

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Tina Louise Langeland	117	45:13							
03:28=	08:56=	10:47=	23:06=	23:59=	26:42=	31:35=	39:45=	41:37=	44:20=	45:13=
03:28=	05:28=	01:51=	12:19=	00:53=	02:43=	04:53=	08:10=	01:52=	02:43=	00:53=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Nina Karlsen	111	46:40							
02:28-	07:50-	09:39-	20:19-	21:22-	28:01+	33:45+	41:38+	43:22+	45:45+	46:40+
02:28-	05:22-	01:49-	10:40-	01:03+	06:39+	05:44+	07:53-	01:44-	02:23-	00:55+
01:00-	00:06-	00:02-	01:39-	00:10#	03:56@	00:51#	00:17-	00:08-	00:20-	00:02+
3	Lene Bjelland	116	47:00							
02:20-	08:03-	10:20-	22:12-	23:08-	26:07-	31:54+	42:36+	44:16+	46:24+	47:00+
02:20-	05:43+	02:17+	11:52-	00:56+	02:59+	05:47+	10:42+	01:40-	02:08-	00:36-
01:08-	00:15+	00:26#	00:27-	00:03+	00:16+	00:54#	02:32&	00:12-	00:35-	00:17-
4	Maren Heradstveit	76	47:16							
02:57-	09:27+	11:33+	22:29-	23:41-	26:50+	32:42+	42:54+	44:37+	46:26+	47:16+
02:57-	06:30+	02:06+	10:56-	01:12+	03:09+	05:52+	10:12+	01:43-	01:49-	00:50-
00:31-	01:02#	00:15#	01:23-	00:19&	00:26#	00:59#	02:02#	00:09-	00:54-	00:03-
5	Ingrid Lycke Austbø	109	47:26							
02:33-	08:07-	09:55-	19:43-	25:30+	28:46+	33:51+	41:03+	42:56+	46:34+	47:26+
02:33-	05:34+	01:48-	09:48-	05:47+	03:16+	05:05+	07:12-	01:53+	03:38+	00:52-
00:55-	00:06+	00:03-	02:31-	04:54@	00:33#	00:12+	00:58-	00:01+	00:55&	00:01-
6	Aina Kalsaas Urstad	356	51:02							
03:05-	08:18-	11:48+	27:59+	29:04+	33:18+	38:56+	45:57+	48:11+	50:13+	51:02+
03:05-	05:13-	03:30+	16:11+	01:05+	04:14+	05:38+	07:01-	02:14+	02:02-	00:49-
00:23-	00:15-	01:39&	03:52&	00:12#	01:31&	00:45#	01:09-	00:22#	00:41-	00:04-
7	Matilde Skjæveland Skår	114	51:12							
02:11-	13:11+	14:43+	28:44+	29:40+	33:13+	38:23+	46:33+	48:24+	50:20+	51:12+
02:11-	11:00+	01:32-	14:01+	00:56+	03:33+	05:10+	08:10=	01:51-	01:56-	00:52-
01:17-	05:32@	00:19-	01:42#	00:03+	00:50&	00:17+	00:00=	00:01-	00:47-	00:01-
8	Marie Sigvaldsen	392	51:36							
02:50-	08:57+	11:19+	21:13-	21:59-	31:06+	36:01+	45:57+	48:10+	50:37+	51:36+
02:50-	06:07+	02:22+	09:54-	00:46-	09:07+	04:55+	09:56+	02:13+	02:27-	00:59+
00:38-	00:39#	00:31&	02:25-	00:07-	06:24@	00:02+	01:46#	00:21#	00:16-	00:06#
9	Hege Bakken	53	53:24							
02:41-	09:45+	12:37+	26:25+	28:14+	32:25+	38:22+	47:43+	49:44+	52:19+	53:24+
02:41-	07:04+	02:52+	13:48+	01:49+	04:11+	05:57+	09:21+	02:01+	02:35-	01:05+
00:47-	01:36&	01:01&	01:29#	00:56@	01:28&	01:04#	01:11#	00:09+	00:08-	00:12#
10	Anina Iselin Hadland	29	54:31							
03:08-	09:40+	11:29+	31:07+	31:55+	35:17+	41:17+	49:17+	50:48+	53:38+	54:31+
03:08-	06:32+	01:49-	19:38+	00:48-	03:22+	06:00+	08:00-	01:31-	02:50+	00:53=
00:20-	01:04#	00:02-	07:19&	00:05-	00:39#	01:07#	00:10-	00:21-	00:07+	00:00=
11	Ann Torill Bakken	116	56:00							
03:07-	10:09+	12:01+	25:16+	26:36+	34:04+	40:45+	50:10+	52:14+	54:51+	56:00+
03:07-	07:02+	01:52+	13:15+	01:20+	07:28+	06:41+	09:25+	02:04+	02:37-	01:09+
00:21-	01:34&	00:01+	00:56+	00:27&	04:45@	01:48&	01:15#	00:12#	00:06-	00:16&
12	Hanne Berg Aspøy	117	57:35							
02:32-	08:58+	12:51+	26:33+	27:39+	35:32+	41:59+	50:21+	52:32+	56:37+	57:35+
02:32-	06:26+	03:53+	13:42+	01:06+	07:53+	06:27+	08:22+	02:11+	04:05+	00:58+
00:56-	00:58#	02:02@	01:23#	00:13#	05:10@	01:34&	00:12+	00:19#	01:22&	00:05+
13	Ingrid Dagsland Halderaker	11	59:38							
02:38-	09:38+	12:17+	29:11+	30:20+	34:41+	42:16+	51:38+	55:37+	58:37+	59:38+
02:38-	07:00+	02:39+	16:54+	01:09+	04:21+	07:35+	09:22+	03:59+	03:00+	01:01+
00:50-	01:32&	00:48&	04:35&	00:16&	01:38&	02:42&	01:12#	02:07@	00:17#	00:08#
14	Marita Navjord Nicolaysen	71	1:01:11							
02:09-	10:13+	14:05+	27:02+	28:32+	35:14+	41:57+	53:06+	55:52+	60:14+	61:11+
02:09-	08:04+	03:52+	12:57+	01:30+	06:42+	06:43+	11:09+	02:46+	04:22+	00:57+
01:19-	02:36&	02:01@	00:38+	00:37&	03:59@	01:50&	02:59&	00:54&	01:39&	00:04+

Class	Navn	Klasse										Tid
15	Katja Eliassen	105										1:06:23
03:05-	13:04+	17:01+	31:56+	34:50+	39:41+	48:19+	57:03+	60:18+	65:28+	66:23+		
03:05-	09:59+	03:57+	14:55+	02:54+	04:51+	08:38+	08:44+	03:15+	05:10+	00:55+		
00:23-	04:31&	02:06@	02:36#	02:01@	02:08&	03:45&	00:34+	01:23&	02:27&	00:02+		

Beste strekktid for klassen

02:09 05:13 01:32 09:48 00:46 02:43 04:53 07:01 01:31 01:49 00:36

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

Damer 40 - 49 år

1	Agnes Elin Engen	116										47:31
02:35=	08:01=	10:31=	14:35=	16:33=	24:00=	26:34=	30:01=	41:40=	44:00=	46:38=	47:31=	
02:35=	05:26=	02:30=	04:04=	01:58=	07:27=	02:34=	03:27=	11:39=	02:20=	02:38=	00:53=	
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	Ingunn Anda Haug	67										54:15
02:40+	09:03+	11:52+	18:12+	20:38+	28:50+	31:44+	35:44+	46:07+	49:22+	53:11+	54:15+	
02:40+	06:23+	02:49+	06:20+	02:26+	08:12+	02:54+	04:00+	10:23-	03:15+	03:49+	01:04+	
00:05+	00:57#	00:19#	02:16&	00:28#	00:45#	00:20#	00:33#	01:16-	00:55&	01:11&	00:11#	
3	Agnes Haker	71										57:12
02:49+	08:58+	10:38+	22:33+	25:36+	33:04+	36:26+	40:04+	50:17+	52:52+	56:15+	57:12+	
02:49+	06:09+	01:40-	11:55+	03:03+	07:28+	03:22+	03:38+	10:13-	02:35+	03:23+	00:57+	
00:14+	00:43#	00:50-	07:51@	01:05&	00:01+	00:48&	00:11+	01:26-	00:15#	00:45&	00:04+	
4	Elin Norveel	105										1:39:29
09:01+	28:55+	31:59+	38:17+	42:16+	53:27+	57:06+	62:32+	82:30+	93:03+	97:20+	99:29+	
09:01+	19:54+	03:04+	06:18+	03:59+	11:11+	03:39+	05:26+	19:58+	10:33+	04:17+	02:09+	
06:26@	14:28@	00:34#	02:14&	02:01@	03:44&	01:05&	01:59&	08:19&	08:13@	01:39&	01:16@	

Beste strekktid for klassen

02:35 05:26 01:40 04:04 01:58 07:27 02:34 03:27 10:13 02:20 02:38 00:53

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

Damer 50 - 59 år

1	Grethe Anda Fuglestad	116										48:16
04:19=	11:09=	13:08=	17:45=	19:49=	26:24=	29:42=	33:40=	42:18=	45:01=	47:21=	48:16=	
04:19=	06:50=	01:59=	04:37=	02:04=	06:35=	03:18=	03:58=	08:38=	02:43=	02:20=	00:55=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Keth Berggraf	116										50:10
02:15-	07:56-	10:23-	15:23-	17:48-	26:03-	28:53-	32:46-	42:49+	46:13+	49:12+	50:10+	
02:15-	05:41-	02:27+	05:00+	02:25+	08:15+	02:50-	03:53-	10:03+	03:24+	02:59+	00:58+	
02:04-	01:09-	00:28#	00:23+	00:21#	01:40&	00:28-	00:05-	01:25#	00:41&	00:39&	00:03+	
3	Margrethe Roalsø	93										56:32
02:24-	08:41-	11:42-	16:47-	19:31-	27:32+	30:59+	34:59+	46:47+	52:06+	55:36+	56:32+	
02:24-	06:17-	03:01+	05:05+	02:44+	08:01+	03:27+	04:00+	11:48+	05:19+	03:30+	00:56+	
01:55-	00:33-	01:02&	00:28#	00:40&	01:26#	00:09+	00:02+	03:10&	02:36&	01:10&	00:01+	
4	Gerd Olaug Vikeså	101										56:52
03:12-	09:16-	11:54-	16:36-	19:34-	28:55+	31:47+	35:51+	45:34+	51:33+	55:53+	56:52+	
03:12-	06:04-	02:38+	04:42+	02:58+	09:21+	02:52-	04:04+	09:43+	05:59+	04:20+	00:59+	
01:07-	00:46-	00:39&	00:05+	00:54&	02:46&	00:26-	00:06+	01:05#	03:16@	02:00&	00:04+	
5	Toril Dahle	116										1:01:49
02:50-	10:29-	14:57+	19:32+	22:06+	33:10+	37:46+	42:32+	53:18+	56:52+	60:52+	61:49+	
02:50-	07:39+	04:28+	04:35-	02:34+	11:04+	04:36+	04:46+	10:46+	03:34+	04:00+	00:57+	
01:29-	00:49#	02:29@	00:02-	00:30#	04:29&	01:18&	00:48#	02:08#	00:51&	01:40&	00:02+	
6	Evy Klausen Mjøltnes	62										1:02:26
02:58-	09:08-	11:14-	17:31-	22:00+	30:29+	34:27+	38:53+	54:43+	58:06+	61:25+	62:26+	
02:58-	06:10-	02:06+	06:17+	04:29+	08:29+	03:58+	04:26+	15:50+	03:23+	03:19+	01:01+	
01:21-	00:40-	00:07+	01:40&	02:25@	01:54&	00:40#	00:28#	07:12&	00:40#	00:59&	00:06#	

Class	Navn	Klasse										Tid
7	Iren Undheim Øgreid	62										1:05:34
	04:41+	10:58-	14:14+	20:58+	23:47+	31:58+	35:25+	39:18+	60:59+	64:21+	65:34+	
	04:41+	06:17-	03:16+	06:44+	02:49+	08:11+	03:27+	03:53-	16:36+	05:05+	03:22+	01:13+
	00:22+	00:33-	01:17&	02:07&	00:45&	01:36#	00:09+	00:05-	07:58&	02:22&	01:02&	00:18&
8	Tone Cecilie Nystrom	68										1:05:54
	02:59-	11:43+	15:20+	20:57+	24:02+	34:49+	38:46+	43:28+	56:09+	60:05+	64:23+	65:54+
	02:59-	08:44+	03:37+	05:37+	03:05+	10:47+	03:57+	04:42+	12:41+	03:56+	04:18+	01:31+
	01:20-	01:54&	01:38&	01:00#	01:01&	04:12&	00:39#	00:44#	04:03&	01:13&	01:58&	00:36&
9	Marianne Fuglestad	117										1:06:28
	02:43-	12:59+	15:42+	20:27+	23:19+	31:53+	35:36+	40:47+	52:05+	62:59+	65:29+	66:28+
	02:43-	10:16+	02:43+	04:45+	02:52+	08:34+	03:43+	05:11+	11:18+	10:54+	02:30+	00:59+
	01:36-	03:26&	00:44&	00:08+	00:48&	01:59&	00:25#	01:13&	02:40&	08:11@	00:10+	00:04+
10	Tonje Tiley	27										1:07:20
	04:11-	13:26+	17:13+	23:34+	26:24+	35:27+	40:08+	44:52+	58:23+	62:23+	66:07+	67:20+
	04:11-	09:15+	03:47+	06:21+	02:50+	09:03+	04:41+	04:44+	13:31+	04:00+	03:44+	01:13+
	00:08-	02:25&	01:48&	01:44&	00:46&	02:28&	01:23&	00:46#	04:53&	01:17&	01:24&	00:18&
11	Signe Ottesen	116										1:08:17
	03:26-	10:36-	13:13+	21:14+	24:42+	35:33+	38:47+	43:22+	59:00+	62:31+	67:11+	68:17+
	03:26-	07:10+	02:37+	08:01+	03:28+	10:51+	03:14-	04:35+	15:38+	03:31+	04:40+	01:06+
	00:53-	00:20+	00:38&	03:24&	01:24&	04:16&	00:04-	00:37#	07:00&	00:48&	02:20&	00:11#
12	Torill Andersen	116										1:09:14
	07:06+	19:00+	21:12+	27:55+	30:39+	39:54+	43:10+	47:30+	59:41+	64:25+	68:05+	69:14+
	07:06+	11:54+	02:12+	06:43+	02:44+	09:15+	03:16-	04:20+	12:11+	04:44+	03:40+	01:09+
	02:47&	05:04&	00:13#	02:06&	00:40&	02:40&	00:02-	00:22+	03:33&	02:01&	01:20&	00:14&
13	Trude Katrine Hermanrud	117										1:09:38
	02:44-	09:25-	12:37-	25:51+	29:03+	38:56+	42:40+	47:15+	60:41+	65:02+	68:39+	69:38+
	02:44-	06:41-	03:12+	13:14+	03:12+	09:53+	03:44+	04:35+	13:26+	04:21+	03:37+	00:59+
	01:35-	00:09-	01:13&	08:37@	01:08&	03:18&	00:26#	00:37#	04:48&	01:38&	01:17&	00:04+
14	Marie-Elizabeth Reinseth	27										1:11:25
	03:01-	12:51+	15:35+	20:41+	23:06+	33:24+	37:40+	42:08+	61:59+	65:33+	70:05+	71:25+
	03:01-	09:50+	02:44+	05:06+	02:25+	10:18+	04:16+	04:28+	19:51+	03:34+	04:32+	01:20+
	01:18-	03:00&	00:45&	00:29#	00:21#	03:43&	00:58&	00:30#	11:13@	00:51&	02:12&	00:25&
15	Siv Skretting	93										1:14:11
	03:18-	11:50+	15:08+	21:37+	24:33+	34:32+	39:01+	43:15+	63:54+	68:17+	72:54+	74:11+
	03:18-	08:32+	03:18+	06:29+	02:56+	09:59+	04:29+	04:14+	20:39+	04:23+	04:37+	01:17+
	01:01-	01:42#	01:19&	01:52&	00:52&	03:24&	01:11&	00:16+	12:01@	01:40&	02:17&	00:22&
16	Marianne Gjesdal Lyngås	92										1:15:34
	03:23-	12:05+	15:42+	22:06+	25:16+	39:44+	43:25+	49:23+	63:14+	68:31+	74:01+	75:34+
	03:23-	08:42+	03:37+	06:24+	03:10+	14:28+	03:41+	05:58+	13:51+	05:17+	05:30+	01:33+
	00:56-	01:52&	01:38&	01:47&	01:06&	07:53@	00:23#	02:00&	05:13&	02:34&	03:10@	00:38&
17	Siri Bjerkreim Hamre	93										1:15:50
	06:38+	17:00+	20:04+	26:08+	31:39+	43:31+	48:01+	53:31+	66:10+	70:30+	74:31+	75:50+
	06:38+	10:22+	03:04+	06:04+	05:31+	11:52+	04:30+	05:30+	12:39+	04:20+	04:01+	01:19+
	02:19&	03:32&	01:05&	01:27&	03:27@	05:17&	01:12&	01:32&	04:01&	01:37&	01:41&	00:24&
18	Hilde Frøytlog Karlsen	71										1:20:30
	03:42-	12:29+	17:59+	25:49+	29:32+	39:56+	43:54+	50:16+	65:44+	71:04+	79:03+	80:30+
	03:42-	08:47+	05:30+	07:50+	03:43+	10:24+	03:58+	06:22+	15:28+	05:20+	07:59+	01:27+
	00:37-	01:57&	03:31@	03:13&	01:39&	03:49&	00:40#	02:24&	06:50&	02:37&	05:39@	00:32&
19	Ragnhild Båtnes Berntsen	101										1:20:36
	03:22-	11:57+	15:09+	21:03+	28:13+	40:57+	44:59+	53:13+	65:51+	75:40+	79:27+	80:36+
	03:22-	08:35+	03:12+	05:54+	07:10+	12:44+	04:02+	08:14+	12:38+	09:49+	03:47+	01:09+
	00:57-	01:45&	01:13&	01:17&	05:06@	06:09&	00:44#	04:16@	04:00&	07:06@	01:27&	00:14&
20	Gøril Braut Aarsand	268										1:20:51
	03:39-	18:20+	23:41+	29:42+	32:56+	42:45+	48:44+	53:18+	67:14+	74:41+	79:09+	80:51+
	03:39-	14:41+	05:21+	06:01+	03:14+	09:49+	05:59+	04:34+	13:56+	07:27+	04:28+	01:42+
	00:40-	07:51@	03:22@	01:24&	01:10&	03:14&	02:41&	00:36#	05:18&	04:44@	02:08&	00:47&
21	Andrea Tapken	54										1:21:09
	03:03-	12:18+	15:20+	21:54+	25:08+	43:21+	48:05+	54:18+	70:29+	74:49+	79:33+	81:09+
	03:03-	09:15+	03:02+	06:34+	03:14+	18:13+	04:44+	06:13+	16:11+	04:20+	04:44+	01:36+
	01:16-	02:25&	01:03&	01:57&	01:10&	11:38@	01:26&	02:15&	07:33&	01:37&	02:24@	00:41&

Class	Navn	Klasse	Tid								
22	Liv Margot Sviland	54	1:21:39								
03:09-	14:31+	18:04+	23:45+	27:05+	36:26+	39:24+	43:44+	60:25+	74:08+	80:20+	81:39+
03:09-	11:22+	03:33+	05:41+	03:20+	09:21+	02:58-	04:20+	16:41+	13:43+	06:12+	01:19+
01:10-	04:32&	01:34&	01:04#	01:16&	02:46&	00:20-	00:22+	08:03&	11:00@	03:52@	00:24&
23	Sølvi Jacobsen	396	1:31:29								
06:43+	15:18+	19:13+	26:23+	30:29+	50:15+	58:04+	63:52+	80:47+	85:25+	89:55+	91:29+
06:43+	08:35+	03:55+	07:10+	04:06+	19:46+	07:49+	05:48+	16:55+	04:38+	04:30+	01:34+
02:24&	01:45&	01:56&	02:33&	02:02&	13:11@	04:31@	01:50&	08:17&	01:55&	02:10&	00:39&
24	Elisabeth Melbø	128	1:36:21								
02:55-	26:04+	28:13+	34:58+	37:56+	62:20+	69:02+	73:56+	87:27+	91:28+	95:09+	96:21+
02:55-	23:09+	02:09+	06:45+	02:58+	24:24+	06:42+	04:54+	13:31+	04:01+	03:41+	01:12+
01:24-	16:19@	00:10+	02:08&	00:54&	17:49@	03:24@	00:56#	04:53&	01:18&	01:21&	00:17&
Beste strekktid for klassen											
02:15	05:41	01:59	04:35	02:04	06:35	02:50	03:53	08:38	02:43	02:20	00:55

