

1	Elin Graneland										39	40:38									
	02:24=	03:52=	05:51=	07:38=	10:03=	13:39=	14:28=	16:56=	19:22=	21:19=	25:01=	27:58=	30:07=	32:27=	35:13=	37:27=	39:30=	40:38=			
	02:24=	01:28=	01:59=	01:47=	02:25=	03:36=	00:49=	02:28=	02:26=	01:57=	03:42=	02:57=	02:09=	02:20=	02:46=	02:14=	02:03=	01:08=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Lene Bjelland										116	42:12									
	02:33+	04:15+	07:29+	10:09+	11:44+	15:20+	16:03+	18:46+	20:33+	22:51+	26:02+	28:44+	30:58+	33:06+	36:25+	38:56+	41:11+	42:12+			
	02:33+	01:42+	03:14+	02:40+	01:35-	03:36=	00:43-	02:43+	01:47-	02:18+	03:11-	02:42-	02:14+	02:08-	03:19+	02:31+	02:15+	01:01-			
	00:09+	00:14#	01:15&	00:53&	00:50-	00:00=	00:06-	00:15#	00:39-	00:21#	00:31-	00:15-	00:05+	00:12-	00:33#	00:17#	00:12+	00:07-			
3	Hanne Berg Aspøy										117	46:06									
	02:31+	04:02+	08:18+	11:17+	13:39+	19:02+	19:44+	22:32+	24:17+	26:13+	29:32+	32:00+	34:22+	35:57+	40:18+	42:47+	44:43+	46:06+			
	02:31+	01:31+	04:16+	02:59+	02:22-	05:23+	00:42-	02:48+	01:45-	01:56-	03:19-	02:28-	02:22+	01:35-	04:21+	02:29+	01:56-	01:23+			
	00:07+	00:03+	02:17@	01:12&	00:03-	01:47&	00:07-	00:20#	00:41-	00:01-	00:23-	00:29-	00:13#	00:45-	01:35&	00:15#	00:07-	00:15#			
4	Anina Iselin Hadland										29	50:52									
	03:55+	05:30+	08:35+	11:02+	14:33+	18:39+	19:14+	22:46+	24:25+	26:33+	28:34+	31:03+	34:09+	38:51+	42:30+	46:38+	49:21+	50:52+			
	03:55+	01:35+	03:05+	02:27+	03:31+	04:06+	00:35-	03:32+	01:39-	02:08+	02:01-	02:29-	03:06+	04:42+	03:39+	04:08+	02:43+	01:31+			
	01:31&	00:07+	01:06&	00:40&	01:06&	00:30#	00:14-	01:04&	00:47-	00:11+	01:41-	00:28-	00:57&	02:22@	00:53&	01:54&	00:40&	00:23&			
5	Margrete Jian Øye										126	54:23									
	02:59+	04:33+	11:08+	15:39+	18:08+	21:26+	22:26+	25:42+	27:43+	30:41+	33:01+	37:09+	40:10+	44:09+	47:41+	50:43+	52:58+	54:23+			
	02:59+	01:34+	06:35+	04:31+	02:29+	03:18-	01:00+	03:16+	02:01-	02:58+	02:20-	04:08+	03:01+	03:59+	03:32+	03:02+	02:15+	01:25+			
	00:35#	00:06+	04:36@	02:44@	00:04+	00:18-	00:11#	00:48&	00:25-	01:01&	01:22-	01:11&	00:52&	01:39&	00:46&	00:48&	00:12+	00:17#			
6	Maren Heradstveit										76	59:14									
	02:54+	04:49+	10:11+	16:34+	19:25+	24:21+	25:05+	30:52+	32:41+	35:17+	37:51+	40:39+	43:06+	45:35+	52:41+	54:58+	57:43+	59:14+			
	02:54+	01:55+	05:22+	06:23+	02:51+	04:56+	00:44-	05:47+	01:49-	02:36+	02:34-	02:48-	02:27+	02:29+	07:06+	02:17+	02:45+	01:31+			
	00:30#	00:27&	03:23@	04:36@	00:26#	01:20&	00:05-	03:19@	00:37-	00:39&	01:08-	00:09-	00:18#	00:09+	04:20@	00:03+	00:42&	00:23&			
7	Ingrid Otnes										268	1:01:20									
	02:34+	08:16+	11:12+	20:12+	21:46+	26:13+	26:44+	31:42+	33:11+	35:17+	39:28+	44:59+	48:44+	51:24+	53:51+	56:38+	59:31+	61:20+			
	02:34+	05:42+	02:56+	09:00+	01:34-	04:27+	00:31-	04:58+	01:29-	02:06+	04:11+	05:31+	03:45+	02:40+	02:27-	02:47+	02:53+	01:49+			
	00:10+	04:14@	00:57&	07:13@	00:51-	00:51#	00:18-	02:30@	00:57-	00:09+	00:29#	02:34&	01:36&	00:20#	00:19-	00:33#	00:50&	00:41&			
8	Ingrid Dagsland Halderaker										11	1:01:37									
	03:17+	05:05+	09:03+	11:49+	15:05+	21:33+	22:43+	25:36+	28:31+	32:16+	38:21+	41:07+	43:16+	45:33+	53:31+	56:08+	60:15+	61:37+			
	03:17+	01:48+	03:58+	02:46+	03:16+	06:28+	01:10+	02:53+	02:55+	03:45+	06:05+	02:46-	02:09=	02:17-	07:58+	02:37+	04:07+	01:22+			
	00:53&	00:20#	01:59&	00:59&	00:51&	02:52&	00:21&	00:25#	00:29#	01:48&	02:23&	00:11-	00:00=	00:03-	05:12@	00:23#	02:04@	00:14#			
9	Ingvild Amalixsen										116	1:02:40									
	02:58+	05:03+	09:29+	15:44+	18:49+	24:00+	24:48+	27:43+	29:37+	32:12+	35:29+	38:51+	41:58+	44:27+	54:42+	59:00+	61:13+	62:40+			
	02:58+	02:05+	04:26+	06:15+	03:05+	05:11+	00:48-	02:55+	01:54-	02:35+	03:17-	03:22+	03:07+	02:29+	10:15+	04:18+	02:13+	01:27+			
	00:34#	00:37&	02:27@	04:28@	00:40&	01:35&	00:01-	00:27#	00:32-	00:38&	00:25-	00:25#	00:58&	00:09+	07:29@	02:04&	00:10+	00:19&			
10	Sara Engevik										126	1:04:36									
	04:10+	07:09+	11:17+	15:07+	18:07+	24:39+	25:53+	29:57+	32:41+	36:01+	40:00+	43:26+	47:07+	51:04+	56:59+	60:12+	62:58+	64:36+			
	04:10+	02:59+	04:08+	03:50+	03:00+	06:32+	01:14+	04:04+	02:44+	03:20+	03:59+	03:26+	03:41+	03:57+	05:55+	03:13+	02:46+	01:38+			
	01:46&	01:31@	02:09@	02:03@	00:35#	02:56&	00:25&	01:36&	00:18#	01:23&	00:17+	00:29#	01:32&	01:37&	03:09@	00:59&	00:43&	00:30&			
11	Heidi Nordaunet										126	1:04:50									
	03:21+	05:44+	10:03+	19:57+	23:00+	28:23+	29:51+	34:41+	36:50+	39:28+	42:08+	45:25+	48:34+	51:30+	57:13+	59:52+	63:29+	64:50+			
	03:21+	02:23+	04:19+	09:54+	03:03+	05:23+	01:28+	04:50+	02:09-	02:38+	02:40-	03:17+	03:09+	02:56+	05:43+	02:39+	03:37+	01:21+			
	00:57&	00:55&	02:20@	08:07@	00:38&	01:47&	00:39&	02:22&	00:17-	00:41&	01:02-	00:20#	01:00&	00:36&	02:57@	00:25#	01:34&	00:13#			
12	Ingrid Lycke Austbø										109	1:04:52									
	04:05+	06:05+	08:39+	12:50+	14:55+	17:54+	18:50+	22:15+	23:57+	26:45+	33:26+	36:09+	45:15+	47:21+	53:03+	61:29+	63:30+	64:52+			
	04:05+	02:00+	02:34+	04:11+	02:05-	02:59-	00:56+	03:25+	01:42-	02:48+	06:41+	02:43-	09:06+	02:06-	05:42+	08:26+	02:01-	01:22+			
	01:41&	00:32&	00:35&	02:24@	00:20-	00:37-	00:07#	00:57&	00:44-	00:51&	02:59&	00:14-	06:57@	00:14-	02:56@	06:12@	00:02-	00:14#			
13	Hege Bakken										93	1:06:51									
	03:05+	04:55+	14:53+	17:46+	23:36+	30:18+	32:33+	36:46+	38:29+	43:23+	45:51+	48:40+	51:26+	53:32+	58:03+	62:52+	65:18+	66:51+			
	03:05+	01:50+	09:58+	02:53+	05:50+	06:42+	02:15+	04:13+	01:43-	04:54+	02:28-	02:49-	02:46+	02:06-	04:31+	04:49+	02:26+	01:33+			
	00:41&	00:22#	07:59@	01:06&	03:25@	03:06&	01:26@	01:45&	00:43-	02:57@	01:14-	00:08-	00:37&	00:14-	01:45&	02:35@	00:23#	00:25&			
14	Kjersti Nordal										39	1:09:18									
	03:20+	05:57+	11:53+	19:08+	22:55+	29:53+	30:27+	34:03+	36:46+	39:39+	44:04+	48:43+	53:09+	55:52+	62:47+	65:35+	67:56+	69:18+			
	03:20+	02:37+	05:56+	07:15+	03:47+	06:58+	00:34-	03:36+	02:43+	02:53+	04:25+	04:39+	04:26+	02:43+	06:55+	02:48+	02:21+	01:22+			
	00:56&	01:09&	03:57@	05:28@	01:22&	03:22&	00:15-	01:08&	00:17#	00:56&	00:43#	01:42&	02:17@	00:23#	04:09@	00:34&	00:18#	00:14#			

Pllass	Navn					Klasse					Tid									
15	Tone Hansen					76					1:23:46									
05:21+	08:10+	13:33+	21:20+	24:59+	33:38+	35:30+	41:32+	44:41+	47:47+	51:19+	56:16+	60:11+	64:03+	69:11+	74:19+	79:07+	83:46+			
05:21+	02:49+	05:23+	07:47+	03:39+	08:39+	01:52+	06:02+	03:09+	03:06+	03:32-	04:57+	03:55+	03:52+	05:08+	05:08+	04:48+	04:39+			
02:57@	01:21&	03:24@	06:00@	01:14&	05:03@	01:03@	03:34@	00:43&	01:09&	00:10-	02:00&	01:46&	01:32&	02:22&	02:54@	02:45@	03:31@			
16	Marita Navjord Nicolaysen					71					1:31:12									
03:25+	06:18+	28:05+	33:51+	38:13+	52:49+	53:36+	58:03+	61:07+	64:11+	66:54+	70:42+	73:23+	79:26+	83:13+	86:11+	89:44+	91:12+			
03:25+	02:53+	21:47+	05:46+	04:22+	14:36+	00:47-	04:27+	03:04+	03:04+	02:43-	03:48+	02:41+	06:03+	03:47+	02:58+	03:33+	01:28+			
01:01&	01:25&	19:48@	03:59@	01:57&	11:00@	00:02-	01:59&	00:38&	01:07&	00:59-	00:51&	00:32#	03:43@	01:01&	00:44&	01:30&	00:20&			
17	Katja Eliassen					79					1:48:51									
09:23+	12:49+	18:50+	22:41+	26:54+	48:03+	48:55+	52:28+	55:58+	60:32+	66:17+	70:01+	77:27+	81:24+	87:37+	103:32+	106:55+	108:51+			
09:23+	03:26+	06:01+	03:51+	04:13+	21:09+	00:52+	03:33+	03:30+	04:34+	05:45+	03:44+	07:26+	03:57+	06:13+	15:55+	03:23+	01:56+			
06:59@	01:58@	04:02@	02:04@	01:48&	17:33@	00:03+	01:05&	01:04&	02:37@	02:03&	00:47&	05:17@	01:37&	03:27@	13:41@	01:20&	00:48&			
Beste strekktid for klassen																				
02:24	01:28	01:59	01:47	01:34	02:59	00:31	02:28	01:29	01:56	02:01	02:28	02:09	01:35	02:27	02:14	01:56	01:01			

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

Damer 40 - 49 år

1	Brit Nilsen										88											49:06																								
01:04=	03:08=	04:41=	08:45=	10:22=	13:25=	19:57=	22:38=	25:30=	29:22=	31:48=	34:40=	38:11=	42:26=	44:53=	47:28=	49:06=																														
01:04=	02:04=	01:33=	04:04=	01:37=	03:03=	06:32=	02:41=	02:52=	03:52=	02:26=	02:52=	03:31=	04:15=	02:27=	02:35=	01:38=																														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																														
2	Anne Marie Gausel										105											51:01																								
01:06+	03:05-	04:24-	09:12+	11:56+	17:10+	19:18-	22:05-	26:23+	28:08-	31:41-	35:17+	38:16+	45:22+	47:58+	49:50+	51:01+																														
01:06+	01:59-	01:19-	04:48+	02:44+	05:14+	02:08-	02:47+	04:18+	01:45-	03:33+	03:36+	02:59-	07:06+	02:36+	01:52-	01:11-																														
00:02+	00:05-	00:14-	00:44#	01:07&	02:11&	04:24-	00:06+	01:26&	02:07-	01:07&	00:44&	00:32-	02:51&	00:09+	00:43-	00:27-																														
3	Agnes Elin Engen										116											51:15																								
00:55-	02:48-	04:53+	08:29-	11:15+	17:03+	19:52-	23:48+	27:31+	29:56+	32:07+	37:53+	41:28+	45:28+	47:49+	49:54+	51:15+																														
00:55-	01:53-	02:05+	03:36-	02:46+	05:48+	02:49-	03:56+	03:43+	02:25-	02:11-	05:46+	03:35+	04:00-	02:21-	02:05-	01:21-																														
00:09-	00:11-	00:32&	00:28-	01:09&	02:45&	03:43-	01:15&	00:51&	01:27-	00:15-	02:54@	00:04+	00:15-	00:06-	00:30-	00:17-																														
4	Ida K. Kolstø										29											55:24																								
01:00-	02:43-	04:22-	09:24+	13:37+	16:03+	19:14-	22:33-	27:05+	29:44+	33:40+	36:07+	40:18+	45:09+	51:41+	53:58+	55:24+																														
01:00-	01:43-	01:39+	05:02+	04:13+	02:26-	03:11-	03:19+	04:32+	02:39-	03:56+	02:27-	04:11+	04:51+	06:32+	02:17-	01:26-																														
00:04-	00:21-	00:06+	00:58#	02:36@	00:37-	03:21-	00:38#	01:40&	01:13-	01:30&	00:25-	00:40#	00:36#	04:05@	00:18-	00:12-																														
5	Agnes Haker										43											58:47																								
02:04+	04:57+	07:21+	11:57+	17:27+	19:08+	23:25+	33:08+	36:20+	38:29+	40:40+	43:08+	47:45+	53:06+	55:20+	57:27+	58:47+																														
02:04+	02:53+	02:24+	04:36+	05:30+	01:41-	04:17-	09:43+	03:12+	02:09-	02:11-	02:28-	04:37+	05:21+	02:14-	02:07-	01:20-																														
01:00&	00:49&	00:51&	00:32#	03:53@	01:22-	02:15-	07:02@	00:20#	01:43-	00:15-	00:24-	01:06&	01:06&	00:13-	00:28-	00:18-																														
6	Randi Helen Ladsten										128											1:10:23																								
01:40+	03:36+	05:40+	13:01+	15:21+	19:06+	27:53+	34:24+	38:43+	44:36+	47:09+	50:11+	54:04+	62:59+	65:45+	68:52+	70:23+																														
01:40+	01:56-	02:04+	07:21+	02:20+	03:45+	08:47+	06:31+	04:19+	05:53+	02:33+	03:02+	03:53+	08:55+	02:46+	03:07+	01:31-																														
00:36&	00:08-	00:31&	03:17&	00:43&	00:42#	02:15&	03:50@	01:27&	02:01&	00:07+	00:10+	00:22#	04:40@	00:19#	00:32#	00:07-																														
7	Sølvi Jacobsen										43											1:22:21																								
01:04+	05:34+	08:00+	18:39+	24:11+	30:24+	33:31+	39:37+	47:24+	51:33+	58:18+	62:45+	67:45+	73:27+	76:47+	79:53+	82:21+																														
03:01+	02:33+	02:26+	10:39+	05:32+	06:13+	03:07-	06:06+	07:47+	04:09+	06:45+	04:27+	05:00+	05:42+	03:20+	03:06+	02:28+																														
01:57@	00:29#	00:53&	06:35@	03:55@	03:10@	03:25-	03:25@	04:55@	00:17+	04:19@	01:35&	01:29&	01:27&	00:53&	00:31#	00:50&																														
Beste strekktid for klassen																																														
00:55	01:43	01:19	03:36	01:37	01:41	02:08	02:41	02:52	01:45	02:11	02:27	02:59	04:00	02:14	01:52	01:11																														

Plass	Navn					Klasse					Tid				
2	Ragnhild Auglænd					62					50:01				
	01:10-	03:16+	05:07+	09:04+	11:44+	14:10+	17:25+	22:25+	26:29+	30:12+	32:28+	35:15+	38:40+	43:13+	45:54+
	01:10-	02:06+	01:51+	03:57-	02:40+	02:26-	03:15-	05:00+	04:04+	03:43+	02:16=	02:47+	03:25+	04:33-	02:41-
	00:04-	00:12#	00:19#	00:09-	00:09+	00:05-	00:17-	01:49&	01:01&	01:27&	00:00=	00:07+	00:09+	00:04-	00:27-
														00:06+	00:12#
3	Tone Cecilie Nystrom					68					53:13				
	01:30+	03:35+	05:37+	10:29+	12:42+	14:58+	17:38+	21:12+	25:21+	27:38+	32:35+	38:03+	41:55+	46:25+	48:57+
	01:30+	02:05+	02:02+	04:52+	02:13-	02:16-	02:40-	03:34+	04:09+	02:17+	04:57+	05:28+	03:52+	04:30-	02:32-
	00:16#	00:11+	00:30&	00:46#	00:18-	00:15-	00:52-	00:23#	01:06&	00:01+	02:41@	02:48@	00:36#	00:07-	00:36-
														00:18#	00:09#
4	Anne Siv Gjertsen					27					53:14				
	01:45+	03:50+	05:51+	10:59+	13:36+	15:49+	19:24+	22:51+	26:13+	28:41+	31:15+	34:50+	38:46+	44:20+	47:08+
	01:45+	02:05+	02:01+	05:08+	02:37+	02:13-	03:35+	03:27+	03:22+	02:28+	02:34+	03:35+	03:56+	05:34+	02:48-
	00:31&	00:11+	00:29&	01:02&	00:06+	00:18-	00:03+	00:16+	00:19#	00:12+	00:18#	00:55&	00:40#	00:57#	00:20-
														02:19&	00:02-
5	Trude Katrine Hermanrud					117					53:34				
	01:18+	03:17+	05:16+	10:36+	13:02+	15:49+	20:47+	24:33+	27:34+	30:19+	32:54+	38:01+	42:18+	47:23+	50:00+
	01:18+	01:59+	01:59+	05:20+	02:26-	02:47+	04:58+	03:46+	03:01-	02:45+	02:35+	05:07+	04:17+	05:05+	02:37-
	00:04+	00:05+	00:27&	01:14&	00:05-	00:16#	01:26&	00:35#	00:02-	00:29#	00:19#	02:27&	01:01&	00:28#	00:31-
														00:11-	00:04-
6	Torill Andersen					116					56:12				
	01:10-	03:04-	05:11+	09:38+	11:57+	14:34+	17:16-	23:47+	28:59+	32:14+	34:59+	39:01+	43:22+	48:03+	51:20+
	01:10-	01:54=	02:07+	04:27+	02:19-	02:37+	02:42-	06:31+	05:12+	03:15+	02:45+	04:02+	04:21+	04:41+	03:17+
	00:04-	00:00=	00:35&	00:21+	00:12-	00:06+	00:50-	03:20@	02:09&	00:59&	00:29#	01:22&	01:05&	00:04+	00:09+
														00:29#	00:34&
7	Marianne Fuglestad					117					58:12				
	01:05-	03:03-	05:16+	10:15+	13:19+	15:50+	18:52+	22:33+	25:53+	28:52+	34:54+	41:45+	45:33+	51:20+	53:31+
	01:05-	01:58+	02:13+	04:59+	03:04+	02:31=	03:02-	03:41+	03:20+	02:59+	06:02+	06:51+	03:48+	05:47+	02:11-
	00:09-	00:04+	00:41&	00:53#	00:33#	00:00=	00:30-	00:30#	00:17+	00:43&	03:46@	04:11@	00:32#	01:10&	00:57-
														01:00&	00:08-
8	Nidunn Sandvik					228					59:13				
	01:24+	03:57+	06:25+	10:49+	13:05+	16:46+	19:55+	27:30+	31:57+	35:17+	38:57+	42:04+	45:40+	50:03+	53:32+
	01:24+	02:33+	02:28+	04:24+	02:16-	03:41+	03:09-	07:35+	04:27+	03:20+	02:59+	06:02+	03:07+	04:23-	03:29+
	00:10#	00:39&	00:56&	00:18+	00:15-	01:10&	00:23-	04:24@	01:24&	01:04&	01:24&	00:27#	00:20#	00:14-	00:21#
														01:44&	00:08+
9	Gerd Olaug Vikeså					101					59:18				
	01:04-	03:28+	05:44+	11:18+	18:14+	20:36+	24:40+	31:01+	34:41+	37:55+	40:18+	43:12+	46:44+	51:05+	53:35+
	01:04-	02:24+	02:16+	05:34+	06:56+	02:22-	04:04+	06:21+	03:40+	03:14+	02:23+	02:54+	03:32+	04:21-	02:30-
	00:10-	00:30&	00:44&	01:28&	04:25@	00:09-	00:32#	03:10&	00:37#	00:58&	00:07+	00:14+	00:16+	00:16-	00:38-
														01:57&	00:03-
10	Hilde Frøytlog Karlsen					228					59:43				
	01:19+	03:41+	05:59+	12:43+	15:37+	18:19+	21:43+	25:21+	30:00+	33:03+	36:16+	39:42+	43:54+	50:32+	54:53+
	01:19+	02:22+	02:18+	06:44+	02:54+	02:42+	03:24-	03:38+	04:39+	03:03+	03:13+	03:26+	04:12+	06:38+	04:21+
	00:05+	00:28#	00:46&	02:38&	00:23#	00:11+	00:08-	00:27#	01:36&	00:47&	00:57&	00:46&	00:56&	02:01&	01:13&
														00:46&	00:15#
11	Liv Omdal					116					1:04:21				
	02:07+	04:10+	06:13+	10:59+	13:59+	16:49+	23:35+	28:25+	34:18+	37:19+	44:57+	48:57+	52:58+	57:28+	60:13+
	02:07+	02:03+	02:03+	04:46+	03:00+	02:50+	06:46+	04:50+	05:53+	03:01+	07:38+	04:00+	04:01+	04:30-	02:45-
	00:53&	00:09+	00:31&	00:40#	00:29#	00:19#	03:14&	01:39&	02:50&	00:45&	05:22@	01:20&	00:45#	00:07-	00:23-
														00:19#	00:00=
12	Oddny Haugland					114					1:06:54				
	01:35+	04:31+	07:19+	12:08+	14:49+	17:52+	20:42+	24:01+	28:00+	30:53+	36:38+	39:14+	43:16+	60:16+	62:44+
	01:35+	02:56+	02:48+	04:49+	02:41+	03:03+	02:50-	03:19+	03:59+	02:53+	05:45+	02:36-	04:02+	17:00+	02:28-
	00:21&	01:02&	01:16&	00:43#	00:10+	00:32#	00:42-	00:08+	00:56&	00:37&	03:29@	00:04-	00:46#	12:23@	00:40-
														00:19#	00:02+
13	Siri Bjerkreim Hamre					93					1:07:56				
	01:28+	03:47+	06:05+	19:51+	22:32+	24:59+	28:28+	35:39+	40:17+	44:18+	47:53+	50:50+	54:35+	60:14+	62:57+
	01:28+	02:19+	02:18+	13:46+	02:41+	02:27-	03:29-	07:11+	04:38+	04:01+	03:35+	02:57+	03:45+	05:39+	02:43-
	00:14#	00:25#	00:46&	09:40@	00:10+	00:04-	00:03-	04:00@	01:35&	01:45&	01:19&	00:17#	00:29#	01:02#	00:25-
														00:36#	00:34&
14	Elisabeth Christie Ørke					105					1:08:33				
	01:23+	03:08=	05:18+	14:42+	22:36+	25:53+	29:17+	34:59+	38:57+	41:58+	47:38+	51:05+	54:37+	58:59+	64:59+
	01:23+	01:45-	02:10+	09:24+	07:54+	03:17+	03:24-	05:42+	03:58+	03:01+	05:40+	03:27+	03:32+	04:22-	06:00+
	00:09#	00:09-	00:38&	05:18@	05:23@	00:46&	00:08-	02:31&	00:55&	00:45&	03:24@	00:47&	00:16+	00:15-	02:52&
														00:20-	00:05+
15	Siv Skretting					93					1:09:18				
	01:12-	03:22+	05:45+	13:33+	16:20+	18:42+	21:39+	33:20+	38:51+	41:48+	48:35+	51:56+	55:12+	60:56+	64:06+
	01:12-	02:10+	02:23+	07:48+	02:47+	02:22-	02:57-	11:41+	05:31+	02:57+	06:47+	03:21+	03:16=	05:44+	03:10+
	00:02-	00:16#	00:51&	03:42&	00:16#	00:09-	00:35-	08:30@	02:28&	00:41&	04:31@	00:41&	00:00=	01:07#	00:02+
														00:43&	00:40&
16	Signe Ottesen					116					1:09:26				
	01:36+	04:29+	06:44+	11:39+	14:26+	16:56+	20:47+	35:12+	39:14+	42:14+	46:36+	49:48+	53:52+	58:37+	61:44+
	01:36+	02:53+	02:15+	04:55+	02:47+	02:30-	03:51+	14:25+	04:02+	03:00+	04:22+	03:12+	04:04+	04:45+	03:07-
	00:22&	00:59&	00:43&	00:49#	00:16#	00:01-	00:19+	11:14@	00:59&	00:44&	02:06&	00:32#	00:48#	00:08+	00:01-
														03:48@	00:05+

