

1	Elin Graneland													39	35:00
02:13=	05:51=	08:08=	13:02=	15:56=	18:15=	20:21=	23:37=	24:25=	26:26=	29:32=	31:37=	34:08=	35:00=		
02:13=	03:38=	02:17=	04:54=	02:54=	02:19=	02:06=	03:16=	00:48=	02:01=	03:06=	02:05=	02:31=	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=		
2	Katrine Haaland Leveraas													54	36:08
02:27+	06:29+	11:12+	16:29+	18:08+	19:43+	21:43+	24:21+	25:18+	27:05+	30:42+	32:54+	35:20+	36:08+		
02:27+	04:02+	04:43+	05:17+	01:39-	01:35-	02:00-	02:38-	00:57+	01:47-	03:37+	02:12+	02:26-	00:48-		
00:14#	00:24#	02:26@	00:23+	01:15-	00:44-	00:06-	00:38-	00:09#	00:14-	00:31#	00:07+	00:05-	00:04-		
3	Anina Iselin Hadland													29	42:19
02:22+	10:44+	12:43+	18:16+	21:55+	23:46+	26:01+	30:32+	31:22+	33:26+	36:32+	38:47+	41:31+	42:19+		
02:22+	08:22+	01:59-	05:33+	03:39+	01:51-	02:15+	04:31+	00:50+	02:04+	03:06=	02:15+	02:44+	00:48-		
00:09+	04:44@	00:18-	00:39#	00:45&	00:28-	00:09+	01:15&	00:02+	00:03+	00:00=	00:10+	00:13+	00:04-		
4	Lene Bjelland													116	44:57
08:42+	13:57+	16:52+	22:55+	24:58+	26:49+	29:00+	32:14+	32:59+	35:02+	38:46+	41:20+	44:19+	44:57+		
08:42+	05:15+	02:55+	06:03+	02:03-	01:51-	02:11+	03:14-	00:45-	02:03+	03:44+	02:34+	02:59+	00:38-		
06:29@	01:37&	00:38&	01:09#	00:51-	00:28-	00:05+	00:02-	00:03-	00:02+	00:38#	00:29#	00:28#	00:14-		
5	Ingrid Lycke Austbø													109	45:22
02:41+	06:40+	09:18+	14:15+	22:15+	24:34+	26:54+	30:13+	31:23+	33:37+	40:00+	41:58+	44:20+	45:22+		
02:41+	03:59+	02:38+	04:57+	08:00+	02:19=	02:20+	03:19+	01:10+	02:14+	06:23+	01:58-	02:22-	01:02+		
00:28#	00:21+	00:21#	00:03+	05:06@	00:00=	00:14#	00:03+	00:22&	00:13#	03:17@	00:07-	00:09-	00:10#		
6	Mari Thu Randulff													39	49:09
02:04-	10:29+	13:15+	25:54+	27:24+	32:06+	33:54+	37:18+	38:31+	40:31+	43:30+	46:01+	48:23+	49:09+		
02:04-	08:25+	02:46+	12:39+	01:30-	04:42+	01:48-	03:24+	01:13+	02:00-	02:59-	02:31+	02:22-	00:46-		
00:09-	04:47@	00:29#	07:45@	01:24-	02:23@	00:18-	00:08+	00:25&	00:01-	00:07-	00:26#	00:09-	00:06-		
7	Åsta Bryne													387	50:47
08:10+	12:16+	16:28+	28:49+	30:57+	34:17+	36:38+	39:47+	40:35+	42:25+	45:16+	47:20+	49:49+	50:47+		
08:10+	04:06+	04:12+	12:21+	02:08-	03:20+	02:21+	03:09-	00:48=	01:50-	02:51-	02:04-	02:29-	00:58+		
05:57@	00:28#	01:55&	07:27@	00:46-	01:01&	00:15#	00:07-	00:00=	00:11-	00:15-	00:01-	00:02-	00:06#		
8	Heidi Nordaunet													126	51:17
02:50+	10:00+	13:41+	20:57+	27:00+	29:42+	32:38+	36:43+	37:58+	40:24+	44:06+	47:03+	50:10+	51:17+		
02:50+	07:10+	03:41+	07:16+	06:03+	02:42+	02:56+	04:05+	01:15+	02:26+	03:42+	02:57+	03:07+	01:07+		
00:37&	03:32&	01:24&	02:22&	03:09@	00:23#	00:50&	00:49#	00:27&	00:25#	00:36#	00:52&	00:36#	00:15&		
9	Hege Bakken													53	51:18
02:43+	08:19+	11:35+	22:39+	25:43+	27:54+	31:10+	34:56+	36:06+	38:36+	43:10+	47:03+	50:04+	51:18+		
02:43+	05:36+	03:16+	11:04+	03:04+	02:11-	03:16+	03:46+	01:10+	02:30+	04:34+	03:53+	03:01+	01:14+		
00:30#	01:58&	00:59&	06:10@	00:10+	00:08-	01:10&	00:30#	00:22&	00:29#	01:28&	01:48&	00:30#	00:22&		
10	Kjersti Fandrem Høivik													68	52:12
04:52+	10:12+	13:33+	18:49+	23:42+	25:27+	28:00+	31:04+	31:54+	36:03+	42:45+	46:20+	50:35+	52:12+		
04:52+	05:20+	03:21+	05:16+	04:53+	01:45-	02:33+	03:04-	00:50+	04:09+	06:42+	03:35+	04:15+	01:37+		
02:39@	01:42&	01:04&	00:22+	01:59&	00:34-	00:27#	00:12-	00:02+	02:08@	03:36@	01:30&	01:44&	00:45&		
11	Elise Auberg Vagle													366	52:12
03:37+	09:03+	12:37+	18:13+	21:46+	24:13+	27:02+	30:57+	31:48+	34:29+	46:08+	48:34+	51:12+	52:12+		
03:37+	05:26+	03:34+	05:36+	03:33+	02:27+	02:49+	03:55+	00:51+	02:41+	11:39+	02:26+	02:38+	01:00+		
01:24&	01:48&	01:17&	00:42#	00:39#	00:08+	00:43&	00:39#	00:03+	00:40&	08:33@	00:21#	00:07+	00:08#		
12	Hanne Berg Aspøy													117	53:47
10:37+	14:43+	17:41+	30:53+	32:43+	35:12+	37:13+	40:51+	41:45+	43:47+	48:02+	50:18+	52:53+	53:47+		
10:37+	04:06+	02:58+	13:12+	01:50-	02:29+	02:01-	03:38+	00:54+	02:02+	04:15+	02:16+	02:35+	00:54+		
08:24@	00:28#	00:41&	08:18@	01:04-	00:10+	00:05-	00:22#	00:06#	00:01+	01:09&	00:11+	00:04+	00:02+		
13	Maren Heradstveit													76	1:05:55
08:10+	13:02+	16:18+	31:39+	38:22+	43:32+	45:57+	51:05+	52:06+	54:33+	59:15+	62:09+	64:56+	65:55+		
08:10+	04:52+	03:16+	15:21+	06:43+	05:10+	02:25+	05:08+	01:01+	02:27+	04:42+	02:54+	02:47+	00:59+		
05:57@	01:14&	00:59&	10:27@	03:49@	02:51@	00:19#	01:52&	00:13&	00:26#	01:36&	00:49&	00:16#	00:07#		
14	Marita Navjord Nicolaysen													71	1:19:31
06:08+	11:30+	26:24+	36:38+	40:57+	44:52+	47:55+	52:23+	53:39+	56:56+	73:06+	75:38+	78:27+	79:31+		
06:08+	05:22+	14:54+	10:14+	04:19+	03:55+	03:03+	04:28+	01:16+	03:17+	16:10+	02:32+	02:49+	01:04+		
03:55@	01:44&	12:37@	05:20@	01:25&	01:36&	00:57&	01:12&	00:28&	01:16&	13:04@	00:27#	00:18#	00:12#		

Plass	Navn				Klasse								Tid			
15	Katja Eliassen				105								1:22:22			
	02:54+	08:56+	13:26+	41:52+	44:13+	47:21+	63:12+	66:31+	68:14+	70:43+	74:25+	78:31+	81:07+	82:22+		
	02:54+	06:02+	04:30+	28:26+	02:21-	03:08+	15:51+	03:19+	01:43+	02:29+	03:42+	04:06+	02:36+	01:15+		
	00:41&	02:24&	02:13&	23:32@	00:33-	00:49&	13:45@	00:03+	00:55@	00:28#	00:36#	02:01&	00:05+	00:23&		

Beste strekktid for klassen

02:04	03:38	01:59	04:54	01:30	01:35	01:48	02:38	00:45	01:47	02:51	01:58	02:22	00:38
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Damer 40 - 49 år

1	Anne Marie Gausel				105								37:23			
	02:28=	05:22=	08:42=	17:28=	19:31=	20:33=	22:12=	23:19=	26:23=	27:17=	28:22=	32:15=	34:11=	37:00=	37:23=	
	02:28=	02:54=	03:20=	08:46=	02:03=	01:02=	01:39=	01:07=	03:04=	00:54=	01:05=	03:53=	01:56=	02:49=	00:23=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Brit Nilsen				88								42:48			
	03:05+	06:36+	12:23+	17:50+	19:44+	21:09+	23:16+	24:37+	28:10+	29:06+	31:43+	36:27+	38:52+	42:21+	42:48+	
	03:05+	03:31+	05:47+	05:27-	01:54-	01:25+	02:07+	01:21+	03:33+	00:56+	02:37+	04:44+	02:25+	03:29+	00:27+	
	00:37#	00:37#	02:27&	03:19-	00:09-	00:23&	00:28&	00:14#	00:29#	00:02+	01:32@	00:51#	00:29#	00:40#	00:04#	
3	Hege Anita H. Nielsen				48								43:10			
	03:19+	07:29+	11:39+	17:51+	21:44+	23:12+	25:21+	26:43+	31:19+	32:11+	33:41+	36:40+	39:04+	42:47+	43:10+	
	03:19+	04:10+	04:10+	06:12-	03:53+	01:28+	02:09+	01:22+	04:36+	00:52-	01:30+	02:59-	02:24+	03:43+	00:23=	
	00:51&	01:16&	00:50#	02:34-	01:50&	00:26&	00:30&	00:15#	01:32&	00:02-	00:25&	00:54-	00:28#	00:54&	00:00=	
4	Toyah Bråtveit				43								50:23			
	02:54+	07:05+	11:03+	25:44+	29:15+	31:07+	34:32+	35:50+	38:45+	39:44+	40:56+	43:48+	46:51+	50:04+	50:23+	
	02:54+	04:11+	03:58+	14:41+	03:31+	01:52+	03:25+	01:18+	02:55-	00:59+	01:12+	02:52-	03:03+	03:13+	00:19-	
	00:26#	01:17&	00:38#	05:55&	01:28&	00:50&	01:46@	00:11#	00:09-	00:05+	00:07#	01:01-	01:07&	00:24#	00:04-	
5	Randi Helen Ladsten				128								56:39			
	03:10+	09:46+	15:19+	22:18+	26:19+	29:15+	37:46+	39:25+	43:16+	44:28+	45:52+	49:50+	52:24+	56:08+	56:39+	
	03:10+	06:36+	05:33+	06:59-	04:01+	02:56+	08:31+	01:39+	03:51+	01:12+	01:24+	03:58+	02:34+	03:44+	00:31+	
	00:42&	03:42@	02:13&	01:47-	01:58&	01:54@	06:52@	00:32&	00:47&	00:18&	00:19&	00:05+	00:38&	00:55&	00:08&	

Beste strekktid for klassen

02:28	02:54	03:20	05:27	01:54	01:02	01:39	01:07	02:55	00:52	01:05	02:52	01:56	02:49	00:19
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Damer 50 - 59 år

1	Evy Klausen Mjøsnes				62								36:51			
	02:59=	06:32=	10:45=	15:23=	17:58=	19:35=	21:20=	22:28=	25:30=	26:27=	27:44=	30:29=	33:10=	36:26=	36:51=	
	02:59=	03:33=	04:13=	04:38=	02:35=	01:37=	01:45=	01:08=	03:02=	00:57=	01:17=	02:45=	02:41=	03:16=	00:25=	
	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=	
2	Ragnhild Auglænd				62								41:44			
	03:24+	07:03+	11:21+	16:41+	19:06+	20:25+	22:39+	24:02+	28:31+	29:23+	31:05+	34:53+	37:36+	41:15+	41:44+	
	03:24+	03:39+	04:18+	05:20+	02:25-	01:19-	02:14+	01:23+	04:29+	00:52-	01:42+	03:48+	02:43+	03:39+	00:29+	
	00:25#	00:06+	00:05+	00:42#	00:10-	00:18-	00:29&	00:15#	01:27&	00:05-	00:25&	01:03&	00:02+	00:23#	00:04#	
3	Anita Glenne Kallhovd				29								44:57			
	03:06+	07:41+	13:07+	20:14+	22:45+	24:07+	26:15+	27:25+	31:26+	32:28+	34:04+	37:37+	40:07+	44:31+	44:57+	
	03:06+	04:35+	05:26+	07:07+	02:31-	01:22-	02:08+	01:10+	04:01+	01:02+	01:36+	03:33+	02:30-	04:24+	00:26+	
	00:07+	01:02&	01:13&	02:29&	00:04-	00:15-	00:23#	00:02+	00:59&	00:05+	00:19#	00:48&	00:11-	01:08&	00:01+	
4	Gerd Olaug Vikeså				101								45:50			
	05:08+	08:10+	12:29+	17:45+	20:22+	21:52+	24:07+	26:00+	29:44+	30:46+	32:01+	38:36+	41:07+	45:08+	45:50+	
	05:08+	03:02-	04:19+	05:16+	02:37+	01:30-	02:15+	01:53+	03:44+	01:02+	01:15-	06:35+	02:31-	04:01+	00:42+	
	02:09&	00:31-	00:06+	00:38#	00:02+	00:07-	00:30&	00:45&	00:42#	00:05+	00:02-	03:50@	00:10-	00:45#	00:17&	
5	Trude Katrine Hermanrud				117								48:20			
	03:15+	06:58+	10:57+	18:01+	25:23+	26:58+	29:34+	31:06+	35:02+	36:10+	37:36+	41:02+	43:50+	47:47+	48:20+	
	03:15+	03:43+	03:59-	07:04+	07:22+	01:35-	02:36+	01:32+	03:56+	01:08+	01:26+	03:26+	02:48+	03:57+	00:33+	
	00:16+	00:10+	00:14-	02:26&	04:47@	00:02-	00:51&	00:24&	00:54&	00:11#	00:09#	00:41#	00:07+	00:41#	00:08&	

Plass	Navn					Klasse					Tid				
6	Margrethe Roalsø					93					51:29				
03:02+	07:19+	15:54+	22:14+	25:30+	26:50+	29:19+	31:39+	36:40+	37:46+	39:57+	43:44+	46:02+	51:00+	51:29+	
03:02+	04:17+	08:35+	06:20+	03:16+	01:20-	02:29+	02:20+	05:01+	01:06+	02:11+	03:47+	02:18-	04:58+	00:29+	
00:03+	00:44#	04:22@	01:42&	00:41&	00:17-	00:44&	01:12@	01:59&	00:09#	00:54&	01:02&	00:23-	01:42&	00:04#	
7	Tone Cecilie Nystrom					68					52:10				
02:56-	07:20+	12:01+	17:25+	20:37+	22:04+	32:17+	33:56+	38:07+	39:16+	40:55+	44:32+	47:08+	51:25+	52:10+	
02:56-	04:24+	04:41+	05:24+	03:12+	01:27-	10:13+	01:39+	04:11+	01:09+	01:39+	03:37+	02:36-	04:17+	00:45+	
00:03-	00:51#	00:28#	00:46#	00:37#	00:10-	08:28@	00:31&	01:09&	00:12#	00:22&	00:52&	00:05-	01:01&	00:20&	
8	Anne Siv Gjertsen					27					55:17				
05:31+	12:32+	18:21+	23:42+	26:29+	27:58+	30:33+	32:30+	36:20+	37:21+	38:56+	48:08+	50:43+	54:48+	55:17+	
05:31+	07:01+	05:49+	05:21+	02:47+	01:29-	02:35+	01:57+	03:50+	01:01+	01:35+	09:12+	02:35-	04:05+	00:29+	
02:32&	03:28&	01:36&	00:43#	00:12+	00:08-	00:50&	00:49&	00:48&	00:04+	00:18#	06:27@	00:06-	00:49#	00:04#	
9	Tove Irene Asheim					116					56:51				
04:24+	09:18+	15:44+	22:46+	26:29+	28:00+	31:16+	33:28+	38:16+	39:54+	42:13+	46:25+	49:18+	53:56+	56:51+	
04:24+	04:54+	06:26+	07:02+	03:43+	01:31-	03:16+	02:12+	04:48+	01:38+	02:19+	04:12+	02:53+	04:38+	02:55+	
01:25&	01:21&	02:13&	02:24&	01:08&	00:06-	01:31&	01:04&	01:46&	00:41&	01:02&	01:27&	00:12+	01:22&	02:30@	
10	Iren Undheim Øgreid					62					57:34				
12:25+	18:13+	22:55+	33:20+	35:57+	37:33+	39:52+	41:15+	45:00+	46:36+	48:01+	50:58+	53:15+	57:00+	57:34+	
12:25+	05:48+	04:42+	10:25+	02:37+	01:36-	02:19+	01:23+	03:45+	01:36+	01:25+	02:57+	02:17-	03:45+	00:34+	
09:26@	02:15&	00:29#	05:47@	00:02+	00:01-	00:34&	00:15#	00:43#	00:39&	00:08#	00:12+	00:24-	00:29#	00:09&	
11	Elisabeth Christie Ørke					105					1:00:41				
22:10+	24:44+	27:59+	32:28+	34:47+	36:07+	38:12+	41:04+	46:03+	47:02+	48:10+	51:06+	55:07+	60:20+	60:41+	
22:10+	02:34-	03:15-	04:29-	02:19-	01:20-	02:05+	02:52+	04:59+	00:59+	01:08-	02:56+	04:01+	05:13+	00:21-	
19:11@	00:59-	00:58-	00:09-	00:16-	00:17-	00:20#	01:44@	01:57&	00:02+	00:09-	00:11+	01:20&	01:57&	00:04-	
12	Marianne Fuglestad					117					1:01:47				
06:25+	09:16+	13:08+	19:00+	25:04+	28:11+	37:55+	40:19+	44:08+	45:12+	47:33+	54:58+	57:32+	61:18+	61:47+	
06:25+	02:51-	03:52-	05:52+	06:04+	03:07+	09:44+	02:24+	03:49+	01:04+	02:21+	07:25+	02:34-	03:46+	00:29+	
03:26@	00:42-	00:21-	01:14&	03:29@	01:30&	07:59@	01:16@	00:47&	00:07#	01:04&	04:40@	00:07-	00:30#	00:04#	
13	Tonje Tiley					27					1:02:36				
02:50-	07:45+	14:14+	25:24+	30:35+	32:12+	36:11+	38:03+	43:02+	44:32+	45:54+	49:40+	56:03+	61:17+	62:36+	
02:50-	04:55+	06:29+	11:10+	05:11+	01:37=	03:59+	01:52+	04:59+	01:30+	01:22+	03:46+	06:23+	05:14+	01:19+	
00:09-	01:22&	02:16&	06:32@	02:36@	00:00=	02:14@	00:44&	01:57&	00:33&	00:05+	01:01&	03:42@	01:58&	00:54@	
14	Eli Tjåland Stokka					94					1:03:22				
03:55+	07:59+	15:50+	26:54+	30:31+	33:36+	36:45+	40:28+	45:07+	46:27+	48:29+	54:52+	57:51+	62:42+	63:22+	
03:55+	04:04+	07:51+	11:04+	03:37+	03:05+	03:09+	03:43+	04:39+	01:20+	02:02+	06:23+	02:59+	04:51+	00:40+	
00:56&	00:31#	03:38&	06:26@	01:02&	01:28&	01:24&	02:35@	01:37&	00:23&	00:45&	03:38@	00:18#	01:35&	00:15&	
15	Nidunn Sandvik					228					1:03:49				
06:59+	12:29+	18:59+	26:48+	31:14+	33:48+	39:20+	41:40+	46:16+	47:55+	49:30+	54:19+	58:47+	63:14+	63:49+	
06:59+	05:30+	06:30+	07:49+	04:26+	02:34+	05:32+	02:20+	04:36+	01:39+	01:35+	04:49+	04:28+	04:27+	00:35+	
04:00@	01:57&	02:17&	03:11&	01:51&	00:57&	03:47@	01:12@	01:34&	00:42&	00:18#	02:04&	01:47&	01:11&	00:10&	
16	Hilde Frøytlog Karlsen					228					1:07:59				
04:46+	10:12+	15:26+	22:03+	26:33+	29:39+	32:42+	34:59+	40:34+	42:28+	48:50+	59:06+	62:05+	67:21+	67:59+	
04:46+	05:26+	05:14+	06:37+	04:30+	03:06+	03:03+	02:17+	05:35+	01:54+	06:22+	10:16+	02:59+	05:16+	00:38+	
01:47&	01:53&	01:01#	01:59&	01:55&	01:29&	01:18&	01:09@	02:33&	00:57&	05:05@	07:31@	00:18#	02:00&	00:13&	
17	Ragnhild Båtnes Berntsen					101					1:08:24				
05:00+	12:00+	17:26+	27:21+	30:30+	32:25+	35:54+	42:01+	47:42+	49:09+	51:27+	58:54+	62:17+	67:41+	68:24+	
05:00+	07:00+	05:26+	09:55+	03:09+	01:55+	03:29+	06:07+	05:41+	01:27+	02:18+	07:27+	03:23+	05:24+	00:43+	
02:01&	03:27&	01:13&	05:17@	00:34#	00:18#	01:44&	04:59@	02:39&	00:30&	01:01&	04:42@	00:42&	02:08&	00:18&	
18	Marianne Gjesdal Lyngås					92					1:13:23				
06:16+	11:15+	17:19+	32:57+	36:10+	38:03+	41:24+	43:47+	49:51+	51:37+	54:06+	59:14+	66:45+	72:42+	73:23+	
06:16+	04:59+	06:04+	15:38+	03:13+	01:53+	03:21+	02:23+	06:04+	01:46+	02:29+	05:08+	07:31+	05:57+	00:41+	
03:17@	01:26&	01:51&	11:00@	00:38#	00:16#	01:36&	01:15@	03:02&	00:49&	01:12&	02:23&	04:50@	02:41&	00:16&	
19	Ingjerd Haddeland					115					1:15:22				
04:41+	16:40+	23:29+	33:49+	37:14+	39:33+	42:40+	44:53+	55:53+	57:59+	60:53+	65:52+	68:47+	74:47+	75:22+	
04:41+	11:59+	06:49+	10:20+	03:25+	02:19+	03:07+	02:13+	11:00+	02:06+	02:54+	04:59+	02:55+	06:00+	00:35+	
01:42&	08:26@	02:36&	05:42@	00:50&	00:42&	01:22&	01:05&	07:58@	01:09@	01:37@	02:14&	00:14+	02:44&	00:10&	
20	Ellinor Hoemsnes					116					1:20:49				
04:10+	12:44+	18:39+	41:10+	45:02+	51:29+	60:17+	62:13+	67:12+	68:16+	70:20+	73:58+	76:30+	80:12+	80:49+	
04:10+	08:34+	05:55+	22:31+	03:52+	06:27+	08:48+	01:56+	04:59+	01:04+	02:04+	03:38+	02:32-	03:42+	00:37+	
01:11&	05:01@	01:42&	17:53@	01:17&	04:50@	07:03@	00:48&	01:57&	00:07#	00:47&	00:53&	00:09-	00:26#	00:12&	