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

Damer 60 - 64 år

1	Elisabeth Christie Ørke	105	53:15								
04:01=	08:34=	17:27=	20:14=	21:47=	25:09=	32:30=	40:37=	42:43=	49:11=	52:20=	53:15=
04:01=	04:33=	08:53=	02:47=	01:33=	03:22=	07:21=	08:07=	02:06=	06:28=	03:09=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anne Siv Gjertsen	27	54:35								
08:38+	13:45+	18:16+	22:02+	25:48+	29:24+	37:43+	44:54+	47:29+	50:32+	53:28+	54:35+
08:38+	05:07+	04:31-	03:46+	03:46+	03:36+	08:19+	07:11-	02:35+	03:03-	02:56-	01:07+
04:37@	00:34#	04:22-	00:59&	02:13@	00:14+	00:58#	00:56-	00:29#	03:25-	00:13-	00:12#
3	Ingunn Voilås	29	58:48								
04:24+	08:38+	13:53-	17:45-	19:36-	35:04+	41:47+	47:00+	49:53+	53:22+	57:29+	58:48+
04:24+	04:14-	05:15-	03:52+	01:51+	15:28+	06:43-	05:13-	02:53+	03:29-	04:07+	01:19+
00:23+	00:19-	03:38-	01:05&	00:18#	12:06@	00:38-	02:54-	00:47&	02:59-	00:58&	00:24&
4	Amanda Renshaw	101	1:05:32								
05:47+	12:03+	16:57+	19:56-	21:37-	26:56+	36:54+	45:24+	48:06+	59:46+	64:15+	65:32+
05:47+	06:16+	04:54-	02:59+	01:41+	05:19+	09:58+	08:30+	02:42+	11:40+	04:29+	01:17+
01:46&	01:43&	03:59-	00:12+	00:08+	01:57&	02:37&	00:23+	00:36&	05:12&	01:20&	00:22&
5	Ellinor Nesse	116	1:09:30								
10:11+	20:05+	24:55+	28:35+	30:34+	35:06+	46:05+	54:40+	57:55+	62:45+	68:02+	69:30+
10:11+	09:54+	04:50-	03:40+	01:59+	04:32+	10:59+	08:35+	03:15+	04:50-	05:17+	01:28+
06:10@	05:21@	04:03-	00:53&	00:26&	01:10&	03:38&	00:28+	01:09&	01:38-	02:08&	00:33&
6	Kari Anstensrud	117	1:15:00								
10:15+	18:19+	23:51+	27:47+	30:05+	33:42+	43:48+	50:09+	58:49+	69:26+	73:49+	75:00+
10:15+	08:04+	05:32-	03:56+	02:18+	03:37+	10:06+	06:21-	08:40+	10:37+	04:23+	01:11+
06:14@	03:31&	03:21-	01:09&	00:45&	00:15+	02:45&	01:46-	06:34@	04:09&	01:14&	00:16&
7	Birgitte Røe	125	1:23:11								
19:05+	31:54+	37:54+	41:53+	46:31+	51:49+	61:25+	70:06+	73:31+	78:29+	81:44+	83:11+
19:05+	12:49+	06:00-	03:59+	04:38+	05:18+	09:36+	08:41+	03:25+	04:58-	03:15+	01:27+
15:04@	08:16@	02:53-	01:12&	03:05@	01:56&	02:15&	00:34+	01:19&	01:30-	00:06+	00:32&
8	Ingrid Øxnevad	18	1:23:50								
17:00+	23:13+	31:41+	38:46+	40:27+	43:44+	54:03+	62:53+	65:42+	76:43+	82:53+	83:50+
17:00+	06:13+	08:28-	07:05+	01:41+	03:17-	10:19+	08:50+	02:49+	11:01+	06:10+	00:57+
12:59@	01:40&	00:25-	04:18@	00:08+	00:05-	02:58&	00:43+	00:43&	04:33&	03:01&	00:02+
9	Ellinor Hoemsnes	116	1:28:53								
19:31+	29:48+	35:54+	40:19+	42:17+	48:01+	67:21+	74:08+	77:37+	83:05+	87:45+	88:53+
19:31+	10:17+	06:06-	04:25+	01:58+	05:44+	19:20+	06:47-	03:29+	05:28-	04:40+	01:08+
15:30@	05:44@	02:47-	01:38&	00:25&	02:22&	11:59@	01:20-	01:23&	01:00-	01:31&	00:13#
Beste strekktid for klassen											
04:01	04:14	04:31	02:47	01:33	03:17	06:43	05:13	02:06	03:03	02:56	00:55

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

Class	Navn	Klasse	Tid
-------	------	--------	-----

Damer 65 - 69 år

1	Liv-Grete Obrestad	113	45:43									
04:11=	09:59=	14:28=	17:28=	18:48=	21:54=	28:55=	35:27=	39:12=	42:06=	44:45=	45:43=	
04:11=	05:48=	04:29=	03:00=	01:20=	03:06=	07:01=	06:32=	03:45=	02:54=	02:39=	00:58=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Ingrid Eik	88	48:48									
05:24+	09:19-	13:22-	17:46+	21:35+	24:55+	32:09+	37:39+	40:34+	44:46+	47:51+	48:48+	
05:24+	03:55-	04:03-	04:24+	03:49+	03:20+	07:14+	05:30-	02:55-	04:12+	03:05+	00:57-	
01:13&	01:53-	00:26-	01:24&	02:29@	00:14+	00:13+	01:02-	00:50-	01:18&	00:26#	00:01-	
3	Marit Karin Nygård	92	52:57									
06:06+	12:12+	17:00+	20:52+	22:35+	26:29+	34:22+	40:02+	43:14+	47:53+	51:46+	52:57+	
06:06+	06:06+	04:48+	03:52+	01:43+	03:54+	07:53+	05:40-	03:12-	04:39+	03:53+	01:11+	
01:55&	00:18+	00:19+	00:52&	00:23&	00:48&	00:52#	00:52-	00:33-	01:45&	01:14&	00:13#	
4	Eli Frafjord	94	1:01:05									
06:00+	11:18+	17:00+	21:56+	29:56+	33:21+	41:09+	49:05+	52:15+	55:52+	59:42+	61:05+	
06:00+	05:18-	05:42+	04:56+	08:00+	03:25+	07:48+	07:56+	03:10-	03:37+	03:50+	01:23+	
01:49&	00:30-	01:13&	01:56&	06:40@	00:19#	00:47#	01:24#	00:35-	00:43#	01:11&	00:25&	
5	Tove Bjerkreim	105	1:02:10									
14:24+	19:58+	25:39+	29:34+	31:57+	35:32+	42:51+	48:11+	51:03+	53:20+	57:42+	61:01+	62:10+
14:24+	05:34-	05:41+	03:55+	02:23+	03:35+	07:19+	05:20-	02:52-	02:17-	04:22+	03:19+	01:09+
10:13@	00:14-	01:12&	00:55&	01:03&	00:29#	00:18+	01:12-	00:53-	00:37-	01:43&	02:21@	01:09+
6	Margot Asheim	105	1:05:14									
04:46+	11:46+	16:54+	20:44+	23:13+	27:00+	35:53+	42:58+	50:50+	61:05+	64:19+	65:14+	
04:46+	07:00+	05:08+	03:50+	02:29+	03:47+	08:53+	07:05+	07:52+	10:15+	03:14+	00:55-	
00:35#	01:12#	00:39#	00:50&	01:09&	00:41#	01:52&	00:33+	04:07@	07:21@	00:35#	00:03-	
7	Kari Blixhavn	228	1:07:03									
06:14+	11:47+	18:18+	23:36+	26:07+	31:50+	42:22+	50:48+	54:25+	60:05+	65:30+	67:03+	
06:14+	05:33-	06:31+	05:18+	02:31+	05:43+	10:32+	08:26+	03:37-	05:40+	05:25+	01:33+	
02:03&	00:15-	02:02&	02:18&	01:11&	02:37&	03:31&	01:54&	00:08-	02:46&	02:46@	00:35&	
8	May Elinor Meling	125	1:07:39									
11:41+	21:47+	27:17+	30:40+	32:09+	36:34+	44:26+	50:35+	52:55+	62:28+	66:22+	67:39+	
11:41+	10:06+	05:30+	03:23+	01:29+	04:25+	07:52+	06:09-	02:20-	09:33+	03:54+	01:17+	
07:30@	04:18&	01:01#	00:23#	00:09#	01:19&	00:51#	00:23-	01:25-	06:39@	01:15&	00:19&	
9	Berit Gramstad	113	1:22:54									
11:13+	24:15+	30:26+	35:04+	37:20+	43:08+	56:02+	66:12+	73:02+	77:41+	81:37+	82:54+	
11:13+	13:02+	06:11+	04:38+	02:16+	05:48+	12:54+	10:10+	06:50+	04:39+	03:56+	01:17+	
07:02@	07:14@	01:42&	01:38&	00:56&	02:42&	05:53&	03:38&	03:05&	01:45&	01:17&	00:19&	
10	Åse Berg	105	1:26:27									
05:42+	19:16+	27:53+	32:38+	35:17+	42:38+	51:36+	68:56+	76:23+	80:45+	85:06+	86:27+	
05:42+	13:34+	08:37+	04:45+	02:39+	07:21+	08:58+	17:20+	07:27+	04:22+	04:21+	01:21+	
01:31&	07:46@	04:08&	01:45&	01:19&	04:15@	01:57&	10:48@	03:42&	01:28&	01:42&	00:23&	

Beste strekktid for klassen

04:11 03:55 04:03 03:00 01:20 03:06 07:01 05:20 02:20 02:17 02:39 00:55

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

Damer 70 - 74 år

1	Hanne Eik	117	1:01:36								
05:29=	11:40=	17:31=	21:15=	23:14=	27:30=	36:53=	46:10=	49:26=	55:16=	59:56=	61:36=
05:29=	06:11=	05:51=	03:44=	01:59=	04:16=	09:23=	09:17=	03:16=	05:50=	04:40=	01:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Inger Skretting Opstad	54	1:02:18								
06:17+	11:53+	17:40+	22:13+	24:14+	29:06+	39:14+	47:23+	50:43+	55:14-	60:47+	62:18+
06:17+	05:36-	05:47-	04:33+	02:01+	04:52+	10:08+	08:09-	03:20+	04:31-	05:33+	01:31-
00:48#	00:35-	00:04-	00:49#	00:02+	00:36#	00:45+	01:08-	00:04+	01:19-	00:53#	00:09-

Class	Navn	Klasse										Tid
3	Kirsten Carlsen	93										1:05:57
06:26+	12:53+	18:07+	21:54+	24:15+	29:10+	40:45+	50:19+	53:37+	59:21+	64:06+	65:57+	
06:26+	06:27+	05:14-	03:47+	02:21+	04:55+	11:35+	09:34+	03:18+	05:44-	04:45+	01:51+	
00:57#	00:16+	00:37-	00:03+	00:22#	00:39#	02:12#	00:17+	00:02+	00:06-	00:05+	00:11#	

Beste strekktid for klassen

05:29 05:36 05:14 03:44 01:59 04:16 09:23 08:09 03:16 04:31 04:40 01:31

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

Damer 75 - 79 år

1	Turid Nystrøm	68										56:00
05:20=	12:48=	18:41=	22:43=	24:44=	29:28=	37:42=	44:39=	47:24=	50:57=	54:39=	56:00=	
05:20=	07:28=	05:53=	04:02=	02:01=	04:44=	08:14=	06:57=	02:45=	03:33=	03:42=	01:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Helga Aaslid	54										1:11:25
08:54+	21:18+	26:53+	31:20+	33:24+	38:18+	48:26+	56:34+	59:54+	64:19+	69:58+	71:25+	
08:54+	12:24+	05:35-	04:27+	02:04+	04:54+	10:08+	08:08+	03:20+	04:25+	05:39+	01:27+	
03:34&	04:56&	00:18-	00:25#	00:10+	01:54#	01:11#	00:35#	00:52#	01:57&	00:06+		

3	Gry Vikhamar Thengs	68										1:14:19
09:17+	20:43+	25:46+	29:22+	31:10+	35:26+	49:14+	55:44+	60:01+	62:59+	68:14+	73:00+	74:19+
09:17+	11:26+	05:03-	03:36-	01:48-	04:16-	13:48+	06:30-	04:17+	02:58-	05:15+	04:46+	01:19+
03:57&	03:58&	00:50-	00:26-	00:13-	00:28-	05:34&	00:27-	01:32&	00:35-	01:33&	03:25@	01:19+

4	Hedvig Anda	116										1:17:36
05:42+	13:43+	23:50+	28:27+	32:36+	37:54+	47:28+	56:10+	60:09+	71:36+	76:00+	77:36+	
05:42+	08:01+	10:07+	04:37+	04:09+	05:18+	09:34+	08:42+	03:59+	11:27+	04:24+	01:36+	
00:22+	00:33+	04:14&	00:35#	02:08@	00:34#	01:20#	01:45&	01:14&	07:54@	00:42#	00:15#	

5	Helga Klausen	62										1:19:48
10:01+	16:23+	24:49+	29:38+	35:26+	43:47+	56:13+	64:40+	68:32+	72:22+	78:06+	79:48+	
10:01+	06:22-	08:26+	04:49+	05:48+	08:21+	12:26+	08:27+	03:52+	03:50+	05:44+	01:42+	
04:41&	01:06-	02:33&	00:47#	03:47@	03:37&	04:12&	01:30#	01:07&	00:17+	02:02&	00:21&	

Beste strekktid for klassen

05:20 06:22 05:03 03:36 01:48 04:16 08:14 06:30 02:45 02:58 03:42 01:21

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

Damer 80 år og eldre

1	Berit Ebbell Olsen	68										1:52:55
08:50=	13:51=	22:12=	32:14=	38:15=	75:20=	82:03=	94:36=	101:12=	106:16=	110:47=	112:55=	
08:50=	05:01=	08:21=	10:02=	06:01=	37:05=	06:43=	12:33=	06:36=	05:04=	04:31=	02:08=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Beste strekktid for klassen

08:50 05:01 08:21 10:02 06:01 37:05 06:43 12:33 06:36 05:04 04:31 02:08

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

Damer A

1	Aud Hognestad Taksdal	92										40:07
02:51=	07:05=	14:58=	16:30=	18:47=	25:50=	27:16=	29:41=	34:52=	36:51=	37:57=	39:27=	40:07=
02:51=	04:14=	07:53=	01:32=	02:17=	07:03=	01:26=	02:25=	05:11=	01:59=	01:06=	01:30=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Katrine Haaland Leveraas	117										50:30
03:55+	09:27+	18:24+	19:52+	22:10+	31:13+	33:27+	36:56+	43:17+	45:45+	47:10+	49:43+	50:30+
03:55+	05:32+	08:57+	01:28-	02:18+	09:03+	02:14+	03:29+	06:21+	02:28+	01:25+	02:33+	00:47+
01:04&	01:18&	01:04#	00:04-	00:01+	02:00&	00:48&	01:04&	01:10#	00:29#	00:19&	01:03&	00:07#

Class	Navn	Klasse										Tid	
3	Trine Bolstad Scheie	62										58:57	
	04:09+	09:25+	19:54+	21:12+	24:15+	35:14+	37:17+	40:54+	49:05+	53:29+	55:10+	57:57+	58:57+
	04:09+	05:16+	10:29+	01:18-	03:03+	10:59+	02:03+	03:37+	08:11+	04:24+	01:41+	02:47+	01:00+
	01:18&	01:02#	02:36&	00:14-	00:46&	03:56&	00:37&	01:12&	03:00&	02:25@	00:35&	01:17&	00:20&
Beste strekktid for klassen													
	02:51	04:14	07:53	01:18	02:17	07:03	01:26	02:25	05:11	01:59	01:06	01:30	00:40
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Damer B													
1	Jorunn Johannesen	116										44:14	
	05:04=	09:50=	18:17=	20:33=	21:51=	23:20=	26:58=	32:17=	38:34=	41:15=	43:18=	44:14=	
	05:04=	04:46=	08:27=	02:16=	01:18=	01:29=	03:38=	05:19=	06:17=	02:41=	02:03=	00:56=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Helen Lomeland	105										51:07	
	05:13+	10:58+	19:59+	23:15+	24:48+	26:37+	32:41+	38:01+	44:55+	47:51+	50:15+	51:07+	
	05:13+	05:45+	09:01+	03:16+	01:33+	01:49+	06:04+	05:20+	06:54+	02:56+	02:24+	00:52-	
	00:09+	00:59#	00:34+	01:00&	00:15#	00:20#	02:26&	00:01+	00:37+	00:15+	00:21#	00:04-	
3	Anne Garsrud	395										51:15	
	05:18+	09:52+	23:35+	25:29+	26:48+	28:35+	32:18+	37:35+	44:43+	47:29+	50:22+	51:15+	
	05:18+	04:34-	13:43+	01:54-	01:19+	01:47+	03:43+	05:17-	07:08+	02:46+	02:53+	00:53-	
	00:14+	00:12-	05:16&	00:22-	00:01+	00:18#	00:05+	00:02-	00:51#	00:05+	00:50&	00:03-	
4	Inger Tone Nygård	29										51:38	
	05:15+	09:58+	19:35+	21:48+	23:05+	24:23+	28:36+	33:51+	45:30+	47:56+	50:41+	51:38+	
	05:15+	04:43-	09:37+	02:13-	01:17-	01:18-	04:13+	05:15-	11:39+	02:26-	02:45+	00:57+	
	00:11+	00:03-	01:10#	00:03-	00:01-	00:11-	00:35#	00:04-	05:22&	00:15-	00:42&	00:01+	
5	Ann Karin Tjørhom	93										51:57	
	05:33+	10:41+	20:25+	22:53+	24:36+	26:24+	31:47+	37:56+	45:05+	47:57+	50:56+	51:57+	
	05:33+	05:08+	09:44+	02:28+	01:43+	01:48+	05:23+	06:09+	07:09+	02:52+	02:59+	01:01+	
	00:29+	00:22+	01:17#	00:12+	00:25&	00:19#	01:45&	00:50#	00:52#	00:11+	00:56&	00:05+	
6	Hilde Nordbø	93										53:57	
	05:24+	10:11+	20:42+	23:24+	25:04+	27:16+	32:11+	38:21+	45:46+	49:46+	53:01+	53:57+	
	05:24+	04:47+	10:31+	02:42+	01:40+	02:12+	04:55+	06:10+	07:25+	04:00+	03:15+	00:56=	
	00:20+	00:01+	02:04#	00:26#	00:22&	00:43&	01:17&	00:51#	01:08#	01:19&	01:12&	00:00=	
7	Ingrid W. Hestness	117										55:04	
	06:56+	11:59+	22:48+	25:29+	27:06+	29:06+	33:21+	39:10+	48:19+	51:21+	54:09+	55:04+	
	06:56+	05:03+	10:49+	02:41+	01:37+	02:00+	04:15+	05:49+	09:09+	03:02+	02:48+	00:55-	
	01:52&	00:17+	02:22&	00:25#	00:19#	00:31&	00:37#	00:30+	02:52&	00:21#	00:45&	00:01-	
8	Lise Isachsen	165										55:21	
	06:01+	13:00+	22:34+	26:55+	28:42+	30:32+	34:49+	40:07+	48:43+	51:57+	54:29+	55:21+	
	06:01+	06:59+	09:34+	04:21+	01:47+	01:50+	04:17+	05:18-	08:36+	03:14+	02:32+	00:52-	
	00:57#	02:13&	01:07#	02:05&	00:29&	00:21#	00:39#	00:01-	02:19&	00:33#	00:29#	00:04-	
9	Ann-Cathrin Nybak Urdal	118										56:44	
	04:57-	10:10+	19:43+	21:50+	23:14+	25:03+	31:16+	42:34+	50:21+	52:53+	55:44+	56:44+	
	04:57-	05:13+	09:33+	02:07-	01:24+	01:49+	06:13+	11:18+	07:47+	02:32-	02:51+	01:00+	
	00:07-	00:27+	01:06#	00:09-	00:06+	00:20#	02:35&	05:59@	01:30#	00:09-	00:48&	00:04+	
10	Anne Marie Gausel	105										56:51	
	06:05+	10:45+	22:23+	24:16+	25:33+	32:15+	36:44+	42:39+	50:42+	53:47+	56:01+	56:51+	
	06:05+	04:40-	11:38+	01:53-	01:17-	06:42+	04:29+	05:55+	08:03+	03:05+	02:14+	00:50-	
	01:01#	00:06-	03:11&	00:23-	00:01-	05:13@	00:51#	00:36#	01:46&	00:24#	00:11+	00:06-	
11	Ida K. Kolstø	29										57:24	
	07:47+	13:34+	24:40+	28:11+	30:26+	32:21+	36:35+	42:47+	51:23+	53:57+	56:32+	57:24+	
	07:47+	05:47+	11:06+	03:31+	02:15+	01:55+	04:14+	06:12+	08:36+	02:34-	02:35+	00:52-	
	02:43&	01:01#	02:39&	01:15&	00:57&	00:26&	00:36#	00:53#	02:19&	00:07-	00:32&	00:04-	
12	Toyah Bråtveit	43										1:06:56	
	05:55+	11:26+	29:20+	31:46+	33:34+	35:05+	43:40+	49:32+	59:07+	61:17+	65:58+	66:56+	
	05:55+	05:31+	17:54+	02:26+	01:48+	01:31+	08:35+	05:52+	09:35+	02:10-	04:41+	00:58+	
	00:51#	00:45#	09:27@	00:10+	00:30&	00:02+	04:57@	00:33#	03:18&	00:31-	02:38@	00:02+	

Class	Navn	Klasse										Tid
13	Ellen Tindeland	27										1:07:43
09:39+	14:32+	31:44+	39:04+	40:34+	42:35+	47:38+	53:46+	61:03+	64:04+	66:43+	67:43+	
09:39+	04:53+	17:12+	07:20+	01:30+	02:01+	05:03+	06:08+	07:17+	03:01+	02:39+	01:00+	
04:35&	00:07+	08:45@	05:04@	00:12#	00:32&	01:25&	00:49#	01:00#	00:20#	00:36&	00:04+	
14	Kristin Breivold	92										1:08:15
12:37+	18:13+	29:14+	32:07+	34:25+	37:39+	44:34+	50:44+	60:47+	64:01+	67:14+	68:15+	
12:37+	05:36+	11:01+	02:53+	02:18+	03:14+	06:55+	06:10+	10:03+	03:14+	03:13+	01:01+	
07:33@	00:50#	02:34&	00:37&	01:00&	01:45@	03:17&	00:51#	03:46&	00:33#	01:10&	00:05+	
15	Mariann Sveinsvoll	94										1:13:23
05:39+	12:41+	28:45+	32:05+	33:50+	36:30+	47:52+	54:13+	64:46+	69:07+	72:14+	73:23+	
05:39+	07:02+	16:04+	03:20+	01:45+	02:40+	11:22+	06:21+	10:33+	04:21+	03:07+	01:09+	
00:35#	02:16&	07:37&	01:04&	00:27&	01:11&	07:44@	01:02#	04:16&	01:40&	01:04&	00:13#	
Beste strekktid for klassen												
04:57	04:34	08:27	01:53	01:17	01:18	03:38	05:15	06:17	02:10	02:03	00:50	

