+
01:41&	01:48&	00:33&	00:06&	01:25&	00:58&	00:36&	00:14&	01:03&	00:16&	01:04&	00:37&	00:13&
23	Håvard Håland										66	27:12
04:21+	07:00+	07:59+	08:37+	12:19+	13:59+	15:04+	16:10+	18:58+	21:10+	24:37+	26:31+	27:12+
04:21+	02:39+	00:59+	00:38+	03:42+	01:40+	01:05+	01:06+	02:48+	02:12+	03:27+	01:54+	00:41+
01:57&	00:56&	00:12&	00:15&	00:57&	00:41&	00:33&	00:21&	00:46&	01:39&	01:12&	01:02&	00:08#
24	Stein Arve Finnestad										287	27:35
04:42+	07:08+	08:01+	08:40+	13:09+	14:50+	15:46+	16:59+	20:13+	21:22+	25:05+	26:46+	27:35+
04:42+	02:26+	00:53+	00:39+	04:29+	01:41+	00:56+	01:13+	03:14+	01:09+	03:43+	01:41+	00:49+
02:18&	00:43&	00:06#	00:16&	01:44&	00:42&	00:24&	00:28&	01:12&	00:36&	01:28&	00:49&	00:16&
25	Tore Halset										114	28:06
04:05+	06:09+	07:35+	08:08+	13:26+	15:03+	16:02+	17:03+	20:30+	21:37+	25:03+	27:20+	28:06+
04:05+	02:04+	01:26+	00:33+	05:18+	01:37+	00:59+	01:01+	03:27+	01:07+	03:26+	02:17+	00:46+
01:41&	00:21#	00:39&	00:10&	02:33&	00:38&	00:27&	00:16&	01:25&	00:34&	01:11&	01:25&	00:13&
26	Ole J. Bakkevold										17	28:35
04:11+	06:42+	07:57+	08:37+	12:30+	14:10+	15:21+	17:01+	20:31+	21:43+	25:27+	27:49+	28:35+
04:11+	02:31+	01:15+	00:40+	03:53+	01:40+	01:11+	01:40+	03:30+	01:12+	03:44+	02:22+	00:46+
01:47&	00:48&	00:28&	00:17&	01:08&	00:41&	00:39&	00:55&	01:28&	00:39&	01:29&	01:30&	00:13&
27	Geir Rune Seldal										192	28:45
04:12+	06:30+	07:25+	08:06+	12:36+	14:20+	15:14+	16:45+	20:19+	21:20+	25:28+	27:51+	28:45+
04:12+	02:18+	00:55+	00:41+	04:30+	01:44+	00:54+	01:31+	03:34+	01:01+	04:08+	02:23+	00:54+
01:48&	00:35&	00:08#	00:18&	01:45&	00:45&	00:22&	00:46&	01:32&	00:28&	01:53&	01:31&	00:21&
28	Erling Knutzen										128	29:19
04:11+	07:17+	08:34+	09:11+	13:54+	15:45+	16:49+	17:54+	21:16+	22:20+	26:20+	28:21+	29:19+
04:11+	03:06+	01:17+	00:37+	04:43+	01:51+	01:04+	01:05+	03:22+	01:04+	04:00+	02:01+	00:58+
01:47&	01:23&	00:30&	00:14&	01:58&	00:52&	00:32&	00:20&	01:20&	00:31&	01:45&	01:09&	00:25&
29	Svend Vihovde										116	29:24
04:06+	06:57+	08:12+	08:57+	13:12+	15:19+	16:20+	17:30+	20:52+	22:10+	26:15+	28:25+	29:24+
04:06+	02:51+	01:15+	00:45+	04:15+	02:07+	01:01+	01:10+	03:22+	01:18+	04:05+	02:10+	00:59+
01:42&	01:08&	00:28&	00:22&	01:30&	01:08&	00:29&	00:25&	01:20&	00:45&	01:50&	01:18&	00:26&
30	Arild Holm										114	30:19
04:39+	07:18+	08:19+	09:02+	13:13+	15:11+	16:14+	17:24+	21:28+	22:58+	27:24+	29:22+	30:19+
04:39+	02:39+	01:01+	00:43+	04:11+	01:58+	01:03+	01:10+	04:04+	01:30+	04:26+	01:58+	00:57+
02:15&	00:56&	00:14&	00:20&	01:26&	00:59&	00:31&	00:25&	02:02&	00:57&	02:11&	01:06&	00:24&
31	Harald Taksdal										236	30:56
04:55+	07:54+	09:25+	10:23+	14:42+	16:52+	19:47+	20:58+	24:02+	24:55+	28:15+	30:00+	30:56+
04:55+	02:59+	01:31+	00:58+	04:19+	02:10+	02:55+	01:11+	03:04+	00:53+	03:20+	01:45+	00:56+
02:31&	01:16&	00:44&	00:35&	01:34&	01:11&	02:23&	00:26&	01:02&	00:20&	01:05&	00:53&	00:23&
32	Trond Sandal										42	31:19
04:27+	07:01+	07:58+	08:46+	14:35+	16:26+	17:21+	18:35+	22:22+	23:24+	27:46+	30:15+	31:19+
04:27+	02:34+	00:57+	00:48+	05:49+	01:51+	00:55+	01:14+	03:47+	01:02+	04:22+	02:29+	01:04+
02:03&	00:51&	00:10#	00:25&	03:04&	00:52&	00:23&	00:29&	01:45&	00:29&	02:07&	01:37&	00:31&
33	Erlend Kveinen										116	31:56
03:14+	05:57+	16:36+	17:09+	19:46+	21:12+	22:55+	23:34+	25:43+	26:32+	29:14+	31:12+	31:56+
03:14+	02:43+	10:39+	00:33+	02:37-	01:26+	01:43+	00:39-	02:09+	00:49+	02:42+	01:58+	00:44+
00:50&	01:00&	09:52&	00:10&	00:08-	00:27&	01:11&	00:06-	00:07+	00:16&	00:27#	01:06&	00:11&
34	Pål Bårdsen										90	34:48
05:09+	07:54+	09:05+	09:53+	15:18+	17:21+	18:24+	20:15+	24:51+	26:04+	31:28+	33:23+	34:48+
05:09+	02:45+	01:11+	00:48+	05:25+	02:03+	01:03+	01:51+	04:36+	01:13+	05:24+	01:55+	01:25+
02:45&	01:02&	00:24&	00:25&	02:40&	01:04&	00:31&	01:06&	02:34&	00:40&	03:09&	01:03&	00:52&

