1	Anin	a Iseli	n Had	land		2	29						44:04	1									
00:57=	02:45=	08:31=	09:40=	10:26=	12:01=	13:29=	14:48=	17:12=	19:04=	19:58=	22:46=	23:55=	27:32=	30:35=	33:00=	35:22=	36:45=	38:40=	40:08=	42:06=	42:51=	43:52=	44:04=
00:57=					01:35=																	01:01=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			00:00=	00:00=	00:00=	00:00=	00:00=			00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Lene	e Bjella	and			•	116						45:13	3									
					09:22-																		
00:57=					01:37+																00:52+		00:10-
00:00=					00:02+			00:17#	00:18#	00:16&	01:22&	00:13#			00:18#	00:15-	00:07-	00:25#	01:02&	00:11+	00:07#	00:07-	00:02-
3	Mati	lde Sk	jævela	and Sk	är	•	114						47:28	3									
01:46+					10:48-																46:03+		47:28+
01:46+					01:30-																		00:16+
00:49&				00:06#	00:05-			00:09+	01:48&	00:15&	00:21#	00:02+			00:35-	00:12-	00:23&	00:58&	00:06+	00:02+	00:00=	00:08#	00:04&
4		e Brol					397						52:40										
01:12+					10:08-																51:16+		52:46+
01:12+					01:47+																00:47+		00:14+
00:15&					00:12#			01:04&	01:41&	00:11#	01:01&	00:06+			00:14+	00:04+	00:16#	03:180	00:26&	00:08+	00:02+	00:15#	00:02#
5	Mari	e Sigv	'aldseı	า		;	392						53:20	3									
02:08+					12:48+																	53:13+	53:26+
02:08+					01:43+										03:07+						00:36-		00:13+
01:11@	02:460	03:39-	00:16#	00:05#	00:08+			00:43&	00:56&	00:29&	00:36#	00:32&			00:42&	00:59&	00:01+	00:10+	00:11#	00:55&	00:09-	00:02-	00:01+
6	Ingri	id Lycl	ke Aus	stbø		•	109						55:2°	1									
					14:24+																54:09+		55:21+
01:18+					02:15+																		
00:21&				00:16%	00:40&			01:39&	01:41&	00:35&	03:340	00:27&			00:31#	00:28-	00:13-	00:08+	00:05+	00:00=	00:08-	00:04-	00:03#
7		e Bakk					53						1:01:	• -									
01:11+					14:05+																		61:34+
01:11+					01:39+																00:45=		00:15+
00:14#				00:29&	00:04+			00:12+	01:16&	00:46&	03:390	00:45&			00:15#	00:01-	00:04+	01:09&	00:44&	00:35&	00:00=	00:41&	00:03#
8			launet				126						1:01:	-									
					15:34+																		61:52+
01:13+					02:05+																	01:12+	
00:16&					00:30&			00:3/&	02:03@	00:44&	01:54&	00:36&			00:01-	00:18#	00:08+	00:42&	00:46&	00:3/&	00:03+	00:11#	00:07&
9			/jord N			-	71						1:13:										
01:35+					13:06+														68:26+		71:47+		73:17+
01:35+					01:54+														03:38+		01:02+		00:17+
					00:19#	04:240	00:52&	01:38&	02:350	00:4/&	03:420	02:150	01:16&	01:2/&	00:1/#	03:000	01:06&	01:44&	02:100	00:21#	00:1/&	00:12#	00:05&
Beste	strekk	tid for		_																			
00:57	01:48	01:48	01:09	00:43	01:30	01:18	01:19	02:24	01:52	00:54	02:48	01:09	02:27	03:03	01:50	01:54	01:10	01:55	01:28	01:58	00:36	00:54	00:10

Damer 40 - 49 år

1	Rand	di Hele	n Lad	sten		•	128						52:02	2								
02:05=	05:31=	07:08=	09:17=	13:33=	15:30=	17:58=	20:57=	23:24=	25:21=	30:29=	33:48=	35:39=	38:05=	40:41=	42:22=	44:12=	46:18=	48:19=	50:33=	51:47=	52:02=	
02:05=	03:26=	01:37=	02:09=	04:16=	01:57=	02:28=	02:59=	02:27=	01:57=	05:08=	03:19=	01:51=	02:26=	02:36=	01:41=	01:50=	02:06=	02:01=	02:14=	01:14=	00:15=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Siri \	Warlar	ıd			4	13						57:23	3								
01:47-	04:07-	06:00-	07:54-	11:42-	14:45-	17:14-	21:51+	23:35+	24:57-	32:28+	34:56+	37:46+	39:02+	42:18+	45:24+	47:12+	48:10+	51:38+	53:46+	55:44+	57:07+	57:23+
01:47-	02:20-	01:53+	01:54-	03:48-	03:03+	02:29+	04:37+	01:44-	01:22-	07:31+	02:28-	02:50+	01:16-	03:16+	03:06+	01:48-	00:58-	03:28+	02:08-	01:58+	01:23+	00:16+
00:18-	01:06-	00:16#	00:15-	00:28-	01:06&	00:01+	01:38&	00:43-	00:35-	02:23&	00:51-	00:59&	01:10-	00:40&	01:25&	00:02-	01:08-	01:27&	00:06-	00:44&	01:08@	00:16+
3	Heid	i Mart	by-Sko	gshol	m	1	105						1:04:	09								
01:49-	05:45+	07:17+	09:26+	14:57+	17:01+	21:30+	25:20+	27:40+	29:24+	35:46+	40:25+	42:10+	45:26+	48:55+	51:45+	52:54+	55:49+	59:33+	62:53+	63:54+	64:09+	
01:49-	03:56+	01:32-	02:09=	05:31+	02:04+	04:29+	03:50+	02:20-	01:44-	06:22+	04:39+	01:45-	03:16+	03:29+	02:50+	01:09-	02:55+	03:44+	03:20+	01:01-	00:15=	
00:16-	00:30#	00:05-	00:00=	01:15&	00:07+	02:01&	00:51&	00:07-	00:13-	01:14#	01:20&	00:06-	00:50&	00:53&	01:09&	00:41-	00:49&	01:43&	01:06&	00:13-	00:00=	

Plass	Navn					K	lasse						Tid								
Beste s	strekkt				01:57	02:28	02:59	01:44	01:22	05:08	02:28	01:45	01.16	02:36	01 - 41	01.00	00.50	02.01	00.00	01:01	00.15
				03:48							02:28	01:45	01:16	02:36	01:41	01:09	00:58	02:01	02:08	01:01	00:15
= Som kl		-		T 5011	ere, #	10% tap	& 25°	/ο ιap, (<u>w</u> 100%	іар.											
Dame	r 50 -	59 å	r																		

1	Keth	Berg	araf			1	116						46:03	3							
	03:40=	05:01=	06:57=																	45:49=	
																				01:11=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2				glestac			116						48:0	-							
																				47:50+	
																				01:11= 00:00=	
2	_	_			00.041			00.12	00.001	01.43	00.400	00.23		_	00.21π	01.336	00.17	01.130	00.001	00.00-	00.011
3			melho		10.551		116	21.461	22.221	20.001	22.161	24.501	52:07		40.101	42.201	46.051	40-101	E0.201	51:48+	E0.071
																				01:10-	
																				00:01-	
4	Gero	Olau	a Vike	så		1	101						55:33	3							
-					13:10+		. •	22:16+	24:10+	31:04+	34:24+	36:37+		-	43:45+	44:42+	47:27+	49:55+	53:46+	55:17+	55:33+
01:39+	02:27+	01:24+	02:03+	03:23-	02:14+	03:40+	03:34+	01:52+	01:54+	06:54+	03:20+	02:13+	02:31+	02:42+	01:55+	00:57+	02:45+	02:28+	03:51+	01:31+	00:16+
00:02+	00:24#	00:03+	00:07+	00:27-	00:38&	01:11&	00:33#	00:13#	00:19#	00:36+	00:30#	00:38&	00:24#	00:39&	00:25&	00:02+	00:30#	00:31&	01:50&	00:20&	00:02#
5	Trud	le Katı	rine He	ermani	rud	1	117						56:22	2							
																				56:04+	
																				01:27+	
00:26&	_				04:140			00:05+	00:06+	01:01-	00:43&	00:04-			00:45&	00:11#	01:20&	00:10+	00:04+	00:16#	00:04&
6			eim Øg			-	52						57:05	-							
																				56:47+ 01:19+	
																				00:08#	
7	_			-	00.01		32	00.00	00.10	01.02	02.134	00.00	57:24		00.17	01.100	00.01	00.11"	02.014	00.00	00.014
01.55+			en Mjø ೧৪⋅३९+		17.18+			26.10+	27.48+	32.27+	37.40+	38.58+		-	46.30+	47.33+	51 • 02+	53.35+	55.52+	57:05+	57.24+
																				01:13+	
00:18#	00:47&	00:23&	00:14#	00:03-	03:160	00:39&	00:46&	00:18#	00:03+	01:39-	02:23&	00:17-	01:05&	00:24#	00:23&	00:08#	01:14&	00:36&	00:16#	00:02+	00:05&
8	Anita	a Glen	ne Ka	llhovd		2	29						58:08	3							
																				57:52+	
																				01:27+	
00:10#				00:32-	00:01+			00:14#	06:090	01:23-	00:26#	00:03-			00:26&	00:18&	00:02-	00:03+	03:420	00:16#	00:02#
9		I And					116						1:00:	•							
																				60:37+ 01:09-	
																				00:02-	
10		Omdal					116						1:01:								
			10:14+	14:54+	16:41+			26:18+	28:10+	35:27+	39:17+	41:28+			50:08+	51:21+	54:36+	57:09+	59:48+	61:11+	61:26+
																				01:23+	
00:43&	01:49&	00:32&	00:13#	00:50#	00:11#	00:47&	00:55&	00:46&	00:17#	00:59#	01:00&	00:36&	00:56&	01:43&	00:21#	00:18&	01:00&	00:36&	00:38&	00:12#	00:01+
11	Ragi	nhild E	3åtnes	Bernt	sen	1	101						1:03:	32							
02:27+	05:23+	07:09+	10:42+	14:54+	17:49+	20:48+	24:59+	26:52+	29:03+	35:53+	40:13+	41:54+	45:42+	49:33+	51:27+	52:41+	56:28+	59:15+	61:56+	63:15+	63:32+
																				01:19+	
00:50&	00:53&	00:25&	01:37&	00:22+	01:19&	00:30#	01:10&	00:14#	00:36&	00:32+	01:30&	00:06+	01:41&	01:48&	00:24&	00:19&	01:32&	00:50&	00:40&	00:08#	00:03#
12				al Lyng		ç	92						1:04:								
																				63:59+	
																				01:20+ 00:09#	
	_	_		_	01.200			00:03%	00:31&	U1:37&	02:00&	00.200			00:1/#	00.324	01:03%	00:00+	00:1/#	00:02#	00:0/@
13			Ashei		17.10		116	27.20:	20.20.	26.10:	41.01:	12.55	1:04:		52.10:	E4.26:	57.42	60.261	62.561	64:38+	64.501
																				01:42+	
																				00:31&	

Plass	Navr	า				I	Klasse	•					Tid								
14	Toril	Dahle	خ				116						1:05	:36							
	04:59+		-	12:23+	14:14+			25:27+	30:00+	35:14+	41:24+	43:13+			53:55+	55:09+	58:42+	61:21+	63:53+	65:19+	65:36+
01:56+	03:03+	01:30+	02:03+	03:51+	01:51+	03:02+	03:53+	04:18+	04:33+	05:14-	06:10+	01:49+	05:56+	02:30+	02:16+	01:14+	03:33+	02:39+	02:32+	01:26+	00:17+
00:19#	01:00&	00:09#	00:07+	00:01+	00:15#	00:33#	00:52&	02:39@	02:58@	01:04-	03:20@	00:14#	03:490	00:27#	00:46&	00:19&	01:18&	00:42&	00:31&	00:15#	00:03#
15	Siv S	Skretti	ng			(93						1:07:	:42							
02:01+	11:45+	12:52+	15:43+	19:38+	23:47+	26:16+	29:56+	33:47+	35:20+	40:30+	44:32+	45:59+	49:24+	52:43+	54:44+	55:51+	60:31+	62:37+	66:02+	67:22+	67:42+
	09:44+																				
00:24#	07:410	00:14-	00:55&	00:05+	02:33@	00:00=	00:39#	02:12@	00:02-	01:08-	01:12&	00:08-	01:18&	01:16&	00:31&	00:12#	02:25@	00:09+	01:24&	00:09#	00:06&
16	Ingje	erd Ha	ddelar	nd			66						1:08	:11							
	06:32+																				
	02:56+																				
	00:53&				01:35&			01:39&	00:29&	00:06-	01:08&	00:13#			00:25&	00:36&	02:14&	01:17&	02:58@	00:37&	00:05&
17			t Svila				54						1:12:								
	06:30+																				
	04:35+																				
	02:320							00:31&	02:240	01:18-	00:26#	00:15#			00:34&	02:240	05:150	00:05+	00:32&	00:05+	00:06&
18			abeth l			_	27						1:15:	. •							
	06:02+																				
	03:26+																				
	01:23&			02:10&	00:10#			01:32&	00:08+	00:44#	00:384	00:13#			00:03-	00:32&	07:310	00:11+	00:44&	00:23&	00:04&
19			Melbø				128						1:16:								
	06:06+																				
	03:28+ 01:25&																				
					03.136			00.01-	04.120	00.30+	00.22#	00:09-			00.00+	00.32α	00:10-	00.04+	00:00+	00.01+	00:02#
20			tlog K				71						1:26								
	06:06+																				
	03:32+ 01:29&																				
			_	00.57	01.014			01.416	00.474	00.551	02.134	00.554			03.016	00.114	02.100	00.424	03.306	00.504	00.114
21	-	rea Ta		00 01:	00 14		54	26 10.	20 021	47 10	FO 401	55 061	1:27		70 15	70 50.	70 10.	00 00.	05 16.	07 10	07 201
	07:12+ 04:24+																				
	02:210																				
22					01.174		116	00.104	01.000	01.23	02.104	00.014	1:38:		00.000	00.104	02.114	01.024	01.074	00.014	00.074
	07:55+	-	Melin	J	22.541			E0.E41	E E . 2 C I	CC-101	70.51	72.401			04.471	06.051	00.401	02.021	00.051	00.001	00.261
	04:28+																				
	02:250																				
23			rre Ow				117						2:05								
-	08:30+	-		-	26.021			20.201	12.071	52.271	75.121	70.271			101.401	102.241	100.111	120.21.	100.001	124.551	125.101
	05:05+																				
	03:020																				
	strekk				-	_			_		-	_					_				
	02:03			_	01.35	02:23	02.20	01.27	01.33	04.33	02.50	01.12	02.07	02.03	01.27	00.55	01.59	01.57	01:57	01:09	00:14
01.33	02.03	01.07	01.37	00.04	01.33	02.23	02.23	01.27	01.33	04.33	02.30	UI.12	02.07	02.03	01.2/	00.55	01.00	01.37	01.37	01.05	00.14

Damer 60 - 64 år

1	Ingu	ınn Vo	ilås			2	29						40:43	3			
00:57=	03:59=	07:11=	09:02=	12:23=	14:25=	15:49=	17:48=	20:55=	22:36=	24:37=	29:11=	31:53=	34:15=	36:53=	39:17=	40:25=	40:43=
00:57=	03:02=	03:12=	01:51=	03:21=	02:02=	01:24=	01:59=	03:07=	01:41=	02:01=	04:34=	02:42=	02:22=	02:38=	02:24=	01:08=	00:18=
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	Ann	e Siv (3iertse	n		2	27						44:19	9			
01:01+	03:52-	06:34-	08:19-	11:52-	13:28-	14:54-	17:15-	20:35-	22:12-	24:07-	30:17+	32:47+	35:15+	38:39+	42:50+	44:01+	44:19+
01:01+	02:51-	02:42-	01:45-	03:33+	01:36-	01:26+	02:21+	03:20+	01:37-	01:55-	06:10+	02:30-	02:28+	03:24+	04:11+	01:11+	00:18=
00:04+	00:11-	00:30-	00:06-	00:12+	00:26-	00:02+	00:22#	00:13+	00:04-	00:06-	01:36&	00:12-	00:06+	00:46&	01:47&	00:03+	00:00=
3	Elisa	abeth (Christi	e Ørke	9		105						49:4	1			
00:58+	04:07+	06:03-	11:51+	14:54+	17:07+	18:35+	21:00+	24:15+	26:26+	28:15+	39:41+	42:03+	44:19+	46:27+	48:36+	49:27+	49:41+
00:58+	03:09+	01:56-	05:48+	03:03-	02:13+	01:28+	02:25+	03:15+	02:11+	01:49-	11:26+	02:22-	02:16-	02:08-	02:09-	00:51-	00:14-
00:01+	00:07+	01:16-	03:570	00:18-	00:11+	00:04+	00:26#	00:08+	00:30%	00:12-	06:520	00:20-	00:06-	00:30-	00:15-	00:17-	00:04-

Plass	Navn				ı	Klasse						Tid					
4	Nidunn S	andvik			2	228						53:22	2				
02:20+	06:05+ 08:4	0+ 10:47+	14:09+	16:25+	19:24+	21:09+	24:04+	27:51+	30:20+	32:59+	39:25+	43:08+	45:39+	49:00+	51:49+	53:00+	53:22+
02:20+	03:45+ 02:4	1- 01:58+	03:22+	02:16+	02:59+	01:45-	02:55-	03:47+	02:29+	02:39-	06:26+	03:43+	02:31-	03:21+	02:49+	01:11+	00:22+
01:230	00:43# 00:2	3- 00:07+	00:01+	00:14#	01:35@	00:14-	00:12-	02:06@	00:28#	01:55-	03:44@	01:21&	00:07-	00:57&	01:41@	00:53@	00:22+
5	Ingrid Øx	nevad			1	18						58:58	3				
01:04+	05:48+ 09:0	7+ 10:41+	14:04+	16:00+	17:24+	21:49+	27:09+	29:20+	31:51+	45:44+	48:42+	51:46+	55:10+	57:49+	58:43+	58:58+	
01:04+	04:44+ 03:1	01:34-	03:23+	01:56-	01:24=	04:25+	05:20+	02:11+	02:31+	13:53+	02:58+	03:04+	03:24+	02:39+	00:54-	00:15-	
00:07#	01:42& 00:0	7+ 00:17-	00:02+	00:06-	00:00=	02:26@	02:13&	00:30&	00:30#	09:19@	00:16+	00:42&	00:46&	00:15#	00:14-	00:03-	
6	Ellinor N	esse			1	116						1:00:	80				
01:31+	05:26+ 11:0	1+ 13:12+	21:24+	23:16+	25:15+	28:00+	32:13+	34:15+	37:32+	45:57+	49:08+	51:59+	55:27+	58:22+	59:47+	60:08+	
01:31+	03:55+ 05:3	8+ 02:08+	08:12+	01:52-	01:59+	02:45+	04:13+	02:02+	03:17+	08:25+	03:11+	02:51+	03:28+	02:55+	01:25+	00:21+	
00:34&	00:53& 02:2	5& 00:17#	04:51@	00:10-	00:35&	00:46&	01:06&	00:21#	01:16&	03:51&	00:29#	00:29#	00:50&	00:31#	00:17#	00:03#	
7	Ellinor H	oemsne	s		1	116						1:24:	54				
01:11+	08:10+ 26:1	2+ 27:54+	33:33+	41:35+	43:24+	49:31+	53:55+	57:07+	60:11+	68:50+	72:08+	74:31+	79:01+	83:20+	84:33+	84:54+	
01:11+	06:59+ 18:03	2+ 01:42-	05:39+	08:02+	01:49+	06:07+	04:24+	03:12+	03:04+	08:39+	03:18+	02:23+	04:30+	04:19+	01:13+	00:21+	
00:14#	03:57@ 14:5	00:09-	02:18&	06:000	00:25&	04:08@	01:17&	01:31&	01:03&	04:05&	00:36#	00:01+	01:52&	01:55&	00:05+	00:03#	
Beste	strekktid f	or klass	en														
00:57	02:51 01:	56 01:34	03:03	01:36	01:24	01:45	02:55	01:37	01:49	02:39	02:22	02:16	02:08	02:09	00:51	00:14	