Plass	Navn	Klasse										Tid
-------	------	--------	--	--	--	--	--	--	--	--	--	-----

Beste strekktid for klassen

02:37 04:05 02:44 05:23 01:37 02:21 03:06 01:37 01:31 03:33 04:41 00:27

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

Damer 65 - 69 år

1	Eli Frafjord											94	43:41
03:09=	12:27=	15:41=	21:31=	24:08=	27:32=	31:02=	33:03=	34:41=	38:25=	43:07=	43:41=		
03:09=	09:18=	03:14=	05:50=	02:37=	03:24=	03:30=	02:01=	01:38=	03:44=	04:42=	00:34=		
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	Margot Asheim											105	46:01
03:06-	11:53-	14:58-	21:39+	23:39-	26:23-	30:12-	32:23-	34:24-	38:01-	45:28+	46:01+		
03:06-	08:47-	03:05-	06:41+	02:00-	02:44-	03:49+	02:11+	02:01+	03:37-	07:27+	00:33-		
00:03-	00:31-	00:09-	00:51#	00:37-	00:40-	00:19+	00:10+	00:23#	00:07-	02:45&	00:01-		
3	Tove Bjerkreim											105	46:20
07:14+	16:15+	22:41+	28:14+	30:02+	32:14+	35:12+	36:46+	38:38+	41:57+	45:57+	46:20+		
07:14+	09:01-	06:26+	05:33-	01:48-	02:12-	02:58-	01:34-	01:52+	03:19-	04:00-	00:23-		
04:05@	00:17-	03:12&	00:17-	00:49-	01:12-	00:32-	00:27-	00:14#	00:25-	00:42-	00:11-		
4	Hanne Eik											117	50:24
05:08+	14:43+	19:03+	24:48+	26:47+	29:41+	35:14+	37:26+	40:23+	44:28+	49:44+	50:24+		
05:08+	09:35+	04:20+	05:45-	01:59-	02:54-	05:33+	02:12+	02:57+	04:05+	05:16+	00:40+		
01:59&	00:17+	01:06&	00:05-	00:38-	00:30-	02:03&	00:11+	01:19&	00:21+	00:34#	00:06#		
5	Åse Franciska Møster											128	51:21
04:24+	10:41-	17:01+	26:11+	27:58+	30:45+	35:22+	37:32+	39:09+	43:44+	50:47+	51:21+		
04:24+	06:17-	06:20+	09:10+	01:47-	02:47-	04:37+	02:10+	01:37-	04:35+	07:03+	00:34=		
01:15&	03:01-	03:06&	03:20&	00:50-	00:37-	01:07&	00:09+	00:01-	00:51#	02:21&	00:00=		
6	Berit Gramstad											113	52:02
04:05+	12:27=	17:05+	23:21+	25:37+	29:27+	33:33+	35:56+	37:45+	41:32+	51:27+	52:02+		
04:05+	08:22-	04:38+	06:16+	02:16-	03:50+	04:06+	02:23+	01:49+	03:47+	09:55+	00:35+		
00:56&	00:56-	01:24&	00:26+	00:21-	00:26#	00:36#	00:22#	00:11#	00:03+	05:13@	00:01+		
7	Mette Dagsland											68	53:40
03:22+	08:39-	12:43-	20:49-	22:52-	31:17+	35:04+	37:26+	39:19+	43:13+	53:06+	53:40+		
03:22+	05:17-	04:04+	08:06+	02:03-	08:25+	03:47+	02:22+	01:53+	03:54+	09:53+	00:34=		
00:13+	04:01-	00:50&	02:16&	00:34-	05:01@	00:17+	00:21#	00:15#	00:10+	05:11@	00:00=		
8	Halldis Handeland											92	56:01
06:58+	12:17-	17:07+	22:49+	24:59+	29:17+	34:31+	37:54+	41:40+	47:25+	55:12+	56:01+		
06:58+	05:19-	04:50+	05:42-	02:10-	04:18+	05:14+	03:23+	03:46+	05:45+	07:47+	00:49+		
03:49@	03:59-	01:36&	00:08-	00:27-	00:54&	01:44&	01:22&	02:08@	02:01&	03:05&	00:15&		

Beste strekktid for klassen

03:06 05:17 03:05 05:33 01:47 02:12 02:58 01:34 01:37 03:19 04:00 00:23

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

Damer 70 - 74 år

1	Inger Skretting Opstad										54	52:24
04:31=	12:24=	16:21=	22:23=	24:52=	27:47=	32:17=	36:02=	37:59=	42:43=	51:41=	52:24=	
04:31=	07:53=	03:57=	06:02=	02:29=	02:55=	04:30=	03:45=	01:57=	04:44=	08:58=	00:43=	
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

04:31 07:53 03:57 06:02 02:29 02:55 04:30 03:45 01:57 04:44 08:58 00:43

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

Damer 75 - 79 år

Plass	Navn										Klasse	Tid									
1	Gry Vikhamar Thengs										68	40:42									
	03:28=	10:40=	14:50=	20:28=	22:11=	24:25=	27:56=	30:00=	31:26=	35:03=	40:08=	40:42=									
	03:28=	07:12=	04:10=	05:38=	01:43=	02:14=	03:31=	02:04=	01:26=	03:37=	05:05=	00:34=									
	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	Turid Nystrøm										68	45:19									
	03:28=	09:54-	13:31-	20:48+	22:35+	25:13+	29:22+	32:13+	34:23+	38:21+	44:40+	45:19+									
	03:28=	06:26-	03:37-	07:17+	01:47+	02:38+	04:09+	02:51+	02:10+	03:58+	06:19+	00:39+									
	00:00=	00:46-	00:33-	01:39&	00:04+	00:24#	00:38#	00:47&	00:44&	00:21+	01:14#	00:05#									
3	Haldis Glendrange										68	46:57									
	04:26+	12:20+	17:36+	22:52+	24:45+	27:22+	31:41+	34:21+	36:05+	40:36+	46:07+	46:57+									
	04:26+	07:54+	05:16+	05:16-	01:53+	02:37+	04:19+	02:40+	01:44+	04:31+	05:31+	00:50+									
	00:58&	00:42+	01:06&	00:22-	00:10+	00:23#	00:48#	00:36&	00:18#	00:54#	00:26+	00:16&									
4	Helga Klausen										62	50:31									
	03:25-	10:00-	18:35+	25:11+	26:58+	29:43+	34:23+	36:29+	38:15+	42:44+	49:49+	50:31+									
	03:25-	06:35-	08:35+	06:36+	01:47+	02:45+	04:40+	02:06+	01:46+	04:29+	07:05+	00:42+									
	00:03-	00:37-	04:25@	00:58#	00:04+	00:31#	01:09&	00:02+	00:20#	00:52#	02:00&	00:08#									
5	Helga Aaslid										54	59:14									
	04:35+	11:31+	15:22+	25:11+	28:01+	36:20+	40:26+	42:50+	44:36+	48:33+	58:32+	59:14+									
	04:35+	06:56-	03:51-	09:49+	02:50+	08:19+	04:06+	02:24+	01:46+	03:57+	09:59+	00:42+									
	01:07&	00:16-	00:19-	04:11&	01:07&	06:05@	00:35#	00:20#	00:20#	00:20+	04:54&	00:08#									
Beste strekktid for klassen																					
	03:25	06:26	03:37	05:16	01:43	02:14	03:31	02:04	01:26	03:37	05:05	00:34									

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

Damer 80 år og eldre

1	Berit Ebbell Olsen										68	57:00									
	05:01=	11:34=	22:22=	25:22=	29:15=	35:02=	36:59=	42:32=	45:32=	49:33=	55:05=	57:00=									
	05:01=	06:33=	10:48=	03:00=	03:53=	05:47=	01:57=	05:33=	03:00=	04:01=	05:32=	01:55=									
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	Gørild Espedal										113	1:39:46									
	05:20+	14:19+	29:40+	48:19+	52:39+	60:07+	63:23+	70:23+	89:02+	93:10+	97:53+	99:46+									
	05:20+	08:59+	15:21+	18:39+	04:20+	07:28+	03:16+	07:00+	18:39+	04:08+	04:43-	01:53-									
	00:19+	02:26&	04:33&	15:39@	00:27#	01:41&	01:19&	01:27&	15:39@	00:07+	00:49-	00:02-									
Beste strekktid for klassen																					
	05:01	06:33	10:48	03:00	03:53	05:47	01:57	05:33	03:00	04:01	04:43	01:53									

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

Damer A

1	Jorunn Hadland										29	45:21									
	01:49=	04:45=	08:40=	12:25=	18:00=	18:51=	20:40=	23:35=	25:44=	26:33=	30:06=	31:18=	33:54=	36:02=	37:55=	41:54=	44:03=	45:21=			
	01:49=	02:56=	03:55=	03:45=	05:35=	00:51=	01:49=	02:55=	02:09=	00:49=	03:33=	01:12=	02:36=	02:08=	01:53=	03:59=	02:09=	01:18=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Tone Torgersen										27	51:45									
	02:18+	09:24+	11:38+	15:52+	19:26+	20:32+	22:41+	26:16+	28:34+	29:45+	32:56+	34:09+	37:04+	39:43+	42:03+	47:05+	50:05+	51:45+			
	02:18+	07:06+	02:14-	04:14+	03:34-	01:06+	02:09+	03:35+	02:18+	01:11+	03:11-	01:13+	02:55+	02:39+	02:20+	05:02+	03:00+	01:40+			
	00:29&	04:10@	01:41-	00:29#	02:01-	00:15&	00:20#	00:40#	00:09+	00:22&	00:22-	00:01+	00:19#	00:31#	00:27#	01:03&	00:51&	00:22&			
3	Silje Skarpeid										101	52:40									
	02:30+	09:42+	11:48+	16:27+	21:47+	22:51+	25:00+	28:26+	30:46+	31:46+	36:07+	37:26+	40:18+	42:48+	44:50+	48:52+	51:12+	52:40+			
	02:30+	07:12+	02:06-	04:39+	05:20-	01:04+	02:09+	03:26+	02:20+	01:00+	04:21+	01:19+	02:52+	02:30+	02:02+	04:02+	02:20+	01:28+			
	00:41&	04:16@	01:49-	00:54#	00:15-	00:13&	00:20#	00:31#	00:11+	00:11#	00:48#	00:07+	00:16#	00:22#	00:09+	00:03+	00:11+	00:10#			
Beste strekktid for klassen																					
	01:49	02:56	02:06	03:45	03:34	00:51	01:49	02:55	02:09	00:49	03:11	01:12	02:36	02:08	01:53	03:59	02:09	01:18			

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

Plass	Navn	Klasse										Tid									
-------	------	--------	--	--	--	--	--	--	--	--	--	-----	--	--	--	--	--	--	--	--	--

Damer B

1	Anne Garsrud												53	51:58											
02:29=	05:59=	07:46=	11:53=	14:38=	16:37=	17:59=	20:51=	24:30=	25:43=	29:28=	32:26=	34:59=	37:00=	38:29=	43:29=	49:16=	51:36=	51:58=							
02:29=	03:30=	01:47=	04:07=	02:45=	01:59=	01:22=	02:52=	03:39=	01:13=	03:45=	02:58=	02:33=	02:01=	01:29=	05:00=	05:47=	02:20=	00:22=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Anne Sæbø Vik												116	53:05											
02:50+	07:06+	08:52+	13:52+	17:28+	19:20+	20:47+	23:28+	27:24+	28:27+	31:33+	33:48+	36:48+	38:58+	40:29+	46:17+	50:10+	52:33+	53:05+							
02:50+	04:16+	01:46=	05:00+	03:36+	01:52=	01:27+	02:41=	03:56+	01:03=	03:06=	02:15=	03:00+	02:10+	01:31+	05:48+	03:53=	02:23+	00:32+							
00:21#	00:46#	00:01=	00:53#	00:51&	00:07=	00:05+	00:11=	00:17+	00:10=	00:39=	00:43=	00:27#	00:09+	00:02+	00:48#	01:54=	00:03+	00:10&							
3	Jorunn Johannesen												116	56:14											
02:28=	05:33=	08:57+	12:52+	16:24+	18:12+	19:27+	21:54+	25:22+	26:28+	29:31+	31:35=	34:36=	37:05+	38:32+	46:17+	53:04+	55:47+	56:14+							
02:28=	03:05=	03:24+	03:55=	03:32+	01:48=	01:15=	02:27=	03:28=	01:06=	03:03=	02:04=	03:01+	02:29+	01:27=	07:45+	06:47+	02:43+	00:27+							
00:01=	00:25=	01:37&	00:12=	00:47&	00:11=	00:07=	00:25=	00:11=	00:07=	00:42=	00:54=	00:28#	00:28#	00:02=	02:45&	01:00#	00:23#	00:05#							
4	Helen Lomeland												105	56:41											
03:41+	07:14+	09:35+	13:54+	18:57+	20:57+	22:13+	26:02+	29:35+	30:41+	33:41+	36:32+	39:10+	41:17+	42:51+	50:32+	54:32+	56:20+	56:41+							
03:41+	03:33+	02:21+	04:19+	05:03+	02:00+	01:16=	03:49+	03:33=	01:06=	03:00=	02:51=	02:38+	02:07+	01:34+	07:41+	04:00=	01:48=	00:21=							
01:12&	00:03+	00:34&	00:12+	02:18&	00:01+	00:06=	00:57&	00:06=	00:07=	00:45=	00:07=	00:05+	00:06+	00:05+	02:41&	01:47=	00:32=	00:01=							
5	Grethe Anda Fuglestad												116	58:22											
02:48+	06:17+	08:12+	13:05+	16:14+	18:13+	19:34+	22:15+	28:08+	29:13+	32:55+	35:24+	38:21+	40:56+	42:44+	49:35+	55:27+	57:41+	58:22+							
02:48+	03:29=	01:55+	04:53+	03:09+	01:59=	01:21=	02:41=	05:53+	01:05=	03:42=	02:29=	02:57+	02:35+	01:48+	06:51+	05:52+	02:14=	00:41+							
00:19#	00:01=	00:08+	00:46#	00:24#	00:00=	00:01=	00:11=	02:14&	00:08=	00:03=	00:29=	00:24#	00:34&	00:19#	01:51&	00:05+	00:06=	00:19&							
6	Ann Karin Tjørhom												93	1:00:12											
03:09+	07:20+	09:29+	15:05+	18:09+	20:19+	21:48+	24:41+	30:24+	31:35+	35:09+	38:37+	42:13+	44:50+	46:36+	53:11+	57:33+	59:44+	60:12+							
03:09+	04:11+	02:09+	05:36+	03:04+	02:10+	01:29+	02:53+	05:43+	01:11=	03:34=	03:28+	03:36+	02:37+	01:46+	06:35+	04:22=	02:11=	00:28+							
00:40&	00:41#	00:22#	01:29&	00:19#	00:11+	00:07+	00:01+	02:04&	00:02=	00:11=	00:30#	01:03&	00:36&	00:17#	01:35&	01:25=	00:09=	00:06&							
7	Kristin Breivold												92	1:04:25											
04:51+	08:32+	10:28+	15:07+	18:55+	21:36+	23:02+	25:57+	31:02+	32:13+	37:04+	43:40+	46:37+	49:02+	51:25+	57:08+	61:54+	64:01+	64:25+							
04:51+	03:41+	01:56+	04:39+	03:48+	02:41+	01:26+	02:55+	05:05+	01:11=	04:51+	06:36+	02:57+	02:25+	02:23+	05:43+	04:46=	02:07=	00:24+							
02:22&	00:11+	00:09+	00:32#	01:03&	00:42&	00:04+	00:03+	01:26&	00:02=	01:06&	03:38@	00:24#	00:24#	00:54&	00:43#	01:01=	00:13=	00:02+							
8	Ingrid W. Hestness												117	1:08:03											
03:16+	06:43+	10:08+	19:45+	23:04+	25:10+	26:23+	28:55+	32:16+	33:27+	36:54+	44:17+	47:37+	50:16+	51:50+	59:40+	65:18+	67:38+	68:03+							
03:16+	03:27=	03:25+	09:37+	03:19+	02:06+	01:13=	02:32=	03:21=	01:11=	03:27=	07:23+	03:20+	02:39+	01:34+	07:50+	05:38=	02:20=	00:25+							
00:47&	00:03=	01:38&	05:30@	00:34#	00:07+	00:09=	00:20=	00:18=	00:02=	00:18=	04:25@	00:47&	00:38&	00:05+	02:50&	00:09=	00:00=	00:03#							
9	Hilde Nordbø												93	1:10:36											
02:45+	06:53+	09:08+	17:00+	20:33+	22:31+	23:43+	26:32+	31:20+	32:56+	36:24+	38:46+	41:35+	44:33+	46:11+	63:15+	67:41+	70:13+	70:36+							
02:45+	04:08+	02:15+	07:52+	03:33+	01:58=	01:12=	02:49=	04:48+	01:36+	03:28=	02:22=	02:49+	02:58+	01:38+	17:04+	04:26=	02:32+	00:23+							
00:16#	00:38#	00:28&	03:45&	00:48&	00:01=	00:10=	00:03=	01:09&	00:23&	00:17=	00:36=	00:16#	00:57&	00:09#	12:04@	01:21=	00:12+	00:01+							
10	Mariann Sveinsvoll												94	1:24:05											
12:45+	17:00+	19:28+	25:42+	30:05+	32:26+	34:11+	37:20+	46:01+	47:31+	52:07+	57:52+	61:40+	65:18+	67:26+	75:04+	80:21+	83:27+	84:05+							
12:45+	04:15+	02:28+	06:14+	04:23+	02:21+	01:45+	03:09+	08:41+	01:30+	04:36+	05:45+	03:48+	03:38+	02:08+	07:38+	05:17=	03:06+	00:38+							
10:16@	00:45#	00:41&	02:07&	01:38&	00:22#	00:23&	00:17+	05:02@	00:17#	00:51#	02:47&	01:15&	01:37&	00:39&	02:38&	00:30=	00:46&	00:16&							

Beste strekktid for klassen

02:28 03:05 01:46 03:55 02:45 01:48 01:12 02:27 03:21 01:03 03:00 02:04 02:33 02:01 01:27 05:00 03:53 01:48 00:21

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

Damer Ny

1	Helene Mjøltnes										62	
01:38=	05:08=	06:25=	08:47=	12:26=	13:33=	17:20=	18:57=	22:27=	23:26=	23:56=		
01:38=	03:30=	01:17=	02:22=	03:39=	01:07=	03:47=	01:37=	03:30=	00:59=	00:30=		
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

01:38 03:30 01:17 02:22 03:39 01:07 03:47 01:37 03:30 00:59 00:30

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

Plass	Navn	Klasse	Tid
Damer Trim			
1	Fride Wirak	88	31:28
03:53= 06:53= 14:44= 19:29= 20:28= 22:39= 25:38= 27:33= 30:33= 31:28=			
03:53= 03:00= 07:51= 04:45= 00:59= 02:11= 02:59= 01:55= 03:00= 00:55=			
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=			
2	Aina Kalsaas Urstad	356	31:40
03:15- 04:53- 15:33+ 19:01- 20:03- 22:07- 25:08- 28:20+ 30:47+ 31:40+			
03:15- 01:38- 10:40+ 03:28- 01:02+ 02:04- 03:01+ 03:12+ 02:27- 00:53-			
00:38- 01:22- 02:49& 01:17- 00:03+ 00:07- 00:02+ 01:17& 00:33- 00:02-			
3	Synnøve Hognestad	43	35:40
04:39+ 06:24- 17:39+ 21:32+ 22:30+ 25:04+ 28:47+ 31:27+ 34:27+ 35:40+			
04:39+ 01:45- 11:15+ 03:53- 00:58- 02:34+ 03:43+ 02:40+ 03:00= 01:13+			
00:46# 01:15- 03:24& 00:52- 00:01- 00:23# 00:44# 00:45& 00:00= 00:18&			
4	Linn Bringeland	384	38:12
05:01+ 07:32+ 20:36+ 24:23+ 25:55+ 28:05+ 31:43+ 34:20+ 37:06+ 38:12+			
05:01+ 02:31- 13:04+ 03:47- 01:32+ 02:10- 03:38+ 02:37+ 02:46- 01:06+			
01:08& 00:29- 05:13& 00:58- 00:33& 00:01- 00:39# 00:42& 00:14- 00:11#			
5	Nina Bækkelund Christiansen	105	40:09
03:37- 05:51- 19:55+ 24:35+ 25:57+ 28:37+ 33:12+ 35:35+ 38:49+ 40:09+			
03:37- 02:14- 14:04+ 04:40- 01:22+ 02:40+ 04:35+ 02:23+ 03:14+ 01:20+			
00:16- 00:46- 06:13& 00:05- 00:23& 00:29# 01:36& 00:28# 00:14+ 00:25&			
6	Margrete Jian Øye	126	40:15
05:03+ 07:38+ 17:07+ 23:19+ 25:07+ 27:54+ 31:59+ 35:03+ 38:58+ 40:15+			
05:03+ 02:35- 09:29+ 06:12+ 01:48+ 02:47+ 04:05+ 03:04+ 03:55+ 01:17+			
01:10& 00:25- 01:38# 01:27& 00:49& 00:36& 01:06& 01:09& 00:55& 00:22&			
7	Grete Stokke Seljeskog	128	40:34
04:21+ 06:46- 18:31+ 22:36+ 24:07+ 26:49+ 31:02+ 35:44+ 39:19+ 40:34+			
04:21+ 02:25- 11:45+ 04:05- 01:31+ 02:42+ 04:13+ 04:42+ 03:35+ 01:15+			
00:28# 00:35- 03:54& 00:40- 00:32& 00:31# 01:14& 02:47@ 00:35# 00:20&			
8	Lene Vignes	54	40:40
04:54+ 07:48+ 20:16+ 24:31+ 26:07+ 29:10+ 33:12+ 36:24+ 39:29+ 40:40+			
04:54+ 02:54- 12:28+ 04:15- 01:36+ 03:03+ 04:02+ 03:12+ 03:05+ 01:11+			
01:01& 00:06- 04:37& 00:30- 00:37& 00:52& 01:03& 01:17& 00:05+ 00:16&			
9	Gunn Vagle	126	42:33
03:59+ 06:53= 19:39+ 24:08+ 26:27+ 29:15+ 34:24+ 37:59+ 41:10+ 42:33+			
03:59+ 02:54- 12:46+ 04:29- 02:19+ 02:48+ 05:09+ 03:35+ 03:11+ 01:23+			
00:06+ 00:06- 04:55& 00:16- 01:20@ 00:37& 02:10& 01:40& 00:11+ 00:28&			
10	Esther Boenheim	268	44:28
05:55+ 09:17+ 21:57+ 26:53+ 28:09+ 31:07+ 35:41+ 39:01+ 43:00+ 44:28+			
05:55+ 03:22+ 12:40+ 04:56+ 01:16+ 02:58+ 04:34+ 03:20+ 03:59+ 01:28+			
02:02& 00:22# 04:49& 00:11+ 00:17& 00:47& 01:35& 01:25& 00:59& 00:33&			
11	Ragnhild Thorset Våge	117	45:15
09:33+ 10:57+ 28:33+ 32:19+ 34:14+ 36:09+ 39:10+ 41:45+ 44:24+ 45:15+			
09:33+ 01:24- 17:36+ 03:46- 01:55+ 01:55- 03:01+ 02:35+ 02:39- 00:51-			
05:40@ 01:36- 09:45@ 00:59- 00:56& 00:16- 00:02+ 00:40& 00:21- 00:04-			
12	Inga Borge	43	45:17
03:20- 06:37- 17:10+ 25:43+ 26:31+ 28:59+ 34:02+ 40:06+ 44:05+ 45:17+			
03:20- 03:17+ 10:33+ 08:33+ 00:48- 02:28+ 05:03+ 06:04+ 03:59+ 01:12+			
00:33- 00:17+ 02:42& 03:48& 00:11- 00:17# 02:04& 04:09@ 00:59& 00:17&			
13	Irene Sirevåg	53	45:26
05:22+ 08:11+ 21:07+ 26:35+ 28:17+ 31:17+ 36:09+ 40:15+ 43:57+ 45:26+			
05:22+ 02:49- 12:56+ 05:28+ 01:42+ 03:00+ 04:52+ 04:06+ 03:42+ 01:29+			
01:29& 00:11- 05:05& 00:43# 00:43& 00:49& 01:53& 02:11@ 00:42# 00:34&			
14	Tine Frantzen	66	45:29
04:46+ 07:38+ 20:40+ 26:07+ 27:33+ 31:01+ 36:21+ 40:18+ 44:01+ 45:29+			
04:46+ 02:52- 13:02+ 05:27+ 01:26+ 03:28+ 05:20+ 03:57+ 03:43+ 01:28+			
00:53# 00:08- 05:11& 00:42# 00:27& 01:17& 02:21& 02:02@ 00:43# 00:33&			