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

Damer Ny

1	Stine Rørvik	393										25:27
05:04=	07:59=	12:05=	13:32=	17:26=	21:26=	24:02=	25:27=					
05:04=	02:55=	04:06=	01:27=	03:54=	04:00=	02:36=	01:25=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Ingrid Aarstad	105										29:49
04:20-	07:07-	12:31+	14:04+	23:57+	26:44+	28:35+	29:49+					
04:20-	02:47-	05:24+	01:33+	09:53+	02:47-	01:51-	01:14-					
00:44-	00:08-	01:18&	00:06+	05:59@	01:13-	00:45-	00:11-					
3	Roy Liao	136										30:23
04:44-	08:22+	15:17+	17:15+	22:39+	25:54+	28:46+	30:23+					
04:44-	03:38+	06:55+	01:58+	05:24+	03:15-	02:52+	01:37+					
00:20-	00:43#	02:49&	00:31&	01:30&	00:45-	00:16#	00:12#					
4	Gulzhan Yegemberdiyeva	136										30:56
05:40+	08:23+	15:28+	17:11+	22:29+	26:05+	29:22+	30:56+					
05:40+	02:43-	07:05+	01:43+	05:18+	03:36-	03:17+	01:34+					
00:36#	00:12-	02:59&	00:16#	01:24&	00:24-	00:41&	00:09#					
5	Monica Regine Romstad	105										34:21
08:46+	11:34+	19:53+	21:25+	26:21+	30:44+	32:57+	34:21+					
08:46+	02:48-	08:19+	01:32+	04:56+	04:23+	02:13-	01:24-					
03:42&	00:07-	04:13@	00:05+	01:02&	00:23+	00:23-	00:01-					
6	Inger Lise Sigvaldsen	68										35:03
07:08+	10:42+	15:30+	18:44+	25:18+	29:56+	32:42+	35:03+					
07:08+	03:34+	04:48+	03:14+	06:34+	04:38+	02:46+	02:21+					
02:04&	00:39#	00:42#	01:47@	02:40&	00:38#	00:10+	00:56&					
7	Nhu Ha Neuyen	92										57:23
06:25+	11:05+	18:53+	22:16+	42:02+	48:13+	54:09+	57:23+					
06:25+	04:40+	07:48+	03:23+	19:46+	06:11+	05:56+	03:14+					
01:21&	01:45&	03:42&	01:56@	15:52@	02:11&	03:20@	01:49@					
8	Kate Lie	134										57:25
06:27+	11:12+	18:53+	22:14+	42:01+	48:15+	54:10+	57:25+					
06:27+	04:45+	07:41+	03:21+	19:47+	06:14+	05:55+	03:15+					
01:23&	01:50&	03:35&	01:54@	15:53@	02:14&	03:19@	01:50@					
Beste strekktid for klassen												
04:20	02:43	04:06	01:27	03:54	02:47	01:51	01:14					

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

Damer Trim

Class	Navn	Klasse	Tid
1	Kristin Ye-Eun Yoon	372	36:06
	03:25= 08:16= 11:20= 15:08= 18:13= 21:39= 27:13= 29:42= 31:55= 35:00= 36:06=		
	03:25= 04:51= 03:04= 03:48= 03:05= 03:26= 05:34= 02:29= 02:13= 03:05= 01:06=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Marie Engedal Svartsund	91	37:08
	02:47- 07:28- 11:18- 15:42+ 18:38+ 23:23+ 26:25- 29:28- 32:10+ 36:13+ 37:08+		
	02:47- 04:41- 03:50+ 04:24+ 02:56- 04:45+ 03:02- 03:03+ 02:42+ 04:03+ 00:55-		
	00:38- 00:10- 00:46# 00:36# 00:09- 01:19& 02:32- 00:34# 00:29# 00:58& 00:11-		
3	Marit Lindtveit Undheim	54	38:14
	03:05- 07:39- 11:08- 15:03- 18:33+ 23:52+ 28:55+ 31:37+ 34:04+ 37:02+ 38:14+		
	03:05- 04:34- 03:29+ 03:55+ 03:30+ 05:19+ 05:03- 02:42+ 02:27+ 02:58- 01:12+		
	00:20- 00:17- 00:25# 00:07+ 00:25# 01:53& 00:31- 00:13+ 00:14# 00:07- 00:06+		
4	Therese Immerstein Norberg	47	38:18
	02:35- 06:45- 09:58- 14:02- 17:31- 23:58+ 28:02+ 31:10+ 33:23+ 37:16+ 38:18+		
	02:35- 04:10- 03:13+ 04:04+ 03:29+ 06:27+ 04:04- 03:08+ 02:13= 03:53+ 01:02-		
	00:50- 00:41- 00:09+ 00:16+ 00:24# 03:01& 01:30- 00:39& 00:00= 00:48& 00:04-		
5	Grete Stokke Seljeskog	128	38:37
	03:04- 07:15- 12:05+ 16:04+ 20:22+ 24:54+ 29:18+ 31:58+ 34:16+ 37:32+ 38:37+		
	03:04- 04:11- 04:50+ 03:59+ 04:18+ 04:32+ 04:24- 02:40+ 02:18+ 03:16+ 01:05-		
	00:21- 00:40- 01:46& 00:11+ 01:13& 01:06& 01:10- 00:11+ 00:05+ 00:11+ 00:01-		
6	Linn Bringeland	375	38:45
	04:54+ 09:41+ 13:31+ 18:59+ 22:20+ 26:03+ 29:07+ 32:15+ 34:41+ 37:43+ 38:45+		
	04:54+ 04:47- 03:50+ 05:28+ 03:21+ 03:43+ 03:04- 03:08+ 02:26+ 03:02- 01:02-		
	01:29& 00:04- 00:46# 01:40& 00:16+ 00:17+ 02:30- 00:39& 00:13+ 00:03- 00:04-		
7	Ingrid O. Foss	117	40:55
	03:05- 07:58- 11:23+ 18:18+ 21:41+ 26:17+ 30:33+ 33:59+ 36:14+ 39:45+ 40:55+		
	03:05- 04:53+ 03:25+ 06:55+ 03:23+ 04:36+ 04:16- 03:26+ 02:15+ 03:31+ 01:10+		
	00:20- 00:02+ 00:21# 03:07& 00:18+ 01:10& 01:18- 00:57& 00:02+ 00:26# 00:04+		
8	Ann-Mari Vold	54	41:09
	03:20- 09:06+ 12:51+ 17:02+ 20:08+ 24:13+ 32:36+ 35:04+ 37:34+ 40:12+ 41:09+		
	03:20- 05:46+ 03:45+ 04:11+ 03:06+ 04:05+ 08:23+ 02:28- 02:30+ 02:38- 00:57-		
	00:05- 00:55# 00:41# 00:23# 00:01+ 00:39# 02:49& 00:01- 00:17# 00:27- 00:09-		
9	Benedicte Kvalevåg	375	42:00
	03:16- 07:34- 11:07- 15:10+ 21:53+ 26:12+ 30:12+ 33:32+ 35:42+ 40:48+ 42:00+		
	03:16- 04:18- 03:33+ 04:03+ 06:43+ 04:19+ 04:00- 03:20+ 02:10- 05:06+ 01:12+		
	00:09- 00:33- 00:29# 00:15+ 03:38& 00:53& 01:34- 00:51& 00:03- 02:01& 00:06+		
10	Astri Sandanger	93	42:22
	05:17+ 10:32+ 13:44+ 17:56+ 23:46+ 28:25+ 33:19+ 36:23+ 38:32+ 41:22+ 42:22+		
	05:17+ 05:15+ 03:12+ 04:12+ 05:50+ 04:39+ 04:54- 03:04+ 02:09- 02:50- 01:00-		
	01:52& 00:24+ 00:08+ 00:24# 02:45& 01:13& 00:40- 00:35# 00:04- 00:15- 00:06-		
11	Lina Dahle	372	43:36
	02:49- 08:07- 12:06+ 16:52+ 21:43+ 26:32+ 32:12+ 35:19+ 38:18+ 42:09+ 43:36+		
	02:49- 05:18+ 03:59+ 04:46+ 04:51+ 04:49+ 05:40+ 03:07+ 02:59+ 03:51+ 01:27+		
	00:36- 00:27+ 00:55& 00:58& 01:46& 01:23& 00:06+ 00:38& 00:46& 00:46# 00:21&		
12	Silje H. Myklebust	54	43:38
	03:53+ 09:06+ 12:52+ 17:23+ 21:29+ 26:39+ 32:47+ 35:41+ 38:55+ 42:34+ 43:38+		
	03:53+ 05:13+ 03:46+ 04:31+ 04:06+ 05:10+ 06:08+ 02:54+ 03:14+ 03:39+ 01:04-		
	00:28# 00:22+ 00:42# 00:43# 01:01& 01:44& 00:34# 00:25# 01:01& 00:34# 00:02-		
13	Inger Johanne Klausen	54	43:52
	03:51+ 09:04+ 12:49+ 17:26+ 21:34+ 26:36+ 32:49+ 35:52+ 39:15+ 42:44+ 43:52+		
	03:51+ 05:13+ 03:45+ 04:37+ 04:08+ 05:02+ 06:13+ 03:03+ 03:23+ 03:29+ 01:08+		
	00:26# 00:22+ 00:41# 00:49# 01:03& 01:36& 00:39# 00:34# 01:10& 00:24# 00:02+		
14	Maria Fjelde	105	45:32
	02:51- 07:05- 11:01- 22:43+ 25:58+ 30:04+ 34:21+ 37:25+ 39:55+ 44:22+ 45:32+		
	02:51- 04:14- 03:56+ 11:42+ 03:15+ 04:06+ 04:17- 03:04+ 02:30+ 04:27+ 01:10+		
	00:34- 00:37- 00:52& 07:54& 00:10+ 00:40# 01:17- 00:35# 00:17# 01:22& 00:04+		
15	Anastasia Ollestad	93	47:55
	02:51- 07:51- 11:40+ 16:05+ 24:12+ 29:39+ 36:35+ 39:43+ 42:10+ 46:46+ 47:55+		
	02:51- 05:00+ 03:49+ 04:25+ 08:07+ 05:27+ 06:56+ 03:08+ 02:27+ 04:36+ 01:09+		
	00:34- 00:09+ 00:45# 00:37# 05:02& 02:01& 01:22# 00:39& 00:14# 01:31& 00:03+		

Class	Navn	Klasse										Tid
16	Kristin Harbo	92										49:08
03:48+	09:13+	14:50+	20:42+	24:58+	29:56+	36:13+	40:09+	43:08+	47:39+	49:08+		
03:48+	05:25+	05:37+	05:52+	04:16+	04:58+	06:17+	03:56+	02:59+	04:31+	01:29+		
00:23#	00:34#	02:33&	02:04&	01:11&	01:32&	00:43#	01:27&	00:46&	01:26&	00:23&		
17	Janeth Kleppe	128										50:27
03:32+	09:09+	16:44+	25:01+	28:06+	32:26+	36:12+	38:57+	41:11+	49:26+	50:27+		
03:32+	05:37+	07:35+	08:17+	03:05=	04:20+	03:46-	02:45+	02:14+	08:15+	01:01-		
00:07+	00:46#	04:31@	04:29@	00:00=	00:54&	01:48-	00:16#	00:01+	05:10@	00:05-		
18	Inga Borge	43										50:43
05:33+	10:24+	13:46+	17:54+	20:50+	25:00+	40:26+	43:21+	45:41+	49:40+	50:43+		
05:33+	04:51=	03:22+	04:08+	02:56-	04:10+	15:26+	02:55+	02:20+	03:59+	01:03-		
02:08&	00:00=	00:18+	00:20+	00:09-	00:44#	09:52@	00:26#	00:07+	00:54&	00:03-		
19	Ritva Aiko Halsne	105										51:26
03:20-	10:22+	15:28+	23:30+	28:09+	34:34+	39:10+	42:18+	45:24+	50:02+	51:26+		
03:20-	07:02+	05:06+	08:02+	04:39+	06:25+	04:36-	03:08+	03:06+	04:38+	01:24+		
00:05-	02:11&	02:02&	04:14@	01:34&	02:59&	00:58-	00:39&	00:53&	01:33&	00:18&		
20	Elsa Ingolfsdottir	126										51:52
07:35+	12:51+	17:24+	22:32+	27:22+	32:28+	38:47+	42:16+	45:23+	50:18+	51:52+		
07:35+	05:16+	04:33+	05:08+	04:50+	05:06+	06:19+	03:29+	03:07+	04:55+	01:34+		
04:10@	00:25+	01:29&	01:20&	01:45&	01:40&	00:45#	01:00&	00:54&	01:50&	00:28&		
21	Hege Jangsett	93										52:48
04:35+	11:42+	15:56+	21:31+	25:25+	31:28+	37:11+	42:03+	45:45+	51:09+	52:48+		
04:35+	07:07+	04:14+	05:35+	03:54+	06:03+	05:43+	04:52+	03:42+	05:24+	01:39+		
01:10&	02:16&	01:10&	01:47&	00:49&	02:37&	00:09+	02:23&	01:29&	02:19&	00:33&		
22	Kirsti Strand Salvesen	256										54:13
06:31+	12:41+	17:43+	23:44+	29:38+	35:48+	40:37+	44:37+	48:01+	52:17+	54:13+		
06:31+	06:10+	05:02+	06:01+	05:54+	06:10+	04:49-	04:00+	03:24+	04:16+	01:56+		
03:06&	01:19&	01:58&	02:13&	02:49&	02:44&	00:45-	01:31&	01:11&	01:11&	00:50&		
23	Brit Svihus	92										54:38
03:35+	12:40+	19:38+	26:42+	32:49+	38:48+	42:46+	46:13+	48:56+	53:00+	54:38+		
03:35+	09:05+	06:58+	07:04+	06:07+	05:59+	03:58-	03:27+	02:43+	04:04+	01:38+		
00:10+	04:14&	03:54@	03:16&	03:02&	02:33&	01:36-	00:58&	00:30#	00:59&	00:32&		
24	Unni Byberg Mæstad	92										56:30
04:06+	11:59+	16:53+	21:53+	26:52+	34:30+	41:05+	45:23+	48:27+	55:04+	56:30+		
04:06+	07:53+	04:54+	05:00+	04:59+	07:38+	06:35+	04:18+	03:04+	06:37+	01:26+		
00:41#	03:02&	01:50&	01:12&	01:54&	04:12@	01:01#	01:49&	00:51&	03:32@	00:20&		
25	Ruth Grødem	105										57:16
05:26+	19:18+	24:09+	31:46+	36:19+	41:34+	45:29+	49:05+	51:41+	55:54+	57:16+		
05:26+	13:52+	04:51+	07:37+	04:33+	05:15+	03:55-	03:36+	02:36+	04:13+	01:22+		
02:01&	09:01@	01:47&	03:49@	01:28&	01:49&	01:39-	01:07&	00:23#	01:08&	00:16#		
26	Elisabeth Horpestad	117										58:28
08:41+	24:52+	28:16+	34:00+	39:12+	44:01+	46:57+	50:00+	53:52+	57:32+	58:28+		
08:41+	16:11+	03:24+	05:44+	05:12+	04:49+	02:56-	03:03+	03:52+	03:40+	00:56-		
05:16@	11:20@	00:20#	01:56&	02:07&	01:23&	02:38-	00:34#	01:39&	00:35#	00:10-		
27	Esther Boenheim	268										59:07
03:36+	09:03+	13:12+	19:51+	23:12+	39:56+	46:38+	50:29+	53:28+	57:50+	59:07+		
03:36+	05:27+	04:09+	06:39+	03:21+	16:44+	06:42+	03:51+	02:59+	04:22+	01:17+		
00:11+	00:36#	01:05&	02:51&	00:16+	13:18@	01:08#	01:22&	00:46&	01:17&	00:11#		
28	Sara Engevik	126										59:16
03:29+	10:20+	15:57+	21:42+	26:37+	32:08+	45:01+	48:43+	51:53+	57:31+	59:16+		
03:29+	06:51+	05:37+	05:45+	04:55+	05:31+	12:53+	03:42+	03:10+	05:38+	01:45+		
00:04+	02:00&	02:33&	01:57&	01:50&	02:05&	07:19@	01:13&	00:57&	02:33&	00:39&		
29	Anne Lill Njå	105										59:33
05:28+	11:16+	17:23+	24:47+	29:27+	35:41+	40:39+	49:39+	52:47+	58:24+	59:33+		
05:28+	05:48+	06:07+	07:24+	04:40+	06:14+	04:58-	09:00+	03:08+	05:37+	01:09+		
02:03&	00:57#	03:03&	03:36&	01:35&	02:48&	00:36-	06:31@	00:55&	02:32&	00:03+		
30	Jeanette Mjølhus	134										1:00:33
06:29+	12:20+	18:24+	25:42+	30:28+	36:42+	41:40+	50:40+	53:41+	59:25+	60:33+		
06:29+	05:51+	06:04+	07:18+	04:46+	06:14+	04:58-	09:00+	03:01+	05:44+	01:08+		
03:04&	01:00#	03:00&	03:30&	01:41&	02:48&	00:36-	06:31@	00:48&	02:39&	00:02+		

Class	Navn	Klasse										Tid
31	Liv Janne Fandrem Biland	92										1:00:54
04:00+	10:27+	16:17+	21:24+	27:04+	38:44+	45:30+	49:57+	52:54+	59:32+	60:54+		
04:00+	06:27+	05:50+	05:07+	05:40+	11:40+	06:46+	04:27+	02:57+	06:38+	01:22+		
00:35#	01:36&	02:46&	01:19&	02:35&	08:14@	01:12#	01:58&	00:44&	03:33@	00:16#		
32	Tone Giske	7										1:00:57
03:48+	11:24+	16:56+	27:08+	32:49+	39:16+	43:39+	49:07+	54:45+	59:19+	60:57+		
03:48+	07:36+	05:32+	10:12+	05:41+	06:27+	04:23-	05:28+	05:38+	04:34+	01:38+		
00:23#	02:45&	02:28&	06:24@	02:36&	03:01&	01:11-	02:59@	03:25@	01:29&	00:32&		
33	Linda Charlotte Jahren Mørch	117										1:01:17
03:44+	12:56+	17:28+	23:08+	27:27+	33:49+	39:34+	43:44+	50:18+	59:55+	61:17+		
03:44+	09:12+	04:32+	05:40+	04:19+	06:22+	05:45+	04:10+	06:34+	09:37+	01:22+		
00:19+	04:21&	01:28&	01:52&	01:14&	02:56&	00:11+	01:41&	04:21@	06:32@	00:16#		
34	Monica Gilje Rennemo	92										1:01:30
02:39-	07:31-	11:14-	32:02+	36:12+	43:09+	49:37+	52:39+	56:10+	60:02+	61:30+		
02:39-	04:52+	03:43+	20:48+	04:10+	06:57+	06:28+	03:02+	03:31+	03:52+	01:28+		
00:46-	00:01+	00:39#	17:00@	01:05&	03:31@	00:54#	00:33#	01:18&	00:47&	00:22&		
35	Linda Haukås	113										1:01:31
04:10+	11:08+	17:31+	25:31+	31:18+	37:33+	44:39+	49:27+	53:52+	59:28+	61:31+		
04:10+	06:58+	06:23+	08:00+	05:47+	06:15+	07:06+	04:48+	04:25+	05:36+	02:03+		
00:45#	02:07&	03:19@	04:12@	02:42&	02:49&	01:32&	02:19&	02:12&	02:31&	00:57&		
36	Sigrund Serigstad	128										1:03:27
13:45+	29:34+	33:08+	38:53+	43:41+	48:56+	52:03+	54:51+	58:57+	62:36+	63:27+		
13:45+	15:49+	03:34+	05:45+	04:48+	05:15+	03:07-	02:48+	04:06+	03:39+	00:51-		
10:20@	10:58@	00:30#	01:57&	01:43&	01:49&	02:27-	00:19#	01:53&	00:34#	00:15-		
37	Eli Våge	117										1:03:37
07:34+	13:51+	20:14+	27:58+	33:13+	40:11+	48:12+	52:26+	56:18+	61:43+	63:37+		
07:34+	06:17+	06:23+	07:44+	05:15+	06:58+	08:01+	04:14+	03:52+	05:25+	01:54+		
04:09@	01:26&	03:19@	03:56@	02:10&	03:32@	02:27&	01:45&	01:39&	02:20&	00:48&		
38	Halldis Handeland	92										1:07:48
03:36+	09:31+	22:09+	32:34+	36:55+	41:59+	48:44+	52:40+	62:54+	66:20+	67:48+		
03:36+	05:55+	12:38+	10:25+	04:21+	05:04+	06:45+	03:56+	10:14+	03:26+	01:28+		
00:11+	01:04#	09:34@	06:37@	01:16&	01:38&	01:11#	01:27&	08:01@	00:21#	00:22&		
39	Signe Lise Haaland	66										1:08:23
05:35+	12:56+	20:26+	27:27+	34:00+	43:34+	51:51+	56:42+	60:18+	66:22+	68:23+		
05:35+	07:21+	07:30+	07:01+	06:33+	09:34+	08:17+	04:51+	03:36+	06:04+	02:01+		
02:10&	02:30&	04:26@	03:13&	03:28@	06:08@	02:43&	02:22&	01:23&	02:59&	00:55&		
40	Gro Mariero Totland	59										1:09:40
05:03+	13:06+	20:50+	28:49+	34:28+	41:25+	53:05+	58:23+	61:49+	67:35+	69:40+		
05:03+	08:03+	07:44+	07:59+	05:39+	06:57+	11:40+	05:18+	03:26+	05:46+	02:05+		
01:38&	03:12&	04:40@	04:11@	02:34&	03:31@	06:06@	02:49@	01:13&	02:41&	00:59&		
41	Karoline Fidjeland	105										1:10:47
09:31+	25:37+	28:41+	33:04+	36:22+	55:08+	58:44+	61:20+	63:18+	69:44+	70:47+		
09:31+	16:06+	03:04=	04:23+	03:18+	18:46+	03:36-	02:36+	01:58-	06:26+	01:03-		
06:06@	11:15@	00:00=	00:35#	00:13+	15:20@	01:58-	00:07+	00:15-	03:21@	00:03-		
42	Hege Karlsen	1002										1:15:22
03:24-	24:53+	29:20+	38:34+	42:49+	54:20+	62:11+	65:26+	67:56+	74:18+	75:22+		
03:24-	21:29+	04:27+	09:14+	04:15+	11:31+	07:51+	03:15+	02:30+	06:22+	01:04-		
00:01-	16:38@	01:23&	05:26@	01:10&	08:05@	02:17&	00:46&	00:17#	03:17@	00:02-		
43	May Kristin Haaland	47										1:19:18
07:32+	16:15+	25:14+	37:51+	48:41+	56:00+	61:44+	65:42+	73:06+	77:37+	79:18+		
07:32+	08:43+	08:59+	12:37+	10:50+	07:19+	05:44+	03:58+	07:24+	04:31+	01:41+		
04:07@	03:52&	05:55@	08:49@	07:45@	03:53@	00:10+	01:29&	05:11@	01:26&	00:35&		
44	Ingvild Elin Ringodd	117										1:19:18
04:43+	16:10+	21:13+	25:56+	38:49+	44:42+	64:37+	71:06+	75:12+	78:05+	79:18+		
04:43+	11:27+	05:03+	04:43+	12:53+	05:53+	19:55+	06:29+	04:06+	02:53-	01:13+		
01:18&	06:36@	01:59&	00:55#	09:48@	02:27&	14:21@	04:00@	01:53&	00:12-	00:07#		
45	Ingunn Fandrem	47										1:21:38
04:59+	12:41+	20:07+	31:32+	40:51+	50:02+	57:47+	63:16+	73:36+	79:58+	81:38+		
04:59+	07:42+	07:26+	11:25+	09:19+	09:11+	07:45+	05:29+	10:20+	06:22+	01:40+		
01:34&	02:51&	04:22@	07:37@	06:14@	05:45@	02:11&	03:00@	08:07@	03:17@	00:34&		