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

Damer 65 - 69 år

1	Marg	ot As	heim				105						50:01	1				
01:00=	04:01=	07:16=	09:24=	13:23=	15:36=	17:05=	20:37=	25:06=	27:07=	30:30=	36:32=	39:01=	42:42=	45:51=	48:20=	49:48=	50:01=	
01:00=	03:01=	03:15=	02:08=	03:59=	02:13=	01:29=	03:32=	04:29=	02:01=	03:23=	06:02=	02:29=	03:41=	03:09=	02:29=	01:28=	00:13=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Mari	t Karir	n Nygå	ird		9	92						50:34	1				
01:08+	04:43+	07:10-	09:11-	13:08-	16:42+	18:24+	21:03+	25:09+	27:37+	30:42+	36:38+	39:19+	43:15+	46:34+	49:03+	50:14+	50:34+	
	03:35+																	
00:08#	00:34#	00:48-	00:07-	00:02-	01:21&	00:13#	00:53-	00:23-	00:27#	00:18-	00:06-	00:12+	00:15+	00:10+	00:00=	00:17-	00:07&	
3	Eli F	rafjord	t			9	94						51:38	3				
01:09+	05:26+	08:21+	10:06+	13:52+	15:44+	17:37+	21:06+	24:56-	27:15+	29:15-	35:13-	38:06-	40:30-	43:38-	46:14-	51:16+	51:38+	
01:09+							03:29-											
00:09#	01:16&	00:20-	00:23-	00:13-	00:21-	00:24&	00:03-	00:39-	00:18#	01:23-	00:04-	00:24#	01:17-	00:01-	00:07+	03:34@	00:09&	
4	May	Elinor	· Melin	g		•	125						53:42	2				
01:27+	05:12+																	
01:27+							02:33-								02:26-			
00:27&	00:44#	00:01-	00:44&	00:07-	00:35-	00:21#	00:59-	00:09+	00:08-	00:45-	04:37&	00:23#	01:11-	00:24#	00:03-	00:26-	00:07&	
5	Berit	Bakk	en			9	93						55:31	1				
03:40+	06:50+																	
03:40+							02:27-											
02:40@	00:09+	00:24-	00:50-	01:00&	02:58@	00:09#	01:05-	01:06-	00:24#	01:18-	00:17-	00:28#	01:11-	00:09-	00:17#	03:34@	00:11&	
6			Obres				54						1:09:					
02:11+	06:39+																	
02:11+							03:33+								03:02+			
01:110	01:27&	00:33-	01:06&	00:40#	00:11-	00:52&	00:01+	03:07&	01:09&	00:24-	04:51&	00:39&	00:31#	04:08@	00:33#	00:17#	00:10&	
7		Blixha				_	228						1:11:					
	05:39+																	
	04:04+																	
00:35&	01:03&	00:04-	01:24&	00:57#	00:28#	01:34@	00:04-	06:19@	01:11&	00:26-	02:48&	01:06&	00:44-	04:210	00:52&	00:08+	00:11&	
8		d Eik					38						1:13:					
	03:58-																	
	02:56-																	
	00:05-				00:28#	00:04-	01:23-	01:00-	00:03-	00:39-	04:12&	06:25@	02:02&	00:57-	13:450	01:27&	00:51@	00:21+
Beste	strekk	tid for	' klass	en														
01:00	02:56	02:21	01:18	03:29	01:38	01:25	02:09	03:23	01:53	02:00	05:45	02:29	02:24	02:12	02:26	01:02	00:13	

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



Damer 70 - 74 år

1	Kirs	ten Ca	rlsen			9	3						1:00:	31			
01:49=	06:24=	08:53=	10:30=	17:13=	19:41=	21:37=	24:53=	29:40=	31:47=	33:52=	42:19=	45:42=	48:36=	55:12=	58:51=	60:12=	60:31=
01:49=	04:35=	02:29=	01:37=	06:43=	02:28=	01:56=	03:16=	04:47=	02:07=	02:05=	08:27=	03:23=	02:54=	06:36=	03:39=	01:21=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Hani	ne Eik				1	17						1:02:	35			
01:43-	06:04-	09:29+	11:28+	15:51-	18:19-	20:24-	23:17-	27:58-	30:13-	36:53+	46:10+	49:37+	52:32+	57:10+	60:51+	62:09+	62:35+
01:43-	04:21-	03:25+	01:59+	04:23-	02:28=	02:05+	02:53-	04:41-	02:15+	06:40+	09:17+	03:27+	02:55+	04:38-	03:41+	01:18-	00:26+
00:06-	00:14-	00:56&	00:22#	02:20-	00:00=	00:09+	00:23-	00:06-	00:08+	04:350	00:50+	00:04+	00:01+	01:58-	00:02+	00:03-	00:07&
3	Mett	e Dag	sland			6	8						1:10:	58			
01:35-		08:33-		20:06+	21:40+	23:11+	28:19+	43:37+	46:28+	50:54+	58:22+	61:56+	64:05+	67:04+	69:35+	70:39+	70:58+
01:35-	04:19-	02:39+	02:47+	08:46+	01:34-	01:31-	05:08+	15:18+	02:51+	04:26+	07:28-	03:34+	02:09-	02:59-	02:31-	01:04-	00:19=
00:14-	00:16-	00:10+	01:10&	02:03&	00:54-	00:25-	01:52&	10:31@	00:44&	02:21@	00:59-	00:11+	00:45-	03:37-	01:08-	00:17-	00:00=
Beste	strekk	tid for	klass	en													
01:35	04:19	02:29	01:37	04:23	01:34	01:31	02:53	04:41	02:07	02:05	07:28	03:23	02:09	02:59	02:31	01:04	00:19

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

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

Damer 75 - 79 år

1	Turi	d Nyst	røm			6	88						53:31	1			
01:33=	06:02=	11:34=	13:08=	16:44=	18:54=	20:48=	23:30=	27:22=	29:30=	32:02=	38:54=	42:57=	45:31=	49:13=	52:08=	53:12=	53:31=
01:33=	04:29=	05:32=	01:34=	03:36=	02:10=	01:54=	02:42=	03:52=	02:08=	02:32=	06:52=	04:03=	02:34=	03:42=	02:55=	01:04=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Grv	Vikhar	nar Th	enas		•	88						1:01:	01			
01:51+					19:31+	22:05+	25:37+	30:35+	33:31+	36:18+	45:24+	48:16+	51:13+	56:00+	59:23+	60:41+	61:01+
01:51+	04:29=	03:33-	02:32+	04:40+	02:26+	02:34+	03:32+	04:58+	02:56+	02:47+	09:06+	02:52-	02:57+	04:47+	03:23+	01:18+	00:20+
00:18#	00:00=	01:59-	00:58&	01:04&	00:16#	00:40&	00:50&	01:06&	00:48&	00:15+	02:14&	01:11-	00:23#	01:05&	00:28#	00:14#	00:01+
3	Hald	lis Gle	ndran	ae		•	88						1:01:	52			
01:43+					18:54=	20:46-	25:00+	29:52+	32:34+	35:28+	44:36+	49:06+	52:24+	56:36+	60:16+	61:36+	61:52+
01:43+	04:42+	03:14-	01:54+	04:49+	02:32+	01:52-	04:14+	04:52+	02:42+	02:54+	09:08+	04:30+	03:18+	04:12+	03:40+	01:20+	00:16-
00:10#	00:13+	02:18-	00:20#	01:13&	00:22#	00:02-	01:32&	01:00&	00:34&	00:22#	02:16&	00:27#	00:44&	00:30#	00:45&	00:16#	00:03-
4	Hed	vig An	da			•	116						1:03:	20			
01:42+				17:57+	20:52+		26:21+	31:33+	34:17+	38:09+	47:50+	51:11+	54:19+	58:22+	61:43+	63:00+	63:20+
01:42+	04:47+	03:57-	03:17+	04:14+	02:55+	02:21+	03:08+	05:12+	02:44+	03:52+	09:41+	03:21-	03:08+	04:03+	03:21+	01:17+	00:20+
00:09+	00:18+	01:35-	01:43@	00:38#	00:45&	00:27#	00:26#	01:20&	00:36&	01:20&	02:49&	00:42-	00:34#	00:21+	00:26#	00:13#	00:01+
5	Helo	a Klau	ısen			•	62						1:07:	35			
01:30-				19:20+	22:36+	24:51+	28:18+	33:04+	35:13+	39:20+	49:08+	53:03+	56:14+	62:09+	65:51+	67:17+	67:35+
01:30-	05:08+	03:24-	02:54+	06:24+	03:16+	02:15+	03:27+	04:46+	02:09+	04:07+	09:48+	03:55-	03:11+	05:55+	03:42+	01:26+	00:18-
00:03-	00:39#	02:08-	01:20&	02:48&	01:06&	00:21#	00:45&	00:54#	00:01+	01:35&	02:56&	00:08-	00:37#	02:13&	00:47&	00:22&	00:01-
6	Asla	ug Lu	ra			ç	94						1:43:	03			
02:23+		14:44+		27:55+	33:41+	36:17+	40:51+	51:04+	53:55+	60:46+	73:23+	77:52+	82:55+	95:59+	100:43+	102:35+	103:03+
02:23+	08:16+	04:05-	06:49+	06:22+	05:46+	02:36+	04:34+	10:13+	02:51+	06:51+	12:37+	04:29+	05:03+	13:04+	04:44+	01:52+	00:28+
00:50&	03:47&	01:27-	05:15@	02:46&	03:360	00:42&	01:52&	06:21@	00:43&	04:19@	05:45&	00:26#	02:29&	09:22@	01:49&	00:48&	00:09&
Beste	strekk	tid for	· klass	en													
01:30	04:29	03:14	01:34	03:36	02:10	01:52	02:42	03:52	02:08	02:32	06:52	02:52	02:34	03:42	02:55	01:04	00:16

Damer 80 år og eldre

1	Beri	t Ebbe	II Olse	n		(86						58:32	2
02:42=	06:40=	16:13=	18:19=	23:21=	27:26=	35:38=	39:23=	42:18=	45:55=	48:26=	52:27=	56:08=	58:06=	58:32=
02:42=	03:58=	09:33=	02:06=	05:02=	04:05=	08:12=	03:45=	02:55=	03:37=	02:31=	04:01=	03:41=	01:58=	00:26=
00.00-	00.00-	00.00-	00.00-	00.00-	00.00-	00.00-	00.00-	00.00-	00.00-	00.00-	00.00-	00.00-	00.00-	00.00-

Plass	Navr	1				ı	Klasse	•					Tid	
2	Gøri	ld Esp	edal			1	113						1:20:	47
02:26-	07:45+	21:51+	24:35+	31:21+	36:27+	46:13+	49:33+	54:13+	58:25+	62:01+	73:34+	78:01+	80:17+	80:47+
02:26-	05:19+	14:06+	02:44+	06:46+	05:06+	09:46+	03:20-	04:40+	04:12+	03:36+	11:33+	04:27+	02:16+	00:30+
00:16-	01:21&	04:33&	00:38&	01:44&	01:01#	01:34#	00:25-	01:45&	00:35#	01:05&	07:320	00:46#	00:18#	00:04#
Beste 02:26		tid for			04:05	08:12	03:20	02:55	03:37	02:31	04:01	03:41	01:58	00:26
= Som k	dassevin	ner, -	raskere,	+ sei	nere, #	10% tap	, & 25	5% tap,	@ 100%	tap.				

Damer A

1	Aud	Hoan	estad	Taksd	al	9	92						36:39	9												
00:57=	02:04=		04:35=			08:48=	11:57=	13:27=	15:34=	16:53=	18:01=	19:30=			23:05=	24:24=	26:36=	28:04=	30:04=	30:42=	32:38=	33:45=	35:15=	35:44=	36:26=	
00:57=	01:07=	01:13=	01:18=	00:55=	02:18=	01:00=	03:09=	01:30=	02:07=	01:19=	01:08=	01:29=	01:27=	00:57=	01:11=	01:19=	02:12=	01:28=	02:00=	00:38=	01:56=	01:07=	01:30=	00:29=	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=	00:00=	00:00=	00:00=	
36:39=																										
00:13= 00:00=																										
00:00=							404																			
2		a Taks					194						36:59	-												
01:05+	01:53-		04:46+	05:55+			12:13+							22:11+				27:45-	29:47-	30:26-	32:12-	33:37-				
01:05+	00:48-		01:30+	01:09+		00:56-	03:00-				01:15+				01:15+			01:22-	02:02+	00:39+				00:34+		
00:08# 36:59+	00:19-	00:10#	00:12#	00:14&	00:04+	00:04-	00:09-	00:03-	00:18-	00:23-	00:07#	00:30&	00:04+	00:04+	00:04+	00:1/-	00:17-	00:06-	00:02+	00:01+	00:10-	00:18%	00:18#	00:05#	00:03+	
00:15+																										
00:02#																										
3	Elin	Grane	land				39						50:49	9												
01:25+	03:17+			08:20+	11:42+	13:16+	17:18+	19:17+	22:08+	23:40+	25:20+	27:49+		30:57+	32:57+	34:17+	36:41+	38:35+	41:13+	41:59+	45:25+	46:36+	48:56+	49:39+	50:32+	
01:25+	01:52+	01:40+	02:09+	01:14+	03:22+	01:34+	04:02+	01:59+	02:51+	01:32+	01:40+	02:29+	01:48+	01:20+	02:00+	01:20+	02:24+	01:54+	02:38+	00:46+	03:26+	01:11+	02:20+	00:43+	00:53+	
00:28&	00:45&	00:27&	00:51&	00:19&	01:04&	00:34&	00:53&	00:29&	00:44&	00:13#	00:32&	01:00&	00:21#	00:23&	00:49&	00:01+	00:12+	00:26&	00:38&	00:08#	01:30&	00:04+	00:50&	00:14&	00:11&	
50:49+																										
00:17+																										
00:04&				_										_												
4	Katr	ine Ha	ıaland	Lever	aas	'	117						51:57	7												
01:22+	03:07+		07:36+				16:51+			23:30+				30:58+	32:40+			38:42+	41:37+	42:39+	46:14+	47:40+				
01:22+	01:45+			01:20+			03:48+				02:00+			01:11+			02:48+		02:55+	01:02+	03:35+	01:26+				
	00:38&	01:150	00:43&	00:25&	00:42&	00:07#	00:39#	00:28&	00:25#	00:50&	00:52&	00:48&	00:33&	00:14#	00:31&	00:12#	00:36&	00:15#	00:55&	00:24&	01:39&	00:19&	01:01&	00:13&	00:08#	
51:57+ 00:14+																										
00:14+																										
Beste	etrobl	rtid for	r klacc	on																						
00:57	00:48			_	00.10	00.50	02.00	01.07	01.40	00.50	01.00	01.20	01.07	00.57	01.11	01.00	01.55	01.00	00.00	00.20	01.46	01.07	01.20	00.20	00:42	00.13
00:57	00:48	01:13	01:18	00:55	02:18	00:56	03:00	01:27	01:49	00:56	01:08	01:29	01:27	00:57	01:11	01:02	01:55	01:22	02:00	00:38	01:46	01:07	01:30	00:29	00:42	00:13
= Som k	lassevir	nner, -	raskere	, + se	nere, #	10% ta	p, & 2	5% tap,	@ 100%	tap.																

Damer B

1	Joru	nn Jo	hanne	sen			116						44:08	3									
01:19=	03:23=	05:29=	06:11=	07:26=	09:41=	11:46=	13:04=	14:57=	16:57=	19:39=	23:03=	24:36=	26:10=	29:05=	32:45=	33:41=	34:47=	37:45=	39:08=	41:33=	42:41=	43:52=	44:08=
01:19=	02:04=	02:06=	00:42=	01:15=	02:15=	02:05=	01:18=	01:53=	02:00=	02:42=	03:24=	01:33=	01:34=	02:55=	03:40=	00:56=	01:06=	02:58=	01:23=	02:25=	01:08=	01:11=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Inge	r Tone	Nygå	rd		2	29						47:23	3									
01:20+	03:00-		05:39-		08:59-	11:43-	16:28+	18:24+	20:35+	23:19+	26:17+	27:47+	29:55+	32:22+	35:42+	36:52+	38:12+	41:18+	42:30+	45:00+	46:12+	47:08+	47:23+
01:20+	01:40-	02:00-	00:39-	01:27+	01:53-	02:44+	04:45+	01:56+	02:11+	02:44+	02:58-	01:30-	02:08+	02:27-	03:20-	01:10+	01:20+	03:06+	01:12-	02:30+	01:12+	00:56-	00:15-
00:01+	00:24-	00:06-	00:03-	00:12#	00:22-	00:39&	03:27@	00:03+	00:11+	00:02+	00:26-	00:03-	00:34&	00:28-	00:20-	00:14#	00:14#	00:08+	00:11-	00:05+	00:04+	00:15-	00:01-
3	Ann-	Cathr	in Nyb	ak Urc	lal	•	118						48:01										
3 01:25+					lal 10:17+		118 15:08+	18:03+	20:01+	22:51+	26:02+	27:52+	48:01 29:50+	32:38+	35:02+	36:04+	37:39+	40:23+	41:59+	45:00+	46:36+	47:45+	48:01+
3 01:25+ 01:25+			06:49+					18:03+ 02:55+	20:01+ 01:58-		26:02+ 03:11-			32:38+						45:00+ 03:01+	46:36+ 01:36+		48:01+ 00:16=
	03:32+ 02:07+	05:55+ 02:23+	06:49+ 00:54+	08:12+ 01:23+	10:17+	12:41+ 02:24+	15:08+	02:55+	01:58-	02:50+		01:50+	29:50+ 01:58+	32:38+ 02:48-		01:02+	01:35+	02:44-	01:36+		01:36+	01:09-	
01:25+	03:32+ 02:07+ 00:03+	05:55+ 02:23+	06:49+ 00:54+ 00:12&	08:12+ 01:23+	10:17+ 02:05-	12:41+ 02:24+ 00:19#	15:08+ 02:27+	02:55+	01:58-	02:50+	03:11-	01:50+	29:50+ 01:58+	32:38+ 02:48- 00:07-	02:24-	01:02+	01:35+	02:44-	01:36+	03:01+	01:36+	01:09-	00:16=
01:25+ 00:06+	03:32+ 02:07+ 00:03+	05:55+ 02:23+ 00:17#	06:49+ 00:54+ 00:12&	08:12+ 01:23+	10:17+ 02:05-	12:41+ 02:24+ 00:19#	15:08+ 02:27+ 01:09&	02:55+	01:58-	02:50+	03:11-	01:50+	29:50+ 01:58+ 00:24&	32:38+ 02:48- 00:07-	02:24-	01:02+ 00:06#	01:35+	02:44- 00:14-	01:36+	03:01+	01:36+	01:09- 00:02-	00:16=
01:25+ 00:06+	03:32+ 02:07+ 00:03+ Anne	05:55+ 02:23+ 00:17# • Gars	06:49+ 00:54+ 00:12&	08:12+ 01:23+ 00:08#	10:17+ 02:05- 00:10-	12:41+ 02:24+ 00:19#	15:08+ 02:27+ 01:09&	02:55+ 01:02&	01:58- 00:02-	02:50+ 00:08+	03:11- 00:13-	01:50+ 00:17#	29:50+ 01:58+ 00:24& 48:15	32:38+ 02:48- 00:07-	02:24- 01:16-	01:02+ 00:06#	01:35+ 00:29&	02:44- 00:14-	01:36+ 00:13#	03:01+ 00:36#	01:36+ 00:28&	01:09- 00:02-	00:16= 00:00=