Plass	Navn			Klasse						Tid
15	Gunhild Nordbø			117						45:57
	05:27+	08:08+	21:07+	26:12+	28:10+	31:23+	36:57+	39:53+	44:28+	45:57+
	05:27+	02:41-	12:59+	05:05+	01:58+	03:13+	05:34+	02:56+	04:35+	01:29+
	01:34&	00:19-	05:08&	00:20+	00:59&	01:02&	02:35&	01:01&	01:35&	00:34&
16	Silje H. Myklebust			54						47:00
	04:42+	07:38+	23:09+	29:01+	30:37+	33:24+	37:45+	41:42+	45:59+	47:00+
	04:42+	02:56-	15:31+	05:52+	01:36+	02:47+	04:21+	03:57+	04:17+	01:01+
	00:49#	00:04-	07:40&	01:07#	00:37&	00:36&	01:22&	02:02@	01:17&	00:06#
17	Inger Johanne Klausen			54						47:15
	04:50+	07:40+	23:20+	28:59+	30:58+	33:27+	37:49+	41:41+	46:06+	47:15+
	04:50+	02:50-	15:40+	05:39+	01:59+	02:29+	04:22+	03:52+	04:25+	01:09+
	00:57#	00:10-	07:49&	00:54#	01:00@	00:18#	01:23&	01:57@	01:25&	00:14&
18	Ruth Grødem			105						48:35
	05:35+	08:46+	22:04+	27:18+	29:22+	32:38+	39:51+	43:17+	47:14+	48:35+
	05:35+	03:11+	13:18+	05:14+	02:04+	03:16+	07:13+	03:26+	03:57+	01:21+
	01:42&	00:11+	05:27&	00:29#	01:05@	01:05&	04:14@	01:31&	00:57&	00:26&
19	Marit Fuglestad			114						51:41
	03:47-	06:37-	28:14+	32:28+	33:15+	35:17+	45:56+	48:21+	50:39+	51:41+
	03:47-	02:50-	21:37+	04:14-	00:47-	02:02-	10:39+	02:25+	02:18-	01:02+
	00:06-	00:10-	13:46@	00:31-	00:12-	00:09-	07:40@	00:30&	00:42-	00:07#
20	Irene Frøyland			71						51:52
	07:03+	10:14+	27:13+	32:19+	33:57+	37:40+	43:46+	46:50+	50:15+	51:52+
	07:03+	03:11+	16:59+	05:06+	01:38+	03:43+	06:06+	03:04+	03:25+	01:37+
	03:10&	00:11+	09:08@	00:21+	00:39&	01:32&	03:07@	01:09&	00:25#	00:42&
21	Signe Lise Haaland			66						55:03
	05:31+	08:36+	25:39+	31:58+	34:24+	38:08+	44:44+	48:27+	53:09+	55:03+
	05:31+	03:05+	17:03+	06:19+	02:26+	03:44+	06:36+	03:43+	04:42+	01:54+
	01:38&	00:05+	09:12@	01:34&	01:27@	01:33&	03:37@	01:48&	01:42&	00:59@
22	Reidun Solli Skjørestad			47						55:55
	04:57+	17:57+	30:31+	35:19+	36:39+	40:27+	45:59+	49:23+	53:54+	55:55+
	04:57+	13:00+	12:34+	04:48+	01:20+	03:48+	05:32+	03:24+	04:31+	02:01+
	01:04&	10:00@	04:43&	00:03+	00:21&	01:37&	02:33&	01:29&	01:31&	01:06@
23	Kirsti Strand Salvesen			256						57:10
	14:11+	16:57+	30:09+	35:44+	37:32+	41:24+	47:46+	51:11+	55:27+	57:10+
	14:11+	02:46-	13:12+	05:35+	01:48+	03:52+	06:22+	03:25+	04:16+	01:43+
	10:18@	00:14-	05:21&	00:50#	00:49&	01:41&	03:23@	01:30&	01:16&	00:48&
24	Karoline Fidjeland			105						57:24
	04:34+	08:14+	20:54+	26:11+	27:12+	33:17+	51:17+	53:23+	56:23+	57:24+
	04:34+	03:40+	12:40+	05:17+	01:01+	06:05+	18:00+	02:06+	03:00=	01:01+
	00:41#	00:40#	04:49&	00:32#	00:02+	03:54@	15:01@	00:11+	00:00=	00:06#
25	Marianne Steinkopf			5						57:36
	03:59+	07:59+	34:44+	39:19+	40:32+	43:09+	48:35+	53:16+	56:28+	57:36+
	03:59+	04:00+	26:45+	04:35-	01:13+	02:37+	05:26+	04:41+	03:12+	01:08+
	00:06+	01:00&	18:54@	00:10-	00:14#	00:26#	02:27&	02:46@	00:12+	00:13#
26	Karianne Skogland Enerstvedt			105						58:10
	21:00+	23:25+	35:48+	42:25+	43:39+	46:40+	50:14+	52:49+	57:00+	58:10+
	21:00+	02:25-	12:23+	06:37+	01:14+	03:01+	03:34+	02:35+	04:11+	01:10+
	17:07@	00:35-	04:32&	01:52&	00:15&	00:50&	00:35#	00:40&	01:11&	00:15&
27	Margaux Simon			192						58:43
	06:50+	10:27+	28:05+	32:39+	37:21+	42:38+	49:06+	52:26+	56:44+	58:43+
	06:50+	03:37+	17:38+	04:34-	04:42+	05:17+	06:28+	03:20+	04:18+	01:59+
	02:57&	00:37#	09:47@	00:11-	03:43@	03:06@	03:29@	01:25&	01:18&	01:04@
28	Brit Svihus			92						59:20
	05:35+	10:01+	25:13+	36:32+	41:00+	44:13+	50:06+	53:48+	57:52+	59:20+
	05:35+	04:26+	15:12+	11:19+	04:28+	03:13+	05:53+	03:42+	04:04+	01:28+
	01:42&	01:26&	07:21&	06:34@	03:29@	01:02&	02:54&	01:47&	01:04&	00:33&
29	Ann-Mari Vold			371						59:25
	03:26-	08:54+	18:44+	22:27+	23:25+	25:30+	53:11+	55:29+	58:32+	59:25+
	03:26-	05:28+	09:50+	03:43-	00:58-	02:05-	27:41+	02:18+	03:03+	00:53-
	00:27-	02:28&	01:59&	01:02-	00:01-	00:06-	24:42@	00:23#	00:03+	00:02-

Plass	Navn										Klasse	Tid									
30	Sigrund Serigstad										128	59:47									
14:32+	17:36+	36:11+	44:24+	45:32+	47:31+	52:21+	55:16+	58:54+	59:47+												
14:32+	03:04+	18:35+	08:13+	01:08+	01:59-	04:50+	02:55+	03:38+	00:53-												
10:39@	00:04+	10:44@	03:28&	00:09#	00:12-	01:51&	01:00&	00:38#	00:02-												
31	Bente Cecilie Lio										136	1:03:48									
08:25+	11:42+	29:53+	35:54+	37:24+	40:45+	53:29+	57:10+	61:57+	63:48+												
08:25+	03:17+	18:11+	06:01+	01:30+	03:21+	12:44+	03:41+	04:47+	01:51+												
04:32@	00:17+	10:20@	01:16&	00:31&	01:10&	09:45@	01:46&	01:47&	00:56@												
32	Hazel Grayston										263	1:12:35									
07:01+	11:38+	32:39+	43:09+	45:35+	51:53+	60:03+	64:40+	70:20+	72:35+												
07:01+	04:37+	21:01+	10:30+	02:26+	06:18+	08:10+	04:37+	05:40+	02:15+												
03:08&	01:37&	13:10@	05:45@	01:27@	04:07@	05:11@	02:42@	02:40&	01:20@												
33	Ingunn Fandrem										47	1:12:42									
08:23+	13:10+	38:51+	45:41+	48:02+	52:28+	60:27+	64:44+	70:10+	72:42+												
08:23+	04:47+	25:41+	06:50+	02:21+	04:26+	07:59+	04:17+	05:26+	02:32+												
04:30@	01:47&	17:50@	02:05&	01:22@	02:15@	05:00@	02:22@	02:26&	01:37@												
34	Solveig Marie Grønning										47	1:12:46									
08:32+	13:13+	38:54+	45:46+	48:09+	52:36+	60:25+	64:50+	70:15+	72:46+												
08:32+	04:41+	25:41+	06:52+	02:23+	04:27+	07:49+	04:25+	05:25+	02:31+												
04:39@	01:41&	17:50@	02:07&	01:24@	02:16@	04:50@	02:30@	02:25&	01:36@												
35	Kristin Harbo										92	1:19:20									
18:43+	21:48+	53:32+	58:49+	60:44+	64:17+	70:05+	73:38+	77:31+	79:20+												
18:43+	03:05+	31:44+	05:17+	01:55+	03:33+	05:48+	03:33+	03:53+	01:49+												
14:50@	00:05+	23:53@	00:32#	00:56&	01:22&	02:49&	01:38&	00:53&	00:54&												
36	Unni Byberg Mæstad										92	1:21:29									
04:57+	09:43+	41:29+	49:26+	53:07+	56:57+	69:48+	74:50+	79:05+	81:29+												
04:57+	04:46+	31:46+	07:57+	03:41+	03:50+	12:51+	05:02+	04:15+	02:24+												
01:04&	01:46&	23:55@	03:12&	02:42@	01:39&	09:52@	03:07@	01:15&	01:29@												
37	Ritva Aiko Halsne										105	1:24:41									
04:52+	10:07+	53:59+	60:02+	61:46+	64:55+	70:37+	77:30+	83:27+	84:41+												
04:52+	05:15+	43:52+	06:03+	01:44+	03:09+	05:42+	06:53+	05:57+	01:14+												
00:59&	02:15&	36:01@	01:18&	00:45&	00:58&	02:43&	04:58@	02:57&	00:19&												
38	Elisabeth Melbø										128	1:42:21									
04:11+	30:51+	77:51+	82:20+	84:10+	88:31+	94:43+	98:36+	101:07+	102:21+												
04:11+	26:40+	47:00+	04:29-	01:50+	04:21+	06:12+	03:53+	02:31-	01:14+												
00:18+	23:40@	39:09@	00:16-	00:51&	02:10&	03:13@	01:58@	00:29-	00:19&												
Beste strekktid for klassen																					
	03:15	01:24	07:51	03:28	00:47	01:55	02:59	01:55	02:18	00:51											
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																					
Herrer 16 - 39 år																					
1	Håkon Eggebø										71	43:57									
01:59=	04:52=	07:12=	11:00=	13:42=	15:35=	16:46=	19:12=	22:30=	23:24=	26:08=	27:51=	30:08=	32:12=	33:38=	38:12=	41:55=	43:35=	43:57=			
01:59=	02:53=	02:20=	03:48=	02:42=	01:53=	01:11=	02:26=	03:18=	00:54=	02:44=	01:43=	02:17=	02:04=	01:26=	04:34=	03:43=	01:40=	00:22=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Sveinung Aas										114	47:59									
02:13+	04:50-	06:07-	11:08+	13:38-	15:21-	16:22-	20:04+	24:56+	25:51+	28:25+	30:41+	33:09+	35:15+	36:43+	41:51+	45:44+	47:39+	47:59+			
02:13+	02:37-	01:17-	05:01+	02:30-	01:43-	01:01-	03:42+	04:52+	00:55+	02:34-	02:16+	02:28+	02:06+	01:28+	05:08+	03:53+	01:55+	00:20-			
00:14#	00:16-	01:03-	01:13&	00:12-	00:10-	00:10-	01:16&	01:34&	00:01+	00:10-	00:33&	00:11+	00:02+	00:02+	00:34#	00:10+	00:15#	00:02-			
3	Andreas Mykkeltveit Terjesen										43	49:58									
02:45+	05:56+	07:33+	11:41+	19:32+	21:24+	22:28+	24:51+	28:10+	29:07+	31:44+	33:59+	36:17+	37:57+	39:45+	44:40+	47:58+	49:41+	49:58+			
02:45+	03:11+	01:37-	04:08+	07:51+	01:52-	01:04-	02:23-	03:19+	00:57+	02:37-	02:15+	02:18+	01:40-	01:48+	04:55+	03:18-	01:43+	00:17-			
00:46&	00:18#	00:43-	00:20+	05:09@	00:01-	00:07-	00:03-	00:01+	00:03+	00:07-	00:32&	00:01+	00:24-	00:22&	00:21+	00:25-	00:03+	00:05-			
4	Bernhard Haver Vagle										126	50:55									
03:09+	06:41+	08:30+	12:24+	15:52+	17:56+	19:07+	22:46+	26:42+	27:40+	30:33+	32:53+	35:46+	37:51+	39:14+	44:47+	48:52+	50:33+	50:55+			
03:09+	03:32+	01:49-	03:54+	03:28+	02:04+	01:11=	03:39+	03:56+	00:58+	02:53+	02:20+	02:53+	02:05+	01:23-	05:33+	04:05+	01:41+	00:22=			
01:10&	00:39#	00:31-	00:06+	00:46&	00:11+	00:00=	01:13&	00:38#	00:04+	00:09+	00:37&	00:36&	00:01+	00:03-	00:59#	00:22+	00:01+	00:00=			

Plass	Navn					Klasse					Tid				
5	David Wade					116					51:17				
	02:44+	06:06+	08:41+	14:21+	17:59+	19:52+	21:11+	23:56+	28:18+	29:21+	32:27+	34:22+	37:03+	39:08+	40:52+
	02:44+	03:22+	02:35+	05:40+	03:38+	01:53=	01:19+	02:45+	04:22+	01:03+	03:06+	01:55+	02:41+	02:05+	01:44+
	00:45&	00:29#	00:15#	01:52&	00:56&	00:00=	00:08#	00:19#	01:04&	00:09#	00:22#	00:12#	00:24#	00:01+	00:18#
6	Svein Kyllingstad					71					53:47				
	02:25+	05:13+	07:50+	15:09+	23:50+	25:22+	26:27+	28:47+	33:22+	34:29+	37:01+	38:46+	40:53+	42:55+	44:22+
	02:25+	02:48-	02:37+	07:19+	08:41+	01:32-	01:05-	02:20-	04:35+	01:07+	02:32-	01:45+	02:07-	02:02-	01:27+
	00:26#	00:05-	00:17#	03:31&	05:59&	00:21-	00:06-	00:06-	01:17&	00:13#	00:12-	00:02+	00:10-	00:02-	00:01+
7	Øivind Fandrem Høivik					66					55:44				
	04:14+	08:51+	10:44+	16:34+	20:48+	22:46+	23:59+	26:43+	31:38+	32:58+	35:43+	38:33+	41:43+	43:41+	44:55+
	04:14+	04:37+	01:53-	05:50+	04:14+	01:58+	01:13+	02:44+	04:55+	01:20+	02:45+	02:50+	03:10+	01:58-	01:14-
	02:15@	01:44&	00:27-	02:02&	01:32&	00:05+	00:02+	00:18#	01:37&	00:26&	00:01+	01:07&	00:53&	00:06-	00:12-
8	Tor Gunnar Osen					116					57:52				
	04:19+	08:28+	10:03+	14:31+	19:37+	21:44+	23:10+	25:51+	30:29+	31:51+	35:33+	38:15+	41:21+	43:48+	45:29+
	04:19+	04:09+	01:35-	04:28+	05:06+	02:07+	01:26+	02:41+	04:38+	01:22+	03:42+	02:42+	03:06+	02:27+	01:41+
	02:20@	01:16&	00:45-	00:40#	02:24&	00:14#	00:15#	01:20&	01:20&	00:28&	00:58&	00:59&	00:49&	00:23#	00:15#
9	Maximilian Erlbeck					67					59:40				
	03:14+	05:37+	07:52+	15:54+	23:58+	25:50+	26:53+	30:41+	35:34+	36:29+	39:35+	41:32+	43:43+	45:41+	46:54+
	03:14+	02:23-	02:15-	08:02+	08:04+	01:52-	01:03-	03:48+	04:53+	00:55+	03:06+	01:57+	02:11-	01:58-	01:13-
	01:15&	00:30-	00:05-	04:14@	05:22@	00:01-	00:08-	01:22&	01:35&	00:01+	00:22#	00:14#	00:06-	00:06-	00:13-
10	Martin Skogland					98					1:00:21				
	02:09+	05:38+	07:24+	12:31+	16:16+	18:00+	19:19+	22:16+	26:19+	27:15+	30:14+	41:17+	43:49+	46:03+	47:44+
	02:09+	03:29+	01:46-	05:07+	03:45+	01:44-	01:19+	02:57+	04:03+	00:56+	02:59+	11:03+	02:32+	02:14+	01:41+
	00:10+	00:36#	00:34-	01:19&	01:03&	00:09-	00:08#	00:31#	00:45#	00:02+	00:15+	09:20@	00:15#	00:10+	00:15#
11	Frank Terje Berge					126					1:01:19				
	04:01+	08:06+	10:32+	16:12+	20:57+	23:09+	24:37+	27:42+	34:12+	35:23+	39:14+	41:42+	44:27+	46:45+	48:21+
	04:01+	04:05+	02:26+	05:40+	04:45+	02:12+	01:28+	03:05+	06:30+	01:11+	03:51+	02:28+	02:45+	02:18+	01:36+
	02:02@	01:12&	00:06+	01:52&	02:03&	00:19#	00:17#	00:39&	03:12&	00:17&	01:07&	00:45&	00:28#	00:14#	00:10#
12	Sondre Aspøy					117					1:06:48				
	04:28+	10:19+	12:02+	18:51+	21:55+	24:26+	25:48+	29:36+	33:44+	35:06+	38:38+	42:09+	45:13+	47:32+	49:14+
	04:28+	05:51+	01:43-	06:49+	03:04+	02:31+	01:22+	03:48+	04:08+	01:22+	03:32+	03:31+	03:04+	02:19+	01:42+
	02:29@	02:58@	00:37-	03:01&	00:22#	00:38&	00:11#	01:22&	00:50&	00:28&	00:48&	01:48@	00:47&	00:15#	00:16#
13	Jone Klemo Øverland					165					1:12:26				
	03:14+	14:08+	16:06+	20:20+	23:58+	26:01+	27:17+	31:14+	35:03+	36:17+	40:20+	42:22+	44:56+	47:08+	49:03+
	03:14+	10:54+	01:58-	04:14+	03:38+	02:03+	01:16+	03:57+	03:49+	01:14+	04:03+	02:02+	02:34+	02:12+	01:55+
	01:15&	08:01@	00:22-	00:26#	00:56&	00:10+	00:05+	01:31&	00:31#	00:20&	01:19&	00:19#	00:17#	00:08+	00:29&
14	Denis Maksakovski					387					1:56:53				
	15:24+	20:52+	24:20+	31:30+	36:59+	40:36+	42:39+	47:17+	56:34+	58:11+	62:05+	65:11+	69:04+	72:40+	77:26+
	15:24+	05:28+	03:28+	07:10+	05:29+	03:37+	02:03+	04:38+	09:17+	01:37+	03:54+	03:06+	03:53+	03:36+	04:46+
	13:25@	02:35&	01:08&	03:22&	02:47@	01:44&	00:52&	02:12&	05:59@	00:43&	01:10&	01:23&	01:36&	01:32&	03:20@
Beste strekktid for klassen															
	01:59	02:23	01:17	03:48	02:30	01:32	01:01	02:20	03:18	00:54	02:32	01:43	02:07	01:40	01:13

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

## Herrer 40 - 49 år

1	Stig Erlend Bjønness					105					46:48				
	01:53=	05:34=	06:46=	10:18=	13:49=	15:30=	16:39=	19:19=	24:17=	25:22=	28:34=	30:17=	32:19=	34:21=	35:55=
	01:53=	03:41=	01:12=	03:32=	03:31=	01:41=	01:09=	02:40=	04:58=	01:05=	03:12=	01:43=	02:02=	02:02=	01:34=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Asgeir Nærland					88					46:58				
	02:01+	04:36-	06:22-	10:09-	13:25-	15:37+	16:52+	19:19=	22:44-	23:52-	27:19-	29:36-	31:55-	34:12-	36:24+
	02:01+	02:35-	01:46+	03:47+	03:16-	02:12+	01:15+	02:27-	03:25-	01:08+	03:27+	02:17+	02:19+	02:17+	02:12+
	00:08+	01:06-	00:34&	00:15+	00:15-	00:31&	00:06+	00:13-	01:33-	00:03+	00:15+	00:34&	00:17#	00:15#	00:38&
3	Thomas Johansen					111					49:59				
	01:58+	04:56-	07:16+	12:31+	17:49+	19:38+	20:55+	23:04+	26:10+	27:03+	30:17+	32:13+	34:38+	36:38+	37:58+
	01:58+	02:58-	02:20+	05:15+	05:18+	01:49+	01:17+	02:09-	03:06-	00:53-	03:14+	01:56+	02:25+	02:00-	01:20-
	00:05+	00:43-	01:08&	01:43&	01:47&	00:08+	00:08#	00:31-	01:52-	00:12-	00:02+	00:13#	00:23#	00:02-	00:14-