Class	Navn	Klasse	Tid							
46	Solveig Marie Grønning	47	1:21:45							
05:03+	12:46+	20:04+	31:37+	41:02+	49:57+	57:55+	63:21+	73:48+	80:00+	81:45+
05:03+	07:43+	07:18+	11:33+	09:25+	08:55+	07:58+	05:26+	10:27+	06:12+	01:45+
01:38&	02:52&	04:14@	07:45@	06:20@	05:29@	02:24&	02:57@	08:14@	03:07@	00:39&
47	Marit Kløvstad Braut	92	1:22:45							
06:25+	17:21+	24:06+	33:05+	44:00+	54:39+	61:18+	67:35+	72:15+	79:58+	82:45+
06:25+	10:56+	06:45+	08:59+	10:55+	10:39+	06:39+	06:17+	04:40+	07:43+	02:47+
03:00&	06:05@	03:41@	05:11@	07:50@	07:13@	01:05#	03:48@	02:27@	04:38@	01:41@
48	Sølvi Ballestad	105	1:28:34							
09:12+	17:56+	27:14+	36:37+	50:16+	60:53+	67:17+	71:05+	78:03+	86:36+	88:34+
09:12+	08:44+	09:18+	09:23+	13:39+	10:37+	06:24+	03:48+	06:58+	08:33+	01:58+
05:47@	03:53&	06:14@	05:35@	10:34@	07:11@	00:50#	01:19&	04:45@	05:28@	00:52&
49	Silje Elise Elstad	62	1:52:25							
03:37+	36:47+	43:19+	71:12+	81:44+	89:47+	95:42+	100:07+	103:48+	110:36+	112:25+
03:37+	33:10+	06:32+	27:53+	10:32+	08:03+	05:55+	04:25+	03:41+	06:48+	01:49+
00:12+	28:19@	03:28@	24:05@	07:27@	04:37@	00:21+	01:56&	01:28&	03:43@	00:43&
50	Heidi Camilla Hovet	62	1:53:16							
04:42+	38:07+	44:34+	72:36+	83:11+	91:03+	97:04+	101:29+	105:10+	111:10+	113:16+
04:42+	33:25+	06:27+	28:02+	10:35+	07:52+	06:01+	04:25+	03:41+	06:00+	02:06+
01:17&	28:34@	03:23@	24:14@	07:30@	04:26@	00:27+	01:56&	01:28&	02:55&	01:00&
Beste strekktid for klassen										
02:35	04:10	03:04	03:48	02:56	03:26	02:56	02:28	01:58	02:38	00:51

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

Herrer 16 - 39 år

1	Bernhard Haver Vagle	126	40:25								
03:56=	08:17=	15:28=	17:33=	18:50=	20:19=	23:43=	28:29=	35:27=	37:29=	39:39=	40:25=
03:56=	04:21=	07:11=	02:05=	01:17=	01:29=	03:24=	04:46=	06:58=	02:02=	02:10=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sven Hatteland	399	40:52								
04:20+	08:11-	17:29+	19:15+	20:15+	21:30+	24:58+	29:41+	35:27=	38:05+	40:08+	40:52+
04:20+	03:51-	09:18+	01:46-	01:00-	01:15-	03:28+	04:43-	05:46-	02:38+	02:03-	00:44-
00:24#	00:30-	02:07&	00:19-	00:17-	00:14-	00:04+	00:03-	01:12-	00:36&	00:07-	00:02-
3	Jørgen Strømstad	50	41:39								
03:13-	06:43-	15:30+	17:28-	18:36-	20:26+	23:58+	28:25-	35:11-	37:36+	41:02+	41:39+
03:13-	03:30-	08:47+	01:58-	01:08-	01:50+	03:32+	04:27-	06:46-	02:25+	03:26+	00:37-
00:43-	00:51-	01:36#	00:07-	00:09-	00:21#	00:08+	00:19-	00:12-	00:23#	01:16&	00:09-
4	Morten Fenne	232	42:53								
04:15+	08:02-	17:55+	20:33+	21:36+	22:58+	27:41+	31:51+	37:49+	39:49+	42:18+	42:53+
04:15+	03:47-	09:53+	02:38+	01:03-	01:22-	04:43+	04:10-	05:58-	02:00-	02:29+	00:35-
00:19+	00:34-	02:42&	00:33&	00:14-	00:07-	01:19&	00:36-	01:00-	00:02-	00:19#	00:11-
5	Jørgen Hetland	59	43:15								
03:45-	07:46-	18:09+	20:31+	21:38+	22:54+	26:23+	31:09+	37:00+	39:15+	42:33+	43:15+
03:45-	04:01-	10:23+	02:22+	01:07-	01:16-	03:29+	04:46=	05:51-	02:15+	03:18+	00:42-
00:11-	00:20-	03:12&	00:17#	00:10-	00:13-	00:05+	00:00=	01:07-	00:13#	01:08&	00:04-
6	Truls Thorkildsen	39	51:05								
05:38+	11:01+	22:20+	26:28+	27:41+	29:21+	33:46+	38:54+	45:37+	48:01+	50:15+	51:05+
05:38+	05:23+	11:19+	04:08+	01:13-	01:40+	04:25+	05:08+	06:43-	02:24+	02:14+	00:50+
01:42&	01:02#	04:08&	02:03&	00:04-	00:11#	01:01&	00:22+	00:15-	00:22#	00:04+	00:04+
7	Sondre Aspøy	117	53:44								
05:11+	11:25+	20:08+	22:54+	25:54+	27:42+	31:49+	37:23+	47:06+	50:07+	52:57+	53:44+
05:11+	06:14+	08:43+	02:46+	03:00+	01:48+	04:07+	05:34+	09:43+	03:01+	02:50+	00:47+
01:15&	01:53&	01:32#	00:41&	01:43@	00:19#	00:43#	00:48#	02:45&	00:59&	00:40&	00:01+
8	Frank Terje Berge	126	53:44								
04:43+	09:32+	25:28+	27:51+	29:13+	30:42+	35:01+	39:59+	47:13+	50:20+	52:45+	53:44+
04:43+	04:49+	15:56+	02:23+	01:22+	01:29=	04:19+	04:58+	07:14+	03:07+	02:25+	00:59+
00:47#	00:28#	08:45@	00:18#	00:05+	00:00=	00:55&	00:12+	00:16+	01:05&	00:15#	00:13&

Class	Navn	Klasse										Tid
9	Eivind Brimsø	76										53:45
04:29+	08:58+	26:30+	28:33+	29:45+	31:18+	35:22+	40:41+	48:07+	50:38+	52:52+	53:45+	
04:29+	04:29+	17:32+	02:03-	01:12-	01:33+	04:04+	05:19+	07:26+	02:31+	02:14+	00:53+	
00:33#	00:08+	10:21@	00:02-	00:05-	00:04+	00:40#	00:33#	00:28+	00:29#	00:04+	00:07#	
10	Martin Skogland	98										54:08
04:45+	09:29+	18:45+	24:48+	26:50+	29:14+	34:57+	40:49+	47:39+	50:50+	53:12+	54:08+	
04:45+	04:44+	09:16+	06:03+	02:02+	02:24+	05:43+	05:52+	06:50-	03:11+	02:22+	00:56+	
00:49#	00:23+	02:05&	03:58@	00:45&	00:55&	02:19&	01:06#	00:08-	01:09&	00:12+	00:10#	
11	Maximilian Erlbeck	67										54:42
03:46-	09:09+	17:59+	20:27+	21:50+	23:06+	28:46+	33:01+	45:14+	50:51+	54:08+	54:42+	
03:46-	05:23+	08:50+	02:28+	01:23+	01:16-	05:40+	04:15-	12:13+	05:37+	03:17+	00:34-	
00:10-	01:02#	01:39#	00:23#	00:06+	00:13-	02:16&	00:31-	05:15&	03:35@	01:07&	00:12-	
12	Arthur Fayemendy	76										56:06
05:15+	11:36+	21:02+	23:18+	24:45+	28:03+	33:41+	39:34+	48:39+	52:25+	55:22+	56:06+	
05:15+	06:21+	09:26+	02:16+	01:27+	03:18+	05:38+	05:53+	09:05+	03:46+	02:57+	00:44-	
01:19&	02:00&	02:15&	00:11+	00:10#	01:49@	02:14&	01:07#	02:07&	01:44&	00:47&	00:02-	
13	Erlend Syse	76										1:00:36
05:40+	11:02+	21:16+	25:07+	27:17+	29:50+	38:02+	43:54+	51:33+	56:23+	59:36+	60:36+	
05:40+	05:22+	10:14+	03:51+	02:10+	02:33+	08:12+	05:52+	07:39+	04:50+	03:13+	01:00+	
01:44&	01:01#	03:03&	01:46&	00:53&	01:04&	04:48@	01:06#	00:41+	02:48@	01:03&	00:14&	
14	Øivind Fandrem Høivik	66										1:00:59
09:19+	14:25+	23:41+	25:49+	31:01+	32:16+	36:43+	45:02+	52:48+	57:47+	60:18+	60:59+	
09:19+	05:06+	09:16+	02:08+	05:12+	01:15-	04:27+	08:19+	07:46+	04:59+	02:31+	00:41-	
05:23@	00:45#	02:05&	00:03+	03:55@	00:14-	01:03&	03:33&	00:48#	02:57@	00:21#	00:05-	
15	Vegard Hausken	116										1:25:18
06:32+	13:03+	49:03+	51:51+	54:08+	55:49+	61:20+	66:54+	76:34+	81:13+	84:20+	85:18+	
06:32+	06:31+	36:00+	02:48+	02:17+	01:41+	05:31+	05:34+	09:40+	04:39+	03:07+	00:58+	
02:36&	02:10&	28:49@	00:43&	01:00&	00:12#	02:07&	00:48#	02:42&	02:37@	00:57&	00:12&	

Beste strekktid for klassen

03:13 03:30 07:11 01:46 01:00 01:15 03:24 04:10 05:46 02:00 02:03 00:34

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

Herrer 40 - 49 år

1	Trond Bø	101										44:27
04:53=	09:25=	17:56=	19:47=	20:52=	22:22=	26:05=	31:05=	37:32=	40:58=	43:33=	44:27=	
04:53=	04:32=	08:31=	01:51=	01:05=	01:30=	03:43=	05:00=	06:27=	03:26=	02:35=	00:54=	
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	Ove Nygaard	116										44:42
04:53=	10:07+	17:49-	22:06+	23:35+	24:54+	28:49+	33:36+	39:27+	41:31+	44:01+	44:42+	
04:53=	05:14+	07:42-	04:17+	01:29+	01:19-	03:55+	04:47-	05:51-	02:04-	02:30-	00:41-	
00:00=	00:42#	00:49-	02:26@	00:24&	00:11-	00:12+	00:13-	00:36-	01:22-	00:05-	00:13-	
3	Magne Habbestad	111										45:04
04:17-	08:26-	17:07-	19:49+	21:07+	22:57+	27:03+	32:45+	39:08+	41:43+	44:13+	45:04+	
04:17-	04:09-	08:41+	02:42+	01:18+	01:50+	04:06+	05:42+	06:23-	02:35-	02:30-	00:51-	
00:36-	00:23-	00:10+	00:51&	00:13#	00:20#	00:23#	00:42#	00:04-	00:51-	00:05-	00:03-	
4	Per Jan Ersland	43										50:36
04:29-	09:33+	20:31+	25:16+	27:35+	29:21+	33:26+	38:21+	44:49+	47:11+	49:40+	50:36+	
04:29-	05:04+	10:58+	04:45+	02:19+	01:46+	04:05+	04:55-	06:28+	02:22-	02:29-	00:56+	
00:24-	00:32#	02:27&	02:54@	01:14@	00:16#	00:22+	00:05-	00:01+	01:04-	00:06-	00:02+	
5	Trondr Breiland	53										50:42
04:54+	11:22+	18:54+	23:19+	25:23+	26:54+	32:19+	37:47+	43:49+	47:21+	49:56+	50:42+	
04:54+	06:28+	07:32-	04:25+	02:04+	01:31+	05:25+	05:28+	06:02-	03:32+	02:35=	00:46-	
00:01+	01:56&	00:59-	02:34@	00:59&	00:01+	01:42&	00:28+	00:25-	00:06+	00:00=	00:08-	
6	Magnus Langvik	18										53:25
04:47-	10:02+	22:27+	24:29+	25:56+	27:35+	31:19+	37:14+	46:59+	49:33+	52:38+	53:25+	
04:47-	05:15+	12:25+	02:02+	01:27+	01:39+	03:44+	05:55+	09:45+	02:34-	03:05+	00:47-	
00:06-	00:43#	03:54&	00:11+	00:22&	00:09#	00:01+	00:55#	03:18&	00:52-	00:30#	00:07-	

Class	Navn	Klasse										Tid
7	Gunnar Thorset	117										54:21
	06:52+	11:59+	21:04+	23:16+	25:03+	27:05+	31:35+	38:01+	47:26+	50:11+	53:20+	54:21+
	06:52+	05:07+	09:05+	02:12+	01:47+	02:02+	04:30+	06:26+	09:25+	02:45-	03:09+	01:01+
	01:59&	00:35#	00:34+	00:21#	00:42&	00:32&	00:47#	01:26&	02:58&	00:41-	00:34#	00:07#
8	Thomas Chruickshank	48										58:12
	06:27+	11:43+	27:56+	30:09+	31:44+	35:03+	39:36+	44:29+	52:33+	55:28+	57:28+	58:12+
	06:27+	05:16+	16:13+	02:13+	01:35+	03:19+	04:33+	04:53-	08:04+	02:55-	02:00-	00:44-
	01:34&	00:44#	07:42&	00:22#	00:30&	01:49@	00:50#	00:07-	01:37&	00:31-	00:35-	00:10-
9	Kristoffer Buchholz Johannessen	88										58:18
	04:21-	08:47-	19:06+	24:09+	25:58+	27:26+	35:21+	45:56+	52:24+	54:51+	57:23+	58:18+
	04:21-	04:26-	10:19+	05:03+	01:49+	01:28-	07:55+	10:35+	06:28+	02:27-	02:32-	00:55+
	00:32-	00:06-	01:48#	03:12@	00:44&	00:02-	04:12@	05:35@	00:01+	00:59-	00:03-	00:01+
10	Oddgeir Nevland	51										59:39
	09:02+	13:35+	28:34+	31:09+	32:59+	34:41+	39:03+	44:40+	52:36+	55:54+	58:40+	59:39+
	09:02+	04:33+	14:59+	02:35+	01:50+	01:42+	04:22+	05:37+	07:56+	03:18-	02:46+	00:59+
	04:09&	00:01+	06:28&	00:44&	00:45&	00:12#	00:39#	00:37#	01:29#	00:08-	00:11+	00:05+
11	Jan-Kenneth Polle	83										1:01:19
	06:22+	12:57+	29:37+	32:20+	34:07+	35:55+	40:42+	45:51+	54:36+	57:41+	60:28+	61:19+
	06:22+	06:35+	16:40+	02:43+	01:47+	01:48+	04:47+	05:09+	08:45+	03:05-	02:47+	00:51-
	01:29&	02:03&	08:09&	00:52&	00:42&	00:18#	01:04&	00:09+	02:18&	00:21-	00:12+	00:03-
12	Antal Jansen	115										1:01:34
	05:18+	10:13+	19:34+	27:50+	30:04+	31:39+	42:44+	47:37+	54:35+	57:58+	60:45+	61:34+
	05:18+	04:55+	09:21+	08:16+	02:14+	01:35+	11:05+	04:53-	06:58+	03:23-	02:47+	00:49-
	00:25+	00:23+	00:50+	06:25@	01:09@	00:05+	07:22@	00:07-	00:31+	00:03-	00:12+	00:05-
13	Rolf Frøyland	5										1:02:54
	05:24+	11:10+	22:52+	25:09+	26:41+	29:41+	35:42+	44:29+	51:38+	59:00+	62:00+	62:54+
	05:24+	05:46+	11:42+	02:17+	01:32+	03:00+	06:01+	08:47+	07:09+	07:22+	03:00+	00:54+
	00:31#	01:14&	03:11&	00:26#	00:27&	01:30&	02:18&	03:47&	00:42#	03:56@	00:25#	00:00=
14	Cedric Fayemdy	76										1:05:06
	04:33-	10:20+	25:58+	29:28+	31:19+	32:42+	37:54+	43:15+	56:00+	59:26+	64:15+	65:06+
	04:33-	05:47+	15:38+	03:30+	01:51+	01:23-	05:12+	05:21+	12:45+	03:26=	04:49+	00:51-
	00:20-	01:15&	07:07&	01:39&	00:46&	00:07-	01:29&	00:21+	06:18&	00:00=	02:14&	00:03-
Beste strekktid for klassen	04:17	04:09	07:32	01:51	01:05	01:19	03:43	04:47	05:51	02:04	02:00	00:41

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

Herrer 50 - 59 år

1	Lars Primstad	62										45:05
	05:54=	10:08=	20:45=	22:39=	24:24=	25:39=	29:52=	34:35=	41:25=	42:37=	44:17=	45:05=
	05:54=	04:14=	10:37=	01:54=	01:45=	01:15=	04:13=	04:43=	06:50=	01:12=	01:40=	00:48=
	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	Kjell Seland	236										48:33
	05:35-	09:06-	18:30-	20:15-	22:06-	23:40-	29:03-	35:07+	44:20+	45:46+	47:43+	48:33+
	05:35-	03:31-	09:24-	01:45-	01:51+	01:34+	05:23+	06:04+	09:13+	01:26+	01:57+	00:50+
	00:19-	00:43-	01:13-	00:09-	00:06+	00:19&	01:10&	01:21&	02:23&	00:14#	00:17#	00:02+
3	Anders Glenne	7										49:46
	06:27+	09:52-	21:36+	23:36+	25:19+	26:53+	33:08+	38:02+	44:55+	46:59+	48:59+	49:46+
	06:27+	03:25-	11:44+	02:00+	01:43-	01:34+	06:15+	04:54+	06:53+	02:04+	02:00+	00:47-
	00:33+	00:49-	01:07#	00:06+	00:02-	00:19&	02:02&	00:11+	00:03+	00:52&	00:20#	00:01-
4	Kevin Thomas Foust	192										50:40
	06:48+	11:34+	22:39+	24:06+	25:38+	29:09+	33:39+	38:34+	45:44+	47:07+	49:44+	50:40+
	06:48+	04:46+	11:05+	01:27-	01:32-	03:31+	04:30+	04:55+	07:10+	01:23+	02:37+	00:56+
	00:54#	00:32#	00:28+	00:27-	00:13-	02:16@	00:17+	00:12+	00:20+	00:11#	00:57&	00:08#
5	Erik Bjørnbom	76										50:45
	06:21+	10:08=	22:35+	24:28+	26:18+	28:30+	32:43+	38:27+	46:09+	47:40+	49:44+	50:45+
	06:21+	03:47-	12:27+	01:53-	01:50+	02:12+	04:13=	05:44+	07:42+	01:31+	02:04+	01:01+
	00:27+	00:27-	01:50#	00:01-	00:05+	00:57&	00:00=	01:01#	00:52#	00:19&	00:24#	00:13&