Plass	Navı	า				ı	Klasse						Tid										
5	Vibe	ke Lar	mark				16						50:25	5									
01:36+				08:30+	10:19+	13:20+	15:04+	17:29+	20:27+	23:32+	27:10+	30:23+		-	38:06+	39:13+	40:37+	43:24+	44:43+	47:24+	48:55+	50:10+	50:25+
01:36+	02:19+	02:16+	00:54+	01:25+	01:49-	03:01+	01:44+	02:25+	02:58+	03:05+	03:38+	03:13+	01:56+	03:05+	02:42-	01:07+	01:24+	02:47-	01:19-	02:41+	01:31+	01:15+	00:15-
00:17#	00:15#	00:10+	00:12&	00:10#	00:26-	00:56&	00:26&	00:32&	00:58&	00:23#	00:14+	01:400	00:22#	00:10+	00:58-	00:11#	00:18&	00:11-	00:04-	00:16#	00:23&	00:04+	00:01-
6	Ann	Karin	Tjørho	om		Ç	93						53:34	4									
				08:45+																			
01:52+				01:20+																	01:21+		
00:33&				00:05+	00:19-			00:34&	01:39&	00:46&	00:13+	00:42&			01:16-	00:44&	01:440	00:25#	00:08+	00:28#	00:13#	00:01+	00:02#
7		tin Bre		40.04	40.00.		92	40.00.		04.50.			53:55	-		40.00.	40.45.	45 00:	45 56	50 50:	50.04.	50 44	50 55
01:43+ 01:43+				10:31+ 01:52+																			
				00:37&																			
Ω		n Lom					105						55:00										
01.29+				07:07-	08.37-			14.42-	16.59+	20.44+	24.11+	29.02+		•	36.28+	37.37+	38.57+	47.51+	49.02+	52.19+	53.41+	54.45+	55.00+
				01:11-																		01:04-	
00:10#	00:07-	00:17-	00:01-	00:04-	00:45-	00:15#	00:13#	00:21#	00:17#	01:03&	00:03+	03:180	00:09+	00:35#	01:27-	00:13#	00:14#	05:560	00:12-	00:52&	00:14#	00:07-	00:01-
9	Inari	id W. F	lestne	ess		•	117						55:10)									
01:42+				11:07+	13:34+	16:00+	17:47+	19:53+	22:44+	25:54+	29:35+	31:32+	33:39+	37:01+	41:14+	42:22+	43:54+	47:20+	49:22+	52:38+	53:48+	54:55+	55:10+
				01:35+																		01:07-	00:15-
00:23&	02:02&	00:38&	00:18&	00:20&	00:12+	00:21#	00:29&	00:13#	00:51&	00:28#	00:17+	00:24&	00:33&	00:27#	00:33#	00:12#	00:26&	00:28#	00:39&	00:51&	00:02+	00:04-	00:01-
10	Mari	ann S	veinsv	oll (9	94						58:00)									
				09:21+																			
01:42+				01:23+																			
00:23&				00:08#	00:03-	00:39&	00:30&	00:30&	00:54&	00:55&	00:23#	00:33&			02:00&	00:52&	00:22&	00:22#	00:01+	01:43&	00:25&	00:15#	00:02#
11		ah Brå		40.00.	40 55.	40.05	13	00 40.	05 00.		04.40.	0.5 4.5	59:0	-	46.04	45 40.	40.00.	50 45:	54.05	55 45.	55 54	FO 40.	50.05
				10:09+ 01:11-																			
				00:04-																			
12	_	nn An					67						59:10	_									
	J -			11:56+	13:50+			22:07+	24:39+	28:11+	32:09+	33:55+		-	43:16+	44:31+	46:27+	49:42+	52:04+	55:55+	57:32+	58:51+	59:10+
				01:30+																	01:37+		
00:17#	03:240	00:22#	00:12&	00:15#	00:21-	00:55&	00:40&	01:26&	00:32&	00:50&	00:34#	00:13#	00:26&	00:17+	00:29#	00:19&	00:50&	00:17+	00:59&	01:26&	00:29&	00:08#	00:03#
13	lda k	C. Kols	stø			2	29						1:02:	34									
				10:12+	12:52+	16:44+	19:11+	21:29+	24:54+	28:54+	33:01+	35:21+	37:53+	41:16+	44:22+	47:44+	50:02+	54:09+	56:19+	59:32+	61:03+	62:20+	62:34+
02:47+	01:59-	02:57+	00:57+	01:32+	02:40+	03:52+	02:27+	02:18+	03:25+	04:00+	04:07+	02:20+	02:32+	03:23+	03:06-	03:22+	02:18+	04:07+	02:10+	03:13+	01:31+	01:17+	00:14-
				00:17#	00:25#	01:47&	01:09&	00:25#	01:25&	01:18&	00:43#	00:47&	00:58&	00:28#	00:34-	02:260	01:120	01:09&	00:47&	00:48&	00:23&	00:06+	00:02-
Beste	strekk	tid for	' klass	en																			
01:19	01:40	01:49	00:39	01:11	01:30	02:05	01:18	01:53	01:58	02:42	02:58	01:30	01:34	02:27	02:04	00:56	01:06	02:44	01:11	02:25	01:06	00:54	00:14

Damer Ny

1	Head	e Karls	sen			:	370						16:04	1
00:25=		01:52=	02:45=	03:36=	05:14=	06:40=	08:39=	10:18=	11:32=	12:49=	13:50=	14:25=	15:42=	16:04=
00:25=	00:31=	00:56=	00:53=	00:51=	01:38=	01:26=	01:59=	01:39=	01:14=	01:17=	01:01=	00:35=	01:17=	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=
2	Sign	e Molt	u				370						16:25	5
00:25=		01:56+	02:54+	03:43+	05:21+	06:45+	08:40+	10:18=	11:34+	12:53+	13:55+	14:48+	16:05+	16:25+
00:25=	00:34+	00:57+	00:58+	00:49-	01:38=	01:24-	01:55-	01:38-	01:16+	01:19+	01:02+	00:53+	01:17=	00:20-
00:00=	00:03+	00:01+	00:05+	00:02-	00:00=	00:02-	00:04-	00:01-	00:02+	00:02+	00:01+	00:18&	00:00=	00:02-
3	Rov	Liao					136						20:52	2
00:43+	01:22+	02:15+	03:17+	04:21+	06:52+	08:42+	11:26+	13:32+	15:23+	16:50+	17:55+	18:41+	20:34+	20:52+
00:43+	00:39+	00:53-	01:02+	01:04+	02:31+	01:50+	02:44+	02:06+	01:51+	01:27+	01:05+	00:46+	01:53+	00:18-
00:18&	380:00	00:03-	00:09#	00:13&	00:53&	00:24&	00:45&	00:27&	00:37&	00:10#	00:04+	00:11&	00:36&	00:04-
4	Gulz	han Y	egemb	perdiv	eva		136						21:23	3
00:50+	01:28+	02:25+	03:24+	04:28+	07:11+	08:57+	11:40+	13:41+	15:34+	17:01+	18:07+	19:03+	20:48+	21:23+
00:50+	00:38+	00:57+	00:59+	01:04+	02:43+	01:46+	02:43+	02:01+	01:53+	01:27+	01:06+	00:56+	01:45+	00:35+
00:25&	00:07#	00:01+	00:06#	00:13&	01:05&	00:20#	00:44&	00:22#	00:39&	00:10#	00:05+	00:21&	00:28&	00:13&

DI	N1						/I						T: 1	
Plass	Navi	n					Klasse						Tid	
5	Silie	Elise	Elstad	l		(32						23:14	1
00:25=	01:04+	02:02+	03:13+	05:01+	07:22+	09:34+	12:55+	15:36+	17:16+	19:08+	20:23+	21:21+	23:01+	23:14+
00:25=	00:39+	00:58+	01:11+	01:48+	02:21+	02:12+	03:21+	02:41+	01:40+	01:52+	01:15+	00:58+	01:40+	00:13-
00:00=	380:00	00:02+	00:18&	00:57@	00:43&	00:46&	01:22&	01:02&	00:26&	00:35&	00:14#	00:23&	00:23&	00:09-
6	Heid	li Cam	illa Ho	vet		(32						23:14	1
00:22-	01:01+	01:56+	03:10+	05:02+	07:23+	09:34+	12:47+	15:37+	17:09+	19:12+	20:21+	21:18+	22:55+	23:14+
00:22-	00:39+	00:55-	01:14+	01:52+	02:21+	02:11+	03:13+	02:50+	01:32+	02:03+	01:09+	00:57+	01:37+	00:19-
00:03-	380:00	00:01-	00:21&	01:01@	00:43&	00:45&	01:14&	01:11&	00:18#	00:46&	00:08#	00:22&	00:20&	00:03-
7	Bod	il D. La	angela	nd			382						25:4	5
00:44+	01:26+	02:34+	04:03+					15:58+	17:52+	20:10+	21:49+	22:55+	24:45+	25:45+
00:44+	00:42+	01:08+	01:29+	01:03+	02:19+	02:37+	03:20+	02:36+	01:54+	02:18+	01:39+	01:06+	01:50+	01:00+
00:19&	00:11&	00:12#	00:36&	00:12#	00:41&	01:11&	01:21&	00:57&	00:40&	01:01&	00:38&	00:31&	00:33&	00:38@
8	Jear	nette M	ljølhus	S		•	105						27:58	3
00:45+		04:33+			09:19+	11:01+	13:23+	15:23+	17:10+	22:26+	23:59+	25:00+	27:33+	27:58+
		01:19+												
00:20&	01:58@	00:23&	00:41&	00:05+	00:38&	00:16#	00:23#	00:21#	00:33&	03:590	00:32&	00:26&	01:16&	00:03#
9	Ann	e Lill N	liå			•	105						28:00)
00:52+		04:34+		07:04+	09:26+	11:08+	13:29+	15:26+	17:01+	22:28+	24:06+	25:02+	27:39+	28:00+
00:52+	02:25+	01:17+	01:29+	01:01+	02:22+	01:42+	02:21+	01:57+	01:35+	05:27+	01:38+	00:56+	02:37+	00:21-
00:27@	01:540	00:21&	00:36&	00:10#	00:44&	00:16#	00:22#	00:18#	00:21&	04:100	00:37&	00:21&	01:200	00:01-
10	Ann	a Lang	alo				105						31:32	2
		03:04+		06:34+	08:44+	11:46+	15:23+	18:33+	20:50+	24:16+	26:58+	28:33+	30:55+	31:32+
00:34+	00:51+	01:39+	01:47+	01:43+	02:10+	03:02+	03:37+	03:10+	02:17+	03:26+	02:42+	01:35+	02:22+	00:37+
00:09&	00:20&	00:43&	00:54@	00:52@	00:32&	01:360	01:38&	01:31&	01:03&	02:09@	01:41@	01:00@	01:05&	00:15&
11	Lind	la Strø	m				105						31:3	5
00:43+		03:05+		06:38+	08:52+	11:49+	15:23+	18:35+	20:51+	24:18+	27:01+	28:35+	30:57+	31:35+
00:43+	00:46+	01:36+	01:53+	01:40+	02:14+	02:57+	03:34+	03:12+	02:16+	03:27+	02:43+	01:34+	02:22+	00:38+
00:18&	00:15&	00:40&	01:00@	00:49&	00:36&	01:310	01:35&	01:33&	01:02&	02:10@	01:42@	00:590	01:05&	00:16&
Beste	strekk	tid for	klass	en										
00:22	00:31	00:53	00:53	00:49	01:38	01:24	01:55	01:38	01:14	01:17	01:01	00:35	01:17	00:13

Damer Trim

1	Nina	Bækk	celund	Chris	tianse	n 1	105						30:19)	
01:03=	02:22=	04:56=	07:06=	09:00=	11:30=	14:54=	16:16=	18:19=	19:40=	22:55=	24:47=	26:50=	27:56=	30:00=	30:19=
01:03=	01:19=	02:34=	02:10=	01:54=	02:30=	03:24=	01:22=	02:03=	01:21=	03:15=	01:52=	02:03=	01:06=	02:04=	00:19=
00:00=	00:00=	00:00=	00:00=	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	Gret	e Stok	ke Sel	iesko	a	•	128						31:54	1	
01:29+						16:56+	18:30+	20:51+	22:28+	24:48+	26:51+	29:09+	30:13+	31:37+	31:54+
01:29+	01:42+	02:42+	02:23+	02:06+	02:27-	04:07+	01:34+	02:21+	01:37+	02:20-	02:03+	02:18+	01:04-	01:24-	00:17-
00:26&	00:23&	00:08+	00:13#	00:12#	00:03-	00:43#	00:12#	00:18#	00:16#	00:55-	00:11+	00:15#	00:02-	00:40-	00:02-
3	Kris	tin Yo	on			3	372						33:49	9	
01:19+	02:29+	05:33+	07:36+	09:25+	11:49+	15:08+	16:21+	18:57+	20:09+	22:40-	25:30+	31:17+	32:05+	33:33+	33:49+
01:19+	01:10-	03:04+	02:03-	01:49-	02:24-	03:19-	01:13-	02:36+	01:12-	02:31-	02:50+	05:47+	00:48-	01:28-	00:16-
00:16&	00:09-	00:30#	00:07-	00:05-	00:06-	00:05-	00:09-	00:33&	00:09-	00:44-	00:58&	03:44@	00:18-	00:36-	00:03-
4	Inari	id O. F	oss			•	117						34:58	3	
00:48-		04:47-		09:26+	12:02+	16:27+	17:59+	20:29+	22:42+	25:33+	28:33+	31:19+	32:35+	34:39+	34:58+
00:48-	01:20+	02:39+	02:22+	02:17+	02:36+	04:25+	01:32+	02:30+	02:13+	02:51-	03:00+	02:46+	01:16+	02:04=	00:19=
00:15-	00:01+	00:05+	00:12+	00:23#	00:06+	01:01&	00:10#	00:27#	00:52&	00:24-	01:08&	00:43&	00:10#	00:00=	00:00=
5	Fride	e Wira	k			8	38						35:20)	
01:03=	02:08-	04:19-	06:48-	09:39+	12:13+	16:36+	17:53+	21:22+	23:02+	25:55+	28:21+	31:12+	32:26+	34:55+	35:20+
01:03=	01:05-	02:11-	02:29+	02:51+	02:34+	04:23+	01:17-	03:29+	01:40+	02:53-	02:26+	02:51+	01:14+	02:29+	00:25+
00:00=	00:14-	00:23-	00:19#	00:57&	00:04+	00:59&	00:05-	01:26&	00:19#	00:22-	00:34&	00:48&	00:08#	00:25#	00:06&
6	Ben	edicte	Kvale	våa		3	375						35:2	ı	
01:36+	02:54+	05:22+	07:48+	09:54+	12:55+	17:55+	19:37+	22:05+	24:09+	27:21+	29:30+	31:58+	33:06+	35:00+	35:21+
01:36+	01:18-	02:28-	02:26+	02:06+	03:01+	05:00+	01:42+	02:28+	02:04+	03:12-	02:09+	02:28+	01:08+	01:54-	00:21+
00:33&	00:01-	00:06-	00:16#	00:12#	00:31#	01:36%	00:20#	00:25#	00:43&	00:03-	00:17#	00:25#	00:02+	00:10-	00:02#

Plass	Navr	1					Klasse	•					Tid		
7	Mari	e Eng	edal S	vartsu	nd	9	91						35:26	3	
	02:05-	04:23-	06:34-	08:59-	11:42+										
	01:11- 00:08-														
Q		e Tilev		00.514	00.131		27	00.104	00.414	00.20	00.554	01.504	35:45	_	00.02
00:52-	01:59-			09:13+	12:15+	_		21:28+	24:30+	27:00+	29:19+	32:07+		-	35:45+
00:52-	01:07-	02:36+	02:32+	02:06+	03:02+	04:57+	01:26+	02:50+	03:02+	02:30-	02:19+	02:48+	01:27+	01:52-	00:19=
00:11-	00:12-	00:02+	00:22#	00:12#	00:32#	01:33&	00:04+	00:47&	01:41@	00:45-	00:27#	00:45&	00:21&	00:12-	00:00=
9			klebus				54						36:12		
	02:47+ 01:18-														
	00:01-														
10	Inae	r Joha	nne K	lauser	1		54						36:15	5	
	02:49+	05:04+	08:03+	10:15+	14:38+										
	01:20+														
	00:01+			00:18#	01:53&			00:33&	00:21&	00:19+	00:15#	01:12&		_	00:00=
11	Ann- 02:39+	·Mari \		10.464	13.33⊥		54	21.224	23.184	25.471	20.104	33.06+	36:41	-	36•/11⊥
	01:34+														
00:02+	00:15#	00:05+	00:04+	01:20&	00:17#	00:37#	00:01-	00:24#	00:35&	00:46-	00:40&	02:440	00:27&	00:18-	00:03-
12	Sign	e Lise	Haala	nd		(66						38:39	9	
	03:01+														
	01:39+ 00:20&														
13			Horpes				117						39:03	_	
	02:54+				13:56+			27:02+	28:58+	31:31+	34:00+	36:15+			39:03+
	01:34+														
00:17&	00:15#							04:130	00:35&	00:42-	00:37&	00:12+		_	00:03-
14			e Meis			_	287						39:23	-	
	03:02+ 01:27+														
	00:08#														
15	Kariı	ne Ditl	evsen				117						41:19	9	
01:31+	03:23+	07:38+	10:25+	12:56+											
	01:52+														
	00:33&			00:3/&	02:03&			00:36&	00:3/&	00:14+	01:44&	00:28#		_	00:02#
16	03:20+	ese Ø		13.03+	17.34+		117 23.43±	26.27+	28.18+	31.51+	35.30+	37.54+	41:22	41:02+	41.22+
	01:38+														
00:39&	00:19#	01:41&	00:40&	00:44&	02:01&	01:02&	00:21&	00:41&	00:30&	00:18+	01:47&	00:21#	00:09#	00:11-	00:01+
17			rlotte 、				117						41:27	•	
	03:33+ 01:58+														
	01:58+														
18		Svihus					92						42:49	_	
	03:19+			13:08+	17:08+			27:27+	29:24+	32:39+	35:23+	38:50+		-	42:49+
	01:29+														
00:47&	00:10#	01:07&	00:57&	01:07&	01:30&	01:41&	00:20#	01:29&	00:36&	00:00=	00:52&	01:24&	00:42&	00:14-	00:02#
19	-	a Fjeld	-				105						43:57		
	03:34+ 01:48+														
	00:29&														
20			nd Sal				256						44:12		
	03:13+							27:08+	29:20+	32:55+	36:01+	39:22+			44:12+
	01:33+														
	00:14#							U1:34&	UU:51&	UU:20#	U1:14&	U1:18&			UU:13&
21	Mari		tveit U				54	22.41.	24.15.	27.20.	20.47	41.01.	44:15		44.15:
	02:15-														
	00:10-														