Plass	Navn												Klasse	Tid
35	Cato Bjerkeli												237	35:15
	05:01+	07:18+	08:11+	08:49+	13:01+	21:05+	22:10+	23:18+	27:07+	28:13+	32:17+	34:16+	35:15+	
	05:01+	02:17+	00:53+	00:38+	04:12+	08:04+	01:05+	01:08+	03:49+	01:06+	04:04+	01:59+	00:59+	
	02:37@	00:34&	00:06#	00:15&	01:27&	07:05@	00:33@	00:23&	01:47&	00:33&	01:49&	01:07@	00:26&	
36	Ove Mæstad												67	38:05
	08:41+	11:02+	12:02+	12:55+	22:06+	25:09+	26:12+	27:26+	30:42+	31:43+	35:24+	37:19+	38:05+	
	08:41+	02:21+	01:00+	00:53+	09:11+	03:03+	01:03+	01:14+	03:16+	01:01+	03:41+	01:55+	00:46+	
	06:17@	00:38&	00:13&	00:30@	06:26@	02:04@	00:31&	00:29&	01:14&	00:28&	01:26&	01:03@	00:13&	
37	Ove Njå												53	40:22
	08:46+	11:32+	12:34+	13:20+	17:58+	22:47+	23:55+	25:10+	29:57+	31:13+	36:32+	39:15+	40:22+	
	08:46+	02:46+	01:02+	00:46+	04:38+	04:49+	01:08+	01:15+	04:47+	01:16+	05:19+	02:43+	01:07+	
	06:22@	01:03&	00:15&	00:23&	01:53&	03:50@	00:36@	00:30&	02:45@	00:43@	03:04@	01:51@	00:34@	
Beste strekktid for klassen														
	02:24	01:43	00:35	00:23	02:37	00:59	00:30	00:39	02:02	00:30	00:36	00:52	00:33	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
Herrer 60 - 64 år														
1	Espen Krogh												7	17:41
	01:34=	04:23=	05:53=	07:48=	08:08=	09:21=	10:45=	13:57=	15:06=	16:04=	16:57=	17:13=	17:41=	
	01:34=	02:49=	01:30=	01:55=	00:20=	01:13=	01:24=	03:12=	01:09=	00:58=	00:53=	00:16=	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=	
2	Morten Johannessen												7	20:56
	02:02+	05:27+	07:05+	09:44+	10:09+	11:29+	12:55+	16:48+	18:11+	20:03+	20:23+	20:56+		
	02:02+	03:25+	01:38+	02:39+	00:25+	01:20+	01:26+	03:53+	01:23+	01:52+	00:20-	00:33+		
	00:28&	00:36#	00:08+	00:44&	00:05#	00:07+	00:02+	00:41#	00:14#	00:54&	00:33-	00:17@		
3	Kjell Skjæveland												166	21:05
	01:48+	04:56+	06:44+	09:47+	10:14+	11:47+	13:27+	17:03+	18:23+	20:18+	20:37+	21:05+		
	01:48+	03:08+	01:48+	03:03+	00:27+	01:33+	01:40+	03:36+	01:20+	01:55+	00:19-	00:28+		
	00:14#	00:19#	00:18#	01:08&	00:07&	00:20&	00:16#	00:24#	00:11#	00:57&	00:34-	00:12&		
4	Per Ingar Hadland												7	21:06
	02:03+	05:07+	06:46+	09:13+	09:58+	11:25+	12:57+	17:06+	18:24+	20:19+	20:38+	21:06+		
	02:03+	03:04+	01:39+	02:27+	00:45+	01:27+	01:32+	04:09+	01:18+	01:55+	00:19-	00:28+		
	00:29&	00:15+	00:09#	00:32&	00:25@	00:14#	00:08+	00:57&	00:09#	00:57&	00:34-	00:12&		
5	Olav Tunheim												93	22:57
	01:56+	05:31+	07:28+	09:57+	10:25+	11:57+	13:40+	18:40+	20:01+	22:10+	22:32+	22:57+		
	01:56+	03:35+	01:57+	02:29+	00:28+	01:32+	01:43+	05:00+	01:21+	02:09+	00:22-	00:25+		
	00:22#	00:46&	00:27&	00:34&	00:08&	00:19&	00:19#	01:48&	00:12#	01:11@	00:31-	00:09&		
6	Kjell Dale												93	23:06
	02:26+	06:03+	07:41+	09:58+	10:38+	12:32+	14:16+	18:13+	19:43+	21:58+	22:21+	23:06+		
	02:26+	03:37+	01:38+	02:17+	00:40+	01:54+	01:44+	03:57+	01:30+	02:15+	00:23-	00:45+		
	00:52&	00:48&	00:08+	00:22#	00:20&	00:41&	00:20+	00:45#	00:21&	01:17@	00:30-	00:29@		
7	Lars Bergersen												116	24:26
	01:54+	05:44+	07:52+	11:58+	12:24+	14:01+	15:50+	19:48+	21:12+	23:32+	23:56+	24:26+		
	01:54+	03:50+	02:08+	04:06+	00:26+	01:37+	01:49+	03:58+	01:24+	02:20+	00:24-	00:30+		
	00:20#	01:01&	00:38&	02:11@	00:06&	00:24&	00:25&	00:46#	00:15#	01:22@	00:29-	00:14&		
8	Kjell Ove Aksland												27	24:43
	02:12+	05:52+	07:34+	10:47+	12:06+	14:01+	15:36+	20:01+	21:39+	23:50+	24:18+	24:43+		
	02:12+	03:40+	01:42+	03:13+	01:19+	01:55+	01:35+	04:25+	01:38+	02:11+	00:28-	00:25+		
	00:38&	00:51&	00:12#	01:18&	00:59@	00:42&	00:11#	01:13&	00:29&	01:13@	00:25-	00:09&		
9	Torbjørn Dahle												92	24:57
	02:23+	06:10+	07:56+	10:18+	12:38+	14:12+	15:54+	20:05+	21:32+	24:01+	24:24+	24:57+		
	02:23+	03:47+	01:46+	02:22+	02:20+	01:34+	01:42+	04:11+	01:27+	02:29+	00:23-	00:33+		
	00:49&	00:58&	00:16#	00:27#	02:00@	00:21&	00:18#	00:59&	00:18&	01:31@	00:30-	00:17@		
10	John C. Sinnes												93	25:24
	02:26+	06:18+	08:23+	10:54+	11:28+	13:09+	15:09+	19:46+	21:21+	23:46+	24:29+	24:47+	25:24+	
	02:26+	03:52+	02:05+	02:31+	00:34+	01:41+	02:00+	04:37+	01:35+	02:25+	00:43-	00:18+	00:37+	
	00:52&	01:03&	00:35&	00:36&	00:14&	00:28&	00:36&	01:25&	00:26&	01:27@	00:10-	00:02#	00:09&	



Plass	Navn										Klasse	Tid									
11	Sveinung Svebestad										46	29:14									
	02:31+	06:14+	08:09+	10:57+	11:36+	16:23+	18:35+	23:12+	25:07+	27:51+	28:30+	29:14+									
	02:31+	03:43+	01:55+	02:48+	00:39+	04:47+	02:12+	04:37+	01:55+	02:44+	00:39-	00:44+									
	00:57&	00:54&	00:25&	00:53&	00:19&	03:34@	00:48&	01:25&	00:46&	01:46@	00:14-	00:28@									
12	Stein Sigbjørnsen										27	29:57									
	02:17+	07:51+	10:06+	13:58+	14:38+	17:04+	19:18+	24:13+	25:44+	28:56+	29:21+	29:57+									
	02:17+	05:34+	02:15+	03:52+	00:40+	02:26+	02:14+	04:55+	01:31+	03:12+	00:25-	00:36+									
	00:43&	02:45&	00:45&	01:57@	00:20&	01:13&	00:50&	01:43&	00:22&	02:14@	00:28-	00:20@									
13	Kjell Lervik										239	31:04									
	02:13+	08:19+	10:29+	14:55+	15:22+	17:08+	19:25+	25:04+	26:58+	29:56+	30:21+	31:04+									
	02:13+	06:06+	02:10+	04:26+	00:27+	01:46+	02:17+	05:39+	01:54+	02:58+	00:25-	00:43+									
	00:39&	03:17@	00:40&	02:31@	00:07&	00:33&	00:53&	02:27&	00:45&	02:00@	00:28-	00:27@									
14	John Lage Bergan										116	32:56									
	02:22+	06:17+	10:24+	16:15+	17:05+	18:41+	23:13+	27:39+	29:14+	31:53+	32:23+	32:56+									
	02:22+	03:55+	04:07+	05:51+	00:50+	01:36+	04:32+	04:26+	01:35+	02:39+	00:30-	00:33+									
	00:48&	01:06&	02:37@	03:56@	00:30@	00:23&	03:08@	01:14&	00:26&	01:41@	00:23-	00:17@									
15	Ommund Bakkevold										68	33:22									
	02:33+	07:34+	10:00+	14:02+	14:52+	16:55+	19:51+	25:57+	27:56+	32:16+	32:47+	33:22+									
	02:33+	05:01+	02:26+	04:02+	00:50+	02:03+	02:56+	06:06+	01:59+	04:20+	00:31-	00:35+									
	00:59&	02:12&	00:56&	02:07@	00:30@	00:50&	01:32@	02:54&	00:50&	03:22@	00:22-	00:19@									
Beste strekktid for klassen																					
	01:34	02:49	01:30	01:55	00:20	01:13	01:24	03:12	01:09	00:58	00:19	00:16	00:28								
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
Herrer 65 - 69 år																					
1	Arne Kristian Espedal										68	16:35									
	01:32=	03:48=	05:06=	07:04=	07:35=	08:46=	10:06=	12:53=	14:04=	15:48=	16:05=	16:35=									
	01:32=	02:16=	01:18=	01:58=	00:31=	01:11=	01:20=	02:47=	01:11=	01:44=	00:17=	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	Gunnar Sakseid										116	19:27									
	01:41+	04:27+	06:13+	08:40+	09:05+	10:20+	11:42+	15:09+	16:21+	18:33+	18:58+	19:27+									
	01:41+	02:46+	01:46+	02:27+	00:25-	01:15+	01:22+	03:27+	01:12+	02:12+	00:25+	00:29-									
	00:09+	00:30#	00:28&	00:29#	00:06-	00:04+	00:02+	00:40#	00:01+	00:28&	00:08&	00:01-									
3	Magne Vollen										374	21:48									
	02:16+	05:38+	07:30+	09:52+	10:29+	12:01+	13:41+	17:09+	18:33+	20:51+	21:15+	21:48+									
	02:16+	03:22+	01:52+	02:22+	00:37+	01:32+	01:40+	03:28+	01:24+	02:18+	00:24+	00:33+									
	00:44&	01:06&	00:34&	00:24#	00:06#	00:21&	00:20#	00:41#	00:13#	00:34&	00:07&	00:03#									
4	Tom Hetland										5	22:08									
	01:48+	05:12+	06:57+	10:03+	10:27+	11:54+	13:29+	17:29+	18:53+	21:23+	21:42+	22:08+									
	01:48+	03:24+	01:45+	03:06+	00:24-	01:27+	01:35+	04:00+	01:24+	02:30+	00:19+	00:26-									
	00:16#	01:08&	00:27&	01:08&	00:07-	00:16#	00:15#	01:13&	00:13#	00:46&	00:02#	00:04-									
5	Tor Geir Espedal										115	22:11									
	01:48+	05:03+	07:06+	10:03+	10:29+	12:06+	13:48+	17:33+	19:01+	21:14+	21:36+	22:11+									
	01:48+	03:15+	02:03+	02:57+	00:26-	01:37+	01:42+	03:45+	01:28+	02:13+	00:22+	00:35+									
	00:16#	00:59&	00:45&	00:59&	00:05-	00:26&	00:22&	00:58&	00:17#	00:29&	00:05&	00:05#									
6	Bjarne Gimre										88	22:33									
	02:02+	05:23+	07:35+	10:38+	11:03+	12:29+	14:14+	17:59+	19:24+	21:46+	22:03+	22:33+									
	02:02+	03:21+	02:12+	03:03+	00:25-	01:26+	01:45+	03:45+	01:25+	02:22+	00:17=	00:30=									
	00:30&	01:05&	00:54&	01:05&	00:06-	00:15#	00:25&	00:58&	00:14#	00:38&	00:00=	00:00=									
7	Eivind L. Rake										92	26:29									
	02:00+	05:33+	07:39+	10:09+	12:44+	13:15+	15:04+	17:05+	21:26+	22:57+	25:26+	25:51+	26:29+								
	02:00+	03:33+	02:06+	02:30+	02:35+	00:31-	01:49+	02:01-	04:21+	01:31-	02:29+	00:25-	00:38+								
	00:28&	01:17&	00:48&	00:32&	02:04@	00:40-	00:29&	00:46-	03:10@	00:13-	02:12@	00:05-	00:38+								
8	Jan Hetland										29	27:15									
	02:15+	05:48+	07:29+	13:27+	14:24+	15:59+	17:44+	21:55+	23:25+	26:31+	26:49+	27:15+									
	02:15+	03:33+	01:41+	05:58+	00:57+	01:35+	01:45+	04:11+	01:30+	03:06+	00:18+	00:26-									
	00:43&	01:17&	00:23&	04:00@	00:26&	00:24&	00:25&	01:24&	00:19&	01:22&	00:01+	00:04-									