Class	Navn	Klasse										Tid
6	Frank Hansen	29										52:32
	09:21+	13:54+	24:17+	26:16+	28:08+	30:13+	34:42+	40:25+	47:49+	49:38+	51:40+	52:32+
	09:21+	04:33+	10:23-	01:59+	01:52+	02:05+	04:29+	05:43+	07:24+	01:49+	02:02+	00:52+
	03:27&	00:19+	00:14-	00:05+	00:07+	00:50&	00:16+	01:00#	00:34+	00:37&	00:22#	00:04+
7	Arngrim Utskarpen	117										53:03
	10:13+	14:00+	24:55+	26:49+	28:18+	30:02+	35:17+	40:52+	48:30+	50:13+	52:15+	53:03+
	10:13+	03:47-	10:55+	01:54=	01:29-	01:44+	05:15+	05:35+	07:38+	01:43+	02:02+	00:48=
	04:19&	00:27-	00:18+	00:00=	00:16-	00:29&	01:02#	00:52#	00:48#	00:31&	00:22#	00:00=
8	Ulric Björck	53										53:15
	12:11+	15:19+	24:33+	26:27+	28:07+	30:24+	36:04+	41:02+	48:18+	49:53+	52:25+	53:15+
	12:11+	03:08-	09:14-	01:54=	01:40-	02:17+	05:40+	04:58+	07:16+	01:35+	02:32+	00:50+
	06:17@	01:06-	01:23-	00:00=	00:05-	01:02&	01:27&	00:15+	00:26+	00:23&	00:52&	00:02+
9	Erling Knutzen	128										53:33
	05:49-	09:38-	22:30+	24:20+	25:52+	27:37+	33:05+	38:54+	48:52+	50:22+	52:40+	53:33+
	05:49-	03:49-	12:52+	01:50-	01:32-	01:45+	05:28+	05:49+	09:58+	01:30+	02:18+	00:53+
	00:05-	00:25-	02:15#	00:04-	00:13-	00:30&	01:15&	01:06#	03:08&	00:18#	00:38&	00:05#
10	Håvard Håland	66										53:53
	10:03+	13:36+	23:08+	25:17+	26:56+	28:49+	35:25+	41:33+	48:54+	50:37+	53:06+	53:53+
	10:03+	03:33-	09:32-	02:09+	01:39-	01:53+	06:36+	06:08+	07:21+	01:43+	02:29+	00:47-
	04:09&	00:41-	01:05-	00:15#	00:06-	00:38&	02:23&	01:25&	00:31+	00:31&	00:49&	00:01-
11	Tore Halset	114										54:04
	07:45+	11:28+	20:40-	22:39=	24:28+	26:57+	34:26+	40:15+	48:57+	50:35+	53:12+	54:04+
	07:45+	03:43-	09:12-	01:59+	01:49+	02:29+	07:29+	05:49+	08:42+	01:38+	02:37+	00:52+
	01:51&	00:31-	01:25-	00:05+	00:04+	01:14&	03:16&	01:06#	01:52&	00:26&	00:57&	00:04+
12	Terje Undheim	54										55:06
	07:29+	13:17+	22:58+	24:35+	26:27+	31:21+	37:08+	42:09+	49:26+	51:48+	54:12+	55:06+
	07:29+	05:48+	09:41-	01:37-	01:52+	04:54+	05:47+	05:01+	07:17+	02:22+	02:24+	00:54+
	01:35&	01:34&	00:56-	00:17-	00:07+	03:39@	01:34&	00:18+	00:27+	01:10&	00:44&	00:06#
13	John Breiland	352										55:51
	05:36-	12:07+	24:57+	27:05+	28:53+	30:52+	38:15+	44:12+	51:12+	52:46+	55:02+	55:51+
	05:36-	06:31+	12:50+	02:08+	01:48+	01:59+	07:23+	05:57+	07:00+	01:34+	02:16+	00:49+
	00:18-	02:17&	02:13#	00:14#	00:03+	00:44&	03:10&	01:14&	00:10+	00:22&	00:36&	00:01+
14	Svend Vihovde	116										55:52
	09:00+	13:36+	24:36+	26:28+	28:02+	30:14+	35:29+	42:07+	50:16+	52:01+	54:43+	55:52+
	09:00+	04:36+	11:00+	01:52-	01:34-	02:12+	05:15+	06:38+	08:09+	01:45+	02:42+	01:09+
	03:06&	00:22+	00:23+	00:02-	00:11-	00:57&	01:02#	01:55&	01:19#	00:33&	01:02&	00:21&
15	Trygve Michaelsen	117										56:01
	07:33+	11:33+	22:51+	25:09+	29:05+	31:04+	37:43+	43:03+	50:55+	53:12+	55:15+	56:01+
	07:33+	04:00-	11:18+	02:18+	03:56+	01:59+	06:39+	05:20+	07:52+	02:17+	02:03+	00:46-
	01:39&	00:14-	00:41+	00:24#	02:11@	00:44&	02:26&	00:37#	01:02#	01:05&	00:23#	00:02-
16	Tor Sverre Skåra	266										56:35
	09:26+	13:23+	25:14+	27:12+	29:09+	31:12+	36:33+	42:35+	50:57+	52:49+	55:33+	56:35+
	09:26+	03:57-	11:51+	01:58+	01:57+	02:03+	05:21+	06:02+	08:22+	01:52+	02:44+	01:02+
	03:32&	00:17-	01:14#	00:04+	00:12#	00:48&	01:08&	01:19&	01:32#	00:40&	01:04&	00:14&
17	Trond Birkeland	27										59:14
	05:41-	10:05-	22:53+	25:49+	27:47+	29:38+	37:17+	42:48+	50:28+	55:58+	58:18+	59:14+
	05:41-	04:24+	12:48+	02:56+	01:58+	01:51+	07:39+	05:31+	07:40+	05:30+	02:20+	00:56+
	00:13-	00:10+	02:11#	01:02&	00:13#	00:36&	03:26&	00:48#	00:50#	04:18@	00:40&	00:08#
18	Jone Kalheim	93										59:50
	08:00+	11:40+	20:13-	21:51-	23:52-	30:26+	39:42+	44:45+	55:00+	56:47+	59:06+	59:50+
	08:00+	03:40-	08:33-	01:38-	02:01+	06:34+	09:16+	05:03+	10:15+	01:47+	02:19+	00:44-
	02:06&	00:34-	02:04-	00:16-	00:16#	05:19@	05:03@	00:20+	03:25&	00:35&	00:39&	00:04-
19	Harald Taksdal	236										1:01:03
	07:06+	12:11+	25:05+	28:02+	30:01+	32:09+	39:04+	45:47+	55:20+	57:29+	59:58+	61:03+
	07:06+	05:05+	12:54+	02:57+	01:59+	02:08+	06:55+	06:43+	09:33+	02:09+	02:29+	01:05+
	01:12#	00:51#	02:17#	01:03&	00:14#	00:53&	02:42&	02:00&	02:43&	00:57&	00:49&	00:17&
20	Asbjørn Brådlund	297										1:01:58
	07:26+	11:07+	26:12+	27:49+	29:22+	31:09+	39:08+	45:27+	56:57+	58:51+	61:10+	61:58+
	07:26+	03:41-	15:05+	01:37-	01:33-	01:47+	07:59+	06:19+	11:30+	01:54+	02:19+	00:48=
	01:32&	00:33-	04:28&	00:17-	00:12-	00:32&	03:46&	01:36&	04:40&	00:42&	00:39&	00:00=

Class	Navn	Klasse										Tid
21	Magnar Møller	62										1:02:33
08:39+	13:02+	23:03+	25:10+	27:07+	29:32+	40:14+	46:52+	56:52+	58:52+	61:28+	62:33+	
08:39+	04:23+	10:01-	02:07+	01:57+	02:25+	10:42+	06:38+	10:00+	02:00+	02:36+	01:05+	
02:45&	00:09&	00:36-	00:13#	00:12#	01:10&	06:29@	01:55&	03:10&	00:48&	00:56&	00:17&	
22	Jarl Steinar Berntsen	27										1:02:44
07:45+	12:30+	24:50+	26:59+	29:38+	32:06+	37:47+	46:00+	56:40+	58:28+	61:43+	62:44+	
07:45+	04:45+	12:20+	02:09+	02:39+	02:28+	05:41+	08:13+	10:40+	01:48+	03:15+	01:01+	
01:51&	00:31#	01:43#	00:15#	00:54&	01:13&	01:28&	03:30&	03:50&	00:36&	01:35&	00:13&	
23	Svein Roar Aas	114										1:03:25
08:21+	13:31+	23:08+	25:26+	29:39+	32:28+	43:27+	49:06+	58:13+	59:51+	62:31+	63:25+	
08:21+	05:10+	09:37-	02:18+	04:13+	02:49+	10:59+	05:39+	09:07+	01:38+	02:40+	00:54+	
02:27&	00:56#	01:00-	00:24#	02:28@	01:34@	06:46@	00:56#	02:17&	00:26&	01:00&	00:06#	
24	Rune Paulsen	98										1:04:32
10:53+	15:01+	24:05+	26:10+	31:59+	33:55+	42:41+	48:37+	59:37+	61:24+	63:46+	64:32+	
10:53+	04:08-	09:04-	02:05+	05:49+	01:56+	08:46+	05:56+	11:00+	01:47+	02:22+	00:46-	
04:59&	00:06-	01:33-	00:11+	04:04@	00:41&	04:33@	01:13&	04:10&	00:35&	00:42&	00:02-	
25	Geir Rune Seldal	192										1:05:45
07:05+	11:23+	25:59+	28:06+	31:53+	33:49+	42:37+	49:34+	59:27+	61:33+	64:42+	65:45+	
07:05+	04:18+	14:36+	02:07+	03:47+	01:56+	08:48+	06:57+	09:53+	02:06+	03:09+	01:03+	
01:11#	00:04+	03:59&	00:13#	02:02@	00:41&	04:35@	02:14&	03:03&	00:54&	01:29&	00:15&	
26	Stein Arve Finnestad	287										1:06:18
09:49+	14:41+	30:24+	32:13+	36:39+	39:47+	45:23+	51:31+	60:48+	62:56+	65:22+	66:18+	
09:49+	04:52+	15:43+	01:49-	04:26+	03:08+	05:36+	06:08+	09:17+	02:08+	02:26+	00:56+	
03:55&	00:38#	05:06&	00:05-	02:41@	01:53@	01:23&	01:25&	02:27&	00:56&	00:46&	00:08#	
27	Per Ivar Hovstad	116										1:07:28
08:28+	13:27+	26:02+	28:10+	29:47+	33:49+	43:52+	50:11+	61:42+	63:38+	66:37+	67:28+	
08:28+	04:59+	12:35+	02:08+	01:37-	04:02+	10:03+	06:19+	11:31+	01:56+	02:59+	00:51+	
02:34&	00:45#	01:58#	00:14#	00:08-	02:47@	05:50@	01:36&	04:41&	00:44&	01:19&	00:03+	
28	Arild Holm	114										1:08:33
08:09+	13:49+	26:15+	29:40+	32:22+	39:05+	44:53+	52:03+	62:03+	64:51+	67:28+	68:33+	
08:09+	05:40+	12:26+	03:25+	02:42+	06:43+	05:48+	07:10+	10:00+	02:48+	02:37+	01:05+	
02:15&	01:26&	01:49#	01:31&	00:57&	05:28@	01:35&	02:27&	03:10&	01:36@	00:57&	00:17&	
29	Arnstein Hoff	116										1:09:11
08:22+	12:23+	27:26+	29:32+	31:52+	44:06+	48:31+	54:19+	63:22+	64:59+	68:15+	69:11+	
08:22+	04:01-	15:03+	02:06+	02:20+	12:14+	04:25+	05:48+	09:03+	01:37+	03:16+	00:56+	
02:28&	00:13-	04:26&	00:12#	00:35&	10:59@	00:12+	01:05#	02:13&	00:25&	01:36&	00:08#	
30	Ingve Vold	54										1:12:21
13:00+	17:54+	35:49+	39:14+	41:25+	43:58+	52:58+	58:59+	66:51+	68:44+	71:30+	72:21+	
13:00+	04:54+	17:55+	03:25+	02:11+	02:33+	09:00+	06:01+	07:52+	01:53+	02:46+	00:51+	
07:06@	00:40#	07:18&	01:31&	00:26#	01:18@	04:47@	01:18&	01:02#	00:41&	01:06&	00:03+	
31	Christof Schätz	239										1:16:41
10:04+	15:59+	33:57+	36:44+	39:15+	44:36+	51:05+	59:10+	68:59+	71:55+	75:29+	76:41+	
10:04+	05:55+	17:58+	02:47+	02:31+	05:21+	06:29+	08:05+	09:49+	02:56+	03:34+	01:12+	
04:10&	01:41&	07:21&	00:53&	00:46&	04:06@	02:16&	03:22&	02:59&	01:44@	01:54@	00:24&	
32	Raymond B. Pettersen	105										1:18:21
12:42+	17:12+	32:21+	39:05+	42:54+	45:26+	53:24+	60:50+	71:26+	73:33+	77:22+	78:21+	
12:42+	04:30+	15:09+	06:44+	03:49+	02:32+	07:58+	07:26+	10:36+	02:07+	03:49+	00:59+	
06:48@	00:16+	04:32&	04:50@	02:04@	01:17@	03:45&	02:43&	03:46&	00:55&	02:09@	00:11#	
33	Ove Mæstad	67										1:31:33
08:34+	14:20+	39:54+	44:01+	47:00+	52:10+	57:51+	65:55+	83:13+	85:40+	90:15+	91:33+	
08:34+	05:46+	25:34+	04:07+	02:59+	05:10+	05:41+	08:04+	17:18+	02:27+	04:35+	01:18+	
02:40&	01:32&	14:57@	02:13@	01:14&	03:55@	01:28&	03:21&	10:28@	01:15@	02:55@	00:30&	
Beste strekktid for klassen												
05:35	03:08	08:33	01:27	01:29	01:15	04:13	04:43	06:50	01:12	01:40	00:44	

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

Herrer 60 - 64 år

Class	Navn	Klasse										Tid
1	Morten Johannessen	7										36:37
	02:14=	07:18=	08:51=	17:23=	18:16=	21:10=	26:19=	32:21=	33:52=	35:43=	36:37=	
	02:14=	05:04=	01:33=	08:32=	00:53=	02:54=	05:09=	06:02=	01:31=	01:51=	00:54=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Espen Krogh	7										39:58
	01:48-	06:40-	08:17-	18:40+	20:28+	23:20+	28:24+	35:11+	36:43+	39:07+	39:58+	
	01:48-	04:52-	01:37+	10:23+	01:48+	02:52-	05:04-	06:47+	01:32+	02:24+	00:51-	
	00:26-	00:12-	00:04+	01:51#	00:55@	00:02-	00:05-	00:45#	00:01+	00:33&	00:03-	
3	Øystein Dahle	93										44:18
	02:14=	07:14-	08:45-	19:37+	22:13+	25:21+	31:17+	38:17+	40:46+	43:16+	44:18+	
	02:14=	05:00-	01:31-	10:52+	02:36+	03:08+	05:56+	07:00+	02:29+	02:30+	01:02+	
	00:00=	00:04-	00:02-	02:20&	01:43@	00:14+	00:47#	00:58#	00:58&	00:39&	00:08#	
4	Sveinung Svebestad	46										48:17
	02:21+	07:48+	10:06+	21:21+	22:41+	27:13+	34:55+	42:49+	44:43+	47:06+	48:17+	
	02:21+	05:27+	02:18+	11:15+	01:20+	04:32+	07:42+	07:54+	01:54+	02:23+	01:11+	
	00:07+	00:23+	00:45&	02:43&	00:27&	01:38&	02:33&	01:52&	00:23&	00:32&	00:17&	
5	Lars Bergersen	116										48:48
	02:49+	09:12+	11:14+	22:49+	24:03+	28:17+	34:38+	42:30+	44:12+	47:34+	48:48+	
	02:49+	06:23+	02:02+	11:35+	01:14+	04:14+	06:21+	07:52+	01:42+	03:22+	01:14+	
	00:35&	01:19&	00:29&	03:03&	00:21&	01:20&	01:12#	01:50&	00:11#	01:31&	00:20&	
6	Arne Øvstebø	71										51:10
	02:03-	08:35+	11:02+	22:38+	23:40+	26:49+	33:26+	42:46+	44:53+	50:12+	51:10+	
	02:03-	06:32+	02:27+	11:36+	01:02+	03:09+	06:37+	09:20+	02:07+	05:19+	00:58+	
	00:11-	01:28&	00:54&	03:04&	00:09#	00:15+	01:28&	03:18&	00:36&	03:28@	00:04+	
7	Ivar Knutsen	116										51:18
	02:43+	08:37+	11:50+	23:24+	24:45+	29:11+	38:23+	46:16+	48:01+	50:15+	51:18+	
	02:43+	05:54+	03:13+	11:34+	01:21+	04:26+	09:12+	07:53+	01:45+	02:14+	01:03+	
	00:29#	00:50#	01:40@	03:02&	00:28&	01:32&	04:03&	01:51&	00:14#	00:23#	00:09#	
8	Tor Inge Halvorsen	5										53:57
	02:34+	09:45+	12:33+	24:09+	25:10+	31:39+	38:21+	48:40+	50:45+	53:10+	53:57+	
	02:34+	07:11+	02:48+	11:36+	01:01+	06:29+	06:42+	10:19+	02:05+	02:25+	00:47-	
	00:20#	02:07&	01:15&	03:04&	00:08#	03:35@	01:33&	04:17&	00:34&	00:34&	00:07-	
9	Per Ingar Hadland	7										59:57
	03:19+	10:11+	13:24+	29:58+	31:16+	34:59+	42:57+	52:52+	55:24+	58:22+	59:57+	
	03:19+	06:52+	03:13+	16:34+	01:18+	03:43+	07:58+	09:55+	02:32+	02:58+	01:35+	
	01:05&	01:48&	01:40@	08:02&	00:25&	00:49&	02:49&	03:53&	01:01&	01:07&	00:41&	
10	Kjell Lervik	239										1:03:10
	03:31+	13:40+	16:33+	29:37+	30:57+	36:45+	45:34+	56:41+	59:26+	62:02+	63:10+	
	03:31+	10:09+	02:53+	13:04+	01:20+	05:48+	08:49+	11:07+	02:45+	02:36+	01:08+	
	01:17&	05:05@	01:20&	04:32&	00:27&	02:54&	03:40&	05:05&	01:14&	00:45&	00:14&	
11	Svein Magne Gloppen	93										1:03:51
	03:57+	13:40+	15:43+	28:12+	29:44+	39:45+	46:24+	58:08+	60:14+	62:45+	63:51+	
	03:57+	09:43+	02:03+	12:29+	01:32+	10:01+	06:39+	11:44+	02:06+	02:31+	01:06+	
	01:43&	04:39&	00:30&	03:57&	00:39&	07:07@	01:30&	05:42&	00:35&	00:40&	00:12#	
12	Harald Jansen	289										1:04:15
	05:05+	22:40+	24:43+	38:30+	39:54+	45:00+	50:39+	59:32+	61:23+	63:26+	64:15+	
	05:05+	17:35+	02:03+	13:47+	01:24+	05:06+	05:39+	08:53+	01:51+	02:03+	00:49-	
	02:51@	12:31@	00:30&	05:15&	00:31&	02:12&	00:30+	02:51&	00:20#	00:12#	00:05-	
13	Per Kolbein Tonstad	66										1:04:33
	02:50+	10:24+	14:29+	29:10+	30:56+	35:20+	43:27+	53:53+	59:49+	63:10+	64:33+	
	02:50+	07:34+	04:05+	14:41+	01:46+	04:24+	08:07+	10:26+	05:56+	03:21+	01:23+	
	00:36&	02:30&	02:32@	06:09&	00:53&	01:30&	02:58&	04:24&	04:25@	01:30&	00:29&	
14	Tore Karlsen	105										1:10:36
	03:26+	11:46+	14:38+	32:18+	33:51+	42:02+	51:16+	61:27+	65:49+	69:18+	70:36+	
	03:26+	08:20+	02:52+	17:40+	01:33+	08:11+	09:14+	10:11+	04:22+	03:29+	01:18+	
	01:12&	03:16&	01:19&	09:08@	00:40&	05:17@	04:05&	04:09&	02:51@	01:38&	00:24&	
15	Kjetil Heradstveit	76										1:17:38
	03:29+	09:25+	19:12+	32:39+	42:08+	52:28+	59:04+	72:13+	74:17+	76:41+	77:38+	
	03:29+	05:56+	09:47+	13:27+	09:29+	10:20+	06:36+	13:09+	02:04+	02:24+	00:57+	
	01:15&	00:52#	08:14@	04:55&	08:36@	07:26@	01:27&	07:07@	00:33&	00:33&	00:03+	

Class	Navn	Klasse	Tid							
16	Sverre Magnar Nordal	116	1:22:40							
03:13+	10:25+	13:33+	42:29+	44:55+	50:23+	67:47+	77:17+	79:14+	81:37+	82:40+
03:13+	07:12+	03:08+	28:56+	02:26+	05:28+	17:24+	09:30+	01:57+	02:23+	01:03+
00:59&	02:08&	01:35@	20:24@	01:33@	02:34&	12:15@	03:28&	00:26&	00:32&	00:09#

17	John C. Sinnes	93	1:26:11							
02:55+	09:19+	11:47+	50:50+	52:30+	57:10+	63:45+	74:27+	83:05+	85:13+	86:11+
02:55+	06:24+	02:28+	39:03+	01:40+	04:40+	06:35+	10:42+	08:38+	02:08+	00:58+
00:41&	01:20&	00:55&	30:31@	00:47&	01:46&	01:26&	04:40&	07:07@	00:17#	00:04+

Beste strekktid for klassen										
01:48	04:52	01:31	08:32	00:53	02:52	05:04	06:02	01:31	01:51	00:47

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

Herrer 65 - 69 år

1	Arne Kristian Espedal	68	35:21							
01:59=	06:24=	08:12=	17:33=	19:06=	21:26=	25:52=	31:34=	32:52=	34:28=	35:21=
01:59=	04:25=	01:48=	09:21=	01:33=	02:20=	04:26=	05:42=	01:18=	01:36=	00:53=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Torbjørn Evensen	108	44:38							
02:22+	08:52+	11:01+	22:11+	23:55+	27:32+	32:58+	39:38+	41:24+	43:40+	44:38+
02:22+	06:30+	02:09+	11:10+	01:44+	03:37+	05:26+	06:40+	01:46+	02:16+	00:58+
00:23#	02:05&	00:21#	01:49#	00:11#	01:17&	01:00#	00:58#	00:28&	00:40&	00:05+

3	Tor Geir Espedal	115	48:01							
02:40+	08:44+	11:06+	22:33+	23:48+	27:06+	33:50+	42:23+	44:18+	46:57+	48:01+
02:40+	06:04+	02:22+	11:27+	01:15-	03:18+	06:44+	08:33+	01:55+	02:39+	01:04+
00:41&	01:39&	00:34&	02:06#	00:18-	00:58&	02:18&	02:51&	00:37&	01:03&	00:11#

4	Bjarne Gimre	88	48:20							
02:54+	09:17+	11:44+	23:27+	24:19+	30:44+	36:24+	43:34+	45:11+	47:26+	48:20+
02:54+	06:23+	02:27+	11:43+	00:52-	06:25+	05:40+	07:10+	01:37+	02:15+	00:54+
00:55&	01:58&	00:39&	02:22&	00:41-	04:05@	01:14&	01:28&	00:19#	00:39&	00:01+