Plass	Navi	n				ı	Klasse	•					Tid		
22	Ruth	Grød	lem				105						44:27	7	
				13:32+	16:50+			27:20+	29:24+	33:50+	36:40+	39:33+	41:12+	44:07+	44:27+
02:30+	01:44+	03:13+	03:35+	02:30+	03:18+	05:14+	01:55+	03:21+	02:04+	04:26+	02:50+	02:53+	01:39+	02:55+	00:20+
01:27@	00:25&	00:39&	01:25&	00:36&	00:48&	01:50&	00:33&	01:18&	00:43&	01:11&	00:58&	00:50&	00:33&	00:51&	00:01+
23	Halle	dis Ha	ndelar	nd		9	92						44:38	В	
01:20+	02:37+	05:32+	10:04+	12:22+	16:05+	22:13+	24:13+	27:24+	30:53+	34:18+	37:19+	40:36+	42:10+	44:17+	44:38+
01:20+	01:17-	02:55+	04:32+	02:18+	03:43+	06:08+	02:00+	03:11+	03:29+	03:25+	03:01+	03:17+	01:34+	02:07+	00:21+
00:17&	00:02-	00:21#	02:22@	00:24#	01:13&	02:44&	00:38&	01:08&	02:08@	00:10+	01:09&	01:14&	00:28&	00:03+	00:02#
24	Ritv	a Aiko	Halsn	e			105						44:57	7	
					18:41+			27:49+	29:39+	32:23+	35:02+	42:01+	43:09+		44:57+
01:56+	02:42+	03:13+	02:56+	04:07+	03:47+	04:44+	01:56+	02:28+	01:50+	02:44-	02:39+	06:59+	01:08+	01:29-	00:19=
00:53&	01:23@	00:39&	00:46&	02:13@	01:17&	01:20&	00:34&	00:25#	00:29&	00:31-	00:47&	04:560	00:02+	00:35-	00:00=
25	Inga	Borae	e.			4	43						46:14	4	
				21:19+	25:20+		. •	33:38+	35:14+	37:59+	40:20+	42:57+	44:08+	•	46:14+
	01:59+													01:47-	
01:32@	00:40&	07:33@	02:17@	00:17#	01:31&	00:35#	00:14#	00:40&	00:15#	00:30-	00:29&	00:34&	00:05+	00:17-	00:00=
26	Beni	te Cec	ilie Lic	,			136						46:32	2	
				-	17:11+			28:47+	31:11+	35:09+	38:04+	41:42+	43:21+		46:32+
													01:39+		
00:16&	00:13#	00:52&	01:20&	01:11&	01:49&	01:51&	00:46&	02:10@	01:03&	00:43#	01:03&	01:35&	00:33&	00:45&	00:03#
27	Mari	anno 9	Steink	onf			5						46:43	3	
					14:52+		-	30:55+	33:36+	36:31+	38:49+	42:44+	44:03+	-	46:43+
	01:54+													02:15+	
00:51&	00:35&	00:16#	01:24&	00:12#	00:04+	07:30@	00:31&	01:13&	01:20&	00:20-	00:26#	01:52&	00:13#	00:11+	00:06&
28	Ran	di Rot	h				68						57:54	1	
				13.19+	17.43+			32 • 12+	36.01+	40.24+	48.14+	52.29+	54:39+		57.54+
	01:22+													02:56+	
00:06+	00:03+	00:49&	02:29@	00:52&	01:54&	04:06@	01:18&	02:16@	02:28@	01:08&	05:58@	02:120	01:04&	00:52&	00:00=
29	May	Krieti	n Haal	and			47						1:01:	26	
					20.21+			33.47+	36.25+	40.26+	44.18+	57 • 01+	58:41+		61 • 26+
	02:06+													02:19+	
00:42&	00:47&	00:53&	03:18@	01:06&	02:05&	04:02@	00:53&	01:42&	01:17&	00:46#	02:00@	10:40@	00:34&	00:15#	00:07&
30	Inau	nn Fa	ndrem	1			47						1:02:	na	
					33.00+			45.53+	48.01+	51.20+	54.40+	58 • 10+	59:49+		62.09+
	03:12+													01:58-	
	01:530													00:06-	
31			stad B				92						1:14:	00	
• .					27.121		-	47.41.	61.621	57.201	61.221	66.171	69:14+		74.001
	03:41+													04:15+	
													01:51@		
Beste					33.136	30.036	34.406	J2.J46	J2.J10	JZ.ZIQ	JZ.118	J2.128	JI.JIE	J2.116	50.200
					00.01	00.40	01 10	00.00	01 10	00.00	01 50	00.00	00.10	01 01	00.15
00:48	01:05	02:11	02:03	01:49	02:24	03:19	01:13	02:03	01:12	02:20	01:52	02:03	00:48	01:24	00:16

Herrer 16 - 39 år

1	Svei	n Hatte	eland			:	399						38:58	3									
01:12=	02:47=	04:35=	05:15=	06:24=	09:32=	11:34=	13:00=	14:39=	16:15=	18:40=	21:23=	22:40=	24:01=	26:39=	28:50=	29:39=	31:00=	33:11=	34:22=	36:41=	37:49=	38:44=	38:58=
01:12=	01:35=	01:48=	00:40=	01:09=	03:08=	02:02=	01:26=	01:39=	01:36=	02:25=	02:43=	01:17=	01:21=	02:38=	02:11=	00:49=	01:21=	02:11=	01:11=	02:19=	01:08=	00:55=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Mag	ne Hat	tteland	ı			399						39:27	7									
01:24+		04:40+		06:20-	07:56-	09:48-	10:56-	12:45-	15:15-	17:39-	20:15-	21:37-	22:57-	25:10-	27:21-	28:14-	29:27-	33:47+	34:52+	37:07+	38:13+	39:14+	39:27+
01:24+	01:43+	01:33-	00:40=	01:00-	01:36-	01:52-	01:08-	01:49+	02:30+	02:24-	02:36-	01:22+	01:20-	02:13-	02:11=	00:53+	01:13-	04:20+	01:05-	02:15-	01:06-	01:01+	00:13-
00:12#	00:08+	00:15-	00:00=	00:09-	01:32-	00:10-	00:18-	00:10#	00:54&	00:01-	00:07-	00:05+	00:01-	00:25-	00:00=	00:04+	00:08-	02:09&	00:06-	00:04-	00:02-	00:06#	00:01-
3	Berr	hard l	Haver '	Vagle		•	126						40:47	7									
01:16+	03:04+	04:40+	06:12+	07:14+	08:31-	10:36-	12:06-	14:25-	16:25+	19:01+	21:57+	23:47+	25:11+	27:23+	29:22+	30:21+	31:53+	34:44+	36:08+	38:44+	39:44+	40:34+	40:47+
01:16+	01:48+	01:36-	01:32+	01:02-	01:17-	02:05+	01:30+	02:19+	02:00+	02:36+	02:56+	01:50+	01:24+	02:12-	01:59-	00:59+	01:32+	02:51+	01:24+	02:36+	01:00-	00:50-	00:13-
00.041	00.12#	00.12	00.528	00.07	01.51	00.021	00.041	00.400	00.24#	00.111	00.121	00.220	00.021	00.26	00.12	00.10#	00.11#	00.400	00.12#	00.17#	00.00	00.05	00.01

Plass	Navı	า					Klasse	.					Tid											
4			aut Kv	llingst	ad		66						45:5	1										
01:37+								15:51+	17:29+	20:17+	23:01+	24:35+		-	31:38+	32:33+	33:35+	37:40+	39:30+	42:27+	44:36+	45:39+	45:54+	
																00:55+								
_				_	01:47-			00:55&	00:02+	00:23#	00:01+	00:17#		_	00:23#	00:06#	00:19-	01:54&	00:39&	00:38&	01:01&	00:08#	00:01+	
5	-	-	Erlbe	-	06.00		67	16 04	10 40	00 461	00.01.	05 00.	46:4	-	21 50:	22.04.	24 25	27 44	20 21 .	44 10:	45 20.	46 24	46 45	
																33:04+ 01:14+								
																00:25&								
6	Truls	s Thor	kildse	n		;	39						47:5	0										
																33:49+								
																00:55+ 00:06#								
7			rfelice	00.504	01.11		51	00.434	00.204	00.504	00.07	00.00#	54:3	_	00.454	00.00	00.234	00.416	00.15	00.434	00.001	00.01	00.02	
01:38+				09:35+	11:18+			18:13+	20:50+	24:24+	29:45+	31:20+			38:57+	41:00+	43:17+	47:13+	48:56+	51:45+	53:01+	54:23+	54:39+	
																02:03+								
00:26&	00:45&	00:34&	00:18&	01:08&	01:25-			00:58&	01:01&	01:09&	02:38&	00:18#	00:40&	00:17#	00:30#	01:140	00:56&	01:45&	00:32&	00:30#	00:08#	00:27&	00:02#	
8			gland				98						55:4											
																40:55+ 00:50+								
																00:30+								
9		nd Sys				_	76						57:3											
01:29+				07:56+	10:05+			16:23+	18:59+	22:37+	25:47+	28:31+		-	36:08+	37:42+	39:27+	43:12+	48:39+	54:49+	56:11+	57:25+	57:39+	
																01:34+								
	_		_	_				00:35&	01:00&	01:13&	00:27#	01:27@			00:24#	00:45&	00:24&	01:34&	04:160	03:510	00:14#	00:19&	00:00=	
10				andne			43	10.17.	22.121	25.221	21.21.	22.001	57:5		41 - 40	43:08+	45.271	40.401	E1.421	E4.401	EC.0E1	E7.251	E7.E31	
																43:08+ 01:20+								
																00:31&								
11	Fran	k Terj	e Berg	e		•	126						57:5	В										
																41:49+								
																01:09+ 00:20&								
12	_	re Døi		00.004	00.12		136	02.020	01.074	00.10	02.104	00.024	59:3	_	00.004	00.204	00.111	01.104	00.024	01.000	00.07	00.111	00.01	
				08:46+	11:49+			22:22+	25:03+	28:59+	32:28+	34:38+			44:18+	45:44+	47:09+	50:45+	52:32+	56:21+	57:41+	59:15+	59:32+	
																01:26+								
					00:05-			01:43@	01:05&	01:31&	00:46&	00:53&			01:52&	00:37&	00:04+	01:25&	00:36&	01:30&	00:12#	00:39&	00:03#	
13			ugles		10 45		46	00 50	00 55.	07 07.	21 00	20 50.	1:00		40.40.	44 05	46 12.	E1 E0:	F2 40:	F7 04:	F0 F7.	60.00.	60 44:	
01:40+																44:35+ 01:46+								
																00:57@								
14	Endi	e Ber	ge			•	105						1:00	47										
																43:32+								
																00:52+ 00:03+								
15	-		o Øve		01.11		165	00.23	00.474	00.51	03.106	00.234	1:05		00.15	00.051	00.11	01.114	00.504	00.236	00.12	00.031	00.02	
-		-			11:14+			20:16+	22:18+	27:04+	30:14+	32:20+			42:20+	49:15+	50:25+	51:24+	54:59+	56:39+	63:22+	64:37+	65:37+	65:53+
																06:55+								
00:30&	01:14&	00:18#	00:47@	00:19&	01:26-			00:48&	00:26&	02:21&	00:27#	00:49&	00:50&	00:23#	02:37@	06:06@	00:11-	01:12-	02:240	00:39-	05:35@	00:20&	00:460	00:16+
16		Løva					98						1:11	-										
																49:04+ 01:02+								
																00:13&								
17			ibeva				114						1:13											
					14:22+			24:39+	27:25+	30:38+	33:54+	36:14+			47:36+	53:29+	55:52+	59:26+	66:52+	70:55+	72:33+	73:27+	73:37+	
																05:53+								
				U1:22@	UU:48-			U2:14@	U1:10&	UU:48&	00:33#	01:03&			01:09&	05:040	U1:02&	U1:23&	06:150	U1:44&	00:30&	00:01-	UU:04-	
18		te Sola		15.05:	23.10:		192	36.24	/11.25:	16.50	5/1.01:	56.40:	1:39		71.50:	73:34+	76.14:	91.42:	05.451	9/1-10:	96.40:	00.52	00.121	
																73:34+ 01:44+								
																00:55@								

Plass	Navn	Klasse	Tid

Beste strekktid for klassen
01:04 01:17 01:14 00:31 00:56 01:17 01:52 01:06 01:38 01:36 02:04 02:36 01:17 01:20 02:01 01:59 00:49 01:00 00:59 00:56 01:40 00:56 00:50 00:10

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

Herrer 40 - 49 år

1	Talla	ık Lan	amvr			3	370						39:08	3									
01:29=				07:00=	08:28=	10:34=	11:44=	13:45=	15:33=	18:02=	20:50=	22:24=	24:02=	26:16=	28:39=	29:23=	30:23=	32:55=	34:16=	36:40=	37:58=	38:54=	39:08=
01:29=	01:59=	01:48=	00:35=	01:09=	01:28=	02:06=	01:10=	02:01=	01:48=	02:29=	02:48=	01:34=	01:38=	02:14=	02:23=	00:44=	01:00=	02:32=	01:21=	02:24=	01:18=	00:56=	00:14=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Thor	mas C	hruick	shank		4	18						43:13	3									
						10:42+																	
						03:07+																	
00:18-				_	00:08-	01:01&	00:08-	00:05-	00:00=	00:11+	00:04-	00:00=		_	00:33-	02:020	00:0/#	01:46&	00:30&	00:07+	00:07-	00:02+	00:01-
3		ne Hal					111						44:04	-									
						10:14-																	
						01:57-																	
	_			00:07#	00:05+	00:09-		00:11+	00:14#	00:30#	00:13+	00:22#		_	00:30#	00:13%	00:06#	01:13&	00:22&	00:27#	00:01-	00:20&	00:00=
4		dr Bre		06.46	00.14	13:27+	13	17.00.	10.001	21.201	25.271	20.441	48:50	-	25.51.	26.441	20.01.	41.001	42.241	45.421	47.201	40.261	40.501
						05:13+																	
						03:07@																	
5	_	nar Th					117						50:36	_									
•				07:32+	09:07+	11:49+		16:20+	20:03+	23:30+	26:40+	28:16+		-	36:12+	37:12+	38:42+	41:55+	45:13+	47:55+	49:08+	50:20+	50:36+
						02:42+																	
00:02-	00:07-	00:17#	00:07#	00:17#	00:07+	00:36&	01:130	00:07+	01:55@	00:58&	00:22#	00:02+	01:08&	00:43&	00:10-	00:16&	00:30&	00:41&	01:57@	00:18#	00:05-	00:16&	00:02#
6	Krist	toffer l	Buchh	olz Jo	hanne	ssen 8	38						50:51	ı									
02:16+						11:36+		19:22+	21:49+	24:35+	27:12+	28:45+	33:56+	36:39+	38:48+	39:46+	41:06+	44:38+	45:51+	48:30+	49:41+	50:35+	50:51+
						02:17+																	
00:47&	00:22-	00:07-	00:09&	00:01-	00:25&	00:11+	00:43&	03:52@	00:39&	00:17#	00:11-	00:01-	03:330	00:29#	00:14-	00:14&	00:20&	01:00&	00:08-	00:15#	00:07-	00:02-	00:02#
7		n Krist					74						51:44	-									
						12:20+																	
						02:34+ 00:28#																	
00.15#				00.021	00.17π			00.49&	03.100	01.110	00.55π	00.524		_	00.03	00.124	00.500	00.10#	00.15π	00.554	00.200	00.200	00.00-
0		I Jans		10.001	10.15	14:26+	115	17.50.	10.071	22.11.	26.201	20.051	52:47		27.17.	20.11.	20-121	41.071	46.501	40.21.	E1.201	E0.241	E0.471
						02:11+																	
						00:05+																	
9	Andı	ré Sire	våa				116						53:00)									
01:31+				08:16+	11:01+	14:25+		18:59+	21:38+	24:59+	28:08+	30:21+		-	39:35+	40:39+	42:01+	45:15+	47:09+	50:22+	51:32+	52:45+	53:00+
01:31+	02:36+	02:03+	00:50+	01:16+	02:45+	03:24+	01:35+	02:59+	02:39+	03:21+	03:09+	02:13+	02:22+	03:59+	02:53+	01:04+	01:22+	03:14+	01:54+	03:13+	01:10-	01:13+	00:15+
00:02+	00:37&	00:15#	00:15&	00:07#	01:17&	01:18&	00:25&	00:58&	00:51&	00:52&	00:21#	00:39&	00:44&	01:45&	00:30#	00:20&	00:22&	00:42&	00:33&	00:49&	00:08-	00:17&	00:01+
10	Krist	tian Bi	0			1	165						54:57	7									
01:39+	04:00+	06:14+	07:04+	08:40+	10:32+	13:10+	14:56+	17:28+	20:00+	23:00+	26:06+	27:49+	29:57+	33:04+	35:47+	37:06+	38:38+	45:33+	48:07+	51:32+	53:12+	54:39+	54:57+
						02:38+																	
00:10#	_			00:27&	00:24&	00:32&	00:36&	00:31&	00:44&	00:31#	00:18#	00:09+	00:30&	00:53&	00:20#	00:35&	00:32&	04:23@	01:13&	01:01&	00:22&	00:31&	00:04&
11		Jan Er				4	13						58:02										
						14:49+																	
						02:38+																	
					01:310	00:32&		00:03-	00:52&	00:02+	01:26&	02:160			01:26&	00:00=	00:24&	00:59&	04:240	01:08%	00:16-	00:10#	00:00=
12		Erlend			10 57		51	01 56	05 00.	00 14:	21 06	22 00.	1:00:		44 20	45 50:	40 10.	F2 02:	E4 20:	E7 0E.	F0 00:	60 10	60 221
						13:26+ 02:29+																	
						02:23#																	
				30.10	30.131				-1.104		-0.2.1	-0.00			-1.104		-1.206					.0.224	
13		le Ung		00.071	11.32	16:31+	116	24 • 15 :	27.281	30.47:	33.55:	35.361	1:01:		17.18:	48.201	10.55	5/1.00:	55.40:	50.301	50.50:	61 • 0 8 :	61.234
						04:59+																	
						02:530																	
	.,						-																

Plass	Navn	Klasse	Tid

Beste strekktid for klassen
01:11 01:36 01:29 00:35 01:02 01:20 01:57 01:02 01:56 01:35 02:29 02:37 01:33 01:34 02:12 01:50 00:44 01:00 02:14 01:13 02:19 01:02 00:54 00:13