Plass	Navn					Klasse					Tid					
17	Marie-Elizabeth Reinseth					27						1:17:29				
01:27+	04:44+	08:46+	13:15+	18:16+	20:39+	24:20+	37:09+	41:23+	44:02+	55:44+	60:44+	65:00+	70:15+	72:59+	75:35+	77:29+
01:27+	03:17+	04:02+	04:29+	05:01+	02:23-	03:41+	12:49+	04:14+	02:39+	11:42+	05:00+	04:16+	05:15+	02:44-	02:36+	01:54+
00:13#	01:23&	02:30@	00:23+	02:30&	00:08-	00:09+	09:38@	01:11&	00:23#	09:26@	02:20&	01:00&	00:38#	00:24-	00:12+	00:29&
18	Liv Margot Sviland					54						1:19:45				
02:17+	05:53+	08:18+	17:18+	24:59+	27:58+	34:31+	40:00+	44:50+	48:35+	51:47+	61:09+	65:02+	69:26+	75:46+	78:09+	79:45+
02:17+	03:36+	02:25+	09:00+	07:41+	02:59+	06:33+	05:29+	04:50+	03:45+	03:12+	09:22+	03:53+	04:24-	06:20+	02:23-	01:36+
01:03&	01:42&	00:53&	04:54@	05:10@	00:28#	03:01&	02:18&	01:47&	01:29&	00:56&	06:42@	00:37#	00:13-	03:12@	00:01-	00:11#
19	Andrea Tapken					54						1:28:38				
02:13+	06:01+	09:38+	17:02+	20:31+	24:33+	29:02+	34:31+	40:07+	43:55+	53:40+	62:05+	69:04+	77:39+	81:25+	86:07+	88:38+
02:13+	03:48+	03:37+	07:24+	03:29+	04:02+	04:29+	05:29+	05:36+	03:48+	09:45+	08:25+	06:59+	08:35+	03:46+	04:42+	02:31+
00:59&	01:54&	02:05@	03:18&	00:58&	01:31&	00:57&	02:18&	02:33&	01:32&	07:29@	05:45@	03:43@	03:58&	00:38#	02:18&	01:06&
20	Ragnhild Båtnes Berntsen					101						1:28:49				
01:05-	04:12+	18:48+	25:20+	28:24+	31:42+	35:15+	40:05+	45:48+	52:22+	56:34+	64:36+	73:27+	79:33+	83:11+	86:56+	88:49+
01:05-	03:07+	14:36+	06:32+	03:04+	03:18+	03:33+	04:50+	05:43+	06:34+	04:12+	08:02+	08:51+	06:06+	03:38+	03:45+	01:53+
00:09-	01:13&	13:04@	02:26&	00:33#	00:47&	00:01+	01:39&	02:40&	04:18@	01:56&	05:22@	05:35@	01:29&	00:30#	01:21&	00:28&
21	Brit Vivian Meling					116						1:35:40				
01:59+	05:02+	15:40+	22:30+	28:03+	33:42+	52:50+	57:29+	62:58+	66:41+	71:43+	75:20+	80:59+	86:14+	89:26+	92:57+	95:40+
01:59+	03:03+	10:38+	06:50+	05:33+	05:39+	19:08+	04:39+	05:29+	03:43+	05:02+	03:37+	05:39+	05:15+	03:12+	03:31+	02:43+
00:45&	01:09&	09:06@	02:44&	03:02@	03:08@	15:36@	01:28&	02:26&	01:27&	02:46@	00:57&	02:23&	00:38#	00:04+	01:07&	01:18&
22	Kari Smådal Turøy					115						1:43:07				
02:21+	05:01+	08:01+	15:10+	23:53+	31:37+	46:14+	55:53+	60:20+	68:15+	72:07+	75:42+	80:56+	92:39+	95:52+	101:15+	103:07+
02:21+	02:40+	03:00+	07:09+	08:43+	07:44+	14:37+	09:39+	04:27+	07:55+	03:52+	03:35+	05:14+	11:43+	03:13+	05:23+	01:52+
01:07&	00:46&	01:28&	03:03&	06:12@	05:13@	11:05@	06:28@	01:24&	05:39@	01:36&	00:55&	01:58&	07:06@	00:05+	02:59@	00:27&
23	Birgitte Røe					125						1:48:14				
01:03-	04:05+	07:32+	25:39+	33:22+	36:38+	40:56+	63:40+	68:21+	73:35+	80:45+	85:18+	89:30+	96:13+	102:05+	105:45+	108:14+
01:03-	03:02+	03:27+	18:07+	07:43+	03:16+	04:18+	22:44+	04:41+	05:14+	07:10+	04:33+	04:12+	06:43+	05:52+	03:40+	02:29+
00:11-	01:08&	01:55@	14:01@	05:12@	00:45&	00:46#	19:33@	01:38&	02:58@	04:54@	01:53&	00:56&	02:06&	02:44&	01:16&	01:04&
24	Ellinor Hoemsnes					116						1:55:15				
03:44+	06:42+	09:15+	20:23+	23:55+	28:36+	44:05+	53:37+	63:34+	67:01+	78:27+	87:36+	96:56+	102:00+	105:42+	113:34+	115:15+
03:44+	02:58+	02:33+	11:08+	03:32+	04:41+	15:29+	09:32+	09:57+	03:27+	11:26+	09:09+	09:20+	05:04+	03:42+	07:52+	01:41+
02:30@	01:04&	01:01&	07:02@	01:01&	02:10&	11:57@	06:21@	06:54@	01:11&	09:10@	06:29@	06:04@	00:27+	00:34#	05:28@	00:16#
Beste strekktid for klassen																
01:03	01:45	01:32	03:57	02:13	02:13	02:40	03:11	03:01	02:16	02:16	02:36	03:16	04:21	02:11	02:04	01:17

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

## Damer 60 - 64 år

1	Ingrid Eik												88	56:44											
02:40=	04:18=	06:48=	17:15=	20:16=	24:18=	26:37=	29:47=	33:05=	38:07=	38:55=	46:33=	49:16=	52:19=	55:23=	56:44=										
02:40=	01:38=	02:30=	10:27=	03:01=	04:02=	02:19=	03:10=	03:18=	05:02=	00:48=	07:38=	02:43=	03:03=	03:04=	01:21=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	May Elinor Meling												125	1:00:11											
03:10+	05:20+	16:51+	22:51+	24:51+	29:14+	31:28+	35:54+	40:00+	42:55+	44:33+	49:29+	52:41+	55:20+	58:21+	60:11+										
03:10+	02:10+	11:31+	06:00-	02:00-	04:23+	02:14-	04:26+	04:06+	02:55-	01:38+	04:56-	03:12+	02:39-	03:01-	01:50+										
00:30#	00:32&	09:01@	04:27-	01:01-	00:21+	00:05-	01:16&	00:48#	02:07-	00:50@	02:42-	00:29#	00:24-	00:03-	00:29&										
3	Marit Karin Nygård												92	1:01:28											
04:36+	06:43+	10:41+	15:34-	18:17-	23:13-	27:33+	31:28+	35:50+	41:01+	42:26+	47:48+	52:51+	56:34+	59:13+	61:28+										
04:36+	02:07+	03:58+	04:53-	02:43-	04:56+	04:20+	03:55+	04:22+	05:11+	01:25+	05:22-	05:03+	03:43+	02:39-	02:15+										
01:56&	00:29&	01:28&	05:34-	00:18-	00:54#	02:01&	00:45#	01:04&	00:09+	00:37&	02:16-	02:20&	00:40#	00:25-	00:54&										
4	Berit Bakken												93	1:04:56											
03:20+	05:29+	12:41+	20:25+	23:49+	29:50+	32:28+	37:35+	42:31+	47:23+	48:30+	53:26+	56:33+	59:46+	62:59+	64:56+										
03:20+	02:09+	07:12+	07:44-	03:24+	06:01+	02:38+	05:07+	04:56+	04:52-	01:07+	04:56-	03:07+	03:13+	03:13+	01:57+										
00:40#	00:31&	04:42@	02:43-	00:23#	01:59&	00:19#	01:57&	01:38&	00:10-	00:19&	02:42-	00:24#	00:10+	00:09+	00:36&										
5	Liv Sissel Obrestad												54	1:23:50											
05:45+	08:07+	11:33+	23:49+	26:14+	31:27+	41:18+	44:51+	50:21+	55:17+	57:02+	70:25+	75:33+	78:29+	81:39+	83:50+										
05:45+	02:22+	03:26+	12:16+	02:25-	05:13+	09:51+	03:33+	05:30+	04:56-	01:45+	13:23+	05:08+	02:56-	03:10+	02:11+										
03:05@	00:44&	00:56&	01:49#	00:36-	01:11&	07:32@	00:23#	02:12&	00:06-	00:57@	05:45&	02:25&	00:07-	00:06+	00:50&										

Plass	Navn										Klasse	Tid									
6	Ingrid Øxnevad										18	1:26:39									
05:33+	07:51+	19:06+	36:41+	41:53+	47:49+	53:49+	56:53+	60:55+	64:59+	65:56+	71:00+	74:08+	77:40+	85:06+	86:39+						
05:33+	02:18+	11:15+	17:35+	05:12+	05:56+	06:00+	03:04-	04:02+	04:04-	00:57+	05:04-	03:08+	03:32+	07:26+	01:33+						
02:53@	00:40&	08:45@	07:08&	02:11&	01:54&	03:41@	00:06-	00:44#	00:58-	00:09#	02:34-	00:25#	00:29#	04:22@	00:12#						
7	Hanne Hermanrud										115	1:28:02									
04:26+	07:21+	13:27+	20:10+	24:22+	31:11+	34:28+	38:41+	43:21+	50:00+	51:23+	57:37+	74:36+	81:53+	85:19+	88:02+						
04:26+	02:55+	06:06+	06:43-	04:12+	06:49+	03:17+	04:13+	04:40+	06:39+	01:23+	06:14-	16:59+	07:17+	03:26+	02:43+						
01:46&	01:17&	03:36@	03:44-	01:11&	02:47&	00:58&	01:03&	01:22&	01:37&	00:35&	01:24-	14:16@	04:14@	00:22#	01:22@						
8	Kari Anstensrud										117	1:33:44									
02:55+	27:10+	30:36+	36:02+	39:27+	46:35+	60:01+	64:04+	67:30+	71:28+	72:45+	78:12+	81:07+	84:44+	92:11+	93:44+						
02:55+	24:15+	03:26+	05:26-	03:25+	07:08+	13:26+	04:03+	03:26+	03:58-	01:17+	05:27-	02:55+	03:37+	07:27+	01:33+						
00:15+	22:37@	00:56&	05:01-	00:24#	03:06&	11:07@	00:53&	00:08+	01:04-	00:29&	02:11-	00:12+	00:34#	04:23@	00:12#						
9	Bente Karin Dirdal										54	1:46:44									
05:55+	08:14+	13:33+	19:07+	22:32+	29:37+	42:54+	46:51+	71:50+	76:55+	78:12+	92:52+	95:06+	98:57+	104:51+	106:44+						
05:55+	02:19+	05:19+	05:34-	03:25+	07:05+	13:17+	03:57+	24:59+	05:05+	01:17+	14:40+	02:14-	03:51+	05:54+	01:53+						
03:15@	00:41&	02:49@	04:53-	00:24#	03:03&	10:58@	00:47#	21:41@	00:03+	00:29&	07:02&	00:29-	00:48&	02:50&	00:32&						
Beste strekktid for klassen																					
02:40	01:38	02:30	04:53	02:00	04:02	02:14	03:04	03:18	02:55	00:48	04:56	02:14	02:39	02:39	01:21						

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

### Damer 65 - 69 år

1	Hanne Eik										117	59:38									
03:54=	06:07=	09:59=	14:52=	17:24=	21:48=	25:14=	31:55=	35:48=	42:04=	43:02=	48:09=	51:23=	54:29=	57:51=	59:38=						
03:54=	02:13=	03:52=	04:53=	02:32=	04:24=	03:26=	06:41=	03:53=	06:16=	00:58=	05:07=	03:14=	03:06=	03:22=	01:47=						
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=						
2	Mette Dagsland										68	1:01:31									
11:39+	13:41+	17:33+	24:12+	26:33+	31:04+	33:45+	36:25+	39:40+	43:34+	44:27+	50:18+	53:29+	56:26+	59:19+	61:31+						
11:39+	02:02-	03:52=	06:39+	02:21-	04:31+	02:41-	02:40-	03:15-	03:54-	00:53-	05:51+	03:11-	02:57-	02:53-	02:12+						
07:45@	00:11-	00:00=	01:46&	00:11-	00:07+	00:45-	04:01-	00:38-	02:22-	00:05-	00:44#	00:03-	00:09-	00:29-	00:25#						
3	Eli Frafjord										94	1:01:40									
04:09+	06:12+	09:30-	17:14+	20:48+	27:15+	29:29+	33:14+	38:04+	44:31+	45:36+	50:33+	53:30+	57:22+	59:54+	61:40+						
04:09+	02:03-	03:18-	07:44+	03:34+	06:27+	02:14-	03:45-	04:50+	06:27+	01:05+	04:57-	02:57-	03:52+	02:32-	01:46-						
00:15+	00:10-	00:34-	02:51&	01:02&	02:03&	01:12-	02:56-	00:57#	00:11+	00:07#	00:10-	00:17-	00:46#	00:50-	00:01-						
4	Tove Bjerkreim										105	1:05:57									
03:46-	10:33+	14:04+	22:21+	24:38+	28:51+	33:44+	41:18+	46:11+	50:07+	50:59+	55:15+	58:27+	61:34+	64:27+	65:57+						
03:46-	06:47+	03:31-	08:17+	02:17-	04:13-	04:53+	07:34+	04:53+	03:56-	00:52-	04:16-	03:12-	03:07+	02:53-	01:30-						
00:08-	04:34@	00:21-	03:24&	00:15-	00:11-	01:27&	00:53#	01:00&	02:20-	00:06-	00:51-	00:02-	00:01+	00:29-	00:17-						
5	Kari Blixhavn										228	1:14:07									
04:14+	07:00+	12:15+	18:53+	21:56+	30:08+	37:47+	42:33+	47:39+	55:12+	56:27+	61:48+	65:37+	69:18+	72:21+	74:07+						
04:14+	02:46+	05:15+	06:38+	03:03+	08:12+	07:39+	04:46-	05:06+	07:33+	01:15+	05:21+	03:49+	03:41+	03:03-	01:46-						
00:20+	00:33#	01:23&	01:45&	00:31#	03:48&	04:13@	01:55-	01:13&	01:17#	00:17&	00:14+	00:35#	00:35#	00:19-	00:01-						
6	Margot Asheim										105	1:19:56									
04:20+	07:11+	11:12+	23:56+	26:09+	32:12+	37:19+	40:32+	52:31+	57:22+	58:16+	63:16+	65:57+	75:27+	78:27+	79:56+						
04:20+	02:51+	04:01+	12:44+	02:13-	06:03+	05:07+	03:13-	11:59+	04:51-	00:54-	05:00-	02:41-	09:30+	03:00-	01:29-						
00:26#	00:38&	00:09+	07:51@	00:19-	01:39&	01:41&	03:28-	08:06@	01:25-	00:04-	00:07-	00:33-	06:24@	00:22-	00:18-						
7	Åse Berg										105	1:23:26									
04:22+	07:31+	13:08+	20:32+	24:43+	29:50+	33:17+	40:24+	46:59+	53:01+	55:10+	67:57+	72:12+	76:46+	80:53+	83:26+						
04:22+	03:09+	05:37+	07:24+	04:11+	05:07+	03:27+	07:07+	06:35+	06:02-	02:09+	12:47+	04:15+	04:34+	04:07+	02:33+						
00:28#	00:56&	01:45&	02:31&	01:39&	00:43#	00:01+	00:26+	02:42&	00:14-	01:11@	07:40@	01:01&	01:28&	00:45#	00:46&						

Beste strekktid for klassen																					
03:46	02:02	03:18	04:53	02:13	04:13	02:14	02:40	03:15	03:54	00:52	04:16	02:41	02:57	02:32	01:29						

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

### Damer 70 - 74 år

Pllass	Navn	Klasse										Tid				
1	Kirsten Carlsen	93										56:08				
	04:32=	06:43=	10:47=	17:05=	19:15=	24:27=	26:55=	29:51=	34:06=	38:44=	40:01=	44:49=	48:10=	51:10=	54:16=	56:08=
	04:32=	02:11=	04:04=	06:18=	02:10=	05:12=	02:28=	02:56=	04:15=	04:38=	01:17=	04:48=	03:21=	03:00=	03:06=	01:52=
	00:00=	00:00=	00:00=	00:00=	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	Lillian Dahl Fitjar	117										57:03				
	03:25-	07:46+	11:43+	18:08+	20:20+	25:24+	27:53+	30:47+	34:56+	39:47+	40:56+	45:40+	49:07+	52:03+	55:02+	57:03+
	03:25-	04:21+	03:57-	06:25+	02:12+	05:04-	02:29+	02:54-	04:09-	04:51+	01:09-	04:44-	03:27+	02:56-	02:59-	02:01+
	01:07-	02:10&	00:07-	00:07+	00:02+	00:08-	00:01+	00:02-	00:06-	00:13+	00:08-	00:04-	00:06+	00:04-	00:07-	00:09+
3	Inger Skretting Opstad	54										1:05:08				
	03:37-	06:04-	20:01+	24:33+	27:18+	32:58+	35:46+	38:45+	42:44+	47:37+	48:51+	53:53+	56:50+	60:02+	63:11+	65:08+
	03:37-	02:27+	13:57+	04:32-	02:45+	05:40+	02:48+	02:59+	03:59-	04:53+	01:14-	05:02+	02:57-	03:12+	03:09+	01:57+
	00:55-	00:16#	09:53@	01:46-	00:35&	00:28+	00:20#	00:03+	00:16-	00:15+	00:03-	00:14+	00:24-	00:12+	00:03+	00:05+
Beste strekktid for klassen																
	03:25	02:11	03:57	04:32	02:10	05:04	02:28	02:54	03:59	04:38	01:09	04:44	02:57	02:56	02:59	01:52

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

## Damer 75 - 79 år

1	Turid Nystrøm	68										53:10				
	03:25=	05:48=	12:19=	16:55=	19:24=	23:56=	26:43=	30:19=	34:58=	39:25=	40:23=	44:04=	46:23=	49:07=	51:39=	53:10=
	03:25=	02:23=	06:31=	04:36=	02:29=	04:32=	02:47=	03:36=	04:39=	04:27=	00:58=	03:41=	02:19=	02:44=	02:32=	01:31=
	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=	00:00=	00:00=	00:00=
2	Gry Vikhamar Thengs	68										59:50				
	03:12-	05:39-	09:08-	15:55-	18:21-	23:11-	27:40+	32:37+	37:23+	41:09+	42:15+	48:14+	51:25+	54:57+	58:15+	59:50+
	03:12-	02:27+	03:29-	06:47+	02:26-	04:50+	04:29+	04:57+	04:46+	03:46-	01:06+	05:59+	03:11+	03:32+	03:18+	01:35+
	00:13-	00:04+	03:02-	02:11&	00:03-	00:18+	01:42&	01:21&	00:07+	00:41-	00:08#	02:18&	00:52&	00:48&	00:46&	00:04+
3	Helga Aaslid	54										1:04:15				
	04:03+	07:34+	13:07+	19:07+	22:26+	28:50+	32:26+	37:18+	41:52+	46:44+	47:55+	53:01+	55:57+	59:09+	62:16+	64:15+
	04:03+	03:31+	05:33-	06:00+	03:19+	06:24+	03:36+	04:52+	04:34-	04:52+	01:11+	05:06+	02:56+	03:12+	03:07+	01:59+
	00:38#	01:08&	00:58-	01:24&	00:50&	01:52&	00:49&	01:16&	00:05-	00:25+	00:13#	01:25&	00:37&	00:28#	00:35#	00:28&
4	Haldis Glendrange	68										1:04:53				
	03:46+	06:11+	10:18-	14:27-	17:21-	23:58+	28:07+	31:48+	36:42+	44:01+	46:46+	52:39+	56:04+	59:12+	63:06+	64:53+
	03:46+	02:25+	04:07-	04:09-	02:54+	06:37+	04:09+	03:41+	04:54+	07:19+	02:45+	05:53+	03:25+	03:08+	03:54+	01:47+
	00:21#	00:02+	02:24-	00:27-	00:25#	02:05&	01:22&	00:05+	00:15+	02:52&	01:47@	02:12&	01:06&	00:24#	01:22&	00:16#
5	Helga Klausen	62										1:18:43				
	04:13+	06:49+	20:25+	24:31+	28:00+	33:44+	36:44+	41:13+	52:55+	58:29+	59:42+	64:40+	68:00+	72:03+	76:03+	78:43+
	04:13+	02:36+	13:36+	04:06-	03:29+	05:44+	03:00+	04:29+	11:42+	05:34+	01:13+	04:58+	03:20+	04:03+	04:00+	02:40+
	00:48#	00:13+	07:05@	00:30-	01:00&	01:12&	00:13+	00:53#	07:03@	01:07&	00:15&	01:17&	01:01&	01:19&	01:28&	01:09&
6	Hedvig Anda	116										1:27:48				
	04:17+	07:33+	11:00-	33:35+	36:46+	43:30+	47:24+	57:52+	62:52+	68:12+	69:26+	74:54+	77:47+	82:10+	85:28+	87:48+
	04:17+	03:16+	03:27-	22:35+	03:11+	06:44+	03:54+	10:28+	05:00+	05:20+	01:14+	05:28+	02:53+	04:23+	03:18+	02:20+
	00:52&	00:53&	03:04-	17:59@	00:42&	02:12&	01:07&	06:52@	00:21+	00:53#	00:16&	01:47&	00:34#	01:39&	00:46&	00:49&

Beste strekktid for klassen																
	03:12	02:23	03:27	04:06	02:26	04:32	02:47	03:36	04:34	03:46	00:58	03:41	02:19	02:44	02:32	01:31

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

## Damer 80 år og eldre

1	Berit Ebbell Olsen	68										1:27:11				
	01:17=	03:27=	12:52=	18:27=	25:41=	31:11=	35:20=	38:46=	40:03=	42:40=	47:19=	74:31=	76:53=	80:43=	84:41=	87:11=
	01:17=	02:10=	09:25=	05:35=	07:14=	05:30=	04:09=	03:26=	01:17=	02:37=	04:39=	27:12=	02:22=	03:50=	03:58=	02:30=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
Beste strekktid for klassen																
	01:17	02:10	09:25	05:35	07:14	05:30	04:09	03:26	01:17	02:37	04:39	27:12	02:22	03:50	03:58	02:30

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

Plass	Navn	Klasse	Tid
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Damer A