5	Olav Tunheim	93	49:22							
02:28+	08:13+	10:47+	22:21+	24:16+	28:08+	33:48+	44:01+	45:57+	48:26+	49:22+
02:28+	05:45+	02:34+	11:34+	01:55+	03:52+	05:40+	10:13+	01:56+	02:29+	00:56+
00:29#	01:20&	00:46&	02:13#	00:22#	01:32&	01:14&	04:31&	00:38&	00:53&	00:03+

6	Bjørn Sivertsen	99	50:28							
02:43+	08:38+	11:10+	23:41+	24:58+	28:03+	34:19+	44:58+	46:56+	49:27+	50:28+
02:43+	05:55+	02:32+	12:31+	01:17-	03:05+	06:16+	10:39+	01:58+	02:31+	01:01+
00:44&	01:30&	00:44&	03:10&	00:16-	00:45&	01:50&	04:57&	00:40&	00:55&	00:08#

7	Kjell Skjæveland	166	51:49							
02:17+	08:22+	10:08+	27:52+	29:09+	33:18+	39:03+	47:09+	48:48+	50:54+	51:49+
02:17+	06:05+	01:46-	17:44+	01:17-	04:09+	05:45+	08:06+	01:39+	02:06+	00:55+
00:18#	01:40&	00:02-	08:23&	00:16-	01:49&	01:19&	02:24&	00:21&	00:30&	00:02+

8	Terje Stokkeland	69	52:27							
03:00+	09:17+	12:26+	25:50+	28:36+	32:43+	38:57+	46:35+	48:28+	51:18+	52:27+
03:00+	06:17+	03:09+	13:24+	02:46+	04:07+	06:14+	07:38+	01:53+	02:50+	01:09+
01:01&	01:52&	01:21&	04:03&	01:13&	01:47&	01:48&	01:56&	00:35&	01:14&	00:16&

9	Arne Magne Handeland	92	52:44							
02:38+	08:54+	11:11+	24:01+	25:15+	28:53+	35:53+	47:04+	49:07+	51:41+	52:44+
02:38+	06:16+	02:17+	12:50+	01:14-	03:38+	07:00+	11:11+	02:03+	02:34+	01:03+
00:39&	01:51&	00:29&	03:29&	00:19-	01:18&	02:34&	05:29&	00:45&	00:58&	00:10#

10	Sveinung Tveit	236	54:20							
02:59+	09:48+	12:05+	27:42+	28:42+	32:35+	39:27+	49:02+	50:45+	53:17+	54:20+
02:59+	06:49+	02:17+	15:37+	01:00-	03:53+	06:52+	09:35+	01:43+	02:32+	01:03+
01:00&	02:24&	00:29&	06:16&	00:33-	01:33&	02:26&	03:53&	00:25&	00:56&	00:10#

11	Bjørn Vidar Gunvaldsen	29	1:07:24							
03:11+	16:55+	21:13+	36:33+	38:09+	43:00+	49:26+	58:38+	60:42+	66:13+	67:24+
03:11+	13:44+	04:18+	15:20+	01:36+	04:51+	06:26+	09:12+	02:04+	05:31+	01:11+
01:12&	09:19@	02:30@	05:59&	00:03+	02:31@	02:00&	03:30&	00:46&	03:55@	00:18&

Class	Navn	Klasse	Tid
12	Ommund Bakkevold	68	1:08:39
03:27+	14:26+ 18:49+ 34:34+ 35:50+	40:54+ 49:25+ 60:44+ 63:45+ 67:16+	68:39+
03:27+	10:59+ 04:23+ 15:45+ 01:16-	05:04+ 08:31+ 11:19+ 03:01+	03:31+ 01:23+
01:28&	06:34@ 02:35@ 06:24& 00:17-	02:44@ 04:05& 05:37& 01:43@ 01:55@	00:30&
13	Arnstein Skretting	54	1:16:42
03:41+	17:48+ 21:37+ 42:29+ 45:44+	50:26+ 57:58+ 68:25+ 70:26+	75:31+ 76:42+
03:41+	14:07+ 03:49+ 20:52+ 03:15+	04:42+ 07:32+ 10:27+ 02:01+	05:05+ 01:11+
01:42&	09:42@ 02:01@ 11:31@ 01:42@	02:22@ 03:06& 04:45& 00:43&	03:29@ 00:18&
14	Rolf Kleppe	63	1:17:11
04:24+	13:05+ 17:14+ 37:30+ 39:37+	46:25+ 56:27+ 67:52+ 70:39+	75:43+ 77:11+
04:24+	08:41+ 04:09+ 20:16+ 02:07+	06:48+ 10:02+ 11:25+ 02:47+	05:04+ 01:28+
02:25@	04:16& 02:21@ 10:55@ 00:34&	04:28@ 05:36@ 05:43@ 01:29@	03:28@ 00:35&

Beste strekktid for klassen

01:59 04:25 01:46 09:21 00:52 02:20 04:26 05:42 01:18 01:36 00:53

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

Herrer 70 - 74 år

1	Harry Breiland	66	39:41
02:41=	07:16= 09:30= 18:59= 21:17=	23:55= 29:12= 35:19= 37:00=	38:50= 39:41=
02:41=	04:35= 02:14= 09:29= 02:18=	02:38= 05:17= 06:07= 01:41=	01:50= 00:51=
00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00=	00:00= 00:00=
2	Bjørn Alsaker	115	42:13
02:10-	09:56+ 11:35+ 22:04+ 23:12+	26:00+ 31:14+ 37:33+ 39:09+	41:22+ 42:13+
02:10-	07:46+ 01:39- 10:29+ 01:08-	02:48+ 05:14- 06:19+ 01:36-	02:13+ 00:51=
00:31-	03:11& 00:35- 01:00# 01:10-	00:10+ 00:03- 00:12+ 00:05-	00:23# 00:00=
3	Jan Hetland	29	51:14
02:34-	07:50+ 09:40+ 26:04+ 27:21+	30:48+ 37:17+ 46:00+ 47:50+	50:29+ 51:14+
02:34-	05:16+ 01:50- 16:24+ 01:17-	03:27+ 06:29+ 08:43+ 01:50+	02:39+ 00:45-
00:07-	00:41# 00:24- 06:55& 01:01-	00:49& 01:12# 02:36& 00:09+	00:49& 00:06-
4	Paul A. Paulsen	117	51:54
02:42+	09:30+ 12:06+ 26:15+ 27:33+	30:35+ 36:56+ 44:58+ 46:54+	50:42+ 51:54+
02:42+	06:48+ 02:36+ 14:09+ 01:18-	03:02+ 06:21+ 08:02+ 01:56+	03:48+ 01:12+
00:01+	02:13& 00:22# 04:40& 01:00-	00:24# 01:04# 01:55& 00:15#	01:58@ 00:21&
5	Arne Østensen	395	52:29
02:31-	08:39+ 10:36+ 27:21+ 28:36+	31:45+ 38:06+ 47:04+ 48:56+	51:34+ 52:29+
02:31-	06:08+ 01:57- 16:45+ 01:15-	03:09+ 06:21+ 08:58+ 01:52+	02:38+ 00:55+
00:10-	01:33& 00:17- 07:16& 01:03-	00:31# 01:04# 02:51& 00:11#	00:48& 00:04+
6	Jostein Tunheim	116	53:36
07:01+	13:27+ 16:25+ 30:57+ 31:50+	34:58+ 41:01+ 48:39+ 50:20+	52:38+ 53:36+
07:01+	06:26+ 02:58+ 14:32+ 00:53-	03:08+ 06:03+ 07:38+ 01:41=	02:18+ 00:58+
04:20@	01:51& 00:44& 05:03& 01:25-	00:30# 00:46# 01:31# 00:00=	00:28& 00:07#
7	Jan Inge Lunde	88	54:29
02:57+	10:00+ 13:02+ 27:58+ 29:24+	32:38+ 39:24+ 47:56+ 50:39+	53:15+ 54:29+
02:57+	07:03+ 03:02+ 14:56+ 01:26-	03:14+ 06:46+ 08:32+ 02:43+	02:36+ 01:14+
00:16+	02:28& 00:48& 05:27& 00:52-	00:36# 01:29& 02:25& 01:02&	00:46& 00:23&
8	Asgeir Bell	117	55:51
02:51+	09:23+ 16:22+ 30:53+ 32:16+	35:25+ 41:34+ 50:30+ 52:11+	54:35+ 55:51+
02:51+	06:32+ 06:59+ 14:31+ 01:23-	03:09+ 06:09+ 08:56+ 01:41=	02:24+ 01:16+
00:10+	01:57& 04:45@ 05:02& 00:55-	00:31# 00:52# 02:49& 00:00=	00:34& 00:25&
9	Kjell Ivar Skjørestad	92	55:55
02:45+	09:33+ 12:34+ 25:00+ 26:28+	30:16+ 36:53+ 51:15+ 52:38+	54:58+ 55:55+
02:45+	06:48+ 03:01+ 12:26+ 01:28-	03:48+ 06:37+ 14:22+ 01:23-	02:20+ 00:57+
00:04+	02:13& 00:47& 02:57& 00:50-	01:10& 01:20& 08:15@ 00:18-	00:30& 00:06#
10	Gudmund Gausel	115	56:48
02:55+	10:58+ 15:01+ 28:25+ 30:18+	34:22+ 41:35+ 50:27+ 53:00+	55:32+ 56:48+
02:55+	08:03+ 04:03+ 13:24+ 01:53-	04:04+ 07:13+ 08:52+ 02:33+	02:32+ 01:16+
00:14+	03:28& 01:49& 03:55& 00:25-	01:26& 01:56& 02:45& 00:52&	00:42& 00:25&

Class	Navn	Klasse										Tid
11	Eivind L. Rake	92										57:01
02:47+	08:39+	12:09+	27:27+	28:47+	32:50+	40:22+	50:02+	52:01+	55:28+	57:01+		
02:47+	05:52+	03:30+	15:18+	01:20-	04:03+	07:32+	09:40+	01:59+	03:27+	01:33+		
00:06+	01:17&	01:16&	05:49&	00:58-	01:25&	02:15&	03:33&	00:18#	01:37&	00:42&		
12	Tore R. Tvedt	395										57:07
04:20+	11:12+	14:40+	28:17+	31:39+	35:35+	41:37+	49:43+	51:58+	55:39+	57:07+		
04:20+	06:52+	03:28+	13:37+	03:22+	03:56+	06:02+	08:06+	02:15+	03:41+	01:28+		
01:39&	02:17&	01:14&	04:08&	01:04&	01:18&	00:45#	01:59&	00:34&	01:51@	00:37&		
13	Leif Kåre Lende	128										59:01
02:53+	09:32+	15:49+	28:07+	29:28+	34:02+	43:20+	51:28+	54:32+	57:51+	59:01+		
02:53+	06:39+	06:17+	12:18+	01:21-	04:34+	09:18+	08:08+	03:04+	03:19+	01:10+		
00:12+	02:04&	04:03@	02:49&	00:57-	01:56&	04:01&	02:01&	01:23&	01:29&	00:19&		
14	Svein Berge	126										1:01:14
02:11-	23:47+	25:38+	35:58+	37:25+	40:37+	46:05+	55:41+	57:28+	60:22+	61:14+		
02:11-	21:36+	01:51-	10:20+	01:27-	03:12+	05:28+	09:36+	01:47+	02:54+	00:52+		
00:30-	17:01@	00:23-	00:51+	00:51-	00:34#	00:11+	03:29&	00:06+	01:04&	00:01+		
15	Svein Ims	65										1:01:44
03:14+	11:33+	15:10+	29:50+	31:27+	35:26+	42:27+	55:44+	57:44+	60:29+	61:44+		
03:14+	08:19+	03:37+	14:40+	01:37-	03:59+	07:01+	13:17+	02:00+	02:45+	01:15+		
00:33#	03:44&	01:23&	05:11&	00:41-	01:21&	01:44&	07:10@	00:19#	00:55&	00:24&		
16	Kjell Ingar Olsen	50										1:07:52
04:13+	13:31+	16:19+	34:40+	35:56+	41:17+	48:57+	60:52+	63:24+	66:50+	67:52+		
04:13+	09:18+	02:48+	18:21+	01:16-	05:21+	07:40+	11:55+	02:32+	03:26+	01:02+		
01:32&	04:43@	00:34&	08:52&	01:02-	02:43@	02:23&	05:48&	00:51&	01:36&	00:11#		
17	Ragnvald Frøyland	128										1:10:43
03:37+	26:01+	29:08+	41:36+	43:05+	49:15+	55:30+	63:41+	65:56+	69:37+	70:43+		
03:37+	22:24+	03:07+	12:28+	01:29-	06:10+	06:15+	08:11+	02:15+	03:41+	01:06+		
00:56&	17:49@	00:53&	02:59&	00:49-	03:32@	00:58#	02:04&	00:34&	01:51@	00:15&		
18	Sverre Uhlvig	105										1:31:32
03:49+	16:27+	21:21+	48:13+	50:26+	56:03+	65:51+	82:09+	85:42+	90:15+	91:32+		
03:49+	12:38+	04:54+	26:52+	02:13-	05:37+	09:48+	16:18+	03:33+	04:33+	01:17+		
01:08&	08:03@	02:40@	17:23@	00:05-	02:59@	04:31&	10:11@	01:52@	02:43@	00:26&		

Beste strekktid for klassen

02:10 04:35 01:39 09:29 00:53 02:38 05:14 06:07 01:23 01:50 00:45

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

Herrer 75 - 79 år

1	Hermann Skogsholm	53										46:18
04:38=	07:33=	12:31=	17:04=	18:57=	22:24=	31:32=	36:43=	39:07=	42:16=	45:16=	46:18=	
04:38=	02:55=	04:58=	04:33=	01:53=	03:27=	09:08=	05:11=	02:24=	03:09=	03:00=	01:02=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Finn Morten Årstad	115										46:19
04:36-	08:55+	14:10+	18:10+	19:30+	22:44+	30:56-	36:37-	39:03-	42:37+	45:17+	46:19+	
04:36-	04:19+	05:15+	04:00-	01:20-	03:14-	08:12-	05:41+	02:26+	03:34+	02:40-	01:02=	
00:02-	01:24&	00:17+	00:33-	00:33-	00:13-	00:56-	00:30+	00:02+	00:25#	00:20-	00:00=	
3	Knut Skjæveland	93										46:28
04:30-	09:11+	14:35+	17:42+	19:35+	23:01+	30:25-	36:01-	38:35-	41:41-	45:20+	46:28+	
04:30-	04:41+	05:24+	03:07-	01:53=	03:26-	07:24-	05:36+	02:34+	03:06-	03:39+	01:08+	
00:08-	01:46&	00:26+	01:26-	00:00=	00:01-	01:44-	00:25+	00:10+	00:03-	00:39#	00:06+	
4	Kjell Svihus	154										49:57
04:14-	11:20+	15:05+	18:09+	19:36+	23:52+	34:39+	39:53+	42:12+	45:37+	48:45+	49:57+	
04:14-	07:06+	03:45-	03:04-	01:27-	04:16+	10:47+	05:14+	02:19-	03:25+	03:08+	01:12+	
00:24-	04:11@	01:13-	01:29-	00:26-	00:49#	01:39#	00:03+	00:05-	00:16+	00:08+	00:10#	
5	Steinar Undheim	54										50:03
06:41+	11:59+	17:15+	20:29+	21:47+	25:27+	33:40+	39:05+	41:58+	45:17+	48:44+	50:03+	
06:41+	05:18+	05:16+	03:14-	01:18-	03:40+	08:13-	05:25+	02:53+	03:19+	03:27+	01:19+	
02:03&	02:23&	00:18+	01:19-	00:35-	00:13+	00:55-	00:14+	00:29#	00:10+	00:27#	00:17&	

Class	Navn	Klasse										Tid
6	Ole Auklend	106										51:25
04:52+	10:17+	15:13+	19:20+	20:53+	24:43+	32:34+	38:19+	41:26+	45:57+	49:59+	51:25+	
04:52+	05:25+	04:56-	04:07-	01:33-	03:50+	07:51-	05:45+	03:07+	04:31+	04:02+	01:26+	
00:14+	02:30&	00:02-	00:26-	00:20-	00:23#	01:17-	00:34#	00:43&	01:22&	01:02&	00:24&	
7	Øyvind Egeskog	5										51:34
05:25+	11:11+	15:27+	19:09+	20:54+	24:27+	32:53+	39:24+	42:06+	46:47+	50:19+	51:34+	
05:25+	05:46+	04:16-	03:42-	01:45-	03:33+	08:26-	06:31+	02:42+	04:41+	03:32+	01:15+	
00:47#	02:51&	00:42-	00:51-	00:08-	00:06+	00:42-	01:20&	00:18#	01:32&	00:32#	00:13#	
8	Hans Klausen	62										52:26
05:31+	11:40+	17:16+	20:54+	22:53+	26:58+	34:46+	40:34+	43:10+	46:44+	51:19+	52:26+	
05:31+	06:09+	05:36+	03:38-	01:59+	04:05+	07:48-	05:48+	02:36+	03:34+	04:35+	01:07+	
00:53#	03:14@	00:38#	00:55-	00:06+	00:38#	01:20-	00:37#	00:12+	00:25#	01:35&	00:05+	
9	Arvid Thorsen	5										56:48
14:43+	18:50+	24:14+	27:52+	29:20+	33:12+	41:01+	46:44+	49:05+	52:03+	55:40+	56:48+	
14:43+	04:07+	05:24+	03:38-	01:28-	03:52+	07:49-	05:43+	02:21-	02:58-	03:37+	01:08+	
10:05@	01:12&	00:26+	00:55-	00:25-	00:25#	01:19-	00:32#	00:03-	00:11-	00:37#	00:06+	
10	Svein Glendrange	68										58:11
06:58+	12:16+	18:35+	23:12+	24:54+	29:00+	37:30+	43:52+	46:42+	51:51+	56:47+	58:11+	
06:58+	05:18+	06:19+	04:37+	01:42-	04:06+	08:30-	06:22+	02:50+	05:09+	04:56+	01:24+	
02:20&	02:23&	01:21&	00:04+	00:11-	00:39#	00:38-	01:11#	00:26#	02:00&	01:56&	00:22&	
11	Odd Garpestad	29										58:34
05:25+	09:37+	14:42+	18:33+	20:28+	35:46+	43:36+	47:59+	51:03+	54:24+	57:30+	58:34+	
05:25+	04:12+	05:05+	03:51-	01:55+	15:18+	07:50-	04:23-	03:04+	03:21+	03:06+	01:04+	
00:47#	01:17&	00:07+	00:42-	00:02+	11:51@	01:18-	00:48-	00:40&	00:12+	00:06+	00:02+	
12	Norvald Skretting	43										1:06:10
05:53+	12:47+	18:28+	23:22+	30:36+	34:53+	43:32+	50:31+	53:47+	60:00+	64:35+	66:10+	
05:53+	06:54+	05:41+	04:54+	07:14+	04:17+	08:39-	06:59+	03:16+	06:13+	04:35+	01:35+	
01:15&	03:59@	00:43#	00:21+	05:21@	00:50#	00:29-	01:48&	00:52&	03:04&	01:35&	00:33&	
13	Reidar Magne Liland	66										1:17:14
13:30+	21:51+	29:13+	33:01+	35:22+	40:45+	51:34+	61:51+	65:03+	70:07+	75:33+	77:14+	
13:30+	08:21+	07:22+	03:48-	02:21+	05:23+	10:49+	10:17+	03:12+	05:04+	05:26+	01:41+	
08:52@	05:26@	02:24&	00:45-	00:28#	01:56&	01:41#	05:06&	00:48&	01:55&	02:26&	00:39&	
14	Knut Jonas Espedal	53										1:26:14
08:43+	17:57+	25:42+	32:33+	35:03+	41:00+	54:50+	66:39+	71:29+	77:12+	83:49+	86:14+	
08:43+	09:14+	07:45+	06:51+	02:30+	05:57+	13:50+	11:49+	04:50+	05:43+	06:37+	02:25+	
04:05&	06:19@	02:47&	02:18&	00:37&	02:30&	04:42&	06:38@	02:26@	02:34&	03:37@	01:23@	
Beste strekktid for klassen												
04:14	02:55	03:45	03:04	01:18	03:14	07:24	04:23	02:19	02:58	02:40	01:02	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
Herrer 80 år og eldre												
1	Harald Vatne	67										55:15
03:19=	06:33=	13:18=	17:45=	22:00=	28:42=	38:43=	44:23=	47:35=	51:11=	54:07=	55:15=	
03:19=	03:14=	06:45=	04:27=	04:15=	06:42=	10:01=	05:40=	03:12=	03:36=	02:56=	01:08=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Alf Gyland	92										1:05:46
03:42+	07:32+	14:26+	28:11+	33:22+	40:49+	47:04+	53:18+	56:03+	59:18+	64:10+	65:46+	
03:42+	03:50+	06:54+	13:45+	05:11+	07:27+	06:15-	06:14+	02:45-	03:15-	04:52+	01:36+	
00:23#	00:36#	00:09+	09:18@	00:56#	00:45#	03:46-	00:34#	00:27-	00:21-	01:56&	00:28&	
3	Magne Jakobsen	63										1:07:14
03:37+	06:57+	16:26+	22:59+	27:05+	33:55+	44:17+	52:51+	56:01+	59:19+	65:42+	67:14+	
03:37+	03:20+	09:29+	06:33+	04:06-	06:50+	10:22+	08:34+	03:10-	03:18-	06:23+	01:32+	
00:18+	00:06+	02:44&	02:06&	00:09-	00:08+	00:21+	02:54&	00:02-	00:18-	03:27@	00:24&	
4	Arne Brandsberg	29										1:15:13
04:33+	08:31+	16:59+	22:24+	26:04+	31:55+	53:55+	61:26+	65:13+	69:53+	73:29+	75:13+	
04:33+	03:58+	08:28+	05:25+	03:40-	05:51-	22:00+	07:31+	03:47+	04:40+	03:36+	01:44+	
01:14&	00:44#	01:43&	00:58#	00:35-	00:51-	11:59@	01:51&	00:35#	01:04&	00:40#	00:36&	