Plass	Navn					Klasse					Tid							
4	Audun Thomassen					65					51:22							
02:03+	05:46+	07:58+	13:28+	17:05+	19:11+	20:41+	22:48+	27:05+	27:56+	31:18+	33:57+	36:29+	38:49+	40:23+	44:38+	47:59+	51:01+	51:22+
02:03+	03:43+	02:12+	05:30+	03:37+	02:06+	01:30+	02:07-	04:17-	00:51-	03:22+	02:39+	02:32+	02:20+	01:34=	04:15-	03:21-	03:02+	00:21+
00:10+	00:02+	01:00&	01:58&	00:06+	00:25#	00:21&	00:33-	00:41-	00:14-	00:10+	00:56&	00:30#	00:18#	00:00=	00:15-	01:08-	01:28&	00:01+
5	Magne Habbestad					111					53:09							
02:47+	06:21+	07:54+	11:46+	15:19+	17:17+	18:43+	21:42+	26:08+	27:15+	30:43+	33:32+	36:23+	38:36+	40:27+	44:44+	50:40+	52:47+	53:09+
02:47+	03:34-	01:33+	03:52+	03:33+	01:58+	01:26+	02:59+	04:26-	01:07+	03:28+	02:49+	02:51+	02:13+	01:51+	04:17-	05:56+	02:07+	00:22+
00:54&	00:07-	00:21&	00:20+	00:02+	00:17#	00:17#	00:19#	00:32-	00:02+	00:16+	01:06&	00:49&	00:11+	00:17#	00:13-	01:27&	00:33&	00:02#
6	Glenn Madland					128					56:58							
03:03+	06:33+	09:58+	13:56+	17:29+	19:18+	20:17+	24:45+	29:54+	30:50+	34:13+	36:14+	38:30+	40:36+	42:04+	50:21+	54:53+	56:37+	56:58+
03:03+	03:30-	03:25+	03:58+	03:33+	01:49+	00:59-	04:28+	05:09+	00:56-	03:23+	02:01+	02:16+	02:06+	01:28-	08:17+	04:32+	01:44+	00:21+
01:10&	00:11-	02:13@	00:26#	00:02+	00:08+	00:10-	01:48&	00:11+	00:09-	00:11+	00:18#	00:14#	00:04+	00:06-	03:47&	00:03+	00:10#	00:01+
7	Gunnar Thorset					117					57:22							
02:15+	06:26+	08:08+	12:18+	15:21+	17:12+	18:33+	21:06+	24:45+	25:50+	30:47+	33:18+	36:09+	38:34+	41:42+	46:39+	54:54+	56:58+	57:22+
02:15+	04:11+	01:42+	04:10+	03:03-	01:51+	01:21+	02:33-	03:39-	01:05=	04:57+	02:31+	02:51+	02:25+	03:08+	04:57+	08:15+	02:04+	00:24+
00:22#	00:30#	00:30&	00:38#	00:28-	00:10+	00:12#	00:07-	01:19-	00:00=	01:45&	00:48&	00:49&	00:23#	01:34&	00:27#	03:46&	00:30&	00:04#
8	Rune Hatle					65					57:52							
04:05+	07:01+	08:34+	13:25+	16:18+	18:15+	19:45+	22:24+	26:01+	27:07+	35:41+	37:36+	40:10+	42:21+	43:27+	51:03+	55:46+	57:31+	57:52+
04:05+	02:56-	01:33+	04:51+	02:53-	01:57+	01:30+	02:39-	03:37-	01:06+	08:34+	01:55+	02:34+	02:11+	01:06-	07:36+	04:43+	01:45+	00:21+
02:12@	00:45-	00:21&	01:19&	00:38-	00:16#	00:21&	00:01-	01:21-	00:01+	05:22@	00:12#	00:32&	00:09+	00:28-	03:06&	00:14+	00:11#	00:01+
9	Frode Ungar					116					1:04:13							
02:52+	07:39+	09:19+	15:32+	20:02+	22:30+	24:05+	26:39+	30:30+	31:47+	35:54+	42:06+	45:16+	47:50+	51:07+	57:03+	60:55+	63:48+	64:13+
02:52+	04:47+	01:40+	06:13+	04:30+	02:28+	01:35+	02:34-	03:51-	01:17+	04:07+	06:12+	03:10+	02:34+	03:17+	05:56+	03:52-	02:53+	00:25+
00:59&	01:06&	00:28&	02:41&	00:59&	00:47&	00:26&	00:06-	01:07-	00:12#	00:55&	04:29@	01:08&	00:32&	01:43@	01:26&	00:37-	01:19&	00:05#
10	Sjur Eirik Gausel					67					1:06:05							
05:03+	09:51+	11:39+	16:29+	21:15+	23:16+	24:52+	27:44+	31:55+	33:01+	36:29+	39:27+	42:53+	45:16+	47:28+	59:23+	63:33+	65:31+	66:05+
05:03+	04:48+	01:48+	04:50+	04:46+	02:01+	01:36+	02:52+	04:11-	01:06+	03:28+	02:58+	03:26+	02:23+	02:12+	11:55+	04:10-	01:58+	00:34+
03:10@	01:07&	00:36&	01:18&	01:15&	00:20#	00:27&	00:12+	00:47-	00:01+	00:16+	01:15&	01:24&	00:21#	00:38&	07:25@	00:19-	00:24&	00:14&
11	André Sirevåg					116					1:08:51							
02:50+	09:44+	11:36+	16:30+	21:10+	26:47+	28:17+	31:34+	36:56+	38:11+	42:44+	45:47+	48:33+	51:25+	53:41+	61:49+	66:38+	68:25+	68:51+
02:50+	06:54+	01:52+	04:54+	04:40+	05:37+	01:30+	03:17+	05:22+	01:15+	04:33+	03:03+	02:46+	02:52+	02:16+	08:08+	04:49+	01:47+	00:26+
00:57&	03:13&	00:40&	01:22&	01:09&	03:56@	00:21&	00:37#	00:24+	00:10#	01:21&	01:20&	00:44&	00:50&	00:42&	03:38&	00:20+	00:13#	00:06&
12	Thomas Chruickshank					48					1:11:21							
02:25+	06:15+	08:07+	13:29+	16:55+	18:43+	19:57+	22:25+	26:33+	27:30+	31:09+	33:54+	36:20+	38:39+	40:12+	64:43+	69:13+	71:02+	71:21+
02:25+	03:50+	01:52+	05:22+	03:26-	01:48+	01:14+	02:28-	04:08-	00:57-	03:39+	02:45+	02:26+	02:19+	01:33-	24:31+	04:30+	01:49+	00:19-
00:32&	00:09+	00:40&	01:50&	00:05-	00:07+	00:05+	00:12-	00:50-	00:08-	00:27#	01:02&	00:24#	00:17#	00:01-	20:01@	00:01+	00:15#	00:01-
13	Tallak Langmyr					387					1:13:28							
04:23+	09:45+	13:27+	20:19+	25:56+	29:41+	31:45+	36:11+	45:39+	47:17+	50:48+	54:01+	57:46+	60:20+	61:34+	65:35+	71:13+	73:06+	73:28+
04:23+	05:22+	03:42+	06:52+	05:37+	03:45+	02:04+	04:26+	09:28+	01:38+	03:31+	03:13+	03:45+	02:34+	01:14-	04:01-	05:38+	01:53+	00:22+
02:30@	01:41&	02:30@	03:20&	02:06&	02:04@	00:55&	01:46&	04:30&	00:33&	00:19+	01:30&	01:43&	00:32&	00:20-	00:29-	01:09&	00:19#	00:02#
14	Terje Undheim					54					1:13:29							
03:58+	09:00+	12:00+	16:51+	27:57+	30:07+	31:46+	36:24+	41:28+	42:43+	49:21+	53:02+	55:07+	58:16+	60:58+	67:18+	71:22+	73:09+	73:29+
03:58+	05:02+	03:00+	04:51+	11:06+	02:10+	01:39+	04:38+	05:04+	01:15+	06:38+	03:41+	02:05+	03:09+	02:42+	06:20+	04:04-	01:47+	00:20=
02:05@	01:21&	01:48@	01:19&	07:35@	00:29&	00:30&	01:58&	00:06+	00:10#	03:26@	01:58@	00:03+	01:07&	01:08&	01:50&	00:25-	00:13#	00:00=
15	Bjørn Kristian Røyland					74					1:14:20							
04:53+	11:49+	13:36+	21:59+	26:16+	28:20+	29:52+	33:16+	39:00+	40:25+	44:39+	46:44+	49:48+	52:51+	55:20+	60:29+	69:33+	73:33+	74:20+
04:53+	06:56+	01:47+	08:23+	04:17+	02:04+	01:32+	03:24+	05:44+	01:25+	04:14+	02:05+	03:04+	03:03+	02:29+	05:09+	09:04+	04:00+	00:47+
03:00@	03:15&	00:35&	04:51@	00:46#	00:23#	00:23&	00:44&	00:46#	00:20&	01:02&	00:22#	01:02&	01:01&	00:55&	00:39#	04:35@	02:26@	00:27@
16	Eivind Lie					116					1:14:20							
02:17+	10:35+	12:12+	16:32+	20:13+	21:55+	23:03+	25:09+	28:38+	30:04+	33:13+	35:36+	38:22+	41:38+	43:17+	68:35+	72:08+	73:59+	74:20+
02:17+	08:18+	01:37+	04:20+	03:41+	01:42+	01:08-	02:06-	03:29-	01:26+	03:09-	02:23+	02:46+	03:16+	01:39+	25:18+	03:33-	01:51+	00:21+
00:24#	04:37@	00:25&	00:48#	00:10+	00:01+	00:01-	00:34-	01:29-	00:21&	00:03-	00:40&	00:44&	01:14&	00:05+	20:48@	00:56-	00:17#	00:01+
17	Thomas Schanke Eikum					62					1:15:28							
03:20+	09:24+	11:16+	25:22+	28:46+	31:34+	33:17+	36:00+	42:30+	43:43+	47:28+	50:24+	53:37+	56:04+	57:40+	65:54+	72:28+	74:55+	75:28+
03:20+	06:04+	01:52+	14:06+	03:24-	02:48+	01:43+	02:43+	06:30+	01:13+	03:45+	02:56+	03:13+	02:27+	01:36+	08:14+	06:34+	02:27+	00:33+
01:27&	02:23&	00:40&	10:34@	00:07-	01:07&	00:34&	00:03+	01:32&	00:08#	00:33#	01:13&	01:11&	00:25#	00:02+	03:44&	02:05&	00:53&	00:13&
18	Trondr Breiland					389					1:18:09							
12:06+	15:27+	17:04+	21:12+	23:49+	35:01+	36:24+	39:01+	48:34+	49:52+	52:48+	56:02+	60:31+	63:13+	64:32+	70:40+	75:21+	77:39+	78:09+
12:06+	03:21-	01:37+	04:08+	02:37-	11:12+	01:23+	02:37-	09:33+	01:18+	02:56-	03:14+	04:29+	02:42+	01:19-	06:08+	04:41+	02:18+	00:30+
10:13@	00:20-	00:25&	00:36#	00:54-	09:31@	00:14#	00:03-	04:35&	00:13#	00:16-	01:31&	02:27@	00:40&	00:15-	01:38&	00:12+	00:44&	00:10&

Plass	Navn										Klasse					Tid				
19	Kristian Bjo										165					1:19:21				
06:55+	11:07+	21:40+	28:48+	35:53+	38:40+	40:08+	42:49+	46:18+	47:31+	50:50+	58:16+	61:32+	64:09+	65:41+	72:01+	76:06+	77:57+	79:21+		
06:55+	04:12+	10:33+	07:08+	07:05+	02:47+	01:28+	02:41+	03:29-	01:13+	03:19+	07:26+	03:16+	02:37+	01:32-	06:20+	04:05-	01:51+	01:24+		
05:02#	00:31#	09:21#	03:36#	03:34#	01:06#	00:19#	00:01+	01:29-	00:08#	00:07+	05:43#	01:14#	00:35#	00:02-	01:50#	00:24-	00:17#	01:04#		
Beste strekketid for klassen																				
01:53	02:35	01:12	03:32	02:37	01:41	00:59	02:06	03:06	00:51	02:56	01:43	02:02	02:00	01:06	04:01	03:21	01:34	00:19		

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

**Herrer 50 - 59 år**

1	Øystein Fuglestad										46										54:05									
02:35=	07:24=	09:58=	14:43=	17:38=	19:31=	20:51=	24:32=	27:50=	28:56=	32:25=	34:00=	36:53=	39:22=	41:14=	47:49=	49:31=	52:34=	54:05=												
02:35=	04:49=	02:34=	04:45=	02:55=	01:53=	01:20=	03:41=	03:18=	01:06=	03:29=	01:35=	02:53=	02:29=	01:52=	06:35=	01:42=	03:03=	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=	00:00=	00:00=	00:00=												
2	Steinar Hansen										27										55:46									
02:01=	06:25=	08:53=	13:02=	16:13=	18:22=	19:36=	23:05=	28:42=	29:43=	33:16=	34:45=	37:50=	39:47+	41:34+	46:48=	48:30=	54:18+	55:46+												
02:01=	04:24=	02:28=	04:09=	03:11+	02:09+	01:14=	03:29=	05:37+	01:01=	03:33+	01:29=	03:05+	01:57=	01:47=	05:14=	01:42=	05:48+	01:28=												
00:34=	00:25=	00:06=	00:36=	00:16+	00:16#	00:06=	00:12=	02:19#	00:05=	00:04+	00:06=	00:12+	00:32=	00:05=	01:21=	00:00=	02:45#	00:03=												
3	Kjell Seland										236										56:54									
03:17+	07:47+	09:41=	13:54=	17:29=	19:29=	20:47=	26:46+	29:20+	30:21+	34:10+	35:36+	38:27+	40:39+	42:23+	47:40=	49:26=	50:41=	55:20+	56:54+											
03:17+	04:30=	01:54=	04:13=	03:35+	02:00+	01:18=	05:59+	02:34=	01:01=	03:49+	01:26=	02:51=	02:12=	01:44=	05:17=	01:46+	01:15=	04:39+	01:34+											
00:42#	00:19=	00:40=	00:32=	00:40#	00:07+	00:02=	02:18#	00:44=	00:05=	00:20+	00:09=	00:02=	00:17=	00:08=	01:18=	00:04+	01:48=	03:08#	01:34+											
4	Arngrim Utskarpen										117										57:10									
02:11=	06:05=	08:16=	15:15+	19:00+	21:06+	22:34=	26:00+	28:54+	30:15+	34:45+	36:19+	39:01+	42:01+	44:06+	49:31+	51:56+	55:34+	57:10+												
02:11=	03:54=	02:11=	06:59+	03:45+	02:06+	01:28+	03:26=	02:54=	01:21+	04:30+	01:34=	02:42=	03:00+	02:05+	05:25=	02:25+	03:38+	01:36+												
00:24=	00:55=	00:23=	02:14#	00:50#	00:13#	00:08#	00:15=	00:24=	00:15#	01:01#	00:01=	00:11=	00:31#	00:13#	01:10=	00:43#	00:35#	00:05+												
5	Anders Glenne										7										58:21									
02:08=	06:03=	09:24=	17:06+	20:40+	22:42+	24:03+	28:00+	30:46+	31:54+	35:47+	37:21+	40:46+	43:19+	44:59+	51:01+	52:49+	56:46+	58:21+												
02:08=	03:55=	03:21+	07:42+	03:34+	02:02+	01:21+	03:57+	02:46=	01:08+	03:53+	01:34=	03:25+	02:33+	01:40=	06:02=	01:48+	03:57+	01:35+												
00:27=	00:54=	00:47#	02:57#	00:39#	00:09+	00:01+	00:16+	00:32=	00:02+	00:24#	00:01=	00:32#	00:04+	00:12=	00:33=	00:06+	00:54#	00:04+												
6	Frank Hansen										29										58:50									
02:46+	08:06+	11:03+	16:15+	19:58+	22:40+	23:59+	27:40+	30:27+	31:35+	36:28+	38:10+	41:09+	43:28+	45:46+	52:49+	54:31+	57:28+	58:50+												
02:46+	05:20+	02:57+	05:12+	03:43+	02:42+	01:19=	03:41=	02:47=	01:08+	04:53+	01:42+	02:59+	02:19=	02:18+	07:03+	01:42=	02:57=	01:22=												
00:11+	00:31#	00:23#	00:27#	00:48#	00:49#	00:01=	00:00=	00:31=	00:02+	01:24#	00:07+	00:06+	00:10=	00:26#	00:28+	00:00=	00:06=	00:09=												
7	Svend Vihovde										116										59:19									
02:29=	08:17+	10:59+	16:01+	19:49+	22:03+	23:45+	27:48+	31:16+	32:40+	36:45+	38:37+	41:36+	44:31+	46:34+	51:54+	53:53+	57:35+	59:19+												
02:29=	05:48+	02:42+	05:02+	03:48+	02:14+	01:42+	04:03+	03:28+	01:24+	04:05+	01:52+	02:59+	02:55+	02:03+	05:20=	01:59+	03:42+	01:44+												
00:06=	00:59#	00:08+	00:17+	00:53#	00:21#	00:22#	00:22+	00:10+	00:18#	00:36#	00:17#	00:06+	00:26#	00:11+	01:15=	00:17#	00:39#	00:13#												
8	Harald Taksdal										236										1:01:05									
04:17+	09:56+	12:34+	17:47+	21:37+	23:33+	24:51+	30:52+	33:28+	34:26+	38:15+	39:48+	42:30+	44:44+	46:30+	51:45+	53:29+	59:23+	61:05+												
04:17+	05:39+	02:38+	05:13+	03:50+	01:56+	01:18=	06:01+	02:36=	00:58+	03:49+	01:33=	02:42=	02:14=	01:46=	05:15=	01:44+	05:54+	01:42+												
01:42#	00:50#	00:04+	00:28+	00:55#	00:03+	00:02=	02:20#	00:42=	00:08=	00:20+	00:02=	00:11=	00:15=	00:06=	01:20=	00:02+	02:51#	00:11#												
9	Erling Knutzen										128										1:02:13									
01:48=	07:48+	15:58+	20:41+	24:09+	26:17+	27:32+	31:42+	35:18+	36:35+	40:20+	41:44+	44:21+	47:03+	48:37+	55:54+	57:47+	60:52+	62:13+												
01:48=	06:00+	08:10+	04:43=	03:28+	02:08+	01:15=	04:10+	03:36+	01:17+	03:45+	01:24=	02:37=	02:42+	01:34=	07:17+	01:53+	03:05+	01:21=												
00:47=	01:11#	05:36#	00:02=	00:33#	00:15#	00:05=	00:29#	00:18+	00:11#	00:16+	00:11=	00:16=	00:13+	00:18=	00:42#	00:11#	00:02+	00:10=												
10	John Breiland										352										1:02:19									
07:28+	11:06+	14:54+	20:02+	24:52+	26:57+	28:05+	31:20+	33:59+	35:17+	38:57+	40:35+	43:43+	47:26+	48:51+	55:31+	57:23+	60:42+	62:19+												
07:28+	03:38=	03:48+	05:08+	04:50+	02:05+	01:08=	03:15=	02:39=	01:18+	03:40+	01:38+	03:08+	03:43+	01:25=	06:40+	01:52+	03:19+	01:37+												
04:53#	01:11=	01:14#	00:23+	01:55#	00:12#	00:12=	00:26=	00:39=	00:12#	00:11+	00:03+	00:15+	01:14#	00:27=	00:05+	00:10+	00:16+	00:06+												
11	Arne Hetlelid										98										1:02:21									
02:02=	05:55=	08:10=	20:23+	24:12+	26:24+	28:00+	31:33+	34:36+	35:48+	39:37+	41:50+	44:49+	47:20+	49:13+	55:07+	57:25+	60:32+	62:21+												
02:02=	03:53=	02:15=	12:13+	03:49+	02:12+	01:36+	03:33=	03:03=	01:12+	03:49+	02:13+	02:59+	02:31+	01:53+	05:54=	02:18+	03:07+	01:49+												
00:33=	00:56=	00:19=	07:28#	00:54#	00:19#	00:16#	00:08=	00:15=	00:06+	00:20+	00:38#	00:06+	00:02+	00:01+	00:41=	00:36#	00:04+	00:18#												
12	Arne Øvstebø										71										1:02:31									
02:43+	08:11+	10:50+	16:33+	19:53+	22:26+	23:53+	28:15+	33:07+	34:14+	38:43+	40:22+	43:31+	46:11+	47:45+	54:12+	56:32+	60:32+	62:31+												
02:43+	05:28+	02:39+	05:43+	03:20+	02:33+	01:27+	04:22+	04:52+	01:07+	04:29+	01:39+	03:09+	02:40+	01:34=	06:27=	02:20+	04:00+	01:59+												
00:08+	00:39#	00:05+	00:58#	00:25#	00:40#	00:07#	00:41#	01:34#	00:01+	01:00#	00:04+	00:16#	00:11+	00:18=	00:08=	00:38#	00:57#	00:28#												