1	Aud Hognestad Taksdal												92	38:14							
01:51=	03:47=	06:13=	07:10=	10:21=	11:51=	14:23=	17:01=	19:13=	20:51=	21:56=	24:19=	26:29=	27:25=	29:22=	33:43=	34:15=	35:52=	37:25=	38:14=		
01:51=	01:56=	02:26=	00:57=	03:11=	01:30=	02:32=	02:38=	02:12=	01:38=	01:05=	02:23=	02:10=	00:56=	01:57=	04:21=	00:32=	01:37=	01:33=	00:49=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Jorunn Hadland												29	42:47							
01:34-	03:53+	06:41+	07:45+	11:05+	12:38+	15:37+	18:50+	20:53+	22:29+	23:53+	26:17+	30:48+	31:42+	33:39+	37:49+	38:26+	40:10+	41:53+	42:47+		
01:34-	02:19+	02:48+	01:04+	03:20+	01:33+	02:59+	03:13+	02:03-	01:36-	01:24+	02:24+	04:31+	00:54-	01:57=	04:10-	00:37+	01:44+	01:43+	00:54+		
00:17-	00:23#	00:22#	00:07#	00:09+	00:03+	00:27#	00:35#	00:09-	00:02-	00:19#	00:01+	02:21#	00:02-	00:00=	00:11-	00:05#	00:07+	00:10#	00:05#		
3	Tone Torgersen												27	51:41							
01:34-	03:40-	07:44+	09:55+	14:11+	15:58+	18:50+	22:07+	27:40+	29:42+	31:21+	35:17+	37:31+	38:24+	40:47+	46:16+	46:54+	48:49+	50:36+	51:41+		
01:34-	02:06+	04:04+	02:11+	04:16+	01:47+	02:52+	03:17+	05:33+	02:02+	01:39+	03:56+	02:14+	00:53-	02:23+	05:29+	00:38+	01:55+	01:47+	01:05+		
00:17-	00:10+	01:38&	01:14#	01:05&	00:17#	00:20#	00:39#	03:21#	00:24#	00:34&	01:33&	00:04+	00:03-	00:26#	01:08&	00:06#	00:18#	00:14#	00:16&		
4	Silje Skarpeid												101	54:23							
01:48-	06:55+	10:04+	11:23+	15:14+	17:32+	20:31+	24:16+	27:15+	29:18+	30:58+	34:07+	36:19+	37:24+	40:06+	46:48+	47:51+	50:06+	53:15+	54:23+		
01:48-	05:07+	03:09+	01:19+	03:51+	02:18+	02:59+	03:45+	02:59+	02:03+	01:40+	03:09+	02:12+	01:05+	02:42+	06:42+	01:03+	02:15+	03:09+	01:08+		
00:03-	03:11#	00:43&	00:22&	00:40#	00:48&	00:27#	01:07&	00:47&	00:25&	00:35&	00:46&	00:02+	00:09#	00:45&	02:21&	00:31&	00:38&	01:36#	00:19&		
5	Ingrid Simensen												101	1:17:04							
02:35+	06:21+	11:07+	12:49+	21:29+	25:17+	29:39+	34:31+	38:31+	41:11+	43:28+	52:02+	55:16+	57:28+	60:46+	67:07+	68:12+	71:06+	75:31+	77:04+		
02:35+	03:46+	04:46+	01:42+	08:40+	03:48+	04:22+	04:52+	04:00+	02:40+	02:17+	08:34+	03:14+	02:12+	03:18+	06:21+	01:05+	02:54+	04:25+	01:33+		
00:44&	01:50&	02:20&	00:45&	05:29#	02:18#	01:50&	02:14&	01:48&	01:02&	01:12#	06:11#	01:04&	01:16#	01:21&	02:00&	00:33#	01:17&	02:52#	00:44&		

Beste strekktid for klassen

01:34	01:56	02:26	00:57	03:11	01:30	02:32	02:38	02:03	01:36	01:05	02:23	02:10	00:53	01:57	04:10	00:32	01:37	01:33	00:49
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer B

1	Inger Tone Nygård												29	42:05											
02:29=	04:01=	07:45=	09:21=	11:57=	12:32=	15:24=	16:48=	19:57=	22:27=	23:26=	26:00=	27:54=	30:03=	33:00=	35:44=	38:18=	39:34=	40:40=	42:05=						
02:29=	01:32=	03:44=	01:36=	02:36=	00:35=	02:52=	01:24=	03:09=	02:30=	00:59=	02:34=	01:54=	02:09=	02:57=	02:44=	02:34=	01:16=	01:06=	01:25=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Vibeke Lamark												46	46:00											
02:26-	04:07+	10:29+	11:55+	14:24+	15:05+	17:39+	19:09+	22:43+	25:44+	26:53+	29:27+	31:55+	33:54+	37:01+	39:11+	41:53+	43:15+	44:51+	46:00+						
02:26-	01:41+	06:22+	01:26-	02:29-	00:41+	02:34-	01:30+	03:34+	03:01+	01:09+	02:34=	02:28+	01:59-	03:07+	02:10-	02:42+	01:22+	01:36+	01:09-						
00:03-	00:09+	02:38&	00:10-	00:07-	00:06#	00:18-	00:06+	00:25#	00:31#	00:10#	00:00=	00:34&	00:10-	00:10+	00:34-	00:08+	00:06+	00:30&	00:16-						
3	Anne Garsrud												53	46:28											
03:26+	04:56+	12:09+	14:14+	16:58+	17:56+	20:20+	21:51+	25:02+	27:39+	28:38+	31:36+	34:10+	35:56+	38:36+	40:27+	42:49+	44:01+	45:17+	46:28+						
03:26+	01:30-	07:13+	02:05+	02:44+	00:58+	02:24-	01:31+	03:11+	02:37+	00:59=	02:58+	02:34+	01:46-	02:40-	01:51-	02:22-	01:12-	01:16+	01:11-						
00:57&	00:02-	03:29&	00:29&	00:08+	00:23&	00:28-	00:07+	00:02+	00:07+	00:00=	00:24#	00:40&	00:23-	00:17-	00:53-	00:12-	00:04-	00:10#	00:14-						
4	Helen Lomeland												105	46:38											
02:12-	03:52-	07:58+	10:37+	13:42+	14:25+	16:49+	18:21+	21:31+	24:15+	25:43+	28:54+	31:24+	33:14+	36:55+	39:04+	43:08+	44:18+	45:23+	46:38+						
02:12-	01:40+	04:06+	02:39+	03:05+	00:43+	02:24-	01:32+	03:10+	02:44+	01:28+	03:11+	02:30+	01:50-	03:41+	02:09-	04:04+	01:10-	01:05-	01:15-						
00:17-	00:08+	00:22+	01:03&	00:29#	00:08#	00:28-	00:08+	00:01+	00:14+	00:29&	00:37#	00:36&	00:19-	00:44#	00:35-	01:30&	00:06-	00:01-	00:10-						
5	Ingrid W. Hestness												117	48:32											
02:42+	04:34+	08:16+	11:18+	14:05+	15:09+	18:10+	19:47+	24:52+	27:17+	28:33+	31:28+	33:35+	35:13+	39:20+	42:13+	44:36+	45:59+	47:22+	48:32+						
02:42+	01:52+	03:42-	03:02+	02:47+	01:04+	03:01+	01:37+	05:05+	02:25-	01:16+	02:55+	02:07+	01:38-	04:07+	02:53+	02:23-	01:23+	01:23+	01:10-						
00:13+	00:20#	00:02-	01:26&	00:11+	00:29&	00:09+	00:13#	01:56&	00:05-	00:17&	00:21#	00:13#	00:31-	01:10&	00:09+	00:11-	00:07+	00:17&	00:15-						
6	Grethe Anda Fuglestad												116	49:07											
02:32+	04:13+	08:05+	10:22+	14:11+	14:51+	18:55+	20:57+	24:43+	27:34+	28:29+	31:06+	33:21+	35:08+	38:07+	41:25+	44:35+	46:25+	47:48+	49:07+						
02:32+	01:41+	03:52+	02:17+	03:49+	00:40+	04:04+	02:02+	03:46+	02:51+	00:55-	02:37+	02:15+	01:47-	02:59+	03:18+	03:10+	01:50+	01:23+	01:19-						
00:03+	00:09+	00:08+	00:41&	01:13&	00:05#	01:12&	00:38&	00:37#	00:21#	00:04-	00:03+	00:21#	00:22-	00:02+	00:34#	00:36#	00:34&	00:17&	00:06-						
7	Lise Isachsen												165	51:24											
02:50+	04:20+	11:48+	13:42+	16:19+	16:57+	19:55+	21:14+	24:35+	26:58+	28:04+	30:40+	32:43+	34:41+	41:31+	44:52+	47:13+	49:00+	50:13+	51:24+						
02:50+	01:30-	07:28+	01:54+	02:37+	00:38+	02:58+	01:19-	03:21+	02:23-	01:06+	02:36+	02:03+	01:58-	06:50+	03:21+	02:21-	01:47+	01:13+	01:11-						
00:21#	00:02-	03:44&	00:18#	00:01+	00:03+	00:06+	00:05-	00:12+	00:07-	00:07#	00:02+	00:09+	00:11-	03:53#	00:37#	00:13-	00:31&	00:07#	00:14-						

Plass	Navn						Klasse						Tid									
8	Ann Karin Tjørhom						93						52:25									
	02:52+	04:50+	10:20+	12:22+	15:42+	16:25+	19:37+	21:25+	25:11+	27:58+	29:08+	32:25+	34:45+	37:20+	41:47+	44:04+	47:51+	49:24+	50:48+	52:25+		
	02:52+	01:58+	05:30+	02:02+	03:20+	00:43+	03:12+	01:48+	03:46+	02:47+	01:10+	03:17+	02:20+	02:35+	04:27+	02:17-	03:47+	01:33+	01:24+	01:37+		
	00:23#	00:26&	01:46&	00:26&	00:44&	00:08#	00:20#	00:24&	00:37#	00:17#	00:11#	00:43&	00:26#	00:26#	01:30&	00:27-	01:13&	00:17#	00:18&	00:12#		
9	Ingunn Anda Haug						67						54:31									
	03:36+	05:28+	09:36+	12:14+	15:21+	16:16+	20:01+	21:49+	26:19+	29:50+	30:57+	35:09+	37:37+	39:50+	44:22+	47:03+	50:09+	51:35+	53:04+	54:31+		
	03:36+	01:52+	04:08+	02:38+	03:07+	00:55+	03:45+	01:48+	04:30+	03:31+	01:07+	04:12+	02:28+	02:13+	04:32+	02:41-	03:06+	01:26+	01:29+	01:27+		
	01:07&	00:20#	00:24#	01:02&	00:31#	00:20&	00:53&	00:24&	01:21&	01:01&	00:08#	01:38&	00:34&	00:04+	01:35&	00:03-	00:32#	00:10#	00:23&	00:02+		
10	Ann-Cathrin Nybak Urdal						118						55:08									
	02:17-	03:59-	19:46+	21:24+	23:59+	24:39+	27:54+	29:31+	32:35+	35:02+	35:57+	38:30+	40:48+	42:32+	46:16+	48:40+	51:01+	52:04+	53:44+	55:08+		
	02:17-	01:42+	15:47+	01:38+	02:35-	00:40+	03:15+	01:37+	03:04-	02:27-	00:55-	02:33-	02:18+	01:44-	03:44+	02:24-	02:21-	01:03-	01:40+	01:24-		
	00:12-	00:10#	12:03@	00:02+	00:01-	00:05#	00:23#	00:13#	00:05-	00:03-	00:04-	00:01-	00:24#	00:25-	00:47&	00:20-	00:13-	00:13-	00:34&	00:01-		
11	Keth Berggraf						116						58:06									
	03:16+	04:57+	15:54+	18:24+	20:59+	21:31+	26:29+	28:03+	31:49+	35:17+	36:31+	38:50+	41:37+	43:45+	48:08+	50:42+	53:55+	55:28+	56:47+	58:06+		
	03:16+	01:41+	10:57+	02:30+	02:35-	00:32-	04:58+	01:34+	03:46+	03:28+	01:14+	02:19-	02:47+	02:08-	04:23+	02:34-	03:13+	01:33+	01:19+	01:19-		
	00:47&	00:09+	07:13@	00:54&	00:01-	00:03-	02:06&	00:10#	00:37#	00:58&	00:15&	00:15-	00:53&	00:01-	01:26&	00:10-	00:39&	00:17#	00:13#	00:06-		
12	Kristin Breivold						92						1:05:00									
	02:55+	05:17+	09:42+	19:25+	23:29+	24:16+	28:16+	29:50+	34:19+	38:32+	40:10+	43:45+	46:38+	49:09+	53:09+	56:40+	60:28+	62:03+	63:20+	65:00+		
	02:55+	02:22+	04:25+	09:43+	04:04+	00:47+	04:00+	01:34+	04:29+	04:13+	01:38+	03:35+	02:53+	02:31+	04:00+	03:31+	03:48+	01:35+	01:17+	01:40+		
	00:26#	00:50&	00:41#	08:07@	01:28&	00:12&	01:08&	00:10#	01:20&	01:43&	00:39&	01:01&	00:59&	00:22#	01:03&	00:47&	01:14&	00:19#	00:11#	00:15#		
13	Jorunn Johannesen						116						1:07:46									
	03:12+	06:33+	25:47+	29:12+	34:11+	34:56+	37:38+	39:19+	42:53+	45:37+	46:39+	49:58+	52:22+	54:36+	58:55+	60:56+	63:41+	64:59+	66:29+	67:46+		
	03:12+	03:21+	19:14+	03:25+	04:59+	00:45+	02:42-	01:41+	03:34+	02:44+	01:02+	03:19+	02:24+	02:14+	04:19+	02:01-	02:45+	01:18+	01:30+	01:17-		
	00:43&	01:49@	15:30@	01:49@	02:23&	00:10&	00:10-	00:17#	00:25#	00:14+	00:03+	00:45&	00:30&	00:05+	01:22&	00:43-	00:11+	00:02+	00:24&	00:08-		
Beste strekktid for klassen																						
	02:12	01:30	03:42	01:26	02:29	00:32	02:24	01:19	03:04	02:23	00:55	02:19	01:54	01:38	02:40	01:51	02:21	01:03	01:05	01:09		

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

Damer Ny

1	Marie Engedal Svartsund										91											37:33
	02:12=	05:12=	10:18=	17:00=	20:15=	22:20=	26:40=	31:38=	36:02=	37:33=												
	02:12=	03:00=	05:06=	06:42=	03:15=	02:05=	04:20=	04:58=	04:24=	01:31=												
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2	Agnete Dedekam Stabel										101											47:44
	08:50+	11:46+	15:00+	21:05+	26:35+	31:11+	34:40+	39:38+	45:20+	47:44+												
	08:50+	02:56-	03:14-	06:05-	05:30+	04:36+	03:29-	04:58=	05:42+	02:24+												
	06:38@	00:04-	01:52-	00:37-	02:15&	02:31@	00:51-	00:00=	01:18&	00:53&												
3	Sharath Chandar Joghee										91											1:00:29
	01:48-	08:46+	13:06+	28:42+	34:19+	39:03+	44:26+	52:09+	57:43+	60:29+												
	01:48-	06:58+	04:20-	15:36+	05:37+	04:44+	05:23+	07:43+	05:34+	02:46+												
	00:24-	03:58@	00:46-	08:54@	02:22&	02:39@	01:03#	02:45&	01:10&	01:15&												

Beste strekktid for klassen																														
	01:48	02:56	03:14	06:05	03:15	02:05	03:29	04:58	04:24	01:31																				

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

Damer Trim



Plass	Navn		Klasse								Tid	
3	Maryon Paulsen Strugstad		43								30:37	
00:37-	01:41-	03:13-	05:29-	07:43-	09:08-	11:56-	24:34+	25:26+	27:29+	29:37+	30:37+	
00:37-	01:04-	01:32+	02:16-	02:14-	01:25-	02:48-	12:38+	00:52+	02:03-	02:08+	01:00-	
00:08-	00:08-	00:06+	00:02-	00:29-	00:37-	00:12-	08:17@	00:04+	00:32-	00:08+	00:23-	
4	Nina Bækkelund Christiansen		105								30:41	
00:49+	02:11+	04:27+	07:02+	10:22+	12:00+	15:04+	22:47+	24:17+	26:47+	29:01+	30:41+	
00:49+	01:22+	02:16+	02:35+	03:20+	01:38-	03:04+	07:43+	01:30+	02:30-	02:14+	01:40+	
00:04+	00:10#	00:50&	00:17#	00:37#	00:24-	00:04+	03:22&	00:42&	00:05-	00:14#	00:17#	
5	Mathilde Skjæveland Skår		114								31:29	
01:04+	02:12+	03:30+	06:03+	09:10+	10:36+	12:48-	25:33+	26:47+	28:25+	30:31+	31:29+	
01:04+	01:08-	01:18-	02:33+	03:07+	01:26-	02:12-	12:45+	01:14+	01:38-	02:06+	00:58-	
00:19&	00:04-	00:08-	00:15#	00:24#	00:36-	00:48-	08:24@	00:26&	00:57-	00:06+	00:25-	
6	Ingrid O. Foss		117								33:55	
00:48+	02:17+	04:11+	07:33+	11:04+	13:10+	17:41+	23:54+	25:02+	28:50+	32:35+	33:55+	
00:48+	01:29+	01:54+	03:22+	03:31+	02:06+	04:31+	06:13+	01:08+	03:48+	03:45+	01:20-	
00:03+	00:17#	00:28&	01:04&	00:48&	00:04+	01:31&	02:52&	00:20&	01:13&	01:45&	00:03-	
7	Grethe Mo		117								35:12	
01:53+	03:14+	05:10+	07:48+	11:02+	17:59+	21:14+	28:31+	29:03+	31:25+	33:40+	35:12+	
01:53+	01:21+	01:56+	02:38+	03:14+	06:57+	03:15+	07:17+	00:32-	02:22-	02:15+	01:32+	
01:08@	00:09#	00:30&	00:20#	00:31#	04:55@	00:15+	02:56&	00:16-	00:13-	00:15#	00:09#	
8	Esther Boenheim		268								37:02	
00:47+	02:21+	04:54+	08:30+	12:19+	14:39+	19:08+	25:12+	26:25+	31:14+	34:34+	37:02+	
00:47+	01:34+	02:33+	03:36+	03:49+	02:20+	04:29+	06:04+	01:13+	04:49+	03:20+	02:28+	
00:02+	00:22&	01:07&	01:18&	01:06&	00:18#	01:29&	01:43&	00:25&	02:14&	01:20&	01:05&	
9	Grete Stokke Seljeskog		128								37:47	
01:03+	02:22+	06:11+	09:29+	13:07+	15:37+	20:25+	26:28+	27:40+	32:49+	35:38+	37:47+	
01:03+	01:19+	03:49+	03:18+	03:38+	02:30+	04:48+	06:03+	01:12+	05:09+	02:49+	02:09+	
00:18&	00:07+	02:23@	01:00&	00:55&	00:28#	01:48&	01:42&	00:24&	02:34&	00:49&	00:46&	
10	Mette Langeland		117								38:08	
02:30+	03:56+	06:37+	12:03+	16:18+	18:10+	22:03+	29:25+	30:22+	33:34+	36:35+	38:08+	
02:30+	01:26+	02:41+	05:26+	04:15+	01:52-	03:53+	07:22+	00:57+	03:12+	03:01+	01:33+	
01:45@	00:14#	01:15&	03:08@	01:32&	00:10-	00:53&	03:01&	00:09#	00:37#	01:01&	00:10#	
11	Karoline Fidjeland		105								40:20	
02:25+	05:04+	07:23+	10:49+	14:43+	16:29+	21:00+	28:05+	32:16+	35:31+	38:24+	40:20+	
02:25+	02:39+	02:19+	03:26+	03:54+	01:46-	04:31+	07:05+	04:11+	03:15+	02:53+	01:56+	
01:40@	01:27@	00:53&	01:08&	01:11&	00:16-	01:31&	02:44&	03:23@	00:40&	00:53&	00:33&	
12	Synnøve Hognestad		43								40:37	
00:56+	02:16+	05:15+	08:56+	12:22+	14:35+	19:17+	25:23+	27:16+	35:57+	38:33+	40:37+	
00:56+	01:20+	02:59+	03:41+	03:26+	02:13+	04:42+	06:06+	01:53+	08:41+	02:36+	02:04+	
00:11#	00:08#	01:33@	01:23&	00:43&	00:11+	01:42&	01:45&	01:05@	06:06@	00:36&	00:41&	
13	Gunhild Nordbø		117								41:49	
02:17+	04:02+	07:06+	10:27+	14:47+	17:08+	23:02+	29:50+	31:01+	35:19+	39:26+	41:49+	
02:17+	01:45+	03:04+	03:21+	04:20+	02:21+	05:54+	06:48+	01:11+	04:18+	04:07+	02:23+	
01:32@	00:33&	01:38@	01:03&	01:37&	00:19#	02:54&	02:27&	00:23&	01:43&	02:07@	01:00&	
14	Marie Lunde		43								42:35	
01:09+	02:47+	04:52+	10:02+	14:06+	16:16+	20:12+	29:39+	33:27+	37:17+	40:32+	42:35+	
01:09+	01:38+	02:05+	05:10+	04:04+	02:10+	03:56+	09:27+	03:48+	03:50+	03:15+	02:03+	
00:24&	00:26&	00:39&	02:52@	01:21&	00:08+	00:56&	05:06@	03:00@	01:15&	01:15&	00:40&	
15	Maria Hapnes von Schack		91								43:30	
00:53+	03:38+	05:39+	11:26+	14:53+	19:39+	22:48+	33:03+	34:00+	39:24+	42:17+	43:30+	
00:53+	02:45+	02:01+	05:47+	03:27+	04:46+	03:09+	10:15+	00:57+	05:24+	02:53+	01:13-	
00:08#	01:33@	00:35&	03:29@	00:44&	02:44@	00:09+	05:54@	00:09#	02:49@	00:53&	00:10-	
16	Lene Vignes		54								43:45	
01:01+	03:11+	05:44+	09:38+	13:35+	17:22+	21:51+	33:50+	34:50+	38:32+	41:51+	43:45+	
01:01+	02:10+	02:33+	03:54+	03:57+	03:47+	04:29+	11:59+	01:00+	03:42+	03:19+	01:54+	
00:16&	00:58&	01:07&	01:36&	01:14&	01:45&	01:29&	07:38@	00:12#	01:07&	01:19&	00:31&	
17	Astrid Espe		43								43:55	
01:26+	02:59+	05:21+	08:44+	12:42+	15:01+	19:33+	26:07+	27:18+	38:21+	41:50+	43:55+	
01:26+	01:33+	02:22+	03:23+	03:58+	02:19+	04:32+	06:34+	01:11+	11:03+	03:29+	02:05+	
00:41&	00:21&	00:56&	01:05&	01:15&	00:17#	01:32&	02:13&	00:23&	08:28@	01:29&	00:42&	

Plass	Navn					Klasse					Tid				
18	Marianne Gjesdal Lyngås					92						44:01			
	03:01+	05:03+	08:12+	13:42+	19:10+	21:35+	26:00+	32:47+	34:17+	39:04+	42:05+	44:01+			
	03:01+	02:02+	03:09+	05:30+	05:28+	02:25+	04:25+	06:47+	01:30+	04:47+	03:01+	01:56+			
	02:16@	00:50&	01:43@	03:12@	02:45@	00:23#	01:25&	02:26&	00:42&	02:12&	01:01&	00:33&			
19	Ritva Aiko Halsne					105						45:16			
	01:42+	03:43+	06:26+	11:08+	16:18+	20:12+	26:29+	34:55+	36:07+	39:46+	43:25+	45:16+			
	01:42+	02:01+	02:43+	04:42+	05:10+	03:54+	06:17+	08:26+	01:12+	03:39+	03:39+	01:51+			
	00:57@	00:49&	01:17&	02:24@	02:27&	01:52&	03:17@	04:05&	00:24&	01:04&	01:39&	00:28&			
20	Astri Sandanger					93						45:21			
	00:47+	02:09+	04:14+	07:23+	11:05+	13:28+	17:28+	35:29+	36:27+	41:02+	43:40+	45:21+			
	00:47+	01:22+	02:05+	03:09+	03:42+	02:23+	04:00+	18:01+	00:58+	04:35+	02:38+	01:41+			
	00:02+	00:10#	00:39&	00:51&	00:59&	00:21#	01:00&	13:40@	00:10#	02:00&	00:38&	00:18#			
21	Hilde Sande Borck					114						46:19			
	01:05+	03:41+	06:59+	10:42+	15:18+	18:37+	25:30+	35:37+	36:57+	40:44+	44:24+	46:19+			
	01:05+	02:36+	03:18+	03:43+	04:36+	03:19+	06:53+	10:07+	01:20+	03:47+	03:40+	01:55+			
	00:20&	01:24@	01:52@	01:25&	01:53&	01:17&	03:53@	05:46@	00:32&	01:12&	01:40&	00:32&			
22	Ruth Grødem					105						46:25			
	01:03+	03:06+	06:09+	09:35+	13:51+	16:50+	21:20+	32:24+	33:09+	37:20+	44:14+	46:25+			
	01:03+	02:03+	03:03+	03:26+	04:16+	02:59+	04:30+	11:04+	00:45-	04:11+	06:54+	02:11+			
	00:18&	00:51&	01:37@	01:08&	01:33&	00:57&	01:30&	06:43@	00:03-	01:36&	04:54@	00:48&			
23	Gro Mariero Totland					59						46:39			
	01:38+	03:59+	07:06+	11:31+	18:50+	21:47+	27:56+	36:16+	37:17+	41:05+	44:37+	46:39+			
	01:38+	02:21+	03:07+	04:25+	07:19+	02:57+	06:09+	08:20+	01:01+	03:48+	03:32+	02:02+			
	00:53@	01:09&	01:41@	02:07&	04:36@	00:55&	03:09@	03:59&	00:13&	01:13&	01:32&	00:39&			
24	Linda Haukås					113						47:08			
	01:11+	03:07+	06:07+	10:23+	15:45+	19:07+	24:25+	34:09+	35:44+	39:49+	44:42+	47:08+			
	01:11+	01:56+	03:00+	04:16+	05:22+	03:22+	05:18+	09:44+	01:35+	04:05+	04:53+	02:26+			
	00:26&	00:44&	01:34@	01:58&	02:39&	01:20&	02:18&	05:23@	00:47&	01:30&	02:53@	01:03&			
25	Eli Våge					117						47:22			
	01:07+	04:19+	06:29+	12:34+	16:56+	22:01+	27:24+	35:15+	37:04+	40:56+	44:11+	47:22+			
	01:07+	03:12+	02:10+	06:05+	04:22+	05:05+	05:23+	07:51+	01:49+	03:52+	03:15+	03:11+			
	00:22&	02:00@	00:44&	03:47@	01:39&	03:03@	02:23&	03:30&	01:01@	01:17&	01:15&	01:48@			
26	Marianne Steinkopf					5						48:05			
	02:01+	03:34+	05:13+	08:16+	11:45+	23:23+	26:43+	39:48+	41:35+	43:46+	46:24+	48:05+			
	02:01+	01:33+	01:39+	03:03+	03:29+	11:38+	03:20+	13:05+	01:47+	02:11-	02:38+	01:41+			
	01:16@	00:21&	00:13#	00:45&	00:46&	09:36@	00:20#	08:44@	00:59@	00:24-	00:38&	00:18#			
27	Tonje Tiley					27						49:19			
	00:46+	02:15+	03:52+	07:49+	10:55+	20:05+	23:26+	40:42+	41:32+	44:18+	47:35+	49:19+			
	00:46+	01:29+	01:37+	03:57+	03:06+	09:10+	03:21+	17:16+	00:50+	02:46+	03:17+	01:44+			
	00:01+	00:17#	00:11#	01:39&	00:23#	07:08@	00:21#	12:55@	00:02+	00:11+	01:17&	00:21&			
28	Brit Svihus					92						49:59			
	02:13+	04:11+	07:06+	10:57+	17:35+	22:32+	30:34+	37:50+	41:07+	44:22+	48:06+	49:59+			
	02:13+	01:58+	02:55+	03:51+	06:38+	04:57+	08:02+	07:16+	03:17+	03:15+	03:44+	01:53+			
	01:28@	00:46&	01:29@	01:33&	03:55@	02:55@	05:02@	02:55&	02:29@	00:40&	01:44&	00:30&			
29	Marianne Høie					116						50:21			
	01:13+	03:06+	04:59+	08:19+	15:17+	17:51+	23:31+	35:08+	36:00+	40:48+	48:06+	50:21+			
	01:13+	01:53+	01:53+	03:20+	06:58+	02:34+	05:40+	11:37+	00:52+	04:48+	07:18+	02:15+			
	00:28&	00:41&	00:27&	01:02&	04:15@	00:32&	02:40&	07:16@	00:04+	02:13&	05:18@	00:52&			
30	Sølvi Ballestad					105						50:43			
	01:14+	03:13+	06:08+	10:30+	16:40+	20:14+	26:26+	35:43+	38:39+	42:36+	47:28+	50:43+			
	01:14+	01:59+	02:55+	04:22+	06:10+	03:34+	06:12+	09:17+	02:56+	03:57+	04:52+	03:15+			
	00:29&	00:47&	01:29@	02:04&	03:27@	01:32&	03:12@	04:56@	02:08@	01:22&	02:52@	01:52@			
31	Anastasia Ollestad					93						51:00			
	01:12+	02:55+	05:29+	12:20+	17:45+	20:54+	28:12+	36:39+	37:52+	43:26+	48:47+	51:00+			
	01:12+	01:43+	02:34+	06:51+	05:25+	03:09+	07:18+	08:27+	01:13+	05:34+	05:21+	02:13+			
	00:27&	00:31&	01:08&	04:33@	02:42&	01:07&	04:18@	04:06&	00:25&	02:59@	03:21@	00:50&			
32	Åse Kristensen					94						51:42			
	03:38+	05:41+	08:24+	13:48+	18:38+	22:26+	29:11+	39:21+	40:40+	44:51+	49:19+	51:42+			
	03:38+	02:03+	02:43+	05:24+	04:50+	03:48+	06:45+	10:10+	01:19+	04:11+	04:28+	02:23+			
	02:53@	00:51&	01:17&	03:06@	02:07&	01:46&	03:45@	05:49@	00:31&	01:36&	02:28@	01:00&			