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

Herrer 50 - 59 år

1	Kiall	Selan	А			•	236						46:34	ı									
01 • 33=				10.20=	14.22=	15:41=		19.31=	22.59=	25.04=	27 • 07=	28.50=		_	34 • 24=	35 • 11=	37.51=	39.18=	42.00=	43.28=	45.16=	46.20=	46.34=
						01:19=																	
						00:00=																	
2	Arno	ırim U	tskarp	en		•	117						50:02	2									
01:40+					14:17-	15:34-	18:06+	19:43+	23:26+	25:37+	28:01+	30:04+	31:17+	33:43+	35:52+	37:24+	40:43+	42:03+	45:16+	46:34+	48:42+	49:50+	50:02+
						01:17-																	
00:07+	00:39-	00:12-	00:03+	00:19-	00:55#	00:02-	00:14#	00:05+	00:15+	00:06+	00:21#	00:20#	00:04-	00:29-	00:47&	00:45&	00:39#	00:07-	00:31#	00:10-	00:20#	00:04+	00:02-
3	Arne	Hetle	lid			ç	98						51:27	7									
						16:00+																	
						01:33+																	
00:10#				00:11-	00:09+	00:14#		00:35&	00:19-	00:04+	00:22#	00:02-		_	00:47&	00:25&	00:10+	00:37&	00:58&	00:19#	00:18#	00:10#	00:02#
4		nar Mo			44 50.	-	52		05.44.	0.0			52:24	_		40 40.	40.40.	44 40.	45 00:	40.00.	F0 45.	F0 0F.	50.04.
						16:39+ 01:41+																	
						00:22&																	
5			mas F				192						52:57	_									
•					14.45+	17:31+		21 • 43+	24.32+	26.41+	28.54+	30.47+			37.20+	38.23+	41.28+	42.35+	48.37+	49.46+	51 • 30+	52・37+	52.57+
						02:46+																	
						01:27@																	
6	Trva	ve Mid	chaels	en			117						53:21										
01:17-					18:38+	20:16+		23:44+	28:30+	30:29+	32:30+	34:11+			40:36+	42:17+	45:14+	46:14+	48:59+	50:30+	52:13+	53:07+	53:21+
01:17-	01:59-	02:51+	01:14-	02:21-	08:56+	01:38+	02:17-	01:11-	04:46+	01:59-	02:01-	01:41-	01:32+	02:13-	02:40+	01:41+	02:57+	01:00-	02:45+	01:31+	01:43-	00:54-	00:14=
00:16-	00:31-	00:50&	00:12-	00:29-	04:540	00:19#	00:01-	00:21-	01:18&	00:06-	00:02-	00:02-	00:15#	00:42-	01:18&	00:540	00:17#	00:27-	00:03+	00:03+	00:05-	00:10-	00:00=
7	Håva	ard Hå	land			(66						53:38	3									
						21:06+																	
						01:48+																	
00:18#				00:06-	05:320	00:29&		00:07+	00:12-	00:05+	00:00=	00:00=		_	00:03-	00:14&	00:29-	00:05+	00:05-	00:07+	00:04-	00:04-	00:01+
8		Bjorc		44 50.	46.00.		53		0.00	00 55.			53:45	-			44.05	45 45		50.00.	50.04	F0 00:	50.45.
						18:15+ 01:43+																	
						00:24&																	
9		_	Skåra				266						55:03										
02:48+					17:44+	19:40+		23:25+	26:52+	29:13+	31:31+	33:37+			40:13+	41:26+	44:25+	46:25+	49:48+	51:10+	53:13+	54:45+	55:03+
						01:56+																	
01:15&	00:01-	00:13#	00:11#	00:24#	01:20&	00:37&	00:03+	00:08-	00:01-	00:16#	00:15#	00:23#	00:11#	00:32#	00:19#	00:26&	00:19#	00:33&	00:41&	00:06-	00:15#	00:28&	00:04&
10	Erlin	g Knu	tzen			1	128						55:07	7									
01:41+	03:36-	05:22-	07:07-	10:10-	14:41+	17:02+	20:00+	21:38+	25:39+	27:49+	31:20+	33:13+	34:32+	37:34+	40:41+	41:44+	44:18+	46:31+	49:40+	51:10+	53:34+	54:55+	55:07+
						02:21+																	
00:08+	00:35-	00:15-	00:19#	00:13+	00:29#	01:02&	00:40&	00:06+	00:33#	00:05+	01:28&	00:10+	00:02+	00:07+	01:45@	00:16&	00:06-	00:46&	00:27#	00:02+	00:36&	00:17&	00:02-
11		en Nil					116						57:27										
						18:34+																	
						01:42+ 00:23&																	
				U1:32&	00:14+			00:37&	00:08-	00:20#	00:20#	00:03-		_	00:384	00:40&	00:01+	00:21#	04:360	00:11#	00:19#	00:14#	00:03#
12		Bjørni		10 00	14 40	18:11+	76	00 07.	05 50.	00 45	21 11.	22 01 .	57:44		40.00	44.06	40.00.	40 40.	F2 00:	E4 4E1	F.C. 0.F.	F7 06:	57 44
						18:11+ 03:22+																	
						02:03@																	
13	_	Halse					114				1		58:02		. = . = .				1				
			-	10:49+	15:41+	17:33+		21:47+	26:50+	28:45+	31:15+	33:53+		_	42:27+	44:42+	47:29+	48:53+	52:14+	54:22+	56:24+	57:46+	58:02+
						01:52+																	
00:05+	00:10-	00:23#	00:14#	00:03-	00:50#	00:33&	00:31#	00:07-	01:35&	00:10-	00:27#	00:55&	00:01+	01:48&	01:11&	01:280	00:07+	00:03-	00:39#	00:40&	00:14#	00:18&	00:02#

Plass	Navr	1					Klasse	•					Tid										
14	Jone	Kalhe	oim			9	93						58:08	3									
01:44+	05:33+	07:13+	08:45+			18:03+	20:24+						39:01+	43:06+								57:56+	
																						01:01- 00:03-	
15	_	k Han		00.23	W.42#		29	01.400	04.216	00.03	00.17#	00.12π	59:03	_	00.270	01.000	00.50	00.00-	00.54π	00.200	00.10	00.03	00.02
	-	-		13:01+	22:49+		-	28:35+	32:06+	34:23+	37:00+	38:42+		-	44:43+	45:53+	48:56+	50:06+	53:00+	54:45+	57:39+	58:43+	59:03+
																						01:04=	
4.0				00:14+	05:460	00:02-	00:12+	00:27&	00:03+	00:12+	00:34&	00:01-		_	01:00&	00:23&	00:23#	00:17-	00:12+	00:17#	01:06&	00:00=	00:06&
16 01:56±		o6 · 42+		12.27+	17.40+	21 • 42+	23.59+	25.46+	29.45+	32.07+	34.23+	36.09+	59:44		42.36+	43.33+	47.15+	48.14+	53.58+	54.53+	58.27+	59:27+	59.44+
																						01:00-	
00:23#	00:03+	00:12+	00:15#	01:14&	01:11&	02:430	00:01-	00:15#	00:31#	00:17#	00:13#	00:03+			01:10&	00:10#	01:02&	00:28-	03:020	00:33-	01:46&	00:04-	00:03#
17			rådlan		17 04	_	297	20 22.	24 04:	26 25.	20 02:	40 40	1:01:		47 01	40.06	F0 F0:	FO 04:	F4 F0:	56 441	F0 20:	60 57.	61 12
																						60:57+ 01:19+	
00:16#	01:33&	00:09+	00:07+	00:13+	00:44#	07:29@	00:01-	00:32&	00:03+	00:26#	00:25#	00:04-	00:05-	00:22-	01:12&	00:18&	00:07+	00:16-	00:12+	00:18#	01:06&	00:15#	00:02#
18		Breil					352						1:01:										
																						61:06+ 00:58-	
																						00:06-	
19	Ådne	Haus	berg				7						1:02:	21									
																						62:03+	
																						01:30+ 00:26&	
20		_	Selda				192						1:04:										
01:39+	04:13+	06:57+	08:52+	14:33+		22:08+	25:25+						41:10+	44:19+								64:14+	
																						01:19+ 00:15#	
21	_	Paul		02.516	01.410		98	00.12π	01.210	00.15#	01.130	00.274	1:05:		00.514	00.290	03.276	00.001	00.54π	00.374	00.10#	00.13#	00.011
				12:33+	16:37+			24:26+	27:30+	29:56+	32:48+	34:46+			42:12+	45:55+	48:40+	52:28+	56:54+	59:28+	63:38+	64:56+	65:08+
																						01:18+	
					00:02+		17	00:04+	00:24-	00:21#	00:49&	00:15#			01:230	02:560	00:05+	02:210	01:44&	01:00%	02:220	00:14#	00:02-
22 01:27-			kevolc 08:07+		18:35+			25:50+	32:20+	34:34+	37:07+	39:46+	1:05: 41:20+		50:47+	52:16+	55:57+	57:16+	60:15+	62:38+	64:30+	65:43+	65:57+
01:27-	02:39+	02:16+	01:45+	03:31+	06:57+	02:12+	02:53+	02:10+	06:30+	02:14+	02:33+	02:39+	01:34+	03:14+	06:13+	01:29+	03:41+	01:19-	02:59+	02:23+	01:52+	01:13+	00:14=
	_		_	00:41#	02:55&			00:38&	03:02&	00:09+	00:30#	00:56&			04:510	00:42&	01:01&	00:08-	00:17#	00:55&	00:04+	00:09#	00:00=
23		Mæsta		12.54+	17.36+		67 22 · 1 8 ±	24.34+	31.31+	33.53+	36.31+	38.30+	1:05:		48.39+	51.08+	54.40+	56:02+	60.13+	62.09+	64.26+	65:41+	65.58+
																						01:15+	
00:36&	00:42&	00:16#	00:20#	00:40#	00:40#	00:55&	00:10+	00:44&	03:29@	00:17#	00:35&	00:16#	00:16#	03:02@	01:17&	01:420	00:52&	00:05-	01:29&	00:28&	00:29&	00:11#	00:03#
24			akken	11 06	16 00:		66	06.40.	00 54:	21 50.	25 24	27 00.	1:07:		E0 40:	FO 13:	FF 00:	F7 00:	61 45	62 20:	65 00:	66 50.	67. 10.
																						66:52+ 01:24+	
00:18#	00:05-	00:13-	00:08+	00:38#	01:00#	00:38&	00:03+	04:510	00:23-	00:07-	01:39&	00:08-	00:23&	03:40@	03:560	00:44&	00:27#	00:41&	01:35&	00:17#	00:10+	00:20&	00:04&
25		_	Finne			_	287						1:08:										
																						67:47+ 01:14+	
																						00:10#	
26	Arild	Holm				•	114						1:09:	31									
																						69:13+	
																						01:21+ 00:17&	
27		_	r Berr				27			_			1:12:			_	_				_		
07:27+	09:38+	11:48+	13:46+	16:25+		24:41+	27:22+						43:03+	47:39+								71:43+	
																						01:05+ 00:01+	
28		stof S		00.11-	00.3/#		239	00.3/&	00.3/#	00.20#	01.240	00.03+	1:13:		02.240	U1.320	00.30&	02.040	01.078	00.3/&	01.436	00.U1T	00.03#
				13:39+	19:17+			27:19+	37:06+	39:18+	42:40+	45:03+			55:19+	57:18+	60:28+	61:59+	67:14+	69:02+	71:20+	72:58+	73:19+
02:13+	03:11+	02:13+	02:11+	03:51+	05:38+	03:23+	02:52+	01:47+	09:47+	02:12+	03:22+	02:23+	02:02+	05:14+	03:00+	01:59+	03:10+	01:31+	05:15+	01:48+	02:18+	01:38+	00:21+
00:40&	00:41&	00:12+	00:45&	01:01&	01:36&	02:040	00:34#	00:15#	06:19@	00:07+	01:19&	00:40&	00:45&	02:19&	01:380	01:120	00:30#	00:04+	02:33&	00:20#	00:30&	00:34&	00:07&

Plass	Navr	1				ı	Klasse	!					Tid										
29	Rayr	nond	B. Pett	tersen		•	105						1:15:	27									
02:05+	04:24+	06:31+	08:08+	18:38+	23:37+	25:53+	28:28+	30:32+	35:39+	38:20+	47:14+	49:33+	51:11+	55:06+	57:58+	59:22+	63:05+	64:30+	69:20+	71:15+	73:38+	75:09+	75:27+
02:05+	02:19-	02:07+	01:37+	10:30+	04:59+	02:16+	02:35+	02:04+	05:07+	02:41+	08:54+	02:19+	01:38+	03:55+	02:52+	01:24+	03:43+	01:25-	04:50+	01:55+	02:23+	01:31+	00:18+
00:32&	00:11-	00:06+	00:11#	07:40@	00:57#	00:57&	00:17#	00:32&	01:39&	00:36&	06:51@	00:36&	00:21&	01:00&	01:30@	00:37&	01:03&	00:02-	02:08&	00:27&	00:35&	00:27&	00:04&
30	Per I	var Ho	ovstad			•	116						1:19:	44									
02:06+	04:37+	07:05+	09:03+	12:14+	17:42+	22:51+	25:16+	28:22+	32:46+	34:38+	39:32+	41:42+	43:13+	47:19+	52:32+	54:15+	60:39+	62:10+	70:33+	73:21+	78:16+	79:29+	79:44+
02:06+	02:31+	02:28+	01:58+	03:11+	05:28+	05:09+	02:25+	03:06+	04:24+	01:52-	04:54+	02:10+	01:31+	04:06+	05:13+	01:43+	06:24+	01:31+	08:23+	02:48+	04:55+	01:13+	00:15+
00:33&	00:01+	00:27#	00:32&	00:21#	01:26&	03:50@	00:07+	01:34@	00:56&	00:13-	02:51@	00:27&	00:14#	01:11&	03:51@	00:56@	03:44@	00:04+	05:41@	01:20&	03:07@	00:09#	00:01+
Beste	strekk	tid for	klass	en																			
01:10	01:51	01:29	01:14	02:02	04:02	01:17	02:07	01:11	02:49	01:50	02:01	01:35	01:03	01:57	01:19	00:47	02:04	00:59	02:27	00:55	01:32	00:54	00:12

Herrer 60 - 64 år

1	Espe	en Kro	qh			7	7						39:50	0									
00:39=	02:32=	05:16=	06:33=	07:43=	09:02=	10:18=	11:29=	13:42=	15:54=	17:21=	20:04=	21:16=	23:46=	26:31=	28:24=	30:41=	31:57=	33:52=	35:20=	37:38=	38:26=	39:37=	39:50=
00:39=					01:19=																		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Mort	en Jo	hanne	ssen		7	7						43:3	5									
00:59+	02:42+	05:32+	07:19+	08:17+	09:36+																		
00:59+				00:58-		01:21+																	
00:20&					00:00=	00:05+	00:14#	00:20-	00:48&	00:18-	00:07+	00:00=			00:15#	00:05-	00:05+	00:47&	01:00&	00:24-	00:04+	00:01+	00:03#
3	Svei	nung (Svebe	stad		4	46						47:52	2									
00:55+					09:48+	11:29+	13:07+	15:41+	18:00+	19:18+	22:50+	24:28+	28:19+	31:53+	34:26+	37:04+	38:36+	41:00+	42:57+	45:18+	46:18+	47:33+	47:52+
00:55+					01:48+																		
00:16&	00:00=	00:12-	00:24&	00:11-	00:29&	00:25&	00:27&	00:21#	00:07+	00:09-	00:49&	00:26&	01:21&	00:49&	00:40&	00:21#	00:16#	00:29&	00:29&	00:03+	00:12#	00:04+	00:06&
4	Inge	Skret	ting			•	165						48:33	3									
					12:16+																		
					01:32+																		
00:17&	00:03+	01:54&	00:30&	00:17#	00:13#			00:33#	00:06-	00:16-	00:27#	00:57&			00:02+	00:12-	00:35&	00:27#	00:05-	00:19#	00:06#	00:04-	00:01+
5	Lars	Berge	ersen			•	116						48:43	3									
00:50+					09:34+																		
00:50+					01:42+																		
00:11&					00:23&	00:24&	00:32&	00:40&	00:13+	00:02+	00:39#	00:21&			00:22#	00:55&	00:59&	01:02&	00:38&	00:17#	00:25&	00:06-	00:06&
6		Ingar I				7	7						54:03	-									
					11:24+																		
01:25+					02:00+																		
00:460				00:04-	00:41&			00:52&	00:45&	00:13#	01:51%	00:31&			00:52&	01:07&	00:24&	00:39&	00:15#	00:19#	00:11#	00:08#	00:08&
7		า C. Si				-	93						1:03:	-									
					15:00+																		
01:04+					01:53+ 00:34&																		
00.23@				00.09-	00.340	00.23&	00.194	00.55&	01.30α	04:416	01:430	00.33&			00.400	00.430	00.240	00.410	00.33&	02.230	00.20&	00:11-	00:03&
8		jørn D		40.40.	45.04.		92		04.55	06 55.			1:06:		44.00.	40.50	50 45.	54.00.					
00:56+ 00:56+					15:31+ 01:48+																		
					00:29&																		
0	_				00.234			00.134	00.004	00.014	01.104	00.134			01.134	01.174	01.024	02.200	02.010	01.204	00.174	00.014	00.270
9		re Ma			10.50		116	26.161	20.261	20.11.	20.061	20.561	1:07:		E0.101	EE.10.	E7.0E1	CO.131	C1 - E7 -	C4 - 20 I	CE - 20 I	CC. FO.	67.001
02:23+					18:52+ 03:08+																		
					01:490																		
			-		01.100	01.104	= 00.00u	00.114	01.004	01.004	00.120	00.004			00.004	00.004	00.004	00.004	00.10	00.21	00.111	00.01	00.000
10		inge H			11 14.	10 10 1	3	17 00	00 001	01 45	05 15:	06 401	1:11:		F.C. 11.	F0 FF.	60 01 1	60 50.	64.06	67.00.	60.05.	71 11.	71 00.
00:48+ 00:48+					11:14+ 01:39+																		
00:09#					00:20&																		
					00.204			00.034	00.014	00.11	00.174	00.214			02.020	00.27	00.10	00.004	00.00	00.104	00.00	01.000	00.014
11		Kolbei			10.00		66	26.26	20.57	20.02:	27.01	20.42:	1:14:		F2.20:	E7.E0:	CO-11:	C4.E2:	67.01.	70.52	70.07:	72.50	74.101
01:30+ 01:30+					19:23+ 02:38+																		
					02:38+																		
00.510	01.010	04.0/6	U1.200	00.700	υ1.13α	JU.7/0	JU.JJ&	JU.J± @	01.000	υυ. <i>υυ</i> α	UZ.JJ@	U1.1Uα	UI.JUW	UZ.100	04.700	υ2.υ3α	01.000	04.14G	01.000	01.170	00.700	υυ. τυα	00.000

Plass	Navı	า				ı	Klasse	!					Tid										
12	Kjell	Lervi	k			2	239						1:14:	23									
01:34+	05:25+	14:31+	16:39+	18:01+	20:12+	22:25+	24:23+	28:44+	31:53+	37:37+	44:18+	46:43+	52:09+	57:01+	59:55+	62:30+	64:39+	67:31+	69:24+	71:53+	72:54+	74:02+	74:23+
01:34+	03:51+	09:06+	02:08+	01:22+	02:11+	02:13+	01:58+	04:21+	03:09+	05:44+	06:41+	02:25+	05:26+	04:52+	02:54+	02:35+	02:09+	02:52+	01:53+	02:29+	01:01+	01:08-	00:21+
00:55@	01:58@	06:22@	00:51&	00:12#	00:52&	00:57&	00:47&	02:08&	00:57&	04:17@	03:58@	01:13@	02:56@	02:07&	01:01&	00:18#	00:53&	00:57&	00:25&	00:11+	00:13&	00:03-	00:08&
Beste	strekk	tid for	klass	en																			
00:39	01:43	02:18	01:17	00:58	01:19	01:16	01:10	01:53	02:06	01:09	02:43	01:12	02:30	02:45	01:53	02:05	01:16	01:55	01:23	01:54	00:48	01:00	00:13
= Som k	lassevin	ner, -	raskere,	+ sei	nere, #	10% tap	, & 25	% tap,	@ 100%	tap.													