Plass	Navn				Klasse				Tid			
13	Jørgen Nilsen				53				1:04:14			
10:13+	14:47+	17:19+	21:46+	24:41+	26:58+	28:24+	32:14+	34:59+	36:21+	40:12+	41:37+	44:52+
10:13+	04:34-	02:32-	04:27-	02:55=	02:17+	01:26+	03:50+	02:45-	01:22+	03:51+	01:25-	03:15+
07:38@	00:15-	00:02-	00:18-	00:00=	00:24#	00:06+	00:09+	00:33-	00:16#	00:22#	00:10-	00:22#
14	Raymond B. Pettersen				105				1:06:30			
02:08-	07:15-	10:50+	16:02+	19:58+	22:57+	25:03+	29:42+	34:40+	35:51+	40:25+	42:28+	45:29+
02:08-	05:07+	03:35+	05:12+	03:56+	02:59+	02:06+	04:39+	04:58+	01:11+	04:34+	02:03+	03:01+
00:27-	00:18+	01:01&	00:27+	01:01&	01:06&	00:46&	00:58&	01:40&	00:05+	01:05&	00:28&	00:08+
15	Trond Sandal				42				1:06:37			
07:17+	11:59+	14:21+	19:34+	23:17+	25:46+	27:28+	31:50+	35:09+	36:40+	41:01+	42:50+	46:35+
07:17+	04:42-	02:22-	05:13+	03:43+	02:29+	01:42+	04:22+	03:19+	01:31+	04:21+	01:49+	03:45+
04:42@	00:07-	00:12-	00:28+	00:48&	00:36&	00:22&	00:41#	00:01+	00:25&	00:52#	00:14#	00:52&
16	Trygve Michaelsen				117				1:07:05			
01:45-	07:09-	09:39-	23:24+	26:36+	28:45+	30:13+	33:59+	36:28+	37:36+	41:11+	42:35+	45:31+
01:45-	05:24+	02:30-	13:45+	03:12+	02:09+	01:28+	03:46+	02:29-	01:08+	03:35+	01:24-	02:56+
00:50-	00:35#	00:04-	09:00@	00:17+	00:16#	00:08#	00:05+	00:49-	00:02+	00:06+	00:11-	00:03+
17	Stein Arve Finnestad				287				1:08:53			
02:29-	07:07-	09:53-	17:07+	29:25+	31:49+	33:10+	37:12+	40:00+	41:07+	45:33+	47:10+	50:05+
02:29-	04:38-	02:46+	07:14+	12:18+	02:24+	01:21+	04:02+	02:48-	01:07+	04:26+	01:37+	02:55+
00:06-	00:11-	00:12+	02:29&	09:23@	00:31&	00:01+	00:21+	00:30-	00:01+	00:57&	00:02+	00:02+
18	Jone Kalheim				93				1:10:45			
01:45-	07:06-	10:08+	24:30+	35:01+	37:33+	38:51+	42:26+	45:32+	46:35+	50:32+	51:57+	54:36+
01:45-	05:21+	03:02+	14:22+	10:31+	02:32+	01:18-	03:35-	03:06-	01:03-	03:57+	01:25-	02:39-
00:50-	00:32#	00:28#	09:37@	07:36@	00:39&	00:02-	00:06-	00:12-	00:03-	00:28#	00:10-	00:14-
19	Adne Hausberg				7				1:10:57			
02:23-	08:42+	11:54+	21:18+	25:23+	27:28+	28:50+	33:06+	36:18+	37:15+	43:43+	45:43+	49:09+
02:23-	06:19+	03:12+	09:24+	04:05+	02:05+	01:22+	04:16+	03:12-	00:57-	06:28+	02:00+	03:26+
00:12-	01:30&	00:38#	04:39&	01:10&	00:12#	00:02+	00:35#	00:06-	00:09-	02:59&	00:25&	00:33#
20	Magnar Møller				62				1:11:27			
02:23-	07:09-	10:25+	17:47+	23:01+	25:18+	26:48+	33:20+	36:58+	38:12+	42:26+	44:43+	47:44+
02:23-	04:46-	03:16+	07:22+	05:14+	02:17+	01:30+	06:32+	03:38+	01:14+	04:14+	02:17+	03:01+
00:12-	00:03-	00:42&	02:37&	02:19&	00:24#	00:10#	02:51&	00:20#	00:08#	00:45#	00:42&	00:08+
21	Inge Skretting				165				1:12:07			
06:34+	12:40+	14:49+	28:25+	31:38+	34:01+	35:23+	39:02+	41:32+	42:39+	46:12+	47:43+	50:54+
06:34+	06:06+	02:09-	13:36+	03:13+	02:23+	01:22+	03:39-	02:30-	01:07+	03:33+	01:31-	03:11+
03:59@	01:17&	00:25-	08:51@	00:18#	00:30&	00:02+	00:02-	00:48-	00:01+	00:04+	00:04-	00:18#
22	Christof Schätz				239				1:12:42			
04:10+	11:24+	14:27+	20:03+	24:05+	27:18+	28:41+	33:15+	36:53+	38:17+	43:03+	45:05+	49:14+
04:10+	07:14+	03:03+	05:36+	04:02+	03:13+	01:23+	04:34+	03:38+	01:24+	04:46+	02:02+	04:09+
01:35&	02:25&	00:29#	00:51#	01:07&	01:20&	00:03+	00:53#	00:20#	00:18&	01:17&	00:27&	01:16&
23	Sveinung Rosenvinge				116				1:13:26			
02:26-	11:51+	15:22+	22:05+	25:48+	28:07+	29:31+	34:14+	37:59+	39:24+	46:19+	48:04+	51:53+
02:26-	09:25+	03:31+	06:43+	03:43+	02:19+	01:24+	04:43+	03:45+	01:25+	06:55+	01:45+	03:49+
00:09-	04:36&	00:57&	01:58&	00:48&	00:26#	00:04+	01:02&	00:27#	00:19&	03:26&	00:10#	00:56&
24	Ingve Vold				54				1:16:20			
02:16-	06:41-	18:34+	27:34+	32:08+	34:30+	36:20+	40:22+	43:46+	45:57+	51:03+	53:06+	56:10+
02:16-	04:25-	11:53+	09:00+	04:34+	02:22+	01:50+	04:02+	03:24+	02:11+	05:06+	02:03+	03:04+
00:19-	00:24-	09:19@	04:15&	01:39&	00:29&	00:30&	00:21+	00:06+	01:05&	01:37&	00:28&	00:11+
25	Asbjørn Brådlund				297				1:19:50			
08:00+	11:37+	15:30+	20:14+	24:59+	26:58+	28:47+	41:32+	44:27+	45:31+	49:25+	50:54+	53:44+
08:00+	03:37-	03:53+	04:44-	04:45+	01:59+	01:49+	12:45+	02:55-	01:04-	03:54+	01:29-	02:50-
05:25@	01:12-	01:19&	00:01-	01:50&	00:06+	00:29&	09:04@	00:23-	00:02-	00:25#	00:06-	00:03-
26	Håvard Håland				66				1:20:11			
02:27-	07:24=	10:24+	18:54+	22:32+	24:52+	26:23+	36:33+	47:25+	48:26+	52:38+	57:42+	60:29+
02:27-	04:57+	03:00+	08:30+	03:38+	02:20+	01:31+	10:10+	10:52+	01:01-	04:12+	05:04+	02:47-
00:08-	00:08+	00:26#	03:45&	00:43#	00:27#	00:11#	06:29@	07:34@	00:05-	00:43#	03:29@	00:06-
27	Eilef Foss				76				1:27:42			
02:25-	06:14-	08:38-	20:35+	40:23+	43:21+	44:38+	50:41+	53:55+	54:55+	64:19+	65:45+	71:02+
02:25-	03:49-	02:24-	11:57+	19:48+	02:58+	01:17-	06:03+	03:14-	01:00-	09:24+	01:26-	05:17+
00:10-	01:00-	00:10-	07:12@	16:53@	01:05&	00:03-	02:22&	00:04-	00:06-	05:55@	00:09-	02:24&

Plass	Navn					Klasse					Tid							
28	Jarl Steinar Berntsen					27						1:48:25						
12:21+	19:14+	24:53+	32:11+	38:55+	41:47+	43:51+	48:59+	55:22+	56:39+	63:24+	65:48+	70:10+	74:05+	76:30+	94:27+	100:02+	106:06+	108:25+
12:21+	06:53+	05:39+	07:18+	06:44+	02:52+	02:04+	05:08+	06:23+	01:17+	06:45+	02:24+	04:22+	03:55+	02:25+	17:57+	05:35+	06:04+	02:19+
09:46@	02:04&	03:05@	02:33&	03:49@	00:59&	00:44&	01:27&	03:05&	00:11#	03:16&	00:49&	01:29&	01:26&	00:33&	11:22@	03:53@	03:01&	00:48&
Beste strekktid for klassen																		
01:45	03:37	01:54	04:09	02:55	01:53	01:08	03:15	02:29	00:57	03:29	01:24	02:37	01:57	01:19	04:59	01:42	01:15	01:13
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																		
Herrer 60 - 64 år																		
1	Morten Johannessen					7						31:39						
02:04=	05:58=	08:45=	12:42=	14:40=	16:35=	18:27=	21:12=	21:58=	23:46=	26:16=	28:14=	30:44=	31:39=					
02:04=	03:54=	02:47=	03:57=	01:58=	01:55=	01:52=	02:45=	00:46=	01:48=	02:30=	01:58=	02:30=	00:55=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Ole Petter Haukaas					109						34:37						
03:54+	07:25+	10:53+	14:54+	17:26+	19:51+	21:35+	24:35+	25:22+	27:14+	29:49+	31:45+	33:54+	34:37+					
03:54+	03:31-	03:28+	04:01+	02:32+	02:25+	01:44-	03:00+	00:47+	01:52+	02:35+	01:56-	02:09-	00:43-					
01:50&	00:23-	00:41#	00:04+	00:34&	00:30&	00:08-	00:15+	00:01+	00:04+	00:05+	00:02-	00:21-	00:12-					
3	Espen Krogh					7						35:54						
01:59-	05:29-	08:21-	13:40+	15:15+	17:12+	19:04+	25:39+	26:26+	28:07+	30:37+	32:39+	34:58+	35:54+					
01:59-	03:30-	02:52+	05:19+	01:35-	01:57+	01:52=	06:35+	00:47+	01:41-	02:30=	02:02+	02:19-	00:56+					
00:05-	00:24-	00:05+	01:22&	00:23-	00:02+	00:00=	03:50@	00:01+	00:07-	00:00=	00:04+	00:11-	00:01+					
4	Øystein Dahle					93						39:57						
02:37+	07:08+	10:44+	15:50+	18:18+	20:31+	22:51+	26:48+	27:54+	30:13+	33:18+	35:50+	38:40+	39:57+					
02:37+	04:31+	03:36+	05:06+	02:28+	02:13+	02:20+	03:57+	01:06+	02:19+	03:05+	02:32+	02:50+	01:17+					
00:33&	00:37#	00:49&	01:09&	00:30&	00:18#	00:28#	01:12&	00:20&	00:31&	00:35#	00:34&	00:20#	00:22&					
5	Tor Inge Halvorsen					5						41:04						
02:08+	05:44-	08:08-	13:50+	16:26+	19:21+	24:36+	28:43+	29:33+	31:42+	34:56+	37:33+	40:10+	41:04+					
02:08+	03:36-	02:24-	05:42+	02:36+	02:55+	05:15+	04:07+	00:50+	02:09+	03:14+	02:37+	02:37+	00:54-					
00:04+	00:18-	00:23-	01:45&	00:38&	01:00&	03:23@	01:22&	00:04+	00:21#	00:44&	00:39&	00:07+	00:01-					
6	Torbjørn Dahle					92						43:38						
02:13+	07:23+	09:50+	18:05+	21:41+	24:10+	26:17+	30:07+	31:03+	33:19+	37:39+	40:14+	42:47+	43:38+					
02:13+	05:10+	02:27-	08:15+	03:36+	02:29+	02:07+	03:50+	00:56+	02:16+	04:20+	02:35+	02:33+	00:51-					
00:09+	01:16&	00:20-	04:18@	01:38&	00:34&	00:15#	01:05&	00:10#	00:28&	01:50&	00:37&	00:03+	00:04-					
7	Sveinung Svebestad					46						43:38						
05:38+	09:55+	12:33+	19:17+	21:40+	23:47+	26:01+	30:06+	31:02+	33:33+	36:54+	39:24+	42:18+	43:38+					
05:38+	04:17+	02:38-	06:44+	02:23+	02:07+	02:14+	04:05+	00:56+	02:31+	03:21+	02:30+	02:54+	01:20+					
03:34@	00:23+	00:09-	02:47&	00:25#	00:12#	00:22#	01:20&	00:10#	00:43&	00:51&	00:32&	00:24#	00:25&					
8	Per Ingar Hadland					7						46:44						
02:26+	06:19+	09:01+	20:51+	22:58+	25:38+	29:29+	33:24+	34:13+	36:29+	39:53+	42:31+	45:25+	46:44+					
02:26+	03:53-	02:42-	11:50+	02:07+	02:40+	03:51+	03:55+	00:49+	02:16+	03:24+	02:38+	02:54+	01:19+					
00:22#	00:01-	00:05-	07:53@	00:09+	00:45&	01:59@	01:10&	00:03+	00:28&	00:54&	00:40&	00:24#	00:24&					
9	Kjell Skjæveland					166						47:13						
02:07+	12:37+	17:42+	22:27+	24:56+	27:06+	29:10+	34:16+	35:17+	37:39+	41:07+	43:39+	46:15+	47:13+					
02:07+	10:30+	05:05+	04:45+	02:29+	02:10+	02:04+	05:06+	01:01+	02:22+	03:28+	02:32+	02:36+	00:58+					
00:03+	06:36@	02:18&	00:48#	00:31&	00:15#	00:12#	02:21&	00:15&	00:34&	00:58&	00:34&	00:06+	00:03+					
10	Kjell Ove Aksland					27						49:31						
03:54+	09:10+	12:27+	18:34+	23:29+	26:31+	28:45+	32:52+	34:14+	36:49+	40:28+	45:33+	48:32+	49:31+					
03:54+	05:16+	03:17+	06:07+	04:55+	03:02+	02:14+	04:07+	01:22+	02:35+	03:39+	05:05+	02:59+	00:59+					
01:50&	01:22&	00:30#	02:10&	02:57@	01:07&	00:22#	01:22&	00:36&	00:47&	01:09&	03:07@	00:29#	00:04+					
11	Olav Tunheim					93						51:39						
13:12+	17:30+	19:37+	24:56+	27:43+	30:09+	32:22+	37:35+	38:30+	40:34+	45:40+	48:14+	50:47+	51:39+					
13:12+	04:18+	02:07-	05:19+	02:47+	02:26+	02:13+	05:13+	00:55+	02:04+	05:06+	02:34+	02:33+	00:52-					
11:08@	00:24#	00:40-	01:22&	00:49&	00:31&	00:21#	02:28&	00:09#	00:16#	02:36@	00:36&	00:03+	00:03-					
12	John Lage Bergan					116						58:55						
08:20+	12:33+	15:48+	22:43+	27:47+	30:35+	34:35+	38:27+	39:32+	43:19+	51:57+	54:30+	57:34+	58:55+					
08:20+	04:13+	03:15+	06:55+	05:04+	02:48+	04:00+	03:52+	01:05+	03:47+	08:38+	02:33+	03:04+	01:21+					
06:16@	00:19+	00:28#	02:58&	03:06@	00:53&	02:08@	01:07&	00:19&	01:59@	06:08@	00:35&	00:34#	00:26&					

Plass	Navn										Klasse					Tid				
13	John C. Sinnes										93					1:04:30				
	02:51+	07:45+	10:32+	37:39+	39:47+	41:50+	45:06+	48:41+	49:38+	51:54+	55:47+	58:49+	63:34+	64:30+						
	02:51+	04:54+	02:47=	27:07+	02:08+	02:03+	03:16+	03:35+	00:57+	02:16+	03:53+	03:02+	04:45+	00:56+						
	00:47&	01:00&	00:00=	23:10@	00:10+	00:08+	01:24&	00:50&	00:11#	00:28&	01:23&	01:04&	02:15&	00:01+						
Beste strekktid for klassen																				
	01:59	03:30	02:07	03:57	01:35	01:55	01:44	02:45	00:46	01:41	02:30	01:56	02:09	00:43						
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																				
Herrer 65 - 69 år																				
1	Bjørn Alsaker										115					32:52				
	02:36=	06:08=	08:19=	15:11=	16:37=	18:08=	19:58=	23:22=	24:04=	25:46=	28:15=	30:01=	32:02=	32:52=						
	02:36=	03:32=	02:11=	06:52=	01:26=	01:31=	01:50=	03:24=	00:42=	01:42=	02:29=	01:46=	02:01=	00:50=						
	00:00=	00:00=	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 Hetland										29					34:36				
	02:10-	06:52+	09:18+	14:07-	16:17-	18:08=	20:12+	23:26+	24:24+	26:17+	29:12+	31:22+	33:46+	34:36+						
	02:10-	04:42+	02:26+	04:49-	02:10+	01:51+	02:04+	03:14-	00:58+	01:53+	02:55+	02:10+	02:24+	00:50=						
	00:26-	01:10&	00:15#	02:03-	00:44&	00:20#	00:14#	00:10-	00:16&	00:11#	00:26#	00:24#	00:23#	00:00=						
3	Bjarne Gimre										88					37:01				
	02:51+	07:02+	10:01+	14:31-	16:47+	18:50+	21:01+	24:22+	25:19+	27:28+	30:36+	33:29+	36:06+	37:01+						
	02:51+	04:11+	02:59+	04:30-	02:16+	02:03+	02:11+	03:21-	00:57+	02:09+	03:08+	02:53+	02:37+	00:55+						
	00:15+	00:39#	00:48&	02:22-	00:50&	00:32&	00:21#	00:03-	00:15&	00:27&	00:39&	01:07&	00:36&	00:05#						
4	Torbjørn Evensen										108					37:04				
	02:10-	06:35+	09:10+	13:45-	16:40+	18:31+	20:47+	24:32+	25:25+	27:24+	31:19+	33:36+	36:03+	37:04+						
	02:10-	04:25+	02:35+	04:35-	02:55+	01:51+	02:16+	03:45+	00:53+	01:59+	03:55+	02:17+	02:27+	01:01+						
	00:26-	00:53#	00:24#	02:17-	01:29@	00:20#	00:26#	00:21#	00:11&	00:17#	01:26&	00:31&	00:26#	00:11#						
5	Tor Geir Espedal										115					38:29				
	02:27-	06:41+	11:21+	15:59+	19:22+	21:20+	23:20+	26:31+	27:32+	29:33+	32:47+	35:05+	37:30+	38:29+						
	02:27-	04:14+	04:40+	04:38-	03:23+	01:58+	02:00+	03:11-	01:01+	02:01+	03:14+	02:18+	02:25+	00:59+						
	00:09-	00:42#	02:29@	02:14-	01:57@	00:27&	00:10+	00:13-	00:19&	00:19#	00:45&	00:32&	00:24#	00:09#						
6	Bjørn Sivertsen										99					39:12				
	02:17-	06:50+	09:10+	15:16+	17:54+	20:04+	22:11+	26:11+	27:23+	29:27+	33:08+	35:28+	38:17+	39:12+						
	02:17-	04:33+	02:20+	06:06-	02:38+	02:10+	02:07+	04:00+	01:12+	02:04+	03:41+	02:20+	02:49+	00:55+						
	00:19-	01:01&	00:09+	00:46-	01:12&	00:39&	00:17#	00:36#	00:30&	00:22#	01:12&	00:34&	00:48&	00:05#						
7	Sveinung Tveit										236					42:01				
	02:35-	06:45+	09:52+	16:32+	20:10+	22:54+	25:06+	28:48+	29:49+	31:52+	35:24+	37:46+	40:58+	42:01+						
	02:35-	04:10+	03:07+	06:40-	03:38+	02:44+	02:12+	03:42+	01:01+	02:03+	03:32+	02:22+	03:12+	01:03+						
	00:01-	00:38#	00:56&	00:12-	02:12@	01:13&	00:22#	00:18+	00:19&	00:21#	01:03&	00:36&	01:11&	00:13&						
8	Arne Magne Handeland										92					42:11				
	06:02+	10:39+	13:46+	19:02+	21:11+	23:53+	26:05+	29:32+	30:26+	32:31+	35:42+	38:35+	41:12+	42:11+						
	06:02+	04:37+	03:07+	05:16-	02:09+	02:42+	02:12+	03:27+	00:54+	02:05+	03:11+	02:53+	02:37+	00:59+						
	03:26@	01:05&	00:56&	01:36-	00:43&	01:11&	00:22#	00:03+	00:12&	00:23#	00:42&	01:07&	00:36&	00:09#						
9	Svein Berge										126					42:59				
	02:16-	06:32+	08:54+	13:53-	24:01+	25:43+	27:58+	31:08+	31:58+	33:45+	37:57+	40:01+	42:11+	42:59+						
	02:16-	04:16+	02:22+	04:59-	10:08+	01:42+	02:15+	03:10-	00:50+	01:47+	04:12+	02:04+	02:10+	00:48-						
	00:20-	00:44#	00:11+	01:53-	08:42@	00:11#	00:25#	00:14-	00:08#	00:05+	01:43&	00:18#	00:09+	00:02-						
10	Terje Stokkeland										69					44:20				
	04:08+	08:59+	11:53+	17:31+	20:31+	23:08+	25:33+	29:29+	30:24+	32:21+	36:06+	40:09+	43:17+	44:20+						
	04:08+	04:51+	02:54+	05:38-	03:00+	02:37+	02:25+	03:56+	00:55+	01:57+	03:45+	04:03+	03:08+	01:03+						
	01:32&	01:19&	00:43&	01:14-	01:34@	01:06&	00:35&	00:32#	00:13&	00:15#	01:16&	02:17@	01:07&	00:13&						
11	Bjørn Tore Aase										29					48:22				
	04:04+	08:04+	10:58+	19:49+	22:26+	26:34+	29:31+	34:01+	35:05+	37:34+	41:23+	44:13+	47:18+	48:22+						
	04:04+	04:00+	02:54+	08:51+	02:37+	04:08+	02:57+	04:30+	01:04+	02:29+	03:49+	02:50+	03:05+	01:04+						
	01:28&	00:28#	00:43&	01:59&	01:11&	02:37@	01:07&	01:06&	00:22&	00:47&	01:20&	01:04&	01:04&	00:14&						
12	Gunnar Sakseid										116					49:48				
	03:45+	08:49+	13:20+	17:58+	32:04+	34:25+	36:25+	39:14+	39:57+	41:48+	44:39+	46:52+	48:57+	49:48+						
	03:45+	05:04+	04:31+	04:38-	14:06+	02:21+	02:00+	02:49-	00:43+	01:51+	02:51+	02:13+	02:05+	00:51+						
	01:09&	01:32&	02:20@	02:14-	12:40@	00:50&	00:10+	00:35-	00:01+	00:09+	00:22#	00:27&	00:04+	00:01+						



Plass	Navn										Klasse										Tid																					
13	Tom Hetland										5											55:40																				
11:09+	16:24+	19:51+	26:20+	35:29+	37:44+	39:56+	43:03+	44:02+	46:30+	49:58+	52:13+	54:40+	55:40+	11:09+	05:15+	03:27+	06:29-	09:09+	02:15+	02:12+	03:07-	00:59+	02:28+	03:28+	02:15+	02:27+	01:00+	08:33@	01:43&	01:16&	00:23-	07:43@	00:44&	00:22#	00:17-	00:17&	00:46&	00:59&	00:29&	00:26#	00:10#	
14	Jan Arendal										116											56:57																				
03:11+	16:35+	20:15+	26:37+	30:24+	33:36+	36:29+	40:58+	42:06+	44:56+	48:35+	51:44+	55:27+	56:57+	03:11+	13:24+	03:40+	06:22-	03:47+	03:12+	02:53+	04:29+	01:08+	02:50+	03:39+	03:09+	03:43+	01:30+	00:35#	09:52@	01:29&	00:30-	02:21@	01:41@	01:03&	01:05&	00:26&	01:08&	01:10&	01:23&	01:42&	00:40&	
15	Eivind L. Rake										92											56:59																				
02:37+	07:00+	09:56+	14:54-	19:40+	22:00+	24:13+	28:06+	29:12+	31:23+	50:18+	52:59+	55:46+	56:59+	02:37+	04:23+	02:56+	04:58-	04:46+	02:20+	02:13+	03:53+	01:06+	02:11+	18:55+	02:41+	02:47+	01:13+	00:01+	00:51#	00:45&	01:54-	03:20@	00:49&	00:23#	00:24&	00:29&	16:26@	00:55&	00:46&	00:23&		
16	Svein Ims										65											58:08																				
03:35+	08:10+	11:00+	16:48+	20:58+	24:03+	26:42+	31:13+	32:38+	37:10+	41:46+	48:51+	57:01+	58:08+	03:35+	04:35+	02:50+	05:48-	04:10+	03:05+	02:39+	04:31+	01:25+	04:32+	04:36+	07:05+	08:10+	01:07+	00:59&	01:03&	00:39&	01:04-	02:44@	01:34@	00:49&	01:07&	00:43@	02:50@	02:07&	05:19@	06:09@	00:17&	
17	Bjørn Bjelland										83											1:06:55																				
04:24+	13:27+	19:10+	38:59+	41:15+	46:41+	49:03+	53:32+	54:27+	56:28+	60:13+	62:39+	65:44+	66:55+	04:24+	09:03+	05:43+	19:49+	02:16+	05:26+	02:22+	04:29+	00:55+	02:01+	03:45+	02:26+	03:05+	01:11+	01:48&	05:31@	03:32@	12:57@	00:50&	03:55@	00:32&	01:05&	00:13&	00:19#	01:16&	00:40&	01:04&	00:21&	
18	Rolf Kleppe										63											1:16:56																				
03:51+	13:10+	16:33+	29:52+	37:54+	41:30+	44:02+	56:01+	57:04+	59:43+	64:42+	72:42+	75:45+	76:56+	03:51+	09:19+	03:23+	13:19+	08:02+	03:36+	02:32+	11:59+	01:03+	02:39+	04:59+	08:00+	03:03+	01:11+	01:15&	05:47@	01:12&	06:27&	06:36@	02:05@	00:42&	08:35@	00:21&	00:57&	02:30@	06:14@	01:02&	00:21&	
Beste strekktid for klassen																																										
	02:10	03:32	02:11	04:30	01:26	01:31	01:50	02:49	00:42	01:42	02:29	01:46	02:01	00:48																												
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																																										
Herrer 70 - 74 år																																										
1	Ragnvald Frøyland										128											35:52																				
02:33=	07:28=	10:06=	15:04=	17:14=	19:07=	21:07=	24:21=	25:19=	27:21=	30:09=	32:30=	34:52=	35:52=	02:33=	04:55=	02:38=	04:58=	02:10=	01:53=	02:00=	03:14=	00:58=	02:02=	02:48=	02:21=	02:22=	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=	
2	Harry Breiland										66											37:32																				
02:17-	06:06-	10:58+	18:25+	20:43+	22:27+	24:16+	27:05+	27:54+	29:40+	32:24+	34:22+	36:38+	37:32+	02:17-	03:49-	04:52+	07:27+	02:18+	01:44-	01:49-	02:49-	00:49-	01:46-	02:44-	01:58-	02:16-	00:54-	00:16-	01:06-	02:14&	02:29&	00:08+	00:09-	00:11-	00:25-	00:09-	00:16-	00:04-	00:23-	00:06-	00:06-	
3	Kjell Svihus										154											38:13																				
02:42+	06:47-	09:35-	15:01-	17:20+	19:20+	21:48+	25:48+	26:45+	28:52+	32:18+	34:43+	37:16+	38:13+	02:42+	04:05-	02:48+	05:26+	02:19+	02:00+	02:28+	04:00+	00:57-	02:07+	03:26+	02:25+	02:33+	00:57-	00:09+	00:50-	00:10+	00:28+	00:09+	00:07+	00:28#	00:46#	00:01-	00:05+	00:38#	00:04+	00:11+	00:03-	
4	Jan Inge Lunde										88											42:21																				
06:44+	10:50+	13:24+	18:51+	21:11+	23:24+	25:39+	29:39+	30:37+	32:50+	36:08+	38:43+	41:20+	42:21+	06:44+	04:06-	02:34-	05:27+	02:20+	02:13+	02:15+	04:00+	00:58=	02:13+	03:18+	02:35+	02:37+	01:01+	04:11@	00:49-	00:04-	00:29+	00:10+	00:20#	00:15#	00:00=	00:46#	00:00=	00:11+	00:30#	00:14+	00:15#	00:01+
5	Olav Habbestad										116											54:55																				
05:04+	12:40+	20:34+	25:24+	28:14+	30:57+	34:07+	38:55+	40:12+	42:12+	48:52+	51:03+	53:20+	54:55+	05:04+	07:36+	07:54+	04:50-	02:50+	02:43+	03:10+	04:48+	01:17+	02:00-	06:40+	02:11-	02:17-	01:35+	02:31&	02:41&	05:16@	00:08-	00:40&	00:50&	01:10&	01:34&	00:19&	00:02-	03:52@	00:10-	00:05-	00:35&	
6	Leif Gunnar Wikene										43											55:38																				
04:06+	10:06+	17:36+	25:48+	28:40+	32:35+	35:01+	40:12+	41:27+	43:56+	47:23+	49:43+	54:34+	55:38+	04:06+	06:00+	07:30+	08:12+	02:52+	03:55+	02:26+	05:11+	01:15+	02:29+	03:27+	02:20-	04:51+	01:04+	01:33&	01:05#	04:52@	03:14&	00:42&	02:02@	00:26#	01:57&	00:17&	00:27#	00:39#	00:01-	02:29@	00:04+	
7	Leif Kåre Lende										128											57:39																				
03:23+	09:48+	14:35+	27:17+	30:23+	33:32+	35:46+	42:43+	44:15+	46:39+	49:58+	52:50+	56:29+	57:39+	03:23+	06:25+	04:47+	12:42+	03:06+	03:09+	02:14+	06:57+	01:32+	02:24+	03:19+	02:52+	03:39+	01:10+	00:50&	01:30&	02:09&	07:44@	00:56&	01:16&	00:14#	03:43@	00:34&	00:22#	00:31#	00:31#	01:17&	00:10#	