Plass	Navn										Klasse	Tid									
33	Elisabeth Melbø										128	54:50									
	00:54+	02:42+	06:38+	09:08+	12:26+	14:04+	17:13+	45:00+	46:09+	49:16+	52:43+	54:50+									
	00:54+	01:48+	03:56+	02:30+	03:18+	01:38-	03:09+	27:47+	01:09+	03:07+	03:27+	02:07+									
	00:09#	00:36&	02:30@	00:12+	00:35#	00:24-	00:09+	23:26@	00:21&	00:32#	01:27&	00:44&									
34	Bente Cecilie Lio										136	56:22									
	00:58+	03:03+	06:51+	10:52+	21:27+	25:35+	33:06+	41:49+	42:57+	47:02+	52:51+	56:22+									
	00:58+	02:05+	03:48+	04:01+	10:35+	04:08+	07:31+	08:43+	01:08+	04:05+	05:49+	03:31+									
	00:13&	00:53&	02:22@	01:43&	07:52@	02:06@	04:31@	04:22@	00:20&	01:30&	03:49@	02:08@									
35	Sigrund Serigstad										128	57:14									
	02:00+	09:50+	13:09+	16:41+	22:02+	24:48+	33:47+	41:57+	43:11+	46:30+	55:28+	57:14+									
	02:00+	07:50+	03:19+	03:32+	05:21+	02:46+	08:59+	08:10+	01:14+	03:19+	08:58+	01:46+									
	01:15@	06:38@	01:53@	01:14&	02:38&	00:44&	05:59@	03:49&	00:26&	00:44&	06:58@	00:23&									
36	Signe Lise Haaland										66	59:30									
	02:34+	05:07+	08:13+	16:05+	22:26+	25:43+	31:40+	46:01+	47:28+	52:13+	56:37+	59:30+									
	02:34+	02:33+	03:06+	07:52+	06:21+	03:17+	05:57+	14:21+	01:27+	04:45+	04:24+	02:53+									
	01:49@	01:21@	01:40@	05:34@	03:38@	01:15&	02:57&	10:00@	00:39&	02:10&	02:24@	01:30@									
37	Ingunn Fandrem										47	1:00:56									
	01:25+	03:55+	08:00+	12:21+	17:32+	21:31+	30:18+	46:26+	49:30+	54:38+	59:11+	60:56+									
	01:25+	02:30+	04:05+	04:21+	05:11+	03:59+	08:47+	16:08+	03:04+	05:08+	04:33+	01:45+									
	00:40&	01:18@	02:39@	02:03&	02:28&	01:57&	05:47@	11:47@	02:16@	02:33&	02:33@	00:22&									
38	Solveig Marie Grønning										47	1:00:57									
	01:27+	03:50+	08:03+	12:17+	17:34+	21:34+	30:23+	46:31+	49:34+	54:41+	59:15+	60:57+									
	01:27+	02:23+	04:13+	04:14+	05:17+	04:00+	08:49+	16:08+	03:03+	05:07+	04:34+	01:42+									
	00:42&	01:11&	02:47@	01:56&	02:34&	01:58&	05:49@	11:47@	02:15@	02:32&	02:34@	00:19#									
39	Irene Frøyland										71	1:02:00									
	01:19+	03:16+	09:37+	14:41+	20:33+	23:15+	28:20+	48:51+	50:02+	54:57+	59:29+	62:00+									
	01:19+	01:57+	06:21+	05:04+	05:52+	02:42+	05:05+	20:31+	01:11+	04:55+	04:32+	02:31+									
	00:34&	00:45&	04:55@	02:46@	03:09@	00:40&	02:05&	16:10@	00:23&	02:20&	02:32@	01:08&									
40	Unni Byberg Mæstad										92	1:02:50									
	01:07+	03:01+	06:24+	10:31+	18:19+	23:03+	37:33+	52:30+	53:51+	57:50+	61:12+	62:50+									
	01:07+	01:54+	03:23+	04:07+	07:48+	04:44+	14:30+	14:57+	01:21+	03:59+	03:22+	01:38+									
	00:22&	00:42&	01:57@	01:49&	05:05@	02:42@	11:30@	10:36@	00:33&	01:24&	01:22&	00:15#									
41	Wibeke Lende										74	1:04:59									
	04:53+	07:31+	11:50+	18:03+	25:32+	29:03+	36:29+	46:19+	48:23+	55:03+	61:21+	64:59+									
	04:53+	02:38+	04:19+	06:13+	07:29+	03:31+	07:26+	09:50+	02:04+	06:40+	06:18+	03:38+									
	04:08@	01:26@	02:53@	03:55@	04:46@	01:29&	04:26@	05:29@	01:16@	04:05@	04:18@	02:15@									
42	Solbjørg Borgersen										233	1:07:19									
	01:10+	08:06+	09:58+	13:29+	17:39+	28:58+	38:15+	56:58+	58:07+	62:09+	65:29+	67:19+									
	01:10+	06:56+	01:52+	03:31+	04:10+	11:19+	09:17+	18:43+	01:09+	04:02+	03:20+	01:50+									
	00:25&	05:44@	00:26&	01:13&	01:27&	09:17@	06:17@	14:22@	00:21&	01:27&	01:20&	00:27&									
Beste strekktid for klassen																					
	00:37	01:04	01:16	02:15	02:14	01:25	02:12	04:21	00:32	01:38	01:44	00:58									
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
Herrer 16 - 39 år																					
1	Svein Kyllingstad										71	49:53									
	02:01=	03:19=	11:13=	12:32=	14:53=	15:46=	18:43=	20:00=	23:02=	25:40=	28:13=	30:25=	35:53=	37:28=	42:31=	44:20=	46:30=	47:37=	48:47=	49:53=	
	02:01=	01:18=	07:54=	01:19=	02:21=	00:53=	02:57=	01:17=	03:02=	02:38=	02:33=	02:12=	05:28=	01:35=	05:03=	01:49=	02:10=	01:07=	01:10=	01:06=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Truls Thorkildsen										39	55:01									
	03:28+	04:57+	10:09-	12:04-	15:12+	17:43+	20:15+	22:00+	25:18+	27:58+	29:12+	31:27+	33:46-	39:35+	43:35+	46:12+	50:55+	52:42+	53:44+	55:01+	
	03:28+	01:29+	05:12-	01:55+	03:08+	02:31+	02:32-	01:45+	03:18+	02:40+	01:14-	02:15+	02:19-	05:49+	04:00-	02:37+	04:43+	01:47+	01:02-	01:17+	
	01:27&	00:11#	02:42-	00:36&	00:47&	01:38@	00:25-	00:28&	00:16+	00:02+	01:19-	00:03+	03:09-	04:14@	01:03-	00:48&	02:33@	00:40&	00:08-	00:11#	
3	Thomas Hinna										287	56:34									
	02:43+	04:13+	08:16-	10:19-	13:04-	13:42-	16:39-	18:42-	22:05-	25:52+	27:06-	29:35-	31:51-	33:38-	46:21+	49:11+	51:57+	54:21+	55:24+	56:34+	
	02:43+	01:30+	04:03-	02:03+	02:45+	00:38-	02:57=	02:03+	03:23+	03:47+	01:14-	02:29+	02:16-	01:47+	12:43+	02:50+	02:46+	02:24+	01:03-	01:10+	
	00:42&	00:12#	03:51-	00:44&	00:24#	00:15-	00:00=	00:46&	00:21#	01:09&	01:19-	00:17#	03:12-	00:12#	07:40@	01:01&	00:36&	01:17@	00:07-	00:04+	



Plass	Navn					Klasse					Tid										
8	Bjørn Kristian Røyland					74					59:51										
02:47+	04:25+	12:07+	14:04+	19:10+	20:02+	23:06+	25:22+	29:20+	32:43+	34:23+	36:02+	38:53+	42:04+	45:29+	50:04+	52:47+	56:10+	57:27+	58:50+	59:51+	
02:47+	01:38+	07:42+	01:57+	05:06+	00:52+	03:04+	02:16+	03:58+	03:23+	01:40+	01:39-	02:51+	03:11+	03:25+	04:35+	02:43+	03:23+	01:17+	01:23+	01:01+	
00:23#	00:07+	00:59#	00:07+	02:17&	00:19&	00:53&	00:41&	00:33#	01:00&	00:44&	00:51-	00:16#	01:29&	00:07+	02:17&	00:32#	02:09@	00:07#	00:10#	01:01+	
9	Geir Inge Høivik					194					1:03:43										
02:54+	04:30+	07:30-	10:04-	22:42+	23:29+	26:34+	28:15+	34:52+	39:04+	41:19+	45:05+	47:46+	49:31+	52:36+	54:58+	59:24+	60:37+	62:08+	63:43+		
02:54+	01:36+	03:00-	02:34+	12:38+	00:47+	03:05+	01:41+	06:37+	04:12+	02:15+	03:46+	02:41+	01:45+	03:05-	02:22+	04:26+	01:13-	01:31+	01:35+		
00:30#	00:05+	03:43-	00:44&	09:49@	00:14&	00:54&	00:06+	03:12&	01:49&	01:19@	01:16&	00:06+	00:03+	00:13-	00:04+	02:15@	00:01-	00:21&	00:22&		
10	Audun Thomassen					65					1:05:38										
02:26+	04:14+	18:48+	22:45+	26:51+	27:31+	30:07+	31:23+	34:41+	39:21+	40:03+	42:24+	45:54+	52:04+	55:17+	58:54+	61:45+	63:21+	64:23+	65:38+		
02:26+	01:48+	14:34+	03:57+	04:06+	00:40+	02:36+	01:16-	03:18-	04:40+	00:42-	02:21-	03:30+	06:10+	03:13-	03:37+	02:51+	01:36+	01:02-	01:15+		
00:02+	00:17#	07:51@	02:07@	01:17&	00:07#	00:25#	00:19-	00:07-	02:17&	00:14-	00:09-	00:55&	04:28@	00:05-	01:19&	00:40&	00:22&	00:08-	00:02+		
11	Antal Jansen					115					1:07:53										
02:06-	03:35-	14:44+	23:17+	27:58+	28:35+	31:30+	34:14+	40:53+	43:50+	45:36+	47:38+	49:37+	51:14+	57:59+	61:45+	65:00+	65:59+	67:02+	67:53+		
02:06-	01:29-	11:09+	08:33+	04:41+	00:37+	02:55+	02:44+	06:39+	02:57+	01:46+	02:02-	01:59-	01:37-	06:45+	03:46+	03:15+	00:59-	01:03-	00:51-		
00:18-	00:02-	04:26&	06:43@	01:52&	00:04#	00:44&	01:09&	03:14&	00:34#	00:50&	00:28-	00:36-	00:05-	03:27@	01:28&	01:04&	00:15-	00:07-	00:22-		
12	Kristian Bjo					165					1:27:04										
02:27+	05:48+	13:18+	28:26+	31:43+	32:37+	36:33+	38:41+	44:40+	51:51+	53:00+	56:31+	60:14+	63:12+	72:12+	74:58+	80:02+	84:16+	85:42+	87:04+		
02:27+	03:21+	07:30+	15:08+	03:17+	00:54+	03:56+	02:08+	05:59+	07:11+	01:09+	03:31+	03:43+	02:58+	09:00+	02:46+	05:04+	04:14+	01:26+	01:22+		
00:03+	01:50@	00:47#	13:18@	00:28#	00:21&	01:45&	00:33&	02:34&	04:48@	00:13#	01:01&	01:08&	01:16&	05:42@	00:28#	02:53@	03:00@	00:16#	00:09#		
Beste strekktid for klassen																					
02:06	01:29	03:00	01:39	02:03	00:33	02:10	01:16	03:06	02:23	00:42	01:39	01:44	01:36	03:05	01:25	02:11	00:59	01:00	00:51		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
Herrer 50 - 59 år																					
1	Arngrim Utskarpen					117					42:39										
00:52=	01:59=	04:34=	06:19=	09:56=	12:20=	15:49=	19:36=	22:52=	26:07=	28:42=	33:18=	35:28=	39:29=	40:28=	41:39=	42:39=					
00:52=	01:07=	02:35=	01:45=	03:37=	02:24=	03:29=	03:47=	03:16=	03:15=	02:35=	04:36=	02:10=	04:01=	00:59=	01:11=	01:00=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Geir Haugvaldstad					116					43:45										
01:33+	02:39+	06:00+	07:34+	10:01+	11:43-	15:42-	18:31-	21:21-	24:54-	27:55-	33:48+	35:39+	38:27-	41:35+	42:46+	43:45+					
01:33+	01:06-	03:21+	01:34-	02:27-	01:42-	03:59+	02:49-	02:50-	03:33+	03:01+	05:53+	01:51-	02:48-	03:08+	01:11=	00:59-					
00:41&	00:01-	00:46&	00:11-	01:10-	00:42-	00:30#	00:58-	00:26-	00:18+	00:26#	01:17&	00:19-	01:13-	02:09@	00:00=	00:01-					
3	Kjetil Roaldkvam					7					44:31										
00:47-	01:37-	05:05+	06:52+	13:01+	15:11+	18:00+	21:00+	23:50+	26:54+	29:01+	33:41+	35:12-	40:33+	42:32+	43:27+	44:31+					
00:47-	00:50-	03:28+	01:47+	06:09+	02:10-	02:49-	03:00-	02:50-	03:04-	02:07-	04:40+	01:31-	05:21+	01:59+	00:55-	01:04+					
00:05-	00:17-	00:53&	00:02+	02:32&	00:14-	00:40-	00:47-	00:26-	00:11-	00:28-	00:04+	00:39-	01:20&	01:00@	00:16-	00:04+					
4	Øystein Fuglestad					46					45:52										
02:53+	03:47+	06:30+	08:10+	12:50+	14:52+	18:13+	22:10+	24:41+	28:20+	30:51+	36:36+	38:50+	42:05+	43:32+	44:40+	45:52+					
02:53+	00:54-	02:43+	01:40-	04:40+	02:02-	03:21-	03:57+	02:31-	03:39+	02:31-	05:45+	02:14+	03:15-	01:27+	01:08-	01:12+					
02:01@	00:13-	00:08+	00:05-	01:03&	00:22-	00:08-	00:10+	00:45-	00:24#	00:04-	01:09#	00:04+	00:46-	00:28&	00:03-	00:12#					
5	Jørgen Nilsen					53					46:10										
01:08+	02:15+	04:53+	06:32+	12:01+	14:04+	17:13+	20:44+	23:25+	27:11+	30:53+	35:11+	37:31+	41:12+	42:50+	44:31+	46:10+					
01:08+	01:07=	02:38+	01:39-	05:29+	02:03-	03:09-	03:31-	02:41-	03:46+	03:42+	04:18-	02:20+	03:41-	01:38+	01:41+	01:39+					
00:16&	00:00=	00:03+	00:06-	01:52&	00:21-	00:20-	00:16-	00:35-	00:31#	01:07&	00:18-	00:10+	00:20-	00:39&	00:30&	00:39&					
6	Arne Øvstebø					71					46:41										
01:14+	02:29+	06:07+	07:37+	10:47+	12:50+	16:33+	20:09+	23:10+	27:39+	30:38+	36:51+	38:47+	42:43+	43:52+	45:21+	46:41+					
01:14+	01:15+	03:38+	01:30-	03:10-	02:03-	03:43+	03:36-	03:01-	04:29+	02:59+	06:13+	01:56-	03:56-	01:09+	01:29+	01:20+					
00:22&	00:08#	01:03&	00:15-	00:27-	00:21-	00:14+	00:11-	00:15-	01:14&	00:24#	01:37&	00:14-	00:05-	00:10#	00:18&	00:20&					
7	Asbjørn Brådlund					297					48:00										
02:05+	03:38+	07:02+	09:18+	15:37+	17:52+	20:49+	24:33+	27:07+	31:09+	33:43+	38:17+	40:39+	44:19+	45:39+	46:48+	48:00+					
02:05+	01:33+	03:24+	02:16+	06:19+	02:15-	02:57-	03:44-	02:34-	04:02+	02:34-	04:34-	02:22+	03:40-	01:20+	01:09-	01:12+					
01:13@	00:26&	00:49&	00:31&	02:42&	00:09-	00:32-	00:03-	00:42-	00:47#	00:01-	00:02-	00:12+	00:21-	00:21&	00:02-	00:12#					
8	Trygve Michaelsen					117					48:28										
01:03+	02:08+	05:27+	06:53+	10:03+	12:01-	15:01-	18:26-	25:27+	30:51+	33:33+	38:13+	40:36+	44:59+	46:16+	47:16+	48:28+					
01:03+	01:05-	03:19+	01:26-	03:10-	01:58-	03:00-	03:25-	07:01+	05:24+	02:42+	04:40+	02:23+	04:23+	01:17+	01:00-	01:12+					
00:11#	00:02-	00:44&	00:19-	00:27-	00:26-	00:29-	00:22-	03:45@	02:09&	00:07+	00:04+	00:13#	00:22+	00:18&	00:11-	00:12#					