Herrer 65 - 69 år

1	Arvi	d Myd	land			:	29						38:02	2									
							10:37=																
							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=
2		Kristi					86						38:10	-									
							10:22-																
							01:11-																
_				00:05+	00:05-		00:12-	00:36&	00:05+	00:09#	01:5/-	00:14#		_	00:02-	00:23-	00:30-	00:56&	00:30&	00:08+	00:08#	00:12-	00:03#
3		ne Gin	-				38						47:12	_									
							13:05+																
							01:33+ 00:10#																
4			_	00.12	00.544		93	00.201	00.13	00.224	00.50	00.544		_	00.504	00.504	00.15	00.574	00.504	00.404	00.124	00.01	00.01
01.04		Tunh		00.021	00.501		13:12+	15./5:	10.001	10.441	22.051	24.251	47:49	-	24.41.	27.071	20.201	40.501	42.501	45.221	16.171	47.251	47.401
							01:44+																
							00:21&																
5	Kiall	Skjæv	voland	ı			166						47:50	1									
00:51+					12:07+		14:46+	16:55+	18:58+	20:20+	23:08+	25:58+		-	36:18+	38:29+	39:57+	42:08+	43:41+	45:50+	46:37+	47:37+	47:50+
							01:14-																
00:06#	01:12&	00:50&	00:02+	00:07#	01:58@	00:03+	00:09-	00:07+	00:21#	00:19&	01:49-	01:37@	00:46&	00:38&	02:13@	00:20#	00:06-	00:18#	00:17#	00:27&	00:10&	00:01+	00:00=
6	Biøri	n Sive	rtsen			9	99						48:50)									
00:57+	03:29+	06:01+	07:33+	08:42+	10:29+	12:04+	13:43+	16:22+	18:39+	20:01+	23:37+	25:07+	28:27+	32:21+	35:16+	37:53+	39:19+	41:54+	44:11+	46:22+	47:21+	48:35+	48:50+
							01:39+																
00:12&	00:52&	00:43&	00:09#	00:17&	00:24&	00:13#	00:16#	00:37&	00:35&	00:19&	01:01-	00:17#	01:02&	01:24&	01:00&	00:46&	00:08-	00:42&	01:01&	00:29&	00:22&	00:15&	00:02#
7		jørn E					108						49:23	-									
							11:42+																
							01:17- 00:06-																
_		_		00.041	00.10#			01.400	00.410	02.556	01.21	00.071		_	00.071	00.514	00.10#	00.524	00.200	00.21π	00.134	00.10#	00.040
8		le San		00.121	15.201	_	2 9 19:33+	22.051	24.201	25.441	20.201	20.441	50:07		20.241	40.201	41.401	44.01.	45.251	47.241	10.271	10.101	50.071
							02:40+																
							01:17&																
9	Svei	nung [.]	Tveit			-	236						54:18	3									
01:04+				09:51+	11:45+	_	15:39+	18:40+	22:04+	23:37+	28:21+	30:40+	•	-	41:01+	43:42+	45:10+	47:46+	49:39+	51:54+	52:47+	54:00+	54:18+
01:04+	03:17+	02:38+	01:48+	01:04+	01:54+	02:04+	01:50+	03:01+	03:24+	01:33+	04:44+	02:19+	03:56+	03:51+	02:34+	02:41+	01:28-	02:36+	01:53+	02:15+	00:53+	01:13+	00:18+
00:19&	01:37&	00:49&	00:25&	00:12#	00:31&	00:42&	00:27&	00:59&	01:42&	00:30&	00:07+	01:06&	01:38&	01:21&	00:39&	00:50&	00:06-	00:43&	00:37&	00:33&	00:16&	00:14#	00:05&
10	Arne	Magn	ne Han	deland	d	(92						58:14	4									
							14:52+																
							01:51+																
00:17&					00:30&		00:28&	01:19&	00:36&	00:33&	00:23+	00:30&			00:54&	01:00&	00:18#	02:140	00:50&	00:46&	00:21&	00:18&	00:03#
11		Stok					59						1:01:										
							19:58+																
							01:42+ 00:19#																
	_				34.556			00.020	00.010	00.400	30.43π	30.370			30.376	01.200	50.04	01.000	JU.210	50.25π	00.270	00.270	JU. UJ&
12		tein S			12.07		5 4 15:48+	10.00:	22.201	24 • 40 :	20.50	30.381	1:02:		15.56	50.30:	52.1/1	5/-50:	57.10:	50.431	60.361	62 • 03 !	62:30+
							01:40+																
							00:17#																
							-			-				-		_							

Plass	Navn					ı	Klasse	•					Tid										
13	Jan A	renda	al			•	116						1:05:	00									
01:26+	04:04+	07:15+	09:34+	11:11+	15:31+	17:27+	19:20+	22:38+	25:25+	27:40+	32:55+	34:52+	39:04+	43:45+	46:54+	50:11+	51:58+	55:16+	58:15+	61:25+	62:46+	64:35+	65:00+
01:26+	02:38+	03:11+	02:19+	01:37+	04:20+	01:56+	01:53+	03:18+	02:47+	02:15+		01:57+	04:12+	04:41+	03:09+		01:47+	03:18+	02:59+	03:10+	01:21+	01:49+	00:25+
00:41&	00:58&	01:22&	00:56&	00:45&	02:57@	00:34&	00:30&	01:16&	01:05&	01:120	00:38#	00:44&	01:54&	02:11&	01:14&	01:26&	00:13#	01:25&	01:430	01:28&	00:44@	00:50&	00:12&
14	Bjørn	Tore	Aase			2	29						1:16:	59									
01:28+	04:14+	16:44+	18:53+	20:13+	23:00+	25:32+	27:25+	31:01+	34:57+	36:40+	42:28+	44:14+	48:48+	54:03+	57:36+	61:22+	65:46+	69:04+	71:01+	73:48+	74:58+	76:27+	76:59+
01:28+	02:46+	12:30+	02:09+	01:20+	02:47+	02:32+	01:53+	03:36+	03:56+	01:43+	05:48+	01:46+	04:34+	05:15+	03:33+	03:46+	04:24+	03:18+	01:57+	02:47+	01:10+	01:29+	00:32+
00:43&	01:06&	10:41@	00:46&	00:28&	01:240	01:10&	00:30&	01:34&	02:14@	00:40&	01:11&	00:33&	02:16&	02:45@	01:38&	01:55@	02:50@	01:25&	00:41&	01:05&	00:33&	00:30&	00:19@
15	Rolf k	(lepp	е			(33						1:25:	02									
01:18+	05:03+	10:38+	13:14+	15:58+	19:02+	21:15+	24:06+	28:50+	32:17+	35:01+	41:18+	44:27+	49:55+	54:58+	60:19+	64:13+	68:43+	72:32+	74:39+	80:48+	81:57+	84:43+	85:02+
01:18+	03:45+	05:35+	02:36+	02:44+	03:04+	02:13+	02:51+	04:44+	03:27+	02:44+	06:17+	03:09+	05:28+	05:03+	05:21+	03:54+	04:30+	03:49+	02:07+	06:09+	01:09+	02:46+	00:19+
00:33&	02:05@	03:460	01:13&	01:52@	01:410	00:51&	01:28@	02:42@	01:45@	01:410	01:40&	01:560	03:10@	02:33@	03:26@	02:03@	02:56@	01:56@	00:51&	04:27@	00:32&	01:47@	00:06&
16	Egil F	Røyne	berg			(93						1:41:	27									
02:07+	05:58+	12:19+	15:29+	18:12+	22:07+	25:23+	29:03+	33:25+	38:39+	41:36+	51:12+	54:29+	65:00+	70:46+	76:08+	80:33+	83:49+	88:39+	91:44+	96:28+	98:38+	100:58+	101:27+
02:07+	03:51+	06:21+	03:10+	02:43+	03:55+	03:16+	03:40+	04:22+	05:14+	02:57+	09:36+	03:17+	10:31+	05:46+	05:22+	04:25+	03:16+	04:50+	03:05+	04:44+	02:10+	02:20+	00:29+
01:220	02:110	04:320	01:47@	01:51@	02:320	01:54@	02:17@	02:20@	03:32@	01:540	04:59@	02:04@	08:13@	03:16@	03:27@	02:34@	01:42@	02:57@	01:490	03:02@	01:33@	01:21@	00:160
Beste	strekkt	id for	klass	en																			
00:45	01:25	01:49	01:16	00:52	01:18	01:11	01:11	02:02	01:42	01:03	02:40	01:13	02:18	02:29	01:48	01:28	01:04	01:53	01:16	01:42	00:37	00:47	00:13

Herrer 70 - 74 år

1	Harr	y Brei	land				66						37:37	7										
00:50=				06:29=	07:54=	09:14=	10:30=	12:38=	14:38=	15:55=	18:48=	19:59=	22:25=	25:02=	26:53=	28:38=	29:52=	32:01=	33:26=	35:32=	36:23=	37:22=	37:37=	
00:50=	01:35=	01:52=	01:21=	00:51=	01:25=	01:20=	01:16=	02:08=	02:00=	01:17=	02:53=	01:11=	02:26=	02:37=	01:51=	01:45=	01:14=	02:09=	01:25=	02:06=	00:51=	00:59=	00:15=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Biør	n Alsa	ker				115						38:13	3										
00:48-	03:27+	05:59+	07:25+	08:15+	09:44+	11:03+	12:13+	14:21+	16:14+	17:17+	19:58+	21:09+	23:32+	26:26+	28:04+	29:48+	30:50+	32:59+	34:35+	36:28+	37:15+	38:01+	38:13+	
00:48-	02:39+	02:32+	01:26+	00:50-	01:29+	01:19-	01:10-	02:08=	01:53-	01:03-	02:41-	01:11=	02:23-	02:54+	01:38-	01:44-	01:02-	02:09=	01:36+	01:53-	00:47-	00:46-	00:12-	
00:02-	01:04&	00:40&	00:05+	00:01-	00:04+	00:01-	00:06-	00:00=	00:07-	00:14-	00:12-	00:00=	00:03-	00:17#	00:13-	00:01-	00:12-	00:00=	00:11#	00:13-	00:04-	00:13-	00:03-	
3	Asge	eir Bel	l				117						48:00)										
01:03+	02:57+	05:48+	07:29+	08:30+	10:30+	12:08+	13:48+	16:56+	19:11+	20:22+	23:21+	24:39+	28:21+	31:40+	34:18+	36:47+	38:46+	40:59+	42:38+	45:41+	46:24+	47:41+	48:00+	
01:03+	01:54+	02:51+	01:41+	01:01+	02:00+	01:38+	01:40+	03:08+	02:15+	01:11-	02:59+	01:18+	03:42+	03:19+	02:38+	02:29+	01:59+	02:13+	01:39+	03:03+	00:43-	01:17+	00:19+	
00:13&	00:19#	00:59&	00:20#	00:10#	00:35&	00:18#	00:24&	01:00&	00:15#	00:06-	00:06+	00:07+	01:16&	00:42&	00:47&	00:44&	00:45&	00:04+	00:14#	00:57&	00:08-	00:18&	00:04&	
4	Svei	n Berg	ge				126						48:11	1										
00:45-	02:40+	05:12+	07:25+	08:47+	10:16+	12:11+	13:38+	16:06+	18:25+	19:47+	22:39+	23:42+	27:08+	30:12+	32:34+	34:46+	36:04+	38:08+	44:19+	46:14+	46:55+	48:00+	48:11+	
00:45-							01:27+																	
00:05-	00:20#	00:40&	00:52&	00:31&	00:04+	00:35&	00:11#	00:20#	00:19#	00:05+	00:01-	00:08-	01:00&	00:27#	00:31&	00:27&	00:04+	00:05-	04:460	00:11-	00:10-	00:06#	00:04-	
5	Paul	A. Pa	ulsen				117						49:37	7										
01:05+	03:17+	05:24+	07:02+	08:05+	09:53+	11:36+	13:13+	15:55+	18:24+	19:59+	23:16+	24:43+	27:39+	31:22+	36:26+	38:40+	40:20+	42:46+	44:38+	47:10+	48:08+	49:21+	49:37+	
01:05+							01:37+																	
00:15&	00:37&	00:15#	00:17#	00:12#	00:23&	00:23&	00:21&	00:34&	00:29#	00:18#	00:24#	00:16#	00:30#	01:06&	03:13@	00:29&	00:26&	00:17#	00:27&	00:26#	00:07#	00:14#	00:01+	
6	Ragi	nvald	Frøyla	nd			128						52:37	7										
00:52+	03:24+	05:54+	07:38+	08:42+	10:34+	12:23+	14:02+	16:52+	19:34+	21:31+	25:32+	27:02+	30:30+	35:17+	37:48+	40:35+	42:26+	45:33+	47:47+	50:09+	51:03+	52:20+	52:37+	
00:52+							01:39+																	
00:02+	00:57&	00:38&	00:23&	00:13&	00:27&	00:29&	00:23&	00:42&	00:42&	00:40&	01:08&	00:19&	01:02&	02:10&	00:40&	01:02&	00:37&	00:58&	00:49&	00:16#	00:03+	00:18&	00:02#	
7			ınheim				116						54:00	-										
01:08+							19:44+																	
01:08+							01:29+																	
00:18&				00:39&	03:13@		00:13#	00:29#	00:26#	00:04+	01:04&	00:47&			00:03-	00:03-	00:01+	00:08-	00:01+	00:02-	00:34&	01:30@	00:05&	
8		nd L. F					92						54:57											
01:32+							15:46+																	
01:32+							01:56+																	
00:42&					00:38&		00:40&	01:19&	00:41&	00:16#	01:04&	00:56&			00:36&	00:48&	00:31&	00:46&	00:35&	00:35&	00:09#	00:46&	00:15&	
9			Gause				115						56:14	•										
							17:31+																55:53+	
							01:42+									02:02+								00:21
00:24&	00:20#	00:55&	00:33&	00:36&	03:170	00:30&	00:26&	00:33&	00:29#	00:05+	00:09+	UU:14#	00:47-	UU:34#	U2:18@	00:17#	00:43&	UU:14#	Ul:46@	01:06&	U2:46@	00:07-	00:55@	00:21

Plass	Navı	า					Klasse)					Tid										
10	Svei	n Ims					65						58:20)									
			09:17+	10:40+	13:00+		16:45+	19:39+	22:45+	24:45+	28:50+	30:52+		-	42:00+	44:49+	46:25+	49:16+	51:45+	54:50+	56:08+	58:00+	58:20+
							01:49+																
00:31&				00:32&	00:55&		00:33&	00:46&	01:06&	00:43&	01:12&	00:51&			01:04&	01:04&	00:22&	00:42&	01:04&	00:59&	00:27&	00:53&	00:05&
11		Kåre l					128						59:18	-									
							16:04+																
							01:41+ 00:25&																
				00.434	00.13		88	01.034	00.11	00.214	00.500	00.244	59:47	_	01.104	01.104	00.234	00.504	00.201	00.17	00.021	00.224	00.05
12		Inge L		09.38+	11.47+		15:49+	18.54+	22.10+	24.55+	29.50+	32.55+	•••		43.23+	46.19+	48.59+	51.58+	54.02+	56.51+	57.56+	59.26+	59.47+
							02:01+																
							00:45&																
13	Arne	Øste	nsen			;	395						1:02:	25									
01:04+	03:24+	09:47+	11:46+	12:50+	14:33+	22:43+	24:37+	27:58+	31:01+	32:35+	36:28+	37:52+	42:24+	45:41+	49:30+	52:07+	53:47+	56:01+	57:54+	60:16+	61:08+	62:05+	62:25+
							01:54+																
00:14&				00:13&	00:18#	06:50@	00:38&	01:13&	01:03&	00:17#	01:00&	00:13#			01:58@	00:52&	00:26&	00:05+	00:28&	00:16#	00:01+	00:02-	00:05&
14		Hetlar				-	29						1:02:										
							20:20+																
							01:50+ 00:34&																
15		R. Tv		00.214	00.004		395	00.004	01.214	00.12	011.104	00.12	1:11:		01.214	00.004	00.124	01.004	02.110	00.124	00.00	01.170	00.01
				09.41+	11.52+		15:19+	18.31+	21.07+	27 • 42+	32.33+	41.53+			54.20+	57.51+	59.37+	63.19+	65.35+	68 • 24+	69.20+	70 • 41 +	71 • 16+
							01:46+																
00:19&	00:40&	01:20&	00:30&	00:23&	00:46&	00:21&	00:30&	01:04&	00:36&	05:18@	01:58&	08:090	02:29@	01:18&	01:46&	01:46@	00:32&	01:33&	00:51&	00:43&	00:05+	00:22&	00:20@
16	Olav	Habb	estad				116						1:13:	05									
01:08+	03:06+	07:24+	08:53+	10:49+	20:45+	22:37+	24:21+	27:54+	33:03+	35:08+	40:00+	42:42+	49:49+	55:04+	57:28+	60:10+	62:01+	64:49+	66:41+	69:53+	70:58+	72:47+	73:05+
							01:44+																
		_			08:310		00:28&	01:25&	03:09@	00:48&	01:59&	01:310			00:33&	00:57&	00:37&	00:39&	00:27&	01:06&	00:14&	00:50&	00:03#
17			Horpe				62						1:21:										
							22:31+ 03:32+																
							03:32+																
18		_	kiøres				92						1:23:										
					11:25+		17:32+	24:17+	26:47+	28:57+	33:32+	36:42+			68:44+	71:50+	73:11+	75:33+	77:24+	80:08+	81:22+	83:00+	83:31+
							01:30+																
00:10#	00:33&	00:48&	00:48&	00:27&	00:45&	03:17@	00:14#	04:37@	00:30#	00:53&	01:42&	01:590	00:39&	22:49@	01:40&	01:21&	00:07+	00:13#	00:26&	00:38&	00:23&	00:39&	00:160
19	Kiell	Ingar	Olsen	ì			50						1:24:	52									
							24:15+																
							02:13+																
	_			00:49&	01:09&		00:57&	01:31&	07:530	00:52&	08:200	00:49&			02:080	01:13&	00:58&	00:54&	00:09#	00:55&	00:32&	01:350	00:05&
20		re Uh		00 10.	22 00.		105	45 16:	40.00.	F1 40.	64.00	67 10.	1:45:		04.04.	07 55	00 45	00 50	06.001	101 50:	100 001	105 05	105 40
							40:51+ 05:23+																
							04:07@																
Beste							_	_	_		_	_	_	_	_	_				_			
				-	01:25	01:19	01:10	02:08	01:53	01:03	02:41	01:03	01:39	02:37	01:38	01:42	01:02	02:01	01:25	01:53	00:41	00:46	00:11
,							. = . = .		. = . = 0														

Herrer 75 - 79 år

1	Kjell	Svihu	IS			1	154						41:05	5			
00:58=	04:29=	06:27=	07:47=	13:46=	15:17=	16:25=	18:35=	21:38=	23:26=	25:29=	30:04=	32:45=	35:05=	37:38=	39:47=	40:48=	41:05=
00:58=	03:31=	01:58=	01:20=	05:59=	01:31=	01:08=	02:10=	03:03=	01:48=	02:03=	04:35=	02:41=	02:20=	02:33=	02:09=	01:01=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Øyvi	ind Eg	eskog			5	5						47:47	7			
01:00+	04:59+	07:23+	08:48+	13:05-	14:58-	16:37+	18:52+	22:29+	24:46+	27:58+	35:26+	38:43+	41:07+	43:55+	46:19+	47:30+	47:47+
01:00+	03:59+	02:24+	01:25+	04:17-	01:53+	01:39+	02:15+	03:37+	02:17+	03:12+	07:28+	03:17+	02:24+	02:48+	02:24+	01:11+	00:17=
00:02+	00:28#	00:26#	00:05+	01:42-	00:22#	00:31&	00:05+	00:34#	00:29&	01:09&	02:53&	00:36#	00:04+	00:15+	00:15#	00:10#	00:00=