Plass	Navn										Klasse	Tid
9	Sveinung Tveit										236	28:06
	02:34+	06:21+	08:38+	11:14+	12:08+	14:18+	16:37+	22:34+	27:01+	27:24+	28:06+	
	02:34+	03:47+	02:17+	02:36+	00:54+	02:10+	02:19+	05:57+	01:38+	02:49+	00:23+	00:42+
	01:02&	01:31&	00:59&	00:38&	00:23&	00:59&	00:59&	03:10@	00:27&	01:05&	00:06&	00:12&
10	Bjørn Tore Aase										29	28:18
	02:31+	06:26+	09:54+	13:08+	13:45+	15:42+	17:57+	22:50+	24:40+	27:05+	27:33+	28:18+
	02:31+	03:55+	03:28+	03:14+	00:37+	01:57+	02:15+	04:53+	01:50+	02:25+	00:28+	00:45+
	00:59&	01:39&	02:10@	01:16&	00:06#	00:46&	00:55&	02:06&	00:39&	00:41&	00:11&	00:15&
11	Rolf Kleppe										63	31:51
	02:57+	06:59+	09:50+	12:57+	13:31+	15:35+	17:45+	25:13+	28:01+	30:48+	31:12+	31:51+
	02:57+	04:02+	02:51+	03:07+	00:34+	02:04+	02:10+	07:28+	02:48+	02:47+	00:24+	00:39+
	01:25&	01:46&	01:33@	01:09&	00:03+	00:53&	00:50&	04:41@	01:37@	01:03&	00:07&	00:09&
Beste strekktid for klassen												
	01:32	02:16	01:18	01:58	00:24	00:31	01:20	02:01	01:11	01:31	00:17	00:25
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Herrer 70 - 74 år												
1	Harry Breiland										66	19:35
	01:54=	05:07=	06:43=	08:39=	09:04=	10:31=	12:08=	15:26=	16:51=	18:38=	19:05=	19:35=
	01:54=	03:13=	01:36=	01:56=	00:25=	01:27=	01:37=	03:18=	01:25=	01:47=	00:27=	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	Asgeir Bell										117	22:38
	01:52-	05:01-	06:37-	09:48+	10:09+	11:34+	13:08+	17:03+	18:27+	20:27+	21:58+	22:38+
	01:52-	03:09-	01:36=	03:11+	00:21-	01:25-	01:34-	03:55+	01:24-	02:00+	01:31+	00:40+
	00:02-	00:04-	00:00=	01:15&	00:04-	00:02-	00:03-	00:37#	00:01-	00:13#	01:04@	00:10&
3	Kjell Svihus										154	23:52
	02:10+	05:53+	08:00+	10:56+	11:22+	12:58+	14:43+	19:12+	20:39+	22:48+	23:16+	23:52+
	02:10+	03:43+	02:07+	02:56+	00:26+	01:36+	01:45+	04:29+	01:27+	02:09+	00:28+	00:36+
	00:16#	00:30#	00:31&	01:00&	00:01+	00:09#	00:08+	01:11&	00:02+	00:22#	00:01+	00:06#
4	Ragnvald Frøyland										128	25:13
	02:00+	07:22+	09:17+	12:10+	13:03+	13:25+	15:05+	16:45+	20:44+	22:05+	24:19+	24:41+
	02:00+	05:22+	01:55+	02:53+	00:53+	00:22-	01:40+	01:40-	03:59+	01:21-	02:14+	00:22-
	00:06+	02:09&	00:19#	00:57&	00:28@	01:05-	00:03+	01:38-	02:34@	00:26-	01:47@	00:08-
											00:32+	00:32+
5	Paul A. Paulsen										117	25:27
	02:01+	05:55+	08:07+	10:31+	12:07+	13:46+	15:33+	20:06+	21:48+	23:57+	24:48+	25:27+
	02:01+	03:54+	02:12+	02:24+	01:36+	01:39+	01:47+	04:33+	01:42+	02:09+	00:51+	00:39+
	00:07+	00:41#	00:36&	00:28#	01:11@	00:12#	00:10#	01:15&	00:17#	00:22#	00:24&	00:09&
6	Olav Habbestad										116	26:45
	02:51+	07:14+	09:13+	11:48+	12:13+	13:39+	15:11+	18:42+	22:29+	24:50+	26:16+	26:45+
	02:51+	04:23+	01:59+	02:35+	00:25=	01:26-	01:32-	03:31+	03:47+	02:21+	01:26+	00:29-
	00:57&	01:10&	00:23#	00:39&	00:00=	00:01-	00:05-	00:13+	02:22@	00:34&	00:59@	00:01-
7	Leif Gunnar Wikene										43	26:50
	05:35+	08:23+	10:48+	14:06+	14:32+	16:02+	17:32+	21:24+	23:16+	25:55+	26:20+	26:50+
	05:35+	02:48-	02:25+	03:18+	00:26+	01:30+	01:30-	03:52+	01:52+	02:39+	00:25-	00:30=
	03:41@	00:25-	00:49&	01:22&	00:01+	00:03+	00:07-	00:34#	00:27&	00:52&	00:02-	00:00=
8	Arne Østensen										90	28:02
	02:55+	06:36+	08:28+	11:32+	12:02+	16:32+	18:03+	22:19+	23:51+	27:04+	27:30+	28:02+
	02:55+	03:41+	01:52+	03:04+	00:30+	04:30+	01:31-	04:16+	01:32+	03:13+	00:26-	00:32+
	01:01&	00:28#	00:16#	01:08&	00:05#	03:03@	00:06-	00:58&	00:07+	01:26&	00:01-	00:02+
9	Jan Inge Lunde										88	29:15
	02:22+	07:54+	10:06+	12:48+	14:49+	16:51+	18:57+	23:49+	25:23+	28:10+	28:34+	29:15+
	02:22+	05:32+	02:12+	02:42+	02:01+	02:02+	02:06+	04:52+	01:34+	02:47+	00:24-	00:41+
	00:28#	02:19&	00:36&	00:46&	01:36@	00:35&	00:29&	01:34&	00:09#	01:00&	00:03-	00:11&
10	Kjell Ivar Skjørestad										92	37:40
	04:49+	08:54+	11:05+	15:20+	16:12+	18:34+	20:52+	29:33+	33:09+	36:33+	36:59+	37:40+
	04:49+	04:05+	02:11+	04:15+	00:52+	02:22+	02:18+	08:41+	03:36+	03:24+	00:26-	00:41+
	02:55@	00:52&	00:35&	02:19@	00:27@	00:55&	00:41&	05:23@	02:11@	01:37&	00:01-	00:11&

Plass	Navn										Klasse	Tid
<b>11</b>	<b>Jostein Tunheim</b>										<b>116</b>	<b>39:02</b>
02:07+	10:00+	12:44+	22:02+	22:27+	23:58+	26:08+	30:27+	34:10+	38:06+	38:27+	39:02+	
02:07+	07:53+	02:44+	09:18+	00:25=	01:31+	02:10+	04:19+	03:43+	03:56+	00:21-	00:35+	
00:13#	04:40@	01:08&	07:22@	00:00=	00:04+	00:33&	01:01&	02:18@	02:09@	00:06-	00:05#	
<b>12</b>	<b>John Abrahamsen</b>										<b>125</b>	<b>42:23</b>
04:03+	09:34+	12:41+	19:30+	20:35+	23:34+	26:26+	33:32+	36:07+	41:05+	41:48+	42:23+	
04:03+	05:31+	03:07+	06:49+	01:05+	02:59+	02:52+	07:06+	02:35+	04:58+	00:43+	00:35+	
02:09@	02:18&	01:31&	04:53@	00:40@	01:32@	01:15&	03:48@	01:10&	03:11@	00:16&	00:05#	
<b>13</b>	<b>Leif Kåre Lende</b>										<b>128</b>	<b>43:40</b>
02:22+	11:01+	16:12+	19:03+	19:45+	21:36+	23:28+	30:33+	32:06+	42:29+	42:48+	43:40+	
02:22+	08:39+	05:11+	02:51+	00:42+	01:51+	01:52+	07:05+	01:33+	10:23+	00:19-	00:52+	
00:28#	05:26@	03:35@	00:55&	00:17&	00:24&	00:15#	03:47@	00:08+	08:36@	00:08-	00:22&	
<b>Beste strekktid for klassen</b>												
01:52	02:48	01:36	01:56	00:21	00:22	01:30	01:40	01:24	01:21	00:19	00:22	