Plass	Navn				Klasse								Tid							
9	Svend Vihovde				116								49:07							
01:18+	02:30+	05:41+	07:54+	11:47+	14:03+	17:33+	21:14+	24:52+	28:35+	31:52+	36:38+	39:07+	44:39+	45:52+	47:32+	49:07+				
01:18+	01:12+	03:11+	02:13+	03:53+	02:16-	03:30+	03:41-	03:38+	03:43+	03:17+	04:46+	02:29+	05:32+	01:13+	01:40+	01:35+				
00:26&	00:05+	00:36#	00:28&	00:16+	00:08-	00:01+	00:06-	00:22#	00:28#	00:42&	00:10+	00:19#	01:31&	00:14#	00:29&	00:35&				
10	Jone Kalheim				93								49:19							
00:49-	01:53-	05:10+	07:13+	12:17+	15:13+	18:27+	25:37+	28:01+	31:57+	34:38+	39:03+	41:56+	45:18+	46:35+	47:32+	49:19+				
00:49-	01:04-	03:17+	02:03+	05:04+	02:56+	03:14-	07:10+	02:24-	03:56+	02:41+	04:25-	02:53+	03:22-	01:17+	00:57-	01:47+				
00:03-	00:03-	00:42&	00:18#	01:27&	00:32#	00:15-	03:23&	00:52-	00:41#	00:06+	00:11-	00:43&	00:39-	00:18&	00:14-	00:47&				
11	Erling Knutzen				128								49:45							
00:56+	01:52-	04:55+	07:04+	10:22+	12:35+	15:53+	19:26-	21:52-	26:13+	28:42=	38:48+	40:59+	45:35+	47:24+	48:36+	49:45+				
00:56+	00:56-	03:03+	02:09+	03:18-	02:13-	03:18-	03:33-	02:26-	04:21+	02:29-	10:06+	02:11+	04:36+	01:49+	01:12+	01:09+				
00:04+	00:11-	00:28#	00:24#	00:19-	00:11-	00:11-	00:14-	00:50-	01:06&	00:06-	05:30@	00:01+	00:35#	00:50&	00:01+	00:09#				
12	Arne Hetlelid				98								50:56							
01:23+	02:26+	05:16+	07:28+	11:06+	13:32+	16:59+	20:48+	24:06+	28:46+	32:13+	37:03+	42:12+	46:46+	48:04+	49:41+	50:56+				
01:23+	01:03-	02:50+	02:12+	03:38+	02:26+	03:27-	03:49+	03:18+	04:40+	03:27+	04:50+	05:09+	04:34+	01:18+	01:37+	01:15+				
00:31&	00:04-	00:15+	00:27&	00:01+	00:02+	00:02-	00:02+	00:02+	01:25&	00:52&	00:14+	02:59@	00:33#	00:19&	00:26&	00:15#				
13	Rune Paulsen				98								51:09							
01:17+	04:15+	08:23+	10:57+	14:12+	16:43+	20:20+	24:38+	28:52+	33:06+	36:07+	39:54+	42:53+	47:34+	48:52+	50:02+	51:09+				
01:17+	02:58+	04:08+	02:34+	03:15-	02:31+	03:37+	04:18+	04:14+	04:14+	03:01+	03:47-	02:59+	04:41+	01:18+	01:10-	01:07+				
00:25&	01:51@	01:33&	00:49&	00:22-	00:07+	00:08+	00:31#	00:58&	00:59&	00:26#	00:49-	00:49&	00:40#	00:19&	00:01-	00:07#				
14	Tore Halset				114								51:23							
01:14+	02:48+	06:17+	08:46+	12:03+	14:16+	17:35+	22:49+	26:05+	32:26+	36:08+	41:02+	43:18+	46:46+	48:37+	50:06+	51:23+				
01:14+	01:34+	03:29+	02:29+	03:17-	02:13-	03:19-	05:14+	03:16=	06:21+	03:42+	04:54+	02:16+	03:28-	01:51+	01:29+	01:17+				
00:22&	00:27&	00:54&	00:44&	00:20-	00:11-	00:10-	01:27&	00:00=	03:06&	01:07&	00:18+	00:06+	00:33-	00:52&	00:18&	00:17&				
15	Håvard Håland				66								53:27							
01:16+	05:54+	09:38+	11:49+	16:07+	18:12+	21:29+	26:29+	29:46+	33:42+	37:04+	42:20+	45:03+	49:14+	50:53+	52:07+	53:27+				
01:16+	04:38+	03:44+	02:11+	04:18+	02:05-	03:17-	05:00+	03:17+	03:56+	03:22+	05:16+	02:43+	04:11+	01:39+	01:14+	01:20+				
00:24&	03:31@	01:09&	00:26#	00:41#	00:19-	00:12-	01:13&	00:01+	00:41#	00:47&	00:40#	00:33&	00:10+	00:40&	00:03+	00:20&				
16	Magnar Møller				62								53:38							
01:35+	02:55+	06:05+	08:17+	13:13+	16:29+	20:49+	24:38+	27:12+	30:58+	34:56+	41:29+	43:40+	49:12+	50:43+	52:16+	53:38+				
01:35+	01:20+	03:10+	02:12+	04:56+	03:16+	04:20+	03:49+	02:34-	03:46+	03:58+	06:33+	02:11+	05:32+	01:31+	01:33+	01:22+				
00:43&	00:13#	00:35#	00:27&	01:19&	00:52&	00:51#	00:02+	00:42-	00:31#	01:23&	01:57&	00:01+	01:31&	00:32&	00:22&	00:22&				
17	Inge Skretting				165								54:23							
01:41+	02:47+	06:21+	08:53+	12:37+	15:18+	19:17+	23:24+	26:36+	33:06+	35:58+	43:00+	45:22+	48:57+	50:24+	53:09+	54:23+				
01:41+	01:06-	03:34+	02:32+	03:44+	02:41+	03:59+	04:07+	03:12-	06:30+	02:52+	07:02+	02:22+	03:35-	01:27+	02:45+	01:14+				
00:49&	00:01-	00:59&	00:47&	00:07+	00:17#	00:30#	00:20+	00:04-	03:15&	00:17#	02:26&	00:12+	00:26-	00:28&	01:34@	00:14#				
18	Frank Hansen				29								55:30							
01:14+	02:21+	05:56+	08:17+	17:55+	20:27+	23:58+	28:11+	31:51+	36:55+	39:42+	44:29+	46:26+	50:19+	52:53+	54:19+	55:30+				
01:14+	01:07=	03:35+	02:21+	09:38+	02:32+	03:31+	04:13+	03:40+	05:04+	02:47+	04:47+	01:57-	03:53-	02:34+	01:26+	01:11+				
00:22&	00:00=	01:00&	00:36&	06:01@	00:08+	00:02+	00:26#	00:24#	01:49&	00:12+	00:11+	00:13-	00:08-	01:35@	00:15#	00:11#				
19	Eilef Foss				76								1:01:12							
01:36+	03:00+	07:43+	10:06+	20:20+	26:42+	30:47+	34:37+	39:03+	43:04+	46:04+	49:55+	52:51+	57:34+	59:00+	60:03+	61:12+				
01:36+	01:24+	04:43+	02:23+	10:14+	06:22+	04:05+	03:50+	04:26+	04:01+	03:00+	03:51-	02:56+	04:43+	01:26+	01:03-	01:09+				
00:44&	00:17&	02:08&	00:38&	06:37@	03:58@	00:36#	00:03+	01:10&	00:46#	00:25#	00:45-	00:46&	00:42#	00:27&	00:08-	00:09#				
20	Raymond B. Pettersen				105								1:02:21							
01:11+	02:02+	05:26+	07:31+	17:48+	20:22+	24:11+	28:24+	32:18+	37:10+	40:58+	47:36+	50:23+	56:30+	58:48+	60:32+	62:21+				
01:11+	00:51-	03:24+	02:05+	10:17+	02:34+	03:49+	04:13+	03:54+	04:52+	03:48+	06:38+	02:47+	06:07+	02:18+	01:44+	01:49+				
00:19&	00:16-	00:49&	00:20#	06:40@	00:10+	00:20+	00:26#	00:38#	01:37&	01:13&	02:02&	00:37&	02:06&	01:19@	00:33&	00:49&				
21	Lars Dymbe				116								1:02:51							
01:42+	03:11+	06:53+	08:39+	14:02+	16:57+	20:46+	24:37+	28:53+	36:24+	38:55+	51:35+	53:24+	58:18+	59:56+	61:17+	62:51+				
01:42+	01:29+	03:42+	01:46+	05:23+	02:55+	03:49+	03:51+	04:16+	07:31+	02:31-	12:40+	01:49-	04:54+	01:38+	01:21+	01:34+				
00:50&	00:22&	01:07&	00:01+	01:46&	00:31#	00:20+	00:04+	01:00&	04:16@	00:04-	08:04@	00:21-	00:53#	00:39&	00:10#	00:34&				
22	Ove Mæstad				67								1:26:40							
01:20+	02:47+	10:22+	19:35+	31:56+	35:50+	40:22+	44:26+	48:56+	62:59+	66:11+	72:02+	75:44+	81:04+	84:20+	85:25+	86:40+				
01:20+	01:27+	07:35+	09:13+	12:21+	03:54+	04:32+	04:04+	04:30+	14:03+	03:12+	05:51+	03:42+	05:20+	03:16+	01:05-	01:15+				
00:28&	00:20&	05:00@	07:28@	08:44@	01:30&	01:03&	00:17+	01:14&	10:48@	00:37#	01:15&	01:32&	01:19&	02:17@	00:06-	00:15#				
23	Nicolas Schindeler				42								1:33:39							
01:39+	03:12+	07:23+	11:38+	18:44+	25:20+	30:10+	38:09+	62:10+	67:10+	70:42+	78:10+	82:59+	88:55+	90:48+	92:15+	93:39+				
01:39+	01:33+	04:11+	04:15+	07:06+	06:36+	04:50+	07:59+	24:01+	05:00+	03:32+	07:28+	04:49+	05:56+	01:53+	01:27+	01:24+				
00:47&	00:26&	01:36&	02:30@	03:29&	04:12@	01:21&	04:12@	20:45@	01:45&	00:57&	02:52&	02:39@	01:55&	00:54&	00:16#	00:24&				

Plass	Navn	Klasse										Tid						
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Beste strekktid for klassen

00:47	00:50	02:35	01:26	02:27	01:42	02:49	02:49	02:24	03:04	02:07	03:47	01:31	02:48	00:59	00:55	00:59
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer 60 - 64 år

1	Ole Petter Haukaas										109			34:24				
02:28=	03:50=	06:07=	07:41=	09:17=	11:26=	12:04=	14:14=	15:39=	17:37=	19:36=	22:31=	24:45=	26:47=	29:40=	31:25=	33:26=	34:24=	
02:28=	01:22=	02:17=	01:34=	01:36=	02:09=	00:38=	02:10=	01:25=	01:58=	01:59=	02:55=	02:14=	02:02=	02:53=	01:45=	02:01=	00:58=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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			40:44				
02:11-	03:40-	06:31+	09:07+	10:58+	14:01+	14:39+	17:07+	18:24+	20:22+	24:11+	26:42+	29:15+	30:47+	35:35+	37:34+	39:42+	40:44+	
02:11-	01:29+	02:51+	02:36+	01:51+	03:03+	00:38=	02:28+	01:17-	01:58=	03:49+	02:31-	02:33+	01:32-	04:48+	01:59+	02:08+	01:02+	
00:17-	00:07+	00:34#	01:02&	00:15#	00:54&	00:00=	00:18#	00:08-	00:00=	01:50&	00:24-	00:19#	00:30-	01:55&	00:14#	00:07+	00:04+	
3	Kjell Skjæveland										166			40:46				
02:30+	04:12+	07:24+	09:24+	11:35+	14:56+	15:36+	18:28+	20:05+	23:54+	26:12+	28:39+	30:42+	32:34+	35:18+	37:27+	39:29+	40:46+	
02:30+	01:42+	03:12+	02:00+	02:11+	03:21+	00:40+	02:52+	01:37+	03:49+	02:18+	02:27-	02:03-	01:52-	02:44-	02:09+	02:02+	01:17+	
00:02+	00:20#	00:55&	00:26&	00:35&	01:12&	00:02+	00:42&	00:12#	01:51&	00:19#	00:28-	00:11-	00:10-	00:09-	00:24#	00:01+	00:19&	
4	Sveinung Svebestad										46			42:46				
02:37+	04:10+	06:28+	08:31+	10:38+	13:50+	14:36+	17:41+	19:25+	22:31+	24:29+	27:46+	30:13+	32:10+	35:22+	38:13+	40:36+	42:46+	
02:37+	01:33+	02:18+	02:03+	02:07+	03:12+	00:46+	03:05+	01:44+	03:06+	01:58-	03:17+	02:27+	01:57-	03:12+	02:51+	02:23+	02:10+	
00:09+	00:11#	00:01+	00:29&	00:31&	01:03&	00:08#	00:55&	00:19#	01:08&	00:01-	00:22#	00:13+	00:05-	00:19#	01:06&	00:22#	01:12@	
5	Olav Tunheim										93			44:15				
02:47+	04:24+	07:45+	11:29+	13:14+	17:00+	17:57+	20:44+	23:03+	25:32+	27:55+	30:22+	33:16+	35:20+	38:12+	40:22+	43:17+	44:15+	
02:47+	01:37+	03:21+	03:44+	01:45+	03:46+	00:57+	02:47+	02:19+	02:29+	02:23+	02:27-	02:54+	02:04+	02:52-	02:10+	02:55+	00:58=	
00:19#	00:15#	01:04&	02:10@	00:09+	01:37&	00:19&	00:37&	00:54&	00:31&	00:24#	00:28-	00:40&	00:02+	00:01-	00:25#	00:54&	00:00=	
6	Sverre Magnar Nordal										116			54:40				
03:03+	05:23+	09:44+	12:19+	14:12+	18:21+	19:12+	23:30+	25:45+	28:31+	34:47+	37:56+	40:46+	42:46+	47:11+	50:26+	52:52+	54:40+	
03:03+	02:20+	04:21+	02:35+	01:53+	04:09+	00:51+	04:18+	02:15+	02:46+	06:16+	03:09+	02:50+	02:00-	04:25+	03:15+	02:26+	01:48+	
00:35#	00:58&	02:04&	01:01&	00:17#	02:00&	00:13&	02:08&	00:50&	00:48&	04:17@	00:14+	00:36&	00:02-	01:32&	01:30&	00:25#	00:50&	
7	Torbjørn Dahle										92			1:03:45				
03:34+	05:21+	09:36+	14:29+	16:57+	22:38+	23:26+	26:11+	27:59+	30:13+	45:40+	48:04+	52:34+	54:39+	57:44+	60:01+	62:15+	63:45+	
03:34+	01:47+	04:15+	04:53+	02:28+	05:41+	00:48+	02:45+	01:48+	02:14+	15:27+	02:24-	04:30+	02:05+	03:05+	02:17+	02:14+	01:30+	
01:06&	00:25&	01:58&	03:19@	00:52&	03:32@	00:10&	00:35&	00:23&	00:16#	13:28@	00:31-	02:16@	00:03+	00:12+	00:32&	00:13#	00:32&	
8	Svein Magne Gloppen										93			1:04:45				
03:52+	05:53+	08:52+	11:34+	13:56+	18:23+	19:21+	24:45+	27:04+	35:33+	38:25+	41:53+	45:03+	47:42+	56:30+	59:29+	62:57+	64:45+	
03:52+	02:01+	02:59+	02:42+	02:22+	04:27+	00:58+	05:24+	02:19+	08:29+	02:52+	03:28+	03:10+	02:39+	08:48+	02:59+	03:28+	01:48+	
01:24&	00:39&	00:42&	01:08&	00:46&	02:18@	00:20&	03:14@	00:54&	06:31@	00:53&	00:33#	00:56&	00:37&	05:55@	01:14&	01:27&	00:50&	
9	Kjell Lervik										239			1:08:05				
04:19+	06:39+	10:10+	13:27+	16:30+	23:43+	24:32+	28:45+	31:06+	34:34+	40:30+	43:33+	46:40+	48:54+	54:40+	62:16+	66:07+	68:05+	
04:19+	02:20+	03:31+	03:17+	03:03+	07:13+	00:49+	04:13+	02:21+	03:28+	05:56+	03:03+	03:07+	02:14+	05:46+	07:36+	03:51+	01:58+	
01:51&	00:58&	01:14&	01:43@	01:27&	05:04@	00:11&	02:03&	00:56&	01:30&	03:57@	00:08+	00:53&	00:12+	02:53&	05:51@	01:50&	01:00@	
10	John C. Sinnes										93			1:09:48				
03:40+	05:55+	14:29+	17:59+	20:12+	24:13+	25:02+	28:30+	30:18+	38:23+	44:05+	47:57+	50:46+	53:27+	58:51+	62:45+	67:51+	69:48+	
03:40+	02:15+	08:34+	03:30+	02:13+	04:01+	00:49+	03:28+	01:48+	08:05+	05:42+	03:52+	02:49+	02:41+	05:24+	03:54+	05:06+	01:57+	
01:12&	00:53&	06:17@	01:56@	00:37&	01:52&	00:11&	01:18&	00:23&	06:07@	03:43@	00:57&	00:35&	00:39&	02:31&	02:09@	03:05@	00:59@	
11	Ommund Bakkevold										68			1:35:36				
06:33+	09:17+	14:45+	32:48+	37:01+	43:41+	44:56+	49:36+	51:51+	56:41+	64:39+	69:51+	74:09+	77:26+	84:23+	90:23+	93:46+	95:36+	
06:33+	02:44+	05:28+	18:03+	04:13+	06:40+	01:15+	04:40+	02:15+	04:50+	07:58+	05:12+	04:18+	03:17+	06:57+	06:00+	03:23+	01:50+	
04:05@	01:22&	03:11@	16:29@	02:37@	04:31@	00:37&	02:30@	00:50&	02:52@	05:59@	02:17&	02:04&	01:15&	04:04@	04:15@	01:22&	00:52&	

Beste strekktid for klassen

02:11	01:22	02:17	01:34	01:36	02:09	00:38	02:10	01:17	01:58	01:58	02:24	02:03	01:32	02:44	01:45	02:01	00:58
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer 65 - 69 år

Plass	Navn					Klasse					Tid								
1	Arne Kristian Espedal					68					30:09								
	01:54=	03:02=	04:40=	06:52=	07:59=	11:06=	11:45=	13:47=	14:57=	16:29=	18:12=	20:15=	22:07=	23:26=	26:02=	27:41=	29:12=	30:09=	
	01:54=	01:08=	01:38=	02:12=	01:07=	03:07=	00:39=	02:02=	01:10=	01:32=	01:43=	02:03=	01:52=	01:19=	02:36=	01:39=	01:31=	00:57=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Torbjørn Evensen					108					37:38								
	02:37+	04:18+	06:36+	08:35+	10:42+	13:49+	14:28+	16:48+	18:22+	20:21+	22:40+	25:05+	27:16+	29:03+	31:59+	34:11+	36:24+	37:38+	
	02:37+	01:41+	02:18+	01:59-	02:07+	03:07=	00:39=	02:20+	01:34+	01:59+	02:19+	02:25+	02:11+	01:47+	02:56+	02:12+	02:13+	01:14+	
	00:43&	00:33&	00:40&	00:13-	01:00&	00:00=	00:00=	00:18#	00:24&	00:27&	00:36&	00:22#	00:19#	00:28&	00:20#	00:33&	00:42&	00:17&	
3	Bjørn Alsaker					115					40:17								
	02:08+	03:36+	05:38+	08:07+	09:50+	12:42+	13:24+	15:38+	17:16+	19:16+	23:10+	25:27+	27:50+	29:22+	35:33+	37:26+	39:14+	40:17+	
	02:08+	01:28+	02:02+	02:29+	01:43+	02:52-	00:42+	02:32+	01:20+	02:00+	03:54+	02:17+	02:23+	01:32+	06:11+	01:53+	01:48+	01:03+	
	00:14#	00:20&	00:24#	00:17#	00:36&	00:15-	00:03+	00:30#	00:10#	00:28&	02:11@	00:14#	00:31&	00:13#	03:35@	00:14#	00:17#	00:06#	
4	Jan Hetland					29					42:37								
	03:03+	05:48+	08:39+	11:29+	12:56+	15:48+	16:31+	19:09+	20:21+	22:25+	26:16+	28:37+	31:22+	32:57+	37:09+	39:25+	41:40+	42:37+	
	03:03+	02:45+	02:51+	02:50+	01:27+	02:52-	00:43+	02:38+	01:12+	02:04+	03:51+	02:21+	02:45+	01:35+	04:12+	02:16+	02:15+	00:57=	
	01:09&	01:37@	01:13&	00:38&	00:20&	00:15-	00:04#	00:36&	00:02+	00:32&	02:08@	00:18#	00:53&	00:16#	01:36&	00:37&	00:44&	00:00=	
5	Eivind L. Rake					92					44:24								
	02:55+	04:51+	07:36+	10:05+	11:35+	14:48+	15:43+	18:59+	20:58+	23:39+	25:42+	29:01+	31:58+	34:05+	37:57+	40:28+	42:53+	44:24+	
	02:55+	01:56+	02:45+	02:29+	01:30+	03:13+	00:55+	03:16+	01:59+	02:41+	02:03+	03:19+	02:57+	02:07+	03:52+	02:31+	02:25+	01:31+	
	01:01&	00:48&	01:07&	00:17#	00:23&	00:06+	00:16&	01:14&	00:49&	01:09&	00:20#	01:16&	01:05&	00:48&	01:16&	00:52&	00:54&	00:34&	
6	Bjørn Bjelland					83					47:49								
	02:50+	04:59+	11:23+	13:47+	15:36+	19:11+	19:58+	22:49+	24:35+	27:49+	29:50+	33:03+	35:44+	37:36+	40:51+	43:20+	45:49+	47:49+	
	02:50+	02:09+	06:24+	02:24+	01:49+	03:35+	00:47+	02:51+	01:46+	03:14+	02:01+	03:13+	02:41+	01:52+	03:15+	02:29+	02:29+	02:00+	
	00:56&	01:01&	04:46@	00:12+	00:42&	00:28#	00:08#	00:49&	00:36&	01:42@	00:18#	01:10&	00:49&	00:33&	00:39#	00:50&	00:58&	01:03@	
7	Bjørn Sivertsen					99					47:53								
	02:36+	04:25+	07:50+	10:31+	12:19+	15:45+	16:51+	20:31+	22:11+	26:29+	30:30+	33:29+	36:08+	38:16+	41:55+	44:17+	46:36+	47:53+	
	02:36+	01:49+	03:25+	02:41+	01:48+	03:26+	01:06+	03:40+	01:40+	04:18+	04:01+	02:59+	02:39+	02:08+	03:39+	02:22+	02:19+	01:17+	
	00:42&	00:41&	01:47@	00:29#	00:41&	00:19#	00:27&	01:38&	00:30&	02:46@	02:18@	00:56&	00:47&	00:49&	01:03&	00:43&	00:48&	00:20&	
8	Bjarne Gimre					88					51:50								
	02:47+	04:30+	09:43+	12:19+	14:05+	16:51+	17:37+	20:34+	22:26+	25:03+	27:00+	29:48+	31:37+	35:34+	37:47+	44:51+	47:46+	50:22+	51:50+
	02:47+	01:43+	05:13+	02:36+	01:46+	02:46-	00:46+	02:57+	01:52+	02:37+	01:57+	02:48+	01:49-	03:57+	02:13-	07:04+	02:55+	02:36+	01:28+
	00:53&	00:35&	03:35@	00:24#	00:39&	00:21-	00:07#	00:55&	00:42&	01:05&	00:14#	00:45&	00:03-	02:38@	00:23-	05:25@	01:24&	01:39@	01:28+
9	Arne Magne Handeland					92					52:12								
	02:48+	04:39+	10:08+	12:54+	14:44+	18:52+	19:35+	22:39+	24:32+	27:10+	29:20+	32:46+	38:44+	41:57+	45:24+	47:51+	50:06+	52:12+	
	02:48+	01:51+	05:29+	02:46+	01:50+	04:08+	00:43+	03:04+	01:53+	02:38+	02:10+	03:26+	05:58+	03:13+	03:27+	02:27+	02:15+	02:06+	
	00:54&	00:43&	03:51@	00:34&	00:43&	01:01&	00:04#	01:02&	00:43&	01:06&	00:27&	01:23&	04:06@	01:54@	00:51&	00:48&	00:44&	01:09@	
10	Svein Berge					126					54:07								
	03:18+	05:01+	08:46+	14:46+	17:15+	21:38+	24:37+	27:24+	29:12+	31:33+	34:19+	36:47+	40:15+	42:18+	48:34+	51:04+	52:57+	54:07+	
	03:18+	01:43+	03:45+	06:00+	02:29+	04:23+	02:59+	02:47+	01:48+	02:21+	02:46+	02:28+	03:28+	02:03+	06:16+	02:30+	01:53+	01:10+	
	01:24&	00:35&	02:07@	03:48@	01:22@	01:16&	02:20@	00:45&	00:38&	00:49&	01:03&	00:25#	01:36&	00:44&	03:40@	00:51&	00:22#	00:13#	
11	Tore R. Tvedt					53					1:07:14								
	03:24+	05:30+	10:48+	13:52+	23:14+	26:46+	27:52+	31:57+	34:05+	38:35+	45:23+	49:00+	52:33+	55:21+	58:41+	63:00+	65:24+	67:14+	
	03:24+	02:06+	05:18+	03:04+	09:22+	03:32+	01:06+	04:05+	02:08+	04:30+	06:48+	03:37+	03:33+	02:48+	03:20+	04:19+	02:24+	01:50+	
	01:30&	00:58&	03:40@	00:52&	08:15@	00:25#	00:27&	02:03@	00:58&	02:58@	05:05@	01:34&	01:41&	01:29@	00:44&	02:40@	00:53&	00:53&	
12	Tom Hetland					5					1:08:14								
	03:23+	04:55+	13:14+	20:48+	26:20+	30:52+	31:36+	35:48+	37:25+	40:45+	43:57+	49:50+	52:51+	54:50+	59:44+	63:57+	66:49+	68:14+	
	03:23+	01:32+	08:19+	07:34+	05:32+	04:32+	00:44+	04:12+	01:37+	03:20+	03:12+	05:53+	03:01+	01:59+	04:54+	04:13+	02:52+	01:25+	
	01:29&	00:24&	06:41@	05:22@	04:25@	01:25&	00:05#	02:10@	00:27&	01:48@	01:29&	03:50@	01:09&	00:40&	02:18&	02:34@	01:21&	00:28&	
13	Svein Ims					65					1:08:29								
	03:31+	05:57+	09:24+	13:26+	15:57+	21:26+	22:49+	27:19+	30:32+	33:01+	37:05+	45:48+	50:05+	52:36+	61:01+	63:48+	66:22+	68:29+	
	03:31+	02:26+	03:27+	04:02+	02:31+	05:29+	01:23+	04:30+	03:13+	02:29+	04:04+	08:43+	04:17+	02:31+	08:25+	02:47+	02:34+	02:07+	
	01:37&	01:18@	01:49@	01:50&	01:24@	02:22&	00:44@	02:28@	02:03@	00:57&	02:21@	06:40@	02:25@	01:12&	05:49@	01:08&	01:03&	01:10@	
14	Terje Stokkeland					69					1:10:38								
	07:04+	09:19+	12:11+	16:28+	21:53+	26:15+	27:06+	31:12+	33:41+	38:04+	40:19+	43:12+	46:20+	49:42+	54:05+	63:20+	68:00+	70:38+	
	07:04+	02:15+	02:52+	04:17+	05:25+	04:22+	00:51+	04:06+	02:29+	04:23+	02:15+	02:53+	03:08+	03:22+	04:23+	09:15+	04:40+	02:38+	
	05:10@	01:07&	01:14&	02:05&	04:18@	01:15&	00:12&	02:04@	01:19@	02:51@	00:32&	00:50&	01:16&	02:03@	01:47&	07:36@	03:09@	01:41@	
15	Bjørn Tore Aase					29					1:16:44								
	04:08+	06:29+	14:44+	18:38+	32:11+	37:48+	38:43+	42:33+	45:01+	48:42+	53:25+	56:59+	60:19+	63:16+	68:26+	71:59+	75:00+	76:44+	
	04:08+	02:21+	08:15+	03:54+	13:33+	05:37+	00:55+	03:50+	02:28+	03:41+	04:43+	03:34+	03:20+	02:57+	05:10+	03:33+	03:01+	01:44+	
	02:14@	01:13@	06:37@	01:42&	12:26@	02:30&	00:16&	01:48&	01:18@	02:09@	03:00@	01:31&	01:28&	01:38@	02:34&	01:54@	01:30&	00:47&	



Plass	Navn										Klasse										Tid											
16	Rolf Kleppe										63											1:17:14										
	03:31+	05:42+	09:20+	15:25+	19:09+	26:36+	27:30+	32:04+	35:35+	38:20+	43:06+	47:03+	51:19+	53:57+	60:42+	72:32+	75:03+	77:14+														
	03:31+	02:11+	03:38+	06:05+	03:44+	07:27+	00:54+	04:34+	03:31+	02:45+	04:46+	03:57+	04:16+	02:38+	06:45+	11:50+	02:31+	02:11+														
	01:37&	01:03&	02:00@	03:53@	02:37@	04:20@	00:15&	02:32@	02:21@	01:13&	03:03@	01:54&	02:24@	01:19&	04:09@	10:11@	01:00&	01:14@														

Beste strekktid for klassen

01:54	01:08	01:38	01:59	01:07	02:46	00:39	02:02	01:10	01:32	01:43	02:03	01:49	01:19	02:13	01:39	01:31	00:57															
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer 70 - 74 år