Plass	Navı	า					Klasse						Tid				
3	Svei	n Gler	ndrand	16		•	38						47:48	3			
-				12:28-	14:35-	16:12-	18:49+	22:49+	24:48+	27:33+	34:43+	37:46+		-	46:21+	47:28+	47:48+
				03:37-													
00:22&				02:22-	00:36&	00:29&	00:27#	00:57&	00:11#	00:42&	02:35&	00:22#			00:34&	00:06+	00:03#
4		d Thor					5						48:16	•			
01:04+ 01:04+				14:21+ 03:35-													
00:04+				02:24-													
5			veland			_	93						48:19	_			
01:08+				14:33+	16:39+	•		24:09+	26:07+	29:00+	35:02+	38:11+		•	46:56+	48:00+	48:19+
01:08+				03:45-													
00:10#	02:02&	00:35&	00:14#	02:14-	00:35&	00:17#	00:03+	00:49&	00:10+	00:50&	01:27&	00:28#	00:42&	00:46&	00:15#	00:03+	00:02#
6	Hern	nann S	Skogs	holm		į.	53						48:30)			
				11:53-													
01:07+				03:45-													
00:09#			•	02:14-	00:44&			00:5/&	00:49&	00:13-	02:34&	00:06+			00:04+	02:230	00:05&
7			n Ars				115						53:56	-			
01:01+				11:14- 03:28-													
				02:31-													
8		s Klau					62						56:41	_			
01:02+				18:06+	20:41+			29:13+	31:28+	33:54+	41:51+	44:33+		-	55:20+	56:27+	56:41+
01:02+				05:17-													
00:04+	01:33&	00:21#	03:04@	00:42-	01:04&	00:21&	01:16&	00:34#	00:27#	00:23#	03:22&	00:01+	00:10+	00:56&	02:39@	00:06+	00:03-
9	Kjell	Lang	vik			Ç	93						56:47	7			
				15:35+													
				05:12- 00:47-													
				00:47-	00:34&	_		02:43&	01:14&	01:09&	01:41&	00:30#			U1:24&	00:374	00:07&
10		Husda		14:04+	16.451		93	25.241	20.201	25.021	45.401	40.271	58:38	-	E7.17.	E0.201	E0.201
				03:52-													
				02:07-													
11	Norv	ald SI	krettin	α		4	43						1:19:	04			
				20:44+	23:57+		. •	33:41+	35:57+	38:28+	58:54+	61:58+		• .	77:16+	78:42+	79:04+
01:58+				04:15-													
01:00@	02:14&	01:30&	03:58@	01:44-	01:42@	01:28@	00:40&	01:15&	00:28&	00:28#	15:510	00:23#			02:05&	00:25&	00:05&
12	Knu	t Jona	s Espe	edal			53						1:29:	42			
				25:46+													
02:38+				06:07+ 00:08+													
					01.000	· · · · -		03.000	02.238	01:360	00.396	02.370		· · · · · · -	02:476	00.400	00.220
13			keland		20.21.		92	40.461	E2.001	E0.0E1	70.11.	04.51.	1:45:		100.50	105.001	105.401
				24:08+ 06:06+													
				00:07+													
Beste	strekk	tid for	· klass	en													
00:58	03:10		01:20	_	01:31	01:08	02:07	03:03	01:47	01:50	04:35	02:28	02:16	02:33	02:09	01:01	00:14

Herrer 80 år og eldre

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

Plass	Navi	n				ı	Klasse						Tid	
3			obser	1		e	3						48:43	
			14:00+	17:52+	23:08+	29:54+	32:15+							
			01:30+											00:18-
00:41&	00:32#	00:30+	00:05+	00:15-	02:11&	01:13#	00:59&	00:36&	01:20&	00:10-	00:28#	00:22#	00:08#	00:01-
4	Arne	Bran	dsberg	1		2	29						51:14	ļ
01:29+			15:15+				33:11+	36:32+	39:38+	42:02+	45:39+	49:08+	50:44+	51:14+
01:29+	04:01+	07:44+	02:01+	04:46+	03:44+	07:16+	02:10+	03:21+	03:06+	02:24-	03:37+	03:29+	01:36+	00:30+
00:29&	00:56&	01:02#	00:36&	00:39#	00:39#	01:43&	00:48&	01:07&	01:08&	00:16-	01:05&	00:36#	00:27&	00:11&
5	Alf C	yland				ç	92						56:45	5
01:08+	03:57-	10:55+	12:21+	20:10+	23:16+	40:15+	42:16+	45:01+	47:30+	49:41+	52:17+	55:11+	56:25+	56:45+
			01:26+											
00:08#	00:16-	00:16+	00:01+	03:42&	00:01+	11:260	00:39&	00:31#	00:31&	00:29-	00:04+	00:01+	00:05+	00:01+
6	Jan	Værp				6	32						1:00:	05
01:12+	06:21+	17:52+	21:39+	27:02+	31:13+	40:25+	42:20+	45:49+	48:28+	51:12+	54:27+	57:57+	59:38+	60:05+
01:12+	05:09+	11:31+	03:47+	05:23+	04:11+	09:12+	01:55+	03:29+	02:39+	02:44+	03:15+	03:30+	01:41+	00:27+
00:12#	02:04&	04:49&	02:22@			03:39&	00:33&	01:15&	00:41&	00:04+	00:43&	00:37#	00:32&	380:00
7	Torl	eiv Mø	gedal			6	88						1:02:	28
14:59+	18:33+	25:29+	27:13+	32:16+	35:57+	42:35+	44:32+	48:45+	51:57+	54:12+	57:07+	60:19+	61:56+	62:28+
			01:44+											00:32+
13:59@	00:29#	00:14+	00:19#	00:56#	00:36#	01:05#	00:35&	01:59&	01:14&	00:25-	00:23#	00:19#	00:28&	00:13&
8	Siau	rd Kro	sli			ç	93						1:09:	36
01:13+	04:21+	10:54+	12:31+	17:46+	22:28+	28:41+	30:10+	32:52+	35:35+	37:47+	41:01+	67:58+	69:16+	69:36+
			01:37+											
00:13#	00:03+	00:09-	00:12#	01:08&	01:37&	00:40#	00:07+	00:28#	00:45&	00:28-	00:42&	24:04@	00:09#	00:01+
9	Mag	ne We	sterhe	im		ç	93						1:36:	54
02:22+	08:32+	15:57+	17:58+	34:50+	38:42+	46:32+	48:27+	52:44+	59:05+	77:28+	88:09+	92:06+	96:29+	96:54+
02:22+	06:10+	07:25+	02:01+	16:52+	03:52+	07:50+	01:55+	04:17+	06:21+	18:23+	10:41+	03:57+	04:23+	00:25+
01:220	03:05&	00:43#	00:36&	12:45@	00:47&	02:17&	00:33&	02:03&	04:23@	15:43@	08:09@	01:04&	03:140	00:06&
10	Kiell	Maud	lal			6	33						1:39:	09
02:39+	06:52+	44:30+	51:50+	59:10+	63:30+	74:15+	77:32+	82:00+	85:57+	89:02+	92:46+	97:03+	98:45+	99:09+
			07:20+											
01:39@	01:08&	30:560	05:55@	03:13&	01:15&	05:12&	01:55@	02:14&	01:59@	00:25#	01:12&	01:24&	00:33&	00:05&
Beste:	strekk	tid for	klass	en										
01:00	02:49	06:15	01:25	03:24	02:52	05:33	01:22	02:14	01:58	01:59	02:32	02:39	01:09	00:18
= Som k	lassevir	ner, -	raskere,	+ ser	nere, #	10% tap	, & 25	% tap,	@ 100%	tap.				

Herrer A

1	1 Fredrik Sandal 88 40:05																								
01:27=			04:35=	06:31=	09:16=	-		13:23=	15:25=	16:20=	20:30=	21:38=			24:53=	25:54=	28:27=	29:30=	31:01=	32:57=	34:06=	36:13=	37:13=	39:04=	39:51=
01:27=	00:59=	01:02=	01:07=	01:56=	02:45=	01:48=	01:13=	01:06=	02:02=	00:55=	04:10=	01:08=	01:17=	00:55=	01:03=	01:01=	02:33=	01:03=	01:31=	01:56=	01:09=	02:07=	01:00=	01:51=	00:47=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
40:05=																									
00:14=																									
00:00=																									
2	Krist	tian Ha	aarr			2	27						41:57	7											
01:41+	02:55+	03:58+	05:10+	06:57+	09:08-	11:16+	12:42+	13:43+	15:46+	16:43+	21:32+	22:49+	24:44+	25:41+	26:43+	27:41+	30:45+	31:55+	33:28+	35:29+	36:20+	38:14+	39:13+	41:02+	41:44+
01:41+	01:14+	01:03+	01:12+	01:47-	02:11-	02:08+	01:26+	01:01-	02:03+	00:57+	04:49+	01:17+	01:55+	00:57+	01:02-	00:58-	03:04+	01:10+	01:33+	02:01+	00:51-	01:54-	00:59-	01:49-	00:42-
00:14#	00:15&	00:01+	00:05+	00:09-	00:34-	00:20#	00:13#	00:05-	00:01+	00:02+	00:39#	00:09#	00:38&	00:02+	00:01-	00:03-	00:31#	00:07#	00:02+	00:05+	00:18-	00:13-	00:01-	00:02-	00:05-
41:57+																									
00:13-																									
00:01-																									
3	Run	ar Eike	e Toft			1	116						43:25	5											
01:27=	02:34+	03:27-	05:01+	06:54+	08:51-	10:40-	11:55-	13:01-	15:30+	16:21+	20:58+	21:59+	23:25+	25:01+	26:15+	27:35+	30:25+	31:42+	33:21+	35:43+	36:30+	39:30+	40:45+	42:30+	43:14+
01:27=	01:07+	00:53-	01:34+	01:53-	01:57-	01:49+	01:15+	01:06=	02:29+	00:51-	04:37+	01:01-	01:26+	01:36+	01:14+	01:20+	02:50+	01:17+	01:39+	02:22+	00:47-	03:00+	01:15+	01:45-	00:44-
00:00=	00:08#	00:09-	00:27&	00:03-	00:48-	00:01+	00:02+	00:00=	00:27#	00:04-	00:27#	00:07-	00:09#	00:41&	00:11#	00:19&	00:17#	00:14#	00:08+	00:26#	00:22-	00:53&	00:15#	00:06-	00:03-
43:25+																									
00:11-																									
00:03-																									

Plass	Navi	n					Klasse)					Tid													
4		Sigve			44 55.		167	45.00.	40.00		04.00.	05.40.	44:3	-			00.05.	04.00.	05.00.	05.54	00.50.	40.55.	44 50.	40.04	44.45.	
01:42+	01:22+	01:07+	03:39+	02:00+	02:06-	02:26+	01:07-	01:03-	02:56+	00:54-	03:58-	00:58-	01:24+	01:04+	01:22+	01:00-	02:59+	01:21+	01:32+	01:54-	00:59-	02:04-	41:58+ 01:01+ 00:01+	01:36-	00:43-	
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00:26& 49:22+	00:15-	00:01-	01:47@	00:07+	00:12+	02:06@	01:10&	00:05+	00:32&	00:29&	00:32#	01:280	00:04-	00:13-	00:07-	00:18&	00:06+	00:02+	00:12-	00:02+	00:02+	00:36&	00:16#	00:08+	00:15-
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01:12+ 01:12+ 00:20& 40:48+ 00:15= 00:00=	02:14+ 01:02+ 00:11# Lars 02:36+	01:36- 00:01- Drage 03:56+	01:29+ 00:07+	00:58+ 00:04+	02:40+ 00:14+	00:58+ 00:05+	03:19+ 00:32#	01:28+ 00:04+	01:50- 00:22-	01:17+ 00:16&	01:11- 00:04-	02:17+ 00:58& 21:31+	01:55+ 00:34& 41:58	00:58+ 00:03+	01:15+ 00:06+	01:03+ 00:02+ 26:22+	02:28+ 00:24#	01:47- 00:29-	02:12- 00:02-	00:59- 00:33-	01:58- 00:01-	01:09- 00:03-	01:56+ 00:02+	00:40= 00:00=	00:56+ 00:06# 41:42+
01:12+ 01:12+ 00:20& 40:48+ 00:15= 00:00= 4 01:49+ 01:49+	02:14+ 01:02+ 00:11# Lars 02:36+ 00:47-	01:36- 00:01- 6 Drage 03:56+ 01:20-	01:29+ 00:07+ 06:28+ 02:32+	00:58+ 00:04+ 07:54+ 01:26+	02:40+ 00:14+ 10:21+ 02:27+	00:58+ 00:05+	03:19+ 00:32# 230 14:26+	01:28+ 00:04+	01:50- 00:22-	01:17+ 00:16&	01:11- 00:04-	02:17+ 00:58& 21:31+	01:55+ 00:34& 41:58 22:55+	00:58+ 00:03+	01:15+ 00:06+ 25:22+	01:03+ 00:02+ 26:22+	02:28+ 00:24# 28:19+	01:47- 00:29-	02:12- 00:02-	00:59- 00:33- 34:15+	01:58- 00:01-	01:09- 00:03-	01:56+ 00:02+ 40:14+ 02:16+	00:40= 00:00= 40:55+ 00:41+	00:56+ 00:06# 41:42+
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42:58+ 00:15=	00:14&	00:02-	00:21&	00:07#	00:36#	00:20&	00:39#	00:21#	00:05-	00:28&	00:13#	00:04+	00:27&	00:11#	00:34&	00:15#	00:08+	00:27-	00:13+	00:42-	00:04+	00:02+	00:19#	00:04#	00:01-
00:00= 7	Daul	Torio	Haarr				62						43:2	5											
01:15+				06:57+	10:17+		15:08+	16:51+	19:02+	20:08+	21:28+	24:18+			28:38+	29:49+	31:51+	33:29+	35:35+	36:25+	38:25+	39:46+	41:47+	42:21+	43:09+
							03:41+ 00:54&																		
43:25+ 00:16+ 00:01+												******													
8	Leif	Kietil	Hinna	Gause	el		116						44:5	3											
	01:58+	03:48+	06:01+	07:15+	09:54+	11:07+	14:40+						24:37+	25:40+											
							03:33+ 00:46&																		
44:53+ 00:13- 00:02-																									
9	Svei	n Erik	Kvam	е			116						45:3	3											
							15:24+ 03:27+																		
00:27&							00:40#																		
45:33+ 00:17+																									
00:02#		_												_											
10			Nordo		10.221		105	16.51	10.10.	21.27.	22.501	24-411	45:5		20-101	20 - 42 -	20.561	25.041	27.40.	20.271	41.141	40.251	44-221	45.001	45.441
							15:00+ 03:31+																		
00:44& 45:56+	00:10#	00:01-	00:30&	00:18&	00:39&	00:14&	00:44&	00:27&	00:07+	01:160	00:17#	00:23&	00:23&	00:15&	00:35&	00:22&	00:10+	00:08-	00:22#	00:35-	00:38&	00:09#	00:07-	00:02-	00:06-
00:12-																									
00:03-	Dout	rand F) aniau				42						40.0	9											
11 01:24+			Denieu 05:29+		09:13+		42	15:51+	18:05+	20:36+	21:46+	23:46+	48:2 8		29:53+	31:18+	32:31+	34:41+	37:00+	39:40+	40:35+	42:58+	44:34+	46:31+	47:23+
							01:04- 01:43-																		
48:14+		00.02-	00:14#	00.33&	00:11-	00.10#	01:43-	03:076	00:02+	01:300	00:05-	00.410	00:04+	02:200	00:12#	00:240	00:31-	00.00-	00:05+	01:00%	01:04-	01:11α	00.10-	01:176	00:02+
00:51+ 00:36@																									
12		Omda	al				65						49:1 ⁻	1											
01:07+	02:14+	04:21+	08:15+			14:35+	18:04+						28:02+	29:12+											
							03:29+ 00:42&																		
49:11+																									
00:21+ 00:06&																									
13			Vestøl				83						50:3	-											
							15:20+ 03:23+																		
00:41&							00:36#																		
50:34+ 00:14-																									
00:01-																									

Plass	Navi	า					Klasse	•					Tid												
14	Stur	le Omo	dal				116						50:37	7											
							18:19+ 05:47+																		
00:23&							03:000																		
50:37+ 00:16+																									
00:01+	Dål F	3 !					204						50.0												
15 01:09+		3 årdse 04:23+		07:49+	11:11+		394 17:18+	20:12+	22:36+	23:46+	25:36+	29:32+	52:2 ′ 31:37+		34:33+	35:41+	38:25+	40:23+	43:05+	43:55+	46:21+	47:34+	50:27+	51:07+	52:06+
							04:55+ 02:08&																		
52:21+	00.174	00.234	00.104	00.214	00.000	00.134	02.004	01.000	00.12.	00.00%	00.004	02.070	00.114	00.204	00.024	00.07	00.104	00.10	00.20	00.12	001271	00.01	00.034	00.00	00.03#
00:15= 00:00=																									
16		nd Kve					116						52:59												
							16:19+ 03:41+																		
00:57@ 52:59+	00:20&	00:22#	00:30&	00:23&	00:32#	00:39&	00:54&	01:17&	01:25&	01:02@	00:30&	02:330	00:21&	00:19&	00:35&	00:30&	00:44&	00:24-	00:20#	00:34-	00:35&	00:12#	00:34&	00:00=	00:10#
00:13-																									
00:02- 17	Heni	ning S	undby	,			114						53:3°	1											
01:07+	02:02+	03:39+	10:41+	11:32+		15:48+	21:55+						34:37+	35:43+											
00:15&							06:07+ 03:20@																		
53:31+ 00:15=																									
00:00=			_											_											
18 01:03+		1. Gjer 04:35+		08:03+	11:07+		116 15:59+	18:31+	21:13+	23:10+	25:28+	27:57+	54:1 7		32:57+	34:19+	37:05+	39:21+	42:32+	43:41+	48:38+	50:06+	52:17+	52:59+	54:03+
01:03+	01:23+	02:09+	02:05+	01:23+	03:04+	01:11+	03:41+	02:32+	02:42+	01:57+	02:18+	02:29+	02:06+	01:09+	01:45+	01:22+	02:46+	02:16=	03:11+	01:09-	04:57+	01:28+	02:11+	00:42+	01:04+
54:17+	00:32&	00:32&	00:43&	00:29&	00:384	00:18&	00:54&	01:00%	00:30#	00:36&	01:03%	01:10&	00:45&	00:14&	00:30&	00:21&	00:42&	00:00=	00:57&	00:23-	02:566	00:16#	00:1/#	00:02+	00:14&
00:14- 00:01-																									
19	_	ein Fu	_				46						58:03												
							19:58+ 05:04+																		
01:21@ 58:03+	00:18&	00:30&	01:39@	00:27&	01:30&	00:14&	02:17&	01:47@	00:29#	00:42&	00:19&	00:23&	01:01&	00:39&	00:37&	00:29&	01:01&	00:09-	01:37&	00:11#	01:28&	00:05+	00:37&	00:07#	00:10#
00:14-																									
00:01- 20	Frlin	ıq Mau	land			,	83						1:01:	39											
01:14+	02:15+	04:08+	05:46+			11:04+	14:28+						28:16+	29:37+											
							03:24+ 00:37#																		
61:39+ 00:16+																									
00:01+	_		_																						
21 02:17+		Oalan		10:07+	14:24+		116 24:44+	27:04+	29:55+	32:12+	34:09+	36:10+	1:08:	-	42:48+	44:31+	48:01+	50:30+	53:58+	55:23+	60:38+	62:18+	65:20+	66:25+	67:52+
02:17+	01:18+	02:34+	02:29+	01:29+	04:17+	03:27+	06:53+	02:20+	02:51+	02:17+	01:57+	02:01+	02:41+	01:44+	02:13+	01:43+	03:30+	02:29+	03:28+	01:25-	05:15+	01:40+	03:02+	01:05+	01:27+
68:10+	00:27&	00:57&	01:07&	00:35&	01:51&	02:340	04:060	00:56&	00:39&	01:100	00:42&	00:42&	01:20&	00:49&	01:04&	00:42&	01:26&	00:13+	01:14&	00:07-	03:160	00:28&	01:08%	00:25&	00:37&
00:18+ 00:03#																									
22		ein Ha					116						1:11:												
							26:07+ 04:09+																		
05:35@							01:22&																		
71:02+ 00:20+																									
00:05&																									