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

Herrer 75 - 79 år

<b>1</b>	<b>Finn Morten Årstad</b>										<b>115</b>	<b>20:07</b>
02:15=	06:14=	07:10=	08:50=	10:37=	12:33=	17:12=	18:51=	19:33=	20:07=			
02:15=	03:59=	00:56=	01:40=	01:47=	01:56=	04:39=	01:39=	00:42=	00:34=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Knut Skjæveland</b>										<b>93</b>	<b>21:15</b>
02:13-	05:40-	06:39-	08:25-	10:25-	12:16-	17:56+	19:52+	20:38+	21:15+			
02:13-	03:27-	00:59+	01:46+	02:00+	01:51-	05:40+	01:56+	00:46+	00:37+			
00:02-	00:32-	00:03+	00:06+	00:13#	00:05-	01:01#	00:17#	00:04+	00:03+			
<b>3</b>	<b>Øyvind Egeskog</b>										<b>5</b>	<b>21:34</b>
02:14-	05:57-	07:08-	09:21+	11:17+	13:15+	18:08+	20:02+	20:54+	21:34+			
02:14-	03:43-	01:11+	02:13+	01:56+	01:58+	04:53+	01:54+	00:52+	00:40+			
00:01-	00:16-	00:15&	00:33&	00:09+	00:02+	00:14+	00:15#	00:10#	00:06#			
<b>4</b>	<b>Hans Klausen</b>										<b>62</b>	<b>21:44</b>
02:11-	07:51+	08:39+	10:19+	12:11+	14:12+	18:37+	20:25+	21:12+	21:44+			
02:11-	05:40+	00:48-	01:40=	01:52+	02:01+	04:25-	01:48+	00:47+	00:32-			
00:04-	01:41&	00:08-	00:00=	00:05+	00:05+	00:14-	00:09+	00:05#	00:02-			
<b>5</b>	<b>Odd Garpestad</b>										<b>29</b>	<b>21:53</b>
02:16+	06:59+	07:46+	09:14+	11:05+	12:44+	17:59+	19:43+	21:23+	21:53+			
02:16+	04:43+	00:47-	01:28-	01:51+	01:39-	05:15+	01:44+	01:40+	00:30-			
00:01+	00:44#	00:09-	00:12-	00:04+	00:17-	00:36#	00:05+	00:58@	00:04-			
<b>6</b>	<b>Hermann Skogsholm</b>										<b>53</b>	<b>22:15</b>
02:30+	06:26+	07:34+	09:31+	11:26+	13:10+	18:12+	20:04+	21:35+	22:15+			
02:30+	03:56-	01:08+	01:57+	01:55+	01:44-	05:02+	01:52+	01:31+	00:40+			
00:15#	00:03-	00:12#	00:17#	00:08+	00:12-	00:23+	00:13#	00:49@	00:06#			
<b>7</b>	<b>Svein Glendrange</b>										<b>68</b>	<b>22:37</b>
02:14-	07:43+	08:43+	10:27+	12:49+	14:52+	19:15+	21:04+	21:57+	22:37+			
02:14-	05:29+	01:00+	01:44+	02:22+	02:03+	04:23-	01:49+	00:53+	00:40+			
00:01-	01:30&	00:04+	00:04+	00:35&	00:07+	00:16-	00:10#	00:11&	00:06#			
<b>8</b>	<b>Kjell Langvik</b>										<b>93</b>	<b>25:08</b>
02:43+	06:51+	08:14+	10:54+	13:00+	15:50+	21:27+	23:42+	24:33+	25:08+			
02:43+	04:08+	01:23+	02:40+	02:06+	02:50+	05:37+	02:15+	00:51+	00:35+			
00:28#	00:09+	00:27&	01:00&	00:19#	00:54&	00:58#	00:36&	00:09#	00:01+			
<b>9</b>	<b>Jan Værp</b>										<b>62</b>	<b>26:16</b>
02:35+	07:05+	08:19+	10:24+	13:16+	15:28+	22:03+	24:35+	25:33+	26:16+			
02:35+	04:30+	01:14+	02:05+	02:52+	02:12+	06:35+	02:32+	00:58+	00:43+			
00:20#	00:31#	00:18&	00:25#	01:05&	00:16#	01:56&	00:53&	00:16&	00:09&			
<b>10</b>	<b>Olav Dag Borgersen</b>										<b>154</b>	<b>30:00</b>
02:18+	09:32+	10:34+	13:17+	17:58+	19:51+	25:20+	28:48+	29:27+	30:00+			
02:18+	07:14+	01:02+	02:43+	04:41+	01:53-	05:29+	03:28+	00:39-	00:33-			
00:03+	03:15&	00:06#	01:03&	02:54@	00:03-	00:50#	01:49@	00:03-	00:01-			

Plass	Navn									Klasse	Tid
11	Norvald Skretting									43	47:25
	02:22+	06:29+	07:36+	11:02+	35:38+	37:39+	43:26+	45:38+	46:42+	47:25+	
	02:22+	04:07+	01:07+	03:26+	24:36+	02:01+	05:47+	02:12+	01:04+	00:43+	
	00:07+	00:08+	00:11#	01:46#	22:49#	00:05+	01:08#	00:33&	00:22&	00:09&	

Beste strekktid for klassen

02:11 03:27 00:47 01:28 01:47 01:39 04:23 01:39 00:39 00:30

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

Herrer 80 år og eldre

1	Harald Vatne									67	29:28
	02:34=	05:17=	11:42=	15:27=	16:24=	18:47=	20:53=	23:33=	28:04=	28:51=	29:28=
	02:34=	02:43=	06:25=	03:45=	00:57=	02:23=	02:06=	02:40=	04:31=	00:47=	00:37=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Alf Gyland									92	32:57
	02:46+	08:11+	09:03-	15:52+	20:06+	20:59+	23:34+	25:45+	29:06+	31:03+	32:04+
	02:46+	05:25+	00:52-	06:49+	04:14+	00:53-	02:35+	02:11-	03:21-	01:57+	01:01+
	00:12+	02:42&	05:33-	03:04&	03:17#	01:30-	00:29#	01:10-	01:10#	00:24&	00:53+

3	Magne Westerheim									93	1:11:21
	08:48+	11:42+	21:48+	27:32+	46:00+	49:44+	54:05+	67:25+	69:35+	70:36+	71:21+
	08:48+	02:54+	10:06+	05:44+	18:28+	03:44+	04:21+	13:20+	02:10-	01:01+	00:45+
	06:14#	00:11+	03:41&	01:59&	17:31#	01:21&	02:15#	10:40#	02:21-	00:14&	00:08#

Beste strekktid for klassen

02:34 02:43 00:52 03:45 00:57 00:53 02:06 02:11 02:10 00:47 00:37

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

Herrer A

1	Fredrik Omdal									375	22:03
	01:42=	03:08=	05:02=	05:42=	06:11=	07:16=	10:09=	11:23=	12:22=	13:52=	14:16=
	01:42=	01:26=	01:54=	00:40=	00:29=	01:05=	02:53=	01:14=	00:59=	01:30=	00:24=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Harald Kalager									7	24:30
	01:51+	03:29+	05:32+	06:21+	07:03+	08:16+	11:38+	12:23+	13:37+	15:22+	15:49+
	01:51+	01:38+	02:03+	00:49+	00:42+	01:13+	03:22+	00:45-	01:14+	01:45+	00:27+
	00:09+	00:12#	00:09+	00:09#	00:13&	00:08#	00:29#	00:29-	00:15&	00:15#	00:03#
3	Thomas Olsen Schive									126	25:11
	01:53+	03:56+	05:46+	06:33+	07:06+	08:14+	11:58+	12:45+	13:49+	15:32+	16:01+
	01:53+	02:03+	01:50-	00:47+	00:33+	01:08+	03:44+	00:47-	01:04+	01:43+	00:29+
	00:11#	00:37&	00:04-	00:07#	00:04#	00:03+	00:51&	00:27-	00:05+	00:13#	00:05#
4	Svein Magnus Halsne									71	26:16
	02:00+	04:02+	06:04+	06:57+	07:49+	09:02+	12:58+	13:43+	14:54+	16:50+	17:17+
	02:00+	02:02+	02:02+	00:53+	00:52+	01:13+	03:56+	00:45-	01:11+	01:56+	00:27+
	00:18#	00:36&	00:08+	00:13&	00:23&	00:08#	01:03&	00:29-	00:12#	00:26&	00:03#
5	Kristian Haarr									27	26:58
	01:52+	04:09+	06:10+	07:44+	08:19+	09:34+	13:28+	14:43+	15:53+	17:38+	18:05+
	01:52+	02:17+	02:01+	01:34+	00:35+	01:15+	03:54+	01:15+	01:10+	01:45+	00:27+
	00:10+	00:51&	00:07+	00:54#	00:06#	00:10#	01:01&	00:01+	00:11#	00:15#	00:03#
6	Erik Lima									43	28:12
	02:10+	04:12+	06:30+	07:35+	08:17+	09:36+	13:20+	14:53+	16:08+	18:09+	18:36+
	02:10+	02:02+	02:18+	01:05+	00:42+	01:19+	03:44+	01:33+	01:15+	02:01+	00:27+
	00:28&	00:36&	00:24#	00:25&	00:13&	00:14#	00:51&	00:19&	00:16&	00:31&	00:03#
7	Martin Blystad									115	28:27
	02:20+	05:15+	07:42+	08:34+	09:08+	10:26+	13:57+	15:07+	16:14+	18:11+	18:37+
	02:20+	02:55+	02:27+	00:52+	00:34+	01:18+	03:31+	01:10-	01:07+	01:57+	00:26+
	00:38&	01:29#	00:33&	00:12&	00:05#	00:13#	00:38#	00:04-	00:08#	00:27&	00:02+