Plass	Navn				Klasse								Tid			
8	Arne Østensen				53								1:14:37			
02:05-	26:10+	30:49+	48:46+	51:13+	53:58+	56:51+	61:29+	62:23+	65:07+	68:10+	70:21+	73:13+	74:37+			
02:05-	24:05+	04:39+	17:57+	02:27+	02:45+	02:53+	04:38+	00:54-	02:44+	03:03+	02:11-	02:52+	01:24+			
00:28-	19:10@	02:01&	12:59@	00:17#	00:52&	00:53&	01:24&	00:04-	00:42&	00:15+	00:10-	00:30#	00:24&			
9	John Abrahamsen				125								1:31:12			
05:48+	19:15+	27:34+	40:13+	47:42+	52:36+	56:49+	65:27+	68:19+	73:03+	80:11+	84:36+	88:55+	91:12+			
05:48+	13:27+	08:19+	12:39+	07:29+	04:54+	04:13+	08:38+	02:52+	04:44+	07:08+	04:25+	04:19+	02:17+			
03:15@	08:32@	05:41@	07:41@	05:19@	03:01@	02:13@	05:24@	01:54@	02:42@	04:20@	02:04&	01:57&	01:17@			
Beste strekktid for klassen																
02:05	03:49	02:34	04:50	02:10	01:44	01:49	02:49	00:49	01:46	02:44	01:58	02:16	00:54			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																
Herrer 75 - 79 år																
1	Hilmar Røthing				128								33:21			
02:47=	06:19=	11:56=	15:59=	17:12=	19:06=	21:58=	23:37=	24:48=	28:09=	32:56=	33:21=					
02:47=	03:32=	05:37=	04:03=	01:13=	01:54=	02:52=	01:39=	01:11=	03:21=	04:47=	00:25=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Finn Morten Årstad				115								33:46			
02:30-	07:13+	09:56-	14:27-	15:52-	17:56-	21:08-	22:52-	24:24-	27:53-	33:18+	33:46+					
02:30-	04:43+	02:43-	04:31+	01:25+	02:04+	03:12+	01:44+	01:32+	03:29+	05:25+	00:28+					
00:17-	01:11&	02:54-	00:28#	00:12#	00:10+	00:20#	00:05+	00:21&	00:08+	00:38#	00:03#					
3	Knut Skjæveland				93								37:56			
03:42+	08:43+	11:38-	18:04+	19:51+	22:20+	25:58+	27:52+	29:28+	33:13+	37:22+	37:56+					
03:42+	05:01+	02:55-	06:26+	01:47+	02:29+	03:38+	01:54+	01:36+	03:45+	04:09-	00:34+					
00:55&	01:29&	02:42-	02:23&	00:34&	00:35&	00:46&	00:15#	00:25&	00:24#	00:38-	00:09&					
4	Arvid Thorsen				5								38:11			
06:38+	11:26+	13:51+	18:41+	20:19+	22:14+	25:44+	27:41+	29:10+	32:09+	37:41+	38:11+					
06:38+	04:48+	02:25-	04:50+	01:38+	01:55+	03:30+	01:57+	01:29+	02:59-	05:32+	00:30+					
03:51@	01:16&	03:12-	00:47#	00:25&	00:01+	00:38#	00:18#	00:18&	00:22-	00:45#	00:05#					
5	Svein Glendrange				68								39:54			
03:21+	09:06+	14:30+	19:18+	21:02+	23:19+	26:55+	29:18+	30:56+	34:19+	39:14+	39:54+					
03:21+	05:45+	05:24-	04:48+	01:44+	02:17+	03:36+	02:23+	01:38+	03:23+	04:55+	00:40+					
00:34#	02:13&	00:13-	00:45#	00:31&	00:23#	00:44&	00:44&	00:27&	00:02+	00:08+	00:15&					
6	Hans Klausen				62								42:01			
02:34-	08:42+	13:22+	18:17+	19:52+	23:11+	26:45+	28:52+	32:51+	36:46+	41:32+	42:01+					
02:34-	06:08+	04:40-	04:55+	01:35+	03:19+	03:34+	02:07+	03:59+	03:55+	04:46-	00:29+					
00:13-	02:36&	00:57-	00:52#	00:22&	01:25&	00:42#	00:28&	02:48@	00:34#	00:01-	00:04#					
7	Hermann Skogsholm				53								42:11			
02:59+	12:42+	16:58+	22:17+	23:55+	26:08+	29:36+	31:43+	33:10+	36:37+	41:35+	42:11+					
02:59+	09:43+	04:16-	05:19+	01:38+	02:13+	03:28+	02:07+	01:27+	03:27+	04:58+	00:36+					
00:12+	06:11@	01:21-	01:16&	00:25&	00:19#	00:36#	00:28&	00:16#	00:06+	00:11+	00:11&					
8	Steinar Undheim				54								44:23			
04:42+	08:51+	13:23+	19:36+	22:13+	24:50+	29:02+	31:25+	33:28+	37:36+	43:36+	44:23+					
04:42+	04:09+	04:32-	06:13+	02:37+	02:37+	04:12+	02:23+	02:03+	04:08+	06:00+	00:47+					
01:55&	00:37#	01:05-	02:10&	01:24@	00:43&	01:20&	00:44&	00:52&	00:47#	01:13&	00:22&					
9	Øyvind Egeskog				5								47:19			
02:45-	07:40+	11:20-	20:28+	22:21+	25:01+	29:20+	31:30+	33:19+	37:39+	46:42+	47:19+					
02:45-	04:55+	03:40-	09:08+	01:53+	02:40+	04:19+	02:10+	01:49+	04:20+	09:03+	00:37+					
00:02-	01:23&	01:57-	05:05@	00:40&	00:46&	01:27&	00:31&	00:38&	00:59&	04:16&	00:12&					
10	Norvald Skretting				43								50:17			
06:31+	12:36+	17:37+	24:18+	26:07+	28:55+	33:07+	35:41+	37:48+	41:57+	49:35+	50:17+					
06:31+	06:05+	05:01-	06:41+	01:49+	02:48+	04:12+	02:34+	02:07+	04:09+	07:38+	00:42+					
03:44@	02:33&	00:36-	02:38&	00:36&	00:54&	01:20&	00:55&	00:56&	00:48#	02:51&	00:17&					
11	Geir Husdal				93								56:28			
14:14+	26:31+	29:54+	35:54+	37:46+	40:13+	43:59+	46:10+	47:36+	51:08+	55:59+	56:28+					
14:14+	12:17+	03:23-	06:00+	01:52+	02:27+	03:46+	02:11+	01:26+	03:32+	04:51+	00:29+					
11:27@	08:45@	02:14-	01:57&	00:39&	00:33&	00:54&	00:32&	00:15#	00:11+	00:04+	00:04#					

Plass	Navn										Klasse	Tid
12	Reidar Magne Liland										66	57:28
	08:57+	16:23+	21:17+	28:02+	30:25+	34:28+	38:44+	41:05+	42:59+	47:03+	56:45+	57:28+
	08:57+	07:26+	04:54-	06:45+	02:23+	04:03+	04:16+	02:21+	01:54+	04:04+	09:42+	00:43+
	06:10@	03:54@	00:43-	02:42&	01:10&	02:09@	01:24&	00:42&	00:43&	00:43#	04:55@	00:18&
13	Kjell Langvik										93	57:31
	16:16+	22:17+	25:44+	32:06+	34:50+	37:31+	42:17+	44:28+	46:24+	50:52+	57:00+	57:31+
	16:16+	06:01+	03:27-	06:22+	02:44+	02:41+	04:46+	02:11+	01:56+	04:28+	06:08+	00:31+
	13:29@	02:29&	02:10-	02:19&	01:31@	00:47&	01:54&	00:32&	00:45&	01:07&	01:21&	00:06#
14	Tormod Aaslid										54	59:24
	04:29+	11:29+	15:17+	25:09+	28:04+	36:27+	40:22+	42:47+	44:41+	48:38+	58:36+	59:24+
	04:29+	07:00+	03:48-	09:52+	02:55+	08:23+	03:55+	02:25+	01:54+	03:57+	09:58+	00:48+
	01:42&	03:28&	01:49-	05:49@	01:42@	06:29@	01:03&	00:46&	00:43&	00:36#	05:11@	00:23&
Beste strekktid for klassen												
	02:30	03:32	02:25	04:03	01:13	01:54	02:52	01:39	01:11	02:59	04:09	00:25

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

Herrer 80 år og eldre

1	Terje Braut										92	43:47
	08:20=	13:55=	20:00=	22:05=	24:43=	29:10=	30:19=	34:49=	36:28=	39:22=	42:30=	43:47=
	08:20=	05:35=	06:05=	02:05=	02:38=	04:27=	01:09=	04:30=	01:39=	02:54=	03:08=	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=
2	Jan Bekkeheien										92	46:15
	04:14-	08:58-	15:50-	19:50-	22:58-	28:00-	29:39-	35:21+	37:49+	41:09+	44:45+	46:15+
	04:14-	04:44-	06:52+	04:00+	03:08+	05:02+	01:39+	05:42+	02:28+	03:20+	03:36+	01:30+
	04:06-	00:51-	00:47#	01:55&	00:30#	00:35#	00:30&	01:12&	00:49&	00:26#	00:28#	00:13#
3	Harald Vatne										67	50:49
	09:55+	14:04+	20:46+	23:22+	27:10+	32:00+	33:23+	37:57+	41:14+	45:10+	49:00+	50:49+
	09:55+	04:09-	06:42+	02:36+	03:48+	04:50+	01:23+	04:34+	03:17+	03:56+	03:50+	01:49+
	01:35#	01:26-	00:37#	00:31#	01:10&	00:23+	00:14#	00:04+	01:38&	01:02&	00:42#	00:32&
4	Alf Gyland										92	53:28
	05:20-	08:57-	15:17-	18:04-	20:41-	30:53+	32:03+	41:30+	43:26+	46:10+	52:12+	53:28+
	05:20-	03:37-	06:20+	02:47+	02:37-	10:12+	01:10+	09:27+	01:56+	02:44-	06:02+	01:16-
	03:00-	01:58-	00:15+	00:42&	00:01-	05:45@	00:01+	04:57@	00:17#	00:10-	02:54&	00:01-
5	Kjell Maudal										63	1:15:57
	06:52-	16:16+	28:26+	31:02+	36:33+	46:31+	50:10+	61:13+	65:03+	69:19+	73:55+	75:57+
	06:52-	09:24+	12:10+	02:36+	05:31+	09:58+	03:39+	11:03+	03:50+	04:16+	04:36+	02:02+
	01:28-	03:49&	06:05&	00:31#	02:53@	05:31@	02:30@	06:33@	02:11@	01:22&	01:28&	00:45&
6	Magne Westerheim										93	1:26:42
	08:37+	13:08-	38:59+	57:07+	60:27+	66:18+	67:48+	76:12+	78:52+	81:49+	85:20+	86:42+
	08:37+	04:31-	25:51+	18:08+	03:20+	05:51+	01:30+	08:24+	02:40+	02:57+	03:31+	01:22+
	00:17+	01:04-	19:46@	16:03@	00:42&	01:24&	00:21&	03:54&	01:01&	00:03+	00:23#	00:05+
Beste strekktid for klassen												
	04:14	03:37	06:05	02:05	02:37	04:27	01:09	04:30	01:39	02:44	03:08	01:16

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

Herrer A

1	Svein Magnus Halsne										71	38:16
	01:47=	04:01=	05:28=	08:33=	11:12=	11:55=	13:29=	15:04=	16:10=	18:30=	19:17=	21:28=
	01:47=	02:14=	01:27=	03:05=	02:39=	00:43=	01:34=	01:35=	01:06=	02:20=	00:47=	02:11=
	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	Saul Klemola										134	38:50
	01:46-	03:56-	05:52+	09:06+	11:45+	12:29+	14:04+	16:04+	17:00+	18:53+	19:38+	21:42+
	01:46-	02:10-	01:56+	03:14+	02:39=	00:44+	01:35+	02:00+	00:56-	01:53-	00:45-	02:04-
	00:01-	00:04-	00:29&	00:09+	00:00=	00:01+	00:01+	00:25&	00:10-	00:27-	00:02-	00:07-

Plass	Navn			Klasse								Tid									
3	Sigurd Oftedal			18								40:21									
	01:47=	04:37+	07:49+	10:59+	13:57+	14:41+	16:16+	18:17+	19:12+	20:57+	21:42+	23:39+	25:09+	27:28+	28:57+	30:29+	31:05+	31:40+	32:30+	36:56+	38:52+
	01:47=	02:50+	03:12+	03:10+	02:58+	00:44+	01:35+	02:01+	00:55-	01:45-	00:45-	01:57-	01:30+	02:19+	01:29+	01:32+	00:36+	00:35+	00:50=	04:26-	01:56-
	00:00=	00:36&	01:45@	00:05+	00:19#	00:01+	00:01+	00:26&	00:11-	00:35-	00:02-	00:14-	00:06+	00:11+	00:03+	00:02+	00:04#	00:08&	00:00=	00:18-	00:20-
																				00:06-	00:04#
4	Fredrik Omdal			375								41:16									
	02:47+	05:15+	07:05+	10:05+	13:37+	14:24+	16:00+	17:48+	18:45+	20:34+	21:19+	24:38+	26:10+	28:08+	29:37+	31:04+	31:41+	32:09+	32:59+	37:06+	39:53+
	02:47+	02:28+	01:50+	03:00-	03:32+	00:47+	01:36+	01:48+	00:57-	01:49-	00:45-	03:19+	01:32+	01:58-	01:29+	01:27-	00:37+	00:28+	00:50=	04:07-	02:47+
	01:00&	00:14#	00:23&	00:05-	00:53&	00:04+	00:02+	00:13#	00:09-	00:31-	00:02-	01:08&	00:08+	00:10-	00:03+	00:03-	00:05#	00:01+	00:00=	00:37-	00:31#
																				00:05-	00:03-
5	Kristian Haarr			27								43:12									
	02:01+	04:41+	08:21+	12:26+	14:56+	15:41+	17:21+	19:12+	20:34+	22:31+	23:16+	25:27+	27:00+	29:08+	30:59+	32:36+	33:17+	33:51+	34:45+	39:30+	41:50+
	02:01+	02:40+	03:40+	04:05+	02:30-	00:45+	01:40+	01:51+	01:22+	01:57-	00:45-	02:11=	01:33+	02:08=	01:51+	01:37+	00:41+	00:34+	00:54+	04:45+	02:20+
	00:14#	00:26#	02:13@	01:00&	00:09-	00:02+	00:06+	00:16#	00:16#	00:23-	00:02-	00:00=	00:09#	00:00=	00:25&	00:07+	00:09&	00:07&	00:04+	00:01+	00:04+
																				00:07-	00:02-
6	Erik Lima			43								45:51									
	02:16+	04:56+	07:18+	11:04+	14:18+	15:04+	16:50+	19:11+	20:14+	22:15+	23:06+	25:41+	27:42+	30:04+	31:49+	33:55+	34:37+	35:17+	36:12+	41:08+	44:25+
	02:16+	02:40+	02:22+	03:46+	03:14+	00:46+	01:46+	02:21+	01:03-	02:01-	00:51+	02:35+	02:01+	02:22+	01:45+	02:06+	00:42+	00:40+	00:55+	04:56+	03:17+
	00:29&	00:26#	00:55&	00:41#	00:35#	00:03+	00:12#	00:46&	00:03-	00:19-	00:04+	00:24#	00:37&	00:14#	00:19#	00:36&	00:10&	00:13&	00:05#	00:12+	01:01&
																				00:05-	00:00=
7	Martin Blystad			115								46:15									
	02:12+	05:06+	07:02+	10:40+	14:31+	15:27+	17:14+	19:32+	20:48+	23:29+	24:30+	27:00+	29:09+	31:26+	33:12+	34:47+	35:35+	36:18+	37:15+	42:28+	44:47+
	02:12+	02:54+	01:56+	03:38+	03:51+	00:56+	01:47+	02:18+	01:16+	02:41+	01:01+	02:30+	02:09+	02:17+	01:46+	01:35+	00:48+	00:43+	00:57+	05:13+	02:19+
	00:25#	00:40&	00:29&	00:33#	01:12&	00:13&	00:13#	00:43&	00:10#	00:21#	00:14&	00:19#	00:45&	00:09+	00:20#	00:05+	00:16&	00:16&	00:07#	00:29#	00:03+
																				00:01+	00:04-
8	Mathias Nødland			194								48:00									
	01:59+	05:30+	07:38+	11:24+	14:58+	15:59+	17:44+	19:41+	21:01+	23:35+	24:30+	27:28+	30:13+	32:27+	34:07+	36:05+	36:46+	37:32+	38:25+	43:36+	46:28+
	01:59+	03:31+	02:08+	03:46+	03:34+	01:01+	01:45+	01:57+	01:20+	02:34+	00:55+	02:58+	02:45+	02:14+	01:40+	01:58+	00:41+	00:46+	00:53+	05:11+	02:52+
	00:12#	01:17&	00:41&	00:41#	00:55&	00:18&	00:11#	00:22#	00:14#	00:14#	00:08#	00:47&	01:21&	00:06+	00:14#	00:28&	00:09&	00:19&	00:03+	00:27+	00:36&
																				00:02-	00:03+
9	Torbjørn Ims Østby			66								50:45									
	03:46+	06:40+	09:22+	13:01+	16:38+	17:35+	19:15+	21:24+	22:35+	25:17+	26:07+	28:57+	31:06+	33:40+	35:38+	37:58+	38:42+	39:25+	40:22+	45:55+	48:55+
	03:46+	02:54+	02:42+	03:39+	03:37+	00:57+	01:40+	02:09+	01:11+	02:42+	00:50+	02:50+	02:09+	02:34+	01:58+	02:20+	00:44+	00:43+	00:57+	05:33+	03:00+
	01:59@	00:40&	01:15&	00:34#	00:58&	00:14&	00:06+	00:34&	00:05+	00:22#	00:03+	00:39&	00:45&	00:26#	00:32&	00:50&	00:12&	00:16&	00:07#	00:49#	00:44&
																				00:18&	00:01+
10	Marius Stene			27								53:24									
	02:36+	07:08+	08:56+	13:40+	17:28+	18:28+	20:19+	22:52+	24:08+	26:26+	27:41+	30:04+	31:38+	33:58+	35:45+	38:06+	38:39+	39:10+	40:29+	49:19+	51:47+
	02:36+	04:32+	01:48+	04:44+	03:48+	01:00+	01:51+	02:33+	01:16+	02:18-	01:15+	02:23+	01:34+	02:20+	01:47+	02:21+	00:33+	00:31+	01:19+	08:50+	02:28+
	00:49&	02:18@	00:21#	01:39&	01:09&	00:17&	00:17#	00:58&	00:10#	00:02-	00:28&	00:12+	00:10#	00:12+	00:21#	00:51&	00:01+	00:04#	00:29&	04:06&	00:12+
																				00:05+	00:01+
Beste strekktid for klassen																					
	01:46	02:10	01:27	03:00	02:30	00:43	01:34	01:35	00:55	01:45	00:45	01:57	01:19	01:58	01:25	01:27	00:32	00:27	00:50	04:07	01:55
																				00:43	00:36