Plass	Navn	Klasse	Tid

Beste strekktid for klassen
00:49 00:47 01:20 01:22 00:49 02:15 00:53 01:04 01:21 01:45 00:59 01:10 01:17 01:17 00:55 01:09 00:57 01:13 01:22 02:06 00:48 00:55 01:07 01:36 00:32 00:44 00:12

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

Herrer Ny

1	Paul	Jarvis	S			3	397						12:24	1
00:25=	00:51=	01:33=	02:12=	02:54=	03:55=	05:14=	06:41=	07:59=	08:53=	09:56=	10:50=	11:23=	12:08=	12:24=
00:25=	00:26=	00:42=	00:39=	00:42=	01:01=	01:19=	01:27=	01:18=	00:54=	01:03=	00:54=	00:33=	00:45=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Are I	Fosså				2	287						14:05	5
00:28+	00:56+	01:34+	02:15+	02:59+	04:45+	06:04+	07:50+	09:18+	10:17+	11:22+	12:12+	12:44+	13:45+	14:05+
00:28+	00:28+	00:38-	00:41+	00:44+	01:46+	01:19=	01:46+	01:28+	00:59+	01:05+	00:50-	00:32-	01:01+	00:20+
00:03#	00:02+	00:04-	00:02+	00:02+	00:45&	00:00=	00:19#	00:10#	00:05+	00:02+	00:04-	00:01-	00:16&	00:04#
3	Tom	Kåre	Versla	nd		•	105						15:10)
00:22-	00:53+	01:37+	02:24+	03:13+	04:40+	06:08+	08:10+	09:42+	10:49+	12:05+	13:04+	13:43+	14:51+	15:10+
00:22-	00:31+	00:44+	00:47+	00:49+	01:27+	01:28+	02:02+	01:32+	01:07+	01:16+	00:59+	00:39+	01:08+	00:19+
00:03-	00:05#	00:02+	00:08#	00:07#	00:26&	00:09#	00:35&	00:14#	00:13#	00:13#	00:05+	00:06#	00:23&	00:03#
4	Svei	nuna	Skjørs	æter		•	129						16:54	1
00:21-	00:53+	01:34+	02:26+		04:34+	06:11+	08:36+	10:18+	11:36+	13:05+	14:08+	14:48+	16:40+	16:54+
00:21-	00:32+	00:41-	00:52+	00:51+	01:17+	01:37+	02:25+	01:42+	01:18+	01:29+	01:03+	00:40+	01:52+	00:14-
00:04-	00:06#	00:01-	00:13&	00:09#	00:16&	00:18#	00:58&	00:24&	00:24&	00:26&	00:09#	00:07#	01:07@	00:02-
5	Men	gmen	a Xu			ç	91						22:04	1
00:36+	01:15+	02:16+	03:13+	04:30+	08:03+	09:44+	12:09+	14:24+	15:49+	17:26+	18:49+	19:52+	21:44+	22:04+
00:36+	00:39+	01:01+	00:57+	01:17+	03:33+	01:41+	02:25+	02:15+	01:25+	01:37+	01:23+	01:03+	01:52+	00:20+
00:11&	00:13&	00:19&	00:18&	00:35&	02:32@	00:22&	00:58&	00:57&	00:31&	00:34&	00:29&	00:30&	01:07@	00:04#
6	Johr	า Olav	Molin			2	239						27:55	5
01:07+	01:38+	02:37+	03:33+	05:49+	11:15+	13:03+	15:58+	18:34+	20:35+	22:21+	23:56+	24:56+	26:50+	27:55+
01:07+	00:31+	00:59+	00:56+	02:16+	05:26+	01:48+	02:55+	02:36+	02:01+	01:46+	01:35+	01:00+	01:54+	01:05+
00:420	00:05#	00:17&	00:17&	01:34@	04:25@	00:29&	01:28@	01:18&	01:07@	00:43&	00:41&	00:27&	01:09@	00:49@
7	Arvi	d Wals	skaar			3	392						43:14	1
00:44+	01:47+	05:33+	07:32+	09:00+	11:40+	15:31+	29:49+	32:39+	34:34+	36:51+	38:27+	39:58+	42:42+	43:14+
00:44+	01:03+	03:46+	01:59+	01:28+	02:40+	03:51+	14:18+	02:50+	01:55+	02:17+	01:36+	01:31+	02:44+	00:32+
00:19&	00:37@	03:04@	01:20@	00:46@	01:39@	02:320	12:510	01:32@	01:01@	01:14@	00:42&	00:58@	01:59@	00:16&
Beste	strekk	tid for	klass	en										
00:21	00:26	00:38	00:39	00:42	01:01	01:19	01:27	01:18	00:54	01:03	00:50	00:32	00:45	00:14

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

Herrer Trim

1	Jens	Arve	Nygår	d		•	116						28:42	2
00:46=	02:54=	06:45=	07:49=		13:18=		19:04=	21:00=	22:43=	23:58=	25:44=	27:42=	28:30=	28:42=
00:46=	02:08=	03:51=	01:04=	03:17=	02:12=	04:44=	01:02=	01:56=	01:43=	01:15=	01:46=	01:58=	00:48=	00:12=
00:00=	00:00=	00:00=	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	Svei	n Erik	Bjørn	sen		ç	91						28:43	3
00:38-	03:13+	07:05+	08:12+	10:45-	13:08-	17:15-	18:21-	20:12-	22:01-	23:35-	25:51+	27:38-	28:29-	28:43+
00:38-	02:35+	03:52+	01:07+	02:33-	02:23+	04:07-	01:06+	01:51-	01:49+	01:34+	02:16+	01:47-	00:51+	00:14+
00:08-	00:27#	00:01+	00:03+	00:44-	00:11+	00:37-	00:04+	00:05-	00:06+	00:19&	00:30&	00:11-	00:03+	00:02#
3	Per-	Olof W	lallers	tedt		•	18						30:02	2
00:48+	03:05+	07:39+	08:47+	11:30+	13:54+	17:51-	19:29+	21:16+	23:10+	24:27+	26:42+	28:47+	29:46+	30:02+
00:48+	02:17+	04:34+	01:08+	02:43-	02:24+	03:57-	01:38+	01:47-	01:54+	01:17+	02:15+	02:05+	00:59+	00:16+
00:02+	00:09+	00:43#	00:04+	00:34-	00:12+	00:47-	00:36&	00:09-	00:11#	00:02+	00:29&	00:07+	00:11#	00:04&
4	Inge	Arild	Lekne	s		3	376						30:42	2
00:48+	02:51-	08:45+	09:45+	12:46+	14:49+	19:23+	20:25+	22:09+	24:01+	25:34+	27:23+	29:35+	30:25+	30:42+
00:48+	02:03-	05:54+	01:00-	03:01-	02:03-	04:34-	01:02=	01:44-	01:52+	01:33+	01:49+	02:12+	00:50+	00:17+
00:02+	00:05-	02:03&	00:04-	00:16-	00:09-	00:10-	00:00=	00:12-	00:09+	00:18#	00:03+	00:14#	00:02+	00:05&

Plass	Navi	n					Klasse	•					Tid	
5	Rog	er Nys	eth			9	92						34:0	7
01:03+	03:36+	08:25+	09:43+			20:20+	21:38+						33:44+	34:07+
							01:18+							
00:17&			00:14#	00:22-	00:36&	00:10+	00:16&	00:15#	00:11#	00:24&	00:51&	00:41&	00:18&	00:11&
6	Jon	Vikse				;	386						34:13	3
							24:48+							
							01:10+							
_					00:16#		00:08#	00:20-	00:10-	00:07+	00:27&	00:1/-		
7			yverts		46.05.		51	04.00.	0.5.04.				35:24	
							22:38+ 01:30+							
							00:28&							
Q							372						35:29	
00.37-				Hvids			23:47+	25.46+	28.01+	29.35+	32.16+	34.15+		-
							01:37+							
							00:35&							
9	Lars	Salve	sen			1	50						38:10)
00:47+				11:57+	14:54+		22:31+	24:48+	27:12+	31:56+	34:37+	36:57+		
							01:41+							00:17+
00:01+	00:15#	01:00&	00:18&	00:43-	00:45&	01:12&	00:39&	00:21#	00:41&	03:29@	00:55&	00:22#	00:08#	00:05&
10	Nils	Egil L	ie				376						38:42	2
	03:19+	08:15+	09:43+				22:43+							
							01:24+							
				00:22-	00:52&		00:22&	02:190	00:17#	00:27&	01:470	01:12&		
11		l Svihı					92						38:4	•
							25:55+							
							01:18+ 00:16&							
12				00.23	00.434			01.124	00.11	00.234	00.544	00.544		_
		me Re		1/1.254	17.10+		63 24:11+	26.20+	27.554	20.33⊥	35.0/1	37.31⊥	39:3	-
							01:21+							
							00:19&							
13	lvar	Aalbu				4	29						40:3	3
			12:05+	16:11+	19:57+	_	27:40+	29:51+	32:03+	34:09+	36:41+	39:07+		-
01:15+	02:49+	06:46+	01:15+	04:06+	03:46+	06:22+	01:21+	02:11+	02:12+	02:06+	02:32+	02:26+	01:07+	00:19+
00:29&	00:41&	02:55&	00:11#	00:49#	01:34&	01:38&	00:19&	00:15#	00:29&	00:51&	00:46&	00:28#	00:19&	00:07&
14	Leif	Jarle S	Skåra			- 1	29						40:30	3
							25:34+							
							01:35+							
				00:18+	00:46&		00:33&	00:46&	00:3/&	00:33&	02:07@	00:52&		_
15		ten Fo					136						40:4	-
							28:37+ 01:45+							
							00:43&							
16			gesvol				5						41:14	
							28:19+	30.37+	32 • 44+	34 • 49+	37.39+	39.53+		•
							01:38+							
00:18&	00:32#	03:560	00:16#	00:06+	00:52&	02:39&	00:36&	00:22#	00:24#	00:50&	01:04&	00:16#	00:15&	00:06&
17	Svei	n Sive	rtsen				115						41:3	3
				14:14+	17:43+		25:10+	27:55+	30:11+	32:08+	34:52+	38:00+		
00:49+	02:47+	05:38+	01:41+	03:19+	03:29+	05:50+	01:37+	02:45+	02:16+	01:57+	02:44+	03:08+	03:07+	00:26+
00:03+				00:02+	01:17&	01:06#	00:35&	00:49&	00:33&	00:42&	00:58&	01:10&	02:19@	00:140
18	Arne	Nyga	ard				66						41:40)
	03:13+	07:45+	09:07+				27:20+							
							01:04+							
				U4:10@	01:13&		00:02+	00:08+	UU:04-	UU:16#	U3:58@	00:04+		
19		Fand					94						41:42	
							28:11+ 01:47+							
							01:47+							
01.000	υ1.00α	01.010	00.410	00.101	υ1.υυα	01.2/0	υυ. 1υα	00.10F	00.720	00.014	01.0/0	r	00.170	00.000

Plass	Navr	n					Klasse)					Tid	
20	Carlo	os Llu	na			287						44:13		
				21:47+	25:52+		32:12+	34:18+	36:36+	38:10+	40:18+	43:04+		
							01:29+							
	03:210	02:18&	00:12#	04:100	01:53&		00:27&	00:10+	00:35&	00:19&	00:22#	00:48&	00:05#	00:04&
21			jeland				98						44:16	-
							25:48+							
							01:33+ 00:31&							
22			on Mæ		00.504	01.00#	5	00.114	00.000	01.476	01.114	01.024	44:57	
					19.12+	25.51+	28:37+	31 • 42+	34.08+	36.31+	40.02+	43.01+		
							02:46+							
00:15&	01:34&	02:13&	00:32&	00:21#	00:59&	01:55&	01:44@	01:09&	00:43&	01:08&	01:45&	01:01&	00:41&	00:15@
23	John Helge Svandal 111 45:14 09:40+ 11:11+ 14:39+ 17:43+ 26:19+ 28:21+ 32:01+ 34:54+ 36:57+ 41:08+ 43:55+ 44:55+ 45:14+												1	
	04:24+	09:40+	11:11+	14:39+										
							02:02+							
							01:00&	01:44&	01:10&	00:48&	02:25@	00:49&		_
24			(Neue				117						45:16	-
							31:07+ 01:55+							
							00:53&							
25			opnes				116						46:09	_
					23:37+		31:13+	33:47+	36:12+	38:01+	41:55+	44:44+		•
02:20+	05:48+	06:40+	02:18+	03:35+	02:56+	05:58+	01:38+	02:34+	02:25+	01:49+	03:54+	02:49+	01:08+	00:17+
01:34@				00:18+	00:44&	01:14&	00:36&	00:38&	00:42&	00:34&	02:08@	00:51&	00:20&	00:05&
26	Asge	eir Kle	ppa				47						47:15	5
							29:42+							
							01:21+ 00:19&							
					01.00α			00.11+	02.300	00.470	03.000	00.24#		
27			asmus		20-441		51 29:12+	22.201	27.021	20.21.	40.351	46.401	48:23	•
							02:09+							
							01:07@							
28	Tom	Leve	raas			9	93						49:39)
				20:28+	23:44+		31:59+	34:44+	41:28+	43:39+	46:13+	48:31+		-
							02:40+							
				01:23&	01:04&		01:380	00:49&	05:01@	00:56&	00:48&	00:20#		_
29		Bakke					5						51:47	•
							34:35+ 02:10+							
							01:080							
30			in Klu				7						52:24	_
					23:19+	31:32+	33:50+	36:39+	39:37+	42:28+	47:50+	50:39+		-
							02:18+							
00:28&	01:42&	03:21&	00:40&	00:40#	03:10@	03:29&	01:160	00:53&	01:15&	01:360	03:360	00:51&	00:33&	00:12&
31	Per l	Helge	Salves	sen		9	98						55:30)
							42:40+							
							07:08+ 06:06@							
				01:48&	01:12%			00:04-	00:02+	00:20&	02:020	00:15#		_
32		1 Thor		07.051	21.001		51 40:38+	44.001	46.401	40.021	E1 - 40 I	E4.31.	56:00	
							01:44+							
							00:42&							
33		Horp					105						56:33	
				28:43+	31:22+		38:56+	42:33+	45:06+	47:29+	52:35+	54:59+		
							01:43+							
			_	00:40#	00:27#		00:41&	01:41&	00:50&	01:08&	03:200	00:26#		
34		ma Lai					42						1:00:	
							42:42+							
							02:28+ 01:26@							
00.496	UZ.176		30.300	J1.J/0	σο.σσα	JI.100	31.200	J1.J00	02.076	J1.02α	J1.2J0	JU. 100	JU.J2 &	00.100

Plass	Navı	n			Klasse									
35	Erlin	na Anil	ksdal		128							1:00:34		
01:34+	07:16+	15:42+	17:43+	23:59+	28:34+			44:17+	47:41+	50:32+	54:22+	58:03+		• -
01:34+	05:42+	08:26+	02:01+	06:16+	04:35+	09:42+	02:09+	03:52+	03:24+	02:51+	03:50+	03:41+	02:01+	00:30+
00:48@	03:340	04:35@	00:57&	02:59&	02:23@	04:58@	01:07@	01:56&	01:41&	01:360	02:04@	01:43&	01:130	00:18@
36	Erik	Henril	ksen				116						1:02:	40
				26:01+	31:37+		•	45:04+	48:05+	50:38+	54:29+	59:06+	62:07+	62:40+
06:05+	04:18+	07:09+	02:11+	06:18+	05:36+	07:04+	02:55+	03:28+	03:01+	02:33+	03:51+	04:37+	03:01+	00:33+
05:19@	02:10@	03:18&	01:07@	03:01&	03:24@	02:20&	01:53@	01:32&	01:18&	01:18@	02:05@	02:39@	02:13@	00:21@
37	Svein Inge Sævereid 126										1:05:40			
				22:39+				45:32+	51:18+	54:13+	58:46+	63:06+	65:01+	65:40+
01:54+	04:05+	08:44+	02:14+	05:42+	05:36+	09:51+	03:05+	04:21+	05:46+	02:55+	04:33+	04:20+	01:55+	00:39+
01:08@	01:57&	04:53@	01:10@	02:25&	03:24@	05:07@	02:03@	02:25@	04:03@	01:40@	02:47@	02:22@	01:07@	00:27@
38	Trond Vigesal 117										1:12:42			
02:35+				42:53+	47:43+	55:56+	57:44+	60:32+	63:08+	65:16+	68:13+	71:00+	72:20+	72:42+
02:35+	14:46+	13:53+	02:01+	09:38+	04:50+	08:13+	01:48+	02:48+	02:36+	02:08+	02:57+	02:47+	01:20+	00:22+
01:49@	12:380	10:02@	00:57&	06:210	02:38@	03:29&	00:46&	00:52&	00:53&	00:53&	01:11&	00:49&	00:32&	00:10&
39	Eivii	nd Tol	0				111				1:12:50			
01:40+	05:33+	30:34+	32:15+	37:04+	40:48+	50:00+	52:47+	60:16+	62:34+	64:54+	68:29+	71:25+	72:32+	72:50+
01:40+	03:53+	25:01+	01:41+	04:49+	03:44+	09:12+	02:47+	07:29+	02:18+	02:20+	03:35+	02:56+	01:07+	00:18+
00:54@	01:45&	21:10@	00:37&	01:32&	01:32&	04:28&	01:45@	05:33@	00:35&	01:05&	01:49@	00:58&	00:19&	00:06&
40	Kim	Kvern	eland				376						1:19:	09
02:05+	07:40+	28:15+	32:53+	41:17+	44:28+	54:47+	57:32+	60:49+	64:37+	67:41+	72:17+	74:48+	78:51+	79:09+
02:05+	05:35+	20:35+	04:38+	08:24+	03:11+	10:19+	02:45+	03:17+	03:48+	03:04+	04:36+	02:31+	04:03+	00:18+
01:19@	03:27@	16:44@	03:34@	05:07@	00:59&	05:350	01:43@	01:21&	02:05@	01:490	02:50@	00:33&	03:150	00:06&
41	Akse	el Jora	naer				192						1:20:	16
20:06+	24:11+	27:38+	28:44+	55:18+	57:45+	62:21+	63:18+	65:01+	66:51+	68:17+	77:14+	79:10+	79:59+	80:16+
20:06+	04:05+	03:27-	01:06+	26:34+	02:27+	04:36-	00:57-	01:43-	01:50+	01:26+	08:57+	01:56-	00:49+	00:17+
19:20@	01:57&	00:24-	00:02+	23:17@	00:15#	00:08-	00:05-	00:13-	00:07+	00:11#	07:11@	00:02-	00:01+	00:05&
42	Inge Grødem 92										1:48:00			
02:56+	10:14+	25:52+	30:03+	36:19+	42:32+	53:21+	60:21+	64:50+	70:05+	87:56+	94:49+	105:09+	107:22+	108:00+
02:56+	07:18+	15:38+	04:11+	06:16+	06:13+	10:49+	07:00+	04:29+	05:15+	17:51+	06:53+	10:20+	02:13+	00:38+
02:10@	05:10@	11:47@	03:07@	02:59&	04:010	06:05@	05:580	02:33@	03:320	16:360	05:07@	08:22@	01:250	00:26@
Beste	strekk	tid for	r klass	en										
00:37	02:03	03:27	01:00	02:33	02:03	03:57	00:57	01:36	01:33	01:15	01:46	01:41	00:45	00:12

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