Plass	Navn										Klasse										Tid									
Beste strekktid for klassen																														
	01:42	01:26	01:50	00:40	00:29	01:05	02:53	00:45	00:59	01:30	00:24	00:53	00:34	01:39	00:28	00:34	00:25	02:13	00:19	00:41										
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																														
Herrer B																														
1	Aart Joakim in't Veld										93										24:20									
01:52=	03:42=	05:38=	06:28=	07:00=	08:16=	11:33=	12:22=	13:34=	15:23=	15:51=	16:48=	17:30=	19:13=	19:44=	20:20=	20:45=	23:12=	23:33=	24:20=											
01:52=	01:50=	01:56=	00:50=	00:32=	01:16=	03:17=	00:49=	01:12=	01:49=	00:28=	00:57=	00:42=	01:43=	00:31=	00:36=	00:25=	02:27=	00:21=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											
2	Njål F. Vadla										93										24:23									
01:43-	03:50+	05:45+	06:35+	07:05+	08:15-	11:28-	12:26+	13:27-	15:14-	15:39-	16:37-	17:23-	19:05-	19:37-	20:12-	20:36-	23:10-	23:30-	24:23+											
01:43-	02:07+	01:55-	00:50=	00:30-	01:10-	03:13-	00:58+	01:01-	01:47-	00:25-	00:58+	00:46+	01:42-	00:32+	00:35-	00:24-	02:34+	00:20-	00:53+											
00:09-	00:17#	00:01-	00:00=	00:02-	00:06-	00:04-	00:09#	00:11-	00:02-	00:03-	00:01+	00:04+	00:01-	00:01+	00:01-	00:01-	00:07+	00:01-	00:06#											
3	Magnus Landstad										66										25:13									
01:57+	04:10+	06:17+	07:10+	07:46+	08:59+	12:14+	13:04+	14:17+	16:10+	16:37+	17:37+	18:19+	20:04+	20:36+	21:14+	21:43+	24:04+	24:25+	25:13+											
01:57+	02:13+	02:07+	00:53+	00:36+	01:13-	03:15-	00:50+	01:13+	01:53+	00:27-	01:00+	00:42=	01:45+	00:32+	00:38+	00:29+	02:21-	00:21=	00:48+											
00:05+	00:23#	00:11+	00:03+	00:04#	00:03-	00:02-	00:01+	00:01+	00:04+	00:01-	00:03+	00:00=	00:02+	00:01+	00:02+	00:04#	00:06-	00:00=	00:01+											
4	Tom Furland										62										27:19									
02:01+	04:26+	06:46+	07:35+	08:17+	09:43+	13:34+	14:19+	15:32+	17:28+	17:57+	18:55+	19:38+	21:38+	22:12+	22:48+	23:20+	26:01+	26:26+	27:19+											
02:01+	02:25+	02:20+	00:49-	00:42+	01:26+	03:51+	00:45-	01:13+	01:56+	00:29+	00:58+	00:43+	02:00+	00:34+	00:36=	00:32+	02:41+	00:25+	00:53+											
00:09+	00:35&	00:24#	00:01-	00:10&	00:10#	00:34#	00:04-	00:01+	00:07+	00:01+	00:01+	00:01+	00:01+	00:17#	00:03+	00:00=	00:07&	00:14+	00:04#											
5	Stein Arne Olsen										68										27:36									
02:00+	04:40+	06:45+	07:46+	08:32+	09:54+	13:30+	14:25+	15:42+	17:31+	18:01+	19:05+	19:51+	21:44+	22:19+	23:00+	23:33+	26:18+	26:42+	27:36+											
02:00+	02:40+	02:05+	01:01+	00:46+	01:22+	03:36+	00:55+	01:17+	01:49=	00:30+	01:04+	00:46+	01:53+	00:35+	00:41+	00:33+	02:45+	00:24+	00:54+											
00:08+	00:50&	00:09+	00:11#	00:14&	00:06+	00:19+	00:06#	00:05+	00:00=	00:02+	00:07#	00:04+	00:10+	00:04#	00:05#	00:08&	00:18#	00:03#	00:07#											
6	Joar Eilevstjønn										67										27:42									
01:43-	03:24-	05:51+	06:36+	07:20+	08:31+	11:41+	12:46+	16:11+	17:49+	18:17+	19:25+	20:05+	22:15+	22:46+	23:19+	23:46+	26:37+	26:58+	27:42+											
01:43-	01:41-	02:27+	00:45-	00:44+	01:11-	03:10-	01:05+	03:25+	01:38-	00:28=	01:08+	00:40-	02:10+	00:31=	00:33-	00:27+	02:51+	00:21=	00:44-											
00:09-	00:09-	00:31&	00:05-	00:12&	00:05-	00:07-	00:16&	02:13@	00:11-	00:00=	00:11#	00:02-	00:27&	00:00=	00:03-	00:02+	00:24#	00:00=	00:03-											
7	Per Olav Haarr										62										27:53									
01:45-	03:42=	05:55+	06:47+	07:21+	08:37+	11:54+	14:02+	15:25+	18:07+	18:30+	19:25+	20:08+	22:01+	22:43+	23:24+	23:55+	26:45+	27:08+	27:53+											
01:45-	01:57+	02:13+	00:52+	00:34+	01:16=	03:17=	02:08+	01:23+	02:42+	00:23-	00:55-	00:43+	01:53+	00:42+	00:41+	00:31+	02:50+	00:23+	00:45-											
00:07-	00:07+	00:17#	00:02+	00:02+	00:00=	00:00=	01:19@	00:11#	00:53&	00:05-	00:02-	00:01+	00:10+	00:11&	00:05#	00:06#	00:23#	00:02+	00:02-											
8	Geir Sand										105										28:36									
02:01+	03:51+	06:17+	07:16+	08:00+	09:17+	12:43+	14:11+	15:31+	17:20+	18:11+	20:01+	20:40+	22:58+	23:35+	24:16+	24:50+	27:19+	27:50+	28:36+											
02:01+	01:50=	02:26+	00:59+	00:44+	01:17+	03:26+	01:28+	01:20+	01:49=	00:51+	01:50+	00:39-	02:18+	00:37+	00:41+	00:34+	02:29+	00:31+	00:46-											
00:09+	00:00=	00:30&	00:09#	00:12&	00:01+	00:09+	00:39&	00:08#	00:00=	00:23&	00:53&	00:03-	00:35&	00:06#	00:05#	00:09&	00:02+	00:10&	00:01-											
9	Trond Sigurd Fotland										66										28:41									
02:54+	05:37+	07:50+	08:43+	09:27+	10:48+	14:38+	15:36+	16:49+	18:42+	19:12+	20:13+	21:00+	22:55+	23:28+	24:09+	24:42+	27:23+	27:49+	28:41+											
02:54+	02:43+	02:13+	00:53+	00:44+	01:21+	03:50+	00:58+	01:13+	01:53+	00:30+	01:01+	00:47+	01:55+	00:33+	00:41+	00:33+	02:41+	00:26+	00:52+											
01:02&	00:53&	00:17#	00:03+	00:12&	00:05+	00:33#	00:09#	00:01+	00:04+	00:02+	00:04+	00:05#	00:12#	00:02+	00:05#	00:08&	00:14+	00:05#	00:05#											
10	Oddvar Taksdal										194										28:51									
02:01+	04:10+	06:17+	07:19+	07:53+	09:11+	12:30+	14:06+	17:38+	19:29+	19:57+	20:57+	21:41+	23:22+	23:57+	24:37+	25:09+	27:36+	28:01+	28:51+											
02:01+	02:09+	02:07+	01:02+	00:34+	01:18+	03:19+	01:36+	03:32+	01:51+	00:28=	01:00+	00:44+	01:41-	00:35+	00:40+	00:32+	02:27=	00:25+	00:50+											
00:09+	00:19#	00:11+	00:12#	00:02+	00:02+	00:02+	00:47&	02:20@	00:02+	00:00=	00:03+	00:02+	00:02-	00:04#	00:04#	00:07&	00:00=	00:04#	00:03+											
11	Øyvind Rummelhoff										27										32:42									
02:23+	04:19+	06:29+	07:24+	07:59+	09:32+	13:06+	16:28+	18:26+	21:38+	22:05+	23:10+	24:02+	25:53+	26:31+	27:09+	27:46+	30:57+	31:31+	32:42+											
02:23+	01:56+	02:10+	00:55+	00:35+	01:33+	03:34+	03:22+	01:58+	03:12+	00:27-	01:05+	00:52+	01:51+	00:38+	00:38+	00:37+	03:11+	00:34+	01:11+											
00:31&	00:06+	00:14#	00:05#	00:03+	00:17#	00:17+	02:33@	00:46&	01:23&	00:01-	00:08#	00:10#	00:08+	00:07#	00:02+	00:12&	00:44&	00:13&	00:24&											
12	Espen Fyhn Nilsen										116										38:10									
02:11+	05:20+	08:22+	09:58+	10:53+	12:35+	17:04+	19:12+	21:23+	24:22+	25:00+	26:26+	27:26+	30:11+	31:06+	31:58+	33:03+	36:35+	37:12+	38:10+											
02:11+	03:09+	03:02+	01:36+	00:55+	01:42+	04:29+	02:08+	02:11+	02:59+	00:38+	01:26+	01:00+	02:45+	00:55+	00:52+	01:05+	03:32+	00:37+	00:58+											
00:19#	01:19&	01:06&	00:46&	00:23&	00:26&	01:12&	01:19@	00:59&	01:10&	00:10&	00:29&	00:18&	01:02&	00:24&	00:16&	00:40@	01:05&	00:16&	00:11#											
Beste strekktid for klassen																														
01:43	01:41	01:55	00:45	00:30	01:10	03:10	00:45	01:01	01:38	00:23	00:55	00:39	01:41	00:31	00:33	00:24	02:21	00:20	00:44											