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

## Herrer B

1	Oddvar Taksdal										194				38:36									
01:45=	04:14=	05:42=	09:02=	11:29=	12:18=	13:59=	15:44=	16:48=	18:38=	19:26=	21:18=	22:50=	25:12=	26:46=	28:19=	28:50=	29:25=	30:18=	34:53=	37:06=	37:54=	38:36=		
01:45=	02:29=	01:28=	03:20=	02:27=	00:49=	01:41=	01:45=	01:04=	01:50=	00:48=	01:52=	01:32=	02:22=	01:34=	01:33=	00:31=	00:35=	00:53=	04:35=	02:13=	00:48=	00:42=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Aart Joakim in't Veld										93				39:18									
01:52+	04:24+	06:00+	09:24+	12:03+	12:48+	14:27+	16:22+	17:23+	19:38+	20:23+	22:21+	23:48+	25:56+	27:35+	28:59+	29:31+	30:00+	31:00+	35:31+	37:48+	38:39+	39:18+		
01:52+	02:32+	01:36+	03:24+	02:39+	00:45-	01:39-	01:55+	01:01-	02:15+	00:45-	01:58+	01:27-	02:08-	01:39+	01:24-	00:32+	00:29-	01:00+	04:31-	02:17+	00:51+	00:39-		
00:07+	00:03+	00:08+	00:04+	00:12+	00:04-	00:02-	00:10+	00:03-	00:25#	00:03-	00:06+	00:05-	00:14-	00:05+	00:09-	00:01+	00:06-	00:07#	00:04-	00:04+	00:03+	00:03-		
3	Njål F. Vadla										93				42:33									
01:54+	04:16+	05:47+	09:24+	12:01+	12:47+	14:24+	16:20+	17:36+	19:30+	20:26+	22:32+	23:55+	26:09+	27:44+	29:22+	30:01+	30:42+	31:37+	37:33+	40:53+	41:50+	42:33+		
01:54+	02:22-	01:31+	03:37+	02:37+	00:46-	01:37-	01:56+	01:16+	01:54+	00:56+	02:06+	01:23-	02:14-	01:35+	01:38+	00:39+	00:41+	00:55+	05:56+	03:20+	00:57+	00:43+		
00:09+	00:07-	00:03+	00:17+	00:10+	00:03-	00:04-	00:11#	00:12#	00:04+	00:08#	00:14#	00:09-	00:08-	00:01+	00:05+	00:08&	00:06#	00:02+	01:21&	01:07&	00:09#	00:01+		
4	Oddgeir Eikeskog										93				43:43									
01:54+	04:09-	05:54+	09:59+	12:36+	13:23+	15:07+	17:09+	18:18+	20:17+	21:07+	23:23+	25:00+	27:06+	28:47+	30:27+	31:06+	31:39+	32:36+	38:30+	41:59+	42:54+	43:43+		
01:54+	02:15-	01:45+	04:05+	02:37+	00:47-	01:44+	02:02+	01:09+	01:59+	00:50+	02:16+	01:37+	02:06-	01:41+	01:40+	00:39+	00:33-	00:57+	05:54+	03:29+	00:55+	00:49+		
00:09+	00:14-	00:17#	00:45#	00:10+	00:02-	00:03+	00:17#	00:05+	00:09+	00:02+	00:24#	00:05+	00:16-	00:07+	00:07+	00:08&	00:02-	00:04+	01:19&	01:16&	00:07#	00:07#		
5	Jan-Rune L. Basso										91				44:01									
01:57+	04:40+	06:40+	10:00+	13:08+	13:57+	15:46+	17:47+	19:02+	21:49+	22:41+	25:03+	26:48+	28:50+	30:23+	32:04+	32:52+	33:54+	34:52+	39:43+	42:30+	43:18+	44:01+		
01:57+	02:43+	02:00+	03:20=	03:08+	00:49=	01:49+	02:01+	01:15+	02:47+	00:52+	02:22+	01:45+	02:02-	01:33-	01:41+	00:48+	01:02+	00:58+	04:51+	02:47+	00:48=	00:43+		
00:12#	00:14+	00:32&	00:00=	00:41&	00:00=	00:08+	00:16#	00:11#	00:57&	00:04+	00:30&	00:13#	00:20-	00:01-	00:08+	00:17&	00:27&	00:05+	00:16&	02:34&	00:00=	00:01+		

Plass	Navn						Klasse						Tid					
6	Tom Furland						62						44:55					
	03:18+	05:36+	08:02+	12:22+	15:04+	15:53+	17:38+	19:44+	20:49+	22:50+	23:42+	25:36+	27:04+	29:19+	30:59+	32:51+	33:36+	34:11+
	03:18+	02:18-	02:26+	04:20+	02:42+	00:49=	01:45+	02:06+	01:05+	02:01+	00:52+	01:54+	01:28-	02:15-	01:40+	01:52+	00:45+	00:35=
	01:33&	00:11-	00:58&	01:00&	00:15#	00:00=	00:04+	00:21#	00:01+	00:11#	00:04+	00:02+	00:04-	00:07-	00:06+	00:19#	00:14&	00:00=
7	Stein Arne Olsen						68						45:41					
	03:01+	05:59+	08:22+	11:46+	14:29+	15:16+	16:58+	18:53+	19:57+	21:53+	22:42+	25:58+	27:48+	29:59+	31:32+	33:12+	33:53+	34:31+
	03:01+	02:58+	02:23+	03:24+	02:43+	00:47-	01:42+	01:55+	01:04=	01:56+	00:49+	03:16+	01:50+	02:11-	01:33-	01:40+	00:41+	00:38+
	01:16&	00:29#	00:55&	00:04+	00:16#	00:02-	00:01+	00:10+	00:00=	00:06+	00:01+	01:24&	00:18#	00:11-	00:01-	00:07+	00:10&	00:03+
8	Joar Eilevstjønn						67						46:24					
	04:19+	06:35+	08:46+	12:00+	14:51+	15:44+	17:19+	19:11+	20:22+	22:34+	23:25+	25:37+	27:10+	29:28+	31:23+	33:41+	34:20+	35:02+
	04:19+	02:16-	02:11+	03:14-	02:51+	00:53+	01:35-	01:52+	01:11+	02:12+	00:51+	02:12+	01:33+	02:18-	01:55+	02:18+	00:39+	00:42+
	02:34@	00:13-	00:43&	00:06-	00:24#	00:04+	00:06-	00:07+	00:07#	00:22#	00:03+	00:20#	00:01+	00:04-	00:21#	00:45&	00:08&	00:07#
9	Bård Skogsholm						194						48:07					
	02:27+	05:07+	06:59+	11:33+	15:07+	15:58+	17:48+	19:59+	21:18+	23:36+	24:26+	26:55+	28:36+	30:52+	32:45+	34:38+	35:27+	36:17+
	02:27+	02:40+	01:52+	04:34+	03:34+	00:51+	01:50+	02:11+	01:19+	02:18+	00:50+	02:29+	01:41+	02:16-	01:53+	01:53+	00:49+	00:50+
	00:42&	00:11+	00:24&	01:14&	01:07&	00:02+	00:09+	00:26#	00:15#	00:28&	00:02+	00:37&	00:09+	00:06-	00:19#	00:20#	00:18&	00:15&
10	Øystein Amundrud						53						48:14					
	03:32+	06:53+	08:52+	12:38+	15:39+	16:29+	18:16+	20:42+	21:45+	23:49+	24:44+	27:15+	29:01+	32:28+	34:22+	36:46+	37:42+	38:24+
	03:32+	03:21+	01:59+	03:46+	03:01+	00:50+	01:47+	02:26+	01:03-	02:04+	00:55+	02:31+	01:46+	03:27+	01:54+	02:24+	00:56+	00:42+
	01:47@	00:52&	00:24&	00:26#	00:34#	00:01+	00:06+	00:41&	00:01-	00:14#	00:07#	00:39&	00:14#	01:05&	00:20#	00:51&	00:25&	00:07#
11	Morten S. Ronæss						27						48:31					
	02:00+	04:52+	06:30+	09:45+	12:34+	13:24+	15:06+	16:54+	17:56+	19:53+	20:43+	23:12+	25:19+	27:46+	29:33+	31:22+	31:58+	32:35+
	02:00+	02:52+	01:38+	03:15-	02:49+	00:50+	01:42+	01:48+	01:02-	01:57+	00:50+	02:29+	02:07+	02:27+	01:47+	01:49+	00:36+	00:37+
	00:15#	00:23#	00:10#	00:05-	00:22#	00:01+	00:01+	00:03+	00:02-	00:07+	00:02+	00:37&	00:35&	00:05+	00:13#	00:16#	00:05#	00:02+
12	Geir Sand						105						50:23					
	03:32+	07:05+	09:28+	13:31+	16:55+	17:52+	19:37+	21:38+	22:48+	26:40+	27:47+	30:43+	32:15+	34:23+	36:13+	38:44+	39:17+	40:01+
	03:32+	03:33+	02:23+	04:03+	03:24+	00:57+	01:45+	02:01+	01:10+	03:52+	01:07+	02:56+	01:32=	02:08-	01:50+	02:31+	00:33+	00:44+
	01:47@	01:04&	00:55&	00:43#	00:57&	00:08#	00:04+	00:16#	00:06+	02:02@	00:19&	01:04&	00:00=	00:14-	00:16#	00:58&	00:02+	00:09&
13	Odd Ivar Karlsen						76						51:27					
	04:50+	07:16+	08:52+	12:17+	15:07+	15:53+	17:30+	19:27+	20:35+	26:44+	27:37+	31:45+	33:26+	35:55+	37:36+	39:11+	39:45+	40:20+
	04:50+	02:26-	01:36+	03:25+	02:50+	00:46-	01:37-	01:57+	01:08+	06:09+	00:53+	04:08+	01:41+	02:29+	01:41+	01:35+	00:34+	00:35=
	03:05@	00:03-	00:08+	00:05+	00:23#	00:03-	00:04-	00:12#	00:04+	04:19@	00:05#	02:16@	00:09+	00:07+	00:07+	00:02+	00:03+	00:00=
14	Trond Sigurd Fotland						66						54:22					
	02:58+	06:22+	09:54+	13:52+	18:36+	19:35+	21:30+	24:02+	25:46+	28:12+	29:15+	32:03+	33:46+	36:10+	38:04+	40:53+	41:35+	42:21+
	02:58+	03:24+	03:32+	03:58+	04:44+	00:59+	01:55+	02:32+	01:44+	02:26+	01:03+	02:48+	01:43+	02:24+	01:54+	02:49+	00:42+	00:46+
	01:13&	00:55&	02:04@	00:38#	02:17&	00:10#	00:14#	00:47&	00:40&	00:36&	00:15&	00:56&	00:11#	00:02+	00:20#	01:16&	00:11&	00:11&

Beste strekketid for klassen

01:45 02:15 01:28 03:14 02:27 00:45 01:35 01:45 01:01 01:50 00:45 01:52 01:23 02:02 01:33 01:24 00:31 00:29 00:53 04:31 02:13 00:48 00:39

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

Herrer C

1	Kjetil Wirak						114						40:32					
	01:37=	04:26=	06:29=	10:45=	14:15=	14:58=	16:40=	19:45=	22:07=	22:55=	25:33=	26:36=	28:37=	30:46=	32:41=	36:17=	39:09=	40:32=
	01:37=	02:49=	02:03=	04:16=	03:30=	00:43=	01:42=	03:05=	02:22=	00:48=	02:38=	01:03=	02:01=	02:09=	01:55=	03:36=	02:52=	01:23=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Henning Sundby						114						40:38					
	01:58+	05:35+	07:25+	11:07+	14:03+	14:58=	16:34+	19:28-	22:16+	23:04+	25:37+	26:51+	29:14+	31:26+	33:16+	37:06+	39:12+	40:38+
	01:58+	03:37+	01:50-	03:42-	02:56-	00:55+	01:36-	02:54-	02:48+	00:48=	02:33-	01:14+	02:23+	02:12+	01:50-	03:50+	02:06-	01:26+
	00:21#	00:48&	00:13-	00:34-	00:34-	00:12&	00:06-	00:11-	00:26#	00:00=	00:05-	00:11#	00:22#	00:03+	00:05-	00:14+	00:46-	00:03+
3	Morten Aamodt						116						40:47					
	01:34-	04:34+	07:43+	11:23+	14:26+	15:16+	16:58+	19:45=	21:35-	22:24-	25:04-	26:07-	28:42+	30:54+	32:48+	36:49+	39:14+	40:47+
	01:34-	03:00+	03:09+	03:40-	03:03-	00:50+	01:42=	02:47-	01:50-	00:49+	02:40+	01:03=	02:35+	02:12+	01:54-	04:01+	02:25-	01:33+
	00:03-	00:11+	01:06&	00:36-	00:27-	00:07#	00:00=	00:18-	00:32-	00:01+	00:02+	00:00=	00:34&	00:03+	00:01-	00:25#	00:27-	00:10#
4	Jan Einar Øvremo						50						42:29					
	01:46+	05:23+	08:30+	12:18+	15:11+	16:05+	17:53+	21:08+	23:17+	24:06+	26:53+	28:08+	30:42+	32:55+	34:48+	39:04+	41:16+	42:29+
	01:46+	03:37+	03:07+	03:48-	02:53-	00:54+	01:48+	03:15+	02:09-	00:49+	02:47+	01:15+	02:34+	02:13+	01:53-	04:16+	02:12-	01:13-
	00:09+	00:48&	01:04&	00:28-	00:37-	00:11&	00:06+	00:10+	00:13-	00:01+	00:09+	00:12#	00:33&	00:04+	00:02-	00:40#	00:40-	00:10-

Pluss	Navn					Klasse					Tid						
5	Terje Michaelsen					47					43:24						
01:46+	05:39+	07:26+	11:14+	17:14+	17:58+	19:44+	22:29+	24:19+	25:09+	28:11+	29:23+	31:34+	33:38+	35:31+	39:30+	41:55+	43:24+
01:46+	03:53+	01:47+	03:48+	06:00+	00:44+	01:46+	02:45+	01:50+	00:50+	03:02+	01:12+	02:11+	02:04+	01:53+	03:59+	02:25+	01:29+
00:09+	01:04+	00:16+	00:28+	02:30+	00:01+	00:04+	00:20+	00:32+	00:02+	00:24+	00:09+	00:10+	00:05+	00:02+	00:23+	00:27+	00:06+
6	Nils John Vestøl					83					43:31						
02:41+	05:35+	07:57+	11:34+	15:24+	16:20+	18:06+	21:17+	23:31+	24:40+	28:14+	29:58+	32:19+	34:35+	36:44+	40:20+	42:24+	43:31+
02:41+	02:54+	02:22+	03:37+	03:50+	00:56+	01:46+	03:11+	02:14+	01:09+	03:34+	01:44+	02:21+	02:16+	02:09+	03:36+	02:04+	01:07+
01:04+	00:05+	00:19+	00:39+	00:20+	00:13+	00:04+	00:06+	00:08+	00:21+	00:56+	00:41+	00:20+	00:07+	00:14+	00:00+	00:48+	00:16+
7	Odd Fuglestad					379					43:47						
01:47+	05:48+	08:23+	12:10+	15:01+	15:52+	17:41+	20:59+	23:03+	23:58+	26:59+	28:24+	31:03+	33:24+	35:21+	39:43+	42:25+	43:47+
01:47+	04:01+	02:35+	03:47+	02:51+	00:51+	01:49+	03:18+	02:04+	00:55+	03:01+	01:25+	02:39+	02:21+	01:57+	04:22+	02:42+	01:22+
00:10+	01:12+	00:32+	00:29+	00:39+	00:08+	00:07+	00:13+	00:18+	00:07+	00:23+	00:22+	00:38+	00:12+	00:02+	00:46+	00:10+	00:01+
8	Oddmund Nordgård					105					44:16						
02:00+	05:21+	07:56+	11:51+	15:28+	16:20+	18:12+	21:35+	24:16+	25:14+	28:20+	29:41+	32:01+	34:15+	36:15+	40:28+	43:07+	44:16+
02:00+	03:21+	02:35+	03:55+	03:37+	00:52+	01:52+	03:23+	02:41+	00:58+	03:06+	01:21+	02:20+	02:14+	02:00+	04:13+	02:39+	01:09+
00:23+	00:32+	00:32+	00:21+	00:07+	00:09+	00:10+	00:18+	00:19+	00:10+	00:28+	00:18+	00:19+	00:05+	00:05+	00:37+	00:13+	00:14+
9	Bjørnar André Haug					80					45:29						
02:51+	07:17+	09:56+	13:53+	17:42+	18:33+	20:16+	23:15+	25:48+	26:53+	30:47+	31:51+	34:08+	36:10+	38:06+	41:41+	44:18+	45:29+
02:51+	04:26+	02:39+	03:57+	03:49+	00:51+	01:43+	02:59+	02:33+	01:05+	03:54+	01:04+	02:17+	02:02+	01:56+	03:35+	02:37+	01:11+
01:14+	01:37+	00:36+	00:19+	00:19+	00:08+	00:01+	00:06+	00:11+	00:17+	01:16+	00:01+	00:16+	00:07+	00:01+	00:01+	00:15+	00:12+
10	Paul Terje Haarr					62					45:34						
01:44+	04:40+	07:01+	11:34+	14:35+	15:34+	17:17+	20:41+	23:52+	24:49+	27:40+	29:05+	31:38+	34:01+	36:14+	41:10+	44:19+	45:34+
01:44+	02:56+	02:21+	04:33+	03:01+	00:59+	01:43+	03:24+	03:11+	00:57+	02:51+	01:25+	02:33+	02:23+	02:13+	04:56+	03:09+	01:15+
00:07+	00:07+	00:18+	00:17+	00:29+	00:16+	00:01+	00:19+	00:49+	00:09+	00:13+	00:22+	00:32+	00:14+	00:18+	01:20+	00:17+	00:08+
11	Otte Omdal					65					46:06						
01:43+	04:44+	07:34+	11:32+	14:26+	15:21+	17:12+	20:12+	25:10+	26:18+	30:05+	31:22+	34:03+	36:23+	38:17+	42:34+	44:56+	46:06+
01:43+	03:01+	02:50+	03:58+	02:54+	00:55+	01:51+	03:00+	04:58+	01:08+	03:47+	01:17+	02:41+	02:20+	01:54+	04:17+	02:22+	01:10+
00:06+	00:12+	00:47+	00:18+	00:36+	00:12+	00:09+	00:05+	02:36+	00:20+	01:09+	00:14+	00:40+	00:11+	00:01+	00:41+	00:30+	00:13+
12	Svein Oddvar Netland					116					50:12						
02:11+	06:02+	09:41+	13:46+	18:16+	19:14+	21:13+	25:12+	27:50+	28:50+	32:29+	33:48+	36:17+	38:57+	41:20+	46:10+	48:54+	50:12+
02:11+	03:51+	03:39+	04:05+	04:30+	00:58+	01:59+	03:59+	02:38+	01:00+	03:39+	01:19+	02:29+	02:40+	02:23+	04:50+	02:44+	01:18+
00:34+	01:02+	01:36+	00:11+	01:00+	00:15+	00:17+	00:54+	00:16+	00:12+	01:01+	00:16+	00:28+	00:31+	00:28+	01:14+	00:08+	00:05+
13	Bertrand Denieul					42					51:46						
01:54+	05:24+	08:23+	13:10+	17:28+	18:20+	20:24+	25:59+	28:26+	29:32+	32:44+	34:11+	37:19+	39:46+	42:04+	46:28+	50:14+	51:46+
01:54+	03:30+	02:59+	04:47+	04:18+	00:52+	02:04+	05:35+	02:27+	01:06+	03:12+	01:27+	03:08+	02:27+	02:18+	04:24+	03:46+	01:32+
00:17+	00:41+	00:56+	00:31+	00:48+	00:09+	00:22+	02:30+	00:05+	00:18+	00:34+	00:24+	01:07+	00:18+	00:23+	00:48+	00:54+	00:09+
14	Pål H. Gjerden					116					53:51						
02:23+	06:34+	09:49+	15:52+	19:15+	20:17+	22:27+	26:29+	29:32+	30:57+	34:41+	35:59+	38:48+	41:41+	44:04+	49:02+	52:12+	53:51+
02:23+	04:11+	03:15+	06:03+	03:23+	01:02+	02:10+	04:02+	03:03+	01:25+	03:44+	01:18+	02:49+	02:53+	02:23+	04:58+	03:10+	01:39+
00:46+	01:22+	01:12+	01:47+	00:07+	00:19+	00:28+	00:57+	00:41+	00:37+	01:06+	00:15+	00:48+	00:44+	00:28+	01:22+	00:18+	00:16+
15	Pål Bårdsen					53					55:44						
02:59+	06:31+	09:06+	13:47+	17:24+	18:30+	20:43+	24:29+	27:09+	28:17+	32:04+	33:33+	36:51+	40:05+	42:21+	48:35+	53:38+	55:44+
02:59+	03:32+	02:35+	04:41+	03:37+	01:06+	02:13+	03:46+	02:40+	01:08+	03:47+	01:29+	03:18+	03:14+	02:16+	06:14+	05:03+	02:06+
01:22+	00:43+	00:32+	00:25+	00:07+	00:23+	00:31+	00:41+	00:18+	00:20+	01:09+	00:26+	01:17+	01:05+	00:21+	02:38+	02:11+	00:43+
16	Lars Helgeland					23					59:01						
04:45+	08:01+	10:21+	22:36+	26:32+	27:48+	29:48+	34:35+	37:45+	38:53+	42:19+	43:40+	46:16+	48:35+	50:25+	54:36+	57:30+	59:01+
04:45+	03:16+	02:20+	12:15+	03:56+	01:16+	02:00+	04:47+	03:10+	01:08+	03:26+	01:21+	02:36+	02:19+	01:50+	04:11+	02:54+	01:31+
03:08+	00:27+	00:17+	07:59+	00:26+	00:33+	00:18+	01:42+	00:48+	00:20+	00:48+	00:18+	00:35+	00:10+	00:05+	00:35+	00:02+	00:08+
17	Geir Frøythog					29					1:01:11						
01:51+	05:49+	08:29+	14:16+	22:12+	23:20+	25:38+	29:20+	31:59+	32:55+	36:43+	38:10+	41:10+	48:15+	50:23+	56:38+	59:33+	61:11+
01:51+	03:58+	02:40+	05:47+	07:56+	01:08+	02:18+	03:42+	02:39+	00:56+	03:48+	01:27+	03:00+	07:05+	02:08+	06:15+	02:55+	01:38+
00:14+	01:09+	00:37+	01:31+	04:26+	00:25+	00:36+	00:37+	00:17+	00:08+	01:10+	00:24+	00:59+	04:56+	00:13+	02:39+	00:03+	00:15+
18	Steve Richardson					42					1:01:41						
03:16+	07:44+	10:13+	16:08+	21:34+	22:42+	25:16+	29:44+	32:37+	33:50+	39:14+	40:57+	44:30+	47:36+	50:22+	55:31+	59:48+	61:41+
03:16+	04:28+	02:29+	05:55+	05:26+	01:08+	02:34+	04:28+	02:53+	01:13+	05:24+	01:43+	03:33+	03:06+	02:46+	05:09+	04:17+	01:53+
01:39+	01:39+	00:26+	01:39+	01:56+	00:25+	00:52+	01:23+	00:31+	00:25+	02:46+	00:40+	01:32+	00:57+	00:51+	01:33+	01:25+	00:30+
19	Erling Mauland					83					1:03:54						
02:14+	12:49+	15:08+	19:22+	23:52+	25:03+	27:01+	30:24+	33:05+	34:56+	39:03+	40:25+	43:02+	46:05+	48:26+	53:02+	62:30+	63:54+
02:14+	10:35+	02:19+	04:14+	04:30+	01:11+	01:58+	03:23+	02:41+	01:51+	04:07+	01:22+	02:37+	03:03+	02:21+	04:36+	09:28+	01:24+
00:37+	07:46+	00:16+	00:02+	01:00+	00:28+	00:16+	00:18+	00:19+	01:03+	01:29+	00:19+	00:36+	00:54+	00:26+	01:00+	00:36+	00:01+