Class	Navn	Klasse	Tid
5	Kjell Maudal	63	1:16:31
06:19+	12:05+ 21:42+ 28:13+ 32:18+ 39:15+	49:32+ 58:04+ 61:41+ 66:23+ 74:23+ 76:31+	
06:19+	05:46+ 09:37+ 06:31+ 04:05- 06:57+	10:17+ 08:32+ 03:37+ 04:42+ 08:00+ 02:08+	
03:00&	02:32& 02:52& 02:04& 00:10-	00:16+ 02:52& 00:25# 01:06& 05:04@ 01:00&	
6	Jan Bekkeheien	92	1:16:37
07:44+	11:09+ 18:35+ 27:14+ 31:25+ 43:41+	57:19+ 64:30+ 67:15+ 71:21+ 75:06+ 76:37+	
07:44+	03:25+ 07:26+ 08:39+ 04:11- 12:16+	13:38+ 07:11+ 02:45- 04:06+ 03:45+ 01:31+	
04:25@	00:11+ 00:41# 04:12& 00:04-	05:34& 03:37& 01:31& 00:27- 00:30# 00:49& 00:23&	
7	Sigurd Krosli	93	1:28:31
03:41+	07:49+ 16:27+ 20:46+ 25:47+ 53:23+	61:19+ 67:52+ 76:33+ 81:20+ 87:01+ 88:31+	
03:41+	04:08+ 08:38+ 04:19- 05:01+ 27:36+	07:56- 06:33+ 08:41+ 04:47+ 05:41+ 01:30+	
00:22#	00:54& 01:53& 00:08-	00:46# 20:54@ 02:05- 00:53# 05:29@ 01:11& 02:45& 00:22&	
8	Jan Værp	62	1:28:38
07:31+	12:38+ 30:26+ 36:08+ 39:58+ 46:37+	59:19+ 65:27+ 69:33+ 83:09+ 86:58+ 88:38+	
07:31+	05:07+ 17:48+ 05:42+ 03:50- 06:39-	12:42+ 06:08+ 04:06+ 13:36+ 03:49+ 01:40+	
04:12@	01:53& 11:03@ 01:15& 00:25-	00:03- 02:41& 00:28+ 00:54& 10:00@ 00:53& 00:32&	
9	Torleiv Møgedal	68	1:31:35
03:50+	07:52+ 16:14+ 26:01+ 31:58+ 38:46+	67:24+ 74:57+ 77:48+ 82:38+ 89:09+ 91:35+	
03:50+	04:02+ 08:22+ 09:47+ 05:57+ 06:48+	28:38+ 07:33+ 02:51- 04:50+ 06:31+ 02:26+	
00:31#	00:48# 01:37# 05:20@ 01:42& 00:06+	18:37@ 01:53& 00:21- 01:14& 03:35@ 01:18@	
Beste strekktid for klassen			
03:19	03:14 06:45 04:19 03:40 05:51	06:15 05:40 02:45 03:15 02:56 01:08	

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

Herrer A

1	Lars Sigve Oftedal	167	43:18
03:49=	05:12= 11:25= 12:42= 13:42= 14:55=	17:53= 25:33= 27:15= 31:08= 33:46= 37:36= 40:16=	41:16= 42:41= 43:18=
03:49=	01:23= 06:13= 01:17= 01:00= 01:13=	02:58= 07:40= 01:42= 03:53= 02:38= 03:50= 02:40=	01:00= 01:25= 00:37=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00=
2	Harald Kalager	7	45:04
04:23+	05:33+ 12:28+ 13:48+ 14:40+ 16:07+	19:41+ 27:39+ 29:08+ 32:45+ 35:54+	39:37+ 41:56+ 43:03+ 44:23+ 45:04+
04:23+	01:10- 06:55+ 01:20+ 00:52- 01:27+	03:34+ 07:58+ 01:29- 03:37- 03:09+ 03:43-	02:19- 01:07+ 01:20- 00:41+
00:34#	00:13- 00:42# 00:03+ 00:08-	00:14# 00:36# 00:18+ 00:13-	00:16- 00:31# 00:07- 00:21- 00:07# 00:05- 00:04#
3	Fredrik Sandal	88	45:44
04:23+	05:45+ 12:33+ 13:36+ 14:52+ 15:59+	19:01+ 27:33+ 29:03+ 32:40+ 35:29+	39:38+ 42:23+ 43:33+ 45:02+ 45:44+
04:23+	01:22- 06:48+ 01:03- 01:16+ 01:07-	03:02+ 08:32+ 01:30- 03:37- 02:49+ 04:09+	02:45+ 01:10+ 01:29+ 00:42+
00:34#	00:01- 00:35+ 00:14- 00:16& 00:06-	00:04+ 00:52# 00:12- 00:16-	00:11+ 00:19+ 00:05+ 00:10# 00:04+ 00:05#
4	Fredrik Omdal	375	46:33
04:11+	05:48+ 13:21+ 14:28+ 15:32+ 17:41+	20:25+ 28:01+ 29:30+ 33:07+ 35:40+	41:05+ 43:41+ 44:34+ 45:53+ 46:33+
04:11+	01:37+ 07:33+ 01:07- 01:04+ 02:09+	02:44- 07:36- 01:29- 03:37- 02:33-	05:25+ 02:36- 00:53- 01:19- 00:40+
00:22+	00:14# 01:20# 00:10- 00:04+ 00:56&	00:14- 00:04- 00:13-	00:16- 00:05- 01:35& 00:04- 00:07- 00:06- 00:03+
5	Svein Magnus Halsne	71	47:01
04:03+	05:41+ 12:56+ 14:21+ 15:34+ 17:26+	20:19+ 28:10+ 29:42+ 33:23+ 35:55+	40:22+ 43:52+ 44:55+ 46:23+ 47:01+
04:03+	01:38+ 07:15+ 01:25+ 01:13+ 01:52+	02:53- 07:51+ 01:32- 03:41- 02:32-	04:27+ 03:30+ 01:03+ 01:28+ 00:38+
00:14+	00:15# 01:02# 00:08# 00:13# 00:39&	00:05- 00:11+ 00:10-	00:12- 00:06- 00:37# 00:50& 00:03+ 00:03+ 00:01+
6	Thomas Olsen Schive	126	49:48
05:12+	06:50+ 15:24+ 16:30+ 18:00+	19:10+ 22:19+ 30:50+ 32:28+	36:26+ 40:01+ 44:04+ 46:28+ 47:43+ 49:04+ 49:48+
05:12+	01:38+ 08:34+ 01:06- 01:30+	01:10- 03:09+ 08:31+ 01:38-	03:58+ 04:03+ 02:24-
01:23&	00:15# 02:21& 00:11-	00:30& 00:03-	00:11+ 00:51# 00:04-
7	Stian Haugvaldstad	116	50:07
03:56+	05:28+ 13:15+ 14:28+ 15:37+	16:45+ 20:11+ 29:41+	31:49+ 35:37+ 38:45+ 42:42+ 46:42+
03:56+	01:32+ 07:47+ 01:13-	01:09+ 01:08-	03:26+ 09:30+ 02:08+ 03:48-
00:07+	00:09# 01:34& 00:04-	00:09# 00:05-	00:28# 01:50# 00:26& 00:05-
8	Kristian Haarr	27	51:35
05:12+	06:45+ 16:46+ 18:01+	18:50+ 20:01+	23:03+ 32:17+ 33:52+ 38:07+ 40:55+ 45:24+ 48:19+
05:12+	01:33+ 10:01+ 01:15-	00:49- 01:11-	03:02+ 09:14+ 01:35-
01:23&	00:10# 03:48& 00:02-	00:11-	00:02- 00:04+ 01:34# 00:07-

Class	Navn	Class	Tid											
8	Joar Eilevstjønn	67	56:40											
04:40+	06:55+ 15:11+ 16:42+ 17:48+ 18:59+	21:58+	30:43+ 32:31+ 40:54+ 43:58+	49:21+	52:51+	54:00+ 56:03+	56:40+							
04:40+	02:15+ 08:16+ 01:31+ 01:06+	01:11-	02:59-	08:45+	01:48+	08:23+	03:04-	05:23+	03:30+	01:09=	02:03+	00:37-		
00:57&	01:08@ 00:30+	00:26&	00:11#	00:04-	00:04-	00:16+	00:10#	04:13@	00:02-	01:22&	00:17+	00:00=	00:29&	00:07-

9	Geir Sand	105	57:13												
04:41+	05:57+ 13:32+ 15:04+	16:33+	18:07+	22:34+	31:17+	33:37+	39:26+	42:36+	49:32+	52:56+	54:54+	56:28+	57:13+		
04:41+	01:16+ 07:35-	01:32+	01:29+	01:34+	04:27+	08:43+	02:20+	05:49+	03:10+	06:56+	03:24+	01:58+	01:34=	00:45+	
00:58&	00:09#	00:11-	00:27&	00:34&	00:19&	01:24&	00:14+	00:42&	01:39&	00:04+	02:55&	00:11+	00:49&	00:00=	00:01+

10	Øyvind Rummelhoff	27	57:44											
08:06+	09:25+ 17:59+ 19:38+	21:07+	22:36+	25:45+	35:08+	36:58+	41:45+	45:13+	51:08+	53:57+	55:10+	57:02+	57:44+	
08:06+	01:19+ 08:34+	01:39+	01:29+	01:29+	03:09+	09:23+	01:50+	04:47+	03:28+	05:55+	02:49-	01:13+	01:52+	00:42-
04:23@	00:12#	00:48#	00:34&	00:14#	00:06+	00:54#	00:12#	00:37#	00:22#	01:54&	00:24-	00:04+	00:18#	00:02-

11	Bård Skogsholm	194	58:45											
05:47+	08:27+ 17:56+ 19:16+	20:30+	22:11+	25:38+	35:20+	37:17+	42:06+	46:08+	50:58+	54:47+	56:16+	58:01+	58:45+	
05:47+	02:40+ 09:29+	01:20+	01:14+	01:41+	03:27+	09:42+	01:57+	04:49+	04:02+	04:50+	03:49+	01:29+	01:45+	00:44=
02:04&	01:33@	01:43#	00:15#	00:19&	00:24#	01:13#	00:19#	00:39#	00:56&	00:49#	00:36#	00:20&	00:11#	00:00=

12	Thomas Johansen	111	1:04:51												
05:13+	07:12+ 16:28+ 22:27+	24:39+	26:16+	30:27+	40:17+	42:36+	48:35+	51:47+	57:16+	60:21+	62:24+	64:05+	64:51+		
05:13+	01:59+ 09:16+	05:59+	02:12+	01:37+	04:11+	09:50+	02:19+	05:59+	03:12+	05:29+	03:05-	02:03+	01:41+	00:46+	
01:30&	00:52&	01:30#	04:54@	01:17@	00:22&	01:08&	01:21#	00:41&	01:49&	00:06+	01:28&	00:08-	00:54&	00:07+	00:02+

13	Espen Fyhn Nilsen	116	1:12:09												
06:05+	07:57+ 18:40+ 20:27+	21:56+	23:59+	28:29+	42:11+	44:46+	50:56+	56:03+	62:11+	66:26+	68:39+	71:00+	72:09+		
06:05+	01:52+ 10:43+	01:47+	01:29+	01:29+	04:30+	13:42+	02:35+	06:10+	05:07+	06:08+	04:15+	02:13+	02:21+	01:09+	
02:22&	00:45&	02:57&	00:42&	00:34&	00:48&	01:27&	05:13&	00:57&	02:00&	02:01&	02:07&	01:02&	01:04&	00:47&	00:25&

14	Jørgen Breivold	54	1:18:32												
06:29+	09:09+ 23:31+ 24:58+	26:13+	28:36+	32:44+	49:09+	51:17+	60:24+	64:26+	70:03+	73:58+	75:40+	77:40+	78:32+		
06:29+	02:40+ 14:22+	01:27+	01:15+	02:23+	04:08+	16:25+	02:08+	09:07+	04:02+	05:37+	03:55+	01:42+	02:00+	00:52+	
02:46&	01:33@	06:36&	00:22&	00:20&	01:08&	01:05&	07:56&	00:30&	04:57@	00:56&	01:36&	00:42#	00:33&	00:26&	00:08#

Beste strekketid for klassen
03:43 01:07 07:21 01:05 00:55 01:11 02:59 08:03 01:22 03:38 02:53 04:01 02:45 01:00 01:27 00:36

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

Herrer C

1	Lars Drage	230	41:58									
02:51=	06:31= 15:10= 16:16=	18:33=	26:29=	28:10=	30:39=	36:07=	38:16=	39:23=	41:15=	41:58=		
02:51=	03:40=	08:39=	01:06=	02:17=	07:56=	01:41=	02:29=	05:28=	02:09=	01:07=	01:52=	00:43=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Morten Aamodt	116	42:32									
02:56+	07:11+ 14:32-	15:44-	18:02-	26:18-	27:52-	30:38-	36:25+	39:06+	40:18+	41:47+	42:32+	
02:56+	04:15+ 07:21-	01:12+	02:18+	08:16+	01:34-	02:46+	05:47+	02:41+	01:12+	01:29-	00:45+	
00:05+	00:35#	01:18-	00:06+	00:01+	00:20+	00:07-	00:17#	00:19+	00:32#	00:05+	00:23-	00:02+

3	Kjetil Wirak	114	42:59									
03:45+	08:15+ 16:03+	17:17+	19:50+	27:33+	28:58+	31:36+	37:04+	39:24+	40:42+	42:18+	42:59+	
03:45+	04:30+ 07:48-	01:14+	02:33+	07:43-	01:25-	02:38+	05:28=	02:20+	01:18+	01:36-	00:41-	
00:54&	00:50#	00:51-	00:08#	00:16#	00:13-	00:16-	00:09+	00:00=	00:11+	00:11#	00:16-	00:02-

4	Kjell Dale	93	43:17									
02:54+	07:10+ 14:24-	16:14-	18:42+	26:51+	28:18+	31:18+	37:00+	39:14+	40:37+	42:23+	43:17+	
02:54+	04:16+ 07:14-	01:50+	02:28+	08:09+	01:27-	03:00+	05:42+	02:14+	01:23+	01:46-	00:54+	
00:03+	00:36#	01:25-	00:44&	00:11+	00:13+	00:14-	00:31#	00:14+	00:05+	00:16#	00:06-	00:11&

5	Terje Michaelsen	47	43:47									
02:45-	06:34+ 15:07-	16:12-	18:23-	26:34+	28:34+	31:34+	37:53+	40:08+	41:12+	43:08+	43:47+	
02:45-	03:49+ 08:33-	01:05-	02:11-	08:11+	02:00+	03:00+	06:19+	02:15+	01:04-	01:56+	00:39-	
00:06-	00:09+	00:06-	00:01-	00:06-	00:15+	00:19#	00:31#	00:51#	00:06+	00:03-	00:04-	00:04-

6	Jan Einar Øvremo	50	45:13									
02:54+	07:40+ 15:59+	16:53+	19:07+	27:56+	29:42+	32:42+	38:57+	41:03+	42:29+	44:27+	45:13+	
02:54+	04:46+ 08:19-	00:54-	02:14-	08:49+	01:46+	03:00+	06:15+	02:06-	01:26+	01:58+	00:46+	
00:03+	01:06&	00:20-	00:12-	00:03-	00:53#	00:05+	00:31#	00:47#	00:03-	00:19&	00:06+	00:03+

Class	Navn	Klasse	Tid									
22	Leif Kjetil Hinna Gausel	116	59:44									
04:47+	09:40+	19:25+	20:43+	23:10+	34:11+	35:57+	38:52+	45:47+	55:08+	57:01+	58:59+	59:44+
04:47+	04:53+	09:45+	01:18+	02:27+	11:01+	01:46+	02:55+	06:55+	09:21+	01:53+	01:58+	00:45+
01:56&	01:13&	01:06#	00:12#	00:10+	03:05&	00:05+	00:26#	01:27&	07:12@	00:46&	00:06+	00:02+
23	Pål Bårdsen	90	1:00:33									
04:13+	09:27+	20:32+	23:31+	26:22+	39:06+	40:59+	44:39+	52:34+	55:50+	57:21+	59:30+	60:33+
04:13+	05:14+	11:05+	02:59+	02:51+	12:44+	01:53+	03:40+	07:55+	03:16+	01:31+	02:09+	01:03+
01:22&	01:34&	02:26&	01:53@	00:34#	04:48&	00:12#	01:11&	02:27&	01:07&	00:24&	00:17#	00:20&
24	Ove Oaland	116	1:13:11									
11:57+	19:02+	32:25+	34:17+	37:38+	49:11+	51:41+	55:52+	64:07+	67:36+	70:03+	72:12+	73:11+
11:57+	07:05+	13:23+	01:52+	03:21+	11:33+	02:30+	04:11+	08:15+	03:29+	02:27+	02:09+	00:59+
09:06@	03:25&	04:44&	00:46&	01:04&	03:37&	00:49&	01:42&	02:47&	01:20&	01:20@	00:17#	00:16&
Beste strekktid for klassen												
02:45	03:40	07:14	00:54	02:11	07:43	01:25	02:29	05:28	02:06	01:04	01:29	00:37

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

Herrer Ny

1	Paul Jarvis	397	21:37									
02:51=	04:36=	07:13=	09:25=	16:59=	18:48=	20:45=	21:37=					
02:51=	01:45=	02:37=	02:12=	07:34=	01:49=	01:57=	00:52=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Adam Alfred Brennhagen	392	23:10									
05:31+	07:40+	12:09+	13:26+	16:59+	19:34+	22:10+	23:10+					
05:31+	02:09+	04:29+	01:17-	03:33-	02:35-	02:36+	01:00+					
02:40&	00:24#	01:52&	00:55-	04:01-	00:46&	00:39&	00:08#					
3	Tom Kåre Versland	105	23:20									
03:49+	05:50+	09:00+	10:20+	16:55-	19:30+	22:11+	23:20+					
03:49+	02:01+	03:10+	01:20-	06:35-	02:35+	02:41+	01:09+					
00:58&	00:16#	00:33#	00:52-	00:59-	00:46&	00:44&	00:17&					
4	Lars Våge	134	23:30									
05:10+	07:18+	10:19+	11:44+	16:38-	19:43+	22:28+	23:30+					
05:10+	02:08+	03:01+	01:25-	04:54-	03:05+	02:45+	01:02+					
02:19&	00:23#	00:24#	00:47-	02:40-	01:16&	00:48&	00:10#					
5	Thomas Romstad	116	27:00									
04:39+	07:33+	13:13+	15:07+	19:49+	24:06+	25:57+	27:00+					
04:39+	02:54+	05:40+	01:54-	04:42-	04:17+	01:51-	01:03+					
01:48&	01:09&	03:03@	00:18-	02:52-	02:28@	00:06-	00:11#					
6	Håvard Svartsund Thomassen	91	29:49									
04:53+	08:15+	14:11+	16:25+	21:46+	25:00+	28:09+	29:49+					
04:53+	03:22+	05:56+	02:14+	05:21-	03:14+	03:09+	01:40+					
02:02&	01:37&	03:19@	00:02+	02:13-	01:25&	01:12&	00:48&					
7	Eivind Baltzersen	136	30:22									
04:38+	08:32+	15:08+	17:09+	20:57+	25:44+	28:34+	30:22+					
04:38+	03:54+	06:36+	02:01-	03:48-	04:47+	02:50+	01:48+					
01:47&	02:09@	03:59@	00:11-	03:46-	02:58@	00:53&	00:56@					
8	Asahi Cantu	136	30:51									
05:53+	08:44+	15:30+	17:27+	21:18+	26:22+	28:28+	30:51+					
05:53+	02:51+	06:46+	01:57-	03:51-	05:04+	02:06+	02:23+					
03:02@	01:06&	04:09@	00:15-	03:43-	03:15@	00:09+	01:31@					
Beste strekktid for klassen												
02:51	01:45	02:37	01:17	03:33	01:49	01:51	00:52					