Plass	Navn					Klasse					Tid					
Herrer C																
1	Morten Aamodt					116					21:51					
01:23=	02:13=	03:35=	05:18=	06:00=	06:32=	09:52=	10:32=	11:31=	12:33=	12:54=	14:37=	15:25=	17:49=	19:23=	21:11=	21:51=
01:23=	00:50=	01:22=	01:43=	00:42=	00:32=	03:20=	00:40=	00:59=	01:02=	00:21=	01:43=	00:48=	02:24=	01:34=	01:48=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	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	Otte Omdal					65					22:10					
01:17=	02:11=	03:41+	05:16=	05:54=	06:20=	09:39=	10:28=	11:22=	12:28=	12:59+	14:48+	15:32+	17:53+	19:47+	21:25+	22:10+
01:17=	00:54+	01:30+	01:35=	00:38=	00:26=	03:19=	00:49+	00:54=	01:06+	00:31+	01:49+	00:44=	02:21=	01:54+	01:38=	00:45+
00:06=	00:04+	00:08+	00:08=	00:04=	00:06=	00:01=	00:09#	00:05=	00:04+	00:10#	00:06+	00:04=	00:03=	00:20#	00:10=	00:05#
3	Nils John Vestøl					83					22:19					
01:18=	02:09=	03:38+	05:10=	05:45=	06:14=	10:16+	10:56+	12:11+	13:06+	13:26+	15:18+	16:04+	18:36+	20:12+	21:43+	22:19+
01:18=	00:51+	01:29+	01:32=	00:35=	00:29=	04:02+	00:40=	01:15+	00:55=	00:20=	01:52+	00:46=	02:32+	01:36+	01:31=	00:36=
00:05=	00:01+	00:07+	00:11=	00:07=	00:03=	00:42#	00:00=	00:16#	00:07=	00:01=	00:09+	00:02=	00:08+	00:02+	00:17=	00:04=
4	Kjetil Wirak					114					22:20					
01:15=	02:21+	03:42+	05:21+	06:03+	06:29=	10:22+	11:08+	11:57+	12:58+	13:18+	15:02+	15:50+	18:29+	20:05+	21:39+	22:20+
01:15=	01:06+	01:21=	01:39=	00:42=	00:26=	03:53+	00:46+	00:49=	01:01=	00:20=	01:44+	00:48=	02:39+	01:36+	01:34=	00:41+
00:08=	00:16#	00:01=	00:04=	00:00=	00:06=	00:33#	00:06#	00:10=	00:01=	00:01=	00:01+	00:00=	00:15#	00:02+	00:14=	00:01+
5	Jan Einar Øvremo					50					23:46					
01:16=	02:29+	03:56+	05:49+	06:29+	06:56+	11:33+	12:12+	13:09+	14:10+	14:30+	16:15+	17:02+	19:34+	21:26+	23:05+	23:46+
01:16=	01:13+	01:27+	01:53+	00:40=	00:27=	04:37+	00:39=	00:57=	01:01=	00:20=	01:45+	00:47=	02:32+	01:52+	01:39=	00:41+
00:07=	00:23#	00:05+	00:10+	00:02=	00:05=	01:17#	00:01=	00:02=	00:01=	00:01=	00:02+	00:01=	00:08+	00:18#	00:09=	00:01+
6	Paul Terje Haarr					62					24:32					
01:25+	02:20+	03:58+	05:44+	06:32+	07:10+	11:43+	12:20+	13:30+	14:43+	15:06+	16:56+	17:51+	20:29+	22:18+	23:51+	24:32+
01:25+	00:55+	01:38+	01:46+	00:48+	00:38+	04:33+	00:37=	01:10+	01:13+	00:23+	01:50+	00:55+	02:38+	01:49+	01:33=	00:41+
00:02+	00:05#	00:16#	00:03+	00:06#	00:06#	01:13#	00:03=	00:11#	00:11#	00:02+	00:07+	00:07#	00:14+	00:15#	00:15=	00:01+
7	Trond Nilsen Lamark					114					24:36					
01:37+	02:33+	04:08+	06:02+	06:43+	07:17+	11:30+	12:09+	13:06+	14:14+	14:34+	16:44+	17:32+	20:18+	22:07+	23:53+	24:36+
01:37+	00:56+	01:35+	01:54+	00:41=	00:34+	04:13+	00:39=	00:57=	01:08+	00:20=	02:10+	00:48=	02:46+	01:49+	01:46=	00:43+
00:14#	00:06#	00:13#	00:11#	00:01=	00:02+	00:53#	00:01=	00:02=	00:06+	00:01=	00:27#	00:00=	00:22#	00:15#	00:02=	00:03+
8	Knut Taugbøl					116					24:59					
02:31+	03:24+	04:56+	06:41+	07:42+	08:10+	11:46+	12:22+	13:22+	14:50+	15:18+	17:17+	18:14+	20:40+	22:25+	24:14+	24:59+
02:31+	00:53+	01:32+	01:45+	01:01+	00:28=	03:36+	00:36=	01:00+	01:28+	00:28+	01:59+	00:57+	02:26+	01:45+	01:49+	00:45+
01:08#	00:03+	00:10#	00:02+	00:19#	00:04=	00:16+	00:04=	00:01+	00:26#	00:07#	00:16#	00:09#	00:02+	00:11#	00:01+	00:05#
9	Oddmund Nordgård					105					25:34					
01:37+	02:35+	04:13+	06:37+	07:19+	07:58+	12:30+	13:10+	14:22+	15:38+	16:00+	17:56+	18:46+	21:30+	23:15+	24:57+	25:34+
01:37+	00:58+	01:38+	02:24+	00:42=	00:39+	04:32+	00:40=	01:12+	01:16+	00:22+	01:56+	00:50+	02:44+	01:45+	01:42=	00:37=
00:14#	00:08#	00:16#	00:41#	00:00=	00:07#	01:12#	00:00=	00:13#	00:14#	00:01+	00:13#	00:02+	00:20#	00:11#	00:06=	00:03=
10	Øivind Berggraf					116					25:55					
01:32+	02:27+	04:07+	06:04+	06:50+	07:19+	11:06+	11:49+	13:59+	15:13+	15:38+	17:47+	18:32+	21:29+	23:22+	25:10+	25:55+
01:32+	00:55+	01:40+	01:57+	00:46+	00:29=	03:47+	00:43+	02:10+	01:14+	00:25+	02:09+	00:45=	02:57+	01:53+	01:48=	00:45+
00:09#	00:05#	00:18#	00:14#	00:04+	00:03=	00:27#	00:03+	01:11#	00:12#	00:04#	00:26#	00:03=	00:33#	00:19#	00:00=	00:05#
11	Geir Frøyttlog					29					26:11					
01:41+	02:33+	04:11+	05:49+	06:34+	07:07+	10:56+	11:34+	14:47+	15:57+	16:21+	18:17+	19:08+	21:49+	23:46+	25:28+	26:11+
01:41+	00:52+	01:38+	01:38=	00:45+	00:33+	03:49+	00:38=	03:13+	01:10+	00:24+	01:56+	00:51+	02:41+	01:57+	01:42=	00:43+
00:18#	00:02+	00:16#	00:05=	00:03+	00:01+	00:29#	00:02=	02:14#	00:08#	00:03#	00:13#	00:03+	00:17#	00:23#	00:06=	00:03+
12	Henning Sundby					114					26:16					
01:28+	02:19+	03:45+	05:25+	06:51+	07:11+	11:16+	11:51+	15:06+	16:07+	16:29+	18:23+	19:13+	21:56+	23:40+	25:36+	26:16+
01:28+	00:51+	01:26+	01:40=	01:26+	00:20=	04:05+	00:35=	03:15+	01:01=	00:22+	01:54+	00:50+	02:43+	01:44+	01:56+	00:40=
00:05+	00:01+	00:04+	00:03=	00:44#	00:12=	00:45#	00:05=	02:16#	00:01=	00:01+	00:11#	00:02+	00:19#	00:10#	00:08+	00:00=
13	Bertrand Denieul					42					26:40					
01:35+	02:33+	04:01+	05:51+	06:37+	07:08+	10:59+	11:32+	14:27+	15:54+	16:19+	18:28+	19:20+	22:07+	24:00+	25:58+	26:40+
01:35+	00:58+	01:28+	01:50+	00:46+	00:31=	03:51+	00:33=	02:55+	01:27+	00:25+	02:09+	00:52+	02:47+	01:53+	01:58+	00:42+
00:12#	00:08#	00:06+	00:07+	00:04+	00:01=	00:31#	00:07=	01:56#	00:25#	00:04#	00:26#	00:04+	00:23#	00:19#	00:10+	00:02+
14	Svein Oddvar Netland					116					28:33					
01:33+	02:35+	04:12+	06:17+	07:06+	07:55+	11:39+	12:20+	13:28+	16:35+	18:22+	20:33+	21:28+	24:13+	26:08+	27:54+	28:33+
01:33+	01:02+	01:37+	02:05+	00:49+	00:49+	03:44+	00:41+	01:08+	03:07+	01:47+	02:11+	00:55+	02:45+	01:55+	01:46=	00:39=
00:10#	00:12#	00:15#	00:22#	00:07#	00:17#	00:24#	00:01+	00:09#	02:05#	01:26#	00:28#	00:07#	00:21#	00:21#	00:02=	00:01=