1	Harry Breiland										66											41:39										
	05:30=	07:00=	09:08=	11:03=	12:42=	16:16=	16:59=	19:22=	20:55=	22:53=	25:02=	28:08=	30:38=	32:29=	36:04=	38:03=	40:22=	41:39=														
	05:30=	01:30=	02:08=	01:55=	01:39=	03:34=	00:43=	02:23=	01:33=	01:58=	02:09=	03:06=	02:30=	01:51=	03:35=	01:59=	02:19=	01:17=														
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=														
2	Arne Østensen										53											45:48										
	02:45-	04:52-	07:37-	13:43+	15:47+	18:38+	19:25+	22:44+	24:32+	26:57+	30:11+	32:34+	34:39+	36:19+	40:24+	42:21+	44:38+	45:48+														
	02:45-	02:07+	02:45+	06:06+	02:04+	02:51-	00:47+	03:19+	01:48+	02:25+	03:14+	02:23-	02:05-	01:40-	04:05+	01:57-	02:17-	01:10-														
	02:45-	00:37&	00:37&	04:11@	00:25&	00:43-	00:04+	00:56&	00:15#	00:27#	01:05&	00:43-	00:25-	00:11-	00:30#	00:02-	00:02-	00:07-														

3	Kjell Svihus										154											46:48										
	02:48-	04:44-	06:59-	10:14-	12:00-	14:30-	15:38-	18:55-	20:44-	23:20+	28:56+	31:46+	34:23+	37:13+	40:35+	42:46+	45:13+	46:48+														
	02:48-	01:56+	02:15+	03:15+	01:46+	02:30-	01:08+	03:17+	01:49+	02:36+	05:36+	02:50-	02:37+	02:50+	03:22-	02:11+	02:27+	01:35+														
	02:42-	00:26&	00:07+	01:20&	00:07+	01:04-	00:25&	00:54&	00:16#	00:38&	03:27@	00:16-	00:07+	00:59&	00:13-	00:12#	00:08+	00:18#														

4	Ole Auklend										106											52:20										
	03:04-	05:14-	08:02-	10:46-	12:47+	16:27+	17:30+	21:11+	24:14+	28:29+	30:52+	34:26+	38:03+	40:38+	44:31+	47:21+	50:30+	52:20+														
	03:04-	02:10+	02:48+	02:44+	02:01+	03:40+	01:03+	03:41+	03:03+	04:15+	02:23+	03:34+	03:37+	02:35+	03:53+	02:50+	03:09+	01:50+														
	02:26-	00:40&	00:40&	00:49&	00:22#	00:06+	00:20&	01:18&	01:30&	02:17@	00:14#	00:28#	01:07&	00:44&	00:18+	00:51&	00:50&	00:33&														

5	Jan Inge Lunde										88											53:52										
	03:53-	05:44-	09:08=	16:08+	18:09+	21:06+	21:47+	24:58+	26:44+	29:11+	31:28+	34:40+	40:37+	43:51+	47:23+	49:54+	52:15+	53:52+														
	03:53-	01:51+	03:24+	07:00+	02:01+	02:57-	00:41-	03:11+	01:46+	02:27+	02:17+	03:12+	05:57+	03:14+	03:32-	02:31+	02:21+	01:37+														
	01:37-	00:21#	01:16&	05:05@	00:22#	00:37-	00:02-	00:48&	00:13#	00:29#	00:08+	00:06+	03:27@	01:23&	00:03-	00:32&	00:02+	00:20&														

6	Leif Gunnar Wikene										43											55:50										
	02:41-	04:19-	08:49-	11:51+	14:19+	18:28+	19:33+	27:06+	29:35+	32:14+	34:37+	37:58+	40:30+	42:20+	47:49+	51:55+	54:19+	55:50+														
	02:41-	01:38+	04:30+	03:02+	02:28+	04:09+	01:05+	07:33+	02:29+	02:39+	02:23+	03:21+	02:32+	01:50-	05:29+	04:06+	02:24+	01:31+														
	02:49-	00:08+	02:22@	01:07&	00:49&	00:35#	00:22&	05:10@	00:56&	00:41&	00:14#	00:15+	00:02+	00:01-	01:54&	02:07@	00:05+	00:14#														

7	Terje Helland										88											57:22										
	03:13-	05:11-	07:54-	11:19+	12:57+	15:36-	16:32-	19:58+	21:48+	24:24+	33:44+	36:30+	40:03+	42:00+	47:54+	50:28+	55:48+	57:22+														
	03:13-	01:58+	02:43+	03:25+	01:38-	02:39-	00:56+	03:26+	01:50+	02:36+	09:20+	02:46-	03:33+	01:57+	05:54+	02:34+	05:20+	01:34+														
	02:17-	00:28&	00:35&	01:30&	00:01-	00:55-	00:13&	01:03&	00:17#	00:38&	07:11@	00:20-	01:03&	00:06+	02:19&	00:35&	03:01@	00:17#														

8	Jostein Tunheim										116											1:13:14										
	02:51-	05:08-	12:20+	31:56+	33:35+	37:42+	38:31+	40:58+	42:28+	48:19+	50:31+	54:38+	57:20+	60:55+	66:33+	69:49+	71:54+	73:14+														
	02:51-	02:17+	07:12+	19:36+	01:39=	04:07+	00:49+	02:27+	01:30-	05:51+	02:12+	04:07+	02:42+	03:35+	05:38+	03:16+	02:05-	01:20+														
	02:39-	00:47&	05:04@	17:41@	00:00=	00:33#	00:06#	00:04+	00:03-	03:53@	00:03+	01:01&	00:12+	01:44&	02:03&	01:17&	00:14-	00:03+														

9	Leif Kåre Lende										128											1:13:51										
	03:26-	04:51-	13:47+	17:58+	24:15+	31:42+	32:44+	38:55+	41:32+	44:59+	50:04+	54:12+	57:00+	60:38+	65:53+	69:07+	72:23+	73:51+														
	03:26-	01:25-	08:56+	04:11+	06:17+	07:27+	01:02+	06:11+	02:37+	03:27+	05:05+	04:08+	02:48+	03:38+	05:15+	03:14+	03:16+	01:28+														
	02:04-	00:05-	06:48@	02:16@	04:38@	03:53@	00:19&	03:48@	01:04&	01:29&	02:56@	01:02&	00:18#	01:47&	01:40&	01:15&	00:57&	00:11#														

10	John Abrahamsen																125																	1:47:51
05:14-	09:54+	15:06+	34:42+	39:11+	45:57+	47:27+	57:04+	60:14+	65:44+	69:42+	76:13+	81:38+	87:11+	95:37+	100:16+	104:39+	107:51+																	
05:14-	04:40+	05:12+	19:36+	04:29+	06:46+	01:30+	09:37+	03:10+	05:30+	03:58+	06:31+	05:25+	05:33+	08:26+	04:39+	04:23+	03:12+																	
00:16-	03:10@	03:04@	17:41@	02:50@	03:12&	00:47@	07:14@	01:37@	03:32@	01:49&	03:25@	02:55@	03:42@	04:51@	02:40@	02:04&	01:55@																	

Plass	Navn					Klasse					Tid					
1	Finn Morten Årstad					115					42:13					
	03:05=	05:05=	07:29=	10:00=	11:48=	15:58=	17:59=	21:03=	25:02=	29:20=	30:03=	34:04=	36:24=	38:45=	40:57=	42:13=
	03:05=	02:00=	02:24=	02:31=	01:48=	04:10=	02:01=	03:04=	03:59=	04:18=	00:43=	04:01=	02:20=	02:21=	02:12=	01:16=
	00:00=	00:00=	00:00=	00:00=	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	Svein Glendrange					68					49:47					
	03:13+	05:15+	10:49+	13:34+	15:46+	21:42+	24:04+	27:09+	31:48+	35:51+	36:45+	40:28+	42:54+	45:35+	48:07+	49:47+
	03:13+	02:02+	05:34+	02:45+	02:12+	05:56+	02:22+	03:05+	04:39+	04:03-	00:54+	03:43-	02:26+	02:41+	02:32+	01:40+
	00:08+	00:02+	03:10@	00:14+	00:24#	01:46&	00:21#	00:01+	00:40#	00:15-	00:11&	00:18-	00:06+	00:20#	00:20#	00:24&
3	Hermann Skogsholm					53					51:40					
	02:54-	05:02-	09:03+	13:26+	15:25+	20:14+	24:35+	28:02+	31:46+	35:21+	36:22+	40:31+	43:50+	47:11+	49:57+	51:40+
	02:54-	02:08+	04:01+	04:23+	01:59+	04:49+	04:21+	03:27+	03:44-	03:35-	01:01+	04:09+	03:19+	03:21+	02:46+	01:43+
	00:11-	00:08+	01:37&	01:52&	00:11#	00:39#	02:20@	00:23#	00:15-	00:43-	00:18&	00:08+	00:59&	01:00&	00:34&	00:27&
4	Geir Husdal					93					55:33					
	02:42-	04:57-	07:51+	11:25+	13:25+	18:47+	23:27+	27:35+	32:44+	37:10+	38:07+	42:08+	45:00+	50:42+	53:52+	55:33+
	02:42-	02:15+	02:54+	03:34+	02:00+	05:22+	04:40+	04:08+	05:09+	04:26+	00:57+	04:01=	02:52+	05:42+	03:10+	01:41+
	00:23-	00:15#	00:30#	01:03&	00:12#	01:12&	02:39@	01:04&	01:10&	00:08+	00:14&	00:00=	00:32#	03:21@	00:58&	00:25&
5	Ingjald Egeland					7					55:58					
	03:07+	05:31+	11:08+	14:32+	16:28+	25:12+	30:03+	33:15+	36:47+	39:56+	41:37+	45:41+	48:10+	51:03+	53:36+	55:58+
	03:07+	02:24+	05:37+	03:24+	01:56+	08:44+	04:51+	03:12+	03:32-	03:09-	01:41+	04:04+	02:29+	02:53+	02:33+	02:22+
	00:02+	00:24#	03:13@	00:53&	00:08+	04:34@	02:50@	00:08+	00:27-	01:09-	00:58@	00:03+	00:09+	00:32#	00:21#	01:06&
6	Olav Dag Borgersen					154					56:35					
	03:27+	04:58-	13:53+	20:39+	22:32+	31:34+	33:29+	36:15+	40:42+	43:24+	44:15+	47:30+	49:40+	52:27+	55:00+	56:35+
	03:27+	01:31-	08:55+	06:46+	01:53+	09:02+	01:55-	02:46-	04:27+	02:42-	00:51+	03:15-	02:10-	02:47+	02:33+	01:35+
	00:22#	00:29-	06:31@	04:15@	00:05+	04:52@	00:06-	00:18-	00:28#	01:36-	00:08#	00:46-	00:10-	00:26#	00:21#	00:19#
7	Arvid Thorsen					5					56:57					
	03:16+	05:24+	10:03+	16:33+	22:28+	26:56+	29:34+	32:10+	35:20+	39:02+	40:12+	45:53+	50:21+	52:45+	55:10+	56:57+
	03:16+	02:08+	04:39+	06:30+	05:55+	04:28+	02:38+	02:36-	03:10-	03:42-	01:10+	05:41+	04:28+	02:24+	02:25+	01:47+
	00:11+	00:08+	02:15&	03:59@	04:07@	00:18+	00:37&	00:28-	00:49-	00:36-	00:27&	01:40&	02:08&	00:03+	00:13+	00:31&
8	Øyvind Egeskog					5					58:18					
	02:57-	05:14+	08:42+	12:51+	16:45+	22:35+	25:44+	30:19+	35:37+	39:47+	40:49+	46:31+	49:18+	52:29+	55:49+	58:18+
	02:57-	02:17+	03:28+	04:09+	03:54+	05:50+	03:09+	04:35+	05:18+	04:10-	01:02+	05:42+	02:47+	03:11+	03:20+	02:29+
	00:08-	00:17#	01:04&	01:38&	02:06@	01:40&	01:08&	01:31&	01:19&	00:08-	00:19&	01:41&	00:27#	00:50&	01:08&	01:13&
9	Steinar Undheim					54					59:31					
	05:23+	07:57+	12:27+	16:04+	17:48+	22:11+	29:33+	35:54+	40:03+	43:15+	44:53+	49:26+	52:00+	55:09+	57:43+	59:31+
	05:23+	02:34+	04:30+	03:37+	01:44-	04:23+	07:22+	06:21+	04:09+	03:12-	01:38+	04:33+	02:34+	03:09+	02:34+	01:48+
	02:18&	00:34&	02:06&	01:06&	00:04-	00:13+	05:21@	03:17@	00:10+	01:06-	00:55@	00:32#	00:14#	00:48&	00:22#	00:32&
10	Knut Skjæveland					93					59:54					
	03:55+	05:59+	08:57+	12:29+	14:28+	18:58+	26:28+	29:24+	32:57+	42:43+	45:37+	49:19+	51:40+	54:33+	57:56+	59:54+
	03:55+	02:04+	02:58+	03:32+	01:59+	04:30+	07:30+	02:56-	03:33-	09:46+	02:54+	03:42-	02:21+	02:53+	03:23+	01:58+
	00:50&	00:04+	00:34#	01:01&	00:11#	00:20+	05:29@	00:08-	00:26-	05:28@	02:11@	00:19-	00:01+	00:32#	01:11&	00:42&
11	Hans Klausen					62					1:02:47					
	04:17+	06:19+	14:04+	19:19+	21:46+	28:21+	31:13+	34:33+	38:07+	41:47+	42:40+	53:20+	56:06+	58:30+	61:12+	62:47+
	04:17+	02:02+	07:45+	05:15+	02:27+	06:35+	02:52+	03:20+	03:34-	03:40-	00:53+	10:40+	02:46+	02:24+	02:42+	01:35+
	01:12&	00:02+	05:21@	02:44@	00:39&	02:25&	00:51&	00:16+	00:25-	00:38-	00:10#	06:39@	00:26#	00:03+	00:30#	00:19#
12	Tormod Aaslid					54					1:04:18					
	04:06+	07:30+	12:58+	19:11+	22:22+	28:52+	32:29+	37:22+	41:55+	46:52+	48:01+	52:49+	56:00+	59:16+	62:21+	64:18+
	04:06+	03:24+	05:28+	06:13+	03:11+	06:30+	03:37+	04:53+	04:33+	04:57+	01:09+	04:48+	03:11+	03:16+	03:05+	01:57+
	01:01&	01:24&	03:04@	03:42@	01:23&	02:20&	01:36&	01:49&	00:34#	00:39#	00:26&	00:47#	00:51&	00:55&	00:53&	00:41&
13	Arne Brandsberg					29					1:05:31					
	04:02+	06:59+	10:30+	17:04+	19:33+	25:21+	28:51+	33:23+	39:31+	44:23+	45:46+	51:26+	55:17+	59:29+	62:58+	65:31+
	04:02+	02:57+	03:31+	06:34+	02:29+	05:48+	03:30+	04:32+	06:08+	04:52+	01:23+	05:40+	03:51+	04:12+	03:29+	02:33+
	00:57&	00:57&	01:07&	04:03@	00:41&	01:38&	01:29&	01:28&	02:09&	00:34#	00:40&	01:39&	01:31&	01:51&	01:17&	01:17@
14	Jan Værp					62					1:07:21					
	03:17+	05:49+	11:14+	16:08+	18:53+	24:27+	27:15+	32:36+	37:09+	45:49+	47:07+	51:32+	54:40+	60:02+	64:04+	67:21+
	03:17+	02:32+	05:25+	04:54+	02:45+	05:34+	02:48+	05:21+	04:33+	08:40+	01:18+	04:25+	03:08+	05:22+	04:02+	03:17+
	00:12+	00:32&	03:01@	02:23&	00:57&	01:24&	00:47&	02:17&	00:34#	04:22@	00:35&	00:24+	00:48&	03:01@	01:50&	02:01@
15	Reidar Magne Liland					66					1:11:28					
	04:30+	06:38+	11:59+	16:42+	18:47+	23:42+	27:40+	31:29+	37:10+	41:57+	45:04+	49:17+	62:25+	66:17+	69:22+	71:28+
	04:30+	02:08+	05:21+	04:43+	02:05+	04:55+	03:58+	03:49+	05:41+	04:47+	03:07+	04:13+	13:08+	03:52+	03:05+	02:06+
	01:25&	00:08+	02:57@	02:12&	00:17#	00:45#	01:57&	00:45#	01:42&	00:29#	02:24@	00:12+	10:48@	01:31&	00:53&	00:50&

Plass	Navn										Klasse					Tid					
16	Norvald Skretting										43						1:13:16				
03:33+	05:47+	08:49+	16:25+	19:19+	23:47+	41:58+	44:41+	49:04+	53:05+	55:00+	60:18+	63:51+	66:41+	71:08+	73:16+						
03:33+	02:14+	03:02+	07:36+	02:54+	04:28+	18:11+	02:43-	04:23+	04:01-	01:55+	05:18+	03:33+	02:50+	04:27+	02:08+						
00:28#	00:14#	00:38&	05:05@	01:06&	00:18+	16:10@	00:21-	00:24#	00:17-	01:12@	01:17&	01:13&	00:29#	02:15@	00:52&						
Beste strekktid for klassen																					
02:42	01:31	02:24	02:31	01:44	04:10	01:55	02:36	03:10	02:42	00:43	03:15	02:10	02:21	02:12	01:16						

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

Herrer 80 år og eldre

1	Harald Vatne										67											52:46				
01:47=	03:25=	06:28=	09:11=	14:55=	20:23=	26:05=	30:06=	31:06=	33:24=	36:59=	41:29=	44:19=	47:31=	51:01=	52:46=											
01:47=	01:38=	03:03=	02:43=	05:44=	05:28=	05:42=	04:01=	01:00=	02:18=	03:35=	04:30=	02:50=	03:12=	03:30=	01:45=											
00:00=	00:00=	00:00=	00:00=	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	Jan Bekkeheien										92											53:38				
01:01-	02:47-	08:04+	12:09+	18:43+	22:59+	26:46+	30:28+	31:23+	33:22-	37:55+	42:29+	45:04+	48:19+	51:31+	53:38+											
01:01-	01:46+	05:17+	04:05+	06:34+	04:16-	03:47-	03:42-	00:55-	01:59-	04:33+	04:34+	02:35-	03:15+	03:12-	02:07+											
00:46-	00:08+	02:14&	01:22&	00:50#	01:12-	01:55-	00:19-	00:05-	00:19-	00:58&	00:04+	00:15-	00:03+	00:18-	00:22#											
3	Terje Braut										92											54:33				
01:01-	02:43-	05:46-	08:21-	14:17-	18:58-	22:22-	25:07-	26:03-	27:49-	31:22-	44:04+	46:28+	49:31+	52:37+	54:33+											
01:01-	01:42+	03:03=	02:35-	05:56+	04:41-	03:24-	02:45-	00:56-	01:46-	03:33-	12:42+	02:24-	03:03-	03:06-	01:56+											
00:46-	00:04+	00:00=	00:08-	00:12+	00:47-	02:18-	01:16-	00:04-	00:32-	00:02-	08:12@	00:26-	00:09-	00:24-	00:11#											
4	Magne Westerheim										93											59:28				
02:25+	04:28+	08:08+	11:21+	17:37+	24:44+	28:32+	33:08+	34:07+	39:51+	43:47+	48:34+	51:09+	54:21+	57:36+	59:28+											
02:25+	02:03+	03:40+	03:13+	06:16+	07:07+	03:48-	04:36+	00:59-	05:44+	03:56+	04:47+	02:35-	03:12=	03:15-	01:52+											
00:38&	00:25&	00:37#	00:30#	00:32+	01:39&	01:54-	00:35#	00:01-	03:26@	00:21+	00:17+	00:15-	00:00=	00:15-	00:07+											
5	Bjarne Edland										92											1:04:11				
01:59+	03:59+	08:59+	13:14+	21:18+	25:47+	29:15+	32:55+	33:47+	38:30+	42:33+	52:32+	55:14+	59:31+	62:26+	64:11+											
01:59+	02:00+	05:00+	04:15+	08:04+	04:29-	03:28-	03:40-	00:52-	04:43+	04:03+	09:59+	02:42-	04:17+	02:55-	01:45=											
00:12#	00:22#	01:57&	01:32&	02:20&	00:59-	02:14-	00:21-	00:08-	02:25@	00:28#	05:29@	00:08-	01:05&	00:35-	00:00=											
6	Sigurd Krosli										93											1:16:48				
01:40-	04:26+	13:21+	17:00+	22:17+	32:05+	38:10+	41:20+	48:13+	50:51+	54:34+	65:16+	67:06+	70:39+	74:44+	76:48+											
01:40-	02:46+	08:55+	03:39+	05:17-	09:48+	06:05+	03:10-	06:53+	02:38+	03:43+	10:42+	01:50-	03:33+	04:05+	02:04+											
00:07-	01:08&	05:52@	00:56&	00:27-	04:20&	00:23+	00:51-	05:53@	00:20#	00:08+	06:12@	01:00-	00:21#	00:35#	00:19#											
7	Magne Jakobsen										63											1:18:22				
04:47+	07:48+	10:52+	15:51+	24:09+	30:36+	38:27+	42:34+	43:47+	46:26+	51:24+	62:05+	64:58+	67:55+	75:57+	78:22+											
04:47+	03:01+	03:04+	04:59+	08:18+	06:27+	07:51+	04:07+	01:13+	02:39+	04:58+	10:41+	02:53+	02:57-	08:02+	02:25+											
03:00@	01:23&	00:01+	02:16&	02:34&	00:59#	02:09&	00:06+	00:13#	00:21#	01:23&	06:11@	00:03+	00:15-	04:32@	00:40&											
8	Kjell Maudal										63											1:52:18				
01:51+	04:37+	08:07+	11:59+	42:18+	45:57+	51:45+	58:55+	60:18+	63:44+	69:10+	99:26+	101:53+	106:01+	110:25+	112:18+											
01:51+	02:46+	03:30+	03:52+	30:19+	03:39-	05:48+	07:10+	01:23+	03:26+	05:26+	30:16+	02:27-	04:08+	04:24+	01:53+											
00:04+	01:08&	00:27#	01:09&	24:35@	01:49-	00:06+	03:09&	00:23&	01:08&	01:51&	25:46@	00:23-	00:56&	00:54&	00:08+											

Beste strekktid for klassen																										
	01:01	01:38	03:03	02:35	05:17	03:39	03:24	02:45	00:52	01:46	03:33	04:30	01:50	02:57	02:55	01:45										

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

Herrer A

1	Bjarthe Westerheim										194											36:18					
	01:41=	02:40=	04:16=	04:55=	06:01=	07:51=	08:44=	09:25=	10:55=	12:42=	14:24=	15:25=	16:44=	17:58=	20:33=	21:48=	23:43=	25:38=	27:24=	29:14=	31:05=	32:20=	35:32=	36:18=			
	01:41=	00:59=	01:36=	00:39=	01:06=	01:50=	00:53=	00:41=	01:30=	01:47=	01:42=	01:01=	01:19=	01:14=	02:35=	01:15=	01:55=	01:55=	01:46=	01:50=	01:51=	01:15=	03:12=	00:46=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Kalager										7											41:24					
	01:59+	03:15+	05:08+	06:18+	07:38+	09:37+	10:42+	11:30+	13:24+	15:34+	16:46+	18:32+	20:06+	21:34+	24:48+	26:07+	28:40+	30:19+	32:14+	34:34+	36:37+	37:49+	40:33+	41:24+			
	01:59+	01:16+	01:53+	01:10+	01:20+	01:59+	01:05+	00:48+	01:54+	02:10+	01:12+	01:46+	01:34+	01:28+	03:14+	01:19+	02:33+	01:39+	01:55+	02:20+	02:03+	01:12+	02:44+	00:51+			
	00:18#	00:17#	00:17#	00:31#	00:14#	00:09+	00:12#	00:07#	00:24#	00:23#	00:30+	00:45#	00:15#	00:14#	00:39#	00:04+	00:38#	00:16+	00:09+	00:30#	00:12#	00:03+	00:28+	00:05#			