Pllass	Navn										Klasse										Tid											
20	Erlend Kveinen										116										1:04:23											
	02:25+	06:41+	09:18+	14:57+	23:37+	24:39+	27:09+	30:34+	33:40+	34:48+	39:29+	41:00+	43:53+	46:41+	48:59+	54:52+	62:56+	64:23+														
	02:25+	04:16+	02:37+	05:39+	08:40+	01:02+	02:30+	03:25+	03:06+	01:08+	04:41+	01:31+	02:53+	02:48+	02:18+	05:53+	08:04+	01:27+														
	00:48&	01:27&	00:34&	01:23&	05:10@	00:19&	00:48&	00:20#	00:44&	00:20&	02:03&	00:28&	00:52&	00:39&	00:23#	02:17&	05:12@	00:04+														
21	Øistein Haaland										116										1:26:39											
	23:05+	26:39+	35:30+	40:45+	44:27+	46:28+	48:34+	52:28+	57:07+	58:18+	65:28+	66:46+	69:36+	72:13+	74:43+	80:15+	83:42+	86:39+														
	23:05+	03:34+	08:51+	05:15+	03:42+	02:01+	02:06+	03:54+	04:39+	01:11+	07:10+	01:18+	02:50+	02:37+	02:30+	05:32+	03:27+	02:57+														
	21:28@	00:45&	06:48@	00:59#	00:12+	01:18@	00:24#	00:49&	02:17&	00:23&	04:32@	00:15#	00:49&	00:28#	00:35&	01:56&	00:35#	01:34@														
Beste strekktid for klassen																																
	01:34	02:49	01:47	03:37	02:51	00:43	01:36	02:45	01:50	00:48	02:33	01:03	02:01	02:02	01:50	03:35	02:04	01:07														

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

## Herrer Ny

1	Jostein Mjøl̂snes										134											22:28										
	01:24=	04:18=	05:54=	07:45=	11:40=	12:40=	16:12=	17:49=	20:57=	22:01=	22:28=																					
	01:24=	02:54=	01:36=	01:51=	03:55=	01:00=	03:32=	01:37=	03:08=	01:04=	00:27=																					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																					
2	Håvard Haugsl̂nd										62											27:38										
	01:27+	04:49+	06:40+	08:49+	12:30+	13:46+	20:41+	22:39+	26:00+	27:16+	27:38+																					
	01:27+	03:22+	01:51+	02:09+	03:41-	01:16+	06:55+	01:58+	03:21+	01:16+	00:22-																					
	00:03+	00:28#	00:15#	00:18#	00:14-	00:16&	03:23&	00:21#	00:13+	00:12#	00:05-																					
3	Magnus Paulsen										387											45:30										
	01:39+	06:10+	09:45+	12:28+	17:36+	20:20+	24:32+	32:12+	35:29+	44:39+	45:30+																					
	01:39+	04:31+	03:35+	02:43+	05:08+	02:44+	04:12+	07:40+	03:17+	09:10+	00:51+																					
	00:15#	01:37&	01:59@	00:52&	01:13&	01:44@	00:40#	06:03@	00:09+	08:06@	00:24&																					
4	Nikolai Korunzhiy										386											56:34										
	04:48+	13:50+	18:59+	23:37+	32:34+	34:21+	41:40+	46:27+	53:45+	55:58+	56:34+																					
	04:48+	09:02+	05:09+	04:38+	08:57+	01:47+	07:19+	04:47+	07:18+	02:13+	00:36+																					
	03:24@	06:08@	03:33@	02:47@	05:02@	00:47&	03:47@	03:10@	04:10@	01:09@	00:09&																					
5	Kjell-Ole Topnes										116											1:02:38										
	04:40+	16:46+	29:14+	33:17+	38:56+	40:32+	52:13+	55:18+	59:56+	61:55+	62:38+																					
	04:40+	12:06+	12:28+	04:03+	05:39+	01:36+	11:41+	03:05+	04:38+	01:59+	00:43+																					
	03:16@	09:12@	10:52@	02:12@	01:44&	00:36&	08:09@	01:28&	01:30&	00:55&	00:16&																					
Beste strekktid for klassen																																
	01:24	02:54	01:36	01:51	03:41	01:00	03:32	01:37	03:08	01:04	00:22																					

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

## Herrer Trim

1	Torkel Schibevaag										114											29:44										
	05:33=	08:11=	12:22=	14:14=	16:50=	19:38=	20:26=	23:34=	25:00=	26:40=	28:57=	29:44=																				
	05:33=	02:38=	04:11=	01:52=	02:36=	02:48=	00:48=	03:08=	01:26=	01:40=	02:17=	00:47=																				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				
2	Bruno Pierfelice										51											31:22										
	02:47-	06:30-	10:14-	11:56-	14:12-	18:06-	19:15-	24:18+	25:37+	28:08+	30:29+	31:22+																				
	02:47-	03:43+	03:44-	01:42-	02:16-	03:54+	01:09+	05:03+	01:19-	02:31+	02:21+	00:53+																				
	02:46-	01:05&	00:27-	00:10-	00:20-	01:06&	00:21&	01:55&	00:07-	00:51&	00:04+	00:06#																				
3	Frode Lund										18											32:40										
	03:11-	07:20-	11:57-	13:51-	15:50-	20:29+	21:39+	25:12+	26:42+	28:54+	31:38+	32:40+																				
	03:11-	04:09+	04:37+	01:54+	01:59-	04:39+	01:10+	03:33+	01:30+	02:12+	02:44+	01:02+																				
	02:22-	01:31&	00:26#	00:02+	00:37-	01:51&	00:22&	00:25#	00:04+	00:32&	00:27#	00:15&																				
4	Per Jan Ersland										43											33:36										
	03:38-	06:23-	12:32+	14:18+	20:10+	23:13+	24:08+	27:00+	28:36+	30:27+	32:53+	33:36+																				
	03:38-	02:45+	06:09+	01:46-	05:52+	03:03+	00:55+	02:52-	01:36+	01:51+	02:26+	00:43-																				
	01:55-	00:07+	01:58&	00:06-	03:16@	00:15+	00:07#	00:16-	00:10#	00:11#	00:09+	00:04-																				

Plass	Navn		Klasse										Tid
5	Roger Nyseth		92										33:42
	03:29-	06:28-	11:23-	13:01-	15:10-	18:52-	20:08-	25:23+	27:07+	29:31+	32:30+	33:42+	
	03:29-	02:59+	04:55+	01:38-	02:09-	03:42+	01:16+	05:15+	01:44+	02:24+	02:59+	01:12+	
	02:04-	00:21#	00:44#	00:14-	00:27-	00:54&	00:28&	02:07&	00:18#	00:44&	00:42&	00:25&	
6	Stig Erlend Ollestad		51										35:03
	02:20-	05:34-	09:36-	10:54-	12:59-	16:11-	17:02-	28:18+	29:56+	31:57+	34:22+	35:03+	
	02:20-	03:14+	04:02-	01:18-	02:05-	03:12+	00:51+	11:16+	01:38+	02:01+	02:25+	00:41-	
	03:13-	00:36#	00:09-	00:34-	00:31-	00:24#	00:03+	08:08@	00:12#	00:21#	00:08+	00:06-	
7	Sjur Berntsen		29										35:35
	03:33-	06:34-	13:41+	15:29+	17:47+	21:51+	23:00-	26:46+	28:56+	31:32+	34:30+	35:35+	
	03:33-	03:01+	07:07+	01:48-	02:18-	04:04+	01:09+	03:46+	02:10+	02:36+	02:58+	01:05+	
	02:00-	00:23#	02:56&	00:04-	00:18-	01:16&	00:21&	00:38#	00:44&	00:56&	00:41&	00:18&	
8	Lars Salvesen		50										35:39
	03:25-	09:33+	14:08+	15:42+	17:49+	21:22+	22:36+	27:29+	29:19+	31:47+	34:37+	35:39+	
	03:25-	06:08+	04:35+	01:34-	02:07-	03:33+	01:14+	04:53+	01:50+	02:28+	02:50+	01:02+	
	02:08-	03:30@	00:24+	00:18-	00:29-	00:45&	00:26&	01:45&	00:24&	00:48&	00:33#	00:15&	
9	Daniel Thu		384										36:36
	03:35-	08:19+	14:10+	16:17+	18:21+	21:39+	22:37+	28:59+	30:42+	32:52+	35:27+	36:36+	
	03:35-	04:44+	05:51+	02:07+	02:04-	03:18+	00:58+	06:22+	01:43+	02:10+	02:35+	01:09+	
	01:58-	02:06&	01:40&	00:15#	00:32-	00:30#	00:10#	03:14@	00:17#	00:30&	00:18#	00:22&	
10	Sverre Dørheim		136										37:47
	04:40-	07:32-	12:35+	14:30+	16:48-	21:53+	23:03+	28:06+	30:10+	32:55+	36:40+	37:47+	
	04:40-	02:52+	05:03+	01:55+	02:18-	05:05+	01:10+	05:03+	02:04+	02:45+	03:45+	01:07+	
	00:53-	00:14+	00:52#	00:03+	00:18-	02:17&	00:22&	01:55&	00:38&	01:05&	01:28&	00:20&	
11	John Helge Svandal		111										38:20
	04:01-	07:45-	13:31+	15:36+	18:04+	21:43+	23:09+	28:15+	30:17+	33:35+	36:41+	38:20+	
	04:01-	03:44+	05:46+	02:05+	02:28-	03:39+	01:26+	05:06+	02:02+	03:18+	03:06+	01:39+	
	01:32-	01:06&	01:35&	00:13#	00:08-	00:51&	00:38&	01:58&	00:36&	01:38&	00:49&	00:52@	
12	Trond Egil Toft		53										38:52
	05:49+	08:14+	13:04+	14:37+	21:45+	25:06+	28:50+	32:00+	33:27+	35:39+	38:07+	38:52+	
	05:49+	02:25-	04:50+	01:33-	07:08+	03:21+	03:44+	03:10+	01:27+	02:12+	02:28+	00:45-	
	00:16+	00:13-	00:39#	00:19-	04:32@	00:33#	02:56@	00:02+	00:01+	00:32&	00:11+	00:02-	
13	Per Marthon Møland		5										39:03
	03:23-	07:02-	15:47+	17:38+	19:54+	24:49+	26:27+	30:43+	32:34+	34:58+	37:55+	39:03+	
	03:23-	03:39+	08:45+	01:51-	02:16-	04:55+	01:38+	04:16+	01:51+	02:24+	02:57+	01:08+	
	02:10-	01:01&	04:34@	00:01-	00:20-	02:07&	00:50@	01:08&	00:25&	00:44&	00:40&	00:21&	
14	Erlend Syse		76										40:09
	04:39-	08:11=	15:23+	16:56+	19:15+	22:53+	24:01+	32:12+	34:17+	36:42+	39:15+	40:09+	
	04:39-	03:32+	07:12+	01:33-	02:19-	03:38+	01:08+	08:11+	02:05+	02:25+	02:33+	00:54+	
	00:54-	00:54&	03:01&	00:19-	00:17-	00:50&	00:20+	05:03@	00:39&	00:45&	00:16#	00:07#	
15	Alexander Khorunzhiy		287										40:50
	08:31+	17:20+	21:49+	23:37+	26:01+	29:06+	30:23+	33:27+	35:14+	37:15+	39:58+	40:50+	
	08:31+	08:49+	04:29+	01:48-	02:24-	03:05+	01:17+	03:04-	01:47+	02:01+	02:43+	00:52+	
	02:58&	06:11@	00:18+	00:04-	00:12-	00:17#	00:29&	00:04-	00:21#	00:21#	00:26#	00:05#	
16	Svein Erik Bjørnsen		91										41:30
	04:26-	07:18-	14:23+	16:54+	19:36+	23:59+	25:12+	34:19+	35:52+	38:01+	40:31+	41:30+	
	04:26-	02:52+	07:05+	02:31+	02:42+	04:23+	01:13+	09:07+	01:33+	02:09+	02:30+	00:59+	
	01:07-	00:14+	02:54&	00:39&	00:06+	01:35&	00:25&	05:59@	00:07+	00:29&	00:13+	00:12&	
17	Jan Henrik Neuenkirchen		117										42:45
	03:14-	11:55+	17:22+	19:41+	23:52+	28:00+	29:22+	33:37+	35:49+	38:27+	41:32+	42:45+	
	03:14-	08:41+	05:27+	02:19+	04:11+	04:08+	01:22+	04:15+	02:12+	02:38+	03:05+	01:13+	
	02:19-	06:03@	01:16&	00:27#	01:35&	01:20&	00:34&	01:07&	00:46&	00:58&	00:48&	00:26&	
18	Viktor Klippen		5										42:56
	06:31+	11:51+	17:42+	21:03+	23:33+	26:41+	32:58+	36:29+	37:58+	39:56+	42:09+	42:56+	
	06:31+	05:20+	05:51+	03:21+	02:30-	03:08+	06:17+	03:31+	01:29+	01:58+	02:13-	00:47=	
	00:58#	02:42@	01:40&	01:29&	00:06-	00:20#	05:29@	00:23#	00:03+	00:18#	00:04-	00:00=	
19	Per Kolbein Tonstad		66										43:05
	04:30-	08:39+	14:59+	17:37+	21:09+	25:44+	27:28+	31:46+	34:04+	37:11+	41:09+	43:05+	
	04:30-	04:09+	06:20+	02:38+	03:32+	04:35+	01:44+	04:18+	02:18+	03:07+	03:58+	01:56+	
	01:03-	01:31&	02:09&	00:46&	00:56&	01:47&	00:56@	01:10&	00:52&	01:27&	01:41&	01:09@	



Plass	Navn			Klasse								Tid
20	Eivind Brimsø			76								43:44
	11:50+	15:01+	19:10+	21:14+	23:04+	27:56+	30:31+	35:38+	36:59+	40:16+	43:03+	43:44+
	11:50+	03:11+	04:09-	02:04+	01:50-	04:52+	02:35+	05:07+	01:21-	03:17+	02:47+	00:41-
	06:17@	00:33#	00:02-	00:12#	00:46-	02:04&	01:47@	01:59&	00:05-	01:37&	00:30#	00:06-
21	Inge Arild Leknes			376								43:49
	04:28-	12:44+	18:20+	20:13+	24:32+	28:05+	30:46+	34:07+	37:35+	40:05+	43:00+	43:49+
	04:28-	08:16+	05:36+	01:53+	04:19+	03:33+	02:41+	03:21+	03:28+	02:30+	02:55+	00:49+
	01:05-	05:38@	01:25&	00:01+	01:43&	00:45&	01:53@	00:13+	02:02@	00:50&	00:38&	00:02+
22	Håvard Høie			378								43:54
	04:46-	08:34+	16:44+	19:30+	22:15+	27:54+	29:15+	34:06+	36:15+	39:12+	42:46+	43:54+
	04:46-	03:48+	08:10+	02:46+	02:45+	05:39+	01:21+	04:51+	02:09+	02:57+	03:34+	01:08+
	00:47-	01:10&	03:59&	00:54&	00:09+	02:51@	00:33&	01:43&	00:43&	01:17&	01:17&	00:21&
23	Rolf Øystein Kluge			7								46:34
	03:51-	11:10+	17:31+	20:13+	24:29+	29:14+	30:23+	34:49+	36:37+	39:30+	45:18+	46:34+
	03:51-	07:19+	06:21+	02:42+	04:16+	04:45+	01:09+	04:26+	01:48+	02:53+	05:48+	01:16+
	01:42-	04:41@	02:10&	00:50&	01:40&	01:57&	00:21&	01:18&	00:22&	01:13&	03:31@	00:29&
24	Leif Jarle Skåra			29								46:45
	10:20+	13:24+	23:14+	25:14+	27:55+	32:16+	33:27+	37:50+	39:38+	42:24+	45:33+	46:45+
	10:20+	03:04+	09:50+	02:00+	02:41+	04:21+	01:11+	04:23+	01:48+	02:46+	03:09+	01:12+
	04:47&	00:26#	05:39@	00:08+	00:05+	01:33&	00:23&	01:15&	00:22&	01:06&	00:52&	00:25&
25	Arnstein Skretting			54								47:16
	07:40+	11:37+	16:56+	18:44+	21:35+	26:25+	27:41+	37:09+	39:13+	42:24+	45:54+	47:16+
	07:40+	03:57+	05:19+	01:48-	02:51+	04:50+	01:16+	09:28+	02:04+	03:11+	03:30+	01:22+
	02:07&	01:19&	01:08&	00:04-	00:15+	02:02&	00:28&	06:20@	00:38&	01:31&	01:13&	00:35&
26	Svein Sivertsen			115								47:25
	03:37-	15:36+	21:28+	24:21+	27:48+	33:12+	34:15+	38:31+	40:16+	42:58+	46:11+	47:25+
	03:37-	11:59+	05:52+	02:53+	03:27+	05:24+	01:03+	04:16+	01:45+	02:42+	03:13+	01:14+
	01:56-	09:21@	01:41&	01:01&	00:51&	02:36&	00:15&	01:08&	00:19#	01:02&	00:56&	00:27&
27	Frode Følgesvold			5								47:45
	03:52-	11:43+	21:45+	24:25+	26:59+	32:04+	33:28+	37:59+	40:17+	43:15+	46:32+	47:45+
	03:52-	07:51+	10:02+	02:40+	02:34-	05:05+	01:24+	04:31+	02:18+	02:58+	03:17+	01:13+
	01:41-	05:13@	05:51@	00:48&	00:02-	02:17&	00:36&	01:23&	00:52&	01:18&	01:00&	00:26&
28	Kjell Helge Husebø			43								48:23
	04:01-	12:46+	18:20+	21:24+	24:04+	28:21+	30:14+	37:51+	40:25+	43:11+	46:47+	48:23+
	04:01-	08:45+	05:34+	03:04+	02:40+	04:17+	01:53+	07:37+	02:34+	02:46+	03:36+	01:36+
	01:32-	06:07@	01:23&	01:12&	00:04+	01:29&	01:05@	04:29@	01:08&	01:06&	01:19&	00:49@
29	Per-Olof Wallerstedt			376								52:04
	02:49-	05:51-	21:26+	28:17+	30:51+	39:45+	41:00+	44:39+	46:20+	48:31+	50:59+	52:04+
	02:49-	03:02+	15:35+	06:51+	02:34-	08:54+	01:15+	03:39+	01:41+	02:11+	02:28+	01:05+
	02:44-	00:24#	11:24@	04:59@	00:02-	06:06@	00:27+	00:31#	00:15#	00:31&	00:11+	00:18&
30	Arild Olsen			4								55:27
	11:56+	17:33+	23:46+	26:43+	34:28+	39:14+	40:41+	45:02+	47:59+	50:43+	54:04+	55:27+
	11:56+	05:37+	06:13+	02:57+	07:45+	04:46+	01:27+	04:21+	02:57+	02:44+	03:21+	01:23+
	06:23@	02:59@	02:02&	01:05&	05:09@	01:58&	00:39&	01:13&	01:31@	01:04&	01:04&	00:36&
31	Kjartan Stavland			66								56:43
	02:34-	09:52+	30:08+	32:38+	35:08+	38:07+	39:18+	42:06+	50:26+	52:13+	55:53+	56:43+
	02:34-	07:18+	20:16+	02:30+	02:30-	02:59+	01:11+	02:48-	08:20+	01:47+	03:40+	00:50+
	02:59-	04:40@	16:05@	00:38&	00:06-	00:11+	00:23&	00:20-	06:54@	00:07+	01:23&	00:03+
32	Sverre Uhlving			105								57:25
	05:06-	09:34+	19:02+	22:08+	27:13+	34:01+	36:10+	42:18+	45:07+	51:04+	55:12+	57:25+
	05:06-	04:28+	09:28+	03:06+	05:05+	06:48+	02:09+	06:08+	02:49+	05:57+	04:08+	02:13+
	00:27-	01:50&	05:17@	01:14&	02:29&	04:00@	01:21@	03:00&	01:23&	04:17@	01:51&	01:26@
33	Joar Fandrem			94								57:58
	03:17-	06:57-	13:46+	16:19+	19:49+	31:03+	36:17+	46:25+	48:38+	52:47+	56:46+	57:58+
	03:17-	03:40+	06:49+	02:33+	03:30+	11:14+	05:14+	10:08+	02:13+	04:09+	03:59+	01:12+
	02:16-	01:02&	02:38&	00:41&	00:54&	08:26@	04:26@	07:00@	00:47&	02:29@	01:42&	00:25&
34	Per Bakken			5								58:35
	05:27-	10:58+	20:02+	22:26+	25:37+	38:02+	39:39+	47:51+	50:32+	53:39+	57:12+	58:35+
	05:27-	05:31+	09:04+	02:24+	03:11+	12:25+	01:37+	08:12+	02:41+	03:07+	03:33+	01:23+
	00:06-	02:53@	04:53@	00:32&	00:35#	09:37@	00:49@	05:04@	01:15&	01:27&	01:16&	00:36&

Plass	Navn										Klasse	Tid
<b>35</b>	<b>Asgeir Kleppa</b>										<b>47</b>	<b>1:00:55</b>
	12:34+	22:20+	29:12+	31:57+	35:27+	40:04+	41:10+	50:50+	52:52+	56:30+	59:29+	60:55+
	12:34+	09:46+	06:52+	02:45+	03:30+	04:37+	01:06+	09:40+	02:02+	03:38+	02:59+	01:26+
	07:01@	07:08@	02:41&	00:53&	00:54&	01:49&	00:18&	06:32@	00:36&	01:58@	00:42&	00:39&
<b>36</b>	<b>Endre Gabrielsen</b>										<b>126</b>	<b>1:01:06</b>
	06:02+	15:52+	29:58+	35:07+	39:42+	44:49+	46:17+	50:33+	53:25+	56:27+	59:21+	61:06+
	06:02+	09:50+	14:06+	05:09+	04:35+	05:07+	01:28+	04:16+	02:52+	03:02+	02:54+	01:45+
	00:29+	07:12@	09:55@	03:17@	01:59&	02:19&	00:40&	01:08&	01:26&	01:22&	00:37&	00:58@
<b>37</b>	<b>Svein Inge Sævereid</b>										<b>126</b>	<b>1:03:27</b>
	06:31+	14:05+	23:43+	27:56+	33:21+	40:07+	42:05+	48:44+	52:18+	56:19+	61:33+	63:27+
	06:31+	07:34+	09:38+	04:13+	05:25+	06:46+	01:58+	06:39+	03:34+	04:01+	05:14+	01:54+
	00:58#	04:56@	05:27@	02:21@	02:49@	03:58@	01:10@	03:31@	02:08@	02:21@	02:57@	01:07@
<b>38</b>	<b>Arne Hope</b>										<b>43</b>	<b>1:14:40</b>
	04:39-	19:43+	34:37+	37:40+	41:13+	46:03+	47:57+	62:14+	65:12+	68:45+	72:59+	74:40+
	04:39-	15:04+	14:54+	03:03+	03:33+	04:50+	01:54+	14:17+	02:58+	03:33+	04:14+	01:41+
	00:54-	12:26@	10:43@	01:11&	00:57&	02:02&	01:06@	11:09@	01:32@	01:53@	01:57&	00:54@
<b>39</b>	<b>Inge Grødem</b>										<b>92</b>	<b>1:21:21</b>
	06:54+	13:52+	24:01+	27:11+	32:04+	38:20+	39:57+	59:38+	68:04+	72:30+	79:05+	81:21+
	06:54+	06:58+	10:09+	03:10+	04:53+	06:16+	01:37+	19:41+	08:26+	04:26+	06:35+	02:16+
	01:21#	04:20@	05:58@	01:18&	02:17&	03:28@	00:49@	16:33@	07:00@	02:46@	04:18@	01:29@
<b>Beste strekktid for klassen</b>												
	02:20	02:25	03:44	01:18	01:50	02:48	00:48	02:48	01:19	01:40	02:13	00:41

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