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

Herrer Trim

Class	Navn	Klasse	Tid
1	Olav Magnus Eik Espedal	88	38:58
02:06=	04:40= 13:19= 19:30= 21:30= 25:17=	29:17= 32:46= 34:13= 35:58= 38:17= 38:58=	
02:06=	02:34= 08:39= 06:11= 02:00= 03:47=	04:00= 03:29= 01:27= 01:45= 02:19= 00:41=	
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	Aksel Joranger	192	40:27
02:26+	04:44+ 10:21= 14:36= 18:58= 22:23=	26:51= 31:32= 33:33= 35:41= 39:48+ 40:27+	
02:26+	02:18= 05:37= 04:15= 04:22+ 03:25=	04:28+ 04:41+ 02:01+ 02:08+ 04:07+ 00:39=	
00:20#	00:16= 03:02= 01:56= 02:22# 00:22=	00:28# 01:12& 00:34& 00:23# 01:48& 00:02=	
3	Daniel Thu	384	40:29
04:09+	07:35+ 13:16= 17:09= 20:07= 23:14=	26:35= 31:00= 33:04= 34:54= 39:42+ 40:29+	
04:09+	03:26+ 05:41= 03:53= 02:58+ 03:07=	03:21= 04:25+ 02:04+ 01:50+ 04:48+ 00:47+	
02:03&	00:52& 02:58= 02:18= 00:58& 00:40=	00:39= 00:56& 00:37& 00:05+ 02:29@ 00:06#	
4	Roger Nyseth	92	41:51
02:43+	05:20+ 11:27= 14:52= 18:58= 22:54=	27:28= 31:56= 34:09= 37:09+ 40:30+ 41:51+	
02:43+	02:37+ 06:07= 03:25= 04:06+ 03:56+	04:34+ 04:28+ 02:13+ 03:00+ 03:21+ 01:21+	
00:37&	00:03+ 02:32= 02:46= 02:06# 00:09+	00:34# 00:59& 00:46& 01:15& 01:02& 00:40&	
5	Per-Olof Wallerstedt	18	42:30
04:03+	06:43+ 12:06= 15:20= 19:09= 22:26=	27:57= 31:24= 33:47= 36:20+ 41:26+ 42:30+	
04:03+	02:40+ 05:23= 03:14= 03:49+ 03:17=	05:31+ 03:27= 02:23+ 02:33+ 05:06+ 01:04+	
01:57&	00:06+ 03:16= 02:57= 01:49& 00:30=	01:31& 00:02= 00:56& 00:48& 02:47@ 00:23&	
6	Tor Harald Lunde	47	43:02
04:42+	07:14+ 13:18= 17:13= 21:19= 25:44+	30:08+ 33:53+ 36:01+ 39:04+ 41:52+ 43:02+	
04:42+	02:32= 06:04= 03:55= 04:06+ 04:25+	04:24+ 03:45+ 02:08+ 03:03+ 02:48+ 01:10+	
02:36@	00:02= 02:35= 02:16= 02:06@ 00:38#	00:24# 00:16+ 00:41& 01:18& 00:29# 00:29&	
7	Frode Følgesvold	5	43:42
03:29+	06:54+ 13:01= 17:48= 20:58= 25:20+	29:54+ 34:50+ 37:09+ 39:39+ 42:42+ 43:42+	
03:29+	03:25+ 06:07= 04:47= 03:10+ 04:22+	04:34+ 04:56+ 02:19+ 02:30+ 03:03+ 01:00+	
01:23&	00:51& 02:32= 01:24= 01:10& 00:35#	00:34# 01:27& 00:52& 00:45& 00:44& 00:19&	
8	Jerome Renoult	63	44:40
02:50+	05:41+ 11:02= 14:13= 18:15= 21:51=	26:06= 31:51= 34:58+ 37:54+ 42:44+ 44:40+	
02:50+	02:51+ 05:21= 03:11= 04:02+ 03:36=	04:15+ 05:45+ 03:07+ 02:56+ 04:50+ 01:56+	
00:44&	00:17# 03:18= 03:00= 02:02@ 00:11=	00:15+ 02:16& 01:40@ 01:11& 02:31@ 01:15@	
9	Svein Erik Bjørnsen	91	46:02
02:17+	04:06= 10:00= 13:40= 16:33= 20:09=	35:32+ 38:42+ 40:28+ 42:57+ 45:18+ 46:02+	
02:17+	01:49= 05:54= 03:40= 02:53+ 03:36=	15:23+ 03:10= 01:46+ 02:29+ 02:21+ 00:44+	
00:11+	00:45= 02:45= 02:31= 00:53& 00:11=	11:23@ 00:19= 00:19# 00:44& 00:02+ 00:03+	
10	Inge Arild Leknes	376	46:02
08:36+	11:08+ 15:58+ 21:21+ 24:04+ 27:17+	32:20+ 36:27+ 38:20+ 40:26+ 45:08+ 46:02+	
08:36+	02:32= 04:50= 05:23= 02:43+ 03:13=	05:03+ 04:07+ 01:53+ 02:06+ 04:42+ 00:54+	
06:30@	00:02= 03:49= 00:48= 00:43& 00:34=	01:03& 00:38# 00:26& 00:21# 02:23@ 00:13&	
11	Are Fosså	287	46:50
02:55+	05:06+ 09:52= 16:01= 18:57= 22:13=	25:58= 35:27+ 37:17+ 42:45+ 46:00+ 46:50+	
02:55+	02:11= 04:46= 06:09= 02:56+ 03:16=	03:45= 09:29+ 01:50+ 05:28+ 03:15+ 00:50+	
00:49&	00:23= 03:53= 00:02= 00:56& 00:31=	00:15= 06:00@ 00:23& 03:43@ 00:56& 00:09#	
12	Lars Salvesen	50	47:54
06:51+	09:42+ 14:59+ 18:57= 21:34+ 25:17=	32:29+ 37:17+ 39:37+ 42:40+ 46:49+ 47:54+	
06:51+	02:51+ 05:17= 03:58= 02:37+ 03:43=	07:12+ 04:48+ 02:20+ 03:03+ 04:09+ 01:05+	
04:45@	00:17# 03:22= 02:13= 00:37& 00:04=	03:12& 01:19& 00:53& 01:18& 01:50& 00:24&	
13	Torbjørn Dahle	92	49:14
02:51+	05:38+ 11:39= 16:55= 20:27= 25:22+	35:51+ 40:05+ 42:19+ 45:15+ 47:51+ 49:14+	
02:51+	02:47+ 06:01= 05:16= 03:32+ 04:55+	10:29+ 04:14+ 02:14+ 02:56+ 02:36+ 01:23+	
00:45&	00:13+ 02:38= 00:55= 01:32& 01:08&	06:29@ 00:45# 00:47& 01:11& 00:17# 00:42@	
14	Steinar Amundsen	115	50:10
03:02+	06:13+ 13:06= 17:45= 21:36+ 30:16+	35:20+ 40:11+ 42:53+ 45:52+ 49:03+ 50:10+	
03:02+	03:11+ 06:53= 04:39= 03:51+ 08:40+	05:04+ 04:51+ 02:42+ 02:59+ 03:11+ 01:07+	
00:56&	00:37# 01:46= 01:32= 01:51& 04:53@	01:04& 01:22& 01:15& 01:14& 00:52& 00:26&	
15	Arne Magne Sondresen	105	50:16
02:37+	05:00+ 09:54= 14:29= 21:24= 25:34+	31:28+ 36:34+ 38:46+ 41:27+ 48:48+ 50:16+	
02:37+	02:23= 04:54= 04:35= 06:55+ 04:10+	05:54+ 05:06+ 02:12+ 02:41+ 07:21+ 01:28+	
00:31#	00:11= 03:45= 01:36= 04:55@ 00:23#	01:54& 01:37& 00:45& 00:56& 05:02@ 00:47@	

Class	Navn	Klasse										Tid
16	Viktor Klippen	5										51:01
05:33+	07:34+	12:57-	18:26-	20:35-	33:01+	36:49+	42:27+	44:54+	46:40+	50:01+	51:01+	
05:33+	02:01-	05:23-	05:29-	02:09+	12:26+	03:48-	05:38+	02:27+	01:46+	03:21+	01:00+	
03:27@	00:33-	03:16-	00:42-	00:09+	08:39@	00:12-	02:09&	01:00&	00:01+	01:02&	00:19&	
17	Leif Jarle Skåra	29										51:10
03:03+	06:02+	13:10-	21:37+	25:43+	30:42+	35:38+	40:45+	43:20+	46:33+	49:49+	51:10+	
03:03+	02:59+	07:08-	08:27+	04:06+	04:59+	04:56+	05:07+	02:35+	03:13+	03:16+	01:21+	
00:57&	00:25#	01:31-	02:16&	02:06@	01:12&	00:56#	01:38&	01:08&	01:28&	00:57&	00:40&	
18	Jan Erik Syvertsen	51										51:12
02:37+	05:50+	12:46-	16:36-	20:16-	27:34+	33:58+	41:20+	44:46+	47:00+	50:14+	51:12+	
02:37+	03:13+	06:56-	03:50-	03:40+	07:18+	06:24+	07:22+	03:26+	02:14+	03:14+	00:58+	
00:31#	00:39&	01:43-	02:21-	01:40&	03:31&	02:24&	03:53@	01:59@	00:29&	00:55&	00:17&	
19	Anders H Foss	263										51:15
02:59+	05:27+	10:44-	14:30-	18:03-	24:43-	36:35+	40:38+	43:22+	45:52+	49:45+	51:15+	
02:59+	02:28-	05:17-	03:46-	03:33+	06:40+	11:52+	04:03+	02:44+	02:30+	03:53+	01:30+	
00:53&	00:06-	03:22-	02:25-	01:33&	02:53&	07:52@	00:34#	01:17&	00:45&	01:34&	00:49@	
20	Hans Olav Myskja	117										52:06
06:24+	08:38+	16:07+	23:36+	25:43+	33:09+	40:22+	44:23+	47:07+	48:50+	51:12+	52:06+	
06:24+	02:14-	07:29-	07:29+	02:07+	07:26+	07:13+	04:01+	02:44+	01:43-	02:22+	00:54+	
04:18@	00:20-	01:10-	01:18#	00:07+	03:39&	03:13&	00:32#	01:17&	00:02-	00:03+	00:13&	
21	Arild Svihus	92										52:49
03:26+	06:30+	13:28+	18:32-	21:29-	25:32+	33:15+	38:24+	45:13+	48:39+	51:53+	52:49+	
03:26+	03:04+	06:58-	05:04-	02:57+	04:03+	07:43+	05:09+	06:49+	03:26+	03:14+	00:56+	
01:20&	00:30#	01:41-	01:07-	00:57&	00:16+	03:43&	01:40&	05:22@	01:41&	00:55&	00:15&	
22	Per Helge Salvesen	98										53:58
03:43+	06:21+	11:40-	15:15-	18:46-	24:54-	40:23+	45:47+	48:02+	50:19+	52:59+	53:58+	
03:43+	02:38+	05:19-	03:35-	03:31+	06:08+	15:29+	05:24+	02:15+	02:17+	02:40+	00:59+	
01:37&	00:04+	03:20-	02:36-	01:31&	02:21&	11:29@	01:55&	00:48&	00:32&	00:21#	00:18&	
23	Jan Henrik Neuenkirchen	117										56:01
04:27+	07:45+	14:05+	20:28+	23:24+	27:28+	34:11+	38:40+	41:00+	44:16+	54:31+	56:01+	
04:27+	03:18+	06:20-	06:23+	02:56+	04:04+	06:43+	04:29+	02:20+	03:16+	10:15+	01:30+	
02:21@	00:44&	02:19-	00:12+	00:56&	00:17+	02:43&	01:00&	00:53&	01:31&	07:56@	00:49@	
24	Tom Leveraas	93										56:11
05:24+	07:47+	15:56+	20:48+	24:43+	29:17+	35:53+	43:31+	47:15+	50:40+	55:10+	56:11+	
05:24+	02:23-	08:09-	04:52-	03:55+	04:34+	06:36+	07:38+	03:44+	03:25+	04:30+	01:01+	
03:18@	00:11-	00:30-	01:19-	01:55&	00:47#	02:36&	04:09@	02:17@	01:40&	02:11&	00:20&	
25	Erland Båtnes Berntsen	126										56:29
04:35+	07:18+	14:42+	23:08+	28:18+	32:27+	39:36+	45:13+	47:40+	51:55+	55:21+	56:29+	
04:35+	02:43+	07:24-	08:26+	05:10+	04:09+	07:09+	05:37+	02:27+	04:15+	03:26+	01:08+	
02:29@	00:09+	01:15-	02:15&	03:10@	00:22+	03:09&	02:08&	01:00&	02:30@	01:07&	00:27&	
26	Geir Sperre Jørgensen	268										56:47
06:42+	09:47+	17:14+	22:00+	25:03+	29:17+	37:30+	44:21+	46:56+	50:16+	55:16+	56:47+	
06:42+	03:05+	07:27-	04:46-	03:03+	04:14+	08:13+	06:51+	02:35+	03:20+	05:00+	01:31+	
04:36@	00:31#	01:12-	01:25-	01:03&	00:27#	04:13@	03:22&	01:08&	01:35&	02:41@	00:50@	
27	Per Bakken	5										58:01
04:03+	07:43+	14:36+	20:57+	26:06+	31:55+	38:07+	45:34+	48:26+	52:08+	56:32+	58:01+	
04:03+	03:40+	06:53-	06:21+	05:09+	05:49+	06:12+	07:27+	02:52+	03:42+	04:24+	01:29+	
01:57&	01:06&	01:46-	00:10+	03:09@	02:02&	02:12&	03:58@	01:25&	01:57@	02:05&	00:48@	
28	Marius Bergstøl Hvidsten	372										59:57
02:25+	10:56+	26:10+	29:56+	36:49+	40:17+	44:41+	49:32+	51:26+	54:49+	58:56+	59:57+	
02:25+	08:31+	15:14+	03:46-	06:53+	03:28-	04:24+	04:51+	01:54+	03:23+	04:07+	01:01+	
00:19#	05:57@	06:35&	02:25-	04:53@	00:19-	00:24#	01:22&	00:27&	01:38&	01:48&	00:20&	
29	John Helge Svandal	111										1:00:16
03:51+	07:02+	12:44-	19:25-	22:22+	27:23+	32:28+	47:20+	49:53+	53:16+	58:56+	60:16+	
03:51+	03:11+	05:42-	06:41+	02:57+	05:01+	05:05+	14:52+	02:33+	03:23+	05:40+	01:20+	
01:45&	00:37#	02:57-	00:30+	00:57&	01:14&	01:05&	11:23@	01:06&	01:38&	03:21@	00:39&	
30	Ivar Aalbu	29										1:00:45
02:53+	05:42+	12:14-	16:17-	19:11-	23:45-	28:31-	33:56+	36:19+	39:24+	59:04+	60:45+	
02:53+	02:49+	06:32-	04:03-	02:54+	04:34+	04:46+	05:25+	02:23+	03:05+	19:40+	01:41+	
00:47&	00:15+	02:07-	02:08-	00:54&	00:47#	00:46#	01:56&	00:56&	01:20&	17:21@	01:00@	

Class	Navn	Klasse										Tid
31	Lars Kartevoll	376										1:02:14
09:42+	12:16+	25:28+	32:53+	40:51+	46:45+	50:41+	52:32+	59:22+	61:25+	62:14+		
09:42+	02:34=	13:12+	07:25+	04:07+	03:51+	05:54+	03:56+	01:51+	06:50+	02:03-	00:49+	
07:36@	00:00=	04:33&	01:14#	02:07@	00:04+	01:54&	00:27#	00:24&	05:05@	00:16-	00:08#	
32	Per Marthon Mæland	5										1:02:18
03:32+	06:15+	18:57+	24:12+	27:45+	32:39+	40:23+	48:08+	51:15+	54:48+	60:21+	62:18+	
03:32+	02:43+	12:42+	05:15-	03:33+	04:54+	07:44+	07:45+	03:07+	03:33+	05:33+	01:57+	
01:26&	00:09+	04:03&	00:56-	01:33&	01:07&	03:44&	04:16@	01:40@	01:48@	03:14@	01:16@	
33	Magnus Feldt Paulsen	370										1:02:44
05:25+	08:35+	17:17+	26:11+	31:24+	34:51+	41:59+	47:05+	49:31+	52:38+	61:31+	62:44+	
05:25+	03:10+	08:42+	08:54+	05:13+	03:27-	07:08+	05:06+	02:26+	03:07+	08:53+	01:13+	
03:19@	00:36#	00:03+	02:43&	03:13@	00:20-	03:08&	01:37&	00:59&	01:22&	06:34@	00:32&	
34	Asgeir Kleppa	47										1:04:02
02:56+	05:52+	14:42+	21:07+	26:05+	33:24+	44:28+	54:40+	57:12+	60:24+	63:03+	64:02+	
02:56+	02:56+	08:50+	06:25+	04:58+	07:19+	11:04+	10:12+	02:32+	03:12+	02:39+	00:59+	
00:50&	00:22#	00:11+	00:14+	02:58@	03:32&	07:04@	06:43@	01:05&	01:27&	00:20#	00:18&	
35	Kjell-Ole Topnes	116										1:04:02
04:26+	07:25+	14:55+	22:02+	27:34+	38:08+	44:25+	52:22+	56:25+	59:33+	62:48+	64:02+	
04:26+	02:59+	07:30-	07:07+	05:32+	10:34+	06:17+	07:57+	04:03+	03:08+	03:15+	01:14+	
02:20@	00:25#	01:09-	00:56#	03:32@	06:47@	02:17&	04:28@	02:36@	01:23&	00:56&	00:33&	
36	David Torgersen	287										1:04:07
06:37+	23:07+	29:26+	35:42+	38:10+	42:39+	47:54+	52:52+	57:09+	59:49+	63:06+	64:07+	
06:37+	16:30+	06:19-	06:16+	02:28+	04:29+	05:15+	04:58+	04:17+	02:40+	03:17+	01:01+	
04:31@	13:56@	02:20-	00:05+	00:28#	00:42#	01:15&	01:29&	02:50@	00:55&	00:58&	00:20&	
37	Matthieu Pereira-Pires	42										1:05:28
05:02+	07:48+	14:19+	29:52+	33:05+	37:31+	41:43+	48:54+	50:49+	53:11+	64:25+	65:28+	
05:02+	02:46+	06:31-	15:33+	03:13+	04:26+	04:12+	07:11+	01:55+	02:22+	11:14+	01:03+	
02:56@	00:12+	02:08-	09:22@	01:13&	00:39#	00:12+	03:42@	00:28&	00:37&	08:55@	00:22&	
38	Steinar Aase	268										1:05:29
03:47+	07:45+	19:54+	25:40+	29:40+	36:30+	47:43+	53:24+	56:19+	59:25+	64:07+	65:29+	
03:47+	03:58+	12:09+	05:46-	04:00+	06:50+	11:13+	05:41+	02:55+	03:06+	04:42+	01:22+	
01:41&	01:24&	03:30&	00:25-	02:00&	03:03&	07:13@	02:12&	01:28@	01:21&	02:23@	00:41&	
39	Rolf Øystein Kluge	7										1:05:32
03:56+	08:07+	16:01+	23:30+	28:38+	36:30+	45:23+	53:41+	56:29+	60:02+	64:07+	65:32+	
03:56+	04:11+	07:54-	07:29+	05:08+	07:52+	08:53+	08:18+	02:48+	03:33+	04:05+	01:25+	
01:50&	01:37&	00:45-	01:18#	03:08@	04:05@	04:53@	04:49@	01:21&	01:48@	01:46&	00:44@	
40	John Thorsnæs	51										1:08:10
12:34+	15:48+	22:40+	27:45+	33:43+	39:12+	45:06+	50:43+	59:16+	63:23+	67:04+	68:10+	
12:34+	03:14+	06:52-	05:05-	05:58+	05:29+	05:54+	05:37+	08:33+	04:07+	03:41+	01:06+	
10:28@	00:40&	01:47-	01:06-	03:58@	01:42&	01:54&	02:08&	07:06@	02:22@	01:22&	00:25&	
41	Chema Laiz	42										1:11:09
06:04+	08:49+	16:02+	23:14+	26:47+	34:39+	40:57+	52:40+	56:30+	63:07+	69:33+	71:09+	
06:04+	02:45+	07:13-	07:12+	03:33+	07:52+	06:18+	11:43+	03:50+	06:37+	06:26+	01:36+	
03:58@	00:11+	01:26-	01:01#	01:33&	04:05@	02:18&	08:14@	02:23@	04:52@	04:07@	00:55@	
42	Audun Sjøen	111										1:12:20
02:53+	06:31+	14:47+	30:41+	35:59+	41:36+	54:39+	60:01+	62:49+	67:01+	70:43+	72:20+	
02:53+	03:38+	08:16-	15:54+	05:18+	05:37+	13:03+	05:22+	02:48+	04:12+	03:42+	01:37+	
00:47&	01:04&	00:23-	09:43@	03:18@	01:50&	09:03@	01:53&	01:21&	02:27@	01:23&	00:56@	
43	Jan Erik Rasmussen	51										1:16:46
03:24+	07:16+	27:21+	33:43+	38:36+	47:38+	55:21+	61:43+	64:40+	70:24+	75:28+	76:46+	
03:24+	03:52+	20:05+	06:22+	04:53+	09:02+	07:43+	06:22+	02:57+	05:44+	05:04+	01:18+	
01:18&	01:18&	11:26@	00:11+	02:53@	05:15@	03:43&	02:53&	01:30@	03:59@	02:45@	00:37&	
44	Trond Vigedal	117										1:18:41
08:49+	12:54+	30:07+	36:52+	43:08+	48:26+	58:04+	66:29+	69:42+	73:42+	77:27+	78:41+	
08:49+	04:05+	17:13+	06:45+	06:16+	05:18+	09:38+	08:25+	03:13+	04:00+	03:45+	01:14+	
06:43@	01:31&	08:34&	00:34+	04:16@	01:31&	05:38@	04:56@	01:46@	02:15@	01:26&	00:33&	
45	Bent Horpestad	105										1:19:23
13:36+	15:41+	27:00+	31:16+	34:34+	49:18+	58:01+	62:58+	69:54+	72:20+	78:10+	79:23+	
13:36+	02:05-	11:19+	04:16-	03:18+	14:44+	08:43+	04:57+	06:56+	02:26+	05:50+	01:13+	
11:30@	00:29-	02:40&	01:55-	01:18&	10:57@	04:43@	01:28&	05:29@	00:41&	03:31@	00:32&	

Class	Navn	Klasse	Tid
46	Nuno Goncalo Matos Pereira Este192Da Cruz		1:21:38
08:17+	12:42+	21:53+	28:38+
08:17+	04:25+	09:11+	06:45+
06:11@	01:51&	00:32+	00:34+
	03:30@	02:21&	01:27&
	01:27&	12:02@	02:10@
	05:54@	03:47@	02:21@
47	Kim Kverneland	376	1:27:12
10:18+	14:23+	23:01+	29:09+
10:18+	04:05+	08:38-	06:08-
08:12@	01:31&	00:01-	00:03-
	02:47&	02:23&	02:49&
	01:15&	01:16&	00:44&
	00:21&		
48	Frank Gulbrandsen	105	1:29:33
08:33+	13:49+	25:57+	34:18+
08:33+	05:16+	12:08+	08:21+
06:27@	02:42@	03:29&	02:10&
	02:52@	01:09&	17:35@
	02:48&	07:20@	00:54&
	02:30@	00:39&	
49	Svein Inge Sævereid	126	1:41:45
05:38+	10:36+	27:09+	37:56+
05:38+	04:58+	16:33+	10:47+
03:32@	02:24&	07:54&	04:36&
	05:32@	09:01@	06:12@
	07:57@	02:26@	06:12@
	05:05@	01:56@	
50	Jon Grepstad	111	1:42:37
04:18+	08:35+	21:35+	29:02+
04:18+	04:17+	13:00+	07:27+
02:12@	01:43&	04:21&	01:16#
	09:07@	06:51@	21:24@
	04:58@	02:27@	05:00@
	02:48@	01:32@	
Beste strekktid for klassen			
02:06	01:49	04:46	03:11
02:00	03:07	03:21	03:10
01:27	01:43	02:03	00:39

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