Plass	Navn					Klasse					Tid														
3	Svein Magnus Halsne					71					43:12														
02:17+	03:38+	05:16+	06:37+	07:53+	09:51+	10:52+	11:41+	13:22+	18:24+	19:58+	20:59+	22:33+	24:00+	26:59+	28:14+	30:20+	31:48+	33:41+	35:50+	38:00+	39:13+	42:20+	43:12+		
02:17+	01:21+	01:38+	01:21+	01:16+	01:58+	01:01+	00:49+	01:41+	05:02+	01:34-	01:01=	01:34+	01:27+	02:59+	01:15=	02:06+	01:28-	01:53+	02:09+	02:10+	01:13-	03:07-	00:52+		
00:36&	00:22&	00:02+	00:42@	00:10#	00:08+	00:08#	00:08#	00:11#	03:15@	00:08-	00:00=	00:15#	00:13#	00:24#	00:00=	00:11+	00:27-	00:07+	00:19#	00:19#	00:02-	00:05-	00:06#		
4	Stian Haugvaldstad					116					43:25														
01:53+	03:08+	05:32+	06:28+	08:14+	10:17+	11:19+	12:02+	13:32+	16:06+	17:21+	18:26+	19:49+	21:09+	23:52+	25:02+	29:19+	31:14+	33:03+	35:37+	37:38+	38:46+	42:23+	43:25+		
01:53+	01:15+	02:24+	00:56+	01:46+	02:03+	01:02+	00:43+	01:30=	02:34+	01:15-	01:05+	01:23+	01:20+	02:43+	01:10-	04:17+	01:55=	01:49+	02:34+	02:01+	01:08-	03:37+	01:02+		
00:12#	00:16&	00:48&	00:17&	00:40&	00:13#	00:09#	00:02+	00:00=	00:47&	00:27-	00:04+	00:04+	00:06+	00:08+	00:05-	02:22@	00:00=	00:03+	00:44&	00:10+	00:07-	00:25#	00:16&		
5	Martin Blystad					115					44:23														
02:06+	03:30+	05:36+	06:45+	08:29+	10:44+	11:54+	12:58+	15:26+	17:46+	19:21+	20:32+	22:15+	23:48+	26:50+	28:13+	30:47+	32:20+	34:15+	36:37+	38:51+	40:15+	43:25+	44:23+		
02:06+	01:24+	02:06+	01:09+	01:44+	02:15+	01:10+	01:04+	02:28+	02:20+	01:35-	01:11+	01:43+	01:33+	03:02+	01:23+	02:34+	01:33-	01:55+	02:22+	02:14+	01:24+	03:10-	00:58+		
00:25#	00:25&	00:30&	00:30&	00:38&	00:25#	00:17&	00:23&	00:58&	00:33&	00:07-	00:10#	00:24&	00:19&	00:27#	00:08#	00:39&	00:22-	00:09+	00:32&	00:23#	00:09#	00:02-	00:12&		
6	Sigurd Oftedal					18					45:31														
02:12+	03:25+	05:12+	06:07+	07:40+	09:50+	10:59+	11:45+	13:46+	16:27+	17:43+	18:45+	21:10+	22:39+	26:10+	27:37+	30:02+	31:34+	33:40+	36:41+	39:42+	41:11+	44:26+	45:31+		
02:12+	01:13+	01:47+	00:55+	01:33+	02:10+	01:09+	00:46+	02:01+	02:41+	01:16-	01:02+	02:25+	01:29+	03:31+	01:27+	02:25+	01:32-	02:06+	03:01+	03:01+	01:29+	03:15+	01:05+		
00:31&	00:14#	00:11#	00:16&	00:27&	00:20#	00:16&	00:05#	00:31&	00:54&	00:26-	00:01+	01:06&	00:15#	00:56&	00:12#	00:30&	00:23-	00:20#	01:11&	01:10&	00:14#	00:03+	00:19&		
7	Kristian Haarr					27					46:34														
02:19+	03:28+	05:11+	06:07+	08:00+	10:24+	11:32+	12:38+	14:37+	16:55+	18:09+	19:08+	20:48+	22:33+	25:38+	27:05+	31:23+	33:19+	35:20+	37:35+	39:56+	42:20+	45:37+	46:34+		
02:19+	01:09+	01:43+	00:56+	01:53+	02:24+	01:08+	01:06+	01:59+	02:18+	01:14-	00:59-	01:40+	01:45+	03:05+	01:27+	04:18+	01:56+	02:01+	02:15+	02:21+	02:24+	03:17+	00:57+		
00:38&	00:10#	00:07+	00:17&	00:47&	00:34&	00:15&	00:25&	00:29&	00:31&	00:28-	00:02-	00:21&	00:31&	00:30#	00:12#	02:23@	00:01+	00:15#	00:25#	00:30&	01:09&	00:05+	00:11#		
8	Erik Lima					43					46:49														
02:10+	03:27+	05:24+	11:28+	12:43+	14:38+	15:45+	16:37+	18:25+	21:16+	22:39+	23:49+	25:28+	26:53+	29:45+	31:08+	33:28+	35:23+	37:12+	39:39+	41:53+	43:10+	46:01+	46:49+		
02:10+	01:17+	01:57+	06:04+	01:15+	01:55+	01:07+	00:52+	01:48+	02:51+	01:23-	01:10+	01:39+	01:25+	02:52+	01:23+	02:20+	01:55=	01:49+	02:27+	02:14+	01:17+	02:51-	00:48+		
00:29&	00:18&	00:21#	05:25@	00:09#	00:05+	00:14&	00:11&	00:18#	01:04&	00:19-	00:09#	00:20&	00:11#	00:17#	00:08#	00:25#	00:00=	00:03+	00:37&	00:23#	00:02+	00:21-	00:02+		
9	Torbjørn Ims Østby					66					54:42														
01:41=	02:52+	05:11+	10:13+	11:55+	13:52+	15:06+	16:30+	18:35+	21:44+	23:07+	26:22+	28:09+	30:00+	33:39+	35:30+	38:08+	40:04+	42:24+	45:48+	48:29+	50:06+	53:38+	54:42+		
01:41=	01:11+	02:19+	05:02+	01:42+	01:57+	01:14+	01:24+	02:05+	03:09+	01:23-	03:15+	01:47+	01:51+	03:39+	01:51+	02:38+	01:56+	02:20+	03:24+	02:41+	01:37+	03:32+	01:04+		
00:00=	00:12#	00:43&	04:23@	00:36&	00:07+	00:21&	00:43@	00:35&	01:22&	00:19-	02:14@	00:28&	00:37&	01:04&	00:36&	00:43&	00:01+	00:34&	01:34&	00:50&	00:22&	00:20#	00:18&		
Beste strekktid for klassen																									
01:41	00:59	01:36	00:39	01:06	01:50	00:53	00:41	01:30	01:47	01:12	00:59	01:19	01:14	02:35	01:10	01:55	01:28	01:46	01:50	01:51	01:08	02:44	00:46		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																									
Herrer B																									
1	Aart Joakim in't Veld					93					40:50														
01:44=	02:52=	04:51=	06:44=	08:04=	10:03=	11:08=	12:00=	13:49=	15:58=	17:14=	18:10=	19:37=	20:57=	23:42=	25:02=	27:36=	29:15=	31:15=	33:44=	35:58=	37:14=	40:05=	40:50=		
01:44=	01:08=	01:59=	01:53=	01:20=	01:59=	01:05=	00:52=	01:49=	02:09=	01:16=	00:56=	01:27=	01:20=	02:45=	01:20=	02:34=	01:39=	02:00=	02:29=	02:14=	01:16=	02:51=	00:45=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Magnus Landstad					66					41:39														
02:09+	03:23+	05:42+	06:44=	08:17+	10:24+	11:27+	12:33+	14:19+	16:24+	17:38+	18:47+	20:38+	22:05+	24:56+	26:12+	28:51+	30:15+	32:18+	34:24+	36:38+	37:51+	40:45+	41:39+		
02:09+	01:14+	02:19+	01:02-	01:33+	02:07+	01:03-	01:06+	01:46-	02:05-	01:14-	01:09+	01:51+	01:27+	02:51+	01:16-	02:39+	01:24-	02:03+	02:06-	02:14=	01:13-	02:54+	00:54+		
00:25#	00:06+	00:20#	00:51-	00:13#	00:08+	00:02-	00:14&	00:03-	00:04-	00:02-	00:13#	00:24&	00:07+	00:06+	00:04-	00:05+	00:15-	00:03+	00:23-	00:00=	00:03-	00:03+	00:09#		
3	Oddvar Taksdal					194					41:53														
02:09+	03:25+	04:48-	05:49-	07:02-	09:01-	10:13-	11:09-	13:08-	15:30-	16:44-	17:42-	19:16-	20:47-	23:34-	25:10+	27:47+	29:16+	31:11-	33:57+	36:16+	37:44+	40:58+	41:53+		
02:09+	01:16+	01:23-	01:01-	01:13-	01:59=	01:12+	00:56+	01:59+	02:22+	01:14-	00:58+	01:34+	01:31+	02:47+	01:36+	02:37+	01:29-	01:55-	02:46+	02:19+	01:28+	03:14+	00:55+		
00:25#	00:08#	00:36-	00:52-	00:07-	00:00=	00:07#	00:04+	00:10+	00:13#	00:02-	00:02+	00:07+	00:11#	00:02+	00:16#	00:03+	00:10-	00:05-	00:17#	00:05+	00:12#	00:23#	00:10#		
4	Jan-Rune L. Basso					91					42:29														
02:06+	03:21+	05:34+	06:30-	07:44-	09:42-	10:55-	11:42-	13:22-	15:48-	17:25+	18:25+	19:59+	21:27+	24:28+	25:46+	28:02+	30:22+	32:21+	34:40+	37:00+	38:23+	41:34+	42:29+		
02:06+	01:15+	02:13+	00:56-	01:14-	01:58-	01:13+	00:47-	01:40-	02:26+	01:37+	01:00+	01:34+	01:28+	03:01+	01:18-	02:16-	02:20+	01:59-	02:19-	02:20+	01:23+	03:11+	00:55+		
00:22#	00:07#	00:14#	00:57-	00:06-	00:01-	00:08#	00:05-	00:09-	00:17#	00:21&	00:04+	00:07+	00:08#	00:16+	00:02-	00:18-	00:41&	00:01-	00:10-	00:06+	00:07+	00:20#	00:10#		
5	Odd Ivar Karlsen					76					42:35														
01:58+	03:09+	04:42-	05:30-	06:47-	09:01-	10:08-	10:55-	13:02-	15:32-	16:59-	18:12+	19:46+	21:28+	24:28+	25:52+	28:29+	29:55+	31:54+	33:57+	36:23+	38:21+	41:29+	42:35+		
01:58+	01:11+	01:33-	00:48-	01:17-	02:14+	01:07+	00:47-	02:07+	02:30+	01:27+	01:13+	01:34+	01:42+	03:00+	01:24+	02:37+	01:26-	01:59-	02:03-	02:26+	01:58+	03:08+	01:06+		
00:14#	00:03+	00:26-	01:05-	00:03-	00:15#	00:02+	00:05-	00:18#	00:21#	00:11#	00:17&	00:07+	00:22&	00:15+	00:04+	00:03+	00:13-	00:01-	00:26-	00:12+	00:42&	00:17+	00:21&		
6	Njål F. Vadla					93					43:41														
01:55+	03:00+	04:45-	06:47+	08:11+	10:12+	11:20+	12:08+	14:25+	16:33+	17:43+	19:03+	20:40+	22:14+	25:29+	26:50+	30:10+	31:47+	33:48+	35:52+	38:16+	39:40+	42:51+	43:41+		
01:55+	01:05-	01:45-	02:02+	01:24+	02:01+	01:08+	00:48-	02:17+	02:08-	01:10-	01:20+	01:37+	01:34+	03:15+	01:21+	03:20+	01:37+	02:01+	02:04-	02:24+	01:24+	03:11+	00:50+		
00:11#	00:03-	00:14-	00:09+	00:04+	00:02+	00:03+	00:04-	00:28&	00:01-	00:06-	00:24&	00:10#	00:14#	00:30#	00:01+	00:46&	00:02-	00:01+	00:25-	00:10+	00:08#	00:20#	00:05#		

Plass	Navn										Klasse										Tid													
7	Joar Eilevstjønn										67										46:37													
	02:14+	03:37+	05:29+	11:20+	12:34+	14:39+	15:45+	16:38+	19:14+	21:49+	23:04+	24:09+	25:41+	27:04+	29:58+	31:16+	33:55+	35:18+	37:20+	39:27+	41:41+	42:54+	45:50+	46:37+										
	02:14+	01:23+	01:52-	05:51+	01:14-	02:05+	01:06+	00:53+	02:36+	02:35+	01:15-	01:05+	01:32+	01:23+	02:54+	01:18-	02:39+	01:23-	02:02+	02:07-	02:14=	01:13-	02:56+	00:47+										
	00:30&	00:15#	00:07-	03:58@	00:06-	00:06+	00:01+	00:01+	00:47&	00:26#	00:01-	00:09#	00:05+	00:03+	00:09+	00:02-	00:05+	00:16-	00:02+	00:22-	00:00=	00:03-	00:05+	00:02+										
8	Per Olav Haarr										62										50:20													
	02:05+	03:33+	08:04+	09:18+	10:46+	13:03+	14:17+	15:12+	17:06+	19:32+	20:57+	23:59+	25:39+	27:25+	30:53+	32:32+	35:23+	37:10+	39:15+	41:50+	44:42+	46:14+	49:30+	50:20+										
	02:05+	01:28+	04:31+	01:14-	01:28+	02:17+	01:14+	00:55+	01:54+	02:26+	01:25+	03:02+	01:40+	01:46+	03:28+	01:39+	02:51+	01:47+	02:05+	02:35+	02:52+	01:32+	03:16+	00:50+										
	00:21#	00:20&	02:32@	00:39-	00:08#	00:18#	00:09#	00:03+	00:05+	00:17#	00:09#	02:06@	00:13#	00:26&	00:43&	00:19#	00:17#	00:08+	00:05+	00:06+	00:38&	00:16#	00:25#	00:05#										
9	Øyvind Rummelhoff										27										51:49													
	02:00+	03:15+	12:35+	13:42+	15:32+	17:42+	18:53+	20:09+	23:05+	25:20+	27:18+	28:24+	29:49+	31:15+	34:12+	35:38+	38:11+	39:41+	41:52+	44:09+	46:20+	47:39+	50:58+	51:49+										
	02:00+	01:15+	09:20+	01:07-	01:50+	02:10+	01:11+	01:16+	02:56+	02:15+	01:58+	01:06+	01:25-	01:26+	02:57+	01:26+	02:33-	01:30-	02:11+	02:17-	02:11-	01:19+	03:19+	00:51+										
	00:16#	00:07#	07:21@	00:46-	00:30&	00:11+	00:06+	00:24&	01:07&	00:06+	00:42&	00:10#	00:02-	00:06+	00:12+	00:06+	00:01-	00:09-	00:11+	00:12-	00:03-	00:03+	00:28#	00:06#										
10	Geir Sand										105										52:27													
	01:53+	03:22+	06:00+	07:58+	09:38+	12:12+	13:26+	14:55+	17:04+	20:12+	21:44+	22:54+	24:48+	26:29+	30:24+	31:56+	34:46+	36:32+	39:03+	44:34+	46:56+	48:16+	51:21+	52:27+										
	01:53+	01:29+	02:38+	01:58+	01:40+	02:34+	01:14+	01:29+	02:09+	03:08+	01:32+	01:10+	01:54+	01:41+	03:55+	01:32+	02:50+	01:46+	02:31+	05:31+	02:22+	01:20+	03:05+	01:06+										
	00:09+	00:21&	00:39&	00:05+	00:20#	00:35&	00:09#	00:37&	00:20#	00:59&	00:16#	00:14#	00:27&	00:21&	01:10&	00:12#	00:16#	00:07+	00:31&	03:02@	00:08+	00:04+	00:14+	00:21&										
11	Leif Kjetil Hinna Gausel										116										53:39													
	02:37+	03:51+	07:04+	08:22+	09:58+	12:20+	13:59+	15:04+	18:38+	21:08+	22:51+	24:27+	26:03+	27:50+	31:15+	33:10+	36:22+	38:47+	40:56+	43:18+	46:56+	48:48+	52:29+	53:39+										
	02:37+	01:14+	03:13+	01:18-	01:36+	02:22+	01:39+	01:05+	03:34+	02:30+	01:43+	01:36+	01:36+	01:47+	03:25+	01:55+	03:12+	02:25+	02:09+	02:22-	03:38+	01:52+	03:41+	01:10+										
	00:53&	00:06+	01:14&	00:35-	00:16#	00:23#	00:34&	00:13#	01:45&	00:21#	00:27&	00:40&	00:09#	00:27&	00:40#	00:35&	00:38#	00:46&	00:09+	00:07-	01:24&	00:36&	00:50&	00:25&										
12	Espen Fyhn Nilsen										116										1:01:06													
	02:30+	04:04+	06:38+	08:06+	10:42+	13:42+	15:20+	16:53+	19:36+	22:51+	24:39+	26:12+	28:42+	31:02+	35:04+	37:10+	40:55+	43:21+	46:15+	50:05+	53:30+	55:44+	59:49+	61:06+										
	02:30+	01:34+	02:34+	01:28-	02:36+	03:00+	01:38+	01:33+	02:43+	03:15+	01:48+	01:33+	02:30+	02:20+	04:02+	02:06+	03:45+	02:26+	02:54+	03:50+	03:25+	02:14+	04:05+	01:17+										
	00:46&	00:26&	00:35&	00:25-	01:16&	01:01&	00:33&	00:41&	00:54&	01:06&	00:32&	00:37&	01:03&	01:00&	01:17&	00:46&	01:11&	00:47&	00:54&	01:21&	01:11&	00:58&	01:14&	00:32&										
13	Jørgen Breivold										54										1:05:22													
	02:26+	03:57+	10:13+	11:48+	13:49+	16:15+	17:38+	19:36+	22:47+	26:17+	30:03+	31:32+	33:48+	35:43+	39:20+	41:04+	45:16+	48:07+	52:05+	56:29+	59:25+	60:44+	64:16+	65:22+										
	02:26+	01:31+	06:16+	01:35-	02:01+	02:26+	01:23+	01:58+	03:11+	03:30+	03:46+	01:29+	02:16+	01:55+	03:37+	01:44+	04:12+	02:51+	03:58+	04:24+	02:56+	01:19+	03:32+	01:06+										
	00:42&	00:23&	04:17@	00:18-	00:41&	00:27#	00:18&	01:06@	01:22&	01:21&	02:30@	00:33&	00:49&	00:35&	00:52&	00:24&	01:38&	01:12&	01:58&	01:55&	00:42&	00:03+	00:41#	00:21&										
Beste strekktid for klassen																																		
	01:44	01:05	01:23	00:48	01:13	01:58	01:03	00:47	01:40	02:05	01:10	00:56	01:25	01:20	02:45	01:16	02:16	01:23	01:55	02:03	02:11	01:13	02:51	00:45										
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																		
Herrer C																																		
1	Morten Aamodt										116										37:33													
	01:17=	02:50=	05:00=	06:02=	10:33=	12:07=	14:34=	17:08=	19:06=	20:30=	21:52=	24:01=	26:05=	26:55=	28:49=	32:58=	33:36=	35:11=	36:41=	37:33=														
	01:17=	01:33=	02:10=	01:02=	04:31=	01:34=	02:27=	02:34=	01:58=	01:24=	01:22=	02:09=	02:04=	00:50=	01:54=	04:09=	00:38=	01:35=	01:30=	00:52=														
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Kjetil Wirak										114										38:47													
	01:20+	03:28+	07:04+	08:02+	11:37+	13:25+	15:53+	18:18+	20:26+	21:51+	23:13+	25:20+	27:13+	28:09+	30:02+	34:17+	34:54+	36:25+	37:56+	38:47+														
	01:20+	02:08+	03:36+	00:58-	03:35-	01:48+	02:28+	02:25-	02:08+	01:25+	01:22+	02:07-	01:53-	00:56+	01:53-	04:15+	00:37-	01:31-	01:31+	00:51-														
	00:03+	00:35&	01:26&	00:04-	00:56-	00:14#	00:01+	00:09-	00:10+	00:01+	00:00=	00:02-	00:11-	00:06#	00:01-	00:06+	00:01-	00:04-	00:01+	00:01-														
3	Nils John Vestøl										83										38:55													
	01:14-	02:38-	05:10+	07:12+	09:49-	11:24-	13:49-	17:02-	18:58-	20:25-	21:37-	23:55-	26:38+	27:38+	29:38+	34:16+	34:55+	36:28+	38:09+	38:55+														
	01:14-	01:24-	02:32+	02:02+	02:37-	01:35+	02:25-	03:13+	01:56-	01:27+	01:12-	02:18+	02:43+	01:00+	02:00+	04:38+	00:39+	01:33-	01:41+	00:46-														
	00:03-	00:09-	00:22#	01:00&	01:54-	00:01+	00:02-	00:39&	00:02-	00:03+	00:10-	00:09+	00:39&	00:10#	00:06+	00:29#	00:01+	00:02-	00:11#	00:06-														
4	Odd Fuglestad										379										39:07													
	01:21+	02:52+	04:57-	05:59-	08:50-	10:33-	13:11-	15:54-	17:59-	19:29-	20:51-	23:51-	25:35-	26:55=	28:58+	33:39+	34:19+	36:20+	38:10+	39:07+														
	01:21+	01:31-	02:05-	01:02=	02:51-	01:43+	02:38+	02:43+	02:05+	01:30+	01:22=	03:00+	01:44-	01:20+	02:03+	04:41+	00:40+	02:01+	01:50+	00:57+														
	00:04+	00:02-	00:05-	00:00=	01:40-	00:09+	00:11+	00:09+	00:07+	00:06+	00:00=	00:51&	00:20-	00:30&	00:09+	00:32#	00:02+	00:26&	00:20#	00:05+														
5	Jan Einar Øvremo										50										42:28													
	01:09-	02:33-	04:44-	05:48-	08:45-	10:20-	12:52-	15:40-	18:16-	20:20-	21:33-	23:55-	28:19+	29:31+	31:47+	37:09+	37:49+	39:34+	41:19+	42:28+														
	01:09-	01:24-	02:11+	01:04+	02:57-	01:35+	02:32+	02:48+	02:36+	02:04+	01:13-	02:22+	04:24+	01:12+	02:16+	05:22+	00:40+	01:45+	01:45+	01:09+														
	00:08-	00:09-	00:01+	00:02+	01:34-	00:01+	00:05+	00:14+	00:38&	00:40&	00:09-	00:13#	02:20@	00:22&	00:22#	01:13&	00:02+	00:10#	00:15#	00:17&														
6	Bjørnar André Haug										80										43:31													
	01:42+	03:41+	06:36+	07:53+	12:34+	14:32+	17:11+	20:17+	22:31+	24:21+	25:46+	28:02+	30:21+	31:31+	33:44+	37:53+	38:46+	40:38+	42:24+	43:31+														
	01:42+	01:59+	02:55+	01:17+	04:41+	01:58+	02:39+	03:06+	02:14+	01:50+	01:25+	02:16+	02:19+	01:10+	02:13+	04:09+	00:53+	01:52+	01:46+	01:07+														
	00:25&	00:26&	00:45&	00:15#	00:10+	00:24&	00:12+	00:32#	00:16#	00:26&	00:03+	00:07+	00:15#	00:20+	00:19#	00:00=	00:15&	00:17#	00:16#	00:15&														