Pllass	Navn								Klasse								Tid							
15	Erling Mauland								83								28:41							
	01:47+	02:43+	04:47+	07:11+	08:00+	08:36+	13:21+	14:04+	16:40+	17:56+	18:22+	20:39+	21:32+	24:11+	26:18+	28:04+	28:41+							
	01:47+	00:56+	02:04+	02:24+	00:49+	00:36+	04:45+	00:43+	02:36+	01:16+	00:26+	02:17+	00:53+	02:39+	02:07+	01:46-	00:37-							
	00:24&	00:06#	00:42&	00:41&	00:07#	00:04#	01:25&	00:03+	01:37@	00:14#	00:05#	00:34&	00:05#	00:15#	00:33&	00:02-	00:03-							
16	Øistein Haaland								116								30:23							
	01:23=	02:22+	03:49+	05:43+	06:32+	07:10+	10:57+	11:42+	17:42+	18:41+	19:14+	21:04+	22:04+	26:00+	27:43+	29:46+	30:23+							
	01:23=	00:59+	01:27+	01:54+	00:49+	00:38+	03:47+	00:45+	06:00+	00:59-	00:33+	01:50+	01:00+	03:56+	01:43+	02:03+	00:37-							
	00:00=	00:09#	00:05+	00:11#	00:07#	00:06#	00:27#	00:05#	05:01@	00:03-	00:12&	00:07+	00:12#	01:32&	00:09+	00:15#	00:03-							
17	Rune Christiansen								93								30:56							
	01:35+	02:34+	04:22+	06:34+	07:35+	08:15+	12:49+	13:47+	15:11+	16:46+	17:46+	20:31+	21:34+	24:58+	27:23+	30:05+	30:56+							
	01:35+	00:59+	01:48+	02:12+	01:01+	00:40+	04:34+	00:58+	01:24+	01:35+	01:00+	02:45+	01:03+	03:24+	02:25+	02:42+	00:51+							
	00:12#	00:09#	00:26&	00:29&	00:19&	00:08#	01:14&	00:18&	00:25&	00:33&	00:39@	01:02&	00:15&	01:00&	00:51&	00:54&	00:11&							
18	Pål H. Gjerden								116								33:12							
	01:21-	02:24+	04:06+	06:19+	07:11+	07:45+	11:53+	15:05+	16:09+	17:33+	18:09+	20:17+	24:43+	27:42+	30:13+	32:27+	33:12+							
	01:21-	01:03+	01:42+	02:13+	00:52+	00:34+	04:08+	03:12+	01:04+	01:24+	00:36+	02:08+	04:26+	02:59+	02:31+	02:14+	00:45+							
	00:02-	00:13&	00:20#	00:30&	00:10#	00:02+	00:48#	02:32@	00:05+	00:22&	00:15&	00:25#	03:38@	00:35#	00:57&	00:26#	00:05#							
Beste strekktid for klassen																								
	01:15	00:50	01:21	01:32	00:35	00:20	03:19	00:33	00:49	00:55	00:20	01:43	00:44	02:21	01:34	01:31	00:36							

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

Herrer Ny

1	Espen Kristiansen								63								08:38							
	01:31=	02:59=	03:48=	05:33=	06:43=	07:50=	08:16=	08:38=																
	01:31=	01:28=	00:49=	01:45=	01:10=	01:07=	00:26=	00:22=																
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																
2	Per Jan Ersland								43								10:12							
	02:08+	03:52+	04:53+	06:44+	08:06+	09:08+	09:39+	10:12+																
	02:08+	01:44+	01:01+	01:51+	01:22+	01:02-	00:31+	00:33+																
	00:37&	00:16#	00:12#	00:06+	00:12#	00:05-	00:05#	00:11&																
3	Kyrre Indrebø								117								11:02							
	01:57+	03:33+	04:37+	07:20+	08:40+	09:54+	10:36+	11:02+																
	01:57+	01:36+	01:04+	02:43+	01:20+	01:14+	00:42+	00:26+																
	00:26&	00:08+	00:15&	00:58&	00:10#	00:07#	00:16&	00:04#																
4	Rune Hagen Maudal								63								13:25							
	02:23+	04:38+	06:08+	08:21+	10:25+	12:00+	12:51+	13:25+																
	02:23+	02:15+	01:30+	02:13+	02:04+	01:35+	00:51+	00:34+																
	00:52&	00:47&	00:41&	00:28&	00:54&	00:28&	00:25&	00:12&																
5	Erik Henriksen								116								15:27							
	02:39+	05:11+	06:48+	09:38+	11:48+	13:34+	14:36+	15:27+																
	02:39+	02:32+	01:37+	02:50+	02:10+	01:46+	01:02+	00:51+																
	01:08&	01:04&	00:48&	01:05&	01:00&	00:39&	00:36@	00:29@																
6	Kjell-Ole Topnes								116								17:24							
	02:59+	05:48+	07:28+	09:51+	12:53+	15:45+	16:43+	17:24+																
	02:59+	02:49+	01:40+	02:23+	03:02+	02:52+	00:58+	00:41+																
	01:28&	01:21&	00:51@	00:38&	01:52@	01:45@	00:32@	00:19&																
7	Bjørn Sand								63								21:06							
	03:46+	07:23+	09:03+	13:45+	16:06+	19:09+	20:22+	21:06+																
	03:46+	03:37+	01:40+	04:42+	02:21+	03:03+	01:13+	00:44+																
	02:15@	02:09@	00:51@	02:57@	01:11@	01:56@	00:47@	00:22&																
8	Ahmed Mahran								91								21:42							
	02:54+	05:49+	07:46+	14:25+	16:54+	19:37+	20:54+	21:42+																
	02:54+	02:55+	01:57+	06:39+	02:29+	02:43+	01:17+	00:48+																
	01:23&	01:27&	01:08@	04:54@	01:19@	01:36@	00:51@	00:26@																

Beste strekktid for klassen																								
	01:31	01:28	00:49	01:45	01:10	01:02	00:26	00:22																

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

Plass	Navn	Klasse	Tid
Herrer Trim			
1	Rolf Frøyland	5	17:47
01:46= 02:58= 05:48= 10:01= 10:31= 12:17= 13:51= 15:30= 16:56= 17:25= 17:47= 01:46= 01:12= 02:50= 04:13= 00:30= 01:46= 01:34= 01:39= 01:26= 00:29= 00:22= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Eivind Gjesteland	136	18:19
02:41+ 03:55+ 07:42+ 10:09+ 11:02+ 12:25+ 13:45- 16:00+ 17:16+ 17:56+ 18:19+ 02:41+ 01:14+ 03:47+ 02:27- 00:53+ 01:23- 01:20- 02:15+ 01:16- 00:40+ 00:23+ 00:55& 00:02+ 00:57& 01:46- 00:23& 00:23- 00:14- 00:36& 00:10- 00:11& 00:01+			
3	Aslak Ihle Vike	117	19:07
01:57+ 03:20+ 06:04+ 10:22+ 11:04+ 12:47+ 14:18+ 16:29+ 17:52+ 18:36+ 19:07+ 01:57+ 01:23+ 02:44- 04:18+ 00:42+ 01:43- 01:31- 02:11+ 01:23- 00:44+ 00:31+ 00:11# 00:11# 00:06- 00:05+ 00:12& 00:03- 00:03- 00:32& 00:03- 00:15& 00:09&			
4	Stig Erlend Ollestad	51	19:10
03:27+ 04:46+ 08:39+ 11:31+ 12:00+ 13:19+ 14:44+ 16:53+ 18:03+ 18:39+ 19:10+ 03:27+ 01:19+ 03:53+ 02:52- 00:29- 01:19- 01:25- 02:09+ 01:10- 00:36+ 00:31+ 01:41& 00:07+ 01:03& 01:21- 00:01- 00:27- 00:09- 00:30& 00:16- 00:07# 00:09&			
5	Frode Lund	18	19:20
02:30+ 04:10+ 07:01+ 10:44+ 11:20+ 12:59+ 14:37+ 16:46+ 18:05+ 18:47+ 19:20+ 02:30+ 01:40+ 02:51+ 03:43- 00:36+ 01:39- 01:38+ 02:09+ 01:19- 00:42+ 00:33+ 00:44& 00:28& 00:01+ 00:30- 00:06# 00:07- 00:04+ 00:30& 00:07- 00:13& 00:11&			
6	Frank Terje Berge	126	19:48
02:13+ 03:44+ 06:53+ 10:36+ 11:21+ 13:13+ 14:56+ 17:24+ 18:33+ 19:17+ 19:48+ 02:13+ 01:31+ 03:09+ 03:43- 00:45+ 01:52+ 01:43+ 02:28+ 01:09- 00:44+ 00:31+ 00:27& 00:19& 00:19# 00:30- 00:15& 00:06+ 00:09+ 00:49& 00:17- 00:15& 00:09&			
7	Magnus Bergøy	43	20:17
02:09+ 03:59+ 09:04+ 11:46+ 12:18+ 13:50+ 15:27+ 17:44+ 18:58+ 19:43+ 20:17+ 02:09+ 01:50+ 05:05+ 02:42- 00:32+ 01:32- 01:37+ 02:17+ 01:14- 00:45+ 00:34+ 00:23# 00:38& 02:15& 01:31- 00:02+ 00:14- 00:03+ 00:38& 00:12- 00:16& 00:12&			
8	Svein Mæle	43	20:48
01:57+ 03:27+ 06:41+ 10:00- 10:48+ 12:47+ 14:36+ 17:29+ 19:33+ 20:15+ 20:48+ 01:57+ 01:30+ 03:14+ 03:19- 00:48+ 01:59+ 01:49+ 02:53+ 02:04+ 00:42+ 00:33+ 00:11# 00:18# 00:24# 00:54- 00:18& 00:13# 00:15# 01:14& 00:38& 00:13& 00:11&			
9	Jarl Steinar Berntsen	27	21:07
02:38+ 04:39+ 07:32+ 10:36+ 11:16+ 14:14+ 15:41+ 18:06+ 19:49+ 20:35+ 21:07+ 02:38+ 02:01+ 02:53+ 03:04- 00:40+ 02:58+ 01:27- 02:25+ 01:43+ 00:46+ 00:32+ 00:52& 00:49& 00:03+ 01:09- 00:10& 01:12& 00:07- 00:46& 00:17# 00:17& 00:10&			
10	Per-Olof Wallerstedt	376	22:22
03:26+ 04:46+ 09:00+ 13:07+ 14:07+ 15:53+ 17:24+ 19:41+ 21:07+ 21:49+ 22:22+ 03:26+ 01:20+ 04:14+ 04:07- 01:00+ 01:46= 01:31- 02:17+ 01:26= 00:42+ 00:33+ 01:40& 00:08# 01:24& 00:06- 00:30& 00:00= 00:03- 00:38& 00:00= 00:13& 00:11&			
11	Per Marthon Mæland	5	22:54
02:03+ 04:09+ 08:42+ 11:57+ 13:16+ 15:10+ 17:08+ 19:59+ 21:31+ 22:16+ 22:54+ 02:03+ 02:06+ 04:33+ 03:15- 01:19+ 01:54+ 01:58+ 02:51+ 01:32+ 00:45+ 00:38+ 00:17# 00:54& 01:43& 00:58- 00:49& 00:08+ 00:24& 01:12& 00:06+ 00:16& 00:16&			
12	Roger Nyseth	92	23:32
02:14+ 04:13+ 08:55+ 12:41+ 13:26+ 15:33+ 17:35+ 20:16+ 21:52+ 22:45+ 23:32+ 02:14+ 01:59+ 04:42+ 03:46- 00:45+ 02:07+ 02:02+ 02:41+ 01:36+ 00:53+ 00:47+ 00:28& 00:47& 01:52& 00:27- 00:15& 00:21# 00:28& 01:02& 00:10# 00:24& 00:25@			
13	Steinar Polden Sæverud	109	23:51
02:09+ 03:51+ 07:56+ 12:55+ 13:58+ 15:40+ 17:44+ 20:50+ 22:37+ 23:16+ 23:51+ 02:09+ 01:42+ 04:05+ 04:59+ 01:03+ 01:42- 02:04+ 03:06+ 01:47+ 00:39+ 00:35+ 00:23# 00:30& 01:15& 00:46# 00:33@ 00:04- 00:30& 01:27& 00:21# 00:10& 00:13&			
14	Ivar Aalbu	29	23:57
03:22+ 05:14+ 09:11+ 12:52+ 13:40+ 16:04+ 17:55+ 20:32+ 22:27+ 23:18+ 23:57+ 03:22+ 01:52+ 03:57+ 03:41- 00:48+ 02:24+ 01:51+ 02:37+ 01:55+ 00:51+ 00:39+ 01:36& 00:40& 01:07& 00:32- 00:18& 00:38& 00:17# 00:58& 00:29& 00:22& 00:17&			