Plass	Navn					Klasse					Tid										
7	Kjell Dale					93					44:57										
01:41+	04:08+	08:28+	10:01+	13:10+	15:31+	18:29+	21:35+	23:50+	25:33+	26:50+	29:12+	31:36+	32:52+	35:17+	39:40+	40:16+	42:00+	43:42+	44:57+		
01:41+	02:27+	04:20+	01:33+	03:09-	02:21+	02:58+	03:06+	02:15+	01:43+	01:17-	02:22+	02:24+	01:16+	02:25+	04:23+	00:36-	01:44+	01:42+	01:15+		
00:24	00:54	02:10	00:31	01:22-	00:47	00:31	00:32	00:17	00:19	00:05-	00:13	00:20	00:26	00:31	00:14+	00:02-	00:09+	00:12	00:23		
8	Trond Nilsen Lamark					114					48:07										
01:43+	03:40+	07:33+	08:43+	14:32+	16:33+	19:32+	22:50+	25:16+	27:09+	28:23+	31:10+	33:40+	34:46+	37:15+	42:28+	43:08+	44:59+	47:00+	48:07+		
01:43+	01:57+	03:53+	01:10+	05:49+	02:01+	02:59+	03:18+	02:26+	01:53+	01:14-	02:47+	02:30+	01:06+	02:29+	05:13+	00:40+	01:51+	02:01+	01:07+		
00:26	00:24	01:43	00:08	01:18	00:27	00:32	00:44	00:28	00:29	00:08-	00:38	00:26	00:16	00:35	01:04	00:02+	00:16	00:31	00:15		
9	Øivind Berggraf					116					49:26										
01:52+	04:03+	07:12+	08:25+	11:54+	13:45+	16:51+	20:00+	22:24+	25:02+	26:30+	29:25+	32:22+	34:32+	37:06+	43:28+	44:17+	46:37+	48:21+	49:26+		
01:52+	02:11+	03:09+	01:13+	03:29-	01:51+	03:06+	03:09+	02:24+	02:38+	01:28+	02:55+	02:57+	02:10+	02:34+	06:22+	00:49+	02:20+	01:44+	01:05+		
00:35	00:38	00:59	00:11	01:02-	00:17	00:39	00:35	00:26	01:14	00:06+	00:46	00:53	01:20	00:40	02:13	00:11	00:45	00:14	00:13		
10	Otte Omdal					65					49:32										
02:43+	05:29+	07:43+	08:44+	16:32+	18:09+	20:56+	23:55+	26:06+	27:59+	29:35+	32:12+	34:51+	36:11+	38:53+	44:06+	44:47+	46:40+	48:23+	49:32+		
02:43+	02:46+	02:14+	01:01-	07:48+	01:37+	02:47+	02:59+	02:11+	01:53+	01:36+	02:37+	02:39+	01:20+	02:42+	05:13+	00:41+	01:53+	01:43+	01:09+		
01:26	01:13	00:04+	00:01-	03:17	00:03+	00:20	00:25	00:13	00:29	00:14	00:28	00:35	00:30	00:48	01:04	00:03+	00:18	00:13	00:17		
11	Øistein Haaland					116					53:04										
01:48+	07:24+	10:18+	11:46+	15:10+	17:14+	20:29+	23:34+	25:58+	28:13+	30:29+	33:43+	36:41+	38:24+	42:03+	46:50+	47:51+	49:53+	51:52+	53:04+		
01:48+	05:36+	02:54+	01:28+	03:24-	02:04+	03:15+	03:05+	02:24+	02:15+	02:16+	03:14+	02:58+	01:43+	03:39+	04:47+	01:01+	02:02+	01:59+	01:12+		
00:31	04:03	00:44	00:26	01:07-	00:30	00:48	00:31	00:26	00:51	00:54	01:05	00:54	00:53	01:45	00:38	00:23	00:27	00:29	00:20		
12	Erlend Kveinen					116					53:28										
01:39+	05:07+	14:16+	15:32+	19:12+	21:26+	23:51+	26:42+	29:15+	31:17+	32:30+	34:57+	37:43+	39:09+	41:49+	45:42+	46:30+	50:20+	52:29+	53:28+		
01:39+	03:28+	09:09+	01:16+	03:40-	02:14+	02:25-	02:51+	02:33+	02:02+	01:13-	02:27+	02:46+	01:26+	02:40+	03:53-	00:48+	03:50+	02:09+	00:59+		
00:22	01:55	06:59	00:14	00:51-	00:40	00:02-	00:17	00:35	00:38	00:09-	00:18	00:42	00:36	00:46	00:16-	00:10	02:15	00:39	00:07		
13	Bertrand Denieul					42					56:25										
01:20+	03:43+	08:00+	09:17+	14:18+	16:03+	19:40+	22:48+	25:03+	27:02+	28:34+	31:13+	33:40+	34:42+	38:56+	44:11+	44:50+	53:03+	54:56+	56:25+		
01:20+	02:23+	04:17+	01:17+	05:01+	01:45+	03:37+	03:08+	02:15+	01:59+	01:32+	02:39+	02:27+	01:02+	04:14+	05:15+	00:39+	08:13+	01:53+	01:29+		
00:03+	00:50	02:07	00:15	00:30	00:11	01:10	00:34	00:17	00:35	00:10	00:30	00:23	00:12	02:20	01:06	00:01+	06:38	00:23	00:37		
14	Oddmund Nordgård					105					56:50										
02:23+	04:50+	09:54+	11:22+	21:31+	23:30+	26:31+	30:09+	32:50+	35:36+	36:59+	39:31+	41:43+	43:00+	45:29+	50:46+	51:39+	53:42+	55:36+	56:50+		
02:23+	02:27+	05:04+	01:28+	10:09+	01:59+	03:01+	03:38+	02:41+	02:46+	01:23+	02:32+	02:12+	01:17+	02:29+	05:17+	00:53+	02:03+	01:54+	01:14+		
01:06	00:54	02:54	00:26	05:38	00:25	00:34	01:04	00:43	01:22	00:01+	00:23	00:08+	00:27	00:35	01:08	00:15	00:28	00:24	00:22		
15	Svein Erik Kvame					116					57:45										
01:22+	06:17+	09:18+	10:50+	15:21+	17:30+	20:20+	23:21+	25:34+	27:27+	28:41+	31:27+	34:25+	35:19+	37:50+	51:51+	52:54+	54:49+	56:40+	57:45+		
01:22+	04:55+	03:01+	01:32+	04:31=	02:09+	02:50+	03:01+	02:13+	01:53+	01:14-	02:46+	02:58+	00:54+	02:31+	14:01+	01:03+	01:55+	01:51+	01:05+		
00:05+	03:22	00:51	00:30	00:00=	00:35	00:23	00:27	00:15	00:29	00:08-	00:37	00:54	00:04+	00:37	09:52	00:25	00:20	00:21	00:13		
16	Svein Oddvar Netland					116					59:36										
01:37+	04:53+	08:03+	09:14+	18:27+	20:21+	23:15+	32:16+	35:04+	37:35+	38:53+	41:36+	43:53+	45:02+	47:30+	52:45+	53:43+	56:14+	58:15+	59:36+		
01:37+	03:16+	03:10+	01:11+	09:13+	01:54+	02:54+	09:01+	02:48+	02:31+	01:18-	02:43+	02:17+	01:09+	02:28+	05:15+	00:58+	02:31+	02:01+	01:21+		
00:20	01:43	01:00	00:09	04:42	00:20	00:27	06:27	00:50	01:07	00:04-	00:34	00:13	00:19	00:34	01:06	00:20	00:56	00:31	00:29		
17	Erling Mauland					83					1:02:32										
02:59+	06:11+	12:15+	13:25+	20:33+	22:23+	25:29+	31:37+	34:30+	36:12+	37:59+	41:24+	44:29+	46:02+	49:13+	56:37+	57:29+	59:30+	61:28+	62:32+		
02:59+	03:12+	06:04+	01:10+	07:08+	01:50+	03:06+	06:08+	02:53+	01:42+	01:47+	03:25+	03:05+	01:33+	03:11+	07:24+	00:52+	02:01+	01:58+	01:04+		
01:42	01:39	03:54	00:08	02:37	00:16	00:39	03:34	00:55	00:18	00:25	01:16	01:01	00:43	01:17	03:15	00:14	00:26	00:28	00:12		
18	Henning Sundby					114					1:03:54										
02:25+	13:07+	16:21+	17:36+	26:08+	28:10+	30:54+	34:59+	43:34+	45:32+	46:41+	49:05+	51:38+	52:40+	54:52+	59:26+	60:03+	61:34+	63:00+	63:54+		
02:25+	10:42+	03:14+	01:15+	08:32+	02:02+	02:44+	04:05+	08:35+	01:58+	01:09-	02:24+	02:33+	01:02+	02:12+	04:34+	00:37-	01:31-	01:26-	00:54+		
01:08	09:09	01:04	00:13	04:01	00:28	00:17	01:31	06:37	00:34	00:13-	00:15	00:29	00:12	00:18	00:25	00:01-	00:04-	00:04-	00:02+		
19	Ove Oaland					116					1:09:04										
01:56+	14:15+	18:03+	19:37+	24:00+	27:37+	31:01+	34:43+	37:56+	41:25+	43:48+	46:59+	50:30+	51:48+	54:53+	62:01+	62:56+	65:37+	67:49+	69:04+		
01:56+	12:19+	03:48+	01:34+	04:23-	03:37+	03:24+	03:42+	03:13+	03:29+	02:23+	03:11+	03:31+	01:18+	03:05+	07:08+	00:55+	02:41+	02:12+	01:15+		
00:39	10:46	01:38	00:32	00:08-	02:03	00:57	01:08	01:15	02:05	01:01	01:02	01:27	00:28	01:11	02:59	00:17	01:06	00:42	00:23		
Beste strekktid for klassen																					
01:09	01:24	02:05	00:58	02:37	01:34	02:25	02:25	01:56	01:24	01:09	02:07	01:44	00:50	01:53	03:53	00:36	01:31	01:26	00:46		

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

## Herrer Ny

Plass	Navn	Klasse	Tid
1	Kjell-Ole Topnes	116	37:26
03:20=	07:27=	09:41=	13:16=
03:20=	04:07=	02:14=	03:35=
00:00=	00:00=	00:00=	00:00=
2	Mengmeng Xu	91	1:00:50
01:56-	08:51+	13:18+	28:09+
01:56-	06:55+	04:27+	14:51+
01:24-	02:48&	02:13&	11:16@

Beste strekktid for klassen
01:56 04:07 02:14 03:35 03:11 02:32 03:24 07:32 05:01 01:49

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

Herrer Trim

1	Stig Erlend Ollestad	51	30:08
00:32=	01:38=	03:20=	04:53=
00:32=	01:06=	01:42=	01:33=
00:00=	00:00=	00:00=	00:00=
2	Frode Lund	18	33:05
00:51+	02:02+	03:58+	06:19+
00:51+	01:11+	01:56+	02:21+
00:19&	00:05+	00:14#	00:48&
3	Sturle Omdal	116	35:04
00:50+	02:17+	04:44+	07:39+
00:50+	01:27+	02:27+	02:55+
00:18&	00:21&	00:45&	01:22&
4	Roger Nyseth	92	41:06
00:50+	02:09+	04:29+	06:55+
00:50+	01:19+	02:20+	02:26+
00:18&	00:13#	00:38&	00:53&
5	Eivind Gjesteland	136	44:00
02:01+	03:13+	05:06+	07:37+
02:01+	01:12+	01:53+	02:31+
01:29@	00:06+	00:11#	00:58&
6	Håvard Høie	378	44:26
03:11+	04:47+	06:57+	09:23+
03:11+	01:36+	02:10+	02:26+
02:39@	00:30&	00:28&	00:53&
7	Pål August Graff	43	45:05
00:39+	01:36-	08:06+	09:58+
00:39+	00:57-	06:30+	01:52+
00:07#	00:09-	04:48@	00:19#
8	Sjur Berntsen	29	47:34
02:44+	04:32+	07:31+	11:43+
02:44+	01:48+	02:59+	04:12+
02:12@	00:42&	01:17&	02:39@
9	Arnstein Skretting	54	48:26
00:57+	02:43+	05:44+	09:23+
00:57+	01:46+	03:01+	03:39+
00:25&	00:40&	01:19&	02:06@
10	Bruno Pierfelice	51	48:35
00:29-	01:26-	03:10-	04:46-
00:29-	00:57-	01:44+	01:36+
00:03-	00:09-	00:02+	00:03+
11	Per Jan Ersland	43	49:21
01:02+	02:15+	04:09+	06:09+
01:02+	01:13+	01:54+	02:00+
00:30&	00:07#	00:12#	00:27&

Plass	Navn					Klasse					Tid				
12	Arild Svihus					92						50:02			
02:02+	03:41+	06:07+	09:44+	16:10+	21:02+	24:32+	28:06+	30:21+	34:02+	40:26+	42:04+	45:37+	48:28+	50:02+	
02:02+	01:39+	02:26+	03:37+	06:26+	04:52+	03:30+	03:34+	00:41+	01:34+	03:41+	06:24+	01:38-	02:51+	01:34+	
01:30@	00:33&	00:44&	02:04@	03:06&	02:24&	01:02&	01:51@	00:09&	00:35&	00:38#	02:31&	00:16-	01:43&	00:49&	00:31&
13	Per-Olof Wallerstedt					376						50:35			
01:16+	02:26+	04:13+	06:02+	09:53+	22:29+	24:57+	27:26+	28:02+	29:08+	32:12+	36:49+	39:31+	46:55+	49:09+	50:35+
01:16+	01:10+	01:47+	01:49+	03:51+	12:36+	02:28=	02:29+	00:36+	01:06+	03:04+	04:37+	02:42+	07:24+	02:14+	01:26+
00:44@	00:04+	00:05+	00:16#	00:31#	10:08@	00:00=	00:46&	00:04#	00:07#	00:01+	00:44#	00:48&	05:34@	00:12+	00:23&
14	Per Marthon Møland					5						51:00			
01:38+	03:19+	05:32+	07:27+	12:09+	14:42+	17:52+	20:31+	21:17+	22:46+	25:53+	39:42+	42:07+	45:23+	48:26+	51:00+
01:38+	01:41+	02:13+	01:55+	04:42+	02:33+	03:10+	02:39+	00:46+	01:29+	03:07+	13:49+	02:25+	03:16+	03:03+	02:34+
01:06@	00:35&	00:31&	00:22#	01:22&	00:05+	00:42&	00:56&	00:14&	00:30&	00:04+	09:56@	00:31&	01:26&	01:01&	01:31@
15	Kjartan Stavland					66						51:41			
00:45+	01:51+	04:14+	05:57+	09:15+	15:09+	25:18+	28:25+	29:06+	30:08+	35:15+	43:11+	44:11+	46:59+	49:26+	51:41+
00:45+	01:06=	02:23+	01:43+	03:18-	05:54+	10:09+	03:07+	00:41+	01:02+	05:07+	07:56+	01:00-	02:48+	02:27+	02:15+
00:13&	00:00=	00:41&	00:10#	00:02-	03:26@	07:41@	01:24&	00:09&	00:03+	02:04&	04:03@	00:54-	00:58&	00:25#	01:12@
16	Aslak Ihle Vike					117						51:52			
00:41+	01:54+	04:26+	06:46+	12:50+	16:50+	19:41+	21:46+	22:24+	24:01+	26:51+	43:35+	44:53+	47:38+	49:57+	51:52+
00:41+	01:13+	02:32+	02:20+	06:04+	04:00+	02:51+	02:05+	00:38+	01:37+	02:50-	16:44+	01:18-	02:45+	02:19+	01:55+
00:09&	00:07#	00:50&	00:47&	02:44&	01:32&	00:23#	00:22#	00:06#	00:38&	00:13-	12:51@	00:36-	00:55&	00:17#	00:52&
17	Svein Mæle					43						51:55			
00:56+	02:05+	04:28+	06:51+	11:24+	13:41+	17:47+	20:47+	21:26+	22:47+	25:44+	34:32+	37:30+	48:11+	50:41+	51:55+
00:56+	01:09+	02:23+	02:23+	04:33+	02:17-	04:06+	03:00+	00:39+	01:21+	02:57-	08:48+	02:58+	10:41+	02:30+	01:14+
00:24&	00:03+	00:41&	00:50&	01:13&	00:11-	01:38&	01:17&	00:07#	00:22&	00:06-	04:55@	01:04&	08:51@	00:28#	00:11#
18	Frode Følgesvold					5						53:08			
00:50+	02:21+	05:33+	09:11+	13:52+	16:40+	19:47+	22:53+	23:40+	25:04+	28:16+	43:33+	45:42+	48:40+	51:42+	53:08+
00:50+	01:31+	03:12+	03:38+	04:41+	02:48+	03:07+	03:06+	00:47+	01:24+	03:12+	15:17+	02:09+	02:58+	03:02+	01:26+
00:18&	00:25&	01:30&	02:05@	01:21&	00:20#	00:39&	01:23&	00:15&	00:25&	00:09+	11:24@	00:15#	01:08&	01:00&	00:23&
19	Ivar Aalbu					29						54:57			
01:59+	03:22+	05:58+	08:28+	21:51+	26:31+	30:21+	33:15+	34:03+	35:52+	38:53+	44:56+	47:30+	50:23+	53:08+	54:57+
01:59+	01:23+	02:36+	02:30+	13:23+	04:40+	03:50+	02:54+	00:48+	01:49+	03:01-	06:03+	02:34+	02:53+	02:45+	01:49+
01:27@	00:17&	00:54&	00:57&	10:03@	02:12&	01:22&	01:11&	00:16&	00:50&	00:02-	02:10&	00:40&	01:03&	00:43&	00:46&
20	Per Bakken					5						56:22			
01:07+	03:08+	06:27+	10:38+	17:00+	23:16+	27:38+	30:28+	32:05+	34:20+	38:43+	45:48+	48:09+	51:29+	54:37+	56:22+
01:07+	02:01+	03:19+	04:11+	06:22+	06:16+	04:22+	02:50+	01:37+	02:15+	04:23+	07:05+	02:21+	03:20+	03:08+	01:45+
00:35@	00:55&	01:37&	02:38@	03:02&	03:48@	01:54&	01:07&	01:05@	01:16@	01:20&	03:12&	00:27#	01:30&	01:06&	00:42&
21	John Helge Svandal					111						57:34			
00:47+	02:06+	05:47+	08:28+	13:45+	16:25+	22:47+	26:47+	27:26+	30:21+	34:03+	47:46+	50:10+	52:48+	55:41+	57:34+
00:47+	01:19+	03:41+	02:41+	05:17+	02:40+	06:22+	04:00+	00:39+	02:55+	03:42+	13:43+	02:24+	02:38+	02:53+	01:53+
00:15&	00:13#	01:59@	01:08&	01:57&	00:12+	03:54@	02:17@	00:07#	01:56@	00:39#	09:50@	00:30&	00:48&	00:51&	00:50&
22	Trond Egil Toft					53						58:32			
00:45+	03:48+	07:09+	08:50+	22:20+	26:33+	36:34+	40:42+	41:17+	42:35+	46:29+	50:15+	52:53+	54:54+	57:25+	58:32+
00:45+	03:03+	03:21+	01:41+	13:30+	04:13+	10:01+	04:08+	00:35+	01:18+	03:54+	03:46-	02:38+	02:01+	02:31+	01:07+
00:13&	01:57@	01:39&	00:08+	10:10@	01:45&	07:33@	02:25@	00:03+	00:19&	00:51&	00:07-	00:44&	00:11#	00:29#	00:04+
23	Arne Hope					43						1:00:22			
00:48+	04:39+	09:42+	12:33+	15:17+	19:55+	29:35+	33:38+	38:18+	39:15+	41:12+	44:42+	49:20+	52:06+	55:20+	58:27+
00:48+	03:51+	05:03+	02:51+	02:44-	04:38+	09:40+	04:03+	04:40+	00:57-	01:57-	03:30-	04:38+	02:46+	03:14+	03:07+
00:16&	02:45@	03:21@	01:18&	00:36-	02:10&	07:12@	02:20@	04:08@	00:02-	01:06-	00:23-	02:44@	00:56&	01:12&	02:04@
24	Joar Fandrem					94						1:00:45			
02:09+	03:42+	06:40+	09:11+	20:33+	25:26+	28:33+	32:05+	32:50+	34:56+	38:46+	45:20+	49:30+	54:16+	59:21+	60:45+
02:09+	01:33+	02:58+	02:31+	11:22+	04:53+	03:07+	03:32+	00:45+	02:06+	03:50+	06:34+	04:10+	04:46+	05:05+	01:24+
01:37@	00:27&	01:16&	00:58&	08:02@	02:25&	00:39&	01:49@	00:13&	01:07@	00:47&	02:41&	02:16@	02:56@	03:03@	00:21&
25	Martin Teigen					91						1:00:48			
00:53+	02:36+	05:14+	07:22+	12:01+	17:43+	23:49+	27:43+	28:29+	31:27+	35:04+	50:25+	52:44+	56:02+	59:04+	60:48+
00:53+	01:43+	02:38+	02:08+	04:39+	05:42+	06:06+	03:54+	00:46+	02:58+	03:37+	15:21+	02:19+	03:18+	03:02+	01:44+
00:21&	00:37&	00:56&	00:35&	01:19&	03:14@	03:38@	02:11@	00:14&	01:59@	00:34#	11:28@	00:25#	01:28&	01:00&	00:41&
26	Leif Jarle Skåra					29						1:05:45			
00:53+	02:20+	05:23+	07:48+	13:41+	22:58+	28:27+	31:26+	32:11+	34:22+	38:02+	46:04+	49:27+	61:32+	64:20+	65:45+
00:53+	01:27+	03:03+	02:25+	05:53+	09:17+	05:29+	02:59+	00:45+	02:11+	03:40+	08:02+	03:23+	12:05+	02:48+	01:25+
00:21&	00:21&	01:21&	00:52&	02:33&	06:49@	03:01@	01:16&	00:13&	01:12@	00:37#	04:09@	01:29&	10:15@	00:46&	00:22&



Plass	Navn					Klasse					Tid				
27	Jarl Steinar Berntsen					27						1:05:57			
00:52+	02:33+	04:35+	07:15+	11:43+	21:49+	25:40+	29:00+	31:21+	38:26+	54:01+	56:00+	60:21+	63:17+	65:57+	
00:52+	01:41+	02:02+	02:40+	04:28+	10:06+	03:51+	03:20+	00:55+	01:26+	07:05+	15:35+	01:59+	04:21+	02:56+	02:40+
00:20&	00:35&	00:20#	01:07&	01:08&	07:38@	01:23&	01:37&	00:23&	00:27&	04:02@	11:42@	00:05+	02:31@	00:54&	01:37@
28	Sverre Uhlving					105						1:07:53			
01:20+	03:25+	07:02+	09:54+	16:56+	24:28+	30:25+	36:54+	38:03+	40:54+	45:19+	51:15+	59:45+	63:07+	66:17+	67:53+
01:20+	02:05+	03:37+	02:52+	07:02+	07:32+	05:57+	06:29+	01:09+	02:51+	04:25+	05:56+	08:30+	03:22+	03:10+	01:36+
00:48@	00:59&	01:55@	01:19&	03:42@	05:04@	03:29@	04:46@	00:37@	01:52@	01:22&	02:03&	06:36@	01:32&	01:08&	00:33&
29	Inge Arild Leknes					376						1:09:50			
04:14+	05:38+	08:28+	10:24+	18:51+	27:18+	35:14+	38:33+	39:41+	42:55+	45:56+	54:25+	57:34+	60:39+	67:49+	69:50+
04:14+	01:24+	02:50+	01:56+	08:27+	08:27+	07:56+	03:19+	01:08+	03:14+	03:01-	08:29+	03:09+	03:05+	07:10+	02:01+
03:42@	00:18&	01:08&	00:23#	05:07@	05:59@	05:28@	01:36&	00:36@	02:15@	00:02-	04:36@	01:15&	01:15&	05:08@	00:58&
30	Kjell Helge Husebø					43						1:12:54			
02:35+	04:00+	06:36+	09:14+	15:25+	19:23+	25:20+	28:29+	29:18+	38:45+	42:23+	61:54+	63:36+	67:37+	70:29+	72:54+
02:35+	01:25+	02:36+	02:38+	06:11+	03:58+	05:57+	03:09+	00:49+	09:27+	03:38+	19:31+	01:42-	04:01+	02:52+	02:25+
02:03@	00:19&	00:54&	01:05&	02:51&	01:30&	03:29@	01:26&	00:17&	08:28@	00:35#	15:38@	00:12-	02:11@	00:50&	01:22@
31	John Thorsnæs					51						1:13:55			
00:48+	02:25+	05:51+	08:37+	13:53+	18:52+	26:04+	29:59+	31:13+	32:59+	42:07+	62:32+	64:28+	68:16+	71:57+	73:55+
00:48+	01:37+	03:26+	02:46+	05:16+	04:59+	07:12+	03:55+	01:14+	01:46+	09:08+	20:25+	01:56+	03:48+	03:41+	01:58+
00:16&	00:31&	01:44@	01:13&	01:56&	02:31@	04:44@	02:12@	00:42@	00:47&	06:05@	16:32@	00:02+	01:58@	01:39&	00:55&
32	Hans Frode Andersen					376						1:14:11			
00:45+	09:46+	13:02+	15:52+	26:22+	39:59+	43:41+	48:41+	49:20+	50:42+	53:38+	58:51+	61:03+	68:18+	73:01+	74:11+
00:45+	09:01+	03:16+	02:50+	10:30+	13:37+	03:42+	05:00+	00:39+	01:22+	02:56-	05:13+	02:12+	07:15+	04:43+	01:10+
00:13&	07:55@	01:34&	01:17&	07:10@	11:09@	01:14&	03:17@	00:07#	00:23&	00:07-	01:20&	00:18#	05:25@	02:41@	00:07#
33	Svein Inge Sævereid					126						1:24:10			
07:00+	09:25+	14:31+	18:37+	27:30+	33:17+	40:47+	47:00+	48:30+	50:54+	56:40+	69:11+	72:42+	77:17+	81:50+	84:10+
07:00+	02:25+	05:06+	04:06+	08:53+	05:47+	07:30+	06:13+	01:30+	02:24+	05:46+	12:31+	03:31+	04:35+	04:33+	02:20+
06:28@	01:19@	03:24@	02:33@	05:33@	03:19@	05:02@	04:30@	00:58@	01:25@	02:43&	08:38@	01:37&	02:45@	02:31@	01:17@
34	Endre Gabrielsen					126						1:26:18			
01:58+	05:08+	12:15+	15:49+	22:14+	27:32+	35:34+	38:30+	39:06+	40:44+	44:17+	66:28+	74:42+	80:46+	84:43+	86:18+
01:58+	03:10+	07:07+	03:34+	06:25+	05:18+	08:02+	02:56+	00:36+	01:38+	03:33+	22:11+	08:14+	06:04+	03:57+	01:35+
01:26@	02:04@	05:25@	02:01@	03:05&	02:50@	05:34@	01:13&	00:04#	00:39&	00:30#	18:18@	06:20@	04:14@	01:55&	00:32&
35	Jan Erik Syvertsen					51						1:34:48			
00:42+	01:53+	04:13+	06:14+	10:45+	13:30+	16:05+	21:41+	22:23+	23:34+	26:15+	83:05+	85:16+	89:09+	92:57+	94:48+
00:42+	01:11+	02:20+	02:01+	04:31+	02:45+	02:35+	05:36+	00:42+	01:11+	02:41-	56:50+	02:11+	03:53+	03:48+	01:51+
00:10&	00:05+	00:38&	00:28&	01:11&	00:17#	00:07+	03:53@	00:10&	00:12#	00:22-	52:57@	00:17#	02:03@	01:46&	00:48&
36	Torgeir Færevåg					125						1:36:13			
03:16+	05:16+	08:03+	11:16+	17:31+	36:25+	40:22+	44:10+	45:11+	51:27+	66:07+	76:19+	78:49+	90:02+	93:45+	96:13+
03:16+	02:00+	02:47+	03:13+	06:15+	18:54+	03:57+	03:48+	01:01+	06:16+	14:40+	10:12+	02:30+	11:13+	03:43+	02:28+
02:44@	00:54&	01:05&	01:40@	02:55&	16:26@	01:29&	02:05@	00:29&	05:17@	11:37@	06:19@	00:36&	09:23@	01:41&	01:25@
37	Inge Grødem					92						1:37:01			
01:19+	03:46+	08:33+	13:00+	25:47+	31:19+	37:23+	47:28+	49:11+	53:25+	59:28+	67:50+	71:45+	81:22+	93:35+	97:01+
01:19+	02:27+	04:47+	04:27+	12:47+	05:32+	06:04+	10:05+	01:43+	04:14+	06:03+	08:22+	03:55+	09:37+	12:13+	03:26+
00:47@	01:21@	03:05@	02:54@	09:27@	03:04@	03:36@	08:22@	01:11@	03:15@	03:00&	04:29@	02:01@	07:47@	10:11@	02:23@
Beste strekktid for klassen															
00:29	00:57	01:42	01:33	02:44	02:10	02:07	01:40	00:29	00:53	01:50	03:07	01:00	01:50	02:02	01:02

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