Plass	Navn										Klasse	Tid
15	Nils Egil Lie										376	23:59
	02:02+	03:40+	08:08+	12:45+	13:37+	15:37+	17:49+	20:35+	22:44+	23:28+	23:59+	
	02:02+	01:38+	04:28+	04:37+	00:52+	02:00+	02:12+	02:46+	02:09+	00:44+	00:31+	
	00:16#	00:26&	01:38&	00:24+	00:22&	00:14#	00:38&	01:07&	00:43&	00:15&	00:09&	
16	John Helge Svandal										111	24:29
	02:52+	04:40+	08:21+	12:12+	13:12+	15:55+	18:00+	21:04+	23:00+	23:53+	24:29+	
	02:52+	01:48+	03:41+	03:51-	01:00+	02:43+	02:05+	03:04+	01:56+	00:53+	00:36+	
	01:06&	00:36&	00:51&	00:22-	00:30&	00:57&	00:31&	01:25&	00:30&	00:24&	00:14&	
17	Arild Nesbø										71	24:53
	02:32+	04:43+	08:50+	12:39+	13:27+	15:46+	17:53+	21:48+	23:27+	24:16+	24:53+	
	02:32+	02:11+	04:07+	03:49-	00:48+	02:19+	02:07+	03:55+	01:39+	00:49+	00:37+	
	00:46&	00:59&	01:17&	00:24-	00:18&	00:33&	00:33&	02:16@	00:13#	00:20&	00:15&	
18	Endre Gabrielsen										126	26:17
	02:12+	03:50+	08:10+	13:33+	16:16+	17:59+	19:58+	23:19+	24:54+	25:44+	26:17+	
	02:12+	01:38+	04:20+	05:23+	02:43+	01:43-	01:59+	03:21+	01:35+	00:50+	00:33+	
	00:26#	00:26&	01:30&	01:10&	02:13@	00:03-	00:25&	01:42@	00:09#	00:21&	00:11&	
19	Frode Følgesvold										5	26:20
	03:02+	05:05+	08:40+	12:38+	13:52+	16:29+	18:47+	22:01+	24:53+	25:44+	26:20+	
	03:02+	02:03+	03:35+	03:58-	01:14+	02:37+	02:18+	03:14+	02:52+	00:51+	00:36+	
	01:16&	00:51&	00:45&	00:15-	00:44@	00:51&	00:44&	01:35&	01:26&	00:22&	00:14&	
20	Kjell Helge Husebø										43	27:19
	02:23+	04:29+	08:51+	14:16+	15:18+	17:31+	19:38+	22:54+	25:41+	26:32+	27:19+	
	02:23+	02:06+	04:22+	05:25+	01:02+	02:13+	02:07+	03:16+	02:47+	00:51+	00:47+	
	00:37&	00:54&	01:32&	01:12&	00:32@	00:27&	00:33&	01:37&	01:21&	00:22&	00:25@	
21	Svein Sivertsen										115	27:27
	02:47+	04:38+	08:02+	12:30+	16:22+	18:14+	20:55+	23:56+	25:55+	26:46+	27:27+	
	02:47+	01:51+	03:24+	04:28+	03:52+	01:52+	02:41+	03:01+	01:59+	00:51+	00:41+	
	01:01&	00:39&	00:34#	00:15+	03:22@	00:06+	01:07&	01:22&	00:33&	00:22&	00:19&	
22	Arne Hope										43	27:39
	03:12+	05:37+	09:37+	14:02+	15:45+	18:55+	21:00+	23:43+	26:02+	26:58+	27:39+	
	03:12+	02:25+	04:00+	04:25+	01:43+	03:10+	02:05+	02:43+	02:19+	00:56+	00:41+	
	01:26&	01:13@	01:10&	00:12+	01:13@	01:24&	00:31&	01:04&	00:53&	00:27&	00:19&	
23	Rolf Øystein Kluge										7	28:45
	02:49+	05:02+	11:14+	15:44+	16:32+	19:17+	21:51+	25:17+	27:18+	28:08+	28:45+	
	02:49+	02:13+	06:12+	04:30+	00:48+	02:45+	02:34+	03:26+	02:01+	00:50+	00:37+	
	01:03&	01:01&	03:22@	00:17+	00:18&	00:59&	01:00&	01:47@	00:35&	00:21&	00:15&	
24	Joar Fandrem										94	29:29
	02:25+	06:54+	11:53+	16:00+	17:02+	20:09+	22:00+	25:28+	27:51+	28:55+	29:29+	
	02:25+	04:29+	04:59+	04:07-	01:02+	03:07+	01:51+	03:28+	02:23+	01:04+	00:34+	
	00:39&	03:17@	02:09&	00:06-	00:32@	01:21&	00:17#	01:49@	00:57&	00:35@	00:12&	
25	Steinar Aase										268	31:33
	03:38+	06:29+	11:11+	16:26+	17:44+	21:09+	23:56+	27:39+	29:33+	30:40+	31:33+	
	03:38+	02:51+	04:42+	05:15+	01:18+	03:25+	02:47+	03:43+	01:54+	01:07+	00:53+	
	01:52@	01:39@	01:52&	01:02#	00:48@	01:39&	01:13&	02:04@	00:28&	00:38@	00:31@	
26	Per Bakken										5	32:39
	02:37+	04:43+	10:25+	14:51+	15:39+	18:40+	21:14+	28:30+	31:00+	32:00+	32:39+	
	02:37+	02:06+	05:42+	04:26+	00:48+	03:01+	02:34+	07:16+	02:30+	01:00+	00:39+	
	00:51&	00:54&	02:52@	00:13+	00:18&	01:15&	01:00&	05:37@	01:04&	00:31@	00:17&	
27	John Thorsnæs										51	33:37
	05:44+	08:20+	13:30+	18:53+	20:08+	23:00+	26:23+	29:58+	31:55+	32:53+	33:37+	
	05:44+	02:36+	05:10+	05:23+	01:15+	02:52+	03:23+	03:35+	01:57+	00:58+	00:44+	
	03:58@	01:24@	02:20&	01:10&	00:45@	01:06&	01:49@	01:56@	00:31&	00:29&	00:22&	
28	Inge Grødem										92	51:20
	06:38+	11:00+	17:25+	26:41+	28:36+	35:02+	39:35+	45:36+	49:06+	50:29+	51:20+	
	06:38+	04:22+	06:25+	09:16+	01:55+	06:26+	04:33+	06:01+	03:30+	01:23+	00:51+	
	04:52@	03:10@	03:35@	05:03@	01:25@	04:40@	02:59@	04:22@	02:04@	00:54@	00:29@	
Beste strekktid for klassen												
	01:46	01:12	02:44	02:27	00:29	01:19	01:20	01:39	01:09	00:29	00:22	

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